

2024-2025 SEASON ZIMBABWE NATIONAL TRIATHLON CHAMPIONSHIPS



8TH MARCH 2025 - TROUTBECK

**** for SWIM-BIKE-RUN SPLIT TIMES please refer to FINISHTIME WEBSITE**

<https://results.finishtime.co.za/results.aspx?CId=35&RId=4998>

UNDER 13 GIRLS

POSITION	RACE #	FIRST NAME	SURNAME	AGE CAT.	FINISH TIME	SWIM	T1	LAP 1 RACE TIME	BIKE	LAP 3 RACE TIME	CYCLE RACE TIME	T2 RACE TIME	RUN RACE TIME
1	77	Alexis	BEAMISH	U13	00:58:39	00:06:20	00:07:20	00:24:21	00:41:34		00:42:04	00:42:57	00:58:39
2	79	Hannah	PRINGLE	U13	00:59:43	00:06:42	00:08:01	00:27:02	00:45:16		00:45:50	00:46:28	00:59:43
3	80	Tamiranashe	MABOREKE	U13	01:00:25	00:06:30	00:07:53	00:27:02	00:45:14		00:45:49	00:46:32	01:00:25
4	81	Hannah	HOSACK	U13	01:00:52	00:08:11	00:09:53	00:28:40	00:47:14		00:47:47	00:48:26	01:00:52
5	78	Olivia	COLLETT	U13	01:06:31	00:07:31	00:08:29	00:28:38	00:50:08		00:50:37	00:51:25	01:06:31

UNDER 13 BOYS

POSITION	RACE #	FIRST NAME	SURNAME	AGE CAT.	FINISH TIME	SWIM	T1	LAP 1 RACE TIME	BIKE	LAP 3 RACE TIME	CYCLE RACE TIME	T2 RACE TIME	RUN RACE TIME
1	71	Alvin. T	MUFUTE	U13	01:10:33	00:07:09	00:09:03	00:31:09	00:53:16		00:53:48	00:55:21	01:10:33
2	72	Freek	VAN NEDERVEEN	U13	01:11:39	00:07:04	00:09:04	00:31:18	00:55:46		00:56:18	00:56:58	01:11:39

UNDER 15 GIRLS

POSITION	RACE #	FIRST NAME	SURNAME	AGE CAT.	FINISH TIME	SWIM	T1	LAP 1 RACE TIME	BIKE	LAP 3 RACE TIME	CYCLE RACE TIME	T2 RACE TIME	RUN RACE TIME
1	75	Rachel	O'DONOGHUE	U15	00:45:01	00:05:34	00:06:33	00:20:09	00:33:50		00:34:14	00:34:54	00:45:01
2	73	Olivia	BEAMISH	U15	00:48:38	00:06:03	00:06:56	00:21:19	00:35:29		00:35:57	00:36:37	00:48:38
3	76	Bianca	VAN DE LINDE	U15	01:03:26	00:06:46	00:08:04	00:27:25	00:46:28		00:47:57	00:48:36	01:03:26
DNS	74	Jamie	PRINGLE	U15	DNS								

UNDER 15 BOYS

POSITION	RACE #	FIRST NAME	SURNAME	AGE CAT.	FINISH TIME	SWIM	T1	LAP 1 RACE TIME	BIKE	LAP 3 RACE TIME	CYCLE RACE TIME	T2 RACE TIME	RUN RACE TIME
1	60	Zander	BOTHA	U15	00:44:32	00:05:48	00:06:37	00:20:15	00:33:33		00:33:58	00:34:36	00:44:32
2	61	Matthew	HILDEBRAND	U15	00:48:52	00:06:13	00:07:19	00:21:50	00:36:32		00:36:55	00:37:29	00:48:52
3	69	John	GODDARD	U15	00:53:08	00:05:30	00:06:26	00:23:00	00:39:16		00:39:42	00:40:32	00:53:08
4	63	Ethan	DONZVA	U15	00:58:43	00:04:33	00:06:44	00:22:48	00:38:42		00:39:11	00:40:20	00:58:43
5	70	Sebastian	GODDARD	U15	00:59:47	00:06:42	00:07:40	00:25:47	00:43:49		00:44:23	00:45:16	00:59:47
6	65	Taanashe Kael	MAKOSA	U15	01:06:25	00:06:47	00:07:55	00:48:34			00:49:08	00:50:07	01:06:25
7	66	Zizael	MUNYATI	U15	01:14:09	00:09:01	00:10:19	00:34:35	00:58:37		00:59:07	00:59:47	01:14:09
8	68	Mudiwa	ZIVIRA	U15	01:18:48	00:10:48	00:12:34	00:36:07	00:59:33		01:00:24	01:01:24	01:18:48
DNF	62	Francis	MUNGARA	U15	DNF	-00:01:30	00:49:32	00:29:29	00:49:01				00:58:02
DNF	67	Edward	MANDIMUTSIRA	U15	DNF	-00:01:24	00:11:45	00:30:02	00:36:07		00:31:51	01:00:15	01:18:48

AG STANDARD - MEN - OVERALL

POSITION	RACE #	FIRST NAME	SURNAME	AGE CAT.	FINISH TIME	SWIM	T1	LAP 1 RACE TIME	BIKE	LAP 3 RACE TIME	CYCLE RACE TIME	T2 RACE TIME	RUN RACE TIME
1	32	Matthew	DENSLOW	19-29	02:28:51	00:22:03	00:23:04	00:39:13	00:53:45	01:07:42	01:49:51	01:51:14	02:28:51
2	25	David	GARDNER	50-59	02:42:46	00:22:45	00:24:08	00:40:12	00:54:37	01:09:07	01:53:54	01:54:56	02:42:46
3	27	Paul	DENSLOW	50-59	02:49:22	00:24:52	00:26:39	00:42:41	00:57:29	01:12:26	01:58:34	02:00:02	02:49:22
4	21	Paul	COLLINS	60+	03:03:45	00:38:24	00:40:24	00:52:35	01:07:39	01:22:52	02:11:01	02:12:39	03:03:45
5	28	Mark	FULLER	40-49	03:09:40	00:24:25	00:25:59	00:48:35	01:04:19	01:20:05	02:09:16	02:11:57	03:09:40
6	22	Wayne	DAVIDSON	60+	03:47:48	00:28:25	00:31:27	00:48:25	01:04:09	01:20:09	02:09:26	02:11:55	03:47:48
	24	Glenn	MORGAN	50-59	DNF	00:24:25	00:25:54	00:41:53	00:48:35	00:56:22	01:16:32	02:09:16	03:09:40

AG SPRINT - WOMEN - BY AGE CATEGORY

POSITION	RACE #	FIRST NAME	SURNAME	AGE CAT.	FINISH TIME	SWIM	T1	LAP 1 RACE TIME	BIKE	LAP 3 RACE TIME	CYCLE RACE TIME	T2 RACE TIME	RUN RACE TIME
1	51	Jennifer	SCHMIDT	40-49	01:52:28	00:20:01	00:21:53	00:39:44	00:59:33	01:19:37	01:20:16	01:21:48	01:52:28
1	54	Leigh-Anne	YOUNG	19-29	01:56:01	00:16:25	00:18:10	00:38:20	00:57:36	01:17:53	01:18:39	01:20:43	01:56:01
	50	Debbie	COLEGRAVE	50-59	DNS								

AG SPRINT - MEN - BY AGE CATEGORY

POSITION	RACE #	FIRST NAME	SURNAME	AGE CAT.	FINISH TIME	SWIM	T1	LAP 1 RACE TIME	BIKE	LAP 3 RACE TIME	CYCLE RACE TIME	T2 RACE TIME	RUN RACE TIME
1	53	Dusty	JOHN	30 to 39	01:32:55	00:13:59	00:16:09	00:33:23	00:49:35	01:05:54	01:06:27	01:07:45	01:32:55
1	55	Tapiwa	CHIDZODZO	19 to 29	01:51:21	00:19:51	00:21:57	00:42:43	01:03:18	01:24:05	01:24:50	01:25:29	01:51:21

AG STANDARD - WOMEN - BY AGE CATEGORY

POSITION	RACE #	FIRST NAME	SURNAME	AGE CAT.	FINISH TIME	SWIM	T1	LAP 1 RACE TIME	BIKE	LAP 3 RACE TIME	CYCLE RACE TIME	T2 RACE TIME	RUN RACE TIME
1	23	Debbie	COLEGRAVE	50-59	03:18:11	00:31:39	00:34:32	00:52:53	01:11:02	01:29:13	02:25:44	02:27:25	03:18:11
2	26	Evonne	MUDZINGWA	50-59	04:29:40	00:44:56	00:46:55	01:11:36	01:34:19	01:57:18	03:08:57	03:11:01	04:29:40

AG STANDARD - MEN - BY AGE CATEGORY

POSITION	RACE #	FIRST NAME	SURNAME	AGE CAT.	FINISH TIME	SWIM	T1	LAP 1 RACE TIME	BIKE	LAP 3 RACE TIME	CYCLE RACE TIME	T2 RACE TIME	RUN RACE TIME
1	32	Matthew	DENSLOW	19-29	02:28:51	00:22:03	00:23:04	00:39:13	00:53:45	01:07:42	01:49:51	01:51:14	02:28:51
1	28	Mark	FULLER	40-49	03:09:40	00:24:25	00:25:59	00:48:35	01:04:19	01:20:05	02:09:16	02:11:57	03:09:40
1	25	David	GARDNER	50-59	02:42:46	00:22:45	00:24:08	00:40:12	00:54:37	01:09:07	01:53:54	01:54:56	02:42:46
2	27	Paul	DENSLOW	50-59	02:49:22	00:24:52	00:26:39	00:42:41	00:57:29	01:12:26	01:58:34	02:00:02	02:49:22
3	24	Glenn	MORGAN	50-59	DNF	00:24:25	00:25:54	00:41:53	00:48:35	00:56:22	01:16:32	02:09:16	03:09:40
1	21	Paul	COLLINS	60+	03:03:45	00:38:24	00:40:24	00:52:35	01:07:39	01:22:52	02:11:01	02:12:39	03:03:45
2	22	Wayne	DAVIDSON	60+	03:47:48	00:28:25	00:31:27	00:48:25	01:04:09	01:20:09	02:09:26	02:11:55	03:47:48

2025 BONAQUA AFRICA CUP TROUTBECK & MULTISPORT FESTIVAL - SATURDAY 8TH MARCH 2025

RESULTS FOR ALL NON-CHAMPIONSHIP MULTISPORT EVENTS

** for your race SPLITS please refer to FINISHTIME WEBSITE

<https://results.finishtime.co.za/results.aspx?CId=35&RId=4998>

EVENT	OVERALL POSITION	RACE #	FIRST NAME	SURNAME	Gender	Finish status	FINISH TIME
AQUATHLON INDIVIDUALS	1	39	Ropafadzo	MADYA	Female	Finished	00:26:20
	2	38	Benjamin	MPATA	Male	Finished	00:26:34
	3	41	Ethan	CHINAMASA	Male	Finished	00:26:39
	4	45	Scott	BUCHAN	Male	Finished	00:27:58
	5	40	Munenyasha	VAMBE	Female	Finished	00:33:45
	6	35	Ngonidzashe	NASUKU	Male	Finished	00:37:35
	7	37	Fungai	MUTHANDWA	Male	Finished	00:41:30
	8	44	Blackie	LINNELL	Female	Finished	01:16:21
	DNS	34	Tatenda	NYAKUNO	Male		DNS
	DNS	42	Atipaishe	GWARAZIMBA	Male		DNS
	DNS	43	Thabo	MOYO	Male		DNS
AQUATHLON TEAMS	1	152	Team	MILESTONE SCHOOL A	Male	Finished	00:19:26
	2	153	Team	MILESTONE SCHOOL B	Male	Finished	00:20:00
	3	154	Team	KAS ACADEMY 2	Male	Finished	00:22:01
	4	151	Team	KAS ACADEMY	Male	Finished	00:27:55
CORPORATE CHALLENGE DUATHLON CAT. A	1	108	Team	AFRICAN SUN HOTELS 2	Male	Finished	00:58:51
	2	102	Team	SZL 4	Male	Finished	01:00:53
	3	103	Team	SZL 5	Male	Finished	01:05:07
	4	104	Team	MCM LEGAL 1	Male	Finished	01:07:40
	5	107	Team	FREIGHT WORLD	Male	Finished	01:08:40
	6	105	Team	MCM LEGAL 2	Male	Finished	01:11:49
	7	106	Team	MCM LEGAL 3	Male	Finished	01:11:52
	8	101	Team	ECOCASH 1	Male	Finished	01:37:25
	9	160	Team	WIZE OWL SCHOOL	Male	Finished	01:53:45

YOUTH MINI TRIATHLON OVERALL							
	1	127	Justin	LAKE	Male	Finished	00:11:57
	2	116	Bryce	CAMERON	Male	Finished	00:12:08
	3	123	Dominic	BOWL	Male	Finished	00:12:16
	4	119	Shinga	MUSHAMBA	Male	Finished	00:13:06
	5	147	Hugo	STEVENSON	Male	Finished	00:13:28
	6	120	Shungu	MUSHAMBA	Male	Finished	00:13:29
	7	133	Amy	HOSACK	Female	Finished	00:13:32
	8	110	Eri	NYAZVIGO	Male	Finished	00:14:17
	9	248	Matida	PSWARAYI	Female	Finished	00:14:50
	10	128	Sylvan	MATOWA	Male	Finished	00:15:32
	11	155	Takudzwa	MAPURANGA	Male	Finished	00:15:42
	12	125	Nathaniel	GOVERE	Male	Finished	00:15:46
	13	114	Shailyn	MUSEKA	Female	Finished	00:15:53
	14	115	Jaelyn	MVERECHENA	Female	Finished	00:16:04
	15	126	Jayden	TAPIWANASHE	Male	Finished	00:16:40
	16	113	Matifadza	KARUKU	Female	Finished	00:16:55
	17	141	Taeke	VAN NEDERVEEN	Male	Finished	00:17:29
	18	130	Yven	MUNOPFUKUTWA	Female	Finished	00:18:29
	19	129	Kyle	SIBANDA	Male	Finished	00:18:34
	20	121	Anesu	MUSHAKAVANHU	Male	Finished	00:19:28
	21	135	Samantha	SHAW	Female	Finished	00:20:02
	22	134	Jerome	MVERECHENA	Male	Finished	00:20:20
	23	112	Matipaishe	MAGOCHA	Female	Finished	00:21:05
	24	142	Harrison	SHAW	Male	Finished	00:21:18
	25	132	Ivanka	NEMBAWARE	Female	Finished	00:21:32
	26	117	Bradley	MUTASA	Male	Finished	00:22:49
	27	131	Ephraim	MUTANDWA	Male	Finished	00:23:27
	28	140	Mudiwa	CHINAMASA	Female	Finished	00:24:18
	29	118	Takuda	CHIWAKA	Male	Finished	00:29:08
	30	122	Adrian	USHAMBA	Male	Finished	00:29:49
	31	247	Ethan	KAMBARAMI	Male	Finished	00:34:41
	DNF	139	Yemurai	CHIWAKA	Female	Withdrawn during race	DNS
	DNS	111	Tawonanyasha	SITHOLE	Male	Pre-race withdrawal	DNS
	DNS	124	William	WILD	Male	Pre-race withdrawal	DNS
	DNS	136	Hannah	COLLETT	Female	Pre-race withdrawal	DNS
	DNS	137	Everly	BOWL	Female	Pre-race withdrawal	DNS
	DNS	138	Jonathan	WILD	Male	Pre-race withdrawal	DNS
	DNS	143	Ant	O'DONOGHUE	Male	Pre-race withdrawal	DNS

YOUTH MINI DUATHLON OVERALL	1	146	Aaron	LAKE	Male	Finished	00:11:55
	2	149	Rukudzo	CHIKUMBIRIKE	Male	Finished	00:14:28
	3	145	Shammah	SARACHI	Female	Finished	00:16:27
	DNS	144	Anesu	JONGWE	Male	Pre-race withdrawal	DNS
	DNS	148	Tendai	CHITEPO	Female	Pre-race withdrawal	DNS
	DNS	150	Caleb	MASVOSVE	Male	Pre-race withdrawal	DNS

TROUTBECK 2025 MULTISPORT FESTIVAL - SATURDAY 8TH MARCH 2025

CYCLE CRITERIUM RESULTS

** for your race SPLITS please refer to FINISHTIME WEBSITE <https://results.finishtime.co.za/results.aspx?CId=35&RId=4998>

CATEGORY	CATEGORY POSITION	RACE #	FIRST NAME	SURNAME	GENDER	FINISH TIME	GENDER POSITION	CATEGORY POSITION	AGE
ELITE/U23 MALE	1	208	Tinashe	MARIMA	Male	00:33:42	12	2	22
	2	209	Tendai	MANYAWU	Male	00:39:12	9	1	21
JUNIOR U19 FEMALE	1	210	Michelle	PIOUS	Female	00:39:30	1	1	17
JUNIOR UNDER 19 MALE	1	197	Nyasha	MURIDINI	Male	00:33:02	1	1	17
MASTERS & VETS FEMALE	DNS	195	Prescilla	MASHAMBA	Female	DNS	DNS	DNS	28
MASTERS & VETS FEMALE	DNS	196	Rumbidzwai	CHIUNDA	Female	DNS	DNS	DNS	24
MASTERS & VETS MALE	1	202	Elton	MUCHEMWA	Male	00:31:30	10	4	49
MASTERS & VETS MALE	2	193	Elias	MUSAMBA	Male	00:33:15	11	5	28
MASTERS & VETS MALE	3	194	John	LUNGA	Male	00:33:38	2	1	48
MASTERS & VETS MALE	4	203	Washington	MUREVANHEMA	Male	00:36:57	7	2	44
MASTERS & VETS MALE	5	204	Rodrick	SHUMBA	Male	00:37:08	8	3	36
MASTERS & VETS MALE	6	200	Arifa	SUMANI	Male	00:39:36	13	6	68
MASTERS & VETS MALE	DNS	201	Keith	COHEN	Male	DNS	DNS	DNS	50
MASTERS & VETS MALE	DNS	206	Godfrey	GUZEZE	Male	DNS	DNS	DNS	32
MASTERS & VETS MALE	DNS	207	Kudzai	ALI	Male	DNS	DNS	DNS	30
YOUTH U15 MALE	1	215	Kai	WILMANS	Male	00:35:21	5	1	13
YOUTH U15 MALE	2	214	Daniel	NICHOLSON	Male	00:36:22	6	2	14
YOUTH U17 FEMALE	1	213	Lilyarna	EGGERSGLUSZ	Female	00:35:08	2	1	15
YOUTH U17 MALE	1	211	Ross	WILLIAMS	Male	00:34:43	3	1	15
YOUTH U17 MALE	2	212	Diego	DE NORONHA	Male	00:35:10	4	2	15

2025 BONAQUA AFRICA TRIATHLON CUP & MULTISPORT FESTIVAL SATURDAY 8TH MARCH

OPEN WATER SWIM RESULTS

CAP NUMBER	FIRST NAME	SURNAME	DATE OF BIRTH	GENDER	DISTANCE	AGE CATEGORY	OVERALL POSITON	TIME	GENDER POSITION	CAT POSITION
O2	WADE	MCSHAW	15-04-06	MALE	750	16-18	1	11:52.96	3	1
O4	Ethan	Donsva	29-11-10	MALE	750	14-15	2	12:30.93	2	1
O5	Olivia	Beamish	24-05-10	FEMALE	750	14-15	3	12:34.08	1	1
O3	Nick	James	01-05-90	MALE	750	35+	4	13:10.92	4	1
O6	Savannah	Beamish	21-06-08	FEMALE	750	16-18	5	13:37.69	2	1
O9	DOMINIC	BOWL	25-02-14	MALE	750	12-13	6	13:59.26	1	1
O10	Caylin	Amm	20-11-06	FEMALE	750	19-34	7	14:44.58	3	1
O7	Cheryl	Passaportis	29-06-61	FEMALE	750	35+	8	16:59.08	4	1
O1	Yvonne	Franceys	12-08-68	FEMALE	750	35+	9	17:02.43	5	2
O8	Angela	Miller	12-02-65	FEMALE	750	35+	10	17:05.01	6	3

CAP NUMBER	FIRST NAME	SURNAME	DATE OF BIRTH	GENDER	DISTANCE	AGE CATEGORY	OVERALL POSTIION	TIME	GENDER POSITION	CAT POSITION
P2	Callum	Chisholm	17-03-11	MALE	1500	14-15	1	23:22.83	1	1
P7	John	Goddard	24-05-11	MALE	1500	14-15	2	24:15.38	1	2
P3	Tayleigh	Taylor	25-07-07	FEMALE	1500	16-18	3	24:35.99	1	1
P10	Stephanie	Rundle	16-01-07	FEMALE	1500	16-18	4	25:49.66	2	2
P4	Charlotte	Wetzlar	21-01-91	FEMALE	1500	19-34	5	27:40.39	3	1
P1	Jo	Worsfold	19-02-70	FEMALE	1500	35+	6	29:40.76	4	1
P5	Lorna	Chidoba	02-03-85	FEMALE	1500	35+	7	40:16.84	5	2

CAP NUMBER	FIRST NAME	SURNAME	DATE OF BIRTH	GENDER	DISTANCE	AGE CATEGORY	OVERALL POSITION	TIME	GENDER POSITION	CAT POSITION
G3	Susie	Worsfold	08-11-07	FEMALE	3000	16-18	1	47:03.53	1	1
G10	Braden	Amm	15-04-09	MALE	3000	16-18	2	53:01.76	1	1
G2	Sam	Hosack	23-02-79	MALE	3000	35+	3	55:31.62	2	1
G1	Tracey	Shaw	16-02-86	FEMALE	3000	35+	4	57:02.54	2	1
G4	Margit	Landman	23-05-69	FEMALE	3000	35+	5	1:00:15.31	3	2

CAP NUMBER	FIRST NAME	SURNAME	DATE OF BIRTH	GENDER	DISTANCE	AGE CATEGORY	OVERALL POSITION	TIME	GENDER POSITION	CAT POSITION
y4	Anje	Van As	11-05-07	FEMALE	5000	16-18	1	1:07:18.68	1	1
y1	Connor	Grist	18-05-09	MALE	5000	16-18	2	1:10:16.54	1	1
Y2	Alexis	Johnsen	17-02-10	FEMALE	5000	14-15	DNF		DNF	DNF

**2025 BONAQUA AFRICA TRIATHLON CUP & MULTISPORT FESTIVAL SATURDAY 8TH
MARCH**

OPEN WATER SWIM 4X500M RELAY RESULTS

CAP NUMBER	TEAM	SWIMMER 1	SWIMMER 2	SWIMMER 3	SWIMMER 4	OVERALL POSITION
3	Spartans	Wade McShaw	Charlotte Wetzlar	Nick James	Anje van As	1
2	The slick Screenagers	John Goddard	Tendekai Maboreke	Sebastian Goddard	Justin Lake	2
1	TEAM MZTD	Daniel Nicholson	Zander Botha	Taanashe Makosa	Matthew Hildebrand	3