

2018/19 BOLAND LEAGUE 5 - PAARL GIMNASIUM

Results

Under 8 Boys

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	9575	Wian	Van der Merwe	Olifanfsvallei	01:25.7	1136.7	00:21.3	1137.3	2274 (prov)
2	6516	Dylan	Haarhoff	Boys Primary Paarl	01:25.4	1138.2	00:23.5	1115.2	2253.4
3	7423	Jan	Phillips	Curro Langebaan	01:29.9	1115.35	00:22.5	1125.3	2240.65
4	5302	Connan	Wentzel	Villiersdorp	01:21.4	1158.2	00:27.3	1077	2235.2
5	6289	Stiaan	Mouton	Vredenburg	01:18.1	1174.5	00:29.0	1060.3	2234.8
6	9484	Kyle	Snyders	Curro Langebaan	01:29.2	1118.75	00:23.5	1114.6	2233.35
7	5062	Nicholas	Visser	Olifanfsvallei	01:30.7	1111.3	00:23.6	1114.5	2225.8
8	7234	Bertus	Mong	Vyeboom CP	01:27.0	1130.05	00:26.7	1083	2213.05
9	7995	Ruan	Zeeman	Malmesbury	01:23.7	1146.75	00:30.3	1047.4	2194.15
10	9968	Pieter	La Grange	Hugo Rust	01:34.5	1092.35	00:25.2	1098	2190.35
11	9695	Geo	Ellis	Olifanfsvallei	01:26.5	1132.65	00:30.9	1040.9	2173.55
12	2729	Pieter-Hugo	Louw	Noord- Eind Laerskool	01:53.6	996.8	00:19.0	1159.9	2156.7
13	9983	Paul	Basson	Curro Langebaan	01:39.6	1067.2	00:26.8	1082.2	2149.4
14	9829	Barend	Du Toit	Noord- Eind Laerskool	01:28.1	1124.25	00:32.6	1023.8	2148.05
15	5734	Jamie	Joubert	Curro Langebaan	01:30.4	1113.15	00:31.9	1030.6	2143.75
16	9281	Conrad	Oosthuizen	Curro Langebaan	01:42.8	1051.1	00:25.8	1091.7	2142.8
17	5256	Albertus	Mouton	Laerskool Paarl Gim	01:27.5	1127.65	00:35.1	998.9	2126.55
18	7374	Albie	Burger	Olifanfsvallei	01:38.2	1074.1	00:30.2	1047.7	2121.8
19	4862	Liam	Cockrell	Hopefield	01:51.2	1009.05	00:32.0	1030.1	2039.15
20	5199	Schoeman	Buchner	Vyeboom CP	01:47.8	1026.25	00:36.3	987.4	2013.65
21	7785	Dieter	Von Fincenstein	Privaat	00:00.0	0	00:22.7	1122.8	1122.8

Under 8 Girls

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2743	Minke	Hugo	Laerskool Paarl Gim	01:25.6	1161.9	00:22.1	1128.6	2290.5
2	3583	Lucia	Kempen	Ruens	01:31.1	1134.35	00:22.3	1127.4	2261.75
3	2758	Ankia	Human	Laerskool Paarl Gim	01:23.7	1171.45	00:26.5	1084.6	2256.05
4	7053	Gabrielle	Wolhuter	Girls Primary Paarl	01:29.9	1140.55	00:24.0	1109.7	2250.25
5	2761	Francesca	Flack	Curro Langebaan	01:32.7	1126.4	00:23.5	1114.6	2241
6	7563	Isabella	Olivier	Girls Primary Paarl	01:27.8	1150.95	00:27.2	1077.9	2228.85
7	8058	Kaitlin	Barnard	Girls Primary Paarl	01:33.3	1123.35	00:25.2	1098	2221.35
8	6557	Emily	Kotze	Girls Primary Paarl	01:36.0	1110.15	00:24.6	1103.7	2213.85
9	8887	Rosie	Buchner	Hugenote Laerskool	01:38.5	1097.55	00:23.9	1110.6	2208.15
10	7617	Lisa	Van Zyl	Bonnievale	01:36.7	1106.75	00:25.2	1097.6	2204.35
11	5071	Nina	Bruwer	Ashton	01:27.4	1152.8	00:30.0	1049.9	2202.7
12	6850	Nicola	Hawley	Girls Primary Paarl	01:42.6	1077.1	00:24.6	1104.4	2181.5
13	5147	Lene	Basson	Curro Langebaan	01:38.0	1100.25	00:27.2	1077.5	2177.75
14	7009	Ilse	Le Roux	Robertson	01:37.5	1102.75	00:29.6	1053.8	2156.55
15	7070	Noa	Rossouw	Laerskool Paarl Gim	01:34.5	1117.45	00:32.5	1024.9	2142.35
16	7036	Amelie	Joubert	Curro Langebaan	01:40.7	1086.5	00:30.3	1046.7	2133.2
17	6149	Gorgia	Sabbagha	Laerskool Paarl Gim	01:43.8	1070.9	00:31.0	1040.5	2111.4
18	6230	Ile	De Beer	Curro Langebaan	01:39.5	1092.45	00:35.7	992.9	2085.35
19	5600	Caro	De Wet	Robertson	01:49.8	1040.9	00:31.2	1037.6	2078.5
20	5367	Michaela	Van der Merwe	Laerskool Paarl Gim	01:56.6	1007.1	00:27.9	1071	2078.1
21	9802	Marle	Du Plessis	Hugo Rust	01:58.4	998.15	00:33.4	1015.8	2013.95
22	9888	Mila	Vogel	Courtrai	01:52.6	1026.9	00:37.5	974.8	2001.7

23	7085	Ava	Viviers	Laerskool Paarl Gim	01:57.5	1002.75	00:40.5	944.8	1947.55
24	9995	Hannah	Loedolff	Bonnievale	01:48.1	1049.4	00:45.4	896.1	1945.5
25	7653	Klara	Naude	Robertson	01:55.3	1013.25	00:46.3	887.3	1900.55
26	7838	Ruby	Schausberger	Girls Primary Paarl	01:45.9	1060.3	00:57.8	771.9	1832.2

Under 9 Boys

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2714	Thomas	Van Der Merwe	Laerskool Paarl Gim	02:40.5	1202.3	00:37.7	1184.48	2386.78
2	2715	Arden	Kotze	Malmesbury	02:41.9	1195.6	00:38.9	1165.28	2360.88
3	2716	Ryan	Viviers	Laerskool Paarl Gim	02:52.1	1144.6	00:42.1	1113.6	2258.2
4	2735	Jacobus	Bruwer	Ashton	02:47.7	1166.55	00:44.5	1076	2242.55
5	9548	Schalk	Meiring	Boys Primary Paarl	02:54.9	1130.45	00:46.0	1051.2	2181.65
6	2733	Henry	Oudtshoorn	Boys Primary Paarl	02:52.4	1143.1	00:48.6	1008.8	2151.9
7	5444	Christiaan	Swart	Ruens	02:59.7	1106.5	00:46.9	1036.16	2142.66
8	5690	Christian	Schholtz	Laerskool Paarl Gim	03:08.5	1062.45	00:44.2	1079.68	2142.13
9	5809	Jean	Retief	Hugo Rust	02:58.0	1114.9	00:48.6	1008.8	2123.7
10	4905	Jason	Du Plessis	Curro Langebaan	02:49.0	1159.9	01:02.5	786.72	1946.62
11	5676	Nico	Geldenhuis	Curro Langebaan	03:20.1	1004.5	00:54.4	917.28	1921.78
12	8377	Luan	Nel	Olifanfsvallei	03:44.8	880.85	00:47.6	1026.24	1907.09
13	5005	Daniel	Carstens	Laerskool Paarl Gim	03:06.7	1071.55	01:00.3	822.88	1894.43
14	7593	Herman	Engelbrecht	Olifanfsvallei	03:13.6	1036.85	00:59.8	830.08	1866.93
15	6330	Eli	Cloete	Curro Langebaan	03:37.4	917.95	00:58.1	856.8	1774.75
16	5752	John-Henry	Thiart	Noord- Eind Laerskool	02:56.4	1122.8	01:15.2	584.32	1707.12
17	9063	Tiaan	Visser	Olifanfsvallei	03:25.3	978.35	01:21.0	491.84	1470.19
18	2732	Daniel	Loedolff	Bonnievale	03:58.6	811.8	01:46.1	89.76	901.56
19	7821	Jurian	Dreyer	Courtrai Laerskool	03:44.5	882.5	No Swim	0	882.5

Under 9 Girls

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2744	Abigail	Kotze	Girls Primary Paarl	03:04.9	1155.65	00:37.9	1180.96	2336.61
2	6967	Karlien	Conradie	Girls High Paarl	03:25.0	1055.1	00:38.0	1179.36	2234.46
3	2752	Mienke	Kempen	Ruens	03:11.5	1122.7	00:44.2	1080.32	2203.02
4	7507	Debra	De Wet	Robertson	03:08.1	1139.65	00:46.8	1037.6	2177.25
5	2745	Mikayla	Barnard	Girls Primary Paarl	03:16.2	1099.05	00:47.7	1024.8	2123.85
6	9528	Liya	Van den Heever	Girls Primary Paarl	03:17.9	1090.4	00:47.1	1032.8	2123.2
7	2753	Alizmi	Van der Vyver	Olifanfsvallei	03:15.1	1104.55	00:50.3	982.24	2086.79
8	2740	Ane	Van Zyl	Olifanfsvallei	03:16.7	1096.65	00:51.1	969.6	2066.25
9	2750	Anna-Mae	Van Zyl	Olifanfsvallei	03:31.8	1021.15	00:47.2	1031.36	2052.51
10	2751	Hannah	Kempen	Ruens	03:12.9	1115.45	00:57.9	860.8	1976.25
11	8909	Nina	Mans	Girls Primary Paarl	03:21.8	1071.1	00:56.2	887.52	1958.62
12	2759	Jana	Hough	Olifanfsvallei	03:18.5	1087.55	00:58.7	847.84	1935.39
13	2756	Jani	Naude	Robertson	03:50.0	930.1	01:03.4	772.16	1702.26
14	7685	Lara	Van Deventer	La Rochelle Paarl	03:39.0	985.05	01:12.6	625.76	1610.81
15	5242	Cailynn	Fourie	Noord- Eind Laerskool	03:18.2	1088.95	No Swim	0	1088.95
16	7483	Clara	Loock	Noord- Eind Laerskool	03:25.3	1053.7	No Swim	0	1053.7

Under 11 Boys

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2762	Ian	Smith	Curro Langebaan	02:38.1	1159.55	00:34.2	1176	2335.55
2	2721	Dieter	Naude	Olifanfsvallei	02:41.4	1143	00:36.0	1147.52	2290.52
3	2722	Liam	Rautenbach	Curro Langebaan	02:43.7	1131.3	00:38.8	1102.88	2234.18

4	6436	Jayden	Williams	Laerskool Paarl Gim	02:52.4	1087.8	00:36.1	1145.92	2233.72
5	7403	Rial	De Wet	Robertson	02:40.1	1149.3	00:40.1	1081.76	2231.06
6	8906	Tiaan	Marais	Hugo Rust	02:50.4	1098	00:37.1	1130.24	2228.24
7	2767	Jan-Paul	Hattingh	Hugo Rust	02:47.7	1111.3	00:39.1	1097.28	2208.58
8	5701	Liam	Vogel	Laerskool Paarl Gim	03:02.9	1035.5	00:35.0	1163.84	2199.34
9	9660	JJ	Rheeder	Curro Langebaan	02:44.8	1126.05	00:44.0	1019.36	2145.41
10	7826	Robert	Mans	Boys Primary Paarl	02:56.1	1069.35	00:40.5	1075.68	2145.03
11	2720	Handre	Sabbagha	Laerskool Paarl Gim	02:56.7	1066.45	00:43.0	1034.4	2100.85
12	2723	Renso	De Wet	Bonnievale	02:53.1	1084.55	00:44.2	1015.2	2099.75
13	5361	Ethan	Smith	Wellington	03:08.6	1006.95	00:40.5	1074.4	2081.35
14	6888	De Wet	Wentzel	Villiersdorp	02:54.0	1080	00:45.9	989.12	2069.12
15	6755	Ben	Haarhoff	Boys Primary Paarl	02:51.7	1091.35	00:47.4	964.8	2056.15
16	8266	Sebastiaan	Scharrighuizen	Laerskool Paarl Gim	03:11.3	993.7	00:42.0	1051.04	2044.74
17	5775	Hanru	Nel	Olifanfsvallei	03:02.7	1036.65	00:44.8	1007.2	2043.85
18	5462	Riaan	Louw	Porterville	03:12.6	987.05	00:43.2	1032.48	2019.53
19	5827	Conner	De Vries	Hugenote	02:46.8	1115.8	00:51.2	903.52	2019.32
20	4458	Christopher	Steyn	Curro Langebaan	03:02.0	1039.95	00:47.2	967.84	2007.79
21	7130	Conrad	Bothma	Hopefield	03:09.1	1004.4	00:46.4	980.32	1984.72
22	7397	Christoff	Prins	Laerskool Paarl Gim	02:57.9	1060.4	00:55.1	840.96	1901.36
23	2772	Christiaan	Loedolf	Bonnievale	03:08.0	1009.9	01:04.7	687.52	1697.42
24	9078	Dirk	Neethling	Bredasdorp	03:14.6	976.85	01:03.1	712.96	1689.81
25	7496	Jurgen	Basson	Curro Langebaan	03:55.3	773.65	01:15.8	510.56	1284.21
26	5804	Nicolaas	Bruwer	Ashton	02:57.2	1063.95	No Swim	0	1063.95

Under 11 Girls

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2778	Rebecca	Flack	Curro Langebaan	02:36.9	1195.25	00:35.4	1157.44	2352.69
2	8366	Amy	Schmidt	Curro Langebaan	02:45.8	1151.15	00:33.0	1194.4	2345.55
3	2777	Simone	Van der merwe	Laerskool Paarl Gim	02:42.0	1169.9	00:34.4	1172.96	2342.86
4	9278	Kyla	Sabbagha	Noord- Eind Laerskool	02:47.4	1143.2	00:34.7	1168.8	2312
5	1696	Lasea	Andrag	Stellenbosch	02:51.0	1125.15	00:38.1	1113.44	2238.59
6	4851	Emma	La Grange	Hugo Rust	03:03.9	1060.65	00:34.1	1176.96	2237.61
7	4004	Eula	Nel	Girls Primary Paarl	02:47.1	1144.7	00:41.4	1060.64	2205.34
8	6689	Tharine	Van Heerden	Stellenbosch	03:05.5	1052.3	00:38.7	1103.68	2155.98
9	2738	Lucy	Le Roux	Girls Primary Paarl	03:07.6	1041.95	00:38.6	1105.6	2147.55
10	2736	Carine	Rontgen	Olifanfsvallei	03:10.4	1028.15	00:39.4	1093.44	2121.59
11	8146	Gabriella	Kirsten	Hugo Rust	03:15.9	1000.55	00:38.9	1100.8	2101.35
12	2781	Mia-lize	Van der Vyver	Olifanfsvallei	03:06.9	1045.3	00:42.5	1042.56	2087.86
13	2783	Kehara	Human	Laerskool Paarl Gim	03:04.8	1055.9	00:47.2	967.52	2023.42
14	2746	Anmi	Slabbert	Laerskool Paarl Gim	03:15.0	1005	00:44.6	1009.28	2014.28
15	2741	Marike	Duvenage	Hugenote Laerskool	02:59.2	1084	00:50.8	910.56	1994.56
16	8491	Esti	Mouton	Olifanfsvallei	03:14.0	1009.9	00:47.4	964.16	1974.06
17	2749	Liani	Nieuwoudt	Olifanfsvallei	03:02.3	1068.3	00:52.8	878.08	1946.38
18	2785	Ilze	Blom	Vyeboom CP	03:03.9	1060.5	00:53.3	870.24	1930.74
19	9863	Nicola	Cronje	Girls Primary Paarl	03:18.0	990.15	00:49.4	933.12	1923.27
20	9748	Marizaan	De Lange	Curro Langebaan	03:35.6	902.1	00:44.5	1011.52	1913.62
21	2748	Jane-Marie	Du toit	Bredasdorp	03:24.6	956.9	00:49.0	939.36	1896.26
22	7652	Minke	Pretorius	Laerskool Paarl Gim	03:22.9	965.25	00:50.7	911.68	1876.93
23	6233	Josie	La Grange	Girls Primary Paarl	03:22.4	967.95	00:51.3	902.08	1870.03
24	9302	Cara	Kotze	Curro Langebaan	03:35.3	903.6	00:47.5	962.56	1866.16
25	7867	Jodi	Olivier	Bredasdorp	03:39.7	881.65	00:46.7	976.8	1858.45
26	9672	Elri	Coetzee	Privaat	02:57.4	1093.15	01:00.7	751.68	1844.83
27	8802	Emma	Dettmer	Hopefield	03:28.9	935.65	00:52.8	878.08	1813.73

28	2788	Tharien	Naude	Robertson	03:40.1	879.7	00:50.2	919.52	1799.22
29	6187	Zara	Kaufman	Girls Primary Paarl	03:38.7	886.65	00:54.3	854.56	1741.21
30	7335	Mia	De Beer	Curro Langebaan	03:28.0	940.15	00:58.4	788.16	1728.31
31	2755	Mia	Van Zyl	Test	03:39.1	884.6	00:55.5	835.2	1719.8
32	8352	Nanicke	Odendaal	Bredasdorp	03:46.5	847.35	01:04.8	685.92	1533.27
33	8037	Wilmien	Van Zyl	Hugenote Laerskool	03:35.9	900.65	01:13.7	544.64	1445.29

Under 13 Boys

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2794	Kailen	Kotze	Malmesbury	03:54.6	1131.9	01:07.3	1170.9	2302.8
2	2795	Le roux	Du Toit	Noord- Eind Laerskool	03:56.9	1120.3	01:13.1	1112.7	2233
3	5917	Stefan	Van Heerden	Stellenbosch	04:08.1	1064.7	01:10.0	1143.6	2208.3
4	1702	Nicholas	Malherbe	Stellenbosch	03:50.2	1154.2	01:19.5	1048.8	2203
5	2763	Reitz	Hofmeyr	Curro Langebaan	03:49.8	1156	01:23.0	1014	2170
6	2764	Christiaan	Hattingh	Hugo Rust	03:58.4	1112.8	01:19.8	1045.7	2158.5
7	2315	Luke	van Eeden	Paul Roos Gimnasium	04:37.4	918	01:12.5	1118.7	2036.7
8	7720	Liam	Pereira	Curro Langebaan	04:24.4	983	01:21.5	1029.3	2012.3
9	9489	Eduan	Louw	Porterville	04:33.7	936.3	01:20.8	1036.3	1972.6
10	2798	Retief	Hugo	Boys Primary Paarl	04:47.7	866.35	01:15.2	1091.7	1958.05
11	2802	Andre	Van Zyl	Olifanfsvallei	04:27.8	965.8	01:28.7	957.3	1923.1
12	2796	Christiaan	Le roux	Robertson	04:31.9	945.65	01:27.8	965.9	1911.55
13	7262	Melt	Viljoen	Robertson	04:30.9	950.4	01:29.2	951.7	1902.1
14	6838	Pieter	De Wet	Bonnievale	04:32.9	940.5	01:34.4	900.5	1841
15	2801	Zian	Naude	Olifanfsvallei	04:53.9	835.3	01:24.5	998.7	1834
16	7044	Christiaan	Mocke	Boys Primary Paarl	04:35.5	927.7	01:38.7	857.4	1785.1
17	6367	Lohann	Fourie	Bredasdorp	04:38.6	911.75	01:38.0	863.8	1775.55
18	2774	Van Wyk	Reitz	Curro Langebaan	04:51.7	846.35	01:35.4	889.7	1736.05
19	9307	Joshua	Le Roux	Boys Primary Paarl	04:09.4	1057.95	01:57.6	667.8	1725.75
20	5267	Caleb	Wichall	Bredasdorp	04:48.8	861	01:45.1	792.7	1653.7
21	5437	Matthys	Loedolff	Bonnievale	04:54.4	832.9	01:55.9	685	1517.9
22	2769	Paul-louis	Rontgen	Olifanfsvallei	05:10.8	750.85	01:48.6	758.5	1509.35
23	5331	Juanro	Hawley	Privaat	00:00.0	0	01:53.1	713	713

Under 13 Girls

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2809	Anne	Sabbagha	Laerskool Paarl Gim	03:25.8	1126.1	01:13.0	1134.5	2260.6
2	4445	Helen	Prinsloo	Girls Primary Paarl	03:31.6	1097.2	01:10.8	1155.6	2252.8
3	5184	Marli	Van Lierop	Laerskool Paarl Gim	03:36.4	1073.15	01:13.5	1129.2	2202.35
4	2807	Lara	Botha	Girls Primary Paarl	03:43.7	1036.4	01:13.1	1132.9	2169.3
5	4444	Erna-mari	Conradie	Girls Primary Paarl	03:47.8	1015.95	01:13.5	1128.6	2144.55
6	2776	Junika	Hugo	Laerskool Paarl Gim	03:38.9	1060.65	01:23.4	1030.5	2091.15
7	9516	Elize	Janse van Vuuren	Girls Primary Paarl	03:36.6	1072.05	01:26.8	996.4	2068.45
8	2811	Mieke	Aucamp	Wellington	03:40.8	1051.15	01:29.7	967.2	2018.35
9	6925	Adelene	Voster	Moorreesburg	03:33.4	1088.1	01:37.4	890.1	1978.2
10	8430	Nina	Haarhoff	Girls Primary Paarl	03:57.7	966.45	01:36.3	900.7	1867.15
11	2813	Elena	Duvenage	Hugenote Laerskool	03:55.4	978.15	01:38.2	881.5	1859.65
12	8677	Karli	Bester	Hugo Rust	04:10.6	902.2	01:38.2	881.5	1783.7
13	5031	Amber	Mias	Bonnievale	04:29.0	810.2	02:14.3	520.8	1331

Under 15 Boys

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
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1	1701	Francois	Malherbe	Stellenbosch	04:58.0	1150.15	01:02.8	1176.1	2326.25
2	2825	Kellan	Gouws	Hopefield	04:58.5	1147.5	01:20.7	997.4	2144.9
3	6950	Liam	Muller	Paarl Gimnasium	05:17.3	1053.6	01:13.6	1068.3	2121.9
4	2792	Francois	Retief	Hugenote	05:34.2	969.1	01:09.0	1114.3	2083.4
5	2828	Rossouw	Van Zyl	Hugenote	05:41.6	932.05	01:05.7	1147.4	2079.45
6	2827	Janco	Fourie	Bredasdorp	05:17.1	1054.75	01:19.8	1005.7	2060.45
7	5346	Peter	Schreuder	Hopefield	05:29.9	990.6	01:13.4	1069.7	2060.3
8	2791	Caleb	Prins	Curro Langebaan	05:38.9	945.45	01:11.1	1093	2038.45
9	2793	Emile	Van Niekerk	Boys High Paarl	05:43.7	921.45	01:12.0	1084.1	2005.55
10	2830	Francois	Hofmeyr	Hopefield	05:34.6	966.75	01:18.9	1014.8	1981.55
11	1469	Theodor	Andrag	Paul Roos Gimnasium	05:44.3	918.3	01:16.6	1038.3	1956.6
12	9787	Johan	Coetsee	Robertson	05:44.1	919.7	01:29.8	906.3	1826
13	8896	Engelbrecht	Mostert	Robertson	05:40.6	937.25	01:34.4	859.6	1796.85

Under 15 Girls

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	4447	Mia	Van der Walt	Stellenbosch	03:18.8	1125.85	01:07.4	1159.7	2285.55
2	4448	Aninka	Ferreira	Girls High Paarl	03:12.0	1160.1	01:15.2	1082.4	2242.5
3	2805	Klaudia	Schmidt	Curro Langebaan	03:26.7	1086.4	01:10.7	1127.2	2213.6
4	2806	Lize-Mari	Geldenhuis	Curro Langebaan	03:32.6	1057.05	01:10.9	1124.6	2181.65
5	7678	Marizelle	Ferreira	Paarl Gimnasium	03:33.9	1050.3	01:13.0	1103.9	2154.2
6	2810	Sumari	Bester	Hugo Rust	03:52.9	955.4	01:15.0	1084.1	2039.5
7	7116	Abigail	Le Roux	Girls High Paarl	03:39.6	1022.25	01:23.8	996.3	2018.55
8	8126	Elza	De Kock	Ruens	03:55.1	944.55	01:16.4	1069.9	2014.45
9	2816	Helende	Kemp	Girls High Paarl	03:39.3	1023.5	01:25.5	979.4	2002.9
10	2814	Nina	Engelbrecht	Olifantfsvallei	03:54.4	948.2	01:24.1	993.5	1941.7
11	6222	Marissa	Cotter	Malmesbury	03:30.9	1065.4	01:36.6	868.2	1933.6
12	8144	Layla	Schmidt	Girls High Paarl	04:07.3	883.65	01:20.9	1025.4	1909.05
13	9275	Abigail	Combrink	Girls High Paarl	04:42.1	709.4	01:19.9	1034.7	1744.1
14	2817	Louw-Mari	Blom	Vyeboom CP	04:10.1	869.6	01:42.2	811.7	1681.3
15	5514	Stevie	Phillips	Curro Langebaan	04:28.1	779.4	01:35.4	880.1	1659.5
16	4865	Cara	Rossouw	Privaat	04:16.9	835.35	01:46.7	766.8	1602.15
17	2815	Charlene	Prins	Bonnievale	04:56.6	636.95	01:37.9	854.8	1491.75
18	6205	Kiara	Kirsten	Hugenote	00:00.0	0	01:45.4	1234	1234

Under 17 Boys

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	4335	Benno	Van der Merwe	PRG	05:24.4	923	00:59.8	1195.7	2118.7
2	2862	Juan	Drotschie	Robertson	05:07.4	1008	01:09.5	1099.4	2107.4
3	4334	Bernard	Andrag	PRG	05:10.4	992.85	01:08.1	1113.2	2106.05
4	6801	George	De Kock	Bredasdorp	05:15.1	969.35	01:08.1	1113.2	2082.55
5	8188	Otto	Frielingdorf	Hugenote	05:20.9	940.55	01:09.9	1095.3	2035.85
6	8566	Igna	Ferreira	Paarl Gimnasium	05:47.9	805.3	01:02.8	1165.8	1971.1
7	6658	Christiaan	Van der Walt	PRG	05:43.0	829.8	01:13.2	1062	1891.8
8	2867	Aldert	Mouton	Hugenote	05:40.4	842.8	01:15.7	1036.6	1879.4
9	2822	Christiaan	Naude	Hugenote	06:00.5	742.3	01:12.6	1068	1810.3

Under 17 Girls

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2836	Selma	Du Preez	Malmesbury	03:09.9	1170.45	01:10.0	1134	2304.45
2	2835	Cameron	Mostert	Worcester	03:18.6	1126.95	01:14.4	1090.3	2217.25

3	1387	Karli	Coetzee	Ceres	03:35.6	1041.75	01:14.6	1087.5	2129.25
4	2853	Maryke	Koen	Hugenote	03:57.1	934.55	01:07.4	1159.7	2094.25
5	2834	Ilanka	Combrink	Girls High Paarl	04:05.3	893.5	01:05.8	1176.2	2069.7
6	2833	Gabriella	Scott	Bredasdorp	03:52.0	960.1	01:12.8	1106.2	2066.3
7	2837	Ameli	Bruwer	La Rochelle Paarl	03:36.0	1040.2	01:22.6	1007.8	2048
8	9244	Dalene	Koegelenberg	Hugenote	03:33.8	1051.05	01:32.3	911.4	1962.45
9	8795	Liza	Koegelenberg	Hugenote	03:55.8	941.15	01:33.8	896.4	1837.55
10	9173	Lia	Miglietta	Girls High Paarl	04:09.7	871.7	01:33.5	898.9	1770.6

Under 19 Boys

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	7865	Francois	De Wet	Moorreesburg	05:03.0	1029.85	01:19.5	999	2028.85
2	9647	Murray	Nielsen	Curro Langebaan	05:30.1	894.55	01:06.2	1132.1	2026.65
3	4901	Werner	Strauss	Boys High Paarl	05:49.0	800	01:01.3	1181.4	1981
4	5162	Bartho	Visser	Hugenote	04:59.2	1048.95	01:29.1	903.5	1952.45
5	2864	Martin	Minnaar	Hugenote	05:29.2	898.9	01:16.1	1033.4	1932.3
6	5180	Henrico	Ackerman	Hugenote	05:59.8	745.9	01:08.7	1107.1	1853

Under 19 Girls

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	4451	Mari	De Lange	Paarl Gimnasium	03:20.5	1122.65	01:13.4	1109.8	2232.45
2	2856	Bianca	Sussman	Robertson	03:56.1	944.65	01:20.8	1036.3	1980.95
3	9821	Jeanni	Botha	Hugenote	03:56.4	943.05	01:29.1	953.1	1896.15

Senior (Open) Men

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	4450	Jacques	Wolmarans	Privaat	05:15.7	941.35	01:05.8	1136	2077.35
2	2846	Pietie	Oosthuizen	Privaat	05:16.4	938	01:06.0	1134.5	2072.5
3	7256	Russel	Pratt	Maties - Boland	05:02.1	1009.4	01:21.4	980.3	1989.7
4	8955	Geo	Van Niekerk	Wellington	04:34.8	1146.2	01:39.1	802.9	1949.1
5	2847	Daniel	Malan	Malmesbury	05:31.7	861.45	01:10.7	1087.1	1948.55
6	5182	Jason	Le Condeur	Privaat	05:16.8	935.9	01:21.5	978.9	1914.8

Senior (Open) Ladies

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	8500	Yvonne	Du Plessis	Stellenbosch	03:45.2	998.8	01:11.6	1158.1	2156.9
2	4453	Jana	Wessels	Bonnievale	03:35.0	1049.85	01:16.8	1105.9	2155.75

Jnr Veteran Men

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	7704	Eben	Kruger	Paarl	02:59.1	1089.65	01:08.8	1106.3	2211.95
2	6282	Dommonique	Forte	Curro Langebaan	03:05.2	1059.15	01:09.6	1098.5	2197.65
3	7305	Lukas	Wentzel	Villiersdorp	03:11.8	1026	01:18.5	1009.5	2131.5
4	9356	Cornelis	Rossouw	Bonnievale	02:58.8	1091.15	01:18.7	1007.4	2114.55
5	5682	Leslie	Terry	Topolino Langebaan	03:13.9	1015.4	01:24.5	949	2004.4
6	4867	Louis-Ras	Joubert	Langebaan	03:47.3	848.7	01:20.4	989.9	1926.6
7	8638	Piet	Sabbagha	Paarl	04:06.2	753.8	01:25.9	935.1	1784.9
8	5288	Patric	Moses	Bonnievale	03:11.4	1028.15	02:10.5	489.1	1565.25

Jnr Veteran Ladies

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	5512	Michelle	Dreyer	Paarl	03:34.0	1055.2	01:27.8	1005.7	2156.9
2	1907	Tina-Mari	Meyer	Individual	03:24.0	1105.25	01:28.2	1001.6	2130.85

Veteran Men

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	5902	Gareth	Haarhoff	Paarl	03:15.1	1044.6	01:09.0	1154.1	2288.7
2	2840	Neil	Buchner	Wellington	03:16.2	1038.8	01:13.8	1105.9	2189.7
3	2851	Andries	Aucamp	Wellington	03:03.8	1101.05	01:21.1	1033.3	2134.35

Veteran Ladies

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	6035	Isabeau	Botha	Wellington	04:39.1	754.3	01:59.8	726.2	1510.5

SNR Veteran Men

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2818	Clive	Cupido	Langebaan	02:58.3	1213.3	01:45.4	849.9	2093.2
2	6040	Richard	Phillips	Vredenburg	03:47.5	967.3	01:22.8	1076.4	2043.7
3	4446	Dirk	Malan	Malmesbury	04:23.7	786.3	01:39.0	913.8	1745.1
4	2819	Ian	Flack	Langebaan	04:38.6	711.8	02:45.8	246.3	1093.1

SNR Veteran Ladies

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2844	Liezel	Wessels	Bonnievale	03:33.7	1171.65	01:21.5	1169.3	2340.95
2	2821	Mariaan	Malan	Malmesbury	03:35.9	1160.25	01:26.6	1118	2293.25

Masters Men

Pos	SA Num	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2789	Coenie	Van Vuuren	Stellenbosch	03:25.8	905.85	00:41.0	1114.72	2150.57