



Standard Bank

IRONMAN 70.3 SOUTH AFRICA - 🇿🇦 Jan 29th 2017



- LIVE COVERAGE
- ATHLETE TRACKER
- PHOTOS
- EVENT DETAILS

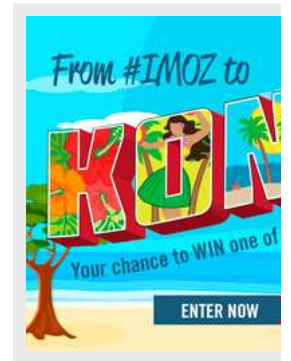
2017 Results: 70.3 South Africa

🔍




- ALL
A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z

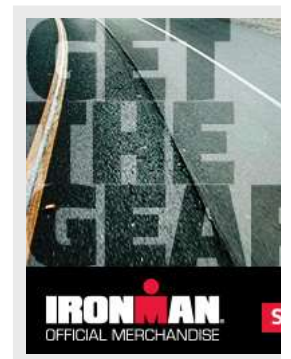
All Athletes (Limited to the first 290 of 2182 athletes)

	NAME	COUNTRY	DIV RANK	OVERALL RANK	SWIM	BIKE	RUN	FINISH
<input type="checkbox"/>	Guillaume, Romain	FRA	1	1	00:25:57	02:17:25	01:20:39	04:08:58
<input type="checkbox"/>	Cunnama, James	ZAF	2	2	00:26:59	02:23:02	01:16:52	04:11:27
<input type="checkbox"/>	Buckingham, Kyle	ZAF	3	3	00:26:34	02:23:20	01:19:55	04:14:30
<input type="checkbox"/>	Marais, Stuart	ZAF	4	4	00:27:06	02:25:53	01:18:19	04:15:54
<input type="checkbox"/>	Threlfall, Mark	GBR	5	5	00:25:50	02:23:30	01:22:45	04:16:52
<input type="checkbox"/>	Scheltinga, Evert	NLD	6	6	00:25:55	02:24:15	01:23:26	04:18:04
<input type="checkbox"/>	Johnston, Travis	ZAF	7	7	00:28:24	02:30:51	01:21:41	04:25:33
<input type="checkbox"/>	Moldan, Johannes	DEU	8	8	00:28:23	02:27:12	01:26:32	04:26:31
<input type="checkbox"/>	Csoke, Balazs	HUN	9	9	00:25:52	02:36:56	01:23:23	04:30:57
<input type="checkbox"/>	Gravett, Clinton	ZAF	10	10	00:26:06	02:33:07	01:28:24	04:32:16
<input type="checkbox"/>	Lawrie, Richard	ZAF	1	11	00:29:33	02:31:57	01:26:18	04:32:21
<input type="checkbox"/>	Venter, Bradley	ZAF	1	12	00:29:03	02:33:36	01:29:24	04:37:04
<input type="checkbox"/>	Philippe, Lamberty	LUX	11	13	00:28:29	02:36:39	01:29:17	04:39:14
<input type="checkbox"/>	Gibb, Haig	ZAF	2	14	00:31:26	02:33:58	01:29:17	04:39:17
<input type="checkbox"/>	Cunnama, Jodie	GBR	1	15	00:26:31	02:38:59	01:29:04	04:39:49
<input type="checkbox"/>	Cheetham, Susie	GBR	2	16	00:29:11	02:40:11	01:26:08	04:40:51
<input type="checkbox"/>	Birkholtz, Bradley	ZAF	2	17	00:29:22	02:40:16	01:27:52	04:42:50
<input type="checkbox"/>	Bogge, Florian	CHE	3	18	00:33:08	02:33:31	01:31:20	04:43:23
<input type="checkbox"/>	Maus, Andreas	DEU	3	19	00:30:20	02:36:45	01:31:47	04:44:34
<input type="checkbox"/>	Fleming, Bradley	ZAF	4	20	00:33:37	02:37:08	01:28:54	04:45:04
<input type="checkbox"/>	Meyer, Rohan	ZAF	4	21	00:29:29	02:42:02	01:28:23	04:45:33




Latest Race News

- 
Sanders and Riveros (in Chile)
January 16th 2017
- 
Bozzone, Crowley Brill
December 11th 2016
- 
Luxford Supreme, Che
December 11th 2016



Twitter | Facebook


What a run for @jodiecunr won every edition of the race victory was an impres...
<https://t.co/QaCdfcG0NT>
 1 DAY AGO | Reply | Ret

<input type="checkbox"/>	Browne, Jaryd	ZAF	1	22	00:30:42	02:40:21	01:30:32	04:46:25
<input type="checkbox"/>	Agnieszka, Jerzyk	POL	3	23	00:29:19	02:45:43	01:27:46	04:47:49
<input type="checkbox"/>	Moeller, Kristin	DEU	4	24	00:33:22	02:47:06	01:23:26	04:49:05
<input type="checkbox"/>	Limousin, Frederic	FRA	12	25	00:28:26	02:43:36	01:31:22	04:49:13
<input type="checkbox"/>	Sack, Mark	ZAF	1	26	00:31:31	02:40:03	01:31:02	04:49:45
<input type="checkbox"/>	Louw, Christopher	ZAF	1	27	00:32:14	02:40:14	01:31:49	04:50:02
<input type="checkbox"/>	Seegers, Jeren	ZAF	2	28	00:29:30	02:38:24	01:37:22	04:50:51
<input type="checkbox"/>	Møller, Urs	CHE	13	29	00:29:49	02:37:53	01:37:27	04:51:06
<input type="checkbox"/>	Harrington, Gareth	ZAF	3	30	00:29:58	02:44:33	01:31:40	04:51:46
<input type="checkbox"/>	Watkinson, Annah	ZAF	5	31	00:32:35	02:46:12	01:29:12	04:53:30
<input type="checkbox"/>	Close, Guy	ZAF	5	32	00:30:47	02:41:03	01:36:20	04:53:48
<input type="checkbox"/>	Bayvel, Scott	ZAF	5	33	00:28:48	02:50:54	01:29:11	04:54:18
<input type="checkbox"/>	Collonge, Jeanne	FRA	6	34	00:31:52	02:44:55	01:31:54	04:54:33
<input type="checkbox"/>	Visser, Jc	ZAF	4	35	00:34:28	02:46:43	01:27:46	04:54:39
<input type="checkbox"/>	Thomson, Derron	ZAF	6	36	00:31:37	02:48:11	01:29:01	04:55:29
<input type="checkbox"/>	Peterkin, Iain	ZAF	7	37	00:33:13	02:44:55	01:30:45	04:55:35
<input type="checkbox"/>	Reed, Jason	ZAF	5	38	00:34:02	02:43:22	01:34:11	04:57:01
<input type="checkbox"/>	Chapman, Nicholas	ZAF	8	39	00:42:13	02:36:51	01:32:14	04:57:30
<input type="checkbox"/>	De Villiers, Louis	ZAF	1	40	00:31:42	02:39:06	01:41:14	04:57:35
<input type="checkbox"/>	Erasmus, Mauritz	ZAF	6	41	00:29:37	02:49:41	01:34:03	04:58:30
<input type="checkbox"/>	Kennedy, Rohan Philip	ZAF	6	42	00:34:31	02:44:41	01:33:28	04:58:58
<input type="checkbox"/>	Lunt, Shaun	ZAF	2	43	00:31:08	02:41:52	01:39:35	04:59:10
<input type="checkbox"/>	Mofsowitz, Gavin	ZAF	7	44	00:32:53	02:43:17	01:37:05	04:59:12
<input type="checkbox"/>	Van Der Merwe, Barry	ZAF	3	45	00:31:55	02:46:26	01:34:10	04:59:21
<input type="checkbox"/>	Kriel, Gabriel	ZAF	8	46	00:32:05	02:48:23	01:33:14	04:59:32
<input type="checkbox"/>	Fuller, Thomas	ZAF	7	47	00:29:19	02:50:59	01:33:25	04:59:47
<input type="checkbox"/>	Helliwell, Ross	ZAF	9	48	00:34:00	02:51:07	01:29:04	04:59:51
<input type="checkbox"/>	Smit, Izak	ZAF	1	49	00:33:39	02:40:01	01:39:43	05:00:09
<input type="checkbox"/>	Janse Van Rensburg, Dawid	ZAF	4	50	00:38:49	02:48:08	01:26:59	05:00:25
<input type="checkbox"/>	Thornton, Terry	ZAF	2	51	00:33:53	02:47:13	01:32:58	05:00:25
<input type="checkbox"/>	Meschede, Michael	ZAF	8	52	00:35:30	02:42:05	01:34:58	05:00:40
<input type="checkbox"/>	Curtin, James	ZAF	9	53	00:33:11	02:51:37	01:30:11	05:00:41
<input type="checkbox"/>	Valverde, Jp	ESP	5	54	00:33:39	02:51:02	01:30:16	05:01:14
<input type="checkbox"/>	Walker, Tyrone	ZAF	10	55	00:29:17	02:49:01	01:37:18	05:02:28
<input type="checkbox"/>	Hammond, Ryan	ZAF	11	56	00:32:50	02:45:50	01:37:59	05:02:36
<input type="checkbox"/>	Letts, Shawn	ZAF	9	57	00:35:08	02:46:18	01:34:50	05:02:52
<input type="checkbox"/>	Kleynhans, Ewert	ZAF	10	58	00:37:04	02:49:32	01:30:32	05:02:54



Top 5 women: @jodiecunn
@susiecheetham +1:01, A
+9:15, @Annahbanana247
<https://t.co/Mgrftq1nbt>

1 DAY AGO | Reply | Ret



Third place for Jerzyk Agnies
Kristin Moeller (4:49:04) #IM

1 DAY AGO | Reply | Ret



4:40:50 - @susiecheethar
#IM703SA

1 DAY AGO | Reply | Ret



Here she is: @jodiecunnar
finish victory #IM703SA in 4

<https://t.co/9rYAfcGW8g>

1 DAY AGO | Reply | Ret

Follow us on Tw



<input type="checkbox"/>	Lowe, Terrence	ZAF	12	59	00:36:19	02:49:58	01:30:34	05:03:03
<input type="checkbox"/>	Pienaar, Bjorn	ZAF	13	60	00:36:39	02:44:22	01:36:08	05:03:12
<input type="checkbox"/>	Wiehahn, Manfred	ZAF	6	61	00:36:48	02:41:18	01:37:04	05:03:14
<input type="checkbox"/>	Oreilly, Donovan	ZAF	7	62	00:33:47	02:43:11	01:40:30	05:03:14
<input type="checkbox"/>	Newton, Adam	GBR	10	63	00:31:17	02:50:40	01:34:41	05:03:32
<input type="checkbox"/>	Mangan, Carl	ZAF	11	64	00:30:18	02:50:07	01:37:37	05:03:32
<input type="checkbox"/>	Graf, Oliver	DEU	1	65	00:30:26	02:41:22	01:45:30	05:03:42
<input type="checkbox"/>	Koch, Ross	ZAF	8	66	00:30:42	02:46:51	01:38:58	05:04:07
<input type="checkbox"/>	Grove, Alewyn	ZAF	14	67	00:36:47	02:39:06	01:40:12	05:04:20
<input type="checkbox"/>	Du Plessis, Otto	ZAF	11	68	00:32:00	02:45:54	01:39:25	05:04:38
<input type="checkbox"/>	Stewart, Alastair	ZAF	9	69	00:28:50	02:55:59	01:33:43	05:04:48
<input type="checkbox"/>	Rosa, Marcos	ZAF	12	70	00:37:27	02:39:05	01:41:52	05:04:50
<input type="checkbox"/>	Grobler, John	ZAF	10	71	00:30:12	02:52:57	01:36:27	05:05:25
<input type="checkbox"/>	Lategan, Heinrich	ZAF	13	72	00:35:00	02:42:18	01:42:22	05:05:36
<input type="checkbox"/>	Lang, Darren	ZAF	12	73	00:33:26	02:42:46	01:42:45	05:05:38
<input type="checkbox"/>	Kleyn, Rudigor Rosseau	ZAF	11	74	00:33:58	02:46:09	01:39:43	05:06:15
<input type="checkbox"/>	Nicole, Jade	ZAF	1	75	00:30:22	02:48:17	01:41:11	05:06:26
<input type="checkbox"/>	Oldnall, Chris Bone Machine	ZAF	15	76	00:31:55	02:52:21	01:36:12	05:06:30
<input type="checkbox"/>	Koekemoer, Darryl	ZAF	16	77	00:35:31	02:54:42	01:30:38	05:06:35
<input type="checkbox"/>	Nieuwoudt, Magda	ZAF	2	78	00:31:26	02:53:13	01:36:55	05:06:50
<input type="checkbox"/>	Shehab, Donavon	ZAF	17	79	00:36:35	02:48:43	01:36:36	05:08:18
<input type="checkbox"/>	Konschak, Katja	DEU	7	80	00:29:14	02:59:51	01:33:23	05:08:26
<input type="checkbox"/>	Jordaan, Nichol	ZAF	14	81	00:44:10	02:39:16	01:36:56	05:09:12
<input type="checkbox"/>	Guerin, Grant	ZAF	15	82	00:36:29	02:47:09	01:37:07	05:09:13
<input type="checkbox"/>	Goetsch, Mathew	ZAF	12	83	00:33:56	02:40:39	01:45:46	05:09:15
<input type="checkbox"/>	Cooke, Jarryd	ZAF	2	84	00:27:43	03:08:17	01:28:59	05:10:09
<input type="checkbox"/>	Witzier, Bart	NLD	13	85	00:31:33	02:48:19	01:42:13	05:10:10
<input type="checkbox"/>	Te Roller, Gary	ZAF	13	86	00:31:57	02:50:58	01:41:33	05:10:29
<input type="checkbox"/>	Corke, Haydn	ZAF	14	87	00:30:53	02:47:25	01:46:56	05:10:46
<input type="checkbox"/>	Swart, Tiaan	ZAF	15	88	00:37:29	02:36:49	01:49:50	05:11:09
<input type="checkbox"/>	Chemaly, Sarah	ZAF	3	89	00:32:54	02:54:24	01:35:42	05:11:19
<input type="checkbox"/>	Jelliman, Wayne	ZAF	16	90	00:30:52	02:51:30	01:42:09	05:11:30
<input type="checkbox"/>	Andreas, Ronig	DEU	18	91	00:39:07	02:51:58	01:34:01	05:11:57
<input type="checkbox"/>	Bester, Craig	ZAF	16	92	00:31:04	02:48:52	01:47:16	05:13:51
<input type="checkbox"/>	Dippenaar, Johan	ZAF	19	93	00:34:15	02:50:30	01:42:04	05:15:44
<input type="checkbox"/>	Smith, Jaco	ZAF	20	94	00:39:02	02:57:27	01:29:42	05:15:46
<input type="checkbox"/>	Syphus, Terry	ZAF	2	95	00:30:24	02:46:34	01:50:41	05:15:59

<input type="checkbox"/>	Bouwer, Jacques	ZAF	21	96	00:39:26	02:53:08	01:36:34	05:16:09
<input type="checkbox"/>	Le Roux, Jason	ZAF	17	97	00:36:47	02:45:54	01:47:10	05:16:16
<input type="checkbox"/>	Van Heerden, Natia	ZAF	4	98	00:34:26	02:59:35	01:36:38	05:16:38
<input type="checkbox"/>	Wilford, Jason	ZAF	14	99	00:33:07	02:51:13	01:45:55	05:16:58
<input type="checkbox"/>	Toovey, Mellusca	ZAF	5	100	00:34:29	02:53:03	01:43:48	05:17:15
<input type="checkbox"/>	Stichini, Marco	ZAF	15	101	00:34:38	02:50:12	01:42:00	05:17:37
<input type="checkbox"/>	Wolstenholme, Henry	ZAF	3	102	00:42:14	02:57:25	01:30:31	05:18:04
<input type="checkbox"/>	Meekin, Liam	ZAF	18	103	00:35:47	03:01:16	01:32:59	05:18:10
<input type="checkbox"/>	Louw, Dap	ZAF	16	104	00:35:32	02:51:07	01:45:23	05:18:34
<input type="checkbox"/>	De La Porte, Shaun	ZAF	3	105	00:31:53	02:51:20	01:46:22	05:18:39
<input type="checkbox"/>	Van Der Walt, Hein	ZAF	3	106	00:38:28	02:57:09	01:37:11	05:19:09
<input type="checkbox"/>	Fourie, Andries	ZAF	4	107	00:34:10	02:55:45	01:42:20	05:19:12
<input type="checkbox"/>	Chevallier, Hudson	ZAF	22	108	00:33:40	02:52:00	01:47:18	05:19:16
<input type="checkbox"/>	Dewing, Kasey	ZAF	23	109	00:35:32	02:49:53	01:46:02	05:19:30
<input type="checkbox"/>	Whitehead, James	ZAF	4	110	00:32:06	02:54:11	01:47:01	05:19:46
<input type="checkbox"/>	Makeleni, Vukile	ZAF	24	111	00:34:49	02:57:00	01:42:01	05:20:08
<input type="checkbox"/>	Enseling, Michael	DEU	4	112	00:37:24	02:53:07	01:43:00	05:20:34
<input type="checkbox"/>	Oosthuizen, Rudolph	ZAF	19	113	00:33:28	03:01:30	01:39:36	05:20:53
<input type="checkbox"/>	Genis, Marcel De Graaff	ZAF	17	114	00:32:58	02:54:27	01:46:42	05:21:05
<input type="checkbox"/>	Visser, Rowland	ZAF	5	115	00:32:58	02:55:00	01:44:45	05:21:07
<input type="checkbox"/>	Davies, Lyle	ZAF	25	116	00:36:01	02:49:38	01:47:40	05:21:14
<input type="checkbox"/>	Olivier, Francois	ZAF	17	117	00:37:44	02:47:52	01:47:57	05:21:21
<input type="checkbox"/>	Introna, Jarryd	ZAF	18	118	00:32:53	02:54:10	01:48:31	05:22:01
<input type="checkbox"/>	Pretorius, Johan	ZAF	20	119	00:38:27	02:54:36	01:42:31	05:22:39
<input type="checkbox"/>	Kruger, Japie	ZAF	26	120	00:37:24	02:56:48	01:41:18	05:22:48
<input type="checkbox"/>	Bird, Olivia	NZL	6	121	00:34:04	02:54:10	01:48:56	05:23:11
<input type="checkbox"/>	Jooste, Marcel	ZAF	19	122	00:32:05	03:05:20	01:39:29	05:23:15
<input type="checkbox"/>	Kemp, Marthinus	ZAF	20	123	00:34:25	02:58:25	01:45:22	05:23:24
<input type="checkbox"/>	Van Der Toorn, Kelly	ZAF	1	124	00:32:21	02:58:50	01:45:14	05:23:31
<input type="checkbox"/>	Vosloo, Paul	ZAF	5	125	00:29:36	03:03:27	01:44:05	05:23:32
<input type="checkbox"/>	Schutte, Peet	ZAF	27	126	00:38:43	02:47:24	01:45:36	05:23:41
<input type="checkbox"/>	Amey, Steven	ZAF	18	127	00:36:53	02:49:56	01:48:14	05:23:52
<input type="checkbox"/>	Lester, Sarah	AUS	8	128	00:35:21	03:04:23	01:39:06	05:24:05
<input type="checkbox"/>	Marzano, Greg	GBR	28	129	00:35:18	02:54:45	01:46:08	05:24:19
<input type="checkbox"/>	Robertson, Andrew	ZAF	19	130	00:37:37	03:00:08	01:37:03	05:24:22
<input type="checkbox"/>	Joao Victor, De Oliveira Terceiro	BRA	21	131	00:37:42	02:55:45	01:43:26	05:24:52
<input type="checkbox"/>	Kemp, Shane	ZAF	5	132	00:36:34	02:51:27	01:48:29	05:25:03

<input type="checkbox"/>	Renard, Graeme	ZAF	21	133	00:30:43	02:55:21	01:51:29	05:25:18
<input type="checkbox"/>	Fourie, Cobus	ZAF	20	134	00:37:12	03:02:09	01:38:43	05:25:19
<input type="checkbox"/>	Joffe, Dean	ZAF	6	135	00:39:05	02:58:42	01:41:36	05:25:22
<input type="checkbox"/>	Botha, Roland	ZAF	21	136	00:37:08	02:48:49	01:49:21	05:25:32
<input type="checkbox"/>	Sassen, Rami	ZAF	6	137	00:34:34	03:00:14	01:44:18	05:25:34
<input type="checkbox"/>	Stoltz, Darryn	ZAF	29	138	00:42:03	02:43:04	01:54:39	05:25:55
<input type="checkbox"/>	De Kock, Zoli	ZAF	1	139	00:29:56	03:00:18	01:48:48	05:26:22
<input type="checkbox"/>	Lecuyer, Francis	REU	7	140	00:37:49	02:53:47	01:47:38	05:26:27
<input type="checkbox"/>	Vrij, Joris	NLD	8	141	00:40:49	02:54:15	01:44:04	05:26:53
<input type="checkbox"/>	Palmer, Stephen	GBR	22	142	00:39:50	02:55:19	01:44:55	05:27:06
<input type="checkbox"/>	Polak, Kamila	AUT	9	143	00:33:28	03:07:15	01:40:14	05:27:07
<input type="checkbox"/>	Blumberg, Alex	ZAF	7	144	00:33:10	02:56:09	01:50:38	05:27:22
<input type="checkbox"/>	Toovey, Tim	ZAF	22	145	00:32:52	02:50:51	01:57:20	05:27:45
<input type="checkbox"/>	Enslin, Michelle	ZAF	1	146	00:35:40	03:00:20	01:44:33	05:27:46
<input type="checkbox"/>	Gie, Bruce	ZAF	22	147	00:34:24	03:00:57	01:44:59	05:27:48
<input type="checkbox"/>	Mienie, Francois	ZAF	8	148	00:33:05	02:51:40	01:56:27	05:27:54
<input type="checkbox"/>	Schmitz, Ryan	ZAF	9	149	00:31:37	03:12:09	01:38:16	05:27:56
<input type="checkbox"/>	Pieterse, Danie	ZAF	23	150	00:41:08	02:49:38	01:47:50	05:28:10
<input type="checkbox"/>	Roberts, Mark	ZAF	24	151	00:36:33	02:54:14	01:49:30	05:28:20
<input type="checkbox"/>	Mende, Uwe	DEU	6	152	00:42:12	02:55:57	01:41:36	05:28:22
<input type="checkbox"/>	Waterworth, Sally	ZAF	2	153	00:36:29	02:59:11	01:44:30	05:28:36
<input type="checkbox"/>	Genis, Ruan	ZAF	10	154	00:33:41	02:53:27	01:54:36	05:28:51
<input type="checkbox"/>	Hoffmann, Eric	ZAF	9	155	00:31:54	03:01:22	01:47:27	05:29:21
<input type="checkbox"/>	Cook, Matthew	ZAF	23	156	00:34:31	02:56:18	01:51:56	05:29:23
<input type="checkbox"/>	Bevan, Sheldon	ZAF	30	157	00:35:58	02:51:55	01:53:57	05:29:53
<input type="checkbox"/>	Close, Jenny	GBR	3	158	00:39:16	03:00:56	01:43:28	05:29:56
<input type="checkbox"/>	Ingledeew, Stuart	ZAF	11	159	00:34:33	02:58:54	01:49:54	05:30:06
<input type="checkbox"/>	Gaffney, Justin	ZAF	25	160	00:38:07	03:00:15	01:46:32	05:31:00
<input type="checkbox"/>	Ransome, Trevor	ZAF	24	161	00:43:39	02:57:27	01:42:03	05:31:09
<input type="checkbox"/>	Fourie, Johan	ZAF	12	162	00:38:21	03:02:06	01:44:01	05:31:28
<input type="checkbox"/>	Dierks, Mariella	ZAF	7	163	00:38:31	03:12:20	01:35:45	05:31:44
<input type="checkbox"/>	Lampret, Freddy	ZAF	14	164	00:28:31	03:12:14	01:38:51	05:31:49
<input type="checkbox"/>	Jennings, Dylan	ZAF	25	165	00:42:21	03:02:59	01:34:59	05:31:50
<input type="checkbox"/>	Haynes, Stephan	ZAF	23	166	00:42:11	02:54:32	01:47:56	05:32:08
<input type="checkbox"/>	Bargon, Guenther	ZAF	10	167	00:31:28	02:58:43	01:54:59	05:32:10
<input type="checkbox"/>	Fury, Greg	ZAF	11	168	00:33:40	02:57:44	01:53:49	05:32:26
<input type="checkbox"/>	Khan, Nadirshah	ZAF	2	169	00:39:15	03:05:09	01:39:49	05:32:31
<input type="checkbox"/>	Aspeling, Tony	ZAF	26	170	00:36:56	02:56:43	01:50:01	05:32:42

<input type="checkbox"/>	Opeka, Riccardo	ZAF	24	171	00:42:09	03:02:42	01:39:19	05:32:54
<input type="checkbox"/>	Burger, Francois	ZAF	13	172	00:37:45	03:00:34	01:48:01	05:33:04
<input type="checkbox"/>	Jonker, Hannes	ZAF	26	173	00:30:49	02:47:02	02:06:33	05:33:24
<input type="checkbox"/>	O'linsky, Christopher	ZAF	25	174	00:32:24	02:54:45	01:59:59	05:33:31
<input type="checkbox"/>	Payne, Gavin	ZAF	31	175	00:35:47	02:55:32	01:56:04	05:33:35
<input type="checkbox"/>	Church, Brian	ZAF	32	176	00:35:19	03:13:18	01:38:46	05:33:41
<input type="checkbox"/>	Saporta, Antonelle	ZAF	1	177	00:30:54	03:10:27	01:46:32	05:33:45
<input type="checkbox"/>	Wyness, Duncan	ZAF	27	178	00:36:05	02:59:55	01:48:45	05:33:47
<input type="checkbox"/>	Schemel, Greg	ZAF	27	179	00:29:47	03:02:55	01:53:36	05:33:48
<input type="checkbox"/>	Heger, Kim	ZAF	2	180	00:35:01	02:57:36	01:53:54	05:34:14
<input type="checkbox"/>	Olivier, Lise	ZAF	2	181	00:42:45	02:59:11	01:41:48	05:34:42
<input type="checkbox"/>	Grant, Jonathan	ZAF	33	182	00:39:26	03:02:03	01:45:21	05:34:43
<input type="checkbox"/>	Moulton, Dale	ZAF	28	183	00:35:45	03:09:44	01:42:29	05:34:43
<input type="checkbox"/>	Rosin, Dean Grant	ZAF	12	184	00:39:46	03:03:38	01:40:58	05:34:55
<input type="checkbox"/>	Chant, Clinton	ZAF	29	185	00:33:48	03:04:04	01:49:33	05:35:04
<input type="checkbox"/>	Mcguffog, Angus	ZAF	7	186	00:40:26	02:49:09	01:54:06	05:35:27
<input type="checkbox"/>	Taute, William	ZAF	26	187	00:37:54	02:58:47	01:49:54	05:35:30
<input type="checkbox"/>	Kloppers, Bruere	ZAF	27	188	00:36:33	03:08:46	01:43:15	05:35:42
<input type="checkbox"/>	Rogers, Guinivere	ZAF	8	189	00:31:23	03:13:01	01:45:07	05:35:47
<input type="checkbox"/>	Kleu, Jeanne	ZAF	3	190	00:36:20	03:08:28	01:44:43	05:36:07
<input type="checkbox"/>	Weitsz, Leon	ZAF	28	191	00:39:43	03:06:35	01:41:52	05:36:11
<input type="checkbox"/>	Ebertsohn, Jaco	ZAF	28	192	00:38:40	03:07:43	01:41:58	05:36:11
<input type="checkbox"/>	West, Craig	ZAF	8	193	00:38:07	03:05:46	01:42:13	05:36:13
<input type="checkbox"/>	Murray, Sean Garner	ZAF	3	194	00:31:22	03:08:48	01:49:56	05:36:19
<input type="checkbox"/>	Waterson, Sam	ZAF	29	195	00:38:27	03:03:40	01:47:37	05:36:27
<input type="checkbox"/>	Wostmann, Caroline	ZAF	4	196	00:44:36	03:14:54	01:23:11	05:36:31
<input type="checkbox"/>	Van Der Vyver, Eulali	ZAF	5	197	00:38:02	03:08:40	01:42:45	05:36:31
<input type="checkbox"/>	De Coning, Dean	ZAF	34	198	00:30:53	03:00:56	01:57:52	05:36:39
<input type="checkbox"/>	Simpson, James	ZAF	29	199	00:29:32	03:04:55	01:53:57	05:37:16
<input type="checkbox"/>	Sutherland, Michael	ZAF	35	200	00:34:38	03:01:52	01:51:59	05:37:17
<input type="checkbox"/>	Attwell, Steve	ZAF	30	201	00:35:10	02:57:34	01:57:16	05:37:21
<input type="checkbox"/>	Wentzel, Bradley	ZAF	31	202	00:39:52	02:44:40	01:59:58	05:37:24
<input type="checkbox"/>	Janse Van Rensburg, Monique	ZAF	9	203	00:36:26	03:08:44	01:47:10	05:37:30
<input type="checkbox"/>	Barrow, Timothy	ZAF	30	204	00:38:33	03:00:38	01:47:51	05:37:36
<input type="checkbox"/>	Zietsman, Werner	ZAF	32	205	00:40:02	03:01:17	01:48:39	05:37:37
<input type="checkbox"/>	Reid, Warren	ZAF	36	206	00:35:00	03:04:34	01:50:06	05:37:38
<input type="checkbox"/>	Van Zyl, Marius	ZAF	30	207	00:42:46	03:08:27	01:37:17	05:37:42
<input type="checkbox"/>	Mhlahlo, Zolile	ZAF	31	208	00:51:06	03:03:00	01:31:20	05:37:44

<input type="checkbox"/>	Petersen, Brett	ZAF	32	209	00:33:44	02:56:22	02:00:51	05:38:02
<input type="checkbox"/>	Van Lelyveld, Pierre	ZAF	33	210	00:36:29	02:56:47	01:55:33	05:38:27
<input type="checkbox"/>	Human, Xander	ZAF	33	211	00:36:12	02:57:43	01:56:32	05:38:28
<input type="checkbox"/>	Schoemann, Micha	DEU	31	212	00:43:20	03:00:23	01:41:42	05:38:28
<input type="checkbox"/>	Kruger, Jacobus	ZAF	34	213	00:39:51	03:02:02	01:48:24	05:38:29
<input type="checkbox"/>	Kruger, Dylan	ZAF	14	214	00:28:31	03:01:15	02:02:14	05:38:49
<input type="checkbox"/>	Simpson, Quinton	ZAF	32	215	00:38:26	03:01:02	01:52:53	05:38:50
<input type="checkbox"/>	Fraenkel, Justin	ZAF	37	216	00:31:55	03:07:18	01:52:20	05:38:57
<input type="checkbox"/>	Hattingh, Mariette	ZAF	1	217	00:41:36	03:00:10	01:48:48	05:38:57
<input type="checkbox"/>	Pettersson, Maria	SWE	10	218	00:39:50	03:08:37	01:42:51	05:39:20
<input type="checkbox"/>	Van Heerden, Maurice	ZAF	38	219	00:34:15	03:09:24	01:44:49	05:39:24
<input type="checkbox"/>	Pretorius, Louis	ZAF	39	220	00:34:09	03:00:42	01:57:28	05:39:31
<input type="checkbox"/>	Steinberg, Gerry	DEU	4	221	00:42:04	03:01:00	01:48:58	05:39:40
<input type="checkbox"/>	Mee, Hayley	ZAF	4	222	00:29:23	03:08:30	01:52:12	05:39:44
<input type="checkbox"/>	Rushby, Mark	IRL	13	223	00:41:01	03:08:35	01:43:01	05:39:44
<input type="checkbox"/>	Lategan, Pieter	ZAF	35	224	00:37:40	02:57:01	01:54:26	05:39:49
<input type="checkbox"/>	Otto, Rene	ZAF	5	225	00:38:27	02:54:31	01:59:34	05:40:07
<input type="checkbox"/>	De Kock, Willem Coenraad	ZAF	40	226	00:43:26	03:01:58	01:46:07	05:40:29
<input type="checkbox"/>	Whittington, Adam	ZAF	9	227	00:30:30	03:00:28	02:02:00	05:40:32
<input type="checkbox"/>	Coetzee-Turner, Roxy	ZAF	6	228	00:30:44	03:15:34	01:48:05	05:40:47
<input type="checkbox"/>	O'sullivan, Conor	ZAF	41	229	00:30:03	03:04:20	01:58:51	05:40:53
<input type="checkbox"/>	Daffarn, Louis	ZAF	14	230	00:41:22	03:00:05	01:52:23	05:41:03
<input type="checkbox"/>	Maralik, Wolfi	ZAF	34	231	00:35:48	03:03:35	01:54:24	05:41:40
<input type="checkbox"/>	Van Der Vyver, Alfons	ZAF	35	232	00:41:30	03:00:38	01:52:00	05:41:56
<input type="checkbox"/>	Van Blerk, Natalie	ZAF	5	233	00:37:59	03:14:10	01:43:26	05:42:02
<input type="checkbox"/>	Hessell, Ruan	ZAF	33	234	00:31:24	03:18:02	01:44:25	05:42:03
<input type="checkbox"/>	Jones, Evan	ZAF	6	235	00:33:04	03:00:42	02:00:06	05:42:12
<input type="checkbox"/>	Beukes, Pieter	ZAF	42	236	00:39:44	03:04:42	01:46:02	05:42:16
<input type="checkbox"/>	Rossouw, Gedeon	ZAF	34	237	00:35:56	03:07:47	01:49:59	05:42:17
<input type="checkbox"/>	Schmallenbach, Joost	DEU	36	238	00:35:35	03:02:36	01:56:17	05:42:29
<input type="checkbox"/>	Van Vollenhoven, Nico	ZAF	36	239	00:34:52	03:07:04	01:52:14	05:42:29
<input type="checkbox"/>	Horn, Alan	ZAF	10	240	00:38:21	03:07:47	01:46:52	05:42:41
<input type="checkbox"/>	Summerscales, Samantha	ZAF	11	241	00:36:50	03:09:39	01:50:42	05:42:46
<input type="checkbox"/>	De Vries, Herman	ZAF	15	242	00:34:02	03:10:59	01:48:59	05:42:48
<input type="checkbox"/>	Fourie, Hennie	ZAF	16	243	00:42:37	02:58:49	01:53:30	05:42:52
<input type="checkbox"/>	Gwala, Mhlengi	ZAF	35	244	00:32:49	03:10:30	01:52:56	05:42:59

<input type="checkbox"/>	Van Den Berg, Andre	ZAF	7	245	00:39:21	03:01:57	01:50:44	05:43:00
<input type="checkbox"/>	Smith, Ian	ZAF	11	246	00:38:12	02:58:53	01:55:46	05:43:21
<input type="checkbox"/>	Miller, Byron	ZAF	15	247	00:40:37	02:59:55	01:55:21	05:43:24
<input type="checkbox"/>	Michie, David Gibson	ZAF	17	248	00:35:50	03:17:26	01:41:25	05:43:31
<input type="checkbox"/>	Steinberg, Steffi	DEU	3	249	00:37:51	03:09:19	01:50:13	05:43:38
<input type="checkbox"/>	Chapman, Nick	ZAF	18	250	00:37:14	03:08:29	01:49:33	05:43:40
<input type="checkbox"/>	Shaw, Thomas	ZAF	37	251	00:42:10	03:02:01	01:48:38	05:43:50
<input type="checkbox"/>	Price, Gareth	ZAF	43	252	00:39:04	03:03:48	01:51:12	05:43:54
<input type="checkbox"/>	Bullock, Stephen	ZAF	19	253	00:36:03	03:02:09	01:54:50	05:43:57
<input type="checkbox"/>	Swart, David	ZAF	37	254	00:34:27	03:01:00	01:59:16	05:44:22
<input type="checkbox"/>	Van Rensburg, Arn	ZAF	1	255	00:30:28	03:10:40	01:56:12	05:44:27
<input type="checkbox"/>	Nortier, Vincent	ZAF	38	256	00:31:20	02:59:49	02:03:38	05:44:40
<input type="checkbox"/>	Selikson, Michael	ZAF	12	257	00:38:24	03:01:46	01:55:30	05:44:46
<input type="checkbox"/>	Mackenzie, Lizanne	ZAF	4	258	00:30:13	03:22:52	01:45:12	05:44:50
<input type="checkbox"/>	Southam, Terry	ZAF	38	259	00:31:27	03:02:02	02:03:43	05:44:51
<input type="checkbox"/>	Dupper, Louis	ZAF	20	260	00:42:03	02:52:06	02:01:45	05:44:52
<input type="checkbox"/>	Van Den Berg, Andre	ZAF	44	261	00:37:09	03:05:50	01:52:03	05:44:52
<input type="checkbox"/>	Roller, Mike	ZAF	13	262	00:38:00	02:50:54	02:06:50	05:45:08
<input type="checkbox"/>	Potts, Craig	ZAF	39	263	00:41:27	03:02:13	01:48:20	05:45:09
<input type="checkbox"/>	Lochner, Ryk	ZAF	21	264	00:36:29	02:51:44	02:06:40	05:45:11
<input type="checkbox"/>	Wiehr, Helen	DEU	12	265	00:39:08	03:09:22	01:48:54	05:45:34
<input type="checkbox"/>	Louw, Charlie	ZAF	36	266	00:44:31	02:46:26	02:00:25	05:45:45
<input type="checkbox"/>	Barrett, Crispin	ZAF	39	267	00:34:52	03:06:35	01:55:52	05:46:10
<input type="checkbox"/>	Hart, Rex	ZAF	22	268	00:34:57	03:00:56	02:01:15	05:46:15
<input type="checkbox"/>	Halbert, Jacques	ZAF	37	269	00:33:49	03:10:29	01:52:42	05:46:30
<input type="checkbox"/>	Smith, Shaun	ZAF	40	270	00:40:45	02:53:40	02:00:55	05:46:41
<input type="checkbox"/>	Briggs, Anthony	ZAF	14	271	00:36:19	03:00:12	02:00:42	05:46:46
<input type="checkbox"/>	Dewar, Kevin	ZAF	8	272	00:38:28	03:03:49	01:56:24	05:47:13
<input type="checkbox"/>	Westra, Bernhard	ZAF	23	273	00:34:51	03:00:59	01:59:48	05:47:14
<input type="checkbox"/>	Vieira, Wade	ZAF	40	274	00:35:16	03:03:45	02:01:04	05:47:14
<input type="checkbox"/>	Meyer, Russell	ZAF	41	275	00:38:24	03:09:56	01:50:49	05:47:19
<input type="checkbox"/>	Rosenberg, Shaun	ZAF	24	276	00:33:34	03:10:25	01:53:24	05:47:24
<input type="checkbox"/>	Van Der Linde, Kelvin	ZAF	16	277	00:39:10	03:13:21	01:47:23	05:47:31
<input type="checkbox"/>	Cloete, Flip	ZAF	41	278	00:47:31	02:56:49	01:51:26	05:47:36
<input type="checkbox"/>	Swart, Piet Piet	ZAF	45	279	00:40:41	03:06:40	01:51:58	05:47:45
<input type="checkbox"/>	Ingpen, Paul	ZAF	25	280	00:33:07	03:04:03	02:02:27	05:47:53
<input type="checkbox"/>	Chambers, Jason	ZAF	42	281	00:33:44	03:12:00	01:55:17	05:48:17
<input type="checkbox"/>	Timm, Lyle	ZAF	46	282	00:45:37	03:06:31	01:45:41	05:48:25
<input type="checkbox"/>	Jacobs, Ferdinand	ZAF	47	283	00:37:34	03:09:15	01:53:46	05:48:38

<input type="checkbox"/>	JACOBS, Germaine	ZAF	47	283	00:37:34	03:05:13	01:53:40	05:48:38
<input type="checkbox"/>	Hannah, Chanel	ZAF	13	284	00:36:52	03:05:27	01:58:09	05:48:59
<input type="checkbox"/>	Nottingham, Guy Talbot	ZAF	1	285	00:41:08	03:03:51	01:52:36	05:49:08
<input type="checkbox"/>	Harvey, Donovan	ZAF	43	286	00:39:49	03:03:49	01:56:07	05:49:32
<input type="checkbox"/>	Shering, Kyle	ZAF	38	287	00:37:20	03:00:51	02:02:38	05:49:34
<input type="checkbox"/>	Hammond, Marc	ZAF	48	288	00:31:17	03:03:45	02:08:30	05:49:44
<input type="checkbox"/>	Moss, Andrew	ZAF	26	289	00:39:43	03:08:27	01:52:38	05:50:06
<input type="checkbox"/>	Van Wyk, Andre	ZAF	39	290	00:37:04	03:10:42	01:53:38	05:50:06

Races

- ALL RACES
- IRONMAN
- IRONMAN 70.3
- Championships
- Short Course Tri
- Cycling
- Running
- IRONKIDS
- MultiSport Tri

LOCATIONS

- Europe
- Africa
- Asia
- Australia
- North America
- South America

Results

- AGE GROUP ATHLETES
- Profiles
- PRO ATHLETES
- Pro Membership
- Rankings
- Race News

Training

- GET STARTED
- IRONMAN 101
- IRONMAN Foundation
- Rules
- FAQ
- REACH YOUR GOALS
- Training
- Nutrition
- Inspiration

News

- ALL NEWS
- Inspiration
- Training
- Nutrition
- SOCIAL COMMUNITY

Store

Get the Gear

Programs

- TriClub Program
- All World Athlete
- Kona Legacy Program
- Women for Tri
- Anti-Doping
- SwimSmart
- Foundation
- Tour Series

Subscribe

Get news, eve

Signup for I



Corporate:

- Press Information
- Jobs
- Intellectual Property Usage
- Privacy Policy
- Cookie Policy
- Contact