

EDEN HIGHATE LEAGUE

Date: 2026-01-20

Province: EDEN

Top Athletes

Runners								
#		Athlete	Run Time		Run Points	Run BP	Total Points	
Top 3 Runners								
1	5509	Helena Lourens (Wesbank LS)	02:18.64		1084.72	0.00	1084.72	
2	8284	Simeon Bezuidenhout (George-Suid Ls)	01:23.66		1068.68	0.00	1068.68	
3	4075	Zani Smith (No Mads Club)	02:41.09		1059.82	7.50	1067.32	
Swimmers								
#		Athlete	Swim Time		Swim Points	Swim BP	Total Points	
Top 3 Swimmers								
1	4867	Judah Spies (Outeniqua Ls)	00:28.05		1079.48	0.00	1079.48	
2	3573	Marsel Roos (No Mads Club)	01:07.03		1039.83	12.50	1052.33	
3	6431	Liesel Buitendag (No Mads Club)	01:17.09		1034.51	15.00	1049.51	
Combined								
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
Top 3 Athletes								
1	4867	Judah Spies (Outeniqua Ls)	02:41.04	1037.91	00:28.05	1079.48	0.00	2117.39 PB
2	8284	Simeon Bezuidenhout (George-Suid Ls)	01:23.66	1068.68	00:24.01	1044.92	0.00	2113.60 PB
3	3573	Marsel Roos (No Mads Club)	02:23.05	1033.89	01:07.03	1039.83	25.00	2098.72

#		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)	01:42.76	1034.48	00:34.02	1004.86	0.00	2039.34
2	8833	Clarabelle Muller (Wesbank LS)	01:57.66	1004.68	00:36.04	994.76	0.00	1999.44 PB
3	8824	Kensley Mayer (Plettenberg Ps)	01:56.72	1006.56	00:39.06	979.68	0.00	1986.24 PB
4	8849	Lisa-Marie Terblanche (Outeniqua Ls)	01:55.69	1008.62	00:43.02	959.87	0.00	1968.49 PB
#		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 (George-Suid Ls)	01:23.66	1068.68	00:24.01	1044.92	0.00	2113.60 PB
2	8283	Tiaan Terblanche (George-Suid Ls)	01:32.10	1051.80	00:28.04	1024.80	0.00	2076.60 PB
3	8863	Stian Schoeman (Wesbank LS)	01:39.81	1036.38	00:39.09	969.54	0.00	2005.92 PB
4	8832	Gideon du Plessis (Wesbank LS)	01:57.91	1000.18	00:32.09	1004.51	0.00	2004.69 PB
5	8259	Heinrich Terblanche (Outeniqua Ls)	01:57.45	1001.10	00:34.02	994.87	0.00	1995.97
6	8294	Marco Glen Botha (Outeniqua Ls)	01:57.35	1001.30	00:45.05	939.73	0.00	1941.03 PB
7	8850	Bismarck Nel (Outeniqua Ls)	02:09.13	977.74	00:45.00	939.99	0.00	1917.73 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)	01:26.46	1041.08	00:53.00	1014.97	0.00	2056.05
2	7615	Ava Giles (Wesbank LS)	01:26.06	1041.86	01:00.00	979.96	0.00	2021.82 PB

3	7665	Amilie Lamprecht (George-Suid Ls)	01:31.12	1031.76	01:01.06	974.70	0.00	2006.46
4	7767	Clara Hoepfner (Outeniqua Ls)	01:44.65	1004.70	01:07.03	944.82	0.00	1949.52 PB
5	7752	Anullika Prinsloo (Wesbank LS)	01:54.93	984.14	01:17.07	894.65	0.00	1878.79
#	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)	01:19.07	1047.85	00:46.07	1024.62	0.00	2072.47
2	8316	Christoff Willem Koch (George-Suid Ls)	01:25.01	1035.97	00:51.06	999.68	0.00	2035.65 PB
3	8295	Bjorn Bell (Knysna LS)	01:36.00	1013.99	01:35.03	779.83	0.00	1793.82 PB
#	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 (Cape Multisport Eden)	01:16.00	1044.00	00:39.07	1034.61	0.00	2078.61 PB
2	5638	Leah de Wet (George-Suid Ls)	01:19.76	1036.48	00:38.01	1039.91	0.00	2076.39
3	4983	Micah Bezuidenhout (George-Suid Ls)	01:16.63	1042.74	00:42.01	1019.91	0.00	2062.65 PB
4	6891	Avah Jean Spies (Outeniqua Ls)	01:15.75	1044.50	00:43.07	1014.62	0.00	2059.12 PB
5	6476	Angelique Pieterse (George-Suid Ls)	01:25.97	1024.06	00:44.04	1009.79	0.00	2033.85 PB
6	6353	Sophia Coetzee (George-Suid Ls)	01:27.00	1022.00	00:46.01	999.94	0.00	2021.94
7	4984	Olivia Lamprecht (George-Suid Ls)	01:29.79	1016.42	00:45.03	1004.85	0.00	2021.27
8	5506	Lize - Mari Du Plessis (Wesbank LS)	01:33.24	1009.52	00:44.07	1009.63	0.00	2019.15

9	6826	Nina Vlok (George-Suid Ls)	01:31.64	1012.72	00:45.09	1004.54	0.00	2017.26	PB
10	8301	Piper Freislich (Knysna LS)	01:34.09	1007.82	00:50.02	979.90	0.00	1987.72	PB
11	6340	Milane Belstead (No Mads Club)	01:34.44	1007.12	00:51.09	974.52	0.00	1981.64	
12	7035	Su-Ane Kitching (Outeniqua Ls)	01:31.30	1013.40	00:53.00	964.96	0.00	1978.36	PB
13	7669	Chloe Knoetze (Outeniqua Ls)	01:27.06	1021.87	00:55.06	954.70	0.00	1976.57	PB
14	7663	Tessa Venter (George-Suid Ls)	01:26.79	1022.42	01:00.31	928.45	0.00	1950.87	
15	8477	Abby Smit (Wesbank LS)	01:21.33	1033.34	01:03.00	914.99	0.00	1948.33	PB
16	6466	Shayde Mae du Plessis (Plettenberg Ps)	01:33.09	1009.82	01:06.08	899.56	0.00	1909.38	PB
17	8293	Lea Lambrechts (Knysna LS)	01:54.00	968.00	01:03.03	914.81	0.00	1882.81	PB
18	7766	Gabriella Hoepfner (Outeniqua Ls)	01:43.00	990.00	01:09.06	884.68	0.00	1874.68	PB
19	8407	Thiah Williams (No Mads Club)	01:19.12	1037.76	01:21.00	824.96	0.00	1862.72	
20	8834	Corleah Schoeman (Wesbank LS)	01:39.96	996.08	01:26.09	799.53	0.00	1795.61	PB
#		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)	01:15.77	1042.46	00:36.72	1036.40	0.00	2078.86	PB
2	6823	Bastiaan David Botha (Outeniqua Ls)	01:18.20	1037.60	00:37.26	1033.70	0.00	2071.30	PB
3	8260	Stian Terblanche (Outeniqua Ls)	01:17.86	1038.28	00:40.10	1019.50	0.00	2057.78	PB
4	8829	Jamie Freislich (Knysna LS)	01:20.71	1032.58	00:41.09	1014.55	0.00	2047.13	PB

5	4985	Victor van der Sandt (George-Suid Ls)	01:17.65	1038.70	00:47.82	980.90	0.00	2019.60	PB
6	8308	Daniel Els (Knysna LS)	01:29.94	1014.12	00:44.87	995.65	0.00	2009.77	
7	7032	Andre Steyn (George-Suid Ls)	01:24.73	1024.54	00:47.93	980.35	0.00	2004.89	
8	6391	Tinus Nieuwenhuis (George-Suid Ls)	01:32.98	1008.04	00:45.72	991.40	0.00	1999.44	
9	6356	Christiaan Lamprecht (George-Suid Ls)	01:15.80	1042.40	00:54.57	947.15	0.00	1989.55	PB
10	5559	Lukas van Wyngaard (George-Suid Ls)	01:27.64	1018.72	00:50.83	965.85	0.00	1984.57	PB
11	8830	Lamey de Jager (George-Suid Ls)	01:23.98	1026.04	00:55.06	944.67	0.00	1970.71	PB
12	5635	Adriaan Hugo (Vuurvliegje Akademie)	01:27.16	1019.68	00:54.02	949.90	0.00	1969.58	PB
13	8256	Zander Claassen (Outeniqua Ls)	01:18.79	1036.42	00:58.09	929.55	0.00	1965.97	PB
14	8317	Josef Buys (Knysna LS)	01:36.95	1000.10	00:51.93	960.35	0.00	1960.45	PB
15	6467	Raven du Plessis (Plettenberg Ps)	01:26.53	1020.94	01:00.57	917.15	0.00	1938.09	
16	6351	Nico Derbyshire (Knysna LS)	01:41.68	990.64	00:55.10	944.50	0.00	1935.14	PB
	#	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)	02:18.64	1084.72	00:38.03	999.70	0.00	2084.42	PB
2	5540	Mieke Roos (Knysna LS)	03:20.02	961.95	00:36.96	1010.40	0.00	1972.35	
3	3560	Danni Croft (Knysna LS)	03:23.05	955.90	00:36.72	1012.80	0.00	1968.70	
4	8296	Emily Marais (Knysna LS)	03:38.09	925.82	00:35.37	1026.30	0.00	1952.12	

5	7671	Aninka Terblanche (Outeniqua Ls)	03:23.13	955.74	00:40.18	978.20	0.00	1933.94	
6	8307	Annabelle Els (Knysna LS)	03:39.04	923.91	00:40.94	970.60	0.00	1894.51	
7	5508	Aeltie Prinsloo (Wesbank LS)	03:22.09	957.82	00:44.65	933.50	0.00	1891.32	PB
8	8512	Miane Cornelius (Outeniqua Ls)	03:26.02	949.96	00:44.32	936.80	0.00	1886.76	PB
9	8318	Rali Buys (Knysna LS)	03:29.04	943.90	00:44.20	938.00	0.00	1881.90	
10	8315	Olivia Froneman (Plettenberg Ps)	03:40.04	921.91	00:42.06	959.40	0.00	1881.31	
11	3569	Carli Marais (Knysna LS)	04:02.02	877.96	00:41.35	966.50	0.00	1844.46	
12	8298	Mika Habib (Knysna LS)	03:38.09	925.82	00:47.09	909.10	0.00	1834.92	PB
13	3951	Linnea Bond (Outeniqua Ls)	03:33.24	935.52	00:48.30	897.00	0.00	1832.52	PB
14	8309	Caitlin Van Staden (Knysna LS)	03:20.09	961.80	00:51.09	869.10	0.00	1830.90	
15	8868	VAN NIEKERK ANNABELLE (Outeniqua Ls)	03:47.03	907.94	00:45.85	921.50	0.00	1829.44	PB
16	8321	Candice Hunda (Knysna LS)	03:47.02	907.94	00:47.58	904.20	0.00	1812.14	
	#	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)	02:41.04	1037.91	00:28.05	1079.48	0.00	2117.39	PB
2	1801	Benjamin Bond (Outeniqua Ls)	02:40.00	1040.00	00:32.12	1038.80	0.00	2078.80	PB
3	1535	Daniël van Wyngaard (George-Suid Ls)	02:40.09	1039.80	00:33.08	1029.15	0.00	2068.95	PB
4	6357	Ezra Scheepers (George-Suid Ls)	02:44.04	1031.90	00:38.38	976.20	0.00	2008.10	PB

5	8478	Jean Botha (Wesbank LS)	02:38.03	1043.94	00:41.01	949.82	0.00	1993.76	PB
6	3376	Bernard Lamprecht (George-Suid Ls)	02:47.02	1025.95	00:39.64	963.60	0.00	1989.55	
7	2032	Rudolf Smith (Wesbank LS)	02:46.06	1027.88	00:41.09	949.03	0.00	1976.91	PB
8	6822	Rohan Marco Botha (Outeniqua Ls)	03:25.03	949.93	00:33.61	1023.90	0.00	1973.83	
9	6898	Joshua Burrows (Outeniqua Ls)	03:12.02	975.96	00:36.74	992.60	0.00	1968.56	
10	7755	Lian Claassen (Outeniqua Ls)	02:58.01	1003.98	00:40.06	959.40	0.00	1963.38	
11	5551	Burt Nieuwenhuis (George-Suid Ls)	02:53.04	1013.91	00:41.35	946.50	0.00	1960.41	PB
12	6244	Eben Jordaan (Outeniqua Ls)	02:51.06	1017.87	00:44.01	919.86	0.00	1937.73	
13	3178	Aran Hopper (Knysna LS)	03:14.05	971.90	00:40.38	956.20	0.00	1928.10	
14	1820	Riaan-Louis Pieterse (George-Suid Ls)	02:46.03	1027.93	00:47.00	889.94	0.00	1917.87	
15	4706	Pienaar Muller (Wesbank LS)	03:38.49	923.02	00:41.00	949.98	0.00	1873.00	
16	8513	Lincon le Roux (Outeniqua Ls)	03:05.01	989.97	00:49.03	869.66	0.00	1859.63	
17	8823	Luhann van Jaarsveldt (Plettenberg Ps)	02:50.09	1019.81	00:52.07	839.24	0.00	1859.05	PB
18	6403	Caydann Basset (George-Suid Ls)	03:06.04	987.92	00:49.06	869.32	0.00	1857.24	
19	5636	Altus Hugo (Vuurvliegje Akademie)	03:02.04	995.91	00:50.02	859.77	0.00	1855.68	PB
20	7754	Ruben Nel (Outeniqua Ls)	03:52.04	895.91	00:46.03	899.61	0.00	1795.52	
21	8511	Jack Hodgson (Outeniqua Ls)	03:08.06	983.86	01:06.02	699.78	0.00	1683.64	PB

U/15 GIRLS			National Record: N/A				Provincial Record: N/A	
1	2924	Leah Hopper (Knysna LS)	02:44.01	1017.98	01:13.51	1007.45	0.00	2025.43
2	1919	Iane Joubert (Langenhoven Gimnasium)	02:45.09	1015.81	01:17.30	988.50	0.00	2004.31
3	1834	Lheane Du Plessis (Wesbank LS)	03:09.07	967.85	01:08.46	1032.70	0.00	2000.55 PB
4	3266	Mariane Labuschagne (George-Suid Ls)	02:56.06	993.87	01:16.62	991.90	0.00	1985.77
5	3268	Alexa Stahmer (George-Suid Ls)	02:59.07	987.85	01:16.99	990.05	0.00	1977.90
6	6435	Imke Swanepoel (Glenwood House Ps)	02:51.08	1003.83	01:20.24	973.80	0.00	1977.63 PB
7	8822	Mienke Gerber (Outeniqua Hs)	02:57.07	991.85	01:18.06	984.70	0.00	1976.55 PB
8	7664	Ella Venter (George-Suid Ls)	02:54.02	997.94	01:20.34	973.30	0.00	1971.24 PB
9	8320	Noku Tembo (Knysna LS)	03:22.00	942.00	01:10.30	1023.50	0.00	1965.50 PB
10	1885	Mieke Buitendag (George-Suid Ls)	02:55.03	995.92	01:24.85	950.75	0.00	1946.67
11	6339	Ashley T Mwaita (Plettenberg Ps)	02:52.06	1001.87	01:29.81	925.95	0.00	1927.82 PB
12	7619	Jani Botha (Wesbank LS)	02:45.01	1015.98	01:32.83	910.85	0.00	1926.83 PB
13	6327	Liza Oosthuizen (Langenhoven Gimnasium)	03:02.03	981.94	01:28.73	931.35	0.00	1913.29 PB
14	6252	Ane Marais (Outeniqua Ls)	02:56.01	993.97	01:32.18	914.10	0.00	1908.07 PB
15	7668	Megan Wray (Glenwood House Ps)	03:14.04	957.91	01:30.04	924.78	0.00	1882.69 PB
16	6335	Cara Hume (Volshenk Ls)	03:08.00	970.00	01:37.04	889.80	0.00	1859.80
17	7686	Nhea Du Toit (Outeniqua Ls)	03:17.09	951.82	01:35.18	899.10	0.00	1850.92 PB

18	4780	Callan Kiewitt (Plettenberg Ps)	03:13.04	959.92	01:36.88	890.60	0.00	1850.52	PB
19	8299	Lane Schoeman (Knysna LS)	03:43.01	899.98	01:38.06	884.70	0.00	1784.68	
20	7670	Mea Hoepfner (Outeniqua Ls)	03:28.06	929.88	01:47.18	839.10	0.00	1768.98	
21	6843	Summer Milla Mavrodaris (Plettenberg Ps)	03:36.03	913.93	01:46.87	840.65	0.00	1754.58	PB
#	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	01:05.06	1039.70	0.00	2089.69	PB
2	2928	Ruan Share (Knysna LS)	02:22.00	1049.99	01:10.05	1014.74	0.00	2064.73	PB
3	3576	Hallett Swanepoel (Knysna LS)	02:29.04	1035.91	01:08.26	1023.70	0.00	2059.61	
4	5633	Pieter Schoeman (No Mads Club)	02:23.01	1047.96	01:20.85	960.75	0.00	2008.71	PB
5	4716	Ruben Knoetze (Outeniqua Ls)	02:41.03	1011.92	01:14.43	992.85	0.00	2004.77	
6	8825	Leroux Brandt (Punt HS)	02:48.05	997.89	01:11.86	1005.70	0.00	2003.59	PB
7	8852	Anthonie Lombard (Oakdale HLS)	02:46.06	1001.87	01:14.68	991.60	0.00	1993.47	PB
8	1836	Jacobus Smith (Langenhoven Gimnasium)	02:42.04	1009.90	01:17.04	979.77	0.00	1989.67	PB
9	6741	Fana Beukes (Oakdale HLS)	02:33.08	1027.83	01:23.04	949.80	0.00	1977.63	PB
10	6827	Eduard Snyman (George-Suid Ls)	02:40.07	1013.84	01:21.08	959.60	0.00	1973.44	
11	1508	De Wet Botes (Oakdale HLS)	02:50.09	993.81	01:17.84	975.80	0.00	1969.61	
12	3088	Rueben Lotter (Oakdale HLS)	02:53.04	987.92	01:21.77	956.15	0.00	1944.07	

13	8859	Etienne Gouws (Oakdale HLS)	02:54.04	985.92	01:24.74	941.30	0.00	1927.22	PB
14	4078	Rynard van der Colff (Oakdale HLS)	02:49.03	995.94	01:27.71	926.45	0.00	1922.39	
15	6338	Asher T Mwaita (Plettenberg Ps)	03:19.07	935.85	01:21.05	959.73	0.00	1895.58	PB
16	8853	Migael Louw (Oakdale HLS)	02:49.03	995.94	01:36.07	884.62	0.00	1880.56	PB
17	8821	Brian Viljoen (Outeniqua Hs)	02:42.04	1009.90	01:40.36	863.20	0.00	1873.10	PB
18	6821	Finley Mittendorff (Glenwood House Ps)	03:31.07	911.84	01:25.72	936.40	0.00	1848.24	
19	7074	Caleb Regester (Oakdale HLS)	03:17.09	939.81	01:33.95	895.25	0.00	1835.06	PB
20	2931	RJ van Lill (Knysna LS)	03:05.02	963.95	02:01.02	759.90	0.00	1723.85	PB
21	4870	Marius Meyer (Cape Multisport Eden)	03:31.09	911.82	01:52.36	803.20	0.00	1715.02	
22	8860	Franco Calitz (Oakdale HLS)	03:20.06	933.87	01:58.20	774.00	0.00	1707.87	PB
23	8861	Kai Jonker (Oakdale HLS)	04:08.06	837.86	02:19.66	666.70	0.00	1504.56	PB
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/17 GIRLS				National Record: N/A			Provincial Record: N/A		
1	6434	Leane Swanepoel (Glenwood House Ps)	02:52.65	980.70	01:12.21	1013.95	0.00	1994.65	
2	4877	Alice Esterhuyse (Outeniqua Hs)	03:08.93	948.14	01:07.08	1039.59	0.00	1987.73	
3	1798	Danielle Bond (Outeniqua Ls)	02:50.01	985.98	01:18.53	982.35	0.00	1968.33	
4	3336	Roshelle van Niekerk (Punt HS)	03:18.17	929.66	01:26.18	944.10	0.00	1873.76	

U/17 BOYS				National Record: N/A			Provincial Record: N/A		
1	5550	Christiaan Oosthuizen (Oakdale HLS)	02:21.87	1028.26	01:09.01	1004.92	0.00	2033.18	PB
2	5515	Hennie Calitz (Langenhoven Gimnasium)	02:32.28	1007.44	01:11.02	994.88	0.00	2002.32	PB
3	3959	Christiaan Smit (George-Suid Ls)	02:53.89	964.22	01:05.03	1024.81	0.00	1989.03	
4	4714	Andrew Jonker (Oakdale HLS)	02:21.54	1028.92	01:20.06	949.70	0.00	1978.62	
5	7676	Lian Cilliers (Punt HS)	02:39.76	992.48	01:13.79	981.05	0.00	1973.53	
6	7059	Wian Hartlief (Outeniqua Hs)	02:25.70	1020.60	01:20.09	949.54	0.00	1970.14	PB
7	7058	Bennie van der Linde (Oakdale HLS)	02:34.12	1003.76	01:18.51	957.45	0.00	1961.21	PB
8	7680	Pieter-Jan Pretorius (Oakdale HLS)	02:40.22	991.56	01:20.00	949.97	0.00	1941.53	
9	1833	Daniel Anker (Langenhoven Gimnasium)	02:29.75	1012.50	01:24.27	928.65	0.00	1941.15	
10	3989	Ewan Botha (Langenhoven Gimnasium)	02:51.58	968.84	01:17.04	964.79	0.00	1933.63	
11	6301	Leander Cornelius (Oakdale HLS)	02:23.91	1024.18	01:31.08	894.60	0.00	1918.78	PB
12	6519	Delino D'Abreu (Oakdale HLS)	02:53.56	964.88	01:20.18	949.10	0.00	1913.98	PB
13	8856	Arno de Jager (Oakdale HLS)	02:34.50	1003.00	01:29.92	900.40	0.00	1903.40	PB
14	5546	Jack Hume (Oakdale HLS)	02:35.28	1001.44	01:30.07	899.62	0.00	1901.06	
15	1837	Callan Du Plessis (Oakdale HLS)	02:34.18	1003.64	01:39.75	851.25	0.00	1854.89	
16	8456	Nihan Potgieter (Oakdale HLS)	02:38.08	995.84	01:44.66	826.70	0.00	1822.54	

17	8857	AJ Swart (Oakdale HLS)	02:31.94	1008.12	01:48.56	807.20	0.00	1815.32	PB
18	7759	Malan van Aardt (Oakdale HLS)	03:00.35	951.30	02:00.25	748.75	0.00	1700.05	
19	8854	Ruben Portheine (Oakdale HLS)	02:46.41	979.18	02:07.86	710.70	0.00	1689.88	PB
20	8858	Nehan Botha (Oakdale HLS)	02:49.32	973.36	02:12.00	690.00	0.00	1663.36	PB
21	8866	Meyr Kotze (Oakdale HLS)	02:57.04	957.92	02:10.13	699.35	0.00	1657.27	PB
22	8828	Hanlo Barkhuizen (Punt HS)	02:23.14	1025.72	03:01.49	442.55	0.00	1468.27	PB
23	8471	Duncan Meyer (Langenhoven Gimnasium)	02:26.34	1019.32	DNF	DNF	0.00	DNF	
#		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)	02:33.97	1040.06	01:14.09	999.52	0.00	2039.58	PB
2	1928	Mia Botha (Outeniqua Hs)	02:39.80	1028.40	01:18.00	979.97	0.00	2008.37	PB
3	7667	Ona-Mari van Niekerk (Outeniqua Hs)	03:17.34	953.32	01:13.05	1004.75	0.00	1958.07	
4	7666	Sian Kleynhans (Outeniqua Hs)	03:18.70	950.60	01:14.05	999.73	0.00	1950.33	
5	3987	Lee-Anne Pretorius (Punt HS)	03:14.25	959.50	01:20.61	966.95	0.00	1926.45	
6	8510	Mienke Vorster (Punt HS)	03:08.68	970.64	01:27.35	933.25	0.00	1903.89	PB
7	5569	Nicole van Rooyen (Knysna HS)	03:37.01	913.98	01:36.41	887.95	0.00	1801.93	PB
8	7673	Sarai Roos (Punt HS)	03:21.39	945.22	01:56.34	788.30	0.00	1733.52	
9	8476	Khloe Welthagen (Punt HS)	03:38.03	911.94	02:00.22	768.90	0.00	1680.84	PB

10	5618	Taeya Porrill (Knysna HS)	03:28.89	930.22	10:32.02	-1790.10	0.00	-859.88
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/19 BOYS			National Record: N/A			Provincial Record: N/A		
1	4710	Johan Schoeman (No Mads Club)	02:07.02	1043.96	01:10.37	988.15	0.00	2032.11
2	1848	Marno Meyer (Oakdale HLS)	02:16.40	1025.20	01:14.00	969.99	0.00	1995.19
3	2897	Jaco de Wet (Oakdale HLS)	02:27.67	1002.66	01:10.01	989.93	0.00	1992.59
4	5622	Joseph van der Merwe (Oakdale HLS)	02:12.00	1034.00	01:17.41	952.95	0.00	1986.95
5	4738	Stiaan Pool (Oakdale HLS)	02:27.20	1003.60	01:18.35	948.25	0.00	1951.85 PB
6	8864	Markus Kok (Oakdale HLS)	02:53.03	951.94	01:11.67	981.65	0.00	1933.59 PB
7	4742	Pieter de Kock (Oakdale HLS)	02:43.17	971.66	01:20.71	936.45	0.00	1908.11 PB
8	4735	WWJ Spangenberg (Oakdale HLS)	02:36.30	985.40	01:27.06	904.70	0.00	1890.10 PB
9	8811	Christiaan Van Biljon (Langenhoven Gimnasium)	03:25.04	887.92	01:10.50	987.50	0.00	1875.42 PB
10	3537	Jaydon du Plessis (Oakdale HLS)	02:49.48	959.04	01:25.78	911.10	0.00	1870.14 PB
11	8826	Melchizedek Roos (Punt HS)	02:43.36	971.28	01:42.06	829.68	0.00	1800.96 PB
12	8841	Lusan De Vries (Knysna HS)	02:45.45	967.10	01:44.04	819.80	0.00	1786.90 PB
13	8839	Matthew Kaplan (Knysna HS)	02:28.11	1001.78	01:51.76	781.20	0.00	1782.98 PB
14	7662	Enoch Roos (Punt HS)	02:55.34	947.32	01:58.78	746.10	0.00	1693.42
15	8840	Bulela Mvamata (Knysna HS)	03:09.08	919.84	02:16.26	658.70	0.00	1578.54 PB

16	8835	Dian Barkhuizen (Punt HS)	02:00.20	1057.60	02:49.32	493.40	0.00	1551.00	PB
17	8844	Dylan Ribeiro (Knysna HS)	03:15.75	906.50	02:56.15	459.25	0.00	1365.75	PB
18	8843	Jolin Rass (Knysna HS)	02:46.43	965.14	DNF	DNF	0.00	DNF	
19	8820	Matthew Taylor (Outeniqua Hs)	29:07.08	-16596.16	01:04.44	1017.80	0.00	-15578.36	
#		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)	02:40.81	1050.38	01:32.03	964.84	33.00	2048.22	
#		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)	02:50.99	1014.02	01:16.21	1013.95	0.00	2027.97	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)	02:23.56	1022.88	01:09.00	1000.00	0.00	2022.88	
2	1870	Matthew Benn (Knysna HS)	02:43.83	982.34	DNF	DNF	0.00	DNF	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 40+ WOMEN				National Record: N/A			Provincial Record: N/A		
1	6431	Liesel Buitendag (No Mads Club)	03:25.00	971.99	01:17.09	1034.51	30.00	2036.50	PB
2	4075	Zani Smith (No Mads Club)	02:41.09	1059.82	01:40.06	919.70	15.00	1994.52	PB
3	7741	Cindy Viljoen	02:44.01	1053.98	01:42.00	910.00	0.00	1963.98	

MASTERS 40+ MEN				National Record: N/A			Provincial Record: N/A	
1	3573	Marsel Roos (No Mads Club)	02:23.05	1033.89	01:07.03	1039.83	25.00	2098.72
2	6433	Jeandre Swanepoel (No Mads Club)	02:26.01	1027.97	01:08.04	1034.80	25.00	2087.77 PB
3	8869	Ryan Habib (No Mads Club)	02:42.09	995.81	01:23.37	958.15	15.00	1968.96 PB
4	5624	Francois Marais (No Mads Club)	02:57.05	965.89	01:18.06	984.69	10.00	1960.58
5	8257	Deon De Jager (No Mads Club)	02:56.09	967.80	01:20.01	974.90	10.00	1952.70 PB
6	8518	Thean Du Plessis (No Mads Club)	03:02.03	955.94	01:36.02	894.88	10.00	1860.82
7	8473	Kobus Smith (No Mads Club)	02:59.03	961.93	02:02.04	764.76	10.00	1736.69 PB
#	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)	03:09.07	1001.85	02:14.01	799.93	35.00	1836.78
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 50+ MEN				National Record: N/A			Provincial Record: N/A	
1	6893	Nell Wiid (No Mads Club)	02:43.08	1005.83	01:39.62	891.90	35.00	1932.73
2	6953	Johannes Jordaan	03:28.05	915.90	01:21.66	981.70	0.00	1897.60
#	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)	01:20.06	1019.87	00:38.26	1023.70	30.00	2073.57
2	3065	Cliff Wallace (Fish Eagles Masters)	01:37.04	985.90	00:37.58	1027.10	42.00	2055.00

SPECIAL NEEDS FEMALE				National Record: N/A			Provincial Record: N/A	
1	7693	Michele Lombard (Eljada Nasorg)	02:09.01	981.96	01:06.56	892.20	0.00	1874.16
2	7694	Elizabeth Botes (Eljada Nasorg)	03:09.01	861.96	01:15.93	845.35	0.00	1707.31
3	7690	Miena Baardman (Eljada Nasorg)	02:04.05	991.89	01:57.11	639.45	0.00	1631.34
4	7696	Maja Ehlers (Eljada Nasorg)	02:46.06	907.87	01:42.59	712.05	0.00	1619.92
#	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)	01:47.04	1025.91	00:55.47	947.65	0.00	1973.56
2	7692	Danie Botes (Eliada Nasorg)	01:29.03	1061.94	01:24.69	801.55	0.00	1863.49