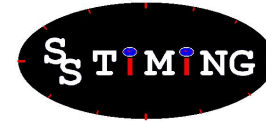




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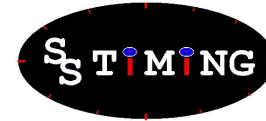


| P_All | P_Cat | Time | Chip# | Surname | Name | Sex | Category | Race | TSA # | Race# | Run 1 | Bike | Run 2 |
|-----------------|-------|----------|-------|--------------|------------------------|-----|-------------|----------|-------------|-------|----------|----------|----------|
| Standard | | | | | | | | | | | | | |
| 1 | 1 | 01:44:27 | 5558 | du Plessis | Brand | M | Open Men | Standard | CGT114610 | 14 | 00:27:28 | 01:00:47 | 00:16:12 |
| 2 | 2 | 01:51:29 | 6830 | Veigas | Bruce | M | Open Men | Standard | CGT/1210/10 | 26 | 00:29:08 | 01:05:24 | 00:16:57 |
| 3 | 3 | 01:53:51 | 5114 | Lalou | Jacov | M | Open Men | Standard | CGT128310 | 45 | 00:30:18 | 01:05:33 | 00:18:00 |
| 4 | 4 | 01:58:44 | 1438 | de freitas | jonathan abrie | M | Open Men | Standard | gnt110910 | 37 | 00:31:03 | 01:09:46 | 00:17:54 |
| 5 | 5 | 02:01:02 | 6968 | hankins | martin | M | Open Men | Standard | CGT131410 | 17 | 00:41:35 | 01:17:13 | 00:02:14 |
| 6 | 6 | 02:02:12 | 8126 | Rawlinson | Clinton | M | Open Men | Standard | CGT114510 | 23 | 00:36:52 | 01:05:25 | 00:19:55 |
| 7 | 7 | 02:05:43 | 7096 | Gavin | Dane | M | Open Men | Standard | NO TSA | 42 | 00:33:11 | 01:13:22 | 00:19:09 |
| 8 | 8 | 02:07:39 | 5911 | Fouche | Gerhard | M | Open Men | Standard | TNW306310 | 3 | 00:36:13 | 01:10:33 | 00:20:53 |
| 9 | 9 | 02:11:13 | 7209 | Pye | Warren | M | Open Men | Standard | n/a | 46 | 00:33:41 | 01:16:11 | 00:21:20 |
| 10 | 10 | 02:13:30 | 5381 | Maile | Gavin | M | Open Men | Standard | CGT112210 | 31 | 00:39:21 | 01:12:19 | 00:21:49 |
| 11 | 1 | 02:13:43 | 6838 | Berg | Corinne | F | Open Ladies | Standard | CGT074510 | 40 | 00:36:13 | 01:16:49 | 00:20:39 |
| 12 | 2 | 02:14:58 | 4208 | Gouws | Patricia | F | Open Ladies | Standard | NO TSA | 10 | 00:36:14 | 01:17:22 | 00:21:21 |
| 13 | 3 | 02:15:28 | 7879 | du Plessis | WILMARIE | F | Open Ladies | Standard | NO TSA | 13 | 00:37:30 | 01:18:36 | 00:19:22 |
| 14 | 11 | 02:17:00 | 4889 | joubert | marius | M | Open Men | Standard | | 36 | 00:36:11 | 01:18:24 | 00:22:25 |
| 15 | 12 | 02:18:49 | 6169 | Vorster | Morne | M | Open Men | Standard | CGT136710 | 32 | 00:37:58 | 01:18:17 | 00:22:34 |
| 16 | 4 | 02:20:07 | 5008 | Miller | Esmari | F | Open Ladies | Standard | CGT 1227 | 43 | 00:40:32 | 01:14:26 | 00:25:08 |
| 17 | 13 | 02:22:58 | 5973 | baker | Michael | M | Open Men | Standard | CGT115110 | 11 | 00:39:08 | 01:21:09 | 00:22:40 |
| 18 | 14 | 02:23:23 | 7346 | Nadauld | Derrian | M | Open Men | Standard | NO TSA | 39 | 00:39:29 | 01:20:21 | 00:23:32 |
| 19 | 15 | 02:24:14 | 4258 | McCormick | Hadley | M | Open Men | Standard | 1160/10 | 7 | 00:33:50 | 01:07:17 | 00:43:06 |
| 20 | 16 | 02:24:40 | 1778 | Van Maltitz | Haydin | M | Open Men | Standard | | 34 | 00:40:51 | 01:21:17 | 00:22:32 |
| 21 | 17 | 02:25:28 | 28 | Thomson | Charles Andrew Stewart | M | Open Men | Standard | | 33 | 00:40:00 | 01:19:52 | 00:25:36 |
| 22 | 18 | 02:28:22 | 8878 | Dearden | Bryan | M | Open Men | Standard | NO TSA | 4 | 00:40:47 | 01:20:15 | 00:27:20 |
| 23 | 19 | 02:31:47 | 4322 | Argyros | John | M | Open Men | Standard | | 16 | 00:40:52 | 01:27:48 | 00:23:07 |
| 24 | 20 | 02:32:41 | 6723 | Louw | Francois | M | Open Men | Standard | NO TSA | 44 | 00:41:08 | 01:23:02 | 00:28:31 |
| 25 | 21 | 02:34:20 | 7843 | Seaton-Smith | Tyrone | M | Open Men | Standard | NO TSA | 6 | 00:41:19 | 01:25:05 | 00:27:56 |
| 26 | 22 | 02:36:27 | 7708 | Mong | Eddie | M | Open Men | Standard | | 38 | 00:40:58 | 01:29:09 | 00:26:19 |
| 27 | 5 | 02:38:35 | 6897 | Heyns | Ronelle | F | Open Ladies | Standard | | 22 | 00:41:03 | 01:31:39 | 00:25:53 |
| 28 | 23 | 02:45:06 | 7512 | Duddy | Gregory | M | Open Men | Standard | NO TSA | 27 | 00:44:53 | 01:29:45 | 00:30:28 |
| 29 | 24 | 02:48:20 | 5591 | Smits | Freddie | M | Open Men | Standard | | 21 | 00:49:47 | 01:26:59 | 00:31:34 |
| 30 | 25 | 02:50:08 | 4261 | walters | neil | M | Open Men | Standard | NO TSA | 30 | 00:45:38 | 01:33:16 | 00:31:13 |

| P_All | P_Cat | Time | Chip# | Surname | Name | Sex | Category | Race | TSA # | Race# | Run 1 | Bike | Run 2 |
|-------|-------|----------|-------|--------------|---------|-----|-------------|----------|-------------|-------|----------|----------|----------|
| 31 | 26 | 02:57:43 | 4944 | Smal | Vaughan | M | Open Men | Standard | NO TSA | 29 | 00:50:06 | 01:35:02 | 00:32:34 |
| 32 | 27 | 02:58:33 | 4441 | Boulle | Gregory | M | Open Men | Standard | NO TSA | 35 | 00:50:35 | 01:36:56 | 00:31:01 |
| 33 | 6 | 03:18:25 | 7481 | Naidoo | Diana | F | Open Ladies | Standard | NO TSA | 24 | 00:49:37 | 01:46:43 | 00:42:05 |
| 34 | 7 | 03:33:49 | 8978 | Bezuidenhout | Hilary | F | Open Ladies | Standard | GNT111710 | 5 | 00:54:44 | 01:55:10 | 00:43:55 |
| 35 | 28 | 03:35:08 | 5586 | Muir | Neville | M | Open Men | Standard | GNT112810 | 9 | 01:09:13 | 01:44:49 | 00:41:06 |
| | | DNF | 5740 | Cox | Joan | F | Open Ladies | Standard | | 8 | 00:51:05 | | |
| | | DNF | 5188 | De Bruin | Gerhard | M | Open Men | Standard | TNG104310 | 41 | 00:33:51 | | |
| | | DNF | 8177 | Cuypers | Michael | M | Open Men | Standard | CGT/1442/10 | 25 | | | |
| | | DNF | 4822 | Labuschagne | Mico | M | Open Men | Standard | | 15 | 00:48:15 | 01:32:53 | |



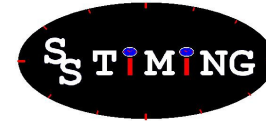
Family Duathlon 2010/05/24



| P_All | P_Cat | Time | Chip# | Surname | Name | Sex | Category | Race | TSA # | Race# | Run 1 | Bike | Run 2 |
|---------------|-------|----------|-------|---------------|---------------------|-----|-------------|--------|-----------|-------|-------|------|-------|
| Sprint | | | | | | | | | | | | | |
| 1 | 1 | 00:49:54 | 5007 | Rossouw | Tiaan | M | Open Men | Sprint | CGT117210 | 84 | | | |
| 2 | 2 | 00:50:16 | 7766 | Botha | Armin | M | Open Men | Sprint | | 97 | | | |
| 3 | 3 | 00:53:54 | 8177 | Cuypers | Michael | M | Open Men | Sprint | | 25 | | | |
| 4 | 4 | 00:54:17 | 4800 | Buys | Johan | M | Open Men | Sprint | | 100 | | | |
| 5 | 5 | 00:54:28 | 7386 | Brewis | Paul | M | Open Men | Sprint | | 104 | | | |
| 6 | 6 | 00:54:47 | 1639 | Van Der Leeuw | Phillipe | M | Open Men | Sprint | cgt123410 | 115 | | | |
| 7 | 7 | 00:54:55 | 5679 | Garbers | Marius | M | Open Men | Sprint | CGT126010 | 82 | | | |
| 8 | 8 | 00:57:11 | 5399 | Stephens | Samuel | M | Open Men | Sprint | CGT114910 | 85 | | | |
| 9 | 1 | 00:59:28 | 8093 | Pretorius | Nadia | F | Open Ladies | Sprint | CGT136210 | 108 | | | |
| 10 | 9 | 01:00:40 | 4876 | Embree | James | M | Open Men | Sprint | | 96 | | | |
| 11 | 10 | 01:00:57 | 4105 | Morris | Brent | M | Open Men | Sprint | | 94 | | | |
| 12 | 11 | 01:02:45 | 7215 | Kennedy | Graham | M | Open Men | Sprint | NO TSA | 109 | | | |
| 13 | 12 | 01:04:34 | 551 | Mojela | Frary | M | Open Men | Sprint | | 83 | | | |
| 14 | 13 | 01:05:30 | 4703 | Vermeulen | Johan | M | Open Men | Sprint | | 86 | | | |
| 15 | 14 | 01:06:27 | 4951 | Meyer | Vickus | M | Open Men | Sprint | NO TSA | 110 | | | |
| 16 | 2 | 01:07:17 | 8751 | Jacobs | Simone | F | Open Ladies | Sprint | | 81 | | | |
| 17 | 3 | 01:08:58 | 4465 | NICHOLAS | JESSICA | F | Open Ladies | Sprint | CGT129910 | 112 | | | |
| 18 | 15 | 01:12:37 | 4275 | Harris | Anthony | M | Open Men | Sprint | NO TSA | 110 | | | |
| 19 | 16 | 01:15:02 | 8632 | Van Aswegen | Ian | M | Open Men | Sprint | NO TSA | 113 | | | |
| 20 | 17 | 01:17:27 | 6501 | Livingston | Greg | M | Open Men | sprint | | 88 | | | |
| 21 | 18 | 01:17:27 | 4407 | Linnington | Edwin James Leonard | M | Open Men | Sprint | NO TSA | 114 | | | |
| 22 | 4 | 01:22:00 | 6003 | Browne | Hayley | F | Open Ladies | Sprint | CGA148210 | 92 | | | |
| 23 | 5 | 01:25:15 | 4181 | Vermeulen | René | F | Open Ladies | Sprint | | 87 | | | |
| 24 | 19 | 01:25:25 | 8475 | Attlee | Justin | M | Open Men | sprint | | 93 | | | |
| 25 | 20 | 01:30:21 | 4064 | Brooks | Clive | M | Open Men | sprint | | 95 | | | |
| 26 | 21 | 01:34:41 | 8431 | Gaddin | Charles Lionel | M | Open Men | Sprint | NO TSA | 102 | | | |
| 27 | 6 | 01:42:10 | 4304 | Wiggill | Theresa | F | Open Ladies | Sprint | NO TSA | 98 | | | |
| | | DNF | 4351 | Meyer | Lelane | F | Open Ladies | Sprint | NO TSA | 91 | | | |
| | | DNF | 6708 | Shaw | Patricia | F | Open Ladies | Sprint | | 103 | | | |
| | | DNF | 4885 | Bierman | Mias | M | Open Men | Sprint | NO TSA | 99 | | | |



Family Duathlon 2010/05/24



| P_All | P_Cat | Time | Chip# | Surname | Name | Sex | Category | Race | TSA # | Race# | Run 1 | Bike | Run 2 |
|-------------|-------|----------|-------|--------------|-------------|-----|----------|------|-----------|-------|----------|----------|----------|
| Mini | | | | | | | | | | | | | |
| 1 | 1 | 00:29:10 | 8419 | Mong | Peter | M | open | Mini | | 177 | 00:06:50 | 00:16:58 | 00:05:22 |
| 2 | 2 | 00:32:20 | 7916 | Pratt | Denzyl | M | open | Mini | CGT121110 | 197 | 00:07:40 | 00:18:05 | 00:06:35 |
| 3 | 3 | 00:34:03 | 4776 | Snyman | Mikyla | F | open | Mini | 312810 | 179 | 00:07:49 | 00:20:45 | 00:05:29 |
| 4 | 4 | 00:35:34 | 4356 | Opperman | Ashton | M | open | Mini | CGT112610 | 184 | 00:08:18 | 00:20:30 | 00:06:46 |
| 5 | 5 | 00:36:07 | 8929 | Heath | Malcolm | M | open | Mini | CGT141310 | 193 | 00:08:50 | 00:20:13 | 00:07:04 |
| 6 | 6 | 00:36:40 | 4276 | Leslie | Jaime | F | open | Mini | NO TSA | 195 | 00:08:52 | 00:21:13 | 00:06:35 |
| 7 | 7 | 00:36:50 | 4454 | Nutter | Gabi | F | open | Mini | CGT139710 | 176 | 00:08:53 | 00:21:22 | 00:06:35 |
| 8 | 8 | 00:36:56 | 5932 | Pedro | Michlene | F | open | Mini | cgt141810 | 192 | 00:10:02 | 00:20:21 | 00:06:33 |
| 9 | 9 | 00:37:42 | 5934 | Bonaretti | Marco | M | open | Mini | CGT141410 | 188 | 00:09:06 | | |
| 10 | 10 | 00:38:28 | 4312 | SMITH | STORM | F | open | Mini | NO TSA | 196 | 00:08:58 | 00:23:00 | 00:06:30 |
| 11 | 11 | 00:39:11 | 1817 | herholdt | tracey | F | open | Mini | | 180 | 00:10:36 | 00:21:19 | 00:07:16 |
| 12 | 12 | 00:42:44 | 4113 | Ferrie | Kirstin | F | open | Mini | NO TSA | 178 | 00:09:42 | 00:25:26 | 00:07:36 |
| 13 | 13 | 00:48:01 | 6446 | de Bruyn | Ruhann | M | open | Mini | | 189 | 00:12:33 | 00:26:03 | 00:09:25 |
| 14 | 14 | 00:48:11 | 787 | de Bruyn | Debbie | F | open | Mini | NO TSA | 190 | | | |
| 15 | 15 | 00:49:54 | 4468 | Bezuidenhout | Nathan | M | open | Mini | | 126 | | | |
| 16 | 16 | 00:49:55 | 8782 | Bezuidenhout | Hein | M | open | Mini | GNT111610 | 127 | 00:13:38 | 00:27:40 | 00:08:37 |
| 17 | 17 | 00:51:39 | 7261 | RAMPINI | DANE JOSHUA | M | open | Mini | | 194 | 00:05:13 | 00:47:00 | 00:09:52 |
| 18 | 18 | 00:59:39 | 4459 | Harris | Geraldine | F | open | Mini | | 186 | 00:16:18 | 00:31:25 | 00:11:56 |