

BOLAND Biathlon Association

Paarl Gimnasium

14/10/2017

Athletes Result List

Boys under 8 SA: 0 Prov: 2155 Christi Engelbrecht SA Record = (\$) ProvinceRecord (*)

| Pos | Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|-----|--------|----------|-----------------------|-------------------|---------|------|---------|------|-------|-------|
| 1 | 011148 | T | Van d Merwe ,Thomas | Klein Gim | 1:16:58 | 1117 | 0:19:01 | 1030 | 0 | 2147 |
| 2 | 011309 | A | Kotze ,Arden | Swartland | 1:18:34 | 1108 | 0:21:83 | 1002 | 0 | 2110 |
| 3 | 011549 | J | Immelman ,Jean-Pierre | Curro Langebaan | 1:22:85 | 1086 | 0:22:77 | 993 | 0 | 2079 |
| 4 | 011401 | C | Scholtz ,Christiaan | Klein Gim | 1:28:60 | 1057 | 0:23:58 | 985 | 0 | 2042 |
| 5 | 011343 | R | Viviers ,Ryan | Klein Gim | 1:18:00 | 1110 | 0:31:53 | 905 | 0 | 2015 |
| 6 | 011415 | E | Van Zyl ,Erik | Privaat | 1:29:49 | 1053 | 0:26:20 | 958 | 0 | 2011 |
| 7 | 011512 | P | Louw ,Pieter-Hugo | Noordeind LS | 1:37:23 | 1014 | 0:23:99 | 981 | 0 | 1995 |
| 8 | 011487 | H | Engelbrecht ,Herman | LS Olifantsvallei | 1:25:77 | 1071 | 0:29:98 | 921 | 0 | 1992 |
| 9 | 011526 | J | Slabber ,Jack | Hopefield | 1:24:06 | 1080 | 0:32:04 | 900 | 0 | 1980 |
| 10 | 011535 | L | Schafer ,Lehan | Paarl Boys | 1:48:00 | 960 | 0:27:47 | 946 | 0 | 1906 |
| 11 | 011525 | M | Slabber ,Migael | Hopefield | 1:40:97 | 996 | 0:38:58 | 835 | 0 | 1831 |
| 12 | 011505 | O | Greeff ,Owen | Klein Gim | 1:29:91 | 1050 | 0:44:25 | 778 | 0 | 1828 |
| 13 | 011413 | R | Russouw ,Ruan | Vyeboom | 1:32:55 | 1037 | 0:43:19 | 789 | 0 | 1826 |
| 14 | 011513 | J | Nieuwoudt ,James | Klein Gim | 1:50:85 | 946 | 0:55:18 | 669 | 0 | 1615 |
| 15 | 011510 | J | Retief ,Jean | Hugo Rust | 1:29:09 | 1055 | N/F | 0 | 0 | N/F |

Boys under 9SA: 2415 Christi EngelbrechtProv: 2415 Christi Engelbrecht SARecord = (\$) ProvinceRecord (*)

| Pos | Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|-----|--------|----------|------------------------|-------------------|---------|------|---------|------|-------|-------|
| 1 | 011305 | D | Naude ,Dieter | LS Olifantsvallei | 2:44:00 | 1200 | 0:42:58 | 1120 | 0 | 2320 |
| 2 | 011218 | L | Rautenbach ,Liam | Longacres | 2:51:19 | 1164 | 0:42:41 | 1121 | 0 | 2285 |
| 3 | 011508 | J | V d Westhuizen ,Ulrich | Privaat | 2:57:84 | 1131 | 0:48:07 | 1032 | 0 | 2163 |
| 4 | 011519 | M | Wessels ,Malan | Privaat | 2:58:77 | 1126 | 0:49:03 | 1016 | 0 | 2142 |
| 5 | 011560 | T | Wiersma ,Thomas | Privaat | 3:03:07 | 1105 | 0:50:13 | 999 | 0 | 2104 |
| 6 | 011290 | H | Sabbagha ,Handre | Klein Gim | 3:05:87 | 1091 | 0:52:97 | 954 | 0 | 2045 |
| 7 | 011543 | C | Botma ,Conrad | LS Bredasdorp | 3:07:47 | 1083 | 0:52:74 | 957 | 0 | 2040 |
| 8 | 011384 | J | Joubert ,Jade | LS Vredenburg | 3:07:07 | 1085 | 1:10:56 | 672 | 0 | 1757 |
| 9 | 011358 | B | Haarhoff ,Ben | Paarl Boys | 3:01:09 | 1115 | 1:12:46 | 642 | 0 | 1757 |
| 10 | 011559 | D | Steyn ,Daniel | Hugenote Laer | 3:07:80 | 1081 | N/F | 0 | 0 | N/F |
| 11 | 011507 | B | Rosseau ,Burger | Privaat | 3:19:29 | 1024 | N/F | 0 | 0 | N/F |

Boys under 11 SA: 2394 Prov: 2388 Kailen Kotze SARecord = (\$) ProvinceRecord (*)

| Pos | Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|-----|--------|----------|----------------------------|-------------------|---------|------|---------|------|-------|-------|
| 1 | 010922 | C | Hattingh ,Christiaan | Hugo Rust | 2:42:59 | 1137 | 0:36:78 | 1148 | 0 | 2285 |
| 2 | 011209 | J | Van Zyl ,Jaco | Hugenote Laer | 2:43:69 | 1132 | 0:37:17 | 1142 | 0 | 2274 |
| 3 | 011126 | C | Engelbrecht ,Christi | LS Olifantsvallei | 2:37:89 | 1161 | 0:39:31 | 1107 | 0 | 2268 |
| 4 | 011000 | W | Nel ,Wickus | LS Olifantsvallei | 2:46:24 | 1119 | 0:37:30 | 1139 | 0 | 2258 |
| 5 | 011058 | I | Smith ,Ian | Curro Langebaan | 2:47:83 | 1111 | 0:36:94 | 1145 | 0 | 2256 |
| 6 | 011273 | T | Kearns ,Tiaan | Paarl Boys | 2:54:39 | 1078 | 0:37:41 | 1137 | 0 | 2215 |
| 7 | 011556 | J | Le Roux ,Jeandre | Robertson High | 2:45:99 | 1120 | 0:41:40 | 1073 | 0 | 2193 |
| 8 | 010976 | R | Hofmeyr ,Reitz | Curro Langebaan | 2:44:20 | 1129 | 0:42:80 | 1051 | 0 | 2180 |
| 9 | 011091 | JP | Hattingh ,Jan-Paul | Hugo Rust | 2:51:45 | 1093 | 0:40:72 | 1084 | 0 | 2177 |
| 10 | 011561 | N | Malherbe ,Nicholas | Privaat | 2:39:11 | 1154 | 0:46:99 | 986 | 0 | 2140 |
| 11 | 011405 | L | Vogel ,Liam | Klein Gim | 3:07:65 | 1012 | 0:38:98 | 1113 | 0 | 2125 |
| 12 | 010998 | J | Britz ,Janco | Hopefield | 3:00:50 | 1047 | 0:41:34 | 1075 | 0 | 2122 |
| 13 | 011558 | V | Steyn ,Van Zyl | Hugenote Laer | 3:01:26 | 1044 | 0:44:87 | 1019 | 0 | 2063 |
| 14 | 011223 | R | Van Wyk ,Reitz | Curro Langebaan | 3:07:99 | 1010 | 0:43:33 | 1043 | 0 | 2053 |
| 15 | 011245 | C | Van den Heever ,Christiaan | Paarl Boys | 3:11:55 | 993 | 0:49:07 | 952 | 0 | 1945 |
| 16 | 011404 | V | Heydenreich ,Vohn | Hugo Rust | 3:02:49 | 1038 | 0:53:71 | 877 | 0 | 1915 |
| 17 | 011381 | D | Saayman ,Dehan | Klein Gim | 3:12:55 | 988 | 0:51:43 | 914 | 0 | 1902 |
| 18 | 011228 | R | Louw ,Riaan | Hopefield | 3:19:60 | 952 | 0:52:68 | 895 | 0 | 1847 |
| 19 | 011248 | K | Geldenhuis ,Krynauw | Paarl Boys | 3:38:65 | 857 | 0:49:40 | 946 | 0 | 1803 |
| 20 | 011469 | B | Bosman ,Braam | Paarl Boys | 2:57:29 | 1064 | 1:06:79 | 669 | 0 | 1733 |
| 21 | 010945 | B | Russouw ,Bjorn | Vyeboom | 3:25:15 | 925 | 1:01:16 | 759 | 0 | 1684 |

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|----|--------|---|-----------------|-----------------|---------|------|---------|-----|---|------|
| 22 | 011552 | R | De Lange ,Ruben | Curro Langebaan | 2:59:02 | 1055 | 1:10:08 | 616 | 0 | 1671 |
| 23 | 011284 | H | Til ,Herman | Curro Langebaan | 3:24:11 | 930 | 1:06:17 | 679 | 0 | 1609 |
| 24 | 011143 | D | Rabie ,Dian | Paarl Boys | 4:05:45 | 723 | 1:11:08 | 600 | 0 | 1323 |

Boys under 13 SA: 2507 Jannie Briers-Louw Prov: 2507 Jannie Briers-Louw SARecord = (\$) ProvinceRecord (*)

| Pos | Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|-----|--------|----------|--------------------|----------------|---------|------|---------|------|-------|-------|
| 1 | 010438 | F | Retief ,Francois | Hugo Rust | 4:15:01 | 1030 | 1:10:84 | 1152 | 0 | 2182 |
| 2 | 011114 | C | Prins ,Caleb | LS Vredenburg | 4:19:23 | 1009 | 1:17:25 | 1088 | 0 | 2097 |
| 3 | 010963 | K | Kotze ,Kailen | Malmesbury | 4:28:19 | 965 | 1:14:08 | 1120 | 0 | 2085 |
| 4 | 011329 | A | Van Zyl ,Adriaan | LS Vredenburg | 4:30:80 | 951 | 1:25:63 | 1004 | 0 | 1955 |
| 5 | 011288 | L | Du Toit ,Le Roux | Noordeind LS | 4:32:27 | 944 | 1:27:72 | 983 | 0 | 1927 |
| 6 | 011111 | S | Rossouw ,Stephanus | Klein Gim | 4:53:83 | 836 | 1:19:80 | 1062 | 0 | 1898 |
| 7 | 011172 | J | Theart ,Jeanre | LS Vredenburg | 4:41:39 | 899 | 1:28:70 | 973 | 0 | 1872 |
| 8 | 011546 | V | Wolhuter ,Vincent | Privaat | 4:51:23 | 849 | 1:25:41 | 1006 | 0 | 1855 |
| 9 | 011391 | J | Wessels ,Jurie | HS Stellenboch | 4:38:01 | 915 | 1:32:39 | 937 | 0 | 1852 |
| 10 | 011121 | R | Hugo ,Retief | Paarl Boys | 5:07:31 | 769 | 1:18:78 | 1073 | 0 | 1842 |
| 11 | 011082 | E | Louw ,Eduan | Hopefield | 4:44:73 | 882 | 1:36:70 | 893 | 0 | 1775 |
| 12 | 011534 | L | Freeman ,Lawrence | Ceres | 4:46:85 | 871 | 1:41:41 | 846 | 0 | 1717 |
| 13 | 011113 | B | Williams ,Bradley | LS Vredenburg | 4:57:57 | 818 | 1:38:97 | 871 | 0 | 1689 |
| 14 | 010767 | L | Fourie ,Lohann | LS Bredasdorp | 4:52:79 | 842 | 1:43:23 | 828 | 0 | 1670 |
| 15 | 011544 | C | De Villiers ,Cobus | LS Bredasdorp | 4:54:89 | 831 | 1:57:03 | 690 | 0 | 1521 |
| 16 | 011015 | E | La Grange ,Evan | LS Vredenburg | 5:40:22 | 604 | 1:42:40 | 836 | 0 | 1440 |
| 17 | 011496 | S | Meintjies ,Stephan | LS Vredenburg | 4:56:41 | 823 | 2:04:93 | 611 | 0 | 1434 |

Boys under 15 SA: 2502 Prov: 2290 Willem Perrie Viljoen SARecord = (\$) ProvinceRecord (*)

| Pos | Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|-----|--------|----------|----------------------|-------------------|---------|------|---------|------|-------|-------|
| 1 | 011348 | I | Steyn ,Ian | Worcester | 4:54:15 | 1079 | 1:05:12 | 1169 | 0 | 2248 |
| 2 | 011562 | F | Malherbe ,Francois | Privaat | 4:54:49 | 1078 | 1:10:10 | 1119 | 0 | 2197 |
| 3 | 011142 | R | Davies ,Ryan | LS Vredenburg | 5:00:86 | 1046 | 1:23:35 | 987 | 0 | 2033 |
| 4 | 011141 | K | Gouws ,Kellan | LS Vredenburg | 5:00:24 | 1049 | 1:26:83 | 952 | 0 | 2001 |
| 5 | 011369 | D | Swart ,Daniel | Gim | 5:28:78 | 907 | 1:13:65 | 1084 | 0 | 1991 |
| 6 | 011548 | G | Louw ,Guiiaume | Swartland | 5:43:05 | 835 | 1:08:60 | 1134 | 0 | 1969 |
| 7 | 011129 | C | Naude ,Christiaan | LS Olifantsvallei | 5:42:74 | 837 | 1:12:83 | 1092 | 0 | 1929 |
| 8 | 011422 | R | Van Zyl ,Rossouw | Hugenote Laer | 5:39:24 | 854 | 1:19:81 | 1022 | 0 | 1876 |
| 9 | 011554 | W | Van Reenen ,Wiaan | Swartland | 5:45:77 | 822 | 1:20:20 | 1018 | 0 | 1840 |
| 10 | 011542 | AJ | Hartman ,AJ | Swartland | 5:56:59 | 768 | 1:16:02 | 1060 | 0 | 1828 |
| 11 | 010776 | K | Bezuidenhoudt ,Karel | LS Bredasdorp | 5:36:40 | 868 | 1:35:50 | 865 | 0 | 1733 |
| 12 | 010966 | F | Hofmeyr ,Francois | Curro Langebaan | 5:52:36 | 789 | 1:29:20 | 928 | 0 | 1717 |
| 13 | 011553 | C | Chinner ,Coan | Swartland | 5:18:47 | 958 | 1:55:53 | 665 | 0 | 1623 |
| 14 | 010700 | M | Rabie ,Michal | Paarl Boys | 6:45:78 | 522 | 1:43:87 | 782 | 0 | 1304 |

Boys under 17 SA: 2515 Prov: 2426 Jacques Pretorius SARecord = (\$) ProvinceRecord (*)

| Pos | Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|-----|--------|----------|-------------------------|---------------|---------|-----|---------|------|-------|-------|
| 1 | 010066 | A | Mouton ,Aldert | Hugenote High | 7:30:62 | 702 | 1:12:96 | 1081 | 0 | 1783 |
| 2 | 011106 | M | Minnaar ,Martin | Hugenote High | 7:30:31 | 704 | 1:15:48 | 1056 | 0 | 1760 |
| 3 | 011532 | H | Ackerman ,Henrico | Hugenote High | 7:45:65 | 627 | 1:11:85 | 1092 | 0 | 1719 |
| 4 | 011103 | W | Groenewald ,William | Hugenote High | 7:22:90 | 741 | 1:42:72 | 783 | 0 | 1524 |
| 5 | 011102 | L | Van der Westhuizen ,Luc | Hugenote High | 8:16:90 | 471 | 1:24:25 | 968 | 0 | 1439 |
| 6 | 010435 | D | Du Plessis ,Daniel | Hugenote High | 8:44:84 | 331 | 1:18:68 | 1024 | 0 | 1355 |
| 7 | 011520 | J | Nel ,Jean-Jaco | Hopefield | N/F | 0 | 1:56:19 | 649 | 0 | N/F |

Boys under 19 SA: 2507 Prov: 2436 Burger Symington SARecord = (\$) ProvinceRecord (*)

| Pos | Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|-----|--------|----------|-----------------|-----------------|---------|-----|---------|------|-------|-------|
| 1 | 010036 | SW | Malan ,SW | Hugenote High | 7:21:02 | 750 | 1:18:88 | 1022 | 0 | 1772 |
| 2 | 010895 | W | Strauss ,Werner | Paarl Boys High | 7:56:30 | 574 | 1:04:95 | 1161 | 0 | 1735 |

Men Senior (Open) SA: 2525 Prov: 2448 Jacques Pretorius SARecord = (\$) ProvinceRecord (*)

| Pos Number | Initials | Name | Club | Run T | Scr | Swim T | Scr Bonus | Score |
|------------|----------|----------------------|---------|---------|-----|---------|-----------|-------|
| 1 | 010304 | C Redelinguys ,Chris | Maties | 6:31:03 | 970 | 1:07:65 | 1134 0 | 2104 |
| 2 | 010045 | E Kruger ,Eben | Privaat | 6:54:24 | 854 | 1:07:62 | 1134 0 | 1988 |
| 3 | 010894 | G Strauss ,Gerhard | Maties | 7:55:93 | 546 | 1:09:43 | 1116 0 | 1662 |
| 4 | 011563 | J Le Cordeur ,Jason | Privaat | 7:34:89 | 651 | 1:47:08 | 740 0 | 1391 |

Men Jnr Veteran (27-39) SA: 2369 Prov: 2295 Edrich Burger SARecord = (\$) ProvinceRecord (*)

| Pos Number | Initials | Name | Club | Run T | Scr | Swim T | Scr Bonus | Score |
|------------|----------|---------------------|---------|---------|------|---------|-----------|-------|
| 1 | 011516 | A Aucamp ,Andries | Privaat | 3:10:33 | 1033 | 1:19:78 | 1013 96 | 2142 |
| 2 | 011365 | D Forte ,Dommonique | Curro | 3:24:44 | 963 | 1:13:09 | 1080 32 | 2075 |

Men Veteran (40-49) SA: 2517 Prov: 2299 Brett de Kock SARecord = (\$) ProvinceRecord (*)

| Pos Number | Initials | Name | Club | Run T | Scr | Swim T | Scr Bonus | Score |
|------------|----------|-----------------|-----------|---------|-----|---------|-----------|-------|
| 1 | 011528 | P Britz ,Pieter | Hopefield | 3:43:43 | 903 | 1:38:23 | 878 105 | 1886 |

Men Snr Veteran (50-59) SA: 2525 Prov: 2303 Johan v d Vyfer SARecord = (\$) ProvinceRecord (*)

| Pos Number | Initials | Name | Club | Run T | Scr | Swim T | Scr Bonus | Score |
|------------|----------|--------------|-------|---------|-----|---------|-----------|-------|
| 1 | 011283 | I Flack ,Ian | Curro | 4:18:18 | 815 | 2:25:43 | 466 120 | 1401 |

Girls Under 8 SA: Prov: 2136 Rebecca Flack SARecord = (\$) ProvinceRecord (*)

| Pos Number | Initials | Name | Club | Run T | Scr | Swim T | Scr Bonus | Score |
|------------|----------|------------------------|-------------------|---------|------|---------|-----------|-------|
| 1 | 011366 | A Kotze ,Abigail | Laer Meisieskool | 1:28:67 | 1082 | 0:22:23 | 998 0 | 2080 |
| 2 | 011506 | A Pienaar ,Anine | Hugo Rust | 1:31:41 | 1068 | 0:27:42 | 946 0 | 2014 |
| 3 | 011511 | M Hugo ,Minke | Klein Gim | 1:33:91 | 1055 | 0:26:20 | 958 0 | 2013 |
| 4 | 011334 | M Van Coller ,Minke | Privaat | 1:35:02 | 1050 | 0:28:66 | 934 0 | 1984 |
| 5 | 011312 | I Heyns ,Issabelle | LS Olifantsvallei | 1:37:39 | 1038 | 0:28:52 | 935 0 | 1973 |
| 6 | 011492 | M Barnard ,Mikayla | Laer Meisieskool | 1:39:39 | 1028 | 0:29:56 | 925 0 | 1953 |
| 7 | 011493 | P Rossouw ,Phoebe | Privaat | 1:47:62 | 987 | 0:25:93 | 961 0 | 1948 |
| 8 | 011491 | L Van den Heever ,Liya | Laer Meisieskool | 1:34:28 | 1054 | 0:41:21 | 808 0 | 1862 |
| 9 | 011488 | A Van Zyl ,Anna-Mae | LS Olifantsvallei | 1:40:10 | 1024 | 0:55:99 | 661 0 | 1685 |

Girls under 9 SA: 2472 Prov: 2436 Rebecca Flack SARecord = (\$) ProvinceRecord (*)

| Pos Number | Initials | Name | Club | Run T | Scr | Swim T | Scr Bonus | Score |
|------------|----------|------------------------|-------------------|---------|------|---------|-----------|-------|
| 1 | 011367 | L Le Roux ,Lucy | Laer Meisieskool | 3:12:76 | 1126 | 0:48:39 | 1027 0 | 2153 |
| 2 | 011316 | A Slabbert ,Anmi | Klein Gim | 3:19:06 | 1095 | 0:47:72 | 1036 0 | 2131 |
| 3 | 011295 | A Mouton ,Annika | Noordeind LS | 3:00:71 | 1186 | 0:56:52 | 896 0 | 2082 |
| 4 | 011439 | M Duvenhage ,Marike | Hugenote Laer | 3:01:10 | 1184 | 0:59:90 | 842 0 | 2026 |
| 5 | 011501 | L Haasbroek ,Lily | Noordeind LS | 3:19:45 | 1093 | 0:54:75 | 925 0 | 2018 |
| 6 | 011490 | E Burger ,Este | LS Olifantsrivier | 3:25:38 | 1063 | 0:57:55 | 880 0 | 1943 |
| 7 | 011489 | L Nieuwoudt ,Liani | LS Olifantsvallei | 3:13:76 | 1121 | 1:09:69 | 687 0 | 1808 |
| 8 | 011555 | A Van Toorn ,Annemarie | Privaat | 3:46:37 | 959 | 1:01:57 | 816 0 | 1775 |
| 9 | 011330 | K Rossouw ,Kayla | LS Vredenburg | 3:55:74 | 912 | 1:12:05 | 648 0 | 1560 |
| 10 | 011423 | M Van Zyl ,Mia | Bonnievale | 3:46:06 | 960 | 1:22:24 | 485 0 | 1445 |
| 11 | 011387 | A Matthysen ,Anke | Hopefield | N/F | 0 | 1:07:17 | 727 0 | N/F |
| 12 | 011474 | M Zaayman ,Mianay | Curro Langebaan | N/F | 0 | 1:10:41 | 674 0 | N/F |

Girls under 11 SA: 2371 Prov: 2362 Anne Sabbagha SARecord = (\$) ProvinceRecord (*)

| Pos Number | Initials | Name | Club | Run T | Scr | Swim T | Scr Bonus | Score |
|------------|----------|-------------------------|------------------|---------|------|---------|-----------|-------|
| 1 | 011498 | D De Villiers ,Danielle | Klein Gim | 2:55:72 | 1101 | 0:35:63 | 1166 0 | 2267 |
| 2 | 011206 | R Flack ,Rebecca | Curro Langebaan | 2:52:89 | 1116 | 0:38:71 | 1116 0 | 2232 |
| 3 | 011152 | E Conradie ,Erna-Mari | Laer Meisieskool | 2:55:08 | 1105 | 0:38:89 | 1115 0 | 2220 |
| 4 | 011289 | C Bester ,Christine | Noordeind LS | 3:04:78 | 1056 | 0:35:93 | 1161 0 | 2217 |
| 5 | 011144 | N Slabber ,Nina | Hopefield | 3:05:72 | 1051 | 0:39:87 | 1099 0 | 2150 |
| 6 | 011344 | J Hugo ,Junika | Klein Gim | 3:00:55 | 1077 | 0:42:03 | 1064 0 | 2141 |
| 7 | 011221 | S Schmidt ,Sienna | Laer Meisieskool | 3:30:87 | 926 | 0:44:19 | 1030 0 | 1956 |

| | | | | | | | | | | |
|----|--------|---|--------------------------|------------------|---------|------|---------|-----|---|------|
| 8 | 011179 | N | Haaroff ,Nina | Laer Meisieskool | 3:24:52 | 958 | 0:49:04 | 952 | 0 | 1910 |
| 9 | 011536 | J | Jones ,Jontaye | Hugo Rust | 3:33:28 | 914 | 0:50:06 | 936 | 0 | 1850 |
| 10 | 011294 | A | Swanepoel ,Anya | Noordeind LS | 3:04:37 | 1058 | 1:01:47 | 754 | 0 | 1812 |
| 11 | 011497 | E | Janse van Rensburg ,Elri | LS Vredenburg | 3:41:47 | 873 | 1:02:07 | 744 | 0 | 1617 |
| 12 | 011521 | N | Botha ,Nikole | Hopefield | 3:36:46 | 898 | 1:04:45 | 706 | 0 | 1604 |
| 13 | 011458 | O | Slabber ,Olivea | Hopefield | 3:49:08 | 835 | 1:04:45 | 706 | 0 | 1541 |
| 14 | 011065 | I | Blom ,Ilze | Vyeboom | 3:26:49 | 948 | 1:19:37 | 468 | 0 | 1416 |
| 15 | 011318 | Z | Kaufman ,Zara | Laer Meisieskool | 3:57:37 | 794 | 1:18:11 | 487 | 0 | 1281 |
| 16 | 011551 | M | De Lange ,Marizaan | Curro Langebaan | 5:04:22 | 459 | 1:03:00 | 728 | 0 | 1187 |
| 17 | 011539 | L | La Grange ,Lene | Noordeind LS | 3:08:63 | 1037 | N/F | 0 | 0 | N/F |

Girls under 13SA: 2490 Prov: 2391 Suzaan Broodryk SARecord = (\$) ProvinceRecord (*)

| Pos | Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|-----|--------|----------|-----------------------|-------------------|---------|------|---------|------|-------|-------|
| 1 | 011291 | A | Sabbagha ,Anne | Klein Gim | 3:30:94 | 1100 | 1:15:24 | 1128 | 0 | 2228 |
| 2 | 010712 | H | Prinsloo ,Helen | Laer Meisieskool | 3:33:45 | 1088 | 1:14:23 | 1138 | 0 | 2226 |
| 3 | 010906 | K | Schmidt ,Klaudia | Curro Langebaan | 3:34:36 | 1083 | 1:20:74 | 1073 | 0 | 2156 |
| 4 | 011550 | L | Geldenhuis ,Lize-Mari | Curro Langebaan | 4:05:52 | 928 | 1:14:38 | 1137 | 0 | 2065 |
| 5 | 010061 | L | Botha ,Lara | Laer Meisieskool | 3:47:22 | 1019 | 1:26:24 | 1018 | 0 | 2037 |
| 6 | 011540 | S | Bester ,Sumari | Hugo Rust | 3:59:53 | 958 | 1:21:25 | 1068 | 0 | 2026 |
| 7 | 011297 | U | Novello ,Utah | Curro Langebaan | 3:49:84 | 1006 | 1:26:78 | 1013 | 0 | 2019 |
| 8 | 011509 | C | September ,Chaniqueca | Privaat | 3:54:13 | 985 | 1:28:70 | 993 | 0 | 1978 |
| 9 | 010793 | N | Engelbrecht ,Nina | LS Olifantsvallei | 4:06:84 | 921 | 1:39:96 | 881 | 0 | 1802 |
| 10 | 011517 | M | Aucamp ,Mieke | Hugenote Laer | 3:58:95 | 961 | 1:45:15 | 829 | 0 | 1790 |
| 11 | 011145 | C | Basson ,Chrizandi | Hopefield | 4:18:66 | 862 | 1:39:30 | 887 | 0 | 1749 |
| 12 | 011374 | E | Duvenage ,Elena | Hugenote Laer | 3:57:12 | 970 | 1:54:53 | 735 | 0 | 1705 |
| 13 | 011545 | S | Van Niekerk ,Simone | LS Bredasdorp | 4:56:43 | 673 | 1:52:32 | 757 | 0 | 1430 |
| 14 | 010721 | L-M | Blom ,Louw-Mari | Vyeboom | 4:38:07 | 765 | 2:05:31 | 627 | 0 | 1392 |
| 15 | 011403 | P | Heydenreich ,Phia | Hugo Rust | 3:45:43 | 1028 | N/F | 0 | 0 | N/F |

Girls under 15 SA: 2443 Prov: 2420 Alexandra Quenet SARecord = (\$) ProvinceRecord (*)

| Pos | Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|-----|--------|----------|----------------------|------------------|---------|------|---------|------|-------|-------|
| 1 | 010901 | L | Masson ,Laela | Laer Meisieskool | 3:30:27 | 1069 | 1:07:13 | 1179 | 0 | 2248 |
| 2 | 010294 | C | Mostert ,Cameron | Worcester | 3:18:14 | 1129 | 1:14:63 | 1104 | 0 | 2233 |
| 3 | 011300 | S | Du Preez ,Selma | Swartland | 3:23:29 | 1104 | 1:12:84 | 1122 | 0 | 2226 |
| 4 | 011538 | M | Van der Walt ,Mia | Privaat | 3:33:36 | 1053 | 1:11:70 | 1133 | 0 | 2186 |
| 5 | 011494 | I | Combrink ,Ilanka | Paarl Girls High | 3:51:97 | 961 | 1:05:76 | 1193 | 0 | 2154 |
| 6 | 010918 | G | Scott ,Gabriella | Bredasdorp | 3:45:14 | 995 | 1:14:92 | 1101 | 0 | 2096 |
| 7 | 011285 | H | Crous ,Hanah | Hugenote Laer | 3:38:03 | 1030 | 1:21:35 | 1037 | 0 | 2067 |
| 8 | 010267 | A | Joubert ,Anneli | Hugo Rust | 4:02:32 | 909 | 1:11:23 | 1138 | 0 | 2047 |
| 9 | 010892 | J | Retief ,Jana | Hugo Rust | 3:48:01 | 980 | 1:19:84 | 1052 | 0 | 2032 |
| 10 | 011448 | M | Ferreira ,Marizelle | Gimnasium Paarl | 3:54:35 | 949 | 1:18:09 | 1070 | 0 | 2019 |
| 11 | 010248 | A | Ferreira ,Aninka | Laer Meisieskool | 3:53:14 | 955 | 1:24:57 | 1005 | 0 | 1960 |
| 12 | 011523 | M | Van der Merwe ,Mieke | Hopefield | 4:01:32 | 914 | 1:31:20 | 938 | 0 | 1852 |
| 13 | 010904 | H | Matthysen ,Hanlie | Hopefield | 4:17:71 | 832 | 1:34:94 | 901 | 0 | 1733 |
| 14 | 011495 | C | Green ,Chante | LS Vredenburg | 4:20:43 | 818 | 1:40:67 | 844 | 0 | 1662 |

Girls under 17 SA: 2472 Prov: 2472 Alexandra Quenet SARecord = (\$) ProvinceRecord (*)

| Pos | Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|-----|--------|----------|-----------------------|------------------|---------|------|---------|------|-------|-------|
| 1 | 010393 | A | Viljoen ,Anneken | Laer Meisieskool | 3:13:39 | 1153 | 1:22:79 | 1023 | 0 | 2176 |
| 2 | 011518 | M | Koen ,Maryke | Hugenote High | 3:50:20 | 969 | 1:06:45 | 1186 | 0 | 2155 |
| 3 | 011105 | L | Van Schalkwyk ,Lozaan | Hugenote High | 3:57:90 | 931 | 1:21:81 | 1032 | 0 | 1963 |
| 4 | 011541 | J | Hartman ,Jaime | Swartland | 4:28:55 | 778 | 1:14:78 | 1103 | 0 | 1881 |
| 5 | 011151 | M | Nel ,Mieke | Paarl Girls High | 3:59:73 | 922 | 1:33:38 | 917 | 0 | 1839 |
| 6 | 010789 | B | Sussman ,Bianca | Robertson High | 4:23:15 | 805 | 1:31:13 | 939 | 0 | 1744 |

Girls under 19 SA: 2485 Prov: 2431 Alexandra Quenet SARecord = (\$) ProvinceRecord (*)

| Pos | Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|-----|--------|----------|--------------|---------------|---------|------|---------|------|-------|-------|
| 1 | 010078 | K | Naude ,Klara | Worcester | 3:24:96 | 1100 | 1:08:10 | 1179 | 0 | 2279 |
| 2 | 010995 | E | Crous ,Emma | Hugenote High | 3:51:15 | 970 | 1:10:01 | 1160 | 0 | 2130 |

3 011515 C Versfeld ,Celize Swartland 4:15:05 850 1:17:54 1085 0 1935

Ladies Senior (Open) SA: 2525 Prov: 2411 Woude Muller SARecord = (\$) ProvinceRecord (*)

| Pos Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|------------|----------|-------------------|---------|---------|------|---------|------|-------|-------|
| 1 | 010388 | A Malan ,Annereen | Maties | 3:53:88 | 956 | 1:21:18 | 1079 | 0 | 2035 |
| 2 | 011504 | A Kruger ,Anel | Privaat | 3:42:96 | 1010 | 1:33:29 | 958 | 0 | 1968 |

Ladies Jnr Veteran (27-39) SA: 2313 Prov: 2303 Michelle Dreyer SARecord = (\$) ProvinceRecord (*)

| Pos Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|------------|----------|------------------|-------|---------|-----|---------|------|-------|-------|
| 1 | 011467 | J Sharkey ,Julia | Paarl | 4:02:48 | 913 | 1:29:11 | 1009 | 24 | 1946 |

Ladies Veteran (40-49) SA: 2496 Ilse Beukman Prov: 2496 Ilse Beukman SARecord = (\$) ProvinceRecord (*)

| Pos Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|------------|----------|--------------------|-------------|---------|-----|---------|------|-------|-------|
| 1 | 011392 | Z Wessels ,Zerilda | Stellenboch | 4:55:86 | 671 | 1:28:70 | 1053 | 45 | 1769 |
| 2 | 011533 | L Schoeman ,Lucia | Privaat | 4:48:32 | 709 | 1:42:60 | 914 | 135 | 1758 |
| 3 | 011529 | J Britz ,Jacomien | Hopefield | 5:16:94 | 566 | 2:00:62 | 734 | 60 | 1360 |

Ladies Snr Veteran (50-59) SA: 2513 Prov: 2458 Ilse Beukman SARecord = (\$) ProvinceRecord (*)

| Pos Number | Initials | Name | Club | Run T | Scr | Swim T | Scr | Bonus | Score |
|------------|----------|------------------|------------|---------|------|---------|------|-------|-------|
| 1 | 010389 | M Malan ,Mariaan | Malmesbury | 3:42:47 | 1128 | 1:28:94 | 1111 | 0 | 2239 |