

POS	CAT	PTS	ATHLETE	CLUB	CAPE TOWN RESULTS	CAPE TOWN POINTS	CAPE TOWN BONUS POINTS	TOTAL
							33:00 or faster = 10	
							33:01 - 33:30 = 5	
1	OPEN	20	Glenrose XABA	BOXER ATHLETICS CLUB	00:32:16	20	10	30
2	OPEN	19	Diniya Kedir ABARAYA	NEDBANK RUNNING CLUB	00:32:23	19	10	29
3	OPEN	18	Getenesh AGAW	NEDBANK RUNNING CLUB	00:33:01	18	5	23
4	OPEN	17	Cacisile SOSIBO	BOXER ATHLETICS CLUB	00:33:05	17	5	22
5	OPEN	16	Kesa MOLOTSANE	KOVSIESPORT ATHLETICS CLUB	00:33:16	16	5	21
6	OPEN	15	Karabo MAILULA	TUKSATHLETICS CLUB	00:34:42	15	0	15
7	OPEN	14	Lebogang PHALULA-LUTHULI	BOXER ATHLETICS CLUB	00:35:48	14	0	14
8	OPEN	13	Lebo PHALULA	BOXER ATHLETICS CLUB	00:35:49	13	0	13
9	OPEN	12	Bianca TARBOTON	TEMP	00:35:57	12	0	12
10	OPEN	11	Betha SITARIKO	ATLANTIC ATHLETICS CLUB	00:36:24	11	0	11
11	OPEN	10	Mia STEYTLER	TYMEBANK LANGA RUNNING CLUB	00:36:33	10	0	10
12	OPEN	9	Mila GELDENHUYS	TEMP	00:36:45	9	0	9
13	OPEN	8	Adele BROODRYK	NEDBANK RUNNING CLUB	00:36:52	8	0	8
14	OPEN	7	Lijan BURGER	ATHLETE ACADEMY BOLAND	00:36:57	7	0	7
15	OPEN	6	Nicola WILLS	BOXER ATHLETICS CLUB	00:37:22	6	0	6
16	OPEN	5	Alexa TOWNSEND	TYMEBANK LANGA RUNNING CLUB	00:38:43	5	0	5
17	OPEN	4	Megan GERBER	CAPE TECHNIKON ATHLETICS CLUB	00:38:49	4	0	4
18	OPEN	3	Christiane ADRIAANSE	NEDBANK RUNNING CLUB	00:38:57	3	0	3
19	OPEN	2	Tanya SCOTT	ATLANTIC TRIATHLON CLUB	00:38:58	2	0	2
20	OPEN	1	Chantelle VAN NIEKERK	NEDBANK RUNNING CLUB	00:39:16	1	0	1