

PF HYROX WESTVILLE RESULTS

		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
		HEAT 1	WAVE 1	Dean Govender	20-29	Male	105	34	53	33	38
Keenan Dreyer	20-29			Male	120	50	64	38	41	313	
Kent Volker	16-19			Male	90	30	21	23	18	182	
Ketan Sahadew	30-39			Male	130	41	69	42	50	332	
Nelliswe Blyela	30-39			Female	120	30	67	28	77	322	
WAVE 2	Michaela Diaz		20-29	Female	105	31	49	28	52	265	
	Michelle Hill		30-39	Female	90	18	45	19	22	194	
	Niekolene Cato		30-39	Female	100	23	36	25	14	198	
	Nikeal Kalyan		30-39	Male	110	36	51	32	23	252	
	Randolph Barnwell		50-59	Male	100	31	31	29	28	219	
WAVE 3	Samantha Bonthuys		30-39	Female	80	25	36	20	22	183	
	Sanveer Hariparsad		40-49	Male	125	40	60	40	37	302	
	Tasmiya Ebrahim		20-29	Female	80	20	34	54	23	211	
	Tessa Heine		20-29	Female	90	23	40	23	30	206	
	Thubelihle Zamokuhle Dlomo		30-39	Male	120	40	50	26	30	266	
WAVE 4	Kineta seevnarayan		30-39	Female	85	16	31	15	25	172	
	Krishendran Ramsamy		30-39	Male	100	31	51	28	23	233	
	Nicholas Ablett		40-49	Male	90	51	45	73	40	299	
	Nichal Singh		-	-	-	-	-	-	-	0	DNS
	Sadeqah Sulaiman PUNCHUM		-	-	-	-	-	-	-	0	DNS

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		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
		HEAT 2									
WAVE 1		Landwe Sithole	20-29	Female	95	19	44	26	30	214	
		Lebo Ramabele	30-39	Female	85	26	55	25	50	241	
		Mamello Monaheng	20-29	Female	110	23	75	0	5	213	
		Ntokozo Kunene	30-39	Male	100	35	40	34	25	234	
		Pamela Barnes	30-39	Female	95	19	47	17	40	218	
WAVE 2		Bronwyn Olivier	40-49	Female	85	20	29	20	23	177	
		Chailyn Hayward	20-29	Female	125	25	40	19	16	225	
		Eosia Nzimande	30-39	Female	65	19	30	20	12	146	
		Jalme Ludick	20-29	Female	125	23	70	20	47	285	
		Sithembile Ngwazi	20-29	Female	90	21	44	16	20	191	
WAVE 3		Cawekazi Tenza	40-49	Female	85	24	47	19	38	213	
		Jarryd Smith	40-49	Male	130	40	47	33	40	290	
		Jovan Nair	30-39	Male	115	62	43	30	30	280	
		Mballi Hengwe	30-39	Female	100	20	42	18	40	220	
		Sky Steinmann	20-29	Female	50	18	11	20	22	121	
WAVE 4		Maziwa Dlamini	50-59	Male	120	33	42	34	35	264	
		Mballi Mbhele	50-59	Male	105	29	45	25	35	239	
		Thobile Mboylyana	30-39	Female	85	22	26	0	32	165	
		Mballi Hlongwa	-	-	-	-	-	-	-	0	DNS
		Nhlanzeko Mgenge	-	-	-	-	-	-	-	0	DNS

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HEAT 4		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
		WAVE 1	Andile Nkomo	30-39	Male	105	26	35	17	28	211
	Ayanda Mabaso	30-39	Female	95	22	51	21	46	235		
	Ayanda Mlotshwa	30-39	Female	85	15	34	19	20	173		
	Buhle Hadebe	40-49	Female	85	19	47	22	42	215		
	Henry Mchunu	-	-	-	-	-	-	-	0	DNS	
WAVE 2	Jonathan Lee	30-39	Male	105	20	17	17	17	176		
	Mandla Mbhombi	40-49	Male	130	42	65	31	42	310		
	Nothando Mbongwa	40-49	Female	100	18	40	19	28	205		
	Pearl Dlomo	50-59	Female	110	24	38	23	48	243		
	Pearl Hlangu	30-39	Female	120	25	48	22	57	272		
WAVE 3	Sindi Zuma	40-49	Female	90	23	60	20	23	216		
	Sqiniseko Mtshali	30-39	Male	145	38	65	44	41	333		
	Thandeka Thusi	30-39	Female	95	22	28	19	43	207		
	Zanele Mpanza	40-49	Female	65	20	25	19	30	159		
	Zinhle Xulu	40-49	Female	75	23	40	23	40	201		
WAVE 4	Mandi Gumede	30-39	Male	150	34	90	36	42	352		
	Nombuso Mvubu	30-39	Female	95	19	43	19	21	197		
	Sboagkosi Mchum	30-39	Male	130	25	60	30	50	295		
	Venesh Sukdeo	50-59	Male	95	28	30	22	4	179		
	Vernon Sarajpaal	60+	Male	105	27	36	22	16	206		

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HEAT 5		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
		WAVE 1	Bonghwe Sishange	30-39	Female	100	24	47	21	40	232
Cameron Choonoo	30-39	Female	105	30	30	24	25	214			
Kevin Eagleton	30-39	Male	140	45	54	36	33	308			
Klanyiso Nqabeni	40-49	Male	120	40	66	42	50	318			
Naazheen Choonoo	30-39	Female	105	17	43	19	30	214			
WAVE 2	Elijah Chetty	20-29	Male	70	22	35	21	23	171		
Hasina Shaik	30-39	Female	80	19	35	21	32	187			
Keshnee Moodley	30-39	Female	110	22	60	20	32	244			
Nonkululeko Hlatsnway	30-39	Female	85	17	45	23	30	200			
Signey Sibusiso Ngema	30-39	Male	140	35	70	35	56	336			
WAVE 3	Elzaan Kruger	30-39	Female	125	23	70	25	50	293		
Monique Coetzer	20-29	Female	105	22	45	20	35	227			
Nastasha Conradie	40-49	Female	125	24	63	23	66	301			
Nkosikhona Mhlamvu	30-39	Male	115	37	49	35	26	262			
Thando Nkabane	-	-	-	-	-	-	-	0	DNS		
WAVE 4	Sduduzile Mbuyazi	40-49	Female	105	21	44	19	43	232		
Zamasomi Mzoneli	30-39	Female	110	26	56	19	40	251			
Zubair Mahomed	40-49	Male	105	25	30	24	17	201			
Nomthandazo Zondi	-	-	-	-	-	-	-	0	DNS		
Zama Dube	-	-	-	-	-	-	-	0	DNS		

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		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
		HEAT 6	WAVE 1	Mondli Gcaba	20-29	Male	130	30	63	34	32
Nokwanda Mosla	30-39			Female	100	23	36	22	31	212	
Nosipho Matokazi	40-49			Female	110	26	55	30	48	269	
Sibusiso Makhanya	30-39			Male	140	35	50	31	34	290	
Sphelele Khali	30-39			Female	135	30	89	30	75	359	
WAVE 2	Kotlile Mcunukelwa		40-49	Male	95	30	42	27	25	219	
	Lungile Buthelezi		30-39	Female	85	30	43	21	40	219	
	Shane Harrison		50-59	Male	120	41	50	35	41	287	
	Tori Manneson		20-29	Female	95	17	36	17	32	197	
	Lungani Mavuso		-	-	-	-	-	-	-	0	DNS
WAVE 3	Ebrahim Limalla		30-39	Male	115	28	33	21	7	204	
	Lindokuhle Mbuli		30-39	Male	105	33	40	27	15	220	
	Marc Perucatti		20-29	Male	130	32	51	30	43	286	
	Welfred Ovono		30-39	Male	120	38	40	35	23	256	
	Zainab Master		20-29	Female	80	21	33	17	26	177	
WAVE 4	Elaine De Kock		20-29	Female	105	24	18	27	4	178	
	Jabulile Zune		20-29	Female	85	21	37	15	48	206	
	Taryn Kolver		40-49	Female	105	20	39	22	32	218	
	Vukile Ngcobo		30-39	Male	115	32	36	19	23	225	
	Sanvir Sathn arayan		-	-	-	-	-	-	-	0	DNS

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			ATHLETE NAME	SCORE	FINALS
16-19	FEMALE	1	-	-	QUALIFIED
		2	-	-	
		3	-	-	
	MALE	1	Kent Volker	182	QUALIFIED
		2	-	-	
		3	-	-	
20-29	FEMALE	1	Tyra Scott	298	QUALIFIED
		2			
		3			
	MALE	1	Keenan Dreyer	313	QUALIFIED
		2			
		3			
30-39	FEMALE	1	Sphelele Khali	359	QUALIFIED
		2			
		3			
	MALE	1	Signey Sibusiso Ngema	352	QUALIFIED
		2			
		3			
40-49	FEMALE	1	Nastasha Conradie	301	QUALIFIED
		2			
		3			
	MALE	1	Klanyiso Nqabeni	318	QUALIFIED
		2			
		3			
50-59	FEMALE	1	Pearl Dlomo	243	QUALIFIED
		2			
		3			
	MALE	1	Shane Harrison	287	QUALIFIED
		2			
		3			
60+	FEMALE	1	-	-	QUALIFIED
		2	-	-	
		3	-	-	
	MALE	1	Vernon Sarajpaal	206	QUALIFIED
		2	-	-	
		3	-	-	