

Category	RaceNo	Name	Surname	Swim	Cycle	Run	TotTime	Position
<u>Aqe Group (f) (20 - 24)</u>								
	306	Robynne	Klee	00:26:04			00:26:04	DNF
<u>Aqe Group (f) (25 - 29)</u>								
	313	Odessa	Perelson	00:36:58	01:13:44	00:47:33	02:38:15	1
	512	Monica	Strydom	00:42:35	01:37:34		02:20:09	DNF
<u>Aqe Group (f) (30 - 34)</u>								
	316	Tracey	Almirall	00:28:50	01:09:45	00:44:47	02:23:22	1
	505	Elizabeth Jane	Anderson	00:27:32	01:11:07	00:44:50	02:23:29	2
	504	Michelle	Scowby	00:27:17	01:11:19	00:50:14	02:28:50	3
<u>Aqe Group (f) (35 - 39)</u>								
	320	ingrid	brown	00:27:15	01:07:36	00:49:50	02:24:41	1
	319	Terri-Lynn	Penny	00:30:10	01:16:27	00:54:44	02:41:21	2
	506	Judy	Venter	00:29:16	01:17:16	00:59:50	02:46:22	3
	321	Helen	Kernohan	00:34:50	01:13:35	00:59:05	02:47:30	4
	322	Susan	Chapman	00:31:01	01:18:07	01:01:36	02:50:44	5
<u>Aqe Group (f) (40 - 44)</u>								
	324	Bronwin	Meyer	00:31:50	01:18:05	01:00:49	02:50:44	1
<u>Aqe Group (f) (45 - 49)</u>								
	333	Mariette	Hattingh	00:31:49	01:01:37	00:45:13	02:18:39	1
<u>Aqe Group (m) (20 - 24)</u>								
	305	Richard	Lawrie	00:23:13	00:57:08	00:38:42	01:59:03	1
	301	Cornel	Herbst	00:23:09	01:03:25	00:41:49	02:08:23	2
	302	Stuart	Gillmer	00:25:57	01:04:30	00:44:06	02:14:33	3
	304	Justin	Butler	00:26:50	01:09:48	00:45:04	02:21:42	4
	300	Travis	McGrath	00:22:38	01:08:06	00:58:39	02:29:23	5
	1344	Unknown	Unknown	00:29:29	01:15:11	01:02:42	02:47:22	6
	516	Ross	Barnard	00:27:09	01:05:02		01:32:11	DNF
<u>Aqe Group (m) (25 - 29)</u>								
	311	Bruce	Campbell	00:20:40	01:01:54	00:42:12	02:04:46	1
	310	Ross	Helliwel	00:25:48	01:04:04	00:41:10	02:11:02	2
	309	Tim	Toovey	00:25:24	01:00:23	00:50:00	02:15:47	3
	315	Yousef	Arendse	00:25:28	01:08:37	00:42:18	02:16:23	4
	346	Brendon	Hayward	00:29:27	01:01:05	00:46:20	02:16:52	5
	312	Shane	D'Arcy	00:23:57	01:07:42	00:45:32	02:17:11	6
	308	Shavandre	Coleman	00:24:35	01:07:50	00:50:45	02:23:10	7
	314	Tauriq	Agherdien	00:27:57	01:12:32	00:48:02	02:28:31	8
	354	Dylan	Benyon	00:28:18	01:17:46	00:54:16	02:40:20	9
<u>Aqe Group (m) (30 - 34)</u>								
	996	Zuko	Njokweni	00:36:01	01:20:51	00:48:42	02:45:34	1
	347	Richard	Gilbert	00:24:31	01:07:20		01:31:51	DNF
<u>Aqe Group (m) (35 - 39)</u>								
	352	William	Wilson	00:29:11	01:07:55	00:39:59	02:17:05	1
	318	Shuaib	Abrahams	00:30:30	01:10:45	00:51:14	02:32:29	2
	911	Chris	Van Der Walt	00:31:31	01:19:43	00:46:44	02:37:58	3
<u>Aqe Group (m) (40 - 44)</u>								
	121	Antony	Daniels	00:25:34	01:01:42	00:41:48	02:09:04	1
	326	wayne	brown	00:27:59	01:02:21	00:41:52	02:12:12	2
	325	Graeme	Van Zyl	00:25:52	01:10:17	00:44:56	02:21:05	3
	509	Reon	Van Rensburg	00:38:00	01:25:03	00:56:37	02:59:40	4
<u>Aqe Group (m) (45 - 49)</u>								
	330	Terry	Thornton	00:26:00	01:01:19	00:38:40	02:05:59	1
	329	Willie	Kruger	00:28:20	01:04:30	00:43:50	02:16:40	2
	351	Pieter	De Bruin	00:27:06	01:04:25	00:45:56	02:17:27	3
	331	Jacques	Joubert	00:28:51	01:07:12	00:52:05	02:28:08	4
	332	George	Winship	00:29:57	01:11:19	00:54:36	02:35:52	5
	355	Brendan	Dryden	00:27:22	01:20:08	00:55:49	02:43:19	6

<u>Aqe Group (m) (50 - 54)</u>								
	337	Alec	Riddle	00:24:02	01:02:00	00:45:46	02:11:48	1
	349	Roger	Hooke	00:25:27	01:04:18	00:44:27	02:14:12	2
	350	Bob	Jamieson	00:28:45	01:04:32	00:42:43	02:16:00	3
	514	Graham	Munton	00:31:15	01:08:49	00:42:47	02:22:51	4
	334	Jose	Neves	00:37:44	01:14:45	00:48:19	02:40:48	5
	336	Deon	Boshoff	00:28:28	01:06:42		01:35:10	DNF
	335	Kevin	Gillmer	01:36:31	00:44:38		02:21:09	DNF
<u>Aqe Group (m) (55 - 59)</u>								
	230	Roger	Steele	00:29:53	01:05:12	00:46:21	02:21:26	1
	353	John	Van Onselen	00:29:49	01:06:16	00:50:30	02:26:35	2
	341	Johan	Barnard	00:33:28	01:12:38	00:51:27	02:37:33	3
	340	Rob	Ermes	00:35:21	01:08:50	01:11:33	02:55:44	4
	338	Allan	Leslie	01:43:03			01:43:03	DNF
<u>Aqe Group (m) (60 - 64)</u>								
	342	Steve	MacDonald	00:29:42	01:17:05	00:59:11	02:45:58	1
<u>Aqe Group (m) (65 - 69)</u>								
	344	Chris	Viljoen	00:27:30	01:14:51	01:14:11	02:56:32	1
<u>Aqe Group (m) (70+)</u>								
	345	Michael	Copeland	00:34:53	01:14:44		01:49:37	DNF
<u>Junior (f) (16 - 19)</u>								
	200	Taryn-Maie	Wille	00:13:09	00:41:53	00:23:46	01:18:48	1
<u>Junior (m) (16 - 19)</u>								
	202	Munro	Ferreira	00:11:35	00:33:32	00:19:33	01:04:40	1
	206	Hein	Van Der Walt	00:13:53	00:31:16	00:19:48	01:04:57	2
	203	Keegan	Cooke	00:11:36	00:37:18	00:17:17	01:06:11	3
	204	Jason	Campbell	00:13:45	00:31:25	00:21:23	01:06:33	4
	205	Matthew	Scott	00:11:34	00:33:34	00:27:08	01:12:16	5
	201	Malan	Steenkamp	00:11:51	00:33:20	00:27:07	01:12:18	6
	106	Nico	Bester	00:13:00	00:38:56	00:26:32	01:18:28	7
	501	James	Helliwell	00:14:18	00:39:29	00:26:26	01:20:13	8
	513	Irwin	De Meyer	00:30:25	00:37:40	00:23:49	01:31:54	9
	511	Ashley	Zeelie	00:14:38	00:54:40	00:29:31	01:38:49	10
<u>Open duathlon (m)</u>								
	401	JC	Visser	00:35:15	01:00:09	00:19:14	01:54:38	1
	400	Stegmann	Van Zyl	00:35:48	01:03:54	00:20:26	02:00:08	2
	402	Timo	Cooper	00:39:17	01:03:01	00:27:01	02:09:19	3
	508	Stephen	Penney	00:43:19	01:15:10	00:28:04	02:26:33	4
<u>Open DuathlonSprint (m)</u>								
	403	Benjamin	Giliomee	00:21:22	00:36:17	00:12:21	01:10:00	1
	404	Nicola	Giliomee	00:26:24	00:41:59	00:13:55	01:22:18	2
<u>Open Sprint (f)</u>								
	517	Olivia	Read	00:14:43	00:37:50	00:20:54	01:13:27	1
	500	Natalie	Style	00:15:36	00:42:49	00:31:38	01:30:03	2
	510	Kimberley	Nanson	00:17:57	00:44:58	00:31:50	01:34:45	3
	502	Belinda	Cole	00:18:12	00:56:03	00:37:17	01:51:32	4
<u>Open Sprint (m)</u>								
	518	Ben	Garett	00:16:15	00:39:19	00:19:50	01:15:24	1
	503	Ronnie	Doyle	00:20:07	00:38:54	00:27:09	01:26:10	2
	515	Helder	Almeira De Silva	00:17:54	00:41:43	00:29:37	01:29:14	3
<u>Youth (f) (12 - 15)</u>								
	104	Tamlyn	Gill	00:06:27	00:19:14	00:10:41	00:36:22	1
	105	Nadia	De Kock	00:05:53	00:19:50	00:10:54	00:36:37	2
	102	Martelize	Kruger	00:10:10	00:22:20	00:14:28	00:46:58	3
<u>Youth (m) (12 - 15)</u>								
	103	Jamie	Riddle	00:05:51	00:17:47	00:09:28	00:33:06	1
	100	Michael	Gill	00:08:45	00:23:55	00:10:56	00:43:36	2
	101	Cullen	Linder	00:08:49	00:21:23	00:14:22	00:44:34	3