

## WP LEAGUE 5

Date: 2022-11-19

Province: WESTERN PROVINCE

## Top Athletes

#	Athlete	Run Time	Run Points	Run BP	Total Points	
Top 3 Runners						
1	1385	Mila Aucamp (Durbanville Hs)	02:22.02	1061.95	0.00	1061.95
2	4232	Mason Cranswick	02:26.05	1041.90	17.50	1059.40
3	1311	Jozanne Louw	02:47.07	1047.85	10.00	1057.85

#	Athlete	Swim Time	Swim Points	Swim BP	Total Points	
Top 3 Swimmers						
1	1311	Jozanne Louw	01:12.00	1059.98	10.00	1069.98
2	1334	Roger Bezuidenhout	01:06.00	1069.96	0.00	1069.96
3	2471	Sunee Pretorius	01:11.05	1064.74	5.00	1069.74

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
Top 3 Athletes								
1	1311	Jozanne Louw	02:47.07	1047.85	01:12.00	1059.98	20.00	2127.83 PB
2	2471	Sunee Pretorius	02:49.08	1043.83	01:11.05	1064.74	10.00	2118.57
3	1385	Mila Aucamp (Durbanville Hs)	02:22.02	1061.95	01:06.04	1044.77	0.00	2106.72

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/08 GIRLS			National Record: N/A			Provincial Record: N/A		
1	3745 Kayla Fouche (Kenridge Ps)	01:33.00	1053.99	00:38.02	984.90	0.00	2038.89	
2	4481 Lilibeth Kriel (Durbanville Ps)	01:42.00	1035.99	00:48.01	934.93	0.00	1970.92 PB	
3	3602 Hanneli vd Watt (De Hoop Ps)	02:35.05	929.89	00:33.07	1009.64	0.00	1939.53	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/08 BOYS			National Record: N/A			Provincial Record: N/A		
1	4480 Andreas Theron	01:39.07	1037.85	00:44.00	944.96	0.00	1982.81 PB	
2	4492 Ian Van Eck (Gene Louw Ps)	02:00.01	995.97	00:54.06	894.67	0.00	1890.64 PB	
3	4472 Connor van Onselen (Kenridge Ps)	01:37.00	1041.99	DNF	DNF	0.00	DNF	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/09 GIRLS			National Record: N/A			Provincial Record: N/A		
1	3381 Kari Gericke (Durbanville Ps)	01:28.03	1037.93	00:53.08	999.58	0.00	2037.51	
2	2290 Nina Vancoillie (Durbanville Ps)	01:31.06	1031.88	01:10.00	915.00	0.00	1946.88	
3	2784 Anca Peters (De Hoop Ps)	01:41.02	1011.96	01:08.05	924.73	0.00	1936.69	
4	4435 Sofia Daniels	01:43.00	1008.00	01:32.05	804.72	0.00	1812.72 PB	
5	4471 Zoë van Zyl	01:27.00	1039.99	DNF	DNF	0.00	DNF	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/09 BOYS			National Record: N/A			Provincial Record: N/A		
1	3615 Matthew Glover (Welgemoed Ps)	01:27.05	1031.89	00:54.01	984.94	0.00	2016.83 PB	

2	4240	Ruvan Jooste (Durbanville Ps)	01:30.07	1025.85	00:56.08	974.58	0.00	2000.43	PB
3	3716	Hugo Janse van Rensburg (De Hoop Ps)	01:43.08	999.83	00:55.09	979.52	0.00	1979.35	PB
4	3040	Conrad Kriel (Durbanville Ps)	01:27.02	1031.95	01:03.02	939.90	0.00	1971.85	
5	3601	Markú Loubser (Durbanville Ps)	01:21.06	1043.88	01:06.04	924.76	0.00	1968.64	PB
6	2980	Cobus Wentzel (Durbanville Ps)	01:35.07	1015.85	01:03.03	939.85	0.00	1955.70	
7	4236	Nicolaas Jordaan; (Durbanville Ps)	01:31.08	1023.82	01:11.08	899.58	0.00	1923.40	PB
8	3608	Jamie Thomas (Durbanville Ps)	01:38.06	1009.87	01:11.09	899.52	0.00	1909.39	PB
9	4281	Mason Fourie (Curro Durbanville Ps)	01:25.01	1035.96	01:27.03	819.81	0.00	1855.77	PB
10	4441	Christiaan Taljaard	01:24.04	1037.91	01:36.04	774.77	0.00	1812.68	PB
11	2426	Le Febre Malherbe (Durbanville Ps)	01:46.09	993.81	01:32.05	794.75	0.00	1788.56	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/11 GIRLS			National Record: N/A			Provincial Record: N/A			
1	1278	Lienka De Jager (Durbanville Ps)	01:23.02	1029.94	00:43.07	1014.62	0.00	2044.56	PB
2	3605	Dine van de Wal (Durbanville Ps)	01:17.08	1041.84	00:47.04	994.77	0.00	2036.61	PB
3	1319	Silke Aucamp (Kenridge Ps)	01:15.06	1045.88	00:48.01	989.94	0.00	2035.82	
4	3606	Kaylee van de Wal (Durbanville Ps)	01:30.05	1015.89	00:43.04	1014.78	0.00	2030.67	PB
5	3382	Miene Fraenkel (De Hoop Ps)	01:17.04	1041.92	00:49.02	984.89	0.00	2026.81	
6	3771	Annabelle van Onselen (Kenridge Ps)	01:29.09	1017.81	00:46.02	999.90	0.00	2017.71	PB

7	3612	Ava Reichenbach	01:30.07	1015.85	00:48.07	989.65	0.00	2005.50	PB	
8	4476	Casey McEwan	01:37.07	1001.86	00:52.05	969.71	0.00	1971.57	PB	
9	2874	Annabelle Ras	01:38.08	999.84	00:59.08	934.60	0.00	1934.44		
10	4457	Kari van den Heever	01:27.07	1021.86	01:08.02	889.86	0.00	1911.72	PB	
11	4448	Marné van Eyssen (Durbanville Ps)	01:43.02	989.96	01:14.00	860.00	0.00	1849.96	PB	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/11 BOYS				National Record: N/A			Provincial Record: N/A			
1	1224	Harry Steyn (De Hoop Ps)	01:20.02	1033.95	00:35.01	1044.93	0.00	2078.88	PB	
2	1236	Pierre Van Onselen (Kenridge Ps)	01:22.04	1029.90	00:36.08	1039.58	0.00	2069.48	PB	
3	3374	Guy Joyce (Durbanville Ps)	01:15.00	1043.99	00:40.07	1019.64	0.00	2063.63		
4	2425	Benjamin Weijmans (Generations Somerset Wes)	01:13.00	1047.98	00:41.08	1014.56	0.00	2062.54	PB	
5	1443	Jean-Luc Joubert (Kenridge Ps)	01:10.07	1053.85	00:43.07	1004.61	0.00	2058.46		
6	1301	Adriaan Van Dyk (Beaumont Ps)	01:24.05	1025.88	00:42.07	1009.65	0.00	2035.53		
7	4507	Adrian Kuhn (Durbanville Ps)	01:16.06	1041.86	00:46.05	989.74	0.00	2031.60	PB	
8	2285	Ryan Fouche (Kenridge Ps)	01:27.00	1020.00	00:43.02	1004.88	0.00	2024.88		
9	3715	Wihan Janse van Rensburg (De Hoop Ps)	01:31.06	1011.88	00:44.03	999.80	0.00	2011.68	PB	
10	3371	Daniel Meets (Beaumont Ps)	01:26.02	1021.95	00:48.01	979.94	0.00	2001.89	PB	
11	3594	Zach Matthee	01:22.03	1029.93	00:50.02	969.90	0.00	1999.83	PB	

12	3024	Michael Kleynhans (Durbanville Ps)	01:35.08	1003.83	00:45.09	994.51	0.00	1998.34	
13	1646	Henri Pretorius; (Kenridge Ps)	01:27.08	1019.83	00:49.05	974.72	0.00	1994.55	
14	2412	Stefanus Louw (Kenridge Ps)	01:16.09	1041.80	00:55.08	944.60	0.00	1986.40 PB	
15	4436	Philip Lourens (Rhenish Ps)	01:28.01	1017.97	00:56.04	939.80	0.00	1957.77 PB	
16	4479	Carl Theron	01:33.05	1007.88	00:55.07	944.65	0.00	1952.53 PB	
17	2983	Ruben Rademeyer (Kenridge Ps)	01:27.00	1019.99	00:58.00	929.97	0.00	1949.96 PB	
18	4222	Zeke Boggenpoel	01:43.07	987.86	01:25.09	794.52	0.00	1782.38 PB	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/13 GIRLS				National Record: N/A			Provincial Record: N/A		
1	1347	Zani Van Dyk (Beaumont Ps)	02:50.05	1013.88	00:33.04	1029.51	0.00	2043.39	
2	3625	Jenna Joyce (Durbanville Ps)	02:52.08	1009.84	00:37.08	989.20	0.00	1999.04 PB	
3	2303	Leah Goebel (Durbanville Ps)	02:54.07	1005.85	00:37.08	989.18	0.00	1995.03	
4	3708	Mischa Laker (Durbanville Ps)	02:57.01	999.96	00:40.08	959.18	0.00	1959.14 PB	
5	1405	Lara Rosenstrauch (De Hoop Ps)	03:06.00	981.99	00:39.00	969.98	0.00	1951.97	
6	4477	Karla Chowles	03:11.06	971.86	00:38.01	979.84	0.00	1951.70 PB	
7	1335	Heike Wessels (Vredeloof Ps)	02:52.05	1009.90	00:43.07	929.23	0.00	1939.13 PB	
8	1276	Mieke Havenga (Kenridge Ps)	02:55.06	1003.87	00:43.03	929.69	0.00	1933.56 PB	
9	1422	Yvette Louw (Kenridge Ps)	03:10.06	973.86	00:41.01	949.84	0.00	1923.70	
10	4264	Amelie Billson	03:32.02	929.96	00:37.06	989.38	0.00	1919.34 PB	

11	1228	Kara Wentzel (Durbanville Ps)	03:11.03	971.92	00:46.01	899.81	0.00	1871.73	PB
12	1288	Livia Vancoillie (Durbanville Ps)	03:16.07	961.85	00:48.07	879.30	0.00	1841.15	
13	1420	Berne Peters (De Hoop Ps)	03:29.00	935.99	00:48.02	879.78	0.00	1815.77	
14	4474	Helen Van Eck	03:43.05	907.90	00:50.00	859.93	0.00	1767.83	PB
15	4444	Aaliah Bagley	03:50.00	893.99	00:50.09	859.07	0.00	1753.06	PB
16	4218	Lara Louw	03:44.06	905.86	00:53.02	829.73	0.00	1735.59	PB

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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## U/13 BOYS

National Record: N/A

Provincial Record: N/A

1	3744	Van Zyl Möller	02:38.01	1029.97	00:35.06	1009.31	0.00	2039.28	PB
2	3587	Michael Bright	02:54.03	997.93	00:33.07	1029.30	0.00	2027.23	PB
3	1247	Jack Fouche (Kenridge Ps)	02:44.01	1017.96	00:35.09	1009.10	0.00	2027.06	
4	1423	Wian Joubert (Durbanville Ps)	02:48.01	1009.97	00:36.08	999.12	0.00	2009.09	PB
5	1227	Stephan Pienaar (Welgemoed Ps)	02:39.08	1027.83	00:39.03	969.69	0.00	1997.52	
6	1433	Earle van der Watt (Beaumont Ps)	03:00.06	985.88	00:35.06	1009.31	0.00	1995.19	
7	1645	Theo Pretorius (Kenridge Ps)	02:53.00	999.98	00:39.09	969.07	0.00	1969.05	
8	1238	Franko Peters (De Hoop Ps)	02:35.05	1035.90	00:43.03	929.67	0.00	1965.57	
9	1270	Ben Louw (Durbanville Ps)	02:52.06	1001.88	00:40.01	959.85	0.00	1961.73	
10	4230	Owen Pieterse	02:42.05	1021.90	00:42.09	939.10	0.00	1961.00	PB
11	3056	James Glover (Welgemoed Ps)	03:12.03	961.94	00:47.07	889.30	0.00	1851.24	
12	4440	Heinrich Taljaard	02:55.04	995.91	00:51.03	849.68	0.00	1845.59	PB

13	1292	Luttig Malherbe (Durbanville Ps)	02:41.03	1023.94	00:55.04	809.55	0.00	1833.49	
14	1304	Erigh Egen (Durbanville Ps)	03:46.05	893.90	00:44.08	919.20	0.00	1813.10	
15	4449	Adam van der Walt	04:09.03	847.92	01:12.00	640.00	0.00	1487.92 PB	
16	2875	Matthew Thomas (Durbanville Ps)	02:56.02	993.96	DNF	DNF	0.00	DNF	
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/15 GIRLS				National Record: N/A			Provincial Record: N/A		
1	1431	Amy Combrink (Sweet Valley Ps)	02:51.03	1003.92	01:03.03	1059.84	0.00	2063.76 PB	
2	1315	Tatiana Thomatos (Reddam Durbanville Hs)	02:32.02	1041.96	01:14.01	1004.90	0.00	2046.86	
3	1316	Tyler Hunt (Elkanah House Hs)	02:28.01	1049.98	01:17.06	989.70	0.00	2039.68	
4	3607	Juane Burger (Durbanville Ps)	02:44.03	1017.92	01:12.02	1014.90	0.00	2032.82 PB	
5	1395	Stephanie Minnaar (Welgemoed Ps)	02:34.00	1038.00	01:16.06	994.67	0.00	2032.67 PB	
6	1418	Larah Aucamp (Kenridge Ps)	02:40.07	1025.85	01:17.08	989.56	0.00	2015.41	
7	4220	Simoné Gerber	03:06.06	973.88	01:11.01	1019.93	0.00	1993.81 PB	
8	1321	Lara Stander (Durbanville Ps)	02:29.07	1047.86	01:28.02	934.89	0.00	1982.75	
9	3628	Ane Cloete (Durbanville Hs)	03:01.04	983.91	01:16.05	994.73	0.00	1978.64 PB	
10	1401	Lana Doman (Durbanville Hs)	02:55.04	995.91	01:21.00	969.98	0.00	1965.89	
11	1255	Mieka Vermeulen (Kenridge Ps)	02:41.05	1023.90	01:28.04	934.77	0.00	1958.67	
12	1350	Anke Stander (Durbanville Ps)	02:41.02	1023.95	01:29.03	929.81	0.00	1953.76	

13	1290	Zia Petersen (Forest Village Ps)	03:24.08	937.83	01:15.00	999.96	0.00	1937.79	PB
14	4473	Chelsea-Jean Botha	03:11.05	963.90	01:21.05	969.74	0.00	1933.64	PB
15	4245	Zanne Marcus	03:13.07	959.84	01:24.08	954.56	0.00	1914.40	PB
16	3375	Ninke Duvenhage (Gene Louw Ps)	03:06.02	973.95	01:36.03	894.81	0.00	1868.76	

#	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

1	2411	Daniël Grové (Home school WP)	02:20.05	1045.90	01:07.06	1029.68	0.00	2075.58	PB
2	1022	Thomas van der Merwe (Paul Roos Hs)	02:36.05	1013.88	01:06.06	1034.67	0.00	2048.55	
3	1223	Nicolas Minnaar (Welgemoed Ps)	02:23.05	1039.89	01:12.02	1004.89	0.00	2044.78	
4	3619	Eben de Jongh (Durbanville Hs)	02:34.01	1017.97	01:10.09	1014.52	0.00	2032.49	PB
5	1208	Niel Conradie (Durbanville Ps)	02:33.02	1019.96	01:14.02	994.87	0.00	2014.83	
6	1307	Jean-Roux Wessels (Vredeklouf Ps)	02:27.03	1031.94	01:20.08	964.56	0.00	1996.50	PB
7	4437	James Wing	02:52.04	981.92	01:11.03	1009.81	0.00	1991.73	PB
8	3626	Hanru Steyn (Durbanville Hs)	03:05.04	955.91	01:10.07	1014.62	0.00	1970.53	PB
9	2794	Louis Store (Durbanville Ps)	02:30.08	1025.84	01:25.07	939.63	0.00	1965.47	
10	1244	Albert Griesel (Jan van Riebeeck Hs)	02:30.02	1025.96	01:31.09	909.55	0.00	1935.51	

#	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



1	1385	Mila Aucamp (Durbanville Hs)	02:22.02	1061.95	01:06.04	1044.77	0.00	2106.72
2	1049	Simone van der Merwe (Bloemhof Hs)	02:25.07	1055.86	01:06.05	1044.74	0.00	2100.60
3	1416	Wilmien Verbeek (Curro Durbanville Hs)	02:29.06	1047.88	01:09.01	1029.91	0.00	2077.79 PB
4	1232	Imke Els (Paarl Girls High School)	02:30.07	1045.85	01:10.00	1025.00	0.00	2070.85
5	2342	Maric De Roubaix (Bloemhof Hs)	02:42.00	1022.00	01:06.00	1044.96	0.00	2066.96 PB
6	1362	Alice Venter (Curro Durbanville Hs)	02:31.02	1043.94	01:16.00	994.97	0.00	2038.91 PB
7	2301	Zoë Goebel (DF Malan Hs)	02:59.02	987.94	01:08.07	1034.61	0.00	2022.55
8	3730	Anneke Stassen (Durbanville Hs)	03:00.05	985.88	01:14.05	1004.71	0.00	1990.59 PB
9	3746	Zani Venter (Stellenberg Hs)	02:45.07	1015.86	01:23.00	959.98	0.00	1975.84 PB
10	1318	Olivia Wilson (Durbanville Hs)	02:40.06	1025.88	01:28.09	934.55	0.00	1960.43

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
U/17 BOYS			National Record: N/A			Provincial Record: N/A	
1	Joshua Bannister (Fairmont Hs)	02:18.02	1027.95	01:00.02	1039.90	0.00	2067.85
2	Hannes Grové (Home school WP)	02:18.00	1027.99	01:01.02	1034.90	0.00	2062.89
3	Callum Koekemoer (Durbanville Hs)	02:25.02	1013.95	01:00.08	1039.60	0.00	2053.55 PB
4	Quinn Dick Koekemoer (Durbanville Hs)	02:29.03	1005.93	01:01.00	1035.00	0.00	2040.93 PB
5	Luan Stander (Paarl Boys Hs)	02:21.09	1021.81	01:06.03	1009.85	0.00	2031.66

6	4239	Garrick Heyes. (Parel Vallei Hs)	02:33.06	997.86	01:03.00	1025.00	0.00	2022.86	PB
7	1212	Eugene Theron (Durbanville Hs)	02:32.09	999.81	01:09.01	994.94	0.00	1994.75	PB
8	1234	Kyle Lombard (Fairmont Hs)	02:57.01	949.98	01:02.04	1029.76	0.00	1979.74	
9	1340	Christiaan Pienaar (Durbanville Hs)	02:28.02	1007.95	01:22.07	929.64	0.00	1937.59	
10	4211	Eugun Collins	02:41.09	981.81	01:24.09	919.55	0.00	1901.36	PB

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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## U/19 GIRLS

National Record: N/A

Provincial Record: N/A

1	1373	Skye Micklethwaite (Rustenberg Girls Hs)	02:35.09	1037.81	01:06.06	1054.66	0.00	2092.47	
2	4238	Danielle Heyes (Parel Vallei Hs)	02:42.05	1023.90	01:07.03	1049.81	0.00	2073.71	PB
3	1421	Marne Campbell (Reddam Durbanville Hs)	02:43.00	1021.98	01:07.00	1049.98	0.00	2071.96	
4	1320	Julia Monk (Reddam Constantia Hs)	03:18.09	951.81	01:20.02	984.89	0.00	1936.70	

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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## U/19 BOYS

National Record: N/A

Provincial Record: N/A

1	3585	Stephan Strydom (Stellenberg Hs)	02:26.00	1006.00	00:59.03	1044.82	0.00	2050.82	PB
2	3717	Kiaan Terblanche (Stellenberg Hs)	02:32.03	993.93	00:58.01	1049.93	0.00	2043.86	PB
3	1400	Sebastian Theron (Durbanville Hs)	02:25.02	1007.94	01:07.03	1004.83	0.00	2012.77	
4	4217	Mark Laker (Durbanville Hs)	02:45.00	968.00	01:05.07	1014.65	0.00	1982.65	
5	4292	Darren Jones	03:11.07	915.84	02:28.08	599.56	0.00	1515.40	PB

SENIORS WOMEN			National Record: N/A				Provincial Record: N/A	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
1	4460 Nicola Hobbs	02:46.06	1023.86	01:25.02	969.87	27.00	2020.73 PB	
2	4478 Ilze Douglas	02:46.09	1023.80	01:22.05	984.72	12.00	2020.52 PB	
3	4284 Anemike Swart	02:47.03	1021.93	01:31.01	939.93	42.00	2003.86 PB	
4	4438 Tanya Loots	03:28.04	939.90	01:11.04	1039.78	24.00	2003.68 PB	
5	1284 Renee Peters	04:10.03	855.92	01:37.01	909.93	48.00	1813.85	
6	4210 Kgothatso Jiyana	05:15.08	725.82	02:11.03	739.85	12.00	1477.67 PB	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
SENIORS MEN			National Record: N/A				Provincial Record: N/A	
1	1299 Adrin Strydom	02:36.04	975.90	01:09.08	1004.58	0.00	1980.48	
2	4209 Darryl Lindt	02:11.00	1025.98	02:02.07	739.65	6.00	1771.63 PB	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
JNR WOMEN			National Record: N/A				Provincial Record: N/A	
1	3767 Carlah Kayser	02:52.08	1011.82	01:08.02	1054.89	0.00	2066.71 PB	
2	1429 Rebecca Monk	02:40.01	1035.97	01:16.08	1014.59	0.00	2050.56	
3	1356 Anika Roux	03:11.00	974.00	01:39.03	899.83	0.00	1873.83	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
JNR MEN			National Record: N/A				Provincial Record: N/A	
1	1353 Joshua Scott	02:14.05	1019.90	00:58.06	1044.70	0.00	2064.60	
2	1225 Beurick Kayser	02:06.09	1035.80	01:02.07	1024.65	0.00	2060.45	
3	4446 Clayton Fortuin	02:56.05	935.90	02:00.07	734.61	0.00	1670.51 PB	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 40+ WOMEN			National Record: N/A				Provincial Record: N/A	

1	1311	Jozanne Louw	02:47.07	1047.85	01:12.00	1059.98	20.00	2127.83 PB
2	2471	Sunee Pretorius	02:49.08	1043.83	01:11.05	1064.74	10.00	2118.57
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 40+ MEN			National Record: N/A			Provincial Record: N/A		
1	1233	Ben Peters	02:49.05	973.90	01:09.08	1029.56	5.00	2008.46
2	4475	Herman Reinders	02:59.04	953.90	01:18.05	984.74	30.00	1968.64 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 50+ MEN			National Record: N/A			Provincial Record: N/A		
1	1334	Roger Bezuidenhout	02:30.04	1033.90	01:06.00	1069.96	0.00	2103.86
2	4232	Mason Cranswick	02:26.05	1041.90	01:31.00	944.99	35.00	2021.89
3	4291	JP Mieny	02:51.04	991.91	01:24.02	979.87	25.00	1996.78 PB
4	1394	Jason Monk	02:35.04	1023.91	01:51.09	844.53	20.00	1888.44
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 60+ WOMEN			National Record: N/A			Provincial Record: N/A		
1	1250	Linda de Bruyn	01:25.09	1051.82	00:47.05	1014.71	0.00	2066.53 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 60+ MEN			National Record: N/A			Provincial Record: N/A		
1	4456	Graham Manchest	01:29.06	1011.87	00:37.01	1049.94	12.00	2073.81 PB
2	1369	Tertius du Bruyn	01:26.08	1017.83	00:45.04	1009.78	24.00	2051.61 PB
3	4447	Gregory Bagley	01:49.03	971.94	00:45.04	1009.77	36.00	2017.71 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 70+ WOMEN			National Record: N/A			Provincial Record: N/A		

1	1348	Marille Bass	01:53.06	1021.87	00:50.00	1030.00	30.00	2081.87
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
SPECIAL NEEDS FEMALE			National Record: N/A			Provincial Record: N/A		
1	4455	Donna Africa	03:13.03	853.93	01:15.01	849.94	0.00	1703.87 PB

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