

## 2023 AFRICA TRIATHLON CUP TROUTBECK - ELITE MEN

Position	Start Number	Athlete First Name	Athlete Last Name	Country	Swim	T1	Bike	T2	Run	Total Time
1	4	James	Edgar	IRL	00:09:07	00:00:54	00:34:22	00:00:31	00:15:43	<b>01:00:40</b>
2	10	Dylan	Nortje	RSA	00:09:44	00:00:50	00:33:51	00:00:33	00:16:12	<b>01:01:11</b>
3	6	Jorge	Alarcon Familiar	MEX	00:09:46	00:00:48	00:34:19	00:00:35	00:16:23	<b>01:01:52</b>
4	1	Ayan	Beisenbayev	KAZ	00:09:46	00:00:49	00:34:18	00:00:36	00:16:29	<b>01:02:00</b>
5	9	Tyler	Smith	BER	00:09:38	00:00:55	00:34:21	00:00:34	00:16:38	<b>01:02:08</b>
6	3	Martin	Demuth	AUT	00:09:03	00:00:50	00:34:31	00:00:31	00:17:26	<b>01:02:23</b>
7	2	Vitalii	Vorontsov	UKR	00:09:50	00:00:49	00:35:52	00:00:37	00:16:24	<b>01:03:34</b>
8	8	Temirlan	Temirov	KAZ	00:09:43	00:00:47	00:35:38	00:00:37	00:17:40	<b>01:04:28</b>
9	21	Murat	Zhaken	KAZ	00:09:58	00:00:53	00:36:51	00:00:36	00:17:35	<b>01:05:56</b>
10	7	Michał	Oliwa	POL	00:09:14	00:00:53	00:37:35	00:00:36	00:17:37	<b>01:05:57</b>
11	19	Oliver	Janny	AUT	00:09:49	00:00:48	00:37:05	00:00:39	00:17:45	<b>01:06:09</b>
12	17	Noah	Künz	AUT	00:09:58	00:00:49	00:36:57	00:00:34	00:17:51	<b>01:06:11</b>
13	22	Matthew	Greer	RSA	00:10:50	00:01:05	00:38:15	00:00:38	00:17:31	<b>01:08:20</b>
14	12	Jean Gael Laurent	L`entete	MRI	00:09:53	00:00:50	00:38:01	00:00:38	00:18:56	<b>01:08:21</b>
15	16	Seifeddine	Selmi	TUN	00:10:44	00:01:20	00:37:38	00:00:32	00:18:10	<b>01:08:27</b>
16	11	Siefeldeem	Ismail	EGY	00:09:58	00:01:12	00:38:59	00:00:47	00:17:33	<b>01:08:32</b>
17	18	Eloi	Adjavon	TOG	00:10:52	00:00:54	00:39:02	00:00:36	00:18:37	<b>01:10:03</b>
18	20	Oussama	Hellal Berrouane	ALG	00:10:04	00:01:13	00:38:57	00:00:40	00:19:24	<b>01:10:19</b>
19	15	Mohanad	Elshafei	EGY	00:09:56	00:01:04	00:42:58	00:00:46	00:20:16	<b>01:15:01</b>
<b>DNF</b>	5	Badr	Siwane	MAR	00:09:23	00:00:55	00:00:00	00:00:00	00:00:00	<b>00:00:00</b>
<b>DSQ</b>	14	Meirlan	Iskakov	KAZ	00:09:56	00:00:51	00:37:27	00:00:42	00:18:09	<b>00:00:00</b>

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**2023 AFRICA TRIATHLON CUP TROUTBECK - ELITE WOMEN**

<b>Position</b>	<b>Start Number</b>	<b>Athlete First Name</b>	<b>Athlete Last Name</b>	<b>Country</b>	<b>Swim</b>	<b>T1</b>	<b>Bike</b>	<b>T2</b>	<b>Run</b>	<b>Total Time</b>
<b>1</b>	2	Shanae	Williams	RSA	00:10:14	00:00:51	00:39:00	00:00:33	00:18:10	<b>01:08:48</b>
<b>2</b>	1	Barbara	De Koning	NED	00:10:07	00:00:56	00:38:59	00:00:33	00:18:46	<b>01:09:22</b>
<b>3</b>	4	Romana	Gajdošová	SVK	00:10:29	00:01:02	00:39:12	00:00:42	00:19:16	<b>01:10:43</b>
<b>4</b>	3	Tanja	Stroschneider	AUT	00:10:25	00:00:53	00:39:28	00:00:39	00:19:33	<b>01:10:59</b>
<b>5</b>	6	Kseniia	Levkovska	UKR	00:10:24	00:01:04	00:40:08	00:00:36	00:19:59	<b>01:12:13</b>
<b>6</b>	5	Bridget	Theunissen	RSA	00:10:13	00:00:55	00:39:40	00:00:39	00:21:49	<b>01:13:18</b>
<b>7</b>	7	Marit	Van Den Berg	NED	00:10:39	00:00:55	00:42:11	00:00:34	00:19:07	<b>01:13:29</b>
<b>8</b>	9	Maryna	Kyryk	UKR	00:10:13	00:00:56	00:41:08	00:00:38	00:20:58	<b>01:13:54</b>
<b>9</b>	8	Erin	McConnell	IRL	00:10:38	00:00:56	00:43:25	00:00:35	00:20:22	<b>01:15:57</b>
<b>10</b>	12	Shannon	Kelly	IRL	00:11:45	00:01:12	00:42:16	00:00:38	00:20:07	<b>01:16:00</b>
<b>11</b>	11	Henrika	Parviainen	FIN	00:10:55	00:00:55	00:44:57	00:00:37	00:23:35	<b>01:21:00</b>
<b>DNS</b>	10	Manami	Iijima	GUM	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	<b>00:00:00</b>

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## AFRICA TRIATHLON JUNIOR CUP - JUNIOR WOMEN

Position	Start Number	Athlete First Name	Athlete Last Name	Country	Swim	T1	Bike	T2	Run	Total Time
1	12	Kadence	Ribbink	RSA	00:11:05	00:01:01	00:46:25	00:00:56	00:21:12	<b>01:20:42</b>
2	14	Lomé	Gouws	RSA	00:12:42	00:00:52	00:46:50	00:00:45	00:22:53	<b>01:24:05</b>
3	16	Mia	Van Der Veen	RSA	00:13:30	00:00:47	00:47:32	00:00:46	00:22:23	<b>01:25:00</b>
4	15	Anje	Van As	ZIM	00:11:09	00:01:01	00:49:03	00:00:46	00:29:01	<b>01:31:01</b>
5	18	Nicole	Madya	ZIM	00:14:24	00:01:11	00:50:25	00:00:39	00:25:42	<b>01:32:22</b>
6	17	Yanelisa	Nomoyi	RSA	00:12:54	00:01:11	01:03:12	00:00:45	00:31:35	<b>01:49:39</b>
7	19	Maira Leonor Gomes	Correia	MOZ	00:15:08	00:00:30	01:09:14	00:00:49	00:29:35	<b>01:55:18</b>
<b>DNF</b>	11	Makanaka	Mawere	ZIM	00:16:40	00:01:12	00:00:00	00:00:00	00:00:00	<b>00:00:00</b>
<b>DNF</b>	20	Inkosinomusa	Mthethwa	ZIM	00:13:30	00:01:00	00:00:00	00:00:00	00:00:00	<b>00:00:00</b>

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## AFRICA TRIATHLON JUNIOR CUP - JUNIOR MEN

Position	Start Number	Athlete First Name	Athlete Last Name	Country	Swim	T1	Bike	T2	Run	Total Time
1	1	Shaun	Wolfaardt	RSA	00:10:56	00:00:44	00:36:25	00:00:36	00:18:44	<b>01:07:28</b>
2	3	Nathan	Foster	RSA	00:11:25	00:00:34	00:38:47	00:00:38	00:19:37	<b>01:11:02</b>
3	2	Kyle	Erskine	RSA	00:11:30	00:00:43	00:38:32	00:00:39	00:20:22	<b>01:11:48</b>
4	4	Alessandro	Fanicchi	RSA	00:11:30	00:00:45	00:38:28	00:00:45	00:20:57	<b>01:12:27</b>
5	5	Oliver	Delpont	RSA	00:10:52	00:00:47	00:42:12	00:00:37	00:20:11	<b>01:14:42</b>
6	8	Bongani	Tshabalala	RSA	00:11:29	00:00:46	00:43:00	00:00:40	00:19:52	<b>01:15:50</b>
7	6	Liam	Prime	RSA	00:11:05	00:00:29	00:43:39	00:00:46	00:21:58	<b>01:17:59</b>
8	10	Mandlenkosi	Mthethwa	ZIM	00:15:09	00:00:44	00:49:22	00:00:41	00:23:26	<b>01:29:23</b>
<b>DNF</b>	7	Duwan	Botha	ZIM	00:13:00	00:00:51	00:00:00	00:00:00	00:00:00	<b>00:00:00</b>
<b>DNS</b>	9	Matipa	Mawere	ZIM	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	<b>00:00:00</b>

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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	<a href="#">Paul DENSLow</a>	2:47:00	40-49	1	Male	1	27:23:00	1:47			2:47:00
2	26	<a href="#">Lorna DOORMAN</a>	2:47:35	19-29	1	Female	1	22:35	1:15	2:23:28		2:47:35
3	25	<a href="#">Mikayla COLEGRAVE</a>	2:51:13	19-29	2	Female	2	25:48:00	1:09	2:23:58		2:51:13
4	28	<a href="#">Debbie COLEGRAVE</a>	3:19:51	50-59	1	Female	3	31:17:00	2:01	1:47:09	1:40	57:43:00
5	31	<a href="#">Mike GARDEN</a>	3:57:28	60+	1	Male	2	31:21:00	5:22	2:12:25	2:32	1:05:46
	30	<a href="#">Mark FULLER</a>	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	<a href="#">Paul DENSLow</a>	2:47:00	40-49	1	Male	1	27:23:00	1:47			2:47:00
2	31	<a href="#">Mike GARDEN</a>	3:57:28	60+	1	Male	2	31:21:00	5:22	2:12:25	2:32	1:05:46
	30	<a href="#">Mark FULLER</a>	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	<a href="#">Lorna DOORMAN</a>	2:47:35	19-29	1	Female	1	22:35	1:15	2:23:28		2:47:35
2	25	<a href="#">Mikayla COLEGRAVE</a>	2:51:13	19-29	2	Female	2	25:48:00	1:09	2:23:58		2:51:13
3	28	<a href="#">Debbie COLEGRAVE</a>	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

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**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	<a href="#">Rachel O'DONOGHUE</a>	51:33:00	12-13	1	Female	1	6:46	1:16			51:33:00
2	55	<a href="#">Olivia BEAMISH</a>	58:54:00	12-13	2	Female	2	43:08:00	1:03			58:54:00
3	56	<a href="#">Jamie PRINGLE</a>	59:10:00	12-13	3	Female	3	7:36	1:26	37:52:00	40	11:33
4	53	<a href="#">Bianca VAN DE LINDE</a>	59:17:00	12-13	4	Female	4	7:30	1:21	36:40:00	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	<a href="#">Zander BOTHA</a>	53:29:00	12-13	1	Male	5	7:38	1:00			53:29:00
2	58	<a href="#">Matthew HILDEBRAND</a>	58:16:00	12-13	2	Male	7	7:53	56			58:16:00
3	60	<a href="#">Daniel NICHOLSON</a>	1:04:18	12-13	3	Male	9	47:20:00	1:26			1:04:18
4	57	<a href="#">Seth CAMERON</a>	1:04:19	12-13	4	Male	10	10:39	6	39:35:00	38	13:19

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**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	<a href="#">Chloe STEENKAMP</a>	1:09:48	14-15	1	Female	5	8:48	1:33	40:26:00	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	<a href="#">Rohnan NICHOLSON</a>	45:03:00	14-15	1	Male	1	5:55	48			45:03:00
2	64	<a href="#">Callum Andrew SMITH</a>	46:53:00	14-15	2	Male	2	5:59	55			46:53:00
3	65	<a href="#">Zachary SUMMERS</a>	48:45:00	14-15	3	Male	3					48:45:00
4	66	<a href="#">Stanley CHASAKARA</a>	52:26:00	14-15	4	Male	4	5:50	45			52:26:00
5	61	<a href="#">Owen MAJOR</a>	56:43:00	14-15	5	Male	6	7:37	59			56:43:00
6	62	<a href="#">Clyde MUNOPFUKUTWA</a>	1:32:36	14-15	6	Male	14	8:21	2:33	56:40:00	42	24:19:00

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**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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**TRIATHLON - SUPERSPRINT - AG - NON CHAMPIONSHIP - OVERALL**

OVERALL POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	73	<a href="#">Mandy DE CHASSART</a>	1:10:14	AG	1	Female	1	8:28	1:53	42:51:00	48	16:12
2	67	<a href="#">Chrissy VALINTINE</a>	1:26:09	AG	2	Female	2	9:04	1:48	54:12:00	1:30	19:34
3	68	<a href="#">Laura CHRISTODOULATOS</a>	1:28:15	AG	3	Female	3	9:20	47	57:55:00	46	19:25
4	71	<a href="#">Kevin NICHOLSON</a>	1:00:18	AG	1	Male	1	9:02	1:39	33:22:00	47	15:25
5	72	<a href="#">Gary MARTIN</a>	1:05:15	AG	2	Male	2	8:43	1:25	38:55:00	1:26	14:45
6	69	<a href="#">Oliver BOWL</a>	1:20:46	AG	3	Male	3	8:31	1:45	51:13:00	1:00	18:14
7	70	<a href="#">Ryan WOOD</a>	1:20:59	AG	4	Male	4	8:16	1:19	49:13:00	1:04	21:04

**TRIATHLON - SUPERSPRINT - AG - NON CHAMPIONSHIP - LADIES (extracted from Overall results)**

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	73	<a href="#">Mandy DE CHASSART</a>	1:10:14	AG	1	Female	1	8:28	1:53	42:51:00	48	16:12
2	67	<a href="#">Chrissy VALINTINE</a>	1:26:09	AG	2	Female	2	9:04	1:48	54:12:00	1:30	19:34
3	68	<a href="#">Laura CHRISTODOULATOS</a>	1:28:15	AG	3	Female	3	9:20	47	57:55:00	46	19:25

**TRIATHLON - SUPERSPRINT - AG - NON CHAMPIONSHIP - MEN (extracted from Overall results)**

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	71	<a href="#">Kevin NICHOLSON</a>	1:00:18	AG	1	Male	1	9:02	1:39	33:22:00	47	15:25
2	72	<a href="#">Gary MARTIN</a>	1:05:15	AG	2	Male	2	8:43	1:25	38:55:00	1:26	14:45
3	69	<a href="#">Oliver BOWL</a>	1:20:46	AG	3	Male	3	8:31	1:45	51:13:00	1:00	18:14
4	70	<a href="#">Ryan WOOD</a>	1:20:59	AG	4	Male	4	8:16	1:19	49:13:00	1:04	21:04

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### TRIATHLON - YOUTH MINI - NON CHAMPIONSHIP - OVERALL

OVERALL POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	107	<a href="#">Bryce CAMERON</a>	10:57	8-12	1	Male	1		7:00			10:57
2	109	<a href="#">Wenyasha MASHAVAVE</a>	11:23	8-12	2	Male	2	1:31	1:05	5:12	3:15	18
3	119	<a href="#">Jake MAJOR</a>	11:38	8-12	3	Male	3	1:35	1:02	5:40	3:04	15
4	106	<a href="#">Dominic BOWL</a>	11:41	8-12	4	Male	4	1:20	53	5:17	36	3:33
5	105	<a href="#">Hannah PRINGLE</a>	11:57	8-12	1	Female	1	1:16	1:14	5:10	48	3:27
6	121	<a href="#">Olivia COLLETT</a>	12:02	8-12	2	Female	2	1:19	1:10	5:13	41	3:37
7	102	<a href="#">Jessica CHARLTON</a>	12:19	8-12	3	Female	3	1:29	57	5:35	52	3:23
8	104	<a href="#">Alexis BEAMISH</a>	12:26	8-12	4	Female	4	1:25	7:05			12:26
9	112	<a href="#">Maxime VOGEL</a>	12:28	8-12	5	Male	5	1:18	1:07	5:44	45	3:31
10	113	<a href="#">Luke SOLE</a>	12:38	8-12	6	Male	6	1:20	1:29	5:30	44	3:33
11	120	<a href="#">Fynn MAJOR</a>	12:39	8-12	7	Male	7	1:45	1:07	5:16	46	3:44
12	114	<a href="#">Michael Githitho MURIITHI</a>	12:55	8-12	8	Male	8	1:15	1:35	5:43	1:00	3:20
13	108	<a href="#">Daniel HILDEBRAND</a>	14:48	8-12	9	Male	9	2:02	1:55	5:48	48	4:13
14	122	<a href="#">Hannah COLLETTE</a>	14:55	8-12	5	Female	5	2:10	1:26	6:37	52	3:48
15	123	<a href="#">Ant O'DONOGHUE (with Rachel)</a>	15:14	8-12	6	Male	6	1:04	56	8:05	48	4:19
16	111	<a href="#">Alvin Tafara MUFUTE</a>	15:47	8-12	10	Male	10	1:23	2:00	6:40	1:05	4:36
17	115	<a href="#">Hugo STEVENSON</a>	16:06	8-12	11	Male	11	1:53	1:37	5:57	1:49	4:48
18	103	<a href="#">Kaitlyn SOLE</a>	17:54	8-12	7	Female	7	1:41	2:07	8:41	1:21	4:02
19	116	<a href="#">Adrian USHAMBA</a>	19:13	8-12	12	Male	12	2:19	2:00	8:08	1:07	5:37
20	124	<a href="#">Natalie MUSASIWA</a>	19:19	8-12	8	Female	8	2:12	1:58	8:19	1:23	5:26
21	117	<a href="#">Tawonanyasha. S SITHOLE</a>	19:43	8-12	13	Male	13	2:10	10:00			19:43
22	100	<a href="#">Doxa MUNDURE</a>	21:02	8-12	9	Female	9	1:40	1:22	12:04	52	5:02
23	101	<a href="#">Joanne MUNDURE</a>	21:15	8-12	10	Female	10	3:30	2:52	7:55	1:39	5:17
	110	<a href="#">Luke MORGAN</a>	DNS	8-12	DNS	Male	DNS	DNS	DNS	DNS	DNS	DNS

<https://results.fishtime.co.za/results.aspx?CId=35&RId=4001>

**TRIATHLON - YOUTH MINI - NON CHAMPIONSHIP - GIRLS (extracted from Overall results)**

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	105	<a href="#">Hannah PRINGLE</a>	11:57	8-12	1	Female	1	1:16	1:14	5:10	48	3:27
2	121	<a href="#">Olivia COLLETT</a>	12:02	8-12	2	Female	2	1:19	1:10	5:13	41	3:37
3	102	<a href="#">Jessica CHARLTON</a>	12:19	8-12	3	Female	3	1:29	57	5:35	52	3:23
4	104	<a href="#">Alexis BEAMISH</a>	12:26	8-12	4	Female	4	1:25	7:05			12:26
5	122	<a href="#">Hannah COLLETTE</a>	14:55	8-12	5	Female	5	2:10	1:26	6:37	52	3:48
6	103	<a href="#">Kaitlyn SOLE</a>	17:54	8-12	7	Female	7	1:41	2:07	8:41	1:21	4:02
7	124	<a href="#">Natalie MUSASIWA</a>	19:19	8-12	8	Female	8	2:12	1:58	8:19	1:23	5:26
8	100	<a href="#">Doxa MUNDURE</a>	21:02	8-12	9	Female	9	1:40	1:22	12:04	52	5:02
9	101	<a href="#">Joanne MUNDURE</a>	21:15	8-12	10	Female	10	3:30	2:52	7:55	1:39	5:17

**TRIATHLON - YOUTH MINI - NON CHAMPIONSHIP - BOYS (extracted from Overall Results)**

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	107	<a href="#">Bryce CAMERON</a>	10:57	8-12	1	Male	1		7:00			10:57
2	109	<a href="#">Wenyasha MASHAVAVE</a>	11:23	8-12	2	Male	2	1:31	1:05	5:12	3:15	18
3	119	<a href="#">Jake MAJOR</a>	11:38	8-12	3	Male	3	1:35	1:02	5:40	3:04	15
4	106	<a href="#">Dominic BOWL</a>	11:41	8-12	4	Male	4	1:20	53	5:17	36	3:33
5	112	<a href="#">Maxime VOGEL</a>	12:28	8-12	5	Male	5	1:18	1:07	5:44	45	3:31
6	113	<a href="#">Luke SOLE</a>	12:38	8-12	6	Male	6	1:20	1:29	5:30	44	3:33
7	120	<a href="#">Fynn MAJOR</a>	12:39	8-12	7	Male	7	1:45	1:07	5:16	46	3:44
8	114	<a href="#">Michael Githitho MURIITHI</a>	12:55	8-12	8	Male	8	1:15	1:35	5:43	1:00	3:20
9	108	<a href="#">Daniel HILDEBRAND</a>	14:48	8-12	9	Male	9	2:02	1:55	5:48	48	4:13
10	123	<a href="#">Ant O'DONOGHUE (with Rachel)</a>	15:14	8-12	6	Male	6	1:04	56	8:05	48	4:19
11	111	<a href="#">Alvin Tafara MUFUTE</a>	15:47	8-12	10	Male	10	1:23	2:00	6:40	1:05	4:36
12	115	<a href="#">Hugo STEVENSON</a>	16:06	8-12	11	Male	11	1:53	1:37	5:57	1:49	4:48
13	116	<a href="#">Adrian USHAMBA</a>	19:13	8-12	12	Male	12	2:19	2:00	8:08	1:07	5:37
14	117	<a href="#">Tawonanyasha. S SITHOLE</a>	19:43	8-12	13	Male	13	2:10	10:00			19:43
	110	<a href="#">Luke MORGAN</a>	DNS	DNS	DNS	Male	DNS	DNS	DNS	DNS	DNS	DNS

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

**TRIATHLON - STANDARD - AG TEAMS - NON CHAMPIONSHIP**

POSITION	START NUMBER	RUNNER 1	CYCLIST	RUNNER	TIME	CAT.	CAT POS	GENDER	SWIM	T1	CYCLE	T2	RUN
1	<a href="#">Team 32</a>	Zoe Denslow	Skye Davidson	Anneka Colegrave	2:30:41	Mixed	1	All Ages	0:21:39	0:01:40			2:30:41
2	<a href="#">Team 34</a>	Charlotte Wetzlar	Alan Harrison	Colin Colegrave	2:35:24	Mixed	2	All Ages	0:24:33	0:01:35			2:35:24
3	<a href="#">Team 36</a>	Kris Bicknell	Charlie Lock	Tom Randall	2:40:06	Mixed	3	All Ages	0:29:22	0:01:26			2:40:06
4	<a href="#">Team 35</a>	Pam Fulton	Derek Cockcroft	Clint Burton	2:44:21	Mixed	4	All Ages	0:24:35	0:01:21			2:44:21

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

**AQUABIKE - STANDARD - AGE GROUP - NON CHAMPIONSHIP**

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	41	<a href="#">Wayne DAVIDSON</a>	2:09:51	All Ages	1	Male	1	0:28:58	0:01:48			2:09:51

**DUATHLON - SPRINT - AGE GROUP - NON CHAMPIONSHIP**

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	45	<a href="#">Ashley MHLANGA</a>	1:24:15	19-29	1	Male	1					1:24:15

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

**OFF-ROAD TRIATHLON - STANDARD - AGE GROUP - NON CHAMPIONSHIP - OVERALL**

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	207	<a href="#">Trevor ELLIOTT</a>	2:55:38	All Ages	1	Male	1					
2	201	<a href="#">Buck O'DONOGHUE</a>	3:27:54	All Ages	2	Male	2					
3	204	<a href="#">Conrad RAUTENBACH</a>	3:29:49	All Ages	3	Male	3					
4	203	<a href="#">Jannie ARMSTRONG</a>	3:48:47	All Ages	4	Male	4					
5	200	<a href="#">Joanna CRAIG</a>	3:51:19	All Ages	1	Female	1					
6	206	<a href="#">Alexander STEVENSON</a>	4:07:29	All Ages	5	Male	5					
	205	<a href="#">Matt DAVIS</a>	DNF	All Ages		Male						
	208	<a href="#">Walter CHIMUKA</a>	DNF	All Ages		Male						

**OFF-ROAD TRIATHLON - STANDARD - AGE GROUP - NON CHAMPIONSHIP - MEN (extracted from Overall results)**

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	207	<a href="#">Trevor ELLIOTT</a>	2:55:38	All Ages	1	Male	1					
2	201	<a href="#">Buck O'DONOGHUE</a>	3:27:54	All Ages	2	Male	2					
3	204	<a href="#">Conrad RAUTENBACH</a>	3:29:49	All Ages	3	Male	3					
4	203	<a href="#">Jannie ARMSTRONG</a>	3:48:47	All Ages	4	Male	4					
5	206	<a href="#">Alexander STEVENSON</a>	4:07:29	All Ages	5	Male	5					
	205	<a href="#">Matt DAVIS</a>	DNF	All Ages		Male						
	208	<a href="#">Walter CHIMUKA</a>	DNF	All Ages		Male						

**OFF-ROAD TRIATHLON - STANDARD - AGE GROUP - NON CHAMPIONSHIP - LADIES (extracted from Overall results)**

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	200	<a href="#">Joanna CRAIG</a>	3:51:19	All Ages	1	Female	1					

<https://results.fishtime.co.za/results.aspx?CId=35&RId=4001>

**OFF-ROAD TRIATHLON - SPRINT - AGE GROUP - NON CHAMPIONSHIP - OVERALL**

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	198	<a href="#">Xander STEVENSON</a>	1:25:04	All Ages	1	Male	1					
2	226	<a href="#">Aden COLLETT</a>	1:43:58	All Ages	2	Male	2					
3	202	<a href="#">Brian HILDEBRAND</a>	1:45:35	All Ages	5	Male	3					
4	221	<a href="#">Doug JOHNSON</a>	1:46:12	All Ages	3	Male	4					
5	223	<a href="#">Alice STEVENSON</a>	2:11:33	All Ages	4	Female	1					

\* listed in STANDARD results on Finishtime Results page but did SPRINT

**OFF-ROAD TRIATHLON - SPRINT - AGE GROUP - NON CHAMPIONSHIP - MEN (extracted from Overall results)**

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	198	<a href="#">Xander STEVENSON</a>	1:25:04	All Ages	1	Male	1					
2	226	<a href="#">Aden COLLETT</a>	1:43:58	All Ages	2	Male	2					
3	202	<a href="#">Brian HILDEBRAND</a>	1:45:35	All Ages	5	Male	3					
4	221	<a href="#">Doug JOHNSON</a>	1:46:12	All Ages	3	Male	4					

**OFF-ROAD TRIATHLON - SPRINT - AGE GROUP - NON CHAMPIONSHIP - LADIES (extracted from Overall results)**

POSITION	START NUMBER	NAME	TIME	CAT.	CAT POS	GENDER	GENDER POS	SWIM	T1	CYCLE	T2	RUN
1	223	<a href="#">Alice STEVENSON</a>	2:11:33	All Ages	4	Female	1					

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

**OFF-ROAD TRIATHLON - STANDARD TEAMS - NON CHAMPIONSHIP**

POSITION	START NUMBER	RUNNER 1	CYCLIST	RUNNER	TIME	CAT.	CAT POS	GENDER	SWIM	T1	CYCLE	T2	RUN
1	<a href="#">Team 210</a>	Ashleigh Bester	Kerry-Ann Goddard	Tracey Shaw	3:43:34	Mixed	1	All Ages	3:43:17				3:43:34
2	<a href="#">Team 33</a>	Wade McShaw	Donavan McShaw	Clint Robinson	3:44:26	Mixed	2	All Ages	3:44:06				3:44:26
3	<a href="#">Team 211</a>	Kirsten Sole	John Sole	Tinks Gertenbach	4:22:03	Mixed	3	All Ages	4:21:41				4:22:03

**OFF-ROAD TRIATHLON - SPRINT TEAMS - NON CHAMPIONSHIP**

POSITION	START NUMBER	RUNNER 1	CYCLIST	RUNNER	TIME	CAT.	CAT POS	GENDER	SWIM	T1	CYCLE	T2	RUN
1	<a href="#">Team 210</a>	Rob Goddard	Sebastian Goddard	John Goddard	1:46:47	Mixed	1	All Ages					1:46:47

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



## TROUTBECK MTB - NON CHAMPIONSHIP

\*\* Not timed - top 3 positions recorded

<b>POSITION</b>	<b>SURNAME</b>	<b>FIRST NAME</b>	<b>CAT.</b>	<b>GENDER</b>	<b>DISTANCE</b>
1	Chitepo	Tathlani	ALL AGES	MALE	28
2	O'Donoghue	Murray	ALL AGES	MALE	28
3	O'Donoghue	Laura	ALL AGES	FEMALE	28
	Kawome	Martina	ALL AGES	FEMALE	28
	Bester	Travis	ALL AGES	MALE	28
<b>POSITION</b>	<b>SURNAME</b>	<b>FIRST NAME</b>	<b>CAT.</b>	<b>GENDER</b>	<b>DISTANCE</b>
1	Shaw	Paul	ALL AGES	MALE	14
2	Nyamapfene	Simba	ALL AGES	MALE	14
3	Mujuru	Anogona	ALL AGES	MALE	14
	Nyamapfene	Tapiwa	ALL AGES	FEMALE	14
	Kuhuni	Samantha	ALL AGES	FEMALE	14
	Kuhuni	Christianne	ALL AGES	FEMALE	14

## CORPORATE CHALLENGE - TRIATHLON

POSITION	START NUMBER	NAME	SWIMMER	CYCLIST	RUNNER	TIME	CAT.	GENDER	SWIM	T1	CYCLE	T2	RUN
1	80	<a href="#">Team SZL 1</a>	Tinashe Mano	PAULO CAVERNA	Milton Kamangira	46:16:00	Team	Mixed		35:50:00			46:16:00
1	78	<a href="#">Team CIMAS 2</a>	Glenys Smith	Chamoto Changa	Tinashe Chitsike	51:57:00	Team	Mixed	4:11	36:08:00			51:57:00
2	77	<a href="#">Team CIMAS 1</a>	Glenys Smith	Bhekimpilo Mpofo	Pias Chifamba	52:37:00	Team	Mixed	4:11	36:07:00			52:37:00
3	79	<a href="#">Team CIMAS 3</a>	Glenys Smith	Evans Mhere	Ray Motsi	52:47:00	Team	Mixed	4:11	37:54:00			52:47:00
4	83	<a href="#">Team 83</a>	Valandry Marekera	Alec Mandivenga	Chenjerai Tanyanyiwa	57:00:00	Team	Mixed		40:39:00			57:00:00
5	82	<a href="#">Team AFRICAN SUN</a>	Thamary Reppoh	Kervin Nyamhanza	Charles Kavhenga	1:02:00	Team	Mixed		48:52:00			1:02:00
6	81	<a href="#">Team SZL 2</a>	Alfred Samuriwo	Makanaka Muropa	Robert Mandikwaza	1:19:09	Team	Mixed		57:19:00	21:26		1:19:09
	84	<a href="#">Team IRVINES</a>	DNS	DNS	DNS	DNS	Team	Mixed					

## CORPORATE CHALLENGE - DUATHLON

POSITION	START NUMBER	NAME	RUNNER 1	CYCLIST	RUNNER 2	TIME	CAT.	GENDER	RUN	T1	CYCLE	T2	RUN
1	90	<a href="#">EcoCash</a>	Kuziva Nyakanda	Jessica Fuller	Maestro Muberekwa	1:16:43	Team	Mixed		0:56:48	0:19:38		1:16:43
	91	<a href="#">Troutbeck Resort</a>	Raymond Mavhumashava	Farai Benyu	Shepherd Mkonda	DNS							

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

**AQUATHLON - TEAMS - OVERALL**

POSITION	START NUMBER	TEAM	RUNNER 1	SWIMMER	RUNNER 2	TIME	CAT.	GENDER	RUN	T1
1	132	ARUNDEL 1	NYARADZO MUWANDO	MUDIWA MIDZI	PANASHE GOMBA	0:22:32	All Ages	Female		0:07:36
2	133	ARUNDEL 2	FAUSTINA MKARATIGWA	SHAMISO CHANDIWANA	TAPIWA MUCHATIBAYA	0:23:22	All Ages	Female		0:07:51
3	131	KUMBI & JILL	JILL DEMAREMBA	RED CAP	KUMBIRAI DZIHWEMA	0:25:17	All Ages	Mixed		
4	134	ARUNDEL 3	CHELSEA DUKAI	NOKU MIDZI	CHELSEA DUKAI	0:25:37	All Ages	Female		0:08:32
5	136	ARUNDEL 5	MUFARO MATAMBO	NOKUTENDA MUPONA	MITCHELLE MASHONGA	0:25:48	All Ages	Female		0:08:55
6	137	ARUNDEL 6	TINO HURUNGO	MIA MANDEBVU	MUDIWA MANDIZVIDZA	0:25:53	All Ages	Female		0:08:55
7	135	ARUNDEL 4	VIMBAI RATEIWA	TADIWA MANYUMWA	RUVARASHE MUSHAVI	0:26:34	All Ages	Female		0:08:41
8	138	ARUNDEL 7	DOREEN APOLLO	GERALDINE MAPARA	AISHA ABDULLA	0:27:00	All Ages	Female		0:08:44
9	141	ARUNDEL 10	NICOLE MUGWAGWA	ZIVAI NZENZE	COURTNEY CHIKWANHA	0:28:11	All Ages	Female		0:09:11
10	140	ARUNDEL 9	PRAISE MUTANGI	MWANSA MUTIMUSHI	NICOLE MUGWAGWA	0:30:02	All Ages	Female		0:09:50
11	139	ARUNDEL 8	OLIVIA MUSHUMA	TADIWA MUTINGWENDE	NAOMI MACHIPIISA	0:32:58	All Ages	Female		0:10:51

**AQUATHLON - TEAMS - FEMALES**

POSITION	START NUMBER	TEAM	RUNNER 1	SWIMMER	RUNNER 2	TIME	CAT.	GENDER	RUN	T1
1	132	ARUNDEL 1	NYARADZO MUWANDO	MUDIWA MIDZI	PANASHE GOMBA	0:22:32	All Ages	Female		0:07:36
2	133	ARUNDEL 2	FAUSTINA MKARATIGWA	SHAMISO CHANDIWANA	TAPIWA MUCHATIBAYA	0:23:22	All Ages	Female		0:07:51
3	134	ARUNDEL 3	CHELSEA DUKAI	NOKU MIDZI	CHELSEA DUKAI	0:25:37	All Ages	Female		0:08:32
4	136	ARUNDEL 5	MUFARO MATAMBO	NOKUTENDA MUPONA	MITCHELLE MASHONGA	0:25:48	All Ages	Female		0:08:55
5	137	ARUNDEL 6	TINO HURUNGO	MIA MANDEBVU	MUDIWA MANDIZVIDZA	0:25:53	All Ages	Female		0:08:55
6	135	ARUNDEL 4	VIMBAI RATEIWA	TADIWA MANYUMWA	RUVARASHE MUSHAVI	0:26:34	All Ages	Female		0:08:41
7	138	ARUNDEL 7	DOREEN APOLLO	GERALDINE MAPARA	AISHA ABDULLA	0:27:00	All Ages	Female		0:08:44
8	141	ARUNDEL 10	NICOLE MUGWAGWA	ZIVAI NZENZE	COURTNEY CHIKWANHA	0:28:11	All Ages	Female		0:09:11
9	140	ARUNDEL 9	PRAISE MUTANGI	MWANSA MUTIMUSHI	NICOLE MUGWAGWA	0:30:02	All Ages	Female		0:09:50
10	139	ARUNDEL 8	OLIVIA MUSHUMA	TADIWA MUTINGWENDE	NAOMI MACHIPIISA	0:32:58	All Ages	Female		0:10:51

**AQUATHLON - TEAMS - MIXED**

POSITION	START NUMBER	TEAM	RUNNER 1	SWIMMER	RUNNER 2	TIME	CAT.	GENDER	RUN	T1
3	131	KUMBI & JILL	JILL DEMAREMBA	RED CAP	KUMBIRAI DZIHWEMA	0:25:17	All Ages	Mixed		

**TROUTBECK - OPEN WATER SWIM 2023**

<b>Event # 1 Female 750 Free 13 &amp; Under</b>	<b>TIME</b>	<b>POSITION</b>
Rachel O'Donoghue	12:50.76L	1
Mbali Sibanda	13:39.85L	2
Olivia Beamish	14:26.21L	3
Nomcebo Ncube	16:56.61L	4
<b>Event # 2 Female 750 Free 14-15</b>	<b>TIME</b>	<b>POSITION</b>
Tariro Muhomba	12:50.21L	1
Savannah Beamish	14:23.39L	2
Ivanka Gomera	16:01.98L	3
<b>Event # 3 Female 750 Free 16-18</b>	<b>TIME</b>	<b>POSITION</b>
Jade Chicksen	12:48.40L	1
Neziah Kinnaird	15:24.46L	2
Thabo Mhlanga	16:00.82L	3
Tatenda Mutema	16:58.70L	4
Naomoi Machipisa	20:03.60L	5
Zoe Gangira	DNS	
<b>Event # 4 Female 750 Free 35 &amp; Over</b>	<b>TIME</b>	<b>POSITION</b>
Laura O'Donogue	13:27.35L	1
Kate TORR	16:08.52L	2
<b>Event # 5 Male 750 Free 13 &amp; Under</b>	<b>TIME</b>	<b>POSITION</b>
Raphael STEVENSON	23:42.33L	1
<b>Event # 6 Male 750 Free 16-18</b>	<b>TIME</b>	<b>POSITION</b>
Wade Mcshaw	12:20.05L	1
<b>Event # 12 Female 3000 Free 14-15</b>	<b>TIME</b>	<b>POSITION</b>
Imaan Afzal	59:58.29L	1
Iliyah Afzal	59:59.81L	2
<b>Event # 13 Female 3000 Free 35 &amp; Over</b>	<b>TIME</b>	<b>POSITION</b>
Laura Beare	52:48.70L	1
<b>Event # 14 Male 3000 Free 35 &amp; Over</b>	<b>TIME</b>	<b>POSITION</b>
Paul Beresford-Miller	DNF	
Flavio Pellegatta	DNS	

<b>Event # 7 Female 1500 Free 13 &amp; Under</b>	<b>TIME</b>	<b>POSITION</b>
Aaliyah Afzal	30:41.07L	1
<b>Event # 8 Female 1500 Free 14-15</b>	<b>TIME</b>	<b>POSITION</b>
Tariro Muhomba	24:43.13L	1
Tatenda Muhomba	25:12.50L	2
Shumirai Zvenyika	28:31.28L	3
<b>Event # 9 Female 1500 Free 16-18</b>	<b>TIME</b>	<b>POSITION</b>
Desiree Soganile	25:19.57L	1
Pamela Ncube	28:30.22L	2
Zoe Denslow	DNS	
<b>Event # 10 Female 1500 Free 35 &amp; Over</b>	<b>TIME</b>	<b>POSITION</b>
Steph Charlton	30:04.78L	1
Angie Beresford-Millar	DNS	
<b>Event # Male 1500 Free 13 &amp; Under</b>	<b>TIME</b>	<b>POSITION</b>
Nathaniel Jerahuni	DNS	
<b>Event # Male 1500 Free 14-15</b>	<b>TIME</b>	<b>POSITION</b>
Clyde Munopfukutwa	DNS	
<b>Event # 11 Male 1500 Free 35 &amp; Over</b>	<b>TIME</b>	<b>POSITION</b>
James Beare	24:03.82L	1
Mathew Wilde	24:13.01L	2
Kevin Vogel	25:51.81L	3
Mike Garden	DNS	

<b>Event # 15 Female 5000 Free 16-18</b>	<b>TIME</b>	<b>POSITION</b>
Danielle Kuhuni	1:23:06.19L	1
Jade Chicksen	1:23:12.72L	2
<b>Event # 16 Female 5000 Free 35 &amp; Over</b>	<b>TIME</b>	<b>POSITION</b>
Margit Landman	1:39:10.88L	1
<b>Event # 17 Male 5000 Free 14-15</b>	<b>TIME</b>	<b>POSITION</b>
Gregory Zevgolis	1:21:34.62L	1
<b>Event # 18 Male 5000 Free 35 &amp; Over</b>	<b>TIME</b>	<b>POSITION</b>
Steve Crabbe	1:37:37.99L	1
Paul Howard	1:38:38.79L	2
Mark Sealy	DNF	

<b>OPEN WATER SWIMMING 4 X 500M RELAY</b>	<b>POSITION</b>
<b>Team</b>	
Lliyah Afzal	<b>1</b>
Imaan Afzal	
Neziah Kinnaird	
Wade McShaw	
Kevin Vogel	<b>2</b>
Doug Johnson	
Jade Chicksen	
Pamela Ncube	
Tariro Muhomba	<b>3</b>
Tatenda Muhomba	
Desiree Soganile	
Miniyothabo Mhlanga	
Aaliyah Afzal	<b>4</b>
Mbalenhle Sibanda	
Shunirai Zvenyika	
Nomcebo Ncube	
Shamiso Chandiwana	<b>5</b>
Nokutenda Mupono	
Mia Mandebvhu	
Tadiwa Manyumwa	
	<b>5</b>
Zoe Charlton	
Mia Nel	
Tamiranashe Maboreke	
Tendekayi Maboreke	