

# Sprint Triathlon - Open

Pos	Name	Bib#	Gender	Time	Gap	Sprint Triathlon	
1	SHER, David	9	Men	1:06:43		1:06:43	(1st)
2	GERBER, James	273	Men	1:08:26	1'43"	1:08:26	(2nd)
3	FLEMING, Colin	19	Men	1:09:08	2'25"	1:09:08	(3rd)
4	NAUDE, Rudolf	47	Men	1:09:25	2'42"	1:09:25	(4th)
5	CAMPBELL, Bruce	10	Men	1:09:34	2'51"	1:09:34	(5th)
6	HOFMEYR, Wynand	11	Men	1:12:31	5'48"	1:12:31	(6th)
7	COURTS, Samuel	15	Men	1:12:49	6'06"	1:12:49	(7th)
8	TAULET, Adrien	323	Men	1:13:15	6'32"	1:13:15	(8th)
9	DE VRIES, Herman	266	Men	1:13:39	6'56"	1:13:39	(9th)
10	STAFFORD, Frederick	49	Men	1:13:48	7'05"	1:13:48	(10th)
11	THEUNISSEN, Bridget	32	Women	1:15:09	8'26"	1:15:09	(11th)
12	CAMPBELL, Morgan	8	Men	1:15:34	8'51"	1:15:34	(12th)
13	GRIFFITHS, James Edward	277	Men	1:15:41	8'58"	1:15:41	(13th)
14	PAHL, Sebastian	27	Men	1:16:46	10'03"	1:16:46	(14th)
15	LAZARUS, Joshua	366	Men	1:17:48	11'05"	1:17:48	(15th)
16	GELDENHUYS, Hanro	350	Men	1:18:33	11'50"	1:18:33	(16th)
17	PENFOLD, Jamie	14	Men	1:19:17	12'34"	1:19:17	(17th)
18	DU TOIT, Greg	16	Men	1:19:48	13'05"	1:19:48	(18th)
19	GROBLER, Matthew	278	Men	1:19:59	13'16"	1:19:59	(19th)
20	VAN STRYP, Danie	5	Men	1:21:13	14'30"	1:21:13	(20th)
21	KINGSTON, Michael	1	Men	1:21:45	15'02"	1:21:45	(21st)
22	GORDON, Roy	274	Men	1:22:13	15'30"	1:22:13	(22nd)
23	CAMPBELL, Tracey	34	Women	1:22:23	15'40"	1:22:23	(23rd)
24	LARSEN, Nicolas	293	Men	1:22:37	15'54"	1:22:37	(24th)
25	VAN DEN BERG, Jana	352	Women	1:23:10	16'27"	1:23:10	(25th)
26	VAN DER WESTHUIZEN, Erich	330	Men	1:23:12	16'29"	1:23:12	(26th)
27	ESTERHUYSEN, Lalande	269	Women	1:24:03	17'20"	1:24:03	(27th)
28	KINGSTON, Liza	33	Women	1:25:14	18'31"	1:25:14	(28th)
29	VAN JAARVELDT, Dillan	342	Men	1:25:51	19'08"	1:25:51	(29th)
30	GREBE, Daniel	26	Men	1:26:06	19'23"	1:26:06	(30th)
31	TEAM UYS, None	401	Men	1:26:35	19'52"	1:26:35	(31st)
32	VAN DYK, Gerrit	4	Men	1:26:40	19'57"	1:26:40	(32nd)
33	VAN ZYL, Johan	334	Men	1:26:43	20'00"	1:26:43	(33rd)
34	VAN DER BERG, Nina	353	Women	1:26:56	20'13"	1:26:56	(34th)
35	QUINTON, Craig	355	Men	1:27:17	20'34"	1:27:17	(35th)
36	SUTTON, Samantha	321	Women	1:27:46	21'03"	1:27:46	(36th)
37	FLUX, Tom	24	Men	1:27:52	21'09"	1:27:52	(37th)
38	RAA, Mark	310	Men	1:28:19	21'36"	1:28:19	(38th)
39	VOSLOO, Daniel	338	Men	1:28:27	21'44"	1:28:27	(39th)
40	DAVIS HANNIBAL, Neill	264	Men	1:28:35	21'52"	1:28:35	(40th)
41	NORTON, Gary	306	Men	1:29:37	22'54"	1:29:37	(41st)
42	MÜLLER, Nicol	303	Women	1:29:38	22'55"	1:29:38	(42nd)
43	VENSKE, Dean	335	Men	1:30:32	23'49"	1:30:32	(43rd)
44	BURLS, Samantha	362	Women	1:31:15	24'32"	1:31:15	(44th)
45	GOUWS, Adele	276	Women	1:31:46	25'03"	1:31:46	(45th)
46	HORNE, Dylan	283	Men	1:32:04	25'21"	1:32:04	(46th)
47	LASKAR, Scott	356	Men	1:32:35	25'52"	1:32:35	(47th)
48	MALHERBE, David Gerhardus	295	Men	1:32:47	26'04"	1:32:47	(48th)
49	BONTHUYS, Francois	255	Men	1:32:50	26'07"	1:32:50	(49th)
50	SCOTT-KING, Jack	313	Men	1:33:34	26'51"	1:33:34	(50th)
51	BURGESS, Brett	258	Men	1:33:47	27'04"	1:33:47	(51st)
52	CROTZ, Tessel	263	Men	1:34:02	27'19"	1:34:02	(52nd)
53	BROAD, Joel	23	Men	1:34:08	27'25"	1:34:08	(53rd)

54	QUENET MEINTJES, Robyn	309	Women	1:34:14	27'31"	1:34:14	(54th)
55	BARRY, Storm	252	Women	1:34:19	27'36"	1:34:19	(55th)
56	VAN DYK, Michelle	331	Women	1:34:36	27'53"	1:34:36	(56th)
57	CALITZ, Carina	260	Women	1:34:47	28'04"	1:34:47	(57th)
58	BELL-LEASK, Leah Kay	253	Women	1:34:51	28'08"	1:34:51	(58th)
59	PIENAAR, Abraham	308	Men	1:35:28	28'45"	1:35:28	(59th)
60	HOULIE, Sam	284	Men	1:35:54	29'11"	1:35:54	(60th)
61	MANN, Giorgia	296	Women	1:36:09	29'26"	1:36:09	(61st)
62	LEAR, Sascha	354	Women	1:36:16	29'33"	1:36:16	(62nd)
63	FLUX, Sasha	270	Women	1:37:02	30'19"	1:37:02	(63rd)
64	MAULSON, Craig	298	Men	1:37:03	30'20"	1:37:03	(64th)
65	SWART, Yolandi	322	Women	1:37:26	30'43"	1:37:26	(65th)
66	BLAIR, Megan	254	Women	1:37:49	31'06"	1:37:49	(66th)
67	VISSER, Bremer	337	Men	1:38:14	31'31"	1:38:14	(67th)
68	ROOTHMAN, Jeanné	311	Women	1:38:49	32'06"	1:38:49	(68th)
69	JAUBERT, Olivier	286	Men	1:38:54	32'11"	1:38:54	(69th)
70	LOUW, Waldo	357	Men	1:38:54	32'11"	1:38:54	(70th)
71	MONANG, Losika	300	Men	1:39:12	32'29"	1:39:12	(71st)
72	KERNOHAN, Helen	43	Women	1:39:33	32'50"	1:39:33	(72nd)
73	BUNCH, Taine	257	Men	1:39:34	32'51"	1:39:34	(73rd)
74	JAGER, Juan	285	Men	1:39:48	33'05"	1:39:48	(74th)
75	MARTIN, Max	297	Men	1:40:14	33'31"	1:40:14	(75th)
76	DU PLESSIS, Johan	48	Men	1:40:34	33'51"	1:40:34	(76th)
77	DOLLY, Craig	267	Men	1:41:00	34'17"	1:41:00	(77th)
78	FRIEDMAN, Rory	344	Men	1:41:45	35'02"	1:41:45	(78th)
79	OVENSTONE, Chloe	307	Women	1:41:46	35'03"	1:41:46	(79th)
80	MOUTON, Kaitlyn	302	Women	1:42:17	35'34"	1:42:17	(80th)
81	AUDIE, Gary	359	Men	1:43:26	36'43"	1:43:26	(81st)
82	GUSTAVUS WILHELMUS, Bester	360	Men	1:43:27	36'44"	1:43:27	(82nd)
83	STEWART, Joshua	320	Men	1:43:33	36'50"	1:43:33	(83rd)
84	ROSSOUW, Daantjie	351	Men	1:44:13	37'30"	1:44:13	(84th)
85	JACKSON, Chappie	347	Men	1:44:15	37'32"	1:44:15	(85th)
86	GARVIN, Trevor	25	Men	1:44:48	38'05"	1:44:48	(86th)
87	MOSTERT, Johan	301	Men	1:44:52	38'09"	1:44:52	(87th)
88	COETZEE, Clayton	6	Men	1:45:12	38'29"	1:45:12	(88th)
89	BAUMGARTEN, Jody	364	Men	1:45:17	38'34"	1:45:17	(89th)
90	FOOTMAN, Lauren	271	Women	1:45:41	38'58"	1:45:41	(90th)
91	FOUCHE, Chloe	272	Women	1:46:02	39'19"	1:46:02	(91st)
92	DE BONIS, Adrian	265	Men	1:49:45	43'02"	1:49:45	(92nd)
93	WESSEL, Nelle	339	Women	1:50:31	43'48"	1:50:31	(93rd)
94	TRAUTMANN, Francois	325	Men	1:51:04	44'21"	1:51:04	(94th)
95	BEN-DAVID, Talia	349	Women	1:53:20	46'37"	1:53:20	(95th)
96	VAN WYK, Elsabet	333	Women	1:53:35	46'52"	1:53:35	(96th)
97	VAN DER BURGH, Leardt	328	Men	1:53:36	46'53"	1:53:36	(97th)
98	LANGENHOVEN, William	292	Men	1:53:42	46'59"	1:53:42	(98th)
99	LAMB HUGHES, Richard	291	Men	1:54:20	47'37"	1:54:20	(99th)
100	SHELVEY, Katrien	315	Women	1:54:24	47'41"	1:54:24	(100th)
101	HERBST, Janus	280	Men	1:54:36	47'53"	1:54:36	(101st)
102	MYLREA, Douglas	304	Men	1:56:39	49'56"	1:56:39	(102nd)
103	MYLREA, Jonathan	305	Men	1:56:40	49'57"	1:56:40	(103rd)
104	VAN TONDER, Rikus	346	Men	1:57:30	50'47"	1:57:30	(104th)
105	STEVENSON, Malcolm	318	Men	1:58:55	52'12"	1:58:55	(105th)
106	MURRAY, John	345	Men	2:01:14	54'31"	2:01:14	(106th)
107	MORTIMER, Garrick	20	Men	2:01:42	54'59"	2:01:42	(107th)
108	LOUBSER, Emma	294	Women	2:09:33	1h2'50"	2:09:33	(108th)
109	ROSSOUW, Ronel	312	Women	2:13:33	1h6'50"	2:13:33	(109th)

110	THEART, Heinrich	324	Men	2:13:33	1h6'50"	2:13:33	(110th)
111	BAUMGARTEN, Chelsey	363	Women	2:18:33	1h11'50"	2:18:33	(111th)
112	LEVY, Martine	365	Women	2:25:33	1h18'50"	2:25:33	(112th)
113	JOUBERT, Helena	288	Women	2:26:33	1h19'50"	2:26:33	(113th)

## Sprint Triathlon - Men

Pos	Name	Bib#	Age	Time	Gap	Sprint Triathlon	
1	SHER, David	9	24	1:06:43		1:06:43	(1st)
2	GERBER, James	273	25	1:08:26	1'43"	1:08:26	(2nd)
3	FLEMING, Colin	19	24	1:09:08	2'25"	1:09:08	(3rd)
4	NAUDE, Rudolf	47	32	1:09:25	2'42"	1:09:25	(4th)
5	CAMPBELL, Bruce	10	36	1:09:34	2'51"	1:09:34	(5th)
6	HOFMEYR, Wynand	11	26	1:12:31	5'48"	1:12:31	(6th)
7	COURTS, Samuel	15	24	1:12:49	6'06"	1:12:49	(7th)
8	TAULET, Adrien	323	17	1:13:15	6'32"	1:13:15	(8th)
9	DE VRIES, Herman	266	51	1:13:39	6'56"	1:13:39	(9th)
10	STAFFORD, Frederick	49	17	1:13:48	7'05"	1:13:48	(10th)
11	CAMPBELL, Morgan	8	32	1:15:34	8'51"	1:15:34	(11th)
12	GRIFFITHS, James Edward	277	20	1:15:41	8'58"	1:15:41	(12th)
13	PAHL, Sebastian	27	31	1:16:46	10'03"	1:16:46	(13th)
14	LAZARUS, Joshua	366	33	1:17:48	11'05"	1:17:48	(14th)
15	GELDENHUYS, Hanro	350	33	1:18:33	11'50"	1:18:33	(15th)
16	PENFOLD, Jamie	14	22	1:19:17	12'34"	1:19:17	(16th)
17	DU TOIT, Greg	16	22	1:19:48	13'05"	1:19:48	(17th)
18	GROBLER, Matthew	278	29	1:19:59	13'16"	1:19:59	(18th)
19	VAN STRYP, Danie	5	27	1:21:13	14'30"	1:21:13	(19th)
20	KINGSTON, Michael	1	50	1:21:45	15'02"	1:21:45	(20th)
21	GORDON, Roy	274	52	1:22:13	15'30"	1:22:13	(21st)
22	LARSEN, Nicolas	293	36	1:22:37	15'54"	1:22:37	(22nd)
23	VAN DER WESTHUIZEN, Erich	330	38	1:23:12	16'29"	1:23:12	(23rd)
24	VAN JAARSVELDT, Dillan	342	36	1:25:51	19'08"	1:25:51	(24th)
25	GREBE, Daniel	26	29	1:26:06	19'23"	1:26:06	(25th)
26	VAN DYK, Gerrit	4	30	1:26:40	19'57"	1:26:40	(26th)
27	VAN ZYL, Johan	334	31	1:26:43	20'00"	1:26:43	(27th)
28	QUINTON, Craig	355	42	1:27:17	20'34"	1:27:17	(28th)
29	FLUX, Tom	24	32	1:27:52	21'09"	1:27:52	(29th)
30	RAA, Mark	310	36	1:28:19	21'36"	1:28:19	(30th)
31	VOSLOO, Daniel	338	27	1:28:27	21'44"	1:28:27	(31st)
32	DAVIS HANNIBAL, Neill	264	37	1:28:35	21'52"	1:28:35	(32nd)
33	NORTON, Gary	306	30	1:29:37	22'54"	1:29:37	(33rd)
34	VENSKE, Dean	335	33	1:30:32	23'49"	1:30:32	(34th)
35	HORNE, Dylan	283	18	1:32:04	25'21"	1:32:04	(35th)
36	LASKAR, Scott	356	31	1:32:35	25'52"	1:32:35	(36th)
37	MALHERBE, David Gerhardus	295	26	1:32:47	26'04"	1:32:47	(37th)
38	BONTHUYS, Francois	255	43	1:32:50	26'07"	1:32:50	(38th)
39	SCOTT-KING, Jack	313	22	1:33:34	26'51"	1:33:34	(39th)
40	BURGESS, Brett	258	47	1:33:47	27'04"	1:33:47	(40th)
41	CROTZ, Tessel	263	35	1:34:02	27'19"	1:34:02	(41st)
42	BROAD, Joel	23	34	1:34:08	27'25"	1:34:08	(42nd)
43	PIENAAR, Abraham	308	16	1:35:28	28'45"	1:35:28	(43rd)
44	HOULIE, Sam	284	55	1:35:54	29'11"	1:35:54	(44th)
45	MAULSON, Craig	298	48	1:37:03	30'20"	1:37:03	(45th)
46	VISSER, Bremer	337	26	1:38:14	31'31"	1:38:14	(46th)
47	JAUBERT, Olivier	286	32	1:38:54	32'11"	1:38:54	(47th)

48	LOUW, Waldo	357	32	1:38:54	32'11"	1:38:54	(48th)
49	MONANG, Losika	300	30	1:39:12	32'29"	1:39:12	(49th)
50	BUNCH, Taine	257	22	1:39:34	32'51"	1:39:34	(50th)
51	JAGER, Juan	285	43	1:39:48	33'05"	1:39:48	(51st)
52	MARTIN, Max	297	22	1:40:14	33'31"	1:40:14	(52nd)
53	DU PLESSIS, Johan	48	26	1:40:34	33'51"	1:40:34	(53rd)
54	DOLLY, Craig	267	55	1:41:00	34'17"	1:41:00	(54th)
55	FRIEDMAN, Rory	344	28	1:41:45	35'02"	1:41:45	(55th)
56	AUDIE, Gary	359	57	1:43:26	36'43"	1:43:26	(56th)
57	GUSTAVUS WILHELMUS, Bester	360	67	1:43:27	36'44"	1:43:27	(57th)
58	STEWART, Joshua	320	23	1:43:33	36'50"	1:43:33	(58th)
59	ROSSOUW, Daantjie	351	49	1:44:13	37'30"	1:44:13	(59th)
60	JACKSON, Chappie	347	43	1:44:15	37'32"	1:44:15	(60th)
61	GARVIN, Trevor	25	52	1:44:48	38'05"	1:44:48	(61st)
62	MOSTERT, Johan	301	57	1:44:52	38'09"	1:44:52	(62nd)
63	COETZEE, Clayton	6	33	1:45:12	38'29"	1:45:12	(63rd)
64	BAUMGARTEN, Jody	364	51	1:45:17	38'34"	1:45:17	(64th)
65	DE BONIS, Adrian	265	20	1:49:45	43'02"	1:49:45	(65th)
66	TRAUTMANN, Francois	325	53	1:51:04	44'21"	1:51:04	(66th)
67	VAN DER BURGH, Leardt	328	43	1:53:36	46'53"	1:53:36	(67th)
68	LANGENHOVEN, William	292	55	1:53:42	46'59"	1:53:42	(68th)
69	LAMB HUGHES, Richard	291	50	1:54:20	47'37"	1:54:20	(69th)
70	HERBST, Janus	280	28	1:54:36	47'53"	1:54:36	(70th)
71	MYLREA, Douglas	304	32	1:56:39	49'56"	1:56:39	(71st)
72	MYLREA, Jonathan	305	65	1:56:40	49'57"	1:56:40	(72nd)
73	VAN TONDER, Rikus	346	51	1:57:30	50'47"	1:57:30	(73rd)
74	STEVENSON, Malcolm	318	45	1:58:55	52'12"	1:58:55	(74th)
75	MURRAY, John	345	44	2:01:14	54'31"	2:01:14	(75th)
76	MORTIMER, Garrick	20	27	2:01:42	54'59"	2:01:42	(76th)
77	THEART, Heinrich	324	45	2:13:33	1h6'50"	2:13:33	(77th)

## Sprint Triathlon - Women

Pos	Name	Bib#	Age	Time	Gap	Sprint Triathlon
1	THEUNISSEN, Bridget	32	22	1:15:09		1:15:09 (1st)
2	CAMPBELL, Tracey	34	43	1:22:23	7'14"	1:22:23 (2nd)
3	VAN DEN BERG, Jana	352	29	1:23:10	8'01"	1:23:10 (3rd)
4	ESTERHUYSEN, Lalande	269	24	1:24:03	8'54"	1:24:03 (4th)
5	KINGSTON, Liza	33	41	1:25:14	10'05"	1:25:14 (5th)
6	VAN DER BERG, Nina	353	28	1:26:56	11'47"	1:26:56 (6th)
7	SUTTON, Samantha	321	27	1:27:46	12'37"	1:27:46 (7th)
8	MÜLLER, Nicol	303	36	1:29:38	14'29"	1:29:38 (8th)
9	BURLS, Samantha	362	40	1:31:15	16'06"	1:31:15 (9th)
10	GOUWS, Adele	276	44	1:31:46	16'37"	1:31:46 (10th)
11	QUENET MEINTJES, Robyn	309	26	1:34:14	19'05"	1:34:14 (11th)
12	BARRY, Storm	252	30	1:34:19	19'10"	1:34:19 (12th)
13	VAN DYK, Michelle	331	50	1:34:36	19'27"	1:34:36 (13th)
14	CALITZ, Carina	260	31	1:34:47	19'38"	1:34:47 (14th)
15	BELL-LEASK, Leah Kay	253	21	1:34:51	19'42"	1:34:51 (15th)
16	MANN, Giorgia	296	20	1:36:09	21'00"	1:36:09 (16th)
17	LEAR, Sascha	354	34	1:36:16	21'07"	1:36:16 (17th)
18	FLUX, Sasha	270	31	1:37:02	21'53"	1:37:02 (18th)
19	SWART, Yolandi	322	29	1:37:26	22'17"	1:37:26 (19th)
20	BLAIR, Megan	254	36	1:37:49	22'40"	1:37:49 (20th)
21	ROOTHMAN, Jeanné	311	23	1:38:49	23'40"	1:38:49 (21st)
22	KERNOHAN, Helen	43	48	1:39:33	24'24"	1:39:33 (22nd)

23	OVENSTONE, Chloe	307	59	1:41:46	26'37"	1:41:46	(23rd)
24	MOUTON, Kaitlyn	302	19	1:42:17	27'08"	1:42:17	(24th)
25	FOOTMAN, Lauren	271	29	1:45:41	30'32"	1:45:41	(25th)
26	FOUCHE, Chloe	272	31	1:46:02	30'53"	1:46:02	(26th)
27	WESSEL, Nelle	339	38	1:50:31	35'22"	1:50:31	(27th)
28	BEN-DAVID, Talia	349	31	1:53:20	38'11"	1:53:20	(28th)
29	VAN WYK, Elsabet	333	22	1:53:35	38'26"	1:53:35	(29th)
30	SHELVEY, Katrien	315	40	1:54:24	39'15"	1:54:24	(30th)
31	LOUBSER, Emma	294	29	2:09:33	54'24"	2:09:33	(31st)
32	ROSSOUW, Ronel	312	41	2:13:33	58'24"	2:13:33	(32nd)
33	BAUMGARTEN, Chelsey	363	22	2:18:33	1h3'24"	2:18:33	(33rd)
34	LEVY, Martine	365	49	2:25:33	1h10'24"	2:25:33	(34th)
35	JOUBERT, Helena	288	43	2:26:33	1h11'24"	2:26:33	(35th)

## Triathlon-Sprint-Team

Pos	Name	Bib#	Age	Time	Gap	Sprint Triathlon
1	Team UYS	401		1:26:35		1:26:35 (1st)