



ASA Cross Country Championships
7 September 2024



Vaal University of Technology – Isaac Steyl Stadium

Team Competition (Provisional Final)

POS	BIB	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
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TEAM COMPETITION B8/1

POSITION 1 Gold

1	856	Molantwa	MALEHO	AFS	B08/1	03:37	Athletics Free State
3	852	Ordino	KOK	AFS	B08/1	03:49	Athletics Free State
5	854	Rynardt	KYMDELL	AFS	B08/1	03:50	Athletics Free State
6	860	Jamalyn	SECLAVE	AFS	B08/1	03:55	Athletics Free State

15

POSITION 2 Silver

2	866	Prinsloo	ELS	AGN	B08/1	03:45	Athletics Gauteng North
7	873	MJ	MULLER	AGN	B08/1	03:56	Athletics Gauteng North
11	880	Philip	WELMAN	AGN	B08/1	04:00	Athletics Gauteng North
15	874	Francois	PIENAAR	AGN	B08/1	04:03	Athletics Gauteng North

35

POSITION 3 Bronze

4	899	Llewellyn	STRYDOM	AMPU	B08/1	03:50	Athletics Mpumalanga
12	894	Letlotlo	NKANYANE	AMPU	B08/1	04:00	Athletics Mpumalanga
13	897	Zian	SCHOEMAN	AMPU	B08/1	04:01	Athletics Mpumalanga
25	890	Jadon	HOLMNER	AMPU	B08/1	04:07	Athletics Mpumalanga

54

TEAM COMPETITION B9/2

POSITION 1 Gold

3	1104	Tshepang	MOKHOSI	AFS	B09/2	07:23	Athletics Free State
7	1106	Kamohelo	MOKOQO	AFS	B09/2	07:38	Athletics Free State
8	1100	Thato	LENTSOENYAE	AFS	B09/2	07:39	Athletics Free State
11	1096	Thami	JANIE	AFS	B09/2	07:41	Athletics Free State

29

POSITION 2 Silver

1	1115	Drian	DE JAGER	AGN	B09/2	07:13	Athletics Gauteng North
5	1114	Adriaan	BOTHA	AGN	B09/2	07:26	Athletics Gauteng North
12	1116	Wian	DU PLESSIS	AGN	B09/2	07:42	Athletics Gauteng North
17	1123	Adriaan	MENTZ	AGN	B09/2	07:48	Athletics Gauteng North

35

POSITION 3 Bronze

6	1182	Relopofaditswe	NTSANE	CGA	B09/2	07:31	Central Gauteng Athletics
10	1180	Jesse Koketso	MONARENG	CGA	B09/2	07:40	Central Gauteng Athletics
13	1181	Junior	MWA	CGA	B09/2	07:42	Central Gauteng Athletics
18	1179	Banele	MKHEHLE	CGA	B09/2	07:51	Central Gauteng Athletics

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POS	BIB	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
TEAM COMPETITION B10/2							
POSITION 1		Gold					
2	2239	Bokamuso Siyanda	NONYANE	CGA	B10/2	06:58	Central Gauteng Athletics
4	2236	Kungawo	MADIKANE	CGA	B10/2	07:16	Central Gauteng Athletics
10	2237	Vuyo	MADYEKE	CGA	B10/2	07:31	Central Gauteng Athletics
20	2242	Nhlakanipho	TSHABALALA	CGA	B10/2	07:39	Central Gauteng Athletics
36							
POSITION 2		Silver					
6	2163	Luke	ANNANDALE	AGN	B10/2	07:22	Athletics Gauteng North
12	2165	Leonard	DE KOK	AGN	B10/2	07:32	Athletics Gauteng North
14	2179	Benjamin	STRÖHFELDT	AGN	B10/2	07:33	Athletics Gauteng North
15	2167	FC	DUROW	AGN	B10/2	07:35	Athletics Gauteng North
47							
POSITION 3		Bronze					
3	2261	Kgotlelelo	MATJEKE	LIMA	B10/2	07:10	Limpopo Athletics
16	2264	Ofentse	NKGADIMA	LIMA	B10/2	07:35	Limpopo Athletics
17	2267	Kgothotso	RAMABELE	LIMA	B10/2	07:37	Limpopo Athletics
24	2262	Blessing	MOKOENA	LIMA	B10/2	07:41	Limpopo Athletics
60							
TEAM COMPETITION B11/3							
POSITION 1		Gold					
8	2422	Bongane	MABE	AFS	B11/3	10:22	Athletics Free State
9	2424	Johnathan	MATTHEW	AFS	B11/3	10:23	Athletics Free State
10	2423	Lungile	MAEKE	AFS	B11/3	10:24	Athletics Free State
18	2417	Gerick	BOTHA	AFS	B11/3	10:35	Athletics Free State
45							
POSITION 2		Silver					
3	2412	Reotshipile	SHOPO	ACNW	B11/3	10:05	Athletics Central Northwest
6	2408	Lihann	KEMP	ACNW	B11/3	10:15	Athletics Central Northwest
14	2405	Thato	BUCWA	ACNW	B11/3	10:29	Athletics Central Northwest
25	2403	Medupi	BAAS	ACNW	B11/3	10:44	Athletics Central Northwest
48							
POSITION 3		Bronze					
1	2510	Philani	LUTHULI	CGA	B11/3	09:59	Central Gauteng Athletics
15	2515	Matthew	STRYDOM	CGA	B11/3	10:30	Central Gauteng Athletics
16	2506	Alunathi	BALL	CGA	B11/3	10:32	Central Gauteng Athletics
17	2508	Ayanda	DLAMINI	CGA	B11/3	10:32	Central Gauteng Athletics
49							



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TEAM COMPETITION B12/3

POSITION 1	Gold						
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3	2694	Antrie	MLANGENI	AFS	B12/3	09:40	Athletics Free State
4	2692	Pule	MALEHO	AFS	B12/3	09:49	Athletics Free State
9	2696	Lehlohonolo	MOILOA	AFS	B12/3	10:02	Athletics Free State
13	2689	Moeketsi	LOUW	AFS	B12/3	10:05	Athletics Free State

29

POSITION 2	Silver						
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1	2784	Indiphile	MYEKI	CGA	B12/3	09:31	Central Gauteng Athletics
6	2785	Matthew	PIETROIUSTI	CGA	B12/3	09:59	Central Gauteng Athletics
7	2782	Mihle	MDLIVA	CGA	B12/3	09:59	Central Gauteng Athletics
17	2779	Kade	BOOYSEN	CGA	B12/3	10:13	Central Gauteng Athletics

31

POSITION 3	Bronze						
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2	2799	Theto	KEKANA	LIMA	B12/3	09:36	Limpopo Athletics
11	2803	Motheo Labi	MAIFADI	LIMA	B12/3	10:04	Limpopo Athletics
12	2810	Kano	SEOKA	LIMA	B12/3	10:04	Limpopo Athletics
20	2805	Thekgo	MAKOFANE	LIMA	B12/3	10:16	Limpopo Athletics

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TEAM COMPETITION B13/4

POSITION 1	Gold						
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4	2968	Mantle	TSEHLANA	AFS	B13/4	13:08	Athletics Free State
8	2954	Dehan	CILLIERS	AFS	B13/4	13:24	Athletics Free State
13	2969	Dries	VAN TONDER	AFS	B13/4	13:49	Athletics Free State
15	2966	Lehlohonolo	MPHUTHI	AFS	B13/4	13:53	Athletics Free State

40

POSITION 2	Silver						
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10	3068	Tshegofatso	SELALA	LIMA	B13/4	13:30	Limpopo Athletics
14	3058	Junior Khomotso	KUBJANA	LIMA	B13/4	13:51	Limpopo Athletics
20	3060	Leago	MADINGOANENG	LIMA	B13/4	13:59	Limpopo Athletics
21	3064	Tlhopiso	MATSANE	LIMA	B13/4	14:00	Limpopo Athletics

65

POSITION 3	Bronze						
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7	2977	Ewan	COETZER	AGN	B13/4	13:24	Athletics Gauteng North
19	2986	Christiaan	MÜLLER	AGN	B13/4	13:57	Athletics Gauteng North
24	2973	Nicolaas	BOTHA	AGN	B13/4	14:03	Athletics Gauteng North
25	2984	Mattias	KIELBLOCK	AGN	B13/4	14:05	Athletics Gauteng North

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TEAM COMPETITION B14/4							
POSITION 1		Gold					
1	3216	Tiisesto	MALUNGANE	AGN	B14/4	12:21	Athletics Gauteng North
2	3205	Christiaan	BRITS	AGN	B14/4	12:30	Athletics Gauteng North
8	3204	Emile	BLANCHÉ	AGN	B14/4	13:10	Athletics Gauteng North
11	3215	Ratlou	MAKGAE	AGN	B14/4	13:20	Athletics Gauteng North
22							
POSITION 2		Silver					
9	3195	Khotso	NGWENYA	AFS	B14/4	13:14	Athletics Free State
10	3197	Jaylynn	SECLAVE	AFS	B14/4	13:15	Athletics Free State
21	3201	Sizwe	TSHABALALA	AFS	B14/4	13:32	Athletics Free State
25	3196	Tumelo	RUITERS	AFS	B14/4	13:35	Athletics Free State
65							
POSITION 3		Bronze					
5	3269	Teko April	TSOTETSI	CGA	B14/4	13:03	Central Gauteng Athletics
19	3268	Chumile	TSHANGELA	CGA	B14/4	13:32	Central Gauteng Athletics
23	3261	Marothi	LETSOALO	CGA	B14/4	13:34	Central Gauteng Athletics
26	3260	Lefa	LEBOTSA	CGA	B14/4	13:35	Central Gauteng Athletics
73							
TEAM COMPETITION B15/4							
POSITION 1		Gold					
1	3509	Tyran	BROOKS	CGA	B15/4	12:06	Central Gauteng Athletics
5	3514	Sipho Elias	MOLLO	CGA	B15/4	12:37	Central Gauteng Athletics
10	3511	Siyanda	MALONE	CGA	B15/4	12:49	Central Gauteng Athletics
12	3513	Thabiso	MOKGATLA	CGA	B15/4	12:56	Central Gauteng Athletics
28							
POSITION 2		Silver					
2	3447	Olerato	MASILOANE	AGN	B15/4	12:19	Athletics Gauteng North
3	3441	Emil	ELS	AGN	B15/4	12:21	Athletics Gauteng North
4	3445	Ewan	KIELBLOCK	AGN	B15/4	12:34	Athletics Gauteng North
20	3440	Hanno	BESTER	AGN	B15/4	13:09	Athletics Gauteng North
29							
POSITION 3		Bronze					
6	3423	Neo	LETSOAKA	AFS	B15/4	12:39	Athletics Free State
7	3437	Katleho	RALEKHETLA	AFS	B15/4	12:40	Athletics Free State
26	3428	Bokang	MOFOKENG	AFS	B15/4	13:17	Athletics Free State
33	3433	Lehlohonolo	MOTAUNG	AFS	B15/4	13:26	Athletics Free State
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POS	BIB	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
TEAM COMPETITION B16/6							
POSITION 1		Gold					
2	1777	Tumane	MOROU	AFS	B16/6	18:37	Athletics Free State
8	1779	Sibongile	SAKATI	AFS	B16/6	19:07	Athletics Free State
11	1768	Boitumelo	MAKHAOTSE	AFS	B16/6	19:18	Athletics Free State
15	1765	Atlehang	ERASMUS	AFS	B16/6	19:27	Athletics Free State
36							
POSITION 2		Silver					
3	1798	Leon	STOLTZ	AGN	B16/6	18:47	Athletics Gauteng North
6	1799	Zeca	TIBANA	AGN	B16/6	19:01	Athletics Gauteng North
12	1795	Tshepo	MORAANTWA	AGN	B16/6	19:21	Athletics Gauteng North
25	1790	JM	MARITZ	AGN	B16/6	19:49	Athletics Gauteng North
46							
POSITION 3		Bronze					
4	1840	Tshiamo	MPSHE	CGA	B16/6	18:50	Central Gauteng Athletics
7	1838	Keabetswe	MASEMOLA	CGA	B16/6	19:05	Central Gauteng Athletics
16	1842	Onesmus	NCUBE	CGA	B16/6	19:27	Central Gauteng Athletics
20	1835	Nicholas	HORNE	CGA	B16/6	19:41	Central Gauteng Athletics
47							
TEAM COMPETITION B17/6							
POSITION 1		Gold					
1	1908	Regardt	HATTINGH	AGN	B17/6	18:00	Athletics Gauteng North
3	1902	Marcel	BRITS	AGN	B17/6	18:10	Athletics Gauteng North
6	1904	Rico	COETZER	AGN	B17/6	18:27	Athletics Gauteng North
7	1918	Tshepang	TSHIVHULA	AGN	B17/6	18:31	Athletics Gauteng North
17							
POSITION 2		Silver					
8	1899	Pakiso	RALETHOALANA	AFS	B17/6	18:40	Athletics Free State
11	1885	Gerhard	BOSSERT	AFS	B17/6	18:55	Athletics Free State
12	1897	Itumeleng	NQEXE	AFS	B17/6	18:55	Athletics Free State
13	1895	Thabang	MOTETE	AFS	B17/6	18:56	Athletics Free State
44							
POSITION 3		Bronze					
2	1965	Benkosi	MAQWARA	CGA	B17/6	18:10	Central Gauteng Athletics
18	1968	Jacky Junior	MORUDI	CGA	B17/6	19:17	Central Gauteng Athletics
30	1964	Sediba	MACHIPI	CGA	B17/6	19:42	Central Gauteng Athletics
35	1966	Ntando	MOKOKA	CGA	B17/6	19:54	Central Gauteng Athletics
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TEAM COMPETITION JM/8

POSITION 1 Gold

2	1327	Realeboga	SMITH	AGN	JM/8	23:40	Athletics Gauteng North
7	1318	Sbusiso	MOSOMBUKA	AGN	JM/8	24:22	Athletics Gauteng North
9	1317	Boikelo	MAKHUNDU	AGN	JM/8	24:26	Athletics Gauteng North
13	1326	Johannes	SHIRINDI	AGN	JM/8	24:44	Athletics Gauteng North

31

POSITION 2 Silver

1	1381	Zenzile Tumelo	PHEKO	CGA	JM/8	23:13	Central Gauteng Athletics
8	1373	Tlholo	DISEKO	CGA	JM/8	24:26	Central Gauteng Athletics
12	1375	Kevin	HICKLEY	CGA	JM/8	24:41	Central Gauteng Athletics
16	1378	Joy Ofentse	MODISELLE	CGA	JM/8	24:54	Central Gauteng Athletics

37

POSITION 3 Bronze

11	1363	Okuhle	NYHUDE	ATRA	JM/8	24:37	Athletics Transkei
20	1362	Leyame	NOBATHANA	ATRA	JM/8	25:03	Athletics Transkei
22	1361	Lithemba	MPEKANA	ATRA	JM/8	25:08	Athletics Transkei
36	1359	Sibusiso	MDUNYELWA	ATRA	JM/8	25:44	Athletics Transkei

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TEAM COMPETITION M23/4

POSITION 1 Gold

2	3720	Niël	VAN DER MERWE	AGN	M23/4	11:23	Athletics Gauteng North
3	3704	Abednico	CHObA	AGN	M23/4	11:33	Athletics Gauteng North
7	3708	Migael	LOUBSER	AGN	M23/4	11:57	Athletics Gauteng North
12	3721	Etienne	VAN WYK	AGN	M23/4	12:06	Athletics Gauteng North

24

POSITION 2 Silver

1	3761	Sibusiso	MSIBI	CGA	M23/4	11:21	Central Gauteng Athletics
9	3763	Karabo	NTHOLENG	CGA	M23/4	12:01	Central Gauteng Athletics
10	3760	Bongani	MGCINA	CGA	M23/4	12:02	Central Gauteng Athletics
15	3758	Fernando	MACAVELE	CGA	M23/4	12:18	Central Gauteng Athletics

35

POSITION 3 Bronze

6	3685	Keanu	DOMINGO	ACNW	M23/4	11:48	Athletics Central Northwest
11	3684	Mahomed	BATSI	ACNW	M23/4	12:03	Athletics Central Northwest
16	3686	Hlabanelo	MAINE	ACNW	M23/4	12:18	Athletics Central Northwest
49	3687	Letlhogonolo	MAINE	ACNW	M23/4	13:09	Athletics Central Northwest

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TEAM COMPETITION SM/4							

POSITION 1	Gold						
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1	3835	Modupe	TLADI	AGN	SM/4	11:12	Athletics Gauteng North
2	3822	Abram	KUBJANA	AGN	SM/4	11:18	Athletics Gauteng North
10	3830	Tebogo	SEGALAGALA	AGN	SM/4	11:55	Athletics Gauteng North
15	3824	Mogokong Brian	MANGENA	AGN	SM/4	12:19	Athletics Gauteng North

28

POSITION 2	Silver						
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5	3863	Andries	SESEDI	CGA	SM/4	11:40	Central Gauteng Athletics
6	3859	Ryan	MPHAHLELE	CGA	SM/4	11:45	Central Gauteng Athletics
12	3860	Justice	NGOBENI	CGA	SM/4	11:58	Central Gauteng Athletics
16	3856	Tebogo	BETANA	CGA	SM/4	12:19	Central Gauteng Athletics

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POSITION 3	Bronze						
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8	3867	Siyabonga	DERISON	KZNA	SM/4	11:50	KwaZulu Natal Athletics
9	3872	Siyabonga	NDLOVU	KZNA	SM/4	11:54	KwaZulu Natal Athletics
11	3871	Mdumiseni	MTOLO	KZNA	SM/4	11:56	KwaZulu Natal Athletics
24	3868	Sphamandla	GOBA	KZNA	SM/4	12:34	KwaZulu Natal Athletics

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TEAM COMPETITION SM/10							
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POSITION 1	Gold						
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1	1515	Kabelo	MULAUDZI	CGA	SM/10	28:01	Central Gauteng Athletics
2	1517	Bennet	SELOYI	CGA	SM/10	28:21	Central Gauteng Athletics
3	1514	Chris	MHLANGA	CGA	SM/10	28:37	Central Gauteng Athletics
4	1513	Kabelo	MELAMU	CGA	SM/10	28:49	Central Gauteng Athletics

10

POSITION 2	Silver						
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5	1496	Mohau	RASOGO	ANWN	SM/10	29:01	Athletics Northwest North
12	1492	Tiisang	MOLOPI	ANWN	SM/10	29:52	Athletics Northwest North
22	1495	Kgaugelo	RASOGO	ANWN	SM/10	30:37	Athletics Northwest North
32	1494	Alex	MOYO	ANWN	SM/10	31:31	Athletics Northwest North

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POSITION 3	Bronze						
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8	1479	Tebogo	SEGALAGALA	AGN	SM/10	29:21	Athletics Gauteng North
14	1481	Olebogile	SELOKELA	AGN	SM/10	30:05	Athletics Gauteng North
28	1471	Koketso	LEKAKA	AGN	SM/10	31:10	Athletics Gauteng North
38	1482	Thato	SETSHOHO	AGN	SM/10	32:15	Athletics Gauteng North

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POS	BIB	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
TEAM COMPETITION M35/8							
POSITION 1		Gold					
1	42	Gladwin	MZAZI	CGA	M35/8	23:32	Central Gauteng Athletics
2	38	Edwin	KHONKHOBE	CGA	M35/8	23:44	Central Gauteng Athletics
3	37	Marko	BUCARIZZA	CGA	M35/8	23:46	Central Gauteng Athletics
4	43	Raphael	SEGODI	CGA	M35/8	24:01	Central Gauteng Athletics
10							
POSITION 2		Silver					
5	31	Samuel	MATSEPE	ANWN	M35/8	24:23	Athletics Northwest North
6	32	Jeremia	MOSHWETSI	ANWN	M35/8	24:40	Athletics Northwest North
11	28	Lesley	CHIFUMBI	ANWN	M35/8	25:33	Athletics Northwest North
16	29	Timothy	DINTWA	ANWN	M35/8	25:49	Athletics Northwest North
38							
POSITION 3		Bronze					
12	6	Tshepo	NYAPOTSE	AFS	M35/8	25:35	Athletics Free State
17	8	Selepane	SOKE	AFS	M35/8	26:04	Athletics Free State
19	3	Zwene	MORENG	AFS	M35/8	26:19	Athletics Free State
25	2	Paulus	MARUMO	AFS	M35/8	27:04	Athletics Free State
73							
TEAM COMPETITION M40/8							
POSITION 1		Gold					
1	101	Jonas	MAKHELE	CGA	M40/8	24:20	Central Gauteng Athletics
3	104	Pule	TJAOANA	CGA	M40/8	25:00	Central Gauteng Athletics
5	102	Abram Themba	MIYA	CGA	M40/8	25:15	Central Gauteng Athletics
6	103	Vincent	SENG	CGA	M40/8	25:39	Central Gauteng Athletics
15							
POSITION 2		Silver					
8	106	Delani	MKHIZE	KZNA	M40/8	25:55	KwaZulu Natal Athletics
10	109	Michael	ZUMA	KZNA	M40/8	26:01	KwaZulu Natal Athletics
12	107	Siyabonga	NDLOVU	KZNA	M40/8	26:10	KwaZulu Natal Athletics
26	108	Eric	NGUBANE	KZNA	M40/8	27:31	KwaZulu Natal Athletics
56							
POSITION 3		Bronze					
2	66	Renier	GROBLER	AGN	M40/8	24:48	Athletics Gauteng North
7	72	Docter	MATLOTE	AGN	M40/8	25:47	Athletics Gauteng North
17	73	Motsamai	MOTOME	AGN	M40/8	26:46	Athletics Gauteng North
33	74	Ntefe	MOTSHABI	AGN	M40/8	28:33	Athletics Gauteng North
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TEAM COMPETITION M45/8							
POSITION 1		Gold					
3	161	Omo	HLUNGWANE	CGA	M45/8	25:08	Central Gauteng Athletics
4	163	James	MGCINA	CGA	M45/8	25:23	Central Gauteng Athletics
6	165	Joel Nkadimeng	MOLAMO	CGA	M45/8	26:07	Central Gauteng Athletics
11	166	Mafika	NGIDI	CGA	M45/8	26:43	Central Gauteng Athletics
24							
POSITION 2		Silver					
1	172	Simphiwe	ZULU	KZNA	M45/8	24:04	KwaZulu Natal Athletics
7	169	Claude	EKSTEEN	KZNA	M45/8	26:15	KwaZulu Natal Athletics
12	170	Sbusiso Johannes	MABILISA	KZNA	M45/8	26:51	KwaZulu Natal Athletics
18	171	Nkosinathi	NGCONGO	KZNA	M45/8	27:40	KwaZulu Natal Athletics
38							
POSITION 3		Bronze					
8	158	Sampie	MOKGATLA	AVT	M45/8	26:20	Athletics Vaal Triangle
13	159	Paul	RAMOKOPU	AVT	M45/8	26:55	Athletics Vaal Triangle
24	157	Thabiso	MOEKETSI	AVT	M45/8	29:04	Athletics Vaal Triangle
30	160	Voile	TENTSI	AVT	M45/8	30:24	Athletics Vaal Triangle
75							
TEAM COMPETITION M50/8							
POSITION 1		Gold					
4	198	Piet	MOSEBEDI	AGN	M50/8	27:22	Athletics Gauteng North
5	191	Phillip	BESTER	AGN	M50/8	27:37	Athletics Gauteng North
14	194	Gideon	JOUBERT	AGN	M50/8	28:40	Athletics Gauteng North
26	197	Godfrey	MATJILA	AGN	M50/8	31:28	Athletics Gauteng North
49							
POSITION 2		Silver					
11	217	Enos	RAMAVHOYA	CGA	M50/8	28:22	Central Gauteng Athletics
13	218	Sifiso	ZIMU	CGA	M50/8	28:27	Central Gauteng Athletics
15	216	Joel	MATHUSANE	CGA	M50/8	28:42	Central Gauteng Athletics
21	213	Denzil	COLBET	CGA	M50/8	29:50	Central Gauteng Athletics
60							
POSITION 3		Bronze					
3	206	Spencer	MORAOPE	ANWN	M50/8	27:11	Athletics Northwest North
12	209	Johnny	YOUNG	ANWN	M50/8	28:26	Athletics Northwest North
20	208	Joe	VILJOEN	ANWN	M50/8	29:37	Athletics Northwest North
27	204	Stefanus	BEUKES	ANWN	M50/8	31:30	Athletics Northwest North
62							



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POS	BIB	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
TEAM COMPETITION M55/8							
POSITION 1		Gold					
1	262	George	MOOI	CGA	M55/8	26:53	Central Gauteng Athletics
5	261	Moeketsi	MOAGI	CGA	M55/8	28:15	Central Gauteng Athletics
11	258	Elias	BOKABA	CGA	M55/8	29:48	Central Gauteng Athletics
12	263	Nkosiyethu	NALA	CGA	M55/8	29:49	Central Gauteng Athletics
29							
POSITION 2		Silver					
6	246	Pedri	COETZEE	AGN	M55/8	28:56	Athletics Gauteng North
9	247	Dawie	DE VILLIERS	AGN	M55/8	29:34	Athletics Gauteng North
15	248	Moses	LETLHAKU	AGN	M55/8	30:20	Athletics Gauteng North
16	245	Gerhard	CALITZ	AGN	M55/8	30:20	Athletics Gauteng North
46							
POSITION 3		Bronze					
3	265	Martin	DREYER	KZNA	M55/8	27:51	KwaZulu Natal Athletics
10	267	Thierry	PLETINCKX	KZNA	M55/8	29:46	KwaZulu Natal Athletics
14	266	Michael	NDLOVU	KZNA	M55/8	30:04	KwaZulu Natal Athletics
23	264	Bhekizizwe	BHENGU	KZNA	M55/8	32:49	KwaZulu Natal Athletics
50							
TEAM COMPETITION M60/6							
POSITION 1		Gold					
1	638	Nimrod	MOKOENA	CGA	M60/6	21:25	Central Gauteng Athletics
7	641	Donald	SAMPSON	CGA	M60/6	23:37	Central Gauteng Athletics
8	642	Kabelo	TSHABALALA	CGA	M60/6	23:41	Central Gauteng Athletics
9	640	Ronny	NDHLOVU	CGA	M60/6	23:45	Central Gauteng Athletics
25							
POSITION 2		Silver					
6	628	André	WENTZEL	AGN	M60/6	23:17	Athletics Gauteng North
14	622	Piet	LÖTTER	AGN	M60/6	24:14	Athletics Gauteng North
20	614	Glen	ATTWELL	AGN	M60/6	26:41	Athletics Gauteng North
22	620	Willie	JANSEN VAN RENSBUR	AGN	M60/6	26:52	Athletics Gauteng North
62							
POSITION 3		Bronze					
4	647	Wayne	SCOTT	KZNA	M60/6	22:55	KwaZulu Natal Athletics
19	644	Sipho	MAJOMBOZI	KZNA	M60/6	25:18	KwaZulu Natal Athletics
25	646	Nkosi	NDLOVU	KZNA	M60/6	27:06	KwaZulu Natal Athletics
28	4140	Kenneth	CULVERWELL	KZNA	M60/6	27:37	KwaZulu Natal Athletics
76							



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TEAM COMPETITION M65/6

POSITION 1	Gold	
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2	669	Senele	RAMAISA	CGA	M65/6	24:42	Central Gauteng Athletics
5	667	Andre	JANSEN	CGA	M65/6	25:57	Central Gauteng Athletics
6	670	Alan	SMITH	CGA	M65/6	26:10	Central Gauteng Athletics
7	665	Arrigo	FERRI	CGA	M65/6	26:13	Central Gauteng Athletics

20

POSITION 2	Silver	
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1	671	Piet	BRITS	KZNA	M65/6	23:24	KwaZulu Natal Athletics
4	673	Daniel	SWART	KZNA	M65/6	25:56	KwaZulu Natal Athletics
14	672	Andrew	DALY	KZNA	M65/6	27:32	KwaZulu Natal Athletics
19	674	Anly	VERNON	KZNA	M65/6	28:40	KwaZulu Natal Athletics

38

POSITION 3	Bronze	
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11	658	Elias	LETLAPE	AGN	M65/6	27:00	Athletics Gauteng North
17	654	Jan	BESTER	AGN	M65/6	28:07	Athletics Gauteng North
22	659	Chris	VAN DER MERWE	AGN	M65/6	31:09	Athletics Gauteng North
24	656	Dirk	BRINK	AGN	M65/6	31:51	Athletics Gauteng North

74

TEAM COMPETITION M70/6

POSITION 1	Gold	
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2	694	Stephen	MOAGI	CGA	M70/6	25:53	#REF!
4	698	Cyril	VERGIE	CGA	M70/6	26:45	#REF!
12	696	Maxwell	TEFFO	CGA	M70/6	31:20	#REF!
17	697	Kenneth	TULK	CGA	M70/6	32:10	#REF!

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POS	BIB	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
TEAM COMPETITION G8/1							
POSITION 1		Gold					
1	710	Rianza	BOSHOFF	AFS	G08/1	04:01	Athletics Free State
10	714	Inge-Mari	HAMMAN	AFS	G08/1	04:21	Athletics Free State
12	721	Matshidiso	SEKHOSANA	AFS	G08/1	04:22	Athletics Free State
13	723	Elisheva	VERSTER	AFS	G08/1	04:22	Athletics Free State
36							
POSITION 2		Silver					
4	824	Keneilwe	RATAU	LIMA	G08/1	04:07	Limpopo Athletics
5	811	Miané	COOK	LIMA	G08/1	04:14	Limpopo Athletics
9	817	Kgautsho	MAKOFANE	LIMA	G08/1	04:20	Limpopo Athletics
32	825	Cara	SNYMAN	LIMA	G08/1	04:38	Limpopo Athletics
50							
POSITION 3		Bronze					
3	761	Ivanka	VAN HEERDEN	AMPU	G08/1	04:07	Athletics Mpumalanga
7	760	Isabelle	STRYDOM	AMPU	G08/1	04:17	Athletics Mpumalanga
20	752	Leandri	JANSEN VAN RENSBUR	AMPU	G08/1	04:28	Athletics Mpumalanga
23	754	Marelle	KOCH	AMPU	G08/1	04:29	Athletics Mpumalanga
53							
TEAM COMPETITION G9/2							
POSITION 1		Gold					
3	1004	Aléri	SCHOEMAN	AGN	G09/2	07:48	Athletics Gauteng North
6	997	Alexa	JUNGBLUTH	AGN	G09/2	08:03	Athletics Gauteng North
10	995	Emma	COX	AGN	G09/2	08:24	Athletics Gauteng North
11	1003	Marna	POTGIETER	AGN	G09/2	08:25	Athletics Gauteng North
30							
POSITION 2		Silver					
2	980	Bokamoso	MBELE	AFS	G09/2	07:45	Athletics Free State
5	990	Mianique	VAN STRATEN	AFS	G09/2	08:01	Athletics Free State
12	975	Jessica	BOTHA	AFS	G09/2	08:27	Athletics Free State
13	989	Leah	STEYN	AFS	G09/2	08:27	Athletics Free State
32							
POSITION 3		Bronze					
1	1061	Mila	SCHOLTZ	CGA	G09/2	07:34	Central Gauteng Athletics
4	1062	Alexia Chantelle	VISSER	CGA	G09/2	07:59	Central Gauteng Athletics
7	1058	Azaniah	LEBE	CGA	G09/2	08:16	Central Gauteng Athletics
31	1056	Milané	GOUWS	CGA	G09/2	08:47	Central Gauteng Athletics
43							



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TEAM COMPETITION G10/2							
POSITION 1		Gold					
2	2125	Dineo	MOYAMBO	LIMA	G10/2	07:35	Limpopo Athletics
4	2124	Dimakatso	MOKWANA	LIMA	G10/2	07:37	Limpopo Athletics
6	2128	Nthabeleng Forget	SEHULWANA	LIMA	G10/2	07:50	Limpopo Athletics
12	2119	Boiketlo	MALOSWENA	LIMA	G10/2	08:01	Limpopo Athletics
24							
POSITION 2		Silver					
1	2099	Ayethaba Ayakha	MAJALI	CGA	G10/2	07:30	Central Gauteng Athletics
14	2102	Mahlatse	MAROGA	CGA	G10/2	08:02	Central Gauteng Athletics
15	2106	Refilwe	ZAVALE	CGA	G10/2	08:03	Central Gauteng Athletics
16	2097	Yasmin	JOOSTE	CGA	G10/2	08:06	Central Gauteng Athletics
46							
POSITION 3		Bronze					
9	2019	Boitumelo	NYAPOTSE	AFS	G10/2	07:54	Athletics Free State
10	2008	Motshidisana	CHISA	AFS	G10/2	07:57	Athletics Free State
17	2022	Oratilwe	RALEKAOTA	AFS	G10/2	08:08	Athletics Free State
22	2011	Refilwe	LETSELA	AFS	G10/2	08:18	Athletics Free State
58							
TEAM COMPETITION G11/3							
POSITION 1		Gold					
1	2370	Mahlatse	MAMONYANE	CGA	G11/3	10:33	Central Gauteng Athletics
2	2374	Asavela	SILINGILE	CGA	G11/3	10:43	Central Gauteng Athletics
12	2372	Mila	ROSSOUW	CGA	G11/3	11:09	Central Gauteng Athletics
17	2373	Minke	SCHOLTZ	CGA	G11/3	11:15	Central Gauteng Athletics
32							
POSITION 2		Silver					
5	2309	Merize	SMIT	AGN	G11/3	10:55	Athletics Gauteng North
11	2310	Olivia	STEYNBERG	AGN	G11/3	11:07	Athletics Gauteng North
13	2302	Ellie	GRUENENFELDER	AGN	G11/3	11:09	Athletics Gauteng North
14	2299	Anika	BOTHA	AGN	G11/3	11:10	Athletics Gauteng North
43							
POSITION 3		Bronze					
4	2389	Ntombizodwa	MASHEGOANE	LIMA	G11/3	10:49	Limpopo Athletics
9	2394	Botshelo	MOSHIFANE	LIMA	G11/3	11:05	Limpopo Athletics
15	2397	Palesa	NOKO	LIMA	G11/3	11:12	Limpopo Athletics
19	2396	Temosho	MPHAHLELE	LIMA	G11/3	11:18	Limpopo Athletics
47							



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TEAM COMPETITION G12/3							
POSITION 1		Gold					
3	2581	Lebogang	NTOBENG	AGN	G12/3	10:24	Athletics Gauteng North
4	2583	Jané	SIEBERHAGEN	AGN	G12/3	10:37	Athletics Gauteng North
6	2575	Misha	JACOBSZ	AGN	G12/3	10:47	Athletics Gauteng North
10	2573	Hailey	EVANS	AGN	G12/3	10:51	Athletics Gauteng North
23							
POSITION 2		Silver					
8	2631	Inathi	BUQWANA	AVT	G12/3	10:48	Athletics Vaal Triangle
9	2633	Manana	MOTOLO	AVT	G12/3	10:49	Athletics Vaal Triangle
12	2632	Miané	DE CLERCQ	AVT	G12/3	10:56	Athletics Vaal Triangle
15	2638	Relebohile	YAWA	AVT	G12/3	11:03	Athletics Vaal Triangle
44							
POSITION 3		Bronze					
2	2571	Demaine	VAN DEVENTER	AFS	G12/3	10:19	Athletics Free State
7	2560	Boitumelo	LEKHOBA	AFS	G12/3	10:47	Athletics Free State
14	2567	Gaopaleloe	SESINYE	AFS	G12/3	10:59	Athletics Free State
23	2572	Karmi	VERSTER	AFS	G12/3	11:12	Athletics Free State
46							
TEAM COMPETITION G13/3							
POSITION 1		Gold					
2	2848	Mamello	HANKANA	AGN	G13/3	10:27	Athletics Gauteng North
6	2849	Lise-Marie	JANSEN VAN RENSBUR	AGN	G13/3	10:39	Athletics Gauteng North
8	2840	Chanene	BARNARD	AGN	G13/3	10:44	Athletics Gauteng North
17	2854	Lee-Hane	MIENIE	AGN	G13/3	11:05	Athletics Gauteng North
33							
POSITION 2		Silver					
1	2914	Chelsea	VAN DYK	CGA	G13/3	10:07	Central Gauteng Athletics
12	2912	Natalie	STRYDOM	CGA	G13/3	10:53	Central Gauteng Athletics
13	2911	Zanele	MZIZI	CGA	G13/3	10:58	Central Gauteng Athletics
15	2910	Boipelo	MAROGA	CGA	G13/3	11:02	Central Gauteng Athletics
41							
POSITION 3		Bronze					
3	2871	Zoe	MORGADO	AMPU	G13/3	10:29	Athletics Mpumalanga
5	2875	Minette	VAN DEN BERG	AMPU	G13/3	10:36	Athletics Mpumalanga
14	2862	Marize	CILLIERS	AMPU	G13/3	10:58	Athletics Mpumalanga
27	2876	Jay-Dee	VAN DER WALT	AMPU	G13/3	11:21	Athletics Mpumalanga
49							



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TEAM COMPETITION G14/4							
POSITION 1		Gold					
1	3108	Leandri Zani	PRETORIUS	AGN	G14/4	14:06	Athletics Gauteng North
4	3102	Zanta	LOURENS	AGN	G14/4	14:22	Athletics Gauteng North
7	3105	Reneilwe	MOKGATHA	AGN	G14/4	14:46	Athletics Gauteng North
8	3103	Lebohang	MADIKANE	AGN	G14/4	14:47	Athletics Gauteng North
20							
POSITION 2		Silver					
2	3150	Megan	KLEYNHANS	CGA	G14/4	14:16	Central Gauteng Athletics
3	3156	Suné-Louise	PRINSLOO	CGA	G14/4	14:18	Central Gauteng Athletics
12	3153	Tshoganyetso	MORE	CGA	G14/4	15:03	Central Gauteng Athletics
15	3155	Taya	PELSER	CGA	G14/4	15:11	Central Gauteng Athletics
32							
POSITION 3		Bronze					
6	3093	Celeste	PIENAAR	AFS	G14/4	14:40	Athletics Free State
10	3083	Liesa	KRUGER	AFS	G14/4	14:56	Athletics Free State
22	3096	Paballo	TSAUTSE	AFS	G14/4	15:29	Athletics Free State
34	3092	Vangile	NHLAPO	AFS	G14/4	15:53	Athletics Free State
72							
TEAM COMPETITION G15/4							
POSITION 1		Gold					
2	3319	Elandri	COETZEE	AGN	G15/4	14:26	Athletics Gauteng North
4	3331	Diphetogo	SEMENYA	AGN	G15/4	14:33	Athletics Gauteng North
5	3320	Liné	DE VILLIERS	AGN	G15/4	14:38	Athletics Gauteng North
7	3333	Bianca	STOLTZ	AGN	G15/4	14:57	Athletics Gauteng North
18							
POSITION 2		Silver					
1	3383	Katelin	HEYMANS	CGA	G15/4	14:12	Central Gauteng Athletics
8	3386	Mapaseka	MONGATANE	CGA	G15/4	14:58	Central Gauteng Athletics
9	3385	Mirriam	MOEKETSI	CGA	G15/4	15:02	Central Gauteng Athletics
11	3382	Jade	DORAN	CGA	G15/4	15:04	Central Gauteng Athletics
29							
POSITION 3		Bronze					
10	3397	Inganathi	NGUBO	KZNA	G15/4	15:02	KwaZulu Natal Athletics
12	3396	Siphomelele	NGUBANE	KZNA	G15/4	15:07	KwaZulu Natal Athletics
25	3393	Nokubonga	DLAMINI	KZNA	G15/4	15:39	KwaZulu Natal Athletics
31	3395	Nokuphiwe	MAVUNDLA	KZNA	G15/4	15:53	KwaZulu Natal Athletics
78							



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TEAM COMPETITION G16/4							
POSITION 1		Gold					
1	1575	Anoxolo	MCETYWA	AGN	G16/4	13:53	Athletics Gauteng North
3	1566	Angel	BALOYI	AGN	G16/4	14:23	Athletics Gauteng North
4	1581	Kaitlyn	VAN ROOYEN	AGN	G16/4	14:32	Athletics Gauteng North
8	1573	Kamogelo	LETHABANE	AGN	G16/4	15:01	Athletics Gauteng North
16							
POSITION 2		Silver					
7	1624	Chemené	MENTZ	CGA	G16/4	14:51	Central Gauteng Athletics
9	1627	Megan	ROOME	CGA	G16/4	15:06	Central Gauteng Athletics
10	1622	Katherine	HAMMAN	CGA	G16/4	15:15	Central Gauteng Athletics
17	1628	Lisa	VISMER-BARTMAN	CGA	G16/4	15:44	Central Gauteng Athletics
43							
POSITION 3		Bronze					
6	1564	Danell	OEOFSE	AFS	G16/4	14:45	Athletics Free State
14	1554	Annari	BLIGNAUT	AFS	G16/4	15:33	Athletics Free State
18	1553	Magdalena	ARANGIES	AFS	G16/4	15:44	Athletics Free State
30	1558	Anke	GÜNTHER	AFS	G16/4	16:16	Athletics Free State
68							
TEAM COMPETITION G17/4							
POSITION 1		Gold					
1	1670	Lize	DE JAGER	AGN	G17/4	13:42	Athletics Gauteng North
3	1686	Lara	VAN DER MERWE	AGN	G17/4	13:55	Athletics Gauteng North
5	1672	Luca	DE WAAL	AGN	G17/4	14:14	Athletics Gauteng North
6	1673	Omaatla	DIKAO	AGN	G17/4	14:29	Athletics Gauteng North
15							
POSITION 2		Silver					
4	1720	Cassidy	BOSMAN	CGA	G17/4	14:12	Central Gauteng Athletics
8	1729	Azelia	ZITHA	CGA	G17/4	14:43	Central Gauteng Athletics
10	1726	Kiana	PEPLER	CGA	G17/4	14:59	Central Gauteng Athletics
14	1724	Nqobile	MASEKO	CGA	G17/4	15:13	Central Gauteng Athletics
36							
POSITION 3		Bronze					
2	1654	Andrea	STEYNBERG	ACNW	G17/4	13:48	Athletics Central Northwest
9	1655	Abbigail	VILJOEN	ACNW	G17/4	14:57	Athletics Central Northwest
15	1652	Thandiwe	MOTSEMME	ACNW	G17/4	15:14	Athletics Central Northwest
41	1653	Anchen	SCHUTTE	ACNW	G17/4	16:43	Athletics Central Northwest
67							



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TEAM COMPETITION JW/6							
POSITION 1		Gold					
2	1234	Wiepke	SCHOEMAN	AGN	JW/6	20:58	Athletics Gauteng North
3	1231	Tinyiko	NDALA	AGN	JW/6	21:15	Athletics Gauteng North
4	1228	Shanike	JORDAAN	AGN	JW/6	21:25	Athletics Gauteng North
5	1225	Dante	FERREIRA	AGN	JW/6	21:29	Athletics Gauteng North
14							
POSITION 2		Silver					
1	1264	Hlengiwe Gift	NKOSI	CGA	JW/6	20:56	Central Gauteng Athletics
7	1262	Bronwyn	NEL	CGA	JW/6	21:47	Central Gauteng Athletics
8	1266	Lika E	STRYDOM	CGA	JW/6	22:11	Central Gauteng Athletics
12	1261	Dieketseng	MOTSOENENG	CGA	JW/6	22:31	Central Gauteng Athletics
28							
POSITION 3		Bronze					
9	1282	Kiara	BESTER	WPA	JW/6	22:13	Western Province Athletics
11	1281	Abigail	BESTER	WPA	JW/6	22:22	Western Province Athletics
25	1284	Zoe	RUDOLPH	WPA	JW/6	25:24	Western Province Athletics
30	1285	Dumisa	SIPUNZI	WPA	JW/6	25:35	Western Province Athletics
75							
TEAM COMPETITION W23/4							
POSITION 1		Gold					
1	3643	Karabo	MORE	AGN	W23/4	12:58	Athletics Gauteng North
2	3638	Nicola	JANSEN	AGN	W23/4	13:24	Athletics Gauteng North
3	3648	Carmie	PRINSLOO	AGN	W23/4	13:29	Athletics Gauteng North
4	3645	Karabo	MOTSOENENG	AGN	W23/4	13:42	Athletics Gauteng North
10							
POSITION 2		Silver					
10	3665	Londeka	MAVIMBELA	CGA	W23/4	14:58	Central Gauteng Athletics
11	3663	Faith	MABHENA	CGA	W23/4	15:11	Central Gauteng Athletics
15	3669	Tristan	TORR	CGA	W23/4	15:29	Central Gauteng Athletics
18	3664	Noluthando	MAMPANE	CGA	W23/4	15:38	Central Gauteng Athletics
54							
POSITION 3		Bronze					
5	3622	Ina	DU PLESSIS	ACNW	W23/4	14:06	Athletics Central Northwest
9	3625	Elandri	SCHMIDT	ACNW	W23/4	14:48	Athletics Central Northwest
24	3621	Karli	BEKKER	ACNW	W23/4	16:04	Athletics Central Northwest
28	3624	Lee-Ann	MARX	ACNW	W23/4	16:12	Athletics Central Northwest
66							



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POS	BIB	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
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TEAM COMPETITION SW/4

POSITION 1	Gold						
5	3596	Johannah	SETHOWA	CGA	SW/4	14:18	Central Gauteng Athletics
6	3593	Sisanda	DUMISA	CGA	SW/4	14:20	Central Gauteng Athletics
7	3595	Zanele Monica	MAISA	CGA	SW/4	14:35	Central Gauteng Athletics
8	3592	Samantha	COETZER	CGA	SW/4	14:36	Central Gauteng Athletics

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POSITION 2	Silver						
1	3564	Karabo	MAILULA	AGN	SW/4	13:12	Athletics Gauteng North
2	3574	Carina	SWIEGERS	AGN	SW/4	13:46	Athletics Gauteng North
12	3567	Sibongile	MJELE	AGN	SW/4	15:08	Athletics Gauteng North
14	3569	Sellwane Mmathapelo	NTHAKO	AGN	SW/4	15:13	Athletics Gauteng North

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POSITION 3	Bronze						
4	3588	Yandiswa	SENGCE	BOLA	SW/4	14:01	Boland Athletics
18	3587	Riana	NEL	BOLA	SW/4	15:42	Boland Athletics
20	3586	Siphosethu	KIBIDO	BOLA	SW/4	15:51	Boland Athletics
30	3585	Fina	DUBE	BOLA	SW/4	16:13	Boland Athletics

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TEAM COMPETITION SW/10

POSITION 1	Gold						
1	1435	Cian	OLDKNOW	CGA	SW/10	32:43	Central Gauteng Athletics
2	1438	Cacisile	SOSIBO	CGA	SW/10	33:20	Central Gauteng Athletics
7	1432	Cornelia	JOUBERT	CGA	SW/10	35:52	Central Gauteng Athletics
17	1430	Makoma	BATJI	CGA	SW/10	40:28	Central Gauteng Athletics

27

POSITION 2	Silver						
5	1444	Ntsoaki	MOHLAHOE	KZNA	SW/10	35:30	KwaZulu Natal Athletics
6	1445	Andisiwe	NJUNGUZA	KZNA	SW/10	35:31	KwaZulu Natal Athletics
10	1442	Banele	MABIZELA	KZNA	SW/10	37:18	KwaZulu Natal Athletics
13	1446	Nokuthula	NTSHANGASE	KZNA	SW/10	38:02	KwaZulu Natal Athletics

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POSITION 3	Bronze						
4	1413	Kesa	MOLOTSANE	AFS	SW/10	35:28	Athletics Free State
9	1411	Casey	BOSMAN	AFS	SW/10	37:07	Athletics Free State
11	1410	Kirsti	BELL	AFS	SW/10	37:25	Athletics Free State
12	1414	Vicky	OELOFSE	AFS	SW/10	37:41	Athletics Free State

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POS	BIB	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
TEAM COMPETITION W35/4							
POSITION 1		Gold					
6	309	Keneilwe	SESING	AMPU	W35/4	15:12	Athletics Mpumalanga
7	307	Roxanne	OOSTHUIZEN	AMPU	W35/4	15:17	Athletics Mpumalanga
10	304	Elsa	LANGEVELDT	AMPU	W35/4	15:39	Athletics Mpumalanga
14	301	Renatha	BOTHA	AMPU	W35/4	16:40	Athletics Mpumalanga
37							
POSITION 2		Silver					
1	324	Kate	VAN JAARVELD	CGA	W35/4	14:32	Central Gauteng Athletics
11	322	Kefilwe	MOLEFE	CGA	W35/4	15:48	Central Gauteng Athletics
15	325	Charlotte	VENTER	CGA	W35/4	16:45	Central Gauteng Athletics
16	320	Charine	KRUGER	CGA	W35/4	16:50	Central Gauteng Athletics
43							
POSITION 3		Bronze					
4	287	Chantelle	BREYTENBACH	AGN	W35/4	14:51	Athletics Gauteng North
12	288	Anet	COETZEE	AGN	W35/4	16:22	Athletics Gauteng North
17	294	Kgomotso	MAKHUBELA	AGN	W35/4	17:03	Athletics Gauteng North
19	290	Ilze	GEERTSEMA	AGN	W35/4	17:20	Athletics Gauteng North
52							
TEAM COMPETITION W40/4							
POSITION 1		Gold					
4	385	Zama	MOKOENA	KZNA	W40/4	15:32	KwaZulu Natal Athletics
7	386	Nomcebo	MTHETHWA	KZNA	W40/4	15:53	KwaZulu Natal Athletics
8	387	Cary-Ann	SMITH	KZNA	W40/4	16:08	KwaZulu Natal Athletics
16	440	Desiree	VIVIERS	KZNA	W40/4	17:06	KwaZulu Natal Athletics
35							
POSITION 2		Silver					
3	379	Tebogo Rebecca	MOKGOSINYANE	CGA	W40/4	15:27	Central Gauteng Athletics
10	377	Magdalena E	HEYMANS	CGA	W40/4	16:25	Central Gauteng Athletics
11	380	Georgina	NGOETJANA	CGA	W40/4	16:37	Central Gauteng Athletics
15	382	Jolandi	STEENKAMP	CGA	W40/4	16:55	Central Gauteng Athletics
39							
POSITION 3		Bronze					
2	365	Debbie	HOEK	ANWN	W40/4	15:24	Athletics Northwest North
6	368	Gizela	VAN DEN BERG	ANWN	W40/4	15:41	Athletics Northwest North
9	369	Evelynn	VENTER	ANWN	W40/4	16:11	Athletics Northwest North
33	367	Karina	SCHOLTZ	ANWN	W40/4	18:50	Athletics Northwest North
50							



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POS	BIB	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
TEAM COMPETITION W45/4							
POSITION 1		Gold					
1	402	Leandri	CLAASSEN	AGN	W45/4	15:06	Athletics Gauteng North
3	413	Corné	PRINSLOO	AGN	W45/4	15:37	Athletics Gauteng North
4	414	Taryn	SNYMAN	AGN	W45/4	15:39	Athletics Gauteng North
6	412	Elmarie	NOLTE	AGN	W45/4	16:07	Athletics Gauteng North
14							
POSITION 2		Silver					
5	435	Maria	VILAKAZI	CGA	W45/4	16:04	Central Gauteng Athletics
7	434	Stephanie	VERMEULEN	CGA	W45/4	16:21	Central Gauteng Athletics
11	433	Maphuti	PHAKA	CGA	W45/4	16:48	Central Gauteng Athletics
14	432	Debbie	O'LEARY	CGA	W45/4	16:56	Central Gauteng Athletics
37							
POSITION 3		Bronze					
8	439	Bronwyn	MUNN	KZNA	W45/4	16:27	KwaZulu Natal Athletics
15	438	Cecilia	MOLEFE	KZNA	W45/4	17:06	KwaZulu Natal Athletics
16	436	Victoria	COETZEE	KZNA	W45/4	17:18	KwaZulu Natal Athletics
23	437	Precious	DUMA	KZNA	W45/4	18:11	KwaZulu Natal Athletics
62							
TEAM COMPETITION W50/4							
POSITION 1		Gold					
2	486	Thuli	MBATHA	CGA	W50/4	16:00	Central Gauteng Athletics
3	488	Elizabeth	POTTER	CGA	W50/4	16:26	Central Gauteng Athletics
14	487	Michelle	MEE	CGA	W50/4	17:51	Central Gauteng Athletics
15	484	Lizle	AUSTIN	CGA	W50/4	17:55	Central Gauteng Athletics
34							
POSITION 2		Silver					
7	494	Ursula	COCKBAIN	KZNA	W50/4	17:13	KwaZulu Natal Athletics
10	496	Joyce	NDLOVU	KZNA	W50/4	17:28	KwaZulu Natal Athletics
12	495	Lesley	MAYER	KZNA	W50/4	17:33	KwaZulu Natal Athletics
22	497	Tholakele	NGCOBO	KZNA	W50/4	18:52	KwaZulu Natal Athletics
51							
POSITION 3		Bronze					
5	461	Sunet	EYBERS	AGN	W50/4	16:49	Athletics Gauteng North
8	464	Ingrid	KOSTER	AGN	W50/4	17:15	Athletics Gauteng North
17	467	Melani	SWART	AGN	W50/4	18:08	Athletics Gauteng North
32	469	Madeleen	VAN LOGGERENBERG	AGN	W50/4	19:38	Athletics Gauteng North
62							



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POS	BIB	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
TEAM COMPETITION 55/4							
POSITION 1		Gold					
3	526	Lise	MUCHNA	KZNA	W55/4	17:27	KwaZulu Natal Athletics
7	525	Kylie	GRIFFEN	KZNA	W55/4	18:22	KwaZulu Natal Athletics
9	524	Gail	BABICH	KZNA	W55/4	18:47	KwaZulu Natal Athletics
10	527	Alison	PARLE	KZNA	W55/4	19:41	KwaZulu Natal Athletics
29							
POSITION 2		Silver					
4	507	Dalene	SONNEKUS	AGN	W55/4	17:40	Athletics Gauteng North
14	504	Carol	GOODINSON	AGN	W55/4	20:59	Athletics Gauteng North
15	502	Lettie	ERASMUS	AGN	W55/4	21:24	Athletics Gauteng North
16	506	Concelia	MALULEKA	AGN	W55/4	21:29	Athletics Gauteng North
49							
POSITION 3		Bronze					
5	519	Irene	JACOBS	CGA	W55/4	18:01	Central Gauteng Athletics
18	520	Doris	MLANGENI	CGA	W55/4	22:05	Central Gauteng Athletics
22	522	Laura	VENTER	CGA	W55/4	23:05	Central Gauteng Athletics
23	521	Gloria	SHONGWE	CGA	W55/4	25:08	Central Gauteng Athletics
68							
TEAM COMPETITION W60/4							
POSITION 1		Gold					
1	548	Jacqueline	FREY	CGA	W60/4	18:05	Central Gauteng Athletics
4	547	Sarah	CROOKS	CGA	W60/4	19:13	Central Gauteng Athletics
9	549	Rita	LOOTS	CGA	W60/4	20:23	Central Gauteng Athletics
13	550	Caron	MEYEROWITZ	CGA	W60/4	21:17	Central Gauteng Athletics
27							
POSITION 2		Silver					
6	536	Amanda	LÖTTER	AGN	W60/4	19:36	Athletics Gauteng North
10	533	Elize	BERRANGE	AGN	W60/4	20:32	Athletics Gauteng North
11	535	Teresa	LE ROUX	AGN	W60/4	21:04	Athletics Gauteng North
15	534	Yvonne	JANSE VAN RENSBURG	AGN	W60/4	21:48	Athletics Gauteng North
42							
POSITION 3		Bronze					
3	541	Ria	MARITZ	ANWN	W60/4	18:46	Athletics Northwest North
5	543	Riette	VAN DEN BERG	ANWN	W60/4	19:28	Athletics Northwest North
17	540	Elsie	ESTERHUIZEN	ANWN	W60/4	22:22	Athletics Northwest North
22	545	Amanda	VILJOEN	ANWN	W60/4	28:49	Athletics Northwest North
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POS	BIB	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
TEAM COMPETITION W65/4							
POSITION 1	Gold						
3	558	Martie	BOESENBERG	AGN	W65/4	19:31	Athletics Gauteng North
5	562	Frances	VAN BLERK	AGN	W65/4	19:50	Athletics Gauteng North
7	563	Adri	VAN DYK	AGN	W65/4	20:01	Athletics Gauteng North
10	559	Joey	CLOETE	AGN	W65/4	21:47	Athletics Gauteng North
25							
POSITION 2	Silver						
9	571	Mmtatlabe Margaret	MOTSEI	CGA	W65/4	21:19	Central Gauteng Athletics
11	570	Sewele	MAPONYA	CGA	W65/4	21:58	Central Gauteng Athletics
14	569	Jemina	KHIBA	CGA	W65/4	23:20	Central Gauteng Athletics
16	572	Selinah	NETSHISAULUI	CGA	W65/4	24:21	Central Gauteng Athletics
50							
POSITION 3	Bronze						
8	577	Teresa	SCOTT	KZNA	W65/4	20:24	KwaZulu Natal Athletics
19	574	Denise	JOHANSEN	KZNA	W65/4	26:03	KwaZulu Natal Athletics
20	575	Sheree	KIRSTEN	KZNA	W65/4	26:50	KwaZulu Natal Athletics
22	576	Ragie	KONAR	KZNA	W65/4	28:40	KwaZulu Natal Athletics
69							