



NORTH WEST TRIATHLON ROLE OF HONOUR 2023

NW Triathlon Championships - Category winners 2023

SUPERSPRINT - BOYS

Nico Swart
Gerhard Swart



SPRINT - MEN

Matthew Greer
Wert Dippenaar
Ryno van Rensburg



STANDARD - MEN

Dylan Kruger
Rieghardt Rautenbach
Charles Beaurain



SUPERSPRINT - GIRLS

Melinda Dippenaar



SPRINT - LADIES

Jacolien Swart
Lyndel Beaurain
Antoinette Hoogheimstra



STANDARD - LADIES

Mariette Hitge
Tannith du toit
Jolanda Rosin



SA Sprint Triathlon Championships February 2023

OVERALL - MEN

Dylan Kruger
Matthew Greer



AGE GROUP - MEN

Dylan Kruger	25-29	
Matthew Greer	25-29	
Ryno van Rensburg	35-39	
Anton Schoeman	55-59	
Ian Crozier	60-64	
Pieter Henning	70-74	
Nico Swart	12-13	



AGE GROUP - LADIES

Gizeldë Strauss	20-24	
Robyn Murphy	25-29	
Elmarie Laas	40-44	
Jacolien Swart	40-44	





SA Standard Triathlon Championships March 2023

AGE GROUP - MEN

Jaco Venter

40-44



NW Duathlon Championships - Category winners 2023

SUPERSPRINT - BOYS

Jansu de Beer

Wihan Strydom

Elardus Erasmus



SPRINT - MEN

Francois de Jager

Tihard Strydom

Isak Hitge



STANDARD - MEN

Dylan Kruger

Jaco Venter

Pieter Burger



SUPERSPRINT - GIRLS

Danel de Jager

Fabiana Hans de Andrade

Jasmine Nel



SPRINT - LADIES

Rika Rossouw

Elmarie Laas

Karla Durant



STANDARD - LADIES

Mariette Hitge





SA Duathlon Championships July 2023

STANDARD OVERALL - MEN

Dylan Kruger



LONG DISTANCE OVERALL-MEN

Andre du Toit



JUNIOR OVERALL - MALE

Rico Leijenaar



STANDARD OVERALL - LADIES

Rika Rossouw



LONG DISTANCE OVERALL-LADIES

Mariette Hitge



SUPERSPRINT OVERALL - BOYS

Jansu de Beer



SA Duathlon Championships July 2023 Age Group Medals

SUPERSPRINT - BOYS

Jansu de Beer

12-13



JUNIOR - MEN

Rico Leijenaar

18-19



STANDARD - MEN

Dylan Kruger

25-29



Pieter Henning

70-74



AGE GROUP SPRINT - MEN

Johan Bezuidenhout

20-24



Cor Leijenaar

50-54



Piet Swaenepoel

65-69



Hans Gouws

65-69



LONG DISTANCE - MEN

Andre du Toit

55-59



STANDARD - LADIES

Rika Rossouw

45-49



Izaane Demetriou

40-44



JUNIOR - LADIES

Karla Durant

18-19



AGE GROUP SPRINT - LADIES

Robyn Murphy

25-29



Griseldes Steyn

55-59



Kitta Bousema

50-54



Lynn van Tonder

65-69



LONG DISTANCE- LADIES

Mariette Hitge

55-59

