

SFS INTER-PROVINCIAL

Competition Name

2023-09-30

Competition Date

#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
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Top 3 Runners

1	4861	Lynette Fischer	SFS Team A	01:24.390	1053.22	00:40.850	1045.75	36.00	2134.97
2	5286	Adri Vermaas	SFS Team A	01:10.240	1049.52	00:33.930	1065.35	18.00	2132.87
3	3406	Michael Forbes	BOR Team A	01:17.840	1034.32	00:38.250	1043.75	48.00	2126.07

#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
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Top 3 Swimmers

1	3124	Archie Markgraaff	SFS Team A	02:20.340	935.32	00:42.400	1053.00	110.00	2098.32
2	5286	Adri Vermaas	SFS Team A	01:10.240	1049.52	00:33.930	1065.35	18.00	2132.87
3	3406	Michael Forbes	BOR Team A	01:17.840	1034.32	00:38.250	1043.75	48.00	2126.07

#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
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Top 3 Athletes

1	4861	Lynette Fischer	SFS Team A	01:24.390	1053.22	00:40.850	1045.75	36.00	2134.97
2	5286	Adri Vermaas	SFS Team A	01:10.240	1049.52	00:33.930	1065.35	18.00	2132.87
3	3406	Michael Forbes	BOR Team A	01:17.840	1034.32	00:38.250	1043.75	48.00	2126.07

#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
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U/08 GIRLS

1	4857	Mila van Zyl	SFS Team A	01:40.840	1038.32	00:32.350	1013.25	0.00	2051.57
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2	4853	Leah Venter	SFS Team A	01:42.340	1035.32	00:40.030	974.85	0.00	2010.17
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
				-					
1	4850	Justus van Zyl	SFS Team A	01:29.660	1056.68	00:29.150	1019.25	0.00	2075.93
2	5081	Lyndon Scott	SFS Team A	02:02.410	991.18	00:29.470	1017.65	0.00	2008.83
3	5257	Erich Hoffmann	SFS Team A	01:42.160	1031.68	00:41.820	955.90	0.00	1987.58
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
				-					
1	5292	Alyx Cupido	SFS Team A	01:31.190	1031.62	00:43.010	1049.95	0.00	2081.57
2	5269	Lara van Viegen	SFS Team A	01:37.660	1018.68	01:16.830	880.85	0.00	1899.53
3	3783	Alta Snyman	SFS Team A	01:48.280	997.44	01:22.540	852.30	0.00	1849.74
4	5326	Elmi van Heerden	SFS Team A	02:12.030	949.94	01:16.090	884.55	0.00	1834.49
5	5328	Ju-Marie le Roux	SFS Team A	01:57.230	979.54	01:27.680	826.60	0.00	1806.14
6	5267	Jané Vivier	SFS Team B	02:11.600	950.80	01:37.310	778.45	0.00	1729.25
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
				-					
1	4839	Derik Upton	SFS Team A	01:27.280	1031.44	01:04.730	931.35	0.00	1962.79
2	5266	Tiaan Scheppel	SFS Team A	01:28.360	1029.28	01:22.600	842.00	0.00	1871.28
3	4849	Johan Bornman	SFS Team A	01:29.890	1026.22	01:40.710	751.45	0.00	1777.67
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points

U/11 GIRLS				-					
1	3741	Lea Cilliers	SFS Team A	01:15.900	1044.20	00:40.100	1029.50	0.00	2073.70
2	1548	Lisa le Roux	SFS Team A	01:31.620	1012.76	00:36.730	1046.35	0.00	2059.11
3	1552	Z'Ney Piechazek	SFS Team A	01:25.440	1025.12	00:42.220	1018.90	0.00	2044.02
4	3547	Emily van der Byl	BOR Team A	01:24.770	1026.46	00:44.010	1009.95	0.00	2036.41
5	1974	Tenè Venter	SFS Team A	01:20.640	1034.72	00:46.110	999.45	0.00	2034.17
6	4354	Elle-Anne Roper	NFS Team A	01:26.420	1023.16	00:44.083	1009.59	0.00	2032.75
7	4296	Elnè Hoffmann	SFS Team A	01:35.990	1004.02	00:41.970	1020.15	0.00	2024.17
8	1551	Neri Upton	SFS Team B	01:28.160	1019.68	00:46.660	996.70	0.00	2016.38
9	1976	Kaylyn Grace Blair	SFS Team B	01:25.670	1024.66	00:48.050	989.75	0.00	2014.41
10	5295	Amy Grobler	SFS Team B	01:25.970	1024.06	00:52.280	968.60	0.00	1992.66
11	5300	Kristi Marais	SFS Team C	01:28.560	1018.88	00:52.280	968.60	0.00	1987.48
12	5272	Cayla Joubert	SFS Team C	01:32.030	1011.94	00:52.320	968.40	0.00	1980.34
13	4856	Lua Haasbroek	SFS Team C	01:28.840	1018.32	00:55.290	953.55	0.00	1971.87
14	5268	Lizanté Bam	SFS Team B	01:54.350	967.30	00:45.610	1001.95	0.00	1969.25
15	3502	Mia Ferreira	SFS Team C	01:50.990	974.02	01:07.980	890.10	0.00	1864.12
16	4835	Anzèl Swiegers	SFS Team B	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
U/11 BOYS				-					
1	1640	Fanie Barnard	SFS Team A	01:16.620	1040.76	00:45.270	993.65	0.00	2034.41

2	5281	Adriaan Botha	SFS Team A	01:12.630	1048.74	00:47.140	984.30	0.00	2033.04
3	1627	Gèhan Viviers	SFS Team B	01:33.320	1007.36	00:40.790	1016.05	0.00	2023.41
4	2772	Rikhart de Ridder	EP Team A	01:28.970	1016.06	00:43.860	1000.70	0.00	2016.76
5	5262	David Naude	SFS Team A	01:35.720	1002.56	00:43.560	1002.20	0.00	2004.76
6	5261	Evin de Jager	SFS Team B	01:30.650	1012.70	00:45.900	990.50	0.00	2003.20
7	5271	Wian Fourie	SFS Team A	01:24.540	1024.92	00:51.560	962.20	0.00	1987.12
8	4865	CG Combrink	SFS Team B	01:25.220	1023.56	00:52.270	958.65	0.00	1982.21
9	5256	Chris Kotze	SFS Team B	01:42.930	988.14	00:57.990	930.05	0.00	1918.19
10	3483	Jonny Dippenaar	SFS Team B	01:27.220	1019.56	01:06.780	886.10	0.00	1905.66
11	4862	Luan Bester	SFS Team A	00:00.000	0.00	00:00.000	0.00	0.00	0.00
					Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/13 GIRLS				-					
1	1567	Carinke Wessels	SFS Team A	03:00.590	992.82	00:33.160	1028.40	0.00	2021.22
2	1530	Annabel Meyer	SFS Team A	03:10.310	973.38	00:33.730	1022.70	0.00	1996.08
3	1565	Ella van Viegen	SFS Team A	03:06.670	980.66	00:36.010	999.90	0.00	1980.56
4	1638	Cailyn de Kock	SFS Team A	02:53.700	1006.60	00:39.360	966.40	0.00	1973.00
5	3742	Inge Opperman	SFS Team A	03:16.400	961.20	00:35.410	1005.90	0.00	1967.10
6	3733	Anè Lindhout	SFS Team B	03:09.100	975.80	00:37.880	981.20	0.00	1957.00
7	1531	Wilhandi Meyer	SFS Team B	03:18.430	957.14	00:39.690	963.10	0.00	1920.24
8	5132	Josslyn Sutton	EP Team	03:20.600	952.80	00:40.490	955.10	0.00	1907.90

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9	5296	Rorisang Monareng	SFS Team C	03:28.300	937.40	00:40.740	952.60	0.00	1890.00
10	1537	Emma Spamer	SFS Team B	03:26.170	941.66	00:42.490	935.10	0.00	1876.76
11	4096	Leila Nell	BOR Team A	03:21.280	951.44	00:43.780	922.20	0.00	1873.64
12	3467	Elmanè De Wet	SFS Team B	03:24.920	944.16	00:43.840	921.60	0.00	1865.76
13	1562	Alexia Dippenaar	SFS Team B	03:34.690	924.62	00:43.790	922.10	0.00	1846.72
14	1566	Almè Bornman	SFS Team C	03:05.710	982.58	00:51.450	845.50	0.00	1828.08
15	3496	Mariandi Bredenkamp	SFS Team C	03:51.990	890.02	00:43.590	924.10	0.00	1814.12
16	5297	Madyson Botha	SFS Team C	03:03.470	987.06	00:54.710	812.90	0.00	1799.96
17	4847	Jaimee van der Berg	SFS Team C	03:23.780	946.44	00:52.930	830.70	0.00	1777.14
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/13 BOYS				-					
1	4462	Louis Lategan	GRI Team A	02:45.780	1014.44	00:33.930	1020.70	0.00	2035.14
2	1553	Lian Botha	SFS Team A	02:54.010	997.98	00:38.640	973.60	0.00	1971.58
3	4298	AD Perry	SFS Team A	03:08.190	969.62	00:36.180	998.20	0.00	1967.82
4	3506	Milne Bredenkamp	SFS Team A	03:01.880	982.24	00:38.730	972.70	0.00	1954.94
5	5255	Izak Kotze	SFS Team A	03:00.820	984.36	00:39.040	969.60	0.00	1953.96
6	4838	Danru Burger	SFS Team A	02:52.470	1001.06	00:41.710	942.90	0.00	1943.96
7	1556	Hanco van Zyl	SFS Team B	02:56.790	992.42	00:41.850	941.50	0.00	1933.92
8	4855	Logan Scott	SFS Team B	03:19.190	947.62	00:38.380	976.20	0.00	1923.82

9	5254	Gerco Esterhuysen	SFS Team B	03:07.510	970.98	00:42.430	935.70	0.00	1906.68
10	5270	Noland Basson	SFS Team B	03:01.260	983.48	00:44.170	918.30	0.00	1901.78
11	3071	Barend Van der Merwe	NFS Team A	03:04.510	976.98	00:44.090	919.10	0.00	1896.08
12	5079	Kayden Steyl	SFS Team B	03:32.490	921.02	00:41.430	945.70	0.00	1866.72
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/15 GIRLS				-					
1	4461	Lehane Lategan	GRI Team A	02:42.700	1020.60	01:08.880	1030.60	0.00	2051.20
2	1631	Ashleigh de Jager	SFS Team B	03:05.390	975.22	01:08.260	1033.70	0.00	2008.92
3	1524	Deunè du Plessis	SFS Team A	03:03.030	979.94	01:11.390	1018.05	0.00	1997.99
4	3491	Lianè De Wet	SFS Team A	02:51.020	1003.96	01:17.640	986.80	0.00	1990.76
5	3445	Emma Pretorius	SFS Team A	03:06.570	972.86	01:12.320	1013.40	0.00	1986.26
6	1525	Michelle Pienaar	SFS Team A	02:44.340	1017.32	01:22.760	961.20	0.00	1978.52
7	1629	Melan van der Spuy	SFS Team B	03:06.310	973.38	01:17.580	987.10	0.00	1960.48
8	1642	Franzelle Barnard	SFS Team A	02:50.410	1005.18	01:26.720	941.40	0.00	1946.58
9	4864	Tamryn Ririe	SFS Team B	03:00.650	984.70	01:22.630	961.85	0.00	1946.55
10	1523	Maya Meyer	SFS Team C	03:18.640	948.72	01:16.440	992.80	0.00	1941.52
11	5247	Anja Volschenk	SFS Team B	03:24.310	937.38	01:14.600	1002.00	0.00	1939.38
12	1636	Elle Gasson	SFS Team B	03:22.210	941.58	01:17.920	985.40	0.00	1926.98
13	1578	Melinda Dippenaar	SFS Team C	03:07.500	971.00	01:25.500	947.50	0.00	1918.50
14	1581	Claire Combrink	SFS Team	03:20.430	945.14	01:23.270	958.65	0.00	1903.79

15	5325	Janike Wessels	SFS Team C	03:27.460	931.08	01:23.070	959.65	0.00	1890.73
	#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
U/15 BOYS				-					
1	1469	Egbert Palmer	NW Team A	02:34.640	1016.72	01:07.920	1025.40	0.00	2042.12
2	3515	Wilhelm Du Plessis	SFS Team A	02:20.500	1045.00	01:21.810	955.95	0.00	2000.95
3	3131	JP Botha	NFS Team A	02:48.430	989.14	01:19.620	966.90	0.00	1956.04
4	1527	Marnus van Rensburg	SFS Team A	03:11.510	942.98	01:16.070	984.65	0.00	1927.63
5	1573	Ignus Jacobs	SFS Team A	02:37.240	1011.52	01:31.070	909.65	0.00	1921.17
6	1572	JP Burger	SFS Team A	03:17.750	930.50	01:25.040	939.80	0.00	1870.30
7	1628	Pieter Viviers	SFS Team B	03:33.050	899.90	01:19.400	968.00	0.00	1867.90
8	1089	Bjorn Maree	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
U/17 GIRLS				-					
1	1518	Danielle Grobler	SFS Team A	02:58.060	989.88	01:08.620	1031.90	0.00	2021.78
2	1519	Marnè van Rensburg	SFS Team A	02:52.130	1001.74	01:12.440	1012.80	0.00	2014.54
3	1641	Chrisley Barnard	SFS Team A	02:56.690	992.62	01:14.300	1003.50	0.00	1996.12
4	1516	Ilanzè Du Plessis	SFS Team A	02:56.310	993.38	01:14.990	1000.05	0.00	1993.43
5	2832	Ane Snyders	SFS Team A	03:12.520	960.96	01:10.100	1024.50	0.00	1985.46
6	3513	Sami Maritz	SFS Team B	03:06.990	972.02	01:14.980	1000.10	0.00	1972.12
7	4347	Shyenne	NFS	03:18.700	948.60	01:16.180	994.10	0.00	1942.70

		Xaila Laubscher	Team A						
8	3158	Marize Fourie	NFS Team A	03:05.940	974.12	01:26.260	943.70	0.00	1917.82
9	1989	Ania Pienaar	SFS Team B	03:16.310	953.38	01:34.730	901.35	0.00	1854.73
10	4859	Storm Harris	SFS Team B	03:20.540	944.92	01:34.080	904.60	0.00	1849.52
11	4842	Giselle Coetzee	SFS Team B	03:15.350	955.30	01:38.720	881.40	0.00	1836.70
12	4753	Stacey de Ridder	EP Team A	03:06.560	972.88	01:45.310	848.45	0.00	1821.33

#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
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U/17 BOYS

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1	4858	Millon Roux	SFS Team A	02:34.280	995.44	01:16.370	958.15	0.00	1953.59
2	1625	Ruben Rautenbach	SFS Team A	02:35.280	993.44	01:23.160	924.20	0.00	1917.64
3	3743	Luhan Opperman	SFS Team A	03:05.320	933.36	01:17.380	953.10	0.00	1886.46
4	5127	Elijah Jackson	EP 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
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U/19 GIRLS

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1	1468	Xandri Palmer	NW Team A	02:45.560	1016.88	01:06.920	1050.40	0.00	2067.28
2	2771	Anya de Ridder	EP Team A	03:16.530	954.94	01:15.010	1009.95	0.00	1964.89
3	5316	Milan Bosch	EP Team A	02:56.430	995.14	01:30.420	932.90	0.00	1928.04
4	5315	Elsje Bosch	EP Team A	02:58.640	990.72	01:30.960	930.20	0.00	1920.92
5	1602	Charlene Stevens	SFS Team A	03:18.210	951.58	01:30.520	932.40	0.00	1883.98
6	5317	Yanne Bosch	EP Team A	03:08.930	970.14	01:36.520	902.40	0.00	1872.54

#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
U/19 BOYS			-						
1	3066	Jaden de Ridder	EP Team A	02:17.070	1023.86	01:13.640	971.80	0.00	1995.66
2	3781	Julian van der Schyff	EP Team A	02:23.400	1011.20	01:20.330	938.35	0.00	1949.55
3	3805	Jaco Du Plessis	SFS Team A	02:38.450	981.10	01:29.060	894.70	0.00	1875.80
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
SENIORS MEN			-						
1	3822	Quintin van Staden	SFS Team A	02:21.790	1004.42	00:59.500	1052.50	12.00	2068.92
2	2764	Michiel Brand	GRI Team A	02:12.010	1023.98	01:02.410	1037.95	6.00	2067.93
3	5324	Mark Marais	SFS Team A	02:16.930	1014.14	01:11.340	993.30	24.00	2031.44
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
JNR WOMEN			-						
1	5288	Jayme Sue Vermaas	SFS Team A	02:33.250	1049.50	01:07.530	1057.35	0.00	2106.85
2	3494	Lizri Weyers	SFS Team A	02:47.850	1020.30	01:10.000	1045.00	0.00	2065.30
3	2763	Carina Brand	GRI Team A	03:14.990	966.02	01:10.110	1044.45	0.00	2010.47
4	3897	Friedl Theron	SFS Team A	02:37.350	1041.30	01:32.640	931.80	0.00	1973.10
5	5343	Emma Brand	GRI 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	
JNR MEN			-						
1	3896	Charl Theron	SFS Team A	02:21.060	1005.88	01:07.160	999.20	0.00	2005.08
2	3480	Jaden Van	SFS Team	02:29.130	989.74	01:04.760	1011.20	0.00	2000.94

		Heyningen	A						
3	5403	Meyer van der merwe	SFS Team A	02:43.430	961.14	01:09.790	986.05	0.00	1947.19
4	5283	Freddy Brown	SFS Team A	02:25.340	997.32	01:21.610	926.95	0.00	1924.27
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
MASTERS 40+ WOMEN				-					
1	5259	Nicolene Fourie	SFS Team A	03:19.870	982.26	01:16.780	1036.10	10.00	2028.36
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
MASTERS 40+ MEN				-					
1	5302	Roddy Sutton	EP Team A	02:44.780	982.44	01:23.430	957.85	10.00	1950.29
2	4770	Phillip de Ridder	EP Team A	03:01.780	948.44	01:37.290	888.55	40.00	1876.99
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
MASTERS 50+ MEN				-					
1	5285	Brink Visser	SFS Team A	02:46.960	1000.08	01:24.580	977.10	30.00	2007.18
2	3443	Wikus Vorster	SFS Team A	02:36.690	1020.62	01:43.350	883.25	15.00	1918.87
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
MASTERS 60+ WOMEN				-					
1	4861	Lynette Fischer	SFS Team A	01:24.390	1053.22	00:40.850	1045.75	36.00	2134.97
2	5287	Rika Vermaas	SFS Team A	01:31.030	1039.94	00:46.470	1017.65	12.00	2069.59
#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points	
MASTERS 60+ MEN				-					
1	5286	Adri Vermaas	SFS Team A	01:10.240	1049.52	00:33.930	1065.35	18.00	2132.87
2	3406	Michael	BOR	01:17.840	1034.32	00:38.250	1043.75	48.00	2126.07

Forbes
Team
A

3	1971	Jan Van Niekerk	GRI Team A	00:00.000	0.00	00:00.000	0.00	12.00	12.00
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#	Athlete	Team	Running Time	Running Points	Swimming Time	Swimming Points	Bonus Points	Total Points
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MASTERS 70+ MEN

1	3124	Archie Markgraaff	SFS Team A	02:20.340	935.32	00:42.400	1053.00	110.00	2098.32
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