

TRIATHLON ZIMBABWE NATIONAL CHAMPIONSHIPS



STANDARD DISTANCE - MEN - OVERALL

POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
1	41	David GARDNER	2:39:56	50-59	0:24:15	0:01:23	1:27:19	0:00:50	0:46:07
2	46	Paul DENSLOW	2:47:43	40-49	0:25:39	0:01:45	1:29:41	0:01:24	0:49:12
3	42	Stuart GEMMILL	3:04:23	50-59	0:34:45	0:02:22	1:39:45	0:01:07	0:46:21
4	43	Jihong LEE	3:09:51	30-39	0:37:48	0:04:11	1:38:18	0:01:45	0:47:48
	44	Jimmy WILFORD	DNS	40-49					

BY AGE GROUP

POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
1	43	Jihong LEE	3:09:51	30-39	0:37:48	0:04:11	1:38:18	0:01:45	0:47:48
1	46	Paul DENSLOW	2:47:43	40-49	0:25:39	0:01:45	1:29:41	0:01:24	0:49:12
	44	Jimmy WILFORD	DNS	40-49					
1	41	David GARDNER	2:39:56	50-59	0:24:15	0:01:23	1:27:19	0:00:50	0:46:07
2	42	Stuart GEMMILL	3:04:23	50-59	0:34:45	0:02:22	1:39:45	0:01:07	0:46:21

STANDARD DISTANCE - WOMEN

POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
1	45	Kristine BICKNELL	2:59:55	40-49	0:30:06	0:01:59	1:35:47	0:00:57	0:51:03

SPRINT DISTANCE - MEN



POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
1	64	Paulo CAVERNA	1:34:11	40-49	0:18:42	0:02:38	0:43:27	0:01:35	0:27:46
2	61	Mark FULLER	1:36:22	40-49	0:18:03	0:02:26	0:47:09	0:01:39	0:27:03

SPRINT DISTANCE - WOMEN - OVERALL

POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
1	65	Helen MITCHELL	1:40:15	19-29	0:15:02	0:02:06	0:50:39	0:00:55	0:31:31
2	104	Eve MUDZINGWA	2:06:20	40-49	0:23:04	0:02:26	1:06:07	0:01:26	0:33:15

BY AGE GROUP

POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
1	65	Helen MITCHELL	1:40:15	19-29	0:15:02	0:02:06	0:50:39	0:00:55	0:31:31
1	104	Eve MUDZINGWA	2:06:20	40-49	0:23:04	0:02:26	1:06:07	0:01:26	0:33:15

TRIATHLON ZIMBABWE NATIONAL CHAMPIONSHIPS - UNDER 13 BOYS


POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
1	73	Rohnan NICHOLSON	0:49:10	12-13	0:06:24	0:01:20	0:29:10	0:00:44	0:11:30
2	74	Callum SMITH	0:54:38	12-13	0:06:23	0:01:11	0:34:05	0:00:48	0:12:10
3	103	Conner PAULSER	1:00:32	12-13	0:06:05	0:01:48	0:37:34	0:00:46	0:14:17
4	71	Blaine CANDY	1:06:57	12-13	0:07:51	0:01:56	0:44:24	0:00:53	0:11:51
5	72	Carlton CHAPUNGU	1:15:58	12-13	0:08:11	0:01:23	0:47:32	0:01:07	0:17:43
6	102	Tawananyasha KUNAKA	1:53:51	12-13	0:13:42	0:02:47	1:09:58	0:01:40	0:25:42

TRIATHLON ZIMBABWE NATIONAL CHAMPIONSHIPS - UNDER 15 BOYS

POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
1	81	Duwan BOTHA	0:44:29	14-15	0:05:54	0:01:07	0:26:37	0:00:36	0:10:14
2	95	Joshua JACOBS	0:46:00	14-15	0:05:38	0:00:48	0:27:49	0:00:53	0:10:50
3	83	Matipa MAWERE	0:46:17	14-15	0:05:29	0:00:57	0:28:38	0:00:56	0:10:16
4	82	Dylan GEMMILL	0:47:48	14-15	0:06:07	0:00:50	0:28:37	0:00:47	0:11:25
5	85	Tyler STEENKAMP	0:51:17	14-15	0:06:49	0:01:29	0:30:00	0:00:52	0:12:05
6	84	Mandlenkosi MTHETHWA	0:59:17	14-15	0:06:44	0:01:29	0:37:13	0:01:00	0:12:49
	80	Kayden BHANA	DNS	14-15					

TRIATHLON ZIMBABWE NATIONAL CHAMPIONSHIPS - UNDER 17 MEN

POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
1	24	George ASCOTT	1:17:02	16-17	0:12:17	0:01:45	0:42:39	0:00:40	0:19:39
2	28	David KNOX	1:38:03	16-17	0:12:42	0:01:02	0:56:01	0:00:55	0:27:20

TRIATHLON ZIMBABWE NATIONAL CHAMPIONSHIPS - UNDER 19 MEN

POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
2	26	Marcel PAULSER	1:29:47	18-19	0:12:16	0:01:04	0:45:20	0:00:53	0:30:12

TRIATHLON ZIMBABWE NATIONAL CHAMPIONSHIPS - UNDER 13 GIRLS



POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
	86	Chloe FULLER	DNS	12-13					

TRIATHLON ZIMBABWE NATIONAL CHAMPIONSHIPS - UNDER 15 GIRLS

POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
1	94	Anje VAN AS	0:50:28	14-15	0:06:15	0:01:14	0:30:24	0:00:40	0:11:52
2	91	Nicole MADYA	0:54:53	14-15	0:07:24	0:01:19	0:33:00	0:00:53	0:12:16
3	90	Emma LIDSBA	0:58:08	14-15	0:07:43	0:01:33	0:33:18	0:00:45	0:14:47
4	93	Tayleigh TAYLOR	0:58:59	14-15	0:06:35	0:01:40	0:34:33	0:01:12	0:14:57

TRIATHLON ZIMBABWE NATIONAL CHAMPIONSHIPS - UNDER 17 WOMEN

POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
1	32	Makanaka MAWERE	1:27:31	16-17	0:12:25	0:01:44	0:47:05	0:00:55	0:25:20
2	35	Jessica FULLER	1:37:03	16-17	0:14:38	0:01:13	0:51:01	0:00:54	0:29:15

TRIATHLON ZIMBABWE NATIONAL CHAMPIONSHIPS - UNDER 19 WOMEN - NO ENTRIES

TRIATHLON ZIMBABWE - NON CHAMPIONSHIP



SUPERSPRINT DISTANCE - AGE GROUP MIXED - BY AGE CATEGORY

POSITION	RACE #	NAME	TIME	AGE CATEGORY	SWIM	T1	CYCLE	T2	RUN
1	100	Tegan CATTERALL	1:10:15	19-29	0:13:06	0:02:02	0:38:28	0:01:14	0:15:23
2	96	Keegan BICKNELL	1:17:50	19-29	0:15:17	0:03:49	0:41:22	0:01:32	0:15:48
3	97	Nicole CHAPUNGU	1:28:20	19-29	0:11:22	0:01:44	0:55:33	0:01:08	0:18:31
1	101	Debbie WELLS	1:07:13	50-59	0:09:38	0:02:11	0:38:15	0:01:05	0:16:01
1	99	Colin WESTON	1:21:05	60+	0:15:52	0:04:09	0:39:03	0:01:32	0:20:27

BONAQUA CIMAS IGO CORPORATE CHALLENGE RESULTS



POSITION	RACE #	NAME	TIME	SWIM	T1	CYCLE	T2	RUN
1	106	TEAM CIMAS 1 Glenys Smith, Lloyd Namutswa, Kelvin Gahadza	1:00:22	0:07:12	0:01:40	0:38:52	0:00:55	0:11:40
2	108	TEAM CIMAS 3 Tafadzwa Karanda, Tsitsi Musvazvi, Bhekimpilo Mpofu	1:08:46	0:09:21	0:01:41	0:36:52	0:00:52	0:19:59
3	114	TEAM SHAL 1 Alfred Samuriwo, Courage Njazi, Milton Kamangira	1:10:37	0:17:32	0:02:09	0:38:34	0:00:58	0:11:22
4	117	TEAM SHAL 4 Alfred Samuriwo, Courage Njazi, Hillary Machiya	1:15:36	0:17:32	0:02:09	0:38:33	0:01:11	0:16:08
5	107	TEAM CIMAS 2 Kudzai Vere, Prosper Manje, Godknows Muperekedzwa	1:17:10	0:20:05	0:01:21	0:40:46	0:00:42	0:14:14
6	115	TEAM SHAL 2 Alfred Samuriwo, Donald Zhara, Philemon Tigere	1:17:46	0:17:32	0:01:31	0:39:12	0:01:10	0:18:19
7	116	TEAM SHAL 3 Alfred Samuriwo, Courage Njazi, Demos Mbauya	1:24:49	0:17:32	0:01:32	0:39:11	0:11:01	0:15:30
	110	TEAM MTC B Kumurai Chagonda, Walter Maponga, Desmond Maniwa	DNS					
	118	TEAM NEDBANK Constance Kurira, Patson Mhinda	DNS					
	119	TEAM NEDBANK 2 Alfa Mavhunga, Casbert Mature	DNS					
	109	MTC A Miandah Mutsvairo, Tariro Bongo, Bernard Murangwanwa	DNS					
	111	MTC C Darlington Musapenda, Trust Hatitye, Lina Machiridza	DNS					

YOUTH MINI



REVIEWED - YOUTH MINI FINAL RESULTS

POSITION	RACE #	NAME	TIME	AGE CATEGORY	GENDER	EVENT	MEDAL
1	129	Aden COLLETT	0:20:21	8-12	Male	YOUTH MINI	GOLD
2	134	Chloe STEENKAMP	0:20:49	8-12	Female	YOUTH MINI	SILVER
3	126	Jharnnah ADAM	0:21:06	8-12	Female	YOUTH MINI	BRONZE
4	127	Olivia BEAMISH	0:21:46	8-12	Female	YOUTH MINI	Finisher
5	140	Jake MAJOR	0:22:26	8-12	Male	YOUTH MINI	Finisher
6	128	Alexis BEAMISH	0:22:31	8-12	Female	YOUTH MINI	Finisher
7	130	Olivia COLLETT	0:22:36	8-12	Female	YOUTH MINI	Finisher
8	133	Maita MAWERE	0:23:18	8-12	Female	YOUTH MINI	Finisher
9	132	Taanashe MAKOSA	0:23:20	8-12	Male	YOUTH MINI	Finisher
	139	Tawananyasha KUNAKA	DNS				
ENTERED FOR YOUTH MINI BUT DID DUATHLON INSTEAD							
	135	Bianca VAN DE LINDE	0:15:07	8-12	Female	DUATHLON	
	147	Cristiano CAVERNA	0:15:27	8-12	Male	DUATHLON	
	148	Joao CAVERNA	0:15:37	8-12	Male	DUATHLON	
	138	Bhekimpilo CHATIRA	0:16:22	8-12	Male	DUATHLON	
	137	Catherine CHATIRA	0:17:21	8-12	Female	DUATHLON	
	141	Tadiswa MUFUDZI	0:17:55	8-12	Female	DUATHLON	

DUATHLON - 5-8



POSITION	RACE #	NAME	TIME	AGE CATEGORY	GENDER	EVENT	MEDAL
1	144	Andrew ROPER	0:06:13	5-8	Male	DUATHLON	GOLD
2	208	Fynn MAJOR	0:07:04	5-8	Male	DUATHLON	SILVER
3	143	Hannah COLLETT	0:07:26	5-8	Female	DUATHLON	BRONZE
4	146	Isabella BHANA	0:08:04	5-8	Female	DUATHLON	finisher
5	142	Jason CHAPUNGU	0:12:37	5-8	Male	DUATHLON	finisher
	145	Mason CHAPUNGU	Started	5-8	Male	DUATHLON	finisher
REVIEWED - "OVER AGE" DUATHLON - YOUTH MINI ENTRIES WHO DID THE DUATHLON INSTEAD							
age 11	135	Bianca VAN DE LINDE	0:15:07	8-12	Female	DUATHLON	finisher
age 11	147	Cristiano CAVERNA	0:15:27	8-12	Male	DUATHLON	finisher
age 9	148	Joao CAVERNA	0:15:37	8-12	Male	DUATHLON	finisher
age 12	138	Bhekimpilo CHATIRA	0:16:22	8-12	Male	DUATHLON	finisher
age 12	137	Catherine CHATIRA	0:17:21	8-12	Female	DUATHLON	finisher
age 12	141	Tadiswa MUFUDZI	0:17:55	8-12	Female	DUATHLON	finisher

AQUATHLON RESULTS



AQUATHLON INDIVIDUALS

POSITION	RACE #	NAME	TIME
1	204	Jake OOSTINDIEN	0:19:44
2	203	Dominic MCKECHNIE	0:21:22
3	201	Danika BRUCE	0:25:27
4	205	Rachel DZIHWEMA	0:30:04
	131	Ropafadzo MADYA	DNS
	202	Shannon COOKE	DNS

AQUATHLON TEAMS

POSITION	RACE #	NAME	TIME	
1	213	TEAM GOLDEN FALCONS	0:20:57	Ruan Nel, Tait Mills, Ngonidzashe Ndadzibaya
2	212	TEAM FALCON MUSKETEERS	0:22:19	Jarryd Reed, Ethan Haskins, Matthew Dacombe
3	210	TEAM FALCON BLUE ARMY	0:22:38	Nlisi Moyo, Andile Mhlope, Tochukwu Nnam
4	211	TEAM FALCON FIRES	0:23:29	Jodie Bawden, Chrissy Wenham, Tawanda Chisungo
5	215	TEAM ARUNDEL 2	0:24:31	Nyaradzo Muwando, Shamiso Chandiwana
6	216	TEAM ARUNDEL 3	0:24:35	Ruvarashe Mushavi, Mazvita Chadzimura
7	157	TEAM DEMBERMBA	0:25:02	
8	214	TEAM ARUNDEL 1	0:25:04	Nonhlanhla Nyathi, Nokutenda Mupona
9	217	TEAM ARUNDEL 4	0:26:14	Faustina Mkaratigwa, Mia Mandebvu, Chiko Sibanda
10	219	TEAM ARUNDEL 6	0:27:59	Olivia Mushuma, Chelsea Dukai, Mudzai Marware
11	218	TEAM ARUNDEL 5	0:29:18	Nicole Mugwagwa, Rudairo Maguchu, Tapiwa Mudede
12	220	TEAM ARUNDEL 7	0:31:35	Nokutenda Guta, Tawana Matsika, Nokutenda Medzano
13	221	TEAM ARUNDEL 8	0:31:38	Praise Mutangi, Mukudzei Shumbamhini, Chiko Nyakurerwa
14	222	TEAM ARUNDEL 9	0:35:02	Moreblessings Kuveya, Samara Muganyi, Tawana Mhembere

OFF-ROAD AND MTB ENTRIES



MINI SUPERSPRINT - INDIVIDUAL ENTRIES

POSITION	RACE #	NAME	TIME
1	171	Daniel NICHOLSON	0:43:58
2	172	Kevin NICHOLSON	0:43:59

MINI SUPERSPRINT - TEAM ENTRIES

POSITION	RACE #	NAME	TIME
1	182	TEAM TEAM COLLETT	0:43:35
		Aden and Ryan Collett	

SPRINT - TEAM ENTRIES

POSITION	RACE #	NAME	TIME
1	182	TEAM BB	1:10:39
		Rene Bezuidenhout, Zander Botha, Johan Botha	

STANDARD - INDIVIDUAL ENTRIES

POSITION	RACE #	NAME	TIME
1	162	Jordyn JACOBS	1:52:42
2	167	Joshua GODDARD	2:43:47
3	166	Keith ELLIOTT	2:53:45
4	165	Erin ELLIOTT	2:57:30
5	164	Trevor ELLIOTT	3:00:38
6	161	Wayne DAVIDSON	3:17:15
	163	Nontsikelelo MAZINKI	DNS

STANDARD - TEAMS

POSITION	RACE #	NAME
	191	TEAM NORFOLK IN CHANCE

MTB - 14.5KM

POSITION	RACE #	NAME
1	193	Debra Jeans
2	195	Derek Mason
3	198	Munyaradzi Chaumba

MTB - 29KM

POSITION	RACE #	NAME
1	199	KYM DAVIDSON
2	184	OWEN MAJOR

MTB - 44KM

POSITION	RACE #	NAME
1	156	Ike BHANA

TROUTBECK OPEN WATER SWIM 2021

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OPEN WATER SWIMMING 4 X 500M RELAY

<u>Name</u>	<u>Time</u>	<u>Medal</u>
Danielle Kaschula	32.59.00	G
Susie Worsfold		
Kevin Vogel		
Keisha Lu		
Tait Mills	33.32.89	S
Tawanda Chisungo		
Shannon Cooke		
Jake Oostindien		
Ngonidzashe Ndadzibaya	33.47.08	B
Mya Chikwava		
Ruan Nel		
Dominic Mc Kechnie		
Tochukwu Nnam	37.12.22	
Jarryd Reed		
Nlisi Moyo		
Jodi Bawden		

OPEN WATER SWIMMING - 750M

<u>Female 12-13 years</u>		
Jodi Bawden	14.28.79	G
Adriana Bhana	14.41.87	S
Christy-Anne Kuhuni	17.20.00	B
<u>Male 14-15 years</u>		
Dominic McKechnie	13.16.40	G
<u>Male 16-18 years</u>		
Jake Oostindien	11.03.01	G
Tait Mills	12.53.25	S
<u>Female 16-18 years</u>		
Danika Bruce	14.16.98	G
Shannon Cooke	14.40.57	S
<u>Male 19-34 years</u>		
Philip Jeans	15.34.22	G
<u>Female 35 and over</u>		
Jo Worsfold	15.43.98	G

OPEN WATER SWIMMING - 1500m		
<u>Male 14-15 years</u>		
Ethan Haskins	27.17.92	G
Jarryd Reed	27.26.47	S
Tochukwu Nnam	29.56.37	B
Nlisi Moyo	30.02.44	
<u>Female 14-15 years</u>		
Susie Worsfold	25.58.56	G
Inkositomusa Mthethwa	27.23.09	S
Mya Chikwava	29.55.62	B
<u>Male 16-18 years</u>		
Ngonidzashe Ndadzibaya	25.23.48	G
Tawanda Chisungo	28.31.34	S
<u>Female 16-18 years</u>		
Chrissy Wenham	28.04.05	G
<u>Male 19-34 years</u>		
Nicholas James	25.29.77	G
<u>Male 35 and over</u>		
Kevin Vogel	24.42.69	G
OPEN WATER SWIMMING - 3000M		
<u>Male 12-13 years</u>		
	<u>Time</u>	
Ryan Mugota	56.23.89	G
<u>Male 14-15 years</u>		
Andile Mhlope	47.00.96	G
Sibusiso Sibanda	50.01.35	S
Matthew Dacombe	51.53.55	B
Kayden Bhana	52.47.31	
Ruan Nel	DNF	
<u>Female 14-15 years</u>		
Keisha Lu	46.42.68	G
OPEN WATER SWIMMING - 5000M		
<u>Male 14-15 years</u>		
	<u>Time</u>	
Onesimus Ngwenya	1 hr 12.27.27	G
Patrick Duff	1 hr 12.54.99	S
Teak Watson	DNF	
<u>Female 14-15 years</u>		
Danielle Kuhuni	1 hr 19.11.87	G