

LADIES (Open , Junior , 40+)

	Name	Surname	Age	Category	Club	Time	Heat
1	Simonay	Weitsz	20	Open	Tuks	4:47.59	A
2	Tyler	Beiling	20	Open	Kovsies Athletics	4:48.80	A
3	Danielle	Verster	16	Juniors	Potch Gimnasium	4:50.89	A
4	Nadia	Potgieter	16	Juniors	Garsfontein	5:02.92	A
5	Michelle	Redelinghuys	24	Open	Boxer	5:04.46	A
6	Channah	Du Plessis	20	Open	Kovsies Athletics	5:05.16	A
7	Shanley	Koekemoer	19	Juniors	Campbell University , USA	5:06.23	A
8	Vicky	Oelofse	19	Juniors	Kovsie Athletics	5:07.12	A
9	Lauren	Jonathan	22	Open	Individual	5:13.39	A
10	Icarien	Van Deventer	24	Open	Nedbank Running Club	5:15.62	A
11	Kia	Gibbs	18	Juniors	KWAY-VOB	5:16.17	A
12	Lizandre	Mulder	22	Open	Kovsies Athletics	5:19.52	A
13	Anja	Van Heerden	16	Juniors	Paarl Girls High	5:25.14	A
14	Virgell-Lee	Africa	16	Juniors	Itheko Atletiek Klub	5:31.49	A
15	Anna	Backeberg	17	Juniors	KWAY-VOB	5:32.83	A
16	Marili	Munnik	50	40+	Tuks	5:33.54	A
17	Jandri	Snyders	15	Juniors	Hartenbos Drawwers	5:41.29	B
18	Chenique	Sas	15	Juniors	Itheko Atletiek Klub	5:47.75	B
19	Isabella	Cockeran	15	Juniors	Hoerskool Randburg AC	5:48.46	B
20	Esabel	Makhura	19	Juniors	Tshwane University of Technology	5:49.13	B
21	Mia	Van Der Veen	14	Juniors	Sterk Span Coaching Academy	5:52.70	B
22	Sharlan	Boer	21	Open	Itheko Atletiek Klub	6:02.03	B
23	Christolique	Mc Niel	14	Juniors	Itheko Atletiek Klub	6:07.65	B
24	Joanique	Horn	14	Juniors	Itheko Atletiek Klub	6:08.22	B
25	Lara	Vrey	16	Juniors	Nedbank Running Club	6:10.50	B
26	Marina	Van Tonder	20	Open	Maties	6:12.81	B
27	Sarah	Viljoen	19	Juniors	Hartenbos Drawwers	6:28.68	B
28	Meagan	Swanepoel	18	Juniors	Itheko Atletiek Klub	6:30.28	B
29	Mpho	Mariri	25	Open	Tshwane University of Technology	6:30.87	B

30	Annike	Charles	14	Juniors	Riversdal Super Kids	6:32.43	B
31	Chante	Jafta	14	Juniors	Riversdal Super Kids	6:48.67	B
32	Hendrica	Lekay	40	40+	Individual	7:53.10	B