

Female Sprint Age Category Results									
Pos	First Name	Last Name	Gen	Age	Class	Swim	Bike	Run	Total
21-30									
1	Takadzo	Makahane	F	30	Sprint	00:26:43	00:33:09	00:34:44	01:34:36
31-40									
1	Ankia	Wallace	F	33	Sprint	00:15:00	00:25:50	00:19:03	00:59:53
2	Lieneke	Brits	F	33	Sprint	00:14:43	00:30:43	00:24:44	01:10:10
3	Tanya	Gist	F	40	Sprint	00:09:40	00:33:01	00:31:57	01:14:38
4	Lauren	Primo	F	34	Sprint	00:10:24	00:30:22	00:35:31	01:16:17
5	Lana	Mazahreh	F	38	Sprint	00:20:25	00:30:44	00:26:55	01:18:04
6	Jade	Morris	F	31	Sprint	00:24:04	00:34:47	00:36:03	01:34:54
41-50									
1	Nicky	Mcgurk	F	42	Sprint	00:16:34	00:31:04	00:37:28	01:25:06
2	Sonja	Smit	F	46	Sprint	00:19:35	00:30:25	00:35:08	01:25:08
3	Althea	Allen	F	48	Sprint	00:21:38	00:31:44	00:32:48	01:26:10
4	Kathryn	Van Niekerk	F	48	Sprint	00:15:25	00:26:32	00:47:34	01:29:31
51-60									
1	Charmiane	Kruger	F	54	Sprint	00:16:25	00:30:36	00:38:50	01:25:51
2	Rochelle	Myers	F	59	Sprint	00:16:29	00:30:20	00:40:41	01:27:30
60 +									
1	Michele	Murry	F	63	Sprint	00:13:20	00:29:23	00:32:09	01:14:52

Male Sprint Age Category Results									
Pos	First Name	Last Name	Gen	Age	Class	Swim	Bike	Run	Total
20 & Under									
16	Jared	Carstens	M	20	Sprint	00:11:47	00:28:35	00:28:53	01:09:15
21-30									
1	Conrad	Scheepers	M	27	Sprint	00:07:37	00:22:13	00:20:03	00:49:53
2	Tanner	Gorille	M	26	Sprint	00:07:47	00:23:47	00:19:13	00:50:47
3	Raul	Henney	M	29	Sprint	00:08:12	00:24:44	00:22:03	00:54:59
4	Joshua-ethan	Turner	M	24	Sprint	00:08:40	00:27:27	00:21:41	00:57:48
5	Adam	Kleinschmidt	M	29	Sprint	00:14:58	00:26:08	00:29:13	01:10:19
6	Mogamad Rafiq	Salie	M	28	Sprint	00:14:28	00:29:47	00:28:54	01:13:09
7	Muttalib	Moos	M	25	Sprint	00:13:08	00:27:01	00:34:04	01:14:13
8	Muhammed Uwais	Ismail	M	26	Sprint	00:13:02	00:28:25	00:36:34	01:18:01
9	Ethan	Cameron	M	22	Sprint	00:16:14	00:32:56	00:31:53	01:21:03
10	Jaide	Jacobs	M	25	Sprint	00:14:50	00:32:59	00:37:44	01:25:33
11	Uzair	Salie	M	27	Sprint	00:16:25	00:31:26	00:41:40	01:29:31
31-40									
1	Damian-lee	Wallace	M	36	Sprint	00:09:55	00:23:33	00:19:20	00:52:48
2	Romario Nelson	Sardinha	M	36	Sprint	00:12:58	00:22:18	00:22:12	00:57:28
3	Sulaiman	Jakoet	M	37	Sprint	00:15:17	00:25:28	00:22:18	01:03:03
4	Tyrone	Oliver	M	32	Sprint	00:12:57	00:22:59	00:27:08	01:03:04
5	Crispian	Jacobs	M	31	Sprint	00:12:41	00:27:00	00:26:49	01:06:30
6	Benjamin	Thomas	M	32	Sprint	00:16:53	00:27:18	00:22:33	01:06:44
7	Christiaan	Brits	M	33	Sprint	00:14:30	00:29:04	00:26:00	01:09:34
8	Faizel	Jabaar	M	33	Sprint	00:19:01	00:28:46	00:25:18	01:13:05
9	Willem	Hattingh	M	33	Sprint	00:13:32	00:25:09	00:39:12	01:17:53
10	Michael	Zvidzayi	M	33	Sprint	00:29:27	00:24:29	00:24:07	01:18:03
11	Avu	Kakaza	M	38	Sprint	00:23:59	00:31:43	00:37:40	01:33:22
41-50									
1	Tinus	Olivier	M	48	Sprint	00:12:49	00:24:25	00:17:11	00:54:25
2	Chris	Walsh	M	43	Sprint	00:13:27	00:21:23	00:19:49	00:54:39
3	Hillary	Arries	M	41	Sprint	00:14:46	00:25:15	00:18:46	00:58:47
4	Pierre	Smit	M	44	Sprint	00:15:15	00:23:39	00:20:28	00:59:22
5	Karl	Van Der Linde	M	44	Sprint	00:16:09	00:23:01	00:24:19	01:03:29
6	Guy	Mcdonald	M	45	Sprint	00:13:15	00:26:26	00:29:59	01:09:40
7	Shafeeq	Ganief	M	41	Sprint	00:15:15	00:29:42	00:25:05	01:10:02
8	Wafeeq	Ganief	M	41	Sprint	00:16:13	00:28:20	00:26:33	01:11:06
9	Zuhayr	Dollie	M	41	Sprint	00:17:25	00:24:51	00:30:29	01:12:45
10	Clay	Mcgurk	M	46	Sprint	00:16:36	00:31:43	00:39:57	01:28:16

Female Sprint Overall Results									
Pos	First Name	Last Name	Gen	Age	Class	Swim	Bike	Run	Total
1	Ankia	Wallace	F	33	Sprint	00:15:00	00:25:50	00:19:03	00:59:53
2	Lieneke	Brits	F	33	Sprint	00:14:43	00:30:43	00:24:44	01:10:10
3	Tanya	Gist	F	40	Sprint	00:09:40	00:33:01	00:31:57	01:14:38
4	Michele	Murry	F	63	Sprint	00:13:20	00:29:23	00:32:09	01:14:52
5	Lauren	Primo	F	34	Sprint	00:10:24	00:30:22	00:35:31	01:16:17
6	Lana	Mazahreh	F	38	Sprint	00:20:25	00:30:44	00:26:55	01:18:04
7	Nicky	Mcgurk	F	42	Sprint	00:16:34	00:31:04	00:37:28	01:25:06
8	Sonja	Smit	F	46	Sprint	00:19:35	00:30:25	00:35:08	01:25:08
9	Charmiane	Kruger	F	54	Sprint	00:16:25	00:30:36	00:38:50	01:25:51
10	Althea	Allen	F	48	Sprint	00:21:38	00:31:44	00:32:48	01:26:10
11	Rochelle	Myers	F	59	Sprint	00:16:29	00:30:20	00:40:41	01:27:30
12	Kathryn	Van Niekerk	F	48	Sprint	00:15:25	00:26:32	00:47:34	01:29:31
13	Takadzo	Makahane	F	30	Sprint	00:26:43	00:33:09	00:34:44	01:34:36
14	Jade	Morris	F	31	Sprint	00:24:04	00:34:47	00:36:03	01:34:54

Male Sprint Overall Results									
Pos	First Name	Last Name	Gen	Age	Class	Swim	Bike	Run	Total
1	Conrad	Scheepers	M	27	Sprint	00:07:37	00:22:13	00:20:03	00:49:53
2	Tanner	Gorille	M	26	Sprint	00:07:47	00:23:47	00:19:13	00:50:47
3	Damian-lee	Wallace	M	36	Sprint	00:09:55	00:23:33	00:19:20	00:52:48
4	Tinus	Olivier	M	48	Sprint	00:12:49	00:24:25	00:17:11	00:54:25
5	Chris	Walsh	M	43	Sprint	00:13:27	00:21:23	00:19:49	00:54:39
6	Raul	Henney	M	29	Sprint	00:08:12	00:24:44	00:22:03	00:54:59
7	Romario Nelson	Sardinha	M	36	Sprint	00:12:58	00:22:18	00:22:12	00:57:28
8	Joshua-ethan	Turner	M	24	Sprint	00:08:40	00:27:27	00:21:41	00:57:48
9	Hillary	Arries	M	41	Sprint	00:14:46	00:25:15	00:18:46	00:58:47
10	Pierre	Smit	M	44	Sprint	00:15:15	00:23:39	00:20:28	00:59:22
11	Sulaiman	Jakoet	M	37	Sprint	00:15:17	00:25:28	00:22:18	01:03:03
12	Tyrone	Oliver	M	32	Sprint	00:12:57	00:22:59	00:27:08	01:03:04
13	Karl	Van Der Linde	M	44	Sprint	00:16:09	00:23:01	00:24:19	01:03:29
14	Crispian	Jacobs	M	31	Sprint	00:12:41	00:27:00	00:26:49	01:06:30
15	Benjamin	Thomas	M	32	Sprint	00:16:53	00:27:18	00:22:33	01:06:44
16	Jared	Carstens	M	20	Sprint	00:11:47	00:28:35	00:28:53	01:09:15
17	Christiaan	Brits	M	33	Sprint	00:14:30	00:29:04	00:26:00	01:09:34
18	Guy	Mcdonald	M	45	Sprint	00:13:15	00:26:26	00:29:59	01:09:40
19	Shafeeq	Ganief	M	41	Sprint	00:15:15	00:29:42	00:25:05	01:10:02
20	Adam	Kleinschmidt	M	29	Sprint	00:14:58	00:26:08	00:29:13	01:10:19
21	Wafeeq	Ganief	M	41	Sprint	00:16:13	00:28:20	00:26:33	01:11:06
22	Zuhayr	Dollie	M	41	Sprint	00:17:25	00:24:51	00:30:29	01:12:45
23	Faizel	Jabaar	M	33	Sprint	00:19:01	00:28:46	00:25:18	01:13:05
24	Mogamad Rafiq	Salie	M	28	Sprint	00:14:28	00:29:47	00:28:54	01:13:09
25	Muttalib	Moos	M	25	Sprint	00:13:08	00:27:01	00:34:04	01:14:13
26	Willem	Hattingh	M	33	Sprint	00:13:32	00:25:09	00:39:12	01:17:53
27	Muhammed Uwais	Ismail	M	26	Sprint	00:13:02	00:28:25	00:36:34	01:18:01
28	Michael	Zvidzayi	M	33	Sprint	00:29:27	00:24:29	00:24:07	01:18:03
29	Ethan	Cameron	M	22	Sprint	00:16:14	00:32:56	00:31:53	01:21:03
30	Jaide	Jacobs	M	25	Sprint	00:14:50	00:32:59	00:37:44	01:25:33
31	Clay	Mcgurk	M	46	Sprint	00:16:36	00:31:43	00:39:57	01:28:16
32	Uzair	Salie	M	27	Sprint	00:16:25	00:31:26	00:41:40	01:29:31
33	Avu	Kakaza	M	38	Sprint	00:23:59	00:31:43	00:37:40	01:33:22

Super Sprint Age Category Results									
Pos	First Name	Last Name	Gen	Age	Class	Swim	Bike	Run	Total
20 & Under									
1	Sienna	Quarmby	F	10	Super Sprint	00:09:26	00:16:43	00:13:12	00:39:21
2	Carla	Truter	F	15	Super Sprint	00:07:10	00:18:34	00:15:03	00:40:47
3	Luca	Alexander	F	14	Super Sprint	00:06:50	00:24:05	00:23:50	00:54:45
21-30									
1	Belle	Miller	F	29	Super Sprint	00:12:45	00:20:13	00:16:48	00:49:46
2	Razaan	Phillips	F	25	Super Sprint	00:11:39	00:20:14	00:19:21	00:51:14
3	Tasneem	Stevens	F	29	Super Sprint	00:17:27	00:21:35	00:18:23	00:57:25
31-40									
1	Zibeth	Hansen	F	39	Super Sprint	00:09:11	00:16:39	00:19:45	00:45:35
2	Racine	Butler	F	37	Super Sprint	00:14:14	00:25:52	00:13:44	00:53:50
41-50									
1	Tania	Bartes	F	42	Super Sprint	00:12:39	00:19:37	00:11:52	00:44:08
2	Keaton	Quarmby	F	43	Super Sprint	00:10:30	00:20:44	00:13:23	00:44:37
3	Ezelle	Venter	F	45	Super Sprint	00:10:17	00:21:23	00:20:05	00:51:45
51-60									
1	Ayesha	Phillips	F	53	Super Sprint	00:11:34	00:19:40	00:13:59	00:45:13
60 +									
1	Pamela	Gazzard	F	68	Super Sprint	00:13:05	00:23:43	00:21:35	00:58:23
Super Sprint Team Overall Results									
1	Team	The Mighty McGurks			Super Sprint	00:09:25	00:23:31	00:14:55	00:47:51

Super Sprint Age Category Results									
Pos	First Name	Last Name	Gen	Age	Class	Swim	Bike	Run	Total
20 & Under									
1	Alex	Gomez	M	14	Super Sprint	00:05:49	00:18:46	00:11:46	00:36:21
2	Alexander	Johannes	M	14	Super Sprint	00:06:58	00:19:16	00:11:56	00:38:10
3	Martin	Truter	M	12	Super Sprint	00:07:31	00:19:30	00:13:16	00:40:17
4	Ethan	Fairbanks	M	14	Super Sprint	00:10:12	00:24:51	00:13:25	00:48:28
21-30									
1	Chad	Jacobs	M	26	Super Sprint	00:06:59	00:15:45	00:09:19	00:32:03
2	Gaarith	Sambo	M	25	Super Sprint	00:08:57	00:16:55	00:10:09	00:36:01
3	Jesse	Chitter	M	28	Super Sprint	00:10:19	00:16:42	00:09:19	00:36:20
4	Brett	Schroeder	M	29	Super Sprint	00:10:23	00:16:29	00:10:03	00:36:55
5	Connor	Van Aswegen	M	25	Super Sprint	00:09:35	00:18:19	00:11:20	00:39:14
6	Matthew	Slater	M	30	Super Sprint	00:11:11	00:18:10	00:10:37	00:39:58
7	Dean	Solomons	M	26	Super Sprint	00:10:52	00:15:59	00:16:42	00:43:33
8	Brodi	Jones	M	26	Super Sprint	00:09:24	00:20:04	00:17:23	00:46:51
9	Rudon	Solomons	M	29	Super Sprint	00:10:52	00:18:19	00:20:02	00:49:13
31-40									
1	Brett	Van Der Schyff	M	35	Super Sprint	00:09:35	00:20:13	00:13:39	00:43:27
2	Marius	Groenewald	M	40	Super Sprint	00:13:06	00:15:35	00:16:40	00:45:21
41-50									
1	Mark	Fairbanks	M	49	Super Sprint	00:14:14	00:14:53	00:11:42	00:40:49
2	Riaan	Van Aswegen	M	43	Super Sprint	00:15:02	00:17:45	00:15:39	00:48:26
3	Abdle	Jappie	M	49	Super Sprint	00:15:27	00:17:23	00:15:57	00:48:47
4	Hugo	Queiroga	M	47	Super Sprint	00:13:25	00:19:14	00:16:22	00:49:01
51-60									
1	Michael	Peacock	M	52	Super Sprint	00:08:42	00:15:38	00:10:56	00:35:16
2	Tahier	Phillips	M	55	Super Sprint	00:09:30	00:15:50	00:13:32	00:38:52
3	Ridwaan	Arendse	M	51	Super Sprint	00:18:14	00:19:59	00:18:20	00:56:33

Female Super Sprint Overall Results									
Pos	First Name	Last Name	Gen	Age	Class	Swim	Bike	Run	Total
1	Sienna	Quarmby	F	10	Super Sprint	00:09:26	00:16:43	00:13:12	00:39:21
2	Carla	Truter	F	15	Super Sprint	00:07:10	00:18:34	00:15:03	00:40:47
3	Tania	Bartes	F	42	Super Sprint	00:12:39	00:19:37	00:11:52	00:44:08
4	Keaton	Quarmby	F	43	Super Sprint	00:10:30	00:20:44	00:13:23	00:44:37
5	Ayesha	Phillips	F	53	Super Sprint	00:11:34	00:19:40	00:13:59	00:45:13
6	Zibeth	Hansen	F	39	Super Sprint	00:09:11	00:16:39	00:19:45	00:45:35
7	Belle	Miller	F	29	Super Sprint	00:12:45	00:20:13	00:16:48	00:49:46
8	Razaan	Phillips	F	25	Super Sprint	00:11:39	00:20:14	00:19:21	00:51:14
9	Ezelle	Venter	F	45	Super Sprint	00:10:17	00:21:23	00:20:05	00:51:45
10	Racine	Butler	F	37	Super Sprint	00:14:14	00:25:52	00:13:44	00:53:50
11	Luca	Alexander	F	14	Super Sprint	00:06:50	00:24:05	00:23:50	00:54:45
12	Tasneem	Stevens	F	29	Super Sprint	00:17:27	00:21:35	00:18:23	00:57:25
13	Pamela	Gazzard	F	68	Super Sprint	00:13:05	00:23:43	00:21:35	00:58:23
Super Sprint Team Overall Results									
1	Team	The Mighty McGurks			Super Sprint	00:09:25	00:23:31	00:14:55	00:47:51
Male Super Sprint Overall Results									
Pos	First Name	Last Name	Gen	Age	Class	Swim	Bike	Run	Total
1	Chad	Jacobs	M	26	Super Sprint	00:06:59	00:15:45	00:09:19	00:32:03
2	Michael	Peacock	M	52	Super Sprint	00:08:42	00:15:38	00:10:56	00:35:16
3	Gaarith	Sambo	M	25	Super Sprint	00:08:57	00:16:55	00:10:09	00:36:01
4	Jesse	Chitter	M	28	Super Sprint	00:10:19	00:16:42	00:09:19	00:36:20
5	Alex	Gomez	M	14	Super Sprint	00:05:49	00:18:46	00:11:46	00:36:21
6	Brett	Schroeder	M	29	Super Sprint	00:10:23	00:16:29	00:10:03	00:36:55
7	Alexander	Johannes	M	14	Super Sprint	00:06:58	00:19:16	00:11:56	00:38:10
8	Tahier	Phillips	M	55	Super Sprint	00:09:30	00:15:50	00:13:32	00:38:52
9	Connor	Van Aswegen	M	25	Super Sprint	00:09:35	00:18:19	00:11:20	00:39:14
10	Matthew	Slater	M	30	Super Sprint	00:11:11	00:18:10	00:10:37	00:39:58
11	Martin	Truter	M	12	Super Sprint	00:07:31	00:19:30	00:13:16	00:40:17
12	Mark	Fairbanks	M	49	Super Sprint	00:14:14	00:14:53	00:11:42	00:40:49
13	Brett	Van Der Schyff	M	35	Super Sprint	00:09:35	00:20:13	00:13:39	00:43:27
14	Dean	Solomons	M	26	Super Sprint	00:10:52	00:15:59	00:16:42	00:43:33
15	Marius	Groenewald	M	40	Super Sprint	00:13:06	00:15:35	00:16:40	00:45:21
16	Brodi	Jones	M	26	Super Sprint	00:09:24	00:20:04	00:17:23	00:46:51
17	Riaan	Van Aswegen	M	43	Super Sprint	00:15:02	00:17:45	00:15:39	00:48:26
18	Ethan	Fairbanks	M	14	Super Sprint	00:10:12	00:24:51	00:13:25	00:48:28
19	Abdle	Jappie	M	49	Super Sprint	00:15:27	00:17:23	00:15:57	00:48:47
20	Hugo	Queiroga	M	47	Super Sprint	00:13:25	00:19:14	00:16:22	00:49:01
21	Rudon	Solomons	M	29	Super Sprint	00:10:52	00:18:19	00:20:02	00:49:13
22	Ridwaan	Arendse	M	51	Super Sprint	00:18:14	00:19:59	00:18:20	00:56:33