

WP LEAGUE 4

Date: 2024-12-01

Province: WESTERN PROVINCE

Top Athletes

#	Athlete	Run Time	Run Points	Run BP	Total Points	
Top 3 Runners						
1	1895	Len Claasen (No Mads Club)	01:18.96	1042.08	20.00	1062.08
2	7364	Emma van der Westhuyzen	01:34.19	1051.62	0.00	1051.62
3	1319	Silke Aucamp (Kenridge Ps)	02:38.00	1046.00	0.00	1046.00

#	Athlete	Swim Time	Swim Points	Swim BP	Total Points	
Top 3 Swimmers						
1	6635	Tania Fryer	01:09.94	1070.30	22.50	1092.80
2	2294	Kate Bihl	01:18.91	1075.45	12.50	1087.95
3	1497	Rowan Marais	01:03.72	1056.40	22.50	1078.90

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
Top 3 Athletes								
1	1497	Rowan Marais	02:38.60	1002.80	01:03.72	1056.40	45.00	2104.20 PB
2	2294	Kate Bihl	03:08.75	1002.50	01:18.91	1075.45	25.00	2102.95
3	6474	Roelf Jacobs	02:29.94	1020.12	01:08.78	1031.10	33.00	2084.22 PB

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/08 GIRLS			National Record: N/A			Provincial Record: N/A		
1	7364	Emma van der Westhuyzen	01:34.19	1051.62	00:35.00	1000.00	0.00	2051.62 PB
2	7491	Cari van der Merwe	01:39.75	1040.50	00:35.00	1000.00	0.00	2040.50 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/09 GIRLS			National Record: N/A			Provincial Record: N/A		
1	7500	Ziane Langenhoven (Durbanville Ps)	01:48.97	996.06	00:53.75	1011.25	0.00	2007.31 PB
2	7499	Lienke Hanekom	01:32.19	1029.62	01:01.54	972.30	0.00	2001.92 PB
3	6266	Corrali Duvenhage (Durbanville Ps)	01:57.14	979.72	00:58.12	989.40	0.00	1969.12
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/09 BOYS			National Record: N/A			Provincial Record: N/A		
1	6287	Michael Maposa (Durbanville Ps)	01:26.43	1033.14	00:47.56	1017.20	0.00	2050.34
2	7482	Ethan Bland	01:27.64	1030.72	00:51.84	995.80	0.00	2026.52 PB
3	5179	Stian Gericke (Durbanville Ps)	01:31.05	1023.90	00:52.07	994.65	0.00	2018.55
4	6031	Roelf Jacobs (Durbanville Ps)	01:32.94	1020.12	00:57.94	965.30	0.00	1985.42
5	7416	P G Schilder	01:43.46	999.08	01:12.37	893.15	0.00	1892.23 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/11 GIRLS			National Record: N/A			Provincial Record: N/A		
1	4952	Mieke Labuschagne (Beaumont Ps)	01:18.37	1039.26	00:38.38	1038.10	0.00	2077.36 PB

2	3381	Kari Gericke (Durbanville Ps)	01:29.82	1016.36	00:39.72	1031.40	0.00	2047.76
3	4471	Zoë van Zyl	01:25.05	1025.90	00:42.47	1017.65	0.00	2043.55 PB
4	3745	Kayla Fouche (Kenridge Ps)	01:22.07	1031.86	00:44.37	1008.15	0.00	2040.01
5	4676	Sophia Strydom (Durbanville Ps)	01:22.65	1030.70	00:44.31	1008.45	0.00	2039.15 PB
6	7490	Johanni van der Merwe	01:32.17	1011.66	00:42.34	1018.30	0.00	2029.96 PB
7	4539	Ella Odendaal (Kenridge Ps)	01:31.33	1013.34	00:43.94	1010.30	0.00	2023.64
8	5753	Liani Jacobs (Durbanville Ps)	01:33.07	1009.86	00:48.32	988.40	0.00	1998.26
9	7305	Mirabelle Craven (Stellenbosch PS)	01:40.08	995.84	00:47.38	993.10	0.00	1988.94
10	2290	Nina Vancoillie (Durbanville Ps)	01:32.33	1011.34	00:55.03	954.85	0.00	1966.19
11	7498	Anique Tredoux	01:39.36	997.28	01:02.03	919.85	0.00	1917.13 PB
12	7363	Lana van der Westhuyzen	01:33.07	1009.86	01:07.06	894.70	0.00	1904.56 PB

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/11 BOYS	National Record: N/A			Provincial Record: N/A			
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1	6653	Lihan Lerm (Eversdal Ps)	01:19.39	1035.22	00:35.82	1040.90	0.00	2076.12
2	3601	Markú Loubser (Durbanville Ps)	01:20.79	1032.42	00:37.19	1034.05	0.00	2066.47
3	3112	Ekhardt Marais (De Hoop Ps)	01:21.18	1031.64	00:39.34	1023.30	0.00	2054.94 PB
4	2980	Cobus Wentzel (Durbanville Ps)	01:21.32	1031.36	00:40.91	1015.45	0.00	2046.81 PB
5	5202	Jean Joyce (Durbanville Ps)	01:25.10	1023.80	00:40.87	1015.65	0.00	2039.45
6	6982	Ethan Parfitt	01:38.12	997.76	00:36.07	1039.65	0.00	2037.41 PB
7	4240	Ruvan Jooste (Durbanville Ps)	01:21.64	1030.72	00:43.09	1004.55	0.00	2035.27

8	5360	Nicol Schutte (Boland Privaat)	01:25.12	1023.76	00:42.25	1008.75	0.00	2032.51
9	6651	Ethan James Schutte	01:28.70	1016.60	00:42.66	1006.70	0.00	2023.30 PB
10	5996	Motlatsi Khahledi (Durbanville Ps)	01:26.01	1021.98	00:43.89	1000.55	0.00	2022.53 PB
11	6658	Simon Tredoux (Durbanville Ps)	01:26.51	1020.98	00:45.03	994.85	0.00	2015.83
12	4472	Connor van Onselen (Kenridge Ps)	01:32.26	1009.48	00:43.88	1000.60	0.00	2010.08
13	6299	Jeanre Rossouw (Durbanville Ps)	01:31.73	1010.54	00:44.25	998.75	0.00	2009.29
14	6275	Blake Kotze (Beaumont Ps)	01:27.93	1018.14	00:46.75	986.25	0.00	2004.39
15	6637	Matthew Bland	01:31.11	1011.78	00:50.90	965.50	0.00	1977.28 PB
16	2426	Le Febre Malherbe (Durbanville Ps)	01:28.97	1016.06	00:52.07	959.65	0.00	1975.71 PB
17	7493	Nielen Horn	01:31.22	1011.56	00:53.50	952.50	0.00	1964.06 PB
18	6268	Albert Bruckner	01:33.48	1007.04	00:55.69	941.55	0.00	1948.59 PB
19	6290	Fritz Smalberger (Durbanville Ps)	01:47.96	978.08	01:00.60	917.00	0.00	1895.08
20	6650	Jack Bosch	02:03.42	947.16	00:55.00	945.00	0.00	1892.16

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/13 GIRLS			National Record: N/A			Provincial Record: N/A		
1	Saskia Gilligan	02:52.08	1017.84	00:33.00	1050.00	0.00	2067.84 PB	
2	Silke Aucamp (Kenridge Ps)	02:38.00	1046.00	00:38.10	999.00	0.00	2045.00	
3	Dine van de Wal (Durbanville Ps)	02:57.67	1006.66	00:35.85	1021.50	0.00	2028.16	
4	Sarah - Kate Odendaal (Kenridge Ps)	03:13.77	974.46	00:32.81	1051.90	0.00	2026.36	

5	3771	Annabelle van Onselen (Kenridge Ps)	03:01.90	998.20	00:35.75	1022.50	0.00	2020.70	PB	
6	3606	Kaylee van de Wal (Durbanville Ps)	03:20.40	961.20	00:36.88	1011.20	0.00	1972.40		
7	7015	Astrid Piper Saul	03:07.61	986.78	00:40.66	973.40	0.00	1960.18	PB	
8	7359	Zarah Matthee	03:16.65	968.70	00:40.25	977.50	0.00	1946.20		
9	2982	Alyssa Bosch (Kenridge Ps)	03:25.34	951.32	00:39.56	984.40	0.00	1935.72	PB	
10	6981	Cayden Parfitt	03:41.71	918.58	00:37.09	1009.10	0.00	1927.68		
11	5146	Amelie Krige (Durbanville Ps)	03:38.31	925.38	00:40.65	973.50	0.00	1898.88	PB	
12	7357	Emma Viljoen	02:55.46	1011.08	00:52.75	852.50	0.00	1863.58		
#		Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
U/13 BOYS				National Record: N/A			Provincial Record: N/A			
1	4507	Adrian Kuhn (Durbanville Ps)	02:48.44	1023.12	00:33.75	1022.50	0.00	2045.62	PB	
2	3374	Guy Joyce (Durbanville Ps)	02:49.00	1022.00	00:35.44	1005.60	0.00	2027.60		
3	6998	Cooper Gilligan	02:51.91	1016.18	00:36.40	996.00	0.00	2012.18	PB	
4	5170	Ewan Kriel (Eversdal Ps)	02:49.02	1021.96	00:37.04	989.60	0.00	2011.56	PB	
5	5757	Luke Gerber	03:04.02	991.96	00:34.56	1014.40	0.00	2006.36	PB	
6	2412	Stefanus Louw (Kenridge Ps)	02:54.79	1010.42	00:36.78	992.20	0.00	2002.62	PB	
7	2285	Ryan Fouche (Kenridge Ps)	03:04.55	990.90	00:35.18	1008.20	0.00	1999.10		
8	4557	William Scholtz	03:00.99	998.02	00:38.47	975.30	0.00	1973.32		
9	3535	Ewan Marais (De Hoop Ps)	03:22.98	954.04	00:34.16	1018.40	0.00	1972.44	PB	
10	5371	Steyn Schutte (Boland Privaat)	03:05.62	988.76	00:38.56	974.40	0.00	1963.16	PB	

11	6286	Paul Maposa (Durbanville Ps)	03:15.35	969.30	00:37.85	981.50	0.00	1950.80
12	1646	Henri Pretorius; (Kenridge Ps)	03:19.30	961.40	00:38.97	970.30	0.00	1931.70
13	6280	Wilhelm Smalberger (Durbanville Ps)	03:03.06	993.88	00:45.59	904.10	0.00	1897.98 PB
14	6168	Jaydin Enslin (Eversdal Ps)	03:18.20	963.60	00:50.75	852.50	0.00	1816.10

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/15 GIRLS

National Record: N/A

Provincial Record: N/A

1	6202	Anja de Villiers (Durbanville Hs)	03:09.03	967.94	01:05.84	1045.80	0.00	2013.74
2	3625	Jenna Joyce (Durbanville Ps)	03:04.65	976.70	01:09.12	1029.40	0.00	2006.10
3	1422	Yvette Louw (Kenridge Ps)	02:54.36	997.28	01:14.35	1003.25	0.00	2000.53
4	1335	Heike Wessels (Vredeloof Ps)	02:59.68	986.64	01:24.47	952.65	0.00	1939.29
5	1405	Lara Rosenstrauch (De Hoop Ps)	03:26.38	933.24	01:17.68	986.60	0.00	1919.84
6	1288	Livia Vancoillie (Durbanville Ps)	03:13.29	959.42	01:31.69	916.55	0.00	1875.97 PB
7	1228	Kara Wentzel (Durbanville Ps)	03:29.68	926.64	01:33.22	908.90	0.00	1835.54
8	7365	Gia de Wit	03:17.80	950.40	01:39.56	877.20	0.00	1827.60

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/15 BOYS

National Record: N/A

Provincial Record: N/A

1	5148	Tiaan Lambrechts (Durbanville Hs)	02:28.61	1036.78	01:08.43	1022.85	0.00	2059.63 PB
2	5158	Zac Sampson	02:45.73	1002.54	01:06.81	1030.95	0.00	2033.49 PB
3	1247	Jack Fouche (Kenridge Ps)	02:45.49	1003.02	01:15.85	985.75	0.00	1988.77

4	1645	Theo Pretorius (Kenridge Ps)	03:03.86	966.28	01:18.10	974.50	0.00	1940.78	PB
5	6654	Lucas Linde	02:49.35	995.30	01:27.13	929.35	0.00	1924.65	PB
6	1227	Stephan Pienaar (Welgemoed Ps)	02:51.53	990.94	01:29.38	918.10	0.00	1909.04	
7	6659	Christo Bezuidenhout	02:53.08	987.84	01:50.09	814.55	0.00	1802.39	PB

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/17 GIRLS			National Record: N/A			Provincial Record: N/A		

1	1342	Anieka Louw (Durban High School)	02:48.26	989.48	01:04.88	1050.60	0.00	2040.08	PB
2	1395	Stephanie Minnaar (DF Malan Hs)	02:41.48	1003.04	01:12.91	1010.45	0.00	2013.49	
3	1418	Larah Aucamp (Durbanville Hs)	02:43.86	998.28	01:13.44	1007.80	0.00	2006.08	
4	1413	Mia Viljoen (Durbanville Hs)	02:41.48	1003.04	01:16.69	991.55	0.00	1994.59	
5	5163	Stella Greyling (Durbanville Hs)	03:08.11	949.78	01:27.22	938.90	0.00	1888.68	
6	5995	Bohlale Khahledi (Meridian Pinehurst Hs)	03:37.49	891.02	01:27.82	935.90	0.00	1826.92	PB

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
U/17 BOYS			National Record: N/A			Provincial Record: N/A		

1	1208	Niel Conradie (Durbanville Hs)	02:29.37	1013.26	01:06.47	1017.65	0.00	2030.91	PB
2	1253	Aragon Afonso (Reddam Durbanville Hs)	02:44.52	982.96	01:03.22	1033.90	0.00	2016.86	
3	1307	Jean-Roux Wessels (Stellenberg Hs)	02:32.99	1006.02	01:10.47	997.65	0.00	2003.67	
4	1211	Liam Els (Stellenberg Hs)	02:37.71	996.58	01:11.53	992.35	0.00	1988.93	

5	5149	Ruben Zevenster (Durbanville Hs)	03:00.65	950.70	01:11.47	992.65	0.00	1943.35 PB
6	5150	Alexander de Jager (Durbanville Hs)	02:55.72	960.56	01:14.71	976.45	0.00	1937.01

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/19 GIRLS

National Record: N/A

Provincial Record: N/A

1	1385	Mila Aucamp (Durbanville Hs)	02:41.63	1024.74	01:07.25	1033.75	0.00	2058.49
2	3730	Anneke Stassen (Durbanville Hs)	03:10.95	966.10	01:09.06	1024.70	0.00	1990.80 PB
3	7480	Madison Hayes (Fairmont Hs)	03:05.19	977.62	01:16.19	989.05	0.00	1966.67 PB
4	1318	Olivia Wilson (Durbanville Hs)	03:03.64	980.72	01:30.25	918.75	0.00	1899.47 PB
5	7413	Asthan Gorrie (Fairmont Hs)	02:55.71	996.58	01:36.44	887.80	0.00	1884.38 PB
6	7481	Danelle Dry (Durbanville Hs)	03:57.78	872.44	01:14.06	999.70	0.00	1872.14 PB
7	7511	Clarize Strydom	03:41.83	904.34	DNF	DNF	0.00	DNF

#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points
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U/19 BOYS

National Record: N/A

Provincial Record: N/A

1	1248	FC Moller (Stellenberg Hs)	02:33.39	991.22	01:03.34	1023.30	0.00	2014.52
2	1234	Kyle Lombard (Fairmont Hs)	02:41.87	974.26	01:01.53	1032.35	0.00	2006.61
3	3614	Callum Koekemoer (Durbanville Hs)	02:43.46	971.08	01:01.69	1031.55	0.00	2002.63
4	5164	Luke Moran (Milnerton Hs)	02:50.66	956.68	00:59.96	1040.20	0.00	1996.88
5	3613	Quinn Dick Koekemoer (Durbanville Hs)	02:49.88	958.24	01:03.07	1024.65	0.00	1982.89
6	4644	Andrew Steyn (Independent)	02:28.64	1000.72	01:15.28	963.60	0.00	1964.32 PB

7	6988	Joshua Pick (Independent)	02:55.68	946.64	01:28.10	899.50	0.00	1846.14 PB
8	7512	Marcel Fourie	02:41.27	975.46	DNF	DNF	0.00	DNF
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
SENIORS WOMEN			National Record: N/A			Provincial Record: N/A		
1	6639	Guinivere Grunow	03:19.72	972.56	01:11.81	1065.95	21.00	2059.51
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
SENIORS MEN			National Record: N/A			Provincial Record: N/A		
1	6474	Roelf Jacobs	02:29.94	1020.12	01:08.78	1031.10	33.00	2084.22 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
JNR MEN			National Record: N/A			Provincial Record: N/A		
1	3762	Marno Yzelle	02:16.97	1036.06	01:12.69	981.55	0.00	2017.61
2	7371	Mikyle Herman	02:47.23	975.54	01:39.09	849.55	0.00	1825.09 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 40+ WOMEN			National Record: N/A			Provincial Record: N/A		
1	2471	Sunee Pretorius	03:13.80	994.40	01:13.75	1051.25	20.00	2065.65
2	6635	Tania Fryer	03:50.02	921.96	01:09.94	1070.30	45.00	2037.26
3	7401	Francisca Kemp	03:43.48	935.04	01:33.44	952.80	25.00	1912.84 PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
MASTERS 40+ MEN			National Record: N/A			Provincial Record: N/A		
1	1497	Rowan Marais	02:38.60	1002.80	01:03.72	1056.40	45.00	2104.20 PB
2	6269	Werner Bruckner	02:51.37	977.26	01:22.85	960.75	25.00	1963.01
3	5169	Romeo Davids	02:54.19	971.62	01:27.32	938.40	40.00	1950.02

4	7492	Lawrence Parfitt	03:16.48	927.04	01:20.43	972.85	5.00	1904.89	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
MASTERS 50+ WOMEN			National Record: N/A			Provincial Record: N/A			
1	2294	Kate Bihl	03:08.75	1002.50	01:18.91	1075.45	25.00	2102.95	
2	7494	Sonja Strydom	03:46.41	927.18	02:13.10	804.50	5.00	1736.68	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
MASTERS 50+ MEN			National Record: N/A			Provincial Record: N/A			
1	4675	Michael Peacock	02:47.96	996.08	01:26.78	956.10	15.00	1967.18	PB
2	4632	Edward West	03:22.24	927.52	01:22.00	980.00	45.00	1952.52	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
MASTERS 60+ WOMEN			National Record: N/A			Provincial Record: N/A			
1	7497	MANDY STRASZACKER	02:32.15	907.70	00:49.90	1005.50	18.00	1931.20	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
MASTERS 60+ MEN			National Record: N/A			Provincial Record: N/A			
1	7496	Koena Loubser	01:33.77	992.46	00:43.46	997.70	42.00	2032.16	PB
2	6644	Chris van der Merwe	01:34.58	990.84	00:40.09	1014.55	0.00	2005.39	
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
MASTERS 70+ WOMEN			National Record: N/A			Provincial Record: N/A			
1	1896	Stephanie Claassen (No Mads Club)	02:06.29	983.42	00:49.38	1043.10	40.00	2066.52	PB
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points		
MASTERS 70+ MEN			National Record: N/A			Provincial Record: N/A			

1	1895	Len Claasen (No Mads Club)	01:18.96	1042.08	00:50.69	996.55	40.00	2078.63
#	Athlete	Run Time	RP	Swim Time	SP	BP	Total Points	
SPECIAL NEEDS MALE			National Record: N/A			Provincial Record: N/A		
1	6274	Harholdt Rousseau	02:08.66	982.68	01:09.94	875.30	0.00	1857.98

Designed and Developed by [Techla](#)