

Slanghoek Triathlon

29 October 2011

Slanghoek Valley

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Women ROAD Tri	1	1	50	OWL	Claire Horner	02.45.18	1	
	2	1	257	VWL	Viv Williams	02.52.29	1	
	3	2	114	OWL	Jayde Morison	03.01.51	1	
	4	3	251	OWL	Tracy Markham	03.02.18	1	
	5	4	35	OWL	Candice - Jane Morrison	03.07.17	1	
	6	5	264	OWL	Yolandi Visser	03.07.51	1	
	7	2	225	VWL	Sandy Mattison	03.10.09	1	
	8	6	33	OWL	Britt Hyland	03.12.10	1	
	9	7	39	OWL	Cathy Weedall	03.15.24	1	
	10	8	224	OWL	Sally Waterworth	03.16.08	1	
	11	9	151	OWL	Liezel Gey Van Pittius	03.20.18	1	
	12	10	19	OWL	Anne Breidenthal	03.21.45	1	
	13	11	143	OWL	Kerry Galatis	03.23.14	1	
	14	12	197	OWL	Ondine Julyan	03.24.04	1	
	15	13	142	OWL	Keri Delport	03.24.36	1	
	16	14	181	OWL	Milly Niemand	03.25.53	1	
	17	3	72	VWL	Elize Kloppers	03.26.08	1	
	18	4	21	VWL	Aretha Eksteen	03.26.34	1	
	19	15	73	OWL	Elize Van Staden	03.27.25	1	
	20	16	22	OWL	Audrey Searl	03.27.43	1	
	21	17	121	OWL	Jessica Cloete	03.28.02	1	
	22	18	139	OWL	Karla Kik	03.31.30	1	
	23	19	148	OWL	Leanne Grobbelaar	03.32.28	1	
	24	5	46	VWL	Christa Mulder	03.32.35	1	
	25	6	26	VWL	Bev Baker	03.35.24	1	
	26	20	138	OWL	Karen Botes	03.35.34	1	
	27	21	265	OWL	Yvette Phillips	03.35.45	1	
	28	22	6	OWL	Alisha Myers	03.36.59	1	
	29	7	74	VWL	Esme Gatzanis	03.39.58	1	
	30	23	18	OWL	Angela Badenhorst	03.41.06	1	
	31	24	177	OWL	Michelle Adler	03.41.19	1	
	32	25	156	OWL	Lynne Kemp	03.42.03	1	
	33	26	170	OWL	Mia Sonntag	03.42.15	1	
	34	27	28	OWL	Bonnie Strange	03.42.16	1	
	35	28	67	OWL	Dyanne Cruickshank	03.42.28	1	
	36	8	212	VWL	Riana Wernich	03.42.52	1	
	37	9	150	VWL	Liesl Ribeiro	03.43.27	1	
	38	29	277	OWL	Nives Scarborough	03.45.40	1	
	39	30	101	OWL	Hilda Hopking	03.45.49	1	
	40	31	247	OWL	Tara Solomon	03.51.17	1	
	41	32	47	OWL	Christie Cronje	03.51.20	1	
	42	33	147	OWL	Layla Liebetrau	03.52.18	1	
	43	34	146	OWL	Lauren Derby-Lewis	03.52.25	1	
	44	35	171	OWL	Mia Mocke	03.53.16	1	
	45	36	246	OWL	Tara Frohlich	03.54.18	1	
	46	37	196	OWL	Olivia Alfheim	03.54.27	1	

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	All	Cat	No	Cat	Name	Time	Laps	Remarks
	47	38	75	OWL	Estea Volschenk	03.55.35	1	
	48	39	65	OWL	Dominique De Lapelin Dumont	03.58.04	1	
	49	40	125	OWL	Joanne Anderson	03.58.11	1	
	50	10	38	VWL	Caroline Wyatt	04.02.37	1	
	51	41	149	OWL	Lienke Janse Van Rensburg	04.02.57	1	
	52	42	176	OWL	Michele Lewis	04.03.08	1	
	53	43	96	OWL	Helen Kock	04.04.13	1	
	54	44	227	OWL	Sarah Alexander	04.06.28	1	
	55	45	124	OWL	Jo Cruse	04.06.38	1	
	56	46	140	OWL	Kate Lewin	04.06.44	1	
	57	47	273	OWL	Jenny Horn	04.06.45	1	
	58	48	169	OWL	Meg Holtzhausen	04.09.40	1	
	59	49	589	OWL	Kerri Lowrie	04.16.29	1	
	60	50	71	OWL	Eileen Ketterer	04.17.28	1	
	61	51	159	OWL	Marion Kritzinger	04.18.41	1	
	62	52	226	OWL	Sarah Smith	04.25.48	1	
	63	53	153	OWL	Lisa Laubser	04.31.06	1	
	64	54	103	OWL	Inge Hansen	04.31.47	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Men ROAD Tri	1	1	51	OML	Clemens Coenen	02.25.57	1	
	2	2	209	OML	Raoul De Jongh	02.29.17	1	
	3	3	30	OML	Bradley Weiss	02.36.04	1	
	4	4	253	OML	Tristan Kelly	02.39.03	1	
	5	5	62	OML	Dawid Visser	02.41.03	1	
	6	1	99	VML	Henry Wolstenholme	02.44.58	1	
	7	6	222	OML	Ryan Binedell	02.45.37	1	
	8	7	198	OML	Paul Hillard	02.46.46	1	
	9	8	219	OML	Ross Rivalland	02.47.30	1	
	10	9	278	OML	Niels Meissner	02.47.53	1	
	11	10	175	OML	Michael Redington	02.48.00	1	
	12	11	186	OML	Nardus Matthysen	02.48.32	1	
	13	12	241	OML	Steve Attwell	02.49.35	1	
	14	13	243	OML	Stewart Rew	02.50.29	1	
	15	14	133	OML	Jonty Low	02.50.34	1	
	16	2	201	VML	Paul Ingpen	02.50.52	1	
	17	15	132	OML	Jonathan Larcombe	02.51.18	1	
	18	16	145	OML	Kobus Meyer	02.52.30	1	
	19	3	43	VML	Chris De Villiers	02.53.27	1	
	20	17	280	OML	Andrew Slot	02.53.48	1	
	21	18	261	OML	Willem Van Der Merwe	02.54.10	1	
	22	4	252	VML	Trevor Petersen	02.54.54	1	
	23	19	174	OML	Michael Arbuthnot	02.56.05	1	
	24	20	249	OML	Theodor Gutsche	02.56.23	1	
	25	21	208	OML	Pieter Boer	02.56.52	1	
	26	22	137	OML	Karel Van Wyk	02.57.22	1	
	27	5	76	VML	Evan Jones	02.57.46	1	

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	All	Cat	No	Cat	Name	Time	Laps	Remarks
	28	6	180	VML	Mike Odonovan	02.58.21	1	
	29	7	206	VML	Peter Huber	02.59.56	1	
	30	23	128	OML	Johan Volschenk	03.00.23	1	
	31	24	90	OML	Graeme Edwards	03.02.19	1	
	32	25	275	OML	David Talbot	03.03.10	1	
	33	26	127	OML	Joe Pieterse	03.03.10	1	
	34	27	60	OML	David Sullivan	03.03.19	1	
	35	28	229	OML	Scott Tait	03.04.21	1	
	36	8	2	VML	Adrian Renaud	03.04.22	1	
	37	9	279	VML	Simon Draver	03.04.29	1	
	38	29	58	OML	Darrel Sander	03.04.42	1	
	39	30	193	OML	Nick Turner	03.05.08	1	
	40	31	136	OML	Justin De Jager	03.05.40	1	
	41	32	269	OML	Juan-Paul Carstens	03.05.56	1	
	42	33	178	OML	Michiel Nicolaas Wasserfall	03.06.18	1	
	43	34	110	OML	Jacus Engelbrecht Engelbrecht	03.06.27	1	
	44	35	237	OML	Steffan Sonntag	03.07.14	1	
	45	10	17	VML	Andries De Jager	03.07.26	1	
	46	11	63	VML	Deon Muller	03.07.28	1	
	47	36	234	OML	Simon Gregory	03.07.43	1	
	48	12	84	VML	Gert Wilkins	03.08.38	1	
	49	37	163	OML	Mark Sochen	03.09.19	1	
	50	13	14	VML	Andrew Quinlan	03.09.51	1	
	51	38	165	OML	Martin Crosoer	03.09.52	1	
	52	14	13	VML	Andrew Lewis	03.09.56	1	
	53	15	54	VML	Damian Jones	03.09.57	1	
	54	39	230	OML	Sean Tait	03.10.12	1	
	55	40	11	OML	Andrew Coultas	03.10.57	1	
	56	16	95	VML	Hans Egli	03.11.19	1	
	57	17	161	VML	Mark Wright	03.11.19	1	
	58	41	9	OML	Alistair Kane	03.11.42	1	
	59	42	233	OML	Selaotswe Tlhakuli	03.12.04	1	
	60	18	88	VML	Glenn Buchinsky	03.12.56	1	
	61	43	194	OML	Nico Van Der Walt	03.13.18	1	
	62	44	41	OML	Charl Pienaar	03.13.50	1	
	63	45	64	OML	Dominic Bothner	03.14.09	1	
	64	46	34	OML	Burger Engelbrecht	03.14.52	1	
	65	19	164	VML	Mark Van Rensburg	03.14.53	1	
	66	47	59	OML	David Van Vlaanderen	03.14.53	1	
	67	48	80	OML	Gareth Edwards	03.15.08	1	
	68	49	115	OML	Jean Roux	03.15.18	1	
	69	50	15	OML	Andrew Sanvido	03.16.06	1	
	70	51	144	OML	Kevin Black	03.16.16	1	
	71	52	221	OML	Russ Smith	03.17.13	1	
	72	20	61	VML	David Wilsenach	03.18.37	1	
	73	53	200	OML	Paul Gillingham	03.19.03	1	

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	All	Cat	No	Cat	Name	Time	Laps	Remarks
	74	54	172	OML	Michael Comninos	03.19.11	1	
	75	55	238	OML	Stephen De Coito	03.19.25	1	
	76	56	78	OML	Francois Herselman	03.20.19	1	
	77	57	79	OML	Gareth Dragt	03.21.43	1	
	78	21	254	VML	Valentine Nefdt	03.21.55	1	
	79	58	202	OML	Paul Ness	03.23.52	1	
	80	22	25	VML	Bernard Jonker	03.24.37	1	
	81	23	102	VML	Holden Marshall	03.24.50	1	
	82	59	182	OML	Morne Van Greunen	03.25.08	1	
	83	60	100	OML	Hermanus De Jager	03.25.09	1	
	84	24	214	VML	Richard Phillips	03.25.32	1	
	85	61	183	OML	Morne Botha	03.26.07	1	
	86	62	131	OML	John Gilchrist	03.26.18	1	
	87	63	70	OML	Ehrich Kruger	03.27.03	1	
	88	64	87	OML	Gino Cocchiaro	03.27.25	1	
	89	25	231	VML	Sean Fluke	03.28.52	1	
	90	65	242	OML	Steve Ciolli	03.28.53	1	
	91	66	129	OML	Johan Bekker	03.29.39	1	
	92	67	195	OML	Oliver Lyon	03.29.59	1	
	93	68	48	OML	Christopher Haig	03.30.25	1	
	94	69	45	OML	Chris Krafft	03.32.22	1	
	95	70	130	OML	Johann-Marais Bezuidenhout	03.32.45	1	
	96	71	32	OML	Brian Piccione	03.33.05	1	
	97	72	213	OML	Richard Fritz	03.33.12	1	
	98	73	274	OML	Terence Gillespie	03.33.14	1	
	99	26	271	VML	Steve Goodill	03.33.50	1	
	100	27	12	VML	Andrew Gray	03.36.24	1	
	101	74	217	OML	Rob Lewin	03.37.24	1	
	102	28	16	VML	Andrew Selby	03.38.09	1	
	103	75	98	OML	Henry Whitehead	03.40.17	1	
	104	29	240	VML	Stephen Peirce	03.41.00	1	
	105	30	57	VML	Danie Le Roux	03.41.12	1	
	106	31	239	VML	Stephen Jeffery	03.41.32	1	
	107	76	106	OML	Jaco Van Eeden	03.42.22	1	
	108	77	77	OML	Fanie Nel	03.42.32	1	
	109	78	56	OML	Danie Kritzinger	03.43.24	1	
	110	79	167	OML	Matthew Tintinger	03.43.37	1	
	111	80	3	OML	Aidan Henebry	03.44.00	1	
	112	81	235	OML	Simon Griffith	03.44.47	1	
	113	32	154	VML	Lodi Cronje	03.45.07	1	
	114	82	66	OML	Duncan Greenwood	03.45.44	1	
	115	83	94	OML	Greg Eden	03.47.19	1	
	116	84	179	OML	Miguel Netto	03.48.12	1	
	117	33	5	VML	Alan Bradley	03.48.56	1	
	118	34	82	VML	Gavin Collins	03.49.03	1	
	119	85	188	OML	Nelius Oosthuizen	03.49.06	1	

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	All	Cat	No	Cat	Name	Time	Laps	Remarks
	120	86	276	OML	James Zyson	03.50.20	1	
	121	35	91	VML	Grant Emary	03.51.15	1	
	122	87	69	OML	Edmund-Douw Jacobs	03.51.24	1	
	123	36	281	VML	Andrew Davis	03.52.19	1	
	124	88	184	OML	Morne Van Staden	03.52.24	1	
	125	89	588	OML	Chris Norton	03.52.39	1	
	126	37	205	VML	Pete Shannon	03.52.41	1	
	127	90	157	OML	Marc Bester	03.53.15	1	
	128	91	123	OML	Jj Serfontein	03.55.55	1	
	129	92	134	OML	Jos Balk	03.56.28	1	
	130	93	1	OML	Aashiq Ismail	03.56.56	1	
	131	94	192	OML	Nick Smith	03.57.33	1	
	132	38	68	VML	Ean Steenkamp	03.57.34	1	
	133	95	111	OML	James Bayhack	03.57.53	1	
	134	96	107	OML	Jaco Janse Van Rensburg	03.58.03	1	
	135	97	55	OML	Danië«L Botha	03.59.30	1	
	136	39	263	VML	Willie Kroukamp	04.00.40	1	
	137	98	270	OML	Matt Spicer	04.02.14	1	
	138	99	155	OML	Louis Daffarn	04.03.25	1	
	139	100	232	OML	Sean Lavery	04.03.31	1	
	140	40	162	VML	Mark Dunkley	04.03.34	1	
	141	101	92	OML	Grant Fourie	04.03.55	1	
	142	41	190	VML	Nic Louw	04.06.11	1	
	143	102	262	OML	Willem Pretorius	04.07.43	1	
	144	42	210	VML	Reggie Niemand	04.12.18	1	
	145	103	109	OML	Jacques Du Plessis	04.18.04	1	
	146	104	52	OML	Cole Stanton	04.31.06	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Road Open Teams	1	1	268	OTL	Greg Kempe	02.58.05	1	
	2	2	267	OTL	Adrian De Jonge	03.10.02	1	
	3	3	266	OTL	Mark Roberts	03.51.22	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Women MTB Long	1	1	305	OWM	Berlize Du Plessis	02.53.35	1	
	2	2	354	OWM	Colleen De Oliveira	02.59.08	1	
	3	3	352	OWM	Tammy Foyn	02.59.54	1	
	4	4	333	OWM	Katerina Slegrova	03.02.26	1	
	5	5	343	OWM	Nicole Marais	03.11.24	1	
	6	6	301	OWM	Adel Ferreira	03.37.49	1	
	7	1	315	VWM	Emma Cilliers	03.54.35	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Men MTB Long	1	1	312	OMM	David Morison	02.14.09	1	
	2	2	600	OMM	Rohan Kennedy	02.24.37	1	
	3	3	338	OMM	Marsel Roos	02.31.54	1	
	4	4	339	OMM	Matthew Blake	02.33.01	1	
	5	5	306	OMM	Bernard Griesel	02.34.01	1	
	6	1	326	VMM	Gustav Hefer	02.35.01	1	

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	7	2	346	VMM	Pierre Conradie	02.37.47	1	
	8	6	336	OMM	Louis Goldberg	02.41.41	1	
	9	3	311	VMM	Danie Cronje	02.41.45	1	
	10	7	307	OMM	Bryan W M Allott	02.49.42	1	
	11	8	334	OMM	Kevin Flanagan	02.56.14	1	
	12	4	304	VMM	Andre Le Grange	02.57.08	1	
	13	5	322	VMM	Gideon Van Zyl	02.58.06	1	
	14	9	325	OMM	Graeme Green	03.00.37	1	
	15	10	310	OMM	Danie Du Toit	03.02.52	1	
	16	11	317	OMM	Francois Knoetze	03.03.37	1	
	17	6	327	VMM	Ian Ross	03.09.15	1	
	18	7	331	VMM	Johann Van Der Vyver	03.09.29	1	
	19	12	318	OMM	Gavin Copeland	03.10.11	1	
	20	13	345	OMM	Phil Hulse	03.11.22	1	
	21	14	348	OMM	Riad Ahmed	03.11.32	1	
	22	8	335	VMM	Lombard Steyn	03.11.53	1	
	23	15	323	OMM	Glaxton Robinson	03.17.11	1	
	24	16	313	OMM	David Burger	03.18.31	1	
	25	9	319	VMM	Gavin Brent	03.18.43	1	
	26	17	340	OMM	Mohsin Tajbhai	03.27.08	1	
	27	18	316	OMM	Francois Van Schouwenburg	03.27.55	1	
	28	10	314	VMM	David Howard	03.38.08	1	
	29	19	329	OMM	Jason Smith	03.49.02	1	
	30	20	308	OMM	Chris Thiar	03.49.30	1	
	31	21	347	OMM	Quinton Anthony	03.54.38	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
MTB Long Open Teams	1	1	356	OTM	Janine Coleske	02.36.34	1	
	2	2	360	OTM	Pieter Carstens	02.49.34	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Women MTB Short	1	1	455	OWS	Madelie Van Der Westhuizen	01.29.42	1	
	2	2	427	OWS	Jenny Close	01.43.35	1	
	3	3	436	OWS	Kate Munnik	01.45.22	1	
	4	4	464	OWS	Marika Smith	01.47.15	1	
	5	5	417	OWS	Ilse Esterhuyse	01.50.35	1	
	6	1	404	VWS	Elma Van Noordwyk	01.51.10	1	
	7	6	377	OWS	Carol Ann Kinsley	01.54.51	1	
	8	7	449	OWS	Lizelle Sweeney	01.59.14	1	
	9	8	443	OWS	Leeann Geurrini	02.01.14	1	
	10	2	447	VWS	Liza Adlem	02.02.25	1	
	11	3	504	VWS	Sonelle Slabbert	02.02.30	1	
	12	9	474	OWS	Mieke Uys	02.02.47	1	
	13	10	378	OWS	Catherine Hanauer	02.03.02	1	
	14	11	401	OWS	Driekie Van Dyk	02.03.13	1	
	15	12	383	OWS	Christine Van Der Merwe	02.05.17	1	
	16	4	507	VWS	Stella Ghisleni	02.06.19	1	
	17	13	390	OWS	Colleen Harrison	02.08.35	1	

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	18	14	511	OWS	Tania Garny	02.09.58	1	
	19	15	517	OWS	Tracey Rademeyer	02.11.08	1	
	20	5	527	VWS	Yvonne Sonntag	02.14.48	1	
	21	6	519	VWS	Vicki Shaw	02.15.35	1	
	22	7	460	VWS	Maresa Maree	02.16.54	1	
	23	16	367	OWS	Alison Stokes	02.19.18	1	
	24	8	412	VWS	Gill Robey	02.21.21	1	
	25	17	371	OWS	Ame Cowley	02.23.31	1	
	26	18	442	OWS	Lauren Nortje	02.24.26	1	
	27	19	446	OWS	Lindie Van Vlaanderen	02.26.17	1	
	28	20	493	OWS	Rina Van Der Merwe	02.28.50	1	
	29	9	441	VWS	Lara Woodburn	02.30.38	1	
	30	21	426	OWS	Janie Nel	02.34.45	1	
	31	22	466	OWS	Marisha Du Plessis	02.34.53	1	
	32	10	541	VWS	Lynne Manson-Kullen	02.41.05	1	
	33	11	450	VWS	Lizelle Botha	02.42.15	1	
	34	12	375	VWS	Burd Carolina	02.43.17	1	
	35	23	512	OWS	Tanja Bosch	02.44.00	1	
	36	13	369	VWS	Alison Du Toit	02.45.03	1	
	37	24	483	OWS	Olivia Ness	02.48.34	1	
	38	14	387	VWS	Cisca Van Zyl	02.48.43	1	
	39	25	372	OWS	Amelia Conradie	02.51.25	1	
	40	26	465	OWS	Marina Evans	02.51.35	1	
	41	27	445	OWS	Liezel Nicholas	02.51.36	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Men MTB Short	1	1	453	OMS	Luke Ferguson	01.27.05	1	
	2	2	515	OMS	Tim Toovey	01.28.07	1	
	3	3	503	OMS	Shaun Golding	01.28.12	1	
	4	4	526	OMS	Wynand Malan	01.29.48	1	
	5	5	406	OMS	Ewald Van Heerden	01.31.32	1	
	6	6	524	OMS	Wesley Jones	01.35.12	1	
	7	7	471	OMS	Matthew Cheney	01.35.20	1	
	8	8	423	OMS	Jan De Villiers	01.35.57	1	
	9	1	500	VMS	Schalk Engelbrecht	01.36.55	1	
	10	9	523	OMS	Werner Brä¼Ckner	01.38.04	1	
	11	10	513	OMS	Tertius Coetzee	01.38.05	1	
	12	11	432	OMS	John Stewart	01.40.06	1	
	13	12	487	OMS	Pierre Rossouw	01.40.30	1	
	14	13	498	OMS	Ryall Daniells	01.41.40	1	
	15	14	478	OMS	Nelson Broden	01.43.38	1	
	16	15	365	OMS	Alex Woerz	01.43.41	1	
	17	16	494	OMS	Robert Crankshaw	01.44.29	1	
	18	2	497	VMS	Rudiger Sonntag	01.44.49	1	
	19	17	480	OMS	Nico Steyn	01.48.34	1	
	20	18	420	OMS	Jacques Basson	01.49.11	1	
	21	19	518	OMS	Trevor Rolfe	01.49.35	1	

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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	22	20	361	OMS	Abrie Pretorius	01.50.02	1	
	23	3	444	VMS	Leon Groeneveld	01.50.44	1	
	24	21	490	OMS	Riaan Meyer	01.51.04	1	
	25	22	407	OMS	Ewoud Potgieter	01.51.21	1	
	26	4	479	VMS	Nicklaus Kellermann	01.52.01	1	
	27	5	488	VMS	Pietro Guerrini	01.53.39	1	
	28	6	399	VMS	Donald Mouton	01.53.54	1	
	29	23	374	OMS	Brent Shield	01.55.02	1	
	30	7	382	VMS	Christiaan Van Schalkwyk	01.57.07	1	
	31	24	366	OMS	Alexandar (Sasha) Georgiev	01.57.16	1	
	32	25	531	OMS	Tim Marrian	01.57.19	1	
	33	8	433	VMS	John Wood	01.57.50	1	
	34	9	396	VMS	Derek Sutton	01.57.52	1	
	35	10	389	VMS	Clive Randell	01.57.54	1	
	36	11	411	VMS	Gian Palermo	01.57.58	1	
	37	26	376	OMS	Carlo Mariani	01.58.38	1	
	38	27	410	OMS	Gerald Steenkamp	01.59.03	1	
	39	12	409	VMS	Francois Slabbert	01.59.39	1	
	40	28	545	OMS	Shane Murray	01.59.41	1	
	41	29	364	OMS	Alan Hardaker	01.59.57	1	
	42	30	381	OMS	Chris Nuttal	01.59.57	1	
	43	13	425	VMS	Jan Gabriel Du Plessis	02.00.05	1	
	44	31	405	OMS	Etienne Olivier	02.00.12	1	
	45	32	521	OMS	Warren Douglas	02.00.24	1	
	46	33	424	OMS	Jan Nagel	02.00.48	1	
	47	34	544	OMS	Magamat Sallie	02.01.09	1	
	48	35	440	OMS	Kyle Dodds	02.01.19	1	
	49	36	373	OMS	Antonius Gerhardus Verhoeven	02.01.42	1	
	50	37	438	OMS	Ken King	02.01.46	1	
	51	38	392	OMS	Daniel Appel	02.02.07	1	
	52	39	539	OMS	Gert Kroukamp	02.02.14	1	
	53	40	486	OMS	Philipp Worz	02.02.16	1	
	54	41	414	OMS	Hendri Hamman	02.03.15	1	
	55	42	408	OMS	Francois Swart	02.03.17	1	
	56	14	525	VMS	William King	02.03.47	1	
	57	43	502	OMS	Shaheed Adams	02.04.48	1	
	58	44	434	OMS	Josh Ogada	02.05.40	1	
	59	45	509	OMS	Stuart Allen	02.06.14	1	
	60	46	542	OMS	Sharief Shabordien	02.07.07	1	
	61	47	491	OMS	Richard Fisher	02.07.19	1	
	62	15	508	VMS	Steven Burd	02.08.00	1	
	63	48	522	OMS	Wayne Rademeyer	02.08.40	1	
	64	49	481	OMS	Nicolaas Van Der Merwe	02.09.18	1	
	65	50	384	OMS	Christo Hauptfleisch	02.09.19	1	
	66	16	391	VMS	Dalene Steyn	02.09.21	1	
	67	51	394	OMS	Dawid Krynauw	02.09.22	1	

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	All	Cat	No	Cat	Name	Time	Laps	Remarks
	68	52	459	OMS	Marchant Van Wyk	02.09.40	1	
	69	53	452	OMS	Lloyd Nagel	02.10.47	1	
	70	54	421	OMS	Jan Van Zyl	02.12.59	1	
	71	55	477	OMS	Naas Muller	02.13.00	1	
	72	56	415	OMS	Hugo Minnie	02.13.01	1	
	73	17	540	VMS	Martin Botha	02.14.20	1	
	74	57	492	OMS	Rikus Malan	02.14.23	1	
	75	18	388	VMS	Clark Pegg	02.14.24	1	
	76	19	428	VMS	Johan Fowler	02.14.45	1	
	77	58	418	OMS	Izak Perold	02.15.24	1	
	78	59	514	OMS	Thomas Van Koesveld	02.15.29	1	
	79	60	476	OMS	Murray Ortlepp	02.15.55	1	
	80	20	475	VMS	Mike Van Eyssen	02.15.57	1	
	81	21	413	VMS	Greg Swan	02.16.19	1	
	82	22	485	VMS	Peter Wasserfall	02.17.34	1	
	83	61	496	OMS	Rouan Oelofsen	02.17.54	1	
	84	62	422	OMS	Jan Ellis	02.19.02	1	
	85	23	516	VMS	Tom Roos	02.19.43	1	
	86	63	489	OMS	Rafiq Hendricks	02.20.34	1	
	87	24	416	VMS	Iain Smuts	02.20.36	1	
	88	25	379	VMS	Charl De Villiers	02.21.23	1	
	89	64	400	OMS	Donovan Will	02.24.16	1	
	90	26	505	VMS	Spencer Cowley	02.25.25	1	
	91	65	419	OMS	Jaco Mouton	02.34.52	1	
	92	66	430	OMS	Johann Du Plessis	02.34.54	1	
	93	67	456	OMS	Mandla Mapondera	02.38.10	1	
	94	68	402	OMS	Dwight Cassie	02.42.12	1	
	95	27	543	VMS	Johan De Villiers	02.42.16	1	
	96	69	506	OMS	Stadler Van Zyl	02.50.17	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
MTB Short Open Teams	1	1	538	OTS	Herman Van Der Colff	01.27.46	1	
	2	2	529	OTS	Nikki Guerrini	01.52.35	1	
	3	3	530	OTS	Yolande Malan	02.03.03	1	
	4	4	535	OTS	Amy Tacon	02.08.34	1	
	5	5	533	OTS	Susan Swart	02.10.04	1	
	6	6	536	OTS	Craig Drury	02.12.31	1	
	7	7	537	OTS	Helen Dreyer	02.19.29	1	
	8	8	532	OTS	Juan Senekal	02.24.18	1	
	9	9	534	OTS	Alitha Pithey	02.28.52	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Junior Women 16 - 19	1	1	558	JW	Madele Van Rooyen	00.50.28	1	
	2	2	561	JW	Michaele Van Den Heever	00.51.37	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Junior Men 16 - 19	1	1	564	JM	Philip Van Niekerk	00.37.54	1	
	2	2	562	JM	Muller Brink	01.02.42	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks

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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
Sub Junior Girls 12 - 15	1	1	551	JG	Anine Van Rooyen	00.46.11	1	
	2	2	552	JG	Anja Wolstenholme	00.49.46	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Sub Junior Boys 12 - 15	1	1	559	JB	Michael Lord	00.35.59	1	
	2	2	554	JB	Jarred Baker	00.57.07	1	
	3	3	557	JB	Liam Van Der Waag	01.05.50	1	