



Group or Category	Pos in		Participants Details				Split Times						Final Results		
	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Nipper Boys	1	1	602	NB	Jacobus	Burger	00:08.16	00:08.22	00:08.44				00:25.22	3	
	2	2	614	NB	Spencer	Van Zyl	00:09.23	00:08.50	00:09.05				00:27.18	3	
	3	3	603	NB	Marko	Pruis	00:09.11	00:09.10	00:09.57				00:28.18	3	
	4	4	608	NB	Tiehaan	Slabber	00:10.02	00:09.49	00:09.16				00:29.07	3	
	5	5	609	NB	Keagan	Harris	00:09.06	00:10.28	00:09.40				00:29.14	3	
	6	6	604	NB	Christian	George	00:11.16	00:12.15	00:12.12				00:35.43	3	
	7	7	612	NB	Maleagi	Malherbe	00:11.51	00:13.15	00:16.13				00:41.19	3	
	8	8	616	NB	J D	Vermeulen	00:12.11	00:14.00					00:26.11	2	-1 Lap
	9	9	611	NB	Luke	Simpson	00:12.03	00:14.29					00:26.32	2	-1 Lap
	10	10	617	NB	Christiaan	Briers	00:12.12	00:15.09					00:27.21	2	-1 Lap
	11	11	605	NB	Henco	Hibbert	00:14.05	00:15.14					00:29.19	2	-1 Lap
	12	12	615	NB	Noah	Ribeiro	00:15.08	00:16.48					00:31.56	2	-1 Lap
	--	--	613	NB	Reinier	Janse Van Rensburg	00:20.00						00:20.00	1	DNF
	--	--	607	NB	Jack	Jordan									DNS
	--	--	606	NB	Ludwig	Uys									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Nipper Girls	1	1	673	NG	Leonè	Theron	00:07.45	00:08.05	00:08.08				00:23.58	3	
	2	2	672	NG	Isabella	Stermin	00:08.32	00:08.29	00:08.40				00:25.41	3	
	3	3	671	NG	Lienka	De Jager	00:10.27	00:11.05	00:12.48				00:34.20	3	
	--	--	674	NG	Annabelle	Ras									DNS
	--	--	675	NG	Karliën	Cronjé									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Sprog Boys	1	1	502	SB	Tristan	Mc Given	00:10.45	00:11.48	00:12.12	00:12.09			00:46.54	4	
	2	2	501	SB	Camryn	Marais	00:10.51	00:12.35	00:12.36	00:12.17			00:48.19	4	
	3	3	510	SB	Konrad	Kotze	00:12.37	00:13.21	00:14.20	00:13.57			00:54.15	4	
	4	4	503	SB	Luke	Schonegevel	00:12.31	00:13.26	00:14.18	00:14.04			00:54.19	4	
	5	5	504	SB	Gabriel	Burke	00:13.03	00:14.09	00:14.25	00:14.29			00:56.06	4	
	6	6	505	SB	Willem	Durandt	00:12.45	00:14.37	00:14.26	00:15.03			00:56.51	4	
	7	7	509	SB	Sven	Etsebeth	00:12.31	00:14.46	00:15.51	00:13.47			00:56.55	4	
	8	8	508	SB	Matthew	Ratcliffe	00:12.35	00:14.34	00:15.43	00:17.32			01:00.24	4	
	9	9	513	SB	William	Ruthven	00:13.55	00:16.23	00:15.36	00:15.34			01:01.28	4	
	10	10	506	SB	Tienie	Louw	00:13.01	00:15.00	00:18.31	00:17.43			01:04.15	4	
	11	11	507	SB	Dylan	Van De Langenberg	00:13.46	00:16.20	00:17.59				00:48.05	3	-1 Lap
	12	12	511	SB	Sebastian	Lowe	00:16.12	00:17.26	00:19.10				00:52.48	3	-1 Lap
	13	13	522	SB	Schalk	Lubbe	00:16.18	00:21.29	00:21.06				00:58.53	3	-1 Lap
	14	14	514	SB	Ivan	Malan	00:18.19	00:22.18	00:24.36				01:05.13	3	-1 Lap
	15	15	521	SB	Theo	Pretorius	00:21.10	00:27.43					00:48.53	2	-2 Laps
	--	--	519	SB	Nick	Barbrock	00:15.48	00:19.31					00:35.19	2	DNF
	--	--	517	SB	Daniel	Pichon	00:21.17						00:21.17	1	DNF
	--	--	515	SB	Mattys	Breed									DNF
	--	--	512	SB	Daniel	Lutz									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Sprog Girls	1	1	571	SG	Lara	Van Der Vyver	00:06.47	00:06.45	00:06.59	00:07.01			00:27.32	4	
	2	2	572	SG	Rebecca	Jacobs	00:07.02	00:07.51	00:07.43	00:07.47			00:30.23	4	
	3	3	577	SG	Janke	Van Zyl	00:07.52	00:07.49	00:08.24	00:07.48			00:31.53	4	
	4	4	573	SG	Kendra	Kitching	00:08.02	00:07.53	00:08.35	00:07.32			00:32.02	4	
	5	5	574	SG	Nina	Tjallingii	00:07.55	00:08.43	00:11.08				00:27.46	3	-1 Lap
	6	6	576	SG	Natalie	Goosen	00:09.12	00:09.17	00:09.52				00:28.21	3	-1 Lap
	7	7	575	SG	B B	Strydom	00:08.38	00:12.18	00:09.56				00:30.52	3	-1 Lap
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Sub-Jun Boys	1	1	401	JB	Neil	Van Der Vyver	00:15.56	00:17.34	00:17.57				00:51.27	3	
	2	2	402	JB	Liam	Henning	00:16.44	00:17.23	00:17.48				00:51.55	3	
	3	3	413	JB	Jack	Goosen	00:17.00	00:19.02	00:19.00				00:55.02	3	
	4	4	403	JB	Connor	Kitching	00:18.01	00:20.56	00:19.20				00:58.17	3	
	5	5	408	JB	Ryan	Koorzen	00:18.13	00:20.24	00:20.33				00:59.10	3	
	6	6	903	JB	Christiaan	De Villiers	00:19.14	00:21.17	00:20.35				01:01.06	3	
	7	7	430	JB	Dean	Woolley	00:18.10	00:20.49	00:23.17				01:02.16	3	
	8	8	424	JB	Jaco	De Wet	00:19.21	00:21.55	00:21.10				01:02.26	3	
	9	9	405	JB	Henri	Coetzee	00:20.51	00:22.43	00:22.42				01:06.16	3	
	10	10	404	JB	Andre	Kirschstein	00:20.37	00:23.19	00:22.27				01:06.23	3	
	11	11	432	JB	Benjamin	Fourie	00:20.10	00:22.55	00:23.49				01:06.54	3	
	12	12	406	JB	Reece	Meyer	00:21.37	00:22.56	00:23.13				01:07.46	3	
	13	13	427	JB	Christian	Koegelenberg	00:21.18	00:24.30	00:23.41				01:09.29	3	
	14	14	917	JB	Daniel	Bristow	00:21.32	00:24.46	00:23.53				01:10.11	3	
	15	15	417	JB	Stephan	Claassen	00:21.44	00:24.58	00:26.22				01:13.04	3	
	16	16	905	JB	Christiaan	Lubbe	00:23.05	00:27.13	00:25.38				01:15.56	3	
	17	17	410	JB	Andre	Boezaart	00:22.48	00:26.22	00:27.02				01:16.12	3	
	18	18	916	JB	Gregor	Barnardo	00:24.22	00:33.24	00:30.49				01:28.35	3	
	19	19	901	JB	Joshua	Ellis	00:23.50	00:30.50					00:54.40	2	-1 Lap
	20	20	422	JB	A J	Nel	00:22.52	00:33.24					00:56.16	2	-1 Lap
	21	21	425	JB	Franco	Hanekom	00:25.12	00:31.46					00:56.58	2	-1 Lap



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	22	22	429	JB	Reece	Van Staden	00.24.50	00.32.25					00.57.15	2	-1 Lap
	23	23	411	JB	Joshua	Ord	00.20.49	00.39.56					01.00.45	2	-1 Lap
	24	24	906	JB	Aldo	Kaufmann	00.27.39	00.35.18					01.02.57	2	-1 Lap
	25	25	433	JB	Jakobus	Van Greunen	00.35.12	00.41.14					01.16.26	2	-1 Lap
	--	--	409	JB	Andre	Geldenhuis	00.21.38						00.21.38	1	DNF
	--	--	420	JB	Henri	Grové	00.30.46						00.30.46	1	DNF
	--	--	419	JB	Zade	Hefer	00.31.15						00.31.15	1	DNF
	--	--	431	JB	Mickel	Retief	00.31.22						00.31.22	1	DNF
	--	--	423	JB	Frans-Johann	Smit	00.23.26	00.31.15					00.54.41	2	DNS
	--	--	412	JB	Chris	Du Toit									DNS
	--	--	434	JB	Berno	Moolman									DNS
	--	--	415	JB	Anré	Compion									DNS
	--	--	435	JB	Tristan	Oosthuizen									DNS
	--	--	418	JB	Sven	Tjallingii									DNS
	--	--	426	JB	Jacques	Swart									DNS
	--	--	414	JB	Evan	Rossouw									DNS
	--	--	407	JB	Daniel	Steyn									DNS
	--	--	902	JB	Luka	Breed									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Sub-Jun Girls	1	1	471	JG	Eryn	Marais	00.12.56	00.14.18	00.14.35	00.14.51			00.56.40	4	
	2	2	473	JG	Kelly	Mall	00.13.40	00.16.03	00.17.21	00.17.11			01.04.15	4	
	3	3	476	JG	Anje	Van Niekerk	00.13.46	00.15.56	00.18.42	00.19.07			01.07.31	4	
	4	4	474	JG	Hannie	Vreken	00.14.09	00.17.59	00.20.14	00.17.46			01.10.08	4	
	5	5	477	JG	Kathryn	La Grange	00.18.48	00.21.58	00.23.32				01.04.18	3	-1 Lap
	--	--	472	JG	Zoe	Green									DNS
	--	--	475	JG	Isabel	Lutz									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Youth Men	1	1	308	YM	Tiaan	Manefeldt	00.16.03	00.17.07	00.16.57	00.17.53			01.08.00	4	
	2	2	313	YM	Samuel	Cleary	00.15.56	00.17.20	00.17.46	00.17.00			01.08.02	4	
	3	3	306	YM	Luca	Zietsman	00.15.59	00.17.14	00.17.53	00.17.57			01.09.03	4	
	4	4	301	YM	Jeandre	Ungerer	00.15.57	00.17.20	00.19.46	00.18.19			01.11.22	4	
	5	5	304	YM	Juan	Van Zyl	00.16.18	00.18.24	00.18.32	00.18.33			01.11.47	4	
	6	6	319	YM	Tristan	Swart	00.16.34	00.18.21	00.18.44	00.18.43			01.12.22	4	
	7	7	316	YM	Van Zyl	Steyn	00.17.00	00.18.20	00.18.59	00.18.27			01.12.46	4	
	8	8	320	YM	Zander	Compion	00.16.12	00.17.30	00.19.05	00.20.52			01.13.39	4	
	9	9	302	YM	Rupert	Taljaard	00.16.32	00.18.22	00.19.27	00.19.48			01.14.09	4	
	10	10	305	YM	Thomas	Dunkley	00.16.07	00.18.06	00.20.48	00.19.23			01.14.24	4	
	11	11	303	YM	Robert	Nieuwenhuizen	00.16.00	00.19.19	00.21.34	00.19.34			01.16.27	4	
	12	12	309	YM	Francois	Coetzee	00.17.41	00.20.11	00.19.26	00.20.04			01.17.22	4	
	13	13	337	YM	Liam	Rorich	00.16.58	00.20.21	00.21.05	00.20.40			01.19.04	4	
	14	14	914	YM	Ruan	Portwig	00.18.05	00.19.24	00.19.55	00.23.25			01.20.49	4	
	15	15	323	YM	Luke	Kershaw	00.18.26	00.20.25	00.21.04	00.22.20			01.22.15	4	
	16	16	339	YM	Onesimo	Ndzonyana	00.19.12	00.20.39	00.21.37	00.22.24			01.23.52	4	
	17	17	322	YM	Aiden	Colley	00.18.52	00.21.13	00.22.25	00.22.13			01.24.43	4	
	18	18	317	YM	Christiaan	Davel	00.18.54	00.22.02	00.23.23	00.23.13			01.27.32	4	
	19	19	328	YM	Daniel	Du Plessis	00.18.51	00.22.16	00.25.10	00.25.03			01.31.20	4	
	20	20	331	YM	Adriaan	De Waard	00.19.40	00.23.29	00.26.39				01.09.48	3	-1 Lap
	21	21	336	YM	De Wet	Du Plooy	00.20.43	00.23.32	00.25.40				01.09.55	3	-1 Lap
	22	22	310	YM	Alexander	Jonker	00.19.49	00.25.51	00.24.22				01.10.02	3	-1 Lap
	23	23	332	YM	Abru	Van Zyl	00.20.16	00.23.26	00.26.27				01.10.09	3	-1 Lap
	24	24	335	YM	William	Loubser	00.20.52	00.24.37	00.25.04				01.10.33	3	-1 Lap
	25	25	329	YM	Marius	Nel	00.21.01	00.24.42	00.25.10				01.10.53	3	-1 Lap
	26	26	327	YM	Lakhanya	Sikhobongwana	00.19.35	00.26.12	00.28.59				01.14.46	3	-1 Lap
	27	27	908	YM	Philip	Venter	00.20.15	00.32.53	00.26.11				01.19.19	3	-1 Lap
	28	28	909	YM	Mivuyo	Mndini	00.24.15	00.26.37	00.28.59				01.19.51	3	-1 Lap
	29	29	911	YM	Inathi	Stoyile	00.23.26	00.28.22	00.28.04				01.19.52	3	-1 Lap
	30	30	915	YM	Kemeels	Labuschagne	00.24.36	00.27.58	00.29.17				01.21.51	3	-1 Lap
	31	31	912	YM	Juan	Basson	00.24.03	00.29.20	00.29.15				01.22.38	3	-1 Lap
	32	32	333	YM	Ruger	Jooste	00.24.42	00.29.35	00.31.40				01.25.57	3	-1 Lap
	--	--	311	YM	Luca	Wiese	00.18.41	00.20.09					00.38.50	2	DNF
	--	--	918	YM	Amila	Mntuyedwa	00.17.15						00.17.15	1	DNF
	--	--	314	YM	Matthew	Hudson	00.21.16						00.21.16	1	DNF
	--	--	318	YM	Ruan	Nel	00.21.57						00.21.57	1	DNF
	--	--	315	YM	Marius	Burger									DNS
	--	--	325	YM	Daniel	Franken									DNS
	--	--	321	YM	Christian	Mocke									DNS
	--	--	326	YM	Louis	Botha									DNS
	--	--	324	YM	Altus	Scholtz									DNS
	--	--	913	YM	Kaiyen	Govender									DNS
	--	--	312	YM	Reek	Roos									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status



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Youth Women	1	1	377	YW	Mienke	Boshoff	00:18.50	00:20.33	00:21.16				01:00.39	3	
	2	2	372	YW	Jana	Visser	00:19.50	00:22.31	00:21.59				01:04.20	3	
	3	3	376	YW	Linel	Kruger	00:19.54	00:23.43	00:22.48				01:06.25	3	
	4	4	373	YW	Chloe	Chesterton	00:21.25	00:24.03	00:24.49				01:10.17	3	
	5	5	371	YW	Nikalau	Volsteadt	00:23.14	00:26.20	00:26.20				01:15.54	3	
	6	6	375	YW	Kijana	Retief	00:29.15	00:33.48					01:03.03	2	-1 Lap
	--	--	378	YW	Rita	De Wet	00:25.41						00:25.41	1	DNF
	--	--	374	YW	Mianette	Theron									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Junior Men	1	1	209	JM	Cronje	Beukes	00:14.53	00:14.59	00:15.22	00:15.51	00:15.44		01:16.49	5	
	2	2	228	JM	Vincent	Buter	00:15.36	00:16.06	00:16.07	00:16.42	00:17.00		01:21.31	5	
	3	3	202	JM	Lood	Goosen	00:15.37	00:16.07	00:16.06	00:16.42	00:17.22		01:21.54	5	
	4	4	207	JM	Hendre	De Villiers	00:15.48	00:16.15	00:16.48	00:17.36	00:17.26		01:23.53	5	
	5	5	203	JM	Jaydan	Durandt	00:15.38	00:16.20	00:17.13	00:18.02	00:16.55		01:24.08	5	
	6	6	222	JM	Ryan	Veer	00:16.21	00:16.39	00:16.50	00:17.40	00:17.37		01:25.07	5	
	7	7	216	JM	Jean-Pierre	Du Plessis	00:15.47	00:17.37	00:17.51	00:17.31	00:17.34		01:26.20	5	
	8	8	218	JM	Divan	Terblanche	00:16.07	00:18.19	00:18.04	00:18.15	00:18.12		01:28.57	5	
	9	9	210	JM	Jean-Marc	De Beer	00:17.13	00:18.21	00:18.23	00:18.38	00:19.18		01:31.53	5	
	10	10	212	JM	Greg	Lawson	00:17.08	00:18.48	00:18.13	00:19.39	00:19.33		01:33.21	5	
	11	11	204	JM	Jean	Surridge	00:17.19	00:18.32	00:19.18	00:19.09	00:19.16		01:33.34	5	
	12	12	225	JM	Wynand	Mostert	00:17.33	00:18.29	00:18.28	00:19.41	00:20.44		01:34.55	5	
	13	13	206	JM	Tiaan	Steenkamp	00:17.23	00:18.29	00:21.54	00:18.37	00:18.54		01:35.17	5	
	14	14	217	JM	Willem	Botha	00:15.50	00:17.08	00:22.49	00:18.35	00:20.58		01:35.20	5	
	15	15	213	JM	Johmar	Loubser	00:17.21	00:18.20	00:18.51	00:21.01	00:21.48		01:37.21	5	
	16	16	208	JM	M J	Visagie	00:18.01	00:19.31	00:19.58	00:19.53			01:17.23	4	-1 Lap
	17	17	224	JM	Willem	Visagie	00:17.56	00:19.17	00:19.36	00:20.48			01:17.37	4	-1 Lap
	18	18	214	JM	Luke	Caetano	00:17.49	00:20.36	00:19.32	00:20.01			01:17.58	4	-1 Lap
	19	19	220	JM	Bernardt	Pretorius	00:18.25	00:20.06	00:20.08	00:19.39			01:18.18	4	-1 Lap
	20	20	233	JM	Andre	Kotze	00:18.39	00:19.41	00:20.30	00:20.59			01:19.49	4	-1 Lap
	21	21	221	JM	Jaco	Jacobs	00:17.10	00:21.02	00:21.46	00:21.00			01:20.58	4	-1 Lap
	22	22	235	JM	Juan	Rossouw	00:19.30	00:19.58	00:20.32	00:21.42			01:21.42	4	-1 Lap
	23	23	237	JM	Liyema	Madolo	00:19.28	00:25.17	00:21.54	00:22.02			01:28.41	4	-1 Lap
	24	24	231	JM	Kristian	Naude	00:19.49	00:22.02	00:23.35	00:24.53			01:30.19	4	-1 Lap
	25	25	232	JM	Tyron	Visser	00:21.05	00:22.59	00:22.54	00:24.23			01:31.21	4	-1 Lap
	--	--	205	JM	Streicher	Swart	00:15.39	00:16.57	00:19.10	00:17.23			01:09.09	4	DNF
	--	--	230	JM	Zander	Van Lill	00:21.03	00:22.15	00:26.23				01:09.41	3	DNF
	--	--	229	JM	Matt	Van Staden	00:23.18						00:23.18	1	DNF
	--	--	215	JM	Henning	Venter									DNS
	--	--	211	JM	Devan	Van Zyl									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Junior Women	1	1	271	JW	Anna	Marx	00:18.35	00:21.06	00:21.40	00:21.53			01:23.14	4	
	2	2	272	JW	Kayleigh	Scholtz	00:20.25	00:22.31	00:21.55	00:21.05			01:25.56	4	
	3	3	273	JW	Anyia	Du Plessis	00:21.52	00:22.02	00:24.12	00:25.35			01:33.41	4	
	4	4	275	JW	Christelle	Joubert	00:21.43	00:27.23	00:29.51	00:28.47			01:47.44	4	
	5	5	277	JW	Milani	Dingani	00:31.18	00:32.27	00:31.39				01:35.24	3	-1 Lap
	6	6	226	JW	Marli	Davel	00:28.33	00:32.46	00:36.46				01:38.05	3	-1 Lap
	--	--	274	JW	Lineke	Groenewald									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Elite Men	1	1	1	EM	Matthew	Beers	00:12.56	00:13.18	00:13.27	00:13.49	00:13.53	00:14.07	01:21.30	6	
	2	2	5	EM	Luke	Moir	00:13.19	00:14.07	00:13.59	00:14.21	00:14.06	00:13.33	01:23.25	6	
	3	3	4	EM	Tristan	Nortje	00:13.18	00:14.08	00:14.35	00:14.10	00:13.40	00:13.42	01:23.33	6	
	4	4	3	EM	Johan	Van Zyl	00:13.13	00:13.56	00:14.15	00:14.20	00:14.19	00:14.47	01:24.50	6	
	5	5	2	EM	Arno	Du Toit	00:13.33	00:14.33	00:14.39	00:14.41	00:14.46	00:14.46	01:26.58	6	
	6	6	8	EM	Luca	Ruwiel	00:14.44	00:15.00	00:15.09	00:15.20	00:15.26	00:15.19	01:30.58	6	
	7	7	20	EM	Gunther	Katzke	00:14.30	00:15.42	00:15.34	00:15.40	00:15.22	00:15.14	01:32.02	6	
	8	8	6	EM	Thomas	Hudson	00:14.38	00:15.20	00:15.32	00:15.36	00:15.53	00:16.04	01:33.03	6	
	9	9	13	EM	Zachary	Swart	00:14.42	00:15.10	00:15.42	00:15.33	00:15.46	00:16.30	01:33.23	6	
	10	10	21	EM	Herman	Fourie	00:14.43	00:15.38	00:15.51	00:16.09	00:16.00	00:16.39	01:35.00	6	
	11	11	7	EM	Zander	Kruger	00:15.15	00:16.00	00:16.05	00:16.21	00:16.15	00:16.01	01:35.57	6	
	12	12	14	EM	Luyanda	Thobingunya	00:14.58	00:15.55	00:16.56	00:16.27	00:16.30	00:15.16	01:36.02	6	
	13	13	12	EM	Kusaselihle	Ngidi	00:15.24	00:16.18	00:16.49	00:16.51	00:17.43		01:23.05	5	-1 Lap
	14	14	18	EM	Frederick	Smit	00:15.23	00:16.45	00:17.01	00:17.25	00:18.15		01:24.49	5	-1 Lap
	15	15	19	EM	Franco	McLeod	00:16.39	00:17.31	00:18.26	00:18.12	00:18.29		01:29.17	5	-1 Lap
	16	16	15	EM	Aaron	Budke	00:16.38	00:18.06	00:18.03	00:18.11	00:18.57		01:29.55	5	-1 Lap
	17	17	11	EM	Sabro	Atakligan	00:16.46	00:17.56	00:18.04	00:19.27	00:19.43		01:31.56	5	-1 Lap
	18	18	9	EM	Siyabulela	Tutu	00:17.34	00:23.03	00:19.15	00:19.58	00:19.30		01:39.20	5	-1 Lap
	--	--	17	EM	Thembela	Lukhalo	00:18.44						00:18.44	1	DNF
	--	--	16	EM	Jordan	Haarpaintner									DNS
	--	--	10	EM	Sandiso	Xetu									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Elite Women	1	1	101	EW	Mariske	Strauss	00:16.33	00:17.31	00:17.36	00:17.58	00:17.43		01:27.21	5	
	2	2	102	EW	Lehane	Oosthuizen	00:17.20	00:18.45	00:19.21	00:19.31	00:19.29		01:34.26	5	



Group or Category	Pos in		Participants Details				Split Times						Final Results		
	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
	3	3	773	EW	Michelle	George	00:18.44	00:20.32	00:20.55	00:20.17	00:19.57		01:40.25	5	DNS DNS DNS
	4	4	104	EW	Karla	Stumpf	00:18.00	00:20.01	00:21.14	00:22.09	00:21.54		01:43.18	5	
	5	5	107	EW	Leone	Verster	00:19.18	00:20.40	00:21.06	00:21.18	00:21.19		01:43.41	5	
	--	--	103	EW	Janice	Venter									
	--	--	105	EW	Marzelle	Van Der Merwe									
	--	--	106	EW	Andrea	Schofmann									
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Master Women	1	1	776	MW	Tess	Keers	00:18.42	00:20.20	00:20.58				01:00.00	3	DNS
	2	2	772	MW	Nikki	Biesheuvel	00:19.05	00:21.04	00:21.14				01:01.23	3	
	3	3	777	MW	Anzel	Brink	00:20.31	00:23.19	00:23.55				01:07.45	3	
	4	4	771	MW	Nicole	Murphy	00:22.18	00:23.39	00:23.53				01:09.50	3	
	5	5	774	MW	Ingrid	Youell	00:22.43	00:24.08	00:24.51				01:11.42	3	
	6	6	775	MW	Bianca	Hibbert	00:23.09	00:26.01	00:28.24				01:17.34	3	
	--	--	778	MW	Christelle	Le Roux									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Sub Vet Men	1	1	703	SV	Dominic	Calitz	00:14.42	00:15.09	00:15.47	00:17.08	00:17.09	00:17.04	01:36.59	6	-1 Lap -1 Lap -1 Lap -1 Lap DNF DNS DNS DNS DNS
	2	2	701	SV	Renay	Groustra	00:14.43	00:15.18	00:16.36	00:16.52	00:17.42	00:18.36	01:40.12	6	
	3	3	710	SV	Lloyd	Priestman	00:16.31	00:18.23	00:18.54	00:20.08	00:19.45	00:19.55	01:53.36	6	
	4	4	721	SV	Gareth	Davie	00:16.33	00:18.22	00:18.55	00:20.08	00:21.39	00:21.54	01:57.31	6	
	5	5	731	SV	Ryan	Bennewith	00:18.51	00:20.52	00:21.40	00:21.19	00:20.12		01:42.54	5	
	6	6	728	SV	Thando	Nthuthu	00:18.45	00:20.50	00:22.58	00:21.50	00:24.40		01:49.03	5	
	7	7	722	SV	Jonathan	Hacking	00:18.32	00:22.12	00:25.37	00:22.34	00:24.02		01:52.57	5	
	8	8	729	SV	Bunyan	Loubser	00:21.27	00:23.20	00:24.08	00:25.25	00:22.50		01:57.10	5	
	--	--	706	SV	Ashley	Oldfield	00:17.39	00:19.37					00:37.16	2	
	--	--	709	SV	Bruce	Anderson									DNS
	--	--	716	SV	Seraj	Abrahams									DNS
	--	--	724	SV	Daniel	Steenkamp									DNS
	--	--	725	SV	Shaun	De Jager									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Veteran Men	1	1	727	VM	Maarten	Tjallingii	00:16.04	00:17.14	00:17.17	00:17.47	00:17.20		01:25.42	5	-1 Lap DNF DNF DNS DNS DNS
	2	2	715	VM	Jean	De Villiers	00:16.01	00:18.00	00:18.45	00:19.29	00:19.12		01:31.27	5	
	3	3	707	VM	Michael	Potton	00:16.43	00:19.03	00:20.28	00:20.23	00:20.41		01:37.18	5	
	4	4	705	VM	Pieter	Rautenbach	00:17.28	00:19.13	00:20.46	00:20.34	00:21.15		01:39.16	5	
	5	5	704	VM	Jody	Moult	00:18.38	00:20.15	00:21.04	00:20.27	00:21.01		01:41.25	5	
	6	6	718	VM	Gerard	Dirks	00:18.00	00:20.05	00:21.27	00:21.50	00:22.04		01:43.26	5	
	7	7	711	VM	Wayne	Victor	00:18.02	00:20.21	00:21.31	00:23.12	00:23.58		01:47.04	5	
	8	8	723	VM	Juan-Paul	Farinha	00:18.32	00:21.58	00:23.05	00:24.05			01:27.40	4	
	--	--	732	VM	Niel	Du Pisani	00:18.31	00:21.17	00:22.40	00:22.47			01:25.15	4	
	--	--	720	VM	Duncan	Drennan	00:26.25	00:37.00					01:03.25	2	
	--	--	717	VM	Heinrich	Van Rooyen									DNS
	--	--	714	VM	Petrus	Malherbe									DNS
	--	--	733	VM	Truan	Haskell									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
Master Men	1	1	719	MM	Pierre	Evard	00:17.40	00:18.57	00:19.34	00:19.47			01:15.58	4	DNF DNF DNS
	2	2	702	MM	Arnold	Barnardo	00:18.03	00:19.35	00:20.48	00:22.12			01:20.38	4	
	3	3	708	MM	Andre	Visser	00:17.50	00:20.17	00:21.05	00:22.41			01:21.53	4	
	4	4	712	MM	Timothy	Blegenhout	00:18.05	00:20.39	00:21.57	00:22.24			01:23.05	4	
	5	5	713	MM	Nico	Vreken	00:19.24	00:20.38	00:21.28	00:21.58			01:23.28	4	
	--	--	726	MM	Jurgen	Orzessek	00:18.57	00:23.52	00:25.27				01:08.16	3	
	--	--	735	MM	Guy	Lanfear	00:23.03	00:24.41	00:26.51				01:14.35	3	
	--	--	730	MM	Greg	Keers									DNS