

## SFS INTER-PROVINCIAL

Competition Name

2022-10-08

Competition Date

#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
Top 3 Runners									
1	1982	Kenane Bruyere	SFS Team A	01:00.690	1118.62	00:35.700	1046.50	0.00	2165.12
2	3797	Taylor Jacobs	EP Team A	01:17.950	1040.10	00:40.220	1028.90	0.00	2069.00
3	1621	Louis-Harm Fourie	SFS Team A	02:12.560	1038.88	01:03.530	1022.35	0.00	2061.23
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
Top 3 Swimmers									
1	3124	Archie Markgraaff	SFS Team A	02:21.090	933.82	00:42.680	1051.60	100.00	2085.42
2	3822	Quintin van Staden	SFS Team A	02:23.550	1000.90	01:00.150	1049.25	24.00	2074.15
3	1595	Philip le Roux	SFS Team A	02:32.720	1020.56	01:01.560	1057.20	0.00	2077.76
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
Top 3 Athletes									
1	1982	Kenane Bruyere	SFS Team A	01:00.690	1118.62	00:35.700	1046.50	0.00	2165.12
2	3124	Archie Markgraaff	SFS Team A	02:21.090	933.82	00:42.680	1051.60	100.00	2085.42
3	2826	Jacolien Swart	NW Team A	03:02.970	1016.06	01:15.630	1041.85	20.00	2077.91
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
U/09 GIRLS									
1	3661	Sadie Els	BOR Team A	01:30.540	1032.92	00:57.140	979.30	0.00	2012.22

2	3507	Mine Richards	SFS Team A	01:30.540	1032.92	01:18.040	874.80	0.00	1907.72
3	3502	Mia Ferreira	SFS Team A	01:44.010	1005.98	01:34.770	791.15	0.00	1797.13
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/09 BOYS				-					
1	3470	Franco Pelsler	SFS Team A	01:28.140	1029.72	00:54.950	980.25	0.00	2009.97
2	1943	Logan Bruce Blair	SFS Team A	01:26.430	1033.14	00:55.890	975.55	0.00	2008.69
3	3483	Jonny Dippenaar	SFS Team A	01:37.320	1011.36	01:50.790	701.05	0.00	1712.41
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/11 GIRLS				-					
1	3797	Taylor Jacobs	EP Team A	01:17.950	1040.10	00:40.220	1028.90	0.00	2069.00
2	1567	Carinke Wessels	SFS Team A	01:24.860	1026.28	00:38.510	1037.45	0.00	2063.73
3	3467	Elmanè De Wet	SFS Team B	01:29.470	1017.06	00:44.770	1006.15	0.00	2023.21
4	1548	Lisa le Roux	SFS Team A	01:36.670	1002.66	00:43.700	1011.50	0.00	2014.16
5	1552	Z'Ney Piechazek	SFS Team A	01:27.050	1021.90	00:47.950	990.25	0.00	2012.15
6	2822	Grizelda Janse van Rensburg	NW Team A	01:20.010	1035.98	00:52.030	969.85	0.00	2005.83
7	1948	Emma Du Toit	SFS Team A	01:40.420	995.16	00:43.890	1010.55	0.00	2005.71
8	3741	Lea Cilliers	SFS Team B	01:20.260	1035.48	00:54.020	959.90	0.00	1995.38
9	1945	Zea Vorster	SFS Team A	01:35.120	1005.76	00:48.760	986.20	0.00	1991.96
10	1551	Neri Upton	SFS Team B	01:32.990	1010.02	00:54.060	959.70	0.00	1969.72
11	2821	Zandri Janse	NW Team A	01:31.380	1013.24	01:00.450	927.75	0.00	1940.99

		van Rensburg							
12	1974	Tenè Venter	SFS Team B	01:27.800	1020.40	01:03.230	913.85	0.00	1934.25
13	1976	Kaylyn Grace Blair	SFS School Team	01:31.040	1013.92	01:06.880	895.60	0.00	1909.52
14	2100	Allison Gilfillan	EP Team A	01:46.490	983.02	01:13.930	860.35	0.00	1843.37
15	1566	Almè Bomman	SFS School Team	01:22.810	1030.38	01:23.760	811.20	0.00	1841.58
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/11 BOYS				-					
1	1549	Lohan Maree	SFS Team A	01:20.670	1032.66	00:43.960	1000.20	0.00	2032.86
2	2974	Christopher Howes	BOR Team A	01:25.230	1023.54	00:43.490	1002.55	0.00	2026.09
3	1931	Jan Hendrik De Vries	SFS Team A	01:27.560	1018.88	00:45.440	992.80	0.00	2011.68
4	1627	Gèhan Viviers	SFS Team A	01:32.120	1009.76	00:45.400	993.00	0.00	2002.76
5	1534	Neil Shaw	SFS Team A	01:25.560	1022.88	00:48.180	979.10	0.00	2001.98
6	3808	Luan Geldenhuys	SFS Team A	01:27.280	1019.44	00:54.110	949.45	0.00	1968.89
7	3465	Eckard Pelsler	SFS Team B	01:34.940	1004.12	00:55.200	944.00	0.00	1948.12
8	1640	Fanie Barnard	SFS Team B	01:19.570	1034.86	01:01.520	912.40	0.00	1947.26
9	2828	Rohan Swart	NW Team A	01:30.210	1013.58	01:06.340	888.30	0.00	1901.88
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/13 GIRLS				-					
1	1642	Franzelle Barnard	SFS Team A	02:54.430	1005.14	00:39.170	968.30	0.00	1973.44
2	1631	Ashleigh de Jager	SFS Team A	03:22.550	948.90	00:33.770	1022.30	0.00	1971.20

3	1565	Ella van Viegen	SFS Team A	03:14.930	964.14	00:36.340	996.60	0.00	1960.74
4	2099	Samantha Giffillan	EP Team A	03:06.400	981.20	00:39.030	969.70	0.00	1950.90
5	1580	Eri de Waal	SFS Team B	02:58.550	996.90	00:40.980	950.20	0.00	1947.10
6	1581	Claire Combrink	SFS Team A	03:18.720	956.56	00:37.010	989.90	0.00	1946.46
7	1539	Arinda Vorster	SFS Team A	03:12.750	968.50	00:38.270	977.30	0.00	1945.80
8	3742	Inge Opperman	SFS Team B	03:31.400	931.20	00:39.070	969.30	0.00	1900.50
9	3887	Miley Burger	EP Team B	03:32.450	929.10	00:39.360	966.40	0.00	1895.50
10	1453	Ancois Viljoen	EP Team A	03:00.610	992.78	00:46.060	899.40	0.00	1892.18
11	1531	Wilhandi Meyer	SFS Team B	03:17.560	958.88	00:42.720	932.80	0.00	1891.68
12	1638	Cailyn de Kock	SFS School Team	03:13.670	966.66	00:45.250	907.50	0.00	1874.16
13	1583	Isabel Gutter	SFS School Team	03:09.990	974.02	00:47.960	880.40	0.00	1854.42
14	3733	Anè Lindhout	SFS School Team	03:32.840	928.32	00:44.260	917.40	0.00	1845.72
15	2848	Lika Barnard	NW Team A	03:40.300	913.40	00:52.180	838.20	0.00	1751.60
16	2098	Angelique Kyanda Kaboza	EP Team C	03:54.870	884.26	00:50.440	855.60	0.00	1739.86
17	1562	Alexia Dippenaar	SFS School Team	03:47.580	898.84	00:55.930	800.70	0.00	1699.54
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/13 BOYS				-					
1	1573	Ignus Jacobs	SFS Team A	02:44.430	1017.14	00:40.280	957.20	0.00	1974.34
2	1532	Liam Shaw	SFS Team A	02:54.370	997.26	00:39.490	965.10	0.00	1962.36
3	1559	Rauch Burger	SFS Team	03:09.290	967.42	00:37.900	981.00	0.00	1948.42

4	1628	Pieter Viviers	SFS School Team	03:17.290	951.42	00:37.110	988.90	0.00	1940.32
5	1553	Lian Botha	SFS Team A	02:47.870	1010.26	00:45.100	909.00	0.00	1919.26
6	1556	Hanco van Zyl	SFS Team B	03:06.720	972.56	00:43.060	929.40	0.00	1901.96
7	3787	Diedrik Meyer	SFS School Team	03:08.150	969.70	00:56.840	791.60	0.00	1761.30
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
U/15 GIRLS				-					
1	1632	Katie de Jager	SFS Team A	03:11.260	963.48	01:07.020	1039.90	0.00	2003.38
2	1518	Danielle Grobler	SFS Team A	03:26.990	932.02	01:09.150	1029.25	0.00	1961.27
3	1525	Michelle Pienaar	SFS Team A	02:45.870	1014.26	01:27.380	938.10	0.00	1952.36
4	3491	Lianè De Wet	SFS Team A	03:01.680	982.64	01:26.440	942.80	0.00	1925.44
5	1588	Chanè Fourie	SFS Team A	03:12.580	960.84	01:22.670	961.65	0.00	1922.49
6	1587	Lunè Fourie	SFS Team B	03:03.710	978.58	01:28.190	934.05	0.00	1912.63
7	3791	Gemma Hickey	SFS Team B	03:00.920	984.16	01:31.750	916.25	0.00	1900.41
8	1946	Lurette Du Toit	SFS Team B	03:33.270	919.46	01:24.050	954.75	0.00	1874.21
9	1151	Anje Potgeiter	EP Team B	03:01.470	983.06	01:37.600	887.00	0.00	1870.06
10	1991	Lia Raubenheimer	SFS Team B	02:56.740	992.52	01:39.690	876.55	0.00	1869.07
11	1576	Ellè Cloete	SFS Team B	03:02.240	981.52	01:38.180	884.10	0.00	1865.62
12	3807	Leolin Delpont	SFS Team B	03:20.870	944.26	01:32.680	911.60	0.00	1855.86
13	1578	Melinda Dippenaar	SFS School Team	03:21.700	942.60	01:38.540	882.30	0.00	1824.90

14	3460	Clarisse Barnard	SFS School Team	03:08.840	968.32	02:03.470	757.65	0.00	1725.97
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/15 BOYS				-					
1	1595	Philip le Roux	SFS Team A	02:32.720	1020.56	01:01.560	1057.20	0.00	2077.76
2	1469	Egbert Palmer	NW Team A	02:34.540	1016.92	01:08.500	1022.50	0.00	2039.42
3	2827	Nico Swart	NW Team A	02:40.480	1005.04	01:25.570	937.15	0.00	1942.19
4	2820	Armand Barnard	NW Team A	02:36.350	1013.30	01:34.090	894.55	0.00	1907.85
5	3515	Wilhelm Du Plessis	SFS Team A	02:35.060	1015.88	01:36.840	880.80	0.00	1896.68
6	3743	Luhan Opperman	SFS Team A	03:14.610	936.78	01:28.210	923.95	0.00	1860.73
7	3847	Phillip Jacobs	EP Team B	02:57.790	970.42	01:36.490	882.55	0.00	1852.97
8	2993	Robert Howes	BOR Team A	03:03.980	958.04	01:35.350	888.25	0.00	1846.29
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/17 GIRLS				-					
1	1468	Xandri Palmer	NW Team A	02:41.570	1022.86	01:06.560	1042.20	0.00	2065.06
2	3513	Sami Maritz	SFS Team A	02:58.580	988.84	01:12.350	1013.25	0.00	2002.09
3	1641	Chrisley Barnard	SFS Team A	03:00.520	984.96	01:14.770	1001.15	0.00	1986.11
4	2131	Izeldi Jacobs	SFS Team A	03:23.610	938.78	01:13.900	1005.50	0.00	1944.28
5	1484	Misha Newton	EP Team A	02:59.480	987.04	01:27.860	935.70	0.00	1922.74
6	1598	Jessica Barnard	SFS Team A	02:56.670	992.66	01:32.430	912.85	0.00	1905.51
7	3827	Rebecca Copeman	EP Team B	03:12.510	960.98	01:33.930	905.35	0.00	1866.33

8	3829	Mecoli Vorster	EP Team B	03:21.920	942.16	01:35.500	897.50	0.00	1839.66
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
U/17 BOYS				-					
1	1621	Louis-Harm Fourie	SFS Team A	02:12.560	1038.88	01:03.530	1022.35	0.00	2061.23
2	3014	Liam Prime	BOR Team A	02:26.620	1010.76	01:01.140	1034.30	0.00	2045.06
3	1520	Emile Aucamp	SFS Team A	02:19.900	1024.20	01:09.620	991.90	0.00	2016.10
4	2061	Theuns Janse van Rensburg	GRI Team A	02:27.220	1009.56	01:10.070	989.65	0.00	1999.21
5	1490	Benjamin Lemke	EP Team A	02:30.820	1002.36	01:12.800	976.00	0.00	1978.36
6	1198	Daniel Nash	EP Team A	02:38.360	987.28	01:09.990	990.05	0.00	1977.33
7	2825	Gerhard Swart	NW Team A	02:47.440	969.12	01:23.360	923.20	0.00	1892.32
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
U/19 GIRLS				-					
1	2765	Anika Rossouw	NW Team A	03:01.470	985.06	01:13.410	1017.95	0.00	2003.01
2	3888	Alexia Deliccado	NW Team A	03:23.300	941.40	01:07.310	1048.45	0.00	1989.85
3	1611	Enrika Lubbe	SFS Team A	03:09.810	968.38	01:13.080	1019.60	0.00	1987.98
4	1938	Thinica Layla Mc Anda	SFS Team A	03:13.820	960.36	01:15.340	1008.30	0.00	1968.66
5	3794	Heike-Louise Hechter	SFS Team A	03:32.040	923.92	01:12.350	1023.25	0.00	1947.17
6	3846	Joani Jacobs	EP Team A	03:06.160	975.68	01:37.190	899.05	0.00	1874.73
7	3754	Monique Groenewald	SFS Team A	03:31.300	925.40	01:27.530	947.35	0.00	1872.75

#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
U/19 BOYS			-						
1	3480	Jaden Van Heyningen	SFS Team A	02:24.500	1009.00	01:04.520	1017.40	0.00	2026.40
2	1613	Botha Barnard	SFS Team A	02:15.270	1027.46	01:11.270	983.65	0.00	2011.11
3	3756	NJ Oosthuizen	SFS Team A	02:30.560	996.88	01:33.170	874.15	0.00	1871.03
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
SENIORS WOMEN			-						
1	3824	Iane Laverack	SFS Team A	03:01.810	992.38	01:20.580	992.10	0.00	1984.48
2	3897	Friedl Theron	SFS Team A	02:43.510	1028.98	01:30.450	942.75	9.00	1980.73
3	3798	Helena Delpont	SFS Team A	03:28.690	938.62	01:25.410	967.95	51.00	1957.57
4	2148	Anneke Blair	SFS Team A	03:00.190	995.62	01:35.570	917.15	39.00	1951.77
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
SENIORS MEN			-						
1	3822	Quintin van Staden	SFS Team A	02:23.550	1000.90	01:00.150	1049.25	24.00	2074.15
2	3896	Charl Theron	SFS Team A	02:20.300	1007.40	00:00.000	0.00	4.50	1011.90
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
JNR WOMEN			-						
1	3494	Lizri Weyers	SFS Team A	02:45.500	1025.00	01:08.750	1051.25	0.00	2076.25
2	3455	Anke Weyers	SFS Team A	02:57.140	1001.72	01:11.720	1036.40	0.00	2038.12
3	1124	Anabelle Jonck	EP Team A	03:14.240	967.52	01:36.710	911.45	0.00	1878.97
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	



JNR MEN									
1	3915	Ian van Niekerk	SFS Team A	02:20.010	1007.98	01:08.070	994.65	0.00	2002.63
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
MASTERS 40+ WOMEN									
1	2826	Jacolien Swart	NW Team A	03:02.970	1016.06	01:15.630	1041.85	20.00	2077.91
2	1619	Sharine Barnard	SFS Team A	00:00.000	0.00	00:00.000	0.00	0.00	0.00
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
MASTERS 40+ MEN									
1	3821	Bruce Blair	SFS Team A	03:10.050	931.90	01:24.030	954.85	15.00	1901.75
2	3837	Thomas Ashkettle	SFS Team A	03:18.760	914.48	01:40.230	873.85	30.00	1818.33
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
MASTERS 50+ MEN									
1	3443	Wikus Vorster	SFS Team A	02:32.240	1029.52	01:44.190	879.05	10.00	1918.57
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
MASTERS 60+ MEN									
1	1971	Jan Van Niekerk	GRI Team A	01:28.550	1012.90	00:41.530	1027.35	18.00	2058.25
2	1515	Michael van der Walt	SFS Team A	02:04.240	941.52	00:46.500	1002.50	42.00	1986.02
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
MASTERS 70+ MEN									
1	3124	Archie Markgraaff	SFS Team A	02:21.090	933.82	00:42.680	1051.60	100.00	2085.42
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	

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1	1982	Kenane Bruyere	SFS Team A	01:00.690	1118.62	00:35.700	1046.50	0.00	2165.12
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