

Benguela Cove



Position		Female - Skins 400 m			
4	1	120	00:09:38	LS	Tanya Marshall
5	2	101	00:10:02	LS	Megan Higgs
11	3	102	00:16:58	LS	Alexandra Rust
13	4	112	00:17:08	LS	Leslie Downie

Benguela Cove



Position		Female - Wetsuit 400 m			
8	1	110	00:13:10	LW	Isabelle Hofmeyr
9	2	113	00:15:02	LW	Kate Biggs
12	3	111	00:17:05	LW	Emma Hofmeyr
14	4	109	00:22:06	LW	Nicky Dawes
15	5	108	00:22:09	LW	Chloe Dawes

Benguela Cove



Position		Male - Skins 400 m			
1	1	104	00:08:26	MS	Liam Ellis
2	2	107	00:09:17	MS	Thobe Kuipers
3	3	119	00:09:36	MS	joshua Pein
7	4	103	00:12:31	MS	Koos van der Merwe

Benguela Cove



Position		Male - Wetsuit 400 m			
6	1	105	00:11:44	MW	Hermanus van der Merwe
10	2	106	00:16:41	MW	Tate Meade