

**WESTERN CAPE SCHOOLS ATHLETICS - CROSS COUNTRY CHAMPIONSHIP****ENTRY FORM : GIRLS**

<b>EVENT</b>	<b>PROVINCIAL CROSS COUNTRY CHAMPS</b>
<b>DATE</b>	<b>31 AUGUST 2019</b>
<b>VENUE</b>	<b>HOTTENTOTS HOLLAND HIGH SCHOOL</b>

<b>PROVINCE</b>	<b>WESTERN CAPE</b>
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<b>NAME &amp; SURNAME OF TEAM MANAGER</b>	<b>TEL NO OF TEAM MANAGER</b>
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NR	SURNAME	FIRST NAME	DATE OF BIRTH	GENDER	AGE CATEGO RY	TIME	SCHOOL	DISTRICT/REGION
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1	Doysen	Elmira	18022010	F	9	6:27	Diazville PS	West Coast
2	Visser	Julandie	08.01.2010	F	9	6:29	Beaufort West Prim	Central Karoo
3	Swartz	Reshenda	12052010	F	9	6:36	Welvaart PR	BOL CW
4	Kammies	Miche	12022010	F	9	6:41	Esselen Park	BOL CW
5	Adams	Crystal	04092011	F	9	6:42	Diazville PS	West Coast
6	Koonthea	Aruncha	30.03.2010	F	9	6:50	Teske Prim	Central Karoo
7	Adams	Pochniece	22102010	F	9	6:52	Laurie Hugo PS	West Coast
8	Jaftha	Eljinique	06082010	F	9	6:54	Steenvliet PR	BOL CW
9	Hoffman	Kevinique	11092010	F	9	6:57	Sandhills PR	BOL CW
10	Rooi	Robyn	21952010	F	9	6:58	LS Okkie Smuts	Overberg
11	Oliphant	Angelique	29.12.2010	F	9	7:04	Beaufort West Prim	Central Karoo
12	Franse	Clara	14092010	F	9	7:04	Riverlands PR	BOL CW
13	De Bruin	Kallecia	08072011	F	9	7:05	Diazville PS	West Coast
14	Beukes	Devonshé	11042010	F	9	7:16	Steilhoogte PS	West Coast
15	Benjamin	Shakira	29042911	F	9	7:17	LS Okkie Smuts	Overberg
16	Fielies	Gretchen	12112010	F	9	7:17	Steenvliet PR	BOL CW
17	Linnertz	Katelyn	31012011	F	9	7:18	Stettyn PR	BOL CW
18	Swarts	Jonisia	21052010	F	9	7:24	LS Okkie Smuts	Overberg
19	Smith	Temecke	12062011	F	9	7:29	Riverlands PR	BOL CW
20	Smith	Anri	17062011	F	9	7:42	TNJ van der Walt	West Coast
	Dees	Jeneveve	14112010	F	9		Boontjieskraal PS	Overberg
	Esterhuizen	Chante	06092010	F	9		LR Schmidt PS	Overberg
	Mtshazi	Lithalanda	05012011	F	9		LS Okkie Smuts	Overberg

1	CAWOOD	CAITLIN	04-09-2009	F	10	0:06:00	George South	Eden
2	Cupido	Anthea	13032009	F	10	0:06:09	Welvaart PR	BOL CW
3	De Vlam	Leze	27022009	F	10	0:06:20	FJ Conradie PR	BOL CW
4	Damara	Malicka	11052009	F	10	0:06:20	Grosvenor	Cape Metro
5	Robbenson	Marelise	20.03.2009	F	10	0:06:23	Beaufort West Prim	Central Karoo
6	De Bruyn	Muneeba	06022009	F	10	0:06:24	Worcester PR	BOL CW
7	Senaomali	Esmari	08082009	F	10	0:06:27	Morrisdale	BOL CW
8	Groepies	Tamryn	27122009	F	10	0:06:29	Chatsworth PS	West Coast
9	Mc Diarmid	Nina	29052009	F	10	0:06:30	Pinehurst	Cape Metro
10	Klaasen	Ciara	08012009	F	10	0:06:40	Paarlzicht PR	BOL CW
11	JACOBS	LEGACIA	09-06-2009	F	10	0:06:41	Heidedal Primary	Eden
12	Hunt	Tyler	04122009	F	10	0:06:44	Elkana House	Cape Metro
13	Herbertson	Isabella	28082009	F	10	0:06:46	Som House	Cape Metro
14	Baartman	Gaylene	09082009	F	10	0:06:49	Kapel PS	West Coast
15	Visser	Marenita	10082009	F	10	0:06:49	St Marks PR	BOL CW
16	April	Joslin	12032009	F	10	0:06:50	Soetendal PR	BOL CW
17	MCEWAN	ANNABELLE	05-02-2009	F	10	0:06:52	Holy Cross	Eden
18	Bosch	Jessica	17022009	F	10	0:06:53	Herschel	Cape Metro
19	Jacobs	Luzanne	28022009	F	10	0:06:54	William Lloyn PR	BOL CW
20	Karelse	Lukita	24062009	F	10	0:06:55	Cavalleria	Cape Metro
21	Volschenk	Zani	04062009	F	10	0:06:55	De Hoop	Cape Metro
22	Karolus	Angeline	21062009	F	10	0:06:55	Stawelklip PS	West Coast
23	Viljoen	Mia	16102009	F	10	0:07:06	Welgemoed	Cape Metro
24	MICHEALS	RONAY	18-12-2009	F	10	0:07:08	Pacaltsdorp P.S	Eden
25	Chante	Adams	13.05.2009	F	10	0:07:11	Teske Prim	Central Karoo
26	Draai	Zelnay	17032009	F	10	0:07:13	Britsum PR	BOL CW
27	Preen	Francesca	12042009	F	10	0:07:16	Springfield	Cape Metro

28	Marizaan	Mathys	14032009	F	10	0:07:17	Booyensdal PS	West Coast
29	CLAASSEN	NATHALENE	09-01-2009	F	10	0:07:18	Heidedal Primary	Eden
30	Amsterdam	Amanda	04.05.2009	F	10	0:07:19	Teske Prim	Central Karoo
31	Van Zyl	Reyalda	19042009	F	10	0:07:20	Steilhoogte PS	West Coast
32	Gaika	Rozelia	29082009	F	10	0:07:21	Riverlands PR	BOL CW
33	STOFFELS	BRUDENE	29-07-2009	F	10	0:07:22	Pacaltsdorp P.S	Eden
34	Swartz	Sarieleen	24072009	F	10	0:07:23	Attie v Wyk	Cape Metro
35	Ndlazi	Kuhle	06082009	F	10	0:07:24	Masakhane PS	Overberg
36	Ntsomi	Khusa	04062009	F	10	0:07:26	LS Okkie Smuts	Overberg
37	Xego	Lisakhanya	19012009	F	10	0:07:31	Lukhanyo PS	Overberg
38	Andries	Bernicia	18052009	F	10	0:08:12	Boontjieskraal PS	Overberg
39	Booyens	Caylene	04082009	F	10	0:08:20	LS Okkie Smuts	Overberg
40	Lord	Carolyn	22052009	F	10		Springfield	Cape Metro
	Booyens	Morishia	24042009	F	10		LR Schmidt PS	Overberg
	Freemantle	Mila	20072009	F	10		Durbanville	Cape Metro
	Klaase	Mea	06122009	F	10		Vredendal-Noord PS	West Coast
1	Van Wyk	Nadia	23062008	F	11	0:09:10	Gene Louw	Cape Metro
2	Weimers	Shaneez	05.11.2008	F	11	0:09:17	Beaufort West Prim	Central Karoo
3	Els	Imke	26072008	F	11	0:09:19	Welgemoed	Cape Metro
4	Luyt	Keesha	09102008	F	11	0:09:31	Eikendal	Cape Metro
5	Constance	Tammy-lee	30062008	F	11	0:09:32	Britsum PR	BOL CW
6	Maritz	Rhiney	04.04.2008	F	11	0:09:36	Beaufort West Prim	Central Karoo
7	Markus	Rozelda	08012008	F	11	0:09:38	Booyensdal PS	West Coast
8	SCHOEMAN	TONYA	02-07-2008	F	11	0:09:40	Curro	Eden
9	OPPERMAN	ALEXIS	18-10-2008	F	11	0:09:43	George South	Eden
10	Alkaster	Calpurnia	17042008	F	11	0:09:45	Laurie Hugo PS	West Coast
11	Pietersen	Alicia	15062008	F	11	0:09:49	Soetendal PR	BOL CW
12	WOLHUTER	LOREZEL	28-07-2008	F	11	0:09:49	Heidedal Primary	Eden
13	Greeff	Jo-keishia	09032008	F	11	0:09:52	LS Touwsrivier	BOL CW
14	Roux	Zainab	24022008	F	11	0:09:54	Riverlands PR	BOL CW
15	Swarts	Jamie-Lee	03052008	F	11	0:09:57	Koekenaap PS	West Coast
16	Hillebrand	Kari	08012008	F	11	0:09:57	Elkana House	Cape Metro
17	October	Shannon	28072008	F	11	0:09:59	Magnolia PR	BOL CW
18	Maans	Christie	12012008	F	11	0:10:00	Morrisdale PR	BOL CW
19	Coetzee	Elri	15062008	F	11	0:10:02	LS Riebeeck-Kasteel	West Coast
20	Holtzhausen	Leila	16072008	F	11	0:10:03	Som College	Cape Metro
21	Swarts	Leanda	08082008	F	11	0:10:05	Weltevreden PS	West Coast
22	Geduld	Marli	03092008	F	11	0:10:07	Langebaan PS	West Coast
23	Kok	Shermon	29082008	F	11	0:10:09	LS Touwsrivier	BOL CW
24	de Koker	Raymonique	11.06.2008	F	11	0:10:10	Teske Prim	Central Karoo
25	Titus	Jaelynn	15012008	F	11	0:10:18	Attie v Wyk	Cape Metro
26	October	Zoë	16062008	F	11	0:10:21	Roosendal	Cape Metro
27	Klaaste	Kayla	04062008	F	11	0:10:21	Bitterfontein PS	West Coast
28	JOOSTE	ETVISTLY	23-12-2008	F	11	0:10:23	Panorama P.S	Eden
29	Hanekom	Roshe	31082008	F	11	0:10:26	LS Touwsrivier	BOL CW
30	HERWELS	TATUM	10-10-2008	F	11	0:10:26	Pacaltsdorp P.S	Eden
31	Burger	Catrien	24082008	F	11	0:10:27	Kenridge	Cape Metro
32	Buys	Zoey-Ree	07102008	F	11	0:10:31	LS Okkie Smuts	Overberg
33	Willemse	Cha-Talia	13062008	F	11	0:10:35	Reyggersdal	Cape Metro
34	Botha	Lizelle	21052008	F	11	0:10:48	Paarlzicht PR	BOL CW
35	Coetzee	Zoë	08032008	F	11	0:10:53	Elkana House	Cape Metro
36	Cloete	Brandonick	03012008	F	11	0:11:00	Witzenberg PR	BOL CW
37	Mutuziwa	Kirsty	23112008	F	11	0:11:06	LS Okkie Smuts	Overberg
38	Anderson	Courtney	17122008	F	11	0:11:18	LS Okkie Smuts	Overberg
39	Romp	Jestoline	23.07.2008	F	11	0:11:45	Restvale Prim	Central Karoo
40	Menzi	Linenceba	22032008	F	11	0:11:46	Buck Road	Cape Metro
41	Van Niekerk	Kay Reeze	24.07.2008	F	11	0:11:46	Acacia Prim	Central Karoo
	FILLIES	KYRA	26-07-2008	F	11			Eden
	Kock	Melanie	18082008	F	11		Bontebok PS	Overberg
	Louis	Jody	12112008	F	11		LR Schmidt PS	Overberg
	Spannenburg	Tiara-Sylvia	26082008	F	11		Parkvale	Cape Metro
	Taylor	Healthy	07102008	F	11		RVS - PS	Overberg
1	Du Plessis	Chanel	07022007	F	12	9:09	Rustenberg	Cape Metro

2	Peters	Tamica	19062007	F	12	9:10	Clarke	Cape Metro
3	Matthysen	Shakira	21082007	F	12	9:12	Victoria Park PR	BOL CW
4	Qumba	Akhile	23022007	F	12	9:21	AZ Berman	Cape Metro
5	Hingeston	Ashley	70102007	F	12	9:23	Som House	Cape Metro
6	PIETERSEN	NOLENE	16-05-2007	F	12	9:28	Panorama P.S	Eden
7	WITBOOI	HILLINY	26-05-2007	F	12	9:32	Heidedal Primary	Eden
8	Mhali	Amkele	06122007	F	12	9:34	Christmas Tinto	Cape Metro
9	Fredericks	Mischca	09062007	F	12	9:35	Welvaart PR	BOL CW
10	De Bruyn	Talitha	05042007	F	12	9:38	LS Swartland	BOL CW
11	Olyn	Lee Gayle	31.01.2007	F	12	9:40	Beaufort West Prim	Central Karoo
12	Aucamp	Mila	24072007	F	12	9:41	Kenridge	Cape Metro
13	Tities	Bevihola	04082007	F	12	9:44	Koekenaap PS	West Coast
14	Munnik	Wilhari	06012007	F	12	9:46	Porterville PS	West Coast
15	Henderson	Hannah	29102007	F	12	9:48	Curro Durbanville	Cape Metro
16	Van Blerk	Johane	07112007	F	12	9:51	De Hoop	Cape Metro
17	Charles	Rachel	020122007	F	12	9:51	Sweet valley	Cape Metro
18	Van Der Merwe	Scarlett	03112007	F	12	9:52	Jan van Riebeeck	Cape Metro
19	TEKANA	XAVAIREA	23-04-2007	F	12	9:54	Heidedal Primary	Eden
20	Hammon	Mikayla	07122007	F	12	9:56	Morrisdale PR	BOL CW
21	Damon	Willmere	02082007	F	12	10:02	Wanganella PR	BOL CW
22	Valentein	Kay Mari	06.10.2007	F	12	10:03	Beaufort West Prim	Central Karoo
23	Stuurman	Licesia	29082007	F	12	10:10	St Albans PR	BOL CW
24	Beukes	Roxanne	31052007	F	12	10:11	Chatsworth PS	West Coast
25	Baron	Bianca	06062007	F	12	10:14	Citrusdal PS	West Coast
26	Januarie	Saskia- Ann	14112007	F	12	10:16	Riverview PR	BOL CW
28	Van der Westhuizen	Petronicia	19042007	F	12	10:28	Sederberg PS	West Coast
29	Danster	Charne	07102007	F	12	10:30	H Venter PR	BOL CW
30	Blouw	Sinobomi	27022007	F	12	10:33	Umnqophiso	Cape Metro
31	Syster	Davaline	12072007	F	12	10:40	St Marks PR	BOL CW
32	Karolus	Roseline	23022007	F	12	10:43	Naastdrift PS	West Coast
33	Rex	Gaileen	24032007	F	12	10:44	Elandsrivier PS	Overberg
34	Olifant	Firoux	30.04.2007	F	12	10:47	Restvale Prim	Central Karoo
35	VORSTER	ISABELLA	30-05-2007	F	12	10:49	Bertie Barnard	Eden
36	Nel	Ashmenite	12042007	F	12	10:55	Protea PS	Overberg
37	Maans	Lenicia	10112007	F	12	10:58	Wanganella PR	BOL CW
38	Visser	McKay	24072007	F	12	11:08	Protea PS	Overberg
39	ENGLBRECHT	SANEL	07-09-2007	F	12	11:20	Volschenk P.S	Eden
40	Willemse	Destomonina		F	12	11:31		Central Karoo
41	Hoffman	Willnique	24.11.2007	F	12	12:21	Restvale Prim	Central Karoo
42	Jacobs	Juane	29052007	F	12	13:08	Elandsrivier PS	Overberg
43	van Wyk	Anthea	06.01.2007	F	12	18:26	Acacia Prim	Central Karoo
	Pieters	Romy	28092007	F	12		Die Bron PS	Overberg
	Salmons	Nadia	02.10.2007	F	12		Teske Prim	Central Karoo
	TARENTAAL	JUSTINE	14-09-2007	F	12			Eden
	Viljoen	Eleni	14022007	F	12		The Grove	Cape Metro
	Willemse	Sara-Lee	14102007	F	12		LR Schmidt PS	Overberg
1	Papier	Quenie	01022006	F	13	8:44	Hopefield PS	West Coast
2	Alberts	Jadedeane	09042006	F	13	8:54	Irista	Cape Metro
3	Bester	Abigail	11012006	F	13	8:57	Reddam	Cape Metro
4	Bester	Kiara	11012006	F	13	9:01	Reddam	Cape Metro
5	Scholtz	Megan	04102006	F	13	9:01	Kenridge	Cape Metro
6	Van Esland	Willmary	14062006	F	13	9:10	LS Touwsrivier	BOL CW
7	Adams	Tercia	31082006	F	13	9:11	LS Swartland	BOL CW
8	Kiewiets	Joshlyn	14102006	F	13	9:16	LS Touwsrivier	BOL CW
9	De Bruyn	Isabel	26022006	F	13	9:17	LS Swartland	BOL CW
10	Crous	Cara	11042006	F	13	9:17	Lochnerhof	Cape Metro
11	Tieties	Daneil	27.06.2006	F	13	9:19	Beaufort West Prim	Central Karoo
12	Linders	Jacquiesiah	26102006	F	13	9:19	Melton	Cape Metro
13	Viljoen	Taelen	07072006	F	13	9:21	Beaumont	Cape Metro
14	Rudolph	Zoe	29052006	F	13	9:26	Imperial	Cape Metro
15	Snyders	Clarissa	05102006	F	13	9:34	ST Marks PR	BOL CW
16	Mutangiri	Alicia	24092006	F	13	9:39	Idasvallei PR	BOL CW
17	Singe	Georgia	08122006	F	13	9:40	FH	Cape Metro
18	Andrew	Girt-Lee	29052006	F	13	9:43	Sederberg PS	West Coast
19	Delpport	Ronichia	22102006	F	13	9:45	FJ Conradie PR	BOL CW
20	WILLIAMS	HOPE	30-05-2006	F	13	9:47	Pacaltsdorp P.S	Eden

21	Salvester	Lisma	06092006	F	13	9:49	St Marks PR	BOL CW
22	Mbasa	Michaela	22022006	F	13	9:51	Macassar	Cape Metro
23	Wessels	Monice	04082006	F	13	9:52	St Marks PR	BOL CW
24	DU PREEZ	SHAFIEKA	11-07-2006	F	13	9:55	Heidedal Primary	Eden
25	Salie	Salwah	31072006	F	13	9:57	Parkvale	Cape Metro
26	Lewies	Juané	19102006	F	13	10:02	Langebaan PS	West Coast
27	Makeleni	Lukho	09082006	F	13	10:04	Lukhanyo PS	Overberg
28	Titus	Jeneke	18022006	F	13	10:15	Panorama PS	West Coast
29	Daniëls	Daphne	18062006	F	13	10:18	St. Thomas PS	West Coast
30	Moerat	Sifaa	16122006	F	13	10:32	Hopefield PS	West Coast
31	MOLAUDI	HLOMPHO	15-02-2006	F	13	10:39	St Luke's P.S	Eden
32	PHILLIPS	SHIRNA	07-06-2006	F	13	10:45	Pacaltsdorp P.S	Eden
33	Swarts	Tamlyn	12.06.2006	F	13	10:46	Beaufort West Prim	Central Karoo
34	Pheiffer	Macnolia	26.10.2006	F	13	10:46	JDC Prim	Central Karoo
35	VAN JAARSVELD	ROCHNE	12-12-2006	F	13	11:03	Waboomskraal	Eden
36	van Staden	Martinel	19.12.2006	F	13	11:22	Restvale Prim	Central Karoo
37	Draghoender	Charlene	07012006	F	13	11:49	Kosie de Wet PS	Overberg
	Arries	Marodene	15092006	F	13		Victoria Park PR	BOL CW
	Lewis	Amy	24092006	F	13		Bontebok PS	Overberg
	MATTHEE	MELVINIA	20-05-2006	F	13		St Luke's P.S	Eden
	Ndliwa	Indiphile	06112006	F	13		Bontebok PS	Overberg
	Stevens	Chante	23042006	F	13		Bontebok PS	Overberg
	Valikho	Esihle	15042006	F	13		LS Okkie Smuts	Overberg
	Williams	Sharney	21072006	F	13		RR Franks	Cape Metro
1	Robbenson	Mursha	19.05.2005	F	14	12:24	Bastiaanse Sec	Central Karoo
2	Muller	Gillian	19102005	F	14	12:34	Worcester Gim	BOL CW
3	Carolissen	Cay-Leigh	12022005	F	14	12:34	HS Stellenbosch	BOL CW
4	Coetzee	Letishia	17122005	F	14	12:52	Langebaan PS	West Coast
5	Papier	Cleo	17082005	F	14	12:57	Hopefield PS	West Coast
6	Van Rooi	Bernadine	31122005	F	14	12:57	St Marks PR	BOL CW
7	Baadjies	Leigh	2005	F	14	12:58		Cape Metro
8	Booyesen	Zondrea	08032005	F	14	13:01	Mondale	Cape Metro
9	Jonas	Alana	07022005	F	14	13:13	Bellville	Cape Metro
10	MANGO	LEANDRIA	13-05-2005	F	14	13:21	Heidedal Primary	Eden
11	Stockigt	Lenell	30052005	F	14	13:24	Brackenfell	Cape Metro
12	Phillips	Katie	28062005	F	14	13:32	Fairmont	Cape Metro
13	Beukes	Ashlin	26122005	F	14	13:39	Chatsworth PS	West Coast
14	Visser	Anika	24062005	F	14	13:40	Reddam House	Cape Metro
15	Louw	Anna	03012005	F	14	13:54	Brackenfell	Cape Metro
16	Mc Niel	Christolique	02102005	F	14	13:54	Avian Park PR	BOL CW
17	Coenrad	Devedean	31052005	F	14	14:03	Panorama PR	BOL CW
18	Hoffman	Mia	15122005	F	14	14:06	Brackenfell	Cape Metro
19	Horn	Joanique	16122005	F	14	14:10	Worcester Gim	BOL CW
20	Sinokuhle	Feliciti	19052005	F	14	14:21	Desmond Tutu Sec	BOL CW
21	November	Kaylin	20032005	F	14	14:27	St. Thomas PS	West Coast
22	Jacobs	Leanne	21.07.2005	F	14	14:34	B West Sec	Central Karoo
23	Faro	Michaela	21092005	F	14	14:35	Hopefield PS	West Coast
24	WITBOOI	ADELAID	19-07-2005	F	14	14:39	Pacaltsdorp P.S	Eden
25	JANSEN	ELDONE	29-08-2005	F	14	14:42	Heidedal Primary	Eden
26	Mouton	Elfrida	26092005	F	14	14:50	ST Marks PR	BOL CW
27	Fortuin	Shanell	05072005	F	14	14:55	Soetendal PR	BOL CW
28	Piet	Eldema	29112005	F	14	15:07	Ravensmead	Cape Metro
29	LOFF	SU-ASTRID	28-03-2005	F	14	15:11	New Dawn Park	Eden
30	Bosman	Ankia	09022005	F	14	15:13	Durbanville	Cape Metro
31	Matumona	Henriette	2005	F	14	15:22		Cape Metro
32	RUITERS	TRICHE	06-02-2005	F	14	15:31	Franken P.S	Eden
33	LUDICK	JUNAY	10-05-2005	F	14	15:37	Franken P.S	Eden
34	Afrika	Morvina	02102005	F	14	19:04	Bissetsdrift PS	Overberg
35	Fortuin	Revonja	03012005	F	14	21:58	Villiersdorp Sec	Overberg
	Palison	Amber	16092005	F	14		Kosie de Wet PS	Overberg
	Sales	Ella	08112005	F	14		Herscel	Cape Metro
	Sampies	Askodia	23.01.2005	F	14		Bastiaanse Sec	Central Karoo
	Terblance	Chloe	2005	F	14			Cape Metro
	Toontjies	Patronicia	28092005	F	14		Lutzville PS	West Coast
	Verster	Sue- Allen	18042005	F	14		Die Bron PS	Overberg
	Witbooi	Jadeen	27102005	F	14		VRT Pitt PS	Overberg

1	Sass	Chenique	19082004	F	15	0:12:13	HTS Drostdy	BOL CW
2	Cilliers	Marietjie	02012004	F	15	0:12:21	Parel Vallei HS	BOL CW
3	Goeieman	Yulenda	16.04.2004	F	15	0:12:35	Murraysburg Sec	Central Karoo
4	October	Zenande	17122004	F	15	0:12:43	Parel Vallei HS	BOL CW
5	Krüger	Chané	27012004	F	15	0:12:50	Bellville	Cape Metro
6	Roux	Chante	01072004	F	15	0:12:59	Hermanus HS	BOL CW
7	Schmidt	Elandri	16112004	F	15	0:13:04	Bloemhof GH	BOL CW
8	Ferreira	Anninka	20022004	F	15	0:13:20	Paarl Girls High	BOL CW
9	Adams	Leonté	18042004	F	15	0:13:39	Sarepta	Cape Metro
10	Bester	Leverne	19012004	F	15	0:13:48	Weston SS	West Coast
11	Du Plessis	Lia	26072004	F	15	0:14:05	Paarl Girls High	BOL CW
12	Muller	Marichél	22072004	F	15	0:14:07	Brackenfell	Cape Metro
13	Jonkers	Hayley	23102004	F	15	0:14:10	Wesbank	Cape Metro
14	Olsen	Nadia	28012004	F	15	0:14:15	Stellenberg	Cape Metro
15	Jack	Asha	11032004	F	15	0:14:17	Milnerton	Cape Metro
16	Voight	Savannah	22102004	F	15	0:14:20	Herscel	Cape Metro
17	Faber	Ziané	27012004	F	15	0:14:28	Bellville	Cape Metro
18	Malherbe	Francisca	10052004	F	15	0:14:30	Westerford	Cape Metro
19	Monk	Rebecca	22032004	F	15	0:14:32	Reddam	Cape Metro
20	Valentyn	Anika	03052004	F	15	0:14:38	Weston SS	West Coast
21	MCKENZIE	SHARO-LEE	23-12-2004	F	15	0:14:46	New Dawn Park	Eden
22	Julies	Nazneen	17.10.2004	F	15	0:14:52	Bastiaanse Sec	Central Karoo
23	Titus	Shamira	08082004	F	15	0:14:58	LA Rochelle HS	BOL CW
24	Jiri	Angelina	27082004	F	15	0:15:00	Steenberg	Cape Metro
25	Julies	Delvonja	05122004	F	15	0:15:00	Hopefield PS	West Coast
26	Bosman	Wasimah	15072004	F	15	0:15:26	Panorama PS	West Coast
27	Borel-Saladin	Remi	21072004	F	15	0:15:30	LA Rochelle HS	BOL CW
28	Lackey	Leandri	09092004	F	15	0:15:54	Vlottenburg PR	BOL CW
29	Swarts	Jessica	08072004	F	15	0:16:04	Nieuwoudt PS	West Coast
30	Van der Walt	Janneke	10092004	F	15	0:16:09	St Cyps	Cape Metro
31	Pickard	Elwina	03082004	F	15	0:16:20	Staweklip PS	West Coast
32	Jansen	Rozaan	03062004	F	15	0:17:02	De Villiers Graaf HS	Overberg
	De Vries	Rochelle	26102004	F	15		Bissetsdrift PS	Overberg
	Isaacs	Tiffany	29062004	F	15		LR Schmidt PS	Overberg
	Matthys	Sune	28082004	F	15		LR Schmidt PS	Overberg
	Mentoe	Renade	11092004	F	15		HS - RVS	Overberg
	Pick	Joria	26092004	F	15		Albert Myburgh Sec	Overberg
1	Kolela	Berdine	03.03.2003	F	16	0:12:12	Murraysburg Sec	Central Karoo
2	Africa	Virgelle-lee	10122003	F	16	0:12:22	HTS Drostdy	BOL CW
3	Jooste	Tamica	03112003	F	16	0:12:26	Sarepta	Cape Metro
4	Francis	Kharnya	16032003	F	16	0:12:31	Sarepta	Cape Metro
5	Van Heerden	Anja	10122003	F	16	0:12:40	Paarl Girls High	BOL CW
6	Du Preez	Selma	21032003	F	16	0:12:48	HS Swartland	BOL CW
7	Visser	Nadine	21012003	F	16	0:12:56	Reddam House	Cape Metro
8	Jansen van Vuuren	Amé	05092003	F	16	0:13:40	Durbanville	Cape Metro
9	Hulley	Charlie	18052003	F	16	0:13:44	Milnerton	Cape Metro
10	Douglas-Henry	Paige	03042003	F	16	0:13:49	Fairmont	Cape Metro
11	Beukes	Janaine	25072003	F	16	0:13:55	Clanwilliam SS	West Coast
12	Attwood	Alexandra	26092003	F	16	0:14:01	St Cyps	Cape Metro
13	Van Zyl	Meriska	05092003	F	16	0:14:09	HTS Drostdy	BOL CW
14	Brink	Mikah	03112003	F	16	0:14:20	Bloemhof GH	BOL CW
15	Alblas	Judine	10102003	F	16	0:14:28	Brackenfell	Cape Metro
16	Meyer	Marinka	23012003	F	16	0:14:29	Brackenfell	Cape Metro
17	VISAGIE	RONEL	27-10-2003	F	16	0:14:34	Franken P.S	Eden
18	Du Plessis	Lize	06102003	F	16	0:14:36	Fairmont	Cape Metro
19	Crotz	Erin	30032003	F	16	0:14:36	Milnerton	Cape Metro
20	Louw	Jogaine	09052003	F	16	0:14:51	Louwville HS	West Coast
21	Bestbier	Eldrien	17112003	F	16	0:15:05	LA Rochelle HS	BOL CW
22	Saiks	Marilize	27012003	F	16	0:15:11	Steynville SS	West Coast
23	Van Zyl	Annemie	21012003	F	16	0:15:15	Brackenfell	Cape Metro
24	Bester	Karishne	29102003	F	16	0:15:23	Weston SS	West Coast
25	Franse	Merisha	16.01.2003	F	16	0:15:26	B West Sec	Central Karoo
26	Bruwer	Ameli	10082003	F	16	0:15:33	LA Rochelle HS	BOL CW
27	BERGMAN	SHALANDA	26-04-2003	F	16	0:15:33	George H.S	Eden
28	Jooste	Jo-Ann	12122003	F	16	0:16:24	Nieuwoudt PS	West Coast

29	Jones	Teshline	24082003	F	16	0:16:27	Stawelklip PS	West Coast
30	Visagie	Veronique	15072003	F	16	0:16:39	HTS Drostdy	BOL CW
31	Fouche	Elize	05032003	F	16	0:18:21	HS Bredasdorp	Overberg
32	Bitterbos	Christelene	08102003	F	16	0:19:42	Bissetsdrift PS	Overberg
33	Matthews	Lamecia	22072003	F	16	0:19:51	Bissetsdrift PS	Overberg
	Adolf	Maronice	27.02.2003	F	16		Restvale Prim	Central Karoo
	Arnoldus	Chantel	07102003	F	16		Villiersdorp Sec	Overberg
	Jantjies	Andrea	11092003	F	16		Swellendam Sec	Overberg
	Mostert	Cameron	21062003	F	16		HTS Drostdy	BOL CW
1	Jordaan	Alme	02052002	F	17	0:11:56	Home School	BOL CW
2	Viljoen	Anneken	20032002	F	17	0:12:24	Bloemhof GH	BOL CW
3	Van der Westhuizen	Cimon	21012002	F	17	0:12:27	Bloemhof GH	BOL CW
4	Rossouw	Gayline	02.12.2002	F	17	0:12:40	Bastiaanse Sec	Central Karoo
5	Wenn	Farren	08072002	F	17	0:12:48	Ceres SEC	BOL CW
6	De Klerk	Gina	12032002	F	17	0:12:51	Milnerton	Cape Metro
7	Mouton	Kylin	29122002	F	17	0:13:02	Brackenfell	Cape Metro
8	Abouzaid	Laila	06092002	F	17	0:13:11	The Settlers	Cape Metro
9	Solomons	Marelise	22072002	F	17	0:13	Wolseley SEC	BOL CW
10	Wildskut	Ayanda	12.06.2002	F	17	0:14:03	Mandlenkosi Sec	Central Karoo
11	Jacobs	Carli	10112002	F	17	0:14:05	Bloemhof GH	BOL CW
12	Lotz	Tina-Marie	21062002	F	17	0:14:10	Bellville	Cape Metro
13	Zgerski	Mia	07102002	F	17	0:14:16	Milnerton	Cape Metro
14	Josephs	Kate-Lyn	20122002	F	17	0:14:24	Breerivier HS	BOL CW
15	Phillipson	Megan	15022002	F	17	0:14:27	Rustenburg	Cape Metro
16	Gersowsky	Laya	05102002	F	17	0:14:28	Rustenburg	Cape Metro
17	Yunisha	Coetzee	02112002	F	17	0:14:28	Weston SS	West Coast
18	Everts	Moeneerah	29042002	F	17	0:14:34	Eerste River	Cape Metro
19	Clark	Kyla	29052002	F	17	0:14:44	Brackenfell	Cape Metro
20	Goode	Beth	13012002	F	17	0:14:51	Wynberg	Cape Metro
21	LOURENS	LOUW-ANNE	11-07-2002	F	17	0:14:55	George H.S	Eden
22	Kruger	Bellamy	27112002	F	17	0:15:38	LA Rochelle HS	BOL CW
23	Simpson	Jeslin	09102002	F	17	0:15:54	HS Bredasdorp	Overberg
24	Beukes	Jaydrnr	27082002	F	17	0:17:30	Nuwerus HS	West Coast
	Arendse	Annique	08082002	F	17		De Kuilen	Cape Metro
	Beukes	Jenique	27032002	F	17		Villiersdorp Sec	Overberg
	Maliwa	Samatha	01102002	F	17		Swellendam Sec	Overberg
	Mesham	Alexa	07112002	F	17		Herschel	Cape Metro
	PETRO	STEPHANY	20-03-2002	F	17		Outeniqua H.S	Eden
	Sylvester	Azrea	05062002	F	17		Bloemhof GH	BOL CW
1	Nqumashe	Athemba	25112001	F	19	19:19	Sarepta	Cape Metro
2	Gibbs	Kia	09122001	F	19	19:27	Westerford	Cape Metro
3	Swanepoel	Meagan	05102001	F	19	19:54	HTS Drostdy	BOL CW
4	Schlehmeyer	Caithlyn	07032000	F	19	20:50	Vredenburg HS	West Coast
5	Soenies	Nicola	08042001	F	19	21:01	LA Rochelle HS	BOL CW
6	Van Rooyen	Aakifah	10122001	F	19	21:11	Fairmont	Cape Metro
7	Zimiri	Delicia	04122001	F	19	21:18	Clanwilliam SS	West Coast
8	Van Zyl	Danelle	28122000	F	19	22:20	Brackenfell	Cape Metro
9	Faroa	Nicolene	04062001	F	19	23:07	Scottsdene	Cape Metro
10	Minnaar	Anja	08122000	F	19	23:43	Bellville	Cape Metro
11	Botes	Abigail	28112001	F	19	23:54	Breerivier HS	BOL CW
12	Roebert	Mieka	31102001	F	19	0:24:01	Wynberg	Cape Metro
13	Pakendorf	Marcelle	27092001	F	19	0:24:02	DF Malan	Cape Metro
14	Levy	Inshaaf	30062001	F	19	0:24:05	St Cyps	Cape Metro
15	Wessels	Deidre	20032001	F	19	24:06:00	LA Rochelle HS	BOL CW
16	Joubert	Thalia	27082001	F	19	0:24:43	Bellville	Cape Metro
17	Scholtz	Kayla	070202001	F	19	0:25:13	Vredendal SS	West Coast
18	Cameron	Kelly		F	19	0:25:18		Cape Metro
19	Schlehmeyer	Nicolette	07032000	F	19	0:25:23	Vredenburg HS	West Coast
20	September	Nenzeen	10092000	F	19	0:26:00	Vredendal SS	West Coast
21	Nell	Singleton	01112000	F	19	0:26:57	HTS Drostdy	BOL CW
22	Olivier	Annelize	26102001	F	19	0:30:09	Villiersdorp Sec	Overberg
23	Johannes	Petronesia	05062000	F	19	0:32:37	Villiersdorp Sec	Overberg
24	Mienies	Tashmiela	23062001	F	19	0:32:43	Villiersdorp Sec	Overberg

Abrahams	Zaina	20122001	F	19		Rustenburg	Cape Metro
Gerste	Tashlean	31082001	F	19		Swartberg Sec	Overberg
Louw	Nicole	26072001	F	19		Rhenish GH	BOL CW
Lund	Robin	13022001	F	19		Milnerton	Cape Metro
Riekers	Mikayla	06112001	F	19		Swartberg Sec	Overberg
Vellem	Ronelda	27042001	F	19		Breerivier HS	BOL CW