



Group or Category	Pos in								Split Times							Final Results		
	All	Cat	No	Cat	First Name	Last Name	Prov	Nation	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Nipper Boys	1	1	614	NB	Emile	Henning	WC	RSA	00.07.45	00.08.04	00.07.57	00.08.02				00.31.48	4	
	2	2	601	NB	Tiehann	Slabber	WC	RSA	00.08.30	00.08.50	00.08.49	00.08.28				00.34.37	4	
	3	3	608	NB	Daniël	Fouche	WC	RSA	00.08.59	00.08.58	00.08.38	00.08.34				00.35.09	4	
	4	4	604	NB	Rudolf	De Lange	WC	RSA	00.09.20	00.09.12	00.09.30	00.09.28				00.37.30	4	
	5	5	602	NB	Michael	Van Zyl Smit	WC	RSA	00.09.56	00.09.24	00.09.38	00.09.22				00.38.20	4	
	6	6	606	NB	Henco	Hibbert	WC	RSA	00.09.29	00.09.33	00.10.01	00.09.38				00.38.41	4	
	7	7	607	NB	Nic	Kirsten	WC	RSA	00.09.35	00.09.35	00.10.06	00.09.45				00.39.01	4	
	8	8	605	NB	Wihan	Van Der Vyver	WC	RSA	00.09.33	00.09.31	00.10.08	00.10.22				00.39.34	4	
	9	9	613	NB	Hugo	Wait	WC	RSA	00.09.43	00.09.29	00.10.07	00.12.02				00.41.21	4	
	10	10	611	NB	Joshua	Daschner	WC	RSA	00.10.08	00.10.37	00.10.47	00.11.47				00.43.19	4	
	11	11	612	NB	Lourens	Rocher	WC	RSA	00.10.02	00.10.50	00.14.11					00.35.03	3	-1 Lap
--	--	603	NB	Steyn	Rautenbach	WC	RSA	00.08.30							00.08.30	1	DNF	
--	--	610	NB	Mihlali	Stuurman	WC	RSA										DNS	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Prov</b>	<b>Nation</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>
Nipper Girls	1	1	671	NG	Lienka	De Jager	WC	RSA	00.07.53	00.08.20	00.08.04					00.24.17	3	
	2	2	673	NG	Mia	Malan	WC	RSA	00.08.38	00.08.57	00.09.10					00.26.45	3	
	3	3	675	NG	Jasmyn	Kleynseldt	WC	RSA	00.09.48	00.10.01	00.10.24					00.30.13	3	
	4	4	672	NG	Emily	Redmond	WC	RSA	00.11.07	00.14.25						00.25.32	2	-1 Lap
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Prov</b>	<b>Nation</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>
Sprog Boys	1	1	502	SB	Dylan	Van De Langenberg	WC	RSA	00.10.21	00.10.45	00.11.09	00.11.18				00.43.33	4	
	2	2	501	SB	William	Ruthven	WC	RSA	00.10.32	00.11.41	00.11.56	00.11.45				00.45.54	4	
	3	3	503	SB	Maximilian	Brown	WC	RSA	00.11.05	00.12.00	00.12.01	00.11.45				00.46.51	4	
	4	4	505	SB	Spencer	Van Zyl	WC	RSA	00.11.13	00.11.59	00.11.57	00.12.26				00.47.35	4	
	5	5	506	SB	Matthew	Daschner	WC	RSA	00.11.52	00.12.32	00.12.27	00.12.58				00.49.49	4	
	6	6	504	SB	Dawid	Van Zyl Smit	WC	RSA	00.11.55	00.12.54	00.13.02	00.13.20				00.51.11	4	
	7	7	507	SB	Matthew	Marais	WC	RSA	00.13.25	00.13.15	00.13.05	00.13.17				00.53.02	4	
	8	8	509	SB	Keagan	Harris	WC	RSA	00.13.03	00.13.34	00.14.30	00.14.06				00.55.13	4	
	9	9	508	SB	Connor	Roebuck	WC	RSA	00.13.45	00.14.28	00.15.45					00.43.58	3	-1 Lap
	10	10	517	SB	Leonard	Hendrikse	WC	RSA	00.16.09	00.16.33	00.18.08					00.50.50	3	-1 Lap
	11	11	515	SB	Corne	Roux	WC	RSA	00.15.55	00.16.51	00.18.46					00.51.32	3	-1 Lap
	12	12	913	SB	Hugo	Van Der Vyver	WC	RSA	00.17.27	00.21.49	00.21.29					01.00.45	3	-1 Lap
	--	--	514	SB	Jacques	Hamman	WC	RSA	00.18.05	00.23.46						00.41.51	2	DNF
	--	--	510	SB	Nicolas	De Villiers	WC	RSA										DNS
--	--	512	SB	Liam	Baker	WC	RSA										DNS	
--	--	516	SB	Corné	Bothma	WC	RSA										DNS	
--	--	511	SB	Ean	Joubert	WC	RSA										DNS	
--	--	513	SB	Tienie	Louw	WC	RSA										DNS	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Prov</b>	<b>Nation</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>
Sprog Girls	1	1	571	SG	Leonè	Theron	WC	RSA	00.07.35	00.07.22	00.07.33	00.07.27	00.08.04			00.38.01	5	
	2	2	572	SG	Nina	Tjallingii	WC	RSA	00.07.40	00.07.21	00.07.27	00.08.15	00.07.54			00.38.37	5	
	--	--	573	SG	Isabella	Stermin	WC	RSA										DNS
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Prov</b>	<b>Nation</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>
Sub-Jun Boys	1	1	402	JB	Camryn	Marais	WC	RSA	00.17.55	00.18.25	00.18.21					00.54.41	3	
	2	2	422	JB	Liam	Rautenbach	WC	RSA	00.18.08	00.18.11	00.18.49					00.55.08	3	
	3	3	401	JB	Tristan	Mc Given	WC	RSA	00.17.41	00.19.21	00.20.16					00.57.18	3	
	4	4	419	JB	Ryan	Koorzen	WC	RSA	00.18.58	00.20.07	00.20.26					00.59.31	3	
	5	5	404	JB	Henri	Coetzee	WC	RSA	00.19.56	00.20.42	00.20.52					01.01.30	3	
	6	6	421	JB	Matthew	Ratcliffe	WC	RSA	00.19.56	00.21.42	00.21.10					01.02.48	3	
	7	7	413	JB	Henry	Chamberlain	NAM	NAM	00.19.45	00.22.16	00.20.53					01.02.54	3	
	8	8	405	JB	Konrad	Kotze	WC	RSA	00.19.50	00.21.25	00.22.03					01.03.18	3	
	9	9	412	JB	Stephan	Claassen	WC	RSA	00.20.53	00.22.27	00.21.59					01.05.19	3	
	10	10	417	JB	Thomas	White	GP	RSA	00.20.19	00.22.30	00.23.45					01.06.34	3	
	11	11	425	JB	Luke	Schonegevel	WC	RSA	00.21.09	00.22.51	00.23.28					01.07.28	3	
	12	12	407	JB	Sebastian	Lowe	WC	RSA	00.22.16	00.22.29	00.23.19					01.08.04	3	





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	13	13	406	JB	Lian	De Jager	WC	RSA	00.21.55	00.23.30	00.24.22					01.09.47	3	
	14	14	415	JB	Ivan	Malan	WC	RSA	00.22.17	00.24.36	00.24.59					01.11.52	3	
	15	15	409	JB	Ruben	Kleynscheldt	WC	RSA	00.22.42	00.26.09	00.26.47					01.15.38	3	
	16	16	418	JB	Simeon	Corrigan	WC	RSA	00.23.34	00.25.44	00.28.14					01.17.32	3	
	17	17	428	JB	Riaan	Niemand	WC	RSA	00.24.12	00.27.30	00.35.31					01.27.13	3	
	18	18	410	JB	Luan	Van Zyl Smit	WC	RSA	00.26.11	00.28.49						00.55.00	2	-1 Lap
	19	19	427	JB	Christiaan	Human	WC	RSA	00.26.47	00.35.33						01.02.20	2	-1 Lap
	20	20	408	JB	Max	Vermaak	WC	RSA	00.29.16	00.36.38						01.05.54	2	-1 Lap
	--	--	424	JB	Ovayo	Ntsege	WC	RSA	00.24.08	00.25.50						00.49.58	2	DNF
	--	--	426	JB	Lombard	Rousseau	WC	RSA										DNF
	--	--	403	JB	Corban	Van Zyl Smit	WC	RSA	00.19.47	00.24.13	00.23.29					01.07.29	3	DSQ
	--	--	420	JB	Luyolo	Ndwamba	WC	RSA	00.28.01							00.28.01	1	DNF
	--	--	411	JB	Yongama	Mdletye	WC	RSA	00.28.08							00.28.08	1	DNF
	--	--	416	JB	Eon	Van Eck	WC	RSA										DNS
	--	--	423	JB	Daniel	Steyn	WC	RSA										DNS
	--	--	414	JB	Nico	De Nysschen	WC	RSA										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Prov	Nation	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Sub-Jun Girls	1	1	471	JG	Rebecca	Jacobs	WC	RSA	00.11.05	00.11.26	00.11.43	00.11.49				00.46.03	4	
	2	2	473	JG	Kendra	Kitching	WC	RSA	00.11.51	00.11.46	00.11.50	00.12.15				00.47.42	4	
	3	3	472	JG	Janke	Van Zyl	WC	RSA	00.11.49	00.11.56	00.12.10	00.12.30				00.48.25	4	
	4	4	475	JG	Miecke	Kinnear	WC	RSA	00.13.11	00.12.53	00.13.52	00.13.50				00.53.46	4	
	5	5	476	JG	Kanya	Xhapha	WC	RSA	00.16.24	00.18.24	00.17.55					00.52.43	3	-1 Lap
	--	--	474	JG	Natalie	Goosen	WC	RSA	00.12.56	00.13.41	00.14.42					00.41.19	3	DNF
Category	All	Cat	No	Cat	First Name	Last Name	Prov	Nation	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Youth Men	1	1	302	YM	Jaco	Van Zyl	WC	RSA	00.16.19	00.17.21	00.17.35	00.17.57				01.09.12	4	
	2	2	303	YM	Van Zyl	Steyn	WC	RSA	00.16.25	00.18.10	00.18.28	00.17.22				01.10.25	4	
	3	3	304	YM	Juan	Van Zyl	WC	RSA	00.17.10	00.18.25	00.17.56	00.17.54				01.11.25	4	
	4	4	313	YM	Lian	Otto	WC	RSA	00.17.17	00.18.18	00.17.56	00.18.43				01.12.14	4	
	5	5	321	YM	Francois	Coetzee	WC	RSA	00.16.42	00.17.52	00.18.29	00.19.35				01.12.38	4	
	6	6	307	YM	Benjamin	Fourie	WC	RSA	00.17.14	00.18.01	00.18.38	00.19.01				01.12.54	4	
	7	7	335	YM	Liam	Henning	WC	RSA	00.17.13	00.18.01	00.18.39	00.19.45				01.13.38	4	
	8	8	310	YM	Christiaan	Davel	WC	RSA	00.17.42	00.18.43	00.19.10	00.19.46				01.15.21	4	
	9	9	332	YM	Liam	Rorich	WC	RSA	00.17.15	00.19.09	00.20.01	00.20.15				01.16.40	4	
	10	10	330	YM	P G	Groenewald	WC	RSA	00.18.33	00.20.26	00.22.25	00.19.40				01.21.04	4	
	11	11	314	YM	Reek	Roos	WC	RSA	00.18.34	00.20.28	00.22.23	00.19.45				01.21.10	4	
	12	12	312	YM	James	Card	WC	RSA	00.17.57	00.19.41	00.21.12	00.22.30				01.21.20	4	
	13	13	309	YM	Jack	Goosen	WC	RSA	00.18.59	00.21.38	00.22.16	00.23.12				01.26.05	4	
	14	14	329	YM	Daniel	Bristow	WC	RSA	00.19.51	00.21.41	00.22.57	00.23.54				01.28.23	4	
	15	15	326	YM	Ivan	Hanekom	WC	RSA	00.20.30	00.22.07	00.23.53	00.21.59				01.28.29	4	
	16	16	325	YM	Mikyle	Van Jaarsveld	WC	RSA	00.20.13	00.23.17	00.24.09	00.25.12				01.32.51	4	
	17	17	334	YM	Frans-Johann	Smit	WC	RSA	00.20.29	00.23.31	00.24.37	00.25.29				01.34.06	4	
	18	18	327	YM	Likho	Mayekiso	WC	RSA	00.21.52	00.22.50	00.23.37	00.29.29				01.37.48	4	
	19	19	333	YM	Logan	Potgieter	WC	RSA	00.20.31	00.24.30	00.24.41					01.09.42	3	-1 Lap
	20	20	322	YM	Joshua	Ord	WC	RSA	00.21.39	00.24.35	00.24.38					01.10.52	3	-1 Lap
	21	21	317	YM	Mattijs	Machtelinckx	WC	RSA	00.19.29	00.21.42	00.30.48					01.11.59	3	-1 Lap
	22	22	316	YM	Christian	Koegelenberg	WC	RSA	00.20.00	00.28.26	00.24.02					01.12.28	3	-1 Lap
	23	23	331	YM	Mivuyo	Mndini	WC	RSA	00.23.36	00.25.15	00.27.24					01.16.15	3	-1 Lap
	24	24	328	YM	Chris	Groeneveld	WC	RSA	00.25.19	00.27.29	00.27.46					01.20.34	3	-1 Lap
	25	25	324	YM	Marais	Neethling	WC	RSA	00.25.31	00.29.49	00.30.45					01.26.05	3	-1 Lap
	--	--	318	YM	Connor	Hume	WC	RSA	00.22.13	00.24.23						00.46.36	2	DNF
	--	--	305	YM	Neil	Van Der Vyver	WC	RSA	00.18.13							00.18.13	1	DNF
	--	--	319	YM	Lodewyk	Uys	WC	RSA										DNF
	--	--	306	YM	Luca	Zietsman	WC	RSA										DNF
	--	--	323	YM	Jeandre	Ungerer	WC	RSA										DNS
	--	--	320	YM	Aldo	Kaufmann	WC	RSA										DNS
	--	--	315	YM	Yaron	Hattingh	WC	RSA										DNS
	--	--	311	YM	Connor	Kitching	WC	RSA										DNS
	--	--	301	YM	Samuel	Cleary	WC	RSA										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Prov	Nation	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Youth Women	1	1	371	YW	Eryn	Marais	WC	RSA	00.20.46	00.22.31	00.23.53					01.07.10	3	







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	All	Cat	No	Cat	First Name	Last Name	Prov	Nation	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Category	All	Cat	No	Cat	First Name	Last Name	Prov	Nation	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Veteran Men	1	1	901	VM	Waldo	Zevenster	WC	RSA	00:17.29	00:18.16	00:18.19	00:18.23				01:12.27	4	
	2	2	716	VM	Donovan	Le Cok	WC	RSA	00:17.20	00:18.20	00:19.00	00:19.46				01:14.26	4	
	3	3	914	VM	Jean	De Villiers	WC	RSA	00:17.33	00:18.54	00:19.21	00:18.46				01:14.34	4	
	4	4	711	VM	Franso	Steyn	WC	RSA	00:18.03	00:19.24	00:19.30	00:19.01				01:15.58	4	
	5	5	717	VM	Hannes	Hanekom	WC	RSA	00:18.49	00:19.57	00:20.11	00:20.22				01:19.19	4	
	6	6	712	VM	Pieter	Rautenbach	WC	RSA	00:19.16	00:20.16	00:20.29	00:20.23				01:20.24	4	
	7	7	916	VM	Dewald	Nienaber	WC	RSA	00:20.00	00:21.13	00:21.56	00:21.47				01:24.56	4	
	8	8	713	VM	Erhard	Blom	WC	RSA	00:20.23	00:22.10	00:22.07	00:21.41				01:26.21	4	
	9	9	719	VM	Sven	Duncker	WC	RSA	00:19.59	00:21.46	00:21.42	00:23.36				01:27.03	4	
	10	10	715	VM	Tertius	Vivier	WC	RSA	00:19.53	00:22.08	00:22.38	00:22.54				01:27.33	4	
	--	--	720	VM	Mawethu	Nyakiso	WC	RSA	00:30.58	00:33.43						01:04.41	2	DNF
	--	--	903	VM	Mziwandike	Dlokolo	WC	RSA	00:35.03	00:37.20						01:12.23	2	DNF
	--	--	714	VM	Sinithaba	Dini	WC	RSA	00:30.47							00:30.47	1	DNF
--	--	902	VM	Juan-Paul	Farinha	WC	RSA											DNS
--	--	718	VM	Ntandazo	Yapi	WC	RSA											DNS
Category	All	Cat	No	Cat	First Name	Last Name	Prov	Nation	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Master Men	1	1	721	MM	Johannes	Visser	WC	RSA	00:19.20	00:20.09	00:20.58	00:21.20				01:21.47	4	
	2	2	722	MM	Niel	Du Pisani	WC	RSA	00:19.45	00:21.12	00:21.01	00:21.38				01:23.36	4	
	3	3	723	MM	Arnold	Barnardo	WC	RSA	00:19.20	00:20.32	00:21.29	00:23.04				01:24.25	4	
	4	4	727	MM	Landon	La Grange	WC	RSA	00:19.37	00:20.58	00:22.02	00:22.53				01:25.30	4	
	5	5	724	MM	Nico	Vreken	WC	RSA	00:20.35	00:21.01	00:21.33	00:22.53				01:26.02	4	
	6	6	726	MM	Gerard	Dirks	WC	RSA	00:21.19	00:22.12	00:22.53	00:22.46				01:29.10	4	
	--	--	912	MM	Robert	Kitching	WC	RSA	00:21.26	00:23.57	00:26.18					01:11.41	3	DNF
	--	--	725	MM	Timothy	Blegenhout	WC	RSA	00:21.53	00:25.45						00:47.38	2	DNF
	--	--	728	MM	Thorkild	Nielsen	WC	RSA										
Category	All	Cat	No	Cat	First Name	Last Name	Prov	Nation	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Gr Master Men	1	1	731	GM	Jimmy	Mills	WC	RSA	00:19.45	00:20.36	00:20.33					01:00.54	3	
	2	2	732	GM	Henning	Blaauw	WC	RSA	00:19.46	00:20.36	00:20.32					01:00.54	3	
	3	3	733	GM	Hendrik	Grobbelaar	WC	RSA	00:25.10	00:27.09	00:28.29					01:20.48	3	

