

2023-2024 SEASON ZIMBABWE NATIONAL TRIATHLON CHAMPIONSHIPS



17TH FEBRUARY 2024 - TROUTBECK

	POSITION	RACE #	FIRST NAME	LAST NAME	TIME	SWIM	T1	CYCLE	T2	Spotter Leg Time	Run Leg Time
UNDER 13 GIRLS	1	58	Hannah	PRINGLE	01:09:33.35	00:07:56	00:01:02	00:46:22	00:00:36	00:13:16	00:13:36
	2	47	Olivia	COLLETT	01:09:35.57	00:07:44	00:01:09	00:46:29	00:00:38	00:13:17	00:13:33
	3	59	Rebecca	MARTIN	01:25:11.77	00:07:43	00:01:27	00:56:28	00:00:56	00:18:17	00:18:35
UNDER 13 BOYS	1	38	Daniel	NICHOLSON	00:54:30.20	00:08:29	00:00:45	00:30:07	00:00:40	00:14:08	00:14:26
	2	39	John	GODDARD	00:56:49.36	00:06:30	00:01:02	00:34:57	00:00:43	00:13:18	00:13:36
	3	44	Seth	CAMERON	00:59:32.31	00:08:06	00:00:58	00:35:19	00:00:48	00:13:59	00:14:19
	4	40	Sebastian	GODDARD	01:01:29.25	00:07:35	00:01:05	00:37:07	00:00:53	00:14:23	00:14:47
	5	41	Raphael	STEVENSON	01:05:37.26	00:08:23	00:01:40	00:39:05	00:00:36	00:15:25	00:15:50
	6	57	Wenyasha	MASHAVAVE	01:09:14.77	00:07:54	00:01:52	00:43:59	00:00:29	00:14:37	00:14:58
	7	53	Alvin Tafara	MUFUTE	01:27:27.15	00:01:24	00:13:31	00:58:15	00:00:16	00:13:30	00:13:59
UNDER 15 GIRLS	1	50	Rachel	O'DONOGHUE	00:47:14.26	00:05:47	00:00:39	00:29:25	00:00:35	00:10:28	00:10:47
	2	49	Olivia	BEAMISH	00:53:10.07	00:06:18	00:00:46	00:31:42	00:00:43	00:13:18	00:13:38
	3	52	Jamie	PRINGLE	00:56:50.95	00:06:23	00:01:05	00:35:17	00:00:57	00:12:43	00:13:07
	4	48	Bianca	VAN DE LINDE	00:58:18.24	00:07:15	00:00:50	00:33:37	00:00:41	00:15:33	00:15:53
	5	51	Jessica	PSWARAYI	01:10:49.19	00:09:57	00:01:24	00:47:57	00:00:33	00:10:33	00:10:56
UNDER 15 BOYS	1	42	Zander	BOTHA	00:48:05.95	00:06:29	00:00:45	00:29:32	00:00:39	00:10:21	00:10:38
	2	45	Matthew	HILDEBRAND	00:52:18.83	00:07:16	00:00:35	00:31:23	00:00:37	00:11:27	00:12:25
	3	43	Ta'anashe Kael	MAKOSA	01:12:52.73	00:07:39	00:01:10	00:44:20	00:00:54	00:18:20	00:18:47
	4	54	Omarii	SIBANDA	00:58:36.04	00:09:04	00:02:42	00:25:06	00:00:47	00:20:27	00:20:54
	5	46	Clyde	MUNOPFUKUTWA	01:29:44.62	00:08:00	00:01:57	00:56:34	00:00:47	00:21:54	00:22:24
	6	55	Dave Munyaradzi	KUGARA	01:32:39.83	00:09:13	00:02:20	01:01:33	00:00:19	00:18:36	00:19:12
** DID NOT COMPLETE COURSE	DQ	54	Omarii	SIBANDA	00:58:36.04	00:09:04	00:02:42	00:25:06	00:00:47	00:20:27	00:20:54
	DNS	56	Jayden	MVERECHENA	DNS	02:39:47					
UNDER 17 WOMEN	NO ENTRIES										
UNDER 17 MEN	1	3	Rohnan	NICHOLSON	01:15:55.36	00:12:26	00:00:43	00:39:51	00:00:42	00:21:48	00:22:10
	2	4	Callum	SMITH	01:18:16.19	00:12:23	00:00:45	00:42:19	00:00:37	00:21:49	00:22:10
	3	6	Stanely	CHASAKARA	01:23:58.99	00:12:18	00:00:59	00:48:53	00:00:46	00:20:37	00:21:00
UNDER 19 WOMEN	NO ENTRIES										
UNDER 19 MEN	1	9	Mandlenkosi	MTHETHWA	01:31:31.93	00:15:10	00:00:58	00:50:52	00:00:40	00:23:32	00:23:50

2023-2024 SEASON ZIMBABWE NATIONAL TRIATHLON CHAMPIONSHIPS



17TH FEBRUARY 2024 - TROUTBECK

	POSITION	RACE #	FIRST NAME	LAST NAME	TIME	SWIM	T1	CYCLE	T2	Spotter Leg Time	Run Leg Time
AG SPRINT - WOMEN											
OVERALL	1	17	Andie	KUIPERS	01:19:31.93	00:11:00	00:00:46	00:44:39	00:00:38	00:22:04	00:22:26
	2	24	Laura	O'DONOGHUE	01:20:44.94	00:12:15	00:01:04	00:44:28	00:00:47	00:21:47	00:22:08
	3	28	Greer	WYNN	01:22:31.88	00:12:54	00:00:50	00:43:28	00:00:44	00:24:15	00:24:34
BY AGE GROUP											
19-29	1	17	Andie	KUIPERS	01:19:31.93	00:11:00	00:00:46	00:44:39	00:00:38	00:22:04	00:22:26
19-29	2	30	Tapiwa	CHIDZODZO	02:15:14.24	00:59:55	00:01:21	00:39:12	00:01:07	00:33:21	00:33:36
30-39	1	27	Jessica	NEL	01:44:07.22	00:17:14	00:01:52	00:55:57	00:01:48	00:26:49	00:27:14
30-39	2	25	Elisabeth	HAMMARGREN	02:21:49.42	00:21:12	00:04:00	01:09:36	00:04:56	00:41:22	00:42:02
40-49	1	24	Laura	O'DONOGHUE	01:20:44.94	00:12:15	00:01:04	00:44:28	00:00:47	00:21:47	00:22:08
40-49	2	28	Greer	WYNN	01:22:31.88	00:12:54	00:00:50	00:43:28	00:00:44	00:24:15	00:24:34
AG SPRINT - MEN											
OVERALL	1	29	Paulo	CAVERNA	01:34:38.62	00:19:01	00:01:36	00:43:43	00:00:54	00:28:55	00:29:21
	2	26	Luke	BALLANTYNE	01:52:19.67	00:15:40	00:02:42	01:01:40	00:01:31	00:30:19	00:30:44
BY AGE GROUP											
30-39	1	26	Luke	BALLANTYNE	01:52:19.67	00:15:40	00:02:42	01:01:40	00:01:31	00:30:19	00:30:44
40-49	1	29	Paulo	CAVERNA	01:34:38.62	00:19:01	00:01:36	00:43:43	00:00:54	00:28:55	00:29:21
AG STANDARD - WOMEN											
OVERALL	1	14	Debbie	COLEGRAVE	03:18:59.90	00:29:38	00:02:22	01:48:06	00:01:50	00:56:32	00:57:02
AG STANDARD - MEN											
OVERALL	1	15	David	GARDNER	02:43:37.32	00:22:01	00:01:07	01:28:49	00:00:59	00:50:16	00:50:39
	2	33	Paul	DENSLOW	02:49:14.54	00:22:56	00:01:33	01:31:28	00:01:22	00:51:32	00:51:54
	3	12	Alex	MANSFIELD	03:08:08.79	00:37:20	00:01:04	01:39:37	00:01:37	00:48:03	00:48:29
BY AGE GROUP											
30-39	1	12	Alex	MANSFIELD	03:08:08.79	00:37:20	00:01:04	01:39:37	00:01:37	00:48:03	00:48:29
30-39	2	11	Deon	KIRSTEIN	03:19:06.58	00:29:15	00:02:20	01:49:51	00:00:59	00:56:09	00:56:39
50-59	1	15	David	GARDNER	02:43:37.32	00:22:01	00:01:07	01:28:49	00:00:59	00:50:16	00:50:39
50-59	2	33	Paul	DENSLOW	02:49:14.54	00:22:56	00:01:33	01:31:28	00:01:22	00:51:32	00:51:54
60+	1	16	Paul	COLLINS	03:10:56.18	00:33:02	00:01:46	01:36:03	00:01:16	00:58:16	00:58:46
60+	2	17	Mike	GARDEN	03:56:55.88	00:27:20	00:01:28	02:11:24	00:02:49	01:13:18	01:13:52