

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
All Men ROAD Tri	1	1	470	OML	Bradley Weiss	00.08.19	01.03.21	00.45.40	01.57.20	3	
	2	2	432	OML	Frederick Wagenvoorde	00.07.27	01.07.40	00.45.53	02.01.00	3	
	3	3	206	OML	Tristan Kelly	00.09.42	01.07.39	00.48.04	02.05.25	3	
	4	4	180	OML	Dean Hopf	00.10.59	01.08.17	00.51.01	02.10.17	3	
	5	5	138	OML	Donovan Geldenhuys	00.10.20	01.12.02	00.47.58	02.10.20	3	
	6	6	166	OML	Cornel Herbst	00.08.54	01.13.08	00.48.44	02.10.46	3	
	7	7	463	OML	Michael Redington	00.11.11	01.13.07	00.46.48	02.11.06	3	
	8	8	446	OML	Tyron Ingle	00.09.13	01.11.39	00.51.09	02.12.01	3	
	9	1	91	SVL	Chris De Villiers	00.13.07	01.11.44	00.50.36	02.15.27	3	
	10	9	355	OML	Chris Vapas	00.11.34	01.16.53	00.47.03	02.15.30	3	
	11	1	450	VML	Henry Wolstenholme	00.16.03	01.11.25	00.48.13	02.15.41	3	
	12	2	207	SVL	Morne Kemp	00.14.01	01.12.27	00.49.43	02.16.11	3	
	13	3	106	SVL	Christo Du Plessis	00.14.47	01.10.18	00.51.07	02.16.12	3	
	14	10	171	OML	Paul Hilliard	00.12.40	01.16.01	00.48.02	02.16.43	3	
	15	4	394	SVL	Nick Turner	00.09.27	01.12.50	00.54.26	02.16.43	3	
	16	5	79	SVL	Cobus Meyer	00.13.32	01.15.22	00.47.50	02.16.44	3	
	17	2	190	VML	Paul Ingpen	00.10.22	01.12.26	00.54.13	02.17.01	3	
	18	11	247	OML	Jonty Low	00.09.39	01.17.26	00.50.23	02.17.28	3	
	19	6	20	SVL	Steve Attwell	00.12.52	01.12.30	00.54.42	02.20.04	3	
	20	12	310	OML	Dylan Pivo	00.08.17	01.14.47	00.58.36	02.21.40	3	
	21	7	76	SVL	Rob Cragg	00.15.23	01.11.59	00.54.27	02.21.49	3	
	22	8	287	SVL	Deon Muller	00.13.03	01.14.54	00.54.14	02.22.11	3	
	23	9	373	SVL	Marco Stichini	00.16.12	01.12.44	00.53.49	02.22.45	3	
	24	10	128	SVL	Cobus Fourie	00.18.15	01.13.52	00.51.24	02.23.31	3	
	25	11	198	SVL	Damian Jones	00.12.55	01.15.13	00.55.56	02.24.04	3	
	26	3	326	VML	Adrian Renaud	00.13.10	01.14.41	00.57.42	02.25.33	3	
	27	13	377	OML	David Sullivan	00.12.36	01.16.12	00.56.57	02.25.45	3	
	28	12	235	SVL	Eugene Lindeque	00.13.16	01.17.14	00.55.33	02.26.03	3	
	29	14	460	OML	Stephan Van Zyl	00.15.37	01.17.12	00.53.19	02.26.08	3	
	30	15	163	OML	Mitchell Heinen	00.13.12	01.17.15	00.55.53	02.26.20	3	
	31	16	221	OML	Warren Langrindge	00.12.06	01.19.49	00.55.52	02.27.47	3	
	32	17	55	OML	Juan Carstens	00.17.30	01.15.58	00.54.46	02.28.14	3	
	33	13	376	SVL	Wane Rossouw	00.12.34	01.18.44	00.57.12	02.28.30	3	
	34	18	134	OML	Du Toit Van Den Bergh	00.12.51	01.19.53	00.55.52	02.28.36	3	
	35	19	127	OML	Philip Fouche	00.08.18	01.20.08	01.00.19	02.28.45	3	
	36	14	368	SVL	Tim Spencer	00.16.09	01.15.45	00.56.54	02.28.48	3	
	37	15	332	SVL	Boyd Roberts	00.18.34	01.10.28	00.59.52	02.28.54	3	
	38	20	408	OML	Ewald Van Heerden	00.14.49	01.19.39	00.54.36	02.29.04	3	
	39	21	306	OML	Brian Piccione	00.12.22	01.18.07	00.58.53	02.29.22	3	
	40	16	41	SVL	Riaan Boshoff	00.10.57	01.16.15	01.02.27	02.29.39	3	
	41	22	60	OML	Peter Clark	00.17.35	01.15.07	00.57.38	02.30.20	3	
	42	23	402	OML	Jp Van Der Merwe	00.15.46	01.22.14	00.52.48	02.30.48	3	
	43	24	215	OML	Wiaan Kriel	00.16.25	01.19.05	00.56.18	02.31.48	3	
	44	17	399	SVL	Eduard Van Den Heever	00.15.05	01.16.09	01.01.36	02.32.50	3	
	45	18	141	SVL	John Gilchrist	00.15.01	01.18.52	00.59.00	02.32.53	3	
	46	25	296	OML	Nelius Oosthuizen	00.14.57	01.20.19	00.57.38	02.32.54	3	
	47	26	212	OML	Matt Knight	00.19.27	01.21.07	00.52.40	02.33.14	3	
	48	27	400	OML	Wouter Van Der Bijl	00.14.20	01.20.34	00.58.23	02.33.17	3	
	49	4	418	VML	Peter Van Wyk	00.15.36	01.18.13	00.59.54	02.33.43	3	
	50	19	335	SVL	Trevor Rolfe	00.13.36	01.20.52	00.59.21	02.33.49	3	
	51	20	428	SVL	Miguel Vieira	00.20.38	01.16.39	00.56.49	02.34.06	3	
	52	28	286	OML	Duanne Muller	00.12.29	01.16.16	01.05.30	02.34.15	3	
	53	5	315	VML	Mark Quinlan	00.12.20	01.15.50	01.06.32	02.34.42	3	
	54	29	243	OML	Leonard Louw	00.15.30	01.20.13	00.59.22	02.35.05	3	
	55	30	438	OML	Philip Wessels	00.14.51	01.21.46	00.58.28	02.35.05	3	
	56	21	427	SVL	Pieter Vermeulen	00.14.03	01.19.19	01.02.00	02.35.22	3	
	57	22	12	SVL	Riad Ahmed	00.16.45	01.21.13	00.57.25	02.35.23	3	
	58	31	433	OML	Luke Walker	00.11.48	01.21.48	01.01.57	02.35.33	3	

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	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	59	32	86	OML	Hermanus De Jager	00.15.07	01.18.45	01.01.53	02.35.45	3	
	60	33	294	OML	Michael North	00.15.11	01.21.51	00.58.55	02.35.57	3	
	61	34	46	OML	Morne Botha	00.15.13	01.19.23	01.01.27	02.36.03	3	
	62	35	382	OML	Rocco Tallie	00.15.24	01.20.22	01.00.24	02.36.10	3	
	63	36	100	OML	Dirk Dirksen	00.14.43	01.19.44	01.02.24	02.36.51	3	
	64	23	431	SVL	Johan Volschenk	00.21.02	01.17.36	00.58.16	02.36.54	3	
	65	37	302	OML	Gareth Payne	00.14.55	01.20.19	01.01.47	02.37.01	3	
	66	24	347	SVL	Darrel Sander	00.14.16	01.20.34	01.02.14	02.37.04	3	
	67	6	158	VML	Peter Huber	00.13.30	01.21.18	01.02.17	02.37.05	3	
	68	25	149	SVL	Liam Graham	00.16.25	01.18.30	01.02.29	02.37.24	3	
	69	38	413	OML	Martin Van Rooyen	00.15.19	01.22.22	00.59.54	02.37.35	3	
	70	39	362	OML	Justin Smith	00.16.58	01.20.56	01.00.03	02.37.57	3	
	71	26	112	SVL	Kevin Egberink	00.18.22	01.18.08	01.01.30	02.38.00	3	
	72	40	200	OML	Ryan Jossel	00.15.39	01.20.09	01.02.18	02.38.06	3	
	73	27	130	SVL	James Frazer	00.19.12	01.21.14	00.57.54	02.38.20	3	
	74	7	411	VML	Mark Van Rensburg	00.16.46	01.24.39	00.56.58	02.38.23	3	
	75	41	288	OML	Shane Murray	00.19.24	01.22.07	00.57.06	02.38.37	3	
	76	28	268	SVL	Robert McGaffin	00.20.29	01.18.32	00.59.44	02.38.45	3	
	77	29	227	SVL	Philip Le Roux	00.13.01	01.21.59	01.03.50	02.38.50	3	
	78	42	440	OML	Craig White	00.11.08	01.26.58	01.00.47	02.38.53	3	
	79	43	291	OML	Fanie Nel	00.15.01	01.20.50	01.03.16	02.39.07	3	
	80	30	435	SVL	Thomas Webb	00.16.19	01.26.54	00.56.43	02.39.56	3	
	81	44	308	OML	Joe Pieterse	00.12.25	01.16.28	01.11.11	02.40.04	3	
	82	31	390	SVL	Graham Toms	00.11.48	01.14.06	01.14.50	02.40.44	3	
	83	45	456	OML	Trevor Ransome	00.19.11	01.22.39	00.59.03	02.40.53	3	
	84	46	366	OML	Mark Sochen	00.16.08	01.24.18	01.00.31	02.40.57	3	
	85	47	336	OML	Justin Roome	00.18.13	01.22.22	01.00.22	02.40.57	3	
	86	32	383	SVL	Philip Stam	00.15.17	01.23.05	01.02.40	02.41.02	3	
	87	33	88	SVL	Phillip De Jager	00.17.37	01.25.46	00.57.52	02.41.15	3	
	88	48	379	OML	Carl Swart	00.17.52	01.25.18	00.58.06	02.41.16	3	
	89	49	139	OML	Andre Gerber	00.15.02	01.30.36	00.56.09	02.41.47	3	
	90	50	26	OML	Sean Bassett	00.15.36	01.25.27	01.01.23	02.42.26	3	
	91	8	193	VML	Craig Jagga	00.14.01	01.23.51	01.04.35	02.42.27	3	
	92	51	312	OML	Abrie Pretorius	00.20.11	01.26.44	00.55.55	02.42.50	3	
	93	52	322	OML	Marc Davidowitz	00.17.09	01.26.33	00.59.38	02.43.20	3	
	94	34	337	SVL	Ian Ross	00.16.39	01.27.20	00.59.35	02.43.34	3	
	95	9	209	VML	Rolf Muller	00.19.22	01.22.48	01.01.28	02.43.38	3	
	96	35	356	SVL	Anthony Shaw	00.17.13	01.24.33	01.02.11	02.43.57	3	
	97	53	395	OML	Ryno Uys	00.15.57	01.27.56	01.00.37	02.44.30	3	
	98	36	293	SVL	Paul Ness	00.12.58	01.26.39	01.04.56	02.44.33	3	
	99	37	331	SVL	Mark Roberts	00.19.26	01.21.45	01.03.35	02.44.46	3	
	100	38	24	SVL	Jos Balk	00.23.42	01.13.37	01.07.40	02.44.59	3	
	101	39	357	SVL	Amir Shroufi	00.19.39	01.26.37	00.58.52	02.45.08	3	
	102	54	374	OML	Matthew Stone	00.18.50	01.27.52	00.58.27	02.45.09	3	
	103	40	442	SVL	Warren Wilkinson	00.18.28	01.22.05	01.04.38	02.45.11	3	
	104	55	468	OML	Sean Voigt	00.15.55	01.29.00	01.00.21	02.45.16	3	
	105	56	177	OML	Justin Hollis	00.13.02	01.30.13	01.02.18	02.45.33	3	
	106	57	304	OML	Brendon Leask	00.21.00	01.28.52	00.56.06	02.45.58	3	
	107	58	363	OML	Henri Smith	00.17.16	01.30.39	00.58.43	02.46.38	3	
	108	41	174	SVL	Darrin Hofmeyr	00.12.41	01.32.33	01.01.35	02.46.49	3	
	109	59	146	OML	Pierre Goussard	00.17.11	01.29.25	01.00.29	02.47.05	3	
	110	42	71	SVL	Michael Comninos	00.23.38	01.23.45	00.59.42	02.47.05	3	
	111	60	448	OML	Francios Wiun	00.20.41	01.26.17	01.00.38	02.47.36	3	
	112	43	47	SVL	Ross Boyd	00.15.11	01.30.05	01.02.46	02.48.02	3	
	113	61	129	OML	Zane Franklin	00.16.27	01.28.30	01.03.15	02.48.12	3	
	114	62	68	OML	Derick Coetzee	00.17.05	01.30.57	01.00.13	02.48.15	3	
	115	10	136	VML	Douglas Gagiano	00.19.48	01.25.52	01.03.23	02.49.03	3	
	116	63	137	OML	Paul Geary	00.12.38	01.29.28	01.07.07	02.49.13	3	

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	117	44	348	SVL	Costa Saridakis	00.23.28	01.23.35	01.02.24	02.49.27	3	
	118	64	17	OML	Daniel Appel	00.15.52	01.23.41	01.09.56	02.49.29	3	
	119	45	40	SVL	Peter Borchers	00.17.03	01.23.58	01.08.36	02.49.37	3	
	120	46	220	SVL	Ehrich Kruger	00.20.42	01.23.57	01.06.05	02.50.44	3	
	121	47	164	SVL	Riaan Helberg	00.27.07	01.19.50	01.03.52	02.50.49	3	
	122	65	191	OML	Justin Isaacs	00.16.22	01.27.57	01.06.52	02.51.11	3	
	123	66	340	OML	Pierre Rossouw	00.14.59	01.29.48	01.06.36	02.51.23	3	
	124	67	167	OML	Ruan Hessell	00.14.01	01.31.23	01.06.13	02.51.37	3	
	125	68	248	OML	Gareth Low	00.16.11	01.35.39	00.59.56	02.51.46	3	
	126	69	352	OML	Andre Serfontein	00.14.52	01.29.47	01.07.15	02.51.54	3	
	127	48	301	SVL	Anton Neethling	00.17.45	01.28.26	01.05.45	02.51.56	3	
	128	70	54	OML	John-Bert Calitz	00.15.29	01.24.55	01.11.47	02.52.11	3	
	129	49	35	SVL	Marc Bester	00.16.54	01.28.53	01.06.27	02.52.14	3	
	130	11	165	VML	Johan Henn	00.23.31	01.22.45	01.05.58	02.52.14	3	
	131	50	56	SVL	Gerald Kirsten	00.18.31	01.22.25	01.11.28	02.52.24	3	
	132	51	453	SVL	Robert Zive	00.19.25	01.35.23	00.57.47	02.52.35	3	
	133	52	109	SVL	Handre Durand	00.17.59	01.31.38	01.03.02	02.52.39	3	
	134	53	241	SVL	Matthys Lourens	00.19.01	01.22.11	01.11.31	02.52.43	3	
	135	12	372	VML	Adrian Stevens	00.17.51	01.27.21	01.07.56	02.53.08	3	
	136	13	211	VML	Simon Kneel	00.15.59	01.32.40	01.04.35	02.53.14	3	
	137	71	398	OML	Cobus Van Den Berg	00.36.14	01.16.58	01.00.11	02.53.23	3	
	138	72	276	OML	Gerhard Mills	00.16.54	01.31.34	01.05.24	02.53.52	3	
	139	14	262	VML	Holden Marshall	00.21.17	01.27.29	01.05.09	02.53.55	3	
	140	54	28	SVL	Gavin Bell	00.23.29	01.23.51	01.06.36	02.53.56	3	
	141	55	271	SVL	Steve Mendes	00.22.43	01.32.51	00.58.24	02.53.58	3	
	142	56	29	SVL	Rudi Benn	00.20.54	01.27.59	01.05.09	02.54.02	3	
	143	73	469	OML	Terry Gillespie	00.19.38	01.27.24	01.07.53	02.54.55	3	
	144	57	37	SVL	Gordon Bishop	00.18.06	01.28.07	01.08.47	02.55.00	3	
	145	74	87	OML	Justin De Jager	00.19.01	01.32.39	01.03.33	02.55.13	3	
	146	58	73	SVL	Brett Cotterell	00.18.25	01.27.36	01.09.19	02.55.20	3	
	147	59	222	SVL	Ryno Lamont	00.23.31	01.18.02	01.13.53	02.55.26	3	
	148	75	280	OML	Hein Mocke	00.18.45	01.24.47	01.12.08	02.55.40	3	
	149	60	118	SVL	Chris Escreet	00.14.58	01.30.56	01.09.51	02.55.45	3	
	150	61	38	SVL	Charl Blom	00.20.51	01.28.44	01.06.14	02.55.49	3	
	151	62	18	SVL	Tiernan O'Rourke	00.17.29	01.35.13	01.03.17	02.55.59	3	
	152	76	140	OML	Jethro Geyser	00.16.01	01.30.56	01.09.12	02.56.09	3	
	153	77	119	OML	Sarel Esterhuizen	00.19.55	01.27.22	01.08.54	02.56.11	3	
	154	78	258	OML	Danie Mare	00.18.02	01.30.45	01.07.28	02.56.15	3	
	155	79	89	OML	Francois De La Rouviere	00.19.30	01.27.54	01.08.58	02.56.22	3	
	156	63	439	SVL	Stephan Weyers	00.22.40	01.28.10	01.05.41	02.56.31	3	
	157	80	343	OML	Mario Ruster	00.19.45	01.33.17	01.03.32	02.56.34	3	
	158	81	346	OML	Shane Samaai	00.20.36	01.32.42	01.03.43	02.57.01	3	
	159	64	75	SVL	Warren Couchman	00.18.04	01.28.29	01.10.36	02.57.09	3	
	160	15	183	VML	Rudy Horn Botha	00.21.22	01.33.49	01.02.06	02.57.17	3	
	161	82	320	OML	Robin Rathbone	00.19.06	01.27.47	01.12.10	02.59.03	3	
	162	65	72	SVL	Gavin Cooper	00.19.30	01.28.50	01.11.02	02.59.22	3	
	163	83	103	OML	Warwick Donaldson	00.14.40	01.34.39	01.10.11	02.59.30	3	
	164	84	275	OML	Gerhard Meyer	00.20.47	01.30.24	01.08.19	02.59.30	3	
	165	85	370	OML	Richard Stanier	00.19.54	01.27.46	01.11.54	02.59.34	3	
	166	66	27	SVL	James Bayhack	00.24.16	01.28.53	01.06.38	02.59.47	3	
	167	86	313	OML	Gareth Price	00.20.52	01.36.30	01.03.03	03.00.25	3	
	168	67	305	SVL	Stephen Peirce	00.22.43	01.25.40	01.12.14	03.00.37	3	
	169	87	254	OML	Simon Mandy	00.20.19	01.32.16	01.08.04	03.00.39	3	
	170	68	354	SVL	Jj Serfontein	00.24.28	01.28.24	01.07.59	03.00.51	3	
	171	69	175	SVL	Helgo Hohenstein	00.23.33	01.34.53	01.02.28	03.00.54	3	
	172	70	63	SVL	Tim Clifton	00.24.14	01.25.42	01.11.16	03.01.12	3	
	173	16	108	VML	Donald Duncan	00.28.14	01.32.44	01.00.42	03.01.40	3	
	174	88	111	OML	Gareth Edwards	00.18.53	01.27.25	01.15.32	03.01.50	3	

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	175	89	117	OML	Ryan Epstein	00.18.16	01.40.46	01.03.04	03.02.06	3	
	176	17	19	VML	Gavin Attenborough	00.15.19	01.32.25	01.15.26	03.03.10	3	
	177	71	168	SVL	Brian Heunis	00.23.47	01.29.14	01.10.12	03.03.13	3	
	178	90	234	OML	James Liebenberg	00.21.57	01.38.02	01.03.27	03.03.26	3	
	179	18	48	VML	Andrew Bradley	00.17.45	01.29.54	01.16.39	03.04.18	3	
	180	72	82	SVL	Robert Damerell	00.19.19	01.34.29	01.11.00	03.04.48	3	
	181	91	284	OML	Lester Morkel	00.18.40	01.32.40	01.13.59	03.05.19	3	
	182	73	81	SVL	Louis Daffarn	00.20.35	01.30.09	01.14.56	03.05.40	3	
	183	74	224	SVL	Sean Lavery	00.23.46	01.32.31	01.09.29	03.05.46	3	
	184	75	406	SVL	Lourens Van Der Westhuizen	00.23.26	01.31.58	01.10.22	03.05.46	3	
	185	76	188	SVL	Alan Hughes	00.20.13	01.30.56	01.14.40	03.05.49	3	
	186	77	151	SVL	Simon Adrian Griffith	00.20.40	01.30.16	01.15.43	03.06.39	3	
	187	19	391	VML	Prem Trojan	00.18.00	01.36.02	01.13.23	03.07.25	3	
	188	78	457	SVL	Cobus Haasbroek	00.23.50	01.33.35	01.10.20	03.07.45	3	
	189	79	257	SVL	Jason Marais	00.20.48	01.33.14	01.14.34	03.08.36	3	
	190	80	229	SVL	Brian Leary	00.23.41	01.36.22	01.09.37	03.09.40	3	
	191	81	334	SVL	Johann Roelofse	00.17.52	01.33.06	01.19.55	03.10.53	3	
	192	82	173	SVL	Trevor Hodgson	00.18.57	01.33.23	01.19.14	03.11.34	3	
	193	83	121	SVL	Jim Faulds	00.22.41	01.35.41	01.13.23	03.11.45	3	
	194	92	285	OML	Gerhard Mulder	00.18.44	01.36.45	01.16.52	03.12.21	3	
	195	93	187	OML	Dean Howburg	00.24.43	01.37.30	01.10.11	03.12.24	3	
	196	20	393	VML	Paul Trzebiatowsky	00.19.25	01.34.12	01.21.04	03.14.41	3	
	197	94	447	OML	Wade Witbooi	00.24.18	01.36.50	01.14.07	03.15.15	3	
	198	21	273	VML	Michael Mey	00.25.16	01.39.46	01.10.24	03.15.26	3	
	199	22	110	VML	Derek Evason	00.19.32	01.36.20	01.20.58	03.16.50	3	
	200	84	10	SVL	Alex Acker	00.22.41	01.34.19	01.19.52	03.16.52	3	
	201	23	245	VML	Nic Louw	00.21.58	01.42.30	01.12.42	03.17.10	3	
	202	95	414	OML	Francois Van Schouwenburg	00.23.28	01.31.11	01.22.36	03.17.15	3	
	203	24	261	VML	Howard Markham	00.14.15	01.42.47	01.20.21	03.17.23	3	
	204	25	392	VML	Michael Trzebiatowsky	00.19.46	01.43.11	01.15.24	03.18.21	3	
	205	96	263	OML	Ian Martincich	00.24.26	01.39.18	01.15.41	03.19.25	3	
	206	97	202	OML	Carlo Mariani	00.43.44	01.27.57	01.08.24	03.20.05	3	
	207	98	226	OML	De Wet Le Roux	00.25.37	01.39.05	01.15.29	03.20.11	3	
	208	99	14	OML	De Wet Albertyn	00.28.19	01.44.03	01.08.18	03.20.40	3	
	209	85	426	SVL	Andries Venter	00.26.28	01.32.37	01.21.35	03.20.40	3	
	210	86	197	SVL	Grant Jenkinson	00.20.32	01.35.34	01.24.48	03.20.54	3	
	211	100	44	OML	Jaco Botha	00.14.12	01.44.27	01.22.51	03.21.30	3	
	212	87	150	SVL	Duncan Greenwood	00.24.24	01.32.22	01.25.05	03.21.51	3	
	213	88	367	SVL	Paul Spagnoletti	00.24.26	01.28.47	01.28.40	03.21.53	3	
	214	101	307	OML	Jacques Pienaar	00.19.20	01.46.48	01.16.24	03.22.32	3	
	215	26	403	VML	Wessel Van Der Merwe	00.30.59	01.40.12	01.11.26	03.22.37	3	
	216	89	422	SVL	Cobus Vd Colff	00.24.20	01.41.16	01.17.09	03.22.45	3	
	217	102	467	OML	Jason Zaymes	00.23.49	01.41.17	01.18.34	03.23.40	3	
	218	27	441	VML	Gert Wilkins	00.24.14	01.30.50	01.29.16	03.24.20	3	
	219	103	269	OML	Warren Roman	00.17.41	01.41.07	01.26.00	03.24.48	3	
	220	90	217	SVL	Danie Kritzinger	00.20.58	01.39.21	01.24.42	03.25.01	3	
	221	104	420	OML	Bradley Heydenrych	00.22.14	01.39.04	01.23.47	03.25.05	3	
	222	28	292	VML	Heini Nel	00.23.17	01.39.10	01.23.35	03.26.02	3	
	223	105	344	OML	Don Rynhoud	00.22.25	01.46.22	01.21.58	03.30.45	3	
	224	106	201	OML	Wes Junor	00.21.44	01.52.50	01.18.44	03.33.18	3	
	225	91	250	SVL	Stephen Lucas	00.25.05	01.45.49	01.22.58	03.33.52	3	
	226	107	319	OML	Ross Randall	00.22.17	01.48.25	01.23.14	03.33.56	3	
	227	108	31	OML	John Bergh	00.21.41	01.45.40	01.26.49	03.34.10	3	
	228	92	237	SVL	Phil Lotter	00.26.02	01.44.07	01.25.29	03.35.38	3	
	229	93	133	SVL	Noel Frost	00.24.22	02.04.53	01.07.51	03.37.06	3	
	230	94	192	SVL	Craig Jacobs	00.15.38	01.44.15	01.38.42	03.38.35	3	
	231	95	114	SVL	Justin Elliott	00.23.36	01.37.05	01.37.55	03.38.36	3	
	232	109	342	OML	Shaun Ruiters	00.29.30	01.42.04	01.27.12	03.38.46	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	233	96	462	SVL	Ryan Madden	00.26.36	02.12.47	00.59.44	03.39.07	3	
	234	110	70	OML	Gareth Collier	00.24.11	01.44.58	01.30.51	03.40.00	3	
	235	111	415	OML	Morne Van Tonder	00.22.52	01.50.24	01.27.28	03.40.44	3	
	236	97	147	SVL	Dwayne Gouws	00.20.44	01.45.11	01.36.53	03.42.48	3	
	237	98	328	SVL	Raymond Resnick	00.19.16	01.45.59	01.42.19	03.47.34	3	
	238	99	23	SVL	Geno Balanco	00.24.31	01.48.10	01.38.32	03.51.13	3	
	239	29	345	VML	Beau Rynhoud	00.24.47	01.59.13	01.38.20	04.02.20	3	
	240	112	360	OML	Andreas Slabber	00.21.55	01.52.46	01.50.01	04.04.42	3	
	241	100	145	SVL	Sean Gottschalk	00.24.46	01.59.56	01.49.33	04.14.15	3	
	242	113	443	OML	Johann Bosman	01.18.39	01.39.51	01.22.10	04.20.40	3	
	243	114	283	OML	Rinaldo Morgia	00.08.51	01.09.12		01.18.03	2	
	244	115	176	OML	Matthew Holden	00.09.11	01.12.09		01.21.20	2	
	245	101	116	SVL	Jacus Engelbrecht	00.13.05	01.14.01		01.27.06	2	
	246	102	57	SVL	Dave Chapman	00.12.54	01.26.19		01.39.13	2	
	247	103	30	SVL	Saar Ben-Tovim	00.20.14	01.19.42		01.39.56	2	
	248	116	113	OML	Willie Egen	00.14.32	01.28.20		01.42.52	2	
	249	104	219	SVL	Brent Kropman	00.16.38	01.46.50		02.03.28	2	
	250	30	297	VML	Dieter Oosthuizen	00.22.01	01.43.28		02.05.29	2	
	251	31	39	VML	Peter Boer	01.57.15	00.43.34		02.40.49	2	
	252	117	253	OML	Gillian Malan	00.58.45	01.42.29		02.41.14	2	
	253	32	252	VML	Gavin Magrath	00.15.29			00.15.29	1	
	254	33	186	VML	Samuel Houlie	00.24.50			00.24.50	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
All Women ROAD Tri	1	1	405	OWL	Kelly Van Der Toorn	00.09.50	01.12.12	00.53.05	02.15.07	3	
	2	2	260	OWL	Tracy Markham	00.09.55	01.16.39	00.55.16	02.21.50	3	
	3	1	444	VWL	Vivienne Williams	00.09.23	01.18.46	00.54.54	02.23.03	3	
	4	3	90	OWL	Colleen De Oliveira	00.11.50	01.17.43	00.54.47	02.24.20	3	
	5	2	388	VWL	Kirsty Thompson	00.11.53	01.15.54	00.56.40	02.24.27	3	
	6	3	452	VWL	Robyn Woodward	00.12.58	01.18.51	00.53.02	02.24.51	3	
	7	4	65	OWL	Jenny Close	00.14.50	01.16.40	00.54.08	02.25.38	3	
	8	5	369	OWL	Tarryn Stanford	00.09.35	01.21.19	00.58.46	02.29.40	3	
	9	6	213	OWL	Olga Koorts	00.13.12	01.20.37	00.56.49	02.30.38	3	
	10	4	251	VWL	Diana Macpherson	00.13.19	01.22.00	00.56.33	02.31.52	3	
	11	7	101	OWL	Dominique Doliveira	00.13.01	01.19.04	01.02.34	02.34.39	3	
	12	8	53	OWL	Elrika Calitz	00.14.00	01.22.24	00.59.25	02.35.49	3	
	13	9	64	OWL	Jessica Cloete	00.13.47	01.22.23	00.59.51	02.36.01	3	
	14	10	396	OWL	Keelyn Van Breda	00.11.03	01.28.58	00.57.16	02.37.17	3	
	15	11	96	OWL	Keri Delpont	00.15.37	01.23.54	01.00.36	02.40.07	3	
	16	5	105	VWL	Anzel Du Plessis	00.20.57	01.20.37	01.04.21	02.45.55	3	
	17	6	387	VWL	Liesl Thomas	00.17.58	01.27.00	01.02.12	02.47.10	3	
	18	12	351	OWL	Audrey Seale	00.20.14	01.25.53	01.02.26	02.48.33	3	
	19	13	316	OWL	Helene Rabie	00.17.10	01.29.00	01.03.32	02.49.42	3	
	20	14	181	OWL	Hildy Hopking	00.17.18	01.29.54	01.02.36	02.49.48	3	
	21	7	36	VWL	Sunette Beyers	00.22.48	01.25.43	01.01.25	02.49.56	3	
	22	15	208	OWL	Eileen Ketterer	00.14.23	01.25.49	01.11.16	02.51.28	3	
	23	16	330	OWL	Jacqui Roberts	00.16.31	01.24.38	01.10.34	02.51.43	3	
	24	17	196	OWL	Kelly Jenkinson	00.17.01	01.31.11	01.04.11	02.52.23	3	
	25	18	115	OWL	Mariette Engelbrecht	00.20.57	01.30.13	01.01.31	02.52.41	3	
	26	19	15	OWL	Dunya Ansems	00.17.20	01.25.59	01.10.33	02.53.52	3	
	27	20	152	OWL	Leanne Grobbelaar	00.15.11	01.31.18	01.08.14	02.54.43	3	
	28	21	417	OWL	Nicola Van Wyk	00.19.42	01.31.00	01.04.40	02.55.22	3	
	29	8	21	VWL	Bev Baker	00.17.27	01.29.13	01.08.42	02.55.22	3	
	30	22	350	OWL	Marlize Schoeman	00.16.40	01.32.01	01.06.44	02.55.25	3	
	31	23	92	OWL	Jackie De Villiers	00.17.41	01.33.27	01.04.33	02.55.41	3	
	32	24	423	OWL	Georgia Veale	00.16.12	01.29.28	01.10.15	02.55.55	3	
	33	25	256	OWL	Bianca Marais	00.11.18	01.32.35	01.12.19	02.56.12	3	
	34	26	249	OWL	Mandy Lowings	00.17.59	01.32.18	01.06.02	02.56.19	3	
	35	9	94	VWL	Terry Deats	00.20.14	01.35.40	01.00.33	02.56.27	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	36	27	380	OWL	Bianca Tait	00.16.04	01.28.56	01.12.10	02.57.10	3	
	37	28	404	OWL	Lucy Van Der Spuy	00.15.17	01.34.56	01.07.03	02.57.16	3	
	38	29	85	OWL	Chanel De Bruyn	00.22.55	01.38.33	00.56.07	02.57.35	3	
	39	30	102	OWL	Tasia Donaldson	00.16.26	01.37.55	01.04.29	02.58.50	3	
	40	31	341	OWL	Helene Roux	00.32.16	01.29.51	00.57.16	02.59.23	3	
	41	32	43	OWL	Karen Botes	00.17.23	01.27.50	01.14.36	02.59.49	3	
	42	33	429	OWL	Shan?? Viljoen	00.18.50	01.28.05	01.13.30	03.00.25	3	
	43	34	52	OWL	Bianca Caldwell	00.13.57	01.29.06	01.17.56	03.00.59	3	
	44	10	359	VWL	Maria Silverman	00.24.45	01.30.32	01.06.42	03.01.59	3	
	45	35	419	OWL	Karien Van Zyl	00.22.00	01.35.25	01.04.37	03.02.02	3	
	46	36	214	OWL	Mieke Kriel	00.13.36	01.30.12	01.18.15	03.02.03	3	
	47	37	277	OWL	Shirley Milne	00.17.43	01.37.39	01.07.01	03.02.23	3	
	48	38	16	OWL	Lizl Anthonissen	00.18.56	01.32.58	01.10.42	03.02.36	3	
	49	39	218	OWL	Annemarie Kropman	00.13.53	01.38.08	01.10.38	03.02.39	3	
	50	40	255	OWL	Sharyn Marais	00.16.02	01.35.43	01.10.56	03.02.41	3	
	51	41	162	OWL	Emma Heany	00.19.13	01.38.44	01.05.52	03.03.49	3	
	52	42	279	OWL	Mia Mocke	00.20.53	01.30.57	01.12.09	03.03.59	3	
	53	43	401	OWL	Erika Van Der Bijl (Van Rensburg)	00.18.21	01.35.54	01.10.07	03.04.22	3	
	54	44	132	OWL	Tara Frohlich	00.15.32	01.33.41	01.15.56	03.05.09	3	
	55	45	59	OWL	Rosa Cilliers	00.19.25	01.33.43	01.12.25	03.05.33	3	
	56	46	122	OWL	Shelley Faulmann	00.12.39	01.40.43	01.13.25	03.06.47	3	
	57	47	290	OWL	Carine Nel	00.19.32	01.40.11	01.07.38	03.07.21	3	
	58	48	378	OWL	Anr?? Swart	00.18.03	01.35.11	01.14.28	03.07.42	3	
	59	49	436	OWL	Minette Weirich	00.19.39	01.36.40	01.11.25	03.07.44	3	
	60	11	11	VWL	Liza Adlem	00.22.54	01.36.25	01.08.28	03.07.47	3	
	61	50	329	OWL	Stephanie Smit	00.13.03	01.35.00	01.20.26	03.08.29	3	
	62	51	97	OWL	Talia Den Dulk	00.13.16	01.30.11	01.25.09	03.08.36	3	
	63	12	410	VWL	Chrisna Van Lille	00.23.42	01.35.28	01.10.23	03.09.33	3	
	64	52	157	OWL	Janneke Hampsink	00.24.10	01.32.45	01.12.40	03.09.35	3	
	65	53	238	OWL	Lizanne Loubser	00.21.31	01.39.49	01.08.30	03.09.50	3	
	66	13	148	VWL	Mel Gow	00.17.02	01.39.04	01.14.44	03.10.50	3	
	67	14	170	VWL	Debbie Hibbert	00.17.39	01.35.21	01.18.03	03.11.03	3	
	68	54	349	OWL	Petro Neethling	00.23.04	01.38.33	01.11.02	03.12.39	3	
	69	15	172	VWL	Liesl Hirst	00.15.54	01.39.05	01.18.49	03.13.48	3	
	70	55	295	OWL	Hanja Oosthuizen	00.25.12	01.42.14	01.06.39	03.14.05	3	
	71	16	131	VWL	Justine Lees	00.03.31	01.54.10	01.16.35	03.14.16	3	
	72	56	365	OWL	Larisa Smuts	00.20.20	01.36.38	01.17.30	03.14.28	3	
	73	57	236	OWL	Karen Lord	00.20.26	01.44.06	01.10.30	03.15.02	3	
	74	58	135	OWL	Emily Furlong	00.20.30	01.41.12	01.14.03	03.15.45	3	
	75	59	225	OWL	Julia Christina Le Roux	00.20.24	01.40.00	01.15.23	03.15.47	3	
	76	60	454	OWL	Tracey-Lee Zurcher	00.20.12	01.37.43	01.18.36	03.16.31	3	
	77	61	184	OWL	Kelly Huber	00.18.38	01.40.47	01.17.45	03.17.10	3	
	78	17	259	VWL	Maresa Maree	00.25.31	01.44.38	01.07.24	03.17.33	3	
	79	62	265	OWL	Heidi Mcallister	00.15.05	01.40.33	01.22.21	03.17.59	3	
	80	63	22	OWL	Megan Baker	00.24.41	01.39.25	01.14.06	03.18.12	3	
	81	18	160	VWL	Alison Hartley	00.18.24	01.43.14	01.18.48	03.20.26	3	
	82	19	98	VWL	Maureen Dennehy	00.19.54	01.36.32	01.24.13	03.20.39	3	
	83	20	210	VWL	Helena Kneel	00.21.49	01.34.23	01.24.29	03.20.41	3	
	84	64	78	OWL	Vannessa Cronje	00.26.33	01.47.50	01.06.21	03.20.44	3	
	85	65	95	OWL	Anika Delicio	00.22.08	01.46.39	01.12.02	03.20.49	3	
	86	21	69	VWL	Debbie Collier	00.19.58	01.42.46	01.18.37	03.21.21	3	
	87	22	239	VWL	Marcy Loubser	00.27.11	01.43.25	01.10.55	03.21.31	3	
	88	23	77	VWL	Amanda Cromhout	00.20.15	01.43.42	01.17.51	03.21.48	3	
	89	66	397	OWL	Kylie Van Den Berg	00.15.00	01.47.38	01.19.29	03.22.07	3	
	90	24	80	VWL	Stephanie Crossland	00.25.33	01.35.11	01.21.23	03.22.07	3	
	91	25	430	VWL	Lizette Viljoen	00.21.47	01.43.22	01.17.27	03.22.36	3	
	92	67	449	OWL	Caitlin Wolstenholme	00.19.57	01.40.50	01.22.03	03.22.50	3	
	93	68	123	OWL	Nicole Faulmann	00.13.38	01.48.44	01.20.44	03.23.06	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	94	26	62	VWL	Dawn Clarke	00.24.52	01.40.04	01.19.01	03.23.57	3	
	95	69	25	OWL	Lee-Ann Barnes	00.21.47	01.43.30	01.19.06	03.24.23	3	
	96	70	216	OWL	Marion Kritzinger	00.16.57	01.41.13	01.26.35	03.24.45	3	
	97	71	231	OWL	Dalya Levin	00.29.12	01.39.24	01.16.18	03.24.54	3	
	98	27	182	VWL	Claire Horn	00.21.36	01.45.58	01.18.19	03.25.53	3	
	99	72	159	OWL	Inge Hansen	00.17.48	01.42.49	01.25.24	03.26.01	3	
	100	73	233	OWL	Chanel Lewis	00.26.15	01.43.50	01.18.00	03.28.05	3	
	101	74	195	OWL	Lizanne Jansen Van Vuuren	00.24.15	01.49.39	01.14.44	03.28.38	3	
	102	75	124	OWL	Tessa Clare Faure	00.24.18	01.48.31	01.16.34	03.29.23	3	
	103	28	58	VWL	Lynn Christian	00.27.15	01.42.44	01.20.04	03.30.03	3	
	104	76	179	OWL	Meg Holtzhausen	00.23.59	01.44.39	01.21.28	03.30.06	3	
	105	29	327	VWL	Lara Resnick	00.18.54	01.44.24	01.27.15	03.30.33	3	
	106	77	321	OWL	Lauren Dean	00.18.26	01.41.51	01.31.18	03.31.35	3	
	107	78	125	OWL	Victoria Fenner	00.23.00	01.40.00	01.28.52	03.31.52	3	
	108	79	230	OWL	Nicola Lennox	00.19.53	01.45.33	01.26.26	03.31.52	3	
	109	30	194	VWL	Angela Jamieson	00.28.10	01.41.11	01.24.11	03.33.32	3	
	110	80	361	OWL	Ileana Smit	00.15.59	01.54.24	01.23.16	03.33.39	3	
	111	81	424	OWL	Francia Venter	00.33.50	01.44.52	01.15.01	03.33.43	3	
	112	82	74	OWL	Sarah Cotton	00.18.14	01.47.41	01.29.53	03.35.48	3	
	113	83	203	OWL	Roanne Keeton	00.25.50	01.42.02	01.28.11	03.36.03	3	
	114	84	318	OWL	Chantel Rall	00.21.26	01.44.39	01.29.59	03.36.04	3	
	115	31	339	VWL	Hermien Rossouw	00.25.47	01.47.33	01.22.54	03.36.14	3	
	116	85	311	OWL	Hanneke Pretorius	00.27.38	01.46.49	01.24.24	03.38.51	3	
	117	32	386	VWL	Christina Thomas	00.23.54	01.56.06	01.19.17	03.39.17	3	
	118	86	45	OWL	Anneri Harmse	00.19.22	01.50.36	01.29.42	03.39.40	3	
	119	87	232	OWL	Martine Levy	00.30.58	02.01.28	01.07.59	03.40.25	3	
	120	88	83	OWL	Cheryl Day	00.18.43	01.51.53	01.30.27	03.41.03	3	
	121	89	34	OWL	Elisca Bester	00.24.34	01.51.06	01.27.02	03.42.42	3	
	122	33	272	VWL	Megan-Lee Meredith	00.26.16	01.44.11	01.35.20	03.45.47	3	
	123	34	185	VWL	Gayle Dicey	00.22.08	01.45.24	01.38.42	03.46.14	3	
	124	90	323	OWL	Stace Rehbock	00.18.35	01.49.03	01.38.38	03.46.16	3	
	125	91	155	OWL	Nicole Hall	00.24.04	01.56.01	01.27.37	03.47.42	3	
	126	35	409	VWL	Shelley Van Leeuwen	00.19.21	02.04.35	01.24.13	03.48.09	3	
	127	92	246	OWL	Cindy Low	00.25.36	01.52.41	01.32.07	03.50.24	3	
	128	36	300	VWL	Esther Patience	00.41.48	01.56.15	01.14.38	03.52.41	3	
	129	93	281	OWL	Sofie Moens	00.25.45	01.53.12	01.33.47	03.52.44	3	
	130	94	282	OWL	Claire Moorhouse	00.25.15	01.55.04	01.35.09	03.55.28	3	
	131	95	178	OWL	Lorraine Holtzhausen	00.30.31	02.14.11	01.10.47	03.55.29	3	
	132	37	466	VWL	Adel Zeeman	00.25.26	01.53.32	01.38.49	03.57.47	3	
	133	96	99	OWL	Lindsay Dibowitz Dibowitz	00.22.53	01.55.26	01.46.57	04.05.16	3	
	134	97	437	OWL	Claudia Wesemann	00.14.38	01.24.40		01.39.18	2	
	135	98	199	OWL	Monique Jordaan	00.22.15	02.01.29		02.23.44	2	
	136	38	412	VWL	Bendelene (Bennii) Van Rooy	00.36.05	02.29.12		03.05.17	2	
	137	99	61	OWL	Annchen Clarke	00.16.08			00.16.08	1	
	138	100	93	OWL	Joy-Mare De Wet	01.29.58			01.29.58	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
All Men MTB Long	1	1	513	OMM	Theo Blignaut	00.08.13	00.55.10	00.46.06	01.49.29	3	
	2	2	534	OMM	Matthew Daneel	00.10.33	00.56.44	00.47.02	01.54.19	3	
	3	3	700	OMM	Antonie Van Heerden	00.12.29	00.56.57	00.47.16	01.56.42	3	
	4	4	665	OMM	Morne Van Greunen	00.14.30	00.58.46	00.45.47	01.59.03	3	
	5	1	652	VMM	Justin Swart	00.27.59	00.46.10	00.46.56	02.01.05	3	
	6	2	622	VMM	Bruce Poole	00.12.05	00.59.44	00.50.06	02.01.55	3	
	7	3	524	VMM	Douglas Burger	00.12.41	00.57.48	00.53.52	02.04.21	3	
	8	5	630	OMM	Ryan Romans	00.10.38	01.04.18	00.52.17	02.07.13	3	
	9	4	646	VMM	Frank Smuts	00.13.54	00.59.26	00.54.50	02.08.10	3	
	10	5	573	VMM	Gustav Hefer	00.13.40	00.58.05	00.56.49	02.08.34	3	
	11	6	690	VMM	Grant Watson	00.14.20	01.03.47	00.52.24	02.10.31	3	
	12	6	624	OMM	Tiaan Pretorius	00.14.20	00.58.58	00.58.31	02.11.49	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	13	7	635	OMM	Gareth Sayers	00.12.33	01.01.34	00.59.15	02.13.22	3	
	14	8	654	OMM	Gerald Thompson	00.14.00	01.03.50	00.56.00	02.13.50	3	
	15	7	579	VMM	David Hudson	00.12.52	01.07.34	00.56.19	02.16.45	3	
	16	9	547	OMM	Stephan Du Toit	00.13.44	01.02.37	01.01.02	02.17.23	3	
	17	10	559	OMM	Ralf Fletcher	00.13.40	01.07.18	00.57.29	02.18.27	3	
	18	11	504	OMM	Crispin Barrett	00.13.23	01.07.19	00.57.54	02.18.36	3	
	19	12	632	OMM	Brad Rubly	00.15.13	01.03.50	00.59.45	02.18.48	3	
	20	8	677	VMM	Quinton Walker	00.15.41	01.05.58	00.57.12	02.18.51	3	
	21	13	995	OMM	Wayne Frazer	00.16.12	01.06.34	00.56.53	02.19.39	3	
	22	14	555	OMM	Luke Farrenkothen	00.15.41	01.04.47	00.59.19	02.19.47	3	
	23	15	628	OMM	Ryan Richens	00.13.27	01.02.56	01.03.29	02.19.52	3	
	24	16	699	OMM	Rowan Marais	00.46.53	00.42.39	00.50.38	02.20.10	3	
	25	9	540	VMM	Kevin Dewar	00.15.36	01.04.26	01.01.00	02.21.02	3	
	26	10	637	VMM	Branden Scott-Hayward	00.19.24	01.05.06	00.56.38	02.21.08	3	
	27	17	645	OMM	Cornel Smuts	00.19.00	01.06.01	00.57.24	02.22.25	3	
	28	11	535	VMM	Stephen De Coito	00.14.06	01.23.34	00.44.47	02.22.27	3	
	29	18	512	OMM	Henrico Beyers	00.16.43	01.04.08	01.02.06	02.22.57	3	
	30	19	647	OMM	Simon Starck	00.14.05	01.04.34	01.04.25	02.23.04	3	
	31	12	661	VMM	Herman Van Der Werf	00.17.07	01.05.05	01.01.05	02.23.17	3	
	32	20	618	OMM	Marcel Olivier	00.19.03	01.04.29	01.00.08	02.23.40	3	
	33	21	617	OMM	Christoph Oellermann	00.19.13	01.03.03	01.01.42	02.23.58	3	
	34	13	609	VMM	Pierre Mostert	00.16.53	01.09.04	00.58.50	02.24.47	3	
	35	22	548	OMM	Albert Du Toit	00.22.57	01.07.56	00.54.08	02.25.01	3	
	36	14	674	VMM	Piet Viljoen	00.22.10	01.02.55	01.00.19	02.25.24	3	
	37	23	542	OMM	Brad Dixon	00.18.32	01.06.01	01.01.33	02.26.06	3	
	38	24	601	OMM	Gerhard Maree	00.14.17	01.13.15	00.59.00	02.26.32	3	
	39	15	523	VMM	Glenn Buchinsky	00.13.57	01.07.59	01.04.38	02.26.34	3	
	40	25	533	OMM	Nicolas Dalton	00.12.59	01.12.15	01.01.28	02.26.42	3	
	41	26	669	OMM	Richard Van Wyk	00.25.00	01.08.50	00.53.47	02.27.37	3	
	42	16	651	VMM	Bennie Steyn	00.18.45	01.04.24	01.04.54	02.28.03	3	
	43	27	544	OMM	Kevin Dolley	00.16.18	01.07.53	01.03.56	02.28.07	3	
	44	28	643	OMM	Marlo Smal	00.20.04	01.06.49	01.01.32	02.28.25	3	
	45	17	688	VMM	Tbc	00.17.33	01.04.48	01.06.26	02.28.47	3	
	46	18	593	VMM	Andre Le Grange	00.18.14	01.05.19	01.06.46	02.30.19	3	
	47	19	602	VMM	Craig Mcculloch	00.13.51	01.13.01	01.05.47	02.32.39	3	
	48	20	600	VMM	Dawie Malherbe	00.15.06	01.10.06	01.07.37	02.32.49	3	
	49	29	503	OMM	Wryno Barnard	00.20.56	01.08.25	01.03.57	02.33.18	3	
	50	30	550	OMM	Michael Eadie	00.14.38	01.26.34	00.53.16	02.34.28	3	
	51	31	616	OMM	Darren Noche	00.14.02	01.10.06	01.10.31	02.34.39	3	
	52	32	675	OMM	Adrian Von Maltitz	00.18.57	01.07.03	01.08.43	02.34.43	3	
	53	33	666	OMM	Coenie Van Niekerk	00.20.02	01.10.31	01.05.11	02.35.44	3	
	54	34	664	OMM	Francois Van Dyk	00.20.36	01.08.43	01.06.27	02.35.46	3	
	55	35	576	OMM	Jf Hill	00.24.07	01.13.01	00.58.42	02.35.50	3	
	56	36	558	OMM	Van Fletcher	00.13.51	01.07.41	01.14.25	02.35.57	3	
	57	21	641	VMM	Francois Slabbert	00.23.17	01.14.48	01.00.15	02.38.20	3	
	58	22	557	VMM	Dennis Finch	00.16.03	01.15.06	01.07.12	02.38.21	3	
	59	37	659	OMM	Bouwer Van Der Merwe	00.19.38	01.14.21	01.04.29	02.38.28	3	
	60	38	568	OMM	Lester Grovers	00.18.55	01.11.06	01.08.54	02.38.55	3	
	61	39	514	OMM	Duncan Bohlmann	00.17.52	01.15.47	01.05.39	02.39.18	3	
	62	40	640	OMM	Thinus Slabber	00.18.35	01.11.44	01.09.07	02.39.26	3	
	63	41	530	OMM	Grant Clark	00.18.39	01.11.00	01.10.05	02.39.44	3	
	64	42	588	OMM	Wouter Kriegler	00.17.14	01.09.17	01.13.21	02.39.52	3	
	65	23	525	VMM	Ian Carnegie	00.16.13	01.12.53	01.10.46	02.39.52	3	
	66	24	695	VMM	Willem Boshoff	23.56.00	01.26.55	01.17.19	02.40.14	3	
	67	43	625	OMM	Andreas Pyper	00.20.23	01.10.08	01.10.04	02.40.35	3	
	68	44	655	OMM	Joffre Toerien	00.17.09	01.15.24	01.08.39	02.41.12	3	
	69	25	615	VMM	Jan Niechoj	00.16.06	01.23.30	01.02.34	02.42.10	3	
	70	26	522	VMM	Deon Bruwer	00.21.27	01.13.25	01.07.30	02.42.22	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	71	45	583	OMM	Johan Kapp	00.20.11	01.11.17	01.11.45	02.43.13	3	
	72	46	546	OMM	Erick Du Toit	00.20.43	01.11.15	01.12.10	02.44.08	3	
	73	47	696	OMM	Darryl Watton	00.48.43	00.58.11	00.58.18	02.45.12	3	
	74	48	660	OMM	Louis Pretorius	00.18.44	01.17.52	01.09.43	02.46.19	3	
	75	49	649	OMM	Nico Steyn	00.19.50	01.18.22	01.08.18	02.46.30	3	
	76	27	572	VMM	Andre Hawarden	00.23.11	01.19.59	01.04.16	02.47.26	3	
	77	28	506	VMM	Jody Baumgarten	00.17.35	01.19.09	01.10.44	02.47.28	3	
	78	50	676	OMM	Anton Wagner	00.20.13	01.10.12	01.17.08	02.47.33	3	
	79	51	552	OMM	Daniel Erasmus	00.12.12	01.21.59	01.13.50	02.48.01	3	
	80	52	569	OMM	Neno Haasbroek	00.16.25	01.15.26	01.18.00	02.49.51	3	
	81	29	507	VMM	Zach Benade	00.22.53	01.20.28	01.08.22	02.51.43	3	
	82	53	597	OMM	Brandon Maggen	00.23.02	01.19.32	01.10.15	02.52.49	3	
	83	30	590	VMM	Riaan Kunz	00.21.23	01.20.50	01.11.53	02.54.06	3	
	84	54	543	OMM	Richard Dixon	00.22.02	01.15.22	01.18.25	02.55.49	3	
	85	55	587	OMM	Hanno Koegelenberg	00.26.50	01.22.09	01.07.55	02.56.54	3	
	86	56	680	OMM	Morne Weyers	00.27.38	01.19.12	01.10.23	02.57.13	3	
	87	31	517	VMM	Justin Swart	00.19.42	01.18.51	01.20.09	02.58.42	3	
	88	57	673	OMM	Attie Viljoen	00.15.39	01.27.24	01.15.40	02.58.43	3	
	89	58	596	OMM	Alexander Lourens	00.23.04	01.21.15	01.14.57	02.59.16	3	
	90	59	634	OMM	Justin Sage	00.17.21	01.21.07	01.21.20	02.59.48	3	
	91	60	589	OMM	Gerbrandt Kriel	00.15.11	01.36.59	01.08.09	03.00.19	3	
	92	61	620	OMM	Etienne Perold	00.25.48	01.30.39	01.03.55	03.00.22	3	
	93	32	551	VMM	Grant Elliott	00.22.48	01.16.17	01.21.18	03.00.23	3	
	94	33	528	VMM	Hennie Cilliers	00.19.45	01.23.04	01.17.42	03.00.31	3	
	95	62	561	OMM	Stephan Fourie	00.22.42	01.18.27	01.21.26	03.02.35	3	
	96	34	529	VMM	Jeff Claessen	00.19.09	01.22.18	01.22.21	03.03.48	3	
	97	63	581	OMM	Jason Goldstein	00.14.47	01.33.23	01.15.39	03.03.49	3	
	98	35	520	VMM	Tom Boyles	00.19.30	01.29.48	01.16.14	03.05.32	3	
	99	64	566	OMM	Franso Groenewald	00.21.24	01.24.31	01.19.56	03.05.51	3	
	100	65	585	OMM	Matthew Kloos	00.14.22	01.33.17	01.18.23	03.06.02	3	
	101	66	671	OMM	Michel Vanvinkenroye	00.23.29	01.27.50	01.15.11	03.06.30	3	
	102	36	532	VMM	Phil Crossley	00.17.52	01.36.50	01.12.32	03.07.14	3	
	103	67	638	OMM	Estiaan Senekal	00.23.26	01.23.32	01.21.54	03.08.52	3	
	104	68	591	OMM	Deon Langenhoven	00.20.15	01.20.47	01.29.07	03.10.09	3	
	105	69	565	OMM	Robert Grave	00.19.44	01.32.46	01.19.40	03.12.10	3	
	106	70	510	OMM	Hannes Beukes	00.20.50	01.29.13	01.22.10	03.12.13	3	
	107	71	621	OMM	Roland Perold	00.25.52	01.31.40	01.18.50	03.16.22	3	
	108	72	592	OMM	Andrew Lawlor	00.24.29	01.58.04	01.12.37	03.35.10	3	
	109	73	516	OMM	Viseslav Boskovic	00.23.13	01.55.43	01.17.23	03.36.19	3	
	110	74	509	OMM	Juan Bester	00.27.35	01.52.37	01.26.38	03.46.50	3	
	111	75	586	OMM	Nico Koch	00.27.45	01.52.38	01.26.32	03.46.55	3	
	112	76	553	OMM	Marc Erasmus	00.13.47	01.03.21		01.17.08	2	
	113	77	656	OMM	Neil Vallance	00.11.39	01.17.55		01.29.34	2	
	114	78	574	OMM	Aidan Henebry	00.20.06	01.20.54		01.41.00	2	
	115	37	531	VMM	Dermot Cox	00.21.32	01.39.39		02.01.11	2	
	116	79	549	OMM	Paul Duncan	00.18.11	02.15.24		02.33.35	2	
	117	80	527	OMM	Hudson Chevallier	00.12.31			00.12.31	1	
	118	81	639	OMM	Andreas Slabber	00.15.36			00.15.36	1	
	119	82	619	OMM	Antonio Patricio	00.18.34			00.18.34	1	
	120	83	668	OMM	Jean Van Wyk	00.19.09			00.19.09	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
All Women MTB Long	1	1	681	OWM	Robyn Williams	00.09.27	01.10.50	00.57.16	02.17.33	3	
	2	2	667	OWM	Linda Van Wyk	00.14.12	01.06.01	01.00.07	02.20.20	3	
	3	1	626	VWM	Tanya Rabie	00.15.39	01.06.31	01.00.13	02.22.23	3	
	4	2	663	VWM	Elda Van Dijk	00.14.32	01.08.56	01.04.50	02.28.18	3	
	5	3	545	OWM	Berlize Du Plessis	00.14.27	01.12.38	01.06.19	02.33.24	3	
	6	3	575	VWM	Dawn Louise Herbert	00.15.48	01.13.21	01.05.06	02.34.15	3	
	7	4	611	OWM	Alisha Myers	00.26.37	01.15.00	00.57.42	02.39.19	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	8	4	554	VWM	Ilse Esterhuysen	00.17.02	01.19.40	01.02.49	02.39.31	3	
	9	5	582	VWM	Rose Jordaan	00.17.12	01.14.55	01.12.00	02.44.07	3	
	10	5	648	OWM	Ilana Steenkamp	00.14.16	01.12.32	01.20.35	02.47.23	3	
	11	6	567	VWM	Hanlie Groenewald	00.17.29	01.25.05	01.06.19	02.48.53	3	
	12	6	605	OWM	Tamarin Moelans	00.17.57	01.18.54	01.13.06	02.49.57	3	
	13	7	578	VWM	Jenni Horn	00.20.22	01.22.01	01.12.43	02.55.06	3	
	14	8	642	VWM	Sonelle Slabbert	00.22.50	01.22.27	01.12.47	02.58.04	3	
	15	9	650	VWM	Ronel Steyn	00.22.00	01.23.38	01.18.07	03.03.45	3	
	16	10	984	VWM	Melissa Tsalicoglow	00.22.45	01.06.49	01.36.15	03.05.49	3	
	17	7	539	OWM	Lindy De Wet	00.29.42	00.48.41	01.52.21	03.10.44	3	
	18	11	636	VWM	Sam Scarborough	00.19.12	01.31.33	01.20.48	03.11.33	3	
	19	12	526	VWM	Alison Chait	00.20.27	01.46.12	01.05.40	03.12.19	3	
	20	8	631	OWM	Alexandra Royal	00.17.54	01.37.05	01.18.24	03.13.23	3	
	21	9	538	OWM	Caroline De Villiers	00.18.05	01.27.53		01.45.58	2	
	22	10	519	OWM	Helene Botha	00.29.44	02.14.02		02.43.46	2	
	23	11	862	OWM	Erma Poulet	00.24.04			00.24.04	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
All Men MTB Short	1	1	836	OMS	J C Lotter	00.12.39	00.38.24	00.33.48	01.24.51	3	
	2	2	815	OMS	Phil Hulse	00.15.12	00.34.24	00.36.44	01.26.20	3	
	3	3	829	OMS	Wilhelm Kuun	00.11.29	00.38.57	00.36.00	01.26.26	3	
	4	4	865	OMS	Ingo Petersdorff	00.12.43	00.37.52	00.36.44	01.27.19	3	
	5	5	577	OMS	Patrick Hendriks	00.18.51	00.33.15	00.36.03	01.28.09	3	
	6	6	898	OMS	Nelis Swart	00.15.08	00.37.11	00.37.14	01.29.33	3	
	7	7	773	OMS	Sergio Cardoso	00.12.00	00.40.02	00.37.53	01.29.55	3	
	8	8	948	OMS	Daniel Botha	00.16.08	00.39.18	00.34.49	01.30.15	3	
	9	9	767	OMS	Neil Broers	00.15.59	00.39.08	00.35.19	01.30.26	3	
	10	10	697	OMS	Riaan Launspach	00.14.03	00.36.19	00.40.06	01.30.28	3	
	11	11	670	OMS	Michael Meyer	00.14.39	00.39.22	00.38.02	01.32.03	3	
	12	12	835	OMS	Andre Lord	00.12.46	00.39.53	00.39.30	01.32.09	3	
	13	13	756	OMS	Willem Beck	00.14.46	00.39.54	00.37.37	01.32.17	3	
	14	14	808	OMS	Johnny Heatlie	00.17.04	00.36.43	00.38.38	01.32.25	3	
	15	15	928	OMS	Michael Vorster	00.14.37	00.38.41	00.39.29	01.32.47	3	
	16	16	784	OMS	Reinhardt Ellis	00.13.08	00.35.19	00.44.44	01.33.11	3	
	17	17	887	OMS	Rudi Sonntag	00.13.05	00.41.43	00.38.53	01.33.41	3	
	18	18	855	OMS	Etienne Olivier	00.14.58	00.38.13	00.40.31	01.33.42	3	
	19	19	890	OMS	Heno Stoffberg	00.18.12	00.39.18	00.36.17	01.33.47	3	
	20	20	758	OMS	Christo Bisschoff	00.11.44	00.40.26	00.42.06	01.34.16	3	
	21	21	903	OMS	Omri Thomas	00.16.12	00.37.18	00.41.52	01.35.22	3	
	22	22	925	OMS	Pieter Viljoen	00.09.57	00.45.01	00.40.32	01.35.30	3	
	23	23	906	OMS	Tim Toovey	00.08.57	00.52.21	00.35.21	01.36.39	3	
	24	24	798	OMS	Conrad Hoffmann	00.12.48	00.42.40	00.41.42	01.37.10	3	
	25	25	777	OMS	Hein Daffue	00.13.58	00.41.19	00.41.55	01.37.12	3	
	26	26	791	OMS	Geoffrey Forrester	00.12.42	00.45.31	00.39.47	01.38.00	3	
	27	27	781	OMS	Philip Du Plessis	00.15.41	00.45.20	00.37.26	01.38.27	3	
	28	28	910	OMS	Michael Van Den Berg	00.13.43	00.41.53	00.43.11	01.38.47	3	
	29	29	950	OMS	Charl Verster	00.18.28	00.39.14	00.41.49	01.39.31	3	
	30	30	802	OMS	Leon Frederik Groeneveld	00.13.56	00.43.19	00.42.39	01.39.54	3	
	31	31	870	OMS	Malcolm Rapson	00.14.06	00.41.05	00.44.57	01.40.08	3	
	32	32	907	OMS	Steven Torrington	00.19.08	00.37.48	00.43.25	01.40.21	3	
	33	33	858	OMS	Robert Peet	00.12.21	00.45.43	00.42.22	01.40.26	3	
	34	1	613	VMS	Theuns Botha	00.16.37	00.40.40	00.43.39	01.40.56	3	
	35	34	776	OMS	Andrew Crook	00.11.20	00.44.57	00.44.56	01.41.13	3	
	36	35	869	OMS	Clive Randell	00.17.26	00.42.09	00.41.57	01.41.32	3	
	37	36	888	OMS	Shaun Stanley	00.11.56	00.43.07	00.46.30	01.41.33	3	
	38	37	892	OMS	Thys Stoltz	00.15.13	00.40.37	00.45.45	01.41.35	3	
	39	38	792	OMS	Duan Fouche	00.17.49	00.39.32	00.44.36	01.41.57	3	
	40	39	901	OMS	Gert Terblanche	00.19.54	00.41.33	00.40.53	01.42.20	3	
	41	40	501	OMS	Douglas Atterbury	00.16.01	00.45.32	00.40.52	01.42.25	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	42	41	751	OMS	Craig Anders	00.18.04	00.38.36	00.45.52	01.42.32	3	
	43	42	989	OMS	Wagner Jordaan	00.15.03	00.39.39	00.47.55	01.42.37	3	
	44	43	859	OMS	Henk Pepler	00.15.46	00.41.06	00.46.27	01.43.19	3	
	45	44	900	OMS	Kurt Eriksen	00.18.59	00.38.33	00.47.48	01.45.20	3	
	46	45	932	OMS	Nicholas Watkins	00.13.36	00.44.40	00.47.10	01.45.26	3	
	47	46	560	OMS	Philipetri Fourie	00.13.27	00.42.54	00.49.10	01.45.31	3	
	48	47	850	OMS	Daryl Muir	00.14.32	00.44.50	00.46.32	01.45.54	3	
	49	48	852	OMS	Izak Nel	00.15.55	00.43.57	00.46.24	01.46.16	3	
	50	49	918	OMS	Koos Van Jaarsveld	00.16.17	00.46.04	00.44.03	01.46.24	3	
	51	50	875	OMS	Mogamat Ali Salie	00.19.23	00.46.57	00.40.06	01.46.26	3	
	52	51	920	OMS	Christiaan Van Schalkwyk	00.13.54	00.46.31	00.46.16	01.46.41	3	
	53	52	912	OMS	Schalk Van Der Merwe	00.17.28	00.48.56	00.41.34	01.47.58	3	
	54	53	845	OMS	Devon Matthews	00.15.27	00.47.39	00.45.47	01.48.53	3	
	55	54	762	OMS	Bjorn Botha	00.10.57	00.51.18	00.47.13	01.49.28	3	
	56	55	805	OMS	David Hau	00.12.05	00.44.33	00.53.07	01.49.45	3	
	57	56	772	OMS	Craig Byren	00.11.39	00.47.32	00.50.43	01.49.54	3	
	58	57	866	OMS	Nicholas Quenet	00.06.30	01.11.20	00.32.35	01.50.25	3	
	59	58	795	OMS	Jean-Louis Frey	00.20.00	00.40.49	00.49.59	01.50.48	3	
	60	59	769	OMS	Henri Burger	00.18.56	00.46.44	00.45.18	01.50.58	3	
	61	60	768	OMS	Werner Bruckner	00.09.50	01.04.43	00.36.43	01.51.16	3	
	62	61	840	OMS	Justin Marshall	00.11.53	00.54.41	00.45.13	01.51.47	3	
	63	62	825	OMS	Victor Kroon	00.18.40	00.45.36	00.48.21	01.52.37	3	
	64	63	794	OMS	Steven Frankal	00.14.56	00.46.46	00.51.09	01.52.51	3	
	65	64	812	OMS	Riaan Jacobus Hols	00.18.44	00.47.46	00.48.10	01.54.40	3	
	66	65	610	OMS	Nicolaas Murray	00.14.09	00.51.32	00.49.02	01.54.43	3	
	67	66	877	OMS	Jaco Scheepers	00.15.18	00.49.17	00.51.24	01.55.59	3	
	68	2	864	VMS	Grant Fourie	00.14.28	00.51.42	00.49.51	01.56.01	3	
	69	67	874	OMS	Mark Rountree	00.14.34	00.46.57	00.55.02	01.56.33	3	
	70	68	644	OMS	Justin Smith	00.14.16	00.47.09	00.55.15	01.56.40	3	
	71	69	780	OMS	Kevin De Wet	00.20.55	00.50.19	00.45.40	01.56.54	3	
	72	70	759	OMS	Wynand Christiaan Blom	00.16.04	00.43.53	00.57.17	01.57.14	3	
	73	71	799	OMS	Jacques Giani	00.14.50	00.46.54	00.55.31	01.57.15	3	
	74	72	790	OMS	Bryan Finlay	00.19.19	00.46.08	00.53.54	01.59.21	3	
	75	73	804	OMS	Hendri Hamman	00.18.09	00.49.54	00.53.10	02.01.13	3	
	76	74	885	OMS	John Smith	00.19.04	00.52.41	00.50.11	02.01.56	3	
	77	75	518	OMS	Derick Botha	00.14.52	00.57.55	00.50.14	02.03.01	3	
	78	76	882	OMS	Jonathan Skorpen	00.18.46	00.52.54	00.51.45	02.03.25	3	
	79	77	853	OMS	Roche Nicholson	00.17.59	00.48.37	00.57.01	02.03.37	3	
	80	78	827	OMS	Steve Kruger	00.20.32	00.49.09	00.55.28	02.05.09	3	
	81	79	775	OMS	Theo Cromhout	00.15.20	01.01.43	00.49.25	02.06.28	3	
	82	80	878	OMS	Grant Scheepers	00.23.02	00.50.12	00.53.16	02.06.30	3	
	83	81	809	OMS	Hishaam Hendricks	00.22.30	00.48.51	00.55.10	02.06.31	3	
	84	82	868	OMS	Wayne Rademeyer	00.20.30	00.52.47	00.53.30	02.06.47	3	
	85	83	839	OMS	Shaun Marshall	00.11.50	00.57.01	00.57.57	02.06.48	3	
	86	84	930	OMS	Gareth Watkins	00.15.00	01.02.31	00.59.53	02.17.24	3	
	87	85	926	OMS	Julian Vivier	00.21.11	01.00.13	00.57.56	02.19.20	3	
	88	86	823	OMS	Gerrie Keyser	00.17.31	00.55.25	01.06.26	02.19.22	3	
	89	87	995	OMS	Philipetri Fourie	00.16.12	01.06.34	00.56.53	02.19.39	3	
	90	88	895	OMS	Ruaan Swart	00.18.37	01.03.29	01.00.54	02.23.00	3	
	91	89	818	OMS	Addenaan Johardien	00.24.34	00.50.56	01.08.51	02.24.21	3	
	92	90	797	OMS	Fox Gareth	00.32.03	01.09.11	00.53.17	02.34.31	3	
	93	91	765	OMS	Luhann Brink	00.19.40	01.08.40	01.08.17	02.36.37	3	
	94	92	922	OMS	Dawie Van Wyk	00.15.16	00.42.38		00.57.54	2	
	95	93	754	OMS	Jacques Basson	00.18.32	00.41.11		00.59.43	2	
	96	94	831	OMS	Lukas Le Grange	00.15.32	00.45.03		01.00.35	2	
	97	95	880	OMS	Sharief Shabodien	00.16.35	00.49.08		01.05.43	2	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
All Women MTB Short	1	1	914	OWS	Madelië Van Der Westhuizen	00.04.41	00.35.18	00.37.32	01.17.31	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	2	2	698	OWS	Famke Allan	00.04.44	00.36.43	00.37.57	01.19.24	3	
	3	3	899	OWS	Nina Swiegelaar	00.05.59	00.38.45	00.37.53	01.22.37	3	
	4	4	867	OWS	Lizaan Rademeyer	00.06.06	00.43.53	00.35.18	01.25.17	3	
	5	5	947	OWS	Yolande Van Der Walt	00.08.13	00.41.27	00.39.00	01.28.40	3	
	6	6	949	OWS	Suzanne Trotsky	00.08.16	00.42.00	00.40.09	01.30.25	3	
	7	7	838	OWS	Kerri Lowrie	00.07.51	00.41.14	00.42.23	01.31.28	3	
	8	8	873	OWS	Tania Rossouw	00.07.19	00.40.11	00.44.03	01.31.33	3	
	9	9	556	OWS	Marie-Nel Fehr	00.06.41	00.48.33	00.36.47	01.32.01	3	
	10	1	598	VWS	Lizel Bekker	00.07.04	00.45.02	00.41.45	01.33.51	3	
	11	10	891	OWS	Helena Stoltz	00.07.28	00.42.04	00.44.34	01.34.06	3	
	12	11	801	OWS	Leandri Groeneveld	00.07.54	00.46.12	00.40.01	01.34.07	3	
	13	12	883	OWS	Carne Gagiano	00.06.08	00.48.54	00.39.07	01.34.09	3	
	14	13	883	OWS	Stephanie Smit	00.06.08	00.48.54	00.39.07	01.34.09	3	
	15	14	828	OWS	Sabrina Kumschick	00.10.27	00.44.16	00.41.33	01.36.16	3	
	16	15	779	OWS	Aliza De Waal Hayes	00.12.04	00.52.46	00.31.54	01.36.44	3	
	17	16	871	OWS	Megan Robertson	00.10.02	00.44.10	00.42.38	01.36.50	3	
	18	17	881	OWS	Victoria Shaw	00.13.31	00.48.46	00.35.18	01.37.35	3	
	19	18	803	OWS	Xanri Haak	00.08.06	00.48.36	00.41.42	01.38.24	3	
	20	19	770	OWS	Lisa Burger	00.11.40	00.48.47	00.39.11	01.39.38	3	
	21	20	691	OWS	Beyra Rossouw	00.07.33	00.58.23	00.34.29	01.40.25	3	
	22	21	774	OWS	Marike Coetzer	00.11.31	00.45.06	00.44.15	01.40.52	3	
	23	22	915	OWS	Driekie Van Dyk	00.10.24	00.50.01	00.41.53	01.42.18	3	
	24	23	571	OWS	Nicola Lockhart-Hendriks	00.10.22	00.54.04	00.38.13	01.42.39	3	
	25	24	913	OWS	Willemien Van Der Merwe	00.12.32	00.48.07	00.42.07	01.42.46	3	
	26	25	778	OWS	Danette De Klerk	00.10.58	00.45.18	00.48.07	01.44.23	3	
	27	26	814	OWS	Herma Hugo	00.15.17	00.47.58	00.41.24	01.44.39	3	
	28	27	900	OWS	Esmarie Terblanche	00.18.59	00.38.33	00.47.48	01.45.20	3	
	29	28	657	OWS	Tracy Rademeyer	00.12.57	00.43.39	00.48.56	01.45.32	3	
	30	29	849	OWS	Lisa Muir	00.09.36	00.48.54	00.49.28	01.47.58	3	
	31	30	832	OWS	Ann Carol Leach	00.10.16	00.55.47	00.42.38	01.48.41	3	
	32	31	886	OWS	Yvonne Sonntag	00.08.49	00.51.13	00.49.48	01.49.50	3	
	33	32	753	OWS	Carmen Barkhuizen	00.10.15	00.51.16	00.49.03	01.50.34	3	
	34	33	789	OWS	Lucienne Fild	00.14.50	00.47.58	00.49.54	01.52.42	3	
	35	34	921	OWS	Renate Van Tonder	00.14.08	00.56.31	00.42.07	01.52.46	3	
	36	35	897	OWS	Resia Swart	00.15.20	01.00.12	00.37.30	01.53.02	3	
	37	36	821	OWS	Liza Kemp	00.15.37	00.51.25	00.47.13	01.54.15	3	
	38	37	750	OWS	Mhairi Alexander	00.13.24	00.55.02	00.45.54	01.54.20	3	
	39	38	793	OWS	Crystal Fourie	00.09.05	00.59.30	00.45.57	01.54.32	3	
	40	39	824	OWS	Hantie Kroes	00.07.14	01.00.15	00.47.03	01.54.32	3	
	41	40	905	OWS	Alison Ting Chong	00.10.04	01.00.11	00.44.27	01.54.42	3	
	42	41	760	OWS	Karen Bohlmann	00.11.28	00.52.37	00.50.39	01.54.44	3	
	43	42	856	OWS	Lauren Olivier	00.11.33	00.51.48	00.51.25	01.54.46	3	
	44	43	843	OWS	Bianca Marting	00.13.08	00.51.16	00.50.23	01.54.47	3	
	45	44	833	OWS	Marinda Lindeque	00.11.08	00.55.01	00.49.08	01.55.17	3	
	46	45	902	OWS	Jonetha Theron	00.13.53	00.55.23	00.47.27	01.56.43	3	
	47	46	800	OWS	Tanya Golding	00.06.59	00.59.19	00.51.38	01.57.56	3	
	48	47	771	OWS	Colleen Byren	00.15.15	00.53.35	00.49.12	01.58.02	3	
	49	48	761	OWS	Margot Bosman	00.12.27	00.52.33	00.54.28	01.59.28	3	
	50	49	929	OWS	Ilande Vorster	00.09.47	01.02.41	00.47.37	02.00.05	3	
	51	50	857	OWS	Teresa Passchier	00.09.50	01.02.44	00.47.33	02.00.07	3	
	52	51	931	OWS	Sasha Watkins	00.09.11	00.54.44	00.57.00	02.00.55	3	
	53	52	813	OWS	Liezl Hughes	00.15.06	00.58.59	00.47.06	02.01.11	3	
	54	53	917	OWS	Melany Van Here Den	00.12.30	00.57.57	00.50.47	02.01.14	3	
	55	54	755	OWS	Shaneen Batten	00.13.00	00.53.39	00.57.28	02.04.07	3	
	56	55	841	OWS	Jana Marshall	00.17.15	00.54.06	00.56.56	02.08.17	3	
	57	56	820	OWS	Justine Jowell	00.10.46	01.00.47	00.57.48	02.09.21	3	
	58	57	860	OWS	Alitha Pithey	00.13.04	00.58.40	00.57.48	02.09.32	3	
	59	58	846	OWS	Hazel Mcqueen	00.10.30	01.09.57	00.50.18	02.10.45	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	60	59	782	OWS	Coreza Du Plessis	00.13.02	00.56.09	01.07.51	02.17.02	3	
	61	60	861	OWS	Tanya Posthumus-Fox	00.16.59	01.09.13	00.53.15	02.19.27	3	
	62	61	764	OWS	Katy Brand	00.15.13	01.10.52	00.56.03	02.22.08	3	
	63	62	844	OWS	Madelein Massyn	00.13.51	01.16.08	00.53.05	02.23.04	3	
	64	63	854	OWS	Ankia Nothnagel	00.15.11	00.56.46	01.24.29	02.36.26	3	
	65	64	934	OWS	Jessica Weyer	00.09.40	01.29.27	01.01.25	02.40.32	3	
	66	65	889	OWS	Dalene Stiff	00.20.22	01.11.07	01.13.40	02.45.09	3	
	67	66	796	OWS	Leila Gardner	00.12.25	01.30.16	01.05.20	02.48.01	3	
	68	67	937	OWS	Corli Zandberg	00.17.51	01.12.03		01.29.54	2	
	69	68	819	OWS	Stacey Johnson	00.15.08	01.15.13		01.30.21	2	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
Junior Men 16 - 19	1	1	834	JM	Michael Lord	00.06.53	00.57.40	00.31.11	01.35.44	3	
	2	2	982	JM	Jarrett West	00.09.28	01.05.20	00.35.54	01.50.42	3	
	3	3	981	JM	Michael Du Plessis	02.05.05	00.30.19	00.26.58	03.02.22	3	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
Junior Wom 16 - 19	1	1	787	JW	Simone Faulmann	00.04.25	00.51.33	00.41.10	01.37.08	3	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
Sub Jun Boys 12 - 15	1	1	998	JB	Joshua Prins	00.01.14	00.22.48	00.22.36	00.46.38	3	
	2	2	988	JB	Rossouw Bekker	00.02.00	00.21.39	00.26.45	00.50.24	3	
	3	3	972	JB	Zaldi Steenkamp	00.03.59	00.27.16	00.24.36	00.55.51	3	
	4	4	970	JB	Neil Olivier	00.04.41	00.22.22	00.29.22	00.56.25	3	
	5	5	966	JB	Henry Le Roux	00.01.30	00.21.11	00.36.39	00.59.20	3	
	6	6	974	JB	Jaco Wolstenholme	00.01.27	00.34.14	00.25.04	01.00.45	3	
	7	7	975	JB	Hugo Wolstenholme	00.02.25	00.32.36	00.27.48	01.02.49	3	
	8	8	961	JB	Jack Donde	00.07.02	00.30.28	00.26.37	01.04.07	3	
	9	9	965	JB	Jan Hendrik La Cock	00.02.43	00.35.12	00.27.33	01.05.28	3	
	10	10	960	JB	Jarrud Benn	00.04.59	00.23.59	00.39.05	01.08.03	3	
	11	11	969	JB	Joshua Miles	00.05.34	00.36.09	00.30.13	01.11.56	3	
	12	12	971	JB	Jake Schoeman	00.05.02	00.37.04	00.37.32	01.19.38	3	
	13	13	985	JB	Stefan Swart	00.06.39	00.56.11	00.31.48	01.34.38	3	
	14	14	986	JB	Jeandré Du Plessis	00.05.27			00.05.27	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
Sub Jun Girls 12 - 15	1	1	976	JG	Anja Wolstenholme	00.02.31	00.30.24	00.23.51	00.56.46	3	
	2	2	967	JG	Megan Lord	00.02.50	00.29.58	00.31.38	01.04.26	3	
	3	3	963	JG	Celine Geldenhuys	00.05.07	00.36.50		00.41.57	2	