



# SLANGHOEK

TRIATHLON ○○○

## Road Triathlon

28-Oct-18

| Group or Category | Pos in |     | Athlete Details |     |             |              | Split Times |          |          | Final Results |      |        |
|-------------------|--------|-----|-----------------|-----|-------------|--------------|-------------|----------|----------|---------------|------|--------|
|                   | All    | Cat | No              | Cat | First Name  | Last Name    | Swim        | Bike     | Run      | Time          | Legs | Status |
| Overall Men Std   | 1      | 1   | 1247            | SML | Nick        | Quenet       | 00.16.33    | 00.57.57 | 00.20.58 | 01.35.28      | 3    |        |
|                   | 2      | 2   | 1317            | SML | Nicholas    | Tinkler      | 00.20.00    | 01.03.14 | 00.20.45 | 01.43.59      | 3    |        |
|                   | 3      | 3   | 1191            | SML | Michael     | Lord         | 00.19.17    | 01.05.37 | 00.19.43 | 01.44.37      | 3    |        |
|                   | 4      | 4   | 1269            | SML | Michael     | Ross         | 00.21.13    | 01.03.47 | 00.20.16 | 01.45.16      | 3    |        |
|                   | 5      | 1   | 1089            | SVL | Otto        | Du Plessis   | 00.21.29    | 01.01.12 | 00.24.05 | 01.46.46      | 3    |        |
|                   | 6      | 5   | 1188            | SML | Tobi        | Lochner      | 00.22.54    | 01.04.23 | 00.21.44 | 01.49.01      | 3    |        |
|                   | 7      | 2   | 1195            | SVL | Jonty       | Low          | 00.20.17    | 01.06.43 | 00.22.09 | 01.49.09      | 3    |        |
|                   | 8      | 3   | 1142            | SVL | Dean        | Hopf         | 00.26.21    | 01.00.49 | 00.22.45 | 01.49.55      | 3    |        |
|                   | 9      | 6   | 1347            | SML | Dylan       | Van Zyl      | 00.21.10    | 01.05.05 | 00.24.15 | 01.50.30      | 3    |        |
|                   | 10     | 7   | 1167            | SML | Alexander   | Krebs        | 00.23.01    | 01.03.29 | 00.24.39 | 01.51.09      | 3    |        |
|                   | 11     | 4   | 1019            | SVL | Charles     | Beaurain     | 00.19.54    | 01.10.17 | 00.22.18 | 01.52.29      | 3    |        |
|                   | 12     | 5   | 1244            | SVL | Marc        | Price        | 00.22.30    | 01.07.32 | 00.22.42 | 01.52.44      | 3    |        |
|                   | 13     | 8   | 1180            | SML | Matt        | Leppan       | 00.22.03    | 01.08.49 | 00.22.03 | 01.52.55      | 3    |        |
|                   | 14     | 1   | 1320            | VML | Nick        | Turner       | 00.22.52    | 01.06.22 | 00.25.01 | 01.54.15      | 3    |        |
|                   | 15     | 6   | 1138            | SVL | Ryan        | Heydenrych   | 00.21.39    | 01.09.45 | 00.24.01 | 01.55.25      | 3    |        |
|                   | 16     | 2   | 1382            | VML | Steve       | Attwell      | 00.26.14    | 01.06.15 | 00.24.08 | 01.56.37      | 3    |        |
|                   | 17     | 3   | 1017            | VML | Crispin     | Barrett      | 00.25.36    | 01.06.55 | 00.25.05 | 01.57.36      | 3    |        |
|                   | 18     | 4   | 1215            | VML | Kobus       | Meyer        | 00.27.12    | 01.09.03 | 00.21.54 | 01.58.09      | 3    |        |
|                   | 19     | 7   | 1140            | SVL | Paul        | Hilliard     | 00.26.16    | 01.10.34 | 00.22.02 | 01.58.52      | 3    |        |
|                   | 20     | 5   | 1137            | VML | Andrew      | Hetherington | 00.23.09    | 01.10.04 | 00.25.40 | 01.58.53      | 3    |        |
|                   | 21     | 6   | 1079            | VML | Chris       | De Villiers  | 00.24.15    | 01.09.06 | 00.26.13 | 01.59.34      | 3    |        |
|                   | 22     | 9   | 1318            | SML | Paolo       | Toua         | 00.27.10    | 01.10.23 | 00.22.04 | 01.59.37      | 3    |        |
|                   | 23     | 7   | 1291            | VML | Terry       | Southam      | 00.24.55    | 01.10.08 | 00.25.26 | 02.00.29      | 3    |        |
|                   | 24     | 1   | 1389            | MML | Paul        | Ingpen       | 00.24.45    | 01.08.56 | 00.26.49 | 02.00.30      | 3    |        |
|                   | 25     | 8   | 1250            | VML | Paolo       | Raciti       | 00.26.16    | 01.07.03 | 00.27.16 | 02.00.35      | 3    |        |
|                   | 26     | 10  | 1336            | SML | Kyle        | Van Heerden  | 00.24.10    | 01.15.17 | 00.21.13 | 02.00.40      | 3    |        |
|                   | 27     | 11  | 1338            | SML | Mike        | Van Niekerk  | 00.24.53    | 01.13.34 | 00.22.52 | 02.01.19      | 3    |        |
|                   | 28     | 12  | 1161            | SML | Tom         | Kirk         | 00.23.30    | 01.13.25 | 00.24.55 | 02.01.50      | 3    |        |
|                   | 29     | 8   | 1376            | SVL | Stephan     | Zyl          | 00.25.28    | 01.12.55 | 00.23.51 | 02.02.14      | 3    |        |
|                   | 30     | 9   | 1027            | VML | Alan        | Berning      | 00.25.48    | 01.12.31 | 00.25.27 | 02.03.46      | 3    |        |
|                   | 31     | 13  | 1198            | SML | Ettienne    | Ludick       | 00.29.57    | 01.06.36 | 00.27.45 | 02.04.18      | 3    |        |
|                   | 32     | 9   | 1367            | SVL | Brett       | Wegner       | 00.25.58    | 01.13.02 | 00.26.43 | 02.05.43      | 3    |        |
|                   | 33     | 10  | 1098            | VML | Cobus       | Fourie       | 00.28.01    | 01.10.30 | 00.27.31 | 02.06.02      | 3    |        |
|                   | 34     | 11  | 1179            | VML | Jacobus     | Leibbrandt   | 00.30.16    | 01.10.17 | 00.25.46 | 02.06.19      | 3    |        |
|                   | 35     | 12  | 1013            | VML | Thomas      | Barlow       | 00.32.43    | 01.08.51 | 00.24.47 | 02.06.21      | 3    |        |
|                   | 36     | 10  | 1898            | SVL | Ewald       | Van Heerden  | 00.26.33    | 01.13.05 | 00.26.54 | 02.06.32      | 3    |        |
|                   | 37     | 14  | 1354            | SML | Ruan        | Venter       | 00.27.09    | 01.10.00 | 00.29.28 | 02.06.37      | 3    |        |
|                   | 38     | 11  | 1333            | SVL | Marc        | Van Galen    | 00.23.40    | 01.15.50 | 00.27.18 | 02.06.48      | 3    |        |
|                   | 39     | 12  | 1073            | SVL | Marc        | Davidowitz   | 00.29.04    | 01.13.19 | 00.25.11 | 02.07.34      | 3    |        |
|                   | 40     | 13  | 1236            | SVL | Vlasta      | Pitro        | 00.31.12    | 01.11.48 | 00.24.46 | 02.07.46      | 3    |        |
|                   | 41     | 14  | 1349            | SVL | Rodrigo     | Vanella      | 00.26.30    | 01.16.14 | 00.25.04 | 02.07.48      | 3    |        |
|                   | 42     | 15  | 1360            | SML | Nicholas    | Walker       | 00.21.15    | 01.16.13 | 00.30.23 | 02.07.51      | 3    |        |
|                   | 43     | 16  | 1310            | SML | Fernando    | Tallie       | 00.26.36    | 01.10.44 | 00.31.14 | 02.08.34      | 3    |        |
|                   | 44     | 15  | 1259            | SVL | Stephan     | Rheeders     | 00.27.34    | 01.13.08 | 00.27.54 | 02.08.36      | 3    |        |
|                   | 45     | 17  | 1178            | SML | Brett       | Le Roux      | 00.26.25    | 01.16.54 | 00.26.00 | 02.09.19      | 3    |        |
|                   | 46     | 2   | 1248            | MML | Mark        | Quinlan      | 00.28.11    | 01.10.58 | 00.30.11 | 02.09.20      | 3    |        |
|                   | 47     | 16  | 1101            | SVL | Gareth      | Fowler       | 00.23.19    | 01.17.01 | 00.29.36 | 02.09.56      | 3    |        |
|                   | 48     | 18  | 1041            | SML | John-Pieter | Botha        | 00.24.56    | 01.16.02 | 00.29.30 | 02.10.28      | 3    |        |
|                   | 49     | 17  | 1044            | SVL | Jan-Cor     | Brink        | 00.31.23    | 01.13.35 | 00.25.52 | 02.10.50      | 3    |        |
|                   | 50     | 18  | 1368            | SVL | Justin      | Wendover     | 00.29.30    | 01.16.38 | 00.25.15 | 02.11.23      | 3    |        |
|                   | 51     | 19  | 1190            | SML | Wicus       | Lombard      | 00.23.51    | 01.19.15 | 00.29.20 | 02.12.26      | 3    |        |
|                   | 52     | 20  | 1052            | SML | Stefan      | Burger       | 00.31.15    | 01.17.16 | 00.23.55 | 02.12.26      | 3    |        |
|                   | 53     | 21  | 1251            | SML | Dylan       | Ramsay       | 00.24.11    | 01.18.47 | 00.29.52 | 02.12.50      | 3    |        |
|                   | 54     | 13  | 1356            | VML | Renier      | Verbeek      | 00.33.06    | 01.11.09 | 00.28.42 | 02.12.57      | 3    |        |
|                   | 55     | 19  | 1294            | SVL | Troy        | Squires      | 00.25.44    | 01.18.30 | 00.28.57 | 02.13.11      | 3    |        |



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|-------------------|--------|------|-----------------|-------------|--------------|---------------|-------------|----------|----------|---------------|------|--------|
|                   | All    | Cat  | No              | Cat         | First Name   | Last Name     | Swim        | Bike     | Run      | Time          | Legs | Status |
| Overall Men Std   | 56     | 14   | 1091            | VML         | George       | Du Toit       | 00.32.12    | 01.13.15 | 00.27.58 | 02.13.25      | 3    |        |
|                   | 57     | 22   | 1227            | SML         | James        | Peart         | 00.31.22    | 01.17.30 | 00.24.36 | 02.13.28      | 3    |        |
|                   | 58     | 20   | 1128            | SVL         | Paul         | Harker        | 00.34.23    | 01.15.43 | 00.24.13 | 02.14.19      | 3    |        |
|                   | 59     | 21   | 1348            | SVL         | Nicolas      | Vandemoortele | 00.27.28    | 01.20.24 | 00.26.32 | 02.14.24      | 3    |        |
|                   | 60     | 15   | 1120            | VML         | Armin        | Gretschel     | 00.27.47    | 01.14.29 | 00.32.24 | 02.14.40      | 3    |        |
|                   | 61     | 22   | 1046            | SVL         | Pieter       | Brits         | 00.30.34    | 01.15.46 | 00.28.26 | 02.14.46      | 3    |        |
|                   | 62     | 16   | 1285            | VML         | Reon         | Smal          | 00.28.27    | 01.17.20 | 00.29.14 | 02.15.01      | 3    |        |
|                   | 63     | 17   | 1002            | VML         | Craig        | Anders        | 00.33.10    | 01.09.59 | 00.32.03 | 02.15.12      | 3    |        |
|                   | 64     | 23   | 1249            | SVL         | Mark         | Raa           | 00.27.41    | 01.17.41 | 00.30.10 | 02.15.32      | 3    |        |
|                   | 65     | 24   | 1262            | SVL         | Adam         | Ricketts      | 00.32.56    | 01.15.52 | 00.26.55 | 02.15.43      | 3    |        |
|                   | 66     | 25   | 1208            | SVL         | Roberto      | Marchesi      | 00.30.28    | 01.13.49 | 00.31.37 | 02.15.54      | 3    |        |
|                   | 67     | 18   | 1087            | VML         | Adrian       | Du Plessis    | 00.30.22    | 01.14.22 | 00.31.13 | 02.15.57      | 3    |        |
|                   | 68     | 19   | 1070            | VML         | Roy          | Coombe-Davis  | 00.31.46    | 01.16.23 | 00.27.52 | 02.16.01      | 3    |        |
|                   | 69     | 20   | 1176            | VML         | Gary         | Laue          | 00.29.23    | 01.17.36 | 00.29.08 | 02.16.07      | 3    |        |
|                   | 70     | 23   | 1323            | SML         | Gerald       | Van Blerk     | 00.33.12    | 01.15.09 | 00.28.00 | 02.16.21      | 3    |        |
|                   | 71     | 21   | 1152            | VML         | Daniel       | Joubert       | 00.35.14    | 01.11.23 | 00.30.37 | 02.17.14      | 3    |        |
|                   | 72     | 26   | 1312            | SVL         | Mario        | Talotti       | 00.33.32    | 01.14.32 | 00.29.11 | 02.17.15      | 3    |        |
|                   | 73     | 27   | 1194            | SVL         | Kyle         | Lotz          | 00.27.08    | 01.20.49 | 00.29.54 | 02.17.51      | 3    |        |
|                   | 74     | 22   | 1006            | VML         | Mogammad Ali | Baderoen      | 00.26.20    | 01.19.14 | 00.32.32 | 02.18.06      | 3    |        |
|                   | 75     | 3    | 1199            | MML         | James        | Lumsden       | 00.27.23    | 01.21.15 | 00.29.45 | 02.18.23      | 3    |        |
|                   | 76     | 28   | 1074            | SVL         | Paulo        | De Barros     | 00.33.19    | 01.14.16 | 00.31.08 | 02.18.43      | 3    |        |
|                   | 77     | 23   | 1068            | VML         | Dewald       | Coolen        | 00.32.33    | 01.15.14 | 00.31.20 | 02.19.07      | 3    |        |
|                   | 78     | 29   | 1211            | SVL         | Charl        | Marks         | 00.29.39    | 01.17.41 | 00.31.50 | 02.19.10      | 3    |        |
|                   | 79     | 24   | 1206            | VML         | Rowan        | Marais        | 00.26.28    | 01.23.35 | 00.29.31 | 02.19.34      | 3    |        |
|                   | 80     | 30   | 1080            | SVL         | Christiaan   | De Wet        | 00.30.13    | 01.22.51 | 00.26.36 | 02.19.40      | 3    |        |
|                   | 81     | 1    | 1384            | GML         | Gerhard      | Gous          | 00.29.01    | 01.17.42 | 00.33.18 | 02.20.01      | 3    |        |
|                   | 82     | 25   | 1112            | VML         | Roy          | Gordon        | 00.28.14    | 01.20.44 | 00.31.37 | 02.20.35      | 3    |        |
|                   | 83     | 26   | 1037            | VML         | Ferdi        | Booyesen      | 00.36.48    | 01.12.19 | 00.31.57 | 02.21.04      | 3    |        |
|                   | 84     | 27   | 1081            | VML         | Willie       | De Witt       | 00.34.53    | 01.15.14 | 00.30.59 | 02.21.06      | 3    |        |
|                   | 85     | 31   | 1119            | SVL         | Graeme       | Green         | 00.31.56    | 01.18.51 | 00.30.47 | 02.21.34      | 3    |        |
| 86                | 28     | 1160 | VML             | Patrick     | Kilkenny     | 00.33.13      | 01.18.20    | 00.30.12 | 02.21.45 | 3             |      |        |
| 87                | 24     | 1122 | SML             | Nicholas    | Grobbelaar   | 00.30.17      | 01.24.03    | 00.27.33 | 02.21.53 | 3             |      |        |
| 88                | 32     | 1332 | SVL             | Quintin     | Van Dyk      | 00.31.54      | 01.20.59    | 00.29.12 | 02.22.05 | 3             |      |        |
| 89                | 33     | 1148 | SVL             | Wayne       | Jones        | 00.33.23      | 01.17.54    | 00.30.52 | 02.22.09 | 3             |      |        |
| 90                | 25     | 1170 | SML             | Godfrey     | Krige        | 00.29.51      | 01.22.35    | 00.31.03 | 02.23.29 | 3             |      |        |
| 91                | 34     | 1288 | SVL             | Cornel      | Smuts        | 00.29.06      | 01.23.45    | 00.31.20 | 02.24.11 | 3             |      |        |
| 92                | 4      | 1111 | MML             | Allen       | Goosen       | 00.34.30      | 01.16.38    | 00.33.16 | 02.24.24 | 3             |      |        |
| 93                | 5      | 1132 | MML             | Peter       | Hartmann     | 00.29.31      | 01.21.47    | 00.33.10 | 02.24.28 | 3             |      |        |
| 94                | 29     | 1172 | VML             | Willem      | Kruger       | 00.32.56      | 01.19.58    | 00.31.50 | 02.24.44 | 3             |      |        |
| 95                | 30     | 1386 | VML             | Gerhardt    | Van Niekerk  | 00.33.35      | 01.13.58    | 00.37.25 | 02.24.58 | 3             |      |        |
| 96                | 31     | 1055 | VML             | Lee         | Canham       | 00.30.37      | 01.19.40    | 00.34.51 | 02.25.08 | 3             |      |        |
| 97                | 6      | 1166 | MML             | Hans-Rudolf | Krebs        | 00.37.11      | 01.19.31    | 00.28.38 | 02.25.20 | 3             |      |        |
| 98                | 32     | 1059 | VML             | Dave        | Chapman      | 00.26.53      | 01.20.16    | 00.38.22 | 02.25.31 | 3             |      |        |
| 99                | 26     | 1117 | SML             | Luthando    | Gqamana      | 00.31.06      | 01.21.07    | 00.33.25 | 02.25.38 | 3             |      |        |
| 100               | 35     | 1008 | SVL             | Khaleed     | Baderoen     | 00.31.32      | 01.21.45    | 00.32.45 | 02.26.02 | 3             |      |        |
| 101               | 36     | 1232 | SVL             | David       | Petersen     | 00.32.21      | 01.24.51    | 00.29.12 | 02.26.24 | 3             |      |        |
| 102               | 27     | 1306 | SML             | Ryan        | Stroberg     | 00.33.34      | 01.25.14    | 00.27.52 | 02.26.40 | 3             |      |        |
| 103               | 37     | 1022 | SVL             | Marco       | Becker       | 00.34.27      | 01.20.27    | 00.32.05 | 02.26.59 | 3             |      |        |
| 104               | 33     | 1185 | VML             | Jonathan    | Levy         | 00.31.36      | 01.23.22    | 00.32.40 | 02.27.38 | 3             |      |        |
| 105               | 34     | 1319 | VML             | Christo     | Truter       | 00.39.50      | 01.15.36    | 00.32.40 | 02.28.06 | 3             |      |        |
| 106               | 28     | 1242 | SML             | Wicus       | Pretorius    | 00.33.36      | 01.24.08    | 00.31.17 | 02.29.01 | 3             |      |        |
| 107               | 7      | 1039 | MML             | Eugene      | Botha        | 00.34.00      | 01.24.17    | 00.31.11 | 02.29.28 | 3             |      |        |
| 108               | 29     | 1183 | SML             | Justin      | Levermore    | 00.30.36      | 01.25.14    | 00.33.41 | 02.29.31 | 3             |      |        |
| 109               | 35     | 1270 | VML             | Mornay      | Roux         | 00.38.46      | 01.19.46    | 00.32.01 | 02.30.33 | 3             |      |        |
| 110               | 36     | 1219 | VML             | Ernest      | Nel          | 00.27.14      | 01.28.26    | 00.35.10 | 02.30.50 | 3             |      |        |





# SLANGHOEK

TRIATHLON ○○○

## Road Triathlon

28-Oct-18

| Group or Category | Pos in |      | Athlete Details |          |              |                | Split Times |          |          | Final Results |      |        |
|-------------------|--------|------|-----------------|----------|--------------|----------------|-------------|----------|----------|---------------|------|--------|
|                   | All    | Cat  | No              | Cat      | First Name   | Last Name      | Swim        | Bike     | Run      | Time          | Legs | Status |
| Overall Men Std   | 111    | 38   | 1375            | SVL      | Wade         | Witbooi        | 00.35.48    | 01.20.28 | 00.35.27 | 02.31.43      | 3    |        |
|                   | 112    | 37   | 1387            | VML      | Richard      | Downing        | 00.35.43    | 01.25.06 | 00.31.20 | 02.32.09      | 3    |        |
|                   | 113    | 39   | 1083            | SVL      | Cobus        | Dicks          | 00.35.07    | 01.24.13 | 00.33.05 | 02.32.25      | 3    |        |
|                   | 114    | 38   | 1221            | VML      | Dirk         | Nieuwoudt      | 00.37.03    | 01.22.41 | 00.32.45 | 02.32.29      | 3    |        |
|                   | 115    | 39   | 1308            | VML      | Rick         | Bornman        | 00.37.32    | 01.22.57 | 00.32.00 | 02.32.29      | 3    |        |
|                   | 116    | 40   | 1173            | VML      | Johan        | Kruger         | 00.34.11    | 01.23.58 | 00.35.43 | 02.33.52      | 3    |        |
|                   | 117    | 40   | 1243            | SVL      | Gareth       | Price          | 00.30.09    | 01.37.09 | 00.26.41 | 02.33.59      | 3    |        |
|                   | 118    | 30   | 1304            | SML      | Conrad       | Strauss        | 00.34.31    | 01.23.16 | 00.36.23 | 02.34.10      | 3    |        |
|                   | 119    | 41   | 1168            | SVL      | Wouter       | Kriegler       | 00.34.49    | 01.19.42 | 00.39.46 | 02.34.17      | 3    |        |
|                   | 120    | 41   | 1034            | VML      | Warren       | Boardman-Smith | 00.34.50    | 01.20.11 | 00.39.45 | 02.34.46      | 3    |        |
|                   | 121    | 42   | 1237            | SVL      | Peter        | Pittendrigh    | 00.32.34    | 01.23.51 | 00.39.05 | 02.35.30      | 3    |        |
|                   | 122    | 43   | 1031            | SVL      | Robert       | Blake          | 00.31.25    | 01.34.01 | 00.30.23 | 02.35.49      | 3    |        |
|                   | 123    | 44   | 1066            | SVL      | Janu         | Coetzee        | 00.34.16    | 01.27.48 | 00.34.46 | 02.36.50      | 3    |        |
|                   | 124    | 45   | 1209            | SVL      | Dan          | Marcus         | 00.32.43    | 01.24.39 | 00.39.40 | 02.37.02      | 3    |        |
|                   | 125    | 46   | 1265            | SVL      | Rustum       | Robertson      | 00.36.11    | 01.31.15 | 00.30.05 | 02.37.31      | 3    |        |
|                   | 126    | 47   | 1359            | SVL      | Ben          | Wahl           | 00.30.19    | 01.25.08 | 00.42.28 | 02.37.55      | 3    |        |
|                   | 127    | 42   | 1329            | VML      | Schalk       | Van Der Walt   | 00.31.52    | 01.28.12 | 00.38.18 | 02.38.22      | 3    |        |
|                   | 128    | 8    | 1151            | MML      | Hugo         | Joubert        | 00.36.06    | 01.29.07 | 00.33.42 | 02.38.55      | 3    |        |
|                   | 129    | 31   | 1377            | SML      | Eduard       | Le Roux        | 00.32.02    | 01.33.17 | 00.33.40 | 02.38.59      | 3    |        |
|                   | 130    | 43   | 1063            | VML      | Vaughan      | Cloete         | 00.35.32    | 01.24.54 | 00.38.35 | 02.39.01      | 3    |        |
|                   | 131    | 48   | 1296            | SVL      | Mark         | Stares         | 00.37.45    | 01.28.42 | 00.33.12 | 02.39.39      | 3    |        |
|                   | 132    | 44   | 1177            | VML      | Wayne        | Lawson         | 00.34.35    | 01.26.22 | 00.39.00 | 02.39.57      | 3    |        |
|                   | 133    | 2    | 1094            | GML      | John         | Eloff          | 00.48.07    | 01.18.15 | 00.33.36 | 02.39.58      | 3    |        |
|                   | 134    | 9    | 1324            | MML      | Simon        | Van Der Linden | 00.39.39    | 01.22.07 | 00.38.20 | 02.40.06      | 3    |        |
|                   | 135    | 3    | 1093            | GML      | Ian          | Eadie          | 00.36.13    | 01.24.06 | 00.39.57 | 02.40.16      | 3    |        |
|                   | 136    | 49   | 1007            | SVL      | Mogammad Fa  | Baderoen       | 00.29.29    | 01.33.31 | 00.37.18 | 02.40.18      | 3    |        |
|                   | 137    | 45   | 1282            | VML      | Mark         | Shnaps         | 00.33.08    | 01.25.34 | 00.41.51 | 02.40.33      | 3    |        |
|                   | 138    | 46   | 1104            | VML      | Willem       | Frylinck       | 00.34.48    | 01.22.54 | 00.42.54 | 02.40.36      | 3    |        |
|                   | 139    | 47   | 1246            | VML      | Deon         | Prinsloo       | 00.36.35    | 01.24.15 | 00.40.24 | 02.41.14      | 3    |        |
|                   | 140    | 10   | 1222            | MML      | George       | October        | 00.41.21    | 01.27.41 | 00.32.49 | 02.41.51      | 3    |        |
|                   | 141    | 11   | 1351            | MML      | Vasili       | Vass           | 00.37.53    | 01.24.12 | 00.39.53 | 02.41.58      | 3    |        |
|                   | 142    | 48   | 1023            | VML      | Jacques      | Becker         | 00.40.56    | 01.23.23 | 00.37.47 | 02.42.06      | 3    |        |
|                   | 143    | 12   | 1272            | MML      | Walter       | Ruffels        | 00.38.14    | 01.21.55 | 00.42.04 | 02.42.13      | 3    |        |
|                   | 144    | 49   | 1280            | VML      | Gavin        | Sheldon        | 00.30.33    | 01.33.43 | 00.38.00 | 02.42.16      | 3    |        |
|                   | 145    | 50   | 1263            | SVL      | Alastair     | Rimmer         | 00.35.41    | 01.26.28 | 00.40.15 | 02.42.24      | 3    |        |
| 146               | 51     | 1040 | SVL             | Werner   | Botha        | 00.39.24       | 01.26.44    | 00.36.55 | 02.43.03 | 3             |      |        |
| 147               | 13     | 1369 | MML             | Klasie   | Wessels      | 00.34.34       | 01.23.55    | 00.44.43 | 02.43.12 | 3             |      |        |
| 148               | 50     | 1133 | VML             | Ian      | Hauptfleisch | 00.29.47       | 01.30.53    | 00.42.44 | 02.43.24 | 3             |      |        |
| 149               | 52     | 1337 | SVL             | Julian   | Van Niekerk  | 00.45.48       | 01.21.42    | 00.36.49 | 02.44.19 | 3             |      |        |
| 150               | 32     | 1388 | SML             | Ziyaad   | Solomon      | 00.35.34       | 01.33.21    | 00.35.45 | 02.44.40 | 3             |      |        |
| 151               | 51     | 1258 | VML             | Francois | Reyneke      | 00.40.17       | 01.27.55    | 00.36.57 | 02.45.09 | 3             |      |        |
| 152               | 53     | 1186 | SVL             | Clyde    | Lewis        | 00.31.35       | 01.30.15    | 00.44.11 | 02.46.01 | 3             |      |        |
| 153               | 33     | 1202 | SML             | Thapelo  | Malebo       | 00.38.10       | 01.33.35    | 00.34.25 | 02.46.10 | 3             |      |        |
| 154               | 54     | 1353 | SVL             | Freddy   | Velazquez    | 00.43.17       | 01.33.20    | 00.30.09 | 02.46.46 | 3             |      |        |
| 155               | 55     | 1197 | SVL             | Johan    | Lubbe        | 00.39.13       | 01.28.47    | 00.39.00 | 02.47.00 | 3             |      |        |
| 156               | 14     | 1118 | MML             | Dudley   | Graham       | 00.42.20       | 01.25.49    | 00.40.44 | 02.48.53 | 3             |      |        |
| 157               | 52     | 1225 | VML             | Gary     | Palmer       | 00.32.00       | 01.39.47    | 00.38.18 | 02.50.05 | 3             |      |        |
| 158               | 56     | 1036 | SVL             | William  | Boltmann     | 00.32.49       | 01.38.16    | 00.39.40 | 02.50.45 | 3             |      |        |
| 159               | 57     | 1054 | SVL             | Jason    | Campbell     | 00.33.14       | 01.35.30    | 00.43.29 | 02.52.13 | 3             |      |        |
| 160               | 53     | 1116 | VML             | Alvin    | Gouws        | 00.35.41       | 01.31.31    | 00.47.04 | 02.54.16 | 3             |      |        |
| 161               | 15     | 1253 | MML             | Stephen  | Ray          | 00.45.03       | 01.28.24    | 00.41.43 | 02.55.10 | 3             |      |        |
| 162               | 58     | 1331 | SVL             | Johan    | Van Der Watt | 00.42.53       | 01.31.43    | 00.41.18 | 02.55.54 | 3             |      |        |
| 163               | 16     | 1113 | MML             | Peter    | Gordon       | 00.45.06       | 01.31.40    | 00.39.51 | 02.56.37 | 3             |      |        |
| 164               | 54     | 1082 | VML             | Shaun    | Diamond      | 00.35.39       | 01.34.18    | 00.48.30 | 02.58.27 | 3             |      |        |
| 165               | 34     | 1045 | SML             | Michael  | Brink        | 00.47.14       | 01.33.03    | 00.41.05 | 03.01.22 | 3             |      |        |

V05





# SLANGHOEK

TRIATHLON ○○○

## Road Triathlon

28-Oct-18

| Group or Category  | Pos in |      | Athlete Details |        |            |                | Split Times |          |          | Final Results |      |        |
|--------------------|--------|------|-----------------|--------|------------|----------------|-------------|----------|----------|---------------|------|--------|
|                    | All    | Cat  | No              | Cat    | First Name | Last Name      | Swim        | Bike     | Run      | Time          | Legs | Status |
| Overall Men Std    | 166    | 59   | 1281            | SVL    | Alan       | Shepherd       | 00.36.41    | 01.41.16 | 00.43.48 | 03.01.45      | 3    |        |
|                    | 167    | 17   | 1292            | MML    | Brian      | Sparg          | 00.34.32    | 01.38.01 | 00.50.29 | 03.03.02      | 3    |        |
|                    | 168    | 18   | 1372            | MML    | Gert       | Wilkins        | 00.42.18    | 01.24.45 | 00.56.40 | 03.03.43      | 3    |        |
|                    | 169    | 4    | 1327            | GML    | Wessel     | Van Der Merwe  | 00.46.16    | 01.39.19 | 00.38.37 | 03.04.12      | 3    |        |
|                    | 170    | 5    | 1025            | GML    | Bruce      | Bell           | 00.50.18    | 01.36.40 | 00.37.55 | 03.04.53      | 3    |        |
|                    | 171    | 19   | 1085            | MML    | Fahiem     | Dollie         | 00.36.46    | 01.41.33 | 00.49.42 | 03.08.01      | 3    |        |
|                    | 172    | 6    | 1097            | GML    | Lindsay    | Fortune        | 00.48.30    | 01.30.46 | 00.49.54 | 03.09.10      | 3    |        |
|                    | 173    | 55   | 1366            | VML    | Thomas     | Webb           | 00.45.37    | 01.37.37 | 00.47.45 | 03.10.59      | 3    |        |
|                    | 174    | 56   | 1156            | VML    | Alistair   | Kannemeyer     | 00.40.39    | 01.45.42 | 00.45.01 | 03.11.22      | 3    |        |
|                    | 175    | 7    | 1274            | GML    | Beau       | Rynhoud        | 00.40.19    | 01.42.11 | 00.50.23 | 03.12.53      | 3    |        |
|                    | 176    | 35   | 1228            | SML    | Mario      | Penso          | 00.38.12    | 01.42.33 | 00.54.02 | 03.14.47      | 3    |        |
|                    | 177    | 36   | 1078            | SML    | Cj         | De Smidt       | 00.44.14    | 01.50.42 | 00.45.19 | 03.20.15      | 3    |        |
|                    | 178    | 20   | 1200            | MML    | Iain       | Macdonald      | 00.42.31    | 01.36.33 | 01.02.16 | 03.21.20      | 3    |        |
|                    | 179    | 37   | 1201            | SML    | Matthew    | Maddock        | 00.38.50    | 02.02.55 | 00.51.37 | 03.33.22      | 3    |        |
|                    | 180    | 38   | 1302            | SML    | E G        | Stofberg       | 01.20.38    | 01.36.30 | 00.45.34 | 03.42.42      | 3    |        |
|                    | 181    | 60   | 1174            | SVL    | Coenie     | Labuschagne    | 00.37.31    | 01.59.53 | 01.28.54 | 04.06.18      | 3    |        |
|                    | --     | --   | 1379            | VML    | Panda      | Qamata         | 00.09.59    | 01.29.05 | 00.35.11 | 02.14.15      | 3    | DNF    |
|                    | --     | --   | 1024            | SVL    | Henrico    | Bekker         | 00.45.45    | 01.09.52 | 00.28.01 | 02.23.38      | 3    | DNF    |
|                    | --     | --   | 1345            | VML    | Pierre     | Van Zyl        | 00.32.54    | 01.22.12 | 00.32.14 | 02.27.20      | 3    | DNF    |
|                    | --     | --   | 1298            | MML    | Danie      | Steenkamp      | 00.30.24    | 01.29.42 | 00.37.57 | 02.38.03      | 3    | DNF    |
|                    | --     | --   | 1090            | MML    | Michael    | Du Toit        | 00.39.00    | 01.25.46 | 00.37.45 | 02.42.31      | 3    | DNF    |
|                    | --     | --   | 1053            | VML    | John       | Burns          | 00.48.33    | 01.22.59 | 00.31.57 | 02.43.29      | 3    | DNF    |
|                    | --     | --   | 1373            | MML    | Mario      | Winkworth      | 00.49.50    | 01.25.48 | 00.31.18 | 02.46.56      | 3    | DNF    |
|                    | --     | --   | 1358            | SVL    | Izak       | Wahl           | 00.46.44    | 01.21.23 | 00.42.56 | 02.51.03      | 3    | DNF    |
|                    | --     | --   | 1252            | VML    | Abdul      | Rawoot         | 00.48.57    | 01.25.18 | 00.40.09 | 02.54.24      | 3    | DNF    |
| --                 | --     | 1105 | VML             | Trevor | Garvin     | 00.48.45       | 01.33.56    | 00.42.23 | 03.05.04 | 3             | DNF  |        |
| --                 | --     | 1239 | SVL             | Nabeel | Pohplonker | 00.47.47       | 01.40.14    | 00.41.57 | 03.09.58 | 3             | DNF  |        |
| --                 | --     | 1279 | SML             | Riaan  | Shaw       | 00.19.28       | 01.10.10    |          | 01.29.38 | 2             | DNF  |        |
| --                 | --     | 1109 | VML             | Paul   | Gillingham | 01.43.06       |             |          | 01.43.06 | 1             | DNF  |        |
| Category           | All    | Cat  | No              | Cat    | First Name | Last Name      | Swim        | Bike     | Run      | Time          | Legs | Status |
| Overasll Women Std | 1      | 1    | 1365            | SXL    | Annah      | Watkinson      | 00.22.06    | 01.05.14 | 00.22.52 | 01.50.12      | 3    |        |
|                    | 2      | 1    | 1165            | SWL    | Michelle   | Krebs          | 00.22.01    | 01.05.15 | 00.26.49 | 01.54.05      | 3    |        |
|                    | 3      | 2    | 1385            | SWL    | Kelsey     | Nel            | 00.23.30    | 01.13.25 | 00.27.32 | 02.04.27      | 3    |        |
|                    | 4      | 3    | 1032            | SWL    | Kirsten    | Blend          | 00.22.10    | 01.14.51 | 00.28.50 | 02.05.51      | 3    |        |
|                    | 5      | 4    | 1139            | SWL    | Cristina   | Heywood        | 00.23.29    | 01.19.56 | 00.26.04 | 02.09.29      | 3    |        |
|                    | 6      | 5    | 1344            | SWL    | Monique    | Van Wyk        | 00.23.33    | 01.20.02 | 00.27.28 | 02.11.03      | 3    |        |
|                    | 7      | 1    | 1346            | VWL    | Herlien    | Van Zyl        | 00.30.14    | 01.16.12 | 00.24.51 | 02.11.17      | 3    |        |
|                    | 8      | 6    | 1075            | SWL    | Louisa     | De Jongh       | 00.21.31    | 01.20.55 | 00.32.06 | 02.14.32      | 3    |        |
|                    | 9      | 7    | 1363            | SWL    | Ash        | Watermeyer     | 00.25.36    | 01.18.31 | 00.30.34 | 02.14.41      | 3    |        |
|                    | 10     | 8    | 1364            | SWL    | Caroline   | Watermeyer     | 00.24.09    | 01.23.02 | 00.29.13 | 02.16.24      | 3    |        |
|                    | 11     | 2    | 1322            | SXL    | Gerrida    | Uys            | 00.31.00    | 01.17.39 | 00.28.13 | 02.16.52      | 3    |        |
|                    | 12     | 2    | 1143            | VWL    | Britt      | Hyland         | 00.22.58    | 01.18.17 | 00.36.05 | 02.17.20      | 3    |        |
|                    | 13     | 3    | 1126            | VWL    | Janneke    | Hampsink       | 00.32.52    | 01.15.41 | 00.29.35 | 02.18.08      | 3    |        |
|                    | 14     | 3    | 1218            | SXL    | Nicol      | Müller         | 00.27.50    | 01.24.14 | 00.26.22 | 02.18.26      | 3    |        |
|                    | 15     | 9    | 1330            | SWL    | Christelle | Van Der Watt   | 00.30.20    | 01.21.07 | 00.28.34 | 02.20.01      | 3    |        |
|                    | 16     | 1    | 1339            | MWL    | Elma       | Van Noordwyk   | 00.30.21    | 01.18.23 | 00.32.50 | 02.21.34      | 3    |        |
|                    | 17     | 2    | 1223            | MWL    | Jenny      | O'Hanlon       | 00.30.57    | 01.20.00 | 00.31.07 | 02.22.04      | 3    |        |
|                    | 18     | 4    | 1203            | SXL    | Genine     | Manchip        | 00.25.23    | 01.30.31 | 00.26.30 | 02.22.24      | 3    |        |
|                    | 19     | 5    | 1060            | SXL    | Leigh      | Charlton       | 00.28.08    | 01.21.34 | 00.33.34 | 02.23.16      | 3    |        |
|                    | 20     | 4    | 1241            | VWL    | Lesyl      | Potgieter      | 00.37.05    | 01.17.22 | 00.29.04 | 02.23.31      | 3    |        |
|                    | 21     | 6    | 1115            | SXL    | Adele      | Gouws          | 00.33.00    | 01.20.49 | 00.30.23 | 02.24.12      | 3    |        |
|                    | 22     | 10   | 1150            | SWL    | Hanlie     | Jordaan        | 00.30.00    | 01.26.38 | 00.28.09 | 02.24.47      | 3    |        |
|                    | 23     | 3    | 1030            | MWL    | Kirsty     | Blackford      | 00.32.35    | 01.19.51 | 00.33.42 | 02.26.08      | 3    |        |
|                    | 24     | 11   | 1127            | SWL    | Claire     | Harcourt-Cooke | 00.26.09    | 01.26.25 | 00.36.05 | 02.28.39      | 3    |        |
|                    | 25     | 7    | 1293            | SXL    | Renate     | Spies          | 00.32.47    | 01.24.45 | 00.32.32 | 02.30.04      | 3    |        |





## Road Triathlon

## 28-Oct-18

| Group or Category  | Pos in |     | Athlete Details |     |            |               | Split Times |          |          | Final Results |      |        |
|--------------------|--------|-----|-----------------|-----|------------|---------------|-------------|----------|----------|---------------|------|--------|
|                    | All    | Cat | No              | Cat | First Name | Last Name     | Swim        | Bike     | Run      | Time          | Legs | Status |
| Overasll Women Std | 26     | 5   | 1010            | VWL | Lizette    | Bannister     | 00.30.27    | 01.24.57 | 00.34.42 | 02.30.06      | 3    |        |
|                    | 27     | 8   | 1289            | SXL | Tatum-Kate | Sole          | 00.35.54    | 01.19.43 | 00.34.58 | 02.30.35      | 3    |        |
|                    | 28     | 9   | 1084            | SXL | Taryn      | Doidge        | 00.37.19    | 01.24.20 | 00.30.45 | 02.32.24      | 3    |        |
|                    | 29     | 12  | 1026            | SWL | Megan      | Bellinger     | 00.31.24    | 01.26.58 | 00.34.14 | 02.32.36      | 3    |        |
|                    | 30     | 6   | 1217            | VWL | Nadine     | Mostert       | 00.32.28    | 01.22.01 | 00.39.05 | 02.33.34      | 3    |        |
|                    | 31     | 7   | 1371            | VWL | Vera       | Wessels       | 00.41.10    | 01.18.05 | 00.34.46 | 02.34.01      | 3    |        |
|                    | 32     | 10  | 1033            | SXL | Catherine  | Blersch       | 00.31.18    | 01.27.00 | 00.35.45 | 02.34.03      | 3    |        |
|                    | 33     | 13  | 1287            | SWL | Tara       | Smith         | 00.28.19    | 01.25.11 | 00.42.17 | 02.35.47      | 3    |        |
|                    | 34     | 8   | 1130            | VWL | Lindi      | Harmsen       | 00.30.50    | 01.31.50 | 00.33.19 | 02.35.59      | 3    |        |
|                    | 35     | 14  | 1005            | SWL | Jessica    | Ashley-Cooper | 00.21.10    | 01.42.54 | 00.32.19 | 02.36.23      | 3    |        |
|                    | 36     | 15  | 1047            | SWL | Jenaed     | Brodell       | 00.27.47    | 01.29.02 | 00.39.34 | 02.36.23      | 3    |        |
|                    | 37     | 9   | 1355            | VWL | Miemie     | Verbeek       | 00.34.53    | 01.25.45 | 00.36.05 | 02.36.43      | 3    |        |
|                    | 38     | 4   | 1234            | MWL | Celia      | Pienaar       | 00.31.29    | 01.26.51 | 00.38.38 | 02.36.58      | 3    |        |
|                    | 39     | 5   | 1273            | MWL | Jeannine   | Ruffels       | 00.34.51    | 01.31.07 | 00.31.16 | 02.37.14      | 3    |        |
|                    | 40     | 11  | 1067            | SXL | Mariette   | Conning       | 00.33.09    | 01.24.12 | 00.40.06 | 02.37.27      | 3    |        |
|                    | 41     | 12  | 1129            | SXL | Anneri     | Harmse        | 00.29.53    | 01.28.53 | 00.38.49 | 02.37.35      | 3    |        |
|                    | 42     | 13  | 1276            | SXL | Clare      | Schenk        | 00.36.00    | 01.22.28 | 00.39.09 | 02.37.37      | 3    |        |
|                    | 43     | 14  | 1210            | SXL | Jennifer   | Marcus        | 00.30.12    | 01.29.07 | 00.38.38 | 02.37.57      | 3    |        |
|                    | 44     | 10  | 1159            | VWL | Julia      | Kearns        | 00.30.22    | 01.30.23 | 00.37.12 | 02.37.57      | 3    |        |
|                    | 45     | 11  | 1171            | VWL | Marisa     | Kruger        | 00.42.06    | 01.27.43 | 00.28.56 | 02.38.45      | 3    |        |
|                    | 46     | 12  | 1164            | VWL | Larissa    | Krajasich     | 00.31.44    | 01.23.23 | 00.43.43 | 02.38.50      | 3    |        |
|                    | 47     | 13  | 1071            | VWL | Karla      | Coombe-Davis  | 00.32.11    | 01.30.36 | 00.37.37 | 02.40.24      | 3    |        |
|                    | 48     | 15  | 1381            | SXL | Suzanne    | Smit          | 00.35.23    | 01.34.03 | 00.31.14 | 02.40.40      | 3    |        |
|                    | 49     | 6   | 1283            | MWL | Maria      | Silverman     | 00.40.29    | 01.25.48 | 00.34.27 | 02.40.44      | 3    |        |
|                    | 50     | 16  | 1362            | SXL | Aimee      | Wanschura     | 00.33.15    | 01.29.43 | 00.37.58 | 02.40.56      | 3    |        |
|                    | 51     | 17  | 1235            | SXL | Ninette    | Pienaar       | 00.35.56    | 01.23.54 | 00.41.08 | 02.40.58      | 3    |        |
|                    | 52     | 18  | 1069            | SXL | Suzanne    | Coolen        | 00.37.34    | 01.25.47 | 00.37.58 | 02.41.19      | 3    |        |
|                    | 53     | 19  | 1100            | SXL | Kaleo      | Fourie        | 00.36.20    | 01.32.11 | 00.33.21 | 02.41.52      | 3    |        |
|                    | 54     | 16  | 1264            | SWL | Rahma      | Robertson     | 00.34.41    | 01.30.50 | 00.36.23 | 02.41.54      | 3    |        |
|                    | 55     | 17  | 1267            | SWL | Elzanne    | Roos          | 00.42.03    | 01.29.06 | 00.30.47 | 02.41.56      | 3    |        |
|                    | 56     | 14  | 1038            | VWL | Susan      | Booyesen      | 00.33.42    | 01.29.15 | 00.39.18 | 02.42.15      | 3    |        |
|                    | 57     | 18  | 1361            | SWL | Nikita     | Walker        | 00.36.03    | 01.31.02 | 00.35.19 | 02.42.24      | 3    |        |
|                    | 58     | 20  | 1012            | SXL | Natasha    | Barker-Goldie | 00.30.16    | 01.38.11 | 00.35.10 | 02.43.37      | 3    |        |
|                    | 59     | 15  | 1141            | VWL | Meg        | Holtzhausen   | 00.42.22    | 01.27.34 | 00.34.09 | 02.44.05      | 3    |        |
|                    | 60     | 19  | 1028            | SWL | Su-Elna    | Bester        | 00.38.18    | 01.29.22 | 00.38.02 | 02.45.42      | 3    |        |
|                    | 61     | 21  | 1021            | SXL | Leigh-An   | Becker        | 00.36.45    | 01.25.19 | 00.43.44 | 02.45.48      | 3    |        |
|                    | 62     | 16  | 1050            | VWL | Karen      | Buckle        | 00.35.58    | 01.30.06 | 00.40.20 | 02.46.24      | 3    |        |
|                    | 63     | 22  | 1309            | SXL | Anre       | Swart         | 00.37.22    | 01.26.56 | 00.42.56 | 02.47.14      | 3    |        |
|                    | 64     | 20  | 1014            | SWL | Caroline   | Barlow        | 00.30.40    | 01.35.32 | 00.41.09 | 02.47.21      | 3    |        |
|                    | 65     | 23  | 1268            | SXL | Samantha   | Rosenstein    | 00.33.07    | 01.29.16 | 00.46.27 | 02.48.50      | 3    |        |
|                    | 66     | 24  | 1155            | SXL | Janine     | Kallis        | 00.40.37    | 01.20.45 | 00.47.28 | 02.48.50      | 3    |        |
|                    | 67     | 7   | 1311            | MWL | Alida      | Tallie        | 00.35.46    | 01.29.12 | 00.44.24 | 02.49.22      | 3    |        |
|                    | 68     | 17  | 1108            | VWL | Claire     | Gibson        | 00.32.45    | 01.32.20 | 00.45.50 | 02.50.55      | 3    |        |
|                    | 69     | 18  | 1254            | VWL | Karla      | Ray           | 00.41.12    | 01.27.30 | 00.42.15 | 02.50.57      | 3    |        |
|                    | 70     | 25  | 1018            | SXL | Karen      | Battiston     | 00.34.43    | 01.30.09 | 00.46.47 | 02.51.39      | 3    |        |
|                    | 71     | 21  | 1169            | SWL | Hanri      | Kriegler      | 00.36.52    | 01.31.13 | 00.44.02 | 02.52.07      | 3    |        |
|                    | 72     | 19  | 1016            | VWL | Lee-Ann    | Barnes        | 00.36.17    | 01.32.31 | 00.44.32 | 02.53.20      | 3    |        |
|                    | 73     | 26  | 1035            | SXL | Louise     | Boltmann      | 00.38.23    | 01.36.07 | 00.38.55 | 02.53.25      | 3    |        |
|                    | 74     | 8   | 1245            | MWL | Renée      | Prins         | 00.39.55    | 01.34.38 | 00.38.55 | 02.53.28      | 3    |        |
|                    | 75     | 27  | 1256            | SXL | Alriza     | Reid          | 00.44.42    | 01.32.05 | 00.36.46 | 02.53.33      | 3    |        |
|                    | 76     | 28  | 1184            | SXL | Andrea     | Levitt        | 00.35.05    | 01.33.28 | 00.46.35 | 02.55.08      | 3    |        |
|                    | 77     | 29  | 1299            | SXL | Angela     | Stevens       | 00.30.18    | 01.39.34 | 00.45.23 | 02.55.15      | 3    |        |
|                    | 78     | 20  | 1043            | VWL | Nadine     | Breytenbach   | 00.40.58    | 01.28.14 | 00.46.03 | 02.55.15      | 3    |        |
|                    | 79     | 22  | 1125            | SWL | Juan-Amie  | Gutter        | 00.36.47    | 01.34.17 | 00.44.38 | 02.55.42      | 3    |        |
|                    | 80     | 23  | 1266            | SWL | Odelia     | Roodt         | 00.27.44    | 01.44.07 | 00.47.34 | 02.59.25      | 3    |        |



## Road Triathlon

## 28-Oct-18

| Group or Category  | Pos in |      | Athlete Details |          |                      |                     | Split Times |          |          | Final Results |      |        |
|--------------------|--------|------|-----------------|----------|----------------------|---------------------|-------------|----------|----------|---------------|------|--------|
|                    | All    | Cat  | No              | Cat      | First Name           | Last Name           | Swim        | Bike     | Run      | Time          | Legs | Status |
| Overasll Women Std | 81     | 9    | 1181            | MWL      | Erica                | Leppan              | 00.37.56    | 01.41.38 | 00.39.59 | 02.59.33      | 3    |        |
|                    | 82     | 24   | 1207            | SWL      | Elsha                | Marais              | 00.30.06    | 01.38.30 | 00.51.31 | 03.00.07      | 3    |        |
|                    | 83     | 30   | 1350            | SXL      | Roxie                | Varkevisser         | 00.36.29    | 01.39.00 | 00.49.27 | 03.04.56      | 3    |        |
|                    | 84     | 21   | 1297            | VWL      | Cavell               | Steenkamp           | 00.40.32    | 01.41.02 | 00.46.39 | 03.08.13      | 3    |        |
|                    | 85     | 31   | 1216            | SXL      | Martlie              | Morkel              | 00.36.54    | 01.41.30 | 00.49.51 | 03.08.15      | 3    |        |
|                    | 86     | 25   | 1205            | SWL      | Caitlin              | Marais              | 00.47.41    | 01.39.51 | 00.41.24 | 03.08.56      | 3    |        |
|                    | 87     | 32   | 1261            | SXL      | Kathryn              | Richards            | 00.37.39    | 01.40.20 | 00.51.52 | 03.09.51      | 3    |        |
|                    | 88     | 10   | 1157            | MWL      | Lara                 | Kaplan              | 00.43.07    | 01.48.23 | 00.39.47 | 03.11.17      | 3    |        |
|                    | 89     | 11   | 1383            | MWL      | Patricia             | Roux                | 00.45.48    | 01.42.35 | 00.43.14 | 03.11.37      | 3    |        |
|                    | 90     | 33   | 1357            | SXL      | Samantha             | Von Brandis         | 00.41.37    | 01.43.47 | 00.46.26 | 03.11.50      | 3    |        |
|                    | 91     | 26   | 1301            | SWL      | Sanri                | Steyn               | 00.34.34    | 01.50.34 | 00.47.17 | 03.12.25      | 3    |        |
|                    | 92     | 27   | 1257            | SWL      | Jeane                | Retief              | 00.34.38    | 01.50.32 | 00.47.17 | 03.12.27      | 3    |        |
|                    | 93     | 12   | 1004            | MWL      | Rinalda              | Arendse             | 00.38.16    | 01.49.53 | 00.53.17 | 03.21.26      | 3    |        |
|                    | 94     | 34   | 1147            | SXL      | Annarette            | Jansen Van Rensburg | 00.39.40    | 01.54.43 | 00.50.20 | 03.24.43      | 3    |        |
|                    | 95     | 35   | 1095            | SXL      | Adele                | Erasmus             | 00.47.10    | 01.43.52 | 00.56.32 | 03.27.34      | 3    |        |
|                    | 96     | 36   | 1135            | SXL      | Lindsay              | Hendricks           | 00.46.39    | 01.59.34 | 00.56.22 | 03.42.35      | 3    |        |
|                    | 97     | 13   | 1088            | MWL      | Janice               | Du Plessis          | 00.45.50    | 02.05.57 | 01.02.39 | 03.54.26      | 3    |        |
| --                 | --     | 1226 | VWL             | Esther   | Patience             | 00.41.21            | 01.30.36    | 00.41.34 | 02.53.31 | 3             | DNF  |        |
| --                 | --     | 1380 | SXL             | Abongile | Qamata               | 00.43.16            | 01.54.49    | 00.54.42 | 03.32.47 | 3             | DNF  |        |
| --                 | --     | 1231 | GWL             | Cheryl   | Petersen             | 00.43.01            | 01.50.32    | 01.00.00 | 03.33.33 | 3             | DNF  |        |
| --                 | --     | 1096 | VWL             | Aneekah  | Fataar               | 00.44.40            | 02.01.31    | 00.57.41 | 03.43.52 | 3             | DNF  |        |
| --                 | --     | 1020 | SXL             | Natalie  | Beckenstrater        | 00.26.58            | 01.10.08    |          | 01.37.06 | 2             | DNF  |        |
| Category           | All    | Cat  | No              | Cat      | First Name           | Last Name           | Swim        | Bike     | Run      | Time          | Legs | Status |
| Overall Teams Std  | 1      | 1    | 2000            | OTL      | A-Team               |                     | 00.16.45    | 00.59.26 | 00.22.27 | 01.38.38      | 3    |        |
|                    | 2      | 2    | 2002            | OTL      | Du Toitskloof Wines  |                     | 00.18.24    | 01.12.29 | 00.23.30 | 01.54.23      | 3    |        |
|                    | 3      | 3    | 2008            | OTL      | Sunshine             |                     | 00.24.15    | 01.11.32 | 00.21.08 | 01.56.55      | 3    |        |
|                    | 4      | 4    | 2014            | OTL      | Weight Advantage     |                     | 00.23.04    | 01.20.33 | 00.21.44 | 02.05.21      | 3    |        |
|                    | 5      | 5    | 2015            | OTL      | Annchen - Bram       |                     | 00.28.05    | 01.14.25 | 00.25.01 | 02.07.31      | 3    |        |
|                    | 6      | 6    | 2012            | OTL      | Voorbokke            |                     | 00.25.22    | 01.24.31 | 00.28.00 | 02.17.53      | 3    |        |
|                    | 7      | 7    | 2004            | OTL      | Letstri              |                     | 00.25.50    | 01.28.22 | 00.29.13 | 02.23.25      | 3    |        |
|                    | 8      | 8    | 2006            | OTL      | K8 - R B F           |                     | 00.28.07    | 01.24.30 | 00.35.41 | 02.28.18      | 3    |        |
|                    | 9      | 9    | 2011            | OTL      | Unicorns & Rainbows  |                     | 00.31.55    | 01.25.07 | 00.34.15 | 02.31.17      | 3    |        |
|                    | 10     | 10   | 2001            | OTL      | Die Mouton Niggies   |                     | 00.26.18    | 01.40.13 | 00.30.59 | 02.37.30      | 3    |        |
|                    | 11     | 11   | 2005            | OTL      | Sparrow Fart Runners |                     | 00.37.25    | 01.31.12 | 00.31.28 | 02.40.05      | 3    |        |
|                    | 12     | 12   | 2007            | OTL      | Pringle              |                     | 00.25.29    | 01.39.29 | 00.38.34 | 02.43.32      | 3    |        |
| Category           | All    | Cat  | No              | Cat      | First Name           | Last Name           | Swim        | Bike     | Run      | Time          | Legs | Status |
| Overall Men Sprint | 1      | 1    | 1781            | SVS      | Tyron                | Ingle               | 00.10.48    | 00.32.01 | 00.24.23 | 01.07.12      | 3    |        |
|                    | 2      | 2    | 1946            | SVS      | Regis                | Maniora             | 00.12.17    | 00.31.40 | 00.23.47 | 01.07.44      | 3    |        |
|                    | 3      | 1    | 1728            | JMS      | Nicholas             | Campbell            | 00.10.12    | 00.35.02 | 00.22.47 | 01.08.01      | 3    |        |
|                    | 4      | 3    | 1938            | SVS      | Christoff            | Van Heerden         | 00.12.35    | 00.32.16 | 00.26.05 | 01.10.56      | 3    |        |
|                    | 5      | 4    | 1792            | SVS      | Marthinus            | Kemp                | 00.12.40    | 00.33.45 | 00.25.24 | 01.11.49      | 3    |        |
|                    | 6      | 2    | 1860            | JMS      | Joshua               | Scott               | 00.11.19    | 00.36.30 | 00.24.42 | 01.12.31      | 3    |        |
|                    | 7      | 5    | 1849            | SVS      | Michael              | Redington           | 00.12.24    | 00.34.12 | 00.26.20 | 01.12.56      | 3    |        |
|                    | 8      | 3    | 1727            | JMS      | Tom                  | Byron               | 00.11.45    | 00.36.37 | 00.25.17 | 01.13.39      | 3    |        |
|                    | 9      | 1    | 1918            | MMS      | Henry                | Wolstenholme        | 00.16.35    | 00.34.59 | 00.22.32 | 01.14.06      | 3    |        |
|                    | 10     | 1    | 1773            | VMS      | Rupert               | Hendricks           | 00.13.19    | 00.37.41 | 00.25.09 | 01.16.09      | 3    |        |
|                    | 11     | 4    | 1823            | JMS      | Samuel               | Milner              | 00.13.27    | 00.38.57 | 00.24.58 | 01.17.22      | 3    |        |
|                    | 12     | 1    | 1736            | SMS      | Yaaseen              | Davis               | 00.17.07    | 00.39.02 | 00.21.38 | 01.17.47      | 3    |        |
|                    | 13     | 5    | 1919            | JMS      | Jaco                 | Wolstenholme        | 00.11.06    | 00.35.36 | 00.31.47 | 01.18.29      | 3    |        |
|                    | 14     | 6    | 1814            | SVS      | Paul                 | Marais              | 00.16.13    | 00.35.13 | 00.28.33 | 01.19.59      | 3    |        |
|                    | 15     | 2    | 1763            | SMS      | Simon                | Goldsbrough         | 00.18.30    | 00.40.05 | 00.23.50 | 01.22.25      | 3    |        |
|                    | 16     | 3    | 1759            | SMS      | Hilton               | Gibson              | 00.13.43    | 00.43.23 | 00.25.26 | 01.22.32      | 3    |        |
|                    | 17     | 7    | 1892            | SVS      | Francois             | Van Der Westhuizen  | 00.14.28    | 00.38.22 | 00.30.28 | 01.23.18      | 3    |        |
|                    | 18     | 8    | 1729            | SVS      | Gavin                | Cilliers            | 00.18.45    | 00.37.34 | 00.27.46 | 01.24.05      | 3    |        |
|                    | 19     | 4    | 1834            | SMS      | Matthys              | Nieuwoudt           | 00.16.55    | 00.38.27 | 00.29.28 | 01.24.50      | 3    |        |



# SLANGHOEK

TRIATHLON ○○○

## Road Triathlon

28-Oct-18

| Group or Category  | Pos in |     | Athlete Details |     |            |                     | Split Times |          |          | Final Results |      |        |
|--------------------|--------|-----|-----------------|-----|------------|---------------------|-------------|----------|----------|---------------|------|--------|
|                    | All    | Cat | No              | Cat | First Name | Last Name           | Swim        | Bike     | Run      | Time          | Legs | Status |
| Overall Men Sprint | 20     | 2   | 1868            | VMS | Philip     | Le Roux             | 00.14.14    | 00.37.45 | 00.33.13 | 01.25.12      | 3    |        |
|                    | 21     | 9   | 1700            | SVS | Alex       | Abdellah            | 00.20.28    | 00.39.42 | 00.25.09 | 01.25.19      | 3    |        |
|                    | 22     | 3   | 1738            | VMS | Kurt       | De Beer             | 00.19.49    | 00.35.31 | 00.30.28 | 01.25.48      | 3    |        |
|                    | 23     | 10  | 1774            | SVS | Bennie     | Hickman             | 00.19.18    | 00.36.49 | 00.29.56 | 01.26.03      | 3    |        |
|                    | 24     | 5   | 1717            | SMS | Steven     | Bolleurs            | 00.15.14    | 00.41.00 | 00.29.54 | 01.26.08      | 3    |        |
|                    | 25     | 2   | 1778            | MMS | Sam        | Houlie              | 00.16.24    | 00.42.16 | 00.27.45 | 01.26.25      | 3    |        |
|                    | 26     | 6   | 1751            | SMS | Adrian     | Erasmus             | 00.16.57    | 00.39.49 | 00.29.50 | 01.26.36      | 3    |        |
|                    | 27     | 11  | 1933            | SVS | Logan      | Baynham             | 00.18.20    | 00.39.57 | 00.30.42 | 01.28.59      | 3    |        |
|                    | 28     | 4   | 1944            | VMS | Alec       | Van Wyk             | 00.20.45    | 00.38.34 | 00.29.43 | 01.29.02      | 3    |        |
|                    | 29     | 5   | 1873            | VMS | Jaco       | Steynberg           | 00.17.49    | 00.40.11 | 00.31.03 | 01.29.03      | 3    |        |
|                    | 30     | 7   | 1749            | SMS | Warren     | Duncan              | 00.16.33    | 00.42.44 | 00.30.00 | 01.29.17      | 3    |        |
|                    | 31     | 12  | 1865            | SVS | Serverus   | Smith               | 00.19.42    | 00.38.30 | 00.31.25 | 01.29.37      | 3    |        |
|                    | 32     | 1   | 1939            | GMS | Carl       | May                 | 00.18.28    | 00.38.30 | 00.32.55 | 01.29.53      | 3    |        |
|                    | 33     | 13  | 1934            | SVS | Christo    | Olivier             | 00.16.25    | 00.38.04 | 00.35.27 | 01.29.56      | 3    |        |
|                    | 34     | 3   | 1891            | MMS | Kobie      | Van Der Mescht      | 00.18.23    | 00.39.27 | 00.32.30 | 01.30.20      | 3    |        |
|                    | 35     | 6   | 1861            | VMS | Michael    | Scott               | 00.16.21    | 00.39.21 | 00.35.02 | 01.30.44      | 3    |        |
|                    | 36     | 4   | 1769            | MMS | Steven     | Harcourt-Cooke      | 00.18.01    | 00.39.43 | 00.34.00 | 01.31.44      | 3    |        |
|                    | 37     | 8   | 1799            | SMS | Nel        | Kotze               | 00.19.40    | 00.44.25 | 00.27.46 | 01.31.51      | 3    |        |
|                    | 38     | 7   | 1896            | VMS | Jacques    | Van Dyk             | 00.17.54    | 00.38.35 | 00.35.54 | 01.32.23      | 3    |        |
|                    | 39     | 9   | 1916            | SMS | Brent      | Wienand             | 00.20.33    | 00.37.04 | 00.36.28 | 01.34.05      | 3    |        |
|                    | 40     | 14  | 1930            | SVS | Neil       | Kleynhans           | 00.14.40    | 00.41.50 | 00.38.13 | 01.34.43      | 3    |        |
|                    | 41     | 5   | 1819            | MMS | John       | Mclean              | 00.23.06    | 00.41.17 | 00.30.34 | 01.34.57      | 3    |        |
|                    | 42     | 15  | 1785            | SVS | Jacques    | Jansen Van Rensburg | 00.20.07    | 00.41.45 | 00.33.12 | 01.35.04      | 3    |        |
|                    | 43     | 8   | 1845            | VMS | Eugene     | Prins               | 00.20.11    | 00.41.20 | 00.34.03 | 01.35.34      | 3    |        |
|                    | 44     | 6   | 1706            | MMS | Ian        | Atmore              | 00.18.18    | 00.41.38 | 00.35.46 | 01.35.42      | 3    |        |
|                    | 45     | 16  | 1922            | SVS | Figree     | Agherdien           | 00.21.37    | 00.43.49 | 00.30.36 | 01.36.02      | 3    |        |
|                    | 46     | 9   | 1721            | VMS | Lance      | Brinders            | 00.23.57    | 00.41.17 | 00.33.09 | 01.38.23      | 3    |        |
|                    | 47     | 2   | 1903            | GMS | John       | Van Onselen         | 00.18.16    | 00.39.16 | 00.40.58 | 01.38.30      | 3    |        |
|                    | 48     | 10  | 1867            | VMS | Nicolas    | Smith               | 00.18.54    | 00.45.25 | 00.34.18 | 01.38.37      | 3    |        |
|                    | 49     | 10  | 1786            | SMS | Kobus      | Jansen Van Vuuren   | 00.19.38    | 00.49.19 | 00.30.29 | 01.39.26      | 3    |        |
|                    | 50     | 7   | 1731            | MMS | Alistair   | Corder              | 00.18.55    | 00.43.05 | 00.38.19 | 01.40.19      | 3    |        |
|                    | 51     | 17  | 1742            | SVS | Eustace    | De Vos              | 00.20.05    | 00.43.50 | 00.36.27 | 01.40.22      | 3    |        |
|                    | 52     | 11  | 1787            | SMS | Gregory    | Joubert             | 00.18.49    | 00.46.29 | 00.36.31 | 01.41.49      | 3    |        |
|                    | 53     | 11  | 1923            | VMS | Sedick     | Arendse             | 00.22.13    | 00.41.48 | 00.38.16 | 01.42.17      | 3    |        |
|                    | 54     | 18  | 1777            | SVS | Edward     | Horne               | 00.17.39    | 00.50.08 | 00.35.17 | 01.43.04      | 3    |        |
|                    | 55     | 12  | 1767            | SMS | Charles    | Hanekom             | 00.24.09    | 00.44.25 | 00.34.36 | 01.43.10      | 3    |        |
|                    | 56     | 13  | 1744            | SMS | Arno       | De Wet              | 00.19.44    | 00.49.58 | 00.34.05 | 01.43.47      | 3    |        |
|                    | 57     | 19  | 1733            | SVS | Brendan    | Daly                | 00.21.57    | 00.44.42 | 00.39.10 | 01.45.49      | 3    |        |
|                    | 58     | 20  | 1824            | SVS | Ismail     | Mohamed             | 00.20.26    | 00.45.48 | 00.44.43 | 01.50.57      | 3    |        |
|                    | 59     | 14  | 1784            | SMS | Andries    | Jansen Van Rensburg | 00.18.39    | 00.49.06 | 00.43.41 | 01.51.26      | 3    |        |
|                    | 60     | 12  | 1756            | VMS | Francois   | Gertze              | 00.20.02    | 00.48.22 | 00.43.08 | 01.51.32      | 3    |        |
|                    | 61     | 15  | 1941            | SMS | Jacques    | De Villiers         | 00.19.01    | 00.41.51 | 00.51.12 | 01.52.04      | 3    |        |
|                    | 62     | 8   | 1850            | MMS | Kevin      | Reid                | 00.23.13    | 00.44.26 | 00.44.39 | 01.52.18      | 3    |        |
|                    | 63     | 13  | 1839            | VMS | Bruce      | Pawley              | 00.21.49    | 00.42.18 | 00.48.20 | 01.52.27      | 3    |        |
|                    | 64     | 14  | 1714            | VMS | Dorian     | Benson              | 00.20.14    | 00.49.33 | 00.44.00 | 01.53.47      | 3    |        |
|                    | 65     | 16  | 1755            | SMS | Johannes   | Gericke             | 00.18.52    | 00.52.25 | 00.42.39 | 01.53.56      | 3    |        |
|                    | 66     | 15  | 1836            | VMS | Pieter     | Odendaal            | 00.24.04    | 00.48.25 | 00.41.40 | 01.54.09      | 3    |        |
|                    | 67     | 16  | 1795            | VMS | Danie      | Kieviet             | 00.24.15    | 00.47.58 | 00.41.58 | 01.54.11      | 3    |        |
|                    | 68     | 9   | 1818            | MMS | Rameez     | Mckechnie           | 00.22.57    | 00.52.33 | 00.40.06 | 01.55.36      | 3    |        |
|                    | 69     | 17  | 1730            | SMS | Johannes   | Conradie            | 00.24.49    | 00.54.56 | 00.36.17 | 01.56.02      | 3    |        |
|                    | 70     | 18  | 1748            | SMS | Jean       | Du Toit             | 00.24.47    | 00.54.56 | 00.36.19 | 01.56.02      | 3    |        |
|                    | 71     | 17  | 1772            | VMS | Shaheem    | Hendricks           | 00.34.49    | 00.46.53 | 00.35.39 | 01.57.21      | 3    |        |
|                    | 72     | 10  | 1942            | MMS | Allan      | Ketterer            | 00.22.10    | 00.44.52 | 00.50.31 | 01.57.33      | 3    |        |
|                    | 73     | 18  | 1745            | VMS | Syd        | Dollman             | 00.19.15    | 00.52.44 | 00.45.55 | 01.57.54      | 3    |        |
|                    | 74     | 19  | 1886            | VMS | Louwrens   | Uys                 | 00.25.24    | 00.48.42 | 00.44.07 | 01.58.13      | 3    |        |



# SLANGHOEK

TRIATHLON ○○○

## Road Triathlon

28-Oct-18

| Group or Category    | Pos in     |            | Athlete Details |            |                   |                  | Split Times |             |            | Final Results |             |               |
|----------------------|------------|------------|-----------------|------------|-------------------|------------------|-------------|-------------|------------|---------------|-------------|---------------|
|                      | All        | Cat        | No              | Cat        | First Name        | Last Name        | Swim        | Bike        | Run        | Time          | Legs        | Status        |
| Overall Men Sprint   | 75         | 20         | 1746            | VMS        | Graham            | Dreyden          | 00.25.00    | 00.50.58    | 00.42.57   | 01.58.55      | 3           |               |
|                      | 76         | 19         | 1817            | SMS        | Jordan            | Maze             | 00.21.20    | 00.49.07    | 00.48.55   | 01.59.22      | 3           |               |
|                      | 77         | 21         | 1747            | VMS        | Craig             | Du Plooy         | 00.24.07    | 00.49.54    | 00.46.58   | 02.00.59      | 3           |               |
|                      | 78         | 20         | 1800            | SMS        | Luke              | Kotze            | 00.24.20    | 00.57.34    | 00.39.07   | 02.01.01      | 3           |               |
|                      | 79         | 21         | 1720            | SMS        | Marais            | Bothma           | 00.29.45    | 00.50.46    | 00.41.52   | 02.02.23      | 3           |               |
|                      | 80         | 21         | 1702            | SVS        | Stuart            | Adam             | 00.25.11    | 00.53.59    | 00.43.49   | 02.02.59      | 3           |               |
|                      | 81         | 11         | 1705            | MMS        | Roger             | Arendse          | 00.30.49    | 00.51.58    | 00.40.40   | 02.03.27      | 3           |               |
|                      | 82         | 22         | 1701            | SVS        | Christopher       | Adam             | 00.25.56    | 00.47.23    | 00.50.18   | 02.03.37      | 3           |               |
|                      | 83         | 23         | 1797            | SVS        | Noel              | Koopman          | 00.32.59    | 00.50.50    | 00.40.05   | 02.03.54      | 3           |               |
|                      | 84         | 12         | 1757            | MMS        | Ludi              | Geyser           | 00.27.23    | 00.47.50    | 00.49.20   | 02.04.33      | 3           |               |
|                      | 85         | 13         | 1929            | MMS        | Craig             | Dollie           | 00.23.03    | 00.54.31    | 00.47.02   | 02.04.36      | 3           |               |
|                      | 86         | 24         | 1877            | SVS        | Mallon            | Tallies          | 00.30.35    | 00.51.59    | 00.42.37   | 02.05.11      | 3           |               |
|                      | 87         | 25         | 1770            | SVS        | Justin            | Hayward          | 00.29.41    | 00.50.29    | 00.45.51   | 02.06.01      | 3           |               |
|                      | 88         | 22         | 1754            | VMS        | Lottering         | Gavin            | 00.24.35    | 00.54.26    | 00.47.57   | 02.06.58      | 3           |               |
|                      | 89         | 3          | 1776            | GMS        | Neill             | Hopkins          | 00.27.44    | 00.50.44    | 00.48.32   | 02.07.00      | 3           |               |
|                      | 90         | 23         | 1752            | VMS        | Wayne             | Galant           | 00.39.18    | 00.50.29    | 00.40.27   | 02.10.14      | 3           |               |
|                      | 91         | 26         | 1872            | SVS        | Ameen             | Stemmet          | 00.24.28    | 00.54.39    | 00.51.07   | 02.10.14      | 3           |               |
|                      | 92         | 24         | 1811            | VMS        | Feroz             | Mahomed          | 00.31.58    | 00.54.25    | 00.45.00   | 02.11.23      | 3           |               |
|                      | 93         | 22         | 1926            | SMS        | Austin            | Clayton          | 00.28.49    | 01.05.44    | 00.37.50   | 02.12.23      | 3           |               |
|                      | 94         | 23         | 1925            | SMS        | Vincent           | De Sousa         | 00.18.41    | 01.05.36    | 00.49.54   | 02.14.11      | 3           |               |
|                      | 95         | 27         | 1708            | SVS        | Jeff              | Baguley          | 00.26.39    | 00.55.40    | 00.54.06   | 02.16.25      | 3           |               |
|                      | 96         | 28         | 1766            | SVS        | Justin            | Hall             | 00.24.41    | 00.51.36    | 01.01.10   | 02.17.27      | 3           |               |
|                      | 97         | 29         | 1810            | SVS        | Ayanda            | Mahlobo          | 00.22.15    | 01.15.16    | 00.40.19   | 02.17.50      | 3           |               |
|                      | 98         | 6          | 1901            | JMS        | Theunis           | Van Niekerk      | 00.26.56    | 00.57.14    | 00.54.13   | 02.18.23      | 3           |               |
|                      | 99         | 30         | 1917            | SVS        | Donovan           | Will             | 00.58.08    | 00.47.40    | 00.35.51   | 02.21.39      | 3           |               |
|                      | 100        | 25         | 1711            | VMS        | Carl              | Beekmans         | 00.29.52    | 00.53.38    | 00.58.40   | 02.22.10      | 3           |               |
|                      | 101        | 26         | 1858            | VMS        | Mike              | Schenk           | 00.29.38    | 00.53.12    | 00.59.30   | 02.22.20      | 3           |               |
|                      | 102        | 27         | 1813            | VMS        | Jason             | Marais           | 00.29.56    | 00.53.30    | 00.58.54   | 02.22.20      | 3           |               |
| 103                  | 31         | 1947       | SVS             | Nazeema    | Feldman           | 01.08.10         | 00.19.19    | 00.59.10    | 02.26.39   | 3             |             |               |
| 104                  | 7          | 1927       | JMS             | Nicholas   | Meyer             | 00.28.44         | 01.05.47    | 00.53.40    | 02.28.11   | 3             |             |               |
| 105                  | 4          | 1878       | GMS             | Hasie      | Terblanche        | 00.36.10         | 00.58.55    | 01.02.12    | 02.37.17   | 3             |             |               |
| 106                  | 32         | 1796       | SVS             | Jacob      | Kirchner          | 00.33.14         | 01.14.54    | 00.50.23    | 02.38.31   | 3             |             |               |
| 107                  | 33         | 1881       | SVS             | Tiaan      | Theron            | 01.01.33         | 00.58.38    | 00.49.38    | 02.49.49   | 3             |             |               |
| 108                  | 28         | 1709       | VMS             | David      | Barnes            | 01.06.21         | 00.39.20    |             | 01.45.41   | 2             | DNF         |               |
| --                   | --         | 1704       | VMS             | Elton      | Alexander         | 00.22.35         | 00.42.27    | 00.39.39    | 01.44.41   | 3             | DNF         |               |
| --                   | --         | 1887       | MMS             | Frank      | Van Asperen       | 00.29.30         | 00.37.49    | 00.39.53    | 01.47.12   | 3             | DNF         |               |
| --                   | --         | 1820       | MMS             | Russell    | Mehl              | 00.22.41         | 00.51.36    | 00.37.44    | 01.52.01   | 3             | DNF         |               |
| <b>Category</b>      | <b>All</b> | <b>Cat</b> | <b>No</b>       | <b>Cat</b> | <b>First Name</b> | <b>Last Name</b> | <b>Swim</b> | <b>Bike</b> | <b>Run</b> | <b>Time</b>   | <b>Legs</b> | <b>Status</b> |
| Overall Women Sprint | 1          | 1          | 1935            | SWS        | Vicky             | Van Der Merwe    | 00.12.16    | 00.36.58    | 00.24.47   | 01.14.01      | 3           |               |
|                      | 2          | 2          | 1718            | SWS        | Robin             | Bolten           | 00.13.59    | 00.36.02    | 00.30.20   | 01.20.21      | 3           |               |
|                      | 3          | 3          | 1743            | SWS        | Rezaan            | De Wet           | 00.15.55    | 00.42.21    | 00.28.57   | 01.27.13      | 3           |               |
|                      | 4          | 1          | 1945            | SXS        | Su-Mari           | Visser           | 00.13.52    | 00.41.58    | 00.31.39   | 01.27.29      | 3           |               |
|                      | 5          | 4          | 1943            | SWS        | Carla             | Beyers           | 00.16.08    | 00.41.33    | 00.30.57   | 01.28.38      | 3           |               |
|                      | 6          | 5          | 1907            | SWS        | Kelly             | Vroon            | 00.11.40    | 00.43.04    | 00.34.41   | 01.29.25      | 3           |               |
|                      | 7          | 2          | 1803            | SXS        | Larisa            | Smuts            | 00.17.15    | 00.41.09    | 00.33.16   | 01.31.40      | 3           |               |
|                      | 8          | 1          | 1722            | MWS        | Ester             | Brink            | 00.22.52    | 00.40.30    | 00.28.50   | 01.32.12      | 3           |               |
|                      | 9          | 6          | 1844            | SWS        | Aliza             | Pienaar          | 00.16.13    | 00.43.49    | 00.32.59   | 01.33.01      | 3           |               |
|                      | 10         | 7          | 1719            | SWS        | Ciara             | Botha            | 00.13.49    | 00.46.20    | 00.36.17   | 01.36.26      | 3           |               |
|                      | 11         | 2          | 1314            | MWS        | Nicoletta         | Teuteberg        | 00.19.27    | 00.41.01    | 00.36.27   | 01.36.55      | 3           |               |
|                      | 12         | 1          | 1897            | VWS        | Michelle          | Van Dyk          | 00.20.41    | 00.42.59    | 00.33.53   | 01.37.33      | 3           |               |
|                      | 13         | 8          | 1851            | SWS        | Jessica           | Reid             | 00.14.55    | 00.46.44    | 00.38.27   | 01.40.06      | 3           |               |
|                      | 14         | 2          | 1732            | VWS        | Nikki             | Crous            | 00.19.46    | 00.42.36    | 00.37.45   | 01.40.07      | 3           |               |
|                      | 15         | 3          | 1869            | SXS        | Micaela           | Squires          | 00.19.24    | 00.44.01    | 00.37.18   | 01.40.43      | 3           |               |
|                      | 16         | 1          | 1843            | JWS        | Megan             | Phillipson       | 00.17.22    | 00.47.26    | 00.36.24   | 01.41.12      | 3           |               |
|                      | 17         | 4          | 1847            | SXS        | Clare             | Rainey           | 00.15.59    | 00.42.22    | 00.42.52   | 01.41.13      | 3           |               |





## Road Triathlon

## 28-Oct-18

| Group or Category    | Pos in |      | Athlete Details |            |               |                | Split Times |          |          | Final Results |      |        |
|----------------------|--------|------|-----------------|------------|---------------|----------------|-------------|----------|----------|---------------|------|--------|
|                      | All    | Cat  | No              | Cat        | First Name    | Last Name      | Swim        | Bike     | Run      | Time          | Legs | Status |
| Overall Women Sprint | 18     | 3    | 1924            | MWS        | Sonja         | Van Heerden    | 00.18.40    | 00.43.48 | 00.39.55 | 01.42.23      | 3    |        |
|                      | 19     | 3    | 1829            | VWS        | Adri          | Muller         | 00.17.19    | 00.47.39 | 00.37.37 | 01.42.35      | 3    |        |
|                      | 20     | 5    | 1804            | SXS        | Petronel      | Le Roux-Burger | 00.19.50    | 00.51.13 | 00.32.39 | 01.43.42      | 3    |        |
|                      | 21     | 9    | 1832            | SWS        | Jacqui        | Niehaus        | 00.15.48    | 00.49.28 | 00.38.59 | 01.44.15      | 3    |        |
|                      | 22     | 6    | 1334            | SXS        | Melany        | Van Heerden    | 00.21.05    | 00.45.35 | 00.39.09 | 01.45.49      | 3    |        |
|                      | 23     | 4    | 1853            | VWS        | Tanya         | Steininger     | 00.20.31    | 00.46.20 | 00.39.47 | 01.46.38      | 3    |        |
|                      | 24     | 7    | 1856            | SXS        | Leozette      | Roode          | 00.23.04    | 00.48.09 | 00.35.28 | 01.46.41      | 3    |        |
|                      | 25     | 10   | 1821            | SWS        | Melissa       | Middleton      | 00.19.11    | 00.45.13 | 00.42.20 | 01.46.44      | 3    |        |
|                      | 26     | 8    | 1931            | SXS        | Tamsyn        | Ingle          | 00.18.51    | 00.44.14 | 00.43.56 | 01.47.01      | 3    |        |
|                      | 27     | 9    | 1835            | SXS        | Marisa        | Nolly          | 00.20.52    | 00.53.25 | 00.33.19 | 01.47.36      | 3    |        |
|                      | 28     | 11   | 1940            | SWS        | Madeli        | Kleyn          | 00.18.13    | 00.46.18 | 00.43.32 | 01.48.03      | 3    |        |
|                      | 29     | 5    | 1842            | VWS        | Yvette        | Phillips       | 00.19.32    | 00.48.54 | 00.39.42 | 01.48.08      | 3    |        |
|                      | 30     | 10   | 1915            | SXS        | Roxanne       | White          | 00.20.27    | 00.50.09 | 00.37.34 | 01.48.10      | 3    |        |
|                      | 31     | 11   | 1879            | SXS        | Charmaine     | Tew            | 00.24.41    | 00.46.50 | 00.36.56 | 01.48.27      | 3    |        |
|                      | 32     | 12   | 1765            | SXS        | Pam           | Gretschel      | 00.18.57    | 00.43.20 | 00.46.44 | 01.49.01      | 3    |        |
|                      | 33     | 4    | 1762            | MWS        | Erica         | Goedhals       | 00.19.22    | 00.50.20 | 00.39.50 | 01.49.32      | 3    |        |
|                      | 34     | 5    | 1713            | MWS        | Tanja         | Beger          | 00.18.50    | 00.47.04 | 00.44.05 | 01.49.59      | 3    |        |
|                      | 35     | 13   | 1793            | SXS        | Jolinda       | Kemp           | 00.25.47    | 00.46.11 | 00.38.13 | 01.50.11      | 3    |        |
|                      | 36     | 12   | 1760            | SWS        | Kelsey        | Gilpin         | 00.17.59    | 00.48.45 | 00.43.33 | 01.50.17      | 3    |        |
|                      | 37     | 6    | 1764            | VWS        | Tammy         | Green          | 00.21.54    | 00.46.20 | 00.42.35 | 01.50.49      | 3    |        |
|                      | 38     | 13   | 1775            | SWS        | Jenna         | Holmwood       | 00.21.01    | 00.48.12 | 00.41.39 | 01.50.52      | 3    |        |
|                      | 39     | 7    | 1808            | VWS        | Marinda       | Lindeque       | 00.20.45    | 00.44.57 | 00.45.25 | 01.51.07      | 3    |        |
|                      | 40     | 8    | 1735            | VWS        | Bronwyn       | Davis          | 00.21.37    | 00.50.30 | 00.39.16 | 01.51.23      | 3    |        |
|                      | 41     | 14   | 1837            | SWS        | Katelyn       | Owen           | 00.19.09    | 00.47.29 | 00.45.45 | 01.52.23      | 3    |        |
|                      | 42     | 15   | 1825            | SWS        | Lauren        | Moir           | 00.14.50    | 00.45.07 | 00.52.59 | 01.52.56      | 3    |        |
|                      | 43     | 14   | 1906            | SXS        | Marja         | Visser         | 00.26.55    | 00.47.26 | 00.39.57 | 01.54.18      | 3    |        |
|                      | 44     | 16   | 1870            | SWS        | Jodia         | Steenkamp      | 00.19.38    | 00.50.23 | 00.44.42 | 01.54.43      | 3    |        |
|                      | 45     | 15   | 1828            | SXS        | Lizanne       | Mostert        | 00.18.26    | 00.47.30 | 00.48.57 | 01.54.53      | 3    |        |
|                      | 46     | 16   | 1936            | SXS        | Stephanie     | Schwatlo       | 00.27.02    | 00.50.17 | 00.38.07 | 01.55.26      | 3    |        |
|                      | 47     | 9    | 1739            | VWS        | Kim           | De Bruin       | 00.15.29    | 00.57.06 | 00.43.11 | 01.55.46      | 3    |        |
|                      | 48     | 17   | 1771            | SXS        | Monique       | Hearn          | 00.22.56    | 00.49.07 | 00.44.44 | 01.56.47      | 3    |        |
|                      | 49     | 10   | 1888            | VWS        | Anja          | Van Aswegen    | 00.23.53    | 00.52.21 | 00.40.51 | 01.57.05      | 3    |        |
| 50                   | 11     | 1830 | VWS             | Petro      | Neethling     | 00.31.01       | 00.42.47    | 00.43.51 | 01.57.39 | 3             |      |        |
| 51                   | 12     | 1806 | VWS             | Cornelia   | Liebenberg    | 00.30.55       | 00.42.58    | 00.43.46 | 01.57.39 | 3             |      |        |
| 52                   | 18     | 1782 | SXS             | Flora      | James         | 00.18.07       | 00.50.23    | 00.51.45 | 02.00.15 | 3             |      |        |
| 53                   | 17     | 1920 | SWS             | Stacey     | Wood          | 00.22.08       | 00.56.37    | 00.42.13 | 02.00.58 | 3             |      |        |
| 54                   | 19     | 1815 | SXS             | Bronwyn    | Maree         | 00.19.02       | 00.52.26    | 00.50.09 | 02.01.37 | 3             |      |        |
| 55                   | 18     | 1932 | SWS             | Bougin     | Biedt         | 00.19.20       | 00.54.46    | 00.48.37 | 02.02.43 | 3             |      |        |
| 56                   | 13     | 1750 | VWS             | Trudie     | Els           | 00.18.53       | 01.03.38    | 00.40.17 | 02.02.48 | 3             |      |        |
| 57                   | 20     | 1712 | SXS             | Melanie    | Beets         | 00.27.19       | 00.46.27    | 00.49.59 | 02.03.45 | 3             |      |        |
| 58                   | 21     | 1798 | SXS             | Sheri      | Koopowitz     | 00.16.47       | 00.50.02    | 00.57.07 | 02.03.56 | 3             |      |        |
| 59                   | 22     | 1883 | SXS             | Christine  | Thoresson     | 00.20.07       | 00.55.22    | 00.48.48 | 02.04.17 | 3             |      |        |
| 60                   | 14     | 1937 | VWS             | Christina  | Thomas        | 00.27.06       | 00.56.26    | 00.41.00 | 02.04.32 | 3             |      |        |
| 61                   | 23     | 1807 | SXS             | Franziska  | Limberger     | 00.27.04       | 00.56.22    | 00.41.06 | 02.04.32 | 3             |      |        |
| 62                   | 15     | 1852 | VWS             | Ronell     | Robbertze     | 00.24.06       | 00.57.17    | 00.43.28 | 02.04.51 | 3             |      |        |
| 63                   | 19     | 1889 | SWS             | Amy        | Van Der Merwe | 00.19.27       | 01.06.28    | 00.40.17 | 02.06.12 | 3             |      |        |
| 64                   | 24     | 1880 | SXS             | Annette    | Theron        | 00.20.24       | 00.57.13    | 00.48.40 | 02.06.17 | 3             |      |        |
| 65                   | 25     | 1768 | SXS             | Anna-Marie | Hanekom       | 00.21.41       | 00.53.44    | 00.51.25 | 02.06.50 | 3             |      |        |
| 66                   | 16     | 1908 | VWS             | Claret     | Walker        | 00.26.35       | 00.58.27    | 00.42.41 | 02.07.43 | 3             |      |        |
| 67                   | 6      | 1779 | MWS             | Janet      | Hunter        | 00.21.32       | 00.55.51    | 00.51.37 | 02.09.00 | 3             |      |        |
| 68                   | 17     | 1882 | VWS             | Karen      | Thomas        | 00.21.34       | 00.53.37    | 00.53.49 | 02.09.00 | 3             |      |        |
| 69                   | 7      | 1758 | MWS             | Tracey     | Ghiaroni      | 00.19.35       | 00.58.21    | 00.52.24 | 02.10.20 | 3             |      |        |
| 70                   | 18     | 1790 | VWS             | Samantha   | Kasfikis      | 00.24.58       | 00.57.59    | 00.48.26 | 02.11.23 | 3             |      |        |
| 71                   | 19     | 1788 | VWS             | Nadia      | Kariel        | 00.24.29       | 01.05.34    | 00.41.28 | 02.11.31 | 3             |      |        |
| 72                   | 26     | 1900 | SXS             | Annelize   | Van Niekerk   | 00.34.35       | 00.54.34    | 00.43.44 | 02.12.53 | 3             |      |        |

V05





# SLANGHOEK

TRIATHLON ○○○

## Road Triathlon

28-Oct-18

| Group or Category    | Pos in     |            | Athlete Details |            |                   |                  | Split Times |             |            | Final Results <small>V05</small> |             |               |
|----------------------|------------|------------|-----------------|------------|-------------------|------------------|-------------|-------------|------------|----------------------------------|-------------|---------------|
|                      | All        | Cat        | No              | Cat        | First Name        | Last Name        | Swim        | Bike        | Run        | Time                             | Legs        | Status        |
| Overall Women Sprint | 73         | 27         | 1710            | SXS        | Tamsin            | Barrett          | 00.22.40    | 00.54.48    | 00.56.15   | 02.13.43                         | 3           |               |
|                      | 74         | 28         | 1833            | SXS        | Esther            | Nieman           | 00.26.29    | 00.58.45    | 00.49.34   | 02.14.48                         | 3           |               |
|                      | 75         | 29         | 1812            | SXS        | Linda             | Mannion          | 00.24.11    | 00.57.31    | 00.53.23   | 02.15.05                         | 3           |               |
|                      | 76         | 30         | 1914            | SXS        | Elmarie           | Werth            | 00.27.54    | 00.53.16    | 00.54.22   | 02.15.32                         | 3           |               |
|                      | 77         | 20         | 1859            | SWS        | Dana              | Schierhout       | 00.26.05    | 00.54.36    | 00.55.50   | 02.16.31                         | 3           |               |
|                      | 78         | 31         | 1809            | SXS        | Anrie             | Lubbe            | 00.25.32    | 00.49.11    | 01.02.46   | 02.17.29                         | 3           |               |
|                      | 79         | 8          | 1789            | MWS        | Michele           | Kasfikis         | 00.26.43    | 00.56.41    | 00.54.25   | 02.17.49                         | 3           |               |
|                      | 80         | 32         | 1822            | SXS        | Nonhlanhla        | Mkumbuzi         | 00.28.29    | 01.08.01    | 00.45.33   | 02.22.03                         | 3           |               |
|                      | 81         | 20         | 1805            | VWS        | Martine           | Levy             | 00.24.08    | 00.57.50    | 01.02.32   | 02.24.30                         | 3           |               |
|                      | 82         | 21         | 1885            | SWS        | Hannah            | Truter           | 00.24.49    | 01.08.53    | 00.51.54   | 02.25.36                         | 3           |               |
|                      | 83         | 21         | 1741            | VWS        | Julie             | De Villiers      | 00.25.45    | 01.05.00    | 00.57.34   | 02.28.19                         | 3           |               |
|                      | 84         | 22         | 1855            | VWS        | Charlene          | Roberts-Scholtz  | 00.32.59    | 01.01.15    | 01.04.46   | 02.39.00                         | 3           |               |
|                      | 85         | 23         | 1874            | VWS        | Sue               | Strybis          | 00.25.43    | 01.11.49    | 01.02.39   | 02.40.11                         | 3           |               |
|                      | 86         | 24         | 1827            | VWS        | Nazeema           | Moos             | 00.41.48    | 01.01.01    | 00.57.45   | 02.40.34                         | 3           |               |
|                      | --         | --         | 1913            | SXS        | Natalie           | Weingartz        | 00.23.47    | 00.44.30    |            | 01.08.17                         | 2           | DNF           |
|                      | --         | --         | 1876            | MWS        | Vivienne          | Taberer          | 00.17.04    |             |            | 00.17.04                         | 1           | DNF           |
| <b>Category</b>      | <b>All</b> | <b>Cat</b> | <b>No</b>       | <b>Cat</b> | <b>First Name</b> | <b>Last Name</b> | <b>Swim</b> | <b>Bike</b> | <b>Run</b> | <b>Time</b>                      | <b>Legs</b> | <b>Status</b> |
| Overall Teams Sprint | 1          | 1          | 3008            | OTS        | Du Toits Kloof    | Wine             | 00.09.46    | 00.41.04    | 00.25.37   | 01.16.27                         | 3           |               |
|                      | 2          | 2          | 3007            | OTS        | The Vroonsters    |                  | 00.11.06    | 00.35.56    | 00.31.01   | 01.18.03                         | 3           |               |
|                      | 3          | 3          | 3000            | OTS        | Die Tuinslakke    |                  | 00.12.18    | 00.47.19    | 00.24.35   | 01.24.12                         | 3           |               |
|                      | 4          | 4          | 3005            | OTS        | B E X             |                  | 00.13.08    | 00.54.02    | 00.30.56   | 01.38.06                         | 3           |               |
|                      | 5          | 5          | 3001            | OTS        | English Chavs     |                  | 00.19.15    | 00.47.14    | 00.32.14   | 01.38.43                         | 3           |               |
|                      | 6          | 6          | 3004            | OTS        | Run Forest!       |                  | 00.16.44    | 00.47.59    | 00.36.20   | 01.41.03                         | 3           |               |
|                      | 7          | 7          | 3002            | OTS        | Fortysomething    |                  | 00.16.23    | 00.50.50    | 00.36.06   | 01.43.19                         | 3           |               |
|                      | 8          | 8          | 3006            | OTS        | The Try-Athlones  |                  | 00.19.26    | 01.03.10    | 00.33.55   | 01.56.31                         | 3           |               |