

EDEN LIGA 1 KNYSNA

Date: 2026-10-13

Province: EDEN

Top Athletes

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

1	10432	Elbe Kitching (Outeniqua Ls)	01:28.71	1062.58	0.00	1062.58
2	8256	Zander Claassen (Outeniqua Ls)	01:11.32	1051.36	0.00	1051.36
3	6891	Avah Jean Spies (Outeniqua Ls)	01:14.23	1047.54	0.00	1047.54

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

1	3377	Gavin Gericke (Fish Eagles Masters)	00:31.99	1051.05	6.00	1057.05
2	3378	Mandi Wallace (Fish Eagles Masters)	00:42.78	1037.10	18.00	1055.10
3	3065	Cliff Wallace (Fish Eagles Masters)	00:37.59	1023.05	24.00	1047.05

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

1	3377	Gavin Gericke (Fish Eagles Masters)	01:15.32	1029.36	00:31.99	1051.05	12.00	2092.41
2	7765	Daniel Martins (Glenwood Preparatory School)	01:14.70	1044.60	00:36.38	1034.10	0.00	2078.70 PB
3	3573	Marsel Roos (No Mads Club)	02:32.76	1014.48	01:07.19	1031.05	30.00	2075.53

#		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)	01:28.71	1062.58	00:58.70	881.50	0.00	1944.08 PB
#		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)	01:41.10	1033.80	00:35.94	985.30	0.00	2019.10 PB
#		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)	01:57.52	978.96	00:53.85	1006.75	0.00	1985.71
2	8849	Lisa-Marie Terblanche (Outeniqua Ls)	01:48.48	997.04	01:06.09	945.55	0.00	1942.59
3	8824	Kensley Mayer (Plettenberg Ps)	01:51.65	990.70	01:17.93	886.35	0.00	1877.05
#		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)	01:22.15	1041.70	00:52.52	988.40	0.00	2030.10
2	8259	Heinrich Terblanche (Outeniqua Ls)	01:36.90	1012.20	01:07.47	913.65	0.00	1925.85
3	8850	Bismarck Nel (Outeniqua Ls)	01:34.18	1017.64	01:12.97	886.15	0.00	1903.79
4	10441	Martin Weyers (Plettenberg Ps)	01:43.94	998.12	01:22.53	838.35	0.00	1836.47 PB
#		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)	01:14.23	1047.54	00:40.66	1022.70	0.00	2070.24	PB
2	6826	Nina Vlok (George-Suid Ls)	01:19.37	1037.26	00:43.38	1009.10	0.00	2046.36	
3	6352	Ella Coetzee (George-Suid Ls)	01:19.37	1037.26	00:44.87	1001.65	0.00	2038.91	
4	7035	Su-Ane Kitching (Outeniqua Ls)	01:24.14	1027.72	00:47.75	987.25	0.00	2014.97	
5	7665	Amelie Lamprecht (George-Suid Ls)	01:20.47	1035.06	00:50.61	972.95	0.00	2008.01	
6	10437	Ellamae Hopper (Knysna LS)	01:34.83	1006.34	00:52.58	963.10	0.00	1969.44	PB
7	6466	Shayde Mae du Plessis (Plettenberg Ps)	01:35.42	1005.16	01:01.12	920.40	0.00	1925.56	
8	10429	Dalet Landman (Wesbank LS)	01:49.74	976.52	01:27.58	788.10	0.00	1764.62	PB
9	8287	Mackenzie Newman (Glenwood House School)	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	7765	Daniel Martins (Glenwood Preparatory School)	01:14.70	1044.60	00:36.38	1034.10	0.00	2078.70 PB
2	8260	Stian Terblanche (Outeniqua Ls)	01:14.94	1044.12	00:37.36	1029.20	0.00	2073.32
3	6825	Liam de Wet (George-Suid Ls)	01:14.22	1045.56	00:40.58	1013.10	0.00	2058.66
4	6391	Tinus Nieuwenhuis (George-Suid Ls)	01:14.61	1044.78	00:43.43	998.85	0.00	2043.63 PB
5	10488	Ayden Jansen van Rensburg (No Mads Club)	01:22.87	1028.26	00:40.21	1014.95	0.00	2043.21 PB
6	7032	Andre Steyn (George-Suid Ls)	01:15.89	1042.22	00:44.53	993.35	0.00	2035.57

7	8316	Christoff Willem Koch (George-Suid Ls)	01:15.57	1042.86	00:44.93	991.35	0.00	2034.21	
8	8256	Zander Claassen (Outeniqua Ls)	01:11.32	1051.36	00:48.18	975.10	0.00	2026.46	PB
9	10431	Paulis Isa (Glenwood House School)	01:28.36	1017.28	00:41.68	1007.60	0.00	2024.88	PB
10	8313	Jacobus Willem Viljoen (No Mads Club)	01:15.88	1042.24	00:47.95	976.25	0.00	2018.49	
11	8830	Lamey de Jager (George-Suid Ls)	01:29.72	1014.56	00:45.12	990.40	0.00	2004.96	PB
12	6356	Christiaan Lamprecht (George-Suid Ls)	01:13.64	1046.72	00:51.72	957.40	0.00	2004.12	PB
13	6351	Nico Derbyshire (Knysna LS)	01:42.73	988.54	00:50.52	963.40	0.00	1951.94	
14	10464	Eckhaedt Rentzke (No Mads Club)	01:43.84	986.32	00:50.72	962.40	0.00	1948.72	PB
15	8312	Abel Jacobus Viljoen (No Mads Club)	01:19.84	1034.32	01:00.68	912.60	0.00	1946.92	
16	10436	Luca Blom (George-Suid Ls)	01:23.25	1027.50	01:03.12	900.40	0.00	1927.90	PB
17	8295	Bjorn Bell (Knysna LS)	01:21.77	1030.46	01:19.63	817.85	0.00	1848.31	
18	10439	Charles Lewis (Knysna LS)	01:31.99	1010.02	01:27.52	778.40	0.00	1788.42	PB
19	8290	Stephan Jofirisi (Knysna LS)	01:40.23	993.54	01:30.62	762.90	0.00	1756.44	PB
20	8937	Jean-Gabriel de Villiers (Glenwood House School)	DNF	DNF	DNF	DNF	DNF	DNF	
21	5559	Lukas van Wyngaard (George-Suid Ls)	DNF	DNF	DNF	DNF	DNF	DNF	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/13 GIRLS				National Record: N/A			Provincial Record: N/A		

1	5638	Leah de Wet (George-Suid Ls)	02:58.86	1004.28	00:34.80	1024.00	0.00	2028.28
2	7671	Aninka Terblanche (Outeniqua Ls)	03:06.93	988.14	00:37.40	998.00	0.00	1986.14 PB
3	5540	Mieke Roos (Knysna LS)	03:25.77	950.46	00:33.69	1035.10	0.00	1985.56
4	4984	Olivia Lamprecht (George-Suid Ls)	03:10.30	981.40	00:41.09	961.10	0.00	1942.50
5	6360	Handa Koch (George-Suid Ls)	03:12.99	976.02	00:42.38	948.20	0.00	1924.22 PB
6	8301	Piper Freislich (Knysna LS)	03:23.72	954.56	00:42.13	950.70	0.00	1905.26
7	10435	Lene Barnard (George-Suid Ls)	03:25.98	950.04	00:43.16	940.40	0.00	1890.44 PB
8	7663	Tessa Venter (George-Suid Ls)	03:03.14	995.72	00:51.09	861.10	0.00	1856.82
9	8293	Lea Lambrechts (Knysna LS)	03:57.56	886.88	00:50.04	871.60	0.00	1758.48
#	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)	02:56.95	1006.10	00:30.71	1044.90	0.00	2051.00 PB
2	7755	Lian Claassen (Outeniqua Ls)	02:41.09	1037.82	00:35.73	994.70	0.00	2032.52 PB
3	5551	Burt Nieuwenhuis (George-Suid Ls)	02:44.06	1031.88	00:35.72	994.80	0.00	2026.68 PB
4	6830	De Wet Venter (George-Suid Ls)	02:45.56	1028.88	00:35.52	996.80	0.00	2025.68
5	10433	Barend Swanepoel (Outeniqua Ls)	02:48.77	1022.46	00:37.74	974.60	0.00	1997.06 PB
6	6823	Bastiaan David Botha (Outeniqua Ls)	03:07.43	985.14	00:34.32	1008.80	0.00	1993.94
7	6898	Joshua Burrows (Outeniqua Ls)	03:06.30	987.40	00:34.90	1003.00	0.00	1990.40

8	8829	Jamie Freislich (Knysna LS)	02:59.60	1000.80	00:36.48	987.20	0.00	1988.00	
9	10447	Liam Rentzke	03:08.48	983.04	00:36.54	986.60	0.00	1969.64	PB
10	3376	Bernard Lamprecht (George-Suid Ls)	02:43.46	1033.08	00:42.46	927.40	0.00	1960.48	
11	4985	Victor van der Sandt (George-Suid Ls)	02:51.67	1016.66	00:43.11	920.90	0.00	1937.56	
12	7754	Ruben Nel (Outeniqua Ls)	03:26.52	946.96	00:38.12	970.80	0.00	1917.76	PB
13	8308	Daniel Els (Knysna LS)	03:19.44	961.12	00:41.22	939.80	0.00	1900.92	
14	6467	Raven du Plessis (Plettenberg Ps)	03:03.86	992.28	00:50.40	848.00	0.00	1840.28	
	#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/15 GIRLS				National Record: N/A			Provincial Record: N/A		
1	10489	Mackenzie Jansen van Rensburg (No Mads Club)	03:10.52	964.96	01:15.62	988.90	0.00	1953.86	PB
2	10490	Amber Wylie (No Mads Club)	03:04.47	977.06	01:18.18	976.10	0.00	1953.16	PB
3	6339	Ashley T Mwaita (Plettenberg Ps)	02:52.79	1000.42	01:23.02	951.90	0.00	1952.32	PB
4	3560	Danni Croft (Knysna LS)	03:31.36	923.28	01:11.68	1008.60	0.00	1931.88	
5	8296	Emily Marais (Knysna LS)	03:30.29	925.42	01:13.82	997.90	0.00	1923.32	
6	8307	Annabelle Els (Knysna LS)	03:25.06	935.88	01:19.40	970.00	0.00	1905.88	
7	8315	Olivia Froneman (Plettenberg Ps)	03:32.23	921.54	01:27.73	928.35	0.00	1849.89	
8	10440	Rachel Olivier (Plettenberg Ps)	03:43.05	899.90	01:29.33	920.35	0.00	1820.25	PB
9	8298	Mika Habib (Knysna LS)	03:20.91	944.18	01:50.88	812.60	0.00	1756.78	

10	8321	Candice Hunda (Knysna LS)	03:53.82	878.36	01:39.59	869.05	0.00	1747.41	
11	10430	Heleen Fourie (Outeniqua Ls)	03:03.19	979.62	02:00.39	765.05	0.00	1744.67	PB
12	4982	Keyla Douglas (Glenwood House School)	DNF	DNF	DNF	DNF	DNF	DNF	
13	1885	Mieke Buitendag (George-Suid Ls)	DNF	DNF	DNF	DNF	DNF	DNF	
14	7026	Aliana Stipeć (Glenwood House School)	DNF	DNF	DNF	DNF	DNF	DNF	
	#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/15 BOYS				National Record: N/A			Provincial Record: N/A		
1	4867	Judah Spies (Outeniqua Ls)	02:30.82	1032.36	01:07.73	1018.35	0.00	2050.71	
2	6827	Eduard Snyman (George-Suid Ls)	02:25.06	1043.88	01:11.96	997.20	0.00	2041.08	PB
3	4716	Ruben Knoetze (Outeniqua Ls)	02:41.12	1011.76	01:06.23	1025.85	0.00	2037.61	PB
4	6361	Emile van Heerden (George-Suid Ls)	03:04.21	965.58	01:08.95	1012.25	0.00	1977.83	PB
5	6338	Asher T Mwaita (Plettenberg Ps)	03:02.80	968.40	01:14.76	983.20	0.00	1951.60	PB
6	10446	Jacques Rentzke (No Mads Club)	03:01.98	970.04	01:15.64	978.80	0.00	1948.84	PB
7	6885	Junior John (Knysna LS)	03:10.71	952.58	01:14.92	982.40	0.00	1934.98	PB
8	6821	Finley Mittendorff (Glenwood House School)	03:13.17	947.66	01:18.56	964.20	0.00	1911.86	PB
9	8282	Daniel Jordaan (No Mads Club)	02:51.06	991.88	01:31.65	898.75	0.00	1890.63	
10	6819	Connor Ogden (Glenwood House School)	DNF	DNF	DNF	DNF	DNF	DNF	

11	8931	John Lange (Glenwood House School)	DNF	DNF	DNF	DNF	DNF	DNF
12	1849	Edrich Meyer (George-Suid Ls)	DNF	DNF	DNF	DNF	DNF	DNF
13	10434	Nathan Eberson (Outeniqua Ls)	DNF	DNF	DNF	DNF	DNF	DNF
14	10438	Joshua Kampher (Knysna LS)	DNF	DNF	DNF	DNF	DNF	DNF
15	1535	Daniël van Wyngaard (George-Suid Ls)	DNF	DNF	DNF	DNF	DNF	DNF

	#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
U/17 GIRLS			National Record: N/A			Provincial Record: N/A		
1	8320	Noku Tembo (Knysna LS)	03:14.88	936.24	01:07.63	1028.85	0.00	1965.09
2	7664	Ella Venter (Outeniqua Hs)	03:49.13	867.74	01:13.98	997.10	0.00	1864.84
3	2924	Leah Hopper (Outeniqua Hs)	DNF	DNF	DNF	DNF	DNF	DNF
4	4873	Mila Smit (Park Ls)	DNF	DNF	DNF	DNF	DNF	DNF
5	3268	Alexa Stahmer (Outeniqua Hs)	DNF	DNF	DNF	DNF	DNF	DNF
6	6435	Imke Swanepoel (Glenwood House School)	DNF	DNF	DNF	DNF	DNF	DNF
7	8822	Mienke Gerber (Outeniqua Hs)	DNF	DNF	DNF	DNF	DNF	DNF
	#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
U/17 BOYS			National Record: N/A			Provincial Record: N/A		
1	10445	Rico Madden (Knysna HS)	02:37.67	996.66	01:25.36	915.20	0.00	1911.86 PB
2	8907	Cenzo Saayman (Knysna HS)	03:22.59	906.82	01:07.63	1003.85	0.00	1910.67 PB
3	2928	Ruan Share (Outeniqua Hs)	DNF	DNF	DNF	DNF	DNF	DNF

4	4896	Pierre Spies (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	6434	Leane Swanepoel (Glenwood House School)	02:49.13	1009.74	01:09.46	1014.70	0.00	2024.44 PB
2	2912	Dune Haasbroek (Glenwood House School)	DNF	DNF	DNF	DNF	DNF	DNF
3	4708	Annabelle McEwan (Glenwood House School)	DNF	DNF	DNF	DNF	DNF	DNF
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/19 BOYS			National Record: N/A			Provincial Record: N/A		
1	10443	Leighton Peterson (Knysna HS)	02:31.36	995.28	02:06.22	700.90	0.00	1696.18 PB
2	10444	CJ Bashord (Knysna HS)	03:36.31	865.38	01:40.27	830.65	0.00	1696.03 PB
3	8844	Dylan Ribeiro (Knysna HS)	02:44.31	969.38	DNF	DNF	0.00	DNF
4	10442	Dylan Ribeiro (Knysna HS)	DNF	DNF	02:19.56	634.20	0.00	DNF
5	5515	Hennie Calitz (Langenhoven Gimnasium)	DNF	DNF	DNF	DNF	DNF	DNF
6	8839	Matthew Kaplan (Knysna HS)	DNF	DNF	DNF	DNF	DNF	DNF
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
JNR MEN			National Record: N/A			Provincial Record: N/A		
1	1870	Matthew Benn (Knysna HS)	02:44.31	981.38	01:06.12	1006.40	0.00	1987.78
2	8841	Luran De Vries (Knysna HS)	DNF	DNF	DNF	DNF	DNF	DNF

MASTERS 40+ WOMEN				National Record: N/A			Provincial Record: N/A	
1	6431	Liesel Buitendag (No Mads Club)	DNF	DNF	DNF	DNF	DNF	DNF
#		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)	02:32.76	1014.48	01:07.19	1031.05	30.00	2075.53
2	6433	Jeanre Swanepoel (No Mads Club)	02:38.22	1003.56	01:07.27	1030.65	30.00	2064.21
3	8314	Attie Viljoen (No Mads Club)	03:00.04	959.92	01:10.09	1016.55	35.00	2011.47
4	10463	Devon Goosen (No Mads Club)	03:06.14	947.72	01:15.84	987.80	25.00	1960.52 PB
#		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)	02:10.64	950.72	00:42.78	1037.10	36.00	2023.82
#		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)	01:15.32	1029.36	00:31.99	1051.05	12.00	2092.41
2	3065	Cliff Wallace (Fish Eagles Masters)	01:36.90	986.20	00:37.59	1023.05	48.00	2057.25
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
SPECIAL NEEDS FEMALE				National Record: N/A			Provincial Record: N/A	
1	7694	Elizabeth Botes (Eljada Nasorg)	DNF	DNF	01:16.42	842.90	0.00	DNF

2	7690	Miena Baardman (Eljada Nasorg)	DNF	DNF	01:29.78	776.10	0.00	DNF
#		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)	DNF	DNF	00:54.27	953.65	0.00	DNF
2	7697	Francois Coetzee (Eljada Nasorg)	DNF	DNF	01:14.98	850.10	0.00	DNF
3	7692	Danie Botes (Eljada Nasorg)	DNF	DNF	01:21.54	817.30	0.00	DNF
4	10498	Kobus le Roux (Eljada Nasorg)	DNF	DNF	01:23.24	808.80	0.00	DNF

Designed and Developed by [Techla](#)