



# SLANGHOEK

TRIATHLON

## Mountain Bike

21-Oct-17

Group or Category	Pos in		Athlete Details				Split Times			Final Results		
	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Men Long	1	1	64	SML	Michael	Ross	00.23.07	01.15.51	00.42.26	02.21.24	3	
	2	1	15	SVL	Matthew	Daneel	00.23.46	01.14.12	00.47.53	02.25.51	3	
	3	2	9	SVL	James	Chevallier	00.24.20	01.18.18	00.49.29	02.32.07	3	
	4	2	42	SML	Dylan	Janos	00.21.18	01.05.53	01.05.04	02.32.15	3	
	5	3	68	SVL	Christoff	Smit	00.28.57	01.27.31	00.52.29	02.48.57	3	
	6	3	4	SML	Theuns	Botha	00.30.54	01.30.17	00.50.36	02.51.47	3	
	7	4	72	SML	William	Taute	00.27.49	01.31.31	00.53.01	02.52.21	3	
	8	5	38	SML	Martin	Havenga	00.27.17	01.33.42	00.52.36	02.53.35	3	
	9	4	73	SVL	Clyde	Thomas	00.27.36	01.36.41	00.58.17	03.02.34	3	
	10	5	5	SVL	Robin	Brighton	00.27.26	01.34.59	01.01.27	03.03.52	3	
	11	6	77	SVL	Ewald	Van Heerden	00.27.43	01.41.44	00.55.03	03.04.30	3	
	12	6	30	SML	Norval	Geldenhuis	00.35.18	01.37.04	00.56.17	03.08.39	3	
	13	7	11	SVL	Jaco	Coetzee	00.32.26	01.36.04	01.00.30	03.09.00	3	
	14	8	58	SVL	Bernard	Niemand	00.31.42	01.38.45	01.01.15	03.11.42	3	
	15	7	57	SML	Niel	Michau	00.39.51	01.37.31	00.58.01	03.15.23	3	
	16	9	44	SVL	Wayne	Jones	00.34.14	01.40.08	01.01.15	03.15.37	3	
	17	10	70	SVL	Jaryd	Sparg	00.33.58	01.36.17	01.14.34	03.24.49	3	
	18	11	32	SVL	Graeme	Green	00.32.28	01.39.38	01.14.51	03.26.57	3	
	19	12	41	SVL	Joshua	Janks	00.35.14	01.50.27	01.02.17	03.27.58	3	
	20	8	80	SML	Rodet	Yila	00.45.23	01.53.10	00.51.52	03.30.25	3	
	21	9	71	SML	Leander	Steynberg	00.33.24	01.51.52	01.05.59	03.31.15	3	
	22	10	36	SML	Kevin	Harker	00.34.39	01.53.06	01.06.55	03.34.40	3	
	23	13	76	SVL	Lance	Van Der Spuy	00.34.03	01.55.15	01.09.02	03.38.20	3	
	24	11	37	SML	Rohan	Hattingh	00.47.28	01.50.52	01.13.42	03.52.02	3	
	25	12	35	SML	Wouter	Hanekom	00.39.46	02.04.43	01.14.23	03.58.52	3	
	26	13	47	SML	Fanie	Kamfer	00.48.02	02.14.39	01.08.25	04.11.06	3	
	27	14	51	SVL	Clyde	Lewis	00.35.25	02.30.46	01.39.26	04.45.37	3	
	28	--	50	SVL	Ian	Lessem	00.30.29	02.02.35		02.33.04	2	DNF
--	--	2	SML	Aaron	Adler	00.26.50	01.11.39	00.30.53	02.09.22	3	DSQ	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>	<b>Legs</b>	<b>Status</b>
Open Women Long	1	1	75	SWL	Vicky	Van Der Merwe	00.24.28	01.28.21	00.53.27	02.46.16	3	
	2	1	27	SVL	Carine	Gagiano	00.29.25	01.42.48	00.53.19	03.05.32	3	
	3	2	59	SVL	Adele	Niemand	00.34.56	01.38.48	00.52.52	03.06.36	3	
	4	2	21	SWL	Lene	Du Bois	00.29.29	01.42.16	00.58.07	03.09.52	3	
	5	3	43	SVL	Sannelize	Janse Van Rensburg	00.32.18	01.47.56	00.58.01	03.18.15	3	
	6	4	34	SVL	Melissa	Groenink	00.38.14	01.54.20	01.16.45	03.49.19	3	
	--	--	66	SWL	Teresa-Ann	Ruster	00.34.11			00.34.11	1	DNF
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>	<b>Legs</b>	<b>Status</b>
Veteran Men Long	1	1	39	VML	Andrew	Hetherington	00.23.10	01.28.41	00.49.34	02.41.25	3	
	2	2	25	VML	Ralf	Fletcher	00.26.26	01.27.03	01.07.54	03.01.23	3	
	3	3	56	VML	Steven	Mewissen	00.30.18	01.32.56	00.59.45	03.02.59	3	
	4	4	13	VML	Bernard	Coetzee	00.35.45	01.35.13	00.52.41	03.03.39	3	
	5	5	33	VML	Jason	Groenevelt	00.26.05	01.39.01	01.02.34	03.07.40	3	
	6	6	26	VML	Van	Fletcher	00.26.57	01.36.52	01.04.07	03.07.56	3	
	7	7	24	VML	James	Fisher	00.37.27	01.35.16	00.56.05	03.08.48	3	
	8	8	45	VML	Roelof	Joubert	00.29.35	01.31.33	01.08.08	03.09.16	3	
	9	9	48	VML	Jorg	Knorr	00.30.09	01.40.40	01.03.06	03.13.55	3	
	10	10	18	VML	Jandre	De Milander	00.32.34	01.42.14	01.01.16	03.16.04	3	
	11	11	78	VML	Deon	Vermeulen	00.43.32	02.05.33	01.29.46	04.18.51	3	
--	--	61	VML	Bram	Peereboom	00.28.04	03.19.47		03.47.51	2	DNF	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>	<b>Legs</b>	<b>Status</b>
Veteran Women Long	1	1	62	VWL	Tanya	Rabie	00.32.22	01.30.14	01.01.03	03.03.39	3	
	2	2	65	VWL	Sandy	Russell	00.26.23	01.47.07	00.54.57	03.08.27	3	



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	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
<b>Master Men Long</b>	1	1	7	MML	Douglas	Burger	00.26.49	01.32.28	00.53.17	02.52.34	3	
	2	2	55	MML	Holden	Marshall	00.35.05	01.36.02	00.54.26	03.05.33	3	
<b>Master Women Long</b>	1	1	40	MWL	Lizl	Hobson	00.32.56	01.38.56	01.01.49	03.13.41	3	
<b>Open Teams L</b>	1	1	116	OTL	Living The Dream		00.26.47	01.23.57	00.58.41	02.49.25	3	
	2	2	119	OTL	The Geriatrics!		00.22.52	01.23.28	01.06.13	02.52.33	3	
	3	3	118	OTL	Three Wise Men		00.25.29	01.51.00	00.46.50	03.03.19	3	
	4	4	117	OTL	Xterrors		00.25.06	01.37.23	01.03.17	03.05.46	3	
<b>Open Men Sprint</b>	1	1	298	SMS	Dean	Hopf	00.12.08	00.30.25	00.22.24	01.04.57	3	
	2	2	282	SMS	Tim	Toovey	00.13.41	00.31.31	00.23.39	01.08.51	3	
	3	1	183	SVS	David	Durham	00.11.40	00.36.17	00.22.59	01.10.56	3	
	4	1	179	VMS	Willie	De Witt	00.18.19	00.32.59	00.24.21	01.15.39	3	
	5	2	305	SVS	De Beer	Kurt	00.18.55	00.31.22	00.29.13	01.19.30	3	
	6	1	184	MMS	Schalk	Engelbrecht	00.17.48	00.37.25	00.28.07	01.23.20	3	
	7	3	219	SVS	Wouter	Kriegler	00.20.16	00.34.07	00.29.37	01.24.00	3	
	8	4	164	SVS	Daniël	Botha	00.21.24	00.36.20	00.26.23	01.24.07	3	
	9	5	239	SVS	Louis	Muller	00.22.06	00.37.54	00.25.02	01.25.02	3	
	10	3	207	SMS	Simon	Hobbs	00.18.52	00.41.53	00.24.31	01.25.16	3	
	11	6	186	SVS	Shaun	Ferreira	00.25.35	00.32.14	00.27.39	01.25.28	3	
	12	7	203	SVS	Shaun	Harris	00.17.50	00.38.56	00.29.23	01.26.09	3	
	13	8	257	SVS	Wayne	Rademeyer	00.19.06	00.38.41	00.28.37	01.26.24	3	
	14	2	154	VMS	Peter	Baumeister	00.21.27	00.38.53	00.27.10	01.27.30	3	
	15	9	242	SVS	Gideon	Nieuwoudt	00.21.55	00.39.33	00.26.53	01.28.21	3	
	16	10	196	SVS	Paul	Halliday	00.15.58	00.42.46	00.30.57	01.29.41	3	
	17	4	277	SMS	Willem	Steenkamp	00.18.48	00.39.19	00.31.49	01.29.56	3	
	18	3	265	VMS	Chlodwik	Rossouw	00.18.36	00.43.47	00.27.49	01.30.12	3	
	19	4	16	VMS	Alun	Darwood	00.20.37	00.41.11	00.28.24	01.30.12	3	
	20	5	175	SMS	Dean	De Goede	00.22.50	00.40.02	00.28.17	01.31.09	3	
	21	2	297	MMS	William	Marais	00.21.19	00.38.28	00.31.59	01.31.46	3	
	22	11	273	SVS	Francois	Smuts	00.22.48	00.40.31	00.28.32	01.31.51	3	
	23	12	216	SVS	Xander	Kock	00.19.28	00.40.29	00.32.13	01.32.10	3	
	24	3	195	MMS	Leon	Groeneveld	00.20.28	00.41.50	00.30.21	01.32.39	3	
	25	13	292	SVS	Andries	Viljoen	00.24.32	00.38.45	00.32.11	01.35.28	3	
	26	14	227	SVS	Tienie	Loubser	00.22.45	00.39.11	00.33.33	01.35.29	3	
	27	5	293	VMS	Harry	Waldemar-Brown	00.21.21	00.41.43	00.32.37	01.35.41	3	
	28	4	194	MMS	Gavin	Goldblatt	00.19.23	00.43.09	00.33.43	01.36.15	3	
	29	6	246	VMS	Mark	Paterson	00.16.28	00.46.00	00.34.16	01.36.44	3	
	30	7	191	VMS	Rob	Gerdzen	00.20.02	00.39.51	00.37.54	01.37.47	3	
	31	6	173	SMS	Warwick	Cross	00.20.06	00.42.01	00.36.16	01.38.23	3	
	32	8	241	VMS	Roche	Nicholson	00.19.55	00.43.05	00.36.09	01.39.09	3	
	33	15	223	SVS	Thom	Le Roux	00.29.13	00.40.17	00.29.56	01.39.26	3	
	34	9	199	VMS	Sam	Hamman	00.25.11	00.40.34	00.34.03	01.39.48	3	
	35	10	225	VMS	Pieter	Le Roux	00.23.17	00.46.08	00.30.55	01.40.20	3	
	36	11	181	VMS	J P	Du Plessis	00.29.59	00.37.10	00.33.23	01.40.32	3	
	37	16	153	SVS	Thomas	Ashcroft	00.22.29	00.48.58	00.29.53	01.41.20	3	
	38	12	193	VMS	Francois	Gertze	00.20.56	00.48.00	00.34.53	01.43.49	3	
	39	17	169	SVS	Willie	Conradie	00.27.46	00.45.26	00.31.50	01.45.02	3	
	40	5	290	MMS	Erik	Van Veen	00.25.21	00.45.55	00.35.30	01.46.46	3	
	41	18	250	SVS	Coert	Postma	00.24.12	00.46.51	00.35.54	01.46.57	3	
	42	13	232	VMS	Brandon	Maggen	00.20.40	00.50.20	00.36.34	01.47.34	3	
	43	14	180	VMS	Shaun	Diamond	00.20.44	00.50.21	00.36.30	01.47.35	3	
	44	15	156	VMS	Dorian	Benson	00.19.58	00.46.14	00.42.39	01.48.51	3	



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	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Men Sprint	45	16	287	VMS	Riaan	Van Eeden	00.21.18	00.45.48	00.42.06	01.49.12	3	
	46	19	259	SVS	Gregg	Ransby	00.20.59	00.44.26	00.44.41	01.50.06	3	
	47	1	159	GMS	Gustav	Bester	00.21.59	00.46.43	00.41.58	01.50.40	3	
	48	7	272	SMS	Stefan	Smith	00.28.03	00.54.50	00.28.03	01.50.56	3	
	49	2	206	GMS	Allan	Hobbs	00.24.25	00.46.30	00.40.03	01.50.58	3	
	50	17	240	VMS	Desi	Nair	00.24.06	00.51.43	00.35.16	01.51.05	3	
	51	18	268	VMS	Faried	Saferdien	00.23.59	00.51.47	00.35.20	01.51.06	3	
	52	8	151	SMS	Bilal	Alexander	00.23.20	01.05.56	00.25.12	01.54.28	3	
	53	19	190	VMS	Lottering	Gavin	00.22.42	00.54.29	00.37.51	01.55.02	3	
	54	20	208	VMS	Riaan	Hols	00.23.56	00.50.44	00.41.32	01.56.12	3	
	55	21	262	VMS	Tracey	Rheeder	00.49.54	00.38.19	00.30.36	01.58.49	3	
	56	20	271	SVS	Rhodes	Smith	00.22.39	00.54.54	00.41.50	01.59.23	3	
	57	21	202	SVS	Mark	Hamman	00.25.39	00.55.32	00.38.35	01.59.46	3	
	58	22	251	SVS	Ruan	Pretorius	00.23.13	00.49.44	00.48.39	02.01.36	3	
	59	23	162	SVS	Nico	Blignaut	00.23.08	00.49.44	00.48.44	02.01.36	3	
	60	22	245	VMS	David	Papenfus	00.23.35	00.51.29	00.49.28	02.04.32	3	
	61	24	278	SVS	Ameen	Stemmet	00.24.50	01.01.09	00.44.17	02.10.16	3	
	62	25	229	SVS	Gideon	Louw	00.56.35	00.53.22	00.39.59	02.29.56	3	
	63	23	166	VMS	Luhann	Brink	00.27.51	01.08.19	00.56.26	02.32.36	3	
	64	9	275	SMS	Ziyaad	Solomon	00.21.23	01.45.42	00.33.56	02.41.01	3	
	65	24	252	VMS	Wilhelm	Punt	01.00.43	01.06.27	00.47.53	02.55.03	3	
66	3	187	GMS	Richard	Fletcher	00.48.00	01.08.56	01.00.52	02.57.48	3		
--	--	213	VMS	Wagner	Jordaan							DNF
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Women Sprint	1	1	281	SWS	Mellusca	Toovey	00.13.31	00.34.41	00.23.22	01.11.34	3	
	2	2	304	SWS	Lucy	Gauntlett	00.14.44	00.39.36	00.27.23	01.21.43	3	
	3	3	231	SWS	Robyn	Luden	00.19.23	00.38.12	00.28.27	01.26.02	3	
	4	4	289	SWS	Renscha	Van Heerden	00.18.19	00.42.12	00.25.38	01.26.09	3	
	5	5	177	SWS	Amri	De Jong	00.19.26	00.39.48	00.29.24	01.28.38	3	
	6	1	188	SXS	Karla	Fletcher	00.19.02	00.44.51	00.24.56	01.28.49	3	
	7	6	248	SWS	Lara	Paul	00.15.28	00.43.42	00.32.15	01.31.25	3	
	8	7	249	SWS	Alta	Pellissier	00.14.20	00.48.49	00.29.40	01.32.49	3	
	9	8	197	SWS	Ineke	Halliday	00.19.31	00.45.32	00.28.29	01.33.32	3	
	10	9	220	SWS	Hanri	Kriegler	00.21.49	00.38.48	00.34.50	01.35.27	3	
	11	1	212	VWS	Erika	Jordaan	00.25.30	00.41.26	00.30.29	01.37.25	3	
	12	2	285	VWS	Carol	Van Eeden	00.19.38	00.45.34	00.32.33	01.37.45	3	
	13	2	238	SXS	Lisa	Muir	00.19.09	00.45.08	00.34.02	01.38.19	3	
	14	3	267	VWS	Leigh	Rynhoud	00.20.46	00.45.00	00.34.07	01.39.53	3	
	15	3	247	SXS	Jacquelyn	Paterson	00.20.04	00.47.22	00.32.43	01.40.09	3	
	16	10	189	SWS	Yadah	Fourie	00.20.09	00.43.28	00.38.02	01.41.39	3	
	17	4	198	VWS	Robyn	Hamman	00.22.10	00.44.30	00.36.46	01.43.26	3	
	18	4	303	SXS	Annarette	Van Rensburg	00.19.28	00.44.20	00.40.02	01.43.50	3	
	19	11	276	SWS	Isme	Steenkamp	00.16.37	00.54.15	00.33.05	01.43.57	3	
	20	5	185	SXS	Mary	Faulks	00.20.30	00.45.44	00.38.19	01.44.33	3	
	21	1	205	MWS	Brenda	Hobbs	00.20.23	00.50.05	00.34.26	01.44.54	3	
	22	6	168	SXS	Ronette	Conradie	00.25.45	00.48.34	00.32.17	01.46.36	3	
	23	5	215	VWS	Liesl	Keuler	00.20.52	00.47.45	00.39.24	01.48.01	3	
	24	6	152	VWS	Charlotte	Andrag	00.19.35	00.56.57	00.33.52	01.50.24	3	
	25	12	209	SWS	Jonel	Jacobs	00.20.57	00.53.58	00.36.33	01.51.28	3	
	26	7	295	VWS	Anne-Marie	White	00.16.16	01.00.01	00.35.11	01.51.28	3	
	27	7	288	SXS	Genevieve	Van Gysen	00.21.01	00.55.48	00.35.57	01.52.46	3	
	28	8	306	SXS	Nicole	Birch	00.21.47	00.54.16	00.41.12	01.57.15	3	
	29	9	261	SXS	Marelize	Raubenheimer	00.26.34	00.50.35	00.40.09	01.57.18	3	
	30	10	279	SXS	Nina	Steyn	00.24.47	00.59.13	00.33.18	01.57.18	3	
	31	11	255	SXS	Marilize	Putter	00.25.10	00.50.02	00.42.42	01.57.54	3	



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Open Women Sprint	32	12	170	SXS	Hanlie	Costa	00:27.20	00:47.59	00:42.55	01:58.14	3	
	33	8	269	VWS	Leandi	Schoeman	00:24.45	00:50.32	00:42.57	01:58.14	3	
	34	13	266	SXS	Andrea	Rostron	00:27.35	00:56.14	00:34.56	01:58.45	3	
	35	14	228	SXS	Ammie	Louw	00:26.32	00:53.21	00:40.03	01:59.56	3	
	36	9	178	VWS	Alita	De Witt	00:23.06	01:05.57	00:37.47	02:06.50	3	
	37	10	163	VWS	Annelize	Blom	00:21.44	00:59.57	00:46.25	02:08.06	3	
	38	11	230	VWS	Lisa	Louw	00:28.04	00:53.43	00:47.10	02:08.57	3	
	39	2	296	MWS	Belinda	Marais	00:52.29	00:40.43	00:36.27	02:09.39	3	
	40	12	291	VWS	Melanie	Van Wyk	00:21.42	00:59.56	00:49.04	02:10.42	3	
	41	13	254	VWS	Fiona	Punt	00:30.50	01:06.26	00:47.46	02:25.02	3	
42	14	263	VWS	Victoria	Roberts	00:32.47	01:10.49	00:42.09	02:25.45	3		
43	15	274	VWS	Isabella	Snyman	00:32.49	01:10.53	00:42.03	02:25.45	3		
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>	<b>Legs</b>	<b>Status</b>
Junior Men Sprint	1	1	270	JMS	David	Sher	00:14.19	00:32.32	00:19.51	01:06.42	3	
	2	2	172	JMS	Samuel	Courts	00:12.10	00:35.46	00:19.48	01:07.44	3	
	3	3	299	JMS	Hector	Burger	00:17.46	00:37.34	00:29.34	01:24.54	3	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>	<b>Legs</b>	<b>Status</b>
Junior Women Sprint	1	1	155	JWS	Michaela	Beaton	00:16.33	00:36.35	00:28.11	01:21.19	3	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>	<b>Legs</b>	<b>Status</b>
Open Teams S	1	1	312	OTS	Grannygear		00:11.51	00:28.02	00:22.15	01:02.08	3	
	2	2	311	OTS	Grannygear1		00:12.16	00:28.29	00:24.46	01:05.31	3	
	3	3	314	OTS	Gonnabe Warriors		00:14.02	00:32.02	00:21.51	01:07.55	3	
	4	4	318	OTS	Sydsationals		00:14.56	00:37.55	00:28.50	01:21.41	3	
	5	5	316	OTS	Silver Dream Racers		00:16.09	00:44.25	00:34.03	01:34.37	3	
	6	6	313	OTS	Blommeventures		00:18.59	00:38.58	00:37.01	01:34.58	3	
	7	7	315	OTS	Voorwaards		00:18.39	00:50.03	00:28.31	01:37.13	3	
	8	8	317	OTS	De Coito		00:16.49	00:42.06	00:39.22	01:38.17	3	
	9	9	310	OTS	French Dragons		00:24.29	00:50.55	00:36.01	01:51.25	3	
	10	10	319	OTS	Splash, Flash & Dash		00:24.58	00:50.28	00:36.06	01:51.32	3	
	11	11	320	OTS	The Three Musketeers		00:25.24	00:51.40	00:37.57	01:55.01	3	