

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
Triathlon Jun Women	1	1	293	JWT	Birgittu Ouweneel	01.36.56	
	2	2	228	JWT	Brittany Dilkes	02.00.18	
	3	3	292	JWT	Darielle Kellermann	02.06.12	
	4	4	93	JWT	Inelda Heyns	02.09.42	
Category	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
Triathlon Jun Men	1	1	320	JMT	Michael Keith	01.09.41	
	2	2	317	JMT	Hannes Kreipl	01.14.35	
	3	3	372	JMT	Rolf Jonker	01.26.49	
	4	4	333	JMT	Kyle Eedes	01.35.45	
	5	5	226	JMT	Benjamin Lewis	01.41.10	
	6	6	319	JMT	Cameron Dewar	01.50.45	
Category	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
Triathlon Open Women	1	1	355	OWT	Jayde Gower-Jackson	01.15.55	
	2	2	243	OWT	Olga Koorts	01.18.03	
	3	3	97	OWT	Britt Hyland	01.18.36	ATC Multisport
	4	4	121	OWT	Kelly Mackenzie	01.18.36	
	5	5	259	OWT	Victoria Sheppard	01.19.51	
	6	6	325	OWT	Vivienne Fenton	01.21.53	
	7	7	251	OWT	Tamsin Elsley	01.22.03	
	8	8	41	OWT	Dominique D'Oliveira	01.24.58	Run/Walk for Life [WP]
	9	9	100	OWT	Ondine Julyan	01.26.22	
	10	10	263	OWT	Nina Hind	01.26.51	
	11	11	262	OWT	Kathy Crabbe	01.28.47	
	12	12	141	OWT	Verena Noller	01.28.48	
	13	13	4	OWT	Tarryn Anelli	01.28.56	Atlantic Triathlon Club
	14	14	246	OWT	Kim Rew	01.29.43	
	15	15	295	OWT	Elize Van Staden	01.30.25	
	16	16	326	OWT	Amelia Maltman	01.30.32	
	17	17	365	OWT	Tanya Rosch	01.30.51	
	18	18	258	OWT	Lianne Wicks	01.31.13	
	19	19	198	OWT	Inge Van Schalkwyk	01.31.25	Century City Athletics club
	20	20	80	OWT	Mel Gow	01.32.23	Atlantic Athletic Club
	21	21	180	OWT	Nicola Stegmann	01.33.37	ATC Running Club
	22	22	55	OWT	Annie Dicey	01.33.39	
	23	23	261	OWT	Pippa Beaumont	01.33.52	
	24	24	43	OWT	Catherine Day	01.34.16	
	25	25	363	OWT	Karen Botes	01.34.23	
	26	26	241	OWT	Mariette Engelbrecht	01.34.41	
	27	27	2	OWT	Michelle Adler	01.35.03	
	28	28	244	OWT	Tarryn Stevens	01.35.41	
	29	29	54	OWT	Lauren Derby-Lewis	01.35.47	
	30	30	253	OWT	Simone White	01.35.48	
	31	31	312	OWT	Elzainne Le Roux	01.36.24	
	32	32	37	OWT	Berna Coetzee	01.36.55	
	33	33	101	OWT	Karla Kik	01.37.54	
	34	34	313	OWT	Elring Oosthuizen	01.37.57	
	35	35	95	OWT	Christine Hommel	01.38.31	ATC
	36	36	193	OWT	Keelyn Van Breda	01.39.09	
	37	37	235	OWT	Pauline Hooloway	01.39.21	
	38	38	146	OWT	Keaton Oddy	01.39.23	
	39	39	237	OWT	Nadine Schmidt	01.39.27	
	40	40	260	OWT	Marie Curtis	01.39.52	ATC Running

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
	41	41	160	OWT	Deborah Rolfe	01.40.15	
	42	42	120	OWT	Melanie Mackay	01.40.48	
	43	43	361	OWT	Laren Schwabe	01.41.49	
	44	44	276	OWT	Diane Obree	01.41.59	
	45	45	79	OWT	Gina Goosen	01.42.03	
	46	46	178	OWT	Mia Sonntag	01.43.25	
	47	47	352	OWT	Sabrina Chesterman	01.43.42	
	48	48	15	OWT	Alison Bell-Leask	01.43.42	
	49	49	98	OWT	Samantha Jones	01.43.46	
	50	50	66	OWT	Lauren Field	01.43.48	Run/Walk for Life
	51	51	153	OWT	Jeannie Pretorius	01.43.57	new balance multisport
	52	52	186	OWT	Bonnie Strange	01.44.53	Run/Walk for Life [WP]
	53	53	119	OWT	Leigh Maarschalk	01.44.55	
	54	54	342	OWT	Layla Liebertrau	01.45.33	
	55	55	112	OWT	Julia Le Roux	01.46.08	New Balance Multisport Club
	56	56	110	OWT	Lauren Laishley	01.46.21	
	57	57	163	OWT	Marlize Schoeman	01.46.34	Stellenbosch Athletic Club
	58	58	91	OWT	Emma Heany	01.48.07	
	59	59	191	OWT	Katharine Tromp	01.48.23	
	60	60	219	OWT	Adri Truter	01.48.28	
	61	61	19	OWT	Monique Bingle	01.48.31	ATC Multisport
	62	62	90	OWT	Juliet Hazell	01.49.42	Celtic Harriers Club
	63	63	360	OWT	Nicole Birch	01.49.46	
	64	64	9	OWT	Juliette Ball	01.50.14	
	65	65	359	OWT	Evelyn Honck	01.51.10	
	66	66	60	OWT	Tracey-Leigh Dunbar	01.53.39	
	67	67	25	OWT	Annalize Botha	01.53.40	
	68	68	208	OWT	Michelle White	01.57.17	
	69	69	354	OWT	Sholto Morgan	01.57.54	
	70	70	323	OWT	Sarah Cotton	01.58.45	
	71	71	199	OWT	Charlene Van Zyl	01.59.38	
	72	72	192	OWT	Wendy Van Bakel	02.00.00	
	73	73	369	OWT	Laura Munro	02.00.19	
	74	74	315	OWT	Vanessa Rogers	02.02.03	
	75	75	189	OWT	Hayley Terpend	02.02.06	
	76	76	5	OWT	Katherine Antel	02.02.30	ATC Running Club
	77	77	252	OWT	Candice Morrison	02.02.31	
	78	78	287	OWT	DiannA Davidson	02.04.07	
	79	79	140	OWT	Nikki Nixon	02.04.26	
	80	80	94	OWT	Nicci Holvec	02.04.27	
	81	81	152	OWT	Estie Potgieter	02.07.32	
	82	82	83	OWT	Heidi Grundlingh	02.07.34	
	83	83	213	OWT	Josie Wilson	02.09.15	
	84	84	159	OWT	Lindi Roberts	02.09.50	
	85	85	23	OWT	Tanja Bosch	02.10.41	New Balance Multisport Club
	86	86	133	OWT	Karin Muller	02.14.14	
	87	87	220	OWT	Louise Fouche	02.17.16	
	88	88	51	OWT	Jessica Deary	02.17.21	
	89	89	290	OWT	Jacqui Bran	02.25.06	
	90	90	203	OWT	Elizabeth Waldron	02.26.45	
Category	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
Triathlon Open Men	1	1	345	OMT	Kent Horner	01.04.11	

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
	2	2	364	OMT	Corne Buys	01.06.32	
	3	3	309	OMT	Stuart Mc Connachie	01.08.26	
	4	4	6	OMT	Steve Attwell	01.09.20	ATC Multisport
	5	5	162	OMT	Josiah Rudolph	01.09.43	Atlantice Triathlon Club
	6	6	132	OMT	Nic Muhl	01.10.00	Atlantic Triathlon Club
	7	7	206	OMT	Bradley Weiss	01.10.34	
	8	8	27	OMT	Carlo Botha	01.10.46	ATC Multisport
	9	9	156	OMT	Stewart Rew	01.14.06	ATC Running Club
	10	10	118	OMT	Jonty Low	01.14.17	
	11	11	266	OMT	Hans Du Toit	01.14.22	
	12	12	232	OMT	Neil Vallance	01.17.28	
	13	13	67	OMT	Kevin Flanagan	01.18.51	
	14	14	171	OMT	Andrew Slot	01.18.59	ATC Multisport
	15	15	294	OMT	Matthew Brehany	01.19.06	
	16	16	344	OMT	Robert Bateman	01.19.08	
	17	17	50	OMT	Rudolph De Wet	01.19.13	ATC Multisport
	18	18	288	OMT	Alex Hawkins	01.19.26	
	19	19	225	OMT	Jayden Loots	01.19.47	
	20	20	343	OMT	Andrea Coultas	01.20.13	
	21	21	270	OMT	Christopher Drummond	01.20.46	
	22	22	218	OMT	Olaf Bergh	01.20.48	
	23	23	202	OMT	Gerard Voges	01.21.07	
	24	24	298	OMT	William Wallace	01.21.24	
	25	25	236	OMT	Andreas Zoerweg	01.21.48	
	26	26	223	OMT	Karel Van Wyk	01.22.47	
	27	27	173	OMT	Dale Smith	01.22.56	Accis VOB Running Club
	28	28	179	OMT	Steffan Sonntag	01.23.08	
	29	29	201	OMT	Jacobus Visser	01.23.17	New Balance Multisport Club
	30	30	350	OMT	Sean Da Silva	01.23.31	
	31	31	200	OMT	Burger Viljoen	01.23.38	
	32	32	321	OMT	Jean-Louis Fourie	01.24.05	
	33	33	242	OMT	Fanie Nel	01.24.08	
	34	34	280	OMT	Bryan Nicholson	01.24.21	
	35	35	314	OMT	Erick Oosthuizen	01.24.26	
	36	36	170	OMT	Marc Sher	01.24.31	
	37	37	168	OMT	Wynand Schutte	01.25.16	cycle lab
	38	38	89	OMT	Frans Havinga	01.25.17	New Balance Multisport Club
	39	39	154	OMT	Tiaan Pretorius	01.25.18	New Balance Multisport Club
	40	40	282	OMT	Goncalo Domingues	01.25.18	
	41	41	327	OMT	Richard Stubbs	01.25.33	
	42	42	157	OMT	Stuart Rice	01.25.50	
	43	43	10	OMT	Curt Barnes	01.25.58	
	44	44	255	OMT	Rodger Browne	01.26.04	
	45	45	92	OMT	Steve Heldzingen	01.26.27	Satori Athletic Club
	46	46	99	OMT	Wesley Jones	01.26.32	
	47	47	195	OMT	Nico Van Der Walt	01.26.57	
	48	48	52	OMT	Jon-Luca Del Fante	01.27.57	
	49	49	44	OMT	Stephen De Coito	01.28.37	Edgemead
	50	50	84	OMT	Duncan Gutsche	01.28.39	Llandudno Athletic Club
	51	51	250	OMT	Dean Hopf	01.28.42	
	52	52	297	OMT	Jade Montandon	01.28.47	
	53	53	271	OMT	Jannie Leach	01.28.49	

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
	54	54	322	OMT	Martin Crosoer	01.28.56	
	55	55	281	OMT	Wes Herbert	01.29.20	
	56	56	217	OMT	Richard Calotni	01.29.39	
	57	57	116	OMT	Pieter Louw	01.30.14	New Balance Multisport Club
	58	58	256	OMT	Ben Van Breda	01.30.29	
	59	59	307	OMT	Mark Sochen	01.30.36	
	60	60	172	OMT	Austin Smith	01.30.39	ATC Multisport
	61	61	73	OMT	Merlin Galant	01.30.43	Varsity Old Boys' Running Club
	62	62	28	OMT	Morne Botha	01.30.49	West Coast Athletic Club
	63	63	358	OMT	Craig Hall	01.31.02	
	64	64	356	OMT	Thys Wessels	01.31.06	
	65	65	335	OMT	Peter Vadas	01.31.24	
	66	66	78	OMT	Paul Gillingham	01.32.30	
	67	67	102	OMT	Thomas King	01.32.44	
	68	68	70	OMT	Wesley Ford	01.32.45	
	69	69	249	OMT	Deon Jurgens	01.32.46	
	70	70	188	OMT	Paul Templeton	01.33.13	
	71	71	109	OMT	Dean Kruyer	01.33.31	
	72	72	311	OMT	Marten Odendaal	01.33.47	
	73	73	108	OMT	Ehrich Kruger	01.34.04	
	74	74	238	OMT	John Stewart	01.34.23	
	75	75	164	OMT	Petrus Schoeman	01.34.27	Stellenbosch Athletic Club
	76	76	75	OMT	Paul Geary	01.34.34	
	77	77	240	OMT	Steve Newman	01.34.43	
	78	78	328	OMT	Brendon Masters	01.34.52	
	79	79	316	OMT	Richard Wale	01.34.54	
	80	80	49	OMT	Jacques De Villiers	01.35.02	
	81	81	158	OMT	Matt Rich	01.35.03	
	82	82	35	OMT	Jaco Claassens	01.35.04	Brackenfell Athletic Club
	83	83	105	OMT	Chris Krafft	01.35.38	ATC Multisport
	84	84	124	OMT	Warren Maxwell-Pear	01.35.42	West Coast Athletic Club
	85	85	222	OMT	Chris Wagner	01.35.44	
	86	86	209	OMT	Derek Whitehead	01.35.52	
	87	87	68	OMT	Sean Flanagan	01.35.52	
	88	88	87	OMT	Vlok Hanekom	01.36.04	Wellington Atletiekklub
	89	89	18	OMT	Dirk Bester	01.36.20	
	90	90	248	OMT	Ross Cameron	01.36.22	
	91	91	370	OMT	Jethro Geyser	01.36.24	
	92	92	285	OMT	Boris Kolpakov	01.36.31	
	93	93	20	OMT	Kevin Black	01.36.37	
	94	94	122	OMT	Marc Marsilio	01.37.00	
	95	95	137	OMT	Theunis Nel	01.37.07	New Balance Multisport Club
	96	96	286	OMT	James Vertser-Cohen	01.37.08	
	97	97	231	OMT	Andrew Haas	01.37.23	
	98	98	176	OMT	Mark Smith	01.37.29	
	99	99	64	OMT	Pieter Engelbrecht	01.38.09	
	100	100	212	OMT	Donovan Will	01.38.20	
	101	101	104	OMT	Wynand Kotze	01.38.41	
	102	102	88	OMT	Nick Havers	01.38.42	
	103	103	11	OMT	Gareth Barns	01.38.55	
	104	104	194	OMT	Luke Van Der Ness	01.39.11	
	105	105	324	OMT	Nolan Daniel	01.39.44	

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
	106	106	167	OMT	Chris Schuitmaker	01.39.50	
	107	107	125	OMT	Cameron Mc Callum	01.40.19	
	108	108	341	OMT	Simon Griffith	01.41.24	
	109	109	117	OMT	Gareth Low	01.41.27	ATC Running Club
	110	110	348	OMT	Simon Armstrong	01.42.16	
	111	111	82	OMT	Robert Groves	01.42.19	
	112	112	144	OMT	Christopher Nuttall	01.42.20	
	113	113	26	OMT	Anton Botha	01.42.26	Edgemead Runners
	114	114	272	OMT	Grant Walker	01.42.40	
	115	115	351	OMT	Burger Engelbrecht	01.43.21	
	116	116	349	OMT	Marc Bain	01.43.26	
	117	117	76	OMT	Clinton Gerneke	01.43.27	
	118	118	174	OMT	Jason Smith	01.43.56	
	119	119	30	OMT	Maurice Bruwer	01.46.50	
	120	120	337	OMT	Arthur Jones	01.47.56	
	121	121	139	OMT	Darren Nixon	01.47.58	
	122	122	207	OMT	James Wenman	01.48.27	
	123	123	278	OMT	Craig Van Rensburg	01.49.31	
	124	124	128	OMT	Stephen Mills	01.49.33	
	125	125	22	OMT	Michael Bornman	01.49.44	
	126	126	96	OMT	Kyle Hulett	01.49.47	
	127	127	16	OMT	Warren Berry	01.49.50	
	128	128	269	OMT	Johnathan Van Der Walt	01.49.52	
	129	129	39	OMT	Shaun Couves	01.50.56	
	130	130	367	OMT	Gareth Hubbard	01.51.30	
	131	131	161	OMT	Adriaan Rowan	01.52.04	
	132	132	38	OMT	Johan Coetzee	01.52.04	
	133	133	123	OMT	Scott Masson	01.52.13	
	134	134	165	OMT	Graham Scholtz	01.54.05	
	135	135	289	OMT	Ross Bergh	01.54.17	
	136	136	33	OMT	Jon Cardinelli	01.55.33	
	137	137	129	OMT	Warren Monaghan	01.55.37	
	138	138	32	OMT	Brendan Canny	01.57.05	
	139	139	332	OMT	Dimitri Williams	01.57.36	
	140	140	339	OMT	Tim Nel	01.57.48	
	141	141	234	OMT	Jonathan Green	01.58.48	
	142	142	340	OMT	Lindsay Wanliss	01.59.30	
	143	143	284	OMT	Casper Janse Van Rensburg	02.00.21	
	144	144	69	OMT	Martin Flynn	02.03.18	
	145	145	329	OMT	Hugo Brynard	02.04.21	
	146	146	283	OMT	Ricky Williams	02.04.31	
	147	147	46	OMT	Brendon De Reuck	02.04.32	
	148	148	366	OMT	Jann Haar	02.04.57	
	149	149	368	OMT	Cris Donnan	02.05.12	
	150	150	336	OMT	Leendert Van Der Bijl	02.05.14	
	151	151	113	OMT	Marlu Lennox	02.06.22	
	152	152	150	OMT	Stuart Paterson	02.07.39	
	153	153	85	OMT	Jacques Hanekom	02.09.09	
	154	154	302	OMT	Athol Montandon	02.11.54	
	155	155	304	OMT	Travis Wade	02.16.57	
	156	156	303	OMT	John Visser	02.22.21	
	157	157	216	OMT	Brian Slater	02.27.47	

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
	158	158	291	OMT	Stephen Stoll	02.29.10	
Category	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
Triathlon Vet Women	1	1	357	VWT	Linda Els	01.26.50	
	2	2	197	VWT	Elma Van Noordwyk	01.27.52	
	3	3	268	VWT	Pauline Leith	01.28.24	
	4	4	230	VWT	Amanda Kuhn	01.30.01	
	5	5	254	VWT	Marbie Bergh	01.30.18	
	6	6	205	VWT	Terry Wampach	01.31.10	
	7	7	300	VWT	Lisa Leathes	01.35.07	
	8	8	273	VWT	Natalie Bird	01.37.16	
	9	9	346	VWT	Celia Pienaar	01.38.10	
	10	10	74	VWT	Esme Gatzanis	01.39.45	Randburg Harriers
	11	11	267	VWT	Celeste Sirinx	01.41.09	
	12	12	63	VWT	Aretha Eksteen	01.46.02	West Coast Athletic Club
	13	13	53	VWT	Maureen Dennehy	01.53.44	ATC Running
	14	14	185	VWT	Ronel Steyn	01.55.25	
	15	15	347	VWT	Diana De Klerk	02.07.26	
	16	16	1	VWT	Liza Adlem	02.08.28	
	17	17	224	VWT	Janeen Alford	02.16.23	
Category	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
Triathlon Vet Men	1	1	264	VMT	Stefan Bohlke	01.15.14	
	2	2	279	VMT	Guy Lanfear	01.15.17	
	3	3	299	VMT	Mark Weedall	01.16.25	
	4	4	155	VMT	Adrian Renaud	01.17.47	
	5	5	371	VMT	Enristo Du Plessis	01.18.16	
	6	6	183	VMT	Bennie Steyn	01.22.10	
	7	7	114	VMT	Andrew Lewis	01.22.26	Helderberg Harriers Atletiekklub
	8	8	233	VMT	Wane Rossouw	01.23.38	
	9	9	126	VMT	Rob Meintjes	01.27.31	
	10	10	257	VMT	Deon Van Zyl	01.27.33	
	11	11	214	VMT	Henry Wolstenholme	01.27.49	
	12	12	184	VMT	Douw Steyn	01.27.55	New Balance Multisport Club
	13	13	24	VMT	Willem Boshoff	01.29.15	West Coast Athletic Club
	14	14	210	VMT	Gert Wilkins	01.31.36	
	15	15	296	VMT	Colin Andrew	01.35.00	
	16	16	147	VMT	Derek Oehley	01.35.37	Harfield Harriers Athletic Club
	17	17	130	VMT	Marius Mouton	01.36.05	New Balance Multisport Club
	18	18	81	VMT	Leon Groeneveld	01.37.14	
	19	19	61	VMT	Colin Dutkiewicz	01.37.31	
	20	20	275	VMT	Christo Snyman	01.38.03	
	21	21	181	VMT	Rodney Stein	01.38.53	
	22	22	136	VMT	Pieter Nel	01.38.59	
	23	23	42	VMT	Trevor Davenport	01.39.00	
	24	24	131	VMT	Anton Muhl	01.40.18	
	25	25	196	VMT	Pieter Van Eeden	01.41.55	
	26	26	265	VMT	Simon Kneel	01.42.17	
	27	27	215	VMT	Adriaan Zeeman	01.42.31	
	28	28	151	VMT	Stanley Porter	01.43.05	
	29	29	169	VMT	Andrew Selby	01.43.20	ATc Multisport
	30	30	134	VMT	Rolf Muller	01.44.42	
	31	31	274	VMT	Bernard Jonker	01.45.33	
	32	32	71	VMT	Tammy Foyn	01.46.44	Varsity Old Boys' Running Club

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
	33	33	338	VMT	Roland Paterson-Jones	01.48.01	
	34	34	106	VMT	Johan Krige	01.52.27	
	35	35	127	VMT	Deryk Melle	01.55.38	
	36	36	148	VMT	Gian Palermo	01.55.40	
	37	37	221	VMT	Adrian Fouche	01.56.55	
	38	38	135	VMT	Valentine Nefdt	01.58.49	
	39	39	14	VMT	Glenn Bee	02.01.16	
	40	40	229	VMT	Stan Evans	02.03.44	
	41	41	227	VMT	Motti Lewis	02.06.41	
	42	42	36	VMT	Michael Claxton	02.13.20	
Category	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
Triathlon Men Teams	1	1	425	MTT	Tadpoles	01.14.51	Brebdan Cook - Sebastian Lump - Craig Burns
	2	2	421	MTT	Team Embark	01.16.00	Grant Fillmore - Japie Bingle
	3	3	417	MTT	Mutter	01.17.23	Wayne Langridge - Winston Langridge - Andrew Langridge
	4	4	441	MTT	Super Kings	01.20.34	Cameron Stephans - Daniel Stephans - Teodor Lliev
	5	5	416	MTT	Dermeister	01.20.55	Allister Langridge - Hendrik Winterbach - Pieter van Zyl
	6	6	407	MTT	Johann-Marcel-Callie	01.25.26	Johann Bindemann - Marcel Viljoen - Callie Mellet
	7	7	401	MTT	Gert And Come	01.28.51	Gert Kruger - Come van der Westhuizen
	8	8	405	MTT	The Animals	01.30.06	Nick McGee - Andrew Mackie - Ryan Faull
	9	9	438	MTT	Kaas En Wyn Span	01.31.36	Ryno Jurgens - Werner Schnidt - Eldon v d Merwe
	10	10	440	MTT	A A A	01.32.42	Luke Wightman - Stuart Reid - Howard Boetcher
	11	11	428	MTT	We Be Drinking	01.34.37	Chris James - Garrick Jones - Michael Kruger
	12	12	430	MTT	Shamayzax	01.35.59	Vincent Murphy - Zack Leathes - Max Leathes
	13	13	413	MTT	Kwasimodomassiff	01.36.49	Michael Reid - Michael Haas - Michael Webb
	14	14	436	MTT	3-Tonners	01.43.00	Craig Barrows - Nicky Barrows - Bary Barrows
	15	15	427	MTT	Teammelle	01.43.22	James Melle - Luan Greeff - Tiaan Greeff
	16	16	439	MTT	Delayed	01.45.27	Paul Boshoff - Jacques v d Smit - Retief Viljoen
	17	17	434	MTT	Team Raids	01.50.07	Jessi Leigh - Liam Dickens - David Fransch
	18	18	415	MTT	Mam Team	01.59.59	Alan Haupt - Michael Alford - Michael Dawson
Category	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
Triathlon Women Teams	1	1	423	WTT	Royal Waves	01.30.25	Nicole Broad - Sarah Hotchkiss - Taum Monnery
	2	2	410	WTT	The Clare Bears	01.37.52	Lynne Manson-Kullin - Roxy van Eyk - Clare Holing
	3	3	424	WTT	Team Spice	01.41.20	Bianca Walker - Monique Crause - Moncherie Nieuwoudt
	4	4	419	WTT	Las	01.46.28	Anthea Withington - Serena Haupt - Lucia Murray
	5	5	403	WTT	Lauren And Tome	01.58.20	Lauren Swiegers - Tome
Category	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
Triathlon Mixed Teams	1	1	433	XTT	Atc Multi-Sports	01.02.27	Louis Knipee - Guinivere Rogers - Riaan Wildskut
	2	2	431	XTT	Jessica - Warren - Daule	01.17.43	Jessica Ashley Cooper - Warren Willars - Daule Willard
	3	3	432	XTT	Walking Wounded	01.25.50	Craig Cunningham - Angela Gillespie
	4	4	414	XTT	Babaganoush	01.26.27	Matthew Haas - Lauren Wood - Joshua Chigome
	5	5	435	XTT	Team Macmar	01.27.23	Grant Mackenzie - Gary Blakey - Laura barrett
	6	6	412	XTT	Bergh Team	01.29.13	Martin Bergh - Yola Bergh - Amelia Bergh
	7	7	426	XTT	The Cougars	01.32.46	William Hillock - Blair v d Watt - Kelly Haubrich
	8	8	422	XTT	Geoff - Prem - Jana	01.34.19	Geoff Elliott - Prem Trojan - Jana Trojan
	9	9	402	XTT	Skilpads	01.35.23	Jacques Maree - Bobbie Maree - Jemma Robb
	10	10	409	XTT	Kca	01.36.29	Andrew Winter - Caryn Green - Kirsty Jackson
	11	11	411	XTT	Bergh & Petterson	01.37.12	Ross Bergh - Claire Petterson -
	12	12	420	XTT	Pretty In Pink	01.42.17	Storm wiggett - Danie Maritz - Tracy-lee Retief
	13	13	418	XTT	Kd'S	01.44.06	Donna Murray - Jarryd Sage - Kevin Young
	14	14	429	XTT	Horse Chestnut	01.45.43	Mechele Cawcutt - Steven Griffith - Keith Ingold
	15	15	406	XTT	Ttb	01.49.24	Toni Enderli - Theo Heyns - Bridget Enderli
	16	16	408	XTT	Dave-Claire-Garth	01.49.25	Dave Nel - Claire Moorhouse - Garth Psaradelis

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Club - Sponsor - Team Members
	17	17	404	XTT	Fizzios	02.00.06	Fiona Hoareau - Duncan van Niekerk - Chloe Hoareau
	18	18	437	XTT	Monos	02.08.31	Jacqui Pawson - Hayley Bresler - Robyn Fergusson