

**Meeting :CAPE MILERS CLUB ASA GRAND PRIX
2025/04/04 at GREEN POINT ATHLETICS TRACK****Results of all Finals and Heats**

Ordered by Item types

Performance Scores: WorldAth 2022 table, Electronic Time, Height above sea=11

Place	Athlete,Number	Team	Perf	Score	Points	Medal	Wind	Records
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Item 9 18:25 FinalResults Women Senior 800m

1	NOWE, ORATILE, 6	BOT	1:59.22	1177	8	G		
2	HOBOSLOSHE, AVIWE, 205	TUKS	2:02.47	1119	7	S		
3	BOPAPE, NAUM, 133	MAS	2:02.85	1112	6	B		
4	LOFSTRAND, GENA, 87	FAS	2:04.50	1084	5			
5	VAN ROOYEN, CARISE, 98	G4G	2:04.98	1075	4			
6	OOSTHUIZEN, MICHAELA, 209	TUKS	2:07.20	1037	3			
7	HLATSHWAYO, SLINDILE, 149	MAX	2:09.23	1003	2			
8	DUBE, FINA, 16	AA	2:09.72	995	1			
9	LYONS, MIA, 18	AA	2:11.34	969	0			
10	MAKKINK, CHANTEL, 11	AHMP	2:13.60	932	0			
11	BRUGMAN, ILSE, 135	MAT	2:15.06	909	0			
12	NGWENYA, MAHLATSI, 188	UAC	2:16.33	889	0			
13	VENTER, MELINDA, 108	JBAY	2:16.92	880	0			
14	DU TOIT, LIZA, 136	MAT	2:22.80	791	0			
15	ROELOFFSE, ANOUK, 19	AA	2:29.82	690	0			
16	BUYS, ZOEY-REE, 14	AA	2:30.74	678	0			
17	BOER, SHARLAN, 118	LAN	2:34.51	627	0			
18	JANSEN, MUEZAAN, 91	F2R	2:36.12	606	0			
19	DE BEER, CAPRIVI, 15	AA	2:36.90	596	0			
20	LUKAS, SHENICE, 92	F2R	2:45.61	490	0			
21	BOER, MEHANDRE, 90	F2R	2:48.92	452	0			

Item 1 16:45 Final 1 of 2 Women Senior 800m

1	NGWENYA, MAHLATSI, 188	UAC	2:16.33	889				
2	ROELOFFSE, ANOUK, 19	AA	2:29.82	690				
3	BUYS, ZOEY-REE, 14	AA	2:30.74	678				
4	BOER, SHARLAN, 118	LAN	2:34.51	627				
5	JANSEN, MUEZAAN, 91	F2R	2:36.12	606				
6	DE BEER, CAPRIVI, 15	AA	2:36.90	596				
7	LUKAS, SHENICE, 92	F2R	2:45.61	490				
8	BOER, MEHANDRE, 90	F2R	2:48.92	452				

Item 9 18:25 Final 2 of 2 Women Senior 800m

1	NOWE, ORATILE, 6	BOT	1:59.22	1177				
2	HOBOSLOSHE, AVIWE, 205	TUKS	2:02.47	1119				
3	BOPAPE, NAUM, 133	MAS	2:02.85	1112				
4	LOFSTRAND, GENA, 87	FAS	2:04.50	1084				
5	VAN ROOYEN, CARISE, 98	G4G	2:04.98	1075				
6	OOSTHUIZEN, MICHAELA, 209	TUKS	2:07.20	1037				
7	HLATSHWAYO, SLINDILE, 149	MAX	2:09.23	1003				
8	DUBE, FINA, 16	AA	2:09.72	995				
9	LYONS, MIA, 18	AA	2:11.34	969				
10	MAKKINK, CHANTEL, 11	AHMP	2:13.60	932				
11	BRUGMAN, ILSE, 135	MAT	2:15.06	909				
12	VENTER, MELINDA, 108	JBAY	2:16.92	880				
13	DU TOIT, LIZA, 136	MAT	2:22.80	791				

Item 10 18:30 FinalResults Men Senior 800m

1	HAINGURA, KETLHOBGILE, 3	BOT	1:44.00	1200	8	G		TOKYOQF
2	NKAPE, TUMO, 5	BOT	1:44.60	1186	7	S		
3	DE VILLIERS, RENIER, 160	PTC	1:45.49	1159	6	B		

**Meeting :CAPE MILERS CLUB ASA GRAND PRIX
2025/04/04 at GREEN POINT ATHLETICS TRACK**

4	MOKGETI, LETLHOGONOLO, 198	BOT 1:45.89	1147	5
5	MHLOSI, SIMON, 100	IMP 1:45.93	1146	4
6	NOGCANTSI, KWAZI, 184	TUT 1:46.42	1131	3
7	GOUWS, WERNER, 204	TUKS 1:47.15	1109	2
8	MGOBHOZI, KWAZI, 177	SIS 1:47.38	1102	1
9	FARO, DUVAN JADE, 190	UWC 1:47.86	1088	0
10	LOUBSER, MIGUEL, 206	TUKS 1:48.05	1083	0
11	MTOLO, SPHIWE, 203	PHA 1:49.92	1029	0
12	STADLER, JOHAN, 143	MAT 1:52.17	965	0
13	PHOLMAN, LEANDER, 129	LANG 1:53.17	938	0
14	J VAN VUUREN, ROAL, 106	IND 1:53.92	918	0
15	BOSCH, DAMIAN, 25	AA 1:54.01	915	0
16	DU PLESSIS, EDMUND, 7	TUKS 1:54.26	908	0
17	VORSTER, MORGAN, 84	CPUT 1:54.85	893	0
18	VAN NIEKERK, JOSH, 146	MAT 1:55.34	880	0
19	BENADE VAN NIEKERK, LIAM, 99	RAC 1:55.79	868	0
20	VAN HUYSSTEEN, STIAAN, 145	MAT 1:55.96	863	0
21	POTGIETER, CHRISTIAAN, 33	AA 1:56.54	848	0
22	QUIN, REECE, 169	PTC 1:56.57	847	0
22	ROBERTSON, LEEHANDRE, 36	AA 1:56.57	847	0
24	BRINK, LAMBERT, 178	SAC 1:57.35	827	0
25	KAHAAR, YAASEEN, 164	PTC 1:57.46	825	0
26	VREY, NICOLAS, 147	MAT 1:58.37	802	0
27	GOUWS, CHRISNER, 105	IND 1:59.01	786	0
28	BEUKES, VALENTINO, 24	AA 1:59.63	770	0
29	SEKONYELA, HLOMPHANG, 132	LANG 2:01.22	731	0
30	LUBEMBA, LEON, 183	VOB 2:03.11	687	0
31	ROMAN, JORDAN, 107	IND 2:04.71	650	0
32	BENNY, BENNY, 122	LANG 2:05.26	637	0
33	YZELLE, MARNO, 58	BAC 2:06.45	611	0
34	PIETERSEN, JOSH, 131	LANG 2:06.69	606	0
35	PIENAAR, CHRISTIAAN, 186	TAC 2:08.55	566	0
36	MOUTON, JACQUES, 56	BAC 2:17.07	400	0
37	CUPIDO, CLIVE, 125	LANG 2:22.13	315	0

Item 2 16:50 Final 1 of 4 Men Senior 800m

1	SEKONYELA, HLOMPHANG, 132	LANG 2:01.22	731
2	ROMAN, JORDAN, 107	IND 2:04.71	650
3	BENNY, BENNY, 122	LANG 2:05.26	637
4	YZELLE, MARNO, 58	BAC 2:06.45	611
5	PIETERSEN, JOSH, 131	LANG 2:06.69	606
6	PIENAAR, CHRISTIAAN, 186	TAC 2:08.55	566
7	MOUTON, JACQUES, 56	BAC 2:17.07	400
8	CUPIDO, CLIVE, 125	LANG 2:22.13	315
9	BENESI, AARON, 121	LANG UNDF	0

Item 3 16:55 Final 2 of 4 Men Senior 800m

1	PHOLMAN, LEANDER, 129	LANG 1:53.17	938
2	BOSCH, DAMIAN, 25	AA 1:54.01	915
3	VAN NIEKERK, JOSH, 146	MAT 1:55.34	880
4	POTGIETER, CHRISTIAAN, 33	AA 1:56.54	848
5	ROBERTSON, LEEHANDRE, 36	AA 1:56.57	847
6	BRINK, LAMBERT, 178	SAC 1:57.35	827
7	GOUWS, CHRISNER, 105	IND 1:59.01	786
8	BEUKES, VALENTINO, 24	AA 1:59.63	770

Item 8 18:20 Final 3 of 4 Men Senior 800m

**Meeting :CAPE MILERS CLUB ASA GRAND PRIX
2025/04/04 at GREEN POINT ATHLETICS TRACK**

1	STADLER, JOHAN, 143	MAT	1:52.17	965
2	J VAN VUUREN, ROAL, 106	IND	1:53.92	918
3	VORSTER, MORGAN, 84	CPUT	1:54.85	893
4	BENADE VAN NIEKERK, LIAM, 99	RAC	1:55.79	868
5	VAN HUYSSTEEN, STIAAN, 145	MAT	1:55.96	863
6	QUIN, REECE, 169	PTC	1:56.57	847
7	KAHAAR, YAASEEN, 164	PTC	1:57.46	825
8	VREY, NICOLAS, 147	MAT	1:58.37	802
9	LUBEMBA, LEON, 183	VOB	2:03.11	687

Item 10 18:30 Final 4 of 4 Men Senior 800m

1	HAINGURA, KETLHOBGILE, 3	BOT	1:44.00	1200		TOKYOQF
2	NKAPE, TUMO, 5	BOT	1:44.60	1186		
3	DE VILLIERS, RENIER, 160	PTC	1:45.49	1159		
4	MOKGETI, LETLHOGONOLO, 198	BOT	1:45.89	1147		
5	MHLOSI, SIMON, 100	IMP	1:45.93	1146		
6	NOGCANTSI, KWAZI, 184	TUT	1:46.42	1131		
7	GOUWS, WERNER, 204	TUKS	1:47.15	1109		
8	MGOBHOZI, KWAZI, 177	SIS	1:47.38	1102		
9	FARO, DUVAN JADE, 190	UWC	1:47.86	1088		
10	LOUBSER, MIGAEL, 206	TUKS	1:48.05	1083		
11	MTOLO, SPHIWE, 203	PHA	1:49.92	1029		
12	DU PLESSIS, EDMUND, 7	TUKS	1:54.26	908		

Item 13 19:40 FinalResults Women Senior 1500m

1	MORE, KARABO, 60	BOX	04:10.67	1122	8	G
2	PRINSLOO, CARMIE, 212	TUKS	04:17.20	1072	7	S
3	MOLAHLOE, NTSOAKI, 201	PHA	04:18.94	1058	6	B
4	SWIEGERS, CARINA, 62	BOX	04:22.30	1033	5	
5	STEYNBERG, ANDREA, 157	PTC	04:23.03	1028	4	
6	VERSTER, DANIELLE, 158	PTC	04:26.88	1000	3	
7	FIRSOVA, OLGA, 101	IND	04:30.77	971	2	
8	JONATHAN, LAUREN, 59	BOX	04:31.89	963	1	
9	MULDER, LIZANDRE, 192	KOVSIE	04:32.08	962	0	
10	GRIFFITHS, KOBIE, 151	NED	04:32.52	959	0	
11	VERSTER, ALRI, 159	PTC	04:33.16	954	0	
12	SCHOEMAN, WIEPKE, 61	BOX	04:35.44	938	0	
13	LIKA, STRYDOM, 97	FFA	04:37.20	925	0	
14	BESTER, KIARA, 180	VOB	04:41.21	897	0	
15	FERREIRA, DANTE, 137	MAT	04:42.21	890	0	
16	BESTER, ABIGAIL, 181	VOB	04:42.24	890	0	
17	STEENKAMP, KATELYNN, 153	NWU	04:48.24	849	0	
18	SHANGE, YANDISWA, 20	AA	04:52.47	821	0	
19	SAS, CHENIQUE, 93	F2R	04:53.80	812	0	
20	VAN WYK, EMMOREY, 22	AA	04:58.64	781	0	
21	HUDSON, TEAGAN, 88	FSH	05:05.91	734	0	
22	VAN ROOY, DEWANDRE, 21	AA	05:09.13	714	0	

Item 13 19:40 Final 1 of 1 Women Senior 1500m

1	MORE, KARABO, 60	BOX	04:10.67	1122
2	PRINSLOO, CARMIE, 212	TUKS	04:17.20	1072
3	MOLAHLOE, NTSOAKI, 201	PHA	04:18.94	1058
4	SWIEGERS, CARINA, 62	BOX	04:22.30	1033
5	STEYNBERG, ANDREA, 157	PTC	04:23.03	1028
6	VERSTER, DANIELLE, 158	PTC	04:26.88	1000
7	FIRSOVA, OLGA, 101	IND	04:30.77	971
8	JONATHAN, LAUREN, 59	BOX	04:31.89	963

**Meeting :CAPE MILERS CLUB ASA GRAND PRIX
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9	MULDER, LIZANDRE, 192	KOVSI	04:32.08	962
10	GRIFFITHS, KOBIE, 151	NED	04:32.52	959
11	VERSTER, ALRI, 159	PTC	04:33.16	954
12	SCHOEMAN, WIEPKE, 61	BOX	04:35.44	938
13	LIKA , STRYDOM, 97	FFA	04:37.20	925
14	BESTER, KIARA, 180	VOB	04:41.21	897
15	FERREIRA, DANTE, 137	MAT	04:42.21	890
16	BESTER, ABIGAIL, 181	VOB	04:42.24	890
17	STEENKAMP, KATELYNN, 153	NWU	04:48.24	849
18	SHANGE, YANDISWA, 20	AA	04:52.47	821
19	SAS, CHENIQUE, 93	F2R	04:53.80	812
20	VAN WYK, EMMOREY, 22	AA	04:58.64	781
21	HUDSON, TEAGAN, 88	FSH	05:05.91	734
22	VAN ROOY, DEWANDRE, 21	AA	05:09.13	714

Item 14 19:50 FinalResults Men Senior 1500m

1	MASALELA, TSHEPISO, 4	BOT	03:30.71	1200	8	G	ASA25,TOKYOQF
2	TSHITE, TSHEPO, 2	PHA	03:32.03	1200	7	S	TOKYOQF
3	MPHALELE, RYAN, 179	THE	03:33.36	1198	6	B	
4	MUNNIK, LUAN, 168	PTC	03:36.45	1155	5		
5	DOMINGO, KEANU, 162	PTC	03:36.78	1151	4		
6	MOKHONOANA, ELVIS, 208	TUKS	03:39.86	1109	3		
7	PILANE, TSHEGOFATSO, 210	TUKS	03:40.59	1099	2		
8	ABRAM, KUBJANA, 134	MAS	03:40.86	1095	1		
9	MOTLOUNG, DUMISAN, 194	KOVSI	03:41.34	1089	0		
10	SWART, CHRISTOPHER, 171	PTC	03:41.82	1083	0		
11	MOHLOMI, MOLIFI, 193	KOVSI	03:42.22	1077	0		
12	ARENDSE, LEE-HANRO, 23	AA	03:45.56	1034	0		
13	MOREPE, JOHANNES, 202	PHA	03:45.81	1030	0		
14	KOTZE, AUBREY, 86	EAC	03:45.93	1029	0		
15	DE SCALLY, NICHOLAS, 154	NWU	03:46.73	1018	0		
16	VISAGIE, RUBEN, 213	TUKS	03:47.60	1007	0		
17	ELS, EMIL, 10	AFS	03:48.48	996	0		
18	DAMONS, BRUCE-LYNN, 120	LAN	03:49.91	978	0		
19	J VAN RENSBURG, XANDER, 66	BOX	03:51.39	959	0		
20	ZIMRY, LORENZO, 41	AA	03:52.68	943	0		
21	MADIMA, THEMBA , 55	BKT	03:52.70	943	0		
22	WESSELS, BRENDEN, 148	MAT	03:53.32	935	0		
23	VAN DER WERF, LEONARDO, 144	MAT	03:56.47	897	0		
24	DOMMISSE, WILLIAM, 27	AA	03:56.76	893	0		
25	VAN DER LEEK, XAVIER, 173	PTC	03:57.05	890	0		
26	BREYTENBACH, JUAN, 138	MAT	04:00.30	851	0		
27	DELPORT, JP, 65	BOX	04:03.93	809	0		
28	VAN ZYL, DANIEL, 73	BOX	04:04.39	804	0		
29	MAVUSO, AYABONGA, 117	LUM	04:07.02	774	0		
30	RAINHO, DANIEL, 57	BAC	04:11.45	725	0		
31	SCHMIDT, STEFANO, 69	BOX	04:12.67	712	0		
32	GIBSON, MICHAEL, 89	FSH	04:13.96	698	0		
33	CLOETE, LETHAN, 26	AA	04:17.78	658	0		
34	MAHATLHE, ATLASAONE, 132	LIO	04:17.90	657	0		
35	VAN DER WERF, ALEXANDER, 187	TAC	04:18.11	655	0		
36	DAVIDSON, ROBERT, 150	MSM	04:22.41	611	0		
37	MALAN, LIAM, 128	LANG	04:29.89	539	0		
38	CAROLUS, ELVINO, 124	LANG	04:53.19	343	0		
39	PIETERS, TJAY , 130	LANG	05:15.35	197	0		

Item 6 18:05 Final 1 of 2 Men Senior 1500m

**Meeting :CAPE MILERS CLUB ASA GRAND PRIX
2025/04/04 at GREEN POINT ATHLETICS TRACK**

1	ZIMRY, LORENZO, 41	AA 03:52.68	943
2	MADIMA, THEMBA , 55	BKT 03:52.70	943
3	WESSELS, BRENDEN, 148	MAT 03:53.32	935
4	VAN DER WERF, LEONARDO, 144	MAT 03:56.47	897
5	DOMMISSE, WILLIAM, 27	AA 03:56.76	893
6	BREYTENBACH, JUAN, 138	MAT 04:00.30	851
7	DELPORT, JP, 65	BOX 04:03.93	809
8	VAN ZYL, DANIEL, 73	BOX 04:04.39	804
9	MAVUSO, AYABONGA, 117	LUM 04:07.02	774
10	RAINHO, DANIEL, 57	BAC 04:11.45	725
11	SCHMIDT, STEFANO, 69	BOX 04:12.67	712
12	GIBSON, MICHAEL, 89	FSH 04:13.96	698
13	CLOETE, LETHAN, 26	AA 04:17.78	658
14	MAHATLHE, ATLASAONE, 132	LIO 04:17.90	657
15	VAN DER WERF, ALEXANDER, 187	TAC 04:18.11	655
16	DAVIDSON, ROBERT, 150	MSM 04:22.41	611
17	MALAN, LIAM, 128	LANG 04:29.89	539
18	CAROLUS, ELVINO, 124	LANG 04:53.19	343
19	PIETERS, TJAY , 130	LANG 05:15.35	197

Item 14 19:50 Final 2 of 2 Men Senior 1500m

1	MASALELA, TSHEPISO, 4	BOT 03:30.71	1200	ASA25,TOKYOQF
2	TSHITE, TSHEPO, 2	PHA 03:32.03	1200	TOKYOQF
3	MPHALELE, RYAN, 179	THE 03:33.36	1198	
4	MUNNIK, LUAN, 168	PTC 03:36.45	1155	
5	DOMINGO, KEANU, 162	PTC 03:36.78	1151	
6	MOKHONOANA, ELVIS, 208	TUKS 03:39.86	1109	
7	PILANE, TSHEGOFATSO, 210	TUKS 03:40.59	1099	
8	ABRAM, KUBJANA, 134	MAS 03:40.86	1095	
9	MOTLOUNG, DUMISAN, 194	KOVSIE 03:41.34	1089	
10	SWART, CHRISTOPHER, 171	PTC 03:41.82	1083	
11	MOHLOMI, MOLIFI, 193	KOVSIE 03:42.22	1077	
12	ARENDSE, LEE-HANRO, 23	AA 03:45.56	1034	
13	MOREPE, JOHANNES, 202	PHA 03:45.81	1030	
14	KOTZE, AUBREY, 86	EAC 03:45.93	1029	
15	DE SCALLY, NICHOLAS, 154	NWU 03:46.73	1018	
16	VISAGIE, RUBEN, 213	TUKS 03:47.60	1007	
17	ELS, EMIL, 10	AFS 03:48.48	996	
18	DAMONS, BRUCE-LYNN, 120	LAN 03:49.91	978	
19	J VAN RENSBURG, XANDER, 66	BOX 03:51.39	959	
20	VAN DER LEEK, XAVIER, 173	PTC 03:57.05	890	

Item 11 18:40 FinalResults Men Senior 3000m

1	MOTSAU, JERRY, 167	PTC 07:59.03	1062	8	G
2	MHLANGA, CHRIS, 68	BOX 08:02.42	1042	7	S
3	TATAI , AMOGELANG , 172	PTC 08:07.00	1016	6	B
4	MOKOENA, LESLIE, 200	PHA 08:20.90	937	5	
5	ANEMA, NICOLAS, 54	AAC 08:25.85	910	4	
6	HATTINGH, REGARDT, 152	NED 08:26.34	907	3	
7	DE VRIES , DIVAN, 161	PTC 08:28.38	896	2	
8	STRYDOM, ZANE, 70	BOX 08:29.03	893	1	
9	JORDAN, ALPHONSO, 30	AA 08:32.94	872	0	
10	RAMCWANA , GEORGE , 170	PTC 08:33.47	869	0	
11	KARSTEN, LUCA, 165	PTC 08:38.18	844	0	
12	RATZ, R, 53	UWC 08:38.33	843	0	
13	LUTHO, TIMATI , 166	PTC 08:46.30	802	0	
14	VAN DER LINDE, BERTUS, 174	PTC 08:50.77	779	0	

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15	WILLEMSE, DANVILLE, 40	AA	09:05.55	707	0
16	PHILLIPSON, JOSEPH, 156	PAC	09:06.64	701	0
17	LOMBAARD, BERNARD, 139	MAT	09:08.58	692	0
18	RATZ, KEANU, 35	AA	09:16.07	657	0
19	VISMER, CALEB, 38	AA	09:18.20	647	0
20	MARAIS, KEVIN, 207	TUKS	09:27.91	603	0
21	BLACK, JONATHAN, 102	IND	09:37.26	563	0
22	MESSIAS, BROWNWYNNE, 31	AA	09:39.61	553	0
23	ENGELBRECHT, ALEXANDER, 28	AA	10:25.15	376	0
24	KEET, CLINTON , 126	LANG	10:28.21	366	0
25	LINTNAAR, JOHN DAVID , 127	LANG	10:54.30	281	0
26	LANG, AIDAN, 155	PAC	11:08.90	239	0

Item 7 18:10 Final 1 of 2 Men Senior 3000m

1	RATZ, R, 53	UWC	08:38.33	843	
2	WILLEMSE, DANVILLE, 40	AA	09:05.55	707	
3	LOMBAARD, BERNARD, 139	MAT	09:08.58	692	
4	RATZ, KEANU, 35	AA	09:16.07	657	
5	VISMER, CALEB, 38	AA	09:18.20	647	
6	MARAIS, KEVIN, 207	TUKS	09:27.91	603	
7	BLACK, JONATHAN, 102	IND	09:37.26	563	
8	MESSIAS, BROWNWYNNE, 31	AA	09:39.61	553	
9	ENGELBRECHT, ALEXANDER, 28	AA	10:25.15	376	
10	KEET, CLINTON , 126	LANG	10:28.21	366	
11	LINTNAAR, JOHN DAVID , 127	LANG	10:54.30	281	
12	LANG, AIDAN, 155	PAC	11:08.90	239	

Item 11 18:40 Final 2 of 2 Men Senior 3000m

1	MOTS AU, JERRY, 167	PTC	07:59.03	1062	
2	MHLANGA, CHRIS, 68	BOX	08:02.42	1042	
3	TATAI , AMOGELANG , 172	PTC	08:07.00	1016	
4	MOKOENA, LESLIE, 200	PHA	08:20.90	937	
5	ANEMA, NICOLAS, 54	AAC	08:25.85	910	
6	HATTINGH, REGARDT, 152	NED	08:26.34	907	
7	DE VRIES , DIVAN, 161	PTC	08:28.38	896	
8	STRYDOM, ZANE, 70	BOX	08:29.03	893	
9	JORDAN, ALPHONSO, 30	AA	08:32.94	872	
10	RAMCWANA , GEORGE , 170	PTC	08:33.47	869	
11	KARSTEN, LUCA, 165	PTC	08:38.18	844	
12	LUTHO, TIMATI , 166	PTC	08:46.30	802	
13	VAN DER LINDE, BERTUS, 174	PTC	08:50.77	779	
14	PHILLIPSON, JOSEPH, 156	PAC	09:06.64	701	

Item 5 17:15 Final Women Senior 10km

1	XABA, GLENROSE, 49	AGN	31:40.13	1157	8	G
2	CACISILE, SOSIBO, 74	CGA	33:38.68	1054	7	S
3	MAILULA, KARABO, 46	AGN	34:12.78	1025	6	B
4	MOTSOENENG, KARABO, 48	AGN	34:59.60	986	5	
5	MAKHUBELA, BONOLO, 47	AGN	39:29.19	777	4	
6	JOHANNAH, SETHOWA, 75	CGA	41:32.58	690	3	

Item 12 18:55 Final Men Senior 10km

1	WILDSCHUTT, NADEEL, 39	BOL	29:10.57	1026	8	G
2	NOSE, CWENGA, 214	KZN	29:13.69	1022	7	S
3	TIMOTEUS, ANTHONY, 37	BOL	29:15.99	1018	6	B
4	SMITH, ASHLEY, 196	WPA	29:21.90	1010	5	
5	VAN DER MERWE, DYLAN, 81	CGA	29:27.07	1002	4	

**Meeting :CAPE MILERS CLUB ASA GRAND PRIX
2025/04/04 at GREEN POINT ATHLETICS TRACK**

6	NAKO, DINO, 9	ACNW 29:29.78	998	3
7	HENDRICKS, DEON-LEE, 29	BOL 29:34.16	992	2
8	AWETHU, NTSOTHO, 32	BOL 29:47.14	973	1
9	PHEMELO, NTOE, 80	CGA 29:53.69	964	0
10	MADUME, PRINCE, 79	CGA 30:09.38	942	0
11	MOTLAGALE, TUMELO, 116	KZN 30:13.71	936	0
12	MONNATLALA, TUMISANG, 8	ACNW 30:16.10	932	0
13	SWARTZ, GODWIN, 71	BOX 30:19.27	928	0
14	SELOKELA, OLEBOGILE, 52	AGN 30:44.08	894	0
15	SEGALAGALA, TEBOGO, 51	AGN 30:53.13	881	0
16	LEHLOHONOLO, LUSITI, 78	CGA 31:04.36	866	0
17	KWANDA, LONGOZA, 77	CGA 31:14.34	853	0
18	LEKAKA, KOKETSO, 215	AGN 31:25.03	838	0
19	HLONGWANE, BONGANI, 42	FSA 32:40.43	742	0

Item 4 17:00 Final Men Senior 3000m SteepleChase

1	NKONYENI, APHELELE, 110	KAC 08:35.43	1099	8	G
2	NGOBE, MONGEZI, 109	KAC 08:41.89	1071	7	S
3	SOLDAKA, SIBONISO, 83	CPUT 08:53.02	1024	6	B
4	ADAMS, JOSHUA, 82	COR 09:15.59	931	5	
5	FREDERICKS, EMMANUEL, 104	IND 09:31.50	868	4	