

Table 1

	Long				Short	
1	Nick Pilgrim	24.03			1 Rory Fosker	23.54
2	Adam Petty	26.54			2 Owen Fosker	27.12
3	Jauza James	27.30			3 Eva Wright	33.13
4	Tim Fox	27.53			4 Rhianna Robinson	35.27
5	Chris Fosker	28.21				
6	Matt Viney	29.18				
7	Chris Harkness	30.00				
8	Nick Greet	30.11			Other	
9	Zoe Roberts	30.20			Ella Metschnabel	23.36
10	Charlotte Millington	31.46			Kamryn Minors	25.02
11	Randolph Smith	32.42			Steve Petty	26.41
12	Hannes Heyns	32.58			S'Nya Cumbermack	28.24
13	Kelise Wade	33.02				
14	Jada Grant	33.13				
15	Marika Heyns	34.03			TEAM	
16	Ben Wright	35.05			1 Samia (2 laps bike)	
17	Leanna Coetzee	36.44			2 Yannik (3 laps bike)	
18	Nathan Samuels	37.46				
19	Judith Loew Tucker	44.45				
20	Karen Gonsalves	46.25				

1	
2	
3	
4	
5	
6	
7	
8	
9	Short but only 1 lap bike
10	L swim, 2 laps bike 1 lap run
11	L but 1 lap of run
12	L with 1 lap run
13	
14	
15	
16	26.58
17	28.10
18	
19	
20	