



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



Female - Individual Results (Provisional Final)

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	754	Marelie	KOCH	AMPU	G08/1	04:29
24	24	733	Ané	LABUSCHAGNE	AGN	G08/1	04:30
25	25	731	Cari	DUROW	AGN	G08/1	04:30
26	26	753	Omphile Innocent	KGAPOLA	AMPU	G08/1	04:31
27	27	743	Antoné	VILJOEN	AGN	G08/1	04:31
28	28	708	Anlé	BEUKES	AFS	G08/1	04:35
29	29	703	Lesydi	BLOM	ACNW	G08/1	04:36
30	30	734	Alida	LOOCK	AGN	G08/1	04:37
31	31	730	Klara	DU TOIT	AGN	G08/1	04:38
32	32	825	Cara	SNYMAN	LIMA	G08/1	04:38
33	33	820	Dimpho	MATSIMELO	LIMA	G08/1	04:39
34	34	809	Cara	CHRISTIE	LIMA	G08/1	04:39
35	35	806	Melokuhle	SHONGWE	KZNA	G08/1	04:39
36	36	816	Nicole	MAIMELA	LIMA	G08/1	04:40
37	37	712	Lia	GELDENHUYS	AFS	G08/1	04:40
38	38	742	Imé	VAN NIEKERK	AGN	G08/1	04:41
39	39	720	Kylie	ROOTMAN	AFS	G08/1	04:41
40	40	739	Lua	SNYMAN	AGN	G08/1	04:42
41	41	728	Elizabeth	DE BEER	AGN	G08/1	04:42
42	42	819	Mmathapelo	MASEMOLA	LIMA	G08/1	04:43
43	43	722	Lenike	VAN DEN BERG	AFS	G08/1	04:43
44	44	757	Gretchen	SAAIMAN	AMPU	G08/1	04:43
45	45	747	Joha	BASSON	AMPU	G08/1	04:44



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



Female - Individual Results (Provisional Final)

46	46	711	Thari	CARSTENS	AFS	G08/1	04:44
47	47	746	Riley	ADAMS	AMPU	G08/1	04:45
48	48	759	Mia-Ne	SMIT	AMPU	G08/1	04:45
49	49	822	Jeane	NKADIMENG	LIMA	G08/1	04:45
50	50	736	Charlotte	OELOFSEN	AGN	G08/1	04:46
51	51	735	Keitumetse	MOREMI	AGN	G08/1	04:47
52	52	823	Difedile	PHAHLANE	LIMA	G08/1	04:47
53	53	794	Owethu	MALULEKE	CGA	G08/1	04:48
54	54	738	Lieka	PRINSLOO	AGN	G08/1	04:49
55	55	744	Faith Chanwin	SAULS	AGW	G08/1	04:49
56	56	745	Minka	VAN DER WESTHUIZEN	AGW	G08/1	04:50
57	57	798	Mckenzie	JOOSTE	EPA	G08/1	04:51
58	58	716	Phumelele	MLANGENI	AFS	G08/1	04:52
59	59	715	Bohlalebapele	MADUNA	AFS	G08/1	04:52
60	60	821	Kgotlelelo	MODILA	LIMA	G08/1	04:53
61	61	771	Kylie	DE WET	ANWN	G08/1	04:54
62	62	781	Avah	SPIES	ASWD	G08/1	04:55
63	63	793	Naomi	MALAN	CGA	G08/1	04:56
64	64	748	Amore	DE KOCK	AMPU	G08/1	04:56
65	65	727	Caitlin	CADDICK	AGN	G08/1	04:57
66	66	717	Ditlhare	MOSOTHO	AFS	G08/1	04:59
67	67	704	Amogelang	GCELU	ACNW	G08/1	04:59
68	68	719	Amoré	PRETORIUS	AFS	G08/1	04:59
69	69	737	Ariana	PRETORIUS	AGN	G08/1	05:00
70	70	709	Hané	BLIGNAUT	AFS	G08/1	05:00
71	71	800	Gabrielle	SCHWEYER	EPA	G08/1	05:02
72	72	751	Lienke	GROBLER	AMPU	G08/1	05:02
73	73	732	Adeleen	ERASMUS	AGN	G08/1	05:03
74	74	763	Megan	WASSERMAN	AMPU	G08/1	05:03
75	75	779	Lume	VENTER	ANWN	G08/1	05:05
76	76	812	Mosharo	KGATUKE	LIMA	G08/1	05:07
77	77	797	Karli	DORFLING	EPA	G08/1	05:08
78	78	778	Soria	STEENKAMP	ANWN	G08/1	05:08
79	79	799	Shaylin	O'GRADY	EPA	G08/1	05:08
80	80	713	Ezelke	HAASBROEK	AFS	G08/1	05:09
81	81	775	Anastacia	MOHOLO	ANWN	G08/1	05:09
82	82	726	Aliya	BOTMA	AGN	G08/1	05:09
83	83	749	Alrie	DE VOS	AMPU	G08/1	05:10
84	84	756	Zanri Ann	LOTZ	AMPU	G08/1	05:10
85	85	818	Kagisano	MAMETJA	LIMA	G08/1	05:10
86	86	706	Ilizna	STOOP	ACNW	G08/1	05:11
87	87	755	Wilme	KRUGER	AMPU	G08/1	05:11
88	88	762	Mianique	VAN ZYL	AMPU	G08/1	05:11
89	89	718	Nomthandazo	NDLOMO	AFS	G08/1	05:12
90	90	792	Bontle	MAKGALEMELE	CGA	G08/1	05:12
91	91	810	Lize Barbara	COMBRINK	LIMA	G08/1	05:12
92	92	801	Layla	DU HECQUET DE RALUAI	KZNA	G08/1	05:13
93	93	766	Onkarabile	BILIBANA	ANWN	G08/1	05:13



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



Female - Individual Results (Provisional Final)

94	94	705	Rulise	LABUSCHAGNE	ACNW	G08/1	05:13
95	95	808	Nina	AUGUSTYN	LIMA	G08/1	05:14
96	96	826	Ellené	TIMMERMAN	LIMA	G08/1	05:14
97	97	802	Emily	GIBBS	KZNA	G08/1	05:14
98	98	764	Clara-Belle	BEUKES	ANWN	G08/1	05:15
99	99	758	Candice	SITHOLE	AMPU	G08/1	05:15
100	100	813	Melay	LEE	LIMA	G08/1	05:15
101	101	774	Palesa	MAKHOPA	ANWN	G08/1	05:25
102	102	784	Bokamoso	MTANGA	AVT	G08/1	05:25
103	103	787	Miane	POTGIETER	AVT	G08/1	05:25
104	104	765	Engela	BEZUIDENHOUT	ANWN	G08/1	05:27
105	105	788	Orabile	RABOROKO	AVT	G08/1	05:27
106	106	776	Mika	NEL	ANWN	G08/1	05:27
107	107	777	Larona	NELSON	ANWN	G08/1	05:28
108	108	803	Lene	LEENSTRA	KZNA	G08/1	05:28
109	109	785	Kamohelo	NJWILI	AVT	G08/1	05:28
110	110	767	Ronelle	BULL	ANWN	G08/1	05:29
111	111	790	Ame	GOGINA	BORA	G08/1	05:29
112	112	750	Mila	DU PLESSIS	AMPU	G08/1	05:29
113	113	770	Mieke	DE BEER	ANWN	G08/1	05:30
114	114	804	Asimthande	MPUNGOSE	KZNA	G08/1	05:30
115	115	807	Queen	VILAKAZI	KZNA	G08/1	05:30
116	116	786	Mafusi	NTHEJANE	AVT	G08/1	05:34
117	117	772	Sanieka	HERBST	ANWN	G08/1	05:34
118	118	769	Chante	COETZEE	ANWN	G08/1	05:34
119	119	814	Marli	LOUBSER	LIMA	G08/1	



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



Female - Individual Results (Provisional Final)

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	CAMPUER	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 Final)

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	09:40
85	85	1050	Karlién	FRITZ	AVT	G09/2	09:41
86	86	1020	Zethembe	MABUZA	AMPU	G09/2	09:41
87	87	992	Mila	WELDHAGEN	AFS	G09/2	09:42
88	88	978	Nina	KILIAN	AFS	G09/2	09:42
89	89	985	Paballo	NTIKANE	AFS	G09/2	09:43
90	90	1083	Johanette	TALJAARD	LIMA	G09/2	09:43
91	91	1043	Leane	STEENKAMP	ANWN	G09/2	09:45
92	92	1027	Carike	SNYMAN	AMPU	G09/2	09:45
93	93	1023	Lumari	NIEUWENHUIS	AMPU	G09/2	09:46



ASA Cross Country Championships
7 September 2024



Vaal University of Technology – Isaac Steyl Stadium

Female - Individual Results (Provisional Final)

94	94	969	Else-Lee	SMIT	ACNW	G09/2	09:46
95	95	1025	Mieke	OOSTHUIZEN	AMPU	G09/2	09:48
96	96	1016	Zanike	HENNING	AMPU	G09/2	09:48
97	97	1038	Omogolo	MMOKWA	ANWN	G09/2	09:49
98	98	1085	Arinda	DE JAGER	NWCA	G09/2	09:49
99	99	974	Milah	WHITE	ACNW	G09/2	09:50
100	100	1034	Lienke	DU PREEZ	ANWN	G09/2	09:50
101	101	1059	Khanyisile	MASITENG	CGA	G09/2	09:51
102	102	1082	Marline	PIETERSE	LIMA	G09/2	09:51
103	103	1019	Lanique	LOUBSER	AMPU	G09/2	10:00
104	104	1039	Rosemary	MOSHOESHOE	ANWN	G09/2	10:00
105	105	1040	Elsabe	NEL	ANWN	G09/2	10:03
106	106	1075	Cassidy	THOMPSON	KZNA	G09/2	10:03
107	107	1030	Nicolai	ANNANDALE	ANWN	G09/2	10:07
108	108	1049	Miané	ALBERTS	AVT	G09/2	10:07
109	109	1073	Luthando	NTULI	KZNA	G09/2	10:07
110	110	1053	Jasmyn	PIENAAR	AVT	G09/2	10:19
111	111	1042	Nina	SCHOLTZ	ANWN	G09/2	10:48
112	112	1072	Masego	MOSIKARE	KZNA	G09/2	10:51
113	114	1011	Lee-Aan Alicia	VAN STADEN	AGW	G09/2	10:53
114	115	1071	Minenhle	MCHUNU	KZNA	G09/2	12:43
DQ	113	2384	Omuhle	KHUZWAYO	KZNA	G09/2	



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

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 Final)

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	2110	Lucie	FLAMAND	KZNA	G10/2	08:59
71	72	2040	Karlien	SMIT	AGN	G10/2	08:59
72	73	2071	Omolemo	MOLEBATS	ANWN	G10/2	09:00
73	74	2032	Kara	LOUW	AGN	G10/2	09:01
74	75	2111	Isla	HEAN	KZNA	G10/2	09:01
75	76	2092	Bailey	BOWMAN	BORA	G10/2	09:02
76	77	2042	Elmie	VAN ZYL	AGN	G10/2	09:02
77	78	2049	Lylah	DE VILLIERS	AMPU	G10/2	09:03
78	79	2061	Charlene	SEABI	AMPU	G10/2	09:04
79	80	2046	Annika	BLIGNAUT	AMPU	G10/2	09:04
80	81	2037	Zane	PRETORIUS	AGN	G10/2	09:06
81	82	2120	Sharnee	MASHILO	LIMA	G10/2	09:06
82	83	2093	Caitlin	LOMBARD	BORA	G10/2	09:07
83	84	2031	Zanelle	GEERTSEMA	AGN	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 Final)

94	95	2088	Anzel	HOMAN	AVT	G10/2	09:19
95	96	2025	Bokamoso	SEKAJA	AFS	G10/2	09:20
96	97	2075	Unathi	SITOLOLO	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	09:36
110	111	2069	Elmien	KRIEK	ANWN	G10/2	09:38
111	112	2054	Lianke	FOLSCHER	AMPU	G10/2	09:38
112	113	2095	Linamandla	NTUKU	BORA	G10/2	09:38
113	114	2060	Mienke	ROELOFSE	AMPU	G10/2	09:40
114	115	2108	Casey	ALLEN	KZNA	G10/2	09:42
115	116	2055	Charlotte	GELDENHUYS	AMPU	G10/2	09:43
116	117	2115	Emma	VON MOLLENDORFF	KZNA	G10/2	09:43
117	118	2007	Liné	VAN STADEN	ACNW	G10/2	09:46
118	119	2044	Vinesha Precious Janova	STELLENBERG	AGW	G10/2	09:48
119	120	2107	Louise-Marie	VAN ZYL	EPA	G10/2	09:48
120	121	2062	Evadine	STANDER	AMPU	G10/2	09:54
121	122	2045	Helene	BEZUIDENHOUT	AMPU	G10/2	09:54
122	123	2109	Amanda	DZANIBE	KZNA	G10/2	09:55
123	124	2131	Chavandre	APRIL	NWCA	G10/2	09:55
124	125	2068	Nina	HOWLAND	ANWN	G10/2	09:56
125	126	2080	Chuma	BEUZANA	ASWD	G10/2	09:56
126	127	2096	Emily	VAN DER BYL	BORA	G10/2	09:56
127	128	2123	Kgaogelo	MOIMANA	LIMA	G10/2	09:57
128	129	2047	Mieke	DE KOCK	AMPU	G10/2	09:57
129	130	2114	Grace	HOAR	KZNA	G10/2	09:57
DQ	52	2556	Siphesihle	BUTHELEZI	AFS	G10/2	



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



Female - Individual Results (Provisional Final)

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	2362	Chanderé	NEL	AVT	G11/3	11:02
9	9	2394	Botshelo	MOSHIFANE	LIMA	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	Boitshupo	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 Final)

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	ROBERTS	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 Final)

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 Final)

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 Final)

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	51	2563	Karabo	MONYAKI	AFS	G12/3	11:56
52	52	2582	Zelinke	ROSSOUW	AGN	G12/3	11:56
53	53	2644	Ilse	LOUW	CGA	G12/3	11:57
54	54	2558	Minke	FERREIRA	AFS	G12/3	11:57
55	55	2664	Kamogelo	LEGODI	LIMA	G12/3	11:58
56	56	2619	Gofaone	MOTHATE	ANWN	G12/3	11:59
57	57	2669	Seanego	MOHALE	LIMA	G12/3	12:00
58	58	2570	Munay	UYS	AFS	G12/3	12:01
59	59	2584	Luca	SLABBERT	AGN	G12/3	12:02
60	60	2608	Milan	ZWARTS	AMPU	G12/3	12:03
61	61	2604	Tianay	SMIT	AMPU	G12/3	12:06
62	62	2555	Caralize	REYNEKE	ACNW	G12/3	12:07
63	63	2559	Princess	KOKEBANE	AFS	G12/3	12:08
64	64	2588	Marli	VENTER	AGN	G12/3	12:08
65	65	2594	Ellane	DOS REIS	AMPU	G12/3	12:09
66	66	2609	Melanie	DE VILLIERS	ANWN	G12/3	12:11
67	67	2551	Mihlali	KHALIPA	ACNW	G12/3	12:11
68	68	2630	Noluthando	NOKHOTHA	ATRA	G12/3	12:12
69	69	2625	Laurika-Lee	JACOBS	ASWD	G12/3	12:14
70	70	2648	Devinay	PRETORIUS	CGA	G12/3	12:14
71	71	2673	Danielle	TERBLANCHE	LIMA	G12/3	12:15
72	72	2666	Itumeleng	MADUANE	LIMA	G12/3	12:17
73	73	2577	Munaka	KWINDA	AGN	G12/3	12:19
74	74	2561	Bonolo	MAFOOA	AFS	G12/3	12:19
75	75	2656	Asonela	MTSHEZI	KZNA	G12/3	12:20
76	76	2652	Lu-Shay	TOBIE	EPA	G12/3	12:21
77	77	2589	Mieke	VORSTER	AGN	G12/3	12:21
78	78	2663	Zene	GOUWS	LIMA	G12/3	12:22
79	79	2612	Kaylin	JANSE VAN RENSBURG	ANWN	G12/3	12:24
80	80	2597	Shireen	HLEBEYA	AMPU	G12/3	12:24
81	81	2596	Precious	GIDZHANI	AMPU	G12/3	12:27
82	82	2598	Luchyda	LOUW	AMPU	G12/3	12:28
83	83	2636	Kedibone	TOMKWANE	AVT	G12/3	12:29
84	84	2568	Marizaan	SWANEPOEL	AFS	G12/3	12:30
85	85	2569	Lebohang	TJUTJUBE	AFS	G12/3	12:35
86	86	2637	Dané	VAN DER WALT	AVT	G12/3	12:35
87	87	2670	Dipolelo	MOIMANE	LIMA	G12/3	12:40
88	88	2613	Olerato	LETHABANE	ANWN	G12/3	12:43
89	89	2607	Ntando	VILAKAZI	AMPU	G12/3	12:43
90	90	2593	Bella Lynne	COCKS	AMPU	G12/3	12:46
91	91	2591	Michaela	BEZUIDENHOUT	AMPU	G12/3	12:47
92	92	2650	Kylie	DORFLING	EPA	G12/3	12:48
93	93	2606	Franciska	VAN DER MERWE	AMPU	G12/3	12:49



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



Female - Individual Results (Provisional Final)

94	94	2564	Khanyisile	NHLAPO	AFS	G12/3	12:51
95	95	2618	Olebogeng	MOTEANE	ANWN	G12/3	12:52
96	96	2626	Amber	POTGIETER	ASWD	G12/3	12:53
97	97	2611	Bontle	DUTLWILE	ANWN	G12/3	12:55
98	98	2600	Esti	RAATH	AMPU	G12/3	12:57
99	99	2614	Karlien	LIEBENBERG	ANWN	G12/3	13:00
100	100	2599	Mia	MAREE	AMPU	G12/3	13:01
101	101	2668	Mary	MATLOGA	LIMA	G12/3	13:03
102	102	2624	Raven	DAVIDS	ASWD	G12/3	13:04
103	103	2552	Larissa	LAMBRECHTS	ACNW	G12/3	13:06
104	104	2548	Celinka	FERREIRA	ACNW	G12/3	13:06
105	105	2660	Amahle	MAVUNDLA	KZNA	G12/3	13:07
106	106	2655	Aphiwe	MTHETHWA	KZNA	G12/3	13:08
107	107	2615	Kgomelo	MALEBOGO	ANWN	G12/3	13:09
108	108	2587	Janae	VAN ZYL	AGN	G12/3	13:11
109	109	2553	Lea	MALHERBE	ACNW	G12/3	13:15
110	110	2674	Yolindi	VISAGIE	LIMA	G12/3	13:25
111	111	2657	Okuhle	NTULI	KZNA	G12/3	13:26
112	112	2603	Ntombenhle	SHONGWE	AMPU	G12/3	13:26
113	113	2651	Ninke	SCHOLTZ	EPA	G12/3	13:31
114	114	2617	Rebaone	MOREKI	ANWN	G12/3	13:31
115	115	2601	Lisa	RAATH	AMPU	G12/3	13:34
116	116	2592	Richelle	BURGER	AMPU	G12/3	13:34
117	117	2602	Nala	RIDDELL	AMPU	G12/3	13:35
118	118	2610	Madelé	DU PLESSIS	ANWN	G12/3	13:35
119	119	2620	Mercia	OFOMA	ANWN	G12/3	13:36
120	120	2616	Eminathi	MALULEKE	ANWN	G12/3	13:58
121	121	2623	Bianca	SWEMMER	ANWN	G12/3	13:58
122	122	2621	Johanerie	SCHOLTZ	ANWN	G12/3	14:33
123	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 Final)

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 Final)

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	Jasmine	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	12:35
90	90	2829	Thato	MASOLANE	AFS	G13/3	12:36
91	91	2836	Lerato	SEBAEA	AFS	G13/3	12:36
92	92	2814	Marli	LABUSCHAGNE	ACNW	G13/3	12:36
93	93	2927	Shiniska	DU PLESSIS	LIMA	G13/3	12:37



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

94	94	2884	Ntebogang	MOKGOSI	ANWN	G13/3	12:40
95	95	2897	Dané	BECKER	AVT	G13/3	12:41
96	96	2928	Lune	JOUBERT	LIMA	G13/3	12:42
97	97	2878	Kiana	VISAGIE	AMPU	G13/3	12:42
98	98	2820	Dune	VAN NIEKERK	ACNW	G13/3	12:44
99	99	2821	Liane	VAN ZYL	ACNW	G13/3	12:48
100	100	2837	Ebeth	STRYDOM	AFS	G13/3	12:49
101	101	2824	Aneldi	BEZUIDENHOUT	AFS	G13/3	12:50
102	102	2890	Milan	YOUNG	ANWN	G13/3	12:55
103	103	2868	Lica	JORDAAN	AMPU	G13/3	12:56
104	104	2889	Dihana	VAN DER WESTHUIZEN	ANWN	G13/3	12:59
105	105	2819	Annelie	VAN DER WALT	ACNW	G13/3	13:00
106	106	2865	Levonne	DU PLOOY	AMPU	G13/3	13:01
107	107	2903	Mia	LOMBARD	BORA	G13/3	13:03
108	108	2860	Anke	VAN BERGEN	AGW	G13/3	13:04
109	109	2861	Elanie	BREED	AMPU	G13/3	13:09
110	110	2863	Anuschka	DE KLERK	AMPU	G13/3	13:11
111	111	2855	Leara	MINNY	AGN	G13/3	13:18
112	112	2932	Fulufhelo	MAKUYA	LIMA	G13/3	13:21
113	113	2864	Kay-Lee	DELPORT	AMPU	G13/3	13:23
114	114	2823	Anabelle	BEZUIDENHOUT	AFS	G13/3	13:27
115	115	2888	Milé	VAN DER HEEVER	ANWN	G13/3	13:36
116	116	2874	Vinique	VAN ANTWERP	AMPU	G13/3	13:37
117	117	2904	Eirley	LOTTERING	BORA	G13/3	13:48
118	118	2940	Kayla	VAN DER MERWE	LIMA	G13/3	13:50
119	119	2879	Chereé	DE BRUIN	ANWN	G13/3	14:16
120	120	2917	Thabile	DUBE	KZNA	G13/3	14:27
121	121	2885	Kefentse	MOTLAGOMANG	ANWN	G13/3	14:43
122	122	2816	Jessica	MARAI	ACNW	G13/3	14:51
123	123	2887	Joare	SYMINGTON	ANWN	G13/3	15:47



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

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 Final)

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	NGOEPE	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	SWANPEOEL	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	3163	Andiswa	MNYANDENI	KZNA	G14/4	17:37
78	78	3172	Cassidy	JENNINGS	WPA	G14/4	17:38
79	79	3138	Asanele	GILVITHI	ATRA	G14/4	17:38
80	80	3170	Itumeleng	RAMOROKA	LIMA	G14/4	17:41
81	81	3137	Hesroline	ROSSOUW	ASWD	G14/4	17:41
82	82	3152	Tswai	MATLALA	CGA	G14/4	17:44
83	83	3088	Itumeleng	MOHLATSANE	AFS	G14/4	17:51
84	84	3132	Esmi	VILJOEN	AMPU	G14/4	17:52
85	85	3147	Anika	SWIEGERS	AVT	G14/4	17:52
86	86	3146	Melaney	PRUIS	AVT	G14/4	17:53
87	87	3087	Mapule	MOHALE	AFS	G14/4	17:59
88	88	3097	Karabo	TSEKELO	AFS	G14/4	18:00
89	89	3119	Danica	HOLTZHAUSEN	AMPU	G14/4	18:01
90	90	3144	Clarizé	MARAIS	AVT	G14/4	18:05
91	91	3091	Omolemo	MOTSEKI	AFS	G14/4	18:20
92	92	3118	Werne	ENGELBRECHT	AMPU	G14/4	18:26
93	93	3133	Sharelle	NORTJE	ANWN	G14/4	18:33



ASA Cross Country Championships
7 September 2024



Vaal University of Technology – Isaac Steyl Stadium

Female - Individual Results (Provisional Final)

94	94	3136	Mizaan	VAN NIEKERK	ANWN	G14/4	18:52
95	95	3122	Londiwe	MAHLANGU	AMPU	G14/4	21:02



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

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 Final)

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	17:21
69	69	3305	Lianné	KRIEL	AFS	G15/4	17:24
70	70	3301	Nadia	BELL	AFS	G15/4	17:24
71	71	3375	Nicka	TALJAARD	AVT	G15/4	17:25
72	72	3380	Imange	NORAYASE	BORA	G15/4	17:25
73	73	3299	Nthabeleng	PETER	ACNW	G15/4	17:28
74	74	3313	Francisca	RHEEDER	AFS	G15/4	17:34
75	75	3300	Simoné	VAN DER LINDE	ACNW	G15/4	17:35
76	76	3309	Karabo	MOSIKILI	AFS	G15/4	17:42
77	77	3342	Nina	GROBLER	AMPU	G15/4	17:45
78	78	3339	Rosslean	DE KOCK	AMPU	G15/4	17:50
79	79	3317	Lize	VAN BILJON	AFS	G15/4	17:54
80	80	3359	Otlotleng	MONNATLANA	ANWN	G15/4	18:08
81	81	3376	Zuleike	VAN HEERDEN	AVT	G15/4	18:09
82	82	3311	Buhle	NXOBOI	AFS	G15/4	18:11
83	83	3405	Valencia	JEJANIE	NWCA	G15/4	18:16
84	84	3394	Siyathokoza	MAPHOSA	KZNA	G15/4	18:27
85	85	3314	Goratileone	SEFATSA	AFS	G15/4	18:30
86	86	3338	Charne	COETSEE	AMPU	G15/4	18:39
87	87	3408	Sinoxolo	JIJINGUBO	WPA	G15/4	18:45
88	88	3343	Sisanda	GWAMBE	AMPU	G15/4	18:53
89	89	3307	Marli	MARAIS	AFS	G15/4	18:54
90	90	3318	Carlien	VAN ZYL	AFS	G15/4	19:08
91	91	3315	Palesa	SEKOTO	AFS	G15/4	19:17
92	92	3345	Jessica	KRUGER	AMPU	G15/4	19:20
93	93	3341	Kayla	ELLIS	AMPU	G15/4	19:22



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

94	94	3379	Jessica	FARR	BORA	G15/4	19:25
95	95	3363	Alexa	KOHLER	ASWD	G15/4	19:32
96	96	3312	Katleho	RAMPAI	AFS	G15/4	19:40
97	97	3303	Zita	COETZEE	AFS	G15/4	19:41
98	98	3352	Kaylee-May	SCHOEMAN	AMPU	G15/4	19:43
99	99	3362	Elri	VAN DEN BERGH	ANWN	G15/4	19:45
100	100	3361	Zani	SPRINGHORN	ANWN	G15/4	19:50
101	101	3357	Ansuné	KOEN	ANWN	G15/4	19:59
102	102	3353	Dizhane	THERON	AMPU	G15/4	20:21
103	103	3346	Jane	LESCH	AMPU	G15/4	20:55
104	104	3304	Megan-Lee	JORDAAN	AFS	G15/4	21:37
105	105	3349	Zengilakhe	MAVAYELA	AMPU	G15/4	22:16
106	106	3351	Princess	MNISI	AMPU	G15/4	22:40



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

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	14	1564	Danell	OELOFSE	AFS	G16/4	14:45
7	15	1624	Chemené	MENTZ	CGA	G16/4	14:51
8	18	1573	Kamogelo	LETHABANE	AGN	G16/4	15:01
9	20	1627	Megan	ROOME	CGA	G16/4	15:06
10	25	1622	Katherine	HAMMAN	CGA	G16/4	15:15
11	27	1583	Anele	ZULU	AGN	G16/4	15:24
12	28	1569	Simoné	DE KOKER	AGN	G16/4	15:25
13	32	1632	Thembekile	MJWARA	KZNA	G16/4	15:32
14	33	1554	Annari	BLIGNAUT	AFS	G16/4	15:33
15	34	1577	Izelle	NEL	AGN	G16/4	15:34
16	36	1571	Paballo	DLOTHI	AGN	G16/4	15:39
17	38	1628	Lisa	VISMER-BARTMAN	CGA	G16/4	15:44
18	39	1553	Magdalena	ARANGIES	AFS	G16/4	15:44
19	40	1612	Elihle	DIAMOND	ATRA	G16/4	15:45
20	42	1552	Luché	VAN DER BERG	ACNW	G16/4	15:46
21	44	1576	Natalie	MORELAND	AGN	G16/4	15:48
22	47	1570	Elri	DIRKSE VAN SCHALKWYK	AGN	G16/4	15:52
23	49	1551	Mathilda	LIEBENBERG	ACNW	G16/4	15:55
24	50	1625	Maletsatsi	MNISI	CGA	G16/4	15:56
25	54	1604	Chantè	KRUGER	ANWN	G16/4	16:01
26	56	1579	Liandrie	ROUX	AGN	G16/4	16:09
27	57	1580	Anika	SNIJDERS	AGN	G16/4	16:10
28	58	1640	Jane	BUITENDAG	LIMA	G16/4	16:11
29	61	1610	Chelsea	SAAYMAN	ASWD	G16/4	16:13
30	63	1558	Anke	GÜNTHER	AFS	G16/4	16:16
31	64	1582	Danika	VERMEULEN	AGN	G16/4	16:20
32	66	1646	Kungawo	DLONGWANA	WPA	G16/4	16:24
33	67	1584	Mieke	SMIT	AGW	G16/4	16:24
34	69	1578	Vanessa	NGWENYA	AGN	G16/4	16:25
35	70	1620	Leila	SCHENK	BORA	G16/4	16:25
36	71	1621	Enreth	DANIEL	CGA	G16/4	16:27
37	72	1574	Elizca	LOTZ	AGN	G16/4	16:28
38	73	1634	Samkelisiwe	MZOLO	KZNA	G16/4	16:28
39	74	1587	Kaycee	FINCHAM	AMPU	G16/4	16:29
40	76	1636	Ayanda	ZONDO	KZNA	G16/4	16:30
41	78	1623	Lenthe	MARÉ	CGA	G16/4	16:32
42	80	1585	Rebekah	BRAACK	AMPU	G16/4	16:33
43	83	1567	Elri	BOTHA	AGN	G16/4	16:41
44	85	1568	Deone	DE BEER	AGN	G16/4	16:43
45	86	1608	Ané	BESTER	ASWD	G16/4	16:44



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



Female - Individual Results (Provisional Final)

46	88	1603	Angelique	DU PLESSIS	ANWN	G16/4	16:47
47	89	1616	Jaimé	SMIDT	AVT	G16/4	16:48
48	90	1572	Nina	KEYSER	AGN	G16/4	16:51
49	91	1619	Lanya	OLDHAM	BORA	G16/4	16:52
50	96	1614	Nelly	KHUBEKA	AVT	G16/4	16:58
51	99	1648	Yonda	JADA	WPA	G16/4	17:01
52	100	1650	Indiphile	NTSHINGA	WPA	G16/4	17:02
53	101	1631	Amahle	DLEPHU	KZNA	G16/4	17:03
54	103	1629	Jenna	WESTERMEYER	CGA	G16/4	17:08
55	104	1626	Reamogetse	RAGEDI	CGA	G16/4	17:10
56	105	1565	Moleboheng	SELEPE	AFS	G16/4	17:14
57	110	1595	Wilmie	SCHOLTZ	AMPU	G16/4	17:19
58	111	1560	Pinky	LONG	AFS	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 Final)

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 Final)

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	13	1729	Azelia	ZITHA	CGA	G17/4	14:43
9	16	1655	Abbigail	VILJOEN	ACNW	G17/4	14:57
10	17	1726	Kiana	PEPLER	CGA	G17/4	14:59
11	19	1737	Anele	NDAWONDE	KZNA	G17/4	15:04
12	21	1680	Elizma	LE ROUX	AGN	G17/4	15:08
13	22	1682	Jasmen	PIENAAR-KOTZE	AGN	G17/4	15:11
14	23	1724	Nqobile	MASEKO	CGA	G17/4	15:13
15	24	1652	Thandiwe	MOTSEMME	ACNW	G17/4	15:14
16	26	1749	Amkele	MHALI	WPA	G17/4	15:22
17	29	1669	Hanneleen	CONRADIE	AGN	G17/4	15:26
18	30	1719	Elrisa	SWIEGERS	AVT	G17/4	15:29
19	31	1723	Annabell	JONES	CGA	G17/4	15:31
20	35	1732	Leah	EDWARDS	KZNA	G17/4	15:38
21	37	1683	Liney Sharika	PRETORIUS	AGN	G17/4	15:42
22	41	1675	Jade	HARTZENBURG	AGN	G17/4	15:45
23	43	1713	Shannon	ADENDORFF	AVT	G17/4	15:47
24	45	1697	Shebba	SITHOLE	AMPU	G17/4	15:49
25	46	1727	Hanri	PRETORIUS	CGA	G17/4	15:51
26	48	1751	Alice	VENTER	WPA	G17/4	15:54
27	51	1690	Mia	LIGTHELM	AMPU	G17/4	15:58
28	52	1745	Harrietta Mmokedi	PHAKA	LIMA	G17/4	15:59
29	53	1679	Joline	KOTZE	AGN	G17/4	16:00
30	55	1747	Chanel	DU PLESSIS	WPA	G17/4	16:08
31	59	1731	Kara	FOURIE	EPA	G17/4	16:12
32	60	1718	Refilwe	RAMOKOPU	AVT	G17/4	16:12
33	62	1735	Ntombenhle	MNYANDA	KZNA	G17/4	16:14
34	65	1744	Mpho	MOTHOGOANE	LIMA	G17/4	16:22
35	68	1742	Phiwokuhle	THWALA	KZNA	G17/4	16:25
36	75	1722	Saskia	HEYDENRYCH	CGA	G17/4	16:29
37	77	1684	Kira	PUTZ	AGN	G17/4	16:31
38	79	1725	Kamogelo Leona	MNISI	CGA	G17/4	16:33
39	81	1689	Esmari	KLOPPERS	AMPU	G17/4	16:36
40	82	1743	Lebo	MOTHOGOANE	LIMA	G17/4	16:40
41	84	1653	Anchen	SCHUTTE	ACNW	G17/4	16:43
42	87	1651	Mienke	BLIGNAUT	ACNW	G17/4	16:46
43	92	1710	Chanelle	BESTER	ASWD	G17/4	16:53
44	93	1715	Hannah	KOREND	AVT	G17/4	16:54
45	94	1660	Ezeth	ESTERHUIZEN	AFS	G17/4	16:56



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



Female - Individual Results (Provisional Final)

46	95	1671	Tasha	DE JONG	AGN	G17/4	16:57
47	97	1750	Scarlet	VAN DER MERWE	WPA	G17/4	16:59
48	98	1681	Jané	MALE	AGN	G17/4	17:00
49	102	1728	Bronwyn	WAGNER	CGA	G17/4	17:07
50	106	1665	Catherine	VAN AARDT	AFS	G17/4	17:15
51	107	1709	Kelello	PHOKOJE	ANWN	G17/4	17:18
52	108	1667	Inge	VAN STADEN	AFS	G17/4	17:18
53	109	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	Elsemari	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	Keatlaretse	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 Final)****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	OELOFSE	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	07:52
12	30	3979	Mbali	NTSELE	CGA	YW/2	07:56
13	34	3980	Lee	NYATHI	CGA	YW/2	08:01
14	35	3970	Esmari	KLOPPERS	AMPU	YW/2	08:04
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	57	3956	Sarah	MAKHOBALO	AFS	YW/2	08:29
22	58	4129	Carla	CLOTZ	EPA	YW/2	08:30
23	60	3967	Rebekah	BRAACK	AMPU	YW/2	08:45
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	09:55
27	76	3985	Thembelihle	NDLOVU	KZNA	YW/2	10:09
DQ	36	3983	Nomphumelelo	HADEBE	KZNA	YW/2	08:05



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



Female - Individual Results (Provisional Final)

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	07:55
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	51	3910	Mosale	THOBEJANE	CGA	JW/2	08:21
13	52	3906	Buhle	MAHLANGU	CGA	JW/2	08:24
14	53	3903	Kopano	LOUW	AVT	JW/2	08:25
15	54	3901	Marlene	VAN DER LINDE	AGN	JW/2	08:26
16	55	3905	Camryn	DE MEYER	CGA	JW/2	08:27
17	56	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	09:48
22	73	3892	Lize	ACKERMAN	AFS	JW/2	09:54
23	77	3893	Relebohile Decency	DHLANGISA	AFS	JW/2	10:11
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 Final)

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 Final)

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	Sphesihle	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 Final)

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	16:07
27	56	3649	Arne	ROBERTS	AGN	W23/4	16:08
28	57	3624	Lee-Ann	MARX	ACNW	W23/4	16:12
29	59	4157	Kgopotso	MUROA	LIMA	W23/4	16:22
30	61	3635	Cara	ESTERHUIZEN	AGN	W23/4	16:32
31	63	3672	Ntombizonke	MKHIZE	KZNA	W23/4	16:33
32	64	3644	Seemola	MORULANE	AGN	W23/4	16:34
33	65	3646	Megan	MULLER	AGN	W23/4	16:37
34	67	3634	Marlien	DU PREEZ	AGN	W23/4	16:56
35	68	3660	Charné	ERASMUS	AVT	W23/4	16:56
36	72	3629	Aphiwe	KUNENE	AFS	W23/4	17:05
37	73	3659	Kay-Lee	BILLINGS	AVT	W23/4	17:10
38	79	3633	Stephi	ROOS	AFS	W23/4	17:31
39	80	3661	Angel	MABASA	AVT	W23/4	17:33
40	83	3639	Nicola	KNOETZE	AGN	W23/4	17:41
41	84	3655	Revonja	KGAKATSI	ANWN	W23/4	17:41
42	85	3654	Sumari	VAN STADEN	AMPU	W23/4	17:42
43	86	3666	Kedi	MOHWANG	CGA	W23/4	17:44
44	87	3637	Alusehka	HEYMANS	AGN	W23/4	17:47
45	88	3632	Carmen	ROOS	AFS	W23/4	17:49



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

46	89	3671	Amahle	MBHENSE	KZNA	W23/4	17:50
47	92	3676	Nikiwe	SIBIYA	KZNA	W23/4	17:59
48	93	3630	Karabo	MOKALODISE	AFS	W23/4	18:09
49	95	3657	Bontleng	TAENG	ANWN	W23/4	18:13
50	97	3653	Tsholofelo	MAHLANGU	AMPU	W23/4	18:39
51	99	3626	Lize	ACKERMAN	AFS	W23/4	18:44
52	102	3675	Samkelisiwe	SIBISI	KZNA	W23/4	19:16
53	104	3631	Mianda	NEL	AFS	W23/4	19:24
54	105	3636	Rita-Marié	HAASBROEK	AGN	W23/4	19:32
55	107	3628	Nomvula	KLAAS	AFS	W23/4	19:51
56	111	3677	Riley	FREDANUS VAN GELDER	KZNA	W23/4	21:16



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



Female - Individual Results (Provisional Final)

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	07:57
12	32	3944	Mbali	MASHABA	KZNA	SW/2	07:59
13	33	4130	Kayla	NELL	EPA	SW/2	07:59
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	50	3936	Maki	LESENYEGO	CGA	SW/2	08:20
19	59	3937	Kedibone	MOHWANG	CGA	SW/2	08:38
20	61	3942	Francette	GOUWS	KZNA	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	10:06
27	78	3921	Juané	JACOBS	AFS	SW/2	11:08



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

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	16:05
28	54	3578	Tankiso Julia	LEPOLISA	AGW	SW/4	16:07
29	55	3599	Frencette	GOUWS	KZNA	SW/4	16:08
30	58	3585	Fina	DUBE	BOLA	SW/4	16:13
31	60	3561	Ailene	BESTER	AGN	SW/4	16:30
32	62	3560	Jessica	BERRY	AGN	SW/4	16:32
33	66	3573	Izabel	STICKELLS	AGN	SW/4	16:46
34	69	3582	Carmen	VAN STRATEN	ANWN	SW/4	16:57
35	70	3562	Mirelle	FRANCK	AGN	SW/4	16:57
36	71	3565	Franzelle	MERTZ	AGN	SW/4	16:58
37	74	3605	Sthandiwe	HLONGWA	KZNA	SW/4	17:13
38	75	3616	Hlumisa	BUKANI	WPA	SW/4	17:17
39	76	3589	Emma	SLACK	BOLA	SW/4	17:18
40	77	4158	Fortune	NDOBELA	LIMA	SW/4	17:20
41	78	3609	Bongiwe	NKOSI	KZNA	SW/4	17:27
42	81	3551	Lene	DU PREEZ	ACNW	SW/4	17:35
43	82	3581	Rethabile	MASILO	ANWN	SW/4	17:40
44	90	3558	Mojabatho	RAMOKHOASE	AFS	SW/4	17:51
45	91	3575	Nicola	VAN DER SPUY	AGN	SW/4	17:54



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

46	94	3611	Boitumelo	MASHIANDOKE	LIMA	SW/4	18:12
47	96	3610	Hesterlie	BOTHA	LIMA	SW/4	18:38
48	98	3583	Monique	VILJOEN	ANWN	SW/4	18:40
49	100	3584	Natasha	VISSER	ANWN	SW/4	18:56
50	101	3566	Nicole	MINNAAR	AGN	SW/4	19:15
51	103	3556	Mpolokeng	MOETSELOA	AFS	SW/4	19:20
52	106	3614	Emmerencia	PIETERSEN	NWCA	SW/4	19:42
53	108	3577	Catherine	WILCOCKS	AGN	SW/4	19:56
54	109	3559	Carien	SANDER	AFS	SW/4	20:01
55	110	3613	Matole	MPHO	NWCA	SW/4	20:39
56	112	3579	Megan	SWANEPOEL	AMPU	SW/4	21:53
57	113	3568	Samkelisiwe	NGUBANE	AGN	SW/4	23:19



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



Female - Individual Results (Provisional Final)

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 Final)

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	17:08
19	63	290	Ilze	GEERTSEMA	AGN	W35/4	17:20
20	66	323	Lettie	SEABELA	CGA	W35/4	17:22
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	17:33
24	80	297	Anneli	PALM	AGN	W35/4	17:35
25	84	321	Thandy	MATLAILA	CGA	W35/4	17:47
26	92	302	Chantal	JORDAAN	AMPU	W35/4	17:57
27	95	283	Frances	TERREBLANCHE	AFS	W35/4	18:04
28	105	276	Annemarie	SCHOLTZ	ACNW	W35/4	18:12
29	109	278	Chantellé	DE JAGER	AFS	W35/4	18:20
30	111	319	Nkediseng	MOLONGOANA	ATRA	W35/4	18:23
31	116	284	Deidre	VAN DEVENTER	AFS	W35/4	18:33
32	119	303	Laura	KUHN	AMPU	W35/4	18:42
33	122	286	Geraldine	BOSHOFF	AGN	W35/4	18:45
34	128	277	Mené	VAN DER WESTHUIZEN	ACNW	W35/4	18:51
35	131	274	Joline	BIBBEY	ACNW	W35/4	18:53
36	135	306	Luleka	MATIKA	AMPU	W35/4	18:56
37	140	300	Sune	VAN WYK	AGN	W35/4	19:05
38	143	313	Anneke	RICHTER	ANWN	W35/4	19:07
39	148	332	Zanele	BUITENDAG	SANDF	W35/4	19:16
40	156	282	Carina	NOETH	AFS	W35/4	19:30
41	158	311	Sharline	GROBLER	ANWN	W35/4	19:34
42	166	299	Charnette	VAN ROOYEN	AGN	W35/4	19:43
43	183	331	Jennifer	VAN NIEKERK	LIMA	W35/4	20:07
44	185	292	Sekiwe	JOKAZI	AGN	W35/4	20:10
45	195	279	Nicole	LE ROUX	AFS	W35/4	20:33



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

46	198	296	Maryke	MULDER	AGN	W35/4	20:34
47	201	314	Linky	SCHOLTZ	ANWN	W35/4	20:37
48	203	281	Regina	MOSIA	AFS	W35/4	20:41
49	212	335	Sizakele	MRORO	SANDF	W35/4	21:06
50	214	334	Mary	MOGOBA	SANDF	W35/4	21:13
51	225	333	Noligwa	MKUNGEKA	SANDF	W35/4	21:39
52	231	330	Carina	GOUWS	LIMA	W35/4	21:55
53	233	289	Gerda	ESTERHUYSE	AGN	W35/4	21:58
54	236	312	Willemien	LEE	ANWN	W35/4	22:04
55	240	305	Thembi	MABASO	AMPU	W35/4	22:12
56	268	308	Nthabiseng	SEKHWELA	AMPU	W35/4	23:48
57	284	291	Juanita	GOOSEN	AGN	W35/4	25:28
58	290	295	Ria	MARITZ	AGN	W35/4	26:13



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

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	17:06
17	58	372	Carolien	VAN HEERDEN	AVT	W40/4	17:13
18	62	374	Lezané	VAN SCHALKWYK	AVT	W40/4	17:19
19	68	378	Elin	LORIMER	CGA	W40/4	17:23
20	75	353	Nicola	SMIT	AGN	W40/4	17:31
21	79	381	Prudence Bongiwwe	SIMELANE	CGA	W40/4	17:34
22	82	370	Kathy	SCHOLTZ	ASWD	W40/4	17:41
23	85	364	Karina	PAUER	AMPU	W40/4	17:48
24	86	357	Alichia	WILLERING	AGN	W40/4	17:49
25	90	360	Annelie	DOLLENBERG	AMPU	W40/4	17:53
26	94	354	Magriet	VAN DER MERWE	AGN	W40/4	18:03
27	98	347	Thelma	DE KLERK	AGN	W40/4	18:06
28	101	376	Zandile	RUBUSHE	BORA	W40/4	18:09
29	106	391	Joyce	DINEKA	SANDB	W40/4	18:17
30	120	342	Riana	FOURIE	AFS	W40/4	18:43
31	123	373	Ilona	VAN HEERDEN	AVT	W40/4	18:45
32	126	356	Yolanda	VAN HEERDEN	AGN	W40/4	18:48
33	127	367	Karina	SCHOLTZ	ANWN	W40/4	18:50
34	133	339	Keditlwaetse	PHELEU	ACNW	W40/4	18:54
35	136	362	Janettha	HOLTZHAUSEN	AMPU	W40/4	18:57
36	137	345	Minette	BORNMAN	AGN	W40/4	19:00
37	138	346	Engela	BREDELL	AGN	W40/4	19:03
38	150	363	Christine	KRUGER	AMPU	W40/4	19:18
39	151	361	Christelle	DU PLESSIS	AMPU	W40/4	19:21
40	155	343	San-Mari	LOOTS	AFS	W40/4	19:29
41	170	348	Hanli	JANSE VAN RENSBURG	AGN	W40/4	19:45
42	181	366	Anoesjka	KRIEK	ANWN	W40/4	20:02
43	186	341	Lizelle	VAN ALLEMAN	ACNW	W40/4	20:16
44	199	340	Mart-Marie	SMITH	ACNW	W40/4	20:36
45	205	390	Jennifer	VISAGIE	LIMA	W40/4	20:55



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

46	206	355	Nadia-Liza	VAN DER MERWE	AGN	W40/4	20:56
47	217	350	Lizelle	MENTZ	AGN	W40/4	21:24
48	222	358	Thandi	ZULU	AGN	W40/4	21:29
49	227	352	Elzette	SCHUSTER	AGN	W40/4	21:46
50	235	349	Anna	MALAHLELA	AGN	W40/4	22:00
51	242	389	Helen	VAN DER MERWE	LIMA	W40/4	22:21



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

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	ESTEVES	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	17:18
17	65	423	Chantal	MIDDEL-BOVEE	AMPU	W45/4	17:21
18	69	421	Amanda	LIGTHELM	AMPU	W45/4	17:25
19	76	397	Lindiwe	MTHOMBENI	AFS	W45/4	17:32
20	87	404	Chanette	HAASBROEK	AGN	W45/4	17:50
21	89	426	Nicolene	BENEKE	AVT	W45/4	17:52
22	102	405	Beatrice	HOGAN	AGN	W45/4	18:10
23	103	437	Precious	DUMA	KZNA	W45/4	18:11
24	108	431	Patricia	DE MEYER	CGA	W45/4	18:19
25	113	430	Monique	BASSON	CGA	W45/4	18:25
26	118	442	Precious	NCAYIYANA	SANDF	W45/4	18:41
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	19:42
30	168	395	Nolubabalo	KHALIMANE	AFS	W45/4	19:44
31	172	403	Mildred	DE VILLIERS	AGN	W45/4	19:48
32	176	401	Liezl	BOTHA	AGN	W45/4	19:55
33	177	422	Anne-Marie	MATTHEE	AMPU	W45/4	19:56
34	192	424	Annamarie	VAN ZYL	AMPU	W45/4	20:26
35	193	416	Betty	TWALA	AGN	W45/4	20:27
36	200	419	Rika	BUCK	AMPU	W45/4	20:36
37	202	443	Phumeza	ZOMBE	SANDF	W45/4	20:39
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	21:28
41	226	394	Magda	DONALD	AFS	W45/4	21:40
42	256	415	Eldeleen	STODART	AGN	W45/4	23:03
43	266	417	Beverley	VOLSCHENK	AGN	W45/4	23:39
44	267	410	Beverly	MORELAND	AGN	W45/4	23:46
45	269	408	Yolandi	KRIEL	AGN	W45/4	23:49



ASA Cross Country Championships
7 September 2024



Vaal University of Technology – Isaac Steyl Stadium

Female - Individual Results (Provisional Final)

46	274	400	Marsja	BENADÉ	AGN	W45/4	24:18
47	282	418	Marlize	BADENHORST	AMPU	W45/4	25:11



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



Female - Individual Results (Provisional Final)

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	17:15
9	72	475	Madeleine	WHITEHAIR	AMPU	W50/4	17:27
10	73	496	Joyce	NDLOVU	KZNA	W50/4	17:28
11	74	478	Karon	MURLEY	ANWN	W50/4	17:29
12	78	495	Lesley	MAYER	KZNA	W50/4	17:33
13	83	493	Liesl	VAN ZYL	EPA	W50/4	17:44
14	88	487	Michelle	MEE	CGA	W50/4	17:51
15	91	484	Lizle	AUSTIN	CGA	W50/4	17:55
16	97	489	Brenda	WESI	CGA	W50/4	18:05
17	99	467	Melani	SWART	AGN	W50/4	18:08
18	100	452	Jeanette	NELL	AFS	W50/4	18:09
19	114	451	Pulane	MOTSHABI	AFS	W50/4	18:26
20	117	445	Liani	ERASMUS	ACNW	W50/4	18:35
21	121	450	Carolise	JACOBS	AFS	W50/4	18:44
22	129	497	Tholakele	NGCOBO	KZNA	W50/4	18:52
23	132	485	Paulina	FRENCH	CGA	W50/4	18:54
24	134	492	Sannah	MPUKULA	EPA	W50/4	18:56
25	139	446	Mariette	HITGE	ACNW	W50/4	19:04
26	141	454	Louise	VAN ZYL	AFS	W50/4	19:06
27	142	449	Kemaine	BOTHA	AFS	W50/4	19:07
28	145	477	Erina	DU TOIT	ANWN	W50/4	19:12
29	149	482	Elza	BOTES	AVT	W50/4	19:17
30	152	470	Anke	DU TOIT	AMPU	W50/4	19:26
31	153	481	Carol	GROENEWALD	ASWD	W50/4	19:28
32	163	469	Madeleen	VAN LOGGERENBERG	AGN	W50/4	19:38
33	167	462	Retha	HOUY	AGN	W50/4	19:44
34	174	491	Christine	BIRD	EPA	W50/4	19:51
35	175	476	Linda	AUCAMP	ANWN	W50/4	19:54
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	21:12
40	224	455	Marieke	BAASCH	AGN	W50/4	21:34
41	232	483	Louise	BRITZ	AVT	W50/4	21:57
42	246	480	Melanie	WEIDEMAN	ANWN	W50/4	22:29
43	247	453	Karien	SMITH	AFS	W50/4	22:30
44	249	474	Margaret	VAN VUREN	AMPU	W50/4	22:36
45	250	471	Busi	MAGQABI	AMPU	W50/4	22:40



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

46	255	463	Maaike	HUNTER	AGN	W50/4	23:02
47	259	458	Adelle	COERTZE	AGN	W50/4	23:13
48	263	459	Anneline	DERCKSEN	AGN	W50/4	23:34
49	265	479	Maryna	VAN WYK	ANWN	W50/4	23:37
50	270	448	Anilia	BOSHOFF	AFS	W50/4	23:54
51	271	465	Tania	OELOFSE	AGN	W50/4	23:55
52	275	460	Santa	ENGELBRECHT	AGN	W50/4	24:20
53	277	457	Lineth	CHECHA	AGN	W50/4	24:30
54	286	468	Riette	THERON	AGN	W50/4	25:42



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

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	17:21
3	71	526	Lise	MUCHNA	KZNA	W55/4	17:27
4	81	507	Dalene	SONNEKUS	AGN	W55/4	17:40
5	93	519	Irene	JACOBS	CGA	W55/4	18:01
6	104	515	Marthi	HARMSE	BOLA	W55/4	18:12
7	110	525	Kylie	GRIFFEN	KZNA	W55/4	18:22
8	112	514	Florence	MOLAWA	AVT	W55/4	18:24
9	125	524	Gail	BABICH	KZNA	W55/4	18:47
10	164	527	Alison	PARLE	KZNA	W55/4	19:41
11	179	516	Marianna	MALAN	BOLA	W55/4	20:00
12	187	512	Alma	SNYMAN	ASWD	W55/4	20:20
13	197	513	Paulina	MOKOENA	AVT	W55/4	20:34
14	208	504	Carol	GOODINSON	AGN	W55/4	20:59
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	21:52
18	237	520	Doris	MLANGENI	CGA	W55/4	22:05
19	248	509	Malinda	DE BRUYN	AMPU	W55/4	22:34
20	252	510	Frieda	WASSENAAR	AMPU	W55/4	22:45
21	254	508	Marentia	VAN KASTEROP	AGN	W55/4	22:51
22	257	522	Laura	VENTER	CGA	W55/4	23:05
23	281	521	Gloria	SHONGWE	CGA	W55/4	25:08
24	283	500	Iris	BOTHA	AGN	W55/4	25:26
25	285	523	Elsie	ZONDO	CGA	W55/4	25:36
26	307	505	Louma	LOUWIES	AGN	W55/4	31:15



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

Women 60-64 - 4km

POS	SEQ	BIB	NAME	SURNAME	PROV	AGE CAT	TIME
1	96	548	Jacqueline	FREY	CGA	W60/4	18:05
2	107	552	Christine	CLAASSEN	EPA	W60/4	18:19
3	124	541	Ria	MARITZ	ANWN	W60/4	18:46
4	147	547	Sarah	CROOKS	CGA	W60/4	19:13
5	154	543	Riette	VAN DEN BERG	ANWN	W60/4	19:28
6	160	536	Amanda	LÖTTER	AGN	W60/4	19:36
7	161	555	Jeanine	KOOPMAN	WPA	W60/4	19:37
8	184	530	Lien	VAN DER MERWE	ACNW	W60/4	20:09
9	189	549	Rita	LOOTS	CGA	W60/4	20:23
10	194	533	Elize	BERRANGE	AGN	W60/4	20:32
11	209	535	Teresa	LE ROUX	AGN	W60/4	21:04
12	210	532	Rika	VERMAAS	AFS	W60/4	21:05
13	215	550	Caron	MEYEROWITZ	CGA	W60/4	21:17
14	219	551	Lydia	VAN DER GRYP	CGA	W60/4	21:26
15	229	534	Yvonne	JANSE VAN RENSBURG	AGN	W60/4	21:48
16	241	554	Caroline	MAKGOBA	LIMA	W60/4	22:16
17	244	540	Elsie	ESTERHUIZEN	ANWN	W60/4	22:22
18	258	537	Denise	MARTIN	AGN	W60/4	23:10
19	260	531	Roné	HATTINGH	AFS	W60/4	23:14
20	280	539	Zondi	LUSIBANE	AMPU	W60/4	24:55
21	294	538	Ronelle	REYNECKE	AGN	W60/4	27:52
22	297	545	Amanda	VILJOEN	ANWN	W60/4	28:49
23	300	542	Leana	OBERHOLZER	ANWN	W60/4	29:51



ASA Cross Country Championships

7 September 2024

Vaal University of Technology – Isaac Steyl Stadium



Female - Individual Results (Provisional Final)

Women 65-69 - 4km

POS	SEQ	BIB	NAME	SURNAME	PROV	AGE CAT	TIME
1	115	557	Lynette	FISCHER	AFS	W65/4	18:29
2	144	566	Catharina Jacoba	SCHEFFER	ANWN	W65/4	19:08
3	157	558	Martie	BOESENBERG	AGN	W65/4	19:31
4	169	579	Olga	HOWARD	WPA	W65/4	19:44
5	173	562	Frances	VAN BLERK	AGN	W65/4	19:50
6	178	578	Meriam	GAFANE	LIMA	W65/4	19:59
7	180	563	Adri	VAN DYK	AGN	W65/4	20:01
8	190	577	Teresa	SCOTT	KZNA	W65/4	20:24
9	216	571	Mmtatlabe Margaret	MOTSEI	CGA	W65/4	21:19
10	228	559	Joey	CLOETE	AGN	W65/4	21:47
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	22:41
14	261	569	Jemina	KHIBA	CGA	W65/4	23:20
15	264	556	Charmaine	WRIGHT	ACNW	W65/4	23:34
16	276	572	Selinah	NETSHISAULUI	CGA	W65/4	24:21
17	278	573	Linda	VILAKAZI	CGA	W65/4	24:34
18	279	568	Linda	COSTON	CGA	W65/4	24:39
19	289	574	Denise	JOHANSEN	KZNA	W65/4	26:03
20	291	575	Sheree	KIRSTEN	KZNA	W65/4	26:50
21	293	561	Christa	MOUTON	AGN	W65/4	27:20
22	296	576	Ragie	KONAR	KZNA	W65/4	28:40
23	298	560	Nicolene	GERICKE	AGN	W65/4	29:05

Women 70-74 - 4km

POS	SEQ	BIB	NAME	SURNAME	PROV	AGE CAT	TIME
1	182	587	Nancy	WILL	WPA	W70/4	20:03
2	239	584	Jane	DICKINSON	KZNA	W70/4	22:11
3	243	581	Veronica	VON GORDON	AGN	W70/4	22:21
4	245	580	Anna-Marie	FERREIRA	AFS	W70/4	22:26
5	253	585	Pamela	RASMUSSEN	KZNA	W70/4	22:49
6	273	583	Ithuteng	BOSHOE	CGA	W70/4	24:18
7	302	582	Motlatsi	KEIKABILE	ANWN	W70/4	30:06

Women 75-79 - 4km

POS	SEQ	BIB	NAME	SURNAME	PROV	AGE CAT	TIME
1	288	590	Elaine	GREENBLATT	CGA	W75/4	26:02
2	292	588	Rita	LAKER	AGN	W75/4	27:04
3	301	592	Maria Cornelia	VISSER	CGA	W75/4	29:56
4	303	589	Isabel	MCLAREN	AGN	W75/4	30:21
5	304	591	Rachel	LEDWABA	CGA	W75/4	30:30
6	305	4114	Elzabe	JANSE VAN VUUREN	ACNW	W75/4	30:48

Women 80+ - 4km

POS	SEQ	BIB	NAME	SURNAME	PROV	AGE CAT	TIME
1	309	593	Burger	KYTIE	ANWN	W80/4	45:12