

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	<b>02.13.34</b>	3	
	2	2	30	OML	Matthew Daneel	00.21.05	01.16.51	00.40.26	<b>02.18.22</b>	3	
	3	3	190	OML	Michael Lord	00.19.37	01.15.57	00.44.39	<b>02.20.13</b>	3	
	4	4	100	OML	Andrew Le Roux	00.23.32	01.19.51	00.41.35	<b>02.24.58</b>	3	
	5	5	132	OML	Shaun Roos	00.25.43	01.18.10	00.42.57	<b>02.26.50</b>	3	
	6	6	131	OML	Michael Redington	00.22.49	01.25.41	00.43.26	<b>02.31.56</b>	3	
	7	7	165	OML	Morne Van Greunen	00.27.01	01.25.30	00.41.08	<b>02.33.39</b>	3	
	8	1	193	VML	Richard De Villiers	00.20.51	01.26.42	00.47.18	<b>02.34.51</b>	3	
	9	8	176	OML	Adriaan Van Wijk	00.24.11	01.28.46	00.46.32	<b>02.39.29</b>	3	
	10	9	12	OML	Matthew Blake	00.26.23	01.27.13	00.48.21	<b>02.41.57</b>	3	
	11	2	72	VML	Gustav Hefer	00.26.46	01.24.28	00.51.33	<b>02.42.47</b>	3	
	12	10	27	OML	Rowan Cairns	00.26.52	01.29.44	00.47.37	<b>02.44.13</b>	3	
	13	11	69	OML	Duncan Gutsche	00.22.23	01.32.08	00.50.27	<b>02.44.58</b>	3	
	14	12	105	OML	J C Lotter	00.28.31	01.31.32	00.45.03	<b>02.45.06</b>	3	
	15	13	5	OML	Michael Arbuthnot	00.23.45	01.29.32	00.53.07	<b>02.46.24</b>	3	
	16	3	194	VML	Meyer De Villiers	00.27.56	01.28.37	00.50.50	<b>02.47.23</b>	3	
	17	14	164	OML	Francois Van Dyk	00.29.25	01.25.18	00.54.32	<b>02.49.15</b>	3	
	18	4	71	VML	Werner Hartman	00.31.15	01.27.50	00.52.45	<b>02.51.50</b>	3	
	19	5	160	VML	Herman Van Der Werf	00.27.50	01.30.41	00.53.58	<b>02.52.29</b>	3	
	20	6	45	VML	Dennis Du Toit	00.41.24	01.22.26	00.49.58	<b>02.53.48</b>	3	
	21	15	34	OML	Hermanus De Jager	00.27.16	01.37.03	00.49.39	<b>02.53.58</b>	3	
	22	16	197	OML	Steve Attwell	00.24.53	01.33.40	00.57.57	<b>02.56.30</b>	3	
	23	17	158	OML	Neil Vallance	00.25.55	01.34.23	00.56.15	<b>02.56.33</b>	3	
	24	18	133	OML	David Russell	00.25.21	01.40.32	00.50.44	<b>02.56.37</b>	3	
	25	7	119	VML	Neil Mulder	00.26.41	01.40.00	00.49.56	<b>02.56.37</b>	3	
	26	19	134	OML	Damien Schumann	00.30.18	01.30.53	00.55.30	<b>02.56.41</b>	3	
	27	8	97	VML	Ehrich Kruger	00.29.44	01.34.04	00.54.49	<b>02.58.37</b>	3	
	28	9	125	VML	Chris Norton	00.28.14	01.28.59	01.02.07	<b>02.59.20</b>	3	
	29	10	37	VML	Coenie De Villiers	00.24.37	01.41.13	00.54.02	<b>02.59.52</b>	3	
	30	20	102	OML	David Leith	00.30.10	01.42.35	00.48.00	<b>03.00.45</b>	3	
	31	21	96	OML	Wiaan Kriel	00.28.57	01.41.11	00.51.28	<b>03.01.36</b>	3	
	32	22	6	OML	Gerald Augustyn	00.25.17	01.44.00	00.55.09	<b>03.04.26</b>	3	
	33	11	60	VML	James Fisher	00.29.52	01.42.51	00.52.27	<b>03.05.10</b>	3	
	34	12	56	VML	Coenie Fick	00.23.24	01.40.13	01.01.56	<b>03.05.33</b>	3	
	35	23	145	OML	Cobus Stofberg	00.29.36	01.36.18	00.59.54	<b>03.05.48</b>	3	
	36	24	103	OML	Visser Liebenberg	00.30.49	01.44.28	00.52.54	<b>03.08.11</b>	3	
	37	25	85	OML	Ferdinand Jacobs	00.33.56	01.41.45	00.54.16	<b>03.09.57</b>	3	
	38	26	78	OML	Jf Hill	00.27.45	01.45.42	00.57.16	<b>03.10.43</b>	3	
	39	27	170	OML	Ernest Van Riet	00.32.38	01.47.19	00.52.23	<b>03.12.20</b>	3	
	40	13	112	VML	Rob Mcgaffin	00.31.02	01.46.48	00.56.35	<b>03.14.25</b>	3	
	41	28	42	OML	Cobus Dippenaar	00.30.54	01.44.11	00.59.30	<b>03.14.35</b>	3	
	42	29	106	OML	Jannie Louw	00.26.39	01.41.43	01.06.55	<b>03.15.17</b>	3	
	43	14	154	VML	Brian Thomas	00.29.28	01.56.55	00.50.05	<b>03.16.28</b>	3	
	44	30	23	OML	Neil Broers	00.35.36	01.56.48	00.46.14	<b>03.18.38</b>	3	
	45	31	39	OML	Kevin De Wet	00.30.56	01.44.36	01.03.48	<b>03.19.20</b>	3	
	46	32	188	OML	Lloyd Zacharias	00.32.49	01.50.45	00.55.54	<b>03.19.28</b>	3	
	47	33	175	OML	Andrew Van Wijk	00.38.13	01.45.59	00.56.16	<b>03.20.28</b>	3	
	48	34	99	OML	Nicolaas Jacobus Landman	00.27.52	01.46.46	01.05.58	<b>03.20.36</b>	3	
	49	35	166	OML	Frans Van Heerden	00.34.26	01.47.15	00.59.15	<b>03.20.56</b>	3	
	50	36	168	OML	Louw Van Riet	00.24.45	01.58.51	00.57.29	<b>03.21.05</b>	3	
	51	37	21	OML	Bjorn Botha	00.33.14	01.46.28	01.01.57	<b>03.21.39</b>	3	
	52	15	63	VML	Sean Fluke	00.30.13	01.45.53	01.06.10	<b>03.22.16</b>	3	
	53	16	25	VML	Rodger Browne	00.28.24	01.47.10	01.06.44	<b>03.22.18</b>	3	
	54	17	147	VML	Thys Stoltz	00.36.33	01.42.00	01.03.59	<b>03.22.32</b>	3	
	55	38	46	OML	Morne Edas	00.33.47	01.48.42	01.01.12	<b>03.23.41</b>	3	
	56	39	94	OML	Denver Knoetzen	00.36.58	01.40.35	01.07.01	<b>03.24.34</b>	3	
	57	40	135	OML	Andrew Scott	00.38.06	01.44.38	01.02.01	<b>03.24.45</b>	3	
	58	18	66	VML	Allen Goosen	00.41.05	01.37.15	01.09.16	<b>03.27.36</b>	3	
	59	19	117	VML	Ant Moore	00.30.15	01.51.35	01.06.55	<b>03.28.45</b>	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	<b>03.30.09</b>	3	
	61	42	88	OML	Johan Kapp	00.31.28	01.46.41	01.12.27	<b>03.30.36</b>	3	
	62	20	75	VML	James Herbert	00.34.53	01.56.39	01.01.41	<b>03.33.13</b>	3	
	63	43	141	OML	Cuan Smith	00.25.07	01.59.06	01.10.20	<b>03.34.33</b>	3	
	64	21	83	VML	Alan Horn	00.33.27	01.50.21	01.10.55	<b>03.34.43</b>	3	
	65	22	108	VML	Leigh Maingard	00.31.07	01.58.18	01.05.47	<b>03.35.12</b>	3	
	66	23	185	VML	Gert Wilkins	00.35.05	01.53.10	01.08.37	<b>03.36.52</b>	3	
	67	44	151	OML	Scott Ternent	00.31.27	01.53.39	01.14.13	<b>03.39.19</b>	3	
	68	45	153	OML	Dean Thomas	00.31.10	02.01.42	01.10.14	<b>03.43.06</b>	3	
	69	46	67	OML	Olivier Grandjean	00.33.41	02.03.04	01.06.54	<b>03.43.39</b>	3	
	70	47	95	OML	Nico Koch	00.33.42	01.58.17	01.13.49	<b>03.45.48</b>	3	
	71	48	22	OML	Pieter Botha	00.33.38	02.10.54	01.03.42	<b>03.48.14</b>	3	
	72	24	51	VML	Mike Fannin	00.25.35	02.07.09	01.15.35	<b>03.48.19</b>	3	
	73	25	122	VML	Nols Fuchs	00.31.34	02.04.56	01.13.21	<b>03.49.51</b>	3	
	74	26	9	VML	Robbert Benner	00.42.01	01.48.15	01.24.37	<b>03.54.53</b>	3	
	75	49	167	OML	Johan Van Niekerk	00.37.08	02.04.11	01.16.41	<b>03.58.00</b>	3	
	76	50	144	OML	Neil Johan Steenkamp	00.26.49	02.21.22	01.15.07	<b>04.03.18</b>	3	
	77	51	11	OML	Michael Biggs	00.31.46	02.13.48	01.21.06	<b>04.06.40</b>	3	
	78	52	124	OML	Jannie Nel	00.31.44	02.13.47	01.21.09	<b>04.06.40</b>	3	
	79	27	150	VML	Kobus Terblanche	00.38.52	02.15.13	01.14.50	<b>04.08.55</b>	3	
	80	53	118	OML	Matt Moxon	00.36.12	02.29.00	01.20.55	<b>04.26.07</b>	3	
	81	28	139	VML	Helgard Slabbert	00.28.28	01.26.19		<b>01.54.47</b>	2	
	82	54	58	OML	Lourens Fick	00.24.29	01.35.11		<b>01.59.40</b>	2	
	83	29	4	VML	Buchman Andrew	00.24.32	01.37.27		<b>02.01.59</b>	2	
	84	55	152	OML	Jesse Ternent	00.24.57	02.19.05		<b>02.44.02</b>	2	
	85	56	143	OML	Matt Spicer	00.38.01	02.25.12		<b>03.03.13</b>	2	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
<b>All Women Long</b>	1	1	186	OWL	Robyn Williams	00.20.17	01.40.53	00.52.36	<b>02.53.46</b>	3	
	2	2	149	OWL	Rita Terblanche	00.24.39	01.39.15	00.54.38	<b>02.58.32</b>	3	
	3	3	189	OWL	Berlize Du Plessis	00.25.32	01.40.08	00.55.57	<b>03.01.37</b>	3	
	4	4	161	OWL	Madelie Van Der Westhuizen	00.26.23	01.40.04	00.56.19	<b>03.02.46</b>	3	
	5	5	174	OWL	Candice Van Wijk	00.26.16	01.37.51	01.03.16	<b>03.07.23</b>	3	
	6	6	148	OWL	Nina Swiegelaar	00.26.54	01.43.23	00.59.54	<b>03.10.11</b>	3	
	7	7	120	OWL	Kate Munnik	00.32.04	01.44.41	00.57.32	<b>03.14.17</b>	3	
	8	8	53	OWL	Mellusca Farnham	00.27.42	01.47.35	00.59.11	<b>03.14.28</b>	3	
	9	9	35	OWL	Caroline De Villiers	00.29.25	01.52.34	00.56.42	<b>03.18.41</b>	3	
	10	10	155	OWL	Lizelle Thompson	00.32.36	01.42.43	01.05.05	<b>03.20.24</b>	3	
	11	11	129	OWL	Helene Rabie	00.31.13	01.54.02	00.57.33	<b>03.22.48</b>	3	
	12	12	93	OWL	Lowrie Kerri	00.31.02	01.53.26	00.58.32	<b>03.23.00</b>	3	
	13	13	80	OWL	Hilda Hopking	00.33.51	01.53.15	00.59.24	<b>03.26.30</b>	3	
	14	14	55	OWL	Lizzie Fick	00.26.12	01.55.31	01.12.52	<b>03.34.35</b>	3	
	15	15	64	OWL	Carine Gagiano	00.27.15	02.06.57	01.03.38	<b>03.37.50</b>	3	
	16	16	26	OWL	Maryka Burger	00.38.36	01.57.19	01.02.36	<b>03.38.31</b>	3	
	17	17	182	OWL	Chrystal Walker	00.32.40	02.02.53	01.03.26	<b>03.38.59</b>	3	
	18	18	109	OWL	Sharyn Marais	00.26.09	02.06.25	01.07.31	<b>03.40.05</b>	3	
	19	19	86	OWL	Su-Mari Jooste	00.26.35	02.07.52	01.06.35	<b>03.41.02</b>	3	
	20	20	3	OWL	Caryn Adam	00.37.41	01.57.44	01.06.36	<b>03.42.01</b>	3	
	21	1	81	VWL	Jenni Horn	00.34.53	02.00.56	01.09.36	<b>03.45.25</b>	3	
	22	21	156	OWL	Tanya Ungerer	00.25.59	02.09.37	01.13.58	<b>03.49.34</b>	3	
	23	22	116	OWL	Tamarin Moelans	00.30.33	02.04.48	01.19.51	<b>03.55.12</b>	3	
	24	2	17	VWL	Penny Bobbert	00.33.23	02.15.33	01.33.50	<b>04.22.46</b>	3	
	25	23	2	OWL	Melissa Abbey	00.34.30	02.45.12	01.06.30	<b>04.26.12</b>	3	
	26	24	192	OWL	Elizma Geldenhuys	00.29.50			<b>00.29.50</b>	1	
	27	3	138	VWL	Maria Silverman	00.41.22			<b>00.41.22</b>	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
<b>Open Teams Long</b>	1	1	492	OTL	Cape Escape	00.23.44	01.23.39	00.46.23	<b>02.33.46</b>	3	
	2	2	248	OTL	Xtreme Pilates	00.25.38	01.28.41	00.45.37	<b>02.39.56</b>	3	
	3	3	240	OTL	Shake & Bake	00.24.49	01.31.55	00.49.30	<b>02.46.14</b>	3	
	4	4	246	OTL	Rolf-Torr-Good	00.22.57	01.38.32	00.51.06	<b>02.52.35</b>	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	<b>03.01.13</b>	3	
	6	6	247	OTL	Strati-G	00.28.19	01.47.52	00.45.34	<b>03.01.45</b>	3	
	7	7	238	OTL	Iron Tigers	00.27.34	02.02.26	00.54.10	<b>03.24.10</b>	3	
	8	8	242	OTL	Mountain Maidens	00.32.08	01.53.00	01.06.02	<b>03.31.10</b>	3	
	9	9	244	OTL	Lex-Ben-Bug	00.22.20	02.20.43	00.54.17	<b>03.37.20</b>	3	
	10	10	245	OTL	The In-Laws	00.24.19	02.22.22	00.54.07	<b>03.40.48</b>	3	
	11	11	241	OTL	A Bit Of T L C	00.26.14	03.51.26		<b>04.17.40</b>	2	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
<b>All Men Short</b>	1	1	401	OMS	Tim Toovey	00.12.41	00.35.11	00.24.13	<b>01.12.05</b>	3	
	2	2	275	OMS	Werner Bruckner	00.13.53	00.35.40	00.22.44	<b>01.12.17</b>	3	
	3	1	421	JMS	Jarrett West	00.12.59	00.36.25	00.24.18	<b>01.13.42</b>	3	
	4	3	307	OMS	David Durham	00.11.47	00.41.36	00.24.45	<b>01.18.08</b>	3	
	5	4	263	OMS	Paul Benson	00.14.30	00.38.42	00.25.31	<b>01.18.43</b>	3	
	6	5	348	OMS	Werner Kotze	00.15.03	00.39.51	00.24.49	<b>01.19.43</b>	3	
	7	6	427	OMS	Niel Louwrens	00.16.20	00.39.16	00.24.33	<b>01.20.09</b>	3	
	8	7	415	OMS	Piet Viljoen	00.18.15	00.37.24	00.24.44	<b>01.20.23</b>	3	
	9	8	407	OMS	Quinten Van Der Merwe	00.17.12	00.37.58	00.26.10	<b>01.21.20</b>	3	
	10	9	404	OMS	Leon Van Der Merwe	00.16.51	00.40.56	00.24.10	<b>01.21.57</b>	3	
	11	10	271	OMS	Daniel Botha	00.18.08	00.39.36	00.24.18	<b>01.22.02</b>	3	
	12	11	361	OMS	Waldo Noordermeer	00.17.32	00.37.20	00.27.15	<b>01.22.07</b>	3	
	13	12	280	OMS	John-Bert Calitz	00.13.26	00.40.41	00.28.07	<b>01.22.14</b>	3	
	14	13	293	OMS	Mark Dayton	00.16.45	00.41.06	00.25.34	<b>01.23.25</b>	3	
	15	14	269	OMS	Ralf Bochnig	00.15.31	00.38.19	00.30.05	<b>01.23.55</b>	3	
	16	15	341	OMS	Wagner Jordaan	00.14.16	00.39.11	00.31.08	<b>01.24.35</b>	3	
	17	16	266	OMS	Andrew Bird	00.18.45	00.42.34	00.25.06	<b>01.26.25</b>	3	
	18	17	292	OMS	Zoon Cronje	00.16.59	00.40.16	00.29.18	<b>01.26.33</b>	3	
	19	18	351	OMS	Graeme Lindenberg	00.16.26	00.44.33	00.26.14	<b>01.27.13</b>	3	
	20	19	350	OMS	Wilhelm Kuun	00.17.19	00.44.23	00.26.04	<b>01.27.46</b>	3	
	21	20	377	OMS	Chlodwik Rossouw	00.16.05	00.45.49	00.26.28	<b>01.28.22</b>	3	
	22	21	324	OMS	Shaun Harris	00.16.31	00.42.47	00.30.01	<b>01.29.19</b>	3	
	23	22	349	OMS	Keelan Kriel	00.17.02	00.44.04	00.28.20	<b>01.29.26</b>	3	
	24	23	305	OMS	Heinrich Dry	00.15.48	00.45.47	00.29.56	<b>01.31.31</b>	3	
	25	24	358	OMS	Daz Muir	00.17.35	00.44.16	00.30.10	<b>01.32.01</b>	3	
	26	25	392	OMS	Nico Steyn	00.18.10	00.46.00	00.28.43	<b>01.32.53</b>	3	
	27	26	390	OMS	Thomas Steenkamp	00.17.16	00.49.43	00.30.45	<b>01.37.44</b>	3	
	28	27	409	OMS	Gerhard Van Deventer	00.16.23	00.48.45	00.33.15	<b>01.38.23</b>	3	
	29	28	306	OMS	Christof Du Plessis	00.23.25	00.47.19	00.31.03	<b>01.41.47</b>	3	
	30	29	318	OMS	Leon Frederik Groeneveld	00.17.45	00.49.51	00.34.48	<b>01.42.24</b>	3	
	31	30	315	OMS	Paul Gordon-Brown	00.19.19	00.51.04	00.32.29	<b>01.42.52</b>	3	
	32	31	323	OMS	Hendri Hamman	00.21.45	00.48.53	00.32.22	<b>01.43.00</b>	3	
	33	32	261	OMS	Jacques Basson	00.21.47	00.48.48	00.32.25	<b>01.43.00</b>	3	
	34	33	342	OMS	Etienne Kearns	00.18.51	00.55.18	00.29.49	<b>01.43.58</b>	3	
	35	34	335	OMS	Craig Jacobs	00.15.09	00.55.09	00.34.51	<b>01.45.09</b>	3	
	36	35	387	OMS	Sarel Christoffel Smit	00.22.46	00.49.20	00.34.15	<b>01.46.21</b>	3	
	37	36	364	OMS	Riaan Pienaar	00.20.17	00.56.01	00.31.13	<b>01.47.31</b>	3	
	38	37	325	OMS	Daniel Hayes	00.20.20	00.56.09	00.31.03	<b>01.47.32</b>	3	
	39	38	396	OMS	Francois Swart	00.18.06	00.57.07	00.33.05	<b>01.48.18</b>	3	
	40	39	330	OMS	Vincent Heys	00.17.40	00.57.04	00.33.34	<b>01.48.18</b>	3	
	41	40	310	OMS	Clinton Fisher	00.21.07	00.54.15	00.33.54	<b>01.49.16</b>	3	
	42	41	372	OMS	Wayne Rademeyer	00.24.51	00.51.03	00.34.18	<b>01.50.12</b>	3	
	43	42	346	OMS	Gerrie Keyser	00.20.38	00.55.14	00.35.01	<b>01.50.53</b>	3	
	44	43	408	OMS	Pierre Van Der Westhuizen	00.18.13	00.53.49	00.39.34	<b>01.51.36</b>	3	
	45	44	385	OMS	Anton Sissing	00.25.17	00.53.01	00.34.24	<b>01.52.42</b>	3	
	46	45	405	OMS	Schalk Van Der Merwe	00.25.20	00.54.50	00.33.59	<b>01.54.09</b>	3	
	47	46	253	OMS	Bryan Austen	00.24.25	00.54.39	00.39.03	<b>01.58.07</b>	3	
	48	47	254	OMS	Graeme Austen	00.24.21	00.54.37	00.39.10	<b>01.58.08</b>	3	
	49	48	255	OMS	Christopher Austen	00.24.23	00.54.38	00.39.07	<b>01.58.08</b>	3	
	50	49	410	OMS	Johan Van Dyk	00.24.54	00.56.08	00.37.27	<b>01.58.29</b>	3	
	51	50	285	OMS	Alex Comninos	00.19.58	01.00.29	00.38.31	<b>01.58.58</b>	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	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	<b>02.00.41</b>	3	
	53	52	265	OMS	Juan Bester	00.23.21	00.59.52	00.39.12	<b>02.02.25</b>	3	
	54	53	360	OMS	Gideon Nieuwoudt	00.30.10	00.57.58	00.34.36	<b>02.02.44</b>	3	
	55	54	256	OMS	Steven Banks	00.16.56	01.11.23	00.41.15	<b>02.09.34</b>	3	
	56	55	313	OMS	Norval Geldenhuys	00.47.57	00.52.53	00.31.57	<b>02.12.47</b>	3	
	57	56	347	OMS	Ciaran Kirby	00.17.14	01.15.33	00.42.53	<b>02.15.40</b>	3	
	58	57	303	OMS	Graham Dreyden	00.34.32	01.05.00	00.40.15	<b>02.19.47</b>	3	
	59	58	419	OMS	Leigh Waterhouse	00.22.29	01.15.22	00.43.11	<b>02.21.02</b>	3	
	60	59	332	OMS	Helgo Hohenstein	00.46.33	01.00.10	00.37.08	<b>02.23.51</b>	3	
	61	60	329	OMS	Eugene Hess	00.31.23	01.45.11		<b>02.16.34</b>	2	
	62	61	328	OMS	Brent Hess	00.31.25	02.18.20		<b>02.49.45</b>	2	
	63	62	268	OMS	Wynand Blom	00.23.29			<b>00.23.29</b>	1	
	64	63	309	OMS	Reinhardt Engelbrecht	00.23.32			<b>00.23.32</b>	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
<b>All Women Short</b>	1	1	345	OWS	Eileen Ketterer	00.13.38	00.40.28	00.27.34	<b>01.21.40</b>	3	
	2	2	274	OWS	Tanya Bronkhorst	00.17.05	00.44.46	00.27.56	<b>01.29.47</b>	3	
	3	3	279	OWS	Elrika Calitz	00.14.40	00.48.42	00.26.48	<b>01.30.10</b>	3	
	4	4	317	OWS	Leandri Groeneveld	00.16.10	00.46.13	00.27.58	<b>01.30.21</b>	3	
	5	5	321	OWS	Xanri Haak	00.15.50	00.46.04	00.29.37	<b>01.31.31</b>	3	
	6	6	376	OWS	Tania Rossouw	00.16.25	00.42.51	00.32.21	<b>01.31.37</b>	3	
	7	7	281	OWS	Jennifer Carstens	00.20.19	00.47.10	00.26.59	<b>01.34.28</b>	3	
	8	8	402	OWS	Suzanne Trotzky	00.18.39	00.45.15	00.33.36	<b>01.37.30</b>	3	
	9	9	375	OWS	Cecilia Roberts	00.22.22	00.44.24	00.32.26	<b>01.39.12</b>	3	
	10	10	284	OWS	Janine Coleske	00.15.43	00.50.16	00.33.26	<b>01.39.25</b>	3	
	11	11	340	OWS	Erika Jordaan	00.21.54	00.46.14	00.32.04	<b>01.40.12</b>	3	
	12	12	365	OWS	Lize-Mari Pieterse	00.17.56	00.54.07	00.28.32	<b>01.40.35</b>	3	
	13	13	393	OWS	Erika Suter	00.17.46	00.56.19	00.28.46	<b>01.42.51</b>	3	
	14	14	283	OWS	Marike Coetzer	00.28.01	00.46.34	00.31.36	<b>01.46.11</b>	3	
	15	15	333	OWS	Herma Hugo	00.23.40	00.53.30	00.29.18	<b>01.46.28</b>	3	
	16	16	291	OWS	Charlotte Cronjã©	00.22.27	00.55.27	00.28.42	<b>01.46.36</b>	3	
	17	17	424	OWS	Ame Cowley	00.22.25	00.50.38	00.33.58	<b>01.47.01</b>	3	
	18	18	423	OWS	Anelle Wickens	00.25.14	00.49.26	00.32.23	<b>01.47.03</b>	3	
	19	19	386	OWS	Suzanne Smit	00.16.34	00.57.02	00.33.54	<b>01.47.30</b>	3	
	20	20	290	OWS	Elena Cremasco	00.17.36	00.55.17	00.34.47	<b>01.47.40</b>	3	
	21	21	417	OWS	Martie Wahl	00.23.00	00.52.58	00.31.50	<b>01.47.48</b>	3	
	22	22	414	OWS	Ilze Van Wyk	00.22.14	00.53.32	00.32.54	<b>01.48.40</b>	3	
	23	23	384	OWS	Jill Sindle	00.18.19	00.58.02	00.32.23	<b>01.48.44</b>	3	
	24	24	319	OWS	Melissa Groenink	00.17.54	00.58.57	00.33.01	<b>01.49.52</b>	3	
	25	25	289	OWS	Almari De Milander	00.19.00	00.59.46	00.34.40	<b>01.53.26</b>	3	
	26	26	267	OWS	Amanda Bloch	00.20.53	00.56.36	00.36.01	<b>01.53.30</b>	3	
	27	27	298	OWS	Danette De Klerk	00.21.01	00.53.02	00.41.16	<b>01.55.19</b>	3	
	28	28	412	OWS	Renscha Van Heerden	00.19.15	00.59.08	00.38.34	<b>01.56.57</b>	3	
	29	29	278	OWS	Nadine Buys	00.15.47	01.02.49	00.38.52	<b>01.57.28</b>	3	
	30	30	370	OWS	Katja Quasdorf	00.23.43	01.00.31	00.33.37	<b>01.57.51</b>	3	
	31	31	363	OWS	Bernice Pienaar	00.21.35	01.00.13	00.37.02	<b>01.58.50</b>	3	
	32	1	297	JWS	Brooke De Bruyn	00.19.39	01.04.21	00.36.26	<b>02.00.26</b>	3	
	33	32	294	OWS	Karen De Bruyn	00.22.01	01.02.25	00.36.00	<b>02.00.26</b>	3	
	34	33	394	OWS	Helena Svoboda	00.23.38	01.00.11	00.38.09	<b>02.01.58</b>	3	
	35	34	395	OWS	Menanteau Swart	00.20.58	01.08.16	00.34.19	<b>02.03.33</b>	3	
	36	35	308	OWS	Carin Eaton	00.20.40	01.02.58	00.40.03	<b>02.03.41</b>	3	
	37	36	418	OWS	Judith Walter	00.23.49	00.58.27	00.41.33	<b>02.03.49</b>	3	
	38	37	260	OWS	Margot Basson	00.21.39	01.03.35	00.39.11	<b>02.04.25</b>	3	
	39	38	380	OWS	Marcelle Senekal	00.23.45	01.01.31	00.40.44	<b>02.06.00</b>	3	
	40	39	258	OWS	Carmen Barkhuizen	00.32.37	00.56.07	00.40.18	<b>02.09.02</b>	3	
	41	40	369	OWS	Sindy Praetor	00.32.34	00.56.12	00.40.16	<b>02.09.02</b>	3	
	42	41	359	OWS	Elsabe Niemandt	00.24.22	01.06.32	00.42.22	<b>02.13.16</b>	3	
	43	42	264	OWS	Mia Berry	00.21.37	01.11.07	00.48.03	<b>02.20.47</b>	3	
	44	43	419	OWS	Leigh Waterhouse	00.22.29	01.15.22	00.43.11	<b>02.21.02</b>	3	
	45	44	354	OWS	Cindy Low	00.20.50	01.25.53	00.37.39	<b>02.24.22</b>	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	<b>02.27.31</b>	3	
	47	46	381	OWS	Catherine Sergeant	00.24.48	01.16.31	00.46.12	<b>02.27.31</b>	3	
	48	47	368	OWS	Emma Podmore	00.26.27	01.17.16	00.46.25	<b>02.30.08</b>	3	
	49	48	334	OWS	Johanita Husselmann	00.27.48	01.15.44	00.47.24	<b>02.30.56</b>	3	
	50	49	413	OWS	Melanie Van Wyk	00.19.43	01.20.15	00.51.29	<b>02.31.27</b>	3	
	51	50	344	OWS	Rogeema Kenny	00.31.52	01.25.43	00.37.10	<b>02.34.45</b>	3	
	52	51	374	OWS	Stacey Rhebock	00.19.07	01.38.58	00.43.14	<b>02.41.19</b>	3	
	53	52	314	OWS	Kirsten Gerber	00.19.04	01.39.03	00.43.12	<b>02.41.19</b>	3	
	54	53	339	OWS	Lynnette Jooste	00.32.20	01.24.53	00.46.20	<b>02.43.33</b>	3	
	55	54	270	OWS	Nicolette Bosman	00.29.35	01.55.25		<b>02.25.00</b>	2	
	56	55	336	OWS	Annarette Jansen Van Rensburg	00.19.02			<b>00.19.02</b>	1	
	57	56	304	OWS	Charne Dry	00.23.13			<b>00.23.13</b>	1	
	58	57	322	OWS	Xanri Haak	01.51.21			<b>01.51.21</b>	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
<b>Open Teams Short</b>	1	1	494	OTS	Slanghoek	00.11.47	00.38.59	00.22.23	<b>01.13.09</b>	3	
	2	2	499	OTS	Tri Time	00.13.32	00.42.31	00.25.54	<b>01.21.57</b>	3	
	3	3	496	OTS	Kenridge	00.13.35	00.45.21	00.32.41	<b>01.31.37</b>	3	
	4	4	498	OTS	Survivors	00.14.06	00.51.26	00.38.02	<b>01.43.34</b>	3	
	5	5	497	OTS	First Timers	00.23.58	00.47.07	00.35.00	<b>01.46.05</b>	3	
	6	6	500	OTS	A M A-Zing	00.16.08	01.13.35	00.35.26	<b>02.05.09</b>	3	