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2019 HIGHGATE INTER PROVINCIAL - OUDTSHOORN (2019-02-02)

RESULTS

Under 8 Boys

SA Record = 3500 (Not Applicable - 2018) **Provincial Record = 2277.75** (Linwin Pedro - 2019-01-15) **Open Record = 2379**
(Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	7918	Tiaan	Wessels	BOR A Team	01:20.08	1164.6	00:18.17	1168.3	2332.9
2	8481	Bjorn	Maree	EP A Team	01:17.78	1176.1	00:20.51	1144.9	2321
3	7109	Connor	Mote	EP A Team	01:18.41	1172.95	00:23.33	1116.7	2289.65
4	9575	Wian	Van der Merwe	BOL A Team	01:21.61	1156.95	00:21.95	1130.5	2287.45
5	7570	Delmar	Benecke	WP A Team	01:19.65	1166.75	00:23.63	1113.7	2280.45
6	2878	Linwin	Pedro	EDEN A Team	01:24.87	1140.65	00:21.40	1136	2276.65
7	9484	Kyle	Snyders	BOL C Team	01:25.00	1140	00:21.43	1135.7	2275.7
8	5920	Connor	Kemp	EP A Team	01:21.91	1155.45	00:23.62	1113.8	2269.25
9	6289	Stiaan	Mouton	BOL A Team	01:16.54	1182.3	00:26.53	1084.7	2267

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
10	9698	Samuel	Proctor	EDEN A Team	01:21.28	1158.6	00:24.81	1101.9	2260.5
11	2729	Pieter-Hugo	Louw	BOL B Team	01:33.04	1099.8	00:19.53	1154.7	2254.5
12	7280	Arno	Nortjie	EP A Team	01:25.91	1135.45	00:23.18	1118.2	2253.65
13	5919	Caylem	Kemp	EP A Team	01:27.01	1129.95	00:22.73	1122.7	2252.65
14	7423	Jan	Phillips	BOL A Team	01:30.18	1114.1	00:21.95	1130.5	2244.6
15	6516	Dylan	Haarhoff	BOL A Team	01:27.50	1127.5	00:23.56	1114.4	2241.9
16	4702	Franko	Peters	WP A Team	01:24.55	1142.25	00:25.64	1093.6	2235.85
17	2145	Louis	Andrag	WP A Team	01:32.10	1104.5	00:21.93	1130.7	2235.2
18	9138	Garth	Wearing	WP A Team	01:29.33	1118.35	00:23.32	1116.8	2235.15
19	5302	Connan	Wentzel	BOL A Team	01:22.99	1150.05	00:26.53	1084.7	2234.75
20	5559	Charl	Geissler	EP B Team	01:27.53	1127.35	00:24.46	1105.4	2232.75
21	7279	Hanre	Vermaak	EP B Team	01:31.72	1106.4	00:23.44	1115.6	2222
22	8735	Hein	Bruwer	BOL C Team	01:31.01	1109.95	00:24.57	1104.3	2214.25
23	5571	Marcel	November	WP A Team	01:32.61	1101.95	00:24.38	1106.2	2208.15
24	6724	Jayden	Viduya	EP B Team	01:43.41	1047.95	00:20.35	1146.5	2194.45
25	8726	Alexander	Wetzi	WP B Team	01:28.91	1120.45	00:27.93	1070.7	2191.15
26	7234	Bertus	Mong	BOL B Team	01:30.57	1112.15	00:27.52	1074.8	2186.95
27	9695	Geo	Ellis	BOL B Team	01:27.22	1128.9	00:29.35	1056.5	2185.4

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
28	9983	Paul	Basson	BOL B Team	01:36.64	1081.8	00:24.94	1100.6	2182.4
29	2372	Isando	Dyantyi	WP B Team	01:33.69	1096.55	00:26.45	1085.5	2182.05
30	2374	Greyson	September	WP B Team	01:30.88	1110.6	00:29.30	1057	2167.6
31	9117	Adriaan	van Jaarsveld	EP C Team	01:35.17	1089.15	00:27.78	1072.2	2161.35
32	9968	Pieter	La Grange	BOL B Team	01:39.98	1065.1	00:25.90	1091	2156.1
33	9829	Barend	Du Toit	BOL C Team	01:28.50	1122.5	00:31.83	1031.7	2154.2
34	9281	Conrad	Oosthuizen	BOL C Team	01:41.95	1055.25	00:26.96	1080.4	2135.65
35	5734	Jamie	Joubert	BOL C Team	01:29.81	1115.95	00:33.38	1016.2	2132.15
36	5136	Logan	Bezuidenhout	EP B Team	01:44.09	1044.55	00:31.89	1031.1	2075.65
37	5374	Almero	Van Niekerk	EDEN A Team	01:48.18	1024.1	00:34.56	1004.4	2028.5
38	5345	James	Badenhorst	WP B Team	01:41.65	1056.75	00:39.71	952.9	2009.65
39	9777	Neil	Cawood	EDEN A Team	01:34.60	1092	00:43.35	916.5	2008.5
40	2624	Deetlev	Schutte	EDEN A Team	01:43.15	1049.25	00:39.12	958.8	2008.05
41	3064	Christoff	Els	WP C Team	01:49.15	1019.25	00:40.45	945.5	1964.75
42	8373	Earle	van der Watt	WP B Team	02:02.09	954.55	00:39.27	957.3	1911.85

Under 8 Girls

SA Record = 3500 (Not Applicable - 2018) **Provincial Record** = 2274.35 (Emma Loubser - 2018-10-20) **Open Record** = 2310.05 (Minke Hugo - 2019-02-02)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2743	Minke	Hugo	BOL A Team	01:24.47	1167.65	00:20.76	1142.4	2310.05 (open)
2	7083	Erin	Weimann	BOR A Team	01:25.84	1160.8	00:21.47	1135.3	2296.1
3	7053	Gabrielle	Wolhuter	BOL A Team	01:27.10	1154.5	00:21.56	1134.4	2288.9
4	2883	Emma	Loubser	EDEN A Team	01:31.29	1133.55	00:22.14	1128.6	2262.15
5	3583	Lucia	Kempen	BOL A Team	01:33.68	1121.6	00:22.05	1129.5	2251.1
6	2761	Francesca	Flack	BOL A Team	01:32.16	1129.2	00:22.93	1120.7	2249.9
7	6557	Emily	Kotze	BOL B Team	01:34.76	1116.2	00:22.25	1127.5	2243.7
8	7563	Isabella	Olivier	BOL B Team	01:28.85	1145.75	00:25.37	1096.3	2242.05
9	1275	Kayleigh	Marais	EP A Team	01:29.88	1140.6	00:25.10	1099	2239.6
10	7255	Katryn	Landsberg	EP A Team	01:39.59	1092.05	00:22.85	1121.5	2213.55
11	5940	Mila	Scharrighuizen	BOL C Team	01:34.32	1118.4	00:26.12	1088.8	2207.2
12	8887	Rosie	Buchner	BOL B Team	01:40.84	1085.8	00:23.01	1119.9	2205.7
13	6850	Nicola	Hawley	BOL C Team	01:41.85	1080.75	00:22.72	1122.8	2203.55
14	8058	Kaitlin	Barnard	BOL B Team	01:34.39	1118.05	00:28.11	1068.9	2186.95
15	9121	Ané	Swanepoel	WP A Team	01:34.10	1119.5	00:28.29	1067.1	2186.6
16	2887	Klara	Loubser	EDEN A Team	01:44.16	1069.2	00:23.60	1114	2183.2
17	7015	Leah	Goebel	WP A Team	01:35.25	1113.75	00:28.41	1065.9	2179.65
18	7617	Lisa	Van Zyl	BOL B Team	01:38.17	1099.15	00:26.95	1080.5	2179.65

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
19	5007	Bia	Strydom	EDEN A Team	01:47.69	1051.55	00:23.15	1118.5	2170.05
20	6985	Isabella	Marais	WP A Team	01:38.78	1096.1	00:28.47	1065.3	2161.4
21	5555	Grace	Engelbrecht	WP A Team	01:42.17	1079.15	00:27.14	1078.6	2157.75
22	7012	Dioney	Janse van Rensburg	EDEN A Team	01:43.00	1075	00:26.95	1080.5	2155.5
23	7363	Katelyn	Kretzmann	EP A Team	01:40.36	1088.2	00:30.38	1046.2	2134.4
24	6517	Kara	Wentzel	WP B Team	01:35.80	1111	00:32.93	1020.7	2131.7
25	7028	Shae	Wearing	WP A Team	01:44.81	1065.95	00:30.17	1048.3	2114.25
26	5071	Nina	Bruwer	BOL C Team	01:33.10	1124.5	00:36.25	987.5	2112
27	5341	Dante	Derksen	EP B Team	01:47.07	1054.65	00:29.49	1055.1	2109.75
28	7904	Emma	Van Zyl	EDEN A Team	01:46.18	1059.1	00:32.12	1028.8	2087.9
29	7036	Amelie	Joubert	BOL C Team	01:45.42	1062.9	00:32.79	1022.1	2085
30	7974	Micah	Schubert	EDEN B Team	01:42.38	1078.1	00:34.42	1005.8	2083.9
31	6347	Liane	Muller	EP A Team	01:53.58	1022.1	00:29.71	1052.9	2075
32	6129	Klara	van Jaarsveld	EP B Team	01:47.44	1052.8	00:35.61	993.9	2046.7
33	6473	Berne	Peters	WP B Team	01:47.83	1050.85	00:36.90	981	2031.85
34	7329	Anna	Janse van Rensburg	EDEN B Team	01:58.09	999.55	00:33.95	1010.5	2010.05
35	5612	Ava Morgan	Muller	EDEN B Team	01:51.88	1030.6	00:37.25	977.5	2008.1
36	2350	Kendra	Samuel	WP B Team	02:14.24	918.8	00:30.16	1048.4	1967.2

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
37	7763	Taylor	Tredoux	WP B Team	02:05.33	963.35	00:34.83	1001.7	1965.05
38	2758	Ankia	Human	BOL A Team	01:22.04	1179.8	No Swim	0	DNF

Under 9 Boys

SA Record = 2451 (Dieter Naude - 2018) **Provincial Record = 2459.63** (Ruben Gouws - 2018-03-30) **Open Record = 2399.48**
(Ruben Gouws - 2018-02-03)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2714	Thomas	Van Der Merwe	BOL A Team	02:45.30	1178.5	00:37.85	1194.4	2372.9
2	2715	Arden	Kotze	BOL A Team	02:48.17	1164.15	00:39.29	1171.36	2335.51
3	1199	Alexander	Serfontein	EP A Team	02:50.86	1150.7	00:39.01	1175.84	2326.54
4	2716	Ryan	Viviers	BOL A Team	02:51.60	1147	00:39.95	1160.8	2307.8
5	8196	Ryan	Nagel	EDEN A Team	02:59.06	1109.7	00:39.62	1166.08	2275.78
6	2329	Nicolas	Minnaar	WP A Team	02:47.56	1167.2	00:44.81	1083.04	2250.24
7	5306	Nathan	van Litsenborgh	GW A Team	03:05.54	1077.3	00:41.03	1143.52	2220.82
8	2875	Max	Nel	EDEN A Team	03:00.36	1103.2	00:44.23	1092.32	2195.52
9	9548	Schalk	Meiring	BOL A Team	02:54.78	1131.1	00:46.85	1050.4	2181.5
10	8967	Liam	Els	WP A Team	03:00.84	1100.8	00:45.28	1075.52	2176.32
11	8692	Reynhardt	Schubert	EDEN A Team	03:06.25	1073.75	00:44.11	1094.24	2167.99
12	1214	Joshua	Marais	EP A Team	03:11.28	1048.6	00:44.46	1088.64	2137.24

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
13	2974	Hugo	Wetzi	WP A Team	02:58.55	1112.25	00:49.25	1012	2124.25
14	9301	John	Donald	GW A Team	03:09.59	1057.05	00:46.01	1063.84	2120.89
15	5444	Christiaan	Swart	BOL A Team	03:04.03	1084.85	00:47.78	1035.52	2120.37
16	2733	Henry	Oudtshoorn	BOL C Team	02:54.46	1132.7	00:50.98	984.32	2117.02
17	8442	Schalk	Lubbe	EDEN A Team	02:59.71	1106.45	00:50.17	997.28	2103.73
18	5809	Jean	Retief	BOL B Team	03:04.46	1082.7	00:48.75	1020	2102.7
19	6175	Ruald	Naudé	WP A Team	03:03.75	1086.25	00:52.04	967.36	2053.61
20	5187	Wian	Nagel	EDEN A Team	03:05.84	1075.8	00:51.66	973.44	2049.24
21	1283	Simon	Landsberg	EP A Team	03:32.87	940.65	00:43.28	1107.52	2048.17
22	5554	Wihan	Muller	EP B Team	03:14.17	1034.15	00:49.33	1010.72	2044.87
23	8377	Luan	Nel	BOL B Team	03:23.74	986.3	00:46.89	1049.76	2036.06
24	5688	Frederick	de Klerk	EP B Team	03:15.98	1025.1	00:51.35	978.4	2003.5
25	5135	Jayde	Bezuidenhout	EP B Team	03:31.33	948.35	00:46.57	1054.88	2003.23
26	9574	Johan	Viljoen	EP B Team	02:57.01	1119.95	00:57.59	878.56	1998.51
27	8712	Carl Antonie	Jonker	EDEN B Team	03:00.67	1101.65	00:57.31	883.04	1984.69
28	5676	Nico	Geldenhuis	BOL B Team	03:24.09	984.55	00:50.96	984.64	1969.19
29	4831	Levi	Cameron	GW A Team	03:09.60	1057	00:58.31	867.04	1924.04
30	4905	Jason	Du Plessis	BOL C Team	03:02.40	1093	01:04.60	766.4	1859.4

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
31	5840	Christian	Theron	EP C Team	03:32.55	942.25	00:59.81	843.04	1785.29
32	8737	Adriaan	Wessels	WP C Team	03:08.19	1064.05	01:09.13	693.92	1757.97
33	2623	Janhendrik	Lambrecht	EDEN B Team	04:19.08	709.6	00:47.18	1045.12	1754.72
34	8294	Corne	Erasmus	EP C Team	03:25.81	975.95	01:06.62	734.08	1710.03
35	8354	Ryan	Landman	EP C Team	03:27.46	967.7	01:08.96	696.64	1664.34
36	5752	John-Henry	Thiart	BOL C Team	02:49.95	1155.25	01:22.21	484.64	1639.89

Under 9 Girls

SA Record = 2462 (Keira van Heerden - 2017) **Provincial Record = 2359.74** (Karli Lotter - 2018-03-30) **Open Record = 2398.29**
(Tatiana Thomatos - 2019-02-02)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2388	Tatiana	Thomatos	WP A Team	02:54.07	1209.65	00:38.21	1188.64	2398.29 (open)
2	2744	Abigail	Kotze	BOL A Team	03:07.01	1144.95	00:34.88	1241.92	2386.87
3	7611	Hannah	De Necker	EDEN A Team	02:59.78	1181.1	00:41.52	1135.68	2316.78
4	1650	Larah	Aucamp	WP A Team	03:03.73	1161.35	00:41.34	1138.56	2299.91
5	6967	Karlien	Conradie	BOL A Team	03:26.91	1045.45	00:36.43	1217.12	2262.57
6	7507	Debra	De Wet	BOL A Team	03:07.34	1143.3	00:45.05	1079.2	2222.5
7	2710	Mia	Botha	EP A Team	02:55.07	1204.65	00:49.03	1015.52	2220.17
8	2752	Mienke	Kempen	BOL A Team	03:12.26	1118.7	00:43.83	1098.72	2217.42

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
9	7950	Anieka	Louw	WP A Team	03:06.64	1146.8	00:45.63	1069.92	2216.72
10	1242	Elme	Vermaak	EP A Team	03:21.24	1073.8	00:41.87	1130.08	2203.88
11	4151	Nina	De Jongh	EDEN A Team	03:21.85	1070.75	00:42.77	1115.68	2186.43
12	2330	Stephanie	Minnaar	WP A Team	03:08.55	1137.25	00:47.04	1047.36	2184.61
13	9528	Liya	Van den Heever	BOL B Team	03:17.23	1093.85	00:45.48	1072.32	2166.17
14	1262	Minette	Van Zyl	EP A Team	03:32.36	1018.2	00:41.83	1130.72	2148.92
15	2745	Mikayla	Barnard	BOL A Team	03:23.22	1063.9	00:46.09	1062.56	2126.46
16	2753	Alizmi	Van der Vyver	BOL B Team	03:13.23	1113.85	00:50.51	991.84	2105.69
17	2363	Esther	Matloko	WP B Team	03:10.11	1129.45	00:53.23	948.32	2077.77
18	7432	Jemma	Fismer	BOR A Team	03:27.83	1040.85	00:47.76	1035.84	2076.69
19	2750	Anna-Mae	Van Zyl	BOL B Team	03:35.91	1000.45	00:45.51	1071.84	2072.29
20	2998	Danelle	van Tonder	WP B Team	03:18.52	1087.4	00:51.10	982.4	2069.8
21	3055	Nolene	Badenhorst	WP B Team	03:39.00	985	00:45.29	1075.36	2060.36
22	1676	Roxie	van Heerden	WP B Team	03:37.61	991.95	00:46.54	1055.36	2047.31
23	2627	Rachelle	Botha	EDEN A Team	03:34.79	1006.05	00:48.20	1028.8	2034.85
24	2754	Minke	Van Coller	BOL B Team	03:13.72	1111.4	00:55.72	908.48	2019.88
25	2759	Jana	Hough	BOL C Team	03:20.06	1079.7	00:53.86	938.24	2017.94
26	2881	Xaney	Janse van rensburg	EDEN A Team	04:05.79	851.05	00:41.87	1130.08	1981.13

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
27	2751	Hannah	Kempen	BOL B Team	03:22.01	1069.95	00:59.55	847.2	1917.15
28	2630	Emily	King	EDEN B Team	03:41.89	970.55	00:56.57	894.88	1865.43
29	6378	Suane	Koegelenberg	EDEN A Team	03:23.83	1060.85	01:04.20	772.8	1833.65
30	9241	Jessie	Ludick	WP B Team	04:11.95	820.25	01:02.05	807.2	1627.45

Under 11 Boys

SA Record = 2455 (Joshue Eccles - 2018) **Provincial Record = 2312.26** (Luke Scott - 2019-02-02) **Open Record = 2402** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2597	Benjamin	Arnold	BOR A Team	02:32.60	1187	00:32.70	1212.8	2399.8
2	2762	Ian	Smith	BOL A Team	02:35.80	1171	00:34.42	1185.28	2356.28
3	1282	Kaidin	Kretzmann	EP A Team	02:33.06	1184.7	00:36.81	1147.04	2331.74
4	7097	Eben	Bester	WP A Team	02:46.74	1116.3	00:33.26	1203.84	2320.14
5	2639	Luke	Scott	EDEN A Team	02:45.02	1124.9	00:34.29	1187.36	2312.26 (prov)
6	2626	Daniel	Van zyl	EDEN A Team	02:31.17	1194.15	00:39.44	1104.96	2299.11
7	2392	Alexander	Benecke	WP A Team	02:45.30	1123.5	00:35.21	1172.64	2296.14
8	6134	Zac	Fletcher	EP A Team	02:44.58	1127.1	00:35.72	1164.48	2291.58
9	6540	Luan	Stander	WP A Team	02:46.34	1118.3	00:35.34	1170.56	2288.86
10	1043	Ludgen	Le Roux	EP A Team	02:47.94	1110.3	00:34.91	1177.44	2287.74

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
11	2721	Dieter	Naude	BOL A Team	02:43.33	1133.35	00:36.58	1150.72	2284.07
12	1183	Pierre-Daniel	Jacobs	EP A Team	02:47.03	1114.85	00:37.46	1136.64	2251.49
13	8839	Cayden	Potgieter	SFS A Team	02:49.93	1100.35	00:36.84	1146.56	2246.91
14	7287	Ruben	Ferreira	EDEN A Team	02:47.10	1114.5	00:39.17	1109.28	2223.78
15	6436	Jayden	Williams	BOL A Team	02:56.43	1067.85	00:36.39	1153.76	2221.61
16	7403	Rial	De Wet	BOL A Team	02:40.55	1147.25	00:41.40	1073.6	2220.85
17	2978	Lourens	van der Walt	WP A Team	02:59.32	1053.4	00:36.05	1159.2	2212.6
18	1675	Callum	Koekemoer	WP A Team	03:01.00	1045	00:36.01	1159.84	2204.84
19	8906	Tiaan	Marais	BOL B Team	02:56.05	1069.75	00:38.98	1112.32	2182.07
20	7576	Tim Luca	Holzapfel	EDEN A Team	02:55.09	1074.55	00:39.43	1105.12	2179.67
21	3005	Nathan	Pautz	WP B Team	02:50.30	1098.5	00:41.06	1079.04	2177.54
22	2335	Eben	de Jongh	WP B Team	02:49.30	1103.5	00:41.44	1072.96	2176.46
23	2642	Gerald	Van der heyde	EDEN B Team	02:57.66	1061.7	00:38.84	1114.56	2176.26
24	1165	Hannes	Van der merwe	EP B Team	02:53.94	1080.3	00:40.31	1091.04	2171.34
25	1204	Nathan	Appels	EP B Team	02:49.94	1100.3	00:41.83	1066.72	2167.02
26	2632	Quintus	Lutsch	EDEN B Team	02:40.80	1146	00:45.72	1004.48	2150.48
27	5499	Aidan	Thiart	EP A Team	03:01.32	1043.4	00:39.65	1101.6	2145
28	6888	De Wet	Wentzel	BOL C Team	02:55.30	1073.5	00:43.54	1039.36	2112.86

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
29	2633	Devilliers	Lambrecht	EDEN C Team	02:49.54	1102.3	00:45.46	1008.64	2110.94
30	1258	Rico	Le Roux	EP B Team	02:54.12	1079.4	00:44.35	1026.4	2105.8
31	2720	Handre	Sabbagha	BOL B Team	02:56.39	1068.05	00:43.72	1036.48	2104.53
32	2723	Renso	De Wet	BOL B Team	02:55.83	1070.85	00:43.96	1032.64	2103.49
33	2648	Ula	Van der merwe	EDEN B Team	03:32.96	885.2	00:32.75	1212	2097.2
34	5146	Noah	Proctor	EDEN B Team	03:09.11	1004.45	00:40.90	1081.6	2086.05
35	6125	Chris	Strauss	GW A Team	03:01.12	1044.4	00:44.14	1029.76	2074.16
36	5775	Hanru	Nel	BOL C Team	03:04.03	1029.85	00:44.18	1029.12	2058.97
37	8912	Michal	Moolman	EDEN B Team	02:45.55	1122.25	00:50.08	934.72	2056.97
38	1743	Franco	Boonzaaier	WP B Team	03:19.03	954.85	00:39.66	1101.44	2056.29
39	2873	Matthew	Tindall	EDEN A Team	03:23.02	934.9	00:38.50	1120	2054.9
40	5361	Ethan	Smith	BOL B Team	03:16.93	965.35	00:40.44	1088.96	2054.31
41	4919	Alec	Barends	BOL B Team	03:05.04	1024.8	00:44.57	1022.88	2047.68
42	5764	Caleb	Olivier	EDEN C Team	02:58.00	1060	00:46.93	985.12	2045.12
43	2428	Robert	Immelman	GW A Team	02:58.73	1056.35	00:47.70	972.8	2029.15
44	6755	Ben	Haarhoff	BOL C Team	02:54.61	1076.95	00:49.50	944	2020.95
45	8266	Sebastiaan	Scharrighuizen	BOL C Team	03:17.72	961.4	00:42.73	1052.32	2013.72
46	5462	Riaan	Louw	BOL C Team	03:14.47	977.65	00:44.14	1029.76	2007.41

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
47	6276	Gustav	Schutte	EDEN D Team	02:46.00	1120	00:55.23	852.32	1972.32
48	9842	Ludwig	Lotter	EDEN C Team	03:18.21	958.95	00:46.40	993.6	1952.55
49	5073	Joshua	Kritzinger	EP B Team	02:55.60	1072	00:54.15	869.6	1941.6
50	2364	Timothy	Matloko	WP B Team	02:57.11	1064.45	00:53.94	872.96	1937.41
51	5061	Fanie	De Jager	EDEN C Team	03:11.33	993.35	00:50.47	928.48	1921.83
52	2393	Albert	Griesel	WP B Team	03:06.88	1015.6	00:52.94	888.96	1904.56
53	7184	Braam	Ebersohn	GW A Team	03:11.66	991.7	00:57.40	817.6	1809.3
54	7201	Jean	van Wyngaard	EP C Team	03:21.03	944.85	01:01.16	757.44	1702.29
55	1760	Robbie	Wilson	WP C Team	03:28.90	905.5	00:59.08	790.72	1696.22

Under 11 Girls

SA Record = 2425 (Isabella Carneiro - 2018) **Provincial Record = 2352.87** (Lome Gouws - 2018-03-30) **Open Record = 2412**
(Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2778	Rebecca	Flack	BOL A Team	02:37.96	1190.2	00:34.31	1187.04	2377.24
2	8366	Amy	Schmidt	BOL A Team	02:48.64	1136.8	00:33.24	1204.16	2340.96
3	2412	Charné	van Tonder	WP A Team	02:51.31	1123.45	00:33.00	1208	2331.45
4	1138	Marony	Jacobs	EP A Team	02:46.94	1145.3	00:34.72	1180.48	2325.78
5	9278	Kyla	Sabbagha	BOL A Team	02:51.05	1124.75	00:35.88	1161.92	2286.67
6	9758	Imke	Els	WP A Team	02:48.30	1138.5	00:38.45	1120.8	2259.3

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
7	5204	Jamie	Mote	EP A Team	03:03.04	1064.8	00:33.97	1192.48	2257.28
8	8489	Lucy Jane	Nagel	EDEN A Team	02:58.64	1086.8	00:35.71	1164.64	2251.44
9	8171	Mieke	van de Wal	WP A Team	03:01.76	1071.2	00:35.95	1160.8	2232
10	1203	Tayla	Wilson	EP A Team	03:00.86	1075.7	00:37.65	1133.6	2209.3
11	4851	Emma	La Grange	BOL A Team	03:10.36	1028.2	00:34.72	1180.48	2208.68
12	2636	Karli	Lotter	EDEN A Team	02:54.89	1105.55	00:39.79	1099.36	2204.91
13	5700	Tatum	Renze	EP B Team	03:09.50	1032.5	00:36.34	1154.56	2187.06
14	2355	Nichole	Koks	WP A Team	03:08.48	1037.6	00:37.37	1138.08	2175.68
15	8146	Gabriella	Kirsten	BOL B Team	03:12.30	1018.5	00:37.72	1132.48	2150.98
16	2736	Carine	Rontgen	BOL A Team	03:13.50	1012.5	00:38.02	1127.68	2140.18
17	1131	Anri	De Beer	EP A Team	03:24.63	956.85	00:34.94	1176.96	2133.81
18	1278	Teneal	Els	EP B Team	03:09.57	1032.15	00:39.68	1101.12	2133.27
19	2165	Kari	Griffioen	EDEN A Team	03:01.49	1072.55	00:42.28	1059.52	2132.07
20	2301	Cara	Els	WP A Team	02:54.43	1107.85	00:45.08	1014.72	2122.57
21	1028	Milla	Delpont	EP A Team	03:17.60	992	00:39.17	1109.28	2101.28
22	9861	Mari	Geissler	EP B Team	03:12.79	1016.05	00:41.03	1079.52	2095.57
23	2977	Sopia	Liebenberg	WP B Team	03:13.18	1014.1	00:41.00	1080	2094.1
24	2781	Mia-lize	Van der Vyver	BOL B Team	03:07.04	1044.8	00:43.29	1043.36	2088.16
25	8977	Caitlyn	Cawood	EDEN A Team	02:44.68	1156.6	00:50.62	926.08	2082.68
26	1263	Alouise	Vosloo	EP B Team	03:09.65	1031.75	00:43.81	1035.04	2066.79
27	2746	Anmi	Slabbert	BOL B Team	03:16.32	998.4	00:42.25	1060	2058.4

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
28	8491	Esti	Mouton	BOL C Team	03:10.99	1025.05	00:45.57	1006.88	2031.93
29	1748	Caitlin	de Kock	WP B Team	03:07.67	1041.65	00:46.87	986.08	2027.73
30	2783	Kehara	Human	BOL B Team	03:18.27	988.65	00:44.32	1026.88	2015.53
31	8231	Cara	Swanepoel	WP B Team	03:16.57	997.15	00:45.76	1003.84	2000.99
32	5624	Annabelle	McEwan	EDEN B Team	03:08.04	1039.8	00:48.71	956.64	1996.44
33	2886	Mela	Loubser	EDEN B Team	03:19.87	980.65	00:46.47	992.48	1973.13
34	6092	Emma	Neethling	EDEN A Team	03:20.80	976	00:46.37	994.08	1970.08
35	7551	Zoe	Goebel	WP B Team	03:15.50	1002.5	00:49.12	950.08	1952.58
36	4997	Ebenette	Van Niekerk	EDEN B Team	03:19.00	985	00:48.67	957.28	1942.28
37	6854	Madison	O`Connel	EDEN B Team	03:29.41	932.95	00:46.63	989.92	1922.87
38	2749	Liani	Nieuwoudt	BOL C Team	03:14.05	1009.75	00:51.53	911.52	1921.27
39	2785	Ilze	Blom	BOL C Team	03:17.00	995	00:52.33	898.72	1893.72
40	2325	Emma	Rossouw	WP B Team	03:48.40	838	00:43.23	1044.32	1882.32
41	1279	Lienke	Els	EP C Team	03:26.09	949.55	00:50.47	928.48	1878.03
42	2885	Adri	Duvenhage	EDEN C Team	03:31.56	922.2	00:49.81	939.04	1861.24
43	2884	Anna	Grabe	EDEN B Team	03:18.28	988.6	00:54.18	869.12	1857.72
44	7027	Ané	Cloete	WP C Team	03:34.25	908.75	00:49.89	937.76	1846.51
45	5375	Milla	Kruger	EDEN C Team	03:44.59	857.05	00:47.56	975.04	1832.09

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
46	2637	Emma	Swart	EDEN C Team	04:28.00	640	00:41.68	1069.12	1709.12
47	1294	Therese	Otto	EP C Team	03:59.03	784.85	00:53.06	887.04	1671.89

Under 13 Boys

SA Record = 2507 (Jannie Briers-Louw - 2007) **Provincial Record = 2437** (Stored Record - Previous) **Open Record = 2459**
(Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2794	Kailen	Kotze	BOL A Team	03:59.16	1109.2	01:05.94	1200.6	2309.8
2	2351	Alshane	Edwards	WP A Team	03:54.01	1134.95	01:13.10	1129	2263.95
3	6634	Connor	Bagley	EP A Team	04:07.62	1066.9	01:07.79	1182.1	2249
4	1800	Van Dyk	Engelbrecht	WP A Team	04:12.51	1042.45	01:08.52	1174.8	2217.25
5	5917	Stefan	Van Heerden	BOL A Team	04:12.23	1043.85	01:10.23	1157.7	2201.55
6	1702	Nicholas	Malherbe	BOL A Team	03:57.45	1117.75	01:18.39	1076.1	2193.85
7	2795	Le roux	Du Toit	BOL A Team	04:08.13	1064.35	01:16.76	1092.4	2156.75
8	2763	Reitz	Hofmeyr	BOL A Team	03:55.13	1129.35	01:23.65	1023.5	2152.85
9	2435	Liam	Prime	BOR A Team	04:06.17	1074.15	01:18.78	1072.2	2146.35
10	1219	Ryan	Thiersen	EP A Team	04:17.69	1016.55	01:15.31	1106.9	2123.45
11	2391	Stef	Mostert	WP A Team	04:36.81	920.95	01:06.80	1192	2112.95
12	2968	Franz	Wetzi	WP A Team	04:09.81	1055.95	01:20.51	1054.9	2110.85
13	1067	Francois	Vosloo	EP A Team	04:07.40	1068	01:22.59	1034.1	2102.1

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
14	7969	John	Willcox	WP A Team	04:13.56	1037.2	01:20.08	1059.2	2096.4
15	2893	Matthew	Seabrook	EDEN A Team	04:36.57	922.15	01:10.62	1153.8	2075.95
16	5673	Wido	Rudolph	EDEN A Team	04:42.42	892.9	01:08.39	1176.1	2069
17	2315	Luke	van Eeden	BOL B Team	04:38.04	914.8	01:10.83	1151.7	2066.5
18	953	Tristan	Marais	EP A Team	04:16.16	1024.2	01:22.48	1035.2	2059.4
19	9222	Aldert	van Zyl	EDEN A Team	04:30.61	951.95	01:20.03	1059.7	2011.65
20	6442	Ruan	Coetzee	EDEN B Team	04:11.84	1045.8	01:32.69	933.1	1978.9
21	2801	Zian	Naude	BOL C Team	04:26.77	971.15	01:25.43	1005.7	1976.85
22	2796	Christiaan	Le roux	BOL C Team	04:28.64	961.8	01:25.18	1008.2	1970
23	4233	Darius	Du Plessis	GW A Team	04:32.34	943.3	01:23.95	1020.5	1963.8
24	2802	Andre	Van Zyl	BOL B Team	04:19.42	1007.9	01:30.70	953	1960.9
25	2798	Retief	Hugo	BOL B Team	04:54.61	831.95	01:13.21	1127.9	1959.85
26	2641	Hanru	Kuun	EDEN B Team	04:06.99	1070.05	01:37.33	886.7	1956.75
27	7262	Melt	Viljoen	BOL C Team	04:23.86	985.7	01:29.77	962.3	1948
28	7720	Liam	Pereira	BOL B Team	04:40.16	904.2	01:21.88	1041.2	1945.4
29	2644	Ludwig	Meyer	EDEN C Team	04:24.95	980.25	01:29.63	963.7	1943.95
30	2638	Phlippie	De bruyn	EDEN B Team	04:55.48	827.6	01:14.85	1111.5	1939.1
31	2892	Billy	Tindall	EDEN A Team	04:59.80	806	01:13.11	1128.9	1934.9

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
32	2092	Evert	Bouwer	WP B Team	04:24.63	981.85	01:31.68	943.2	1925.05
33	2643	Sebastian	Swart	EDEN B Team	04:52.70	841.5	01:18.99	1070.1	1911.6
34	9489	Eduan	Louw	BOL B Team	04:48.53	862.35	01:22.51	1034.9	1897.25
35	5094	Hugo	Botha	EP B Team	04:50.00	855	01:22.04	1039.6	1894.6
36	6838	Pieter	De Wet	BOL C Team	04:26.29	973.55	01:34.22	917.8	1891.35
37	2663	Blake	Muller	EDEN B Team	04:26.41	972.95	01:36.23	897.7	1870.65
38	3052	Xander	Kotzé	WP B Team	04:44.80	881	01:27.17	988.3	1869.3
39	2799	Daniel	Venter	BOL C Team	04:21.13	999.35	01:39.19	868.1	1867.45
40	1050	Steffan	Rademeyer	EP B Team	04:58.40	813	01:22.07	1039.3	1852.3
41	6401	Daniel	Kolver	EDEN C Team	04:36.14	924.3	01:34.00	920	1844.3
42	6367	Lohann	Fourie	BOL C Team	04:39.92	905.4	01:37.42	885.8	1791.2
43	2774	Van Wyk	Reitz	BOL C Team	04:57.64	816.8	01:30.01	959.9	1776.7
44	8857	Janco	Marais	WP B Team	04:52.24	843.8	01:36.23	897.7	1741.5
45	2769	Paul-louis	Rontgen	BOL C Team	04:51.30	848.5	01:37.64	883.6	1732.1
46	7223	Kian	Eksteen	WP B Team	05:00.79	801.05	01:33.13	928.7	1729.75
47	4182	George-Wilson	Smith	GW A Team	04:57.56	817.2	01:35.47	905.3	1722.5
48	8398	Zak	Wolfaardt	EP C Team	05:14.61	731.95	01:29.26	967.4	1699.35
49	3031	Christiaan	Viljoen	WP C Team	05:19.40	708	01:29.29	967.1	1675.1

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
50	2394	Stefan	Griesel	WP C Team	04:34.62	931.9	01:56.08	699.2	1631.1
51	5377	Hubert	Winterbach	WP C Team	05:52.15	544.25	01:22.48	1035.2	1579.45
52	5947	Liebrecht	Winterbach	WP C Team	05:53.11	539.45	01:22.53	1034.7	1574.15

Under 13 Girls

SA Record = 2490 (Gillian Curr - 1995) **Provincial Record = 2371** (Stored Record - Previous) **Open Record = 2421** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2809	Anne	Sabbagha	BOL A Team	03:14.02	1184.9	01:11.26	1167.4	2352.3
2	2205	Isabella	Carneiro	WP A Team	03:15.41	1177.95	01:12.49	1155.1	2333.05
3	784	Zanri	Black	EP A Team	03:11.58	1197.1	01:16.83	1111.7	2308.8
4	2907	Jada	Coetzee	EDEN A Team	03:31.18	1099.1	01:07.89	1201.1	2300.2
5	6610	Mia	Nortjé	WP A Team	03:23.56	1137.2	01:15.63	1123.7	2260.9
6	2665	Dominique	De jongh	EDEN A Team	03:37.65	1066.75	01:09.74	1182.6	2249.35
7	1202	Jodi	Wilson	EP A Team	03:43.53	1037.35	01:11.50	1165	2202.35
8	1952	Mila	Aucamp	WP A Team	03:30.93	1100.35	01:18.61	1093.9	2194.25
9	1009	Megan Anne	Hough	EP A Team	03:35.68	1076.6	01:18.69	1093.1	2169.7
10	2807	Lara	Botha	BOL A Team	03:45.97	1025.15	01:13.95	1140.5	2165.65
11	2780	Danielle	De Villiers	BOL A Team	03:44.14	1034.3	01:15.06	1129.4	2163.7

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
12	2704	Myra	Viduya	EP A Team	03:47.88	1015.6	01:13.64	1143.6	2159.2
13	2208	Skye	Micklethwaite	WP A Team	03:44.31	1033.45	01:16.94	1110.6	2144.05
14	2651	Melissa	Kuun	EDEN A Team	03:49.53	1007.35	01:15.08	1129.2	2136.55
15	9423	Danelle	Bosman	EDEN A Team	03:56.74	971.3	01:13.66	1143.4	2114.7
16	4308	Esti	Huggett	GW A Team	03:25.19	1129.05	01:31.40	966	2095.05
17	2898	Marelle	Duvenhage	EDEN B Team	03:45.06	1029.7	01:23.63	1043.7	2073.4
18	2911	Talita	Mcdonald	EDEN B Team	03:46.93	1020.35	01:24.30	1037	2057.35
19	2164	Ninke	Griffioen	EDEN A Team	03:51.73	996.35	01:23.10	1049	2045.35
20	1671	Saskia	Reddering	WP B Team	03:46.33	1023.35	01:26.86	1011.4	2034.75
21	5551	Mari	Swanepoel	WP A Team	03:38.88	1060.6	01:31.20	968	2028.6
22	1216	Anya	De Ridder	EP A Team	03:59.44	957.8	01:21.62	1063.8	2021.6
23	2979	Isabella	van der Walt	WP B Team	03:52.34	993.3	01:25.77	1022.3	2015.6
24	2899	Samantha	Bellew	EDEN B Team	03:51.59	997.05	01:26.28	1017.2	2014.25
25	2667	Jeanie	Du plessis	EDEN B Team	03:58.60	962	01:24.83	1031.7	1993.7
26	2811	Mieke	Aucamp	BOL B Team	03:46.27	1023.65	01:31.82	961.8	1985.45
27	2671	Cherise	Spangenberg	EDEN B Team	04:01.73	946.35	01:25.32	1026.8	1973.15
28	2670	Emma	Lutsch	EDEN C Team	03:33.44	1087.8	01:39.77	882.3	1970.1
29	8621	Jane	Botha	EDEN C Team	04:12.02	894.9	01:22.07	1059.3	1954.2

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
30	2813	Elena	Duvenage	BOL C Team	03:47.38	1018.1	01:39.25	887.5	1905.6
31	8430	Nina	Haarhoff	BOL B Team	03:58.11	964.45	01:34.09	939.1	1903.55
32	8413	Charmae	Donald	GW A Team	03:59.01	959.95	01:39.24	887.6	1847.55
33	1749	Olivia	Wilson	WP B Team	03:47.23	1018.85	01:45.59	824.1	1842.95
34	8677	Karli	Bester	BOL C Team	04:02.03	944.85	01:43.70	843	1787.85
35	8570	Megan	Du Toit	GW A Team	04:12.34	893.3	01:39.39	886.1	1779.4
36	8989	Julia	Monk	WP B Team	04:40.73	751.35	01:33.13	948.7	1700.05
37	1593	Xenia	Massyn	WP B Team	05:18.33	563.35	01:38.32	896.8	1460.15

Under 15 Boys

SA Record = 2353.45 (Matthew Van Coller - Unofficial - 2018) **Provincial Record** = 2216 (Christiaan Hattingh - 2019-02-02) **Open Record** = 2417.65 (Francois Malherbe - 2019-02-02)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1701	Francois	Malherbe	BOL A Team	04:47.71	1201.45	01:00.38	1216.2	2417.65 (sa) (open)
2	536	Wehan	Smith	EP A Team	04:48.10	1199.5	01:02.81	1191.9	2391.4 (sa)
3	955	Christian	Appels	EP A Team	05:03.59	1122.05	01:02.63	1193.7	2315.75
4	4613	Brendan	Oosthuizen	WP A Team	05:15.61	1061.95	01:01.46	1205.4	2267.35
5	2674	Christiaan	Hattingh	EDEN A Team	05:18.38	1048.1	01:05.21	1167.9	2216 (prov)
6	6891	Liam	Vehbi	EP A Team	05:39.60	942	01:00.16	1218.4	2160.4

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
7	4904	Ruben	Crous	WP A Team	05:39.20	944	01:01.20	1208	2152
8	731	Jayden	Agnew	EP B Team	05:31.59	982.05	01:05.19	1168.1	2150.15
9	3051	Lourens	Kotzé	WP B Team	05:19.42	1042.9	01:12.67	1093.3	2136.2
10	2207	Tyler	Micklethwaite	WP A Team	05:32.70	976.5	01:06.95	1150.5	2127
11	3298	Hugo	Nothnagel	EP B Team	05:22.20	1029	01:12.65	1093.5	2122.5
12	730	Justin	Agnew	EP B Team	05:33.49	972.55	01:07.59	1144.1	2116.65
13	1823	Samuel	Booyesen	WP A Team	05:31.52	982.4	01:08.62	1133.8	2116.2
14	2825	Kellan	Gouws	BOL A Team	05:05.31	1113.45	01:21.80	1002	2115.45
15	2827	Janco	Fourie	BOL A Team	05:22.31	1028.45	01:15.82	1061.8	2090.25
16	9764	Juan	Baard	EP A Team	05:15.03	1064.85	01:20.26	1017.4	2082.25
17	1022	Landre	Botes	EDEN B Team	05:34.62	966.9	01:13.13	1088.7	2055.6
18	2828	Rossouw	Van Zyl	BOL A Team	05:52.10	879.5	01:06.39	1156.1	2035.6
19	5498	Zack	Serfontein	EP B Team	05:14.34	1068.3	01:25.40	966	2034.3
20	5346	Peter	Schreuder	BOL B Team	05:38.11	949.45	01:13.56	1084.4	2033.85
21	2792	Francois	Retief	BOL A Team	05:50.81	885.95	01:07.23	1147.7	2033.65
22	8270	Markus	Viljoen	EDEN A Team	04:53.30	1173.5	01:36.81	851.9	2025.4
23	2694	Cobus	Botes	SFS A Team	06:01.62	831.9	01:03.37	1186.3	2018.2
24	2324	Emihl	Rossouw	WP A Team	05:41.60	932	01:13.62	1083.8	2015.8

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
25	2917	Roelof	Le grange	EDEN A Team	05:33.31	973.45	01:17.87	1041.3	2014.75
26	7562	Andrew	McDonald	EDEN A Team	05:43.51	922.45	01:13.35	1086.5	2008.95
27	6848	Tim	Van Staden	EDEN B Team	05:41.01	934.95	01:17.20	1048	1982.95
28	2380	Luke	van Neel	WP B Team	05:27.05	1004.75	01:26.67	953.3	1958.05
29	2660	Wilhelm	Kuun	EDEN B Team	06:08.28	798.6	01:07.23	1147.7	1946.3
30	7843	Stephan	De Swardt	EDEN C Team	05:46.85	905.75	01:19.81	1021.9	1927.65
31	9946	Christo	Van Tonder	EDEN B Team	05:41.31	933.45	01:23.48	985.2	1918.65
32	2257	Gideon	Vermeulen	WP B Team	05:51.25	883.75	01:19.30	1027	1910.75
33	8896	Engelbrecht	Mostert	BOL C Team	05:44.86	915.7	01:25.59	964.1	1879.8
34	9204	Sebastiaan	Greyling	EP C Team	06:12.55	777.25	01:13.64	1083.6	1860.85
35	1145	Rohan	Van Der Merwe	EP C Team	06:06.32	808.4	01:18.36	1036.4	1844.8
36	9787	Johan	Coetsee	BOL C Team	05:57.81	850.95	01:26.03	959.7	1810.65
37	1867	Ewaldt	Louw	WP B Team	05:53.42	872.9	01:30.66	913.4	1786.3
38	4181	Rias	Moller	GW A Team	05:52.89	875.55	01:31.69	903.1	1778.65
39	7578	Henro	Van Der Merwe	EP C Team	06:11.67	781.65	01:24.34	976.6	1758.25
40	9849	Avumile	Pantsho	EP C Team	06:37.31	653.45	01:37.20	848	1501.45

Under 15 Girls

SA Record = 2461 (Toni Rafferty - 2016) **Provincial Record = 2379** (Stored Record - Previous) **Open Record = 2443** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	772	Anke	Serfontein	EP A Team	03:07.22	1183.9	01:06.52	1184.8	2368.7
2	4447	Mia	Van der Walt	BOL A Team	03:09.93	1170.35	01:05.38	1196.2	2366.55
3	4448	Aninka	Ferreira	BOL A Team	03:09.22	1173.9	01:13.05	1119.5	2293.4
4	2805	Klaudia	Schmidt	BOL A Team	03:17.44	1132.8	01:12.32	1126.8	2259.6
5	981	Robyn susan	Hough	EP A Team	03:28.54	1077.3	01:08.92	1160.8	2238.1
6	2926	Jossie	Bebbington	EDEN A Team	03:31.88	1060.6	01:15.04	1099.6	2160.2
7	5978	Asha	Jack	WP A Team	03:33.21	1053.95	01:15.51	1094.9	2148.85
8	2806	Lize-Mari	Geldenhuis	BOL A Team	03:45.13	994.35	01:11.52	1134.8	2129.15
9	2909	Mia	Hugget	EDEN A Team	03:38.31	1028.45	01:16.28	1087.2	2115.65
10	693	Marlien	Crewe-Brown	EP A Team	03:46.48	987.6	01:12.63	1123.7	2111.3
11	1035	Ilze	Hattingh	EP A Team	03:34.34	1048.3	01:19.65	1053.5	2101.8
12	2908	Petro marie	Fourie	EDEN A Team	03:37.69	1031.55	01:18.03	1069.7	2101.25
13	7054	Nadia	Olsen	WP A Team	03:18.72	1126.4	01:29.25	957.5	2083.9
14	2666	Jancke	Potgieter	EDEN A Team	03:41.66	1011.7	01:21.58	1034.2	2045.9
15	2810	Sumari	Bester	BOL A Team	03:54.70	946.5	01:15.30	1097	2043.5
16	7116	Abigail	Le Roux	BOL B Team	03:35.00	1045	01:25.77	992.3	2037.3
17	8126	Elza	De Kock	BOL B Team	03:58.72	926.4	01:14.41	1105.9	2032.3
18	2816	Helende	Kemp	BOL B Team	03:33.93	1050.35	01:26.88	981.2	2031.55

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
19	1542	Rebecca	Monk	WP A Team	03:49.42	972.9	01:19.71	1052.9	2025.8
20	5750	Mia	Wright	EDEN B Team	04:05.48	892.6	01:13.40	1116	2008.6
21	5995	Mienke	Doubell	EDEN B Team	04:02.70	906.5	01:15.57	1094.3	2000.8
22	5318	Emma	Van der Westhuysen	EDEN B Team	03:30.23	1068.85	01:32.08	929.2	1998.05
23	6836	Elizma	Huysen	EDEN B Team	03:58.08	929.6	01:22.35	1026.5	1956.1
24	6142	Amica	Nieuwoudt	WP B Team	03:59.77	921.15	01:23.58	1014.2	1935.35
25	6222	Marissa	Cotter	BOL C Team	03:31.15	1064.25	01:39.78	852.2	1916.45
26	6281	Jané	Ebersöhn	GW A Team	03:46.89	985.55	01:32.04	929.6	1915.15
27	2814	Nina	Engelbrecht	BOL B Team	04:00.68	916.6	01:25.16	998.4	1915
28	1944	Elmarie	Combrink	WP B Team	04:04.80	896	01:29.10	959	1855
29	2913	Megan	Terblanche	EDEN B Team	04:03.19	904.05	01:31.94	930.6	1834.65
30	2163	Corli-mare	Griffioen	EDEN C Team	04:09.98	870.1	01:31.91	930.9	1801
31	2817	Louw-mari	Blom	BOL C Team	04:22.98	805.1	01:32.35	926.5	1731.6
32	7751	Milla	Otto	EP C Team	04:15.70	841.5	01:41.04	839.6	1681.1
33	5514	Stevie	Phillips	BOL C Team	04:35.28	743.6	01:34.02	909.8	1653.4
34	4865	Cara	Rossouw	BOL C Team	04:29.47	772.65	01:40.90	841	1613.65
35	8360	Yana	Lotter	EDEN C Team	04:21.48	812.6	02:02.67	623.3	1435.9

Under 17 Boys

SA Record = 2299.15 (Cody Coombe-Davis - Unofficial - 2019) **Provincial Record = 2077.8** (Gustav Lubbe - 2019-01-15) **Open Record = 2292.65** (Cody Coombe-Davis - 2019-02-02)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	870	Cody	Coombe-Davis	EP A Team	04:50.31	1093.45	01:01.08	1199.2	2292.65 (open)
2	4334	Bernard	Andrag	BOL A Team	05:00.51	1042.45	01:01.24	1197.6	2240.05
3	7420	Kyle	White	EP A Team	05:07.70	1006.5	00:59.57	1214.3	2220.8
4	1370	Joshua	Scott	WP A Team	05:09.98	995.1	01:00.17	1208.3	2203.4
5	9564	Ian	Van Niekerk	GW A Team	05:04.94	1020.3	01:04.83	1161.7	2182
6	1501	Daniël	Wiese	WP A Team	04:59.24	1048.8	01:08.81	1121.9	2170.7
7	4335	Benno	Van der Merwe	BOL A Team	05:22.73	931.35	00:57.97	1230.3	2161.65
8	1144	IP	Van Der Merwe	EP A Team	05:11.73	986.35	01:10.94	1100.6	2086.95
9	6801	George	De Kock	BOL A Team	05:21.58	937.1	01:06.46	1145.4	2082.5
10	5040	De-Leon	Strydom	EP B Team	04:42.15	1134.25	01:28.53	924.7	2058.95
11	1205	Damian	Smith	EP A Team	04:58.46	1052.7	01:20.63	1003.7	2056.4
12	3008	Walter	de Jongh	WP A Team	05:46.73	811.35	00:59.24	1217.6	2028.95
13	2685	Gustav	Lubbe	EDEN A Team	05:33.77	876.15	01:08.39	1126.1	2002.25
14	5935	Enric	Taljaard	EP B Team	05:19.92	945.4	01:16.55	1044.5	1989.9
15	2916	Deon	Horne	EDEN A Team	05:36.51	862.45	01:09.39	1116.1	1978.55
16	9433	Alutha	Masele	EP B Team	04:49.57	1097.15	01:33.42	875.8	1972.95
17	8188	Otto	Frielingdorf	BOL A Team	05:43.58	827.1	01:09.62	1113.8	1940.9

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
18	5697	Dylan	Keyser	WP B Team	04:57.39	1058.05	01:34.63	863.7	1921.75
19	6658	Christiaan	Van der Walt	BOL B Team	05:55.21	768.95	01:07.80	1132	1900.95
20	2047	Braam	van der Vyver	WP B Team	06:02.43	732.85	01:04.42	1165.8	1898.65
21	1285	Marnus	Smit	EP B Team	05:34.37	873.15	01:20.24	1007.6	1880.75
22	2862	Juan	Drotschie	BOL A Team	05:56.44	762.8	01:09.54	1114.6	1877.4
23	2676	Pieter	Terblanche	EDEN B Team	05:31.64	886.8	01:22.38	986.2	1873
24	1586	Johan	Voges	WP B Team	06:11.78	686.1	01:04.28	1167.2	1853.3
25	1195	Dillan	Swanepoel	EP B Team	05:34.17	874.15	01:25.59	954.1	1828.25
26	6683	Gerhard	Viljoen	EP C Team	05:52.23	783.85	01:16.92	1040.8	1824.65
27	8994	Jurie	Groenewald	EDEN B Team	05:28.64	901.8	01:31.97	890.3	1792.1
28	2920	James	Bellew	EDEN B Team	06:06.13	714.35	01:13.93	1070.7	1785.05
29	2822	Christiaan	Naude	BOL B Team	06:10.48	692.6	01:11.79	1092.1	1784.7
30	1286	Jean	Snyman	EP C Team	06:23.17	629.15	01:17.04	1039.6	1668.75
31	5873	Michael	Massyn	WP B Team	06:36.07	564.65	01:15.98	1050.2	1614.85
32	7304	Brendt	Collins	EP C Team	06:29.04	599.8	01:21.77	992.3	1592.1

Under 17 Girls

SA Record = 2472 (Alexandra Quenet - 2011) **Provincial Record = 2323** (Stored Record - Previous) **Open Record = 2454**
(Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1334	Mandy	Vroon	WP A Team	03:12.16	1159.2	01:03.23	1217.7	2376.9
2	420	Lara	De Bloe	EP A Team	03:17.63	1131.85	01:11.92	1130.8	2262.65
3	1387	Karli	Coetzee	BOL A Team	03:23.36	1103.2	01:13.47	1115.3	2218.5
4	737	Liani Alina	Snyman	EP A Team	03:26.83	1085.85	01:12.89	1121.1	2206.95
5	6423	Jessica	Devine	EDEN A Team	03:21.87	1110.65	01:15.57	1094.3	2204.95
6	7056	Hannah	Counihan	EP A Team	03:47.14	984.3	01:04.11	1208.9	2193.2
7	5601	Sarah	Allardice	WP A Team	03:32.63	1056.85	01:12.87	1121.3	2178.15
8	5936	Cara	Bergh	EDEN A Team	03:19.05	1124.75	01:19.98	1050.2	2174.95
9	940	Tyra	Roosendaal	EP A Team	03:40.80	1016	01:09.65	1153.5	2169.5
10	2833	Gabriella	Scott	BOL A Team	03:41.41	1012.95	01:13.72	1112.8	2125.75
11	2837	Ameli	Bruwer	BOL A Team	03:29.16	1074.2	01:20.16	1048.4	2122.6
12	2556	Danielle	Immelman	GW A Team	04:01.84	910.8	01:07.32	1176.8	2087.6
13	2972	Nicke	van Rensburg	WP A Team	03:50.57	967.15	01:16.16	1088.4	2055.55
14	9244	Dalene	Koegelenberg	BOL A Team	03:27.67	1081.65	01:27.68	973.2	2054.85
15	1588	Storm	Elliott	WP A Team	03:57.63	931.85	01:16.17	1088.3	2020.15
16	8880	Zanelle	Kuyler	EDEN A Team	04:06.21	888.95	01:12.57	1124.3	2013.25
17	2216	Elna	Engelbrecht	WP B Team	04:02.55	907.25	01:19.33	1056.7	1963.95
18	1078	Melissa	Hamilton	EP C Team	03:32.82	1055.9	01:35.38	896.2	1952.1

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
19	2950	Larize	Goosen	EDEN A Team	04:19.58	822.1	01:12.63	1123.7	1945.8
20	6066	Kaitlyn	Wolff	EP B Team	03:56.95	935.25	01:24.63	1003.7	1938.95
21	8795	Liza	Koegelenberg	BOL B Team	03:46.48	987.6	01:29.96	950.4	1938
22	2707	Anja	Baard	EP B Team	03:44.87	995.65	01:31.70	933	1928.65
23	4709	CARLENE	MULLER	EDEN B Team	03:39.74	1021.3	01:35.34	896.6	1917.9
24	8724	Eljené	Du Toit	GW A Team	04:04.42	897.9	01:28.00	970	1867.9
25	9225	Taryn	Landman	EP C Team	04:03.41	902.95	01:29.48	955.2	1858.15
26	2192	Eden	Hoefer	WP B Team	04:05.77	891.15	01:29.78	952.2	1843.35
27	1266	Lize-Me	Otto	EP A Team	03:53.62	951.9	01:36.06	889.4	1841.3
28	8458	Betsy	Wilke	WP C Team	04:36.23	738.85	01:29.45	955.5	1694.35

Under 19 Boys

SA Record = 2236.10 (Ruben Smith - Unofficial - 2018) **Provincial Record = 2275.7** (Andre Kleynhans - 2019-02-02) **Open Record = 2331.8** (Retief Ochse - 2019-02-02)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1339	Retief	Ochse	WP A Team	04:39.96	1145.2	01:02.34	1186.6	2331.8 (sa) (open)
2	2937	Andre	Kleynhans	EDEN A Team	04:59.70	1046.5	00:58.08	1229.2	2275.7 (sa) (prov)
3	372	Ruben	Smith	EP A Team	05:09.13	999.35	00:58.21	1227.9	2227.25
4	2681	Reynard	Jansen van rensburg	EDEN A Team	04:53.37	1078.15	01:08.75	1122.5	2200.65

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
5	1523	Thomas	Fowler	WP A Team	05:15.68	966.6	01:04.70	1163	2129.6
6	1445	Adrin	Strydom	WP A Team	05:19.30	948.5	01:09.09	1119.1	2067.6
7	7865	Francois	De Wet	BOL A Team	05:00.43	1042.85	01:18.78	1022.2	2065.05
8	2939	Hendrik	Visser	EDEN A Team	05:14.75	971.25	01:13.25	1077.5	2048.75
9	9647	Murray	Nielsen	BOL A Team	05:33.65	876.75	01:07.84	1131.6	2008.35
10	2863	Jacobus	Uys	BOL A Team	05:27.09	909.55	01:11.59	1094.1	2003.65
11	2864	Martin	Minnaar	BOL A Team	05:26.13	914.35	01:13.69	1073.1	1987.45

Under 19 Girls

SA Record = 2485 (Marinda Oosthuizen - 2005) **Provincial Record = 2348** (Stored Record - Previous) **Open Record = 2413**
(Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1333	Kelly	Vroon	WP A Team	03:21.01	1119.95	01:01.27	1247.3	2367.25
2	2947	Anlize	Vermeulen	EDEN A Team	03:45.58	997.1	01:05.86	1201.4	2198.5
3	6430	Anja	Webber	EP A Team	03:17.69	1136.55	01:24.26	1017.4	2153.95
4	1517	Danielle	du Toit	WP A Team	03:35.65	1046.75	01:16.43	1095.7	2142.45
5	2856	Bianca	Sussman	BOL A Team	03:49.40	978	01:21.27	1047.3	2025.3
6	1428	Arleen	Moorcroft	WP B Team	04:07.62	886.9	01:13.48	1125.2	2012.1
7	2949	Abigael	Grobler	EDEN A Team	04:20.22	823.9	01:11.06	1149.4	1973.3
8	9821	Jeanni	Botha	BOL B Team	04:00.44	922.8	01:23.64	1023.6	1946.4

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
9	3078	Anita	van Niekerk	WP B Team	04:01.92	915.4	01:24.01	1019.9	1935.3

Senior (Open) Men

SA Record = 2346.55 (Dylan Kruger - Unofficial - 2018) **Provincial Record** = (-) **Open Record** = 2330.9 (Gareth Vorster - 2019-02-02)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	325	Gareth	Vorster	EP A Team	04:46.20	1089	00:56.81	1241.9	2330.9 (open)
2	2846	Pietie	Oosthuizen	BOL A Team	04:35.24	1143.8	01:05.04	1159.6	2303.4
3	1384	Avron	Manchest	WP A Team	05:00.35	1018.25	01:01.92	1190.8	2209.05
4	1531	Philip	Fouche	WP A Team	05:04.10	999.5	01:02.64	1183.6	2183.1
5	2072	Calvin	Hammond	WP A Team	04:55.36	1043.2	01:10.70	1103	2146.2
6	1340	William	Ochse	WP A Team	05:42.91	805.45	00:58.84	1221.6	2027.05
7	4179	AJ	Fourie	GW A Team	05:56.00	740	00:58.42	1225.8	1965.8
8	2403	Ridewaan	Nichols	WP B Team	05:14.91	945.45	01:20.81	1001.9	1947.35
9	5182	Jason	Le Condeur	BOL B Team	05:08.40	978	01:24.92	960.8	1938.8
10	2847	Daniel	Malan	BOL B Team	05:37.51	832.45	01:12.55	1084.5	1916.95
11	9531	Axolile	Mbeki	EP B Team	05:34.41	847.95	01:19.08	1019.2	1867.15
12	5507	Corne	Jooste	WP B Team	05:18.31	928.45	01:27.85	931.5	1859.95
13	8955	Geo	Van Niekerk	BOL B Team	04:45.89	1090.55	02:02.13	588.7	1679.25

Senior (Open) Ladies

SA Record = 2525 (Edith Otterman - 1995) **Provincial Record = 2221** (Stored Record - Previous) **Open Record = 2396** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1303	Marna	Louwrens	WP A Team	03:23.42	1107.9	01:04.83	1241.7	2349.6
2	2850	Annereen	Malan	BOL A Team	03:26.08	1094.6	01:18.79	1102.1	2196.7
3	8962	Jolani	Pienaar	GW A Team	03:46.36	993.2	01:19.92	1090.8	2084
4	4459	Ariane	Krijt	SFS A Team	04:34.28	753.6	01:12.66	1163.4	1917

Jnr Veteran Men

SA Record = 2435 (Charles Beaurain - 2018) **Provincial Record = 2365.35** (Pieter Van Der Mescht - 2019-02-02) **Open Record = 2365.35** (Pieter Van Der Mescht - 2019-02-02)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	8297	Pieter	Van Der Mescht	EDEN A Team	02:52.41	1122.95	00:57.56	1234.4	2365.35 (prov) (open)
2	9079	Edrich	Burger	BOL A Team	02:50.80	1131	01:07.04	1139.6	2286.6
3	7704	Eben	Kruger	BOL A Team	02:59.52	1087.4	01:08.87	1121.3	2224.7
4	2310	Christo	van der Merwe	WP A Team	03:00.25	1083.75	01:07.99	1130.1	2221.85
5	5108	Rodney	Wearing	WP A Team	03:17.74	996.3	01:06.78	1142.2	2218.5
6	6282	Dommonique	Forte	BOL A Team	03:04.15	1064.25	01:09.70	1113	2217.25
7	7305	Lukas	Wentzel	BOL A Team	03:10.35	1033.25	01:17.50	1035	2164.25
8	9356	Cornelis	Rossouw	BOL A Team	03:00.63	1081.85	01:15.57	1054.3	2152.15

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
9	8260	Earle	van der Watt	WP B Team	03:27.58	947.1	01:21.34	996.6	2039.7
10	5805	Wade	Muller	EDEN B Team	03:16.18	1004.1	01:27.12	938.8	2006.9
11	4867	Louis-Ras	Joubert	BOL B Team	03:43.71	866.45	01:21.35	996.5	1950.95
12	7851	Dawie	Van Zyl	EP B Team	03:52.59	822.05	01:21.11	998.9	1908.95
13	7907	Xavier	Janse van Rensburg	EDEN C Team	03:50.58	832.1	01:23.54	974.6	1894.7
14	5400	Yonwaba	Sipeliti	EP C Team	03:50.29	833.55	01:41.89	791.1	1704.65

Jnr Veteran Ladies

SA Record = 2360 (Nerissa le Roux - 2018) **Provincial Record = 2377** (Stored Record - Previous) **Open Record = 2593** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	4611	Lize-Ahn	Aucamp	WP A Team	03:39.18	1029.1	01:08.56	1214.4	2331.5
2	1877	Esrie	Loock-Bezuidenhout	WP A Team	03:23.76	1106.2	01:16.47	1135.3	2313.5
3	9549	Mandi	Cameron	GW A Team	03:20.14	1124.3	01:17.14	1128.6	2268.9
4	577	Chantel	Verwey	EP A Team	03:38.25	1033.75	01:12.40	1176	2241.75
5	8700	Henriette	van der Watt	WP A Team	04:07.41	887.95	01:16.56	1134.4	2102.35
6	620	Elzet	Brits	EP A Team	04:08.99	880.05	01:14.34	1156.6	2052.65
7	9623	Zhelda	Kruger	EDEN A Team	04:00.47	922.65	01:37.76	922.4	1941.05
8	7120	Mareli	Scharrighuizen	BOL B Team	04:13.01	859.95	01:39.18	908.2	1864.15

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
9	4706	Lesa	Wetzi	WP C Team	04:13.31	858.45	01:58.33	716.7	1671.15

Veteran Men

SA Record = 2517 (Nicholas Theron - 2016) **Provincial Record = 2344** (Chris Van wyk - 2018-03-30) **Open Record = 2397**
(Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1878	Roger	Bezuidenhout	WP A Team	03:15.90	1040.5	01:06.10	1199	2314.5
2	5902	Gareth	Haarhoff	BOL A Team	03:15.42	1042.9	01:09.68	1163.2	2296.1
3	2689	Walter	Lutsch	EDEN A Team	02:52.00	1160	01:18.87	1071.3	2246.3
4	1396	Johan	Fowler	WP A Team	03:31.98	960.1	01:12.20	1138	2218.1
5	2851	Andries	Aucamp	BOL A Team	03:00.46	1117.7	01:20.16	1058.4	2176.1
6	4332	Franz (snr)	Wetzi	WP A Team	03:34.86	945.7	01:10.95	1150.5	2171.2
7	5111	Francois	Janse van Rensburg	WP A Team	03:38.56	927.2	01:13.64	1123.6	2125.8
8	2690	Herman	Spangenberg	EDEN A Team	03:46.67	886.65	01:14.59	1114.1	2105.75
9	2162	Johan	Griffioen	EDEN A Team	03:16.28	1038.6	01:30.19	958.1	2101.7
10	8707	Francois	Hofmeyr	BOL B Team	03:46.18	889.1	01:20.71	1052.9	2017
11	8183	Henry	Du Toit	GW A Team	04:21.46	712.7	01:26.94	990.6	1733.3
12	9804	Jason	Monk	WP B Team	03:23.56	1002.2	02:05.37	606.3	1728.5

Veteran Ladies

SA Record = 2496 (Ilse Beukman - 2013) **Provincial Record = 2351** (Stored Record - Previous) **Open Record = 2488** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	7766	Annine	Stander	WP A Team	04:07.39	913.05	01:23.51	1104.9	2122.95
2	8464	Denise	De Jongh	EDEN A Team	03:57.66	961.7	01:20.17	1138.3	2100
3	2146	Charlotte	Andrag	WP A Team	03:53.23	983.85	01:23.99	1100.1	2083.95
4	5151	Lize	De Villiers	BOL C Team	04:55.17	674.15	01:33.53	1004.7	1723.85
5	1594	Madelein	Massyn	WP C Team	05:08.83	605.85	01:43.34	906.6	1587.45

SNR Veteran Men

SA Record = 2525 (Willie Wilson - 1997) **Provincial Record = 2269** (Stored Record - Previous) **Open Record = 2407** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	6065	Paul	Wolff	EP A Team	03:09.48	1157.6	01:14.60	1174	2331.6
2	5553	Cliff	Wallace	EDEN A Team	03:52.46	942.7	01:17.59	1144.1	2221.8
3	6475	Craig	Wilson	EP A Team	03:03.85	1185.75	01:30.83	1011.7	2197.45
4	1840	Colin	Hepburn	WP A Team	03:38.57	1012.15	01:15.07	1169.3	2196.45
5	819	Freek	Smith	EP A Team	03:35.56	1027.2	01:24.74	1072.6	2174.8
6	6040	Richard	Phillips	BOL A Team	03:34.85	1030.75	01:20.22	1117.8	2148.55
7	2818	Clive	Cupido	BOL A Team	02:59.92	1205.4	01:48.38	836.2	2071.6
8	7204	Elvin	van Zyl	WP B Team	03:24.16	1084.2	01:40.27	917.3	2001.5
9	4446	Dirk	Malan	BOL C Team	04:11.68	846.6	01:47.97	840.3	1731.9
10	2819	Ian	Flack	BOL C Team	04:32.97	740.15	02:43.97	280.3	1155.45

SNR Veteran Ladies

SA Record = 2513 (Viv Williams - 2017) **Provincial Record = 2198** (Stored Record - Previous) **Open Record = 2454** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2844	Liezel	Wessels	BOL A Team	03:31.95	1180.25	01:21.74	1182.6	2362.85
2	2821	Mariaan	Malan	BOL A Team	03:39.71	1141.45	01:27.54	1124.6	2281.05
3	5253	Stea	Holland-Muter	GW A Team	03:49.96	1090.2	01:43.15	968.5	2133.7
4	1722	Ashleigh-Jane	Fairweather	WP A Team	04:32.49	877.55	01:24.28	1157.2	2094.75
5	4682	Linda	du Bruyn	WP B Team	04:06.62	1006.9	01:55.43	845.7	1912.6

Masters Men

SA Record = 2427.66 (Michael Forbes - Unofficial - 2018) **Provincial Record = 2433.17** (Johan Windt - 2019-02-02) **Open Record = 2433.17** (Johan Windt - 2019-02-02)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2902	Johan	Windt	EDEN A Team	02:38.83	1140.85	00:36.98	1192.32	2433.17 (sa) (prov) (open)
2	2492	Michael	Forbes	BOR A Team	02:35.04	1159.8	00:35.94	1208.96	2408.76
3	8768	Michael	Archer	WP A Team	02:46.21	1103.95	00:38.03	1175.52	2339.47
4	1686	Dolph	Nortier	WP A Team	03:04.48	1012.6	00:40.25	1140	2232.6
5	2789	Coenie	Van Vuuren	BOL A Team	03:21.99	925.05	00:39.89	1145.76	2190.81
6	1979	Jan	Ferreira	WP A Team	03:37.97	845.15	00:38.73	1164.32	2049.47
7	835	Kierie	Slabbert	EP A Team	04:08.66	691.7	00:45.41	1057.44	1969.14
8	5233	Robert	Swartz	WP B Team	03:33.89	865.55	00:56.55	879.2	1944.75

Masters Ladies

SA Record = 2313.56 (Stefanie Classen - Unofficial - 2018) **Provincial Record = (-)** **Open Record = 2243.71** (Marille Bass - 2019-02-02)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1298	Marille	Bass	WP A Team	03:46.17	1049.15	00:49.84	1034.56	2243.71 (open)
2	1297	Tricia	Rix	WP C Team	05:50.21	428.95	01:02.89	825.76	1554.71

Special Needs Male

SA Record = 3500 (Not Applicable - 2018) **Provincial Record = N/A** **Open Record = 2533.37** (Liam Trelawney - 2019-02-02)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2226	Liam	Trelawney	WP A Team	01:36.19	1269.05	00:53.48	1264.32	2533.37 (open)
2	6779	Neil	Nortje	EP A Team	01:40.11	1249.45	00:54.31	1251.04	2500.49

Special Needs Female

SA Record = 3500 (Not Applicable - 2018) **Provincial Record = N/A** **Open Record = 2846.49** (Daleen Laurence - 2019-02-02)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1698	Daleen	Laurence	WP A Team	01:27.71	1311.45	00:36.56	1535.04	2846.49 (open)
2	8779	Minke	Janse Van Rensburg	EDEN A Team	01:39.84	1250.8	00:38.40	1505.6	2756.4
3	1672	Amelia	Reddering	WP A Team	01:20.81	1345.95	00:54.02	1255.68	2601.63