

Group or Category	Athlete Details					Split Times							Final Results		
	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Nipper Girls	1	651	NG	Hannah	Elliott	00.12.59	00.12.16						00.25.15	2	
	2	653	NG	Chloe	Chesterton	00.14.10	00.14.08						00.28.18	2	
	3	658	NG	Mieke	Van Der Merwe	00.14.43	00.16.26						00.31.09	2	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Nipper Boys	1	612	NB	Luca	Zietsman	00.10.59	00.10.49	00.11.08					00.32.56	3	
	2	603	NB	Robert	Nieuwenhuizen	00.11.10	00.10.58	00.11.05					00.33.13	3	
	3	601	NB	Alessandro	Fanicchi	00.11.06	00.11.23	00.10.58					00.33.27	3	
	4	608	NB	Helgardt	Nortje	00.11.37	00.11.14	00.10.55					00.33.46	3	
	5	609	NB	Jeandre	Ungerer	00.11.32	00.11.18	00.11.55					00.34.45	3	
	6	602	NB	Fourie	Van Wyk	00.12.14	00.12.04	00.12.09					00.36.27	3	
	7	605	NB	Dihann	Swart	00.12.18	00.12.10	00.12.56					00.37.24	3	
	8	610	NB	Jed	Bridger	00.12.25	00.12.27	00.13.18					00.38.10	3	
	9	960	NB	Zak	Jones	00.12.53	00.12.56	00.13.07					00.38.56	3	
	10	959	NB	Rehan	Palvie	00.13.38	00.12.47	00.12.42					00.39.07	3	
	11	614	NB	Marcel	Steenkamp	00.14.07	00.12.58	00.13.24					00.40.29	3	
	12	611	NB	Luca	Wiese	00.14.26	00.13.14	00.13.04					00.40.44	3	
	13	978	NB	Luke	Pelteret	00.13.56	00.14.01	00.14.09					00.42.06	3	
	14	604	NB	Luke-John	Els	00.14.30	00.14.40	00.15.05					00.44.15	3	
	15	615	NB	Matthew	Hudson	00.15.41	00.14.34	00.15.20					00.45.35	3	
	16	607	NB	Gian	Van Eeden	00.16.15	00.15.30	00.14.52					00.46.37	3	
	17	958	NB	P G	Groenewald	00.16.10	00.15.37	00.15.48					00.47.35	3	
	18	974	NB	Andre	Kirschstein	00.15.40	00.16.02	00.16.56					00.48.38	3	
	19	613	NB	Malan	Louw	00.16.19	00.20.08						00.36.27	2	-1 lap
	20	606	NB	Ethan	Van Dyk	00.19.53	00.17.59						00.37.52	2	-1 lap
	21	976	NB	Eben	Thiart	00.17.58	00.20.04						00.38.02	2	-1 lap
	--	971	NB	Hattingh	Oelofse	00.12.29	00.12.48						00.25.17	2	DNF
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Sprog Girls	1	551	SG	Olivia	Penfold	00.11.57	00.11.39	00.11.59					00.35.35	3	
	2	553	SG	Amelie	Owens	00.13.22	00.13.40	00.14.19					00.41.21	3	
	3	554	SG	Hayley	Richards	00.14.46	00.14.10	00.13.50					00.42.46	3	
	4	552	SG	Carla	Kotze	00.15.01	00.16.58	00.14.55					00.46.54	3	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Sprog Boys	1	501	SB	Alec	Coleske	00.09.47	00.09.47	00.09.46	00.09.55				00.39.15	4	
	2	503	SB	Hendre	De Villiers	00.09.45	00.09.52	00.10.29	00.10.34				00.40.40	4	
	3	514	SB	Ernest	Roets	00.10.10	00.10.37	00.10.44	00.10.48				00.42.19	4	
	4	510	SB	Adriaan	Louw	00.10.19	00.10.47	00.10.56	00.10.38				00.42.40	4	
	5	505	SB	Philip	Van Schalkwyk	00.10.29	00.10.47	00.11.08	00.11.16				00.43.40	4	
	6	506	SB	Matthew	Jones	00.10.57	00.11.08	00.11.19	00.12.00				00.45.24	4	
	7	513	SB	Andre	Van Rooyen	00.11.26	00.11.11	00.11.18	00.11.43				00.45.38	4	
	8	517	SB	Jasper	Koegelenberg	00.11.36	00.11.16	00.11.23	00.11.27				00.45.42	4	
	9	982	SB	Schalk	Loots	00.11.50	00.11.12	00.11.28	00.11.36				00.46.06	4	
	10	504	SB	Henry	Owens	00.11.38	00.11.26	00.11.40	00.12.14				00.46.58	4	
	11	512	SB	Andre	Prins	00.12.01	00.12.28	00.12.51	00.13.09				00.50.29	4	
	12	508	SB	Niel	Otto	00.12.03	00.12.28	00.13.21	00.12.41				00.50.33	4	
	13	519	SB	Stefan	Du Preez	00.11.53	00.12.45	00.13.22	00.12.40				00.50.40	4	
	14	502	SB	Teo	Bosazza	00.12.26	00.12.34	00.13.11	00.12.31				00.50.42	4	
	15	507	SB	Handru	Jager	00.12.30	00.12.48	00.13.16	00.13.51				00.52.25	4	
	16	520	SB	Andries	Oelofse	00.14.44	00.15.25	00.15.54					00.46.03	3	-1 lap
	17	980	SB	Hugo	Burger	00.15.44	00.15.41	00.15.53					00.47.18	3	-1 lap
	18	516	SB	Francis	Briers	00.14.12	00.14.29	00.20.55					00.49.36	3	-1 lap
	19	509	SB	Stephan	Grove	00.12.24							00.12.24	1	DNF
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Sub Junior Girls	1	451	JG	Chante	Olivier	00.17.47	00.19.10						00.36.57	2	
	2	452	JG	Chloe	Bateson	00.18.18	00.19.32						00.37.50	2	
	3	459	JG	Kayleigh	Scholtz	00.20.45	00.20.52						00.41.37	2	
	4	457	JG	Kayleigh	Stevenson	00.21.27	00.22.01						00.43.28	2	

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	5	453	JG	Sarah	Van Der Walt	00:21.31	00:22.22						00:43.53	2	
	6	458	JG	Anna	Marx	00:21.36	00:22.44						00:44.20	2	
	7	460	JG	Erin	Jones	00:21.30	00:24.02						00:45.32	2	
	8	455	JG	Danielle	Barnard	00:21.53	00:24.22						00:46.15	2	
	9	454	JG	Madison	Mann	00:22.05	00:25.21						00:47.26	2	
	10	951	JG	Sorina	Venter	00:31.57	00:31.51						01:03.48	2	
	11	952	JG	Suné	Van Der Merwe	00:33.09	00:41.09						01:14.18	2	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Sub Junior Boys	1	406	JB	Luca	Ruwiel	00:16.44	00:16.33	00:16.20	00:16.06				01:05.43	4	
	2	410	JB	Justin	Chesterton	00:16.43	00:17.02	00:17.38	00:17.47				01:09.10	4	
	3	402	JB	Marcell	Swartz	00:17.08	00:17.20	00:17.53	00:17.26				01:09.47	4	
	4	404	JB	Aidan	Penfold	00:16.32	00:17.03	00:17.46	00:18.31				01:09.52	4	
	5	407	JB	Julian	Bunge	00:17.31	00:17.36	00:18.19	00:17.58				01:11.24	4	
	6	414	JB	Daniel	Geldenhuis	00:17.15	00:17.50	00:18.00	00:18.43				01:11.48	4	
	7	427	JB	Philip	Kotze	00:18.26	00:18.20	00:18.27	00:18.47				01:14.00	4	
	8	403	JB	Ben	Du Plessis	00:17.36	00:18.35	00:19.26	00:19.08				01:14.45	4	
	9	419	JB	Karl	Reingruber	00:18.45	00:19.10	00:20.09	00:18.39				01:16.43	4	
	10	411	JB	Luke	Beverley	00:19.11	00:18.21	00:19.23	00:20.07				01:17.02	4	
	11	413	JB	Ryan	Veer	00:19.08	00:19.36	00:20.24	00:20.50				01:19.58	4	
	12	409	JB	Mauritz	Kotze	00:19.31	00:20.42	00:21.07	00:20.56				01:22.16	4	
	13	425	JB	Christiaan	Smit	00:19.19	00:19.55	00:20.40	00:24.06				01:24.00	4	
	14	412	JB	Tristan	Link	00:19.54	00:21.16	00:22.03	00:23.49				01:27.02	4	
	15	421	JB	Robert	Boucher	00:21.06	00:21.52	00:22.35	00:25.21				01:30.54	4	
	16	405	JB	Dirk	Laubscher	00:21.15	00:22.15	00:22.36					01:06.06	3	-1 lap
	17	401	JB	Lourens	Spies	00:20.40	00:22.39	00:24.36					01:07.55	3	-1 lap
	18	426	JB	Stiaan	Scheepers	00:22.07	00:21.39	00:24.13					01:07.59	3	-1 lap
	19	422	JB	Roche	Malherbe	00:22.47	00:24.07	00:24.45					01:11.39	3	-1 lap
	20	417	JB	Jacques	Robbertze	00:23.23	00:24.25	00:24.12					01:12.00	3	-1 lap
	21	424	JB	Wazeer	Isaacs	00:23.55	00:27.06	00:27.30					01:18.31	3	-1 lap
	22	415	JB	Daniel	Slabbert	00:23.30	00:28.43	00:32.21					01:24.34	3	-1 lap
	23	416	JB	Gabriel	Sandu	00:25.54	00:29.15	00:30.19					01:25.28	3	-2 lap
	--	423	JB	Roelf	Van Der Merwe	00:32.07	00:39.04						01:11.11	2	DNF
	--	408	JB	Erik	Van Rooyen	00:19.30							00:19.30	1	DNF
	--	418	JB	Justin	De Jongh	00:30.00							00:30.00	1	DNF
	--	420	JB	Michael	De Beer	00:31.27							00:31.27	1	DNF
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Youth Women	1	351	YW	Zandri	Strydom	00:17.38	00:18.40	00:18.42					00:55.00	3	
	2	352	YW	Stéfke	Tolmay	00:19.04	00:19.53	00:20.24					00:59.21	3	
	3	354	YW	Julia	Marx	00:19.44	00:21.23	00:20.56					01:02.03	3	
	4	353	YW	Simone	Grove	00:20.06	00:21.20	00:20.48					01:02.14	3	
	5	355	YW	Nienke	Mostert	00:19.57	00:21.51	00:22.51					01:04.39	3	
	6	357	YW	Jone	Van Eeden	00:20.32	00:22.18	00:23.31					01:06.21	3	
	7	360	YW	Gretha	Geringer	00:23.37	00:24.01	00:23.33					01:11.11	3	
	8	356	YW	Charlissa	Schultz	00:22.44	00:23.59	00:25.08					01:11.51	3	
	9	359	YW	Carla	Hollander	00:19.43	00:35.34						00:55.17	2	-1 lap
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Youth Men	1	306	YM	Luke	Moir	00:13.49	00:14.22	00:14.19	00:14.35	00:14.32			01:11.37	5	
	2	307	YM	Jamie	Penfold	00:13.53	00:14.27	00:14.50	00:15.07	00:15.25			01:13.42	5	
	3	314	YM	Evan	Louw	00:14.33	00:14.48	00:15.24	00:15.14	00:15.36			01:15.35	5	
	4	304	YM	Tristan	Nortje	00:14.30	00:15.38	00:15.05	00:15.26	00:15.37			01:16.16	5	
	5	302	YM	Hennie	Van Wyk	00:14.47	00:15.18	00:15.39	00:15.23	00:15.41			01:16.48	5	
	6	967	YM	Joshua	Laughton	00:14.32	00:15.35	00:15.39	00:15.46	00:15.17			01:16.49	5	
	7	316	YM	Matthew	Lochner	00:15.14	00:16.03	00:15.55	00:16.24	00:16.04			01:19.40	5	
	8	308	YM	Adriaan	Duminy	00:15.18	00:16.54	00:16.01	00:16.08	00:16.37			01:20.58	5	
	9	323	YM	Johan	Van Zyl	00:15.39	00:15.56	00:16.23	00:16.54	00:16.22			01:21.14	5	
	10	312	YM	Camelius	Van Der Riet	00:16.20	00:16.10	00:16.09	00:16.44	00:16.12			01:21.35	5	

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	11	303	YM	Travis	Stedman	00.15.17	00.16.57	00.16.31	00.16.41	00.16.11			01.21.37	5	
	12	324	YM	George	Ducharme	00.15.41	00.16.15	00.16.16	00.17.12	00.16.48			01.22.12	5	
	13	309	YM	Ryan	Kellerman	00.15.32	00.16.44	00.17.16	00.16.22	00.16.32			01.22.26	5	
	14	338	YM	Heinie	Beukes	00.16.22	00.16.41	00.16.59	00.16.56	00.16.23			01.23.21	5	
	15	317	YM	W G	Van Der Walt	00.16.15	00.16.22	00.16.52	00.17.21	00.17.14			01.24.04	5	
	16	326	YM	Zander	Kruger	00.15.34	00.16.58	00.16.58	00.18.04	00.16.50			01.24.24	5	
	17	315	YM	Ceajay	Bosman	00.16.02	00.17.21	00.17.27	00.16.53	00.16.56			01.24.39	5	
	18	320	YM	Andreas	Schalekamp	00.14.53	00.15.17	00.15.16	00.20.51	00.18.23			01.24.40	5	
	19	321	YM	Joshua	Burger	00.16.09	00.16.42	00.17.19	00.17.25	00.17.26			01.25.01	5	
	20	336	YM	Francois	Oosthuizen	00.16.07	00.17.06	00.17.25	00.17.26	00.17.23			01.25.27	5	
	21	313	YM	Krige	Van Der Vyver	00.16.45	00.17.31	00.17.33	00.17.33	00.17.10			01.26.32	5	
	22	335	YM	Erik	Nielsen	00.16.35	00.17.01	00.18.12	00.17.36	00.17.21			01.26.45	5	
	23	340	YM	Raye	Moolman	00.17.13	00.17.49	00.17.55	00.16.57	00.16.52			01.26.46	5	
	24	337	YM	Gunter	Reingruber	00.16.52	00.17.10	00.17.06	00.17.56	00.18.15			01.27.19	5	
	25	310	YM	Pierre	Le Roux	00.16.21	00.17.29	00.18.28	00.17.28	00.18.51			01.28.37	5	
	26	325	YM	Lachlan	Mundie	00.17.46	00.18.01	00.17.40	00.18.05	00.18.41			01.30.13	5	
	27	311	YM	Thys	Van Der Riet	00.17.29	00.17.34	00.19.52	00.18.15				01.13.10	4	-1 lap
	28	328	YM	Albert	Muller	00.18.44	00.18.39	00.19.48	00.19.44				01.16.55	4	-1 lap
	29	333	YM	Dian	Wiese	00.18.41	00.19.58	00.19.37	00.19.56				01.18.12	4	-1 lap
	30	327	YM	Ziaan	Van Zyl	00.19.01	00.19.11	00.20.20	00.20.23				01.18.55	4	-1 lap
	31	332	YM	De Wet	De Villiers	00.19.02	00.20.13	00.20.40	00.21.07				01.21.02	4	-1 lap
	32	329	YM	Albertus	Van Der Merwe	00.18.58	00.20.03	00.21.12	00.21.03				01.21.16	4	-1 lap
	33	330	YM	Botha	De Wet	00.18.59	00.20.06	00.20.51	00.21.29				01.21.25	4	-1 lap
	34	969	YM	Fourie	Fick	00.17.11	00.19.20	00.19.46	00.26.43				01.23.00	4	-1 lap
	35	966	YM	Yanre	Meyer	00.19.53	00.21.09	00.21.00	00.22.40				01.24.42	4	-1 lap
	36	331	YM	Corne	Eefting	00.21.16	00.21.50	00.22.26	00.23.34				01.29.06	4	-1 lap
	37	322	YM	Franco	McLeod	00.22.56	00.22.39	00.22.36	00.21.19				01.29.30	4	-1 lap
	38	965	YM	Ryno	Gerber	00.20.34	00.24.57	00.23.55	00.21.10				01.30.36	4	-1 lap
	39	301	YM	Daniel	Van Der Walt	00.14.08	00.15.04						00.29.12	2	DNF
	40	319	YM	Thomas	Hudson	00.15.28	00.17.17						00.32.45	2	DNF
	41	339	YM	Joseph	Kotze	00.30.02	00.39.48						01.09.50	2	DNF
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Women Junior	1	274	WJ	Tiffany	Keep	00.16.15	00.16.59	00.17.18	00.17.38				01.08.10	4	
	2	278	WJ	Isaure	Medde	00.16.16	00.17.11	00.18.07	00.18.16				01.09.50	4	
	3	271	WJ	Danielle	Strydom	00.17.34	00.18.42	00.18.07	00.17.38				01.12.01	4	
	4	272	WJ	Allison	Morton	00.17.35	00.18.40	00.18.24	00.17.33				01.12.12	4	
	5	275	WJ	Mia	De Villiers	00.18.48	00.19.58	00.19.56	00.19.54				01.18.36	4	
	6	279	WJ	Amy	Tait	00.19.25	00.20.51	00.21.32	00.22.00				01.23.48	4	
	7	276	WJ	Carla	Steyn	00.20.43	00.21.46	00.22.11	00.23.02				01.27.42	4	
	8	280	WJ	Karli	Moolman	00.22.17	00.23.14	00.24.28					01.09.59	3	-1 lap
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Men Junior	1	202	MJ	Pirmin	Sigel	00.13.42	00.14.19	00.14.19	00.14.36	00.14.26			01.11.22	5	
	2	232	MJ	Johann	Trotzky	00.13.43	00.14.17	00.14.22	00.14.35	00.14.58			01.11.55	5	
	3	233	MJ	Nico	Zünd	00.14.00	00.14.30	00.14.45	00.14.57	00.15.04			01.13.16	5	
	4	210	MJ	Ryan	Conradie	00.13.49	00.14.43	00.14.53	00.14.55	00.15.28			01.13.48	5	
	5	208	MJ	Rossouw	Bekker	00.14.09	00.14.49	00.14.48	00.15.20	00.15.00			01.14.06	5	
	6	203	MJ	Joshua	De Freitas	00.13.56	00.14.43	00.15.18	00.15.31	00.14.39			01.14.07	5	
	7	225	MJ	Keagan	Bontekoning	00.14.19	00.14.46	00.14.53	00.15.01	00.15.24			01.14.23	5	
	8	227	MJ	Stian	Pretorius	00.14.12	00.15.01	00.15.01	00.15.04	00.15.25			01.14.43	5	
	9	201	MJ	Pieter	Du Toit	00.13.52	00.15.43	00.15.35	00.15.26	00.15.09			01.15.45	5	
	10	213	MJ	Dawie	Grobbelaar	00.15.22	00.15.20	00.15.22	00.15.31	00.16.07			01.17.42	5	
	11	211	MJ	Wicus	Breytenbach	00.14.26	00.15.19	00.16.10	00.16.16	00.16.03			01.18.14	5	
	12	216	MJ	Mulder	Oosthuizen	00.14.37	00.14.56	00.16.09	00.16.00	00.17.01			01.18.43	5	
	13	214	MJ	Michard	Meets	00.14.47	00.15.34	00.15.45	00.16.39	00.16.26			01.19.11	5	
	14	235	MJ	Philip	Dicey	00.15.37	00.16.00	00.16.02	00.16.08	00.15.32			01.19.19	5	
	15	207	MJ	Zachary	Swart	00.15.58	00.16.01	00.15.37	00.15.50	00.16.03			01.19.29	5	

Group or Category	Athlete Details					Split Times							Final Results		
	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
	16	205	MJ	Armand	Lombard	00:15.12	00:16.23	00:16.14	00:15.47	00:16.03			01:19.39	5	
	17	217	MJ	Gerrit	Rautenbach	00:15.44	00:16.13	00:15.56	00:15.59	00:16.13			01:20.05	5	
	18	204	MJ	Chad	Fikkert	00:15.25	00:16.23	00:16.23	00:16.39	00:16.26			01:21.16	5	
	19	223	MJ	Marcel	Holtz	00:16.12	00:16.08	00:16.33	00:16.34	00:16.09			01:21.36	5	
	20	215	MJ	Hendrik	Bester	00:15.55	00:16.26	00:16.31	00:16.15	00:16.30			01:21.37	5	
	21	228	MJ	Lehan	Janse Van Vuuren	00:15.42	00:16.08	00:16.01	00:17.21	00:16.49			01:22.01	5	
	22	219	MJ	Adriaan	Venter	00:16.01	00:16.21	00:16.24	00:16.52	00:16.35			01:22.13	5	
	23	231	MJ	Rudi	Koen	00:15.53	00:16.05	00:16.37	00:16.51	00:16.51			01:22.17	5	
	24	206	MJ	Hanno	Erwee	00:15.32	00:16.39	00:17.51	00:16.16	00:17.11			01:23.29	5	
	25	970	MJ	Casper	Pretorius	00:16.19	00:16.42	00:16.41	00:17.01	00:17.29			01:24.12	5	
	26	209	MJ	Josh	Bester	00:16.32	00:16.36	00:16.50	00:17.27	00:17.40			01:25.05	5	
	27	953	MJ	Daniel	Van Tonder	00:17.14	00:17.41	00:16.44	00:16.49	00:16.48			01:25.16	5	
	28	957	MJ	Kevin	Long	00:16.53	00:16.43	00:17.02	00:17.34	00:17.42			01:25.54	5	
	29	224	MJ	Johan	Kruger	00:20.49	00:15.58	00:16.15	00:16.31	00:16.45			01:26.18	5	
	30	222	MJ	Silas	Valaula	00:15.17	00:16.17	00:17.32	00:18.59	00:18.57			01:27.02	5	
	31	956	MJ	Grant	Leslie	00:16.21	00:17.14	00:17.46	00:18.10	00:17.44			01:27.15	5	
	32	954	MJ	Dian	Kotze	00:16.46	00:17.19	00:17.47	00:18.43	00:20.59			01:31.34	5	
	34	234	MJ	Eric	Ramohanoe	00:17.02	00:17.50	00:18.27	00:18.48				01:12.07	4	-1 lap
	35	238	MJ	Adrian	Smit	00:17.18	00:17.43	00:18.20	00:18.48				01:12.09	4	-1 lap
	36	221	MJ	Andrew	Hill	00:17.39	00:18.57	00:18.44	00:18.13				01:13.33	4	-1 lap
	37	240	MJ	Callum	Forrester	00:17.22	00:18.09	00:19.05	00:19.04				01:13.40	4	-1 lap
	38	230	MJ	Heinrich	Van Eyk	00:18.23	00:18.44	00:19.42	00:17.51				01:14.40	4	-1 lap
	39	236	MJ	Tiaan	Smit	00:18.35	00:18.49	00:18.39	00:19.03				01:15.06	4	-1 lap
	40	977	MJ	Morne	Van Zyl	00:18.33	00:23.11	00:31.06					01:12.50	3	-2 laps
	--	239	MJ	Alexander	Dietrich	00:17.46	00:17.07	00:16.44	00:17.45				01:09.22	4	DNF
	--	212	MJ	Brendan	Van Eeden	00:14.16	00:15.41						00:29.57	2	DNF
	--	218	MJ	Bendeon	Myburgh	00:15.57	00:17.31						00:33.28	2	DNF
	--	955	MJ	Francois	During	00:20.19	00:21.26						00:41.45	2	DNF
	--	229	MJ	Chris	Du Plessis	00:15.34							00:15.34	1	DNF
	--	237	MJ	Pieter Zirki	Du Toit	00:18.34							00:18.34	1	DNF
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Women Elite	1	101	WE	Kathrin	Stirnemann	00:15.07	00:15.18	00:15.18	00:15.17	00:15.21			01:16.21	5	
	2	105	WE	Annie	Last	00:15.09	00:15.24	00:15.29	00:15.42	00:15.51			01:17.35	5	
	3	104	WE	Cherie	Redecker	00:15.12	00:15.27	00:15.37	00:15.50	00:15.59			01:18.05	5	
	4	106	WE	Ariane	Luethi	00:16.02	00:15.53	00:15.57	00:16.03	00:16.25			01:20.20	5	
	5	102	WE	Mariske	Strauss	00:15.29	00:15.46	00:16.31	00:16.43	00:17.34			01:22.03	5	
	6	103	WE	Helen	Grobert	00:15.11	00:20.35	00:16.16	00:16.35	00:16.07			01:24.44	5	
	7	108	WE	Frances	Du Toit	00:16.35	00:16.56	00:16.59	00:17.15	00:17.33			01:25.18	5	
	8	109	WE	Ila	Gray	00:16.57	00:17.46	00:18.23	00:18.23	00:18.28			01:29.57	5	
	9	112	WE	Sarah	Hill	00:17.22	00:17.41	00:18.17	00:18.53	00:18.38			01:30.51	5	
	10	968	WE	Jessica	Alcock	00:17.36	00:17.54	00:18.35	00:18.47	00:18.42			01:31.34	5	-1 lap
	11	115	WE	Courteney	Webb	00:19.03	00:19.49	00:20.06	00:20.32				01:19.30	4	-1 lap
	12	963	WE	Marli	Van Eeden	00:18.54	00:20.23	00:21.24	00:21.08				01:21.49	4	-1 lap
	13	961	WE	Nora	Richards	00:19.23	00:20.54	00:21.24	00:22.02				01:23.43	4	-1 lap
	14	964	WE	Melanie	Roux	00:20.53	00:22.18	00:21.44	00:22.11				01:27.06	4	-1 lap
	15	107	WE	Likeleli	Masitise	00:23.49	00:24.01	00:25.15	00:25.01				01:38.06	4	-1 lap
	16	111	WE	Matshidiso	Ebudilwe	00:27.59	00:29.34	00:30.04					01:27.37	3	-1 lap
	17	979	WE	Hannah	Grobert	00:17.24							00:17.24	1	DNF
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Men Elite	1	4	ME	Samuel	Gaze	00:12.36	00:12.54	00:12.54	00:12.34	00:12.44	00:12.48	00:13.10	01:29.40	7	
	2	3	ME	Mathias	Flückiger	00:12.37	00:12.57	00:12.51	00:12.51	00:13.05	00:13.10	00:13.02	01:30.33	7	
	3	8	ME	Nicola	Rohrbach	00:12.37	00:12.57	00:12.52	00:12.49	00:13.05	00:13.10	00:13.04	01:30.34	7	
	4	2	ME	Manuel	Fumic	00:12.38	00:12.51	00:12.34	00:13.36	00:12.55	00:12.59	00:13.03	01:30.36	7	
	5	9	ME	Alan	Hatherly	00:12.36	00:13.10	00:12.41	00:13.05	00:13.23	00:13.30	00:13.28	01:31.53	7	
	6	7	ME	Philip	Buys	00:13.01	00:13.25	00:12.53	00:13.21	00:13.13	00:13.20	00:13.49	01:33.02	7	

Group or Category	Athlete Details					Split Times							Final Results		
	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
	7	49	ME	Simon	Stiebjahn	00:13.02	00:13.16	00:13.03	00:13.31	00:13.05	00:14.07	00:13.02	01:33.06	7	
	8	5	ME	Martin	Gluth	00:12.51	00:13.34	00:13.06	00:13.27	00:13.28	00:13.39	00:13.02	01:33.07	7	
	9	6	ME	Marcel	Guerrini	00:12.38	00:12.57	00:12.51	00:13.26	00:13.24	00:13.12	00:15.50	01:34.18	7	
	10	1	ME	Simon	Andreassen	00:12.58	00:13.29	00:14.06	00:13.25	00:13.31	00:13.36	00:13.31	01:34.36	7	
	11	24	ME	Matthys	Beukes	00:14.01	00:13.39	00:13.09	00:13.33	00:13.28	00:13.54	00:13.08	01:34.52	7	
	12	23	ME	Max	Knox	00:13.49	00:13.07	00:13.16	00:13.40	00:13.39	00:14.05	00:13.40	01:35.16	7	
	13	22	ME	Frazer	Clacherty	00:13.02	00:13.54	00:13.24	00:13.39	00:13.41	00:13.23	00:14.31	01:35.34	7	
	14	14	ME	Julian	Jessop	00:13.26	00:13.50	00:13.51	00:13.36	00:13.49	00:14.15	00:14.06	01:36.53	7	
	15	46	ME	Jan	Withaar	00:13.57	00:13.38	00:13.31	00:13.51	00:14.12	00:14.07	00:13.40	01:36.56	7	
	16	19	ME	Gert	Heyns	00:13.00	00:14.18	00:14.00	00:13.37	00:13.36	00:14.29	00:14.44	01:37.44	7	
	17	972	ME	Dominic	Calitz	00:13.56	00:13.34	00:13.52	00:13.56	00:14.01	00:14.18	00:14.26	01:38.03	7	
	18	29	ME	Jarrod	Van Den Heever	00:13.34	00:13.58	00:13.38	00:14.06	00:14.29	00:14.50	00:14.32	01:39.07	7	
	19	12	ME	Arno	Du Toit	00:13.18	00:14.02	00:14.18	00:14.16	00:14.32	00:14.37	00:14.22	01:39.25	7	
	20	20	ME	Franco	Pelser	00:13.36	00:13.52	00:14.09	00:14.18	00:15.08	00:14.36	00:13.56	01:39.35	7	
	21	38	ME	Lourens	Luus	00:14.35	00:14.18	00:14.14	00:14.10	00:14.19	00:14.27	00:14.23	01:40.26	7	
	22	48	ME	Silas	Graf	00:13.55	00:13.59	00:14.12	00:14.27	00:14.36	00:14.46	00:14.48	01:40.43	7	
	23	11	ME	Stuart	Marais	00:13.20	00:13.57	00:13.42	00:13.59	00:16.36	00:14.49	00:14.21	01:40.44	7	
	24	18	ME	Tristan	De Lange	00:13.35	00:14.54	00:14.27	00:14.40	00:14.25	00:14.25	00:14.20	01:40.46	7	
	25	30	ME	Henry	Liebenberg	00:14.03	00:14.17	00:14.22	00:14.33	00:14.31	00:14.56	00:14.59	01:41.41	7	
	26	25	ME	Mark	Mcguire	00:13.49	00:15.09	00:15.13	00:15.11	00:14.41	00:14.14	00:13.57	01:42.14	7	
	27	33	ME	Thomas	Jessop	00:13.58	00:14.24	00:14.21	00:14.33	00:15.09	00:15.00	00:14.51	01:42.16	7	
	28	39	ME	Vinzent	Dorn	00:14.15	00:14.34	00:14.28	00:14.59	00:15.06	00:15.00	00:15.00	01:43.22	7	
	29	21	ME	Marc	Fourie	00:13.37	00:14.39	00:15.18	00:15.24	00:14.50	00:15.10	00:16.07	01:45.05	7	
	30	37	ME	Ryan	Ellis	00:15.01	00:14.54	00:14.43	00:15.04	00:15.19	00:15.53		01:30.54	6	-1 lap
	31	31	ME	Reinhard	Zellhuber	00:13.27	00:13.31	00:13.51	00:14.07	00:20.40	00:15.42		01:31.18	6	-1 lap
	32	36	ME	Jan-Louis	De Sousa	00:15.02	00:14.55	00:14.45	00:15.34	00:15.43	00:15.45		01:31.44	6	-1 lap
	33	26	ME	Frans	Nel	00:15.13	00:15.14	00:15.04	00:15.26	00:15.32	00:15.27		01:31.56	6	-1 lap
	34	10	ME	Phetetso	Monese	00:14.39	00:15.14	00:14.47	00:16.18	00:15.34	00:16.36		01:33.08	6	-1 lap
	35	34	ME	Andrew	Sparks	00:14.36	00:15.18	00:15.07	00:15.58	00:15.35	00:16.45		01:33.19	6	-1 lap
	36	17	ME	Malefetsane	Lesofe	00:15.38	00:15.43	00:15.15	00:15.33	00:15.49	00:16.45		01:34.43	6	-1 lap
	37	981	ME	Charl-Pierre	Esterhuyse	00:15.35	00:15.25	00:15.19	00:15.35	00:15.57	00:17.07		01:34.58	6	-1 lap
	38	28	ME	Komborero	Bere	00:15.03	00:15.59	00:15.53	00:15.33	00:16.15	00:16.34		01:35.17	6	-1 lap
	39	975	ME	Ryan	Lenferna	00:15.52	00:16.01	00:16.19	00:16.11	00:17.01	00:17.26		01:38.50	6	-1 lap
	40	13	ME	Paseka	Makhebesela	00:16.24	00:16.38	00:16.41	00:17.15	00:16.29	00:16.24		01:39.51	6	-1 lap
	41	16	ME	Teboho	Khantsi	00:16.24	00:15.45	00:16.48	00:17.34	00:17.04	00:16.20		01:39.55	6	-1 lap
	42	984	ME	Anrique	Davids	00:15.54	00:16.19	00:16.29	00:16.36	00:17.30	00:18.51		01:41.39	6	-1 lap
	43	983	ME	William	Mokgopo	00:15.34	00:15.51	00:15.51	00:16.36	00:19.01	00:19.40		01:42.33	6	-1 lap
	44	41	ME	Christiaan	Lamprecht	00:15.39	00:16.07	00:16.02	00:16.37	00:18.57	00:19.24		01:42.46	6	-1 lap
	45	47	ME	Michael	Maine	00:16.46	00:17.09	00:17.11	00:17.36	00:17.37	00:17.48		01:44.07	6	-1 lap
	46	50	ME	Herbert	Peters	00:15.24	00:15.14	00:16.11	00:19.09	00:19.23	00:21.12		01:46.33	6	-1 lap
	47	40	ME	Bedias	Tunkanya	00:18.16	00:18.27	00:20.48	00:18.54	00:19.53			01:36.18	5	-2 laps
	---	32	ME	Matthew	Keyser	00:15.26	00:15.15	00:15.22	00:17.15	00:19.57			01:23.15	5	DNF
	---	32	ME	Matthew	Keyser	00:15.26	00:15.15	00:15.22	00:17.15	00:19.57			01:23.15	5	DNF
	---	27	ME	Lars	Koch	00:15.05	00:15.32	00:14.35					00:45.12	3	DNF
	---	35	ME	Wessel	Botha	00:14.48	00:15.26	00:17.00					00:47.14	3	DNF
	---	45	ME	Konny	Looser	00:17.44	00:14.30						00:32.14	2	DNF
	---	15	ME	Tumelo	Makae	00:15.12							00:15.12	1	DNF
	---	42	ME	Luke	Munting	00:16.45							00:16.45	1	DNF
	---	44	ME	Alex	Pentz	00:23.03							00:23.03	1	DNF
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Sub Vet Women	1	751	SW	Kylie	Hanekom	00:18.58	00:20.39	00:20.44	00:20.23				01:20.44	4	
	2	752	SW	Leorine	De Wet	00:19.52	00:21.02	00:21.09	00:21.18				01:23.21	4	
	3	851	SW	Belinda	Mason	00:19.52	00:22.26	00:22.59	00:21.37				01:26.54	4	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks

Group or Category	Athlete Details					Split Times							Final Results		
	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Sub Vet Men	1	709	SV	Neill	Ungerer	00.14.39	00.14.59	00.15.49	00.15.46	00.16.01			01.17.14	5	
	2	717	SV	Charles	Mcfall	00.14.56	00.15.28	00.15.43	00.16.02	00.16.22			01.18.31	5	
	3	712	SV	Tristan	Sandwith	00.15.26	00.15.50	00.15.50	00.15.41	00.16.05			01.18.52	5	
	4	719	SV	Graeme	Kuys	00.15.19	00.15.46	00.15.50	00.15.57	00.16.57			01.19.49	5	
	5	973	SV	Petrus	Malherbe	00.15.21	00.15.45	00.15.52	00.16.29	00.16.55			01.20.22	5	
	6	720	SV	Malcolm	Isaacs	00.15.03	00.15.45	00.15.49	00.17.08	00.17.30			01.21.15	5	
	7	702	SV	Donovan	Le Cok	00.15.11	00.16.00	00.16.14	00.17.13	00.17.06			01.21.44	5	
	8	711	SV	Timothy	Hoek	00.15.22	00.15.55	00.16.36	00.16.51	00.17.02			01.21.46	5	
	9	716	SV	Etnard	Louw	00.15.31	00.16.38	00.17.06	00.16.37	00.16.57			01.22.49	5	
	10	704	SV	Ashley	Oldfield	00.17.04	00.16.20	00.16.40	00.17.25	00.16.57			01.24.26	5	
	11	706	SV	Danie	Van Tonder	00.17.03	00.16.57	00.17.26	00.17.44	00.18.32			01.27.42	5	
	12	705	SV	Carl	Toua	00.16.10	00.18.53	00.17.27	00.18.04	00.17.58			01.28.32	5	
	13	714	SV	Waldo	Zevenster	00.16.41	00.16.54	00.18.02	00.18.39	00.18.42			01.28.58	5	
	14	707	SV	Jean	De Villiers	00.17.24	00.18.01	00.17.35	00.18.40	00.17.56			01.29.36	5	
	15	710	SV	Nicholas	Webb	00.18.01	00.18.33	00.18.29	00.17.56	00.18.07			01.31.06	5	
	16	718	SV	Matt	Jones	00.17.42	00.18.50	00.19.18	00.19.03	00.18.45			01.33.38	5	
	17	715	SV	Alex	Heward	00.17.01	00.19.01	00.18.35	00.19.53	00.21.07			01.35.37	5	
	18	701	SV	Darryn	Stow	00.14.54	00.23.04						00.37.58	2	DNF
	19	713	SV	Vincent	Oosthuizen	00.19.55							00.19.55	1	DNF
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Veteran Men	1	814	VM	Nico	Pfitzenmaier	00.14.22	00.14.37	00.14.49	00.14.59	00.14.59			01.13.46	5	
	2	805	VM	Nic	Lamond	00.14.36	00.14.53	00.15.14	00.15.20	00.15.17			01.15.20	5	
	3	801	VM	Mark	Moir	00.15.12	00.15.36	00.15.51	00.16.04	00.16.25			01.19.08	5	
	4	816	VM	Leon	Burger	00.16.15	00.16.20	00.16.03	00.16.27	00.16.28			01.21.33	5	
	5	804	VM	Arie	Olivier	00.16.01	00.17.40	00.17.17	00.17.21	00.16.41			01.25.00	5	
	6	809	VM	Gerard	Dirks	00.16.12	00.16.18	00.16.40	00.18.18	00.19.15			01.26.43	5	
	7	813	VM	Pierre	Evard	00.17.13	00.17.09	00.17.50	00.17.41	00.18.15			01.28.08	5	
	8	817	VM	Ewan	Cochran	00.16.22	00.16.18	00.17.05	00.19.24	00.20.12			01.29.21	5	
	9	815	VM	Christiaan	Bezuidenhout	00.17.47	00.17.27	00.18.36	00.18.20	00.19.19			01.31.29	5	
	10	807	VM	Morne	Veer	00.18.14	00.18.45	00.19.06	00.19.34				01.15.39	4	-1 lap
	11	812	VM	Daniel	Viljoen	00.18.28	00.20.02	00.19.57	00.19.23				01.17.50	4	-1 lap
	12	810	VM	Pierre	Malherbe	00.19.47	00.20.57	00.20.41	00.20.28				01.21.53	4	-1 lap
	13	802	VM	Jacques	Coetzer	00.20.29	00.20.36	00.21.20	00.21.08				01.23.33	4	-1 lap
	14	803	VM	Clifford	Ross	00.23.59	00.25.27	00.27.18					01.16.44	3	-2 laps
	15	808	VM	Jeroen	Swart	00.15.57							00.15.57	1	DNF
	16	806	VM	Scott	Corry	00.17.26							00.17.26	1	DNF
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Master Men	1	901	MM	Jimmy	Mills	00.16.39	00.17.29	00.17.33	00.18.02				01.09.43	4	
	2	902	MM	Bob	Schuiling	00.16.58	00.17.25	00.17.25	00.18.06				01.09.54	4	
	3	903	MM	Charles	Young	00.18.38	00.19.19	00.21.44	00.19.56				01.19.37	4	
	4	904	MM	Rob	Wild	00.19.32	00.20.27	00.20.49	00.21.08				01.21.56	4	