



START LIST AS ON 13 FEB 2023

BIB NO	AGE GRP	NAME	SURNAME	AWA	TRICLUB
FEMALES					
208	F18-24	Aleksandra	Anchina		
175	F18-24	Carla	Hopkins		Maverick Athletic Club
209	F18-24	Jade	Morris		
61	F25-29	Kyla	Burden	AWA Gold	Matrix Multisport
210	F25-29	Hanja	Heine		OMNi-BiOTiC POWERTEAM
211	F25-29	Marga	Janse Van Rensburg		
97	F25-29	Michelle	Krebs	AWA Silver	Dinamic Multisport
212	F25-29	Lisa	Oberosler		
213	F25-29	Phia-Marie	Payne		
214	F25-29	Clarize	Prinsloo		Stellenbosch Triathlon Squad
215	F25-29	Hanre	Van Wyk		
216	F25-29	Madeleen	Van Zuydam	AWA Bronze	
217	F25-29	Louise	Victor		
218	F25-29	Jomari	Vosloo		
219	F25-29	Lucy	Young		ONE80 Multisport
220	F30-34	Dionne	Allen		
221	F30-34	Odette	Bergh		
222	F30-34	Jenna	Bowes		
223	F30-34	Trischa	Buys		My Training Day
224	F30-34	Michelle	Cremer		Aspire #LiveFit
225	F30-34	Tania	Du Plessis		
226	F30-34	Amori	Gerber		
227	F30-34	Raeesa	Hansrod		
228	F30-34	Elizca	Jacobs		
229	F30-34	Nicola	Janse Van Rensburg		
230	F30-34	Zayntana	Jonsson		
231	F30-34	Yolandi	Laubscher		Club MSM (Multisport-Maniacs)
232	F30-34	Rosanne	Lombard		My Training Day
233	F30-34	Nolukhanyo	Madlingozi		TEAM TISSINK TRIATHLON

234	F30-34	Tamsyn	Muller		
235	F30-34	Melissa	Nel		Performance Multisport SA
107	F30-34	Megan	Newman	AWA Silver	Maverick Athletic Club
98	F30-34	Alexandra	Reid	AWA Silver	Wingman Multisport
236	F30-34	Nakita	Swait	AWA Bronze	Pure Symmetry Multisport (PSM)
237	F30-34	Merciale	Swanepoel	AWA Bronze	Pure Symmetry Multisport (PSM)
238	F30-34	Liza	Visser		
239	F30-34	Rosalind	Waterman		
240	F30-34	Olesya	Zavolokina		
69	F35-39	Chantel	Coetzer	AWA Gold	Havering Tri
163	F35-39	Linda	De Nysschen		Matrix Multisport
68	F35-39	Eulali	Gouws	AWA Gold	Maverick Athletic Club
241	F35-39	Irma	Jansen Van Nieuwenhuizen		
242	F35-39	Lindie	Kessell		Atlantic Triathlon Club (ATC)
243	F35-39	Catherine	Li		Sonic Sports Association
177	F35-39	Elise	Meyering		Maverick Athletic Club
244	F35-39	Tara	Moffitt		
245	F35-39	Nicol	Müller		Embark
246	F35-39	Chrystal	Pearce		
247	F35-39	Katherine	Plichta		
248	F35-39	Terri-Ann	Radloff		Embark
180	F35-39	Samantha	Rosenstein		Maverick Athletic Club
108	F35-39	Lotte	Van Trigt	AWA Silver	Team Sirius Tri Club
249	F40-44	Maya	Bach		TriDubai
73	F40-44	Kerstin	Bannwolf	AWA Gold	TRI-TEAM SSV ETTLINGEN
250	F40-44	Daniella	Berger		
251	F40-44	Svetla	Bleske		ThreeGIANTS
252	F40-44	Lizette	Brits		Dinamic Multisport
253	F40-44	Carika	Burton		TEAM TISSINK TRIATHLON
254	F40-44	Nedene	Cahill		
255	F40-44	Lara	Chant		PURAviḍā Triathlon

256	F40-44	Estie	Cloete	AWA Bronze	Cape Multisport
119	F40-44	Lindy-Lee	Folscher	AWA Silver	
258	F40-44	Reani	Fouche		
71	F40-44	Jessica	Harvey	AWA Gold	
259	F40-44	Kim	Heger	AWA Bronze	
260	F40-44	Berge	Iliev		Embark
115	F40-44	Marta	Jekot	AWA Silver	Atlantic Triathlon Club (ATC)
261	F40-44	Rogeema	Kenny		Atlantic Triathlon Club (ATC)
262	F40-44	Monika	Kraushaar	AWA Bronze	
75	F40-44	Ines	Najvirt	AWA Gold	
263	F40-44	Charne	Nel	AWA Bronze	Trifactri
72	F40-44	Inalize	Oosthuizen	AWA Gold	TriDubai
264	F40-44	Christa	Palm		Potch Multisport
265	F40-44	Hayley	Pogir		
266	F40-44	Marlise	Roodt		
267	F40-44	Elise	Steynberg	AWA Bronze	TEAM TISSINK TRIATHLON
268	F40-44	Gerrida	Uys		Trifactri
269	F40-44	Elzabe	Van Den Heever		Trivium Triathlon
123	F40-44	Sylvia	Van Tromp	AWA Silver	Matrix Multisport
270	F40-44	Cindy	Williamson		
170	F40-44	Magdell	Woodward		Matrix Multisport
271	F40-44	Jennifer	Zenker	AWA Bronze	Melbourne Triathlon Club Inc
272	F45-49	Louise	Axon		TEAM TISSINK TRIATHLON
273	F45-49	Sallie	Baisley	AWA Bronze	MyProCoach
274	F45-49	Paola	Baquero		
162	F45-49	Therena	Bartmann	AWA Bronze	Matrix Multisport
275	F45-49	Fernanda	Degow		
276	F45-49	Leana	Esterhuizen		
277	F45-49	Agnes	Fontaine		
278	F45-49	Annemarie	Kropman	AWA Bronze	Wingman Multisport
279	F45-49	Corina	Landtwing	AWA Bronze	TRISTAR Schaffhausen
280	F45-49	Cornelia	Liebenberg		Cape Multisport
281	F45-49	Ade	Mare		
282	F45-49	Mandy	Marlin		
283	F45-49	Hayley	Mee		Team Just-In

284	F45-49	Lorraine	Oberholzer		
129	F45-49	Emily	Ormerod	AWA Silver	
128	F45-49	Debbie	Paul	AWA Silver	TEAM TRI-LAB
286	F45-49	Amanda	Pieterse		
287	F45-49	Robyn	Schlebusch Green		PURAviā Triathlon
288	F45-49	Lorraine	Strydom		
289	F45-49	Sandra	Van Aswegen		
290	F45-49	Keri	Vorster		Trivium Triathlon
291	F45-49	Britta	Wenske		
81	F50-54	Simone	Boehm	AWA Gold	sisu-training
292	F50-54	Sonia	Bongiolo		
293	F50-54	Rinaldi	Botes		
294	F50-54	Alita	Bothma	AWA Bronze	
295	F50-54	Jenny	Cairns		
296	F50-54	Paddy	Cloete	AWA Bronze	
297	F50-54	Adele	Cowley		
298	F50-54	Emda	Fourie		
299	F50-54	Charlene	Groenewald		
300	F50-54	Shellie	Heggenberger		Deschutes Multisport Club
301	F50-54	Lisa	Hen-Boisen		TEAM TISSINK TRIATHLON
302	F50-54	Carolin	Knobelspies		Primal Endurance
303	F50-54	Lize-Mari	Kreusch		
304	F50-54	Alicja	Medak		
305	F50-54	Sylvie	Moural Garcez Palha		
306	F50-54	Karen	Nortje		MyProCoach
307	F50-54	Helen	Rutt		The STP Collective
308	F50-54	Sandra	Schöni		
309	F50-54	Hannelle	Smith	AWA Bronze	
310	F50-54	Anni	Summer		
311	F50-54	Elzana	Swanepoel		
312	F50-54	Chloe	Thomas	AWA Bronze	Sonic Sports Association
313	F50-54	Gerda	Van Der Walt		
142	F50-54	Judy	Vanderwagen	AWA Silver	
314	F50-54	Marsha	Wessels		
315	F55-59	Melika	Betley	AWA Bronze	Oman Triathlon
316	F55-59	Cavill	Cordes		
172	F55-59	Michelle	Enslin	AWA Bronze	Maverick Athletic Club
317	F55-59	Liezel	Potgieter		Atlantic Triathlon Club (ATC)
318	F55-59	Jeannine	Ruffels	AWA Bronze	Atlantic Triathlon Club (ATC)

319	F55-59	Sue	Stockley		
320	F55-59	Megan	Tobin	AWA Bronze	TMT Coaching
321	F55-59	Genelle	Van Der Riet		
322	F55-59	Yvette	Van Der Westhuizen		
323	F55-59	Celeste	Van Rensburg		NRGPT
324	F55-59	Deirdre	Wilson		BlooZone Multisport
325	F60-64	Joy	Holme		Embark
326	F60-64	Karen	O'Leary		
327	F60-64	Monica	Roode		My Training Day
94	F60-64	Elma	Van Noordwyk	AWA Gold	Cape Multisport
328	F65-69	Hazel	Aggett		
329	F65-69	Takako	Morinaga	AWA Bronze	
MALES					
330	M18-24	Dylan	Bunn		
828	M18-24	Colin	Fleming	AWA Silver	
331	M18-24	Tim	Kotze		
332	M18-24	Tian	Lotter		
333	M18-24	Connor	O'Brien		
334	M18-24	Matthew	Pitt		
335	M18-24	Harry	Webb		
336	M25-29	Francois	Bekker		
337	M25-29	Jandre	Bezuidenhout		
338	M25-29	Malan	Bosman		
339	M25-29	Jaryd	Browne		
62	M25-29	Nico	Burden	AWA Gold	Matrix Multisport
340	M25-29	Dillon	Cain		
341	M25-29	Reece	Comley		
342	M25-29	Luke	Couzens		
343	M25-29	Rashaad	Dadoo		
344	M25-29	Nicholas	Daras		
345	M25-29	Christophe	De Brabander		
346	M25-29	Christopher	Dott		
347	M25-29	Andries	Du Toit		
96	M25-29	Kobus	Engelbrecht	AWA Silver	
348	M25-29	Janu	Engelbrecht		
349	M25-29	Alex	Freeman-Hall		Army Triathlon Association
350	M25-29	Carson	Higgs		
351	M25-29	Marius	Lang		
352	M25-29	Bryce	Lloyd		
353	M25-29	Inus	Lutz		Sterk Span Coaching Academy
193	M25-29	Zahir	Mayet		Tri Anyone
354	M25-29	Connor	Mercer	AWA Bronze	

822	M25-29	Francois	Mienie		Trivium Triathlon
355	M25-29	Tiaan	Niemann	AWA Bronze	My Training Day
356	M25-29	Rohit	Pisal		
357	M25-29	Muhammad	Saloojee		
358	M25-29	Conrad	Strauss		
359	M25-29	Cornelius	Taljaard		
360	M25-29	Hermann	Thormahlen		
361	M25-29	Ross	Van Coller		
362	M25-29	Jan-Hendrik	Van Der Wateren		
363	M25-29	Lieben	Victor		
364	M25-29	Chris	Viljoen		Dinamic Multisport
365	M25-29	Raymond	Wagener		
366	M25-29	Andreas	Ziemkendorf		
367	M30-34	Jaco	Carstens		
368	M30-34	Jarryd	Bates		
369	M30-34	Dewald	Beumer		
370	M30-34	Brian	Beyers		
63	M30-34	Patryk	Bielik	AWA Gold	TriDubai
371	M30-34	Justin	Bothma		
102	M30-34	Allan	Britnell	AWA Silver	
372	M30-34	Sergei	Bugorskii		
373	M30-34	Storme	Burger		
374	M30-34	Haydn	Corke		
375	M30-34	James	Daniel		
100	M30-34	Heynrich	Du Toit	AWA Silver	Wellington Triathlon Club (NZ)
376	M30-34	Christiaan	Du Toit		
377	M30-34	CJ	Erleben		
378	M30-34	Muhammed	Essack		
379	M30-34	Wian	Fourie		
101	M30-34	Jeronimo	Gaggini	AWA Silver	
380	M30-34	Christian	Geimer		Die MANNschaft e.V.
381	M30-34	Taylor	Gibb		
382	M30-34	Stefan	Ging	AWA Bronze	
383	M30-34	Aleksandr	Grishin		
384	M30-34	Marco	Grobbelaar		
385	M30-34	Thinus	Helberg		
386	M30-34	Edwin	Jeppe		
387	M30-34	Dean	Joffe		Troisport
388	M30-34	Iskander	Karim		
389	M30-34	Mikko	Karppinen		Turun Urheiluliitto Triathlon

390	M30-34	Muhammed	Kathrada		
391	M30-34	Johan	Koegelenberg		
176	M30-34	Marc	Kourie	AWA Bronze	Maverick Athletic Club
393	M30-34	Heinrich	Kruger		
99	M30-34	Greg	Laxton	AWA Silver	Maverick Athletic Club
394	M30-34	Hugo	Lombard		
395	M30-34	JP	Maritz		
396	M30-34	Nick	Mills		
397	M30-34	Ross	Morum		
398	M30-34	Rudolf	Naude		
400	M30-34	HJ	Nel		
401	M30-34	Juan-Pierre	Nel		
402	M30-34	Craig	Neuper		Sterk Span Coaching Academy
106	M30-34	Nicholas	O'Gorman	AWA Silver	
403	M30-34	Ben	Ohayon		CLUB 226
404	M30-34	Rahul	Puranik		
405	M30-34	Brad	Rabbitte		Embark
406	M30-34	Darren	Rossouw		
407	M30-34	Felix	Roth		
408	M30-34	Adriaan	Schlebusch		
409	M30-34	Sanele	Shange		
410	M30-34	Joubert	Spies		
411	M30-34	Arno	Stander	AWA Bronze	Trivium Triathlon
412	M30-34	Niel	Swart		Infinitude Racing
413	M30-34	Chad	Toohey		
414	M30-34	Simon	Tournemine		
415	M30-34	Jason	Trautman		
105	M30-34	Sybrand	Van Dyk	AWA Silver	Concord Triathlon Club
416	M30-34	Gerrit	Van Dyk	AWA Bronze	Trifactri
417	M30-34	Thomas	Van Schalkwyk		
418	M30-34	Johnny	Van Wyk		Try Again Tri
103	M30-34	Roelf	Vermeulen	AWA Silver	Wingman Multisport
419	M30-34	Hanno	Vermeulen		
420	M30-34	Tiaan	Visser		
183	M30-34	Mark	Walraven		Maverick Athletic Club
421	M30-34	Ruan	Weber		

821	M30-34	Hannes	Welman		
422	M30-34	Sean	Whitehead		
423	M30-34	Erik	Williamson		
104	M30-34	Marcus	Zell	AWA Silver	
424	M35-39	Yusuf	Arendse		
425	M35-39	Rudi	Baatjes		
426	M35-39	Andrea	Banfi		
427	M35-39	Anton	Bereznyak	AWA Bronze	Sberbank Triathlon Team
428	M35-39	Donovan	Blom		
429	M35-39	Werner	Botha		Stellenbosch Triathlon Squad
430	M35-39	Govann	Botha	AWA Bronze	
431	M35-39	Gideon	Broodryk		
432	M35-39	Jack	Burns		
433	M35-39	Ross	Cairns		
434	M35-39	Javier	Carmona Mansilla		
171	M35-39	Ian	Charters	AWA Bronze	Maverick Athletic Club
435	M35-39	Konrad	Clifton		
436	M35-39	Tom	Crotty		
437	M35-39	Muhammed	Dalal		
438	M35-39	Roy	Davis		
439	M35-39	Hannes	De Kock		
827	M35-39	Dmitrii	Demchuk		
440	M35-39	Louis	Du Pisani		
441	M35-39	Owen	Ehlers		
442	M35-39	Ryan	Eichstadt		
443	M35-39	Luis	Elías Huerta		Trimexico
444	M35-39	Pieter	Engelbrecht		Pure Symmetry Multisport (PSM)
173	M35-39	Warren	Espey		Maverick Athletic Club
445	M35-39	Michael	Francis		
109	M35-39	Matthew	Franzsen	AWA Silver	Pure Symmetry Multisport (PSM)
112	M35-39	Ryan	Frey	AWA Silver	Trifactri
67	M35-39	Thibaud	Friess	AWA Gold	
446	M35-39	Herbert	Grobler	AWA Bronze	
447	M35-39	Jaco	Groenewald		Trivium Triathlon

174	M35-39	Strath	Hagemann		Maverick Athletic Club
448	M35-39	Hechter	Hansen		
449	M35-39	Renier	Harmse		
450	M35-39	Yoshinori	Hasebe		
451	M35-39	Ernst	Hattingh		
452	M35-39	Chad	Haverly		
453	M35-39	Jinwen	He		
454	M35-39	Bradley	Heydenrych		
455	M35-39	Lawson	Hunt		
113	M35-39	David	Hynes	AWA Silver	Oman Triathlon
456	M35-39	Brian	Johnson		
457	M35-39	Yerzhan	Kanayev		MyProCoach
458	M35-39	Craig	Kidgell		
459	M35-39	Jiří	Klement		TITAN sport club (CZ)
460	M35-39	Jaco-Chris	Koorts		
111	M35-39	Ivan	Krestinin	AWA Silver	
461	M35-39	Zako	Kruger		Aspire #LiveFit
462	M35-39	Pieter	Laubscher		
463	M35-39	Justin	Leeson		
464	M35-39	Ludwig	Loock		
465	M35-39	Roberto	Marchesi		Club MSM (Multisport-Maniacs)
466	M35-39	Roger	Mcghee		
167	M35-39	Kyle	Mchugh		Matrix Multisport
467	M35-39	Lars	Meyer		
468	M35-39	Nikolay	Mikhailtsov		
469	M35-39	Jonatan	Mortarini		
64	M35-39	Artem	Mosalev	AWA Gold	
470	M35-39	Abelang	Mosweu		
178	M35-39	Alexandros	Murray	AWA Bronze	Maverick Athletic Club
471	M35-39	Khumbulani	Ncube		PEaK Team Coaching
472	M35-39	S.J.	Nortje		
473	M35-39	Charl	Olivier		
110	M35-39	Alex	Papadopoulos	AWA Silver	
830	M35-39	Mohammad	Peer		
474	M35-39	Shannon	Peters		
475	M35-39	Ryan	Pfeifer		MyProCoach
476	M35-39	Michael	Plaxton-Harrison		Trifactri
168	M35-39	Wilhelmus	Potgieter		Matrix Multisport

477	M35-39	Wesley	Procter	AWA Bronze	Stellenbosch Triathlon Squad
478	M35-39	Shane	Rafferty		Sacramento Triathlon Club
479	M35-39	Herman	Retief		
480	M35-39	Carlo	Rodrigues-Farinha		
200	M35-39	Ahmed	Sali		Tri Anyone
65	M35-39	Andre	Sanches	AWA Gold	BR Esportes
826	M35-39	Marco	Schepers		
481	M35-39	Lee	Scott		
482	M35-39	Pieter	Seyffert		
483	M35-39	Oliver	Siedl		
484	M35-39	Werner	Slabbert		
485	M35-39	Robert	Slabbert	AWA Bronze	Sterk Span Coaching Academy
486	M35-39	Jacques	Stein	AWA Bronze	
832	M35-39	Nico	Sterk		Sterk Span
487	M35-39	Matthew	Stuart-Fox		Stellenbosch Triathlon Squad
488	M35-39	Gregory	Taylor		
489	M35-39	Yan	Tikhanov		Training System
490	M35-39	Stefan	Trost	AWA Bronze	
491	M35-39	Clive	Tucker		
492	M35-39	Aadil	Vally		
493	M35-39	Xylon	Van Eyck	AWA Bronze	Aspire #LiveFit
494	M35-39	Chaitanya	Velhal		Team PowerPeaks
495	M35-39	Hanco	Venter		
496	M35-39	Olof	Vorster		
497	M35-39	Coert	Vorster		
184	M35-39	Steven	Williams	AWA Bronze	Maverick Athletic Club
498	M35-39	Timothy	Wilson		TRACE Multisport
499	M35-39	Bradley	Wise		
500	M35-39	Dusty	Wolmarans		Embark
66	M35-39	Daniyar	Zhanabekov	AWA Gold	
185	M40-44	Mohammed	Abdulhai		Tri Anyone
501	M40-44	Aphinda	Afrika		
186	M40-44	Fazel	Ally		Tri Anyone
502	M40-44	Venkatesh	Anbazhagan		
503	M40-44	Shane	Andrews		

504	M40-44	Billal	Arbi		
505	M40-44	Stephan	Blomerus		
506	M40-44	Paul	Bolton	AWA Bronze	
121	M40-44	Andre	Booyens	AWA Silver	
507	M40-44	Jaco	Botha		Pure Symmetry Multisport (PSM)
508	M40-44	Bernard	Botha		
509	M40-44	Andre	Brand		Atlantic Triathlon Club (ATC)
510	M40-44	Sanjeev	Budhram		
511	M40-44	Roberto	Carrari		
512	M40-44	Grant	Carter-Moore		Chester Triathlon Club
513	M40-44	Kian	Chong		
514	M40-44	Darryll	Christie		
515	M40-44	David	Cilliers		Sterk Span Coaching Academy
516	M40-44	Flip	Cloete	AWA Bronze	Cape Multisport
517	M40-44	Cobus	Coetsee		
518	M40-44	Theunis	Coetzee		
519	M40-44	Steven	Cooper		
520	M40-44	Yusuf	Coovadia		
521	M40-44	Hugo	Correia		
522	M40-44	Guy	Crichton		TEAM TISSINK TRIATHLON
120	M40-44	Andrew	Crowe	AWA Silver	
523	M40-44	Ayanda	Dakana		
524	M40-44	Marco	De Nardi		A3 Triathlon
525	M40-44	Frederic	Delsart		
526	M40-44	Bennie	Du Plessis		
527	M40-44	Wilhelm	Du Plessis		Wingman Multisport
528	M40-44	Jamie	Edmunds	AWA Bronze	TriDubai
529	M40-44	Niko	Engel		
530	M40-44	Peter	Fenwick		
531	M40-44	Aaron	Fleming		Southland Triathlon & Multisport Club

76	M40-44	Mikhail	Fomin	AWA Gold	CityLink
532	M40-44	Damien	Giroussens	AWA Bronze	
533	M40-44	Brent	Godfrey		Atlantic Triathlon Club (ATC)
534	M40-44	William	Greig		
535	M40-44	Chappie	Jackson		Stellenbosch Triathlon Squad
70	M40-44	Benjamin	Janse Van Rensburg	AWA Gold	Matrix Multisport
118	M40-44	Ben	Kent	AWA Silver	
165	M40-44	Ewert	Kleynhans		Matrix Multisport
536	M40-44	Jacobus	Kruger		
537	M40-44	Freddy	Kruger		
538	M40-44	Frederic	Lavailotte	AWA Bronze	
539	M40-44	Liam	Lawson		
540	M40-44	Olaotse	Leepile		
116	M40-44	Jonty	Low	AWA Silver	Wingman Multisport
541	M40-44	Tshepo	Mamorare		
829	M40-44	Michele	Mangerini		
542	M40-44	Loyiso	Manjezi		
543	M40-44	Wolfgang	Maralik		
544	M40-44	Daniel	Marcus		Atlantic Triathlon Club (ATC)
545	M40-44	Andrew	Marriott		
546	M40-44	Ignacio	Martín Iglesias		
547	M40-44	Riaan	Matthys	AWA Bronze	
548	M40-44	Alexander	Mccrea		
549	M40-44	Vuyisa	Mfinci		
194	M40-44	Warren	Michael		Tri Anyone
550	M40-44	Macfarlane	Moleli		
551	M40-44	Enea	Monaco	AWA Bronze	ENERgiA
552	M40-44	Mario	Moural Garcez Palha		
114	M40-44	Leon	Naude	AWA Silver	Matrix Multisport
553	M40-44	Mphumzi	Ndamase		
555	M40-44	Aleksandr	Nesgovorov		Training System
556	M40-44	Ben	Nortier		

557	M40-44	Gavin	O'Byrne		
558	M40-44	Christo	Olivier	AWA Bronze	
559	M40-44	Jonathan	Osbourne		
560	M40-44	Muhammad	Osman		
561	M40-44	Regardt	Peyper		
562	M40-44	Tshepo	Pitse	AWA Bronze	
179	M40-44	Nicholas	Porteous		Maverick Athletic Club
563	M40-44	Charl	Pretorius		
564	M40-44	Charles	Price		Chester Triathlon Club
565	M40-44	Daniel	Pringle		
566	M40-44	Craig	Quinton		Embark
567	M40-44	Mark	Raine		
568	M40-44	Barry	Rankin		
570	M40-44	Johan	Rheeders	AWA Bronze	Stellenbosch Triathlon Squad
571	M40-44	Gordon	Rose	AWA Bronze	Triclub Doha
169	M40-44	Mark	Rossi		Matrix Multisport
201	M40-44	Mohammed	Seedat		Tri Anyone
572	M40-44	Sergey	Shakirov	AWA Bronze	RedLava Team
573	M40-44	Sibusiso	Sindane		
823	M40-44	Ritam	Sinha		
574	M40-44	Brook	Stevens		
575	M40-44	Willie	Swart		
576	M40-44	Jaco	Swart		
122	M40-44	Belmiro	Tesser Junior	AWA Silver	Peaks Coaching Group Brasil
577	M40-44	Patrick	Tigue		
578	M40-44	Dmitry	Tikhanov		
579	M40-44	Yoshito	Uehara		
580	M40-44	Shawn	Van Der Meulen		ONE80 Multisport
581	M40-44	Keith	Van Dyk		
582	M40-44	Reno	Van Rooyen		
583	M40-44	Marco	Van Tonder		De Bruin Train
117	M40-44	Johannes	Vorster	AWA Silver	Matrix Multisport
584	M40-44	Jono	Waddell		Trifactri
585	M40-44	Travis	Walker		
586	M40-44	Tim	Walwyn		

587	M40-44	Albert	Williams		
588	M40-44	Duncan	Willsher	AWA Bronze	
589	M40-44	Gawie	Wolmarans		
590	M40-44	Michael	Ziemann		Triathlon Team Düsseldorf
591	M45-49	Waleed	Abrahams		
136	M45-49	Hashem	Alharbi	AWA Silver	UAE TRIATHLON TEAM
592	M45-49	Joao	Antunes		
593	M45-49	Simon	Bell		
595	M45-49	Jan	Bláha		BTT Libochovice
594	M45-49	Louis	Blom		
596	M45-49	Herman	Boneschans		
597	M45-49	Aubrey	Bosch		
132	M45-49	Andrew	Botha	AWA Silver	Matrix Multisport
598	M45-49	Chris	Botha		
126	M45-49	Richard	Bruce	AWA Silver	
600	M45-49	Florin	Cazan		
188	M45-49	Abdul	Chafekar		Tri Anyone
601	M45-49	Amer	Chebaro		NFC Endurance
602	M45-49	Christopher	Cokayne		
603	M45-49	Grant	Coley		
604	M45-49	James	Cruickshank		
605	M45-49	Andrew	Cunningham		
606	M45-49	Cobus	De Villiers		
607	M45-49	Japie	De Wet		
608	M45-49	Louwrens	De Wet		
609	M45-49	Viacheslav	Deshevykh		
610	M45-49	Jason	Edgecomb		
611	M45-49	Jan	Ellis		
612	M45-49	Jason	Ensor		Aspire #LiveFit
613	M45-49	Philip	Erasmus		
134	M45-49	Marko	Femc	AWA Silver	Olimpija triatlon klub
79	M45-49	Wyllo	Ferreira Junior	AWA Gold	cbsports
614	M45-49	Gregory	Flint		
615	M45-49	Zachie	Fourie		
616	M45-49	Llewellyn	Goldswain		De Bruin Train
617	M45-49	Allan	Graves		
191	M45-49	Nasiegh	Hamdulay		Tri Anyone
618	M45-49	Bryant	Hardy		
619	M45-49	Pieter	Jonas	AWA Bronze	De Bruin Train
620	M45-49	Alwyn	Jordaan		
621	M45-49	Faizel	Joseph		

622	M45-49	Roelof	Joubert		Atlantic Triathlon Club (ATC)
623	M45-49	Mohamed	Karim		
624	M45-49	Yuri	Katanov		
166	M45-49	André	Koornhof		Matrix Multisport
625	M45-49	Gary	Kruise		KimiTri
626	M45-49	Leon	Lambrechts		
627	M45-49	Thomas	Landtwing	AWA Bronze	TRISTAR Schaffhausen
628	M45-49	Clint	Lieberum		
629	M45-49	Marco	Lopez	AWA Bronze	TRI-TEAM SSV ETTLINGEN
130	M45-49	Juan	López Garrido	AWA Silver	
630	M45-49	Hendrik	Louw		
631	M45-49	Marchie	Malan	AWA Bronze	Cape Multisport
77	M45-49	Benoit	Marcolini	AWA Gold	TRITYC
192	M45-49	Lloyd	Marlowe		Tri Anyone
632	M45-49	Craig	Maulson		Embark
633	M45-49	Vongani	Mbhokota		
634	M45-49	Gregg	Mcwilliams		
635	M45-49	Ross	Mcwilliams		
127	M45-49	Joze	Mehle	AWA Silver	
636	M45-49	Leon	Meyer		
198	M45-49	Mohamed	Motala		Tri Anyone
637	M45-49	Kura	Mszongo		
638	M45-49	Jaco	Muller	AWA Bronze	
639	M45-49	Paul	Mwanza		
133	M45-49	Werner	Nel	AWA Silver	De Bruin Train
640	M45-49	Ernest	Nel		
125	M45-49	Charrier	Nicolas	AWA Silver	
641	M45-49	Muhammad	Osman		Embark
642	M45-49	Aashiek	Parker		Atlantic Triathlon Club (ATC)
643	M45-49	Vaclav	Petrasek		
644	M45-49	Gareth	Pile		
199	M45-49	Panda	Qamata	AWA Bronze	Tri Anyone
645	M45-49	Pat	Rich		
646	M45-49	Marcos	Rosa		
647	M45-49	Imraan	Sardar		
648	M45-49	Hendrik	Scheepers		

131	M45-49	Kai	Schroeder	AWA Silver	SG Stern Gaggenu
649	M45-49	Oteng	Sebonego		
650	M45-49	Bradley	Simpson		Trifactri
651	M45-49	Reon	Smal		Cape Multisport
135	M45-49	George	Smit	AWA Silver	
78	M45-49	Tim	Soetens	AWA Gold	
652	M45-49	Hein	Stander		
653	M45-49	Jaco	Steyn		Cape Multisport
654	M45-49	Francois	Timotheus		
655	M45-49	Nikolay	Titev		Palazov
80	M45-49	Kimmo	Tuunanen	AWA Gold	Koa Sports
124	M45-49	Alfons	Van Der Vyver	AWA Silver	Pure Symmetry Multisport (PSM)
656	M45-49	Riaan	Van Zyl		
657	M45-49	Balthazar	Vorster		
658	M45-49	David	Walsh	AWA Bronze	Australian Defence Triathlon Club
659	M45-49	Grant	Williamson		TEAM TISSINK TRIATHLON
660	M45-49	Craig	Wilson		Trifactri
661	M45-49	Craig	Wilson		SBR
662	M50-54	Imran	Abbas		
663	M50-54	Waldo	Adams		
145	M50-54	Mimouni	Aziz	AWA Silver	
86	M50-54	Amir	Bachar	AWA Gold	
187	M50-54	Agmat	Badat		Tri Anyone
137	M50-54	Rupert	Barthorp	AWA Silver	Fawz Concept
664	M50-54	Grant	Bezer		Embark
665	M50-54	Riaan	Boshoff		
666	M50-54	Cornel	Botha		Cape Multisport
667	M50-54	James	Botha		
668	M50-54	Fanie	Botha		
85	M50-54	Derek	Bouwer	AWA Gold	Club100
669	M50-54	Martijn	Breuer	AWA Bronze	
140	M50-54	Maarten	Caminada	AWA Silver	IZGS Haarlem
670	M50-54	Ian	Carnegie		
141	M50-54	Nick	Chapman	AWA Silver	My Training Day

671	M50-54	Guy	Cluver		
672	M50-54	Stephan	Coetzee	AWA Bronze	
674	M50-54	Rienzo	Colpo		ONE80 Multisport
824	M50-54	Alex	Comninos		
675	M50-54	Mattia	Conte		
676	M50-54	Ashley	Cook		
677	M50-54	John	Cox		MyProCoach
678	M50-54	Paul	Crook		Team Deane
679	M50-54	Deon	Cross		
680	M50-54	Hennie	De Beer		
681	M50-54	Grant	Dryden		
682	M50-54	Johnny	Du Preez		
683	M50-54	Andre	Ellis		
684	M50-54	Kristian	Fesel		Smart Tri
164	M50-54	Gerhard	Fouche		Matrix Multisport
685	M50-54	Paul	Fowler		
825	M50-54	David	Francis		
138	M50-54	Bryn	Freeman	AWA Silver	ONE80 Multisport
686	M50-54	Bruce	Gie	AWA Bronze	Aspire #LiveFit
687	M50-54	Hagai	Golan		ZONE3
190	M50-54	Imtiaz	Goondiwalla		Tri Anyone
688	M50-54	Michael	Gresty	AWA Bronze	
689	M50-54	Johann	Grobler		
690	M50-54	Martin	Hankins		
691	M50-54	Dienye	Hart	AWA Bronze	NRGPT
692	M50-54	Colin	Hertzog		
693	M50-54	Steven	Hession	AWA Bronze	ful-on tri
694	M50-54	Dusan	Horak		
695	M50-54	Marius	Hurter		
696	M50-54	Deon	Janse Van Noordwyk		MyProCoach
143	M50-54	Peter	Jönsson	AWA Silver	Terrible Tuesdays Athletic Club
148	M50-54	Joerg	Jung	AWA Silver	
697	M50-54	Harri	Karvonen		Reckless Race
698	M50-54	Philip	Le Roux		Wingman Multisport
699	M50-54	Bernard	Lodewyk		
700	M50-54	Aaron	Losness		
701	M50-54	Mike	Malherbe		
702	M50-54	Adnaan	Manuel		
147	M50-54	Theo	Mare	AWA Silver	Trifactri
703	M50-54	Christophe	Mariotte		
704	M50-54	Hannes	Marlin		
139	M50-54	Kenneth	Mckenzie	AWA Silver	

706	M50-54	Rafal	Medak		Triangle Sports Team
196	M50-54	Mahomed	Moolla		Tri Anyone
707	M50-54	Anton	Moolman		
708	M50-54	Dave	Nezar		TEAM TISSINK TRIATHLON
84	M50-54	Simon	Oldacre	AWA Gold	
709	M50-54	Collen	Rautenbach		De Bruin Train
710	M50-54	Dean	Rosin		
711	M50-54	Wane	Rossouw		
712	M50-54	Stevan	Saffy		
713	M50-54	Gregory	Saffy		
714	M50-54	Muylle	Serge		
144	M50-54	Frederic	Severino	AWA Silver	AS MONACO TRIATHLON
716	M50-54	Jaco	Steenkamp		TEAM TISSINK TRIATHLON
717	M50-54	Elbe	Strydom		
718	M50-54	Cesar	Suzuki		
83	M50-54	Vito	Tagliente	AWA Gold	
719	M50-54	Ian	Tait		PURAVidā Triathlon
720	M50-54	Sherwin	Thomas		
721	M50-54	Tommy	Thomas		
722	M50-54	Garric	Townsend		
82	M50-54	Petr	Vabrousek	AWA Gold	IRON STARS BEROUN
146	M50-54	Johan	Van Biljon	AWA Silver	
723	M50-54	Barry	Van Der Merwe		bluff multisport
724	M50-54	George	Van Der Merwe		
725	M50-54	Herman	Van Der Werf		BMT
726	M50-54	Pieter	Van Der Westhuizen		
727	M50-54	Leon	Van Niekerk		
728	M50-54	Reon	Van Rensburg		TEAM TISSINK TRIATHLON
729	M50-54	Albert	Verster		
730	M50-54	Andre	Visser	AWA Bronze	
731	M50-54	Manfred	Wiehahn		Club MSM (Multisport-Maniacs)
732	M50-54	Stephen	Wilson		TEAM TISSINK TRIATHLON

733	M50-54	Keng	Wong		
92	M55-59	Amilcar	Altemani	AWA Gold	Navas Tri
734	M55-59	Ian	Atmore		Atlantic Triathlon Club (ATC)
735	M55-59	Shaun	Attenborough		
736	M55-59	Andrew	Barends		Embark
737	M55-59	Cees	Bijleveld		
738	M55-59	Thomas	Boeckly		
93	M55-59	Colin	Botes	AWA Gold	
739	M55-59	Roy	Brennon		
740	M55-59	Johan	Bronkhorst		Trifactri
741	M55-59	Harry	Browne		
742	M55-59	Jacobus	Burger		Potch Multisport
743	M55-59	Jaco	Burger		
744	M55-59	Ian	Cook		
745	M55-59	Gregg	Daniel		
746	M55-59	Jonti	Daniel		
89	M55-59	Bruno	De Decker	AWA Gold	3MD
747	M55-59	Craig	Dolly		
748	M55-59	Colin	Dunsdon		
149	M55-59	Andre	Dwehus	AWA Silver	TV 1897 Goldbach e.V
189	M55-59	Ismail	Ebrahim		Tri Anyone
749	M55-59	Johan	Erwee		
750	M55-59	Le-Roy	Geldenduys		
751	M55-59	Bruno	Gerber		Intermountain Tri
752	M55-59	James	Graham		
753	M55-59	Craig	Granville		TRI YOUR BEST
754	M55-59	Derek	Hughes		Embark
755	M55-59	Barry	Hugo		My Training Day
756	M55-59	Bostjan	Jaklic	AWA Bronze	Team BTS Company
150	M55-59	Lionel	Jean	AWA Silver	GemTriAthle
757	M55-59	Jacques	Joubert		TEAM TISSINK TRIATHLON
87	M55-59	Beno	Krasovec	AWA Gold	
758	M55-59	Falk	Leibner	AWA Bronze	
91	M55-59	Petri	Litmanen	AWA Gold	TeiskoTriathlon ry

759	M55-59	Dirk	Lourens	AWA Bronze	
760	M55-59	Dirk	Lucke		
761	M55-59	Matthias	Mahlke		
762	M55-59	Clive	Main		
90	M55-59	Neil	Mcloughlin	AWA Gold	Vector Racing
763	M55-59	Saul	Mervis		
764	M55-59	Frank	Metzger		LC Marathon Rotenburg 80 e.V.
88	M55-59	Salim	Mohamed	AWA Gold	
765	M55-59	Patrick	Monks		Aspire #LiveFit
197	M55-59	Anant	Morar		Tri Anyone
766	M55-59	Mike	O'Donovan		Atlantic Triathlon Club (ATC)
767	M55-59	Wolfgang	Oey		
768	M55-59	Roland	Preussner		Team ERDINGER Alkoholfrei
181	M55-59	Bradley	Ryder	AWA Bronze	Maverick Athletic Club
769	M55-59	David	Scholtz		
770	M55-59	Russel	Smit		
772	M55-59	Alon	Taylor		
202	M55-59	Arshadalli	Tayob		Tri Anyone
182	M55-59	Anton	Van Tonder		Maverick Athletic Club
774	M55-59	Craig	West	AWA Bronze	Smart Tri
775	M55-59	Robert	White		FCA Endurance
776	M55-59	Victor	Williams		
777	M60-64	Quin	Beech		Peak XV coaching
778	M60-64	Marius	Bouwer		
779	M60-64	Hannes	Burger	AWA Bronze	
780	M60-64	Antonio	Bussolati		MILLENNIUM TRIATHLON BRESCIA
781	M60-64	Kevin	Chidwick		Richmond Tri Club
782	M60-64	James	Cresswell-George		Team Just-In
783	M60-64	Derek	Farr		TVZ Zeewolde
784	M60-64	Stephen	Gamble		
786	M60-64	Alan	Gibb	AWA Bronze	Team Just-In

787	M60-64	Deon	Haak		
788	M60-64	Henry	Haferkorn		
789	M60-64	Erik	Hallendorff		
154	M60-64	Tommy	Hanekom	AWA Silver	Maverick Athletic Club
790	M60-64	John	Jansen Van Nieuwenhuizen		
791	M60-64	Minoru	Kato		
831	M60-64	Nadirshah	Khan		Tri Anyone
792	M60-64	Nicholas	Kinsey		
793	M60-64	Andre	Kleynhans		
794	M60-64	Michael	Klose		
795	M60-64	Martin	Kraus		
153	M60-64	David	Labouchere	AWA Silver	TriDubai
796	M60-64	Iain	Mac Donald		Embark
151	M60-64	Wayne	Mac Farlane	AWA Silver	
797	M60-64	David	Nicholson	AWA Bronze	
798	M60-64	Simon	Nicks		
152	M60-64	Andre	Pepler	AWA Silver	Atlantic Triathlon Club (ATC)
799	M60-64	James	Popper	AWA Bronze	
155	M60-64	Manfred	Reinhart	AWA Silver	
800	M60-64	Markus	Schlosser		Triathlon Wetterau-Friedberg
801	M60-64	Norbert	Schroeder		Wingman Multisport
802	M60-64	Steven	Shimmings		TEAM TISSINK TRIATHLON
803	M60-64	Craig	Slater		
804	M60-64	Ian	Smith		
805	M60-64	Marcio	Soares Da Silva		
806	M60-64	Georgios	Stergiou		
807	M60-64	Ireneusz	Szpot	AWA Bronze	
808	M60-64	Gregory	Voigt		
809	M60-64	David	Watson		Westside Triathlon Club
810	M60-64	Grant	Webber		
811	M65-69	Brendan	Allen		PURAviđā Triathlon
812	M65-69	Michael	Conway		
813	M65-69	John	Cronje		Troisport
814	M65-69	Cobus	Fourie		
815	M65-69	Johann	Fourie		
820	M65-69	Yuji	Kirihara		
816	M65-69	Tony	Lederle	AWA Bronze	

156	M65-69	Peter	Macnaughton	AWA Silver	
817	M65-69	Raymond	Pienaar		
818	M65-69	Franzt	Struwig		
95	M70-74	Robbie	Coulson	AWA Gold	