

SA National OWS Championship 2023-PE - 10/03/2023 to 12/03/2023

Team Entries - All Events

Aquatics Gauteng Ekhuruleni-EK

1	Beling, Hayley - Female - Age: 15 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	44:13.81		
2	Botes, Walter - Male - Age: 43 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	49:23.00		
3	Caldwell, Matthew - Male - Age: 17 - Ind/Rel: 3 / 0			
	#3 Men 13&O 3000 Free 3000KM	35:14.84	#6 Men 16-17 7500 Free 7500KM	1:34:49.00
	#12 Men 14&O 5000 Free 5000KM	1:02:56.00		
4	Domiter, Claudio - Male - Age: 15 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	37:59.00		
5	Fouché, Matthew - Male - Age: 19 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	43:02.12		
6	Fouché, Nathan - Male - Age: 17 - Ind/Rel: 2 / 0			
	#3 Men 13&O 3000 Free 3000KM	40:41.00	#12 Men 14&O 5000 Free 5000KM	1:09:40.00
7	Hartmann, Dihandré - Male - Age: 15 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	39:07.47		
8	Kimber, Byron - Male - Age: 22 - Ind/Rel: 2 / 0			
	#5 Men 14&O 10000 Free 10000KM	1:54:59.25	#12 Men 14&O 5000 Free 5000KM	53:41.74
9	Letley, Kyle - Male - Age: 22 - Ind/Rel: 2 / 0			
	#3 Men 13&O 3000 Free 3000KM	43:39.00	#12 Men 14&O 5000 Free 5000KM	1:13:42.00
10	Lunt, Taine - Male - Age: 17 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	40:46.00		
11	Meyer, Ricchard - Male - Age: 16 - Ind/Rel: 2 / 0			
	#3 Men 13&O 3000 Free 3000KM	40:34.30	#12 Men 14&O 5000 Free 5000KM	1:13:09.00
12	Nellmapius, Keegan - Male - Age: 17 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	44:12.00		
13	Sardinha, Jessica - Female - Age: 15 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	45:36.92		
14	Stephens, Kyle - Male - Age: 18 - Ind/Rel: 2 / 0			
	#3 Men 13&O 3000 Free 3000KM	42:46.04	#12 Men 14&O 5000 Free 5000KM	1:12:38.00
15	Valli, Farhah - Female - Age: 16 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	45:40.00		
	Aquatics Gauteng Ekhuruleni-EK Total Individual Entries: 22 - Total Relays: 0			

SA National OWS Championship 2023-PE - 10/03/2023 to 12/03/2023

Team Entries - All Events

Aquatics Gauteng Johannesburg-JH

1	Beavon, Kate - Female - Age: 23 - Ind/Rel: 2 / 0				
	#1 Women 14&O 10000 Free 10000km	NT	#	#10 Women 14&O 5000 Free 5000KM	58:28.73
2	Billings, Daniel - Male - Age: 16 - Ind/Rel: 2 / 0				
	#3 Men 13&O 3000 Free 3000KM	38:18.00		#12 Men 14&O 5000 Free 5000KM	1:06:31.00
3	De Bruyn, Phoenix - Male - Age: 14 - Ind/Rel: 1 / 0				
	#3 Men 13&O 3000 Free 3000KM	44:23.00			
4	Doubell, Cassidey - Female - Age: 16 - Ind/Rel: 2 / 0				
	#7 Women 13&O 3000 Free 3000KM	41:19.98		#10 Women 14&O 5000 Free 5000KM	1:12:56.69
5	Engelke, Ethan - Male - Age: 16 - Ind/Rel: 1 / 0				
	#3 Men 13&O 3000 Free 3000KM	40:57.25			
6	Fry, Matthew - Male - Age: 18 - Ind/Rel: 1 / 0				
	#3 Men 13&O 3000 Free 3000KM	44:24.53			
7	Gnudi, Rocco - Male - Age: 18 - Ind/Rel: 1 / 0				
	#3 Men 13&O 3000 Free 3000KM	42:57.40			
8	Goate, Adrian - Male - Age: 49 - Ind/Rel: 1 / 0				
	#3 Men 13&O 3000 Free 3000KM	46:36.27			
9	Hyslop, Kirsty - Female - Age: 28 - Ind/Rel: 2 / 0				
	#7 Women 13&O 3000 Free 3000KM	46:09.00		#10 Women 14&O 5000 Free 5000KM	1:22:40.00
10	Joubert, Chante - Female - Age: 17 - Ind/Rel: 1 / 0				
	#7 Women 13&O 3000 Free 3000KM	45:48.47			
11	Kassebaum, Clayton - Male - Age: 17 - Ind/Rel: 3 / 0				
	#3 Men 13&O 3000 Free 3000KM	39:17.00		#6 Men 16-17 7500 Free 7500KM	1:41:03.49
	#12 Men 14&O 5000 Free 5000KM	1:09:02.00			
12	Kassebaum, Taylor - Female - Age: 13 - Ind/Rel: 1 / 0				
	#7 Women 13&O 3000 Free 3000KM	46:51.00			
13	Lipp, Connor - Male - Age: 17 - Ind/Rel: 1 / 0				
	#3 Men 13&O 3000 Free 3000KM	44:14.00			
14	Marchi, Roberto - Male - Age: 27 - Ind/Rel: 1 / 0				
	#3 Men 13&O 3000 Free 3000KM	42:57.00			
15	McMorran, Leigh - Female - Age: 19 - Ind/Rel: 2 / 0				
	#7 Women 13&O 3000 Free 3000KM	41:26.00		#10 Women 14&O 5000 Free 5000KM	1:03:08.00
16	O'Connor, Amy - Female - Age: 14 - Ind/Rel: 1 / 0				
	#7 Women 13&O 3000 Free 3000KM	42:57.81			
17	O'Connor, Matthew - Male - Age: 17 - Ind/Rel: 1 / 0				
	#3 Men 13&O 3000 Free 3000KM	40:27.25			
18	Roodt, Cole - Male - Age: 16 - Ind/Rel: 1 / 0				
	#3 Men 13&O 3000 Free 3000KM	44:08.00			
19	Scorgie, Madison - Female - Age: 17 - Ind/Rel: 2 / 0				
	#7 Women 13&O 3000 Free 3000KM	42:45.23		#10 Women 14&O 5000 Free 5000KM	1:15:56.68
20	Thelejane, Tumelo - Female - Age: 18 - Ind/Rel: 2 / 0				
	#7 Women 13&O 3000 Free 3000KM	44:17.00		#10 Women 14&O 5000 Free 5000KM	1:21:23.00

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Team Entries - All Events

Aquatics Gauteng Johannesburg-JH

21 van Schalkwyk, Corne - Female - Age: 17 - Ind/Rel: 2 / 0

#2 Women 16-17 7500 Free 7500km

1:42:06.06

#10 Women 14&O 5000 Free 5000KM

1:07:02.64

Aquatics Gauteng Johannesburg-JH Total Individual Entries: 31 - Total Relays: 0

SA National OWS Championship 2023-PE - 10/03/2023 to 12/03/2023

Team Entries - All Events

Aquatics Gauteng Tshwane-TS

1 Adam, Momo - Male - Age: 22 - Ind/Rel: 2 / 0			
#5 Men 14&O 10000 Free 10000KM	2:16:36.00	#12 Men 14&O 5000 Free 5000KM	1:03:25.07
2 Andraos, Hannah - Female - Age: 20 - Ind/Rel: 2 / 0			
#7 Women 13&O 3000 Free 3000KM	40:43.00	#10 Women 14&O 5000 Free 5000KM	1:19:50.40
3 Andraos, Kirsty - Female - Age: 16 - Ind/Rel: 2 / 0			
#2 Women 16-17 7500 Free 7500km	1:50:36.00	#10 Women 14&O 5000 Free 5000KM	1:12:18.00
4 Antonopoulos, Carli - Female - Age: 22 - Ind/Rel: 1 / 0			
#1 Women 14&O 10000 Free 10000km	2:17:03.00		
5 Arendse, Caleb - Male - Age: 17 - Ind/Rel: 2 / 0			
#3 Men 13&O 3000 Free 3000KM	40:33.31	#12 Men 14&O 5000 Free 5000KM	1:09:08.68
6 Banks, Kiara - Female - Age: 15 - Ind/Rel: 1 / 0			
#7 Women 13&O 3000 Free 3000KM	44:26.00		
7 Bornman, Christiaan - Male - Age: 14 - Ind/Rel: 1 / 0			
#3 Men 13&O 3000 Free 3000KM	45:04.00		
8 Botes, Raine - Female - Age: 16 - Ind/Rel: 2 / 0			
#7 Women 13&O 3000 Free 3000KM	44:09.05	#10 Women 14&O 5000 Free 5000KM	1:16:30.00
9 Dal Medico, Michaela - Female - Age: 18 - Ind/Rel: 2 / 0			
#7 Women 13&O 3000 Free 3000KM	41:18.09	#10 Women 14&O 5000 Free 5000KM	1:12:34.00
10 De Jager, Amica - Female - Age: 24 - Ind/Rel: 2 / 0			
#1 Women 14&O 10000 Free 10000km	2:06:00.20	#10 Women 14&O 5000 Free 5000KM	1:01:03.70
11 Earle, Tory - Female - Age: 21 - Ind/Rel: 2 / 0			
#1 Women 14&O 10000 Free 10000km	2:16:10.00	#10 Women 14&O 5000 Free 5000KM	1:03:32.68
12 Ford, Coillard - Male - Age: 49 - Ind/Rel: 2 / 0			
#3 Men 13&O 3000 Free 3000KM	40:31.00	#12 Men 14&O 5000 Free 5000KM	1:10:24.00
13 Hattingh, Dewald - Male - Age: 19 - Ind/Rel: 2 / 0			
#3 Men 13&O 3000 Free 3000KM	41:13.00	#12 Men 14&O 5000 Free 5000KM	1:09:21.18
14 Kleynhans, Jeandre - Male - Age: 18 - Ind/Rel: 2 / 0			
#5 Men 14&O 10000 Free 10000KM	2:15:27.00	#12 Men 14&O 5000 Free 5000KM	1:02:14.65
15 Kleynhans, Kayla - Female - Age: 14 - Ind/Rel: 1 / 0			
#7 Women 13&O 3000 Free 3000KM	45:52.00		
16 Lötter, Callan - Female - Age: 17 - Ind/Rel: 3 / 0			
#1 Women 14&O 10000 Free 10000km	2:17:31.00	#2 Women 16-17 7500 Free 7500km	1:36:57.11
#10 Women 14&O 5000 Free 5000KM	1:03:12.90		
17 Manthe, Keila - Female - Age: 17 - Ind/Rel: 3 / 0			
#2 Women 16-17 7500 Free 7500km	1:51:17.57	#7 Women 13&O 3000 Free 3000KM	41:24.00
#10 Women 14&O 5000 Free 5000KM	1:14:10.00		
18 Myburgh, Karla - Female - Age: 15 - Ind/Rel: 2 / 0			
#7 Women 13&O 3000 Free 3000KM	41:22.39	#10 Women 14&O 5000 Free 5000KM	1:10:14.00
19 Olsen, Amber - Female - Age: 18 - Ind/Rel: 2 / 0			
#7 Women 13&O 3000 Free 3000KM	42:58.00	#10 Women 14&O 5000 Free 5000KM	1:13:23.00
20 Pharoah, Taylor - Female - Age: 20 - Ind/Rel: 1 / 0			
#7 Women 13&O 3000 Free 3000KM	9:41.26	#	

SA National OWS Championship 2023-PE - 10/03/2023 to 12/03/2023**Team Entries - All Events****Aquatics Gauteng Tshwane-TS****21 Ramsay, Shane - Male - Age: 16 - Ind/Rel: 3 / 0**

#3 Men 13&O 3000 Free 3000KM 37:41.87

#12 Men 14&O 5000 Free 5000KM 58:47.70

#6 Men 16-17 7500 Free 7500KM 1:35:34.00

22 Randle, Samantha - Female - Age: 25 - Ind/Rel: 2 / 0

#7 Women 13&O 3000 Free 3000KM 37:30.16

#10 Women 14&O 5000 Free 5000KM 1:02:18.25

23 Saayman, Liam - Male - Age: 15 - Ind/Rel: 1 / 0

#3 Men 13&O 3000 Free 3000KM 41:24.00

24 Shepherd, Megan - Female - Age: 20 - Ind/Rel: 1 / 0

#7 Women 13&O 3000 Free 3000KM 43:29.00

25 Shepherd, Rogan - Male - Age: 22 - Ind/Rel: 2 / 0

#3 Men 13&O 3000 Free 3000KM 41:06.00

#12 Men 14&O 5000 Free 5000KM 1:11:53.00

26 Trusler, Ingrid - Female - Age: 64 - Ind/Rel: 1 / 0

#7 Women 13&O 3000 Free 3000KM 45:49.00

27 Venter, Rossouw - Male - Age: 21 - Ind/Rel: 2 / 0

#5 Men 14&O 10000 Free 10000KM 2:07:26.00

#12 Men 14&O 5000 Free 5000KM 1:02:35.00

28 Von Wielligh, Reino - Male - Age: 30 - Ind/Rel: 2 / 0

#5 Men 14&O 10000 Free 10000KM 2:07:34.00

#12 Men 14&O 5000 Free 5000KM 1:02:00.00

29 Zowitsky, Reece - Male - Age: 21 - Ind/Rel: 2 / 0

#5 Men 14&O 10000 Free 10000KM 2:09:27.00

#12 Men 14&O 5000 Free 5000KM 1:01:16.18

Aquatics Gauteng Tshwane-TS Total Individual Entries: 53 - Total Relays: 0

SA National OWS Championship 2023-PE - 10/03/2023 to 12/03/2023

Team Entries - All Events

Eastern Cape Aquatics-BU

1	Beaton, Taryn - Female - Age: 42 - Ind/Rel: 1 / 0			
	#8 Women 3000 Free Multi Disability	1:13:36.00		
2	Brice, James - Male - Age: 15 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	39:48.00		
3	Coetzee, Jenna - Female - Age: 15 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	40:42.00		
4	De Beer, Hendro - Male - Age: 14 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	42:46.00		
5	De Jager, Chane' - Female - Age: 28 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	44:26.00		
6	Delport, Milla - Female - Age: 15 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	47:30.00		
7	Ebrahim, Tasneen - Female - Age: 21 - Ind/Rel: 1 / 1			
	#9 Mixed 4x125 Free Relay 4 x 1.25 Relay (4)	NT	#10 Women 14&O 5000 Free 5000KM	1:05:17.00
8	Edge, Mark - Male - Age: 64 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	44:16.00		
9	Finnis, Tiara - Female - Age: 17 - Ind/Rel: 2 / 1			
	#2 Women 16-17 7500 Free 7500km	1:48:46.00	#9 Mixed 4x125 Free Relay 4 x 1.25 Relay (4)	NT
	#10 Women 14&O 5000 Free 5000KM	1:11:11.00		
10	Frösler, Mikayla - Female - Age: 14 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	45:13.00		
11	Gous, Sienna - Female - Age: 13 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	41:23.00		
12	Gouws, Georgia - Female - Age: 15 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	44:27.00		
13	Horne, Kaitlynne - Female - Age: 16 - Ind/Rel: 3 / 1			
	#2 Women 16-17 7500 Free 7500km	1:38:12.00	#7 Women 13&O 3000 Free 3000KM	38:52.00
	#9 Mixed 4x125 Free Relay 4 x 1.25 Relay (3)	NT	#10 Women 14&O 5000 Free 5000KM	1:02:58.00
14	Jacobs, Marony - Female - Age: 15 - Ind/Rel: 2 / 1			
	#7 Women 13&O 3000 Free 3000KM	38:47.00	#9 Mixed 4x125 Free Relay 4 x 1.25 Relay (3)	NT
	#10 Women 14&O 5000 Free 5000KM	1:05:06.00		
15	Jacobs, Pierre-Daniel - Male - Age: 14 - Ind/Rel: 1 / 1			
	#3 Men 13&O 3000 Free 3000KM	39:08.00	#9 Mixed 4x125 Free Relay 4 x 1.25 Relay (1)	NT
16	Jenkins, Finn - Male - Age: 14 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	44:36.00		
17	Jones, Kellen - Male - Age: 13 - Ind/Rel: 1 / 1			
	#3 Men 13&O 3000 Free 3000KM	38:18.00	#9 Mixed 4x125 Free Relay 4 x 1.25 Relay (1)	NT
18	Moynihan, Conor - Male - Age: 16 - Ind/Rel: 2 / 0			
	#6 Men 16-17 7500 Free 7500KM	1:35:33.00	#12 Men 14&O 5000 Free 5000KM	1:02:52.00
19	Ogden, Amber - Female - Age: 17 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	45:11.00		
20	Ogden, Lily - Female - Age: 15 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	43:35.00		

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Team Entries - All Events

Eastern Cape Aquatics-BU

21	Pretorius, Nicholas - Male - Age: 14 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	39:26.00		
22	Prime, Liam - Male - Age: 16 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	41:56.00		
23	Rademakers, Caitlin - Female - Age: 18 - Ind/Rel: 2 / 0			
	#1 Women 14&O 10000 Free 10000km	2:17:43.00	#10 Women 14&O 5000 Free 5000KM	1:03:23.00
24	Sakelliou, Ares - Male - Age: 17 - Ind/Rel: 2 / 0			
	#6 Men 16-17 7500 Free 7500KM	1:38:23.00	#12 Men 14&O 5000 Free 5000KM	1:02:36.00
25	Schweitzer, Liam - Male - Age: 16 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	41:11.00		
26	Sheard, Dylan - Male - Age: 15 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	44:24.00		
27	Smit, Miela - Female - Age: 15 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	45:46.00		
28	Strong, Ava - Female - Age: 14 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	49:16.00		
29	Van Eeden, Alne - Female - Age: 16 - Ind/Rel: 2 / 0			
	#7 Women 13&O 3000 Free 3000KM	42:42.00	#10 Women 14&O 5000 Free 5000KM	1:13:20.00
30	Viljoen, Sharon - Female - Age: 52 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	48:25.00		
31	Watchurst, Gary - Male - Age: 19 - Ind/Rel: 1 / 1			
	#9 Mixed 4x125 Free Relay 4 x 1.25 Relay (2)	NT	#12 Men 14&O 5000 Free 5000KM	1:05:43.45
32	Wolfe, Matthew - Male - Age: 17 - Ind/Rel: 2 / 1			
	#3 Men 13&O 3000 Free 3000KM	37:10.32	#9 Mixed 4x125 Free Relay 4 x 1.25 Relay (2)	NT
	#12 Men 14&O 5000 Free 5000KM	1:03:19.00		

Eastern Cape Aquatics-BU Total Individual Entries: 41 - Total Relays: 0

SA National OWS Championship 2023-PE - 10/03/2023 to 12/03/2023**Team Entries - All Events**

Free State Aquatics-FS**1 Armour, Kaeli-Peace - Female - Age: 17 - Ind/Rel: 1 / 0**

#7 Women 13&O 3000 Free 3000KM 44:51.00

2 Johns, Miche - Female - Age: 18 - Ind/Rel: 1 / 0

#10 Women 14&O 5000 Free 5000KM 1:13:28.00

3 Kirsten, Gemma - Female - Age: 18 - Ind/Rel: 1 / 0

#7 Women 13&O 3000 Free 3000KM 48:06.00

4 MACKAY, Len-Douglas - Male - Age: 20 - Ind/Rel: 1 / 0

#3 Men 13&O 3000 Free 3000KM 41:44.00

5 Smook, Cara - Female - Age: 17 - Ind/Rel: 1 / 0

#7 Women 13&O 3000 Free 3000KM 45:12.00

6 Van Der Bijl, Cara - Female - Age: 18 - Ind/Rel: 1 / 0

#7 Women 13&O 3000 Free 3000KM 48:49.00

7 Van Rooyen, Michaela - Female - Age: 16 - Ind/Rel: 1 / 0

#10 Women 14&O 5000 Free 5000KM 1:14:48.00

8 Van Viegen, Peter - Male - Age: 15 - Ind/Rel: 1 / 0

#3 Men 13&O 3000 Free 3000KM 41:05.00

Free State Aquatics-FS Total Individual Entries: 8 - Total Relays: 0

SA National OWS Championship 2023-PE - 10/03/2023 to 12/03/2023

Team Entries - All Events

KwaZulu Natal-ET

1 Angel, Damien - Male - Age: 17 - Ind/Rel: 2 / 0				
#5 Men 14&O 10000 Free 10000KM	2:11:09.00	#12 Men 14&O 5000 Free 5000KM	1:05:08.00	
2 Ashley, Joshua - Male - Age: 20 - Ind/Rel: 2 / 0				
#5 Men 14&O 10000 Free 10000KM	2:04:22.80	#12 Men 14&O 5000 Free 5000KM	1:01:24.00	
3 Bruce, Tayla - Female - Age: 17 - Ind/Rel: 2 / 0				
#2 Women 16-17 7500 Free 7500km	1:52:22.00	#10 Women 14&O 5000 Free 5000KM	1:11:42.00	
4 Buck, Connor - Male - Age: 20 - Ind/Rel: 2 / 0				
#5 Men 14&O 10000 Free 10000KM	1:59:07.60	#12 Men 14&O 5000 Free 5000KM	56:39.60	
5 Carmody, Emma - Female - Age: 18 - Ind/Rel: 3 / 0				
#1 Women 14&O 10000 Free 10000km	2:22:45.00	#7 Women 13&O 3000 Free 3000KM	41:04.00	
#10 Women 14&O 5000 Free 5000KM	1:09:52.00			
6 Dempsey, Beux - Female - Age: 14 - Ind/Rel: 1 / 0				
#7 Women 13&O 3000 Free 3000KM	51:26.00	#		
7 Dempsey, Stirling - Male - Age: 16 - Ind/Rel: 1 / 0				
#3 Men 13&O 3000 Free 3000KM	45:24.00			
8 Diedericks, Keanu - Male - Age: 15 - Ind/Rel: 1 / 0				
#3 Men 13&O 3000 Free 3000KM	40:54.00			
9 Ebing, Ashley - Female - Age: 18 - Ind/Rel: 3 / 0				
#1 Women 14&O 10000 Free 10000km	NT	#	#7 Women 13&O 3000 Free 3000KM	41:02.00
#10 Women 14&O 5000 Free 5000KM	1:10:06.00			
10 Ellse, Jenna - Female - Age: 17 - Ind/Rel: 1 / 0				
#7 Women 13&O 3000 Free 3000KM	46:00.00			
11 Forrest, Bailey - Female - Age: 16 - Ind/Rel: 2 / 0				
#2 Women 16-17 7500 Free 7500km	1:46:04.00	#10 Women 14&O 5000 Free 5000KM	1:09:50.00	
12 Forrest, Kai - Male - Age: 15 - Ind/Rel: 2 / 0				
#3 Men 13&O 3000 Free 3000KM	41:01.00	#12 Men 14&O 5000 Free 5000KM	1:08:16.00	
13 Forrest, Mykae - Female - Age: 18 - Ind/Rel: 2 / 0				
#1 Women 14&O 10000 Free 10000km	2:19:30.00	#10 Women 14&O 5000 Free 5000KM	1:08:34.00	
14 Henwood-Fox, Guy - Male - Age: 16 - Ind/Rel: 1 / 0				
#3 Men 13&O 3000 Free 3000KM	44:06.00			
15 Holton, Jaryd - Male - Age: 18 - Ind/Rel: 2 / 0				
#3 Men 13&O 3000 Free 3000KM	38:58.00	#12 Men 14&O 5000 Free 5000KM	1:05:14.00	
16 Holton, Riley - Male - Age: 16 - Ind/Rel: 1 / 0				
#3 Men 13&O 3000 Free 3000KM	44:01.00			
17 Jacoby, Joshua - Male - Age: 23 - Ind/Rel: 2 / 0				
#3 Men 13&O 3000 Free 3000KM	42:47.00	#12 Men 14&O 5000 Free 5000KM	1:14:11.00	#
18 Joubert, Jadyn-Lee - Female - Age: 18 - Ind/Rel: 2 / 0				
#7 Women 13&O 3000 Free 3000KM	44:22.00	#10 Women 14&O 5000 Free 5000KM	1:14:21.00	
19 Joubert, Kailey - Female - Age: 14 - Ind/Rel: 1 / 0				
#7 Women 13&O 3000 Free 3000KM	46:04.00			
20 Lally, Jenna-Mae - Female - Age: 15 - Ind/Rel: 2 / 0				
#7 Women 13&O 3000 Free 3000KM	45:39.00	#10 Women 14&O 5000 Free 5000KM	NT	#

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Team Entries - All Events

KwaZulu Natal-ET

21	Martens, Emily - Female - Age: 16 - Ind/Rel: 1 / 0			
	#10 Women 14&O 5000 Free 5000KM	1:10:10.00		
22	Meineke, Abigale - Female - Age: 16 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	45:55.00		
23	Nel, Juan - Male - Age: 14 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	39:01.00		
24	Nicholson, Abby - Female - Age: 17 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	44:06.00		
25	Nordengen - Corris, Sash - Female - Age: 26 - Ind/Rel: 2 / 0			
	#1 Women 14&O 10000 Free 10000km	2:15:24.00	#10 Women 14&O 5000 Free 5000KM	1:06:00.00
26	Olivier, Rebekah - Female - Age: 17 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	46:08.00		
27	Pelser, Matt - Male - Age: 21 - Ind/Rel: 2 / 0			
	#5 Men 14&O 10000 Free 10000KM	2:17:25.00	#12 Men 14&O 5000 Free 5000KM	1:06:50.00
28	Rabie, Dominique - Female - Age: 17 - Ind/Rel: 2 / 0			
	#2 Women 16-17 7500 Free 7500km	1:55:54.00	#10 Women 14&O 5000 Free 5000KM	1:13:42.00
29	Rowan, Catherine - Female - Age: 17 - Ind/Rel: 2 / 0			
	#7 Women 13&O 3000 Free 3000KM	48:28.00	#10 Women 14&O 5000 Free 5000KM	NT #
30	Scott, Levi - Male - Age: 18 - Ind/Rel: 2 / 0			
	#3 Men 13&O 3000 Free 3000KM	40:38.00	#12 Men 14&O 5000 Free 5000KM	1:10:45.00
31	Searle, Liam - Male - Age: 17 - Ind/Rel: 3 / 0			
	#3 Men 13&O 3000 Free 3000KM	39:43.00	#6 Men 16-17 7500 Free 7500KM	1:41:12.00
	#12 Men 14&O 5000 Free 5000KM	1:05:12.00		
32	Spoors, St John - Male - Age: 16 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	42:20.00		
33	Stiemens, Marcelle - Female - Age: 56 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	50:46.00	#	
34	Thorpe, Jarrod - Male - Age: 18 - Ind/Rel: 2 / 0			
	#3 Men 13&O 3000 Free 3000KM	42:43.00	#12 Men 14&O 5000 Free 5000KM	1:11:48.00
35	Van de Putte, Amy - Female - Age: 18 - Ind/Rel: 2 / 0			
	#7 Women 13&O 3000 Free 3000KM	48:02.00	#10 Women 14&O 5000 Free 5000KM	1:27:22.00
36	Van der Linde, Sven - Male - Age: 18 - Ind/Rel: 2 / 0			
	#5 Men 14&O 10000 Free 10000KM	2:10:09.00	#12 Men 14&O 5000 Free 5000KM	1:04:42.00
37	Venter, Dian - Male - Age: 18 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	45:44.00		

KwaZulu Natal-ET Total Individual Entries: 62 - Total Relays: 0

SA National OWS Championship 2023-PE - 10/03/2023 to 12/03/2023

Team Entries - All Events

Mpumalanga Province Aquatics-EZ

1	Andrew, Matthew - Male - Age: 20 - Ind/Rel: 2 / 0			
	#3 Men 13&O 3000 Free 3000KM	39:44.00	#12 Men 14&O 5000 Free 5000KM	1:04:09.00
2	Beyers, Erin - Female - Age: 16 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	48:42.50		
3	Davel, Annabelle - Female - Age: 16 - Ind/Rel: 2 / 0			
	#7 Women 13&O 3000 Free 3000KM	45:39.00	#10 Women 14&O 5000 Free 5000KM	1:19:40.41
4	Davel, Cathrijn - Female - Age: 15 - Ind/Rel: 2 / 0			
	#7 Women 13&O 3000 Free 3000KM	45:54.00	#10 Women 14&O 5000 Free 5000KM	1:18:25.00
5	DE Villiers, Connor - Male - Age: 16 - Ind/Rel: 2 / 0			
	#3 Men 13&O 3000 Free 3000KM	42:55.00	#12 Men 14&O 5000 Free 5000KM	1:12:06.00
6	De Villiers, Juano - Male - Age: 18 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	44:54.00		
7	Esterhuizen, Michele - Female - Age: 51 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	48:23.00		
8	Jansen van Vuuren, Ashley - Female - Age: 17 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	52:40.79	#	
9	Marshall, Tiffany - Female - Age: 16 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	49:17.50		
10	Rautenbach, Jayden - Male - Age: 16 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	45:50.00		
11	Stoltz, Dylan - Male - Age: 16 - Ind/Rel: 2 / 0			
	#3 Men 13&O 3000 Free 3000KM	42:51.00	#12 Men 14&O 5000 Free 5000KM	1:12:45.50
12	Swanepoel, Michael - Male - Age: 16 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	48:11.00	#	
13	Terblanche, Eben - Male - Age: 16 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	45:00.00		
14	van der Merwe, Taniel - Female - Age: 16 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	51:22.00	#	
15	Visagie, Jarred - Male - Age: 16 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	49:34.00	#	
16	Visagie, Leson - Male - Age: 18 - Ind/Rel: 2 / 0			
	#3 Men 13&O 3000 Free 3000KM	42:47.00	#12 Men 14&O 5000 Free 5000KM	1:11:54.00
17	Weitsz, Esmari - Female - Age: 16 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	50:39.50	#	

Mpumalanga Province Aquatics-EZ Total Individual Entries: 23 - Total Relays: 0

SA National OWS Championship 2023-PE - 10/03/2023 to 12/03/2023**Team Entries - All Events**

North West Swimming**1 Humphries, Rachael - Female - Age: 21 - Ind/Rel: 2 / 0**

#7 Women 13&O 3000 Free 3000KM

43:00.00

#10 Women 14&O 5000 Free 5000KM

1:14:04.00

North West Swimming Total Individual Entries: 2 - Total Relays: 0

SA National OWS Championship 2023-PE - 10/03/2023 to 12/03/2023**Team Entries - All Events**

Seychelles**1 Payet, Damien - Male - Age: 20 - Ind/Rel: 2 / 0**

#5 Men 14&O 10000 Free 10000KM

2:04:22.60

#12 Men 14&O 5000 Free 5000KM

1:03:52.00

Seychelles Total Individual Entries: 2 - Total Relays: 0

SA National OWS Championship 2023-PE - 10/03/2023 to 12/03/2023

Team Entries - All Events

Western Cape Aquatics-CP

1	Berry, Amber-Rose - Female - Age: 16 - Ind/Rel: 2 / 0				
	#7 Women 13&O 3000 Free 3000KM	43:47.31	#10 Women 14&O 5000 Free 5000KM	1:17:51.48	
2	Beukes, Wade - Male - Age: 16 - Ind/Rel: 2 / 0				
	#6 Men 16-17 7500 Free 7500KM	1:38:53.00	#12 Men 14&O 5000 Free 5000KM	1:04:02.00	
3	Boonzaier, Jannie - Male - Age: 17 - Ind/Rel: 2 / 0				
	#3 Men 13&O 3000 Free 3000KM	42:01.80	#12 Men 14&O 5000 Free 5000KM	NT	#
4	Booth, Jess - Female - Age: 21 - Ind/Rel: 2 / 0				
	#1 Women 14&O 10000 Free 10000km	2:26:16.00	#10 Women 14&O 5000 Free 5000KM	1:09:49.00	
5	Clayton, Antony - Male - Age: 16 - Ind/Rel: 1 / 0				
	#12 Men 14&O 5000 Free 5000KM	1:08:46.00			
6	Clayton, Franco - Male - Age: 17 - Ind/Rel: 1 / 0				
	#3 Men 13&O 3000 Free 3000KM	41:52.00			
7	Ellis, Liam - Male - Age: 17 - Ind/Rel: 2 / 0				
	#6 Men 16-17 7500 Free 7500KM	1:33:13.00	#12 Men 14&O 5000 Free 5000KM	1:01:36.00	
8	Evans, Caitlin - Female - Age: 13 - Ind/Rel: 1 / 0				
	#7 Women 13&O 3000 Free 3000KM	44:43.00			
9	Hartung, Amy - Female - Age: 14 - Ind/Rel: 2 / 0				
	#7 Women 13&O 3000 Free 3000KM	44:39.00	#10 Women 14&O 5000 Free 5000KM	NT	#
10	Heyes, Danielle - Female - Age: 17 - Ind/Rel: 2 / 0				
	#7 Women 13&O 3000 Free 3000KM	48:30.00	#10 Women 14&O 5000 Free 5000KM	NT	#
11	Heyes, Garrick - Male - Age: 15 - Ind/Rel: 2 / 0				
	#3 Men 13&O 3000 Free 3000KM	43:43.00	#12 Men 14&O 5000 Free 5000KM	NT	#
12	Kotzè, Tamsyn - Female - Age: 16 - Ind/Rel: 2 / 0				
	#7 Women 13&O 3000 Free 3000KM	NT	#	#10 Women 14&O 5000 Free 5000KM	NT
13	Labuschagne, Michaela - Female - Age: 16 - Ind/Rel: 2 / 0				
	#7 Women 13&O 3000 Free 3000KM	44:45.69	#10 Women 14&O 5000 Free 5000KM	1:54:54.92	
14	Langenhoven, Erin - Female - Age: 16 - Ind/Rel: 2 / 0				
	#7 Women 13&O 3000 Free 3000KM	47:28.32	#10 Women 14&O 5000 Free 5000KM	1:19:12.02	
15	LE Roux, Chloe - Female - Age: 19 - Ind/Rel: 1 / 0				
	#7 Women 13&O 3000 Free 3000KM	43:34.00			
16	Lombard, Izolde - Female - Age: 15 - Ind/Rel: 1 / 0				
	#7 Women 13&O 3000 Free 3000KM	51:59.00	#		
17	Manning, Amelia - Female - Age: 15 - Ind/Rel: 2 / 0				
	#7 Women 13&O 3000 Free 3000KM	43:28.00	#10 Women 14&O 5000 Free 5000KM	NT	#
18	Marshall, Deon - Male - Age: 49 - Ind/Rel: 1 / 0				
	#4 Men 3000 Free Multi Disability	39:30.00			
19	McWilliam, Benn - Male - Age: 17 - Ind/Rel: 2 / 0				
	#3 Men 13&O 3000 Free 3000KM	36:40.99	#6 Men 16-17 7500 Free 7500KM	1:36:51.00	
20	McWilliam, Troy - Male - Age: 16 - Ind/Rel: 2 / 0				
	#3 Men 13&O 3000 Free 3000KM	39:24.94	#12 Men 14&O 5000 Free 5000KM	1:09:25.00	
21	Neilson, Hannah - Female - Age: 18 - Ind/Rel: 2 / 0				
	#1 Women 14&O 10000 Free 10000km	2:07:58.00	#10 Women 14&O 5000 Free 5000KM	1:03:04.00	

SA National OWS Championship 2023-PE - 10/03/2023 to 12/03/2023

Team Entries - All Events

Western Cape Aquatics-CP

22	Osborne, Tanya - Female - Age: 50 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	45:50.00		
23	Scott, Luke - Male - Age: 15 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	43:03.00		
24	Strydom, Stephan - Male - Age: 18 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	39:49.28		
25	Terblanche, Luan - Male - Age: 15 - Ind/Rel: 2 / 0			
	#3 Men 13&O 3000 Free 3000KM	37:44.10	#12 Men 14&O 5000 Free 5000KM	1:05:15.00
26	Tinley, Kate - Female - Age: 19 - Ind/Rel: 2 / 0			
	#1 Women 14&O 10000 Free 10000km	2:31:07.00	#10 Women 14&O 5000 Free 5000KM	1:12:41.00
27	Van Der Merwe, Ula - Male - Age: 16 - Ind/Rel: 1 / 0			
	#3 Men 13&O 3000 Free 3000KM	43:09.00		
28	Verbeek, Wilmien - Female - Age: 15 - Ind/Rel: 1 / 0			
	#7 Women 13&O 3000 Free 3000KM	45:42.00		
29	Viljoen, Jaden - Male - Age: 15 - Ind/Rel: 2 / 0			
	#3 Men 13&O 3000 Free 3000KM	44:28.00	#12 Men 14&O 5000 Free 5000KM	NT #
30	Vorster, Heinrich - Male - Age: 21 - Ind/Rel: 2 / 0			
	#5 Men 14&O 10000 Free 10000KM	2:10:23.00	#12 Men 14&O 5000 Free 5000KM	1:03:19.00
31	Weber, Michelle - Female - Age: 27 - Ind/Rel: 1 / 0			
	#1 Women 14&O 10000 Free 10000km	2:16:07.00		

Western Cape Aquatics-CP Total Individual Entries: 50 - Total Relays: 0