

HIGHGATE INTERPROVINCIAL 2026

Competition Name

2026-02-07

Competition Date

	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
Top 3 Runners									
1	4891	Melissa Meyer	EDEN Team A	02:28.430	1075.14	01:29.060	979.70	33.00	2087.84
2	7979	Heleen Lombard	EP Team A	02:28.210	1075.58	01:20.820	1020.90	18.00	2114.48
3	2844	Kathleen Gey van Pittius	BOL Team A	01:22.280	1071.44	00:42.310	1078.45	20.00	2169.89
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
Top 3 Swimmers									
1	8681	Shelley Du Plessis	WP Team A	03:01.770	1008.46	01:08.190	1084.05	21.00	2113.51
2	2844	Kathleen Gey van Pittius	BOL Team A	01:22.280	1071.44	00:42.310	1078.45	20.00	2169.89
3	2525	Mariaan Malan	BOL Team A	02:57.150	1025.70	01:21.750	1061.25	45.00	2131.95
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
Top 3 Athletes									
1	2844	Kathleen Gey van Pittius	BOL Team A	01:22.280	1071.44	00:42.310	1078.45	20.00	2169.89
2	1155	Ninah Wedderburn	EP Team A	02:27.290	1061.42	01:03.590	1077.05	0.00	2138.47
3	2525	Mariaan Malan	BOL Team A	02:57.150	1025.70	01:21.750	1061.25	45.00	2131.95
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/08 GIRLS									
1	6744	Mikayla Nieuwenhuis	BOL Team A	01:29.720	1060.56	00:24.390	1053.05	0.00	2113.61

2	8258	Bea Kitching	EDEN Team A	01:35.160	1049.68	00:25.560	1047.20	0.00	2096.88
3	8519	Nina Groenewald	BOL Team A	01:46.870	1026.26	00:25.900	1045.50	0.00	2071.76
4	8374	Lynn-Mari Roets	BOL Team A	01:37.120	1045.76	00:31.310	1018.45	0.00	2064.21
5	7981	Ria Lombard	EP Team A	01:44.740	1030.52	00:30.830	1020.85	0.00	2051.37
6	8363	Lily-May McGregor	BOL Team A	01:37.520	1044.96	00:34.140	1004.30	0.00	2049.26
7	8742	Avah Maralack	BOL Team B	01:41.160	1037.68	00:36.770	991.15	0.00	2028.83
8	8537	Maria Beyers	BOL Team A	01:46.000	1028.00	00:35.220	998.90	0.00	2026.90
9	8849	Lisa-Marie Terblanche	EDEN Team A	01:47.850	1024.30	00:35.220	998.90	0.00	2023.20
10	8025	Miemie Stegmann	WP Team A	01:47.620	1024.76	00:36.620	991.90	0.00	2016.66
11	8824	Kensley Mayer	EDEN Team A	01:56.630	1006.74	00:35.640	996.80	0.00	2003.54
12	8833	Clarabelle Muller	EDEN Team A	01:48.060	1023.88	00:39.840	975.80	0.00	1999.68
13	8573	Lilly Riekert	BOL Team B	01:43.410	1033.18	00:42.260	963.70	0.00	1996.88

#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
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U/08 BOYS			-					
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1	8284	Simeon Bezuidenhout	EDEN Team A	01:20.120	1075.76	00:22.910	1050.45	0.00	2126.21
2	8346	Jano Blake	BOL Team A	01:25.630	1064.74	00:24.750	1041.25	0.00	2105.99
3	8654	De Wet Jv Rensburg	WP Team A	01:23.630	1068.74	00:25.910	1035.45	0.00	2104.19
4	8333	Ade Orffer	BOL Team A	01:32.500	1051.00	00:23.590	1047.05	0.00	2098.05
5	8283	Tiaan Terblanche	EDEN Team A	01:24.320	1067.36	00:27.940	1025.30	0.00	2092.66
6	8336	Ben Venter	BOL Team	01:31.390	1053.22	00:25.640	1036.80	0.00	2090.02

A									
7	8351	Rudi Le Roux	BOL Team A	01:23.230	1069.54	00:31.840	1005.80	0.00	2075.34
8	8863	Stian Schoeman	EDEN Team A	01:31.850	1052.30	00:31.350	1008.25	0.00	2060.55
9	8765	Eduan Horn	WP Team A	01:32.260	1051.48	00:31.450	1007.75	0.00	2059.23
10	8832	Gideon du Plessis	EDEN Team A	01:39.500	1037.00	00:28.830	1020.85	0.00	2057.85
11	7866	Jackson Campbell	EP Team A	01:36.200	1043.60	00:30.340	1013.30	0.00	2056.90
12	8577	Noah Brink	BOL Team B	01:40.240	1035.52	00:30.700	1011.50	0.00	2047.02
13	8259	Heinrich Terblanche	EDEN Team A	01:39.200	1037.60	00:35.030	989.85	0.00	2027.45
14	8356	James Van Zyl	BOL Team A	01:54.130	1007.74	00:34.760	991.20	0.00	1998.94
15	8362	Adriaan Hansen	BOL Team B	01:46.490	1023.02	00:43.410	947.95	0.00	1970.97
16	8850	Bismarck Nel	EDEN Team B	01:52.230	1011.54	00:43.150	949.25	0.00	1960.79
17	8294	Marco Glen Botha	EDEN Team B	02:19.500	957.00	00:50.800	911.00	0.00	1868.00
18	8650	Dandre Du Plessis	BOL Team B	02:31.760	932.48	01:05.300	838.50	0.00	1770.98
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/09 GIRLS				-					
1	6984	Kayla van der Merwe	WP Team A	01:21.130	1051.74	00:41.400	1073.00	0.00	2124.74
2	8682	Hannah Du Plessis	WP Team A	01:26.310	1041.38	00:44.920	1055.40	0.00	2096.78
3	6352	Ella Coetzee	EDEN Team A	01:22.770	1048.46	00:51.380	1023.10	0.00	2071.56
4	7069	Hette-Mari Botha	BOL Team A	01:31.650	1030.70	00:49.530	1032.35	0.00	2063.05
5	7419	Isabella Swart	BOL Team A	01:30.210	1033.58	00:50.150	1029.25	0.00	2062.83

6	8331	Isabelle Van Staden	BOL Team A	01:25.530	1042.94	00:55.530	1002.35	0.00	2045.29
7	8652	Olivia Muller	BOL Team B	01:26.820	1040.36	00:56.220	998.90	0.00	2039.26
8	6937	Cari Morkel	BOL Team A	01:34.690	1024.62	00:53.080	1014.60	0.00	2039.22
9	8332	Lika Klindt	BOL Team A	01:33.350	1027.30	00:57.910	990.45	0.00	2017.75
10	7615	Ava Giles	EDEN Team A	01:26.060	1041.88	01:04.040	959.80	0.00	2001.68
11	7298	Anja Jacobs	BOL Team B	01:35.870	1022.26	01:00.280	978.60	0.00	2000.86
12	7491	Cari van der Merwe	WP Team A	01:35.010	1023.98	01:00.640	976.80	0.00	2000.78
13	8345	Liya Dos Santos	BOL Team B	01:38.600	1016.80	01:00.480	977.60	0.00	1994.40
14	7903	Abigail Goosen	EP Team A	01:39.050	1015.90	01:00.600	977.00	0.00	1992.90
15	7909	Nolien Labuschagne	EP Team A	01:43.300	1007.40	00:59.030	984.85	0.00	1992.25
16	7767	Clara Hoepfner	EDEN Team A	01:27.880	1038.24	01:07.430	942.85	0.00	1981.09
17	8638	Ninca Fouche	WP Team A	01:32.370	1029.26	01:08.060	939.70	0.00	1968.96
18	6683	Nina Hansen	BOL Team B	01:36.970	1020.06	01:14.870	905.65	0.00	1925.71
19	8058	Francis van Niekerk	EP Team A	01:39.380	1015.24	01:15.430	902.85	0.00	1918.09
20	7421	Lilly Cilliers	BOL Team C	01:39.690	1014.62	01:20.180	879.10	0.00	1893.72
21	7752	Anullika Prinsloo	EDEN Team A	01:48.960	996.08	01:17.430	892.85	0.00	1888.93
22	7581	Lisa Smit	BOL Team B	01:44.200	1005.60	01:19.710	881.45	0.00	1887.05
23	8375	Isla Slabbert	BOL Team C	01:56.400	981.20	01:34.040	809.80	0.00	1791.00
24	7665	Amilie Lamprecht	EDEN Team A	01:23.930	1046.14	00:00.000	0.00	0.00	1046.14

	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/09 BOYS				-					
1	8666	Luka Mocke	WP Team A	01:15.890	1054.22	00:41.250	1048.75	0.00	2102.97
2	6825	Liam de Wet	EDEN Team A	01:18.560	1048.88	00:44.060	1034.70	0.00	2083.58
3	5556	Elea Smith	BOL Team A	01:20.930	1044.14	00:43.440	1037.80	0.00	2081.94
4	8316	Christoff Willem Koch	EDEN Team A	01:20.170	1045.66	00:47.710	1016.45	0.00	2062.11
5	8399	Jean Scriven	BOL Team B	01:19.300	1047.40	00:49.330	1008.35	0.00	2055.75
6	7073	Adrihan Saayman	BOL Team A	01:16.370	1053.26	00:52.130	994.35	0.00	2047.61
7	7072	Nicolaas Brink	BOL Team A	01:27.170	1031.66	00:49.770	1006.15	0.00	2037.81
8	7865	Roux Gerber	EP Team A	01:35.640	1014.72	00:46.620	1021.90	0.00	2036.62
9	8524	Wian Fourie	BOL Team B	01:24.950	1036.10	00:51.040	999.80	0.00	2035.90
10	8816	Hanru Bornmann	WP Team A	01:30.300	1025.40	00:50.810	1000.95	0.00	2026.35
11	8720	Ernie Fourie	EP Team A	01:26.870	1032.26	00:53.600	987.00	0.00	2019.26
12	7145	Hendrik Terblanche	BOL Team A	01:23.600	1038.80	00:56.180	974.10	0.00	2012.90
13	7524	Juandre Rheeders	BOL Team B	01:31.420	1023.16	00:53.130	989.35	0.00	2012.51
14	6931	Hunter Human	BOL Team A	01:32.260	1021.48	00:52.800	991.00	0.00	2012.48
15	8575	Pieter-Hendrik Jacobs	BOL Team B	01:25.920	1034.16	00:59.250	958.75	0.00	1992.91
16	8042	Cader Wakefield	WP Team A	01:37.560	1010.88	00:55.810	975.95	0.00	1986.83
17	7761	Hayden Luies	WP Team A	01:32.980	1020.04	01:00.150	954.25	0.00	1974.29
18	8647	Hosea Maralack	BOL Team C	01:28.640	1028.72	01:05.200	929.00	0.00	1957.72

19	7644	Michael Fouche	WP Team A	01:41.000	1004.00	01:07.530	917.35	0.00	1921.35
20	8383	Regard De Wet	BOL Team B	01:35.260	1015.48	01:10.970	900.15	0.00	1915.63
21	8527	Douw De Kock	BOL Team C	01:24.560	1036.88	01:19.910	855.45	0.00	1892.33
22	8377	Chrisjan Lombard	BOL Team C	01:46.720	992.56	01:16.400	873.00	0.00	1865.56
23	8295	Bjorn Bell	EDEN Team A	01:34.910	1016.18	01:21.350	848.25	0.00	1864.43
24	8400	Franscous Botha	BOL Team C	01:31.960	1022.08	01:23.340	838.30	0.00	1860.38
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/11 GIRLS				-					
1	5574	Ava Kruger	BOL Team A	01:10.190	1055.62	00:37.430	1042.85	0.00	2098.47
2	5581	Irma-Ann Orffer	BOL Team A	01:09.820	1056.36	00:38.500	1037.50	0.00	2093.86
3	4869	Misha Meyer	EDEN Team A	01:13.700	1048.60	00:37.170	1044.15	0.00	2092.75
4	6574	Alexis Barendse	EP Team A	01:15.880	1044.24	00:36.600	1047.00	0.00	2091.24
5	5638	Leah de Wet	EDEN Team A	01:16.270	1043.46	00:37.000	1045.00	0.00	2088.46
6	6983	Nila van der Merwe	WP Team A	01:19.350	1037.30	00:37.250	1043.75	0.00	2081.05
7	5564	Emma-Joy Potgieter	BOL Team A	01:17.030	1041.94	00:39.280	1033.60	0.00	2075.54
8	7067	Mikela Roets	BOL Team B	01:11.900	1052.20	00:43.380	1013.10	0.00	2065.30
9	6891	Avah Jean Spies	EDEN Team A	01:13.360	1049.28	00:42.910	1015.45	0.00	2064.73
10	4983	Micah Bezuidenhout	EDEN Team A	01:18.350	1039.30	00:41.500	1022.50	0.00	2061.80
11	3602	Hanneli vd Watt	WP Team A	01:23.040	1029.92	00:40.200	1029.00	0.00	2058.92
12	7500	Ziane	WP	01:24.160	1027.68	00:39.910	1030.45	0.00	2058.13

		Langenhoven	Team A						
13	8705	Everly Nel	EP Team A	01:20.010	1035.98	00:42.120	1019.40	0.00	2055.38
14	5586	Braylee Banies	BOL Team B	01:16.790	1042.42	00:44.000	1010.00	0.00	2052.42
15	7776	Willow Bezuidenhout	EP Team A	01:23.360	1029.28	00:42.140	1019.30	0.00	2048.58
16	8054	Mareli Janse van Rensburg	WP Team A	01:25.050	1025.90	00:42.280	1018.60	0.00	2044.50
17	5506	Lize - Mari Du Plessis	EDEN Team B	01:29.520	1016.96	00:40.550	1027.25	0.00	2044.21
18	4080	Leah Swart	BOL Team A	01:26.520	1022.96	00:42.330	1018.35	0.00	2041.31
19	7278	Ria Van Zyl	BOL Team B	01:25.760	1024.48	00:43.550	1012.25	0.00	2036.73
20	6476	Angelique Pieterse	EDEN Team A	01:26.850	1022.30	00:43.120	1014.40	0.00	2036.70
21	6098	Carli Labuschagne	WP Team A	01:22.420	1031.16	00:45.290	1003.55	0.00	2034.71
22	7787	Hannah Allison	EP Team A	01:30.980	1014.04	00:42.310	1018.45	0.00	2032.49
23	6826	Nina Vlok	EDEN Team B	01:27.000	1022.00	00:44.260	1008.70	0.00	2030.70
24	4125	Linah Mouton	BOL Team B	01:15.350	1045.30	00:49.180	984.10	0.00	2029.40
25	4481	Lilibeth Kriel	WP Team B	01:28.070	1019.86	00:44.340	1008.30	0.00	2028.16
26	5777	Adanje Du Plessis	BOL Team B	01:28.080	1019.84	00:45.040	1004.80	0.00	2024.64
27	4984	Olivia Lamprecht	EDEN Team B	01:28.990	1018.02	00:45.400	1003.00	0.00	2021.02
28	8769	Emma Theron	WP Team B	01:20.510	1034.98	00:50.480	977.60	0.00	2012.58
29	5991	Alexis van Eyssen	WP Team C	01:27.070	1021.86	00:49.490	982.55	0.00	2004.41
30	8065	Nicole Gerber;	WP Team B	01:31.560	1012.88	00:47.910	990.45	0.00	2003.33
31	8477	Abby Smit	EDEN Team	01:22.640	1030.72	00:51.690	971.55	0.00	2002.27

C									
32	7647	Anna Ehlers	WP Team B	01:32.140	1011.72	00:49.000	985.00	0.00	1996.72
33	6340	Milane Belstead	EDEN Team B	01:36.900	1002.20	00:47.160	994.20	0.00	1996.40
34	3653	Charlotte Bowman	BOR Team A	01:35.510	1004.98	00:48.180	989.10	0.00	1994.08
35	7035	Su-Anne Kitching	EDEN Team C	01:26.390	1023.22	00:52.240	968.80	0.00	1992.02
36	7585	Cari Van Deventer	BOL Team C	01:36.650	1002.70	00:48.470	987.65	0.00	1990.35
37	7669	Chloe Knoetze	EDEN Team C	01:20.290	1035.42	00:56.200	949.00	0.00	1984.42
38	8775	Elizabeth Filter	WP Team B	01:28.740	1018.52	00:53.730	961.35	0.00	1979.87
39	7968	Nika Wolfaardt	EP Team B	01:32.970	1010.06	00:53.020	964.90	0.00	1974.96
40	8301	Piper Freislich	EDEN Team B	01:28.980	1018.04	00:54.780	956.10	0.00	1974.14
41	7970	Zara van der Merwe	EP Team A	01:30.340	1015.32	00:54.250	958.75	0.00	1974.07
42	7515	Liana Rheeders	BOL Team C	01:38.870	998.26	00:51.600	972.00	0.00	1970.26
43	7663	Tessa Venter	EDEN Team C	01:24.660	1026.68	00:57.680	941.60	0.00	1968.28
44	8325	Stella Warnich	BOL Team C	01:29.290	1017.42	00:57.690	941.55	0.00	1958.97
45	5990	Mia van Eyssen	WP Team C	01:28.510	1018.98	00:58.630	936.85	0.00	1955.83
46	8009	Naomi Nel	WP Team C	01:31.860	1012.28	00:59.750	931.25	0.00	1943.53
47	8425	Ava Nance	EP Team B	01:40.310	995.38	00:58.010	939.95	0.00	1935.33
48	8415	Janina Stevens	EP Team C	01:38.530	998.94	01:14.650	856.75	0.00	1855.69
49	8809	Tatum Haas	WP Team C	00:00.000	0.00	00:00.000	0.00	0.00	0.00
	#	Athlete	Team	Running Time	Running	Swimming	Swimming	Bonus Points	Total Points

				Points	Time	Points			
U/11 BOYS				-					
1	8461	Albert John Van der Spuy	BOL Team A	01:11.430	1051.14	00:35.160	1044.20	0.00	2095.34
2	6823	Bastiaan David Botha	EDEN Team A	01:17.960	1038.08	00:34.370	1048.15	0.00	2086.23
3	6287	Michael Maposa	WP Team A	01:15.510	1042.98	00:36.380	1038.10	0.00	2081.08
4	6830	De Wet Venter	EDEN Team A	01:14.160	1045.68	00:36.970	1035.15	0.00	2080.83
5	5837	Daniel Terblanche	BOL Team A	01:10.840	1052.32	00:38.530	1027.35	0.00	2079.67
6	6957	Eli Uys	BOL Team A	01:09.010	1055.98	00:39.810	1020.95	0.00	2076.93
7	8829	Jamie Freislich	EDEN Team A	01:16.700	1040.60	00:37.460	1032.70	0.00	2073.30
8	7280	SD Le Roux	BOL Team A	01:11.140	1051.72	00:40.740	1016.30	0.00	2068.02
9	5761	Jan Sadyman	BOL Team B	01:17.240	1039.52	00:38.920	1025.40	0.00	2064.92
10	7493	Nielen Horn	WP Team A	01:16.270	1041.46	00:39.540	1022.30	0.00	2063.76
11	3880	Drey Naude	BOL Team C	01:18.550	1036.90	00:38.730	1026.35	0.00	2063.25
12	8339	Jesse Lesch	BOL Team A	01:13.150	1047.70	00:41.560	1012.20	0.00	2059.90
13	8260	Stian Terblanche	EDEN Team A	01:19.460	1035.08	00:39.400	1023.00	0.00	2058.08
14	6107	Dawie Frylinck	BOL Team C	01:14.840	1044.32	00:41.500	1012.50	0.00	2056.82
15	8046	Yosef Verster	WP Team A	01:16.900	1040.20	00:41.430	1012.85	0.00	2053.05
16	5179	Stian Gericke	WP Team A	01:19.410	1035.18	00:41.160	1014.20	0.00	2049.38
17	4727	Lodewyk Moolman	EP Team A	01:17.560	1038.88	00:42.020	1009.90	0.00	2048.78
18	7482	Ethan Bland	WP Team B	01:20.260	1033.48	00:41.350	1013.25	0.00	2046.73

19	7648	Zian Vermeulen	WP Team A	01:24.530	1024.94	00:39.810	1020.95	0.00	2045.89
20	6391	Tinus Nieuwenhuis	EDEN Team B	01:19.780	1034.44	00:42.600	1007.00	0.00	2041.44
21	7546	Lichumile Sopile	WP Team B	01:20.860	1032.28	00:42.240	1008.80	0.00	2041.08
22	4162	Schalk Le Roux	BOL Team B	01:20.430	1033.14	00:42.840	1005.80	0.00	2038.94
23	8401	Corne Steyn	BOL Team B	01:12.670	1048.66	00:46.360	988.20	0.00	2036.86
24	7084	Thomas Spangenberg	BOL Team B	01:21.430	1031.14	00:43.500	1002.50	0.00	2033.64
25	7032	Andre Steyn	EDEN Team B	01:17.070	1039.86	00:45.720	991.40	0.00	2031.26
26	4985	Victor van der Sandt	EDEN Team A	01:13.500	1047.00	00:47.490	982.55	0.00	2029.55
27	5559	Lukas van Wyngaard	EDEN Team B	01:20.970	1032.06	00:45.870	990.65	0.00	2022.71
28	8622	Kaleb Els	WP Team C	01:20.280	1033.44	00:46.500	987.50	0.00	2020.94
29	6930	Schalk Oosthuizen	BOL Team C	01:28.710	1016.58	00:43.640	1001.80	0.00	2018.38
30	8308	Daniel Els	EDEN Team B	01:31.910	1010.18	00:42.810	1005.95	0.00	2016.13
31	7889	Willem van Niekerk	EP Team A	01:19.190	1035.62	00:47.900	980.50	0.00	2016.12
32	6031	Roelf Jacobs	WP Team B	01:19.840	1034.32	00:48.540	977.30	0.00	2011.62
33	7624	Ben Zehmke	EP Team A	01:23.930	1026.14	00:47.020	984.90	0.00	2011.04
34	6290	Fritz Smalberger	WP Team B	01:34.190	1005.62	00:45.620	991.90	0.00	1997.52
35	6356	Christiaan Lamprecht	EDEN Team B	01:13.440	1047.12	00:54.560	947.20	0.00	1994.32
36	7867	Jordaan Victor	EP Team A	01:25.830	1022.34	00:50.040	969.80	0.00	1992.14
37	6467	Raven du Plessis	EDEN Team C	01:25.070	1023.86	00:50.620	966.90	0.00	1990.76
38	8256	Zander	EDEN	01:16.620	1040.76	00:54.140	949.30	0.00	1990.06

Plaats			Claassen	Team C	Resultaat					
39	8317		Josef Buys	EDEN Team C	01:32.440	1009.12	00:48.010	979.95	0.00	1989.07
40	5635		Adriaan Hugo	EDEN Team C	01:26.360	1021.28	00:50.550	967.25	0.00	1988.53
41	7416		P G Schilder	WP Team B	01:38.920	996.16	00:51.380	963.10	0.00	1959.26
42	8830		Lamey de Jager	EDEN Team C	01:31.530	1010.94	00:57.550	932.25	0.00	1943.19
43	6735		Christoff Blake	BOL Team B	00:00.000	0.00	00:00.000	0.00	0.00	0.00
#			Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/13 GIRLS					-					
1	8803		Marli Strydom	WP Team A	02:38.130	1045.74	00:32.460	1055.40	0.00	2101.14
2	4952		Mieke Labuschagne	WP Team A	02:33.360	1055.28	00:35.700	1023.00	0.00	2078.28
3	3817		Mia Schellink	EP Team A	02:43.310	1035.38	00:34.260	1037.40	0.00	2072.78
4	5509		Helena Lourens	EDEN Team A	02:31.300	1059.40	00:36.700	1013.00	0.00	2072.40
5	8768		Olivia Theron	WP Team A	02:35.160	1051.68	00:36.710	1012.90	0.00	2064.58
6	3090		Leah Marais	EP Team A	02:43.510	1034.98	00:35.060	1029.40	0.00	2064.38
7	2506		Rouxle Kotze	BOL Team A	02:55.890	1010.22	00:33.710	1042.90	0.00	2053.12
8	3719		Ava Els	EP Team A	02:52.850	1016.30	00:34.870	1031.30	0.00	2047.60
9	5607		Lika Rabie	BOL Team A	02:55.520	1010.96	00:35.240	1027.60	0.00	2038.56
10	6413		Amelia Brand	WP Team A	02:51.900	1018.20	00:37.320	1006.80	0.00	2025.00
11	7291		Sophia-Lily Ashton	WP Team A	02:52.930	1016.14	00:37.410	1005.90	0.00	2022.04
12	3381		Kari Gericke	WP Team B	02:56.770	1008.46	00:36.760	1012.40	0.00	2020.86

13	3560	Danni Croft	EDEN Team A	03:06.510	988.98	00:35.380	1026.20	0.00	2015.18
14	5818	Elaine Marais	BOL Team A	02:44.670	1032.66	00:41.280	967.20	0.00	1999.86
15	5583	Jani Swanevelder	BOL Team B	02:58.260	1005.48	00:39.350	986.50	0.00	1991.98
16	7854	Marike Froneman	EP Team A	02:58.920	1004.16	00:39.280	987.20	0.00	1991.36
17	5540	Mieke Roos	EDEN Team A	03:19.070	963.86	00:35.310	1026.90	0.00	1990.76
18	5801	Amore Lombard	BOL Team A	03:03.600	994.80	00:40.440	975.60	0.00	1970.40
19	7640	Minke Marincowitz	EP Team B	02:59.600	1002.80	00:41.290	967.10	0.00	1969.90
20	8296	Emily Marais	EDEN Team A	03:29.430	943.14	00:35.540	1024.60	0.00	1967.74
21	8804	Emma Strydom	WP Team B	03:05.340	991.32	00:40.400	976.00	0.00	1967.32
22	7671	Aninka Terblanche	EDEN Team A	03:16.470	969.06	00:38.260	997.40	0.00	1966.46
23	5753	Liani Jacobs	WP Team B	03:00.130	1001.74	00:41.650	963.50	0.00	1965.24
24	7542	Clara Ehlers	WP Team B	02:56.040	1009.92	00:42.800	952.00	0.00	1961.92
25	6186	Anke-Mari Roets	EP Team A	02:49.080	1023.84	00:44.250	937.50	0.00	1961.34
26	7490	Johanni van der Merwe	WP Team B	02:59.920	1002.16	00:42.170	958.30	0.00	1960.46
27	7762	Noa Linde	WP Team C	03:09.050	983.90	00:40.660	973.40	0.00	1957.30
28	8368	Kara Van Schalkwyk	BOL Team B	02:59.140	1003.72	00:42.900	951.00	0.00	1954.72
29	6032	Bella De Villiers	WP Team C	02:54.960	1012.08	00:44.400	936.00	0.00	1948.08
30	8512	Miane Cornelius	EDEN Team B	03:10.430	981.14	00:42.690	953.10	0.00	1934.24
31	8307	Annabelle Els	EDEN Team B	03:32.540	936.92	00:38.560	994.40	0.00	1931.32

32	8318	Rali Buys	EDEN Team B	03:23.630	954.74	00:40.930	970.70	0.00	1925.44
33	5508	Aeltie Prinsloo	EDEN Team B	03:15.190	971.62	00:44.320	936.80	0.00	1908.42
34	8315	Olivia Froneman	EDEN Team B	03:35.540	930.92	00:40.380	976.20	0.00	1907.12
35	2290	Nina Vancoillie	WP Team C	03:04.740	992.52	00:47.280	907.20	0.00	1899.72
36	3569	Carli Marais	EDEN Team C	03:43.020	915.96	00:40.800	972.00	0.00	1887.96
37	7582	Mari Smit	BOL Team B	03:05.930	990.14	00:48.920	890.80	0.00	1880.94
38	4448	Marné van Eyssen	WP Team C	03:16.890	968.22	00:47.310	906.90	0.00	1875.12
39	8309	Caitlin Van Staden	EDEN Team C	03:14.570	972.86	00:48.110	898.90	0.00	1871.76
40	6047	Elsé-Mari Fourie	BOL Team B	03:17.200	967.60	00:51.270	867.30	0.00	1834.90
41	8868	Annabelle van Niekerk	EDEN Team C	03:39.830	922.34	00:49.310	886.90	0.00	1809.24
42	8773	Klara Filter	WP Team C	03:08.380	985.24	00:56.100	819.00	0.00	1804.24
43	4127	Marguerite Mouton	BOL Team A	00:00.000	0.00	00:42.220	957.80	0.00	957.80
44	8367	Dane Van der Colff	BOL Team C	00:00.000	0.00	00:00.000	0.00	0.00	0.00

	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/13 BOYS				-					
1	1801	Benjamin Bond	EDEN Team A	02:35.850	1048.30	00:31.410	1045.90	0.00	2094.20
2	1535	Daniël van Wyngaard	EDEN Team A	02:29.960	1060.08	00:32.870	1031.30	0.00	2091.38
3	6998	Cooper Gilligan	WP Team A	02:31.010	1057.98	00:32.860	1031.40	0.00	2089.38
4	2510	Barend Spreeth	BOL Team A	02:39.500	1041.00	00:33.220	1027.80	0.00	2068.80
5	2634	Niel Naude	BOL Team	02:38.440	1043.12	00:33.600	1024.00	0.00	2067.12

A									
6	2878	Bramwell Whitehouse	BOL Team A	02:37.570	1044.86	00:34.470	1015.30	0.00	2060.16
7	4109	Jan-Hendrik Thiar	BOL Team A	02:47.500	1025.00	00:34.210	1017.90	0.00	2042.90
8	6357	Ezra Scheepers	EDEN Team A	02:34.550	1050.90	00:36.970	990.30	0.00	2041.20
9	3601	Markú Loubser	WP Team A	02:41.730	1036.54	00:35.840	1001.60	0.00	2038.14
10	3067	Jacq John van Schalkwyk	EP Team A	02:45.470	1029.06	00:35.210	1007.90	0.00	2036.96
11	5691	Lian Jonker	BOL Team A	02:38.900	1042.20	00:36.820	991.80	0.00	2034.00
12	2285	Ryan Fouche	WP Team A	02:55.500	1009.00	00:33.910	1020.90	0.00	2029.90
13	3040	Conrad Kriel	WP Team A	02:40.530	1038.94	00:37.650	983.50	0.00	2022.44
14	6822	Rohan Marco Botha	EDEN Team B	03:08.900	982.20	00:32.500	1035.00	0.00	2017.20
15	4166	Migael Oosthuizen	BOL Team B	02:39.350	1041.30	00:38.550	974.50	0.00	2015.80
16	8478	Jean Botha	EDEN Team A	02:31.510	1056.98	00:40.250	957.50	0.00	2014.48
17	6572	Joshua Barendse	EP Team A	02:59.460	1001.08	00:34.770	1012.30	0.00	2013.38
18	6651	Ethan Schutte	WP Team B	02:52.400	1015.20	00:36.220	997.80	0.00	2013.00
19	1011	Liam Brand	BOL Team B	02:46.310	1027.38	00:37.720	982.80	0.00	2010.18
20	3376	Bernard Lamprecht	EDEN Team A	02:30.150	1059.70	00:41.070	949.30	0.00	2009.00
21	7755	Lian Claassen	EDEN Team B	02:39.360	1041.28	00:39.340	966.60	0.00	2007.88
22	5996	Motlatsi Khahledi	WP Team B	02:53.910	1012.18	00:36.430	995.70	0.00	2007.88
23	4240	Ruvan Jooste	WP Team B	02:42.890	1034.22	00:39.120	968.80	0.00	2003.02
24	2605	Derik Le Roux	BOL Team B	02:31.240	1057.52	00:42.280	937.20	0.00	1994.72

25	6898	Joshua Burrows	EDEN Team B	03:00.770	998.46	00:36.430	995.70	0.00	1994.16
26	5551	Burt Nieuwenhuis	EDEN Team B	02:51.890	1016.22	00:38.620	973.80	0.00	1990.02
27	2980	Cobus Wentzel	WP Team A	02:50.910	1018.18	00:38.940	970.60	0.00	1988.78
28	1646	Henri Pretorius;	WP Team B	03:03.550	992.90	00:36.480	995.20	0.00	1988.10
29	2570	Henry Beyers	BOL Team C	02:50.340	1019.32	00:39.290	967.10	0.00	1986.42
30	6280	Wilhelm Smalberger	WP Team B	02:54.850	1010.30	00:39.440	965.60	0.00	1975.90
31	3881	Gihan Kuyler	BOL Team C	02:57.470	1005.06	00:39.110	968.90	0.00	1973.96
32	6637	Matthew Bland	WP Team C	02:55.970	1008.06	00:40.150	958.50	0.00	1966.56
33	2509	Riaan Hough	BOL Team B	02:42.010	1035.98	00:43.180	928.20	0.00	1964.18
34	8013	Daniël de Wit	WP Team C	03:07.940	984.12	00:38.000	980.00	0.00	1964.12
35	6244	Eben Jordaan	EDEN Team B	02:44.940	1030.12	00:42.760	932.40	0.00	1962.52
36	1820	Riaan-Louis Pieterse	EDEN Team C	02:37.350	1045.30	00:44.850	911.50	0.00	1956.80
37	3178	Aran Hopper	EDEN Team C	03:09.640	980.72	00:39.440	965.60	0.00	1946.32
38	4406	Wilhelm Treurnicht	BOL Team B	02:50.750	1018.50	00:43.780	922.20	0.00	1940.70
39	6565	Liham Labuschagne	EP Team A	03:06.980	986.04	00:42.590	934.10	0.00	1920.14
40	8714	Stefan le Roux	EP Team C	02:58.930	1002.14	00:44.290	917.10	0.00	1919.24
41	8722	Louis Fourie	EP Team A	02:58.720	1002.56	00:44.380	916.20	0.00	1918.76
42	7969	Franco Wolfaardt	EP Team A	03:04.160	991.68	00:44.150	918.50	0.00	1910.18
43	7621	Rhyk Lingenfelder	EP Team C	03:05.030	989.94	00:46.330	896.70	0.00	1886.64

44	4706	Pienaar Muller	EDEN Team C	03:31.910	936.18	00:41.210	947.90	0.00	1884.08
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/15 GIRLS				-					
1	2717	Georgia Sabbagha	BOL Team A	02:35.200	1035.60	01:08.810	1030.95	0.00	2066.55
2	4982	Keyla Douglas	EDEN Team C	02:48.330	1009.34	01:07.380	1038.10	0.00	2047.44
3	1021	Zane Esterhuizen	BOL Team A	02:27.570	1050.86	01:16.650	991.75	0.00	2042.61
4	2924	Leah Hopper	EDEN Team A	02:37.620	1030.76	01:12.840	1010.80	0.00	2041.56
5	5767	Milla Christensen	BOL Team A	02:52.200	1001.60	01:08.840	1030.80	0.00	2032.40
6	3625	Jenna Joyce	WP Team A	02:41.510	1022.98	01:15.750	996.25	0.00	2019.23
7	3268	Alexa Stahmer	EDEN Team A	02:46.000	1014.00	01:15.310	998.45	0.00	2012.45
8	6071	Amalia van der Westhuizen	EP Team A	02:56.170	993.66	01:11.720	1016.40	0.00	2010.06
9	3266	Mariane Labuschagne	EDEN Team A	02:49.320	1007.36	01:14.770	1001.15	0.00	2008.51
10	2602	Zanli Le Roux	BOL Team A	02:49.110	1007.78	01:16.160	994.20	0.00	2001.98
11	1834	Lheane Du Plessis	EDEN Team A	03:10.580	964.84	01:07.910	1035.45	0.00	2000.29
12	2660	Lize-Mari Beyers	BOL Team B	02:58.960	988.08	01:13.030	1009.85	0.00	1997.93
13	5595	Mia Steenkamp	BOL Team A	02:45.080	1015.84	01:20.840	970.80	0.00	1986.64
14	7365	Gia de Wit	WP Team A	02:41.960	1022.08	01:22.360	963.20	0.00	1985.28
15	8320	Noku Tembo	EDEN Team B	03:09.370	967.26	01:11.720	1016.40	0.00	1983.66
16	7664	Ella Venter	EDEN Team B	02:50.240	1005.52	01:19.600	977.00	0.00	1982.52
17	8822	Mienke Gerber	EDEN Team	02:59.340	987.32	01:15.960	995.20	0.00	1982.52

B									
18	2699	Cume Mouton	BOL Team C	02:48.940	1008.12	01:20.220	973.90	0.00	1982.02
19	8012	Rua de Wit	WP Team A	03:00.110	985.78	01:15.960	995.20	0.00	1980.98
20	6435	Imke Swanepoel	EDEN Team B	02:44.450	1017.10	01:22.830	960.85	0.00	1977.95
21	2640	Anye Brink	BOL Team B	02:51.260	1003.48	01:20.830	970.85	0.00	1974.33
22	7982	Zara Zehmke	EP Team A	02:54.690	996.62	01:20.300	973.50	0.00	1970.12
23	2552	Ane Human	BOL Team B	02:51.980	1002.04	01:21.520	967.40	0.00	1969.44
24	1506	Nina Koen	EDEN Team C	02:57.070	991.86	01:22.300	963.50	0.00	1955.36
25	2759	Nellamari Fourie	BOL Team B	02:53.760	998.48	01:23.740	956.30	0.00	1954.78
26	1885	Mieke Buitendag	EDEN Team B	02:51.620	1002.76	01:25.260	948.70	0.00	1951.46
27	6939	Sumari Grobler	BOL Team C	02:49.780	1006.44	01:26.060	944.70	0.00	1951.14
28	2618	Dane Uys	BOL Team B	02:58.720	988.56	01:24.300	953.50	0.00	1942.06
29	7619	Jani Botha	EDEN Team C	02:42.200	1021.60	01:31.430	917.85	0.00	1939.45
30	6327	Liza Oosthuizen	EDEN Team C	02:57.330	991.34	01:26.710	941.45	0.00	1932.79
31	6339	Ashley T Mwaita	EDEN Team B	02:44.680	1016.64	01:31.900	915.50	0.00	1932.14
32	2617	Lara Uys	BOL Team C	03:07.400	971.20	01:23.000	960.00	0.00	1931.20
33	1288	Livia Vancoillie	WP Team A	03:07.550	970.90	01:24.650	951.75	0.00	1922.65
34	7543	Taylor Kotzee	WP Team B	03:11.230	963.54	01:29.740	926.30	0.00	1889.84
35	8723	Anine Fourie	EP Team A	03:23.590	938.82	01:26.960	940.20	0.00	1879.02
36	8364	Ava Oosthuizen	BOL Team C	03:13.080	959.84	01:32.350	913.25	0.00	1873.09

37	4163	Miane Le Roux	BOL Team C	03:05.520	974.96	01:35.710	896.45	0.00	1871.41
38	6185	Anli Roets	EP Team A	02:54.660	996.68	01:42.180	864.10	0.00	1860.78
39	8030	Cara van Wyk	WP Team B	03:33.550	918.90	01:28.680	931.60	0.00	1850.50
40	8412	Leah Naude	EP Team A	03:18.160	949.68	01:35.540	897.30	0.00	1846.98
41	8049	Sophia Lamprecht	WP Team B	03:42.590	900.82	01:28.930	930.35	0.00	1831.17
42	6652	Mila Schutte	WP Team B	03:32.320	921.36	01:33.050	909.75	0.00	1831.11
43	4226	Kaylee Els	WP Team A	00:00.000	0.00	00:00.000	0.00	0.00	0.00
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/15 BOYS				-					
1	4896	Pierre Spies	EDEN Team A	02:16.480	1061.04	01:03.660	1046.70	0.00	2107.74
2	3576	Hallett Swanepoel	EDEN Team A	02:22.570	1048.86	01:06.050	1034.75	0.00	2083.61
3	2928	Ruan Share	EDEN Team A	02:14.570	1064.86	01:10.940	1010.30	0.00	2075.16
4	5850	Petrus Bosman	BOL Team A	02:20.880	1052.24	01:09.120	1019.40	0.00	2071.64
5	2597	Tiaan Wagener	BOL Team A	02:38.420	1017.16	01:03.090	1049.55	0.00	2066.71
6	4462	Louis Lategan	GRI Team A	02:20.570	1052.86	01:10.690	1011.55	0.00	2064.41
7	5147	David Kleinsmith	WP Team A	02:23.420	1047.16	01:11.180	1009.10	0.00	2056.26
8	1247	Jack Fouche	BOL Team A	02:23.180	1047.64	01:12.010	1004.95	0.00	2052.59
9	4549	Le Roux Heunis	WP Team A	02:41.440	1011.12	01:05.170	1039.15	0.00	2050.27
10	3209	John William Grobler	BOL Team A	02:26.810	1040.38	01:11.850	1005.75	0.00	2046.13
11	4716	Ruben	EDEN	02:33.570	1026.86	01:12.430	1002.85	0.00	2029.71

		Knoetze	Team A						
12	5633	Pieter Schoeman	EDEN Team A	02:18.570	1056.86	01:20.710	961.45	0.00	2018.31
13	8825	Leroux Brandt	EDEN Team B	02:47.220	999.56	01:10.340	1013.30	0.00	2012.86
14	8852	Anthonie Lombard	EDEN Team B	02:24.620	1044.76	01:20.430	962.85	0.00	2007.61
15	3818	Hanroux Schellink	EP Team A	02:41.810	1010.38	01:14.330	993.35	0.00	2003.73
16	7984	Theo van Rooyen	EP Team A	02:31.750	1030.50	01:18.820	970.90	0.00	2001.40
17	1508	De Wet Botes	EDEN Team B	02:37.080	1019.84	01:17.020	979.90	0.00	1999.74
18	2633	AJ Naude	BOL Team A	02:34.490	1025.02	01:18.410	972.95	0.00	1997.97
19	3088	Rueben Lotter	EDEN Team C	02:39.870	1014.26	01:17.710	976.45	0.00	1990.71
20	5757	Luke Gerber	WP Team A	02:51.460	991.08	01:13.600	997.00	0.00	1988.08
21	6741	Fana Beukes	EDEN Team B	02:31.280	1031.44	01:24.270	943.65	0.00	1975.09
22	8018	Andre Botha	WP Team A	02:42.190	1009.62	01:21.690	956.55	0.00	1966.17
23	1136	Reghardt van Zyl	EP Team A	02:47.650	998.70	01:20.530	962.35	0.00	1961.05
24	4696	Stiaan Steyn	EP Team A	03:04.080	965.84	01:15.080	989.60	0.00	1955.44
25	6827	Eduard Snyman	EDEN Team B	02:37.590	1018.82	01:26.140	934.30	0.00	1953.12
26	4078	Rynard van der Colff	EDEN Team C	02:39.620	1014.76	01:25.600	937.00	0.00	1951.76
27	6070	Anrich van der Westhuizen	EP Team A	03:10.400	953.20	01:13.710	996.45	0.00	1949.65
28	6286	Paul Maposa	WP Team B	02:53.320	987.36	01:22.150	954.25	0.00	1941.61
29	5611	Rauten Stander	BOL Team B	02:37.360	1019.28	01:29.810	915.95	0.00	1935.23
30	3089	Christiaan Marais	EP Team	02:45.660	1002.68	01:27.480	927.60	0.00	1930.28

B									
31	8859	Etienne Gouws	EDEN Team C	02:57.120	979.76	01:26.230	933.85	0.00	1913.61
32	2665	Michael Symington	BOL Team B	03:00.370	973.26	01:24.990	940.05	0.00	1913.31
33	2571	Riekie Beyers	BOL Team B	02:40.010	1013.98	01:33.720	896.40	0.00	1910.38
34	2412	Stefanus Louw	WP Team B	02:49.910	994.18	01:30.220	913.90	0.00	1908.08
35	6338	Asher T Mwaita	EDEN Team C	03:10.780	952.44	01:23.270	948.65	0.00	1901.09
36	3586	Tiehann Slabber	BOL Team B	02:58.270	977.46	01:28.930	920.35	0.00	1897.81
37	8686	Janko Geldenhuys	WP Team A	03:15.060	943.88	01:23.180	949.10	0.00	1892.98
38	7083	Alex Spangenberg	BOL Team C	02:59.880	974.24	01:31.270	908.65	0.00	1882.89
39	8853	Migael Louw	EDEN Team C	02:50.960	992.08	01:38.000	875.00	0.00	1867.08
40	8365	William Steinberg	BOL Team C	03:16.440	941.12	01:42.860	850.70	0.00	1791.82
41	8870	Gabriel Manchess	WP Team B	04:06.140	841.72	01:49.880	815.60	0.00	1657.32
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/17 GIRLS									
-									
1	4461	Lehane Lategan	GRI Team A	02:28.690	1028.62	01:07.270	1038.65	0.00	2067.27
2	3607	Juane Burger	WP Team A	02:33.800	1018.40	01:07.690	1036.55	0.00	2054.95
3	7308	Sienna Ellis	BOL Team A	02:19.520	1046.96	01:15.240	998.80	0.00	2045.76
4	6202	Anja de Villiers	WP Team A	02:46.480	993.04	01:05.110	1049.45	0.00	2042.49
5	1100	Minette van Zyl	EP Team A	02:44.640	996.72	01:06.140	1044.30	0.00	2041.02
6	8704	Isabel Kuhn	EP Team A	02:52.610	980.78	01:04.410	1052.95	0.00	2033.73

7	2701	Nicola Hawley	BOL Team A	02:40.680	1004.64	01:10.740	1021.30	0.00	2025.94
8	4877	Alice Esterhuyse	EDEN Team A	02:56.540	972.92	01:05.370	1048.15	0.00	2021.07
9	2572	Isabella Olivier	BOL Team A	02:47.760	990.48	01:09.150	1029.25	0.00	2019.73
10	4169	Milan Kruger	BOL Team A	02:24.730	1036.54	01:18.400	983.00	0.00	2019.54
11	1926	Minay Botha	EDEN Team A	02:36.480	1013.04	01:16.240	993.80	0.00	2006.84
12	8011	Chara de Wit	WP Team A	02:28.480	1029.04	01:19.950	975.25	0.00	2004.29
13	7070	Anine Pienaar	BOL Team B	02:31.510	1022.98	01:22.040	964.80	0.00	1987.78
14	1798	Danielle Bond	EDEN Team A	02:44.020	997.96	01:17.750	986.25	0.00	1984.21
15	4302	Mieke Joubert	BOL Team B	02:37.930	1010.14	01:20.530	972.35	0.00	1982.49
16	7281	Mira Rabie	BOL Team B	02:43.640	998.72	01:20.620	971.90	0.00	1970.62
17	4405	Thea Treurnicht	BOL Team B	02:46.720	992.56	01:20.150	974.25	0.00	1966.81
18	1015	Inge Brand	BOL Team B	03:07.590	950.82	01:12.620	1011.90	0.00	1962.72
19	7328	Kendra Kitching	BOL Team C	02:47.010	991.98	01:23.070	959.65	0.00	1951.63
20	8348	Zinni Brynard	BOL Team C	03:15.370	935.26	01:12.760	1011.20	0.00	1946.46
21	8426	Johzaan van Rooyen	EP Team A	03:05.580	954.84	01:19.340	978.30	0.00	1933.14
22	2565	Monet Pienaar	BOL Team C	02:58.570	968.86	01:22.510	962.45	0.00	1931.31
23	4117	Rosie Buchner	BOL Team C	03:15.580	934.84	01:20.870	970.65	0.00	1905.49
24	3336	Roshelle van Niekerk	EDEN Team A	03:13.780	938.44	01:24.630	951.85	0.00	1890.29
25	7019	Jemima Oosthuizen	EP Team A	02:50.350	985.30	01:34.900	900.50	0.00	1885.80
26	8715	Mia le Roux	EP	03:00.220	965.56	01:36.220	893.90	0.00	1859.46

			Team C						
27	8719	Sarah van Eeden	EP Team A	03:38.290	889.42	01:25.790	946.05	0.00	1835.47
28	1823	Megan Stahmer	EDEN Team A	00:00.000	0.00	00:00.000	0.00	0.00	0.00
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/17 BOYS				-					
1	2641	Arden Kotze	BOL Team A	02:09.730	1052.54	01:00.090	1049.55	0.00	2102.09
2	4672	Ruhand Slabber	BOL Team A	02:14.180	1043.64	01:02.600	1037.00	0.00	2080.64
3	1208	Niel Conradie	WP Team A	02:13.700	1044.60	01:06.960	1015.20	0.00	2059.80
4	8690	Sion Coetzee	WP Team A	02:36.280	999.44	01:00.090	1049.55	0.00	2048.99
5	6221	Hunter Krynauw	BOL Team A	02:24.750	1022.50	01:05.120	1024.40	0.00	2046.90
6	8014	Joshua White	WP Team B	02:38.600	994.80	01:04.320	1028.40	0.00	2023.20
7	3051	Daniel Janse van Rensburg	BOL Team A	02:28.910	1014.18	01:08.780	1006.10	0.00	2020.28
8	5515	Hennie Calitz	EDEN Team A	02:26.380	1019.24	01:10.090	999.55	0.00	2018.79
9	1423	Wian Joubert	WP Team A	02:23.960	1024.08	01:11.140	994.30	0.00	2018.38
10	2280	Jean Troskie	WP Team A	02:38.890	994.22	01:05.340	1023.30	0.00	2017.52
11	4714	Andrew Jonker	EDEN Team A	02:13.150	1045.70	01:15.760	971.20	0.00	2016.90
12	2616	Dirk Uys	BOL Team A	02:29.260	1013.48	01:09.440	1002.80	0.00	2016.28
13	4640	Jordan Benson	WP Team A	02:23.020	1025.96	01:12.640	986.80	0.00	2012.76
14	3959	Christian Smit	EDEN Team A	02:44.120	983.76	01:05.740	1021.30	0.00	2005.06
15	7676	Lian Cilliers	EDEN Team A	02:30.380	1011.24	01:11.440	992.80	0.00	2004.04

16	8040	Chadley Van Der Vent	WP Team B	02:30.510	1010.98	01:12.230	988.85	0.00	1999.83
17	7059	Wian Hartlief	EDEN Team A	02:20.710	1030.58	01:17.090	964.55	0.00	1995.13
18	2632	Markus van der Walt	BOL Team B	02:12.560	1046.88	01:21.660	941.70	0.00	1988.58
19	3989	Ewan Botha	EDEN Team B	02:43.910	984.18	01:10.990	995.05	0.00	1979.23
20	8879	Jayden Hartnick	WP Team B	02:44.760	982.48	01:14.220	978.90	0.00	1961.38
21	7058	Bennie van der Linde	EDEN Team B	02:32.100	1007.80	01:20.690	946.55	0.00	1954.35
22	8037	Christo Boshoff	WP Team B	02:31.420	1009.16	01:21.010	944.95	0.00	1954.11
23	1833	Daniel Anker	EDEN Team B	02:25.990	1020.02	01:23.380	933.10	0.00	1953.12
24	5806	Nicholas Thiar	BOL Team B	02:39.770	992.46	01:18.650	956.75	0.00	1949.21
25	8856	Arno de Jager	EDEN Team C	02:24.080	1023.84	01:25.070	924.65	0.00	1948.49
26	5546	Jack Hume	EDEN Team C	02:24.740	1022.52	01:25.500	922.50	0.00	1945.02
27	1837	Callan Du Plessis	EDEN Team C	02:23.240	1025.52	01:28.500	907.50	0.00	1933.02
28	6519	Delino D'Abreu	EDEN Team B	02:57.640	956.72	01:23.260	933.70	0.00	1890.42
29	6301	Leander Cornelius	EDEN Team B	02:33.430	1005.14	01:35.190	874.05	0.00	1879.19
30	8531	Morne Van Staden	BOL Team B	03:01.940	948.12	01:41.740	841.30	0.00	1789.42
31	2709	Malan Schoeman	BOL Team B	02:26.770	1018.46	00:00.000	0.00	0.00	1018.46

	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/19 GIRLS				-					
1	1413	Mia Viljoen	WP Team A	02:24.750	1058.50	01:15.500	992.50	0.00	2051.00
2	1507	Lizandri Koen	EDEN	02:29.790	1048.42	01:14.360	998.20	0.00	2046.62

			Team A						
3	3628	Ane Cloete	WP Team A	02:37.310	1033.38	01:15.000	995.00	0.00	2028.38
4	1928	Mia Botha	EDEN Team A	02:36.950	1034.10	01:16.520	987.40	0.00	2021.50
5	3730	Anneke Stassen	WP Team A	02:51.060	1005.88	01:12.270	1008.65	0.00	2014.53
6	1065	Lienke Els	EP Team A	02:59.340	989.32	01:10.400	1018.00	0.00	2007.32
7	7110	Petra Rossouw	BOL Team A	02:40.770	1026.46	01:18.000	980.00	0.00	2006.46
8	4601	Riley Koegelenberg	BOL Team A	02:49.710	1008.58	01:16.970	985.15	0.00	1993.73
9	7667	Ona-Mari van Niekerk	EDEN Team A	03:04.430	979.14	01:11.960	1010.20	0.00	1989.34
10	7666	Sian Kleynhans	EDEN Team A	03:08.800	970.40	01:13.280	1003.60	0.00	1974.00
11	5783	Teyna Van Zyl	BOL Team A	03:06.840	974.32	01:14.540	997.30	0.00	1971.62
12	2636	Mia Van Zyl	BOL Team A	02:30.250	1047.50	01:30.570	917.15	0.00	1964.65
13	8735	Anzia Coetzee	BOL Team B	02:28.590	1050.82	01:32.410	907.95	0.00	1958.77
14	1114	Teneal Els	EP Team A	02:59.910	988.18	01:20.400	968.00	0.00	1956.18
15	1013	Jacy Brand	BOL Team A	02:57.250	993.50	01:21.740	961.30	0.00	1954.80
16	3987	Lee-Anne Pretorius	EDEN Team A	03:12.920	962.16	01:18.200	979.00	0.00	1941.16
17	8510	Mienke Vorster	EDEN Team B	02:56.620	994.76	01:24.940	945.30	0.00	1940.06
18	5995	Bohlale Khahledi	WP Team A	03:18.630	950.74	01:21.540	962.30	0.00	1913.04
19	5618	Taeya Porrill	EDEN Team B	03:18.330	951.34	01:27.550	932.25	0.00	1883.59
20	5569	Nicole van Rooyen	EDEN Team B	03:27.360	933.28	01:36.440	887.80	0.00	1821.08
21	8476	Khloe Welthagen	EDEN Team	03:25.580	936.84	01:55.500	792.50	0.00	1729.34

B									
22	7673	Sarai Roos	EDEN Team B	00:00.000	0.00	00:00.000	0.00	0.00	0.00
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/19 BOYS				-					
1	2411	Daniël Grové	WP Team A	02:03.510	1050.98	00:59.500	1042.50	0.00	2093.48
2	1130	Liam Wedderburn	EP Team A	02:10.420	1037.16	00:59.560	1042.20	0.00	2079.36
3	2666	Renso De Wet	BOL Team A	02:05.600	1046.80	01:06.060	1009.70	0.00	2056.50
4	3614	Callum Koekemoer	WP Team A	02:20.930	1016.14	01:00.560	1037.20	0.00	2053.34
5	4710	Johan Schoeman	EDEN Team A	02:02.820	1052.36	01:09.380	993.10	0.00	2045.46
6	2543	Armand Meintjies	BOL Team A	02:20.700	1016.60	01:02.710	1026.45	0.00	2043.05
7	6596	JC van Rooyen	EP Team A	02:23.400	1011.20	01:01.900	1030.50	0.00	2041.70
8	8547	SW Liebenberg	BOL Team A	02:26.460	1005.08	01:02.340	1028.30	0.00	2033.38
9	2564	Eric Pienaar	BOL Team A	02:23.050	1011.90	01:04.070	1019.65	0.00	2031.55
10	1857	Johannes van der Merwe	EP Team A	02:15.040	1027.92	01:10.770	986.15	0.00	2014.07
11	6183	Pieter Moolman	EP Team B	02:27.530	1002.94	01:06.640	1006.80	0.00	2009.74
12	1848	Marno Meyer	EDEN Team A	02:09.550	1038.90	01:14.540	967.30	0.00	2006.20
13	7095	Keaton Gouws	BOL Team A	02:20.080	1017.84	01:11.650	981.75	0.00	1999.59
14	2613	Dirk Neethling	BOL Team B	02:12.420	1033.16	01:16.010	959.95	0.00	1993.11
15	7613	La`eeq Maasdorp	WP Team A	02:29.030	999.94	01:09.560	992.20	0.00	1992.14
16	8864	Markus Kok	EDEN Team B	02:32.230	993.54	01:10.160	989.20	0.00	1982.74

17	5622	Joseph van der Merwe	EDEN Team A	02:11.070	1035.86	01:19.720	941.40	0.00	1977.26
18	7638	Kyle Barker	EP Team B	02:31.390	995.22	01:13.180	974.10	0.00	1969.32
19	3092	George Marsh	EP Team B	02:20.430	1017.14	01:17.840	950.80	0.00	1967.94
20	5773	Eduan Badenhorst	BOL Team B	02:27.230	1003.54	01:17.240	953.80	0.00	1957.34
21	4738	Stiaan Pool	EDEN Team A	02:29.600	998.80	01:18.270	948.65	0.00	1947.45
22	4742	Pieter de Kock	EDEN Team B	02:44.220	969.56	01:18.410	947.95	0.00	1917.51
23	3537	Jaydon du Plessis	EDEN Team B	02:33.700	990.60	01:24.620	916.90	0.00	1907.50
24	8811	Christiaan Van Biljon	EDEN Team B	03:17.990	902.02	01:11.740	981.30	0.00	1883.32
25	8820	Matthew Taylor	EDEN Team A	02:19.770	1018.46	01:36.410	857.95	0.00	1876.41
26	8658	Marvin Van Kraamberg	BOL Team B	02:25.590	1006.82	01:39.440	842.80	0.00	1849.62
27	8839	Matthew Kaplan	EDEN Team C	02:28.160	1001.68	01:46.930	805.35	0.00	1807.03
28	7662	Enoch Roos	EDEN Team C	02:56.400	945.20	01:48.010	799.95	0.00	1745.15
29	8841	Lusan De Vries	EDEN Team B	00:00.000	0.00	00:00.000	0.00	0.00	0.00

#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
SENIORS WOMEN			-					
1	Heleen Lombard	EP Team A	02:28.210	1075.58	01:20.820	1020.90	18.00	2114.48
2	Shelley Du Plessis	WP Team A	03:01.770	1008.46	01:08.190	1084.05	21.00	2113.51
3	Melissa Meyer	EDEN Team A	02:28.430	1075.14	01:29.060	979.70	33.00	2087.84
4	Esmare Morkel	BOL Team A	02:35.210	1061.58	01:26.530	992.35	33.00	2086.93
5	Constance Els	WP Team	02:53.100	1025.80	01:20.160	1024.20	33.00	2083.00

A									
6	8893	Ingrid Kluckow	WP Team A	03:22.400	967.20	01:32.140	964.30	6.00	1937.50
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
SENIORS MEN				-					
1	8767	Paul Roux	WP Team A	02:09.930	1060.14	01:04.500	1052.50	15.00	2127.64
2	6736	Cornelis Rossouw	BOL Team A	02:17.360	1045.28	01:18.450	982.75	27.00	2055.03
3	4115	Daniel Malan	BOL Team A	02:31.430	1017.14	01:11.220	1018.90	18.00	2054.04
4	6682	Waldo Hansen	BOL Team A	02:25.600	1028.80	01:20.820	970.90	33.00	2032.70
5	7980	Willem Lombard	EP Team A	02:58.550	962.90	01:26.410	942.95	27.00	1932.85
6	8648	Dwain Maralack	BOL Team A	02:59.140	961.72	01:45.440	847.80	33.00	1842.52
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
JNR WOMEN				-					
1	1155	Ninah Wedderburn	EP Team A	02:27.290	1061.42	01:03.590	1077.05	0.00	2138.47
2	8842	Cornel Kruger	EDEN Team A	02:48.210	1019.58	01:13.850	1025.75	0.00	2045.33
3	3093	Janita Marsh	EP Team A	02:59.460	997.08	01:13.960	1025.20	0.00	2022.28
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
JNR MEN				-					
1	1796	Willem-Pierre Viljoen	BOL Team A	02:11.870	1046.26	00:57.420	1057.90	0.00	2104.16
2	1962	Jayden Vries	WP Team A	02:10.610	1048.78	00:59.680	1046.60	0.00	2095.38
3	3647	Adam Klein	WP Team A	02:19.400	1031.20	00:56.720	1061.40	0.00	2092.60
4	2642	Kailen Kotze	BOL Team	02:11.000	1048.00	01:00.290	1043.55	0.00	2091.55

A									
5	8019	Thomas Fowler	WP Team A	02:20.420	1029.16	01:01.610	1036.95	0.00	2066.11
6	4782	Marco Erasmus	EDEN Team A	02:08.490	1053.02	01:07.260	1008.70	0.00	2061.72
7	4644	Andrew Steyn	WP Team A	02:09.630	1050.74	01:07.410	1007.95	0.00	2058.69
8	1870	Matthew Benn	EDEN Team A	02:34.580	1000.84	01:04.180	1024.10	0.00	2024.94
9	7851	Wiehan Maree	EP Team A	02:02.570	1064.86	01:17.560	957.20	0.00	2022.06
10	4113	Lourens Botha	BOL Team A	02:43.620	982.76	01:10.400	993.00	0.00	1975.76
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTERS 40+ WOMEN				-					
1	2471	Sunee Pretorius	WP Team A	02:51.280	1039.44	01:12.050	1059.75	25.00	2124.19
2	8420	Jadine de Wit	WP Team A	03:13.240	995.52	01:12.410	1057.95	20.00	2073.47
3	6431	Liesel Buitendag	EDEN Team A	03:23.820	974.36	01:17.430	1032.85	30.00	2037.21
4	2797	Inge Beyers	BOL Team A	03:10.520	1000.96	01:19.500	1022.50	5.00	2028.46
5	2603	Ruzanne Le Roux	BOL Team A	02:54.460	1033.08	01:37.140	934.30	5.00	1972.38
6	8369	Carlin Symington	BOL Team A	03:32.960	956.08	01:26.000	990.00	15.00	1961.08
7	3516	Madri Stegman	WP Team A	03:20.360	981.28	01:30.280	968.60	0.00	1949.88
8	2637	Marlize Van Zyl	BOL Team A	03:52.990	916.02	01:40.610	916.95	15.00	1847.97
9	7441	Christelle Van Zyl	BOL Team A	03:32.650	956.70	01:59.340	823.30	15.00	1795.00
10	3706	Debbie Robertson	BOR Team A	04:24.930	852.14	01:54.720	846.40	40.00	1738.54
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points

MASTERS 40+ MEN				-					
1	3573	Marsel Roos	EDEN Team A	02:18.830	1042.34	01:06.350	1043.25	25.00	2110.59
2	6433	Jeandre Swanepoel	EDEN Team A	02:19.360	1041.28	01:07.560	1037.20	25.00	2103.48
3	6474	Roelf Jacobs	WP Team A	02:17.850	1044.30	01:10.350	1023.25	0.00	2067.55
4	2577	Willem Human	BOL Team A	02:18.640	1042.72	01:14.700	1001.50	10.00	2054.22
5	8628	Jan-Willem Smalberger	WP Team A	02:31.610	1016.78	01:12.200	1014.00	15.00	2045.78
6	8536	Johan Rheeders	BOL Team A	02:27.230	1025.54	01:15.230	998.85	20.00	2044.39
7	8771	Ruben Filter	WP Team A	02:38.660	1002.68	01:15.890	995.55	35.00	2033.23
8	8766	Charles Nel Snr	WP Team A	02:59.550	960.90	01:11.270	1018.65	45.00	2024.55
9	2663	Leonard Symington	BOL Team A	02:58.300	963.40	01:06.810	1040.95	10.00	2014.35
10	7646	Coenrad Ehlers	WP Team A	02:23.540	1032.92	01:22.220	963.90	5.00	2001.82
11	8636	Abri Stegmann	WP Team A	03:00.180	959.64	01:09.120	1029.40	5.00	1994.04
12	1375	Earle van der Watt	WP Team A	02:47.560	984.88	01:23.370	958.15	40.00	1983.03
13	8523	Erald Smith	BOL Team A	02:49.870	980.26	01:16.000	995.00	5.00	1980.26
14	8257	Deon De Jager	EDEN Team A	02:47.150	985.70	01:19.870	975.65	10.00	1971.35
15	8347	Albert Nieuwenhuis	BOL Team A	02:34.500	1011.00	01:28.190	934.05	0.00	1945.05
16	8518	Thean Du Plessis	EDEN Team B	02:56.630	966.74	01:28.840	930.80	10.00	1907.54
17	5624	Francois Marais	EDEN Team A	00:00.000	0.00	00:00.000	0.00	0.00	0.00
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTERS 50+ WOMEN				-					

1	2525	Mariaan Malan	BOL Team A	02:57.150	1025.70	01:21.750	1061.25	45.00	2131.95
2	2397	Liezel Wessels	BOL Team A	02:52.180	1035.64	01:23.860	1050.70	40.00	2126.34
3	6884	Seanette Botha	EDEN Team A	03:02.740	1014.52	02:15.910	790.45	35.00	1839.97
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTERS 50+ MEN				-					
1	1497	Rowan Marais	WP Team A	02:22.930	1046.14	01:01.880	1080.60	0.00	2126.74
2	7549	Jaco Burger	WP Team A	02:40.040	1011.92	01:12.660	1026.70	15.00	2053.62
3	6953	Johannes Jordaan	EDEN Team A	02:28.390	1035.22	01:19.540	992.30	0.00	2027.52
4	1811	Hermann Spangenberg	BOL Team A	03:13.030	945.94	01:17.520	1002.40	30.00	1978.34
5	4675	Michael Peacock	WP Team A	02:27.150	1037.70	01:39.000	895.00	20.00	1952.70
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTERS 60+ MEN				-					
1	6883	Louis J Botha	EDEN Team A	01:18.200	1023.60	00:38.030	1024.85	30.00	2078.45
2	4632	Edward West	WP Team A	01:23.850	1012.30	00:35.310	1038.45	0.00	2050.75
3	3068	Clive Cupido	BOL Team A	01:00.980	1058.04	00:46.800	981.00	6.00	2045.04
4	7576	Gary Green	WP Team A	01:05.980	1048.04	00:49.050	969.75	12.00	2029.79
5	2526	Dirk Malan	BOL Team A	01:51.880	956.24	00:47.060	979.70	6.00	1941.94
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTERS 70+ WOMEN				-					
1	2844	Kathleen Gey van Pittius	BOL Team A	01:22.280	1071.44	00:42.310	1078.45	20.00	2169.89

	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTERS 70+ MEN				-					
1	1893	Johan Windt	EDEN Team A	01:16.170	1047.66	00:43.000	1035.00	30.00	2112.66
2	2529	Coenie Van Vuuren	BOL Team A	01:38.420	1003.16	00:42.680	1036.60	40.00	2079.76
3	2806	Eric Parker	BOL Team A	01:26.880	1026.24	00:46.070	1019.65	0.00	2045.89
4	1428	Robert Swartz	WP Team A	01:30.830	1018.34	01:35.990	770.05	90.00	1878.39
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
SPECIAL NEEDS FEMALE				-					
1	7693	Michele Lombard	EDEN Team A	02:03.980	992.04	01:04.140	904.30	0.00	1896.34
2	7144	Daniel Terblanche	BOL Team A	01:32.660	1054.68	01:17.310	838.45	0.00	1893.13
3	8743	Danelize Venter	BOL Team A	01:53.350	1013.30	01:11.490	867.55	0.00	1880.85
4	7694	Elizabeth Botes	EDEN Team A	02:06.330	987.34	01:17.380	838.10	0.00	1825.44
5	8354	Rinette Von Mollendorf	BOL Team A	02:27.760	944.48	01:09.430	877.85	0.00	1822.33
6	7690	Miena Baardman	EDEN Team A	01:56.680	1006.64	01:34.110	754.45	0.00	1761.09
7	7696	Maja Ehlers	EDEN Team A	02:44.630	910.74	01:19.440	827.80	0.00	1738.54
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
SPECIAL NEEDS MALE				-					
1	6059	Marius Coetzee	BOL Team A	01:33.650	1052.70	00:43.090	1009.55	0.00	2062.25
2	7695	Jannie Lourens	EDEN Team A	01:50.240	1019.52	00:56.880	940.60	0.00	1960.12
3	5689	Erath Swanevelder	BOL Team A	01:35.410	1049.18	01:10.490	872.55	0.00	1921.73
4	7692	Danie Botes	EDEN	01:26.840	1066.32	01:18.930	830.35	0.00	1896.67

			Team A						
5	7327	Dries Burger	BOL Team A	02:35.810	928.38	00:56.130	944.35	0.00	1872.73
6	6274	Harholdt Rousseau	WP Team A	01:55.960	1008.08	01:21.250	818.75	0.00	1826.83
7	6231	Anton Frylinck	BOL Team A	02:04.430	991.14	01:19.400	828.00	0.00	1819.14
8	5688	Barend Wiese	BOL Team A	01:36.740	1046.52	01:57.040	639.80	0.00	1686.32
#		Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
MASTER 80+ MEN				-					

1	3124	Archie Markgraaff	SFS Team A	02:35.730	962.54	00:43.920	1045.40	36.00	2043.94
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