

Age Group Results**Olympic - Standard**

Female 20 to 24

Place			----- Run -----			----- Ride -----		----- Run -----		Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	26	Lauren Dance	64	21	1	42:37.54	1	1:09:50.3	1	22:30.67	2:14:58.6
2	77	Bronwyn Gordon	92	20	2	48:57.55	2	1:17:29.6	2	28:03.14	2:34:30.2
3	121	Tamaryn Rosemar Kietzmann	5	22	4	52:33.61	4	1:29:59.7	3	29:14.23	2:51:47.5
4	130	Mary-Jane Prinsloo	73	20	5	55:04.51	3	1:24:55.8	5	37:44.63	2:57:44.9
5	136	Andria Hammond	36	23	3	52:25.41	5	1:37:07.6	4	31:01.75	3:00:34.7

Female 25 to 29

Place			----- Run -----			----- Ride -----		----- Run -----		Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	11	Andrea Steyn	100	28	1	40:04.88	1	1:05:52.2	1	22:04.25	2:08:01.3
2	50	Lynette van der Merwe	134	25	3	47:29.44	2	1:12:28.7	3	25:33.50	2:25:31.7
3	52	Nicole Driver	84	26	2	46:27.21	4	1:15:57.1	2	24:05.41	2:26:29.7
4	55	Riana de Lange	137	28	4	48:53.33	3	1:12:47.8	4	25:59.64	2:27:40.8
5	101	Tamarin Kariolis	191	25	5	51:29.89	6	1:20:47.7	5	28:35.35	2:40:53.0
6	114	Jacqueline Postma	63	27	6	55:53.67	5	1:19:18.1	6	32:33.53	2:47:45.3

Female 30 to 34

Place			----- Run -----			----- Ride -----		----- Run -----		Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	39	Lindy-Lee Folscher	14	30	1	40:30.67	4	1:18:09.7	1	21:26.09	2:20:06.5
2	45	Carol Reeves	89	30	2	45:00.19	1	1:12:56.9	3	24:07.18	2:22:04.3
3	58	Elrita Gey van Pittius	162	33	7	48:44.16	2	1:13:25.4	6	26:38.05	2:28:47.6
4	59	Lizanne Hattingh	140	31	3	46:00.31	6	1:19:21.4	2	23:34.50	2:28:56.2
5	64	Daneldi Botha	184	31	6	48:27.35	3	1:14:48.6	7	28:05.44	2:31:21.4
6	68	Juanita van den Berg	112	33	4	46:48.85	5	1:19:13.8	4	26:11.69	2:32:14.3
7	75	Celeste Erasmus	130	33	5	47:19.90	8	1:19:52.9	5	26:32.87	2:33:45.6

Age Group Results**Olympic - Standard**

Female 30 to 34

Place			----- Run -----			----- Ride -----		----- Run -----		Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	
8	134	Mariam Desai	24	33	9	1:01:59.0	7	1:19:49.6	8	37:02.87	2:58:51.6
DNF	DNF	Pamina Bohrer	111	31	8	49:20.31	9	1:22:36.6			

Female 35 to 39

Place			----- Run -----			----- Ride -----		----- Run -----		Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	
1	86	Geraldine van Tromp	127	35	1	50:18.34	1	1:17:31.7	1	29:10.27	2:37:00.3
2	105	Catherine Albertyn	78	35	2	52:12.16	2	1:19:40.0	2	30:23.77	2:42:16.0
3	148	Belinda Nelson	91	35	4	1:00:07.2	3	1:31:04.6	5	39:34.62	3:10:46.5
4	150	Elizna Bam	170	35	3	59:20.70	4	1:37:29.6	4	37:18.69	3:14:09.0
5	159	Wendy Venter	17	35	5	1:00:15.7	5	1:44:55.7	6	43:42.14	3:28:53.6
6	162	Jacomi Grove	141	37	6	1:03:13.0	6	2:07:12.2	3	35:24.84	3:45:50.1

Female 40 to 44

Place			----- Run -----			----- Ride -----		----- Run -----		Total	
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	
1	83	Marusa Mason	185	41	3	51:31.69	3	1:16:31.3	1	27:45.19	2:35:48.2
2	89	Tessa Shellard	55	41	4	51:54.50	4	1:16:37.4	5	29:23.05	2:37:55.0
3	95	Rachel Andrews	21	40	7	52:57.40	5	1:16:46.5	4	29:18.33	2:39:02.3
4	107	Helena van Wyk	133	43	2	51:15.86	6	1:22:48.9	3	28:52.78	2:42:57.5
5	111	Jane Fisher	60	40	6	52:09.56	8	1:24:29.8	6	29:51.11	2:46:30.4
6	115	Sue de Kock	42	41	8	55:01.33	9	1:25:48.5	2	28:33.47	2:49:23.3
7	118	Gail Arnell	32	40	5	52:07.57	10	1:25:54.8	8	31:45.38	2:49:47.8
8	123	Angela Mostert	71	43	9	57:14.91	7	1:23:06.8	11	33:51.66	2:54:13.4
9	144	Helena Chamberlain	190	40	10	57:56.23	12	1:37:03.8	10	33:39.71	3:08:39.8
10	146	Petronella Ferrie	85	40	12	59:25.54	11	1:36:03.1	9	33:35.04	3:09:03.7

Age Group Results**Olympic - Standard**

Female 40 to 44

Place			Run		Ride		Run		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Total</u>	<u>Time</u>
11	149	Lizette Bester	187	40	13	59:45.20	13	1:40:29.4	7	31:31.32		3:11:45.9
DNF	DNF	Lizette Monica	82	40	11	58:48.55	2	1:09:35.0				
DQ	DQ	(DQ) Martie Vosloo	96	40	1	46:41.09	1	1:05:53.7	DQ	27:07.53		2:19:42.3

Female 45 to 49

Place			Run		Ride		Run		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Total</u>	<u>Time</u>
1	67	Hilary Campbell	123	45	1	48:18.64	1	1:17:12.4	1	26:43.24		2:32:14.3

Female 50 to 54

Place			Run		Ride		Run		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Total</u>	<u>Time</u>
1	84	Lynette Fischer	168	53	1	47:41.32	1	1:20:40.5	1	28:26.54		2:36:48.4
2	117	Ronelle Heyns	189	50	2	51:32.18	2	1:27:55.4	3	30:10.95		2:49:38.6
3	127	Aletta Oelofse	124	54	3	53:45.92	5	1:31:30.3	2	29:54.74		2:55:10.9
4	132	Sarah-Jane Horscroft	1	50	4	56:31.49	4	1:29:44.3	4	32:20.22		2:58:36.0
5	143	Prudence Hogan	66	50	6	1:02:12.5	3	1:29:08.1	6	37:04.35		3:08:25.0
6	147	Linda Venter	164	52	5	1:00:11.3	6	1:34:17.4	5	36:17.55		3:10:46.3

Age Group Results

Olympic - Standard

Female 60 to 64

Place			---- Run ----		---- Ride ----		---- Run ----		Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Total</u>
1	138	Linda Icely	53	60	1	58:12.61	1	1:32:54.7	1	30:43.99	3:01:51.3

Age Group Results**Olympic - Standard**

Male 20 to 24

Place		---- Run ----			---- Ride ----		---- Run ----		Total	
Place	Overall Name	Bib	Age	Rnk	Time	Rnk	Time	Rnk	Time	Time
1	9 Jonathan de Freitas	13	22	1	37:40.91	4	1:07:45.5	1	21:15.25	2:06:41.7
2	10 Ruan Botes	186	22	2	40:27.03	2	1:04:28.8	2	22:21.86	2:07:17.7
3	12 Casper Moodie	70	23	4	42:11.06	1	1:03:31.8	3	22:28.52	2:08:11.4
4	20 Nicholas Pawley	16	22	3	41:26.39	3	1:06:41.1	4	23:10.92	2:11:18.4
5	73 Janesh Ganda	29	22	5	45:16.97	5	1:22:37.6	5	25:26.61	2:33:21.2
6	108 Todd Hussey	192	23	6	46:34.16	6	1:28:48.2	6	29:14.73	2:44:37.1

Male 25 to 29

Place		---- Run ----			---- Ride ----		---- Run ----		Total	
Place	Overall Name	Bib	Age	Rnk	Time	Rnk	Time	Rnk	Time	Time
1	2 Michael Hodgson	146	28	1	35:53.57	1	1:03:28.8	1	19:21.23	1:58:43.6
2	4 Terrence Lowe	180	25	4	37:23.79	3	1:05:33.2	2	19:53.84	2:02:50.8
3	14 Jonathan Bam	7	28	5	38:03.52	4	1:06:31.9	7	24:10.96	2:08:46.4
4	16 Ryan Eichstadt	15	25	6	40:15.32	5	1:07:27.2	3	21:51.02	2:09:33.6
5	22 Andrew Bowker	131	27	11	42:29.80	2	1:05:11.3	8	24:14.30	2:11:55.4
6	32 Rodger Trent	194	25	9	42:13.90	6	1:11:37.3	6	23:52.04	2:17:43.3
7	33 Delwyn Dunbar	163	26	12	42:36.95	9	1:13:04.0	5	22:33.51	2:18:14.5
8	38 David Lenong	119	26	3	36:55.89	15	1:20:44.7	4	22:12.33	2:19:53.0
9	44 Zane Schalkwyk	135	25	7	41:47.19	11	1:15:32.4	9	24:28.96	2:21:48.5
10	47 Francois Brill	62	27	13	42:59.81	8	1:12:12.8	14	27:38.15	2:22:50.8
11	49 JC Visser	188	26	10	42:17.77	12	1:16:40.0	11	25:06.70	2:24:04.5
12	65 Chris Charlton	26	28	20	46:51.89	14	1:19:13.3	13	25:56.94	2:32:02.1
13	70 Bhavik Ganda	28	25	14	43:44.87	18	1:24:08.7	10	25:00.39	2:32:54.0
14	72 Jan Ledwaba	43	25	8	41:55.42	19	1:25:39.1	12	25:35.00	2:33:09.5
15	74 Selaotswe Tlhakuli	105	25	22	48:32.78	10	1:14:12.7	19	30:42.24	2:33:27.8
16	78 Bryce Hennessy	83	25	23	50:29.38	7	1:12:12.6	20	32:04.76	2:34:46.8
17	93 Ryan Habib	27	29	18	46:35.45	17	1:23:43.9	16	28:27.30	2:38:46.6
18	106 Andrew Theron	40	25	24	50:50.13	16	1:22:48.0	18	29:03.48	2:42:41.6

Age Group Results**Olympic - Standard**

Male 25 to 29

Place			----- Run -----		----- Ride -----		----- Run -----		Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
19	109	Schalk van Heerden	67	25	17	45:30.60	24	1:31:12.9	17	28:29.68	2:45:13.2
20	119	Derrick Hyde	51	26	21	47:57.45	25	1:34:01.9	15	27:51.62	2:49:51.0
21	133	Nkosinathi Khambule	45	25	16	44:58.35	13	1:17:44.5	27	55:59.43	2:58:42.3
22	135	Francois Muller	177	26	26	56:22.42	21	1:29:02.8	21	34:32.19	2:59:57.5
23	140	Barry Cochrane	161	27	29	59:32.47	20	1:26:21.2	24	37:57.94	3:03:51.6
24	145	Jonty Sacks	52	26	27	57:39.90	26	1:36:08.0	22	34:59.20	3:08:47.1
25	154	Ryan Janks	108	28	28	58:00.25	29	1:48:47.6	23	35:06.22	3:21:54.1
26	160	Unknown Partic. 142	142	25	30	1:03:05.1	28	1:44:03.6	25	43:14.73	3:30:23.6
27	161	Estiaan Jansen v Vuuren	144	26	31	1:03:30.7	27	1:42:17.0	26	55:42.01	3:41:29.8
DNF	DNF	Thabang Madiba	61	27	2	36:22.51	23	1:30:05.7			
DNF	DNF	Brandon Bass	39	27	32	1:08:38.2	22	1:29:46.5			
DNF	DNF	Collen Sompane	46	25	15	44:57.37					
DNF	DNF	Melton Rosinphi	107	26	19	46:42.77					
DNF	DNF	Eugene Baloyi	47	25	25	53:46.76					

Male 30 to 34

Place			----- Run -----		----- Ride -----		----- Run -----		Total		
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>
1	1	Brand du Plessis	171	33	1	35:09.75	3	1:02:27.3	1	19:13.08	1:56:50.1
2	5	Marc Price	88	32	3	36:54.16	5	1:05:34.7	6	20:36.32	2:03:05.2
3	6	Jacov Lalou	172	32	5	37:44.48	8	1:07:10.4	3	19:52.26	2:04:47.1
4	7	Piet Jacobs	166	33	2	35:54.85	10	1:09:29.6	2	19:42.36	2:05:06.8
5	8	Tiaan Rossouw	4	33	7	38:57.41	4	1:04:23.0	7	22:25.30	2:05:45.7
6	15	Ross Koch	10	32	11	41:38.23	2	1:02:08.8	14	25:20.62	2:09:07.7
7	17	Grant Johnson	128	31	4	37:31.93	15	1:12:06.4	4	20:04.03	2:09:42.4
8	19	Johan Pretorius	370	30	6	38:38.32	14	1:12:03.3	5	20:23.94	2:11:05.6
9	25	Clinton Rawlinson	3	32	16	43:53.11	7	1:06:37.7	10	23:20.33	2:13:51.1
10	27	Justin Hawkins	34	30	12	42:06.19	13	1:10:22.9	9	22:42.93	2:15:12.0

Age Group Results**Olympic - Standard**

Male 30 to 34

Place			----- Run -----			----- Ride -----			----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	
11	31	Shaun Watters	176	30	14	42:46.60	11	1:09:46.4	12	24:44.57	2:17:17.5	
12	35	Gavin Salt	169	33	13	42:34.52	6	1:06:22.1	21	29:55.60	2:18:52.3	
13	36	Jaco van Vuuren	139	32	15	42:50.35	16	1:12:56.5	11	23:25.74	2:19:12.6	
14	40	Tyrone Metzger	126	31	19	46:28.52	9	1:08:08.3	15	25:39.24	2:20:16.1	
15	54	Ross Radford	35	30	17	44:06.17	21	1:18:10.3	13	25:11.23	2:27:27.7	
16	56	Juan von Willigh	56	33	20	49:48.11	12	1:09:48.1	18	28:17.24	2:27:53.5	
17	60	Juan Koekemoer	12	32	18	45:45.63	18	1:15:29.7	17	27:49.42	2:29:04.8	
18	71	Brian Bamje	49	32	8	39:13.04	27	1:31:17.1	8	22:35.25	2:33:05.4	
19	81	Matthews Mosala	50	31	9	39:27.62	26	1:27:21.0	19	28:35.58	2:35:24.2	
20	88	Antonie Bam	167	33	24	52:42.78	17	1:15:21.0	20	29:09.12	2:37:12.9	
21	92	Mohamid Motala	148	34	21	50:16.44	19	1:17:16.9	23	30:56.35	2:38:29.6	
22	102	Michael Whysall	90	30	23	52:28.64	20	1:17:49.4	22	30:52.75	2:41:10.8	
23	104	John Farrell	41	31	22	50:43.06	23	1:23:56.0	16	27:30.40	2:42:09.4	
24	112	Maurtiz van den Berg	114	33	25	53:25.20	22	1:19:18.5	24	34:07.46	2:46:51.2	
25	129	Malan de Villiers	57	32	26	57:15.99	24	1:24:39.3	25	35:10.81	2:57:06.1	
26	151	Luqman Mota	25	34	28	1:08:06.8	25	1:27:19.6	26	41:04.62	3:16:31.1	
27	155	Ahmed Akhalwaya	196	31	27	1:02:06.7	28	1:35:14.4	27	44:43.14	3:22:04.2	
DNF	DNF	Cobus Kruger	87	30	10	41:28.35	1	1:00:33.7				

Male 35 to 39

Place			----- Run -----			----- Ride -----			----- Run -----			Total
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Time</u>	
1	24	Garron Mosley	106	35	3	42:23.66	2	1:07:58.3	1	22:55.62	2:13:17.5	
2	28	Frans Mojela	118	36	1	37:57.27	7	1:13:16.2	3	24:18.11	2:15:31.6	
3	30	Joaquin Valverde	113	35	2	41:51.67	5	1:10:51.9	2	24:04.55	2:16:48.1	
4	34	Brett Faure	117	35	4	43:31.26	3	1:08:27.4	6	26:42.24	2:18:40.9	
5	43	Craig Cothill	150	38	6	47:02.94	4	1:08:49.1	4	25:10.31	2:21:02.4	
6	53	Eugene Mostert	95	35	7	47:16.37	6	1:11:48.1	7	27:54.22	2:26:58.7	

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Male 35 to 39

Place			----- Run -----		----- Ride -----		----- Run -----		Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Rnk	Time	Rnk	Time	Time
7	66	Cornelius Potgieter	76	38	5	46:50.55	8	1:19:20.7	5	25:55.78	2:32:07.0
8	110	Roy Grunewald	165	38	10	51:29.54	10	1:22:58.8	8	31:59.59	2:46:28.0
9	113	Danny Folscher	11	37	9	50:26.87	12	1:23:55.2	10	33:00.53	2:47:22.6
10	125	Ross Hollingworth	97	36	12	57:06.55	11	1:23:51.8	11	33:20.24	2:54:18.6
11	126	Christiaan van der Walt	122	37	11	52:22.50	13	1:29:55.5	9	32:17.21	2:54:35.2
12	141	Riaz Paruk	23	35	15	1:04:01.4	9	1:20:35.0	12	40:15.44	3:04:51.8
13	157	Bruce Cameron	74	36	13	1:03:09.4	14	1:39:58.6	14	42:11.91	3:25:19.9
14	158	Javed Koor	22	36	14	1:03:48.2	15	1:40:27.9	13	41:54.34	3:26:10.5
DNF	DNF	Christo van der Merwe	30	35	8	47:47.05	1	1:02:49.6			

Male 40 to 44

Place			----- Run -----		----- Ride -----		----- Run -----		Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Rnk	Time	Rnk	Time	Time
1	3	Donovan van Gelder	6	40	2	38:42.66	1	1:00:13.2	2	22:14.17	2:01:10.0
2	13	Alan Stidolph	116	41	1	38:22.99	5	1:09:08.5	1	20:46.86	2:08:18.3
3	18	Erwan Prevost	115	42	3	41:50.05	2	1:03:33.8	4	24:31.86	2:09:55.7
4	23	Derek Lewitton	8	42	4	42:03.48	3	1:08:05.6	3	22:56.71	2:13:05.8
5	41	Ross Manning	149	41	6	46:15.99	4	1:08:42.1	6	25:26.16	2:20:24.3
6	46	Morne Vorster	193	40	5	44:22.34	8	1:13:00.8	5	25:19.34	2:22:42.4
7	51	Barnard Steyn	129	40	8	47:43.52	6	1:09:53.4	8	28:11.04	2:25:48.0
8	62	Stephan Grobler	197	42	10	50:15.12	7	1:11:27.3	9	28:16.00	2:29:58.4
9	79	Tyrone Figgie	37	40	7	47:13.41	12	1:20:27.8	7	27:34.08	2:35:15.3
10	85	Casper van Wyk	173	42	11	50:27.84	11	1:17:13.1	10	29:07.68	2:36:48.6
11	87	Marthinus van der Walt	80	42	9	49:06.43	10	1:16:35.7	12	31:24.08	2:37:06.2
12	91	Andy Robertson	136	40	13	52:13.96	9	1:15:54.8	11	30:19.63	2:38:28.4
13	116	Jonathan van Wyk	132	42	14	54:29.71	14	1:21:21.5	13	33:42.53	2:49:33.7
DQ	DQ	(DQ) Mornay Durant	121	43	12	51:23.12	13	1:21:08.1	DQ	30:15.71	2:42:47.0

Age Group Results**Olympic - Standard**

Male 45 to 49

Place			----- Run -----		----- Ride -----		----- Run -----		Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Rnk	Time	Rnk	Time	Time
1	21	Dawie de Villiers	120	46	1	40:08.17	1	1:09:37.1	1	22:05.89	2:11:51.2
2	29	Criag West	147	47	2	42:25.05	2	1:09:59.5	2	23:34.72	2:15:59.3
3	42	Willem Germishuys	145	47	3	45:27.35	3	1:10:22.9	3	24:54.84	2:20:45.1
4	69	Andre van Bavel	33	47	10	52:59.90	4	1:11:07.1	5	28:18.70	2:32:25.7
5	90	Daniel Meyer	179	45	7	50:25.48	6	1:15:42.0	9	31:48.42	2:37:55.9
6	96	Norbert Hannweg	86	47	13	55:01.70	7	1:16:56.3	4	27:43.29	2:39:41.3
7	97	Tertius Wessels	181	45	8	51:35.40	8	1:19:26.3	6	28:53.37	2:39:55.1
8	98	Pieter Jansen v Rensburg	18	47	5	46:36.49	10	1:23:08.7	8	30:20.80	2:40:06.0
9	103	Brian Pivo	19	49	6	50:14.73	9	1:21:30.3	7	30:15.40	2:42:00.4
10	120	Fernando Moreira	59	47	9	52:18.10	11	1:23:20.3	11	34:33.19	2:50:11.6
11	122	Theunis Coetzee	182	46	11	53:35.32	13	1:28:28.1	10	31:48.95	2:53:52.3
12	128	Mario Bjorkman	20	45	12	54:57.61	12	1:25:04.9	12	35:48.32	2:55:50.8
13	131	Mike Moriarty	81	45	15	1:05:19.4	5	1:15:18.6	13	37:56.68	2:58:34.7
14	153	Michael Collet	69	45	14	1:04:48.8	14	1:32:19.5	14	43:42.14	3:20:50.5
DNF	DNF	Marius Garbers	77	46	4	46:09.98					

Male 50 to 54

Place			----- Run -----		----- Ride -----		----- Run -----		Total		
Place	Overall	Name	Bib	Age	Rnk	Time	Rnk	Time	Rnk	Time	Time
1	37	Nadirshah Khan	9	50	1	44:29.57	2	1:11:19.4	1	23:31.94	2:19:20.9
2	48	Gavin Maile	75	53	3	47:07.19	1	1:10:19.1	3	26:06.38	2:23:32.7
3	57	David Fourie	125	52	5	48:41.25	3	1:13:24.9	4	26:38.77	2:28:44.9
4	61	Niall Hogan	65	50	2	44:36.03	7	1:19:15.3	2	25:48.20	2:29:39.5
5	80	Michael Ridderhof	93	52	8	50:42.01	4	1:16:29.2	6	28:04.35	2:35:15.6
6	82	Thomas Hanekom	2	50	4	47:51.75	8	1:20:38.6	5	27:00.60	2:35:30.9
7	94	Larry Malin	143	53	9	51:37.87	5	1:16:52.6	8	30:20.92	2:38:51.4
8	99	Leon Page	183	53	7	50:35.03	6	1:18:39.6	9	31:10.89	2:40:25.5
9	100	Phillip van Rensburg	178	52	6	49:35.34	9	1:22:18.5	7	28:52.22	2:40:46.0

Age Group Results

Olympic - Standard

Male 50 to 54

Place			----- Run -----		----- Ride -----		----- Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Total</u>	<u>Time</u>
10	139	Sydney Gregan	98	50	10	1:01:03.8	11	1:28:11.3	10	34:01.74		3:03:16.9
11	142	Ivan Esra	72	50	11	1:03:13.1	10	1:22:51.8	11	41:29.05		3:07:34.0
12	152	Mark Lazarun	68	50	12	1:04:46.9	12	1:32:18.5	12	43:45.07		3:20:50.5

Male 55 to 59

Place			----- Run -----		----- Ride -----		----- Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Total</u>	<u>Time</u>
1	63	Nic Claassen	99	55	1	50:31.35	1	1:07:43.6	1	32:01.76		2:30:16.7
2	137	Ashrauf Moosa	195	56	2	1:02:44.4	2	1:23:36.2	2	34:27.70		3:00:48.3
3	156	Johannes Strauss	138	55	3	1:10:53.1	3	1:26:42.6	3	46:49.32		3:24:25.1

Male 65 to 69

Place			----- Run -----		----- Ride -----		----- Run -----		Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Total</u>	<u>Time</u>
1	76	Lochi Lochner	79	65	1	49:37.93	1	1:17:50.8	1	26:53.16		2:34:21.9
2	124	Gerrit van Niekerk	175	66	2	56:29.16	2	1:25:42.4	2	32:04.34		2:54:15.9

Age Group Results

Olympic - Standard

Male 70 to 74

<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Rnk</u>	<u>Time</u>	<u>Total</u>
1	163	Neville Muir	174	73	1	1:24:41.8	1	1:46:56.4	1	56:16.79	4:07:55.1