

Highgate 2019

2019 HIGHGATE INTER PROVINCIAL - OUDTSHOORN

Results

Under 8 Boys

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	7918	Tiaan	Wessels	BORDER	01:20.10	1164.6	00:18.20	1168.3	2332.9
2	8481	Bjorn	Maree	EASTERN PROVINCE	01:17.80	1176.1	00:20.50	1144.9	2321
3	7109	Connor	Mote	EASTERN PROVINCE	01:18.40	1172.95	00:23.30	1116.7	2289.65
4	9575	Wian	Van der Merwe	BOLAND	01:21.60	1156.95	00:22.00	1130.5	2287.45
5	7570	Delmar	Benecke	WESTERN PROVINCE	01:19.70	1166.75	00:23.60	1113.7	2280.45
6	2878	Linwin	Pedro	EDEN DISTRICT	01:24.90	1140.65	00:21.40	1136	2276.65
7	9484	Kyle	Snyders	BOLAND	01:25.00	1140	00:21.40	1135.7	2275.7
8	5920	Connor	Kemp	EASTERN PROVINCE	01:21.90	1155.45	00:23.60	1113.8	2269.25
9	6289	Stiaan	Mouton	BOLAND	01:16.50	1182.3	00:26.50	1084.7	2267
10	9698	Samuel	Proctor	EDEN DISTRICT	01:21.30	1158.6	00:24.80	1101.9	2260.5
11	2729	Pieter-Hugo	Louw	BOLAND	01:33.00	1099.8	00:19.50	1154.7	2254.5
12	7280	Arno	Nortjie	EASTERN PROVINCE	01:25.90	1135.45	00:23.20	1118.2	2253.65
13	5919	Caylem	Kemp	EASTERN PROVINCE	01:27.00	1129.95	00:22.70	1122.7	2252.65
14	7423	Jan	Phillips	BOLAND	01:30.20	1114.1	00:22.00	1130.5	2244.6
15	6516	Dylan	Haarhoff	BOLAND	01:27.50	1127.5	00:23.60	1114.4	2241.9
16	4702	Franko	Peters	WESTERN PROVINCE	01:24.60	1142.25	00:25.60	1093.6	2235.85
17	2145	Louis	Andrag	WESTERN PROVINCE	01:32.10	1104.5	00:21.90	1130.7	2235.2
18	9138	Garth	Wearing	WESTERN PROVINCE	01:29.30	1118.35	00:23.30	1116.8	2235.15
19	5302	Connan	Wentzel	BOLAND	01:23.00	1150.05	00:26.50	1084.7	2234.75
20	5559	Charl	Geissler	EASTERN PROVINCE	01:27.50	1127.35	00:24.50	1105.4	2232.75
21	7279	Hanre	Vermaak	EASTERN PROVINCE	01:31.70	1106.4	00:23.40	1115.6	2222
22	8735	Hein	Bruwer	BOLAND	01:31.00	1109.95	00:24.60	1104.3	2214.25
23	5571	Marcel	November	WESTERN PROVINCE	01:32.60	1101.95	00:24.40	1106.2	2208.15
24	6724	Jayden	Viduya	EASTERN PROVINCE	01:43.40	1047.95	00:20.40	1146.5	2194.45
25	8726	Alexander	Wetzel	WESTERN PROVINCE	01:28.90	1120.45	00:27.90	1070.7	2191.15
26	7234	Bertus	Mong	BOLAND	01:30.60	1112.15	00:27.50	1074.8	2186.95
27	9695	Geo	Ellis	BOLAND	01:27.20	1128.9	00:29.30	1056.5	2185.4
28	9983	Paul	Basson	BOLAND	01:36.60	1081.8	00:24.90	1100.6	2182.4
29	2372	Isando	Dyanty	WESTERN PROVINCE	01:33.70	1096.55	00:26.50	1085.5	2182.05
30	2374	Greyson	September	WESTERN PROVINCE	01:30.90	1110.6	00:29.30	1057	2167.6
31	9117	Adriaan	van Jaarsveld	EASTERN PROVINCE	01:35.20	1089.15	00:27.80	1072.2	2161.35
32	9968	Pieter	La Grange	BOLAND	01:40.00	1065.1	00:25.90	1091	2156.1
33	9829	Barend	Du Toit	BOLAND	01:28.50	1122.5	00:31.80	1031.7	2154.2
34	9281	Conrad	Oosthuizen	BOLAND	01:42.00	1055.25	00:27.00	1080.4	2135.65
35	5734	Jamie	Joubert	BOLAND	01:29.80	1115.95	00:33.40	1016.2	2132.15
36	5136	Logan	Bezuidenhout	EASTERN PROVINCE	01:44.10	1044.55	00:31.90	1031.1	2075.65
37	5374	Almero	Van Niekerk	EDEN DISTRICT	01:48.20	1024.1	00:34.60	1004.4	2028.5
38	5345	James	Badenhorst	WESTERN PROVINCE	01:41.70	1056.75	00:39.70	952.9	2009.65
39	9777	Neil	Cawood	EDEN DISTRICT	01:34.60	1092	00:43.40	916.5	2008.5
40	2624	Deetlev	Schutte	EDEN DISTRICT	01:43.20	1049.25	00:39.10	958.8	2008.05
41	3064	Christoff	Els	WESTERN PROVINCE	01:49.20	1019.25	00:40.50	945.5	1964.75
42	8373	Earle	van der Watt	WESTERN PROVINCE	02:02.10	954.55	00:39.30	957.3	1911.85

Under 8 Girls

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2743	Minke	Hugo	BOLAND	01:24.50	1167.65	00:20.80	1142.4	2310.05 (open)
2	7083	Erin	Weimann	BORDER	01:25.80	1160.8	00:21.50	1135.3	2296.1
3	7053	Gabrielle	Wolhuter	BOLAND	01:27.10	1154.5	00:21.60	1134.4	2288.9
4	2883	Emma	Loubser	EDEN DISTRICT	01:31.30	1133.55	00:22.10	1128.6	2262.15
5	3583	Lucia	Kempen	BOLAND	01:33.70	1121.6	00:22.10	1129.5	2251.1
6	2761	Francesca	Flack	BOLAND	01:32.20	1129.2	00:22.90	1120.7	2249.9
7	6557	Emily	Kotze	BOLAND	01:34.80	1116.2	00:22.30	1127.5	2243.7
8	7563	Isabella	Olivier	BOLAND	01:28.90	1145.75	00:25.40	1096.3	2242.05
9	1275	Kayleigh	Marais	EASTERN PROVINCE	01:29.90	1140.6	00:25.10	1099	2239.6
10	7255	Katryn	Landsberg	EASTERN PROVINCE	01:39.60	1092.05	00:22.90	1121.5	2213.55
11	5940	Mila	Scharrighuizen	BOLAND	01:34.30	1118.4	00:26.10	1088.8	2207.2
12	8887	Rosie	Buchner	BOLAND	01:40.80	1085.8	00:23.00	1119.9	2205.7
13	6850	Nicola	Hawley	BOLAND	01:41.80	1080.75	00:22.70	1122.8	2203.55
14	8058	Kaitlin	Barnard	BOLAND	01:34.40	1118.05	00:28.10	1068.9	2186.95
15	9121	Ané	Swanepoel	WESTERN PROVINCE	01:34.10	1119.5	00:28.30	1067.1	2186.6
16	2887	Klara	Loubser	EDEN DISTRICT	01:44.20	1069.2	00:23.60	1114	2183.2
17	7015	Leah	Goebel	WESTERN PROVINCE	01:35.30	1113.75	00:28.40	1065.9	2179.65
18	7617	Lisa	Van Zyl	BOLAND	01:38.20	1099.15	00:26.90	1080.5	2179.65
19	5007	Bia	Strydom	EDEN DISTRICT	01:47.70	1051.55	00:23.10	1118.5	2170.05
20	6985	Isabella	Marais	WESTERN PROVINCE	01:38.80	1096.1	00:28.50	1065.3	2161.4
21	5555	Grace	Engelbrecht	WESTERN PROVINCE	01:42.20	1079.15	00:27.10	1078.6	2157.75
22	7012	Dioney	Janse van Rensburg	EDEN DISTRICT	01:43.00	1075	00:26.90	1080.5	2155.5
23	7363	Katelyn	Kretzmann	EASTERN PROVINCE	01:40.40	1088.2	00:30.40	1046.2	2134.4
24	6517	Kara	Wentzel	WESTERN PROVINCE	01:35.80	1111	00:32.90	1020.7	2131.7
25	7028	Shae	Wearing	WESTERN PROVINCE	01:44.80	1065.95	00:30.20	1048.3	2114.25
26	5071	Nina	Bruwer	BOLAND	01:33.10	1124.5	00:36.20	987.5	2112
27	5341	Dante	Derksen	EASTERN PROVINCE	01:47.10	1054.65	00:29.50	1055.1	2109.75

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28	7904	Emma	Van Zyl	EDEN DISTRICT	01:46.20	1059.1	00:32.10	1028.8	2087.9
29	7036	Amelie	Joubert	BOLAND	01:45.40	1062.9	00:32.80	1022.1	2085
30	7974	Micah	Schubert	EDEN DISTRICT	01:42.40	1078.1	00:34.40	1005.8	2083.9
31	6347	Liane	Muller	EASTERN PROVINCE	01:53.60	1022.1	00:29.70	1052.9	2075
32	6129	Klara	van Jaarsveld	EASTERN PROVINCE	01:47.40	1052.8	00:35.60	993.9	2046.7
33	6473	Berne	Peters	WESTERN PROVINCE	01:47.80	1050.85	00:36.90	981	2031.85
34	7329	Anna	Janse van Rensburg	EDEN DISTRICT	01:58.10	999.55	00:34.00	1010.5	2010.05
35	5612	Ava Morgan	Muller	EDEN DISTRICT	01:51.90	1030.6	00:37.30	977.5	2008.1
36	2350	Kendra	Samuel	WESTERN PROVINCE	02:14.20	918.8	00:30.20	1048.4	1967.2
37	7763	Taylor	Tredoux	WESTERN PROVINCE	02:05.30	963.35	00:34.80	1001.7	1965.05
38	2758	Ankia	Human	BOLAND	01:22.00	1179.8	No Swim	0	1179.8

Under 9 Boys

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2714	Thomas	Van Der Merwe	BOLAND	02:45.30	1178.5	00:37.90	1194.4	2372.9
2	2715	Arden	Kotze	BOLAND	02:48.20	1164.15	00:39.30	1171.36	2335.51
3	1199	Alexander	Serfontein	EASTERN PROVINCE	02:50.90	1150.7	00:39.00	1175.84	2326.54
4	2716	Ryan	Viviers	BOLAND	02:51.60	1147	00:40.00	1160.8	2307.8
5	8196	Ryan	Nagel	EDEN DISTRICT	02:59.10	1109.7	00:39.60	1166.08	2275.78
6	2329	Nicolas	Minnaar	WESTERN PROVINCE	02:47.60	1167.2	00:44.80	1083.04	2250.24
7	5306	Nathan	van Litsenborgh	GRIQUALAND WEST	03:05.50	1077.3	00:41.00	1143.52	2220.82
8	2875	Max	Nel	EDEN DISTRICT	03:00.40	1103.2	00:44.20	1092.32	2195.52
9	9548	Schalk	Meiring	BOLAND	02:54.80	1131.1	00:46.80	1050.4	2181.5
10	8967	Liam	Els	WESTERN PROVINCE	03:00.80	1100.8	00:45.30	1075.52	2176.32
11	8692	Reynhardt	Schubert	EDEN DISTRICT	03:06.20	1073.75	00:44.10	1094.24	2167.99
12	1214	Joshua	Marais	EASTERN PROVINCE	03:11.30	1048.6	00:44.50	1088.64	2137.24
13	2974	Hugo	Wetzi	WESTERN PROVINCE	02:58.50	1112.25	00:49.20	1012	2124.25
14	9301	John	Donald	GRIQUALAND WEST	03:09.60	1057.05	00:46.00	1063.84	2120.89
15	5444	Christiaan	Swart	BOLAND	03:04.00	1084.85	00:47.80	1035.52	2120.37
16	2733	Henry	Oudtshoorn	BOLAND	02:54.50	1132.7	00:51.00	984.32	2117.02
17	8442	Schalk	Lubbe	EDEN DISTRICT	02:59.70	1106.45	00:50.20	997.28	2103.73
18	5809	Jean	Retief	BOLAND	03:04.50	1082.7	00:48.80	1020	2102.7
19	6175	Ruald	Naudé	WESTERN PROVINCE	03:03.70	1086.25	00:52.00	967.36	2053.61
20	5187	Wian	Nagel	EDEN DISTRICT	03:05.80	1075.8	00:51.70	973.44	2049.24
21	1283	Simon	Landsberg	EASTERN PROVINCE	03:32.90	940.65	00:43.30	1107.52	2048.17
22	5554	Wihan	Muller	EASTERN PROVINCE	03:14.20	1034.15	00:49.30	1010.72	2044.87
23	8377	Luan	Nel	BOLAND	03:23.70	986.3	00:46.90	1049.76	2036.06
24	5688	Frederick	de Klerk	EASTERN PROVINCE	03:16.00	1025.1	00:51.30	978.4	2003.5
25	5135	Jayde	Bezuidenhout	EASTERN PROVINCE	03:31.30	948.35	00:46.60	1054.88	2003.23
26	9574	Johan	Viljoen	EASTERN PROVINCE	02:57.00	1119.95	00:57.60	878.56	1998.51
27	8712	Carl Antonie	Jonker	EDEN DISTRICT	03:00.70	1101.65	00:57.30	883.04	1984.69
28	5676	Nico	Geldenhuis	BOLAND	03:24.10	984.55	00:51.00	984.64	1969.19
29	4831	Levi	Cameron	GRIQUALAND WEST	03:09.60	1057	00:58.30	867.04	1924.04
30	4905	Jason	Du Plessis	BOLAND	03:02.40	1093	01:04.60	766.4	1859.4
31	5840	Christian	Theron	EASTERN PROVINCE	03:32.60	942.25	00:59.80	843.04	1785.29
32	8737	Adriaan	Wessels	WESTERN PROVINCE	03:08.20	1064.05	01:09.10	693.92	1757.97
33	2623	Janhendrik	Lambrecht	EDEN DISTRICT	04:19.10	709.6	00:47.20	1045.12	1754.72
34	8294	Corne	Erasmus	EASTERN PROVINCE	03:25.80	975.95	01:06.60	734.08	1710.03
35	8354	Ryan	Landman	EASTERN PROVINCE	03:27.50	967.7	01:09.00	696.64	1664.34
36	5752	John-Henry	Thiart	BOLAND	02:49.90	1155.25	01:22.20	484.64	1639.89

Under 9 Girls

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2388	Tatiana	Thomatos	WESTERN PROVINCE	02:54.10	1209.65	00:38.20	1188.64	2398.29 (open)
2	2744	Abigail	Kotze	BOLAND	03:07.00	1144.95	00:34.90	1241.92	2386.87
3	7611	Hannah	De Necker	EDEN DISTRICT	02:59.80	1181.1	00:41.50	1135.68	2316.78
4	1650	Larah	Aucamp	WESTERN PROVINCE	03:03.70	1161.35	00:41.30	1138.56	2299.91
5	6967	Karlien	Conradie	BOLAND	03:26.90	1045.45	00:36.40	1217.12	2262.57
6	7507	Debra	De Wet	BOLAND	03:07.30	1143.3	00:45.00	1079.2	2222.5
7	2710	Mia	Botha	EASTERN PROVINCE	02:55.10	1204.65	00:49.00	1015.52	2220.17
8	2752	Mienke	Kempen	BOLAND	03:12.30	1118.7	00:43.80	1098.72	2217.42
9	7950	Anieka	Louw	WESTERN PROVINCE	03:06.60	1146.8	00:45.60	1069.92	2216.72
10	1242	Elme	Vermaak	EASTERN PROVINCE	03:21.20	1073.8	00:41.90	1130.08	2203.88
11	4151	Nina	De Jongh	EDEN DISTRICT	03:21.80	1070.75	00:42.80	1115.68	2186.43
12	2330	Stephanie	Minnaar	WESTERN PROVINCE	03:08.50	1137.25	00:47.00	1047.36	2184.61
13	9528	Liya	Van den Heever	BOLAND	03:17.20	1093.85	00:45.50	1072.32	2166.17
14	1262	Minette	Van Zyl	EASTERN PROVINCE	03:32.40	1018.2	00:41.80	1130.72	2148.92
15	2745	Mikayla	Barnard	BOLAND	03:23.20	1063.9	00:46.10	1062.56	2126.46
16	2753	Alizmi	Van der Vyver	BOLAND	03:13.20	1113.85	00:50.50	991.84	2105.69
17	2363	Esther	Matloko	WESTERN PROVINCE	03:10.10	1129.45	00:53.20	948.32	2077.77
18	7432	Jemma	Fismer	BORDER	03:27.80	1040.85	00:47.80	1035.84	2076.69
19	2750	Anna-Mae	Van Zyl	BOLAND	03:35.90	1000.45	00:45.50	1071.84	2072.29
20	2998	Danelle	van Tonder	WESTERN PROVINCE	03:18.50	1087.4	00:51.10	982.4	2069.8
21	3055	Nolene	Badenhorst	WESTERN PROVINCE	03:39.00	985	00:45.30	1075.36	2060.36
22	1676	Roxie	van Heerden	WESTERN PROVINCE	03:37.60	991.95	00:46.50	1055.36	2047.31
23	2627	Rachelle	Botha	EDEN DISTRICT	03:34.80	1006.05	00:48.20	1028.8	2034.85
24	2754	Minke	Van Coller	BOLAND	03:13.70	1111.4	00:55.70	908.48	2019.88
25	2759	Jana	Hough	BOLAND	03:20.10	1079.7	00:53.90	938.24	2017.94

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26	2881	Xaney	Janse van rensburg	EDEN DISTRICT	04:05.80	851.05	00:41.90	1130.08	1981.13
27	2751	Hannah	Kempen	BOLAND	03:22.00	1069.95	00:59.50	847.2	1917.15
28	2630	Emily	King	EDEN DISTRICT	03:41.90	970.55	00:56.60	894.88	1865.43
29	6378	Suane	Koegelenberg	EDEN DISTRICT	03:23.80	1060.85	01:04.20	772.8	1833.65
30	9241	Jessie	Ludick	WESTERN PROVINCE	04:11.90	820.25	01:02.10	807.2	1627.45

Under 11 Boys

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2597	Benjamin	Arnold	BORDER	02:32.60	1187	00:32.70	1212.8	2399.8
2	2762	Ian	Smith	BOLAND	02:35.80	1171	00:34.40	1185.28	2356.28
3	1282	Kaidin	Kretzmann	EASTERN PROVINCE	02:33.10	1184.7	00:36.80	1147.04	2331.74
4	7097	Eben	Bester	WESTERN PROVINCE	02:46.70	1116.3	00:33.30	1203.84	2320.14
5	2639	Luke	Scott	EDEN DISTRICT	02:45.00	1124.9	00:34.30	1187.36	2312.26 (prov)
6	2626	Daniel	Van zyl	EDEN DISTRICT	02:31.20	1194.15	00:39.40	1104.96	2299.11
7	2392	Alexander	Benecke	WESTERN PROVINCE	02:45.30	1123.5	00:35.20	1172.64	2296.14
8	6134	Zac	Fletcher	EASTERN PROVINCE	02:44.60	1127.1	00:35.70	1164.48	2291.58
9	6540	Luan	Stander	WESTERN PROVINCE	02:46.30	1118.3	00:35.30	1170.56	2288.86
10	1043	Ludgen	Le Roux	EASTERN PROVINCE	02:47.90	1110.3	00:34.90	1177.44	2287.74
11	2721	Dieter	Naude	BOLAND	02:43.30	1133.35	00:36.60	1150.72	2284.07
12	1183	Pierre-Daniel	Jacobs	EASTERN PROVINCE	02:47.00	1114.85	00:37.50	1136.64	2251.49
13	8839	Cayden	Potgieter	SOUTHERN FREE STATE	02:49.90	1100.35	00:36.80	1146.56	2246.91
14	7287	Ruben	Ferreira	EDEN DISTRICT	02:47.10	1114.5	00:39.20	1109.28	2223.78
15	6436	Jayden	Williams	BOLAND	02:56.40	1067.85	00:36.40	1153.76	2221.61
16	7403	Rial	De Wet	BOLAND	02:40.60	1147.25	00:41.40	1073.6	2220.85
17	2978	Lourens	van der Walt	WESTERN PROVINCE	02:59.30	1053.4	00:36.10	1159.2	2212.6
18	1675	Callum	Koekemoer	WESTERN PROVINCE	03:01.00	1045	00:36.00	1159.84	2204.84
19	8906	Tiaan	Marais	BOLAND	02:56.00	1069.75	00:39.00	1112.32	2182.07
20	7576	Tim Luca	Holzappel	EDEN DISTRICT	02:55.10	1074.55	00:39.40	1105.12	2179.67
21	3005	Nathan	Pautz	WESTERN PROVINCE	02:50.30	1098.5	00:41.10	1079.04	2177.54
22	2335	Eben	de Jongh	WESTERN PROVINCE	02:49.30	1103.5	00:41.40	1072.96	2176.46
23	2642	Gerald	Van der heyde	EDEN DISTRICT	02:57.70	1061.7	00:38.80	1114.56	2176.26
24	1165	Hannes	Van der merwe	EASTERN PROVINCE	02:53.90	1080.3	00:40.30	1091.04	2171.34
25	1204	Nathan	Appels	EASTERN PROVINCE	02:49.90	1100.3	00:41.80	1066.72	2167.02
26	2632	Quintus	Lutsch	EDEN DISTRICT	02:40.80	1146	00:45.70	1004.48	2150.48
27	5499	Aidan	Thiart	EASTERN PROVINCE	03:01.30	1043.4	00:39.60	1101.6	2145
28	6888	De Wet	Wentzel	BOLAND	02:55.30	1073.5	00:43.50	1039.36	2112.86
29	2633	Devilliers	Lambrecht	EDEN DISTRICT	02:49.50	1102.3	00:45.50	1008.64	2110.94
30	1258	Rico	Le Roux	EASTERN PROVINCE	02:54.10	1079.4	00:44.30	1026.4	2105.8
31	2720	Handre	Sabbagha	BOLAND	02:56.40	1068.05	00:43.70	1036.48	2104.53
32	2723	Renso	De Wet	BOLAND	02:55.80	1070.85	00:44.00	1032.64	2103.49
33	2648	Ula	Van der merwe	EDEN DISTRICT	03:33.00	885.2	00:32.70	1212	2097.2
34	5146	Noah	Proctor	EDEN DISTRICT	03:09.10	1004.45	00:40.90	1081.6	2086.05
35	6125	Chris	Strauss	GRIQUALAND WEST	03:01.10	1044.4	00:44.10	1029.76	2074.16
36	5775	Hanru	Nel	BOLAND	03:04.00	1029.85	00:44.20	1029.12	2058.97
37	8912	Michal	Moolman	EDEN DISTRICT	02:45.50	1122.25	00:50.10	934.72	2056.97
38	1743	Franco	Boonzaaier	WESTERN PROVINCE	03:19.00	954.85	00:39.70	1101.44	2056.29
39	2873	Matthew	Tindall	EDEN DISTRICT	03:23.00	934.9	00:38.50	1120	2054.9
40	5361	Ethan	Smith	BOLAND	03:16.90	965.35	00:40.40	1088.96	2054.31
41	4919	Alec	Barends	BOLAND	03:05.00	1024.8	00:44.60	1022.88	2047.68
42	5764	Caleb	Olivier	EDEN DISTRICT	02:58.00	1060	00:46.90	985.12	2045.12
43	2428	Robert	Immelman	GRIQUALAND WEST	02:58.70	1056.35	00:47.70	972.8	2029.15
44	6755	Ben	Haarhoff	BOLAND	02:54.60	1076.95	00:49.50	944	2020.95
45	8266	Sebastiaan	Scharrighuizen	BOLAND	03:17.70	961.4	00:42.70	1052.32	2013.72
46	5462	Riaan	Louw	BOLAND	03:14.50	977.65	00:44.10	1029.76	2007.41
47	6276	Gustav	Schutte	EDEN DISTRICT	02:46.00	1120	00:55.20	852.32	1972.32
48	9842	Ludwig	Lotter	EDEN DISTRICT	03:18.20	958.95	00:46.40	993.6	1952.55
49	5073	Joshua	Kritzinger	EASTERN PROVINCE	02:55.60	1072	00:54.20	869.6	1941.6
50	2364	Timothy	Matloko	WESTERN PROVINCE	02:57.10	1064.45	00:53.90	872.96	1937.41
51	5061	Fanie	De Jager	EDEN DISTRICT	03:11.30	993.35	00:50.50	928.48	1921.83
52	2393	Albert	Griesel	WESTERN PROVINCE	03:06.90	1015.6	00:52.90	888.96	1904.56
53	7184	Braam	Ebersohn	GRIQUALAND WEST	03:11.70	991.7	00:57.40	817.6	1809.3
54	7201	Jean	van Wyngaard	EASTERN PROVINCE	03:21.00	944.85	01:01.20	757.44	1702.29
55	1760	Robbie	Wilson	WESTERN PROVINCE	03:28.90	905.5	00:59.10	790.72	1696.22

Under 11 Girls

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2778	Rebecca	Flack	BOLAND	02:38.00	1190.2	00:34.30	1187.04	2377.24
2	8366	Amy	Schmidt	BOLAND	02:48.60	1136.8	00:33.20	1204.16	2340.96
3	2412	Charné	van Tonder	WESTERN PROVINCE	02:51.30	1123.45	00:33.00	1208	2331.45
4	1138	Marony	Jacobs	EASTERN PROVINCE	02:46.90	1145.3	00:34.70	1180.48	2325.78
5	9278	Kyla	Sabbagha	BOLAND	02:51.00	1124.75	00:35.90	1161.92	2286.67
6	9758	Imke	Els	WESTERN PROVINCE	02:48.30	1138.5	00:38.50	1120.8	2259.3
7	5204	Jamie	Mote	EASTERN PROVINCE	03:03.00	1064.8	00:34.00	1192.48	2257.28
8	8489	Lucy Jane	Nagel	EDEN DISTRICT	02:58.60	1086.8	00:35.70	1164.64	2251.44
9	8171	Mieke	van de Wal	WESTERN PROVINCE	03:01.80	1071.2	00:36.00	1160.8	2232
10	1203	Tayla	Wilson	EASTERN PROVINCE	03:00.90	1075.7	00:37.60	1133.6	2209.3
11	4851	Emma	La Grange	BOLAND	03:10.40	1028.2	00:34.70	1180.48	2208.68
12	2636	Karli	Lotter	EDEN DISTRICT	02:54.90	1105.55	00:39.80	1099.36	2204.91

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13	5700	Tatum	Renze	EASTERN PROVINCE	03:09.50	1032.5	00:36.30	1154.56	2187.06
14	2355	Nichole	Koks	WESTERN PROVINCE	03:08.50	1037.6	00:37.40	1138.08	2175.68
15	8146	Gabriella	Kirsten	BOLAND	03:12.30	1018.5	00:37.70	1132.48	2150.98
16	2736	Carine	Rontgen	BOLAND	03:13.50	1012.5	00:38.00	1127.68	2140.18
17	1131	Anri	De Beer	EASTERN PROVINCE	03:24.60	956.85	00:34.90	1176.96	2133.81
18	1278	Teneal	Els	EASTERN PROVINCE	03:09.60	1032.15	00:39.70	1101.12	2133.27
19	2165	Kari	Griffioen	EDEN DISTRICT	03:01.50	1072.55	00:42.30	1059.52	2132.07
20	2301	Cara	Els	WESTERN PROVINCE	02:54.40	1107.85	00:45.10	1014.72	2122.57
21	1028	Milla	Delpport	EASTERN PROVINCE	03:17.60	992	00:39.20	1109.28	2101.28
22	9861	Mari	Geissler	EASTERN PROVINCE	03:12.80	1016.05	00:41.00	1079.52	2095.57
23	2977	Sopia	Liebenberg	WESTERN PROVINCE	03:13.20	1014.1	00:41.00	1080	2094.1
24	2781	Mia-lize	Van der Vyver	BOLAND	03:07.00	1044.8	00:43.30	1043.36	2088.16
25	8977	Caitlyn	Cawood	EDEN DISTRICT	02:44.70	1156.6	00:50.60	926.08	2082.68
26	1263	Alouise	Vosloo	EASTERN PROVINCE	03:09.60	1031.75	00:43.80	1035.04	2066.79
27	2746	Anmi	Slabbert	BOLAND	03:16.30	998.4	00:42.30	1060	2058.4
28	8491	Esti	Mouton	BOLAND	03:11.00	1025.05	00:45.60	1006.88	2031.93
29	1748	Kaitlin	de Kock	WESTERN PROVINCE	03:07.70	1041.65	00:46.90	986.08	2027.73
30	2783	Kehara	Human	BOLAND	03:18.30	988.65	00:44.30	1026.88	2015.53
31	8231	Cara	Swanepoel	WESTERN PROVINCE	03:16.60	997.15	00:45.80	1003.84	2000.99
32	5624	Annabelle	McEwan	EDEN DISTRICT	03:08.00	1039.8	00:48.70	956.64	1996.44
33	2886	Mela	Loubser	EDEN DISTRICT	03:19.90	980.65	00:46.50	992.48	1973.13
34	6092	Emma	Neethling	EDEN DISTRICT	03:20.80	976	00:46.40	994.08	1970.08
35	7551	Zoe	Goebel	WESTERN PROVINCE	03:15.50	1002.5	00:49.10	950.08	1952.58
36	4997	Ebenette	Van Niekerk	EDEN DISTRICT	03:19.00	985	00:48.70	957.28	1942.28
37	6854	Madison	O'Connel	EDEN DISTRICT	03:29.40	932.95	00:46.60	989.92	1922.87
38	2749	Liani	Nieuwoudt	BOLAND	03:14.10	1009.75	00:51.50	911.52	1921.27
39	2785	Ilze	Blom	BOLAND	03:17.00	995	00:52.30	898.72	1893.72
40	2325	Emma	Rossouw	WESTERN PROVINCE	03:48.40	838	00:43.20	1044.32	1882.32
41	1279	Lienke	Els	EASTERN PROVINCE	03:26.10	949.55	00:50.50	928.48	1878.03
42	2885	Adri	Duvenhage	EDEN DISTRICT	03:31.60	922.2	00:49.80	939.04	1861.24
43	2884	Anna	Grabe	EDEN DISTRICT	03:18.30	988.6	00:54.20	869.12	1857.72
44	7027	Ané	Cloete	WESTERN PROVINCE	03:34.30	908.75	00:49.90	937.76	1846.51
45	5375	Milla	Kruger	EDEN DISTRICT	03:44.60	857.05	00:47.60	975.04	1832.09
46	2637	Emma	Swart	EDEN DISTRICT	04:28.00	640	00:41.70	1069.12	1709.12
47	1294	Therese	Otto	EASTERN PROVINCE	03:59.00	784.85	00:53.10	887.04	1671.89

Under 13 Boys

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2794	Kailen	Kotze	BOLAND	03:59.20	1109.2	01:05.90	1200.6	2309.8
2	2351	Alshane	Edwards	WESTERN PROVINCE	03:54.00	1134.95	01:13.10	1129	2263.95
3	6634	Connor	Bagley	EASTERN PROVINCE	04:07.60	1066.9	01:07.80	1182.1	2249
4	1800	Van Dyk	Engelbrecht	WESTERN PROVINCE	04:12.50	1042.45	01:08.50	1174.8	2217.25
5	5917	Stefan	Van Heerden	BOLAND	04:12.20	1043.85	01:10.20	1157.7	2201.55
6	1702	Nicholas	Malherbe	BOLAND	03:57.40	1117.75	01:18.40	1076.1	2193.85
7	2795	Le roux	Du Toit	BOLAND	04:08.10	1064.35	01:16.80	1092.4	2156.75
8	2763	Reitz	Hofmeyr	BOLAND	03:55.10	1129.35	01:23.70	1023.5	2152.85
9	2435	Liam	Prime	BORDER	04:06.20	1074.15	01:18.80	1072.2	2146.35
10	1219	Ryan	Thiersen	EASTERN PROVINCE	04:17.70	1016.55	01:15.30	1106.9	2123.45
11	2391	Stef	Mostert	WESTERN PROVINCE	04:36.80	920.95	01:06.80	1192	2112.95
12	2968	Franz	Wetzl	WESTERN PROVINCE	04:09.80	1055.95	01:20.50	1054.9	2110.85
13	1067	Francois	Vosloo	EASTERN PROVINCE	04:07.40	1068	01:22.60	1034.1	2102.1
14	7969	John	Willcox	WESTERN PROVINCE	04:13.60	1037.2	01:20.10	1059.2	2096.4
15	2893	Matthew	Seabrook	EDEN DISTRICT	04:36.60	922.15	01:10.60	1153.8	2075.95
16	5673	Wido	Rudolph	EDEN DISTRICT	04:42.40	892.9	01:08.40	1176.1	2069
17	2315	Luke	van Eeden	BOLAND	04:38.00	914.8	01:10.80	1151.7	2066.5
18	953	Tristan	Marais	EASTERN PROVINCE	04:16.20	1024.2	01:22.50	1035.2	2059.4
19	9222	Aldert	van Zyl	EDEN DISTRICT	04:30.60	951.95	01:20.00	1059.7	2011.65
20	6442	Ruan	Coetzee	EDEN DISTRICT	04:11.80	1045.8	01:32.70	933.1	1978.9
21	2801	Zian	Naude	BOLAND	04:26.80	971.15	01:25.40	1005.7	1976.85
22	2796	Christiaan	Le roux	BOLAND	04:28.60	961.8	01:25.20	1008.2	1970
23	4233	Darius	Du Plessis	GRIQUALAND WEST	04:32.30	943.3	01:23.90	1020.5	1963.8
24	2802	Andre	Van Zyl	BOLAND	04:19.40	1007.9	01:30.70	953	1960.9
25	2798	Retief	Hugo	BOLAND	04:54.60	831.95	01:13.20	1127.9	1959.85
26	2641	Hanru	Kuun	EDEN DISTRICT	04:07.00	1070.05	01:37.30	886.7	1956.75
27	7262	Melt	Viljoen	BOLAND	04:23.90	985.7	01:29.80	962.3	1948
28	7720	Liam	Pereira	BOLAND	04:40.20	904.2	01:21.90	1041.2	1945.4
29	2644	Ludwig	Meyer	EDEN DISTRICT	04:25.00	980.25	01:29.60	963.7	1943.95
30	2638	Philippie	De bruyn	EDEN DISTRICT	04:55.50	827.6	01:14.80	1111.5	1939.1
31	2892	Billy	Tindall	EDEN DISTRICT	04:59.80	806	01:13.10	1128.9	1934.9
32	2092	Evert	Bouwer	WESTERN PROVINCE	04:24.60	981.85	01:31.70	943.2	1925.05
33	2643	Sebastian	Swart	EDEN DISTRICT	04:52.70	841.5	01:19.00	1070.1	1911.6
34	9489	Eduan	Louw	BOLAND	04:48.50	862.35	01:22.50	1034.9	1897.25
35	5094	Hugo	Botha	EASTERN PROVINCE	04:50.00	855	01:22.00	1039.6	1894.6
36	6838	Pieter	De Wet	BOLAND	04:26.30	973.55	01:34.20	917.8	1891.35
37	2663	Blake	Muller	EDEN DISTRICT	04:26.40	972.95	01:36.20	897.7	1870.65
38	3052	Xander	Kotzé	WESTERN PROVINCE	04:44.80	881	01:27.20	988.3	1869.3
39	2799	Daniel	Venter	BOLAND	04:21.10	999.35	01:39.20	868.1	1867.45
40	1050	Steffan	Rademeyer	EASTERN PROVINCE	04:58.40	813	01:22.10	1039.3	1852.3
41	6401	Daniel	Kolver	EDEN DISTRICT	04:36.10	924.3	01:34.00	920	1844.3

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42	6367	Lohann	Fourie	BOLAND	04:39.90	905.4	01:37.40	885.8	1791.2
43	2774	Van Wyk	Reitz	BOLAND	04:57.60	816.8	01:30.00	959.9	1776.7
44	8857	Janco	Marais	WESTERN PROVINCE	04:52.20	843.8	01:36.20	897.7	1741.5
45	2769	Paul-louis	Rontgen	BOLAND	04:51.30	848.5	01:37.60	883.6	1732.1
46	7223	Kian	Eksteen	WESTERN PROVINCE	05:00.80	801.05	01:33.10	928.7	1729.75
47	4182	George-Wilson	Smith	GRIQUALAND WEST	04:57.60	817.2	01:35.50	905.3	1722.5
48	8398	Zak	Wolfaardt	EASTERN PROVINCE	05:14.60	731.95	01:29.30	967.4	1699.35
49	3031	Christiaan	Viljoen	WESTERN PROVINCE	05:19.40	708	01:29.30	967.1	1675.1
50	2394	Stefan	Griesel	WESTERN PROVINCE	04:34.60	931.9	01:56.10	699.2	1631.1
51	5377	Hubert	Winterbach	WESTERN PROVINCE	05:52.10	544.25	01:22.50	1035.2	1579.45
52	5947	Liebrecht	Winterbach	WESTERN PROVINCE	05:53.10	539.45	01:22.50	1034.7	1574.15

Under 13 Girls

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2809	Anne	Sabbagha	BOLAND	03:14.00	1184.9	01:11.30	1167.4	2352.3
2	2205	Isabella	Carneiro	WESTERN PROVINCE	03:15.40	1177.95	01:12.50	1155.1	2333.05
3	784	Zanri	Black	EASTERN PROVINCE	03:11.60	1197.1	01:16.80	1111.7	2308.8
4	2907	Jada	Coetzee	EDEN DISTRICT	03:31.20	1099.1	01:07.90	1201.1	2300.2
5	6610	Mia	Nortjé	WESTERN PROVINCE	03:23.60	1137.2	01:15.60	1123.7	2260.9
6	2665	Dominique	De jongh	EDEN DISTRICT	03:37.60	1066.75	01:09.70	1182.6	2249.35
7	1202	Jodi	Wilson	EASTERN PROVINCE	03:43.50	1037.35	01:11.50	1165	2202.35
8	1952	Mila	Aucamp	WESTERN PROVINCE	03:30.90	1100.35	01:18.60	1093.9	2194.25
9	1009	Megan Anne	Hough	EASTERN PROVINCE	03:35.70	1076.6	01:18.70	1093.1	2169.7
10	2807	Lara	Botha	BOLAND	03:46.00	1025.15	01:14.00	1140.5	2165.65
11	2780	Danielle	De Villiers	BOLAND	03:44.10	1034.3	01:15.10	1129.4	2163.7
12	2704	Myra	Viduya	EASTERN PROVINCE	03:47.90	1015.6	01:13.60	1143.6	2159.2
13	2208	Skye	Micklethwaite	WESTERN PROVINCE	03:44.30	1033.45	01:16.90	1110.6	2144.05
14	2651	Melissa	Kuun	EDEN DISTRICT	03:49.50	1007.35	01:15.10	1129.2	2136.55
15	9423	Danelle	Bosman	EDEN DISTRICT	03:56.70	971.3	01:13.70	1143.4	2114.7
16	4308	Esti	Huggett	GRIQUALAND WEST	03:25.20	1129.05	01:31.40	966	2095.05
17	2898	Marelle	Duvenhage	EDEN DISTRICT	03:45.10	1029.7	01:23.60	1043.7	2073.4
18	2911	Talita	Mcdonald	EDEN DISTRICT	03:46.90	1020.35	01:24.30	1037	2057.35
19	2164	Ninke	Griffioen	EDEN DISTRICT	03:51.70	996.35	01:23.10	1049	2045.35
20	1671	Saskia	Reddering	WESTERN PROVINCE	03:46.30	1023.35	01:26.90	1011.4	2034.75
21	5551	Mari	Swanepoel	WESTERN PROVINCE	03:38.90	1060.6	01:31.20	968	2028.6
22	1216	Anya	De Ridder	EASTERN PROVINCE	03:59.40	957.8	01:21.60	1063.8	2021.6
23	2979	Isabella	van der Walt	WESTERN PROVINCE	03:52.30	993.3	01:25.80	1022.3	2015.6
24	2899	Samantha	Bellew	EDEN DISTRICT	03:51.60	997.05	01:26.30	1017.2	2014.25
25	2667	Jeanie	Du plessis	EDEN DISTRICT	03:58.60	962	01:24.80	1031.7	1993.7
26	2811	Mieke	Aucamp	BOLAND	03:46.30	1023.65	01:31.80	961.8	1985.45
27	2671	Cherise	Spangenberg	EDEN DISTRICT	04:01.70	946.35	01:25.30	1026.8	1973.15
28	2670	Emma	Lutsch	EDEN DISTRICT	03:33.40	1087.8	01:39.80	882.3	1970.1
29	8621	Jane	Botha	EDEN DISTRICT	04:12.00	894.9	01:22.10	1059.3	1954.2
30	2813	Elena	Duvenhage	BOLAND	03:47.40	1018.1	01:39.30	887.5	1905.6
31	8430	Nina	Haarhoff	BOLAND	03:58.10	964.45	01:34.10	939.1	1903.55
32	8413	Charmae	Donald	GRIQUALAND WEST	03:59.00	959.95	01:39.20	887.6	1847.55
33	1749	Olivia	Wilson	WESTERN PROVINCE	03:47.20	1018.85	01:45.60	824.1	1842.95
34	8677	Karli	Bester	BOLAND	04:02.00	944.85	01:43.70	843	1787.85
35	8570	Megan	Du Toit	GRIQUALAND WEST	04:12.30	893.3	01:39.40	886.1	1779.4
36	8989	Julia	Monk	WESTERN PROVINCE	04:40.70	751.35	01:33.10	948.7	1700.05
37	1593	Xenia	Massyn	WESTERN PROVINCE	05:18.30	563.35	01:38.30	896.8	1460.15

Under 15 Boys

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	1701	Francois	Malherbe	BOLAND	04:47.70	1201.45	01:00.40	1216.2	2417.65 (sa) (open)
2	536	Wehan	Smith	EASTERN PROVINCE	04:48.10	1199.5	01:02.80	1191.9	2391.4 (sa)
3	955	Christian	Appels	EASTERN PROVINCE	05:03.60	1122.05	01:02.60	1193.7	2315.75
4	4613	Brendan	Oosthuizen	WESTERN PROVINCE	05:15.60	1061.95	01:01.50	1205.4	2267.35
5	2674	Christiaan	Hattingh	EDEN DISTRICT	05:18.40	1048.1	01:05.20	1167.9	2216 (prov)
6	6891	Liam	Vehbi	EASTERN PROVINCE	05:39.60	942	01:00.20	1218.4	2160.4
7	4904	Ruben	Crous	WESTERN PROVINCE	05:39.20	944	01:01.20	1208	2152
8	731	Jayden	Agnew	EASTERN PROVINCE	05:31.60	982.05	01:05.20	1168.1	2150.15
9	3051	Lourens	Kotzé	WESTERN PROVINCE	05:19.40	1042.9	01:12.70	1093.3	2136.2
10	2207	Tyler	Micklethwaite	WESTERN PROVINCE	05:32.70	976.5	01:06.90	1150.5	2127
11	3298	Hugo	Nothnagel	EASTERN PROVINCE	05:22.20	1029	01:12.60	1093.5	2122.5
12	730	Justin	Agnew	EASTERN PROVINCE	05:33.50	972.55	01:07.60	1144.1	2116.65
13	1823	Samuel	Booyesen	WESTERN PROVINCE	05:31.50	982.4	01:08.60	1133.8	2116.2
14	2825	Kellan	Gouws	BOLAND	05:05.30	1113.45	01:21.80	1002	2115.45
15	2827	Janco	Fourie	BOLAND	05:22.30	1028.45	01:15.80	1061.8	2090.25
16	9764	Juan	Baard	EASTERN PROVINCE	05:15.00	1064.85	01:20.30	1017.4	2082.25
17	1022	Landre	Botes	EDEN DISTRICT	05:34.60	966.9	01:13.10	1088.7	2055.6
18	2828	Rossouw	Van Zyl	BOLAND	05:52.10	879.5	01:06.40	1156.1	2035.6
19	5498	Zack	Serfontein	EASTERN PROVINCE	05:14.30	1068.3	01:25.40	966	2034.3
20	5346	Peter	Schreuder	BOLAND	05:38.10	949.45	01:13.60	1084.4	2033.85
21	2792	Francois	Retief	BOLAND	05:50.80	885.95	01:07.20	1147.7	2033.65
22	8270	Markus	Viljoen	EDEN DISTRICT	04:53.30	1173.5	01:36.80	851.9	2025.4
23	2694	Cobus	Botes	SOUTHERN FREE STATE	06:01.60	831.9	01:03.40	1186.3	2018.2
24	2324	Emihl	Rossouw	WESTERN PROVINCE	05:41.60	932	01:13.60	1083.8	2015.8

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25	2917	Roelof	Le grange	EDEN DISTRICT	05:33.30	973.45	01:17.90	1041.3	2014.75
26	7562	Andrew	McDonald	EDEN DISTRICT	05:43.50	922.45	01:13.30	1086.5	2008.95
27	6848	Tim	Van Staden	EDEN DISTRICT	05:41.00	934.95	01:17.20	1048	1982.95
28	2380	Luke	van Neel	WESTERN PROVINCE	05:27.10	1004.75	01:26.70	953.3	1958.05
29	2660	Wilhelm	Kuun	EDEN DISTRICT	06:08.30	798.6	01:07.20	1147.7	1946.3
30	7843	Stephan	De Swardt	EDEN DISTRICT	05:46.90	905.75	01:19.80	1021.9	1927.65
31	9946	Christo	Van Tonder	EDEN DISTRICT	05:41.30	933.45	01:23.50	985.2	1918.65
32	2257	Gideon	Vermeulen	WESTERN PROVINCE	05:51.30	883.75	01:19.30	1027	1910.75
33	8896	Engelbrecht	Mostert	BOLAND	05:44.90	915.7	01:25.60	964.1	1879.8
34	9204	Sebastiaan	Greyling	EASTERN PROVINCE	06:12.60	777.25	01:13.60	1083.6	1860.85
35	1145	Rohan	Van Der Merwe	EASTERN PROVINCE	06:06.30	808.4	01:18.40	1036.4	1844.8
36	9787	Johan	Coetsee	BOLAND	05:57.80	850.95	01:26.00	959.7	1810.65
37	1867	Ewaldt	Louw	WESTERN PROVINCE	05:53.40	872.9	01:30.70	913.4	1786.3
38	4181	Rias	Moller	GRIQUALAND WEST	05:52.90	875.55	01:31.70	903.1	1778.65
39	7578	Henro	Van Der Merwe	EASTERN PROVINCE	06:11.70	781.65	01:24.30	976.6	1758.25
40	9849	Avumile	Pantsho	EASTERN PROVINCE	06:37.30	653.45	01:37.20	848	1501.45

Under 15 Girls

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	772	Anke	Serfontein	EASTERN PROVINCE	03:07.20	1183.9	01:06.50	1184.8	2368.7
2	4447	Mia	Van der Walt	BOLAND	03:09.90	1170.35	01:05.40	1196.2	2366.55
3	4448	Aninka	Ferreira	BOLAND	03:09.20	1173.9	01:13.00	1119.5	2293.4
4	2805	Klaudia	Schmidt	BOLAND	03:17.40	1132.8	01:12.30	1126.8	2259.6
5	981	Robyn susan	Hough	EASTERN PROVINCE	03:28.50	1077.3	01:08.90	1160.8	2238.1
6	2926	Jossie	Bebbington	EDEN DISTRICT	03:31.90	1060.6	01:15.00	1099.6	2160.2
7	5978	Asha	Jack	WESTERN PROVINCE	03:33.20	1053.95	01:15.50	1094.9	2148.85
8	2806	Lize-Mari	Geldenhuis	BOLAND	03:45.10	994.35	01:11.50	1134.8	2129.15
9	2909	Mia	Hugget	EDEN DISTRICT	03:38.30	1028.45	01:16.30	1087.2	2115.65
10	693	Marlien	Crewe-Brown	EASTERN PROVINCE	03:46.50	987.6	01:12.60	1123.7	2111.3
11	1035	Ilze	Hattingh	EASTERN PROVINCE	03:34.30	1048.3	01:19.70	1053.5	2101.8
12	2908	Petro marie	Fourie	EDEN DISTRICT	03:37.70	1031.55	01:18.00	1069.7	2101.25
13	7054	Nadia	Olsen	WESTERN PROVINCE	03:18.70	1126.4	01:29.20	957.5	2083.9
14	2666	Jancke	Potgieter	EDEN DISTRICT	03:41.70	1011.7	01:21.60	1034.2	2045.9
15	2810	Sumari	Bester	BOLAND	03:54.70	946.5	01:15.30	1097	2043.5
16	7116	Abigail	Le Roux	BOLAND	03:35.00	1045	01:25.80	992.3	2037.3
17	8126	Elza	De Kock	BOLAND	03:58.70	926.4	01:14.40	1105.9	2032.3
18	2816	Helende	Kemp	BOLAND	03:33.90	1050.35	01:26.90	981.2	2031.55
19	1542	Rebecca	Monk	WESTERN PROVINCE	03:49.40	972.9	01:19.70	1052.9	2025.8
20	5750	Mia	Wright	EDEN DISTRICT	04:05.50	892.6	01:13.40	1116	2008.6
21	5995	Mienke	Doubell	EDEN DISTRICT	04:02.70	906.5	01:15.60	1094.3	2000.8
22	5318	Emma	Van der Westhuysen	EDEN DISTRICT	03:30.20	1068.85	01:32.10	929.2	1998.05
23	6836	Elizma	Huysen	EDEN DISTRICT	03:58.10	929.6	01:22.30	1026.5	1956.1
24	6142	Amica	Nieuwoudt	WESTERN PROVINCE	03:59.80	921.15	01:23.60	1014.2	1935.35
25	6222	Marissa	Cotter	BOLAND	03:31.20	1064.25	01:39.80	852.2	1916.45
26	6281	Jané	Ebersöhn	GRIQUALAND WEST	03:46.90	985.55	01:32.00	929.6	1915.15
27	2814	Nina	Engelbrecht	BOLAND	04:00.70	916.6	01:25.20	998.4	1915
28	1944	Elmarie	Combrink	WESTERN PROVINCE	04:04.80	896	01:29.10	959	1855
29	2913	Megan	Terblanche	EDEN DISTRICT	04:03.20	904.05	01:31.90	930.6	1834.65
30	2163	Corli-mare	Griffioen	EDEN DISTRICT	04:10.00	870.1	01:31.90	930.9	1801
31	2817	Louw-mari	Blom	BOLAND	04:23.00	805.1	01:32.40	926.5	1731.6
32	7751	Milla	Otto	EASTERN PROVINCE	04:15.70	841.5	01:41.00	839.6	1681.1
33	5514	Stevie	Phillips	BOLAND	04:35.30	743.6	01:34.00	909.8	1653.4
34	4865	Cara	Rossouw	BOLAND	04:29.50	772.65	01:40.90	841	1613.65
35	8360	Yana	Lotter	EDEN DISTRICT	04:21.50	812.6	02:02.70	623.3	1435.9

Under 17 Boys

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	870	Cody	Coombe-Davis	EASTERN PROVINCE	04:50.30	1093.45	01:01.10	1199.2	2292.65 (open)
2	4334	Bernard	Andrag	BOLAND	05:00.50	1042.45	01:01.20	1197.6	2240.05
3	7420	Kyle	White	EASTERN PROVINCE	05:07.70	1006.5	00:59.60	1214.3	2220.8
4	1370	Joshua	Scott	WESTERN PROVINCE	05:10.00	995.1	01:00.20	1208.3	2203.4
5	9564	Ian	Van Niekerk	GRIQUALAND WEST	05:04.90	1020.3	01:04.80	1161.7	2182
6	1501	Daniël	Wiese	WESTERN PROVINCE	04:59.20	1048.8	01:08.80	1121.9	2170.7
7	4335	Benno	Van der Merwe	BOLAND	05:22.70	931.35	00:58.00	1230.3	2161.65
8	1144	IP	Van Der Merwe	EASTERN PROVINCE	05:11.70	986.35	01:10.90	1100.6	2086.95
9	6801	George	De Kock	BOLAND	05:21.60	937.1	01:06.50	1145.4	2082.5
10	5040	De-Leon	Strydom	EASTERN PROVINCE	04:42.10	1134.25	01:28.50	924.7	2058.95
11	1205	Damian	Smith	EASTERN PROVINCE	04:58.50	1052.7	01:20.60	1003.7	2056.4
12	3008	Walter	de Jongh	WESTERN PROVINCE	05:46.70	811.35	00:59.20	1217.6	2028.95
13	2685	Gustav	Lubbe	EDEN DISTRICT	05:33.80	876.15	01:08.40	1126.1	2002.25
14	5935	Enric	Taljaard	EASTERN PROVINCE	05:19.90	945.4	01:16.50	1044.5	1989.9
15	2916	Deon	Horne	EDEN DISTRICT	05:36.50	862.45	01:09.40	1116.1	1978.55
16	9433	Alutha	Masele	EASTERN PROVINCE	04:49.60	1097.15	01:33.40	875.8	1972.95
17	8188	Otto	Frielingdorf	BOLAND	05:43.60	827.1	01:09.60	1113.8	1940.9
18	5697	Dylan	Keyser	WESTERN PROVINCE	04:57.40	1058.05	01:34.60	863.7	1921.75
19	6658	Christiaan	Van der Walt	BOLAND	05:55.20	768.95	01:07.80	1132	1900.95
20	2047	Braam	van der Vyver	WESTERN PROVINCE	06:02.40	732.85	01:04.40	1165.8	1898.65
21	1285	Marnus	Smit	EASTERN PROVINCE	05:34.40	873.15	01:20.20	1007.6	1880.75

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22	2862	Juan	Drotschie	BOLAND	05:56.40	762.8	01:09.50	1114.6	1877.4
23	2676	Pieter	Terblanche	EDEN DISTRICT	05:31.60	886.8	01:22.40	986.2	1873
24	1586	Johan	Voges	WESTERN PROVINCE	06:11.80	686.1	01:04.30	1167.2	1853.3
25	1195	Dillan	Swanepoel	EASTERN PROVINCE	05:34.20	874.15	01:25.60	954.1	1828.25
26	6683	Gerhard	Viljoen	EASTERN PROVINCE	05:52.20	783.85	01:16.90	1040.8	1824.65
27	8994	Jurie	Groenewald	EDEN DISTRICT	05:28.60	901.8	01:32.00	890.3	1792.1
28	2920	James	Bellew	EDEN DISTRICT	06:06.10	714.35	01:13.90	1070.7	1785.05
29	2822	Christiaan	Naude	BOLAND	06:10.50	692.6	01:11.80	1092.1	1784.7
30	1286	Jean	Snyman	EASTERN PROVINCE	06:23.20	629.15	01:17.00	1039.6	1668.75
31	5873	Michael	Massyn	WESTERN PROVINCE	06:36.10	564.65	01:16.00	1050.2	1614.85
32	7304	Brendt	Collins	EASTERN PROVINCE	06:29.00	599.8	01:21.80	992.3	1592.1

Under 17 Girls

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	1334	Mandy	Vroon	WESTERN PROVINCE	03:12.20	1159.2	01:03.20	1217.7	2376.9
2	420	Lara	De Bloe	EASTERN PROVINCE	03:17.60	1131.85	01:11.90	1130.8	2262.65
3	1387	Karli	Coetzee	BOLAND	03:23.40	1103.2	01:13.50	1115.3	2218.5
4	737	Liani Alina	Snyman	EASTERN PROVINCE	03:26.80	1085.85	01:12.90	1121.1	2206.95
5	6423	Jessica	Devine	EDEN DISTRICT	03:21.90	1110.65	01:15.60	1094.3	2204.95
6	7056	Hannah	Counihan	EASTERN PROVINCE	03:47.10	984.3	01:04.10	1208.9	2193.2
7	5601	Sarah	Allardice	WESTERN PROVINCE	03:32.60	1056.85	01:12.90	1121.3	2178.15
8	5936	Cara	Bergh	EDEN DISTRICT	03:19.10	1124.75	01:20.00	1050.2	2174.95
9	940	Tyra	Roosendaal	EASTERN PROVINCE	03:40.80	1016	01:09.70	1153.5	2169.5
10	2833	Gabriella	Scott	BOLAND	03:41.40	1012.95	01:13.70	1112.8	2125.75
11	2837	Ameli	Bruwer	BOLAND	03:29.20	1074.2	01:20.20	1048.4	2122.6
12	2556	Danielle	Immelman	GRIQUALAND WEST	04:01.80	910.8	01:07.30	1176.8	2087.6
13	2972	Nicke	van Rensburg	WESTERN PROVINCE	03:50.60	967.15	01:16.20	1088.4	2055.55
14	9244	Dalene	Koegelenberg	BOLAND	03:27.70	1081.65	01:27.70	973.2	2054.85
15	1588	Storm	Elliott	WESTERN PROVINCE	03:57.60	931.85	01:16.20	1088.3	2020.15
16	8880	Zanelle	Kuyler	EDEN DISTRICT	04:06.20	888.95	01:12.60	1124.3	2013.25
17	2216	Elna	Engelbrecht	WESTERN PROVINCE	04:02.50	907.25	01:19.30	1056.7	1963.95
18	1078	Melissa	Hamilton	EASTERN PROVINCE	03:32.80	1055.9	01:35.40	896.2	1952.1
19	2950	Larize	Goosen	EDEN DISTRICT	04:19.60	822.1	01:12.60	1123.7	1945.8
20	6066	Kaitlyn	Wolff	EASTERN PROVINCE	03:56.90	935.25	01:24.60	1003.7	1938.95
21	8795	Liza	Koegelenberg	BOLAND	03:46.50	987.6	01:30.00	950.4	1938
22	2707	Anja	Baard	EASTERN PROVINCE	03:44.90	995.65	01:31.70	933	1928.65
23	4709	CARLENE	MULLER	EDEN DISTRICT	03:39.70	1021.3	01:35.30	896.6	1917.9
24	8724	Eljené	Du Toit	GRIQUALAND WEST	04:04.40	897.9	01:28.00	970	1867.9
25	9225	Taryn	Landman	EASTERN PROVINCE	04:03.40	902.95	01:29.50	955.2	1858.15
26	2192	Eden	Hoefler	WESTERN PROVINCE	04:05.80	891.15	01:29.80	952.2	1843.35
27	1266	Lize-Me	Otto	EASTERN PROVINCE	03:53.60	951.9	01:36.10	889.4	1841.3
28	8458	Betsy	Wilke	WESTERN PROVINCE	04:36.20	738.85	01:29.50	955.5	1694.35

Under 19 Boys

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	1339	Retief	Ochse	WESTERN PROVINCE	04:40.00	1145.2	01:02.30	1186.6	2331.8 (sa) (open)
2	2937	Andre	Kleynhans	EDEN DISTRICT	04:59.70	1046.5	00:58.10	1229.2	2275.7 (sa) (prov)
3	372	Ruben	Smith	EASTERN PROVINCE	05:09.10	999.35	00:58.20	1227.9	2227.25
4	2681	Reynard	Jansen van rensburg	EDEN DISTRICT	04:53.40	1078.15	01:08.70	1122.5	2200.65
5	1523	Thomas	Fowler	WESTERN PROVINCE	05:15.70	966.6	01:04.70	1163	2129.6
6	1445	Adrin	Strydom	WESTERN PROVINCE	05:19.30	948.5	01:09.10	1119.1	2067.6
7	7865	Francois	De Wet	BOLAND	05:00.40	1042.85	01:18.80	1022.2	2065.05
8	2939	Hendrik	Visser	EDEN DISTRICT	05:14.70	971.25	01:13.30	1077.5	2048.75
9	9647	Murray	Nielsen	BOLAND	05:33.60	876.75	01:07.80	1131.6	2008.35
10	2863	Jacobus	Uys	BOLAND	05:27.10	909.55	01:11.60	1094.1	2003.65
11	2864	Martin	Minnaar	BOLAND	05:26.10	914.35	01:13.70	1073.1	1987.45

Under 19 Girls

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	1333	Kelly	Vroon	WESTERN PROVINCE	03:21.00	1119.95	01:01.30	1247.3	2367.25
2	2947	Anlize	Vermeulen	EDEN DISTRICT	03:45.60	997.1	01:05.90	1201.4	2198.5
3	6430	Anja	Webber	EASTERN PROVINCE	03:17.70	1136.55	01:24.30	1017.4	2153.95
4	1517	Danielle	du Toit	WESTERN PROVINCE	03:35.60	1046.75	01:16.40	1095.7	2142.45
5	2856	Bianca	Sussman	BOLAND	03:49.40	978	01:21.30	1047.3	2025.3
6	1428	Arleen	Moorcroft	WESTERN PROVINCE	04:07.60	886.9	01:13.50	1125.2	2012.1
7	2949	Abigael	Grobler	EDEN DISTRICT	04:20.20	823.9	01:11.10	1149.4	1973.3
8	9821	Jeanni	Botha	BOLAND	04:00.40	922.8	01:23.60	1023.6	1946.4
9	3078	Anita	van Niekerk	WESTERN PROVINCE	04:01.90	915.4	01:24.00	1019.9	1935.3

Senior (Open) Men

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	325	Gareth	Vorster	EASTERN PROVINCE	04:46.20	1089	00:56.80	1241.9	2330.9 (open)
2	2846	Pietie	Oosthuizen	BOLAND	04:35.20	1143.8	01:05.00	1159.6	2303.4
3	1384	Avron	Manchest	WESTERN PROVINCE	05:00.30	1018.25	01:01.90	1190.8	2209.05
4	1531	Philip	Fouche	WESTERN PROVINCE	05:04.10	999.5	01:02.60	1183.6	2183.1
5	2072	Calvin	Hammond	WESTERN PROVINCE	04:55.40	1043.2	01:10.70	1103	2146.2

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6	1340	William	Ochse	WESTERN PROVINCE	05:42.90	805.45	00:58.80	1221.6	2027.05
7	4179	AJ	Fourie	GRIQUALAND WEST	05:56.00	740	00:58.40	1225.8	1965.8
8	2403	Ridewaan	Nichols	WESTERN PROVINCE	05:14.90	945.45	01:20.80	1001.9	1947.35
9	5182	Jason	Le Condeur	BOLAND	05:08.40	978	01:24.90	960.8	1938.8
10	2847	Daniel	Malan	BOLAND	05:37.50	832.45	01:12.60	1084.5	1916.95
11	9531	Axolile	Mbeki	EASTERN PROVINCE	05:34.40	847.95	01:19.10	1019.2	1867.15
12	5507	Corne	Jooste	WESTERN PROVINCE	05:18.30	928.45	01:27.90	931.5	1859.95
13	8955	Geo	Van Niekerk	BOLAND	04:45.90	1090.55	02:02.10	588.7	1679.25

Senior (Open) Ladies

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	1303	Marna	Louwrens	WESTERN PROVINCE	03:23.40	1107.9	01:04.80	1241.7	2349.6
2	2850	Annereen	Malan	BOLAND	03:26.10	1094.6	01:18.80	1102.1	2196.7
3	8962	Jolani	Pienaar	GRIQUALAND WEST	03:46.40	993.2	01:19.90	1090.8	2084
4	4459	Ariane	Krijt	SOUTHERN FREE STATE	04:34.30	753.6	01:12.70	1163.4	1917

Jnr Veteran Men

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	8297	Pieter	Van Der Mescht	EDEN DISTRICT	02:52.40	1122.95	00:57.60	1234.4	2365.35 (prov) (open)
2	9079	Edrich	Burger	BOLAND	02:50.80	1131	01:07.00	1139.6	2286.6
3	7704	Eben	Kruger	BOLAND	02:59.50	1087.4	01:08.90	1121.3	2224.7
4	2310	Christo	van der Merwe	WESTERN PROVINCE	03:00.30	1083.75	01:08.00	1130.1	2221.85
5	5108	Rodney	Wearing	WESTERN PROVINCE	03:17.70	996.3	01:06.80	1142.2	2218.5
6	6282	Dommonique	Forte	BOLAND	03:04.10	1064.25	01:09.70	1113	2217.25
7	7305	Lukas	Wentzel	BOLAND	03:10.30	1033.25	01:17.50	1035	2164.25
8	9356	Cornelis	Rossouw	BOLAND	03:00.60	1081.85	01:15.60	1054.3	2152.15
9	8260	Earle	van der Watt	WESTERN PROVINCE	03:27.60	947.1	01:21.30	996.6	2039.7
10	5805	Wade	Muller	EDEN DISTRICT	03:16.20	1004.1	01:27.10	938.8	2006.9
11	4867	Louis-Ras	Joubert	BOLAND	03:43.70	866.45	01:21.40	996.5	1950.95
12	7851	Dawie	Van Zyl	EASTERN PROVINCE	03:52.60	822.05	01:21.10	998.9	1908.95
13	7907	Xavier	Janse van Rensburg	EDEN DISTRICT	03:50.60	832.1	01:23.50	974.6	1894.7
14	5400	Yonwaba	Sipeliti	EASTERN PROVINCE	03:50.30	833.55	01:41.90	791.1	1704.65

Jnr Veteran Ladies

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	4611	Lize-Ahn	Aucamp	WESTERN PROVINCE	03:39.20	1029.1	01:08.60	1214.4	2331.5
2	1877	Esrie	Look-Bezuidenhout	WESTERN PROVINCE	03:23.80	1106.2	01:16.50	1135.3	2313.5
3	9549	Mandi	Cameron	GRIQUALAND WEST	03:20.10	1124.3	01:17.10	1128.6	2268.9
4	577	Chantel	Verwey	EASTERN PROVINCE	03:38.30	1033.75	01:12.40	1176	2241.75
5	8700	Henriette	van der Watt	WESTERN PROVINCE	04:07.40	887.95	01:16.60	1134.4	2102.35
6	620	Elzet	Brits	EASTERN PROVINCE	04:09.00	880.05	01:14.30	1156.6	2052.65
7	9623	Zhelda	Kruger	EDEN DISTRICT	04:00.50	922.65	01:37.80	922.4	1941.05
8	7120	Mareli	Scharrighuizen	BOLAND	04:13.00	859.95	01:39.20	908.2	1864.15
9	4706	Lesa	Wetzel	WESTERN PROVINCE	04:13.30	858.45	01:58.30	716.7	1671.15

Veteran Men

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	1878	Roger	Bezuidenhout	WESTERN PROVINCE	03:15.90	1040.5	01:06.10	1199	2314.5
2	5902	Gareth	Haarhoff	BOLAND	03:15.40	1042.9	01:09.70	1163.2	2296.1
3	2689	Walter	Lutsch	EDEN DISTRICT	02:52.00	1160	01:18.90	1071.3	2246.3
4	1396	Johan	Fowler	WESTERN PROVINCE	03:32.00	960.1	01:12.20	1138	2218.1
5	2851	Andries	Aucamp	BOLAND	03:00.50	1117.7	01:20.20	1058.4	2176.1
6	4332	Franz (snr)	Wetzel	WESTERN PROVINCE	03:34.90	945.7	01:11.00	1150.5	2171.2
7	5111	Francois	Janse van Rensburg	WESTERN PROVINCE	03:38.60	927.2	01:13.60	1123.6	2125.8
8	2690	Herman	Spangenberg	EDEN DISTRICT	03:46.70	886.65	01:14.60	1114.1	2105.75
9	2162	Johan	Griffioen	EDEN DISTRICT	03:16.30	1038.6	01:30.20	958.1	2101.7
10	8707	Francois	Hofmeyr	BOLAND	03:46.20	889.1	01:20.70	1052.9	2017
11	8183	Henry	Du Toit	GRIQUALAND WEST	04:21.50	712.7	01:26.90	990.6	1733.3
12	9804	Jason	Monk	WESTERN PROVINCE	03:23.60	1002.2	02:05.40	606.3	1728.5

Veteran Ladies

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	7766	Annine	Stander	WESTERN PROVINCE	04:07.40	913.05	01:23.50	1104.9	2122.95
2	8464	Denise	De Jongh	EDEN DISTRICT	03:57.70	961.7	01:20.20	1138.3	2100
3	2146	Charlotte	Andrag	WESTERN PROVINCE	03:53.20	983.85	01:24.00	1100.1	2083.95
4	5151	Lize	De Villiers	BOLAND	04:55.20	674.15	01:33.50	1004.7	1723.85
5	1594	Madelein	Massyn	WESTERN PROVINCE	05:08.80	605.85	01:43.30	906.6	1587.45

SNR Veteran Men

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	6065	Paul	Wolff	EASTERN PROVINCE	03:09.50	1157.6	01:14.60	1174	2331.6
2	5553	Cliff	Wallace	EDEN DISTRICT	03:52.50	942.7	01:17.60	1144.1	2221.8
3	6475	Craig	Wilson	EASTERN PROVINCE	03:03.80	1185.75	01:30.80	1011.7	2197.45
4	1840	Colin	Hepburn	WESTERN PROVINCE	03:38.60	1012.15	01:15.10	1169.3	2196.45

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5	819	Freek	Smith	EASTERN PROVINCE	03:35.60	1027.2	01:24.70	1072.6	2174.8
6	6040	Richard	Phillips	BOLAND	03:34.80	1030.75	01:20.20	1117.8	2148.55
7	2818	Clive	Cupido	BOLAND	02:59.90	1205.4	01:48.40	836.2	2071.6
8	7204	Elvin	van Zyl	WESTERN PROVINCE	03:24.20	1084.2	01:40.30	917.3	2001.5
9	4446	Dirk	Malan	BOLAND	04:11.70	846.6	01:48.00	840.3	1731.9
10	2819	Ian	Flack	BOLAND	04:33.00	740.15	02:44.00	280.3	1155.45

SNR Veteran Ladies

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2844	Liezel	Wessels	BOLAND	03:31.90	1180.25	01:21.70	1182.6	2362.85
2	2821	Mariaan	Malan	BOLAND	03:39.70	1141.45	01:27.50	1124.6	2281.05
3	5253	Stea	Holland-Muter	GRIQUALAND WEST	03:50.00	1090.2	01:43.20	968.5	2133.7
4	1722	Ashleigh-Jane	Fairweather	WESTERN PROVINCE	04:32.50	877.55	01:24.30	1157.2	2094.75
5	4682	Linda	du Bruyn	WESTERN PROVINCE	04:06.60	1006.9	01:55.40	845.7	1912.6

Masters Men

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2902	Johan	Windt	EDEN DISTRICT	02:38.80	1140.85	00:37.00	1192.32	2433.17 (sa) (prov) (open)
2	2492	Michael	Forbes	BORDER	02:35.00	1159.8	00:35.90	1208.96	2408.76
3	8768	Michael	Archer	WESTERN PROVINCE	02:46.20	1103.95	00:38.00	1175.52	2339.47
4	1686	Dolph	Nortier	WESTERN PROVINCE	03:04.50	1012.6	00:40.20	1140	2232.6
5	2789	Coenie	Van Vuuren	BOLAND	03:22.00	925.05	00:39.90	1145.76	2190.81
6	1979	Jan	Ferreira	WESTERN PROVINCE	03:38.00	845.15	00:38.70	1164.32	2049.47
7	835	Kierie	Slabbert	EASTERN PROVINCE	04:08.70	691.7	00:45.40	1057.44	1969.14
8	5233	Robert	Swartz	WESTERN PROVINCE	03:33.90	865.55	00:56.60	879.2	1944.75

Masters Ladies

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	1298	Marille	Bass	WESTERN PROVINCE	03:46.20	1049.15	00:49.80	1034.56	2243.71 (open)
2	1297	Tricia	Rix	WESTERN PROVINCE	05:50.20	428.95	01:02.90	825.76	1554.71

Special Needs Male

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	2226	Liam	Trelawney	WESTERN PROVINCE	01:36.20	1269.05	00:53.50	1264.32	2533.37 (open)
2	6779	Neil	Nortje	EASTERN PROVINCE	01:40.10	1249.45	00:54.30	1251.04	2500.49

Special Needs Female

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Point	Total Points
1	1698	Daleen	Laurence	WESTERN PROVINCE	01:27.70	1311.45	00:36.60	1535.04	2846.49 (open)
2	8779	Minke	Janse Van Rensburg	EDEN DISTRICT	01:39.80	1250.8	00:38.40	1505.6	2756.4
3	1672	Amelia	Reddering	WESTERN PROVINCE	01:20.80	1345.95	00:54.00	1255.68	2601.63