



Under 9 Boys (Youth F)

EP RECORD: DANNY BAXTER YEAR: 2019 POINTS: 2456.52

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111001	HARRY	STEYN	1:24.40	1057.20	0:42.08	1064.60	0.00	2121.80
2	111006	JEAN-LUC	JOUBERT	1:16.81	1072.38	0:48.23	1033.85	0.00	2106.23
3	111003	EWAN	MARAI	1:35.72	1034.56	0:43.83	1055.85	0.00	2090.41
4	111134	PIERRE	VAN ONSELEN	1:25.90	1054.20	0:56.98	990.10	0.00	2044.30
5	111185	PIETER	RADEMEYER	1:34.45	1037.10	0:54.35	1003.25	0.00	2040.35
6	111133	MARTUS	SCHOEMAN	1:22.19	1061.62	0:59.73	976.35	0.00	2037.97
7	111135	MATT	TAYLOR	1:24.19	1057.62	0:59.78	976.10	0.00	2033.72
8	111191	ADRIAAN	VAN DYK	1:32.69	1040.62	0:57.81	985.95	0.00	2026.57
9	111005	EDWIN	MOKOENA	1:30.78	1044.44	1:03.34	958.30	0.00	2002.74

Under 9 Girls (Youth F)

EP RECORD: KEIRA VAN HEERDEN YEAR: 2017 POINTS: 2472.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111008	SILKE	AUCAMP	1:22.36	1071.28	0:52.97	1010.15	0.00	2081.43
2	111196	AMORIE	DREYER	1:24.97	1066.06	0:58.20	984.00	0.00	2050.06

Under 11 Boys (Youth E)

EP RECORD: LIEBEN BESTER YEAR: 2018 POINTS: 2438.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111026	DELMAR	BENECKE	1:09.43	1041.14	0:37.90	1040.50	0.00	2081.64
2	111143	DANIEL	VAN ZYL	1:27.51	1004.98	0:34.18	1059.10	0.00	2064.08
3	111030	VUYO	NGOBENI	1:13.92	1032.16	0:40.40	1028.00	0.00	2060.16



4	111023	WIAN	JOUBERT	1:21.14	1017.72	0:44.31	1008.45	0.00	2026.17
5	111188	EARLE	VAN DER WATT	1:33.14	993.72	0:41.71	1021.45	0.00	2015.17
6	111028	CHRISTIAAN	DE WAARD	1:16.61	1026.78	0:50.49	977.55	0.00	2004.33
7	111140	HEIN	VER LOREN VAN T	1:27.20	1005.60	0:47.64	991.80	0.00	1997.40
8	111137	LUKAS	MEIRING	1:25.29	1009.42	0:51.24	973.80	0.00	1983.22
9	111027	LUTTIG	MALHERBE	1:15.42	1029.16	1:00.31	928.45	0.00	1957.61



Under 11 Girls (Youth E)

EP RECORD: KEIRA VAN HEERDEN YEAR: 2019 POINTS: 2458.60

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111016	LENE	BASSON	1:17.84	1034.32	0:38.19	1039.05	0.00	2073.37
2	111139	ZANI	VAN DYK	1:25.71	1018.58	0:39.77	1031.15	0.00	2049.73
3	111146	STELLA	SAAIMAN	1:20.11	1029.78	0:42.60	1017.00	0.00	2046.78
4	111012	LARA	ROSENSTRAUCH	1:22.80	1024.40	0:42.40	1018.00	0.00	2042.40
5	111190	AMELIE	PETERS	1:25.11	1019.78	0:42.62	1016.90	0.00	2036.68
6	111142	FRANCESCA	FLACK	1:31.80	1006.40	0:40.43	1027.85	0.00	2034.25
7	111144	KARU	RADEMEYER	1:34.20	1001.60	0:44.00	1010.00	0.00	2011.60
8	111014	HEIKE	WESSELS	1:25.39	1019.22	0:51.99	970.05	0.00	1989.27
9	111018	MIEKE	HAVENGA	1:23.30	1023.40	0:55.87	950.65	0.00	1974.05
10	111138	MICHAELA	VAN DER MERWE	1:43.55	982.90	0:48.04	989.80	0.00	1972.70
11	111145	KARA	WENTZEL	1:27.80	1014.40	0:54.61	956.95	0.00	1971.35

Under 13 Boys (Youth D)

EP RECORD: WEHAN SMITH YEAR: 2017 POINTS: 2413.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111048	THOMAS	VAN DER MERWE	1:06.53	1036.94	0:31.33	1043.35	0.00	2080.29
2	111049	NICOLAS	MINNAAR	1:07.56	1034.88	0:34.36	1028.20	0.00	2063.08
3	111151	RYAN	VIVIERS	1:08.85	1032.30	0:34.23	1028.85	0.00	2061.15
4	111150	SCHALK	MEIRING	1:10.81	1028.38	0:36.74	1016.30	0.00	2044.68
5	111054	NIEL	CONRADIE	1:12.73	1024.54	0:36.10	1019.50	0.00	2044.04



#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
6	111050	STEFFAN	HILLEBRAND	1:08.58	1032.84	0:38.20	1009.00	0.00	2041.84
7	111057	ALBERT	GRIESEL	1:11.16	1027.68	0:37.82	1010.90	0.00	2038.58
8	111055	JEAN-ROUX	WESSELS	1:12.16	1025.68	0:37.47	1012.65	0.00	2038.33
9	111056	MC	JOUBERT	1:12.53	1024.94	0:37.38	1013.10	0.00	2038.04
10	111148	NATHAN	VAN LITSENBORGH	1:14.66	1020.68	0:37.15	1014.25	0.00	2034.93

Under 13 Girls (Youth D)

EP RECORD: ANKE SERFONTEIN YEAR: 2018 POINTS: 2423.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111032	TYLER	HUNT	1:09.20	1051.60	0:32.96	1035.20	0.00	2086.80
2	111037	ALMI	GEYSER	1:10.82	1048.36	0:33.24	1033.80	0.00	2082.16
3	111035	LARAH	AUCAMP	1:09.68	1050.64	0:35.24	1023.80	0.00	2074.44
4	111033	STEPHANIE	MINNAAR	1:15.53	1038.94	0:37.58	1012.10	0.00	2051.04
5	111155	LANA	DOMAN	1:15.24	1039.52	0:38.06	1009.70	0.00	2049.22
6	111147	ANIEKA	LOUW	1:14.13	1041.74	0:38.88	1005.60	0.00	2047.34
7	111039	MIEKA	VERMEULEN	1:14.91	1040.18	0:40.42	997.90	0.00	2038.08
8	111042	ANMI	SLABBERT	1:23.00	1024.00	0:38.04	1009.80	0.00	2033.80
9	111040	ZIA	PETERSEN	1:34.44	1001.12	0:36.06	1019.70	0.00	2020.82
10	111041	MARGERY	MOKOENA	1:24.24	1021.52	0:47.81	960.95	0.00	1982.47
11	111149	TIA	DOMAN	1:37.25	995.50	0:42.65	986.75	0.00	1982.25
12	111154	ANNIKA	VAN ZYL	1:28.41	1013.18	0:54.39	928.05	0.00	1941.23



Under 15 Boys (Youth C)

EP RECORD: MATTHEW VAN COLLER YEAR: 2019 POINTS: 2409.20

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111079	ALEXANDER	BENECKE	2:29.95	1040.10	1:06.48	1077.60	0.00	2117.70
2	111161	JODY	KARSTEN	2:41.78	1016.44	1:09.37	1063.15	0.00	2079.59
3	111084	STEPHAN	GRIESEL	2:27.56	1044.88	1:15.14	1034.30	0.00	2079.18
4	111076	ULRICH	BADENHORST	2:46.36	1007.28	1:09.89	1060.55	0.00	2067.83
5	111162	CHARL	SAAIMAN	2:34.23	1031.54	1:16.27	1028.65	0.00	2060.19
6	111159	NICHOLAS	ROUX	2:33.84	1032.32	1:25.16	984.20	0.00	2016.52
7	111087	NEHEMIA	ROSEN	2:24.75	1050.50	1:33.91	940.45	0.00	1990.95
8	111156	CHRISTIAAN	PIENAAR	2:44.86	1010.28	1:28.59	967.05	0.00	1977.33

Under 15 Girls (Youth C)

EP RECORD: TONI RAFFERTY YEAR: 2016 POINTS: 2461.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111066	MILA	AUCAMP	2:27.70	1064.60	1:06.76	1091.20	0.00	2155.80
2	111063	SIMONE	VAN DER MERWE	2:29.24	1061.52	1:07.30	1088.50	0.00	2150.02
3	111062	MILA	PRINSLOO	2:49.14	1021.72	1:04.26	1103.70	0.00	2125.42
4	111065	IMKE	ELS	2:34.02	1051.96	1:13.53	1057.35	0.00	2109.31
5	111157	MIEKE	VAN DE WAL	2:55.45	1009.10	1:07.87	1085.65	0.00	2094.75
6	111158	REBECCA	FLACK	2:40.20	1039.60	1:15.35	1048.25	0.00	2087.85
7	111064	KARI	HILLEBRAND	2:33.62	1052.76	1:20.42	1022.90	0.00	2075.66
8	111160	ALICE	VENTER	2:40.52	1038.96	1:20.87	1020.65	0.00	2059.61



#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
9	111163	DANIELLEH	HUGO	00:00.00	0.00	1:20.86	1020.70	0.00	1020.70

Under 17 Boys (Youth B)

EP RECORD: MATTHEW VAN COLLER YEAR: 2021 POINTS: 2341.60

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111164	LUCA	KARSTEN	2:16.20	1057.60	1:06.01	1074.95	0.00	2132.55
2	111165	RIKUS	SAAIMAN	2:35.51	1018.98	0:58.38	1113.10	0.00	2132.08
3	111102	JOSHUA	KRIGE	2:58.51	972.98	1:09.66	1056.70	0.00	2029.68
4	111101	EWALDT	LOUW	2:34.80	1020.40	1:26.76	971.20	0.00	1991.60



Under 17 Girls (Youth B)

EP RECORD: KARLA SCHEFFER YEAR: 2019 POINTS: 2437.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111089	SKYE	MICKLETHWAITE	2:34.21	1041.58	1:05.11	1099.45	0.00	2141.03
2	111094	REBECCA	NOLAN	2:35.65	1038.70	1:09.20	1079.00	0.00	2117.70
3	111090	MIENKE	HERBST	2:57.95	994.10	1:06.25	1093.75	0.00	2087.85
4	111093	JULIA	MONK	3:08.25	973.50	1:19.04	1029.80	0.00	2003.30

Under 19 Boys (Youth A)

EP RECORD: CODY COOMBE-DAVIS YEAR: 2020 POINTS: 2348.85

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111106	EMIHL	ROSSOUW	2:20.29	1045.42	1:00.98	1100.10	0.00	2145.52
2	111166	BEURICK	KAYSER	2:12.00	1062.00	1:06.01	1074.95	0.00	2136.95
3	111183	NEHEMIAH	KLEINSMITH	2:26.79	1032.42	1:46.80	871.00	0.00	1903.42

Under 19 Girls (Youth A)

EP RECORD: GERDA-MARIE THERON YEAR: 2006 POINTS: 2408.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111167	AIMEE	SCOTT	2:48.31	1013.38	1:08.92	1080.40	0.00	2093.78



#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
2	111098	REBECCA	MONK	2:40.31	1029.38	1:15.42	1047.90	0.00	2077.28
3	111168	ZELDE	BOTHA	3:12.88	964.24	1:25.58	997.10	0.00	1961.34



Junior Men

EP RECORD: GARETH VORSTER YEAR: 2019 POINTS: 2330.90

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111169	ADRIN	STRYDOM	2:31.51	1026.98	1:09.59	1057.05	0.00	2084.03
2	111170	TYRIQ	WINDELL	2:26.79	1036.42	1:22.05	994.75	0.00	2031.17

Senior Men

EP RECORD: RYAN PETER YEAR: 2017 POINTS: 2247.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111172	STEFAN	BURGER	2:20.81	1048.38	1:11.92	1045.40	64.00	2157.78
2	111120	RIDEWAAN	NICHOLS	2:25.50	1039.00	1:18.14	1014.30	32.00	2085.30

Senior Ladies

EP RECORD: CHANTEL VERWEY YEAR: 2018 POINTS: 2291.75

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111173	TINA-MARI	MEYER	2:45.75	1008.50	1:30.29	998.55	88.00	2095.05
2	111115	LIZANNE	BASSON	3:07.76	964.48	1:18.56	1057.20	64.00	2085.68
3	111175	YOLANDIE	MARAIS	3:25.48	929.04	1:28.84	1005.80	128.00	2062.84



Masters 40+

EP RECORD: GRANT VAN ANTWERP YEAR: 2011 POINTS: 2351.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111126	ROGER	BEZUIDENHOUT	2:28.14	1053.72	1:05.98	1100.10	120.00	2273.82
2	111125	WOUTER	HILLEBRAND	2:21.00	1068.00	1:12.17	1069.15	90.00	2227.15
3	111111	ROWAN	MARAIS	2:30.281	1044.38	1:03,88	1115.00	60.00	2219.38
4	111177	SHAUN	ROUX	2:44.62	1020.76	1:17.00	1045.00	105.00	2170.76
5	111174	MERLIN	GALANT	2:29.10	1051.80	1:11.71	1071.45	15.00	2138.25
6	111124	NEIL	STEENKAMP	3:08.84	972.32	1:04.03	1109.85	45.00	2127.17
7	111189	EARLE	VAN DER WATT	3:00.91	988.18	1:23.44	1012.80	30.00	2030.98
8	111176	RIAAN	STEYN	4:05.70	858.60	2:00.55	827.25	75.00	1760.85

Masters 40+ Ladies

EP RECORD: BENICE PUTTER YEAR: 2005 POINTS: 2374.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111118	LYNN	BRENNAN	3:27.97	984.06	1:27.19	1034.05	105.00	2123.11

Masters 50+

EP RECORD: ALEC RIDDLE YEAR: 2011 POINTS: 2396.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111129	THYS	LOMBARD	3:13.25	973.50	1:07.07	1124.65	75.00	2173.15
2	111178	FRANCOIS	HUGO	3:54.60	890.80	1:13.62	1091.90	15.00	1997.70
3	111128	JASON	MONK	2:33.67	1052.66	1:46.11	929.45	15.00	1997.11



Masters 50+ Ladies

EP RECORD: YVONNE RIGGEN YEAR: 2005 POINTS: 2497.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111119	LINDA	DU BRUYN	3:29.10	1001.80	1:49.74	951.30	105.00	2058.10

Masters 60+

EP RECORD: GORDON WESSELS YEAR: 2019 POINTS: 2315.60

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111010	DOLPH	NORTIER	1:24.47	1015.06	0:40.00	1045.00	125.00	2185.06
2	111180	IAN	FLACK	1:29.40	1005.20	0:57.19	959.05	50.00	2014.25
3	111179	JACOBUS	MICHAELS	1:18.94	1026.12	0:52.21	983.95	-25.00	1985.07

Masters 60+ Ladies

EP RECORD: MARGIE SAUNDERS YEAR: 2017 POINTS: 2572.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111181	CHERYL	ADAMS	2:31.67	926.66	0:57.41	972.95	50.00	1949.61



Masters 70+

EP RECORD: NONE YEAR: 2021 POINTS: 2500.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111011	ROBERT	SWARTZ	1:23.06	1033.88	0:54.78	1011.10	138.00	2182.98

Masters 70+ Ladies

EP RECORD: NONE YEAR: 2021 POINTS: 2500.00

#	SA No	Firstname	Surname	Run Time	Run Points	Swim Time	Swim Points	Bonus Points	Total Points
1	111182	MARILLE	BASS	1:50.38	1043.24	0:49.65	1051.75	46.00	2140.99