



Group or Category	Pos in		Participants Details				Split Times							Final Results		
	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Nipper Girls	1	1	671	NG	Leonè	Theron	00.10.51	00.11.33						00.22.24	2	
	2	2	672	NG	Isabella	Stermin	00.12.17	00.13.26						00.25.43	2	
	3	3	673	NG	Lienka	De Jager	00.13.51	00.15.24						00.29.15	2	
	--	--	674	NG	Jaimie	Ord										
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Nipper Boys	1	1	601	NB	Jacobus	Burger	00.11.13	00.12.06	00.11.59					00.35.18	3	
	2	2	606	NB	James	Bird	00.12.29	00.11.31	00.12.07					00.36.07	3	
	3	3	616	NB	Chase	Sim	00.12.05	00.12.48	00.12.54					00.37.47	3	
	4	4	604	NB	Keagan	Harris	00.12.11	00.12.51	00.13.28					00.38.30	3	
	5	5	613	NB	Jarek	Van Der Westhuizen	00.12.14	00.12.55	00.13.57					00.39.06	3	
	6	6	602	NB	Spencer	Van Zyl	00.11.40	00.14.44	00.15.09					00.41.33	3	
	7	7	607	NB	Tiehan	Slabber	00.13.20	00.14.22	00.14.04					00.41.46	3	
	8	8	605	NB	Connor	Roebuck	00.13.26	00.14.33	00.14.59					00.42.58	3	
	9	9	617	NB	Tyde	Sim	00.13.06	00.15.21	00.14.46					00.43.13	3	
	10	10	612	NB	Migael	Van Zyl	00.14.37	00.15.01	00.15.07					00.44.45	3	
	11	11	608	NB	Christian	George	00.15.53	00.16.42	00.18.31					00.51.06	3	
	12	12	609	NB	Luke	Simpson	00.15.57	00.18.19	00.17.19					00.51.35	3	
	13	13	610	NB	Lutho	Mavumengwana	00.17.55	00.19.26						00.37.21	2	-1 Lap
	14	14	614	NB	Evan	Smal	00.19.17	00.21.51						00.41.08	2	-1 Lap
	15	15	611	NB	Henco	Hibbert	00.21.31	00.23.02						00.44.33	2	-1 Lap
--	--	615	NB	Meyer	De Jager											DNS
--	--	603	NB	Marko	Pruis											DNS
--	--	618	NB	Kayden	Marais											DNS
--	--	619	NB	Maleagi	Malherbe											DNS
--	--	620	NB	Hugo	Van Der Vyver											DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Sprog Girls	1	1	571	SG	Lara	Van Der Vyver	00.09.22	00.09.52	00.10.16					00.29.30	3	
	2	2	572	SG	Rebecca	Jacobs	00.10.13	00.10.34	00.11.06					00.31.53	3	
	3	3	574	SG	Kendra	Kitching	00.11.03	00.11.21	00.12.17					00.34.41	3	
	4	4	573	SG	Janke	Van Zyl	00.11.13	00.11.32	00.12.54					00.35.39	3	
	5	5	576	SG	Natalie	Goosen	00.12.05	00.13.11	00.13.40					00.38.56	3	
	6	6	575	SG	Nina	Tjallingii	00.12.26	00.13.10	00.13.54					00.39.30	3	
	7	7	577	SG	Micha	Bouwer	00.16.49	00.17.44						00.34.33	2	-1 Lap
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Sprog Boys	1	1	501	SB	Tristan	Mc Given	00.12.46	00.13.36	00.13.56					00.40.18	3	
	2	2	502	SB	Camryn	Marais	00.12.57	00.13.53	00.13.39					00.40.29	3	
	3	3	507	SB	Sven	Etsebeth	00.13.40	00.14.07	00.13.56					00.41.43	3	
	4	4	508	SB	Matthew	Ratcliffe	00.13.43	00.14.55	00.14.57					00.43.35	3	
	5	5	503	SB	Konrad	Kotze	00.14.16	00.14.43	00.15.31					00.44.30	3	
	6	6	505	SB	Gabriel	Burke	00.15.21	00.16.51	00.17.10					00.49.22	3	
	7	7	511	SB	Dylan	Van De Langenberg	00.15.22	00.17.07	00.18.15					00.50.44	3	
	8	8	510	SB	Tienie	Louw	00.16.42	00.20.23	00.21.26					00.58.31	3	
	9	9	516	SB	Christof	Franken	00.18.14	00.20.07	00.21.22					00.59.43	3	
	10	10	517	SB	Ruben	Kleynscheldt	00.16.35	00.21.31	00.23.34					01.01.40	3	
	11	11	513	SB	Sebastian	Lowe	00.18.16	00.22.42						00.40.58	2	-1 Lap
	12	12	426	SB	Schalk	Lubbe	00.20.50	00.20.57						00.41.47	2	-1 Lap
	13	13	514	SB	Derik	Van Zyl	00.38.31	00.30.10						01.08.41	2	-1 Lap
--	--	504	SB	Luke	Schonegevel	00.14.48							00.14.48	1	DNF	
--	--	509	SB	William	Ruthven											DNS
--	--	506	SB	Willem	Durandt											DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Sub-Jun Girls	1	1	478	JG	Nadia	Van Wyk	00.14.00	00.14.59	00.15.59					00.44.58	3	
	2	2	471	JG	Eryn	Marais	00.15.31	00.17.15	00.17.49					00.50.35	3	
	3	3	473	JG	Kelly	Mall	00.16.08	00.17.55	00.18.59					00.53.02	3	
	4	4	476	JG	Hannie	Vreken	00.17.30	00.19.18	00.20.58					00.57.46	3	
	5	5	479	JG	Achumile	Bobe	00.26.00	00.30.08						00.56.08	2	-1 Lap
	6	6	429	JG	Zukhanye	Mavumengwana	00.30.55	00.33.04						01.03.59	2	-1 Lap
	7	7	477	JG	Athandwe	Xola	00.35.02	00.39.34						01.14.36	2	-1 Lap
	--	--	474	JG	Anje	Van Niekerk										
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Sub-Jun Boys	1	1	401	JB	Neil	Van Der Vyver	00.14.13	00.15.09	00.15.52					00.45.14	3	
	2	2	402	JB	Liam	Henning	00.14.45	00.15.23	00.15.29					00.45.37	3	
	3	3	403	JB	Jack	Goosen	00.15.11	00.17.16	00.17.41					00.50.08	3	
	4	4	416	JB	Nick	Van Zyl	00.15.38	00.17.31	00.17.37					00.50.46	3	
	5	5	421	JB	P G	Groenewald	00.15.53	00.18.04	00.18.05					00.52.02	3	
	6	6	405	JB	Ryan	Koorzen	00.16.22	00.18.23	00.18.13					00.52.58	3	
	7	7	404	JB	Connor	Kitching	00.16.49	00.19.26	00.17.26					00.53.41	3	
	8	8	431	JB	Christiaan	De Villiers	00.17.44	00.17.43	00.18.18					00.53.45	3	
	9	9	410	JB	Benjamin	Fourie	00.17.20	00.18.16	00.18.26					00.54.02	3	
	10	10	408	JB	Henri	Coetzee	00.18.27	00.19.15	00.19.22					00.57.04	3	
	11	11	430	JB	Andre	Geldenhuis	00.17.47	00.19.38	00.20.12					00.57.37	3	
	12	12	409	JB	Andre	Kirschstein	00.18.29	00.19.51	00.19.42					00.58.02	3	
	13	13	411	JB	Reece	Meyer	00.18.32	00.19.49	00.20.16					00.58.37	3	
	14	14	425	JB	Luka	King	00.17.49	00.21.35	00.19.45					00.59.09	3	
	15	15	432	JB	Jaco	De Wet	00.17.39	00.21.09	00.21.18					01.00.06	3	



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	16	16	412	JB	Daniel	Bristow	00:18.54	00:21.08	00:22.44					01:02.46	3	
	17	17	433	JB	Stephan	Claassen	00:20.19	00:21.29	00:23.21					01:05.09	3	
	18	18	424	JB	Joshua	Ord	00:19.50	00:22.37	00:24.18					01:06.45	3	
	19	19	423	JB	Edward	Schön	00:19.54	00:22.18	00:25.13					01:07.25	3	
	20	20	413	JB	Gregor	Barnardo	00:21.31	00:23.34	00:23.39					01:08.44	3	
	21	21	515	JB	Christiaan	Lubbe	00:20.07	00:24.16	00:26.25					01:10.48	3	
	22	22	420	JB	Jeth	Kirkman	00:21.32	00:24.56						00:46.28	2	-1 Lap
	23	23	415	JB	Franco	Hanekom	00:23.53	00:31.55						00:55.48	2	-1 Lap
	24	24	418	JB	Dylan	Saayman	00:23.37	00:32.32						00:56.09	2	-1 Lap
	25	25	428	JB	Sandile	Mtomboti	00:29.50	00:40.50						01:10.40	2	-1 Lap
	--	--	406	JB	Dean	Woolley	00:17.35	00:22.25						00:40.00	2	DNF
	--	--	414	JB	Frans-Johann	Smit	00:26.08							00:26.08	1	DNF
	--	--	422	JB	Jonathan	Dunkley										DNF
	--	--	427	JB	Christian	Koegelenberg										DNF
	--	--	419	JB	Ewan	Eygelaar										DNF
	--	--	417	JB	Aldo	Kaufmann										DNF
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Youth Women	1	1	371	YW	Mienke	Boshoff	00:17.34	00:19.10	00:19.05					00:55.49	3	
	2	2	372	YW	Jana	Visser	00:19.09	00:20.51	00:19.50					00:59.50	3	
	3	3	373	YW	Nikalau	Volsteedt	00:19.12	00:20.53	00:21.12					01:01.17	3	
	4	4	380	YW	Elke	Koch	00:19.25	00:21.33	00:24.17					01:05.15	3	
	5	5	378	YW	Kijana	Retief	00:28.06	00:33.27						01:01.33	2	-1 Lap
	--	--	375	YW	Mianette	Theron	00:19.37	00:26.00						00:45.37	2	DNF
	--	--	377	YW	Elmarie	Smit	00:23.20							00:23.20	1	DNF
	--	--	376	YW	Angeliq	Coetzer										DNF
	--	--	379	YW	Linel	Kruger										DNF
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Youth Men	1	1	308	YM	Thomas	Dunkley	00:14.02	00:14.45	00:15.14	00:14.36				00:58.37	4	
	2	2	302	YM	Samuel	Cleary	00:13.53	00:14.52	00:15.14	00:15.00				00:58.59	4	
	3	3	303	YM	Luca	Zietsman	00:13.58	00:14.54	00:15.15	00:15.51				00:59.58	4	
	4	4	321	YM	Juan	Van Zyl	00:14.04	00:15.07	00:15.50	00:16.53				01:01.54	4	
	5	5	305	YM	Van Zyl	Steyn	00:14.59	00:15.35	00:15.54	00:15.58				01:02.26	4	
	6	6	309	YM	Robert	Nieuwenhuizen	00:14.45	00:15.50	00:16.18	00:17.02				01:03.55	4	
	7	7	301	YM	Tiaan	Manefeldt	00:13.56	00:15.31	00:17.30	00:18.38				01:05.35	4	
	8	8	306	YM	Zander	Compion	00:15.01	00:15.55	00:17.28	00:17.29				01:05.53	4	
	9	9	307	YM	Rupert	Taljaard	00:15.03	00:16.31	00:17.15	00:17.38				01:06.27	4	
	10	10	330	YM	Jaco	Van Zyl	00:14.57	00:16.20	00:18.04	00:18.03				01:07.24	4	
	11	11	909	YM	Francois	Coetzee	00:15.20	00:18.13	00:17.53	00:18.38				01:10.04	4	
	12	12	337	YM	Jacobus	Jordaan	00:15.35	00:18.21	00:18.38	00:18.39				01:11.13	4	
	13	13	336	YM	Jeanre	Ungerer	00:14.58	00:18.12	00:18.43	00:19.43				01:11.36	4	
	14	14	317	YM	Reek	Roos	00:16.16	00:18.16	00:19.07	00:18.19				01:11.58	4	
	15	15	328	YM	Lakhanya	Sikhobongwana	00:17.24	00:18.05	00:18.30	00:19.04				01:13.03	4	
	16	16	907	YM	Yaron	Hattingh	00:17.26	00:18.28	00:19.29	00:18.46				01:14.09	4	
	17	17	311	YM	Ruan	Portwig	00:16.39	00:18.26	00:19.10	00:20.09				01:14.24	4	
	18	18	338	YM	Daniel	Du Plessis	00:17.51	00:19.12	00:19.24	00:18.26				01:14.53	4	
	19	19	316	YM	Christian	Mocké	00:17.23	00:19.08	00:19.33	00:20.08				01:16.12	4	
	20	20	312	YM	Adriaan	De Waard	00:16.50	00:18.46	00:20.23	00:23.25				01:19.24	4	
	21	21	908	YM	Onesimo	Ndzonyana	00:18.35	00:19.57	00:19.28	00:22.27				01:20.27	4	
	22	22	323	YM	Philip	Venter	00:18.54	00:20.56	00:19.54					00:59.44	3	-1 Lap
	23	23	310	YM	Liam	Rorich	00:16.18	00:18.58	00:24.32					00:59.48	3	-1 Lap
	24	24	313	YM	Abru	Van Zyl	00:18.56	00:20.06	00:21.32					01:00.34	3	-1 Lap
	25	25	331	YM	Jean	Breytenbach	00:17.55	00:20.35	00:22.32					01:01.02	3	-1 Lap
	26	26	318	YM	Luca	Wiese	00:24.16	00:20.10	00:19.05					01:03.31	3	-1 Lap
	27	27	315	YM	Matthew	Hudson	00:18.42	00:21.58	00:23.09					01:03.49	3	-1 Lap
	28	28	334	YM	Inathi	Stoyile	00:19.37	00:21.54	00:23.44					01:05.15	3	-1 Lap
	29	29	904	YM	Marius	Nel	00:20.58	00:21.55	00:22.23					01:05.16	3	-1 Lap
	30	30	902	YM	Mivuyo	Mndini	00:20.45	00:22.44	00:23.54					01:07.23	3	-1 Lap
	31	31	324	YM	Jano	Gildenhuis	00:19.25	00:25.31	00:23.40					01:08.36	3	-1 Lap
	32	32	335	YM	De Wet	Du Plooy	00:20.15	00:22.31	00:25.52					01:08.38	3	-1 Lap
	33	33	319	YM	Johann	Van Niekerk	00:19.11	00:26.16	00:26.06					01:11.33	3	-1 Lap
	34	34	901	YM	Kermeels	Labuschagne	00:22.03	00:25.33	00:24.45					01:12.21	3	-1 Lap
	35	35	325	YM	Ruger	Jooste	00:22.27	00:26.52	00:30.03					01:19.22	3	-1 Lap
	36	36	314	YM	Marius	Burger	00:22.13	00:26.32	00:30.45					01:19.30	3	-1 Lap
	37	37	320	YM	Leon	Vermaak	00:23.59	00:29.45	00:28.13					01:21.57	3	-1 Lap
	38	38	327	YM	Mich	Muller	00:25.03	00:35.36						01:00.39	2	-2 Laps
	--	--	304	YM	Tristan	Swart	00:15.15							00:15.15	1	DNF
	--	--	906	YM	Mikyle	Van Jaarsveld	00:33.07							00:33.07	1	DNF
	--	--	903	YM	Enrique	Lötter	00:36.58							00:36.58	1	DNF
	--	--	326	YM	Ruben	Smith										DNF
	--	--	322	YM	Likho	Mayekiso										DNF
	--	--	333	YM	Marais	Neethling										DNF
	--	--	329	YM	Heinrich	Vreken										DNF
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Junior Women	1	1	271	JW	Anna	Marx	00:17.06	00:19.00	00:19.21	00:19.58				01:15.25	4	
	2	2	273	JW	Anya	Du Plessis	00:17.47	00:20.57	00:19.22	00:18.53				01:16.59	4	



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	3	3	272	JW	Kayleigh	Scholtz	00:18.53	00:20.23	00:19.09	00:19.06				01:17.31	4	
	--	--	275	JW	Christelle	Joubert	00:20.31							00:20.31	1	DNF
	--	--	274	JW	Lianke	Fourie										DNS
	--	--	276	JW	Amila	Mntuyedwa										DNS
	--	--	277	JW	Milani	Dingani										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Junior Men	1	1	216	JM	Alec	Coleské	00:13.17	00:14.13	00:14.36	00:15.04	00:15.09			01:12.19	5	
	2	2	205	JM	Lood	Goosen	00:14.02	00:15.03	00:15.11	00:15.25	00:15.15			01:14.56	5	
	3	3	223	JM	Jean-Pierre	Du Plessis	00:14.04	00:15.55	00:14.54	00:15.36	00:16.13			01:16.42	5	
	4	4	213	JM	Streicher	Swart	00:14.23	00:15.30	00:15.48	00:16.11	00:14.58			01:16.50	5	
	5	5	202	JM	Hendre	De Villiers	00:14.20	00:15.31	00:15.49	00:16.13	00:15.13			01:17.06	5	
	6	6	206	JM	Ryan	Veer	00:14.21	00:15.34	00:15.36	00:15.59	00:16.56			01:18.26	5	
	7	7	203	JM	Divan	Terblanche	00:15.00	00:15.57	00:16.21	00:16.16	00:16.10			01:19.44	5	
	8	8	219	JM	Willem	Botha	00:14.55	00:15.55	00:15.33	00:16.05	00:17.29			01:19.57	5	
	9	9	204	JM	Greg	Lawson	00:14.51	00:16.00	00:16.03	00:16.41	00:16.53			01:20.28	5	
	10	10	221	JM	Jaco	Jacobs	00:15.02	00:16.22	00:15.57	00:16.25	00:16.50			01:20.36	5	
	11	11	220	JM	Xander	Van Dyk	00:14.45	00:16.25	00:16.10	00:18.42	00:18.50			01:24.52	5	
	12	12	208	JM	Tiaan	Steenkamp	00:15.42	00:16.42	00:17.21	00:18.32	00:18.56			01:27.13	5	
	13	13	209	JM	M J	Visagie	00:15.54	00:17.15	00:19.14	00:18.50	00:17.50			01:29.03	5	
	14	14	214	JM	Devan	Van Zyl	00:16.23	00:17.08	00:17.18	00:18.55	00:19.23			01:29.07	5	
	15	15	218	JM	Wynand	Mostert	00:16.11	00:17.51	00:16.45	00:18.12	00:20.15			01:29.14	5	
	16	16	211	JM	Juan	Rossouw	00:17.41	00:18.24	00:19.17	00:19.38				01:15.00	4	-1 Lap
	17	17	217	JM	Andre	Kotze	00:17.43	00:19.04	00:19.59	00:19.32				01:16.18	4	-1 Lap
	18	18	332	JM	Liyema	Madolo	00:18.43	00:21.29	00:22.04	00:21.39				01:23.55	4	-1 Lap
	19	19	212	JM	Awie	Smit	00:21.37	00:23.06	00:23.13	00:24.09				01:32.05	4	-1 Lap
	20	20	222	JM	Etienne	Fouche	00:27.01	00:34.31	00:34.12					01:35.44	3	-2 Laps
	--	--	201	JM	Jaydan	Durandt	00:14.07	00:15.49	00:19.20					00:49.16	3	DNF
	--	--	207	JM	Jean	Surridge	00:16.32							00:16.32	1	DNF
	--	--	224	JM	Tristan	Westley	00:25.43							00:25.43	1	DNF
	--	--	215	JM	Cobus	Marais										DNS
	--	--	210	JM	Willem	Visagie										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Elite Women	1	1	106	EW	Haley	Batten	00:14.48	00:15.21	00:17.10	00:15.54	00:16.26	00:15.21		01:35.00	6	
	2	2	107	EW	Sophia	Gomez-Villafane	00:14.47	00:15.24	00:17.08	00:18.36	00:18.30	00:18.07		01:42.32	6	
	3	3	102	EW	Lehane	Oosthuizen	00:16.12	00:16.56	00:17.20	00:19.29	00:18.24	00:18.45		01:47.06	6	
	4	4	105	EW	Andrea	Schofmann	00:16.06	00:17.32	00:18.11	00:19.03	00:19.37	00:20.10		01:50.39	6	
	5	5	104	EW	Marzelle	Van Der Merwe	00:16.29	00:17.46	00:18.54	00:19.52	00:20.49	00:21.27		01:55.17	6	
	--	--	103	EW	Karla	Stumpf	00:16.43	00:19.05	00:20.30					00:56.18	3	DNF
	--	--	101	EW	Janice	Venter	00:16.54							00:16.54	1	DNF
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Elite Men	1	1	1	EM	Matthew	Beers	00:12.00	00:12.16	00:12.33	00:12.36	00:12.48	00:12.59	00:13.10	01:28.22	7	
	2	2	4	EM	Tristan	Nortje	00:12.24	00:12.55	00:12.47	00:12.37	00:13.08	00:12.49	00:13.08	01:29.48	7	
	3	3	2	EM	Arno	Du Toit	00:12.28	00:13.14	00:13.00	00:13.06	00:12.56	00:13.08	00:13.17	01:31.09	7	
	4	4	21	EM	Johan	Van Zyl	00:12.04	00:13.07	00:13.07	00:13.28	00:13.18	00:13.27	00:13.34	01:32.05	7	
	5	5	22	EM	Chris	Blevins	00:12.55	00:13.34	00:13.28	00:13.13	00:13.49	00:13.13	00:12.43	01:32.55	7	
	6	6	3	EM	Keagan	Bontekoning	00:12.48	00:12.57	00:13.14	00:13.25	00:13.31	00:13.31	00:13.55	01:33.21	7	
	7	7	5	EM	Luke	Moir	00:12.01	00:13.07	00:12.55	00:13.07	00:14.03	00:14.51	00:13.58	01:34.02	7	
	8	8	6	EM	Sven	Strähle	00:12.27	00:13.29	00:13.27	00:13.34	00:14.00	00:14.18	00:14.35	01:35.50	7	
	9	9	8	EM	Tim	Feinauer	00:13.33	00:13.57	00:14.15	00:14.00	00:13.50	00:14.17	00:14.36	01:38.28	7	
	10	10	13	EM	Thomas	Hudson	00:13.21	00:14.11	00:14.10	00:14.15	00:14.24	00:15.00	00:15.16	01:40.37	7	
	11	11	19	EM	Ignatius	Du Preez	00:13.28	00:14.23	00:14.45	00:14.42	00:14.29	00:15.30	00:15.42	01:42.59	7	
	12	12	18	EM	Kai	Von Doring	00:13.25	00:14.06	00:14.29	00:15.03	00:15.12	00:15.45	00:15.46	01:43.46	7	
	13	13	10	EM	Gunther	Katzke	00:13.44	00:14.38	00:15.07	00:15.07	00:15.35	00:15.31		01:29.42	6	-1 Lap
	14	14	9	EM	Luca	Ruwiel	00:13.40	00:14.25	00:15.20	00:17.06	00:16.27	00:16.51		01:33.49	6	-1 Lap
	15	15	20	EM	Zandr�	Gerber	00:13.27	00:16.19	00:16.49	00:15.46	00:16.07	00:16.40		01:35.08	6	-1 Lap
	16	16	17	EM	Ray�	Moolman	00:14.54	00:17.20	00:16.44	00:17.23	00:16.45	00:16.25		01:39.31	6	-1 Lap
	--	--	14	EM	Zachary	Swart	00:13.29	00:13.42	00:14.30					00:41.41	3	DNF
	--	--	16	EM	Aaron	Budke										DNS
	--	--	15	EM	Herman	Fourie										DNS
	--	--	7	EM	Luis	Neff										DNS
	--	--	11	EM	Noah	Neff										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
ALL Master Wom 30+	1	1	773	SW	Amy	Burton	00:17.28	00:19.05	00:19.23					00:55.56	3	
	2	1	774	VW	Nikki	Biesheuvel	00:17.56	00:19.20	00:20.09					00:57.25	3	
	3	2	772	VW	Lena	Ronge	00:18.02	00:19.47	00:19.41					00:57.30	3	
	4	3	771	VW	Ingrid	Youell	00:20.09	00:22.10	00:21.51					01:04.10	3	
	5	4	775	VW	Nicole	Murphy	00:20.59	00:21.48	00:22.51					01:05.38	3	
	6	2	777	SW	Christine	Lowe	00:21.32	00:27.00	00:29.30					01:18.02	3	
	--	--	776	VW	Sally	Deane	00:19.56	00:22.27						00:42.23	2	DNF
	--	--	778	SW	Michelle	Du Preez										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Sub Vet Men	1	1	701	SV	Dominic	Calitz	00:14.04	00:14.48	00:14.48	00:14.59	00:14.34			01:13.13	5	
	2	2	704	SV	Ashley	Oldfield	00:15.09	00:16.18	00:16.41	00:17.11	00:17.28			01:22.47	5	
	3	3	703	SV	Seraj	Abrahams	00:15.25	00:17.07	00:17.51	00:18.30	00:18.14			01:27.07	5	
	4	4	727	SV	Rameez	Abrahams	00:16.22	00:18.24	00:19.28	00:20.06				01:14.20	4	-1 Lap
	5	5	702	SV	Bunny	Loubser	00:17.46	00:19.28	00:19.41	00:19.44				01:16.39	4	-1 Lap





Group or Category	Pos in		Participants Details				Split Times							Final Results			
	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status	
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status	
Veteran Men	1	1	711	VM	Maarten	Tjallingii	00.14.18	00.14.41	00.15.06	00.15.31				00.59.36	4		
	2	2	710	VM	Petrus	Malherbe	00.14.52	00.15.47	00.16.19	00.16.49				01.03.47	4		
	3	3	705	VM	Jean	De Villiers	00.14.50	00.16.03	00.17.04	00.17.30				01.05.27	4		
	4	4	712	VM	Robin	Harris	00.15.23	00.16.40	00.17.18	00.17.23				01.06.44	4		
	5	5	706	VM	Pieter	Rautenbach	00.16.05	00.16.43	00.17.26	00.17.17				01.07.31	4		
	6	6	708	VM	Wayne	Victor	00.17.40	00.18.08	00.18.30	00.19.17				01.13.35	4		
	7	7	709	VM	Truan	Haskell	00.17.42	00.20.36	00.20.44	00.21.34				01.20.36	4		
	8	8	715	VM	Jan	Vreken	00.19.06	00.21.00	00.27.15					01.07.21	3	-1 Lap	
	--	--	714	VM	Juan-Paul	Farinha	00.18.50							00.18.50	1	DNF	
	--	--	707	VM	Gerard	Dirks											DNS
	--	--	713	VM	Franso	Steyn											DNS
	--	--	716	VM	Francois	Van Heerden											DNS
	--	--	717	VM	Charles	Smal											DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status	
Master Men	1	1	725	MM	Andre	Visser	00.16.00	00.16.49	00.17.44					00.50.33	3		
	2	2	718	MM	Pierre	Evard	00.16.09	00.17.16	00.17.46					00.51.11	3		
	3	3	719	MM	Arnold	Barnardo	00.16.56	00.17.19	00.18.03					00.52.18	3		
	4	4	726	MM	Jimmy	Mills	00.16.36	00.18.01	00.18.39					00.53.16	3		
	5	5	720	MM	Timothy	Blegenhout	00.17.25	00.18.50	00.18.33					00.54.48	3		
	6	6	721	MM	Nico	Vreken	00.17.32	00.18.23	00.19.11					00.55.06	3		