BOLAND TWEEKAMP UITSLAE - WORCESTER GIMNASIUM - 1 NOVEMBER 2025

			Run		Swim			Total
	08 GIRLS	**Athlete**	**Time**	**RP**	**Time**	**SP**	**BP**	**Points**
1	8519	Nina Groenewald (Ruens College)	01:46.1	1027.9	00:26.5	1042.8	0	2070.65 PB
2	6744	Mikayla Nieuwenhuis (Gericke Ps Ceres)	01:35.8	1048.38	00:30.8	1021	0	2069.33
3	8363	Lily-May McGregor (Fitt School)	01:42.8	1034.32	00:43.6	956.8	0	1991.12 PB
4	8374	Lynn-Mari Roets (Pomario Ps)	01:44.9	1030.12	00:43.1	959.35	0	1989.47 PB
5	8584	Chelsea Rose (Courtrai PS)	01:49.8	1020.42	00:46.0	945.05	0	1965.47 PB
6	8573	Lilly Riekert (Olifantsvallei Ps)	01:50.7	1018.52	00:54.5	902.25	0	1920.77 PB
7	8574	Katrien Van der Merwe (Olifantsvallei Ps)	02:06.5	987	00:50.9	920.6	0	1907.60 PB
	U/08 BOYS							
1	8333	Ade Orffer (Gericke Ps Ceres)	01:33.8	1048.34	00:30.1	1014.6	0	2062.89 PB
2	8351	Rudi Le Roux (Ruens College)	01:33.5	1049	00:32.2	1004.1	0	2053.10 PB
3	8577	Noah Brink (Gericke Ps Ceres)	01:50.9	1014.2	00:39.9	965.4	0	1979.60 PB
4	8362	Adriaan Hansen (Hugenote Ps)	01:52.5	1011.1	00:42.5	952.6	0	1963.70 PB
5	8350	Wilhelm Hagen (Hugenote Ps)	01:43.3	1029.4	00:47.9	925.7	0	1955.10 PB
6	8356	James Van Zyl (Boland Privaat)	01:54.8	1006.38	01:15.4	788.05	0	1794.43 PB
	U/09 GIRLS							
1	7419	Isabella Swart (Ruens College)	01:32.3	1029.42	01:03.6	962.05	0	1991.47 PB
2	6937	Cari Morkel (Ruens College)	01:37.5	1018.92	01:01.9	970.6	0	1989.52
3	7298	Anja Jacobs	01:37.2	1019.62	01:07.1	944.4	0	1964.02
4	8331	Isabelle Van Staden (Paarl Gim Ps)	01:29.4	1035.18	01:10.2	928.8	0	1963.98 PB
5	8332	Lika Klindt (Paarl Gim Ps)	01:39.4	1015.14	01:12.7	916.55	0	1931.69 PB
6	6683	Nina Hansen (Hugenote Ps)	01:38.0	1017.98	01:14.1	909.6	0	1927.58 PB
7	8345	Liya Dos Santos (Paarl Gim Ps)	01:43.4	1007.24	01:12.8	915.95	0	1923.19 PB
8	7421	Lilly Cilliers (Hugenote Ps)	02:02.3	969.42	01:26.0	850.25	0	1819.67 PB
9	8375	Isla Slabbert (Paarl Gim Ps)	02:04.9	964.24	01:45.3	753.25	0	1717.49 PB
10	7581	Lisa Smit (Paarl Gim Ps)	01:46.5	1001.06	02:23.2	563.85	0	1564.91
	U/09 BOYS							
1	5556	Elea Smith (Boland Privaat)	01:26.6	1032.76	00:45.4	1028.1	0	2060.86
2	7073	Adrihan Saayman (Paarl Gim Ps)	01:24.5	1037.08	00:54.7	981.7	0	2018.78 PB
3	6931	Hunter Human (Paarl Gim Ps)	01:33.9	1018.12	00:51.9	995.3	0	2013.42 PB
4	8324	Van Zyl Visser (Olifantsvallei Ps)	01:43.5	998.94	00:56.5	972.65	0	1971.59 PB
5	8524	Wian Fourie (Bonnievale Ps)	01:31.1	1023.74	01:03.2	939.05	0	1962.79 PB
6	7072	Nicolaas Brink (Paarl Gim Ps)	01:33.3	1019.48	01:02.9	940.45	0	1959.93
7	8383	Regard De Wet (Vredenburg Ps)	01:40.7	1004.52	01:15.8	875.95	0	1880.47 PB
8	8575	Pieter-Hendrik Jacobs (Hugenote Ps)	01:25.6	1034.86	01:22.5	842.45	0	1877.31 PB
9	8377	Chrisjan Lombard (Paarl Boys Ps)	01:50.9	984.22	01:21.0	849.9	0	1834.12 PB
	U/11 GIRLS							
1	5581	Irma-Ann Orffer (Gericke Ps Ceres)	01:15.2	1045.62	00:41.0	1025.2	0	2070.77
2	4141	Kate Gey van Pittius (Olifantsvallei Ps)	01:14.5	1046.98	00:44.0	1010.2	0	2057.18 PB
3	4080	Leah Swart (Ruens College)	01:25.0	1026.06	00:43.7	1011.5	0	2037.51
4	7278	Ria Van Zyl (Paarl Gim Ps)	01:32.3	1011.38	00:45.2	1004.2	0	2015.53
5	2559	Amele Bester (Ruens College)	01:37.0	1002	00:44.2	1009	0	2010.95

6	5586	Braylee Banies (Pomario Ps)	01:23.8	1028.48	00:50.0	980.15	0	2008.63 PB
7	7067	Mikela Roets (Pomario Ps)	01:19.9	1036.12	00:52.4	967.8	0	2003.92
8	4125	Linah Mouton (Pomario Ps)	01:22.7	1030.68	00:52.9	965.3	0	1995.98 PB
9	7119	Lelia Costa (Noordeind Laerskool Paarl)	01:27.5	1020.98	00:53.7	961.7	0	1982.68
10	8579	Carli Louw (Boland Privaat)	01:30.9	1014.26	00:54.7	956.45	0	1970.71 PB
11	7585	Cari Van Deventer (Montagu LS)	01:34.7	1006.68	00:53.7	961.75	0	1968.43 PB
12	8366	Anlia Van der Colff (Fitt School)	01:28.4	1019.3	00:57.0	945.25	0	1964.55 PB
13	5601	Imke Du Toit (Paarl Girls Ps)	01:32.6	1010.8	00:56.0	950.05	0	1960.85
14	7088	Sune Snyman (Courtrai PS)	01:46.9	982.24	00:56.8	946.25	0	1928.49
15	7089	Leane Snyman (Courtrai PS)	01:47.9	980.22	01:01.0	924.9	0	1905.12
16	8546	Sune De Swardt (Bonnievale Ps)	01:44.8	986.48	01:05.7	901.45	0	1887.93 PB
17	8576	Ansune Du Preez (Hugenote Ps)	01:35.5	1004.98	01:17.6	842.25	0	1847.23 PB
18	7124	Lasea Van der Merwe (Olifantsvallei Ps)	01:43.3	989.42	01:14.7	856.7	0	1846.12
19	7106	Esther Du Plessis (Fitt School)	01:36.8	1002.5	01:17.9	840.65	0	1843.15
20	8581	Ava Human (Worcester Noord Ps)	01:36.3	1003.5	01:27.8	790.85	0	1794.35 PB

U/11 BOYS

1	6041	Levi Van Staden (Paarl Gim Ps)	01:14.0	1046.02	00:39.1	1024.6	0	2070.62
2	5493	AJ Burger (Hugenote Ps)	01:14.1	1045.9	00:39.4	1023.1	0	2068.95
3	6957	Eli Uys (Bredasdorp Ps)	01:13.8	1046.36	00:42.9	1005.7	0	2052.06
4	7280	SD Le Roux (Fitt School)	01:19.2	1035.66	00:42.7	1006.4	0	2042.06
5	3880	Drey Naude (Ruens College)	01:21.6	1030.84	00:43.2	1004.1	0	2034.89
6	5761	Jan Saayman (Paarl Gim Ps)	01:24.5	1025	00:42.7	1006.8	0	2031.75
7	6107	Dawie Frylinck (Hugenote Ps)	01:20.7	1032.6	00:44.4	998.15	0	2030.75 PB
8	4162	Schalk Le Roux (Hopefield Ps)	01:21.7	1030.54	00:44.2	998.95	0	2029.49 PB
9	7084	Thomas Spangenberg (Laerskool Breerivie	01:25.2	1023.68	00:44.0	1000.3	0	2023.93 PB
10	8401	Corne Steyn (Hugenote Ps)	01:17.1	1039.84	00:48.3	978.7	0	2018.54 PB
11	5603	Ockert Doyer (Paarl Gim Ps)	01:19.1	1035.72	00:48.9	975.35	0	2011.07 PB
12	6060	Jean-Luc Van der Merwe (Paarl Gim Ps)	01:30.0	1014.08	00:45.6	992.2	0	2006.28
13	6929	Jannes Morkel (Ruens College)	01:30.0	1013.94	00:47.1	984.4	0	1998.34 PB
14	5759	Kobus Meintjies (Paarl Gim Ps)	01:23.8	1026.48	00:54.5	947.3	0	1973.78
15	8526	Janu Human (Ruens College)	01:32.2	1009.54	00:53.2	953.75	0	1963.29 PB
16	7300	Stephan Grobler (Bonnievale Ps)	01:26.3	1021.48	00:57.5	932.25	0	1953.73
17	7599	Andre Van Deventer (Montagu LS)	01:25.9	1022.22	00:58.5	927.65	0	1949.87 PB
18	7307	Joubert Brink (Paarl Gim Ps)	01:51.1	971.86	00:48.6	976.95	0	1948.81 PB
19	8359	Christiaan Raymond (Paarl Gim Ps)	01:19.4	1035.26	01:02.6	907.1	0	1942.36 PB
20	4379	Johan Abraham Mouton (Pomario Ps)	01:26.8	1020.34	01:01.0	915.15	0	1935.49 PB
21	5784	Stephan Human (Ruens College)	01:39.9	994.2	00:59.0	925.2	0	1919.4
22	8380	Dawie De Jager (Paarl Gim Ps)	01:28.4	1017.12	01:06.1	889.65	0	1906.77 PB
23	5577	Ben Joubert (Boland Privaat)	01:23.8	1026.46	01:09.4	872.95	0	1899.41 PB
24	8520	Cansius Swart (Ruens College)	01:33.8	1006.38	01:08.2	879.05	0	1885.43 PB
25	8572	Luca Ellis (Courtrai PS)	01:22.2	1029.54	01:12.9	855.7	0	1885.24 PB
26	8525	Nicolas Groenewald (Ruens College)	01:42.5	989.04	01:09.5	872.3	0	1861.34 PB
27	6238	Johno Terblanche (Bredasdorp Ps)	01:36.0	1001.96	01:19.2	824.05	0	1826.01
28	8391	Hugo Hamer (Paarl Gim Ps)	01:29.7	1014.54	01:24.4	798.2	0	1812.74 PB

U/13 GIRLS

1	2396	Mieke Burger (Paarl Gim Ps)	02:50.5	1021.08	00:34.7	1032.6	0	2053.68

2	7118	Lily Mari Van Zyl (Paarl Gim Ps)	02:56.6	1008.82	00:34.5	1035.3	0	2044.12
3	2506	Rouxle Kotze (Pomario Ps)	02:56.3	1009.42	00:35.2	1027.8	0	2037.22
4	7107	Annah-Joy Sterne (Paarl Girls Ps)	03:05.8	990.42	00:33.8	1042.4	0	2032.82
5	2558	Annique Bester (Ruens College)	03:04.9	992.2	00:34.2	1037.6	0	2029.8
6	4103	Niane Mare (Paarl Gim Ps)	02:52.4	1017.24	00:38.7	993.1	0	2010.34
7	2705	Marguerite Burger (Olifantsvallei Ps)	02:59.5	1003.04	00:37.5	1004.9	0	2007.94
8	5818	Elaine Marais (Pomario Ps)	02:48.2	1025.52	00:42.9	951.3	0	1976.82
9	5607	Lika Rabie (Robertson Hs)	03:18.9	964.14	00:37.3	1007	0	1971.14
10	2507	Caru Gey van Pittius (Olifantsvallei Ps)	03:14.1	973.78	00:40.8	972.1	0	1945.88 PB
11	5583	Jani Swanevelder (Paarl Girls Ps)	03:05.2	991.64	00:43.6	943.8	0	1935.44
12	4127	Marguerite Mouton (Pomario Ps)	03:15.2	971.6	00:42.5	955.2	0	1926.8
13	5801	Amore Lombard (Vredenburg Ps)	03:29.0	944.06	00:41.5	965.1	0	1909.16
14	6922	Katryn Pieterse (Bonnievale Ps)	03:33.1	935.82	00:44.6	933.7	0	1869.52
15	7582	Mari Smit (Paarl Gim Ps)	03:08.3	985.32	00:49.9	881.2	0	1866.52
16	6043	Alne Matthee (Bonnievale Ps)	03:41.4	919.26	00:44.3	937.2	0	1856.46 PB
17	8361	Emily Kriel (Fitt School)	03:48.6	904.78	00:43.8	942.2	0	1846.98 PB
18	2505	Jani Van der Merwe (Olifantsvallei Ps)	03:31.4	939.12	00:47.4	905.9	0	1845.02
19	6048	Janelle Van Zyl (Bonnievale Ps)	03:53.5	895.08	00:45.0	930.5	0	1825.58
20	6047	Else-Mari Fourie (Bonnievale Ps)	03:28.0	945.96	00:50.7	872.7	0	1818.66 PB
21	8594	Joha Van Coller (Fitt School)	03:46.6	908.84	00:51.2	868.1	0	1776.94 PB
22	6053	Emma Le Roux (Bonnievale Ps)	04:11.3	859.44	00:56.7	813.4	0	1672.84
23	5613	Kari Jacobs	03:30.9	940.12	01:24.9	531.5	0	1471.62

U/13 BOYS

1	4603	Reynardt Grobler (Hugenote Ps)	02:45.2	1029.6	00:28.6	1073.9	0	2103.5
2	2634	Niel Naude (Ruens College)	02:50.6	1018.9	00:34.2	1017.5	0	2036.4
3	2878	Bramwell Whitehouse (Boland Privaat)	02:54.6	1010.72	00:35.1	1008.7	0	2019.42
4	2509	Riaan Hough (Olifantsvallei Ps)	02:49.8	1020.3	00:37.5	984.8	0	2005.10 PB
5	4109	Jan-Hendrik Thiart (Vredenburg Ps)	02:53.9	1012.14	00:37.4	986.5	0	1998.64
6	5579	Cobus Els (Hugenote Ps)	02:46.6	1026.78	00:39.2	967.9	0	1994.68
7	1011	Liam Brand (Pomario Ps)	02:45.6	1028.88	00:39.8	962.4	0	1991.28
8	2605	Derik Le Roux (Ruens College)	02:38.3	1043.34	00:41.6	944.1	0	1987.44 PB
9	5691	Lian Jonker (Hugenote Ps)	02:52.0	1015.92	00:39.0	969.8	0	1985.72
10	5580	Jan-Louis Els (Hugenote Ps)	02:44.3	1031.4	00:43.1	929.1	0	1960.5
11	4142	John van der Merwe (Olifantsvallei Ps)	03:07.6	984.72	00:39.7	963.3	0	1948.02
12	3881	Gihan Kuyler (Ruens College)	03:14.1	971.76	00:39.2	967.8	0	1939.56
13	2570	Henry Beyers (Bredasdorp Ps)	03:04.8	990.46	00:42.2	938	0	1928.46
14	5594	Leon Steenkamp (Bredasdorp Ps)	03:04.7	990.54	00:42.6	934.1	0	1924.64 PB
15	2661	Philip Beyers (Ruens College)	03:06.4	987.26	00:45.2	907.5	0	1894.76
16	6044	Jan-Daniel Human (Hugenote Ps)	03:35.9	928.12	00:39.6	964.2	0	1892.32
17	4126	Ethan Le Roux (Pomario Ps)	03:06.6	986.76	00:45.7	902.9	0	1889.66 PB
18	2795	Henre Human (Ruens College)	03:11.8	976.48	00:45.0	910.4	0	1886.88
19	4385	Jan Orffer (Gericke Ps Ceres)	03:08.4	983.2	00:46.0	899.7	0	1882.9
20	4406	Wilhelm Treurnicht (Robertson Hs)	03:00.8	998.46	00:47.9	881.2	0	1879.66 PB
21	6237	Joshua Terblanche (Bredasdorp Ps)	02:39.6	1040.9	00:54.3	817.5	0	1858.4
22	8578	Hannes Brink (Gericke Ps Ceres)	03:14.1	971.7	00:47.7	882.6	0	1854.30 PB
23	4815	Ben Truter (Bredasdorp Ps)	03:14.4	971.22	00:49.9	861.2	0	1832.42 PB
24	8528	Joshua Starke (Ruens College)	03:31.9	936.18	01:00.0	760	0	1696.18 PB

U/15 GIRLS

1	2717	Georgia Sabbagha (Paarl Gim Ps)	02:45.2	1015.52	01:08.6	1031.9	0	2047.37
2	1021	Zane Esterhuizen (Pomario Ps)	02:32.7	1040.62	01:21.5	967.45	0	2008.07
3	2602	Zanli Le Roux (Ruens College)	02:51.5	1003	01:18.1	984.65	0	1987.65
4	2660	Lize-Mari Beyers (Ruens College)	03:07.9	970.16	01:13.9	1005.6	0	1975.71 PB
5	5767	Milla Christensen (Hugo Rust Ps)	03:11.6	962.88	01:13.3	1008.4	0	1971.28
6	5595	Mia Steenkamp (Bredasdorp Ps)	02:53.0	1000.02	01:24.2	954.2	0	1954.22
7	2699	Cume Mouton (Pomario Ps)	02:52.7	1000.56	01:24.9	950.55	0	1951.11
8	2759	Nellamari Fourie (Bloemhof Hs)	03:00.8	984.42	01:25.8	946.05	0	1930.47
9	1041	Antru Esterhuizen (Pomario Ps)	02:49.7	1006.68	01:32.4	913	0	1919.68
10	2618	Dane Uys (Bredasdorp Ps)	03:05.0	975.92	01:26.8	940.8	0	1916.72
11	1034	Anlo Esterhuizen (Pomario Ps)	02:52.5	1001	01:32.7	911.75	0	1912.75
12	7330	Lienke Van Coller (Fitt School)	03:16.0	954.02	01:23.6	957.2	0	1911.22 PB
13	2617	Lara Uys (Bredasdorp Ps)	03:11.7	962.66	01:25.7	946.35	0	1909.01
14	8364	Ava Oosthuizen (Fitt School)	03:01.8	982.36	01:31.4	918.05	0	1900.41 PB
15	5794	Zara Lesch (Bredasdorp Ps)	03:07.4	971.1	01:34.2	904	0	1875.10 PB
16	6939	Sumari Grobler (Hugenote Hs)	03:14.0	958.08	01:32.2	914.05	0	1872.13
17	2640	Anye Brink (Paarl Girls Ps)	03:35.0	916.04	01:25.6	947	0	1863.04
18	4163	Miane Le Roux (Hopefield Ps)	03:12.4	961.16	01:37.6	887.25	0	1848.41 PB
19	5058	Ruby Visagie (Bredasdorp Ps)	03:25.4	935.18	01:35.1	899.35	0	1834.53
20	5811	Wilmi De Wet (Vredenburg Ps)	03:20.7	944.56	01:41.1	869.4	0	1813.96
21	8580	Mikyla Le Roux (Fitt School)	03:22.4	941.18	01:42.0	865.1	0	1806.28 PB
22	7115	Abigail Horn (Porterville Ps)	03:39.0	907.98	01:52.1	814.75	0	1722.73
23	7112	Mikaela Horn (Porterville Ps)	04:27.3	811.44	02:13.0	709.85	0	1521.29

U/15 BOYS

1	5850	Petrus Bosman (Hugo Rust Ps)	02:34.4	1025.3	01:10.3	1013.7	0	2039.00 PB
2	2597	Tiaan Wagener (Paarl Gim Ps)	02:49.1	995.74	01:04.7	1041.5	0	2037.24
3	2633	AJ Naude (Ruens College)	02:46.0	1001.98	01:15.0	992.6	0	1994.58 PB
4	3209	John William Grobler (Hugenote Ps)	02:39.7	1014.64	01:18.2	974	0	1988.64
5	4128	Anthony Le Roux (Pomario Ps)	02:47.3	999.5	01:22.0	954.85	0	1954.35 PB
6	6741	Fana Beukes (Ruens College)	02:43.3	1007.44	01:24.1	944.7	0	1952.14
7	8358	Stephaan Spijkerman (Paarl Boys Ps)	03:06.8	960.4	01:20.5	962.6	0	1923.00 PB
8	2528	Adriaan Burger (Hugenote Ps)	03:13.0	948.02	01:24.5	942.6	0	1890.62
9	2557	Christiaan Bester (Ruens College)	03:05.0	963.94	01:30.4	913.2	0	1877.14
10	2571	Riekie Beyers (Bredasdorp Ps)	02:53.0	988.06	01:35.2	888.9	0	1876.96
11	3586	Tiehann Slabber (Boland Privaat)	03:09.2	955.58	01:32.6	902.05	0	1857.63
12	7083	Alex Spangenberg (Laerskool Breerivier)	03:09.4	955.12	01:32.6	902.2	0	1857.32
13	8365	William Steinberg (Fitt School)	03:25.7	922.7	01:49.2	819	0	1741.70 PB
14	8585	Henry Rose (Courtrai PS)	03:37.2	899.7	DNF	DNF	0	DNF

U/17 GIRLS

1	7308	Sienna Ellis (Paarl La Rochelle Hs)	02:31.1	1023.86	01:17.0	990	0	2013.86
2	2572	Isabella Olivier (Paarl Girls Hs)	02:53.7	978.62	01:09.3	1028.6	0	2007.17
3	2701	Nicola Hawley (Paarl Girls Hs)	02:55.4	975.18	01:09.6	1027	0	2002.18
4	4169	Milan Kruger (Paarl Girls Hs)	02:39.0	1007.98	01:19.0	980.2	0	1988.18
5	2645	Jani Barkhuysen (Boland Privaat)	03:05.6	954.86	01:12.2	1014.2	0	1969.06

6	1015	Inge Brand (Hugenote Hs)	03:11.6	942.78	01:12.9	1010.4	0	1953.13
7	4302	Mieke Joubert (Paarl Girls Hs)	02:49.5	987.02	01:23.3	958.55	0	1945.57
8	7070	Anine Pienaar (Hugenote Hs)	02:47.0	992.06	01:24.4	952.9	0	1944.96
9	4405	Thea Treurnicht (Robertson Hs)	02:56.6	972.8	01:21.2	968.9	0	1941.70 PB
10	7281	Mira Rabie (Robertson Hs)	02:57.3	971.4	01:21.7	966.6	0	1938
11	7111	Mila Rossouw (Paarl La Rochelle Hs)	02:50.2	985.66	01:28.7	931.3	0	1916.96 PB
12	7328	Kendra Kitching (Paarl La Rochelle Hs)	02:59.5	966.96	01:25.1	949.7	0	1916.66
13	4117	Rosie Buchner (Hugenote Hs)	03:28.0	910.04	01:19.7	976.55	0	1886.59
14	2612	Mia Neethling (Bredasdorp Hs)	03:16.8	932.3	01:34.4	903.2	0	1835.50 PB
15	6742	Lily Starke (Worcester HTS Hs)	03:14.9	936.3	01:38.1	884.5	0	1820.8
16	2635	Lisa Van Zyl (Paarl La Rochelle Hs)	03:10.8	944.48	01:41.7	866.45	0	1810.93
17	7303	Mia Burger (Hugenote Hs)	DNF	DNF	01:22.4	962.8	0	DNF
18	6236	Nika Terblanche (Bredasdorp Hs)	DNF	DNF	01:34.5	902.55	0	DNF

U/17 BOYS

1	4672	Ruhann Slabber (Paul Roos Hs)	02:29.1	1013.88	01:04.0	1029.8	0	2043.68 PB
2	6221	Hunter Krynauw (Paul Roos Hs)	02:32.8	1006.38	01:05.5	1022.3	0	2028.63
3	8586	Jan Bosman (Paul Roos)	02:36.3	999.42	01:05.0	1025.2	0	2024.62 PB
4	2616	Dirk Uys (Bredasdorp Hs)	02:30.3	1011.4	01:10.2	999.1	0	2010.50 PB
5	3051	Daniel Janse v Rensburg (Paul Roos Hs)	02:48.3	975.3	01:11.2	994.05	0	1969.35
6	2762	Stiaan Mouton (Hugenote Hs)	02:35.9	1000.12	01:22.3	938.4	0	1938.52
7	5806	Nicholas Thiart (Vredenburg Hs)	02:57.9	956.24	01:19.7	951.3	0	1907.54 PB
8	8571	Keanu Brits (Hugenote Hs)	02:33.5	1004.96	01:41.3	843.65	0	1848.61 PB

U/19 GIRLS

1	4614	Emily Liebenberg (Paarl Girls Hs)	02:50.4	1007.2	01:06.0	1040	0	2047.15
2	7110	Petra Rossouw (Paarl La Rochelle Hs)	02:59.4	989.2	01:16.7	986.3	0	1975.50 PB
3	4601	Riley Koegelenberg (Robertson Hs)	02:58.6	990.82	01:18.6	976.8	0	1967.62
4	2636	Mia Van Zyl (Paarl La Rochelle Hs)	02:49.8	1008.4	01:28.4	928.25	0	1936.65 PB
5	1013	Jacy Brand (Hugenote Hs)	03:03.0	982	01:23.3	953.4	0	1935.4

U/19 BOYS

1	2666	Renso De Wet (Worcester HTS Hs)	02:10.5	1036.94	01:03.9	1020.3	0	2057.24
2	2543	Armand Meintjies (Vredenburg Hs)	02:28.8	1000.5	01:04.7	1016.3	0	2016.80 PB
3	8547	SW Liebenberg (Hugenote Hs)	02:35.0	987.92	01:02.4	1027.9	0	2015.77 PB
4	4600	Jozef De Beer (Hugenote Hs)	02:26.5	1005	01:10.4	987.85	0	1992.85 PB
5	7095	Keaton Gouws (Hopefield Hs)	02:27.5	1003.04	01:10.3	988.5	0	1991.54
6	2613	Dirk Neethling (Bredasdorp Hs)	02:21.3	1015.44	01:14.6	967.2	0	1982.64
7	4172	Adolf Knoetzen (Porterville Hs)	02:31.1	995.9	01:12.6	977.05	0	1972.95

SENIORS WOMEN

1	5405	Caitlyn Buisman	03:00.4	1011.26	01:13.7	1056.7	6	2073.91
2	8349	Maryke Hansen	03:50.1	911.74	02:09.7	776.55	27	1715.29 PB

SENIORS MEN

1	4115	Daniel Malan	02:44.8	990.48	01:10.7	1021.7	18	2030.13 PB
2	6682	Waldo Hansen	02:42.8	994.46	01:22.3	963.6	33	1991.06

JNR WOMEN

1	8379	Melissa Moolman	03:02.7	990.58	01:18.4	1003.1	0	1993.68 PB

JNR MEN

1	1796	Willem- Pierre Viljoen	02:23.3	1023.42	00:59.8	1045.8	0	2069.22 PB
2	8353	Kellan Gouws	02:23.6	1022.86	01:20.6	941.9	0	1964.76 PB

40+ WOMEN

1	5056	Joyce Hagen	03:33.4	955.14	01:24.5	997.5	20	1972.64
2	8335	Wilna Els	03:38.5	944.94	01:27.4	983.2	15	1943.14 PB
3	2603	Ruzanne Le Roux	03:10.3	1001.38	01:38.4	928.15	5	1934.53 PB
4	8583	Chantelle Rose	04:26.8	848.5	DNF	DNF	8	DNF

40+ MEN

1	2577	Willem Human	02:31.5	1017.06	01:14.6	1002.2	10	2029.26
2	5849	Petrus Bosman	02:49.4	981.18	01:15.7	996.55	25	2002.73 PB
3	8523	Erald Smith	03:12.2	935.66	01:19.2	978.85	5	1919.51 PB
4	8347	Albert Nieuwenhuis	02:43.7	992.66	01:30.0	925	0	1917.66 PB

50+ WOMEN

1	2525	Mariaan Malan	03:07.7	1004.52	01:22.1	1059.5	45	2108.97 PB
2	2397	Liezel Wessels	03:17.0	986.04	01:30.9	1015.5	40	2041.54
3	8545	Karin Knoetzen	04:31.1	837.88	01:56.3	888.55	25	1751.43 PB

70+ WOMEN

1	2844	Kathleen Gey van Pittius	01:29.6	1056.82	00:46.4	1058.2	20	2135.02

70+ MEN

1	1046	Coenie Slabbert	01:45.5	989.02	00:45.6	1021.8	70	2080.77 PB
2	2529	Coenie Van Vuuren	01:48.3	983.34	00:43.1	1034.4	40	2057.74

PECIAL NEEDS FEMALE

1	8354	Rinette Von Mollendorf	02:56.9	886.24	01:12.5	862.65	0	1748.89 PB

SPECIAL NEEDS MALE

1	6059	Marius Coetzee	01:37.1	1045.76	00:42.7	1011.7	0	2057.46
2	7327	Dries Burger	02:47.6	904.74	00:54.4	952.8	0	1857.54
3	6231	Anton Frylinck (Hugenote Ps)	02:09.8	980.34	01:40.9	720.45	0	1700.79
4	5688	Barend Wiese	01:41.6	1036.82	01:58.7	631.25	0	1668.07