



Export (csv) (report.csv)

2019 SA CHAMPIONSHIP (2019-03-30)

MEDALS

Under 9 Boys

SA Record = 2451 (Dieter Naude - 2018) **Provincial Record** = 2456.52 (Danny Baxter - 2019-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2714	Thomas	Van Der Merwe	BOL A Team	02:32.88	1240.6	00:34.57	1246.88	2487.48 (sa)
2	3041	Nathan	van den Berg	WP A Team	02:31.30	1248.5	00:36.64	1213.76	2462.26 (sa)
3	1265	Danny	Baxter	EP A Team	02:40.48	1202.6	00:34.13	1253.92	2456.52 (sa) (prov)

Under 9 Girls

SA Record = 2462 (Keira van Heerden - 2017) **Provincial Record** = 2472 (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2388	Tatiana	Thomatos	WP A Team	02:44.79	1256.05	00:37.50	1200	2456.05
2	5099	Hannah	Hattingh	BOR A Team	03:00.95	1175.25	00:36.21	1220.64	2395.89

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
3	1650	Larah	Aucamp	WP A Team	02:49.04	1234.8	00:40.13	1157.92	2392.72

Under 11 Boys

SA Record = 2455 (Joshue Eccles - 2018) **Provincial Record = 2437.16** (Lieben Bester - 2018-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	6018	Luka	Ludorf	WP A Team	02:34.46	1177.7	00:32.68	1213.12	2390.82
2	1282	Kaidin	Kretzmann	EP A Team	02:31.03	1194.85	00:35.68	1165.12	2359.97
3	8550	Matthew	Hunt	CG A Team	02:35.26	1173.7	00:34.74	1180.16	2353.86

Under 11 Girls

SA Record = 2432.63 (Keira Van Heerden (EP) - Unoffi - 2019) **Provincial Record = 2458.6** (Keira Van Heerden - 2019-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1128	Keira	Van Heerden	EP A Team	02:30.68	1226.6	00:31.50	1232	2458.6 (sa) (prov)
2	2412	Charné	van Tonder	WP A Team	02:34.60	1207	00:31.71	1228.64	2435.64 (sa)
3	2778	Rebecca	Flack	BOL A Team	02:30.25	1228.75	00:33.47	1200.48	2429.23

Under 13 Boys

SA Record = 2507 (Jannie Briers-Louw - 2007) **Provincial Record = 2413** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	6634	Connor	Bagley	EP A Team	03:47.73	1166.35	01:05.68	1203.2	2369.55
2	2351	Alshane	Edwards	WP A Team	03:47.66	1166.7	01:10.23	1157.7	2324.4
3	2391	Stef	Mostert	WP A Team	03:57.75	1116.25	01:05.72	1202.8	2319.05

Under 13 Girls

SA Record = 2490 (Gillian Curr - 1995) **Provincial Record = 2422.5** (Anke Serfontein - 2018-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2809	Anne	Sabbagha	BOL A Team	03:07.38	1218.1	01:10.34	1176.6	2394.7
2	4445	Helen	Prinsloo	BOL A Team	03:17.56	1167.2	01:07.48	1205.2	2372.4
3	5597	Mikaela	Goelst	MPL A Team	03:30.31	1103.45	01:04.83	1231.7	2335.15

Under 15 Boys

SA Record = 2417.65 (Francois Malherbe (Bol) - Unoffi - 2019) **Provincial Record = 2396.15** (Wehan Smith - 2019-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1701	Francois	Malherbe	BOL A Team	04:48.76	1196.2	00:59.35	1226.5	2422.7 (sa)
2	536	Wehan	Smith	EP A Team	04:50.01	1189.95	01:01.38	1206.2	2396.15 (prov)
3	4613	Brendan	Oosthuizen	WP A Team	05:02.45	1127.75	00:58.66	1233.4	2361.15

Under 15 Girls

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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	4447	Mia	Van der Walt	BOL A Team	03:04.92	1195.4	01:03.42	1215.8	2411.2
2	772	Anke	Serfontein	EP A Team	03:01.96	1210.2	01:06.02	1189.8	2400
3	2533	Chloe	Ehlers	GW A Team	03:17.96	1130.2	01:02.09	1229.1	2359.3

Under 17 Boys

SA Record = 2299.15 (Cody Coombe-Davis (EP)- Unoffic - 2019) **Provincial Record = 2339.6** (Cody Coombe-Davis - 2019-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	9838	Gean	Viljoen	SFS A Team	04:42.15	1134.25	00:57.41	1235.9	2370.15 (sa)
2	870	Cody	Coombe-Davis	EP A Team	04:42.70	1131.5	01:00.19	1208.1	2339.6 (sa) (prov)
3	2476	Henro	van Rooyen	SFS A Team	04:41.64	1136.8	01:01.99	1190.1	2326.9 (sa)

Under 17 Girls

SA Record = 2472 (Alexandra Quenet - 2011) **Provincial Record = 2437** (Karla Scheffer - 2019-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	646	Karla	Scheffer	EP A Team	02:59.04	1224.8	01:03.78	1212.2	2437 (prov)
2	4794	Karla	Grobler	GN A Team	03:01.88	1210.6	01:03.18	1218.2	2428.8
3	1334	Mandy	Vroon	WP A Team	03:15.21	1143.95	01:01.73	1232.7	2376.65

Under 19 Boys



Schools Competition

2019 SA CHAMPIONSHIP

[High Schools](#)
[Primary Schools](#)

High Schools

[View](#)

 Search:

Club ID	↕	Club Name	↕	Total	↓
187		Pearson HS		20223.35	
182		Framesby HS		19398.3	
235		Stellenberg HS		19222.45	
407		OUTENIQUA HS		17276.35	
431		Eunice HS		15250.25	
513		Hugenate		14595.55	
566		OAKDALE HS		12709.8	
501		Stella Hoerskool		11899.36	
234		Durbanville HS		11056.6	
282		Reddamhouse HS		10926.15	
468		Hoërskool Diamantveld		10679.7	
568		Robertson		8744.47	
565		Girls High Paarl		8415.05	
Club ID		Club Name		Total	

Club ID	Club Name	Total
637	Komatipoort Akademie HS	7569.45
180	Grey HS	6873.75
435	Oranje HS	6705.95
505	Gimnasium Hoerskool	6697.15
424	Jim Fouche HS	6592.55
575	OAKHILL HS	6546.15
569	GLENWOOD HOUSE HS	6533.27
Club ID	Club Name	Total

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Schools Competition

2019 SA CHAMPIONSHIP

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Primary Schools

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 Search:

Club ID	↕	Club Name	↕	Best	↓
532		Laerskool Paarl Gim		20740.73	
434		Oranje PS		20415.03	
612		Curro Nelspruit PS		19929.78	
254		Jan Van Riebeeck PS		19724.82	
240		Durbanville PS		19669.68	
504		Moorivier		19572.28	
548		Messina Laerskool		19368.67	
485		Olifantvallei		19326.84	
474		Laerskool Kathu		18743.56	
584		KNYSNA PS		18082.99	
585		PLETTENBERG BAY PS		18026.34	
618		Witrivier PS		16627.95	
164		Sunridge PS		15836.36	
Club ID		Club Name		Best	

Club ID	Club Name	Best
658	Kroonheuwel Primere Skool	14940.14
415	Grey College PS	13753.63
557	Girls Primary Paarl	13638.11
241	Kenridge PS	11655.32
555	Curro Langebaan PS	11518.85
244	Welgemoed PS	11336.95
418	Bultfontein PS	11059.15
Club ID	Club Name	Best

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Junior Team

Search:

Province	↑↓	Team	↑↓	Total Points	↓↑	View	↑↓
BOLAND		A Team		82409.61		View Athletes	
EASTERN PROVINCE		A Team		81837.81		View Athletes	
WESTERN PROVINCE		A Team		81322.12		View Athletes	
EDEN DISTRICT		A Team		79188.33		View Athletes	
SOUTHERN FREE STATE		A Team		75762.22		View Athletes	
GAUTENG NORTH		A Team		65813.48		View Athletes	
NORTHERN FREE STATE		A Team		62029.3		View Athletes	
GRIQUALAND WEST		A Team		60613.74		View Athletes	
NORTH WEST PROVINCE		A Team		58267		View Athletes	
MPUMALANGA		A Team		44868.12		View Athletes	
KWAZULU NATAL		A Team		44141.39		View Athletes	
LIMPOPO		A Team		38801.77		View Athletes	
BORDER		A Team		31344.72		View Athletes	
CENTRAL GAUTENG		A Team		28304.79		View Athletes	
Province		Team		Total Points		View	

Province	Team	Total Points	View
BOLAND	B Team	27723.62	View Athletes
WESTERN PROVINCE	B Team	27371.92	View Athletes
EDEN DISTRICT	D Team	13678.01	View Athletes
EASTERN PROVINCE	B Team	3871	View Athletes
NORTH WEST PROVINCE	D Team	1952.25	View Athletes
Province	Team	Total Points	View

Showing 1 to 19 of 19 entries 1 row selected

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Senior Team



Search:

Province	Team	Total Points	View
WESTERN PROVINCE	A Team	65491.32	View Athletes
EASTERN PROVINCE	A Team	46676.65	View Athletes
BOLAND	A Team	37945.15	View Athletes
GAUTENG NORTH	A Team	28223.87	View Athletes
EDEN DISTRICT	A Team	25714.78	View Athletes
SOUTHERN FREE STATE	A Team	18553.69	View Athletes
GRIQUALAND WEST	A Team	15055.15	View Athletes
MPUMALANGA	A Team	12194	View Athletes
NORTH WEST PROVINCE	A Team	10656.6	View Athletes
Province	Team	Total Points	View

Province	Team	Total Points	View
BORDER	A Team	10637.45	View Athletes
NORTHERN FREE STATE	A Team	9597.75	View Athletes
CENTRAL GAUTENG	A Team	9486.35	View Athletes
KWAZULU NATAL	A Team	8831.85	View Athletes
LIMPOPO	A Team	1921.9	View Athletes
Province	Team	Total Points	View

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OVERALL TEAM

Search:

Province	↕	Team	↕	Total Points	↓
WESTERN PROVINCE		A Team		146813.44	
EASTERN PROVINCE		A Team		128514.46	
BOLAND		A Team		120354.76	
EDEN DISTRICT		A Team		104903.11	
SOUTHERN FREE STATE		A Team		94315.91	
GAUTENG NORTH		A Team		94037.35	
GRIQUALAND WEST		A Team		75668.89	
NORTHERN FREE STATE		A Team		71627.05	
NORTH WEST PROVINCE		A Team		68923.6	
MPUMALANGA		A Team		57062.12	
KWAZULU NATAL		A Team		52973.24	
BORDER		A Team		41982.17	
LIMPOPO		A Team		40723.67	
CENTRAL GAUTENG		A Team		37791.14	
BOLAND		B Team		27723.62	
WESTERN PROVINCE		B Team		27371.92	
EDEN DISTRICT		D Team		13678.01	
Province		Team		Total Points	

Province 	Team 	Total Points 
EASTERN PROVINCE	B Team	3871
NORTH WEST PROVINCE	D Team	1952.25
Province	Team	Total Points

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Export (csv) (report.csv)

2019 SA CHAMPIONSHIP (2019-03-30)

FULL RESULTS

Under 9 Boys

SA Record = 2451 (Dieter Naude - 2018) **Provincial Record** = 2456.52 (Danny Baxter - 2019-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2714	Thomas	Van Der Merwe	BOL A Team	02:32.88	1240.6	00:34.57	1246.88	2487.48 (sa)
2	3041	Nathan	van den Berg	WP A Team	02:31.30	1248.5	00:36.64	1213.76	2462.26 (sa)
3	1265	Danny	Baxter	EP A Team	02:40.48	1202.6	00:34.13	1253.92	2456.52 (sa) (prov)
4	4336	Nabil	Bejia	KZN A Team	02:47.50	1167.5	00:34.43	1249.12	2416.62
5	5613	Egbert	Palmer	NW A Team	02:42.80	1191	00:38.97	1176.48	2367.48
6	2716	Ryan	Viviers	BOL A Team	02:52.10	1144.5	00:37.36	1202.24	2346.74
7	2426	Devon	Reinders	SFS A Team	02:50.80	1151	00:38.24	1188.16	2339.16
8	8196	Ryan	Nagel	EDEN A Team	02:52.48	1142.6	00:38.19	1188.96	2331.56
9	5352	Dehanru	Botha	GN A Team	02:50.07	1154.65	00:38.96	1176.64	2331.29
10	2735	Jacobus	Bruwer	BOL A Team	02:42.34	1193.3	00:41.69	1132.96	2326.26

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
11	7665	MJ	Combrinck	GW A Team	02:49.27	1158.65	00:39.75	1164	2322.65
12	6876	Steffan	Hillebrand	WP A Team	02:41.37	1198.15	00:42.46	1120.64	2318.79
13	7424	Anton	Piek	SFS A Team	02:50.08	1154.6	00:39.97	1160.48	2315.08
14	7918	Tiaan	Wessels	BOR A Team	02:58.85	1110.75	00:37.28	1203.52	2314.27
15	4618	Christoff	Van Schalkwyk	NFS A Team	02:53.63	1136.85	00:39.01	1175.84	2312.69
16	9548	Schalk	Meiring	BOL A Team	02:46.02	1174.9	00:42.39	1121.76	2296.66
17	2875	Max	Nel	EDEN A Team	02:54.21	1133.95	00:40.73	1148.32	2282.27
18	2329	Nicolas	Minnaar	WP A Team	02:43.29	1188.55	00:44.15	1093.6	2282.15
19	9862	Tobie	Loots	GN A Team	02:43.91	1185.45	00:45.16	1077.44	2262.89
20	5319	Nico	Swart	NW A Team	02:47.58	1167.1	00:44.58	1086.72	2253.82
21	6418	Miguel	Figueira	NFS A Team	02:53.81	1135.95	00:42.70	1116.8	2252.75
22	8967	Liam	Els	WP A Team	02:48.06	1164.7	00:44.85	1082.4	2247.1
23	7536	Christiaan	Tryhou	MPL A Team	02:46.76	1171.2	00:45.61	1070.24	2241.44
24	2733	Henry	Oudtshoorn	BOL A Team	02:48.07	1164.65	00:45.35	1074.4	2239.05
25	1199	Alexander	Serfontein	EP A Team	03:00.58	1102.1	00:41.49	1136.16	2238.26
26	9977	Ruard	Botha	MPL A Team	02:46.74	1171.3	00:46.06	1063.04	2234.34
27	5444	Christiaan	Swart	BOL A Team	02:56.13	1124.35	00:43.16	1109.44	2233.79
28	2587	Liam	Viviers	BOR A Team	02:59.01	1109.95	00:42.98	1112.32	2222.27

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
29	8823	Hugo	Van Niekerk	GW A Team	03:03.68	1086.6	00:41.61	1134.24	2220.84
30	6527	Charl	de Bruin	GN A Team	02:57.66	1116.7	00:43.53	1103.52	2220.22
31	7361	Johanne Jurie	van Wyngaard	NW A Team	02:50.51	1152.45	00:46.31	1059.04	2211.49
32	8692	Reynhardt	Schubert	EDEN A Team	03:01.51	1097.45	00:43.08	1110.72	2208.17
33	5306	Nathan	van Litsenborgh	GW A Team	03:03.94	1085.3	00:42.33	1122.72	2208.02
34	5667	Daniel	Venter	MPL A Team	03:00.30	1103.5	00:43.53	1103.52	2207.02
35	7219	Stegman	Joone	GN A Team	03:15.49	1027.55	00:39.07	1174.88	2202.43
36	8372	AJ	de Witt	NFS A Team	03:02.94	1090.3	00:43.03	1111.52	2201.82
37	6214	Anton	Harrop Allin	GN A Team	03:04.13	1084.35	00:42.69	1116.96	2201.31
38	8442	Schalk	Lubbe	EDEN A Team	02:51.74	1146.3	00:46.78	1051.52	2197.82
39	5744	Charlie	Calf	KZN A Team	03:21.61	996.95	00:37.90	1193.6	2190.55
40	4295	N J	Tiedt	GW A Team	03:07.91	1065.45	00:42.72	1116.48	2181.93
41	8408	Suresh	Adams	NW A Team	03:04.92	1080.4	00:43.78	1099.52	2179.92
42	2430	Daniel	Theron	GW A Team	03:00.63	1101.85	00:45.46	1072.64	2174.49
43	1214	Joshua	Marais	EP A Team	03:05.29	1078.55	00:44.16	1093.44	2171.99
44	7258	Alex	de Witt	NFS A Team	03:01.30	1098.5	00:45.67	1069.28	2167.78
45	7503	Ethan	Schmidt	LP A Team	03:11.80	1046	00:43.55	1103.2	2149.2
46	6072	James	Williams	MPL A Team	03:00.80	1101	00:47.40	1041.6	2142.6

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
47	1283	Simon	Landsberg	EP A Team	03:17.83	1015.85	00:42.41	1121.44	2137.29
48	7570	Delmar	Benecke	WP B Team	03:00.04	1104.8	00:48.51	1023.84	2128.64
49	2974	Hugo	Wetzi	WP A Team	03:00.47	1102.65	00:48.96	1016.64	2119.29
50	7051	Pieter	Schoeman	LP A Team	03:10.15	1054.25	00:46.35	1058.4	2112.65
51	5554	Wihan	Muller	EP A Team	03:08.74	1061.3	00:47.22	1044.48	2105.78
52	6175	Ruald	Naudé	WP B Team	02:57.93	1115.35	00:50.74	988.16	2103.51
53	8712	Carl Antonie	Jonker	EDEN A Team	02:52.54	1142.3	00:52.45	960.8	2103.1
54	4619	Niel	Mc Laren	NFS A Team	03:13.20	1039	00:46.28	1059.52	2098.52
55	5135	Jayde	Bezuidenhout	EP A Team	03:23.53	987.35	00:43.64	1101.76	2089.11
56	5399	Christiaan	Jonker	NFS A Team	03:14.25	1033.75	00:46.90	1049.6	2083.35
57	5039	Dian	Lubbe	MPL A Team	03:18.06	1014.7	00:46.12	1062.08	2076.78
58	5063	Jamie	Venter	LP A Team	03:34.95	930.25	00:44.80	1083.2	2013.45
59	6910	Matthew	Kretzmann	BOR A Team	03:11.79	1046.05	00:52.67	957.28	2003.33
60	4298	Christo	Goosen	GW A Team	03:14.90	1030.5	00:51.85	970.4	2000.9
61	5266	Bester	De Lange	CG A Team	02:54.03	1134.85	00:58.70	860.8	1995.65
62	8775	Aidon	Prinsloo	SFS A Team	03:35.13	929.35	00:47.59	1038.56	1967.91
63	7801	Jandre	Badenhorst	SFS A Team	03:27.35	968.25	00:50.91	985.44	1953.69
64	2623	Janhendrik	Lambrecht	EDEN D Team	03:58.13	814.35	00:48.34	1026.56	1840.91

Under 9 Girls

SA Record = 2462 (Keira van Heerden - 2017) **Provincial Record = 2472** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2388	Tatiana	Thomatos	WP A Team	02:44.79	1256.05	00:37.50	1200	2456.05
2	5099	Hannah	Hattingh	BOR A Team	03:00.95	1175.25	00:36.21	1220.64	2395.89
3	1650	Larah	Aucamp	WP A Team	02:49.04	1234.8	00:40.13	1157.92	2392.72
4	2744	Abigail	Kotze	BOL A Team	03:09.35	1133.25	00:34.53	1247.52	2380.77
5	5438	Emily	Hattingh	BOR A Team	03:05.62	1151.9	00:38.01	1191.84	2343.74
6	7947	Danielle	Bam	GN A Team	02:53.76	1211.2	00:42.09	1126.56	2337.76
7	2752	Mienke	Kempen	BOL A Team	03:02.64	1166.8	00:39.48	1168.32	2335.12
8	7611	Hannah	De Necker	EDEN A Team	02:57.07	1194.65	00:41.39	1137.76	2332.41
9	2963	Minke	Shaw	WP A Team	02:52.35	1218.25	00:43.20	1108.8	2327.05
10	6967	Karlien	Conradie	BOL A Team	03:20.28	1078.6	00:35.50	1232	2310.6
11	6809	Camilyn	Parkin	SFS A Team	02:54.24	1208.8	00:43.68	1101.12	2309.92
12	2710	Mia	Botha	EP A Team	02:50.32	1228.4	00:45.41	1073.44	2301.84
13	1242	Elme	Vermaak	EP A Team	03:13.45	1112.75	00:39.12	1174.08	2286.83
14	4151	Nina	De Jongh	EDEN A Team	03:17.18	1094.1	00:38.28	1187.52	2281.62
15	7950	Anieka	Louw	WP A Team	03:01.83	1170.85	00:43.16	1109.44	2280.29
16	7612	Mieke	Botha	SFS A Team	03:07.39	1143.05	00:41.69	1132.96	2276.01

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
17	9967	Amina	Putter	MPL A Team	03:09.79	1131.05	00:41.02	1143.68	2274.73
18	2745	Mikayla	Barnard	BOL A Team	03:02.88	1165.6	00:43.20	1108.8	2274.4
19	9528	Liya	Van den Heever	BOL A Team	03:12.09	1119.55	00:40.36	1154.24	2273.79
20	2379	Taygen	Koopman	WP A Team	03:10.97	1125.15	00:40.73	1148.32	2273.47
21	4979	Klara	Kriek	NFS A Team	02:53.21	1213.95	00:47.01	1047.84	2261.79
22	8716	Ellen	Calf	KZN A Team	03:14.74	1106.3	00:40.62	1150.08	2256.38
23	7507	Debra	De Wet	BOL A Team	03:05.86	1150.7	00:43.55	1103.2	2253.9
24	5649	Mine	Prinsloo	SFS A Team	03:13.78	1111.1	00:41.31	1139.04	2250.14
25	4121	Mianke	Naude	SFS A Team	03:09.84	1130.8	00:43.15	1109.6	2240.4
26	1262	Minette	Van Zyl	EP A Team	03:18.61	1086.95	00:40.67	1149.28	2236.23
27	7343	Michelle	Pienaar	SFS A Team	03:00.86	1175.7	00:47.13	1045.92	2221.62
28	4357	Caitlin	Carr	KZN A Team	03:11.00	1125	00:45.07	1078.88	2203.88
29	2330	Stephanie	Minnaar	WP A Team	03:11.98	1120.1	00:45.40	1073.6	2193.7
30	2740	Ane	Van Zyl	BOL B Team	03:09.91	1130.45	00:46.30	1059.2	2189.65
31	8714	Mia	Du Preez	MPL A Team	03:15.18	1104.1	00:44.75	1084	2188.1
32	4835	Inneke	Liebenberg	NW A Team	03:08.64	1136.8	00:47.24	1044.16	2180.96
33	8507	Isabelle	Welgemoed	NFS A Team	03:33.87	1010.65	00:39.55	1167.2	2177.85
34	2753	Alizmi	Van der Vyver	BOL B Team	03:08.14	1139.3	00:48.65	1021.6	2160.9

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
35	8898	Carlien	Oosthuizen	EP A Team	03:36.48	997.6	00:40.14	1157.76	2155.36
36	2750	Anna-Mae	Van Zyl	BOL B Team	03:32.64	1016.8	00:41.65	1133.6	2150.4
37	3063	Evi	Benson	WP A Team	03:11.13	1124.35	00:48.80	1019.2	2143.55
38	7310	Clarise	Van Niekerk	GN A Team	03:27.30	1043.5	00:44.09	1094.56	2138.06
39	4341	Annabelle	Van heerden	KZN A Team	03:43.44	962.8	00:39.28	1171.52	2134.32
40	2363	Esther	Matloko	WP A Team	03:10.77	1126.15	00:49.58	1006.72	2132.87
41	6970	Galaletsang	Shushu	NW A Team	03:38.07	989.65	00:41.23	1140.32	2129.97
42	2627	Rachelle	Botha	EDEN A Team	03:28.44	1037.8	00:44.91	1081.44	2119.24
43	4343	Ella	Macgregor	KZN A Team	03:18.77	1086.15	00:49.20	1012.8	2098.95
44	6411	Talita	Wessels	MPL A Team	03:25.71	1051.45	00:49.36	1010.24	2061.69
45	7169	Mieke	Theron	GW A Team	03:36.44	997.8	00:46.18	1061.12	2058.92
46	4462	Marguerite	Cockeran	CG A Team	03:25.16	1054.2	00:50.71	988.64	2042.84
47	8494	Nina	Wessels	MPL A Team	03:33.74	1011.3	00:48.72	1020.48	2031.78
48	5156	Milandri	Esterhuizen	NFS A Team	03:24.26	1058.7	01:05.78	747.52	1806.22
49	6443	Nichalhe	Marshall	MPL A Team	03:53.31	913.45	01:04.97	760.48	1673.93

Under 11 Boys

SA Record = 2455 (Joshue Eccles - 2018) **Provincial Record = 2437.16** (Lieben Bester - 2018-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	6018	Luka	Ludorf	WP A Team	02:34.46	1177.7	00:32.68	1213.12	2390.82
2	1282	Kaidin	Kretzmann	EP A Team	02:31.03	1194.85	00:35.68	1165.12	2359.97
3	8550	Matthew	Hunt	CG A Team	02:35.26	1173.7	00:34.74	1180.16	2353.86
4	2721	Dieter	Naude	BOL A Team	02:34.17	1179.15	00:35.23	1172.32	2351.47
5	2392	Alexander	Benecke	WP A Team	02:38.42	1157.9	00:34.46	1184.64	2342.54
6	7010	Samuel	Tryhou	MPL A Team	02:41.95	1140.25	00:33.36	1202.24	2342.49
7	2762	Ian	Smith	BOL A Team	02:37.72	1161.4	00:34.85	1178.4	2339.8
8	6540	Luan	Stander	WP A Team	02:39.68	1151.6	00:34.65	1181.6	2333.2
9	5059	Joshua	Bannister	WP A Team	02:39.84	1150.8	00:34.70	1180.8	2331.6
10	2639	Luke	Scott	EDEN A Team	02:45.84	1120.8	00:32.93	1209.12	2329.92
11	7097	Eben	Bester	WP A Team	02:45.24	1123.8	00:33.12	1206.08	2329.88
12	2509	James	Brice	SFS A Team	02:43.85	1130.75	00:33.56	1199.04	2329.79
13	2765	Christi	Engelbrecht	BOL A Team	02:37.44	1162.8	00:35.76	1163.84	2326.64
14	4631	Dregan	Brink	NFS A Team	02:33.97	1180.15	00:36.86	1146.24	2326.39
15	2436	Liam	Vorster	GW A Team	02:40.75	1146.25	00:35.22	1172.48	2318.73
16	7989	Gerrit	Kroon	MPL A Team	02:35.20	1174	00:37.28	1139.52	2313.52
17	2333	Stefano	Schmidt	WP A Team	02:34.99	1175.05	00:37.88	1129.92	2304.97
18	6134	Zac	Fletcher	EP A Team	02:38.43	1157.85	00:36.88	1145.92	2303.77

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
19	4365	Luke	James	KZN A Team	02:41.99	1140.05	00:35.99	1160.16	2300.21
20	1183	Pierre-Daniel	Jacobs	EP A Team	02:41.05	1144.75	00:36.30	1155.2	2299.95
21	2722	Liam	Rautenbach	BOL A Team	02:39.18	1154.1	00:37.19	1140.96	2295.06
22	4330	Wickus	Nel	GW A Team	02:54.27	1078.65	00:33.03	1207.52	2286.17
23	7287	Ruben	Ferreira	EDEN A Team	02:38.70	1156.5	00:38.11	1126.24	2282.74
24	2978	Lourens	van der Walt	WP B Team	02:55.05	1074.75	00:33.70	1196.8	2271.55
25	4369	Luke	Taylor	KZN A Team	02:48.75	1106.25	00:35.97	1160.48	2266.73
26	7403	Rial	De Wet	BOL A Team	02:43.54	1132.3	00:37.93	1129.12	2261.42
27	8304	Nathan	Korving	KZN A Team	02:45.22	1123.9	00:37.43	1137.12	2261.02
28	2767	Jan-Paul	Hattingh	BOL A Team	02:42.07	1139.65	00:38.43	1121.12	2260.77
29	7241	Emile	Aucamp	SFS A Team	02:39.59	1152.05	00:39.23	1108.32	2260.37
30	5973	Bruce Wayne	Swarts	LP A Team	02:45.37	1123.15	00:37.93	1129.12	2252.27
31	4323	Marius	Coetzer	GW A Team	02:55.81	1070.95	00:34.96	1176.64	2247.59
32	4208	Toors	Bezuidenhout	GW A Team	02:53.28	1083.6	00:36.36	1154.24	2237.84
33	8839	Cayden	Potgieter	SFS A Team	02:50.00	1100	00:37.60	1134.4	2234.4
34	2445	Deon	Smit	GW A Team	02:53.31	1083.45	00:36.64	1149.76	2233.21
35	4246	Erard	Theron	GW A Team	02:49.60	1102	00:38.19	1124.96	2226.96
36	9383	Legion	Brown	NW A Team	02:59.46	1052.7	00:35.16	1173.44	2226.14

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
37	7576	Tim Luca	Holzapfel	EDEN A Team	02:47.94	1110.3	00:38.80	1115.2	2225.5
38	6571	Aiden	Anderson	LP A Team	02:40.94	1145.3	00:41.04	1079.36	2224.66
39	1675	Callum	Koekemoer	WP B Team	02:58.68	1056.6	00:35.93	1161.12	2217.72
40	5499	Aidan	Thiart	EP A Team	02:58.33	1058.35	00:36.04	1159.36	2217.71
41	1204	Nathan	Appels	EP A Team	02:47.82	1110.9	00:39.51	1103.84	2214.74
42	5701	Liam	Vogel	BOL B Team	03:06.77	1016.15	00:33.68	1197.12	2213.27
43	4210	Francois	Du Plessis	GW A Team	02:51.13	1094.35	00:38.73	1116.32	2210.67
44	4627	Ernst	Eloff	NFS A Team	02:37.31	1163.45	00:43.14	1045.76	2209.21
45	2427	Mishan	Keshaw	BOR A Team	02:52.59	1087.05	00:38.43	1121.12	2208.17
46	2335	Eben	de Jongh	WP B Team	02:51.07	1094.65	00:39.04	1111.36	2206.01
47	2632	Quintus	Lutsch	EDEN A Team	02:42.47	1137.65	00:41.85	1066.4	2204.05
48	2420	Francois	Cilliers	SFS A Team	02:53.74	1081.3	00:38.46	1120.64	2201.94
49	1165	Hannes	Van der merwe	EP A Team	02:54.28	1078.6	00:38.45	1120.8	2199.4
50	5775	Hanru	Nel	BOL B Team	02:50.49	1097.55	00:40.49	1088.16	2185.71
51	4717	Ryan	Hickley	GN A Team	02:45.29	1123.55	00:42.44	1056.96	2180.51
52	8701	Andreas	Badenhorst	GW A Team	02:49.83	1100.85	00:41.44	1072.96	2173.81
53	7033	Daniel	Landsberg	LP A Team	02:46.96	1115.2	00:42.37	1058.08	2173.28
54	4621	Wian	Pienaar	NFS A Team	02:49.04	1104.8	00:42.81	1051.04	2155.84

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
55	5272	Dean	Palmer	CG A Team	03:00.80	1046	00:39.32	1106.88	2152.88
56	4351	Sean	Johnson	KZN A Team	02:58.18	1059.1	00:40.21	1092.64	2151.74
57	2720	Handre	Sabbagha	BOL B Team	02:52.02	1089.9	00:42.49	1056.16	2146.06
58	8620	Xander	Pretorius	NFS A Team	02:56.93	1065.35	00:40.97	1080.48	2145.83
59	6896	Liam	Julyan	EDEN A Team	02:54.90	1075.5	00:41.89	1065.76	2141.26
60	2439	Ewan	Burger	SFS A Team	02:58.77	1056.15	00:40.71	1084.64	2140.79
61	9312	Jaco	De Waal	SFS A Team	03:00.90	1045.5	00:40.22	1092.48	2137.98
62	1258	Rico	Le Roux	EP A Team	03:00.01	1049.95	00:42.13	1061.92	2111.87
63	5073	Joshua	Kritzinger	EP A Team	02:57.84	1060.8	00:43.05	1047.2	2108
64	8912	Michal	Moolman	EDEN A Team	02:47.58	1112.1	00:46.42	993.28	2105.38
65	1743	Franco	Boonzaaier	WP B Team	03:15.01	974.95	00:38.29	1123.36	2098.31
66	5764	Caleb	Olivier	EDEN A Team	02:48.53	1107.35	00:46.75	988	2095.35
67	7846	Johan	Kriel	NFS A Team	03:09.97	1000.15	00:40.71	1084.64	2084.79
68	4629	Alessio	Salvado	NFS A Team	03:06.17	1019.15	00:43.10	1046.4	2065.55
69	6524	O" Niel	Visser	GN A Team	02:43.12	1134.4	00:50.31	931.04	2065.44
70	4248	Estiaan	Van Rensburg	GW A Team	03:14.52	977.4	00:40.52	1087.68	2065.08
71	6276	Gustav	Schutte	EDEN D Team	02:44.88	1125.6	00:50.14	933.76	2059.36
72	9782	Chad	Agnew	EP A Team	03:22.70	936.5	00:38.48	1120.32	2056.82

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
73	8266	Sebastiaan	Scharrighuizen	BOL B Team	03:12.58	987.1	00:42.05	1063.2	2050.3
74	6904	Migael	Nel	EDEN D Team	02:57.55	1062.25	00:46.76	987.84	2050.09
75	6460	Milan	Pretorius	NFS A Team	03:11.34	993.3	00:42.84	1050.56	2043.86
76	6190	Gerhard	Swart	NW A Team	02:55.80	1071	00:47.72	972.48	2043.48
77	4552	Wilje	Du Toit	NW A Team	02:59.04	1054.8	00:46.87	986.08	2040.88
78	4209	Dewyk	Rossouw	GW A Team	02:59.33	1053.35	00:46.80	987.2	2040.55
79	7497	Lourens	Jacobs	GW A Team	03:10.38	998.1	00:43.49	1040.16	2038.26
80	7175	Tobias	De Lange	CG A Team	03:12.70	986.5	00:44.72	1020.48	2006.98
81	9214	Johann	Grabe	EDEN A Team	03:02.02	1039.9	00:48.23	964.32	2004.22
82	6320	Alex	Wolfswinkel	MPL A Team	02:56.20	1069	00:51.71	908.64	1977.64
83	7100	Albert	Kruger	NFS A Team	03:09.40	1003	00:51.14	917.76	1920.76
84	4714	Jacob	Kleynhans	GN A Team	03:04.81	1025.95	00:58.16	805.44	1831.39
85	4951	Tristan	Visser	GN A Team	02:38.74	1156.3	01:08.91	633.44	1789.74

Under 11 Girls

SA Record = 2432.63 (Keira Van Heerden (EP) - Unoffi - 2019) **Provincial Record = 2458.6** (Keira Van Heerden - 2019-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1128	Keira	Van Heerden	EP A Team	02:30.68	1226.6	00:31.50	1232	2458.6 (sa) (prov)
2	2412	Charné	van Tonder	WP A Team	02:34.60	1207	00:31.71	1228.64	2435.64 (sa)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
3	2778	Rebecca	Flack	BOL A Team	02:30.25	1228.75	00:33.47	1200.48	2429.23
4	1025	Jenna	Coetzee	EP A Team	02:32.90	1215.5	00:32.84	1210.56	2426.06
5	2514	Donna	Le Roux	SFS A Team	02:34.95	1205.25	00:32.64	1213.76	2419.01
6	2777	Simone	Van der merwe	BOL A Team	02:35.60	1202	00:32.62	1214.08	2416.08
7	1264	Kaitlyn	Baxter	EP A Team	02:43.05	1164.75	00:34.01	1191.84	2356.59
8	1138	Marony	Jacobs	EP A Team	02:45.74	1151.3	00:33.85	1194.4	2345.7
9	9278	Kyla	Sabbagha	BOL A Team	02:45.72	1151.4	00:34.03	1191.52	2342.92
10	8171	Mieke	van de Wal	WP A Team	02:49.14	1134.3	00:33.35	1202.4	2336.7
11	6580	Anri	van der Westhuizen	SFS A Team	02:47.66	1141.7	00:34.07	1190.88	2332.58
12	8489	Lucy Jane	Nagel	EDEN A Team	02:47.97	1140.15	00:34.25	1188	2328.15
13	2526	Isabel	Vorster	SFS A Team	02:54.80	1106	00:33.60	1198.4	2304.4
14	2517	Jessica	Barnard	SFS A Team	02:40.80	1176	00:38.11	1126.24	2302.24
15	8948	Kiara	Craven	MPL A Team	02:55.08	1104.6	00:33.69	1196.96	2301.56
16	7113	Amelie	Botha	GN A Team	02:57.11	1094.45	00:33.37	1202.08	2296.53
17	4529	Amè	Quinn	MPL A Team	02:49.44	1132.8	00:36.31	1155.04	2287.84
18	9987	Elri	Buchner	MPL A Team	02:53.06	1114.7	00:35.40	1169.6	2284.3
19	4004	Eula	Nel	BOL A Team	02:42.36	1168.2	00:38.86	1114.24	2282.44
20	9758	Imke	Els	WP A Team	02:42.88	1165.6	00:38.70	1116.8	2282.4

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
21	7971	Kayla-Jade	Van Heerden	KZN A Team	03:00.53	1077.35	00:33.19	1204.96	2282.31
22	4375	Riley	Carr	KZN A Team	02:50.18	1129.1	00:36.68	1149.12	2278.22
23	4851	Emma	La Grange	BOL A Team	02:59.14	1084.3	00:34.16	1189.44	2273.74
24	4565	Mathilda	Liebenberg	NW A Team	02:55.89	1100.55	00:35.35	1170.4	2270.95
25	5019	Kaylie	Groenewald	LP A Team	02:55.83	1100.85	00:35.56	1167.04	2267.89
26	8306	Annelize	van der Merwe	SFS A Team	02:45.78	1151.1	00:38.76	1115.84	2266.94
27	4503	Anne	Marais	LP A Team	02:51.78	1121.1	00:36.90	1145.6	2266.7
28	7878	Kari	Hillebrand	WP A Team	02:41.69	1171.55	00:40.06	1095.04	2266.59
29	8366	Amy	Schmidt	BOL A Team	03:05.34	1053.3	00:32.79	1211.36	2264.66
30	5204	Jamie	Mote	EP A Team	03:03.13	1064.35	00:33.63	1197.92	2262.27
31	2636	Karli	Lotter	EDEN A Team	02:54.14	1109.3	00:36.61	1150.24	2259.54
32	9713	Isla	Thomas	CG A Team	03:02.23	1068.85	00:34.31	1187.04	2255.89
33	2783	Kehara	Human	BOL B Team	02:47.41	1142.95	00:39.63	1101.92	2244.87
34	8146	Gabriella	Kirsten	BOL A Team	03:03.30	1063.5	00:35.54	1167.36	2230.86
35	2601	Caroline	Kretzmann	BOR A Team	02:58.70	1086.5	00:37.30	1139.2	2225.7
36	2736	Carine	Rontgen	BOL B Team	03:01.19	1074.05	00:36.83	1146.72	2220.77
37	4254	Anrilé	Victor	GW A Team	02:43.37	1163.15	00:43.16	1045.44	2208.59
38	2520	Jané	Smit	GW A Team	02:59.13	1084.35	00:38.73	1116.32	2200.67

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
39	1203	Tayla	Wilson	EP A Team	03:07.83	1040.85	00:36.15	1157.6	2198.45
40	6987	Amy	Botha	CG A Team	03:02.28	1068.6	00:37.92	1129.28	2197.88
41	8573	Rienke	Blignaut	SFS A Team	02:58.27	1088.65	00:39.24	1108.16	2196.81
42	2301	Cara	Els	WP B Team	02:49.14	1134.3	00:42.34	1058.56	2192.86
43	4827	Anke	van Wyk	GW A Team	03:10.59	1027.05	00:36.44	1152.96	2180.01
44	2511	Marlene	du Plessis	SFS A Team	02:56.45	1097.75	00:40.94	1080.96	2178.71
45	5011	Annerie	Blignaut	SFS A Team	02:46.16	1149.2	00:44.32	1026.88	2176.08
46	6623	Dane	Strijdom	LP A Team	03:07.09	1044.55	00:37.88	1129.92	2174.47
47	1278	Teneal	Els	EP A Team	03:06.25	1048.75	00:38.26	1123.84	2172.59
48	5700	Tatum	Renze	EP A Team	03:16.21	998.95	00:35.17	1173.28	2172.23
49	1028	Milla	Delpport	EP A Team	03:09.59	1032.05	00:37.32	1138.88	2170.93
50	2165	Kari	Griffioen	EDEN A Team	02:54.03	1109.85	00:42.64	1053.76	2163.61
51	4773	Adele	Schoeman	GN A Team	02:59.24	1083.8	00:41.06	1079.04	2162.84
52	2977	Sopia	Liebenberg	WP B Team	03:06.82	1045.9	00:38.97	1112.48	2158.38
53	7149	Michaela	Mitchley	GW A Team	02:56.67	1096.65	00:42.39	1057.76	2154.41
54	2746	Anmi	Slabbert	BOL B Team	03:04.15	1059.25	00:40.21	1092.64	2151.89
55	4912	Dorette	du Plessis	NW A Team	03:06.76	1046.2	00:39.46	1104.64	2150.84
56	2781	Mia-lize	Van der Vyver	BOL B Team	03:03.41	1062.95	00:41.04	1079.36	2142.31

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
57	4622	Mia	Jonker	NFS A Team	03:00.96	1075.2	00:41.83	1066.72	2141.92
58	9861	Mari	Geissler	EP A Team	02:59.13	1084.35	00:42.68	1053.12	2137.47
59	8491	Esti	Mouton	BOL B Team	03:07.06	1044.7	00:40.45	1088.8	2133.5
60	4108	Chrisley	Barnard	SFS A Team	03:11.80	1021	00:39.08	1110.72	2131.72
61	2604	Leila Nova	Schenk	BOR A Team	03:01.50	1072.5	00:42.41	1057.44	2129.94
62	2886	Mela	Loubser	EDEN A Team	03:05.58	1052.1	00:41.79	1067.36	2119.46
63	9257	Liché-Marie	Burger	GW A Team	03:18.27	988.65	00:37.97	1128.48	2117.13
64	5624	Annabelle	McEwan	EDEN A Team	02:58.47	1087.65	00:44.68	1021.12	2108.77
65	2088	Nina	Benson	WP A Team	03:07.06	1044.7	00:42.03	1063.52	2108.22
66	1263	Alouise	Vosloo	EP A Team	03:07.37	1043.15	00:42.24	1060.16	2103.31
67	8281	Rene	Kotze	NW A Team	03:15.99	1000.05	00:39.76	1099.84	2099.89
68	4528	Tiffany	Marshall	MPL A Team	03:15.79	1001.05	00:39.84	1098.56	2099.61
69	4637	Juliette	Schoeman	NFS A Team	03:09.15	1034.25	00:42.02	1063.68	2097.93
70	4623	Ane	Snyders	NFS A Team	03:22.86	965.7	00:38.06	1127.04	2092.74
71	4287	Elizabeth	Opperman	GW A Team	03:11.19	1024.05	00:42.32	1058.88	2082.93
72	7005	Marthine	Swanepoel	NW A Team	02:52.02	1119.9	00:49.49	944.16	2064.06
73	7848	Victoria	Coulson	CG A Team	03:02.08	1069.6	00:46.54	991.36	2060.96
74	8231	Cara	Swanepoel	WP B Team	03:10.01	1029.95	00:45.35	1010.4	2040.35

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
75	5666	Sanri	Rossouw	NW A Team	03:16.99	995.05	00:43.65	1037.6	2032.65
76	5693	Kayla	Welgemoed	NFS A Team	03:23.64	961.8	00:41.95	1064.8	2026.6
77	6854	Madison	O'Connel	EDEN D Team	03:25.11	954.45	00:43.72	1036.48	1990.93
78	6699	Milan	Oberholtzer	GN A Team	03:02.99	1065.05	00:50.95	920.8	1985.85
79	7747	Emma	Rost	NW A Team	03:14.73	1006.35	00:47.33	978.72	1985.07
80	7652	Minke	Pretorius	BOL B Team	03:14.94	1005.3	00:47.35	978.4	1983.7
81	9200	Jenna-May	Matthysen	NFS A Team	03:25.95	950.25	00:43.97	1032.48	1982.73
82	6871	Marize	Fourie	NFS A Team	03:19.56	982.2	00:47.18	981.12	1963.32
83	2596	Amy-Ann	Fortuin	BOR A Team	03:24.34	958.3	00:45.74	1004.16	1962.46
84	4567	Lesego	Mahole	NW A Team	03:26.41	947.95	00:45.95	1000.8	1948.75
85	8271	Kara	Du Preez	MPL A Team	03:28.77	936.15	00:46.86	986.24	1922.39
86	7058	Sune	Von Wielligh	GW A Team	03:17.72	991.4	00:50.63	925.92	1917.32
87	4526	Christn	Engelbrecht	MPL A Team	03:58.76	786.2	00:39.54	1103.36	1889.56
88	2637	Emma	Swart	EDEN D Team	04:02.72	766.4	00:39.78	1099.52	1865.92
89	5569	Phoebé-Leigh	Coleman	BOR A Team	03:23.22	963.9	00:52.51	895.84	1859.74
90	4326	Alida	Louw	GW A Team	03:08.87	1035.65	01:16.45	512.8	1548.45

Under 13 Boys

SA Record = 2507 (Jannie Briers-Louw - 2007) **Provincial Record = 2413** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	6634	Connor	Bagley	EP A Team	03:47.73	1166.35	01:05.68	1203.2	2369.55
2	2351	Alshane	Edwards	WP A Team	03:47.66	1166.7	01:10.23	1157.7	2324.4
3	2391	Stef	Mostert	WP A Team	03:57.75	1116.25	01:05.72	1202.8	2319.05
4	1702	Nicholas	Malherbe	BOL A Team	03:45.85	1175.75	01:12.40	1136	2311.75
5	4641	Charlie	Briel	NFS A Team	03:59.31	1108.45	01:06.01	1199.9	2308.35
6	4467	Joshua	Eccles	CG A Team	03:48.55	1162.25	01:11.86	1141.4	2303.65
7	5917	Stefan	Van Heerden	BOL A Team	04:02.60	1092	01:05.80	1202	2294
8	2508	Canaan John	Brice	SFS A Team	03:59.31	1108.45	01:09.21	1167.9	2276.35
9	1480	Dirkie	van Heerden	WP A Team	03:59.77	1106.15	01:10.49	1155.1	2261.25
10	6350	Louis-Harm	Fourie	SFS A Team	03:52.56	1142.2	01:15.69	1103.1	2245.3
11	4727	Kevin	Hickley	GN A Team	03:46.99	1170.05	01:19.00	1070	2240.05
12	4328	Johan	Louw	GW A Team	03:54.97	1130.15	01:15.23	1107.7	2237.85
13	2448	Zander	Scholtz	BOR A Team	04:08.64	1061.8	01:08.52	1174.8	2236.6
14	2795	Le roux	Du Toit	BOL A Team	04:00.07	1104.65	01:12.89	1131.1	2235.75
15	4570	Philip	Du Plessis	NW A Team	04:09.05	1059.75	01:08.95	1170.5	2230.25
16	1020	Lieben	Bester	EP A Team	03:56.30	1123.5	01:17.34	1086.6	2210.1
17	7608	Danté	Raath	GN A Team	03:52.78	1141.1	01:19.11	1068.9	2210
18	3670	Marnu	Koekemoer	KZN A Team	04:19.96	1005.2	01:06.24	1197.6	2202.8
19	2763	Reitz	Hofmeyr	BOL A Team	03:57.64	1116.8	01:18.67	1073.3	2190.1

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
20	2801	Zian	Naude	BOL B Team	04:04.26	1083.7	01:15.72	1102.8	2186.5
21	6979	Phillip	Mc Laren	NFS A Team	03:41.66	1196.7	01:27.90	981	2177.7
22	8102	Ruan	Louw	SFS A Team	04:30.06	954.7	01:04.34	1216.6	2171.3
23	2435	Liam	Prime	BOR A Team	04:05.59	1077.05	01:17.02	1089.8	2166.85
24	2764	Christiaan	Hattingh	BOL A Team	04:08.38	1063.1	01:15.76	1102.4	2165.5
25	1067	Francois	Vosloo	EP A Team	03:59.01	1109.95	01:23.32	1026.8	2136.75
26	2890	Morgan	Jones	EDEN A Team	04:04.17	1084.15	01:20.95	1050.5	2134.65
27	5317	Declan	Kiewitt	EDEN A Team	04:02.02	1094.9	01:22.16	1038.4	2133.3
28	953	Tristan	Marais	EP A Team	04:09.55	1057.25	01:18.90	1071	2128.25
29	1763	Matthew	Kemp	WP A Team	04:10.14	1054.3	01:18.63	1073.7	2128
30	2462	Ruan	Taljaard	NW A Team	04:03.60	1087	01:21.96	1040.4	2127.4
31	1219	Ryan	Thiersen	EP A Team	04:18.04	1014.8	01:14.77	1112.3	2127.1
32	2641	Hanru	Kuun	EDEN A Team	04:11.88	1045.6	01:18.13	1078.7	2124.3
33	2968	Franz	Wetzi	WP A Team	04:11.04	1049.8	01:19.39	1066.1	2115.9
34	9435	Amaris	Nortje	LP A Team	04:12.44	1042.8	01:18.81	1071.9	2114.7
35	4363	Adiel	Naidoo	KZN A Team	04:15.96	1025.2	01:17.24	1087.6	2112.8
36	4562	Pieter-Jacq	Du Toit	NW A Team	04:28.01	964.95	01:11.49	1145.1	2110.05
37	4212	Henré	Nel	NW A Team	04:13.69	1036.55	01:19.33	1066.7	2103.25
38	7969	John	Willcox	WP B Team	04:21.08	999.6	01:18.54	1074.6	2074.2

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
39	2643	Sebastian	Swart	EDEN A Team	04:33.08	939.6	01:15.87	1101.3	2040.9
40	2446	Raynard	Steenkamp	GW A Team	04:40.57	902.15	01:12.76	1132.4	2034.55
41	4191	Karlchen	Rost	GW A Team	04:13.11	1039.45	01:26.99	990.1	2029.55
42	6769	JJ	Goosen	LP A Team	04:26.01	974.95	01:21.42	1045.8	2020.75
43	4245	Divan	Theron	GW A Team	04:39.07	909.65	01:17.14	1088.6	1998.25
44	5675	Heid	Mc Laren	NFS A Team	04:35.41	927.95	01:21.77	1042.3	1970.25
45	941	Daniel	Richter	EP A Team	04:25.60	977	01:26.71	992.9	1969.9
46	4625	Shaun	Morgan	NFS A Team	04:56.87	820.65	01:11.84	1141.6	1962.25
47	2663	Blake	Muller	EDEN D Team	04:13.53	1037.35	01:34.26	917.4	1954.75
48	7501	Jace	Gomes	NW A Team	04:56.68	821.6	01:13.66	1123.4	1945
49	4233	Darius	Du Plessis	GW A Team	04:35.84	925.8	01:26.45	995.5	1921.3
50	6401	Daniel	Kolver	EDEN D Team	04:31.09	949.55	01:29.35	966.5	1916.05
51	2802	Andre	Van Zyl	BOL B Team	04:38.69	911.55	01:29.06	969.4	1880.95
52	5580	Luan	Lubbe	MPL A Team	04:30.56	952.2	01:34.94	910.6	1862.8
53	2769	Paul-louis	Rontgen	BOL B Team	04:37.21	918.95	01:35.47	905.3	1824.25
54	4626	Adrian	McLaren	NFS A Team	04:46.72	871.4	01:41.74	842.6	1714
55	2605	Bradley	Kretzmann	BOR A Team	04:26.26	973.7	No Swim	0	DNF
56	1800	Van Dyk	Engelbrecht	WP A Team	04:49.79	856.05	No Swim	0	DNF

Under 13 Girls

SA Record = 2490 (Gillian Curr - 1995) **Provincial Record = 2422.5** (Anke Serfontein - 2018-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2809	Anne	Sabbagha	BOL A Team	03:07.38	1218.1	01:10.34	1176.6	2394.7
2	4445	Helen	Prinsloo	BOL A Team	03:17.56	1167.2	01:07.48	1205.2	2372.4
3	5597	Mikaela	Goelst	MPL A Team	03:30.31	1103.45	01:04.83	1231.7	2335.15
4	2205	Isabella	Carneiro	WP A Team	03:15.55	1177.25	01:12.99	1150.1	2327.35
5	784	Zanri	Black	EP A Team	03:09.61	1206.95	01:16.01	1119.9	2326.85
6	4399	Hannah	James	KZN A Team	03:24.17	1134.15	01:09.36	1186.4	2320.55
7	9045	Miche	Johns	SFS A Team	03:22.85	1140.75	01:10.02	1179.8	2320.55
8	2907	Jada	Coetzee	EDEN A Team	03:26.33	1123.35	01:08.41	1195.9	2319.25
9	5184	Marli	Van Lierop	BOL A Team	03:23.42	1137.9	01:10.06	1179.4	2317.3
10	4566	Xandri	Palmer	NW A Team	03:26.28	1123.6	01:10.20	1178	2301.6
11	2537	Angel	Geel	NW A Team	03:20.65	1151.75	01:13.41	1145.9	2297.65
12	4484	Helen	Cockeran	CG A Team	03:07.48	1217.6	01:20.74	1072.6	2290.2
13	1952	Mila	Aucamp	WP A Team	03:20.11	1154.45	01:15.38	1126.2	2280.65
14	4398	Brigitte	Von Buddenbrock	KZN A Team	03:18.98	1160.1	01:16.05	1119.5	2279.6
15	7836	Cara	Van der Bijl	SFS A Team	03:28.87	1110.65	01:11.23	1167.7	2278.35
16	9016	Jodi	dos Santos	MPL A Team	03:40.43	1052.85	01:07.14	1208.6	2261.45

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
17	6610	Mia	Nortjé	WP A Team	03:23.85	1135.75	01:16.22	1117.8	2253.55
18	7500	Chloe	Diedericks - Boudouris	CG A Team	03:21.18	1149.1	01:18.70	1093	2242.1
19	7059	Amber	Olsen	SFS A Team	03:45.96	1025.2	01:06.97	1210.3	2235.5
20	2807	Lara	Botha	BOL A Team	03:37.24	1068.8	01:12.30	1157	2225.8
21	2208	Skye	Micklethwaite	WP A Team	03:37.84	1065.8	01:12.00	1160	2225.8
22	1436	Rebecca	Nolan	WP A Team	03:29.91	1105.45	01:16.05	1119.5	2224.95
23	4373	Rylee-kai	Challenor	KZN A Team	03:25.23	1128.85	01:18.61	1093.9	2222.75
24	4397	Kiara	Johnson	KZN A Team	03:48.76	1011.2	01:07.68	1203.2	2214.4
25	2665	Dominique	De jongh	EDEN A Team	03:48.46	1012.7	01:09.74	1182.6	2195.3
26	1009	Megan Anne	Hough	EP A Team	03:35.50	1077.5	01:17.20	1108	2185.5
27	2812	Chrizandi	Basson	BOL A Team	03:30.75	1101.25	01:19.78	1082.2	2183.45
28	9399	Abigial	Powell	EDEN A Team	03:41.96	1045.2	01:15.04	1129.6	2174.8
29	2776	Junika	Hugo	BOL B Team	03:33.82	1085.9	01:19.75	1082.5	2168.4
30	1921	Charné	Fourie	WP A Team	03:47.99	1015.05	01:12.71	1152.9	2167.95
31	4444	Erna-Mari	Conradie	BOL A Team	03:47.34	1018.3	01:13.42	1145.8	2164.1
32	4779	Mignon	Hugo	GN A Team	03:39.26	1058.7	01:18.13	1098.7	2157.4
33	2898	Marelle	Duvenhage	EDEN A Team	03:37.09	1069.55	01:19.37	1086.3	2155.85
34	1202	Jodi	Wilson	EP A Team	03:51.21	998.95	01:13.13	1148.7	2147.65

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
35	2164	Ninke	Griffioen	EDEN A Team	03:40.31	1053.45	01:18.76	1092.4	2145.85
36	8728	Lara	Buchner	MPL A Team	03:49.87	1005.65	01:15.12	1128.8	2134.45
37	6705	Geane	Anderson	LP A Team	03:29.08	1109.6	01:26.92	1010.8	2120.4
38	4211	Sharike	Rossouw	GW A Team	03:39.62	1056.9	01:22.49	1055.1	2112
39	6337	Deidre	Olivier	NW A Team	03:52.43	992.85	01:16.74	1112.6	2105.45
40	2911	Talita	Mcdonald	EDEN A Team	03:41.66	1046.7	01:22.73	1052.7	2099.4
41	2602	Hannah	Viviers	BOR A Team	03:54.17	984.15	01:18.60	1094	2078.15
42	2979	Isabella	van der Walt	WP B Team	03:47.42	1017.9	01:22.45	1055.5	2073.4
43	5060	Tiané	De Wit	GN A Team	03:22.96	1140.2	01:35.13	928.7	2068.9
44	4247	Alienne	Van Rensburg	GW A Team	03:45.99	1025.05	01:23.69	1043.1	2068.15
45	4240	Kayleigh	Birch	GW A Team	03:48.40	1013	01:22.74	1052.6	2065.6
46	7820	Hannah	Bullock	KZN A Team	03:39.18	1059.1	01:27.85	1001.5	2060.6
47	2583	Jessica	Smailes	EP A Team	03:32.91	1090.45	01:32.38	956.2	2046.65
48	4455	Thinica	McAnda	GW A Team	04:01.47	947.65	01:18.74	1092.6	2040.25
49	2518	Micke	De Andrade	SFS A Team	03:50.65	1001.75	01:24.50	1035	2036.75
50	1671	Saskia	Reddering	WP B Team	03:48.73	1011.35	01:25.60	1024	2035.35
51	4308	Esti	Huggett	GW A Team	03:26.03	1124.85	01:37.01	909.9	2034.75
52	2548	Carmen	Louw	GW A Team	03:17.43	1167.85	01:41.57	864.3	2032.15

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
53	9497	Esmari	Weitz	MPL A Team	03:55.83	975.85	01:22.86	1051.4	2027.25
54	5551	Mari	Swanepoel	WP B Team	03:39.34	1058.3	01:32.69	953.1	2011.4
55	4319	Shani	Steenkamp	GW A Team	04:01.49	947.55	01:23.55	1044.5	1992.05
56	6922	Melissa	Laubscher	LP A Team	03:43.49	1037.55	01:33.18	948.2	1985.75
57	1216	Anya	De Ridder	EP A Team	04:02.94	940.3	01:23.81	1041.9	1982.2
58	1293	Yanelisa	Nomoyi	EP A Team	03:58.96	960.2	01:26.62	1013.8	1974
59	5718	Larissa	Cornelissen	GN A Team	03:38.24	1063.8	01:40.62	873.8	1937.6
60	1749	Olivia	Wilson	WP B Team	03:47.98	1015.1	01:39.55	884.5	1899.6
61	6179	Jani	Kroon	MPL A Team	04:03.96	935.2	01:35.41	925.9	1861.1
62	4527	Inge	Diedericks	MPL A Team	04:40.22	753.9	01:40.28	877.2	1631.1

Under 15 Boys

SA Record = 2417.65 (Francois Malherbe (Bol) - Unoffi - 2019) **Provincial Record** = 2396.15 (Wehan Smith - 2019-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1701	Francois	Malherbe	BOL A Team	04:48.76	1196.2	00:59.35	1226.5	2422.7 (sa)
2	536	Wehan	Smith	EP A Team	04:50.01	1189.95	01:01.38	1206.2	2396.15 (prov)
3	4613	Brendan	Oosthuizen	WP A Team	05:02.45	1127.75	00:58.66	1233.4	2361.15
4	2658	Matthew	Van Coller	EP A Team	05:02.16	1129.2	01:00.08	1219.2	2348.4
5	5304	Rikus	Saaiman	WP A Team	05:13.45	1072.75	01:02.63	1193.7	2266.45

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
6	3321	Schoeman	Lombaard	SFS A Team	05:10.51	1087.45	01:04.86	1171.4	2258.85
7	2674	Christiaan	Hattingh	EDEN A Team	05:16.73	1056.35	01:02.95	1190.5	2246.85
8	6950	Lian	Muller	BOL A Team	05:03.97	1120.15	01:11.66	1103.4	2223.55
9	2463	Marco	Taljaard	NW A Team	05:06.13	1109.35	01:10.67	1113.3	2222.65
10	2825	Kellan	Gouws	BOL A Team	04:52.28	1178.6	01:18.96	1030.4	2209
11	8220	Charl	Laubscher	WP A Team	05:02.41	1127.95	01:13.92	1080.8	2208.75
12	4904	Ruben	Crous	WP A Team	05:31.55	982.25	01:01.06	1209.4	2191.65
13	6891	Liam	Vehbi	EP A Team	05:36.01	959.95	00:59.42	1225.8	2185.75
14	2207	Tyler	Micklethwaite	WP A Team	05:24.61	1016.95	01:06.03	1159.7	2176.65
15	8270	Markus	Viljoen	EDEN A Team	04:47.38	1203.1	01:25.06	969.4	2172.5
16	9811	Nizaam	Mohamed	GW A Team	05:34.97	965.15	01:02.54	1194.6	2159.75
17	2693	Botha	Barnard	SFS A Team	05:11.71	1081.45	01:14.35	1076.5	2157.95
18	2917	Roelof	Le grange	EDEN A Team	05:12.02	1079.9	01:14.48	1075.2	2155.1
19	730	Justin	Agnew	EP A Team	05:33.51	972.45	01:05.55	1164.5	2136.95
20	4164	Hardus	Van Der Merwe	GW A Team	05:22.71	1026.45	01:11.84	1101.6	2128.05
21	3879	Len-Douglas	Mac Kay	SFS A Team	05:43.14	924.3	01:01.81	1201.9	2126.2
22	6084	Andro	Louw	SFS A Team	05:42.09	929.55	01:02.38	1196.2	2125.75
23	2827	Janco	Fourie	BOL A Team	05:20.94	1035.3	01:13.15	1088.5	2123.8

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
24	6848	Tim	Van Staden	EDEN A Team	05:21.13	1034.35	01:13.67	1083.3	2117.65
25	2694	Cobus	Botes	SFS A Team	05:47.79	901.05	01:02.91	1190.9	2091.95
26	1823	Samuel	Booyesen	WP A Team	05:36.49	957.55	01:08.77	1132.3	2089.85
27	1022	Landre	Botes	EDEN A Team	05:30.95	985.25	01:11.68	1103.2	2088.45
28	7818	Ian	Van Zyl	GN A Team	05:15.12	1064.4	01:22.15	998.5	2062.9
29	2791	Caleb	Prins	BOL A Team	05:39.39	943.05	01:11.66	1103.4	2046.45
30	5157	Wynand	Botha	GW A Team	05:28.68	996.6	01:18.43	1035.7	2032.3
31	7562	Andrew	McDonald	EDEN A Team	05:44.21	918.95	01:10.86	1111.4	2030.35
32	4538	Dieter	Diedericks	MPL A Team	05:31.66	981.7	01:17.65	1043.5	2025.2
33	9764	Juan	Baard	EP A Team	05:29.66	991.7	01:19.87	1021.3	2013
34	3298	Hugo	Nothnagel	EP B Team	05:39.20	944	01:15.22	1067.8	2011.8
35	4539	Wiam	Diedericks	MPL A Team	05:44.82	915.9	01:14.20	1078	1993.9
36	2659	Hanre	Jubelis	EDEN A Team	05:33.85	970.75	01:20.81	1011.9	1982.65
37	5396	Rinus	Coetzee	GN A Team	05:21.77	1031.15	01:27.66	943.4	1974.55
38	2613	Eljuandro	Spogter	BOR A Team	05:44.82	915.9	01:24.64	973.6	1889.5
39	5498	Zack	Serfontein	EP B Team	05:38.62	946.9	01:30.77	912.3	1859.2
40	6776	Jayden	Nel	NFS A Team	06:53.37	573.15	00:56.46	1255.4	1828.55
41	7650	Johan	van Niekerk	NFS A Team	05:49.93	890.35	01:31.66	903.4	1793.75

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
42	4644	Marco	Salvado	NFS A Team	06:23.00	725	01:15.88	1061.2	1786.2
43	2469	Steyn	Terblanche	GW A Team	00:00.00	0	No Swim	0	DNF

Under 15 Girls

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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	4447	Mia	Van der Walt	BOL A Team	03:04.92	1195.4	01:03.42	1215.8	2411.2
2	772	Anke	Serfontein	EP A Team	03:01.96	1210.2	01:06.02	1189.8	2400
3	2533	Chloe	Ehlers	GW A Team	03:17.96	1130.2	01:02.09	1229.1	2359.3
4	971	Lea	De Villiers	EP A Team	03:04.68	1196.6	01:09.02	1159.8	2356.4
5	2289	Elandri	Schmidt	WP A Team	03:01.50	1212.5	01:11.35	1136.5	2349
6	8133	Kayleigh	Geel	SFS A Team	03:10.75	1166.25	01:07.04	1179.6	2345.85
7	4448	Aninka	Ferreira	BOL A Team	03:10.49	1167.55	01:12.90	1121	2288.55
8	2805	Klaudia	Schmidt	BOL A Team	03:17.15	1134.25	01:10.27	1147.3	2281.55
9	2554	Lizri	Weyers	SFS A Team	03:24.94	1095.3	01:07.17	1178.3	2273.6
10	704	Lizé	Muller	EP A Team	03:37.03	1034.85	01:05.41	1195.9	2230.75
11	2926	Jossie	Bebbington	EDEN A Team	03:27.52	1082.4	01:12.25	1127.5	2209.9
12	7470	Riya	Keshaw	BOR A Team	03:24.83	1095.85	01:15.17	1098.3	2194.15
13	4593	Anika	Rossouw	NW A Team	03:31.27	1063.65	01:12.57	1124.3	2187.95

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
14	8440	Anika	Visser	WP A Team	03:20.86	1115.7	01:17.90	1071	2186.7
15	2555	Anke	Weyers	SFS A Team	03:34.87	1045.65	01:11.08	1139.2	2184.85
16	5057	Anina	Groenewald	SFS A Team	03:30.50	1067.5	01:13.49	1115.1	2182.6
17	2909	Mia	Hugget	EDEN A Team	03:25.70	1091.5	01:17.05	1079.5	2171
18	8126	Elza	De Kock	BOL A Team	03:36.96	1035.2	01:12.19	1128.1	2163.3
19	7338	Kate	Tanner	EDEN A Team	03:34.11	1049.45	01:14.24	1107.6	2157.05
20	4483	Isabella	Cockeran	CG A Team	03:24.86	1095.7	01:19.02	1059.8	2155.5
21	2908	Petro marie	Fourie	EDEN A Team	03:33.60	1052	01:15.35	1096.5	2148.5
22	4789	Danika	Janssen	GN A Team	03:44.85	995.75	01:11.31	1136.9	2132.65
23	1035	Ilze	Hattingh	EP A Team	03:30.40	1068	01:19.06	1059.4	2127.4
24	6271	Caylin	De Andrade	SFS A Team	03:32.50	1057.5	01:18.19	1068.1	2125.6
25	2666	Jancke	Potgieter	EDEN A Team	03:34.39	1048.05	01:18.23	1067.7	2115.75
26	693	Marlien	Crewe-Brown	EP A Team	03:45.44	992.8	01:12.96	1120.4	2113.2
27	1049	Caitlin	Rademakers	EP A Team	04:00.52	917.4	01:05.73	1192.7	2110.1
28	3058	Katie	Phillipps	WP A Team	03:29.93	1070.35	01:22.10	1029	2099.35
29	7054	Nadia	Olsen	WP A Team	03:17.53	1132.35	01:29.86	951.4	2083.75
30	1542	Rebecca	Monk	WP A Team	03:39.63	1021.85	01:18.83	1061.7	2083.55
31	5408	Kay-Lee	Hall	NFS A Team	03:37.42	1032.9	01:20.01	1049.9	2082.8

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
32	2810	Sumari	Bester	BOL A Team	03:51.50	962.5	01:14.01	1109.9	2072.4
33	5318	Emma	Van der Westhuysen	EDEN A Team	03:24.59	1097.05	01:27.96	970.4	2067.45
34	5750	Mia	Wright	EDEN A Team	03:57.71	931.45	01:11.58	1134.2	2065.65
35	2816	Helende	Kemp	BOL A Team	03:34.71	1046.45	01:23.66	1013.4	2059.85
36	2806	Lize-Mari	Geldenhuis	BOL A Team	04:03.11	904.45	01:10.52	1144.8	2049.25
37	7390	Jana-Mari	Nel	GW A Team	03:54.55	947.25	01:15.51	1094.9	2042.15
38	6578	Natalie	Stoffels	NW A Team	04:05.51	892.45	01:11.02	1139.8	2032.25
39	4659	Elisna	Eloff	NFS A Team	03:30.17	1069.15	01:29.71	952.9	2022.05
40	7676	Wine'	Koekemoer	KZN A Team	04:09.00	875	01:13.89	1111.1	1986.1
41	873	Anke	Scheffer	EP A Team	03:38.80	1026	01:29.37	956.3	1982.3
42	4293	Anika	Tiedt	GW A Team	03:56.79	936.05	01:22.03	1029.7	1965.75
43	4822	ANTOINETTE	SWANEPOEL	NW A Team	03:35.40	1043	01:33.44	915.6	1958.6
44	6142	Amica	Nieuwoudt	WP A Team	04:00.12	919.4	01:22.84	1021.6	1941
45	4573	Marichen	Scheepers	NW A Team	03:48.77	976.15	01:33.69	913.1	1889.25
46	4541	Zarlia	Engelbrecht	MPL A Team	04:24.87	795.65	01:19.00	1060	1855.65
47	9793	Lize	Potgieter	NFS A Team	04:10.12	869.4	01:28.45	965.5	1834.9
48	6672	Wihandri	Von Staden	GN A Team	03:43.74	1001.3	01:44.82	801.8	1803.1
49	8400	Rianette	Gouws	GN A Team	03:43.81	1000.95	01:46.09	789.1	1790.05

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
50	7718	Lisa	Wille	NFS A Team	04:09.63	871.85	02:07.68	573.2	1445.05

Under 17 Boys

SA Record = 2299.15 (Cody Coombe-Davis (EP)- Unoffic - 2019) **Provincial Record = 2339.6** (Cody Coombe-Davis - 2019-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	9838	Gean	Viljoen	SFS A Team	04:42.15	1134.25	00:57.41	1235.9	2370.15 (sa)
2	870	Cody	Coombe-Davis	EP A Team	04:42.70	1131.5	01:00.19	1208.1	2339.6 (sa) (prov)
3	2476	Henro	van Rooyen	SFS A Team	04:41.64	1136.8	01:01.99	1190.1	2326.9 (sa)
4	1370	Joshua	Scott	WP A Team	04:55.62	1066.9	00:58.09	1229.1	2296
5	4513	Daniel	Smit	LP A Team	04:58.03	1054.85	00:59.74	1212.6	2267.45
6	9564	Ian	Van Niekerk	GW A Team	04:53.96	1075.2	01:03.55	1174.5	2249.7
7	8805	Jason	Vermeulen	CG A Team	04:33.88	1175.6	01:13.92	1070.8	2246.4
8	7420	Kyle	White	EP A Team	05:03.17	1029.15	00:59.28	1217.2	2246.35
9	4335	Benno	Van der Merwe	BOL A Team	05:08.61	1001.95	00:57.20	1238	2239.95
10	578	Kirsten	Bester	EP A Team	05:10.34	993.3	00:57.39	1236.1	2229.4
11	4732	Reece	Van Wyk	GN A Team	05:01.44	1037.8	01:02.69	1183.1	2220.9
12	4419	Reece	Strydom	KZN A Team	05:04.49	1022.55	01:01.72	1192.8	2215.35
13	4230	S P	Griesel	GW A Team	05:03.13	1029.35	01:05.43	1155.7	2185.05
14	3008	Walter	de Jongh	WP A Team	05:15.70	966.5	00:59.32	1216.8	2183.3

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
15	6801	George	De Kock	BOL A Team	05:01.65	1036.75	01:07.08	1139.2	2175.95
16	1501	Daniël	Wiese	WP A Team	05:02.75	1031.25	01:07.56	1134.4	2165.65
17	2916	Deon	Horne	EDEN A Team	05:04.96	1020.2	01:07.32	1136.8	2157
18	2685	Gustav	Lubbe	EDEN A Team	05:10.35	993.25	01:05.87	1151.3	2144.55
19	2862	Juan	Drotschie	BOL A Team	05:08.95	1000.25	01:06.81	1141.9	2142.15
20	7850	Luke	Stapleton	KZN A Team	05:11.93	985.35	01:06.82	1141.8	2127.15
21	2477	Ulrich	Rehbock	SFS A Team	04:59.61	1046.95	01:13.20	1078	2124.95
22	2672	De wit	Botma	EDEN A Team	05:00.62	1041.9	01:15.39	1056.1	2098
23	4914	Van Zyl	Corne	GN A Team	04:54.73	1071.35	01:19.03	1019.7	2091.05
24	1144	IP	Van Der Merwe	EP A Team	05:17.58	957.1	01:08.63	1123.7	2080.8
25	8188	Otto	Frielingdorf	BOL A Team	05:21.01	939.95	01:08.60	1124	2063.95
26	1557	Michael	van Schalkwyk	WP A Team	05:25.57	917.15	01:07.65	1133.5	2050.65
27	4651	Wynand	Nortje	NFS A Team	05:30.23	893.85	01:07.33	1136.7	2030.55
28	1195	Dillan	Swanepoel	EP A Team	05:07.27	1008.65	01:19.44	1015.6	2024.25
29	5441	Andrew	Notnagel	NW A Team	05:42.41	832.95	01:05.09	1159.1	1992.05
30	5935	Enric	Taljaard	EP A Team	05:20.71	941.45	01:16.92	1040.8	1982.25
31	4676	Jako	Briel	NFS A Team	05:24.19	924.05	01:17.54	1034.6	1958.65
32	5439	Estiaan	Vorster	NW D Team	05:46.73	811.35	01:06.91	1140.9	1952.25

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
33	5125	Tiaan	Roos	NFS A Team	06:02.28	733.6	01:00.46	1205.4	1939
34	4821	JANCO	SCHEEPERS	NW A Team	05:33.22	878.9	01:16.17	1048.3	1927.2
35	2822	Christiaan	Naude	BOL A Team	05:48.46	802.7	01:09.27	1117.3	1920
36	1586	Johan	Voges	WP B Team	06:09.29	698.55	01:05.00	1160	1858.55
37	4654	Kian	Kirsten	NFS A Team	06:24.93	620.35	00:58.78	1222.2	1842.55
38	5873	Michael	Massyn	WP A Team	06:14.97	670.15	01:09.40	1116	1786.15
39	4548	Willem	Engelbrecht	MPL A Team	06:37.34	558.3	01:07.36	1136.4	1694.7

Under 17 Girls

SA Record = 2472 (Alexandra Quenet - 2011) **Provincial Record = 2437** (Karla Scheffer - 2019-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	646	Karla	Scheffer	EP A Team	02:59.04	1224.8	01:03.78	1212.2	2437 (prov)
2	4794	Karla	Grobler	GN A Team	03:01.88	1210.6	01:03.18	1218.2	2428.8
3	1334	Mandy	Vroon	WP A Team	03:15.21	1143.95	01:01.73	1232.7	2376.65
4	2836	Selma	Du Preez	BOL A Team	03:00.83	1215.85	01:09.35	1156.5	2372.35
5	2835	Cameron	Mostert	BOL A Team	03:11.51	1162.45	01:11.91	1130.9	2293.35
6	4583	Sunel	Smit	NW A Team	03:13.47	1152.65	01:11.61	1133.9	2286.55
7	737	Liani Alina	Snyman	EP A Team	03:17.63	1131.85	01:09.55	1154.5	2286.35
8	6700	Anna	Backeberg	WP A Team	03:12.77	1156.15	01:12.44	1125.6	2281.75

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
9	1387	Karli	Coetzee	BOL A Team	03:16.66	1136.7	01:10.77	1142.3	2279
10	2565	Monique	Davidson	SFS A Team	03:16.88	1135.6	01:11.50	1135	2270.6
11	2853	Maryke	Koen	BOL A Team	03:38.25	1028.75	01:03.37	1216.3	2245.05
12	4788	Karli	Potgieter	GN A Team	03:23.05	1104.75	01:11.39	1136.1	2240.85
13	940	Tyra	Roosendaal	EP A Team	03:33.39	1053.05	01:07.19	1178.1	2231.15
14	4662	Ellen	Wille	NFS A Team	03:35.66	1041.7	01:06.54	1184.6	2226.3
15	5601	Sarah	Allardice	WP A Team	03:26.69	1086.55	01:11.53	1134.7	2221.25
16	7056	Hannah	Counihan	EP A Team	03:48.89	975.55	01:01.64	1233.6	2209.15
17	5016	Jody	Maclachan	SFS A Team	03:15.16	1144.2	01:18.66	1063.4	2207.6
18	4591	Idele	Du Toit	NW A Team	03:46.91	985.45	01:03.07	1219.3	2204.75
19	5198	Johanna Maria	Roos	LP A Team	03:10.63	1166.85	01:22.38	1026.2	2193.05
20	4174	Frances	Van Der Merwe	GW A Team	03:26.40	1088	01:14.58	1104.2	2192.2
21	9470	Stephina Johanna	Roos	LP A Team	03:09.08	1174.6	01:23.55	1014.5	2189.1
22	6423	Jessica	Devine	EDEN A Team	03:26.48	1087.6	01:15.84	1091.6	2179.2
23	4322	Kate	Nugent	GW A Team	03:17.25	1133.75	01:21.13	1038.7	2172.45
24	2567	Charne	Weyers	SFS A Team	03:35.10	1044.5	01:14.02	1109.8	2154.3
25	2833	Gabriella	Scott	BOL A Team	03:41.59	1012.05	01:12.26	1127.4	2139.45
26	8040	Nadine	Visser	WP A Team	03:10.81	1165.95	01:28.10	969	2134.95

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
27	2972	Nicke	van Rensburg	WP A Team	03:37.86	1030.7	01:14.83	1101.7	2132.4
28	9453	Courteney	Pinto	GN A Team	03:50.60	967	01:10.54	1144.6	2111.6
29	4586	Ingenette	Scheepers	NW A Team	03:21.78	1111.1	01:25.31	996.9	2108
30	7408	Caylee	Davies	KZN A Team	03:51.98	960.1	01:11.58	1134.2	2094.3
31	2837	Ameli	Bruwer	BOL A Team	03:27.20	1084	01:24.79	1002.1	2086.1
32	4173	Leoné	Van Zyl	GW A Team	03:25.49	1092.55	01:27.90	971	2063.55
33	5970	Jani	Badenhorst	LP A Team	03:23.75	1101.25	01:29.24	957.6	2058.85
34	4594	Erika	Du Plessis	NW A Team	03:57.19	934.05	01:13.19	1118.1	2052.15
35	2950	Larize	Goosen	EDEN A Team	04:04.06	899.7	01:10.71	1142.9	2042.6
36	8880	Zanelle	Kuyler	EDEN A Team	04:05.68	891.6	01:13.97	1110.3	2001.9
37	4858	Megan	Clouston	NW A Team	04:11.99	860.05	01:12.12	1128.8	1988.85
38	2707	Anja	Baard	EP A Team	03:35.69	1041.55	01:30.49	945.1	1986.65
39	1078	Melissa	Hamilton	EP A Team	03:32.56	1057.2	01:33.82	911.8	1969
40	4669	Lisa	van Sittert	NFS A Team	04:06.00	890	01:18.56	1064.4	1954.4
41	4667	Carla	Kramer	NFS A Team	04:10.06	869.7	01:19.93	1050.7	1920.4
42	4671	Anja	Van Der Merwe	NFS A Team	04:12.80	856	01:18.91	1060.9	1916.9
43	4792	Leri	Swart	GN A Team	04:03.52	902.4	01:25.87	991.3	1893.7
44	4797	Elanza	Du Toit	GN A Team	04:27.87	780.65	01:19.33	1056.7	1837.35

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
45	4791	Suzaan	Du Plessis	GN A Team	04:18.19	829.05	01:31.02	939.8	1768.85
46	6396	Charlotte	Esterhuysen	NFS A Team	04:47.47	682.65	01:31.62	933.8	1616.45

Under 19 Boys

SA Record = 2331.80 (Retief Ochse (WP) - Unofficial - 2019) **Provincial Record = 2236.1** (Ruben Smith - 2018-10-20)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1339	Retief	Ochse	WP A Team	04:36.26	1163.7	01:01.37	1196.3	2360 (sa)
2	2681	Reynard	Jansen van rensburg	EDEN A Team	04:46.79	1111.05	01:04.39	1166.1	2277.15
3	2100	Luke	Altmann	WP A Team	05:08.28	1003.6	00:55.13	1258.7	2262.3
4	2937	Andre	Kleynhans	EDEN A Team	05:06.64	1011.8	00:57.50	1235	2246.8
5	6368	Jano	Beukes	LP A Team	05:16.47	962.65	00:55.55	1254.5	2217.15
6	372	Ruben	Smith	EP A Team	05:14.51	972.45	00:56.88	1241.2	2213.65
7	1325	Jaco	Wolstenholme	WP A Team	05:13.74	976.3	01:00.12	1208.8	2185.1
8	703	Marcell	Muller	EP A Team	05:24.29	923.55	00:57.88	1231.2	2154.75
9	4736	Dano	Kruger	GN A Team	04:56.01	1064.95	01:12.08	1089.2	2154.15
10	702	Mark	Muller	EP A Team	05:26.52	912.4	00:58.84	1221.6	2134
11	4740	Tiaan	Lotter	GN A Team	05:12.40	983	01:07.49	1135.1	2118.1
12	1523	Thomas	Fowler	WP A Team	05:18.12	954.4	01:04.72	1162.8	2117.2
13	7865	Francois	De Wet	BOL A Team	04:55.24	1068.8	01:18.30	1027	2095.8

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
14	2863	Jacobus	Uys	BOL A Team	05:19.00	950	01:08.11	1128.9	2078.9
15	2939	Hendrik	Visser	EDEN A Team	05:10.02	994.9	01:12.87	1081.3	2076.2
16	1445	Adrin	Strydom	WP A Team	05:21.08	939.6	01:08.51	1124.9	2064.5
17	2864	Martin	Minnaar	BOL A Team	05:12.57	982.15	01:12.86	1081.4	2063.55
18	8299	Joshua	Gultig	KZN A Team	05:53.55	777.25	00:59.75	1212.5	1989.75
19	4673	Francois	Van Niekerk	NFS A Team	05:23.03	929.85	01:15.41	1055.9	1985.75
20	4901	Werner	Strauss	BOL A Team	05:52.84	780.8	01:02.88	1181.2	1962
21	8801	Bernard	du Raan	SFS A Team	05:56.80	761	01:10.02	1109.8	1870.8
22	4738	Walter	Von Brandis	GN A Team	05:32.48	882.6	01:22.32	986.8	1869.4
23	5159	Joshua	Norman	EP A Team	05:55.85	765.75	01:14.87	1061.3	1827.05

Under 19 Girls

SA Record = 2485 (Marinda Oosthuizen - 2005) **Provincial Record = 2408** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1333	Kelly	Vroon	WP A Team	03:14.62	1151.9	01:00.43	1255.7	2407.6
2	4793	Nadya	Du Toit	GN A Team	02:59.49	1227.55	01:10.36	1156.4	2383.95
3	4451	Mari	De Lange	BOL A Team	03:13.58	1157.1	01:09.16	1168.4	2325.5
4	2947	Anlize	Vermeulen	EDEN A Team	03:28.26	1083.7	01:05.74	1202.6	2286.3
5	8895	Zineldi	Van Heerden	GW A Team	03:06.86	1190.7	01:18.71	1072.9	2263.6

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
6	6430	Anja	Webber	EP A Team	03:11.20	1169	01:20.22	1057.8	2226.8
7	1995	Ineke	Wegman	WP A Team	03:15.70	1146.5	01:20.31	1056.9	2203.4
8	4596	Zanri	Pieterse	NW A Team	03:47.06	989.7	01:05.10	1209	2198.7
9	2951	Marine	Kruger	EDEN A Team	03:31.10	1069.5	01:13.46	1125.4	2194.9
10	1517	Danielle	du Toit	WP A Team	03:29.25	1078.75	01:15.24	1107.6	2186.35
11	4670	Danielle	Esterhuysen	NFS A Team	03:30.45	1072.75	01:16.25	1097.5	2170.25
12	1158	Lindelize	Bester	EP A Team	03:55.68	946.6	01:04.57	1214.3	2160.9
13	2953	Christel	Smook	EDEN A Team	03:31.48	1067.6	01:18.26	1077.4	2145
14	4460	Meghan	Maasdorp	SFS A Team	03:30.79	1071.05	01:19.16	1068.4	2139.45
15	1584	Lauren	Goodwin	WP A Team	03:38.18	1034.1	01:16.29	1097.1	2131.2
16	9821	Jeanni	Botha	BOL A Team	03:39.89	1025.55	01:18.50	1075	2100.55
17	8919	Katia	Tucrchino	SFS A Team	03:58.36	933.2	01:09.40	1166	2099.2
18	2856	Bianca	Sussman	BOL A Team	03:43.34	1008.3	01:18.13	1078.7	2087
19	1548	Jansie	Slabbert	WP A Team	03:37.31	1038.45	01:22.75	1032.5	2070.95
20	4799	An-Mari	Hanekom	GN A Team	03:43.81	1005.95	01:21.96	1040.4	2046.35
21	2949	Abigael	Grobler	EDEN A Team	04:09.24	878.8	01:09.97	1160.3	2039.1
22	7712	Lizaan	Erwee	NFS A Team	04:03.22	908.9	01:16.66	1093.4	2002.3
23	2858	Mieke	Nel	BOL A Team	03:41.55	1017.25	01:28.64	973.6	1990.85

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
24	6258	Lianie	Jansen Van Vuuren	MPL A Team	03:50.25	973.75	01:24.36	1016.4	1990.15
25	5504	Megan	Doyle	EP A Team	04:07.10	889.5	01:16.21	1097.9	1987.4
26	9553	Johane	Forie	SFS A Team	04:12.21	863.95	01:13.91	1120.9	1984.85
27	1291	Jenna	Mcnaughton	EP A Team	03:49.64	976.8	01:33.44	925.6	1902.4

Senior (Open) Men

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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2485	Dylan	Kruger	CG A Team	04:29.64	1171.8	00:58.39	1226.1	2397.9 (sa)
2	325	Gareth	Vorster	EP A Team	04:52.35	1058.25	00:55.48	1255.2	2313.45
3	4750	Marinus	Reynecke	GN A Team	04:26.20	1189	01:08.71	1122.9	2311.9
4	2486	Charl	Theron	SFS A Team	04:52.50	1057.5	01:02.23	1187.7	2245.2
5	1531	Philip	Fouche	WP A Team	04:54.69	1046.55	01:01.91	1190.9	2237.45
6	1384	Avron	Manchest	WP A Team	05:10.75	966.25	01:02.16	1188.4	2154.65
7	5040	De-Leon	Strydom	EP A Team	04:38.72	1126.4	01:21.77	992.3	2118.7
8	1340	William	Ochse	WP A Team	05:30.33	868.35	00:57.47	1235.3	2103.65
9	8955	Geo	Van Niekerk	BOL A Team	04:25.44	1192.8	01:36.73	842.7	2035.5
10	2475	Heinz	Rehbock	SFS A Team	05:18.41	927.95	01:11.74	1092.6	2020.55
11	7565	Gerdo	Van Der Waltt	KZN A Team	05:32.64	856.8	01:07.58	1134.2	1991

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
12	1375	Camerine	van Niekerk	WP A Team	05:33.66	851.7	01:08.78	1122.2	1973.9
13	9433	Alutha	Masele	EP A Team	04:58.58	1027.1	01:27.01	939.9	1967
14	5182	Jason	Le Condeur	BOL A Team	05:14.72	946.4	01:20.68	1003.2	1949.6
15	4745	Francois	Potgieter	GN A Team	05:48.49	777.55	01:03.82	1171.8	1949.35
16	9531	Axolile	Mbeki	EP A Team	05:26.16	889.2	01:18.03	1029.7	1918.9
17	5507	Corne	Jooste	WP A Team	05:10.74	966.3	01:31.08	899.2	1865.5
18	5548	Nicholas	Janse van Rensburg	SFS A Team	06:15.33	643.35	01:01.72	1192.8	1836.15
19	7866	Athi	Mtiya	EP A Team	05:58.69	726.55	01:12.28	1087.2	1813.75

Senior (Open) Ladies

SA Record = 2525 (Edith Otterman - 1995) **Provincial Record = 2427** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	4494	Jaydene	Hunkin	CG A Team	03:09.71	1176.45	01:08.34	1206.6	2383.05
2	1303	Marna	Louwrens	WP A Team	03:23.63	1106.85	01:03.82	1251.8	2358.65
3	3237	Mizan	Viljoen	SFS A Team	03:15.47	1147.65	01:12.79	1162.1	2309.75
4	4453	Jana	Wessels	BOL A Team	03:24.04	1104.8	01:17.85	1111.5	2216.3
5	2574	Leatitia	Human	NW A Team	03:40.28	1023.6	01:11.19	1178.1	2201.7
6	2850	Annereen	Malan	BOL A Team	03:31.29	1068.55	01:18.95	1100.5	2169.05
7	3042	Gretchen	Bekker	WP A Team	03:47.17	989.15	01:12.18	1168.2	2157.35

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
8	1588	Storm	Elliott	WP A Team	03:44.32	1003.4	01:14.09	1149.1	2152.5
9	6228	Caitlyn	Sims	GN A Team	03:41.84	1015.8	01:16.98	1120.2	2136
10	9244	Dalene	Koegelenberg	BOL A Team	03:22.55	1112.25	01:27.22	1017.8	2130.05
11	2834	Ilanka	Combrink	BOL A Team	04:15.82	845.9	01:06.01	1229.9	2075.8
12	6066	Kaitlyn	Wolff	EP A Team	03:48.63	981.85	01:23.32	1056.8	2038.65
13	1428	Arleen	Moorcroft	WP A Team	04:10.60	872	01:13.40	1156	2028
14	8795	Liza	Koegelenberg	BOL A Team	03:43.91	1005.45	01:27.83	1011.7	2017.15
15	3078	Anita	van Niekerk	WP A Team	03:49.22	978.9	01:26.12	1028.8	2007.7
16	6603	Friedl	Janse van Rensburg	SFS A Team	03:26.39	1093.05	01:37.98	910.2	2003.25
17	1266	Lize-Me	Otto	EP A Team	03:40.49	1022.55	01:34.87	941.3	1963.85

Jnr Veteran Men

SA Record = 2435 (Charles Beaurain - 2018) **Provincial Record = 2247** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	4753	Charles	Beaurain	GN A Team	02:58.02	1094.9	01:01.31	1196.9	2387.8
2	5426	Willem	De Beer	GN A Team	02:35.24	1208.8	01:05.78	1152.2	2385
3	1837	Jeandré	Swanepoel	WP A Team	02:52.90	1120.5	01:04.97	1160.3	2360.8
4	4427	Pierre	Spies	GN A Team	02:50.53	1132.35	01:00.99	1200.1	2340.45
5	8297	Pieter	Van Der Mescht	EDEN A Team	02:58.19	1094.05	00:58.63	1223.7	2325.75

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
6	5197	Tiaan	Pretorius	BOL A Team	03:06.22	1053.9	01:11.99	1090.1	2232
7	2310	Christo	van der Merwe	WP A Team	03:01.42	1077.9	01:06.39	1146.1	2232
8	211	Ryan	Peter	EP A Team	02:51.12	1129.4	01:16.35	1046.5	2231.9
9	5108	Rodney	Wearing	WP A Team	03:16.64	1001.8	01:07.54	1134.6	2216.4
10	5275	Shavandre	Coleman	EP A Team	02:59.86	1085.7	01:10.69	1103.1	2204.8
11	9356	Cornelis	Rossouw	BOL A Team	02:56.35	1103.25	01:13.04	1079.6	2198.85
12	7305	Lukas	Wentzel	BOL A Team	03:05.16	1059.2	01:17.60	1034	2189.2
13	9431	Brendon	Jooste	EP A Team	03:15.72	1006.4	01:09.23	1117.7	2180.1
14	6412	Enrico	Els	EP A Team	03:07.70	1046.5	01:23.16	978.4	2120.9
15	7780	Justin	Butler	EP A Team	03:03.38	1068.1	01:17.65	1033.5	2101.6
16	5018	Stegmann	Van Zyl	EP A Team	02:56.71	1101.45	01:24.80	962	2071.45
17	8260	Earle	van der Watt	WP A Team	03:32.69	921.55	01:19.51	1014.9	2032.45
18	6454	Gerrit	Schlebusch	GW A Team	03:09.79	1036.05	01:30.10	909	2017.05
19	8993	Riaan	Vernooy	NFS A Team	03:13.99	1015.05	01:22.26	987.4	2002.45
20	9296	Johan	Jonker	NFS A Team	03:30.30	933.5	01:40.84	801.6	1831.1

Jnr Veteran Ladies

SA Record = 2360 (Nerissa le Roux - 2018) **Provincial Record = 2291.75** (Chantel Verwey - 2018-09-15)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	4611	Lize-Ahn	Aucamp	WP A Team	03:28.51	1082.45	01:07.25	1227.5	2397.95 (sa)
2	5852	Helena	Van Niekerk	GW A Team	03:31.69	1066.55	01:13.21	1167.9	2322.45
3	1877	Esrie	Loock-Bezuidenhout	WP A Team	03:26.44	1092.8	01:14.63	1153.7	2318.5
4	9234	Chantal	Hoek	SFS A Team	03:32.96	1060.2	01:13.24	1167.6	2299.8
5	577	Chantel	Verwey	EP A Team	03:38.23	1033.85	01:12.38	1176.2	2242.05
6	5951	Anche	Hollins	EP A Team	03:25.17	1099.15	01:23.64	1063.6	2234.75
7	8918	Jacolien	Swart	NW A Team	03:49.31	978.45	01:16.96	1130.4	2204.85
8	8209	Sharine	Barnard	SFS A Team	03:32.08	1064.6	01:26.42	1035.8	2188.4
9	3507	Suzanne	Harrop-Allin	GN A Team	03:56.59	942.05	01:22.72	1072.8	2110.85
10	620	Elzet	Brits	EP A Team	04:15.10	849.5	01:10.89	1191.1	2056.6
11	8700	Henriette	van der Watt	WP A Team	04:17.72	836.4	01:18.22	1117.8	2034.2
12	8649	Nicole	Coleman	BOR A Team	04:13.69	856.55	01:46.47	835.3	1723.85

Veteran Men

SA Record = 2517 (Nicholas Theron - 2016) **Provincial Record = 2351** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2619	Rodney	Westgate	BOR A Team	02:53.10	1154.5	01:04.51	1214.9	2444.4
2	1878	Roger	Bezuidenhout	WP A Team	03:01.05	1114.75	01:04.60	1214	2403.75
3	5902	Gareth	Haarhoff	BOL A Team	03:11.57	1062.15	01:07.96	1180.4	2332.55

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
4	7117	Hendrik	Tryhou	MPL A Team	03:14.44	1047.8	01:01.61	1243.9	2306.7
5	4431	Bryan	Taylor	KZN A Team	03:05.18	1094.1	01:15.64	1103.6	2302.7
6	8817	Dwayne	Kemp	EP A Team	02:54.86	1145.7	01:13.81	1121.9	2297.6
7	5941	Jaco	Lubbe	MPL A Team	02:59.91	1120.45	01:10.71	1152.9	2273.35
8	1951	Paul	Benson	WP A Team	02:58.78	1126.1	01:20.42	1055.8	2256.9
9	9219	Frans	Van Niekerk	GW A Team	03:17.24	1033.8	01:11.21	1147.9	2241.7
10	2689	Walter	Lutsch	EDEN A Team	02:50.80	1166	01:20.59	1054.1	2235.1
11	1396	Johan	Fowler	WP A Team	03:28.59	977.05	01:12.32	1136.8	2233.85
12	4332	Franz (snr)	Wetzi	WP A Team	03:34.99	945.05	01:10.11	1158.9	2178.95
13	4758	Christiaan	Britz	GN A Team	03:10.71	1066.45	01:20.76	1052.4	2178.85
14	2162	Johan	Griffioen	EDEN A Team	03:06.20	1089	01:28.09	979.1	2173.1
15	2840	Neil	Buchner	BOL A Team	03:30.99	965.05	01:11.88	1141.2	2151.25
16	5111	Francois	Janse van Rensburg	WP A Team	03:34.14	949.3	01:13.31	1126.9	2151.2
17	7101	Roger	Hickley	GN A Team	03:15.29	1043.55	01:18.55	1074.5	2148.05
18	2690	Herman	Spangenberg	EDEN A Team	03:44.75	896.25	01:12.82	1131.8	2133.05
19	8707	Francois	Hofmeyr	BOL A Team	03:44.25	898.75	01:15.35	1106.5	2080.25
20	6711	Ian	Williams	MPL A Team	03:27.65	981.75	01:19.26	1067.4	2064.15
21	7166	Lance	Oakes	EP A Team	03:23.61	1001.95	01:23.26	1027.4	2059.35

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
22	4759	De Wet	Van Niekerk	EDEN A Team	03:41.11	914.45	01:17.76	1082.4	2041.85
23	9152	Awie	Snyders	NFS A Team	03:35.19	944.05	01:23.06	1029.4	2033.45
24	4224	Thys	Rossouw	GW A Team	03:38.75	926.25	01:17.60	1084	2010.25
25	9926	Gert	Nortje	LP A Team	03:40.50	917.5	01:30.06	959.4	1921.9
26	9804	Jason	Monk	WP A Team	03:22.68	1006.6	01:52.97	730.3	1856.9

Veteran Ladies

SA Record = 2496 (Ilse Beukman - 2013) **Provincial Record = 2374** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1720	Kate	Bihl	WP A Team	03:28.86	1105.7	01:11.20	1228	2453.7
2	4329	Alida	Louw	GW A Team	03:25.67	1121.65	01:16.35	1176.5	2298.15
3	9442	Tanya	Osborne	EDEN A Team	03:56.90	965.5	01:08.74	1252.6	2293.1
4	4493	Michelle	Meyer	CG A Team	03:35.83	1070.85	01:20.22	1137.8	2253.65
5	6036	Yolande	Baxter	EP A Team	03:50.15	999.25	01:16.27	1177.3	2191.55
6	8610	Alida	Bruwer	BOL A Team	03:26.74	1116.3	01:31.90	1021	2167.3
7	7766	Annine	Stander	WP A Team	04:00.65	946.75	01:23.65	1103.5	2155.25
8	6602	Lizette	Bannister	WP A Team	03:43.07	1034.65	01:30.94	1030.6	2140.25
9	8464	Denise	De Jongh	EDEN A Team	03:53.55	982.25	01:23.04	1109.6	2091.85
10	4440	Heloise	Strydom	NW A Team	03:58.69	956.55	01:29.35	1046.5	2063.05

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
11	9172	Carina	Muller	EDEN A Team	03:41.92	1040.4	01:41.40	926	1966.4
12	6637	Anita	Van der Merwe	SFS A Team	04:07.85	910.75	01:35.73	982.7	1953.45
13	9711	Dorita	Briel	NFS A Team	04:24.34	828.3	01:41.32	926.8	1845.1
14	5820	Mita	Pema-Keshaw	BOR A Team	04:09.46	902.7	01:47.90	861	1778.7
15	4544	Jubellien	Marshall	MPL A Team	04:11.02	894.9	01:52.36	816.4	1771.3
16	4543	Mercia	Knight	MPL A Team	04:09.74	901.3	01:51.83	821.7	1738
17	1594	Madelein	Massyn	WP A Team	04:54.95	675.25	01:39.29	947.1	1697.35
18	4812	Jorina	Du Plessis	GN A Team	04:43.38	733.1	01:43.99	900.1	1648.2

SNR Veteran Men

SA Record = 2525 (Willie Wilson - 1997) Provincial Record = 2396 (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	4486	Piers	Pirow	CG A Team	03:04.87	1180.65	01:09.39	1226.1	2451.75
2	6065	Paul	Wolff	EP A Team	03:07.55	1167.25	01:14.34	1176.6	2343.85
3	9636	Geoffeory	Griffiths	KZN A Team	03:13.34	1138.3	01:13.56	1184.4	2322.7
4	1840	Colin	Hepburn	WP A Team	03:26.98	1070.1	01:10.54	1214.6	2299.7
5	819	Freek	Smith	EP A Team	03:34.93	1030.35	01:23.89	1081.1	2186.45
6	5553	Cliff	Wallace	EDEN A Team	04:07.68	866.6	01:16.69	1153.1	2154.7
7	1549	Jan	Slabbert	WP A Team	03:42.72	991.4	01:19.28	1127.2	2133.6

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
8	7204	Elvin	van Zyl	WP A Team	03:12.37	1143.15	01:34.74	972.6	2115.75
9	2818	Clive	Cupido	BOL A Team	02:58.49	1212.55	01:44.87	871.3	2113.85
10	4577	Marthinus	Swanepoel	NW A Team	03:32.17	1044.15	01:32.63	993.7	2097.85
11	4441	Wilhelm	Schmidt	NW A Team	03:55.47	927.65	01:23.35	1086.5	2089.15
12	4536	Jan	Engelbrecht	MPL A Team	03:55.18	929.1	01:25.36	1066.4	2040.5
13	799	Gerhard	Bester	EP A Team	03:33.92	1035.4	01:40.11	918.9	1954.3
14	2491	Jan	Van Niekerk	GW A Team	04:17.29	818.55	01:29.22	1027.8	1951.35
15	8036	TM	Kruger	NFS A Team	03:54.19	934.05	01:39.84	921.6	1885.65
16	4446	Dirk	Malan	BOL A Team	03:58.99	910.05	01:41.56	904.4	1859.45
17	2819	Ian	Flack	BOL A Team	04:19.70	806.5	02:40.17	318.3	1259.8

SNR Veteran Ladies

SA Record = 2513 (Viv Williams - 2017) **Provincial Record = 2497** (Stored Record - Previous)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2844	Liezel	Wessels	BOL A Team	03:26.52	1207.4	01:21.16	1188.4	2395.8
2	2821	Mariaan	Malan	BOL A Team	03:37.98	1150.1	01:30.48	1095.2	2260.3
3	4432	Michelle	Sims	KZN A Team	03:28.35	1198.25	01:39.78	1002.2	2215.45
4	5253	Stea	Holland-Muter	GW A Team	03:43.76	1121.2	01:38.20	1018	2214.2
5	1722	Ashleigh-Jane	Fairweather	WP A Team	04:17.16	954.2	01:21.55	1184.5	2198.7

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
6	4814	Marieke	Bouwer	GN A Team	04:49.06	794.7	01:17.69	1223.1	2092.8
7	4682	Linda	du Bruyn	WP A Team	04:03.18	1024.1	01:54.36	856.4	1940.5
8	9957	Nicole	Vorster	EP A Team	04:21.80	931	01:45.45	945.5	1891.5

Masters Men

SA Record = 2433.17 (Johan Windt (Eden) - 2019) **Provincial Record = 2305.27** (Gordon Roy Wessels - 2019-03-30)

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	2902	Johan	Windt	EDEN A Team	02:38.09	1144.55	00:36.12	1206.08	2450.63 (sa)
2	2492	Michael	Forbes	BOR A Team	02:31.18	1179.1	00:34.67	1229.28	2448.38 (sa)
3	8768	Michael	Archer	WP A Team	02:42.18	1124.1	00:33.58	1246.72	2430.82
4	4768	Hans	Sliep	GN A Team	03:06.86	1000.7	00:40.97	1128.48	2349.18
5	949	Gordon Roy	Wessels	EP A Team	03:04.73	1011.35	00:33.13	1253.92	2305.27 (prov)
6	2789	Coenie	Van Vuuren	BOL A Team	03:18.83	940.85	00:40.05	1143.2	2204.05
7	1979	Jan	Ferreira	WP A Team	03:22.90	920.5	00:36.16	1205.44	2165.94
8	5233	Robert	Swartz	WP A Team	03:16.89	950.55	01:01.25	804	1954.55
9	133	Herman	Dekker	EP A Team	03:30.67	881.65	01:04.42	753.28	1894.93
10	2493	Archie	Markgraaff	SFS A Team	05:39.70	236.5	00:37.71	1180.64	1697.14

Masters Ladies

SA Record = 2313.56 (Stefanie Classen - Unofficial - 2018) **Provincial Record = (-)**

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1298	Marille	Bass	WP A Team	03:45.59	1052.05	00:47.42	1073.28	2285.33
2	9500	Anita	Louw	BOR A Team	03:44.92	1055.4	00:41.58	1166.72	2242.12
3	6388	Isabel	McLaren	GN A Team	04:13.12	914.4	00:46.31	1091.04	2185.44
4	2903	Edie	Lutsch	EDEN A Team	04:41.14	774.3	00:58.45	896.8	1891.1
5	1297	Tricia	Rix	WP A Team	05:38.61	486.95	01:03.77	811.68	1598.63

Special Needs Male

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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	6725	Damian	Smith	EDEN A Team	01:07.09	1414.55	00:32.02	1607.68	3022.23
2	6779	Neil	Nortje	EP A Team	01:37.07	1264.65	00:49.46	1328.64	2593.29
3	2226	Liam	Trelawney	WP A Team	01:40.35	1248.25	00:52.79	1275.36	2523.61
4	1689	Bernie	Manzoni	WP A Team	04:09.36	503.2	01:33.15	629.6	1132.8

Special Needs Female

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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
1	1698	Daleen	Laurence	WP A Team	01:22.14	1339.3	00:36.96	1528.64	2867.94
2	8779	Minke	Janse Van Rensburg	EDEN A Team	01:33.41	1282.95	00:36.19	1540.96	2823.91
3	1672	Amelia	Reddering	WP A Team	01:18.42	1357.9	00:50.21	1316.64	2674.54
4	6749	Rentia	Oosthuizen	EP A Team	01:57.21	1163.95	00:44.31	1411.04	2574.99

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
5	4893	Kyli	Kriel	WP A Team	02:08.22	1108.9	00:55.50	1232	2340.9