

Sprint - Age Category Female

POS	First Name	Last Name	Gender	Age	Class	Swim	Bike	Run	Total
20 & Under									
1	Mieke	Kotze	F	18	Sprint	00:11:32	00:30:56	00:22:35	1:05:03
21-30									
1	Alme	Jordaan	F	23	Sprint	00:11:05	00:21:20	00:17:22	0:49:47
2	Takadzo	Makahane	F	30	Sprint	00:28:34	00:32:14	00:31:35	1:32:23
31-40									
1	Lee-anne	Kock	F	34	Sprint	00:09:26	00:24:21	00:20:44	0:54:31
2	Marilize	Kraft	F	36	Sprint	00:12:26	00:28:49	00:21:44	1:02:59
3	Ansu	Le Roux	F	32	Sprint	00:19:14	00:29:22	00:23:20	1:11:56
4	Jade	Morris	F	31	Sprint	00:25:32	00:34:55	00:33:58	1:34:25
41-50									
1	Sonja	Smit	F	46	Sprint	00:20:55	00:23:57	00:28:56	1:13:48
2	Cherith	Langenhoven-heber	F	43	Sprint	00:18:17	00:29:01	00:27:26	1:14:44
3	Nicole	Knight	F	49	Sprint	00:16:36	00:32:35	00:28:18	1:17:29
4	Chantelle	Burger	F	41	Sprint	00:24:21	00:29:30	00:29:45	1:23:36
5	S'thandile	Khuzwayo	F	46	Sprint	00:24:23	00:30:13	00:29:38	1:24:14
6	Hannah	Nienaber	F	44	Sprint	00:16:22	00:30:40	00:39:59	1:27:01
51-60									
1	Mascha	Moorlach	F	54	Sprint	00:15:30	00:26:36	00:27:04	1:09:10
2	Charmiane	Kruger	F	54	Sprint	00:16:10	00:28:49	00:31:12	1:16:11
3	Rochelle	Myers	F	59	Sprint	00:17:24	00:40:22	00:34:36	1:32:22
60+									
1	Michele	Murry	F	63	Sprint	00:14:03	00:34:40	00:28:18	1:17:01

Sprint - Age Category Male

POS	First Name	Last Name	Gender	Age	Class	Swim	Bike	Run	Total
20 & Under									
1	Ethan	Engelbrecht's	M	20	Sprint	00:11:56	00:25:09	00:22:24	0:59:29
2	Callum	Nienaber	M	14	Sprint	00:15:42	00:22:10	00:22:07	0:59:59
3	Connor	Nienaber	M	16	Sprint	00:21:28	00:21:00	00:28:54	1:11:22
21-30									
1	Joel	Davis	M	22	Sprint	00:13:41	00:21:20	00:17:42	0:52:43
2	Bradley	Morris	M	29	Sprint	00:15:27	00:20:20	00:17:30	0:53:17
3	Adam	Kleinschmidt	M	29	Sprint	00:14:06	00:22:18	00:21:31	0:57:55
4	Muhammed Uwais	Ismail	M	26	Sprint	00:12:43	00:26:28	00:26:47	1:05:58
5	Kairan	Moorlach	M	23	Sprint	00:10:08	00:22:15	00:34:40	1:07:03
6	Mogamad Rafiq	Salie	M	28	Sprint	00:16:02	00:29:04	00:23:28	1:08:34
7	Damian	Duncan	M	26	Sprint	00:15:11	00:39:50	00:19:03	1:14:04
31-40									
1	Lyle	Aloile	M	33	Sprint	00:08:36	00:19:18	00:19:08	0:47:02
2	Ryan	Faure	M	37	Sprint	00:13:02	00:21:15	00:19:38	0:53:55
3	Jarrood	Jacobs	M	36	Sprint	00:17:16	00:20:59	00:18:05	0:56:20
4	Tyrone	Oliver	M	32	Sprint	00:12:56	00:24:24	00:22:44	1:00:04
5	Devon	Williams	M	33	Sprint	00:17:09	00:23:43	00:21:11	1:02:03
6	Michael	Zvidzayi	M	34	Sprint	00:28:50	00:22:34	00:19:27	1:10:51
7	Denham	Wiercx	M	36	Sprint	00:24:30	00:31:17	00:22:42	1:18:29
41-50									
1	Tinus	Olivier	M	48	Sprint	00:12:51	00:21:30	00:15:32	0:49:53
2	Wian	Carstens	M	43	Sprint	00:10:35	00:20:48	00:21:53	0:53:16
3	Lee	Nienaber	M	46	Sprint	00:12:49	00:21:07	00:21:12	0:55:08
4	Jan	Reyneke	M	49	Sprint	00:12:19	00:23:34	00:20:49	0:56:42
5	Philip	Kraft	M	43	Sprint	00:15:00	00:24:20	00:22:37	1:01:57
6	Christopher	Wagner	M	47	Sprint	00:13:35	00:24:58	00:25:08	1:03:41
7	Marius	Du Preez	M	47	Sprint	00:13:10	00:21:48	00:28:48	1:03:46
51-60									
1	Edward	West	M	59	Sprint	00:11:45	00:23:06	00:19:37	0:54:28
2	Nols	Fuchs	M	60	Sprint	00:11:32	00:25:00	00:21:05	0:57:37
60+									
1	Mark	Wiercx	M	65	Sprint	00:14:54	00:30:59	00:21:36	1:07:29

Sprint - Female Over All

POS	First Name	Last Name	Gender	Age	Team	Class	Swim	Bike	Run	Total
1	Alme	Jordaan	F	23		Sprint	00:11:05	00:21:20	00:17:22	0:49:47
2	Lee-anne	Kock	F	34		Sprint	00:09:26	00:24:21	00:20:44	0:54:31
3	Marilize	Kraft	F	36		Sprint	00:12:26	00:28:49	00:21:44	1:02:59
4	Mieke	Kotze	F	18		Sprint	00:11:32	00:30:56	00:22:35	1:05:03
5	Mascha	Moorlach	F	54		Sprint	00:15:30	00:26:36	00:27:04	1:09:10
6	Ansu	Le Roux	F	32		Sprint	00:19:14	00:29:22	00:23:20	1:11:56
7	Sonja	Smit	F	46		Sprint	00:20:55	00:23:57	00:28:56	1:13:48
8	Cherith	Langenhoven-heber	F	43		Sprint	00:18:17	00:29:01	00:27:26	1:14:44
9	Charmiane	Kruger	F	54		Sprint	00:16:10	00:28:49	00:31:12	1:16:11
10	Michele	Murry	F	63		Sprint	00:14:03	00:34:40	00:28:18	1:17:01
11	Nicole	Knight	F	49		Sprint	00:16:36	00:32:35	00:28:18	1:17:29
12	Chantelle	Burger	F	41		Sprint	00:24:21	00:29:30	00:29:45	1:23:36
13	S'thandile	Khuzwayo	F	46		Sprint	00:24:23	00:30:13	00:29:38	1:24:14
14	Hannah	Nienaber	F	44		Sprint	00:16:22	00:30:40	00:39:59	1:27:01
15	Rochelle	Myers	F	59		Sprint	00:17:24	00:40:22	00:34:36	1:32:22
16	Takadzo	Makahane	F	30		Sprint	00:28:34	00:32:14	00:31:35	1:32:23
17	Jade	Morris	F	31		Sprint	00:25:32	00:34:55	00:33:58	1:34:25

Sprint - Male Over All

POS	First Name	Last Name	Gender	Age	Team	Class	Swim	Bike	Run	Total
1	Lyle	Aloile	M	33		Sprint	00:08:36	00:19:18	00:19:08	0:47:02
2	Tinus	Olivier	M	48		Sprint	00:12:51	00:21:30	00:15:32	0:49:53
3	Joel	Davis	M	22		Sprint	00:13:41	00:21:20	00:17:42	0:52:43
4	Wian	Carstens	M	43		Sprint	00:10:35	00:20:48	00:21:53	0:53:16
5	Bradley	Morris	M	29		Sprint	00:15:27	00:20:20	00:17:30	0:53:17
6	Ryan	Faure	M	37		Sprint	00:13:02	00:21:15	00:19:38	0:53:55
7	Edward	West	M	59		Sprint	00:11:45	00:23:06	00:19:37	0:54:28
8	Lee	Nienaber	M	46		Sprint	00:12:49	00:21:07	00:21:12	0:55:08
9	Jarrood	Jacobs	M	36		Sprint	00:17:16	00:20:59	00:18:05	0:56:20
10	Jan	Reyneke	M	49		Sprint	00:12:19	00:23:34	00:20:49	0:56:42
11	Nols	Fuchs	M	60		Sprint	00:11:32	00:25:00	00:21:05	0:57:37
12	Adam	Kleinschmidt	M	29		Sprint	00:14:06	00:22:18	00:21:31	0:57:55
13	Ethan	Engelbrecht's	M	20		Sprint	00:11:56	00:25:09	00:22:24	0:59:29
14	Callum	Nienaber	M	14		Sprint	00:15:42	00:22:10	00:22:07	0:59:59
15	Tyrone	Oliver	M	32		Sprint	00:12:56	00:24:24	00:22:44	1:00:04
16	Philip	Kraft	M	43		Sprint	00:15:00	00:24:20	00:22:37	1:01:57
17	Devon	Williams	M	33		Sprint	00:17:09	00:23:43	00:21:11	1:02:03
18	Christopher	Wagner	M	47		Sprint	00:13:35	00:24:58	00:25:08	1:03:41
19	Marius	Du Preez	M	47		Sprint	00:13:10	00:21:48	00:28:48	1:03:46
20	Muhammed Uwais	Ismail	M	26		Sprint	00:12:43	00:26:28	00:26:47	1:05:58
21	Kairan	Moorlach	M	23		Sprint	00:10:08	00:22:15	00:34:40	1:07:03
22	Mark	Wiercx	M	65		Sprint	00:14:54	00:30:59	00:21:36	1:07:29
23	Mogamad Rafiq	Salie	M	28		Sprint	00:16:02	00:29:04	00:23:28	1:08:34
24	Michael	Zvidzayi	M	34		Sprint	00:28:50	00:22:34	00:19:27	1:10:51
25	Connor	Nienaber	M	16		Sprint	00:21:28	00:21:00	00:28:54	1:11:22
26	Damian	Duncan	M	26		Sprint	00:15:11	00:39:50	00:19:03	1:14:04
27	Denham	Wiercx	M	36		Sprint	00:24:30	00:31:17	00:22:42	1:18:29

Super Sprint - Age Category Female

POS	First Name	Last Name	Gender	Age	Class	Swim	Bike	Run	Total
20 & Under									
1	Stacey	Mcgurk	F	12	Super Sprint	00:09:32	00:28:22	00:11:58	0:49:52
2	Callen	Campbell	F	15	Super Sprint	00:07:10	00:29:17	00:14:33	0:51:00
3	Azra	Mahmood	F	20	Super Sprint	00:18:24	00:22:57	00:13:53	0:55:14
21-30									
	First Name	Last Name	Gender	Age	Class	Swim	Bike	Run	Total
1	Emma	Johannessen	F	22	Super Sprint	00:08:08	00:18:58	00:13:53	0:40:59
2	Enja	Hamman	F	24	Super Sprint	00:14:01	00:15:37	00:12:46	0:42:24
3	Kristin	Van Reenen	F	22	Super Sprint	00:08:52	00:20:27	00:13:33	0:42:52
4	Nicole	Chetty	F	22	Super Sprint	00:10:42	00:20:06	00:13:30	0:44:18
5	Amber	Jossie	F	24	Super Sprint	00:12:31	00:18:59	00:12:58	0:44:28
6	Andrea	Miller	F	25	Super Sprint	00:13:50	00:18:27	00:15:31	0:47:48
7	Razaan	Phillips	F	25	Super Sprint	00:12:45	00:20:51	00:14:29	0:48:05
8	Belle	Miller	F	29	Super Sprint	00:14:00	00:22:19	00:12:18	0:48:37
9	Nadine	Du Preez	F	30	Super Sprint	00:07:15	00:21:38	00:24:06	0:52:59
10	Michelle	Lottring	F	30	Super Sprint	00:21:06	00:22:30	00:09:40	0:53:16
11	Kim	Reinecke	F	22	Super Sprint	00:10:31	00:25:14	00:18:40	0:54:25
12	Lisa	Anthony	F	26	Super Sprint	00:11:24	00:29:07	00:14:57	0:55:28
31-40									
1	Carla	Van Der Merwe	F	36	Super Sprint	00:06:46	00:17:38	00:10:30	0:34:54
2	Nola	Van Aswegen	F	39	Super Sprint	00:11:35	00:20:01	00:10:12	0:41:48
3	Zibeth	Hansen	F	40	Super Sprint	00:09:45	00:18:33	00:15:08	0:43:26
4	Kim	Norton	F	48	Super Sprint	00:12:58	00:34:00	00:15:07	1:02:05

Super Sprint - Age Category Male									
POS	First Name	Last Name	Gender	Age	Class	Swim	Bike	Run	Total
20 & Under									
1	Gabriele	Gazzilli	M	16	Super Sprint	00:06:34	00:14:21	00:08:38	0:29:33
2	Liam	Schoepp	M	20	Super Sprint	00:08:32	00:16:00	00:10:01	0:34:33
3	Alex	Gomez	M	14	Super Sprint	00:05:24	00:18:21	00:11:14	0:34:59
4	Alexander	Johannes	M	15	Super Sprint	00:06:52	00:18:53	00:09:29	0:35:14
5	Daniel	Futeran	M	9	Super Sprint	00:09:45	00:16:13	00:10:00	0:35:58
6	Grant	Cox	M	20	Super Sprint	00:10:29	00:16:34	00:10:23	0:37:26
7	Ethan	Fairbanks	M	14	Super Sprint	00:16:36	00:19:40	00:13:03	0:49:19
8	Ethan	Mcgurk	M	12	Super Sprint	00:14:18	00:27:16	00:12:41	0:54:15
21-30									
1	Jona	Lutkebohle	M	27	Super Sprint	00:10:03	00:13:11	00:08:18	0:31:32
2	Alon	Sarembock	M	24	Super Sprint	00:05:25	00:16:05	00:10:03	0:31:33
3	Yaseen	Omar	M	29	Super Sprint	00:15:23	00:24:50	00:12:54	0:53:07
4	Edmund	Rwamwema	M	23	Super Sprint	00:14:48	00:29:14	00:10:35	0:54:37
5	Jaide	Jacobs	M	25	Super Sprint	00:21:30	00:20:09	00:13:29	0:55:08
6	Ishmaeel	Lakay	M	23	Super Sprint	00:25:35	00:19:53	00:18:39	1:04:07
31-40									
1	Abdule	Essack	M	32	Super Sprint	00:14:39	00:18:00	00:14:15	0:46:54
41-50									
1	Mark	Fairbanks	M	49	Super Sprint	00:12:47	00:14:03	00:10:36	0:37:26
2	Karl	Van Der Linde	M	44	Super Sprint	00:11:54	00:16:16	00:09:23	0:37:33
3	Riaan	Van Aswegen	M	44	Super Sprint	00:15:35	00:16:50	00:10:49	0:43:14
4	Abdul	Jappie	M	49	Super Sprint	00:15:18	00:16:55	00:13:20	0:45:33
51-60									
1	Michael	Peacock	M	52	Super Sprint	00:08:59	00:13:53	00:08:55	0:31:47
2	Ridwaan	Arendse	M	51	Super Sprint	00:24:14	00:23:27	00:18:24	1:06:05
3	Christo	Abrahams	M	56	Super Sprint	00:23:50	00:26:50	00:16:34	1:07:14
60+									
1	Robbie	Pugi	M	67	Super Sprint	00:16:10	00:15:33	00:14:47	0:46:30

Super Sprint - Female Over All

POS	First Name	Last Name	Gender	Age	Team	Class	Swim	Bike	Run	Total
1	Carla	Van Der Merwe	F	36		Super Sprint	00:06:46	00:17:38	00:10:30	0:34:54
2	Emma	Johannessen	F	22		Super Sprint	00:08:08	00:18:58	00:13:53	0:40:59
3	Nola	Van Aswegen	F	39		Super Sprint	00:11:35	00:20:01	00:10:12	0:41:48
4	Enja	Hamman	F	24		Super Sprint	00:14:01	00:15:37	00:12:46	0:42:24
5	Kristin	Van Reenen	F	22		Super Sprint	00:08:52	00:20:27	00:13:33	0:42:52
6	Zibeth	Hansen	F	40		Super Sprint	00:09:45	00:18:33	00:15:08	0:43:26
7	Nicole	Chetty	F	22		Super Sprint	00:10:42	00:20:06	00:13:30	0:44:18
8	Amber	Jossie	F	24		Super Sprint	00:12:31	00:18:59	00:12:58	0:44:28
9	Team	Tri Me a River	F	36	Tri Me a River	Super Sprint	00:10:08	00:21:08	00:14:12	0:45:28
10	Andrea	Miller	F	25		Super Sprint	00:13:50	00:18:27	00:15:31	0:47:48
11	Razaan	Phillips	F	25		Super Sprint	00:12:45	00:20:51	00:14:29	0:48:05
12	Belle	Miller	F	29		Super Sprint	00:14:00	00:22:19	00:12:18	0:48:37
13	Team	Triple Threat	F	53	Triple Threat	Super Sprint	00:09:33	00:20:10	00:20:06	0:49:49
14	Stacey	Mcgurk	F	12		Super Sprint	00:09:32	00:28:22	00:11:58	0:49:52
15	Callen	Campbell	F	15		Super Sprint	00:07:10	00:29:17	00:14:33	0:51:00
16	Nadine	Du Preez	F	30		Super Sprint	00:07:15	00:21:38	00:24:06	0:52:59
17	Michelle	Lottring	F	30		Super Sprint	00:21:06	00:22:30	00:09:40	0:53:16
18	Kim	Reinecke	F	22		Super Sprint	00:10:31	00:25:14	00:18:40	0:54:25
19	Azra	Mahmood	F	20		Super Sprint	00:18:24	00:22:57	00:13:53	0:55:14
20	Lisa	Anthony	F	26		Super Sprint	00:11:24	00:29:07	00:14:57	0:55:28
21	Kim	Norton	F	48		Super Sprint	00:12:58	00:34:00	00:15:07	1:02:05

Super Sprint - Male Over All

POS	First Name	Last Name	Gender	Age	Team	Class	Swim	Bike	Run	Total
1	Gabriele	Gazzilli	M	16		Super Sprint	00:06:34	00:14:21	00:08:38	0:29:33
2	Jona	Lutkebohle	M	27		Super Sprint	00:10:03	00:13:11	00:08:18	0:31:32
3	Alon	Sarembock	M	24		Super Sprint	00:05:25	00:16:05	00:10:03	0:31:33
4	Michael	Peacock	M	52		Super Sprint	00:08:59	00:13:53	00:08:55	0:31:47
5	Liam	Schoepp	M	20		Super Sprint	00:08:32	00:16:00	00:10:01	0:34:33
6	Alex	Gomez	M	14		Super Sprint	00:05:24	00:18:21	00:11:14	0:34:59
7	Alexander	Johannes	M	15		Super Sprint	00:06:52	00:18:53	00:09:29	0:35:14
8	Daniel	Futeran	M	9		Super Sprint	00:09:45	00:16:13	00:10:00	0:35:58
9	Grant	Cox	M	20		Super Sprint	00:10:29	00:16:34	00:10:23	0:37:26
10	Mark	Fairbanks	M	49		Super Sprint	00:12:47	00:14:03	00:10:36	0:37:26
11	Karl	Van Der Linde	M	44		Super Sprint	00:11:54	00:16:16	00:09:23	0:37:33
12	Riaan	Van Aswegen	M	44		Super Sprint	00:15:35	00:16:50	00:10:49	0:43:14
13	Abdul	Jappie	M	49		Super Sprint	00:15:18	00:16:55	00:13:20	0:45:33
14	Robbie	Pugi	M	67		Super Sprint	00:16:10	00:15:33	00:14:47	0:46:30
15	Abdule	Essack	M	32		Super Sprint	00:14:39	00:18:00	00:14:15	0:46:54
16	Ethan	Fairbanks	M	14		Super Sprint	00:16:36	00:19:40	00:13:03	0:49:19
17	Yaseen	Omar	M	29		Super Sprint	00:15:23	00:24:50	00:12:54	0:53:07
18	Ethan	Mcgurk	M	12		Super Sprint	00:14:18	00:27:16	00:12:41	0:54:15
19	Edmund	Rwamwema	M	23		Super Sprint	00:14:48	00:29:14	00:10:35	0:54:37
20	Jaide	Jacobs	M	25		Super Sprint	00:21:30	00:20:09	00:13:29	0:55:08
21	Ishmaeel	Lakay	M	23		Super Sprint	00:25:35	00:19:53	00:18:39	1:04:07
22	Ridwaan	Arendse	M	51		Super Sprint	00:24:14	00:23:27	00:18:24	1:06:05
23	Christo	Abrahams	M	56		Super Sprint	00:23:50	00:26:50	00:16:34	1:07:14