

HIGHGATE EDEN CHAMPIONSHIPS

Date: 2026-03-03

Province: EDEN

Top Athletes

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

Top 3 Runners

1	4891	Melissa Meyer (Cape Multisport Eden)	02:30.08	1071.84	16.50	1088.34
2	4075	Zani Smith (No Mads Club)	02:37.35	1067.30	7.50	1074.80
3	8284	Simeon Bezuidenhout (Outeniqua Ls)	01:23.55	1068.90	0.00	1068.90

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

Top 3 Swimmers

1	6824	Marco David Botha (No Mads Club)	01:02.00	1065.00	15.00	1080.00
2	4867	Judah Spies (Outeniqua Ls)	00:29.96	1060.40	0.00	1060.40
3	3378	Mandi Wallace (Fish Eagles Masters)	00:42.58	1042.10	15.00	1057.10

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

Top 3 Athletes

1	4867	Judah Spies (Outeniqua Ls)	02:30.55	1058.90	00:29.96	1060.40	0.00	2119.30	PB
2	8284	Simeon Bezuidenhout (Outeniqua Ls)	01:23.55	1068.90	00:24.51	1042.45	0.00	2111.35	
3	8283	Tiaan Terblanche (George-Suid Ls)	01:26.75	1062.50	00:24.79	1041.05	0.00	2103.55	PB

#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
U/08 GIRLS			National Record: N/A			Provincial Record: N/A		
1	8258	Bea Kitching (Outeniqua Ls)	01:33.47	1053.06	00:27.32	1038.40	0.00	2091.46
2	8824	Kensley Mayer (Plettenberg Ps)	01:57.71	1004.58	00:34.00	1005.00	0.00	2009.58
3	8833	Clarabelle Muller (Wesbank LS)	01:48.75	1022.50	00:39.15	979.25	0.00	2001.75
4	8849	Lisa-Marie Terblanche (Outeniqua Ls)	01:53.13	1013.74	00:39.27	978.65	0.00	1992.39
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
U/08 BOYS			National Record: N/A			Provincial Record: N/A		
1	8284	Simeon Bezuidenhout (Outeniqua Ls)	01:23.55	1068.90	00:24.51	1042.45	0.00	2111.35
2	8283	Tiaan Terblanche (George-Suid Ls)	01:26.75	1062.50	00:24.79	1041.05	0.00	2103.55 PB
3	8863	Stian Schoeman (Wesbank LS)	01:26.54	1062.92	00:30.64	1011.80	0.00	2074.72 PB
4	8832	Gideon du Plessis (Wesbank LS)	01:46.05	1023.90	00:27.02	1029.90	0.00	2053.80
5	8259	Heinrich Terblanche (Outeniqua Ls)	01:38.41	1039.18	00:31.29	1008.55	0.00	2047.73
6	8850	Bismarck Nel (Outeniqua Ls)	01:41.06	1033.86	00:39.56	967.20	0.00	2001.06 PB
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
U/09 GIRLS			National Record: N/A			Provincial Record: N/A		
1	6352	Ella Coetzee (George-Suid Ls)	01:23.03	1047.93	00:47.18	1044.10	0.00	2092.03 PB
2	7665	Amilie Lamprecht (George-Suid Ls)	01:23.70	1046.60	00:52.76	1016.20	0.00	2062.80 PB
3	7615	Ava Giles (Wesbank LS)	01:25.47	1043.06	01:02.15	969.25	0.00	2012.31

4	7752	Anullika Prinsloo (Wesbank LS)	01:56.04	981.91	01:11.74	921.30	0.00	1903.21	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/09 BOYS			National Record: N/A			Provincial Record: N/A			
1	6825	Liam de Wet (George-Suid Ls)	01:18.03	1049.94	00:44.90	1030.50	0.00	2080.44	
2	8313	Jacobus Willem Viljoen (No Mads Club)	01:14.00	1058.00	00:47.65	1016.75	0.00	2074.75	
3	8316	Christoff Willem Koch (George- Suid Ls)	01:21.50	1043.00	00:49.12	1009.40	0.00	2052.40	
4	8312	Abel Jacobus Viljoen (No Mads Club)	01:19.05	1047.89	00:55.16	979.20	0.00	2027.09	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/11 GIRLS			National Record: N/A			Provincial Record: N/A			
1	4869	Misha Meyer (George-Suid Ls)	01:11.57	1052.86	00:38.92	1035.40	0.00	2088.26	
2	5638	Leah de Wet (George-Suid Ls)	01:17.62	1040.76	00:38.31	1038.45	0.00	2079.21	
3	4983	Micah Bezuidenhout (Outeniqua Ls)	01:18.54	1038.92	00:41.98	1020.10	0.00	2059.02	
4	5506	Lize - Mari Du Plessis (Wesbank LS)	01:28.17	1019.66	00:41.16	1024.20	0.00	2043.86	
5	6891	Avah Jean Spies (Outeniqua Ls)	01:14.69	1046.62	00:46.73	996.35	0.00	2042.97	
6	6826	Nina Vlok (George-Suid Ls)	01:23.67	1028.66	00:44.00	1010.00	0.00	2038.66	PB
7	4984	Olivia Lamprecht (George-Suid Ls)	01:25.93	1024.14	00:44.17	1009.15	0.00	2033.29	PB
8	6476	Angelique Pieterse (George- Suid Ls)	01:25.69	1024.62	00:44.91	1005.45	0.00	2030.07	

9	7035	Su-Ane Kitching (Outeniqua Ls)	01:23.41	1029.18	00:48.00	990.00	0.00	2019.18	PB
10	6353	Sophia Coetzee (George-Suid Ls)	01:32.79	1010.42	00:46.37	998.15	0.00	2008.57	
11	6340	Milane Belstead (No Mads Club)	01:33.74	1008.52	00:47.68	991.60	0.00	2000.12	
12	7663	Tessa Venter (George-Suid Ls)	01:27.13	1021.74	00:52.17	969.15	0.00	1990.89	PB
13	8477	Abby Smit (Wesbank LS)	01:19.70	1036.60	00:56.34	948.30	0.00	1984.90	
14	8407	Thiah Williams (No Mads Club)	01:18.25	1039.50	00:59.66	931.70	0.00	1971.20	PB
15	6466	Shayde Mae du Plessis (Plettenberg Ps)	01:27.54	1020.92	00:57.14	944.30	0.00	1965.22	PB
16	8301	Piper Freislich (Knysna LS)	01:35.73	1004.54	00:59.37	933.15	0.00	1937.69	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/11 BOYS				National Record: N/A			Provincial Record: N/A		
1	6830	De Wet Venter (George-Suid Ls)	01:11.47	1051.06	00:37.92	1030.40	0.00	2081.46	PB
2	8260	Stian Terblanche (Outeniqua Ls)	01:12.06	1049.87	00:39.17	1024.15	0.00	2074.02	PB
3	7765	Daniel Martins (Glenwood Preparatory School)	01:16.13	1041.74	00:38.16	1029.20	0.00	2070.94	PB
4	6823	Bastiaan David Botha (Outeniqua Ls)	01:22.91	1028.18	00:35.80	1041.00	0.00	2069.18	
5	7749	Christiaan Bekker (Vuurvliegje Akademie)	01:21.93	1030.14	00:37.84	1030.80	0.00	2060.94	
6	8829	Jamie Freislich (Knysna LS)	01:17.97	1038.06	00:41.36	1013.20	0.00	2051.26	
7	4985	Victor van der Sandt (George- Suid Ls)	01:15.95	1042.10	00:47.15	984.25	0.00	2026.35	

8	5559	Lukas van Wyngaard (George-Suid Ls)	01:21.03	1031.94	00:45.19	994.05	0.00	2025.99	PB
9	7032	Andre Steyn (George-Suid Ls)	01:21.44	1031.12	00:46.26	988.70	0.00	2019.82	
10	7031	Leo Castanho (No Mads Club)	01:26.09	1021.82	00:44.94	995.30	0.00	2017.12	
11	8937	Jean-Gabriel de Villiers (Glenwood House School)	01:33.35	1007.30	00:43.70	1001.50	0.00	2008.80	
12	8308	Daniel Els (Knysna Ls)	01:34.02	1005.95	00:43.56	1002.20	0.00	2008.15	
13	8256	Zander Claassen (Outeniqua Ls)	01:18.60	1036.80	00:52.84	955.80	0.00	1992.60	PB
14	6356	Christiaan Lamprecht (George-Suid Ls)	01:11.09	1051.82	00:56.23	938.85	0.00	1990.67	
15	8830	Lamey de Jager (George-Suid Ls)	01:28.90	1016.20	00:50.90	965.50	0.00	1981.70	PB
16	6467	Raven du Plessis (Plettenberg Ps)	01:25.26	1023.48	00:54.07	949.65	0.00	1973.13	
17	6351	Nico Derbyshire (Knysna Ls)	01:48.69	976.62	00:49.79	971.05	0.00	1947.67	
	#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/13 GIRLS				National Record: N/A			Provincial Record: N/A		
1	5509	Helena Lourens (Wesbank Ls)	02:32.50	1057.00	00:36.46	1015.40	0.00	2072.40	
2	3560	Danni Croft (Knysna Ls)	03:11.68	978.64	00:35.06	1029.40	0.00	2008.04	
3	5540	Mieke Roos (Knysna Ls)	03:16.59	968.82	00:36.01	1019.90	0.00	1988.72	
4	8296	Emily Marais (Knysna Ls)	03:27.62	946.76	00:35.35	1026.50	0.00	1973.26	
5	7671	Aninka Terblanche (Outeniqua Ls)	03:15.81	970.38	00:38.40	996.00	0.00	1966.38	
6	8307	Annabelle Els (Knysna Ls)	03:23.44	955.12	00:38.61	993.90	0.00	1949.02	PB

7	8512	Miane Cornelius (Outeniqua Ls)	03:11.47	979.06	00:43.82	941.80	0.00	1920.86
8	8315	Olivia Froneman (Plettenberg Ps)	03:39.53	922.94	00:40.66	973.40	0.00	1896.34
9	5508	Aeltie Prinsloo (Wesbank LS)	03:20.09	961.82	00:45.24	927.60	0.00	1889.42
10	3951	Linnea Bond (Outeniqua Ls)	03:46.66	908.68	00:46.23	917.70	0.00	1826.38
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/13 BOYS			National Record: N/A			Provincial Record: N/A		
1	4867	Judah Spies (Outeniqua Ls)	02:30.55	1058.90	00:29.96	1060.40	0.00	2119.30 PB
2	1801	Benjamin Bond (Outeniqua Ls)	02:34.19	1051.62	00:31.03	1049.70	0.00	2101.32 PB
3	7748	FG Bekker (Vuurvliegje Akademie)	02:36.16	1047.68	00:32.44	1035.60	0.00	2083.28 PB
4	1535	Daniël van Wyngaard (George-Suid Ls)	02:34.43	1051.14	00:33.88	1021.20	0.00	2072.34
5	6357	Ezra Scheepers (George-Suid Ls)	02:35.31	1049.38	00:37.29	987.10	0.00	2036.48
6	8478	Jean Botha (Wesbank LS)	02:29.58	1060.84	00:38.60	974.00	0.00	2034.84 PB
7	3376	Bernard Lamprecht (George-Suid Ls)	02:31.60	1056.80	00:39.62	963.80	0.00	2020.60 PB
8	6822	Rohan Marco Botha (Outeniqua Ls)	03:09.27	981.46	00:32.27	1037.30	0.00	2018.76 PB
9	7755	Lian Claassen (Outeniqua Ls)	02:47.55	1024.90	00:38.35	976.50	0.00	2001.40
10	2032	Rudolf Smith (Wesbank LS)	02:43.94	1032.12	00:39.94	960.60	0.00	1992.72 PB
11	6898	Joshua Burrows (Outeniqua Ls)	03:04.83	990.34	00:36.00	1000.00	0.00	1990.34
12	8300	Reid Freislich (Knysna LS)	03:06.55	986.90	00:36.03	999.70	0.00	1986.60

13	5093	Matteo Stipeć (Glenwood House School)	02:38.28	1043.44	00:43.47	925.30	0.00	1968.74	PB
14	6244	Eben Jordaan (Outeniqua Ls)	02:45.75	1028.50	00:42.27	937.30	0.00	1965.80	
15	7754	Ruben Nel (Outeniqua Ls)	03:50.65	898.70	00:46.43	895.70	0.00	1794.40	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/15 GIRLS			National Record: N/A			Provincial Record: N/A			
1	2924	Leah Hopper (Knysna LS)	02:35.22	1035.56	01:11.62	1016.90	0.00	2052.46	
2	3268	Alexa Stahmer (Outeniqua Hs)	02:44.39	1017.22	01:15.47	997.65	0.00	2014.87	PB
3	3266	Mariane Labuschagne (George-Suid Ls)	02:49.06	1007.88	01:13.84	1005.80	0.00	2013.68	PB
4	1834	Lheane Du Plessis (Wesbank LS)	03:13.02	959.96	01:09.14	1029.30	0.00	1989.26	
5	7664	Ella Venter (Outeniqua Hs)	02:46.15	1013.70	01:20.34	973.30	0.00	1987.00	PB
6	1506	Nina Koen (Outeniqua Ls)	02:53.14	999.72	01:19.60	977.00	0.00	1976.72	
7	7026	Aliana Stipeć (Glenwood House School)	02:48.54	1008.92	01:22.45	962.75	0.00	1971.67	
8	6435	Imke Swanepoel (Glenwood House School)	02:53.44	999.12	01:22.99	960.05	0.00	1959.17	
9	1885	Mieke Buitendag (George-Suid Ls)	02:49.73	1006.54	01:25.94	945.30	0.00	1951.84	PB
10	6339	Ashley T Mwaita (Plettenberg Ps)	02:40.26	1025.48	01:32.92	910.40	0.00	1935.88	
11	8475	Retha Geldenhuys (No Mads Club)	02:47.48	1011.04	01:31.55	917.25	0.00	1928.29	
12	3581	Nokutenda Tembo (Knysna LS)	03:15.76	954.48	01:23.04	959.80	0.00	1914.28	

U/15 BOYS				National Record: N/A			Provincial Record: N/A	
1	4896	Pierre Spies (Outeniqua Hs)	02:18.19	1057.62	01:05.08	1039.60	0.00	2097.22
2	3576	Hallett Swanepoel (Oudtshoorn Hs)	02:19.10	1055.80	01:07.80	1026.00	0.00	2081.80
3	2928	Ruan Share (Outeniqua Hs)	02:14.47	1065.06	01:11.92	1005.40	0.00	2070.46
4	2913	Wanru Haasbroek (Outeniqua Ls)	02:32.14	1029.72	01:08.91	1020.45	0.00	2050.17
5	6827	Eduard Snyman (George-Suid Ls)	02:23.14	1047.72	01:17.31	978.45	0.00	2026.17 PB
6	4716	Ruben Knoetze (Outeniqua Ls)	02:42.44	1009.12	01:12.46	1002.70	0.00	2011.82
7	8825	Leroux Brandt (Punt HS)	02:44.52	1004.96	01:11.94	1005.30	0.00	2010.26
8	1836	Jacobus Smith (Langenhoven Gimnasium)	02:42.71	1008.58	01:15.06	989.69	0.00	1998.27 PB
9	6741	Fana Beukes (Oakdale HLS)	02:31.48	1031.04	01:29.94	915.30	0.00	1946.34
10	6338	Asher T Mwaita (Plettenberg Ps)	03:13.98	946.04	01:23.46	947.70	0.00	1893.74
11	8853	Migael Louw (Oakdale HLS)	02:47.14	999.72	01:38.51	872.45	0.00	1872.17
12	2931	RJ van Lill (Knysna LS)	03:07.60	958.80	02:00.07	764.62	0.00	1723.42
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/17 GIRLS				National Record: N/A			Provincial Record: N/A	
1	2912	Dune Haasbroek (Glenwood House School)	02:41.44	1003.12	01:10.27	1023.65	0.00	2026.77 PB
2	6434	Leane Swanepoel (Glenwood House School)	02:48.15	989.70	01:11.41	1017.95	0.00	2007.65 PB
3	1798	Danielle Bond (Outeniqua Ls)	02:44.39	997.22	01:17.01	989.95	0.00	1987.17 PB

4	6333	Abigail Louw (Langenhoven Hs)	02:45.54	994.92	01:28.38	933.10	0.00	1928.02	PB
5	3336	Roshelle van Niekerk (Punt HS)	03:04.16	957.68	01:26.16	944.20	0.00	1901.88	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/17 BOYS			National Record: N/A			Provincial Record: N/A			
1	7676	Lian Cilliers (Punt HS)	02:27.01	1017.98	01:12.43	987.85	0.00	2005.83	PB
2	5515	Hennie Calitz (Langenhoven Gimnasium)	02:31.18	1009.64	01:11.43	992.85	0.00	2002.49	
3	4714	Andrew Jonker (Oakdale HLS)	02:20.01	1031.98	01:17.20	964.00	0.00	1995.98	
4	7059	Wian Hartlief (Outeniqua Hs)	02:21.48	1029.04	01:17.44	962.80	0.00	1991.84	
5	7058	Bennie van der Linde (Oakdale HLS)	02:24.50	1023.00	01:21.55	942.25	0.00	1965.25	
6	8906	Chrisjan Rademan (Outeniqua Hs)	02:29.57	1012.86	01:29.58	902.10	0.00	1914.96	
7	6301	Leander Cornelius (Oakdale HLS)	02:32.82	1006.36	01:32.15	889.25	0.00	1895.61	
8	1837	Callan Du Plessis (Oakdale HLS)	02:27.21	1017.58	01:34.46	877.70	0.00	1895.28	
9	8856	Arno de Jager (Oakdale HLS)	02:29.38	1013.24	01:34.16	879.20	0.00	1892.44	
10	6304	Evan Kruger (Oakdale HLS)	02:29.79	1012.42	01:40.68	846.60	0.00	1859.02	
11	7679	Ludwig Mare (Oakdale HLS)	02:32.63	1006.74	01:46.01	819.95	0.00	1826.69	PB
12	7759	Malan van Aardt (Oakdale HLS)	02:48.18	975.64	01:42.68	836.60	0.00	1812.24	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/19 GIRLS			National Record: N/A			Provincial Record: N/A			

1	1507	Lizandri Koen (Outeniqua Hs)	02:31.57	1044.86	01:13.02	1004.90	0.00	2049.76	PB
2	7667	Ona-Mari van Niekerk (Outeniqua Hs)	02:58.99	990.02	01:13.40	1003.00	0.00	1993.02	
3	7666	Sian Kleynhans (Outeniqua Hs)	03:02.48	983.04	01:15.72	991.40	0.00	1974.44	
4	3987	Lee-Anne Pretorius (Punt HS)	02:59.53	988.94	01:18.56	977.20	0.00	1966.14	PB
5	8510	Mienke Vorster (Punt HS)	02:53.40	1001.20	01:25.47	942.65	0.00	1943.85	
6	5618	Taeya Porrill (Knysna HS)	03:21.59	944.82	01:30.74	916.30	0.00	1861.12	
7	7673	Sarai Roos (Punt HS)	03:17.69	952.62	01:50.00	820.00	0.00	1772.62	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/19 BOYS				National Record: N/A			Provincial Record: N/A		
1	3298	Jean-Paul Van Dyk (Outeniqua Hs)	02:16.41	1025.18	01:01.31	1033.45	0.00	2058.63	PB
2	1848	Marno Meyer (Oakdale HLS)	02:08.10	1041.80	01:12.88	975.60	0.00	2017.40	PB
3	5622	Joseph van der Merwe (Oakdale HLS)	02:09.67	1038.66	01:20.18	939.10	0.00	1977.76	
4	4738	Stiaan Pool (Oakdale HLS)	02:25.18	1007.64	01:14.81	965.95	0.00	1973.59	PB
5	4742	Pieter de Kock (Oakdale HLS)	02:44.05	969.90	01:21.50	932.50	0.00	1902.40	
6	8820	Matthew Taylor (Outeniqua Hs)	02:22.84	1012.32	01:36.73	856.35	0.00	1868.67	
7	7662	Enoch Roos (Punt HS)	02:44.30	969.40	01:46.27	808.65	0.00	1778.05	PB
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
SENIORS WOMEN				National Record: N/A			Provincial Record: N/A		

1	4891	Melissa Meyer (Cape Multisport Eden)	02:30.08	1071.84	01:29.59	977.05	33.00	2081.89
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
JNR WOMEN			National Record: N/A			Provincial Record: N/A		
1	8842	Cornel Kruger (No Mads Club)	02:46.97	1022.06	01:14.19	1024.05	0.00	2046.11 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
JNR MEN			National Record: N/A			Provincial Record: N/A		
1	4782	Marco Erasmus (Outeniqua Hs)	02:12.16	1045.68	01:15.83	965.85	0.00	2011.53
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 40+ WOMEN			National Record: N/A			Provincial Record: N/A		
1	6364	Leane Labuschagne (No Mads Club)	02:48.30	1045.40	01:22.31	1008.45	0.00	2053.85
2	4075	Zani Smith (No Mads Club)	02:37.35	1067.30	01:34.08	949.60	15.00	2031.90 PB
3	6431	Liesel Buitendag (No Mads Club)	03:33.15	955.70	01:25.11	994.45	30.00	1980.15
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 40+ MEN			National Record: N/A			Provincial Record: N/A		
1	3573	Marsel Roos (No Mads Club)	02:21.47	1037.06	01:06.79	1041.05	25.00	2103.11
2	6824	Marco David Botha (No Mads Club)	02:42.18	995.64	01:02.00	1065.00	30.00	2090.64 PB
3	8257	Deon De Jager (No Mads Club)	02:50.08	979.84	01:20.80	971.00	10.00	1960.84
4	8518	Thean Du Plessis (No Mads Club)	02:47.31	985.38	01:28.32	933.40	10.00	1928.78 PB

5	8473	Kobus Smith (No Mads Club)	03:17.01	925.98	02:00.22	773.90	10.00	1709.88
#	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)	03:08.09	1003.82	02:17.54	782.30	35.00	1821.12
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 60+ WOMEN				National Record: N/A			Provincial Record: N/A	
1	3378	Mandi Wallace (Fish Eagles Masters)	02:04.90	962.20	00:42.58	1042.10	30.00	2034.30 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 60+ MEN				National Record: N/A			Provincial Record: N/A	
1	6883	Louis J Botha (No Mads Club)	01:22.01	1015.98	00:37.86	1025.70	30.00	2071.68
2	3065	Cliff Wallace (Fish Eagles Masters)	01:33.08	993.84	00:37.94	1025.30	42.00	2061.14 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
SPECIAL NEEDS FEMALE				National Record: N/A			Provincial Record: N/A	
1	7693	Michele Lombard (Eljada Nasorg)	02:05.15	989.70	01:03.14	909.30	0.00	1899.00
2	7694	Elizabeth Botes (Eljada Nasorg)	01:58.76	1002.48	01:18.86	830.70	0.00	1833.18
3	7690	Miena Baardman (Eljada Nasorg)	02:01.11	997.78	01:38.64	731.80	0.00	1729.58
4	7696	Maja Ehlers (Eljada Nasorg)	02:42.11	915.78	01:22.59	812.05	0.00	1727.83
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
SPECIAL NEEDS MALE				National Record: N/A			Provincial Record: N/A	

1	7695	Jannie Lourens (Eljada Nasorg)	01:43.86	1032.28	00:53.77	956.15	0.00	1988.43
2	7692	Danie Botes (Eljada Nasorg)	01:24.43	1071.14	01:18.43	832.85	0.00	1903.99

Designed and Developed by [Techla](#)