

2018/2019 WP LEAGUE 6 MILNERTON

(2019-01-19)

RESULTS

Under 8 Boys

SA Record = 3500 (Not Applicable - 2018) **Provincial Record = 2379** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	7570	Delmar	Benecke	Jan Van Riebeeck PS	01:23.29	1148.55	00:22.22	1127.8	2276.35
2	2299	Michael	Kemp	De Hoop PS	01:25.30	1138.5	00:21.46	1135.4	2273.9
3	5571	Marcel	November	Khayalitsha PS	01:27.47	1127.65	00:21.98	1130.2	2257.85
4	7062	Nick	Smit	Eikestad PS	01:23.52	1147.4	00:25.86	1091.4	2238.8
5	2145	Louis	Andrag	Durbanville PS	01:33.08	1099.6	00:21.41	1135.9	2235.5
6	4702	Franko	Peters	De Hoop PS	01:25.98	1135.1	00:25.78	1092.2	2227.3
7	9138	Garth	Wearing	Durbanville PS	01:36.08	1084.6	00:21.74	1132.6	2217.2
8	2374	Greyson	September	Khayalitsha PS	01:40.80	1061	00:26.71	1082.9	2143.9
9	7784	Willem	Vorster	Jan Van Riebeeck PS	01:34.96	1090.2	00:31.32	1036.8	2127
10	2372	Isando	Dyantyi	Khayalitsha PS	01:47.92	1025.4	00:25.16	1098.4	2123.8

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
11	5345	James	Badenhorst	De Hoop PS	01:45.58	1037.1	00:39.35	956.5	1993.6
12	8373	Earle	van der Watt	Beaumont PS	02:03.57	947.15	00:33.93	1010.7	1957.85
13	6737	Asher	van Wyk	Khayalitsha PS	01:47.69	1026.55	00:42.60	924	1950.55
14	7110	Oratile	Sefara	Khayalitsha PS	01:52.88	1000.6	00:45.39	896.1	1896.7
15	6372	Milan	de Villiers	Individual	01:51.16	1009.2	No Swim	0	DNF

Under 8 Girls

SA Record = 3500 (Not Applicable - 2018) **Provincial Record = 2307** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	3070	Karien	Coetzee	De Hoop PS	01:30.54	1137.3	00:23.41	1115.9	2253.2
2	5905	Annabel	Smit	Eikestad PS	01:31.36	1133.2	00:27.15	1078.5	2211.7
3	9121	Ané	Swanepoel	Jan Van Riebeeck PS	01:36.81	1105.95	00:27.91	1070.9	2176.85
4	7028	Shae	Wearing	Durbanville PS	01:43.51	1072.45	00:29.60	1054	2126.45
5	6985	Isabella	Marais	Jan Van Riebeeck PS	01:42.76	1076.2	00:31.39	1036.1	2112.3
6	6517	Kara	Wentzel	Durbanville PS	01:50.94	1035.3	00:31.36	1036.4	2071.7

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
7	6884	Anmari	Coetzee	Durbanville PS	00:00.00	0	00:38.20	968	DNF

Under 9 Boys

SA Record = 2451 (Dieter Naude - 2018) **Provincial Record = 2391.61** (Nathan van den Berg - 2018-03-30)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	6876	Steffan	Hillebrand	Elkanah House PS	02:47.58	1167.1	00:46.90	1036.8	2203.9
2	4909	MC	Joubert	Kenridge PS	02:59.70	1106.5	00:44.21	1079.84	2186.34
3	2329	Nicolas	Minnaar	Welgemoed PS	02:55.28	1128.6	00:48.97	1003.68	2132.28
4	6175	Ruald	Naudé	Jan Van Riebeeck PS	03:06.00	1075	00:51.15	968.8	2043.8
5	8603	Ashton	Smith	Rondebosch Boys PS	03:23.19	989.05	00:59.04	842.56	1831.61
6	8107	Jean-Louis	Coetzee	Durbanville PS	03:37.20	919	00:58.42	852.48	1771.48
7	8737	Adriaan	Wessels	Jan Van Riebeeck PS	03:06.80	1071	01:10.92	652.48	1723.48
8	6208	Ben	Ludick	Gene Louw PS	04:07.95	765.25	01:06.31	726.24	1491.49

Under 9 Girls

SA Record = 2462 (Keira van Heerden - 2017) **Provincial Record = 2395** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2388	Tatiana	Thomatos	Eversdal PS	02:59.48	1182.6	00:39.72	1151.68	2334.28
2	1650	Larah	Aucamp	Kenridge PS	03:00.20	1179	00:43.17	1096.48	2275.48
3	7950	Anieka	Louw	Durbanville PS	03:13.90	1110.5	00:44.72	1071.68	2182.18
4	1676	Roxie	van Heerden	Kenridge PS	03:23.95	1060.25	00:48.00	1019.2	2079.45
5	3063	Evi	Benson	Somerset College PS	03:14.99	1105.05	00:53.81	926.24	2031.29
6	2330	Stephanie	Minnaar	Welgemoed PS	03:40.12	979.4	00:46.20	1048	2027.4
7	2998	Danelle	van Tonder	Panorama PS	03:25.06	1054.7	00:52.17	952.48	2007.18
8	3055	Nolene	Badenhorst	De Hoop PS	03:51.58	922.1	00:45.78	1054.72	1976.82
9	2363	Esther	Matloko	De Kuilen PS	03:22.12	1069.4	00:55.76	895.04	1964.44
10	5044	Madelie	Botes	De Hoop PS	04:00.17	879.15	00:47.45	1028	1907.15
11	5442	Nell	von Lieres	Jan Van Riebeeck PS	03:28.67	1036.65	01:02.98	779.52	1816.17
12	5549	Emily	Conolly	Somerset College PS	03:27.02	1044.9	01:04.62	753.28	1798.18
13	9241	Jessie	Ludick	Gene Louw PS	04:20.77	776.15	01:01.73	799.52	1575.67

Under 11 Boys

SA Record = 2455 (Joshue Eccles - 2018) Provincial Record = 2402 (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	5059	Joshua	Bannister	Welgemoed PS	02:40.67	1146.65	00:36.01	1147.04	2293.69
2	7097	Eben	Bester	Kenridge PS	02:52.26	1088.7	00:34.17	1176.48	2265.18
3	2392	Alexander	Benecke	Jan Van Riebeeck PS	02:49.11	1104.45	00:36.57	1138.08	2242.53
4	2333	Stefano	Schmidt	Curro PS	02:41.69	1141.55	00:39.12	1097.28	2238.83
5	6540	Luan	Stander	Durbanville PS	02:52.57	1087.15	00:36.10	1145.6	2232.75
6	7638	Christiaan	Pienaar	Welgemoed PS	02:45.01	1124.95	00:42.34	1045.76	2170.71
7	8315	Tate	de Villiers	De Hoop PS	03:04.75	1026.25	00:38.36	1109.44	2135.69
8	5372	Anrich	Kritzinger	Table View PS	02:55.97	1070.15	00:41.20	1064	2134.15
9	1764	Christopher	Kemp	De Hoop PS	02:50.75	1096.25	00:43.80	1022.4	2118.65
10	2335	Eben	de Jongh	Durbanville PS	02:58.13	1059.35	00:41.62	1057.28	2116.63
11	3005	Nathan	Pautz	Table View PS	02:59.48	1052.6	00:41.20	1064	2116.6
12	1717	Jody	Karsten	Van Riebeeckstrand PS	03:11.54	992.3	00:37.63	1121.12	2113.42
13	1675	Callum	Koekemoer	Durbanville PS	03:15.95	970.25	00:36.44	1140.16	2110.41
14	1743	Franco	Boonzaaier	Durbanville PS	03:17.34	963.3	00:40.55	1074.4	2037.7

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
15	1713	Callan	Lakay	Table View PS	03:11.87	990.65	00:43.78	1022.72	2013.37
16	7029	Adam	Lietch	Welgemoed PS	03:08.50	1007.5	00:45.02	1002.88	2010.38
17	2271	Pierre	Coetzee	De Hoop PS	03:16.44	967.8	00:43.44	1028.16	1995.96
18	5908	Ethan	van Heerden	Curro PS	03:17.56	962.2	00:43.68	1024.32	1986.52
19	2364	Timothy	Matloko	De Kuilen PS	03:06.16	1019.2	00:50.92	908.48	1927.68
20	7289	Joshua	Smith	Rondebosch Boys PS	03:14.79	976.05	00:48.35	949.6	1925.65
21	2320	Sreerag	Sathyan	Holy Cross Sister PS	03:29.56	902.2	00:43.89	1020.96	1923.16
22	6789	Wian	van de Vyver	Panorama PS	03:29.32	903.4	00:48.63	945.12	1848.52
23	2393	Albert	Griesel	Jan Van Riebeeck PS	03:12.41	987.95	00:56.42	820.48	1808.43

Under 11 Girls

SA Record = 2425 (Isabella Carneiro - 2018) Provincial Record = 2425.02 (Isabella Carneiro - 2018-03-30)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2412	Charné	van Tonder	Panorama PS	02:50.98	1125.1	00:34.89	1164.96	2290.06
2	9758	Imke	Els	Welgemoed PS	02:56.44	1097.8	00:40.34	1077.76	2175.56

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
3	2088	Nina	Benson	Somerset College PS	02:57.84	1090.8	00:42.06	1050.24	2141.04
4	7878	Kari	Hillebrand	Elkanah House PS	02:51.32	1123.4	00:44.31	1014.24	2137.64
5	2977	Sopia	Liebenberg	Jan Van Riebeeck PS	03:09.05	1034.75	00:39.75	1087.2	2121.95
6	2355	Nichole	Koks	Stradford	03:13.22	1013.9	00:39.54	1090.56	2104.46
7	1708	Ammaarah	Davids	Arcadia PS	03:02.73	1066.35	00:43.37	1029.28	2095.63
8	8171	Mieke	van de Wal	Durbanville PS	03:28.95	935.25	00:36.86	1133.44	2068.69
9	8231	Cara	Swanepoel	Jan Van Riebeeck PS	03:16.63	996.85	00:44.38	1013.12	2009.97
10	2325	Emma	Rossouw	Kenridge PS	03:32.79	916.05	00:42.25	1047.2	1963.25
11	7027	Ané	Cloete	Kenridge PS	03:33.05	914.75	00:46.45	980	1894.75
12	1892	Zia	Petersen	Forest Village Leadership Academy PS	03:53.22	813.9	00:43.56	1026.24	1840.14
13	5739	Cassidy	Adams	Khayalitsha PS	03:36.13	899.35	00:54.15	856.8	1756.15

Under 13 Boys

SA Record = 2507 (Jannie Briers-Louw - 2007) **Provincial Record = 2427** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2391	Stef	Mostert	Jan Van Riebeeck PS	04:24.89	980.55	01:04.49	1199.1	2179.65
2	2351	Alshane	Edwards	Khayalitsha PS	04:09.73	1056.35	01:12.16	1122.4	2178.75
3	1480	Dirkie	van Heerden	Kenridge PS	04:16.82	1020.9	01:12.23	1121.7	2142.6
4	1766	Jake	Hutton	Parklands College PS	04:33.11	939.45	01:15.95	1084.5	2023.95
5	1973	Ryan	Voigt	Bishops PS	04:51.16	849.2	01:13.04	1113.6	1962.8
6	3052	Xander	Kotzé	Durbanville PS	04:44.49	882.55	01:23.14	1012.6	1895.15
7	2092	Evert	Bouwer	Durbanville HS	04:33.83	935.85	01:30.99	934.1	1869.95
8	7223	Kian	Eksteen	Jan Van Riebeeck PS	05:07.98	765.1	01:25.87	985.3	1750.4
9	3031	Christiaan	Viljoen	Jan Van Riebeeck PS	05:07.76	766.2	01:32.65	917.5	1683.7
10	2394	Stefan	Griesel	Jan Van Riebeeck PS	04:36.71	921.45	01:52.39	720.1	1641.55
11	5631	Paul	Cupido	Khayalitsha PS	04:49.73	856.35	01:57.97	664.3	1520.65
12	2270	Schalk	Coetzee	De Hoop PS	05:05.91	775.45	02:00.72	636.8	1412.25

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
13	7275	Stephan	le Roux	Jan Van Riebeeck PS	05:54.73	531.35	01:40.25	841.5	1372.85
14	6009	Qadr	Smith	Khayalitsha PS	05:15.05	729.75	02:10.61	537.9	1267.65
15	6174	Liam	Dunn	El Shaddai HS	06:02.12	494.4	No Swim	0	DNF

Under 13 Girls

SA Record = 2490 (Gillian Curr - 1995) **Provincial Record = 2434** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2205	Isabella	Carneiro	Panorama PS	03:22.11	1144.45	01:12.87	1135.3	2279.75
2	6610	Mia	Nortjé	Jan Van Riebeeck PS	03:33.00	1090	01:14.70	1117	2207
3	1952	Mila	Aucamp	Kenridge PS	03:35.02	1079.9	01:18.81	1075.9	2155.8
4	1436	Rebecca	Nolan	Reddamhouse HS	03:34.80	1081	01:19.39	1070.1	2151.1
5	2208	Skye	Micklethwaite	Springfield PS	03:51.41	997.95	01:16.65	1097.5	2095.45
6	3059	Bo	van Kesteren	Beaumont PS	03:47.04	1019.8	01:23.21	1031.9	2051.7
7	5551	Mari	Swanepoel	Jan Van Riebeeck PS	03:38.29	1063.55	01:31.70	947	2010.55
8	2979	Isabella	van der Walt	Jan Van Riebeeck PS	03:50.69	1001.55	01:26.09	1003.1	2004.65

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
9	2114	Lanisha	Rust	Table View PS	04:41.18	749.1	01:21.88	1045.2	1794.3
10	2195	Alexa	Husselmann	De Hoop PS	04:17.83	865.85	01:44.71	816.9	1682.75
11	8989	Julia	Monk	Sweet Valley PS	04:58.84	660.8	01:34.94	914.6	1575.4
12	1712	Tyla	Lakay	Table View PS	05:05.84	625.8	01:35.52	908.8	1534.6
13	1593	Xenia	Massyn	Deutsche Internationale HS	05:00.15	654.25	01:39.86	865.4	1519.65

Under 15 Boys

SA Record = 2353.45 (Matthew Van Coller - Unofficial - 2018) **Provincial Record = 2289.5** (Leonardo van der Werf - 2018-12-01)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	4613	Brendan	Oosthuizen	Stellenberg HS	05:16.99	1055.05	00:59.87	1205.3	2260.35
2	2407	Leonardo	van der Werf	Individual	05:07.23	1103.85	01:05.79	1146.1	2249.95
3	1823	Samuel	Booyesen	Khayalitsha PS	05:24.78	1016.1	01:05.58	1148.2	2164.3
4	4904	Ruben	Crous	Durbanville HS	05:48.84	895.8	01:00.84	1195.6	2091.4
5	2207	Tyler	Micklethwaite	SACS PS	05:45.81	910.95	01:05.55	1148.5	2059.45
6	1647	Luca	Karsten	Milnerton HS	05:37.67	951.65	01:10.46	1099.4	2051.05

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
7	2319	Sreyams	Sathyan	Fairmont HS	05:31.42	982.9	01:17.58	1028.2	2011.1
8	2324	Emihl	Rossouw	Durbanville HS	05:49.17	894.15	01:11.66	1087.4	1981.55
9	5976	Robert	Davidson	Rondebosch Boys HS	05:13.48	1072.6	01:30.53	898.7	1971.3
10	3051	Lourens	Kotzé	Durbanville HS	05:58.39	848.05	01:13.66	1067.4	1915.45
11	6685	Ethan	Engelbrecht	Fairmont HS	06:19.77	741.15	01:06.49	1139.1	1880.25
12	1867	Ewaldt	Louw	Durbanville HS	05:48.53	897.35	01:27.78	926.2	1823.55
13	2257	Gideon	Vermeulen	DF Malan HS	06:13.45	772.75	01:21.29	991.1	1763.85
14	9461	Bernardt	Wiese	Jan Van Riebeeck HS	07:27.26	403.7	01:23.80	966	1369.7

Under 15 Girls

SA Record = 2461 (Toni Rafferty - 2016) **Provincial Record = 2430** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2289	Elandri	Schmidt	Bloemhof Meisies HS	03:10.39	1168.05	01:13.77	1096.3	2264.35
2	5978	Asha	Jack	Milnerton HS	03:38.79	1026.05	01:14.31	1090.9	2116.95
3	1859	Savannah	Voigt	Herschel Girls HS	03:54.86	945.7	01:07.66	1157.4	2103.1

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
4	7054	Nadia	Olsen	Stellenberg HS	03:26.82	1085.9	01:22.75	1006.5	2092.4
5	3058	Katie	Phillipps	Fairmont HS	03:33.44	1052.8	01:20.85	1025.5	2078.3
6	2339	Mikaela	Bristow	Springfield HS	03:52.86	955.7	01:16.29	1071.1	2026.8
7	8440	Anika	Visser	Reddamhouse HS	03:51.44	962.8	01:26.03	973.7	1936.5
8	6142	Amica	Nieuwoudt	Stellenberg HS	04:11.48	862.6	01:27.85	955.5	1818.1
9	8362	Hanje	Hattingh	Jan Van Riebeeck HS	04:10.98	865.1	01:28.49	949.1	1814.2
10	2009	Jessica	Marx	Durbanville PS	04:31.25	763.75	01:18.67	1047.3	1811.05
11	6798	Allegra	Smith	Rustenburg Girls HS	04:28.51	777.45	01:21.25	1021.5	1798.95
12	1542	Rebecca	Monk	Reddamhouse HS	04:27.54	782.3	01:22.31	1010.9	1793.2
13	1944	Elmarie	Combrink	Jan Van Riebeeck HS	04:31.03	764.85	01:28.59	948.1	1712.95
14	5414	Heidi	Ellis	Stellenberg HS	04:25.85	790.75	01:37.25	861.5	1652.25
15	7392	Tina-Mari	de Lange	El Shaddai HS	04:59.95	620.25	01:38.49	849.1	1469.35
16	2362	Emanuela	Matloko	De Kuilen HS	05:32.68	456.6	01:53.86	695.4	1152

Under 17 Boys

SA Record = 2299.15 (Cody Coombe-Davis - Unofficial - 2019) **Provincial Record = 2376.2** (Retief Ochse - 2018-02-03)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1501	Daniël	Wiese	Jan Van Riebeeck HS	05:08.61	1001.95	01:07.65	1117.5	2119.45
2	1557	Michael	van Schalkwyk	El Shaddai HS	05:59.54	747.3	01:05.48	1139.2	1886.5
3	5697	Dylan	Keyser	Jan Van Riebeeck HS	05:09.57	997.15	01:36.33	830.7	1827.85
4	2047	Braam	van der Vyver	Jan Van Riebeeck HS	06:23.14	629.3	01:04.34	1150.6	1779.9
5	5873	Michael	Massyn	Jan Van Riebeeck HS	06:26.88	610.6	01:10.31	1090.9	1701.5
6	1586	Johan	Voges	Stellenberg HS	06:34.44	572.8	01:06.70	1127	1699.8
7	3025	Mikyle	Blouw	Jan Van Riebeeck HS	05:17.76	956.2	No Swim	0	DNF

Under 17 Girls

SA Record = 2472 (Alexandra Quenet - 2011) **Provincial Record = 2468** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	6700	Anna	Backeberg	Deutsche Internationale HS	03:23.56	1102.2	01:14.35	1090.5	2192.7
2	1371	Aimee	Scott	Reddamhouse HS	03:35.93	1040.35	01:09.44	1139.6	2179.95

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
3	5601	Sarah	Allardice	Milnerton HS	03:46.06	989.7	01:11.45	1119.5	2109.2
4	5169	Johanna	Freers	Deutsche Internationale HS	03:46.34	988.3	01:13.95	1094.5	2082.8
5	1588	Storm	Elliott	Parklands College HS	04:04.59	897.05	01:17.33	1060.7	1957.75
6	2972	Nicke	van Rensburg	Stellenberg HS	04:07.54	882.3	01:17.14	1062.6	1944.9
7	2216	Elna	Engelbrecht	Jan Van Riebeeck HS	04:17.13	834.35	01:16.40	1070	1904.35
8	1561	Mieke	Burger	Durbanville HS	04:27.78	781.1	01:17.32	1060.8	1841.9
9	2192	Eden	Hoefer	Jan Van Riebeeck HS	04:22.02	809.9	01:26.98	964.2	1774.1
10	8040	Nadine	Visser	Reddamhouse HS	03:32.86	1055.7	01:54.09	693.1	1748.8
11	7188	Sadi	Goodwin	Durbanville HS	04:12.96	855.2	01:38.27	851.3	1706.5
12	8109	Jan-ne	Hattingh	Jan Van Riebeeck HS	05:04.02	599.9	01:27.69	957.1	1557

Under 19 Boys

SA Record = 2236.10 (Ruben Smith - Unofficial - 2018) **Provincial Record = 2353.8** (Adrian Taylor - 2018-02-03)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1339	Retief	Ochse	Stellenberg HS	04:56.94	1060.3	01:04.68	1147.2	2207.5
2	1486	Adrian	Taylor	Wynberg Boys HS	05:25.22	918.9	00:55.98	1234.2	2153.1
3	1523	Thomas	Fowler	Stellenberg HS	05:29.36	898.2	01:04.03	1153.7	2051.9
4	1445	Adrin	Strydom	Settlers HS	05:27.45	907.75	01:08.33	1110.7	2018.45

Under 19 Girls

SA Record = 2485 (Marinda Oosthuizen - 2005) **Provincial Record = 2445** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2687	Lara	Schlechter	Individual	03:49.49	977.55	01:10.70	1137	2114.55
2	1584	Lauren	Goodwin	El Shaddai HS	03:49.71	976.45	01:16.87	1075.3	2051.75
3	1995	Ineke	Wegman	Durbanville HS	03:39.43	1027.85	01:25.21	991.9	2019.75
4	3078	Anita	van Niekerk	Stellenberg HS	04:08.37	883.15	01:22.02	1023.8	1906.95
5	1428	Arleen	Moorcroft	Milnerton HS	04:36.60	742	01:14.74	1096.6	1838.6

Senior (Open) Men

SA Record = 2346.55 (Dylan Kruger - Unofficial - 2018) **Provincial Record = 2287.05** (Philip Fouche - 2018-03-30)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1384	Avron	Manchest	Individual	05:06.45	987.75	01:03.66	1157.4	2145.15
2	1600	Tshepang	Matebele	Individual	05:05.70	991.5	01:04.92	1144.8	2136.3
3	2072	Calvin	Hammond	Individual	04:56.76	1036.2	01:11.90	1075	2111.2
4	1531	Philip	Fouche	Individual	05:23.90	900.5	01:02.17	1172.3	2072.8
5	1302	Jason	Ferreira	Individual	05:41.97	810.15	01:09.11	1102.9	1913.05
6	5507	Corne	Jooste	Individual	05:11.50	962.5	01:27.08	923.2	1885.7
7	2403	Ridewaan	Nichols	Individual	05:26.09	889.55	01:22.30	971	1860.55
8	6034	Derrick	Solomons	Individual	06:52.12	459.4	01:22.29	971.1	1430.5

Senior (Open) Ladies

SA Record = 2525 (Edith Otterman - 1995) **Provincial Record = 2470** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1303	Marna	Louwrens	Individual	03:34.57	1052.15	01:08.61	1187.9	2240.05
2	1826	Bronwyn	de Lange	Individual	03:37.96	1035.2	01:25.01	1023.9	2059.1

Jnr Veteran Men

SA Record = 2435 (Charles Beurain - 2018) **Provincial Record = 2369** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	7692	Jonathan	Guy	Individual	03:13.07	1019.65	01:00.02	1193.8	2213.45
2	7481	Nicholas	Molyneux	Individual	03:31.81	925.95	00:55.99	1234.1	2200.05
3	1862	Hendrik	De villiers	Individual	03:15.72	1006.4	01:07.67	1117.3	2195.7
4	1426	Jacques	Bezuidenhout	Individual	03:48.63	841.85	01:14.15	1052.5	1974.35
5	8260	Earle	van der Watt	Individual	03:40.84	880.8	01:26.90	925	1901.8

Jnr Veteran Ladies

SA Record = 2360 (Nerissa le Roux - 2018) **Provincial Record = 2336** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	4611	Lize-Ahn	Aucamp	Individual	03:50.91	970.45	01:08.12	1202.8	2261.25
2	1877	Esrie	Loock-Bezuidenhout	Individual	03:46.40	993	01:18.83	1095.7	2160.7
3	1907	Tina-Mari	Meyer	Individual	03:25.20	1099	01:25.52	1028.8	2151.8
4	8700	Henriette	van der Watt	Individual	04:22.83	810.85	01:19.41	1089.9	1980.75
5	5696	Chantelle	Wearing	Individual	04:20.19	824.05	01:31.75	966.5	1846.55

Veteran Men

SA Record = 2517 (Nicholas Theron - 2016) **Provincial Record = 2397** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1878	Roger	Bezuidenhout	Individual	03:21.79	1011.05	01:03.73	1206.7	2292.75
2	1951	Paul	Benson	Individual	03:12.37	1058.15	01:19.01	1053.9	2187.05
3	1396	Johan	Fowler	Individual	03:44.13	899.35	01:08.20	1162	2181.35
4	5111	Francois	Janse van Rensburg	Individual	03:45.97	890.15	01:11.96	1124.4	2089.55
5	3027	Gareth	Kemp	Individual	03:41.82	910.9	01:12.73	1116.7	2057.6
6	1421	Hercus	Greyling	Individual	03:43.30	903.5	01:13.06	1113.4	2031.9
7	6191	Stephen	Stander	Individual	03:40.13	919.35	01:42.52	818.8	1768.15
8	2341	Todd	Micklethwaite	Individual	04:48.10	579.5	No Swim	0	DNF

Veteran Ladies

SA Record = 2496 (Ilse Beukman - 2013) **Provincial Record = 2492** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1720	Kate	Bihl	Individual	03:40.50	1047.5	01:13.37	1190.3	2357.8
2	7766	Annine	Stander	Individual	04:18.60	857	01:21.61	1107.9	2069.9
3	2146	Charlotte	Andrag	Individual	04:06.04	919.8	01:20.89	1115.1	2034.9
4	1335	Lynn	Brennan	Individual	04:48.91	705.45	01:28.48	1039.2	1804.65

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
5	1594	Madelein	Massyn	Individual	05:09.32	603.4	01:39.62	927.8	1606.2

SNR Veteran Men

SA Record = 2525 (Willie Wilson - 1997) **Provincial Record = 2440** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	7204	Elvin	van Zyl	Individual	03:34.12	1034.4	01:38.39	920.1	1954.5
2	2334	Andre	Schmidt	Individual	04:03.61	886.95	01:30.73	996.7	1943.65

SNR Veteran Ladies

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

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1722	Ashleigh-Jane	Fairweather	Individual	04:44.33	818.35	01:23.63	1147.7	2026.05
2	4682	Linda	du Bruyn	Individual	04:15.64	961.8	01:56.90	815	1836.8

Masters Men

SA Record = 2427.66 (Michael Forbes - Unofficial - 2018) **Provincial Record = 2317.8** (Michael Archer - 2019-01-19)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	8768	Michael	Archer	Individual	02:57.36	1048.2	00:35.10	1209.6	2317.8 (prov)
2	5233	Robert	Swartz	Individual	03:47.53	797.35	00:54.40	900.8	1948.15

Masters Ladies

SA Record = 2313.56 (Stefanie Classen - Unofficial - 2018) **Provincial Record = 2294.85** (Marille Bass - 2018-10-13)

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1297	Tricia	Rix	Individual	05:40.78	476.1	01:06.12	761.28	1692.38

Special Needs Male

SA Record = 3500 (Not Applicable - 2018) **Provincial Record = N/A**

Pos	SA Number	First Name	Last Name	School/Club	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2226	Liam	Trelawney	Glenbridge Special Needs Sch	01:42.92	1235.4	00:54.37	1237.28	2472.68