

SSISA Tri 27 Aug - Super Sprint Results							
FEMALE							
First Name	Last Name	Gender	Class	SWIM (m:s:ms)	BIKE (m:s:ms)	RUN (m:s:ms)	TOTAL (h:m:s)
Tracy	orione	F	Super Sprint	9:04:25	17:30:00	22:56:00	0:49:30
Rachel	Hirst	F	Super Sprint	8:25:51	18:40:00	23:00:00	0:50:05
Ingrid	Carmichael	F	Super Sprint	7:21:00	18:21:43	27:16:00	0:52:58
Melissa	Van Wyk	F	Super Sprint	12:15:54	19:22:24	26:30:00	0:58:08
Shaylee	Powell	F	Super Sprint	7:22:36	35:45:00	20:39:00	1:03:46
Kathryn	van Niekerk	F	Super Sprint	9:57:10	24:13:00	30:03:00	1:04:13
Kirsty	Ronne	F	Super Sprint	13:27:37	20:07:30	32:42:00	1:06:17
Mary Catherine	Faulks-Fairweather	F	Super Sprint	8:37:57	31:51:00	26:26:00	1:06:54
Joy-Ann	Adams	F	Super Sprint	12:36:10	24:51:02	29:34:00	1:07:01
Kathryn	Morrissey	F	Super Sprint	10:52:22	24:10:00	32:12:00	1:07:14
Rochelle	Myers	F	Super Sprint	11:57:17	20:50:00	34:54:00	1:07:41
Tafadzwa	Mautsa	F	Super Sprint	11:04:00	23:52:21	33:18:00	1:08:14
Catherine	Andreka	F	Super Sprint	10:09:18	28:38:00	32:42:00	1:11:29
Angela	Haydricks	F	Super Sprint	16:28:19	24:08:21	32:08:00	1:12:44
Jacqueline	Hough	F	Super Sprint	11:19:45	21:55:00	39:40:00	1:12:54
Wendy	Smith	F	Super Sprint	10:54:51	20:34:35	43:04:00	1:14:33
colleen	houlie	F	Super Sprint	12:49:29	26:45:13	41:23:00	1:20:57
MALE							
First Name	Last Name	Gender	Class	SWIM (m:s:ms)	BIKE (m:s:ms)	RUN (m:s:ms)	TOTAL (h:m:s)
Patrick	Pedersen	M	Super Sprint	10:09:52		33:05:00	0:43:14
Leighton	Ronne	M	Super Sprint	7:09:05	15:25:33	21:17:00	0:43:51
Jack Christian	Hansen	M	Super Sprint	8:28:22	18:10:00	18:33:00	0:45:11
Michael	Peacock	M	Super Sprint	11:18:04	16:06:28	17:51:00	0:45:15
Geoffrey	Blight	M	Super Sprint	7:39:02	19:31:00	18:23:00	0:45:33
Sam	Houlie	M	Super Sprint	7:26:07	19:12:12	20:08:00	0:46:46
Christian	Hansen	M	Super Sprint	8:28:22	19:18:00	19:01:00	0:46:47
Conrad	Visser	M	Super Sprint	8:58:08	19:32:06	23:40:00	0:52:10
Gielmie	Botha	M	Super Sprint	13:13:19	19:37:03	20:27:00	0:53:17
Andrew	Mellet	M	Super Sprint	12:53:01	20:39:00	22:19:00	0:55:51
Trevor	Garvin	M	Super Sprint	8:56:36	26:52:15	20:25:00	0:56:13
Brad	Adams	M	Super Sprint	7:39:52	29:01:00	21:45:00	0:58:25
Gerald	Leak	M	Super Sprint	14:13:03	20:28:00	27:08:00	1:01:49
Chris	Olivier	M	Super Sprint	13:57:23	20:24:33	27:30:00	1:01:51
Mthokozisi	Masuku	M	Super Sprint	18:07:27	17:28:00	27:15:00	1:02:50
Rhys	Bothwell	M	Super Sprint	8:58:13	25:23:00	28:58:00	1:03:19
Hein	Abrahams	M	Super Sprint	9:14:43	25:07:22	31:39:00	1:06:01
TEAM	Seumus Keir / Roxy	Mixed	Super Sprint	6:12:49	13:36:00	26:33:00	0:46:21
SSISA Tri 27 Aug - Sprint Results							
FEMALE							
First Name	Last Name	Gender	Class	SWIM (m:s:ms)	BIKE (m:s:ms)	RUN (m:s:ms)	TOTAL (h:m:s)
Lesyl	Potgieter	F	Sprint	15:27:30	28:03:00	30:32:00	1:14:02
Jeanne	Topliss	F	Sprint	12:39:33	28:28:00	34:36:00	1:15:43
Marguerite	Conradie	F	Sprint	11:39:46	32:31:00	32:57:00	1:17:07
Alecia	Pienaar	F	Sprint	12:22:52	30:17:26	35:53:00	1:18:33
Frances	Robertson	F	Sprint	14:56:31	27:15:00	36:42:00	1:18:53
Charmiane	Kruger	F	Sprint	19:39:45	29:04:44	40:12:00	1:18:56
Kathy	Forssman	F	Sprint	19:36:29	26:39:00	32:58:00	1:19:13
Meg	Holtzhausen	F	Sprint	15:10:05	26:07:00	38:06:00	1:19:23
Therese	Mitchell	F	Sprint	16:02:20	26:30:00	38:08:00	1:20:40
Bronwyn	Powell	F	Sprint	12:48:56	35:51:00	32:57:00	1:21:36
karen	Montagu-Fryer	F	Sprint	14:14:05	30:23:00	37:50:00	1:22:27
Anthea	Ganger	F	Sprint	18:25:49	30:00:00	36:00:00	1:24:25
Serena	Haupt	F	Sprint	13:07:43	40:27:00	31:12:00	1:24:46
Heather	Wynne	F	Sprint	15:48:31	26:31:00	43:54:00	1:26:13
Mascha	Moorlach	F	Sprint	16:06:00	29:15:00	45:28:00	1:31:03

Shelagh	Guest	F	Sprint	17:17:20	19:53:00	55:52:00	1:33:02
Lauren	Arendse	F	Sprint	18:53:11	33:36:52	44:48:00	1:37:18
Susan	Van Wyk	F	Sprint	15:51:19	28:40:07	52:50:00	1:37:21
Faldielah	Essa	F	Sprint	18:53:11	31:14:46	50:52:00	1:40:59
Leanne	Jordaan	F	Sprint	18:20:17	27:47:49	59:28:00	1:45:36
Julie	Nadler Visser	F	Sprint	18:29:56	45:41:00	42:22:00	1:46:32
Anneliese	Schauerte	F	Sprint	18:06:01	33:21:00	58:19:00	1:49:46
Emily	Haines	F	Sprint	31:18:00	52:13:00	43:22:00	2:06:53
Shonagh	Talbot	F	Sprint	12:52:38	31:33:00	Tag did not work	0:44:25
MALE							
First Name	Last Name	Gender	Class	SWIM (m:s:ms)	BIKE (m:s:ms)	RUN (m:s:ms)	TOTAL (h:m:s)
Johan	Stadler	M	Sprint	13:37:31	22:18:00	24:25:00	1:00:20
Joseph	Brading	M	Sprint	10:24:00	25:06:08	25:26:00	1:00:56
Colin	George	M	Sprint	12:57:00	25:28:00	23:27:00	1:01:52
Nathan	Pretorius	M	Sprint	14:06:16	23:36:29	27:04:00	1:04:46
Robert	Bateman	M	Sprint	13:02:06	23:33:15	29:12:00	1:05:47
Neil	Steenkamp	M	Sprint	10:27:06	27:40:00	29:48:00	1:07:55
Ruan	Vlok	M	Sprint	14:17:02	26:45:00	29:23:00	1:10:25
Ruan	Koch	M	Sprint	14:42:22	24:14:06	31:46:00	1:10:42
Samuel	Montagu-fryer	M	Sprint	11:04:00	27:08:00	34:33:00	1:12:45
Ettiene	Jewell	M	Sprint	17:33:12	25:07:00	30:25:00	1:13:05
Braedon	Powell	M	Sprint	14:17:02	29:03:48	30:17:00	1:13:37
Leon	Scriven	M	Sprint	15:33:28	25:10:07	33:25:00	1:14:08
Anton	Van Schalkwyk	M	Sprint	19:11:50	23:51:00	31:33:00	1:14:35
Jon-Erik	Munro	M	Sprint	15:50:10	24:20:41	35:14:00	1:15:24
Rodney	Bothwell	M	Sprint	15:35:53	26:54:00	33:29:00	1:15:58
Gary	Banfield	M	Sprint	17:57:30	24:48:31	35:20:00	1:18:06
Roberto	Muller	M	Sprint	18:21:47	40:14:00	31:12:00	1:19:47
Lodi	Cronje	M	Sprint	11:09:00	26:53:00	42:21:00	1:20:23
Michael	Evans	M	Sprint	16:17:59	26:28.17	37:53:00	1:20:38
Jacques	Taljaard	M	Sprint	16:08:40	24:55:34	40:25:00	1:21:29
Nectarious	papavarnavas	M	Sprint	17:48:17	33:14:00	31:50:00	1:22:52
Andrew	Statham	M	Sprint	17:40:56	25:40:00	41:15:00	1:24:35
Vuyani	Tati	M	Sprint	19:41:18	29:00:00	41:15:00	1:29:56
Ryan	van Wyk	M	Sprint	24:30:15	28:15:00	37:31:00	1:30:16
Craig	Wentzel	M	Sprint	26:36:30	27:36.81	48:15:00	1:42:27
Marlin	Lottering	M	Sprint	20:28:41	54:51:00	33:43:00	1:49:02