

### Final Results Hitech Therapy Sprint- Female

Pos	Name	Surname	Distance	Gender	Swim Time	Bike Time	Run Time	Total Time
1	Margitta	Wright	Sprint	Female	00:10:46	00:20:14	00:18:55	00:49:55
2	Ashleigh	Vos	Sprint	Female	00:11:27	00:22:04	00:21:45	00:55:16
3	Cara	Smith	Sprint	Female	00:13:45	00:21:10	00:21:39	00:56:34
4	Beverley	Du Plessis	Sprint	Female	00:13:26	00:21:45	00:22:57	00:58:08
5	Sandy	Vermeulen	Sprint	Female	00:12:51	00:24:00	00:22:28	00:59:19
6	Yolanda	Galloway-maistry	Sprint	Female	00:14:46	00:22:11	00:30:51	01:07:48
7	Lara	Court	Sprint	Female	00:13:01	00:23:35	00:32:04	01:08:40
8	Tioné	Duncan	Sprint	Female	00:16:36	00:23:39	00:31:10	01:11:25
9	Martie	Bergh	Sprint	Female	00:11:40	00:23:18	00:38:18	01:13:16
10	Adre	Daniel	Sprint	Female	00:19:51	00:27:24	00:29:53	01:17:08
11	Zamangoma	Matlhare	Sprint	Female	00:23:42	00:27:36	00:27:02	01:18:20
12	Charmiane	Kruger	Sprint	Female	00:17:35	00:24:12	00:39:10	01:20:57
13	Rochelle	Myers	Sprint	Female	00:17:11	00:25:13	00:40:59	01:23:23
14	Nazeema	Moos	Sprint	Female	00:19:33	00:23:07	00:42:09	01:24:49
15	Yumna	Jakoet	Sprint	Female	00:24:51	00:24:55	00:37:00	01:26:46

### Final Results Hitech Therapy Sprint - Male

Pos.	Name	Surname	Distance	Gender	Swim Time	Bike Time	Run Time	Total Time
1	Chad	Jacobs	Sprint	Male	00:10:26	00:18:56	00:19:10	00:48:32
2	Jamie	Sher	Sprint	Male	00:08:31	00:18:21	00:21:49	00:48:41
3	Damian-lee	Wallace	Sprint	Male	00:10:04	00:21:52	00:19:05	00:51:01
4	Diego David	Jansen	Sprint	Male	00:09:32	00:24:51	00:19:19	00:53:42
5	Renier	Bekker	Sprint	Male	00:16:16	00:19:31	00:18:46	00:54:33
6	Caleb Jaden	Jansen	Sprint	Male	00:09:12	00:22:59	00:25:10	00:57:21
7	Nayoshen	Maistry	Sprint	Male	00:11:27	00:21:18	00:25:54	00:58:39
8	Lawrence	Biffi	Sprint	Male	00:12:46	00:19:55	00:27:50	01:00:31
9	Karl	Van Der Linde	Sprint	Male	00:18:08	00:19:23	00:23:52	01:01:23
10	Faizel	Jabaar	Sprint	Male	00:19:51	00:22:18	00:23:33	01:05:42
11	Dorian	Esau	Sprint	Male	00:24:25	00:22:08	00:19:17	01:05:50
12	Michael	Daniel	Sprint	Male	00:14:38	00:21:47	00:29:51	01:06:16
13	Byron	Louw	Sprint	Male	00:21:08	00:24:58	00:22:38	01:08:44
14	Mark	Wiercx	Sprint	Male	00:15:02	00:27:11	00:32:16	01:14:29

### Final Results Hitech Therapy Super Sprint - Female

Pos.	Name	Surname	Distance	Gender	Swim Time	Bike Time	Run Time	Total Time
1	Ankia	Wallace	Super Sprint	Female	00:12:32	00:13:43	00:09:06	00:35:21
2	Michellene	September	Super Sprint	Female	00:07:21	00:16:12	00:12:49	00:36:22
3	Leigh	Paul	Super Sprint	Female	00:08:30	00:16:38	00:13:23	00:38:31
4	Stella	Mcardle	Super Sprint	Female	00:07:41	00:17:17	00:14:19	00:39:17
5	Khadeeja	Allie	Super Sprint	Female	00:10:13	00:17:31	00:12:18	00:40:02
6	Anja-voné	Van Der Colff	Super Sprint	Female	00:10:47	00:15:51	00:14:43	00:41:21
7	Jordan	Pillay	Super Sprint	Female	00:09:39	00:17:34	00:14:25	00:41:38
8	Quailah	Bhamjee	Super Sprint	Female	00:11:45	00:18:34	00:11:52	00:42:11
9	Amy	Cornelius	Super Sprint	Female	00:09:09	00:18:24	00:15:11	00:42:44
10	Cherith	Langenhoven	Super Sprint	Female	00:12:55	00:16:37	00:14:19	00:43:51
11	Quaanitah	Paleker	Super Sprint	Female	00:14:31	00:16:51	00:13:50	00:45:12
12	Rifqah	Maker	Super Sprint	Female	00:10:01	00:17:38	00:18:26	00:46:05
13	Kim	Norton	Super Sprint	Female	00:11:53	00:16:22	00:17:59	00:46:14
14	Belle	Miller	Super Sprint	Female	00:12:31	00:16:55	00:16:54	00:46:20
15	Bianca	Giquel	Super Sprint	Female	00:11:17	00:18:24	00:17:26	00:47:07
16	Amani	Hoosen	Super Sprint	Female	00:13:45	00:17:50	00:16:50	00:48:25
17	Chane	Bothma	Super Sprint	Female	00:15:05	00:17:06	00:17:51	00:50:02
18	Marina	Coxon	Super Sprint	Female	00:15:05	00:20:08	00:23:24	00:58:37

### Final Results Hitech Therapy Super Sprint-Male

Pos.	Name	Surname	Distance	Gender	Swim Time	Bike Time	Run Time	Total Time
1	Michael	Peacock	Super Sprint	Male	00:08:41	00:12:06	00:09:28	00:30:15
2	Taylin	Linde	Super Sprint	Male	00:08:04	00:13:14	00:11:31	00:32:49
3	Gaarith	Sambo	Super Sprint	Male	00:09:05	00:15:11	00:10:23	00:34:39
4	Daanyaal	Abrahams	Super Sprint	Male	00:05:52	00:14:38	00:14:15	00:34:45
5	Sean	September	Super Sprint	Male	00:07:30	00:14:36	00:12:57	00:35:03
6	Mark	Fairbanks	Super Sprint	Male	00:12:33	00:11:44	00:11:26	00:35:43
7	Adin	September	Super Sprint	Male	00:07:40	00:17:30	00:14:19	00:39:29
8	Andrew	Wright	Super Sprint	Male	00:12:09	00:13:02	00:14:38	00:39:49
9	Adam	Kleinschmidt	Super Sprint	Male	00:09:56	00:13:02	00:16:53	00:39:51
10	Evan	De Jager	Super Sprint	Male	00:10:06	00:15:59	00:14:39	00:40:44
11	Muttalib	Moos	Super Sprint	Male	00:12:43	00:15:32	00:12:35	00:40:50
12	Kieran	Wright	Super Sprint	Male	00:09:38	00:17:15	00:14:37	00:41:30
13	Daniel	Futeraan	Super Sprint	Male	00:10:39	00:19:27	00:12:02	00:42:08
14	Jake	Giquel	Super Sprint	Male	00:11:18	00:15:13	00:17:22	00:43:53
15	Aidan	Wright	Super Sprint	Male	00:12:07	00:19:44	00:14:38	00:46:29
16	James	Paul	Super Sprint	Male	00:13:35	00:15:24	00:19:06	00:48:05
17	Damien	Francis	Super Sprint	Male	00:21:33	00:15:20	00:16:19	00:53:12
18	Jaide	Jacobs	Super Sprint	Male	00:19:52	00:19:42	00:16:24	00:55:58

# Hitech Therapy Super Tri #1

## Female Sprint

### 12 & Under

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
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### 13-20

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
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### 21-30

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Ashleigh	Vos	Sprint	Female	25	00:11:27	00:22:04	00:21:45	00:55:16
2	Cara	Smith	Sprint	Female	27	00:13:45	00:21:10	00:21:39	00:56:34
3	Tioné	Duncan	Sprint	Female	28	00:16:36	00:23:39	00:31:10	01:11:25
4	Adre	Daniel	Sprint	Female	26	00:19:51	00:27:24	00:29:53	01:17:08

### 31-40

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Beverley	Du Plessis	Sprint	Female	39	00:13:26	00:21:45	00:22:57	00:58:08
2	Lara	Court	Sprint	Female	39	00:13:01	00:23:35	00:32:04	01:08:40
3	Yumna	Jakoet	Sprint	Female	39	00:24:51	00:24:55	00:37:00	01:26:46

### 41-50

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
3	Margitta	Wright	Sprint	Female	43	00:10:46	00:20:14	00:18:55	00:49:55
1	Sandy	Vermeulen	Sprint	Female	41	00:12:51	00:24:00	00:22:28	00:59:19
2	Yolanda	Galloway-maistry	Sprint	Female	42	00:14:46	00:22:11	00:30:51	01:07:48
4	Zamangoma	Matlhare	Sprint	Female	43	00:23:42	00:27:36	00:27:02	01:18:20
5	Nazeema	Moos	Sprint	Female	50	00:19:33	00:23:07	00:42:09	01:24:49

### 51-60

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
2	Martie	Bergh	Sprint	Female	54	00:11:40	00:23:18	00:38:18	01:13:16
1	Charmiane	Kruger	Sprint	Female	53	00:17:35	00:24:12	00:39:10	01:20:57
3	Rochelle	Myers	Sprint	Female	59	00:17:11	00:25:13	00:40:59	01:23:23

### 60+

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
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## Male Sprint

### 12 & Under

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
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### 13-20

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Diego David	Jansen	Sprint	Male	13	00:09:32	00:24:51	00:19:19	00:53:42
2	Caleb Jaden	Jansen	Sprint	Male	16	00:09:12	00:22:59	00:25:10	00:57:21

### 21-30

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Chad	Jacobs	Sprint	Male	25	00:10:26	00:18:56	00:19:10	00:48:32
2	Jamie	Sher	Sprint	Male	25	00:08:31	00:18:21	00:21:49	00:48:41
3	Byron	Louw	Sprint	Male	29	00:21:08	00:24:58	00:22:38	01:08:44

### 31-40

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Damian-lee	Wallace	Sprint	Male	36	00:10:04	00:21:52	00:19:05	00:51:01
2	Lawrence	Biffi	Sprint	Male	37	00:12:46	00:19:55	00:27:50	01:00:31
3	Faizel	Jabaar	Sprint	Male	33	00:19:51	00:22:18	00:23:33	01:05:42

### 41-50

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Renier	Bekker	Sprint	Male	41	00:16:16	00:19:31	00:18:46	00:54:33
2	Nayoshen	Maistry	Sprint	Male	44	00:11:27	00:21:18	00:25:54	00:58:39
3	Karl	Van Der Linde	Sprint	Male	43	00:18:08	00:19:23	00:23:52	01:01:23
4	Dorian	Esau	Sprint	Male	45	00:24:25	00:22:08	00:19:17	01:05:50
<b>51-60</b>									
Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Michael	Daniel	Sprint	Male	57	00:14:38	00:21:47	00:29:51	01:06:16
<b>60+</b>									
Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Mark	Wiercx	Sprint	Male	64	00:15:02	00:27:11	00:32:16	01:14:29

# Hitech Therapy Super Tri #1

## Female Super Sprint

### 12 & Under

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
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### 13-20

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Jordan	Pillay	Super Sprint	Female	20	00:09:39	00:17:34	00:14:25	00:41:38

### 21-30

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Michellene	September	Super Sprint	Female	25	00:07:21	00:16:12	00:12:49	00:36:22
2	Stella	Mcardle	Super Sprint	Female	22	00:07:41	00:17:17	00:14:19	00:39:17
3	Khadeeja	Allie	Super Sprint	Female	22	00:10:13	00:17:31	00:12:18	00:40:02
4	Quailah	Bhamjee	Super Sprint	Female	22	00:11:45	00:18:34	00:11:52	00:42:11
5	Amy	Cornelius	Super Sprint	Female	22	00:09:09	00:18:24	00:15:11	00:42:44
6	Belle	Miller	Super Sprint	Female	29	00:12:31	00:16:55	00:16:54	00:46:20
7	Amani	Hoosen	Super Sprint	Female	21	00:13:45	00:17:50	00:16:50	00:48:25
8	Chane	Bothma	Super Sprint	Female	24	00:15:05	00:17:06	00:17:51	00:50:02

### 31-40

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Ankia	Wallace	Super Sprint	Female	33	00:12:32	00:13:43	00:09:06	00:35:21
2	Leigh	Paul	Super Sprint	Female	38	00:08:30	00:16:38	00:13:23	00:38:31
3	Anja-voné	Van Der Colff	Super Sprint	Female	37	00:10:47	00:15:51	00:14:43	00:41:21
4	Quaanitah	Paleker	Super Sprint	Female	35	00:14:31	00:16:51	00:13:50	00:45:12
5	Rifqah	Maker	Super Sprint	Female	32	00:10:01	00:17:38	00:18:26	00:46:05

### 41-50

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Cherith	Langenhoven	Super Sprint	Female	43	00:12:55	00:16:37	00:14:19	00:43:51
2	Bianca	Giquel	Super Sprint	Female	45	00:11:17	00:18:24	00:17:26	00:47:07
3	Kim	Norton	Super Sprint	Female	48	00:11:53	00:16:22	00:17:59	00:46:14

### 51-60

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
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### 60+

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Marina	Coxon	Super Sprint	Female	61	00:15:05	00:20:08	00:23:24	00:58:37

# Male Super Sprint

## 12 & Under

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Kieran	Wright	Super Sprint	Male	9	00:09:38	00:17:15	00:14:37	00:41:30
2	Daniel	Futeran	Super Sprint	Male	9	00:10:39	00:19:27	00:12:02	00:42:08
3	Aidan	Wright	Super Sprint	Male	7	00:12:07	00:19:44	00:14:38	00:46:29

## 13-20

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Jake	Giquel	Super Sprint	Male	14	00:11:18	00:15:13	00:17:22	00:43:53

## 21-30

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Taylin	Linde	Super Sprint	Male	21	00:08:04	00:13:14	00:11:31	00:32:49
2	Gaarith	Sambo	Super Sprint	Male	25	00:09:05	00:15:11	00:10:23	00:34:39
3	Daanyaal	Abrahams	Super Sprint	Male	25	00:05:52	00:14:38	00:14:15	00:34:45
4	Adin	September	Super Sprint	Male	22	00:07:40	00:17:30	00:14:19	00:39:29
5	Adam	Kleinschmidt	Super Sprint	Male	29	00:09:56	00:13:02	00:16:53	00:39:51
6	Muttalib	Moos	Super Sprint	Male	25	00:12:43	00:15:32	00:12:35	00:40:50
7	Jaide	Jacobs	Super Sprint	Male	25	00:19:52	00:19:42	00:16:24	00:55:58

## 31-40

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Evan	De Jager	Super Sprint	Male	34	00:10:06	00:15:59	00:14:39	00:40:44
2	James	Paul	Super Sprint	Male	35	00:13:35	00:15:24	00:19:06	00:48:05

## 41-50

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Mark	Fairbanks	Super Sprint	Male	49	00:12:33	00:11:44	00:11:26	00:35:43
2	Andrew	Wright	Super Sprint	Male	50	00:12:09	00:13:02	00:14:38	00:39:49
3	Damien	Francis	Super Sprint	Male	45	00:21:33	00:15:20	00:16:19	00:53:12

## 51-60

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Michael	Peacock	Super Sprint	Male	52	00:08:41	00:12:06	00:09:28	00:30:15
2	Sean	September	Super Sprint	Male	54	00:07:30	00:14:36	00:12:57	00:35:03

## 61+

Pos.	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
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