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PAARL GYMNASIUM HIGH SCHOOL (2018-10-13)

RESULTS

Under 8 Boys

SA Record = 3500 (Not Applicable - 2018) **Provincial Record** = 2219.85 (Jan Phillips - 2018-10-13)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	7423	Jan	Phillips	Curro Langebaan	01:33.21	1098.95	00:22.91	1120.9	2219.85 (prov)
2	9575	Wian	Van der Merwe	Olifantsvallei	01:25.85	1135.75	00:28.22	1067.8	2203.55
3	6516	Dylan	Haarhoff	Boys Primary Paarl	01:28.88	1120.6	00:27.88	1071.2	2191.8
4	6289	Stiaan	Mouton	Vredenburg	01:20.53	1162.35	00:33.89	1011.1	2173.45
5	9484	Kyle	Snyders	Curro Langebaan	01:36.97	1080.15	00:27.90	1071	2151.15
6	5256	Albertus	Mouton	Laerskool Paarl Gim	01:26.11	1134.45	00:37.36	976.4	2110.85
7	7374	Albie	Burger	Olifantsvallei	01:47.97	1025.15	00:30.53	1044.7	2069.85
8	9226	Rossouw	Cloete	Boys Primary Paarl	01:31.85	1105.75	00:43.06	919.4	2025.15
9	6071	Leon	Stegmann	Boys Primary Paarl	01:38.62	1071.9	00:55.68	793.2	1865.1
10	6038	Steyn	Rautenbach	Hopefield	01:59.29	968.55	00:59.40	756	1724.55
11	9844	Lukas	Meiring	Boys Primary Paarl	02:34.26	793.7	01:01.95	730.5	1524.2

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
12	5734	Jamie	Joubert	Curro Langebaan	01:37.47	1077.65	No Swim	0	1077.65

Under 8 Girls

SA Record = 3500 (Not Applicable - 2018) Provincial Record = 2226.15 (Ankia Human - 2018-10-13)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2758	Ankia	Human	Laerskool Paarl Gim	01:25.19	1164.05	00:28.79	1062.1	2226.15 (prov)
2	2761	Fancesca	Flack	Curro Langebaan	01:35.40	1113	00:26.11	1088.9	2201.9
3	7053	Gabi	Wolhuter	Girls Primary Paarl	01:37.31	1103.45	00:25.25	1097.5	2200.95
4	7617	Lisa	Van Zyl	Bonnievale	01:38.83	1095.85	00:27.70	1073	2168.85
5	8887	Rosie	Buchner	Hugenote Laerskool	01:46.01	1059.95	00:27.74	1072.6	2132.55
6	5940	Mila	Scharrighuizen	Laerskool Paarl Gim	01:47.82	1050.9	00:28.37	1066.3	2117.2
7	6850	Nicola	Hawley	Privaat	01:49.88	1040.6	00:27.56	1074.4	2115
8	6557	Emily	Kotze	Girls Primary Paarl	01:50.75	1036.25	00:32.73	1022.7	2058.95
9	8081	Mieke	Basson	Girls Primary Paarl	01:40.61	1086.95	00:38.40	966	2052.95
10	8058	Kaitlin	Barnard	Girls Primary Paarl	01:38.19	1099.05	00:39.91	950.9	2049.95
11	5367	Michaela	Van der Merwe	Laerskool Paarl Gim	01:56.44	1007.8	00:30.87	1041.3	2049.1
12	9888	Mila	Vogel	Privaat	01:54.50	1017.5	00:39.05	959.5	1977
13	7036	Amelie	Joubert	Curro Langebaan	02:01.45	982.75	00:38.62	963.8	1946.55
14	6149	Gorgia	Sabbagha	Laerskool Paarl Gim	01:55.94	1010.3	00:41.51	934.9	1945.2
15	7838	Ruby	Schausberger	Girls Primary Paarl	01:03.70	1271.5	01:09.62	653.8	1925.3

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
16	6107	Lika	Els	Girls Primary Paarl	02:08.55	947.25	00:46.75	882.5	1829.75
17	3583	Lucia	Kempen	Ruens	00:00.00	0	00:26.33	1086.7	1086.7
18	4953	Emilee	Erasmus	Girls Primary Paarl	02:06.13	959.35	No Swim	0	959.35

Under 9 Boys

SA Record = 2451 (Dieter Naude - 2018) **Provincial Record = 2465.52** (Dieter Naude - 2018-03-30)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2714	Thomas	Van Der Merwe	Laerskool Paarl Gim	02:46.82	1170.9	00:39.38	1157.12	2328.02
2	2715	Arden	Kotze	Test	02:49.55	1157.25	00:39.52	1154.88	2312.13
3	2716	Ryan	Viviers	Laerskool Paarl Gim	02:58.04	1114.8	00:43.14	1096.96	2211.76
4	2735	Jacobus	Bruwer	Ashton	02:51.17	1149.15	00:47.97	1019.68	2168.83
5	2717	Jean-Pierre	Immelman	Boys Primary Paarl	03:00.94	1100.3	00:48.51	1011.04	2111.34
6	9548	Schalk	Meiring	Boys Primary Paarl	03:08.13	1064.35	00:50.22	983.68	2048.03
7	5690	Christian	Schholtz	Laerskool Paarl Gim	03:24.40	983	00:49.70	992	1975
8	5809	Jean	Retief	Hugo Rust	03:01.82	1095.9	00:57.75	863.2	1959.1
9	5676	Nico	Geldenduys	Curro Langebaan	03:29.85	955.75	00:55.60	897.6	1853.35

Under 9 Girls

SA Record = 2462 (Keira van Heerden - 2017) **Provincial Record = 2436** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2744	Abigail	Kotze	Girls Primary Paarl	03:39.40	983	00:38.82	1166.08	2149.08

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
2	2752	Mienke	Kempen	Ruens	03:18.31	1088.45	00:46.66	1040.64	2129.09
3	2742	Anine	Pienaar	Test	03:09.41	1132.95	00:52.97	939.68	2072.63
4	2745	Mikayla	Barnard	Girls Primary Paarl	03:15.57	1102.15	00:53.83	925.92	2028.07
5	8909	Nina	Mans	Girls Primary Paarl	03:17.02	1094.9	00:58.57	850.08	1944.98
6	2751	Hannah	Kempen	Ruens	03:17.75	1091.25	00:59.74	831.36	1922.61
7	8392	Marle	Smit	Hugenote Laerskool	03:55.70	901.5	00:55.50	899.2	1800.7
8	8235	Bella	Passerini	Girls Primary Paarl	03:46.91	945.45	01:00.12	825.28	1770.73
9	2750	Anna-Mae	Van Zyl	Olifanfsvallei	05:00.00	580	00:50.23	983.52	1563.52
10	5436	Natalia	Rysbergen	Girls Primary Paarl	03:31.92	1020.4	No Swim	0	1020.4

Under 11 Boys

SA Record = 2455 (Joshue Eccles - 2018) **Provincial Record = 2399.38** (Christiaan Hattingh - 2018-03-30)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2765	Christi	Engelbrecht	Olifanfsvallei	02:42.53	1137.35	00:37.79	1118.56	2255.91
2	2721	Dieter	Naude	Olifanfsvallei	02:43.57	1132.15	00:38.80	1102.4	2234.55
3	2722	Liam	Rautenbach	Hopefield	02:47.58	1112.1	00:38.63	1105.12	2217.22
4	2767	Jan-Paul	Hattingh	Hugo Rust	02:53.45	1082.75	00:39.75	1087.2	2169.95
5	5701	Liam	Vogel	Laerskool Paarl Gim	03:08.54	1007.3	00:36.24	1143.36	2150.66
6	2719	Ulrich	Van der Westhuizen	Hugenote Laerskool	02:58.76	1056.2	00:40.04	1082.56	2138.76
7	7826	Robert	Mans	Boys Primary Paarl	02:56.64	1066.8	00:40.93	1068.32	2135.12
8	4919	Alec	Barends	Topolino Langebaan	02:49.63	1101.85	00:46.19	984.16	2086.01

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
9	8266	Sebastiaan	Scharrighuizen	Laerskool Paarl Gim	03:01.65	1041.75	00:43.71	1023.84	2065.59
10	6888	De Wet	Wentzel	Villiersdorp	02:52.56	1087.2	00:47.11	969.44	2056.64
11	2725	Thomas	Wiersma	Courtrai Laerskool	03:01.04	1044.8	00:45.93	988.32	2033.12
12	9648	Schalk	Jonker	Vredenburg	02:47.74	1111.3	00:50.26	919.04	2030.34
13	5775	Hanru	Nel	Olifantfsvallei	03:06.36	1018.2	00:47.82	958.08	1976.28
14	5462	Riaan	Louw	Porterville	03:16.32	968.4	00:44.80	1006.4	1974.8
15	6596	Evan	Rossouw	Stellenbosch	02:59.80	1051	00:51.60	897.6	1948.6
16	9979	Ruben	De Lange	Curro Langebaan	02:48.11	1109.45	00:56.84	813.76	1923.21
17	4458	Christopher	Steyn	Curro Langebaan	03:15.74	971.3	00:48.50	947.2	1918.5
18	6755	Ben	Haarhoff	Boys Primary Paarl	02:58.00	1060	00:54.92	844.48	1904.48
19	8127	Luca	Passerini	Boys Primary Paarl	03:18.35	958.25	00:50.02	922.88	1881.13
20	8862	John	Pieters	Boys Primary Paarl	03:10.45	997.75	00:52.74	879.36	1877.11
21	9206	Reef	Gelderblom	Vredenburg	03:33.31	883.45	01:03.86	701.44	1584.89
22	9084	Niquelas	Nel	Vredenburg	03:01.73	1041.35	01:18.29	470.56	1511.91
23	9078	Dirk	Neethling	Bredasdorp	03:31.55	892.25	01:16.41	500.64	1392.89

Under 11 Girls

SA Record = 2425 (Isabella Carneiro - 2018) **Provincial Record = 2380** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2778	Rebecca	Flack	Curro Langebaan	02:40.72	1176.4	00:35.47	1155.68	2332.08
2	8366	Amy	Schmidt	Curro Langebaan	02:54.94	1105.3	00:34.84	1165.76	2271.06

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
3	4851	Emma	La Grange	Hugo Rust	03:14.11	1009.45	00:35.06	1162.24	2171.69
4	4004	Eula	Nel	Girls Primary Paarl	02:58.87	1085.65	00:42.40	1044.8	2130.45
5	8146	Gabriella	Kirsten	Hugo Rust	03:12.10	1019.5	00:39.83	1085.92	2105.42
6	2738	Lucy	Le Roux	Girls Primary Paarl	03:18.75	986.25	00:39.11	1097.44	2083.69
7	2783	Kehara	Human	Laerskool Paarl Gim	02:56.72	1096.4	00:49.52	930.88	2027.28
8	2746	Anmi	Slabbert	Laerskool Paarl Gim	03:16.58	997.1	00:43.82	1022.08	2019.18
9	2741	Marike	Duvenage	Hugenote Laerskool	03:02.85	1065.75	00:53.25	871.2	1936.95
10	2749	Liani	Nieuwoudt	Olifantfsvallei	03:07.57	1042.15	00:51.98	891.52	1933.67
11	2755	Mia	Van Zyl	Test	03:23.48	962.6	00:51.58	897.92	1860.52
12	7107	Anja	Arrangies	Laerskool Paarl Gim	03:28.56	937.2	00:52.24	887.36	1824.56
13	6233	Josie	La Grange	Girls Primary Paarl	03:22.04	969.8	00:57.00	811.2	1781
14	7421	Kristen	Steenkamp	Girls Primary Paarl	03:35.53	902.35	00:53.73	863.52	1765.87
15	2824	Anina	Visser	Bonnievale	03:41.14	874.3	00:52.21	887.84	1762.14
16	7867	Jodi	Olivier	Bredasdorp	03:51.98	820.1	00:50.84	909.76	1729.86
17	9863	Nicola	Cronje	Privaat	03:26.08	949.6	01:03.30	710.4	1660
18	7026	Jana	Basson	Girls Primary Paarl	03:33.43	912.85	01:03.34	709.76	1622.61
19	6187	Zara	Kaufman	Girls Primary Paarl	03:36.96	895.2	01:03.47	707.68	1602.88
20	5536	Isabelle	Strangfeld	Girls Primary Paarl	04:46.09	549.55	00:52.29	886.56	1436.11
21	8352	Nanicke	Odendaal	Bredasdorp	03:51.43	822.85	01:11.26	583.04	1405.89
22	7523	Mari-Alet	Smit	Bredasdorp	03:37.27	893.65	01:19.95	444	1337.65
23	8037	Wilmien	Van Zyl	Hugenote Laerskool	03:42.62	866.9	01:23.26	391.04	1257.94

Under 13 Boys

SA Record = 2507 (Jannie Briers-Louw - 2007) **Provincial Record = 2507** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2795	Le roux	Du Toit	Noord- Eind Laerskool	04:03.16	1089.2	01:14.04	1103.6	2192.8
2	1702	Nicholas	Malherbe	Test	04:01.92	1095.4	01:20.28	1041.2	2136.6
3	2763	Reitz	Hofmeyr	Curro Langebaan	04:12.67	1041.65	01:25.74	986.6	2028.25
4	2764	Christiaan	Hattingh	Hugo Rust	04:22.04	994.8	01:21.86	1025.4	2020.2
5	2803	Jurie	Wessels	Stellenbosch	04:36.86	920.7	01:25.63	987.7	1908.4
6	2798	Retief	Hugo	Boys Primary Paarl	04:55.47	827.65	01:16.86	1075.4	1903.05
7	2799	Daniel	Venter	Hugenote Laerskool	04:19.24	1008.8	01:39.57	848.3	1857.1
8	7720	Liam	Pereira	Topolino Langebaan	04:48.92	860.4	01:26.37	980.3	1840.7
9	2801	Zian	Naude	Olifantfsvallei	04:49.22	858.9	01:29.75	946.5	1805.4
10	9489	Eduan	Louw	Porterville	05:02.13	794.35	01:27.68	967.2	1761.55
11	8639	Christiaan	Rossouw	Stellenbosch	04:29.68	956.6	01:45.23	791.7	1748.3
12	5985	Reitz	Van Wyk	Curro Langebaan	04:57.74	816.3	01:34.86	895.4	1711.7
13	5267	Caleb	Wichall	Bredasdorp	05:00.32	803.4	01:45.53	788.7	1592.1
14	9716	Aris	Barends	Topolino Langebaan	04:28.25	963.75	02:01.65	627.5	1591.25
15	5331	Juanro	Hawley	Privaat	05:40.60	805	No Swim	0	805

Under 13 Girls

SA Record = 2490 (Gillian Curr - 1995) **Provincial Record = 2391** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
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Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	5184	Marli	Van Lierop	Laerskool Paarl Gim	03:43.83	1035.85	01:13.84	1125.6	2161.45
2	4444	Erna-mari	Conradie	Girls Primary Paarl	03:44.81	1030.95	01:17.24	1091.6	2122.55
3	2807	Lara	Botha	Girls Primary Paarl	03:44.67	1031.65	01:17.47	1089.3	2120.95
4	2813	Elena	Duvenage	Hugenote Laerskool	03:41.98	1045.1	01:36.08	903.2	1948.3
5	2811	Mieke	Aucamp	Wellington	03:48.36	1013.2	01:33.13	932.7	1945.9
6	9516	Elize	Janse van Vuuren	Girls Primary Paarl	03:53.71	986.45	01:38.79	876.1	1862.55
7	6691	Lica	Van Niekerk	Hugo Rust	04:25.17	829.15	01:26.14	1002.6	1831.75
8	6925	Adelene	Voster	Moorreesburg	03:49.52	1007.4	01:47.13	792.7	1800.1
9	8430	Nina	Haarhoff	Girls Primary Paarl	04:15.50	877.5	01:47.73	786.7	1664.2
10	8677	Karli	Bester	Hugo Rust	04:13.20	889	02:23.56	428.4	1317.4
11	5492	Elri	Janse van Rensburg	Vredenburg	04:40.29	753.55	02:23.31	430.9	1184.45

Under 15 Boys

SA Record = 2295.80 (Wehan Smith - Unofficial - 2018) **Provincial Record** = 2418.55 (Ruurd van Renen - 2018-03-30)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2825	Kellan	Gouws	Hopefield	05:11.74	1081.3	01:23.84	965.6	2046.9
2	2792	Francois	Retief	Hugo Rust	05:55.80	861	01:08.79	1116.1	1977.1
3	2828	Rossouw	Van Zyl	Hugenote	06:09.25	793.75	01:10.52	1098.8	1892.55
4	2793	Emile	Van Niekerk	Boys High Paarl	06:04.98	815.1	01:12.68	1077.2	1892.3
5	2830	Francois	Hofmeyr	Test	06:13.22	773.9	01:25.53	948.7	1722.6
6	8745	Stephan	Meintjies	Vredenburg	06:14.17	769.15	01:41.20	792	1561.15

Under 15 Girls

SA Record = 2461 (Toni Rafferty - 2016) **Provincial Record = 2420** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2805	Klaudia	Schmidt	Curro Langebaan	03:26.33	1088.35	01:13.99	1094.1	2182.45
2	2806	Lize-Mari	Geldenduys	Test	03:48.55	977.25	01:12.83	1105.7	2082.95
3	8126	Elza	De Kock	Ruens	03:58.07	929.65	01:15.17	1082.3	2011.95
4	2810	Sumari	Bester	Hugo Rust	04:00.09	919.55	01:14.65	1087.5	2007.05
5	8144	Layla	Schmidt	Girls High Paarl	03:57.19	934.05	01:18.26	1051.4	1985.45
6	2814	Nina	Engelbrecht	Olifanfsvallei	04:04.69	896.55	01:29.89	935.1	1831.65
7	7920	Marina	Van Niekerk	Stellenbosch	03:55.04	944.8	01:38.58	848.2	1793
8	7703	Carla	Strangfeld	Girls High Paarl	04:57.02	634.9	01:17.56	1058.4	1693.3

Under 17 Boys

SA Record = 2226.65 (Joshua Scott - Unofficial - 2018) **Provincial Record = 2221.3** (Henry Damant - 2018-03-30)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	6801	George	De Kock	Bredasdorp	05:36.68	861.6	01:10.27	1091.3	1952.9
2	2867	Aldert	Mouton	Hugenote	05:37.41	857.95	01:11.30	1081	1938.95
3	2822	Christiaan	Naude	Hugenote	06:19.32	648.4	01:15.63	1037.7	1686.1

Under 17 Girls

SA Record = 2472 (Alexandra Quenet - 2011) **Provincial Record = 2472** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2836	Selma	Du Preez	Malmesbury	03:23.66	1101.7	01:12.73	1106.7	2208.4
2	2853	Maryke	Koen	Hugenote	03:56.43	937.85	01:06.37	1170.3	2108.15
3	2833	Gabriella	Scott	Bredasdorp	03:47.59	982.05	01:12.17	1112.3	2094.35

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
4	2837	Ameli	Bruwer	La Rochelle Paarl	03:37.58	1032.1	01:19.48	1039.2	2071.3

Under 19 Boys

SA Record = 2230.95 (Jaco Wolstenholme - Unofficial - 2018) **Provincial Record** = 2116.3 (Jeanni Botha - 2018-10-13)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	4901	Werner	Strauss	Boys High Paarl	06:11.73	686.35	01:05.23	1141.7	1828.05
2	5874	Lexton	Swigelaar	Paarl Gimnasium	04:54.25	1073.75	No Swim	0	1073.75

Under 19 Girls

SA Record = 2485 (Marinda Oosthuizen - 2005) **Provincial Record** = 2431 (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	4451	Mari	De Lange	Paarl Gimnasium	03:30.45	1072.75	01:13.11	1112.9	2185.65
2	9821	Jeanni	Botha	Hugenote	04:21.20	1239	01:31.67	877.3	2116.3
3	2856	Bianca	Sussman	Robertson	04:14.89	850.55	01:28.04	963.6	1814.15

Senior (Open) Men

SA Record = 2180.35 (Tshepang Matebele - Unofficial - 2018) **Provincial Record** = 2230.5 (Pietie Oosthuizen - 2018-02-03)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	5150	Braam	Esterhuizen	Stellenbosch	05:47.03	784.85	01:04.41	1149.9	1934.75
2	8955	Geo	Van Niekerk	Wellington	05:12.86	955.7	01:57.01	623.9	1579.6

Senior (Open) Ladies

SA Record = 2525 (Edith Otterman - 1995) **Provincial Record** = 2411 (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	4453	Jana	Wessels	Bonnievale	03:39.54	1027.3	01:17.69	1097.1	2124.4
2	2850	Annereen	Malan	Test	03:38.92	1030.4	01:18.98	1084.2	2114.6

Jnr Veteran Men

SA Record = 2435 (Charles Beaurain - 2018) **Provincial Record = 2284.3** (Burger Symington - 2018-10-13)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	6282	Dommonique	Forte	Curro Langebaan	03:09.58	1037.1	01:11.24	1081.6	2158.7 (Bonus8)
2	9356	Cornelis	Rossouw	Bonnievale	03:04.02	1064.9	01:16.96	1024.4	2105.3 (Bonus8)
3	7305	Lukas	Wentzel	Villiersdorp	03:20.72	981.4	01:23.23	961.7	2039.1 (Bonus8)
4	9088	Dieter	Van Wyk	Lutzville	03:46.81	850.95	01:11.14	1082.6	2021.55 (Bonus8)
5	5682	Leslie	Terry	Topolino Langebaan	03:16.47	1002.65	01:27.44	919.6	1962.25 (Bonus8)
6	4867	Louis-Ras	Joubert	Privaat	03:51.09	829.55	01:20.41	989.9	1907.45 (Bonus8)
7	8638	Piet	Sabbagha	Privaat	04:17.59	697.05	01:28.31	910.9	1703.95 (Bonus8)

Jnr Veteran Ladies

SA Record = 2360 (Nerissa le Roux - 2018) **Provincial Record = 2303** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	5384	Martine	Mouton	Citrusdal	03:37.86	1035.7	01:41.88	865.2	1948.9 (Bonus8)
2	7120	Mareli	Scharrighuizen	Privaat	04:24.49	802.55	01:40.08	883.2	1781.75 (Bonus8)

Veteran Men

SA Record = 2517 (Nicholas Theron - 2016) **Provincial Record = 2299** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	5902	Gareth	Haarhoff	Privaat	03:30.87	965.65	01:13.46	1109.4	2165.05 (Bonus15)
2	2851	Andries	Aucamp	Wellington	03:15.66	1041.7	01:21.85	1025.5	2067.2 (Bonus15)
3	2840	Neil	Buchner	Test	03:37.27	933.65	01:16.06	1083.4	2062.05 (Bonus15)

Veteran Ladies

SA Record = 2496 (Ilse Beukman - 2013) **Provincial Record = 2496** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	5151	Lize	De Villiers	Privaat	05:03.75	501.25	01:34.83	895.7	1441.95 (Bonus15)

SNR Veteran Men

SA Record = 2525 (Willie Wilson - 1997) **Provincial Record = 2303** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2818	Clive	Cupido	Privaat	03:01.43	1197.85	01:46.36	840.4	2068.25 (Bonus15)
2	6040	Richard	Phillips	Vredenburg	03:56.42	922.9	01:25.80	1046	1968.9 (Bonus15)
3	2819	Ian	Flack	Privaat	04:55.02	629.9	02:45.39	250.1	1015 (Bonus15)

SNR Veteran Ladies

SA Record = 2513 (Viv Williams - 2017) **Provincial Record = 2458** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2844	Liezel	Wessels	Bonnievale	03:36.81	1155.95	01:28.50	1099	2254.95 (Bonus15)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
2	2821	Mariaan	Malan	Test	03:42.78	1126.1	01:30.53	1078.7	2219.8 (Bonus15)