



Mountain Bike

27-Oct-18

Group or Category	Pos in		Athlete Details				Split Times			Final Results		
	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Overall Men	1	1	160	SM	David	Sher	00.11.24	00.32.35	00.21.00	01.04.59	3	
	2	1	24	JM	Ryan	Ball	00.13.02	00.31.01	00.21.08	01.05.11	3	
	3	2	104	SM	Jono	Jones	00.13.04	00.29.27	00.22.43	01.05.14	3	
	4	3	176	SM	Gary	Thomas	00.13.15	00.31.21	00.21.11	01.05.47	3	
	5	4	49	SM	Samuel	Courts	00.12.05	00.33.49	00.19.56	01.05.50	3	
	6	1	64	SV	David	Durham	00.11.28	00.32.02	00.24.02	01.07.32	3	
	7	5	191	SM	Mike	Van Niekerk	00.13.31	00.32.22	00.22.06	01.07.59	3	
	8	2	198	SV	Vernon	Visser	00.12.46	00.31.09	00.24.48	01.08.43	3	
	9	1	103	VM	Damian	Jones	00.14.04	00.33.51	00.23.46	01.11.41	3	
	10	6	21	SM	Richard	Armstrong	00.14.24	00.34.59	00.23.00	01.12.23	3	
	11	7	207	SM	Andrew	Goodhead	00.14.38	00.33.11	00.25.59	01.13.48	3	
	12	3	167	SV	Troy	Squires	00.13.06	00.33.44	00.27.12	01.14.02	3	
	13	8	206	SM	Christian	Faure	00.12.48	00.35.38	00.26.00	01.14.26	3	
	14	4	130	SV	Paul	Marais	00.15.33	00.34.01	00.25.44	01.15.18	3	
	15	1	99	YM	Janke	Janse Van Vuuren	00.13.07	00.34.43	00.28.04	01.15.54	3	
	16	9	100	SM	Keith	Jansen	00.12.30	00.35.37	00.27.47	01.15.54	3	
	17	10	44	SM	Willem	Burger	00.16.58	00.33.56	00.25.13	01.16.07	3	
	18	2	54	VM	Kurt	De Beer	00.17.33	00.31.06	00.28.37	01.17.16	3	
	19	3	27	VM	Peter	Baumeister	00.17.58	00.36.47	00.24.39	01.19.24	3	
	20	1	66	MM	Schalk	Engelbrecht	00.16.27	00.35.37	00.27.45	01.19.49	3	
	21	2	192	JM	Ruard	Van Renen	00.11.18	00.44.02	00.24.44	01.20.04	3	
	22	4	20	VM	Schalk	Albertyn	00.18.07	00.35.43	00.26.31	01.20.21	3	
	23	11	110	SM	Nicolaas	Keyser	00.15.52	00.36.20	00.29.11	01.21.23	3	
	24	5	35	VM	Christo	Bisschoff	00.17.38	00.36.26	00.28.06	01.22.10	3	
	25	6	63	VM	Daan	Du Toit	00.16.31	00.37.20	00.28.43	01.22.34	3	
	26	2	23	MM	Trevor	Ball	00.16.55	00.35.18	00.31.00	01.23.13	3	
	27	7	163	VM	Austin	Smith	00.17.56	00.36.37	00.28.49	01.23.22	3	
	28	8	145	VM	Campbell	Parry	00.18.26	00.38.53	00.27.38	01.24.57	3	
	29	12	119	SM	Jordan	Lamoral	00.17.25	00.37.53	00.29.58	01.25.16	3	
	30	13	181	SM	Pieter	Uys	00.20.19	00.35.52	00.29.07	01.25.18	3	
	31	9	170	VM	Nick	Stevenson	00.18.03	00.37.51	00.29.34	01.25.28	3	
	32	5	59	SV	Philip	Du Plessis	00.17.00	00.36.58	00.31.46	01.25.44	3	
	33	3	76	MM	Gavin	Goldblatt	00.16.51	00.37.05	00.32.13	01.26.09	3	
	34	6	102	SV	Wayne	Jones	00.18.29	00.38.14	00.29.28	01.26.11	3	
	35	10	155	VM	Daniel	Rossouw	00.15.08	00.44.19	00.26.55	01.26.22	3	
	36	14	91	SM	Simon	Hobbs	00.16.34	00.42.50	00.27.02	01.26.26	3	
	37	7	134	SV	Alex	Molde	00.15.22	00.37.49	00.34.12	01.27.23	3	
	38	4	77	MM	Grant	Goodwin	00.23.56	00.36.41	00.27.12	01.27.49	3	
	39	5	48	MM	Johan	Cilliers	00.22.30	00.36.24	00.29.17	01.28.11	3	
	40	6	25	MM	Andrew	Barends	00.19.15	00.39.05	00.30.07	01.28.27	3	
	41	8	31	SV	Marco	Becker	00.20.18	00.37.21	00.31.00	01.28.39	3	
	42	7	81	MM	Graeme	Green	00.18.00	00.37.32	00.33.16	01.28.48	3	
	43	9	38	SV	Daniël	Botha	00.23.28	00.39.33	00.27.11	01.30.12	3	
	44	15	173	SM	Hannes	Strydom	00.15.05	00.41.01	00.35.39	01.31.45	3	
	45	16	168	SM	Neil	Stapelberg	00.21.49	00.39.03	00.31.18	01.32.10	3	
	46	11	156	VM	Mornay	Roux	00.20.04	00.39.14	00.33.10	01.32.28	3	
	47	12	199	VM	Shaun	Wait	00.20.07	00.39.12	00.33.09	01.32.28	3	
	48	10	60	SV	Christof	Du Plessis	00.21.37	00.41.54	00.29.20	01.32.51	3	
	49	11	193	SV	Hentie	Van Vuuren	00.20.53	00.39.36	00.32.24	01.32.53	3	
	50	8	83	MM	Leon	Groeneveld	00.19.45	00.40.56	00.32.14	01.32.55	3	
	51	17	115	SM	Gert	Kotze	00.21.46	00.39.55	00.32.34	01.34.15	3	
	52	18	121	SM	Stephan	Lategan	00.17.35	00.43.59	00.32.50	01.34.24	3	
	53	13	73	VM	Rob	Gerdzen	00.19.36	00.37.02	00.37.50	01.34.28	3	
	54	12	136	SV	Shane	Muller	00.20.34	00.46.46	00.27.19	01.34.39	3	
	55	14	32	VM	Dorian	Benson	00.20.23	00.39.18	00.35.03	01.34.44	3	



SLANGHOEK

TRIATHLON

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	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Overall Men	56	15	146	VM	Mark	Paterson	00.16.17	00.42.57	00.35.38	01.34.52	3	
	57	13	80	SV	Lucas	Grant	00.21.34	00.45.38	00.27.54	01.35.06	3	
	58	3	52	JM	Dylan	Cuninghame	00.18.32	00.42.40	00.34.09	01.35.21	3	
	59	14	141	SV	Gideon	Nieuwoudt	00.22.40	00.44.44	00.28.18	01.35.42	3	
	60	15	184	SV	Danie	Van Der Merwe	00.20.09	00.47.24	00.29.10	01.36.43	3	
	61	16	144	SV	Tiaan	Oosthuizen	00.24.18	00.40.11	00.32.34	01.37.03	3	
	62	17	61	SV	J P	Du Toit	00.24.16	00.40.02	00.32.45	01.37.03	3	
	63	16	46	VM	Anton	Cartwright	00.21.26	00.47.52	00.27.54	01.37.12	3	
	64	19	172	SM	Dirk	Stoffberg	00.18.55	00.44.09	00.34.41	01.37.45	3	
	65	20	138	SM	Petrus	Nel	00.14.59	00.50.04	00.32.54	01.37.57	3	
	66	17	158	VM	Ralph	Schminke	00.25.00	00.37.02	00.36.50	01.38.52	3	
	67	18	209	SV	Casper	Steenkamp	00.20.37	00.39.15	00.39.15	01.39.07	3	
	68	19	36	SV	Nico	Blignaut	00.19.28	00.44.28	00.35.43	01.39.39	3	
	69	18	53	VM	Alun	Darwood	00.21.21	00.44.42	00.33.46	01.39.49	3	
	70	19	139	VM	Roche	Nicholson	00.18.38	00.42.20	00.39.20	01.40.18	3	
	71	20	40	SV	Joshua	Brown	00.21.36	00.45.38	00.33.13	01.40.27	3	
	72	21	165	SV	Damian	Smith	00.21.56	00.40.37	00.39.12	01.41.45	3	
	73	20	189	VM	Francois	Van Heerden	00.22.07	00.44.37	00.36.45	01.43.29	3	
	74	22	151	SV	Kent	Pluke	00.26.21	00.47.11	00.31.30	01.45.02	3	
	75	21	129	VM	Jason	Marais	00.22.12	00.44.13	00.38.53	01.45.18	3	
	76	9	157	MM	Nico	Roux	00.23.11	00.43.38	00.38.48	01.45.37	3	
	77	22	159	VM	Marius	Scholtz	00.21.13	00.51.24	00.33.11	01.45.48	3	
	78	10	22	MM	Ian	Atmore	00.20.16	00.53.25	00.33.38	01.47.19	3	
	79	23	204	VM	Gavin	Wood	00.23.35	00.48.39	00.35.08	01.47.22	3	
	80	24	203	VM	John	Wood	00.23.32	00.48.40	00.35.10	01.47.22	3	
	81	23	122	SV	Thom	Le Roux	00.29.42	00.44.52	00.33.54	01.48.28	3	
	82	24	47	SV	Michael	Champanis	00.21.31	00.52.03	00.36.42	01.50.16	3	
	83	11	154	MM	Peter	Roos	00.20.50	00.45.09	00.45.09	01.51.08	3	
	84	1	90	GM	Allan	Hobbs	00.20.36	00.51.39	00.39.17	01.51.32	3	
	85	25	188	VM	Uys	Van Heerden	00.22.37	00.56.12	00.33.21	01.52.10	3	
	86	25	118	SV	Timothy	Lambrechts	00.29.00	00.52.19	00.35.31	01.56.50	3	
	87	26	42	SV	Grant	Brown	00.23.53	00.52.08	00.43.40	01.59.41	3	
	88	27	120	SV	Dewald	Landman	00.25.17	00.56.16	00.40.36	02.02.09	3	
	89	28	178	SV	Jeane	Treurnicht	00.27.55	00.55.29	00.40.34	02.03.58	3	
90	26	70	VM	Wesley	Falconer	00.22.04	00.54.16	00.53.29	02.09.49	3		
91	27	95	VM	Alan	Hughes	00.26.23	00.59.43	00.50.01	02.16.07	3		
92	28	75	VM	Grant	Godsell	00.26.28	01.03.52	00.45.52	02.16.12	3		
93	12	177	MM	Charles	Treurnicht	00.27.28	01.10.24	00.46.18	02.24.10	3		
94	29	28	SV	Righard	Bean	00.31.57	01.00.12	00.54.06	02.26.15	3		
95	29	201	VM	Paula	Wilson	00.51.01	00.55.10	00.40.35	02.26.46	3		
96	30	197	SV	Werner	Viljoen	00.30.24	01.15.14	00.47.10	02.32.48	3		
--	--	149	SV	Chris-Jan	Pelser	00.26.34	00.58.04	02.45.07	04.09.45	3	DNF	
--	--	137	SV	Coenraad	Myburgh	00.30.51	01.06.37	02.32.17	04.09.45	3	DNF	
--	--	34	VM	Paul	Benson						DNF	
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Overall Women	1	1	82	SW	Georgia	Grobler	00.13.12	00.35.16	00.22.46	01.11.14	3	
	2	2	183	SW	Vicky	Van Der Merwe	00.12.22	00.36.34	00.24.54	01.13.50	3	
	3	1	29	JW	Michaela	Beaton	00.13.09	00.35.22	00.26.03	01.14.34	3	
	4	3	56	SW	Louisa	De Jongh	00.11.40	00.38.48	00.27.50	01.18.18	3	
	5	4	94	SW	Lisa	Horn	00.13.14	00.38.50	00.28.38	01.20.42	3	
	6	5	37	SW	Robin	Bolten	00.14.01	00.39.05	00.29.04	01.22.10	3	
	7	1	87	VW	Marie	Heatlie	00.20.08	00.35.41	00.27.56	01.23.45	3	
	8	1	92	MW	Lizl	Hobson	00.17.29	00.39.11	00.30.20	01.27.00	3	
	9	1	190	SX	Renscha	Van Heerden	00.17.45	00.42.14	00.27.28	01.27.27	3	
	10	6	72	SW	Leandri	Ganda	00.16.08	00.43.49	00.29.27	01.29.24	3	

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	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status	
Overall Women	11	7	113	SW	Anchen	Kok	00.14.15	00.43.58	00.32.24	01.30.37	3		
	12	2	140	SX	Adele	Niemand	00.18.12	00.43.26	00.29.10	01.30.48	3		
	13	8	169	SW	Isme	Steenkamp	00.14.34	00.46.12	00.30.52	01.31.38	3		
	14	9	148	SW	Lara	Paul	00.13.38	00.46.25	00.32.59	01.33.02	3		
	15	10	101	SW	Rachel	Johnstone	00.17.55	00.46.32	00.30.54	01.35.21	3		
	16	3	174	SX	Anre	Swart	00.19.28	00.42.06	00.39.12	01.40.46	3		
	17	2	93	MW	Jenni	Horn	00.23.20	00.45.41	00.34.11	01.43.12	3		
	18	4	147	SX	Jacquelyn	Paterson	00.19.04	00.48.39	00.36.16	01.43.59	3		
	19	5	166	SX	Micaela	Squires	00.20.32	00.46.30	00.37.45	01.44.47	3		
	20	2	114	VW	Etna	Kotze	00.18.48	00.51.48	00.34.19	01.44.55	3		
	21	11	69	SW	Lizl	Everts	00.15.52	00.58.13	00.32.52	01.46.57	3		
	22	6	200	SX	Twané	Wessels	00.24.28	00.54.28	00.29.47	01.48.43	3		
	23	7	106	SX	Danette	Jones	00.26.03	00.46.57	00.35.56	01.48.56	3		
	24	3	43	VW	Annarie	Bruwer	00.23.52	00.50.45	00.35.53	01.50.30	3		
	25	3	89	MW	Brenda	Hobbs	00.18.44	00.53.56	00.39.05	01.51.45	3		
	26	4	109	VW	Liesl	Keuler	00.20.57	00.48.32	00.42.48	01.52.17	3		
	27	12	161	SW	Helene	Slabbert	00.22.32	01.00.28	00.30.18	01.53.18	3		
	28	8	164	SX	Desiree	Smith	00.20.02	00.52.04	00.41.22	01.53.28	3		
	29	5	96	VW	Kim	Hunter	00.18.36	01.01.02	00.34.00	01.53.38	3		
	30	6	205	VW	Dirkie	Kaufmann	00.21.17	00.54.46	00.37.47	01.53.50	3		
	31	7	133	VW	Shelley	Mckeaveney	00.21.41	00.57.01	00.35.12	01.53.54	3		
	32	8	88	VW	Blyda	Hefer	00.17.38	00.55.47	00.40.50	01.54.15	3		
	33	13	86	SW	Casey	Harrison	00.20.06	00.56.31	00.38.23	01.55.00	3		
	34	9	187	SX	Genevieve	Van Gysen	00.20.10	00.56.30	00.38.39	01.55.19	3		
	35	9	51	VW	Heather	Cresswell	00.21.02	00.55.03	00.40.42	01.56.47	3		
	36	10	153	SX	Jimi	Reinecke	00.21.39	00.56.56	00.39.25	01.58.00	3		
	37	11	30	SX	Leigh-An	Becker	00.21.00	01.00.52	00.36.56	01.58.48	3		
	38	12	125	SX	Alexandra	Loudon	00.19.10	01.03.47	00.36.17	01.59.14	3		
	39	10	111	VW	Danette	Klerk	00.23.01	00.49.29	00.48.44	02.01.14	3		
	40	13	128	SX	Angela	Mamacos	00.26.32	00.53.10	00.46.37	02.06.19	3		
	41	14	127	SX	Kirstie	Mackay	00.20.05	00.58.55	00.47.20	02.06.20	3		
	42	15	131	SX	Bronwyn	Maree	00.17.52	01.05.13	00.43.50	02.06.55	3		
	43	11	97	VW	Johanita	Husselmann	00.23.48	00.56.19	00.49.23	02.09.30	3		
	44	12	143	VW	Danelle	Olivier	00.27.12	01.02.03	00.40.16	02.09.31	3		
	45	13	62	VW	Elzeth	Du Toit	00.26.08	01.05.20	00.42.18	02.13.46	3		
	46	16	79	SX	Kim	Grant	00.18.28	01.17.43	00.38.19	02.14.30	3		
	47	14	142	SW	Deborah	O'Hanlon	00.18.25	01.17.51	00.38.15	02.14.31	3		
	48	15	117	SW	Catherine	Lacey	00.24.42	01.10.37	00.41.53	02.17.12	3		
	49	16	107	SW	Ashleigh	Kent	00.24.41	01.10.40	00.41.51	02.17.12	3		
	50	17	55	SX	Janet	De Beer	00.27.15	01.08.07	00.46.48	02.22.10	3		
	51	14	123	VW	Dawn	Lottering	00.27.14	01.08.09	00.46.48	02.22.11	3		
	52	15	194	VW	Melanie	Van Wyk	00.18.22	01.11.39	00.55.04	02.25.05	3		
	53	16	33	VW	Caroline	Benson	00.27.17	01.16.10	00.51.56	02.35.23	3		
	54	17	74	VW	Carine	Gerdzen	00.28.51	01.14.35	00.56.19	02.39.45	3		
	--	--	41	GW	Jann	Brown	00.19.25	00.44.59	02.35.21	03.39.45	3	DNF	
	Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
	Junior Men	1	1	24	JM	Ryan	Ball	00.13.02	00.31.01	00.21.08	01.05.11	3	
		2	1	99	YM	Janke	Janse Van Vuuren	00.13.07	00.34.43	00.28.04	01.15.54	3	
		3	2	192	JM	Ruard	Van Renen	00.11.18	00.44.02	00.24.44	01.20.04	3	
		4	3	52	JM	Dylan	Cuninghame	00.18.32	00.42.40	00.34.09	01.35.21	3	
	Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
	Junior Women	1	1	29	JW	Michaela	Beaton	00.13.09	00.35.22	00.26.03	01.14.34	3	
		--	--	78	JW	Amy	Goodwin						DNS



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Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Teams	1	1	500	OT	Dream Team	-	00.09.43	00.30.26	00.22.36	01.02.45	3	
	2	2	505	OT	Du Toits Kloof	-	00.16.04	00.33.39	00.24.46	01.14.29	3	
	3	3	504	OT	X-Terrors	-	00.12.56	00.36.07	00.30.12	01.19.15	3	
	4	4	501	OT	Slanghoek Bobl-		00.17.54	00.48.39	00.28.22	01.34.55	3	
	5	5	502	OT	Gu Social	-	00.13.16	00.41.26	00.43.09	01.37.51	3	
	6	6	503	OT	Two Men And A-		00.14.20	00.54.22	00.42.40	01.51.22	3	