

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
ALL Men Long	1	1	160	SML	Clinton Gravett	00:18.07	01:06.48	00:39.20	02:04.15	3	
	2	1	457	VML	Donovan Van Gelder	00:19.37	01:05.07	00:40.35	02:05.19	3	
	3	2	303	SML	Rinaldo Morgia	00:18.14	01:06.54	00:41.52	02:07.00	3	
	4	3	203	SML	Dean Hopf	00:20.14	01:07.10	00:40.58	02:08.22	3	
	5	4	493	SML	Dylan Pivo	00:18.08	01:09.21	00:44.21	02:11.50	3	
	6	5	460	SML	Antoine Van Heerden	00:20.16	01:14.52	00:36.59	02:12.07	3	
	7	6	198	SML	Matthew Holden	00:19.10	01:14.10	00:39.37	02:12.57	3	
	8	1	271	SVL	Jonty Low	00:19.01	01:13.08	00:41.43	02:13.52	3	
	9	7	314	SML	J D Neill	00:20.43	01:10.44	00:42.46	02:14.13	3	
	10	8	398	SML	Riaan Shaw	00:18.10	01:14.53	00:42.04	02:15.07	3	
	11	2	526	SVL	Niel Swanepoel	00:21.56	01:11.40	00:41.55	02:15.31	3	
	12	9	75	SML	Matthew Daneel	00:21.07	01:14.08	00:40.47	02:16.02	3	
	13	10	212	SML	Sean Hulley	00:27.08	01:08.30	00:42.22	02:18.00	3	
	14	3	69	SVL	Andrew Cronje	00:22.32	01:11.02	00:44.27	02:18.01	3	
	15	4	440	SVL	Nick Turner	00:19.44	01:11.05	00:47.26	02:18.15	3	
	16	2	523	VML	Richard De Villiers	00:19.57	01:14.42	00:45.50	02:20.29	3	
	17	11	464	SML	Wesley Van Niekerk	00:20.33	01:10.37	00:49.24	02:20.34	3	
	18	3	104	VML	Christo Du Plessis	00:25.52	01:10.54	00:43.52	02:20.38	3	
	19	12	216	SML	Tyron Ingle	00:19.34	01:10.47	00:50.36	02:20.57	3	
	20	13	131	SML	Philip Fouche	00:18.37	01:15.04	00:47.26	02:21.07	3	
	21	4	48	VML	Douglas Burger	00:22.51	01:12.43	00:45.47	02:21.21	3	
	22	5	262	SVL	Eugene Lindeque	00:22.48	01:13.04	00:46.01	02:21.53	3	
	23	6	234	SVL	Ryan Kemp	00:25.04	01:10.50	00:46.01	02:21.55	3	
	24	5	434	VML	Graham Toms	00:20.00	01:13.22	00:48.56	02:22.18	3	
	25	14	469	SML	Martin Van Rooyen	00:22.53	01:13.21	00:46.21	02:22.35	3	
	26	6	492	VML	Franna Vorster	00:23.24	01:15.22	00:43.56	02:22.42	3	
	27	15	164	SML	Bernard Griesel	00:24.08	01:15.31	00:43.06	02:22.45	3	
	28	7	217	VML	Paul Ingpen	00:20.57	01:13.34	00:48.17	02:22.48	3	
	29	8	518	VML	Henry Wolstenholme	00:27.57	01:14.07	00:41.26	02:23.30	3	
	30	9	81	VML	Robbie De Fleuriot	00:23.41	01:16.35	00:43.19	02:23.35	3	
	31	7	297	SVL	Kobus Meyer	00:25.00	01:17.25	00:41.18	02:23.43	3	
	32	8	233	SVL	Morne Kemp	00:24.36	01:14.32	00:46.05	02:25.13	3	
	33	16	308	SML	Duane Muller	00:22.05	01:14.29	00:49.57	02:26.31	3	
	34	9	422	SVL	Marco Stichini	00:25.18	01:14.17	00:47.26	02:27.01	3	
	35	10	505	VML	Manfred Wiehahn	00:25.47	01:14.19	00:47.05	02:27.11	3	
	36	17	367	SML	Ross Rivalland	00:21.01	01:20.09	00:46.06	02:27.16	3	
	37	11	290	VML	Duncan Mayne	00:21.10	01:16.38	00:49.43	02:27.31	3	
	38	12	66	VML	Pierre Conradie	00:26.09	01:13.18	00:48.10	02:27.37	3	
	39	13	225	VML	Damian Jones	00:22.18	01:18.12	00:47.21	02:27.51	3	
	40	18	178	SML	Mitch Heinen	00:23.04	01:17.25	00:47.26	02:27.55	3	
	41	10	12	SVL	Steve Attwell	00:22.41	01:18.06	00:47.33	02:28.20	3	
	42	11	368	SVL	Mark Roberts	00:25.22	01:15.02	00:49.22	02:29.46	3	
	43	19	184	SML	Ruan Hessel	00:21.56	01:21.57	00:46.06	02:29.59	3	
	44	14	519	VML	Mark Wright	00:21.01	01:18.10	00:51.03	02:30.14	3	
	45	15	354	VML	Mark Quinlan	00:22.46	01:16.23	00:51.40	02:30.49	3	
	46	12	202	SVL	Marius Hoon	00:26.31	01:18.15	00:46.52	02:31.38	3	
	47	13	57	SVL	Richard Clark	00:26.01	01:16.41	00:48.57	02:31.39	3	
	48	20	482	SML	Emce Van Zyl	00:25.12	01:13.27	00:53.33	02:32.12	3	
	49	14	359	SVL	Trevor Ransome	00:28.51	01:17.39	00:46.54	02:33.24	3	
	50	15	120	SVL	Marc Erasmus	00:23.51	01:18.28	00:51.21	02:33.40	3	
	51	16	326	SVL	Rudi Oosthuizen	00:23.52	01:25.21	00:44.40	02:33.53	3	
	52	16	374	VML	Wane Rossouw	00:21.16	01:19.10	00:53.28	02:33.54	3	
	53	17	82	VML	Phillip De Jager	00:26.55	01:17.58	00:49.39	02:34.32	3	
	54	18	199	VML	Peter Hollick	00:26.28	01:18.19	00:49.57	02:34.44	3	
	55	21	355	SML	Mark Raa	00:26.03	01:18.11	00:50.36	02:34.50	3	
	56	17	448	SVL	J P Van Der Merwe	00:24.45	01:22.48	00:47.41	02:35.14	3	
	57	18	508	SVL	Justin Willard	00:25.57	01:16.57	00:52.39	02:35.33	3	
	58	19	362	SVL	Michael Redington	00:22.36	01:26.42	00:46.24	02:35.42	3	
	59	19	386	VML	Darrel Sanders	00:25.16	01:17.26	00:53.53	02:36.35	3	

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	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	60	20	209	VML	Markus Huber	00:23.02	01:16.22	00:57.21	02:36.45	3	
	61	20	238	SVL	Matt Knight	00:29.30	01:20.44	00:46.42	02:36.56	3	
	62	21	283	SVL	Gerhard Maree	00:27.53	01:21.27	00:48.21	02:37.41	3	
	63	21	445	VML	Cobus Van Den Berg	00:27.42	01:19.23	00:50.43	02:37.48	3	
	64	22	447	SVL	Ed Van Der Heever	00:25.51	01:17.27	00:54.39	02:37.57	3	
	65	23	49	SVL	Benoit Capostagno	00:29.38	01:17.34	00:50.47	02:37.59	3	
	66	24	331	SVL	Bradley Parker	00:25.24	01:20.57	00:51.41	02:38.02	3	
	67	25	427	SVL	Sean Tait	00:28.03	01:18.56	00:51.06	02:38.05	3	
	68	22	446	VML	Rudolf Van Den Berg	00:26.52	01:20.14	00:50.59	02:38.05	3	
	69	23	3	VML	Riad Ahmed	00:26.16	01:19.58	00:52.29	02:38.43	3	
	70	24	144	VML	Greg Fury	00:23.57	01:21.42	00:53.07	02:38.46	3	
	71	25	149	VML	John Gilchrist	00:24.52	01:21.20	00:52.38	02:38.50	3	
	72	26	490	VML	Chris Viljoen	00:29.14	01:18.11	00:51.30	02:38.55	3	
	73	27	168	VML	Malcolm Hall	00:27.20	01:24.58	00:46.49	02:39.07	3	
	74	26	465	SVL	Camm Van Rensburg	00:25.45	01:19.16	00:54.28	02:39.29	3	
	75	28	501	VML	Stephan Weyers	00:26.57	01:21.58	00:50.49	02:39.44	3	
	76	27	188	SVL	Andy Higginbotham	00:26.28	01:16.22	00:56.54	02:39.44	3	
	77	28	453	SVL	Shane Van Der Westhuizen	00:26.12	01:21.45	00:51.49	02:39.46	3	
	78	29	170	SVL	Gerhard Hanekom	00:27.50	01:19.44	00:52.32	02:40.06	3	
	79	30	300	SVL	Albertyn De Wet	00:26.03	01:25.03	00:49.03	02:40.09	3	
	80	29	23	VML	Derrick Batty	00:26.24	01:19.53	00:54.08	02:40.25	3	
	81	31	29	SVL	Phil Benoit	00:26.00	01:20.50	00:53.38	02:40.28	3	
	82	30	110	VML	Paul Duncan	00:25.41	01:21.40	00:53.18	02:40.39	3	
	83	22	341	SML	Dirk Pieters	00:27.28	01:19.11	00:54.05	02:40.44	3	
	84	31	428	VML	Harry Tayler	00:29.47	01:21.58	00:49.13	02:40.58	3	
	85	32	489	VML	Piet Viljoen	00:33.28	01:16.53	00:51.00	02:41.21	3	
	86	33	26	VML	Gavin Bell	00:29.09	01:20.25	00:51.51	02:41.25	3	
	87	34	397	VML	Anthony Shaw	00:25.19	01:20.27	00:55.43	02:41.29	3	
	88	32	410	SVL	Terry Southam	00:22.46	01:25.58	00:53.05	02:41.49	3	
	89	33	411	SVL	Tim Spencer	00:29.12	01:18.41	00:54.03	02:41.56	3	
	90	34	249	SVL	Dennis Lamminga	00:35.07	01:15.29	00:51.26	02:42.02	3	
	91	35	425	SVL	Carl Swart	00:27.02	01:23.10	00:52.00	02:42.12	3	
	92	36	409	SVL	Robin Somogyvari	00:22.59	01:18.30	01:00.49	02:42.18	3	
	93	37	352	SVL	Gareth Price	00:27.58	01:23.06	00:51.23	02:42.27	3	
	94	35	19	VML	Andrew Barends	00:27.48	01:18.27	00:56.21	02:42.36	3	
	95	36	317	VML	Jan Niechoj	00:25.38	01:25.59	00:51.04	02:42.41	3	
	96	37	51	VML	Dave Chapman	00:21.33	01:23.26	00:57.45	02:42.44	3	
	97	38	266	VML	Matthys Lourens	00:26.03	01:18.59	00:58.02	02:43.04	3	
	98	39	309	VML	Rolf Muller	00:26.41	01:22.21	00:54.06	02:43.08	3	
	99	38	38	SVL	Mike Bond	00:24.06	01:20.07	00:58.59	02:43.12	3	
	100	40	305	VML	Pierre Mostert	00:27.22	01:28.16	00:47.48	02:43.26	3	
	101	39	456	SVL	Stephanus Van Der Westhuyzen	00:29.01	01:26.04	00:48.21	02:43.26	3	
	102	41	103	VML	Adrian Du Plessis	00:27.44	01:17.45	00:58.13	02:43.42	3	
	103	40	196	SVL	Darrin Hofmeyr	00:24.15	01:22.04	00:57.33	02:43.52	3	
	104	42	520	VML	Reinier Pieterse	00:25.22	01:25.01	00:53.44	02:44.07	3	
	105	41	442	SVL	Neil Vallance	00:25.05	01:20.29	00:58.36	02:44.10	3	
	106	43	466	VML	Mark Van Rensburg	00:27.34	01:25.46	00:50.51	02:44.11	3	
	107	42	384	SVL	Robin Samuel	00:29.40	01:19.52	00:54.46	02:44.18	3	
	108	43	213	SVL	Duane Hulley	00:28.34	01:21.36	00:55.20	02:45.30	3	
	109	23		SML	Charles Abernethy	00:23.52	01:29.11	00:52.28	02:45.31	3	
	110	24	32	SML	Brad Bieske	00:23.01	01:28.36	00:54.25	02:46.02	3	
	111	44	560	VML	Alan Bird	00:28.00	01:25.18	00:52.46	02:46.04	3	
	112	44	265	SVL	Juan Loubser	00:26.57	01:26.51	00:52.31	02:46.19	3	
	113	45	497	SVL	Thomas Webb	00:24.08	01:32.11	00:50.16	02:46.35	3	
	114	46	40	SVL	Morne Botha	00:25.02	01:20.13	01:01.27	02:46.42	3	
	115	47	333	SVL	Antonio Patricio	00:28.29	01:25.38	00:52.53	02:47.00	3	
	116	45	256	VML	Philip Le Roux	00:23.49	01:25.10	00:58.05	02:47.04	3	
	117	48	381	SVL	Shane Samaai	00:30.29	01:23.15	00:53.30	02:47.14	3	
	118	46	361	VML	Ron Raviv	00:28.12	01:28.48	00:50.16	02:47.16	3	

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	119	25	140	SML	Jonathan Frick	00.26.24	01.25.28	00.55.24	02.47.16	3	
	120	49	289	SVL	Luca Massaro	00.26.52	01.27.24	00.53.02	02.47.18	3	
	121	50	320	SVL	Michael North	00.26.24	01.27.55	00.53.01	02.47.20	3	
	122	51	373	SVL	Pierre Rossouw	00.25.29	01.27.34	00.54.32	02.47.35	3	
	123	52	338	SVL	Roland Perold	00.29.46	01.23.21	00.54.46	02.47.53	3	
	124	53	512	SVL	Neil Wilson	00.25.54	01.26.26	00.55.39	02.47.59	3	
	125	54	281	SVL	Peter Marais	00.29.34	01.21.05	00.57.28	02.48.07	3	
	126	26	405	SML	Henri Smith	00.27.00	01.30.29	00.50.44	02.48.13	3	
	127	47	185	VML	Thinus Heunis	00.30.51	01.25.22	00.52.02	02.48.15	3	
	128	55	20	SVL	Crispin Barrett	00.25.09	01.19.14	01.03.58	02.48.21	3	
	129	48	366	VML	John Rice	00.23.55	01.27.07	00.57.21	02.48.23	3	
	130	56	430	SVL	Ryan Thomas	00.26.55	01.27.49	00.53.53	02.48.37	3	
	131	57	98	SVL	Dirk Dircksen	00.27.46	01.19.44	01.01.18	02.48.48	3	
	132	49	124	VML	Jim Faulds	00.32.33	01.45.32	00.31.22	02.49.27	3	
	133	58	9	SVL	Daniel Appel	00.24.19	01.22.55	01.02.39	02.49.53	3	
	134	50	146	VML	Allan Geddie	00.26.30	01.24.51	00.59.09	02.50.30	3	
	135	27	441	SML	Ryno Uys	00.26.07	01.27.27	00.57.16	02.50.50	3	
	136	59	312	SVL	Anton Neethling	00.28.17	01.28.07	00.54.36	02.51.00	3	
	137	60	424	SVL	Johann Strauss	00.26.10	01.23.20	01.02.20	02.51.50	3	
	138	61	319	SVL	Ian Norden	00.26.38	01.22.56	01.02.58	02.52.32	3	
	139	62	118	SVL	Reinhardt Ellis	00.30.18	01.13.17	01.09.04	02.52.39	3	
	140	63	122	SVL	Sarel Esterhuizen	00.31.24	01.25.30	00.55.49	02.52.43	3	
	141	51	293	VML	Rob Mcgaffin	00.31.18	01.26.33	00.55.11	02.53.02	3	
	142	64	115	SVL	Willie Egen	00.22.54	01.25.11	01.04.59	02.53.04	3	
	143	28	339	SML	Robert Philp	00.26.50	01.28.05	00.58.37	02.53.32	3	
	144	52	180	VML	Stuart Hender	00.28.38	01.26.56	00.57.59	02.53.33	3	
	145	29	406	SML	Willem Smith	00.26.22	01.32.02	00.55.17	02.53.41	3	
	146	65	295	SVL	Steve Mendes	00.30.53	01.32.48	00.50.21	02.54.02	3	
	147	66	230	SVL	Simon Katz	00.31.57	01.26.34	00.55.49	02.54.20	3	
	148	53	313	VML	Valentine Nefdt	00.26.26	01.29.17	00.58.52	02.54.35	3	
	149	67	218	SVL	Justin Isaacs	00.29.26	01.24.14	01.00.57	02.54.37	3	
	150	68	252	SVL	Chris Laubscher	00.26.42	01.31.32	00.56.28	02.54.42	3	
	151	69	514	SVL	Francois Wium	00.29.37	01.26.56	00.58.16	02.54.49	3	
	152	70	388	SVL	Costa Saridarkis	00.33.23	01.26.18	00.56.05	02.55.46	3	
	153	54	237	VML	Simon Kneel	00.26.12	01.30.18	00.59.29	02.55.59	3	
	154	71	408	SVL	Mark Sochen	00.28.13	01.23.02	01.05.02	02.56.17	3	
	155	72	329	SVL	Tom Osborne	00.25.26	01.26.08	01.04.48	02.56.22	3	
	156	73	400	SVL	Amir Shroufi	00.29.51	01.32.11	00.54.27	02.56.29	3	
	157	30	161	SML	Daniel Green	00.28.33	01.29.57	00.58.11	02.56.41	3	
	158	74	111	SVL	Russell Dunkley	00.28.57	01.31.34	00.56.14	02.56.45	3	
	159	75	50	SVL	Rowan Carver	00.28.59	01.31.34	00.56.13	02.56.46	3	
	160	55	138	VML	Nizaam Fredericks	00.25.57	01.27.35	01.03.28	02.57.00	3	
	161	76	350	SVL	Neil Pretorius	00.28.53	01.32.01	00.56.08	02.57.02	3	
	162	56	123	VML	Mike Fannin	00.24.09	01.27.22	01.05.40	02.57.11	3	
	163	77	227	SVL	Guy Kaimowitz	00.32.34	01.25.44	00.58.57	02.57.15	3	
	164	31	337	SML	Etienne Perold	00.33.45	01.20.54	01.02.37	02.57.16	3	
	165	32	432	SML	Craig Thomson	00.26.29	01.30.40	01.00.19	02.57.28	3	
	166	33	376	SML	Ariel Rubin	00.21.59	01.34.37	01.01.17	02.57.53	3	
	167	78	187	SVL	Sean Hidden	00.24.42	01.24.55	01.08.19	02.57.56	3	
	168	79	244	SVL	Brent Kropman	00.26.35	01.26.55	01.04.27	02.57.57	3	
	169	80	246	SVL	Freddy Kruger	00.28.55	01.27.15	01.01.53	02.58.03	3	
	170	81	158	SVL	Alvin Gouws	00.33.52	01.29.38	00.54.43	02.58.13	3	
	171	57	46	VML	Marc Bryant	00.30.32	01.29.21	00.58.27	02.58.20	3	
	172	58	18	VML	Jos Balk	00.35.01	01.21.00	01.02.32	02.58.33	3	
	173	59	496	VML	Roger Watts	00.26.00	01.32.27	01.00.21	02.58.48	3	
	174	60	107	VML	Michael Du Toit	00.32.18	01.31.32	00.55.11	02.59.01	3	
	175	82	525	SVL	Branden Maggen	00.35.59	01.42.13	00.40.52	02.59.04	3	
	176	61	72	VML	Louis Daffarn	00.33.17	01.24.10	01.02.00	02.59.27	3	
	177	62	108	VML	Doug Dumbrill	00.30.18	01.26.26	01.02.43	02.59.27	3	

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	178	83	4	SVL	Gerhard Mills	00.27.04	01.30.07	01.02.30	02.59.41	3	
	179	63	454	VML	Lourens Van Der Westhuizen	00.32.06	01.30.37	00.57.47	03.00.30	3	
	180	84	13	SVL	Graeme Austen	00.34.32	01.31.15	00.55.18	03.01.05	3	
	181	85	179	SVL	Dwain Heldsinger	00.29.36	01.34.01	00.57.28	03.01.05	3	
	182	86	399	SVL	Michael Shea	00.27.35	01.28.54	01.04.42	03.01.11	3	
	183	87	33	SVL	Gordon Bishop	00.29.28	01.31.24	01.01.47	03.02.39	3	
	184	64	197	VML	Helgo Hohenstein	00.30.42	01.30.23	01.01.49	03.02.54	3	
	185	88	89	SVL	Derek De Vries	00.27.16	01.37.49	00.57.52	03.02.57	3	
	186	65	436	VML	Prem Trojan	00.30.44	01.31.28	01.00.57	03.03.09	3	
	187	89	304	SVL	Lester Morkel	00.30.34	01.30.00	01.02.42	03.03.16	3	
	188	66	507	VML	Gert Wilkins	00.30.54	01.28.42	01.03.46	03.03.22	3	
	189	67	259	VML	Jonathan Levy	00.27.06	01.32.44	01.03.40	03.03.30	3	
	190	68	17	VML	Craig Baker	00.31.31	01.29.37	01.02.24	03.03.32	3	
	191	90	172	SVL	David Harding	00.31.28	01.31.15	01.01.12	03.03.55	3	
	192	91	85	SVL	Francois De La Rouviere	00.27.24	01.31.03	01.05.37	03.04.04	3	
	193	92	224	SVL	Grant Jenkinson	00.29.20	01.24.26	01.11.07	03.04.53	3	
	194	69	360	VML	Malcolm Rapson	00.28.24	01.31.54	01.06.35	03.06.53	3	
	195	70	76	VML	Alun Darwood	00.29.00	01.33.53	01.04.01	03.06.54	3	
	196	71	55	VML	Jeff Claessen	00.29.18	01.31.45	01.05.55	03.06.58	3	
	197	93	348	SVL	Leslie Pottier	00.37.42	01.30.06	00.59.23	03.07.11	3	
	198	94	328	SVL	Riaan Oosthuizen	00.29.04	01.36.12	01.02.03	03.07.19	3	
	199	95	147	SVL	Trevor Geddie	00.31.44	01.35.13	01.00.42	03.07.39	3	
	200	72	285	VML	Howard Markham	00.23.53	01.35.38	01.08.29	03.08.00	3	
	201	73	139	VML	Salie Fredericks	00.24.06	01.33.02	01.11.04	03.08.12	3	
	202	96	522	SVL	Deon Prinsloo	00.32.22	01.31.06	01.04.59	03.08.27	3	
	203	97	298	SVL	Gerhard Meyer	00.31.53	01.33.35	01.03.09	03.08.37	3	
	204	74	121	VML	Chris Escreet	00.26.43	01.37.02	01.04.54	03.08.39	3	
	205	75	439	VML	Gary Tullis	00.30.47	01.31.54	01.06.03	03.08.44	3	
	206	98	491	SVL	Eugene Visagie	00.34.20	01.35.53	00.58.55	03.09.08	3	
	207	76	47	VML	Adrian Buddingh	00.31.20	01.35.21	01.02.28	03.09.09	3	
	208	77	194	VML	Trevor Hodgson	00.31.04	01.27.45	01.10.26	03.09.15	3	
	209	78	276	VML	Gary Macdonald	00.31.24	01.31.10	01.06.53	03.09.27	3	
	210	79	37	VML	Peter Boer	00.34.38	01.32.52	01.01.58	03.09.28	3	
	211	80	370	VML	Ian Ross	00.27.01	01.44.33	00.58.48	03.10.22	3	
	212	99	106	SVL	Jacques Du Toit	00.33.37	01.34.55	01.02.28	03.11.00	3	
	213	81	135	VML	Daniel Fourie	00.31.17	01.39.58	00.59.54	03.11.09	3	
	214	100	395	SVL	J J Serfontein	00.32.37	01.31.54	01.06.38	03.11.09	3	
	215	101	292	SVL	Peter Mcewan	00.32.16	01.31.52	01.07.15	03.11.23	3	
	216	102	284	SVL	Luigi Marinus	00.38.40	01.25.18	01.07.33	03.11.31	3	
	217	103	267	SVL	Alexander Lourens	00.32.56	01.38.45	00.59.53	03.11.34	3	
	218	34	5	SML	Ryan Anderson	00.35.44	01.36.01	01.00.01	03.11.46	3	
	219	82	1	VML	Alex Acker	00.27.13	01.38.46	01.06.07	03.12.06	3	
	220	104	226	SVL	Euan Jonker	00.31.14	01.36.42	01.04.25	03.12.21	3	
	221	105	28	SVL	Ruan Beneke	00.32.23	01.30.29	01.09.48	03.12.40	3	
	222	35	343	SML	Craig Pike	00.36.44	01.40.18	00.56.00	03.13.02	3	
	223	83	421	VML	Dirk Steyn	00.32.50	01.38.54	01.01.31	03.13.15	3	
	224	36	417	SML	Gavin Stevens	00.33.14	01.33.51	01.07.24	03.14.29	3	
	225	106	274	SVL	Dale Lubbe	00.32.28	01.33.58	01.08.38	03.15.04	3	
	226	37	344	SML	Nicholas Podmore	00.28.55	01.37.55	01.08.41	03.15.31	3	
	227	107	288	SVL	Ian Martincich	00.32.49	01.34.06	01.08.45	03.15.40	3	
	228	108	136	SVL	Gareth Fox	00.32.19	01.31.14	01.13.00	03.16.33	3	
	229	109	377	SVL	Shaun Ruiters	00.37.39	01.30.29	01.09.39	03.17.47	3	
	230	84	24	VML	James Bayhack	00.34.21	01.32.50	01.10.40	03.17.51	3	
	231	85	53	VML	Niel Cilliers	00.37.32	01.23.49	01.16.38	03.17.59	3	
	232	110	167	SVL	Steven Hall	00.32.26	01.37.09	01.08.51	03.18.26	3	
	233	86	73	VML	Rob Damerell	00.32.22	01.35.11	01.11.03	03.18.36	3	
	234	87	278	VML	Gavin Magrath	00.26.15	01.32.10	01.20.17	03.18.42	3	
	235	111	229	SVL	Anzo Kannemeyer	00.38.00	01.38.51	01.02.36	03.19.27	3	
	236	112	419	SVL	Malcolm Stevenson	00.30.01	01.39.19	01.10.55	03.20.15	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	237	88	294	VML	Kevin Mckinney	00:27.04	01:41.40	01:11.31	03:20.15	3	
	238	113	275	SVL	Stephen Lucas	00:35.25	01:35.43	01:09.10	03:20.18	3	
	239	38	503	SML	Werner Whelpton	00:26.39	01:36.03	01:18.48	03:21.30	3	
	240	89	402	VML	Jeffrey Singer	00:31.33	01:46.10	01:04.02	03:21.45	3	
	241	114	365	SVL	Stuart Reynolds	00:27.03	01:44.20	01:11.40	03:23.03	3	
	242	90	322	VML	Robert O'Brien	00:34.43	01:28.03	01:21.55	03:24.41	3	
	243	91	153	VML	Zaheer Goodman-Bhyat	00:28.50	01:42.28	01:13.25	03:24.43	3	
	244	92	157	VML	Dwayne Gouws	00:29.30	01:38.29	01:16.59	03:24.58	3	
	245	115	6	SVL	Kevin Anderson	00:36.59	01:41.01	01:06.59	03:24.59	3	
	246	93	84	VML	Eugene De La Rouviere	00:33.25	01:35.10	01:16.35	03:25.10	3	
	247	39	279	SML	Court Magrath	00:33.24	01:45.37	01:06.26	03:25.27	3	
	248	40	282	SML	Cherwyn Marcus	00:39.52	01:32.55	01:13.03	03:25.50	3	
	249	94	449	VML	Wessel Van Der Merwe	00:40.16	01:40.28	01:05.20	03:26.04	3	
	250	116	521	SVL	Dillon Jearey	00:32.30	01:35.58	01:17.56	03:26.24	3	
	251	95	444	VML	Robert Van Breukelen	00:33.11	01:38.50	01:14.25	03:26.26	3	
	252	96	483	VML	Peet Venter	00:42.43	01:38.46	01:04.59	03:26.28	3	
	253	117	211	SVL	Alec Van Wyk	00:34.03	01:36.50	01:16.49	03:27.42	3	
	254	118	41	SVL	Jaco Botha	00:26.07	01:44.09	01:18.35	03:28.51	3	
	255	97	60	VML	Mark Cliff	00:34.20	01:34.40	01:20.02	03:29.02	3	
	256	119	129	SVL	Brandon Fortuin	00:38.06	01:40.48	01:10.12	03:29.06	3	
	257	98	42	VML	Jose Botte	00:35.56	01:44.53	01:08.58	03:29.47	3	
	258	99	133	VML	Grant Fourie	00:30.08	01:39.47	01:19.58	03:29.53	3	
	259	100	484	VML	Edmond Victor	00:32.29	01:36.10	01:21.18	03:29.57	3	
	260	120	113	SVL	Matt Durrans	00:33.42	01:45.40	01:10.36	03:29.58	3	
	261	41	59	SML	Cameron Clarke	00:29.22	01:39.33	01:21.35	03:30.30	3	
	262	101	310	VML	Gerhard Naude	00:35.59	01:39.58	01:14.36	03:30.33	3	
	263	102	78	VML	John Davidson	00:31.08	01:43.28	01:16.31	03:31.07	3	
	264	103	150	VML	Francisco Gimenez	00:36.24	01:41.17	01:14.08	03:31.49	3	
	265	121	214	SVL	Warren Hulley	00:40.52	01:37.31	01:14.19	03:32.42	3	
	266	122	117	SVL	Justin Elliott	00:34.00	01:40.23	01:21.13	03:35.36	3	
	267	104	390	VML	Frederick Scholtz	00:39.41	01:42.34	01:14.08	03:36.23	3	
	268	42	14	SML	Jonathan Ayache	00:35.51	01:50.26	01:11.58	03:38.15	3	
	269	123	414	SVL	Shaun Stein	00:34.55	01:45.50	01:19.45	03:40.30	3	
	270	124	393	SVL	Estiaan Senekal	00:36.43	01:41.08	01:23.11	03:41.02	3	
	271	105	379	VML	Alon Sachs	00:38.07	01:44.12	01:19.02	03:41.21	3	
	272	125	195	SVL	Jacques Hoffman	00:29.15	01:53.20	01:18.50	03:41.25	3	
	273	126	473	SVL	Morne Van Tonder	00:34.28	01:48.00	01:20.22	03:42.50	3	
	274	106	162	VML	Donald Greig	00:32.17	01:45.08	01:26.00	03:43.25	3	
	275	107	91	VML	Russell Deacon	00:42.29	01:36.55	01:24.08	03:43.32	3	
	276	43	335	SML	Stephen Peirce	01:25.43	01:29.30	00:55.06	03:50.19	3	
	277	108	358	VML	Andrew Rankin	00:31.02	01:53.52	01:37.48	04:02.42	3	
	278	44	97	SML	Leon Dickson	01:37.35	01:41.36	01:00.19	04:19.30	3	
	279	127	248	SVL	Coenie Labuschagne	00:45.17	01:57.06	01:43.52	04:26.15	3	
	280	109	155	VML	Sean Gottschalk	00:34.03	02:07.51	01:50.10	04:32.04	3	
	281	128	318	SVL	Darren Noche	00:26.08	10:19.09	00:58.30	11:43.47	3	
	282	129	219	SVL	Ronen Jackson	00:35.28	01:22.49		01:58.17	2	
	283	110	30	VML	Jonathan Bernstein	00:39.45	01:26.51		02:06.36	2	
	284	45	242	SML	Graham Krige	00:43.21	01:41.52		02:25.13	2	
	285	130	88	SVL	Marco De Vincenzo	00:25.16	02:12.48		02:38.04	2	
	286	131	220	SVL	Craig Jacobs	00:27.01			00:27.01	1	
	287	132	306	SVL	Aidan Mouton	00:51.03			00:51.03	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
ALL Women Long	1	1	527	OWL	Vicky Van Der Merwe	00:20.05	01:18.20	00:41.12	02:19.37	3	
	2	1	450	VWL	Kelly Van Der Toorn	00:20.19	01:13.02	00:48.28	02:21.49	3	
	3	2	363	OWL	Celeste Renaud	00:20.03	01:18.27	00:47.01	02:25.31	3	
	4	3	86	OWL	Colleen De Oliveira	00:22.47	01:17.58	00:49.49	02:30.34	3	
	5	4	443	OWL	Keelyn Van Breda	00:21.16	01:23.05	00:47.29	02:31.50	3	
	6	2	277	VWL	Diana Macpherson	00:22.30	01:21.10	00:50.04	02:33.44	3	
	7	5	94	OWL	Keri Delpont	00:24.44	01:20.46	00:52.34	02:38.04	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	8	6	334	OWL	Lorran Paxton	00:22.55	01:22.03	00:57.25	02:42.23	3	
	9	3	269	VWL	Claire Louw	00:27.27	01:22.19	00:53.06	02:42.52	3	
	10	7	235	OWL	Eileen Ketterer	00:24.39	01:21.56	00:57.39	02:44.14	3	
	11	8	10	OWL	Paula Armstrong	00:23.32	01:28.50	00:52.22	02:44.44	3	
	12	9	426	OWL	Bianca Tait	00:25.27	01:26.48	00:53.32	02:45.47	3	
	13	10	455	OWL	Liandi Van Der Westhuyzen	00:28.06	01:30.16	00:47.44	02:46.06	3	
	14	4	215	VWL	Britt Hyland	00:21.57	01:22.54	01:01.17	02:46.08	3	
	15	5	102	VWL	Anzel Du Plessis	00:30.12	01:20.33	00:56.08	02:46.53	3	
	16	11	470	OWL	Nienke Van Schaik	00:29.44	01:24.51	00:54.15	02:48.50	3	
	17	12	223	OWL	Kelly Jenkinson	00:29.41	01:25.44	00:54.05	02:49.30	3	
	18	13	369	OWL	Guinivere Rogers	00:21.13	01:30.03	00:59.40	02:50.56	3	
	19	6	143	VWL	Lara Fury	00:23.53	01:26.59	01:01.14	02:52.06	3	
	20	14	325	OWL	Alice Oosthuizen	00:27.22	01:33.44	00:52.52	02:53.58	3	
	21	15	356	OWL	Lizaan Rademeyer	00:26.11	01:35.04	00:53.24	02:54.39	3	
	22	7	99	VWL	Megan Dobson	00:26.52	01:27.14	01:00.36	02:54.42	3	
	23	8	2	VWL	Adien Aggenbach	00:23.54	01:33.17	00:58.26	02:55.37	3	
	24	16	403	OWL	Stephanie Smit	00:24.17	01:30.21	01:02.23	02:57.01	3	
	25	9	500	VWL	Janine Wencke	00:31.07	01:23.24	01:03.08	02:57.39	3	
	26	17	163	OWL	Marli Grewar	00:27.00	01:35.22	00:55.26	02:57.48	3	
	27	18	375	OWL	Helene Roux	00:39.36	01:28.53	00:50.24	02:58.53	3	
	28	19	301	OWL	Shirley Milne	00:27.35	01:31.27	01:00.27	02:59.29	3	
	29	20	330	OWL	Anne Pae	00:28.58	01:33.51	00:57.07	02:59.56	3	
	30	21	476	OWL	Nicola Van Wyk	00:30.00	01:33.27	00:58.17	03:01.44	3	
	31	22	126	OWL	Shelley Faulmann	00:22.42	01:32.44	01:07.47	03:03.13	3	
	32	23	173	OWL	Anneri Harmse	00:26.26	01:30.32	01:06.58	03:03.56	3	
	33	10	479	VWL	Janine Van Zyl	00:33.49	01:29.34	01:00.43	03:04.06	3	
	34	24	396	OWL	Tracey Shaw	00:32.08	01:33.01	00:59.10	03:04.19	3	
	35	25	208	OWL	Kelly Huber	00:26.46	01:32.11	01:05.41	03:04.38	3	
	36	11	127	VWL	Libby Ferrandi	00:29.29	01:34.08	01:01.04	03:04.41	3	
	37	26	487	OWL	Shane Viljoen	00:26.53	01:34.17	01:03.34	03:04.44	3	
	38	27	165	OWL	Leanne Grobbelaar	00:25.58	01:33.01	01:06.30	03:05.29	3	
	39	28	125	OWL	Nicole Faulmann	00:24.19	01:38.19	01:04.48	03:07.26	3	
	40	12	16	VWL	Nicole Baker	00:35.18	01:30.56	01:01.46	03:08.00	3	
	41	29	52	OWL	Rosa Cilliers	00:30.07	01:28.27	01:09.45	03:08.19	3	
	42	30	243	OWL	Annemarie Kropman	00:24.24	01:40.09	01:04.18	03:08.51	3	
	43	13	93	VWL	Terry Deats	00:30.37	01:35.45	01:03.19	03:09.41	3	
	44	31	324	OWL	Hanja Oosthuizen	00:31.11	01:35.08	01:03.23	03:09.42	3	
	45	32	87	OWL	Jolandi De Villiers	00:36.25	01:35.55	00:57.25	03:09.45	3	
	46	14	22	VWL	Tamma Basson	00:30.18	01:31.15	01:08.18	03:09.51	3	
	47	33	64	OWL	Michelle Collins	00:27.33	01:33.27	01:08.53	03:09.53	3	
	48	15	415	VWL	Tanya Steininger	00:31.48	01:36.18	01:02.08	03:10.14	3	
	49	34	438	OWL	Emily Tullis	00:30.51	01:35.03	01:05.25	03:11.19	3	
	50	35	169	OWL	Janneke Hampsink	00:33.45	01:37.29	01:00.35	03:11.49	3	
	51	36	459	OWL	Judi Van Heerden	00:29.22	01:35.54	01:06.46	03:12.02	3	
	52	37	79	OWL	Nicole Davy	00:25.45	01:42.02	01:04.18	03:12.05	3	
	53	38	451	OWL	Astra Van Der Westhuisen	00:29.03	01:28.16	01:15.47	03:13.06	3	
	54	16	186	VWL	Debbie Hibbert	00:30.05	01:28.31	01:14.46	03:13.22	3	
	55	39	423	OWL	Helena Stoltz	00:29.50	01:33.02	01:10.49	03:13.41	3	
	56	40	515	OWL	Jo-Marie Wolfaardt	00:32.56	01:35.50	01:04.56	03:13.42	3	
	57	41	506	OWL	Elizna Wiese	00:33.15	01:33.01	01:07.35	03:13.51	3	
	58	17	321	VWL	Melanie Novitzkas	00:30.39	01:43.34	01:00.00	03:14.13	3	
	59	42	100	OWL	Louise Dobson	00:29.34	01:41.22	01:04.29	03:15.25	3	
	60	43	45	OWL	Chantelie Brunner	00:28.35	01:31.27	01:15.33	03:15.35	3	
	61	44	151	OWL	Nicole Godfrey	00:23.10	01:38.38	01:14.05	03:15.53	3	
	62	45	11	OWL	Jennifer Aston	00:31.43	01:39.02	01:05.36	03:16.21	3	
	63	46	357	OWL	Chantel Rall	00:30.41	01:32.06	01:13.48	03:16.35	3	
	64	47	193	OWL	Shane Hodges	00:30.20	01:38.29	01:07.52	03:16.41	3	
	65	48	156	OWL	Nicola Gouws	00:32.41	01:39.16	01:04.57	03:16.54	3	
	66	18	101	VWL	Veresa Domingo	00:32.59	01:44.34	00:59.22	03:16.55	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	67	19	461	VWL	Shelley Van Leeuwen	00.31.51	01.40.13	01.05.08	03.17.12	3	
	68	49	141	OWL	Tara Frohlich	00.28.50	01.34.52	01.13.38	03.17.20	3	
	69	20	191	VWL	Liesl Hirst	00.28.25	01.36.28	01.12.28	03.17.21	3	
	70	21	353	VWL	Renee Prins	00.35.09	01.37.51	01.04.44	03.17.44	3	
	71	50	204	OWL	Jessica Hopley	00.30.50	01.39.14	01.08.25	03.18.29	3	
	72	51	418	OWL	Michelle Stevenson	00.28.48	01.33.09	01.16.59	03.18.56	3	
	73	22	240	VWL	Carljen Kotze	00.27.31	01.39.08	01.12.34	03.19.13	3	
	74	52	175	OWL	Christina Hartner	00.37.10	01.36.42	01.05.28	03.19.20	3	
	75	23	201	VWL	Meg Holtzhausen	00.32.43	01.37.24	01.12.01	03.22.08	3	
	76	53	315	OWL	Carine Nel	00.36.19	01.41.07	01.04.49	03.22.15	3	
	77	24	15	VWL	Megan Baker	00.33.24	01.39.28	01.09.51	03.22.43	3	
	78	54	517	OWL	Caitlin Wolstenholme	00.30.03	01.39.01	01.13.41	03.22.45	3	
	79	55	116	OWL	Robyn Elford	00.32.33	01.40.36	01.09.59	03.23.08	3	
	80	56	8	OWL	Lizl Anthonissen	00.30.02	01.35.44	01.17.40	03.23.26	3	
	81	57	261	OWL	Marinda Lindeque	00.33.46	01.37.25	01.13.06	03.24.17	3	
	82	58	452	OWL	Liezel Van Der Westhuizen	00.30.56	01.39.21	01.14.05	03.24.22	3	
	83	59	205	OWL	Kirsten Hopwood	00.33.03	01.40.13	01.11.12	03.24.28	3	
	84	60	498	OWL	Tamsyn Wells	00.32.13	01.44.32	01.09.55	03.26.40	3	
	85	61	383	OWL	Annegret Samuel	00.30.33	01.45.47	01.10.33	03.26.53	3	
	86	25	221	VWL	Marilize James	00.37.12	01.36.01	01.13.53	03.27.06	3	
	87	62	509	OWL	Nanje Willems	00.29.37	01.46.50	01.11.53	03.28.20	3	
	88	63	27	OWL	Megan Bellinger	00.33.05	01.40.17	01.15.10	03.28.32	3	
	89	26	389	VWL	Sam Scarborough	00.29.18	01.44.25	01.15.54	03.29.37	3	
	90	27	420	VWL	Ronel Steyn	00.40.31	01.42.01	01.07.55	03.30.27	3	
	91	64	394	OWL	Marlize Serfontein	00.34.37	01.47.37	01.08.29	03.30.43	3	
	92	65	280	OWL	Anri Marais	00.32.36	01.46.39	01.11.51	03.31.06	3	
	93	28	378	VWL	Leigh Rynhoud	00.34.54	01.46.28	01.09.51	03.31.13	3	
	94	66	346	OWL	Petronel Potgieter	00.29.12	01.41.10	01.21.09	03.31.31	3	
	95	67	407	OWL	Larisa Smuts	00.29.25	01.46.42	01.15.42	03.31.49	3	
	96	29	486	VWL	Lizette Viljoen	00.33.09	01.38.50	01.20.56	03.32.55	3	
	97	30	174	VWL	Alison Hartley	00.33.08	01.39.03	01.20.45	03.32.56	3	
	98	31	255	VWL	Julia Le Roux	00.32.06	01.47.39	01.14.11	03.33.56	3	
	99	68	181	OWL	Mihke Henn	00.35.11	01.44.44	01.15.01	03.34.56	3	
	100	69	31	OWL	Marta Bianconi	00.34.57	01.45.43	01.14.19	03.34.59	3	
	101	70	458	OWL	Genevieve Van Gysen	00.33.13	01.54.33	01.07.24	03.35.10	3	
	102	32	433	VWL	Cindy Toms	00.40.35	01.45.04	01.09.49	03.35.28	3	
	103	71	83	OWL	Roxanne De Krielen	00.33.27	01.46.26	01.15.37	03.35.30	3	
	104	72	471	OWL	Tessie Van Schalkwyk	00.34.17	01.47.31	01.14.52	03.36.40	3	
	105	73	502	OWL	Samantha Whelpton	00.25.33	01.42.15	01.29.18	03.37.06	3	
	106	74	268	OWL	Karen Louw	00.34.01	01.42.46	01.23.12	03.39.59	3	
	107	75	311	OWL	Petro Neethling	00.42.03	01.47.31	01.11.12	03.40.46	3	
	108	33	270	VWL	Cindy Low	00.32.02	01.45.22	01.23.37	03.41.01	3	
	109	76	463	OWL	Shannon Van Moorst	00.36.40	01.46.13	01.18.16	03.41.09	3	
	110	34	364	VWL	Lara Resnick	00.32.05	01.43.39	01.25.31	03.41.15	3	
	111	77	380	OWL	Karla Saller	00.33.11	01.54.31	01.14.32	03.42.14	3	
	112	78	488	OWL	Susan Viljoen	00.27.40	01.59.52	01.14.44	03.42.16	3	
	113	79	182	OWL	Nina Henn	00.35.10	01.51.02	01.17.26	03.43.38	3	
	114	80	480	OWL	Nicola Van Zyl	00.34.12	01.47.31	01.21.56	03.43.39	3	
	115	35	336	VWL	Lisa Pereira	00.37.46	01.46.35	01.20.13	03.44.34	3	
	116	36	372	VWL	Hermien Rossouw	00.38.43	01.51.10	01.15.03	03.44.56	3	
	117	81	177	OWL	Juliet Hazell	00.29.54	01.49.47	01.26.04	03.45.45	3	
	118	82	245	OWL	Romy Kruger	00.35.44	01.45.49	01.24.13	03.45.46	3	
	119	83	21	OWL	Johanna Basson	00.33.40	01.48.32	01.23.35	03.45.47	3	
	120	37	504	VWL	Leigh White	00.33.39	02.06.27	01.06.16	03.46.22	3	
	121	84	112	OWL	Helene Durrans	00.35.40	02.09.28	01.01.32	03.46.40	3	
	122	38	257	VWL	Justine Lees	00.37.39	01.53.00	01.16.04	03.46.43	3	
	123	39	58	VWL	Dawn Clarke	00.42.02	01.47.10	01.17.40	03.46.52	3	
	124	85	494	OWL	Shoneez Warrington	00.37.18	01.51.26	01.19.41	03.48.25	3	
	125	86	253	OWL	Katherine Laubser	00.32.12	01.50.11	01.27.29	03.49.52	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	126	40	148	VWL	Dianne Gilchrist	00.35.59	01.50.23	01.23.41	03.50.03	3	
	127	41	435	VWL	Manda Traylor	00.37.05	01.49.51	01.26.44	03.53.40	3	
	128	42	71	VWL	Wendy Daffarn	00.37.07	01.49.58	01.26.36	03.53.41	3	
	129	43	296	VWL	Megan-Lee Meredith	00.40.17	01.46.45	01.30.14	03.57.16	3	
	130	87	437	OWL	Adri Truter	00.36.48	01.44.29	01.36.21	03.57.38	3	
	131	44	468	VWL	Bendelene Van Rooy	00.48.14	02.00.24	01.10.54	03.59.32	3	
	132	88	166	OWL	Nicole Hall	00.34.31	01.53.28	01.33.07	04.01.06	3	
	133	45	96	VWL	Gayle Dicey	00.35.27	01.54.29	01.31.10	04.01.06	3	
	134	89	119	OWL	Ilze Els	00.37.16	01.55.04	01.32.44	04.05.04	3	
	135	90	511	OWL	Kimberley Williamson	00.34.23	02.13.05	01.37.04	04.24.32	3	
	136	46	258	VWL	Martine Levy	00.42.11	02.00.48	01.52.22	04.35.21	3	
	137	91	228	OWL	Jade Kannemeyer	00.31.39	01.38.33		02.10.12	2	
	138	47	77	VWL	Karin Davidson	00.30.32	01.46.08		02.16.40	2	
	139	92	260	OWL	Katharina Lieb	00.20.08			00.20.08	1	
	140	93	475	OWL	Angela Van Wyk	00.22.11			00.22.11	1	
	141	94	291	OWL	Heidi Mc Allister	00.27.26			00.27.26	1	
	142	95	105	OWL	Carol Du Toit	00.31.03			00.31.03	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
Open Teams Long	1	1	550	OTL	Rob - Dan - Ali	00.23.36	01.11.45	00.53.50	02.29.11	3	
	2	2	548	OTL	Wilma Kruger	00.26.05	01.27.17	01.00.09	02.53.31	3	
	3	3	547	OTL	Kar - Rob - Kat	00.22.55	01.38.51	00.59.50	03.01.36	3	
	4	4	176	OTL	Jeleze Hattingh	00.55.07	01.38.28	01.06.52	03.40.27	3	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
ALL Men Short	1	1	661	JMS	Nicholas Quenet	00.09.01	00.48.20	00.21.34	01.18.55	3	
	2	1	688	OMS	Tim Toovey	00.11.58	00.46.59	00.24.22	01.23.19	3	
	3	2	716	OMS	Tiaan Pretorius	00.13.20	00.48.57	00.22.33	01.24.50	3	
	4	3	612	OMS	Jonathan Hartzenberg	00.15.57	00.48.52	00.21.34	01.26.23	3	
	5	4	559	OMS	Jacob Bingle	00.12.43	00.51.42	00.23.25	01.27.50	3	
	6	5	600	OMS	Luke Ferguson	00.11.43	00.53.16	00.24.22	01.29.21	3	
	7	6	682	OMS	Scott Tait	00.12.21	00.54.05	00.25.37	01.32.03	3	
	8	7	591	OMS	Johannes Du Randt	00.13.59	00.53.03	00.25.12	01.32.14	3	
	9	8	601	OMS	Luis Fernandes	00.14.02	00.54.54	00.23.25	01.32.21	3	
	10	9	638	OMS	Taig Marshall	00.12.15	00.53.45	00.26.37	01.32.37	3	
	11	2	710	JMS	Jarrett West	00.12.34	00.54.21	00.25.46	01.32.41	3	
	12	10	694	OMS	Francois Van Der Merwe	00.14.13	00.55.14	00.24.41	01.34.08	3	
	13	11	663	OMS	Robin Rathbone	00.13.27	00.54.56	00.27.46	01.36.09	3	
	14	12	676	OMS	Russ Smith	00.14.33	00.55.10	00.27.48	01.37.31	3	
	15	13	584	OMS	Christiaan De Wet	00.14.40	00.58.20	00.25.46	01.38.46	3	
	16	14	652	OMS	Alexandros Pavlou	00.12.36	00.59.14	00.27.43	01.39.33	3	
	17	15	580	OMS	Mason Cranswick	00.16.30	00.59.08	00.25.43	01.41.21	3	
	18	16	595	OMS	Louvre Erasmus	00.15.58	00.59.35	00.26.14	01.41.47	3	
	19	17	715	OMS	Jason - Pentz	00.21.27	00.48.54	00.31.43	01.42.04	3	
	20	18	727	OMS	David Jones	00.21.27	00.48.56	00.31.41	01.42.04	3	
	21	19	696	OMS	Paul Van Jaarsveld	00.18.53	00.55.24	00.30.01	01.44.18	3	
	22	20	566	OMS	Rossouw Brummer	00.17.16	01.00.43	00.28.00	01.45.59	3	
	23	21	567	OMS	Glenn Buchinsky	00.15.41	00.59.30	00.31.06	01.46.17	3	
	24	22	681	OMS	Daniel Tadmor	00.13.25	01.02.10	00.30.44	01.46.19	3	
	25	23	604	OMS	Geoffrey Forrester	00.15.16	01.02.05	00.29.39	01.47.00	3	
	26	24	565	OMS	Mike Browne	00.16.49	01.00.10	00.31.08	01.48.07	3	
	27	25	677	OMS	Austin Smith	00.15.27	01.02.25	00.31.43	01.49.35	3	
	28	26	675	OMS	Nicholas Smith	00.16.06	01.03.15	00.30.18	01.49.39	3	
	29	27	563	OMS	Elrich Bouwer	00.20.09	00.58.55	00.30.58	01.50.02	3	
	30	28	678	OMS	Nick Smith	00.17.25	01.01.49	00.31.04	01.50.18	3	
	31	29	558	OMS	Rene Bester	00.17.40	00.59.49	00.33.39	01.51.08	3	
	32	30	582	OMS	Jonathan De Freitas	00.18.01	01.00.05	00.33.33	01.51.39	3	
	33	31	610	OMS	Thurston Goliath	00.17.26	01.06.59	00.27.17	01.51.42	3	
	34	32	647	OMS	Etienne Olivier	00.17.07	01.04.47	00.29.49	01.51.43	3	
	35	33	659	OMS	Ryan Powter	00.17.05	01.04.44	00.29.56	01.51.45	3	
	36	34	686	OMS	Tiaan Theron	00.18.22	01.06.38	00.26.58	01.51.58	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	37	35	692	OMS	Nic Van Aarde	00:19.06	01:01.56	00:31.23	01:52.25	3	
	38	36	590	OMS	Christof Du Plessis	00:22.21	00:57.55	00:33.08	01:53.24	3	
	39	37	570	OMS	Armandt Buys	00:17.30	01:03.49	00:32.09	01:53.28	3	
	40	38	641	OMS	Craig Meyer	00:17.28	01:01.48	00:35.32	01:54.48	3	
	41	39	679	OMS	Matt Spicer	00:19.25	01:04.20	00:35.40	01:59.25	3	
	42	40	579	OMS	Hoffie Conradie	00:22.56	01:03.38	00:33.02	01:59.36	3	
	43	41	608	OMS	Jeremy Gibbon	00:19.09	01:03.17	00:37.14	01:59.40	3	
	44	42	714	OMS	Conrad Hoffman	00:16.53	01:10.21	00:32.54	02:00.08	3	
	45	43	553	OMS	Barend Appel	00:17.37	01:03.18	00:39.33	02:00.28	3	
	46	44	585	OMS	Craig Deats	00:19.22	01:04.33	00:37.07	02:01.02	3	
	47	45	616	OMS	Chris Heunis	00:17.23	01:07.20	00:38.07	02:02.50	3	
	48	46	704	OMS	Marco Volschenk	00:19.55	01:04.59	00:38.11	02:03.05	3	
	49	47	664	OMS	Evan Ridge	00:15.02	01:19.04	00:29.11	02:03.17	3	
	50	48	607	OMS	Gur Geva	00:15.49	01:14.35	00:35.41	02:06.05	3	
	51	49	636	OMS	Don Marais	00:21.39	01:05.09	00:40.15	02:07.03	3	
	52	50	572	OMS	Francois Carstens	00:18.24	01:18.25	00:30.30	02:07.19	3	
	53	51	713	OMS	Dirk Thiar	00:16.54	01:10.23	00:41.56	02:09.13	3	
	54	52	687	OMS	Gary Thompson	00:20.14	01:07.30	00:42.12	02:09.56	3	
	55	53	631	OMS	Daniel Lombard	00:20.03	01:10.05	00:40.48	02:10.56	3	
	56	54	706	OMS	Shaun Wait	00:19.47	01:19.29	00:34.42	02:13.58	3	
	57	55	660	OMS	Salvatore Puglia	00:30.42	01:08.35	00:37.09	02:16.26	3	
	58	56	577	OMS	Stephen Coetzee	00:19.36	01:12.05	00:45.47	02:17.28	3	
	59	57	556	OMS	Jonathan Barr	00:18.15	01:27.13	00:33.55	02:19.23	3	
	60	58	670	OMS	Lester Sasman	00:21.28	01:24.33	00:33.24	02:19.25	3	
	61	59	593	OMS	Quintin Durant	00:17.46	01:22.48	00:44.16	02:24.50	3	
	62	60	629	OMS	Bastian Le Roux	00:23.13	01:21.54	00:43.19	02:28.26	3	
	63	61	654	OMS	Reini Pettenburger	00:25.09	01:18.23	00:45.34	02:29.06	3	
	64	62	650	OMS	Dyllan Pascoe	00:19.05	01:38.21	00:41.42	02:39.08	3	
	65	63	649	OMS	Duncan Pascoe	00:19.01	01:38.23	00:41.46	02:39.10	3	
	66	64	637	OMS	Holden Marshall	00:18.48	00:57.12		01:16.00	2	
	67	65	697	OMS	Wynand Van Rooyen	00:13.35			00:13.35	1	
	68	66	575	OMS	Tim Clifton	00:16.25			00:16.25	1	
	69	67	603	OMS	Geoff Foat	01:12.57			01:12.57	1	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
ALL Women Short	1	1	587	OWS	Dominique D'Oliveira	00:13.24	00:51.47	00:26.32	01:31.43	3	
	2	2	597	OWS	Mellusca Farnham	00:14.07	00:53.15	00:25.36	01:32.58	3	
	3	1	711	JWS	Anja Wolstenholme	00:12.04	00:57.07	00:26.15	01:35.26	3	
	4	3	613	OWS	Christelle Hattingh	00:14.59	00:58.22	00:27.27	01:40.48	3	
	5	4	554	OWS	Bev Baker	00:15.23	00:58.14	00:30.36	01:44.13	3	
	6	5	551	OWS	Emma Alsop	00:11.29	01:01.19	00:31.34	01:44.22	3	
	7	6	655	OWS	Celia Pienaar	00:16.42	00:58.59	00:30.13	01:45.54	3	
	8	7	602	OWS	Jane Fisher	00:16.00	01:00.53	00:29.18	01:46.11	3	
	9	8	665	OWS	Jacqui Roberts	00:15.49	00:57.54	00:32.38	01:46.21	3	
	10	9	627	OWS	Catriona King	00:18.01	01:02.03	00:27.46	01:47.50	3	
	11	10	656	OWS	Lize-Mari Pieterse	00:17.55	01:01.57	00:28.46	01:48.38	3	
	12	11	645	OWS	Lisa Nevitt	00:15.31	01:04.01	00:30.18	01:49.50	3	
	13	12	691	OWS	Lande Uys	00:19.44	01:00.30	00:30.27	01:50.41	3	
	14	13	705	OWS	Ilande Vorster	00:14.28	01:04.35	00:31.41	01:50.44	3	
	15	14	699	OWS	Karien Van Zyl	00:20.22	00:59.29	00:30.54	01:50.45	3	
	16	15	642	OWS	Karen Moore	00:16.49	01:00.30	00:33.39	01:50.58	3	
	17	16	571	OWS	Samantha Carstens	00:17.40	00:58.48	00:34.31	01:50.59	3	
	18	17	643	OWS	Nicol Muller	00:16.55	01:06.34	00:28.17	01:51.46	3	
	19	18	578	OWS	Debbie Collier	00:15.38	01:03.35	00:33.39	01:52.52	3	
	20	19	644	OWS	Monique Myburgh	00:18.15	01:02.29	00:32.58	01:53.42	3	
	21	20	596	OWS	Juliet Evans	00:15.41	01:09.15	00:30.20	01:55.16	3	
	22	21	633	OWS	Lizanne Loubser	00:18.09	01:04.36	00:33.07	01:55.52	3	
	23	22	651	OWS	Teresa Passchier	00:16.51	01:04.49	00:35.11	01:56.51	3	
	24	23	712	OWS	Renate Van Tonder	00:22.03	01:03.01	00:33.00	01:58.04	3	
	25	24	658	OWS	Tanya Posthumus-Fox	00:26.09	01:07.15	00:26.46	02:00.10	3	

Group or Category	Pos in		Athlete Details			Splits			Final Results		
	All	Cat	No	Cat	Name	Swim	Bike	Run	Total	Legs	Remarks
	26	25	621	OWS	Jenny Janisch	00.15.50	01.12.13	00.32.35	02.00.38	3	
	27	26	625	OWS	Sonia Joubert	00.25.04	01.01.22	00.35.18	02.01.44	3	
	28	27	573	OWS	Leigh Charlton	00.16.20	01.09.03	00.36.23	02.01.46	3	
	29	28	672	OWS	Ros Siddle	00.17.50	01.06.40	00.37.43	02.02.13	3	
	30	29	555	OWS	Kate Barnes	00.17.53	01.08.26	00.36.18	02.02.37	3	
	31	30	622	OWS	Annarette Jansen Van Rensburg	00.19.07	01.06.48	00.37.30	02.03.25	3	
	32	31	619	OWS	Oonagh Hunter	00.19.46	01.12.05	00.32.14	02.04.05	3	
	33	32	581	OWS	Britta De Abreu	00.17.14	01.09.24	00.38.29	02.05.07	3	
	34	33	690	OWS	Deidre Truter	00.22.30	01.07.53	00.34.56	02.05.19	3	
	35	34	684	OWS	Annette Theron	00.17.22	01.09.44	00.38.16	02.05.22	3	
	36	35	653	OWS	Brenda Pettenburger	00.21.48	01.06.46	00.36.50	02.05.24	3	
	37	36	561	OWS	Kirsty Blackford	00.21.40	01.08.51	00.36.54	02.07.25	3	
	38	37	680	OWS	Isabel Steenkamp	00.19.51	01.11.11	00.36.55	02.07.57	3	
	39	38	646	OWS	Lauren Olivier	00.20.26	01.13.08	00.35.11	02.08.45	3	
	40	39	685	OWS	Eljoh Theron	00.19.09	01.11.17	00.41.28	02.11.54	3	
	41	40	703	OWS	Elize Viviers	00.20.19	01.15.13	00.37.21	02.12.53	3	
	42	41	674	OWS	Robyn Smith	00.21.06	01.17.48	00.34.05	02.12.59	3	
	43	42	662	OWS	Suska Radermacher-Harris	00.25.19	01.06.08	00.42.06	02.13.33	3	
	44	43	640	OWS	Eveline Meyer	00.22.07	01.07.47	00.43.42	02.13.36	3	
	45	44	626	OWS	Jessica Katz	00.23.51	01.14.31	00.40.16	02.18.38	3	
	46	45	588	OWS	Sarah Drysdale	00.26.12	01.20.56	00.32.28	02.19.36	3	
	47	46	702	OWS	Irene Viljoen	00.25.34	01.12.18	00.42.15	02.20.07	3	
	48	47	576	OWS	Nadine Coetzee	00.21.29	01.19.52	00.43.30	02.24.51	3	
	49	48	695	OWS	Justine Van Gysen	00.20.42	01.19.13	00.49.55	02.29.50	3	
	50	49	669	OWS	Leila Sasman	00.21.36	01.34.23	00.39.59	02.35.58	3	
	51	50	574	OWS	Tarryn Clarke	00.18.20	01.29.10	00.50.32	02.38.02	3	
	52	51	568	OWS	Charlene Buddingh	00.25.09	01.42.09	00.57.18	03.04.36	3	
	53	52	564	OWS	Ester Brink	00.16.38	01.08.33		01.25.11	2	
	54	53	598	OWS	Lara Faulds	00.25.17	01.08.13		01.33.30	2	
Category	All	Cat	No	Cat	Name	Swim	Bike	Run	Time	Legs	Remarks
Open Teams Short	1	1	729	OTS	Libi - Taschyana	00.11.21	01.03.30	00.24.57	01.39.48	3	
	2	2	722	OTS	Windpomp	00.22.00	00.52.37	00.33.05	01.47.42	3	
	3	3	728	OTS	Two Beauties & A Beast	00.15.26	01.16.33	00.41.25	02.13.24	3	
	4	4	725	OTS	Pinelands Panthers	00.18.53	01.29.18	00.35.19	02.23.30	3	
	5	5	724	OTS	Engrow	00.18.35	01.26.18	00.39.30	02.24.23	3	