

HIGHGATE INTERPROVINCIAL 2022

	SA #	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
Top 3 Runners									
1	3068	Clive Cupido	BOL Team A	02:22.5	1094.96	01:48.1	894.3	42	2031.26
2	2525	Mariaan Malan	BOL Team A	02:52.2	1095.56	01:24.9	1065.7	30	2191.26
3	2397	Liezel Wessels	BOL Team A	02:56.5	1087.04	01:28.8	1045.85	24	2156.89
Top 3 Swimmers									
1	3124	Archie Markgraaff	SFS Team A	02:12.4	915.22	00:41.6	1076.8	90	2082.02
2	1417	Thys Lombard	W.P. Team A	03:02.2	1015.62	01:07.9	1095.55	42	2153.17
3	1497	Rowan Marais	W.P. Team A	02:30.3	1029.34	01:03.8	1101	30	2160.34
Top 3 Athletes									
1	2710	Ilse Beuman	BOL Team A	03:10.1	1059.74	01:21.5	1082.7	54	2196.44
2	2525	Mariaan Malan	BOL Team A	02:52.2	1095.56	01:24.9	1065.7	30	2191.26
3	1258	Lize-Ahn Aucamp	W.P. Team A	02:48.9	1062.18	01:12.5	1107.7	10	2179.88
U/08 GIRLS									
1	3090	Leah Marais	EP Team A	01:26.5	1067.1	00:23.4	1058.05	0	2125.15
2	2583	Milan Ferreira	BOL Team A	01:30.7	1058.54	00:27.8	1036	0	2094.54
3	2505	Jani Van der Merwe	BOL Team A	01:49.3	1021.48	00:28.2	1034.2	0	2055.68
4	2574	Mckayla Du Plessis	BOL Team A	01:55.2	1009.66	00:31.1	1019.6	0	2029.26
5	2290	Nina Vancoillie	W.P. Team A	01:47.0	1026.1	00:39.4	977.8	0	2003.9
6	2593	Lukah Van Wyk	BOL Team A	01:46.6	1026.74	00:45.5	947.65	0	1974.39
7	2559	Amele Bester	BOL Team A	01:59.5	1001.1	01:06.3	843.45	0	1844.55
U/08 BOYS									
1	3067	Jacq John van Schalkwyk	EP Team A	01:29.6	1056.84	00:25.1	1039.45	0	2096.29
2	2801	Jordaan Stemmet	BOL Team A	01:19.4	1077.28	00:29.9	1015.65	0	2092.93
3	2032	Rudolf Smith	EDEN Team A	01:26.8	1062.5	00:28.0	1024.95	0	2087.45
4	2658	Luc Slabbert	BOL Team B	01:35.5	1045.1	00:27.7	1026.4	0	2071.5
5	2570	Henry Beyers	BOL Team A	01:33.5	1048.9	00:29.6	1017.1	0	2066
6	2802	Jean Van der Merwe	BOL Team A	01:40.6	1034.8	00:28.5	1022.65	0	2057.45
7	2605	Derik Le Roux	BOL Team A	01:27.3	1061.4	00:37.5	977.6	0	2039
8	2619	Philip Botha	BOL Team B	01:37.3	1041.48	00:34.4	993.15	0	2034.63

9	2772 Rikhart de Ridder	EP Team A	01:57.7	1000.66	00:27.3	1028.7	0	2029.36
10	2661 Philip Beyers	BOL Team A	01:45.9	1024.2	00:33.1	999.3	0	2023.5
11	3112 Ekhardt Marais	W.P. Team A	01:50.4	1015.28	00:33.5	997.25	0	2012.53
12	2795 Henre Human	BOL Team B	01:47.8	1020.34	00:37.8	975.9	0	1996.24

U/09 GIRLS

1	1825 Annabel van der Merwe	EDEN Team A	01:33.0	1044.06	00:53.6	1037.1	0	2081.16
2	2558 Annique Bester	BOL Team A	01:29.9	1050.18	00:57.6	1017.1	0	2067.28
3	2506 Rouxle Kotze	BOL Team A	01:31.4	1047.24	00:58.3	1013.35	0	2060.59
4	2021 Zaan van Goeverden	EDEN Team A	01:40.8	1028.46	00:55.5	1027.5	0	2055.96
5	2396 Mieke Burger	BOL Team A	01:20.2	1069.66	01:04.2	984.2	0	2053.86
6	2507 Caru Gey von Pittius	BOL Team A	01:33.6	1042.86	00:59.9	1005.55	0	2048.41
7	2705 Marguerite Burger	BOL Team A	01:31.2	1047.66	01:08.7	961.5	0	2009.16
8	3080 Karla Oelofse	EDEN Team A	01:58.7	992.66	01:45.4	777.9	0	1770.56

U/09 BOYS

1	1801 Benjamin Bond	EDEN Team A	01:22.1	1045.86	00:41.9	1085.3	0	2131.16
2	1477 David-John Stow	EP Team A	01:27.1	1035.88	00:47.9	1055.25	0	2091.13
3	2285 Ryan Fouche	W.P. Team A	01:30.4	1029.18	00:46.6	1061.9	0	2091.08
4	1027 Jurie Human	BOL Team A	01:16.9	1056.16	00:52.3	1033.7	0	2089.86
5	1479 Declan Forsthye	EP Team A	01:37.9	1014.2	00:48.9	1050.45	0	2064.65
6	2803 Petrus Theron	BOL Team B	01:20.3	1049.42	00:56.4	1012.95	0	2062.37
7	2634 Niel Naude	BOL Team A	01:29.8	1030.44	00:54.8	1021.15	0	2051.59
8	3087 Daniel Lotter	EP Team A	01:38.6	1012.74	00:52.7	1031.25	0	2043.99
9	1843 Ivan Roux	EDEN Team A	01:35.4	1019.2	00:56.4	1013.1	0	2032.3
10	2510 Barend Spreeth	BOL Team A	01:24.8	1040.5	01:02.0	985.15	0	2025.65
11	2592 Sion Van Wyk	BOL Team A	01:33.2	1023.64	00:58.7	1001.45	0	2025.09
12	1011 Liam Brand	BOL Team B	01:30.7	1028.68	01:03.3	978.3	0	2006.98
13	2101 Matthew Bosch	EP Team A	01:35.9	1018.26	01:01.7	986.65	0	2004.91
14	2878 Bramwell Whitehouse	BOL Team C	01:36.2	1017.56	01:01.7	986.45	0	2004.01
15	2033 Esteen Potts	EP Team A	01:45.6	998.8	00:58.3	1003.4	0	2002.2
16	2718 Pieter-Andre Troost	BOL Team B	01:35.0	1020.02	01:02.9	980.6	0	2000.62
17	2598 Matthys Potgieter	BOL Team A	01:32.2	1025.62	01:06.0	965.25	0	1990.87
18	1849 Edrich Meyer	EDEN Team A	01:43.2	1003.68	01:04.3	973.65	0	1977.33
19	2508 Gawie Visser	BOL Team B	01:40.3	1009.4	01:05.6	966.8	0	1976.2
20	2509 Riaan Hough	BOL Team B	01:33.9	1022.3	01:22.0	885	0	1907.3
21	1828 Gihard Grutter	EDEN Team C	02:28.3	913.44	01:10.9	940.6	0	1854.04

U/11 GIRLS

1	1480	Mia Marcelle Prinsloo	EP Team A	01:12.5	1049.08	00:39.0	1045.2	0	2094.28
2	2717	Georgia Sabbagha	BOL Team A	01:16.5	1041.1	00:39.2	1043.95	0	2085.05
3	2698	Kaitlin Barnard	BOL Team A	01:15.0	1044.02	00:41.7	1031.4	0	2075.42
4	1919	Iane Joubert	EDEN Team A	01:21.3	1031.44	00:39.9	1040.7	0	2072.14
5	2683	Noa Rossouw	BOL Team A	01:17.2	1039.62	00:42.0	1030.05	0	2069.67
6	1069	Kayliegh Marais	EP Team A	01:18.5	1037.02	00:41.6	1032.05	0	2069.07
7	1405	Lara Rosenstrauch	W.P. Team B	01:23.4	1027.22	00:39.8	1040.75	0	2067.97
8	1021	Zane Esterhuizen	BOL Team A	01:10.8	1052.4	00:46.6	1007.15	0	2059.55
9	1885	Mieke Buitendag	EDEN Team A	01:21.3	1031.48	00:45.5	1012.5	0	2043.98
10	2660	Lize-Mari Beyers	BOL Team B	01:28.1	1017.82	00:44.1	1019.55	0	2037.37
11	1041	Antru Esterhuizen	BOL Team C	01:19.7	1034.64	00:48.1	999.4	0	2034.04
12	2567	Olivia Puttick	BOL Team B	01:33.0	1008.06	00:42.9	1025.5	0	2033.56
13	2640	Anye Brink	BOL Team B	01:24.6	1024.88	00:48.2	999.15	0	2024.03
14	1162	Klara Van Jaarsveld	EP Team A	01:33.7	1006.68	00:44.7	1016.6	0	2023.28
15	1319	Silke Aucamp	W.P. Team B	01:23.0	1028.08	00:49.2	994.2	0	2022.28
16	2759	Nellamari Fourie	BOL Team B	01:31.0	1012	00:47.7	1001.55	0	2013.55
17	1259	Michaela van der Merwe	BOL Team B	01:36.3	1001.38	00:46.0	1010.25	0	2011.63
18	1817	Mienke Koegelenberg	EDEN Team C	01:27.5	1018.98	00:50.0	990	0	2008.98
19	2924	Leah Hopper	EDEN Team A	01:30.6	1012.82	00:49.0	994.8	0	2007.62
20	1035	Chrisaan Visser	BOL Team C	01:19.1	1035.86	00:54.0	969.95	0	2005.81
21	1039	Gerdi Visser	BOL Team C	01:20.2	1033.64	00:55.8	960.9	0	1994.54
22	1506	Nina Koen	EDEN Team A	01:31.8	1010.46	00:51.4	983.05	0	1993.51
23	1835	Engela De Wet	EDEN Team C	01:33.1	1007.78	00:54.0	970.05	0	1977.83
24	3094	Mari Moolman	EP Team B	01:41.7	990.68	00:50.6	987	0	1977.68
25	1832	Liliy Marais	EDEN Team C	01:38.6	996.8	00:53.2	973.9	0	1970.7
26	2687	Lienke Bester	BOL Team C	01:28.3	1017.36	00:58.5	947.65	0	1965.01
27	1288	Livia Vancoillie	W.P. Team B	01:37.9	998.28	00:55.8	960.95	0	1959.23
28	1834	Lheane Du Plessis	EDEN Team C	01:35.2	1003.7	01:00.6	937.05	0	1940.75
29	2926	Marion Pienaar	EDEN Team C	01:37.0	1000.1	01:01.0	935.1	0	1935.2
30	3116	Amore Fourie	EP Team B	01:35.9	1002.16	01:03.8	921.2	0	1923.36
31	2164	Carly Dickinson	EP Team B	01:54.8	964.32	00:57.0	954.85	0	1919.17
32	2098	Angelique Kyanda Kaboza	EP Team C	01:40.3	993.42	01:05.7	911.4	0	1904.82

U/11 BOYS

1	1376	Benjamin Pautz	W.P. Team A	01:16.2	1029.58	00:34.3	1063.25	0	2092.83
---	------	----------------	-------------	---------	---------	---------	---------	---	---------

2	1338	D'niel Conradie	BOL Team A	01:15.2	1031.62	00:36.7	1051.45	0	2083.07
3	1858	Caleb Coates	EDEN Team A	01:21.5	1019.04	00:34.5	1062.35	0	2081.39
4	2555	Daniel Schaefer	BOL Team A	01:19.0	1024.04	00:36.1	1054.55	0	2078.59
5	1455	Andre Nicolaas Strydom	EP Team A	01:18.7	1024.68	00:36.6	1052.2	0	2076.88
6	1227	Stephan Pienaar	W.P. Team B	01:11.7	1038.58	00:39.4	1037.95	0	2076.53
7	2913	Wanru Haasbroek	EDEN Team A	01:15.8	1030.5	00:40.2	1034.2	0	2064.7
8	2875	Matthew Thomas	W.P. Team B	01:16.8	1028.42	00:40.2	1033.9	0	2062.32
9	1426	Christiaan Stander	BOL Team A	01:25.3	1011.46	00:37.8	1046.15	0	2057.61
10	1247	Jack Fouche	W.P. Team B	01:18.8	1024.32	00:41.2	1028.95	0	2053.27
11	2597	Tiaan Wagener	BOL Team A	01:21.7	1018.54	00:40.1	1034.5	0	2053.04
12	2162	Hanlo Moolman	EP Team A	01:11.1	1039.82	00:44.7	1011.4	0	2051.22
13	1122	Cilliers Jooste	EP Team A	01:14.3	1033.48	00:44.3	1013.55	0	2047.03
14	1443	Jean-Luc Joubert	W.P. Team B	01:16.4	1029.18	00:44.6	1011.85	0	2041.03
15	1074	Joshua Richter	EP Team A	01:19.8	1022.5	00:43.5	1017.45	0	2039.95
16	2928	Ruan Share	EDEN Team A	01:19.1	1023.7	00:44.4	1013.1	0	2036.8
17	1508	De Wet Botes	EDEN Team A	01:27.6	1006.84	00:41.4	1027.8	0	2034.64
18	2633	AJ Naude	BOL Team A	01:22.4	1017.26	00:44.3	1013.5	0	2030.76
19	2160	Luan Moolman	EP Team A	01:22.7	1016.58	00:44.9	1010.4	0	2026.98
20	1826	Martin Roux	EDEN Team C	01:14.7	1032.6	00:48.5	992.3	0	2024.9
21	1836	Jacobus Smith	EDEN Team C	01:18.6	1024.8	00:47.1	999.5	0	2024.3
22	1437	Matthew Taylor	W.P. Team B	01:18.3	1025.4	00:47.8	995.75	0	2021.15
23	3053	Luan Webb	W.P. Team B	01:17.5	1026.98	00:48.3	993.45	0	2020.43
24	2512	Luka Visser	BOL Team B	01:25.7	1010.68	00:45.5	1007.75	0	2018.43
25	2865	Marcus Dippenaar	EDEN Team A	01:29.6	1002.76	00:44.0	1015.05	0	2017.81
26	2151	Zeek Brown	EP Team B	01:20.4	1021.22	00:48.3	993.6	0	2014.82
27	2528	Adriaan Burger	BOL Team C	01:28.2	1005.56	00:46.1	1004.65	0	2010.21
28	1489	Walter Pretorius	EP Team C	01:20.2	1021.6	00:49.9	985.4	0	2007
29	2395	Gerhard Brand	BOL Team C	01:17.3	1027.5	00:51.2	978.9	0	2006.4
30	3088	Rueben Lotter	EP Team B	01:33.3	995.32	00:44.9	1010.7	0	2006.02
31	2720	Dylan Snyders	BOL Team B	01:24.4	1013.26	00:48.9	990.4	0	2003.66
32	3056	James Glover	W.P. Team B	01:26.4	1009.22	00:48.4	992.8	0	2002.02
33	1797	Daniel Theron	BOL Team C	01:17.2	1027.52	00:52.2	974.1	0	2001.62
34	2677	Wehan Van Deventer	BOL Team B	01:25.9	1010.2	00:49.0	989.9	0	2000.1
35	1006	Christiaan Pretorius	BOL Team C	01:11.3	1039.38	00:54.9	960.5	0	1999.88
36	1007	Lucas Meiring	BOL Team C	01:26.2	1009.58	00:49.2	988.75	0	1998.33
37	2774	Jordan Heath	EP Team B	01:19.3	1023.38	00:52.0	974.95	0	1998.33
38	2621	Anthonie Botha	BOL Team B	01:32.7	996.7	00:47.4	998	0	1994.7

39	2557	Christiaan Bester	BOL Team B	01:23.5	1015.04	00:51.1	979.5	0	1994.54
40	1107	Hiram Robertson	EP Team B	01:25.6	1010.84	00:50.6	981.75	0	1992.59
41	2813	Mateo Schoeman	EP Team C	01:28.7	1004.68	00:58.3	943.4	0	1948.08
42	3085	Michael Finlaison	EP Team C	01:33.1	995.74	00:57.4	948.1	0	1943.84
43	2867	Christoff Els	W.P. Team B	01:21.5	1018.94	01:04.9	910.55	0	1929.49
44	3089	Christiaan Marais	EP Team C	01:29.0	1003.94	01:06.4	903.1	0	1907.04
45	1171	Christian Slabbert	EP Team B	01:11.5	1039.02	01:13.7	866.7	0	1905.72

U/13 GIRLS

1	1315	Tatiana Thomatos	W.P. Team A	02:29.5	1070.94	00:33.6	1054.1	0	2125.04
2	1827	Arabelle Grutter	EDEN Team A	02:46.0	1038	00:31.8	1072.2	0	2110.2
3	2079	Camilla Heuer	BOR Team A	02:58.4	1013.16	00:30.5	1085.2	0	2098.36
4	1418	Larah Aucamp	W.P. Team A	02:43.6	1042.82	00:34.8	1042.4	0	2085.22
5	2578	Lene Basson	BOL Team A	02:53.2	1023.68	00:35.2	1038.1	0	2061.78
6	2912	Dune Haasbroek	EDEN Team A	02:36.0	1058	00:38.8	1002.2	0	2060.2
7	1321	Lara Stander	W.P. Team A	02:38.8	1052.36	00:41.4	975.7	0	2028.06
8	2572	Isabella Olivier	BOL Team A	03:11.6	986.82	00:35.2	1038.2	0	2025.02
9	1200	Mieke van Staden	EP Team A	03:12.0	985.94	00:35.8	1032.2	0	2018.14
10	2514	Anne van Zyl	BOL Team A	02:54.0	1022.08	00:39.4	995.9	0	2017.98
11	1020	Ankia Human	BOL Team A	02:43.3	1043.36	00:41.8	972.1	0	2015.46
12	2697	Mikayla Barnard	BOL Team A	02:51.6	1026.8	00:41.3	977.5	0	2004.3
13	1454	Milan Janse van Rensburg	EP Team A	03:19.4	971.12	00:36.2	1027.7	0	1998.82
14	1350	Anke Stander	W.P. Team A	02:44.7	1040.62	00:43.8	952.4	0	1993.02
15	2513	Jana Hough	BOL Team C	02:54.5	1021	00:43.3	956.8	0	1977.8
16	2645	Jani Barkhuysen	BOL Team B	03:12.7	984.56	00:40.0	990.3	0	1974.86
17	1824	Kara van der Merwe	EDEN Team C	02:54.8	1020.44	00:44.0	950	0	1970.44
18	2647	Mari Reynolds	BOL Team B	02:50.8	1028.36	00:45.1	938.7	0	1967.06
19	2303	Leah Goebel	W.P. Team A	03:06.4	997.14	00:42.4	966.3	0	1963.44
20	1900	Donay Botes	EDEN Team C	03:11.1	987.74	00:42.1	968.9	0	1956.64
21	1151	Anje Potgeiter	EP Team A	03:09.6	990.8	00:42.5	964.7	0	1955.5
22	1015	Inge Brand	BOL Team B	03:20.1	969.72	00:40.5	985.3	0	1955.02
23	3117	Alme Fourie	EP Team A	03:27.6	954.8	00:39.3	996.9	0	1951.7
24	1798	Danielle Bond	EDEN Team C	03:16.7	976.56	00:42.5	964.5	0	1941.06
25	1823	Megan Stahmer	EDEN Team C	02:53.7	1022.56	00:47.7	913	0	1935.56
26	2701	Nicola Hawley	BOL Team B	03:14.9	980.12	00:43.5	954.7	0	1934.82
27	2796	Anrike Juul	BOL Team C	03:25.3	959.48	00:42.4	965.8	0	1925.28
28	1453	Ancois Viljoen	EP Team B	03:07.5	994.98	00:46.0	930	0	1924.98

29	1483 Cayla Newton	EP Team B	03:11.4	987.18	00:45.8	931.9	0	1919.08
30	1851 Leah Hedderwick	EP Team B	03:42.7	924.64	00:43.7	952.8	0	1877.44
31	2635 Lisa Van Zyl	BOL Team C	03:24.2	961.58	00:48.3	907.4	0	1868.98
32	2019 Lisa-Anne van Goeverden	EDEN Team C	03:24.3	961.38	00:49.7	892.6	0	1853.98
33	2565 Monette Pienaar	BOL Team C	03:30.7	948.54	00:48.5	904.7	0	1853.24
34	2932 Mile van Niekerk	EDEN Team C	03:32.2	945.66	00:48.5	905.1	0	1850.76
35	2861 Emma Bouwer	EP Team C	03:29.0	952.08	00:56.0	830	0	1782.08

U/13 BOYS

1	2641 Arden Kotze	BOL Team A	02:36.7	1048.58	00:33.3	1047.4	0	2095.98
2	2775 Marnus Calitz Prinsloo	EP Team A	02:36.0	1050.1	00:33.5	1044.8	0	2094.9
3	1840 Johannes Brink	EDEN Team A	02:29.1	1063.76	00:35.6	1023.8	0	2087.56
4	1048 Schalk Meiring	BOL Team A	02:32.6	1056.76	00:35.0	1030.2	0	2086.96
5	2719 Kyle Snyders	BOL Team A	02:39.6	1042.7	00:33.6	1044.1	0	2086.8
6	1438 Delmar Benecke	W.P. Team A	02:36.2	1049.54	00:34.5	1035.1	0	2084.64
7	1211 Liam Els	W.P. Team A	02:34.4	1053.3	00:35.9	1020.8	0	2074.1
8	1173 Kellen Jones	EP Team A	02:57.6	1006.76	00:31.7	1062.8	0	2069.56
9	2575 Jason Du Plessis	BOL Team A	02:49.9	1022.1	00:34.2	1037.5	0	2059.6
10	2184 Archie Rabie	EP Team A	02:41.0	1040	00:36.3	1017.4	0	2057.4
11	1208 Niel Conradie	W.P. Team A	02:42.5	1036.98	00:36.5	1014.6	0	2051.58
12	1354 Alexander Van der Werf	W.P. Team A	02:27.1	1067.82	00:39.7	982.8	0	2050.62
13	1302 MC Joubert	W.P. Team A	02:53.7	1014.68	00:34.8	1032.1	0	2046.78
14	1094 Arno Nortje	EP Team B	02:45.5	1031.1	00:36.6	1014.5	0	2045.6
15	2864 Llewelyn Viljoen	EDEN Team A	02:57.7	1006.68	00:34.2	1037.7	0	2044.38
16	2515 Wian Van der Merwe	BOL Team B	02:47.9	1026.3	00:36.2	1017.6	0	2043.9
17	1192 Christian Theron	EP Team A	02:50.8	1020.3	00:35.9	1021.5	0	2041.8
18	1191 Liam Forsythe	EP Team A	02:57.2	1007.58	00:34.8	1032.2	0	2039.78
19	2519 Herman Engelbrecht	BOL Team B	02:43.1	1035.78	00:38.1	999	0	2034.78
20	1054 Charl Geissler	EP Team B	02:55.1	1011.76	00:35.7	1022.9	0	2034.66
21	1008 Nathan Van Litsenborgh	BOL Team A	02:49.6	1022.8	00:37.5	1005.2	0	2028
22	2673 Eben Cilliers	BOL Team B	02:42.9	1036.26	00:39.0	990.2	0	2026.46
23	2929 Dewald van der Westhuizen	EDEN Team A	02:56.0	1010.02	00:37.1	1009.3	0	2019.32
24	2580 John-Henry Thiert	BOL Team B	02:33.9	1054.18	00:41.8	961.6	0	2015.78
25	2624 Adriaan Kingwill	BOL Team C	02:54.1	1013.7	00:39.9	980.6	0	1994.3
26	2584 Jan-David Kirsten	BOL Team C	03:06.2	989.58	00:38.2	998.1	0	1987.68
27	1478 Neil Stow	EP Team B	03:06.5	988.98	00:38.2	997.5	0	1986.48
28	2516 Luan Nel	BOL Team B	03:15.1	971.9	00:36.8	1011.9	0	1983.8

29	2643 Bertus Mong	BOL Team C	02:56.8	1008.46	00:41.0	969.6	0	1978.06
30	2554 Zachary Schaefer	BOL Team C	02:56.7	1008.66	00:41.6	963.7	0	1972.36
31	1423 Wian Joubert	W.P. Team B	02:59.2	1003.6	00:41.7	962.9	0	1966.5
32	1270 Ben Louw	W.P. Team B	02:50.8	1020.48	00:43.8	942	0	1962.48
33	2517 Nicholas Visser	BOL Team C	03:05.5	990.9	00:42.0	960.2	0	1951.1
34	1115 Joshua Marais	EP Team B	03:21.0	959.96	00:39.3	987.5	0	1947.46
35	1837 Callan Du Plessis	EDEN Team C	02:53.3	1015.42	00:48.0	900	0	1915.42
36	2046 Dian Scholtz	GRI Team A	03:08.4	985.14	00:49.2	888.4	0	1873.54
37	1874 Mark Lemke	EP Team C	03:20.5	960.98	00:49.0	890.4	0	1851.38
38	2854 Erich Jaap Sowden	EDEN Team C	03:08.2	985.58	00:54.1	839.4	0	1824.98
39	1888 Almero Van Niekerk	EDEN Team C	04:01.6	878.7	00:47.7	903	0	1781.7

U/15 GIRLS

1	1049 Simone van der Merwe	W.P. Team A	02:16.8	1084.38	01:05.8	1061.05	0	2145.43
2	1109 Jenna Coetzee	EP Team A	02:25.3	1067.42	01:04.7	1066.7	0	2134.12
3	1084 Marony Jacobs	EP Team A	02:35.4	1047.12	01:05.3	1063.6	0	2110.72
4	1025 Mienke Kempen	BOL Team A	02:34.2	1049.54	01:11.9	1030.6	0	2080.14
5	1232 Imke Els	W.P. Team A	02:29.2	1059.66	01:16.8	1006.1	0	2065.76
6	1451 Elne Reynolds	EP Team A	02:45.6	1026.76	01:10.7	1036.55	0	2063.31
7	2301 Zoë Goebel	W.P. Team A	02:49.1	1019.76	01:12.3	1028.45	0	2048.21
8	2520 Carine Rontgen	BOL Team A	02:52.7	1012.7	01:11.5	1032.25	0	2044.95
9	2659 Maria Du Toit	BOL Team A	02:38.1	1041.88	01:18.5	997.35	0	2039.23
10	1010 Kehara Human	BOL Team A	02:33.1	1051.9	01:22.4	977.95	0	2029.85
11	1065 Lienke Els	EP Team B	02:56.8	1004.48	01:13.6	1022.1	0	2026.58
12	1395 Stephanie Minnaar	W.P. Team A	02:41.5	1034.96	01:25.0	965.25	0	2000.21
13	1149 Carlien Oosthuizen	EP Team B	03:03.0	991.98	01:16.8	1006.25	0	1998.23
14	1889 Ebenette Van Niekerk	EDEN Team C	02:51.6	1014.76	01:21.7	981.3	0	1996.06
15	1104 Kylie Klaasen	EP Team B	02:46.6	1024.86	01:24.8	965.85	0	1990.71
16	2908 Veneske Steenkamp	EDEN Team C	03:33.1	931.84	01:08.2	1049	0	1980.84
17	1013 Jacy Brand	BOL Team B	02:55.7	1006.68	01:25.0	964.85	0	1971.53
18	1401 Lana Doman	W.P. Team A	03:01.3	995.44	01:23.3	973.5	0	1968.94
19	2903 Carli Dippenaar	EDEN Team C	03:07.1	983.82	01:22.2	978.9	0	1962.72
20	1043 Anmi Slabbert	BOL Team B	03:00.4	997.2	01:25.6	961.8	0	1959
21	1507 Lizandri Koen	EDEN Team C	02:39.9	1038.12	01:36.8	906.05	0	1944.17
22	1114 Teneal Els	EP Team B	03:16.4	965.26	01:22.5	977.65	0	1942.91
23	2521 Liani Nieuwoudt	BOL Team B	02:47.0	1024.1	01:35.9	910.4	0	1934.5
24	1928 Mia Botha	EDEN Team C	02:49.9	1018.22	01:35.4	913.25	0	1931.47

25	1484	Misha Newton	EP Team C	02:53.7	1010.56	01:36.7	906.55	0	1917.11
26	1838	Nina Cloete	EDEN Team C	03:01.6	994.76	01:34.8	915.95	0	1910.71
27	1009	Hannah Kempen	BOL Team B	02:57.9	1002.16	01:48.3	848.3	0	1850.46
28	2629	Nina Terblanche	BOL Team C	03:30.0	938.06	01:53.0	825	0	1763.06

U/15 BOYS

1	1283	Alexander Benecke	W.P. Team A	02:20.2	1065.54	01:05.6	1052.1	0	2117.64
2	2589	Dieter Naude	BOL Team A	02:25.0	1055.9	01:06.4	1047.85	0	2103.75
3	1022	Thomas van der Merwe	BOL Team A	02:22.5	1061.08	01:08.0	1040.15	0	2101.23
4	1176	Pierre-Daniel Jacobs	EP Team A	02:29.2	1047.62	01:06.5	1047.65	0	2095.27
5	3010	Wyl Wright	BOR Team A	02:40.6	1024.78	01:08.4	1037.9	0	2062.68
6	1251	Nathan Pautz	W.P. Team A	02:45.2	1015.68	01:09.6	1032.25	0	2047.93
7	1490	Benjamin Lemke	EP Team A	02:27.5	1051.08	01:18.4	987.95	0	2039.03
8	1857	Johannes van der Merwe	EP Team A	02:32.6	1040.7	01:16.8	995.95	0	2036.65
9	2777	Jaco Strydom	EP Team A	02:49.1	1007.86	01:12.4	1017.95	0	2025.81
10	2524	Hanru Nel	BOL Team A	02:36.3	1033.46	01:19.5	982.3	0	2015.76
11	2411	Daniël Grové	W.P. Team A	02:51.8	1002.32	01:14.4	1008.2	0	2010.52
12	1223	Nicolas Minnaar	W.P. Team A	02:39.6	1026.8	01:19.3	983.55	0	2010.35
13	2564	Eric Pienaar	BOL Team B	02:47.0	1012.06	01:17.1	994.7	0	2006.76
14	1164	Alexander Serfontein	EP Team B	02:43.4	1019.18	01:19.0	984.95	0	2004.13
15	1814	Ludwig Lotter	EDEN Team A	02:45.8	1014.38	01:19.0	984.85	0	1999.23
16	1110	Zack Slabbert	EP Team B	02:33.7	1038.62	01:25.0	955.25	0	1993.87
17	1244	Albert Griesel	W.P. Team B	02:36.5	1033.04	01:26.9	945.6	0	1978.64
18	2666	Renso De Wet	BOL Team A	02:43.5	1019.1	01:24.3	958.4	0	1977.5
19	2808	Francois Steyn	BOL Team B	02:45.3	1015.46	01:25.5	952.4	0	1967.86
20	1340	Christiaan Pienaar	W.P. Team A	02:37.7	1030.66	01:29.8	930.95	0	1961.61
21	2704	Zak Groenewald	BOL Team B	02:33.9	1038.16	01:32.1	919.6	0	1957.76
22	1106	Nathan Appels	EP Team B	02:45.5	1015.08	01:28.4	938.2	0	1953.28
23	1848	Marno Meyer	EDEN Team C	02:41.9	1022.1	01:33.7	911.7	0	1933.8
24	3103	Hennie J Snyman	EP Team C	03:18.1	949.86	01:20.3	978.6	0	1928.46
25	1869	Tauro Botha	EP Team C	02:31.8	1042.4	01:42.2	868.85	0	1911.25
26	1816	Neziah Fourie	EDEN Team C	02:36.2	1033.62	01:40.8	876.05	0	1909.67
27	2626	Hugo Pretorius	BOL Team C	03:10.6	964.9	01:30.7	926.4	0	1891.3
28	1839	Callie Wannenburg	EDEN Team C	02:49.3	1007.48	01:42.2	869.15	0	1876.63
29	2613	Dirk Neethling	BOL Team B	02:58.6	988.8	01:43.9	860.35	0	1849.15
30	2546	Tiaan Badenhorst	BOL Team C	03:18.3	949.4	01:40.4	878.1	0	1827.5
31	2550	Oliver Du Preez	BOL Team C	03:27.4	931.24	01:50.2	829.05	0	1760.29

32	3092	George Marsh	EP Team C	03:43.7	898.68	01:45.5	852.75	0	1751.43
----	------	--------------	-----------	---------	--------	---------	--------	---	---------

U/17 GIRLS

1	1385	Mila Aucamp	W.P. Team A	02:24.1	1069.8	01:07.7	1051.3	0	2121.1
2	1373	Skye Micklethwaite	W.P. Team A	02:35.1	1047.84	01:08.0	1049.95	0	2097.79
3	1643	Danel Rossouw	W.P. Team A	02:45.4	1027.24	01:05.8	1060.75	0	2087.99
4	1014	Rebecca Flack	BOL Team A	02:34.8	1048.46	01:13.4	1023.2	0	2071.66
5	1805	Marilie Duvenhage	EDEN Team A	02:39.4	1039.2	01:15.8	1010.95	0	2050.15
6	2716	Anne Sabbagha	BOL Team A	02:50.0	1018.02	01:11.7	1031.6	0	2049.62
7	1362	Alice Venter	W.P. Team A	02:30.4	1057.28	01:23.2	974.2	0	2031.48
8	1215	Mienke Herbst	W.P. Team A	03:01.6	994.7	01:10.7	1036.7	0	2031.4
9	1196	Alouise Vosloo	EP Team A	02:43.4	1031.2	01:24.8	966.1	0	1997.3
10	1920	Thegan Kuyler	EDEN Team C	02:42.2	1033.6	01:26.2	959.2	0	1992.8
11	2771	Anya de Ridder	EP Team A	03:15.9	966.2	01:14.8	1016.1	0	1982.3
12	1320	Julia Monk	W.P. Team B	03:01.1	995.84	01:21.0	985.2	0	1981.04
13	3093	Janita Marsh	EP Team A	03:15.7	966.6	01:28.0	949.9	0	1916.5
14	1261	Caitlin De Kock	W.P. Team B	03:14.1	969.84	01:37.4	902.8	0	1872.64
15	2787	Ilke Wolmarans	EP Team A	02:48.9	1020.24	01:48.6	847.2	0	1867.44
16	2919	Liane Pretorius	EDEN Team C	02:52.9	1012.24	01:48.5	847.6	0	1859.84
17	3091	Casli Marsh	EP Team A	03:07.6	982.72	01:44.8	866.1	0	1848.82
18	2914	Zarah Herselman	EDEN Team C	03:24.1	949.72	01:53.6	821.85	0	1771.57
19	2917	Mari le Roux	EDEN Team C	03:26.3	945.4	01:57.5	802.3	0	1747.7
20	2918	Dane Lubbe	EDEN Team C	03:05.6	986.74	02:06.2	758.75	0	1745.49

U/17 BOYS

1	1147	Connor Bagley	EP Team A	02:11.6	1054.88	00:57.6	1052	0	2106.88
2	2642	Kailen Kotze	BOL Team A	02:15.7	1046.64	00:59.7	1041.45	0	2088.09
3	2609	Christie Engelbrecht	BOL Team A	02:13.3	1051.34	01:05.6	1012.05	0	2063.39
4	1028	Christiaan Hattingh	BOL Team A	02:16.2	1045.66	01:06.5	1007.55	0	2053.21
5	1486	Xander Myburgh	EP Team A	02:23.8	1030.5	01:04.1	1019.65	0	2050.15
6	3014	Liam Prime	BOR Team A	02:24.1	1029.74	01:04.2	1018.9	0	2048.64
7	2586	Zian Naude	BOL Team A	02:25.6	1026.88	01:04.4	1018.1	0	2044.98
8	2410	Hannes Grové	W.P. Team A	02:25.0	1027.9	01:04.7	1016.75	0	2044.65
9	1139	Daniel Richter	EP Team A	02:17.5	1042.96	01:10.3	988.4	0	2031.36
10	1390	Luan Stander	W.P. Team A	02:35.0	1008.06	01:05.0	1015.15	0	2023.21
11	1070	Steffen Rademeyer	EP Team A	02:32.8	1012.32	01:06.0	1009.95	0	2022.27
12	1235	Stephan Griesel	W.P. Team A	02:17.0	1043.94	01:14.7	966.65	0	2010.59

13	2539	Neil-Willem Buchner	BOL Team B	02:29.5	1018.98	01:11.0	984.9	0	2003.88
14	2568	Paul-Louis Rontgen	BOL Team A	02:31.3	1015.42	01:11.0	985.2	0	2000.62
15	1198	Daniel Nash	EP Team B	02:37.6	1002.84	01:13.9	970.5	0	1973.34
16	2887	Kean Enslin	EDEN Team C	02:33.1	1011.72	01:19.8	941.1	0	1952.82
17	1042	Jan-Paul Hattingh	BOL Team B	02:37.8	1002.42	01:19.6	941.85	0	1944.27
18	1855	JJ de Lange	EP Team B	02:35.3	1007.32	01:24.6	916.95	0	1924.27
19	3066	Jaden de Ridder	EP Team C	02:28.3	1021.42	01:27.7	901.25	0	1922.67
20	3099	Hayden Pienaar	EP Team B	02:32.4	1013.16	01:28.4	897.85	0	1911.01
21	2181	Christiaan Van der Merwe	EP Team B	02:36.9	1004.12	01:32.0	880	0	1884.12
22	1882	Louis Smit	EDEN Team C	02:32.6	1012.7	01:37.1	854.6	0	1867.3
23	1891	Johann Grabe	EDEN Team C	02:53.0	971.96	01:29.8	890.85	0	1862.81
24	2863	Salomon Dannhauser	EP Team C	02:26.5	1025.06	01:43.4	822.95	0	1848.01
25	2760	Janre Engelbrecht	BOL Team B	02:22.3	1033.5	01:45.7	811.5	0	1845
26	2888	Damion Gouveia	EDEN Team C	02:32.8	1012.44	01:45.9	810.75	0	1823.19

U/19 GIRLS

1	1120	Anke Serfontein	EP Team A	02:25.9	1066.22	01:08.0	1045.15	0	2111.37
2	1806	Petro Marie Fourie	EDEN Team A	02:41.4	1035.14	01:08.6	1042.1	0	2077.24
3	1175	Jodi Wilson	EP Team A	02:50.5	1016.94	01:06.8	1051	0	2067.94
4	1429	Rebecca Monk	W.P. Team A	02:36.8	1044.34	01:15.3	1008.4	0	2052.74
5	1505	Mia Huggett	EDEN Team A	02:38.7	1040.7	01:15.5	1007.7	0	2048.4
6	1004	Anna Pretorius	BOL Team A	02:51.2	1015.54	01:16.2	1004	0	2019.54
7	1071	Marlien Crewe-Brown	EP Team A	03:05.3	987.44	01:11.5	1027.25	0	2014.69
8	1860	Elizma Huysser	EDEN Team C	02:55.6	1006.72	01:17.4	998	0	2004.72
9	1209	Nadia Olsen	W.P. Team A	02:54.7	1008.52	01:19.2	988.85	0	1997.37
10	1163	Elanca Van Jaarsveld	EP Team A	02:38.4	1041.26	01:26.3	953.75	0	1995.01
11	2662	Abigail Le Roux	BOL Team A	02:52.4	1013.14	01:21.6	977	0	1990.14
12	1862	Emma Van Der Westhuysen	EDEN Team C	02:47.5	1022.92	01:24.2	964.15	0	1987.07
13	1086	Ilze Hattingh	EP Team A	02:53.0	1012.1	01:25.2	959.15	0	1971.25
14	1124	Anabelle Jonck	EP Team B	02:48.0	1021.9	01:31.7	926.6	0	1948.5
15	1815	Yana Lotter	EDEN Team C	03:04.9	988.18	01:28.7	941.7	0	1929.88
16	2901	Megan Terblanche	EDEN Team C	03:23.3	951.34	01:24.8	961.1	0	1912.44
17	2669	Nina Hartman	BOL Team A	03:00.0	998	01:40.5	882.4	0	1880.4
18	3082	Nadia Visser	EDEN Team C	03:52.3	893.36	01:40.8	881.25	0	1774.61

U/19 BOYS

1	1095	Matthew Van Coller	EP Team A	02:02.1	1061.74	00:58.7	1041.6	0	2103.34
---	------	--------------------	-----------	---------	---------	---------	--------	---	---------

2	1137	Christian Appels	EP Team A	02:04.3	1057.44	00:59.3	1038.7	0	2096.14
3	1343	Luca Karsten	W.P. Team A	02:05.8	1054.38	01:02.2	1023.75	0	2078.13
4	1886	Hagen Reinstorf	EDEN Team A	02:18.8	1028.5	00:59.6	1037.15	0	2065.65
5	1412	Emihl Rossouw	W.P. Team A	02:15.0	1035.96	01:01.7	1026.55	0	2062.51
6	2341	Theodor Andrag	W.P. Team A	02:16.5	1033.06	01:02.1	1024.75	0	2057.81
7	2537	Rossouw Van Zyl	BOL Team B	02:28.0	1010.06	00:59.6	1037.15	0	2047.21
8	2569	Rudolf De Wet	BOL Team A	02:31.9	1002.2	00:58.4	1042.8	0	2045
9	1125	Francios Vosloo	EP Team A	02:07.6	1050.78	01:08.4	992.8	0	2043.58
10	1802	Landre Botes	EDEN Team A	02:15.2	1035.64	01:07.6	996.85	0	2032.49
11	1169	Hugo Nothnagel	EP Team A	02:06.6	1052.88	01:11.1	979.45	0	2032.33
12	1063	Kaleb Bezuidenhout	EP Team A	02:23.4	1019.2	01:05.6	1006.9	0	2026.1
13	1017	Tiaan Walters	BOL Team A	02:20.6	1024.76	01:07.2	999.25	0	2024.01
14	1807	Tiaan Visser	EDEN Team C	02:20.4	1025.3	01:10.2	984.1	0	2009.4
15	2606	Roelof Willem Van der Merwe	BOL Team A	02:26.1	1013.7	01:09.3	988.75	0	2002.45
16	2652	Nelius Moller	BOL Team A	02:22.0	1021.98	01:13.4	968.1	0	1990.08
17	1138	Marco Sprong	EP Team B	02:26.0	1014.1	01:14.1	964.35	0	1978.45
18	2130	Zack Serfontein	EP Team B	02:19.6	1026.88	01:18.1	944.6	0	1971.48
19	3113	Luan Van der Merwe	EP Team B	03:00.3	945.42	01:04.0	1015.05	0	1960.47
20	1876	Luke Steenkamp	EDEN Team C	02:32.6	1000.78	01:16.0	955	0	1955.78
21	2622	John-Ree Tamboer	BOL Team A	02:18.8	1028.4	01:24.2	914.2	0	1942.6
22	3105	Henro van der Merwe	EP Team B	02:40.4	985.18	01:15.8	955.85	0	1941.03
23	2177	Deandre Vorster	EP Team B	02:50.8	964.34	01:20.2	933.8	0	1898.14
24	2168	JD Duvenhage	EP Team C	02:32.6	1000.72	01:33.6	866.95	0	1867.67
25	3084	Hermanus de Wet	EP Team C	02:55.5	954.94	01:35.6	857.1	0	1812.04
26	2180	Jandre du Preez	EP Team C	02:57.1	951.72	01:39.5	837.45	0	1789.17
27	2773	Emile Fourie	EP Team C	03:27.2	891.54	01:34.9	860.3	0	1751.84

SENIORS WOMEN

1	2797	Inge Beyers	BOL Team A	02:59.5	1020.94	01:21.4	1013.1	60	2094.04
2	2804	Berndine Durr	BOL Team A	03:21.0	978	01:13.2	1053.95	8	2039.95
3	2547	ChrisMari Smith	BOL Team A	02:36.0	1068	01:32.8	955.9	16	2039.9
4	2603	Ruzanne Le Roux	BOL Team A	02:53.9	1032.18	01:40.7	916.3	60	2008.48
5	2637	Marlize Van Zyl	BOL Team A	03:46.5	927.04	01:36.6	937.05	68	1932.09

SENIORS MEN

1	1448	Neil van der Walt	W.P. Team A	02:13.2	1049.7	01:12.3	1008.25	68	2125.95
2	2674	Dommonique Forte	BOL Team A	02:21.4	1033.26	01:12.1	1009.55	56	2098.81

3	1262	Stefan Burger	W.P. Team A	02:09.8	1056.5	01:14.7	996.6	40	2093.1
4	1494	Brandon van Rooyen	W.P. Team A	02:43.6	988.88	01:02.6	1056.95	36	2081.83
5	2542	Frannie Langenhoven	BOL Team A	02:33.9	1008.12	01:09.1	1024.35	20	2052.47

JNR MEN

1	1353	Joshua Scott	W.P. Team A	02:14.5	1043	00:59.6	1041.85	0	2084.85
2	3081	Hendrick Visser	EDEN Team A	02:08.9	1054.16	01:10.9	985.3	0	2039.46
3	2785	Justus van Rooyen	EP Team A	02:36.5	999.08	01:18.6	947.2	0	1946.28
4	2695	Jonathan Davids	BOL Team A	02:09.2	1053.6	01:38.0	849.95	0	1903.55

MASTERS 40+ WOMEN

1	1258	Lize-Ahn Aucamp	W.P. Team A	02:48.9	1062.18	01:12.5	1107.7	10	2179.88
2	1809	Esrie Look-Bezuidenhout	EDEN Team A	02:45.8	1068.34	01:17.5	1082.65	0	2150.99
3	1498	Yolandi Marais	W.P. Team A	03:23.7	992.68	01:37.5	982.65	0	1975.33

MASTERS 40+ MEN

1	1334	Roger Bezuidenhout	W.P. Team A	02:28.2	1033.52	01:05.8	1091.1	45	2169.62
2	1497	Rowan Marais	W.P. Team A	02:30.3	1029.34	01:03.8	1101	30	2160.34
3	2711	Pieter Troost	BOL Team A	02:29.3	1031.46	01:04.0	1100	5	2136.46
4	1269	Willem Joubert	W.P. Team A	02:33.5	1023.02	01:17.3	1033.5	15	2071.52
5	1050	Tiaan Pretorius	BOL Team A	02:30.0	1030.02	01:17.7	1031.3	10	2071.32
6	1002	Lukas Wentzel	BOL Team A	02:29.6	1030.82	01:19.9	1020.45	15	2066.27
7	1326	Jacques Bezuidenhout	W.P. Team A	02:37.6	1014.88	01:15.8	1040.9	5	2060.78
8	1921	Thinus Oelofse	EDEN Team A	02:31.8	1026.46	02:16.0	740	5	1771.46

MASTERS 50+ WOMEN

1	2710	Ilse Beuman	BOL Team A	03:10.1	1059.74	01:21.5	1082.7	54	2196.44
2	2525	Mariaan Malan	BOL Team A	02:52.2	1095.56	01:24.9	1065.7	30	2191.26
3	2397	Liezel Wessels	BOL Team A	02:56.5	1087.04	01:28.8	1045.85	24	2156.89

MASTERS 50+ MEN

1	2675	Gareth Haarhoff	BOL Team A	02:29.3	1081.4	01:10.3	1083.5	6	2170.9
2	1417	Thys Lombard	W.P. Team A	03:02.2	1015.62	01:07.9	1095.55	42	2153.17
3	1872	Grant Lemke	EP Team A	02:28.7	1082.56	01:22.4	1022.8	0	2105.36
4	1811	Hermann Spangenberg	EDEN Team A	03:04.5	1011.02	01:13.7	1066.4	12	2089.42
5	3068	Clive Cupido	BOL Team A	02:22.5	1094.96	01:48.1	894.3	42	2031.26
6	1394	Jason Monk	W.P. Team A	02:30.0	1080.1	01:49.8	885.85	18	1983.95

	7	2526 Dirk Malan	BOL Team A	03:16.6	986.72	01:46.2	904.2	42	1932.92
MASTERS 60+ WOMEN									
	1	2814 Benice Putter	EP Team A	01:43.5	993.04	00:39.3	1063.55	40	2096.59
MASTERS 60+ MEN									
	1	1893 Johan Windt	EDEN Team A	01:11.0	1018	00:43.9	1025.4	63	2106.4
	2	1148 Freek Smith	EP Team A	01:13.6	1012.76	00:38.2	1053.95	0	2066.71
	3	2806 Eric Parker	BOL Team A	01:25.0	989.92	00:44.8	1020.95	42	2052.87
	4	1294 Marius Vorster	W.P. Team A	01:39.9	960.2	00:41.0	1039.95	42	2042.15
	5	1408 Jacobus Michaels	W.P. Team A	01:12.6	1014.8	00:50.3	993.5	7	2015.3
	6	1044 Ian Flack	BOL Team A	01:32.4	975.18	01:00.0	945	21	1941.18
MASTERS 70+ WOMEN									
	1	1902 Marilyn Orren	EDEN Team A	02:04.6	980.74	00:38.9	1105.5	0	2086.24
	2	1348 Marille Bass	W.P. Team A	01:47.7	1014.68	00:51.6	1042.05	22	2078.73
MASTERS 70+ MEN									
	1	1046 Coenie Slabbert	BOL Team A	01:25.4	1009.3	00:41.7	1076.5	30	2115.8
	2	2852 Mike McDonald	EDEN Team A	01:46.1	967.72	00:45.6	1057	70	2094.72
	3	3124 Archie Markgraaff	SFS Team A	02:12.4	915.22	00:41.6	1076.8	90	2082.02
	4	2529 Coenie Van Vuuren	BOL Team A	01:33.9	992.26	00:42.1	1074.7	0	2066.96
	5	1428 Robert Swartz	W.P. Team A	01:21.6	1016.76	01:00.7	981.55	50	2048.31
SPECIAL NEEDS FEMALE									
	1	3098 Rentia Oosthuizen	EP Team A	02:09.0	982.06	00:50.2	973.75	0	1955.81
SPECIAL NEEDS MALE									
	1	1308 Liam Trelawney	W.P. Team A	01:48.0	1024	00:56.7	941.75	0	1965.75