

EDEN LIGA 3 GEORGE

Date: 2026-02-17

Province: EDEN

Top Athletes

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

Top 3 Runners

|   |      |                                    |          |         |      |         |
|---|------|------------------------------------|----------|---------|------|---------|
| 1 | 8925 | Mialeigh Smit (Park Ls)            | 01:06.11 | 1063.78 | 0.00 | 1063.78 |
| 2 | 8284 | Simeon Bezuidenhout (Outeniqua Ls) | 01:26.43 | 1063.14 | 0.00 | 1063.14 |
| 3 | 2928 | Ruan Share (Knysna LS)             | 02:19.18 | 1055.64 | 0.00 | 1055.64 |

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

Top 3 Swimmers

|   |      |                                      |          |         |       |         |
|---|------|--------------------------------------|----------|---------|-------|---------|
| 1 | 4969 | Rikus Lamprechts (No Mads Club)      | 00:59.65 | 1076.75 | 15.00 | 1091.75 |
| 2 | 3378 | Mandi Wallace (Fish Eagles Masters ) | 00:42.42 | 1042.90 | 15.00 | 1057.90 |
| 3 | 3573 | Marsel Roos (No Mads Club)           | 01:06.05 | 1044.75 | 12.50 | 1057.25 |

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

Top 3 Athletes

|   |      |                                    |          |         |          |         |       |         |
|---|------|------------------------------------|----------|---------|----------|---------|-------|---------|
| 1 | 8284 | Simeon Bezuidenhout (Outeniqua Ls) | 01:26.43 | 1063.14 | 00:23.06 | 1049.70 | 0.00  | 2112.84 |
| 2 | 4969 | Rikus Lamprechts (No Mads Club)    | 02:45.41 | 989.18  | 00:59.65 | 1076.75 | 30.00 | 2095.93 |
| 3 | 3573 | Marsel Roos (No Mads Club)         | 02:30.94 | 1018.12 | 01:06.05 | 1044.75 | 25.00 | 2087.87 |

|            |  | #    | 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<br>(Outeniqua Ls)             | 01:32.82             | 1054.36  | 00:32.35  | 1013.25                | 0.00 | 2067.61      |
| 2          |  | 8824 | Kensley Mayer<br>(Plettenberg Ps)          | 01:57.01             | 1005.98  | 00:32.02  | 1014.90                | 0.00 | 2020.88 PB   |
| 3          |  | 8849 | Lisa-Marie<br>Terblanche<br>(Outeniqua Ls) | 02:08.43             | 983.14   | 00:39.65  | 976.75                 | 0.00 | 1959.89      |
|            |  | #    | Athlete                                    | Run Time             | RP       | Swim Time | SP                     | BP   | Total Points |
| U/08 BOYS  |  |      |                                            | National Record: N/A |          |           | Provincial Record: N/A |      |              |
| 1          |  | 8284 | Simeon<br>Bezuidenhout<br>(Outeniqua Ls)   | 01:26.43             | 1063.14  | 00:23.06  | 1049.70                | 0.00 | 2112.84      |
| 2          |  | 8283 | Tiaan Terblanche<br>(George-Suid Ls)       | 01:32.06             | 1051.88  | 00:27.42  | 1027.90                | 0.00 | 2079.78      |
| 3          |  | 8850 | Bismarck Nel<br>(Outeniqua Ls)             | 01:50.90             | 1014.20  | 00:37.70  | 976.50                 | 0.00 | 1990.70 PB   |
| 4          |  | 8294 | Marco Glen Botha<br>(Outeniqua Ls)         | 01:55.11             | 1005.78  | 00:43.97  | 945.15                 | 0.00 | 1950.93 PB   |
| 5          |  | 8259 | Heinrich<br>Terblanche<br>(Outeniqua Ls)   | 52:59.00             | -5122.00 | 00:29.83  | 1015.85                | 0.00 | -4106.15     |
|            |  | #    | Athlete                                    | Run Time             | RP       | Swim Time | SP                     | BP   | Total Points |
| U/09 GIRLS |  |      |                                            | National Record: N/A |          |           | Provincial Record: N/A |      |              |
| 1          |  | 7665 | Amilie Lamprecht<br>(George-Suid Ls)       | 01:26.07             | 1041.86  | 00:53.72  | 1011.40                | 0.00 | 2053.26 PB   |
| 2          |  | 8934 | Lua Merwe<br>(George-Suid Ls)              | 01:25.59             | 1042.82  | 00:54.99  | 1005.05                | 0.00 | 2047.87 PB   |
| 3          |  | 8831 | Maia Scheepers<br>(George-Suid Ls)         | 01:27.74             | 1038.52  | 00:57.25  | 993.75                 | 0.00 | 2032.27      |
| 4          |  | 7752 | Anullika Prinsloo<br>(Wesbank LS)          | 02:01.03             | 971.94   | 01:14.73  | 906.35                 | 0.00 | 1878.29      |

|            |      |                                        |          |                      |           |         |                        |              |
|------------|------|----------------------------------------|----------|----------------------|-----------|---------|------------------------|--------------|
| U/09 BOYS  |      |                                        |          | National Record: N/A |           |         | Provincial Record: N/A |              |
| 1          | 6825 | Liam de Wet<br>(George-Suid Ls)        | 01:20.07 | 1045.86              | 00:44.91  | 1030.45 | 0.00                   | 2076.31      |
| 2          | 8313 | Jacobus Willem Viljoen (No Mads Club)  | 01:15.76 | 1054.48              | 00:49.05  | 1009.75 | 0.00                   | 2064.23      |
| 3          | 8316 | Christoff Willem Koch (George-Suid Ls) | 01:20.60 | 1044.80              | 00:49.91  | 1005.45 | 0.00                   | 2050.25      |
| 4          | 8312 | Abel Jacobus Viljoen (No Mads Club)    | 01:21.33 | 1043.34              | 00:56.83  | 970.85  | 0.00                   | 2014.19      |
|            |      |                                        |          |                      |           |         |                        |              |
| #          |      | Athlete                                | Run Time | RP                   | Swim Time | SP      | BP                     | Total Points |
| U/11 GIRLS |      |                                        |          | National Record: N/A |           |         | Provincial Record: N/A |              |
| 1          | 5638 | Leah de Wet<br>(George-Suid Ls)        | 01:17.43 | 1041.14              | 00:37.97  | 1040.15 | 0.00                   | 2081.29      |
| 2          | 4869 | Misha Meyer<br>(Cape Multisport Eden)  | 01:15.65 | 1044.70              | 00:39.63  | 1031.85 | 0.00                   | 2076.55      |
| 3          | 6891 | Avah Jean Spies<br>(Outeniqua Ls)      | 01:15.08 | 1045.84              | 00:43.91  | 1010.45 | 0.00                   | 2056.29      |
| 4          | 8925 | Mialeigh Smit<br>(Park Ls)             | 01:06.11 | 1063.78              | 00:48.66  | 986.70  | 0.00                   | 2050.48 PB   |
| 5          | 4983 | Micah Bezuidenhout<br>(Outeniqua Ls)   | 01:25.69 | 1024.62              | 00:43.25  | 1013.75 | 0.00                   | 2038.37      |
| 6          | 4984 | Olivia Lamprecht<br>(George-Suid Ls)   | 01:27.04 | 1021.92              | 00:46.79  | 996.05  | 0.00                   | 2017.97      |
| 7          | 6826 | Nina Vlok<br>(George-Suid Ls)          | 01:29.99 | 1016.02              | 00:46.28  | 998.60  | 0.00                   | 2014.62      |
| 8          | 7035 | Su-Ane Kitching<br>(Outeniqua Ls)      | 01:26.96 | 1022.08              | 00:50.52  | 977.40  | 0.00                   | 1999.48 PB   |
| 9          | 8508 | Leah Wiese (No Mads Club)              | 01:17.00 | 1042.00              | 00:55.10  | 954.50  | 0.00                   | 1996.50 PB   |
| 10         | 7669 | Chloe Knoetze<br>(Outeniqua Ls)        | 01:23.33 | 1029.34              | 00:55.00  | 955.00  | 0.00                   | 1984.34      |
| 11         | 7663 | Tessa Venter<br>(George-Suid Ls)       | 01:29.76 | 1016.48              | 00:52.52  | 967.40  | 0.00                   | 1983.88 PB   |





|            |      |                                         |                      |         |           |         |                        |              |
|------------|------|-----------------------------------------|----------------------|---------|-----------|---------|------------------------|--------------|
| 9          | 5508 | Aeltie Prinsloo<br>(Wesbank LS)         | 03:38.88             | 924.24  | 00:43.94  | 940.60  | 0.00                   | 1864.84      |
|            |      |                                         |                      |         |           |         |                        |              |
| #          |      | Athlete                                 | Run Time             | RP      | Swim Time | SP      | BP                     | Total Points |
|            |      |                                         |                      |         |           |         |                        |              |
| U/13 BOYS  |      |                                         | National Record: N/A |         |           |         | Provincial Record: N/A |              |
| 1          | 1801 | Benjamin Bond<br>(Outeniqua Ls)         | 02:40.81             | 1038.38 | 00:31.26  | 1047.40 | 0.00                   | 2085.78      |
| 2          | 4867 | Judah Spies<br>(Outeniqua Ls)           | 02:39.05             | 1041.90 | 00:31.64  | 1043.60 | 0.00                   | 2085.50      |
| 3          | 1535 | Daniël van Wyngaard<br>(George-Suid Ls) | 02:36.84             | 1046.32 | 00:33.42  | 1025.80 | 0.00                   | 2072.12      |
| 4          | 7748 | FG Bekker<br>(Vuurvliegje Akademie)     | 02:41.95             | 1036.10 | 00:33.26  | 1027.40 | 0.00                   | 2063.50      |
| 5          | 6357 | Ezra Scheepers<br>(George-Suid Ls)      | 02:37.85             | 1044.30 | 00:38.12  | 978.80  | 0.00                   | 2023.10      |
| 6          | 7755 | Lian Claassen<br>(Outeniqua Ls)         | 02:46.87             | 1026.26 | 00:38.67  | 973.30  | 0.00                   | 1999.56      |
| 7          | 6822 | Rohan Marco Botha<br>(Outeniqua Ls)     | 03:14.93             | 970.14  | 00:34.07  | 1019.30 | 0.00                   | 1989.44      |
| 8          | 6898 | Joshua Burrows<br>(Outeniqua Ls)        | 03:06.98             | 986.04  | 00:36.39  | 996.10  | 0.00                   | 1982.14      |
| 9          | 8513 | Lincon le Roux<br>(Outeniqua Ls)        | 02:58.09             | 1003.82 | 00:45.29  | 907.10  | 0.00                   | 1910.92 PB   |
| 10         | 8935 | Ruvan Lombard<br>(No Mads Club)         | 03:03.87             | 992.26  | 00:46.78  | 892.20  | 0.00                   | 1884.46 PB   |
| 11         | 5093 | Matteo Stipeć<br>(Glenwood House Ps)    | 03:24.66             | 950.68  | 00:45.87  | 901.30  | 0.00                   | 1851.98      |
| 12         | 8511 | Jack Hodgson<br>(Outeniqua Ls)          | 03:02.30             | 995.40  | 00:58.22  | 777.80  | 0.00                   | 1773.20 PB   |
|            |      |                                         |                      |         |           |         |                        |              |
| #          |      | Athlete                                 | Run Time             | RP      | Swim Time | SP      | BP                     | Total Points |
|            |      |                                         |                      |         |           |         |                        |              |
| U/15 GIRLS |      |                                         | National Record: N/A |         |           |         | Provincial Record: N/A |              |
| 1          | 4982 | Keyla Douglas<br>(Glenwood House Ps)    | 02:41.97             | 1022.06 | 01:09.80  | 1026.00 | 0.00                   | 2048.06      |

|           |      |                                         |          |                      |           |         |                        |              |
|-----------|------|-----------------------------------------|----------|----------------------|-----------|---------|------------------------|--------------|
| 2         | 2924 | Leah Hopper<br>(Knysna LS)              | 02:41.97 | 1022.06              | 01:14.39  | 1003.05 | 0.00                   | 2025.11      |
| 3         | 1506 | Nina Koen<br>(Outeniqua Ls)             | 02:56.36 | 993.28               | 01:15.70  | 996.50  | 0.00                   | 1989.78 PB   |
| 4         | 3268 | Alexa Stahmer<br>(George-Suid Ls)       | 02:52.37 | 1001.26              | 01:17.83  | 985.85  | 0.00                   | 1987.11      |
| 5         | 3266 | Mariane Labuschagne<br>(George-Suid Ls) | 03:05.06 | 975.88               | 01:14.25  | 1003.75 | 0.00                   | 1979.63      |
| 6         | 7026 | Aliana Stipeć<br>(Glenwood House Ps)    | 02:52.95 | 1000.10              | 01:20.91  | 970.45  | 0.00                   | 1970.55      |
| 7         | 6339 | Ashley T Mwaita<br>(Plettenberg Ps)     | 02:44.40 | 1017.20              | 01:30.13  | 924.35  | 0.00                   | 1941.55 PB   |
| 8         | 8475 | Retha Geldenhuys<br>(No Mads Club)      | 02:51.08 | 1003.84              | 01:31.54  | 917.30  | 0.00                   | 1921.14      |
|           |      |                                         |          |                      |           |         |                        |              |
| #         |      | Athlete                                 | Run Time | RP                   | Swim Time | SP      | BP                     | Total Points |
|           |      |                                         |          |                      |           |         |                        |              |
| U/15 BOYS |      |                                         |          | National Record: N/A |           |         | Provincial Record: N/A |              |
| 1         | 3576 | Hallett Swanepoel<br>(Knysna LS)        | 02:26.51 | 1040.98              | 01:05.76  | 1036.20 | 0.00                   | 2077.18      |
| 2         | 2928 | Ruan Share<br>(Knysna LS)               | 02:19.18 | 1055.64              | 01:12.04  | 1004.80 | 0.00                   | 2060.44      |
| 3         | 8852 | Anthonie Lombard<br>(Oakdale HLS)       | 02:27.66 | 1038.68              | 01:17.13  | 979.35  | 0.00                   | 2018.03 PB   |
| 4         | 4716 | Ruben Knoetze<br>(Outeniqua Ls)         | 02:41.61 | 1010.78              | 01:11.96  | 1005.20 | 0.00                   | 2015.98      |
| 5         | 1508 | De Wet Botes<br>(Oakdale HLS)           | 02:42.10 | 1009.80              | 01:15.26  | 988.70  | 0.00                   | 1998.50      |
| 6         | 6741 | Fana Beukes<br>(Oakdale HLS)            | 02:31.23 | 1031.54              | 01:20.30  | 963.50  | 0.00                   | 1995.04 PB   |
| 7         | 3088 | Rueben Lotter<br>(Oakdale HLS)          | 02:41.89 | 1010.22              | 01:18.04  | 974.80  | 0.00                   | 1985.02      |
| 8         | 2913 | Wanru Haasbroek<br>(Outeniqua Ls)       | 03:23.97 | 926.06               | 01:09.56  | 1017.20 | 0.00                   | 1943.26      |
| 9         | 8859 | Etienne Gouws<br>(Oakdale HLS)          | 02:50.82 | 992.36               | 01:23.43  | 947.85  | 0.00                   | 1940.21      |

|    |      |                                           |          |         |          |        |      |         |    |
|----|------|-------------------------------------------|----------|---------|----------|--------|------|---------|----|
| 10 | 6338 | Asher T Mwaita<br>(Plettenberg Ps)        | 03:04.22 | 965.56  | 01:24.29 | 943.55 | 0.00 | 1909.11 | PB |
| 11 | 8821 | Brian Viljoen<br>(Outeniqua Hs)           | 02:40.50 | 1013.00 | 01:37.68 | 876.60 | 0.00 | 1889.60 | PB |
| 12 | 8932 | Joshua Munro<br>(Outeniqua Ls)            | 02:48.35 | 997.30  | 01:34.88 | 890.60 | 0.00 | 1887.90 | PB |
| 13 | 8853 | Migael Louw<br>(Oakdale HLS)              | 02:51.39 | 991.22  | 01:35.54 | 887.30 | 0.00 | 1878.52 |    |
| 14 | 7074 | Caleb Regester<br>(Oakdale HLS)           | 03:18.96 | 936.08  | 01:28.84 | 920.80 | 0.00 | 1856.88 | PB |
| 15 | 6821 | Finley Mittendorff<br>(Glenwood House Ps) | 03:35.14 | 903.72  | 01:23.71 | 946.45 | 0.00 | 1850.17 |    |

|            | #    | Athlete                                      | Run Time             | RP      | Swim Time | SP      | BP                     | Total Points |
|------------|------|----------------------------------------------|----------------------|---------|-----------|---------|------------------------|--------------|
| U/17 GIRLS |      |                                              | National Record: N/A |         |           |         | Provincial Record: N/A |              |
| 1          | 1926 | Minay Botha<br>(Outeniqua Hs)                | 02:41.78             | 1002.44 | 01:13.43  | 1007.85 | 0.00                   | 2010.29 PB   |
| 2          | 2912 | Dune Haasbroek<br>(Glenwood House Ps)        | 02:52.23             | 981.54  | 01:11.10  | 1019.50 | 0.00                   | 2001.04      |
| 3          | 1798 | Danielle Bond<br>(Outeniqua Ls)              | 02:50.70             | 984.60  | 01:17.08  | 989.60  | 0.00                   | 1974.20      |
| 4          | 6434 | Leane Swanepoel<br>(Glenwood House Ps)       | 03:08.11             | 949.78  | 01:12.11  | 1014.45 | 0.00                   | 1964.23      |
| 5          | 1823 | Megan Stahmer<br>(Outeniqua Hs)              | 02:50.86             | 984.28  | 01:21.99  | 965.05  | 0.00                   | 1949.33      |
| 6          | 6333 | Abigail Louw<br>(Langenhoven Hs)             | 02:51.47             | 983.06  | 01:22.68  | 961.60  | 0.00                   | 1944.66 PB   |
| 7          | 6430 | Hesmari MacRobert<br>(Langenhoven Gimnasium) | 03:19.39             | 927.22  | 01:21.05  | 969.75  | 0.00                   | 1896.97      |
| 8          | 3336 | Roshelle van Niekerk (Punt HS)               | 03:29.96             | 906.08  | 01:27.43  | 937.85  | 0.00                   | 1843.93      |
|            | #    | Athlete                                      | Run Time             | RP      | Swim Time | SP      | BP                     | Total Points |
| U/17 BOYS  |      |                                              | National Record: N/A |         |           |         | Provincial Record: N/A |              |

|            |      |                                        |          |                      |           |         |                        |              |
|------------|------|----------------------------------------|----------|----------------------|-----------|---------|------------------------|--------------|
| 1          | 3959 | Christian Smit<br>(Outeniqua Hs)       | 02:50.53 | 970.94               | 01:05.76  | 1021.20 | 0.00                   | 1992.14      |
| 2          | 7059 | Wian Hartlief<br>(Outeniqua Hs)        | 02:23.93 | 1024.14              | 01:16.58  | 967.10  | 0.00                   | 1991.24      |
| 3          | 7058 | Bennie van der Linde (Oakdale HLS)     | 02:32.22 | 1007.56              | 01:19.11  | 954.45  | 0.00                   | 1962.01      |
| 4          | 7680 | Pieter-Jan Pretorius<br>(Oakdale HLS)  | 02:34.75 | 1002.50              | 01:19.10  | 954.50  | 0.00                   | 1957.00      |
| 5          | 8906 | Crisjan Rademan<br>(Outeniqua Hs)      | 02:34.41 | 1003.18              | 01:25.59  | 922.05  | 0.00                   | 1925.23 PB   |
| 6          | 6301 | Leander Cornelius<br>(Oakdale HLS)     | 02:36.05 | 999.90               | 01:28.26  | 908.70  | 0.00                   | 1908.60      |
| 7          | 6304 | Evan Kruger<br>(Oakdale HLS)           | 02:37.34 | 997.32               | 01:34.98  | 875.10  | 0.00                   | 1872.42 PB   |
| 8          | 8938 | Logan Taute<br>(Oakdale HLS)           | 02:38.55 | 994.90               | 01:38.07  | 859.65  | 0.00                   | 1854.55 PB   |
| 9          | 7679 | Ludwig Mare<br>(Oakdale HLS)           | 02:45.96 | 980.08               | 01:43.33  | 833.35  | 0.00                   | 1813.43 PB   |
| 10         | 8456 | Nihan Potgieter<br>(Oakdale HLS)       | 02:36.32 | 999.36               | 01:48.48  | 807.60  | 0.00                   | 1806.96      |
| 11         | 7759 | Malan van Aardt<br>(Oakdale HLS)       | 02:55.25 | 961.50               | 01:42.28  | 838.60  | 0.00                   | 1800.10 PB   |
| 12         | 8866 | Meyr Kotze<br>(Oakdale HLS)            | 02:45.61 | 980.78               | 01:50.16  | 799.20  | 0.00                   | 1779.98 PB   |
| 13         | 8858 | Nehan Botha<br>(Oakdale HLS)           | 02:50.53 | 970.94               | 02:08.30  | 708.50  | 0.00                   | 1679.44      |
| #          |      | Athlete                                | Run Time | RP                   | Swim Time | SP      | BP                     | Total Points |
| U/19 GIRLS |      |                                        |          | National Record: N/A |           |         | Provincial Record: N/A |              |
| 1          | 7667 | Ona-Mari van Niekerk<br>(Outeniqua Hs) | 03:02.00 | 984.00               | 01:12.09  | 1009.55 | 0.00                   | 1993.55 PB   |
| 2          | 1928 | Mia Botha<br>(Outeniqua Hs)            | 02:48.37 | 1011.26              | 01:19.18  | 974.10  | 0.00                   | 1985.36      |
| 3          | 7666 | Sian Kleynhans<br>(Outeniqua Hs)       | DNF      | DNF                  | 01:14.97  | 995.15  | 0.00                   | DNF          |

|               |      |                                         |          |                      |           |         |                        |              |
|---------------|------|-----------------------------------------|----------|----------------------|-----------|---------|------------------------|--------------|
| 4             | 1507 | Lizandri Koen<br>(Outeniqua Hs)         | 03:15.04 | 957.92               | DNF       | DNF     | 0.00                   | DNF          |
|               |      |                                         |          |                      |           |         |                        |              |
| #             |      | 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<br>(Outeniqua Hs)     | 02:25.06 | 1007.88              | 00:59.99  | 1040.05 | 0.00                   | 2047.93 PB   |
| 2             | 1848 | Marno Meyer<br>(Oakdale HLS)            | 02:14.24 | 1029.52              | 01:12.96  | 975.20  | 0.00                   | 2004.72      |
| 3             | 8864 | Markus Kok<br>(Oakdale HLS)             | 02:43.41 | 971.18               | 01:11.04  | 984.80  | 0.00                   | 1955.98      |
| 4             | 4738 | Stiaan Pool<br>(Oakdale HLS)            | 02:36.83 | 984.34               | 01:13.93  | 970.35  | 0.00                   | 1954.69 PB   |
| 5             | 5017 | Henri du Plessis<br>(Knysna HS)         | 02:24.16 | 1009.68              | 01:23.72  | 921.40  | 0.00                   | 1931.08      |
| 6             | 4742 | Pieter de Kock<br>(Oakdale HLS)         | 02:50.31 | 957.38               | 01:16.65  | 956.75  | 0.00                   | 1914.13      |
| 7             | 5622 | Joseph van der Merwe<br>(Oakdale HLS)   | 03:15.49 | 907.02               | 01:14.93  | 965.35  | 0.00                   | 1872.37      |
| 8             | 8820 | Matthew Taylor<br>(Outeniqua Hs)        | 02:31.55 | 994.90               | 01:35.42  | 862.90  | 0.00                   | 1857.80      |
|               |      |                                         |          |                      |           |         |                        |              |
| #             |      | Athlete                                 | Run Time | RP                   | Swim Time | SP      | BP                     | Total Points |
|               |      |                                         |          |                      |           |         |                        |              |
| SENIORS WOMEN |      |                                         |          | National Record: N/A |           |         | Provincial Record: N/A |              |
| 1             | 4891 | Melissa Meyer<br>(Cape Multisport Eden) | 03:38.16 | 935.68               | 01:26.33  | 993.35  | 33.00                  | 1962.03      |
|               |      |                                         |          |                      |           |         |                        |              |
| #             |      | Athlete                                 | Run Time | RP                   | Swim Time | SP      | BP                     | Total Points |
|               |      |                                         |          |                      |           |         |                        |              |
| SENIORS MEN   |      |                                         |          | National Record: N/A |           |         | Provincial Record: N/A |              |
| 1             | 4969 | Rikus Lamprechts<br>(No Mads Club)      | 02:45.41 | 989.18               | 00:59.65  | 1076.75 | 30.00                  | 2095.93      |
|               |      |                                         |          |                      |           |         |                        |              |
| #             |      | Athlete                                 | Run Time | RP                   | Swim Time | SP      | BP                     | Total Points |
|               |      |                                         |          |                      |           |         |                        |              |
| JNR MEN       |      |                                         |          | National Record: N/A |           |         | Provincial Record: N/A |              |

|                   |      |                                      |          |                      |           |         |                        |              |
|-------------------|------|--------------------------------------|----------|----------------------|-----------|---------|------------------------|--------------|
| 1                 | 4782 | Marco Erasmus<br>(Outeniqua Hs)      | 02:14.56 | 1040.88              | 01:09.99  | 995.05  | 0.00                   | 2035.93      |
|                   |      |                                      |          |                      |           |         |                        |              |
| #                 |      | 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)     | 03:03.43 | 1015.14              | 01:18.91  | 1025.45 | 0.00                   | 2040.59      |
|                   |      |                                      |          |                      |           |         |                        |              |
| #                 |      | 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)           | 02:30.94 | 1018.12              | 01:06.05  | 1044.75 | 25.00                  | 2087.87      |
|                   |      |                                      |          |                      |           |         |                        |              |
| 2                 | 6433 | Jeandre Swanepoel (No Mads Club)     | 02:35.38 | 1009.24              | 01:08.85  | 1030.75 | 25.00                  | 2064.99      |
|                   |      |                                      |          |                      |           |         |                        |              |
| 3                 | 8257 | Deon De Jager (No Mads Club)         | 02:55.52 | 968.96               | 01:19.51  | 977.45  | 10.00                  | 1956.41      |
|                   |      |                                      |          |                      |           |         |                        |              |
| #                 |      | 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)        | 03:32.60 | 954.80               | DNF       | DNF     | 17.50                  | DNF          |
|                   |      |                                      |          |                      |           |         |                        |              |
| #                 |      | 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 ) | 02:11.50 | 949.00               | 00:42.42  | 1042.90 | 30.00                  | 2021.90      |
|                   |      |                                      |          |                      |           |         |                        |              |
| #                 |      | Athlete                              | Run Time | RP                   | Swim Time | SP      | BP                     | Total Points |
|                   |      |                                      |          |                      |           |         |                        |              |
| MASTERS 60+ MEN   |      |                                      |          | National Record: N/A |           |         | Provincial Record: N/A |              |
| 1                 | 3377 | Gavin Gericke (Fish Eagles Masters ) | 01:23.57 | 1012.86              | 00:32.85  | 1050.75 | 6.00                   | 2069.61      |

|   |      |                                      |          |        |          |         |       |         |
|---|------|--------------------------------------|----------|--------|----------|---------|-------|---------|
| 2 | 3065 | Cliff Wallace (Fish Eagles Masters ) | 01:40.11 | 979.78 | 00:37.15 | 1029.25 | 42.00 | 2051.03 |
|---|------|--------------------------------------|----------|--------|----------|---------|-------|---------|

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