

# Triathlon South Africa

Sunshine Coast Triathlon  
28-Mar-2010 Orient Beach, East London



- [HOME](#)
- [EVENTS](#)
- [RESULTS](#)
- [ATHLETES](#)
- [REGISTER](#)
- [ABOUT TSA](#)
- [PHOTOS](#)
- [CLUBS](#)
- [LINKS](#)
- [CONTACT US](#)
- [LOGIN](#)

## Rabie reigns in Germiston

41 views

Monday, 22 March 2010

Mari Rabie took line honours on Sunday 21 March at the SA Triathlon Championships at Germiston Lake, preventing pre race favourite Andrea Steyn from repeating her title in 2009.

Steyn's Achilles heal, the swim, was where she lost the race. In the 1500m swim the defending champion lost almost 3 minutes on Rabie and despite having faster bike and run legs, Rabie's lead was too big to make up.

Rabie needed only 20min and 8 sec to cover the 2 lap swim course. Carlyn Fischer in the U23 Category was second out of the water (20:44) with Vicky Van Der Merwe (U23) third.

Steyn the flew through the bike course (4x10km out and back course) passing Fischer, Van Der Merwe, Riana De Lange, Kathryn Cronje, Caroline Koll and Vivienne Williams. Steyn needed only 1hr 3min11 sec for the 40km, to Rabie's 1:05:07, but the gap was too big for her to make up on the 10km run.

Mari Rabie needed 36min 27sec for the 10km run, Andrea Steyn needed 36:06 to cross the line in 2:02:12 to Rabie's 2:01:42. Third went to SA Long Distance Champion Caroline Koll.

Fischer shows class and wins U23 Title

Carlyn Fischer showed how much talent there is in her small frame, by winning the U23 title in her first year in this age category. Fischer was second out of the water (behind Mari Rabie) and although she had the slowest cycle leg, she had the fastest 10km run and was clearly the class athlete in the U23 age category.

**Results**

- 1. Mari Rabie 2:01:42
- 2. Andrea Steyn 2:02:12
- 3. Caroline Koll 2:05:31

**U23**

- 1. Carlyn Fischer 2:06:42
- 2. Lauren Dance 2:08:03
- 3. Vicky Van Der Merwe 2:08:24

Do you  
want to  
**advertise**  
here?

Email

[info@liquidbox.co.za](mailto:info@liquidbox.co.za)

for more  
information.



### UPCOMING EVENTS

- 28-Mar **TRI** Compendium Series (Sprint) #1

---

- 28-Mar **DU** EPTA Triathlon / Duathlon Development

---

- 28-Mar **TRI** 2010 Buffelspoort Tri-Athlon

---

- 28-Mar **TRI** 2010 Mooloolaba ITU Triathlon World Cup

---

- 28-Mar **TRI** Sunshine Coast Triathlon

[more events](#)

### RECENT RESULTS

- 14-Mar **TRI** Sasol Cross Triathlon Series

---

- 07-Mar **TRI** Midlands Ultra (Ultra & Sprint)

---

- 07-Mar **DU** Momentum Health Teavigo Duathlon Series #1 (Road)

---

- 28-Feb **TRI** ELEVEN Cape Town

---

- 21-Feb **TRI** Prestige Ultra 2010 SA LD Triathlon Championships

[more results](#)

