



Redhub Triathlon Duathlon Series Points after event 4



| Surname | Name | Sex | Dist | BirthDate | Category | P_Cat | Total points |
|----------------------|-----------------|-----|------|------------|----------------------|-------|--------------|
| Tri Road Long | | | | | | | |
| Surname | Name | Sex | Dist | BirthDate | Category | P_Cat | Total points |
| James | Jemma-Rae | F | TRL | 1991-12-09 | Tri Rd Std F (20-29) | 1 | 20 |
| van Heerden | Rizanne | F | TRL | 1992-09-16 | Tri Rd Std F (20-29) | 2 | 17 |
| Crouse | Simone | F | TRL | 1990-09-14 | Tri Rd Std F (20-29) | 3 | 10 |
| Bieske | Sam | F | TRL | 1988-09-27 | Tri Rd Std F (20-29) | 4 | 7 |
| Louwrens | Lize-Marie | F | TRL | 1991-09-13 | Tri Rd Std F (20-29) | 4 | 7 |
| Cronk | Lynette | F | TRL | 1987-10-30 | Tri Rd Std F (30-39) | 1 | 10 |
| Dewar | Pia | F | TRL | 1981-10-13 | Tri Rd Std F (30-39) | 1 | 10 |
| Kleu | Jeanne | F | TRL | 1985-06-07 | Tri Rd Std F (30-39) | 1 | 10 |
| Lester | Desiree | F | TRL | 1982-04-19 | Tri Rd Std F (30-39) | 1 | 10 |
| Jooste | Marina | F | TRL | 1988-03-30 | Tri Rd Std F (30-39) | 5 | 7 |
| Van schalkwyk | Christa | F | TRL | 1983-03-31 | Tri Rd Std F (30-39) | 5 | 7 |
| Venter | Sylvia | F | TRL | 1983-04-23 | Tri Rd Std F (30-39) | 5 | 7 |
| Vosloo | Maureen | F | TRL | 1981-05-13 | Tri Rd Std F (30-39) | 5 | 7 |
| Vanderwagen | Judy | F | TRL | 1971-10-30 | Tri Rd Std F (40-49) | 1 | 27 |
| Higgins | Denise | F | TRL | 1978-04-03 | Tri Rd Std F (40-49) | 2 | 10 |
| Hustler | Sherene | F | TRL | 1972-06-03 | Tri Rd Std F (40-49) | 2 | 10 |
| Storm | Jeanine | F | TRL | 1978-05-27 | Tri Rd Std F (40-49) | 2 | 10 |
| du Toit | Taniith | F | TRL | 1976-08-30 | Tri Rd Std F (40-49) | 5 | 7 |
| SUCKLING | BONITA | F | TRL | 1974-05-12 | Tri Rd Std F (40-49) | 5 | 7 |
| househam | deborah | F | TRL | 1968-07-16 | Tri Rd Std F (50+) | 1 | 30 |
| Scrutton | Mandy | F | TRL | 1964-10-06 | Tri Rd Std F (50+) | 2 | 14 |
| Pienaar | Celia | F | TRL | 1960-10-21 | Tri Rd Std F (50+) | 3 | 10 |
| du Plessis | Ronel | F | TRL | 1963-10-24 | Tri Rd Std F (50+) | 4 | 5 |
| Prinsloo | Adriana Cecilia | F | TRL | 1964-08-03 | Tri Rd Std F (50+) | 5 | 3 |
| Greer | Matthew | M | TRL | 1998-10-26 | Tri Rd Std M (20-29) | 1 | 20 |
| Barclay | Sean | M | TRL | 1995-10-15 | Tri Rd Std M (20-29) | 2 | 15 |
| Nel | Charles | M | TRL | 1991-05-10 | Tri Rd Std M (20-29) | 3 | 10 |
| Strachan | Stuart | M | TRL | 1992-04-21 | Tri Rd Std M (20-29) | 3 | 10 |
| Hay | Andrew | M | TRL | 1992-03-11 | Tri Rd Std M (20-29) | 5 | 7 |
| Honiball | Andreas | M | TRL | 1991-09-19 | Tri Rd Std M (20-29) | 5 | 7 |
| Nieuwenhuys | Armand | M | TRL | 1991-02-25 | Tri Rd Std M (20-29) | 5 | 7 |
| Ransom | Christopher | M | TRL | 1984-12-28 | Tri Rd Std M (30-39) | 1 | 20 |
| Lowe | Terrence | M | TRL | 1987-03-03 | Tri Rd Std M (30-39) | 2 | 10 |
| Van Niekerk | Jean | M | TRL | 1982-11-21 | Tri Rd Std M (30-39) | 2 | 10 |
| van Heerden | Freddie | M | TRL | 1988-03-03 | Tri Rd Std M (30-39) | 4 | 8 |
| Forbes | Stuart | M | TRL | 1985-05-28 | Tri Rd Std M (30-39) | 5 | 7 |
| Morkel | Barend | M | TRL | 1980-04-03 | Tri Rd Std M (30-39) | 5 | 7 |
| Van Helden | Maarten | M | TRL | 1978-10-02 | Tri Rd Std M (30-39) | 5 | 7 |
| Westra | Bernhard | M | TRL | 1972-03-22 | Tri Rd Std M (40-49) | 1 | 17 |
| Kreuger | Shamus | M | TRL | 1972-05-19 | Tri Rd Std M (40-49) | 2 | 10 |
| Smith | Dom | M | TRL | 1969-02-15 | Tri Rd Std M (40-49) | 2 | 10 |
| van Oudtshoorn | Gideon | M | TRL | 1976-09-23 | Tri Rd Std M (40-49) | 2 | 10 |
| GAUTIER | JEAN-FRANCOIS | M | TRL | 1971-03-26 | Tri Rd Std M (40-49) | 5 | 7 |
| Higgins | Andrew | M | TRL | 1975-06-09 | Tri Rd Std M (40-49) | 5 | 7 |
| Van Schalkwyk | Herbert | M | TRL | 1976-10-28 | Tri Rd Std M (40-49) | 5 | 7 |
| DE JAGER | MARIANUS | M | TRL | 1968-12-27 | Tri Rd Std M (50+) | 1 | 15 |
| Smit | Russel | M | TRL | 1967-02-18 | Tri Rd Std M (50+) | 1 | 15 |
| Malan | Etienne | M | TRL | 1968-07-20 | Tri Rd Std M (50+) | 3 | 10 |
| Sparkes | Endre | M | TRL | 1961-06-18 | Tri Rd Std M (50+) | 3 | 10 |
| Wessels | Tertius | M | TRL | 1967-10-28 | Tri Rd Std M (50+) | 5 | 8 |

| Surname | Name | Sex | Dist | BirthDate | Category | P_Cat | Total points |
|------------------------|--------------|-----|------|------------|---------------------|-------|--------------|
| Cross Tri Long | | | | | | | |
| Surname | Name | Sex | Dist | BirthDate | Category | P_Cat | Total points |
| Dippenaar | Elsmarie | F | XTL | 1990-09-11 | X Tri Std F (20-29) | 1 | 10 |
| Naylor | Kay | F | XTL | 1992-02-24 | X Tri Std F (20-29) | 1 | 10 |
| Leicester | Johandri | F | XTL | 1987-10-20 | X Tri Std F (30-39) | 1 | 10 |
| Truter | Rene | F | XTL | 1987-09-10 | X Tri Std F (30-39) | 1 | 10 |
| VAN NIEKERK | JULIANA | F | XTL | 1983-10-01 | X Tri Std F (30-39) | 1 | 10 |
| janse van Rensburg | Melinda | F | XTL | 1976-12-29 | X Tri Std F (40-49) | 1 | 10 |
| Constancon | Petruschka | F | XTL | 1966-01-22 | X Tri Std F (50+) | 1 | 20 |
| Ferreira | Micheal | M | XTL | 1997-02-20 | X Tri Std M (20-29) | 1 | 10 |
| Mulock-Houwer | Franscois | M | XTL | 1991-08-04 | X Tri Std M (20-29) | 1 | 10 |
| Vermeulen | Martinus | M | XTL | 1994-01-10 | X Tri Std M (20-29) | 1 | 10 |
| Mare | Jacques | M | XTL | 1993-05-01 | X Tri Std M (20-29) | 4 | 7 |
| Wickham | Raynard | M | XTL | 1992-04-10 | X Tri Std M (20-29) | 4 | 7 |
| Kruger | Paul | M | XTL | 1981-09-07 | X Tri Std M (30-39) | 1 | 10 |
| Peters | Werner | M | XTL | 1984-10-13 | X Tri Std M (30-39) | 1 | 10 |
| van den Berg | Andre | M | XTL | 1985-10-27 | X Tri Std M (30-39) | 1 | 10 |
| Fourie | Graeme | M | XTL | 1986-01-04 | X Tri Std M (30-39) | 4 | 7 |
| Woodinek | Adriaan | M | XTL | 1985-05-29 | X Tri Std M (30-39) | 4 | 7 |
| Evans | Anthony | M | XTL | 1977-03-30 | X Tri Std M (40-49) | 1 | 17 |
| Teichman | Kfir | M | XTL | | X Tri Std M (40-49) | 1 | 17 |
| Potgieter | Jurgens | M | XTL | 1977-08-13 | X Tri Std M (40-49) | 2 | 10 |
| Van Loggerenberg | Hein | M | XTL | 1972-12-27 | X Tri Std M (40-49) | 2 | 10 |
| Logan | David | M | XTL | 1971-06-04 | X Tri Std M (40-49) | 4 | 7 |
| Thomas-Stark | Robert | M | XTL | 1975-04-01 | X Tri Std M (40-49) | 4 | 7 |
| Farrer | David | M | XTL | 1967-03-12 | X Tri Std M (50+) | 1 | 27 |
| Fenthum | Dallas | M | XTL | 1968-07-09 | X Tri Std M (50+) | 2 | 10 |
| Myburgh | Kobus | M | XTL | 1967-01-17 | X Tri Std M (50+) | 2 | 10 |
| Scrutton | Neill | M | XTL | 1964-04-12 | X Tri Std M (50+) | 2 | 10 |
| Roller | Mike | M | XTL | 1966-05-12 | X Tri Std M (50+) | 5 | 7 |
| Walker | Garren | M | XTL | 1964-09-15 | X Tri Std M (50+) | 5 | 7 |
| Tri Road Sprint | | | | | | | |
| Surname | Name | Sex | Dist | BirthDate | Category | P_Cat | Total points |
| Kahl | Michelene | F | TRS | 1998-02-11 | Tri Rd Sp F (20-29) | 1 | 10 |
| Prinsloo | Chrize | F | TRS | 1993-08-17 | Tri Rd Sp F (20-29) | 1 | 10 |
| van den Bergh | Larochelle | F | TRS | 1990-05-17 | Tri Rd Sp F (20-29) | 1 | 10 |
| Waldeck | Nicole | F | TRS | 1997-02-13 | Tri Rd Sp F (20-29) | 1 | 10 |
| Fourie | Minke | F | TRS | 1991-10-09 | Tri Rd Sp F (20-29) | 2 | 7 |
| Hattingh | Eduleene | F | TRS | 1992-02-21 | Tri Rd Sp F (20-29) | 2 | 7 |
| McJarrow | Kristin | F | TRS | 1994-11-07 | Tri Rd Sp F (20-29) | 2 | 7 |
| Moys | Sarah | F | TRS | 1989-04-20 | Tri Rd Sp F (20-29) | 2 | 7 |
| van Jaarsveld | Donel | F | TRS | 1980-01-08 | Tri Rd Sp F (30-39) | 1 | 27 |
| pieterse | janine | F | TRS | 1987-03-09 | Tri Rd Sp F (30-39) | 2 | 10 |
| Van Niekerk | Natalie | F | TRS | 1982-09-20 | Tri Rd Sp F (30-39) | 2 | 10 |
| Grobler | Telani | F | TRS | 1980-04-15 | Tri Rd Sp F (30-39) | 4 | 7 |
| le Roux | Juane | F | TRS | 1985-06-14 | Tri Rd Sp F (30-39) | 4 | 7 |
| Semper | Tamryn-Leigh | F | TRS | 1988-01-13 | Tri Rd Sp F (30-39) | 4 | 7 |
| Lailvaux | Alison | F | TRS | 1970-05-03 | Tri Rd Sp F (40-49) | 1 | 30 |
| Heimann | Trish | F | TRS | 1977-07-11 | Tri Rd Sp F (40-49) | 2 | 17 |
| van der Waals | Jacqueline | F | TRS | 1974-06-09 | Tri Rd Sp F (40-49) | 3 | 14 |
| BAM | MICHELLE | F | TRS | 1973-08-21 | Tri Rd Sp F (40-49) | 4 | 10 |
| Terblanche | Paula | F | TRS | 1970-07-24 | Tri Rd Sp F (40-49) | 5 | 8 |
| Buitenhuis | Fiona | F | TRS | 1966-12-29 | Tri Rd Sp F (50+) | 1 | 24 |
| van der Vlies | Erika | F | TRS | 1962-02-03 | Tri Rd Sp F (50+) | 2 | 22 |
| Frey | Jackie | F | TRS | 1961-03-28 | Tri Rd Sp F (50+) | 3 | 10 |
| venter | christa | F | TRS | 1966-11-18 | Tri Rd Sp F (50+) | 4 | 5 |
| SPIES | TERSIA | F | TRS | 1962-07-13 | Tri Rd Sp F (50+) | 5 | 3 |

| Surname | Name | Sex | Dist | BirthDate | Category | P_Cat | Total points |
|---------------|-------------|-----|------|------------|---------------------|-------|--------------|
| Fairon | Kelly | F | TRS | 2001-02-03 | Tri Rd Sp F (Jun) | 1 | 30 |
| Stolarczyk | Nadya | F | TRS | 2003-05-22 | Tri Rd Sp F (Jun) | 2 | 14 |
| greer | Catherine | F | TRS | 2002-04-05 | Tri Rd Sp F (Jun) | 3 | 13 |
| Seymour-Smith | Jenna | F | TRS | 2002-08-19 | Tri Rd Sp F (Jun) | 4 | 8 |
| Legge | Carrey-Lynn | F | TRS | 2001-04-19 | Tri Rd Sp F (Jun) | 5 | 7 |
| Tolmie | Cornelis | M | TRS | 1992-02-25 | Tri Rd Sp M (20-29) | 1 | 14 |
| Doyle | Lawrence | M | TRS | 1996-05-20 | Tri Rd Sp M (20-29) | 2 | 12 |
| Rowbotham | David | M | TRS | 1990-12-19 | Tri Rd Sp M (20-29) | 3 | 10 |
| Sanders | Liron | M | TRS | 1994-05-16 | Tri Rd Sp M (20-29) | 3 | 10 |
| Tyack | Devlin | M | TRS | 1994-04-07 | Tri Rd Sp M (20-29) | 3 | 10 |
| van den Bergh | Jaco | M | TRS | 1990-02-06 | Tri Rd Sp M (20-29) | 3 | 10 |
| Cisak | Brad | M | TRS | 1988-12-02 | Tri Rd Sp M (30-39) | 1 | 17 |
| Basson | Hendrik | M | TRS | 1986-01-14 | Tri Rd Sp M (30-39) | 2 | 15 |
| Haidlinoon | Wayne | M | TRS | 1985-12-31 | Tri Rd Sp M (30-39) | 3 | 10 |
| Kruger | Jacobus | M | TRS | 1982-09-29 | Tri Rd Sp M (30-39) | 3 | 10 |
| Bam | Nolen | M | TRS | 1981-07-31 | Tri Rd Sp M (30-39) | 5 | 7 |
| Buitendag | Pieter | M | TRS | 1988-08-24 | Tri Rd Sp M (30-39) | 5 | 7 |
| Currie | Andrew | M | TRS | 1979-12-25 | Tri Rd Sp M (30-39) | 5 | 7 |
| Allen | Markus | M | TRS | 1976-07-09 | Tri Rd Sp M (40-49) | 1 | 40 |
| Corker | Marc | M | TRS | 1972-04-29 | Tri Rd Sp M (40-49) | 2 | 14 |
| Coetzee | Josef | M | TRS | 1974-08-12 | Tri Rd Sp M (40-49) | 3 | 7 |
| Collett | Neil | M | TRS | 1969-05-03 | Tri Rd Sp M (40-49) | 3 | 7 |
| Buitenhuis | Jan | M | TRS | 1969-12-26 | Tri Rd Sp M (40-49) | 4 | 5 |
| Duggan | Patrick | M | TRS | 1974-07-09 | Tri Rd Sp M (40-49) | 4 | 5 |
| LIAKOS | COBUS | M | TRS | 1971-07-03 | Tri Rd Sp M (40-49) | 4 | 5 |
| Taljaard | Riaan | M | TRS | 1977-04-25 | Tri Rd Sp M (40-49) | 4 | 5 |
| greer | gareth | M | TRS | 1968-04-26 | Tri Rd Sp M (50+) | 1 | 30 |
| Hartmann | Reinhard | M | TRS | 1962-01-17 | Tri Rd Sp M (50+) | 2 | 15 |
| dix | tim | M | TRS | 1961-01-27 | Tri Rd Sp M (50+) | 3 | 10 |
| dix | tim | M | TRS | 1961-01-27 | Tri Rd Sp M (50+) | 4 | 7 |
| HILL | GREG | M | TRS | 1961-09-18 | Tri Rd Sp M (50+) | 4 | 7 |
| waldeck | Gavin | M | TRS | 1963-08-25 | Tri Rd Sp M (50+) | 4 | 7 |
| Morrison | Jonathan | M | TRS | 2002-04-24 | Tri Rd Sp M (Jun) | 1 | 27 |
| Coetzee | Daniel | M | TRS | 2002-02-16 | Tri Rd Sp M (Jun) | 2 | 16 |
| Du Preez | Ruan | M | TRS | 2001-06-01 | Tri Rd Sp M (Jun) | 3 | 12 |
| Jardim | Tomé | M | TRS | 2001-12-03 | Tri Rd Sp M (Jun) | 4 | 10 |
| Stroebel | Christiaan | M | TRS | 2001-06-06 | Tri Rd Sp M (Jun) | 4 | 10 |

Cross Tri Light

| Surname | Name | Sex | Dist | BirthDate | Category | P_Cat | Total points |
|--------------------|------------|-----|------|------------|--------------------|-------|--------------|
| Badenhorst | San-Marí | F | XTS | 1991-01-28 | X Tri Lt F (20-29) | 1 | 10 |
| Gordon | Bronwyn | F | XTS | 1992-03-31 | X Tri Lt F (20-29) | 1 | 10 |
| ROSELT | MARIONETTE | F | XTS | 1991-01-21 | X Tri Lt F (20-29) | 1 | 10 |
| Graham | Erin | F | XTS | 1995-08-23 | X Tri Lt F (20-29) | 4 | 7 |
| Hugo | Nadine | F | XTS | 1994-02-18 | X Tri Lt F (20-29) | 4 | 7 |
| Warburton | Lorraine | F | XTS | 1991-11-29 | X Tri Lt F (20-29) | 4 | 7 |
| Van Amersfoort | Sue-Ellen | F | XTS | 1981-05-01 | X Tri Lt F (30-39) | 1 | 17 |
| Botha | Evelyn | F | XTS | 1981-12-19 | X Tri Lt F (30-39) | 2 | 10 |
| Jansen | Sulet | F | XTS | 1981-04-13 | X Tri Lt F (30-39) | 2 | 10 |
| Langlois | Kate | F | XTS | 1984-09-02 | X Tri Lt F (30-39) | 2 | 10 |
| Ellison | Monica | F | XTS | 1980-12-02 | X Tri Lt F (30-39) | 5 | 7 |
| Neumann Forder | Nicole | F | XTS | 1988-06-23 | X Tri Lt F (30-39) | 5 | 7 |
| van wyk | eunice | F | XTS | 1987-03-13 | X Tri Lt F (30-39) | 5 | 7 |
| Keates | Vicky | F | XTS | 1972-11-09 | X Tri Lt F (40-49) | 1 | 23 |
| Harmse | Retha | F | XTS | 1978-09-27 | X Tri Lt F (40-49) | 2 | 10 |
| Janse van Rensburg | Elmie | F | XTS | 1971-11-23 | X Tri Lt F (40-49) | 2 | 10 |
| Bousema | Kitta | F | XTS | 1971-10-10 | X Tri Lt F (40-49) | 4 | 7 |
| Mostert | Lorette | F | XTS | 1971-08-21 | X Tri Lt F (40-49) | 4 | 7 |

| Surname | Name | Sex | Dist | BirthDate | Category | P_Cat | Total points |
|---------------|---------|-----|------|------------|--------------------|-------|--------------|
| van der Merwe | Riani | F | XTS | 1964-04-02 | X Tri Lt F (50+) | 1 | 30 |
| Parsons | Joreta | F | XTS | 1962-10-09 | X Tri Lt F (50+) | 2 | 7 |
| Kruger | Susan | F | XTS | 2000-11-07 | X Tri Lt F (Jun) | 1 | 10 |
| white | tatum | F | XTS | 2002-10-18 | X Tri Lt F (Jun) | 1 | 10 |
| Smuts | Desmond | M | XTS | 1990-02-06 | X Tri Lt M (20-29) | 1 | 17 |
| Jessop | Peter | M | XTS | 1993-09-01 | X Tri Lt M (20-29) | 2 | 10 |
| Komitsch | Jonas | M | XTS | 1993-09-19 | X Tri Lt M (20-29) | 2 | 10 |
| MALAN | WYNAND | M | XTS | 1989-03-12 | X Tri Lt M (20-29) | 2 | 10 |
| Terblanche | Enrico | M | XTS | 1996-05-07 | X Tri Lt M (20-29) | 5 | 8 |
| Acho | Donavin | M | XTS | 1979-12-15 | X Tri Lt M (30-39) | 1 | 10 |
| MEALKE | HEINTZ | M | XTS | 1979-02-10 | X Tri Lt M (30-39) | 1 | 10 |
| serfontein | deon | M | XTS | 1984-06-27 | X Tri Lt M (30-39) | 1 | 10 |
| Ras | Rikus | M | XTS | 1988-03-14 | X Tri Lt M (30-39) | 4 | 7 |
| Van der Walt | Jacobus | M | XTS | 1984-03-13 | X Tri Lt M (30-39) | 4 | 7 |
| Van Heerden | Pieter | M | XTS | 1984-03-09 | X Tri Lt M (30-39) | 4 | 7 |
| Gibson | Michael | M | XTS | 1978-01-20 | X Tri Lt M (40-49) | 1 | 20 |
| Stanley | Stephen | M | XTS | 1977-07-11 | X Tri Lt M (40-49) | 2 | 13 |
| Hare | Glenn | M | XTS | 1976-06-03 | X Tri Lt M (40-49) | 3 | 11 |
| Brown | Craig | M | XTS | 1973-06-18 | X Tri Lt M (40-49) | 4 | 7 |
| Kotze | Nel | M | XTS | 1978-04-24 | X Tri Lt M (40-49) | 4 | 7 |
| Mac | Andy | M | XTS | 1973-04-01 | X Tri Lt M (40-49) | 4 | 7 |
| McLaggan | Hamish | M | XTS | 1973-02-23 | X Tri Lt M (40-49) | 4 | 7 |
| Draper | Michael | M | XTS | 1967-06-28 | X Tri Lt M (50+) | 1 | 10 |
| van der Veen | Caleb | M | XTS | 2000-01-31 | X Tri Lt M (Jun) | 1 | 20 |
| Dippenaar | Zandre | M | XTS | 2000-04-08 | X Tri Lt M (Jun) | 2 | 10 |
| Wolfaardt | Shaun | M | XTS | 2005-02-21 | X Tri Lt M (Jun) | 2 | 10 |
| Campbell | Daniel | M | XTS | 2002-01-24 | X Tri Lt M (Jun) | 4 | 7 |
| Kieck | Blaine | M | XTS | 2004-05-10 | X Tri Lt M (Jun) | 4 | 7 |
| Nothnagel | Khan | M | XTS | 2000-10-21 | X Tri Lt M (Jun) | 4 | 7 |

Duathlon Road

| Surname | Name | Sex | Dist | BirthDate | Category | P_Cat | Total points |
|------------------|------------|-----|------|------------|-----------------|-------|--------------|
| Brookstein | Lara | F | DUR | 1992-11-14 | Du Rd F (20-29) | 1 | 10 |
| Malherbe | Johne | F | DUR | 1995-01-13 | Du Rd F (20-29) | 1 | 10 |
| Pinto | Maxine | F | DUR | 1991-05-15 | Du Rd F (20-29) | 1 | 10 |
| Dreyer | Victoria | F | DUR | 1994-06-01 | Du Rd F (20-29) | 4 | 7 |
| MEYER | LARA | F | DUR | 1992-12-17 | Du Rd F (20-29) | 4 | 7 |
| Bruchner | Antje | F | DUR | 1980-06-16 | Du Rd F (30-39) | 1 | 22 |
| Mattheus | Nicola | F | DUR | 1987-10-14 | Du Rd F (30-39) | 2 | 10 |
| MORGAN | DEBORAH | F | DUR | 1983-02-08 | Du Rd F (30-39) | 2 | 10 |
| SWANEPOEL | BERNICE | F | DUR | 1988-12-08 | Du Rd F (30-39) | 2 | 10 |
| KOTZE | ALIDA | F | DUR | 1981-04-17 | Du Rd F (30-39) | 5 | 7 |
| Kruger | Yolanda | F | DUR | 1982-07-13 | Du Rd F (30-39) | 5 | 7 |
| Chamberlain | Helena | F | DUR | 1971-07-04 | Du Rd F (40-49) | 1 | 31 |
| Cloete | Leonora | F | DUR | 1976-02-15 | Du Rd F (40-49) | 2 | 15 |
| Gianchino | Elisa | F | DUR | 1975-08-15 | Du Rd F (40-49) | 3 | 10 |
| Symcox | Candice | F | DUR | 1977-05-11 | Du Rd F (40-49) | 3 | 10 |
| van Rooyen | Mia | F | DUR | 1977-12-23 | Du Rd F (40-49) | 3 | 10 |
| Heyns | Ronelle | F | DUR | 1962-07-03 | Du Rd F (50+) | 1 | 27 |
| DE VRIES | SYLVIA | F | DUR | 1962-10-28 | Du Rd F (50+) | 2 | 10 |
| D'OLIVEIRA | NICOLINE | F | DUR | 1968-09-23 | Du Rd F (50+) | 2 | 10 |
| Millar | Denise | F | DUR | 1949-10-04 | Du Rd F (50+) | 4 | 7 |
| Scheepers | Charmaine | F | DUR | 1963-11-07 | Du Rd F (50+) | 5 | 5 |
| Horn | Jarryd | M | DUR | 2000-12-18 | Du Rd M (20-29) | 1 | 27 |
| van der merwe | Franco | M | DUR | 2001-11-15 | Du Rd M (20-29) | 2 | 17 |
| Blom | Christiaan | M | DUR | 2000-09-07 | Du Rd M (20-29) | 3 | 10 |
| Greyling | Schalk | M | DUR | 1991-01-15 | Du Rd M (20-29) | 4 | 7 |
| Pettit | Eugene | M | DUR | 1992-06-10 | Du Rd M (20-29) | 4 | 7 |
| Janse van Vuuren | Shawn | M | DUR | 1980-05-28 | Du Rd M (30-39) | 1 | 11 |

| Surname | Name | Sex | Dist | BirthDate | Category | P_Cat | Total points |
|---------------|-------------|-----|------|------------|-----------------|-------|--------------|
| LE GRANGE | LOUIS | M | DUR | 1988-06-25 | Du Rd M (30-39) | 2 | 10 |
| mdaba | fezidinga | M | DUR | 1980-03-10 | Du Rd M (30-39) | 2 | 10 |
| Parkin | Terence | M | DUR | 1980-04-12 | Du Rd M (30-39) | 2 | 10 |
| Amichand | Abhishek | M | DUR | 1980-04-25 | Du Rd M (30-39) | 5 | 7 |
| du Plessis | Gysbert | M | DUR | 1984-07-18 | Du Rd M (30-39) | 5 | 7 |
| ellis | david | M | DUR | 1986-04-10 | Du Rd M (30-39) | 5 | 7 |
| Olivier | Francois | M | DUR | 1987-12-26 | Du Rd M (30-39) | 5 | 7 |
| Visser | Jacobus | M | DUR | 1978-09-03 | Du Rd M (40-49) | 1 | 17 |
| Dixon | Andrew John | M | DUR | 1974-05-31 | Du Rd M (40-49) | 2 | 10 |
| Moorhouse | Mark | M | DUR | 1973-10-11 | Du Rd M (40-49) | 2 | 10 |
| WALKER | BLAIR | M | DUR | | Du Rd M (40-49) | 2 | 10 |
| van der Merwe | Ian | M | DUR | 1971-01-18 | Du Rd M (40-49) | 5 | 8 |
| cranston | ray | M | DUR | 1963-03-05 | Du Rd M (50+) | 1 | 30 |
| Kohler | Kai | M | DUR | 1967-01-11 | Du Rd M (50+) | 2 | 10 |
| roux | Barry | M | DUR | 1955-11-21 | Du Rd M (50+) | 2 | 10 |
| Beyers | Mathys | M | DUR | 1966-03-20 | Du Rd M (50+) | 4 | 7 |
| carle | james | M | DUR | 1963-06-05 | Du Rd M (50+) | 4 | 7 |
| DE VRIES | PETER | M | DUR | 1962-11-23 | Du Rd M (50+) | 4 | 7 |
| Rowbotham | Derek | M | DUR | 1962-01-17 | Du Rd M (50+) | 4 | 7 |

Cross Duathlon

| Surname | Name | Sex | Dist | BirthDate | Category | P_Cat | Total points |
|--------------|-----------|-----|------|------------|----------------|-------|--------------|
| Anderson | Catharina | F | DUX | 1996-06-09 | X Du F (20-29) | 1 | 10 |
| Erwee | Chanel | F | DUX | 1996-05-13 | X Du F (20-29) | 1 | 10 |
| V NIEKERK | IZEL | F | DUX | | X Du F (20-29) | 1 | 10 |
| Blume | Karin | F | DUX | 1986-06-26 | X Du F (30-39) | 1 | 10 |
| BRAND | YOLANDE | F | DUX | 1978-07-31 | X Du F (30-39) | 1 | 10 |
| Marshall | Chèri | F | DUX | 1981-12-06 | X Du F (30-39) | 1 | 10 |
| Porobich | Cindy | F | DUX | 1979-06-11 | X Du F (30-39) | 1 | 10 |
| Snyman | Christina | F | DUX | 1979-05-27 | X Du F (30-39) | 5 | 7 |
| Kieck | Bernice | F | DUX | 1977-02-08 | X Du F (40-49) | 1 | 10 |
| FISHER | LYNN | F | DUX | 1963-09-12 | X Du F (50+) | 1 | 10 |
| du Toit | Dean | M | DUX | 2001-10-01 | X Du M (20-29) | 1 | 30 |
| Greer | Calym | M | DUX | 2003-08-28 | X Du M (20-29) | 2 | 7 |
| Hugo | Jonathan | M | DUX | 1994-12-12 | X Du M (20-29) | 2 | 7 |
| Wolfaardt | Shaun | M | DUX | 2005-02-21 | X Du M (20-29) | 2 | 7 |
| Bezuidenhout | Pieter | M | DUX | 1991-03-04 | X Du M (20-29) | 5 | 5 |
| Carbonell | Maxl | M | DUX | 1996-04-26 | X Du M (20-29) | 5 | 5 |
| Terblanche | Armand | M | DUX | 2000-09-19 | X Du M (20-29) | 5 | 5 |
| Van Niekerk | Stefan | M | DUX | 1986-12-20 | X Du M (30-39) | 1 | 20 |
| Campbell | Leroy | M | DUX | 1983-11-26 | X Du M (30-39) | 2 | 10 |
| Vanneste | Tom | M | DUX | 1987-06-26 | X Du M (30-39) | 2 | 10 |
| Els | Willie | M | DUX | 1982-06-27 | X Du M (30-39) | 4 | 7 |
| Kitching | johan | M | DUX | 1979-04-26 | X Du M (30-39) | 4 | 7 |
| Perry | Oliver | M | DUX | 1988-02-13 | X Du M (30-39) | 4 | 7 |
| Van Zyl | Corne | M | DUX | 1984-09-14 | X Du M (30-39) | 4 | 7 |