

Sprint Results						
First Name	Last Name	Swim time (min:sec)	Bike (min:sec)	Run (min:sec)	Overall (hour: min)	Gender
Sam	Houlie	6:47:00	17:31:00	19:23:00	0:43:41	M
Amy-joy	Houlie	7:44:00	20:26:00	16:36:00	0:44:46	F
Liam	Khan	8:24:00	22:13:00	30:45:00	1:01:22	M
Alvin	Khan	9:26:00	25:45:00	26:54:00	1:02:05	M
Clayton	Everton	11:23:00	20:44:00	30:15:00	1:02:22	M
cheryl	moolman	12:24:00	19:00:00	32:02:00	1:03:26	F
Neil	Steenkamp	10:07:00	24:51:00	29:11:00	1:04:09	M
Shaneen	Batten	10:15:00	19:45:00	34:35:00	1:04:35	F
Kirstin	Allan	9:30:00	22:04:00	35:23:00	1:06:57	M
Zaid	Abarder	13:33:00	32:18:00	21:43:00	1:07:34	M
Roselyn	Karamba	15:06:00	25:05:00	29:58:00	1:10:09	F
Dawie	Fourie	15:10:00	22:53:00	34:54:00	1:12:57	M
Jacques	Taljaard	14:17:00	24:05:00	35:51:00	1:14:13	M
Ruan	Koch	14:20:00	23:48:00	37:39:00	1:15:47	M
Jeanne	Topliss	12:49:00	29:49:00	34:05:00	1:16:43	F
Natalie	Muller	9:39:00	20:01:00	47:11:00	1:16:51	M
colleen	houlie	10:29:00	24:16:00	42:45:00	1:17:30	F
Gillian	Senekal	15:06:00	29:32:00	35:11:00	1:19:49	M
Edward	West	13:04:00	35:15:00	33:00:00	1:21:19	M
Jack Christian	Hansen	14:34:00	36:58:00	29:48:00	1:21:20	M
Corrie	Joubert	23:56:00	25:14:00	34:58:00	1:24:08	M
Frances	Robertson	15:20:00	33:41:00	37:08:00	1:26:09	F
Buyiswa	Sikutshwa	22:33:00	30:19:00	33:23:00	1:26:15	F
Zoe	Phillps	8:58:00	29:58:00	48:36:00	1:27:32	M
Charmiane	Kruger	19:13:00	29:55:00	44:04:00	1:33:12	F
Natalie	Phillips	14:32:00	31:02:00	48:33:00	1:34:07	M
Heather	Wynne	18:00:00	29:20:00	48:12:00	1:35:32	F
Leanne	Jordaan	17:22:00	23:52:00	58:19:00	1:39:33	F
Kathryn	van Niekerk	17:42:00	33:19:00	49:17:00	1:40:18	F
Neil	Carrick	22:01:00	27:48:00	51:25:00	1:41:14	M
Charlotte	Young	22:01:00	31:26:00	51:20:00	1:44:47	F
Susan	Van Wyk	19:16:00	27:23:00	58:23:00	1:45:02	F
Shukri	Wiener	40:48:00	29:03:00	37:18:00	1:47:09	M
Anneliese	Schauerte	19:55:00	35:05:00	62:53:00	1:57:53	F
Super Sprint Results						
First Name	Last Name	Swim time (min:sec)	Bike (min:sec)	Run (min:sec)	Overall (hour: min)	Gender
Brad	Adams	7:46:00	16:26:00	20:57:00	0:45:09	M
Michael	Peacock	9:17:00	15:36:00	21:25:00	0:46:18	M
Kristine	Luke	6:37:00	18:11:00	22:11:00	0:46:59	F
Steve	Hall	8:04:00	17:11:00	22:20:00	0:47:35	M
Faizel	Miller	7:47:00	22:59:00	17:19:00	0:48:05	M
Laurence	Aadnesgaard	7:14:00	17:28:00	23:45:00	0:48:27	M
Maryke	Dreyer	10:44:00	18:40:00	19:19:00	0:48:43	F
Conrad	Visser	8:51:00	17:33:00	22:43:00	0:49:07	M
Christian	Hansen	8:30:00	22:00:00	19:42:00	0:50:12	M
Adrian	Withers	6:16:00	16:37:00	28:10:00	0:51:03	M
Geoffrey	Blight	7:25:00	13:32:00	30:37:00	0:51:43	M

Travis	Russell	8:25:00	19:01:00	24:52:00	0:52:18	M
Natalie	Jacobs	14:38:00	19:05:00	20:54:00	0:54:37	F
Tarryn	Beretta	9:26:00	19:12:00	26:20:00	0:54:58	F
Clarissa	Marais	11:54:00	17:52:00	25:58:00	0:55:44	F
Shonagh	Talbot	7:17:00	20:28:00	28:55:00	0:56:40	F
Tania	Idas	12:12:00	21:12:00	23:30:00	0:56:54	F
Jason	Blight	9:24:00	17:04:00	30:34:00	0:57:02	M
Ezelle	Venter	8:47:00	21:02:00	27:47:00	0:57:36	F
Marlie	Carstens	14:17:00	17:46:00	30:52:00	1:02:55	F
Amelie	Lembeck	10:16:00	20:15:00	32:49:00	1:03:20	F
Chris	Olivier	14:25:00	19:14:00	29:59:00	1:03:38	M
Zibeth	Hansen	10:56:00	14:46:00	38:02:00	1:03:44	F
Natasha	Erichsen	16:34:00	21:20:00	26:08:00	1:04:02	F
Lilly	Sowa	7:55:00	23:19:00	32:49:00	1:04:03	F
Elton	Jansen	7:28:00	28:10:00	19:03:00	1:04:41	M
Caryn	Adams	13:50:00	21:28:00	30:01:00	1:05:19	F
Alyssa	Dundas	11:18:00	23:26:00	33:15:00	1:07:59	F
Siona	O'Connell	11:07:00	20:34:00	37:03:00	1:08:44	F
Lianne	Lembeck	7:39:00	19:58:00	42:50:00	1:10:27	F
Noko	Rammutla	14:30:00	26:49:00	30:51:00	1:12:10	M
Laetitia	Sardjono	14:05:00	35:05:00	24:28:00	1:13:38	F
Ryan	Beukes	8:28:00	26:20:00	40:37:00	1:15:25	M
Rochelle	Myers	12:00:00	31:05:00	36:25:00	1:19:30	F
Rochelle	Beukes	22:39:00	20:44:00	40:40:00	1:24:03	F
Dorothy	Mhlanga	16:20:00	37:16:00	41:51:00	1:35:27	F
Jacqueline	Taljaard	19:23:00	21:42:00	54:42:00	1:35:47	F
Ayrton	Moniz	18:11:00	Incomplete	No run	DNF	M
Ruwaida	Abrahams	No swimming	21:58:00	26:27:00	No Overall	F
Holly	Dutton	11:06:00	No cycling	12:23:00	No Overall	F