

ERGO LADDER : MARCH 2025

Female										
2000m	ATHLETE	LOCATION	2000m	Split/500m	5000m	ATHLETE	LOCATION	5000m	Split/500m	
1	Paige Badenhorst	WC	06:48.3	01:42.1	1	Megan Slabbert	UK	17:48.7	01:46.9	
2	Megan Slabbert	UK	06:48.3	01:42.1	2	Paige Badenhorst	WC	18:09.3	01:48.9	
3	Holly Crews	USA	06:59.4	01:44.8	3	Katherine Williams	GAU	18:23.0	01:50.3	
4	Katherine Williams	GAU	06:59.7	01:44.9	4	Courtney Westley	GAU	18:49.7	01:53.0	
5	Courtney Westley	GAU	07:07.4	01:46.8	5	Jeanne Riemann	GAU	19:18.0	01:55.8	
6	Danelia Price-Hughes	UK	07:18.0	01:49.5	6	Chloe Cresswell	GAU	19:44.8	01:58.5	
7	Jeanne Riemann	GAU	07:19.6	01:49.9	7	Caitlin Breytenbach	GAU	19:45.0	01:58.5	
8	Anna Fisher	GAU	07:30.2	01:52.6	8	Doné Erasmus	GAU	19:47.2	01:58.7	
9	Alicia Potgieter	GAU	07:32.6	01:53.1	9	Anna Fisher	GAU	19:56.1	01:59.6	
10	Chloe Cresswell	GAU	07:32.6	01:53.1	10	Alicia Potgieter	GAU	20:15.8	02:01.6	
11	Caitlin Breytenbach	GAU	07:33.7	01:53.4	11	Lauren Taylor	GAU	20:41.9	02:04.2	
12	Doné Erasmus	GAU	07:34.3	01:53.5	12	Emma Gomes	GAU	20:43.8	02:04.4	
13	Courtly Nicolson	GAU	07:38.8	01:54.7	13	Folasade Peleowo	GAU	21:23.6	02:08.4	
14	Lauren Taylor	GAU	07:49.1	01:57.2	14	Jennifer Coetzee	GAU	22:16.7	02:13.7	
15	Emma Gomes	GAU	07:52.3	01:58.0						
16	Jennifer Coetzee	GAU	08:29.0	02:07.2						
Male										
2000m	ATHLETE	LOCATION	2000m	Split/500m	5000m	ATHLETE	LOCATION	5000m	Split/500m	
1	Chris Baxter	WC	05:59.0	01:29.8	1	Chris Baxter	WC	15:53.6	01:35.4	
3	Braden Howard	WC	06:11.0	01:32.7	2	Braden Howard	WC	16:26.0	01:38.6	
2	Damien Bonhage-Koen	WC	06:13.0	01:33.3	3	Damien Bonhage-Koen	WC	16:53.3	01:41.3	
4	Stefan Breytenbach	WC	06:14.5	01:33.6	4	Phumelele Tshabalala	GAU	17:04.6	01:42.4	
5	Brian Thomson	WC	06:21.7	01:35.4	5	Brian Thomson	WC	17:06.4	01:42.6	
6	Zarret Mills	USA	06:23.3	01:35.8	6	Jordan Skye Craig	GAU	17:10.6	01:43.0	
7	Ehros Smith	WC	06:24.5	01:36.1	7	Ehros Smith	WC	17:21.9	01:44.1	
8	Jordan Skye Craig	GAU	06:24.7	01:36.2	8	Daniel Jude Burnand	GAU	17:27.8	01:44.7	
9	Phumelele Tshabalala	GAU	06:25.4	01:36.3	9	Cristiano de Freitas	GAU	17:31.3	01:45.1	
10	Aidan Van Der Breggen	GAU	06:26.3	01:36.6	10	Ryan Dellbridge	WC	17:36.8	01:45.6	
11	Ethan Romburgh	USA	06:26.4	01:36.6	11	Robert Hirschson	WC	17:38.1	01:45.8	
12	Daniel Jude Burnand	GAU	06:35.2	01:38.8	12	Aidan Van Der Breggen	GAU	17:40.8	01:46.0	
13	Ryan Dellbridge	WC	06:37.3	01:39.3	13	Troy Zillen	GAU	17:53.0	01:47.3	
14	Cristiano de Freitas	GAU	06:39.0	01:39.8	14	Dilano Sá	GAU	17:56.8	01:47.6	
15	Dilano Sá	GAU	06:41.8	01:40.5	15	Lwazi-Tsebo Zwane	GAU	18:45.0	01:52.5	
16	Troy Zillen	GAU	06:43.6	01:40.9	16	Nicolas De Keizer	WC	19:25.6	01:56.5	
17	Lwazi-Tsebo Zwane	GAU	06:49.0	01:42.3	17	Jerushan Moodley	GAU	20:31.9	02:03.1	
18	Darian Jonathan Ferreira	GAU	06:51.3	01:42.8						
20	Syandiswe Sbiya	GAU	07:05.5	01:46.4						
23	Sfiso Mfeka	GAU	07:22.2	01:50.6						
22	Jiyela Sabelo	GAU	07:22.3	01:50.6						
24	Chagi Sonwabile	GAU	07:24.3	01:51.1						
19	Jerushan Moodley	GAU	07:43.7	01:55.9						
25	Hlongwe Sibabalo	GAU	07:57.5	01:59.4						
21	Qciniso Sakhile	GAU	08:16.6	02:04.2						