

11Global - Sun City 2013 - Sunday

Race Date

November 10, 2013

Overall Results

| | | | Main Event | | | | | Female | | | | | | |
|--------------|---------------------------|---------------|------------|-------------|------|-------------|------------|-------------|-------------|------------|-------------|--|-------------|-------|
| <u>Place</u> | <u>Name</u> | <u>Bib No</u> | ---- SWIM | | ---- | TRANS | | ---- | TRANS | ---- | RUN | | ---- | Total |
| | | | <u>Rnk</u> | <u>Time</u> | | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | | <u>Time</u> | |
| 1 | Samantha Summerscales | 25 | 19 | 21:33.9 | | 0:55.0 | 1 | 1:13:01.3 | 1:08.0 | 1 | 44:30.9 | | 2:21:09.2 | |
| 2 | Hayley Mee | 19 | 3 | 17:35.3 | | 0:44.5 | 5 | 1:14:59.3 | 0:45.9 | 6 | 47:55.2 | | 2:22:00.4 | |
| 3 | Tamaryn Kietzmann | 159 | 13 | 20:26.3 | | 0:59.9 | 3 | 1:13:59.4 | 0:44.9 | 3 | 46:46.5 | | 2:22:57.2 | |
| 4 | Nicolette Griffioen | 139 | 14 | 20:42.6 | | 1:09.9 | 11 | 1:17:22.8 | 0:59.6 | 2 | 44:38.9 | | 2:24:53.9 | |
| 5 | Kirsten Schut | 206 | 15 | 20:57.1 | | 1:05.3 | 2 | 1:13:46.5 | 1:09.6 | 10 | 49:28.7 | | 2:26:27.5 | |
| 6 | Nickey Barnard | 15 | 12 | 20:25.7 | | 0:38.6 | 6 | 1:15:23.5 | 0:48.6 | 12 | 49:51.7 | | 2:27:08.3 | |
| 7 | Zoli De Kock | 108 | 4 | 17:47.5 | | 1:35.6 | 14 | 1:18:03.7 | 0:58.1 | 25 | 53:16.9 | | 2:31:41.9 | |
| 8 | Celeste Erasmus | 127 | 59 | 24:26.6 | | 0:42.1 | 12 | 1:17:29.5 | 1:00.9 | 7 | 48:10.1 | | 2:31:49.4 | |
| 9 | Roxanne Turner | 28 | 2 | 17:31.5 | | 1:10.2 | 36 | 1:24:01.9 | 0:57.7 | 8 | 48:12.5 | | 2:31:54.0 | |
| 10 | Rhode Snyman | 215 | 112 | 28:26.3 | | 1:00.6 | 4 | 1:14:29.6 | 1:06.1 | 4 | 47:29.0 | | 2:32:31.7 | |
| 11 | Des Dickinson | 114 | 39 | 23:22.5 | | 0:00.0 | 13 | 1:17:56.3 | 0:59.2 | 18 | 50:55.8 | | 2:33:14.0 | |
| 12 | Roxanne Smith | 24 | 21 | 21:35.8 | | 1:17.8 | 29 | 1:21:24.7 | 1:11.1 | 11 | 49:45.8 | | 2:35:15.4 | |
| 13 | Bronwyn Gordon | 136 | 5 | 19:26.7 | | 0:46.4 | 10 | 1:17:03.9 | 0:46.4 | 51 | 57:39.5 | | 2:35:43.1 | |
| 14 | Karyn Southgate | 216 | 65 | 24:51.6 | | 1:12.4 | 8 | 1:16:12.8 | 0:59.0 | 23 | 52:36.8 | | 2:35:52.8 | |
| 15 | Leanne Trollope | 225 | 38 | 23:21.1 | | 2:22.5 | 18 | 1:20:04.8 | 1:30.0 | 9 | 49:04.6 | | 2:36:23.3 | |
| 16 | Alison Lailvaux | 162 | 32 | 23:05.8 | | 1:04.5 | 27 | 1:21:14.2 | 0:57.3 | 16 | 50:18.6 | | 2:36:40.7 | |
| 17 | Gabrielle Webber | 29 | 42 | 23:37.8 | | 1:21.6 | 35 | 1:22:58.3 | 1:09.2 | 5 | 47:49.8 | | 2:36:57.0 | |
| 18 | Jacqueline Koch | 18 | 28 | 22:35.6 | | 0:55.8 | 30 | 1:21:45.5 | 1:13.2 | 17 | 50:39.5 | | 2:37:09.9 | |
| 19 | Cherie Siebert | 23 | 89 | 26:50.1 | | 1:22.2 | 9 | 1:16:43.5 | 1:02.3 | 26 | 53:19.9 | | 2:39:18.2 | |
| 20 | Helena van Wyk | 236 | 114 | 28:29.0 | | 1:21.8 | 7 | 1:15:34.3 | 1:20.5 | 24 | 52:41.3 | | 2:39:27.1 | |
| 21 | Clare Barham | 77 | 44 | 23:40.6 | | 1:24.6 | 34 | 1:22:47.3 | 1:25.6 | 15 | 50:16.8 | | 2:39:35.0 | |
| 22 | Johandri Leicester | 166 | 7 | 19:45.4 | | 1:06.2 | 24 | 1:20:50.6 | 1:14.3 | 45 | 56:51.2 | | 2:39:47.9 | |
| 23 | Jean Bilbrough | 82 | 23 | 22:06.5 | | 1:36.2 | 23 | 1:20:48.9 | 1:17.5 | 31 | 54:09.2 | | 2:39:58.5 | |
| 24 | Lynette Fischer | 130 | 25 | 22:27.0 | | 0:51.3 | 15 | 1:18:15.4 | 0:59.5 | 49 | 57:29.6 | | 2:40:03.0 | |
| 25 | Genee Mee | 20 | 11 | 20:16.9 | | 0:50.4 | 26 | 1:21:11.7 | 1:02.5 | 46 | 57:06.9 | | 2:40:28.6 | |
| 26 | Pietie Coetzee | 16 | 6 | 19:39.8 | | 1:44.5 | 55 | 1:27:45.2 | 1:18.2 | 14 | 50:07.0 | | 2:40:34.9 | |
| 27 | Gerda Visagie | 238 | 50 | 23:55.9 | | 1:27.3 | 32 | 1:22:28.5 | 1:37.8 | 20 | 51:11.6 | | 2:40:41.2 | |
| 28 | Andria Hammond | 141 | 36 | 23:17.5 | | 0:57.7 | 37 | 1:24:07.5 | 1:29.2 | 22 | 52:01.6 | | 2:41:53.7 | |
| 29 | Daleen Van der Westhuizen | 253 | 92 | 26:55.7 | | 1:16.6 | 20 | 1:20:30.4 | 1:03.8 | 28 | 53:56.0 | | 2:43:42.6 | |
| 30 | Gerda Horn | 153 | 84 | 26:35.5 | | 1:29.9 | 25 | 1:21:03.2 | 1:13.7 | 32 | 54:29.2 | | 2:44:51.7 | |
| 31 | Alison Miller | 21 | 53 | 24:02.3 | | 1:01.0 | 39 | 1:24:33.5 | 2:03.0 | 27 | 53:53.4 | | 2:45:33.4 | |
| 32 | Wilma Pienaar | 7 | 78 | 26:10.0 | | 1:43.7 | 28 | 1:21:23.1 | 1:32.1 | 36 | 55:54.4 | | 2:46:43.5 | |
| 33 | Corne Lategan | 164 | 29 | 22:42.9 | | 3:25.5 | 19 | 1:20:09.0 | 3:14.4 | 48 | 57:23.7 | | 2:46:55.9 | |

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| | | Main Event | | | | | | Female | | | | | |
|--------------|--------------------|---------------|------------------|-------------|-------------------|------------|------------------|-------------|-------------------|-------------|-----------------|-------------|-------------|
| <u>Place</u> | <u>Name</u> | <u>Bib No</u> | ----- SWIM ----- | | ----- TRANS ----- | | ----- BIKE ----- | | ----- TRANS ----- | | ----- RUN ----- | | Total |
| | | | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> |
| 34 | Wesley Schourie | 203 | 1 | 11:01.8 | 3:25.1 | 16 | 1:19:06.2 | 1:19.1 | 119 | 1:12:13.6 | | 2:47:06.0 | |
| 35 | Juliet Morgan | 179 | 107 | 28:05.7 | 1:29.7 | 22 | 1:20:45.3 | 1:34.3 | 35 | 55:32.6 | | 2:47:27.8 | |
| 36 | Beverley Davey | 4 | 55 | 24:04.9 | 1:11.2 | 63 | 1:29:31.3 | 1:09.4 | 21 | 51:44.1 | | 2:47:41.1 | |
| 37 | Lauren Kennedy | 158 | 22 | 21:38.5 | 1:07.7 | 97 | 1:34:20.2 | 0:49.8 | 13 | 49:51.8 | | 2:47:48.2 | |
| 38 | Carri-Ann Botha | 85 | 20 | 21:34.8 | 0:52.1 | 44 | 1:25:43.5 | 1:10.4 | 53 | 58:45.4 | | 2:48:06.3 | |
| 39 | TESSA SHELLARD | 209 | 121 | 29:17.0 | 1:17.9 | 21 | 1:20:35.7 | 1:59.1 | 34 | 55:19.1 | | 2:48:29.0 | |
| 40 | Annie Du Toit | 119 | 45 | 23:41.0 | 1:48.3 | 77 | 1:30:58.6 | 1:29.8 | 19 | 51:10.1 | | 2:49:07.9 | |
| 41 | Zelda Prinsloo | 195 | 47 | 23:43.1 | 1:23.4 | 38 | 1:24:22.3 | 1:10.5 | 62 | 1:00:14.2 | | 2:50:53.7 | |
| 42 | Chana-Lee Preston | 22 | 52 | 24:00.7 | 1:22.0 | 33 | 1:22:39.7 | 1:08.8 | 70 | 1:01:42.9 | | 2:50:54.1 | |
| 43 | Lizette Lamb | 163 | 93 | 26:57.3 | 1:46.1 | 50 | 1:26:25.8 | 2:24.4 | 33 | 55:18.9 | | 2:52:52.6 | |
| 44 | Deborah Househam | 154 | 83 | 26:35.2 | 1:52.8 | 45 | 1:25:49.0 | 1:48.9 | 44 | 56:49.1 | | 2:52:55.0 | |
| 45 | Karin Irvine-Smith | 156 | 63 | 24:40.2 | 1:37.2 | 41 | 1:25:01.9 | 1:25.1 | 63 | 1:00:25.6 | | 2:53:10.2 | |
| 46 | Kim Burelli | 92 | 18 | 21:19.8 | 2:22.3 | 54 | 1:27:26.9 | 1:30.8 | 66 | 1:01:01.3 | | 2:53:41.3 | |
| 47 | Jane Fisher | 131 | 105 | 27:36.2 | 1:09.9 | 57 | 1:27:51.6 | 0:56.5 | 37 | 56:08.0 | | 2:53:42.4 | |
| 48 | Jessica Taylor | 27 | 10 | 20:09.5 | 1:27.2 | 64 | 1:29:34.8 | 1:25.4 | 71 | 1:01:49.6 | | 2:54:26.7 | |
| 49 | Karin Ingrid Carr | 94 | 61 | 24:29.3 | 2:05.6 | 58 | 1:28:03.9 | 1:31.6 | 52 | 58:31.0 | | 2:54:41.7 | |
| 50 | Rouxle Schutte | 208 | 87 | 26:44.0 | 1:33.7 | 78 | 1:31:02.7 | 1:23.9 | 41 | 56:29.7 | | 2:57:14.3 | |
| 51 | Chantelle Gaugeler | 134 | 34 | 23:11.9 | 1:55.2 | 40 | 1:24:45.1 | 1:49.3 | 87 | 1:05:38.9 | | 2:57:20.5 | |
| 52 | Maryke Bartmann | 79 | 31 | 23:00.2 | 1:31.1 | 87 | 1:32:26.8 | 1:33.1 | 54 | 59:08.4 | | 2:57:39.8 | |
| 53 | Helene Crafford | 103 | 95 | 27:00.9 | 2:00.1 | 73 | 1:30:25.6 | 1:56.6 | 40 | 56:20.8 | | 2:57:44.2 | |
| 54 | Karin Cilliers | 853 | 57 | 24:19.4 | 2:15.1 | 59 | 1:28:26.6 | 1:30.3 | 67 | 1:01:16.2 | | 2:57:47.8 | |
| 55 | Marliese Steyn | 221 | 125 | 29:27.1 | 1:26.4 | 51 | 1:26:30.3 | 1:30.1 | 55 | 59:09.4 | | 2:58:03.4 | |
| 56 | Christine Barrow | 78 | 24 | 22:22.2 | 1:43.5 | 61 | 1:29:14.2 | 1:42.3 | 74 | 1:03:01.7 | | 2:58:04.0 | |
| 57 | Simone Steyn | 219 | 79 | 26:10.8 | 2:38.3 | 71 | 1:30:15.3 | 1:29.9 | 50 | 57:33.1 | | 2:58:07.6 | |
| 58 | cecilia Steinberg | 218 | 85 | 26:37.7 | 3:10.0 | 52 | 1:26:30.4 | 2:26.1 | 58 | 59:37.2 | | 2:58:21.5 | |
| 59 | Vanessa Dickinson | 113 | 145 | 31:34.9 | 2:16.8 | 70 | 1:30:11.7 | 1:35.3 | 30 | 54:02.8 | | 2:59:41.6 | |
| 60 | Chrisna Chalmers | 95 | 90 | 26:52.9 | 2:41.5 | 81 | 1:31:42.5 | 2:19.2 | 38 | 56:10.3 | | 2:59:46.5 | |
| 61 | Lauren Nish | 182 | 43 | 23:39.2 | 0:57.9 | 72 | 1:30:23.6 | 1:45.7 | 75 | 1:03:06.7 | | 2:59:53.4 | |
| 62 | Kim Savage | 199 | 98 | 27:08.0 | 1:29.5 | 65 | 1:29:37.2 | 1:52.8 | 60 | 59:53.3 | | 3:00:01.0 | |
| 63 | Izaane Demetriou | 112 | 111 | 28:19.4 | 2:09.5 | 56 | 1:27:46.9 | 2:36.2 | 56 | 59:14.8 | | 3:00:07.0 | |
| 64 | Tarren Meyer | 177 | 135 | 30:32.2 | 2:19.3 | 76 | 1:30:56.1 | 2:33.3 | 29 | 53:57.8 | | 3:00:18.9 | |
| 65 | Anri Parker | 186 | 91 | 26:55.3 | 1:08.4 | 17 | 1:19:26.9 | 1:19.2 | 115 | 1:11:45.1 | | 3:00:35.0 | |
| 66 | Cathy Callow | 93 | 106 | 27:56.9 | 2:36.9 | 80 | 1:31:32.6 | 2:25.4 | 39 | 56:11.3 | | 3:00:43.3 | |

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| | | Main Event | | | | | | Female | | | | | | |
|--------------|------------------------|---------------|------------|-------------|------|-------------|------------|-------------|-------------|------------|-------------|--|-------------|-------|
| <u>Place</u> | <u>Name</u> | <u>Bib No</u> | ---- SWIM | | ---- | TRANS | | ---- | TRANS | ---- | RUN | | ---- | Total |
| | | | <u>Rnk</u> | <u>Time</u> | | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | | <u>Time</u> | |
| 67 | Paola Bowker | 88 | 66 | 25:23.9 | | 3:42.6 | 49 | 1:26:16.8 | 2:06.0 | 77 | 1:03:27.9 | | 3:00:57.4 | |
| 68 | Antoinette Colic | 100 | 33 | 23:10.7 | | 1:55.3 | 62 | 1:29:19.9 | 1:24.3 | 86 | 1:05:34.9 | | 3:01:25.3 | |
| 69 | Ronelle Ernst | 128 | 103 | 27:27.1 | | 2:37.7 | 46 | 1:26:00.6 | 1:43.5 | 79 | 1:03:36.5 | | 3:01:25.5 | |
| 70 | Lissa Parsons | 188 | 48 | 23:50.3 | | 2:09.0 | 89 | 1:32:39.6 | 1:39.2 | 68 | 1:01:29.8 | | 3:01:48.2 | |
| 71 | Shelby Grant | 138 | 60 | 24:29.0 | | 2:06.2 | 43 | 1:25:33.8 | 1:20.5 | 107 | 1:09:12.0 | | 3:02:41.6 | |
| 72 | Nadine Pretorius | 192 | 27 | 22:35.5 | | 1:15.3 | 92 | 1:32:46.1 | 1:19.1 | 85 | 1:05:00.1 | | 3:02:56.3 | |
| 73 | Tharien Hattingh | 145 | 72 | 25:49.7 | | 1:40.8 | 91 | 1:32:45.1 | 2:00.9 | 72 | 1:02:23.0 | | 3:04:39.7 | |
| 74 | Hayley Bridger | 90 | 75 | 26:05.6 | | 2:46.1 | 67 | 1:29:44.4 | 1:43.5 | 83 | 1:04:26.7 | | 3:04:46.4 | |
| 75 | Mia Kruger | 161 | 113 | 28:28.7 | | 2:43.1 | 48 | 1:26:16.0 | 2:09.0 | 91 | 1:06:11.7 | | 3:05:48.6 | |
| 76 | Aletta Du Toit | 120 | 100 | 27:19.9 | | 0:00.0 | 106 | 1:36:37.5 | 2:24.7 | 57 | 59:29.0 | | 3:05:51.3 | |
| 77 | Nilsen Charmaine | 97 | 119 | 29:07.8 | | 2:14.8 | 47 | 1:26:06.1 | 1:55.9 | 94 | 1:06:47.5 | | 3:06:12.4 | |
| 78 | Clare Marshall | 173 | 94 | 26:57.5 | | 1:58.9 | 119 | 1:38:47.6 | 1:55.1 | 47 | 57:11.8 | | 3:06:50.9 | |
| 79 | Marelize Ekkerd | 123 | 151 | 32:11.9 | | 1:49.6 | 85 | 1:32:18.0 | 1:39.4 | 59 | 59:37.4 | | 3:07:36.4 | |
| 80 | Marisa Dold | 117 | 153 | 32:34.8 | | 1:27.3 | 42 | 1:25:04.0 | 1:36.1 | 97 | 1:06:58.5 | | 3:07:40.9 | |
| 81 | Nadja Tapkas | 26 | 70 | 25:38.0 | | 1:28.0 | 74 | 1:30:28.7 | 1:37.7 | 106 | 1:08:35.4 | | 3:07:48.0 | |
| 82 | Elouise Metherell | 176 | 133 | 30:21.2 | | 2:01.7 | 53 | 1:27:17.8 | 1:27.4 | 93 | 1:06:40.4 | | 3:07:48.6 | |
| 83 | Jacqui Bunge | 91 | 149 | 31:59.4 | | 2:57.9 | 98 | 1:34:24.1 | 1:46.1 | 43 | 56:41.4 | | 3:07:49.1 | |
| 84 | Kelly Smith | 214 | 80 | 26:19.0 | | 2:21.2 | 102 | 1:35:18.1 | 2:19.3 | 69 | 1:01:38.7 | | 3:07:56.5 | |
| 85 | Cara Lee | 165 | 131 | 30:13.5 | | 1:50.5 | 83 | 1:32:07.4 | 1:59.0 | 73 | 1:02:29.0 | | 3:08:39.6 | |
| 86 | Anna Schoeman | 202 | 81 | 26:32.9 | | 2:10.8 | 68 | 1:29:50.2 | 2:22.7 | 102 | 1:07:58.6 | | 3:08:55.3 | |
| 87 | Shelly Rudolph | 198 | 16 | 21:02.8 | | 3:19.6 | 88 | 1:32:38.4 | 1:15.4 | 112 | 1:10:39.6 | | 3:08:56.0 | |
| 88 | Aletta Oelofse | 184 | 77 | 26:08.7 | | 1:27.1 | 99 | 1:34:36.7 | 1:33.5 | 88 | 1:05:46.6 | | 3:09:32.8 | |
| 89 | Kylin Watson | 240 | 9 | 19:53.6 | | 2:03.1 | 112 | 1:37:42.8 | 2:35.2 | 99 | 1:07:50.0 | | 3:10:04.9 | |
| 90 | tracy gore | 137 | 138 | 30:59.9 | | 1:07.7 | 94 | 1:33:11.3 | 1:31.7 | 80 | 1:03:48.3 | | 3:10:39.1 | |
| 91 | Lizelle Schreuder | 204 | 137 | 30:47.7 | | 2:21.3 | 86 | 1:32:25.5 | 1:28.9 | 78 | 1:03:36.2 | | 3:10:39.8 | |
| 92 | Lizelle Herbst | 148 | 122 | 29:20.1 | | 3:05.3 | 75 | 1:30:39.8 | 1:37.3 | 90 | 1:06:03.7 | | 3:10:46.4 | |
| 93 | Martinette Engelbrecht | 125 | 46 | 23:43.0 | | 2:35.2 | 107 | 1:36:48.2 | 1:43.6 | 89 | 1:05:57.0 | | 3:10:47.1 | |
| 94 | Robyn Staessen | 217 | 51 | 23:56.4 | | 3:10.9 | 96 | 1:34:20.1 | 2:54.8 | 92 | 1:06:27.6 | | 3:10:50.1 | |
| 95 | Elizabeth Maartens | 171 | 8 | 19:49.9 | | 1:38.5 | 105 | 1:36:24.6 | 2:19.4 | 117 | 1:11:52.3 | | 3:12:04.8 | |
| 96 | Sarah Skelton | 212 | 86 | 26:43.7 | | 1:55.0 | 95 | 1:33:44.9 | 1:45.9 | 103 | 1:08:08.3 | | 3:12:17.9 | |
| 97 | Debbie O'Leary | 641 | 35 | 23:16.7 | | 1:48.3 | 111 | 1:37:30.1 | 1:19.1 | 105 | 1:08:31.5 | | 3:12:25.8 | |
| 98 | cathryn emslie | 17 | 30 | 22:59.4 | | 2:51.1 | 100 | 1:34:42.5 | 2:48.4 | 109 | 1:10:05.2 | | 3:13:26.8 | |
| 99 | Salome van der Merwe | 231 | 127 | 29:37.2 | | 3:10.0 | 69 | 1:30:04.9 | 2:47.9 | 104 | 1:08:21.0 | | 3:14:01.2 | |

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Overall Results

| | | | Main Event | | | | | | Female | | | | |
|--------------|-----------------------|---------------|------------|-------------|-------------|------------|-------------|-------------|------------|-------------|-------------|-------------|-------------|
| <u>Place</u> | <u>Name</u> | <u>Bib No</u> | ---- SWIM | | ---- TRANS | | ---- BIKE | | ---- TRANS | | ---- RUN | | Total |
| | | | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> |
| 100 | keleigh hendriks | 147 | 126 | 29:36.9 | 1:59.1 | 60 | 1:29:03.8 | 1:45.1 | 116 | 1:11:49.6 | | 3:14:14.7 | |
| 101 | Kim Heger | 146 | 40 | 23:30.5 | 1:43.8 | 66 | 1:29:40.2 | 1:56.6 | 138 | 1:17:56.2 | | 3:14:47.4 | |
| 102 | Claire Wagenaar | 239 | 64 | 24:45.6 | 3:18.2 | 79 | 1:31:23.9 | 3:25.0 | 120 | 1:12:19.4 | | 3:15:12.3 | |
| 103 | Lucy Lightfoot | 167 | 68 | 25:27.6 | 3:36.1 | 143 | 1:42:53.6 | 2:51.1 | 64 | 1:00:43.7 | | 3:15:32.2 | |
| 104 | Vina Silvis | 210 | 140 | 31:04.3 | 3:16.4 | 84 | 1:32:11.7 | 2:26.7 | 98 | 1:07:12.7 | | 3:16:12.0 | |
| 105 | Alma McGill | 174 | 73 | 25:52.9 | 2:54.4 | 108 | 1:36:54.2 | 1:48.4 | 110 | 1:10:25.3 | | 3:17:55.5 | |
| 106 | Belinda Skinner | 213 | 158 | 35:01.8 | 2:02.5 | 93 | 1:32:57.7 | 1:36.3 | 96 | 1:06:57.0 | | 3:18:35.5 | |
| 107 | Alexandra Schluiep | 200 | 109 | 28:14.0 | 1:54.2 | 110 | 1:37:20.4 | 3:03.4 | 108 | 1:09:22.5 | | 3:19:54.7 | |
| 108 | Shani Froneman | 133 | 150 | 32:02.2 | 3:02.8 | 109 | 1:37:16.0 | 2:54.9 | 84 | 1:04:51.4 | | 3:20:07.4 | |
| 109 | Elise de Beer | 106 | 136 | 30:46.1 | 2:28.9 | 147 | 1:43:37.2 | 2:25.8 | 65 | 1:00:58.8 | | 3:20:17.0 | |
| 110 | Samantha Hall | 140 | 69 | 25:31.2 | 2:30.8 | 129 | 1:40:25.8 | 1:41.0 | 111 | 1:10:27.0 | | 3:20:36.0 | |
| 111 | Robyn Louw | 170 | 147 | 31:55.9 | 1:49.4 | 136 | 1:42:07.3 | 1:38.3 | 81 | 1:04:00.7 | | 3:21:31.9 | |
| 112 | Louise Botha | 87 | 117 | 29:02.4 | 2:20.3 | 82 | 1:31:58.8 | 3:05.7 | 133 | 1:16:42.2 | | 3:23:09.6 | |
| 113 | Tammy Sutherns | 222 | 88 | 26:46.3 | 2:58.1 | 154 | 1:48:06.7 | 2:31.4 | 76 | 1:03:24.2 | | 3:23:46.9 | |
| 114 | Elaine Cuffe | 104 | 128 | 29:37.3 | 2:37.3 | 144 | 1:42:59.4 | 1:50.6 | 100 | 1:07:50.5 | | 3:24:55.3 | |
| 115 | Stacey Dingle | 116 | 17 | 21:05.1 | 1:52.1 | 142 | 1:42:53.1 | 2:18.4 | 134 | 1:16:57.6 | | 3:25:06.4 | |
| 116 | Luzaan Combrink | 101 | 102 | 27:21.2 | 2:55.0 | 139 | 1:42:32.9 | 2:51.6 | 114 | 1:11:15.5 | | 3:26:56.4 | |
| 117 | Ioanna Zografos | 242 | 120 | 29:15.4 | 3:05.7 | 118 | 1:38:37.8 | 2:37.5 | 123 | 1:13:21.8 | | 3:26:58.4 | |
| 118 | Minke Nebe | 180 | 26 | 22:29.6 | 4:39.8 | 122 | 1:38:51.7 | 2:48.5 | 140 | 1:18:10.7 | | 3:27:00.5 | |
| 119 | Denise Higgins | 334 | 134 | 30:25.4 | 2:13.0 | 123 | 1:39:26.8 | 1:43.1 | 124 | 1:13:33.8 | | 3:27:22.3 | |
| 120 | Karyn Cowan | 102 | 104 | 27:27.6 | 3:27.8 | 130 | 1:40:27.7 | 2:34.8 | 127 | 1:13:51.1 | | 3:27:49.2 | |
| 121 | Jaendri Engelbrecht | 124 | 49 | 23:55.8 | 2:30.9 | 125 | 1:40:07.8 | 2:12.4 | 144 | 1:19:18.1 | | 3:28:05.1 | |
| 122 | Jacki van der Riet | 233 | 58 | 24:19.8 | 1:45.5 | 126 | 1:40:11.4 | 2:47.1 | 143 | 1:19:16.0 | | 3:28:20.0 | |
| 123 | Laura Wojtowitz | 241 | 116 | 28:43.9 | 3:19.0 | 101 | 1:35:03.4 | 3:41.5 | 137 | 1:17:53.6 | | 3:28:41.6 | |
| 124 | Susan Schreuder | 205 | 124 | 29:22.1 | 4:05.7 | 131 | 1:40:48.8 | 1:37.4 | 121 | 1:12:48.4 | | 3:28:42.5 | |
| 125 | Petri Bester | 80 | 96 | 27:03.2 | 2:02.0 | 113 | 1:37:56.8 | 2:21.1 | 150 | 1:20:58.5 | | 3:30:21.6 | |
| 126 | Lindsey Tainton | 224 | 146 | 31:50.6 | 2:07.6 | 116 | 1:38:30.4 | 1:35.5 | 132 | 1:16:20.6 | | 3:30:24.8 | |
| 127 | Mariese Van der Linde | 229 | 156 | 34:01.0 | 2:16.0 | 157 | 1:52:04.9 | 2:19.8 | 61 | 1:00:02.3 | | 3:30:44.1 | |
| 128 | Charlene Bester | 81 | 123 | 29:20.9 | 4:07.3 | 163 | 1:58:25.1 | 2:22.7 | 42 | 56:35.3 | | 3:30:51.4 | |
| 129 | Elzette Ferreira | 129 | 115 | 28:33.7 | 1:37.0 | 138 | 1:42:23.7 | 2:36.8 | 129 | 1:16:11.2 | | 3:31:22.7 | |
| 130 | Desiree Loreggian | 169 | 139 | 31:03.3 | 2:59.0 | 140 | 1:42:40.1 | 1:51.2 | 122 | 1:13:10.1 | | 3:31:44.0 | |
| 131 | Brigitte Kolver | 160 | 141 | 31:20.9 | 2:39.9 | 104 | 1:36:07.1 | 1:59.0 | 145 | 1:19:37.0 | | 3:31:44.0 | |
| 132 | Stella Erasmus | 126 | 130 | 30:04.1 | 3:43.8 | 120 | 1:38:49.4 | 4:35.0 | 128 | 1:15:00.2 | | 3:32:12.6 | |

11Global - Sun City 2013 - Sunday

Race Date

November 10, 2013

Overall Results

| | | | Main Event | | | | | | Female | | | | |
|--------------|-----------------------------|---------------|------------------|-------------|-------------------|------------|------------------|-------------|-------------------|-------------|-----------------|-------------|-------------|
| <u>Place</u> | <u>Name</u> | <u>Bib No</u> | ----- SWIM ----- | | ----- TRANS ----- | | ----- BIKE ----- | | ----- TRANS ----- | | ----- RUN ----- | | Total |
| | | | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> |
| 133 | Amelia Dieperink | 115 | 110 | 28:18.0 | 2:12.3 | 124 | 1:39:58.3 | 2:30.6 | 142 | 1:19:14.8 | | 3:32:14.2 | |
| 134 | Erika du Plessis | 118 | 101 | 27:20.9 | 2:41.7 | 137 | 1:42:16.7 | 2:15.3 | 136 | 1:17:50.0 | | 3:32:24.8 | |
| 135 | Elsa Du Toit | 121 | 129 | 29:59.1 | 2:35.9 | 128 | 1:40:18.7 | 2:15.2 | 135 | 1:17:18.4 | | 3:32:27.5 | |
| 136 | Chanelle Nandi Birch | 83 | 74 | 25:57.7 | 3:00.1 | 90 | 1:32:44.0 | 2:32.9 | 159 | 1:28:51.8 | | 3:33:06.7 | |
| 137 | Janine De gouveia | 107 | 41 | 23:34.8 | 2:38.2 | 103 | 1:35:29.3 | 2:31.8 | 160 | 1:28:52.5 | | 3:33:06.9 | |
| 138 | Sally Allen | 14 | 161 | 35:36.1 | 2:31.4 | 135 | 1:41:53.5 | 2:28.3 | 113 | 1:11:14.6 | | 3:33:44.1 | |
| 139 | Linette Van der Merwe | 230 | 118 | 29:05.1 | 2:18.3 | 121 | 1:38:49.8 | 2:24.5 | 153 | 1:23:05.0 | | 3:35:42.9 | |
| 140 | Lynne Nicolas | 181 | 67 | 25:27.2 | 2:29.0 | 155 | 1:49:45.3 | 2:26.0 | 130 | 1:16:19.0 | | 3:36:26.5 | |
| 141 | Patsy Parker | 187 | 82 | 26:34.1 | 3:12.2 | 153 | 1:47:53.2 | 2:27.5 | 131 | 1:16:19.6 | | 3:36:26.9 | |
| 142 | Elmarie du Toit | 122 | 164 | 37:08.5 | 4:17.1 | 151 | 1:45:47.0 | 2:47.6 | 95 | 1:06:48.1 | | 3:36:48.4 | |
| 143 | Nikki Davies | 105 | 143 | 31:26.5 | 2:42.3 | 158 | 1:52:45.4 | 2:03.8 | 101 | 1:07:57.4 | | 3:36:55.6 | |
| 144 | Melissa Moore | 178 | 54 | 24:03.7 | 2:57.9 | 149 | 1:44:23.5 | 2:31.2 | 152 | 1:22:59.9 | | 3:36:56.3 | |
| 145 | Petro Pretorius | 194 | 155 | 33:59.0 | 1:59.2 | 114 | 1:38:06.5 | 2:37.5 | 146 | 1:20:25.4 | | 3:37:07.6 | |
| 146 | Endri Botha | 86 | 168 | 40:52.2 | 2:58.6 | 152 | 1:47:19.5 | 2:04.2 | 82 | 1:04:14.6 | | 3:37:29.3 | |
| 147 | Magdaleen de Wet | 111 | 162 | 36:22.0 | 1:33.7 | 117 | 1:38:32.6 | 2:16.5 | 148 | 1:20:41.6 | | 3:39:26.6 | |
| 148 | Cornelle De Kok | 109 | 144 | 31:33.5 | 3:12.0 | 146 | 1:43:29.5 | 2:03.4 | 141 | 1:19:08.1 | | 3:39:26.8 | |
| 149 | Alexandra Hill | 151 | 76 | 26:07.2 | 2:43.1 | 148 | 1:43:40.8 | 2:19.3 | 158 | 1:26:39.0 | | 3:41:29.6 | |
| 150 | Melissa Chaney | 96 | 132 | 30:17.6 | 2:56.3 | 133 | 1:41:42.7 | 2:40.5 | 156 | 1:24:28.3 | | 3:42:05.5 | |
| 151 | Charlize van der Westhuizen | 234 | 142 | 31:21.4 | 2:28.2 | 134 | 1:41:43.4 | 2:52.4 | 155 | 1:24:21.9 | | 3:42:47.4 | |
| 152 | Liesl de Koning | 110 | 157 | 34:13.6 | 4:11.9 | 141 | 1:42:42.3 | 1:29.2 | 149 | 1:20:44.3 | | 3:43:21.4 | |
| 153 | Dot Hunt | 155 | 167 | 39:16.9 | 3:17.0 | 115 | 1:38:12.4 | 2:26.4 | 147 | 1:20:28.3 | | 3:43:41.2 | |
| 154 | Charmaine Hand | 5 | 152 | 32:29.8 | 1:34.1 | 145 | 1:43:08.6 | 1:50.3 | 157 | 1:25:55.2 | | 3:44:58.1 | |
| 155 | Deborah Harrold | 144 | 37 | 23:20.1 | 3:41.1 | 132 | 1:41:34.5 | 4:06.7 | 163 | 1:32:15.6 | | 3:44:58.2 | |
| 156 | Kathryn Bailey | 76 | 62 | 24:30.3 | 2:07.8 | 162 | 1:53:47.0 | 1:42.4 | 154 | 1:23:21.9 | | 3:45:29.7 | |
| 157 | Rina van der Merwe | 232 | 159 | 35:08.2 | 3:03.0 | 160 | 1:52:56.4 | 3:19.1 | 125 | 1:13:36.0 | | 3:48:02.9 | |
| 158 | Karen Viljoen | 237 | 160 | 35:08.4 | 3:04.3 | 159 | 1:52:54.3 | 3:19.7 | 126 | 1:13:36.4 | | 3:48:03.2 | |
| 159 | Tracy Alexander | 75 | 108 | 28:09.4 | 3:09.0 | 150 | 1:44:31.2 | 3:02.2 | 162 | 1:29:39.8 | | 3:48:31.8 | |
| 160 | Charmaine Valkenburg | 227 | 165 | 37:11.9 | 1:48.6 | 127 | 1:40:14.8 | 2:07.3 | 161 | 1:29:09.1 | | 3:50:31.8 | |
| 161 | Anlia Postma | 190 | 169 | 42:36.4 | 3:14.2 | 156 | 1:50:40.3 | 2:47.5 | 118 | 1:11:53.8 | | 3:51:12.4 | |
| 162 | Lisa Mellows | 175 | 97 | 27:05.1 | 3:23.2 | 165 | 2:08:58.1 | 2:08.4 | 139 | 1:18:06.9 | | 3:59:41.9 | |
| 163 | Natalie Pearse | 189 | 99 | 27:19.3 | 4:08.0 | 161 | 1:53:26.4 | 2:01.8 | 164 | 1:33:28.2 | | 4:00:23.9 | |
| 164 | Retha Schutte | 207 | 163 | 36:50.7 | 3:33.8 | 164 | 2:01:09.8 | 3:51.6 | 151 | 1:22:07.9 | | 4:07:34.0 | |
| DNF | Julie Boshoff | 84 | 56 | 24:10.5 | 2:01.5 | 31 | 1:22:24.8 | 4:41.2 | | | | | |

11Global - Sun City 2013 - Sunday

Overall Results

Race Date

November 10, 2013

| | | Main Event | | | | | | Female | | | | |
|--------------|----------------|---------------|------------|-------------|-------------|------------|-------------|-------------|------------|-------------|-------------|-------|
| <u>Place</u> | <u>Name</u> | <u>Bib No</u> | SWIM | | TRANS | | BIKE | | TRANS | RUN | | Total |
| | | | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | |
| DNF | Mandy Marlin | 172 | 71 | 25:40.3 | 1:17.2 | 167 | 2:29:21.9 | 0:00.0 | | | | |
| DNF | Alison O'Brien | 183 | 166 | 37:20.5 | 4:44.5 | 166 | 2:11:27.6 | | | | | |
| DNF | Emda Hankey | 142 | 148 | 31:57.6 | 2:46.2 | | | | | | | |
| DNF | Gill Read | 196 | 154 | 33:00.9 | 6:27.6 | | | | | | | |

11Global - Sun City 2013 - Sunday

Race Date

November 10, 2013

Overall Results

| Main Event | | | | | | | | | | | Male | |
|------------|--------------------------|--------|------|---------|--------|-----|-----------|--------|-------|---------|-----------|-------|
| Place | Name | Bib No | SWIM | | TRANS | | BIKE | | TRANS | | RUN | Total |
| | | | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time | |
| 1 | Gian-Nicola De Dominicis | 304 | 1 | 16:40.5 | 0:35.1 | 4 | 1:03:27.7 | 0:34.8 | 1 | 37:54.7 | 1:59:12.9 | |
| 2 | Ross Koch | 41 | 5 | 17:25.0 | 0:37.8 | 1 | 1:01:46.1 | 0:51.4 | 8 | 41:37.1 | 2:02:17.6 | |
| 3 | Haig Gibb | 348 | 36 | 20:13.4 | 0:38.7 | 2 | 1:02:06.3 | 0:43.0 | 2 | 38:45.2 | 2:02:26.8 | |
| 4 | Guy Close | 292 | 6 | 17:25.2 | 0:47.5 | 8 | 1:06:04.7 | 0:39.6 | 4 | 40:18.5 | 2:05:15.8 | |
| 5 | Patrick Hofer | 804 | 9 | 18:07.0 | 0:47.8 | 6 | 1:05:17.6 | 0:41.4 | 11 | 42:00.2 | 2:06:54.3 | |
| 6 | Erwan Prevost | 483 | 31 | 19:49.1 | 0:45.2 | 3 | 1:02:40.9 | 1:12.0 | 15 | 42:51.1 | 2:07:18.5 | |
| 7 | Peter Jenkins | 391 | 2 | 16:42.2 | 0:50.8 | 13 | 1:06:25.0 | 0:45.8 | 16 | 43:09.7 | 2:07:53.6 | |
| 8 | Delwyn Dunbar | 317 | 14 | 18:39.3 | 0:46.9 | 10 | 1:06:21.3 | 0:54.1 | 6 | 41:25.9 | 2:08:07.8 | |
| 9 | Richard Lawrie | 12 | 15 | 18:44.7 | 0:38.4 | 16 | 1:06:46.2 | 0:44.2 | 9 | 41:40.3 | 2:08:33.9 | |
| 10 | Christopher Louw | 419 | 20 | 19:04.2 | 0:41.9 | 9 | 1:06:20.2 | 0:47.4 | 13 | 42:17.0 | 2:09:10.9 | |
| 11 | Liam Meekin | 432 | 47 | 20:55.0 | 1:15.9 | 32 | 1:08:39.0 | 0:49.8 | 3 | 38:49.1 | 2:10:28.9 | |
| 12 | Andre Bekker | 263 | 23 | 19:11.5 | 1:13.4 | 7 | 1:05:44.8 | 0:53.7 | 19 | 43:52.4 | 2:10:55.9 | |
| 13 | Bruce Murphy | 447 | 82 | 22:13.9 | 0:55.9 | 5 | 1:05:09.1 | 0:52.0 | 10 | 42:00.0 | 2:11:11.0 | |
| 14 | Edmund Pohl | 478 | 67 | 21:38.7 | 0:35.8 | 18 | 1:07:19.4 | 0:51.6 | 7 | 41:36.8 | 2:12:02.4 | |
| 15 | Shaun de la Porte | 38 | 24 | 19:15.8 | 0:58.2 | 25 | 1:07:51.8 | 0:48.7 | 26 | 44:58.8 | 2:13:53.4 | |
| 16 | Martin Nienaber | 454 | 77 | 21:58.6 | 0:59.4 | 29 | 1:08:09.7 | 1:08.7 | 14 | 42:32.3 | 2:14:48.9 | |
| 17 | Henlo Webber | 61 | 10 | 18:07.2 | 0:49.3 | 19 | 1:07:20.5 | 0:50.5 | 62 | 47:45.9 | 2:14:53.4 | |
| 18 | Jason Wagner | 318 | 11 | 18:10.9 | 0:48.3 | 36 | 1:09:10.9 | 1:14.5 | 34 | 45:50.5 | 2:15:15.3 | |
| 19 | Sammy Norris | 458 | 22 | 19:09.1 | 0:55.1 | 12 | 1:06:22.9 | 0:56.6 | 66 | 47:57.2 | 2:15:21.1 | |
| 20 | Zane Schalkwyk | 855 | 64 | 21:36.3 | 0:39.8 | 21 | 1:07:34.1 | 0:55.3 | 25 | 44:55.7 | 2:15:41.5 | |
| 21 | Joaquin Valverde | 544 | 100 | 22:37.1 | 1:19.0 | 38 | 1:09:22.6 | 0:47.7 | 12 | 42:01.8 | 2:16:08.4 | |
| 22 | Justin Mclean | 45 | 7 | 18:00.3 | 0:54.4 | 46 | 1:10:04.6 | 0:50.0 | 45 | 46:19.9 | 2:16:09.4 | |
| 23 | Karl Rogers | 13 | 28 | 19:39.4 | 0:37.8 | 14 | 1:06:45.9 | 0:43.3 | 72 | 48:26.7 | 2:16:13.3 | |
| 24 | Guenther Bargon | 258 | 19 | 19:01.4 | 0:45.7 | 45 | 1:09:59.1 | 0:54.3 | 37 | 45:55.8 | 2:16:36.5 | |
| 25 | MC Van Der Westhuizen | 551 | 54 | 21:09.7 | 1:10.5 | 15 | 1:06:46.0 | 0:56.4 | 49 | 46:52.6 | 2:16:55.3 | |
| 26 | Rudigor Kleyn | 404 | 95 | 22:31.7 | 1:09.0 | 34 | 1:09:01.8 | 1:12.6 | 18 | 43:41.2 | 2:17:36.4 | |
| 27 | Nic Olsen | 464 | 4 | 17:16.2 | 1:09.7 | 30 | 1:08:36.2 | 1:28.9 | 87 | 49:27.0 | 2:17:58.3 | |
| 28 | Adrian Renaud | 487 | 75 | 21:51.9 | 0:53.5 | 39 | 1:09:28.5 | 0:53.4 | 28 | 44:59.8 | 2:18:07.4 | |
| 29 | Brett Faure | 325 | 40 | 20:33.0 | 0:55.1 | 28 | 1:08:08.1 | 1:01.0 | 57 | 47:34.3 | 2:18:11.7 | |
| 30 | Shaun Jericevich | 393 | 71 | 21:43.9 | 1:30.1 | 11 | 1:06:21.4 | 0:59.3 | 63 | 47:47.2 | 2:18:22.1 | |
| 31 | Mark Hiller | 379 | 39 | 20:27.9 | 0:58.2 | 17 | 1:07:15.2 | 1:23.2 | 79 | 48:50.3 | 2:18:55.0 | |
| 32 | Laurence Wrench | 63 | 70 | 21:42.9 | 0:55.2 | 37 | 1:09:19.9 | 1:02.0 | 40 | 45:57.0 | 2:18:57.1 | |
| 33 | Thys Blom | 269 | 152 | 24:13.3 | 1:39.1 | 56 | 1:10:40.8 | 1:49.2 | 5 | 41:09.4 | 2:19:32.0 | |

11Global - Sun City 2013 - Sunday

Race Date
November 10, 2013

Overall Results

| Main Event | | | | | | | | | | | Male | | | | | |
|--------------|---------------------|---------------|------------|-------------|------|-------------|------------|-------------|------|-------------|------------|-------------|------------|-------------|------|-------------|
| <u>Place</u> | <u>Name</u> | <u>Bib No</u> | ---- SWIM | | ---- | TRANS | | ---- | BIKE | | ---- | TRANS | ---- | RUN | ---- | Total |
| | | | <u>Rnk</u> | <u>Time</u> | | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | | <u>Time</u> |
| 34 | Mike Fairon | 324 | 81 | 22:11.6 | | 1:33.6 | 44 | 1:09:52.3 | | 0:00.0 | 43 | 46:11.8 | | | | 2:19:49.4 |
| 35 | Rami Sassen | 503 | 79 | 22:07.0 | | 1:15.1 | 49 | 1:10:11.9 | | 0:53.1 | 39 | 45:56.7 | | | | 2:20:24.0 |
| 36 | Craig Murchie | 47 | 132 | 23:42.9 | | 1:31.6 | 35 | 1:09:06.8 | | 0:47.7 | 30 | 45:16.8 | | | | 2:20:26.1 |
| 37 | Johann Kruger | 11 | 110 | 22:51.3 | | 0:46.8 | 63 | 1:11:14.7 | | 1:05.0 | 23 | 44:32.6 | | | | 2:20:30.6 |
| 38 | bryce hennessy | 40 | 42 | 20:37.5 | | 0:53.6 | 24 | 1:07:50.1 | | 1:01.4 | 99 | 50:24.4 | | | | 2:20:47.2 |
| 39 | Leonardo Pieterse | 476 | 51 | 21:07.6 | | 1:04.9 | 54 | 1:10:26.0 | | 1:07.0 | 51 | 47:15.6 | | | | 2:21:01.4 |
| 40 | Dan van Tonder | 561 | 93 | 22:29.0 | | 1:06.7 | 22 | 1:07:37.5 | | 0:58.5 | 80 | 48:56.0 | | | | 2:21:07.8 |
| 41 | Endre Sparkes | 56 | 61 | 21:27.9 | | 0:54.4 | 51 | 1:10:23.1 | | 0:56.6 | 56 | 47:31.2 | | | | 2:21:13.4 |
| 42 | Daniel Jenner | 392 | 140 | 23:56.9 | | 1:38.6 | 41 | 1:09:37.7 | | 1:13.8 | 27 | 44:59.1 | | | | 2:21:26.3 |
| 43 | Johan Kilian | 402 | 180 | 24:47.5 | | 0:58.0 | 33 | 1:08:42.6 | | 1:12.3 | 35 | 45:51.7 | | | | 2:21:32.4 |
| 44 | Thomas Switala | 532 | 137 | 23:51.4 | | 1:07.3 | 40 | 1:09:31.5 | | 1:02.1 | 44 | 46:11.9 | | | | 2:21:44.4 |
| 45 | Sean McCormick | 429 | 90 | 22:22.5 | | 2:20.9 | 42 | 1:09:44.7 | | 1:21.0 | 41 | 45:59.5 | | | | 2:21:48.8 |
| 46 | Andrew Haas | 360 | 122 | 23:20.3 | | 1:08.7 | 73 | 1:12:16.2 | | 0:52.9 | 21 | 44:10.8 | | | | 2:21:49.2 |
| 47 | Ruan Genis | 343 | 59 | 21:21.8 | | 1:30.3 | 48 | 1:10:06.9 | | 1:01.3 | 67 | 47:57.7 | | | | 2:21:58.2 |
| 48 | Leon Anderson | 248 | 34 | 19:55.8 | | 2:06.9 | 70 | 1:11:59.5 | | 1:02.5 | 61 | 47:45.4 | | | | 2:22:50.3 |
| 49 | Anton Loedolff | 415 | 21 | 19:07.3 | | 1:01.4 | 90 | 1:13:01.1 | | 0:57.7 | 78 | 48:49.7 | | | | 2:22:57.4 |
| 50 | Jacques Hugo | 383 | 83 | 22:15.6 | | 0:55.3 | 68 | 1:11:23.2 | | 1:03.6 | 52 | 47:20.0 | | | | 2:22:57.9 |
| 51 | Andrew Bowker | 280 | 174 | 24:40.0 | | 1:37.3 | 23 | 1:07:40.7 | | 0:50.5 | 76 | 48:40.5 | | | | 2:23:29.2 |
| 52 | Paul Schreuder | 509 | 29 | 19:40.4 | | 1:45.2 | 97 | 1:13:37.5 | | 1:29.7 | 50 | 46:57.0 | | | | 2:23:29.9 |
| 53 | Mark Dingle | 309 | 12 | 18:38.7 | | 0:49.8 | 109 | 1:14:30.2 | | 1:06.5 | 75 | 48:39.8 | | | | 2:23:45.2 |
| 54 | paul confait | 36 | 230 | 26:17.1 | | 0:53.4 | 67 | 1:11:21.3 | | 0:59.5 | 22 | 44:15.7 | | | | 2:23:47.2 |
| 55 | brad rogers | 493 | 48 | 21:00.4 | | 1:59.3 | 78 | 1:12:26.0 | | 1:04.2 | 54 | 47:22.0 | | | | 2:23:52.1 |
| 56 | Clinton Rawlinson | 690 | 32 | 19:50.2 | | 0:47.2 | 43 | 1:09:48.2 | | 0:43.2 | 130 | 52:46.8 | | | | 2:23:55.9 |
| 57 | Dirk Coetzer | 761 | 111 | 22:57.7 | | 0:44.5 | 110 | 1:14:36.9 | | 0:46.9 | 29 | 45:00.7 | | | | 2:24:06.9 |
| 58 | Jacques Grobler | 355 | 204 | 25:30.9 | | 0:54.1 | 61 | 1:11:10.4 | | 1:25.8 | 31 | 45:21.9 | | | | 2:24:23.3 |
| 59 | Kenny Mclean | 46 | 89 | 22:21.3 | | 1:13.7 | 64 | 1:11:15.9 | | 1:31.6 | 69 | 48:10.3 | | | | 2:24:33.0 |
| 60 | Neville Watt | 580 | 16 | 18:50.3 | | 1:23.3 | 130 | 1:16:01.3 | | 1:22.6 | 53 | 47:21.1 | | | | 2:24:58.8 |
| 61 | Mynhardt Boshoff | 277 | 214 | 25:42.7 | | 0:48.3 | 76 | 1:12:20.5 | | 0:41.6 | 38 | 45:56.5 | | | | 2:25:29.8 |
| 62 | Jonahtan van Wyk | 563 | 108 | 22:48.4 | | 1:41.3 | 31 | 1:08:37.7 | | 0:56.4 | 109 | 51:26.4 | | | | 2:25:30.3 |
| 63 | kobus greyling | 354 | 141 | 24:00.8 | | 0:47.8 | 93 | 1:13:24.8 | | 0:51.1 | 47 | 46:47.2 | | | | 2:25:51.9 |
| 64 | William-John Willis | 585 | 45 | 20:49.2 | | 0:50.3 | 60 | 1:11:04.0 | | 1:02.3 | 126 | 52:25.6 | | | | 2:26:11.5 |
| 65 | Brian Malcomess | 422 | 193 | 25:15.9 | | 2:03.5 | 103 | 1:14:20.2 | | 1:15.6 | 17 | 43:21.7 | | | | 2:26:17.1 |
| 66 | Peter Swanepoel | 530 | 157 | 24:18.6 | | 1:06.0 | 100 | 1:14:05.8 | | 0:56.9 | 36 | 45:55.7 | | | | 2:26:23.2 |

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Race Date
November 10, 2013

Overall Results

| Main Event | | | | | | | | | | | Male | |
|------------|--------------------|--------|------|---------|--------|-----|-----------|--------|-------|---------|-----------|-------|
| Place | Name | Bib No | SWIM | | TRANS | | BIKE | | TRANS | | RUN | Total |
| | | | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time | |
| 67 | Gary Bannatyne | 255 | 85 | 22:16.9 | 1:45.8 | 95 | 1:13:26.8 | 1:29.3 | 58 | 47:36.3 | 2:26:35.3 | |
| 68 | Pieter Henning | 372 | 178 | 24:43.0 | 1:13.1 | 108 | 1:14:27.4 | 1:29.7 | 24 | 44:48.2 | 2:26:41.6 | |
| 69 | Andre Vermeulen | 59 | 138 | 23:53.1 | 2:04.1 | 58 | 1:10:51.8 | 1:04.8 | 81 | 48:59.3 | 2:26:53.2 | |
| 70 | Jonathan Atkinson | 252 | 103 | 22:41.1 | 1:19.1 | 107 | 1:14:26.9 | 1:18.1 | 60 | 47:43.7 | 2:27:28.9 | |
| 71 | Graham Brooks | 282 | 62 | 21:30.5 | 1:32.7 | 52 | 1:10:23.4 | 1:43.2 | 124 | 52:20.6 | 2:27:30.6 | |
| 72 | Chris Waddell | 574 | 55 | 21:13.3 | 0:46.0 | 96 | 1:13:29.0 | 1:06.3 | 103 | 50:58.9 | 2:27:33.7 | |
| 73 | Andrew Theron | 535 | 49 | 21:00.7 | 0:58.0 | 117 | 1:15:04.6 | 0:52.0 | 95 | 49:48.7 | 2:27:44.1 | |
| 74 | Roger Skews | 516 | 118 | 23:08.3 | 1:42.4 | 77 | 1:12:24.9 | 1:11.2 | 85 | 49:23.5 | 2:27:50.4 | |
| 75 | Danie Mare | 424 | 91 | 22:22.7 | 0:54.2 | 26 | 1:07:54.3 | 1:09.8 | 168 | 55:43.1 | 2:28:04.2 | |
| 76 | Ryan Habib | 361 | 136 | 23:51.0 | 1:19.9 | 129 | 1:15:54.3 | 0:55.3 | 46 | 46:27.6 | 2:28:28.2 | |
| 77 | waldek wasowicz | 578 | 78 | 22:00.5 | 1:17.7 | 20 | 1:07:21.9 | 1:21.0 | 180 | 56:31.3 | 2:28:32.6 | |
| 78 | JP van Wyk | 564 | 172 | 24:34.7 | 0:54.7 | 150 | 1:17:40.9 | 1:29.6 | 20 | 44:05.0 | 2:28:45.2 | |
| 79 | Christo Horn | 382 | 210 | 25:37.7 | 1:16.0 | 66 | 1:11:17.9 | 0:54.7 | 94 | 49:45.7 | 2:28:52.1 | |
| 80 | Deon Van den berg | 546 | 130 | 23:39.3 | 0:56.3 | 91 | 1:13:07.7 | 1:26.3 | 92 | 49:44.4 | 2:28:54.2 | |
| 81 | Eugene Gerber | 346 | 264 | 27:56.7 | 1:19.4 | 72 | 1:12:07.7 | 1:24.0 | 42 | 46:09.0 | 2:28:57.1 | |
| 82 | Dean Badenhorst | 832 | 148 | 24:11.5 | 1:19.9 | 89 | 1:12:56.1 | 1:11.6 | 90 | 49:40.6 | 2:29:19.8 | |
| 83 | jean pierre nortje | 459 | 88 | 22:20.3 | 1:29.0 | 79 | 1:12:28.5 | 0:51.5 | 123 | 52:19.3 | 2:29:28.7 | |
| 84 | Paul Jolliffe | 394 | 197 | 25:21.3 | 1:21.2 | 86 | 1:12:40.1 | 1:19.9 | 83 | 49:13.5 | 2:29:56.2 | |
| 85 | Hennie Fourie | 673 | 284 | 28:41.7 | 1:05.4 | 75 | 1:12:18.8 | 1:03.4 | 48 | 46:51.9 | 2:30:01.4 | |
| 86 | Gerrit Olivier | 463 | 297 | 29:52.5 | 1:01.2 | 83 | 1:12:35.8 | 0:50.7 | 33 | 45:49.1 | 2:30:09.5 | |
| 87 | Michael Herbert | 374 | 86 | 22:18.6 | 0:53.7 | 53 | 1:10:24.0 | 0:37.2 | 176 | 55:58.7 | 2:30:12.4 | |
| 88 | Tobie Schalkwyk | 54 | 66 | 21:38.3 | 1:09.2 | 62 | 1:11:13.2 | 0:46.5 | 166 | 55:36.6 | 2:30:24.0 | |
| 89 | Mark Antoncich | 251 | 158 | 24:20.7 | 1:24.0 | 69 | 1:11:33.3 | 0:50.3 | 122 | 52:19.3 | 2:30:27.9 | |
| 90 | Simon Morgan | 438 | 65 | 21:38.0 | 1:26.9 | 114 | 1:14:58.6 | 0:55.8 | 112 | 51:35.0 | 2:30:34.4 | |
| 91 | Michael Busschau | 285 | 18 | 18:57.6 | 0:43.8 | 126 | 1:15:42.4 | 0:43.5 | 147 | 54:29.4 | 2:30:36.8 | |
| 92 | Tommy Ferreira | 328 | 102 | 22:40.2 | 1:57.4 | 113 | 1:14:49.2 | 1:33.7 | 91 | 49:43.4 | 2:30:44.1 | |
| 93 | Stian Burger | 284 | 63 | 21:35.6 | 1:31.9 | 153 | 1:17:53.8 | 0:55.9 | 77 | 48:49.2 | 2:30:46.6 | |
| 94 | Warwick van Breda | 545 | 109 | 22:50.3 | 0:49.1 | 65 | 1:11:16.8 | 0:45.6 | 169 | 55:44.6 | 2:31:26.5 | |
| 95 | tim price | 50 | 244 | 26:39.9 | 0:55.9 | 116 | 1:15:02.7 | 1:09.1 | 59 | 47:41.3 | 2:31:29.1 | |
| 96 | Crawford von Abo | 571 | 94 | 22:29.0 | 1:28.1 | 145 | 1:17:16.4 | 1:54.6 | 74 | 48:32.2 | 2:31:40.5 | |
| 97 | Mike Whysall | 583 | 76 | 21:53.9 | 1:15.3 | 87 | 1:12:42.8 | 1:18.7 | 150 | 54:38.3 | 2:31:49.1 | |
| 98 | Pieter Steyn | 524 | 196 | 25:18.7 | 2:34.0 | 112 | 1:14:43.3 | 1:19.5 | 68 | 48:03.0 | 2:31:58.7 | |
| 99 | Clive Brooks | 33 | 73 | 21:46.7 | 1:29.2 | 111 | 1:14:40.5 | 0:54.5 | 132 | 53:09.5 | 2:32:00.6 | |

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Overall Results

| Main Event | | | | | | | | | | | | Male | |
|------------|----------------------|--------|------|---------|--------|-----|-----------|--------|-------|---------|-----------|------|-------|
| Place | Name | Bib No | SWIM | | TRANS | | BIKE | | TRANS | | RUN | | Total |
| | | | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time | | |
| 100 | Jared Kallie | 397 | 184 | 24:55.3 | 2:22.9 | 88 | 1:12:43.3 | 2:45.7 | 86 | 49:26.4 | 2:32:13.8 | | |
| 101 | Craig Ferreira | 327 | 186 | 24:59.9 | 2:25.2 | 80 | 1:12:29.1 | 1:33.1 | 102 | 50:48.5 | 2:32:15.8 | | |
| 102 | brandon harcus | 365 | 27 | 19:38.2 | 0:53.4 | 57 | 1:10:46.2 | 1:15.2 | 230 | 59:53.4 | 2:32:26.6 | | |
| 103 | Robert Blake | 268 | 68 | 21:39.0 | 1:16.9 | 180 | 1:19:25.4 | 1:05.8 | 82 | 49:06.1 | 2:32:33.4 | | |
| 104 | Miguel Vieira | 568 | 299 | 29:58.8 | 0:56.8 | 71 | 1:12:03.9 | 1:10.4 | 73 | 48:29.1 | 2:32:39.2 | | |
| 105 | Brad Rosenthal | 495 | 41 | 20:37.3 | 1:57.6 | 208 | 1:20:43.7 | 1:35.6 | 65 | 47:49.5 | 2:32:43.8 | | |
| 106 | Ben Schoonwinkel | 508 | 189 | 25:06.9 | 1:07.9 | 98 | 1:13:51.9 | 0:54.8 | 116 | 51:46.9 | 2:32:48.5 | | |
| 107 | Andries Pieterse | 475 | 53 | 21:08.1 | 1:32.9 | 94 | 1:13:26.5 | 1:14.9 | 167 | 55:39.0 | 2:33:01.5 | | |
| 108 | Stefan Ferreira | 326 | 119 | 23:11.7 | 1:29.5 | 47 | 1:10:06.2 | 1:35.1 | 191 | 56:55.4 | 2:33:18.0 | | |
| 109 | Carlos Ferreira | 330 | 198 | 25:24.9 | 2:27.4 | 115 | 1:14:59.4 | 2:14.8 | 71 | 48:25.4 | 2:33:32.1 | | |
| 110 | Anthony Mundy-Castle | 445 | 163 | 24:26.2 | 1:39.2 | 163 | 1:18:29.9 | 1:09.1 | 64 | 47:49.0 | 2:33:33.7 | | |
| 111 | Roy Grunewald | 358 | 17 | 18:54.8 | 2:02.2 | 143 | 1:17:12.5 | 0:55.9 | 153 | 54:43.1 | 2:33:48.6 | | |
| 112 | Warren Muir | 441 | 275 | 28:28.2 | 1:00.5 | 27 | 1:07:58.9 | 1:24.3 | 161 | 55:07.7 | 2:33:59.8 | | |
| 113 | Andrew Watcham | 579 | 257 | 27:29.1 | 1:05.4 | 105 | 1:14:21.5 | 1:03.3 | 97 | 50:03.2 | 2:34:02.6 | | |
| 114 | Nathan Hunt | 385 | 273 | 28:22.3 | 2:17.6 | 136 | 1:16:27.4 | 1:23.5 | 32 | 45:43.9 | 2:34:14.8 | | |
| 115 | Johan Erwee | 323 | 225 | 26:06.9 | 1:19.3 | 82 | 1:12:35.3 | 1:08.1 | 134 | 53:21.4 | 2:34:31.2 | | |
| 116 | Alan Quinn | 485 | 227 | 26:08.5 | 1:56.5 | 85 | 1:12:38.3 | 1:55.4 | 120 | 52:08.6 | 2:34:47.6 | | |
| 117 | Matthew Cook | 37 | 52 | 21:07.8 | 2:01.5 | 101 | 1:14:11.7 | 1:14.5 | 178 | 56:14.5 | 2:34:50.3 | | |
| 118 | Jonathan Waddell | 573 | 233 | 26:21.2 | 0:59.7 | 84 | 1:12:38.0 | 1:18.4 | 138 | 53:48.7 | 2:35:06.2 | | |
| 119 | PAUL FERREIRA | 331 | 142 | 24:01.0 | 1:35.6 | 147 | 1:17:29.1 | 1:30.0 | 108 | 51:20.0 | 2:35:55.9 | | |
| 120 | Thomas Orr | 465 | 231 | 26:18.4 | 3:26.3 | 119 | 1:15:13.5 | 1:48.9 | 84 | 49:18.5 | 2:36:05.9 | | |
| 121 | Jake Hoddinott | 380 | 50 | 21:04.1 | 3:24.6 | 197 | 1:20:05.7 | 1:51.1 | 89 | 49:40.5 | 2:36:06.3 | | |
| 122 | Warren O'Leary | 462 | 3 | 16:52.4 | 1:31.4 | 245 | 1:24:01.9 | 1:37.3 | 118 | 52:05.1 | 2:36:08.4 | | |
| 123 | John Middlewick | 434 | 97 | 22:35.1 | 1:38.4 | 196 | 1:20:03.6 | 1:31.1 | 101 | 50:34.2 | 2:36:22.5 | | |
| 124 | Pierre van Tonder | 58 | 115 | 23:02.3 | 1:36.9 | 161 | 1:18:21.6 | 1:40.6 | 115 | 51:46.5 | 2:36:28.1 | | |
| 125 | Willie De Kock | 305 | 181 | 24:51.8 | 1:26.9 | 142 | 1:17:09.9 | 1:32.6 | 110 | 51:28.5 | 2:36:30.0 | | |
| 126 | Shaun Bennie | 31 | 169 | 24:29.8 | 1:01.3 | 170 | 1:18:56.1 | 0:47.4 | 107 | 51:19.7 | 2:36:34.5 | | |
| 127 | Brian Mullan | 443 | 213 | 25:39.9 | 2:31.0 | 187 | 1:19:46.0 | 1:17.1 | 55 | 47:30.4 | 2:36:44.7 | | |
| 128 | Marcos Rosa | 52 | 268 | 28:12.5 | 1:27.1 | 50 | 1:10:13.4 | 1:01.7 | 175 | 55:55.4 | 2:36:50.3 | | |
| 129 | Robert Steenekamp | 522 | 208 | 25:37.0 | 1:13.6 | 133 | 1:16:15.0 | 1:36.9 | 119 | 52:08.6 | 2:36:51.2 | | |
| 130 | Brendan Stevenson | 57 | 190 | 25:09.3 | 1:09.6 | 99 | 1:14:01.1 | 1:23.3 | 163 | 55:11.0 | 2:36:54.5 | | |
| 131 | Johann Pretorius | 482 | 38 | 20:27.6 | 1:52.9 | 127 | 1:15:46.3 | 1:10.1 | 202 | 57:46.9 | 2:37:04.0 | | |
| 132 | Ian Horn | 830 | 112 | 22:59.9 | 3:13.1 | 164 | 1:18:31.0 | 1:16.3 | 104 | 51:06.6 | 2:37:07.2 | | |

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| Main Event | | | | | | | | | | | Male | |
|------------|------------------------|--------|------|---------|--------|-----|-----------|--------|-------|-----------|-----------|-------|
| Place | Name | Bib No | SWIM | | TRANS | | BIKE | | TRANS | | RUN | Total |
| | | | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time | |
| 133 | simon owen | 467 | 281 | 28:40.1 | 2:01.2 | 74 | 1:12:16.4 | 1:31.0 | 129 | 52:44.4 | 2:37:13.2 | |
| 134 | Emmanuel Roccas | 492 | 170 | 24:30.1 | 1:05.7 | 124 | 1:15:39.0 | 1:00.8 | 164 | 55:11.3 | 2:37:27.1 | |
| 135 | Bernhard Westra | 62 | 199 | 25:26.4 | 2:03.4 | 92 | 1:13:08.0 | 1:48.8 | 162 | 55:07.9 | 2:37:34.7 | |
| 136 | Jeffery Llewellyn | 414 | 92 | 22:23.1 | 2:17.0 | 178 | 1:19:10.7 | 1:12.0 | 127 | 52:32.9 | 2:37:36.0 | |
| 137 | Mike Donaldson | 312 | 131 | 23:40.5 | 1:32.8 | 169 | 1:18:55.4 | 0:54.2 | 135 | 53:21.8 | 2:38:24.9 | |
| 138 | Rob de Zoeten | 306 | 25 | 19:25.8 | 1:15.9 | 175 | 1:19:06.4 | 1:18.7 | 198 | 57:34.4 | 2:38:41.4 | |
| 139 | Jay Behrmann | 30 | 101 | 22:39.6 | 1:03.5 | 135 | 1:16:27.0 | 1:35.0 | 192 | 56:56.4 | 2:38:41.6 | |
| 140 | Bendaniel Van Niekerk | 556 | 237 | 26:24.1 | 1:24.1 | 194 | 1:19:57.7 | 2:43.1 | 70 | 48:24.0 | 2:38:53.2 | |
| 141 | Bobby Hamman | 363 | 279 | 28:39.3 | 2:06.9 | 120 | 1:15:13.8 | 1:57.2 | 106 | 51:17.8 | 2:39:15.1 | |
| 142 | Ulrich Roux | 497 | 123 | 23:20.8 | 1:36.5 | 55 | 1:10:27.9 | 1:23.5 | 264 | 1:02:27.8 | 2:39:16.7 | |
| 143 | Jaco Van Tonder | 856 | 240 | 26:26.7 | 0:48.3 | 192 | 1:19:52.8 | 1:01.0 | 111 | 51:29.1 | 2:39:38.1 | |
| 144 | Ben Samwell | 501 | 116 | 23:03.3 | 2:11.5 | 148 | 1:17:36.1 | 2:31.0 | 146 | 54:24.4 | 2:39:46.4 | |
| 145 | Robin Mulder | 442 | 156 | 24:16.0 | 1:38.8 | 165 | 1:18:32.6 | 1:10.2 | 143 | 54:20.1 | 2:39:57.7 | |
| 146 | Ryan Hendriks | 370 | 72 | 21:44.9 | 1:55.6 | 104 | 1:14:20.3 | 1:44.8 | 238 | 1:00:16.8 | 2:40:02.6 | |
| 147 | Alfred Nebe | 448 | 8 | 18:06.3 | 1:10.3 | 207 | 1:20:32.9 | 1:19.9 | 213 | 58:53.6 | 2:40:03.2 | |
| 148 | Francois Jacubo Lotter | 416 | 35 | 20:10.8 | 1:03.6 | 123 | 1:15:22.0 | 1:30.6 | 255 | 1:01:58.1 | 2:40:05.3 | |
| 149 | Ian van der walt | 549 | 175 | 24:40.3 | 1:04.6 | 176 | 1:19:09.4 | 1:34.3 | 136 | 53:37.2 | 2:40:06.0 | |
| 150 | Warrick Kernes | 400 | 106 | 22:46.9 | 2:50.1 | 171 | 1:18:56.8 | 1:31.1 | 142 | 54:03.6 | 2:40:08.7 | |
| 151 | Charl Hartwig | 367 | 43 | 20:38.1 | 1:41.4 | 168 | 1:18:44.9 | 1:31.4 | 201 | 57:42.6 | 2:40:18.5 | |
| 152 | Rene Otto | 466 | 262 | 27:53.8 | 1:43.3 | 122 | 1:15:20.3 | 1:41.0 | 137 | 53:45.5 | 2:40:24.1 | |
| 153 | Robin Kelly | 399 | 84 | 22:16.0 | 1:54.6 | 118 | 1:15:07.4 | 1:51.2 | 225 | 59:38.1 | 2:40:47.4 | |
| 154 | Peter Damant | 300 | 259 | 27:34.9 | 1:40.5 | 146 | 1:17:24.8 | 1:07.7 | 133 | 53:09.5 | 2:40:57.6 | |
| 155 | Tim Dix | 311 | 290 | 29:02.7 | 1:27.2 | 186 | 1:19:42.3 | 1:04.6 | 96 | 49:54.6 | 2:41:11.5 | |
| 156 | Friedel Kirstein | 403 | 271 | 28:20.4 | 0:58.7 | 106 | 1:14:23.1 | 0:51.4 | 183 | 56:42.6 | 2:41:16.3 | |
| 157 | Johan van der Walt | 550 | 288 | 28:56.6 | 1:44.5 | 155 | 1:17:57.0 | 1:28.7 | 105 | 51:10.2 | 2:41:17.1 | |
| 158 | Kegan Murphy | 446 | 13 | 18:39.2 | 0:45.9 | 195 | 1:20:03.2 | 1:21.6 | 242 | 1:00:27.6 | 2:41:17.7 | |
| 159 | Joseph Shalala | 513 | 220 | 25:57.6 | 1:47.8 | 202 | 1:20:16.2 | 1:40.1 | 114 | 51:40.1 | 2:41:22.0 | |
| 160 | Quentin Leech | 44 | 218 | 25:47.5 | 0:57.1 | 214 | 1:21:27.9 | 0:56.6 | 121 | 52:17.0 | 2:41:26.4 | |
| 161 | Quintin Nel | 449 | 144 | 24:03.6 | 2:43.1 | 59 | 1:11:02.4 | 1:12.9 | 263 | 1:02:26.8 | 2:41:29.0 | |
| 162 | Costa Carastavrakis | 286 | 203 | 25:29.4 | 1:08.6 | 251 | 1:24:25.1 | 0:52.5 | 93 | 49:44.4 | 2:41:40.1 | |
| 163 | Anthony Bamford | 254 | 99 | 22:36.5 | 1:34.7 | 191 | 1:19:50.9 | 1:07.8 | 189 | 56:54.3 | 2:42:04.4 | |
| 164 | Dean Rosenthal | 496 | 26 | 19:28.1 | 1:09.9 | 149 | 1:17:37.1 | 1:24.9 | 267 | 1:02:38.9 | 2:42:19.2 | |
| 165 | Mladen Colic | 294 | 236 | 26:22.6 | 1:29.7 | 174 | 1:19:04.6 | 0:53.8 | 152 | 54:40.1 | 2:42:30.9 | |

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Overall Results

| Main Event | | | | | | | | | | | Male | | |
|------------|--------------------------|--------|------|---------|--------|-----|-----------|--------|-------|-----------|------|-----------|-------|
| Place | Name | Bib No | SWIM | | TRANS | | BIKE | | TRANS | | RUN | | Total |
| | | | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time | | |
| 166 | Paul Smuts | 519 | 127 | 23:33.5 | 1:13.5 | 131 | 1:16:03.8 | 1:07.3 | 243 | 1:00:33.5 | | 2:42:31.8 | |
| 167 | Hannes Marlin | 425 | 235 | 26:22.3 | 1:51.8 | 81 | 1:12:31.2 | 1:17.3 | 244 | 1:00:35.9 | | 2:42:38.8 | |
| 168 | Anton Pietersen | 477 | 121 | 23:20.0 | 1:33.7 | 139 | 1:16:44.2 | 0:59.9 | 235 | 1:00:12.3 | | 2:42:50.3 | |
| 169 | Dylan Missing | 436 | 280 | 28:39.5 | 1:43.1 | 125 | 1:15:42.3 | 1:00.3 | 171 | 55:47.7 | | 2:42:53.0 | |
| 170 | Mark Trollope | 540 | 179 | 24:46.4 | 1:45.3 | 227 | 1:22:18.0 | 1:40.6 | 125 | 52:22.6 | | 2:42:53.0 | |
| 171 | Johan Van Der Westhuizen | 552 | 124 | 23:22.8 | 1:03.5 | 140 | 1:16:58.0 | 1:19.1 | 236 | 1:00:13.5 | | 2:42:57.1 | |
| 172 | Werner Zittlau | 591 | 160 | 24:21.6 | 2:44.8 | 173 | 1:19:03.8 | 1:14.2 | 172 | 55:50.8 | | 2:43:15.4 | |
| 173 | Benjamin Pretorius | 481 | 134 | 23:43.3 | 2:37.1 | 181 | 1:19:25.5 | 1:40.4 | 173 | 55:53.5 | | 2:43:20.0 | |
| 174 | Johan Niehaus | 452 | 313 | 32:03.5 | 2:13.6 | 160 | 1:18:07.5 | 1:48.0 | 88 | 49:36.9 | | 2:43:49.8 | |
| 175 | Norbert Hannweg | 364 | 185 | 24:56.2 | 0:50.9 | 154 | 1:17:56.1 | 1:05.2 | 215 | 59:02.5 | | 2:43:51.1 | |
| 176 | Andre Viljoen | 569 | 217 | 25:46.5 | 2:42.1 | 172 | 1:18:56.9 | 2:29.2 | 140 | 54:00.9 | | 2:43:55.7 | |
| 177 | Wolfi Maralik | 423 | 58 | 21:21.5 | 2:45.0 | 156 | 1:17:57.6 | 1:31.3 | 240 | 1:00:22.7 | | 2:43:58.3 | |
| 178 | Reinhard Arndt | 8 | 286 | 28:50.4 | 1:22.7 | 231 | 1:22:40.2 | 0:57.5 | 98 | 50:14.4 | | 2:44:05.4 | |
| 179 | Andrew Teron | 852 | 295 | 29:37.3 | 2:28.2 | 157 | 1:17:58.6 | 2:08.2 | 117 | 51:54.7 | | 2:44:07.3 | |
| 180 | Gert Swarts | 592 | 166 | 24:28.2 | 1:20.9 | 152 | 1:17:47.6 | 1:15.9 | 219 | 59:14.7 | | 2:44:07.4 | |
| 181 | Darius Boshoff | 273 | 187 | 25:01.4 | 3:32.2 | 179 | 1:19:19.8 | 2:11.2 | 141 | 54:03.4 | | 2:44:08.2 | |
| 182 | Gavin Gaizley | 338 | 155 | 24:15.4 | 1:01.8 | 209 | 1:20:45.4 | 1:22.2 | 186 | 56:46.4 | | 2:44:11.5 | |
| 183 | Dale Bannatyne | 256 | 247 | 26:51.4 | 2:20.7 | 132 | 1:16:07.7 | 1:51.4 | 194 | 57:13.4 | | 2:44:24.8 | |
| 184 | Danie Kritzinger | 406 | 234 | 26:22.2 | 1:21.7 | 134 | 1:16:19.6 | 1:29.0 | 214 | 58:58.9 | | 2:44:31.5 | |
| 185 | Gerhard Bolt | 271 | 150 | 24:13.0 | 2:11.4 | 217 | 1:21:42.7 | 1:59.0 | 160 | 55:06.7 | | 2:45:12.9 | |
| 186 | Burt Van Schalkwyk | 557 | 107 | 22:47.8 | 1:24.2 | 203 | 1:20:22.3 | 1:02.9 | 227 | 59:43.9 | | 2:45:21.2 | |
| 187 | Johannes Pienaar | 473 | 228 | 26:11.1 | 1:37.8 | 225 | 1:22:12.1 | 0:56.6 | 145 | 54:23.6 | | 2:45:21.4 | |
| 188 | Andreas Ansel | 250 | 87 | 22:19.7 | 2:54.2 | 232 | 1:22:50.5 | 1:42.4 | 170 | 55:45.0 | | 2:45:32.0 | |
| 189 | Jason Lacey | 410 | 135 | 23:47.8 | 2:43.0 | 166 | 1:18:38.4 | 1:42.8 | 212 | 58:46.0 | | 2:45:38.2 | |
| 190 | Gawie Booysen | 32 | 125 | 23:30.1 | 1:35.2 | 159 | 1:18:03.5 | 1:23.1 | 246 | 1:01:06.5 | | 2:45:38.6 | |
| 191 | Patrick Baransky | 257 | 310 | 31:11.4 | 3:36.8 | 182 | 1:19:30.0 | 1:29.0 | 100 | 50:26.4 | | 2:46:13.8 | |
| 192 | Heinz Meulke | 433 | 226 | 26:07.9 | 3:06.4 | 204 | 1:20:22.7 | 1:34.0 | 159 | 55:06.1 | | 2:46:17.2 | |
| 193 | Charl Pohlmann | 479 | 239 | 26:25.6 | 5:05.3 | 144 | 1:17:16.4 | 2:42.1 | 158 | 55:00.7 | | 2:46:30.3 | |
| 194 | Hannes Wessels | 581 | 315 | 32:34.4 | 1:23.0 | 102 | 1:14:18.6 | 1:36.6 | 184 | 56:44.5 | | 2:46:37.2 | |
| 195 | Jaco Muller | 444 | 200 | 25:26.6 | 1:09.8 | 243 | 1:23:44.0 | 1:39.5 | 154 | 54:43.6 | | 2:46:43.6 | |
| 196 | Hilton Penny | 470 | 145 | 24:05.3 | 1:53.2 | 210 | 1:20:47.3 | 1:17.9 | 210 | 58:41.0 | | 2:46:45.0 | |
| 197 | Dylan van Graan | 554 | 188 | 25:04.5 | 1:23.5 | 226 | 1:22:17.9 | 1:14.9 | 185 | 56:44.8 | | 2:46:45.9 | |
| 198 | Craig Absalom | 244 | 293 | 29:21.2 | 1:13.8 | 141 | 1:16:59.9 | 1:31.0 | 200 | 57:42.0 | | 2:46:48.0 | |

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Race Date

November 10, 2013

Overall Results

| Main Event | | | | | | | | | | | | Male | |
|------------|----------------------|--------|------|---------|--------|-----|-----------|--------|-------|-----------|-----------|------|-------|
| Place | Name | Bib No | SWIM | | TRANS | | BIKE | | TRANS | | RUN | | Total |
| | | | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time | | |
| 199 | Roland Pepper | 471 | 206 | 25:31.7 | 3:10.5 | 137 | 1:16:41.2 | 2:19.7 | 221 | 59:23.7 | 2:47:07.0 | | |
| 200 | Gareth Warburton | 60 | 96 | 22:32.4 | 1:36.9 | 183 | 1:19:31.0 | 1:09.6 | 260 | 1:02:22.6 | 2:47:12.7 | | |
| 201 | Erik Bartmann | 260 | 254 | 27:26.2 | 2:08.5 | 222 | 1:22:01.6 | 0:56.3 | 155 | 54:46.7 | 2:47:19.6 | | |
| 202 | Brennen Claypole | 291 | 74 | 21:49.9 | 1:36.9 | 237 | 1:23:21.4 | 2:01.8 | 209 | 58:34.8 | 2:47:25.0 | | |
| 203 | Dave Abdo | 243 | 153 | 24:13.9 | 1:26.9 | 276 | 1:26:50.3 | 2:08.6 | 131 | 52:48.0 | 2:47:28.0 | | |
| 204 | Paul Richards | 489 | 154 | 24:14.2 | 1:41.4 | 158 | 1:18:03.4 | 3:15.9 | 237 | 1:00:15.2 | 2:47:30.3 | | |
| 205 | Patrick Lehmann | 413 | 159 | 24:20.9 | 1:17.0 | 138 | 1:16:44.1 | 1:05.8 | 278 | 1:04:27.6 | 2:47:55.5 | | |
| 206 | Tienie Ferreira | 329 | 173 | 24:36.6 | 1:49.0 | 162 | 1:18:27.1 | 1:16.6 | 254 | 1:01:51.3 | 2:48:00.9 | | |
| 207 | Wynand Mouton | 440 | 232 | 26:20.8 | 1:38.0 | 128 | 1:15:53.0 | 1:13.7 | 268 | 1:03:07.5 | 2:48:13.2 | | |
| 208 | Schalk Lotz | 418 | 223 | 26:05.6 | 1:32.1 | 234 | 1:23:06.0 | 0:55.0 | 181 | 56:37.7 | 2:48:16.6 | | |
| 209 | timothy keating | 398 | 191 | 25:10.6 | 2:54.4 | 233 | 1:22:53.5 | 1:23.9 | 177 | 56:11.3 | 2:48:33.8 | | |
| 210 | Paolo Amorosino | 247 | 128 | 23:33.9 | 1:49.8 | 277 | 1:26:51.0 | 2:00.8 | 148 | 54:35.0 | 2:48:50.6 | | |
| 211 | Jonathan Wordon | 588 | 176 | 24:42.2 | 2:05.5 | 246 | 1:24:03.5 | 1:27.0 | 193 | 57:09.4 | 2:49:27.7 | | |
| 212 | Tertius Wessels | 582 | 216 | 25:45.4 | 2:07.2 | 190 | 1:19:50.5 | 2:03.3 | 234 | 1:00:12.1 | 2:49:58.7 | | |
| 213 | Gert Uys | 542 | 168 | 24:29.7 | 3:08.2 | 215 | 1:21:29.6 | 2:40.0 | 206 | 58:13.2 | 2:50:01.0 | | |
| 214 | Giuseppe Adreani | 245 | 229 | 26:11.4 | 1:57.7 | 206 | 1:20:32.0 | 2:36.9 | 211 | 58:44.9 | 2:50:03.0 | | |
| 215 | quinton reynolds | 488 | 46 | 20:50.0 | 1:43.5 | 263 | 1:25:02.6 | 1:20.0 | 247 | 1:01:11.1 | 2:50:07.4 | | |
| 216 | Ronnie Seiler | 512 | 177 | 24:42.3 | 1:57.9 | 230 | 1:22:32.4 | 1:37.2 | 223 | 59:30.1 | 2:50:20.0 | | |
| 217 | Michael Herest | 676 | 105 | 22:43.8 | 1:37.8 | 224 | 1:22:04.0 | 2:12.3 | 251 | 1:01:43.9 | 2:50:21.9 | | |
| 218 | Johann Fourie | 634 | 272 | 28:21.2 | 3:09.4 | 253 | 1:24:31.3 | 2:02.7 | 128 | 52:41.6 | 2:50:46.3 | | |
| 219 | Ernst Hattingh | 368 | 287 | 28:51.9 | 2:40.6 | 201 | 1:20:15.9 | 2:08.7 | 187 | 56:50.7 | 2:50:48.0 | | |
| 220 | Dave Bennett | 831 | 161 | 24:21.9 | 1:33.1 | 258 | 1:24:56.8 | 1:21.7 | 217 | 59:07.0 | 2:51:20.6 | | |
| 221 | Bruce Cameron | 34 | 69 | 21:42.6 | 2:57.2 | 220 | 1:21:52.0 | 1:27.8 | 272 | 1:03:30.1 | 2:51:30.0 | | |
| 222 | Christopher Smith | 518 | 291 | 29:17.9 | 0:58.1 | 151 | 1:17:44.5 | 1:19.2 | 261 | 1:02:23.4 | 2:51:43.3 | | |
| 223 | Leon Taljaard | 533 | 192 | 25:13.4 | 3:49.0 | 244 | 1:24:01.6 | 2:33.2 | 179 | 56:25.0 | 2:52:02.4 | | |
| 224 | Luigi Stravino | 526 | 212 | 25:39.6 | 3:16.3 | 235 | 1:23:07.4 | 2:38.2 | 196 | 57:24.0 | 2:52:05.5 | | |
| 225 | Dustin McDermott | 430 | 224 | 26:06.7 | 3:16.6 | 238 | 1:23:24.9 | 2:30.7 | 190 | 56:55.3 | 2:52:14.3 | | |
| 226 | Sean Sandiford | 502 | 120 | 23:13.9 | 1:41.0 | 240 | 1:23:34.3 | 1:32.5 | 259 | 1:02:14.7 | 2:52:16.6 | | |
| 227 | John Farrell | 672 | 265 | 27:56.8 | 1:58.2 | 239 | 1:23:27.5 | 1:25.8 | 199 | 57:35.7 | 2:52:24.3 | | |
| 228 | MC van Zyl | 565 | 56 | 21:18.8 | 1:25.8 | 259 | 1:24:57.5 | 1:35.7 | 270 | 1:03:12.5 | 2:52:30.5 | | |
| 229 | Mark Nicholls | 451 | 183 | 24:52.9 | 2:58.4 | 252 | 1:24:26.6 | 2:41.2 | 204 | 58:03.8 | 2:53:03.0 | | |
| 230 | Nolan Diaz | 833 | 117 | 23:07.4 | 3:12.0 | 267 | 1:25:22.4 | 1:42.4 | 232 | 59:59.6 | 2:53:24.0 | | |
| 231 | Heinrich Schulenburg | 510 | 263 | 27:54.8 | 1:18.9 | 177 | 1:19:10.1 | 1:46.8 | 271 | 1:03:27.8 | 2:53:38.5 | | |

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Race Date

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Overall Results

| Main Event | | | | | | | | | | | | Male |
|------------|----------------------|--------|------|---------|--------|-----|-----------|--------|-------|-----------|-----------|-------|
| Place | Name | Bib No | SWIM | | TRANS | | BIKE | | TRANS | | RUN | Total |
| | | | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | Time | |
| 232 | Hein Nienaber | 455 | 261 | 27:45.2 | 1:59.7 | 213 | 1:21:14.9 | 1:22.7 | 248 | 1:01:26.2 | 2:53:48.8 | |
| 233 | Francois Taljaard | 534 | 318 | 32:52.6 | 1:59.4 | 189 | 1:19:46.5 | 1:57.7 | 197 | 57:25.7 | 2:54:02.1 | |
| 234 | Ockert Fourie | 332 | 243 | 26:39.1 | 4:54.1 | 216 | 1:21:35.2 | 2:49.9 | 207 | 58:16.1 | 2:54:14.5 | |
| 235 | David Rosenstein | 53 | 312 | 31:35.8 | 2:09.7 | 184 | 1:19:35.5 | 1:40.7 | 226 | 59:39.0 | 2:54:40.9 | |
| 236 | Jonathan James | 388 | 311 | 31:23.2 | 2:07.7 | 262 | 1:24:59.8 | 1:37.0 | 149 | 54:36.6 | 2:54:44.5 | |
| 237 | William Alfred Rider | 490 | 274 | 28:24.6 | 1:12.5 | 265 | 1:25:17.0 | 1:24.3 | 218 | 59:07.6 | 2:55:26.2 | |
| 238 | Alan Parker | 468 | 201 | 25:27.8 | 2:25.8 | 218 | 1:21:43.6 | 1:10.5 | 279 | 1:04:40.4 | 2:55:28.2 | |
| 239 | Eric Conway | 295 | 60 | 21:22.2 | 1:49.7 | 308 | 1:32:24.2 | 1:54.3 | 205 | 58:05.9 | 2:55:36.6 | |
| 240 | Andy Higgins | 378 | 146 | 24:08.2 | 1:27.7 | 280 | 1:27:24.9 | 1:08.2 | 256 | 1:01:59.6 | 2:56:08.7 | |
| 241 | Wenlong Chen | 289 | 277 | 28:32.1 | 1:52.3 | 269 | 1:25:35.5 | 1:57.1 | 208 | 58:28.0 | 2:56:25.2 | |
| 242 | Jacques Boshoff | 276 | 98 | 22:35.8 | 1:21.5 | 221 | 1:21:58.1 | 1:30.5 | 296 | 1:09:03.9 | 2:56:30.0 | |
| 243 | Daniel Roodt | 494 | 298 | 29:56.5 | 2:02.4 | 266 | 1:25:17.2 | 1:36.0 | 203 | 57:50.9 | 2:56:43.3 | |
| 244 | Greg Irvine-Smith | 386 | 283 | 28:40.4 | 1:51.5 | 205 | 1:20:26.3 | 2:19.5 | 273 | 1:03:38.8 | 2:56:56.8 | |
| 245 | Eugene Tondolo | 538 | 205 | 25:31.2 | 2:02.2 | 223 | 1:22:02.2 | 1:39.9 | 286 | 1:05:48.9 | 2:57:04.6 | |
| 246 | Anton Van Niekerk | 555 | 114 | 23:01.9 | 2:25.6 | 282 | 1:27:44.5 | 2:28.8 | 258 | 1:02:13.2 | 2:57:54.1 | |
| 247 | Wensley Jnr Misrole | 435 | 276 | 28:30.9 | 5:01.2 | 286 | 1:28:16.7 | 1:47.7 | 144 | 54:21.6 | 2:57:58.2 | |
| 248 | Rui Goncalves | 351 | 167 | 24:28.5 | 2:09.7 | 193 | 1:19:57.2 | 1:55.1 | 299 | 1:09:51.8 | 2:58:22.6 | |
| 249 | Marc Walker | 576 | 182 | 24:52.8 | 2:14.5 | 248 | 1:24:10.8 | 1:33.1 | 283 | 1:05:37.3 | 2:58:28.6 | |
| 250 | Dane van tonder | 560 | 255 | 27:26.4 | 3:35.4 | 283 | 1:27:49.2 | 3:11.2 | 188 | 56:52.1 | 2:58:54.4 | |
| 251 | Gary Tregurtha | 539 | 202 | 25:29.2 | 1:59.8 | 285 | 1:28:07.4 | 1:48.0 | 249 | 1:01:31.0 | 2:58:55.6 | |
| 252 | Michael wilton | 586 | 285 | 28:46.6 | 5:16.6 | 278 | 1:27:06.3 | 2:15.7 | 174 | 55:54.0 | 2:59:19.4 | |
| 253 | Morne Day | 301 | 171 | 24:33.2 | 2:04.7 | 264 | 1:25:05.4 | 2:03.4 | 284 | 1:05:38.1 | 2:59:24.9 | |
| 254 | thys engelbrecht | 321 | 317 | 32:51.2 | 2:31.6 | 167 | 1:18:39.4 | 1:31.4 | 274 | 1:03:56.2 | 2:59:30.1 | |
| 255 | Marius van der Merwe | 547 | 301 | 30:19.3 | 3:14.0 | 287 | 1:29:00.1 | 2:12.8 | 157 | 54:57.1 | 2:59:43.5 | |
| 256 | Robert Carson | 287 | 207 | 25:36.4 | 4:18.6 | 296 | 1:30:44.2 | 2:23.1 | 182 | 56:41.4 | 2:59:43.9 | |
| 257 | anthony harris | 39 | 242 | 26:29.5 | 1:16.5 | 229 | 1:22:30.3 | 1:09.6 | 292 | 1:08:20.7 | 2:59:46.8 | |
| 258 | Johan Marnewick | 426 | 289 | 28:57.8 | 2:34.1 | 304 | 1:31:45.7 | 1:58.9 | 151 | 54:39.3 | 2:59:55.9 | |
| 259 | Kevin Gore | 352 | 241 | 26:26.8 | 1:59.5 | 294 | 1:30:10.2 | 1:49.7 | 222 | 59:29.7 | 2:59:56.0 | |
| 260 | Brett Godfey | 350 | 267 | 28:12.2 | 3:05.5 | 318 | 1:35:14.3 | 1:47.3 | 113 | 51:38.1 | 2:59:57.6 | |
| 261 | David Woolnough | 587 | 57 | 21:21.2 | 1:54.5 | 290 | 1:29:30.2 | 1:59.6 | 282 | 1:05:21.0 | 3:00:06.6 | |
| 262 | Tony Lagoa | 411 | 270 | 28:16.9 | 2:11.9 | 242 | 1:23:41.0 | 1:59.4 | 276 | 1:04:02.5 | 3:00:11.9 | |
| 263 | Greg Buchanan | 9 | 256 | 27:28.5 | 2:09.1 | 236 | 1:23:07.7 | 1:51.9 | 285 | 1:05:44.4 | 3:00:21.7 | |
| 264 | henk beumer | 267 | 320 | 32:58.5 | 3:52.7 | 211 | 1:20:51.2 | 3:30.4 | 220 | 59:19.6 | 3:00:32.6 | |

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Race Date

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Overall Results

| Main Event | | | | | | | | | | | Male | | |
|------------|------------------------------|--------|------|---------|---------|-----|-----------|--------|-------|-----------|------|-----------|------------|
| Place | Name | Bib No | SWIM | | TRANS | | BIKE | | TRANS | | RUN | | Total Time |
| | | | Rnk | Time | Time | Rnk | Time | Time | Rnk | Time | | | |
| 265 | Muhammed Surty | 529 | 211 | 25:39.3 | 2:05.1 | 307 | 1:31:53.6 | 2:03.4 | 233 | 1:00:05.8 | | 3:01:47.3 | |
| 266 | Grant Alexander | 264 | 151 | 24:13.3 | 3:02.0 | 311 | 1:33:12.5 | 1:35.4 | 239 | 1:00:20.8 | | 3:02:24.1 | |
| 267 | Camilo Ramada | 486 | 246 | 26:43.0 | 3:24.5 | 295 | 1:30:39.9 | 2:37.7 | 216 | 59:04.2 | | 3:02:29.5 | |
| 268 | Marcel Booyens | 272 | 104 | 22:41.6 | 3:08.4 | 305 | 1:31:52.2 | 2:35.5 | 266 | 1:02:33.9 | | 3:02:51.9 | |
| 269 | david kuming | 408 | 250 | 27:08.4 | 4:08.8 | 316 | 1:34:45.3 | 2:07.0 | 156 | 54:52.5 | | 3:03:02.3 | |
| 270 | Jannie De Beer | 302 | 308 | 31:05.9 | 1:52.0 | 268 | 1:25:28.8 | 2:59.0 | 253 | 1:01:50.2 | | 3:03:16.0 | |
| 271 | brett hendriks | 371 | 209 | 25:37.4 | 1:42.9 | 254 | 1:24:37.5 | 2:11.8 | 297 | 1:09:36.7 | | 3:03:46.4 | |
| 272 | Roger Drok | 313 | 238 | 26:24.3 | 16:42.8 | 198 | 1:20:06.0 | 3:18.9 | 195 | 57:23.8 | | 3:03:56.0 | |
| 273 | Stephan Schoeman | 506 | 44 | 20:43.1 | 3:24.5 | 328 | 1:44:13.7 | 1:53.9 | 139 | 53:58.3 | | 3:04:13.7 | |
| 274 | Jethro O'Brien | 461 | 80 | 22:10.3 | 3:13.2 | 281 | 1:27:41.6 | 2:26.8 | 294 | 1:08:55.7 | | 3:04:27.7 | |
| 275 | Duan van zyl | 567 | 269 | 28:12.8 | 1:18.5 | 185 | 1:19:38.7 | 2:09.0 | 312 | 1:13:13.8 | | 3:04:32.9 | |
| 276 | Llewellyn Marshall | 427 | 219 | 25:55.0 | 1:51.4 | 228 | 1:22:19.5 | 2:44.1 | 307 | 1:11:51.5 | | 3:04:41.7 | |
| 277 | Andrew Dabbs | 299 | 113 | 23:01.7 | 1:07.6 | 256 | 1:24:54.5 | 1:28.4 | 317 | 1:14:09.4 | | 3:04:41.9 | |
| 278 | Mark Hiep | 377 | 323 | 34:30.3 | 4:12.5 | 249 | 1:24:13.9 | 1:51.4 | 231 | 59:57.9 | | 3:04:46.2 | |
| 279 | Adam Cohen | 293 | 314 | 32:05.8 | 2:44.1 | 219 | 1:21:49.0 | 1:29.7 | 288 | 1:06:40.0 | | 3:04:48.8 | |
| 280 | Nico du Preez | 315 | 139 | 23:56.1 | 3:10.3 | 299 | 1:31:13.7 | 1:45.9 | 280 | 1:04:52.5 | | 3:04:58.7 | |
| 281 | Sean Hackett | 362 | 149 | 24:12.2 | 2:44.0 | 317 | 1:35:13.7 | 3:01.5 | 228 | 59:47.9 | | 3:04:59.5 | |
| 282 | Michael Punnett | 484 | 306 | 30:46.7 | 3:19.1 | 261 | 1:24:59.7 | 2:07.5 | 275 | 1:03:58.2 | | 3:05:11.4 | |
| 283 | Gregory kietzmann | 401 | 278 | 28:35.7 | 2:09.8 | 306 | 1:31:52.5 | 1:48.8 | 245 | 1:00:44.5 | | 3:05:11.5 | |
| 284 | Ryan Galpin | 339 | 126 | 23:32.4 | 1:52.0 | 247 | 1:24:06.9 | 2:12.6 | 315 | 1:13:41.9 | | 3:05:26.1 | |
| 285 | Johann Claassen | 290 | 321 | 33:14.2 | 2:14.3 | 260 | 1:24:58.2 | 2:18.0 | 269 | 1:03:10.7 | | 3:05:55.6 | |
| 286 | Wouter van Werkhoven | 562 | 165 | 24:28.1 | 3:32.5 | 270 | 1:25:59.8 | 1:17.3 | 304 | 1:10:45.1 | | 3:06:02.9 | |
| 287 | Bennie Snyman | 520 | 249 | 27:05.6 | 1:02.1 | 241 | 1:23:36.1 | 1:51.9 | 309 | 1:12:41.2 | | 3:06:17.1 | |
| 288 | Darren Willans | 584 | 294 | 29:23.5 | 3:01.6 | 300 | 1:31:26.0 | 2:08.9 | 241 | 1:00:24.9 | | 3:06:25.1 | |
| 289 | Ferdie Huisamen | 384 | 304 | 30:39.1 | 2:29.4 | 212 | 1:21:06.0 | 2:12.8 | 301 | 1:10:21.0 | | 3:06:48.5 | |
| 290 | Corrie Boshoff | 274 | 324 | 34:46.1 | 1:19.4 | 200 | 1:20:14.4 | 1:30.0 | 295 | 1:08:58.4 | | 3:06:48.6 | |
| 291 | Neville Harris | 366 | 326 | 35:13.8 | 2:16.1 | 250 | 1:24:19.4 | 2:47.4 | 265 | 1:02:32.6 | | 3:07:09.5 | |
| 292 | Philip Hechter | 369 | 319 | 32:55.0 | 2:10.7 | 274 | 1:26:17.3 | 2:08.3 | 277 | 1:04:06.5 | | 3:07:37.9 | |
| 293 | Martin Kruger | 407 | 302 | 30:28.5 | 2:49.5 | 292 | 1:29:56.5 | 2:42.9 | 252 | 1:01:47.8 | | 3:07:45.3 | |
| 294 | Adriaanus VDBerg | 851 | 194 | 25:16.3 | 2:16.0 | 273 | 1:26:13.9 | 1:30.8 | 308 | 1:12:37.1 | | 3:07:54.4 | |
| 295 | Adriaan Albert Tickner | 537 | 129 | 23:35.7 | 3:20.0 | 310 | 1:32:48.8 | 2:06.4 | 287 | 1:06:17.0 | | 3:08:08.0 | |
| 296 | Gerhardt Jansen van Rensburg | 389 | 147 | 24:09.5 | 3:23.5 | 326 | 1:43:49.1 | 1:22.3 | 165 | 55:33.2 | | 3:08:17.7 | |
| 297 | Craig Dingle | 310 | 30 | 19:48.0 | 0:59.8 | 275 | 1:26:38.0 | 1:35.9 | 325 | 1:19:26.9 | | 3:08:28.8 | |

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Overall Results

| | | Main Event | | | | | | Male | | | | | |
|--------------|------------------------|---------------|------------------|-------------|-------------------|------------|------------------|-------------|-------------------|-------------|-----------------|-------------|--------------|
| <u>Place</u> | <u>Name</u> | <u>Bib No</u> | ----- SWIM ----- | | ----- TRANS ----- | | ----- BIKE ----- | | ----- TRANS ----- | | ----- RUN ----- | | <u>Total</u> |
| | | | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> | <u>Time</u> |
| 298 | Andrew Roy | 500 | 143 | 24:02.8 | 2:58.8 | 302 | 1:31:30.1 | 2:50.2 | 290 | 1:07:15.5 | | 3:08:37.6 | |
| 299 | Andreas Demetriou | 307 | 248 | 26:59.1 | 3:17.4 | 257 | 1:24:55.5 | 2:02.5 | 306 | 1:11:27.4 | | 3:08:42.0 | |
| 300 | Anton Walters | 577 | 221 | 26:00.0 | 2:47.9 | 288 | 1:29:09.0 | 3:06.8 | 293 | 1:08:34.1 | | 3:09:38.0 | |
| 301 | JP de la Motte | 850 | 332 | 40:19.9 | 1:41.5 | 272 | 1:26:09.2 | 1:39.6 | 229 | 59:52.1 | | 3:09:42.4 | |
| 302 | ANTON ROUX | 498 | 305 | 30:39.3 | 2:45.1 | 255 | 1:24:52.4 | 1:44.6 | 300 | 1:10:13.2 | | 3:10:14.7 | |
| 303 | Dewald Beumer | 266 | 292 | 29:18.4 | 4:31.0 | 284 | 1:27:57.8 | 3:25.7 | 281 | 1:05:12.7 | | 3:10:25.9 | |
| 304 | Peter Schmitz | 505 | 309 | 31:11.3 | 3:27.0 | 303 | 1:31:39.3 | 2:49.8 | 250 | 1:01:38.2 | | 3:10:45.8 | |
| 305 | Andrew Latimer | 43 | 253 | 27:19.5 | 2:31.9 | 321 | 1:37:30.6 | 1:54.9 | 257 | 1:02:03.2 | | 3:11:20.2 | |
| 306 | Jan Sterk | 523 | | | | | | | 331 | 3:12:01.0 | | 3:12:01.0 | |
| 307 | Roehann Niemand | 453 | 331 | 39:03.0 | 1:46.3 | 188 | 1:19:46.5 | 2:56.7 | 298 | 1:09:48.6 | | 3:13:21.2 | |
| 308 | Jean-Pierre van Staden | 559 | 164 | 24:27.7 | 3:46.4 | 313 | 1:34:00.8 | 2:50.0 | 291 | 1:08:19.0 | | 3:13:24.2 | |
| 309 | Reniel Engelbrecht | 322 | 215 | 25:43.9 | 4:26.6 | 297 | 1:31:05.3 | 2:29.6 | 302 | 1:10:29.1 | | 3:14:14.6 | |
| 310 | Rudi Haarhoff | 359 | 258 | 27:33.9 | 2:40.5 | 199 | 1:20:13.2 | 2:04.0 | 327 | 1:21:55.8 | | 3:14:27.6 | |
| 311 | Kerrin Lynch | 420 | 133 | 23:43.1 | 2:04.4 | 312 | 1:33:40.7 | 1:43.3 | 313 | 1:13:19.5 | | 3:14:31.2 | |
| 312 | Gideon Joubert | 396 | 222 | 26:01.0 | 3:15.7 | 301 | 1:31:28.3 | 2:37.6 | 316 | 1:13:54.3 | | 3:17:17.2 | |
| 313 | Christopher Knight | 405 | 303 | 30:36.5 | 3:05.6 | 291 | 1:29:43.0 | 3:35.6 | 305 | 1:11:00.7 | | 3:18:01.5 | |
| 314 | FRANS LOTTER | 417 | 307 | 30:53.2 | 1:43.6 | 279 | 1:27:20.2 | 1:35.4 | 326 | 1:19:42.4 | | 3:21:15.0 | |
| 315 | James Plummer | 49 | 266 | 27:58.0 | 3:26.9 | 298 | 1:31:07.5 | 3:11.7 | 319 | 1:15:49.5 | | 3:21:33.8 | |
| 316 | Geran Oberholzer | 460 | 300 | 30:10.4 | 4:36.7 | 289 | 1:29:10.4 | 4:48.1 | 311 | 1:13:07.1 | | 3:21:52.8 | |
| 317 | Gideon van Zyl | 566 | 316 | 32:40.4 | 1:29.4 | 309 | 1:32:43.3 | 1:46.7 | 314 | 1:13:22.8 | | 3:22:02.7 | |
| 318 | Donald Jardine | 390 | 335 | 44:36.1 | 2:12.9 | 319 | 1:36:02.9 | 2:12.3 | 224 | 59:34.4 | | 3:24:38.8 | |
| 319 | Justin Jacobie | 387 | 251 | 27:14.9 | 3:49.5 | 325 | 1:40:39.7 | 2:26.8 | 303 | 1:10:33.9 | | 3:24:45.0 | |
| 320 | Gavin Herold | 376 | 296 | 29:51.1 | 3:43.8 | 315 | 1:34:08.7 | 2:31.4 | 318 | 1:14:59.5 | | 3:25:14.7 | |
| 321 | Christopher Georgiou | 854 | 282 | 28:40.3 | 5:21.8 | 320 | 1:36:44.6 | 3:45.4 | 310 | 1:13:02.0 | | 3:27:34.3 | |
| 322 | Braam Bester | 265 | 322 | 33:17.0 | 3:22.2 | 331 | 1:46:54.7 | 1:56.7 | 262 | 1:02:26.0 | | 3:27:56.8 | |
| 323 | Erick Francis | 336 | 245 | 26:42.0 | 3:21.1 | 324 | 1:40:33.4 | 2:05.2 | 320 | 1:16:25.1 | | 3:29:07.0 | |
| 324 | Brett Boardman | 270 | 260 | 27:41.7 | 5:15.5 | 327 | 1:44:10.8 | 2:33.7 | 323 | 1:19:03.2 | | 3:38:45.0 | |
| 325 | Charn Swart | 531 | 328 | 37:20.5 | 8:05.0 | 314 | 1:34:02.6 | 5:37.6 | 322 | 1:18:58.4 | | 3:44:04.3 | |
| 326 | Shane Leas | 412 | 330 | 38:43.9 | 3:29.5 | 323 | 1:39:26.4 | 3:47.8 | 328 | 1:22:15.3 | | 3:47:43.1 | |
| 327 | Carel van der Merwe | 548 | 325 | 35:13.4 | 3:23.9 | 332 | 1:49:44.1 | 1:58.1 | 324 | 1:19:17.0 | | 3:49:36.7 | |
| 328 | Laurence von Solms | 572 | 334 | 43:50.2 | 2:24.5 | 330 | 1:46:46.5 | 1:49.1 | 321 | 1:17:21.9 | | 3:52:12.3 | |
| 329 | Wilhelm du Toit | 316 | 252 | 27:19.1 | 31:07.9 | 329 | 1:46:17.7 | 1:52.4 | 289 | 1:07:10.9 | | 3:53:48.2 | |
| 330 | David Young | 589 | 327 | 35:39.3 | 3:43.5 | 322 | 1:37:37.7 | 2:49.2 | 330 | 1:34:32.0 | | 3:54:21.8 | |

11Global - Sun City 2013 - Sunday

Overall Results

Race Date

November 10, 2013

Main Event

Male

| <u>Place</u> | <u>Name</u> | <u>Bib No</u> | <u>SWIM</u> | | <u>TRANS</u> | | <u>BIKE</u> | | <u>TRANS</u> | | <u>RUN</u> | | <u>Total</u> |
|--------------|----------------|---------------|-------------|-------------|--------------|------------|-------------|-------------|--------------|-------------|------------|-----------|--------------|
| | | | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | <u>Time</u> | <u>Rnk</u> | <u>Time</u> | | | |
| 331 | Burger Bothma | 279 | 333 | 43:11.5 | 3:45.1 | 333 | 1:50:18.2 | 2:17.8 | 329 | 1:29:34.5 | | 4:09:07.4 | |
| DNF | James Simpson | 515 | 33 | 19:51.0 | 1:06.1 | 271 | 1:26:04.8 | 2:01.5 | | | | | |
| DNF | Byron Bekker | 262 | 37 | 20:18.4 | 0:46.2 | 121 | 1:15:18.3 | | | | | | |
| DNF | ANDRE GAUTSCHI | 341 | 162 | 24:24.9 | 4:18.0 | 293 | 1:29:58.0 | | | | | | |
| DNF | Peter Freeman | 10 | 195 | 25:17.3 | 1:21.0 | | | | | | | | |
| DNF | Dave Friend | 337 | 329 | 37:42.4 | 1:14.2 | | | | | | | | |
| DNF | Morne Boshoff | 275 | | | 3:27:38.0 | | | | | | | | |