

## Slanghoek Triathlon - 27-Oct-2012 - Breëland Cellar

Group or Category	Pos in		Rider Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
All Men ROAD Tri	1	1	535	OML	Kent Horner	00.13.42	01.17.00	00.49.46	02.20.28	3	
	2	2	557	OML	Tristan Kelly	00.14.55	01.17.44	00.50.40	02.23.19	3	
	3	3	427	OML	Kyle Buckingham	00.14.21	01.18.47	00.52.03	02.25.11	3	
	4	4	755	OML	Bradley Weiss	00.15.04	01.21.17	00.50.57	02.27.18	3	
	5	5	743	OML	Frederick Wagenvoorde	00.14.41	01.26.22	00.51.14	02.32.17	3	
	6	6	738	OML	Dawid Visser	00.18.06	01.25.03	00.49.38	02.32.47	3	
	7	7	726	OML	Morne Van Greunen	00.21.02	01.23.31	00.48.39	02.33.12	3	
	8	8	650	OML	Michael Redington	00.18.29	01.24.02	00.53.52	02.36.23	3	
	9	9	618	OML	J D Neill	00.17.10	01.22.33	00.56.47	02.36.30	3	
	10	10	530	OML	Matthew Holden	00.15.31	01.33.55	00.51.20	02.40.46	3	
	11	11	404	OML	Steve Attwell	00.18.34	01.24.18	00.58.02	02.40.54	3	
	12	1	767	VML	Henry Wolstenholme	00.22.56	01.27.08	00.50.51	02.40.55	3	
	13	12	529	OML	Paul Hilliard	00.18.22	01.28.33	00.54.03	02.40.58	3	
	14	13	495	OML	Donovan Geldenhuys	00.16.44	01.28.25	00.56.13	02.41.22	3	
	15	14	632	OML	Nicholas Pawley	00.18.25	01.25.49	00.57.24	02.41.38	3	
	16	15	465	OML	Cornel Herbst	00.16.14	01.30.17	00.55.47	02.42.18	3	
	17	16	616	OML	Gary Muller	00.17.51	01.23.33	01.01.07	02.42.31	3	
	18	17	579	OML	Andre Liebetrau	00.21.08	01.24.28	00.59.29	02.45.05	3	
	19	18	717	OML	Nick Turner	00.15.12	01.31.17	00.58.57	02.45.26	3	
	20	19	598	OML	Ross Mcewan	00.17.01	01.27.23	01.02.09	02.46.33	3	
	21	20	484	OML	Jacus Engelbrecht	00.19.12	01.30.39	00.58.04	02.47.55	3	
	22	21	736	OML	Karel Van Wyk	00.18.10	01.31.24	00.58.45	02.48.19	3	
	23	22	558	OML	Morne Kemp	00.20.21	01.30.03	00.58.41	02.49.05	3	
	24	23	787	OML	Allan Rosewell	00.23.50	01.34.22	00.51.36	02.49.48	3	
	25	2	461	VML	Robbie De Fleuriot	00.21.05	01.33.12	00.57.16	02.51.33	3	
	26	24	719	OML	Du Toit Van Den Bergh	00.18.24	01.36.03	00.57.51	02.52.18	3	
	27	25	700	OML	Marco Stichini	00.25.32	01.28.23	00.58.55	02.52.50	3	
	28	26	486	OML	Justin Fenn	00.18.47	01.37.22	00.57.57	02.54.06	3	
	29	3	446	VML	Pierre Conradie	00.22.14	01.30.36	01.01.33	02.54.23	3	
	30	27	496	OML	Andre Gerber	00.21.40	01.34.38	00.59.12	02.55.30	3	
	31	28	713	OML	Graham Toms	00.19.06	01.34.00	01.02.29	02.55.35	3	
	32	29	648	OML	Paul Raciti	00.20.18	01.32.21	01.03.39	02.56.18	3	
	33	30	721	OML	Wouter Van Der Bijl	00.19.44	01.36.32	01.00.31	02.56.47	3	
	34	31	727	OML	Ewald Van Heerden	00.20.07	01.38.53	00.57.48	02.56.48	3	
	35	4	769	VML	Mark Wright	00.17.37	01.37.54	01.01.42	02.57.13	3	
	36	32	730	OML	Wesley Van Niekerk	00.19.45	01.32.52	01.04.42	02.57.19	3	
	37	33	509	OML	John Grewar	00.21.29	01.38.33	00.57.27	02.57.29	3	
	38	5	450	VML	Danie Cronje	00.26.28	01.30.19	01.00.55	02.57.42	3	
	39	34	505	OML	Simon Gregory	00.20.02	01.36.13	01.01.51	02.58.06	3	
	40	6	657	VML	Adrian Renaud	00.20.59	01.36.24	01.00.55	02.58.18	3	
	41	35	606	OML	Joe Pieterse	01.49.50		01.08.28	02.58.18	3	
	42	36	556	OML	Sebastian Kellermann	00.18.12	01.37.46	01.03.39	02.59.37	3	
	43	7	615	VML	Rolf Muller	00.22.59	01.36.17	01.00.23	02.59.39	3	
	44	37	630	OML	Ryan Otto	00.20.06	01.41.51	00.57.42	02.59.39	3	
	45	38	451	OML	Martin Crosoer	00.18.33	01.35.44	01.05.33	02.59.50	3	
	46	39	761	OML	Gustav Wiid	00.16.22	01.41.15	01.02.21	02.59.58	3	
	47	40	580	OML	Eugene Lindeque	00.19.47	01.38.00	01.02.14	03.00.01	3	
	48	8	548	VML	Damian Jones	00.20.44	01.37.57	01.01.39	03.00.20	3	
	49	41	569	OML	Jason Lammers	00.23.58	01.36.30	01.00.16	03.00.44	3	
	50	42	585	OML	Bruwer Engelbrecht	00.21.27	01.39.44	00.59.52	03.01.03	3	
	51	9	670	VML	Leo Rust	00.28.24		02.33.14	03.01.38	3	
	52	43	463	OML	Hermanus De Jager	00.21.18	01.39.51	01.00.38	03.01.47	3	
	53	44	741	OML	Johan Volschenk	00.27.09	01.32.56	01.02.50	03.02.55	3	
	54	45	419	OML	Clinton Bosch	00.18.31	01.38.05	01.06.29	03.03.05	3	
	55	46	491	OML	Richard Fritz	00.21.46	01.38.22	01.03.11	03.03.19	3	
	56	47	705	OML	Scott Tait	00.19.04	01.38.20	01.06.24	03.03.48	3	
	57	48	516	OML	Roy Hannington	00.18.56	01.39.42	01.05.14	03.03.52	3	
	58	49	662	OML	Rhynhardt Roodt	00.23.18	01.38.17	01.02.46	03.04.21	3	
	59	50	525	OML	Michael Henderson	00.25.22	01.33.18	01.05.49	03.04.29	3	

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	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	60	51	592	OML	Gareth Edwards	00.22.19	01.42.07	01.00.26	03.04.52	3	
	61	10	647	VML	Mark Quinlan	00.20.29	01.37.46	01.06.56	03.05.11	3	
	62	11	474	VML	Kevin Dewar	00.22.36	01.35.08	01.07.32	03.05.16	3	
	63	52	575	OML	Philip Le Roux	00.19.17	01.41.17	01.05.22	03.05.56	3	
	64	53	666	OML	Jean Roux	00.20.44	01.41.10	01.04.29	03.06.23	3	
	65	54	720	OML	Andries Petrus Eduard Van Den He	00.22.14	01.35.02	01.09.15	03.06.31	3	
	66	55	660	OML	Mark Roberts	00.23.04	01.37.45	01.05.50	03.06.39	3	
	67	12	526	VML	Thinus Heunis	00.24.17	01.37.21	01.05.14	03.06.52	3	
	68	13	599	VML	Robert Mcgaffin	00.22.07	01.41.59	01.02.48	03.06.54	3	
	69	56	744	OML	Luke Walker	00.18.48	01.40.21	01.08.35	03.07.44	3	
	70	57	515	OML	Paul Halliday	00.19.26	01.44.25	01.04.18	03.08.09	3	
	71	58	522	OML	Mitchell Heinen	00.20.11	01.41.38	01.06.22	03.08.11	3	
	72	59	595	OML	Taig Marshall	00.19.31	01.40.11	01.08.31	03.08.13	3	
	73	60	442	OML	Derick Coetzee	00.22.12	01.37.05	01.09.07	03.08.24	3	
	74	61	553	OML	Jonathan Katz	00.22.48	01.37.31	01.08.09	03.08.28	3	
	75	62	633	OML	Gareth Payne	00.21.55	01.36.35	01.10.04	03.08.34	3	
	76	63	623	OML	Paul Nielsen	00.23.40	01.41.33	01.03.45	03.08.58	3	
	77	64	498	OML	John Gilchrist	00.22.03	01.41.20	01.05.40	03.09.03	3	
	78	65	661	OML	Trevor Rolfe	00.20.09	01.40.31	01.08.30	03.09.10	3	
	79	66	667	OML	Brad Rubly	00.20.55	01.42.31	01.05.54	03.09.20	3	
	80	67	462	OML	Justin De Jager	00.25.16	01.43.19	01.00.50	03.09.25	3	
	81	68	550	OML	Ryan Jossel	00.22.50	01.39.18	01.07.40	03.09.48	3	
	82	69	418	OML	Kevin Black	00.20.46	01.40.21	01.09.09	03.10.16	3	
	83	70	732	OML	Ian Van Rijswijk	00.24.29	01.42.02	01.03.54	03.10.25	3	
	84	71	413	OML	Saar Ben-Tovim	00.22.57	01.42.42	01.05.11	03.10.50	3	
	85	72	583	OML	Jan Leonardus Louw	00.22.49	01.39.21	01.08.49	03.10.59	3	
	86	73	663	OML	Justin Roome	00.25.35		02.45.59	03.11.34	3	
	87	74	434	OML	Juan Carstens	00.22.17	01.46.43	01.02.42	03.11.42	3	
	88	14	408	VML	Jos Balk	00.27.47	01.30.22	01.13.50	03.11.59	3	
	89	75	628	OML	Nelius Oosthuizen	00.22.24	01.41.45	01.07.54	03.12.03	3	
	90	76	693	OML	Tim Spencer	00.23.42	01.38.10	01.10.48	03.12.40	3	
	91	15	514	VML	Mike Guard	00.21.55	01.34.59	01.16.41	03.13.35	3	
	92	16	698	VML	James Stevens	00.20.47	01.45.45	01.07.46	03.14.18	3	
	93	77	454	OML	Joel Cruz Paredes	00.18.20	01.49.43	01.06.25	03.14.28	3	
	94	17	747	VML	Howard Warrington	00.21.09	01.44.37	01.09.32	03.15.18	3	
	95	78	541	OML	Justin Mckie	00.22.55	01.44.56	01.09.58	03.17.49	3	
	96	18	716	VML	Antony Turner	00.23.22	01.44.18	01.10.21	03.18.01	3	
	97	79	490	OML	Marwaan Fredericks	00.24.01	01.49.16	01.05.56	03.19.13	3	
	98	19	737	VML	Pieter Vermeulen	00.22.15	01.42.56	01.14.03	03.19.14	3	
	99	80	476	OML	Gareth Dragt	00.17.32	01.53.12	01.08.44	03.19.28	3	
	100	20	763	VML	Gert Wilkins	00.25.19	01.42.37	01.11.33	03.19.29	3	
	101	21	546	VML	Stephen Jeffery	00.24.27	01.49.04	01.06.20	03.19.51	3	
	102	81	652	OML	Charles Reed	00.23.21	01.49.54	01.06.38	03.19.53	3	
	103	82	445	OML	Michael Comninos	00.27.30	01.45.00	01.07.37	03.20.07	3	
	104	22	424	VML	Tom Boyles	00.25.30	01.45.36	01.09.07	03.20.13	3	
	105	83	644	OML	Abrie Pretorius	00.27.07	01.48.09	01.05.06	03.20.22	3	
	106	23	487	VML	Sean Fluke	00.22.19	01.43.49	01.14.30	03.20.38	3	
	107	84	425	OML	Benjamin Bradford	00.22.05	01.52.01	01.07.07	03.21.13	3	
	108	85	444	OML	Hendrik De Villiers	00.17.55	01.51.16	01.12.58	03.22.09	3	
	109	86	400	OML	Charles Abernethy	00.22.10	01.39.40	01.20.25	03.22.15	3	
	110	24	478	VML	Doug Dumbrell	00.25.27	01.46.09	01.11.14	03.22.50	3	
	111	87	421	OML	Morne Botha	00.22.20	01.47.54	01.12.48	03.23.02	3	
	112	25	750	VML	Arthur Webber	00.23.06	01.47.18	01.12.43	03.23.07	3	
	113	26	731	VML	Mark Van Rensburg	00.23.30	02.26.10	00.33.49	03.23.29	3	
	114	88	639	OML	Brian Piccione	00.18.14	01.42.18	01.23.00	03.23.32	3	
	115	27	561	VML	Simon Kneel	00.24.23	01.49.14	01.10.17	03.23.54	3	
	116	89	511	OML	Reginald Griggs	00.29.16	01.39.32	01.15.32	03.24.20	3	
	117	90	552	OML	Ilan Kaplan	00.24.09	01.55.14	01.04.58	03.24.21	3	
	118	91	602	OML	Steve Mendes	00.27.32	01.50.22	01.06.38	03.24.32	3	

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	119	92	629	OML	Tieman Orourke	00.21.04	01.54.16	01.09.47	03.25.07	3	
	120	93	549	OML	Arthur Jones	00.21.05	01.51.55	01.12.10	03.25.10	3	
	121	28	791	VML	Allie Coetzee	00.23.09	01.46.24	01.15.52	03.25.25	3	
	122	29	533	VML	Rudy Horn Botha	00.33.30	01.46.48	01.05.57	03.26.15	3	
	123	30	697	VML	Adrian Stevens	00.24.13	01.49.27	01.12.39	03.26.19	3	
	124	31	679	VML	Gerald Shaw	00.21.52	01.48.01	01.16.36	03.26.29	3	
	125	94	458	OML	Hennie Davel	00.21.36	01.53.10	01.11.52	03.26.38	3	
	126	95	682	OML	Laurence Slann	00.20.34	01.44.32	01.21.55	03.27.01	3	
	127	96	497	OML	Jethro Geyster	00.22.22	01.51.17	01.13.33	03.27.12	3	
	128	32	456	VML	Louis Daffarn	00.24.22	01.47.36	01.15.28	03.27.26	3	
	129	97	587	OML	Gavin Magrath	00.22.15	01.41.44	01.23.46	03.27.45	3	
	130	98	560	OML	Trent Key	00.22.58	01.46.20	01.18.43	03.28.01	3	
	131	99	627	OML	Greg Norman	00.21.42	01.47.43	01.18.38	03.28.03	3	
	132	100	709	OML	Jonathan Teppler	00.23.32	01.44.39	01.20.23	03.28.34	3	
	133	101	591	OML	Jason Marais	00.25.34	01.49.56	01.13.39	03.29.09	3	
	134	33	523	VML	Riaan Helberg	00.31.29	01.38.11	01.19.38	03.29.18	3	
	135	102	773	OML	Peter Huber	00.48.30	01.34.50	01.06.20	03.29.40	3	
	136	103	510	OML	Simon Adrian Griffith	00.25.20		03.04.58	03.30.18	3	
	137	34	708	VML	Andrea Taverna-Turisan	00.27.22	01.51.41	01.11.36	03.30.39	3	
	138	104	619	OML	Theunis Nel	00.24.23	01.55.45	01.10.36	03.30.44	3	
	139	105	504	OML	Duncan Greenwood	00.25.46	01.49.22	01.15.37	03.30.45	3	
	140	106	685	OML	Austin Smith	00.23.18	01.49.18	01.18.13	03.30.49	3	
	141	107	638	OML	Robert Philp	00.24.03	01.56.28	01.11.36	03.32.07	3	
	142	35	574	VML	Nardus Le Grange	00.22.12	01.55.36	01.14.55	03.32.43	3	
	143	108	540	OML	Sean Hulley	00.26.59	01.49.33	01.16.15	03.32.47	3	
	144	36	699	VML	Bennie Steyn	02.17.18		01.15.51	03.33.09	3	
	145	109	494	OML	Paul Geary	00.19.58	01.53.33	01.19.39	03.33.10	3	
	146	110	605	OML	Andrew Minor	00.24.48	01.54.37	01.13.50	03.33.15	3	
	147	111	684	OML	Justin Smith	00.25.25		03.08.03	03.33.28	3	
	148	112	681	OML	Jason Sive	00.20.36	01.56.52	01.16.08	03.33.36	3	
	149	113	735	OML	Jean Van Wyk	00.23.38	01.45.04	01.24.56	03.33.38	3	
	150	37	758	VML	Dave Wheeler	00.30.38	01.54.38	01.08.37	03.33.53	3	
	151	38	524	VML	Steve Heldzingen	00.21.32	01.48.12	01.24.24	03.34.08	3	
	152	114	447	OML	Guthrie Cooper	00.20.40	01.53.51	01.19.55	03.34.26	3	
	153	39	407	VML	Mike Baldwin	00.23.27	01.49.49	01.21.40	03.34.56	3	
	154	115	417	OML	Gordon Bishop	00.24.25	01.47.01	01.23.36	03.35.02	3	
	155	116	410	OML	James Bayhack	00.27.27	01.52.17	01.16.40	03.36.24	3	
	156	117	668	OML	Trevor Rubly	00.21.24	01.48.20	01.27.13	03.36.57	3	
	157	118	571	OML	Martin Lange	00.24.45	01.43.55	01.28.18	03.36.58	3	
	158	119	485	OML	Ross Macgillivray	00.23.26	01.45.01	01.28.35	03.37.02	3	
	159	120	466	OML	Richard De Villiers	00.24.05	01.49.17	01.24.31	03.37.53	3	
	160	121	673	OML	Costa Saridakis	00.37.30	01.49.00	01.11.34	03.38.04	3	
	161	122	542	OML	Justin Isaacs	00.23.01	01.52.24	01.22.55	03.38.20	3	
	162	123	641	OML	Jacques Pienaar	00.21.59	01.59.10	01.17.14	03.38.23	3	
	163	124	414	OML	Allon Benzakein	00.25.45	01.53.20	01.19.25	03.38.30	3	
	164	125	601	OML	Johannes Meerholz	00.27.26	01.50.21	01.20.55	03.38.42	3	
	165	126	589	OML	Simon Mandy	00.24.51	01.55.30	01.19.12	03.39.33	3	
	166	127	401	OML	Riad Ahmed	00.51.10	01.43.19	01.05.22	03.39.51	3	
	167	40	537	VML	David Howard	00.24.19	02.00.12	01.16.04	03.40.35	3	
	168	128	543	OML	Brendon Jacobs	00.27.34	01.49.36	01.23.46	03.40.56	3	
	169	41	626	VML	Reggie Niemand	00.28.27	01.54.28	01.18.11	03.41.06	3	
	170	129	759	OML	Henry Whitehead	00.25.50	01.55.13	01.20.04	03.41.07	3	
	171	42	612	VML	Marius Mouton	00.28.28	01.53.55	01.18.45	03.41.08	3	
	172	130	640	OML	Jan Pickard	00.23.56	01.56.24	01.21.14	03.41.34	3	
	173	43	573	VML	Sean Lavery	00.34.48	01.55.12	01.13.05	03.43.05	3	
	174	44	637	VML	Richard Phillips	00.25.17	01.56.42	01.21.23	03.43.22	3	
	175	131	564	OML	Stephan Kotze	00.28.25	01.50.16	01.25.06	03.43.47	3	
	176	132	480	OML	Willie Egen	00.22.45	01.53.16	01.28.20	03.44.21	3	
	177	133	756	OML	Joshua Weissenstein	00.26.36	02.04.47	01.13.59	03.45.22	3	

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	178	134	789	OML	Brent Stein	00.25.13	01.58.54	01.21.29	03.45.36	3	
	179	45	593	VML	Neil Markovitz	00.26.16	01.48.31	01.31.19	03.46.06	3	
	180	46	762	VML	Darren Wilder	00.22.38	01.48.13	01.35.16	03.46.07	3	
	181	47	492	VML	Nols Fuchs	00.25.03	01.58.42	01.22.39	03.46.24	3	
	182	135	654	OML	Alan Rees	00.48.08	01.52.10	01.06.07	03.46.25	3	
	183	136	636	OML	Ian Petzer	00.22.26	01.53.55	01.30.10	03.46.31	3	
	184	137	415	OML	Marc Bester	00.23.53	01.52.10	01.30.48	03.46.51	3	
	185	138	788	OML	Andries Venter	00.41.45	01.56.19	01.08.48	03.46.52	3	
	186	48	723	VML	Wessel Van Der Merwe	00.33.49	01.58.00	01.15.17	03.47.06	3	
	187	139	431	OML	John-Bert Calitz	00.21.44	01.53.35	01.32.28	03.47.47	3	
	188	140	689	OML	Johann Snyman	00.32.45	01.50.40	01.24.36	03.48.01	3	
	189	49	426	VML	Alan Bradley	00.29.15	01.56.35	01.23.19	03.49.09	3	
	190	141	753	OML	Emile Wegner	00.23.44	02.04.22	01.21.19	03.49.25	3	
	191	50	536	VML	Samuel Houlie	00.30.06	02.02.38	01.16.50	03.49.34	3	
	192	142	477	OML	Pierre Du Toit	00.31.39	01.49.38	01.29.34	03.50.51	3	
	193	143	577	OML	Craig Leach	00.23.23	01.56.06	01.31.47	03.51.16	3	
	194	144	669	OML	Bradley Russell	00.32.19	01.51.04	01.28.40	03.52.03	3	
	195	51	771	VML	Richard Shuttleworth	00.30.24	02.06.18	01.18.05	03.54.47	3	
	196	145	729	OML	Koos Van Jaarsveld	00.35.18	01.59.13	01.20.45	03.55.16	3	
	197	146	597	OML	Khalid Martin	00.25.44	02.06.16	01.23.40	03.55.40	3	
	198	52	777	VML	Salvatore Puglia	00.30.36	02.01.10	01.24.01	03.55.47	3	
	199	147	624	OML	Don Rynhoud	00.33.29	02.13.22	01.12.53	03.59.44	3	
	200	148	634	OML	Stephen Peirce	00.52.59	01.54.02	01.12.51	03.59.52	3	
	201	53	488	VML	Grant Fourie	00.24.25	02.04.49	01.32.13	04.01.27	3	
	202	149	429	OML	Neil Rodney Burger	00.22.07	02.18.34	01.21.38	04.02.19	3	
	203	150	493	OML	Shafiek Galant	00.34.21	02.11.03	01.17.07	04.02.31	3	
	204	151	501	OML	Dwayne Gouws	00.26.41	02.03.36	01.32.24	04.02.41	3	
	205	152	545	OML	Shamik Jeewa	00.32.42	02.03.12	01.27.11	04.03.05	3	
	206	153	460	OML	Stephen De Coito	00.49.37	01.52.17	01.21.17	04.03.11	3	
	207	154	678	OML	Pete Shannon	00.49.22	01.54.16	01.19.43	04.03.21	3	
	208	54	568	VML	Willie Kroukamp	00.30.45	02.04.57	01.27.46	04.03.28	3	
	209	55	555	VML	Peter Keitzman	00.28.39	02.06.39	01.29.06	04.04.24	3	
	210	56	582	VML	Nic Louw	00.30.27	02.08.51	01.25.48	04.05.06	3	
	211	155	733	OML	Francois Van Schouwenburg	00.26.38	01.54.23	01.44.18	04.05.19	3	
	212	156	467	OML	Gerrit Kleynhans	00.29.13	02.03.58	01.38.01	04.11.12	3	
	213	157	631	OML	Gian Palermo	00.26.31	02.13.40	01.35.19	04.15.30	3	
	214	158	683	OML	Willem Smit	01.01.18	02.02.31	01.12.28	04.16.17	3	
	215	159	665	OML	Jason Zaynes	00.57.31	02.09.33	01.11.35	04.18.39	3	
	216	160	567	OML	Danie Kritzinger	00.25.40	02.01.46	01.51.57	04.19.23	3	
	217	161	406	OML	Geno Balanco	00.28.09	02.11.01	01.45.13	04.24.23	3	
	218	162	786	OML	Johannes Carel Jordaan	00.38.10	02.12.36	01.34.08	04.24.54	3	
	219	163	436	OML	Jeff Claessen	00.55.11	02.09.37	01.29.20	04.34.08	3	
	220	57	519	VML	Paul Harris	00.32.23	02.30.53	01.32.38	04.35.54	3	
	221	164	469	OML	Johann De Wet	01.04.14	02.15.51	01.28.56	04.49.01	3	
	222	165	430	OML	Clayton Cabral	00.41.08	02.28.09	01.50.51	05.00.08	3	
	223	166	707	OML	David Taitz	00.31.42	02.58.30	01.57.23	05.27.35	3	
	224	167	659	OML	Ross Rivalland	00.18.51	01.28.24		01.47.15	2	
	225	168	691	OML	Steffan Sonntag	00.20.52	01.42.20		02.03.12	2	
	226	169	621	OML	Paul Ness	00.17.59	01.46.18		02.04.17	2	
	227	170	437	OML	Grant Clark	00.27.39	01.44.09		02.11.48	2	
	228	58	714	VML	Michael Trzebiatowsky	00.26.14	01.53.20		02.19.34	2	
	229	171	527	OML	Bradley Heydenrych	00.27.18	02.07.44		02.35.02	2	
	230	172	416	OML	Rudi Bester	00.17.39			00.17.39	1	
	231	173	703	OML	David Sullivan	00.19.32			00.19.32	1	
	232	174	576	OML	Jannie Leach	00.22.52			00.22.52	1	
	233	59	503	VML	Andrew Gray	00.23.07			00.23.07	1	
	234	175	772	OML	Paul Kaye	00.57.53			00.57.53	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
All Women ROAD Tri	1	1	534	OWL	Claire Horner	00.16.32	01.29.03	00.54.44	02.40.19	3	

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Group or Category	Pos in		Rider Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	2	2	725	OWL	Kelly Van Der Toorn	00:17.04	01:31.58	00:56.53	02:45.55	3	
	3	3	651	OWL	Robyn Woodward	00:19.15	01:35.17	00:55.51	02:50.23	3	
	4	4	479	OWL	Tracy Markham	00:16.59	01:33.11	01:01.07	02:51.17	3	
	5	5	695	OWL	Tarryn Stanford	00:15.56	01:39.09	01:02.07	02:57.12	3	
	6	6	739	OWL	Yolandi Visser	00:21.41	01:38.31	00:58.59	02:59.11	3	
	7	7	441	OWL	Jenny Close	00:24.36	01:39.27	01:01.53	03:05.56	3	
	8	8	610	OWL	Jayde Morison	00:21.22	01:40.48	01:05.22	03:07.32	3	
	9	1	581	VWL	Claire Louw	00:22.21	01:42.14	01:04.22	03:08.57	3	
	10	9	473	OWL	Keri Delpont	00:21.50	01:44.08	01:06.40	03:12.38	3	
	11	2	653	VWL	Evarne Rees	00:23.04	01:43.18	01:07.34	03:13.56	3	
	12	10	440	OWL	Jessica Cloete	00:21.07	01:44.12	01:09.55	03:15.14	3	
	13	11	508	OWL	Marli Grewar	00:22.06	01:53.27	00:59.55	03:15.28	3	
	14	12	433	OWL	Mariana Cantu Soriano	00:18.43	01:53.36	01:04.46	03:17.05	3	
	15	3	712	VWL	Terry Todd	00:24.16	01:42.01	01:11.16	03:17.33	3	
	16	13	438	OWL	Thamar Clark	00:23.35	01:43.38	01:10.41	03:17.54	3	
	17	14	532	OWL	Hildy Hopking	00:23.19	01:48.53	01:05.59	03:18.11	3	
	18	4	405	VWL	Bev Baker	00:22.17	01:45.10	01:11.16	03:18.43	3	
	19	15	547	OWL	Marta Jekot	00:23.53	01:49.07	01:08.23	03:21.23	3	
	20	16	765	OWL	Helen Wilson	00:20.24	01:53.06	01:08.53	03:22.23	3	
	21	17	453	OWL	Dyanne Cruickshank	00:21.25	01:48.57	01:14.04	03:24.26	3	
	22	18	409	OWL	Lizette Bannister	00:23.32	01:50.46	01:10.51	03:25.09	3	
	23	19	432	OWL	Elrika Calitz	02:15.18		01:10.14	03:25.32	3	
	24	20	611	OWL	Candice Jane Morrison	00:18.38	01:52.47	01:15.43	03:27.08	3	
	25	21	674	OWL	Marlize Schoeman	00:23.13	01:52.12	01:12.10	03:27.35	3	
	26	22	766	OWL	Claire Winterton	00:22.53	01:52.15	01:12.44	03:27.52	3	
	27	23	443	OWL	Barbara Cole	00:20.03	01:53.48	01:14.24	03:28.15	3	
	28	24	570	OWL	Sarah Lange	00:26.54	01:55.04	01:06.26	03:28.24	3	
	29	25	559	OWL	Eileen Ketterer	02:11.19		01:18.07	03:29.26	3	
	30	5	455	VWL	Maureen Dennehy	00:24.07	01:52.19	01:13.12	03:29.38	3	
	31	6	481	VWL	Aretha Eksteen	00:28.30	01:42.59	01:18.14	03:29.43	3	
	32	26	513	OWL	Annele Grobler	00:26.26	01:55.17	01:08.56	03:30.39	3	
	33	27	499	OWL	Heidi Gjerstad	00:24.43	01:53.37	01:12.27	03:30.47	3	
	34	28	457	OWL	Marlein Davel	00:22.42	01:56.35	01:13.13	03:32.30	3	
	35	7	502	VWL	Mel Gow	02:19.01		01:15.14	03:34.15	3	
	36	8	506	VWL	Roisin Gregory	00:20.35	01:52.34	01:21.21	03:34.30	3	
	37	29	645	OWL	Hannah Priest	00:25.52	02:02.54	01:05.56	03:34.42	3	
	38	30	420	OWL	Karen Botes	00:24.09	01:51.50	01:18.46	03:34.45	3	
	39	9	590	VWL	Lona Marais	00:25.25	01:52.14	01:17.27	03:35.06	3	
	40	31	604	OWL	Ivonne Meyer	00:23.56	01:56.12	01:16.13	03:36.21	3	
	41	32	692	OWL	Mia Sonntag	02:22.09		01:14.52	03:37.01	3	
	42	33	722	OWL	Erika Van Der Bijl	00:24.51	01:58.19	01:14.46	03:37.56	3	
	43	34	402	OWL	Olivia Alfheim	00:21.48	01:54.59	01:22.24	03:39.11	3	
	44	35	565	OWL	Mieke Kriel	00:22.40	01:59.13	01:18.29	03:40.22	3	
	45	10	551	VWL	Samantha Kalis	00:23.17	02:00.31	01:17.45	03:41.33	3	
	46	36	521	OWL	Danielle Hau	00:21.29	02:01.40	01:18.48	03:41.57	3	
	47	11	489	VWL	Tammy Foy	00:28.01	01:49.46	01:24.21	03:42.08	3	
	48	12	658	VWL	Liesl Ribeiro	00:32.21	01:51.43	01:18.27	03:42.31	3	
	49	37	770	OWL	Denise Yazar	00:26.42	01:45.46	01:30.32	03:43.00	3	
	50	38	642	OWL	Olivia Pieters	00:32.03	02:08.37	01:04.38	03:45.18	3	
	51	39	754	OWL	Minette Weirich	00:25.50	01:57.16	01:22.17	03:45.23	3	
	52	40	740	OWL	Yolande Vivier	00:32.25	02:02.26	01:12.32	03:47.23	3	
	53	13	760	VWL	Estelle Wiid	00:28.56	01:59.59	01:19.06	03:48.01	3	
	54	41	617	OWL	Susan Naude	00:30.14	02:02.19	01:15.46	03:48.19	3	
	55	42	578	OWL	Michele Lewis	00:30.34	01:55.12	01:23.36	03:49.22	3	
	56	14	625	VWL	Milly Niemand	00:25.33	02:06.22	01:19.21	03:51.16	3	
	57	43	566	OWL	Marion Kritzing	00:22.26	01:59.29	01:30.10	03:52.05	3	
	58	44	774	OWL	Julia Le Roux	00:28.26	02:03.03	01:20.51	03:52.20	3	
	59	45	586	OWL	Lucyanne Macleod	00:30.16	01:56.09	01:28.16	03:54.41	3	
	60	46	403	OWL	Tarryn Anelli	00:22.58	02:08.10	01:24.02	03:55.10	3	

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Group or Category	Pos in		Rider Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	61	15	483	VWL	Linda Els	00.23.23	02.04.03	01.29.37	03.57.03	3	
	62	47	690	OWL	Tara-Lee Snyman	00.27.13	02.17.10	01.15.16	03.59.39	3	
	63	16	449	VWL	Amanda Cromhout	00.26.17	02.06.03	01.27.23	03.59.43	3	
	64	17	439	VWL	Dawn Clarke	00.33.02	02.01.11	01.26.02	04.00.15	3	
	65	48	572	OWL	Lisa Laubser	00.26.31	02.07.45	01.26.32	04.00.48	3	
	66	49	675	OWL	Liesel Schulenburg	00.33.34	01.51.22	01.38.21	04.03.17	3	
	67	50	757	OWL	Jennifer Welzel	00.27.05	02.02.25	01.33.51	04.03.21	3	
	68	51	554	OWL	Roanne Keeton	00.30.10	02.05.26	01.27.49	04.03.25	3	
	69	52	459	OWL	Chanel De Bruyn	00.29.32	02.10.56	01.27.56	04.08.24	3	
	70	53	517	OWL	Inge Hansen	00.24.02	02.07.51	01.38.56	04.10.49	3	
	71	18	528	VWL	Debbie Hibbert	00.25.22	02.00.22	01.45.09	04.10.53	3	
	72	54	584	OWL	Angela Lurssen	00.24.42	02.14.10	01.35.46	04.14.38	3	
	73	55	470	OWL	Susan De Wet	00.35.05	02.15.58	01.28.56	04.19.59	3	
	74	56	655	OWL	Stacey Rehbock	00.24.46	02.13.20	01.42.34	04.20.40	3	
	75	57	603	OWL	Megan-Lee Meredith	00.33.04	02.16.24	01.31.12	04.20.40	3	
	76	19	500	VWL	Tracy Going	00.30.57	02.22.47	01.37.27	04.31.11	3	
	77	58	749	OWL	Estelle Webber	00.33.22	02.08.53	01.48.59	04.31.14	3	
	78	59	607	OWL	Sofie Moens	00.33.06	02.25.48	01.40.48	04.39.42	3	
	79	60	706	OWL	Bianca Tait	00.26.45	01.57.15		02.24.00	2	
	80	61	745	OWL	Kathrin Walther	00.17.39			00.17.39	1	
	81	62	608	OWL	Leonie Mollentze	00.33.14			00.33.14	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
Open Team ROAD Tri	1	1	596	OTL	Team Puma	00.15.51	01.30.46	01.11.46	02.58.23	3	
	2	2	452	OTL	Raymond Croxford	00.22.08	02.12.56	01.17.07	03.52.11	3	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
All Men MTB Long	1	1	52	OMM	Dave Morison	00.16.21	01.13.37	00.52.15	02.22.13	3	
	2	2	82	OMM	Antoine Van Heerden	00.16.54	01.17.32	00.49.45	02.24.11	3	
	3	3	91	OMM	Raynard Tissink	00.17.22	01.25.12	00.55.09	02.37.43	3	
	4	4	84	OMM	Michael Van Niekerk	00.19.38	01.24.49	00.53.20	02.37.47	3	
	5	5	20	OMM	Luke Ferguson	00.15.48	01.25.35	00.56.53	02.38.16	3	
	6	6	14	OMM	Matthew Daneel	00.19.59	01.27.31	00.55.13	02.42.43	3	
	7	1	16	VMM	Richard De Villiers	00.18.02	01.28.32	00.57.33	02.44.07	3	
	8	2	68	VMM	Frank Smuts	00.21.30	01.25.21	00.59.10	02.46.01	3	
	9	7	3	OMM	Bryan Allott	00.15.20	01.33.09	00.59.13	02.47.42	3	
	10	8	29	OMM	Louis Goldberg	00.20.30	01.22.59	01.04.56	02.48.25	3	
	11	3	34	VMM	Gustav Hefer	00.22.28	01.25.14	01.02.46	02.50.28	3	
	12	9	33	OMM	Simon Haw	00.23.23	01.30.16	00.58.41	02.52.20	3	
	13	10	42	OMM	Jonathan Kruger	00.27.44	01.50.26	00.39.16	02.57.26	3	
	14	4	51	VMM	Andrew Mctavish	00.20.24	01.36.17	01.01.08	02.57.49	3	
	15	11	85	OMM	Quinton Walker	00.22.31	01.36.37	01.00.36	02.59.44	3	
	16	12	12	OMM	Gavin Copeland	00.20.57	01.29.29	01.11.29	03.01.55	3	
	17	13	18	OMM	Luke Farrenkothen	00.23.42	01.31.27	01.07.54	03.03.03	3	
	18	14	28	OMM	Mark Gething	00.21.34	01.33.55	01.08.19	03.03.48	3	
	19	5	22	VMM	Coenie Fick	00.18.03	01.37.27	01.10.25	03.05.55	3	
	20	15	80	OMM	Mias Van Der Westhuyzen	00.17.57	01.44.43	01.04.41	03.07.21	3	
	21	16	39	OMM	Marcel Jooste	00.19.52	01.39.29	01.08.19	03.07.40	3	
	22	6	86	VMM	Grant Watson	00.20.09	01.47.32	01.00.12	03.07.53	3	
	23	7	49	VMM	Craig Mcculloch	00.19.56	01.39.16	01.10.13	03.09.25	3	
	24	17	69	OMM	Cole Stanton	00.25.52	01.43.55	00.59.42	03.09.29	3	
	25	18	24	OMM	Van Fletcher	00.21.06	01.38.10	01.11.36	03.10.52	3	
	26	19	62	OMM	Peter Schwellnus	00.20.02	01.41.58	01.09.35	03.11.35	3	
	27	20	5	OMM	Herman Berry	00.25.54	01.42.56	01.03.30	03.12.20	3	
	28	8	77	VMM	Herman Van Der Werf	00.25.57	01.40.31	01.07.59	03.14.27	3	
	29	21	13	OMM	Nicolas Dalton	00.20.47	01.47.02	01.06.38	03.14.27	3	
	30	9	57	VMM	Darwin Phyfer	00.22.46	01.43.09	01.08.59	03.14.54	3	
	31	22	17	OMM	Danie Du Toit	00.22.49	01.36.29	01.17.22	03.16.40	3	
	32	23	70	OMM	Cobus Stofberg	00.24.56	01.40.34	01.13.01	03.18.31	3	
	33	10	65	VMM	Anthony Shaw	00.22.06	01.42.10	01.14.18	03.18.34	3	
	34	11	79	VMM	Willem Van Der Westhuyzen	00.20.54	01.37.35	01.21.04	03.19.33	3	

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Group or Category	Pos in		Rider Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	35	24	21	OMM	Lourens Fick	00:17.02	01:54.40	01:11.44	03:23.26	3	
	36	12	44	VMM	Andre Le Grange	00:24.52	01:39.14	01:19.36	03:23.42	3	
	37	25	59	OMM	Cornel Sumts	00:25.03	01:55.56	01:03.16	03:24.15	3	
	38	26	75	OMM	Andrew Tuttelberg	00:26.01	01:45.42	01:14.45	03:26.28	3	
	39	13	78	VMM	Lourens Van Der Westhuizen	00:27.27	01:45.19	01:17.42	03:30.28	3	
	40	14	40	VMM	Jeremy Kirton	00:23.34	01:55.27	01:12.58	03:31.59	3	
	41	27	41	OMM	Ehrich Kruger	00:25.29	01:46.17	01:20.21	03:32.07	3	
	42	15	92	VMM	Chris Norton	00:26.09	01:41.05	01:27.08	03:34.22	3	
	43	28	48	OMM	Szymon Marszalek	00:19.12	02:05.28	01:14.26	03:39.06	3	
	44	29	55	OMM	Eduan Naude	00:31.32	01:50.01	01:17.59	03:39.32	3	
	45	30	7	OMM	Craig Brandenburg	00:25.30	01:50.55	01:26.47	03:43.12	3	
	46	16	19	VMM	Bernard Feinauer	00:26.45	02:07.24	01:11.46	03:45.55	3	
	47	31	26	OMM	Christoff Fourie	00:29.47	01:40.40	01:36.22	03:46.49	3	
	48	32	43	OMM	Heinrich Lategan	00:31.40	01:59.28	01:15.48	03:46.56	3	
	49	33	61	OMM	Justin Sage	00:24.18	01:59.53	01:34.53	03:59.04	3	
	50	17	8	VMM	Gavin Brent	00:32.40	01:58.37	01:29.14	04:00.31	3	
	51	34	60	OMM	Johann Roelofse	00:26.19	02:13.01	01:27.53	04:07.13	3	
	52	35	73	OMM	Chris Thiar	00:28.05	02:03.07	01:37.01	04:08.13	3	
	53	36	66	OMM	Daniel Smith	00:24.00	02:32.02	01:17.27	04:13.29	3	
	54	37	25	OMM	Ralf Fletcher	00:21.15	01:33.53		01:55.08	2	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>	<b>Legs</b>	<b>Remarks</b>
<b>All Women MTB Long</b>	1	1	15	OWM	Candice Davison	00:20.28	01:36.15	01:01.04	02:57.47	3	
	2	1	58	VWM	Tanya Rabie	00:24.16	01:35.04	01:06.15	03:05.35	3	
	3	2	53	OWM	Alisha Myers	00:31.04	01:52.02	01:02.35	03:25.41	3	
	4	2	45	VWM	Pauline Leith	00:19.45	01:54.15	01:13.54	03:27.54	3	
	5	3	87	VWM	Janine Wencke	00:28.43	01:39.01	01:20.21	03:28.05	3	
	6	3	88	OWM	Karin Winterbach	00:19.48	01:57.12	01:16.47	03:33.47	3	
	7	4	23	OWM	Vanessa Fisher	00:26.11	01:53.24	01:15.42	03:35.17	3	
	8	5	27	OWM	Tara Frohlich	00:22.24	01:53.59	01:20.12	03:36.35	3	
	9	6	37	OWM	Jennifer Hofmeyr	00:20.26	02:12.05	01:06.03	03:38.34	3	
	10	4	67	VWM	Annalie Smith	00:26.48	02:07.20	01:11.46	03:45.54	3	
	11	7	30	OWM	Catherine Hanauer	00:31.47	02:08.23	01:13.38	03:53.48	3	
	12	8	9	OWM	Chrissie Burger	00:25.16	02:11.06	01:24.09	04:00.31	3	
	13	5	89	VWM	Hanlie Groenewald	00:25.58	02:18.25	01:17.46	04:02.09	3	
	14	6	10	VWM	Emma Cilliers	00:29.02	02:16.14	01:36.57	04:22.13	3	
	15	7	35	VWM	Dawn Louise Herbert	00:25.55	01:43.38		02:09.33	2	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>	<b>Legs</b>	<b>Remarks</b>
<b>Open Team MTB Long</b>	1	1	95	OTM	Xterra Warriors	00:22.37	01:20.21	01:01.48	02:44.46	3	
	2	2	11	OTM	Geco Cycles	00:21.36	01:19.15	01:05.46	02:46.37	3	
	3	3	90	OTM	Energy In Abundance	00:19.37	01:28.44	01:01.18	02:49.39	3	
	4	4	96	OTM	Xterra Trios	00:22.39	01:28.20	01:03.42	02:54.41	3	
	5	5	36	OTM	Team Extroyme	00:16.56	01:38.42	00:59.58	02:55.36	3	
	6	6	76	OTM	Du Toitskloof Xtreme Pilates	00:21.00	01:36.33	01:00.08	02:57.41	3	
	7	7	93	OTM	Slanghoek Kelder	00:19.49	01:33.45	01:04.59	02:58.33	3	
	8	8	94	OTM	D.N.O	00:21.25	01:44.13	01:07.42	03:13.20	3	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>	<b>Legs</b>	<b>Remarks</b>
<b>All Men MTB Short</b>	1	1	102	OMS	Pieter-Henk Boer	00:09.56	00:43.09	00:24.27	01:17.32	3	
	2	2	252	OMS	Tim Toovey	00:10.14	00:41.33	00:30.08	01:21.55	3	
	3	3	222	OMS	Tiaan Pretorius	00:11.39	00:41.12	00:29.09	01:22.00	3	
	4	4	248	OMS	Nelius Swart	00:11.42	00:44.35	00:26.46	01:23.03	3	
	5	5	105	OMS	Christopher Engel	00:12.03	00:43.21	00:30.31	01:25.55	3	
	6	1	163	VMS	Anton Du Toit	00:12.44	00:41.03	00:32.12	01:25.59	3	
	7	6	154	OMS	Michael Claxton	00:11.38	00:46.00	00:30.13	01:27.51	3	
	8	7	231	OMS	Stuart Rice	00:12.53	00:46.27	00:29.06	01:28.26	3	
	9	2	172	VMS	David Fox	00:11.33	00:48.25	00:30.33	01:30.31	3	
	10	8	150	OMS	Werner Bruckner	00:13.24	00:46.20	00:30.48	01:30.32	3	
	11	9	170	OMS	Gustav Fouche	00:11.46	00:44.09	00:34.47	01:30.42	3	
	12	10	293	OMS	Russel Gaynor	00:07.45	00:57.14	00:26.13	01:31.12	3	
	13	11	232	OMS	Ryan Richens	00:10.05	00:46.43	00:35.59	01:32.47	3	

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Group or Category	Pos in		Rider Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	14	3	165	VMS	Schalk Engelbrecht	00.12.36	00.49.33	00.31.16	01.33.25	3	
	15	4	215	VMS	Derek Oehley	00.11.16	00.55.43	00.26.50	01.33.49	3	
	16	12	251	OMS	Alfred Thorpe	00.11.19	00.47.00	00.35.46	01.34.05	3	
	17	13	238	OMS	Jean Snyman	00.15.48	00.48.09	00.30.13	01.34.10	3	
	18	14	236	OMS	Marc Sher	00.13.19	00.51.42	00.30.06	01.35.07	3	
	19	15	256	OMS	Nelson Valentine	00.16.29	00.48.58	00.29.54	01.35.21	3	
	20	16	115	OMS	Jannie Louw	00.13.01	00.49.10	00.34.20	01.36.31	3	
	21	5	112	VMS	Tony Laughton	00.16.09	00.46.53	00.33.36	01.36.38	3	
	22	6	125	VMS	Guillaume Olivier	00.13.36	00.49.18	00.34.20	01.37.14	3	
	23	7	110	VMS	Pieter Lategan	00.17.32	00.45.21	00.34.22	01.37.15	3	
	24	17	103	OMS	Wim Delva	00.13.41	00.49.06	00.34.46	01.37.33	3	
	25	18	242	OMS	Nico Steyn	00.13.52	00.52.29	00.32.38	01.38.59	3	
	26	19	111	OMS	Chris Laubscher	00.14.38	00.50.51	00.33.50	01.39.19	3	
	27	20	180	OMS	Alan Hardaker	00.16.07	00.49.43	00.34.11	01.40.01	3	
	28	8	176	VMS	Leon Frederik Groeneveld	00.14.21	00.52.35	00.33.30	01.40.26	3	
	29	21	183	OMS	Matt Knight	00.16.01	00.56.13	00.28.32	01.40.46	3	
	30	22	161	OMS	Philip Du Plessis	00.14.23	00.55.21	00.31.15	01.40.59	3	
	31	9	133	VMS	Francois Slabbert	00.17.33	00.51.35	00.31.53	01.41.01	3	
	32	23	140	OMS	Paul Van Rensburg	00.18.58	00.49.44	00.32.46	01.41.28	3	
	33	24	208	OMS	Jaco Mouton	00.14.32	00.55.30	00.31.42	01.41.44	3	
	34	10	145	VMS	Christo Bisschoff	00.13.56	00.54.29	00.33.30	01.41.55	3	
	35	11	247	VMS	Ashley Ian Suckling	00.21.10	00.34.52	00.47.10	01.43.12	3	
	36	25	101	OMS	Jacques Basson	00.19.05	00.49.18	00.35.19	01.43.42	3	
	37	26	217	OMS	Kean Pearce	00.15.07	00.56.12	00.32.33	01.43.52	3	
	38	27	292	OMS	Kurt Muller	01.06.02		00.38.21	01.44.23	3	
	39	28	104	OMS	Jan Ellis	00.17.54	00.50.06	00.36.42	01.44.42	3	
	40	29	205	OMS	Tim Marrian	00.12.55	00.57.47	00.35.16	01.45.58	3	
	41	30	250	OMS	Cobus Theron	00.19.01	00.55.49	00.31.28	01.46.18	3	
	42	12	189	VMS	Helgo Hohenstein	00.17.57	01.00.07	00.30.58	01.49.02	3	
	43	31	221	OMS	Burger Pienaar	00.13.42	00.52.42	00.42.42	01.49.06	3	
	44	32	120	OMS	Craig Morse	00.14.28	00.56.10	00.38.29	01.49.07	3	
	45	33	148	OMS	Daniel Botha	00.16.43	00.58.16	00.34.21	01.49.20	3	
	46	34	270	OMS	Heinrich Wehmeyer	00.14.42	01.00.23	00.34.40	01.49.45	3	
	47	13	144	VMS	Zach Benade	00.19.36	00.56.28	00.34.34	01.50.38	3	
	48	14	157	VMS	Theo Cromhout	00.15.25	00.58.55	00.36.25	01.50.45	3	
	49	35	201	OMS	Christoff Lottering	00.19.02	00.59.06	00.32.45	01.50.53	3	
	50	36	219	OMS	Ian Peddle	00.13.29	01.07.41	00.29.52	01.51.02	3	
	51	37	149	OMS	Nelson Broden	00.15.05	00.56.41	00.41.15	01.53.01	3	
	52	38	211	OMS	Pierre Muller	00.17.26	00.59.16	00.36.40	01.53.22	3	
	53	39	266	OMS	Antonius Verhoeven	00.18.41	01.00.44	00.34.38	01.54.03	3	
	54	40	267	OMS	Regardt Verhoeven	00.18.50	01.00.33	00.34.41	01.54.04	3	
	55	41	114	OMS	Japie Louw	00.11.17	01.01.29	00.41.23	01.54.09	3	
	56	42	109	OMS	Rihan Landman	00.12.19	01.00.14	00.41.49	01.54.22	3	
	57	43	209	OMS	Daryl Muir	00.19.56	00.57.55	00.36.43	01.54.34	3	
	58	44	169	OMS	Malcolm Feldman	00.17.42	00.59.23	00.37.41	01.54.46	3	
	59	15	195	VMS	Emile Koopman	00.18.36	01.02.09	00.34.45	01.55.30	3	
	60	16	158	VMS	Hein Daffue	00.15.22	01.01.17	00.39.39	01.56.18	3	
	61	17	147	VMS	Peter Boer	00.19.22	01.01.05	00.35.51	01.56.18	3	
	62	18	166	VMS	Chris Escreet	00.15.19	01.03.43	00.37.40	01.56.42	3	
	63	45	137	OMS	Francois Swart	00.15.11	01.00.08	00.43.30	01.58.49	3	
	64	46	129	OMS	Mario Ruster	00.18.49	01.02.58	00.37.49	01.59.36	3	
	65	47	143	OMS	Robert Bartholomew	00.16.57	01.04.07	00.38.37	01.59.41	3	
	66	48	262	OMS	Marchant Van Wyk	00.16.56	01.04.13	00.38.36	01.59.45	3	
	67	49	263	OMS	Dawie Van Wyk	00.14.58	01.00.12	00.44.49	01.59.59	3	
	68	50	220	OMS	Karl Petersen	00.17.43	01.04.35	00.40.07	02.02.25	3	
	69	19	179	VMS	Cobus Haasbroek	00.18.54	01.06.06	00.38.43	02.03.43	3	
	70	20	265	VMS	Grant Verheem	00.17.30	01.07.18	00.39.21	02.04.09	3	
	71	51	224	OMS	Francois Pretorius	00.15.54	01.10.00	00.39.36	02.05.30	3	
	72	52	253	OMS	Sean Turketti	00.20.45	01.09.20	00.40.13	02.10.18	3	



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Group or Category	Pos in		Rider Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	73	53	254	OMS	Ryno Turketti	00.20.47	01.09.16	00.40.16	02.10.19	3	
	74	54	258	OMS	Josias Johannes Van Der Westhuizen	00.28.33	01.00.29	00.41.28	02.10.30	3	
	75	21	237	VMS	Iain Smuts	00.17.28	01.10.22	00.42.48	02.10.38	3	
	76	55	227	OMS	Wayne Rademeyer	00.21.44	01.03.39	00.47.40	02.13.03	3	
	77	22	139	VMS	Simon Traylor	00.18.46	01.16.44	00.37.38	02.13.08	3	
	78	23	124	VMS	Rouan Oelofsen	00.16.33	01.08.11	00.48.33	02.13.17	3	
	79	56	135	OMS	John Smith	00.25.36	01.04.38	00.43.17	02.13.31	3	
	80	24	108	VMS	Stephanus Kruger	00.26.01	00.59.28	00.49.58	02.15.27	3	
	81	57	196	OMS	Victor Kroon	00.20.06	01.16.19	00.40.28	02.16.53	3	
	82	25	268	VMS	Peter Wasserfall	00.18.28	01.14.02	00.46.51	02.19.21	3	
	83	58	127	OMS	Kevin O'Neill	00.19.43	01.10.39	00.50.33	02.20.55	3	
	84	59	245	OMS	Adam Streeter	00.18.06	01.12.59	00.50.56	02.22.01	3	
	85	60	212	OMS	Tommy Muller	00.25.53	01.08.19	00.49.44	02.23.56	3	
	86	61	130	OMS	Anton Sissing	00.25.49	01.24.01	00.42.26	02.32.16	3	
	87	62	171	OMS	Stephan Fourie	00.17.35	01.37.06	00.38.20	02.33.01	3	
	88	26	113	VMS	Pierre Le Roux	00.17.47	00.45.20		01.03.07	2	
	89	63	136	OMS	Paul Spagnoletti	00.16.52	00.52.13		01.09.05	2	
	90	64	234	OMS	Andr�� Serfontein	00.14.26			00.14.26	1	
	91	65	230	OMS	Nick Rea	00.23.58			00.23.58	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
<b>All Women MTB Short</b>	1	1	257	OWS	Madelie Van Der Westhuizen	00.10.35	00.48.56	00.32.29	01.32.00	3	
	2	2	184	OWS	Mari�� Heatlie	00.15.28	00.45.19	00.34.41	01.35.28	3	
	3	1	290	VWS	Ilse Esterhuyse	00.14.01	00.55.30	00.29.09	01.38.40	3	
	4	3	289	OWS	Famke Allan	00.11.44	00.52.43	00.34.37	01.39.04	3	
	5	4	160	OWS	Jade De Hutton	00.15.00	00.52.57	00.31.17	01.39.14	3	
	6	5	117	OWS	Kim Mccracken	00.11.32	00.53.51	00.33.54	01.39.17	3	
	7	6	255	OWS	Tanya Ungerer	00.11.20		01.30.18	01.41.38	3	
	8	7	228	OWS	Lizaan Rademeyer	00.13.39	01.02.53	00.30.47	01.47.19	3	
	9	8	197	OWS	Sabrina Kumschick	00.16.12	00.55.53	00.35.54	01.47.59	3	
	10	9	271	OWS	Elizna Wiese	00.15.50	00.51.21	00.41.17	01.48.28	3	
	11	10	294	OWS	Stephanie Smit	00.11.11	01.00.34	00.37.07	01.48.52	3	
	12	11	119	OWS	Tamarin Moelans	00.14.44	00.57.41	00.37.43	01.50.08	3	
	13	2	191	VWS	Rose Jordaan	00.13.59	00.58.10	00.38.10	01.50.19	3	
	14	12	175	OWS	Kathleen Gething	00.13.44	00.58.43	00.38.00	01.50.27	3	
	15	3	132	VWS	Sonelle Slabbert	00.17.24	00.55.17	00.37.55	01.50.36	3	
	16	13	218	OWS	Laura Peddle	00.13.28	01.07.39	00.29.59	01.51.06	3	
	17	14	168	OWS	Marie-Nel Fehr	00.14.35	01.02.10	00.36.30	01.53.15	3	
	18	15	187	OWS	Nicola Hill	00.14.48	01.02.46	00.36.25	01.53.59	3	
	19	16	193	OWS	Andrea Joubert	00.17.09	01.01.48	00.35.48	01.54.45	3	
	20	4	225	VWS	Renee Prins	00.18.32	01.01.26	00.35.34	01.55.32	3	
	21	17	174	OWS	Juli Geldenhuys	00.15.57	01.04.14	00.35.46	01.55.57	3	
	22	18	177	OWS	Michelle Groenewald	00.15.59	01.04.02	00.35.57	01.55.58	3	
	23	19	259	OWS	Driekie Van Dyk	00.15.23	01.06.02	00.35.06	01.56.31	3	
	24	20	178	OWS	Leeanne Guerrini	00.15.47	01.04.22	00.36.58	01.57.07	3	
	25	21	216	OWS	Jo-Ane Paulsen	00.14.40	01.00.42	00.42.26	01.57.48	3	
	26	22	233	OWS	Tania Rossouw	00.14.43	01.00.38	00.42.38	01.57.59	3	
	27	23	159	OWS	Michelle Davy	00.12.08	01.15.13	00.33.01	02.00.22	3	
	28	24	264	OWS	Karla Van Zyl	00.18.31	01.04.23	00.38.51	02.01.45	3	
	29	25	173	OWS	Emily Furlong	00.17.23	01.08.04	00.36.23	02.01.50	3	
	30	5	190	VWS	Jenni Horn	00.16.59	01.08.54	00.37.05	02.02.58	3	
	31	26	134	OWS	Suzanne Smit	00.13.26	01.10.52	00.39.35	02.03.53	3	
	32	6	203	VWS	Lynne Manson-Kullin	00.19.28	01.09.08	00.35.20	02.03.56	3	
	33	7	188	VWS	Dianne Hoffman	00.17.21	01.04.45	00.42.29	02.04.35	3	
	34	27	223	OWS	Jeanette Pretorius	00.15.53	01.10.02	00.39.35	02.05.30	3	
	35	28	182	OWS	Colleen Harrison	00.17.20	01.10.32	00.38.10	02.06.02	3	
	36	29	210	OWS	Lisa Muir	00.19.55	01.06.39	00.41.04	02.07.38	3	
	37	8	162	VWS	Ilze Du Toit	00.17.06	01.09.50	00.40.43	02.07.39	3	
	38	9	243	VWS	Dalene Stiff	00.20.11	01.08.12	00.40.32	02.08.55	3	
	39	30	207	OWS	Di Mccollough	00.17.45	01.06.35	00.44.41	02.09.01	3	

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Group or Category	Pos in		Rider Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	40	31	107	OWS	Chloe Gojon	00.20.05	01.02.11	00.47.47	02.10.03	3	
	41	10	206	VWS	Larissa Matthews	00.19.04	01.12.10	00.40.09	02.11.23	3	
	42	32	213	OWS	Janie Nel	00.14.46	01.15.26	00.41.27	02.11.39	3	
	43	11	138	VWS	Manda Traylor	00.18.34	01.16.54	00.37.37	02.13.05	3	
	44	33	229	OWS	Lizaan Rademeyer	00.17.55	01.06.19	00.49.40	02.13.54	3	
	45	34	246	OWS	Brenda Strydom	00.17.31	01.11.16	00.45.49	02.14.36	3	
	46	35	156	OWS	Catherine Crawford	00.15.26	01.19.18	00.45.15	02.19.59	3	
	47	36	167	OWS	Tessa Clare Faure	00.16.48	01.26.25	00.38.05	02.21.18	3	
	48	37	181	OWS	Anneri Harmse	00.16.50	01.23.26	00.43.25	02.23.41	3	
	49	38	131	OWS	Chantal Sissing	00.25.47	01.24.01	00.42.32	02.32.20	3	
	50	39	194	OWS	Faye Keitzman	00.21.42	01.27.35	00.43.54	02.33.11	3	
	51	40	118	OWS	Desirä© Minnaar	00.18.38	01.22.45	00.53.45	02.35.08	3	
	52	41	116	OWS	Jana Marshall	00.21.14	01.16.09	01.04.37	02.42.00	3	
	53	12	186	VWS	Sandra Hepburn Brown	00.25.25	01.25.18	00.58.24	02.49.07	3	
	54	42	244	OWS	Penny Streeter	00.21.08	01.41.02	01.03.03	03.05.13	3	
	55	43	202	OWS	Kerri Lowrie	00.13.48			00.13.48	1	
	56	13	261	VWS	Elma Van Noordwyk	00.16.34			00.16.34	1	
	57	14	155	VWS	Jill Coppack	01.05.30			01.05.30	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
<b>Open Team MTB Short</b>	1	1	277	OTS	Michael Dreyer	00.14.11	01.00.13	00.30.14	01.44.38	3	
	2	2	295	OTS	Breeland Kelder	00.15.45	00.53.49	00.37.28	01.47.02	3	
	3	3	274	OTS	Dan Man	01.09.47		00.38.39	01.48.26	3	
	4	4	123	OTS	Tri Babes	00.14.51	01.03.02	00.31.03	01.48.56	3	
	5	5	275	OTS	Helen Dreyer	00.14.27	00.59.55	00.34.53	01.49.15	3	
	6	6	279	OTS	H 2 O Ysters	00.19.24	01.09.24	00.36.05	02.04.53	3	