



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| GIRLS 8 - 1km | | | | | | | | |
|---------------|-----|-----|------------------|---------------------|------|---------|-------|--|
| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME | |
| 1 | 1 | 710 | Rianza | BOSHOFF | AFS | G08/1 | 04:01 | |
| 2 | 2 | 707 | Karli | SWANEPOEL | ACNW | G08/1 | 04:06 | |
| 3 | 3 | 761 | Ivanka | VAN HEERDEN | AMPU | G08/1 | 04:07 | |
| 4 | 4 | 824 | Keneilwe | RATAU | LIMA | G08/1 | 04:07 | |
| 5 | 5 | 811 | Miané | COOK | LIMA | G08/1 | 04:14 | |
| 6 | 6 | 729 | Jesse | DU PREEZ | AGN | G08/1 | 04:16 | |
| 7 | 7 | 760 | Isabelle | STRYDOM | AMPU | G08/1 | 04:17 | |
| 8 | 8 | 791 | Dominique | BROUGHTON | CGA | G08/1 | 04:19 | |
| 9 | 9 | 817 | Kgautsho | MAKOFANE | LIMA | G08/1 | 04:20 | |
| 10 | 10 | 714 | Inge-Mari | HAMMAN | AFS | G08/1 | 04:21 | |
| 11 | 11 | 768 | Minay | CLOETE | ANWN | G08/1 | 04:21 | |
| 12 | 12 | 721 | Matshidiso | SEKHOSANA | AFS | G08/1 | 04:22 | |
| 13 | 13 | 723 | Elisheva | VERSTER | AFS | G08/1 | 04:22 | |
| 14 | 14 | 725 | Miané | WESSELS | AFS | G08/1 | 04:23 | |
| 15 | 15 | 724 | Neriyah | VERSTER | AFS | G08/1 | 04:25 | |
| 16 | 16 | 741 | Lisa | SWANEPOEL | AGN | G08/1 | 04:26 | |
| 17 | 17 | 740 | Robyn | STURDY | AGN | G08/1 | 04:26 | |
| 18 | 18 | 795 | Marli | REYNOLDS | CGA | G08/1 | 04:27 | |
| 19 | 19 | 780 | Misha | MEYER | ASWD | G08/1 | 04:27 | |
| 20 | 20 | 752 | Leandri | JANSEN VAN RENSBURG | AMPU | G08/1 | 04:28 | |
| 21 | 21 | 796 | Kealeboga | SEFALA | CGA | G08/1 | 04:28 | |
| 22 | 22 | 782 | Libby | SWANEPOEL | ASWD | G08/1 | 04:29 | |
| 23 | 23 | 733 | Ané | LABUSCHAGNE | AGN | G08/1 | 04:29 | |
| 24 | 24 | 731 | Cari | DUROW | AGN | G08/1 | 04:30 | |
| 25 | 25 | 753 | Omphile Innocent | KGAPOLA | AMPU | G08/1 | 04:30 | |
| 26 | 26 | 743 | Antoné | VILJOEN | AGN | G08/1 | 04:31 | |
| 27 | 27 | 708 | Anlé | BEUKES | AFS | G08/1 | 04:31 | |
| 28 | 28 | 703 | Lesydi | BLOM | ACNW | G08/1 | 04:35 | |
| 29 | 29 | 734 | Alida | LOOCK | AGN | G08/1 | 04:36 | |
| 30 | 30 | 730 | Klara | DU TOIT | AGN | G08/1 | 04:37 | |
| 31 | 31 | 825 | Cara | SNYMAN | LIMA | G08/1 | 04:38 | |
| 32 | 32 | 820 | Dimpho | MATSIMELO | LIMA | G08/1 | 04:38 | |
| 33 | 33 | 809 | Cara | CHRISTIE | LIMA | G08/1 | 04:39 | |
| 34 | 34 | 806 | Melokuhle | SHONGWE | KZNA | G08/1 | 04:39 | |
| 35 | 35 | 816 | Nicole | MAIMELA | LIMA | G08/1 | 04:39 | |
| 36 | 36 | 712 | Lia | GELDENHUYS | AFS | G08/1 | 04:40 | |
| 37 | 37 | 742 | Imé | VAN NIEKERK | AGN | G08/1 | 04:40 | |
| 38 | 38 | 720 | Kylie | ROOTMAN | AFS | G08/1 | 04:41 | |
| 39 | 39 | 739 | Lua | SNYMAN | AGN | G08/1 | 04:41 | |
| 40 | 40 | 728 | Elizabeth | DE BEER | AGN | G08/1 | 04:42 | |
| 41 | 41 | 819 | Mmathapelo | MASEMOLA | LIMA | G08/1 | 04:42 | |
| 42 | 42 | 722 | Lenike | VAN DEN BERG | AFS | G08/1 | 04:43 | |
| 43 | 43 | 757 | Gretchen | SAAIMAN | AMPU | G08/1 | 04:43 | |
| 44 | 44 | 747 | Joha | BASSON | AMPU | G08/1 | 04:43 | |
| 45 | 45 | 711 | Thari | CARSTENS | AFS | G08/1 | 04:44 | |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|----|-----|---------------|----------------------|------|-------|-------|
| 46 | 46 | 746 | Riley | ADAMS | AMPU | G08/1 | 04:44 |
| 47 | 47 | 759 | Mia-Ne | SMIT | AMPU | G08/1 | 04:45 |
| 48 | 48 | 822 | Jeane | NKADIMENG | LIMA | G08/1 | 04:45 |
| 49 | 49 | 736 | Charlotte | OELOFSEN | AGN | G08/1 | 04:45 |
| 50 | 50 | 735 | Keitumetse | MOREMI | AGN | G08/1 | 04:46 |
| 51 | 51 | 823 | Difedile | PHAHLANE | LIMA | G08/1 | 04:47 |
| 52 | 52 | 794 | Owethu | MALULEKE | CGA | G08/1 | 04:47 |
| 53 | 53 | 738 | Lieka | PRINSLOO | AGN | G08/1 | 04:48 |
| 54 | 54 | 744 | Faith Chanwin | SAULS | AGW | G08/1 | 04:49 |
| 55 | 55 | 745 | Minka | VAN DER WESTHUIZEN | AGW | G08/1 | 04:49 |
| 56 | 56 | 798 | Mckenzie | JOOSTE | EPA | G08/1 | 04:50 |
| 57 | 57 | 716 | Phumelele | MLANGENI | AFS | G08/1 | 04:51 |
| 58 | 58 | 715 | Bohlalebapele | MADUNA | AFS | G08/1 | 04:52 |
| 59 | 59 | 821 | Kgotlelelo | MODILA | LIMA | G08/1 | 04:52 |
| 60 | 60 | 771 | Kylie | DE WET | ANWN | G08/1 | 04:53 |
| 61 | 61 | 781 | Avah | SPIES | ASWD | G08/1 | 04:54 |
| 62 | 62 | 793 | Naomi | MALAN | CGA | G08/1 | 04:55 |
| 63 | 63 | 748 | Amore | DE KOCK | AMPU | G08/1 | 04:56 |
| 64 | 64 | 727 | Caitlin | CADDICK | AGN | G08/1 | 04:56 |
| 65 | 65 | 717 | Ditlhare | MOSOTHO | AFS | G08/1 | 04:57 |
| 66 | 66 | 704 | Amogelang | GCELU | ACNW | G08/1 | 04:59 |
| 67 | 67 | 719 | Amoré | PRETORIUS | AFS | G08/1 | 04:59 |
| 68 | 68 | 737 | Ariana | PRETORIUS | AGN | G08/1 | 04:59 |
| 69 | 69 | 709 | Hané | BLIGNAUT | AFS | G08/1 | 05:00 |
| 70 | 70 | 800 | Gabrielle | SCHWEYER | EPA | G08/1 | 05:00 |
| 71 | 71 | 751 | Lienke | GROBLER | AMPU | G08/1 | 05:02 |
| 72 | 72 | 732 | Adeleen | ERASMUS | AGN | G08/1 | 05:02 |
| 73 | 73 | 763 | Megan | WASSERMAN | AMPU | G08/1 | 05:03 |
| 74 | 74 | 779 | Lume | VENTER | ANWN | G08/1 | 05:03 |
| 75 | 75 | 812 | Mosharo | KGATUKE | LIMA | G08/1 | 05:05 |
| 76 | 76 | 797 | Karli | DORFLING | EPA | G08/1 | 05:07 |
| 77 | 77 | 778 | Soria | STEENKAMP | ANWN | G08/1 | 05:08 |
| 78 | 78 | 799 | Shaylin | O'GRADY | EPA | G08/1 | 05:08 |
| 79 | 79 | 713 | Ezelke | HAASBROEK | AFS | G08/1 | 05:09 |
| 80 | 80 | 775 | Anastacia | MOHOLO | ANWN | G08/1 | 05:10 |
| 81 | 81 | 726 | Aliya | BOTMA | AGN | G08/1 | 05:11 |
| 82 | 82 | 749 | Alrie | DE VOS | AMPU | G08/1 | 05:12 |
| 83 | 83 | 756 | Zanri Ann | LOTZ | AMPU | G08/1 | 05:13 |
| 84 | 84 | 818 | Kagisano | MAMETJA | LIMA | G08/1 | 05:14 |
| 85 | 85 | 706 | Ilizna | STOOP | ACNW | G08/1 | 05:15 |
| 86 | 86 | 755 | Wilme | KRUGER | AMPU | G08/1 | 05:15 |
| 87 | 87 | 762 | Mianique | VAN ZYL | AMPU | G08/1 | 05:25 |
| 88 | 88 | 718 | Nomthandazo | NDLOMO | AFS | G08/1 | 05:27 |
| 89 | 89 | 792 | Bontle | MAKGALEMELE | CGA | G08/1 | 05:28 |
| 90 | 90 | 810 | Lize Barbara | COMBRINK | LIMA | G08/1 | 05:29 |
| 91 | 91 | 801 | Layla | DU HECQUET DE RALUAÏ | KZNA | G08/1 | 05:30 |
| 92 | 92 | 766 | Onkarabile | BILIBANA | ANWN | G08/1 | 05:34 |
| 93 | 93 | 705 | Rulise | LABUSCHAGNE | ACNW | G08/1 | |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | |
|-----|-----|-----|-------------|--------------|------|-------|
| 94 | 94 | 808 | Nina | AUGUSTYN | LIMA | G08/1 |
| 95 | 95 | 826 | Ellené | TIMMERMAN | LIMA | G08/1 |
| 96 | 96 | 802 | Emily | GIBBS | KZNA | G08/1 |
| 97 | 97 | 764 | Clara-Belle | BEUKES | ANWN | G08/1 |
| 98 | 98 | 758 | Candice | SITHOLE | AMPU | G08/1 |
| 99 | 99 | 813 | Melay | LEE | LIMA | G08/1 |
| 100 | 100 | 774 | Palesa | MAKHOPA | ANWN | G08/1 |
| 101 | 101 | 784 | Bokamoso | MTANGA | AVT | G08/1 |
| 102 | 102 | 787 | Miane | POTGIETER | AVT | G08/1 |
| 103 | 103 | 765 | Engela | BEZUIDENHOUT | ANWN | G08/1 |
| 104 | 104 | 788 | Orabile | RABOROKO | AVT | G08/1 |
| 105 | 105 | 776 | Mika | NEL | ANWN | G08/1 |
| 106 | 106 | 777 | Larona | NELSON | ANWN | G08/1 |
| 107 | 107 | 803 | Lene | LEENSTRA | KZNA | G08/1 |
| 108 | 108 | 785 | Kamohelo | NJWILI | AVT | G08/1 |
| 109 | 109 | 767 | Ronelle | BULL | ANWN | G08/1 |
| 110 | 110 | 790 | Ame | GOGINA | BORA | G08/1 |
| 111 | 111 | 750 | Mila | DU PLESSIS | AMPU | G08/1 |
| 112 | 112 | 770 | Mieke | DE BEER | ANWN | G08/1 |
| 113 | 113 | 804 | Asimthande | MPUNGOSE | KZNA | G08/1 |
| 114 | 114 | 805 | Nonjabulo | NGUBANE | KZNA | G08/1 |
| 115 | 115 | 786 | Mafusi | NTHEJANE | AVT | G08/1 |
| 116 | 116 | 772 | Sanieka | HERBST | ANWN | G08/1 |
| 117 | 117 | 769 | Chante | COETZEE | ANWN | G08/1 |
| 118 | 118 | 814 | Marli | LOUBSER | LIMA | G08/1 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

GIRLS 9 - 2km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|------------------|--------------------|------|---------|-------|
| 1 | 1 | 1061 | Mila | SCHOLTZ | CGA | G09/2 | 07:34 |
| 2 | 2 | 980 | Bokamoso | MBELE | AFS | G09/2 | 07:45 |
| 3 | 3 | 1004 | Aléri | SCHOEMAN | AGN | G09/2 | 07:48 |
| 4 | 4 | 1062 | Alexia Chantelle | VISSER | CGA | G09/2 | 07:59 |
| 5 | 5 | 990 | Mianique | VAN STRATEN | AFS | G09/2 | 08:01 |
| 6 | 6 | 997 | Alexa | JUNGBLUTH | AGN | G09/2 | 08:03 |
| 7 | 7 | 1058 | Azaniah | LEBE | CGA | G09/2 | 08:16 |
| 8 | 8 | 967 | Lilika | FOURIE | ACNW | G09/2 | 08:18 |
| 9 | 9 | 1045 | Ava | VAN DER NEST | ANWN | G09/2 | 08:21 |
| 10 | 10 | 995 | Emma | COX | AGN | G09/2 | 08:24 |
| 11 | 11 | 1003 | Marna | POTGIETER | AGN | G09/2 | 08:25 |
| 12 | 12 | 975 | Jessica | BOTHA | AFS | G09/2 | 08:27 |
| 13 | 13 | 989 | Leah | STEYN | AFS | G09/2 | 08:27 |
| 14 | 14 | 1002 | Lynicke | PIENAAR | AGN | G09/2 | 08:28 |
| 15 | 15 | 1066 | Indiphile | DLAMINI | KZNA | G09/2 | 08:31 |
| 16 | 16 | 986 | Moipone | RADEBE | AFS | G09/2 | 08:33 |
| 17 | 17 | 1001 | Lianka | PALM | AGN | G09/2 | 08:34 |
| 18 | 18 | 965 | Ayanda | BOIKHANYO | ACNW | G09/2 | 08:34 |
| 19 | 19 | 984 | Tshepang | NGAMLANI | AFS | G09/2 | 08:36 |
| 20 | 20 | 1000 | Mila | NIEMAN | AGN | G09/2 | 08:38 |
| 21 | 21 | 1081 | Rethabile | MALOPE | LIMA | G09/2 | 08:39 |
| 22 | 22 | 1047 | Mia | BURGER | ASWD | G09/2 | 08:40 |
| 23 | 23 | 981 | Buhlebethu | MIRA | AFS | G09/2 | 08:41 |
| 24 | 24 | 999 | Ompa | MUNYAI | AGN | G09/2 | 08:41 |
| 25 | 25 | 988 | Kaboentle | SEKHONYANE | AFS | G09/2 | 08:42 |
| 26 | 26 | 1032 | Janina | BADENHORST | ANWN | G09/2 | 08:42 |
| 27 | 27 | 982 | Reabetswe | MOTAUNG | AFS | G09/2 | 08:43 |
| 28 | 28 | 1018 | Charlize | LABUSCHAGNE | AMPU | G09/2 | 08:43 |
| 29 | 29 | 1010 | Kenzi | VOSLOO | AGN | G09/2 | 08:44 |
| 30 | 30 | 994 | Michaela | CLOETE | AGN | G09/2 | 08:45 |
| 31 | 31 | 1056 | Milané | GOUWS | CGA | G09/2 | 08:47 |
| 32 | 32 | 1037 | Bibet | LE ROUX | ANWN | G09/2 | 08:48 |
| 33 | 33 | 966 | Kari | BOTES | ACNW | G09/2 | 08:49 |
| 34 | 34 | 993 | Lea | BONNEMA | AGN | G09/2 | 08:50 |
| 35 | 35 | 1021 | Tshepiso | MOKWENA | AMPU | G09/2 | 08:51 |
| 36 | 36 | 1022 | Lienke | MOUTON | AMPU | G09/2 | 08:52 |
| 37 | 37 | 1048 | Susaline | CAMPHER | ASWD | G09/2 | 08:56 |
| 38 | 38 | 1046 | Lourika | VOSTER | ANWN | G09/2 | 08:58 |
| 39 | 39 | 1017 | Anthea | JOUBERT | AMPU | G09/2 | 08:58 |
| 40 | 40 | 1036 | Clarissa | KUSEL | ANWN | G09/2 | 08:58 |
| 41 | 41 | 1006 | Lemay | VAN DER WESTHUIZEN | AGN | G09/2 | 08:59 |
| 42 | 42 | 1057 | Bonolo | KHOZA | CGA | G09/2 | 09:00 |
| 43 | 43 | 968 | Tshegofatso | MODUTWANE | ACNW | G09/2 | 09:01 |
| 44 | 44 | 1060 | Dané | RUDOLPH | CGA | G09/2 | 09:03 |
| 45 | 45 | 1084 | Lia | VAN DER WALT | LIMA | G09/2 | 09:04 |



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|----|------|-------------|---------------|------|-------|-------|
| 46 | 46 | 1015 | Karla | COETZER | AMPU | G09/2 | 09:04 |
| 47 | 47 | 998 | Alexi | LOSCH | AGN | G09/2 | 09:05 |
| 48 | 48 | 996 | Ryleigh | HOLLIDAY | AGN | G09/2 | 09:05 |
| 49 | 49 | 973 | Kara | VORSTER | ACNW | G09/2 | 09:06 |
| 50 | 50 | 1076 | Lume | BLIGNAUT | LIMA | G09/2 | 09:06 |
| 51 | 51 | 1079 | Brilliant | MACHAI | LIMA | G09/2 | 09:07 |
| 52 | 52 | 1051 | Bohlalo | MTHOMBENI | AVT | G09/2 | 09:07 |
| 53 | 53 | 1035 | Lebogang | KGORI | ANWN | G09/2 | 09:08 |
| 54 | 54 | 1077 | Boiketlo | KGATUKE | LIMA | G09/2 | 09:09 |
| 55 | 55 | 976 | Mikkela | DOUGLAS | AFS | G09/2 | 09:10 |
| 56 | 56 | 1024 | Asenathi | NTSHANGASE | AMPU | G09/2 | 09:10 |
| 57 | 57 | 1028 | Joharene | VAN DER MERWE | AMPU | G09/2 | 09:12 |
| 58 | 58 | 1044 | Thoriso | THUSI | ANWN | G09/2 | 09:12 |
| 59 | 59 | 1052 | Mhieke | NOLTE | AVT | G09/2 | 09:13 |
| 60 | 60 | 1007 | Frané | VAN WYK | AGN | G09/2 | 09:13 |
| 61 | 61 | 1078 | Dimpho | LEKALA | LIMA | G09/2 | 09:15 |
| 62 | 62 | 991 | Danli | VAN TONDER | AFS | G09/2 | 09:16 |
| 63 | 63 | 1009 | Leané | VERSTER | AGN | G09/2 | 09:17 |
| 64 | 64 | 1063 | Mia | SCHELLINK | EPA | G09/2 | 09:17 |
| 65 | 65 | 1054 | Bokamoso | PITSO | AVT | G09/2 | 09:20 |
| 66 | 66 | 1005 | Melinique | TROSKIE | AGN | G09/2 | 09:21 |
| 67 | 67 | 1012 | Lee-Anne | BOTHA | AMPU | G09/2 | 09:23 |
| 68 | 68 | 971 | Linke | TERBLANCHE | ACNW | G09/2 | 09:24 |
| 69 | 69 | 1080 | Kamogelo | MAKGAREETSA | LIMA | G09/2 | 09:24 |
| 70 | 70 | 1041 | Olerato | NGOASHENG | ANWN | G09/2 | 09:25 |
| 71 | 71 | 1013 | Anieke | BUCK | AMPU | G09/2 | 09:26 |
| 72 | 72 | 987 | Amohelang | RAMATHE | AFS | G09/2 | 09:27 |
| 73 | 73 | 1033 | Linke | DOS SANTOS | ANWN | G09/2 | 09:27 |
| 74 | 74 | 977 | Mimi | KHAMADI | AFS | G09/2 | 09:29 |
| 75 | 75 | 1014 | Matildie | BUYS | AMPU | G09/2 | 09:30 |
| 76 | 76 | 1029 | Alaina | VAN DER WALT | AMPU | G09/2 | 09:31 |
| 77 | 77 | 970 | Ava | STEYN | ACNW | G09/2 | 09:33 |
| 78 | 78 | 972 | Wilmien | VAN ZYL | ACNW | G09/2 | 09:37 |
| 79 | 79 | 1008 | Hayley | VERMEULEN | AGN | G09/2 | 09:38 |
| 80 | 80 | 979 | Onalerona | LEBUSO | AFS | G09/2 | 09:39 |
| 81 | 81 | 1067 | Hlelolwakhe | MAHLANGU | KZNA | G09/2 | 09:39 |
| 82 | 82 | 1031 | Kaylie | ASPELING | ANWN | G09/2 | 09:39 |
| 83 | 83 | 1068 | Andie | SWAN | KZNA | G09/2 | 09:40 |
| 84 | 84 | 1055 | Venique | VAN DER WALT | AVT | G09/2 | 09:41 |
| 85 | 85 | 1050 | Karlién | FRITZ | AVT | G09/2 | 09:42 |
| 86 | 86 | 1020 | Zethembe | MABUZA | AMPU | G09/2 | 09:43 |
| 87 | 87 | 992 | Mila | WELDHAGEN | AFS | G09/2 | 09:45 |
| 88 | 88 | 978 | Nina | KILIAN | AFS | G09/2 | 09:46 |
| 89 | 89 | 985 | Paballo | NTIKANE | AFS | G09/2 | 09:48 |
| 90 | 90 | 1083 | Johanette | TALJAARD | LIMA | G09/2 | 09:49 |
| 91 | 91 | 1043 | Leane | STEENKAMP | ANWN | G09/2 | 09:50 |
| 92 | 92 | 1027 | Carike | SNYMAN | AMPU | G09/2 | 09:51 |
| 93 | 93 | 1023 | Lumari | NIEUWENHUIS | AMPU | G09/2 | 09:51 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|-----|-----|------|----------------|------------|------|-------|-------|
| 94 | 94 | 969 | Else-Lee | SMIT | ACNW | G09/2 | 10:00 |
| 95 | 95 | 1025 | Mieke | OOSTHUIZEN | AMPU | G09/2 | 10:03 |
| 96 | 96 | 1016 | Zanike | HENNING | AMPU | G09/2 | 10:07 |
| 97 | 97 | 1038 | Omogolo | MMOKWA | ANWN | G09/2 | 10:07 |
| 98 | 98 | 1085 | Arinda | DE JAGER | NWCA | G09/2 | 10:19 |
| 99 | 99 | 974 | Milah | WHITE | ACNW | G09/2 | 10:48 |
| 100 | 100 | 1034 | Lienke | DU PREEZ | ANWN | G09/2 | 10:49 |
| 101 | 101 | 1059 | Khanyisile | MASITENG | CGA | G09/2 | 10:51 |
| 102 | 102 | 1082 | Marline | PIETERSE | LIMA | G09/2 | 10:53 |
| 103 | 103 | 1019 | Lanique | LOUBSER | AMPU | G09/2 | 12:43 |
| 104 | 104 | 1039 | Rosemary | MOSHOESHOE | ANWN | G09/2 | |
| 105 | 105 | 1040 | Elsabe | NEL | ANWN | G09/2 | |
| 106 | 106 | 1075 | Cassidy | THOMPSON | KZNA | G09/2 | |
| 107 | 107 | 1030 | Nicolai | ANNANDALE | ANWN | G09/2 | |
| 108 | 108 | 1049 | Miané | ALBERTS | AVT | G09/2 | |
| 109 | 109 | 1073 | Luthando | NTULI | KZNA | G09/2 | |
| 110 | 110 | 1053 | Jasmyn | PIENAAR | AVT | G09/2 | |
| 111 | 111 | 1042 | Nina | SCHOLTZ | ANWN | G09/2 | |
| 112 | 112 | 1072 | Masego | MOSIKARE | KZNA | G09/2 | |
| 113 | 114 | 1011 | Lee-Aan Alicia | VAN STADEN | AGW | G09/2 | |
| 114 | 115 | 1071 | Minenhle | MCHUNU | KZNA | G09/2 | |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

GIRLS 10 - 2km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|-------------------|------------------|------|---------|-------|
| 1 | 1 | 2099 | Ayethaba Ayakha | MAJALI | CGA | G10/2 | 07:30 |
| 2 | 2 | 2125 | Dineo | MOYAMBO | LIMA | G10/2 | 07:35 |
| 3 | 3 | 2064 | Kay-Lene | DE WET | ANWN | G10/2 | 07:36 |
| 4 | 4 | 2124 | Dimakatso | MOKWANA | LIMA | G10/2 | 07:37 |
| 5 | 5 | 2026 | Onthatile | BALOYI | AGN | G10/2 | 07:44 |
| 6 | 6 | 2128 | Nthabeleng Forget | SEHULWANA | LIMA | G10/2 | 07:50 |
| 7 | 7 | 2077 | Karmen | VAN DEN BERG | ANWN | G10/2 | 07:52 |
| 8 | 8 | 2005 | Imke | SWANEPOEL | ACNW | G10/2 | 07:52 |
| 9 | 9 | 2019 | Boitumelo | NYAPOTSE | AFS | G10/2 | 07:54 |
| 10 | 10 | 2008 | Motshidisana | CHISA | AFS | G10/2 | 07:57 |
| 11 | 11 | 2082 | Entle | MADIKIZELA | ATRA | G10/2 | 08:00 |
| 12 | 12 | 2119 | Boiketlo | MALOSWENA | LIMA | G10/2 | 08:01 |
| 13 | 13 | 2086 | Emma | DE CLERCQ | AVT | G10/2 | 08:01 |
| 14 | 14 | 2102 | Mahlatse | MAROGA | CGA | G10/2 | 08:02 |
| 15 | 15 | 2106 | Refilwe | ZAVALE | CGA | G10/2 | 08:03 |
| 16 | 16 | 2097 | Yasmin | JOOSTE | CGA | G10/2 | 08:06 |
| 17 | 17 | 2022 | Oratilwe | RALEKAOTA | AFS | G10/2 | 08:08 |
| 18 | 18 | 2089 | Kayleigh | JANSE VAN VUUREN | AVT | G10/2 | 08:12 |
| 19 | 19 | 2030 | Anè | DE VILLIERS | AGN | G10/2 | 08:14 |
| 20 | 20 | 2041 | Liané | VAN WYK | AGN | G10/2 | 08:15 |
| 21 | 21 | 2036 | Keabetswe | PITSE | AGN | G10/2 | 08:17 |
| 22 | 22 | 2011 | Refilwe | LETSELA | AFS | G10/2 | 08:18 |
| 23 | 23 | 2112 | Sinakhokonke | KHUMALO | KZNA | G10/2 | 08:18 |
| 24 | 24 | 2009 | Lea | CILLIERS | AFS | G10/2 | 08:20 |
| 25 | 25 | 2098 | Joanne | KHAMA | CGA | G10/2 | 08:21 |
| 26 | 26 | 2034 | Kari | NEL | AGN | G10/2 | 08:21 |
| 27 | 27 | 2039 | Emma | ROETS | AGN | G10/2 | 08:22 |
| 28 | 28 | 2053 | Enye | ENGELBRECHT | AMPU | G10/2 | 08:22 |
| 29 | 29 | 2021 | Amira | POTGIETER | AFS | G10/2 | 08:26 |
| 30 | 30 | 2101 | Mikayla | MANS | CGA | G10/2 | 08:27 |
| 31 | 31 | 2117 | Zinhle | HLEKO | LIMA | G10/2 | 08:27 |
| 32 | 32 | 2056 | Amohelang | KGAILE | AMPU | G10/2 | 08:28 |
| 33 | 33 | 2127 | Lianke | RAATH | LIMA | G10/2 | 08:29 |
| 34 | 34 | 2028 | Joané | CRONJE | AGN | G10/2 | 08:30 |
| 35 | 35 | 2070 | Mienke | LUDICK | ANWN | G10/2 | 08:30 |
| 36 | 36 | 2100 | Magdarling | MALATJI | CGA | G10/2 | 08:31 |
| 37 | 37 | 2091 | Relebohile | RADEBE | AVT | G10/2 | 08:32 |
| 38 | 38 | 2035 | Luka | NEUHOFF | AGN | G10/2 | 08:33 |
| 39 | 39 | 2012 | Samukelisiwe | MDLULI | AFS | G10/2 | 08:34 |
| 40 | 40 | 2116 | Dimpho | CHEGO | LIMA | G10/2 | 08:35 |
| 41 | 41 | 2129 | Thekgo | SEKHUKHUNE | LIMA | G10/2 | 08:35 |
| 42 | 42 | 2024 | Matshidiso | RATSUWE | AFS | G10/2 | 08:36 |
| 43 | 43 | 2130 | Tsietsi | SEKUBA | LIMA | G10/2 | 08:37 |
| 44 | 44 | 2029 | Annebelle | DE KOK | AGN | G10/2 | 08:38 |
| 45 | 45 | 2027 | Caroline | CHAUKE | AGN | G10/2 | 08:38 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|----|------|------------|---------------|------|-------|-------|
| 46 | 46 | 2122 | Itumeleng | MMELA | LIMA | G10/2 | 08:41 |
| 47 | 47 | 2016 | Bohlale | MOTSOENENG | AFS | G10/2 | 08:41 |
| 48 | 48 | 2105 | Olerato | NYATHELA | CGA | G10/2 | 08:42 |
| 49 | 49 | 2023 | Mpumulelo | RASEMENI | AFS | G10/2 | 08:42 |
| 50 | 50 | 2126 | Mmathapelo | NKOANA | LIMA | G10/2 | 08:43 |
| 51 | 51 | 2113 | Iminami | SITHOLE | KZNA | G10/2 | 08:43 |
| 52 | 53 | 2072 | Princess | OKAFOR | ANWN | G10/2 | 08:45 |
| 53 | 54 | 1998 | Mia-May | ERASMUS | ACNW | G10/2 | 08:47 |
| 54 | 55 | 2014 | Rorisang | MOSALA | AFS | G10/2 | 08:48 |
| 55 | 56 | 2038 | Lizé | PRINSLOO | AGN | G10/2 | 08:49 |
| 56 | 57 | 2020 | Z'ney | PIECHACZEK | AFS | G10/2 | 08:49 |
| 57 | 58 | 2058 | Zilne | NIEUWOUDT | AMPU | G10/2 | 08:50 |
| 58 | 59 | 2015 | Boitelo | MOTSAMAI | AFS | G10/2 | 08:51 |
| 59 | 60 | 2065 | Dine | DU PLESSIS | ANWN | G10/2 | 08:52 |
| 60 | 61 | 2017 | Bokamoso | MTHEMBU | AFS | G10/2 | 08:53 |
| 61 | 62 | 2118 | Thekgo | MAILA | LIMA | G10/2 | 08:54 |
| 62 | 63 | 2094 | Nanelia | MAKISI | BORA | G10/2 | 08:54 |
| 63 | 64 | 2013 | Karabo | MHLUNGWA | AFS | G10/2 | 08:55 |
| 64 | 65 | 2079 | Achumile | BEUZANA | ASWD | G10/2 | 08:56 |
| 65 | 66 | 2066 | Rathobotha | ENTLE | ANWN | G10/2 | 08:56 |
| 66 | 67 | 2048 | Dene | DE VILLIERS | AMPU | G10/2 | 08:57 |
| 67 | 68 | 1999 | Jana | MALHERBE | ACNW | G10/2 | 08:57 |
| 68 | 69 | 2078 | Isabella | VAN DER MERWE | ANWN | G10/2 | 08:58 |
| 69 | 70 | 2052 | Olivia | EL MOHAMADI | AMPU | G10/2 | 08:58 |
| 70 | 71 | 2040 | Karlien | SMIT | AGN | G10/2 | 08:59 |
| 71 | 72 | 2071 | Omolemo | MOLEBATSI | ANWN | G10/2 | 08:59 |
| 72 | 73 | 2032 | Kara | LOUW | AGN | G10/2 | 09:00 |
| 73 | 74 | 2111 | Isla | HEAN | KZNA | G10/2 | 09:01 |
| 74 | 75 | 2092 | Bailey | BOWMAN | BORA | G10/2 | 09:01 |
| 75 | 76 | 2042 | Elmie | VAN ZYL | AGN | G10/2 | 09:02 |
| 76 | 77 | 2049 | Lylah | DE VILLIERS | AMPU | G10/2 | 09:02 |
| 77 | 78 | 2061 | Charlene | SEABI | AMPU | G10/2 | 09:03 |
| 78 | 79 | 2046 | Annika | BLIGNAUT | AMPU | G10/2 | 09:04 |
| 79 | 80 | 2037 | Zane | PRETORIUS | AGN | G10/2 | 09:04 |
| 80 | 81 | 2120 | Sharnee | MASHILO | LIMA | G10/2 | 09:06 |
| 81 | 82 | 2093 | Caitlin | LOMBARD | BORA | G10/2 | 09:06 |
| 82 | 83 | 2031 | Zanelle | GEERTSEMA | AGN | G10/2 | 09:07 |
| 83 | 84 | 2110 | Lucie | FLAMAND | KZNA | G10/2 | 09:09 |
| 84 | 85 | 2018 | Vuyelwa | NTSOLLANE | AFS | G10/2 | 09:09 |
| 85 | 86 | 2090 | Busisiwe | NGQOLOSI | AVT | G10/2 | 09:10 |
| 86 | 87 | 2121 | Kutlwano | MATIBIDI | LIMA | G10/2 | 09:10 |
| 87 | 88 | 2043 | Zoey | ZOVITZKEY | AGN | G10/2 | 09:11 |
| 88 | 89 | 2033 | Madison | LOXTON | AGN | G10/2 | 09:14 |
| 89 | 90 | 2051 | Emma | DU PLESSIS | AMPU | G10/2 | 09:15 |
| 90 | 91 | 2000 | Lelanie | MARTENS | ACNW | G10/2 | 09:17 |
| 91 | 92 | 2087 | Lerieke | GROBLER | AVT | G10/2 | 09:17 |
| 92 | 93 | 2085 | Klarabelle | COETZEE | AVT | G10/2 | 09:18 |
| 93 | 94 | 2002 | Lesedi | MOTAUNG | ACNW | G10/2 | 09:18 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|-----|-----|------|-------------------------|-----------------|------|-------|-------|
| 94 | 95 | 2088 | Anzel | HOMAN | AVT | G10/2 | 09:19 |
| 95 | 96 | 2025 | Bokamoso | SEKAJA | AFS | G10/2 | 09:20 |
| 96 | 97 | 2075 | Unathi | SITOLOLOLO | ANWN | G10/2 | 09:21 |
| 97 | 98 | 2073 | Skyler | PETZER | ANWN | G10/2 | 09:24 |
| 98 | 99 | 2003 | Abby | SMITH | ACNW | G10/2 | 09:25 |
| 99 | 100 | 2006 | Ilané | VAN HEERDEN | ACNW | G10/2 | 09:26 |
| 100 | 101 | 2050 | Amahle | DLAMINI | AMPU | G10/2 | 09:27 |
| 101 | 102 | 2067 | Omatla | EZEJI | ANWN | G10/2 | 09:28 |
| 102 | 103 | 2104 | Baswabile | MOLOBELA | CGA | G10/2 | 09:28 |
| 103 | 104 | 2059 | Charmaine | NKAMBULE | AMPU | G10/2 | 09:29 |
| 104 | 105 | 2074 | Tshegofatso | SERA | ANWN | G10/2 | 09:29 |
| 105 | 106 | 2004 | Kara | STEYN | ACNW | G10/2 | 09:30 |
| 106 | 107 | 2063 | Katelyn | COOKS | ANWN | G10/2 | 09:34 |
| 107 | 108 | 2057 | Hayley | LOUW | AMPU | G10/2 | 09:36 |
| 108 | 109 | 2081 | Everenchia | GOLIATH | ASWD | G10/2 | 09:36 |
| 109 | 110 | 2010 | Relebohile | HLAOLE | AFS | G10/2 | 09:38 |
| 110 | 111 | 2069 | Elmien | KRIEK | ANWN | G10/2 | 09:40 |
| 111 | 112 | 2054 | Lianke | FOLSCHER | AMPU | G10/2 | 09:42 |
| 112 | 113 | 2095 | Linamandla | NTUKU | BORA | G10/2 | 09:43 |
| 113 | 114 | 2060 | Mienke | ROELOFSE | AMPU | G10/2 | 09:46 |
| 114 | 115 | 2108 | Casey | ALLEN | KZNA | G10/2 | 09:48 |
| 115 | 116 | 2055 | Charlotte | GELDENHUYS | AMPU | G10/2 | 09:54 |
| 116 | 117 | 2115 | Emma | VON MOLLENDORFF | KZNA | G10/2 | 09:55 |
| 117 | 118 | 2007 | Liné | VAN STADEN | ACNW | G10/2 | 09:56 |
| 118 | 119 | 2044 | Vinesha Precious Janova | STELLENBERG | AGW | G10/2 | 09:57 |
| 119 | 120 | 2107 | Louise-Marie | VAN ZYL | EPA | G10/2 | |
| 120 | 121 | 2062 | Evadine | STANDER | AMPU | G10/2 | |
| 121 | 122 | 2045 | Helene | BEZUIDENHOUT | AMPU | G10/2 | |
| 122 | 123 | 2109 | Amanda | DZANIBE | KZNA | G10/2 | |
| 123 | 124 | 2131 | Chavandre | APRIL | NWCA | G10/2 | |
| 124 | 125 | 2068 | Nina | HOWLAND | ANWN | G10/2 | |
| 125 | 126 | 2080 | Chuma | BEUZANA | ASWD | G10/2 | |
| 126 | 127 | 2096 | Emily | VAN DER BYL | BORA | G10/2 | |
| 127 | 128 | 2123 | Kgaogelo | MOIMANA | LIMA | G10/2 | |
| 128 | 129 | 2047 | Mieke | DE KOCK | AMPU | G10/2 | |
| 129 | 130 | 2114 | Grace | HOAR | KZNA | G10/2 | |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

GIRLS 11 - 3km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|--------------|---------------|------|---------|-------|
| 1 | 1 | 2370 | Mahlatse | MAMONYANE | CGA | G11/3 | 10:33 |
| 2 | 2 | 2374 | Asavela | SILINGILE | CGA | G11/3 | 10:43 |
| 3 | 3 | 2342 | Mikita | PIENAAR | ANWN | G11/3 | 10:49 |
| 4 | 4 | 2389 | Ntombizodwa | MASHEGOANE | LIMA | G11/3 | 10:49 |
| 5 | 5 | 2309 | Merize | SMIT | AGN | G11/3 | 10:55 |
| 6 | 6 | 2292 | Matilda | NDLOVU | AFS | G11/3 | 10:56 |
| 7 | 7 | 2354 | Lilitha | VINJWAYO | ATRA | G11/3 | 10:57 |
| 8 | 8 | 2394 | Botshelo | MOSHIFANE | LIMA | G11/3 | 11:02 |
| 9 | 9 | 2362 | Chanderé | NEL | AVT | G11/3 | 11:05 |
| 10 | 10 | 2290 | Lindiwe | MTHINKHULU | AFS | G11/3 | 11:06 |
| 11 | 11 | 2310 | Olivia | STEYNBERG | AGN | G11/3 | 11:07 |
| 12 | 12 | 2372 | Mila | ROSSOUW | CGA | G11/3 | 11:09 |
| 13 | 13 | 2302 | Ellie | GRUENENFELDER | AGN | G11/3 | 11:09 |
| 14 | 14 | 2299 | Anika | BOTHA | AGN | G11/3 | 11:10 |
| 15 | 15 | 2397 | Palesa | NOKO | LIMA | G11/3 | 11:12 |
| 16 | 16 | 2314 | Lené | VAN BERGEN | AGN | G11/3 | 11:12 |
| 17 | 17 | 2373 | Minke | SCHOLTZ | CGA | G11/3 | 11:15 |
| 18 | 18 | 2300 | Lincke | BOTHA | AGN | G11/3 | 11:15 |
| 19 | 19 | 2396 | Temosho | MPHAHLELE | LIMA | G11/3 | 11:18 |
| 20 | 20 | 2368 | Kayla | BOTHA | CGA | G11/3 | 11:24 |
| 21 | 21 | 2375 | Kwena Karabo | SOBUZA | CGA | G11/3 | 11:26 |
| 22 | 22 | 2376 | Ndlovu | THOKO | CGA | G11/3 | 11:27 |
| 23 | 23 | 2377 | Rihanna | PRINS | EPA | G11/3 | 11:28 |
| 24 | 24 | 2402 | Jayzley-Ann | KAMFER | NWCA | G11/3 | 11:29 |
| 25 | 25 | 2313 | Mia | VAN ASWEGEN | AGN | G11/3 | 11:31 |
| 26 | 26 | 2351 | Melokuhle | BHALONI | ATRA | G11/3 | 11:35 |
| 27 | 27 | 2291 | Lebohang | NAANYANE | AFS | G11/3 | 11:35 |
| 28 | 28 | 2319 | Ennike | DU PLESSIS | AMPU | G11/3 | 11:36 |
| 29 | 29 | 2283 | Bonolo | MAJORO | AFS | G11/3 | 11:39 |
| 30 | 30 | 2306 | Keamogetswe | MORAPEDI | AGN | G11/3 | 11:39 |
| 31 | 31 | 2285 | Mosa | MOHLOMI | AFS | G11/3 | 11:40 |
| 32 | 32 | 2307 | Mieke | MÜLLER | AGN | G11/3 | 11:41 |
| 33 | 33 | 2334 | Boitshepo | DITIBANE | ANWN | G11/3 | 11:42 |
| 34 | 34 | 2294 | Mamello | ROBERTS | AFS | G11/3 | 11:43 |
| 35 | 35 | 2273 | Simone | HERSELMAN | ACNW | G11/3 | 11:44 |
| 36 | 36 | 2301 | Karissa | ERLANK | AGN | G11/3 | 11:45 |
| 37 | 37 | 2287 | Karabo | MOKONE | AFS | G11/3 | 11:46 |
| 38 | 38 | 2398 | Lethabo | SENAMELA | LIMA | G11/3 | 11:47 |
| 39 | 39 | 2349 | Willene | LINGERVELD | ASWD | G11/3 | 11:49 |
| 40 | 40 | 2308 | Nadine | OPPERMAN | AGN | G11/3 | 11:50 |
| 41 | 41 | 2353 | Endinako | SITHETHO | ATRA | G11/3 | 11:51 |
| 42 | 42 | 2383 | Mpilenhle | SILENGE | KZNA | G11/3 | 11:52 |
| 43 | 43 | 2369 | Sumay | HEYMANS | CGA | G11/3 | 11:54 |
| 44 | 44 | 2305 | Andile | MATHONSI | AGN | G11/3 | 11:54 |
| 45 | 45 | 2297 | Lea | VAN DER MERWE | AFS | G11/3 | 11:55 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|----|------|-----------------------|------------|------|-------|-------|
| 46 | 46 | 2315 | Karla | VENTER | AGN | G11/3 | 11:55 |
| 47 | 47 | 2312 | Xanthé | STRAUSS | AGN | G11/3 | 11:56 |
| 48 | 48 | 2371 | Basetsana | MORE | CGA | G11/3 | 11:59 |
| 49 | 49 | 2304 | Alet | MARÉ | AGN | G11/3 | 11:59 |
| 50 | 50 | 2359 | Karabo | KHUMALO | AVT | G11/3 | 12:01 |
| 51 | 51 | 2284 | Bokamoso | MAZONDO | AFS | G11/3 | 12:02 |
| 52 | 52 | 2395 | Tepane | MOUKANGWE | LIMA | G11/3 | 12:03 |
| 53 | 53 | 2361 | Amohelang | MOLOI | AVT | G11/3 | 12:04 |
| 54 | 54 | 2339 | Mosetsanagapekaditemc | MPOLOKENG | ANWN | G11/3 | 12:06 |
| 55 | 55 | 2330 | Luney | ROBBERTS | AMPU | G11/3 | 12:07 |
| 56 | 56 | 2295 | Lindiwe | SETSEKE | AFS | G11/3 | 12:07 |
| 57 | 57 | 2289 | Relebohile | MPHATSOE | AFS | G11/3 | 12:08 |
| 58 | 58 | 2324 | Qhawekazi | MABOKE | AMPU | G11/3 | 12:08 |
| 59 | 59 | 2298 | Mieke | BOSHOFF | AGN | G11/3 | 12:09 |
| 60 | 60 | 2390 | Lethabo | MATABANE | LIMA | G11/3 | 12:10 |
| 61 | 61 | 2279 | Klara | VENTER | ACNW | G11/3 | 12:11 |
| 62 | 62 | 2272 | Anje | FOURIE | ACNW | G11/3 | 12:12 |
| 63 | 63 | 2303 | Milla | HOMAN | AGN | G11/3 | 12:12 |
| 64 | 64 | 2338 | Tshegofatso | MHAHLE | ANWN | G11/3 | 12:15 |
| 65 | 65 | 2271 | Elnette | BURGERS | ACNW | G11/3 | 12:16 |
| 66 | 66 | 2327 | Lethokuhle | MASEKO | AMPU | G11/3 | 12:19 |
| 67 | 67 | 2399 | Marni | SNYMAN | LIMA | G11/3 | 12:20 |
| 68 | 68 | 2352 | Owethu | MATHUMBU | ATRA | G11/3 | 12:21 |
| 69 | 69 | 2360 | Kgontse | MNGUNI | AVT | G11/3 | 12:21 |
| 70 | 70 | 2340 | Emanuella | PETKOU | ANWN | G11/3 | 12:23 |
| 71 | 71 | 2382 | Sanele | NDLOVU | KZNA | G11/3 | 12:25 |
| 72 | 72 | 2281 | La-Rochelle | DU PLESSIS | AFS | G11/3 | 12:26 |
| 73 | 73 | 2288 | Bonolo | MOTAUNG | AFS | G11/3 | 12:28 |
| 74 | 74 | 2355 | Larize | DE JAGER | AVT | G11/3 | 12:28 |
| 75 | 75 | 2348 | Jonesia | JANKLAAS | ASWD | G11/3 | 12:28 |
| 76 | 76 | 2388 | Kgahliso | MAGORO | LIMA | G11/3 | 12:29 |
| 77 | 77 | 2275 | Maia | MOODIE | ACNW | G11/3 | 12:30 |
| 78 | 78 | 2293 | Gally | NKATI | AFS | G11/3 | 12:31 |
| 79 | 79 | 2347 | Alrie | ELOFF | ASWD | G11/3 | 12:35 |
| 80 | 80 | 2356 | Shiloh | DE KLERK | AVT | G11/3 | 12:35 |
| 81 | 81 | 2311 | Mienje | STRAUSS | AGN | G11/3 | 12:36 |
| 82 | 82 | 2280 | Hadassah | CLARKE | AFS | G11/3 | 12:37 |
| 83 | 83 | 2318 | Anke | DE VOS | AMPU | G11/3 | 12:38 |
| 84 | 84 | 2336 | Refilwe | KEILELWANG | ANWN | G11/3 | 12:38 |
| 85 | 85 | 2296 | Mpho | TSAUTSE | AFS | G11/3 | 12:39 |
| 86 | 86 | 2328 | Lara | MOUTON | AMPU | G11/3 | 12:40 |
| 87 | 87 | 2364 | Leané | PRETORIUS | AVT | G11/3 | 12:41 |
| 88 | 88 | 2393 | Khutso | MOGASHANE | LIMA | G11/3 | 12:44 |
| 89 | 89 | 2322 | Elana | KLEIN | AMPU | G11/3 | 12:47 |
| 90 | 90 | 2346 | Kayla | DOUGLAS | ASWD | G11/3 | 12:48 |
| 91 | 91 | 2333 | Mia | VAN EEDEN | AMPU | G11/3 | 12:49 |
| 92 | 92 | 2276 | Milla | OBERHOLZER | ACNW | G11/3 | 12:51 |
| 93 | 93 | 2365 | Amoné | ROOS | AVT | G11/3 | 12:52 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|-----|-----|------|------------|---------------|------|-------|-------|
| 94 | 94 | 2391 | Nana | MODIBA | LIMA | G11/3 | 12:52 |
| 95 | 95 | 2286 | Lesego | MOKOENA | AFS | G11/3 | 12:52 |
| 96 | 96 | 2277 | Caitlyn | SNYMAN | ACNW | G11/3 | 12:54 |
| 97 | 97 | 2282 | Hesmi | KIRSTEIN | AFS | G11/3 | 12:54 |
| 98 | 98 | 2321 | Chloe | KLEB | AMPU | G11/3 | 12:55 |
| 99 | 99 | 2278 | Dorette | VAN ZYL | ACNW | G11/3 | 12:55 |
| 100 | 100 | 2326 | Thando | MAHLANGU | AMPU | G11/3 | 12:56 |
| 101 | 101 | 2332 | Purpose | SIBANYONI | AMPU | G11/3 | 12:59 |
| 102 | 102 | 2379 | Isabella | JARDINE | KZNA | G11/3 | 13:00 |
| 103 | 103 | 2392 | Dithapelo | MODISE | LIMA | G11/3 | 13:03 |
| 104 | 104 | 2335 | Tineke | FRASER | ANWN | G11/3 | 13:03 |
| 105 | 105 | 2400 | Rousselle | VAN DYK | LIMA | G11/3 | 13:06 |
| 106 | 106 | 2386 | Mandisa | SOKHELA | KZNA | G11/3 | 13:06 |
| 107 | 107 | 2357 | Zantey | DEALE | AVT | G11/3 | 13:13 |
| 108 | 108 | 2381 | Amahle | MBAMBO | KZNA | G11/3 | 13:17 |
| 109 | 109 | 2341 | Bohlale | PHALADI | ANWN | G11/3 | 13:25 |
| 110 | 110 | 2316 | Hanna | BADENHORST | AMPU | G11/3 | 13:28 |
| 111 | 111 | 2325 | Khwezi | MABUZA | AMPU | G11/3 | 13:30 |
| 112 | 112 | 2387 | Sthulile | VILAKAZI | KZNA | G11/3 | 13:30 |
| 113 | 113 | 2367 | Melienke | VAN DER MERWE | AVT | G11/3 | 13:33 |
| 114 | 114 | 2378 | Sisanda | GINXI | KZNA | G11/3 | 13:36 |
| 115 | 115 | 2320 | Phiwokuhle | HLATSWAYO | AMPU | G11/3 | 13:41 |
| 116 | 116 | 2331 | Karla | ROUX | AMPU | G11/3 | 13:48 |
| 117 | 117 | 2317 | Arianna | COETZEE | AMPU | G11/3 | 13:57 |
| 118 | 118 | 2337 | Marize | MAREE | ANWN | G11/3 | 13:58 |
| 119 | 119 | 2323 | Lea | LABUSCHAGNE | AMPU | G11/3 | 14:02 |
| 120 | 120 | 2344 | Kaylee | SWANEPOEL | ANWN | G11/3 | 14:20 |
| 121 | 121 | 2274 | Kopano | MARETLWA | ACNW | G11/3 | 14:26 |
| 122 | 122 | 2363 | Zanté | PIENAAR | AVT | G11/3 | 14:31 |
| 123 | 123 | 2329 | Lua | PIENAAR | AMPU | G11/3 | 14:44 |
| 124 | 124 | 2343 | Tshenolo | RAMPUDI | ANWN | G11/3 | 14:46 |
| 125 | 125 | 2350 | Elcaydiha | VAN WYK | ASWD | G11/3 | 15:30 |
| 126 | 126 | 2380 | Ndawonde | KHOLEKA | KZNA | G11/3 | 15:53 |



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

GIRLS 12 - 3km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|---------------------|---------------|------|---------|-------|
| 1 | 1 | 2647 | Kgomotso | PHOLOANYANE | CGA | G12/3 | 10:09 |
| 2 | 2 | 2571 | Demaine | VAN DEVENTER | AFS | G12/3 | 10:19 |
| 3 | 3 | 2581 | Lebogang | NTOBENG | AGN | G12/3 | 10:24 |
| 4 | 4 | 2583 | Jané | SIEBERHAGEN | AGN | G12/3 | 10:37 |
| 5 | 5 | 2662 | Thakgalo | BOSHIELO | LIMA | G12/3 | 10:44 |
| 6 | 6 | 2575 | Misha | JACOBSZ | AGN | G12/3 | 10:47 |
| 7 | 7 | 2560 | Boitumelo | LEKHOPA | AFS | G12/3 | 10:47 |
| 8 | 8 | 2631 | Inathi | BUQWANA | AVT | G12/3 | 10:48 |
| 9 | 9 | 2633 | Manana | MOTOLO | AVT | G12/3 | 10:49 |
| 10 | 10 | 2573 | Hailey | EVANS | AGN | G12/3 | 10:51 |
| 11 | 11 | 2640 | Simnikiwe | CEFILE | CGA | G12/3 | 10:55 |
| 12 | 12 | 2632 | Miané | DE CLERCQ | AVT | G12/3 | 10:56 |
| 13 | 13 | 2642 | Minenhle | KGAPHOLA | CGA | G12/3 | 10:57 |
| 14 | 14 | 2567 | Gaopaleloe | SESINYE | AFS | G12/3 | 10:59 |
| 15 | 15 | 2638 | Relebohile | YAWA | AVT | G12/3 | 11:03 |
| 16 | 16 | 2549 | Alrike | HATTINGH | ACNW | G12/3 | 11:04 |
| 17 | 17 | 2554 | Roubaix | REYNECKE | ACNW | G12/3 | 11:05 |
| 18 | 18 | 2671 | Bontle | NGWENYA | LIMA | G12/3 | 11:07 |
| 19 | 19 | 2628 | Anam | MADIKIZELA | ATRA | G12/3 | 11:07 |
| 20 | 20 | 2654 | Asenathi | MBHELE | KZNA | G12/3 | 11:08 |
| 21 | 21 | 2627 | Onako | AUGUST | ATRA | G12/3 | 11:09 |
| 22 | 22 | 2585 | Janka | VAN DER MERWE | AGN | G12/3 | 11:10 |
| 23 | 23 | 2572 | Karmi | VERSTER | AFS | G12/3 | 11:12 |
| 24 | 24 | 2566 | Ntombizodwa | PHAKOE | AFS | G12/3 | 11:13 |
| 25 | 25 | 2649 | Mieke | VAN ROOYEN | CGA | G12/3 | 11:15 |
| 26 | 26 | 2590 | Precious | XALI | AGN | G12/3 | 11:16 |
| 27 | 27 | 2635 | Thembisile | TAU | AVT | G12/3 | 11:18 |
| 28 | 28 | 2672 | Excellent Mokgethwa | RIBA | LIMA | G12/3 | 11:22 |
| 29 | 29 | 2641 | Eltonay | HERMAANS | CGA | G12/3 | 11:23 |
| 30 | 30 | 2667 | Mokete | MATHABATHE | LIMA | G12/3 | 11:24 |
| 31 | 31 | 2578 | Nozipho | MABENA | AGN | G12/3 | 11:26 |
| 32 | 32 | 2658 | Bailey | SWAN | KZNA | G12/3 | 11:28 |
| 33 | 33 | 2645 | Shalati | MALOKANA | CGA | G12/3 | 11:28 |
| 34 | 34 | 2557 | Anele | DYWILI | AFS | G12/3 | 11:30 |
| 35 | 35 | 2565 | Nthabeleng | NKHATHO | AFS | G12/3 | 11:31 |
| 36 | 36 | 2646 | Omphile | MOLOI | CGA | G12/3 | 11:32 |
| 37 | 37 | 2643 | Nelly | LONGWE | CGA | G12/3 | 11:32 |
| 38 | 38 | 2665 | Kedibone | MADIGAGE | LIMA | G12/3 | 11:33 |
| 39 | 39 | 2580 | Lea | NEL | AGN | G12/3 | 11:36 |
| 40 | 40 | 2576 | Marli | JOUBERT | AGN | G12/3 | 11:37 |
| 41 | 41 | 2629 | Sinesipho | MVUNDLANA | ATRA | G12/3 | 11:37 |
| 42 | 42 | 2574 | Anje | FOWLER | AGN | G12/3 | 11:39 |
| 43 | 43 | 2562 | Tlotlisang | MOKHETHI | AFS | G12/3 | 11:39 |
| 44 | 44 | 2579 | Gontse | MANGANYE | AGN | G12/3 | 11:46 |
| 45 | 45 | 2586 | Kara | VAN DER MERWE | AGN | G12/3 | 11:47 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|----|------|-------------|--------------------|------|-------|-------|
| 46 | 46 | 2653 | Lily | HOAR | KZNA | G12/3 | 11:49 |
| 47 | 47 | 2634 | Anke | SNYMAN | AVT | G12/3 | 11:50 |
| 48 | 48 | 2546 | Declynne | DA SILVA | ACNW | G12/3 | 11:51 |
| 49 | 49 | 2595 | Izanie | FERGUSON | AMPU | G12/3 | 11:51 |
| 50 | 50 | 2605 | Liani | STASSEN | AMPU | G12/3 | 11:53 |
| 51 | 52 | 2582 | Zelinke | ROSSOUW | AGN | G12/3 | 11:56 |
| 52 | 53 | 2644 | Ilse | LOUW | CGA | G12/3 | 11:56 |
| 53 | 54 | 2558 | Minke | FERREIRA | AFS | G12/3 | 11:57 |
| 54 | 55 | 2664 | Kamogelo | LEGODI | LIMA | G12/3 | 11:57 |
| 55 | 56 | 2619 | Gofaone | MOTHATE | ANWN | G12/3 | 11:58 |
| 56 | 57 | 2669 | Seanego | MOHALE | LIMA | G12/3 | 11:59 |
| 57 | 58 | 2570 | Munay | UYS | AFS | G12/3 | 12:00 |
| 58 | 59 | 2584 | Luca | SLABBERT | AGN | G12/3 | 12:01 |
| 59 | 60 | 2608 | Milan | ZWARTS | AMPU | G12/3 | 12:02 |
| 60 | 61 | 2604 | Tianay | SMIT | AMPU | G12/3 | 12:03 |
| 61 | 62 | 2555 | Caralize | REYNEKE | ACNW | G12/3 | 12:06 |
| 62 | 63 | 2559 | Princess | KOKEBANE | AFS | G12/3 | 12:07 |
| 63 | 64 | 2588 | Marli | VENTER | AGN | G12/3 | 12:08 |
| 64 | 65 | 2594 | Ellane | DOS REIS | AMPU | G12/3 | 12:08 |
| 65 | 66 | 2609 | Melanie | DE VILLIERS | ANWN | G12/3 | 12:09 |
| 66 | 67 | 2551 | Mihlali | KHALIPA | ACNW | G12/3 | 12:11 |
| 67 | 68 | 2630 | Noluthando | NOKHOTHATHA | ATRA | G12/3 | 12:11 |
| 68 | 69 | 2625 | Laurika-Lee | JACOBS | ASWD | G12/3 | 12:12 |
| 69 | 70 | 2648 | Devinay | PRETORIUS | CGA | G12/3 | 12:14 |
| 70 | 71 | 2673 | Danielle | TERBLANCHE | LIMA | G12/3 | 12:14 |
| 71 | 72 | 2666 | Itumeleng | MADUANE | LIMA | G12/3 | 12:15 |
| 72 | 73 | 2577 | Munaka | KWINDA | AGN | G12/3 | 12:17 |
| 73 | 74 | 2561 | Bonolo | MAFOOA | AFS | G12/3 | 12:19 |
| 74 | 75 | 2656 | Asonele | MTSHEZI | KZNA | G12/3 | 12:19 |
| 75 | 76 | 2652 | Lu-Shay | TOBIE | EPA | G12/3 | 12:20 |
| 76 | 77 | 2589 | Mieke | VORSTER | AGN | G12/3 | 12:21 |
| 77 | 78 | 2663 | Zene | GOUWS | LIMA | G12/3 | 12:21 |
| 78 | 79 | 2612 | Kaylin | JANSE VAN RENSBURG | ANWN | G12/3 | 12:22 |
| 79 | 80 | 2597 | Shireen | HLEBEYA | AMPU | G12/3 | 12:24 |
| 80 | 81 | 2596 | Precious | GIDZHANI | AMPU | G12/3 | 12:24 |
| 81 | 82 | 2598 | Luchyda | LOUW | AMPU | G12/3 | 12:27 |
| 82 | 83 | 2636 | Kedibone | TOMKWANE | AVT | G12/3 | 12:28 |
| 83 | 84 | 2568 | Marizaan | SWANEPOEL | AFS | G12/3 | 12:29 |
| 84 | 85 | 2569 | Lebohang | TJUTJUBE | AFS | G12/3 | 12:30 |
| 85 | 86 | 2637 | Dané | VAN DER WALT | AVT | G12/3 | 12:35 |
| 86 | 87 | 2670 | Dipolelo | MOIMANE | LIMA | G12/3 | 12:35 |
| 87 | 88 | 2613 | Olerato | LETHABANE | ANWN | G12/3 | 12:40 |
| 88 | 89 | 2607 | Ntando | VILAKAZI | AMPU | G12/3 | 12:43 |
| 89 | 90 | 2593 | Bella Lynne | COCKS | AMPU | G12/3 | 12:43 |
| 90 | 91 | 2591 | Michaela | BEZUIDENHOUT | AMPU | G12/3 | 12:46 |
| 91 | 92 | 2650 | Kylie | DORFLING | EPA | G12/3 | 12:47 |
| 92 | 93 | 2606 | Franciska | VAN DER MERWE | AMPU | G12/3 | 12:48 |
| 93 | 94 | 2564 | Khanyisile | NHLAPO | AFS | G12/3 | 12:49 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|-----|-----|------|------------|------------|------|-------|-------|
| 94 | 95 | 2618 | Olebogeng | MOTEANE | ANWN | G12/3 | 12:51 |
| 95 | 96 | 2626 | Amber | POTGIETER | ASWD | G12/3 | 12:52 |
| 96 | 97 | 2611 | Bontle | DUTLWILE | ANWN | G12/3 | 12:53 |
| 97 | 98 | 2600 | Esti | RAATH | AMPU | G12/3 | 12:55 |
| 98 | 99 | 2614 | Karlien | LIEBENBERG | ANWN | G12/3 | 12:57 |
| 99 | 100 | 2599 | Mia | MAREE | AMPU | G12/3 | 13:00 |
| 100 | 101 | 2668 | Mary | MATLOGA | LIMA | G12/3 | 13:01 |
| 101 | 102 | 2624 | Raven | DAVIDS | ASWD | G12/3 | 13:03 |
| 102 | 103 | 2552 | Larissa | LAMBRECHTS | ACNW | G12/3 | 13:04 |
| 103 | 104 | 2548 | Celinka | FERREIRA | ACNW | G12/3 | 13:06 |
| 104 | 105 | 2660 | Amahle | MAVUNDLA | KZNA | G12/3 | 13:06 |
| 105 | 106 | 2655 | Aphiwe | MTHETHWA | KZNA | G12/3 | 13:07 |
| 106 | 107 | 2615 | Kgomelo | MALEBOGO | ANWN | G12/3 | 13:08 |
| 107 | 108 | 2587 | Janae | VAN ZYL | AGN | G12/3 | 13:09 |
| 108 | 109 | 2553 | Lea | MALHERBE | ACNW | G12/3 | 13:11 |
| 109 | 110 | 2674 | Yolindi | VISAGIE | LIMA | G12/3 | 13:15 |
| 110 | 111 | 2657 | Okuhle | NTULI | KZNA | G12/3 | 13:25 |
| 111 | 112 | 2603 | Ntombenhle | SHONGWE | AMPU | G12/3 | 13:26 |
| 112 | 113 | 2651 | Ninke | SCHOLTZ | EPA | G12/3 | 13:31 |
| 113 | 114 | 2617 | Rebaone | MOREKI | ANWN | G12/3 | 13:34 |
| 114 | 115 | 2601 | Lisa | RAATH | AMPU | G12/3 | 13:35 |
| 115 | 116 | 2592 | Richelle | BURGER | AMPU | G12/3 | 13:36 |
| 116 | 117 | 2602 | Nala | RIDDELL | AMPU | G12/3 | 13:38 |
| 117 | 118 | 2610 | Madelé | DU PLESSIS | ANWN | G12/3 | 13:58 |
| 118 | 119 | 2620 | Mercia | OFOMA | ANWN | G12/3 | 14:33 |
| 119 | 120 | 2616 | Eminathi | MALULEKE | ANWN | G12/3 | |
| 120 | 121 | 2623 | Bianca | SWEMMER | ANWN | G12/3 | |
| 121 | 122 | 2621 | Johanerie | SCHOLTZ | ANWN | G12/3 | |
| 122 | 123 | 2622 | Miandri | SCHROEDER | ANWN | G12/3 | |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

GIRLS 13 - 3km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|---------------|---------------------|------|---------|-------|
| 1 | 1 | 2914 | Chelsea | VAN DYK | CGA | G13/3 | 10:07 |
| 2 | 2 | 2848 | Mamello | HANKANA | AGN | G13/3 | 10:27 |
| 3 | 3 | 2871 | Zoe | MORGADO | AMPU | G13/3 | 10:29 |
| 4 | 4 | 2935 | Katlego | RATAU | LIMA | G13/3 | 10:35 |
| 5 | 5 | 2875 | Minette | VAN DEN BERG | AMPU | G13/3 | 10:36 |
| 6 | 6 | 2849 | Lise-Marie | JANSEN VAN RENSBURG | AGN | G13/3 | 10:39 |
| 7 | 7 | 2831 | Matshediso | MOKAKE | AFS | G13/3 | 10:41 |
| 8 | 8 | 2840 | Chanene | BARNARD | AGN | G13/3 | 10:44 |
| 9 | 9 | 2815 | Hayley | LUES | ACNW | G13/3 | 10:48 |
| 10 | 10 | 2881 | Kefilwe | KGOSIEMANG | ANWN | G13/3 | 10:50 |
| 11 | 11 | 2894 | Iminathi | BOLTIN | ATRA | G13/3 | 10:51 |
| 12 | 12 | 2912 | Natalie | STRYDOM | CGA | G13/3 | 10:53 |
| 13 | 13 | 2911 | Zanele | MZIZI | CGA | G13/3 | 10:58 |
| 14 | 14 | 2862 | Marize | CILLIERS | AMPU | G13/3 | 10:58 |
| 15 | 15 | 2910 | Boipelo | MAROGA | CGA | G13/3 | 11:02 |
| 16 | 16 | 2895 | Konele | DANCA | ATRA | G13/3 | 11:04 |
| 17 | 17 | 2854 | Lee-Hane | MIENIE | AGN | G13/3 | 11:05 |
| 18 | 18 | 2813 | Chante | FOURIE | ACNW | G13/3 | 11:08 |
| 19 | 19 | 2835 | Nuri | ROURKE | AFS | G13/3 | 11:09 |
| 20 | 20 | 2939 | Tlou | THANTSHA | LIMA | G13/3 | 11:12 |
| 21 | 21 | 4127 | Lisakhanye | DWATSHELA | ATRA | G13/3 | 11:12 |
| 22 | 22 | 2908 | Carmen | KOTZE | CGA | G13/3 | 11:13 |
| 23 | 23 | 2913 | Amila | TSHETSHE | CGA | G13/3 | 11:14 |
| 24 | 24 | 2909 | Tamica | LLOYD | CGA | G13/3 | 11:19 |
| 25 | 25 | 2843 | Jana | DE JAGER | AGN | G13/3 | 11:20 |
| 26 | 26 | 2828 | Karabo | MAJAKE | AFS | G13/3 | 11:21 |
| 27 | 27 | 2876 | Jay-Dee | VAN DER WALT | AMPU | G13/3 | 11:21 |
| 28 | 28 | 2856 | Gloria | MOYO | AGN | G13/3 | 11:22 |
| 29 | 29 | 2893 | Kuhle | BEBEZA | ATRA | G13/3 | 11:23 |
| 30 | 30 | 2834 | Reitumetse | RABELE | AFS | G13/3 | 11:25 |
| 31 | 31 | 2850 | Milan | JOUBERT | AGN | G13/3 | 11:26 |
| 32 | 32 | 2841 | Belinda | BEZUIDENHOUT | AGN | G13/3 | 11:28 |
| 33 | 33 | 2853 | Nthabiseng | MATLALA | AGN | G13/3 | 11:29 |
| 34 | 34 | 2906 | Tenishke | GREYVENSTEYN | CGA | G13/3 | 11:30 |
| 35 | 35 | 2936 | Ayanda | SEMETSANE | LIMA | G13/3 | 11:30 |
| 36 | 36 | 2818 | Mnushke | SMITH | ACNW | G13/3 | 11:30 |
| 37 | 37 | 2852 | Theodora | MANDJOLO | AGN | G13/3 | 11:32 |
| 38 | 38 | 2907 | Trinity | HENNING | CGA | G13/3 | 11:34 |
| 39 | 39 | 2896 | Avuzwa | MKHOTHENI | ATRA | G13/3 | 11:35 |
| 40 | 40 | 2929 | Keabotswe | MAFANE | LIMA | G13/3 | 11:37 |
| 41 | 41 | 2920 | Fanelesibonge | SHABANGU | KZNA | G13/3 | 11:38 |
| 42 | 42 | 2933 | Lesedi | MATHEBULA | LIMA | G13/3 | 11:40 |
| 43 | 43 | 2899 | Katlehgo | LETSELE | AVT | G13/3 | 11:42 |
| 44 | 44 | 2869 | Laruchelle | KUHN | AMPU | G13/3 | 11:43 |
| 45 | 45 | 2827 | Thato | MAHLATSI | AFS | G13/3 | 11:44 |



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|----|------|-----------------------|------------------|------|-------|-------|
| 46 | 46 | 2832 | Reitumetse | MOTSASENG | AFS | G13/3 | 11:45 |
| 47 | 47 | 2902 | Janicke | VAN STADEN | AVT | G13/3 | 11:46 |
| 48 | 48 | 2921 | Sisanda | SHEZI | KZNA | G13/3 | 11:47 |
| 49 | 49 | 2857 | Amelia | OOSTHUIZEN | AGN | G13/3 | 11:48 |
| 50 | 50 | 2851 | Millicent | MAMPURU | AGN | G13/3 | 11:49 |
| 51 | 51 | 2938 | Khutso Lethabo | TAJE | LIMA | G13/3 | 11:50 |
| 52 | 52 | 2826 | Elné | HUGO | AFS | G13/3 | 11:51 |
| 53 | 53 | 2845 | Anika | DU TOIT | AGN | G13/3 | 11:53 |
| 54 | 54 | 2918 | Ncumisa | GUMEDE | KZNA | G13/3 | 11:53 |
| 55 | 55 | 2922 | Esihle | ZONDO | KZNA | G13/3 | 11:55 |
| 56 | 56 | 2898 | Marise | DUVENHAGE | AVT | G13/3 | 11:57 |
| 57 | 57 | 2867 | Zoe | JANSE VAN VUUREN | AMPU | G13/3 | 11:58 |
| 58 | 58 | 2892 | Tamzyn | SAAYMAN | ASWD | G13/3 | 12:00 |
| 59 | 59 | 2817 | Nthabiseng | MOLUSI | ACNW | G13/3 | 12:01 |
| 60 | 60 | 2925 | Soné Sophia Elizabeth | CRAFFORD | LIMA | G13/3 | 12:02 |
| 61 | 61 | 2882 | Mianke | LIEBENBERG | ANWN | G13/3 | 12:03 |
| 62 | 62 | 2926 | Tidimallo | DIGAOTO | LIMA | G13/3 | 12:03 |
| 63 | 63 | 2870 | Thandiwe | MALINGA | AMPU | G13/3 | 12:04 |
| 64 | 64 | 2937 | Boitumelo | SENAMELA | LIMA | G13/3 | 12:05 |
| 65 | 65 | 2830 | Karabo | MASOLENG | AFS | G13/3 | 12:06 |
| 66 | 66 | 2825 | Relebohile | CHABOKOANE | AFS | G13/3 | 12:07 |
| 67 | 67 | 2844 | Lana | DU PLESSIS | AGN | G13/3 | 12:09 |
| 68 | 68 | 2846 | Niah | DURAND | AGN | G13/3 | 12:10 |
| 69 | 69 | 2886 | Omogolo | NGUENHA | ANWN | G13/3 | 12:10 |
| 70 | 70 | 2880 | Karla | DE LANGE | ANWN | G13/3 | 12:11 |
| 71 | 71 | 2847 | Kara-Lee | GELDENHUYS | AGN | G13/3 | 12:11 |
| 72 | 72 | 2842 | Lizette | BOTHA | AGN | G13/3 | 12:13 |
| 73 | 73 | 2859 | Sophia | STRAUSS | AGN | G13/3 | 12:16 |
| 74 | 74 | 2866 | Danicka | GROENEWALD | AMPU | G13/3 | 12:17 |
| 75 | 75 | 2873 | Nthando | NTOMBELA | AMPU | G13/3 | 12:18 |
| 76 | 76 | 2838 | Naledi | THEBEHAE | AFS | G13/3 | 12:18 |
| 77 | 77 | 2905 | Kara | BEYTELL | CGA | G13/3 | 12:19 |
| 78 | 78 | 2930 | Duduzile | MAJOLA | LIMA | G13/3 | 12:21 |
| 79 | 79 | 2872 | Luthando | NTOMBELA | AMPU | G13/3 | 12:22 |
| 80 | 80 | 2916 | Jesmine | MOFIT | EPA | G13/3 | 12:22 |
| 81 | 81 | 2915 | Annique | DE BEER | EPA | G13/3 | 12:24 |
| 82 | 82 | 2822 | Lerato | BEUKES | AFS | G13/3 | 12:27 |
| 83 | 83 | 2934 | Leane | NAGEL | LIMA | G13/3 | 12:27 |
| 84 | 84 | 2931 | Lethabo | MAKUWA | LIMA | G13/3 | 12:32 |
| 85 | 85 | 2891 | Cameron | FRANCIES | ASWD | G13/3 | 12:32 |
| 86 | 86 | 2923 | Bianca | OTTO | KZNA | G13/3 | 12:32 |
| 87 | 87 | 2900 | Tshepiso | MOTHAKAMA | AVT | G13/3 | 12:33 |
| 88 | 88 | 2901 | Paballo | SITHOLE | AVT | G13/3 | 12:35 |
| 89 | 89 | 2877 | Zane | VAN RENSBURG | AMPU | G13/3 | 12:36 |
| 90 | 90 | 2829 | Thato | MASOLANE | AFS | G13/3 | 12:36 |
| 91 | 91 | 2836 | Lerato | SEBAEA | AFS | G13/3 | 12:37 |
| 92 | 92 | 2814 | Marli | LABUSCHAGNE | ACNW | G13/3 | 12:40 |
| 93 | 93 | 2927 | Shiniska | DU PLESSIS | LIMA | G13/3 | 12:41 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|-----|-----|------|-----------|--------------------|------|-------|-------|
| 94 | 94 | 2884 | Ntebogang | MOKGOSI | ANWN | G13/3 | 12:42 |
| 95 | 95 | 2897 | Dané | BECKER | AVT | G13/3 | 12:42 |
| 96 | 96 | 2928 | Lune | JOUBERT | LIMA | G13/3 | 12:44 |
| 97 | 97 | 2878 | Kiana | VISAGIE | AMPU | G13/3 | 12:48 |
| 98 | 98 | 2820 | Dune | VAN NIEKERK | ACNW | G13/3 | 12:49 |
| 99 | 99 | 2821 | Liane | VAN ZYL | ACNW | G13/3 | 12:50 |
| 100 | 100 | 2837 | Ebeth | STRYDOM | AFS | G13/3 | 12:55 |
| 101 | 101 | 2824 | Aneldi | BEZUIDENHOUT | AFS | G13/3 | 12:56 |
| 102 | 102 | 2890 | Milan | YOUNG | ANWN | G13/3 | 12:59 |
| 103 | 103 | 2868 | Lica | JORDAAN | AMPU | G13/3 | 13:00 |
| 104 | 104 | 2889 | Dihana | VAN DER WESTHUIZEN | ANWN | G13/3 | 13:01 |
| 105 | 105 | 2819 | Annelie | VAN DER WALT | ACNW | G13/3 | 13:03 |
| 106 | 106 | 2865 | Levonne | DU PLOOY | AMPU | G13/3 | 13:04 |
| 107 | 107 | 2903 | Mia | LOMBARD | BORA | G13/3 | 13:09 |
| 108 | 108 | 2860 | Anke | VAN BERGEN | AGW | G13/3 | 13:11 |
| 109 | 109 | 2861 | Elanie | BREED | AMPU | G13/3 | 13:18 |
| 110 | 110 | 2863 | Anuschka | DE KLERK | AMPU | G13/3 | 13:21 |
| 111 | 111 | 2855 | Leara | MINNY | AGN | G13/3 | 13:23 |
| 112 | 112 | 2932 | Fulufhelo | MAKUYA | LIMA | G13/3 | 13:27 |
| 113 | 113 | 2864 | Kay-Lee | DELPORT | AMPU | G13/3 | 13:36 |
| 114 | 114 | 2823 | Anabelle | BEZUIDENHOUT | AFS | G13/3 | 13:37 |
| 115 | 115 | 2888 | Milé | VAN DER HEEVER | ANWN | G13/3 | 13:48 |
| 116 | 116 | 2874 | Vinique | VAN ANTWERP | AMPU | G13/3 | 13:50 |
| 117 | 117 | 2904 | Eirley | LOTTERING | BORA | G13/3 | 14:16 |
| 118 | 118 | 2940 | Kayla | VAN DER MERWE | LIMA | G13/3 | 14:27 |
| 119 | 119 | 2879 | Chereé | DE BRUIN | ANWN | G13/3 | 14:43 |
| 120 | 120 | 2917 | Thabile | DUBE | KZNA | G13/3 | 14:51 |
| 121 | 121 | 2885 | Kefentse | MOTLAGOMANG | ANWN | G13/3 | 15:47 |
| 122 | 122 | 2816 | Jessica | MARAIS | ACNW | G13/3 | |
| 123 | 123 | 2887 | Joare | SYMINGTON | ANWN | G13/3 | |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

GIRLS 14 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|--------------|--------------------|------|---------|-------|
| 1 | 1 | 3108 | Leandri Zani | PRETORIUS | AGN | G14/4 | 14:06 |
| 2 | 2 | 3150 | Megan | KLEYNHANS | CGA | G14/4 | 14:16 |
| 3 | 3 | 3156 | Suné-Louise | PRINSLOO | CGA | G14/4 | 14:18 |
| 4 | 4 | 3102 | Zanta | LOURENS | AGN | G14/4 | 14:22 |
| 5 | 5 | 3142 | Asikelela | PONI | ATRA | G14/4 | 14:35 |
| 6 | 6 | 3093 | Celeste | PIENAAR | AFS | G14/4 | 14:40 |
| 7 | 7 | 3105 | Reneilwe | MOKGATHA | AGN | G14/4 | 14:46 |
| 8 | 8 | 3103 | Lebohang | MADIKANE | AGN | G14/4 | 14:47 |
| 9 | 9 | 3159 | Desnay | O'GRADY | EPA | G14/4 | 14:53 |
| 10 | 10 | 3083 | Liesa | KRUGER | AFS | G14/4 | 14:56 |
| 11 | 11 | 3111 | Anneke | STEYNBERG | AGN | G14/4 | 15:00 |
| 12 | 12 | 3153 | Tshoganyetso | MORE | CGA | G14/4 | 15:03 |
| 13 | 13 | 3173 | Yonilisa | SIWA | WPA | G14/4 | 15:03 |
| 14 | 14 | 4155 | Christi | COETZEE | AGN | G14/4 | 15:09 |
| 15 | 15 | 3155 | Taya | PELSER | CGA | G14/4 | 15:11 |
| 16 | 16 | 3157 | Kamogelo | RATSOMA | CGA | G14/4 | 15:13 |
| 17 | 17 | 3112 | Isabella | VAN DER MERWE | AGN | G14/4 | 15:14 |
| 18 | 18 | 3101 | Siphosihle | LEKWADA | AGN | G14/4 | 15:17 |
| 19 | 19 | 3123 | Leney | MAREE | AMPU | G14/4 | 15:18 |
| 20 | 20 | 3114 | Niane | VAN NIEKERK | AGN | G14/4 | 15:20 |
| 21 | 21 | 3106 | Kedibone | MOREMI | AGN | G14/4 | 15:24 |
| 22 | 22 | 3096 | Paballo | TSAUTSE | AFS | G14/4 | 15:29 |
| 23 | 23 | 3154 | Heylenn | NELSON | CGA | G14/4 | 15:30 |
| 24 | 24 | 3113 | Lane | VAN DER WESTHUIZEN | AGN | G14/4 | 15:33 |
| 25 | 25 | 3134 | Liandri | RADEMAN | ANWN | G14/4 | 15:33 |
| 26 | 26 | 3158 | Micaela | ROOME | CGA | G14/4 | 15:38 |
| 27 | 27 | 3107 | Boitumelo | MORUDU | AGN | G14/4 | 15:40 |
| 28 | 28 | 3151 | Evidence | MADIGAGE | CGA | G14/4 | 15:42 |
| 29 | 29 | 3149 | Emma | HICKLEY | CGA | G14/4 | 15:43 |
| 30 | 30 | 4155 | Christi | COETZEE | AGN | G14/4 | 15:44 |
| 31 | 31 | 3110 | Mia | SMIT | AGN | G14/4 | 15:45 |
| 32 | 32 | 3100 | Miah | FOUCHÉ | AGN | G14/4 | 15:48 |
| 33 | 33 | 3164 | Amahle | MTHETHWA | KZNA | G14/4 | 15:52 |
| 34 | 34 | 3092 | Vangile | NHLAPO | AFS | G14/4 | 15:53 |
| 35 | 35 | 3121 | Qondile | MABOKE | AMPU | G14/4 | 15:54 |
| 36 | 36 | 3077 | Richenda | ROSSITER | ACNW | G14/4 | 15:54 |
| 37 | 37 | 3168 | Kelebogile | KHOZA | LIMA | G14/4 | 16:00 |
| 38 | 38 | 3072 | Minke | BESTER | ACNW | G14/4 | 16:04 |
| 39 | 39 | 3104 | Kgotlelelo | MAMETJA | AGN | G14/4 | 16:05 |
| 40 | 40 | 3078 | Kutlwano | SESING | ACNW | G14/4 | 16:09 |
| 41 | 41 | 3115 | Jeanne | BADENHORST | AMPU | G14/4 | 16:11 |
| 42 | 42 | 3160 | Nompumelelo | HADEBE | KZNA | G14/4 | 16:12 |
| 43 | 43 | 3126 | Mieke | PAUER | AMPU | G14/4 | 16:13 |
| 44 | 44 | 3098 | Jamila | BUFF | AGN | G14/4 | 16:16 |
| 45 | 45 | 3129 | Ruane | VAN DER MERWE | AMPU | G14/4 | 16:27 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|----|------|--------------------|--------------------|------|-------|-------|
| 46 | 46 | 3089 | Bokang | MOLOI | AFS | G14/4 | 16:29 |
| 47 | 47 | 3165 | Kwanele | NCWANE | KZNA | G14/4 | 16:29 |
| 48 | 48 | 3074 | Rianca | JONKER | ACNW | G14/4 | 16:32 |
| 49 | 49 | 3094 | Gerne | POTGIETER | AFS | G14/4 | 16:34 |
| 50 | 50 | 3076 | Reratilwe | NGOEPÉ | ACNW | G14/4 | 16:38 |
| 51 | 51 | 3128 | Liane | VAN DER MERWE | AMPU | G14/4 | 16:39 |
| 52 | 52 | 3073 | Marang (Amogelang) | JONGANE | ACNW | G14/4 | 16:40 |
| 53 | 53 | 3135 | Lee-Ann | SWANEPOEL | ANWN | G14/4 | 16:41 |
| 54 | 54 | 3079 | Chene | STEYN | ACNW | G14/4 | 16:46 |
| 55 | 55 | 3141 | Masibulele | NOJIYA | ATRA | G14/4 | 16:47 |
| 56 | 56 | 3143 | Birgitte | BEKKER | AVT | G14/4 | 16:50 |
| 57 | 57 | 3127 | Janke | STEENKAMP | AMPU | G14/4 | 16:51 |
| 58 | 58 | 3131 | Irene | VERSTER | AMPU | G14/4 | 16:54 |
| 59 | 59 | 3169 | Kemisetso | MAKALENG | LIMA | G14/4 | 16:55 |
| 60 | 60 | 3148 | Katiana | WIESE | AVT | G14/4 | 16:56 |
| 61 | 61 | 3130 | June | VAN WYK | AMPU | G14/4 | 16:57 |
| 62 | 62 | 3081 | Itumeleng | JAMPI | AFS | G14/4 | 16:58 |
| 63 | 63 | 3090 | Lerato | MOSITOANE | AFS | G14/4 | 16:59 |
| 64 | 64 | 3080 | Moleboheng | BOGOSI | AFS | G14/4 | 17:01 |
| 65 | 65 | 3095 | Matshediso | SEJANE | AFS | G14/4 | 17:03 |
| 66 | 66 | 3161 | Nosipho | MAJOZI | KZNA | G14/4 | 17:03 |
| 67 | 67 | 3117 | Gabriella | DE OLIVEIRA | AMPU | G14/4 | 17:07 |
| 68 | 68 | 3084 | Kgalalelo | LEPHEANE | AFS | G14/4 | 17:07 |
| 69 | 69 | 3120 | Lara | JANSE VAN RENSBURG | AMPU | G14/4 | 17:13 |
| 70 | 70 | 3125 | Mbali | NKUTHA | AMPU | G14/4 | 17:16 |
| 71 | 71 | 3166 | Aphiwe | KHANYILE | KZNA | G14/4 | 17:19 |
| 72 | 72 | 3075 | Inneke | LIEBENBERG | ACNW | G14/4 | 17:19 |
| 73 | 73 | 3124 | Thandolwethu | MOTHA | AMPU | G14/4 | 17:23 |
| 74 | 74 | 3086 | Vidette | LOUW | AFS | G14/4 | 17:33 |
| 75 | 75 | 3085 | Sylvia | LESIGE | AFS | G14/4 | 17:35 |
| 76 | 76 | 3145 | Maruzé | MARAIS | AVT | G14/4 | 17:36 |
| 77 | 77 | 3172 | Cassidy | JENNINGS | WPA | G14/4 | 17:38 |
| 78 | 78 | 3138 | Asanele | GILIVITHI | ATRA | G14/4 | 17:38 |
| 79 | 79 | 3170 | Itumeleng | RAMOROKA | LIMA | G14/4 | 17:41 |
| 80 | 80 | 3137 | Hesroline | ROSSOUW | ASWD | G14/4 | 17:41 |
| 81 | 81 | 3152 | Tswai | MATLALA | CGA | G14/4 | 17:44 |
| 82 | 82 | 3088 | Itumeleng | MOHLATSANE | AFS | G14/4 | 17:51 |
| 83 | 83 | 3132 | Esmi | VILJOEN | AMPU | G14/4 | 17:52 |
| 84 | 84 | 3147 | Anika | SWIEGERS | AVT | G14/4 | 17:53 |
| 85 | 85 | 3146 | Melaney | PRUIS | AVT | G14/4 | 17:59 |
| 86 | 86 | 3087 | Mapule | MOHALE | AFS | G14/4 | 18:00 |
| 87 | 87 | 3097 | Karabo | TSEKELO | AFS | G14/4 | 18:01 |
| 88 | 88 | 3119 | Danica | HOLTZHAUSEN | AMPU | G14/4 | 18:05 |
| 89 | 89 | 3144 | Clarizé | MARAIS | AVT | G14/4 | 18:20 |
| 90 | 90 | 3091 | Omolemo | MOTSEKI | AFS | G14/4 | 18:26 |
| 91 | 91 | 3118 | Werne | ENGELBRECHT | AMPU | G14/4 | 18:33 |
| 92 | 92 | 3133 | Sharelle | NORTJE | ANWN | G14/4 | 18:52 |
| 93 | 93 | 3136 | Mizaan | VAN NIEKERK | ANWN | G14/4 | 21:02 |



ASA Cross Country Championships
7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | |
|----|----|------|---------|----------|------|-------|
| 94 | 94 | 3122 | Londiwe | MAHLANGU | AMPU | G14/4 |
|----|----|------|---------|----------|------|-------|



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

GIRLS 15 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|------------------|--------------|------|---------|-------|
| 1 | 1 | 3383 | Katelin | HEYMANS | CGA | G15/4 | 14:12 |
| 2 | 2 | 3319 | Elandri | COETZEE | AGN | G15/4 | 14:26 |
| 3 | 3 | 3404 | Nthabiseng | NOKO | LIMA | G15/4 | 14:28 |
| 4 | 4 | 3331 | Diphetogo | SEMENYA | AGN | G15/4 | 14:33 |
| 5 | 5 | 3320 | Liné | DE VILLIERS | AGN | G15/4 | 14:38 |
| 6 | 6 | 3403 | Kamogelo Joyce | MONGANYE | LIMA | G15/4 | 14:51 |
| 7 | 7 | 3333 | Bianca | STOLTZ | AGN | G15/4 | 14:57 |
| 8 | 8 | 3386 | Mapaseka | MONGATANE | CGA | G15/4 | 14:58 |
| 9 | 9 | 3385 | Miriam | MOEKETSI | CGA | G15/4 | 15:02 |
| 10 | 10 | 3397 | Inganathi | NGUBO | KZNA | G15/4 | 15:02 |
| 11 | 11 | 3382 | Jade | DORAN | CGA | G15/4 | 15:04 |
| 12 | 12 | 3396 | Siphomelele | NGUBANE | KZNA | G15/4 | 15:07 |
| 13 | 13 | 3350 | Khethiwe | MLANGENI | AMPU | G15/4 | 15:10 |
| 14 | 14 | 3334 | Carmia | VAN DEN BERG | AGN | G15/4 | 15:13 |
| 15 | 15 | 3406 | Selmarie | ERASMUS | WPA | G15/4 | 15:15 |
| 16 | 16 | 3373 | Tayla | FISHER | AVT | G15/4 | 15:16 |
| 17 | 17 | 3366 | Siziphiwe | MGEXO | ATRA | G15/4 | 15:17 |
| 18 | 18 | 3365 | Inam | MAYEZA | ATRA | G15/4 | 15:22 |
| 19 | 19 | 3329 | Zanele | NYILONGO | AGN | G15/4 | 15:25 |
| 20 | 20 | 3344 | Aletha | KLOPPERS | AMPU | G15/4 | 15:27 |
| 21 | 21 | 3409 | Cleo | MARTHINUS | WPA | G15/4 | 15:30 |
| 22 | 22 | 3332 | Veani | SLABBERT | AGN | G15/4 | 15:32 |
| 23 | 23 | 3381 | Kelly-Lynn | BARKLEY | CGA | G15/4 | 15:32 |
| 24 | 24 | 3322 | Marlene | GROENEWALD | AGN | G15/4 | 15:33 |
| 25 | 25 | 3393 | Nokubonga | DLAMINI | KZNA | G15/4 | 15:39 |
| 26 | 26 | 3377 | Caitlyn | CAWOOD | BOLA | G15/4 | 15:41 |
| 27 | 27 | 3389 | Jodene | SHAWE | CGA | G15/4 | 15:44 |
| 28 | 28 | 3374 | Edmar | HLATI | AVT | G15/4 | 15:46 |
| 29 | 29 | 3328 | Nthabiseng | NYAPOTSE | AGN | G15/4 | 15:50 |
| 30 | 30 | 3298 | Mathapelo | MODISE | ACNW | G15/4 | 15:53 |
| 31 | 31 | 3395 | Nokuphiwe | MAVUNDLA | KZNA | G15/4 | 15:53 |
| 32 | 32 | 3330 | Magrietjie | RABIE | AGN | G15/4 | 15:56 |
| 33 | 33 | 3327 | Moleboheng | MOHAPI | AGN | G15/4 | 15:58 |
| 34 | 34 | 3324 | Bongekile | MAKAMA | AGN | G15/4 | 16:00 |
| 35 | 35 | 4145 | Mila | DE JAGER | BOLA | G15/4 | 16:01 |
| 36 | 36 | 3364 | Annebelle | Mc EWAN | ASWD | G15/4 | 16:03 |
| 37 | 37 | 3326 | Michaela | MARX | AGN | G15/4 | 16:03 |
| 38 | 38 | 3384 | Kaitlyn | MACKAY | CGA | G15/4 | 16:08 |
| 39 | 39 | 3392 | Isabella | AMBROSIO | KZNA | G15/4 | 16:09 |
| 40 | 40 | 3401 | Mokgaetji | MAEKELA | LIMA | G15/4 | 16:10 |
| 41 | 41 | 3407 | Teagan | HUDSON | WPA | G15/4 | 16:11 |
| 42 | 42 | 3310 | Neo | NKIANE | AFS | G15/4 | 16:13 |
| 43 | 43 | 3302 | Carla | BRITZ | AFS | G15/4 | 16:15 |
| 44 | 44 | 3387 | Karabo | NTSIBANDE | CGA | G15/4 | 16:18 |
| 45 | 45 | 3402 | Mahlatse Mildred | MODILA | LIMA | G15/4 | 16:19 |



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|----|------|-------------|---------------|------|-------|-------|
| 46 | 46 | 3323 | Michelle | KEKANA | AGN | G15/4 | 16:20 |
| 47 | 47 | 3360 | Louisa | PRETORIUS | ANWN | G15/4 | 16:21 |
| 48 | 48 | 3368 | Zisanda | NGCAMBELO | ATRA | G15/4 | 16:24 |
| 49 | 49 | 3378 | Dewandre | VAN ROOY | BOLA | G15/4 | 16:26 |
| 50 | 50 | 3388 | Onkgopotse | SEJANAMANE | CGA | G15/4 | 16:35 |
| 51 | 51 | 3400 | Courtney | VAN WYNGAARD | KZNA | G15/4 | 16:37 |
| 52 | 52 | 3336 | Kaylin | VISSER | AGN | G15/4 | 16:39 |
| 53 | 53 | 3335 | Danika | VAN DER MERWE | AGN | G15/4 | 16:40 |
| 54 | 54 | 3372 | Michaela | COWAN | AVT | G15/4 | 16:43 |
| 55 | 55 | 3340 | Kara | DU PREEZ | AMPU | G15/4 | 16:48 |
| 56 | 56 | 3355 | Quenne | BOTHA | ANWN | G15/4 | 16:50 |
| 57 | 57 | 3367 | Alive | MNYANDE | ATRA | G15/4 | 16:56 |
| 58 | 58 | 3354 | Elihle | ZIKALALA | AMPU | G15/4 | 16:57 |
| 59 | 59 | 3321 | Milan | GREYLING | AGN | G15/4 | 16:59 |
| 60 | 60 | 3337 | Johandi | BEZUIDENHOUT | AMPU | G15/4 | 17:01 |
| 61 | 61 | 3399 | Nomcebo | MFUSI | KZNA | G15/4 | 17:03 |
| 62 | 62 | 3316 | Mika-Leigh | STRYDOM | AFS | G15/4 | 17:04 |
| 63 | 63 | 3391 | Kim-Shay | GOLIATH | EPA | G15/4 | 17:05 |
| 64 | 64 | 4146 | Ashali | PHOLMAN | BOLA | G15/4 | 17:12 |
| 65 | 65 | 3297 | Tshepiso | BUCWA | ACNW | G15/4 | 17:17 |
| 66 | 66 | 3411 | Vaughanique | PETERSEN | WPA | G15/4 | 17:18 |
| 67 | 67 | 3371 | Zelné | BEZUIDENHOUT | AVT | G15/4 | 17:21 |
| 68 | 68 | 3308 | Desire | MOHATLANE | AFS | G15/4 | 17:24 |
| 69 | 69 | 3305 | Lianné | KRIEL | AFS | G15/4 | 17:25 |
| 70 | 70 | 3301 | Nadia | BELL | AFS | G15/4 | 17:25 |
| 71 | 71 | 3375 | Nicka | TALJAARD | AVT | G15/4 | 17:28 |
| 72 | 72 | 3380 | Imange | NORAYASE | BORA | G15/4 | 17:34 |
| 73 | 73 | 3299 | Nthabeleng | PETER | ACNW | G15/4 | 17:35 |
| 74 | 74 | 3313 | Francisca | RHEEDER | AFS | G15/4 | 17:42 |
| 75 | 75 | 3300 | Simoné | VAN DER LINDE | ACNW | G15/4 | 17:45 |
| 76 | 76 | 3309 | Karabo | MOSIKILI | AFS | G15/4 | 17:50 |
| 77 | 77 | 3342 | Nina | GROBLER | AMPU | G15/4 | 17:54 |
| 78 | 78 | 3339 | Rosslean | DE KOCK | AMPU | G15/4 | 18:08 |
| 79 | 79 | 3317 | Lize | VAN BILJON | AFS | G15/4 | 18:09 |
| 80 | 80 | 3359 | Otlotleng | MONNATLANA | ANWN | G15/4 | 18:11 |
| 81 | 81 | 3376 | Zuleike | VAN HEERDEN | AVT | G15/4 | 18:16 |
| 82 | 82 | 3311 | Buhle | NXOBOI | AFS | G15/4 | 18:27 |
| 83 | 83 | 3405 | Valencia | JEJANIE | NWCA | G15/4 | 18:30 |
| 84 | 84 | 3394 | Siyathokoza | MAPHOSA | KZNA | G15/4 | 18:39 |
| 85 | 85 | 3314 | Goratileone | SEFATSA | AFS | G15/4 | 18:45 |
| 86 | 86 | 3338 | Charne | COETSEE | AMPU | G15/4 | 18:53 |
| 87 | 87 | 3408 | Sinoxolo | JIJINGUBO | WPA | G15/4 | 18:54 |
| 88 | 88 | 3343 | Sisanda | GWAMBE | AMPU | G15/4 | 19:08 |
| 89 | 89 | 3307 | Marli | MARAIS | AFS | G15/4 | 19:17 |
| 90 | 90 | 3318 | Carlien | VAN ZYL | AFS | G15/4 | 19:20 |
| 91 | 91 | 3315 | Palesa | SEKOTO | AFS | G15/4 | 19:22 |
| 92 | 92 | 3345 | Jessica | KRUGER | AMPU | G15/4 | 19:25 |
| 93 | 93 | 3341 | Kayla | ELLIS | AMPU | G15/4 | 19:32 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|-----|-----|------|------------|---------------|------|-------|-------|
| 94 | 94 | 3379 | Jessica | FARR | BORA | G15/4 | 19:40 |
| 95 | 95 | 3363 | Alexa | KOHLER | ASWD | G15/4 | 19:41 |
| 96 | 96 | 3312 | Katleho | RAMPAI | AFS | G15/4 | 19:43 |
| 97 | 97 | 3303 | Zita | COETZEE | AFS | G15/4 | 19:45 |
| 98 | 98 | 3352 | Kaylee-May | SCHOEMAN | AMPU | G15/4 | 19:50 |
| 99 | 99 | 3362 | Elri | VAN DEN BERGH | ANWN | G15/4 | 19:59 |
| 100 | 100 | 3361 | Zani | SPRINGHORN | ANWN | G15/4 | 20:21 |
| 101 | 101 | 3357 | Ansuné | KOEN | ANWN | G15/4 | 20:55 |
| 102 | 102 | 3353 | Dizhane | THERON | AMPU | G15/4 | 21:37 |
| 103 | 103 | 3346 | Jane | LESCH | AMPU | G15/4 | 22:16 |
| 104 | 104 | 3304 | Megan-Lee | JORDAAN | AFS | G15/4 | 22:40 |
| 105 | 105 | 3349 | Zengilakhe | MAVAYELA | AMPU | G15/4 | |
| 106 | 106 | 3351 | Princess | MNISI | AMPU | G15/4 | |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

GIRLS 16 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|-------------|----------------------|------|---------|-------|
| 1 | 3 | 1575 | Anoxolo | MCETYWA | AGN | G16/4 | 13:53 |
| 2 | 5 | 1617 | Selna | VAN AS | AVT | G16/4 | 14:06 |
| 3 | 8 | 1566 | Angel | BALOYI | AGN | G16/4 | 14:23 |
| 4 | 10 | 1581 | Kaitlyn | VAN ROOYEN | AGN | G16/4 | 14:32 |
| 5 | 11 | 1586 | Lu-Mari | DU PLESSIS | AMPU | G16/4 | 14:34 |
| 6 | 13 | 1560 | Pinky | LONG | AFS | G16/4 | 14:43 |
| 7 | 15 | 1564 | Danell | OEOFSE | AFS | G16/4 | 14:51 |
| 8 | 16 | 1624 | Chemené | MENTZ | CGA | G16/4 | 14:57 |
| 9 | 19 | 1573 | Kamogelo | LETHABANE | AGN | G16/4 | 15:04 |
| 10 | 21 | 1627 | Megan | ROOME | CGA | G16/4 | 15:08 |
| 11 | 26 | 1622 | Katherine | HAMMAN | CGA | G16/4 | 15:22 |
| 12 | 28 | 1583 | Anele | ZULU | AGN | G16/4 | 15:25 |
| 13 | 29 | 1569 | Simoné | DE KOKER | AGN | G16/4 | 15:26 |
| 14 | 33 | 1632 | Thembekile | MJWARA | KZNA | G16/4 | 15:33 |
| 15 | 34 | 1554 | Annari | BLIGNAUT | AFS | G16/4 | 15:34 |
| 16 | 35 | 1577 | Izelle | NEL | AGN | G16/4 | 15:38 |
| 17 | 37 | 1571 | Paballo | DLOTHI | AGN | G16/4 | 15:42 |
| 18 | 39 | 1628 | Lisa | VISMER-BARTMAN | CGA | G16/4 | 15:44 |
| 19 | 40 | 1553 | Magdalena | ARANGIES | AFS | G16/4 | 15:45 |
| 20 | 41 | 1612 | Elihle | DIAMOND | ATRA | G16/4 | 15:45 |
| 21 | 43 | 1552 | Luché | VAN DER BERG | ACNW | G16/4 | 15:47 |
| 22 | 45 | 1576 | Natalie | MORELAND | AGN | G16/4 | 15:49 |
| 23 | 48 | 1570 | Elri | DIRKSE VAN SCHALKWYK | AGN | G16/4 | 15:54 |
| 24 | 50 | 1551 | Mathilda | LIEBENBERG | ACNW | G16/4 | 15:56 |
| 25 | 51 | 1625 | Maletsatsi | MNISI | CGA | G16/4 | 15:58 |
| 26 | 55 | 1604 | Chantè | KRUGER | ANWN | G16/4 | 16:08 |
| 27 | 57 | 1579 | Liandrie | ROUX | AGN | G16/4 | 16:10 |
| 28 | 58 | 1580 | Anika | SNIJDERS | AGN | G16/4 | 16:11 |
| 29 | 59 | 1640 | Jane | BUITENDAG | LIMA | G16/4 | 16:12 |
| 30 | 62 | 1610 | Chelsea | SAAYMAN | ASWD | G16/4 | 16:14 |
| 31 | 64 | 1558 | Anke | GÜNTHER | AFS | G16/4 | 16:20 |
| 32 | 65 | 1582 | Danika | VERMEULEN | AGN | G16/4 | 16:22 |
| 33 | 67 | 1646 | Kungawo | DLONGWANA | WPA | G16/4 | 16:24 |
| 34 | 68 | 1584 | Mieke | SMIT | AGW | G16/4 | 16:25 |
| 35 | 70 | 1578 | Vanessa | NGWENYA | AGN | G16/4 | 16:25 |
| 36 | 71 | 1620 | Leila | SCHENK | BORA | G16/4 | 16:27 |
| 37 | 72 | 1621 | Enreth | DANIEL | CGA | G16/4 | 16:28 |
| 38 | 73 | 1574 | Elizca | LOTZ | AGN | G16/4 | 16:28 |
| 39 | 74 | 1634 | Samkelisiwe | MZOLO | KZNA | G16/4 | 16:29 |
| 40 | 75 | 1587 | Kaycee | FINCHAM | AMPU | G16/4 | 16:29 |
| 41 | 77 | 1636 | Ayanda | ZONDO | KZNA | G16/4 | 16:31 |
| 42 | 79 | 1623 | Lenthe | MARÉ | CGA | G16/4 | 16:33 |
| 43 | 81 | 1585 | Rebekah | BRAACK | AMPU | G16/4 | 16:36 |
| 44 | 84 | 1567 | Elri | BOTHA | AGN | G16/4 | 16:43 |
| 45 | 86 | 1568 | Deone | DE BEER | AGN | G16/4 | 16:44 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|-----|------|------------|------------------|------|-------|-------|
| 46 | 87 | 1608 | Ané | BESTER | ASWD | G16/4 | 16:46 |
| 47 | 89 | 1603 | Angelique | DU PLESSIS | ANWN | G16/4 | 16:48 |
| 48 | 90 | 1616 | Jaimé | SMIDT | AVT | G16/4 | 16:51 |
| 49 | 91 | 1572 | Nina | KEYSER | AGN | G16/4 | 16:52 |
| 50 | 92 | 1619 | Lanya | OLDHAM | BORA | G16/4 | 16:53 |
| 51 | 97 | 1614 | Nelly | KHUBEKA | AVT | G16/4 | 16:59 |
| 52 | 100 | 1648 | Yonda | JADA | WPA | G16/4 | 17:02 |
| 53 | 101 | 1650 | Indiphile | NTSHINGA | WPA | G16/4 | 17:03 |
| 54 | 102 | 1631 | Amahle | DLEPHU | KZNA | G16/4 | 17:07 |
| 55 | 104 | 1629 | Jenna | WESTERMEYER | CGA | G16/4 | 17:10 |
| 56 | 105 | 1626 | Reamogetse | RAGEDI | CGA | G16/4 | 17:14 |
| 57 | 106 | 1565 | Moleboheng | SELEPE | AFS | G16/4 | 17:15 |
| 58 | 111 | 1595 | Wilmie | SCHOLTZ | AMPU | G16/4 | 17:20 |
| 59 | 112 | 1549 | Abigail | BOARDMAN | ACNW | G16/4 | 17:20 |
| 60 | 113 | 1593 | Ava | OOSTHUIZEN | AMPU | G16/4 | 17:22 |
| 61 | 114 | 1633 | Ava | MOORE | KZNA | G16/4 | 17:24 |
| 62 | 115 | 1563 | Philile | NHLAPO | AFS | G16/4 | 17:25 |
| 63 | 116 | 1611 | Azole | BALENI | ATRA | G16/4 | 17:26 |
| 64 | 117 | 1601 | Cailyn | BOTHA | ANWN | G16/4 | 17:28 |
| 65 | 119 | 1606 | Nicola | OLIVIER | ANWN | G16/4 | 17:32 |
| 66 | 120 | 1550 | Anienke | HERBST | ACNW | G16/4 | 17:33 |
| 67 | 121 | 1618 | Emelia | FORTUIN | BOLA | G16/4 | 17:36 |
| 68 | 122 | 1643 | Jessica | PUTTER | LIMA | G16/4 | 17:40 |
| 69 | 125 | 1635 | Yamkela | NDLOVU | KZNA | G16/4 | 17:43 |
| 70 | 126 | 1589 | Danielle | LAMPRECHT | AMPU | G16/4 | 17:45 |
| 71 | 128 | 1592 | Ingemari | ODENDAAL | AMPU | G16/4 | 17:49 |
| 72 | 129 | 1559 | Karabo | KONDILE | AFS | G16/4 | 17:49 |
| 73 | 130 | 1557 | Marichelle | DE JAGER | AFS | G16/4 | 17:50 |
| 74 | 131 | 1615 | Gabriella | ROOS | AVT | G16/4 | 17:52 |
| 75 | 134 | 1599 | Mea | VAN HEERDEN | AMPU | G16/4 | 17:58 |
| 76 | 136 | 1562 | Tshepiso | MOELI | AFS | G16/4 | 17:59 |
| 77 | 138 | 1609 | Addisson | GILLESPIE | ASWD | G16/4 | 18:00 |
| 78 | 141 | 1556 | Nica | DE BEER | AFS | G16/4 | 18:06 |
| 79 | 142 | 1588 | Elbe | JANSE VAN VUUREN | AMPU | G16/4 | 18:08 |
| 80 | 143 | 1605 | Lerato | MOLOBYE | ANWN | G16/4 | 18:13 |
| 81 | 145 | 1644 | Nika | SNYMAN | LIMA | G16/4 | 18:19 |
| 82 | 151 | 1596 | Asande | SINGWANE | AMPU | G16/4 | 18:32 |
| 83 | 154 | 1642 | Mmatshupo | MOLOMO | LIMA | G16/4 | 18:37 |
| 84 | 159 | 1598 | Tebenia | TSHESANE | AMPU | G16/4 | 18:53 |
| 85 | 161 | 1647 | Endinako | GWEBANI | WPA | G16/4 | 19:00 |
| 86 | 162 | 1641 | Paballo | MGWANGQA | LIMA | G16/4 | 19:02 |
| 87 | 164 | 1602 | Kayleigh | COOKS | ANWN | G16/4 | 19:12 |
| 88 | 165 | 1591 | Helen | MYBURGH | AMPU | G16/4 | 19:15 |
| 89 | 170 | 1597 | Ntokozo | TSHABALALA | AMPU | G16/4 | 19:31 |
| 90 | 171 | 1649 | Eden | KOUTER | WPA | G16/4 | 19:33 |
| 91 | 172 | 1555 | Cara | CLAASSEN | AFS | G16/4 | 19:34 |
| 92 | 173 | 1600 | Liane | VAN ZYL | AMPU | G16/4 | 19:50 |
| 93 | 175 | 1645 | Senovia | BRIEKWA | NWCA | G16/4 | 20:02 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|-----|------|----------|----------|------|-------|-------|
| 94 | 179 | 1594 | Mizelle | RAYTERS | AMPU | G16/4 | 20:41 |
| 95 | 181 | 1561 | Botle | MASHESHE | AFS | G16/4 | 20:58 |
| 96 | 182 | 1590 | Kananelo | MOLAOA | AMPU | G16/4 | 21:18 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

GIRLS 17 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|-------------------|---------------|------|---------|-------|
| 1 | 1 | 1670 | Lize | DE JAGER | AGN | G17/4 | 13:42 |
| 2 | 2 | 1654 | Andrea | STEYNBERG | ACNW | G17/4 | 13:48 |
| 3 | 4 | 1686 | Lara | VAN DER MERWE | AGN | G17/4 | 13:55 |
| 4 | 6 | 1720 | Cassidy | BOSMAN | CGA | G17/4 | 14:12 |
| 5 | 7 | 1672 | Luca | DE WAAL | AGN | G17/4 | 14:14 |
| 6 | 9 | 1673 | Omaatla | DIKAO | AGN | G17/4 | 14:29 |
| 7 | 12 | 1677 | Mpho | KATISO | AGN | G17/4 | 14:42 |
| 8 | 14 | 1729 | Azelia | ZITHA | CGA | G17/4 | 14:45 |
| 9 | 17 | 1655 | Abbigail | VILJOEN | ACNW | G17/4 | 14:59 |
| 10 | 18 | 1726 | Kiana | PEPLER | CGA | G17/4 | 15:01 |
| 11 | 20 | 1737 | Anele | NDAWONDE | KZNA | G17/4 | 15:06 |
| 12 | 22 | 1680 | Elizma | LE ROUX | AGN | G17/4 | 15:11 |
| 13 | 23 | 1682 | Jasmen | PIENAAR-KOTZE | AGN | G17/4 | 15:13 |
| 14 | 24 | 1724 | Nqobile | MASEKO | CGA | G17/4 | 15:14 |
| 15 | 25 | 1652 | Thandiwe | MOTSEMME | ACNW | G17/4 | 15:15 |
| 16 | 27 | 1749 | Amkele | MHALI | WPA | G17/4 | 15:24 |
| 17 | 30 | 1669 | Hanneleen | CONRADIE | AGN | G17/4 | 15:29 |
| 18 | 31 | 1719 | Elrisa | SWIEGERS | AVT | G17/4 | 15:31 |
| 19 | 32 | 1723 | Annabell | JONES | CGA | G17/4 | 15:32 |
| 20 | 36 | 1732 | Leah | EDWARDS | KZNA | G17/4 | 15:39 |
| 21 | 38 | 1683 | Liney Sharika | PRETORIUS | AGN | G17/4 | 15:44 |
| 22 | 42 | 1675 | Jade | HARTZENBURG | AGN | G17/4 | 15:46 |
| 23 | 44 | 1713 | Shannon | ADENDORFF | AVT | G17/4 | 15:48 |
| 24 | 46 | 1697 | Shebba | SITHOLE | AMPU | G17/4 | 15:51 |
| 25 | 47 | 1727 | Hanri | PRETORIUS | CGA | G17/4 | 15:52 |
| 26 | 49 | 1751 | Alice | VENTER | WPA | G17/4 | 15:55 |
| 27 | 52 | 1690 | Mia | LIGTHELM | AMPU | G17/4 | 15:59 |
| 28 | 53 | 1745 | Harrietta Mmokedi | PHAKA | LIMA | G17/4 | 16:00 |
| 29 | 54 | 1679 | Joline | KOTZE | AGN | G17/4 | 16:01 |
| 30 | 56 | 1747 | Chanel | DU PLESSIS | WPA | G17/4 | 16:09 |
| 31 | 60 | 1731 | Kara | FOURIE | EPA | G17/4 | 16:12 |
| 32 | 61 | 1718 | Refilwe | RAMOKOPU | AVT | G17/4 | 16:13 |
| 33 | 63 | 1735 | Ntombenhle | MNYANDA | KZNA | G17/4 | 16:16 |
| 34 | 66 | 1744 | Mpho | MOTHOGOANE | LIMA | G17/4 | 16:24 |
| 35 | 69 | 1742 | Phiwokuhle | THWALA | KZNA | G17/4 | 16:25 |
| 36 | 76 | 1722 | Saskia | HEYDENRYCH | CGA | G17/4 | 16:30 |
| 37 | 78 | 1684 | Kira | PUTZ | AGN | G17/4 | 16:32 |
| 38 | 80 | 1725 | Kamogelo Leona | MNISI | CGA | G17/4 | 16:33 |
| 39 | 82 | 1689 | Esmari | KLOPPERS | AMPU | G17/4 | 16:40 |
| 40 | 83 | 1743 | Lebo | MOTHOGOANE | LIMA | G17/4 | 16:41 |
| 41 | 85 | 1653 | Anchen | SCHUTTE | ACNW | G17/4 | 16:43 |
| 42 | 88 | 1651 | Mienke | BLIGNAUT | ACNW | G17/4 | 16:47 |
| 43 | 93 | 1710 | Chanelle | BESTER | ASWD | G17/4 | 16:54 |
| 44 | 94 | 1715 | Hannah | KOREND | AVT | G17/4 | 16:56 |
| 45 | 95 | 1660 | Ezeth | ESTERHUIZEN | AFS | G17/4 | 16:57 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|-----|------|--------------|---------------------|------|-------|-------|
| 46 | 96 | 1671 | Tasha | DE JONG | AGN | G17/4 | 16:58 |
| 47 | 98 | 1750 | Scarlet | VAN DER MERWE | WPA | G17/4 | 17:00 |
| 48 | 99 | 1681 | Jané | MALE | AGN | G17/4 | 17:01 |
| 49 | 103 | 1728 | Bronwyn | WAGNER | CGA | G17/4 | 17:08 |
| 50 | 107 | 1665 | Catherine | VAN AARDT | AFS | G17/4 | 17:18 |
| 51 | 108 | 1709 | Kelello | PHOKOJE | ANWN | G17/4 | 17:18 |
| 52 | 109 | 1667 | Inge | VAN STADEN | AFS | G17/4 | 17:19 |
| 53 | 110 | 1685 | Rimmon | UYS | AGN | G17/4 | 17:19 |
| 54 | 118 | 1678 | Chanelle | KOTZE | AGN | G17/4 | 17:30 |
| 55 | 123 | 1717 | Callista | PRINSLOO | AVT | G17/4 | 17:42 |
| 56 | 124 | 1733 | Xoliswa | MADLOPHA | KZNA | G17/4 | 17:42 |
| 57 | 127 | 1730 | Carla | CLOTZ | EPA | G17/4 | 17:46 |
| 58 | 132 | 1734 | Samukelisiwe | MKHANYA | KZNA | G17/4 | 17:54 |
| 59 | 133 | 1711 | Marilie | DUVENAGE | ASWD | G17/4 | 17:57 |
| 60 | 135 | 1736 | Anele | MTUNGWA | KZNA | G17/4 | 17:58 |
| 61 | 137 | 1664 | Pulane | MOSITO | AFS | G17/4 | 17:59 |
| 62 | 139 | 1663 | Rethabile | MOKOENA | AFS | G17/4 | 18:01 |
| 63 | 140 | 1662 | Sarah | MOKHOBLO | AFS | G17/4 | 18:02 |
| 64 | 144 | 1659 | Charmae | DONALD | AFS | G17/4 | 18:14 |
| 65 | 146 | 1658 | Yibanathi | DIKO | AFS | G17/4 | 18:21 |
| 66 | 147 | 1657 | Phumelela | DHLAMINI | AFS | G17/4 | 18:24 |
| 67 | 148 | 1701 | Else mari | VAN ZYL | AMPU | G17/4 | 18:26 |
| 68 | 149 | 1661 | Keneuwe | MABASO | AFS | G17/4 | 18:27 |
| 69 | 150 | 1668 | Kiara | VAN WYK | AFS | G17/4 | 18:31 |
| 70 | 152 | 1700 | Janica | VAN STADEN | AMPU | G17/4 | 18:36 |
| 71 | 153 | 1702 | Petra | WASSENAAR | AMPU | G17/4 | 18:36 |
| 72 | 155 | 1712 | Danelle | VAN DER MERWE | ASWD | G17/4 | 18:44 |
| 73 | 156 | 1721 | Annika | FERREIRA | CGA | G17/4 | 18:47 |
| 74 | 157 | 1703 | Melissa | DE LANGE | ANWN | G17/4 | 18:52 |
| 75 | 158 | 1705 | Alexa | JANSEN VAN RENSBURG | ANWN | G17/4 | 18:52 |
| 76 | 160 | 1698 | Anje | STAPELBERG | AMPU | G17/4 | 18:56 |
| 77 | 163 | 1692 | Vukona | MTHETHWA | AMPU | G17/4 | 19:10 |
| 78 | 166 | 1688 | Abigail | DOLLENBERG | AMPU | G17/4 | 19:16 |
| 79 | 167 | 1693 | Megan | NEL | AMPU | G17/4 | 19:17 |
| 80 | 168 | 1706 | Cathlynn | KRUGER | ANWN | G17/4 | 19:19 |
| 81 | 169 | 1714 | Siphiwe | DHLAMINI | AVT | G17/4 | 19:23 |
| 82 | 174 | 1687 | Beame | CRONJE | AMPU | G17/4 | 20:01 |
| 83 | 176 | 1708 | Chantè | OOSTHUIZEN | ANWN | G17/4 | 20:14 |
| 84 | 177 | 1699 | Mia | SWART | AMPU | G17/4 | 20:15 |
| 85 | 178 | 1704 | Kamogelo | DITSELE | ANWN | G17/4 | 20:27 |
| 86 | 180 | 1716 | Victoria | MAKHUBO | AVT | G17/4 | 20:47 |
| 87 | 183 | 1694 | Luyanda | NGOMANE | AMPU | G17/4 | 21:18 |
| 88 | 184 | 1691 | Noluthando | MLAMBO | AMPU | G17/4 | 21:29 |
| 89 | 185 | 1746 | Keatletsetse | BAREKI | NWCA | G17/4 | 24:22 |
| 90 | 186 | 1696 | Nthabiseng | RATAU | AMPU | G17/4 | 26:21 |
| 91 | 187 | 1695 | Kari | PIETERS | AMPU | G17/4 | 26:26 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Youth Women - 2km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|---------------|---------------|------|---------|-------|
| 1 | 3 | 3952 | Andrea | STEYNBERG | ACNW | YW/2 | 06:52 |
| 2 | 9 | 3981 | Kiona | ROBINSON | CGA | YW/2 | 07:09 |
| 3 | 11 | 3961 | Mpho | KATISO | AGN | YW/2 | 07:11 |
| 4 | 13 | 3968 | Lu-Mari | DU PLESSIS | AMPU | YW/2 | 07:17 |
| 5 | 15 | 3976 | Loghan | GRAY | CGA | YW/2 | 07:23 |
| 6 | 16 | 3957 | Danell | OEOFSE | AFS | YW/2 | 07:27 |
| 7 | 17 | 3960 | Paballo | DLOTHI | AGN | YW/2 | 07:29 |
| 8 | 20 | 3965 | Liney Sharika | PRETORIUS | AGN | YW/2 | 07:32 |
| 9 | 24 | 3973 | Shebba | SITHOLE | AMPU | YW/2 | 07:48 |
| 10 | 27 | 3964 | Jasmen | PIENAAR-KOTZE | AGN | YW/2 | 07:52 |
| 11 | 28 | 3977 | Morgan | HARMSE | CGA | YW/2 | 07:55 |
| 12 | 30 | 3979 | Mbali | NTSELE | CGA | YW/2 | 07:57 |
| 13 | 34 | 3980 | Lee | NYATHI | CGA | YW/2 | 08:04 |
| 14 | 35 | 3970 | Esmari | KLOPPERS | AMPU | YW/2 | 08:05 |
| 15 | 37 | 3966 | Mieke | SMIT | AGW | YW/2 | 08:06 |
| 16 | 39 | 3953 | Magdalena | ARANGIES | AFS | YW/2 | 08:09 |
| 17 | 43 | 3962 | Carmenittah | MAGAJANE | AGN | YW/2 | 08:12 |
| 18 | 44 | 3982 | Amahle | DLEPHU | KZNA | YW/2 | 08:13 |
| 19 | 45 | 3975 | Kaitlyn | DU PLESSIS | CGA | YW/2 | 08:16 |
| 20 | 47 | 3974 | Hannah | KOREND | AVT | YW/2 | 08:17 |
| 21 | 56 | 3956 | Sarah | MAKHOBALO | AFS | YW/2 | 08:27 |
| 22 | 57 | 4129 | Carla | CLOTZ | EPA | YW/2 | 08:29 |
| 23 | 59 | 3967 | Rebekah | BRAACK | AMPU | YW/2 | 08:38 |
| 24 | 63 | 3958 | Catherine | VAN AARDT | AFS | YW/2 | 08:52 |
| 25 | 65 | 3955 | Karabo | KONDILE | AFS | YW/2 | 09:04 |
| 26 | 74 | 3984 | Karabo | KHANE | KZNA | YW/2 | 10:06 |
| 27 | 76 | 3985 | Thembehle | NDLOVU | KZNA | YW/2 | 10:11 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Junior Women - 2km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|--------------------|---------------|------|---------|-------|
| 1 | 2 | 3899 | Paballo | RADEBE | AGN | JW/2 | 06:52 |
| 2 | 7 | 3900 | Wiepke | SCHOEMAN | AGN | JW/2 | 07:03 |
| 3 | 8 | 3898 | Tinyiko | NDALA | AGN | JW/2 | 07:08 |
| 4 | 12 | 3891 | Alri | VERSTER | ACNW | JW/2 | 07:15 |
| 5 | 19 | 3896 | Izandri | JACOBS | AGN | JW/2 | 07:30 |
| 6 | 23 | 3908 | Tshenolo | SEBUENG | CGA | JW/2 | 07:47 |
| 7 | 25 | 3916 | Kwanele | SIKHAKHANE | KZNA | JW/2 | 07:48 |
| 8 | 29 | 3915 | Minenhle | SHOZI | KZNA | JW/2 | 07:56 |
| 9 | 40 | 3919 | Vanessa | DA SILVA | LIMA | JW/2 | 08:10 |
| 10 | 42 | 3912 | Bongiwe | MASONDO | KZNA | JW/2 | 08:11 |
| 11 | 46 | 3897 | Refiloe | MOTLOHI | AGN | JW/2 | 08:16 |
| 12 | 50 | 3910 | Mosale | THOBEJANE | CGA | JW/2 | 08:20 |
| 13 | 51 | 3906 | Buhle | MAHLANGU | CGA | JW/2 | 08:21 |
| 14 | 52 | 3903 | Kopano | LOUW | AVT | JW/2 | 08:24 |
| 15 | 53 | 3901 | Marlene | VAN DER LINDE | AGN | JW/2 | 08:25 |
| 16 | 54 | 3905 | Camryn | DE MEYER | CGA | JW/2 | 08:26 |
| 17 | 55 | 3894 | Katleho | MOAHLOLI | AFS | JW/2 | 08:27 |
| 18 | 66 | 3895 | Kabelo | NTLABA | AFS | JW/2 | 09:10 |
| 19 | 70 | 3911 | Mia | CLENDENNEN | KZNA | JW/2 | 09:40 |
| 20 | 71 | 3917 | Luyanda | VILAKAZI | KZNA | JW/2 | 09:47 |
| 21 | 72 | 3913 | Amahle | MATHE | KZNA | JW/2 | 09:54 |
| 22 | 73 | 3892 | Lize | ACKERMAN | AFS | JW/2 | 09:55 |
| 23 | 77 | 3893 | Relebohile Decency | DHLANGISA | AFS | JW/2 | 11:08 |
| 24 | 79 | 3904 | Tracy | VISSER | AVT | JW/2 | |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Junior Women - 6km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|---------------|--------------------|------|---------|-------|
| 1 | 1 | 1264 | Hlengiwe Gift | NKOSI | CGA | JW/6 | 20:56 |
| 2 | 2 | 1234 | Wiepke | SCHOEMAN | AGN | JW/6 | 20:58 |
| 3 | 3 | 1231 | Tinyiko | NDALA | AGN | JW/6 | 21:15 |
| 4 | 4 | 1228 | Shanike | JORDAAN | AGN | JW/6 | 21:25 |
| 5 | 5 | 1225 | Dante | FERREIRA | AGN | JW/6 | 21:29 |
| 6 | 6 | 1213 | Alri | VERSTER | ACNW | JW/6 | 21:38 |
| 7 | 7 | 1262 | Bronwyn | NEL | CGA | JW/6 | 21:47 |
| 8 | 8 | 1266 | Lika E | STRYDOM | CGA | JW/6 | 22:11 |
| 9 | 9 | 1282 | Kiara | BESTER | WPA | JW/6 | 22:13 |
| 10 | 10 | 1227 | Mart-Mariè | JORDAAN | AGN | JW/6 | 22:19 |
| 11 | 11 | 1281 | Abigail | BESTER | WPA | JW/6 | 22:22 |
| 12 | 12 | 1261 | Dieketseng | MOTSOENENG | CGA | JW/6 | 22:31 |
| 13 | 13 | 1260 | Lerato | MOROMBI | CGA | JW/6 | 23:09 |
| 14 | 14 | 1224 | Jackie | COERTZE | AGN | JW/6 | 23:09 |
| 15 | 15 | 1272 | Kwanele | SIKHAKHANE | KZNA | JW/6 | 23:22 |
| 16 | 16 | 1250 | Abbygale | HAVENGA | ANWN | JW/6 | 23:45 |
| 17 | 17 | 1235 | Mieke | SMIT | AGN | JW/6 | 23:51 |
| 18 | 18 | 1265 | Katelynn | STEENKAMP | CGA | JW/6 | 24:08 |
| 19 | 19 | 1269 | Bongiwe | MASONDO | KZNA | JW/6 | 24:18 |
| 20 | 20 | 1259 | Shokane | KGOPOTSO | CGA | JW/6 | 24:24 |
| 21 | 21 | 1267 | Hannah | BULLOCK | KZNA | JW/6 | 24:42 |
| 22 | 22 | 1254 | Cleresse | MOSES | ASWD | JW/6 | 24:46 |
| 23 | 23 | 1240 | Zabine | VON WESTERNHAGEN | AGN | JW/6 | 24:50 |
| 24 | 24 | 1218 | Katleho | MOAHLOLI | AFS | JW/6 | 25:06 |
| 25 | 25 | 1284 | Zoe | RUDOLPH | WPA | JW/6 | 25:24 |
| 26 | 26 | 1256 | Ntombizine | THOMBELA | ATRA | JW/6 | 25:26 |
| 27 | 27 | 1233 | Kamogelo | RAPOTAPI | AGN | JW/6 | 25:29 |
| 28 | 28 | 1270 | Rethabile | MOTLOUNG | KZNA | JW/6 | 25:32 |
| 29 | 29 | 1239 | Stephanie | VERSCHOOR | AGN | JW/6 | 25:33 |
| 30 | 30 | 1285 | Dumisa | SIPUNZI | WPA | JW/6 | 25:35 |
| 31 | 31 | 1257 | Abigail | EVITTS | AVT | JW/6 | 25:46 |
| 32 | 32 | 1215 | Joane | DE BRUYN | AFS | JW/6 | 25:53 |
| 33 | 33 | 1283 | Lilitha | NDUDULA | WPA | JW/6 | 26:19 |
| 34 | 34 | 1271 | Lwandle | NTULI | KZNA | JW/6 | 26:23 |
| 35 | 35 | 1236 | Ame | VAN BREDA | AGN | JW/6 | 26:30 |
| 36 | 36 | 1222 | Zoe | BEESLAAR | AGN | JW/6 | 26:42 |
| 37 | 37 | 1237 | Jennifer | VAN EDEN | AGN | JW/6 | 27:10 |
| 38 | 38 | 1245 | Aimee | MATHABE | AMPU | JW/6 | 27:18 |
| 39 | 39 | 1279 | Saokga | SEDIBENG | LIMA | JW/6 | 27:31 |
| 40 | 40 | 1249 | Lene | VAN DER MERWE | AMPU | JW/6 | 27:34 |
| 41 | 41 | 1251 | Lesego | PHAKEDI | ANWN | JW/6 | 27:36 |
| 42 | 42 | 1276 | Nosipho | MATHE | KZNA | JW/6 | 27:48 |
| 43 | 43 | 1226 | Alyssa-Lee | JANSE VAN RENSBURG | AGN | JW/6 | 28:02 |
| 44 | 44 | 1229 | Lea | MANIKAS | AGN | JW/6 | 28:07 |
| 45 | 45 | 1219 | Kabelo | NTLABA | AFS | JW/6 | 28:19 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|----|------|--------------------|---------------|------|------|-------|
| 46 | 46 | 1268 | Sthembile | FUYANE | KZNA | JW/6 | 28:24 |
| 47 | 47 | 1220 | Boniwe | PALELI | AFS | JW/6 | 28:37 |
| 48 | 48 | 1232 | Linri | OBERHOLZER | AGN | JW/6 | 28:39 |
| 49 | 49 | 1230 | Cherri | MIENIE | AGN | JW/6 | 28:45 |
| 50 | 50 | 1253 | Elzaan | VAN WYK | ANWN | JW/6 | 28:51 |
| 51 | 51 | 1248 | Cadey | VAN DER MERWE | AMPU | JW/6 | 29:08 |
| 52 | 52 | 1280 | Phumelelo | SEREPO | LIMA | JW/6 | 29:35 |
| 53 | 53 | 1217 | Fedile | MLANGENI | AFS | JW/6 | 29:36 |
| 54 | 54 | 1246 | Isabelle | OPPERMAN | AMPU | JW/6 | 29:38 |
| 55 | 55 | 1273 | Mia | CLENDENNEN | KZNA | JW/6 | 30:13 |
| 56 | 56 | 1242 | Mart-Mari | LOURENS | AMPU | JW/6 | 30:29 |
| 57 | 57 | 1221 | Jessica | RABATHO | AFS | JW/6 | 30:36 |
| 58 | 58 | 1274 | Akhona | DLAMININ | KZNA | JW/6 | 30:51 |
| 59 | 59 | 1241 | Mmashitlha | GWANGWA | AMPU | JW/6 | 31:22 |
| 60 | 60 | 1216 | Relebohile Decency | DHLANGISA | AFS | JW/6 | 31:23 |
| 61 | 61 | 1214 | Madaleen | DE BEER | AFS | JW/6 | 31:35 |
| 62 | 62 | 1247 | Sphehile | SIMELANE | AMPU | JW/6 | 31:46 |
| 63 | 63 | 1244 | Nomfundo | MAHLANGU | AMPU | JW/6 | 31:52 |
| 64 | 64 | 1223 | Onelda | BEZUIDENHOUT | AGN | JW/6 | 32:00 |
| 65 | 65 | 1243 | Nthabiseng | LUBISI | AMPU | JW/6 | 33:32 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Women 23 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|-------------|-------------|------|---------|-------|
| 1 | 1 | 3643 | Karabo | MORE | AGN | W23/4 | 12:58 |
| 2 | 3 | 3638 | Nicola | JANSEN | AGN | W23/4 | 13:24 |
| 3 | 4 | 3648 | Carmie | PRINSLOO | AGN | W23/4 | 13:29 |
| 4 | 5 | 3645 | Karabo | MOTSOENENG | AGN | W23/4 | 13:42 |
| 5 | 9 | 3622 | Ina | DU PLESSIS | ACNW | W23/4 | 14:06 |
| 6 | 10 | 4156 | Elizabeth | HUTAMO | LIMA | W23/4 | 14:13 |
| 7 | 13 | 3642 | Bonolo | MAKHUBELA | AGN | W23/4 | 14:24 |
| 8 | 14 | 3640 | Maricelle | KRUGER | AGN | W23/4 | 14:27 |
| 9 | 17 | 3625 | Elandri | SCHMIDT | ACNW | W23/4 | 14:48 |
| 10 | 19 | 3665 | Londeka | MAVIMBELA | CGA | W23/4 | 14:58 |
| 11 | 24 | 3663 | Faith | MABHENA | CGA | W23/4 | 15:11 |
| 12 | 25 | 3670 | Amanda | DETSHE | EPA | W23/4 | 15:12 |
| 13 | 26 | 3647 | Wilmarie | NOLTE | AGN | W23/4 | 15:12 |
| 14 | 28 | 3627 | Carrissa | ERASMUS | AFS | W23/4 | 15:14 |
| 15 | 29 | 3669 | Tristan | TORR | CGA | W23/4 | 15:29 |
| 16 | 33 | 3656 | Caroline | STUURMAN | ANWN | W23/4 | 15:37 |
| 17 | 34 | 3641 | Ndazi | MABENA | AGN | W23/4 | 15:37 |
| 18 | 35 | 3664 | Noluthando | MAMPANE | CGA | W23/4 | 15:38 |
| 19 | 37 | 3679 | Vanessa | DA SILVA | LIMA | W23/4 | 15:43 |
| 20 | 39 | 3668 | Francinah | NGOBENI | CGA | W23/4 | 15:45 |
| 21 | 40 | 3651 | Rethabile | TJALE | AGN | W23/4 | 15:46 |
| 22 | 41 | 3652 | Kayla | COETZEE | AMPU | W23/4 | 15:50 |
| 23 | 43 | 3658 | Jandri | SNYDERS | ASWD | W23/4 | 15:54 |
| 24 | 49 | 3621 | Karli | BEKKER | ACNW | W23/4 | 16:04 |
| 25 | 52 | 3683 | Yvonne | RIKHOTSO | LIMA | W23/4 | 16:07 |
| 26 | 53 | 3681 | Thembi | MTHETHO | LIMA | W23/4 | 16:08 |
| 27 | 56 | 3649 | Arne | ROBBERTS | AGN | W23/4 | 16:13 |
| 28 | 57 | 3624 | Lee-Ann | MARX | ACNW | W23/4 | 16:22 |
| 29 | 59 | 4157 | Kgopotso | MUROA | LIMA | W23/4 | 16:32 |
| 30 | 61 | 3635 | Cara | ESTERHUIZEN | AGN | W23/4 | 16:33 |
| 31 | 63 | 3672 | Ntombizonke | MKHIZE | KZNA | W23/4 | 16:37 |
| 32 | 64 | 3644 | Seemola | MORULANE | AGN | W23/4 | 16:46 |
| 33 | 65 | 3646 | Megan | MULLER | AGN | W23/4 | 16:56 |
| 34 | 67 | 3634 | Marlien | DU PREEZ | AGN | W23/4 | 16:57 |
| 35 | 68 | 3660 | Charné | ERASMUS | AVT | W23/4 | 16:57 |
| 36 | 72 | 3629 | Aphiwe | KUNENE | AFS | W23/4 | 17:13 |
| 37 | 73 | 3659 | Kay-Lee | BILLINGS | AVT | W23/4 | 17:17 |
| 38 | 79 | 3633 | Stephi | ROOS | AFS | W23/4 | 17:35 |
| 39 | 80 | 3661 | Angel | MABASA | AVT | W23/4 | 17:40 |
| 40 | 83 | 3639 | Nicola | KNOETZE | AGN | W23/4 | 17:42 |
| 41 | 84 | 3655 | Revonja | KGAKATSI | ANWN | W23/4 | 17:44 |
| 42 | 85 | 3654 | Sumari | VAN STADEN | AMPU | W23/4 | 17:47 |
| 43 | 86 | 3666 | Kedi | MOHWANG | CGA | W23/4 | 17:49 |
| 44 | 87 | 3637 | Alusehka | HEYMANS | AGN | W23/4 | 17:50 |
| 45 | 88 | 3632 | Carmen | ROOS | AFS | W23/4 | 17:51 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|-----|------|-------------|---------------------|------|-------|-------|
| 46 | 89 | 3671 | Amahle | MBHENSE | KZNA | W23/4 | 17:54 |
| 47 | 92 | 3676 | Nikiwe | SIBIYA | KZNA | W23/4 | 18:12 |
| 48 | 93 | 3630 | Karabo | MOKALODISE | AFS | W23/4 | 18:13 |
| 49 | 95 | 3657 | Bontleng | TAENG | ANWN | W23/4 | 18:39 |
| 50 | 97 | 3653 | Tsholofelo | MAHLANGU | AMPU | W23/4 | 18:44 |
| 51 | 99 | 3626 | Lize | ACKERMAN | AFS | W23/4 | 19:15 |
| 52 | 102 | 3675 | Samkelisiwe | SIBISI | KZNA | W23/4 | 19:24 |
| 53 | 104 | 3631 | Mianda | NEL | AFS | W23/4 | 19:42 |
| 54 | 105 | 3636 | Rita-Marié | HAASBROEK | AGN | W23/4 | 19:51 |
| 55 | 107 | 3628 | Nomvula | KLAAS | AFS | W23/4 | 20:01 |
| 56 | 111 | 3677 | Riley | FREDANUS VAN GELDER | KZNA | W23/4 | 23:19 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Senior Women - 2km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|------------------|------------|------|---------|-------|
| 1 | 1 | 3934 | Simonay | WEITSZ | AGN | SW/2 | 06:35 |
| 2 | 4 | 3931 | Carmie | PRINSLOO | AGN | SW/2 | 06:54 |
| 3 | 5 | 3930 | Mmathapelo | MAVUSO | AGN | SW/2 | 06:56 |
| 4 | 6 | 3929 | Naum | BOPAPE | AGN | SW/2 | 06:59 |
| 5 | 10 | 3943 | Slindile | HLATSHWAYO | KZNA | SW/2 | 07:10 |
| 6 | 14 | 3924 | Lizandre | MULDER | AFS | SW/2 | 07:20 |
| 7 | 18 | 3933 | Carina | SWIEGERS | AGN | SW/2 | 07:29 |
| 8 | 21 | 4156 | Elizabeth | HUTAMO | LIMA | SW/2 | 07:37 |
| 9 | 22 | 4154 | Ina | DU PLESSIS | ACNW | SW/2 | 07:38 |
| 10 | 26 | 3920 | Carrissa | ERASMUS | AFS | SW/2 | 07:52 |
| 11 | 31 | 3941 | Angel Innocentia | TSHABALALA | CGA | SW/2 | 07:59 |
| 12 | 32 | 3944 | Mbali | MASHABA | KZNA | SW/2 | 07:59 |
| 13 | 33 | 4130 | Kayla | NELL | EPA | SW/2 | 08:01 |
| 14 | 38 | 3951 | Thembi | MTHETHO | LIMA | SW/2 | 08:07 |
| 15 | 41 | 3935 | Karin-Mari | DOTZE | AVT | SW/2 | 08:11 |
| 16 | 48 | 3940 | Palesa | RAMATLADI | CGA | SW/2 | 08:18 |
| 17 | 49 | 3938 | Mmatseko | MONARENG | CGA | SW/2 | 08:19 |
| 18 | 58 | 3937 | Kedibone | MOHWANG | CGA | SW/2 | 08:30 |
| 19 | 60 | 3942 | Francette | GOUWS | KZNA | SW/2 | 08:45 |
| 20 | 61 | 3936 | Maki | LESENYEGO | CGA | SW/2 | 08:48 |
| 21 | 62 | 3945 | Snethemba | NDIMA | KZNA | SW/2 | 08:51 |
| 22 | 64 | 3946 | Melody | NDLELA | KZNA | SW/2 | 09:00 |
| 23 | 67 | 3922 | Aphiwe | KUNENE | AFS | SW/2 | 09:17 |
| 24 | 68 | 3939 | Pabalelo | RAMATLADI | CGA | SW/2 | 09:21 |
| 25 | 69 | 3949 | Xoliswa | SIBISI | KZNA | SW/2 | 09:28 |
| 26 | 75 | 3925 | Mianda | NEL | AFS | SW/2 | 10:09 |
| 27 | 78 | 3921 | Juané | JACOBS | AFS | SW/2 | |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Senior Women - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|---------------------|--------------|------|---------|-------|
| 1 | 2 | 3564 | Karabo | MAILULA | AGN | SW/4 | 13:12 |
| 2 | 6 | 3574 | Carina | SWIEGERS | AGN | SW/4 | 13:46 |
| 3 | 7 | 3557 | Lizandre | MULDER | AFS | SW/4 | 13:47 |
| 4 | 8 | 3588 | Yandiswa | SENGCE | BOLA | SW/4 | 14:01 |
| 5 | 11 | 3596 | Johannah | SETHOWA | CGA | SW/4 | 14:18 |
| 6 | 12 | 3593 | Sisanda | DUMISA | CGA | SW/4 | 14:20 |
| 7 | 15 | 3595 | Zanele Monica | MAISA | CGA | SW/4 | 14:35 |
| 8 | 16 | 3592 | Samantha | COETZER | CGA | SW/4 | 14:36 |
| 9 | 18 | 3554 | Yolandi | VAN DEVENTER | ACNW | SW/4 | 14:57 |
| 10 | 20 | 3553 | Bianca | VAN DEVENTER | ACNW | SW/4 | 15:00 |
| 11 | 21 | 3597 | Kayla | NELL | EPA | SW/4 | 15:07 |
| 12 | 22 | 3567 | Sibongile | MJELE | AGN | SW/4 | 15:08 |
| 13 | 23 | 3603 | Nokuthula | NTSHANGASE | KZNA | SW/4 | 15:09 |
| 14 | 27 | 3569 | Sellwane Mmathapelo | NTHAKO | AGN | SW/4 | 15:13 |
| 15 | 30 | 3570 | Lengweng | OBAKENG | AGN | SW/4 | 15:31 |
| 16 | 31 | 3620 | Lee -Shay | WILLEMSE | WPA | SW/4 | 15:35 |
| 17 | 32 | 3555 | Thobile | MKHIZE | AFS | SW/4 | 15:36 |
| 18 | 36 | 3587 | Riana | NEL | BOLA | SW/4 | 15:42 |
| 19 | 38 | 3600 | Refiloe | KARREEBOS | KZNA | SW/4 | 15:44 |
| 20 | 42 | 3586 | Siphosethu | KIBIDO | BOLA | SW/4 | 15:51 |
| 21 | 44 | 3552 | Elmè | MIENIE | ACNW | SW/4 | 15:54 |
| 22 | 45 | 3563 | Hester | LOMBARD | AGN | SW/4 | 15:55 |
| 23 | 46 | 3591 | Thubelihle | CHILENGE | CGA | SW/4 | 15:59 |
| 24 | 47 | 3618 | Megan - Mari | GERBER | WPA | SW/4 | 15:59 |
| 25 | 48 | 3619 | Samantha | JULIES | WPA | SW/4 | 15:59 |
| 26 | 50 | 3594 | Channen | LONG | CGA | SW/4 | 16:05 |
| 27 | 51 | 3590 | Mbali | TUBE | BORA | SW/4 | 16:07 |
| 28 | 54 | 3578 | Tankiso Julia | LEPOLISA | AGW | SW/4 | 16:08 |
| 29 | 55 | 3599 | Frencette | GOUWS | KZNA | SW/4 | 16:12 |
| 30 | 58 | 3585 | Fina | DUBE | BOLA | SW/4 | 16:30 |
| 31 | 60 | 3561 | Ailene | BESTER | AGN | SW/4 | 16:32 |
| 32 | 62 | 3560 | Jessica | BERRY | AGN | SW/4 | 16:34 |
| 33 | 66 | 3573 | Izabel | STICKELLS | AGN | SW/4 | 16:56 |
| 34 | 69 | 3582 | Carmen | VAN STRATEN | ANWN | SW/4 | 16:58 |
| 35 | 70 | 3562 | Mirelle | FRANCK | AGN | SW/4 | 17:05 |
| 36 | 71 | 3565 | Franzelle | MERTZ | AGN | SW/4 | 17:10 |
| 37 | 74 | 3605 | Sthandiwe | HLONGWA | KZNA | SW/4 | 17:18 |
| 38 | 75 | 3616 | Hlumisa | BUKANI | WPA | SW/4 | 17:20 |
| 39 | 76 | 3589 | Emma | SLACK | BOLA | SW/4 | 17:27 |
| 40 | 77 | 4158 | Fortune | NDOBELA | LIMA | SW/4 | 17:31 |
| 41 | 78 | 3609 | Bongiwe | NKOSI | KZNA | SW/4 | 17:33 |
| 42 | 81 | 3551 | Lene | DU PREEZ | ACNW | SW/4 | 17:41 |
| 43 | 82 | 3581 | Rethabile | MASILO | ANWN | SW/4 | 17:41 |
| 44 | 90 | 3558 | Mojabatho | RAMOKHOASE | AFS | SW/4 | 17:59 |
| 45 | 91 | 3575 | Nicola | VAN DER SPUY | AGN | SW/4 | 18:09 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|-----|------|-------------|-------------|------|------|-------|
| 46 | 94 | 3611 | Boitumelo | MASHIANDOKE | LIMA | SW/4 | 18:38 |
| 47 | 96 | 3610 | Hesterlie | BOTHA | LIMA | SW/4 | 18:40 |
| 48 | 98 | 3583 | Monique | VILJOEN | ANWN | SW/4 | 18:56 |
| 49 | 100 | 3584 | Natasha | VISSER | ANWN | SW/4 | 19:16 |
| 50 | 101 | 3566 | Nicole | MIINNAAR | AGN | SW/4 | 19:20 |
| 51 | 103 | 3556 | Mpolokeng | MOETSELOA | AFS | SW/4 | 19:32 |
| 52 | 106 | 3614 | Emmerencia | PIETERSEN | NWCA | SW/4 | 19:56 |
| 53 | 108 | 3577 | Catherine | WILCOCKS | AGN | SW/4 | 20:39 |
| 54 | 109 | 3559 | Carien | SANDER | AFS | SW/4 | 21:16 |
| 55 | 110 | 3613 | Matole | MPHO | NWCA | SW/4 | 21:53 |
| 56 | 112 | 3579 | Megan | SWANEPOEL | AMPU | SW/4 | |
| 57 | 113 | 3568 | Samkelisiwe | NGUBANE | AGN | SW/4 | |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Senior Women - 10km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|-----------------|------------|------|---------|-------|
| 1 | 1 | 1435 | Cian | OLDKNOW | CGA | SW/10 | 32:43 |
| 2 | 2 | 1438 | Cacisile | SOSIBO | CGA | SW/10 | 33:20 |
| 3 | 3 | 1418 | Karabo | MAILULA | AGN | SW/10 | 33:51 |
| 4 | 4 | 1413 | Kesa | MOLOTSANE | AFS | SW/10 | 35:28 |
| 5 | 5 | 1444 | Ntsoaki | MOHLAHOE | KZNA | SW/10 | 35:30 |
| 6 | 6 | 1445 | Andisiwe | NJUNGUZA | KZNA | SW/10 | 35:31 |
| 7 | 7 | 1432 | Cornelia | JOUBERT | CGA | SW/10 | 35:52 |
| 8 | 8 | 1429 | Zanthé | TALJAARD | AVT | SW/10 | 36:57 |
| 9 | 9 | 1411 | Casey | BOSMAN | AFS | SW/10 | 37:07 |
| 10 | 10 | 1442 | Banele | MABIZELA | KZNA | SW/10 | 37:18 |
| 11 | 11 | 1410 | Kirsti | BELL | AFS | SW/10 | 37:25 |
| 12 | 12 | 1414 | Vicky | OELOFSE | AFS | SW/10 | 37:41 |
| 13 | 13 | 1446 | Nokuthula | NTSHANGASE | KZNA | SW/10 | 38:02 |
| 14 | 14 | 1441 | Nonhle | DLAMINI | KZNA | SW/10 | 38:11 |
| 15 | 15 | 1423 | Lyndi | ROELOFSE | AGN | SW/10 | 38:56 |
| 16 | 16 | 1447 | Lee -Shay | WILLEMSE | WPA | SW/10 | 39:37 |
| 17 | 17 | 1430 | Makoma | BATJI | CGA | SW/10 | 40:28 |
| 18 | 18 | 1409 | Ompelege | MOTLOGELWA | ACNW | SW/10 | 40:44 |
| 19 | 19 | 1434 | Polenah | MOKGALA | CGA | SW/10 | 41:10 |
| 20 | 20 | 1437 | Dinah Thandi | SITHOLE | CGA | SW/10 | 41:16 |
| 21 | 21 | 1425 | Wendy | MSEZANE | AMPU | SW/10 | 41:44 |
| 22 | 22 | 1433 | Selinah | MADIELA | CGA | SW/10 | 41:57 |
| 23 | 23 | 1443 | Nomthandazo | MLOTSHWA | KZNA | SW/10 | 42:11 |
| 24 | 24 | 1422 | Marelize | REITZ | AGN | SW/10 | 42:24 |
| 25 | 25 | 1412 | Lerato | MNGOMEZULU | AFS | SW/10 | 42:50 |
| 26 | 26 | 1428 | Tsolofelo | PHAKOE | AVT | SW/10 | 43:43 |
| 27 | 27 | 1408 | Chanè | DE MEYER | ACNW | SW/10 | 43:43 |
| 28 | 28 | 1431 | Lona | DIKO | CGA | SW/10 | 44:01 |
| 29 | 29 | 1415 | Maryna | SWANEPOEL | AFS | SW/10 | 44:49 |
| 30 | 30 | 1427 | Nomthandazo | MADUNA | AVT | SW/10 | 45:12 |
| 31 | 31 | 1426 | Cindy | SIMELANE | AMPU | SW/10 | 45:51 |
| 32 | 32 | 1436 | Elihle | PAPU | CGA | SW/10 | 46:18 |
| 33 | 33 | 1424 | Natasha Lethabo | SIKISI | AGN | SW/10 | 46:25 |
| 34 | 34 | 1421 | Megan | OOSTHUIZEN | AGN | SW/10 | 48:02 |
| 35 | 35 | 1420 | Cosy | MARIPA | AGN | SW/10 | 51:37 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Women 35-39 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|-----|---------------|--------------------|-------|---------|-------|
| 1 | 2 | 324 | Kate | VAN JAARVELD | CGA | W35/4 | 14:32 |
| 2 | 3 | 285 | Esté | VAN TONDER | AFS | W35/4 | 14:33 |
| 3 | 4 | 337 | Kobie | GRIFFITHS | WPA | W35/4 | 14:39 |
| 4 | 5 | 287 | Chantelle | BREYTENBACH | AGN | W35/4 | 14:51 |
| 5 | 6 | 316 | Roné | STEENKAMP | ANWN | W35/4 | 15:01 |
| 6 | 9 | 309 | Keneilwe | SESING | AMPU | W35/4 | 15:12 |
| 7 | 11 | 307 | Roxanne | OOSTHUIZEN | AMPU | W35/4 | 15:17 |
| 8 | 12 | 326 | Silindile | BIYELA | KZNA | W35/4 | 15:19 |
| 9 | 16 | 328 | Nokukhanya | MEMELA | KZNA | W35/4 | 15:35 |
| 10 | 19 | 304 | Elsa | LANGEVELDT | AMPU | W35/4 | 15:39 |
| 11 | 22 | 322 | Kefilwe | MOLEFE | CGA | W35/4 | 15:48 |
| 12 | 30 | 288 | Anet | COETZEE | AGN | W35/4 | 16:22 |
| 13 | 37 | 280 | Palesa | MAFANYA | AFS | W35/4 | 16:38 |
| 14 | 40 | 301 | Renatha | BOTHA | AMPU | W35/4 | 16:40 |
| 15 | 41 | 325 | Charlotte | VENTER | CGA | W35/4 | 16:45 |
| 16 | 47 | 320 | Charine | KRUGER | CGA | W35/4 | 16:50 |
| 17 | 53 | 294 | Kgomotso | MAKHUBELA | AGN | W35/4 | 17:03 |
| 18 | 56 | 317 | Mellissa | MEYER | ASWD | W35/4 | 17:06 |
| 19 | 63 | 290 | Ilze | GEERTSEMA | AGN | W35/4 | 17:19 |
| 20 | 66 | 323 | Lettie | SEABELA | CGA | W35/4 | 17:21 |
| 21 | 67 | 327 | Nosbonakaliso | CELE | KZNA | W35/4 | 17:22 |
| 22 | 70 | 336 | Ridwana | BABAMIA | WPA | W35/4 | 17:25 |
| 23 | 77 | 275 | Monique | GREEFF | ACNW | W35/4 | 17:32 |
| 24 | 80 | 297 | Anneli | PALM | AGN | W35/4 | 17:34 |
| 25 | 84 | 321 | Thandy | MATLAILA | CGA | W35/4 | 17:44 |
| 26 | 92 | 302 | Chantal | JORDAAN | AMPU | W35/4 | 17:55 |
| 27 | 95 | 283 | Frances | TERREBLANCHE | AFS | W35/4 | 18:03 |
| 28 | 105 | 276 | Annemarie | SCHOLTZ | ACNW | W35/4 | 18:12 |
| 29 | 109 | 278 | Chantellé | DE JAGER | AFS | W35/4 | 18:19 |
| 30 | 111 | 319 | Nkediseng | MOLONGOANA | ATRA | W35/4 | 18:22 |
| 31 | 116 | 284 | Deidre | VAN DEVENTER | AFS | W35/4 | 18:29 |
| 32 | 119 | 303 | Laura | KUHN | AMPU | W35/4 | 18:41 |
| 33 | 122 | 286 | Geraldine | BOSHOFF | AGN | W35/4 | 18:44 |
| 34 | 128 | 277 | Mené | VAN DER WESTHUIZEN | ACNW | W35/4 | 18:50 |
| 35 | 131 | 274 | Joline | BIBBEY | ACNW | W35/4 | 18:52 |
| 36 | 135 | 306 | Luleka | MATIKA | AMPU | W35/4 | 18:56 |
| 37 | 140 | 300 | Sune | VAN WYK | AGN | W35/4 | 19:04 |
| 38 | 143 | 313 | Anneke | RICHTER | ANWN | W35/4 | 19:07 |
| 39 | 148 | 332 | Zanele | BUITENDAG | SANDB | W35/4 | 19:13 |
| 40 | 156 | 282 | Carina | NOETH | AFS | W35/4 | 19:29 |
| 41 | 158 | 311 | Sharline | GROBLER | ANWN | W35/4 | 19:31 |
| 42 | 166 | 299 | Charnette | VAN ROOYEN | AGN | W35/4 | 19:42 |
| 43 | 183 | 331 | Jennifer | VAN NIEKERK | LIMA | W35/4 | 20:03 |
| 44 | 185 | 292 | Sekiwe | JOKAZI | AGN | W35/4 | 20:09 |
| 45 | 195 | 279 | Nicole | LE ROUX | AFS | W35/4 | 20:32 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|-----|-----|------------|------------|-------|-------|-------|
| 46 | 198 | 296 | Maryke | MULDER | AGN | W35/4 | 20:34 |
| 47 | 201 | 314 | Linky | SCHOLTZ | ANWN | W35/4 | 20:36 |
| 48 | 203 | 281 | Regina | MOSIA | AFS | W35/4 | 20:39 |
| 49 | 212 | 335 | Sizakele | MRORO | SANDF | W35/4 | 21:05 |
| 50 | 214 | 334 | Mary | MOGOBA | SANDF | W35/4 | 21:12 |
| 51 | 225 | 333 | Noligwa | MKUNGEKA | SANDF | W35/4 | 21:34 |
| 52 | 231 | 330 | Carina | GOUWS | LIMA | W35/4 | 21:52 |
| 53 | 233 | 289 | Gerda | ESTERHUYSE | AGN | W35/4 | 21:57 |
| 54 | 236 | 312 | Willemien | LEE | ANWN | W35/4 | 22:00 |
| 55 | 240 | 305 | Thembi | MABASO | AMPU | W35/4 | 22:11 |
| 56 | 268 | 308 | Nthabiseng | SEKHWELA | AMPU | W35/4 | 23:46 |
| 57 | 284 | 291 | Juanita | GOOSEN | AGN | W35/4 | 25:26 |
| 58 | 290 | 295 | Ria | MARITZ | AGN | W35/4 | 26:03 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Women 40-44 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|-----|-------------------|--------------------|-------|---------|-------|
| 1 | 1 | 351 | Leilani | SCHEFFER | AGN | W40/4 | 14:23 |
| 2 | 13 | 365 | Debbie | HOEK | ANWN | W40/4 | 15:24 |
| 3 | 14 | 379 | Tebogo Rebecca | MOKGOSINYANE | CGA | W40/4 | 15:27 |
| 4 | 15 | 385 | Zama | MOKOENA | KZNA | W40/4 | 15:32 |
| 5 | 17 | 375 | Andrea | RANGER | BORA | W40/4 | 15:36 |
| 6 | 21 | 368 | Gizela | VAN DEN BERG | ANWN | W40/4 | 15:41 |
| 7 | 23 | 386 | Nomcebo | MTHETHWA | KZNA | W40/4 | 15:53 |
| 8 | 27 | 387 | Cary-Ann | SMITH | KZNA | W40/4 | 16:08 |
| 9 | 28 | 369 | Evelynn | VENTER | ANWN | W40/4 | 16:11 |
| 10 | 31 | 377 | Magdalena E | HEYMANS | CGA | W40/4 | 16:25 |
| 11 | 36 | 380 | Georgina | NGOETJANA | CGA | W40/4 | 16:37 |
| 12 | 38 | 371 | Tshiamo | MOTAUNG | AVT | W40/4 | 16:39 |
| 13 | 42 | 359 | Ziphindile | DLAMINI | AMPU | W40/4 | 16:46 |
| 14 | 48 | 383 | Fredah | NCUBE | EPA | W40/4 | 16:51 |
| 15 | 49 | 382 | Jolandi | STEENKAMP | CGA | W40/4 | 16:55 |
| 16 | 54 | 440 | Desiree | VIVIERS | KZNA | W40/4 | 17:03 |
| 17 | 58 | 372 | Carolien | VAN HEERDEN | AVT | W40/4 | 17:08 |
| 18 | 62 | 374 | Lezané | VAN SCHALKWYK | AVT | W40/4 | 17:18 |
| 19 | 68 | 378 | Elin | LORIMER | CGA | W40/4 | 17:22 |
| 20 | 75 | 353 | Nicola | SMIT | AGN | W40/4 | 17:29 |
| 21 | 79 | 381 | Prudence Bongwiwe | SIMELANE | CGA | W40/4 | 17:33 |
| 22 | 82 | 370 | Kathy | SCHOLTZ | ASWD | W40/4 | 17:40 |
| 23 | 85 | 364 | Karina | PAUER | AMPU | W40/4 | 17:47 |
| 24 | 86 | 357 | Alichia | WILLERING | AGN | W40/4 | 17:48 |
| 25 | 90 | 360 | Annelie | DOLLENBERG | AMPU | W40/4 | 17:52 |
| 26 | 94 | 354 | Magriet | VAN DER MERWE | AGN | W40/4 | 18:01 |
| 27 | 98 | 347 | Thelma | DE KLERK | AGN | W40/4 | 18:05 |
| 28 | 101 | 376 | Zandile | RUBUSHE | BORA | W40/4 | 18:09 |
| 29 | 106 | 391 | Joyce | DINEKA | SANDF | W40/4 | 18:12 |
| 30 | 120 | 342 | Riana | FOURIE | AFS | W40/4 | 18:42 |
| 31 | 123 | 373 | Ilona | VAN HEERDEN | AVT | W40/4 | 18:45 |
| 32 | 126 | 356 | Yolanda | VAN HEERDEN | AGN | W40/4 | 18:47 |
| 33 | 127 | 367 | Karina | SCHOLTZ | ANWN | W40/4 | 18:48 |
| 34 | 133 | 339 | Keditlwaetse | PHELEU | ACNW | W40/4 | 18:54 |
| 35 | 136 | 362 | Janettha | HOLTZHAUSEN | AMPU | W40/4 | 18:56 |
| 36 | 137 | 345 | Minette | BORNMAN | AGN | W40/4 | 18:57 |
| 37 | 138 | 346 | Engela | BREDELL | AGN | W40/4 | 19:00 |
| 38 | 150 | 363 | Christine | KRUGER | AMPU | W40/4 | 19:17 |
| 39 | 151 | 361 | Christelle | DU PLESSIS | AMPU | W40/4 | 19:18 |
| 40 | 155 | 343 | San-Mari | LOOTS | AFS | W40/4 | 19:28 |
| 41 | 170 | 348 | Hanli | JANSE VAN RENSBURG | AGN | W40/4 | 19:44 |
| 42 | 181 | 366 | Anoesjka | KRIEK | ANWN | W40/4 | 20:01 |
| 43 | 186 | 341 | Lizelle | VAN ALLEMAN | ACNW | W40/4 | 20:10 |
| 44 | 199 | 340 | Mart-Marie | SMITH | ACNW | W40/4 | 20:34 |
| 45 | 205 | 390 | Jennifer | VISAGIE | LIMA | W40/4 | 20:41 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|-----|-----|------------|---------------|------|-------|-------|
| 46 | 206 | 355 | Nadia-Liza | VAN DER MERWE | AGN | W40/4 | 20:55 |
| 47 | 217 | 350 | Lizelle | MENTZ | AGN | W40/4 | 21:19 |
| 48 | 222 | 358 | Thandi | ZULU | AGN | W40/4 | 21:28 |
| 49 | 227 | 352 | Elzette | SCHUSTER | AGN | W40/4 | 21:40 |
| 50 | 235 | 349 | Anna | MALAHLELA | AGN | W40/4 | 21:58 |
| 51 | 242 | 389 | Helen | VAN DER MERWE | LIMA | W40/4 | 22:16 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Women 45-49 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|-----|------------|---------------------|-------|---------|-------|
| 1 | 7 | 402 | Leandri | CLAASSEN | AGN | W45/4 | 15:06 |
| 2 | 10 | 396 | Marisa | KRUGER | AFS | W45/4 | 15:16 |
| 3 | 18 | 413 | Corné | PRINSLOO | AGN | W45/4 | 15:37 |
| 4 | 20 | 414 | Taryn | SNYMAN | AGN | W45/4 | 15:39 |
| 5 | 25 | 435 | Maria | VILAKAZI | CGA | W45/4 | 16:04 |
| 6 | 26 | 412 | Elmarie | NOLTE | AGN | W45/4 | 16:07 |
| 7 | 29 | 434 | Stephanie | VERMEULEN | CGA | W45/4 | 16:21 |
| 8 | 33 | 439 | Bronwyn | MUNN | KZNA | W45/4 | 16:27 |
| 9 | 34 | 441 | Hildegard | SNYMAN | LIMA | W45/4 | 16:31 |
| 10 | 39 | 427 | Kedibone | MONAMANE | AVT | W45/4 | 16:39 |
| 11 | 44 | 433 | Maphuti | PHAKA | CGA | W45/4 | 16:48 |
| 12 | 46 | 444 | Marlize | VIENNINGS | WPA | W45/4 | 16:49 |
| 13 | 50 | 425 | Antionette | ESTEVEZ | ANWN | W45/4 | 16:55 |
| 14 | 51 | 432 | Debbie | O'LEARY | CGA | W45/4 | 16:56 |
| 15 | 55 | 438 | Cecilia | MOLEFE | KZNA | W45/4 | 17:06 |
| 16 | 61 | 436 | Victoria | COETZEE | KZNA | W45/4 | 17:15 |
| 17 | 65 | 423 | Chantal | MIDDEL-BOVEE | AMPU | W45/4 | 17:21 |
| 18 | 69 | 421 | Amanda | LIGTHELM | AMPU | W45/4 | 17:23 |
| 19 | 76 | 397 | Lindiwe | MTHOMBENI | AFS | W45/4 | 17:31 |
| 20 | 87 | 404 | Chanette | HAASBROEK | AGN | W45/4 | 17:49 |
| 21 | 89 | 426 | Nicolene | BENEKE | AVT | W45/4 | 17:51 |
| 22 | 102 | 405 | Beatrice | HOGAN | AGN | W45/4 | 18:09 |
| 23 | 103 | 437 | Precious | DUMA | KZNA | W45/4 | 18:10 |
| 24 | 108 | 431 | Patricia | DE MEYER | CGA | W45/4 | 18:19 |
| 25 | 113 | 430 | Monique | BASSON | CGA | W45/4 | 18:24 |
| 26 | 118 | 442 | Precious | NCAYIYANA | SANDB | W45/4 | 18:35 |
| 27 | 130 | 398 | Evelin | NELL | AFS | W45/4 | 18:52 |
| 28 | 162 | 409 | Sandra | KRUGER | AGN | W45/4 | 19:37 |
| 29 | 165 | 420 | Mariaan | JANSE VAN RENSBURG | AMPU | W45/4 | 19:41 |
| 30 | 168 | 395 | Nolubabalo | KHALIMANE | AFS | W45/4 | 19:44 |
| 31 | 172 | 403 | Mildred | DE VILLIERS | AGN | W45/4 | 19:45 |
| 32 | 176 | 401 | Liezl | BOTHA | AGN | W45/4 | 19:54 |
| 33 | 177 | 422 | Anne-Marie | MATTHEE | AMPU | W45/4 | 19:55 |
| 34 | 192 | 424 | Annamarie | VAN ZYL | AMPU | W45/4 | 20:24 |
| 35 | 193 | 416 | Betty | TWALA | AGN | W45/4 | 20:26 |
| 36 | 200 | 419 | Rika | BUCK | AMPU | W45/4 | 20:36 |
| 37 | 202 | 443 | Phumeza | ZOMBE | SANDB | W45/4 | 20:37 |
| 38 | 211 | 411 | Pauli | NEL | AGN | W45/4 | 21:05 |
| 39 | 220 | 399 | Michelle | PRETORIUS | AFS | W45/4 | 21:26 |
| 40 | 221 | 407 | Annalise | JANSEN VAN RENSBURG | AGN | W45/4 | 21:26 |
| 41 | 226 | 394 | Magda | DONALD | AFS | W45/4 | 21:39 |
| 42 | 256 | 415 | Eldeleen | STODART | AGN | W45/4 | 23:02 |
| 43 | 266 | 417 | Beverley | VOLSCHENK | AGN | W45/4 | 23:37 |
| 44 | 267 | 410 | Beverly | MORELAND | AGN | W45/4 | 23:39 |
| 45 | 269 | 408 | Yolandi | KRIEL | AGN | W45/4 | 23:48 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|-----|-----|---------|------------|------|-------|-------|
| 46 | 274 | 400 | Marsja | BENADÉ | AGN | W45/4 | 24:18 |
| 47 | 282 | 418 | Marlize | BADENHORST | AMPU | W45/4 | 25:08 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Women 50-54 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|-----|-----------|------------------|------|---------|-------|
| 1 | 8 | 498 | Anna | MAPONYA | LIMA | W50/4 | 15:09 |
| 2 | 24 | 486 | Thuli | MBATHA | CGA | W50/4 | 16:00 |
| 3 | 32 | 488 | Elizabeth | POTTER | CGA | W50/4 | 16:26 |
| 4 | 35 | 490 | Jene | BANFIELD | EPA | W50/4 | 16:36 |
| 5 | 45 | 461 | Sunet | EYBERS | AGN | W50/4 | 16:49 |
| 6 | 57 | 499 | Sharon | NEL | WPA | W50/4 | 17:08 |
| 7 | 59 | 494 | Ursula | COCKBAIN | KZNA | W50/4 | 17:13 |
| 8 | 60 | 464 | Ingrid | KOSTER | AGN | W50/4 | 17:13 |
| 9 | 72 | 475 | Madeleine | WHITEHAIR | AMPU | W50/4 | 17:27 |
| 10 | 73 | 496 | Joyce | NDLOVU | KZNA | W50/4 | 17:27 |
| 11 | 74 | 478 | Karon | MURLEY | ANWN | W50/4 | 17:28 |
| 12 | 78 | 495 | Lesley | MAYER | KZNA | W50/4 | 17:33 |
| 13 | 83 | 493 | Liesl | VAN ZYL | EPA | W50/4 | 17:41 |
| 14 | 88 | 487 | Michelle | MEE | CGA | W50/4 | 17:50 |
| 15 | 91 | 484 | Lizle | AUSTIN | CGA | W50/4 | 17:53 |
| 16 | 97 | 489 | Brenda | WESI | CGA | W50/4 | 18:05 |
| 17 | 99 | 467 | Melani | SWART | AGN | W50/4 | 18:06 |
| 18 | 100 | 452 | Jeanette | NELL | AFS | W50/4 | 18:08 |
| 19 | 114 | 451 | Pulane | MOTSHABI | AFS | W50/4 | 18:25 |
| 20 | 117 | 445 | Liani | ERASMUS | ACNW | W50/4 | 18:33 |
| 21 | 121 | 450 | Carolise | JACOBS | AFS | W50/4 | 18:43 |
| 22 | 129 | 497 | Tholakele | NGCOBO | KZNA | W50/4 | 18:51 |
| 23 | 132 | 485 | Paulina | FRENCH | CGA | W50/4 | 18:53 |
| 24 | 134 | 492 | Sannah | MPUKULA | EPA | W50/4 | 18:54 |
| 25 | 139 | 446 | Mariette | HITGE | ACNW | W50/4 | 19:03 |
| 26 | 141 | 454 | Louise | VAN ZYL | AFS | W50/4 | 19:05 |
| 27 | 142 | 449 | Kemaine | BOTHA | AFS | W50/4 | 19:06 |
| 28 | 145 | 477 | Erina | DU TOIT | ANWN | W50/4 | 19:08 |
| 29 | 149 | 482 | Elza | BOTES | AVT | W50/4 | 19:16 |
| 30 | 152 | 470 | Anke | DU TOIT | AMPU | W50/4 | 19:21 |
| 31 | 153 | 481 | Carol | GROENEWALD | ASWD | W50/4 | 19:26 |
| 32 | 163 | 469 | Madeleen | VAN LOGGERENBERG | AGN | W50/4 | 19:37 |
| 33 | 167 | 462 | Retha | HOUY | AGN | W50/4 | 19:43 |
| 34 | 174 | 491 | Christine | BIRD | EPA | W50/4 | 19:50 |
| 35 | 175 | 476 | Linda | AUCAMP | ANWN | W50/4 | 19:51 |
| 36 | 191 | 456 | Lesley | CALITZ | AGN | W50/4 | 20:24 |
| 37 | 196 | 466 | Marie | SNYMAN-JACOBS | AGN | W50/4 | 20:33 |
| 38 | 207 | 472 | Zodwa | NKOSI | AMPU | W50/4 | 20:56 |
| 39 | 213 | 447 | Nomatjala | KANDANI | ACNW | W50/4 | 21:06 |
| 40 | 224 | 455 | Marieke | BAASCH | AGN | W50/4 | 21:29 |
| 41 | 232 | 483 | Louise | BRITZ | AVT | W50/4 | 21:55 |
| 42 | 246 | 480 | Melanie | WEIDEMAN | ANWN | W50/4 | 22:26 |
| 43 | 247 | 453 | Karien | SMITH | AFS | W50/4 | 22:29 |
| 44 | 249 | 474 | Margaret | VAN VUREN | AMPU | W50/4 | 22:34 |
| 45 | 250 | 471 | Busi | MAGQABI | AMPU | W50/4 | 22:36 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

| | | | | | | | |
|----|-----|-----|----------|-------------|------|-------|-------|
| 46 | 255 | 463 | Maiike | HUNTER | AGN | W50/4 | 22:51 |
| 47 | 259 | 458 | Adelle | COERTZE | AGN | W50/4 | 23:10 |
| 48 | 263 | 459 | Anneline | DERCKSEN | AGN | W50/4 | 23:33 |
| 49 | 265 | 479 | Maryna | VAN WYK | ANWN | W50/4 | 23:34 |
| 50 | 270 | 448 | Anilia | BOSHOFF | AFS | W50/4 | 23:49 |
| 51 | 271 | 465 | Tania | OEOFSE | AGN | W50/4 | 23:54 |
| 52 | 275 | 460 | Santa | ENGELBRECHT | AGN | W50/4 | 24:18 |
| 53 | 277 | 457 | Lineth | CHECHA | AGN | W50/4 | 24:21 |
| 54 | 286 | 468 | Riette | THERON | AGN | W50/4 | 25:36 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Women 55-59 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|-----|----------|--------------|------|---------|-------|
| 1 | 43 | 529 | Ester | BRINK | WPA | W55/4 | 16:47 |
| 2 | 64 | 511 | Elmarie | PRETORIUS | ANWN | W55/4 | 17:20 |
| 3 | 71 | 526 | Lise | MUCHNA | KZNA | W55/4 | 17:25 |
| 4 | 81 | 507 | Dalene | SONNEKUS | AGN | W55/4 | 17:35 |
| 5 | 93 | 519 | Irene | JACOBS | CGA | W55/4 | 17:57 |
| 6 | 104 | 515 | Marthi | HARMSE | BOLA | W55/4 | 18:11 |
| 7 | 110 | 525 | Kylie | GRIFFEN | KZNA | W55/4 | 18:20 |
| 8 | 112 | 514 | Florence | MOLAWA | AVT | W55/4 | 18:23 |
| 9 | 125 | 524 | Gail | BABICH | KZNA | W55/4 | 18:46 |
| 10 | 164 | 527 | Alison | PARLE | KZNA | W55/4 | 19:38 |
| 11 | 179 | 516 | Marianna | MALAN | BOLA | W55/4 | 19:59 |
| 12 | 187 | 512 | Alma | SNYMAN | ASWD | W55/4 | 20:16 |
| 13 | 197 | 513 | Paulina | MOKOENA | AVT | W55/4 | 20:33 |
| 14 | 208 | 504 | Carol | GOODINSON | AGN | W55/4 | 20:56 |
| 15 | 218 | 502 | Lettie | ERASMUS | AGN | W55/4 | 21:24 |
| 16 | 223 | 506 | Concelia | MALULEKA | AGN | W55/4 | 21:29 |
| 17 | 230 | 503 | Alet | FRANCK | AGN | W55/4 | 21:48 |
| 18 | 237 | 520 | Doris | MLANGENI | CGA | W55/4 | 22:04 |
| 19 | 248 | 509 | Malinda | DE BRUYN | AMPU | W55/4 | 22:30 |
| 20 | 252 | 510 | Frieda | WASSENAAR | AMPU | W55/4 | 22:41 |
| 21 | 254 | 508 | Marentia | VAN KASTEROP | AGN | W55/4 | 22:49 |
| 22 | 257 | 522 | Laura | VENTER | CGA | W55/4 | 23:03 |
| 23 | 281 | 521 | Gloria | SHONGWE | CGA | W55/4 | 24:55 |
| 24 | 283 | 500 | Iris | BOTHA | AGN | W55/4 | 25:11 |
| 25 | 285 | 523 | Elsie | ZONDO | CGA | W55/4 | 25:28 |
| 26 | 307 | 505 | Louma | LOUWIES | AGN | W55/4 | 31:01 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Women 60-64 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|-----|------------|--------------------|------|---------|-------|
| 1 | 96 | 548 | Jacqueline | FREY | CGA | W60/4 | 18:04 |
| 2 | 107 | 552 | Christine | CLAASSEN | EPA | W60/4 | 18:17 |
| 3 | 124 | 541 | Ria | MARITZ | ANWN | W60/4 | 18:45 |
| 4 | 147 | 547 | Sarah | CROOKS | CGA | W60/4 | 19:12 |
| 5 | 154 | 543 | Riette | VAN DEN BERG | ANWN | W60/4 | 19:28 |
| 6 | 160 | 536 | Amanda | LÖTTER | AGN | W60/4 | 19:35 |
| 7 | 161 | 555 | Jeanine | KOOPMAN | WPA | W60/4 | 19:36 |
| 8 | 184 | 530 | Lien | VAN DER MERWE | ACNW | W60/4 | 20:07 |
| 9 | 189 | 549 | Rita | LOOTS | CGA | W60/4 | 20:21 |
| 10 | 194 | 533 | Elize | BERRANGE | AGN | W60/4 | 20:27 |
| 11 | 209 | 535 | Teresa | LE ROUX | AGN | W60/4 | 20:59 |
| 12 | 210 | 532 | Rika | VERMAAS | AFS | W60/4 | 21:04 |
| 13 | 215 | 550 | Caron | MEYEROWITZ | CGA | W60/4 | 21:13 |
| 14 | 219 | 551 | Lydia | VAN DER GRYP | CGA | W60/4 | 21:24 |
| 15 | 229 | 534 | Yvonne | JANSE VAN RENSBURG | AGN | W60/4 | 21:47 |
| 16 | 241 | 554 | Caroline | MAKGOBA | LIMA | W60/4 | 22:12 |
| 17 | 244 | 540 | Elsie | ESTERHUIZEN | ANWN | W60/4 | 22:21 |
| 18 | 258 | 537 | Denise | MARTIN | AGN | W60/4 | 23:05 |
| 19 | 260 | 531 | Roné | HATTINGH | AFS | W60/4 | 23:13 |
| 20 | 280 | 539 | Zondi | LUSIBANE | AMPU | W60/4 | 24:39 |
| 21 | 294 | 538 | Ronelle | REYNECKE | AGN | W60/4 | 27:20 |
| 22 | 297 | 545 | Amanda | VILJOEN | ANWN | W60/4 | 28:40 |
| 23 | 300 | 542 | Leana | OBERHOLZER | ANWN | W60/4 | 29:48 |



ASA Cross Country Championships
7 September 2024
Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional)

Women 65-69 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|-----|--------------------|--------------|------|---------|-------|
| 1 | 115 | 557 | Lynette | FISCHER | AFS | W65/4 | 18:26 |
| 2 | 144 | 566 | Catharina Jacoba | SCHEFFER | ANWN | W65/4 | 19:07 |
| 3 | 157 | 558 | Martie | BOESENBERG | AGN | W65/4 | 19:30 |
| 4 | 169 | 579 | Olga | HOWARD | WPA | W65/4 | 19:44 |
| 5 | 173 | 562 | Frances | VAN BLERK | AGN | W65/4 | 19:48 |
| 6 | 178 | 578 | Meriam | GAFANE | LIMA | W65/4 | 19:56 |
| 7 | 180 | 563 | Adri | VAN DYK | AGN | W65/4 | 20:00 |
| 8 | 190 | 577 | Teresa | SCOTT | KZNA | W65/4 | 20:23 |
| 9 | 216 | 571 | Mmtatlabe Margaret | MOTSEI | CGA | W65/4 | 21:17 |
| 10 | 228 | 559 | Joey | CLOETE | AGN | W65/4 | 21:46 |
| 11 | 234 | 570 | Sewele | MAPONYA | CGA | W65/4 | 21:58 |
| 12 | 238 | 567 | Magda | OPPERMAN | ASWD | W65/4 | 22:05 |
| 13 | 251 | 565 | Estelle | BULLEN | AMPU | W65/4 | 22:40 |
| 14 | 261 | 569 | Jemina | KHIBA | CGA | W65/4 | 23:14 |
| 15 | 264 | 556 | Charmaine | WRIGHT | ACNW | W65/4 | 23:34 |
| 16 | 276 | 572 | Selinah | NETSHISAULUI | CGA | W65/4 | 24:20 |
| 17 | 278 | 573 | Linda | VILAKAZI | CGA | W65/4 | 24:30 |
| 18 | 279 | 568 | Linda | COSTON | CGA | W65/4 | 24:34 |
| 19 | 289 | 574 | Denise | JOHANSEN | KZNA | W65/4 | 26:02 |
| 20 | 291 | 575 | Sheree | KIRSTEN | KZNA | W65/4 | 26:13 |
| 21 | 293 | 561 | Christa | MOUTON | AGN | W65/4 | 27:04 |
| 22 | 296 | 576 | Ragie | KONAR | KZNA | W65/4 | 28:32 |
| 23 | 298 | 560 | Nicolene | GERICKE | AGN | W65/4 | 28:49 |

Women 70-74 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|-----|------------|------------|------|---------|-------|
| 1 | 182 | 587 | Nancy | WILL | WPA | W70/4 | 20:02 |
| 2 | 239 | 584 | Jane | DICKINSON | KZNA | W70/4 | 22:05 |
| 3 | 243 | 581 | Veronica | VON GORDON | AGN | W70/4 | 22:21 |
| 4 | 245 | 580 | Anna-Marie | FERREIRA | AFS | W70/4 | 22:22 |
| 5 | 253 | 585 | Pamela | RASMUSSEN | KZNA | W70/4 | 22:45 |
| 6 | 273 | 583 | Ithuteng | BOSHOE | CGA | W70/4 | 23:58 |
| 7 | 302 | 582 | Motlatsi | KEIKABILE | ANWN | W70/4 | 29:56 |

Women 75-79 - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|------|----------------|------------------|------|---------|-------|
| 1 | 288 | 590 | Elaine | GREENBLATT | CGA | W75/4 | 25:52 |
| 2 | 292 | 588 | Rita | LAKER | AGN | W75/4 | 26:50 |
| 3 | 301 | 592 | Maria Cornelia | VISSER | CGA | W75/4 | 29:51 |
| 4 | 303 | 589 | Isabel | MCLAREN | AGN | W75/4 | 30:06 |
| 5 | 304 | 591 | Rachel | LEDWABA | CGA | W75/4 | 30:21 |
| 6 | 305 | 4114 | Elzabe | JANSE VAN VUUREN | ACNW | W75/4 | 30:30 |

Women 80+ - 4km

| POS | SEQ | BIB | NAME | SURNAME | PROV | AGE CAT | TIME |
|-----|-----|-----|--------|---------|------|---------|------|
| 1 | 88 | 593 | Burger | KYTIE | ANWN | W80/4 | |