



Export (csv) (report.csv)

2019 SA CHAMPIONSHIP (2019-03-30)

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
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
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	Wetzl	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	Karliën	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
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
35	8898	Carlën	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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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
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
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
37	7576	Tim Luca	Holzappel	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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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
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
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	4951	Tristan	Visser	GN A Team	02:38.74	1156.3	01:08.91	633.44	1789.74
85	4714	Jacob	Kleynhans	GN A Team	04:04.81	725.95	00:58.16	805.44	1531.39

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
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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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
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
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	Delport	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
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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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
75	5666	Sanri	Rossouw	NW A Team	03:16.99	995.05	00:43.65	1037.6	2032.65
76	5693	Kayla	Weigemoed	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
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	Wetzel	WP A Team	04:11.04	1049.8	01:19.39	1066.1	2115.9

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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
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
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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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
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	Smalles	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
53	9497	Esmari	Weitsz	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
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
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	01:07.80	1142	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
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
32	2810	Sumari	Bester	BOL A Team	03:51.50	962.5	01:14.01	1109.9	2072.4
33	5318	Emma	Van der Westhuisen	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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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
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
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
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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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
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
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
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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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
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
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
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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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 Walt	KZN A Team	05:32.64	856.8	01:07.58	1134.2	1991
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
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
6	2310	Christo	van der Merwe	WP A Team	03:01.42	1077.9	01:06.39	1146.1	2232
7	5197	Tiaan	Pretorius	BOL A Team	03:06.22	1053.9	01:11.99	1090.1	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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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
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	Look-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
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
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

Pos	SA Number	First Name	Last Name	Province	Run Time	Run Points	Swim Time	Swim Points	Total Points
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
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
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
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

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