

EDEN CHAMPIONSHIPS 2025

Date: 2025-03-04

Province: EDEN

Top Athletes

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

1	4891	Melissa Meyer (Cape Multisport Eden)	02:29.25	1073.50	15.00	1088.50
2	2913	Wanru Haasbroek (Outeniqua Ls)	02:25.00	1070.00	0.00	1070.00
3	6364	Leane Labuschagne (No Mads Club)	02:41.05	1049.90	16.50	1066.40

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

1	4969	Rikus Lamprechts (No Mads Club)	01:01.18	1069.10	13.50	1082.60
2	2852	Mike McDonald (Fish Eagles Masters)	00:46.47	1017.65	50.00	1067.65
3	3121	Jo-Mari Smith (No Mads Club)	01:14.06	1054.70	12.00	1066.70

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

1	4969	Rikus Lamprechts (No Mads Club)	02:22.47	1035.06	01:01.18	1069.10	27.00	2131.16	PB
2	3121	Jo-Mari Smith (No Mads Club)	02:41.72	1048.56	01:14.06	1054.70	24.00	2127.26	
3	6364	Leane Labuschagne (No Mads Club)	02:41.05	1049.90	01:18.26	1033.70	33.00	2116.60	PB

#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/08 GIRLS				National Record: N/A			Provincial Record: N/A		
1	7615	Ava Giles (Wesbank LS)	01:30.69	1058.62	00:30.16	1024.20	0.00	2082.82	PB
2	7767	Clara Hoepfner (Outeniqua Ls)	01:41.31	1037.38	00:30.51	1022.45	0.00	2059.83	PB
3	7665	Amilie Lamprecht (George-Suid Ls)	01:35.76	1048.48	00:35.25	998.75	0.00	2047.23	
4	7752	Anullika Prinsloo (Wesbank LS)	01:48.91	1022.18	00:31.54	1017.30	0.00	2039.48	
5	7616	Heila Borchers (Wesbank LS)	01:52.75	1014.50	DNF	DNF	0.00	DNF	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/08 BOYS				National Record: N/A			Provincial Record: N/A		
1	6825	Liam de Wet (George-Suid Ls)	01:28.03	1059.94	00:22.38	1053.10	0.00	2113.04	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/09 GIRLS				National Record: N/A			Provincial Record: N/A		
1	6891	Avah Jean Spies (Outeniqua Ls)	01:18.13	1057.74	00:51.42	1022.90	0.00	2080.64	
2	6340	Milane Belstead (No Mads Club)	01:36.39	1021.22	00:48.57	1037.15	0.00	2058.37	PB
3	6826	Nina Vlok (George-Suid Ls)	01:28.89	1036.22	00:52.42	1017.90	0.00	2054.12	PB
4	7035	Su-Ane Kitching (Outeniqua Ls)	01:32.97	1028.06	00:58.53	987.35	0.00	2015.41	PB
5	6466	Shayde Mae du Plessis (Plettenberg Ps)	01:34.51	1024.98	01:09.12	934.40	0.00	1959.38	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/09 BOYS				National Record: N/A			Provincial Record: N/A		

1	7765	Daniel Martins (Glenwood Preparatory School)	01:24.69	1036.62	00:46.34	1023.30	0.00	2059.92
2	6391	Tinus Nieuwenhuis (George-Suid Ls)	01:29.16	1027.68	00:46.26	1023.70	0.00	2051.38 PB
3	7032	Andre Steyn (George-Suid Ls)	01:20.20	1045.60	00:51.21	998.95	0.00	2044.55
4	7031	Leo Castanho (George-Suid Ls)	01:22.63	1040.74	00:53.12	989.40	0.00	2030.14
5	6356	Christiaan Lamprecht (George-Suid Ls)	01:17.93	1050.14	00:56.28	973.60	0.00	2023.74
6	6243	Lefran Marais (Wesbank LS)	01:26.85	1032.30	00:56.96	970.20	0.00	2002.50
7	5559	Lukas van Wyngaard (George-Suid Ls)	01:27.76	1030.48	00:56.94	970.30	0.00	2000.78 PB
8	7036	Xander van Jaarsveldt (Wesbank LS)	01:21.95	1042.10	01:07.42	917.90	0.00	1960.00 PB
9	6351	Nico Derbyshire (Knysna LS)	01:36.20	1013.60	01:07.26	918.70	0.00	1932.30 PB
10	6428	Matthew McDonald (Glenwood House Ps)	DNF	DNF	DNF	DNF	DNF	DNF
11	6834	Benjamin 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	5638	Leah de Wet (George-Suid Ls)	01:19.36	1037.28	00:39.46	1032.70	0.00	2069.98
2	6818	Lea de Jager (Outeniqua Ls)	01:25.84	1024.32	00:37.31	1043.45	0.00	2067.77
3	4869	Misha Meyer (Cape Multisport Eden)	01:22.25	1031.50	00:41.02	1024.90	0.00	2056.40
4	5540	Mieke Roos (Knysna LS)	01:29.14	1017.72	00:38.98	1035.10	0.00	2052.82 PB

3	3376	Bernard Lamprecht (George-Suid Ls)	01:08.37	1057.26	00:42.35	1008.25	0.00	2065.51	
4	2032	Rudolf Smith (Wesbank Ls)	01:11.97	1050.06	00:41.14	1014.30	0.00	2064.36	PB
5	5551	Burt Nieuwenhuis (George-Suid Ls)	01:13.22	1047.56	00:41.48	1012.60	0.00	2060.16	PB
6	4076	Lian Hattingh (George-Suid Ls)	01:17.78	1038.44	00:43.65	1001.75	0.00	2040.19	
7	6244	Eben Jordaan (Outeniqua Ls)	01:16.19	1041.62	00:44.59	997.05	0.00	2038.67	PB
8	6830	De Wet Venter (George-Suid Ls)	01:17.15	1039.70	00:44.24	998.80	0.00	2038.50	
9	7755	Lian Claassen (Outeniqua Ls)	01:13.76	1046.48	00:47.18	984.10	0.00	2030.58	PB
10	7749	Christiaan Bekker (Vuurvliegje Akademie)	01:23.47	1027.06	00:43.40	1003.00	0.00	2030.06	PB
11	6403	Caydann Basset (George-Suid Ls)	01:20.66	1032.68	00:45.31	993.45	0.00	2026.13	
12	5093	Matteo Stipeć (Glenwood House Ps)	01:13.51	1046.98	00:49.08	974.60	0.00	2021.58	PB
13	5504	Daniel Odendaal (Wesbank Ls)	01:21.19	1031.62	00:49.74	971.30	0.00	2002.92	
14	6334	Johann Rall (Volshenk Ls)	01:20.09	1033.82	00:50.87	965.65	0.00	1999.47	
15	6358	Mason Theron (George-Suid Ls)	01:27.30	1019.40	00:49.52	972.40	0.00	1991.80	PB
16	6477	Dennis-George Loubser (Plettenberg Ps)	01:21.58	1030.84	00:55.37	943.15	0.00	1973.99	
17	4985	Victor van der Sandt (George-Suid Ls)	01:20.37	1033.26	00:56.65	936.75	0.00	1970.01	PB
18	5635	Adriaan Hugo (Vuurvliegje Akademie)	01:24.38	1025.24	00:56.28	938.60	0.00	1963.84	PB
19	6880	Ruben Haasbroek (Outeniqua Ls)	01:43.41	987.18	00:50.69	966.55	0.00	1953.73	

20	6467	Raven du Plessis (Plettenberg Ps)	01:28.77	1016.46	00:58.22	928.90	0.00	1945.36	PB
21	6839	Noah Michael Mavrodaris (Plettenberg Ps)	01:37.09	999.82	00:55.29	943.55	0.00	1943.37	
22	7037	Sebastiaan Borchers (Wesbank LS)	01:29.00	1016.00	00:58.80	926.00	0.00	1942.00	
23	6841	Benjamin Foiret (Plettenberg Ps)	01:28.06	1017.88	DNF	DNF	0.00	DNF	
24	6823	Bastiaan David Botha (Outeniqua Ls)	DNF	DNF	DNF	DNF	DNF	DNF	
25	7685	Luca Julyan (Plettenberg Ps)	DNF	DNF	DNF	DNF	DNF	DNF	
26	6677	Jack Louw (Plettenberg Ps)	DNF	DNF	DNF	DNF	DNF	DNF	
27	7754	Ruben Nel (Outeniqua 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	4982	Keyla Douglas (Glenwood House Ps)	02:43.64	1034.72	00:33.16	1048.40	0.00	2083.12	PB
2	5509	Helena Lourens (Wesbank LS)	02:29.79	1062.42	00:36.87	1011.30	0.00	2073.72	PB
3	7756	Mia Bronn (Park Ls)	02:40.11	1041.78	00:38.11	998.90	0.00	2040.68	PB
4	3266	Mariane Labuschagne (George-Suid Ls)	02:56.08	1009.83	00:35.01	1029.90	0.00	2039.73	PB
5	1885	Mieke Buitendag (George-Suid Ls)	02:52.93	1016.14	00:37.90	1001.00	0.00	2017.14	
6	6339	Ashley T Mwaita (Plettenberg Ps)	02:47.15	1027.70	00:40.56	974.40	0.00	2002.10	PB
7	1834	Lheane Du Plessis (Wesbank LS)	03:19.07	963.86	00:35.82	1021.80	0.00	1985.66	

8	7026	Aliana Stipeć (Glenwood House Ps)	03:04.93	992.14	00:39.01	989.90	0.00	1982.04	PB
9	7619	Jani Botha (Wesbank LS)	02:54.03	1013.94	00:41.62	963.80	0.00	1977.74	
10	4780	Callan Kiewitt (Plettenberg Ps)	03:06.18	989.64	00:41.36	966.40	0.00	1956.04	PB
11	7751	Lize Erasmus (No Mads Club)	02:53.28	1015.44	00:48.02	899.80	0.00	1915.24	PB
12	3560	Danni Croft (Knysna LS)	03:35.07	931.84	00:43.47	945.30	0.00	1877.14	
13	3949	Leanke Loots (Knysna LS)	04:06.21	869.58	00:37.71	1002.90	0.00	1872.48	PB
14	5508	Aeltie Prinsloo (Wesbank LS)	03:22.14	957.72	00:47.99	900.10	0.00	1857.82	
15	7670	Mea Hoepfner (Outeniqua Ls)	03:28.04	945.90	00:50.37	876.30	0.00	1822.20	
16	3569	Carli Marais (Knysna LS)	03:56.17	889.66	00:46.82	911.80	0.00	1801.46	
17	6845	Rebecca Bozman (Plettenberg Ps)	03:12.07	977.86	DNF	DNF	0.00	DNF	
18	3957	Anya Wiid (George-Suid Ls)	DNF	DNF	DNF	DNF	DNF	DNF	
19	6846	Bella Weyers (Plettenberg Ps)	DNF	DNF	DNF	DNF	DNF	DNF	
20	7686	Nhea Du Toit (Outeniqua Ls)	DNF	DNF	DNF	DNF	DNF	DNF	
21	1831	Cobie Loubser (Wesbank LS)	DNF	DNF	DNF	DNF	DNF	DNF	
22	6844	Nyah Smith (Plettenberg Ps)	DNF	DNF	DNF	DNF	DNF	DNF	
23	6843	Summer Milla Mavrodaris (Plettenberg Ps)	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)	02:25.00	1070.00	00:31.47	1045.30	0.00	2115.30	PB
2	4867	Judah Spies (Outeniqua Ls)	02:31.59	1056.82	00:33.84	1021.60	0.00	2078.42	
3	1535	Daniël van Wyngaard (George-Suid Ls)	02:46.37	1027.26	00:34.40	1016.00	0.00	2043.26	PB
4	4716	Ruben Knoetze (Outeniqua Ls)	02:52.02	1015.94	00:33.53	1024.70	0.00	2040.64	
5	7748	FG Bekker (Vuurvliegje Akademie)	02:56.03	1007.94	00:34.22	1017.80	0.00	2025.74	
6	5499	Thys Rall (Volshenk Ls)	02:52.58	1014.84	00:35.91	1000.90	0.00	2015.74	PB
7	6827	Eduard Snyman (George-Suid Ls)	02:31.25	1057.50	00:40.83	951.70	0.00	2009.20	PB
8	2921	Wiam Derbyshire (Knysna LS)	03:00.95	998.10	00:35.79	1002.10	0.00	2000.20	PB
9	6338	Asher T Mwaita (Plettenberg Ps)	03:19.81	960.38	00:38.21	977.90	0.00	1938.28	PB
10	6361	Emile van Heerden (George-Suid Ls)	03:33.04	933.92	00:36.61	993.90	0.00	1927.82	
11	1509	Gerhard Hattingh (George-Suid Ls)	03:16.06	967.88	00:40.46	955.40	0.00	1923.28	
12	4970	Noah Foiret (Plettenberg Ps)	02:57.74	1004.52	00:46.22	897.80	0.00	1902.32	
13	6821	Finley Mittendorff (Glenwood House Ps)	03:28.09	943.82	00:41.03	949.70	0.00	1893.52	
14	7033	Keaghan Basset (George-Suid Ls)	03:11.12	977.76	00:44.52	914.80	0.00	1892.56	
15	5510	Alexander Van Wyk (Wesbank LS)	02:50.81	1018.38	00:53.49	825.10	0.00	1843.48	PB
16	5636	Altus Hugo (Vuurvliegje Akademie)	02:54.86	1010.28	00:52.77	832.30	0.00	1842.58	PB
17	3178	Aran Hopper (Knysna LS)	03:20.75	958.50	00:48.78	872.20	0.00	1830.70	
18	6852	Nathan Omari (Plettenberg Ps)	03:08.30	983.40	00:52.44	835.60	0.00	1819.00	

19	2931	RJ van Lill (Knysna LS)	DNF	DNF	DNF	DNF	DNF	DNF
20	6676	Callum van Huyssteen (Plettenberg Ps)	DNF	DNF	DNF	DNF	DNF	DNF
21	4870	Marius Meyer (Cape Multisport Eden)	DNF	DNF	DNF	DNF	DNF	DNF
22	1801	Benjamin Bond (Outeniqua Ls)	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		
1	4877	Alice Esterhuyse (Outeniqua Hs)	02:54.46	997.08	01:07.72	1036.40	0.00	2033.48
2	3268	Alexa Stahmer (George-Suid Ls)	02:44.01	1017.98	01:14.59	1002.05	0.00	2020.03
3	1919	Iane Joubert (George-Suid Ls)	02:41.05	1023.90	01:17.65	986.75	0.00	2010.65
4	2924	Leah Hopper (Knysna LS)	02:50.47	1005.06	01:14.12	1004.40	0.00	2009.46 PB
5	1798	Danielle Bond (Outeniqua Ls)	02:43.72	1018.56	01:18.67	981.65	0.00	2000.21 PB
6	1926	Minay Botha (No Mads Club)	02:29.64	1046.72	01:28.11	934.45	0.00	1981.17 PB
7	3581	Nokutenda Tembo (Knysna LS)	03:13.06	959.87	01:19.27	978.65	0.00	1938.52
8	1506	Nina Koen (Outeniqua Ls)	02:59.40	987.20	01:25.13	949.35	0.00	1936.55 PB
9	6327	Liza Oosthuizen (George-Suid Ls)	02:56.08	993.83	01:30.28	923.60	0.00	1917.43
10	6435	Imke Swanepoel (Glenwood House Ps)	03:00.48	985.04	01:28.99	930.05	0.00	1915.09 PB
11	3336	Roshelle van Niekerk (Punt HS)	03:01.33	983.34	01:29.10	929.50	0.00	1912.84
12	4872	Caitlin Douglas (Glenwood House Ps)	03:11.08	963.84	01:34.84	900.80	0.00	1864.64

13	7595	Sarah Saayman (Langenhoven Gimnasium)	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	4896	Pierre Spies (Outeniqua Ls)	02:22.00	1049.99	01:10.63	1011.85	0.00	2061.84 PB
2	7674	Joe Alberts (Punt HS)	02:25.02	1043.94	01:09.43	1017.85	0.00	2061.79
3	7676	Lian Cilliers (Punt HS)	02:32.07	1029.84	01:12.81	1000.95	0.00	2030.79 PB
4	6429	Benjamin Schneider (Outeniqua Ls)	02:35.03	1023.92	01:18.70	971.50	0.00	1995.42 PB
5	5633	Pieter Schoeman (No Mads Club)	02:20.09	1053.82	01:27.75	926.25	0.00	1980.07 PB
6	2928	Ruan Share (Knysna LS)	02:39.03	1015.93	01:22.10	954.50	0.00	1970.43
7	4078	Rynard van der Colff (Plettenberg Ps)	02:43.05	1007.90	01:20.98	960.10	0.00	1968.00 PB
8	1836	Jacobus Smith (Wesbank LS)	02:44.00	1006.00	01:22.41	952.95	0.00	1958.95
9	2930	Jandre van Lill (Knysna LS)	02:31.07	1031.86	01:38.16	874.20	0.00	1906.06
10	3948	Stiaan van Wyk (Langenhoven Gimnasium)	02:28.03	1037.94	01:42.01	854.95	0.00	1892.89
11	7687	Johan van Zyl (Oakdale HLS)	02:57.02	979.94	01:32.26	903.70	0.00	1883.64
12	4871	Willem Meyer (Cape Multisport Eden)	DNF	DNF	DNF	DNF	DNF	DNF
13	1833	Daniel Anker (Van Reede Ls)	DNF	DNF	DNF	DNF	DNF	DNF
14	3576	Hallett Swanepoel (Knysna LS)	DNF	DNF	DNF	DNF	DNF	DNF

17	6308	Gus Vorster (Oakdale HLS)	03:02.96	946.08	01:25.42	922.90	0.00	1868.98
18	6306	Dantay Silva (Oakdale HLS)	02:37.06	997.88	01:35.86	870.70	0.00	1868.58
19	7759	Malan van Aardt (Oakdale HLS)	02:42.73	986.54	01:35.41	872.95	0.00	1859.49 PB
20	6301	Leander Cornelius (Oakdale HLS)	02:39.40	993.20	01:43.21	833.95	0.00	1827.15
21	5017	Henri du Plessis (Knysna HS)	DNF	DNF	DNF	DNF	DNF	DNF
22	4742	Pieter de Kock (Oakdale HLS)	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	1898	Melissa Kuun (Punt HS)	03:06.12	975.76	01:04.23	1048.85	0.00	2024.61
2	1805	Marilie Duvenhage (Outeniqua Hs)	02:38.01	1031.98	01:18.05	979.75	0.00	2011.73
3	3410	Zani Vermeulen (Outeniqua Hs)	03:00.11	987.78	01:11.84	1010.80	0.00	1998.58
4	1928	Mia Botha (Outeniqua Hs)	02:36.86	1034.28	01:22.64	956.80	0.00	1991.08 PB
5	4724	Larissa Badenhorst (Outeniqua Hs)	02:51.11	1005.78	01:17.47	982.65	0.00	1988.43
6	2903	Carli Dippenaar (Outeniqua Hs)	02:53.25	1001.50	01:20.75	966.25	0.00	1967.75
7	6469	Shane Buitendag (Outeniqua Hs)	03:14.45	959.10	01:28.05	929.75	0.00	1888.85
8	3991	Mieke Botha (Punt HS)	03:20.97	946.06	01:28.39	928.05	0.00	1874.11
9	5618	Taeya Porrill (Knysna HS)	03:22.64	942.72	01:29.36	923.20	0.00	1865.92
10	7672	Kayla Swanepoel (Punt HS)	03:44.19	899.62	01:21.85	960.75	0.00	1860.37 PB

11	5569	Nicole van Rooyen (Knysna HS)	03:43.94	900.12	01:33.65	901.75	0.00	1801.87
12	7034	Tiane Share (Knysna HS)	DNF	DNF	DNF	DNF	DNF	DNF
13	7757	Lexi Apsey (Knysna 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	1867	Hanru Kuun (Punt HS)	02:21.05	1015.90	01:02.04	1029.80	0.00	2045.70
2	4884	Kodi Minnie (Outeniqua Hs)	02:35.00	988.00	00:56.56	1057.20	0.00	2045.20
3	3298	Jean-Paul Van Dyk (Outeniqua Hs)	02:23.60	1010.80	01:01.69	1031.55	0.00	2042.35
4	4010	Daniel Kolver (Knysna HS)	02:23.93	1010.14	01:02.60	1027.00	0.00	2037.14
5	7030	John-Daniel Minnie (Punt HS)	02:23.06	1011.88	01:11.69	981.55	0.00	1993.43
6	4980	Stephan Meintjes (Oakdale HLS)	02:34.60	988.80	01:07.72	1001.40	0.00	1990.20 PB
7	2897	Jaco de Wet (Oakdale HLS)	02:32.51	992.98	01:09.73	991.35	0.00	1984.33
8	1880	Adriaan Albertyn (Oakdale HLS)	02:37.64	982.72	01:08.22	998.90	0.00	1981.62 PB
9	6387	Duan Deyssel (Knysna HS)	03:51.00	836.00	01:39.60	842.00	0.00	1678.00
10	4028	JJ Pfaff (Oakdale HLS)	DNF	DNF	DNF	DNF	DNF	DNF
11	1870	Matthew Benn (Knysna HS)	DNF	DNF	DNF	DNF	DNF	DNF
12	1937	Juluyn Liam (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	3121	Jo-Mari Smith (No Mads Club)	02:41.72	1048.56	01:14.06	1054.70	24.00	2127.26
2	6364	Leane Labuschagne (No Mads Club)	02:41.05	1049.90	01:18.26	1033.70	33.00	2116.60 PB
3	4891	Melissa Meyer (Cape Multisport Eden)	02:29.25	1073.50	01:27.10	989.50	30.00	2093.00 PB

#	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)	02:22.47	1035.06	01:01.18	1069.10	27.00	2131.16 PB
2	7684	Jaco van Jaarsveldt (No Mads Club)	03:18.81	922.38	01:33.58	907.10	33.00	1862.48

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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JNR WOMEN			National Record: N/A			Provincial Record: N/A		
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1	6405	Andrie Swart (No Mads Club)	02:57.65	1000.70	01:33.25	928.75	0.00	1929.45
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#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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JNR MEN			National Record: N/A			Provincial Record: N/A		
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1	3584	Sebastian Swart (Knysna HS)	02:22.51	1024.98	01:03.42	1027.90	0.00	2052.88
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#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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MASTERS 40+ WOMEN			National Record: N/A			Provincial Record: N/A		
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1	6831	Denise Loubser (No Mads Club)	02:52.04	1037.92	01:28.71	976.45	25.00	2039.37
2	6431	Liesel Buitendag (No Mads Club)	03:29.13	963.74	01:17.77	1031.15	25.00	2019.89
3	4075	Zani Smith (No Mads Club)	02:43.15	1055.70	01:34.54	947.30	10.00	2013.00

MASTERS 40+ MEN				National Record: N/A			Provincial Record: N/A	
1	3573	Marsel Roos (No Mads Club)	02:21.09	1037.82	01:07.83	1035.85	20.00	2093.67
2	6433	Jeandre Swanepoel (No Mads Club)	02:22.68	1034.64	01:09.52	1027.40	20.00	2082.04
3	6953	Johannes Jordaan	02:25.83	1028.34	01:17.20	989.00	45.00	2062.34 PB
4	5533	Jan Meyer (Cape Multisport Eden)	02:17.67	1044.66	01:25.68	946.60	15.00	2006.26 PB
5	5624	Francois Marais (No Mads Club)	02:55.47	969.06	01:19.62	976.90	5.00	1950.96
6	7785	Johan Marais (No Mads Club)	03:13.49	933.02	01:28.76	931.20	5.00	1869.22
7	6326	Fanie Van Wyk (No Mads Club)	03:39.79	880.42	01:47.58	837.10	35.00	1752.52
8	7804	Karel Burger (No Mads Club)	DNF	DNF	DNF	DNF	DNF	DNF
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 50+ WOMEN				National Record: N/A			Provincial Record: N/A	
1	6884	Seanette Botha (No Mads Club)	02:57.32	1025.36	02:04.67	846.65	30.00	1902.01
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 50+ MEN				National Record: N/A			Provincial Record: N/A	
1	6432	Johan Buitedag (No Mads Club)	DNF	DNF	DNF	DNF	DNF	DNF
2	6893	Nell Wiid (No Mads Club)	DNF	DNF	DNF	DNF	DNF	DNF
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 60+ WOMEN				National Record: N/A			Provincial Record: N/A	
1	3017	Anita Louw (No Mads Club)	01:43.06	1005.87	00:44.12	1034.40	48.00	2088.27

2	3378	Mandi Wallace (Fish Eagles Masters)	DNF	DNF	DNF	DNF	DNF	DNF
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#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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MASTERS 60+ MEN			National Record: N/A			Provincial Record: N/A		
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1	3377	Gavin Gericke (Fish Eagles Masters)	01:19.63	1020.74	00:31.84	1055.80	0.00	2076.54
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2	6883	Louis J Botha (No Mads Club)	01:21.54	1016.92	00:37.01	1029.95	24.00	2070.87
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3	3065	Cliff Wallace (Fish Eagles Masters)	DNF	DNF	DNF	DNF	DNF	DNF
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#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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MASTERS 70+ MEN			National Record: N/A			Provincial Record: N/A		
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1	2852	Mike McDonald (Fish Eagles Masters)	01:47.37	985.26	00:46.47	1017.65	100.00	2102.91
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#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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SPECIAL NEEDS FEMALE			National Record: N/A			Provincial Record: N/A		
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1	7693	Michele Lombard (Eljada Nasorg)	02:11.08	977.84	01:03.69	906.55	0.00	1884.39
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2	7694	Elizabeth Botes (Eljada Nasorg)	02:07.06	985.87	01:10.71	871.45	0.00	1857.32
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3	7690	Miena Baardman (Eljada Nasorg)	01:56.66	1006.68	01:35.08	749.60	0.00	1756.28 PB
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4	7696	Maja Ehlers (Eljada Nasorg)	02:42.00	916.00	01:19.92	825.40	0.00	1741.40
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5	7698	Elisma Joubert (Eljada Nasorg)	02:22.08	955.83	02:40.13	424.35	0.00	1380.18
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#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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SPECIAL NEEDS MALE			National Record: N/A			Provincial Record: N/A		
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1	7695	Jannie Lourens (Eljada Nasorg)	01:41.34	1037.32	00:56.94	940.30	0.00	1977.62
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2	7697	Francois Coetzee (Eljada Nasorg)	01:37.02	1045.96	01:14.32	853.40	0.00	1899.36
3	7692	Danie Botes (Eljada Nasorg)	01:39.29	1041.42	01:24.74	801.30	0.00	1842.72
4	7691	Pieter Henning (Eljada Nasorg)	02:50.38	899.24	00:58.69	931.55	0.00	1830.79

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