



DEADLY DOZEN – 3RD MAY 2025

WAVE TIMES

SOLO

Wave Start Time	First Name	Last Name	Gender
9.54	Saaleha	Akoojee	W
9.36	Glenn	Ambrose	M
9.36	Dax	Andrew	M
10.30	Kaylee	Ann Jacobs	W
10.48	Reginald	Ayer	M
9.18	Stephan	Badenhorst	M
10.54	Buyiswa	Bam	W
9.54	Stacey	Barnard	W
10.48	Michael	Beaumont	M
10.30	Nomampondomise	Belot	W
10.06	Zimkitha	Booi	W
9.00	Damien	Botes	M
10.36	Marguerite	Botha	W
9.00	Sabrina	Bottyan	W
9.36	Monezta	Bouwer	W
10.12	Ashia	Bowers	W
9.24	Karen	Bridger	W
9.54	Sone	Brink	W
10.24	Graeme	Buckley	M
9.12	Ryan	Butt	M
10.00	Taryn	Buys	W
9.06	Asanda	Buza	M
10.06	Trude	Carstens	W
10.54	Joanna	Cendrowska	W
10.24	Helena	Chandler	W
9.42	Izaak	Charl Wiese	M
10.06	Stewart	Clay	M
9.24	Helen	Coetzee	W
10.48	Yolandie	Combrink	W
9.36	Greg	Cousens	M
9.18	Bronwyn	Cox	W
10.36	Clive	Davidson	M
9.00	Anika	De Jager	W
9.12	Ashleigh	De Lima	W
10.36	Marelize	Delpont	W
10.24	Matthew	Dent	M

10.36	Minenhle	Dlamini	W
10.42	Monica	Dowie	W
9.18	Chantelle	Du Chateaulaine Lindique	W
10.48	Shi-Ane	Du Chateaulaine Nienaber	W
9.42	Jacques	Du Plessis	M
10.24	Michael	Du Plessis	M
9.54	Samuke	Dube	W
10.18	Bradley	Dube	M
10.00	Rob	Els	M
9.24	Eunize	Engelbrecht	W
9.00	Danél	Erasmus	W
9.18	Willem	Erasmus	M
9.36	Mathilda	Essop	W
10.42	Hassen	Essop	M
10.12	Tebogo	Fakude	M
10.00	Stephanie	Ferreira	W
9.24	Jacqueline	Foster	W
9.42	Jason	Fourie	M
10.36	Minke	Francis	W
9.12	Richard	Fraser	M
10.18	Jason	Fritz	M
10.24	Mogapi	Gaeonale	M
10.42	Nazreen	Gani	W
10.00	Nardus	Geldenhuis	M
9.48	Paige	Georgiades	W
9.12	Matthew	Gillan	M
9.18	Steve	Goeieman	M
11.00	Marius	Goosen	M
9.00	Lindsay	Gough	W
10.24	Ivone	Govender	W
10.12	Angeliki	Grigoratos	W
10.12	Thompson	Gumbe	M
9.24	Cameron	Harding	M
9.00	Gareth	Harvett	M
10.12	Willem	Haywood	M
9.54	Lorenzo	Helena	M
9.54	Marco	Hillebrand	M
10.36	Bongani	Hlengwa	M
9.30	Chase	Hutchinson	M
10.06	Alia	Ismail	W
10.48	Lee	Jayden Oliver	M
9.24	Anthony	Jeffrey	M
9.30	Clive	Jordan	M
9.54	Sharon	Jordan	W
9.48	Kuba	Kaliszka	M
9.42	Natasja	Katsikides	W
11.00	Ntomboxolo	Kayingana	W
9.18	Thabiso	Kekana	M
9.48	Keith	Kendall	M
9.48	Josh	Kernot	M

10.00	Zaakirah	Khalek	W
9.06	Derek	Kolb	M
9.06	Keagan	Kriel	M
10.00	Zee	Krueger	W
9.12	Michael	Latilla-Campbell	M
10.48	Sheraine	Lauterbach	W
9.06	André	Le Roux	M
10.42	Nokukhanya	Ledwaba	W
11.00	Nketeleng	Lefora	W
10.18	Greg	Licence	M
9.24	Adriaan	Lombard	M
9.00	Garth	Long	M
10.00	Syann	Long	W
10.12	Andréa	Lubbe	W
9.36	Michelle	Luckey	W
9.42	Nikola	Ludick	W
9.06	Marlene	Luizinho	W
9.24	Bongane	Lukhele	M
11.00	Palesa	Maduna	W
9.30	Konanani	Magatshavha	W
10.18	Benon	Maguta	M
10.36	Buhle	Mahlangu	M
10.48	Siphokazi	Mailula	W
9.36	Marang	Maithufi	W
10.12	Bunny	Majaja	W
10.42	Katlego	Makgabo	M
11.00	Salome	Manganye	W
9.36	Marisa	Marais	W
10.06	Saki	Marais	M
10.36	Corné	Maré	M
10.24	Takudzwa	Marewangepo	M
10.30	Lorraine	Marishane	W
9.42	Henry	Marsh	M
9.48	Ruth	Mashaba	W
9.12	Sammy	Mashita	M
9.30	Crispen	Masuku	M
10.18	Gladiola	Mbatha	W
10.54	Siphamandla	Mbhele	M
9.12	Ross	McClean	M
9.06	Megan	Mcluckie	W
10.54	Larize	Mcphail	W
9.54	Mnyamezeli	Mda	M
9.30	Charl	Meyer	M
9.12	Phophi	Millicent Tshidavhu Raseasala	W
10.18	Bongani	Mkhwanazi	M
10.30	Bontle	Mmutle	W
10.18	Xolani	Mnguni	M
10.54	Sipho	Mnguni	M
10.30	Kgotso	Moagi	M
10.12	Althea	Modiselle	W

9.30	Lesego	Mogale	W
10.18	Dineo	Mohlabane	W
9.48	Jordan	Moller	M
10.54	Boikanyo	Monyemangene	W
9.18	Tristan	Moses	M
9.06	Leone	Mostert	W
9.54	Martin	Mostert	M
10.54	Sithembiso	Motha	M
10.42	Moratuwa	Motsieloa	W
9.06	Felix	Moyo	M
10.30	Kelebohile	Mphanje	W
10.24	Tatenda	Mpofu	M
9.48	Phindile	Mteshana	W
10.54	Sphe	Mthethwa	M
9.24	Allen	Mudaly	M
11.00	Visvanathan	Mudaly	M
10.06	Sean	Mumford	M
10.12	Tofara	Mutsungi	M
9.18	Chere	Myburgh	W
10.48	Melusi	Mzolo	M
9.30	Coenie	Naude	M
10.30	Vuyi	Ndlazi	W
10.06	Sibusiso	Ndlovu	M
10.06	Sipho	Ndumndum	M
10.48	Sihle	Ningiza	W
9.54	Sharon	Nkwana	W
9.24	Gloria	Noganta	W
9.30	Clifford	Norman	M
9.54	Lutho	Nqayi	M
9.48	Robin	Nxele	W
9.30	Manuella	Nyakudarika	W
10.36	Cuthbert	Nyakudya	M
10.18	Channelle	Nyang	W
10.06	Jamie	O'brien	W
9.42	Nonceba	Okonkwo	W
9.06	Shene	Oliver	W
11.00	Ziyaad	Osman	M
10.00	Ryan	Painting	M
10.54	Ricky	Papale	M
9.36	Graham	Parker	M
11.00	Vuledzani	Pearly Madilonga	W
10.42	Govindsamy	Perumal	M
10.42	Katlego	Phage	M
11.00	Nhlakanipho	Phakathi	M
10.00	Ricardo	Pillay	M
9.42	James	Plummer	M
10.18	Chantal	Powell Stock	W
9.12	Bogolo	Putuka	W
9.06	Anthony	Pye	M
10.00	Oko	Qwesha	M

9.12	Andrea	Raath	W
10.24	Jenny	Raftopoulos	W
11.00	Tshwanelo	Rakaibe	W
10.48	Mashudu	Raphunga	M
10.42	Sam	Reiche	W
9.06	Kim	Richardson	W
9.48	Raquel	Rocha	W
10.48	Reiko	Roodman	M
9.36	Melissa	Roux	W
10.42	Peta	Sacke	W
9.12	Barbara	Saidi	W
9.48	Juan	Scheun	M
10.54	Zanielle	Serfontein	W
10.12	Willie	Smit	M
9.00	Pieter	Smith	M
10.06	Bianca	Snell	W
10.42	Jahno	Snyman	M
9.54	Kudzai	Sojane	M
10.30	Lindy	Solomon	W
9.30	Khanyisa	Stengile	W
9.24	Andre	Strydom	M
9.42	Jason	Sullivan	M
10.18	Demi	Taljaard	W
9.42	Nonhlakanipho	Tau	W
9.00	Julanka	Taylor	W
9.36	Dylan	Terblanche	M
10.24	Kayla	Terblanche	W
11.00	Listton	Thaver	M
9.00	Kirsten	Thomas	W
9.24	Kerry	Tomkinson	W
9.00	Dario	Torrente	M
9.00	Torin	Torrente	M
10.30	Nkazimulo	Tshabalala	W
10.54	Thendo	Tshivhengwa	M
10.30	Faith	Tshuma	W
10.06	Stefano	Valenti	M
9.12	Alicia	Van Der Merwe	W
9.18	Chantel	Van Der Westhuizen	W
10.30	Lizelle	Van Schalkwyk	W
10.42	Kayden	Vd Merwe	M
9.42	Nicola	Venter	W
10.12	Vaughn	Venter	M
9.48	Johan	Verwey	M
10.36	Melissa	Verwey	W
10.00	Reiner	Vollmer	M
10.30	Laura	Vollmer	W
10.36	Daniel	Vos	M
10.54	Kerry	Wahl	W
9.18	Daleen	Walker	W
10.00	Storm	Warmback	W

9.18	Sean	Watts	M
9.36	Deon	Wessels	M
10.18	Darian-Leigh	Wharren	W
10.24	Kajal	Wiese	W
10.48	Sylvia	Wilkin	W
10.12	Audrey	Willemse	W
9.48	Raylene	Williams	W
10.36	Marisa	Williams	W
9.30	Kirsten	Willis	W
9.06	Gwyneth	Wilmot	W
10.24	Ilona	Wilson	W
9.18	Cheyne	Wood	W
9.30	Linda	Wood	W
9.42	Monica	Woolridge	W
10.06	Samkelo	Ximba	W



DOUBLES

Wave Start Time	First Name	Last Name	Gender
14.50	Abraham Van Der Spuy	Jan Ackerman	M
13.00	Alejandro Hamuy Blanco	Melonie Phillips	X
14.50	Alexandra Faye Westner	Chanelle Nandi Birch	W
15.20	Andrea Raath	Angelique Grigorato	W
14.00	Andrew Connellan	Neil Macaskill	M
14.20	Andrew Wernberg	Ashalin Govindasamy	M
13.40	Ane De Villiers	Mieke Van Kaam	W
14.00	Anele Ngidi	Bridgette Majola	W
12.20	Angeline Van Vuuren	Susan Buys	W
12.20	Angelique Hardie	Nicole Greaves	W
14.10	Angie Dube	Phumla Thebe	W
13.50	Anicia Van Der Westhuizen	Chris Combrinck	X
12.40	Anja Barnard Smit	Adriaan Johannes Smit	X
14.30	Annale Rappard	Bianca Van Dijk	W
12.30	Anneke Da Silva	Hester Maritz	W
14.40	Anneriska Harris	Lizelle Swanepoel	W
14.50	Ayanda Mchunu	Lucia Raphephe	X
13.40	Basil Moutafis	Alexander Komo	M
13.10	Bianca Putter	Michelle Knezovich	W
13.40	Bonolo Siko	Andile Kekana	W
15.00	Bradley Abels	Maegan Abels	X
13.30	Busi Sithole	Jabu Sithole	W
15.20	Busisiwe Mzandolo	Alinde Ngubane	W
12.40	Candice Harty	Taniya Saffy	W
14.50	Cary-Anne Sweetman	Catherine Comninos	W
12.10	Cassie Shear	Josh Angel	X
13.20	Cate Angus-Hughes	Sarah Schopflin	W
14.40	Catherine Nyathi	Vusa Nyathi	X
13.50	Chane Scheepers	Donovan Scheepers	X
12.10	Chantell Kitching	Janine Fourie	W
13.10	Chantell Van Der Merwe	Chyresse De Winnaar	W
14.30	Charmoné Erasmus	Ziska Pretorius	W
14.50	Cherie Machet	Lisa Reichman Israelsohn	W
12.20	Chiranda Pretorius	Zakhele Motha	X
12.50	Chris Knezovich	Ricky Papale	M
13.00	Christel Fairlie	Andrew Fairlie	X
14.30	Christo De Klerk	Pierre Van Tonder	M
13.20	Christo Swart	Marius Marais	M
13.30	Cinjon Johnson	Bianca Braham	X
13.00	Claire Joubert	Janine Pedro	W
13.30	Claude Tshidibi	Ruddy Ciamala	M
12.50	Clemency Marconi	Frank Saidi	M

14.40	Corne Janse Van Rensburg	Marinda Jonck	X
14.50	Dalitso Mukumbe	Makgabo Mamabolo	X
12.30	Danica Strydom	Jakob Dekker	X
12.00	Daniel Kuhlmann	Daniel Oosthuysen	M
14.20	Daniel Szewcywk	Saabera Motara	X
12.50	Daniel Torr	Gabriella Wesson	X
14.10	Daniella Faurie	Jean Faurie	X
12.40	Daniella Visser	Michelle Meyer	W
14.00	Darren Beckett	Justin Botha	M
12.10	Daryn Jackson	Otto	M
13.10	David Holgreaves	Andrew Holgreaves	M
12.10	David Nyirenda	Bonita Hornsby	X
12.10	Denny Valsamakis	Nic Markram	M
13.30	Deyna Joseph	Raisah Pandor	W
14.10	Duncan Armstrong	Nazeem Jaffar	M
14.10	Dwain Ferreira	Chantel Ferreira	X
14.30	Dylan Barry	Jaco Kleynhans	M
13.20	Dylan Crouse	Charl Burger	M
14.10	Dylan Heubner	Marcio Pinheiro	M
12.10	Elda Coetzee	René Myburgh	W
15.00	Elena Pavlou	Geeta Bullah	W
12.00	Elsie Young	Lee-Ann Johns	W
13.00	Erika Neuhoﬀ	Ally Kalogeropoulos	W
13.20	Erin Collins	Steven Routledge	X
13.00	Ethel Fakude	Prudence Sibuyi	W
12.20	Eugene Pettit	Markus Beukes	M
12.20	Fatima Carr	Nazirah Moosa	W
12.30	Gareth Heidt	Jarryd Kuiper	M
12.10	Geraldine Lourens	Truzaan Berowsky	W
12.40	Gerben Bezuidenhout	Estelle Bezuidenhout	X
15.00	Gerhard Ambrosius	Renette Ambrosius	X
14.40	Gerrie Smit	Johann Meiring	M
14.50	Gia Da Silva	Claudette Vandoorne	W
14.10	Hanlea Naude	Carli Le Roux	W
13.10	Heleen Claudine Van Heerden	Chantel Ferreira	W
15.20	Henning Van Aswegen	Anthony Van Der Merwe	M
12.40	Henry Fourie	David Sham	M
14.40	Hettie Lubbe	Anneke Grobler	W
14.10	Ilanie Schoeman	Jana Smit	W
12.00	Isabella Jensen	Judith Thompson	W
14.00	Ivan Smit	Byron Corrigan	M
14.40	Jabu Cele	Sithembiso Mathunjwa	M
14.30	Jade Liebenberg	Charne Holgreaves	W
14.30	Jade Matthews	Lana Roux	W
12.40	Jade Steele	Thato Cassuto	W
12.20	Jade Styger	Desray Thompson	W
13.00	James Pilkington	Ruan Du Toit	M
13.50	Jamey-Leigh Matoko	Cherize Muhwati	W
13.50	Jani Cousens	Minize Haron	W

12.00	Jenna Dent	Roxanne MacDonald	W
14.10	Jenna Sussman	Tyron Sussman	X
15.00	Jessie-Marc Musungayi	Dominique Ciamala	M
12.20	Jonathan Van Der Merwe	Hannes Van Der Merwe	M
13.50	Jonathon Tasker	Nicholas Baard	M
14.00	Juan-Mari Bezuidenhout	Charmaine Jacobs	W
12.20	Juan-Marie Herbst	Lj Van Heerden	X
13.40	Juleze Hanekom	Nicky Meiring	W
14.20	Justin Sher	Alexa Axelrod	X
14.20	Kacey Horner	Emma Field	W
12.40	Kamohelo Masibi	Victor Masewawatla	M
14.40	Karabo Ratlabyana	Nathi Zondo	M
15.00	Karen Van Der Merwe	Cameron Anderson	X
14.30	Kate Ohagan	Brendan Ohagan	X
14.20	Kayla Lewis	Franca Jardim	W
12.00	Kayla Lewis	Wesley Lewis	X
13.20	Kayla Myburgh	Sibyl Cooke	W
14.00	Kaylee Vd Merwe	Zelda Vd Merwe	W
13.10	Kayleigh Theron	Kiyana Rehnema	W
15.00	Kaylin Van Dyk	Sean Clarke	X
15.20	Kea Monyake	Sizizakele Kubheka	W
14.20	Keagan Meiring	Egbert Lubbe	M
12.40	Kealeboga Ramela	Makhosazane Ndlovu	W
14.30	Khethiwe Mtshali	Mathulo Kgotleng	W
13.30	Kirst Kerr	Jonathan Bigham	X
15.00	Kirsten Gunningham	Daniela Collins	W
12.10	Kirsten Thomas	Teneal Button	W
13.20	Lady Keziah Milner	Maxzene Morgan	W
13.20	Lara Bouwer	Chanele Jenkinson	W
13.20	Laura Loveland	Karen Charlton	W
12.30	Leoni Mare	Adri Schoeman	W
14.40	Lerato Moloi	Mia Beaumont	W
14.20	Lerato Shawane	Bonolo Thekoeng	W
12.00	Les Orton	Monch Van Niekerk	X
12.50	Linnet Odera	Ludivine Huet	W
13.20	Louise Jones	Gareth Jones	X
14.50	Luke Eloff	Fabian Langeveld	M
14.20	Lungelwa Cele	Sphamandla Dhlamini	X
15.20	Lydia Ndlovu	Zandile Mbele	W
13.00	Lyton Ndlovu	Todd Prince	M
12.10	Madriyke Fouche	Stephne Terblanche	W
14.30	Makgare Mailula	Gabi Mailula	X
14.40	Marisa Van Der Westhuizen	Monique Pretorius	W
14.10	Marizaan Kotze	Johancko Kotze	X
14.00	Martha Nabukeera	Jonathan Sengendo	X
13.10	Matthew Peter	Matthew Cressy	M
12.50	Mauritz Kloppers	Teresa Kloppers	X
14.00	Mbali Ziphethe	Koketso Moilwa	W
13.30	Megan Green	Mariëtte Labuschagne	W
12.30	Megan Pretorius	Salome Barnes	W

14.50	Megan Riddell	Clinton Riddell	X
12.50	Melissa Lourens	Desiree Erasmus	W
13.10	Menzi Nyawose	Asa Nontshinga	X
14.30	Michayla Holder	Shannon Alberts	W
14.10	Michelle Swanevelder	Isabel Kruger	W
12.50	Mila Correia	Nicole Correia	W
14.10	Mitchelle Maleka	Zamafiso Nombulelo Sibande	W
14.30	Mohammed Variava	Jacque Du Toit	M
13.00	Moloko Moloko	Vuyo Sibande	M
14.40	Moné Esterhuyse	Kendra Smit	W
13.00	Monica Henschl	Ashley Van Breda	W
14.20	Monique Camacho	Cawekazi Nqabeni	W
13.30	Monique Cronje	Danielle Gal	W
13.50	Morne Groenewald	Patrick Nicholson	M
14.40	Mpho Mthembu	Gundo Nmutudi	W
12.50	Musa Sithole	Leopa Nyamathe	M
13.10	Nadia Gouws	Desha Van Nieuwenhuizen	W
12.50	Nadine Van Aswegen	Rohan Van Aswegen	X
14.20	Narita Naidoo	Kashmira Parbhoo	W
13.30	Natalie Robertson	Arnold Heymans	X
13.50	Natasha Manentse	Zanele Mlimi	W
13.30	Nathan Visser	Willie Jacobs	M
12.00	Natina Thumana	Sue-Ellen Litlhakanyane	W
12.40	Nhlakanipho Phakathi	Nomampondomise Belot	X
13.10	Nhlanhla Masango	Maphuti Malebati	W
13.20	Nikki Abdinor	Vaughn Abdinor	X
14.00	Nikola Ludick	Pierre Ludick	X
12.50	Nolwandle Mbele	Lungi Ngubane	W
12.20	Nomcebo Khuzwayo	Lauren Jacobs	W
13.10	Nomthi Mokua	Itumeleng Mokua	X
12.20	Nthatuwa Makhakhe	Sbusiso Dlamini	X
12.40	Ntokozo Khumalo	Katlego Mathiane	M
12.30	Onele Mngcethe	Sbusiso Sokhela	M
15.20	Owen Long	Maxine Morgan	X
15.20	Peta Sacke	Bronwyn Cox	W
15.10	Precious Gombani	Kimberly Swartz	W
12.00	Raees Kajee	Justin De Oliveira	M
13.40	Raquel Lore- Lei Wilson	Chaz Wilson	X
13.50	Rea Mapiti	Kimberly Swartz	W
15.10	Rebecca Houston	Nicholas Marques	X
14.20	Reggie Mitchel	Shaun Haron	M
14.00	Rene Strever	Alex Frisby	X
12.30	Riaan Le Roux	Tracey Herholdt	X
15.20	Rita Sibanda	Nabeelah Bahadur	W
13.40	Robert Sacks	Kenneth Badenhorst	M
13.40	Robyn Klaasen	Lisa Mqwathi	W
13.00	Roche Viljoen	Taryn Augustine	X
12.00	Rozaan Gresse	Adelle Wentzel	W
14.50	Rozanne Bishop	Chanelle Critchfield	W
12.10	Saadia Makda	Firdous Variava	W

15.10	Samantha Smit	Nicholas Smit	X
12.00	Samuel Cohen	Shaun Ngcobo	M
13.00	Sandrah Cele	Patiswa Nompula	W
15.10	Sanelisiwe Mbatha	Dyllin Morkel	X
13.30	Sarah Borain	Jemma Oxford	W
12.10	Sean MacTavish	Brandon Stewart	M
12.00	Shaylee Krumples	Grant Harris	X
13.40	Sheena De Figueiredo	Joao De Figueiredo	X
13.00	Sheree Botha	Anesia Venter	W
13.20	Sianne Jones	Carys Rhodes	W
13.40	Sibulele Diko	Khanya Mosaine	W
14.30	Sifeziwe Ndlovu	Zane Gwarube	X
15.20	Silindile Sitole	Nobuhle Mdunge	W
12.30	Simon Eckard	Jo-Anne Eckard	X
12.40	Simone Du Plessis	Thea Botha	W
13.50	Sinenhlanhla Ntuli	Siyethemba Ndlela	W
15.10	Siphindile Magwaza	Lebohang Kongoane	W
12.20	Siya Nkonyane	Sibusiso Dlamini	M
12.10	Siyabonga Buthelezi	Shinny Gobiyeza	X
13.50	Sorina Button	Rayno Button	X
14.50	Stephanie Dippenaar	Anndine Michelle Small	W
12.00	Stephanie Jane Oels	Louise Amiras	W
14.50	Stephanos Roditis	Julian Antoniou	M
12.40	Sue-Anne Liebenberg	Kerry Van Zyl	W
13.40	Sylvester Mtshaki	Dipole Motsepe	M
12.00	Tanya Van Der Walt	Hester Furno	W
13.10	Tau Pulling	Arty Ngoro	M
15.20	Taylor Herman	Carly Saaijman	W
14.00	Tebogo Matimatjati	Puseletso Senne	W
12.30	Teboho Phello	Sbusiso Mhlongo	M
12.50	Terniell Ramlah	Thando Tyamzashe	W
15.10	Thabang Skhosana	Sechaba Maleka	M
14.40	Thandeka Skosana	Gugulethu Skosana	W
12.20	Thembeke Moloi	Nthatuwa Makhakhe	W
13.50	Tristan Kapp	Kieran Woest	M
14.20	Tsaukani Masilela	Palesa Mguli	W
13.20	Tumelo Lesala	Keegan Govindasamy	M
13.40	Tyfane George	Evan Krisch	X
12.20	Tyler Giltrow	Jamie Kerr	M
12.50	Vanessa Campbell	Ncedisa Mgubuli	W
14.10	Veronique Esterhuizen	Laura Esterhuizen	W
15.10	Victoria Campbell	Tj Matsena	X
13.10	Wayne Weyers	Sharon Bothma	X
13.30	Willie Van Wyk	Nantes Vorster	M
14.00	Yakira Bregman	Ariella Levin	W
13.30	Ynthe Jordaan	Michelle Jordaan	W
15.20	Yusuf Adam	Umar Adam	M
13.50	Zandi Guliwe	Anne Mokhele Magazi	W
13.40	Zanje Petterson	Hannalie Bezuidenhout	W



RELAYS

Wave Start Time	First Name	Last Name	Gender
15.45	Anneke - Catherin	Zoe - Lorraine	W
16.30	Babalwa - Zilungile	Mieheleketi - Xoliswa	W
16.00	Candace - Jessica	Christopher - Ernst	X
16.30	Cecilia - Johannie	Andre - Martin	X
15.45	Channon - Morgan	Megan - Member 4	W
15.45	Cherise - Sherrita	Michelle - Michelle	W
16.00	Dario - Daniel	Helder - Bruno	M
16.00	Denise - Justine	Daniella - Tanya	W
16.00	Gabriela - Candice-Lee	Kerry - Nicola	W
16.15	Gloria - Simone	Stephan - Bungane	X
16.15	Hannah - Rachel	Brenden - Janice	X
16.15	Imran - Solomon	Janine - Jessie	X
16.15	Jaime - Nathaniel	Alison - Diane	X
16.15	Janice - Yusuf	Debbie - Sebastian	X
16.30	Kervin - Clayton	Humphrey - Kabelo	M
16.00	Malcolm - Cheyne	Paul - Ryan	M
16.30	Marcia - Shannon	Khukhwanyana - Rethabile	W
16.30	Maryna - Marchelle	Mark - Candace	X
16.30	Monica - Mac	Carika - Fabiola	W
15.45	Mthokozisi - Mtho	Chanda - Masechaba	X
16.30	Nadia - Maggie	Alta - Beatrice	W
15.45	Nina - Greg	Nicci - Eugene	X
15.45	Sajjaad - Zaahid	Altaaf - Antonio	M
16.30	Sepitsi - Thabang	Thabang - Dominic	M
16.00	Tanya - Kim	Marina - Sue	W
16.30	Tristan - Stefania	Linda - Darryl	X
16.30	Tshepang - Sinoyolo	Sonti - Gottlamang	W
16.15	Venita - Nico	Nerika - Ruan	X