

TRIATHLON - STANDARD DISTANCE - NATIONAL CHAMPIONSHIPS - OVERALL

OVERALL POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	37	Paul DENSLOW	2:47:00	40-49	1	Male	1	27:23:00	1:47			2:47:00
2	26	Lorna DOORMAN	2:47:35	19-29	1	Female	1	22:35	1:15	2:23:28		2:47:35
3	25	Mikayla COLEGRAVE	2:51:13	19-29	2	Female	2	25:48:00	1:09	2:23:58		2:51:13
4	28	Debbie COLEGRAVE	3:19:51	50-59	1	Female	3	31:17:00	2:01	1:47:09	1:40	57:43:00
5	31	Mike GARDEN	3:57:28	60+	1	Male	2	31:21:00	5:22	2:12:25	2:32	1:05:46
	30	Mark FULLER	DNF	40-49	DNF	Male	DNF	18:49	DNF	DNF	DNF	DNF
	27	Chiedsa Dzapasi	DNS	30-39	DNS	Female	DNS	DNS	DNS	DNS	DNS	DNS
	29	Tendai Arumando	DNS	30-39	DNS	Male	DNS	DNS	DNS	DNS	DNS	DNS

TRIATHLON - STANDARD DISTANCE - NATIONAL CHAMPIONSHIPS - MEN (extracted from Overall Results)

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	37	Paul DENSLOW	2:47:00	40-49	1	Male	1	27:23:00	1:47			2:47:00
2	31	Mike GARDEN	3:57:28	60+	1	Male	2	31:21:00	5:22	2:12:25	2:32	1:05:46
	30	Mark FULLER	DNF	40-49	DNF	Male	DNF	18:49	DNF	DNF	DNF	DNF
	29	Tendai Arumando	DNS	30-39	DNS	Male	DNS	DNS	DNS	DNS	DNS	DNS

TRIATHLON - STANDARD DISTANCE - NATIONAL CHAMPIONSHIPS - LADIES (extracted from Overall Results)

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	26	Lorna DOORMAN	2:47:35	19-29	1	Female	1	22:35	1:15	2:23:28		2:47:35
2	25	Mikayla COLEGRAVE	2:51:13	19-29	2	Female	2	25:48:00	1:09	2:23:58		2:51:13
3	28	Debbie COLEGRAVE	3:19:51	50-59	1	Female	3	31:17:00	2:01	1:47:09	1:40	57:43:00
	27	Chiedsa Dzapasi	DNS	30-39	DNS	Female	DNS	DNS	DNS	DNS	DNS	DNS

<https://results.finishtime.co.za/results.aspx?Cid=35&Rid=4001>

TRIATHLON - SUPERSPRINT - U13 GIRLS NATIONAL CHAMPIONSHIPS (extracted from Overall Supersprint Results)

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	54	Rachel O'DONOGHUE	51:33:00	12-13	1	Female	1	6:46	1:16			51:33:00
2	55	Olivia BEAMISH	58:54:00	12-13	2	Female	2	43:08:00	1:03			58:54:00
3	56	Jamie PRINGLE	59:10:00	12-13	3	Female	3	7:36	1:26	#####	40	11:33
4	53	Bianca VAN DE LINDE	59:17:00	12-13	4	Female	4	7:30	1:21	#####	37	13:06

TRIATHLON - SUPERSPRINT - U13 BOYS NATIONAL CHAMPIONSHIPS (extracted from Overall Supersprint Results)

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	59	Zander BOTHA	53:29:00	12-13	1	Male	5	7:38	1:00			53:29:00
2	58	Matthew HILDEBRAND	58:16:00	12-13	2	Male	7	7:53	56			58:16:00
3	60	Daniel NICHOLSON	1:04:18	12-13	3	Male	9	47:20:00	1:26			1:04:18
4	57	Seth CAMERON	1:04:19	12-13	4	Male	10	10:39	6	#####	38	13:19

<https://results.finishtime.co.za/results.aspx?Cid=35&Rid=4001>

TRIATHLON - SUPERSPRINT - U15 GIRLS NATIONAL CHAMPIONSHIPS (extracted from Overall Supersprint Results)

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	74	Chloe STEENKAMP	1:09:48	14-15	1	Female	5	8:48	1:33	#####	44	18:15

TRIATHLON - SUPERSPRINT - U15 BOYS NATIONAL CHAMPIONSHIPS (extracted from Overall Supersprint Results)

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	63	Rohnan NICHOLSON	45:03:00	14-15	1	Male	1	5:55	48			45:03:00
2	64	Callum Andrew SMITH	46:53:00	14-15	2	Male	2	5:59	55			46:53:00
3	65	Zachary SUMMERS	48:45:00	14-15	3	Male	3					48:45:00
4	66	Stanley CHASAKARA	52:26:00	14-15	4	Male	4	5:50	45			52:26:00
5	61	Owen MAJOR	56:43:00	14-15	5	Male	6	7:37	59			56:43:00
6	62	Clyde MUNOPFUKUTWA	1:32:36	14-15	6	Male	14	8:21	2:33	#####	42	24:19:00

<https://results.finishtime.co.za/results.aspx?Cid=35&Rid=4001>

TRIATHLON - JUNIOR SPRINT - U 17 GIRLS NATIONAL CHAMPIONSHIPS (extracted from Junior Womens Africa Cup Results)

Position	Start Number	NAME	Country	Swim	T1	Bike	T2	Run	Total Time
1	15	Anje van As	ZIM	00:11:09	00:01:01	00:49:03	00:00:46	00:29:01	01:31:01
2	18	Nicole Madya	ZIM	00:14:24	00:01:11	00:50:25	00:00:39	00:25:42	01:32:22
DNF	11	Makanaka Mawere	ZIM	00:16:40	00:01:12	00:00:00	00:00:00	00:00:00	00:00:00
DNF	20	Inkosinomusa Mthethwa	ZIM	00:13:30	00:01:00	00:00:00	00:00:00	00:00:00	00:00:00

TRIATHLON - JUNIOR SPRINT - U 17 BOYS NATIONAL CHAMPIONSHIPS (extracted from Junior Womens Africa Cup Results)

Position	Start Number	NAME	Country	Swim	T1	Bike	T2	Run	Total Time
1	10	Mandlenkosi Mthethwa	ZIM	00:15:09	00:00:44	00:49:22	00:00:41	00:23:26	01:29:23
DNF	7	Duwan Botha	ZIM	00:13:00	00:00:51	00:00:00	00:00:00	00:00:00	00:00:00
DNS	9	Matipa Mawere	ZIM	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00

TRIATHLON - JUNIOR SPRINT - U19 WOMEN NATIONAL CHAMPIONSHIPS (extracted from Junior Womens Africa Cup Results)

Position	Start Number	NAME	Country	Swim	T1	Bike	T2	Run	Total Time
DNF	11	Makanaka Mawere	ZIM	00:16:40	00:01:12	00:00:00	00:00:00	00:00:00	00:00:00

TRIATHLON - JUNIOR SPRINT - U19 MEN NATIONAL CHAMPIONSHIPS - NO ENTRIES

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