

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
All Men Long	1	1	198	OML	Antonie Van Heerden	00.21.15	01.14.16	00.38.03	02.13.34	3	
	2	2	30	OML	Matthew Daneel	00.21.05	01.16.51	00.40.26	02.18.22	3	
	3	3	190	OML	Michael Lord	00.19.37	01.15.57	00.44.39	02.20.13	3	
	4	4	100	OML	Andrew Le Roux	00.23.32	01.19.51	00.41.35	02.24.58	3	
	5	5	132	OML	Shaun Roos	00.25.43	01.18.10	00.42.57	02.26.50	3	
	6	6	131	OML	Michael Redington	00.22.49	01.25.41	00.43.26	02.31.56	3	
	7	7	165	OML	Morne Van Greunen	00.27.01	01.25.30	00.41.08	02.33.39	3	
	8	1	193	VML	Richard De Villiers	00.20.51	01.26.42	00.47.18	02.34.51	3	
	9	8	176	OML	Adriaan Van Wijk	00.24.11	01.28.46	00.46.32	02.39.29	3	
	10	9	12	OML	Matthew Blake	00.26.23	01.27.13	00.48.21	02.41.57	3	
	11	2	72	VML	Gustav Hefer	00.26.46	01.24.28	00.51.33	02.42.47	3	
	12	10	27	OML	Rowan Cairns	00.26.52	01.29.44	00.47.37	02.44.13	3	
	13	11	69	OML	Duncan Gutsche	00.22.23	01.32.08	00.50.27	02.44.58	3	
	14	12	105	OML	J C Lotter	00.28.31	01.31.32	00.45.03	02.45.06	3	
	15	13	5	OML	Michael Arbuthnot	00.23.45	01.29.32	00.53.07	02.46.24	3	
	16	3	194	VML	Meyer De Villiers	00.27.56	01.28.37	00.50.50	02.47.23	3	
	17	14	164	OML	Francois Van Dyk	00.29.25	01.25.18	00.54.32	02.49.15	3	
	18	4	71	VML	Werner Hartman	00.31.15	01.27.50	00.52.45	02.51.50	3	
	19	5	160	VML	Herman Van Der Werf	00.27.50	01.30.41	00.53.58	02.52.29	3	
	20	6	45	VML	Dennis Du Toit	00.41.24	01.22.26	00.49.58	02.53.48	3	
	21	15	34	OML	Hermanus De Jager	00.27.16	01.37.03	00.49.39	02.53.58	3	
	22	16	197	OML	Steve Attwell	00.24.53	01.33.40	00.57.57	02.56.30	3	
	23	17	158	OML	Neil Vallance	00.25.55	01.34.23	00.56.15	02.56.33	3	
	24	18	133	OML	David Russell	00.25.21	01.40.32	00.50.44	02.56.37	3	
	25	7	119	VML	Neil Mulder	00.26.41	01.40.00	00.49.56	02.56.37	3	
	26	19	134	OML	Damien Schumann	00.30.18	01.30.53	00.55.30	02.56.41	3	
	27	8	97	VML	Ehrich Kruger	00.29.44	01.34.04	00.54.49	02.58.37	3	
	28	9	125	VML	Chris Norton	00.28.14	01.28.59	01.02.07	02.59.20	3	
	29	10	37	VML	Coenie De Villiers	00.24.37	01.41.13	00.54.02	02.59.52	3	
	30	20	102	OML	David Leith	00.30.10	01.42.35	00.48.00	03.00.45	3	
	31	21	96	OML	Wiaan Kriel	00.28.57	01.41.11	00.51.28	03.01.36	3	
	32	22	6	OML	Gerald Augustyn	00.25.17	01.44.00	00.55.09	03.04.26	3	
	33	11	60	VML	James Fisher	00.29.52	01.42.51	00.52.27	03.05.10	3	
	34	12	56	VML	Coenie Fick	00.23.24	01.40.13	01.01.56	03.05.33	3	
	35	23	145	OML	Cobus Stofberg	00.29.36	01.36.18	00.59.54	03.05.48	3	
	36	24	103	OML	Visser Liebenberg	00.30.49	01.44.28	00.52.54	03.08.11	3	
	37	25	85	OML	Ferdinand Jacobs	00.33.56	01.41.45	00.54.16	03.09.57	3	
	38	26	78	OML	Jf Hill	00.27.45	01.45.42	00.57.16	03.10.43	3	
	39	27	170	OML	Ernest Van Riet	00.32.38	01.47.19	00.52.23	03.12.20	3	
	40	13	112	VML	Rob Mcgaffin	00.31.02	01.46.48	00.56.35	03.14.25	3	
	41	28	42	OML	Cobus Dippenaar	00.30.54	01.44.11	00.59.30	03.14.35	3	
	42	29	106	OML	Jannie Louw	00.26.39	01.41.43	01.06.55	03.15.17	3	
	43	14	154	VML	Brian Thomas	00.29.28	01.56.55	00.50.05	03.16.28	3	
	44	30	23	OML	Neil Broers	00.35.36	01.56.48	00.46.14	03.18.38	3	
	45	31	39	OML	Kevin De Wet	00.30.56	01.44.36	01.03.48	03.19.20	3	
	46	32	188	OML	Lloyd Zacharias	00.32.49	01.50.45	00.55.54	03.19.28	3	
	47	33	175	OML	Andrew Van Wijk	00.38.13	01.45.59	00.56.16	03.20.28	3	
	48	34	99	OML	Nicolaas Jacobus Landman	00.27.52	01.46.46	01.05.58	03.20.36	3	
	49	35	166	OML	Frans Van Heerden	00.34.26	01.47.15	00.59.15	03.20.56	3	
	50	36	168	OML	Louw Van Riet	00.24.45	01.58.51	00.57.29	03.21.05	3	
	51	37	21	OML	Bjorn Botha	00.33.14	01.46.28	01.01.57	03.21.39	3	
	52	15	63	VML	Sean Fluke	00.30.13	01.45.53	01.06.10	03.22.16	3	
	53	16	25	VML	Rodger Browne	00.28.24	01.47.10	01.06.44	03.22.18	3	
	54	17	147	VML	Thys Stoltz	00.36.33	01.42.00	01.03.59	03.22.32	3	
	55	38	46	OML	Morne Edas	00.33.47	01.48.42	01.01.12	03.23.41	3	
	56	39	94	OML	Denver Knoetzen	00.36.58	01.40.35	01.07.01	03.24.34	3	
	57	40	135	OML	Andrew Scott	00.38.06	01.44.38	01.02.01	03.24.45	3	
	58	18	66	VML	Allen Goosen	00.41.05	01.37.15	01.09.16	03.27.36	3	
	59	19	117	VML	Ant Moore	00.30.15	01.51.35	01.06.55	03.28.45	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	60	41	130	OML	Pierre-Andre Rabie	00:28.33	01:47.04	01:14.32	03:30.09	3	
	61	42	88	OML	Johan Kapp	00:31.28	01:46.41	01:12.27	03:30.36	3	
	62	20	75	VML	James Herbert	00:34.53	01:56.39	01:01.41	03:33.13	3	
	63	43	141	OML	Cuan Smith	00:25.07	01:59.06	01:10.20	03:34.33	3	
	64	21	83	VML	Alan Horn	00:33.27	01:50.21	01:10.55	03:34.43	3	
	65	22	108	VML	Leigh Maingard	00:31.07	01:58.18	01:05.47	03:35.12	3	
	66	23	185	VML	Gert Wilkins	00:35.05	01:53.10	01:08.37	03:36.52	3	
	67	44	151	OML	Scott Ternent	00:31.27	01:53.39	01:14.13	03:39.19	3	
	68	45	153	OML	Dean Thomas	00:31.10	02:01.42	01:10.14	03:43.06	3	
	69	46	67	OML	Olivier Grandjean	00:33.41	02:03.04	01:06.54	03:43.39	3	
	70	47	95	OML	Nico Koch	00:33.42	01:58.17	01:13.49	03:45.48	3	
	71	48	22	OML	Pieter Botha	00:33.38	02:10.54	01:03.42	03:48.14	3	
	72	24	51	VML	Mike Fannin	00:25.35	02:07.09	01:15.35	03:48.19	3	
	73	25	122	VML	Nols Fuchs	00:31.34	02:04.56	01:13.21	03:49.51	3	
	74	26	9	VML	Robbert Benner	00:42.01	01:48.15	01:24.37	03:54.53	3	
	75	49	167	OML	Johan Van Niekerk	00:37.08	02:04.11	01:16.41	03:58.00	3	
	76	50	144	OML	Neil Johan Steenkamp	00:26.49	02:21.22	01:15.07	04:03.18	3	
	77	51	11	OML	Michael Biggs	00:31.46	02:13.48	01:21.06	04:06.40	3	
	78	52	124	OML	Jannie Nel	00:31.44	02:13.47	01:21.09	04:06.40	3	
	79	27	150	VML	Kobus Terblanche	00:38.52	02:15.13	01:14.50	04:08.55	3	
	80	53	118	OML	Matt Moxon	00:36.12	02:29.00	01:20.55	04:26.07	3	
	81	28	139	VML	Helgard Slabbert	00:28.28	01:26.19		01:54.47	2	
	82	54	58	OML	Lourens Fick	00:24.29	01:35.11		01:59.40	2	
	83	29	4	VML	Buchman Andrew	00:24.32	01:37.27		02:01.59	2	
	84	55	152	OML	Jesse Ternent	00:24.57	02:19.05		02:44.02	2	
	85	56	143	OML	Matt Spicer	00:38.01	02:25.12		03:03.13	2	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
All Women Long	1	1	186	OWL	Robyn Williams	00:20.17	01:40.53	00:52.36	02:53.46	3	
	2	2	149	OWL	Rita Terblanche	00:24.39	01:39.15	00:54.38	02:58.32	3	
	3	3	189	OWL	Berlize Du Plessis	00:25.32	01:40.08	00:55.57	03:01.37	3	
	4	4	161	OWL	Madelie Van Der Westhuizen	00:26.23	01:40.04	00:56.19	03:02.46	3	
	5	5	174	OWL	Candice Van Wijk	00:26.16	01:37.51	01:03.16	03:07.23	3	
	6	6	148	OWL	Nina Swiegelaar	00:26.54	01:43.23	00:59.54	03:10.11	3	
	7	7	120	OWL	Kate Munnik	00:32.04	01:44.41	00:57.32	03:14.17	3	
	8	8	53	OWL	Mellusca Farnham	00:27.42	01:47.35	00:59.11	03:14.28	3	
	9	9	35	OWL	Caroline De Villiers	00:29.25	01:52.34	00:56.42	03:18.41	3	
	10	10	155	OWL	Lizelle Thompson	00:32.36	01:42.43	01:05.05	03:20.24	3	
	11	11	129	OWL	Helene Rabie	00:31.13	01:54.02	00:57.33	03:22.48	3	
	12	12	93	OWL	Lowrie Kerri	00:31.02	01:53.26	00:58.32	03:23.00	3	
	13	13	80	OWL	Hilda Hopking	00:33.51	01:53.15	00:59.24	03:26.30	3	
	14	14	55	OWL	Lizzie Fick	00:26.12	01:55.31	01:12.52	03:34.35	3	
	15	15	64	OWL	Carine Gagiano	00:27.15	02:06.57	01:03.38	03:37.50	3	
	16	16	26	OWL	Maryka Burger	00:38.36	01:57.19	01:02.36	03:38.31	3	
	17	17	182	OWL	Chrystal Walker	00:32.40	02:02.53	01:03.26	03:38.59	3	
	18	18	109	OWL	Sharyn Marais	00:26.09	02:06.25	01:07.31	03:40.05	3	
	19	19	86	OWL	Su-Mari Jooste	00:26.35	02:07.52	01:06.35	03:41.02	3	
	20	20	3	OWL	Caryn Adam	00:37.41	01:57.44	01:06.36	03:42.01	3	
	21	1	81	VWL	Jenni Horn	00:34.53	02:00.56	01:09.36	03:45.25	3	
	22	21	156	OWL	Tanya Ungerer	00:25.59	02:09.37	01:13.58	03:49.34	3	
	23	22	116	OWL	Tamarin Moelans	00:30.33	02:04.48	01:19.51	03:55.12	3	
	24	2	17	VWL	Penny Bobbert	00:33.23	02:15.33	01:33.50	04:22.46	3	
	25	23	2	OWL	Melissa Abbey	00:34.30	02:45.12	01:06.30	04:26.12	3	
	26	24	192	OWL	Elizma Geldenhuys	00:29.50			00:29.50	1	
	27	3	138	VWL	Maria Silverman	00:41.22			00:41.22	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
Open Teams Long	1	1	492	OTL	Cape Escape	00:23.44	01:23.39	00:46.23	02:33.46	3	
	2	2	248	OTL	Xtreme Pilates	00:25.38	01:28.41	00:45.37	02:39.56	3	
	3	3	240	OTL	Shake & Bake	00:24.49	01:31.55	00:49.30	02:46.14	3	
	4	4	246	OTL	Rolf-Torr-Good	00:22.57	01:38.32	00:51.06	02:52.35	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	5	5	239	OTL	K T M 1	00.26.45	01.43.45	00.50.43	03.01.13	3	
	6	6	247	OTL	Strati-G	00.28.19	01.47.52	00.45.34	03.01.45	3	
	7	7	238	OTL	Iron Tigers	00.27.34	02.02.26	00.54.10	03.24.10	3	
	8	8	242	OTL	Mountain Maidens	00.32.08	01.53.00	01.06.02	03.31.10	3	
	9	9	244	OTL	Lex-Ben-Bug	00.22.20	02.20.43	00.54.17	03.37.20	3	
	10	10	245	OTL	The In-Laws	00.24.19	02.22.22	00.54.07	03.40.48	3	
	11	11	241	OTL	A Bit Of T L C	00.26.14	03.51.26		04.17.40	2	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
All Men Short	1	1	401	OMS	Tim Toovey	00.12.41	00.35.11	00.24.13	01.12.05	3	
	2	2	275	OMS	Werner Bruckner	00.13.53	00.35.40	00.22.44	01.12.17	3	
	3	1	421	JMS	Jarrett West	00.12.59	00.36.25	00.24.18	01.13.42	3	
	4	3	307	OMS	David Durham	00.11.47	00.41.36	00.24.45	01.18.08	3	
	5	4	263	OMS	Paul Benson	00.14.30	00.38.42	00.25.31	01.18.43	3	
	6	5	348	OMS	Werner Kotze	00.15.03	00.39.51	00.24.49	01.19.43	3	
	7	6	427	OMS	Niel Louwrens	00.16.20	00.39.16	00.24.33	01.20.09	3	
	8	7	415	OMS	Piet Viljoen	00.18.15	00.37.24	00.24.44	01.20.23	3	
	9	8	407	OMS	Quinten Van Der Merwe	00.17.12	00.37.58	00.26.10	01.21.20	3	
	10	9	404	OMS	Leon Van Der Merwe	00.16.51	00.40.56	00.24.10	01.21.57	3	
	11	10	271	OMS	Daniel Botha	00.18.08	00.39.36	00.24.18	01.22.02	3	
	12	11	361	OMS	Waldo Noordermeer	00.17.32	00.37.20	00.27.15	01.22.07	3	
	13	12	280	OMS	John-Bert Calitz	00.13.26	00.40.41	00.28.07	01.22.14	3	
	14	13	293	OMS	Mark Dayton	00.16.45	00.41.06	00.25.34	01.23.25	3	
	15	14	269	OMS	Ralf Bochnig	00.15.31	00.38.19	00.30.05	01.23.55	3	
	16	15	341	OMS	Wagner Jordaan	00.14.16	00.39.11	00.31.08	01.24.35	3	
	17	16	266	OMS	Andrew Bird	00.18.45	00.42.34	00.25.06	01.26.25	3	
	18	17	292	OMS	Zoon Cronje	00.16.59	00.40.16	00.29.18	01.26.33	3	
	19	18	351	OMS	Graeme Lindenberg	00.16.26	00.44.33	00.26.14	01.27.13	3	
	20	19	350	OMS	Wilhelm Kuun	00.17.19	00.44.23	00.26.04	01.27.46	3	
	21	20	377	OMS	Chlodwik Rossouw	00.16.05	00.45.49	00.26.28	01.28.22	3	
	22	21	324	OMS	Shaun Harris	00.16.31	00.42.47	00.30.01	01.29.19	3	
	23	22	349	OMS	Keelan Kriel	00.17.02	00.44.04	00.28.20	01.29.26	3	
	24	23	305	OMS	Heinrich Dry	00.15.48	00.45.47	00.29.56	01.31.31	3	
	25	24	358	OMS	Daz Muir	00.17.35	00.44.16	00.30.10	01.32.01	3	
	26	25	392	OMS	Nico Steyn	00.18.10	00.46.00	00.28.43	01.32.53	3	
	27	26	390	OMS	Thomas Steenkamp	00.17.16	00.49.43	00.30.45	01.37.44	3	
	28	27	409	OMS	Gerhard Van Deventer	00.16.23	00.48.45	00.33.15	01.38.23	3	
	29	28	306	OMS	Christof Du Plessis	00.23.25	00.47.19	00.31.03	01.41.47	3	
	30	29	318	OMS	Leon Frederik Groeneveld	00.17.45	00.49.51	00.34.48	01.42.24	3	
	31	30	315	OMS	Paul Gordon-Brown	00.19.19	00.51.04	00.32.29	01.42.52	3	
	32	31	323	OMS	Hendri Hamman	00.21.45	00.48.53	00.32.22	01.43.00	3	
	33	32	261	OMS	Jacques Basson	00.21.47	00.48.48	00.32.25	01.43.00	3	
	34	33	342	OMS	Etienne Kearns	00.18.51	00.55.18	00.29.49	01.43.58	3	
	35	34	335	OMS	Craig Jacobs	00.15.09	00.55.09	00.34.51	01.45.09	3	
	36	35	387	OMS	Sarel Christoffel Smit	00.22.46	00.49.20	00.34.15	01.46.21	3	
	37	36	364	OMS	Riaan Pienaar	00.20.17	00.56.01	00.31.13	01.47.31	3	
	38	37	325	OMS	Daniel Hayes	00.20.20	00.56.09	00.31.03	01.47.32	3	
	39	38	396	OMS	Francois Swart	00.18.06	00.57.07	00.33.05	01.48.18	3	
	40	39	330	OMS	Vincent Heys	00.17.40	00.57.04	00.33.34	01.48.18	3	
	41	40	310	OMS	Clinton Fisher	00.21.07	00.54.15	00.33.54	01.49.16	3	
	42	41	372	OMS	Wayne Rademeyer	00.24.51	00.51.03	00.34.18	01.50.12	3	
	43	42	346	OMS	Gerrie Keyser	00.20.38	00.55.14	00.35.01	01.50.53	3	
	44	43	408	OMS	Pierre Van Der Westhuizen	00.18.13	00.53.49	00.39.34	01.51.36	3	
	45	44	385	OMS	Anton Sissing	00.25.17	00.53.01	00.34.24	01.52.42	3	
	46	45	405	OMS	Schalk Van Der Merwe	00.25.20	00.54.50	00.33.59	01.54.09	3	
	47	46	253	OMS	Bryan Austen	00.24.25	00.54.39	00.39.03	01.58.07	3	
	48	47	254	OMS	Graeme Austen	00.24.21	00.54.37	00.39.10	01.58.08	3	
	49	48	255	OMS	Christopher Austen	00.24.23	00.54.38	00.39.07	01.58.08	3	
	50	49	410	OMS	Johan Van Dyk	00.24.54	00.56.08	00.37.27	01.58.29	3	
	51	50	285	OMS	Alex Comninos	00.19.58	01.00.29	00.38.31	01.58.58	3	

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	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	52	51	353	OMS	Tienie Loubser	00.27.25	00.55.47	00.37.29	02.00.41	3	
	53	52	265	OMS	Juan Bester	00.23.21	00.59.52	00.39.12	02.02.25	3	
	54	53	360	OMS	Gideon Nieuwoudt	00.30.10	00.57.58	00.34.36	02.02.44	3	
	55	54	256	OMS	Steven Banks	00.16.56	01.11.23	00.41.15	02.09.34	3	
	56	55	313	OMS	Norval Geldenhuys	00.47.57	00.52.53	00.31.57	02.12.47	3	
	57	56	347	OMS	Ciaran Kirby	00.17.14	01.15.33	00.42.53	02.15.40	3	
	58	57	303	OMS	Graham Dreyden	00.34.32	01.05.00	00.40.15	02.19.47	3	
	59	58	419	OMS	Leigh Waterhouse	00.22.29	01.15.22	00.43.11	02.21.02	3	
	60	59	332	OMS	Helgo Hohenstein	00.46.33	01.00.10	00.37.08	02.23.51	3	
	61	60	329	OMS	Eugene Hess	00.31.23	01.45.11		02.16.34	2	
	62	61	328	OMS	Brent Hess	00.31.25	02.18.20		02.49.45	2	
	63	62	268	OMS	Wynand Blom	00.23.29			00.23.29	1	
	64	63	309	OMS	Reinhardt Engelbrecht	00.23.32			00.23.32	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
All Women Short	1	1	345	OWS	Eileen Ketterer	00.13.38	00.40.28	00.27.34	01.21.40	3	
	2	2	274	OWS	Tanya Bronkhorst	00.17.05	00.44.46	00.27.56	01.29.47	3	
	3	3	279	OWS	Elrika Calitz	00.14.40	00.48.42	00.26.48	01.30.10	3	
	4	4	317	OWS	Leandri Groeneveld	00.16.10	00.46.13	00.27.58	01.30.21	3	
	5	5	321	OWS	Xanri Haak	00.15.50	00.46.04	00.29.37	01.31.31	3	
	6	6	376	OWS	Tania Rossouw	00.16.25	00.42.51	00.32.21	01.31.37	3	
	7	7	281	OWS	Jennifer Carstens	00.20.19	00.47.10	00.26.59	01.34.28	3	
	8	8	402	OWS	Suzanne Trotzky	00.18.39	00.45.15	00.33.36	01.37.30	3	
	9	9	375	OWS	Cecilia Roberts	00.22.22	00.44.24	00.32.26	01.39.12	3	
	10	10	284	OWS	Janine Coleske	00.15.43	00.50.16	00.33.26	01.39.25	3	
	11	11	340	OWS	Erika Jordaan	00.21.54	00.46.14	00.32.04	01.40.12	3	
	12	12	365	OWS	Lize-Mari Pieterse	00.17.56	00.54.07	00.28.32	01.40.35	3	
	13	13	393	OWS	Erika Suter	00.17.46	00.56.19	00.28.46	01.42.51	3	
	14	14	283	OWS	Marike Coetzer	00.28.01	00.46.34	00.31.36	01.46.11	3	
	15	15	333	OWS	Herma Hugo	00.23.40	00.53.30	00.29.18	01.46.28	3	
	16	16	291	OWS	Charlotte Cronjã©	00.22.27	00.55.27	00.28.42	01.46.36	3	
	17	17	424	OWS	Ame Cowley	00.22.25	00.50.38	00.33.58	01.47.01	3	
	18	18	423	OWS	Anelle Wickens	00.25.14	00.49.26	00.32.23	01.47.03	3	
	19	19	386	OWS	Suzanne Smit	00.16.34	00.57.02	00.33.54	01.47.30	3	
	20	20	290	OWS	Elena Cremasco	00.17.36	00.55.17	00.34.47	01.47.40	3	
	21	21	417	OWS	Martie Wahl	00.23.00	00.52.58	00.31.50	01.47.48	3	
	22	22	414	OWS	Ilze Van Wyk	00.22.14	00.53.32	00.32.54	01.48.40	3	
	23	23	384	OWS	Jill Sindle	00.18.19	00.58.02	00.32.23	01.48.44	3	
	24	24	319	OWS	Melissa Groenink	00.17.54	00.58.57	00.33.01	01.49.52	3	
	25	25	289	OWS	Almari De Milander	00.19.00	00.59.46	00.34.40	01.53.26	3	
	26	26	267	OWS	Amanda Bloch	00.20.53	00.56.36	00.36.01	01.53.30	3	
	27	27	298	OWS	Danette De Klerk	00.21.01	00.53.02	00.41.16	01.55.19	3	
	28	28	412	OWS	Renscha Van Heerden	00.19.15	00.59.08	00.38.34	01.56.57	3	
	29	29	278	OWS	Nadine Buys	00.15.47	01.02.49	00.38.52	01.57.28	3	
	30	30	370	OWS	Katja Quasdorf	00.23.43	01.00.31	00.33.37	01.57.51	3	
	31	31	363	OWS	Bernice Pienaar	00.21.35	01.00.13	00.37.02	01.58.50	3	
	32	1	297	JWS	Brooke De Bruyn	00.19.39	01.04.21	00.36.26	02.00.26	3	
	33	32	294	OWS	Karen De Bruyn	00.22.01	01.02.25	00.36.00	02.00.26	3	
	34	33	394	OWS	Helena Svoboda	00.23.38	01.00.11	00.38.09	02.01.58	3	
	35	34	395	OWS	Menanteau Swart	00.20.58	01.08.16	00.34.19	02.03.33	3	
	36	35	308	OWS	Carin Eaton	00.20.40	01.02.58	00.40.03	02.03.41	3	
	37	36	418	OWS	Judith Walter	00.23.49	00.58.27	00.41.33	02.03.49	3	
	38	37	260	OWS	Margot Basson	00.21.39	01.03.35	00.39.11	02.04.25	3	
	39	38	380	OWS	Marcelle Senekal	00.23.45	01.01.31	00.40.44	02.06.00	3	
	40	39	258	OWS	Carmen Barkhuizen	00.32.37	00.56.07	00.40.18	02.09.02	3	
	41	40	369	OWS	Sindy Praetor	00.32.34	00.56.12	00.40.16	02.09.02	3	
	42	41	359	OWS	Elsabe Niemandt	00.24.22	01.06.32	00.42.22	02.13.16	3	
	43	42	264	OWS	Mia Berry	00.21.37	01.11.07	00.48.03	02.20.47	3	
	44	43	419	OWS	Leigh Waterhouse	00.22.29	01.15.22	00.43.11	02.21.02	3	
	45	44	354	OWS	Cindy Low	00.20.50	01.25.53	00.37.39	02.24.22	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	46	45	259	OWS	Jennifer Barnard	00.24.42	01.16.31	00.46.18	02.27.31	3	
	47	46	381	OWS	Catherine Sergeant	00.24.48	01.16.31	00.46.12	02.27.31	3	
	48	47	368	OWS	Emma Podmore	00.26.27	01.17.16	00.46.25	02.30.08	3	
	49	48	334	OWS	Johanita Husselmann	00.27.48	01.15.44	00.47.24	02.30.56	3	
	50	49	413	OWS	Melanie Van Wyk	00.19.43	01.20.15	00.51.29	02.31.27	3	
	51	50	344	OWS	Rogeema Kenny	00.31.52	01.25.43	00.37.10	02.34.45	3	
	52	51	374	OWS	Stacey Rhebock	00.19.07	01.38.58	00.43.14	02.41.19	3	
	53	52	314	OWS	Kirsten Gerber	00.19.04	01.39.03	00.43.12	02.41.19	3	
	54	53	339	OWS	Lynnette Jooste	00.32.20	01.24.53	00.46.20	02.43.33	3	
	55	54	270	OWS	Nicolette Bosman	00.29.35	01.55.25		02.25.00	2	
	56	55	336	OWS	Annarette Jansen Van Rensburg	00.19.02			00.19.02	1	
	57	56	304	OWS	Charne Dry	00.23.13			00.23.13	1	
	58	57	322	OWS	Xanri Haak	01.51.21			01.51.21	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
Open Teams Short	1	1	494	OTS	Slanghoek	00.11.47	00.38.59	00.22.23	01.13.09	3	
	2	2	499	OTS	Tri Time	00.13.32	00.42.31	00.25.54	01.21.57	3	
	3	3	496	OTS	Kenridge	00.13.35	00.45.21	00.32.41	01.31.37	3	
	4	4	498	OTS	Survivors	00.14.06	00.51.26	00.38.02	01.43.34	3	
	5	5	497	OTS	First Timers	00.23.58	00.47.07	00.35.00	01.46.05	3	
	6	6	500	OTS	A M A-Zing	00.16.08	01.13.35	00.35.26	02.05.09	3	