



| 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 | Lap 7 | Lap 8 | Time          | Laps | Status  |
| Nipper Girls      | 1      | 1   | 671                  | NG  | Leonè      | Theron        | 00:08.43    | 00:10.10 | 00:10.04 |          |       |       |       |       | 00:28.57      | 3    |         |
|                   | 2      | 2   | 672                  | NG  | Isabella   | Stermin       | 00:09.31    | 00:11.10 | 00:11.21 |          |       |       |       |       | 00:32.02      | 3    |         |
|                   | 3      | 3   | 673                  | NG  | Leany      | Badenhorst    | 00:10.59    | 00:12.27 | 00:13.24 |          |       |       |       |       | 00:36.50      | 3    |         |
| Category          | All    | Cat | No                   | Cat | First Name | Last Name     | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5 | Lap 6 | Lap 7 |       | Time          | Laps | Status  |
| Nipper Boys       | 1      | 1   | 603                  | NB  | Keagan     | Harris        | 00:09.45    | 00:10.11 | 00:10.05 |          |       |       |       |       | 00:30.01      | 3    |         |
|                   | 2      | 2   | 602                  | NB  | Spencer    | Van Zyl       | 00:09.48    | 00:10.07 | 00:10.14 |          |       |       |       |       | 00:30.09      | 3    |         |
|                   | 3      | 3   | 601                  | NB  | Jacobus    | Burger        | 00:09.55    | 00:10.09 | 00:11.32 |          |       |       |       |       | 00:31.36      | 3    |         |
|                   | 4      | 4   | 610                  | NB  | Hallett    | Swanepoel     | 00:10.26    | 00:11.00 | 00:11.16 |          |       |       |       |       | 00:32.42      | 3    |         |
|                   | 5      | 5   | 607                  | NB  | Migael     | Van Zyl       | 00:12.37    | 00:11.11 | 00:10.56 |          |       |       |       |       | 00:34.44      | 3    |         |
|                   | 6      | 6   | 604                  | NB  | Tiehan     | Slabber       | 00:11.32    | 00:12.12 | 00:11.01 |          |       |       |       |       | 00:34.45      | 3    |         |
|                   | 7      | 7   | 612                  | NB  | Ruan       | Share         | 00:12.23    | 00:12.55 | 00:13.48 |          |       |       |       |       | 00:39.06      | 3    |         |
|                   | 8      | 8   | 611                  | NB  | R J        | Van Lill      | 00:12.49    | 00:13.17 | 00:13.30 |          |       |       |       |       | 00:39.36      | 3    |         |
|                   | --     | --  | 609                  | NB  | Luka       | Langheim      |             |          |          |          |       |       |       |       |               |      | DNF     |
|                   | --     | --  | 608                  | NB  | Connor     | Roebuck       |             |          |          |          |       |       |       |       |               |      | DNS     |
|                   | --     | --  | 605                  | NB  | Chase      | Sim           |             |          |          |          |       |       |       |       |               |      | DNS     |
|                   | --     | --  | 606                  | NB  | Tyde       | Sim           |             |          |          |          |       |       |       |       |               |      | DNS     |
| Category          | All    | Cat | No                   | Cat | First Name | Last Name     | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5 | Lap 6 | Lap 7 |       | Time          | Laps | Status  |
| Sprog Girls       | 1      | 1   | 571                  | SG  | Lara       | Van Der Vyver | 00:08.57    | 00:09.10 | 00:09.41 | 00:09.34 |       |       |       |       | 00:37.22      | 4    |         |
|                   | 2      | 2   | 572                  | SG  | Rebecca    | Jacobs        | 00:08.57    | 00:09.27 | 00:09.42 | 00:09.35 |       |       |       |       | 00:37.41      | 4    |         |
|                   | 3      | 3   | 573                  | SG  | Kendra     | Kitching      | 00:09.58    | 00:09.55 | 00:10.14 | 00:10.33 |       |       |       |       | 00:40.40      | 4    |         |
|                   | 4      | 4   | 574                  | SG  | Janke      | Van Zyl       | 00:09.59    | 00:10.00 | 00:10.37 | 00:10.41 |       |       |       |       | 00:41.17      | 4    |         |
|                   | 5      | 5   | 578                  | SG  | Nina       | Pieterse      | 00:10.28    | 00:10.29 | 00:10.42 | 00:10.57 |       |       |       |       | 00:42.36      | 4    |         |
|                   | 6      | 6   | 575                  | SG  | Natalie    | Goosen        | 00:10.33    | 00:10.51 | 00:10.47 | 00:11.10 |       |       |       |       | 00:43.21      | 4    |         |
|                   | 7      | 7   | 576                  | SG  | Nina       | Tjallingii    | 00:10.38    | 00:10.48 | 00:10.49 | 00:15.03 |       |       |       |       | 00:47.18      | 4    |         |
|                   | --     | --  | 577                  | SG  | Bea        | Strydom       | 00:18.38    | 00:13.32 |          |          |       |       |       |       | 00:32.10      | 2    | DNF     |
| Category          | All    | Cat | No                   | Cat | First Name | Last Name     | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5 | Lap 6 | Lap 7 |       | Time          | Laps | Status  |
| Sprog Boys        | 1      | 1   | 501                  | SB  | Tristan    | Mc Given      | 00:11.40    | 00:12.02 | 00:12.27 | 00:12.32 |       |       |       |       | 00:48.41      | 4    |         |
|                   | 2      | 2   | 502                  | SB  | Camryn     | Marais        | 00:11.36    | 00:12.06 | 00:12.28 | 00:12.31 |       |       |       |       | 00:48.41      | 4    |         |
|                   | 3      | 3   | 505                  | SB  | Matthew    | Ratcliffe     | 00:12.32    | 00:12.29 | 00:12.43 | 00:12.46 |       |       |       |       | 00:50.30      | 4    |         |
|                   | 4      | 4   | 503                  | SB  | Konrad     | Kotze         | 00:12.30    | 00:12.31 | 00:12.43 | 00:12.47 |       |       |       |       | 00:50.31      | 4    |         |
|                   | 5      | 5   | 504                  | SB  | Sven       | Etsebeth      | 00:12.41    | 00:13.17 | 00:13.25 | 00:13.24 |       |       |       |       | 00:52.47      | 4    |         |
|                   | 6      | 6   | 508                  | SB  | Luke       | Schonegevel   | 00:12.47    | 00:13.27 | 00:13.44 | 00:14.04 |       |       |       |       | 00:54.02      | 4    |         |
|                   | 7      | 7   | 511                  | SB  | William    | Ruthven       | 00:13.16    | 00:13.43 | 00:14.06 | 00:13.59 |       |       |       |       | 00:55.04      | 4    |         |
|                   | 8      | 8   | 506                  | SB  | Gabriel    | Burke         | 00:13.20    | 00:14.02 | 00:14.18 | 00:14.25 |       |       |       |       | 00:56.05      | 4    |         |
|                   | 9      | 9   | 507                  | SB  | Tienie     | Louw          | 00:13.51    | 00:14.40 | 00:15.34 | 00:15.10 |       |       |       |       | 00:59.15      | 4    |         |
|                   | 10     | 10  | 520                  | SB  | Bertus     | Botha         | 00:14.20    | 00:14.49 | 00:15.14 | 00:14.53 |       |       |       |       | 00:59.16      | 4    |         |
|                   | 11     | 11  | 519                  | SB  | Jandre     | Van Lill      | 00:14.01    | 00:14.38 | 00:15.37 | 00:16.45 |       |       |       |       | 01:01.01      | 4    |         |
|                   | 12     | 12  | 521                  | SB  | Janro      | Du Plessis    | 00:14.21    | 00:15.19 | 00:15.16 | 00:16.06 |       |       |       |       | 01:01.02      | 4    |         |
|                   | 13     | 13  | 510                  | SB  | Christof   | Franken       | 00:14.50    | 00:14.57 | 00:16.20 | 00:15.58 |       |       |       |       | 01:02.05      | 4    |         |
|                   | 14     | 14  | 515                  | SB  | Dawid      | Van Zyl Smit  | 00:14.38    | 00:15.31 | 00:16.18 | 00:16.24 |       |       |       |       | 01:02.51      | 4    |         |
|                   | 15     | 15  | 517                  | SB  | Miro       | Jamneck       | 00:15.35    | 00:16.48 | 00:17.06 |          |       |       |       |       | 00:49.29      | 3    | -1 Lap  |
|                   | 16     | 16  | 522                  | SB  | Derick     | Neethling     | 00:16.45    | 00:18.16 | 00:17.46 |          |       |       |       |       | 00:52.47      | 3    | -1 Lap  |
|                   | 17     | 17  | 513                  | SB  | Derik      | Van Zyl       | 00:22.24    | 00:17.59 | 00:19.06 |          |       |       |       |       | 00:59.29      | 3    | -1 Lap  |
|                   | 18     | 18  | 516                  | SB  | Almero     | Van Niekerk   | 00:22.22    | 00:27.03 |          |          |       |       |       |       | 00:49.25      | 2    | -2 Laps |
|                   | --     | --  | 509                  | SB  | Willem     | Durandt       | 00:13.59    | 00:15.17 |          |          |       |       |       |       | 00:29.16      | 2    | DNF     |
|                   | --     | --  | 518                  | SB  | Juan       | Nagel         |             |          |          |          |       |       |       |       |               |      | DNS     |
|                   | --     | --  | 514                  | SB  | Oliver     | Hansson       |             |          |          |          |       |       |       |       |               |      | DNS     |
|                   | --     | --  | 523                  | SB  | L J        | Kotze         |             |          |          |          |       |       |       |       |               |      | DNS     |
| Category          | All    | Cat | No                   | Cat | First Name | Last Name     | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5 | Lap 6 | Lap 7 |       | Time          | Laps | Status  |
| Sub-Jun Girls     | 1      | 1   | 473                  | JG  | Nadia      | Van Wyk       | 00:13.01    | 00:13.21 | 00:13.41 | 00:14.00 |       |       |       |       | 00:54.03      | 4    |         |
|                   | 2      | 2   | 471                  | JG  | Eryn       | Marais        | 00:12.59    | 00:13.53 | 00:14.34 | 00:14.44 |       |       |       |       | 00:56.10      | 4    |         |
|                   | 3      | 3   | 474                  | JG  | Anje       | Van Niekerk   | 00:13.31    | 00:14.41 | 00:15.11 | 00:15.07 |       |       |       |       | 00:58.30      | 4    |         |
|                   | 4      | 4   | 472                  | JG  | Hannie     | Vreken        | 00:14.36    | 00:14.58 | 00:15.15 | 00:15.29 |       |       |       |       | 01:00.18      | 4    |         |
|                   | 5      | 5   | 479                  | JG  | Linke      | Oosthuizen    | 00:15.02    | 00:15.19 | 00:16.02 | 00:16.24 |       |       |       |       | 01:02.47      | 4    |         |
|                   | 6      | 6   | 478                  | JG  | Katinka    | Barnard       | 00:16.34    | 00:18.11 | 00:18.06 | 00:17.34 |       |       |       |       | 01:10.25      | 4    |         |
|                   | 7      | 7   | 476                  | JG  | Katelyn    | Ziegelaar     | 00:15.34    | 00:20.12 | 00:19.57 |          |       |       |       |       | 00:55.43      | 3    | -1 Lap  |
|                   | 8      | 8   | 477                  | JG  | Lindri     | Lamprecht     | 00:17.47    | 00:19.40 | 00:25.30 |          |       |       |       |       | 01:02.57      | 3    | -1 Lap  |
| Category          | All    | Cat | No                   | Cat | First Name | Last Name     | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5 | Lap 6 | Lap 7 |       | Time          | Laps | Status  |
| Sub-Jun Boys      | 1      | 1   | 401                  | JB  | Liam       | Henning       | 00:11.28    | 00:11.52 | 00:11.59 | 00:11.52 |       |       |       |       | 00:47.11      | 4    |         |
|                   | 2      | 2   | 402                  | JB  | Jack       | Goosen        | 00:11.40    | 00:12.18 | 00:12.31 | 00:12.36 |       |       |       |       | 00:49.05      | 4    |         |
|                   | 3      | 3   | 403                  | JB  | Connor     | Kitching      | 00:11.36    | 00:12.12 | 00:12.39 | 00:13.18 |       |       |       |       | 00:49.45      | 4    |         |
|                   | 4      | 4   | 416                  | JB  | Daniel     | Le Roux       | 00:11.50    | 00:12.36 | 00:12.53 | 00:13.02 |       |       |       |       | 00:50.21      | 4    |         |
|                   | 5      | 5   | 423                  | JB  | Dean       | Woolley       | 00:12.13    | 00:13.14 | 00:13.21 | 00:13.34 |       |       |       |       | 00:52.22      | 4    |         |
|                   | 6      | 6   | 404                  | JB  | Jaco       | De Wet        | 00:12.31    | 00:13.14 | 00:13.24 | 00:13.21 |       |       |       |       | 00:52.30      | 4    |         |
|                   | 7      | 7   | 418                  | JB  | Tiaan      | Ferreira      | 00:12.40    | 00:13.12 | 00:13.25 | 00:13.34 |       |       |       |       | 00:52.51      | 4    |         |



| 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 | Lap 7 | Lap 8 | Time          | Laps | Status  |
|                   | 8      | 8   | 414                  | JB  | Corban     | Van Zyl Smit  | 00.12.42    | 00.13.07 | 00.13.42 | 00.13.55 |          |       |       |       | 00.53.26      | 4    |         |
|                   | 9      | 9   | 405                  | JB  | Daniel     | Bristow       | 00.13.08    | 00.13.44 | 00.14.13 | 00.13.43 |          |       |       |       | 00.54.48      | 4    |         |
|                   | 10     | 10  | 415                  | JB  | Albert     | Coetzer       | 00.13.09    | 00.13.44 | 00.14.36 | 00.14.34 |          |       |       |       | 00.56.03      | 4    |         |
|                   | 11     | 11  | 421                  | JB  | Joshua     | Ord           | 00.13.31    | 00.14.28 | 00.14.46 | 00.15.35 |          |       |       |       | 00.58.20      | 4    |         |
|                   | 12     | 12  | 417                  | JB  | Henri      | Du Plessis    | 00.14.06    | 00.14.45 | 00.15.29 | 00.15.01 |          |       |       |       | 00.59.21      | 4    |         |
|                   | 13     | 13  | 410                  | JB  | Sven       | Tjallingii    | 00.13.35    | 00.14.26 | 00.15.02 | 00.16.52 |          |       |       |       | 00.59.55      | 4    |         |
|                   | 14     | 14  | 406                  | JB  | Gregor     | Barnardo      | 00.15.06    | 00.15.18 | 00.16.28 | 00.16.18 |          |       |       |       | 01.03.10      | 4    |         |
|                   | 15     | 15  | 419                  | JB  | Blake      | Clinton       | 00.14.38    | 00.15.33 | 00.16.30 | 00.16.43 |          |       |       |       | 01.03.24      | 4    |         |
|                   | 16     | 16  | 412                  | JB  | Neil       | Hattingh      | 00.14.46    | 00.15.34 | 00.16.45 | 00.21.46 |          |       |       |       | 01.08.51      | 4    |         |
|                   | 17     | 17  | 408                  | JB  | Ruben      | Erasmus       | 00.14.42    | 00.16.11 | 00.16.42 |          |          |       |       |       | 00.47.35      | 3    | -1 Lap  |
|                   | 18     | 18  | 409                  | JB  | Eduan      | Lubbe         | 00.14.39    | 00.16.12 | 00.16.54 |          |          |       |       |       | 00.47.45      | 3    | -1 Lap  |
|                   | 19     | 19  | 422                  | JB  | Ruben      | Kruger        | 00.15.13    | 00.16.08 | 00.17.12 |          |          |       |       |       | 00.48.33      | 3    | -1 Lap  |
|                   | 20     | 20  | 420                  | JB  | Wian       | Gildenhuys    | 00.15.19    | 00.16.39 | 00.18.06 |          |          |       |       |       | 00.50.04      | 3    | -1 Lap  |
|                   | 21     | 21  | 411                  | JB  | Anré       | Compion       | 00.15.12    | 00.17.06 | 00.18.32 |          |          |       |       |       | 00.50.50      | 3    | -1 Lap  |
|                   | --     | --  | 413                  | JB  | Matthew    | Tindall       | 00.11.39    |          |          |          |          |       |       |       | 00.11.39      | 1    | DNF     |
| Category          | All    | Cat | No                   | Cat | First Name | Last Name     | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5    | Lap 6 | Lap 7 |       | Time          | Laps | Status  |
| Youth Women       | 1      | 1   | 377                  | YW  | Angeliq    | Coetzer       | 00.12.23    | 00.12.44 | 00.13.00 | 00.13.22 |          |       |       |       | 00.51.29      | 4    |         |
|                   | 2      | 2   | 373                  | YW  | Mianette   | Theron        | 00.12.37    | 00.13.39 | 00.14.14 | 00.14.03 |          |       |       |       | 00.54.33      | 4    |         |
|                   | 3      | 3   | 375                  | YW  | Ilandrie   | Du Plessis    | 00.13.37    | 00.13.49 | 00.14.29 | 00.14.12 |          |       |       |       | 00.56.07      | 4    |         |
|                   | 4      | 4   | 371                  | YW  | Elke       | Koch          | 00.13.35    | 00.14.16 | 00.15.11 | 00.14.46 |          |       |       |       | 00.57.48      | 4    |         |
|                   | 5      | 5   | 378                  | YW  | Yolisa     | Mani          | 00.25.10    | 00.23.21 | 00.25.04 |          |          |       |       |       | 01.13.35      | 3    | -1 Lap  |
|                   | 6      | 6   | 379                  | YW  | Misoemihle | Mbikwana      | 00.22.23    | 00.25.53 | 00.29.18 |          |          |       |       |       | 01.17.34      | 3    | -1 Lap  |
|                   | 7      | 7   | 376                  | YW  | Shamone    | Lewis         | 00.24.59    | 00.26.33 |          |          |          |       |       |       | 00.51.32      | 2    | -2 Laps |
|                   | --     | --  | 372                  | YW  | Ibanathi   | Mazantsi      |             |          |          |          |          |       |       |       |               |      | DNS     |
| Category          | All    | Cat | No                   | Cat | First Name | Last Name     | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5    | Lap 6 | Lap 7 |       | Time          | Laps | Status  |
| Youth Men         | 1      | 1   | 301                  | YM  | Samuel     | Cleary        | 00.11.03    | 00.11.18 | 00.11.13 | 00.11.02 | 00.11.05 |       |       |       | 00.55.41      | 5    |         |
|                   | 2      | 2   | 308                  | YM  | Robert     | Nieuwenhuizen | 00.11.05    | 00.11.14 | 00.11.23 | 00.11.07 | 00.11.10 |       |       |       | 00.55.59      | 5    |         |
|                   | 3      | 3   | 304                  | YM  | Luca       | Zietsman      | 00.11.06    | 00.11.16 | 00.11.16 | 00.11.19 | 00.11.21 |       |       |       | 00.56.18      | 5    |         |
|                   | 4      | 4   | 302                  | YM  | Tiaan      | Manefeldt     | 00.11.03    | 00.11.17 | 00.11.19 | 00.11.19 | 00.11.36 |       |       |       | 00.56.34      | 5    |         |
|                   | 5      | 5   | 303                  | YM  | Thomas     | Dunkley       | 00.11.11    | 00.11.12 | 00.11.17 | 00.11.28 | 00.11.29 |       |       |       | 00.56.37      | 5    |         |
|                   | 6      | 6   | 307                  | YM  | Zander     | Compion       | 00.11.08    | 00.11.16 | 00.11.33 | 00.11.51 | 00.12.14 |       |       |       | 00.58.02      | 5    |         |
|                   | 7      | 7   | 323                  | YM  | Jaco       | Van Zyl       | 00.11.29    | 00.11.44 | 00.11.39 | 00.11.43 | 00.11.48 |       |       |       | 00.58.23      | 5    |         |
|                   | 8      | 8   | 318                  | YM  | Van Zyl    | Steyn         | 00.11.15    | 00.11.30 | 00.11.57 | 00.11.55 | 00.11.48 |       |       |       | 00.58.25      | 5    |         |
|                   | 9      | 9   | 305                  | YM  | Juan       | Van Zyl       | 00.11.29    | 00.12.08 | 00.11.44 | 00.11.49 | 00.11.49 |       |       |       | 00.58.59      | 5    |         |
|                   | 10     | 10  | 330                  | YM  | Jacques    | Jordaan       | 00.11.13    | 00.11.52 | 00.12.03 | 00.13.39 | 00.12.32 |       |       |       | 01.01.19      | 5    |         |
|                   | 11     | 11  | 325                  | YM  | Lian       | Otto          | 00.12.06    | 00.11.59 | 00.12.10 | 00.12.49 | 00.12.54 |       |       |       | 01.01.58      | 5    |         |
|                   | 12     | 12  | 315                  | YM  | Sebastian  | Swart         | 00.12.07    | 00.12.19 | 00.12.29 | 00.12.38 | 00.12.48 |       |       |       | 01.02.21      | 5    |         |
|                   | 13     | 13  | 309                  | YM  | Liam       | Rorich        | 00.11.28    | 00.12.04 | 00.13.12 | 00.13.03 | 00.12.56 |       |       |       | 01.02.43      | 5    |         |
|                   | 14     | 14  | 329                  | YM  | Matthew    | Brink         | 00.12.09    | 00.12.17 | 00.12.34 | 00.13.01 | 00.12.51 |       |       |       | 01.02.52      | 5    |         |
|                   | 15     | 15  | 316                  | YM  | Aphelele   | Nofemele      | 00.12.29    | 00.12.24 | 00.12.42 | 00.14.57 | 00.13.16 |       |       |       | 01.05.48      | 5    |         |
|                   | 16     | 16  | 322                  | YM  | Michael    | Meyer         | 00.12.42    | 00.13.41 | 00.14.03 | 00.14.06 | 00.13.34 |       |       |       | 01.08.06      | 5    |         |
|                   | 17     | 17  | 319                  | YM  | Luvano     | Mtyobeni      | 00.13.16    | 00.13.58 | 00.13.52 | 00.13.43 | 00.13.40 |       |       |       | 01.08.29      | 5    |         |
|                   | 18     | 18  | 311                  | YM  | Adriaan    | De Waard      | 00.12.51    | 00.13.36 | 00.14.27 | 00.14.38 | 00.13.59 |       |       |       | 01.09.31      | 5    |         |
|                   | 19     | 19  | 320                  | YM  | Dian       | Lubbe         | 00.12.15    | 00.12.59 | 00.14.59 | 00.14.31 | 00.14.49 |       |       |       | 01.09.33      | 5    |         |
|                   | 20     | 20  | 324                  | YM  | Aqhamile   | Mooi          | 00.12.50    | 00.13.58 | 00.14.42 | 00.14.55 |          |       |       |       | 00.56.25      | 4    | -1 Lap  |
|                   | 21     | 21  | 328                  | YM  | Asemahle   | Tima          | 00.13.48    | 00.14.04 | 00.14.00 | 00.14.38 |          |       |       |       | 00.56.30      | 4    | -1 Lap  |
|                   | 22     | 22  | 333                  | YM  | Marwayn    | Kriga         | 00.13.29    | 00.13.59 | 00.14.04 | 00.15.16 |          |       |       |       | 00.56.48      | 4    | -1 Lap  |
|                   | 23     | 23  | 339                  | YM  | Othandwoyo | Bobotyani     | 00.14.11    | 00.14.53 | 00.15.23 | 00.15.30 |          |       |       |       | 00.59.57      | 4    | -1 Lap  |
|                   | 24     | 24  | 334                  | YM  | Junaid     | Simons        | 00.13.31    | 00.16.05 | 00.15.31 | 00.16.53 |          |       |       |       | 01.02.00      | 4    | -1 Lap  |
|                   | 25     | 25  | 313                  | YM  | Matthew    | Hudson        | 00.14.09    | 00.15.44 | 00.16.51 | 00.17.42 |          |       |       |       | 01.04.26      | 4    | -1 Lap  |
|                   | 26     | 26  | 314                  | YM  | Marius     | Burger        | 00.14.46    | 00.16.31 | 00.17.27 | 00.16.47 |          |       |       |       | 01.05.31      | 4    | -1 Lap  |
|                   | 27     | 27  | 332                  | YM  | Moses      | Mhlwatika     | 00.18.23    | 00.19.50 | 00.20.48 |          |          |       |       |       | 00.59.01      | 3    | -2 Laps |
|                   | 28     | 28  | 327                  | YM  | Thato      | Mpengesi      | 00.49.53    | 00.14.53 |          |          |          |       |       |       | 01.04.46      | 2    | -3 Laps |
|                   | --     | --  | 312                  | YM  | Christian  | Mocke'        | 00.12.38    | 00.13.33 | 00.14.01 | 00.14.01 |          |       |       |       | 00.54.13      | 4    | DNF     |
|                   | --     | --  | 310                  | YM  | Tristan    | Swart         |             |          |          |          |          |       |       |       |               |      | NYF     |
|                   | --     | --  | 306                  | YM  | Jeandre    | Ungerer       |             |          |          |          |          |       |       |       |               |      | NYF     |
|                   | --     | --  | 321                  | YM  | Alex       | Meyer         |             |          |          |          |          |       |       |       |               |      | NYF     |
| Category          | All    | Cat | No                   | Cat | First Name | Last Name     | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5    | Lap 6 | Lap 7 |       | Time          | Laps | Status  |
| Junior Women      | 1      | 1   | 271                  | JW  | Anna       | Marx          | 00.13.00    | 00.13.52 | 00.13.47 | 00.13.54 | 00.13.45 |       |       |       | 01.08.18      | 5    |         |
|                   | 2      | 2   | 272                  | JW  | Kayleigh   | Scholtz       | 00.13.08    | 00.14.00 | 00.14.06 | 00.13.49 | 00.13.28 |       |       |       | 01.08.31      | 5    |         |
|                   | 3      | 3   | 275                  | JW  | Asha       | Tait          | 00.13.49    | 00.15.11 | 00.15.46 | 00.14.44 | 00.15.30 |       |       |       | 01.15.00      | 5    |         |
|                   | 4      | 4   | 274                  | JW  | Chloë      | Tait          | 00.13.53    | 00.15.10 | 00.15.50 | 00.15.28 | 00.16.36 |       |       |       | 01.16.57      | 5    |         |
|                   | 5      | 5   | 273                  | JW  | Rebecca    | Yabo          | 00.15.39    | 00.21.10 | 00.17.49 | 00.18.28 |          |       |       |       | 01.13.06      | 4    | -1 Lap  |



| 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    | Lap 7    | Lap 8    | Time          | Laps | Status |
| Category          | All    | Cat | No                   | Cat | First Name  | Last Name   | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5    | Lap 6    | Lap 7    |          | Time          | Laps | Status |
| Junior Men        | 1      | 1   | 206                  | JM  | Cronje      | Beukes      | 00:10.26    | 00:10.27 | 00:10.43 | 00:10.38 | 00:10.40 | 00:10.47 |          |          | 01:03.41      | 6    |        |
|                   | 2      | 2   | 205                  | JM  | Alec        | Coleské     | 00:10.25    | 00:10.53 | 00:11.18 | 00:11.07 | 00:11.01 | 00:11.11 |          |          | 01:05.55      | 6    |        |
|                   | 3      | 3   | 218                  | JM  | Xander      | Van Dyk     | 00:11.33    | 00:10.58 | 00:10.51 | 00:11.27 | 00:11.31 | 00:10.56 |          |          | 01:07.16      | 6    |        |
|                   | 4      | 4   | 203                  | JM  | Lood        | Goosen      | 00:10.38    | 00:11.17 | 00:11.23 | 00:11.28 | 00:11.35 | 00:10.56 |          |          | 01:07.17      | 6    |        |
|                   | 5      | 5   | 204                  | JM  | Jean-Pierre | Du Plessis  | 00:10.37    | 00:11.17 | 00:11.23 | 00:11.30 | 00:11.35 | 00:11.17 |          |          | 01:07.39      | 6    |        |
|                   | 6      | 6   | 201                  | JM  | Divan       | Terblanche  | 00:11.16    | 00:11.21 | 00:11.33 | 00:11.23 | 00:11.33 | 00:11.50 |          |          | 01:08.56      | 6    |        |
|                   | 7      | 7   | 214                  | JM  | Bjorn       | Uys         | 00:11.04    | 00:11.25 | 00:11.34 | 00:11.31 | 00:11.33 | 00:12.22 |          |          | 01:09.29      | 6    |        |
|                   | 8      | 8   | 202                  | JM  | Greg        | Lawson      | 00:11.01    | 00:11.31 | 00:11.40 | 00:11.26 | 00:12.06 | 00:13.40 |          |          | 01:11.24      | 6    |        |
|                   | 9      | 9   | 212                  | JM  | Devan       | Van Zyl     | 00:11.47    | 00:12.12 | 00:12.33 | 00:12.55 | 00:12.13 | 00:12.46 |          |          | 01:14.26      | 6    |        |
|                   | 10     | 10  | 208                  | JM  | Willem      | Botha       | 00:11.04    | 00:11.24 | 00:11.43 | 00:14.33 | 00:12.41 | 00:13.28 |          |          | 01:14.53      | 6    |        |
|                   | 11     | 11  | 213                  | JM  | Willem      | Visagie     | 00:11.50    | 00:12.28 | 00:12.50 | 00:13.04 | 00:13.09 | 00:13.14 |          |          | 01:16.35      | 6    |        |
|                   | 12     | 12  | 209                  | JM  | Jaco        | Jacobs      | 00:11.08    | 00:13.26 | 00:15.48 | 00:11.57 | 00:11.59 |          |          |          | 01:04.18      | 5    | -1 Lap |
|                   | 13     | 13  | 217                  | JM  | Jamelyn     | Maart       | 00:12.09    | 00:15.44 | 00:12.27 | 00:13.06 | 00:14.21 |          |          |          | 01:07.47      | 5    | -1 Lap |
|                   | 14     | 14  | 219                  | JM  | Ethon       | Michaels    | 00:12.42    | 00:18.46 | 00:13.01 | 00:13.05 | 00:13.54 |          |          |          | 01:11.28      | 5    | -1 Lap |
|                   | 15     | 15  | 220                  | JM  | Nashiqo     | Moos        | 00:14.22    | 00:15.27 | 00:15.59 | 00:16.54 | 00:16.25 |          |          |          | 01:19.07      | 5    | -1 Lap |
|                   | --     | --  | 215                  | JM  | Jean        | Surridge    | 00:11.46    | 00:12.21 |          |          |          |          |          |          | 00:24.07      | 2    | DNF    |
|                   | --     | --  | 216                  | JM  | Cameron     | Mccall      | 00:11.45    | 00:13.47 |          |          |          |          |          |          | 00:25.32      | 2    | DNF    |
|                   | --     | --  | 211                  | JM  | Streicher   | Swart       |             |          |          |          |          |          |          |          |               |      | DNS    |
| Category          | All    | Cat | No                   | Cat | First Name  | Last Name   | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5    | Lap 6    | Lap 7    |          | Time          | Laps | Status |
| Elite Women       | 1      | 1   | 101                  | EW  | Lehane      | Oosthuizen  | 00:12.34    | 00:13.05 | 00:13.00 | 00:12.50 | 00:13.11 | 00:13.03 | 00:12.58 |          | 01:30.41      | 7    |        |
|                   | --     | --  | 102                  | EW  | Julia       | Marx        | 00:16.21    |          |          |          |          |          |          |          | 00:16.21      | 1    | DNF    |
| Category          | All    | Cat | No                   | Cat | First Name  | Last Name   | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5    | Lap 6    | Lap 7    |          | Time          | Laps | Status |
| Elite Men         | 1      | 1   | 5                    | EM  | Matthew     | Leppan      | 00:10.36    | 00:10.34 | 00:10.49 | 00:10.43 | 00:10.40 | 00:10.34 | 00:10.40 | 00:10.59 | 01:25.35      | 8    |        |
|                   | 2      | 2   | 1                    | EM  | Thomas      | Hudson      | 00:10.34    | 00:10.37 | 00:10.47 | 00:10.42 | 00:10.41 | 00:10.36 | 00:10.36 | 00:11.39 | 01:26.12      | 8    |        |
|                   | 3      | 3   | 3                    | EM  | Zachary     | Swart       | 00:10.33    | 00:10.37 | 00:10.47 | 00:10.44 | 00:10.39 | 00:10.45 | 00:11.16 | 00:11.15 | 01:26.36      | 8    |        |
|                   | 4      | 4   | 4                    | EM  | Zandré      | Gerber      | 00:10.34    | 00:10.38 | 00:10.48 | 00:10.42 | 00:10.41 | 00:11.24 | 00:11.27 | 00:11.32 | 01:27.46      | 8    |        |
|                   | 5      | 5   | 9                    | EM  | Heinie      | Beukes      | 00:10.41    | 00:10.37 | 00:10.53 | 00:11.15 | 00:11.17 | 00:11.01 | 00:11.22 | 00:11.09 | 01:28.15      | 8    |        |
|                   | 6      | 6   | 2                    | EM  | Gunther     | Katzke      | 00:10.35    | 00:10.40 | 00:11.02 | 00:11.30 | 00:11.25 | 00:11.18 | 00:11.10 | 00:11.16 | 01:28.56      | 8    |        |
|                   | 7      | 7   | 10                   | EM  | Damon       | Terblanche  | 00:10.42    | 00:10.37 | 00:11.07 | 00:11.13 | 00:11.14 | 00:11.17 | 00:11.39 | 00:12.49 | 01:30.38      | 8    |        |
|                   | 8      | 8   | 13                   | EM  | Masixole    | Zondani     | 00:11.43    | 00:11.57 | 00:12.13 | 00:12.28 | 00:12.20 | 00:12.07 | 00:12.45 | 00:12.58 | 01:38.31      | 8    |        |
|                   | 9      | 9   | 8                    | EM  | Julian      | Bunge       | 00:11.49    | 00:12.23 | 00:12.29 | 00:12.44 | 00:12.18 | 00:12.13 | 00:12.32 |          | 01:26.28      | 7    | -1 Lap |
|                   | 10     | 10  | 16                   | EM  | Brandon     | Willcocks   | 00:11.48    | 00:12.14 | 00:12.19 | 00:12.18 | 00:12.36 | 00:12.40 | 00:12.56 |          | 01:26.51      | 7    | -1 Lap |
|                   | 11     | 11  | 11                   | EM  | Nian        | Terblanche  | 00:12.05    | 00:12.22 | 00:13.04 | 00:11.55 | 00:12.27 | 00:12.56 | 00:12.56 |          | 01:27.45      | 7    | -1 Lap |
|                   | 12     | 12  | 17                   | EM  | Anelisa     | Aries       | 00:12.29    | 00:13.02 | 00:13.48 | 00:14.15 | 00:13.12 | 00:14.16 | 00:15.01 |          | 01:36.03      | 7    | -1 Lap |
|                   | --     | --  | 7                    | EM  | Wayden      | Koopman     | 00:11.45    | 00:11.56 | 00:12.13 | 00:12.28 | 00:12.20 |          |          |          | 01:00.42      | 5    | DNF    |
|                   | --     | --  | 15                   | EM  | Devon       | Du Plessis  | 00:14.49    | 00:14.59 | 00:15.21 | 00:14.18 |          |          |          |          | 00:59.27      | 4    | DNF    |
|                   | --     | --  | 6                    | EM  | Joseph      | Kunyarara   |             |          |          |          |          |          |          |          |               |      | DNS    |
| Category          | All    | Cat | No                   | Cat | First Name  | Last Name   | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5    | Lap 6    | Lap 7    |          | Time          | Laps | Status |
| Master Women 30+  | 1      | 1   | 771                  | VW  | Sune        | Henning     | 00:13.21    | 00:13.08 | 00:13.38 | 00:13.31 |          |          |          |          | 00:53.38      | 4    |        |
|                   | 2      | 2   | 772                  | VW  | Nikki       | Biesheuvel  | 00:13.30    | 00:13.16 | 00:13.41 | 00:13.21 |          |          |          |          | 00:53.48      | 4    |        |
|                   | 3      | 1   | 773                  | SW  | Karin       | Botha       | 00:14.39    | 00:15.34 | 00:15.35 | 00:15.33 |          |          |          |          | 01:01.21      | 4    |        |
|                   | 4      | 3   | 775                  | VW  | Marike      | Vreken      | 00:15.20    | 00:15.21 | 00:15.47 | 00:16.13 |          |          |          |          | 01:02.41      | 4    |        |
|                   | 5      | 4   | 774                  | VW  | Christelle  | Meyer       | 00:15.05    | 00:15.49 | 00:16.10 | 00:16.26 |          |          |          |          | 01:03.30      | 4    |        |
|                   | 6      | 2   | 777                  | SW  | Anneke      | Elliott     | 00:17.04    | 00:16.16 | 00:16.40 | 00:16.42 |          |          |          |          | 01:06.42      | 4    |        |
|                   | 7      | 1   | 776                  | MW  | Christelle  | Le Roux     | 00:18.17    | 00:18.03 | 00:18.55 |          |          |          |          |          | 00:55.15      | 3    | -1 Lap |
| Category          | All    | Cat | No                   | Cat | First Name  | Last Name   | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5    | Lap 6    | Lap 7    |          | Time          | Laps | Status |
| Sub Vet Men       | 1      | 1   | 701                  | SV  | Dominic     | Calitz      | 00:10.39    | 00:10.41 | 00:10.51 | 00:10.39 | 00:10.58 | 00:11.14 |          |          | 01:05.02      | 6    |        |
|                   | 2      | 2   | 702                  | SV  | Renay       | Groustra    | 00:10.40    | 00:10.41 | 00:10.52 | 00:10.51 | 00:11.16 | 00:11.13 |          |          | 01:05.33      | 6    |        |
|                   | 3      | 3   | 705                  | SV  | Ryan        | Habib       | 00:12.39    | 00:13.11 | 00:13.12 | 00:13.28 | 00:13.23 |          |          |          | 01:05.53      | 5    | -1 Lap |
|                   | 4      | 4   | 704                  | SV  | Sipho       | Mthembu     | 00:13.16    | 00:13.55 | 00:13.37 | 00:14.03 | 00:14.45 |          |          |          | 01:09.36      | 5    | -1 Lap |
| Category          | All    | Cat | No                   | Cat | First Name  | Last Name   | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5    | Lap 6    | Lap 7    |          | Time          | Laps | Status |
| Veteran Men       | 1      | 1   | 714                  | VM  | Petrus      | Malherbe    | 00:11.23    | 00:11.34 | 00:11.56 | 00:11.56 | 00:12.04 |          |          |          | 00:58.53      | 5    |        |
|                   | 2      | 2   | 717                  | VM  | Marthinus   | Esmeyer     | 00:11.21    | 00:11.53 | 00:12.15 | 00:12.30 | 00:12.14 |          |          |          | 01:00.13      | 5    |        |
|                   | 3      | 3   | 711                  | VM  | Jean        | De Villiers | 00:11.26    | 00:12.23 | 00:12.43 | 00:12.25 | 00:12.32 |          |          |          | 01:01.29      | 5    |        |
|                   | 4      | 4   | 712                  | VM  | Pieter      | Rautenbach  | 00:12.00    | 00:12.20 | 00:12.30 | 00:12.36 | 00:12.35 |          |          |          | 01:02.01      | 5    |        |
|                   | 5      | 5   | 716                  | VM  | Marsel      | Roos        | 00:12.05    | 00:12.41 | 00:12.41 | 00:12.31 | 00:12.12 |          |          |          | 01:02.10      | 5    |        |
|                   | 6      | 6   | 719                  | VM  | Martin      | Hansson     | 00:12.05    | 00:12.16 | 00:12.41 | 00:12.41 | 00:13.08 |          |          |          | 01:02.51      | 5    |        |
|                   | 7      | 7   | 720                  | VM  | Paulos      | Sigonyela   | 00:12.16    | 00:12.58 | 00:13.11 | 00:13.18 | 00:13.32 |          |          |          | 01:05.15      | 5    |        |
|                   | 8      | 8   | 718                  | VM  | Mark        | Meyer       | 00:12.21    | 00:12.56 | 00:13.38 | 00:13.17 | 00:13.38 |          |          |          | 01:05.50      | 5    |        |
|                   | 9      | 9   | 713                  | VM  | Wayne       | Victor      | 00:13.02    | 00:13.34 | 00:13.36 | 00:13.56 | 00:14.26 |          |          |          | 01:08.34      | 5    |        |
|                   | --     | --  | 715                  | VM  | Hannes      | Neethling   |             |          |          |          |          |          |          |          |               |      | DNS    |



| 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 | Lap 7 | Lap 8 | Time          | Laps | Status |
| Category          | All    | Cat | No                   | Cat | First Name | Last Name | Lap 1       | Lap 2    | Lap 3    | Lap 4    | Lap 5 | Lap 6 | Lap 7 |       | Time          | Laps | Status |
| Master Men        | 1      | 1   | 721                  | MM  | Arnold     | Barnardo  | 00.12.10    | 00.12.42 | 00.12.49 | 00.12.54 |       |       |       |       | 00.50.35      | 4    |        |
|                   | 2      | 2   | 723                  | MM  | Kevin      | Jacobs    | 00.12.53    | 00.13.19 | 00.13.31 | 00.13.24 |       |       |       |       | 00.53.07      | 4    |        |
|                   | 3      | 3   | 722                  | MM  | Nico       | Vreken    | 00.13.09    | 00.13.16 | 00.13.28 | 00.13.20 |       |       |       |       | 00.53.13      | 4    |        |
|                   | 4      | 4   | 728                  | MM  | Andre      | Du Preez  | 00.14.20    | 00.14.23 | 00.14.47 | 00.15.05 |       |       |       |       | 00.58.35      | 4    |        |
|                   | 5      | 5   | 729                  | MM  | Brian      | Gelling   | 00.12.19    | 00.15.15 | 00.15.25 | 00.15.38 |       |       |       |       | 00.58.37      | 4    |        |
|                   | --     | --  | 725                  | MM  | Phat Piet  | Strydom   |             |          |          |          |       |       |       |       |               |      | DNS    |
|                   | --     | --  | 726                  | MM  | Tertius    | Franzsen  |             |          |          |          |       |       |       |       |               |      | DNS    |
|                   | --     | --  | 727                  | MM  | Robin      | Mccall    |             |          |          |          |       |       |       |       |               |      | DNS    |