

## WP LEAGUE 3

Date: 2020-11-14

Province: WESTERN PROVINCE

### Top Athletes

#	Athlete	Run Time	Run Points	Run BP	Total Points
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#### Top 3 Runners

1	131710	Thomas van der Merwe (PAARL GIM PS)	02:30.66	1196.70	0.00	1196.70
2	131293	Steffan Hillebrand (Elkanah House Ps)	02:31.16	1194.20	0.00	1194.20
3	131093	Tatiana Thomatos (REDDAM DURBANVILLE HS)	02:38.79	1186.05	0.00	1186.05

#	Athlete	Swim Time	Swim Points	Swim BP	Total Points
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#### Top 3 Swimmers

1	131286	Lize-Ahn Aucamp	01:08.05	1243.50	0.00	1243.50
2	130583	Roger Bezuidenhout	01:05.40	1190.00	52.50	1242.50
3	131754	Jozanne Louw	01:10.81	1215.90	7.50	1223.40

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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#### Top 3 Athletes

1	131710	Thomas van der Merwe (PAARL GIM PS)	02:30.66	1196.70	00:31.69	1216.16	0.00	2412.86	PB
2	131709	Simone van der Merwe (PAARL GIM PS)	03:17.61	1166.95	01:07.89	1185.10	0.00	2352.05	PB
3	131093	Tatiana Thomatos (REDDAM DURBANVILLE HS)	02:38.79	1186.05	00:35.13	1161.12	0.00	2347.17	PB

# All Results

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/08 GIRLS			National Record: N/A			Provincial Record: N/A		
1	131504	Silke Aucamp (Kenridge Ps)	01:31.06	1134.70	00:24.82	1101.80	0.00	2236.50 PB
2	131528	Livia Vancoillie (Durbanville Ps)	01:51.77	1031.15	00:30.74	1042.60	0.00	2073.75 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/08 BOYS			National Record: N/A			Provincial Record: N/A		
1	131740	Jean-Luc Joubert (Kenridge Ps)	01:20.06	1164.70	00:23.42	1115.80	0.00	2280.50 PB
2	011833	Lucas Meiring (Paarl Boys Ps)	01:30.08	1114.58	00:25.81	1091.90	0.00	2206.48 PB
3	131708	Erigh Egen (Durbanville Ps)	01:41.69	1056.55	00:24.66	1103.40	0.00	2159.95 PB
4	131552	Martus Schoeman (Durbanville Ps)	01:35.80	1086.00	00:30.08	1049.20	0.00	2135.20
5	131720	Adriaan Vlok (Kenridge Ps)	01:48.37	1023.15	00:30.75	1042.50	0.00	2065.65 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/09 GIRLS			National Record: N/A			Provincial Record: N/A		
1	131742	Emily Kotze (SUN VALLEY PS)	03:31.81	1000.95	00:42.82	1086.08	0.00	2087.03 PB
2	131419	Zani Van Dyk (BEAUMONT PS)	03:33.41	992.95	00:43.29	1078.56	0.00	2071.51 PB
3	131346	Grace Newton (Durbanville Ps)	03:38.45	967.75	00:46.25	1031.20	0.00	1998.95 PB
4	131755	Yvette Louw (Kenridge Ps)	03:38.78	966.10	00:57.42	852.48	0.00	1818.58 PB
5	131398	Berne Peters (De Hoop Ps)	03:40.21	958.95	00:58.51	835.04	0.00	1793.99 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/09 BOYS			National Record: N/A			Provincial Record: N/A		
1	131345	Stephan Pienaar (Welgemoed Ps)	03:04.13	1064.35	00:42.91	1084.64	0.00	2148.99 PB
2	131363	Benjamin Pautz (Table View Ps)	03:10.19	1034.05	00:41.14	1112.96	0.00	2147.01 PB
3	131614	Wian Joubert (Durbanville Ps)	03:12.73	1021.35	00:47.43	1012.32	0.00	2033.67 PB
4	131500	Earle van der Watt (BEAUMONT PS)	03:30.73	931.35	00:47.04	1018.56	0.00	1949.91 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/11 GIRLS			National Record: N/A			Provincial Record: N/A		
1	131093	Tatiana Thomatos (REDDAM DURBANVILLE HS)	02:38.79	1186.05	00:35.13	1161.12	0.00	2347.17 PB
2	131741	Abigail Kotze (SUN VALLEY PS)	03:02.00	1070.00	00:31.43	1220.32	0.00	2290.32 PB

3	131746	Mienke Kempen (Ruens College)	02:56.40	1098.00	00:33.78	1182.72	0.00	2280.72	PB
4	130352	Larah Aucamp (Kenridge Ps)	02:48.26	1138.70	00:36.91	1132.64	0.00	2271.34	PB
5	131127	Minke Shaw (Eikestad Ps)	02:46.66	1146.70	00:42.56	1042.24	0.00	2188.94	PB
6	131297	Anieka Louw (Durbanville Ps)	03:03.80	1061.00	00:38.86	1101.44	0.00	2162.44	
7	131035	Stephanie Minnaar (Welgemoed Ps)	03:04.73	1056.35	00:39.64	1088.96	0.00	2145.31	PB
8	131534	Katerien Fourie (STELLENBOSCH PS)	02:59.91	1080.45	00:42.01	1051.04	0.00	2131.49	PB
9	131162	Danelle van Tonder (Panorama Ps)	03:03.62	1061.90	00:42.36	1045.44	0.00	2107.34	PB
10	131408	Lara Stander (Durbanville Ps)	02:51.65	1121.75	00:46.46	979.70	0.00	2101.45	PB
11	131234	Karien Coetzee (De Hoop Ps)	03:01.04	1074.80	00:45.45	996.00	0.00	2070.80	PB
12	131554	Tamryn van Aswegen (Kirstenhof Ps)	03:23.34	963.30	00:40.99	1067.36	0.00	2030.66	PB
13	131407	Anke Stander (Durbanville Ps)	02:59.59	1082.05	00:50.32	918.08	0.00	2000.13	PB
14	131751	Elizabeth Van der Merwe (Durbanville Ps)	03:17.80	991.00	00:46.39	980.96	0.00	1971.96	PB
15	011603	Francesca Flack (Curro Langebaan)	03:34.06	909.70	00:42.03	1050.72	0.00	1960.42	PB
16	131609	Margery Mokoena (Boston Ps)	03:20.27	978.65	00:50.90	908.80	0.00	1887.45	PB
17	131724	Tiana Vengesa (BELLPARK PS)	05:05.10	454.50	00:51.35	901.60	0.00	1356.10	PB
	#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/11 BOYS				National Record: N/A			Provincial Record: N/A		
1	131710	Thomas van der Merwe (PAARL GIM PS)	02:30.66	1196.70	00:31.69	1216.16	0.00	2412.86	PB
2	131034	Nicolas Minnaar (Welgemoed Ps)	02:36.41	1167.95	00:36.17	1144.48	0.00	2312.43	PB
3	131715	Ryan Viviers (PAARL GIM PS)	02:42.90	1135.50	00:35.30	1158.40	0.00	2293.90	PB
4	131752	Schalk Meiring (Paarl Boys Ps)	02:43.12	1134.40	00:36.38	1141.12	0.00	2275.52	PB
5	131293	Steffan Hillebrand (Elkanah House Ps)	02:31.16	1194.20	00:40.43	1076.32	0.00	2270.52	PB
6	131739	MC Joubert (Kenridge Ps)	02:58.38	1058.10	00:37.42	1124.48	0.00	2182.58	PB
7	131396	Alexander Van der Werf (MILNERTON HS)	02:45.96	1120.20	00:41.37	1061.28	0.00	2181.48	PB
8	131474	Delmar Benecke (Jan van Riebeeck Ps)	02:51.75	1091.25	00:41.22	1063.68	0.00	2154.93	
9	131449	Aragon Afonso (Kenridge Ps)	03:05.48	1022.60	00:40.20	1080.00	0.00	2102.60	PB
10	131386	Ben Bruwer (Welgemoed Ps)	03:10.66	996.70	00:39.24	1095.36	0.00	2092.06	PB
11	131004	Michael Kemp (De Hoop Ps)	03:14.72	976.40	00:40.89	1068.96	0.00	2045.36	PB
12	131443	Jean Petrie (Jan van Riebeeck Ps)	02:58.72	1056.40	00:46.94	972.16	0.00	2028.56	PB
13	131262	Franko Peters (De Hoop Ps)	03:00.15	1049.25	00:49.04	938.56	0.00	1987.81	PB

14	131392	Luttig Malherbe (Durbanville Ps)	03:00.93	1045.35	01:06.96	651.84	0.00	1697.19	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/13 GIRLS			National Record: N/A			Provincial Record: N/A			
1	131709	Simone van der Merwe (PAARL GIM PS)	03:17.61	1166.95	01:07.89	1185.10	0.00	2352.05	PB
2	131117	Charne van Tonder (Panorama Ps)	03:25.64	1126.80	01:05.09	1213.10	0.00	2339.90	PB
3	011206	Rebecca Flack (Curro Langebaan)	03:20.61	1151.95	01:14.89	1115.10	0.00	2267.05	PB
4	131310	Imke Els (Welgemoed Ps)	03:21.41	1147.95	01:16.99	1094.10	0.00	2242.05	PB
5	131518	Nadia van Wyk (Gene Louw Ps)	03:17.36	1168.20	01:22.01	1043.90	0.00	2212.10	PB
6	131570	Mieke van de Wall (Durbanville Ps)	03:48.32	1013.40	01:08.81	1175.90	0.00	2189.30	PB
7	131292	Kari Hillebrand (Elkanah House Hs)	03:41.91	1045.45	01:20.53	1058.70	0.00	2104.15	PB
8	131448	Amy Combrink (SWEET VALLEY PS)	04:17.04	869.80	01:11.63	1147.70	0.00	2017.50	PB
9	130974	Zani Volschenk (De Hoop Ps)	03:35.00	1080.00	01:34.99	914.10	0.00	1994.10	PB
10	131412	Claire van Wyk (Elkanah House Ps)	04:09.35	908.25	01:28.49	979.10	0.00	1887.35	PB
11	130453	Caitlin De Kock (Durbanville Hs)	04:27.17	819.15	01:37.53	888.70	0.00	1707.85	PB
12	131503	Carla Carolus (Silversands Ps)	04:40.21	753.95	01:32.61	937.90	0.00	1691.85	PB
13	130597	Zia Petersen (Forest Village Ps)	05:06.12	624.40	01:25.51	1008.90	0.00	1633.30	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/13 BOYS			National Record: N/A			Provincial Record: N/A			
1	131142	Lourens van der Walt (PAARL BOYS HS)	04:14.03	1034.85	01:05.08	1193.20	0.00	2228.05	PB
2	131572	Joshua Bannister (Welgemoed Ps)	04:09.09	1059.55	01:09.75	1146.50	0.00	2206.05	PB
3	131097	Alexander Benecke (Jan van Riebeeck Ps)	04:12.05	1044.75	01:09.57	1148.30	0.00	2193.05	PB
4	131501	Luka Ludorf (PAARL GIM HS)	04:08.96	1060.20	01:12.67	1117.30	0.00	2177.50	PB
5	131334	Luan Stander (Durbanville Ps)	04:11.66	1046.70	01:12.44	1119.60	0.00	2166.30	PB
6	131169	Nathan Pautz (Table View Ps)	04:32.19	944.05	01:11.39	1130.10	0.00	2074.15	PB
7	131397	Kyle Lombard (Durbanville Ps)	04:44.09	884.55	01:06.36	1180.40	0.00	2064.95	PB
8	131038	Stefano Schmidt (Curro Durbanville Ps)	04:13.00	1040.00	01:22.88	1015.20	0.00	2055.20	PB
9	130422	Jody Karsten (MILNERTON HS)	04:40.24	903.80	01:14.46	1099.40	0.00	2003.20	PB
10	131493	Charl Saaiman (Durbanville Hs)	04:38.93	910.35	01:15.27	1091.30	0.00	2001.65	PB
11	9767	Eugene Theron (Durbanville Hs)	04:36.09	924.55	01:17.43	1069.70	0.00	1994.25	PB
12	131302	Christiaan Pienaar (Welgemoed Ps)	04:26.16	974.20	01:31.20	932.00	0.00	1906.20	

13	130852	Alex Lategan (De Hoop Ps)	04:35.96	925.20	01:35.29	891.10	0.00	1816.30	PB
14	130469	Christopher Kemp (De Hoop Ps)	04:34.69	931.55	01:40.83	835.70	0.00	1767.25	PB
15	131098	Albert Griesel (Jan van Riebeeck Hs)	05:10.47	752.65	01:46.13	782.70	0.00	1535.35	

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/15 GIRLS			National Record: N/A			Provincial Record: N/A		
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1	130913	Skye Micklethwaite (RUSTENBERG GIRLS HS)	03:25.74	1091.30	01:05.08	1183.20	0.00	2274.50	PB
2	130626	Charne Fourie (PAARL GIRLS HS)	03:22.30	1108.50	01:06.84	1165.60	0.00	2274.10	PB
3	130808	Mila Prinsloo (PAARL GIRLS HS)	03:25.58	1092.10	01:05.82	1175.80	0.00	2267.90	PB
4	130657	Mila Aucamp (Durbanville Hs)	03:17.61	1131.95	01:09.96	1134.40	0.00	2266.35	PB
5	130530	Nadia Rossouw (Stellenberg Hs)	03:28.31	1078.45	01:08.58	1148.20	0.00	2226.65	PB
6	130190	Isabella Carneiro (Fairmont Hs)	03:34.31	1048.45	01:09.33	1140.70	0.00	2189.15	PB
7	130140	Rebecca Nolan (REDDAM CONSTANTIA HS)	03:36.65	1036.75	01:10.40	1130.00	0.00	2166.75	PB
8	131532	Mienke Herbst (Jan van Riebeeck Hs)	03:48.10	979.50	01:07.97	1154.30	0.00	2133.80	PB
9	011705	Anna Pretorius (Bredasdorp Hs)	03:57.15	934.25	01:16.78	1066.20	0.00	2000.45	PB
10	131401	Julia Monk (REDDAM CONSTANTIA HS)	04:00.29	918.55	01:16.03	1073.70	0.00	1992.25	PB
11	131143	Isabella van der Walt (PAARL GIRLS HS)	04:01.10	914.50	01:16.21	1071.90	0.00	1986.40	PB
12	130376	Saskia Reddering (Durbanville Hs)	04:12.65	856.75	01:26.34	970.60	0.00	1827.35	PB
13	130454	Olivia Wilson (Durbanville Hs)	04:02.13	909.35	01:32.33	910.70	0.00	1820.05	PB

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/15 BOYS			National Record: N/A			Provincial Record: N/A		
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1	8365	Sebastian Theron (Durbanville Hs)	05:49.45	892.75	01:10.78	1096.20	0.00	1988.95	PB
2	130468	Matthew Kemp (PAUL ROOS HS)	05:49.15	894.25	01:13.35	1070.50	0.00	1964.75	PB
3	131530	FC Moller (EVERSDAL PS)	06:04.58	817.10	01:10.23	1101.70	0.00	1918.80	PB
4	131099	Stephan Griesel (Jan van Riebeeck Ps)	06:01.93	830.35	01:17.10	1033.00	0.00	1863.35	PB

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/17 GIRLS			National Record: N/A			Provincial Record: N/A		
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1	130142	Marnie Campbell (REDDAM DURBANVILLE HS)	03:40.21	1018.95	01:05.99	1174.10	0.00	2193.05	PB
2	131367	Rebecca Monk (REDDAM CONSTANTIA HS)	03:36.96	1035.20	01:15.15	1082.50	0.00	2117.70	PB
3	131381	Enya Els (Stellenberg Hs)	03:35.50	1042.50	01:19.74	1036.60	0.00	2079.10	PB

4	011700	Elza De Kock (Bredasdorp Hs)	03:57.19	934.05	01:12.71	1106.83	0.00	2040.88	PB
5	131540	Nadia Olsen (Stellenberg Hs)	03:47.29	983.55	01:22.03	1013.64	0.00	1997.19	PB
6	131750	Ame Jansen van Vuuren (Durbanville Hs)	03:27.64	1081.80	01:36.38	870.20	0.00	1952.00	PB
7	131722	Danielle Botha (PAARL GIRLS HS)	03:54.62	946.90	01:28.86	945.40	0.00	1892.30	PB
8	131543	Inke Putter (Stellenberg Hs)	05:15.25	543.75	01:23.73	996.70	0.00	1540.45	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/17 BOYS			National Record: N/A			Provincial Record: N/A			
1	131112	Leonardo Van der Werf (PAARL BOYS HS)	04:53.81	1075.95	01:00.22	1191.80	0.00	2267.75	PB
2	130349	Luca Karsten (MILNERTON HS)	04:59.20	1049.00	01:06.29	1131.10	0.00	2180.10	PB
3	131284	Brendan Oosthuizen (Stellenberg Hs)	05:19.37	948.15	00:58.51	1208.90	0.00	2157.05	PB
4	131496	Ricus Saaiman (Durbanville Hs)	05:32.76	881.20	00:58.50	1209.00	0.00	2090.20	PB
5	131029	Emihl Rossouw (Durbanville Hs)	05:24.56	922.20	01:02.86	1165.40	0.00	2087.60	PB
6	130859	Beurick Kayser (CURRO DURBANVILLE HS)	05:27.29	908.55	01:04.29	1151.10	0.00	2059.65	PB
7	131395	Charl Laubscher (Durbanville Hs)	05:17.48	957.60	01:13.69	1057.10	0.00	2014.70	PB
8	131712	Tiaan Walters (PAARL GIM HS)	05:31.16	889.20	01:11.26	1081.40	0.00	1970.60	PB
9	011703	Janco Fourie (Bredasdorp Hs)	05:28.60	902.00	01:13.55	1058.50	0.00	1960.50	PB
10	130131	Ruben Crous (Durbanville Hs)	06:18.01	654.95	01:01.96	1174.40	0.00	1829.35	PB
11	130572	Ewaldt Louw (Durbanville Hs)	06:17.58	657.10	01:29.83	895.70	0.00	1552.80	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/19 GIRLS			National Record: N/A			Provincial Record: N/A			
1	130069	Jana Botha	03:45.16	999.20	01:04.02	1203.80	0.00	2203.00	PB
2	131136	Nicke van Rensburg (Stellenberg Hs)	04:04.80	901.00	01:14.72	1096.80	0.00	1997.80	PB
3	131383	Helene Strauss	03:59.60	927.00	01:18.41	1059.90	0.00	1986.90	PB
4	131380	Zara Els (Stellenberg Hs)	04:04.32	903.40	01:16.80	1076.00	0.00	1979.40	PB
5	131717	Zelde Botha (Durbanville Hs)	04:30.66	771.70	01:20.26	1041.40	0.00	1813.10	PB
6	130434	Anika Roux	04:16.25	843.75	01:41.15	832.50	0.00	1676.25	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/19 BOYS			National Record: N/A			Provincial Record: N/A			
1	130075	Joshua Scott (REDDAM DURBANVILLE HS)	05:18.46	952.70	00:57.48	1219.20	0.00	2171.90	PB
2	131738	Carel Lamprecht	05:18.26	953.70	01:08.90	1105.00	0.00		

3	011701	George De Kock (Bredasdorp Hs)	05:28.69	901.55	01:05.09	1143.05	0.00	2044.60	PB
4	130070	Joe Botha	05:56.14	764.30	01:00.04	1193.60	0.00	1957.90	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
SENIORS WOMEN			National Record: N/A			Provincial Record: N/A			
1	130700	Ineke Wegman	03:59.28	928.60	01:23.96	1034.40	0.00	1963.00	PB
2	131558	Danya Engelbrecht	03:38.28	1033.60	DNF	DNF	0.00	DNF	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
SENIORS MEN			National Record: N/A			Provincial Record: N/A			
1	130149	Adrin Strydom	05:45.37	793.15	01:08.43	1109.70	0.00	1902.85	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
JNR VETS (27 - 39) WOMEN			National Record: N/A			Provincial Record: N/A			
1	130582	Esrie Bezuidenhout	03:33.38	1058.10	01:17.12	1112.80	88.00	2258.90	PB
2	131505	Renee Peters	05:25.91	495.45	01:39.75	886.50	64.00	1445.95	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
JNR VETS (27 - 39) MEN			National Record: N/A			Provincial Record: N/A			
1	131015	Christo Van der Merwe	03:18.21	993.95	01:05.65	1137.50	24.00	2155.45	PB
2	131406	Ben Peters	04:04.18	764.10	01:17.89	1015.10	88.00	1867.20	PB
3	131379	Stefan Burger	02:58.90	1090.50	DNF	DNF	12.00	DNF	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
VETERANS (40 - 49) WOMEN			National Record: N/A			Provincial Record: N/A			
1	131286	Lize-Ahn Aucamp	03:50.41	997.95	01:08.05	1243.50	0.00	2241.45	PB
2	131754	Jozanne Louw	03:57.51	962.45	01:10.81	1215.90	15.00	2193.35	PB
3	131569	Michelle van Aswegen	04:10.13	899.35	01:17.57	1148.30	0.00	2047.65	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
VETERANS (40 - 49) MEN			National Record: N/A			Provincial Record: N/A			
1	130583	Roger Bezuidenhout	03:19.53	1022.35	01:05.40	1190.00	105.00	2317.35	PB
2	131399	Wouter Hillebrand	03:01.60	1112.00	01:14.99	1094.10	90.00	2296.10	PB
3	131613	Willem Joubert	03:36.80	936.00	01:16.87	1075.30	15.00		

4	131499	Earle van der Watt	03:53.49	852.55	01:18.30	1061.00	15.00	1928.55	PB
5	131736	Ian Vlok	04:10.80	766.00	01:30.53	938.70	60.00	1764.70	PB
6	130300	Pieter Vermeulen	03:35.29	943.55	DNF	DNF	60.00	DNF	

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
SNR VETS (50 - 59) WOMEN			National Record: N/A			Provincial Record: N/A		

1	131291	Linda de Bruyn	04:18.49	947.55	01:50.56	878.40	90.00	1915.95	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		

SNR VETS (50 - 59) MEN			National Record: N/A			Provincial Record: N/A		
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1	130251	Jan Slabbert	04:01.27	898.65	01:22.05	1083.50	45.00	2027.15	PB
2	131502	Jason Monk	03:20.07	1104.65	01:48.72	816.80	0.00	1921.45	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		

MASTERS (60 - 69) WOMEN			National Record: N/A			Provincial Record: N/A		
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1	131718	Cheryl Adams	05:43.71	461.45	00:57.95	892.00	50.00	1403.45	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		

MASTERS (60 - 69) MEN			National Record: N/A			Provincial Record: N/A		
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1	130004	Marius Vorster	03:59.40	738.00	00:39.56	1138.24	100.00	1976.24	PB
2	131701	Tertius du Bruyn	03:47.80	796.00	00:47.64	1008.96	0.00	1804.96	
3	011283	Ian Flack	03:42.62	821.90	01:01.36	789.44	25.00	1636.34	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		

SNR MASTERS (70+) MEN			National Record: N/A			Provincial Record: N/A		
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1	131459	Robert Swartz	01:25.87	1070.65	00:57.24	983.36	92.00	2146.01	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		

SPECIAL NEEDS FEMALE			National Record: N/A			Provincial Record: N/A		
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1	130377	Amalia Reddering (Durbanville Hs)	02:14.06	1079.70	DNF	DNF	0.00	DNF	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		

SPECIAL NEEDS MALE			National Record: N/A			Provincial Record: N/A		
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1	130930	Liam Trelawney	01:43.05	1234.72	00:55.78	1374.72	0.00	2609.44	PB
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