



START LIST AS ON 16 MAY 2023

| AGE GRP | BIB NO | NAME | SURNAME | AWA | TRICLUB |
|---------|--------|----------|--------------|---------------|-----------------------------------|
| F18-24 | 131 | Courtney | Ablett | | |
| F18-24 | 132 | Leah | Bell - Leask | | |
| F18-24 | 133 | Sarah | Benning | | |
| F18-24 | 134 | Anuschka | Bergmann | | |
| F18-24 | 135 | Jessica | De Villiers | | Smart Tri |
| F18-24 | 136 | Caitlin | Ellis | | ONE80 Multisport |
| F18-24 | 137 | Micaela | Giltrow | | Pure Symmetry Multisport (PSM) |
| F18-24 | 91 | Carla | Hopkins | | Maverick Athletic Club |
| F18-24 | 138 | Ingrid | Le Roux | | |
| F18-24 | 139 | Liezl | Muller | | |
| F18-24 | 140 | Kelsey | Nimmo | | |
| F18-24 | 141 | Melissa | Rattray | | |
| F18-24 | 142 | Tasneem | Sallie | | |
| F18-24 | 143 | Carly | Soicher | | |
| F18-24 | 144 | Elne | Van Niekerk | | |
| F18-24 | 145 | Kaitlyn | Wolff | | |
| F25-29 | 146 | Tracy | Ackermann | | |
| F25-29 | 147 | Marijke | Bezuidenhout | | |
| F25-29 | 148 | Estella | Boshoff | | |
| F25-29 | 111 | Janel | Brown | AWA Bronze | Matrix Multisport |
| F25-29 | 149 | Robyn | Burne | | |
| F25-29 | 150 | Tarien | Cerff | | |
| F25-29 | 151 | Corne | Cilliers | | |
| F25-29 | 152 | Ashleigh | Darling | | |
| F25-29 | 153 | Monique | De Abreu | | Infinity Racing |
| F25-29 | 154 | Elrise | De Kock | | |
| F25-29 | 155 | Adriana | De Necker | | |
| F25-29 | 156 | Claudia | De Wet | | |



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|--------|-----|----------|-------------|--|--------------------------------|
| F25-29 | 157 | Victoria | Dreyer | | PEaK Team Coaching |
| F25-29 | 158 | Kaylee | Dry | | |
| F25-29 | 159 | Zandre | Engelbrecht | | |
| F25-29 | 160 | Talitha | Erasmus | | |
| F25-29 | 161 | Taylor | Faure | | |
| F25-29 | 162 | Spoen | Green | | |
| F25-29 | 163 | Charné | Grütter | | |
| F25-29 | 164 | Kay | Hendry | | |
| F25-29 | 165 | Megan | Higgo | | |
| F25-29 | 166 | Chante | Hopkins | | |
| F25-29 | 167 | Wenette | Jordaan | | |
| F25-29 | 168 | Nikita | Loreggian | | Infinitude Racing |
| F25-29 | 169 | Anelda | Lourens | | |
| F25-29 | 170 | Megan | Males | | |
| F25-29 | 171 | Sandra | Mansvelder | | |
| F25-29 | 172 | Sune | Mathee | | Performance Multisport SA |
| F25-29 | 173 | Kayla | Mcewan | | Pure Symmetry Multisport (PSM) |
| F25-29 | 174 | Abigail | Meeding | | |
| F25-29 | 175 | Molulela | Monyake | | |
| F25-29 | 176 | Tayla | Mottram | | |
| F25-29 | 177 | Lize-May | Mouton | | |
| F25-29 | 178 | Tanisha | Neill | | |
| F25-29 | 179 | Lauren | Neilson | | |
| F25-29 | 180 | Maryke | Nel | | Performance Multisport SA |
| F25-29 | 181 | Demi | Neuper | | Sterk Span Coaching Academy |
| F25-29 | 182 | Elsje | Nothnagel | | |
| F25-29 | 183 | Martolis | Pieters | | |
| F25-29 | 184 | Tamarah | Pike | | |



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|--------|------|----------------|-----------------|------------|-------------------|
| F25-29 | 185 | Johane | Potgieter | | |
| F25-29 | 186 | Marizelle | Pretorius | | |
| F25-29 | 187 | Robyn | Quenet-Meintjes | | |
| F25-29 | 188 | Jolene | Rossouw | | Aspire #LiveFit |
| F25-29 | 189 | Leneke | Segatto | | |
| F25-29 | 120 | Nicky | Smith | | Matrix Multisport |
| F25-29 | 190 | Carissa | Smith | | |
| F25-29 | 16 | Sandri | Swanepoel | AWA Silver | Trifactri |
| F25-29 | 191 | Corin | Trieloff | | |
| F25-29 | 192 | Anke | Van Den Berg | | |
| F25-29 | 193 | Mareli | Van Schalkwyk | | |
| F25-29 | 194 | Jeandri | Van Wyk | | |
| F25-29 | 1252 | Gabrielle | Van Wyk | | |
| F25-29 | 195 | Jane | Van Zyl | | |
| F25-29 | 196 | Savannah | Vosloo Hogg | | |
| F25-29 | 197 | Taryn-Maie | Wille | | |
| F25-29 | 198 | Robyn | Wybrow | | |
| F30-34 | 19 | Melissa | Abbey | AWA Silver | Matrix Multisport |
| F30-34 | 199 | Rhoda | Andrews | | |
| F30-34 | 200 | Carla | Annas | | |
| F30-34 | 201 | Margot | Arp | | |
| F30-34 | 202 | Chiara | Baars | | |
| F30-34 | 203 | Samantha | Ballard | | |
| F30-34 | 204 | Jade | Barnes | AWA Bronze | |
| F30-34 | 205 | Storm | Barry | | |
| F30-34 | 206 | Robyn | Berghoff | | |
| F30-34 | 207 | Tayla-Michelle | Bestbier | | |
| F30-34 | 208 | Larissa | Breedt | | Trivium Triathlon |
| F30-34 | 209 | Naomi | Bruwer | | |
| F30-34 | 210 | Christelle | Coetzee | | |



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| | | | | | |
|--------|------|------------|---------------|------------|--------------------------------|
| F30-34 | 211 | Nicole | Craddock | | |
| F30-34 | 1248 | Lana | Cronje | | |
| F30-34 | 213 | Arlene | Drake | | |
| F30-34 | 214 | Antoinette | Du Plessis | | |
| F30-34 | 215 | Bianca | Esterhuizen | | |
| F30-34 | 216 | Elzelene | Ferreira | | |
| F30-34 | 217 | Alida | Ferreira | | |
| F30-34 | 218 | Anja | Heenop | | |
| F30-34 | 219 | Kashka | Hobbs | | |
| F30-34 | 220 | Marli | Hoogenboezem | | |
| F30-34 | 221 | Molly | Horn | | |
| F30-34 | 92 | Marike | Jacobs | | Maverick Athletic Club |
| F30-34 | 222 | Zayntana | Jonsson | | |
| F30-34 | 71 | Ashley | Knox | | Embark |
| F30-34 | 223 | Anastasiia | Krichmara | | TriCologne e.V. |
| F30-34 | 224 | Monike | Krohnert | | |
| F30-34 | 225 | Jade | Kroon | | |
| F30-34 | 226 | Elené | Lourens-Botha | | TEAM TISSINK TRIATHLON |
| F30-34 | 227 | Samantha | Marshall | | |
| F30-34 | 228 | Anè | Massyn | | |
| F30-34 | 229 | Kelly | Mc Lennan | | |
| F30-34 | 230 | Fiona | Mclellan | | |
| F30-34 | 231 | Prudence | Mdaka | | |
| F30-34 | 232 | Michelle | Navarro | | |
| F30-34 | 233 | Melissa | Nel | | Performance Multisport SA |
| F30-34 | 24 | Megan | Newman | AWA Silver | Maverick Athletic Club |
| F30-34 | 234 | Helé | Niehaus | AWA Bronze | |
| F30-34 | 235 | Christy | Parkins | | Pure Symmetry Multisport (PSM) |



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|--------|------|------------|---------------|--|--------------------|
| F30-34 | 236 | Janine | Pascoe | | |
| F30-34 | 237 | Michelle | Payne | | |
| F30-34 | 1290 | Domonique | Ramos | | |
| F30-34 | 238 | Kelly-Ann | Rock | | |
| F30-34 | 239 | Lee | Shacksnovis | | |
| F30-34 | 240 | Jo | Shadwell | | |
| F30-34 | 241 | Dominique | Smit | | |
| F30-34 | 242 | Romé | Smith | | |
| F30-34 | 243 | Alyssa | Sparke | | |
| F30-34 | 82 | Corle | Steenkamp | | Embark |
| F30-34 | 244 | Kate | Stretch | | |
| F30-34 | 246 | Cindi | Tharrati | | |
| F30-34 | 1235 | Larochelle | Van Den Bergh | | |
| F30-34 | 247 | Carmen | Van Der Merwe | | |
| F30-34 | 248 | Tarryn | Van Heusden | | |
| F30-34 | 249 | Lanel | Van Niekerk | | |
| F30-34 | 123 | Leanri | Van Pletzen | | Matrix Multisport |
| F30-34 | 250 | Yanica | Venter | | |
| F30-34 | 251 | Melissa | Viljoen | | |
| F30-34 | 252 | Roelien | Visagie | | |
| F30-34 | 253 | Liza | Visser | | |
| F30-34 | 254 | Chrisna | Vorster | | |
| F30-34 | 255 | Jessica | Wait | | PEaK Team Coaching |
| F30-34 | 256 | Annie | Wegner | | |
| F35-39 | 257 | Cherry-Lee | Bekker | | |
| F35-39 | 258 | Ann-Marie | Beneke | | TEAM TRI-LAB |
| F35-39 | 259 | Corlandi | Bezuidenhout | | |
| F35-39 | 260 | Mandi | Botha | | |
| F35-39 | 261 | Lizelle | Botha | | |
| F35-39 | 262 | Anneri | Buitendach | | |



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|--------|-----|------------|-------------|---------------|------------------------------------|
| F35-39 | 263 | Meghann | Burger | | |
| F35-39 | 264 | Melanie | Conceicao | | |
| F35-39 | 265 | Zoli | De Kock | | Trivium Triathlon |
| F35-39 | 266 | Maryke | De Villiers | | |
| F35-39 | 267 | Samantha | De Wet | | |
| F35-39 | 268 | Ayanda | Dlambulo | | Formula 1 Triathlon Coaching |
| F35-39 | 269 | Tanith | Drake | | |
| F35-39 | 270 | Tessie | Faber | | |
| F35-39 | 4 | Eulali | Gouws | AWA Gold | Maverick Athletic Club |
| F35-39 | 271 | Marialet | Greeff | | |
| F35-39 | 272 | Retha-Mari | Green | | |
| F35-39 | 273 | Beatie | Grobler | | |
| F35-39 | 274 | Faryn | Halstead | | |
| F35-39 | 32 | Katherine | Hardy | AWA Silver | Stellenbosch Triathlon Squad |
| F35-39 | 275 | Adele | Hart | | |
| F35-39 | 276 | Claudia | Hazelwood | | |
| F35-39 | 277 | Adelia | Herridge | | |
| F35-39 | 278 | Candice | Jenkins | | |
| F35-39 | 279 | Samantha | Kegel | | |
| F35-39 | 280 | Lindie | Kessell | | Atlantic Triathlon Club (ATC) |
| F35-39 | 96 | Kelly | Kourie | AWA Bronze | Maverick Athletic Club |
| F35-39 | 281 | Annerie | Kritzinger | | |
| F35-39 | 282 | Hettie | Kruger | | |
| F35-39 | 283 | Lara | Kupfer | | |
| F35-39 | 284 | Bianca | Lee | | |
| F35-39 | 285 | Tarryn | Low | | |
| F35-39 | 26 | Maxine | Luck | AWA Silver | |
| F35-39 | 28 | Nicola | Mattheus | AWA Silver | Matrix Multisport |



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| F35-39 | 286 | Ricki-Lee | Meijers | | PEaK Team Coaching |
| F35-39 | 287 | Ncumisa | Mkunyana | | |
| F35-39 | 288 | Tara | Moffitt | | |
| F35-39 | 289 | Jeri-Lee | Moran | | PEaK Team Coaching |
| F35-39 | 78 | Nicol | Müller | | Embark |
| F35-39 | 290 | Mary | Mutlanyane | | |
| F35-39 | 291 | Chrystal | Pearce | | TRI YOUR BEST |
| F35-39 | 292 | Lyzette | Porter | | |
| F35-39 | 293 | Abongile | Qamata | | Sterk Span Coaching Academy |
| F35-39 | 294 | Nicole | Rademan | | |
| F35-39 | 295 | Christina | Riley | | |
| F35-39 | 296 | Hanri | Roeland | | |
| F35-39 | 297 | Talitha | Seddon | | |
| F35-39 | 298 | Roxi | Smith | | |
| F35-39 | 299 | Marike | Spruyt | | |
| F35-39 | 300 | Jolandie | Strydom | | |
| F35-39 | 301 | Je-Ani | Swiegelaar | | Trivium Triathlon |
| F35-39 | 302 | Alexa | Terblanche | | |
| F35-39 | 303 | Fiona | Trytsman | | |
| F35-39 | 304 | Adel | Van Dyk | | |
| F35-39 | 1243 | Cairyn | Van Dyk | | |
| F35-39 | 305 | Nadia | Whitaker | | |
| F35-39 | 306 | Anushka | Wohlberg | | |
| F35-39 | 307 | Thina | Wolmarans | | |
| F35-39 | 308 | Danielle | Wright | | PEaK Team Coaching |
| F35-39 | 309 | Tanya | Zackey | | |
| F40-44 | 1242 | Sarah-Lee | Alves | | |
| F40-44 | 311 | Adele | Beytell | | |
| F40-44 | 61 | Leisha | Boshoff | | Embark |



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| F40-44 | 312 | Elane | Bosman | | |
| F40-44 | 313 | Judith | Bragg | | |
| F40-44 | 314 | Maretha | Bruwer | | |
| F40-44 | 315 | Annelise | Bunce | | |
| F40-44 | 316 | Cecilia | Claydon | | |
| F40-44 | 317 | Vida-Mare | De Beer | | |
| F40-44 | 318 | Christie | De Bruin | | |
| F40-44 | 319 | Marisa | De Klerk | | Performance Multisport SA |
| F40-44 | 320 | Paula | Dovey | | |
| F40-44 | 321 | Diana | Du Hecquet De Rauville | | |
| F40-44 | 36 | Lindy-Lee | Folscher | AWA Silver | |
| F40-44 | 322 | Simone | Forshaw | | |
| F40-44 | 323 | Charle | Gobetz | | |
| F40-44 | 324 | Elana | Grobbelaar | | |
| F40-44 | 325 | Rene | Harmse | | |
| F40-44 | 326 | Jacqueline | Hendry | | |
| F40-44 | 327 | Nikki | Johnson | | |
| F40-44 | 70 | Vicky | Jordan | | Embark |
| F40-44 | 328 | Marcelle | Keehan | | |
| F40-44 | 329 | Marelize | Le Grange | | My Training Day |
| F40-44 | 330 | Ekaterina | Linkevich | | |
| F40-44 | 1288 | Thina | Mananyetso | | |
| F40-44 | 331 | Mieke | Meiring | | |
| F40-44 | 332 | Lena | Nel | AWA Bronze | |
| F40-44 | 333 | Chantelle | O Connell | | |
| F40-44 | 334 | Hayley | Osmond | | Stellenbosch Triathlon Squad |
| F40-44 | 335 | Leigh | Pearson | | |
| F40-44 | 336 | Samantha | Potgieter | | |
| F40-44 | 337 | Sunita | Potgieter | | |



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|--------|------|-----------|----------------|------------|---------------------------|
| F40-44 | 338 | Kate | Robinson | | |
| F40-44 | 339 | Linda | Sadler | | |
| F40-44 | 340 | Kelly | Saint | | |
| F40-44 | 341 | Brigette | Saville | | Trifactri |
| F40-44 | 342 | Elana | Senekal | | |
| F40-44 | 343 | Annelize | Shergold-Smith | | Aspire #LiveFit |
| F40-44 | 1249 | Jenna | Snyman | | |
| F40-44 | 344 | Naclanche | Steyn | | |
| F40-44 | 345 | Valene | Theunissen | | Trivium Triathlon |
| F40-44 | 346 | Leigh | Thomas | | |
| F40-44 | 1241 | Tanya | Thomson | | |
| F40-44 | 347 | Zanele | Tshipa | | |
| F40-44 | 348 | Madele | Van Heerden | | |
| F40-44 | 349 | Elaine | Van Putten | | Performance Multisport SA |
| F40-44 | 86 | Ronelle | Van Zyl | | Embark |
| F40-44 | 124 | Daniela | Vannucchi | | Matrix Multisport |
| F40-44 | 350 | Pene | Vogt | | |
| F40-44 | 351 | Alexandra | Volkova | | |
| F40-44 | 352 | Chantelle | Webber | | Infinitude Racing |
| F40-44 | 125 | Magdell | Woodward | | Matrix Multisport |
| F45-49 | 353 | Louise | Axon | | TEAM TISSINK TRIATHLON |
| F45-49 | 354 | Sallie | Baisley | AWA Bronze | MyProCoach |
| F45-49 | 355 | Kirsten | Bell | | |
| F45-49 | 356 | Louise | Bessenger | | |
| F45-49 | 357 | Alison | Blair | | |
| F45-49 | 358 | Lucia | Boer | | |
| F45-49 | 7 | Michele | Cameron | AWA Gold | |
| F45-49 | 112 | Karin | Cilliers | | Matrix Multisport |
| F45-49 | 359 | Anna | Clemons | | |



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|--------|------|------------|----------------|------------|-----------------------------|
| F45-49 | 360 | Petro | Dalton | | |
| F45-49 | 114 | Gertjie | De Beer | | Matrix Multisport |
| F45-49 | 361 | Cath | De Souza | | |
| F45-49 | 362 | Tammy | Dollman | | |
| F45-49 | 363 | Tsakani | Dube | | |
| F45-49 | 364 | Samantha | Dungan | | |
| F45-49 | 67 | Jaki | Fagan | | Embark |
| F45-49 | 365 | Heidi | Fenton | | |
| F45-49 | 366 | Lauren | Friedman | | |
| F45-49 | 367 | Tarryn | Gordon-Bennett | | |
| F45-49 | 1257 | Christine | Gordon-Bennett | | |
| F45-49 | 368 | Minette | Harmse | | |
| F45-49 | 1239 | Janine | Harvey | | Perth Triathlon Club |
| F45-49 | 369 | Morag | Hogg | | |
| F45-49 | 370 | Lizelle | Labuschagne | | Trivium Triathlon |
| F45-49 | 371 | Leazel | Lombard | | |
| F45-49 | 372 | Nerida | Lubbe | | |
| F45-49 | 373 | Delarese | Maartens | | |
| F45-49 | 374 | Derryn Lee | Mackay | | Trifactri |
| F45-49 | 375 | Sheena | Mcgeoch | | Infinitude Racing |
| F45-49 | 376 | Marilise | Meyer Boucher | | |
| F45-49 | 377 | Tania | Minnaar | | |
| F45-49 | 378 | Yvonne | Muinde | AWA Bronze | |
| F45-49 | 379 | Tracy | Nyamuda | | Sterk Span Coaching Academy |
| F45-49 | 381 | Lizette | Odendaal | AWA Bronze | |
| F45-49 | 380 | Debbie | O'Leary | | ONE80 Multisport |
| F45-49 | 382 | Monique | Oosthuizen | | |
| F45-49 | 39 | Emily | Ormerod | AWA Silver | |



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| F45-49 | 383 | Ansie | Pretorius | | |
| F45-49 | 384 | Danilee | Reilly | | |
| F45-49 | 385 | Sheridan | Rogers | AWA Bronze | Infinitude Racing |
| F45-49 | 386 | Nichola | Schreuder | | |
| F45-49 | 387 | Rika | Snydert | | |
| F45-49 | 388 | Bianca | Tait | | Club MSM (Multisport-Maniacs) |
| F45-49 | 1247 | Liezel | Van Der Westhuizen | | |
| F45-49 | 389 | Anzette | Van Staden | | |
| F45-49 | 1258 | Carmona | Vorster | | |
| F45-49 | 390 | Karin | Winterbach | | |
| F45-49 | 391 | Taryn | Zammit | | |
| F50-54 | 392 | Michelle | Banfield | | |
| F50-54 | 393 | Tracy | Biggs | | |
| F50-54 | 394 | Judy | Brammer | | |
| F50-54 | 395 | Paddy | Cloete | AWA Bronze | |
| F50-54 | 396 | Sharon | Cooke | | |
| F50-54 | 397 | Sune | Diedericks | | TEAM TISSINK TRIATHLON |
| F50-54 | 398 | Denise | Du Plessis | | |
| F50-54 | 399 | Alecia | Ferguson-Roberts | | |
| F50-54 | 400 | Susan | Goldsmith | | |
| F50-54 | 10 | Sanet | Griesel | AWA Gold | Wingman Multisport |
| F50-54 | 401 | Candice | Hillcoat | | M.A.D.MultiSport |
| F50-54 | 402 | Charmaine | Janse Van Rensburg | | |
| F50-54 | 403 | Jolande | Janse Van Rensburg | | |
| F50-54 | 404 | Sian | Kruger | | |
| F50-54 | 405 | Nopasika | Lila | | |
| F50-54 | 406 | Karen | Nortje | | MyProCoach |



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| F50-54 | 407 | Hannelie | Parkes | | |
| F50-54 | 408 | Melanie | Perfect | | |
| F50-54 | 409 | Alison | Pronk | | |
| F50-54 | 410 | Chanel | Smailes | | |
| F50-54 | 411 | Shirley | Stewart | | |
| F50-54 | 412 | Denise | Stuart | AWA Bronze | |
| F50-54 | 413 | Paula | Terblanche | | |
| F50-54 | 414 | Gemma | Theron | AWA Bronze | ONE80 Multisport |
| F50-54 | 8 | Pauline | Tunstead | AWA Gold | Matrix Multisport |
| F50-54 | 415 | Lourien | Van Der Merwe | | |
| F50-54 | 43 | Judy | Vanderwagen | AWA Silver | |
| F55-59 | 416 | Gillian | Basel | | |
| F55-59 | 417 | Shona | Bell | | De Bruin Train |
| F55-59 | 418 | Paula | Borner | | |
| F55-59 | 419 | Ester | Brink | | Atlantic Triathlon Club (ATC) |
| F55-59 | 420 | Claudia | Condie | | |
| F55-59 | 421 | Reina | Cullinan | | |
| F55-59 | 126 | Michelle | Enslin | AWA Bronze | Maverick Athletic Club |
| F55-59 | 422 | Sandy | Hart | | |
| F55-59 | 13 | Mariette | Hattingh | AWA Gold | |
| F55-59 | 423 | Debbie | Hawley | | |
| F55-59 | 424 | Sherilee | Mccormac | | |
| F55-59 | 425 | Julie | Soicher | | |
| F55-59 | 426 | Ashley | Truscott | | |
| F55-59 | 427 | Anthea | Van Jaarsveld | | |
| F55-59 | 428 | Iris | Varty | | |
| F60-64 | 63 | Dawn | Clause | | Embark |
| F60-64 | 430 | Joanie | Coetzee | AWA Bronze | ONE80 Multisport |



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|--------|------|-----------|-------------|------------|--------------------------------|
| F60-64 | 431 | Anna | De Villiers | | |
| F60-64 | 432 | Michelle | Dignon | | |
| F60-64 | 433 | Daleen | Du Preez | | |
| F60-64 | 434 | Debrah | Gough | | |
| F60-64 | 435 | Cheryl | Hopkins | | |
| F60-64 | 436 | Petro | Muller | | Privateers |
| F60-64 | 437 | Dirkie | Prinsloo | | |
| F60-64 | 438 | Wendy | Reed | | |
| F60-64 | 50 | Tina | Van Wyk | AWA Silver | Embark |
| F60-64 | 51 | Vivienne | Williams | AWA Silver | Atlantic Triathlon Club (ATC) |
| F70-74 | 439 | Althea | Bacchialoni | | |
| F70-74 | 440 | Dot | Hunt | | |
| F70-74 | 441 | Pamela | Williams | | Esperance Tri Club |
| M18-24 | 442 | Henro | Bender | | Pure Symmetry Multisport (PSM) |
| M18-24 | 443 | Michael | Berry | | |
| M18-24 | 444 | Alexander | Bester | | |
| M18-24 | 448 | Werner | Böhmer | | |
| M18-24 | 445 | Ruan | Botha | | |
| M18-24 | 446 | Cameron | Brammer | | |
| M18-24 | 447 | Ethan | Brider | | |
| M18-24 | 449 | Muhammed | Ebrahim | | |
| M18-24 | 450 | Muhammad | Essack | | |
| M18-24 | 451 | Jason | Ford | | |
| M18-24 | 452 | Jacob | Fourie | | |
| M18-24 | 1229 | Matthew | Hayward | | |
| M18-24 | 453 | Zane | Hilton | | |
| M18-24 | 454 | Wayne | Joubert | | |
| M18-24 | 455 | Friedrich | Joubert | | Sterk Span Coaching Academy |
| M18-24 | 456 | Luca | La Monica | | |



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|--------|------|-------------|---------------|------------|-------------------------------|
| M18-24 | 1250 | Douglas | Lawson | | |
| M18-24 | 457 | Rorke | Lilford | | Stellenbosch Triathlon Squad |
| M18-24 | 458 | Arno | Mathee | | |
| M18-24 | 459 | Nathan | Michell | | |
| M18-24 | 460 | Sean | Musgrove | | |
| M18-24 | 461 | Benjamin | Nel | | |
| M18-24 | 462 | Bonga | Nkqintiza | | |
| M18-24 | 463 | Dirk | Odendaal | | |
| M18-24 | 464 | Ronan | Paul | | |
| M18-24 | 465 | Keegan | Reynolds | | |
| M18-24 | 466 | Jens | Sander | | |
| M18-24 | 467 | David | Sher | AWA Bronze | Atlantic Triathlon Club (ATC) |
| M18-24 | 468 | Ruhan | Strydom | | |
| M18-24 | 469 | Gunter | Swart | | |
| M18-24 | 470 | Zach | Van Coller | | |
| M18-24 | 471 | Tristan | Van Der Linde | | |
| M18-24 | 472 | Edmund | Van Niekerk | | |
| M18-24 | 473 | John-Henri | Van Zyl | | |
| M18-24 | 474 | Reece | Wilken | | |
| M18-24 | 475 | Nicholas | Wylie | | |
| M25-29 | 476 | Tyron | Arnell | | |
| M25-29 | 477 | Joshua | Attenborough | | |
| M25-29 | 478 | Christoffel | Badenhorst | | |
| M25-29 | 479 | Cole | Barnard | | |
| M25-29 | 480 | Nicholas | Bass | | |
| M25-29 | 481 | Marco | Basson | | |
| M25-29 | 482 | Mitchell | Baumann | | |
| M25-29 | 483 | Darian | Beck | | |
| M25-29 | 484 | Ross | Belman | | |



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| M25-29 | 14 | Travis | Benn | AWA Silver | |
| M25-29 | 485 | Johannes | Beukes | | |
| M25-29 | 486 | Johan | Blignaut | | |
| M25-29 | 487 | Hannes | Brink | | |
| M25-29 | 488 | Liam | Brown | | |
| M25-29 | 489 | Jaryd | Browne | | |
| M25-29 | 490 | Cameron | Bryce | | |
| M25-29 | 491 | Daniel | Carter | | |
| M25-29 | 492 | Pieter-Christiaan | Coetzer | | |
| M25-29 | 493 | Stefan | Combrinck | | PEaK Team Coaching |
| M25-29 | 494 | Pierre | Cronje | | |
| M25-29 | 495 | Luke | Cryer | | |
| M25-29 | 496 | Joel | Da Rocha Madeira | | |
| M25-29 | 90 | Connor | Davies | | Maverick Athletic Club |
| M25-29 | 497 | Daniel | De Beer | | |
| M25-29 | 498 | Chris | De Beer | | |
| M25-29 | 499 | Neil | De Kock | | |
| M25-29 | 500 | Matthew | De Vries | | |
| M25-29 | 501 | Luke | Dixie | | |
| M25-29 | 502 | Sean | Douglass | | |
| M25-29 | 503 | Jared | Du Preez | | |
| M25-29 | 504 | Andries | Du Toit | | |
| M25-29 | 505 | Heinrich | Du Toit | | MyProCoach |
| M25-29 | 506 | Andrew | Earle | | |
| M25-29 | 507 | Angus | Ellis-Cole | | |
| M25-29 | 508 | Denis | Engelbrecht | | |
| M25-29 | 509 | Kobus | Engelbrecht | | Pure Symmetry Multisport (PSM) |
| M25-29 | 510 | Brett | Eve | | |
| M25-29 | 511 | Ignatius | Ferreira | | |
| M25-29 | 512 | Luke | Fourie | | |



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|--------|------|-----------|--------------------|------------|------------------------|
| M25-29 | 513 | Jordan | Frans | | |
| M25-29 | 514 | James | Freemantle | | |
| M25-29 | 515 | Graeme | Garcia Menendez | | |
| M25-29 | 1 | James | Gerber | AWA Gold | Dinamic Multisport |
| M25-29 | 516 | Kyle | Gibson | | |
| M25-29 | 517 | Gregg | Gilson | | |
| M25-29 | 518 | Sheldon | Goudge | | |
| M25-29 | 519 | Philippus | Greyling | | |
| M25-29 | 520 | Matthew | Grobler | | |
| M25-29 | 521 | Reynard | Grobler | | |
| M25-29 | 522 | Daniel | Harper | | |
| M25-29 | 523 | Dylan | Hawkes | | |
| M25-29 | 524 | Chad | Hawley | | |
| M25-29 | 525 | Nathan | Heggie | | |
| M25-29 | 526 | Ethan | Hunter | | |
| M25-29 | 527 | Rudolph | Janse Van Rensburg | AWA Bronze | |
| M25-29 | 528 | Jonathan | Jones | | |
| M25-29 | 529 | Henno | Jordaan | | |
| M25-29 | 1240 | Luke | Kirk | | TEAM TISSINK TRIATHLON |
| M25-29 | 72 | Vincent | Kruger | | Embark |
| M25-29 | 530 | Frans | Kruger | | |
| M25-29 | 531 | Sarel | Kruger | | |
| M25-29 | 532 | Duran | Krummeck | | |
| M25-29 | 533 | Mark | Lamprecht | AWA Bronze | Trivium Triathlon |
| M25-29 | 534 | Brett | Le Roux | | |
| M25-29 | 535 | Justin | Levermore | | |
| M25-29 | 536 | Ben | Liebenberg | | |
| M25-29 | 537 | Alexandre | Lopes | | |
| M25-29 | 538 | Bradley | Love | | |



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| M25-29 | 539 | Ruan | Mathee | | Performance Multisport SA |
| M25-29 | 540 | Gerhardus | Matthee | | |
| M25-29 | 542 | Nigel | Mehlomakulu | | |
| M25-29 | 543 | Connor | Mercer | AWA Bronze | |
| M25-29 | 544 | Michael | Metlitzky | | |
| M25-29 | 545 | Euan | Moodley | | |
| M25-29 | 546 | Gavin | Morris | | |
| M25-29 | 547 | Antonie | Muller | | |
| M25-29 | 548 | Cornelis | Muller | | |
| M25-29 | 551 | Martiens | Odendaal | | |
| M25-29 | 550 | Joshua | O'Gorman | | |
| M25-29 | 552 | Tiaan | Peens | | |
| M25-29 | 553 | Pierre | Pienaar | | |
| M25-29 | 554 | Thomas | Posen | | |
| M25-29 | 555 | Johan | Potgieter | | |
| M25-29 | 556 | Henry-Paul | Potgieter | | |
| M25-29 | 557 | Deon | Pretorius | | |
| M25-29 | 558 | Diederik | Putter | | |
| M25-29 | 559 | Rieghardt | Rautenbach | | De Bruin Train |
| M25-29 | 560 | Charl | Reyneke | | |
| M25-29 | 561 | Joshua | Rodda | | |
| M25-29 | 562 | David | Rozen | | |
| M25-29 | 563 | Liron | Sanders | | |
| M25-29 | 564 | Stefano | Segatto | | |
| M25-29 | 565 | Philippe | Shulman | | |
| M25-29 | 566 | Sebastian | Smith | | |
| M25-29 | 567 | Jesse | Soicher | | |
| M25-29 | 568 | Liam | Spies | | |
| M25-29 | 569 | Leander | Steenkamp | | |



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| M25-29 | 570 | Keagan | Sutherland | | |
| M25-29 | 571 | Dirk | Swanepoel | | |
| M25-29 | 572 | Alex | Swart | | |
| M25-29 | 573 | Manrico | Swiegers | | |
| M25-29 | 574 | Richard | Teichmann | | |
| M25-29 | 575 | Dale | Van Der Merwe | | |
| M25-29 | 576 | Christian | Van Der Walt | | |
| M25-29 | 577 | Paul | Van Dyk | | |
| M25-29 | 578 | Tristan | Van Moerkerken | | |
| M25-29 | 579 | Christof | Van Niekerk | | |
| M25-29 | 15 | Dylan | Van Zyl | AWA Silver | Maverick Athletic Club |
| M25-29 | 580 | Chris | Viljoen | | Dinamic Multisport |
| M25-29 | 581 | Daniel | Volschenk | | |
| M25-29 | 2 | Raymond | Wagener | AWA Gold | Maverick Athletic Club |
| M25-29 | 582 | Daniel | Wiese | | |
| M30-34 | 583 | Sherif | Abd El Moaty | | |
| M30-34 | 584 | Brad | Ackermann | | |
| M30-34 | 585 | Johannes | Arndt | | |
| M30-34 | 586 | Cameron | Bain | | |
| M30-34 | 21 | Muhammad | Bana | AWA Silver | Trifactri |
| M30-34 | 587 | Mathew | Barrow | | |
| M30-34 | 588 | Henry | Beckett | | My Training Day |
| M30-34 | 589 | Gregory | Behrens | | |
| M30-34 | 88 | Richardt | Benade | AWA Bronze | Maverick Athletic Club |
| M30-34 | 590 | Darryn | Berry | | Performance Multisport SA |
| M30-34 | 591 | Cameron | Billson | | |
| M30-34 | 592 | Luke | Binneman | | |
| M30-34 | 593 | Roland | Bohmer | | |
| M30-34 | 594 | Johan | Botha | | |



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| M30-34 | 595 | Morne | Botha | | |
| M30-34 | 596 | Werner | Botha | | |
| M30-34 | 20 | Allan | Britnell | AWA Silver | Sterk Span Coaching Academy |
| M30-34 | 597 | Mathew | Brooks | | |
| M30-34 | 598 | Stefanus | Burger | | |
| M30-34 | 599 | Ross | Campbell | | |
| M30-34 | 600 | Clinton | Cogzell | | |
| M30-34 | 601 | Johann | Dannhauser | | |
| M30-34 | 602 | Michael | Davis | | |
| M30-34 | 603 | Alistair | Daynes | | |
| M30-34 | 604 | Carlos | De Almeida | | |
| M30-34 | 605 | Rossouw | De Waal | | |
| M30-34 | 606 | Kruger | De Waal | | |
| M30-34 | 607 | Karel | Du Toit | | |
| M30-34 | 608 | David | Eardley | | |
| M30-34 | 609 | Kallas | Eksteen | | |
| M30-34 | 610 | CJ | Erleben | | |
| M30-34 | 611 | Wayne | Fisher | | |
| M30-34 | 612 | Wian | Fourie | | Pure Symmetry Multisport (PSM) |
| M30-34 | 613 | Gerron | Fraser | | |
| M30-34 | 614 | Uzayr | Gani | | |
| M30-34 | 1254 | Lambert | Greeff | | |
| M30-34 | 615 | Adam | Greve | | |
| M30-34 | 616 | Schalk | Greyling | | |
| M30-34 | 617 | James | Grobler | | |
| M30-34 | 618 | Luthando | Hadebe | | |
| M30-34 | 69 | Ridhwaan | Haffajee | | Embark |
| M30-34 | 619 | Daniel | Harvey | | Formula 1 Triathlon Coaching |



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|--------|-----|----------|------------|------------|------------------------|
| M30-34 | 620 | Chris | Havinga | | |
| M30-34 | 621 | Jonathan | Hill | | |
| M30-34 | 622 | Jason | Hogg | | |
| M30-34 | 623 | Morne | Jacobs | | |
| M30-34 | 624 | Coenraad | Jacobs | | |
| M30-34 | 625 | Willbert | Kinnear | | |
| M30-34 | 626 | Ben | Knowles | | Precision Race Team |
| M30-34 | 627 | Hendrik | Kotze | | |
| M30-34 | 95 | Marc | Kourie | AWA Bronze | Maverick Athletic Club |
| M30-34 | 628 | Jacques | Kriek | | |
| M30-34 | 629 | Tyrone | Kunneke | | My Training Day |
| M30-34 | 3 | Manfred | Lambrechts | AWA Gold | Matrix Multisport |
| M30-34 | 630 | Fabien | Langlois | | |
| M30-34 | 18 | Greg | Laxton | AWA Silver | Maverick Athletic Club |
| M30-34 | 23 | Joshua | Lazarus | AWA Silver | |
| M30-34 | 631 | Stuart | Lewis | | |
| M30-34 | 632 | Ruan | Lindeque | | |
| M30-34 | 633 | Pierre | Lombard | | |
| M30-34 | 634 | Pierre | Lombard | | |
| M30-34 | 635 | Hugo | Lombard | | |
| M30-34 | 636 | Valdo | Lourenço | | |
| M30-34 | 637 | Innes | Lubbe | AWA Bronze | |
| M30-34 | 638 | Ryan | Lugg | | |
| M30-34 | 639 | Mikhail | Lukianenko | AWA Bronze | temptraining.ru |
| M30-34 | 640 | Armand | Marais | | |
| M30-34 | 641 | Ruan | Marais | | |
| M30-34 | 642 | Jonathan | Mccann | | |
| M30-34 | 643 | Chad | Mckenzie | | |



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| M30-34 | 644 | Scott | Meston | | |
| M30-34 | 645 | Zingisa | Mfiki | | |
| M30-34 | 646 | Matthew | Morris | | |
| M30-34 | 647 | Loftus | Morrison | | |
| M30-34 | 648 | Mohamed | Mukuddem | | |
| M30-34 | 649 | Michael | Mullineux | | |
| M30-34 | 650 | Rudolf | Naude | | |
| M30-34 | 651 | Karl | Naundorf | | |
| M30-34 | 22 | Nicholas | O'Gorman | AWA Silver | |
| M30-34 | 652 | Jan-Gerhard | Oosthuysen | | |
| M30-34 | 653 | Bertie | Pascoe | | |
| M30-34 | 654 | Dmitriy | Petukhov | | |
| M30-34 | 655 | Marius | Posthumus | | |
| M30-34 | 119 | Renier | Pretorius | | Matrix Multisport |
| M30-34 | 656 | Teaghan | Price | | |
| M30-34 | 657 | Nicholas | Pruett | | |
| M30-34 | 17 | Matthew | Ralphs | AWA Silver | Matrix Multisport |
| M30-34 | 658 | Matthew | Robson | | |
| M30-34 | 81 | Casparus | Rossouw | | Embark |
| M30-34 | 659 | Daniel | Rouillard | | |
| M30-34 | 660 | Richard | Rouillard | | |
| M30-34 | 661 | James | Rowson | | |
| M30-34 | 663 | Eric | Segenhout | | |
| M30-34 | 664 | Tommie | Sephton | | |
| M30-34 | 665 | Adriaan | Smit | | |
| M30-34 | 666 | Louw | Steyn | | |
| M30-34 | 667 | Matthew | Szendrei | | |
| M30-34 | 25 | Dale | Taylor | AWA Silver | Matrix Multisport |
| M30-34 | 668 | Tjaart | Van Der Walt | | |
| M30-34 | 669 | Francois | Van Niekerk | | |



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| M30-34 | 670 | Ruan | Van Rensburg | | |
| M30-34 | 671 | Gert | Van Tonder | | |
| M30-34 | 672 | Sergio | Vieira | | |
| M30-34 | 673 | Wouter | Viljoen | | |
| M30-34 | 674 | Dominic | Von Pannier | | |
| M30-34 | 107 | Mark | Walraven | | Maverick Athletic Club |
| M30-34 | 675 | Justin | Webber | | |
| M30-34 | 676 | Christiaan | Wepener | | Dinamic Multisport |
| M30-34 | 677 | Matthew | Wickham | | PEaK Team Coaching |
| M30-34 | 678 | Gordon | Williams | | |
| M35-39 | 679 | Juan | Ackerman | | Trifactri |
| M35-39 | 680 | Nangolo | Ashipala | | |
| M35-39 | 681 | Ryan | Ball | | |
| M35-39 | 682 | Bevan | Behr | | |
| M35-39 | 683 | Danny | Blunden | | |
| M35-39 | 684 | Govann | Botha | AWA Bronze | |
| M35-39 | 685 | Kudakwashe | Boyd | | |
| M35-39 | 686 | Lourens | Britz | | |
| M35-39 | 687 | Matthew | Buirski | | |
| M35-39 | 688 | Garreth | Burn | | |
| M35-39 | 689 | Henry | Cawood | | |
| M35-39 | 690 | Cameron | Chadwick | | |
| M35-39 | 89 | Ian | Charters | AWA Bronze | Maverick Athletic Club |
| M35-39 | 691 | Olebogeng | Choane | | |
| M35-39 | 692 | Andre | Coetzee | | |
| M35-39 | 113 | Jarrod | Cole-Edwardes | | Matrix Multisport |
| M35-39 | 693 | Rudi | Costa | | |
| M35-39 | 694 | Jared | Cowley | | |



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| M35-39 | 695 | Bradley | Cramond | | |
| M35-39 | 696 | Roy | Davis | | |
| M35-39 | 697 | Kuun | De Beer | | |
| M35-39 | 64 | Nicholas | De Haas | | Embark |
| M35-39 | 698 | Willem | De Kock | | Potch Multisport |
| M35-39 | 699 | Jaco | De Waal | | |
| M35-39 | 700 | Steven | Dickinson | | |
| M35-39 | 701 | Johannes | Doman | | |
| M35-39 | 702 | Louis | Du Pisani | | |
| M35-39 | 703 | Hentie | Du Toit | | |
| M35-39 | 704 | Wesley | Dyssel | | |
| M35-39 | 705 | Justin | Elson | | |
| M35-39 | 706 | George | Engelbrecht | | |
| M35-39 | 707 | Paul | Engelbrecht | | |
| M35-39 | 708 | Charl | Ferreira | | |
| M35-39 | 709 | Eugene | Fourie | | |
| M35-39 | 710 | Ahmad | Ghoor | | |
| M35-39 | 27 | Haig | Gibb | AWA Silver | |
| M35-39 | 711 | Mitchell | Gil | | |
| M35-39 | 712 | Warren | Gomez | | |
| M35-39 | 29 | Gerhard | Grebe | AWA Silver | Sterk Span Coaching Academy |
| M35-39 | 713 | De Villiers | Greyling | | |
| M35-39 | 714 | Herbert | Grobler | AWA Bronze | |
| M35-39 | 715 | Dinesh | Hansraj | | |
| M35-39 | 716 | Renier | Harmse | | |
| M35-39 | 717 | Chad | Haverly | | |
| M35-39 | 718 | Ettiene | Heenop | | |
| M35-39 | 719 | Kyle | Hoffman | | |
| M35-39 | 720 | Gareth | Hughes | | |



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| M35-39 | 721 | Lawson | Hunt | | |
| M35-39 | 722 | Tiaan | Jacobs | | |
| M35-39 | 723 | Attie | Janse Van Rensburg | | |
| M35-39 | 724 | David | Jenkins | | |
| M35-39 | 725 | Brian | Johnson | AWA Bronze | Trifactri |
| M35-39 | 93 | Michael | King | | Maverick Athletic Club |
| M35-39 | 1232 | Marc | Kourie | | |
| M35-39 | 31 | Ivan | Krestinin | AWA Silver | |
| M35-39 | 726 | Diederik | Kruger | | |
| M35-39 | 727 | Kyle | Krummeck | | |
| M35-39 | 728 | Ashley | Kupfer | | |
| M35-39 | 729 | Hugo | La Grange | | |
| M35-39 | 730 | Eric | Lappeman | | |
| M35-39 | 731 | Logan | Laubscher | | |
| M35-39 | 732 | Reytjie | Laubscher | | |
| M35-39 | 30 | Stephan | Le Roux | AWA Silver | |
| M35-39 | 733 | Heinrich | Le Roux | | |
| M35-39 | 734 | David | Lee | | |
| M35-39 | 735 | Travis | Leeuw | | TEAM TRI-LAB |
| M35-39 | 736 | Barry | Lottering | | |
| M35-39 | 737 | Frans | Marais | | |
| M35-39 | 738 | Johannes | Marais | | |
| M35-39 | 739 | Lourens | Maritz | | |
| M35-39 | 740 | Thomas | Marshall | | |
| M35-39 | 6 | Hanno | Mattheus | AWA Gold | Matrix Multisport |
| M35-39 | 741 | Matt | Mclaverty | | |
| M35-39 | 742 | Wessels | Meyer | | |
| M35-39 | 743 | Ryno | Moolman | | |
| M35-39 | 744 | Pip | Mortlock | | |



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| M35-39 | 5 | Pavel | Moskvin | AWA Gold | TrilogySportClub |
| M35-39 | 118 | Jhandre | Myburgh | | Matrix Multisport |
| M35-39 | 745 | Jeandre | Myburgh | | |
| M35-39 | 746 | Ganeshan | Naicker | | |
| M35-39 | 747 | Jarryd | Nash | | |
| M35-39 | 748 | Alfred | Nebe | | |
| M35-39 | 1234 | Wethu | Ngubo | | |
| M35-39 | 749 | Anton | Noll | | |
| M35-39 | 750 | Johan | Oosthuysen | | |
| M35-39 | 1259 | Shannon | Peters | | |
| M35-39 | 751 | Niel | Pieterse | | |
| M35-39 | 752 | Ian | Pinder | | |
| M35-39 | 79 | Neil | Pretorius | | Embark |
| M35-39 | 753 | Melt | Rademeyer | | |
| M35-39 | 754 | Johan-Hugo | Reinke | | |
| M35-39 | 755 | Pierre | Rosse | | |
| M35-39 | 756 | Vasilii | Ryzhako | | |
| M35-39 | 757 | Mickael | Sadeh | | |
| M35-39 | 758 | Ryan | Sauer | | |
| M35-39 | 759 | Jannie | Scherman | | Trivium Triathlon |
| M35-39 | 760 | Ben | Schoonwinkel | | |
| M35-39 | 761 | Lawrence | Segall | | |
| M35-39 | 762 | Cameron | Service | | |
| M35-39 | 1260 | Noel | Smouse | | |
| M35-39 | 764 | Wayne | Stevens | | |
| M35-39 | 765 | Heinrich | Stofberg | | |
| M35-39 | 766 | Bradley | Taaibosch | | |
| M35-39 | 767 | Tyler | Taboada | | |
| M35-39 | 768 | Mark | Tait | | |
| M35-39 | 769 | Sean | Thornley | | |



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| M35-39 | 770 | Quentin | Tolmay | | MPG Tri Team |
| M35-39 | 101 | Christopher | Turner | AWA Bronze | Maverick Athletic Club |
| M35-39 | 771 | Johan | Van Bosch | | |
| M35-39 | 772 | Attie | Van Den Berg | | |
| M35-39 | 773 | Johnny | Van Der Merwe | | |
| M35-39 | 103 | Albert | Van Der Wat | AWA Bronze | Maverick Athletic Club |
| M35-39 | 84 | Erich | Van Der Westhuizen | | Embark |
| M35-39 | 774 | Kobie | Van Deventer | | |
| M35-39 | 775 | Xylon | Van Eyck | AWA Bronze | Aspire #LiveFit |
| M35-39 | 776 | Ian | Van Heerden | | |
| M35-39 | 777 | Thinus | Van Niekerk | | |
| M35-39 | 778 | Thomas | Van Zyl | | |
| M35-39 | 779 | Oliver | Venter | | Smart Tri |
| M35-39 | 780 | Francois | Viljoen | | |
| M35-39 | 781 | Eugene | Visagie | | |
| M35-39 | 782 | Renier | Vorster | | |
| M35-39 | 783 | Wiehann | Wagenaar | | |
| M35-39 | 784 | Adam | Walden | | |
| M35-39 | 785 | Wade | Wareing | | |
| M35-39 | 786 | Neil | Washington | | |
| M35-39 | 787 | Ross | Whisken | | |
| M35-39 | 788 | Richard | Wild | AWA Bronze | |
| M35-39 | 109 | Steven | Williams | AWA Bronze | Maverick Athletic Club |
| M35-39 | 789 | Stuart | Williams | | |
| M35-39 | 790 | Bruce | Williams | | PEaK Team Coaching |
| M35-39 | 791 | Ari | Zadikov | | |
| M40-44 | 792 | Fazel | Ally | | Tri Anyone |



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| M40-44 | 793 | Nicholas | Andrews | | |
| M40-44 | 38 | Shane | Andrews | AWA Silver | Maverick Athletic Club |
| M40-44 | 794 | Petrus | Badenhorst | AWA Bronze | |
| M40-44 | 795 | Peter | Bakker | | |
| M40-44 | 796 | Haydn | Bayman | | |
| M40-44 | 797 | Joel | Berger | | |
| M40-44 | 798 | Paul | Bolton | AWA Bronze | |
| M40-44 | 799 | Christiaan | Bosman | | |
| M40-44 | 800 | Dean | Brons | | Trifactri |
| M40-44 | 801 | Kobus | Brummer | | |
| M40-44 | 802 | Trevor | Bruns | | |
| M40-44 | 803 | Sanjeev | Budhram | | |
| M40-44 | 804 | Zain | Cajee | | Tri Anyone |
| M40-44 | 805 | Jacques | Campbell | | |
| M40-44 | 806 | Nicola | Cantele | | |
| M40-44 | 807 | Nuno | Cardoso Lopes | | |
| M40-44 | 808 | Wesley | Carpenter | | |
| M40-44 | 33 | Alexis | Christie | AWA Silver | |
| M40-44 | 809 | Ian | Claydon | | |
| M40-44 | 810 | Jacques | Cloete | | |
| M40-44 | 811 | James | Courtney | AWA Bronze | Sansego Triathlon Club |
| M40-44 | 812 | Pierre | Cronje | | |
| M40-44 | 813 | Daniel | De Bruin | | |
| M40-44 | 814 | Stephan | De Groot | | |
| M40-44 | 815 | Pedro | Dias | | |
| M40-44 | 816 | Deandre | Dreyer | | |
| M40-44 | 817 | Jaco | Dreyer | | Wingman Multisport |
| M40-44 | 818 | Jacque | Du Plessis | | |



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|--------|-----|----------|--------------------|------------|------------------------|
| M40-44 | 819 | Melissa | Du Plessis | | |
| M40-44 | 820 | Jacques | Du Preez | | |
| M40-44 | 821 | Dean | Edwards | | |
| M40-44 | 822 | Duane | Edwards | | |
| M40-44 | 823 | Dale | Felton | | |
| M40-44 | 824 | Dane | Forman | | TEAM TRI-LAB |
| M40-44 | 825 | Justin | Fourie | | |
| M40-44 | 826 | Michael | Franks | | |
| M40-44 | 827 | Trevor | Fung | | |
| M40-44 | 828 | Mark | Geldart | | |
| M40-44 | 34 | Oleg | Gerdt | AWA Silver | |
| M40-44 | 115 | Craig | Gray | | Matrix Multisport |
| M40-44 | 829 | Frank | Grobbelaar | | |
| M40-44 | 830 | Clive | Grobler | | |
| M40-44 | 831 | Tertius | Gubbels | | |
| M40-44 | 832 | Shaun | Hadfield | | TRACE Multisport |
| M40-44 | 833 | Matt | Hall | | |
| M40-44 | 834 | Grant | Hardy | | |
| M40-44 | 835 | Billy | Herridge | | |
| M40-44 | 37 | Paul | Hilliard | AWA Silver | My Training Day |
| M40-44 | 836 | Brendon | Hindshaw | | Trifactri |
| M40-44 | 837 | Reinecke | Janse Van Rensburg | | |
| M40-44 | 838 | Riaan | Janse Van Rensburg | | MyProCoach |
| M40-44 | 839 | Anton | Janse Van Rensburg | | MyProCoach |
| M40-44 | 840 | Ryno | Jansen Van Vuuren | | |
| M40-44 | 841 | Luke | Jeftha | | |
| M40-44 | 842 | Salmon | Jonck | | Infinity Racing |
| M40-44 | 843 | Jannes | Kies | | |
| M40-44 | 94 | Ewert | Kleynhans | | Maverick Athletic Club |



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|--------|------|-----------|--------------|------------|------------------------|
| M40-44 | 844 | Dirk | Kotze | | |
| M40-44 | 845 | Dean | Krain | | |
| M40-44 | 846 | Regardt | Kruger | | |
| M40-44 | 847 | Robert | Labuschagne | | |
| M40-44 | 1255 | Heine | Lategan | | |
| M40-44 | 848 | Adrian | Lawless | | |
| M40-44 | 97 | Jeremy | Lawrence | | Maverick Athletic Club |
| M40-44 | 849 | De Wet | Le Grange | | |
| M40-44 | 1228 | Frikkie | Le Grange | | |
| M40-44 | 850 | Jaco | Le Roux | | |
| M40-44 | 851 | Michael | Lee | | |
| M40-44 | 852 | Raymond | Lennox | | |
| M40-44 | 853 | Ntho | Lethina | | |
| M40-44 | 854 | Brian | Lewis | | |
| M40-44 | 855 | Gavin | Lewis-Walker | | |
| M40-44 | 856 | Jacques | Liebenberg | | |
| M40-44 | 857 | Gareth | Long | | |
| M40-44 | 858 | Jeremia | Louw | | |
| M40-44 | 859 | Gavin | Mahoney | | SBR Sport Sunninghill |
| M40-44 | 860 | Wynand | Malherbe | | |
| M40-44 | 861 | Lodewicus | Malherbe | | Trivium Triathlon |
| M40-44 | 862 | Francois | Marais | | |
| M40-44 | 863 | Wolfgang | Maralik | | |
| M40-44 | 864 | Alroy | Margo | | |
| M40-44 | 865 | Jacques | Marx | | |
| M40-44 | 866 | Petre | Marx | | |
| M40-44 | 867 | Riaan | Matthys | AWA Bronze | |
| M40-44 | 868 | Brendon | Mcintosh | | |
| M40-44 | 869 | Douglas | Mckey | | |



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|--------|-----|------------|-------------|------------|------------------------------|
| M40-44 | 870 | Hugo | Meirim | | |
| M40-44 | 871 | Rui | Mesquita | | |
| M40-44 | 77 | Dan | Meyer | | Embark |
| M40-44 | 872 | Siyabulela | Mpengesi | | TEAM TISSINK TRIATHLON |
| M40-44 | 873 | Riaan | Nell | | |
| M40-44 | 874 | Richard | O'Sullivan | | |
| M40-44 | 875 | Iain | Peddle | | Stellenbosch Triathlon Squad |
| M40-44 | 876 | Darren | Phillips | | Smart Tri |
| M40-44 | 877 | Francois | Pienaar | | |
| M40-44 | 878 | Tshepo | Pitse | AWA Bronze | |
| M40-44 | 879 | Michael | Potgieter | | |
| M40-44 | 880 | Daniel | Pringle | | |
| M40-44 | 881 | Jantes | Prinsloo | AWA Bronze | |
| M40-44 | 882 | Arthur | Quphe | | |
| M40-44 | 883 | Dhiraj | Ramsaroop | | |
| M40-44 | 884 | Nick | Roberts | | |
| M40-44 | 885 | Jimmy | Robertson | | |
| M40-44 | 886 | Lance | Roy | | |
| M40-44 | 887 | Brian | Rozenkrantz | | Performance Multisport SA |
| M40-44 | 888 | Richard | Schmidt | | |
| M40-44 | 889 | Jaun | Schoon | | |
| M40-44 | 890 | Brett | Scott | | |
| M40-44 | 891 | Paul | Shackleton | | |
| M40-44 | 892 | Muhammed | Shaik | | Wingman Multisport |
| M40-44 | 893 | Alan | Shepherd | | |
| M40-44 | 894 | Theuns | Smit | | |
| M40-44 | 895 | Geran | Smith | | |
| M40-44 | 896 | Byron | Smith | | |



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| M40-44 | 897 | Lance | Sterley | | |
| M40-44 | 1231 | Brandon | Stewart | | |
| M40-44 | 898 | Fredo | Stroh | | |
| M40-44 | 899 | Denver | Subramany | | |
| M40-44 | 900 | Divan | Swanepoel | | |
| M40-44 | 901 | Tristan | Tooms | | |
| M40-44 | 902 | Benjamin | Tromp | | |
| M40-44 | 903 | Nick | Trytsman | | |
| M40-44 | 904 | Bailey | Van Breda | | |
| M40-44 | 121 | Ryan | Van Der Mescht | | Matrix Multisport |
| M40-44 | 905 | JJ | Van Der Westhuizen | | |
| M40-44 | 122 | Frikkie | Van Eck | | Matrix Multisport |
| M40-44 | 85 | Charl | Van Heerden | | Embark |
| M40-44 | 906 | Herman | Van Niekerk | | |
| M40-44 | 907 | Bernard | Van Niekerk | | |
| M40-44 | 908 | Cornelius | Van Rooyen | | |
| M40-44 | 909 | Eugene | Van Tonder | | |
| M40-44 | 910 | Marco | Van Tonder | | De Bruin Train |
| M40-44 | 911 | Edrich | Van Tonder | | |
| M40-44 | 912 | Nico | Van Vollenhoven | | |
| M40-44 | 913 | Stephan | Van Zyl | AWA Bronze | |
| M40-44 | 87 | Sacha | Vaughan | | Embark |
| M40-44 | 914 | Jaco | Venter | AWA Bronze | De Bruin Train |
| M40-44 | 35 | Johannes | Vorster | AWA Silver | Matrix Multisport |
| M40-44 | 915 | Ruan | Vorster | | |
| M40-44 | 916 | Michael | Whysall | | My Training Day |
| M40-44 | 917 | Jacques | Wiese | | |
| M40-44 | 918 | Martin | Wilden | | |
| M40-44 | 919 | Ashwin | Willemse | | |



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|--------|------|----------|------------|------------|-------------------------------|
| M40-44 | 920 | David | Wilson | | |
| M40-44 | 921 | Jonathan | Wood | | |
| M40-44 | 922 | Nick | Wright | | Atlantic Triathlon Club (ATC) |
| M40-44 | 923 | Elvis | Xhani | | |
| M40-44 | 924 | Jonathan | Zackey | | |
| M45-49 | 59 | Steve | Attwell | AWA Bronze | Embark |
| M45-49 | 1287 | Matthias | Bakker | | |
| M45-49 | 40 | Nasser | Baksh. | AWA Silver | |
| M45-49 | 110 | Luvuyo | Bangazi | | Matrix Multisport |
| M45-49 | 925 | Dirk | Barnard | | |
| M45-49 | 926 | John | Barnard | | Cape Multisport |
| M45-49 | 927 | Jason | Bell | | |
| M45-49 | 928 | Craig | Bester | | |
| M45-49 | 929 | Junaid | Bhayat | | |
| M45-49 | 930 | Piet | Boer | | |
| M45-49 | 931 | Andre | Boom | | |
| M45-49 | 62 | Dylan | Bowen | | Embark |
| M45-49 | 932 | Johan | Bredenkamp | | |
| M45-49 | 933 | Andre | Breedt | | |
| M45-49 | 934 | Douglas | Brown | | |
| M45-49 | 935 | Roelof | Burger | | |
| M45-49 | 936 | Brett | Burgess | | |
| M45-49 | 937 | Denver | Bussy | | |
| M45-49 | 938 | Chandre | Buys | | |
| M45-49 | 939 | Garth | Cameron | | |
| M45-49 | 940 | Graham | Clare | | |
| M45-49 | 941 | Justin | Cornish | | |
| M45-49 | 942 | Rudolf | De Abreu | | |
| M45-49 | 943 | Jorge | De Agrela | | |



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|--------|-----|------------|---------------|---------------|--------------------------------------|
| M45-49 | 944 | Manie | De Bod | | |
| M45-49 | 945 | Alvaro | De Brito | | |
| M45-49 | 946 | Graeme | De Gray Birch | | |
| M45-49 | 947 | Syd | Dollman | | Club MSM (Multisport- Maniacs) |
| M45-49 | 948 | Anthony | Driman | | |
| M45-49 | 949 | Marius | Du Bruyn | | |
| M45-49 | 950 | Danie | Du Plessis | | |
| M45-49 | 65 | Jaco | Du Plooy | | Embark |
| M45-49 | 951 | Christo | Du Toit | | |
| M45-49 | 952 | Daan | Du Toit | | |
| M45-49 | 953 | Stephan | Du Toit | | |
| M45-49 | 954 | Patrick | Duff | | TEAM TISSINK TRIATHLON |
| M45-49 | 66 | Grant | Elario | | Embark |
| M45-49 | 955 | Jan | Ellis | | |
| M45-49 | 956 | Richard | Facer | | |
| M45-49 | 957 | Peter | Fairhead | | |
| M45-49 | 958 | Anthony | Farah | | |
| M45-49 | 959 | Grant | Farlam | | |
| M45-49 | 960 | Adam | Fine | | |
| M45-49 | 961 | Louis | Fourie | | MyProCoach |
| M45-49 | 962 | Cobus | Fourie | AWA Bronze | Stellenbosch Triathlon Squad |
| M45-49 | 963 | Jacobus | Freysen | | Cape Multisport |
| M45-49 | 965 | Eric | Garges | | |
| M45-49 | 966 | Peter | Gatang'l | AWA Bronze | |
| M45-49 | 967 | Garon | Geldart | | |
| M45-49 | 968 | Scott | Giles | | |
| M45-49 | 969 | Shaun | Girdhari | | |
| M45-49 | 970 | Gcinikhaya | Gobodo | | |



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|--------|------|-----------|--------------|---------------|-----------------------------|
| M45-49 | 971 | Shayjal | Govind | | ONE80 Multisport |
| M45-49 | 972 | Fasie | Grobbelaar | | |
| M45-49 | 973 | Hennie | Grobler | | |
| M45-49 | 974 | Grant | Hallowell | | Ultimate Sports Coaching |
| M45-49 | 975 | Stephanus | Hancke | | |
| M45-49 | 976 | Michael | Henry | | |
| M45-49 | 977 | David | Hoffman | | |
| M45-49 | 978 | Alan | Holm | | |
| M45-49 | 979 | Tony | Karpelowsky | | |
| M45-49 | 980 | Justin | Kirby | | |
| M45-49 | 981 | Deon | Koegelenberg | | |
| M45-49 | 982 | Johan | Kruger | | |
| M45-49 | 117 | Leon | Lambrechts | AWA Bronze | Matrix Multisport |
| M45-49 | 1233 | Hanno | Langenhoven | | |
| M45-49 | 73 | Jannie | Leach | | Embark |
| M45-49 | 983 | James | Lloyd | | |
| M45-49 | 984 | Jean | Louw | | |
| M45-49 | 986 | Shaun | Macgregor | | |
| M45-49 | 987 | Asaf | Magen | | |
| M45-49 | 988 | Daniel | Malan | | |
| M45-49 | 989 | Lungi | Maminza | | |
| M45-49 | 990 | Billy | Mans | | SWIM BIKE RUN 365 |
| M45-49 | 991 | Phumzile | Manzini | | |
| M45-49 | 74 | Werner | Maree | | Embark |
| M45-49 | 992 | Renier | Maritz | | |
| M45-49 | 993 | Gawie | Maritz | | |
| M45-49 | 994 | Michael | Massingham | | |
| M45-49 | 75 | Craig | Maulson | | Embark |
| M45-49 | 995 | Duncan | May | | |



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|--------|------|-------------|--------------|------------|------------------|
| M45-49 | 996 | Zola | Mbulawa | | |
| M45-49 | 76 | Tim | Merryweather | | Embark |
| M45-49 | 997 | Kevin | Mill | | |
| M45-49 | 998 | Jason | Minnaar | | |
| M45-49 | 999 | Hannes | Moore | | |
| M45-49 | 1000 | Rory | Moore | | |
| M45-49 | 1001 | Jean-Marc | Morel | | MyProCoach |
| M45-49 | 1002 | Christopher | Nel | | |
| M45-49 | 1003 | De Wet | Nel | | |
| M45-49 | 1004 | Hanu | Nel | | |
| M45-49 | 1005 | Willem | Nieman | | |
| M45-49 | 1006 | Nkosi | Nkosi | | |
| M45-49 | 1007 | Andy | Norbury | | |
| M45-49 | 1008 | Leon | Noussis | | |
| M45-49 | 1009 | Iurii | Novikov | | |
| M45-49 | 1010 | Vishal | Nurbadh | | |
| M45-49 | 1011 | Richard | O Connor | | |
| M45-49 | 1012 | Terence | Osborn | | |
| M45-49 | 41 | Mark | Pellew | AWA Silver | ONE80 Multisport |
| M45-49 | 1013 | Gareth | Pile | | |
| M45-49 | 1014 | Jan-Hendrik | Potgieter | | |
| M45-49 | 80 | Abdul | Rawoot | | Embark |
| M45-49 | 1015 | Christian | Roeder | | |
| M45-49 | 1016 | Paul | Roelofse | | |
| M45-49 | 1017 | Stephan | Roets | | |
| M45-49 | 1018 | Ryan | Romeynders | | |
| M45-49 | 1251 | Clint | Roper | | |
| M45-49 | 1019 | Deon | Schoeman | | |
| M45-49 | 1020 | Marius | Schoeman | | |
| M45-49 | 1021 | Owen | Sher | | Club100 |



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|--------|------|---------|------------------|--|-----------------------------|
| M45-49 | 1022 | Neville | Short | | |
| M45-49 | 1023 | Michael | Sill | | |
| M45-49 | 1024 | Johan | Smit | | |
| M45-49 | 1025 | Donovan | Smith | | |
| M45-49 | 1026 | Mark | Spath | | |
| M45-49 | 1027 | Stephen | Stainbank | | |
| M45-49 | 1028 | Werner | Steyn | | |
| M45-49 | 1029 | Bruce | Thomas | | |
| M45-49 | 1030 | Riaan | Van Biljon | | Sterk Span Coaching Academy |
| M45-49 | 1031 | Dirk | Van Der Merwe | | |
| M45-49 | 102 | Jason | Van Der Poel | | Maverick Athletic Club |
| M45-49 | 1032 | Thijs | Van Dongen | | |
| M45-49 | 1033 | Andries | Van Heerden | | |
| M45-49 | 1034 | Pierre | Van Lelyveld | | |
| M45-49 | 1035 | Dirk | Van Loggerenberg | | |
| M45-49 | 1036 | Marc | Van Olst | | |
| M45-49 | 1037 | Albert | Van Putten | | |
| M45-49 | 1038 | Jaco | Van Schalkwyk | | |
| M45-49 | 1039 | Jaco | Van Tonder | | |
| M45-49 | 1040 | Stefan | Van Zyl | | |
| M45-49 | 1041 | Markus | Venter | | |
| M45-49 | 1042 | Ricus | Venter | | |
| M45-49 | 1043 | Rowan | Vorster | | Triathlon Club Hergiswil |
| M45-49 | 1044 | Alf | White | | |
| M45-49 | 1045 | Brett | Whittle | | |
| M45-49 | 1046 | Jason | Willis | | |
| M45-49 | 1047 | Ian | Wilson | | |
| M45-49 | 1048 | Steven | Wood | | PEaK Team Coaching |
| M45-49 | 1049 | Mike | Woodyatt | | |



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|--------|------|----------|--------------|------------|--------------------------------|
| M45-49 | 1050 | Duncan | Wyness | | De Bruin Train |
| M50-54 | 1051 | Andrew | Archibald | | |
| M50-54 | 1052 | Javier | Baez Ramirez | | Trimetheus |
| M50-54 | 1053 | Jason | Baynes | | |
| M50-54 | 1054 | Jonathan | Beattie | | |
| M50-54 | 1055 | Wiltie | Bekker | | |
| M50-54 | 60 | Grant | Bezer | | Embark |
| M50-54 | 1056 | Gavin | Biggs | | TEAM TISSINK TRIATHLON |
| M50-54 | 1057 | Jose | Botte | | |
| M50-54 | 9 | Derek | Bouwer | AWA Gold | Club100 |
| M50-54 | 1058 | Neil | Boyce | | Trifactri |
| M50-54 | 1059 | Chris | Brammer | | |
| M50-54 | 1060 | Craig | Burgin | | |
| M50-54 | 1061 | Saul | Chait | | |
| M50-54 | 1062 | Wim | Cilliers | | |
| M50-54 | 1063 | JC | Classen | | |
| M50-54 | 1064 | Matthew | Cockram | | Pure Symmetry Multisport (PSM) |
| M50-54 | 1065 | Stephan | Coetzee | AWA Bronze | |
| M50-54 | 1066 | John | Cowper | | |
| M50-54 | 1067 | David | Crewe-Brown | | |
| M50-54 | 1068 | Jurrie | Davel | | |
| M50-54 | 1069 | Hennie | De Beer | | |
| M50-54 | 1070 | Michael | De Villiers | | |
| M50-54 | 1071 | Clint | Ducie | | |
| M50-54 | 1072 | Alex | Eliott | | |
| M50-54 | 1073 | Nick | Emanuel | | |
| M50-54 | 1246 | Mike | Fannin | | Atlantic Triathlon Club (ATC) |
| M50-54 | 42 | Bryn | Freeman | AWA Silver | ONE80 Multisport |



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|--------|------|-----------|------------|------------|--------------------------|
| M50-54 | 1074 | Michael | Gresty | AWA Bronze | |
| M50-54 | 1075 | Warren | Halford | | |
| M50-54 | 1076 | Justin | Hand | | |
| M50-54 | 1077 | Mark | Hassenkamp | | |
| M50-54 | 116 | Renier | Henning | | Matrix Multisport |
| M50-54 | 1078 | GF | Heyns | | Dinamic Multisport |
| M50-54 | 1079 | Marcellus | Hoods | | |
| M50-54 | 1080 | Jonathan | Hornsby | | |
| M50-54 | 1081 | Kevin | Hutcheon | | |
| M50-54 | 1082 | Charles | Jerome | | |
| M50-54 | 1083 | André | Jordaan | | |
| M50-54 | 1084 | Pravin | Kalpage | | |
| M50-54 | 1085 | Charl | Keyter | | Ultimate Sports Coaching |
| M50-54 | 44 | Justin | Kightley | AWA Silver | |
| M50-54 | 1086 | Warren | Kilborn | | |
| M50-54 | 1087 | Tinus | Kits | | |
| M50-54 | 1088 | Rudigor | Kleyn | | De Bruin Train |
| M50-54 | 1089 | Sean | Lavery | | |
| M50-54 | 1090 | Michael | Lock | | Java Triathletes |
| M50-54 | 1091 | George | Lockhart | | |
| M50-54 | 1092 | Morne | Lombard | | |
| M50-54 | 1093 | Sven | Mahieu | | |
| M50-54 | 1094 | Richard | Malaka | | |
| M50-54 | 45 | Theo | Mare | AWA Silver | Trifactri |
| M50-54 | 1095 | Simon | Martens | AWA Bronze | |
| M50-54 | 1289 | Shaun | Matisonn | | |
| M50-54 | 1097 | Marcelle | Meyer | | |
| M50-54 | 1098 | Shaun | Mills | | |
| M50-54 | 1099 | Jakes | Muire | | |



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|--------|------|----------|----------------|------------|------------------------|
| M50-54 | 1100 | Werner | Muller | | |
| M50-54 | 1101 | Charl | Myburgh | | |
| M50-54 | 98 | Craig | Mynhardt | | Maverick Athletic Club |
| M50-54 | 1102 | Kevin | Naicker | | |
| M50-54 | 1103 | Jamiel | Nassiep | | |
| M50-54 | 1104 | Danie | Nieuwenhuizen | | |
| M50-54 | 1105 | Thuthuka | Nxumalo | | |
| M50-54 | 1106 | Wallies | Olivier | | |
| M50-54 | 1107 | Selwyn | Paterson | | |
| M50-54 | 1108 | Hadyn | Pithey | AWA Bronze | |
| M50-54 | 1256 | Benjy | Porter | | |
| M50-54 | 1109 | Craig | Proctor-Parker | | |
| M50-54 | 1110 | Leendert | Pronk | | |
| M50-54 | 1111 | Collen | Rautenbach | | De Bruin Train |
| M50-54 | 1112 | Lawrence | Resnick | | K8 Multisport Tribe |
| M50-54 | 1113 | Rami | Sassen | | |
| M50-54 | 1114 | Ridhwan | Sayyed | | |
| M50-54 | 1115 | Jan | Scholtz | | |
| M50-54 | 1230 | Hans | Schultz | | |
| M50-54 | 1116 | Keith | Sezoe | | |
| M50-54 | 1117 | Bradley | Sigamoney | | |
| M50-54 | 1118 | David | Smaldon | | |
| M50-54 | 1119 | Stefan | Spruyt | | |
| M50-54 | 1120 | Elbe | Strydom | | |
| M50-54 | 83 | Ash | Suckling | | Embark |
| M50-54 | 1238 | Angus | Taylor | | |
| M50-54 | 1121 | Lourens | Van Biljon | | |
| M50-54 | 1122 | Andre | Van Der Merwe | | |
| M50-54 | 1123 | Johan | Van Der Merwe | | |



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|--------|------|---------|-----------------|------------|------------------------|
| M50-54 | 1124 | Dawie | Van Der Merwe | | |
| M50-54 | 1125 | Barry | Van Der Merwe | | bluff multisport |
| M50-54 | 1126 | Jan | Van Der Nest | | |
| M50-54 | 1127 | Pieter | Van Der Walt | | |
| M50-54 | 1128 | Sarel | Van Niekerk | | |
| M50-54 | 1129 | Gus | Van Niekerk | | |
| M50-54 | 1130 | Henry | Van Niekerk | | My Training Day |
| M50-54 | 1131 | Phillip | Venter | | |
| M50-54 | 1132 | Ross | Ventress | | |
| M50-54 | 1237 | Wim | Verstraeten | AWA Bronze | Club Deportivo Axarlon |
| M50-54 | 1133 | Mark | Whitlock | | |
| M50-54 | 1134 | Simon | Winn | | |
| M50-54 | 1135 | Shane | Wollenschlaeger | | |
| M50-54 | 1136 | Richard | Wright | | TEAM TISSINK TRIATHLON |
| M50-54 | 1137 | Peter | Wybrow | | My Training Day |
| M55-59 | 1138 | Philip | Adamson | | |
| M55-59 | 1139 | Antonio | Almeida | | |
| M55-59 | 11 | Shaun | Attenborough | AWA Gold | Privateers |
| M55-59 | 1140 | Nick | Bekker | | MPG Tri Team |
| M55-59 | 1141 | Louis | Beneke | | |
| M55-59 | 1142 | Johan | Brits | | |
| M55-59 | 1143 | James | Cammell | | |
| M55-59 | 1144 | Gerry | Capatos | | |
| M55-59 | 1145 | Trevor | Carolin | | Trifactri |
| M55-59 | 1146 | Bruce | Chelius | | |
| M55-59 | 1147 | Danie | Cronje | | |
| M55-59 | 1148 | Craig | Dolly | | |
| M55-59 | 1149 | Leon | Froneman | | |
| M55-59 | 1150 | Nick | Galatis | | |



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|--------|------|---------|-------------|------------|-------------------------------|
| M55-59 | 1151 | Ronald | Galik | | Human Motors |
| M55-59 | 46 | Matthew | Gambles | AWA Silver | Jersey Tri Club |
| M55-59 | 68 | Peter | Gordon | | Embark |
| M55-59 | 1152 | Craig | Granville | | TRI YOUR BEST |
| M55-59 | 1153 | Rob | Gurney | | |
| M55-59 | 1154 | Wayne | Hardy | | |
| M55-59 | 1155 | Mark | Harper | | |
| M55-59 | 1156 | Peter | Hollick | AWA Bronze | |
| M55-59 | 1157 | Crofton | Hopkins | | |
| M55-59 | 1158 | Sam | Houlie | | |
| M55-59 | 1227 | Chris | Howes | | Maverick Athletic Club |
| M55-59 | 1245 | Derek | Hughes | | Embark |
| M55-59 | 1159 | Barry | Hugo | | My Training Day |
| M55-59 | 1160 | Paul | Ingpen | AWA Bronze | Atlantic Triathlon Club (ATC) |
| M55-59 | 1161 | Fine | Karsten | | |
| M55-59 | 48 | Kai | Kohler | AWA Silver | Maverick Athletic Club |
| M55-59 | 1162 | Gavin | Mcelroy | | |
| M55-59 | 1163 | Anant | Morar | | Tri Anyone |
| M55-59 | 1164 | Craig | Mortassagne | | |
| M55-59 | 1165 | Nico | Muller | | |
| M55-59 | 1166 | Willem | Myburgh | | |
| M55-59 | 1167 | Mark | Nicholls | | |
| M55-59 | 1253 | Braam | Nieuwoudt | | |
| M55-59 | 1168 | David | Nijland | | |
| M55-59 | 1169 | John | Oliver | | |
| M55-59 | 1170 | Cassim | Parak | | |
| M55-59 | 1171 | Dean | Parry | | |
| M55-59 | 1172 | Herman | Pelser | | |



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| M55-59 | 47 | Kobie | Pruis | AWA Silver | TEAM TISSINK TRIATHLON |
| M55-59 | 1173 | Andre | Pruis | | |
| M55-59 | 1174 | Hannes | Reinecke | | |
| M55-59 | 1175 | Mike | Roscoe | | |
| M55-59 | 100 | Bradley | Ryder | AWA Bronze | Maverick Athletic Club |
| M55-59 | 1176 | Julian | Schlemmer | | |
| M55-59 | 1177 | Glenn | Silverman | | |
| M55-59 | 1178 | Herbert | Simoes | | |
| M55-59 | 1179 | Martin | Simon | | |
| M55-59 | 1180 | Jono | Skews | | My Training Day |
| M55-59 | 1181 | Russel | Smit | | |
| M55-59 | 1291 | Chris | Stange | | |
| M55-59 | 1182 | Allen | Stockley | | |
| M55-59 | 1236 | Jacobus | Strydom | | |
| M55-59 | 1183 | Arshadalli | Tayob | | Tri Anyone |
| M55-59 | 12 | Terry | Thornton | AWA Gold | MyProCoach |
| M55-59 | 104 | Wouter | Van Der Westhuizen | | Maverick Athletic Club |
| M55-59 | 1184 | Riaan | Van Jaarsveld | | |
| M55-59 | 105 | Anton | Van Tonder | | Maverick Athletic Club |
| M55-59 | 1185 | Etienne | Venter | | Cape Multisport |
| M55-59 | 1186 | Gavin | Walsh | | |
| M55-59 | 1187 | Gerbe | Zerwick | | |
| M60-64 | 1244 | Grant | Adlam | | Troisport |
| M60-64 | 1188 | John | Armstrong | | |
| M60-64 | 1189 | Patrick | Blakeway | | |
| M60-64 | 1190 | Bossie | Boshoff | | |
| M60-64 | 1191 | Willem | Botha | | |
| M60-64 | 1192 | Marius | Bouwer | | |
| M60-64 | 1193 | Terrence | Brocco | | |



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| M60-64 | 1194 | Hannes | Burger | | |
| M60-64 | 1195 | Cameron | Condie | | Trifactri |
| M60-64 | 52 | Katman | De Beer | AWA Silver | |
| M60-64 | 1196 | Andre' | De Villiers | | |
| M60-64 | 1197 | Clive | Garrett | | |
| M60-64 | 1198 | Anton | Homsek | | |
| M60-64 | 1199 | Roger | Hooke | | TEAM TISSINK TRIATHLON |
| M60-64 | 53 | Freddie | La Grange | AWA Silver | |
| M60-64 | 1200 | Emile | Mabita | | Triatlon klub Podgorica |
| M60-64 | 49 | Wayne | Mac Farlane | AWA Silver | |
| M60-64 | 1201 | Ahmed | Mahomed | AWA Bronze | Atlantic Triathlon Club (ATC) |
| M60-64 | 1202 | John | Mclean | | Cape Multisport |
| M60-64 | 1203 | Stephen | Meijers | AWA Bronze | Trifactri |
| M60-64 | 1204 | Thavantharan | Naidu | | |
| M60-64 | 1205 | Simon | Nicks | | |
| M60-64 | 1206 | Mark | O Gorman | | |
| M60-64 | 99 | Eugene | O'Brien | | Maverick Athletic Club |
| M60-64 | 1207 | Robin | Page | | |
| M60-64 | 1208 | Anand | Patil | | Yoska Tri A New Life |
| M60-64 | 1209 | James | Popper | AWA Bronze | |
| M60-64 | 1210 | Grant | Rex | | |
| M60-64 | 1211 | Steven | Shimmings | | TEAM TISSINK TRIATHLON |
| M60-64 | 1212 | Christiaan | Slabbert | | |
| M60-64 | 1213 | Gary | Stephenson | | |
| M60-64 | 1214 | Mike | Stevenson | | |
| M60-64 | 1215 | Nazeer | Vania | | Tri Anyone |
| M60-64 | 106 | Ron | Veenis | | Maverick Athletic Club |



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| M60-64 | 1216 | Graham | Warrender | | |
| M60-64 | 108 | Michael | Webb | | Maverick Athletic Club |
| M60-64 | 1217 | Don | Whiley | AWA Bronze | B-Fit Racers |
| M60-64 | 1218 | Gert | Wilkins | | Atlantic Triathlon Club (ATC) |
| M65-69 | 1219 | Richie | Brink | | |
| M65-69 | 1220 | Nico | Claase | AWA Bronze | Cape Multisport |
| M65-69 | 1221 | Richard | Cunningham | | |
| M65-69 | 1222 | Pierre | Kotze | | |
| M65-69 | 1223 | Tony | Lederle | AWA Bronze | |
| M65-69 | 1224 | Hilton | Ledlie | | |
| M65-69 | 1225 | Viwe | Notshe | | |
| M65-69 | 1226 | Raymond | Pienaar | | |