

Sprint Female									
13-20									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Gabriella	Signorelli	Sprint	Female	19	00:12:02	00:27:44	00:21:15	01:01:01
21-30									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Tanya	Kotze	Sprint	Female	25	00:20:51	00:26:04	00:19	01:05:55
2	Tamzyn	Leach	Sprint	Female	25	00:13:11	00:28:04	00:25:04	01:06:19
31-40									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
	Marguerite	Conradie	Sprint	Female	33	00:08:46	00:25:16	00:24:36	00:58:38
2	Lieneke	Brits	Sprint	Female	32	00:13:30	00:28:28	00:20:20	01:02:18
3	Michelle	Farthing	Sprint	Female	40	00:14:12	00:27:36	00:23:38	01:05:26
4	Rochelle	Burger	Sprint	Female	40	00:13:34	00:27:26	00:24:37	01:05:37
5	Hanrie	Janse Van Rensburg	Sprint	Female	33	00:18:15	00:29:09	00:21:18	01:08:42
6	Anja-vonÃ©	Van Der Colff	Sprint	Female	38	00:15:44	00:29:01	00:30:01	01:14:46
41-50									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Sandy	Vermeulen	Sprint	Female	41	00:11:43	00:28:25	00:20:18	01:00:26
2	Mandy-lee	Feyt	Sprint	Female	44	00:19:58	00:26:41	00:21:45	01:08:24
3	Roanne	Van Der Merwe	Sprint	Female	50	00:18:20	00:33:00	00:19:40	01:11:00
4	Zamangoma	Matlhare	Sprint	Female	43	00:18:09	00:34:22	00:23:06	01:15:37
5	Nicky	Mcgurk	Sprint	Female	42	00:18:05	00:41:06	00:26:21	01:25:32
51-60									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Martie	Bergh	Sprint	Female	54	00:11:53	00:28:00	00:30:01	01:09:54
2	Rochelle	Myers	Sprint	Female	59	00:10:03	00:30:43	00:35:25	01:16:11
3	Charmiane	Kruger	Sprint	Female	53	00:18:57	00:30:21	00:33:35	01:22:53

Sprint Male									
13-20									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Nathan	Fatti	Sprint	Male	18	00:12:20	00:22:28	00:17:21	00:52:09
21-30									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Adrian	Withers	Sprint	Male	28	00:09:37	00:23:11	00:22:36	00:55:24
2	Kent	Charters	Sprint	Male	29	00:19:33	00:25:49	00:20:33	01:05:55
3	Adam	Kleinschmidt	Sprint	Male	29	00:14:10	00:25:06	00:27:17	01:06:33
31-40									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Keelan Mark	Mcmanus	Sprint	Male	31	00:08:43	00:23:29	00:19:35	00:51:47
2	Christiaan	Brits	Sprint	Male	32	00:14:43	00:30:46	00:21:01	01:06:30
3	Ruan	Janse Van Rensburg	Sprint	Male	33	00:23:30	00:29:59	00:27:20	01:20:49
41-50									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Renier	Bekker	Sprint	Male	41	00:16:36	00:24:22	00:17:03	00:58:01
2	Karl	Van Der Linde	Sprint	Male	43	00:17:14	00:23:41	00:19:31	01:00:26
3	Clay	Mcgurk	Sprint	Male	46	00:18:05	00:43:19	00:31:19	01:32:43
51-60									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Rian	Dickason	Sprint	Male	51	00:14:27	00:26:23	00:26:28	01:07:18
2	Alwin	Deale	Sprint	Male	51	00:21:21	00:23:46	00:23:56	01:09:03

Sprint Results - Female								
Pos	Name	Surname	Distance	Gender	Swim Time	Bike Time	Run Time	Total Time
1	Marguerite	Conradie	Sprint	Female	00:08:46	00:25:16	00:24:36	00:58:38
2	Sandy	Vermeulen	Sprint	Female	00:11:43	00:28:25	00:20:18	01:00:26
3	Gabriella	Signorelli	Sprint	Female	00:12:02	00:27:44	00:21:15	01:01:01
4	Lieneke	Brits	Sprint	Female	00:13:30	00:28:28	00:20:20	01:02:18
5	Michelle	Farthing	Sprint	Female	00:14:12	00:27:36	00:23:38	01:05:26
6	Rochelle	Burger	Sprint	Female	00:13:34	00:27:26	00:24:37	01:05:37
7	Tanya	Kotze	Sprint	Female	00:20:51	00:26:04	00:19	01:05:55
8	Tamzyn	Leach	Sprint	Female	00:13:11	00:28:04	00:25:04	01:06:19
9	Mandy-lee	Feyt	Sprint	Female	00:19:58	00:26:41	00:21:45	01:08:24
10	Hanrie	Janse Van Rensburg	Sprint	Female	00:18:15	00:29:09	00:21:18	01:08:42
11	Martie	Bergh	Sprint	Female	00:11:53	00:28:00	00:30:01	01:09:54
12	Roanne	Van Der Merwe	Sprint	Female	00:18:20	00:33:00	00:19:40	01:11:00
13	Crazy	Caribbeans	Sprint	Female	00:09:57	00:33:28	00:28:33	01:11:58
14	Anja-von	Van Der Colff	Sprint	Female	00:15:44	00:29:01	00:30:01	01:14:46
15	Zamangoma	Matlhare	Sprint	Female	00:18:09	00:34:22	00:23:06	01:15:37
16	Rochelle	Myers	Sprint	Female	00:10:03	00:30:43	00:35:25	01:16:11
17	Charmiane	Kruger	Sprint	Female	00:18:57	00:30:21	00:33:35	01:22:53
18	Nicky	Mcgurk	Sprint	Female	00:18:05	00:41:06	00:26:21	01:25:32

Sprint Results - Male								
Pos	Name	Surname	Distance	Gender	Swim Time	Bike Time	Run Time	Total Time
1	Keelan Mark	Mcmanus	Sprint	Male	00:08:43	00:23:29	00:19:35	00:51:47
2	Nathan	Fatti	Sprint	Male	00:12:20	00:22:28	00:17:21	00:52:09
3	Adrian	Withers	Sprint	Male	00:09:37	00:23:11	00:22:36	00:55:24
4	Renier	Bekker	Sprint	Male	00:16:36	00:24:22	00:17:03	00:58:01
5	Karl	Van Der Linde	Sprint	Male	00:17:14	00:23:41	00:19:31	01:00:26
6	Kent	Charters	Sprint	Male	00:19:33	00:25:49	00:20:33	01:05:55
7	Christiaan	Brits	Sprint	Male	00:14:43	00:30:46	00:21:01	01:06:30
8	Adam	Kleinschmidt	Sprint	Male	00:14:10	00:25:06	00:27:17	01:06:33
9	Rian	Dickason	Sprint	Male	00:14:27	00:26:23	00:26:28	01:07:18
10	Alwin	Deale	Sprint	Male	00:21:21	00:23:46	00:23:56	01:09:03
11	Ruan	Janse Van Rensburg	Sprint	Male	00:23:30	00:29:59	00:27:20	01:20:49
12	Clay	Mcgurk	Sprint	Male	00:18:05	00:43:19	00:31:19	01:32:43

Super Spint Female									
13-20									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Rebekah	Fatti	Super Sprint	Female	16	00:09:23	00:18:01	00:10:42	00:38:06
21-30									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Belle	Miller	Super Sprint	Female	29	00:12:53	00:28:06	00:15:38	00:56:37
31-40									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Akshata	Mehta	Super Sprint	Female	33	00:07:30	00:19:54	00:09:14	00:36:38
2	Zibeth	Hansen	Super Sprint	Female	39	00:09:20	00:17:24	00:17:09	00:43:53
3	Melissa	Groenewald	Super Sprint	Female	39	00:16:57	00:20:43	00:16:02	00:53:42
4	Sharon	Steyn	Super Sprint	Female	38	00:15:18	00:24:33	00:14:38	00:54:29
41-50									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Judith	Gertz	Super Sprint	Female	43	00:12:30	00:23:44	00:10:59	00:47:13
2	Sonja	Smit	Super Sprint	Female	46	00:13:36	00:19:41	00:14:03	00:47:20
3	Henriette	Gresse	Super Sprint	Female	42	00:13:20	00:22:04	00:14:07	00:49:31
4	Tania	Bartes	Super Sprint	Female	42	00:13:44	00:31:03	00:11:17	00:56:04

Super Sprint Male									
13-20									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Ethan	Fairbanks	Super Sprint	Male	14	00:15:10	00:19:00	00:12:37	00:46:47
21-30									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Reece	Kruser	Super Sprint	Male	26	00:10:48	00:23:01	00:10:59	00:44:48
2	Jaide	Jacobs	Super Sprint	Male	25	00:15:19	00:26:05	00:13:50	00:55:14
31-40									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Nicholas	Le Roux	Super Sprint	Male	34	00:09:31	00:15:38	00:09:11	00:34:20
2	Luke	Rauch	Super Sprint	Male	32	00:07:14	00:16:25	00:15:57	00:39:36
3	Crispian	Jacobs	Super Sprint	Male	31	00:12:23	00:20:15	00:10:16	00:42:54
4	Marius	Groenewald	Super Sprint	Male	40	00:16:24	00:15:32	00:11:38	00:43:34
41-50									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Mark	Fairbanks	Super Sprint	Male	49	00:11:33	00:14:46	00:10:35	00:36:54
2	Conrad	Visser	Super Sprint	Male	46	00:08:51	00:19:27	00:10:47	00:39:05
3	Carlo	De Kock	Super Sprint	Male	42	00:11:05	00:21:21	00:11:32	00:43:58
4	Hylton	Jacobs	Super Sprint	Male	50	00:15:14	00:29:02	00:11:39	00:55:55
51-60									
Pos	Name	Surname	Distance	Gender	Age	Swim Time	Bike Time	Run Time	Total Time
1	Harry	Smith	Super Sprint	Male	63	00:17:33	00:17:29	00:13:51	00:48:53

Super Sprint Results - Female

Pos	Name	Surname	Distance	Gender	Swim Time	Bike Time	Run Time	Total Time
1	Stitch	Stitch	Super Sprint	Female	00:09:40	00:16:29	00:09:35	00:35:44
2	Akshata	Mehta	Super Sprint	Female	00:07:30	00:19:54	00:09:14	00:36:38
3	Rebekah	Fatti	Super Sprint	Female	00:09:23	00:18:01	00:10:42	00:38:06
4	Zibeth	Hansen	Super Sprint	Female	00:09:20	00:17:24	00:17:09	00:43:53
5	Judith	Gertz	Super Sprint	Female	00:12:30	00:23:44	00:10:59	00:47:13
6	Sonja	Smit	Super Sprint	Female	00:13:36	00:19:41	00:14:03	00:47:20
7	Henriette	Gresse	Super Sprint	Female	00:13:20	00:22:04	00:14:07	00:49:31
8	Melissa	Groenewald	Super Sprint	Female	00:16:57	00:20:43	00:16:02	00:53:42
9	Sharon	Steyn	Super Sprint	Female	00:15:18	00:24:33	00:14:38	00:54:29
10	Tania	Bartes	Super Sprint	Female	00:13:44	00:31:03	00:11:17	00:56:04
11	Belle	Miller	Super Sprint	Female	00:12:53	00:28:06	00:15:38	00:56:37

Super Sprint Results - Male

Pos	Name	Surname	Distance	Gender	Swim Time	Bike Time	Run Time	Total Time
1	Nicholas	Le Roux	Super Sprint	Male	00:09:31	00:15:38	00:09:11	00:34:20
2	Mark	Fairbanks	Super Sprint	Male	00:11:33	00:14:46	00:10:35	00:36:54
3	Conrad	Visser	Super Sprint	Male	00:08:51	00:19:27	00:10:47	00:39:05
4	Luke	Rauch	Super Sprint	Male	00:07:14	00:16:25	00:15:57	00:39:36
5	Crispian	Jacobs	Super Sprint	Male	00:12:23	00:20:15	00:10:16	00:42:54
6	Marius	Groenewald	Super Sprint	Male	00:16:24	00:15:32	00:11:38	00:43:34
7	Fatti	Fatti	Super Sprint	Male	00:09:23	00:20:39	00:13:42	00:43:44
8	Carlo	De Kock	Super Sprint	Male	00:11:05	00:21:21	00:11:32	00:43:58
9	Reece	Kruser	Super Sprint	Male	00:10:48	00:23:01	00:10:59	00:44:48
10	Ethan	Fairbanks	Super Sprint	Male	00:15:10	00:19:00	00:12:37	00:46:47
11	Harry	Smith	Super Sprint	Male	00:17:33	00:17:29	00:13:51	00:48:53
12	Jaide	Jacobs	Super Sprint	Male	00:15:19	00:26:05	00:13:50	00:55:14
13	Hylton	Jacobs	Super Sprint	Male	00:15:14	00:29:02	00:11:39	00:55:55

Super Sprint Team

Pos	Name	Surname	Distance	Swim Time	Bike Time	Run Time	Total Time
1	Stitch	Stitch	Super Sprint	00:09:40	00:16:29	00:09:35	00:35:44
2	Fatti	Fatti	Super Sprint	00:09:23	00:20:39	00:13:42	00:43:44

Sprint Team

Pos	Name	Surname	Distance	Swim Time	Bike Time	Run Time	Total Time
1	Crazy	Caribeans	Sprint	00:09:57	00:33:28	00:28:33	01:11:58