

## SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

## Psych Sheet

**Event 1 Women 14 & Over 10k Open Water 10 KM**

2:30:00.00 14&amp;O OWS

Name	Age	Team	Seed Time	
1 Lötter, Callan	19	AGC-TS	2:01:25.00	___
2 De Jager, Amica	26	AGC-TS	2:02:39.00	___
3 Horne, Kaitlynne	18	ECA-BU	2:02:40.00	___
4 Van Rensburg, Catherine	21	AGC-TS	2:05:37.00	___
5 Neilson, Hannah	20	AGC-TS	2:08:00.23	___
6 Pharoah, Taylor	22	AGC-TS	2:15:27.00	___
7 Houtman, Stephanie	23	AGC-TS	2:16:14.00	___
8 Andraos, Kirsty	18	AGC-TS	2:22:12.00	___
9 Bathfield, Gabrielle	20	WCA-CP	2:25:45.00	___
10 Bruce, Tayla	19	KZNA-ET	2:28:43.00	___

**Event 2 Women 16-17 7.5k Open Water 7.5 KM**

1:50:00.00 16-17 OWS

Name	Age	Team	Seed Time	
1 Jacobs, Marony	17	ECA-BU	1:32:51.10	___
2 Banks, Kiara	17	AGC-TS	1:42:44.00	___
3 Hartung, Amy	16	WCA-CP	1:49:37.00	___
4 Lally, Jenna-Mae	17	KZNA-ET	2:00:41.00	___

**Event 3 Men 13 & Over 1.5k Open Water 1.5 KM**

21:00.00 13-14 OWS

21:00.00 15-16 OWS

21:00.00 17-18 OWS

21:00.00 19&amp;O OWS

Name	Age	Team	Seed Time	
1 Caldwell, Matthew	19	AGA-EK	15:49.25	___
2 Albertyn, Connor	21	AGC-TS	16:01.95	___
3 Vd Linde, Sven	20	AGC-TS	16:08.74	___
4 Buck, Connor	22	KZNA-ET	16:18.78	___
5 Jones, Kellen	15	ECA-BU	16:34.50	___
6 Louw, Henre	23	AGC-TS	16:40.08	___
7 Kimber, Byron	24	AGA-EK	16:42.00	___
8 Breytenbach, Ruan	23	AGC-TS	16:43.00	___
9 Alevras, George	18	AGB-JH	16:59.21	___
10 Venter, Rossouw	23	AGC-TS	17:10.56	___
11 Terblanche, Luan	17	WCA-CP	17:12.28	___
12 Jacobs, Pierre-Daniel	16	ECA-BU	17:12.85	___
13 Adam, Momo	24	AGC-TS	17:19.15	___
14 Von Wielligh, Reino	32	AGC-TS	17:20.12	___
15 McWilliam, Troy	18	WCA-CP	17:25.00	___
16 De Beer, Hendro	16	ECA-BU	17:27.66	___
17 Kassebaum, Clayton	19	AGB-JH	17:34.53	___
18 Saayman, Liam	17	AGC-TS	17:48.70	___
19 De Bruyn, Phoenix	16	AGB-JH	18:02.28	___
20 Van Tonder, Demar	15	KZNA-ET	18:36.44	___
21 Palmer, Travis	15	WCA-CP	18:37.75	___
22 Van Tonder, Martinus	16	KZNA-ET	18:39.46	___
23 Nell, Tristan	17	NSFED	18:42.85	___
24 Prime, Liam	18	ECA-BU	18:47.14	___
25 Southey, Jamie	16	WCA-CP	18:47.83	___
26 O'Connor, Cohen	17	ECA-BU	18:53.96	___
27 Langford, James	16	NSFED	19:01.22	___
28 Sheard, Dylan	17	ECA-BU	19:13.81	___
29 Mladovan, Jordan	18	AGB-JH	19:18.00	___
30 Williams, Dante Elliot	13	ECA-BU	19:32.47	___
31 Keulder, Dylan	16	AGB-JH	20:04.00	___
32 Barbour, Karl	19	AGB-JH	20:04.75	___
33 Stoltz, Dylan	18	MP-EZ	20:17.00	___

34 Bloch, Dylan	17	AGB-JH	20:32.00	___
35 Bloch, Dylan	17	AGB-JH	20:32.00	___
36 Lipp, Connor	19	AGB-JH	20:47.00	___
37 Forsythe, Liam	14	ECA-BU	20:59.00	___
38 Allott, Jaydon	13	WCA-CP	21:25.99	___

**Event 4 Men 12 & Over 3k Open Water 3 KM**

45:00.00 12-13 OWS

45:00.00 14-15 OWS

45:00.00 16-17 OWS

45:00.00 18&amp;O OWS

Name	Age	Team	Seed Time	
1 Jones, Kellen	15	ECA-BU	17:35.60	___
2 Caldwell, Matthew	19	AGA-EK	34:36.00	___
3 Von Wielligh, Reino	32	AGC-TS	35:56.18	___
4 Bartleman, Wian	16	NWS	36:20.13	___
5 Vd Linde, Sven	20	AGC-TS	36:24.00	___
6 Albertyn, Gary	56	AGC-TS	37:00.54	___
7 Van Wyk, Wayne	17	WCA-CP	37:06.62	___
8 Saayman, Liam	17	AGC-TS	37:33.00	___
9 McWilliam, Troy	18	WCA-CP	37:39.12	___
10 Bornman, Christiaan	16	AGC-TS	38:10.00	___
11 Alevras, George	18	AGB-JH	38:16.00	___
12 Kassebaum, Clayton	19	AGB-JH	38:41.65	___
13 Viviers, Ryan	16	KZNA-ET	38:43.00	___
14 Strydom, Stephan	20	WCA-CP	38:44.60	___
15 Van Tonder, Martinus	16	KZNA-ET	38:58.00	___
16 Van Tonder, Demar	15	KZNA-ET	38:58.00	___
17 De Bruyn, Phoenix	16	AGB-JH	39:03.00	___
18 Hattingh, Dewald	21	AGC-TS	39:04.00	___
19 Henwood-Fox, Guy	18	KZNA-ET	39:08.00	___
20 Henwood-Fox, Ben	16	KZNA-ET	39:11.00	___
21 Mladovan, Jordan	18	AGB-JH	39:33.00	___
22 Borrageiro, Jake	17	KZNA-ET	39:44.00	___
23 Boonzaaier, Simon	18	WCA-CP	39:59.47	___
24 Keulder, Dylan	16	AGB-JH	40:00.00	___
25 Ciampi, Jayden	15	AGC-TS	40:23.00	___
26 Stoltz, Dylan	18	MP-EZ	40:29.56	___
27 Sheard, Dylan	17	ECA-BU	40:34.00	___
28 Forsythe, Liam	14	ECA-BU	40:34.95	___
29 Nellmapius, Keegan	19	AGA-EK	40:40.39	___
30 Myburgh, Ruan	17	WCA-CP	40:59.63	___
31 Prime, Liam	18	ECA-BU	41:03.90	___
32 Ellis, Liam	19	WCA-CP	41:09.50	___
33 Lipp, Connor	19	AGB-JH	41:12.26	___
34 Holton, Riley	18	KZNA-ET	41:18.75	___
35 Walters, Daniel	15	AGA-EK	41:19.00	___
36 Joubert, Owen	15	KZNA-ET	41:24.84	___
37 Holtzhausen, Neil	18	NWS	41:29.00	___
38 Smit, Reynard-Gray	14	WCA-CP	41:34.97	___
39 Brussow, Logan	17	AGC-TS	41:42.00	___
40 Bloch, Dylan	17	AGB-JH	41:42.00	___
41 Bloch, Dylan	17	AGB-JH	41:42.00	___
42 Lunt, Ethan	18	AGA-EK	41:55.00	___
43 Groenewald, Craig	46	AGB-JH	41:56.00	___
44 Buys, Stiaan	15	AGC-TS	41:58.00	___
45 Bouwer, Jason	15	WCA-CP	41:58.40	___
46 Strydom, Luan	17	WCA-CP	41:58.51	___
47 Baker, Benjamin	16	AGA-EK	42:15.00	___
48 Langford, James	16	NSFED	42:17.68	___
49 Boyd, Joshua	16	MP-EZ	42:18.01	___
50 Allott, Jack	17	WCA-CP	42:18.31	___

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## Psych Sheet

## Event 4 ... (Men 12 &amp; Over 3k Open Water 3 KM)

Name	Age	Team	Seed Time	
51 Van Zyl, Daniël	14	WCA-CP	42:20.76	___
52 Trower, Michael	14	WCA-CP	42:45.50	___
53 Reynolds, Jakobus	14	ECA-BU	43:04.00	___
54 Van Reenen, Kristiaan	15	KZNA-ET	43:15.00	___
55 Kannemeyer, Eli	13	ECA-BU	43:29.00	___
56 Allott, Jaydon	13	WCA-CP	43:41.19	___
57 Van Heerden, Christian	14	WCA-CP	43:43.60	___
58 Green, Aiden	13	ECA-BU	43:45.00	___
59 Kotzè, Max	16	WCA-CP	43:45.67	___
60 Kotze, Max	16	WCA-CP	43:45.67	___
61 O'Connor, Cohen	17	ECA-BU	43:49.00	___
62 Southey, Jamie	16	WCA-CP	43:49.96	___
63 Karsten, Jody	18	WCA-CP	43:50.45	___
64 Barbour, Karl	19	AGB-JH	43:54.00	___
65 Strydom, Andre	13	ECA-BU	43:55.00	___
66 Nagendrakumar, Puneet	15	WCA-CP	43:58.35	___
67 Harding, Owen	15	AGA-EK	44:00.00	___
68 Kotzè, Arden	15	WCA-CP	44:06.08	___
69 Holtzhausen, Ruan	17	NWS	44:15.00	___
70 Reddhi, Viashen	15	KZNA-ET	44:15.00	___
71 Kotte, Ethan	17	AGB-JH	44:34.00	___
72 Naidoo, Riley	14	KZNA-ET	44:42.00	___
73 Williams, Dante Elliot	13	ECA-BU	44:44.00	___
74 Du Preez, Cameron	14	ECA-BU	44:46.00	___
75 Wessels, Giann	15	MP-EZ	44:46.03	___
76 Leppan, Bradley	15	KZNA-ET	44:47.00	___
77 Lombard, Adriaan	16	MP-EZ	44:47.48	___
78 Burger, Marcus	14	MP-EZ	44:49.00	___
79 Collins, Tom	58	AGB-JH	46:34.00	___
80 Myeza, Ronewa	13	KZNA-ET	54:54.00	___

## Event 5 Men 3k Open Water Multi Disability

55:00.00 OWS

Name	Age	Team	Seed Time	
1 Putz, Aaron	29	KZNA-ET	48:18.23	___

## Event 6 Men 14 &amp; Over 10k Open Water 10 KM

2:20:00.00 OWS

Name	Age	Team	Seed Time	
1 Louw, Henre	23	AGC-TS	1:57:15.00	___
2 Buck, Connor	22	KZNA-ET	1:59:07.60	___
3 Breytenbach, Ruan	23	AGC-TS	1:59:28.81	___
4 Kimber, Byron	24	AGA-EK	1:59:33.00	___
5 Albertyn, Connor	21	AGC-TS	2:01:11.00	___
6 Vd Linde, Sven	20	AGC-TS	2:03:03.00	___
7 Venter, Rossouw	23	AGC-TS	2:05:23.27	___
8 Von Wielligh, Reino	32	AGC-TS	2:07:04.27	___
9 Payet, Damien	22	SEY	2:14:56.00	___
10 Angel, Damien	19	KZNA-ET	2:15:49.00	___

## Event 7 Men 16-17 7.5k Open Water 7.5KM

1:43:00.00 16-17 OWS

Name	Age	Team	Seed Time	
1 Jacobs, Pierre-Daniel	16	ECA-BU	1:30:59.00	___
2 Terblanche, Luan	17	WCA-CP	1:35:09.21	___
3 Borrageiro, Jake	17	KZNA-ET	1:37:43.47	___
4 Saayman, Liam	17	AGC-TS	1:37:46.00	___
5 De Beer, Hendro	16	ECA-BU	1:38:15.00	___
6 De Bruyn, Phoenix	16	AGB-JH	1:41:30.00	___

## Event 8 Women 13 &amp; Over 1.5k Open Water 1.5 KM

Name	Age	Team	Seed Time	
1 Houtman, Stephanie	23	AGC-TS	16:33.12	___
2 Van Rensburg, Catherine	21	AGC-TS	16:54.14	___
3 Lötter, Callan	19	AGC-TS	16:57.02	___
4 Horne, Kaitlynne	18	ECA-BU	17:26.31	___
5 Neilson, Hannah	20	AGC-TS	17:33.51	___
6 Jacobs, Marony	17	ECA-BU	17:36.69	___
7 Markgraaff, Leah	16	AGC-TS	17:56.23	___
8 Gous, Sienna	15	ECA-BU	18:08.82	___
9 Evans, Caitlin	15	WCA-CP	18:17.08	___
10 De Jager, Amica	26	AGC-TS	18:18.74	___
11 Andraos, Kirsty	18	AGC-TS	18:20.62	___
12 Sinclair, Cassidy	18	AGB-JH	18:26.25	___
13 Bergh, Madison	16	NSFED	18:32.32	___
14 Pharoah, Taylor	22	AGC-TS	18:49.13	___
15 Bruce, Tayla	19	KZNA-ET	19:00.20	___
16 Steyn, Carissa	18	NSFED	19:00.44	___
17 Smith, Rachel	19	AGB-JH	19:04.16	___
18 Swanepoel, Abigail	21	ECA-BU	19:07.36	___
19 Gray, Loghan	18	AGB-JH	19:11.00	___
20 Laubscher, Maya	18	WCA-CP	19:22.81	___
21 Van Eeden, Alne	18	ECA-BU	19:23.22	___
22 Kassebaum, Taylor	15	AGB-JH	19:43.56	___
23 Durandt, Sharli	14	WCA-CP	19:54.89	___
24 Doubell, Cassidey	18	AGB-JH	20:00.24	___
25 Humphries, Rachael	23	NWS	20:08.62	___
26 Meineke, Abigale	18	KZNA-ET	20:13.00	___
27 Steyn, Lara	16	NSFED	20:20.96	___
28 Hamilton, Shalea	13	ECA-BU	20:30.00	___
29 Frösler, Mikayla	16	ECA-BU	20:45.14	___
30 Boerstra, Gabby	16	AGC-TS	20:58.00	___
31 Welsh, Stacey	14	ECA-BU	21:47.00	___
32 Kotze, Kerryn	15	AGB-JH	22:16.00	___
33 Kok, Carike	20	AGC-TS	22:37.00	___
34 Hyslop, Kirsty	30	AGB-JH	22:51.00	___
35 Dowie, Tayla	17	AGB-JH	22:54.00	___
36 Hughes, Cara	14	KZNA-ET	23:56.68	___

## Event 9 Women 12 &amp; Over 3k Open Water 3KM

48:00.00 12-13 OWS

48:00.00 14-15 OWS

48:00.00 16-17 OWS

48:00.00 18&amp;O OWS

Name	Age	Team	Seed Time	
1 Gray, Loghan	18	AGB-JH	38:37.00	___
2 Gous, Morgan	14	ECA-BU	38:57.25	___
3 Shepherd, Megan	22	AGC-TS	39:17.00	___
4 Gous, Sienna	15	ECA-BU	39:34.12	___
5 Evans, Caitlin	15	WCA-CP	39:37.26	___
6 Venter, Zuria	15	AGA-EK	39:59.00	___
7 Markgraaff, Leah	16	AGC-TS	40:02.00	___
8 Smith, Rachel	19	AGB-JH	40:20.00	___
9 Sinclair, Cassidy	18	AGB-JH	40:22.00	___
10 Kassebaum, Taylor	15	AGB-JH	40:32.00	___
11 Durandt, Sharli	14	WCA-CP	40:51.68	___
12 Thirsk, Madison	15	WCA-CP	41:02.69	___
13 Louw, Anieka	15	WCA-CP	41:07.13	___
14 Langenhoven, Erin	18	WCA-CP	41:11.57	___
15 Joubert, Kailey	16	KZNA-ET	41:12.03	___
16 Olivier, Julie	13	WCA-CP	41:16.30	___

## SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

## Psych Sheet

## Event 9 ... (Women 12 &amp; Over 3k Open Water 3KM)

Name	Age	Team	Seed Time
17 Doubell, Cassidey	18	AGB-JH	41:17.00
18 Boerstra, Gabby	16	AGC-TS	41:45.00
19 Rossiter, Caitlin	15	NWS	41:52.00
20 Stork, Kelly	17	AGA-EK	41:57.26
21 Noble, Reese	15	WCA-CP	42:08.45
22 Van Eeden, Alne	18	ECA-BU	42:17.00
23 Glover, Erin	17	WCA-CP	42:34.30
24 Hamilton, Shalea	13	ECA-BU	42:37.00
25 Buitendach, Anja	16	MP-EZ	42:52.77
26 Swanepoel, Lulu	14	WCA-CP	42:53.81
27 Steyn, Lara	16	NSFED	43:04.06
28 Meineke, Abigale	18	KZNA-ET	43:05.00
29 Sauerman, Rene	17	KZNA-ET	43:09.00
30 Xulu, Zibusiso	13	KZNA-ET	43:11.00
31 Humphries, Rachael	23	NWS	43:14.00
32 Beling, Hayley	17	AGA-EK	43:16.00
33 Frösler, Mikayla	16	ECA-BU	43:23.77
34 Truter, Kate	17	KZNA-ET	43:27.00
35 Delpont, Milla	17	ECA-BU	43:30.00
36 Laubscher, Mikalla	15	WCA-CP	43:36.84
37 Kruger, Lize-Marie	16	FSA-MAN	43:43.65
38 Zeelie, Shanna-Leigh	16	WCA-CP	43:44.59
39 Raimond, Marike	16	WCA-CP	44:01.25
40 Tselentis, Maria	16	KZNA-ET	44:10.00
41 Kotzè, Tamsyn	18	WCA-CP	44:13.29
42 Ferreira, Ciska	17	MP-EZ	44:23.65
43 Kotze, Kerryyn	15	AGB-JH	44:25.00
44 Jordaan, Nanette	18	FSA-MAN	44:33.77
45 Foster, Taylor	15	KZNA-ET	44:46.00
46 Rossouw, Emma	16	WCA-CP	44:52.03
47 Van Zyl, Danika	16	KZNA-ET	44:59.00
48 Welsh, Stacey	14	ECA-BU	45:03.00
49 Williams, Aqeelah	13	WCA-CP	45:04.90
50 Nilsson, Rebecca	14	WCA-CP	45:05.22
51 Verbeek, Wilmien	17	WCA-CP	45:07.83
52 O'Connor, Jade	16	AGC-TS	45:08.25
53 Trusler, Ingrid	66	AGC-TS	45:14.00
54 Smith, Gabriella	17	AGB-JH	45:18.99
55 Cook, Wendy	55	KZNA-ET	45:20.00
56 Hyslop, Kirsty	30	AGB-JH	45:20.68
57 Bosman, Denise	66	ECA-BU	45:25.00
58 Kok, Carike	20	AGC-TS	45:33.25
59 Sardinha, Jessica	17	AGA-EK	45:42.19
60 Truter, Alex	21	KZNA-ET	45:45.00
61 Marshall, Tiffany	18	MP-EZ	45:48.74
62 Janse van Rensburg, Lara	15	MP-EZ	45:55.89
63 Roberts, Emma	17	MP-EZ	45:57.69
64 Albertyn, Megan	52	AGC-TS	46:08.00
65 Jackson, Amy	16	AGA-EK	46:26.00
66 Dowie, Tayla	17	AGB-JH	46:26.00
67 Bester, Minke	15	NWS	46:30.00
68 Fraser-Harding, Amelia	18	KZNA-ET	47:13.00
69 Bruyns, Donne	16	MP-EZ	47:27.00
70 Smit, Miela	17	ECA-BU	47:29.20
71 Mouton, Kay-Lee	16	WCA-CP	47:46.66

## Event 12 Women 14 &amp; Over 5k Open Water 5 KM

1:20:00.00 14-16 OWS			
1:20:00.00 17-18 OWS			
1:20:00.00 19&O OWS			
Name	Age	Team	Seed Time
1 Bruce, Tayla	19	KZNA-ET	58:43.00
2 De Jager, Amica	26	AGC-TS	1:00:04.00
3 Horne, Kaitlynne	18	ECA-BU	1:00:05.00
4 Van Rensburg, Catherine	21	AGC-TS	1:00:54.00
5 Jacobs, Marony	17	ECA-BU	1:01:46.42
6 Foster, Taylor	15	KZNA-ET	1:03:02.00
7 Nordengen-Corris, Sash	28	KZNA-ET	1:03:29.00
8 Lötter, Callan	19	AGC-TS	1:03:59.99
9 Neilson, Hannah	20	AGC-TS	1:04:05.35
10 Lally, Jenna-Mae	17	KZNA-ET	1:04:47.00
11 Fraser-Harding, Amelia	18	KZNA-ET	1:04:47.00
12 Evans, Caitlin	15	WCA-CP	1:05:31.95
13 Pharoah, Taylor	22	AGC-TS	1:06:11.00
14 Gous, Sienna	15	ECA-BU	1:07:02.00
15 Andraos, Kirsty	18	AGC-TS	1:07:09.00
16 Shepherd, Megan	22	AGC-TS	1:07:12.00
17 Joubert, Kailey	16	KZNA-ET	1:08:01.00
18 Van Eeden, Alne	18	ECA-BU	1:08:52.00
19 Bergh, Madison	16	NSFED	1:08:52.98
20 Kassebaum, Taylor	15	AGB-JH	1:09:47.00
21 Hartung, Amy	16	WCA-CP	1:10:12.00
22 Gray, Loghan	18	AGB-JH	1:10:18.00
23 Doubell, Cassidey	18	AGB-JH	1:10:18.00
24 Noble, Reese	15	WCA-CP	1:10:29.00
25 Swanepoel, Abigail	21	ECA-BU	1:10:47.52
26 Bathfield, Gabrielle	20	WCA-CP	1:11:30.00
27 Banks, Kiara	17	AGC-TS	1:11:37.33
28 Steyn, Carissa	18	NSFED	1:12:02.82
29 Raimond, Marike	16	WCA-CP	1:12:14.00
30 Laubscher, Maya	18	WCA-CP	1:12:50.00
31 Humphries, Rachael	23	NWS	1:13:11.00
32 Louw, Anieka	15	WCA-CP	1:13:21.00
33 Durandt, Sharli	14	WCA-CP	1:14:48.00
34 Buitendach, Anja	16	MP-EZ	1:14:54.96
35 Ferreira, Ciska	17	MP-EZ	1:15:00.90
36 Verbeek, Wilmien	17	WCA-CP	1:15:19.72
37 Frösler, Mikayla	16	ECA-BU	1:15:56.72
38 Thirsk, Madison	15	WCA-CP	1:17:14.00
39 Rossiter, Caitlin	15	NWS	1:17:54.00
40 Stork, Kelly	17	AGA-EK	1:18:19.00
41 Mouton, Kay-Lee	16	WCA-CP	1:18:37.00
42 Laubscher, Mikalla	15	WCA-CP	1:19:18.00

## Event 14 Men 14 &amp; Over 5k Open Water 5 KM

1:10:00.00 14-16 OWS			
1:10:00.00 17-18 OWS			
1:10:00.00 19&O OWS			
Name	Age	Team	Seed Time
1 Angel, Damien	19	KZNA-ET	54:31.00
2 Buck, Connor	22	KZNA-ET	56:39.60
3 Louw, Henre	23	AGC-TS	56:53.00
4 Kimber, Byron	24	AGA-EK	57:25.00
5 Borrageiro, Jake	17	KZNA-ET	57:54.00
6 Caldwell, Matthew	19	AGA-EK	58:00.00
7 Breytenbach, Ruan	23	AGC-TS	58:13.49
8 Jones, Kellen	15	ECA-BU	58:31.00

## SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

## Psych Sheet

## Event 14 ...(Men 14 &amp; Over 5k Open Water 5 KM)

	Name	Age	Team	Seed Time	
9	Joubert, Owen	15	KZNA-ET	58:35.00	___
10	Albertyn, Connor	21	AGC-TS	58:47.03	___
11	Venter, Rossouw	23	AGC-TS	59:27.00	___
12	Jacobs, Pierre-Daniel	16	ECA-BU	59:38.00	___
13	Von Wielligh, Reino	32	AGC-TS	1:00:03.81	___
14	Vd Linde, Sven	20	AGC-TS	1:00:08.38	___
15	McWilliam, Troy	18	WCA-CP	1:01:10.00	___
16	Beukes, Wade	18	WCA-CP	1:01:43.70	___
17	Bartleman, Wian	16	NWS	1:02:48.00	___
18	Leppan, Bradley	15	KZNA-ET	1:03:03.00	___
19	Terblanche, Luan	17	WCA-CP	1:03:12.00	___
20	Adam, Momo	24	AGC-TS	1:03:49.00	___
21	Albertyn, Gary	56	AGC-TS	1:04:07.76	___
22	Ellis, Liam	19	WCA-CP	1:04:10.00	___
23	Nel, Juan	16	KZNA-ET	1:04:15.00	___
24	Saayman, Liam	17	AGC-TS	1:05:22.00	___
25	De Beer, Hendro	16	ECA-BU	1:05:24.00	___
26	Esterhuizen, Lorenzo	16	NSFED	1:05:44.58	___
27	De Bruyn, Phoenix	16	AGB-JH	1:06:38.00	___
28	Forbes, Thomas	21	WCA-CP	1:06:53.00	___
29	Sheard, Dylan	17	ECA-BU	1:07:03.00	___
30	Palmer, Travis	15	WCA-CP	1:07:50.00	___
31	Van Wyk, Wayne	17	WCA-CP	1:08:03.00	___
32	Strydom, Stephan	20	WCA-CP	1:08:23.00	___
33	Naidoo, Riley	14	KZNA-ET	1:08:25.00	___
34	Hattingh, Dewald	21	AGC-TS	1:08:40.00	___
35	Mladovan, Jordan	18	AGB-JH	1:08:40.00	___
36	De Swardt, Jayden	19	ZIM	1:09:11.10	___
37	Bornman, Christiaan	16	AGC-TS	1:09:49.29	___
38	Nell, Tristan	17	NSFED	1:23:00.00	___

## Event 15 Men 5k Open Water Multi Disability

1:30:00.00 OWS

	Name	Age	Team	Seed Time	
1	Putz, Aaron	29	KZNA-ET	1:24:47.02	___