

SA BIATHLON CHAMPIONSHIPS 2026
Competition Name

2026-03-21
Competition Date

#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
---	---------	----------	------	--------------	----------------	---------------	-----------------	--------------	--------------

Top 3 Runners

1	3180	Willem De Beer	GAUTENG NORTH	GN	02:00.40	1079.20	01:05.45	1047.75	30.00	2156.95
2	7979	Heleen Lombard	EASTERN PROVINCE	EP	02:26.46	1079.08	01:20.82	1020.90	18.00	2117.98
3	7402	Esmare Morkel	BOLAND	BOL	02:31.19	1069.62	01:28.30	983.50	33.00	2086.12

#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
---	---------	----------	------	--------------	----------------	---------------	-----------------	--------------	--------------

Top 3 Swimmers

1	5861	Schalk Van Heerden	GAUTENG NORTH	GN	01:46.19	987.62	00:37.63	1061.85	80.00	2129.47
2	8681	Shelley Du Plessis	WESTERN PROVINCE	WP	02:55.18	1021.64	01:08.10	1084.50	21.00	2127.14
3	5288	Jayme Sue Vermaas	SOUTHERN FREE STATE	SFS	02:28.56	1074.88	01:06.46	1092.70	0.00	2167.58

#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
---	---------	----------	------	--------------	----------------	---------------	-----------------	--------------	--------------

Top 3 Athletes

1	2844	Kathleen Gey van Pittius	BOLAND	BOL	01:25.24	1065.52	00:41.56	1082.20	20.00	2167.72
2	5288	Jayme Sue Vermaas	SOUTHERN FREE STATE	SFS	02:28.56	1074.88	01:06.46	1092.70	0.00	2167.58
3	4861	Lynette Fischer	SOUTHERN FREE STATE	SFS	01:16.94	1058.12	00:39.34	1058.30	48.00	2164.42
	#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/09 GIRLS				-						
1	8060	Zizikazi Mbuqe	BORDER	BOR	01:14.56	1064.88	00:39.00	1085.00	0.00	2149.88
2	6984	Kayla van der Merwe	WESTERN PROVINCE	WP	01:15.82	1062.36	00:40.47	1077.65	0.00	2140.01
3	8682	Hannah Du Plessis	WESTERN PROVINCE	WP	01:23.05	1047.90	00:43.38	1063.10	0.00	2111.00
4	5654	Ava Leigh de Kock	NORTH WEST	NW	01:22.99	1048.02	00:43.46	1062.70	0.00	2110.72
5	7913	Lily-Ann Catherine	BORDER	BOR	01:13.90	1066.20	00:49.73	1031.35	0.00	2097.5
6	7364	Emma van der Westhuyzen	WESTERN PROVINCE	WP	01:19.71	1054.58	00:49.09	1034.55	0.00	2089.15
7	6352	Ella Coetzee	EDEN	EDEN	01:21.48	1051.04	00:48.78	1036.10	0.00	2087.14
8	8331	Isabelle Van Staden	BOLAND	BOL	01:22.44	1049.12	00:48.99	1035.05	0.00	2084.17
9	7069	Hette-Mari Botha	BOLAND	BOL	01:27.40	1039.20	00:48.52	1037.40	0.00	2076.6
10	6815	Mila De Leeuw	NORTH WEST	NW	01:30.15	1033.70	00:48.37	1038.15	0.00	2071.85
11	7928	Leah Ranft	SOUTHERN FREE STATE	SFS	01:36.13	1021.74	00:46.07	1049.65	0.00	2071.39
12	7665	Amelie Lamprecht	EDEN	EDEN	01:23.71	1046.58	00:52.16	1019.20	0.00	2065.7
13	8229	Mia Slabbert	NORTH WEST	NW	01:32.61	1028.78	00:48.91	1035.45	0.00	2064.2

14	8750	Kate Schmiki	CENTRAL GAUTENG	CG	01:33.46	1027.08	00:48.80	1036.00	0.00	2063.0
15	7419	Isabella Swart	BOLAND	BOL	01:25.56	1042.88	00:52.46	1017.70	0.00	2060.5
16	8652	Olivia Muller	BOLAND	BOL	01:28.93	1036.14	00:51.86	1020.70	0.00	2056.8
17	8332	Lika Klindt	BOLAND	BOL	01:32.97	1028.06	00:50.72	1026.40	0.00	2054.4
18	6937	Cari Morkel	BOLAND	BOL	01:33.34	1027.32	00:50.64	1026.80	0.00	2054.12
19	7944	Mailey Becker	SOUTHERN FREE STATE	SFS	01:31.06	1031.88	00:51.58	1022.10	0.00	2053.9
20	7615	Ava Giles	EDEN	EDEN	01:22.78	1048.44	00:57.86	990.70	0.00	2039.14
21	7909	Nolien Labuschagne	EASTERN PROVINCE	EP	01:37.55	1018.90	00:53.11	1014.45	0.00	2033.3
22	8345	Liya Dos Santos	BOLAND	BOL	01:39.36	1015.28	00:53.69	1011.55	0.00	2026.8
23	7903	Abigail Goosen	EASTERN PROVINCE	EP	01:31.90	1030.20	00:56.70	996.50	0.00	2026.71
24	7339	Inke Joubert	GRIQUAS	GRI	01:31.58	1030.84	00:57.18	994.10	0.00	2024.9
25	7793	Almay Burger	SOUTHERN FREE STATE	SFS	01:41.53	1010.94	00:53.47	1012.65	0.00	2023.5
26	7491	Cari van der Merwe	WESTERN PROVINCE	WP	01:30.94	1032.12	00:57.95	990.25	0.00	2022.37
27	8055	Jani van Eeden	MPUMALANGA	MP	01:41.33	1011.34	00:54.10	1009.50	0.00	2020.8
28	8677	Lika Bruwer	GRIQUAS	GRI	01:32.47	1029.06	00:57.81	990.95	0.00	2020.0
29	8638	Ninca Fouche	WESTERN PROVINCE	WP	01:29.05	1035.90	00:59.62	981.90	0.00	2017.80
30	7767	Clara Hoepfner	EDEN	EDEN	01:29.55	1034.90	01:01.82	970.90	0.00	2005.8
31	7985	Lizane Breed	NORTH WEST	NW	01:37.85	1018.30	01:01.44	972.80	0.00	1991.10
32	8127	Katelyn Kotze	SOUTHERN FREE STATE	SFS	01:49.75	994.50	00:57.73	991.35	0.00	1985.85
33	7803	Isabella Nel	NORTHERN FREE STATE	NFS	01:33.96	1026.08	01:04.31	958.45	0.00	1984.53
34	5646	Jana du Plessis	GRIQUAS	GRI	01:41.73	1010.54	01:02.91	965.45	0.00	1975.95

35	8209	Lara van der Merwe	GAUTENG NORTH	GN	01:29.24	1035.52	01:12.89	915.55	0.00	1951.07
36	8607	Ester Loonora De Villiers	GRIQUAS	GRI	01:34.35	1025.30	01:11.09	924.55	0.00	1949.85
37	7752	Anullika Prinsloo	EDEN	EDEN	01:48.84	996.32	01:05.49	952.55	0.00	1948.87
38	8263	Anna-Isabella Badenhorst	GRIQUAS	GRI	01:42.61	1008.78	01:08.63	936.85	0.00	1945.63
39	8058	Francis van Niekerk	EASTERN PROVINCE	EP	01:35.56	1022.88	01:14.46	907.70	0.00	1930.58
40	8267	Janie Arne Engelbrecht	GRIQUAS	GRI	01:42.41	1009.18	01:12.56	917.20	0.00	1926.38
41	8779	Zetske Rossouw	GAUTENG NORTH	GN	01:50.42	993.16	01:10.26	928.70	0.00	1921.86
42	7783	Blanche Lubbe	GRIQUAS	GRI	01:38.76	1016.48	01:15.00	905.00	0.00	1921.48
43	8160	Gia Le Roux	CENTRAL GAUTENG	CG	02:45.42	883.16	01:18.70	886.50	0.00	1769.66

	#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/09 BOYS				-						
1	8666	Luka Mocke	WESTERN PROVINCE	WP	01:15.30	1055.40	00:40.69	1051.55	0.00	2106.95
2	6825	Liam de Wet	EDEN	EDEN	01:14.81	1056.38	00:41.52	1047.40	0.00	2103.78
3	5556	Elea Smith	BOLAND	BOL	01:19.72	1046.56	00:42.15	1044.25	0.00	2090.81
4	8316	Christoff Willem Koch	EDEN	EDEN	01:17.30	1051.40	00:43.83	1035.85	0.00	2087.25
5	8313	Jacobus Willem Viljoen	EDEN	EDEN	01:13.69	1058.62	00:45.87	1025.65	0.00	2084.27
6	7916	Erik Potgieter	SOUTHERN FREE STATE	SFS	01:19.34	1047.32	00:44.03	1034.85	0.00	2082.17

7	8575	Pieter-Hendrik Jacobs	BOLAND	BOL	01:16.47	1053.06	00:46.55	1022.25	0.00	2075.31
8	8524	Wian Fourie	BOLAND	BOL	01:23.32	1039.36	00:44.95	1030.25	0.00	2069.61
9	7073	Adrihan Saayman	BOLAND	BOL	01:13.44	1059.12	00:49.60	1007.00	0.00	2066.12
10	8042	Cader Wakefield	WESTERN PROVINCE	WP	01:28.08	1029.84	00:44.38	1033.10	0.00	2062.94
11	7865	Roux Gerber	EASTERN PROVINCE	EP	01:28.34	1029.32	00:45.50	1027.50	0.00	2056.82
12	7933	Wian Joubert	SOUTHERN FREE STATE	SFS	01:25.33	1035.34	00:46.89	1020.55	0.00	2055.89
13	8399	Jean Scriven	BOLAND	BOL	01:24.32	1037.36	00:48.59	1012.05	0.00	2049.41
14	8630	Jaco le Grange	MPUMALANGA	MP	01:33.44	1019.12	00:45.24	1028.80	0.00	2047.92
15	8611	Sagrys Oosthuizen	MPUMALANGA	MP	01:24.52	1036.96	00:51.23	998.85	0.00	2035.81
16	8816	Hanru Bornmann	WESTERN PROVINCE	WP	01:28.99	1028.02	00:49.61	1006.95	0.00	2034.97
17	7042	EJ van Niekerk	SOUTHERN FREE STATE	SFS	01:33.13	1019.74	00:50.42	1002.90	0.00	2022.64
18	8312	Abel Jacobus Viljoen	EDEN	EDEN	01:21.59	1042.82	00:55.24	978.80	0.00	2021.62
19	8720	Ernie Fourie	EASTERN PROVINCE	EP	01:19.56	1046.88	00:56.06	974.70	0.00	2021.58
20	7072	Nicolaas Brink	BOLAND	BOL	01:24.85	1036.30	00:54.82	980.90	0.00	2017.20
21	8104	Ariel Lombard	GAUTENG NORTH	GN	01:23.33	1039.34	00:55.92	975.40	0.00	2014.74
22	8033	Riaan Janse van Rensburg	WESTERN PROVINCE	WP	01:23.05	1039.90	00:56.12	974.40	0.00	2014.30
23	7735	Conrad de Kock	NORTH WEST	NW	01:27.54	1030.92	00:55.01	979.95	0.00	2010.87
24	8158	Nicholas Rudolph	GAUTENG NORTH	GN	01:32.02	1021.96	00:54.03	984.85	0.00	2006.81

3	5574	Ava Kruger	BOLAND	BOL	01:09.90	1056.20	00:37.51	1042.45	0.00	2098.6
4	6574	Alexis Barendse	EASTERN PROVINCE	EP	01:16.38	1043.24	00:35.93	1050.35	0.00	2093.5
5	5564	Emma-Joy Potgieter	BOLAND	BOL	01:13.51	1048.98	00:37.84	1040.80	0.00	2089.7
6	3745	Kayla Fouche	WESTERN PROVINCE	WP	01:12.60	1050.80	00:38.25	1038.75	0.00	2089.5
7	5638	Leah de Wet	EDEN	EDEN	01:16.75	1042.50	00:37.51	1042.45	0.00	2084.9
8	4141	Kate Gey van Pittius	BOLAND	BOL	01:11.18	1053.64	00:39.86	1030.70	0.00	2084.3
9	5612	Kikka Stander	BOLAND	BOL	01:13.28	1049.44	00:39.55	1032.25	0.00	2081.6
10	5115	Amelie Smith	GAUTENG NORTH	GN	01:20.43	1035.14	00:36.85	1045.75	0.00	2080.8
11	4983	Micah Bezuidenhout	EDEN	EDEN	01:14.33	1047.34	00:40.33	1028.35	0.00	2075.6
12	6160	Riley Adams	MPUMALANGA	MP	01:19.97	1036.06	00:38.23	1038.85	0.00	2074.9
13	7628	McKenzie Jooste	EASTERN PROVINCE	EP	01:14.67	1046.66	00:40.51	1027.45	0.00	2074.11
14	7344	Karli Botha	GRIQUAS	GRI	01:16.10	1043.80	00:40.14	1029.30	0.00	2073.10
15	7445	Amery Vermaak	LIMPOPO	LIM	01:29.92	1016.16	00:34.68	1056.60	0.00	2072.7
16	4860	Mari Wessels	SOUTHERN FREE STATE	SFS	01:17.77	1040.46	00:39.85	1030.75	0.00	2071.21
17	4808	Leva Meiring	NORTH WEST	NW	01:25.41	1025.18	00:37.44	1042.80	0.00	2067.9
18	5432	Lumay de Beer	MPUMALANGA	MP	01:22.71	1030.58	00:38.71	1036.45	0.00	2067.0
19	3602	Hanneli vd Watt	WESTERN PROVINCE	WP	01:19.88	1036.24	00:40.40	1028.00	0.00	2064.2
20	5520	Marli Swiegers	SOUTHERN FREE STATE	SFS	01:21.50	1033.00	00:39.89	1030.55	0.00	2063.5
21	6689	Zahn Potgieter	GAUTENG NORTH	GN	01:23.18	1029.64	00:39.22	1033.90	0.00	2063.5
22	4857	Mila van Zyl	SOUTHERN FREE STATE	SFS	01:24.38	1027.24	00:38.99	1035.05	0.00	2062.2

23	8705	Everly Nel	EASTERN PROVINCE	EP	01:18.72	1038.56	00:41.27	1023.65	0.00	2062.2
24	7465	Zoey Fouche	GAUTENG NORTH	GN	01:17.15	1041.70	00:41.97	1020.15	0.00	2061.85
25	7776	Willow Bezuidenhout	EASTERN PROVINCE	EP	01:19.30	1037.40	00:41.42	1022.90	0.00	2060.3
26	5969	Cahrie Nel	GAUTENG NORTH	GN	01:18.17	1039.66	00:41.95	1020.25	0.00	2059.9
27	7500	Ziane Langenhoven	WESTERN PROVINCE	WP	01:23.75	1028.50	00:40.00	1030.00	0.00	2058.5
28	7820	Leiliah Bendeman	LIMPOPO	LIM	01:23.89	1028.22	00:40.39	1028.05	0.00	2056.2
29	6663	Kylie Delpont	EASTERN PROVINCE	EP	01:24.76	1026.48	00:40.05	1029.75	0.00	2056.2
30	7044	Aila Cilliers	SOUTHERN FREE STATE	SFS	01:16.65	1042.70	00:43.47	1012.65	0.00	2055.3
31	3637	Shoana schofield	KWAZULU NATAL	KZN	01:30.84	1014.32	00:37.97	1040.15	0.00	2054.4
32	5082	Lia Geldenhuys	SOUTHERN FREE STATE	SFS	01:21.01	1033.98	00:42.01	1019.95	0.00	2053.9
33	6891	Avah Jean Spies	EDEN	EDEN	01:14.97	1046.06	00:44.48	1007.60	0.00	2053.6
34	6548	Lily Erasmus	SOUTHERN FREE STATE	SFS	01:23.19	1029.62	00:41.61	1021.95	0.00	2051.57
35	7158	Chante Benson	LIMPOPO	LIM	01:20.22	1035.56	00:43.32	1013.40	0.00	2048.9
36	7161	Cara Christie	LIMPOPO	LIM	01:24.35	1027.30	00:41.81	1020.95	0.00	2048.2
37	5025	Zara Lombard	GAUTENG NORTH	GN	01:21.77	1032.46	00:42.87	1015.65	0.00	2048.11
38	5326	Elmi van Heerden	SOUTHERN FREE STATE	SFS	01:27.32	1021.36	00:40.66	1026.70	0.00	2048.0
39	6826	Nina Vlok	EDEN	EDEN	01:23.10	1029.80	00:42.50	1017.50	0.00	2047.3
40	5506	Lize - Mari Du Plessis	EDEN	EDEN	01:27.12	1021.76	00:40.91	1025.45	0.00	2047.2
41	4655	Lilly Visser	GRIQUAS	GRI	01:25.01	1025.98	00:41.76	1021.20	0.00	2047.18

42	7299	Adelene Baard	BOLAND	BOL	01:23.60	1028.80	00:42.53	1017.35	0.00	2046.15
43	7918	Ami van Staden	SOUTHERN FREE STATE	SFS	01:15.90	1044.20	00:45.75	1001.25	0.00	2045.4
44	6983	Nila van der Merwe	WESTERN PROVINCE	WP	01:34.19	1007.62	00:38.59	1037.05	0.00	2044.6
45	7278	Ria Van Zyl	BOLAND	BOL	01:23.67	1028.66	00:42.94	1015.30	0.00	2043.9
46	7926	Emlyn Samuel	SOUTHERN FREE STATE	SFS	01:13.95	1048.10	00:47.01	994.95	0.00	2043.0
47	7143	Czigany Kerspuy	BORDER	BOR	01:26.04	1023.92	00:42.64	1016.80	0.00	2040.7
48	7787	Hannah Allison	EASTERN PROVINCE	EP	01:30.94	1014.12	00:41.04	1024.80	0.00	2038.9
49	8054	Mareli Janse van Rensburg	WESTERN PROVINCE	WP	01:28.28	1019.44	00:42.85	1015.75	0.00	2035.15
50	4984	Olivia Lamprecht	EDEN	EDEN	01:28.69	1018.62	00:43.13	1014.35	0.00	2032.9
51	6476	Angelique Pieterse	EDEN	EDEN	01:25.44	1025.12	00:44.58	1007.10	0.00	2032.2
52	8434	Stephanie Roma Lewies	GAUTENG NORTH	GN	01:31.92	1012.16	00:42.60	1017.00	0.00	2029.15
53	5657	Lerike Barnard	NORTH WEST	NW	01:20.64	1034.72	00:47.72	991.40	0.00	2026.12
54	5919	Clara Deacon	SOUTHERN FREE STATE	SFS	01:21.28	1033.44	00:48.97	985.15	0.00	2018.55
55	6895	Jana du Toit	GRIQUAS	GRI	01:22.05	1031.90	00:49.15	984.25	0.00	2016.15
56	7147	Katrien (Anna Katrien) Visser	LIMPOPO	LIM	01:29.30	1017.40	00:46.77	996.15	0.00	2013.55
57	4481	Lilibeth Kriel	WESTERN PROVINCE	WP	01:26.61	1022.78	00:47.99	990.05	0.00	2012.85
58	8206	Lily Andrews	GAUTENG NORTH	GN	01:36.17	1003.66	00:44.46	1007.70	0.00	2011.36
59	5086	Minke Swart	CENTRAL GAUTENG	CG	01:22.81	1030.38	00:49.81	980.95	0.00	2011.33
60	6970	Ani Greffrath	CENTRAL GAUTENG	CG	01:25.07	1025.86	00:48.91	985.45	0.00	2011.31

61	7199	Lize van den Berg	NORTH WEST	NW	01:27.65	1020.70	00:48.22	988.90	0.00	2009.6
62	7849	Alexis Bradfield	EASTERN PROVINCE	EP	01:35.52	1004.96	00:45.25	1003.75	0.00	2008.7
63	3653	Charlotte Bowman	BORDER	BOR	01:38.23	999.54	00:45.54	1002.30	0.00	2001.84
64	7881	Siyamthanda George	EASTERN PROVINCE	EP	01:27.90	1020.20	00:49.87	980.65	0.00	2000.8
65	8373	Lienka Viljoen	NORTH WEST	NW	01:33.50	1009.00	00:48.33	988.35	0.00	1997.35
66	8764	Nienke Boshoff	KWAZULU NATAL	KZN	01:41.17	993.66	00:45.76	1001.20	0.00	1994.86
67	7647	Anna Ehlers	WESTERN PROVINCE	WP	01:28.67	1018.66	00:52.93	965.35	0.00	1984.01
68	8610	Elmien Oosthuizen	MPUMALANGA	MP	01:34.80	1006.40	00:51.18	974.10	0.00	1980.56
69	8631	Madelein Olwagen	CENTRAL GAUTENG	CG	01:35.23	1005.54	00:51.18	974.10	0.00	1979.64
70	8272	Caro Louw	GRIQUAS	GRI	01:26.16	1023.68	00:54.89	955.55	0.00	1979.23
71	7347	Hailie Adanje Niemand	GRIQUAS	GRI	01:27.14	1021.72	00:55.05	954.75	0.00	1976.47
72	7702	Anja Kruger	NORTHERN FREE STATE	NFS	01:45.28	985.44	00:52.50	967.50	0.00	1952.94
73	8672	Isabella Van As	GRIQUAS	GRI	01:23.44	1029.12	01:02.13	919.35	0.00	1948.47
74	7410	Sofia Swart	CENTRAL GAUTENG	CG	01:44.37	987.26	01:00.99	925.05	0.00	1912.31
75	8162	Zani Joubert	CENTRAL GAUTENG	CG	01:39.63	996.74	01:10.77	876.15	0.00	1872.89
#		Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/11 BOYS				-						
1	6619	Adrian Lopes	MPUMALANGA	MP	01:09.01	1055.98	00:35.21	1043.95	0.00	2099.93
2	8461	Albert John Van der Spuy	BOLAND	BOL	01:11.70	1050.60	00:34.56	1047.20	0.00	2097.80

3	7417	Karlo Marais	BOLAND	BOL	01:10.32	1053.36	00:35.54	1042.30	0.00	2095.66
4	6823	Bastiaan David Botha	EDEN	EDEN	01:14.25	1045.50	00:34.05	1049.75	0.00	2095.25
5	3498	Markus Gutter	SOUTHERN FREE STATE	SFS	01:14.51	1044.98	00:34.05	1049.75	0.00	2094.73
6	6041	Levi Van Staden	BOLAND	BOL	01:10.05	1053.90	00:36.23	1038.85	0.00	2092.75
7	7896	Reece Botha	EASTERN PROVINCE	EP	01:09.58	1054.84	00:36.95	1035.25	0.00	2090.09
8	5202	Jean Joyce	WESTERN PROVINCE	WP	01:13.56	1046.88	00:35.44	1042.80	0.00	2089.68
9	5493	AJ Burger	BOLAND	BOL	01:07.05	1059.90	00:38.47	1027.65	0.00	2087.55
10	6830	De Wet Venter	EDEN	EDEN	01:11.05	1051.90	00:37.34	1033.30	0.00	2085.20
11	8829	Jamie Freislich	EDEN	EDEN	01:12.60	1048.80	00:37.08	1034.60	0.00	2083.40
12	6957	Eli Uys	BOLAND	BOL	01:08.70	1056.60	00:38.70	1026.50	0.00	2083.10
13	6669	Harrison Williams	MPUMALANGA	MP	01:15.15	1043.70	00:36.42	1037.90	0.00	2081.60
14	7376	Deon Rossouw	CENTRAL GAUTENG	CG	01:07.56	1058.88	00:39.53	1022.35	0.00	2081.23
15	6287	Michael Maposa	WESTERN PROVINCE	WP	01:14.95	1044.10	00:37.01	1034.95	0.00	2079.05
16	4850	Justus van Zyl	SOUTHERN FREE STATE	SFS	01:13.06	1047.88	00:38.16	1029.20	0.00	2077.08
17	4727	Lodewyk Moolman	EASTERN PROVINCE	EP	01:15.12	1043.76	00:37.63	1031.85	0.00	2075.61
18	4839	Derik Upton	SOUTHERN FREE STATE	SFS	01:16.76	1040.48	00:37.17	1034.15	0.00	2074.63
19	8260	Stian Terblanche	EDEN	EDEN	01:12.28	1049.44	00:39.29	1023.55	0.00	2072.99
20	7749	Christiaan Bekker	EDEN	EDEN	01:19.91	1034.18	00:36.30	1038.50	0.00	2072.68
21	5822	Sebastian Mattheus	WESTERN PROVINCE	WP	01:17.85	1038.30	00:37.17	1034.15	0.00	2072.45

22	5080	Ludwig Niemann	SOUTHERN FREE STATE	SFS	01:19.10	1035.80	00:36.99	1035.05	0.00	2070.85
23	7623	Lohan Kapp	EASTERN PROVINCE	EP	01:15.82	1042.36	00:38.34	1028.30	0.00	2070.66
24	5645	Geo March	GRIQUAS	GRI	01:20.10	1033.80	00:36.68	1036.60	0.00	2070.40
25	8046	Yosef Verster	WESTERN PROVINCE	WP	01:14.94	1044.12	00:38.99	1025.05	0.00	2069.17
26	6546	Ockert du Plessis	SOUTHERN FREE STATE	SFS	01:18.67	1036.66	00:38.60	1027.00	0.00	2063.66
27	7765	Daniel Martins	EDEN	EDEN	01:15.20	1043.60	00:40.46	1017.70	0.00	2061.30
28	7280	SD Le Roux	BOLAND	BOL	01:14.02	1045.96	00:41.53	1012.35	0.00	2058.31
29	6261	Aidan Pelser	CENTRAL GAUTENG	CG	01:18.39	1037.22	00:39.79	1021.05	0.00	2058.27
30	8253	Joshua Rowan	BORDER	BOR	01:19.61	1034.78	00:39.32	1023.40	0.00	2058.18
31	3880	Drey Naude	BOLAND	BOL	01:17.45	1039.10	00:40.25	1018.75	0.00	2057.85
32	7927	Liam Ranft	SOUTHERN FREE STATE	SFS	01:25.29	1023.42	00:37.17	1034.15	0.00	2057.57
33	7493	Nielen Horn	WESTERN PROVINCE	WP	01:17.07	1039.86	00:40.55	1017.25	0.00	2057.11
34	5928	Reinhardt Loubser	GRIQUAS	GRI	01:11.97	1050.06	00:43.64	1001.80	0.00	2051.86
35	8676	Zanrich Wepener	GRIQUAS	GRI	01:12.83	1048.34	00:43.41	1002.95	0.00	2051.29
36	8698	Lian Pietersen	LIMPOPO	LIM	01:22.41	1029.18	00:39.84	1020.80	0.00	2049.98
37	5179	Stian Gericke	WESTERN PROVINCE	WP	01:19.02	1035.96	00:41.47	1012.65	0.00	2048.61
38	7861	Awel Ncharre Mouchili	EASTERN PROVINCE	EP	01:12.95	1048.10	00:44.07	999.65	0.00	2047.75
39	7204	Caden Sullwald	LIMPOPO	LIM	01:23.44	1027.12	00:39.93	1020.35	0.00	2047.47
40	8081	MJ Mostert	GAUTENG NORTH	GN	01:18.37	1037.26	00:41.97	1010.15	0.00	2047.41

41	5761	Jan Saayman	BOLAND	BOL	01:21.76	1030.48	00:40.76	1016.20	0.00	2046.68
42	5875	GJ Kleynhans	NORTH WEST	NW	01:16.68	1040.64	00:43.40	1003.00	0.00	2043.64
43	7534	Joshuah Sutton	NORTH WEST	NW	01:30.03	1013.94	00:38.10	1029.50	0.00	2043.44
44	7948	Meyer van Zyl	SOUTHERN FREE STATE	SFS	01:17.73	1038.54	00:43.32	1003.40	0.00	2041.94
45	4072	Lealdo Wessels	MPUMALANGA	MP	01:15.62	1042.76	00:44.38	998.10	0.00	2040.86
46	6804	Justin Vlotman	GAUTENG NORTH	GN	01:15.25	1043.50	00:44.54	997.30	0.00	2040.80
47	4227	Kian Els	WESTERN PROVINCE	WP	01:21.93	1030.14	00:41.87	1010.65	0.00	2040.79
48	6190	Kiano Crous	MPUMALANGA	MP	01:12.54	1048.92	00:45.90	990.50	0.00	2039.42
49	7032	Andre Steyn	EDEN	EDEN	01:16.74	1040.52	00:44.35	998.25	0.00	2038.77
50	4985	Victor van der Sandt	EDEN	EDEN	01:13.25	1047.50	00:46.27	988.65	0.00	2036.15
51	6978	John Swart	CENTRAL GAUTENG	CG	01:26.89	1020.22	00:41.00	1015.00	0.00	2035.22
52	6031	Roelf Jacobs Jnr	WESTERN PROVINCE	WP	01:19.07	1035.86	00:45.20	994.00	0.00	2029.86
53	5662	Frank Haupt	NORTH WEST	NW	01:33.55	1006.90	00:39.50	1022.50	0.00	2029.40
54	5837	Daniel Terblanche	BOLAND	BOL	01:35.41	1003.18	00:39.14	1024.30	0.00	2027.48
55	8431	PW Prinsloo	BORDER	BOR	01:17.15	1039.70	00:46.96	985.20	0.00	2024.90
56	7031	Leo Castanho	EDEN	EDEN	01:27.51	1018.98	00:43.76	1001.20	0.00	2020.18
57	7867	Jordaan Victor	EASTERN PROVINCE	EP	01:22.79	1028.42	00:45.69	991.55	0.00	2019.97
58	8622	Kaleb Els	WESTERN PROVINCE	WP	01:17.82	1038.36	00:47.83	980.85	0.00	2019.21
59	7891	Tyler Leeson	EASTERN PROVINCE	EP	01:23.06	1027.88	00:45.96	990.20	0.00	2018.08

60	7218	Cornelis Stefanus Ferreira	NORTH WEST	NW	01:20.41	1033.18	00:47.03	984.85	0.00	2018.03
61	8097	Louwrens Brink	GAUTENG NORTH	GN	01:22.27	1029.46	00:46.95	985.25	0.00	2014.71
62	6241	Andre Greyling	GRIQUAS	GRI	01:20.40	1033.20	00:47.81	980.95	0.00	2014.15
63	7889	Willem van Niekerk	EASTERN PROVINCE	EP	01:18.42	1037.16	00:48.84	975.80	0.00	2012.96
64	8433	Dawid Klopper	GAUTENG NORTH	GN	01:20.11	1033.78	00:48.67	976.65	0.00	2010.43
65	5559	Lukas van Wyngaard	EDEN	EDEN	01:27.18	1019.64	00:45.95	990.25	0.00	2009.89
66	7872	Ryan Adams	KWAZULU NATAL	KZN	01:32.18	1009.64	00:44.18	999.10	0.00	2008.74
67	6290	Fritz Smalberger	WESTERN PROVINCE	WP	01:31.44	1011.12	00:44.86	995.70	0.00	2006.82
68	7624	Ben Zehmke	EASTERN PROVINCE	EP	01:18.71	1036.58	00:50.84	965.80	0.00	2002.38
69	8453	Pieter van der Merwe	MPUMALANGA	MP	01:31.12	1011.76	00:48.90	975.50	0.00	1987.26
70	7055	Zayden Barnard	NORTH WEST	NW	01:22.55	1028.90	00:52.77	956.15	0.00	1985.05
71	6910	Johannes Charl Engelbrecht	GRIQUAS	GRI	01:53.12	967.76	00:45.32	993.40	0.00	1961.16
72	5474	Rudolph de Bruin	NORTHERN FREE STATE	NFS	02:03.18	947.64	00:52.17	959.15	0.00	1906.79
73	8262	Fran-Luca Badenhorst	GRIQUAS	GRI	01:40.38	993.24	01:04.59	897.05	0.00	1890.29
74	6722	Kian Gauche	GAUTENG NORTH	GN	01:30.49	1013.02	01:11.67	861.65	0.00	1874.67

2	7875	Emma Von Mollendorff	KWAZULU NATAL	KZN	02:33.02	1055.96	00:32.30	1057.00	0.00	2112.96
3	3771	Annabelle van Onselen	WESTERN PROVINCE	WP	02:34.95	1052.10	00:32.35	1056.50	0.00	2108.60
4	4354	Elle-Anne Roper	SOUTHERN FREE STATE	SFS	02:36.73	1048.54	00:32.24	1057.60	0.00	2106.14
5	8803	Marli Strydom	WESTERN PROVINCE	WP	02:34.10	1053.80	00:32.90	1051.00	0.00	2104.80
6	3549	Bailey Bowman	BORDER	BOR	02:34.85	1052.30	00:34.28	1037.20	0.00	2089.50
7	4926	Emma Roets	GAUTENG NORTH	GN	02:34.40	1053.20	00:34.82	1031.80	0.00	2085.00
8	2135	Elmine Opperman	GRIQUAS	GRI	02:38.85	1044.30	00:34.17	1038.30	0.00	2082.60
9	1976	Kaylyn Grace Blair	SOUTHERN FREE STATE	SFS	02:39.55	1042.90	00:34.24	1037.60	0.00	2080.50
10	8343	Mikyle Joubert	BOLAND	BOL	02:34.76	1052.48	00:35.23	1027.70	0.00	2080.18
11	3741	Lea Cilliers	SOUTHERN FREE STATE	SFS	02:31.22	1059.56	00:35.99	1020.10	0.00	2079.66
12	2396	Mieke Burger	BOLAND	BOL	02:34.53	1052.94	00:35.37	1026.30	0.00	2079.24
13	8768	Olivia Theron	WESTERN PROVINCE	WP	02:33.33	1055.34	00:35.64	1023.60	0.00	2078.94
14	6971	Jemma Hodgkinson	CENTRAL GAUTENG	CG	02:36.51	1048.98	00:35.29	1027.10	0.00	2076.08
15	3090	Leah Marais	EASTERN PROVINCE	EP	02:39.79	1042.42	00:34.68	1033.20	0.00	2075.62
16	2106	Lisan Joubert	GRIQUAS	GRI	02:39.32	1043.36	00:34.78	1032.20	0.00	2075.56
17	5740	Maya Schenck	WESTERN PROVINCE	WP	02:48.45	1025.10	00:33.05	1049.50	0.00	2074.60
18	1552	Z'Ney Piechazek	SOUTHERN FREE STATE	SFS	02:39.72	1042.56	00:34.99	1030.10	0.00	2072.66
19	3817	Mia Schellink	EASTERN PROVINCE	EP	02:45.38	1031.24	00:34.38	1036.20	0.00	2067.44

20	2558	Annique Bester	BOLAND	BOL	02:52.06	1017.88	00:33.14	1048.60	0.00	2066.48
21	2506	Rouxle Kotze	BOLAND	BOL	02:46.90	1028.20	00:34.23	1037.70	0.00	2065.90
22	6015	Inge Jansen van Vuuren	LIMPOPO	LIM	02:43.68	1034.64	00:35.08	1029.20	0.00	2063.84
23	8557	Grace Stols	KWAZULU NATAL	KZN	02:45.52	1030.96	00:34.85	1031.50	0.00	2062.46
24	7819	Miane Bendeman	LIMPOPO	LIM	02:48.28	1025.44	00:34.31	1036.90	0.00	2062.34
25	1551	Neri Upton	SOUTHERN FREE STATE	SFS	02:55.29	1011.42	00:33.18	1048.20	0.00	2059.62
26	5607	Lika Rabie	BOLAND	BOL	02:47.06	1027.88	00:34.92	1030.80	0.00	2058.68
27	7118	Lily Mari Van Zyl	BOLAND	BOL	02:50.87	1020.26	00:34.24	1037.60	0.00	2057.86
28	5357	Mika Pelser	CENTRAL GAUTENG	CG	02:51.54	1018.92	00:34.39	1036.10	0.00	2055.02
29	4103	Niane Mare	BOLAND	BOL	02:38.90	1044.20	00:37.38	1006.20	0.00	2050.40
30	3719	Ava Els	EASTERN PROVINCE	EP	02:54.44	1013.12	00:34.43	1035.70	0.00	2048.82
31	5431	Zeney de Beer	MPUMALANGA	MP	02:53.83	1014.34	00:34.56	1034.40	0.00	2048.74
32	7107	Annah-Joy Sterne	BOLAND	BOL	02:57.09	1007.82	00:34.18	1038.20	0.00	2046.02
33	2402	Millay de Kock	NORTH WEST	NW	02:52.34	1017.32	00:35.75	1022.50	0.00	2039.82
34	4835	Anzèl Swiegers	SOUTHERN FREE STATE	SFS	02:52.63	1016.74	00:36.18	1018.20	0.00	2034.94
35	3740	Ment Prinsloo	EASTERN PROVINCE	EP	02:54.96	1012.08	00:36.00	1020.00	0.00	2032.08
36	7854	Marike Froneman	EASTERN PROVINCE	EP	02:52.81	1016.38	00:36.80	1012.00	0.00	2028.38
37	3404	Caitlin Lombard	BORDER	BOR	02:46.14	1029.72	00:38.15	998.50	0.00	2028.22
38	5300	Kristi Marais	SOUTHERN FREE STATE	SFS	02:54.29	1013.42	00:36.93	1010.70	0.00	2024.12

39	3381	Kari Gericke	WESTERN PROVINCE	WP	02:51.43	1019.14	00:37.61	1003.90	0.00	2023.04
40	4296	Elnè Hoffmann	SOUTHERN FREE STATE	SFS	03:11.82	978.36	00:33.74	1042.60	0.00	2020.96
41	4943	Yolla Mario	GRIQUAS	GRI	02:57.50	1007.00	00:37.53	1004.70	0.00	2011.70
42	6697	Dané Combrinck	GAUTENG NORTH	GN	02:52.97	1016.06	00:38.48	995.20	0.00	2011.26
43	6692	Minay Boshoff	GAUTENG NORTH	GN	02:51.08	1019.84	00:38.96	990.40	0.00	2010.24
44	8774	Ingrid Filter	WESTERN PROVINCE	WP	02:48.79	1024.42	00:39.48	985.20	0.00	2009.62
45	3560	Danni Croft	EDEN	EDEN	03:10.71	980.58	00:35.14	1028.60	0.00	2009.18
46	8296	Emily Marais	EDEN	EDEN	03:17.43	967.14	00:34.36	1036.40	0.00	2003.54
47	8568	Devhyn Trollip	MPUMALANGA	MP	03:17.21	967.58	00:34.56	1034.40	0.00	2001.98
48	5753	Liani Jacobs	WESTERN PROVINCE	WP	02:52.85	1016.30	00:39.51	984.90	0.00	2001.20
49	4371	Thalia Breed	MPUMALANGA	MP	03:08.71	984.58	00:36.54	1014.60	0.00	1999.18
50	7490	Johanni van der Merwe	WESTERN PROVINCE	WP	02:53.03	1015.94	00:39.82	981.80	0.00	1997.74
51	4828	Dia Hobbs	MPUMALANGA	MP	02:58.14	1005.72	00:38.85	991.50	0.00	1997.22
52	4452	Ané Hellmuth	GRIQUAS	GRI	02:59.90	1002.20	00:38.58	994.20	0.00	1996.40
53	5481	Nienke van Wyngaard	GAUTENG NORTH	GN	03:01.22	999.56	00:38.71	992.90	0.00	1992.46
54	5540	Mieke Roos	EDEN	EDEN	03:22.84	956.32	00:35.21	1027.90	0.00	1984.22
55	7542	Clara Ehlers	WESTERN PROVINCE	WP	02:52.26	1017.48	00:41.76	962.40	0.00	1979.88
56	6262	Jala Olivier	CENTRAL GAUTENG	CG	03:02.42	997.16	00:40.27	977.30	0.00	1974.46
57	7324	Sarah-faye Lubbe	GRIQUAS	GRI	02:56.53	1008.94	00:41.47	965.30	0.00	1974.24

58	7671	Aninka Terblanche	EDEN	EDEN	03:11.41	979.18	00:38.51	994.90	0.00	1974.08
59	7640	Minke Marincowitz	EASTERN PROVINCE	EP	02:55.91	1010.18	00:42.23	957.70	0.00	1967.88
60	6896	Johanna Van Zyl	GRIQUAS	GRI	03:03.48	995.04	00:40.77	972.30	0.00	1967.34
61	8307	Annabelle Els	EDEN	EDEN	03:30.92	940.16	00:38.05	999.50	0.00	1939.66
62	2290	Nina Vancoillie	WESTERN PROVINCE	WP	02:59.19	1003.62	00:45.78	922.20	0.00	1925.82
63	8085	Amorey Rossouw	GAUTENG NORTH	GN	03:19.14	963.72	00:42.02	959.80	0.00	1923.52
64	3895	Nika van der Merwe	MPUMALANGA	MP	03:01.16	999.68	00:46.77	912.30	0.00	1911.98
65	2734	Lee-Anne Botha	MPUMALANGA	MP	03:02.72	996.56	00:50.00	880.00	0.00	1876.56

	#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/13 BOYS				-						
1	4603	Reynardt Grobler	BOLAND	BOL	02:35.54	1048.92	00:28.09	1079.10	0.00	2128
2	4867	Judah Spies	EDEN	EDEN	02:26.52	1066.96	00:30.66	1053.40	0.00	2120
3	3374	Guy Joyce	WESTERN PROVINCE	WP	02:23.09	1073.82	00:31.45	1045.50	0.00	2119.35
4	7848	Joe-Luke Bradfield	EASTERN PROVINCE	EP	02:32.25	1055.50	00:30.42	1055.80	0.00	2111.30
5	4507	Adrian Kuhn	WESTERN PROVINCE	WP	02:28.00	1064.00	00:31.92	1040.80	0.00	2104
6	1801	Benjamin Bond	EDEN	EDEN	02:31.25	1057.50	00:31.73	1042.70	0.00	2100
7	1535	Daniël van Wyngaard	EDEN	EDEN	02:29.13	1061.74	00:32.44	1035.60	0.00	2097
8	2107	Noah Visser	GRIQUAS	GRI	02:29.31	1061.38	00:32.60	1034.00	0.00	2091
9	7748	FG Bekker	EDEN	EDEN	02:33.60	1052.80	00:32.42	1035.80	0.00	2088
10	2634	Niel Naude	BOLAND	BOL	02:34.49	1051.02	00:33.24	1027.60	0.00	2078

11	6998	Cooper Gilligan	WESTERN PROVINCE	WP	02:37.27	1045.46	00:34.05	1019.50	0.00	2064
12	4200	Christiaan Mostert	GRIQUAS	GRI	02:47.02	1025.96	00:32.11	1038.90	0.00	2064
13	5653	McNeil Marques De Waal	GRIQUAS	GRI	02:38.47	1043.06	00:34.08	1019.20	0.00	2064
14	2105	Rynhardt Van den Bergh	GRIQUAS	GRI	02:42.70	1034.60	00:33.24	1027.60	0.00	2064
15	5365	Eben Human	GAUTENG NORTH	GN	02:46.65	1026.70	00:32.58	1034.20	0.00	2064
16	5258	Janré Slabbert	SOUTHERN FREE STATE	SFS	02:40.77	1038.46	00:34.13	1018.70	0.00	2054
17	2510	Barend Spreeth	BOLAND	BOL	02:39.30	1041.40	00:34.84	1011.60	0.00	2054
18	1549	Lohan Maree	SOUTHERN FREE STATE	SFS	02:51.58	1016.84	00:32.50	1035.00	0.00	2051
19	5691	Lian Jonker	BOLAND	BOL	02:36.02	1047.96	00:35.63	1003.70	0.00	2051
20	2878	Bramwell Whitehouse	BOLAND	BOL	02:38.92	1042.16	00:35.19	1008.10	0.00	2051
21	1640	Fanie Barnard	SOUTHERN FREE STATE	SFS	02:36.88	1046.24	00:36.04	999.60	0.00	2044
22	3601	Markú Loubser	WESTERN PROVINCE	WP	02:37.93	1044.14	00:36.06	999.40	0.00	2044
23	6357	Ezra Scheepers	EDEN	EDEN	02:31.90	1056.20	00:37.37	986.30	0.00	2044
24	1622	Pieter Gutter	SOUTHERN FREE STATE	SFS	02:41.56	1036.88	00:35.44	1005.60	0.00	2044
25	6188	Reynard Delpont	EASTERN PROVINCE	EP	02:52.03	1015.94	00:33.41	1025.90	0.00	2041
26	3470	Franco Pelser	SOUTHERN FREE STATE	SFS	02:37.31	1045.38	00:36.40	996.00	0.00	2041
27	3067	Jacq John van Schalkwyk	EASTERN PROVINCE	EP	02:38.25	1043.50	00:36.26	997.40	0.00	2041
28	2359	Estevan Wessels	MPUMALANGA	MP	02:35.00	1050.00	00:37.05	989.50	0.00	2039
29	1301	Adriaan van Dyk	WESTERN PROVINCE	WP	02:51.33	1017.34	00:34.08	1019.20	0.00	2039

30	4786	LOGAN FRANCK	NORTHERN FREE STATE	NFS	02:59.21	1001.58	00:32.84	1031.60	0.00	2031
31	8478	Jean Botha	EDEN	EDEN	02:24.99	1070.02	00:40.27	957.30	0.00	2027
32	1646	Henri Pretorius;	WESTERN PROVINCE	WP	02:49.27	1021.46	00:35.66	1003.40	0.00	2024
33	2285	Ryan Fouche	WESTERN PROVINCE	WP	02:56.84	1006.32	00:34.18	1018.20	0.00	2024
34	4914	Aiden van der Merwe	GAUTENG NORTH	GN	02:55.89	1008.22	00:35.03	1009.70	0.00	2017
35	4802	CALEB NEL	NORTHERN FREE STATE	NFS	02:31.59	1056.82	00:39.90	961.00	0.00	2017
36	3376	Bernard Lamprecht	EDEN	EDEN	02:35.11	1049.78	00:39.58	964.20	0.00	2013
37	3040	Conrad Kriel	WESTERN PROVINCE	WP	02:41.14	1037.72	00:38.44	975.60	0.00	2013
38	6572	Joshua Barendse	EASTERN PROVINCE	EP	02:56.94	1006.12	00:35.62	1003.80	0.00	2009
39	2980	Cobus Wentzel	WESTERN PROVINCE	WP	02:48.06	1023.88	00:37.50	985.00	0.00	2008
40	6637	Matthew Bland	WESTERN PROVINCE	WP	02:52.46	1015.08	00:37.29	987.10	0.00	2007
41	5973	Johan Naude	GAUTENG NORTH	GN	02:51.39	1017.22	00:37.54	984.60	0.00	2001
42	5747	Andries Du Toit	GRIQUAS	GRI	02:46.84	1026.32	00:38.47	975.30	0.00	2001
43	4862	Luan Bester	SOUTHERN FREE STATE	SFS	02:51.65	1016.70	00:37.72	982.80	0.00	1999
44	3808	Luan Geldenhuys	SOUTHERN FREE STATE	SFS	02:55.11	1009.78	00:37.16	988.40	0.00	1998
45	8090	Conrad Smith	GAUTENG NORTH	GN	03:01.63	996.74	00:36.48	995.20	0.00	1991
46	7701	Enrico du Preez	NORTHERN FREE STATE	NFS	02:55.37	1009.26	00:38.15	978.50	0.00	1987
47	6280	Wilhelm Smalberger	WESTERN PROVINCE	WP	02:58.19	1003.62	00:38.08	979.20	0.00	1982
48	6746	Caylem Van Nieuwenhuizens	GAUTENG NORTH	GN	02:57.83	1004.34	00:38.28	977.20	0.00	1981

49	6072	Juan Roets	EASTERN PROVINCE	EP	03:10.96	978.08	00:35.85	1001.50	0.00	1979
50	8096	Herman Brink	GAUTENG NORTH	GN	03:14.44	971.12	00:36.26	997.40	0.00	1968
51	6816	Liam De Leeuw	NORTH WEST	NW	02:59.21	1001.58	00:39.63	963.70	0.00	1965
52	8013	Daniël de Wit	WESTERN PROVINCE	WP	03:10.65	978.70	00:37.61	983.90	0.00	1962
53	7969	Franco Wolfaardt	EASTERN PROVINCE	EP	02:54.84	1010.32	00:40.94	950.60	0.00	1960
54	8149	Lian Dippenaar	CENTRAL GAUTENG	CG	03:03.64	992.72	00:39.41	965.90	0.00	1958
55	7219	Petrus Marthinus Ferreira	NORTH WEST	NW	02:50.55	1018.90	00:42.53	934.70	0.00	1953
56	3667	Marlo van Daalen	BORDER	BOR	02:57.43	1005.14	00:41.34	946.60	0.00	1951
57	7142	Zachary Kerspuy	BORDER	BOR	03:17.83	964.34	00:37.50	985.00	0.00	1949
58	6916	Hennie Janse van Rensburg	NORTH WEST	NW	02:50.93	1018.14	00:44.34	916.60	0.00	1934
59	8175	Nico Roux	NORTH WEST	NW	03:04.97	990.06	00:41.80	942.00	0.00	1932
60	6906	Manus Van Der Walt	GRIQUAS	GRI	03:11.63	976.74	00:41.27	947.30	0.00	1924
61	4788	RUAN KELLERMAN	NORTHERN FREE STATE	NFS	03:24.56	950.88	00:39.91	960.90	0.00	1911.7
62	5487	Ehlers van Zyl	NORTH WEST	NW	02:44.39	1031.22	00:48.35	876.50	0.00	1907
63	5648	Charl Petrus du Plessis	GRIQUAS	GRI	03:05.38	989.24	00:47.22	887.80	0.00	1877
64	7975	Benji van Biljon	MPUMALANGA	MP	03:35.76	928.48	00:42.14	938.60	0.00	1867
65	8161	Joshua Joubert	CENTRAL GAUTENG	CG	03:13.65	972.70	00:48.78	872.20	0.00	1844
66	7254	Reuben Ferreira	GAUTENG NORTH	GN	03:00.21	999.58	00:52.15	838.50	0.00	1838

	#	Athlete	Province	Team	Time	Points	Time	Points	Points	Points
	U/15 GIRLS			-						
1	5664	Gea March	GRIQUAS	GRI	02:32.22	1041.56	01:08.64	1031.80	0.00	2073.3
2	2717	Georgia Sabbagha	BOLAND	BOL	02:34.47	1037.06	01:08.45	1032.75	0.00	2069.8
3	2924	Leah Hopper	EDEN	EDEN	02:32.73	1040.54	01:10.70	1021.50	0.00	2062.0
4	4982	Keyla Douglas	EDEN	EDEN	02:41.41	1023.18	01:09.51	1027.45	0.00	2050.6
5	6997	Saskia Gilligan	WESTERN PROVINCE	WP	02:38.28	1029.44	01:10.84	1020.80	0.00	2050.2
6	5767	Milla Christensen	BOLAND	BOL	02:52.07	1001.86	01:08.79	1031.05	0.00	2032.9
7	7530	Hope Churchman	KWAZULU NATAL	KZN	02:43.94	1018.12	01:12.21	1013.95	0.00	2032.0
8	6071	Amalia van der Westhuizen	EASTERN PROVINCE	EP	02:50.92	1004.16	01:10.52	1022.40	0.00	2026.5
9	4486	Nicola Nysschen	GRIQUAS	GRI	02:44.19	1017.62	01:13.96	1005.20	0.00	2022.8
10	1834	Lheane Du Plessis	EDEN	EDEN	03:01.55	982.90	01:07.33	1038.35	0.00	2021.2
11	2602	Zanli Le Roux	BOLAND	BOL	02:43.69	1018.62	01:14.55	1002.25	0.00	2020.8
12	2660	Lize-Mari Beyers	BOLAND	BOL	02:55.31	995.38	01:10.36	1023.20	0.00	2018.5
13	6013	Zene Gouws	LIMPOPO	LIM	02:32.48	1041.04	01:19.51	977.45	0.00	2018.4
14	3988	Joani Mathewson	GRIQUAS	GRI	02:36.36	1033.28	01:18.49	982.55	0.00	2015.8
15	2699	Cume Mouton	BOLAND	BOL	02:42.77	1020.46	01:16.44	992.80	0.00	2013.2
16	7572	Abigail Goodchild	GAUTENG NORTH	GN	02:52.21	1001.58	01:12.73	1011.35	0.00	2012.9
17	3266	Mariane Labuschagne	EDEN	EDEN	02:48.59	1008.82	01:14.57	1002.15	0.00	2010.9
18	6563	Mienke Kok	EASTERN PROVINCE	EP	03:09.42	967.16	01:06.31	1043.45	0.00	2010.6
19	3094	Mari Moolman	SOUTHERN FREE STATE	SFS	02:54.74	996.52	01:13.28	1008.60	0.00	2005.1

20	2357	Ciska van der Merwe	MPUMALANGA	MP	02:40.42	1025.16	01:20.09	974.55	0.00	1999.71
21	5087	Milla Swart	CENTRAL GAUTENG	CG	02:44.42	1017.16	01:18.75	981.25	0.00	1998.41
22	1506	Nina Koen	EDEN	EDEN	02:47.79	1010.42	01:17.57	987.15	0.00	1997.57
23	7365	Gia de Wit	WESTERN PROVINCE	WP	02:40.45	1025.10	01:22.36	963.20	0.00	1988.30
24	2199	Destheonique Julius	GRIQUAS	GRI	02:55.56	994.88	01:16.61	991.95	0.00	1986.81
25	1624	Livia Gutter	SOUTHERN FREE STATE	SFS	03:13.86	958.28	01:09.40	1028.00	0.00	1986.21
26	7226	Lene Bester	NORTH WEST	NW	03:00.74	984.52	01:14.72	1001.40	0.00	1985.91
27	5595	Mia Steenkamp	BOLAND	BOL	02:42.33	1021.34	01:22.11	964.45	0.00	1985.71
28	7554	Alyssa Beattie	KWAZULU NATAL	KZN	02:51.51	1002.98	01:18.63	981.85	0.00	1984.81
29	8012	Rua de Wit	WESTERN PROVINCE	WP	03:00.47	985.06	01:15.05	999.75	0.00	1984.81
30	7184	Rachel De Fleuriot	KWAZULU NATAL	KZN	02:58.03	989.94	01:17.32	988.40	0.00	1978.34
31	5485	Layla Viljoen	NORTH WEST	NW	02:30.63	1044.74	01:29.58	927.10	0.00	1971.84
32	4071	Lia van Heerden	SOUTHERN FREE STATE	SFS	03:22.47	941.06	01:09.19	1029.05	0.00	1970.11
33	6545	Mienka de Klerk	SOUTHERN FREE STATE	SFS	02:56.53	992.94	01:20.03	974.85	0.00	1967.71
34	6424	Kayla Botha	GAUTENG NORTH	GN	02:28.82	1048.36	01:31.28	918.60	0.00	1966.91
35	1919	Iane Joubert	EDEN	EDEN	03:02.57	980.86	01:18.54	982.30	0.00	1963.16
36	6593	Inge Moore	EASTERN PROVINCE	EP	03:02.42	981.16	01:18.81	980.95	0.00	1962.11
37	1034	Anlo Esterhuizen	BOLAND	BOL	02:35.92	1034.16	01:29.53	927.35	0.00	1961.51
38	1041	Antru Esterhuizen	BOLAND	BOL	02:43.28	1019.44	01:29.39	928.05	0.00	1947.41
39	6541	Katie Van den Heever	MPUMALANGA	MP	03:08.84	968.32	01:19.50	977.50	0.00	1945.81

9	3260	Llewellyn Orffer	GRIQUAS	GRI	02:24.77	1044.46	01:06.41	1032.95	0.00	2077.41
10	7190	Matthew De Fleuriot	KWAZULU NATAL	KZN	02:32.95	1028.10	01:03.65	1046.75	0.00	2074.85
11	3209	John William Grobler	BOLAND	BOL	02:19.06	1055.88	01:10.76	1011.20	0.00	2067.08
12	4199	Stian Mostert	GRIQUAS	GRI	02:33.27	1027.46	01:06.71	1031.45	0.00	2058.91
13	2134	Theodore Opperman	GRIQUAS	GRI	02:26.53	1040.94	01:09.81	1015.95	0.00	2056.89
14	6654	Lucas Linde	WESTERN PROVINCE	WP	02:21.46	1051.08	01:11.87	1005.65	0.00	2056.73
15	5516	Douglas Lindeboom	SOUTHERN FREE STATE	SFS	02:38.28	1017.44	01:05.20	1039.00	0.00	2056.44
16	5170	Ewan Kriel	WESTERN PROVINCE	WP	02:28.43	1037.14	01:09.22	1018.90	0.00	2056.04
17	2195	Tommie Wessels	SOUTHERN FREE STATE	SFS	02:34.03	1025.94	01:07.40	1028.00	0.00	2053.94
18	3866	Jack Clifford	BORDER	BOR	02:32.75	1028.50	01:08.56	1022.20	0.00	2050.70
19	1247	Jack Fouche	BOLAND	BOL	02:24.38	1045.24	01:12.13	1004.35	0.00	2049.59
20	8447	Ivan Pretorius	GAUTENG NORTH	GN	02:39.22	1015.56	01:06.41	1032.95	0.00	2048.51
21	8145	Ayden Briscoe	CENTRAL GAUTENG	CG	02:23.71	1046.58	01:12.95	1000.25	0.00	2046.83
22	4549	Le Roux Heunis	WESTERN PROVINCE	WP	02:46.01	1001.98	01:04.61	1041.95	0.00	2043.93
23	6827	Eduard Snyman	EDEN	EDEN	02:21.08	1051.84	01:16.34	983.30	0.00	2035.14
24	8150	Oliver North	CENTRAL GAUTENG	CG	02:23.11	1047.78	01:15.92	985.40	0.00	2033.18
25	3818	Hanroux Schellink	EASTERN PROVINCE	EP	02:33.87	1026.26	01:11.83	1005.85	0.00	2032.11
26	5839	Luan Van Der Schyff	LIMPOPO	LIM	02:31.62	1030.76	01:13.03	999.85	0.00	2030.61
27	4933	Errol Harmse	GAUTENG NORTH	GN	02:36.71	1020.58	01:11.11	1009.45	0.00	2030.03

28	2439	Andrew Albert Lubbe	GRIQUAS	GRI	02:35.59	1022.82	01:11.81	1005.95	0.00	2028.77
29	4716	Ruben Knoetze	EDEN	EDEN	02:37.89	1018.22	01:11.54	1007.30	0.00	2025.52
30	5088	Henning Bouwer	CENTRAL GAUTENG	CG	02:27.48	1039.04	01:15.92	985.40	0.00	2024.44
31	6702	Jaco Fouche	GAUTENG NORTH	GN	02:34.36	1025.28	01:13.30	998.50	0.00	2023.78
32	8627	Charles Nel	WESTERN PROVINCE	WP	02:41.89	1010.22	01:10.67	1011.65	0.00	2021.87
33	7984	Theo van Rooyen	EASTERN PROVINCE	EP	02:26.77	1040.46	01:16.75	981.25	0.00	2021.71
34	1107	Hiram Robertson	EASTERN PROVINCE	EP	02:44.11	1005.78	01:12.83	1000.85	0.00	2006.63
35	6508	Matthew du Plessis	SOUTHERN FREE STATE	SFS	02:44.55	1004.90	01:13.49	997.55	0.00	2002.45
36	1556	Hanco van Zyl	SOUTHERN FREE STATE	SFS	02:50.76	992.48	01:11.92	1005.40	0.00	1997.88
37	2633	AJ Naude	BOLAND	BOL	02:35.71	1022.58	01:18.01	974.95	0.00	1997.53
38	8018	Andre Botha	WESTERN PROVINCE	WP	02:39.18	1015.64	01:17.57	977.15	0.00	1992.79
39	2008	Michael Marais	LIMPOPO	LIM	02:51.53	990.94	01:13.00	1000.00	0.00	1990.94
40	4178	Danco Brits	GRIQUAS	GRI	02:37.55	1018.90	01:18.73	971.35	0.00	1990.25
41	6286	Paul Maposa	WESTERN PROVINCE	WP	02:43.69	1006.62	01:17.84	975.80	0.00	1982.42
42	4192	Wilhelm Gous	GRIQUAS	GRI	02:38.70	1016.60	01:20.50	962.50	0.00	1979.10
43	8212	Michael Meyer	NORTH WEST	NW	02:46.06	1001.88	01:17.64	976.80	0.00	1978.68
44	4082	De Wet Bartman	BOLAND	BOL	02:22.44	1049.12	01:28.03	924.85	0.00	1973.97
45	8108	Markus du Toit	GAUTENG NORTH	GN	02:43.34	1007.32	01:19.75	966.25	0.00	1973.57
46	4128	Anthony Le Roux	BOLAND	BOL	02:43.77	1006.46	01:20.23	963.85	0.00	1970.31

47	7639	Owen Jooste	EASTERN PROVINCE	EP	02:58.37	977.26	01:14.51	992.45	0.00	1969.71
48	7974	Sebastian van Biljon	MPUMALANGA	MP	02:55.66	982.68	01:16.25	983.75	0.00	1966.43
49	3089	Christiaan Marais	EASTERN PROVINCE	EP	02:41.31	1011.38	01:22.81	950.95	0.00	1962.33
50	8668	Cornelius Johannes Cockeran	GRIQUAS	GRI	02:47.87	998.26	01:21.36	958.20	0.00	1956.46
51	6209	Johan Ferreira	GAUTENG NORTH	GN	02:54.54	984.92	01:19.38	968.10	0.00	1953.02
52	4696	Stiaan Steyn	EASTERN PROVINCE	EP	03:04.52	964.96	01:15.40	988.00	0.00	1952.96
53	8087	Conrad Jordaan	GAUTENG NORTH	GN	02:38.86	1016.28	01:28.13	924.35	0.00	1940.63
54	2828	Rohan Swart	NORTH WEST	NW	02:42.99	1008.02	01:27.71	926.45	0.00	1934.47
55	8601	Benjamin Francois Naude	GRIQUAS	GRI	03:08.62	956.76	01:19.76	966.20	0.00	1922.96
56	4838	Danru Burger	SOUTHERN FREE STATE	SFS	02:49.89	994.22	01:27.94	925.30	0.00	1919.52
57	3962	Barend Burger	GRIQUAS	GRI	02:53.62	986.76	01:28.55	922.25	0.00	1909.01
58	1972	Eben Jongbloed	SOUTHERN FREE STATE	SFS	03:09.25	955.50	01:26.80	931.00	0.00	1886.50
59	8758	Juandre Stoman	EASTERN PROVINCE	EP	02:52.77	988.46	01:37.86	875.70	0.00	1864.16
U/17 GIRLS				-						
1	2136	Mia Groenewald	WESTERN PROVINCE	WP	02:21.50	1043.00	01:02.10	1064.50	0.00	2107.50
2	2792	Megan Kleynhans	CENTRAL GAUTENG	CG	02:20.31	1045.38	01:04.10	1054.50	0.00	2099.88
3	1363	Danelle van Tonder	WESTERN PROVINCE	WP	02:10.39	1065.22	01:08.97	1030.15	0.00	2095.37

4	2366	Zoe Morgado	SOUTHERN FREE STATE	SFS	02:26.35	1033.30	01:05.92	1045.40	0.00	2078.70
5	7272	Minke Bester	NORTH WEST	NW	02:30.82	1024.36	01:04.72	1051.40	0.00	2075.76
6	4461	Lehane Lategan	GRIQUAS	GRI	02:25.98	1034.04	01:07.61	1036.95	0.00	2070.99
7	7308	Sienna Ellis	BOLAND	BOL	02:15.67	1054.66	01:13.91	1005.45	0.00	2060.11
8	1577	Leandi Prinsloo	SOUTHERN FREE STATE	SFS	02:40.28	1005.44	01:04.35	1053.25	0.00	2058.69
9	2746	Jessica Matthysen	MPUMALANGA	MP	02:33.13	1019.74	01:07.37	1038.15	0.00	2057.89
10	3990	Charlotte Mathewson	GRIQUAS	GRI	02:21.26	1043.48	01:12.25	1013.75	0.00	2057.23
11	2912	Dune Haasbroek	EDEN	EDEN	02:27.16	1031.68	01:09.95	1025.25	0.00	2056.93
12	5131	Stacey Welsh	EASTERN PROVINCE	EP	02:32.12	1021.76	01:08.51	1032.45	0.00	2054.21
13	2701	Nicola Hawley	BOLAND	BOL	02:31.03	1023.94	01:09.05	1029.75	0.00	2053.69
14	1100	Minette van Zyl	EASTERN PROVINCE	EP	02:44.06	997.88	01:06.66	1041.70	0.00	2039.58
15	1524	Deunè du Plessis	SOUTHERN FREE STATE	SFS	02:46.03	993.94	01:06.43	1042.85	0.00	2036.79
16	8704	Isabel Kuhn	EASTERN PROVINCE	EP	02:50.53	984.94	01:04.70	1051.50	0.00	2036.44
17	1688	Amber Liebbrandt	KWAZULU NATAL	KZN	02:40.23	1005.54	01:09.40	1028.00	0.00	2033.54
18	2978	Mia Lombard	BORDER	BOR	02:34.56	1016.88	01:12.22	1013.90	0.00	2030.78
19	3386	Marine Pretorius	GRIQUAS	GRI	02:37.42	1011.16	01:11.36	1018.20	0.00	2029.36
20	2137	Emma Groenewald	WESTERN PROVINCE	WP	02:40.78	1004.44	01:10.10	1024.50	0.00	2028.94
21	4169	Milan Kruger	BOLAND	BOL	02:20.53	1044.94	01:18.58	982.10	0.00	2027.04
22	2645	Jani Barkhuysen	BOLAND	BOL	02:44.85	996.30	01:09.18	1029.10	0.00	2025.40

23	2572	Isabella Olivier	BOLAND	BOL	02:48.72	988.56	01:09.25	1028.75	0.00	2017.31
24	1681	Annabelle Van Heerden	KWAZULU NATAL	KZN	02:53.19	979.62	01:08.08	1034.60	0.00	2014.22
25	1642	Franzelle Barnard	SOUTHERN FREE STATE	SFS	02:36.63	1012.74	01:15.10	999.50	0.00	2012.24
26	6434	Leane Swanepoel	EDEN	EDEN	02:46.60	992.80	01:11.82	1015.90	0.00	2008.70
27	1926	Minay Botha	EDEN	EDEN	02:37.92	1010.16	01:15.35	998.25	0.00	2008.41
28	8011	Chara de Wit	WESTERN PROVINCE	WP	02:29.87	1026.26	01:18.77	981.15	0.00	2007.41
29	3491	Lianè De Wet	SOUTHERN FREE STATE	SFS	02:36.68	1012.64	01:16.54	992.30	0.00	2004.94
30	7070	Anine Pienaar	BOLAND	BOL	02:28.08	1029.84	01:20.95	970.25	0.00	2000.09
31	8426	Johzaan van Rooyen	EASTERN PROVINCE	EP	02:53.41	979.18	01:10.90	1020.50	0.00	1999.68
32	1798	Danielle Bond	EDEN	EDEN	02:41.53	1002.94	01:15.86	995.70	0.00	1998.64
33	6150	Talitha Van der Schyff	LIMPOPO	LIM	03:00.51	964.98	01:08.63	1031.85	0.00	1996.83
34	6709	Lana van Schalkwyk	GAUTENG NORTH	GN	02:41.76	1002.48	01:16.57	992.15	0.00	1994.63
35	4302	Mieke Joubert	BOLAND	BOL	02:39.10	1007.80	01:19.62	976.90	0.00	1984.70
36	5762	Aimee Liebenberg	BOLAND	BOL	03:03.20	959.60	01:10.09	1024.55	0.00	1984.15
37	2103	Janke Steenkamp	MPUMALANGA	MP	02:33.62	1018.76	01:22.59	962.05	0.00	1980.81
38	7271	April Allam	NORTH WEST	NW	02:57.75	970.50	01:14.06	1004.70	0.00	1975.20
39	8567	Shelby Trollip	MPUMALANGA	MP	03:02.68	960.64	01:12.18	1014.10	0.00	1974.74
40	7588	Milandi Marais	GAUTENG NORTH	GN	02:32.41	1021.18	01:25.04	949.80	0.00	1970.98
41	1581	Claire Combrink	SOUTHERN FREE STATE	SFS	02:54.23	977.54	01:16.38	993.10	0.00	1970.64

42	2351	Danicka Groenewald	MPUMALANGA	MP	02:42.17	1001.66	01:22.23	963.85	0.00	1965.51
43	8874	Ella Lombard	NORTH WEST	NW	03:23.25	919.50	01:07.86	1035.70	0.00	1955.20
44	8719	Sarah van Eeden	EASTERN PROVINCE	EP	02:38.54	1008.92	01:28.49	932.55	0.00	1941.47
45	2006	Hannah Landsberg	LIMPOPO	LIM	02:50.29	985.42	01:24.93	950.35	0.00	1935.77
46	7510	Leandri Marais	GAUTENG NORTH	GN	02:59.97	966.06	01:24.67	951.65	0.00	1917.71
47	8273	Mia Mans	GRIQUAS	GRI	02:57.05	971.90	01:26.67	941.65	0.00	1913.55
48	6333	Abigail Louw	EDEN	EDEN	02:54.22	977.56	01:28.33	933.35	0.00	1910.91
49	1276	Mieke Havenga	WESTERN PROVINCE	WP	02:56.65	972.70	01:28.28	933.60	0.00	1906.30
50	3336	Roshelle van Niekerk	EDEN	EDEN	03:14.02	937.96	01:27.96	935.20	0.00	1873.16
51	8486	Anjomé Coetzee	GRIQUAS	GRI	02:45.67	994.66	01:49.27	828.65	0.00	1823.31
52	4418	Iandri Jacob	MPUMALANGA	MP	03:11.41	943.18	01:51.88	815.60	0.00	1758.78
	#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/17 BOYS				-						
1	1469	Egbert Palmer	NORTH WEST	NW	02:12.29	1047.42	00:56.11	1069.45	0.00	2116.87
2	8409	Dawid de Villiers	MPUMALANGA	MP	02:08.85	1054.30	00:59.16	1054.20	0.00	2108.50
3	2641	Arden Kotze	BOLAND	BOL	02:08.10	1055.80	00:59.47	1052.65	0.00	2108.45
4	7225	Nicolas Greeve	NORTH WEST	NW	02:00.55	1070.90	01:03.16	1034.20	0.00	2105.10
5	7879	Elijah Schonken	KWAZULU NATAL	KZN	02:18.26	1035.48	00:56.73	1066.35	0.00	2101.83
6	3869	Lohan van Daalen	BORDER	BOR	02:09.19	1053.62	01:02.68	1036.60	0.00	2090.22

7	3696	Chris Lombard	BORDER	BOR	02:05.64	1060.72	01:04.78	1026.10	0.00	2086.82
8	2064	NJ Tiedt	GRIQUAS	GRI	02:13.97	1044.06	01:01.69	1041.55	0.00	2085.61
9	4672	Ruhann Slabber	BOLAND	BOL	02:12.52	1046.96	01:03.53	1032.35	0.00	2079.31
10	1208	Niel Conradie	WESTERN PROVINCE	WP	02:09.98	1052.04	01:05.50	1022.50	0.00	2074.54
11	8023	Tariq van Wyk	WESTERN PROVINCE	WP	02:19.10	1033.80	01:01.96	1040.20	0.00	2074.00
12	5148	Tiaan Lambrechts	WESTERN PROVINCE	WP	02:09.42	1053.16	01:06.08	1019.60	0.00	2072.76
13	2358	Giann Wessels	MPUMALANGA	MP	02:08.73	1054.54	01:07.91	1010.45	0.00	2064.99
14	8690	Sion Coetzee	WESTERN PROVINCE	WP	02:30.31	1011.38	00:59.62	1051.90	0.00	2063.28
15	6221	Hunter Krynauw	BOLAND	BOL	02:20.78	1030.44	01:05.13	1024.35	0.00	2054.79
16	8586	Jan Bosman	BOLAND	BOL	02:25.52	1020.96	01:03.67	1031.65	0.00	2052.61
17	7719	Juan Kasselmann	NORTH WEST	NW	02:28.57	1014.86	01:03.29	1033.55	0.00	2048.41
18	3980	Dehan Lubbe	GRIQUAS	GRI	02:20.44	1031.12	01:06.61	1016.95	0.00	2048.07
19	5680	Lourens Niemand	GRIQUAS	GRI	02:23.35	1025.30	01:07.47	1012.65	0.00	2037.95
20	1423	Wian Joubert	WESTERN PROVINCE	WP	02:21.35	1029.30	01:09.43	1002.85	0.00	2032.15
21	7214	Milan van der Nest	MPUMALANGA	MP	02:39.46	993.08	01:02.51	1037.45	0.00	2030.53
22	5752	Janco van Rensburg	WESTERN PROVINCE	WP	02:26.12	1019.76	01:08.17	1009.15	0.00	2028.91
23	2616	Dirk Uys	BOLAND	BOL	02:26.50	1019.00	01:09.43	1002.85	0.00	2021.85
24	1192	Christian Theron	EASTERN PROVINCE	EP	02:14.73	1042.54	01:14.81	975.95	0.00	2018.49
25	4316	Paulo Mario	GRIQUAS	GRI	02:16.99	1038.02	01:13.96	980.20	0.00	2018.22

26	2280	Jean Troskie	WESTERN PROVINCE	WP	02:40.12	991.76	01:05.23	1023.85	0.00	2015.61
27	4714	Andrew Jonker	EDEN	EDEN	02:16.53	1038.94	01:14.78	976.10	0.00	2015.04
28	2017	Jamie Venter	LIMPOPO	LIM	02:40.69	990.62	01:05.25	1023.75	0.00	2014.37
29	1054	Charl Geissler	EASTERN PROVINCE	EP	02:33.09	1005.82	01:08.40	1008.00	0.00	2013.82
30	8597	simon de Witt	SOUTHERN FREE STATE	SFS	02:21.83	1028.34	01:13.34	983.30	0.00	2011.64
31	7830	Rinae Edma Ntshauba	LIMPOPO	LIM	02:31.96	1008.08	01:09.30	1003.50	0.00	2011.58
32	8702	JC Venter	GAUTENG NORTH	GN	02:33.19	1005.62	01:09.32	1003.40	0.00	2009.02
33	3959	Christian Smit	EDEN	EDEN	02:44.32	983.36	01:05.45	1022.75	0.00	2006.11
34	3051	Daniel Janse van Rensburg	BOLAND	BOL	02:31.86	1008.28	01:10.73	996.35	0.00	2004.63
35	1182	Hanre Vermaak	EASTERN PROVINCE	EP	02:35.83	1000.34	01:09.54	1002.30	0.00	2002.64
36	1573	Ignus Jacobs	SOUTHERN FREE STATE	SFS	02:29.41	1013.18	01:12.20	989.00	0.00	2002.18
37	3720	Ethan Els	EASTERN PROVINCE	EP	02:22.04	1027.92	01:15.46	972.70	0.00	2000.62
38	1430	Trowyk Troost	WESTERN PROVINCE	WP	02:25.25	1021.50	01:14.22	978.90	0.00	2000.40
39	2197	Ruben Grobler	GRIQUAS	GRI	02:30.76	1010.48	01:12.03	989.85	0.00	2000.33
40	4190	Christoff Gous	GRIQUAS	GRI	02:28.17	1015.66	01:13.21	983.95	0.00	1999.61
41	8732	Jacob Ockert Jacobus Cloete	GRIQUAS	GRI	02:27.90	1016.20	01:14.37	978.15	0.00	1994.35
42	5515	Hennie Calitz	EDEN	EDEN	02:35.41	1001.18	01:11.45	992.75	0.00	1993.93
43	7778	Liam Cloete	EASTERN PROVINCE	EP	02:32.24	1007.52	01:12.92	985.40	0.00	1992.92

44	7676	Lian Cilliers	EDEN	EDEN	02:30.00	1012.00	01:13.89	980.55	0.00	1992.55
45	7878	Christiaan Venter	KWAZULU NATAL	KZN	02:43.81	984.38	01:10.11	999.45	0.00	1983.83
46	7059	Wian Hartlief	EDEN	EDEN	02:24.94	1022.12	01:18.84	955.80	0.00	1977.92
47	5478	Heinrich von Wielligh	GAUTENG NORTH	GN	02:15.38	1041.24	01:22.94	935.30	0.00	1976.54
48	6507	Joshua du Plessis	SOUTHERN FREE STATE	SFS	02:38.98	994.04	01:16.02	969.90	0.00	1963.94
49	1572	JP Burger	EASTERN PROVINCE	EP	02:50.84	970.32	01:11.65	991.75	0.00	1962.07
50	3998	Altus Hannekom	GRIQUAS	GRI	02:19.70	1032.60	01:25.14	924.30	0.00	1956.90
51	6343	Adriaan Janse van Rensburg	GAUTENG NORTH	GN	02:32.76	1006.48	01:20.40	948.00	0.00	1954.48
52	7058	Bennie van der Linde	EDEN	EDEN	02:30.75	1010.50	01:22.21	938.95	0.00	1949.45
53	8424	Jaydon Stoman	EASTERN PROVINCE	EP	02:25.81	1020.38	01:24.47	927.65	0.00	1948.03
54	8906	Chrisjan Rademan	EDEN	EDEN	02:28.95	1014.10	01:24.38	928.10	0.00	1942.20
55	2841	Aldo Fourie	NORTH WEST	NW	02:29.62	1012.76	01:28.95	905.25	0.00	1918.01
56	4651	RJ van Deventer	NORTH WEST	NW	02:47.03	977.94	01:28.10	909.50	0.00	1887.44
57	2388	Damian Botha	MPUMALANGA	MP	02:28.45	1015.10	01:38.50	857.50	0.00	1872.60
58	7220	Gideon Hendrik (Deon) Haasbroek	NORTH WEST	NW	02:16.00	1040.00	01:54.53	777.35	0.00	1817.35
#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
U/19 GIRLS			-							
1	1451	Elne Reynolds	EASTERN PROVINCE	EP	02:22.22	1063.56	01:05.51	1042.45	0.00	2106.01

22	4601	Riley Koegelenberg	BOLAND	BOL	02:46.69	1014.62	01:17.07	984.65	0.00	1999.2'
23	6552	Lienke van Os	SOUTHERN FREE STATE	SFS	03:02.96	982.08	01:10.62	1016.90	0.00	1998.9'
24	3171	Marthine Swanepoel	NORTH WEST	NW	02:39.93	1028.14	01:20.02	969.90	0.00	1998.0'
25	3628	Ane Cloete	WESTERN PROVINCE	WP	02:44.27	1019.46	01:18.91	975.45	0.00	1994.9'
26	7666	Sian Kleynhans	EDEN	EDEN	03:04.09	979.82	01:12.22	1008.90	0.00	1988.7'
27	2636	Mia Van Zyl	BOLAND	BOL	02:34.75	1038.50	01:24.17	949.15	0.00	1987.6'
28	1114	Teneal Els	EASTERN PROVINCE	EP	02:55.79	996.42	01:16.19	989.05	0.00	1985.4'
29	1989	Ania Pienaar	SOUTHERN FREE STATE	SFS	02:53.69	1000.62	01:17.12	984.40	0.00	1985.0'
30	7667	Ona-Mari van Niekerk	EDEN	EDEN	03:07.03	973.94	01:12.22	1008.90	0.00	1982.8'
31	3987	Lee-Anne Pretorius	EDEN	EDEN	02:59.19	989.62	01:16.02	989.90	0.00	1979.5'
32	1101	Elme Vermaak	EASTERN PROVINCE	EP	03:08.08	971.84	01:14.92	995.40	0.00	1967.2'
33	8510	Mienke Vorster	EDEN	EDEN	02:44.70	1018.60	01:24.28	948.60	0.00	1967.2'
34	1131	Mari Geissler	EASTERN PROVINCE	EP	02:52.97	1002.06	01:21.30	963.50	0.00	1965.5'
35	6341	Isabelle Botha	GAUTENG NORTH	GN	03:14.00	960.00	01:13.73	1001.35	0.00	1961.35'
36	4347	Shyenne Xaila Laubscher	NORTHERN FREE STATE	NFS	03:17.86	952.28	01:13.95	1000.25	0.00	1952.5'
37	2742	Rebekah Braack	MPUMALANGA	MP	02:42.62	1022.76	01:28.55	927.25	0.00	1950.0'
38	1585	Minè Prinsloo	SOUTHERN FREE STATE	SFS	03:26.56	934.88	01:11.24	1013.80	0.00	1948.6'
39	8674	Nika Botma	GRIQUAS	GRI	02:42.95	1022.10	01:29.28	923.60	0.00	1945.7'
40	8491	Mia Lubbe	GRIQUAS	GRI	02:40.86	1026.28	01:30.21	918.95	0.00	1945.2'

41	5430	Megan Van den Heever	MPUMALANGA	MP	03:09.41	969.18	01:18.94	975.30	0.00	1944.4
42	6670	Ariel de Bruyn	MPUMALANGA	MP	03:19.88	948.24	01:16.80	986.00	0.00	1934.2
43	5995	Bohlale Khahledi	WESTERN PROVINCE	WP	03:14.96	958.08	01:20.34	968.30	0.00	1926.3
44	8116	Wilmari Hoffman	GAUTENG NORTH	GN	02:47.69	1012.62	01:48.46	827.70	0.00	1840.3
45	2731	Christn Engelbrecht	MPUMALANGA	MP	04:10.32	847.36	01:21.57	962.15	0.00	1809.5
46	2376	Johanika Groenewald	MPUMALANGA	MP	03:50.51	886.98	01:32.20	909.00	0.00	1795.9
47	8105	Calee Victor	GAUTENG NORTH	GN	02:48.82	1010.36	01:59.29	773.55	0.00	1783.9
48	8094	Toanette Marais	GAUTENG NORTH	GN	03:28.12	931.76	01:46.32	838.40	0.00	1770.16
#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
U/19 BOYS			-							
1	2411	Daniël Grové	WESTERN PROVINCE	WP	02:02.41	1053.18	00:59.04	1044.80	0.00	2097.98
2	1130	Liam Wedderburn	EASTERN PROVINCE	EP	02:11.73	1034.54	00:57.46	1052.70	0.00	2087.24
3	3010	Wyl Wright	BORDER	BOR	02:12.39	1033.22	00:59.85	1040.75	0.00	2073.97
4	1223	Nicolas Minnaar	WESTERN PROVINCE	WP	02:08.28	1041.44	01:03.15	1024.25	0.00	2065.69
5	3614	Callum Koekemoer	WESTERN PROVINCE	WP	02:15.80	1026.40	01:00.38	1038.10	0.00	2064.50
6	5682	Gideon Niemand	GRIQUAS	GRI	02:17.90	1022.20	00:59.57	1042.15	0.00	2064.35
7	3298	Jean-Paul Van Dyk	EDEN	EDEN	02:13.45	1031.10	01:02.29	1028.55	0.00	2059.65
8	2543	Armand Meintjes	BOLAND	BOL	02:16.97	1024.06	01:01.66	1031.70	0.00	2055.76
9	4561	Luan Strydom	WESTERN PROVINCE	WP	02:17.30	1023.40	01:01.84	1030.80	0.00	2054.20

10	5320	AJ Theron	SOUTHERN FREE STATE	SFS	02:08.52	1040.96	01:05.80	1011.00	0.00	2051.96
11	6596	JC van Rooyen	EASTERN PROVINCE	EP	02:24.65	1008.70	01:00.66	1036.70	0.00	2045.40
12	2942	Milan Pretorius	SOUTHERN FREE STATE	SFS	02:30.22	997.56	00:58.49	1047.55	0.00	2045.11
13	3204	Marnus Laubscher	GAUTENG NORTH	GN	01:58.77	1060.46	01:11.35	983.25	0.00	2043.71
14	2005	Daniel Landsberg	LIMPOPO	LIM	02:12.96	1032.08	01:05.69	1011.55	0.00	2043.63
15	2949	Wian Pienaar	NORTHERN FREE STATE	NFS	02:15.51	1026.98	01:05.11	1014.45	0.00	2041.43
16	7829	JJ Van Wyngaard	LIMPOPO	LIM	02:11.99	1034.02	01:07.39	1003.05	0.00	2037.07
17	8213	Heiko Meyer	NORTH WEST	NW	02:07.99	1042.02	01:09.72	991.40	0.00	2033.42
18	1848	Marno Meyer	EDEN	EDEN	02:04.63	1048.74	01:11.27	983.65	0.00	2032.39
19	7095	Keaton Gouws	BOLAND	BOL	02:14.16	1029.68	01:08.67	996.65	0.00	2026.33
20	2564	Eric Pienaar	BOLAND	BOL	02:22.43	1013.14	01:05.49	1012.55	0.00	2025.69
21	8052	Daniel Rainho	WESTERN PROVINCE	WP	01:58.31	1061.38	01:15.55	962.25	0.00	2023.63
22	4246	Bruce Wayne Swarts	LIMPOPO	LIM	02:31.65	994.70	01:03.10	1024.50	0.00	2019.20
23	7744	Jordan Coetzee	BORDER	BOR	02:21.00	1016.00	01:07.71	1001.45	0.00	2017.45
24	7638	Kyle Barker	EASTERN PROVINCE	EP	02:14.56	1028.88	01:10.43	987.85	0.00	2016.73
25	6183	Pieter Moolman	EASTERN PROVINCE	EP	02:24.40	1009.20	01:06.53	1007.35	0.00	2016.55
26	8547	SW Liebenberg	BOLAND	BOL	02:32.18	993.64	01:03.79	1021.05	0.00	2014.69
27	2230	Frans Jacob du Plessis	GRIQUAS	GRI	02:21.86	1014.28	01:08.32	998.40	0.00	2012.68

28	5063	Trevor Botha	GAUTENG NORTH	GN	02:42.84	972.32	01:00.29	1038.55	0.00	2010.87
29	1625	Ruben Rautenbach	SOUTHERN FREE STATE	SFS	02:21.08	1015.84	01:09.81	990.95	0.00	2006.79
30	7613	La`eeq Maasdorp	WESTERN PROVINCE	WP	02:27.29	1003.42	01:07.49	1002.55	0.00	2005.97
31	2613	Dirk Neethling	BOLAND	BOL	02:11.73	1034.54	01:15.80	961.00	0.00	1995.54
32	5464	Johannes Bredell	GAUTENG NORTH	GN	02:04.91	1048.18	01:18.72	946.40	0.00	1994.58
33	5838	Isak Van Der Schyff	LIMPOPO	LIM	02:38.71	980.58	01:05.92	1010.40	0.00	1990.98
34	5622	Joseph van der Merwe	EDEN	EDEN	02:09.58	1038.84	01:18.30	948.50	0.00	1987.34
35	2385	Renier Barnard	NORTH WEST	NW	02:18.82	1020.36	01:14.92	965.40	0.00	1985.76
36	3092	George Marsh	EASTERN PROVINCE	EP	02:19.77	1018.46	01:14.75	966.25	0.00	1984.71
37	8208	Janco Abbott	GAUTENG NORTH	GN	02:31.39	995.22	01:10.54	987.30	0.00	1982.52
38	5859	Willem Daniel Brink	NORTH WEST	NW	02:16.60	1024.80	01:17.51	952.45	0.00	1977.25
39	5773	Eduan Badenhorst	BOLAND	BOL	02:27.00	1004.00	01:15.38	963.10	0.00	1967.10
40	7054	Tristan Fourie	NORTH WEST	NW	02:29.96	998.08	01:14.93	965.35	0.00	1963.43
41	1857	Johannes van der Merwe	EASTERN PROVINCE	EP	02:16.39	1025.22	01:22.87	925.65	0.00	1950.87
42	4738	Stiaan Pool	EDEN	EDEN	02:32.41	993.18	01:19.12	944.40	0.00	1937.58
43	4742	Pieter de Kock	EDEN	EDEN	02:40.77	976.46	01:16.85	955.75	0.00	1932.21
					Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
SENIORS WOMEN				-						

1	5288	Jayme Sue Vermaas	SOUTHERN FREE STATE	SFS	02:28.56	1074.88	01:06.46	1092.70	0.00	2167.58
2	2886	Shannon Kruger	NORTH WEST	NW	02:31.98	1068.04	01:13.19	1059.05	12.00	2139.09
3	8681	Shelley Du Plessis	WESTERN PROVINCE	WP	02:55.18	1021.64	01:08.10	1084.50	21.00	2127.14
4	7979	Heleen Lombard	EASTERN PROVINCE	EP	02:26.46	1079.08	01:20.82	1020.90	18.00	2117.98
5	6571	Elzet Britz	EASTERN PROVINCE	EP	03:00.92	1010.16	01:11.94	1065.30	30.00	2105.46
6	7950	Wilma Terreblanche	SOUTHERN FREE STATE	SFS	02:50.30	1031.40	01:15.95	1045.25	27.00	2103.65
7	3729	Constance Els	WESTERN PROVINCE	WP	02:50.08	1031.84	01:19.00	1030.00	33.00	2094.84
8	7402	Esmare Morkel	BOLAND	BOL	02:31.19	1069.62	01:28.30	983.50	33.00	2086.12
9	8274	Adalein Maritz	GRIQUAS	GRI	02:59.76	1012.48	01:16.95	1040.25	24.00	2076.73
10	8421	Gretchen Nel	WESTERN PROVINCE	WP	03:05.03	1001.94	01:15.95	1045.25	0.00	2047.19
11	6091	Errin-Mari Els	GRIQUAS	GRI	02:52.39	1027.22	01:33.21	958.95	0.00	1986.17
12	8893	Ingrid Kluckow	WESTERN PROVINCE	WP	03:25.26	961.48	01:30.06	974.70	6.00	1942.18
					Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
SENIORS MEN				-						
1	3175	Pierre Spies	GAUTENG NORTH	GN	02:08.04	1063.92	01:00.21	1073.95	24.00	2161.87
2	3180	Willem De Beer	GAUTENG NORTH	GN	02:00.40	1079.20	01:05.45	1047.75	30.00	2156.95
3	8767	Paul Roux	WESTERN PROVINCE	WP	02:05.57	1068.86	01:04.97	1050.15	15.00	2134.01
4	3728	Cornelius Els	WESTERN PROVINCE	WP	02:27.59	1024.82	01:11.21	1018.95	30.00	2073.77

5	4115	Daniel Malan	BOLAND	BOL	02:30.73	1018.54	01:12.20	1014.00	18.00	2050.54
6	7810	Nico Vermaak	LIMPOPO	LIM	02:39.09	1001.82	01:12.91	1010.45	33.00	2045.27
7	5721	Rialdo William John Abraham	GRIQUAS	GRI	02:30.40	1019.20	01:19.92	975.40	33.00	2027.60
8	5031	Michael Bouwer	GAUTENG NORTH	GN	02:40.51	998.98	01:16.56	992.20	33.00	2024.18
9	1237	Ridewaan Nichols	WESTERN PROVINCE	WP	02:27.10	1025.80	01:18.42	982.90	9.00	2017.70
10	8940	Jacobus Prinsloo	BORDER	BOR	02:54.09	971.82	01:16.92	990.40	27.00	1989.22
11	7980	Willem Lombard	EASTERN PROVINCE	EP	02:52.88	974.24	01:25.08	949.60	27.00	1950.84
JNR WOMEN				–						
1	5387	Johanna Buys	GAUTENG NORTH	GN	02:26.90	1062.20	01:00.97	1090.15	0.00	2152.35
2	1155	Ninah Wedderburn	EASTERN PROVINCE	EP	02:25.76	1064.48	01:02.14	1084.30	0.00	2148.78
3	8645	Maryke Koen	BOLAND	BOL	02:40.28	1035.44	01:03.25	1078.75	0.00	2114.19
4	1540	Isabel Vorster	SOUTHERN FREE STATE	SFS	02:49.01	1017.98	01:04.67	1071.65	0.00	2089.63
5	8838	Liané van Jaarsveld	CENTRAL GAUTENG	CG	02:37.76	1040.48	01:14.13	1024.35	0.00	2064.83
6	8842	Cornel Kruger	EDEN	EDEN	02:47.81	1020.38	01:14.41	1022.95	0.00	2043.33
7	4580	Amber Manchest	WESTERN PROVINCE	WP	03:11.59	972.82	01:11.75	1036.25	0.00	2009.07
8	8688	Christina Malan	WESTERN PROVINCE	WP	03:03.23	989.54	01:29.54	947.30	0.00	1936.84

9	5341	Zarlia Engelbrecht	MPUMALANGA	MP	04:04.23	867.54	01:27.02	959.90	0.00	1827.44
	#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
JNR MEN				-						
1	3647	Adam Klein	WESTERN PROVINCE	WP	02:14.36	1041.28	00:54.69	1071.55	0.00	2112.83
2	1796	Willem-Pierre Viljoen	BOLAND	BOL	02:09.94	1050.12	00:57.35	1058.25	0.00	2108.37
3	1962	Jayden Vries	WESTERN PROVINCE	WP	02:07.60	1054.80	00:58.75	1051.25	0.00	2106.05
4	4806	Stephan Malan	NORTH WEST	NW	02:09.50	1051.00	00:58.92	1050.40	0.00	2101.40
5	3014	Liam Prime	BORDER	BOR	02:12.10	1045.80	00:59.91	1045.45	0.00	2091.25
6	2809	Ruan Harmse	CENTRAL GAUTENG	CG	02:00.50	1069.00	01:07.44	1007.80	0.00	2076.80
7	8019	Thomas Fowler	WESTERN PROVINCE	WP	02:19.00	1032.00	01:01.33	1038.35	0.00	2070.35
8	4782	Marco Erasmus	EDEN	EDEN	02:08.90	1052.20	01:06.57	1012.15	0.00	2064.35
9	5443	Wynand Nortje	NORTHERN FREE STATE	NFS	02:11.78	1046.44	01:05.63	1016.85	0.00	2063.29
10	1605	Liam Liversage	SOUTHERN FREE STATE	SFS	02:18.56	1032.88	01:04.71	1021.45	0.00	2054.33
11	4644	Andrew Steyn	WESTERN PROVINCE	WP	02:11.38	1047.24	01:08.93	1000.35	0.00	2047.59
12	4113	Lourens Botha	BOLAND	BOL	02:31.41	1007.18	01:06.70	1011.50	0.00	2018.68
13	3762	Marno Yzelle	WESTERN PROVINCE	WP	01:58.98	1072.04	01:20.70	941.50	0.00	2013.54
14	7851	Wiehan Maree	EASTERN PROVINCE	EP	02:03.87	1062.26	01:20.53	942.35	0.00	2004.61

	#	Athlete	Province	Team	Time	Points	Time	Points	Points	Points
MASTERS 40+ WOMEN				-						
1	2378	Zoli de Kock	NORTH WEST	NW	02:41.20	1059.60	01:09.75	1071.25	10.00	2140.85
2	2826	Jacolien Swart	NORTH WEST	NW	02:52.60	1036.80	01:14.46	1047.70	35.00	2119.50
3	6364	Leane Labuschagne	EDEN	EDEN	02:42.95	1056.10	01:17.56	1032.20	0.00	2088.30
4	8420	Jadine de Wit	WESTERN PROVINCE	WP	03:13.42	995.16	01:12.82	1055.90	20.00	2071.06
5	6431	Liesel Buitendag	EDEN	EDEN	03:08.79	1004.42	01:17.57	1032.15	30.00	2066.57
6	7130	Christelle Combrink	GAUTENG NORTH	GN	02:49.81	1042.38	01:26.59	987.05	10.00	2039.43
7	7770	Retha Engelbrecht	WESTERN PROVINCE	WP	02:54.22	1033.56	01:29.30	973.50	25.00	2032.06
8	3516	Madri Stegmann	WESTERN PROVINCE	WP	03:10.70	1000.60	01:29.93	970.35	0.00	1970.95
9	8626	Zonè Janse van Rensburg;	WESTERN PROVINCE	WP	03:03.19	1015.62	01:41.68	911.60	0.00	1927.22
10	7198	Rika Barnard	NORTH WEST	NW	03:30.90	960.20	01:39.87	920.65	30.00	1910.85
11	2637	Marlize Van Zyl	BOLAND	BOL	03:57.25	907.50	01:41.54	912.30	15.00	1834.80
12	8772	Albertha Filter	WESTERN PROVINCE	WP	04:18.60	864.80	01:45.51	892.45	20.00	1777.25
13	3706	Debbie Robertson	BORDER	BOR	04:28.73	844.54	01:56.47	837.65	40.00	1722.19
	#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTERS 40+ MEN				-						
1	7769	Bruwer Engelbrecht	WESTERN PROVINCE	WP	02:18.57	1042.86	01:03.90	1055.50	25.00	2123.36
2	3573	Marsel Roos	EDEN	EDEN	02:18.99	1042.02	01:04.81	1050.95	25.00	2117.97
3	4841	Francois Deacon	SOUTHERN FREE STATE	SFS	02:15.12	1049.76	01:05.04	1049.80	10.00	2109.56

4	6433	Jeandre Swanepoel	EDEN	EDEN	02:19.40	1041.20	01:07.00	1040.00	25.00	2106.20
5	8754	David Holmes	MPUMALANGA	MP	02:26.63	1026.74	01:09.62	1026.90	45.00	2098.64
6	6824	Marco David Botha	EDEN	EDEN	02:39.00	1002.00	01:01.82	1065.90	30.00	2097.90
7	4489	Jandre Lubbe	GRIQUAS	GRI	02:37.86	1004.28	01:06.45	1042.75	20.00	2067.03
8	1623	Jan Gutter	SOUTHERN FREE STATE	SFS	02:24.32	1031.36	01:11.39	1018.05	15.00	2064.41
9	6474	Roelf Jacobs	WESTERN PROVINCE	WP	02:16.82	1046.36	01:12.02	1014.90	0.00	2061.26
10	6033	Riaan van Dyk	WESTERN PROVINCE	WP	02:19.94	1040.12	01:14.15	1004.25	15.00	2059.37
11	1277	Derick Troost	WESTERN PROVINCE	WP	02:35.00	1010.00	01:09.49	1027.55	20.00	2057.55
12	8536	Johan Rheeders	BOLAND	BOL	02:24.02	1031.96	01:13.89	1005.55	20.00	2057.51
13	2428	Neil Steenkamp	WESTERN PROVINCE	WP	03:05.51	948.98	01:03.37	1058.15	45.00	2052.13
14	8628	Jan-Willem Smalberger	WESTERN PROVINCE	WP	02:27.51	1024.98	01:12.83	1010.85	15.00	2050.83
15	4831	Wynand Viljoen	CENTRAL GAUTENG	CG	02:42.01	995.98	01:11.76	1016.20	35.00	2047.18
16	7915	Paul du Plessis	EASTERN PROVINCE	EP	02:34.77	1010.46	01:09.82	1025.90	5.00	2041.36
17	8771	Ruben Filter	WESTERN PROVINCE	WP	02:40.06	999.88	01:15.53	997.35	35.00	2032.23
18	8053	Timothy Luke Bland	WESTERN PROVINCE	WP	02:24.96	1030.08	01:18.80	981.00	20.00	2031.08
19	7935	JP Joubert	SOUTHERN FREE STATE	SFS	02:54.56	970.88	01:09.82	1025.90	30.00	2026.78
20	5321	Marc Theron	SOUTHERN FREE STATE	SFS	02:47.46	985.08	01:16.21	993.95	45.00	2024.03
21	8675	Christo Botma	GRIQUAS	GRI	02:21.38	1037.24	01:26.88	940.60	45.00	2022.84

22	7646	Coenrad Ehlers	WESTERN PROVINCE	WP	02:20.35	1039.30	01:21.57	967.15	5.00	2011.45
23	5986	Pieter Naude	GAUTENG NORTH	GN	02:23.65	1032.70	01:25.85	945.75	25.00	2003.45
24	8636	Abri Stegmann	WESTERN PROVINCE	WP	02:59.77	960.46	01:08.90	1030.50	5.00	1995.96
25	7197	Renier (Jaco) Barnard	NORTH WEST	NW	02:20.72	1038.56	01:32.48	912.60	40.00	1991.16
26	8523	Erald Smith	BOLAND	BOL	02:43.66	992.68	01:16.78	991.10	5.00	1988.78
27	4206	DJ Mostert	GRIQUAS	GRI	02:51.86	976.28	01:21.79	966.05	45.00	1987.33
28	8257	Deon De Jager	EDEN	EDEN	02:49.27	981.46	01:18.02	984.90	10.00	1976.36
29	7375	Andre Swart	CENTRAL GAUTENG	CG	02:44.65	990.70	01:25.78	946.10	30.00	1966.80
30	8518	Thean Du Plessis	EDEN	EDEN	02:42.98	994.04	01:27.22	938.90	10.00	1942.94
31	3214	Christie Lourens	GAUTENG NORTH	GN	03:09.09	941.82	01:23.32	958.40	40.00	1940.22
32	8125	Johan Ferreira	GAUTENG NORTH	GN	02:59.00	962.00	01:35.36	898.20	20.00	1880.20
	#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTERS 50+ WOMEN				-						
1	2397	Liezel Wessels	BOLAND	BOL	02:50.18	1039.64	01:23.22	1053.90	40.00	2133.54
2	2525	Mariaan Malan	BOLAND	BOL	03:00.21	1019.58	01:23.49	1052.55	45.00	2117.13
3	4703	Jené Banfield	EASTERN PROVINCE	EP	02:48.72	1042.56	01:37.19	984.05	30.00	2056.61
4	8004	Vicki Laing	EASTERN PROVINCE	EP	03:05.61	1008.78	01:46.57	937.15	0.00	1945.93
5	8882	Annlene Botha	WESTERN PROVINCE	WP	03:11.45	997.10	01:51.78	911.10	20.00	1928.20
6	6705	Heidi von Wielligh	GAUTENG NORTH	GN	03:29.02	961.96	02:00.12	869.40	5.00	1836.36

7	7789	Madelein Massyn	WESTERN PROVINCE	WP	04:35.55	828.90	01:47.61	931.95	20.00	1780.85
	#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTERS 50+ MEN				-						
1	1497	Rowan Marais	WESTERN PROVINCE	WP	02:18.19	1055.62	01:01.63	1081.85	0.00	2137.47
2	6657	Michael Gibson	WESTERN PROVINCE	WP	02:05.77	1080.46	01:06.69	1056.55	0.00	2137.01
3	8203	Hendrik Wilhelm Theron	GAUTENG NORTH	GN	02:43.90	1004.20	01:10.09	1039.55	25.00	2068.75
4	7549	Jaco Burger	WESTERN PROVINCE	WP	02:36.60	1018.80	01:16.12	1009.40	15.00	2043.20
5	8021	Ian du Plessis	WESTERN PROVINCE	WP	02:54.40	983.20	01:14.86	1015.70	35.00	2033.90
6	1811	Hermann Spangenberg	BOLAND	BOL	03:11.77	948.46	01:16.87	1005.65	30.00	1984.11
7	8138	Ernie Luyt	SOUTHERN FREE STATE	SFS	03:12.44	947.12	01:14.97	1015.15	5.00	1967.27
8	8751	Gawie van Jaarsveld	CENTRAL GAUTENG	CG	02:37.19	1017.62	01:38.98	895.10	35.00	1947.72
9	4675	Michael Peacock	WESTERN PROVINCE	WP	02:30.68	1030.64	01:44.20	869.00	20.00	1919.64
10	8095	Tobie Marais	GAUTENG NORTH	GN	03:13.59	944.82	01:47.35	853.25	25.00	1823.07
	#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTERS 60+ WOMEN				-						
1	4861	Lynette Fischer	SOUTHERN FREE STATE	SFS	01:16.94	1058.12	00:39.34	1058.30	48.00	2164.42
2	8422	Miema Murray	WESTERN PROVINCE	WP	01:23.12	1045.76	00:38.48	1062.60	24.00	2132.36

3	2710	Ilse Beukman	BOLAND	BOL	01:28.97	1034.06	00:37.68	1066.60	18.00	2118.66
4	4911	Marieke Bouwer	GAUTENG NORTH	GN	01:31.31	1029.38	00:37.05	1069.75	18.00	2117.13
5	8892	Carol O'Brien	GAUTENG NORTH	GN	01:46.29	999.42	00:38.55	1062.25	36.00	2097.67
6	5287	Rika Vermaas	SOUTHERN FREE STATE	SFS	01:26.13	1039.74	00:45.80	1026.00	24.00	2089.74
7	3378	Mandi Wallace	EDEN	EDEN	02:05.75	960.50	00:43.07	1039.65	30.00	2030.15
	#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTERS 60+ MEN				-						
1	5286	Adri Vermaas	SOUTHERN FREE STATE	SFS	01:02.10	1055.80	00:33.70	1046.50	30.00	2132.30
2	3168	Marthinus Swanepoel	NORTH WEST	NW	01:03.54	1052.92	00:33.94	1045.30	18.00	2116.22
3	8941	Eugene OBrien	GAUTENG NORTH	GN	01:18.01	1023.98	00:34.51	1042.45	36.00	2102.43
4	3377	Gavin Gericke	EDEN	EDEN	01:12.57	1034.86	00:32.45	1052.75	6.00	2093.61
5	6644	Chris van der Merwe	WESTERN PROVINCE	WP	01:17.40	1025.20	00:36.16	1034.20	6.00	2065.40
6	3068	Clive Cupido	BOLAND	BOL	00:59.49	1061.02	00:45.08	989.60	6.00	2056.62
7	4632	Edward West	WESTERN PROVINCE	WP	01:19.95	1020.10	00:36.08	1034.60	0.00	2054.70
8	2730	Jan Engelbrecht	MPUMALANGA	MP	01:24.19	1011.62	00:35.99	1035.05	6.00	2052.67
9	3065	Cliff Wallace	EDEN	EDEN	01:41.69	976.62	00:37.61	1026.95	42.00	2045.57
10	7576	Gary Green	WESTERN PROVINCE	WP	01:05.62	1048.76	00:49.20	969.00	12.00	2029.76
11	8922	Peter Ras	GAUTENG NORTH	GN	01:20.40	1019.20	00:48.77	971.15	24.00	2014.35

12	1166	HELMUT TERBLANS	EASTERN PROVINCE	EP	01:34.81	990.38	00:48.65	971.75	6.00	1968.13
13	2526	Dirk Malan	BOLAND	BOL	01:48.71	962.58	00:46.25	983.75	6.00	1952.33

9	8086	Lennis Du Plessis	GAUTENG NORTH	GN	01:29.03	1021.94	00:47.63	1011.85	0.00	2033.79
10	1428	Robert Swartz	WESTERN PROVINCE	WP	01:28.42	1023.16	01:23.94	830.30	90.00	1943.46
#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
SPECIAL NEEDS FEMALE			-							
1	6473	Isabella von Wielligh	GAUTENG NORTH	GN	01:22.69	1074.62	00:50.06	974.70	0.00	2049.32
2	5883	Dine Joubert	GRIQUAS	GRI	01:55.69	1008.62	00:49.21	978.95	0.00	1987.57
3	7693	Michele Lombard	EDEN	EDEN	01:56.76	1006.48	01:01.54	917.30	0.00	1923.78
4	7694	Elizabeth Botes	EDEN	EDEN	01:53.86	1012.28	01:23.25	808.75	0.00	1821.03
5	8354	Rinette Von Mollendorf	BOLAND	BOL	02:23.88	952.24	01:11.99	865.05	0.00	1817.29
6	7144	Daniel Terblanche	BOLAND	BOL	01:32.66	1054.68	01:35.69	746.55	0.00	1801.23
7	7690	Miena Baardman	EDEN	EDEN	01:54.48	1011.04	01:28.60	782.00	0.00	1793.04
8	7696	Maja Ehlers	EDEN	EDEN	02:23.96	952.08	01:22.20	814.00	0.00	1766.08
9	6721	Zoe Gauche	GAUTENG NORTH	GN	03:26.28	827.44	01:39.16	729.20	0.00	1556.64
#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
SPECIAL NEEDS MALE			-							
1	7567	Ernst Nel	GAUTENG NORTH	GN	01:19.63	1080.74	00:34.99	1050.05	0.00	2130.79
2	6059	Marius Coetzee	BOLAND	BOL	01:32.19	1055.62	00:43.99	1005.05	0.00	2060.67
3	6999	James Schenck	WESTERN PROVINCE	WP	01:35.79	1048.42	00:50.44	972.80	0.00	2021.22

4	7695	Jannie Lourens	EDEN	EDEN	01:37.49	1045.02	00:57.90	935.50	0.00	1980.52
5	5689	Erath Swanevelder	BOLAND	BOL	01:31.72	1056.56	01:10.86	870.70	0.00	1927.26
6	7692	Danie Botes	EDEN	EDEN	01:28.23	1063.54	01:18.42	832.90	0.00	1896.44
7	7327	Dries Burger	BOLAND	BOL	02:27.77	944.46	00:54.85	950.75	0.00	1895.21
8	6274	Harholdt Rousseau	WESTERN PROVINCE	WP	02:04.60	990.80	01:27.08	789.60	0.00	1780.40
9	5688	Barend Wiese	BOLAND	BOL	01:37.84	1044.32	01:49.85	675.75	0.00	1720.07

#	Athlete	Province	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTER 80+ MEN			-						

1	3124	Archie Markgraaff	SOUTHERN FREE STATE	SFS	02:30.44	973.12	00:43.65	1046.75	36.00	2055.87
---	------	-------------------	---------------------	-----	----------	--------	----------	---------	-------	---------