

EDEN LIGA 6 OUDTSHOORN

Date: 2024-02-27

Province: EDEN

Top Athletes

|  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|

| # | Athlete | Run Time | Run Points | Run BP | Total Points |
|---|---------|----------|------------|--------|--------------|
|---|---------|----------|------------|--------|--------------|

|               |  |  |  |  |  |
|---------------|--|--|--|--|--|
| Top 3 Runners |  |  |  |  |  |
|---------------|--|--|--|--|--|

|   |      |                             |          |         |      |         |
|---|------|-----------------------------|----------|---------|------|---------|
| 1 | 4075 | Zani Smith (No Mads Club)   | 02:44.81 | 1052.38 | 2.50 | 1054.88 |
| 2 | 6254 | Mari Lourens (Wesbank LS)   | 01:22.03 | 1049.93 | 0.00 | 1049.93 |
| 3 | 5509 | Helena Lourens (Wesbank LS) | 01:13.96 | 1048.08 | 0.00 | 1048.08 |

| # | Athlete | Swim Time | Swim Points | Swim BP | Total Points |
|---|---------|-----------|-------------|---------|--------------|
|---|---------|-----------|-------------|---------|--------------|

|                |  |  |  |  |  |
|----------------|--|--|--|--|--|
| Top 3 Swimmers |  |  |  |  |  |
|----------------|--|--|--|--|--|

|   |      |                                      |          |         |       |         |
|---|------|--------------------------------------|----------|---------|-------|---------|
| 1 | 2852 | Mike McDonald (Fish Eagles Masters ) | 00:46.49 | 1032.55 | 45.00 | 1077.55 |
| 2 | 3573 | Marsel Roos (Knysna LS)              | 01:06.95 | 1040.25 | 7.50  | 1047.75 |
| 3 | 4969 | Rikus Lamprechts (No Mads Club)      | 01:02.92 | 1035.40 | 12.00 | 1047.40 |

| # | Athlete | Run Time | RP | Swim Time | SP | BP | Total Points |
|---|---------|----------|----|-----------|----|----|--------------|
|---|---------|----------|----|-----------|----|----|--------------|

|                |  |  |  |  |  |  |  |
|----------------|--|--|--|--|--|--|--|
| Top 3 Athletes |  |  |  |  |  |  |  |
|----------------|--|--|--|--|--|--|--|

|   |      |                                      |          |         |          |         |       |         |    |
|---|------|--------------------------------------|----------|---------|----------|---------|-------|---------|----|
| 1 | 2852 | Mike McDonald (Fish Eagles Masters ) | 01:52.49 | 991.02  | 00:46.49 | 1032.55 | 90.00 | 2113.57 | PB |
| 2 | 3573 | Marsel Roos (Knysna LS)              | 02:22.93 | 1026.14 | 01:06.95 | 1040.25 | 15.00 | 2081.39 |    |

|   |      |                                      |          |         |          |         |      |         |    |
|---|------|--------------------------------------|----------|---------|----------|---------|------|---------|----|
| 3 | 1535 | Daniël van Wyngaard (George-Suid Ls) | 01:17.03 | 1039.94 | 00:36.77 | 1036.15 | 0.00 | 2076.09 | PB |
|---|------|--------------------------------------|----------|---------|----------|---------|------|---------|----|

| #          |      | Athlete                                | Run Time             | RP      | Swim Time | SP                     | BP   | Total Points |    |
|------------|------|----------------------------------------|----------------------|---------|-----------|------------------------|------|--------------|----|
| U/08 GIRLS |      |                                        | National Record: N/A |         |           | Provincial Record: N/A |      |              |    |
| 1          | 6466 | Shayde Mae du Plessis (Plettenberg Ps) | 01:40.05             | 1039.90 | 00:36.93  | 990.35                 | 0.00 | 2030.25      | PB |
| #          |      | Athlete                                | Run Time             | RP      | Swim Time | SP                     | BP   | Total Points |    |
| U/08 BOYS  |      |                                        | National Record: N/A |         |           | Provincial Record: N/A |      |              |    |
| 1          | 5559 | Lukas van Wyngaard (George-Suid Ls)    | 01:38.06             | 1039.88 | 00:33.78  | 996.10                 | 0.00 | 2035.98      | PB |
| 2          | 6243 | Lefran Marais (Wesbank LS)             | 01:38.06             | 1039.88 | 00:36.97  | 980.15                 | 0.00 | 2020.03      | PB |
| 3          | 6356 | Christiaan Lamprecht (George-Suid Ls)  | DNF                  | DNF     | DNF       | DNF                    | DNF  | DNF          |    |
| 4          | 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          | 5638 | Leah de Wet (George-Suid Ls)           | 01:23.23             | 1047.54 | 00:52.56  | 1002.20                | 0.00 | 2049.74      | PB |
| 2          | 6254 | Mari Lourens (Wesbank LS)              | 01:22.03             | 1049.93 | 01:05.37  | 938.15                 | 0.00 | 1988.08      |    |
| 3          | 5498 | Margaret Rall (Volshenk Ls)            | 01:28.07             | 1037.86 | 01:03.25  | 948.75                 | 0.00 | 1986.61      |    |
| 4          | 5506 | Lize - Mari Du Plessis (Wesbank LS)    | 01:48.63             | 996.74  | 00:59.51  | 967.45                 | 0.00 | 1964.19      |    |
| 5          | 4984 | Olivia Lamprechts (George-Suid Ls)     | 01:42.44             | 1009.12 | 01:08.09  | 924.55                 | 0.00 | 1933.67      |    |
| 6          | 5507 | Annabelle Landman (Wesbank LS)         | 01:52.47             | 989.06  | 01:09.40  | 918.00                 | 0.00 | 1907.06      |    |

|   |      |                                       |     |     |     |     |     |     |
|---|------|---------------------------------------|-----|-----|-----|-----|-----|-----|
| 7 | 4869 | Misha Meyer<br>(Cape Multisport Eden) | 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          | 5504    | Daniel Odendaal (Wesbank LS)           | 01:24.89             | 1036.22   | 00:53.01 | 989.95                 | 0.00         | 2026.17 PB |
| 2          | 6334    | Johann Rall (Volshenk Ls)              | 01:24.68             | 1036.64   | 01:00.17 | 954.15                 | 0.00         | 1990.79    |
| 3          | 4985    | Victor van der Sandt (George-Suid Ls)  | 01:30.55             | 1024.90   | 01:01.21 | 948.95                 | 0.00         | 1973.85    |
| 4          | 4715    | Malan Kotze (Wesbank LS)               | 01:54.09             | 977.82    | 01:02.61 | 941.95                 | 0.00         | 1919.77    |
| 5          | 5505    | Driaan Muller (Wesbank LS)             | 01:46.04             | 993.91    | 01:12.07 | 894.65                 | 0.00         | 1888.56 PB |
| 6          | 5635    | Adriaan Hugo (Vuurvliegje Akademie)    | 01:40.95             | 1004.10   | 01:16.67 | 871.65                 | 0.00         | 1875.75    |
| 7          | 6467    | Raven du Plessis (Plettenberg Ps)      | 01:41.54             | 1002.92   | 01:24.24 | 833.80                 | 0.00         | 1836.72    |
| 8          | 6477    | Dennis-George Loubser (Plettenberg Ps) | DNF                  | DNF       | DNF      | DNF                    | DNF          | DNF        |
| #          | Athlete | Run Time                               | RP                   | Swim Time | SP       | BP                     | Total Points |            |
| U/11 GIRLS |         |                                        | National Record: N/A |           |          | Provincial Record: N/A |              |            |
| 1          | 5509    | Helena Lourens (Wesbank LS)            | 01:13.96             | 1048.08   | 00:46.46 | 997.70                 | 0.00         | 2045.78    |
| 2          | 5540    | Mieke Roos (Knysna LS)                 | 01:34.68             | 1006.64   | 00:46.97 | 995.15                 | 0.00         | 2001.79 PB |
| 3          | 3984    | Nika Odendal (Wesbank LS)              | 01:28.57             | 1018.86   | 00:49.86 | 980.70                 | 0.00         | 1999.56    |
| 4          | 5508    | Aeltie Prinsloo (Wesbank LS)           | 01:32.59             | 1010.82   | 00:54.36 | 958.20                 | 0.00         | 1969.02    |
| 5          | 6394    | Amelia Muller (No Mads Club)           | 01:37.59             | 1000.82   | 01:04.68 | 906.60                 | 0.00         | 1907.42    |

|   |      |                                   |     |     |     |     |     |     |  |
|---|------|-----------------------------------|-----|-----|-----|-----|-----|-----|--|
| 6 | 2021 | Zaan van Goeverden (Outeniqua Ls) | DNF | DNF | DNF | DNF | DNF | DNF |  |
| 7 | 6253 | Lize- Marie Peach (Outeniqua Ls)  | DNF | DNF | DNF | DNF | DNF | DNF |  |

|   |      |                                     |     |     |     |     |     |     |  |
|---|------|-------------------------------------|-----|-----|-----|-----|-----|-----|--|
| 8 | 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          | 1535 | Daniël van Wyngaard (George-Suid Ls) | 01:17.03             | 1039.94 | 00:36.77  | 1036.15 | 0.00                   | 2076.09      | PB |
| 2          | 2032 | Rudolf Smith (Wesbank LS)            | 01:16.65             | 1040.70 | 00:48.47  | 977.65  | 0.00                   | 2018.35      |    |
| 3          | 5636 | Altus Hugo (Vuurvliegje Akademie)    | 01:27.64             | 1018.72 | 00:58.88  | 925.60  | 0.00                   | 1944.32      |    |
| 4          | 6303 | Zak Ferreira (Plettenberg Ps)        | DNF                  | DNF     | DNF       | DNF     | DNF                    | DNF          |    |
| 5          | 1828 | Gihard Grutter (George-Suid Ls)      | 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          | 6327 | Liza Oosthuizen (George-Suid Ls)     | 03:00.63             | 992.74  | 00:39.27  | 967.30  | 0.00                   | 1960.04      | PB |
| 2          | 3266 | Mariane Labuschagne (George-Suid Ls) | 03:00.19             | 993.62  | 00:40.36  | 956.40  | 0.00                   | 1950.02      | PB |
| 3          | 5549 | Johane Burger (George-Suid Ls)       | 03:38.25             | 917.50  | 00:34.16  | 1018.40 | 0.00                   | 1935.90      |    |
| 4          | 1834 | Lheane Du Plessis (Wesbank LS)       | 03:29.82             | 934.36  | 00:39.84  | 961.60  | 0.00                   | 1895.96      | PB |
| 5          | 1831 | Cobie Loubser (Wesbank LS)           | 03:09.62             | 974.76  | 00:46.35  | 896.50  | 0.00                   | 1871.26      |    |

|    |      |                                     |          |        |          |        |      |         |    |
|----|------|-------------------------------------|----------|--------|----------|--------|------|---------|----|
| 6  | 6435 | Imke Swanepoel<br>(Glenwood House)  | 03:25.65 | 942.70 | 00:44.31 | 916.90 | 0.00 | 1859.60 | PB |
| 7  | 6252 | Ane Marais<br>(Outeniqua Ls)        | DNF      | DNF    | DNF      | DNF    | DNF  | DNF     |    |
| 8  | 6339 | Ashley T Mwaita<br>(Plettenberg Ps) | DNF      | DNF    | DNF      | DNF    | DNF  | DNF     |    |
| 9  | 4780 | Callan Kiewitt<br>(Plettenberg Ps)  | DNF      | DNF    | DNF      | DNF    | DNF  | DNF     |    |
| 10 | 3268 | Alexa Stahmer<br>(George-Suid Ls)   | DNF      | DNF    | DNF      | DNF    | DNF  | DNF     |    |
| 11 | 3953 | Mia Smuts<br>(Outeniqua Ls)         | DNF      | DNF    | DNF      | DNF    | DNF  | DNF     |    |
| 12 | 6388 | Daniella Du Randt<br>(Outeniqua Ls) | DNF      | DNF    | DNF      | DNF    | DNF  | DNF     |    |
| 13 | 6325 | Arielle Haasbroek<br>(Outeniqua Ls) | DNF      | DNF    | DNF      | DNF    | DNF  | DNF     |    |
| 14 | 3954 | Lume Smuts<br>(Outeniqua Ls)        | DNF      | DNF    | DNF      | DNF    | DNF  | DNF     |    |

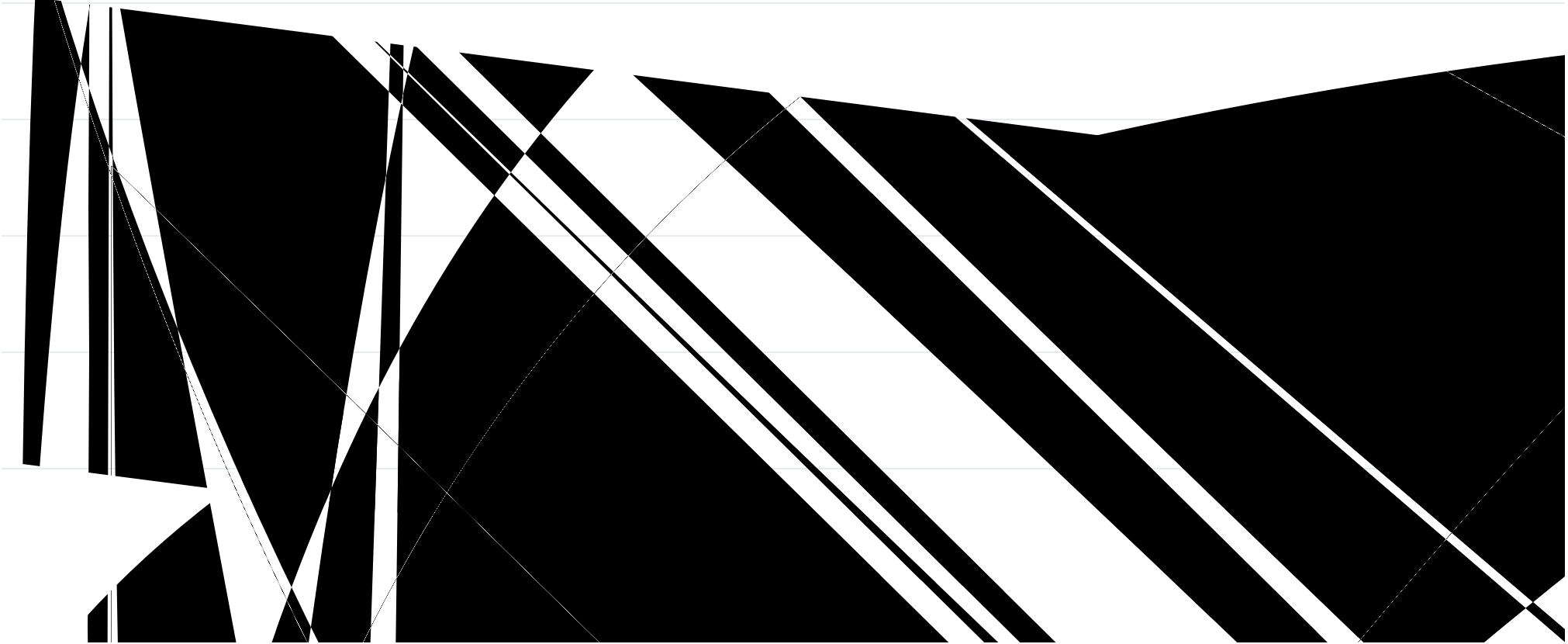
| #         | Athlete | Run Time                             | RP                   | Swim Time | SP       | BP                     | Total Points |            |
|-----------|---------|--------------------------------------|----------------------|-----------|----------|------------------------|--------------|------------|
| U/13 BOYS |         |                                      | National Record: N/A |           |          | Provincial Record: N/A |              |            |
| 1         | 5499    | Thys Rall<br>(Volshenk Ls)           | 03:04.73             | 976.54    | 00:40.07 | 959.30                 | 0.00         | 1935.84 PB |
| 2         | 5510    | Alexander Van Wyk (Wesbank LS)       | 02:50.02             | 1005.96   | 00:54.93 | 810.70                 | 0.00         | 1816.66 PB |
| 3         | 1836    | Jacobus Smith<br>(Wesbank LS)        | DNF                  | DNF       | 00:38.65 | 973.50                 | 0.00         | DNF        |
| 4         | 2865    | Marcus Dippenaar<br>(George-Suid Ls) | DNF                  | DNF       | 00:40.81 | 951.90                 | 0.00         | DNF        |
| 5         | 4970    | Noah Foiret<br>(Plettenberg Ps)      | DNF                  | DNF       | DNF      | DNF                    | DNF          | DNF        |
| 6         | 2913    | Wanru Haasbroek<br>(Outeniqua Ls)    | DNF                  | DNF       | DNF      | DNF                    | DNF          | DNF        |
| 7         | 6338    | Asher T Mwaita<br>(Plettenberg Ps)   | DNF                  | DNF       | DNF      | DNF                    | DNF          | DNF        |



|    |      |                                           |     |     |     |     |     |     |
|----|------|-------------------------------------------|-----|-----|-----|-----|-----|-----|
| 10 | 4169 | Milan Kruger<br>(Boland Privaat)          | DNF | DNF | DNF | DNF | DNF | DNF |
| 11 | 2019 | Lisa-Anne van Goeverden<br>(Outeniqua Ls) | DNF | DNF | DNF | DNF | DNF | DNF |
| 12 | 1823 | Megan Stahmer<br>(Outeniqua Hs)           | DNF | DNF | DNF | DNF | DNF | DNF |
| 13 | 1827 | Arabelle Grutter<br>(Outeniqua Hs)        | DNF | DNF | DNF | DNF | DNF | DNF |
| 14 | 3958 | Hanja Wessels<br>(George-Suid Ls)         | DNF | DNF | DNF | DNF | DNF | DNF |

|           | #    | Athlete                             | Run Time             | RP      | Swim Time | SP                     | BP   | Total Points |
|-----------|------|-------------------------------------|----------------------|---------|-----------|------------------------|------|--------------|
| U/15 BOYS |      |                                     | National Record: N/A |         |           | Provincial Record: N/A |      |              |
| 1         | 5550 | Christiaan Oosthuizen (Oakdale HLS) | 02:22.63             | 1040.74 | 01:23.75  | 946.25                 | 0.00 | 1986.99      |
| 2         | 6307 | Divan Theron (Oakdale HLS)          | 02:40.01             | 1005.98 | 01:32.46  | 902.70                 | 0.00 | 1908.68      |
| 3         | 1837 | Callan Du Plessis (Oakdale HLS)     | 02:43.01             | 999.98  | 01:43.85  | 845.75                 | 0.00 | 1845.73      |
| 4         | 6519 | Delino D'Abreu (Oakdale HLS)        | 03:15.84             | 934.32  | 01:35.06  | 889.70                 | 0.00 | 1824.02 PB   |
| 5         | 6301 | Leander Cornelius (Oakdale HLS)     | 02:47.15             | 991.70  | 01:48.50  | 822.50                 | 0.00 | 1814.20      |
| 6         | 4005 | Luhann Westenraad (Oakdale HLS)     | 02:38.07             | 1009.86 | 01:57.84  | 775.80                 | 0.00 | 1785.66 PB   |
| 7         | 4004 | Hendre Botes (Oakdale HLS)          | 02:48.73             | 988.54  | 01:57.51  | 777.45                 | 0.00 | 1765.99      |
| 8         | 5514 | Stiaan Van Wyk (Wesbank LS)         | DNF                  | DNF     | DNF       | DNF                    | DNF  | DNF          |
| 9         | 3948 | Stiaan van Wyk (Wesbank LS)         | DNF                  | DNF     | DNF       | DNF                    | DNF  | DNF          |
| 10        | 5552 | Wiehan Classen (George-Suid Ls)     | 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          | 2903 | Carli Dippenaar<br>(Outeniqua Hs)         | 02:55.34             | 995.32  | 01:20.78  | 971.10                 | 0.00 | 1966.42      |
| 2          | 1838 | Nina Cloete<br>(Langenhoven<br>Gimnasium) | 02:45.35             | 1015.30 | 01:26.32  | 943.40                 | 0.00 | 1958.70      |
| 3          | 1904 | Emneef Neethling<br>(Outeniqua Hs)        | DN                   |         |           |                        |      |              |



|    |      |                                            |          |         |          |        |      |         |    |
|----|------|--------------------------------------------|----------|---------|----------|--------|------|---------|----|
| 7  | 6246 | Muller Kotze<br>(Langenhoven<br>Gimnasium) | 02:54.25 | 955.50  | 01:33.85 | 870.75 | 0.00 | 1826.25 | PB |
| 8  | 4805 | Logan Price<br>(Oakdale HLS)               | 02:44.19 | 975.62  | 01:38.18 | 849.10 | 0.00 | 1824.72 | PB |
| 9  | 6400 | Joshua Bienendell<br>(Oakdale HLS)         | 02:26.00 | 1012.00 | 01:50.31 | 788.45 | 0.00 | 1800.45 |    |
| 10 | 6310 | Johannes du<br>Plessis (Oakdale<br>HLS)    | 02:50.77 | 962.46  | 01:46.15 | 809.25 | 0.00 | 1771.71 | PB |
| 11 | 6309 | Vaugh Fourie<br>(Oakdale HLS)              | 02:50.20 | 963.60  | 02:32.87 | 575.65 | 0.00 | 1539.25 |    |
| 12 | 4027 | Jaco Botha<br>(Oakdale HLS)                | DNF      | DNF     | DNF      | DNF    | DNF  | DNF     |    |
| 13 | 3955 | Carlo<br>Bezuidenhout<br>(Outeniqua Hs)    | DNF      | DNF     | DNF      | DNF    | DNF  | DNF     |    |
| 14 | 1937 | Juluyn Liam<br>(Outeniqua Hs)              | DNF      | DNF     | DNF      | DNF    | DNF  | DNF     |    |
| 15 | 1852 | Xander Smuts<br>(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          | 6469    | Shane Buitendag<br>(Outeniqua Hs)    | 02:56.40             | 995.20    | 01:23.90 | 965.50                 | 0.00         | 1960.70 PB |
| 2          | 1805    | Marilie Duvenhage<br>(Outeniqua Hs)  | DNF                  | DNF       | DNF      | DNF                    | DNF          | DNF        |
| 3          | 4724    | Larissa Badenhorst<br>(Outeniqua Hs) | DNF                  | DNF       | DNF      | DNF                    | DNF          | DNF        |
| 4          | 1808    | Yedidah Theron<br>(Outeniqua Hs)     | DNF                  | DNF       | DNF      | DNF                    | DNF          | DNF        |
| #          | Athlete | Run Time                             | RP                   | Swim Time | SP       | BP                     | Total Points |            |
| U/19 BOYS  |         |                                      | National Record: N/A |           |          | Provincial Record: N/A |              |            |
| 1          | 4782    | Marco Erasmus<br>(Outeniqua Hs)      | 02:14.29             | 1029.42   | 01:16.43 | 957.85                 | 0.00         | 1987.27 PB |

|               |      |                                         |          |                      |           |         |                        |              |
|---------------|------|-----------------------------------------|----------|----------------------|-----------|---------|------------------------|--------------|
| 2             | 5538 | Dylan Richter<br>(Outeniqua Hs)         | 02:32.36 | 993.28               | 01:22.77  | 926.15  | 0.00                   | 1919.43      |
| 3             | 6398 | Joshua Smith<br>(Outeniqua Hs)          | 02:14.77 | 1028.46              | 01:36.17  | 859.15  | 0.00                   | 1887.61 PB   |
| 4             | 6399 | Arno Van Olsen<br>(Outeniqua Hs)        | 02:34.62 | 988.76               | 01:29.24  | 893.80  | 0.00                   | 1882.56      |
| 5             | 6481 | Luan Smith<br>(Outeniqua Hs)            | DNF      | DNF                  | DNF       | DNF     | DNF                    | DNF          |
| 6             | 4884 | Kodi Minnie<br>(Outeniqua Hs)           | DNF      | DNF                  | DNF       | DNF     | DNF                    | DNF          |
|               |      |                                         |          |                      |           |         |                        |              |
| #             |      | Athlete                                 | Run Time | RP                   | Swim Time | SP      | BP                     | Total Points |
| SENIORS WOMEN |      |                                         |          | National Record: N/A |           |         | Provincial Record: N/A |              |
| 1             | 6364 | Leane Labuschagne (No Mads Club)        | 02:43.62 | 1028.76              | 01:22.77  | 981.15  | 30.00                  | 2039.91 PB   |
| 2             | 4890 | Magdel Kotze (No Mads Club)             | DNF      | DNF                  | DNF       | DNF     | DNF                    | DNF          |
| 3             | 4891 | Melissa Meyer<br>(Cape Multisport Eden) | DNF      | DNF                  | DNF       | DNF     | DNF                    | DNF          |
|               |      |                                         |          |                      |           |         |                        |              |
| #             |      | Athlete                                 | Run Time | RP                   | Swim Time | SP      | BP                     | Total Points |
| SENIORS MEN   |      |                                         |          | National Record: N/A |           |         | Provincial Record: N/A |              |
| 1             | 4969 | Rikus Lamprechts<br>(No Mads Club)      | 02:29.94 | 988.12               | 01:02.92  | 1035.40 | 24.00                  | 2047.52      |
|               |      |                                         |          |                      |           |         |                        |              |
| #             |      | Athlete                                 | Run Time | RP                   | Swim Time | SP      | BP                     | Total Points |
| JNR WOMEN     |      |                                         |          | National Record: N/A |           |         | Provincial Record: N/A |              |
| 1             | 4074 | Carli Myburg<br>(NMU)                   | 02:52.06 | 1011.86              | 01:31.17  | 939.15  | 0.00                   | 1951.01 PB   |
| 2             | 6405 | Andrie Swart (No Mads Club)             | 02:57.72 | 1000.56              | 01:33.70  | 926.50  | 0.00                   | 1927.06 PB   |
|               |      |                                         |          |                      |           |         |                        |              |
| #             |      | Athlete                                 | Run Time | RP                   | Swim Time | SP      | BP                     | Total Points |
| JNR MEN       |      |                                         |          | National Record: N/A |           |         | Provincial Record: N/A |              |



|   |      |                                            |          |        |          |         |       |         |    |
|---|------|--------------------------------------------|----------|--------|----------|---------|-------|---------|----|
| 1 | 2852 | Mike McDonald<br>(Fish Eagles<br>Masters ) | 01:52.49 | 991.02 | 00:46.49 | 1032.55 | 90.00 | 2113.57 | PB |
|---|------|--------------------------------------------|----------|--------|----------|---------|-------|---------|----|