

## 11Global - Sun City 2014 - Sunday

Race Date

November 09, 2014

Overall Results**Main Event**

<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>SWIM</u>		<u>TRANS</u>		<u>BIKE</u>		<u>TRANS</u>		<u>RUN</u>		<u>Total Time</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>			
1	GUY CLOSE	64	1 M 30-39	6	21:19.4	0:39.6	5	1:05:38.5	0:44.3	3	41:53.1	2:10:15.1		
2	ERWAN PREVOST	588	1 M 40-49	35	23:42.2	0:47.9	1	1:02:39.6	0:49.2	10	43:42.1	2:11:41.1		
3	PATRICK HOFER	44	2 M 40-49	16	22:21.1	1:02.5	4	1:05:20.9	0:38.7	5	42:18.5	2:11:42.0		
4	MATTHEW SHERRATT	80	1 M 20-29	2	20:52.9	0:43.4	9	1:06:15.5	0:40.5	17	44:39.4	2:13:11.8		
5	JUSTIN ASHWORTH	369	2 M 30-39	4	21:13.2	0:48.8	26	1:09:05.6	0:00.0	6	42:33.2	2:13:41.0		
6	GRANT ADENDORFF	363	2 M 20-29	42	24:12.0	1:13.0	2	1:04:00.3	0:38.4	12	43:58.5	2:14:02.4		
7	ANDRE PIEHL	71	3 M 40-49	17	22:26.6	0:36.3	3	1:04:51.0	0:38.8	30	45:36.3	2:14:09.2		
8	JOAQUIN VALVERDE	637	3 M 30-39	70	25:28.2	1:18.4	7	1:06:05.3	0:44.0	4	42:03.9	2:15:40.0		
9	MATT FRANZSEN	456	3 M 20-29	34	23:38.1	0:48.9	10	1:06:18.0	0:44.2	18	44:45.1	2:16:14.5		
10	SAMMY NORRIS	565	4 M 20-29	3	21:04.3	0:51.0	6	1:05:54.7	0:40.2	66	49:10.9	2:17:41.3		
11	SHAWN VAN DER MEULEN	640	4 M 30-39	69	25:26.9	0:40.2	20	1:08:35.3	0:42.1	9	43:20.8	2:18:45.6		
12	FRANK DEL CASTELLO	162	4 M 40-49	1	20:01.6	0:53.0	22	1:08:39.0	1:05.8	56	48:10.1	2:18:49.7		
13	KEVIN HUTCHEON	490	5 M 40-49	97	26:29.0	1:15.6	8	1:06:06.8	0:58.0	13	44:18.5	2:19:08.1		
14	JASON BOOIJ	387	5 M 20-29	33	23:24.0	0:47.5	25	1:08:45.2	1:00.4	28	45:26.6	2:19:23.9		
15	NIC OLSEN	572	6 M 20-29	12	22:03.8	0:50.5	19	1:08:35.1	1:21.0	34	46:37.2	2:19:27.8		
16	EUGENE GERBER	460	5 M 30-39	181	29:06.1	1:21.7	14	1:07:49.4	0:48.4	2	41:06.6	2:20:12.3		
17	SHAUN DE LA PORTE	51	6 M 40-49	41	24:09.8	1:12.1	23	1:08:41.0	0:47.4	31	45:51.5	2:20:42.0		
18	ETIENNE SCHOEMAN	604	7 M 20-29	111	26:51.0	1:07.3	27	1:09:08.8	0:46.9	8	43:04.7	2:20:58.8		
19	RUDIGOR KLEYN	504	7 M 40-49	112	26:51.0	1:05.3	11	1:07:17.4	1:06.1	21	44:55.7	2:21:15.7		
20	KARL ROGERS	75	6 M 30-39	72	25:28.6	0:54.2	12	1:07:33.2	0:41.5	35	46:45.6	2:21:23.3		
21	JUSTIN MCLEAN	65	8 M 20-29	15	22:18.3	0:58.6	64	1:12:58.7	1:04.3	19	44:50.0	2:22:10.0		
22	LEANDER OPPERMAN	573	8 M 40-49	160	28:21.9	1:08.9	24	1:08:42.2	1:08.7	11	43:49.8	2:23:11.7		
23	JONATHAN WADDELL	659	7 M 30-39	159	28:21.8	1:01.5	15	1:07:52.2	1:16.5	20	44:55.5	2:23:27.7		
24	SHAWN LETTS	515	8 M 30-39	61	25:00.0	1:22.3	21	1:08:37.8	1:11.2	44	47:22.2	2:23:33.7		
25	RICHARD JOUBERT	495	9 M 40-49	105	26:37.7	1:17.0	13	1:07:38.2	1:07.3	40	47:03.8	2:23:44.1		
26	RAMI SASSEN	602	10 M 40-49	78	25:41.0	1:05.6	32	1:09:34.1	0:42.5	39	47:01.1	2:24:04.5		
27	JAN HENRICO	481	9 M 30-39	196	29:25.9	0:56.5	17	1:07:59.7	1:02.0	24	45:03.5	2:24:27.8		
28	RICHARD MULLEN	554	10 M 30-39	53	24:42.3	1:17.1	56	1:12:24.1	0:51.1	27	45:19.2	2:24:33.9		
29	GUENTHER BARGON	373	11 M 40-49	45	24:24.4	0:50.4	49	1:12:05.2	0:52.2	37	46:53.1	2:25:05.6		
30	NICO VAN VOLLENHOVEN	648	11 M 30-39	56	24:49.6	1:23.3	70	1:13:10.2	1:44.1	14	44:22.5	2:25:29.8		
31	JACO VAN TONDER	647	12 M 30-39	38	23:54.5	0:51.1	58	1:12:34.6	0:42.0	46	47:29.0	2:25:31.4		
32	ANDREW FEHRSEN	52	13 M 30-39	20	22:39.3	1:08.7	62	1:12:56.7	1:19.9	53	48:02.2	2:26:07.0		
33	ROXANNE TURNER	34	1 F 20-29	25	22:59.4	1:39.2	114	1:15:49.3	0:59.6	23	45:03.3	2:26:31.0		

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Place	Name	Bib No	AG Place	SWIM		TRANS		BIKE		TRANS		RUN		Total Time
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
34	LEON ANDERSON	367	12 M 40-49	29	23:13.0	1:29.4	40	1:10:46.2	0:48.7	82	50:19.4	2:26:37.0		
35	JEROME BOULLE	393	14 M 30-39	200	29:32.3	1:11.2	41	1:10:50.5	0:00.0	25	45:04.2	2:26:38.2		
36	NICOLETTE GRIFFIOEN	17	2 F 20-29	55	24:42.9	0:57.4	152	1:17:43.6	0:43.1	7	42:38.1	2:26:45.3		
37	LAURENCE WRENSCH	90	1 M 50-59	110	26:48.3	1:30.9	31	1:09:28.7	0:59.0	54	48:03.6	2:26:50.9		
38	BRANDON HARCUS	476	13 M 40-49	30	23:13.5	0:39.0	29	1:09:13.6	0:55.1	120	53:33.8	2:27:35.2		
39	KOBUS GREYLING	468	14 M 40-49	162	28:29.7	0:36.9	43	1:11:19.7	0:47.9	32	46:32.8	2:27:47.2		
40	MARK DINGLE	435	15 M 30-39	26	23:03.9	0:41.9	59	1:12:35.7	0:50.9	84	50:43.7	2:27:56.3		
41	JARROD GRIMSHAW	469	16 M 30-39	202	29:32.9	2:46.2	28	1:09:10.3	1:36.0	26	45:09.0	2:28:14.6		
42	PIETIE COETZEE	14	1 F 30-39	7	21:24.4	0:48.3	141	1:17:09.5	1:10.9	48	47:46.1	2:28:19.4		
43	CHRIS VOSLOO	658	15 M 40-49	104	26:36.1	1:00.4	61	1:12:46.6	1:15.9	43	47:21.5	2:29:00.6		
44	DANIE MARE	530	17 M 30-39	155	28:13.3	0:43.6	30	1:09:18.7	1:01.8	76	49:46.9	2:29:04.5		
45	ANDRIES PIETERSE	584	9 M 20-29	83	25:57.9	1:10.2	34	1:10:09.7	1:18.0	86	50:48.5	2:29:24.5		
46	MORNE BOSHOFF	390	18 M 30-39	168	28:43.5	0:42.5	51	1:12:07.0	1:04.4	38	46:57.4	2:29:35.0		
47	BAREND MORKEL	552	19 M 30-39	80	25:44.7	1:00.6	74	1:13:34.3	1:22.9	57	48:15.7	2:29:58.3		
48	HENNIE LOTZ	523	20 M 30-39	169	28:45.2	2:29.1	67	1:13:07.4	1:02.4	15	44:34.4	2:29:58.6		
49	KYLE THORP	453	21 M 30-39	173	28:50.5	1:27.7	42	1:11:04.0	0:48.3	52	47:58.6	2:30:09.3		
50	KENNETH MCLEAN	66	2 M 50-59	128	27:28.9	0:56.5	47	1:11:45.4	1:07.0	63	49:00.8	2:30:18.7		
51	NOLTE EKKERD	444	16 M 40-49	116	27:02.7	1:00.2	45	1:11:35.8	1:13.2	73	49:29.4	2:30:21.6		
52	BRANDON PAUL	576	17 M 40-49	250	31:08.7	1:10.9	39	1:10:42.3	1:01.1	33	46:36.8	2:30:39.9		
53	WOLFI MARALIK	529	22 M 30-39	71	25:28.3	2:11.6	66	1:13:01.7	1:07.7	62	48:56.6	2:30:46.0		
54	ADAM FLEKSER	53	23 M 30-39	178	29:01.6	1:07.4	98	1:14:59.1	1:08.6	16	44:37.6	2:30:54.4		
55	BRONWYN GORDON	255	3 F 20-29	19	22:34.8	0:43.8	119	1:16:16.9	0:38.1	85	50:44.0	2:30:57.7		
56	DAMIAN ESTERHUIZEN	451	24 M 30-39	171	28:48.2	1:48.0	37	1:10:22.9	1:06.8	61	48:55.6	2:31:01.8		
57	DIRK COETZER	45	18 M 40-49	122	27:26.4	0:50.5	83	1:14:16.1	0:50.5	50	47:56.7	2:31:20.4		
58	GRAHAM BROOKS	396	19 M 40-49	81	25:50.5	1:25.5	36	1:10:20.8	1:41.6	96	52:08.3	2:31:27.0		
59	JOHAN DIPPENAAR	437	10 M 20-29	144	27:57.0	1:32.0	82	1:14:00.4	1:24.5	41	47:06.1	2:32:00.1		
60	ROGER SKEWS	611	25 M 30-39	114	26:56.6	1:31.6	60	1:12:45.0	1:08.1	77	49:50.5	2:32:11.9		
61	ROXANNE SMTIH	31	2 F 30-39	50	24:35.2	1:06.8	165	1:18:28.0	0:48.6	42	47:16.0	2:32:14.8		
62	TAMARYN KIETZMANN	20	4 F 20-29	117	27:04.2	0:56.6	38	1:10:34.4	0:50.4	106	52:50.2	2:32:15.9		
63	MARTIN CRAFFORD	409	26 M 30-39	109	26:47.4	2:12.3	54	1:12:21.3	1:37.0	71	49:17.9	2:32:16.2		
64	CLAUDIA HARCUS	262	3 F 30-39	88	26:06.5	0:46.6	111	1:15:45.6	1:18.7	58	48:24.1	2:32:21.7		
65	BRAD ROSENTHAL	599	11 M 20-29	37	23:50.9	1:09.1	99	1:14:59.1	1:35.9	87	50:59.7	2:32:34.9		
66	SIMON MORGAN	550	27 M 30-39	51	24:41.2	0:53.7	44	1:11:32.6	1:02.3	129	54:30.2	2:32:40.1		

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				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
67	GERT ZWARTS	675	20 M 40-49	176	28:56.1	0:57.5	65	1:13:00.1	0:52.4	67	49:12.2	2:32:58.6		
68	TERRY-LYNN MCINTOSH	297	4 F 30-39	195	29:25.2	1:06.5	52	1:12:18.8	1:04.1	64	49:06.2	2:33:01.0		
69	MYNHARDT BOSHOFF	391	21 M 40-49	239	30:50.8	1:04.3	55	1:12:22.3	0:37.9	55	48:07.0	2:33:02.5		
70	ARI ZADIKOV	91	12 M 20-29	139	27:53.0	1:14.7	108	1:15:33.8	0:47.9	47	47:34.3	2:33:03.8		
71	JACQUI PITT	25	1 F 40-49	166	28:38.4	0:46.8	120	1:16:19.1	0:46.0	36	46:51.3	2:33:21.8		
72	RHODE SNYMAN	337	5 F 30-39	310	33:06.6	1:04.8	80	1:13:54.5	0:59.5	22	45:01.1	2:34:06.7		
73	PIERRE VAN TONDER	87	22 M 40-49	43	24:17.6	1:07.5	69	1:13:09.2	1:31.0	124	54:10.3	2:34:15.8		
74	SIMON OWEN	575	28 M 30-39	259	31:28.2	1:48.7	33	1:10:08.7	1:21.9	74	49:32.6	2:34:20.1		
75	JAMES SIMPSON	610	29 M 30-39	13	22:07.4	0:49.3	93	1:14:43.5	0:48.7	155	56:13.9	2:34:43.0		
76	JASON WILFORD	89	30 M 30-39	48	24:32.3	0:48.1	95	1:14:45.1	1:16.8	116	53:21.9	2:34:44.5		
77	CRAIG KENNEDY	501	23 M 40-49	136	27:44.1	0:46.9	193	1:19:48.0	0:56.5	29	45:28.8	2:34:44.5		
78	MARK TROLLOPE	636	13 M 20-29	77	25:39.0	1:24.6	143	1:17:12.9	1:19.8	69	49:13.2	2:34:49.8		
79	HANNES JONKER	4	31 M 30-39	39	23:57.9	1:17.9	100	1:15:04.7	1:31.5	109	53:03.3	2:34:55.4		
80	EUGENE O BRIEN	567	3 M 50-59	52	24:41.8	1:22.2	35	1:10:10.7	1:08.3	178	57:32.5	2:34:55.8		
81	RORY GARTON	56	32 M 30-39	153	28:12.5	0:54.1	46	1:11:43.8	0:55.4	113	53:10.5	2:34:56.5		
82	GUY BARANYAY	372	24 M 40-49	62	25:04.0	1:37.1	126	1:16:34.5	1:10.3	83	50:38.7	2:35:04.7		
83	KEGAN MURPHY	557	33 M 30-39	21	22:45.7	0:45.8	90	1:14:38.4	0:54.2	152	56:10.2	2:35:14.5		
84	MATTHEW COOK	46	34 M 30-39	65	25:12.6	1:19.2	73	1:13:33.5	0:57.9	127	54:26.6	2:35:29.9		
85	MORNE VORSTER	715	25 M 40-49	309	33:06.5	1:04.6	57	1:12:27.1	1:03.1	51	47:58.5	2:35:40.0		
86	CRAWFORD VON ABO	656	14 M 20-29	76	25:34.7	1:37.5	75	1:13:35.5	1:29.0	121	53:39.9	2:35:56.8		
87	MARCOS ROSA	597	35 M 30-39	348	34:32.3	1:05.0	16	1:07:58.2	0:48.6	91	51:44.8	2:36:08.9		
88	DEON BOLT	385	36 M 30-39	89	26:09.4	2:27.1	63	1:12:58.4	1:27.9	114	53:11.0	2:36:14.0		
89	JOHAN ERWEE	450	26 M 40-49	233	30:33.0	1:04.5	50	1:12:05.4	1:11.7	94	52:03.5	2:36:58.1		
90	LAUREN KENNEDY	282	2 F 40-49	93	26:16.1	1:11.8	180	1:19:16.3	1:00.5	75	49:38.8	2:37:23.6		
91	ANDREW TAYLOR	627	15 M 20-29	96	26:26.3	1:53.6	117	1:16:12.0	1:07.2	99	52:22.5	2:38:01.8		
92	ALAN CHAITEI	404	27 M 40-49	79	25:41.5	1:18.9	107	1:15:33.8	1:38.2	122	53:49.7	2:38:02.4		
93	IAN SMITH	614	4 M 50-59	201	29:32.9	1:03.8	68	1:13:08.3	1:22.3	111	53:09.0	2:38:16.3		
94	GUY HANCOCK	474	28 M 40-49	204	29:39.0	1:23.2	137	1:17:00.1	1:09.3	68	49:13.2	2:38:25.0		
95	WILLIE DE KOCK	426	37 M 30-39	232	30:31.7	1:49.4	103	1:15:17.9	0:57.5	78	49:52.5	2:38:29.2		
96	DELYSE VAN BREDA	346	6 F 30-39	27	23:06.0	2:14.4	81	1:13:56.8	2:09.2	172	57:10.4	2:38:36.8		
97	BRETT PENFOLD	579	16 M 20-29	11	21:56.6	1:44.9	105	1:15:31.4	1:17.8	188	58:07.1	2:38:38.0		
98	JOHANDRI LEICESTER	22	5 F 20-29	73	25:28.7	1:07.8	159	1:18:04.7	0:58.3	117	53:22.5	2:39:02.2		
99	ROBERT STEENEKAMP	620	29 M 40-49	274	31:59.6	1:30.6	92	1:14:43.3	1:52.0	65	49:09.0	2:39:14.7		

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100	ERIK HALLENDORFF	473	5 M 50-59	297	32:45.0	2:14.7	76	1:13:39.6	1:26.1	70	49:17.6	2:39:23.1		
101	RICCARDO OPEKA	70	17 M 20-29	113	26:54.3	2:11.1	109	1:15:35.1	1:27.2	115	53:20.3	2:39:28.2		
102	OELOF GRABIE	466	38 M 30-39	156	28:14.4	1:34.6	133	1:16:47.0	1:14.2	90	51:41.4	2:39:31.7		
103	ALISON LAILVAUX	289	3 F 40-49	149	28:10.4	1:05.1	174	1:18:59.6	0:46.4	88	51:03.2	2:40:04.8		
104	JEFF LLEWELLYN	517	39 M 30-39	151	28:11.0	2:30.4	121	1:16:19.5	1:17.6	92	51:50.4	2:40:09.2		
105	CHRISTO HORN	487	30 M 40-49	288	32:20.4	1:06.0	72	1:13:17.9	0:49.7	103	52:36.0	2:40:10.3		
106	DYLAN BRADLEY	395	31 M 40-49	32	23:22.0	0:57.8	118	1:16:13.3	0:55.4	198	58:46.2	2:40:15.0		
107	RYAN HENDRIKS	59	40 M 30-39	91	26:13.4	1:43.0	87	1:14:26.4	1:01.7	176	57:29.4	2:40:54.1		
108	TAMARIN KARIOLIS	279	6 F 20-29	23	22:57.9	0:50.6	164	1:18:26.8	1:08.3	177	57:32.2	2:40:56.0		
109	GERDA VISAGIE	348	4 F 40-49	222	30:16.7	1:28.8	190	1:19:41.4	1:02.0	60	48:40.8	2:41:09.9		
110	FRANCOIS KEMP	500	32 M 40-49	354	34:42.0	1:04.0	48	1:11:51.3	1:00.7	104	52:38.9	2:41:17.0		
111	ANIEN DU TOIT	244	7 F 20-29	141	27:54.2	2:00.4	217	1:20:58.9	2:00.3	59	48:26.6	2:41:20.6		
112	HAMILTON WESSELS	661	18 M 20-29	40	24:08.7	1:18.0	146	1:17:23.8	1:59.8	162	56:36.4	2:41:26.9		
113	ERIC MEYER	538	41 M 30-39	148	28:07.4	1:10.2	84	1:14:20.2	1:15.3	164	56:43.6	2:41:36.8		
114	ROBERT BLAKE	383	19 M 20-29	143	27:55.9	0:41.9	189	1:19:40.6	0:51.0	100	52:32.4	2:41:42.0		
115	SAMANTHA SUMMERSCALES	2	8 F 20-29	57	24:51.5	1:01.1	168	1:18:33.9	2:15.2	135	55:18.0	2:42:00.0		
116	KIM HEGER	267	7 F 30-39	100	26:31.5	1:20.8	140	1:17:03.7	1:02.5	150	56:02.7	2:42:01.4		
117	DON THERON	630	33 M 40-49	189	29:20.9	1:42.0	71	1:13:15.9	1:42.6	157	56:14.6	2:42:16.2		
118	MIKE WHYSALL	665	42 M 30-39	75	25:32.9	1:32.0	85	1:14:22.9	1:52.7	204	59:10.2	2:42:31.0		
119	MILAN DANIZ	419	34 M 40-49	269	31:54.8	1:04.6	94	1:14:45.0	1:44.4	112	53:09.7	2:42:38.6		
120	PAUL SMUTS	615	43 M 30-39	119	27:22.0	1:15.9	53	1:12:19.5	1:09.5	232	1:00:48.9	2:42:56.2		
121	IAN GROVES	470	1 M 60-99	150	28:11.0	1:08.4	104	1:15:20.3	1:50.6	160	56:26.3	2:42:56.9		
122	GERHARD BOLT	386	44 M 30-39	253	31:15.4	3:10.0	88	1:14:26.6	1:32.1	107	52:56.8	2:43:21.3		
123	ETIENNE BESTER	43	45 M 30-39	121	27:26.0	1:05.8	113	1:15:48.0	1:26.9	179	57:38.4	2:43:25.3		
124	ADRIAAN BOOYSEN	389	35 M 40-49	135	27:42.3	1:19.3	110	1:15:35.1	1:09.6	183	57:44.8	2:43:31.3		
125	TIM PRICE	73	20 M 20-29	267	31:45.6	1:05.6	230	1:21:57.6	1:21.0	45	47:27.3	2:43:37.4		
126	MIKE DONALDSON	439	36 M 40-49	120	27:23.7	1:45.4	148	1:17:33.8	1:02.8	149	56:01.1	2:43:47.0		
127	SHELLY BETH RUDOLPH	330	9 F 20-29	47	24:29.2	0:57.1	263	1:23:36.6	1:43.0	110	53:07.8	2:43:53.9		
128	WAYNE GOOD	463	37 M 40-49	179	29:03.8	1:30.9	91	1:14:39.5	1:19.7	181	57:42.8	2:44:16.8		
129	TIMOTHY KEATING	498	38 M 40-49	133	27:36.2	2:41.9	125	1:16:31.1	1:57.7	144	55:37.8	2:44:24.9		
130	LYNNETTE JONES	277	10 F 20-29	206	29:40.5	1:50.5	145	1:17:20.4	1:27.9	125	54:11.3	2:44:30.8		
131	GIUSEPPE ADREANI	364	39 M 40-49							433	2:44:36.0	2:44:36.0		
132	KONSTANT PETZER	581	46 M 30-39	154	28:12.8	2:33.9	122	1:16:20.3	1:23.1	151	56:09.3	2:44:39.6		

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Overall Results**Main Event**

Place	Name	Bib No	AG Place	SWIM		TRANS		BIKE		TRANS		RUN		Total Time
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
133	CHANA PRESTON	26	11 F 20-29	172	28:49.1	1:05.9	218	1:20:59.8	1:18.9	102	52:36.0	2:44:49.9		
134	JAYSON BUYSKES	401	47 M 30-39	219	30:09.3	3:38.4	196	1:19:57.4	1:42.5	72	49:24.3	2:44:52.1		
135	WILLEM GOUWS	465	40 M 40-49	92	26:15.5	3:24.2	162	1:18:20.4	2:04.6	132	54:52.2	2:44:57.1		
136	BOBBY HAMMAN	58	6 M 50-59	369	35:48.2	2:09.0	106	1:15:32.9	1:35.5	81	50:08.5	2:45:14.3		
137	WARREN MONTANO	545	41 M 40-49	82	25:54.9	1:31.3	97	1:14:49.0	1:36.8	241	1:01:23.7	2:45:16.0		
138	ROB DE ZOETEN	429	7 M 50-59	36	23:49.7	1:10.2	215	1:20:57.3	1:22.6	186	57:59.7	2:45:19.7		
139	MARC DANIEL	418	48 M 30-39	146	27:58.9	1:10.8	275	1:24:33.7	1:36.4	80	50:01.6	2:45:21.6		
140	MIA VAN BILJON	35	8 F 30-39	14	22:11.8	0:51.7	242	1:22:25.7	1:07.4	200	58:56.1	2:45:33.0		
141	CARRI-ANN BOTHA	228	9 F 30-39	68	25:25.4	0:47.1	223	1:21:23.3	1:15.0	169	57:04.9	2:45:55.8		
142	MATTHEW MORGAN	551	49 M 30-39	248	31:01.7	1:52.8	77	1:13:44.9	1:08.8	190	58:08.9	2:45:57.3		
143	ROYCE LONG	519	42 M 40-49	247	30:59.4	1:40.8	149	1:17:39.9	1:21.6	130	54:34.8	2:46:16.8		
144	HELENE CRAFFORD	233	12 F 20-29	193	29:25.1	1:46.2	194	1:19:48.2	1:48.0	119	53:32.2	2:46:19.8		
145	CHRIS STURDY	624	43 M 40-49	268	31:53.2	1:42.7	127	1:16:35.2	1:43.2	128	54:28.2	2:46:22.7		
146	ROBIN KELLY	499	44 M 40-49	60	24:59.0	3:26.1	170	1:18:42.3	2:17.8	170	57:07.4	2:46:32.8		
147	WARREN O'LEARY	568	21 M 20-29	22	22:50.2	1:13.8	160	1:18:13.9	1:34.8	256	1:02:45.1	2:46:38.0		
148	ANTHONY BAMFORD	371	22 M 20-29	125	27:27.3	1:51.9	200	1:20:11.4	1:36.0	142	55:35.7	2:46:42.5		
149	MARC FRIEDMAN	457	50 M 30-39	44	24:22.7	1:31.2	264	1:23:45.5	1:43.6	139	55:25.4	2:46:48.6		
150	KEREN ROBERTSON	323	13 F 20-29	24	22:58.1	1:00.9	300	1:26:16.6	1:21.1	138	55:24.9	2:47:01.7		
151	RUSSELL CRAWFORD	411	45 M 40-49	434	40:34.9	3:22.3	225	1:21:30.1	1:58.3	1	39:43.3	2:47:09.0		
152	ANDREW TERWIN	628	46 M 40-49	220	30:16.2	2:25.8	147	1:17:27.3	2:42.2	134	55:05.7	2:47:57.3		
153	DIEGO RODRIGUES	595	23 M 20-29	213	29:59.9	1:34.0	129	1:16:38.4	1:57.0	185	57:54.4	2:48:03.8		
154	TIM DIX	710	8 M 50-59	376	36:16.2	1:21.9	142	1:17:09.9	0:58.3	97	52:17.8	2:48:04.2		
155	ROSS LUTSCH	527	51 M 30-39	346	34:25.8	1:07.2	78	1:13:45.9	1:45.5	173	57:18.9	2:48:23.5		
156	TARYN PETZER	313	10 F 30-39	95	26:24.3	1:25.0	311	1:27:02.7	1:33.5	95	52:08.0	2:48:33.7		
157	JOHAN VAN DER WESTHUIZEN	642	52 M 30-39	255	31:19.1	1:29.2	124	1:16:30.4	1:03.9	192	58:13.4	2:48:36.2		
158	CORLIZE KIRSTEIN LANDMAN	285	11 F 30-39	9	21:48.7	0:47.7	227	1:21:41.9	1:43.2	255	1:02:43.4	2:48:45.1		
159	STEWART MACKAY	528	53 M 30-39	207	29:44.5	1:02.3	210	1:20:38.5	1:12.2	153	56:13.0	2:48:50.7		
160	CARLOS MORAIS	546	24 M 20-29	308	33:04.7	2:27.2	177	1:19:08.8	1:53.2	98	52:19.5	2:48:53.6		
161	ILZE WILLIAMS	355	5 F 40-49	58	24:52.2	1:37.4	151	1:17:40.8	1:45.3	265	1:03:25.4	2:49:21.3		
162	ALFRED NEBE	560	25 M 20-29	18	22:34.8	2:05.6	219	1:21:00.1	1:14.3	254	1:02:37.1	2:49:32.0		
163	MORNE DAY	421	47 M 40-49	217	30:03.3	1:36.8	191	1:19:47.0	2:42.4	137	55:24.6	2:49:34.3		
164	LIZE-MARI HUYSAMEN	272	12 F 30-39	238	30:43.5	2:28.7	211	1:20:41.1	1:48.5	123	53:53.5	2:49:35.4		
165	FRANCOIS LOTTER	521	54 M 30-39	85	26:04.1	1:17.0	178	1:19:10.0	1:48.8	240	1:01:23.3	2:49:43.3		

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Overall Results**Main Event**

Place	Name	Bib No	AG Place	SWIM		TRANS		BIKE		TRANS		RUN		Total Time
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
166	DAVID ROSENSTEIN	598	9 M 50-59	389	36:44.3	1:26.0	79	1:13:53.3	1:48.1	146	55:51.4	2:49:43.4		
167	DIJAN DE WAAL	438	26 M 20-29	84	26:02.3	1:47.3	245	1:22:45.6	1:46.3	174	57:21.6	2:49:43.4		
168	REINHARD ARNDT	40	48 M 40-49	335	34:02.4	1:42.2	209	1:20:38.1	0:56.3	101	52:32.6	2:49:51.9		
169	JUSTIN PITT	585	49 M 40-49	284	32:10.6	1:32.8	195	1:19:53.6	0:56.2	143	55:36.7	2:50:10.1		
170	EMMANUEL ROCCAS	594	50 M 40-49	276	32:01.0	1:23.5	102	1:15:08.2	1:22.3	231	1:00:47.5	2:50:42.7		
171	JOHAN DORFLING	440	55 M 30-39	188	29:20.7	1:33.7	157	1:18:04.4	1:36.2	222	1:00:10.9	2:50:46.0		
172	WERNER THEUNISSEN	631	27 M 20-29	203	29:33.8	1:08.7	154	1:17:54.1	1:25.0	229	1:00:44.7	2:50:46.5		
173	TIAAN EKSTEEN	445	56 M 30-39	163	28:29.8	0:58.2	187	1:19:38.5	1:52.4	218	59:57.3	2:50:56.3		
174	JAN-CHRIS LANDMAN	511	57 M 30-39	115	26:57.0	1:38.5	173	1:18:59.0	3:24.3	219	59:57.5	2:50:56.5		
175	MARK DAVIES	420	58 M 30-39	124	27:27.0	2:46.5	213	1:20:47.8	1:51.7	193	58:14.8	2:51:08.0		
176	CLAUDE MERDJAN	536	28 M 20-29	63	25:05.5	1:05.0	258	1:23:27.4	1:36.1	221	1:00:02.4	2:51:16.6		
177	SHAUN BENNIE	42	29 M 20-29	243	30:56.2	0:56.8	208	1:20:34.0	1:08.6	182	57:43.3	2:51:19.2		
178	AMELIA ELS	247	6 F 40-49	66	25:17.3	2:25.6	158	1:18:04.5	2:08.0	263	1:03:24.4	2:51:20.0		
179	TOBIE SCHALKWYK	78	59 M 30-39	74	25:29.6	0:52.5	128	1:16:36.4	1:13.0	320	1:07:20.2	2:51:31.8		
180	DEBBIE OLEARY	24	13 F 30-39	86	26:04.3	1:06.3	261	1:23:34.4	0:59.0	213	59:49.3	2:51:33.4		
181	ANDRE VAN SOELEN	645	60 M 30-39	205	29:40.4	3:25.8	183	1:19:28.0	2:15.7	166	56:44.1	2:51:34.3		
182	ZOON CRONJE	47	51 M 40-49	294	32:33.4	2:20.7	112	1:15:45.9	1:51.8	201	59:02.5	2:51:34.4		
183	HANFRED WICHMANN	666	61 M 30-39	387	36:41.9	1:38.4	184	1:19:28.7	2:06.8	93	51:58.0	2:51:54.0		
184	JAMES CURTIN	413	30 M 20-29	198	29:29.0	2:57.2	308	1:26:57.5	1:35.3	89	51:04.6	2:52:03.9		
185	GERDA HORN	271	7 F 40-49	298	32:45.9	1:36.9	201	1:20:12.5	1:08.4	159	56:21.3	2:52:05.2		
186	GARY WIID	668	62 M 30-39	129	27:29.7	1:21.9	116	1:16:11.0	1:32.2	298	1:05:33.0	2:52:08.0		
187	CHARL POHLMANN	769	52 M 40-49	223	30:17.2	5:30.1	101	1:15:06.9	2:55.1	195	58:25.3	2:52:14.7		
188	ANTON VAN NIEKERK	86	53 M 40-49	28	23:07.8	1:31.1	202	1:20:15.7	2:06.7	290	1:05:15.9	2:52:17.4		
189	STEFANO CONTARDO	407	63 M 30-39	134	27:39.6	5:59.3	188	1:19:40.0	2:13.5	168	56:55.5	2:52:28.0		
190	VICTORIA ROSE	329	14 F 20-29	90	26:11.6	2:43.0	237	1:22:14.0	1:40.2	211	59:47.7	2:52:36.8		
191	WIMPIE LE ROUX	513	64 M 30-39	379	36:19.4	3:13.3	171	1:18:42.4	1:31.7	108	52:58.0	2:52:44.9		
192	NEIL BUTCHER	398	54 M 40-49	261	31:31.0	2:32.5	199	1:20:10.3	1:50.3	175	57:21.8	2:53:26.1		
193	HAYLEY MEE	146	8 F 40-49	5	21:19.3	0:54.3	197	1:20:02.6	2:45.5	333	1:08:30.6	2:53:32.5		
194	GENEE MEE	298	9 F 40-49	46	24:28.7	1:04.7	247	1:22:52.9	1:42.6	262	1:03:23.9	2:53:32.9		
195	NADINE PRETORIUS	27	14 F 30-39	177	28:56.3	1:00.4	252	1:23:13.0	1:01.1	214	59:50.2	2:54:01.2		
196	CLINTON VALJALO	84	55 M 40-49	313	33:11.1	0:52.4	179	1:19:12.7	1:22.0	208	59:31.6	2:54:09.9		
197	EDWARD SCHOEMAN	605	65 M 30-39	384	36:28.1	1:19.1	205	1:20:24.4	1:21.9	133	55:00.6	2:54:34.3		
198	DONNE ROCHA	326	1 F 50-59	249	31:07.6	1:54.6	283	1:25:05.8	2:04.9	126	54:24.7	2:54:37.7		

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Overall Results**Main Event**

Place	Name	Bib No	AG Place	SWIM		TRANS		BIKE		TRANS		RUN		Total Time
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
199	TERTIUS WESSELS	662	56 M 40-49	235	30:41.8	1:33.2	224	1:21:26.1	1:37.7	215	59:50.3	2:55:09.3		
200	BENNIE SNYMAN	616	57 M 40-49	317	33:21.2	1:24.5	250	1:23:06.0	1:50.5	141	55:31.9	2:55:14.2		
201	HEINZ VOLLMER	655	58 M 40-49	357	34:56.3	2:05.3	150	1:17:40.2	1:21.0	205	59:14.4	2:55:17.5		
202	STEVEN MORTLOCK	553	31 M 20-29	221	30:16.7	2:32.7	244	1:22:42.8	2:15.3	180	57:39.4	2:55:27.1		
203	JACO MULLER	556	66 M 30-39	265	31:43.1	1:49.5	207	1:20:26.7	1:03.0	225	1:00:24.8	2:55:27.2		
204	BERNARD MEYER	539	59 M 40-49	275	32:00.9	2:26.2	260	1:23:33.6	2:19.8	136	55:18.6	2:55:39.3		
205	DEON SCHULENBURG	608	60 M 40-49	241	30:55.8	2:17.0	277	1:24:43.8	1:43.9	148	56:00.8	2:55:41.5		
206	FRITZ POTGIETER	587	61 M 40-49	49	24:33.8	2:04.5	292	1:25:41.0	1:56.5	244	1:01:36.3	2:55:52.3		
207	CANDICE HEPBURN	270	15 F 20-29	101	26:34.5	1:35.9	214	1:20:56.8	1:03.2	301	1:05:47.2	2:55:57.8		
208	LYNETTE FISCHER	135	2 F 50-59	191	29:23.4	1:01.0	144	1:17:18.9	1:13.6	314	1:07:03.7	2:56:00.9		
209	DUAN VAN ZYL	652	67 M 30-39	126	27:28.0	1:24.5	289	1:25:29.6	2:02.9	210	59:38.5	2:56:03.6		
210	DAVID BARTHOLOMEW	374	68 M 30-39	318	33:29.2	1:08.5	130	1:16:39.2	1:50.0	258	1:03:06.1	2:56:13.2		
211	DANIEL SCHMULIAN	603	69 M 30-39	31	23:20.3	1:28.4	282	1:24:56.7	1:19.6	291	1:05:17.4	2:56:22.6		
212	OCKERT FOURIE	454	32 M 20-29	216	30:02.7	2:36.6	182	1:19:21.4	1:11.7	259	1:03:15.5	2:56:28.1		
213	JAY BEHRMANN	377	62 M 40-49	140	27:54.1	1:17.4	181	1:19:19.0	1:29.7	310	1:06:28.1	2:56:28.4		
214	CARLOS DIAZ	433	33 M 20-29	353	34:40.3	2:41.5	96	1:14:45.2	1:08.8	260	1:03:15.7	2:56:31.7		
215	VANESSA DICKINSON	239	15 F 30-39	411	38:00.2	0:55.9	267	1:23:58.8	0:54.7	105	52:43.4	2:56:33.2		
216	DIETER WICHMANN	667	70 M 30-39	192	29:24.7	4:25.3	166	1:18:29.4	4:39.7	216	59:50.3	2:56:49.6		
217	PATRICK LEHMANN	514	71 M 30-39	264	31:37.6	1:14.6	139	1:17:02.2	1:28.4	297	1:05:30.4	2:56:53.4		
218	TREVOR CRAGGS	410	63 M 40-49	286	32:17.3	2:50.5	198	1:20:10.2	1:09.2	226	1:00:36.9	2:57:04.2		
219	JULIET MORGAN	303	16 F 30-39	277	32:01.2	2:32.2	204	1:20:24.0	1:57.8	223	1:00:12.6	2:57:07.9		
220	TERRENCE BROWN	397	64 M 40-49	296	32:35.6	2:28.3	132	1:16:46.0	1:41.4	266	1:03:39.6	2:57:11.1		
221	DUSTIN MCDERMOTT	535	72 M 30-39	185	29:19.3	2:37.8	238	1:22:15.3	3:36.5	206	59:23.3	2:57:12.3		
222	MC VAN ZYL	651	34 M 20-29	106	26:38.2	2:02.0	234	1:22:00.4	1:23.8	293	1:05:21.8	2:57:26.4		
223	JONATHAN DE BEER	422	65 M 40-49	334	33:58.1	2:45.9	163	1:18:23.0	1:32.3	234	1:00:51.9	2:57:31.4		
224	LYNTON SCORGIE	609	73 M 30-39	432	40:27.4	1:36.5	115	1:15:55.6	1:21.7	191	58:12.4	2:57:33.7		
225	PETER MORAVEC	548	66 M 40-49	236	30:42.2	2:22.1	229	1:21:57.4	2:11.9	228	1:00:42.8	2:57:56.6		
226	DIJON TINTINGER	634	74 M 30-39	370	35:56.3	1:42.8	135	1:16:50.0	2:42.4	235	1:00:59.2	2:58:10.9		
227	JAN BESTER	378	75 M 30-39	381	36:25.7	2:14.0	138	1:17:01.2	1:54.5	233	1:00:51.2	2:58:26.7		
228	CATHERINE ROBSON	325	16 F 20-29	118	27:10.2	2:31.8	226	1:21:38.6	1:18.0	303	1:05:50.6	2:58:29.4		
229	JOHANN FOURIE	455	10 M 50-59	416	38:20.7	3:09.2	192	1:19:48.0	2:23.7	131	54:48.0	2:58:29.6		
230	JOHAN BIRGERSON	152	76 M 30-39	436	42:06.3	2:48.0	89	1:14:32.6	2:20.4	165	56:43.9	2:58:31.3		
231	MARK ANDRE SWART	83	11 M 50-59	410	37:59.3	1:24.6	176	1:19:05.8	1:09.2	202	59:03.5	2:58:42.5		

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## Overall Results

### Main Event

Place	Name	Bib No	AG Place	SWIM		TRANS		BIKE		TRANS		RUN		Total Time
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
232	ERNST HATTINGH	478	35 M 20-29	331	33:55.2	2:09.5	203	1:20:18.8	1:45.3	227	1:00:39.4		2:58:48.4	
233	DAVE ABDO	362	67 M 40-49	246	30:59.2	2:23.5	324	1:27:58.6	1:49.5	145	55:40.3		2:58:51.3	
234	DONALD WEIR	660	68 M 40-49	211	29:50.7	3:05.1	175	1:19:04.4	2:05.1	286	1:05:00.1		2:59:05.6	
235	KERRIN LYNCH	201	77 M 30-39	165	28:35.6	2:17.8	185	1:19:29.7	1:32.0	318	1:07:13.8		2:59:09.1	
236	GIDEON JOUBERT	496	69 M 40-49	187	29:20.5	3:30.9	232	1:21:58.9	2:02.0	252	1:02:17.6		2:59:10.1	
237	JED MICHALETOS	67	78 M 30-39	234	30:35.3	1:41.3	284	1:25:07.2	1:33.4	224	1:00:19.2		2:59:16.5	
238	LI-FAN LU	526	79 M 30-39	343	34:14.7	2:36.0	285	1:25:08.3	1:16.9	156	56:14.4		2:59:30.6	
239	RUDI PIENAAR	583	36 M 20-29	228	30:22.6	3:20.9	235	1:22:05.3	1:27.3	251	1:02:16.9		2:59:33.2	
240	WILLIAM ALFRED RIDER	593	37 M 20-29	322	33:35.9	1:23.0	304	1:26:37.6	1:11.1	167	56:46.9		2:59:34.6	
241	MARK ANTONCICH	368	70 M 40-49	282	32:07.1	1:53.7	156	1:18:01.3	2:13.2	295	1:05:25.2		2:59:40.6	
242	CAMERON CONDIE	406	12 M 50-59	441	43:16.1	1:14.8	155	1:17:58.8	1:16.9	147	56:00.2		2:59:46.9	
243	GREG IRVINE-SMITH	62	71 M 40-49	374	36:11.6	1:43.1	123	1:16:22.1	0:00.0	299	1:05:34.0		2:59:50.9	
244	MARISA VAN DER LINDE	36	17 F 30-39	362	35:21.0	1:39.4	169	1:18:37.8	1:35.3	257	1:02:48.4		3:00:02.1	
245	NICOLLE WEIR	351	10 F 40-49	295	32:35.1	2:52.2	279	1:24:53.1	1:32.7	194	58:16.0		3:00:09.3	
246	SHUJIT RANCHHOOJEE	591	72 M 40-49	339	34:06.7	2:13.2	240	1:22:20.8	1:33.5	220	1:00:01.3		3:00:15.7	
247	LISSA PARSONS	310	11 F 40-49	190	29:21.8	2:01.5	337	1:29:45.9	1:09.8	187	58:04.6		3:00:23.7	
248	MARLIESE STEYN	340	12 F 40-49	326	33:42.9	1:21.4	296	1:25:59.2	1:35.2	184	57:50.7		3:00:29.6	
249	ROSALIE BOEZAART	266	17 F 20-29	99	26:30.1	3:29.7	293	1:25:50.0	3:17.2	242	1:01:24.6		3:00:31.8	
250	PAUL CRONJE	412	80 M 30-39	371	35:57.5	2:41.1	255	1:23:18.4	2:34.9	158	56:17.3		3:00:49.4	
251	MERLIN DAMONSE	416	13 M 50-59	280	32:03.9	2:38.7	236	1:22:07.6	2:14.5	248	1:01:53.0		3:00:57.8	
252	SONJA GUERRA	258	13 F 40-49	164	28:30.9	1:48.0	231	1:21:58.7	1:36.3	315	1:07:04.9		3:00:59.0	
253	KYLE SAFFY	601	38 M 20-29	180	29:04.3	1:31.8	167	1:18:32.6	1:08.1	354	1:10:57.7		3:01:14.5	
254	VINA SILVIS	333	18 F 30-39	320	33:32.6	2:27.9	273	1:24:32.5	1:57.3	197	58:44.8		3:01:15.2	
255	JOHAN VAN NIEKERK	85	81 M 30-39	367	35:39.7	1:46.9	288	1:25:21.7	1:56.4	163	56:37.6		3:01:22.4	
256	CRAIG ROGERSON	596	73 M 40-49	271	31:58.8	2:24.4	265	1:23:53.3	1:24.0	246	1:01:45.6		3:01:26.2	
257	TESSA SHELLARD	332	14 F 40-49	424	39:03.6	1:35.8	259	1:23:28.3	1:51.4	140	55:27.7		3:01:27.0	
258	ANTHONY STEWART	621	74 M 40-49	314	33:12.5	1:50.1	131	1:16:40.5	1:25.2	332	1:08:26.8		3:01:35.3	
259	JENNY LIAO	292	19 F 30-39	108	26:46.5	2:15.9	321	1:27:47.8	1:31.0	267	1:03:40.9		3:02:02.4	
260	DIONISIUS DU PLESSIS	442	75 M 40-49	285	32:11.0	2:06.0	270	1:24:16.9	1:40.2	247	1:01:50.2		3:02:04.4	
261	GREGORY HILL	60	14 M 50-59	423	39:03.0	1:18.7	161	1:18:18.6	1:06.0	253	1:02:31.7		3:02:18.2	
262	ZANE SCHALKWYK	77	39 M 20-29	107	26:40.8	1:27.1				432	2:34:11.0		3:02:19.0	
263	TONY HARRIS	477	15 M 50-59	272	31:59.0	1:59.5	220	1:21:14.4	1:17.7	304	1:05:59.4		3:02:30.2	
264	KOBUS VAN VUUREN	649	76 M 40-49	215	30:02.4	2:43.8	134	1:16:48.0	1:34.8	357	1:11:32.6		3:02:41.8	

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Overall Results**Main Event**

Place	Name	Bib No	AG Place	SWIM		TRANS		BIKE		TRANS		RUN		Total Time
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
265	SHELLEY LOTZ	294	20 F 30-39	123	27:26.6	2:46.5	344	1:30:11.5	1:37.8	237	1:01:00.3		3:03:02.9	
266	LOUIS PFEIFFER	582	82 M 30-39	380	36:23.8	2:23.2	153	1:17:45.7	0:40.4	305	1:06:00.7		3:03:14.1	
267	DAVID DE FREITAS	423	83 M 30-39	142	27:55.2	1:40.4	305	1:26:43.4	1:32.9	294	1:05:23.9		3:03:16.0	
268	LAUREN NISH	307	15 F 40-49	167	28:41.9	1:14.7	320	1:27:35.8	1:50.8	273	1:04:07.3		3:03:30.7	
269	KARIN IRVINE-SMITH	273	16 F 40-49	225	30:19.0	1:00.3	280	1:24:54.8	1:38.6	300	1:05:44.6		3:03:37.5	
270	CHRISTOPHER SMITH	613	84 M 30-39	299	32:46.5	1:00.6	269	1:24:11.1	1:10.6	277	1:04:32.0		3:03:40.9	
271	JOHN KUDSEE	509	85 M 30-39	382	36:26.4	1:16.4	256	1:23:21.6	1:45.8	236	1:01:00.0		3:03:50.4	
272	KELEIGH HENDRIKS	268	21 F 30-39	304	32:54.7	1:19.1	257	1:23:23.1	1:27.7	284	1:04:48.4		3:03:53.2	
273	WESSEL-LOUIS JACOBSZ	491	86 M 30-39	283	32:07.4	2:26.5	212	1:20:43.7	1:53.2	311	1:06:46.3		3:03:57.3	
274	GF HEYNS	483	77 M 40-49	393	37:20.3	3:30.9	228	1:21:52.0	1:48.0	207	59:27.7		3:03:59.0	
275	GRANT MORGAN	549	40 M 20-29	360	35:08.9	1:58.1	385	1:35:35.3	1:28.9	79	49:54.3		3:04:05.7	
276	FERDIE HUISAMEN	488	41 M 20-29	392	37:15.8	2:26.3	222	1:21:22.5	2:11.3	239	1:01:17.3		3:04:33.4	
277	MAGALI DE LA KETHULLE DE	237	18 F 20-29	287	32:17.5	1:38.1	325	1:28:05.1	1:37.1	238	1:01:02.0		3:04:40.0	
278	GAVIN HEROLD	482	87 M 30-39	186	29:20.2	2:55.2	233	1:21:59.1	3:35.9	316	1:07:09.9		3:05:00.5	
279	WIEHANN JOUBERT	494	88 M 30-39	383	36:27.0	2:39.3	172	1:18:55.4	2:20.5	281	1:04:43.8		3:05:06.1	
280	ZELDA PRINSLOO	318	22 F 30-39	175	28:54.1	1:25.7	301	1:26:22.1	1:10.8	319	1:07:14.1		3:05:07.0	
281	CRAIG DINGLE	436	89 M 30-39	59	24:56.4	0:59.1	271	1:24:31.0	1:44.9	370	1:13:00.4		3:05:12.0	
282	ANNERIE KRUGER	288	23 F 30-39	439	42:35.3	2:26.3	350	1:31:16.7	1:13.4	49	47:52.8		3:05:24.7	
283	JOHAN PUTTER	589	42 M 20-29	197	29:28.3	5:41.2	327	1:28:14.9	3:09.0	199	58:54.8		3:05:28.3	
284	GAVIN GAIZLEY	55	78 M 40-49	224	30:17.5	1:31.7	309	1:27:01.3	1:20.2	292	1:05:21.5		3:05:32.4	
285	VILMA ERASMUS	249	19 F 20-29	183	29:13.4	2:36.3	333	1:29:20.4	2:12.0	250	1:02:14.9		3:05:37.2	
286	SASHA BASSON	224	20 F 20-29	157	28:14.6	2:05.8	329	1:28:38.2	1:34.4	288	1:05:11.3		3:05:44.5	
287	DEON VAN DEN BERG	639	79 M 40-49	67	25:23.4	1:08.6	86	1:14:25.0	1:37.5	416	1:23:32.0		3:06:06.6	
288	CRAIG BOORSMA	388	90 M 30-39	344	34:15.3	3:03.2	276	1:24:36.8	2:22.0	249	1:01:58.2		3:06:15.8	
289	RENATE FESEL	252	24 F 30-39	174	28:52.4	1:54.2	400	1:38:06.2	1:19.9	161	56:27.0		3:06:39.9	
290	STRUAN ANDERSON	366	91 M 30-39	230	30:28.1	1:38.8	239	1:22:17.1	2:11.3	352	1:10:32.4		3:07:07.9	
291	ROSS CEDERWALL	403	2 M 60-99	270	31:56.7	0:47.8	332	1:29:06.7	1:53.1	264	1:03:24.7		3:07:09.1	
292	MATTHEW DANIEL	417	43 M 20-29	245	30:59.0	2:55.1	262	1:23:34.4	2:09.9	324	1:07:41.8		3:07:20.4	
293	GARY BUTLER	399	16 M 50-59	312	33:10.8	2:18.0	302	1:26:23.8	1:52.4	268	1:03:41.1		3:07:26.3	
294	MEGAN WILLIAMS	354	17 F 40-49	390	36:46.9	2:38.1	367	1:33:14.4	1:50.3	118	53:29.5		3:07:59.2	
295	MARLET SWART	341	18 F 40-49	330	33:49.9	4:28.2	326	1:28:06.9	2:46.1	203	59:04.5		3:08:15.8	
296	DANIEL ROODT	76	44 M 20-29	412	38:03.9	1:50.2	291	1:25:35.2	1:37.0	243	1:01:30.9		3:08:37.3	
297	JESSICA TAYLOR	33	21 F 20-29	64	25:05.5	1:59.6	406	1:39:02.5	1:45.9	230	1:00:47.3		3:08:41.1	

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Overall Results**Main Event**

Place	Name	Bib No	AG Place	SWIM		TRANS		BIKE		TRANS		RUN		Total Time
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
298	ANDREA SNYMAN	32	22 F 20-29	256	31:23.6	1:57.7	374	1:34:01.4	1:26.1	217	59:53.8	3:08:42.9		
299	MARIA HATTINGH	265	23 F 20-29	240	30:55.0	2:13.6	342	1:30:05.4	2:04.5	271	1:03:50.0	3:09:08.6		
300	MICHELLE SMITH	336	25 F 30-39	319	33:29.7	2:01.7	241	1:22:23.7	1:40.3	346	1:09:50.9	3:09:26.5		
301	KARIN CARR	231	19 F 40-49	210	29:49.5	2:16.2	348	1:30:52.1	1:47.5	285	1:04:54.2	3:09:39.7		
302	ALISA BOTHA	227	26 F 30-39	278	32:01.9	3:34.8	375	1:34:02.1	1:37.0	196	58:30.7	3:09:46.7		
303	NIKOLA MLADENOVIC	543	45 M 20-29	158	28:20.4	3:29.1	330	1:28:47.2	2:04.5	317	1:07:11.2	3:09:52.5		
304	MAUREEN MOSSOP	305	20 F 40-49	305	32:54.9	2:04.3	351	1:31:36.3	1:35.9	245	1:01:43.4	3:09:55.0		
305	CHRISTELLE MAREE	296	27 F 30-39	396	37:22.7	3:02.4	254	1:23:17.5	2:11.9	274	1:04:10.3	3:10:05.0		
306	ANDREW LATIMER	512	80 M 40-49	291	32:29.6	1:35.8	313	1:27:10.5	1:35.8	321	1:07:27.4	3:10:19.3		
307	PETER SCHMITZ	79	92 M 30-39	324	33:37.8	2:14.0	361	1:32:30.7	2:11.0	212	59:48.1	3:10:21.7		
308	JONATHON MEYER	537	46 M 20-29	208	29:45.2	1:50.4	316	1:27:23.3	2:33.5	336	1:08:54.7	3:10:27.2		
309	NIELS PENZHORN	580	81 M 40-49	194	29:25.2	2:46.5	405	1:38:52.7	1:41.9	189	58:08.6	3:10:55.0		
310	KAREN OLEARY	309	3 F 50-59	152	28:12.2	2:03.1	382	1:35:05.6	1:30.9	272	1:04:04.0	3:10:55.9		
311	GEORGE DIAB	432	47 M 20-29	355	34:44.8	3:23.3	303	1:26:29.9	1:38.1	283	1:04:48.3	3:11:04.5		
312	JONATHAN KRETZMER	508	93 M 30-39	359	35:07.3	2:23.0	310	1:27:01.9	1:53.4	280	1:04:43.0	3:11:08.8		
313	JEAN-PIERRE VAN STADEN	646	82 M 40-49	170	28:45.6	3:17.4	268	1:24:05.9	2:03.7	371	1:13:02.2	3:11:14.9		
314	KLASIE WESSELS	633	17 M 50-59	363	35:23.2	2:54.2	246	1:22:47.8	1:36.6	337	1:08:58.7	3:11:40.7		
315	DEIDRE HERBST	18	21 F 40-49	341	34:14.0	1:53.1	340	1:30:01.4	1:27.9	276	1:04:18.7	3:11:55.3		
316	CAROLINE HENRY	115	22 F 40-49	337	34:05.5	1:13.3	336	1:29:36.0	1:32.8	296	1:05:28.1	3:11:55.9		
317	PIERRE HATTINGH	479	94 M 30-39	257	31:25.7	3:54.0	287	1:25:18.4	1:40.0	347	1:09:51.0	3:12:09.2		
318	ANNA SCHOEMAN	331	4 F 50-59	290	32:24.6	2:24.6	298	1:26:07.9	1:47.0	348	1:09:56.0	3:12:40.2		
319	GREG KIETZMANN	502	18 M 50-59	388	36:43.0	1:38.6	299	1:26:14.1	1:40.3	308	1:06:26.5	3:12:42.6		
320	JONATHAN HURWITZ	489	48 M 20-29	385	36:36.4	2:32.7	362	1:32:45.7	1:36.8	209	59:37.6	3:13:09.4		
321	DAVID GREGOR	467	83 M 40-49	372	36:03.3	2:38.0	251	1:23:08.3	1:35.5	345	1:09:48.5	3:13:13.8		
322	REENEN DE VILLIERS	427	3 M 60-99	342	34:14.7	3:01.8	295	1:25:52.5	2:12.0	328	1:08:01.3	3:13:22.3		
323	CHANDRE BUYS	400	95 M 30-39	307	32:59.4	1:15.9	272	1:24:31.4	1:43.7	373	1:13:07.9	3:13:38.5		
324	MEGAN WALTERS	349	24 F 20-29	131	27:32.8	2:08.1	365	1:33:12.8	2:04.5	335	1:08:50.2	3:13:48.6		
325	ROBERT CARSON	402	19 M 50-59	184	29:17.4	4:04.5	370	1:33:27.1	1:50.7	287	1:05:08.7	3:13:48.6		
326	ELIZABETH MAARTENS	295	25 F 20-29	98	26:29.7	1:21.3	376	1:34:11.1	1:35.6	349	1:10:11.4	3:13:49.4		
327	HANRO MARKS	534	49 M 20-29	419	38:40.7	1:07.4	221	1:21:17.5	0:56.4	361	1:11:57.1	3:13:59.2		
328	LEIGH BUYS	229	23 F 40-49	327	33:43.9	3:28.5	401	1:38:22.2	1:20.3	171	57:09.6	3:14:04.7		
329	JAMES KING	503	20 M 50-59	408	37:54.9	1:33.4	253	1:23:16.1	2:05.5	339	1:09:21.7	3:14:11.8		
330	CHRISTINE TAYLER	342	28 F 30-39	147	28:03.8	2:24.0	307	1:26:50.3	1:24.4	389	1:15:47.8	3:14:30.5		

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Place	Name	Bib No	AG Place	SWIM		TRANS		BIKE		TRANS		RUN		Total Time
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
331	BOETA STEYN	622	50 M 20-29	329	33:48.9	2:35.0	216	1:20:58.7	2:28.9	382	1:14:59.3	3:14:51.0		
332	CONNIE RETIEF	592	96 M 30-39	293	32:31.8	3:21.8	274	1:24:33.4	1:43.5	367	1:12:48.7	3:14:59.4		
333	CHRISTIAAN DORFLING	441	84 M 40-49	349	34:33.5	3:15.7	249	1:23:05.7	1:53.8	365	1:12:20.8	3:15:09.7		
334	ARNU DE KOCK	425	51 M 20-29	351	34:38.2	3:23.5	349	1:31:03.0	2:50.6	261	1:03:21.4	3:15:16.7		
335	CLAIRE CAMPBELL	93	26 F 20-29	214	30:00.7	2:44.3	357	1:32:03.6	2:14.2	330	1:08:15.3	3:15:18.3		
336	PETER FREEMAN	54	85 M 40-49	199	29:30.3	1:36.6	335	1:29:27.5	1:59.3	369	1:12:55.2	3:15:29.2		
337	PHILLIP VAN DYK	644	97 M 30-39	266	31:43.4	4:57.3	290	1:25:29.6	4:04.2	343	1:09:37.9	3:15:52.6		
338	NEIL VOLLER	654	21 M 50-59	401	37:34.9	3:10.8	317	1:27:25.7	1:28.6	307	1:06:22.3	3:16:02.5		
339	NICOLA ERASMUS	251	5 F 50-59	137	27:46.9	3:07.4	408	1:39:37.2	2:09.5	269	1:03:43.1	3:16:24.2		
340	ALISON RITCHIE	322	24 F 40-49	102	26:34.6	1:38.5	341	1:30:05.2	1:25.4	398	1:16:44.6	3:16:28.5		
341	CELESTE ERASMUS	16	29 F 30-39	321	33:35.0	0:54.8	297	1:26:03.3	1:12.9	379	1:14:44.3	3:16:30.4		
342	PAUL BAILEY	370	86 M 40-49	358	35:04.4	1:30.2	354	1:31:49.9	1:52.1	309	1:06:26.9	3:16:43.6		
343	VERONICA MITCHELL	301	6 F 50-59	361	35:13.5	2:44.7	356	1:32:02.8	2:04.6	279	1:04:38.5	3:16:44.2		
344	BRETT HENDRIKS	480	87 M 40-49	292	32:30.7	1:26.4	286	1:25:18.1	2:40.3	383	1:15:14.5	3:17:10.1		
345	MARK MORAVEC	547	88 M 40-49	352	34:39.0	3:33.3	312	1:27:07.9	3:07.2	334	1:08:45.4	3:17:13.1		
346	LINETTE VAN DER MERWE	37	27 F 20-29	301	32:50.2	0:59.7	328	1:28:25.2	1:19.1	375	1:13:40.2	3:17:14.6		
347	JOHANN CLAASSEN	405	22 M 50-59	438	42:18.4	1:34.2	314	1:27:12.5	2:11.9	278	1:04:33.6	3:17:50.8		
348	JAICEE BAM	41	98 M 30-39	422	39:02.7	2:34.2	338	1:29:53.0	2:45.1	270	1:03:43.7	3:17:58.9		
349	WILLIE MYBURGH	689	89 M 40-49	252	31:10.8	2:59.1	377	1:34:29.0	1:34.4	325	1:07:51.8	3:18:05.4		
350	DIANE KELWAY	281	25 F 40-49	227	30:22.4	2:01.8	399	1:37:56.9	1:26.2	313	1:06:55.5	3:18:43.1		
351	WOUTER VAN WERKHOVEN	650	90 M 40-49	260	31:30.4	3:21.6	315	1:27:17.6	1:47.4	381	1:14:45.9	3:18:43.2		
352	DUNCAN KOLVER	506	91 M 40-49	311	33:06.9	2:30.2	346	1:30:29.4	2:20.8	351	1:10:19.5	3:18:47.0		
353	JAAP NEL	563	92 M 40-49	417	38:30.1	3:21.9	343	1:30:08.1	1:34.6	289	1:05:14.7	3:18:49.6		
354	TARREN MEYER	299	26 F 40-49	425	39:12.4	3:30.0	393	1:37:00.6	3:00.3	154	56:13.3	3:18:56.9		
355	RENIEL ENGELBRECHT	447	93 M 40-49	289	32:23.9	3:09.9	358	1:32:15.2	2:23.5	338	1:09:13.5	3:19:26.2		
356	JACQUES OBERHOLZER	570	99 M 30-39	332	33:56.0	2:33.9	248	1:23:00.2	1:49.5	405	1:18:17.3	3:19:37.1		
357	ANDRE HOLL	484	100 M 30-39	273	31:59.6	1:03.8	318	1:27:26.1	2:00.3	399	1:17:09.7	3:19:39.6		
358	BRETT ELSE	446	52 M 20-29	244	30:59.0	3:11.9	281	1:24:55.4	2:10.2	406	1:18:28.9	3:19:45.5		
359	JENNIFER LAWRENCE	290	30 F 30-39	229	30:25.3	1:25.4	334	1:29:22.6	1:30.7	400	1:17:15.0	3:19:59.1		
360	ALET WICHMANN	353	31 F 30-39	338	34:06.2	3:27.7	345	1:30:29.4	2:22.2	342	1:09:37.0	3:20:02.7		
361	RAJEN RANCHHOOJEE	590	101 M 30-39	398	37:23.3	2:47.9	323	1:27:58.6	2:27.1	340	1:09:32.4	3:20:09.5		
362	STEPHANIE THOMPSON	344	32 F 30-39	226	30:22.4	2:54.2	403	1:38:36.7	1:58.3	306	1:06:19.4	3:20:11.2		
363	ETIENNE ERASMUS	448	102 M 30-39	281	32:05.4	2:21.7	331	1:28:51.3	2:57.6	377	1:14:07.5	3:20:23.7		

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Overall Results**Main Event**

Place	Name	Bib No	AG Place	SWIM		TRANS		BIKE		TRANS		RUN		Total Time
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
364	TARRYN GORDON-BENNETT	356	33 F 30-39	405	37:45.2	3:12.2	355	1:32:01.7	3:11.5	275	1:04:16.6	3:20:27.4		
365	LORNE HALLENDORFF	472	53 M 20-29	127	27:28.9	2:32.3	389	1:36:02.9	3:02.0	356	1:11:26.4	3:20:32.5		
366	JASON THERON	629	103 M 30-39	87	26:05.4	4:35.5	371	1:33:43.1	2:48.2	388	1:15:45.2	3:22:57.5		
367	COLETTE UNDERHAY	345	34 F 30-39	303	32:53.4	1:34.5	402	1:38:32.1	1:38.0	331	1:08:22.6	3:23:00.7		
368	TOMMY HANEKOM	475	23 M 50-59	435	41:20.7	1:29.5	294	1:25:50.8	2:52.9	363	1:12:06.3	3:23:40.5		
369	SHANI FRONEMAN	254	35 F 30-39	365	35:31.6	2:27.5	390	1:36:09.1	2:27.2	323	1:07:37.9	3:24:13.6		
370	BRONWYN ANDERSON	223	28 F 20-29	218	30:06.9	2:17.5	396	1:37:29.9	2:14.2	372	1:13:05.1	3:25:13.8		
371	MARY KING	284	7 F 50-59	404	37:43.7	1:38.4	363	1:32:46.4	1:40.9	355	1:11:26.1	3:25:15.7		
372	ANNE-MARIE STANISAVLJEVIC	338	27 F 40-49	237	30:42.4	3:37.4	426	1:43:53.1	2:18.2	282	1:04:45.0	3:25:16.2		
373	LIZELLE SCHREUDER	30	36 F 30-39	394	37:20.9	2:22.8	391	1:36:22.9	1:36.9	322	1:07:36.3	3:25:19.9		
374	KYLIN WATSON	350	29 F 20-29	145	27:57.1	2:24.8	398	1:37:48.0	1:55.1	386	1:15:24.8	3:25:30.0		
375	ALEXANDRA SLY	335	30 F 20-29	306	32:58.2	2:15.2	372	1:33:53.8	1:37.5	380	1:14:45.5	3:25:30.5		
376	SALLY ALLEN	222	28 F 40-49	414	38:09.6	2:22.2	384	1:35:17.2	1:56.8	329	1:08:03.9	3:25:49.9		
377	CHARN SWART	626	94 M 40-49	400	37:34.1	4:38.8	369	1:33:26.4	3:39.4	312	1:06:52.9	3:26:11.8		
378	IOANNA ZOGRAFOS	360	37 F 30-39	254	31:18.7	3:57.5	404	1:38:49.1	2:30.6	344	1:09:44.9	3:26:21.0		
379	PETRI BESTER	13	31 F 20-29	231	30:30.8	2:30.0	388	1:35:57.8	1:26.7	391	1:16:03.0	3:26:28.5		
380	ALYSSA LEAS	291	32 F 20-29	406	37:47.6	2:13.3	397	1:37:35.0	1:20.2	326	1:07:56.0	3:26:52.2		
381	CHRISTA VENTER	347	29 F 40-49	395	37:22.2	2:18.9	378	1:34:49.8	1:39.3	353	1:10:45.5	3:26:55.9		
382	CORNE NEL	23	30 F 40-49	356	34:49.8	2:07.5	353	1:31:41.8	2:23.8	393	1:16:17.3	3:27:20.5		
383	GERRIT MAREE	531	104 M 30-39	368	35:40.5	2:31.1	319	1:27:33.3	1:53.5	408	1:19:46.5	3:27:25.1		
384	JODIE MITCHELL	300	33 F 20-29	340	34:06.8	2:18.3	410	1:39:45.2	1:57.1	341	1:09:36.0	3:27:43.6		
385	LAURA WOJTOWITZ	358	34 F 20-29	345	34:19.4	3:43.5	387	1:35:49.7	3:50.0	350	1:10:12.8	3:27:55.6		
386	LISA-ANNE DALY	236	31 F 40-49	378	36:17.4	3:09.8	366	1:33:13.4	2:18.5	374	1:13:18.2	3:28:17.5		
387	WERNER MYBURGH	558	105 M 30-39	262	31:32.2	7:16.2	373	1:33:57.3	3:28.4	362	1:12:03.7	3:28:18.0		
388	LEON SPAMERS	617	95 M 40-49	420	38:45.0	2:34.8	347	1:30:38.8	3:33.2	366	1:12:47.4	3:28:19.4		
389	ALEXANDRA HILL	19	32 F 40-49	251	31:09.7	2:01.4	409	1:39:39.3	1:47.2	385	1:15:17.5	3:29:55.3		
390	SUSAN PRETORIUS	28	8 F 50-59	373	36:07.5	2:29.3	352	1:31:38.8	3:11.3	396	1:16:31.7	3:29:58.8		
391	THORSTEN SCHROEDER	607	4 M 60-99	300	32:47.0	2:28.6	339	1:29:56.7	3:36.4	412	1:22:14.7	3:31:03.7		
392	GERAN OBERHOLZER	569	54 M 20-29	409	37:58.5	3:57.4	368	1:33:18.1	2:03.3	376	1:13:54.9	3:31:12.3		
393	LEANNE WINNAN	357	35 F 20-29	103	26:34.9	2:39.2	266	1:23:57.3	3:00.6	427	1:35:07.2	3:31:19.4		
394	HEINRICH JOOSTEN	493	106 M 30-39	430	40:11.8	2:20.5	379	1:34:55.0	2:20.8	358	1:11:36.0	3:31:24.3		
395	RUI GONCALVES	57	107 M 30-39	242	30:56.1	1:12.9	278	1:24:47.5	2:36.1	424	1:32:24.0	3:31:56.8		
396	BELINDA SKINNER	334	33 F 40-49	429	39:59.0	2:30.5	415	1:41:11.6	2:42.4	302	1:05:47.4	3:32:11.2		

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Overall Results**Main Event**

Place	Name	Bib No	AG Place	SWIM		TRANS		BIKE		TRANS		RUN		Total Time
				Rnk	Time	Time	Rnk	Time	Time	Rnk	Time			
397	BRIGITTE KOLVER	287	34 F 40-49	336	34:04.3	2:22.4	364	1:33:04.0	2:06.6	409	1:20:44.2		3:32:21.7	
398	NAOMI ROETS	328	36 F 20-29	323	33:37.0	3:22.5	418	1:41:24.7	2:20.0	359	1:11:40.7		3:32:25.1	
399	REYNARDT DEMINEY	431	108 M 30-39	258	31:27.5	2:53.6	360	1:32:28.8	3:09.9	417	1:23:44.3		3:33:44.3	
400	ALASDAIR MULLER	555	55 M 20-29	347	34:29.1	1:56.5	411	1:40:15.4	1:01.7	390	1:16:01.4		3:33:44.4	
401	JOHN KANNEMEYER	497	96 M 40-49	377	36:17.1	2:25.6	380	1:34:57.5	2:40.6	403	1:17:38.0		3:33:59.0	
402	TARYN KERR	283	37 F 20-29	428	39:50.3	3:21.3	394	1:37:09.5	1:52.9	364	1:12:11.4		3:34:25.6	
403	CLAUDIA ELSE	248	38 F 20-29	212	29:56.9	2:29.6	430	1:45:41.6	1:27.1	387	1:15:42.5		3:35:17.8	
404	WENDY JOUBERT	278	35 F 40-49	350	34:34.2	3:12.1	427	1:44:12.0	2:28.8	360	1:11:52.1		3:36:19.3	
405	EMDA HANKEY	260	36 F 40-49	407	37:50.3	2:32.2	383	1:35:16.2	2:38.3	404	1:18:04.4		3:36:21.5	
406	FRANCOISE CHANT PINILLOS	314	38 F 30-39	402	37:36.3	3:04.6	414	1:41:09.1	1:49.0	368	1:12:48.9		3:36:28.1	
407	SHANNON KELLY	280	39 F 20-29	182	29:07.9	4:26.2	432	1:46:06.6	2:15.6	392	1:16:13.1		3:38:09.6	
408	EMMA LOMBAARD	293	37 F 40-49	366	35:39.1	2:23.9	381	1:35:05.0	1:59.3	419	1:24:14.7		3:39:22.1	
409	THABANG OLIPHANT	571	56 M 20-29	386	36:41.5	3:33.7	392	1:36:23.2	2:27.8	410	1:21:25.0		3:40:31.4	
410	ANEES NOSARKA	566	109 M 30-39	375	36:13.9	3:17.5	421	1:43:03.8	1:34.2	395	1:16:22.0		3:40:31.7	
411	WERNER WILMOT	670	110 M 30-39	315	33:16.0	3:42.3	386	1:35:43.7	2:00.3	421	1:26:27.4		3:41:09.8	
412	NINA REICH	136	38 F 40-49	399	37:29.6	1:56.6	407	1:39:31.5	3:16.1	411	1:21:42.2		3:43:56.1	
413	JENNIFER PENNACCHINI	312	39 F 40-49	328	33:48.1	3:03.0	416	1:41:12.0	2:40.7	418	1:23:51.9		3:44:35.8	
414	MICHELLE PORTER	315	39 F 30-39	403	37:36.3	2:59.1	424	1:43:47.2	2:13.2	407	1:18:52.2		3:45:28.2	
415	KIRSTEN WILLIS	137	40 F 20-29	316	33:21.2	3:05.4	431	1:46:03.9	2:31.3	413	1:22:22.0		3:47:24.0	
416	BRIDGETTE FAIRAN	99	40 F 40-49	418	38:33.6	1:21.1	425	1:43:51.4	1:27.3	414	1:22:26.6		3:47:40.1	
417	MITESH PEMA	578	111 M 30-39	391	37:09.3	3:08.8	436	1:49:35.7	1:34.7	394	1:16:18.4		3:47:47.1	
418	LYDIA WENTZEL	352	40 F 30-39	413	38:06.0	2:48.8	440	1:57:19.6	1:37.7	327	1:08:00.7		3:47:53.0	
419	HANRI VAN WYNGAARD	147	41 F 40-49	426	39:28.4	4:38.9	434	1:47:28.9	2:00.5	378	1:14:30.7		3:48:07.7	
420	DELYSE VAN BREDA	184	41 F 30-39	263	31:32.6	1:47.8	420	1:42:02.5	1:43.2	425	1:32:58.3		3:50:04.6	
421	ANLIA POSTMA	316	41 F 20-29	421	38:55.2	2:44.6	413	1:40:25.1	0:00.0	422	1:29:00.4		3:51:05.4	
422	FRANCOIS DE KOCK	424	57 M 20-29	279	32:02.3	3:44.1				434	3:17:28.5		3:53:15.0	
423	PAUL HOLLIS	485	97 M 40-49	325	33:38.7	3:35.2	439	1:57:09.5	2:16.8	397	1:16:43.3		3:53:23.8	
424	PIETER POTGIETER	72	112 M 30-39	442	45:48.5	3:18.9	433	1:46:34.9	1:45.7	401	1:17:27.4		3:54:55.5	
425	NATASHA DENIS ROWSON	238	42 F 40-49	364	35:27.2	2:44.8	428	1:44:57.6	2:11.1	423	1:29:36.5		3:54:57.3	
426	JANES MARKS	533	58 M 20-29	446	1:02:01.1	3:36.5	359	1:32:17.6	1:59.6	384	1:15:14.7		3:55:09.6	
427	LOUIS VAN WYNGAARD	202	98 M 40-49	397	37:23.1	3:57.9	435	1:49:18.5	2:52.7	415	1:22:40.1		3:56:12.5	
428	WARWICK VAN BREDA	638	113 M 30-39	427	39:32.4	1:47.5	417	1:41:17.0	2:23.2	426	1:33:03.6		3:58:04.0	
429	DAVID YOUNG	359	5 M 60-99	431	40:22.1	4:09.7	395	1:37:20.2	2:00.4	429	1:36:31.6		4:00:24.1	

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<u>Place</u>	<u>Name</u>	<u>Bib No</u>	<u>AG Place</u>	<u>SWIM</u>		<u>TRANS</u>		<u>BIKE</u>		<u>TRANS</u>		<u>RUN</u>		<u>Total Time</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>			
430	PETRUS BOTHA	392	59 M 20-29	444	50:31.5	4:36.1	429	1:45:20.5		2:31.2	402	1:17:27.9	4:00:27.2	
431	LAURENCE VON SOLMS	657	24 M 50-59	443	49:00.4	2:04.1	423	1:43:13.1		1:36.0	420	1:24:38.9	4:00:32.7	
432	GERALDINE HARRIS	263	43 F 40-49	440	42:51.6	2:44.0	419	1:41:53.7		2:20.1	430	1:37:08.8	4:06:58.5	
433	UNATHI KUNENE	510	114 M 30-39	445	54:34.9	4:43.6	422	1:43:04.9		2:32.1	428	1:35:28.0	4:20:23.8	
434	GILL READ	319	9 F 50-59	433	40:32.0	4:22.0	437	1:51:11.0		3:57.0	431	1:42:12.2	4:22:14.4	
DNF	MICHAEL FAIRON	452	M 40-49	94	26:22.5	1:01.7	18	1:08:12.8		3:47.2				
DNF	JESSICA DIGNON	241	F 20-29	10	21:52.5	0:57.5	136	1:16:58.4		3:08.0				
DNF	DINO MARKANTONIS	532	M 20-29	161	28:28.7	1:31.2	186	1:19:36.5		1:23.5				
DNF	JACQUELINE KOCH	21	F 30-39	138	27:48.5	1:01.2	243	1:22:30.9		1:19.8				
DNF	JAYDE OBRIEN	308	F 30-39	54	24:42.5	1:41.1	306	1:26:43.4		1:49.4				
DNF	DEBORAH HARROLD	264	F 50-59	130	27:30.8	2:37.5	322	1:27:51.0		2:10.1				
DNF	KEIRAN REILLY	74	M 30-39	333	33:56.2	3:56.8	412	1:40:18.7		2:41.2				
DNF	ANGELA TERWIN	343	F 40-49					3:21:59.3		7:56.3				
DNF	JOHN MIDDLEWICK	540	M 30-39	132	27:33.0	1:12.3	206	1:20:25.6						
DNF	TRACY ALEXANDER	221	F 40-49	415	38:14.9	3:15.4	438	1:57:04.5						
DNF	KRISTIAN FESEL	164	M 40-49	209	29:46.2	1:24.5								
DNF	DYLAN MISSING	541	M 30-39	302	32:53.3	1:10.6								
DNF	BETTINA KLEIN	286	F 30-39	437	42:08.1	2:00.3								
DNF	TOBIE BASSON	375	M 20-29	447	3:39:58.3									
DQ	RIAA SWANEPOEL	691	DQ M 20-29	8	21:34.6	1:10.6	DQ	54:06.0		5:11.5	211	59:44.4	2:21:47.3	