

EDEN PROEWE OP IP

Date: 2026-10-20

Province: EDEN

Top Athletes

#	Athlete	Run Time	Run Points	Run BP	Total Points
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Top 3 Runners

1	10549	Katrun du Preez (George-Suid Ls)	01:14.16	1047.68	0.00	1047.68
2	8256	Zander Claassen (Outeniqua Ls)	01:16.73	1040.54	0.00	1040.54
3	6891	Avah Jean Spies (Outeniqua Ls)	01:18.53	1038.94	0.00	1038.94

#	Athlete	Swim Time	Swim Points	Swim BP	Total Points
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Top 3 Swimmers

1	4089	John-Lourens Serfontein (Outeniqua Ls)	01:02.55	1052.25	0.00	1052.25
2	3378	Mandi Wallace (Fish Eagles Masters)	00:44.17	1034.15	18.00	1052.15
3	3065	Cliff Wallace (Fish Eagles Masters)	00:38.30	1023.50	24.00	1047.50

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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Top 3 Athletes

1	6891	Avah Jean Spies (Outeniqua Ls)	01:18.53	1038.94	00:42.04	1019.80	0.00	2058.74
2	3573	Marsel Roos (No Mads Club)	02:41.20	997.60	01:09.78	1026.10	30.00	2053.70
3	6826	Nina Vlok (George-Suid Ls)	01:26.24	1023.52	00:40.28	1028.60	0.00	2052.12 PB

#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/08 GIRLS				National Record: N/A			Provincial Record: N/A		
1	10432	Elbe Kitching (Outeniqua Ls)	02:01.63	996.74	00:58.76	881.20	0.00	1877.94	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/08 BOYS				National Record: N/A			Provincial Record: N/A		
1	8294	Marco Glen Botha (Outeniqua Ls)	01:48.27	1019.46	00:36.04	984.80	0.00	2004.26	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/09 GIRLS				National Record: N/A			Provincial Record: N/A		
1	8258	Bea Kitching (Outeniqua Ls)	01:32.13	1029.74	00:55.79	1001.05	0.00	2030.79	PB
2	8849	Lisa-Marie Terblanche (Outeniqua Ls)	01:56.02	981.96	01:16.48	897.60	0.00	1879.56	
3	8833	Clarabelle Muller (Wesbank LS)	01:45.59	1002.82	01:40.32	778.40	0.00	1781.22	
4	8824	Kensley Mayer (Plettenberg Ps)	01:57.20	979.60	02:03.14	664.30	0.00	1643.90	
5	10565	Serina Neethling (Plettenberg Ps)	02:21.91	930.18	DNF	DNF	0.00	DNF	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/09 BOYS				National Record: N/A			Provincial Record: N/A		
1	8284	Simeon Bezuidenhout (Outeniqua Ls)	01:28.37	1029.26	00:51.00	1000.00	0.00	2029.26	
2	8832	Gideon du Plessis (Wesbank LS)	01:42.24	1001.52	00:50.51	1002.45	0.00	2003.97	
3	8850	Bismarck Nel (Outeniqua Ls)	01:38.38	1009.24	01:08.68	911.60	0.00	1920.84	PB
4	8863	Stehann Schoeman (Wesbank LS)	01:32.43	1021.14	01:17.07	869.65	0.00	1890.79	

5	8259	Heinrich Terblanche (Outeniqua Ls)	01:39.59	1006.82	01:15.15	879.25	0.00	1886.07	
6	10551	Cal Alexander Goosen (George-Suid Ls)	01:41.59	1002.82	01:15.42	877.90	0.00	1880.72	PB
7	10554	Seth De Gouveia (Plettenberg Ps)	01:40.54	1004.92	01:23.03	839.85	0.00	1844.77	PB
8	10441	Martin Weyers (Plettenberg Ps)	01:25.75	1034.50	01:40.88	750.60	0.00	1785.10	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/11 GIRLS			National Record: N/A				Provincial Record: N/A		
1	6891	Avah Jean Spies (Outeniqua Ls)	01:18.53	1038.94	00:42.04	1019.80	0.00	2058.74	
2	6826	Nina Vlok (George-Suid Ls)	01:26.24	1023.52	00:40.28	1028.60	0.00	2052.12	PB
3	7035	Su-Ane Kitching (Outeniqua Ls)	01:26.53	1022.94	00:46.96	995.20	0.00	2018.14	PB
4	7665	Amelie Lamprecht (George-Suid Ls)	01:24.77	1026.46	00:50.04	979.80	0.00	2006.26	
5	6466	Shayde Mae du Plessis (Plettenberg Ps)	01:31.63	1012.74	01:02.92	915.40	0.00	1928.14	PB
6	7752	Anullika Prinsloo (Wesbank LS)	01:48.06	979.88	01:05.21	903.95	0.00	1883.83	
7	10548	Mijon van Heerden (Outeniqua Ls)	01:43.23	989.54	01:10.63	876.85	0.00	1866.39	PB
8	10549	Katrun du Preez (George-Suid Ls)	01:14.16	1047.68	01:25.31	803.45	0.00	1851.13	PB
9	10543	Karli Laubscher (Wesbank LS)	01:44.19	987.62	01:23.36	813.20	0.00	1800.82	PB
10	10429	Dalet Landman (Wesbank LS)	01:52.76	970.48	01:34.84	755.80	0.00	1726.28	
11	10550	Annabelle du Preez (George-Suid Ls)	01:49.68	976.64	01:37.70	741.50	0.00	1718.14	PB

12	10542	Johanie Calitz (Wesbank LS)	01:42.23	991.54	01:47.36	693.20	0.00	1684.74	PB
13	6476	Angelique Pieterse (George-Suid Ls)	DNF	DNF	DNF	DNF	DNF	DNF	
14	6352	Ella Coetzee (George-Suid Ls)	DNF	DNF	DNF	DNF	DNF	DNF	
	#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/11 BOYS				National Record: N/A			Provincial Record: N/A		
1	8316	Christoff Willem Koch (George-Suid Ls)	01:19.30	1035.40	00:45.25	993.75	0.00	2029.15	
2	7032	Andre Steyn (George-Suid Ls)	01:21.45	1031.10	00:44.82	995.90	0.00	2027.00	
3	6391	Tinus Nieuwenhuis (George-Suid Ls)	01:23.34	1027.32	00:44.60	997.00	0.00	2024.32	
4	8256	Zander Claassen (Outeniqua Ls)	01:16.73	1040.54	00:47.96	980.20	0.00	2020.74	
5	8830	Lamey de Jager (George-Suid Ls)	01:30.07	1013.86	00:45.16	994.20	0.00	2008.06	PB
6	6356	Christiaan Lamprecht (George-Suid Ls)	01:51.39	971.22	00:47.41	982.95	0.00	1954.17	
7	6351	Nico Derbyshire (Knysna LS)	01:45.17	983.66	00:54.12	949.40	0.00	1933.06	
8	10545	Michael Uys (Wesbank LS)	01:30.31	1013.38	01:15.42	842.90	0.00	1856.28	PB
9	8295	Bjorn Bell (Knysna LS)	01:32.80	1008.40	01:28.46	777.70	0.00	1786.10	
10	8290	Stephan Jofirisi (Knysna LS)	01:44.82	984.36	DNF	DNF	0.00	DNF	
11	10464	Eckhaedt Rentzke (No Mads Club)	DNF	DNF	DNF	DNF	DNF	DNF	
12	10436	Luca Blom (George-Suid Ls)	DNF	DNF	DNF	DNF	DNF	DNF	

U/13 GIRLS				National Record: N/A			Provincial Record: N/A	
1	7671	Aninka Terblanche (Outeniqua Ls)	03:11.09	979.82	00:38.27	997.30	0.00	1977.12
2	5540	Mieke Roos (Knysna LS)	03:31.61	938.78	00:34.61	1033.90	0.00	1972.68
3	5506	Lize – Mari Du Plessis (Wesbank LS)	03:34.68	932.64	00:37.37	1006.30	0.00	1938.94
4	6818	Lea de Jager (Wesbank LS)	03:40.73	920.54	00:36.41	1015.90	0.00	1936.44
5	4984	Olivia Lamprecht (George–Suid Ls)	03:22.54	956.92	00:41.42	965.80	0.00	1922.72
6	6360	Handa Koch (George–Suid Ls)	03:30.75	940.50	00:43.54	944.60	0.00	1885.10
7	10541	Miane van Niekerk (Knysna LS)	03:49.41	903.18	00:41.53	964.70	0.00	1867.88 PB
8	6254	Mari Lourens (Wesbank LS)	03:00.80	1000.40	00:52.44	855.60	0.00	1856.00
9	7663	Tessa Venter (George–Suid Ls)	03:14.69	972.62	00:49.67	883.30	0.00	1855.92
10	10435	Lene Barnard (George–Suid Ls)	03:29.47	943.06	00:48.09	899.10	0.00	1842.16
11	10544	Zoey Retief (Wesbank LS)	03:23.43	955.14	00:55.55	824.50	0.00	1779.64 PB
12	8301	Piper Freislich (Knysna LS)	DNF	DNF	DNF	DNF	DNF	DNF
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/13 BOYS				National Record: N/A			Provincial Record: N/A	
1	6822	Rohan Marco Botha (Outeniqua Ls)	03:09.56	980.88	00:31.65	1043.50	0.00	2024.38
2	6830	De Wet Venter (George–Suid Ls)	02:52.75	1014.50	00:36.16	998.40	0.00	2012.90
3	7755	Lian Claassen (Outeniqua Ls)	02:51.94	1016.12	00:36.73	992.70	0.00	2008.82

4	5551	Burt Nieuwenhuis (George-Suid Ls)	02:52.34	1015.32	00:37.80	982.00	0.00	1997.32
5	6823	Bastiaan David Botha (Outeniqua Ls)	03:13.91	972.18	00:34.91	1010.90	0.00	1983.08
6	6898	Joshua Burrows (Outeniqua Ls)	03:10.00	980.00	00:35.94	1000.60	0.00	1980.60
7	10433	Barend Swanepoel (Outeniqua Ls)	02:56.13	1007.74	00:38.72	972.80	0.00	1980.54
8	6878	Cullen Serfontein (Outeniqua Ls)	03:12.74	974.52	00:35.42	1005.80	0.00	1980.32 PB
9	2032	Rudolf Smith (Wesbank LS)	02:46.23	1027.54	00:41.14	948.60	0.00	1976.14
10	3376	Bernard Lamprecht (George-Suid Ls)	02:50.99	1018.02	00:41.34	946.60	0.00	1964.62 PB
11	8308	Daniel Els (Knysna LS)	03:21.50	957.00	00:41.68	943.20	0.00	1900.20
12	5635	Adriaan Hugo (Vuurvliegje Akademie)	03:11.49	977.02	00:46.07	899.30	0.00	1876.32
13	7754	Ruben Nel (Outeniqua Ls)	03:49.27	901.46	00:39.19	968.10	0.00	1869.56
14	10547	Ewan Hendrik van Heerden (Outeniqua Ls)	03:17.76	964.48	DNF	DNF	0.00	DNF
15	8829	Jamie Freislich (Knysna LS)	DNF	DNF	DNF	DNF	DNF	DNF
16	6467	Raven du Plessis (Plettenberg Ps)	DNF	DNF	DNF	DNF	DNF	DNF
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/15 GIRLS			National Record: N/A			Provincial Record: N/A		
1	5509	Helena Lourens (Wesbank LS)	02:39.61	1026.78	01:23.91	955.45	0.00	1982.23
2	6339	Ashley T Mwaita (Plettenberg Ps)	02:53.90	998.20	01:24.01	954.95	0.00	1953.15 PB
3	1834	Lheane Du Plessis (Wesbank LS)	03:25.76	934.48	01:12.51	1012.45	0.00	1946.93

4	1885	Mieke Buitendag (George-Suid Ls)	03:12.26	961.48	01:22.90	960.50	0.00	1921.98
5	8307	Annabelle Els (Knysna LS)	03:27.65	930.70	01:27.24	938.80	0.00	1869.50
6	5508	Aeltie Prinsloo (Wesbank LS)	03:19.30	947.40	01:30.61	921.95	0.00	1869.35
7	8315	Olivia Froneman (Plettenberg Ps)	03:37.80	910.40	01:32.59	912.05	0.00	1822.45
8	10440	Rachel Olivier (Plettenberg Ps)	03:43.97	898.06	01:31.92	915.40	0.00	1813.46
9	8298	Mika Habib (Knysna LS)	03:28.38	929.24	01:53.16	809.20	0.00	1738.44
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/15 BOYS			National Record: N/A			Provincial Record: N/A		
1	4089	John-Lourens Serfontein (Outeniqua Ls)	02:48.87	996.26	01:02.55	1052.25	0.00	2048.51 PB
2	4867	Judah Spies (Outeniqua Ls)	02:38.70	1016.60	01:10.38	1013.10	0.00	2029.70
3	4716	Ruben Knoetze (Outeniqua Ls)	02:41.04	1011.92	01:10.01	1014.95	0.00	2026.87
4	7689	Juvan Lyle Hendriks (No Mads Club)	02:48.24	997.52	01:21.70	956.50	0.00	1954.02 PB
5	6338	Asher T Mwaita (Plettenberg Ps)	03:13.51	946.98	01:15.72	986.40	0.00	1933.38
6	6885	Junior John (Knysna LS)	03:14.28	945.44	01:36.02	884.90	0.00	1830.34
7	5636	Altus Hugo (Vuurvliegje Akademie)	02:59.15	975.70	01:50.74	811.30	0.00	1787.00
8	8300	Reid Freislich (Knysna LS)	DNF	DNF	DNF	DNF	DNF	DNF
9	10438	Joshua Kampher (Knysna LS)	DNF	DNF	DNF	DNF	DNF	DNF

U/17 GIRLS				National Record: N/A			Provincial Record: N/A	
1	2924	Leah Hopper (Outeniqua Hs)	02:58.03	969.94	01:12.28	1013.60	0.00	1983.54
2	1919	Iane Joubert (Langenhoven Gimnasium)	02:52.25	981.50	01:15.69	996.55	0.00	1978.05
3	7664	Ella Venter (Outeniqua Hs)	02:59.49	967.02	01:15.42	997.90	0.00	1964.92 PB
4	1506	Nina Koen (Outeniqua Hs)	03:15.23	935.54	01:19.43	977.85	0.00	1913.39
5	6435	Imke Swanepoel (Outeniqua Hs)	03:02.64	960.72	01:25.08	949.60	0.00	1910.32
6	4873	Mila Smit (Park Ls)	03:21.38	923.24	01:37.25	888.75	0.00	1811.99 PB
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
U/17 BOYS				National Record: N/A			Provincial Record: N/A	
1	4896	Pierre Spies (Outeniqua Hs)	02:26.91	1018.18	01:04.43	1027.85	0.00	2046.03
2	8852	Anthonie Lombard (Oakdale HLS)	02:32.63	1006.74	01:18.37	958.15	0.00	1964.89
3	6741	Fana Beukes (Oakdale HLS)	02:33.69	1004.62	01:20.36	948.20	0.00	1952.82
4	7678	Andreas Kruger (Oakdale HLS)	02:48.70	974.60	01:18.55	957.25	0.00	1931.85 PB
5	10445	Rico Madden (Knysna HS)	02:35.70	1000.60	01:24.00	930.00	0.00	1930.60 PB
6	8907	Cenzo Saayman (Knysna HS)	03:39.63	872.74	01:08.47	1007.65	0.00	1880.39
7	8853	Migael Louw (Oakdale HLS)	02:45.36	981.28	01:33.11	884.45	0.00	1865.73
8	10507	Stefan Basson (Oakdale HLS)	02:56.89	958.22	01:31.57	892.15	0.00	1850.37 PB
9	7074	Caleb Regester (Oakdale HLS)	03:25.00	902.00	01:23.83	930.85	0.00	1832.85
10	10506	Lorenzo Mynhardt (Oakdale HLS)	02:49.52	972.96	01:49.77	801.15	0.00	1774.11 PB

11	8861	Kai Jonker (Oakdale HLS)	03:54.72	842.56	01:57.02	764.90	0.00	1607.46	PB
12	10509	Francois-Lee Muller (Oakdale HLS)	03:12.54	926.92	DNF	DNF	0.00	DNF	
13	2928	Ruan Share (Outeniqua Hs)	DNF	DNF	DNF	DNF	DNF	DNF	
14	1833	Daniel Anker (Langenhoven Gimnasium)	DNF	DNF	DNF	DNF	DNF	DNF	
15	3959	Christian Smit (Outeniqua Hs)	DNF	DNF	DNF	DNF	DNF	DNF	
	#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/19 GIRLS				National Record: N/A			Provincial Record: N/A		
1	1507	Lila Koen (Outeniqua Hs)	02:45.40	1017.20	01:14.32	998.40	0.00	2015.60	
2	6434	Leane Swanepoel (Glenwood House School)	03:10.02	967.96	01:10.26	1018.70	0.00	1986.66	
3	1846	Caitlyn Cawood (Langenhoven Gimnasium)	02:39.22	1029.56	01:30.02	919.90	0.00	1949.46	
	#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/19 BOYS				National Record: N/A			Provincial Record: N/A		
1	5550	Christiaan Oosthuizen (Oakdale HLS)	02:17.89	1022.22	01:07.68	1001.60	0.00	2023.82	
2	1848	Marno Meyer (Oakdale HLS)	02:17.35	1023.30	01:13.46	972.70	0.00	1996.00	
3	4714	Andrew Jonker (Oakdale HLS)	02:16.53	1024.94	01:16.02	959.90	0.00	1984.84	
4	5515	Hennie Calitz (Langenhoven Gimnasium)	02:39.07	979.86	01:11.43	982.85	0.00	1962.71	
5	4738	Stiaan Pool (Oakdale HLS)	02:41.53	974.94	01:19.57	942.15	0.00	1917.09	

6	7058	Bennie van der Linde (Oakdale HLS)	02:35.04	987.92	01:22.75	926.25	0.00	1914.17
7	4742	Pieter de Kock (Oakdale HLS)	02:49.10	959.80	01:18.40	948.00	0.00	1907.80
8	5546	Jack Hume (Oakdale HLS)	02:33.33	991.34	01:26.62	906.90	0.00	1898.24
9	7680	Pieter-Jan Pretorius (Oakdale HLS)	02:43.64	970.72	01:22.61	926.95	0.00	1897.67
10	6519	Delino D'Abreu (Oakdale HLS)	02:52.41	953.18	01:23.47	922.65	0.00	1875.83
11	6301	Leander Cornelius (Oakdale HLS)	02:41.96	974.08	01:28.11	899.45	0.00	1873.53
12	8856	Arno de Jager (Oakdale HLS)	02:37.45	983.10	01:32.64	876.80	0.00	1859.90
13	1837	Callan Du Plessis (Oakdale HLS)	02:37.79	982.42	01:34.93	865.35	0.00	1847.77
14	8456	Nihan Potgieter (Oakdale HLS)	02:45.68	966.64	01:43.22	823.90	0.00	1790.54
15	8857	AJ Swart (Oakdale HLS)	02:36.08	985.84	01:51.64	781.80	0.00	1767.64
16	10444	CJ Bashford (Knysna HS)	03:34.13	869.74	01:44.97	815.15	0.00	1684.89
17	10443	Leighton Peterson (Knysna HS)	02:31.95	994.10	02:19.94	640.30	0.00	1634.40
18	8844	Dylan Ribeiro (Knysna HS)	02:57.97	942.06	02:48.77	496.15	0.00	1438.21
19	10546	Christiaan Botha (Outeniqua Hs)	DNF	DNF	DNF	DNF	DNF	DNF
20	8471	Duncan Meyer (Langenhoven Gimnasium)	DNF	DNF	DNF	DNF	DNF	DNF

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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SENIORS WOMEN			National Record: N/A			Provincial Record: N/A		
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1	6849	Christina Weyers (No Mads Club)	03:32.65	946.70	01:45.54	897.30	27.00	1871.00 PB
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JNR MEN				National Record: N/A			Provincial Record: N/A	
1	1870	Matthew Benn (Knysna HS)	02:49.63	970.74	01:04.36	1023.20	0.00	1993.94 PB
	#	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)	03:27.70	966.60	01:18.22	1028.90	35.00	2030.50
2	4075	Zani Smith (No Mads Club)	02:59.86	1022.28	01:46.32	888.40	20.00	1930.68
	#	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)	02:41.20	997.60	01:09.78	1026.10	30.00	2053.70
2	10463	Devon Goosen (No Mads Club)	03:11.70	936.60	01:18.57	982.15	25.00	1943.75
3	8518	Thean Du Plessis (No Mads Club)	03:15.64	928.72	01:34.73	901.35	15.00	1845.07
4	8473	Kobus Smith (No Mads Club)	03:30.66	898.68	02:03.98	755.10	15.00	1668.78
	#	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)	02:17.58	936.84	00:44.17	1034.15	36.00	2006.99
	#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
MASTERS 60+ MEN				National Record: N/A			Provincial Record: N/A	
1	3065	Cliff Wallace (Fish Eagles Masters)	01:42.18	975.64	00:38.30	1023.50	48.00	2047.14

SPECIAL NEEDS FEMALE				National Record: N/A			Provincial Record: N/A	
1	7694	Elizabeth Botes (Eljada Nasorg)	02:09.41	981.18	01:23.37	808.15	0.00	1789.33
2	7690	Miena Baardman (Eljada Nasorg)	02:12.39	975.22	01:46.55	692.25	0.00	1667.47
#	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)	01:55.59	1008.82	01:00.44	922.80	0.00	1931.62
2	7692	Danie Botes (Eljada Nasorg)	01:31.15	1057.70	01:19.52	827.40	0.00	1885.10
3	7697	Francois Coetzee (Eljada Nasorg)	01:33.54	1052.92	01:25.78	796.10	0.00	1849.02
4	10498	Kobus le Roux (Eljada Nasorg)	01:48.49	1023.02	01:33.76	756.20	0.00	1779.22 PB

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