

EDEN CHAMPIONSHIPS

Date: 2024-03-05

Province: EDEN

Top Athletes

#	Athlete	Run Time	Run Points	Run BP	Total Points
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Top 3 Runners

1	1893	Johan Windt (No Mads Club)	01:13.38	1069.24	5.00	1074.24
2	6356	Christiaan Lamprecht (George-Suid Ls)	01:25.56	1064.88	0.00	1064.88
3	4867	Judah Spies (Outeniqua Ls)	01:06.68	1060.64	0.00	1060.64

#	Athlete	Swim Time	Swim Points	Swim BP	Total Points
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Top 3 Swimmers

1	1893	Johan Windt (No Mads Club)	00:39.29	1068.55	5.00	1073.55
2	2852	Mike McDonald (Fish Eagles Masters)	00:47.47	1027.65	45.00	1072.65
3	3573	Marsel Roos (Knysna LS)	01:05.59	1047.05	7.50	1054.55

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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Top 3 Athletes

1	1893	Johan Windt (No Mads Club)	01:13.38	1069.24	00:39.29	1068.55	10.00	2147.79
2	1827	Arabelle Grutter (Outeniqua Hs)	02:29.57	1046.86	01:04.21	1053.95	0.00	2100.81 PB
3	1801	Benjamin Bond (Outeniqua Ls)	01:11.11	1051.78	00:34.76	1046.20	0.00	2097.98 PB

#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/08 GIRLS			National Record: N/A				Provincial Record: N/A		
1	6340	Milane Belstead (No Mads Club)	01:47.61	1024.78	00:28.90	1030.50	0.00	2055.28	PB
2	6466	Shayde Mae du Plessis (Plettenberg Ps)	01:43.73	1032.54	00:39.58	977.10	0.00	2009.64	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/08 BOYS			National Record: N/A				Provincial Record: N/A		
1	6356	Christiaan Lamprecht (George-Suid Ls)	01:25.56	1064.88	00:30.34	1013.30	0.00	2078.18	
2	6351	Nico Derbyshire (Knysna LS)	01:40.86	1034.28	00:32.48	1002.60	0.00	2036.88	PB
3	6428	Matthew McDonald (Glenwood House)	DNF	DNF	DNF	DNF	DNF	DNF	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/09 GIRLS			National Record: N/A				Provincial Record: N/A		
1	4869	Misha Meyer (Cape Multisport Eden)	01:19.32	1055.36	00:49.46	1017.70	0.00	2073.06	PB
2	5638	Leah de Wet (George-Suid Ls)	01:22.06	1049.88	00:53.89	995.55	0.00	2045.43	
3	5498	Margaret Rall (Volshenk Ls)	01:26.09	1041.82	00:58.59	972.05	0.00	2013.87	
4	6254	Mari Lourens (Wesbank LS)	01:25.28	1043.44	01:00.82	960.90	0.00	2004.34	
5	5548	Lisa Snyman (George-Suid Ls)	01:38.83	1016.34	01:01.27	958.65	0.00	1974.99	
6	4983	Micah Bezuidenhout (George-Suid Ls)	01:41.44	1011.12	01:06.05	934.75	0.00	1945.87	
7	4984	Olivia Lamprechts (George-Suid Ls)	01:40.71	1012.58	01:07.22	928.90	0.00	1941.48	

8	5542	Amore du Plessis (Knysna LS)	01:31.03	1031.94	01:17.66	876.70	0.00	1908.64
9	5507	Annabelle Landman (Wesbank LS)	01:40.23	1013.54	01:14.15	894.25	0.00	1907.79
10	5506	Lize – Mari Du Plessis (Wesbank LS)	01:39.46	1015.08	DNF	DNF	0.00	DNF
11	5554	Lene Classen (George–Suid Ls)	01:41.87	1010.26	DNF	DNF	0.00	DNF
12	5604	Nina Van Niekerk (Hugo Rust Ps)	DNF	DNF	DNF	DNF	DNF	DNF

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/09 BOYS			National Record: N/A			Provincial Record: N/A		
1	4076	Lian Hattingh (George-Suid Ls)	01:18.42	1049.16	00:46.36	1023.20	0.00	2072.36 PB
2	5504	Daniel Odendaal (Wesbank LS)	01:22.42	1041.16	00:58.37	963.15	0.00	2004.31
3	6334	Johann Rall (Volshenk Ls)	01:21.84	1042.32	01:05.06	929.70	0.00	1972.02
4	4985	Victor van der Sandt (George-Suid Ls)	01:27.43	1031.14	01:03.19	939.05	0.00	1970.19
5	6477	Dennis-George Loubser (Plettenberg Ps)	01:24.12	1037.76	01:05.09	929.55	0.00	1967.31 PB
6	4715	Malan Kotze (Wesbank LS)	01:43.30	999.40	01:02.43	942.85	0.00	1942.25
7	6467	Raven du Plessis (Plettenberg Ps)	01:36.13	1013.74	01:08.95	910.25	0.00	1923.99 PB
8	5635	Adriaan Hugo (Vuurvliegje Akademie)	01:36.80	1012.40	01:10.00	905.00	0.00	1917.40
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/11 GIRLS			National Record: N/A			Provincial Record: N/A		

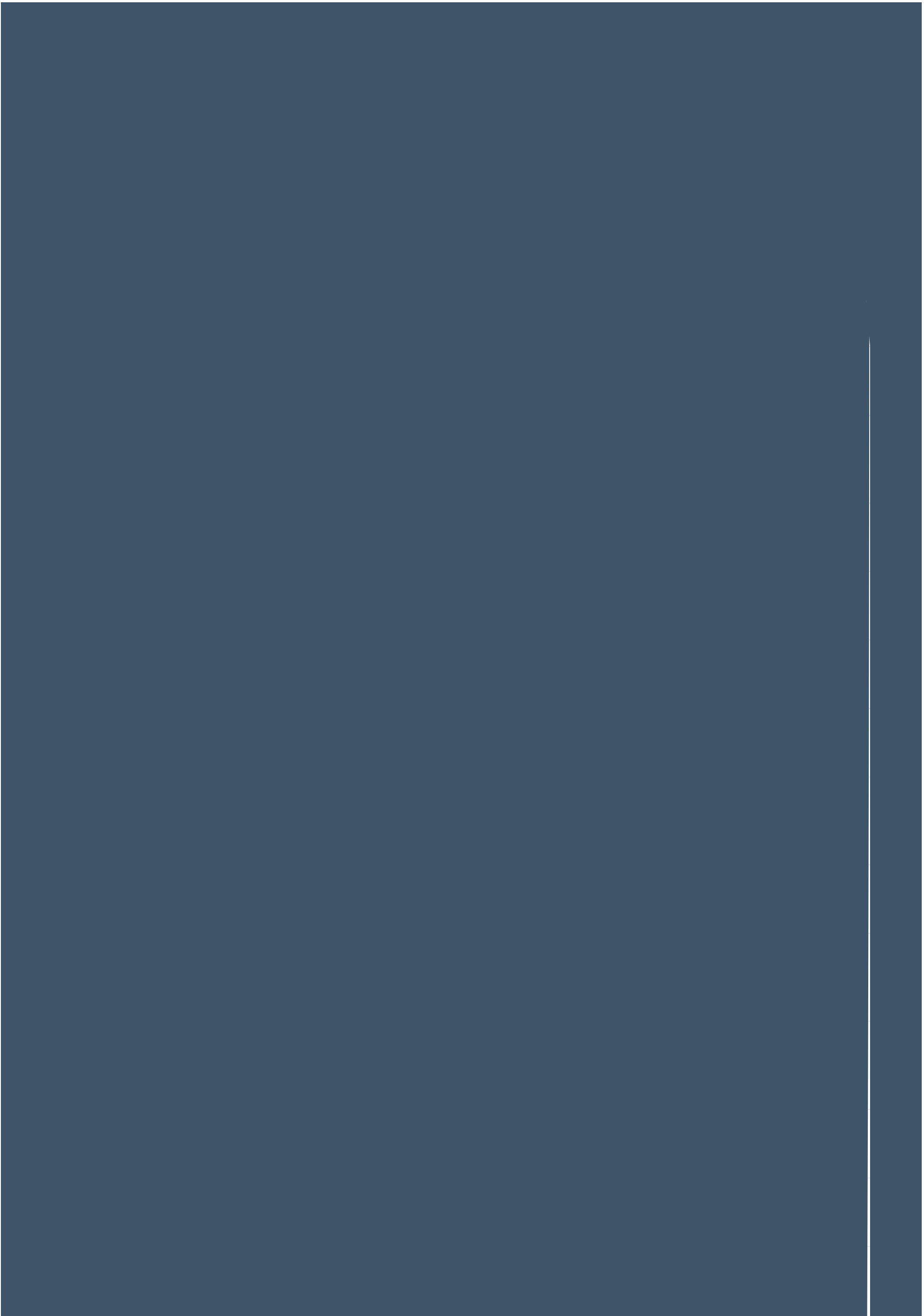
1	2021	Zaan van Goeverden (Outeniqua Ls)	01:25.55	1024.90	00:39.80	1031.00	0.00	2055.90	
2	1825	Annabel van der Merwe (George-Suid Ls)	01:24.44	1027.12	00:41.81	1020.95	0.00	2048.07	
3	5509	Helena Lourens (Wesbank Ls)	01:12.08	1051.84	00:46.93	995.35	0.00	2047.19	
4	3949	Leanke Loots (Knysna Ls)	01:37.51	1000.98	00:40.27	1028.65	0.00	2029.63	PB
5	3957	Anya Wiid (George-Suid Ls)	01:27.18	1021.64	00:47.30	993.50	0.00	2015.14	
6	6316	Hannah Swanepoel (Knysna Ls)	01:30.85	1014.30	00:47.18	994.10	0.00	2008.40	
7	3984	Nika Odendal (Wesbank Ls)	01:28.04	1019.92	00:48.47	987.65	0.00	2007.57	
8	5540	Mieke Roos (Knysna Ls)	01:33.51	1008.98	00:47.75	991.25	0.00	2000.23	
9	3569	Carli Marais (Knysna Ls)	01:40.15	995.70	00:46.28	998.60	0.00	1994.30	PB
10	3951	Linnea Bond (Outeniqua Ls)	01:33.83	1008.34	00:49.45	982.75	0.00	1991.09	PB
11	5508	Aeltie Prinsloo (Wesbank Ls)	01:35.38	1005.24	00:55.47	952.65	0.00	1957.89	
12	6319	Lize Coetzee (No Mads Club)	DNF	DNF	DNF	DNF	DNF	DNF	
13	6253	Lize- Marie Peach (Outeniqua Ls)	DNF	DNF	DNF	DNF	DNF	DNF	
14	6255	Annabelle McDonald (Glenwood House)	DNF	DNF	DNF	DNF	DNF	DNF	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/11 BOYS				National Record: N/A			Provincial Record: N/A		
1	1801	Benjamin Bond (Outeniqua Ls)	01:11.11	1051.78	00:34.76	1046.20	0.00	2097.98	PB
2	4867	Judah Spies (Outeniqua Ls)	01:06.68	1060.64	00:39.26	1023.70	0.00	2084.34	

3	1535	Daniël van Wyngaard (George-Suid Ls)	01:16.36	1041.28	00:36.19	1039.05	0.00	2080.33	PB
4	1509	Gerhard Hattingh (George-Suid Ls)	01:20.29	1033.42	00:38.55	1027.25	0.00	2060.67	PB
5	3376	Bernard Lamprecht (George-Suid Ls)	01:11.06	1051.88	00:43.67	1001.65	0.00	2053.53	
6	1843	Ivan Roux (George-Suid Ls)	01:23.62	1026.76	00:40.89	1015.55	0.00	2042.31	PB
7	4875	Riley John van Wyk (Vuurvliegje Akademie)	01:22.68	1028.64	00:41.92	1010.40	0.00	2039.04	
8	2032	Rudolf Smith (Wesbank LS)	01:16.61	1040.78	00:47.65	981.75	0.00	2022.53	
9	1828	Gihard Grutter (George-Suid Ls)	01:18.97	1036.06	00:53.33	953.35	0.00	1989.41	
10	3567	Liam Kolver (Knysna LS)	01:31.76	1010.48	00:48.99	975.05	0.00	1985.53	PB
11	3178	Aran Hopper (Knysna LS)	01:28.18	1017.64	00:50.60	967.00	0.00	1984.64	PB
12	6303	Zak Ferreira (Plettenberg Ps)	01:31.11	1011.78	00:52.53	957.35	0.00	1969.13	PB
13	5636	Altus Hugo (Vuurvliegje Akademie)	01:27.84	1018.32	00:57.41	932.95	0.00	1951.27	
14	6244	Eben Jordaan (Glenwood House)	DNF	DNF	DNF	DNF	DNF	DNF	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/13 GIRLS				National Record: N/A			Provincial Record: N/A		
1	4982	Keyla Douglas (Glenwood House)	02:42.15	1029.70	00:34.50	1015.00	0.00	2044.70	PB
2	3268	Alexa Stahmer (George-Suid Ls)	02:37.78	1038.44	00:35.43	1005.70	0.00	2044.14	PB
3	1919	Iane Joubert (George-Suid Ls)	02:42.16	1029.68	00:36.06	999.40	0.00	2029.08	

4	2924	Leah Hopper (Knysna LS)	02:52.97	1008.06	00:36.50	995.00	0.00	2003.06	
5	1885	Mieke Buitendag (George-Suid Ls)	02:50.27	1013.46	00:39.04	969.60	0.00	1983.06	PB
6	6327	Liza Oosthuizen (George-Suid Ls)	02:54.37	1005.26	00:38.46	975.40	0.00	1980.66	PB
7	3266	Mariane Labuschagne (George-Suid Ls)	02:57.92	998.16	00:39.46	965.40	0.00	1963.56	PB
8	5549	Johane Burger (George-Suid Ls)	03:28.71	936.58	00:33.42	1025.80	0.00	1962.38	PB
9	3581	Nokutenda Tembo (Knysna LS)	03:15.28	963.44	00:36.25	997.50	0.00	1960.94	
10	1506	Nina Koen (Outeniqua Ls)	02:58.25	997.50	00:41.26	947.40	0.00	1944.90	PB
11	6435	Imke Swanepoel (Glenwood House)	03:06.35	981.30	00:42.65	933.50	0.00	1914.80	PB
12	1834	Lheane Du Plessis (Wesbank LS)	03:17.55	958.90	00:40.44	955.60	0.00	1914.50	PB
13	6339	Ashley T Mwaita (Plettenberg Ps)	02:58.71	996.58	00:44.44	915.60	0.00	1912.18	PB
14	1831	Cobie Loubser (Wesbank LS)	03:01.42	991.16	00:45.36	906.40	0.00	1897.56	PB
15	4780	Callan Kiewitt (Plettenberg Ps)	03:11.81	970.38	00:43.57	924.30	0.00	1894.68	
16	6252	Ane Marais (Outeniqua Ls)	DNF	DNF	DNF	DNF	DNF	DNF	
17	6325	Arielle Haasbroek (Outeniqua Ls)	DNF	DNF	DNF	DNF	DNF	DNF	
18	5512	Iza Lourens (Wesbank LS)	DNF	DNF	DNF	DNF	DNF	DNF	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/13 BOYS				National Record: N/A			Provincial Record: N/A		
1	2913	Wanru Haasbroek (Outeniqua Ls)	02:32.75	1040.50	00:33.19	1028.10	0.00	2068.60	PB

2	4896	Pierre Spies (Outeniqua Ls)	02:29.85	1046.30	00:35.33	1006.70	0.00	2053.00	PB
3	4716	Ruben Knoetze (Outeniqua Ls)	02:34.12	1037.76	00:34.67	1013.30	0.00	2051.06	PB
4	3576	Hallett Swanepoel (Knysna LS)	02:41.71	1022.58	00:35.33	1006.70	0.00	2029.28	PB
5	2928	Ruan Share (Knysna LS)	02:38.11	1029.78	00:36.20	998.00	0.00	2027.78	PB
6	4089	John-Lourens Serfontein (Outeniqua Ls)	02:47.21	1011.58	00:35.35	1006.50	0.00	2018.08	
7	4709	Cameron McEwan (Holy Cross)	02:39.10	1027.80	00:38.55	974.50	0.00	2002.30	PB
8	2865	Marcus Dippenaar (George-Suid Ls)	02:44.98	1016.04	00:37.93	980.70	0.00	1996.74	PB
9	1836	Jacobus Smith (Wesbank LS)	03:02.70	980.60	00:40.24	957.60	0.00	1938.20	
10	5499	Thys Rall (Volshenk Ls)	03:05.14	975.72	00:40.63	953.70	0.00	1929.42	
11	2921	Wiam Derbyshire (Knysna LS)	03:17.00	952.00	00:38.91	970.90	0.00	1922.90	
12	1826	Martin Roux (George-Suid Ls)	02:49.39	1007.22	00:45.95	900.50	0.00	1907.72	
13	4970	Noah Foiret (Plettenberg Ps)	03:03.66	978.68	00:48.11	878.90	0.00	1857.58	PB
14	6338	Asher T Mwaita (Plettenberg Ps)	03:29.42	927.16	00:44.69	913.10	0.00	1840.26	
15	5510	Alexander Van Wyk (Wesbank LS)	02:58.38	989.24	00:53.37	826.30	0.00	1815.54	
16	5553	Reuben Classen (George-Suid Ls)	03:16.14	953.72	00:54.60	814.00	0.00	1767.72	
17	2375	Leander Putter (Curro Nelspruit Primary School)	DNF	DNF	DNF	DNF	DNF	DNF	

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
U/15 GIRLS			National Record: N/A			Provincial Record: N/A	



U/15 BOYS				National Record: N/A			Provincial Record: N/A		
1	1840	Johannes Brink (Outeniqua Hs)	02:18.42	1049.16	01:09.01	1019.95	0.00	2069.11	PB
2	5550	Christiaan Oosthuizen (Oakdale HLS)	02:21.89	1042.22	01:20.25	963.75	0.00	2005.97	
3	3959	Christiaan Smit (George-Suid Ls)	02:50.16	985.68	01:15.62	986.90	0.00	1972.58	PB
4	6307	Divan Theron (Oakdale HLS)	02:40.26	1005.48	01:27.71	926.45	0.00	1931.93	
5	3989	Ewan Botha (Punt HS)	02:47.37	991.26	01:25.70	936.50	0.00	1927.76	
6	4714	Andrew Jonker (Hartenbos Ls)	02:22.72	1040.56	01:38.23	873.85	0.00	1914.41	
7	5552	Wiehan Classen (George-Suid Ls)	02:57.88	970.24	01:29.97	915.15	0.00	1885.39	PB
8	6305	Gideon Neethling (Oakdale HLS)	03:21.35	923.30	01:25.02	939.90	0.00	1863.20	PB
9	6308	Gus Vorster (Oakdale HLS)	02:58.73	968.54	01:34.10	894.50	0.00	1863.04	
10	6519	Delino D'Abreu (Oakdale HLS)	03:15.93	934.14	01:31.21	908.95	0.00	1843.09	PB
11	3948	Stiaan van Wyk (Wesbank LS)	02:33.23	1019.54	01:48.62	821.90	0.00	1841.44	
12	6301	Leander Cornelius (Oakdale HLS)	02:47.71	990.58	01:51.25	808.75	0.00	1799.33	
13	4005	Luhann Westenraad (Oakdale HLS)	02:45.43	995.14	01:54.68	791.60	0.00	1786.74	PB
14	6300	Zyan Baartman (Oakdale HLS)	03:04.29	957.42	01:48.05	824.75	0.00	1782.17	
15	4004	Hendre Botes (Oakdale HLS)	02:48.77	988.46	01:55.89	785.55	0.00	1774.01	
16	4063	Gideon Neethling (Oakdale HLS)	DNF	DNF	DNF	DNF	DNF	DNF	
#	Athlete		Run Time	RP	Swim Time	SP	BP	Total Points	
U/17 GIRLS				National Record: N/A			Provincial Record: N/A		

1	1904	Emma Neethling (Outeniqua Hs)	02:44.42	1017.16	01:08.63	1031.85	0.00	2049.01	PB
2	4708	Annabelle McEwan (Glenwood House)	02:22.74	1060.52	01:18.02	984.90	0.00	2045.42	PB
3	2903	Carli Dippenaar (Outeniqua Hs)	02:46.51	1012.98	01:17.96	985.20	0.00	1998.18	PB
4	2908	Veneske Steenkamp (Outeniqua Hs)	03:21.61	942.78	01:05.36	1048.20	0.00	1990.98	
5	1507	Lizandri Koen (Outeniqua Hs)	02:29.79	1046.42	01:28.97	930.15	0.00	1976.57	
6	1928	Mia Botha (Outeniqua Hs)	02:37.39	1031.22	01:26.75	941.25	0.00	1972.47	
7	5536	Danita Jacobs (Outeniqua Hs)	02:38.76	1028.48	01:27.51	937.45	0.00	1965.93	PB
8	1838	Nina Cloete (Langenhoven Gimnasium)	02:51.53	1002.94	01:24.90	950.50	0.00	1953.44	
9	1889	Ebenette Van Niekerk (Outeniqua Hs)	02:59.29	987.42	01:21.84	965.80	0.00	1953.22	
10	3987	Lee-Anne Pretorius (Punt HS)	03:06.80	972.40	01:23.97	955.15	0.00	1927.55	PB
11	5615	Emma Swart (Knysna HS)	03:56.42	873.16	01:21.22	968.90	0.00	1842.06	
12	5569	Nicole van Rooyen (Knysna HS)	03:27.28	931.44	01:37.64	886.80	0.00	1818.24	
13	5618	Taeya Parill (Knysna HS)	03:19.17	947.66	01:45.33	848.35	0.00	1796.01	
14	5617	Zane Share (Knysna HS)	DNF	DNF	DNF	DNF	DNF	DNF	
15	3991	Mieke Botha (Punt HS)	DNF	DNF	DNF	DNF	DNF	DNF	
16	4723	Addison Gillespie (Outeniqua Hs)	DNF	DNF	DNF	DNF	DNF	DNF	

U/17 BOYS			National Record: N/A			Provincial Record: N/A		
1	3955	Carlo Bezuidenhout (Outeniqua Hs)	02:13.02	1037.96	00:58.97	1045.15	0.00	2083.11 PB
2	3337	Etienne van Niekerk (Punt HS)	02:38.34	987.32	01:05.00	1015.00	0.00	2002.32 PB
3	5622	Joseph van der Merwe (Oakdale HLS)	02:11.97	1040.06	01:18.05	949.75	0.00	1989.81
4	1937	Juluyn Liam (Outeniqua Hs)	02:32.72	998.56	01:14.40	968.00	0.00	1966.56 PB
5	1848	Marno Meyer (Oakdale HLS)	02:18.01	1027.98	01:23.43	922.85	0.00	1950.83 PB
6	4733	Rosou Rossouw (Oakdale HLS)	02:35.72	992.56	01:20.78	936.10	0.00	1928.66
7	6312	Jayden Liebenberg (Oakdale HLS)	02:39.07	985.86	01:21.86	930.70	0.00	1916.56
8	4742	Pieter de Kock (Oakdale HLS)	02:43.30	977.40	01:20.60	937.00	0.00	1914.40
9	5017	Henri du Plessis (Outeniqua Hs)	02:38.62	986.76	01:24.10	919.50	0.00	1906.26
10	4738	Stiaan Pool (Oakdale HLS)	02:31.38	1001.24	01:28.43	897.85	0.00	1899.09
11	6260	Xavien Herselman (Punt HS)	03:04.14	935.72	01:26.25	908.75	0.00	1844.47 PB
12	6310	Johannes du Plessis (Oakdale HLS)	02:52.55	958.90	01:47.78	801.10	0.00	1760.00
13	6315	Eugene Hopley (Oakdale HLS)	02:50.93	962.14	01:58.18	749.10	0.00	1711.24
14	6314	Gerber Kok (Oakdale HLS)	DNF	DNF	DNF	DNF	DNF	DNF
15	4735	WWJ Spangenberg (Oakdale HLS)	DNF	DNF	DNF	DNF	DNF	DNF
16	6475	Brayden Kampher (Knysna HS)	DNF	DNF	DNF	DNF	DNF	DNF

17	1852	Xander Smuts (Outeniqua Hs)	DNF	DNF	DNF	DNF	DNF	DNF
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/19 GIRLS			National Record: N/A			Provincial Record: N/A		
1	1808	Yedidah Theron (Outeniqua Hs)	02:49.02	1009.96	01:08.97	1040.15	0.00	2050.11 PB
2	1805	Marilie Duvenhage (Outeniqua Hs)	02:32.58	1042.84	01:17.07	999.65	0.00	2042.49
3	4724	Larissa Badenhorst (Outeniqua Hs)	02:56.86	994.28	01:19.39	988.05	0.00	1982.33
4	6469	Shane Buitendag (Outeniqua Hs)	03:04.12	979.76	01:23.54	967.30	0.00	1947.06
5	2919	Liane Pretorius (Punt HS)	02:53.84	1000.32	01:35.02	909.90	0.00	1910.22 PB
6	2914	Zarah Herselman (Punt HS)	02:53.85	1000.30	01:35.89	905.55	0.00	1905.85 PB
7	2918	Dane Lubbe (Punt HS)	02:53.56	1000.88	01:49.61	836.95	0.00	1837.83
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/19 BOYS			National Record: N/A			Provincial Record: N/A		
1	3584	Sebastian Swart (Knysna LS)	02:24.42	1009.16	01:04.13	1019.35	0.00	2028.51 PB
2	4010	Daniel Kolver (Knysna HS)	02:26.71	1004.58	01:05.25	1013.75	0.00	2018.33 PB
3	1863	Icke Michael van der Merwe (Oakdale HLS)	02:19.10	1019.80	01:09.32	993.40	0.00	2013.20
4	2887	Kean Enslin (Oakdale HLS)	02:15.25	1027.50	01:12.90	975.50	0.00	2003.00
5	4782	Marco Erasmus (Outeniqua Hs)	02:09.20	1039.60	01:15.37	963.15	0.00	2002.75 PB
6	5538	Dylan Richter (Outeniqua Hs)	02:20.17	1017.66	01:17.29	953.55	0.00	1971.21 PB

7	2888	Damion Gouveia (Oakdale HLS)	02:24.80	1008.40	01:21.70	931.50	0.00	1939.90
8	6330	Ben Biehler (No Mads Club)	02:55.92	946.16	01:10.22	988.90	0.00	1935.06
9	6399	Arno Van Onselen (Outeniqua Hs)	02:25.67	1006.66	01:29.24	893.80	0.00	1900.46
10	6387	Duan Deyssel (Knysna HS)	03:33.56	870.88	01:32.58	877.10	0.00	1747.98
11	6398	Joshua Smith (Outeniqua Hs)	02:14.10	1029.80	DNF	DNF	0.00	DNF
12	4884	Kodi Minnie (Outeniqua Hs)	DNF	DNF	DNF	DNF	DNF	DNF
13	1870	Matthew Benn (Knysna HS)	DNF	DNF	DNF	DNF	DNF	DNF
14	4868	Wido Rudolph (Glenwood House)	DNF	DNF	DNF	DNF	DNF	DNF
15	6481	Luan Smith (Outeniqua Hs)	DNF	DNF	DNF	DNF	DNF	DNF

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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SENIORS WOMEN			National Record: N/A			Provincial Record: N/A		
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1	6364	Leane Labuschagne (No Mads Club)	02:42.31	1031.38	01:19.93	995.35	30.00	2056.73 PB
2	4891	Melissa Meyer (Cape Multisport Eden)	02:36.47	1043.06	01:28.79	951.05	27.00	2021.11 PB
3	4890	Magdel Kotze (No Mads Club)	03:21.93	952.14	01:44.13	874.35	33.00	1859.49

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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SENIORS MEN			National Record: N/A			Provincial Record: N/A		
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1	4969	Rikus Lamprechts (No Mads Club)	02:25.15	997.70	01:01.92	1040.40	24.00	2062.10
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JNR WOMEN				National Record: N/A			Provincial Record: N/A	
1	4074	Carli Myburg (NMU)	02:46.42	1023.16	01:33.64	926.80	0.00	1949.96
2	6405	Andrie Swart (No Mads Club)	02:51.01	1013.98	01:32.81	930.95	0.00	1944.93 PB
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
JNR MEN				National Record: N/A			Provincial Record: N/A	
1	4073	Reynard Jansen van Rensburg (NMU)	02:08.39	1031.22	01:07.57	997.15	0.00	2028.37 PB
2	5634	Josua Vorster (Outeniqua Hs)	02:15.00	1018.00	01:05.31	1008.45	0.00	2026.45
3	3083	De Wit Botma (No Mads Club)	02:23.10	1001.80	01:14.42	962.90	0.00	1964.70
4	4888	Declan Kiewitt (York HS)	03:10.68	906.64	01:18.10	944.50	0.00	1851.14
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
MASTERS 40+ WOMEN				National Record: N/A			Provincial Record: N/A	
1	6431	Liesel Buitendag (No Mads Club)	03:28.37	965.26	01:17.81	1030.95	20.00	2016.21 PB
2	4075	Zani Smith (No Mads Club)	02:46.77	1048.46	01:33.61	951.95	5.00	2005.41 PB
3	1809	Esrie Loock-Bezuidenhout (Outeniqua Hs)	DNF	DNF	DNF	DNF	DNF	DNF
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
MASTERS 40+ MEN				National Record: N/A			Provincial Record: N/A	
1	3573	Marsel Roos (Knysna LS)	02:21.75	1028.50	01:05.59	1047.05	15.00	2090.55 PB
2	6433	Jeandre Swanepoel (No Mads Club)	02:25.43	1021.14	01:09.66	1026.70	15.00	2062.84 PB
3	5533	Jan Meyer (Cape Multisport Eden)	02:29.79	1012.42	01:28.77	931.15	10.00	1953.57

4	6326	Fanie Van Wyk (No Mads Club)	03:25.96	900.08	01:48.69	831.55	30.00	1761.63
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#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
MASTERS 50+ MEN			National Record: N/A			Provincial Record: N/A	

1	1811	Hermann Spangenberg	03:04.67	964.66	01:15.72	1021.40	20.00	2006.06
2	3377	Gavin Gericke (Fish Eagles Masters)	DNF	DNF	DNF	DNF	DNF	DNF

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
MASTERS 70+ MEN			National Record: N/A			Provincial Record: N/A	

1	1893	Johan Windt (No Mads Club)	01:13.38	1069.24	00:39.29	1068.55	10.00	2147.79
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2	2852	Mike McDonald (Fish Eagles Masters)	14:09.68	-483.36	00:47.47	1027.65	90.00	634.29
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