

SA CROSS COUNTRY CHAMPIONSHIPS RESULTS - 2019 - PRETORIA

MEN=1937

WOMEN=1614

TOTAL=3551

RESULTS INDIVIDUAL COMPETITION B8/1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1083	mattias	KIELBLOCK	AGN	B8/1	03:26	Athletics Gauteng North
2	594	wilhelm	POTGIETER	AFS	B8/1	03:26	Athletics Free State
3	1925	ian	DU TOIT	AMPU	B8/1	03:31	Athletics Mpumalanga
4	1087	joshua	VAN SCHALKWYK	AGN	B8/1	03:35	Athletics Gauteng North
5	188	jason	TARR	ACNW	B8/1	03:35	Athletics Central North West
6	1078	nicolas	BOTHA	AGN	B8/1	03:36	Athletics Gauteng North
7	1085	dwight	STAPELBERG	AGN	B8/1	03:37	Athletics Gauteng North
8	3414	mpilo	KHOMO	KZNA	B8/1	03:39	Kwazulu Natal
9	1080	tommie	CRONJE	AGN	B8/1	03:40	Athletics Gauteng North
10	2626	heinwill	PAULSEN	ASWD	B8/1	03:41	South Western Districts
11	2627	orton	WILLEMSE	ASWD	B8/1	03:42	South Western Districts
12	2984	sihle	NYEZI	CGA	B8/1	03:43	Central Gauteng Athletics
13	186	divan	PULLEN	ACNW	B8/1	03:44	Athletics Central North West
14	2359	divan	WERNER	ANWN	B8/1	03:44	Athletics North West North
15	2983	neo	NKEANE	CGA	B8/1	03:45	Central Gauteng Athletics
16	1077	carel	BOTHA	AGN	B8/1	03:46	Athletics Gauteng North
17	595	stian	SMITH	AFS	B8/1	03:46	Athletics Free State
18	3706	sibusiso	MASIMULA	LIMA	B8/1	03:47	Limpopo Athletics
19	2982	gift (sinaye)	NGOSE	CGA	B8/1	03:47	Central Gauteng Athletics
20	2349	jandre	KRUGER	ANWN	B8/1	03:47	Athletics North West North
21	1086	kaleb	VAN NIEKERK	AGN	B8/1	03:48	Athletics Gauteng North
22	1937	mischan	SCHOONWINKEL	AMPU	B8/1	03:48	Athletics Mpumalanga
23	1079	ruben	CLAASSEN	AGN	B8/1	03:48	Athletics Gauteng North
24	586	dian	ERASMUS	AFS	B8/1	03:49	Athletics Free State
25	1935	ihvan	PRETORIUS	AMPU	B8/1	03:49	Athletics Mpumalanga
26	1076	steph	BEYERS	AGN	B8/1	03:49	Athletics Gauteng North
27	1941	eben	VAN WYK	AMPU	B8/1	03:50	Athletics Mpumalanga
28	2348	franco	FERREIRA	ANWN	B8/1	03:50	Athletics North West North
29	597	andries	VAN TONDER	AFS	B8/1	03:51	Athletics Free State
30	1075	dian	BEUKES	AGN	B8/1	03:51	Athletics Gauteng North
31	591	thato	MANYEANE	AFS	B8/1	03:52	Athletics Free State
32	1073	arno	BESTER	AGN	B8/1	03:52	Athletics Gauteng North
33	1089	conrad	WOLHUTER	AGN	B8/1	03:52	Athletics Gauteng North
34	598	deon	VAN ZYL	AFS	B8/1	03:52	Athletics Free State
35	583	paul	ANTUNES	AFS	B8/1	03:53	Athletics Free State
36	1081	ruben	ESTERHUYSE	AGN	B8/1	03:53	Athletics Gauteng North
37	2980	siphosakhe	MLAMBO	CGA	B8/1	03:54	Central Gauteng Athletics
38	585	dylan	DE LANGE	AFS	B8/1	03:55	Athletics Free State
39	1082	nico	GILDENHUYS	AGN	B8/1	03:55	Athletics Gauteng North
40	2354	schalk	OTTO	ANWN	B8/1	03:55	Athletics North West North
41	3704	lefa	MACHAI	LIMA	B8/1	03:56	Limpopo Athletics
42	191	joshua	VAN ROOYEN	ACNW	B8/1	03:57	Athletics Central North West
43	590	brink	LINDE	AFS	B8/1	03:58	Athletics Free State
44	599	awert	VILJOEN	AFS	B8/1	03:58	Athletics Free State
45	176	golden	ERASMUS	ACNW	B8/1	03:58	Athletics Central North West

46	2345	hercu	BOTHA	ANWN	B8/1	03:58	Athletics North West North
47	593	tshepo	MOTSOENENG	AFS	B8/1	03:59	Athletics Free State
48	187	juandre	STEENKAMP	ACNW	B8/1	03:59	Athletics Central North West
49	1072	eduan	BAILEY	AGN	B8/1	04:00	Athletics Gauteng North
50	1074	stian	BESTER	AGN	B8/1	04:00	Athletics Gauteng North
51	1084	mc	SMIT	AGN	B8/1	04:01	Athletics Gauteng North
52	177	aiden	HATTINGH	ACNW	B8/1	04:01	Athletics Central North West
53	180	henri	JONKER	ACNW	B8/1	04:01	Athletics Central North West
54	596	kosie	STAPELBERG	AFS	B8/1	04:02	Athletics Free State
55	1088	divan	VD WESTHUIZEN	AGN	B8/1	04:02	Athletics Gauteng North
56	1930	christiaan	LOMBARD	AMPU	B8/1	04:03	Athletics Mpumalanga
57	587	ian	FERREIRA	AFS	B8/1	04:03	Athletics Free State
58	592	lesedi	MOAGI	AFS	B8/1	04:03	Athletics Free State
59	2624	willem-danie	MATTHEE	ASWD	B8/1	04:04	South Western Districts
60	1721	botha	KRUGER	AGW	B8/1	04:04	Griqua Land West
61	192	migael	VILJOEN	ACNW	B8/1	04:05	Athletics Central North West
62	183	rikus	LE ROUX	ACNW	B8/1	04:05	Athletics Central North West
63	1927	francois	JACOBS	AMPU	B8/1	04:05	Athletics Mpumalanga
64	1714	jandr�	BEATON	AGW	B8/1	04:06	Griqua Land West
65	1939	zimpendulo	SIMELANE	AMPU	B8/1	04:06	Athletics Mpumalanga
66	189	louis	VAN DER LINDE	ACNW	B8/1	04:07	Athletics Central North West
67	179	tedrich	HATTINGH	ACNW	B8/1	04:07	Athletics Central North West
68	2625	luciano	MONGA	ASWD	B8/1	04:07	South Western Districts
69	1931	nkazimulo	MBATHA	AMPU	B8/1	04:07	Athletics Mpumalanga
70	3711	ashton	OCTOBER	LIMA	B8/1	04:08	Limpopo Athletics
71	2358	dian	WELMAN	ANWN	B8/1	04:08	Athletics North West North
72	3415	khwezi	NDULINI	KZNA	B8/1	04:08	Kwazulu Natal
73	1924	awie	DE JAGER	AMPU	B8/1	04:09	Athletics Mpumalanga
74	1938	mpendulo	SIMELANE	AMPU	B8/1	04:09	Athletics Mpumalanga
75	190	zuan	VAN RIET	ACNW	B8/1	04:10	Athletics Central North West
76	2355	steyn	VAN DEN BERG	ANWN	B8/1	04:10	Athletics North West North
77	182	jadon	LANDMAN	ACNW	B8/1	04:12	Athletics Central North West
78	2895	ahlumile	BLESS	BORA	B8/1	04:12	Border Athletics
79	2350	divan	LE ROUX	ANWN	B8/1	04:13	Athletics North West North
80	3708	mthokozisi	MTHIMUNYE	LIMA	B8/1	04:13	Limpopo Athletics
81	1926	johan	EKSTEEN	AMPU	B8/1	04:14	Athletics Mpumalanga
82	1713	alvano	ABRAHAMS	AGW	B8/1	04:14	Griqua Land West
83	2623	lee-roy	JAKOBUS	ASWD	B8/1	04:21	South Western Districts
84	1940	elisha	STEWART	AMPU	B8/1	04:22	Athletics Mpumalanga
85	178	marno	HATTINGH	ACNW	B8/1	04:23	Athletics Central North West
86	175	zandre	EHLERS	ACNW	B8/1	04:24	Athletics Central North West
87	1	hanlo	BARKHUIZEN	IND	B8/1	04:26	Individual
88	3359	neil	CAWOOD	IND	B8/1	04:27	Individual
89	2789	siyabonga	NDABA	AVT	B8/1	04:29	Athletics Vaal Triangle
90	3705	kgethego	MAPADIMENG	LIMA	B8/1	04:32	Limpopo Athletics
91	1717	keegan	FOXCROFT	AGW	B8/1	04:33	Griqua Land West
92	1929	stephan	KRUGER	AMPU	B8/1	04:34	Athletics Mpumalanga
93	1942	matthew	VENTER	AMPU	B8/1	04:34	Athletics Mpumalanga
94	2896	aluthando	DYEVANA	BORA	B8/1	04:35	Border Athletics
95	1720	marlu	KRIEK	AGW	B8/1	04:36	Griqua Land West

96	584	carlo	CILLIERS	AFS	B8/1	04:36	Athletics Free State
97	2351	atlotleng	MALULEKE	ANWN	B8/1	04:37	Athletics North West North
98	2347	daniel	DREYER	ANWN	B8/1	04:38	Athletics North West North
99	1936	kyle	ROBINSON	AMPU	B8/1	04:39	Athletics Mpumalanga
100	589	mohau	LEBEA	AFS	B8/1	04:39	Athletics Free State
101	2356	gj	VAN NIEKERK	ANWN	B8/1	04:40	Athletics North West North
102	2344	hanru	BEYL	ANWN	B8/1	04:41	Athletics North West North
103	3700	eugene	BARNARD	LIMA	B8/1	04:41	Limpopo Athletics
104	184	lesedi	MABOGOLE	ACNW	B8/1	04:42	Athletics Central North West
105	588	ludwig	KNAUFF	AFS	B8/1	04:43	Athletics Free State
106	3413	nathan	DE VALENCE	KZNA	B8/1	04:44	Kwazulu Natal
107	3710	morne	OBERHOLZER	LIMA	B8/1	04:44	Limpopo Athletics
108	2981	sandile	MTHIMKULU	CGA	B8/1	04:45	Central Gauteng Athletics
109	2353	stefan	MOLLER	ANWN	B8/1	04:45	Athletics North West North
110	3703	kgotso	MACHAI	LIMA	B8/1	04:46	Limpopo Athletics
111	2357	stefan	VISSER	ANWN	B8/1	04:46	Athletics North West North
112	2352	olerato	MOLEFE	ANWN	B8/1	04:47	Athletics North West North
113	1719	tristin	JANSE VAN RENSB	AGW	B8/1	04:48	Griqua Land West
114	2360	henshall	WHITFIELD	ANWN	B8/1	04:49	Athletics North West North
115	2361	zander	WILLIAMSON	ANWN	B8/1	04:49	Athletics North West North
116	3702	itumeleng	KOMANE	LIMA	B8/1	04:50	Limpopo Athletics
117	3416	marthinus	SWANEPOEL	KZNA	B8/1	04:51	Kwazulu Natal
118	185	hannes	NEL	ACNW	B8/1	04:52	Athletics Central North West
119	3707	tlhakodisho	MOHUBA	LIMA	B8/1	04:53	Limpopo Athletics
120	1716	carlo	DU PLESSIS	AGW	B8/1	04:54	Griqua Land West
121	1718	samuel	GROBLER	AGW	B8/1	04:55	Griqua Land West
122	2346	ben-rugo	DE VRIES	ANWN	B8/1	04:56	Athletics North West North
123	1932	tseposito	MOTLOUNG	AMPU	B8/1	04:57	Athletics Mpumalanga
124	2790	oritile	SEHLOH	AVT	B8/1	04:58	Athletics Vaal Triangle
125	1722	edward	MULKE	AGW	B8/1	04:59	Griqua Land West
126	1725	mathys	VAN ROOYEN	AGW	B8/1	05:04	Griqua Land West
127	1724	brian	VAN HEERDEN	AGW	B8/1	05:09	Griqua Land West
128	3314	shayden	DE VOS	EPA	B8/1	05:14	Eastern Province Athletics
129	3701	nikla	JANSE VAN VUURE	LIMA	B8/1	05:19	Limpopo Athletics
130	3713	tiaan	SMITH	LIMA	B8/1	05:24	Limpopo Athletics
131	1723	franco	VAN DEN BERG	AGW	B8/1	05:29	Griqua Land West
132	3712	wian	SCHUTTE	LIMA	B8/1	05:34	Limpopo Athletics

RESULTS INDIVIDUAL COMPETITION B9/2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1098	tiisetso	MALUNGA	AGN	B9/2	07:03	Athletics Gauteng North
2	1091	christiaan	BRITS	AGN	B9/2	07:04	Athletics Gauteng North
3	2990	dawson man	SAMBO	CGA	B9/2	07:05	Central Gauteng Athletics
4	617	sithembiso	ZULU	AFS	B9/2	07:10	Athletics Free State
5	193	wian	BOSHOFF	ACNW	B9/2	07:11	Athletics Central North West
6	1094	dihan	DE WET	AGN	B9/2	07:17	Athletics Gauteng North
7	1096	riaan	LABUSCHAGNE	AGN	B9/2	07:20	Athletics Gauteng North
8	1095	rikus	HOLZHAUSEN	AGN	B9/2	07:21	Athletics Gauteng North
9	2909	siyacela	NKOMENI	CGA	B9/2	07:25	Central Gauteng Athletics
10	3723	thabang	MOKOMANE	LIMA	B9/2	07:28	Limpopo Athletics

11	1107	aiden	SMIT	AGN	B9/2	07:29	Athletics Gauteng North
12	2795	barend	VAN AS	AVT	B9/2	07:29	Athletics Vaal Triangle
13	1105	beyers	PRETORIUS	AGN	B9/2	07:30	Athletics Gauteng North
14	210	ruben	VAN WYNGAARD	ACNW	B9/2	07:30	Athletics Central North West
15	1093	jayden	DE FREITAS	AGN	B9/2	07:31	Athletics Gauteng North
16	2630	christiano	WEYERS	ASWD	B9/2	07:33	South Western Districts
17	600	wihan	EDELING	AFS	B9/2	07:33	Athletics Free State
18	2898	aviwe	KWANGA	BORA	B9/2	07:35	Border Athletics
19	602	matthew	KINGWILL	AFS	B9/2	07:35	Athletics Free State
20	2989	ntando	NGWENYA	CGA	B9/2	07:37	Central Gauteng Athletics
21	615	pieter	WESSELS	AFS	B9/2	07:37	Athletics Free State
22	604	neo given	MABASO	AFS	B9/2	07:38	Athletics Free State
23	2897	agcobile	BLIE	BORA	B9/2	07:40	Border Athletics
24	195	jansu	DE BEER	ACNW	B9/2	07:41	Athletics Central North West
25	1943	cj	BOTES	AMPU	B9/2	07:42	Athletics Mpumalanga
26	1097	josh	LEE	AGN	B9/2	07:43	Athletics Gauteng North
27	3315	danny	BAXTER	EPA	B9/2	07:44	Eastern Province Athletics
28	197	nicolas	GREEVE	ACNW	B9/2	07:44	Athletics Central North West
29	1951	komogelo	KHUMALO	AMPU	B9/2	07:45	Athletics Mpumalanga
30	2628	johndrê	JORDAAN	ASWD	B9/2	07:46	South Western Districts
31	203	egbert	PALMER	ACNW	B9/2	07:47	Athletics Central North West
32	1092	divan	DAVEL	AGN	B9/2	07:47	Athletics Gauteng North
33	1106	franco	RAUBENHEIMER	AGN	B9/2	07:47	Athletics Gauteng North
34	1099	michael	MUNDT	AGN	B9/2	07:48	Athletics Gauteng North
35	603	daniel	LINDE	AFS	B9/2	07:48	Athletics Free State
36	1952	julian	MIDDEL	AMPU	B9/2	07:48	Athletics Mpumalanga
37	1100	rinae	NDOU	AGN	B9/2	07:48	Athletics Gauteng North
38	1947	leonardo	BRITS	AMPU	B9/2	07:49	Athletics Mpumalanga
39	1101	kgaugelo	NGWATLA	AGN	B9/2	07:49	Athletics Gauteng North
40	208	wihan	STRYDOM	ACNW	B9/2	07:50	Athletics Central North West
41	1956	cw	THERON	AMPU	B9/2	07:50	Athletics Mpumalanga
42	1104	christian	PIETERSEN	AGN	B9/2	07:53	Athletics Gauteng North
43	2985	bester	DE LANGE	CGA	B9/2	07:56	Central Gauteng Athletics
44	3360	malherbe	JONKER	ASWD	B9/2	07:56	South Western Districts
45	1732	jan-hendrik	SLABBERT	AGW	B9/2	07:57	Griqua Land West
46	194	johanko	COETZER	ACNW	B9/2	07:58	Athletics Central North West
47	1102	mongezi	NJOKO	AGN	B9/2	07:59	Athletics Gauteng North
48	1944	damian	BOTHA	AMPU	B9/2	08:01	Athletics Mpumalanga
49	2986	austen	FISCHER	CGA	B9/2	08:01	Central Gauteng Athletics
50	1945	wian	BOTHA	AMPU	B9/2	08:02	Athletics Mpumalanga
51	209	zander	VAN NIEKERK	ACNW	B9/2	08:03	Athletics Central North West
52	1731	waldu	NOETH	AGW	B9/2	08:03	Griqua Land West
53	612	jaylynn	SECLAVE	AFS	B9/2	08:03	Athletics Free State
54	2629	timothy	SEBYBOE	ASWD	B9/2	08:04	South Western Districts
55	611	ryan	SARTAIN	AFS	B9/2	08:05	Athletics Free State
56	613	nhlanhla	SEMELA	AFS	B9/2	08:06	Athletics Free State
57	3721	chris	MEYER	LIMA	B9/2	08:06	Limpopo Athletics
58	1957	christiaan	TRYHOU	AMPU	B9/2	08:06	Athletics Mpumalanga
59	1103	kgotso	NKOSI	AGN	B9/2	08:07	Athletics Gauteng North
60	1730	omphile	MOALAH	AGW	B9/2	08:07	Griqua Land West

61	1955	albert	ROSSOUW	AMPU	B9/2	08:08	Athletics Mpumalanga
62	2372	marnus	PIENAAR	ANWN	B9/2	08:09	Athletics North West North
63	201	philip	MOODIE	ACNW	B9/2	08:10	Athletics Central North West
64	1948	christiaan	DE WET	AMPU	B9/2	08:10	Athletics Mpumalanga
65	2371	stefan	NAGEL	ANWN	B9/2	08:11	Athletics North West North
66	608	thoriso	MOKOENA	AFS	B9/2	08:11	Athletics Free State
67	2899	ayavuya	MQONGWANA	BORA	B9/2	08:11	Border Athletics
68	200	divan	KRUGER	ACNW	B9/2	08:12	Athletics Central North West
69	206	caylen	STEYN	ACNW	B9/2	08:12	Athletics Central North West
70	610	devon	REINDERS	AFS	B9/2	08:13	Athletics Free State
71	1953	amogelang	MOTAU	AMPU	B9/2	08:13	Athletics Mpumalanga
72	1950	kevin	FORSMANN	AMPU	B9/2	08:14	Athletics Mpumalanga
73	606	bokang	MALAOANE	AFS	B9/2	08:14	Athletics Free State
74	2631	sherwin	WILLIAMS	ASWD	B9/2	08:14	South Western Districts
75	3722	perseverance	MODILA	LIMA	B9/2	08:16	Limpopo Athletics
76	2367	louis adriaan	KOTZE	ANWN	B9/2	08:16	Athletics North West North
77	1729	jacques	LOTTER	AGW	B9/2	08:20	Griqua Land West
78	196	jason	GOUWS	ACNW	B9/2	08:20	Athletics Central North West
79	2987	nkosinathi	KLAAS	CGA	B9/2	08:21	Central Gauteng Athletics
80	1090	emile	BLANCHE	AGN	B9/2	08:22	Athletics Gauteng North
81	2988	kgositsile	NAKANA	CGA	B9/2	08:23	Central Gauteng Athletics
82	1728	christiaan	JOUBERT	AGW	B9/2	08:26	Griqua Land West
83	202	jc	MOSTERT	ACNW	B9/2	08:27	Athletics Central North West
84	199	kutlo	KGWADI	ACNW	B9/2	08:28	Athletics Central North West
85	614	daniel	VAN DER MERWE	AFS	B9/2	08:28	Athletics Free State
86	1954	joubert	NEL	AMPU	B9/2	08:29	Athletics Mpumalanga
87	1727	levi	CAMERON	AGW	B9/2	08:29	Griqua Land West
88	207	ruan	STEYN	ACNW	B9/2	08:30	Athletics Central North West
89	2791	kitso	KHAOLE	AVT	B9/2	08:31	Athletics Vaal Triangle
90	601	henru	HEIBERG	AFS	B9/2	08:32	Athletics Free State
91	3720	katlego	MATLAWA	LIMA	B9/2	08:32	Limpopo Athletics
92	3715	leta	CHOKWE	LIMA	B9/2	08:33	Limpopo Athletics
93	1726	leroy	BARENDS	AGW	B9/2	08:34	Griqua Land West
94	3727	nuan	SNYMAN	LIMA	B9/2	08:35	Limpopo Athletics
95	3718	letabo	MALEKA	LIMA	B9/2	08:35	Limpopo Athletics
96	3726	wihann	SCHALEKAMP	LIMA	B9/2	08:36	Limpopo Athletics
97	607	tumelo	MATEBELE	AFS	B9/2	08:36	Athletics Free State
98	1958	daniel j	VENTER	AMPU	B9/2	08:37	Athletics Mpumalanga
99	1946	louis	BREDENKAMP	AMPU	B9/2	08:38	Athletics Mpumalanga
100	204	ep	SCHOLTZ	ACNW	B9/2	08:39	Athletics Central North West
101	2370	omphemetshe	LEPHOI	ANWN	B9/2	08:40	Athletics North West North
102	2369	omolemo	LENTSWE	ANWN	B9/2	08:42	Athletics North West North
103	609	evano	OOSTHUIZEN	AFS	B9/2	08:42	Athletics Free State
104	198	wian	HARMZEN	ACNW	B9/2	08:43	Athletics Central North West
105	2376	johan	VAN DER WALT	ANWN	B9/2	08:43	Athletics North West North
106	2375	wian	VAN DER MERWE	ANWN	B9/2	08:45	Athletics North West North
107	3728	simon	YOUNG	LIMA	B9/2	08:45	Limpopo Athletics
108	2366	eddie	KEMP	ANWN	B9/2	08:46	Athletics North West North
109	3725	colin	ROBINSON	LIMA	B9/2	08:47	Limpopo Athletics
110	3717	declan	LUCKHOFF	LIMA	B9/2	08:48	Limpopo Athletics

111	1949	evan	DU TOIT	AMPU	B9/2	08:49	Athletics Mpumalanga
112	605	khotso	MAKHETHA	AFS	B9/2	08:50	Athletics Free State
113	1669	gildo	MASUM	AGW	B9/2	08:51	Griqua Land West
114	1959	nkosingiphile	ZITHA	AMPU	B9/2	08:51	Athletics Mpumalanga
115	205	zachary	SMITH	ACNW	B9/2	09:00	Athletics Central North West
116	2368	stephan	LANDSBERG	ANWN	B9/2	09:08	Athletics North West North
117	2794	mohau	SEREME	AVT	B9/2	09:09	Athletics Vaal Triangle
118	2374	lethabo	TOODI	ANWN	B9/2	09:13	Athletics North West North
119	2373	tebogo	SELEKE	ANWN	B9/2	09:16	Athletics North West North
120	2363	righardt	DE JAGER	ANWN	B9/2	09:18	Athletics North West North
121	3724	ruan	PIETERSE	LIMA	B9/2	09:26	Limpopo Athletics
122	1934	francois	OOSTHUIZEN	AMPU	B9/2	09:52	Athletics Mpumalanga
123	2378	jp	WELMAN	ANWN	B9/2	09:57	Athletics North West North
124	2365	phemelo	GAEGANE	ANWN	B9/2	10:26	Athletics North West North
125	3719	lerato	MATHABATHA	LIMA	B9/2	10:26	Limpopo Athletics
126	2364	lourens	ELOFF	ANWN	B9/2	10:26	Athletics North West North
127	2377	andries	VERSTER	ANWN	B9/2	10:26	Athletics North West North

RESULTS INDIVIDUAL COMPETITION B10/2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1801	liam	OLIVIER	AMPU	B10/2	06:35	Athletics Mpumalanga
2	930	rupert	GROENEWALD	AGN	B10/2	06:41	Athletics Gauteng North
3	3375	lindelani	NGCOBO	KZNA	B10/2	06:43	Kwazulu Natal
4	454	katleho	MOKHOTHU	AFS	B10/2	06:49	Athletics Free State
5	2907	sihawu	MLAMBO	CGA	B10/2	06:50	Central Gauteng Athletics
6	940	hannu	VAN ZYL	AGN	B10/2	06:50	Athletics Gauteng North
7	928	emil	ELS	AGN	B10/2	06:51	Athletics Gauteng North
8	1673	andrew	VAN WYK	AGW	B10/2	06:51	Griqua Land West
9	932	henco	JOUBERT	AGN	B10/2	06:52	Athletics Gauteng North
10	936	neo	MONTSHO	AGN	B10/2	06:54	Athletics Gauteng North
11	931	gustav	HAMMAN	AGN	B10/2	06:56	Athletics Gauteng North
12	927	junior	DLADLA	AGN	B10/2	06:57	Athletics Gauteng North
13	2244	nathan	HAVENGA	ANWN	B10/2	06:58	Athletics North West North
14	1786	tiaan	BYLEVELD	AMPU	B10/2	06:58	Athletics Mpumalanga
15	3588	cyril	MOREMI	LIMA	B10/2	06:59	Limpopo Athletics
16	2905	danial johann	DELPORT	CGA	B10/2	06:59	Central Gauteng Athletics
17	934	zander	KALTWASSER	AGN	B10/2	07:00	Athletics Gauteng North
18	929	chrisner	GOUWS	AGN	B10/2	07:00	Athletics Gauteng North
19	2906	siyabonga	KHUMALO	CGA	B10/2	07:01	Central Gauteng Athletics
20	933	roal	JV VUUREN	AGN	B10/2	07:01	Athletics Gauteng North
21	2591	shane	PLAATJIES	ASWD	B10/2	07:02	South Western Districts
22	464	manny	WILSON	AFS	B10/2	07:02	Athletics Free State
23	2904	tyran	BROOKS	CGA	B10/2	07:03	Central Gauteng Athletics
24	3377	scelimpilo	ZULU	KZNA	B10/2	07:05	Kwazulu Natal
25	3374	anele	MHLOPE	KZNA	B10/2	07:05	Kwazulu Natal
26	1665	rivano	BOOYSE	AGW	B10/2	07:06	Griqua Land West
27	2592	arnold	TIETIES	ASWD	B10/2	07:08	South Western Districts
28	3582	manoko	MABOTJA	LIMA	B10/2	07:09	Limpopo Athletics
29	941	tristan	VISSER	AGN	B10/2	07:09	Athletics Gauteng North
30	3584	paul	MACHETHE	LIMA	B10/2	07:10	Limpopo Athletics

31	2589	sheldon	KAPTEIN	ASWD	B10/2	07:12	South Western Districts
32	69	keelan	TITUS	ACNW	B10/2	07:12	Athletics Central North West
33	2258	onalerona	ZWANE	ANWN	B10/2	07:13	Athletics North West North
34	2903	michael	BEKKER	CGA	B10/2	07:13	Central Gauteng Athletics
35	2721	bokang	DLAMINI	AVT	B10/2	07:13	Athletics Vaal Triangle
36	1799	hlompho	MOKHESENG	AMPU	B10/2	07:15	Athletics Mpumalanga
37	1791	julius	HATTINGH	AMPU	B10/2	07:16	Athletics Mpumalanga
38	2723	kamohelo	MAKHOA	AVT	B10/2	07:17	Athletics Vaal Triangle
39	2726	teboho	NQOLO	AVT	B10/2	07:17	Athletics Vaal Triangle
40	2254	marius	VAN DEN BERG	ANWN	B10/2	07:18	Athletics North West North
41	1667	johannes	JACOBS	AGW	B10/2	07:19	Griqua Land West
42	461	bathandwa	PLAATJIE	AFS	B10/2	07:19	Athletics Free State
43	1794	gerrit	KROON	AMPU	B10/2	07:20	Athletics Mpumalanga
44	459	molemo	PHENETHE	AFS	B10/2	07:20	Athletics Free State
45	939	ruan	STEYN	AGN	B10/2	07:20	Athletics Gauteng North
46	2590	colin	KARELSE	ASWD	B10/2	07:21	South Western Districts
47	926	hanno	BESTER	AGN	B10/2	07:22	Athletics Gauteng North
48	463	reynaldo	UYS	AFS	B10/2	07:23	Athletics Free State
49	2248	kananelo	NXUMALO	ANWN	B10/2	07:24	Athletics North West North
50	1793	connor	JANSE VAN RENSB	AMPU	B10/2	07:24	Athletics Mpumalanga
51	71	jd	VAN WYK	ACNW	B10/2	07:25	Athletics Central North West
52	453	tlotliso	MOHAPI	AFS	B10/2	07:26	Athletics Free State
53	1792	mardus	HATTINGH	AMPU	B10/2	07:26	Athletics Mpumalanga
54	457	lesedi	NKHOBO	AFS	B10/2	07:27	Athletics Free State
55	2910	llewellyn	VAN HEERDEN	CGA	B10/2	07:28	Central Gauteng Athletics
56	449	letshego	LEEUW	AFS	B10/2	07:28	Athletics Free State
57	455	maime	MOTSAMAI	AFS	B10/2	07:29	Athletics Free State
58	458	jurgen	NORTJE	AFS	B10/2	07:30	Athletics Free State
59	2720	ouintin	BOTHA	AVT	B10/2	07:31	Athletics Vaal Triangle
60	447	marko	BOSCH	AFS	B10/2	07:31	Athletics Free State
61	448	jean-louis	CERONIO	AFS	B10/2	07:32	Athletics Free State
62	2908	sinathemba	MUNYAI	CGA	B10/2	07:33	Central Gauteng Athletics
63	450	karabo	LESEBA	AFS	B10/2	07:33	Athletics Free State
64	1666	olerato	GALLANT	AGW	B10/2	07:34	Griqua Land West
65	938	reinhardt	SNYMAN	AGN	B10/2	07:34	Athletics Gauteng North
66	456	katleho	MTHOMBENI	AFS	B10/2	07:35	Athletics Free State
67	1785	ernst	BELLINGAN	AMPU	B10/2	07:35	Athletics Mpumalanga
68	3587	thakgalo	MOHLALA	LIMA	B10/2	07:36	Limpopo Athletics
69	452	sipho	MNYAMANE	AFS	B10/2	07:37	Athletics Free State
70	62	ruben	HAASBROEK	ACNW	B10/2	07:37	Athletics Central North West
71	56	lyle	AFRICA	ACNW	B10/2	07:37	Athletics Central North West
72	2588	ethan	GWANIE	ASWD	B10/2	07:38	South Western Districts
73	2724	potso	MPEMBE	AVT	B10/2	07:38	Athletics Vaal Triangle
74	1800	thandolweth	NKOSI	AMPU	B10/2	07:38	Athletics Mpumalanga
75	462	andile	RADEBE	AFS	B10/2	07:39	Athletics Free State
76	935	ewan	KIELBLOCK	AGN	B10/2	07:40	Athletics Gauteng North
77	2725	reabetswe	NALA	AVT	B10/2	07:42	Athletics Vaal Triangle
78	1787	hlelo	CUPERTEA	AMPU	B10/2	07:42	Athletics Mpumalanga
79	3592	shaweni	SHABANGU	LIMA	B10/2	07:44	Limpopo Athletics
80	3581	ditiro	LESHABA	LIMA	B10/2	07:44	Limpopo Athletics

81	63	fc	JONCK	ACNW	B10/2	07:45	Athletics Central North West
82	1795	willem	MARITZ	AMPU	B10/2	07:45	Athletics Mpumalanga
83	72	jj	VAN WYNGAARD	ACNW	B10/2	07:46	Athletics Central North West
84	4	ethan	BANTOM	IND	B10/2	07:49	Individual
85	937	reghard	ROOS	AGN	B10/2	07:51	Athletics Gauteng North
86	3575	andrew	DAUTH	LIMA	B10/2	07:52	Limpopo Athletics
87	2722	iwethu	KABI	AVT	B10/2	07:53	Athletics Vaal Triangle
88	451	tshiamo	MAKHEMA	AFS	B10/2	07:54	Athletics Free State
89	2243	emilio	ESTEVES	ANWN	B10/2	07:54	Athletics North West North
90	1788	bradley	HARMSE	AMPU	B10/2	07:55	Athletics Mpumalanga
91	60	ludwig	GELDENHUYS	ACNW	B10/2	07:55	Athletics Central North West
92	2882	kungawo	MATOMANE	BORA	B10/2	07:56	Border Athletics
93	3586	teisetso	MALEKUTU	LIMA	B10/2	07:56	Limpopo Athletics
94	3591	kgetho	NKWANA	LIMA	B10/2	07:56	Limpopo Athletics
95	70	joshua	VAN VREDEN	ACNW	B10/2	07:57	Athletics Central North West
96	460	wian	PIENAAR	AFS	B10/2	07:58	Athletics Free State
97	1790	flip	HATTINGH	AMPU	B10/2	08:00	Athletics Mpumalanga
98	73	maurice	WESSELS	ACNW	B10/2	08:00	Athletics Central North West
99	2249	edrich	PIENAAR	ANWN	B10/2	08:01	Athletics North West North
100	943	vusi	YEDWA	AGN	B10/2	08:01	Athletics Gauteng North
101	1797	mthokozisi	MDAKANE	AMPU	B10/2	08:02	Athletics Mpumalanga
102	57	philip	BOTHA	ACNW	B10/2	08:02	Athletics Central North West
103	3578	mica jacob	LEGODI	LIMA	B10/2	08:03	Limpopo Athletics
104	3372	farran	FLEMINGTON	KZNA	B10/2	08:04	Kwazulu Natal
105	2252	tshepang	TLOME	ANWN	B10/2	08:04	Athletics North West North
106	2246	adriaan	JANSE VAN RENSB	ANWN	B10/2	08:05	Athletics North West North
107	1802	wian	PRETORIUS	AMPU	B10/2	08:05	Athletics Mpumalanga
108	61	qhawe	GOSA	ACNW	B10/2	08:06	Athletics Central North West
109	3583	karabo	MACHAI	LIMA	B10/2	08:06	Limpopo Athletics
110	3585	kutloano	MAKUA	LIMA	B10/2	08:06	Limpopo Athletics
111	3579	thato	LEKALA	LIMA	B10/2	08:07	Limpopo Athletics
112	67	wynand	PRETORIUS	ACNW	B10/2	08:07	Athletics Central North West
113	59	raynard	DE KLERK	ACNW	B10/2	08:08	Athletics Central North West
114	3590	friedrich	NEETLING	LIMA	B10/2	08:08	Limpopo Athletics
115	942	armand	VIVIER	AGN	B10/2	08:08	Athletics Gauteng North
116	3373	sphelele	MAGUBANE	KZNA	B10/2	08:09	Kwazulu Natal
117	2245	khayaletu	JANKIE	ANWN	B10/2	08:10	Athletics North West North
118	1789	gerhard	HARTZENBERG	AMPU	B10/2	08:10	Athletics Mpumalanga
119	58	christiaan	BOTHMA	ACNW	B10/2	08:11	Athletics Central North West
120	2241	philip	DU PLESSIS	ANWN	B10/2	08:11	Athletics North West North
121	64	lian	KRUGEL	ACNW	B10/2	08:12	Athletics Central North West
122	66	tebogo	MOCHOARI	ACNW	B10/2	08:14	Athletics Central North West
123	2242	wilje	DU TOIT	ANWN	B10/2	08:17	Athletics North West North
124	3577	kamogelo	KGATUKE	LIMA	B10/2	08:18	Limpopo Athletics
125	68	johan	STRYDOM	ACNW	B10/2	08:18	Athletics Central North West
126	65	dustin	LANDMAN	ACNW	B10/2	08:18	Athletics Central North West
127	2257	janco	WIEHAN	ANWN	B10/2	08:20	Athletics North West North
128	1671	kabelo	PITSOYAKGOSI	AGW	B10/2	08:22	Griqua Land West
129	1672	diwan	ROST	AGW	B10/2	08:24	Griqua Land West
130	2719	rickus	BORNMAN	AVT	B10/2	08:27	Athletics Vaal Triangle

131	2251	leonard	SWART	ANWN	B10/2	08:28	Athletics North West North
132	3589	franco	MYBURGH	LIMA	B10/2	08:30	Limpopo Athletics
133	2255	elardus	VOSSER	ANWN	B10/2	08:37	Athletics North West North
134	1798	thandolweth	MLABA	AMPU	B10/2	08:55	Athletics Mpumalanga
135	3580	makgoka	LEKGANYANE	LIMA	B10/2	09:07	Limpopo Athletics
136	2247	cj	NAUDE	ANWN	B10/2	09:10	Athletics North West North
137	3576	khutso	DOLAMO	LIMA	B10/2	09:10	Limpopo Athletics
138	2250	rj	POTHAS	ANWN	B10/2	09:10	Athletics North West North
139	2253	cornelius	VAN DEN BERG	ANWN	B10/2	09:10	Athletics North West North

RESULTS INDIVIDUAL COMPETITION B11/3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	956	iysis	ROSSOUW	AGN	B11/3	10:07	Athletics Gauteng North
2	959	tsepang	TSHIVHULA	AGN	B11/3	10:11	Athletics Gauteng North
3	955	baballo	MATLHOMA	AGN	B11/3	10:14	Athletics Gauteng North
4	953	jm	MARITZ	AGN	B11/3	10:24	Athletics Gauteng North
5	2912	nicholas	HORNE	CGA	B11/3	10:30	Central Gauteng Athletics
6	1675	lethlogonolo	CHIRWA	AGW	B11/3	10:34	Griqua Land West
7	945	zian	BRENKMAN	AGN	B11/3	10:34	Athletics Gauteng North
8	2727	jp	DELPORT	AVT	B11/3	10:38	Athletics Vaal Triangle
9	2594	ronnie	DE VOS	ASWD	B11/3	10:40	South Western Districts
10	2917	aqhama	NORUSHE	CGA	B11/3	10:40	Central Gauteng Athletics
11	949	bjorn	ERLANK	AGN	B11/3	10:42	Athletics Gauteng North
12	1814	thomas	PRINSLOO	AMPU	B11/3	10:43	Athletics Mpumalanga
13	2264	francois	HOLL	ANWN	B11/3	10:44	Athletics North West North
14	473	itumeleng	MATLALE	AFS	B11/3	10:45	Athletics Free State
15	944	francois	BOSHOFF	AGN	B11/3	10:45	Athletics Gauteng North
16	469	tshepo	LEEU	AFS	B11/3	10:47	Athletics Free State
17	2729	lehloholo	MAKU	AVT	B11/3	10:50	Athletics Vaal Triangle
18	2276	scott	WILLIAMSON	ANWN	B11/3	10:50	Athletics North West North
19	3381	alwande	SIBIYA	KZNA	B11/3	10:51	Kwazulu Natal
20	954	howard	MASHABA	AGN	B11/3	10:52	Athletics Gauteng North
21	3378	nkosinathi	KHWELA	KZNA	B11/3	10:52	Kwazulu Natal
22	476	lerato	MOLOI	AFS	B11/3	10:53	Athletics Free State
23	1812	sphelele	NKOSI	AMPU	B11/3	10:54	Athletics Mpumalanga
24	2914	olebogeng	MOGAPI	CGA	B11/3	10:56	Central Gauteng Athletics
25	948	niel	ERASMUS	AGN	B11/3	10:57	Athletics Gauteng North
26	467	katleho	GOLIATH	AFS	B11/3	10:57	Athletics Free State
27	3302	kadin	KRETZMANN	EPA	B11/3	10:58	Eastern Province Athletics
28	1805	luan	GREYLING	AMPU	B11/3	10:58	Athletics Mpumalanga
29	2911	mbuso	BUTHELEZI	CGA	B11/3	10:59	Central Gauteng Athletics
30	475	rorisang	MOKHATLA	AFS	B11/3	10:59	Athletics Free State
31	1815	anre	SCHWAB	AMPU	B11/3	11:00	Athletics Mpumalanga
32	3610	taelo	TONGWANE	LIMA	B11/3	11:00	Limpopo Athletics
33	2266	henrico	KRUGER	ANWN	B11/3	11:00	Athletics North West North
34	466	louw	FOUCHE	AFS	B11/3	11:01	Athletics Free State
35	2916	ahlume okuh	NKATA	CGA	B11/3	11:02	Central Gauteng Athletics
36	3382	andile	ZULU	KZNA	B11/3	11:03	Kwazulu Natal
37	3594	malose	KGOMO	LIMA	B11/3	11:03	Limpopo Athletics
38	3301	christiano	BROWN	EPA	B11/3	11:04	Eastern Province Athletics

39	960	wihan	VELLOEN	AGN	B11/3	11:04	Athletics Gauteng North
40	481	devon	WILLIAMS	AFS	B11/3	11:06	Athletics Free State
41	2270	mj	OTTO	ANWN	B11/3	11:06	Athletics North West North
42	480	katleho	SHAI	AFS	B11/3	11:07	Athletics Free State
43	2735	siyabonga	SEERI	AVT	B11/3	11:07	Athletics Vaal Triangle
44	961	hanno	VOSLOO	AGN	B11/3	11:07	Athletics Gauteng North
45	952	daniel	MABATLE	AGN	B11/3	11:09	Athletics Gauteng North
46	1810	bongane	MATHEBULA	AMPU	B11/3	11:11	Athletics Mpumalanga
47	3	theolandre	JOUBERT	IND	B11/3	11:11	Individual
48	3609	boikano	SEPAKELA	LIMA	B11/3	11:12	Limpopo Athletics
49	2919	luke	SCHWULST	CGA	B11/3	11:13	Central Gauteng Athletics
50	946	waldo	BREYTENBACH	AGN	B11/3	11:13	Athletics Gauteng North
51	957	leon	STOLTZ	AGN	B11/3	11:13	Athletics Gauteng North
52	470	ezeziel	MADLAVU	AFS	B11/3	11:14	Athletics Free State
53	2593	dian	BARKHUIZEN	ASWD	B11/3	11:15	South Western Districts
54	83	stephen	PIETERSE	ACNW	B11/3	11:15	Athletics Central North West
55	958	troy	STEENKAMP	AGN	B11/3	11:17	Athletics Gauteng North
56	468	de villiers	LAMPRECHT	AFS	B11/3	11:17	Athletics Free State
57	2736	lerato	THABE	AVT	B11/3	11:18	Athletics Vaal Triangle
58	479	thapelo	NTJOBOKOANE	AFS	B11/3	11:19	Athletics Free State
59	92	ethan	WALKER	ACNW	B11/3	11:21	Athletics Central North West
60	1817	samuel	TRYHOU	AMPU	B11/3	11:21	Athletics Mpumalanga
61	1677	tlhalefo	MADEBE	AGW	B11/3	11:22	Griqua Land West
62	75	dregan	BRINK	ACNW	B11/3	11:22	Athletics Central North West
63	3601	trevor	MOHALE	LIMA	B11/3	11:22	Limpopo Athletics
64	474	lebohang	MLANGENI	AFS	B11/3	11:23	Athletics Free State
65	3605	andries	MORERWA	LIMA	B11/3	11:24	Limpopo Athletics
66	2596	zaandre	KRUGER	ASWD	B11/3	11:25	South Western Districts
67	2731	tshipang	MALEBO	AVT	B11/3	11:25	Athletics Vaal Triangle
68	3379	minenhle	MBATHA	KZNA	B11/3	11:27	Kwazulu Natal
69	1819	bongane	VILANE	AMPU	B11/3	11:27	Athletics Mpumalanga
70	2913	mpangaitha	MKHWANAZI	CGA	B11/3	11:27	Central Gauteng Athletics
71	1809	sphesihle	MASILELA	AMPU	B11/3	11:28	Athletics Mpumalanga
72	2734	themba	NKOSI	AVT	B11/3	11:28	Athletics Vaal Triangle
73	1813	zander	OPPERMAN	AMPU	B11/3	11:29	Athletics Mpumalanga
74	3599	kganya gruta	MATLALA	LIMA	B11/3	11:30	Limpopo Athletics
75	950	koketso	GABARONE	AGN	B11/3	11:30	Athletics Gauteng North
76	472	siyabonga	MATIKI	AFS	B11/3	11:30	Athletics Free State
77	1803	jason	BRITS	AMPU	B11/3	11:32	Athletics Mpumalanga
78	1370	Tristan	PARKINSON	KZNA	B11/3	11:33	Kwazulu Natal
79	3600	janco	MEYER	LIMA	B11/3	11:34	Limpopo Athletics
80	3607	jonathan	MUTHWA	LIMA	B11/3	11:35	Limpopo Athletics
81	3606	eddie	MUTHWA	LIMA	B11/3	11:37	Limpopo Athletics
82	3598	kgabisa georg	MATLALA	LIMA	B11/3	11:39	Limpopo Athletics
83	465	vernon	BRAAIZEN	AFS	B11/3	11:40	Athletics Free State
84	478	wihan	NEETHLING	AFS	B11/3	11:40	Athletics Free State
85	1804	ethan	GREEN	AMPU	B11/3	11:41	Athletics Mpumalanga
86	76	kutlo	DITLHOBOLO	ACNW	B11/3	11:41	Athletics Central North West
87	1818	sibusiso	TSOTETSI	AMPU	B11/3	11:44	Athletics Mpumalanga
88	3603	guestoh	MOKGOTHO	LIMA	B11/3	11:45	Limpopo Athletics

89	84	ewan	PRETORIUS	ACNW	B11/3	11:46	Athletics Central North West
90	947	ketumile	DIALE	AGN	B11/3	11:47	Athletics Gauteng North
91	1816	aphiwe	SHABANGU	AMPU	B11/3	11:48	Athletics Mpumalanga
92	951	stiaan	GRUNENFELDER	AGN	B11/3	11:49	Athletics Gauteng North
93	2261	franco	DE BEER	ANWN	B11/3	11:49	Athletics North West North
94	2918	de_vandre	RUSTOFF	CGA	B11/3	11:50	Central Gauteng Athletics
95	2733	lehloloholo	MOSIUOA	AVT	B11/3	11:52	Athletics Vaal Triangle
96	3608	vincent	SELEPE	LIMA	B11/3	11:53	Limpopo Athletics
97	3604	mahlatse	MOLOKOMME	LIMA	B11/3	11:56	Limpopo Athletics
98	3597	tetelo	MAHLANYA	LIMA	B11/3	11:57	Limpopo Athletics
99	2263	christiaan	HARMSE	ANWN	B11/3	11:59	Athletics North West North
100	2737	kamohelo	TSOTETSI	AVT	B11/3	12:01	Athletics Vaal Triangle
101	85	pierre	ROUX	ACNW	B11/3	12:01	Athletics Central North West
102	1676	heinrich	DAUTH	AGW	B11/3	12:01	Griqua Land West
103	1808	yamkela	MANANE	AMPU	B11/3	12:02	Athletics Mpumalanga
104	2262	caden	GESSLER	ANWN	B11/3	12:02	Athletics North West North
105	2920	leewin	VALENTINE	CGA	B11/3	12:04	Central Gauteng Athletics
106	1678	nyakallo	MAGAGANE	AGW	B11/3	12:06	Griqua Land West
107	3593	aeden	ANDERSON	LIMA	B11/3	12:07	Limpopo Athletics
108	80	brendon	KELLERMAN	ACNW	B11/3	12:08	Athletics Central North West
109	3380	wandile	MTHETHWA	KZNA	B11/3	12:08	Kwazulu Natal
110	1680	ewan	OLIVIER	AGW	B11/3	12:09	Griqua Land West
111	1811	marcel	NAUDE	AMPU	B11/3	12:09	Athletics Mpumalanga
112	3602	gift	MOHLALA	LIMA	B11/3	12:11	Limpopo Athletics
113	2915	mulweli	NDOU	CGA	B11/3	12:11	Central Gauteng Athletics
114	77	herno	HUMAN	ACNW	B11/3	12:12	Athletics Central North West
115	82	matthys	PEENS	ACNW	B11/3	12:13	Athletics Central North West
116	1674	kano	AFRIKA	AGW	B11/3	12:14	Griqua Land West
117	54	jayden	FRANKEN	AMPU	B11/3	12:14	Athletics Mpumalanga
118	1806	gerhard	HATTINGH	AMPU	B11/3	12:14	Athletics Mpumalanga
119	90	carlo	VAN DER MERWE	ACNW	B11/3	12:17	Athletics Central North West
120	3596	keletso	MABOGWANE	LIMA	B11/3	12:20	Limpopo Athletics
121	1681	albert	VORSTER	AGW	B11/3	12:21	Griqua Land West
122	86	leon	SERFONTEIN	ACNW	B11/3	12:24	Athletics Central North West
123	2271	katlhego	PHEO	ANWN	B11/3	12:27	Athletics North West North
124	89	reinard	STRAFFORD	ACNW	B11/3	12:28	Athletics Central North West
125	91	migael	VISSER	ACNW	B11/3	12:30	Athletics Central North West
126	3595	daniel	LANDSBERG	LIMA	B11/3	12:31	Limpopo Athletics
127	1679	omogolo	MOLETE	AGW	B11/3	12:36	Griqua Land West
128	2260	lukas	BOTHA	ANWN	B11/3	12:39	Athletics North West North
129	81	juann-pierre	LOUW	ACNW	B11/3	12:43	Athletics Central North West
130	1807	lian	JANSEN	AMPU	B11/3	12:47	Athletics Mpumalanga
131	87	thulagano	SETLHODI	ACNW	B11/3	12:51	Athletics Central North West
132	2265	dylan	KLEYNHANS	ANWN	B11/3	12:56	Athletics North West North
133	2259	tyler	BASSARDIEN	ANWN	B11/3	13:02	Athletics North West North
134	79	jayden	JOOSTE	ACNW	B11/3	13:04	Athletics Central North West
135	2272	rikus	RHEEDERS	ANWN	B11/3	13:07	Athletics North West North
136	2268	potlako	LEUTLWETSE	ANWN	B11/3	13:11	Athletics North West North
137	74	gj	BARKHUIZEN	ACNW	B11/3	13:13	Athletics Central North West
138	2267	katlego	LETSHWITI	ANWN	B11/3	13:14	Athletics North West North

139	78	renier	JANSE VAN RENSB	ACNW	B11/3	13:15	Athletics Central North West
140	2275	ewald	VISSER	ANWN	B11/3	13:25	Athletics North West North
141	2273	lebo	TSHELANA	ANWN	B11/3	13:36	Athletics North West North

RESULTS INDIVIDUAL COMPETITION B12/3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2739	adriaan	BEKKER	AVT	B12/3	09:58	Athletics Vaal Triangle
2	2930	itumeleng	SEBOA	CGA	B12/3	09:58	Central Gauteng Athletics
3	978	iddo	VAN DAALEN	AGN	B12/3	09:58	Athletics Gauteng North
4	2921	njabula	HLATSHWAYO	CGA	B12/3	09:58	Central Gauteng Athletics
5	2928	neo	MOTHALE	CGA	B12/3	09:58	Central Gauteng Athletics
6	973	dante	RAATH	AGN	B12/3	09:58	Athletics Gauteng North
7	974	thabiso	SANTOS	AGN	B12/3	09:58	Athletics Gauteng North
8	968	christian	GREYLING	AGN	B12/3	09:58	Athletics Gauteng North
9	2290	ruan	SMIT	ANWN	B12/3	10:00	Athletics North West North
10	492	pakiso	RALETHOALANA	AFS	B12/3	10:00	Athletics Free State
11	975	francois	SCHEEPERS	AGN	B12/3	10:12	Athletics Gauteng North
12	3621	rhyn lekoko	MATSEELEPOO	LIMA	B12/3	10:14	Limpopo Athletics
13	3624	prince	MOGANEDI	LIMA	B12/3	10:15	Limpopo Athletics
14	1837	lunga	THEMBEKWAYO	AMPU	B12/3	10:15	Athletics Mpumalanga
15	2599	zaylynn	RUITERS	ASWD	B12/3	10:15	South Western Districts
16	963	marcel	BRITS	AGN	B12/3	10:19	Athletics Gauteng North
17	103	pc	MARITZ	ACNW	B12/3	10:21	Athletics Central North West
18	3384	asanda	HADEBE	KZNA	B12/3	10:21	Kwazulu Natal
19	2927	keotsepile	MALEHO	CGA	B12/3	10:22	Central Gauteng Athletics
20	1829	siyabonga	MDLALOSE	AMPU	B12/3	10:23	Athletics Mpumalanga
21	110	marceghlle	WAKEFIELD	ACNW	B12/3	10:24	Athletics Central North West
22	2929	kgothatso	MOTLAKOANE	CGA	B12/3	10:27	Central Gauteng Athletics
23	965	rico	COETZER	AGN	B12/3	10:28	Athletics Gauteng North
24	977	ciano	TITUS	AGN	B12/3	10:30	Athletics Gauteng North
25	482	semanga	BOCHEDI	AFS	B12/3	10:32	Athletics Free State
26	2598	vaughum	GROBBELAAR	ASWD	B12/3	10:33	South Western Districts
27	2289	lean	SCHOLTZ	ANWN	B12/3	10:33	Athletics North West North
28	2924	thebe	MABOTE	CGA	B12/3	10:33	Central Gauteng Athletics
29	485	vuyo	LETHEETSA	AFS	B12/3	10:34	Athletics Free State
30	1821	jay-dee	COMBRINK	AMPU	B12/3	10:34	Athletics Mpumalanga
31	2931	hanre	VAN DEVENTER	CGA	B12/3	10:36	Central Gauteng Athletics
32	969	regardt	HATTINGH	AGN	B12/3	10:38	Athletics Gauteng North
33	966	christiaan	FRANKEN	AGN	B12/3	10:39	Athletics Gauteng North
34	484	letlotlo	LEFOKOTSANE	AFS	B12/3	10:40	Athletics Free State
35	970	dian	MARAIS	AGN	B12/3	10:42	Athletics Gauteng North
36	2280	ruan	HARMSE	ANWN	B12/3	10:43	Athletics North West North
37	490	mmatli	MPHATSENG	AFS	B12/3	10:44	Athletics Free State
38	1685	veuren	OLIFANT	AGW	B12/3	10:46	Griqua Land West
39	3611	robber	BALOYI	LIMA	B12/3	10:47	Limpopo Athletics
40	107	tihard	STRYDOM	ACNW	B12/3	10:48	Athletics Central North West
41	971	afikile	MFLATELA	AGN	B12/3	10:48	Athletics Gauteng North
42	979	leslie	VAN ZYL	AGN	B12/3	10:51	Athletics Gauteng North
43	486	xolani	MAKHUMA	AFS	B12/3	10:52	Athletics Free State
44	964	neo	CHECHA	AGN	B12/3	10:52	Athletics Gauteng North

45	3385	simo	KUBHEKA	KZNA	B12/3	10:53	Kwazulu Natal
46	967	werner	GOUWS	AGN	B12/3	10:53	Athletics Gauteng North
47	493	segola	SABELO	AFS	B12/3	10:54	Athletics Free State
48	487	lefaso	MOHOME	AFS	B12/3	10:55	Athletics Free State
49	1834	lehan	ROUX	AMPU	B12/3	10:55	Athletics Mpumalanga
50	1824	joshua	FINCHAM	AMPU	B12/3	10:55	Athletics Mpumalanga
51	976	gordon	SCHOOMBEE	AGN	B12/3	10:56	Athletics Gauteng North
52	2925	tumelo	MABOTE	CGA	B12/3	10:56	Central Gauteng Athletics
53	3625	thabane	RAMALEPE	LIMA	B12/3	10:56	Limpopo Athletics
54	3614	nico	FENYANE	LIMA	B12/3	10:57	Limpopo Athletics
55	962	rainart	BEHRENS	AGN	B12/3	10:57	Athletics Gauteng North
56	972	ewan	POSTHMA	AGN	B12/3	10:58	Athletics Gauteng North
57	488	tumelo	MOTATI	AFS	B12/3	10:58	Athletics Free State
58	1823	jc	ERASMUS	AMPU	B12/3	10:59	Athletics Mpumalanga
59	489	kamogelo	MPANYANE	AFS	B12/3	10:59	Athletics Free State
60	1820	schalk	BRITS	AMPU	B12/3	11:00	Athletics Mpumalanga
61	1682	lopang	KGOTLAEKAE	AGW	B12/3	11:01	Griqua Land West
62	2601	clifton	FINK	ASWD	B12/3	11:01	South Western Districts
63	2741	adriaan	BOTHA	AVT	B12/3	11:03	Athletics Vaal Triangle
64	2287	andre	PIENAAR	ANWN	B12/3	11:03	Athletics North West North
65	2883	imitha	FELE	BORA	B12/3	11:03	Border Athletics
66	3387	samkelo	ZIKALALA	KZNA	B12/3	11:05	Kwazulu Natal
67	483	fj	LABUSCHAGNE	AFS	B12/3	11:06	Athletics Free State
68	1828	siphosethu	MABASO	AMPU	B12/3	11:07	Athletics Mpumalanga
69	3623	collen	MMELA	LIMA	B12/3	11:07	Limpopo Athletics
70	109	ruan	VAN NIEKERK	ACNW	B12/3	11:07	Athletics Central North West
71	2285	irish	MOKONYANE	ANWN	B12/3	11:09	Athletics North West North
72	491	mongezi	NJIVA	AFS	B12/3	11:10	Athletics Free State
73	3619	alex	MARAIS	LIMA	B12/3	11:12	Limpopo Athletics
74	2748	biehann	WEPENER	AVT	B12/3	11:13	Athletics Vaal Triangle
75	3615	luhann	JANSE VAN RENSB	LIMA	B12/3	11:13	Limpopo Athletics
76	3354	juvaan	DAVIDS	IND	B12/3	11:13	Individual
77	1830	karabo	MOKOENA	AMPU	B12/3	11:14	Athletics Mpumalanga
78	3628	karabo	SELALA	LIMA	B12/3	11:15	Limpopo Athletics
79	2746	neo	MOKOENA	AVT	B12/3	11:16	Athletics Vaal Triangle
80	2926	kgalalelo	MAFOJANE	CGA	B12/3	11:16	Central Gauteng Athletics
81	2742	rickus	FRANZ	AVT	B12/3	11:17	Athletics Vaal Triangle
82	1835	tsepo	SIBANDE	AMPU	B12/3	11:18	Athletics Mpumalanga
83	3627	tyler	RANCE	LIMA	B12/3	11:20	Limpopo Athletics
84	1822	pieter	DU VENAGE	AMPU	B12/3	11:20	Athletics Mpumalanga
85	1827	sanele	LUKHELE	AMPU	B12/3	11:21	Athletics Mpumalanga
86	3626	tumelo	RAMALEPE	LIMA	B12/3	11:22	Limpopo Athletics
87	2740	tebello	BESELE	AVT	B12/3	11:23	Athletics Vaal Triangle
88	494	thabang	SONOPO	AFS	B12/3	11:24	Athletics Free State
89	2288	merrick	ROSSITER	ANWN	B12/3	11:24	Athletics North West North
90	3386	connor	SCHUMANN	KZNA	B12/3	11:25	Kwazulu Natal
91	1832	linda	NKOSI	AMPU	B12/3	11:25	Athletics Mpumalanga
92	495	tshepiso	TLHANAME	AFS	B12/3	11:26	Athletics Free State
93	3612	pg	BOTES	LIMA	B12/3	11:26	Limpopo Athletics
94	2744	kamohelo	MATSABU	AVT	B12/3	11:27	Athletics Vaal Triangle

95	1688	duwayne	SENTRY	AGW	B12/3	11:27	Griqua Land West
96	97	tristan	DEMOSER	ACNW	B12/3	11:28	Athletics Central North West
97	2291	letlotlo	SWEDI	ANWN	B12/3	11:28	Athletics North West North
98	2282	tholoane	MALIA	ANWN	B12/3	11:36	Athletics North West North
99	2923	ewan	LOURENS	CGA	B12/3	11:36	Central Gauteng Athletics
100	2281	armand	JV RENSBURG	ANWN	B12/3	11:37	Athletics North West North
101	1686	bamuza	REID	AGW	B12/3	11:38	Griqua Land West
102	2922	daniel	JACOBS	CGA	B12/3	11:38	Central Gauteng Athletics
103	98	franco	DUMOND	ACNW	B12/3	11:39	Athletics Central North West
104	2292	driaan	VAN STADEN	ANWN	B12/3	11:39	Athletics North West North
105	3613	theo	DAUTH	LIMA	B12/3	11:40	Limpopo Athletics
106	3304	okuhle	MKE	EPA	B12/3	11:40	Eastern Province Athletics
107	102	duyn	LOMBARD	ACNW	B12/3	11:41	Athletics Central North West
108	93	abdurahman	AMIEN	ACNW	B12/3	11:42	Athletics Central North West
109	3618	promise	MAGAELA	LIMA	B12/3	11:43	Limpopo Athletics
110	1689	lodewikus	VAN WYK	AGW	B12/3	11:44	Griqua Land West
111	99	juhan	GELDENHUYS	ACNW	B12/3	11:44	Athletics Central North West
112	3622	ian	MEYER	LIMA	B12/3	11:45	Limpopo Athletics
113	2600	keanan	UITHALER	ASWD	B12/3	11:46	South Western Districts
114	2293	wihan	WARNEKE	ANWN	B12/3	11:47	Athletics North West North
115	1825	eduan	FORSMANN	AMPU	B12/3	11:47	Athletics Mpumalanga
116	2286	tumisang	PHOI	ANWN	B12/3	11:48	Athletics North West North
117	1836	bayanda	SKOSANA	AMPU	B12/3	11:48	Athletics Mpumalanga
118	100	hj	HAYES	ACNW	B12/3	11:50	Athletics Central North West
119	94	tiaan	BUYS	ACNW	B12/3	11:55	Athletics Central North West
120	3629	joshua	YOUNG	LIMA	B12/3	11:55	Limpopo Athletics
121	3617	phomelelo	KGATUKE	LIMA	B12/3	11:56	Limpopo Athletics
122	95	handro	CONRADIE	ACNW	B12/3	11:56	Athletics Central North West
123	108	bertus	VAN DER LINDE	ACNW	B12/3	11:58	Athletics Central North West
124	1687	onthatile	SEDISHO	AGW	B12/3	11:58	Griqua Land West
125	3620	khomotso	MASNAO	LIMA	B12/3	11:59	Limpopo Athletics
126	2279	aidan	ELLIS	ANWN	B12/3	11:59	Athletics North West North
127	2277	wian	BASSON	ANWN	B12/3	12:00	Athletics North West North
128	1831	benjamin	NEL	AMPU	B12/3	12:00	Athletics Mpumalanga
129	96	wernich	CRONJE	ACNW	B12/3	12:00	Athletics Central North West
130	1684	shaun-neill	MOUERS	AGW	B12/3	12:01	Griqua Land West
131	106	jan	SERFONTEIN	ACNW	B12/3	12:09	Athletics Central North West
132	2278	christiaan	BURGER	ANWN	B12/3	12:10	Athletics North West North
133	2283	oreneile	MATHE	ANWN	B12/3	12:10	Athletics North West North
134	1826	shepard	KHOZA	AMPU	B12/3	12:11	Athletics Mpumalanga
135	104	tshwarelo	MOKGOTSI	ACNW	B12/3	12:11	Athletics Central North West
136	105	boitomelo	NKEEANE	ACNW	B12/3	12:14	Athletics Central North West
137	101	katlego	KENALEMANG	ACNW	B12/3	12:14	Athletics Central North West

RESULTS INDIVIDUAL COMPETITION B13/4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3356	renaldo	PEARCE	IND	B13/4	13:10	Individual
2	2934	oratile	MASHIGO	CGA	B13/4	13:15	Central Gauteng Athletics
3	3355	johnwin	BARENDS	IND	B13/4	13:22	Individual
4	1846	neni	NDLOVU	AMPU	B13/4	13:25	Athletics Mpumalanga

5	2937	realeboga	SMITH	CGA	B13/4	13:27	Central Gauteng Athletics
6	1843	sam	MABE	AMPU	B13/4	13:27	Athletics Mpumalanga
7	2758	skhumbuzo	NGWENYA	AVT	B13/4	13:35	Athletics Vaal Triangle
8	988	samkelo	MBESA	AGN	B13/4	13:36	Athletics Gauteng North
9	2754	lushet	MFOKAZANA	AVT	B13/4	13:38	Athletics Vaal Triangle
10	2939	lutho	TIMATI	CGA	B13/4	13:38	Central Gauteng Athletics
11	2932	camara	DE FREITAS	CGA	B13/4	13:40	Central Gauteng Athletics
12	2938	lesego	THAPANE	CGA	B13/4	13:40	Central Gauteng Athletics
13	1848	sisanda	NTULI	AMPU	B13/4	13:40	Athletics Mpumalanga
14	1845	nani	NDLOVU	AMPU	B13/4	13:41	Athletics Mpumalanga
15	3644	tshepho	MORETSELE	LIMA	B13/4	13:45	Limpopo Athletics
16	1852	njabula	THELA	AMPU	B13/4	13:48	Athletics Mpumalanga
17	2606	eulin	SWARTS	ASWD	B13/4	13:52	South Western Districts
18	3389	olwethu	SHABALALA	KZNA	B13/4	13:55	Kwazulu Natal
19	980	juan	BREYTENBACH	AGN	B13/4	13:57	Athletics Gauteng North
20	501	kgotso	MAPUTSOE	AFS	B13/4	13:57	Athletics Free State
21	499	khulani	KHATE	AFS	B13/4	13:59	Athletics Free State
22	2751	katleho	LEBURU	AVT	B13/4	13:59	Athletics Vaal Triangle
23	3391	philisande	SITHOLE	KZNA	B13/4	14:00	Kwazulu Natal
24	1690	luwandray	BARNARD	AGW	B13/4	14:01	Griqua Land West
25	3638	koketso	MAREDI	LIMA	B13/4	14:01	Limpopo Athletics
26	981	hanlu	BRONKHORST	AGN	B13/4	14:02	Athletics Gauteng North
27	506	tsoteho	MPOTLE	AFS	B13/4	14:05	Athletics Free State
28	3357	sodick	VAN SCHALKWYK	IND	B13/4	14:06	Individual
29	1847	tumisho	NKOSI	AMPU	B13/4	14:07	Athletics Mpumalanga
30	997	stephan	VAN WYK	AGN	B13/4	14:09	Athletics Gauteng North
31	2935	themba	MNGUNI	CGA	B13/4	14:10	Central Gauteng Athletics
32	127	andre	VISSER	ACNW	B13/4	14:11	Athletics Central North West
33	119	temoso	MODISAMONGWE	ACNW	B13/4	14:11	Athletics Central North West
34	124	amogelang	TATAI	ACNW	B13/4	14:12	Athletics Central North West
35	112	ruan	BRITZ	ACNW	B13/4	14:13	Athletics Central North West
36	995	xavier	VAN DER LEEK	AGN	B13/4	14:16	Athletics Gauteng North
37	504	mohale	MOSOLE	AFS	B13/4	14:16	Athletics Free State
38	2933	kevin	MARAIS	CGA	B13/4	14:18	Central Gauteng Athletics
39	507	karabelo	MTHAMBENI	AFS	B13/4	14:22	Athletics Free State
40	503	rethabile	MEKO	AFS	B13/4	14:23	Athletics Free State
41	510	mpho	SETHUNYA	AFS	B13/4	14:23	Athletics Free State
42	2936	katleho	RAMPA	CGA	B13/4	14:24	Central Gauteng Athletics
43	3392	ruben	VISAGIE	KZNA	B13/4	14:26	Kwazulu Natal
44	1839	hannes	DE BEER	AMPU	B13/4	14:27	Athletics Mpumalanga
45	3393	jonathan	WERTH	KZNA	B13/4	14:27	Kwazulu Natal
46	3390	bongokuhle	SHEZI	KZNA	B13/4	14:28	Kwazulu Natal
47	3635	tebogo	MAHLAELA	LIMA	B13/4	14:30	Limpopo Athletics
48	2605	beyon	PRINS	ASWD	B13/4	14:36	South Western Districts
49	1841	brandon	JOUBERT	AMPU	B13/4	14:37	Athletics Mpumalanga
50	497	oratile	KGAILE	AFS	B13/4	14:39	Athletics Free State
51	3634	vincent	LUCKHOFF	LIMA	B13/4	14:39	Limpopo Athletics
52	993	anton	STASSEN	AGN	B13/4	14:40	Athletics Gauteng North
53	990	mothusi	MODISE	AGN	B13/4	14:40	Athletics Gauteng North
54	2296	alexander	KRUGER	ANWN	B13/4	14:41	Athletics North West North

55	33	koketso	KOKETSO	AGN	B13/4	14:43	Athletics Transkei
56	508	luyakha	NQWENISO	AFS	B13/4	14:44	Athletics Free State
57	982	luandre	BRONKHORST	AGN	B13/4	14:46	Athletics Gauteng North
58	1840	siphesihle	DLAMINI	AMPU	B13/4	14:47	Athletics Mpumalanga
59	3633	promise	HLABJAGO	LIMA	B13/4	14:48	Limpopo Athletics
60	3645	bethuel	PHALA	LIMA	B13/4	14:48	Limpopo Athletics
61	3642	tirelo	MOGANEDI	LIMA	B13/4	14:49	Limpopo Athletics
62	2299	lucas	MARAIS	ANWN	B13/4	14:50	Athletics North West North
63	992	tshepiso	NTHUNZI	AGN	B13/4	14:50	Athletics Gauteng North
64	2884	lihle	KLAAS	BORA	B13/4	14:50	Border Athletics
65	984	mj	FINDLAY	AGN	B13/4	14:51	Athletics Gauteng North
66	2885	olona	SITALI	BORA	B13/4	14:51	Border Athletics
67	3646	blessing	TSHEHLA	LIMA	B13/4	14:52	Limpopo Athletics
68	1692	collin	BUSAKWE	AGW	B13/4	14:53	Griqua Land West
69	986	tsibiso	LEFIFI	AGN	B13/4	14:54	Athletics Gauteng North
70	2603	ethan	EWERTS	ASWD	B13/4	14:54	South Western Districts
71	1694	thapelo	MODISE	AGW	B13/4	14:56	Griqua Land West
72	994	tiaan	SWANEPOEL	AGN	B13/4	14:57	Athletics Gauteng North
73	2305	nyiko	SIBIYA	ANWN	B13/4	14:58	Athletics North West North
74	985	schalk	FOURIE	AGN	B13/4	14:58	Athletics Gauteng North
75	1842	jayden	JOUBERT	AMPU	B13/4	15:01	Athletics Mpumalanga
76	2604	ruben	NEL	ASWD	B13/4	15:02	South Western Districts
77	116	duncan	FRITZ	ACNW	B13/4	15:02	Athletics Central North West
78	500	tshepang	MAKOANYANE	AFS	B13/4	15:03	Athletics Free State
79	505	thabang	MOTAUNG	AFS	B13/4	15:05	Athletics Free State
80	3639	bongani	MATSEPE	LIMA	B13/4	15:06	Limpopo Athletics
81	1855	joseph	WEBSTER	AMPU	B13/4	15:08	Athletics Mpumalanga
82	1693	khumo	MOCHWARI	AGW	B13/4	15:08	Griqua Land West
83	996	eduard	VAN DRIEL	AGN	B13/4	15:09	Athletics Gauteng North
84	3632	khutso	GAJANE	LIMA	B13/4	15:09	Limpopo Athletics
85	983	rigardt	CILLIERS	AGN	B13/4	15:11	Athletics Gauteng North
86	3641	neo	MOGALE	LIMA	B13/4	15:14	Limpopo Athletics
87	2750	giovanni	COETZEE	AVT	B13/4	15:16	Athletics Vaal Triangle
88	991	ryan	NEL	AGN	B13/4	15:17	Athletics Gauteng North
89	2301	ryan	MITCHELL	ANWN	B13/4	15:18	Athletics North West North
90	3637	koketso	MALEDU	LIMA	B13/4	15:19	Limpopo Athletics
91	2602	bradcio	BREDENKAMP	ASWD	B13/4	15:23	South Western Districts
92	3636	evenge	MAKHURA	LIMA	B13/4	15:23	Limpopo Athletics
93	2302	abiel	MOGOROSI	ANWN	B13/4	15:25	Athletics North West North
94	511	mohlopheki	STUURMAN	AFS	B13/4	15:25	Athletics Free State
95	513	kutlwano	YIKA	AFS	B13/4	15:26	Athletics Free State
96	111	alek	ANDRIANATOS	ACNW	B13/4	15:26	Athletics Central North West
97	502	philip	MC LAREN	AFS	B13/4	15:36	Athletics Free State
98	987	matsobane	MASALESA	AGN	B13/4	15:42	Athletics Gauteng North
99	1851	nathan	STOLTZ	AMPU	B13/4	15:48	Athletics Mpumalanga
100	1838	stefan	COETZEE	AMPU	B13/4	15:48	Athletics Mpumalanga
101	122	pc	SCHUTTE	ACNW	B13/4	15:48	Athletics Central North West
102	3640	kwena	MOCHITELE	LIMA	B13/4	15:52	Limpopo Athletics
103	2294	lehan	GROBLER	ANWN	B13/4	15:57	Athletics North West North
104	123	ruan	TALJAARD	ACNW	B13/4	16:00	Athletics Central North West

105	1844	thibela	MSIZA	AMPU	B13/4	16:01	Athletics Mpumalanga
106	2940	hanko	WOLMARANS	CGA	B13/4	16:15	Central Gauteng Athletics
107	2303	franco	PIENAAR	ANWN	B13/4	16:19	Athletics North West North
108	1850	asanda	SHIBA	AMPU	B13/4	16:28	Athletics Mpumalanga
109	113	jean-pierre	COERTZE	ACNW	B13/4	16:29	Athletics Central North West
110	1691	duncan	BOOM	AGW	B13/4	16:30	Griqua Land West
111	1853	pieter	VENTER	AMPU	B13/4	16:31	Athletics Mpumalanga
112	2749	anton	BUTTON	AVT	B13/4	16:32	Athletics Vaal Triangle
113	2775	athenkosi	SEKHOSANA	AVT	B15/4	16:41	Athletics Vaal Triangle
114	2300	bangani	MBONE	ANWN	B13/4	16:47	Athletics North West North
115	117	olwam	MADWABA	ACNW	B13/4	16:52	Athletics Central North West
116	115	hayden	FRASER	ACNW	B13/4	16:53	Athletics Central North West
117	126	barend	VAN DER WALT	ACNW	B13/4	16:53	Athletics Central North West
118	118	wian	MEYER	ACNW	B13/4	16:53	Athletics Central North West
119	2304	jonathan	SCHEEPERS	ANWN	B13/4	16:56	Athletics North West North
120	118	wian	MEYER	ACNW	B13/4	16:53	Athletics Central North West
121	2304	jonathan	SCHEEPERS	ANWN	B13/4	16:56	Athletics North West North
122	114	jhanco	DE BEER	ACNW	B13/4	16:58	Athletics Central North West
123	2306	walter	VOSSER	ANWN	B13/4	17:02	Athletics North West North
124	121	tlotlang	MOTHLABI	ACNW	B13/4	17:05	Athletics Central North West
125	2295	marco	JACOBS	ANWN	B13/4	17:06	Athletics North West North
126	120	oratile	MOJAKI	ACNW	B13/4	17:13	Athletics Central North West
127	125	jacobus	VAN DER LINDE	ACNW	B13/4	17:18	Athletics Central North West
128	3647	marcus	VAN DER WALT	LIMA	B13/4	17:22	Limpopo Athletics
129	2297	tsholo	LESEYANE	ANWN	B13/4	17:30	Athletics North West North
130	496	oarabetse	DIPHOKO	AFS	B13/4	17:43	Athletics Free State

RESULTS INDIVIDUAL COMPETITION B14/4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2946	johannes	MOREPE	CGA	B14/4	12:10	Central Gauteng Athletics
2	1005	karabelo	MOTLHABEDI	AGN	B14/4	12:31	Athletics Gauteng North
3	2943	retshepile	FANISE	CGA	B14/4	12:50	Central Gauteng Athletics
4	1012	morapeleng	SEGWATLHA	AGN	B14/4	12:55	Athletics Gauteng North
5	2766	thabiso	NDWENI	AVT	B14/4	12:57	Athletics Vaal Triangle
6	3937	santino	APPELS	WPA	B14/4	12:59	Western Province Athletics
7	2949	francois	VAN ZYL	CGA	B14/4	13:00	Central Gauteng Athletics
8	1864	musowenkosi	MNISI	AMPU	B14/4	13:02	Athletics Mpumalanga
9	2947	dihan	VAN DEVENTER	CGA	B14/4	13:03	Central Gauteng Athletics
10	1003	sfiso	MAKLOMAKWA	AGN	B14/4	13:07	Athletics Gauteng North
11	2944	bokang	MABOTE	CGA	B14/4	13:11	Central Gauteng Athletics
12	1004	alwyn	MARAIS	AGN	B14/4	13:14	Athletics Gauteng North
13	130	rico	LEIJENAAR	ACNW	B14/4	13:15	Athletics Central North West
14	1008	andre	PIETERS	AGN	B14/4	13:17	Athletics Gauteng North
15	3663	tshidiso	SEBOTO	LIMA	B14/4	13:22	Limpopo Athletics
16	518	amogelang	LOBELO	AFS	B14/4	13:25	Athletics Free State
17	2609	waylon	MARTIN	ASWD	B14/4	13:27	South Western Districts
18	2762	leslir	MOKOENA	AVT	B14/4	13:29	Athletics Vaal Triangle
19	3358	xander	JANSEN VAN RENS	IND	B14/4	13:31	Individual
20	527	neo	SEATE	AFS	B14/4	13:32	Athletics Free State
21	526	lehlohonolo	RAMATSEBE	AFS	B14/4	13:36	Athletics Free State

22	515	arrie	FERREIRA	AFS	B14/4	13:37	Athletics Free State
23	524	katleho	MPHETENG	AFS	B14/4	13:38	Athletics Free State
24	999	ivan	DU PLESSIS	AGN	B14/4	13:43	Athletics Gauteng North
25	2765	siphiwe	MTOLO	AVT	B14/4	13:46	Athletics Vaal Triangle
26	2948	mibe	VAN ROYEN	CGA	B14/4	13:47	Central Gauteng Athletics
27	1010	marco	ROOS	AGN	B14/4	13:49	Athletics Gauteng North
28	1009	jean-pierre	PRETORIUS	AGN	B14/4	13:50	Athletics Gauteng North
29	1013	paul	STRYDOM	AGN	B14/4	13:50	Athletics Gauteng North
30	3939	ugandric	WILLIAMS	WPA	B14/4	13:53	Western Province Athletics
31	529	marko	VAN JAARVELD	AFS	B14/4	13:55	Athletics Free State
32	998	nico	DE VILLIERS	AGN	B14/4	13:56	Athletics Gauteng North
33	2759	johanne	DELPOR	AVT	B14/4	13:58	Athletics Vaal Triangle
34	1015	luhan	VERMEULEN	AGN	B14/4	13:58	Athletics Gauteng North
35	514	tsebo	FAKO	AFS	B14/4	13:59	Athletics Free State
36	528	dewan	VAN JAARVELD	AFS	B14/4	14:02	Athletics Free State
37	517	omphile	LETSHABO	AFS	B14/4	14:03	Athletics Free State
38	1695	emanuel	BERENDS	AGW	B14/4	14:06	Griqua Land West
39	1868	ruduan	ROUX	AMPU	B14/4	14:08	Athletics Mpumalanga
40	1002	hanru	KOCK	AGN	B14/4	14:10	Athletics Gauteng North
41	2767	reatlehile	RAMOKOPU	AVT	B14/4	14:12	Athletics Vaal Triangle
42	3648	michael	LUKHELE	LIMA	B14/4	14:13	Limpopo Athletics
43	1014	diwan	VAN ROOYEN	AGN	B14/4	14:13	Athletics Gauteng North
44	3649	john	MABUZA	LIMA	B14/4	14:13	Limpopo Athletics
45	1699	duwaylon	SENTRY	AGW	B14/4	14:14	Griqua Land West
46	2768	lebohang	VALTEIN	AVT	B14/4	14:16	Athletics Vaal Triangle
47	3662	dion	SEBELA	LIMA	B14/4	14:18	Limpopo Athletics
48	2941	rethabile	CHAUKE	CGA	B14/4	14:19	Central Gauteng Athletics
49	1007	joseph	NDALA	AGN	B14/4	14:20	Athletics Gauteng North
50	1701	mynhardt	VAN DER MERWE	AGW	B14/4	14:22	Griqua Land West
51	3938	waylon	JOOSTE	WPA	B14/4	14:22	Western Province Athletics
52	2760	michael	DOUBELL	AVT	B14/4	14:23	Athletics Vaal Triangle
53	521	ronald	MAYANG	AFS	B14/4	14:24	Athletics Free State
54	3658	matome	NKOANA	LIMA	B14/4	14:25	Limpopo Athletics
55	3396	sabelosethu	MAHLABA	KZNA	B14/4	14:25	Kwazulu Natal
56	3398	qiniso	MNGUNI	KZNA	B14/4	14:26	Kwazulu Natal
57	2312	schalk	PIENAAR	ANWN	B14/4	14:28	Athletics North West North
58	1698	olebogeng	NAMUSI	AGW	B14/4	14:29	Griqua Land West
59	3395	nhlakanipho	KHONJELWAYO	KZNA	B14/4	14:29	Kwazulu Natal
60	1006	thabo	MPHELO	AGN	B14/4	14:31	Athletics Gauteng North
61	2945	matthew	MACKAY	CGA	B14/4	14:32	Central Gauteng Athletics
62	519	piet	MAKHATA	AFS	B14/4	14:33	Athletics Free State
63	522	mpho	MOHAPI	AFS	B14/4	14:34	Athletics Free State
64	3654	gift refentse	MASHIGO	LIMA	B14/4	14:34	Limpopo Athletics
65	1001	duvan	GRABE	AGN	B14/4	14:35	Athletics Gauteng North
66	1000	matthew	ENDRODY	AGN	B14/4	14:35	Athletics Gauteng North
67	1858	janue	GOWER	AMPU	B14/4	14:36	Athletics Mpumalanga
68	523	thabang	MOSIA	AFS	B14/4	14:37	Athletics Free State
69	1870	andre	VAN SCHALKWYK	AMPU	B14/4	14:38	Athletics Mpumalanga
70	1011	rinus	ROOTHMAN	AGN	B14/4	14:39	Athletics Gauteng North
71	3306	isaac	LOMBARD	EPA	B14/4	14:41	Eastern Province Athletics

72	2886	athimna	GOGO	BORA	B14/4	14:42	Border Athletics
73	3307	hlumelo	SOGANGA	EPA	B14/4	14:44	Eastern Province Athletics
74	1862	lifa	MKHALIPHI	AMPU	B14/4	14:46	Athletics Mpumalanga
75	1861	mpho	MASHEGO	AMPU	B14/4	14:47	Athletics Mpumalanga
76	2607	henko	HEYNS	ASWD	B14/4	14:52	South Western Districts
77	3657	thakgalo	MOSEHLA	LIMA	B14/4	14:54	Limpopo Athletics
78	2761	ferdie	FRANZ	AVT	B14/4	14:54	Athletics Vaal Triangle
79	3659	percy	PHAHLAMOHLAKA	LIMA	B14/4	14:57	Limpopo Athletics
80	516	neo	LEBONE	AFS	B14/4	14:58	Athletics Free State
81	2314	benjamin	SWART	ANWN	B14/4	14:58	Athletics North West North
82	1869	nkosingiphile	SHABANGU	AMPU	B14/4	14:59	Athletics Mpumalanga
83	1860	anesu	LIWANE	AMPU	B14/4	15:01	Athletics Mpumalanga
84	129	wian	CALITZ	ACNW	B14/4	15:02	Athletics Central North West
85	1866	siyanda	MPHORENG	AMPU	B14/4	15:05	Athletics Mpumalanga
86	133	ryno	SCHUTTE	ACNW	B14/4	15:06	Athletics Central North West
87	1856	marthinus	BOSCH	AMPU	B14/4	15:09	Athletics Mpumalanga
88	1863	karabo	MNGUNI	AMPU	B14/4	15:15	Athletics Mpumalanga
89	3661	kgaugelo	RITHURI	LIMA	B14/4	15:17	Limpopo Athletics
90	525	vusimusi	MPHOPHOI	AFS	B14/4	15:18	Athletics Free State
91	2309	ivan	KLOPPER	ANWN	B14/4	15:18	Athletics North West North
92	138	sw	VAN DER SANDT	ACNW	B14/4	15:21	Athletics Central North West
93	2887	kamvalethu	WAWA	BORA	B14/4	15:22	Border Athletics
94	135	shaun	STROEBEL	ACNW	B14/4	15:23	Athletics Central North West
95	1865	kian	MOUTON	AMPU	B14/4	15:25	Athletics Mpumalanga
96	131	johannes	ROSSOUW	ACNW	B14/4	15:26	Athletics Central North West
97	3394	lindokuhle	GCWENSA	KZNA	B14/4	15:28	Kwazulu Natal
98	1867	athabile	NDZANTSI	AMPU	B14/4	15:29	Athletics Mpumalanga
99	2310	kopano	MOLOKWANE	ANWN	B14/4	15:32	Athletics North West North
100	3650	kgabo	MAHANYELE	LIMA	B14/4	15:33	Limpopo Athletics
101	1871	leon	VAN ZYL	AMPU	B14/4	15:34	Athletics Mpumalanga
102	1857	wihan	GELDENHUYS	AMPU	B14/4	15:34	Athletics Mpumalanga
103	1697	zelwyn	JULIE	AGW	B14/4	15:34	Griqua Land West
104	3653	mahlatse	MASHAPHU	LIMA	B14/4	15:34	Limpopo Athletics
105	3656	thato	MONAMELA	LIMA	B14/4	15:43	Limpopo Athletics
106	3651	lucas	MAKGATA	LIMA	B14/4	15:51	Limpopo Athletics
107	1696	matthys	FOURIE	AGW	B14/4	15:52	Griqua Land West
108	3652	koena	MAKGOBOKWANE	LIMA	B14/4	15:55	Limpopo Athletics
109	3664	given	TSITHUSI	LIMA	B14/4	16:00	Limpopo Athletics
110	2311	onkarabetse	PHEO	ANWN	B14/4	16:10	Athletics North West North
111	1859	michael	KILIAN	AMPU	B14/4	16:11	Athletics Mpumalanga
112	1700	wian	TALJAARD	AGW	B14/4	16:12	Griqua Land West
113	137	lopang	TIKANE	ACNW	B14/4	16:22	Athletics Central North West
114	2308	blayton	HUBSCH	ANWN	B14/4	16:23	Athletics North West North
115	132	zander	ROUX	ACNW	B14/4	16:32	Athletics Central North West
116	3665	sanele	XULU	LIMA	B14/4	16:35	Limpopo Athletics
117	136	khauhelo	THEMBA	ACNW	B14/4	16:54	Athletics Central North West
118	128	francois	AZIZ	ACNW	B14/4	17:14	Athletics Central North West
119	134	jamie	SEGAR	ACNW	B14/4	17:39	Athletics Central North West
120	2307	barend	DE CLERK	ANWN	B14/4	18:19	Athletics North West North

RESULTS INDIVIDUAL COMPETITION B15/4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2953	sibusiso calvi	MSIBI	CGA	B15/4	12:18	Central Gauteng Athletics
2	1028	garrick	REES	AGN	B15/4	12:21	Athletics Gauteng North
3	2952	reatlegile	MOSWEU	CGA	B15/4	12:21	Central Gauteng Athletics
4	1033	sanele	ZIXUNGE	AGN	B15/4	12:25	Athletics Gauteng North
5	2955	siyabonga	MVELASE	CGA	B15/4	12:37	Central Gauteng Athletics
6	2951	siyabonga	MBATHA	CGA	B15/4	12:41	Central Gauteng Athletics
7	1879	sibusiso	MALAPANE	AMPU	B15/4	12:44	Athletics Mpumalanga
8	2325	wessel	SWART	ANWN	B15/4	12:48	Athletics North West North
9	1029	ronin	RYBNIKAR	AGN	B15/4	12:50	Athletics Gauteng North
10	141	mahomed	BATSI	ACNW	B15/4	12:55	Athletics Central North West
11	1030	karabo	SELEBANA	AGN	B15/4	12:57	Athletics Gauteng North
12	1017	mpho	JACK	AGN	B15/4	12:58	Athletics Gauteng North
13	2774	nhlhla	MNOTHOZA	AVT	B15/4	13:00	Athletics Vaal Triangle
14	3941	jayden	JOSHUA	WPA	B15/4	13:00	Western Province Athletics
15	1026	james	NCUBE	AGN	B15/4	13:01	Athletics Gauteng North
16	2614	rico	VAN DER HORST	ASWD	B15/4	13:02	South Western Districts
17	2954	ntokozo	MSIMANGO	CGA	B15/4	13:06	Central Gauteng Athletics
18	2950	lefa	KWANELE	CGA	B15/4	13:07	Central Gauteng Athletics
19	1021	hannes	LOUW	AGN	B15/4	13:08	Athletics Gauteng North
20	2957	jayde	ROSSLEE	CGA	B15/4	13:09	Central Gauteng Athletics
21	2853	nashville	HOFMEESTER	BOLA	B15/4	13:10	Boland Athletics
22	1020	phalatsi	LEBELO	AGN	B15/4	13:13	Athletics Gauteng North
23	2323	gustav	SMIT	ANWN	B15/4	13:16	Athletics North West North
24	2958	jacob (males	TUUBA	CGA	B15/4	13:16	Central Gauteng Athletics
25	1024	cybrel	MOKGOHLOA	AGN	B15/4	13:17	Athletics Gauteng North
26	534	tshepang	LEMAO	AFS	B15/4	13:17	Athletics Free State
27	537	nyakallo	MATABANE	AFS	B15/4	13:17	Athletics Free State
28	542	pabalo	NONE	AFS	B15/4	13:20	Athletics Free State
29	1018	johan	JV VUUREN	AGN	B15/4	13:22	Athletics Gauteng North
30	1883	nkosinathi	SKOSANA	AMPU	B15/4	13:24	Athletics Mpumalanga
31	1027	tshepo	RASITE	AGN	B15/4	13:24	Athletics Gauteng North
32	3942	jody	JOSHUA	WPA	B15/4	13:25	Western Province Athletics
33	1022	willie	LOUW	AGN	B15/4	13:26	Athletics Gauteng North
34	2959	lindokuhle	ZWANE	CGA	B15/4	13:27	Central Gauteng Athletics
35	1704	kennedy	CEKISO	AGW	B15/4	13:28	Griqua Land West
36	544	sello	OBUSENG	AFS	B15/4	13:29	Athletics Free State
37	2612	hendry	ISAACS	ASWD	B15/4	13:31	South Western Districts
38	1019	reece	KRUGER	AGN	B15/4	13:32	Athletics Gauteng North
39	1702	tebogo	BOOM	AGW	B15/4	13:35	Griqua Land West
40	1023	viwe	MATHEBULA	AGN	B15/4	13:35	Athletics Gauteng North
41	2322	shareed	PETERSE	ANWN	B15/4	13:37	Athletics North West North
42	3940	charlton	JAFTA	WPA	B15/4	13:38	Western Province Athletics
43	1881	thokozane	NCONGWANE	AMPU	B15/4	13:40	Athletics Mpumalanga
44	2769	bongani	DHLOMO	AVT	B15/4	13:41	Athletics Vaal Triangle
45	546	karabo	TWALA	AFS	B15/4	13:44	Athletics Free State
46	2776	ederiech	SNYMAN	AVT	B15/4	13:45	Athletics Vaal Triangle
47	1031	dillan	VAN NIEKERK	AGN	B15/4	13:45	Athletics Gauteng North

48	1016	ernst	GOUWS	AGN	B15/4	13:48	Athletics Gauteng North
49	1032	martinus	VD MERWE	AGN	B15/4	13:49	Athletics Gauteng North
50	28	phillip	NAUDE	AGN	B15/4	13:49	Athletics Gauteng North
51	2855	lee-than	ROOI	BOLA	B15/4	13:50	Boland Athletics
52	2326	etienne	VAN WYK	ANWN	B15/4	13:51	Athletics North West North
53	2856	damian	VAN WYK	BOLA	B15/4	13:52	Boland Athletics
54	2771	thabo	MAKHALEMELE	AVT	B15/4	13:53	Athletics Vaal Triangle
55	545	lebohang	POTSANE	AFS	B15/4	13:53	Athletics Free State
56	536	mahlohla	MALEFETSANE	AFS	B15/4	13:54	Athletics Free State
57	530	junior	BLAAUW	AFS	B15/4	13:55	Athletics Free State
58	1875	stian	DU PLESSIS	AMPU	B15/4	13:57	Athletics Mpumalanga
59	531	kwanele	GONIWE	AFS	B15/4	13:59	Athletics Free State
60	21	tumelo	SEREME	AVT	B15/4	14:00	Athletics Vaal Triangle
61	3673	tiisetso	MAPHUTHA	LIMA	B15/4	14:00	Limpopo Athletics
62	532	mothibedi	KEMME	AFS	B15/4	14:02	Athletics Free State
63	3677	tlotliso	MOHLALA	LIMA	B15/4	14:05	Limpopo Athletics
64	1878	sphiwe	LETHUNYA	AMPU	B15/4	14:07	Athletics Mpumalanga
65	539	katleho	MOFOKENG	AFS	B15/4	14:08	Athletics Free State
66	154	henco	VOLSCHENK	ACNW	B15/4	14:08	Athletics Central North West
67	144	francois	CRAFFORD	ACNW	B15/4	14:09	Athletics Central North West
68	3668	mandlenkosi	KAPOKO	LIMA	B15/4	14:10	Limpopo Athletics
69	3674	tlou	MAPOMA	LIMA	B15/4	14:13	Limpopo Athletics
70	1874	frik	DE BEER	AMPU	B15/4	14:17	Athletics Mpumalanga
71	3676	katlego	MATHABATHA	LIMA	B15/4	14:18	Limpopo Athletics
72	543	sello	NTEBE	AFS	B15/4	14:19	Athletics Free State
73	3402	lungani	NGCOBO	KZNA	B15/4	14:20	Kwazulu Natal
74	538	lebohang	MOCHATSO	AFS	B15/4	14:22	Athletics Free State
75	2890	emihle	TSHIWULA	BORA	B15/4	14:25	Border Athletics
76	3399	simphiwe	MAHLANGU	KZNA	B15/4	14:27	Kwazulu Natal
77	1888	reinhardt	WOLMARANS	AMPU	B15/4	14:29	Athletics Mpumalanga
78	535	estie	MAEMA	AFS	B15/4	14:29	Athletics Free State
79	1886	andile	VILAKAZI	AMPU	B15/4	14:30	Athletics Mpumalanga
80	3669	nicky	LEPHALALA	LIMA	B15/4	14:30	Limpopo Athletics
81	2315	janus	DU PLESSIS	ANWN	B15/4	14:33	Athletics North West North
82	2773	siyambulela	MAY	AVT	B15/4	14:33	Athletics Vaal Triangle
83	3671	tumi	MADISHA	LIMA	B15/4	14:35	Limpopo Athletics
84	540	molifi	MOHLOMI	AFS	B15/4	14:36	Athletics Free State
85	1872	sw	ARCHER	AMPU	B15/4	14:37	Athletics Mpumalanga
86	533	bakwena	KOROLOSO	AFS	B15/4	14:37	Athletics Free State
87	3400	thando	MBATHA	KZNA	B15/4	14:38	Kwazulu Natal
88	2888	siyamthanda	KLASS	BORA	B15/4	14:39	Border Athletics
89	541	thato	MOKONE	AFS	B15/4	14:40	Athletics Free State
90	2	brentlie	MEMANIE	IND	B15/4	14:41	Individual
91	1880	khumo	MORULE	AMPU	B15/4	14:42	Athletics Mpumalanga
92	2319	phenyo	MOATE	ANWN	B15/4	14:43	Athletics North West North
93	2956	vernon	MYBURGH	CGA	B15/4	14:43	Central Gauteng Athletics
94	2613	gemaly	MICHEALS	ASWD	B15/4	14:43	South Western Districts
95	3672	morgan	MAEYANE	LIMA	B15/4	14:48	Limpopo Athletics
96	1887	bernhard	VILJOEN	AMPU	B15/4	14:49	Athletics Mpumalanga
97	3675	mpho	MAPUMA	LIMA	B15/4	14:49	Limpopo Athletics

98	3670	edward	MABOTJA	LIMA	B15/4	14:50	Limpopo Athletics
99	1708	katleho	TAU	AGW	B15/4	14:54	Griqua Land West
100	148	mosa	MUTLE	ACNW	B15/4	14:57	Athletics Central North West
101	2320	letang	MOTHIBEDI	ANWN	B15/4	15:01	Athletics North West North
102	3667	william	DIALE	LIMA	B15/4	15:04	Limpopo Athletics
103	145	aston	DIEDERICKS	ACNW	B15/4	15:05	Athletics Central North West
104	1703	ryan	BOOYSE	AGW	B15/4	15:06	Griqua Land West
105	150	lesego	SANKA	ACNW	B15/4	15:08	Athletics Central North West
106	1884	luan	STEYN	AMPU	B15/4	15:09	Athletics Mpumalanga
107	3679	ramon	TAMAYO	LIMA	B15/4	15:09	Limpopo Athletics
108	3680	janco	VAN DER WALT	LIMA	B15/4	15:10	Limpopo Athletics
109	1876	tjaard	DU PLESSIS	AMPU	B15/4	15:14	Athletics Mpumalanga
110	1707	jaden	JOSEA	AGW	B15/4	15:18	Griqua Land West
111	142	jeandre	BRINK	ACNW	B15/4	15:24	Athletics Central North West
112	1877	mxolisi	GAMA	AMPU	B15/4	15:29	Athletics Mpumalanga
113	139	liam	ANDERSON	ACNW	B15/4	15:36	Athletics Central North West
114	149	ruben	REYNEKE	ACNW	B15/4	15:37	Athletics Central North West
115	2316	olebogeng	LEKETI	ANWN	B15/4	15:37	Athletics North West North
116	2889	awinati	MDLIKIVA	BORA	B15/4	15:38	Border Athletics
117	2772	richard	MAVUSA	AVT	B15/4	15:38	Athletics Vaal Triangle
118	1885	stian	VAN HEERDEN	AMPU	B15/4	15:42	Athletics Mpumalanga
119	2317	tlotlo	MAETLA	ANWN	B15/4	15:45	Athletics North West North
120	3678	boitumelo	MTHELEBOFU	LIMA	B15/4	15:52	Limpopo Athletics
121	143	arvahn	BURGER	ACNW	B15/4	15:54	Athletics Central North West
122	1873	xander	COMBRINK	AMPU	B15/4	16:13	Athletics Mpumalanga
123	153	christopher	VAN DER WATH	ACNW	B15/4	16:14	Athletics Central North West
124	3666	kyle	BREDENKAMP	LIMA	B15/4	16:19	Limpopo Athletics
125	2324	janrich	STEYN	ANWN	B15/4	16:25	Athletics North West North
126	147	michael	HURFORD	ACNW	B15/4	16:44	Athletics Central North West
127	146	morne	FRITZ	ACNW	B15/4	16:47	Athletics Central North West
128	140	phillipus	BARKHUIZEN	ACNW	B15/4	16:47	Athletics Central North West
129	151	keamogetsw	SEMELO	ACNW	B15/4	16:47	Athletics Central North West
130	1706	romonio	FREDERICKS	AGW	B15/4	16:47	Griqua Land West
131	1705	francois	DAUTH	AGW	B15/4	16:47	Griqua Land West
132	152	theunis	VAN DER MERWE	ACNW	B15/4	16:47	Athletics Central North West

RESULTS INDIVIDUAL COMPETITION B16/6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2777	jason	BOWERS	AVT	B16/6	18:13	Athletics Vaal Triangle
2	563	thapelo	RAMAKHOASE	AFS	B16/6	18:24	Athletics Free State
3	1043	kabelo	MAJA	AGN	B16/6	18:55	Athletics Gauteng North
4	2965	simphiwe	THOMBELA	CGA	B16/6	19:17	Central Gauteng Athletics
5	557	patrick	MOKHELE	AFS	B16/6	19:22	Athletics Free State
6	2960	ofentse	BOKABA	CGA	B16/6	19:33	Central Gauteng Athletics
7	1041	siphesihle	KHOZA	AGN	B16/6	19:35	Athletics Gauteng North
8	2966	marnu	VERMAAK	CGA	B16/6	19:40	Central Gauteng Athletics
9	2782	ntsokolo	NKOSINDINA	AVT	B16/6	19:56	Athletics Vaal Triangle
10	562	mpho	OLIFANT	AFS	B16/6	20:00	Athletics Free State
11	558	tshediso	MOLOKE	AFS	B16/6	20:02	Athletics Free State
12	1039	tshepho	FUTHANA	AGN	B16/6	20:04	Athletics Gauteng North

13	1896	makume	MOKOENA	AMPU	B16/6	20:06	Athletics Mpumalanga
14	3404	asande	DLAMINI	KZNA	B16/6	20:06	Kwazulu Natal
15	3407	thabang	MOKONE	KZNA	B16/6	20:09	Kwazulu Natal
16	548	katlego	GOPANE	AFS	B16/6	20:10	Athletics Free State
17	1042	willie	LEBOHO	AGN	B16/6	20:13	Athletics Gauteng North
18	2967	jason	VERMEULEN	CGA	B16/6	20:15	Central Gauteng Athletics
19	555	tshiamo	MOAGI	AFS	B16/6	20:16	Athletics Free State
20	2784	kamokgelo	THIPE	AVT	B16/6	20:17	Athletics Vaal Triangle
21	3682	solomon	LEDWABA	LIMA	B16/6	20:18	Limpopo Athletics
22	1052	niel	VAN DER MERWE	AGN	B16/6	20:22	Athletics Gauteng North
23	549	geelbooi	KONDILE	AFS	B16/6	20:29	Athletics Free State
24	3944	johagen	JANSEN	WPA	B16/6	20:31	Western Province Athletics
25	1035	danie	CORNELISSEN	AGN	B16/6	20:33	Athletics Gauteng North
26	2616	renier	JANSEN	ASWD	B16/6	20:35	South Western Districts
27	3408	sbongakonke	ZWANE	KZNA	B16/6	20:36	Kwazulu Natal
28	552	tshepiso	LEMAO	AFS	B16/6	20:37	Athletics Free State
29	1894	sydney	KHUMALO	AMPU	B16/6	20:40	Athletics Mpumalanga
30	2962	sipho	MABULANI	CGA	B16/6	20:41	Central Gauteng Athletics
31	1051	gosiamе	TLALA	AGN	B16/6	20:41	Athletics Gauteng North
32	3943	naylan	DREYER	WPA	B16/6	20:42	Western Province Athletics
33	1893	thando	KHOZA	AMPU	B16/6	20:43	Athletics Mpumalanga
34	1049	ulrich	PUTTER	AGN	B16/6	20:44	Athletics Gauteng North
35	560	katleho	NTHAKO	AFS	B16/6	20:46	Athletics Free State
36	1037	gideon	DU TOIT	AGN	B16/6	20:56	Athletics Gauteng North
37	1050	dawie	REITZ	AGN	B16/6	20:58	Athletics Gauteng North
38	1898	david	MUCAVELE	AMPU	B16/6	20:59	Athletics Mpumalanga
39	1044	sicelo	MKHWANAZI	AGN	B16/6	21:01	Athletics Gauteng North
40	1901	jandre	PELSER	AMPU	B16/6	21:04	Athletics Mpumalanga
41	2617	luphumla	MFUTSHANA	ASWD	B16/6	21:08	South Western Districts
42	2857	alfonso	PRINS	BOLA	B16/6	21:14	Boland Athletics
43	1036	michael	DREECKMEIER	AGN	B16/6	21:14	Athletics Gauteng North
44	11	sifiso	MOLEBYE	CGA	B16/6	21:16	Central Gauteng Athletics
45	2968	nkanyezi	ZIQUBU	CGA	B16/6	21:16	Central Gauteng Athletics
46	1905	mbuso	THOBEJANE	AMPU	B16/6	21:17	Athletics Mpumalanga
47	2963	musa	MLATHA	CGA	B16/6	21:21	Central Gauteng Athletics
48	2778	leonard	FICK	AVT	B16/6	21:22	Athletics Vaal Triangle
49	1900	nhlakanipho	NYAMBI	AMPU	B16/6	21:23	Athletics Mpumalanga
50	2961	tshepang	CHAUKE	CGA	B16/6	21:24	Central Gauteng Athletics
51	1034	byron	ANDREW	AGN	B16/6	21:25	Athletics Gauteng North
52	547	lebohang	DE KLERK	AFS	B16/6	21:26	Athletics Free State
53	3687	thapelo	MPHELA	LIMA	B16/6	21:27	Limpopo Athletics
54	554	vuyo	MKHUMBENI	AFS	B16/6	21:28	Athletics Free State
55	2964	mpho	MLOTHA	CGA	B16/6	21:29	Central Gauteng Athletics
56	3309	rowen	BACON	EPA	B16/6	21:30	Eastern Province Athletics
57	1047	wandre	NEL	AGN	B16/6	21:32	Athletics Gauteng North
58	2780	onaleuna	MAHHUWA	AVT	B16/6	21:33	Athletics Vaal Triangle
59	1895	tshepo	MASHILOANE	AMPU	B16/6	21:35	Athletics Mpumalanga
60	1899	surprise	NKOSI	AMPU	B16/6	21:36	Athletics Mpumalanga
61	158	janco	ERASMUS	ACNW	B16/6	21:37	Athletics Central North West
62	1903	siphesihle	SIBEKO	AMPU	B16/6	21:43	Athletics Mpumalanga

63	155	carlo	CHADINHA	ACNW	B16/6	21:44	Athletics Central North West
64	2783	bohlae	SEPHULA	AVT	B16/6	21:46	Athletics Vaal Triangle
65	2891	liyema	NDLAZI	BORA	B16/6	21:49	Border Athletics
66	1046	andy	MUNNICK	AGN	B16/6	21:50	Athletics Gauteng North
67	1045	tshego	MODISELLE	AGN	B16/6	21:50	Athletics Gauteng North
68	1891	samuel	GROBLER	AMPU	B16/6	21:52	Athletics Mpumalanga
69	564	neo	TSOTSOTSO	AFS	B16/6	21:58	Athletics Free State
70	1890	kaleb	BULANGA	AMPU	B16/6	22:00	Athletics Mpumalanga
71	1902	moses	SCHATZ	AMPU	B16/6	22:06	Athletics Mpumalanga
72	1897	wesley	MOTHOGOANE	AMPU	B16/6	22:07	Athletics Mpumalanga
73	1904	caleb	TAYLOR	AMPU	B16/6	22:08	Athletics Mpumalanga
74	163	henri	OOSTHUIZEN	ACNW	B16/6	22:08	Athletics Central North West
75	167	tsabanqwe	TLHALEFANG	ACNW	B16/6	22:16	Athletics Central North West
76	161	lefa	MOLETE	ACNW	B16/6	22:18	Athletics Central North West
77	1889	christiaan	BORCHERDS	AMPU	B16/6	22:20	Athletics Mpumalanga
78	156	kamogelo	DASOI	ACNW	B16/6	22:28	Athletics Central North West
79	553	sonwabale	MAQAQA	AFS	B16/6	22:30	Athletics Free State
80	2892	kamva	NTLOKO	BORA	B16/6	22:32	Border Athletics
81	1709	clint	AFRICA	AGW	B16/6	22:34	Griqua Land West
82	1040	keagan	HUNTER	AGN	B16/6	22:37	Athletics Gauteng North
83	162	gerrit	MUNTINGH	ACNW	B16/6	22:42	Athletics Central North West
84	559	katleho	NKHOBISO	AFS	B16/6	22:42	Athletics Free State
85	166	dandre	STEINHOBEL	ACNW	B16/6	22:48	Athletics Central North West
86	3311	wehan	SMITH	EPA	B16/6	22:53	Eastern Province Athletics
87	1892	charles	HATTINGH	AMPU	B16/6	23:00	Athletics Mpumalanga
88	3310	dylan	MIGGELS	EPA	B16/6	23:00	Eastern Province Athletics
89	2329	tshepo	MALEKA	ANWN	B16/6	23:05	Athletics North West North
90	3683	mashilo frans	MAHWELERE	LIMA	B16/6	23:16	Limpopo Athletics
91	2328	azola	MAHLUNGU	ANWN	B16/6	23:17	Athletics North West North
92	164	nico	OOSTHUIZEN	ACNW	B16/6	23:19	Athletics Central North West
93	2615	luther	BLAAUW	ASWD	B16/6	23:21	South Western Districts
94	157	gerrit	DE KOCK	ACNW	B16/6	23:22	Athletics Central North West
95	2331	ali	MASIKE	ANWN	B16/6	23:33	Athletics North West North
96	550	paballo	KUENANE	AFS	B16/6	23:33	Athletics Free State
97	2332	segopotso	MEDUPE	ANWN	B16/6	23:46	Athletics North West North
98	3685	tshitangoni	MOHLALA	LIMA	B16/6	23:47	Limpopo Athletics
99	2333	confidence	MOEKETSI	ANWN	B16/6	23:53	Athletics North West North
100	3681	joggie	GEDULD	LIMA	B16/6	23:54	Limpopo Athletics
101	3689	daniel	SMIT	LIMA	B16/6	24:02	Limpopo Athletics
102	3688	kgothatso	RAKOENA	LIMA	B16/6	24:13	Limpopo Athletics
103	159	gerhard	KOTZE	ACNW	B16/6	24:17	Athletics Central North West
104	160	neil	KOTZE	ACNW	B16/6	24:19	Athletics Central North West
105	165	atlegang	RAMPAI	ACNW	B16/6	24:20	Athletics Central North West
106	2335	vhukhudo	TSHIVHIAHUVNI	ANWN	B16/6	24:38	Athletics North West North
107	1710	le-zandre	FORTUIN	AGW	B16/6	24:52	Griqua Land West
108	2779	ryan	HENNING	AVT	B16/6	25:09	Athletics Vaal Triangle
109	3686	letlotlo	MOHUBEDU	LIMA	B16/6	25:30	Limpopo Athletics
110	2330	johann	MARAIS	ANWN	B16/6	25:34	Athletics North West North
111	2327	christopher	HELM	ANWN	B16/6	26:19	Athletics North West North

RESULTS INDIVIDUAL COMPETITION B17/6

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1063	kgadi	MONYEBODI	AGN	B17/6	18:25	Athletics Gauteng North
2	3410	sanele	MASONDO	KZNA	B17/6	18:29	Kwazulu Natal
3	2788	themba	THINGANE	AVT	B17/6	18:35	Athletics Vaal Triangle
4	2622	melvin	VISSER	ASWD	B17/6	18:48	South Western Districts
5	2977	rynard	SWANEPOEL	CGA	B17/6	18:49	Central Gauteng Athletics
6	576	mopeli	MOPELI	AFS	B17/6	19:11	Athletics Free State
7	2786	teboha	MOLOI	AVT	B17/6	19:22	Athletics Vaal Triangle
8	3411	lehlohonolo	MBHELE	KZNA	B17/6	19:24	Kwazulu Natal
9	2974	asanda	MAZWI	CGA	B17/6	19:27	Central Gauteng Athletics
10	3945	elyas	AYYOUB	WPA	B17/6	19:29	Western Province Athletics
11	2976	thsepo	NTUNTWANA	CGA	B17/6	19:38	Central Gauteng Athletics
12	3947	nacko	EDICK	WPA	B17/6	19:38	Western Province Athletics
13	1068	gareth	SMITH	AGN	B17/6	19:38	Athletics Gauteng North
14	1059	tshepo	MANYAKA	AGN	B17/6	19:41	Athletics Gauteng North
15	2697	simamkele	MASIMINI	ATRA	B17/6	19:42	Athletics Transkei
16	1920	thulani	MTSWENI	AMPU	B17/6	19:43	Athletics Mpumalanga
17	3948	mbasa	MACI	WPA	B17/6	19:44	Western Province Athletics
18	2970	kagiso	LEDUMA	CGA	B17/6	19:45	Central Gauteng Athletics
19	571	luvuyo	MNENO	AFS	B17/6	19:46	Athletics Free State
20	1055	abednico	CHOBABA	AGN	B17/6	19:47	Athletics Gauteng North
21	566	bakwena	KHAMA	AFS	B17/6	19:49	Athletics Free State
22	1917	scelo	MNCWANGO	AMPU	B17/6	19:51	Athletics Mpumalanga
23	1909	hanko	CRONJE	AMPU	B17/6	19:53	Athletics Mpumalanga
24	2975	jean	MOULTON	CGA	B17/6	19:56	Central Gauteng Athletics
25	573	rethabile	MOKHOTHU	AFS	B17/6	19:57	Athletics Free State
26	2972	tumelo	MANENZHE	CGA	B17/6	19:58	Central Gauteng Athletics
27	3690	lesibana ntso	CHOKOE	LIMA	B17/6	19:59	Limpopo Athletics
28	1906	jansen	BELL	AMPU	B17/6	20:03	Athletics Mpumalanga
29	1062	tetelo	MOLOKOMME	AGN	B17/6	20:05	Athletics Gauteng North
30	567	mpho	KHATE	AFS	B17/6	20:06	Athletics Free State
31	3694	thomas	MASENYA	LIMA	B17/6	20:08	Limpopo Athletics
32	2969	antonio	BROWN	CGA	B17/6	20:08	Central Gauteng Athletics
33	1066	armin	PRETORIUS	AGN	B17/6	20:09	Athletics Gauteng North
34	1069	gerhard	SWANEPOEL	AGN	B17/6	20:12	Athletics Gauteng North
35	570	nkosiyabo	MINI	AFS	B17/6	20:13	Athletics Free State
36	169	reatlegile	LESOILE	ACNW	B17/6	20:14	Athletics Central North West
37	3949	buisani	METU	WPA	B17/6	20:18	Western Province Athletics
38	2971	gontse	LEKABA	CGA	B17/6	20:18	Central Gauteng Athletics
39	3312	keanu	DOMINGO	EPA	B17/6	20:20	Eastern Province Athletics
40	3946	rochen	BLAAUW	WPA	B17/6	20:22	Western Province Athletics
41	1919	sphesihle	MTHIMUNYE	AMPU	B17/6	20:23	Athletics Mpumalanga
42	1067	thato	SETSHOHO	AGN	B17/6	20:24	Athletics Gauteng North
43	1054	juwan	BLIGNAUT	AGN	B17/6	20:28	Athletics Gauteng North
44	3313	sinethemba	JILINGISI	EPA	B17/6	20:30	Eastern Province Athletics
45	3950	zubenathi	NCAPAYI	WPA	B17/6	20:32	Western Province Athletics
46	3692	lehlogonolo	MAKHURA	LIMA	B17/6	20:34	Limpopo Athletics
47	1057	rebaone	LEFEGORO	AGN	B17/6	20:37	Athletics Gauteng North

48	1711	elrico	OLIVIER	AGW	B17/6	20:39	Griqua Land West
49	1056	paballo	LEBELO	AGN	B17/6	20:39	Athletics Gauteng North
50	572	lupondo	MOEKETSI	AFS	B17/6	20:42	Athletics Free State
51	3697	dicks	SATHEKGE	LIMA	B17/6	20:43	Limpopo Athletics
52	1918	katlego	MOKWANA	AMPU	B17/6	20:44	Athletics Mpumalanga
53	3698	titus	TEMA	LIMA	B17/6	20:46	Limpopo Athletics
54	574	mathews	MOKOENA	AFS	B17/6	20:48	Athletics Free State
55	1071	willie	VAN ROOYEN	AGN	B17/6	20:50	Athletics Gauteng North
56	575	jan	MOLAOA	AFS	B17/6	20:52	Athletics Free State
57	3409	karabo	MASHILO	KZNA	B17/6	20:55	Kwazulu Natal
58	3699	kgadima	THAMAGA	LIMA	B17/6	20:58	Limpopo Athletics
59	1712	gerrit	OOR	AGW	B17/6	20:58	Griqua Land West
60	1060	bongani	MGCINA	AGN	B17/6	21:01	Athletics Gauteng North
61	2973	siyabonga	MAQASHALALA	CGA	B17/6	21:02	Central Gauteng Athletics
62	1065	waldo	PIETERSE	AGN	B17/6	21:04	Athletics Gauteng North
63	1061	bheki	MNYAMANA	AGN	B17/6	21:04	Athletics Gauteng North
64	582	rethabile	THOABALA	AFS	B17/6	21:06	Athletics Free State
65	581	itumeleng	SHAI	AFS	B17/6	21:07	Athletics Free State
66	2893	mthokozisi	MAGAGA	BORA	B17/6	21:12	Border Athletics
67	1910	simanga	FAKUDE	AMPU	B17/6	21:20	Athletics Mpumalanga
68	1921	michael	NKADIMENG	AMPU	B17/6	21:22	Athletics Mpumalanga
69	577	karabo	MPHUTI	AFS	B17/6	21:22	Athletics Free State
70	1916	maqhawe	MANGANE	AMPU	B17/6	21:25	Athletics Mpumalanga
71	1915	candy	LUKHELE	AMPU	B17/6	21:26	Athletics Mpumalanga
72	171	kamagelo	MOKHACHANE	ACNW	B17/6	21:26	Athletics Central North West
73	1058	mpho	MAKHUVHA	AGN	B17/6	21:30	Athletics Gauteng North
74	168	dirk	CRAFFORD	ACNW	B17/6	21:31	Athletics Central North West
75	1911	xolani	FENI	AMPU	B17/6	21:33	Athletics Mpumalanga
76	173	mpho	NDAKANE	ACNW	B17/6	21:33	Athletics Central North West
77	3695	fufi	MOLOKOMME	LIMA	B17/6	21:36	Limpopo Athletics
78	1913	sthembiso	KHOZA	AMPU	B17/6	21:36	Athletics Mpumalanga
79	3696	bongani	NGOBENI	LIMA	B17/6	21:37	Limpopo Athletics
80	580	joash	REDDY	AFS	B17/6	21:38	Athletics Free State
81	3412	zola	SOKHELA	KZNA	B17/6	21:40	Kwazulu Natal
82	1907	abraham	BHANDA	AMPU	B17/6	21:42	Athletics Mpumalanga
83	1064	almero	MULLER	AGN	B17/6	21:47	Athletics Gauteng North
84	1922	yamkela	ZIBI	AMPU	B17/6	21:49	Athletics Mpumalanga
85	1070	herman	VAN DER WESTHU	AGN	B17/6	21:51	Athletics Gauteng North
86	2336	jared	CRONJE	ANWN	B17/6	21:51	Athletics North West North
87	2894	robjin	VAN DER WESTHU	BORA	B17/6	21:54	Border Athletics
88	174	omolemo	SEBOGOTSANE	ACNW	B17/6	21:55	Athletics Central North West
89	578	bongane	MZILI	AFS	B17/6	21:59	Athletics Free State
90	568	william	MATE	AFS	B17/6	22:03	Athletics Free State
91	2698	momelezi	MPANGELE	ATRA	B17/6	22:08	Athletics Transkei
92	1908	christoff	CAARSTENS	AMPU	B17/6	22:09	Athletics Mpumalanga
93	3988	tefo	MOLOTO	ACNW	B17/6	22:10	Athletics Central North West
94	2787	innocent	MZIZI	AVT	B17/6	22:13	Athletics Vaal Triangle
95	1923	fezile	ZWANE	AMPU	B17/6	22:14	Athletics Mpumalanga
96	2338	zuan	KLEYNHANS	ANWN	B17/6	22:17	Athletics North West North
97	2978	cameron	TONKIN	CGA	B17/6	22:20	Central Gauteng Athletics

98	1053	rizwaan	BALLIM	AGN	B17/6	22:24	Athletics Gauteng North
99	170	enrique	MASENG	ACNW	B17/6	22:31	Athletics Central North West
100	2619	deno	BAARTMAN	ASWD	B17/6	22:37	South Western Districts
101	569	gift	MBOXWANA	AFS	B17/6	22:41	Athletics Free State
102	1912	marco	JANSEN VAN RENS	AMPU	B17/6	22:54	Athletics Mpumalanga
103	2696	mlungiseleli	GODLO	ATRA	B17/6	22:58	Athletics Transkei
104	3691	tjaart	DU PLESSIS	LIMA	B17/6	23:07	Limpopo Athletics
105	2621	cedric	MIENIES	ASWD	B17/6	23:20	South Western Districts
106	2340	ian	NORTJE	ANWN	B17/6	23:56	Athletics North West North
107	1914	goodman	KHUMALO	AMPU	B17/6	23:59	Athletics Mpumalanga
108	2337	damion	GOTTWALDT	ANWN	B17/6	24:00	Athletics North West North
109	2343	tlamelo	TIRO	ANWN	B17/6	24:32	Athletics North West North
110	2341	dewalt	POTGIETER	ANWN	B17/6	26:18	Athletics North West North

RESULTS INDIVIDUAL COMPETITION JM/8

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	790	ngconde	MATWEBU	AFS	JM/8	24:22	Athletics Free State
2	3104	phemelo	NTOE	CGA	JM/8	24:34	Central Gauteng Athletics
3	1307	christopher	SWART	AGN	JM/8	24:42	Athletics Gauteng North
4	3107	andries	SESEDI	CGA	JM/8	24:49	Central Gauteng Athletics
5	2706	tapelo	MDALA	ATRA	JM/8	24:54	Athletics Transkei
6	3096	caleb	BEUKES	CGA	JM/8	24:57	Central Gauteng Athletics
7	1293	matthew	FORRESTER	AGN	JM/8	24:59	Athletics Gauteng North
8	3464	tshiamo	MARIBE	KZNA	JM/8	25:03	Kwazulu Natal
9	348	robert	DE VILLIERS	ACNW	JM/8	25:08	Athletics Central North West
10	3100	chris	MHLANGA	CGA	JM/8	25:17	Central Gauteng Athletics
11	786	lebohang	MAHLOANE	AFS	JM/8	25:25	Athletics Free State
12	1309	rikus	VAN NIEKERK	AGN	JM/8	25:26	Athletics Gauteng North
13	3103	siknanyiso	MTSHWENA	CGA	JM/8	25:33	Central Gauteng Athletics
14	3106	nicholas	SEOPESENGWE	CGA	JM/8	25:36	Central Gauteng Athletics
15	3960	carlo	FLINK	WPA	JM/8	25:37	Western Province Athletics
16	2707	avela	NAZO	ATRA	JM/8	25:37	Athletics Transkei
17	3962	mzwamadod	NONJIKO	WPA	JM/8	25:37	Western Province Athletics
18	3469	luyanda	THWALA	KZNA	JM/8	25:38	Kwazulu Natal
19	3846	jankie	MOLELE	LIMA	JM/8	25:45	Limpopo Athletics
20	2867	mark	STANFLIET	BOLA	JM/8	25:54	Boland Athletics
21	3465	koos	MOLUTSI	KZNA	JM/8	25:56	Kwazulu Natal
22	2507	otsile	OWAGENG	ANWN	JM/8	25:58	Athletics North West North
23	3468	donald	SEITEI	KZNA	JM/8	25:59	Kwazulu Natal
24	1298	travis	KOEKEMOER	AGN	JM/8	26:04	Athletics Gauteng North
25	3466	nkosifikile	MQWADI	KZNA	JM/8	26:06	Kwazulu Natal
26	3099	samuel	MAKHUBELA	CGA	JM/8	26:08	Central Gauteng Athletics
27	3467	sthembiso	MTAMBO	KZNA	JM/8	26:12	Kwazulu Natal
28	3964	oliver	STEWART	WPA	JM/8	26:13	Western Province Athletics
29	3848	karabo	RAMABELE	LIMA	JM/8	26:23	Limpopo Athletics
30	1306	dylan	STASSEN	AGN	JM/8	26:27	Athletics Gauteng North
31	2674	waldo	KAPTEIN	ASWD	JM/8	26:31	South Western Districts
32	2102	mtokoza	HLATSHWAYO	AMPU	JM/8	26:32	Athletics Mpumalanga
33	2854	reagan	ROOY	BOLA	JM/8	26:34	Boland Athletics
34	3844	lazarus	MAKGOBA	LIMA	JM/8	26:35	Limpopo Athletics

35	2676	zerian	LE ROUX	ASWD	JM/8	26:35	South Western Districts
36	1310	melt	VON MOLENDORF	AGN	JM/8	26:37	Athletics Gauteng North
37	347	moses	BULWANE	ACNW	JM/8	26:38	Athletics Central North West
38	2503	dimpho	DITSEBE	ANWN	JM/8	26:40	Athletics North West North
39	795	lebohang	PHAKAMILE	AFS	JM/8	26:41	Athletics Free State
40	797	retshedisitsw	SHAI	AFS	JM/8	26:44	Athletics Free State
41	3841	derrick	HLAKO	LIMA	JM/8	26:47	Limpopo Athletics
42	3963	fernando	SPONDO	WPA	JM/8	26:47	Western Province Athletics
43	793	thabo	MOHOKANE	AFS	JM/8	26:50	Athletics Free State
44	2103	peter	HLONGWANE	AMPU	JM/8	26:51	Athletics Mpumalanga
45	3843	clement	MAGASHULA	LIMA	JM/8	26:52	Limpopo Athletics
46	3329	sinawo	POTI	EPA	JM/8	26:52	Eastern Province Athletics
47	3463	bongamusa	JIYANE	KZNA	JM/8	26:55	Kwazulu Natal
48	3097	bhekizulu	KHUMALO	CGA	JM/8	26:57	Central Gauteng Athletics
49	350	abrie	KRUGER	ACNW	JM/8	26:58	Athletics Central North West
50	2709	cwenga	NOSE	ATRA	JM/8	27:00	Athletics Transkei
51	3961	ruschin	FORTUIN	WPA	JM/8	27:01	Western Province Athletics
52	792	filippi	MOHLOKOANE	AFS	JM/8	27:02	Athletics Free State
53	2108	edu	MONDLANE	AMPU	JM/8	27:09	Athletics Mpumalanga
54	781	ghurswund	BAAIPANEE	AFS	JM/8	27:14	Athletics Free State
55	3109	nkosinathi	SOMPANE	CGA	JM/8	27:16	Central Gauteng Athletics
56	3847	josiah	NYAWENE	LIMA	JM/8	27:17	Limpopo Athletics
57	3105	tshepang	SEFITLHOLO	CGA	JM/8	27:18	Central Gauteng Athletics
58	1308	donald	VAN DER WESTHU	AGN	JM/8	27:19	Athletics Gauteng North
59	2105	lyanda	MABUZA	AMPU	JM/8	27:21	Athletics Mpumalanga
60	2829	tshipiso	MAKOBÉ	AVT	JM/8	27:22	Athletics Vaal Triangle
61	782	motaung	CHOANE	AFS	JM/8	27:23	Athletics Free State
62	794	moshe	MOTOUNG	AFS	JM/8	27:25	Athletics Free State
63	1302	mpho	MITCHELL	AGN	JM/8	27:25	Athletics Gauteng North
64	2114	jeremiah	SITHOLE	AMPU	JM/8	27:26	Athletics Mpumalanga
65	2508	aj	REYNEKE	ANWN	JM/8	27:30	Athletics North West North
66	2675	waydon	KOMBELA	ASWD	JM/8	27:34	South Western Districts
67	1294	cailin	GERBER	AGN	JM/8	27:37	Athletics Gauteng North
68	2107	glen	MHLONGO	AMPU	JM/8	27:48	Athletics Mpumalanga
69	796	elrico	SEWELO	AFS	JM/8	27:53	Athletics Free State
70	3959	kaylam	DU PLESSIS	WPA	JM/8	27:54	Western Province Athletics
71	2504	lion-kay	KOTZE	ANWN	JM/8	27:59	Athletics North West North
72	787	khotso	MANHENGE	AFS	JM/8	28:13	Athletics Free State
73	1295	marno	GERBER	AGN	JM/8	28:15	Athletics Gauteng North
74	2106	oustine	MAHLANGU	AMPU	JM/8	28:19	Athletics Mpumalanga
75	3101	banele	MKHABELA	CGA	JM/8	28:21	Central Gauteng Athletics
76	1297	shane	KHUMALO	AGN	JM/8	28:23	Athletics Gauteng North
77	2101	caleb	BUYS	AMPU	JM/8	28:24	Athletics Mpumalanga
78	1305	tumelo	SKHOSANA	AGN	JM/8	28:26	Athletics Gauteng North
79	2828	kamohelo	MACHEA	AVT	JM/8	28:29	Athletics Vaal Triangle
80	1296	don	KASIGWA	AGN	JM/8	28:32	Athletics Gauteng North
81	3845	nathaniel	MASHIANOKE	LIMA	JM/8	28:38	Limpopo Athletics
82	798	reatile	TLHABANKWE	AFS	JM/8	28:40	Athletics Free State
83	2677	romano	WINDVOGEL	ASWD	JM/8	28:41	South Western Districts
84	349	petrus	KALANE	ACNW	JM/8	28:43	Athletics Central North West

85	2506	bafana	MOROBE	ANWN	JM/8	28:45	Athletics North West North
86	1775	titus	MOKENG	AGW	JM/8	28:45	Griqua Land West
87	2109	piet	MTSWENI	AMPU	JM/8	28:52	Athletics Mpumalanga
88	1299	coenraad	KUIPERS	AGN	JM/8	28:52	Athletics Gauteng North
89	3102	sizwe	MTHIMKULU	CGA	JM/8	28:54	Central Gauteng Athletics
90	1304	lethabo	MOLOKOMME	AGN	JM/8	28:55	Athletics Gauteng North
91	1303	jan	MOEKELETJI	AGN	JM/8	28:59	Athletics Gauteng North
92	2111	petrus	PHETLA	AMPU	JM/8	28:59	Athletics Mpumalanga
93	2502	dylan	BOTHA	ANWN	JM/8	29:00	Athletics North West North
94	3842	tshegofatso	KEKANA	LIMA	JM/8	29:08	Limpopo Athletics
95	2110	sboniso	NGWENYA	AMPU	JM/8	29:11	Athletics Mpumalanga
96	783	kutlwano	DIPATE	AFS	JM/8	29:17	Athletics Free State
97	784	heinwen	LONG	AFS	JM/8	29:25	Athletics Free State
98	2115	sanele	SKHOSANA	AMPU	JM/8	29:26	Athletics Mpumalanga
99	2113	sbusiso	SIBIJO	AMPU	JM/8	29:36	Athletics Mpumalanga
100	785	olwethu	MADADASANA	AFS	JM/8	29:56	Athletics Free State
101	2104	theuns	LUUS	AMPU	JM/8	30:05	Athletics Mpumalanga
102	351	erik	LABUSCHAGNE	ACNW	JM/8	30:27	Athletics Central North West
103	1300	ruben	LAUBSCHER	AGN	JM/8	30:37	Athletics Gauteng North
104	2118	neill	VAN ONSELLEN	AMPU	JM/8	31:03	Athletics Mpumalanga
105	2902	asthandile	MANUEL	BORA	JM/8	31:33	Border Athletics
106	2510	sbusiso	ZITHA	ANWN	JM/8	32:19	Athletics North West North

RESULTS INDIVIDUAL COMPETITION M23/4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3126	maxime	CHAUMETON	CGA	M23/4	11:15	Central Gauteng Athletics
2	3127	phenyo	CHIDI	CGA	M23/4	11:24	Central Gauteng Athletics
3	15	awethu	NTSOTHO	ATRA	M23/4	11:25	Athletics Transkei
4	3129	kabelo	MELAMU	CGA	M23/4	11:26	Central Gauteng Athletics
5	3969	rowhaldo	RATZ	WPA	M23/4	11:38	Western Province Athletics
6	367	itumeleng	SESIKO	ACNW	M23/4	11:43	Athletics Central North West
7	2872	deon-lee	HENDRICKS	BOLA	M23/4	11:44	Boland Athletics
8	359	nathaniel	KOTOLE	ACNW	M23/4	11:44	Athletics Central North West
9	3130	innocent	MNYAKENI	CGA	M23/4	11:49	Central Gauteng Athletics
10	3134	johannes	RAPHOTLE	CGA	M23/4	11:55	Central Gauteng Athletics
11	18	mongezi	NGOBE	ATRA	M23/4	11:56	Athletics Transkei
12	3132	sello	PHELEU	CGA	M23/4	12:02	Central Gauteng Athletics
13	3131	keletso elvis	MOKHONOANA	CGA	M23/4	12:02	Central Gauteng Athletics
14	17	aphelele	NKONYENI	ATRA	M23/4	12:02	Athletics Transkei
15	1347	khotsofalo	PHEKO	AGN	M23/4	12:06	Athletics Gauteng North
16	2135	sibonginkosi	MASEKO	AMPU	M23/4	12:07	Athletics Mpumalanga
17	3330	adriaan	GERWEL	EPA	M23/4	12:14	Eastern Province Athletics
18	1339	tebogo	MANZIHLE	AGN	M23/4	12:16	Athletics Gauteng North
19	3135	onkabetse	SEBOLA	CGA	M23/4	12:17	Central Gauteng Athletics
20	2873	kananelo	THULO	BOLA	M23/4	12:18	Boland Athletics
21	823	motlatsi	NTSASA	AFS	M23/4	12:19	Athletics Free State
22	1338	omphile	1483	AGN	M23/4	12:19	Athletics Gauteng North
23	3136	dylan	VAN DER MERWE	CGA	M23/4	12:21	Central Gauteng Athletics
24	3478	siyabonga	NDOVU	KZNA	M23/4	12:23	Kwazulu Natal
25	3133	thato	PULE	CGA	M23/4	12:23	Central Gauteng Athletics

26	360	gcinani	MACAMO	ACNW	M23/4	12:23	Athletics Central North West
27	1337	mandla	MAHLANGU	AGN	M23/4	12:24	Athletics Gauteng North
28	1348	dannyboy	SEHOMO	AGN	M23/4	12:24	Athletics Gauteng North
29	1342	lindokuhle	MAZIBUKO	AGN	M23/4	12:39	Athletics Gauteng North
30	363	obed	MATHEOLANA	ACNW	M23/4	12:43	Athletics Central North West
31	3477	mdumiseni	MTOLO	KZNA	M23/4	12:43	Kwazulu Natal
32	3853	brian	MANGENA	LIMA	M23/4	12:44	Limpopo Athletics
33	362	nyico	MARRENGUE	ACNW	M23/4	12:44	Athletics Central North West
34	1341	thabang	MATLOU	AGN	M23/4	12:45	Athletics Gauteng North
35	2874	harry	VAN NIEKERK	BOLA	M23/4	12:46	Boland Athletics
36	821	kagisho	MPUNZI	AFS	M23/4	12:47	Athletics Free State
37	814	modupe	MATHE	AFS	M23/4	12:48	Athletics Free State
38	1350	gordon	SHABALALA	AGN	M23/4	12:48	Athletics Gauteng North
39	2521	kgotso	VAN WYK	ANWN	M23/4	12:50	Athletics North West North
40	1345	stefan	OBERHOLZER	AGN	M23/4	12:51	Athletics Gauteng North
41	808	heinrich	BRUHNS	AFS	M23/4	12:51	Athletics Free State
42	817	teboho	MOGOETSI	AFS	M23/4	12:55	Athletics Free State
43	1340	monne	MATLATA	AGN	M23/4	12:56	Athletics Gauteng North
44	1335	amos	KHOZA	AGN	M23/4	12:57	Athletics Gauteng North
45	3856	edward	RAMMALA	LIMA	M23/4	12:58	Limpopo Athletics
46	1333	wilhelm	BERRANGE	AGN	M23/4	13:03	Athletics Gauteng North
47	358	william	KAISTER	ACNW	M23/4	13:04	Athletics Central North West
48	366	reinard	REITSMA	ACNW	M23/4	13:06	Athletics Central North West
49	822	tole	MZWAKHE	AFS	M23/4	13:07	Athletics Free State
50	3476	phumlani	DLAMINI	KZNA	M23/4	13:08	Kwazulu Natal
51	818	omphile	MOILWA	AFS	M23/4	13:11	Athletics Free State
52	815	mpumelelo	MDI	AFS	M23/4	13:11	Athletics Free State
53	369	delwin	VERMEULEN	ACNW	M23/4	13:15	Athletics Central North West
54	2134	doctor	MADALANE	AMPU	M23/4	13:15	Athletics Mpumalanga
55	810	terry	DERISON	AFS	M23/4	13:16	Athletics Free State
56	816	sphamandla	MHLOPHE	AFS	M23/4	13:17	Athletics Free State
57	813	teboho	MAKUME	AFS	M23/4	13:18	Athletics Free State
58	2516	piet	LEGOBATE	ANWN	M23/4	13:21	Athletics North West North
59	820	poloko	MOSIA	AFS	M23/4	13:21	Athletics Free State
60	2515	peter	KOTSEDI	ANWN	M23/4	13:24	Athletics North West North
61	2832	archuse	MPUMELELO	AVT	M23/4	13:25	Athletics Vaal Triangle
62	819	kamohelo	MOROBI	AFS	M23/4	13:28	Athletics Free State
63	1332	de villiers	BASSON	AGN	M23/4	13:31	Athletics Gauteng North
64	809	pule	CHOU	AFS	M23/4	13:37	Athletics Free State
65	1336	rouxan	LE ROUX	AGN	M23/4	13:44	Athletics Gauteng North
66	812	senqu	KHOMO	AFS	M23/4	13:45	Athletics Free State
67	3852	valentine	MAAKAMEDI	LIMA	M23/4	13:46	Limpopo Athletics
68	824	edward	TLALI	AFS	M23/4	13:47	Athletics Free State
69	1334	thinus	JV RENSBURG	AGN	M23/4	13:47	Athletics Gauteng North
70	1343	dylan	MCMMASTER	AGN	M23/4	13:50	Athletics Gauteng North
71	3854	tokollo	MASHILO	LIMA	M23/4	13:51	Limpopo Athletics
72	361	unity	MAROKE	ACNW	M23/4	13:55	Athletics Central North West
73	1344	karabo	MOTHEIWANA	AGN	M23/4	13:56	Athletics Gauteng North
74	3857	dolly	RAMONYATHI	LIMA	M23/4	14:00	Limpopo Athletics
75	2138	siboniso	MNEMBANE	AMPU	M23/4	14:01	Athletics Mpumalanga

76	2514	tiaan	JANEKE	ANWN	M23/4	14:15	Athletics North West North
77	2140	thulane	NGCOBA	AMPU	M23/4	14:28	Athletics Mpumalanga
78	3859	hector	TAU	LIMA	M23/4	14:31	Limpopo Athletics
79	2130	jacques	KEULDER	AMPU	M23/4	14:32	Athletics Mpumalanga
80	2141	thapelo	SEGAGE	AMPU	M23/4	14:37	Athletics Mpumalanga
81	365	muneer	OMARJEE	ACNW	M23/4	14:37	Athletics Central North West
82	3851	brian	LEGODI	LIMA	M23/4	14:46	Limpopo Athletics
83	1346	sebastiaan	PAUW	AGN	M23/4	14:59	Athletics Gauteng North
84	2517	keamogetsw	MALEBYE	ANWN	M23/4	15:17	Athletics North West North
85	2133	vusi	LUBISI	AMPU	M23/4	15:22	Athletics Mpumalanga
86	2520	rethabile	THABA	ANWN	M23/4	15:26	Athletics North West North
87	2129	errol	BOSCH	AMPU	M23/4	15:31	Athletics Mpumalanga
88	2513	victor	DU TOIT	ANWN	M23/4	15:44	Athletics North West North
89	3850	louis	HAYNES	LIMA	M23/4	15:54	Limpopo Athletics

RESULTS INDIVIDUAL COMPETITION SM/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	3213	brendon	LENTSWE	CGA	SM/4	11:07	Central Gauteng Athletics
2	3986	anthony	TIMOTEUS	WPA	SM/4	11:30	Western Province Athletics
3	3210	marko	BUCCARIZZA	CGA	SM/4	11:32	Central Gauteng Athletics
4	1481	reghan	MAGWAI	AGN	SM/4	11:34	Athletics Gauteng North
5	873	paseka	MOKUBUNG	AFS	SM/4	11:41	Athletics Free State
6	3369	ashley	SMITH	IND	SM/4	11:51	Individual
7	412	jerry	MOTSAU	ACNW	SM/4	11:52	Athletics Central North West
8	3215	derocious	MAKHUBOLA	CGA	SM/4	11:53	Central Gauteng Athletics
9	3984	vuyolwethu	MBUKUSHE	WPA	SM/4	11:54	Western Province Athletics
10	3214	henry	MAKANE	CGA	SM/4	11:57	Central Gauteng Athletics
11	3211	andile	HLEBO	CGA	SM/4	11:57	Central Gauteng Athletics
12	3218	ronaldo	VAN WYK	CGA	SM/4	11:57	Central Gauteng Athletics
13	1490	tebogo	SEGALAGALA	AGN	SM/4	11:58	Athletics Gauteng North
14	3982	andre	AFRIKA	WPA	SM/4	11:59	Western Province Athletics
15	3985	emiele	PAULSEN	WPA	SM/4	11:59	Western Province Athletics
16	1488	michael	PIENAAR	AGN	SM/4	12:00	Athletics Gauteng North
17	409	puseletso	MOFOKENG	ACNW	SM/4	12:05	Athletics Central North West
18	3212	prince	JALI	CGA	SM/4	12:06	Central Gauteng Athletics
19	2876	llewellyn	GROENEVELDT	BOLA	SM/4	12:15	Boland Athletics
20	1361	ruan	2199	IND	SM/4	12:19	Individual
21	3992	sydney	GUMEDE	AVT	SM/4	12:20	Athletics Vaal Triangle
22	2199	brian	MOTSEPE	AMPU	SM/4	12:20	Athletics Mpumalanga
23	1483	pfarelo	MATHADA	AGN	SM/4	12:20	Athletics Gauteng North
24	2877	akhona	MDAKA	BOLA	SM/4	12:21	Boland Athletics
25	2551	donald	SEDISE	ANWN	SM/4	12:24	Athletics North West North
26	881	lebohang	TSOTOTSI	AFS	SM/4	12:25	Athletics Free State
27	3217	thabo	MOTAUNG	CGA	SM/4	12:29	Central Gauteng Athletics
28	2875	angelo	BOOYSEN	BOLA	SM/4	12:30	Boland Athletics
29	876	felix	NOMZANA	AFS	SM/4	12:32	Athletics Free State
30	3525	nkosiyazi	SITHOLE	KZNA	SM/4	12:34	Kwazulu Natal
31	1475	koos	BALOYI	AGN	SM/4	12:34	Athletics Gauteng North
32	869	mohau	MALISE	AFS	SM/4	12:35	Athletics Free State
33	868	mpho	LITABE	AFS	SM/4	12:36	Athletics Free State

34	1474	ivan	AMBRAA	AGN	SM/4	12:37	Athletics Gauteng North
35	3880	petrus	MOGOLANA	LIMA	SM/4	12:39	Limpopo Athletics
36	1484	ruan	MEINTJIES	AGN	SM/4	12:40	Athletics Gauteng North
37	3928	dewayne joh	MOURIES	SAPS	SM/4	12:40	SA Police
38	1478	lesiba	CHOKOE	AGN	SM/4	12:41	Athletics Gauteng North
39	2550	simon	MOHLOSI	ANWN	SM/4	12:42	Athletics North West North
40	3216	thato	MOLATEDI	CGA	SM/4	12:43	Central Gauteng Athletics
41	3886	tumelo	PHAGO	LIMA	SM/4	12:45	Limpopo Athletics
42	3926	griffiths	MOHLAHO	SAPS	SM/4	12:50	SA Police
43	2764	aubrey	NTHAKO	AGN	SM/4	12:52	Athletics Gauteng North
44	874	thanduxolo	MOLATEDI	AFS	SM/4	12:54	Athletics Free State
45	1479	tshepo	LEETO	AGN	SM/4	12:59	Athletics Gauteng North
46	1480	xolani	LONI	AGN	SM/4	12:59	Athletics Gauteng North
47	408	anele	MDINGI	ACNW	SM/4	12:59	Athletics Central North West
48	413	mogomotsi	SEGEMELO	ACNW	SM/4	13:01	Athletics Central North West
49	872	mongezi	MBANE	AFS	SM/4	13:02	Athletics Free State
50	878	willem	RADEBE	AFS	SM/4	13:05	Athletics Free State
51	3883	nelson	MOTHOA	LIMA	SM/4	13:11	Limpopo Athletics
52	3879	manhlane	MODIBA	LIMA	SM/4	13:16	Limpopo Athletics
53	3884	noah	MOTIMEDI	LIMA	SM/4	13:21	Limpopo Athletics
54	879	matthew	RUSSELL	AFS	SM/4	13:23	Athletics Free State
55	3924	mpho	LEHANYA	SAPS	SM/4	13:23	SA Police
56	3881	edward	MOLEMA	LIMA	SM/4	13:25	Limpopo Athletics
57	875	thabang	MPHUTI	AFS	SM/4	13:28	Athletics Free State
58	880	freddy	SEFATSA	AFS	SM/4	13:36	Athletics Free State
59	2204	bheki	NKOSI	AMPU	SM/4	13:38	Athletics Mpumalanga
60	870	mohlakoana	MASHALE	AFS	SM/4	13:41	Athletics Free State
61	2200	sthembiso	MTHEMBU	AMPU	SM/4	13:44	Athletics Mpumalanga
62	867	khumbulani	KHOARAI	AFS	SM/4	13:50	Athletics Free State
63	3931	thando	NCIPHA	SAPS	SM/4	13:53	SA Police
64	3887	tewis	WILLEMSE	LIMA	SM/4	13:54	Limpopo Athletics
65	1780	jonathan	KHOAENE	AGW	SM/4	14:02	Griqua Land West
66	3368	warren	HEFKIE	IND	SM/4	14:09	Individual
67	1781	daniel	MAKAPE	AGW	SM/4	14:10	Griqua Land West
68	2194	jonas	MABENA	AMPU	SM/4	14:14	Athletics Mpumalanga
69	2552	joe	VILJOEN	ANWN	SM/4	14:17	Athletics North West North
70	1489	marco	RUTHVEN	AGN	SM/4	14:22	Athletics Gauteng North
71	3882	ike	MOLWANTWA	LIMA	SM/4	14:23	Limpopo Athletics
72	3885	philip	MPHAKA	LIMA	SM/4	14:26	Limpopo Athletics
73	414	ammiël	SMITH	ACNW	SM/4	14:32	Athletics Central North West
74	410	rantso	MOKOPANE	ACNW	SM/4	14:40	Athletics Central North West
75	3878	khutso	MMAKO	LIMA	SM/4	14:47	Limpopo Athletics
76	2193	tiaan	IMMELMAN	AMPU	SM/4	14:56	Athletics Mpumalanga
77	411	peter	MONG	ACNW	SM/4	14:57	Athletics Central North West
78	3877	marvin	MATHABA	LIMA	SM/4	15:01	Limpopo Athletics
79	1366	samuel	MOHLAKE	AGN	SM/4	15:23	Athletics Gauteng North
80	2196	samson	MALULEKE	AMPU	SM/4	15:54	Athletics Mpumalanga
81	2198	kgashane	MATHIPA	AMPU	SM/4	15:54	Athletics Mpumalanga

RESULTS INDIVIDUAL COMPETITION SM/10

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3195	precious	MASHELE	CGA	SM/10	29:38	Central Gauteng Athletics
2	862	pakiso	MTHEMBU	AFS	SM/10	29:50	Athletics Free State
3	3202	kabelo	SEBOKO	CGA	SM/10	29:50	Central Gauteng Athletics
4	397	thabang	MOSIAKO	ACNW	SM/10	30:12	Athletics Central North West
5	2182	moses	MAHLANGU	AMPU	SM/10	30:22	Athletics Mpumalanga
6	3198	ntsindiso	MPHAKATHI	CGA	SM/10	30:44	Central Gauteng Athletics
7	1453	milton	KEKANA	AGN	SM/10	30:57	Athletics Gauteng North
8	865	thabo	SEBOTSA	AFS	SM/10	30:59	Athletics Free State
9	3200	francisese lese	PAPO	CGA	SM/10	31:02	Central Gauteng Athletics
10	3528	bonginkosi	ZWANE	KZNA	SM/10	31:05	Kwazulu Natal
11	3521	sipho	MBANJWA	KZNA	SM/10	31:15	Kwazulu Natal
12	3343	andile	MOTWANI	EPA	SM/10	31:17	Eastern Province Athletics
13	1466	victor	PHEEHA	AGN	SM/10	31:20	Athletics Gauteng North
14	3873	disego	LEDWABA	LIMA	SM/10	31:24	Limpopo Athletics
15	3979	merlin	KLAASTE	WPA	SM/10	31:26	Western Province Athletics
16	3192	tshepiso	KHATI	CGA	SM/10	31:27	Central Gauteng Athletics
17	400	ian	SLINGER	ACNW	SM/10	31:28	Athletics Central North West
18	3197	samuel	MOLOI	CGA	SM/10	31:30	Central Gauteng Athletics
19	3977	raydon	BALIE	WPA	SM/10	31:35	Western Province Athletics
20	3523	ayanda	NGCOBO	KZNA	SM/10	31:44	Kwazulu Natal
21	3194	kwanda	LONGOZA	CGA	SM/10	31:45	Central Gauteng Athletics
22	3526	ndumiso	SOKHELA	KZNA	SM/10	31:48	Kwazulu Natal
23	1465	thabang	NKUNA	AGN	SM/10	31:50	Athletics Gauteng North
24	1455	kamogelo	MASEMOLA	AGN	SM/10	31:53	Athletics Gauteng North
25	3196	moeletsi	MOLETSAME	CGA	SM/10	31:57	Central Gauteng Athletics
26	2843	medupi	TLADI	AVT	SM/10	32:03	Athletics Vaal Triangle
27	1456	richard	MAVUSO	AGN	SM/10	32:04	Athletics Gauteng North
28	863	simon	NDLANE	AFS	SM/10	32:05	Athletics Free State
29	3520	mthokozisi	MAZIBUKO	KZNA	SM/10	32:08	Kwazulu Natal
30	3342	mariano	EESOU	EPA	SM/10	32:12	Eastern Province Athletics
31	859	thabang	MASIHLEHO	AFS	SM/10	32:16	Athletics Free State
32	3193	thamsanqa	KHONCO	CGA	SM/10	32:17	Central Gauteng Athletics
33	3980	vuyolwethu	MBUKUSHE	WPA	SM/10	32:23	Western Province Athletics
34	395	pusoletso	MOFOKENG	ACNW	SM/10	32:26	Athletics Central North West
35	3978	bruce-lynn	DAMONS	WPA	SM/10	32:32	Western Province Athletics
36	2188	katleho	MOLOI	AMPU	SM/10	32:34	Athletics Mpumalanga
37	3524	maradonna	NGCOBO	KZNA	SM/10	32:36	Kwazulu Natal
38	1460	mpho	MOTAUNG	AGN	SM/10	32:37	Athletics Gauteng North
39	398	ofentse	MOTLHOMI	ACNW	SM/10	32:39	Athletics Central North West
40	3522	nkosikhona	MHLAKWANA	KZNA	SM/10	32:40	Kwazulu Natal
41	2187	kleinboy	MATSEMELA	AMPU	SM/10	32:43	Athletics Mpumalanga
42	857	david	HLALELE	AFS	SM/10	32:44	Athletics Free State
43	3981	amos	NYONGO	WPA	SM/10	33:31	Western Province Athletics
44	2186	lebohang	MATIMA	AMPU	SM/10	33:34	Athletics Mpumalanga
45	2716	luthando	NDONYELA	ATRA	SM/10	33:36	Athletics Transkei
46	3875	jankie	SEHLAPELO	LIMA	SM/10	33:37	Limpopo Athletics
47	858	mooketsi	MAKHEBESELE	AFS	SM/10	33:42	Athletics Free State
48	3201	sakhile	SANGWENI	CGA	SM/10	33:46	Central Gauteng Athletics
49	2545	poloko	MAPHUNYE	ANWN	SM/10	33:47	Athletics North West North

50	3519	mfundo	CHAGWE	KZNA	SM/10	33:49	Kwazulu Natal
51	2184	thabiso	MASHELE	AMPU	SM/10	34:00	Athletics Mpumalanga
52	396	kamogelo	MONCHO	ACNW	SM/10	34:05	Athletics Central North West
53	2189	vusumuzi	NKWANYANE	AMPU	SM/10	34:06	Athletics Mpumalanga
54	3874	joe solomon	MOJA	LIMA	SM/10	34:13	Limpopo Athletics
55	2842	mosilili	THABISO	AVT	SM/10	34:16	Athletics Vaal Triangle
56	3367	rudolf	RUSSOUW	IND	SM/10	34:17	Individual
57	3199	zhululek	NTANZI	CGA	SM/10	34:18	Central Gauteng Athletics
58	3976	andre	AFRIKA	WPA	SM/10	34:31	Western Province Athletics
59	864	tshepo	NYAPOTSE	AFS	SM/10	34:35	Athletics Free State
60	2190	jetro	SITHOLE	AMPU	SM/10	34:38	Athletics Mpumalanga
61	2192	john	VILAKAZI	AMPU	SM/10	34:47	Athletics Mpumalanga
62	1463	tebogo	NDWANDWE	AGN	SM/10	34:51	Athletics Gauteng North
63	1452	johann	BERRANGE	AGN	SM/10	35:10	Athletics Gauteng North
64	2544	gaopalelwe	MANAKE	ANWN	SM/10	35:17	Athletics North West North
65	2840	mapepane	MAHLANGU	AVT	SM/10	35:18	Athletics Vaal Triangle
66	2179	mduduzi	HOVANA	AMPU	SM/10	35:36	Athletics Mpumalanga
67	2547	lebogang	MOKATSOLA	ANWN	SM/10	36:12	Athletics North West North
68	3876	zeinel	TSIPA	LIMA	SM/10	36:23	Limpopo Athletics
69	2181	macaleni	MAHLANGU	AMPU	SM/10	36:30	Athletics Mpumalanga
70	3927	tshepo kenne	MOTSEHELA	SAPS	SM/10	36:40	SA Police
71	2546	gregory	MOGOLOLA	ANWN	SM/10	36:57	Athletics North West North
72	2180	thamsanqa	HUNGUANA	AMPU	SM/10	36:59	Athletics Mpumalanga
73	2191	lucky	SITHOLE	AMPU	SM/10	37:40	Athletics Mpumalanga
74	3872	mpho	KEKANA	LIMA	SM/10		Limpopo Athletics
75	3929	jabulani emm	MTHOMBENI	SAPS	SM/10		SA Police
76	399	kolatau	SELEKE	ACNW	SM/10		Athletics Central North West
77	2185	simon	MATELA	AMPU	SM/10		Athletics Mpumalanga
78	1779	sharlton	KRAMP	AGW	SM/10		Griqua Land West
79	1459	renaleone	MOKUKULE	AGN	SM/10		Athletics Gauteng North
80	1372	edward	SHABANGU	AGN	SM/10		Athletics Gauteng North
81	1469	inocent	SHABALALA	AGN	SM/10		Athletics Gauteng North
82	2681	elvis	VAN NIEKERK	ASWD	SM/10		South Western Districts
83	388	casper	MURPHY	ACNW	SM/10		Athletics Central North West
84	386	solomon	TUENG	ACNW	SM/10		Athletics Central North West

RESULTS INDIVIDUAL COMPETITION M35/8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3143	pule	TJAOANA	CGA	M35/8	25:26	Central Gauteng Athletics
2	2833	peter	MATHUBI	AVT	M35/8	25:36	Athletics Vaal Triangle
3	1354	motsamai	MOTONE	AGN	M35/8	25:42	Athletics Gauteng North
4	3142	thomas	SIYAVUYA	CGA	M35/8	26:07	Central Gauteng Athletics
5	3914	rirhandzu ish	RHANGANI	SAPS	M35/8	26:10	SA Police
6	3912	aranoleng isa	MOGAPI	SAPS	M35/8	26:15	SA Police
7	2522	ishmael	BONNETSOE	ANWN	M35/8	26:31	Athletics North West North
8	3481	sipho	NGXONGO	KZNA	M35/8	26:45	Kwazulu Natal
9	3970	ricardo	BLAUW	WPA	M35/8	27:18	Western Province Athletics
10	3861	albert	NTSOANE	LIMA	M35/8	27:18	Limpopo Athletics
11	3971	oscar	COETZEE	WPA	M35/8	27:24	Western Province Athletics
12	3139	peter	MOGOLE	CGA	M35/8	27:29	Central Gauteng Athletics

13	3138	doctor	MATHOLE	CGA	M35/8	27:40	Central Gauteng Athletics
14	1352	musa	MALULEKE	AGN	M35/8	27:42	Athletics Gauteng North
15	2144	sidney	MAISA	AMPU	M35/8	27:43	Athletics Mpumalanga
16	3333	ricardo	PLAATJIES	EPA	M35/8	27:47	Eastern Province Athletics
17	3137	thompson	MAGAGANE	CGA	M35/8	28:12	Central Gauteng Athletics
18	3482	innocent	NYAWOSE	KZNA	M35/8	28:19	Kwazulu Natal
19	2145	philani	MKHWANAZI	AMPU	M35/8	28:23	Athletics Mpumalanga
20	3331	sizakele	DAYIMANI	EPA	M35/8	28:25	Eastern Province Athletics
21	3483	sphamandla	NZAMA	KZNA	M35/8	28:49	Kwazulu Natal
22	3480	phumelele	BAQWA	KZNA	M35/8	28:52	Kwazulu Natal
23	2143	emmanuel	MABASO	AMPU	M35/8	28:58	Athletics Mpumalanga
24	2525	sartiel	PULE	ANWN	M35/8	29:12	Athletics North West North
25	3332	masande	MLONYENI	EPA	M35/8	29:32	Eastern Province Athletics
26	1356	randal	TITUS	AGN	M35/8	29:42	Athletics Gauteng North
27	3862	thomas	RAMOGALE	LIMA	M35/8	30:16	Limpopo Athletics
28	2147	doctor	SIBANYONI	AMPU	M35/8	30:22	Athletics Mpumalanga
29	2523	kagiso	KUTE	ANWN	M35/8	30:54	Athletics North West North
30	2146	martin	PLATT	AMPU	M35/8	30:55	Athletics Mpumalanga
31	2524	ngwako	MATSHIDISHO	ANWN	M35/8	31:19	Athletics North West North
32	825	sam	MARX	AFS	M35/8	31:41	Athletics Free State
33	2142	wimpie	BOTHA	AMPU	M35/8	32:16	Athletics Mpumalanga
34	3911	teboho david	MAJORO	SAPS	M35/8	33:33	SA Police
35	1355	christiaan	MULLER	AGN	M35/8	34:44	Athletics Gauteng North
36	371	andries	GREEF	ACNW	M35/8	35:24	Athletics Central North West
37	370	stuart	FASER	ACNW	M35/8	37:30	Athletics Central North West
38	1351	dirk	DU PLOOY	AGN	M35/8	44:54	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION M40/8

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	3918	mbulelo sydr	SPEELMAN	SAPS	M40/8	25:45	SA Police
2	3490	simphiwe	ZULU	KZNA	M40/8	26:05	Kwazulu Natal
3	3916	mkhuhlane ja	MGCINA	SAPS	M40/8	26:14	SA Police
4	1777	sihlalo	XWAZI	AGW	M40/8	26:34	Griqua Land West
5	833	piet	MPHETENG	AFS	M40/8	27:15	Athletics Free State
6	3146	lympson	MAIFO	CGA	M40/8	27:26	Central Gauteng Athletics
7	3151	mafika	NGIDI	CGA	M40/8	27:45	Central Gauteng Athletics
8	2835	sampie	MOKGATLA	AVT	M40/8	27:49	Athletics Vaal Triangle
9	3915	noko ronny	MABOTJA	SAPS	M40/8	27:54	SA Police
10	3487	menzi	NGCOBO	KZNA	M40/8	28:02	Kwazulu Natal
11	373	willem	VAN ROOYEN	ACNW	M40/8	29:05	Athletics Central North West
12	830	alistair	KINGWILL	AFS	M40/8	29:06	Athletics Free State
13	3489	maxwell	NGWAZI	KZNA	M40/8	29:11	Kwazulu Natal
14	1371	tiaan	ROSSOUW	AGN	M40/8	29:25	Athletics Gauteng North
15	3147	anton	MARAIS	CGA	M40/8	29:26	Central Gauteng Athletics
16	3148	adam	MAROKO	CGA	M40/8	29:45	Central Gauteng Athletics
17	1358	charles	BEURAIN	AGN	M40/8	29:49	Athletics Gauteng North
18	2527	willem	ODENDAAL	ANWN	M40/8	29:56	Athletics North West North
19	3334	francisco	VAN DER BERG	EPA	M40/8	30:25	Eastern Province Athletics
20	1776	abram	DITSEBE	AGW	M40/8	30:44	Griqua Land West
21	3864	theunis	VAN DER MERWE	LIMA	M40/8	30:46	Limpopo Athletics

22	3485	sbusiso	BIYELA	KZNA	M40/8	30:46	Kwazulu Natal
23	2529	ettienne	SCHOEMAN	ANWN	M40/8	30:51	Athletics North West North
24	1365	herman	MARE	AGN	M40/8	31:17	Athletics Gauteng North
25	2530	leon	SCHOLTZ	ANWN	M40/8	31:20	Athletics North West North
26	1360	gerhard	BEUKES	AGN	M40/8	31:46	Athletics Gauteng North
27	1375	frans	VAN DAALEN	AGN	M40/8	31:54	Athletics Gauteng North
28	3917	joseph motsa	SELOLO	SAPS	M40/8	31:55	SA Police
29	3486	hein	DE KLERK	KZNA	M40/8	32:18	Kwazulu Natal
30	2528	jako	PIENAAR	ANWN	M40/8	32:30	Athletics North West North
31	1374	wilhelm	STEYN	AGN	M40/8	32:36	Athletics Gauteng North
32	2526	hannes	HENNING	ANWN	M40/8	32:39	Athletics North West North
33	1367	sefako	MONTSHO	AGN	M40/8	32:46	Athletics Gauteng North
34	1369	montela	NQOMANE	AGN	M40/8	32:59	Athletics Gauteng North
35	831	lebogang	MOGONGOA	AFS	M40/8	33:20	Athletics Free State
36	3488	herman bhek	NGUBANE	KZNA	M40/8	33:52	Kwazulu Natal
37	1362	naas	DU PREEZ	AGN	M40/8	34:42	Athletics Gauteng North
38	829	henry	JORDAAN	AFS	M40/8	34:55	Athletics Free State
39	2682	charlie	TEKANA	ASWD	M40/8	35:42	South Western Districts
40	2148	arno	ARCHER	AMPU	M40/8	35:46	Athletics Mpumalanga
41	1373	ian	SKOSAN	AGN	M40/8	36:11	Athletics Gauteng North
42	834	kgantlapane	RAMMUTLE	AFS	M40/8	36:44	Athletics Free State
43	836	dewald	VAN ROOYEN	AFS	M40/8	36:48	Athletics Free State
44	2531	joseph	SILINZA	ANWN	M40/8	37:02	Athletics North West North
45	2151	ryan	VENTER	AMPU	M40/8	37:25	Athletics Mpumalanga
46	2150	rudi	RAUTENBACH	AMPU	M40/8	38:04	Athletics Mpumalanga
47	372	abrie	SMITH	ACNW	M40/8	38:12	Athletics Central North West
48	1363	francois	ERASMUS	AGN	M40/8	38:21	Athletics Gauteng North
49	2149	de wet	HOLTZHAUSEN	AMPU	M40/8	39:24	Athletics Mpumalanga
50	828	thomas	ASHKETTLE	AFS	M40/8	42:24	Athletics Free State
51	1368	paul	NEL	AGN	M40/8	45:54	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION M45/8

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	3157	timothy	MAKOFANE	CGA	M45/8	26:56	Central Gauteng Athletics
2	1390	philimon	MANYAKA	AGN	M45/8	27:41	Athletics Gauteng North
3	3492	michael	KHAMBULE	KZNA	M45/8	27:43	Kwazulu Natal
4	3159	adam	MOTONA	CGA	M45/8	28:04	Central Gauteng Athletics
5	2532	spencer	MORAOPE	ANWN	M45/8	28:15	Athletics North West North
6	1391	piet	MOSEBEDI	AGN	M45/8	28:23	Athletics Gauteng North
7	2533	johnny	YOUNG	ANWN	M45/8	28:29	Athletics North West North
8	1392	henk	MULDER	AGN	M45/8	28:42	Athletics Gauteng North
9	3158	sello	MOILOA	CGA	M45/8	28:44	Central Gauteng Athletics
10	3156	lucky	MABUZA	CGA	M45/8	28:59	Central Gauteng Athletics
11	1386	gideon	JOUBERT	AGN	M45/8	29:14	Athletics Gauteng North
12	3335	noel	ADAMS	EPA	M45/8	29:24	Eastern Province Athletics
13	3491	mandla	HLONGWA	KZNA	M45/8	29:53	Kwazulu Natal
14	1378	llewelyn	CURLEWIS	AGN	M45/8	30:20	Athletics Gauteng North
15	2155	ezeziel	KGOPODIMETSE	AMPU	M45/8	30:24	Athletics Mpumalanga
16	3866	thomas	THEMA	LIMA	M45/8	30:26	Limpopo Athletics
17	1389	aaron	MABENA	AGN	M45/8	30:32	Athletics Gauteng North

18	3495	jerome	ZONDI	KZNA	M45/8	30:54	Kwazulu Natal
19	374	pieter	BURGER	ACNW	M45/8	31:23	Athletics Central North West
20	379	johan	VISSER	ACNW	M45/8	31:24	Athletics Central North West
21	3155	trevor	LOCKER	CGA	M45/8	31:36	Central Gauteng Athletics
22	2158	johan	STEYN	AMPU	M45/8	31:43	Athletics Mpumalanga
23	837	fillip	DICHABA	AFS	M45/8	32:01	Athletics Free State
24	3153	nkosinathi	KUBHEKA	CGA	M45/8	32:04	Central Gauteng Athletics
25	1381	louis	FAASEN	AGN	M45/8	32:06	Athletics Gauteng North
26	375	hugo	CALITZ	ACNW	M45/8	32:07	Athletics Central North West
27	2153	sipho	HLUMBANE	AMPU	M45/8	32:12	Athletics Mpumalanga
28	3493	brendan	MAYER	KZNA	M45/8	32:16	Kwazulu Natal
29	839	mphutlane	MODIBEDI	AFS	M45/8	32:24	Athletics Free State
30	378	cor	LEIJENAAR	ACNW	M45/8	32:33	Athletics Central North West
31	1379	rob	DONKIN	AGN	M45/8	33:03	Athletics Gauteng North
32	2154	johan	JOUBERT	AMPU	M45/8	33:05	Athletics Mpumalanga
33	1380	chris	DORFLING	AGN	M45/8	33:32	Athletics Gauteng North
34	1778	daniel	TLHAGE	AGW	M45/8	33:56	Griqua Land West
35	2152	willem	ARCHER	AMPU	M45/8	33:56	Athletics Mpumalanga
36	841	aldo	OELOFSE	AFS	M45/8	34:07	Athletics Free State
37	1394	james	VIVIER	AGN	M45/8	34:32	Athletics Gauteng North
38	1376	otto	BEHRENS	AGN	M45/8	34:46	Athletics Gauteng North
39	2159	jaco	VAN MEYEREN	AMPU	M45/8	35:27	Athletics Mpumalanga
40	2156	zimasa	NTOME	AMPU	M45/8	36:19	Athletics Mpumalanga
41	3154	gavin	LETCHER	CGA	M45/8	36:50	Central Gauteng Athletics
42	2683	hendrik	PRINS	ASWD	M45/8	38:11	South Western Districts
43	3865	samson	MABIYA	LIMA	M45/8	38:11	Limpopo Athletics
44	3397	charles	NORMAN	AGN	M45/8	38:37	Athletics Gauteng North
45	376	melvin	DIEDERICKS	ACNW	M45/8	38:45	Athletics Central North West
46	1382	andre	FOURIE	AGN	M45/8	38:54	Athletics Gauteng North
47	377	gerrit	KOTZE	ACNW	M45/8	45:24	Athletics Central North West
48	1393	gerard	PRETORIUS	AGN	M45/8	46:24	Athletics Gauteng North
49	1388	aldo	LAUBSCHER	AGN	M45/8	48:24	Athletics Gauteng North
50	50	leon	BOOYSEN	AGN	M45/8	48:54	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION M50/8

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	3921	mluleki ellias	NOBANDA	SAPS	M50/8	27:02	SA Police
2	3161	peter	MASIA	CGA	M50/8	27:14	Central Gauteng Athletics
3	3165	george	MOOI	CGA	M50/8	27:32	Central Gauteng Athletics
4	3164	moeketsi joh	MOAGI	CGA	M50/8	28:35	Central Gauteng Athletics
5	3160	lawrence	CHIPANGAAN	CGA	M50/8	28:47	Central Gauteng Athletics
6	2164	abednego	SHONGWE	AMPU	M50/8	29:32	Athletics Mpumalanga
7	3497	michael	NDLOVU	KZNA	M50/8	29:42	Kwazulu Natal
8	1399	dawie	DE VILLIERS	AGN	M50/8	29:53	Athletics Gauteng North
9	3972	andrew	COOPER	WPA	M50/8	30:18	Western Province Athletics
10	3920	madoda esau	MIYA	SAPS	M50/8	30:18	SA Police
11	1398	johan	BUYS	AGN	M50/8	30:39	Athletics Gauteng North
12	2163	kobus	ROETS	AMPU	M50/8	30:43	Athletics Mpumalanga
13	3162	richard	MAYER	CGA	M50/8	30:45	Central Gauteng Athletics
14	2162	lucas	MAHLANGU	AMPU	M50/8	30:58	Athletics Mpumalanga

15	3166	nkosiyethu	NALA	CGA	M50/8	31:21	Central Gauteng Athletics
16	3923	solomon	DE BEER	SAPS	M50/8	31:29	SA Police
17	3973	bruce	STEWART	WPA	M50/8	31:32	Western Province Athletics
18	3922	tebogo johar	SEROKA	SAPS	M50/8	32:30	SA Police
19	2534	jorrie	JORDAAN	ANWN	M50/8	32:43	Athletics North West North
20	385	william	MOGALE	ACNW	M50/8	33:01	Athletics Central North West
21	1395	kobus	BESTER	AGN	M50/8	33:08	Athletics Gauteng North
22	1402	moses	LETLHAKA	AGN	M50/8	33:21	Athletics Gauteng North
23	846	flippie	KOTZE	AFS	M50/8	33:58	Athletics Free State
24	1397	graham	BURNETT	AGN	M50/8	34:07	Athletics Gauteng North
25	3508	freeman	VUTU	BORA	M50/8	34:44	Border Athletics
26	1403	gerhard	MARE	AGN	M50/8	34:52	Athletics Gauteng North
27	3498	tony	SAUNDERSON	KZNA	M50/8	34:59	Kwazulu Natal
28	3500	kelvin	STRACHAN	KZNA	M50/8	35:41	Kwazulu Natal
29	1405	kevin	O'BRIEN	AGN	M50/8	35:44	Athletics Gauteng North
30	383	conrad	FREESE	ACNW	M50/8	35:50	Athletics Central North West
31	2161	linda	MAGQABI	AMPU	M50/8	36:37	Athletics Mpumalanga
32	1396	pieter	BOTHA	AGN	M50/8	36:46	Athletics Gauteng North
33	847	kgosietsile	SHUPING	AFS	M50/8	37:29	Athletics Free State
34	2535	ishmael	MOTHOANE	ANWN	M50/8	37:51	Athletics North West North
35	1400	chris	GOUWS	AGN	M50/8	38:14	Athletics Gauteng North
36	1401	brandon	HUGHES	AGN	M50/8	38:24	Athletics Gauteng North
37	844	andre	BARTLEMAN	AFS	M50/8	38:53	Athletics Free State
38	1407	pieter	OOSTHUIZEN	AGN	M50/8	38:54	Athletics Gauteng North
39	845	reinier	BRÖNN	AFS	M50/8	39:54	Athletics Free State
40	2160	bennie	DU PLESSIS	AMPU	M50/8	40:24	Athletics Mpumalanga
41	1406	andre	OLIVIER	AGN	M50/8	40:54	Athletics Gauteng North
42	1408	andre	PIENAAR	AGN	M50/8	43:24	Athletics Gauteng North
43	381	quintus	DIPPENAAR	ACNW	M50/8	44:24	Athletics Central North West

RESULTS INDIVIDUAL COMPETITION M55/8

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	3505	wayne	SCOTT	KZNA	M55/8	29:00	Kwazulu Natal
2	3170	reform	NDLOVU	CGA	M55/8	29:06	Central Gauteng Athletics
3	3171	jeremia	RANKAPULE	CGA	M55/8	30:38	Central Gauteng Athletics
4	3974	tobias	PHILANDER	WPA	M55/8	30:57	Western Province Athletics
5	1416	johannes	NAUDE	AGN	M55/8	31:06	Athletics Gauteng North
6	848	thembile	GUSHANA	AFS	M55/8	31:09	Athletics Free State
7	3503	sipho	MAJOMBOZI	KZNA	M55/8	31:13	Kwazulu Natal
8	3173	arthur	WOOLDRIDGE	CGA	M55/8	31:16	Central Gauteng Athletics
9	3167	thulani	MAHLANGU	CGA	M55/8	31:38	Central Gauteng Athletics
10	3172	kabelo	TSHABALALA	CGA	M55/8	32:15	Central Gauteng Athletics
11	3168	zeb	MOKONOTO	CGA	M55/8	32:33	Central Gauteng Athletics
12	3169	bernard	MOSALA	CGA	M55/8	32:56	Central Gauteng Athletics
13	3504	jabulani	MNGUNI	KZNA	M55/8	33:45	Kwazulu Natal
14	1411	avril	BARKHUYSEN	AGN	M55/8	34:51	Athletics Gauteng North
15	3502	ken	CULVERWELL	KZNA	M55/8	35:09	Kwazulu Natal
16	1414	piet	LOTTER	AGN	M55/8	35:26	Athletics Gauteng North
17	3501	greg	BEYROOTI	KZNA	M55/8	36:18	Kwazulu Natal
18	851	paul	VISSER	AFS	M55/8	36:56	Athletics Free State

19	2536	thabo	TAU	ANWN	M55/8	37:11	Athletics North West North
20	1418	torrie	STOLTZ	AGN	M55/8	37:16	Athletics Gauteng North
21	1415	david	MOLELEKENA	AGN	M55/8	38:33	Athletics Gauteng North
22	1410	glen	ATTWELL	AGN	M55/8	41:24	Athletics Gauteng North
23	1417	winston	SMIT	AGN	M55/8	41:54	Athletics Gauteng North
24	1413	rampie	FAURE	AGN	M55/8	42:54	Athletics Gauteng North
25	1412	martin	BUYS	AGN	M55/8	43:54	Athletics Gauteng North
26	2165	jannie	JACOBS	AMPU	M55/8	46:54	Athletics Mpumalanga
27	849	jorrie	JORDAAN	AFS	M55/8	47:24	Athletics Free State
28	2166	willie	JORDAAN	AMPU	M55/8	47:54	Athletics Mpumalanga

RESULTS INDIVIDUAL COMPETITION M60/6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3975	julian	PAUL	WPA	M60/6	23:49	Western Province Athletics
2	3510	patrick	WYNNE	KZNA	M60/6	24:25	Kwazulu Natal
3	3178	petrus	KEKANA	CGA	M60/6	24:32	Central Gauteng Athletics
4	3174	andre	BREDENKAMP	CGA	M60/6	24:34	Central Gauteng Athletics
5	3181	alan	SMITH	CGA	M60/6	24:49	Central Gauteng Athletics
6	2170	gideon	RADEBE	AMPU	M60/6	24:55	Athletics Mpumalanga
7	3507	andrew	DALY	KZNA	M60/6	25:14	Kwazulu Natal
8	2171	stoney	STEENKAMP	AMPU	M60/6	25:27	Athletics Mpumalanga
9	3338	sticks	STIGLINGH	EPA	M60/6	25:32	Eastern Province Athletics
10	1432	johann	WALTERS	AGN	M60/6	25:33	Athletics Gauteng North
11	3177	chris	FULLER	CGA	M60/6	25:42	Central Gauteng Athletics
12	3336	charles	BAATJIES	EPA	M60/6	26:18	Eastern Province Athletics
13	3509	andre	SPIES	KZNA	M60/6	26:27	Kwazulu Natal
14	3176	arrigo	FERRI	CGA	M60/6	26:38	Central Gauteng Athletics
15	3180	sham	SINGH	CGA	M60/6	26:43	Central Gauteng Athletics
16	3506	vernon	ANLEY	KZNA	M60/6	27:25	Kwazulu Natal
17	1420	jan	BESTER	AGN	M60/6	27:39	Athletics Gauteng North
18	3179	petrus	LEFINE	CGA	M60/6	27:49	Central Gauteng Athletics
19	1422	dirk	BRINK	AGN	M60/6	27:57	Athletics Gauteng North
20	3337	sam	ERASMUS	EPA	M60/6	28:08	Eastern Province Athletics
21	2167	johann	COETZEE	AMPU	M60/6	28:13	Athletics Mpumalanga
22	852	ernst	VAN DER BERG	AFS	M60/6	28:22	Athletics Free State
23	2169	cobus	FOURIE	AMPU	M60/6	28:37	Athletics Mpumalanga
24	1428	gerrie	NEL	AGN	M60/6	28:52	Athletics Gauteng North
25	2172	piet	SWANEPOEL	AMPU	M60/6	29:03	Athletics Mpumalanga
26	1430	francois	VAN REENEN	AGN	M60/6	29:39	Athletics Gauteng North
27	1427	buks	MEYER	AGN	M60/6	30:00	Athletics Gauteng North
28	3869	alfred	MOLOTO	LIMA	M60/6	30:07	Limpopo Athletics
29	2537	werner	WEIDEMANN	ANWN	M60/6	30:16	Athletics North West North
30	1424	john	GROBBELAAR	AGN	M60/6	30:31	Athletics Gauteng North
31	3175	derek	BRENTANO	CGA	M60/6	30:38	Central Gauteng Athletics
32	2168	egbert	DE BRUYN	AMPU	M60/6	31:18	Athletics Mpumalanga
33	1421	hendrik	BOTHA	AGN	M60/6	31:36	Athletics Gauteng North
34	1431	wilbie	VENTER	AGN	M60/6	31:51	Athletics Gauteng North
35	1423	fanie	CLOETE	AGN	M60/6	33:38	Athletics Gauteng North
36	1426	bertie	MATTHYSEN	AGN	M60/6	34:09	Athletics Gauteng North
37	1429	hennie	PRINSLOO	AGN	M60/6	38:37	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION M65/6

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1435	david	MAPHANGULO	AGN	M65/6	23:42	Athletics Gauteng North
2	2540	warren	SCHMELZER	ANWN	M65/6	24:36	Athletics North West North
3	3183	stephen	MOAGI	CGA	M65/6	26:01	Central Gauteng Athletics
4	3187	cyril	VERGI	CGA	M65/6	27:08	Central Gauteng Athletics
5	3515	phillip	VAN NIEKERK	KZNA	M65/6	27:14	Kwazulu Natal
6	1438	machiel	VAN NIEKERK	AGN	M65/6	27:16	Athletics Gauteng North
7	2539	trevor	PARRY	ANWN	M65/6	27:27	Athletics North West North
8	2541	nico	STEENEKAMP	ANWN	M65/6	28:00	Athletics North West North
9	853	basil	KINGHORN	AFS	M65/6	28:06	Athletics Free State
10	3182	aloysius	EYBERS	CGA	M65/6	28:19	Central Gauteng Athletics
11	3185	maxwell	TEFFO	CGA	M65/6	28:22	Central Gauteng Athletics
12	3513	devilliers	OBERHOLZER	KZNA	M65/6	28:42	Kwazulu Natal
13	3184	wilson	NETSHISUALU	CGA	M65/6	28:59	Central Gauteng Athletics
14	3339	sizinzo	KAMA	EPA	M65/6	29:33	Eastern Province Athletics
15	854	michael	ROOS	AFS	M65/6	29:47	Athletics Free State
16	1433	tommy	BREEDT	AGN	M65/6	30:05	Athletics Gauteng North
17	393	henk	TERBLANCHE	ACNW	M65/6	30:05	Athletics Central North West
18	2538	jacob	MJANDANA	ANWN	M65/6	30:12	Athletics North West North
19	390	johan	BOTES	ACNW	M65/6	30:39	Athletics Central North West
20	2174	isaac	MANYIKA	AMPU	M65/6	30:57	Athletics Mpumalanga
21	3186	kenny	TULK	CGA	M65/6	31:34	Central Gauteng Athletics
22	391	eddie	MONG	ACNW	M65/6	31:35	Athletics Central North West
23	1439	wessel	VAN WYK	AGN	M65/6	33:12	Athletics Gauteng North
24	1437	gerald	STEYN	AGN	M65/6	33:13	Athletics Gauteng North
25	392	lourens	SWANEPOEL	ACNW	M65/6	34:17	Athletics Central North West
26	1440	johann	VAN ZYL	AGN	M65/6	35:54	Athletics Gauteng North
27	1436	gawie	PRETORIUS	AGN	M65/6	38:07	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION M70/6

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1442	mike	DU BRUTO	AGN	M70/6	26:40	Athletics Gauteng North
2	3188	brian	CHAMBERLAIN	CGA	M70/6	27:02	Central Gauteng Athletics
3	1443	daniel	HLONGWANE	AGN	M70/6	27:18	Athletics Gauteng North
4	3191	philimon	ZULU	CGA	M70/6	27:37	Central Gauteng Athletics
5	3341	lochi	LOCHNER	EPA	M70/6	27:52	Eastern Province Athletics
6	3340	eddie	EADES	EPA	M70/6	28:30	Eastern Province Athletics
7	1441	philip	BOARDMAN	AGN	M70/6	28:31	Athletics Gauteng North
8	3189	phil	CONNOLLY	CGA	M70/6	29:11	Central Gauteng Athletics
9	2542	charles	RALL	ANWN	M70/6	29:25	Athletics North West North
10	3517	les	SMITH	KZNA	M70/6	29:54	Kwazulu Natal
11	3190	brian	CURRIE	CGA	M70/6	30:06	Central Gauteng Athletics
12	3871	joshua	MOLALA	LIMA	M70/6	30:17	Limpopo Athletics
13	2175	gabriel	JOUBERT	AMPU	M70/6	30:41	Athletics Mpumalanga
14	2176	hans	SLIEP	AMPU	M70/6	32:52	Athletics Mpumalanga
15	1444	pieter	ROSSOUW	AGN	M70/6	33:39	Athletics Gauteng North
16	1445	gerrit	VAN NIEKERK	AGN	M70/6	34:40	Athletics Gauteng North
17	2543	wessel	WESSELS	ANWN	M70/6	36:12	Athletics North West North
18	394	willie	SNYMAN	ACNW	M70/6	39:00	Athletics Central North West

19	2177	conrad	STOLTZ	AMPU	M70/6	39:00	Athletics Mpumalanga
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RESULTS INDIVIDUAL COMPETITION M75/4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1447	assie	VAN ASWEGEN	AGN	M75/4	25:50	Athletics Gauteng North
2	1449	andries	VAN DER MERWE	AGN	M75/4	26:15	Athletics Gauteng North
3	1446	frederick	CLEMENTS	AGN	M75/4	27:30	Athletics Gauteng North
4	1448	piet	VAN ASWEGEN	AGN	M75/4	29:26	Athletics Gauteng North
5	855	mokwenogi j	MAPUTLE	AFS	M75/4	33:08	Athletics Free State

RESULTS INDIVIDUAL COMPETITION M80/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1450	neville	MUIR	AGN	M80/4	29:35	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION M85/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1451	frans	GROBLER	AGN	M85/2	29:18	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION G8/1

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1269	tyler	VAN ROOYEN	AGN	G8/1	03:38	Athletics Gauteng North
2	752	mamello	HANKANA	AFS	G8/1	03:44	Athletics Free State
3	1265	lee-hane	MIENNIE	AGN	G8/1	03:44	Athletics Gauteng North
4	1255	sianne	BIGNAUT	AGN	G8/1	03:44	Athletics Gauteng North
5	321	zoe	RISI	ACNW	G8/1	03:46	Athletics Central North West
6	759	ebeth	STRYDOM	AFS	G8/1	03:47	Athletics Free State
7	3081	natalie	STRYDOM	CGA	G8/1	03:47	Central Gauteng Athletics
8	10	alexa	VAN LOGGENBERG	AGN	G8/1	03:49	Athletics Gauteng North
9	323	mnushke	SMITH	ACNW	G8/1	03:50	Athletics Central North West
10	1256	lumari	DE BEER	AGN	G8/1	03:51	Athletics Gauteng North
11	1253	chanene	BARNARD	AGN	G8/1	03:52	Athletics Gauteng North
12	749	chani	BRITZ	AFS	G8/1	03:53	Athletics Free State
13	320	hayley	LUES	ACNW	G8/1	03:54	Athletics Central North West
14	1254	belinda	BEZUIDENHOUT	AGN	G8/1	03:54	Athletics Gauteng North
15	3078	tinyiko	MKHAWANA	CGA	G8/1	04:00	Central Gauteng Athletics
16	1257	jana	DE JAGER	AGN	G8/1	04:00	Athletics Gauteng North
17	311	lisa	ENGELBRECHT	ACNW	G8/1	04:01	Athletics Central North West
18	3819	subrinah	CHILOANE	LIMA	G8/1	04:02	Limpopo Athletics
19	1261	mia	KRIEK	AGN	G8/1	04:03	Athletics Gauteng North
20	1262	marli	LANGEVELDT	AGN	G8/1	04:04	Athletics Gauteng North
21	2079	kaylene	STOLTZ	AMPU	G8/1	04:04	Athletics Mpumalanga
22	761	gerne	VAN ROOYEN	AFS	G8/1	04:05	Athletics Free State
23	3825	tshedimoso	SELALA	LIMA	G8/1	04:06	Limpopo Athletics
24	748	lisabelle	BEUKES	AFS	G8/1	04:06	Athletics Free State
25	3327	lienke	VOSLOO	EPA	G8/1	04:06	Eastern Province Athletics
26	325	dune	VAN NIEKERK	ACNW	G8/1	04:07	Athletics Central North West
27	1264	afuziwe	MFLATELA	AGN	G8/1	04:07	Athletics Gauteng North
28	3080	rebecca	ROHREBECK	CGA	G8/1	04:08	Central Gauteng Athletics
29	2668	lorenchia	WOLHUTER	ASWD	G8/1	04:09	South Western Districts
30	750	hope	COETZER	AFS	G8/1	04:10	Athletics Free State
31	2665	jesnique	DU PLESSIS	ASWD	G8/1	04:10	South Western Districts

32	753	lameez	ISMAILSEEDAT	AFS	G8/1	04:11	Athletics Free State
33	762	ava-jane	VISSER	AFS	G8/1	04:11	Athletics Free State
34	2066	hazel	BELLINGAN	AMPU	G8/1	04:11	Athletics Mpumalanga
35	313	alrike	HATTINGH	ACNW	G8/1	04:12	Athletics Central North West
36	2666	hanelie	VAN STADEN	ASWD	G8/1	04:12	South Western Districts
37	3828	lana	VAN DER MERWE	LIMA	G8/1	04:13	Limpopo Athletics
38	755	thato masego	LEKGOWE	AFS	G8/1	04:14	Athletics Free State
39	2664	lameeze	DE BRUYN	ASWD	G8/1	04:14	South Western Districts
40	760	naledi	THEBEHAE	AFS	G8/1	04:15	Athletics Free State
41	1260	jacinda	JORDAAN	AGN	G8/1	04:15	Athletics Gauteng North
42	1258	misha	DE WET	AGN	G8/1	04:20	Athletics Gauteng North
43	2070	kamea	FINCHAM	AMPU	G8/1	04:20	Athletics Mpumalanga
44	3822	millicent	MAKGATA	LIMA	G8/1	04:21	Limpopo Athletics
45	2484	danne	WELMAN	ANWN	G8/1	04:21	Athletics North West North
46	758	michaela	POSTHUMUS	AFS	G8/1	04:22	Athletics Free State
47	2485	milan	YOUNG	ANWN	G8/1	04:22	Athletics North West North
48	2071	ilke	JANSEN	AMPU	G8/1	04:23	Athletics Mpumalanga
49	318	lezandi	KILLIAN	ACNW	G8/1	04:25	Athletics Central North West
50	319	nika	KIRSTEIN	ACNW	G8/1	04:26	Athletics Central North West
51	2078	franca	RYNDERS	AMPU	G8/1	04:28	Athletics Mpumalanga
52	1270	gretha	VELDSMAN	AGN	G8/1	04:28	Athletics Gauteng North
53	3326	kayleigh	MARAIS	EPA	G8/1	04:30	Eastern Province Athletics
54	3824	jennifer	OLIVIER	LIMA	G8/1	04:30	Limpopo Athletics
55	314	carmie	HAYWARD	ACNW	G8/1	04:31	Athletics Central North West
56	756	thato	MASOLENE	AFS	G8/1	04:33	Athletics Free State
57	2478	elly	OLIVIER	ANWN	G8/1	04:33	Athletics North West North
58	2667	wilzandre	WITBOOI	ASWD	G8/1	04:34	South Western Districts
59	1764	mikayla	VAN BOSCH	AGW	G8/1	04:35	Griqua Land West
60	324	annelie	VAN DER WALT	ACNW	G8/1	04:37	Athletics Central North West
61	2482	mile	VAN DER HEEVER	ANWN	G8/1	04:38	Athletics North West North
62	757	ntombehle	PANDELA	AFS	G8/1	04:39	Athletics Free State
63	2470	tenay	FERREIRA	ANWN	G8/1	04:40	Athletics North West North
64	3821	tlou	MABOGWANE	LIMA	G8/1	04:41	Limpopo Athletics
65	326	elsje	VAN TONDER	ACNW	G8/1	04:41	Athletics Central North West
66	3460	marilie	SCHEEPERS	KZNA	G8/1	04:43	Kwazulu Natal
67	751	lesego	GXARABANE	AFS	G8/1	04:44	Athletics Free State
68	2468	mija	BAYER	ANWN	G8/1	04:44	Athletics North West North
69	315	franzel	HORN	ACNW	G8/1	04:45	Athletics Central North West
70	754	rethabile	KHETAMA	AFS	G8/1	04:45	Athletics Free State
71	1263	laura	MARAIS	AGN	G8/1	04:46	Athletics Gauteng North
72	2479	lu-elle	PIENAAR	ANWN	G8/1	04:47	Athletics North West North
73	2480	mikita	PIENAAR	ANWN	G8/1	04:47	Athletics North West North
74	316	zante	JONCK	ACNW	G8/1	04:48	Athletics Central North West
75	2474	danica	KRUGER	ANWN	G8/1	04:49	Athletics North West North
76	2068	marina	CUSSONS	AMPU	G8/1	04:50	Athletics Mpumalanga
77	2074	mia	MAREE	AMPU	G8/1	04:51	Athletics Mpumalanga
78	322	nuri	ROURKE	ACNW	G8/1	04:52	Athletics Central North West
79	1259	lane	DU PLESSIS	AGN	G8/1	04:53	Athletics Gauteng North
80	2477	merle	NIEMAN	ANWN	G8/1	04:54	Athletics North West North
81	317	tanya	KELLERMAN	ACNW	G8/1	04:54	Athletics Central North West

82	1267	rochelle	PITZER	AGN	G8/1	04:55	Athletics Gauteng North
83	2080	ciska	VAN DER MERWE	AMPU	G8/1	04:56	Athletics Mpumalanga
84	312	mieke	ERASMUS	ACNW	G8/1	04:57	Athletics Central North West
85	310	lize	DU PLESSIS	ACNW	G8/1	04:57	Athletics Central North West
86	1759	anna	COETZEE	AGW	G8/1	04:59	Griqua Land West
87	1766	inge	VITTI	AGW	G8/1	04:59	Griqua Land West
88	3820	lune	JOUBERT	LIMA	G8/1	05:01	Limpopo Athletics
89	2823	tshipiso	MOTHAKAMA	AVT	G8/1	05:03	Athletics Vaal Triangle
90	2073	rethabile	KHUMALO	AMPU	G8/1	05:04	Athletics Mpumalanga
91	747	nicola	BARNARD	AFS	G8/1	05:04	Athletics Free State
92	2822	rorisang	MOSILILI	AVT	G8/1	05:05	Athletics Vaal Triangle
93	2077	karlien	OOSTHUIZEN	AMPU	G8/1	05:05	Athletics Mpumalanga
94	2481	nadia	SCHONEFELD	ANWN	G8/1	05:06	Athletics North West North
95	1763	orefile	SEKGOKWE	AGW	G8/1	05:07	Griqua Land West
96	3459	unathi	MAZIBUKO	KZNA	G8/1	05:08	Kwazulu Natal
97	1765	lienke	VAN DER MERWE	AGW	G8/1	05:09	Griqua Land West
98	2483	jarike	VAN DER MERWE	ANWN	G8/1	05:09	Athletics North West North
99	2076	ziani	NAUDE	AMPU	G8/1	05:10	Athletics Mpumalanga
100	1762	marion	ROSSOUW	AGW	G8/1	05:11	Griqua Land West
101	2472	milande	HOLL	ANWN	G8/1	05:12	Athletics North West North
102	2473	kaylin	JANSE VAN RENSB	ANWN	G8/1	05:13	Athletics North West North
103	3077	theko	BONTLE	CGA	G8/1	05:16	Central Gauteng Athletics
104	2469	elzaan	BOTHA	ANWN	G8/1	05:17	Athletics North West North
105	3827	kayla	VAN DER MERWE	LIMA	G8/1	05:18	Limpopo Athletics
106	2069	levonne	DU PLOOY	AMPU	G8/1	05:18	Athletics Mpumalanga
107	2067	cassandra	CANADA	AMPU	G8/1	05:19	Athletics Mpumalanga
108	2072	carli	JORDAAN	AMPU	G8/1	05:20	Athletics Mpumalanga
109	1761	jolandi	FOX	AGW	G8/1	05:20	Griqua Land West
110	2476	ketshepileon	MOKGATLHE	ANWN	G8/1	05:21	Athletics North West North
111	1758	luné	BURDEN	AGW	G8/1	05:23	Griqua Land West
112	2471	leone	GAGIANO	ANWN	G8/1	05:24	Athletics North West North
113	3823	lume	MYBURGH	LIMA	G8/1	05:24	Limpopo Athletics
114	3328	khayone	ZANTSI	EPA	G8/1	05:25	Eastern Province Athletics
115	2475	alice	MARUMO	ANWN	G8/1	05:50	Athletics North West North
116	1767	cloey	WILLIAMS	AGW	G8/1	05:56	Griqua Land West
117	3826	marni	SNYMAN	LIMA	G8/1	06:09	Limpopo Athletics

RESULTS INDIVIDUAL COMPETITION G9/2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3089	thato	SESOKO	CGA	G9/2	07:26	Central Gauteng Athletics
2	3088	taya	PELSER	CGA	G9/2	07:35	Central Gauteng Athletics
3	767	itumeleng	JAMPI	AFS	G9/2	07:35	Athletics Free State
4	3084	lebohang	MAIKANE	CGA	G9/2	07:36	Central Gauteng Athletics
5	771	okuhle	MAGWENTSHU	AFS	G9/2	07:40	Athletics Free State
6	1281	leandri	PRETORIUS	AGN	G9/2	07:46	Athletics Gauteng North
7	2673	julande	VISSER	ASWD	G9/2	07:51	South Western Districts
8	3087	anna	NKABINDE	CGA	G9/2	07:52	Central Gauteng Athletics
9	2096	mieke	PAUER	AMPU	G9/2	07:53	Athletics Mpumalanga
10	2087	cheyenne	ERASMUS	AMPU	G9/2	07:54	Athletics Mpumalanga
11	2487	sadie	BOTHMA	ANWN	G9/2	07:56	Athletics North West North

12	2825	birgitte	BEKKER	AVT	G9/2	07:59	Athletics Vaal Triangle
13	2671	arancha	KOONTHEA	ASWD	G9/2	08:00	South Western Districts
14	1287	lane	VAN DER WESTHU	AGN	G9/2	08:03	Athletics Gauteng North
15	1770	liesa	KRUGER	AGW	G9/2	08:04	Griqua Land West
16	331	rianca	JONKER	ACNW	G9/2	08:04	Athletics Central North West
17	2086	elaine	DU VENAGE	AMPU	G9/2	08:05	Athletics Mpumalanga
18	1275	celia	HOMAN	AGN	G9/2	08:07	Athletics Gauteng North
19	1768	temerelcia	CHOLO	AGW	G9/2	08:10	Griqua Land West
20	1288	chane	VENTER	AGN	G9/2	08:10	Athletics Gauteng North
21	3840	happiness	VILAKAZI	LIMA	G9/2	08:11	Limpopo Athletics
22	3086	heylinn	NELSON	CGA	G9/2	08:11	Central Gauteng Athletics
23	1771	franciska	MOORCROFT	AGW	G9/2	08:12	Griqua Land West
24	3085	tshoganyetsi	MORE	CGA	G9/2	08:12	Central Gauteng Athletics
25	1271	una	BARNARD	AGN	G9/2	08:12	Athletics Gauteng North
26	2672	sumay	VAN WYK	ASWD	G9/2	08:13	South Western Districts
27	768	lelanie	JORDAAN	AFS	G9/2	08:14	Athletics Free State
28	2089	danica	HOLTZHAUSEN	AMPU	G9/2	08:15	Athletics Mpumalanga
29	2497	liandri	RADEMAN	ANWN	G9/2	08:16	Athletics North West North
30	779	gerne	POTGIETER	AFS	G9/2	08:16	Athletics Free State
31	2084	gabriella	DE OLIVERA	AMPU	G9/2	08:17	Athletics Mpumalanga
32	338	richenda	ROSSITER	ACNW	G9/2	08:18	Athletics Central North West
33	2083	lynne	COETZER	AMPU	G9/2	08:19	Athletics Mpumalanga
34	1272	lenei	CONRADIE	AGN	G9/2	08:20	Athletics Gauteng North
35	3833	lerato	LESHABA	LIMA	G9/2	08:21	Limpopo Athletics
36	777	neo	PHULO	AFS	G9/2	08:21	Athletics Free State
37	2093	leney	MAREE	AMPU	G9/2	08:22	Athletics Mpumalanga
38	2099	aldorette	VAN DER MESCHT	AMPU	G9/2	08:23	Athletics Mpumalanga
39	3838	naledi	MODILA	LIMA	G9/2	08:23	Limpopo Athletics
40	1276	kayla	JACOBS	AGN	G9/2	08:24	Athletics Gauteng North
41	2498	sydi	SWANEPOEL	ANWN	G9/2	08:24	Athletics North West North
42	775	omelemo	NCHOBA	AFS	G9/2	08:25	Athletics Free State
43	1285	katelin	THERON	AGN	G9/2	08:25	Athletics Gauteng North
44	1278	boitumelo	MORUDU	AGN	G9/2	08:28	Athletics Gauteng North
45	1274	chinique	DU PLESSIS	AGN	G9/2	08:29	Athletics Gauteng North
46	1286	isabella	VAN DER MERWE	AGN	G9/2	08:29	Athletics Gauteng North
47	1279	alexi	NEL	AGN	G9/2	08:30	Athletics Gauteng North
48	3834	ayanda	MABANE	LIMA	G9/2	08:30	Limpopo Athletics
49	1774	anna	WESSELS	AGW	G9/2	08:31	Griqua Land West
50	344	amole	VILJOEN	ACNW	G9/2	08:32	Athletics Central North West
51	1284	anneke	STEYNBERG	AGN	G9/2	08:33	Athletics Gauteng North
52	2097	amore	ROETS	AMPU	G9/2	08:33	Athletics Mpumalanga
53	1283	meagon	SNYMAN	AGN	G9/2	08:34	Athletics Gauteng North
54	327	ninke	DE BRUIN	ACNW	G9/2	08:34	Athletics Central North West
55	3091	claire	VAN VUUREN	CGA	G9/2	08:36	Central Gauteng Athletics
56	3083	zanta	LOURENS	CGA	G9/2	08:37	Central Gauteng Athletics
57	3829	charne	COETZEE	LIMA	G9/2	08:37	Limpopo Athletics
58	1273	kelly	DE BEER	AGN	G9/2	08:38	Athletics Gauteng North
59	3830	kholofelo	DINKWANYANE	LIMA	G9/2	08:39	Limpopo Athletics
60	330	amore	HYMAN	ACNW	G9/2	08:40	Athletics Central North West
61	769	sylvia	LESIGE	AFS	G9/2	08:41	Athletics Free State

62	2100	jandri	VAN ZYL	AMPU	G9/2	08:42	Athletics Mpumalanga
63	342	ruane	VAN DER MERWE	ACNW	G9/2	08:42	Athletics Central North West
64	772	charne	MAY	AFS	G9/2	08:43	Athletics Free State
65	1277	azariah	MADUMO	AGN	G9/2	08:44	Athletics Gauteng North
66	329	xandri	DREYER	ACNW	G9/2	08:44	Athletics Central North West
67	3835	annah	MAKUWA	LIMA	G9/2	08:46	Limpopo Athletics
68	3366	rejane	DAVIDS	IND	G9/2	08:46	Individual
69	778	celeste	PIENAAR	AFS	G9/2	08:48	Athletics Free State
70	1282	mia	SMIT	AGN	G9/2	08:50	Athletics Gauteng North
71	2495	nina	PIETERSE	ANWN	G9/2	08:51	Athletics North West North
72	335	inneke	LIEBENBERG	ACNW	G9/2	08:51	Athletics Central North West
73	328	mieke	DE BRUYN	ACNW	G9/2	08:53	Athletics Central North West
74	339	catelyn	SCHEPPEL	ACNW	G9/2	08:53	Athletics Central North West
75	764	chelsey	FLANEGAN	AFS	G9/2	08:54	Athletics Free State
76	765	anke	GROBBELAAR	AFS	G9/2	08:55	Athletics Free State
77	337	miley	MULLER	ACNW	G9/2	08:56	Athletics Central North West
78	766	milla	HAMMAN	AFS	G9/2	08:56	Athletics Free State
79	1772	joane	OLLEWAGEN	AGW	G9/2	08:58	Griqua Land West
80	2501	jana	WERNER	ANWN	G9/2	09:03	Athletics North West North
81	773	rethabile	MOAHLODI	AFS	G9/2	09:04	Athletics Free State
82	2095	ntombikayise	MASANGO	AMPU	G9/2	09:06	Athletics Mpumalanga
83	336	juane	MINDERS	ACNW	G9/2	09:07	Athletics Central North West
84	2094	buhle	MAROPINI	AMPU	G9/2	09:08	Athletics Mpumalanga
85	2669	davidene	ISAACS	ASWD	G9/2	09:08	South Western Districts
86	2098	janke	STEENKAMP	AMPU	G9/2	09:09	Athletics Mpumalanga
87	1280	larissa	PRETORIUS	AGN	G9/2	09:09	Athletics Gauteng North
88	2493	anelia	NEL	ANWN	G9/2	09:10	Athletics North West North
89	1967	sisanda	GWAMBE	AMPU	G9/2	09:11	Athletics Mpumalanga
90	780	robyn	VAN WYK	AFS	G9/2	09:12	Athletics Free State
91	341	anneri	STRYDOM	ACNW	G9/2	09:13	Athletics Central North West
92	1773	elne	VAN ZYL	AGW	G9/2	09:13	Griqua Land West
93	3831	lize	JANSE VAN VUURE	LIMA	G9/2	09:14	Limpopo Athletics
94	2091	ariana	LANGERMAN	AMPU	G9/2	09:16	Athletics Mpumalanga
95	3839	hlomphe	THLAKO	LIMA	G9/2	09:17	Limpopo Athletics
96	2500	amerike	VILJOEN	ANWN	G9/2	09:20	Athletics North West North
97	332	kaylin	KROON	ACNW	G9/2	09:20	Athletics Central North West
98	2090	lerato	KGAILE	AMPU	G9/2	09:21	Athletics Mpumalanga
99	2088	christelle	GREYVENSTEIN	AMPU	G9/2	09:25	Athletics Mpumalanga
100	3837	koketso	MATSOMANE	LIMA	G9/2	09:25	Limpopo Athletics
101	2826	natalie	BOLTON	AVT	G9/2	09:26	Athletics Vaal Triangle
102	2488	ohndine	COMBRINCK	ANWN	G9/2	09:26	Athletics North West North
103	3462	minay	RAS	KZNA	G9/2	09:27	Kwazulu Natal
104	343	chloë	VERMEULEN	ACNW	G9/2	09:29	Athletics Central North West
105	2496	carla	PIETERSE	ANWN	G9/2	09:30	Athletics North West North
106	2489	kaylie anne	MARX	ANWN	G9/2	09:31	Athletics North West North
107	3461	kayla	HOLLOWAY	KZNA	G9/2	09:33	Kwazulu Natal
108	2486	mieke	BOTHA	ANWN	G9/2	09:33	Athletics North West North
109	3832	hannah	LANDSBERG	LIMA	G9/2	09:37	Limpopo Athletics
110	340	annabelle	SMITH	ACNW	G9/2	09:38	Athletics Central North West
111	774	omolemo	MOTSEKI	AFS	G9/2	09:38	Athletics Free State

112	2670	luane	JANSE VAN RENSB	ASWD	G9/2	09:39	South Western Districts
113	2491	reanie	MINNIE	ANWN	G9/2	09:39	Athletics North West North
114	2499	jeanne	TOXOPEUS	ANWN	G9/2	09:40	Athletics North West North
115	2085	milnie	DU TOIT	AMPU	G9/2	09:47	Athletics Mpumalanga
116	763	danike	CRAUSE	AFS	G9/2	09:50	Athletics Free State
117	2494	reratilwe	NGOEPE	ANWN	G9/2	09:51	Athletics North West North
118	334	mila	LABUSCHAGNE	ACNW	G9/2	10:03	Athletics Central North West
119	3836	bokamoso	MATHEBA	LIMA	G9/2	10:03	Limpopo Athletics
120	2490	carlinet	MINNIE	ANWN	G9/2	10:24	Athletics North West North
121	2492	dane	MOSTERT	ANWN	G9/2	10:34	Athletics North West North

RESULTS INDIVIDUAL COMPETITION G10/2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2633	caitlyn	CAWOOD	ASWD	G10/2	06:01	South Western Districts
2	1109	line	DE VILLIERS	AGN	G10/2	06:01	Athletics Gauteng North
3	3001	katego	SESING	CGA	G10/2	06:11	Central Gauteng Athletics
4	627	nthabiseng	NYAPOTSE	AFS	G10/2	06:11	Athletics Free State
5	3741	kwetepe	PHETLA	LIMA	G10/2	06:14	Limpopo Athletics
6	1122	rozellin	VAN NIEKERK	AGN	G10/2	06:15	Athletics Gauteng North
7	618	carla	BRITZ	AFS	G10/2	06:17	Athletics Free State
8	213	sarah	BOUWER	ACNW	G10/2	06:18	Athletics Central North West
9	2997	mbali	MODISANE	CGA	G10/2	06:18	Central Gauteng Athletics
10	1963	minay	CAMPHER	AMPU	G10/2	06:18	Athletics Mpumalanga
11	1119	bianca	STOLTZ	AGN	G10/2	06:19	Athletics Gauteng North
12	1120	heike	SWART	AGN	G10/2	06:19	Athletics Gauteng North
13	223	giselle	TALJAARD	ACNW	G10/2	06:20	Athletics Central North West
14	2993	anaamika	MAHARAJ	CGA	G10/2	06:25	Central Gauteng Athletics
15	1969	danankia	LESCH	AMPU	G10/2	06:25	Athletics Mpumalanga
16	1123	jana	VAN SCHALKWYK	AGN	G10/2	06:25	Athletics Gauteng North
17	2383	lillanie	ELOFF	ANWN	G10/2	06:28	Athletics North West North
18	3732	taetso	MANAPE	LIMA	G10/2	06:31	Limpopo Athletics
19	3729	reyabetswe	KUBJANA	LIMA	G10/2	06:32	Limpopo Athletics
20	1111	minke	DEKKER	AGN	G10/2	06:33	Athletics Gauteng North
21	2388	tatiana	PIETERSE	ANWN	G10/2	06:33	Athletics North West North
22	3000	karabo	RABOTAPI	CGA	G10/2	06:36	Central Gauteng Athletics
23	1115	buang	MAMETSE	AGN	G10/2	06:37	Athletics Gauteng North
24	1124	zoe	VAN STADEN	AGN	G10/2	06:38	Athletics Gauteng North
25	1113	annerike	HEYNEKE	AGN	G10/2	06:39	Athletics Gauteng North
26	2796	lohane	AUCAMP	AVT	G10/2	06:41	Athletics Vaal Triangle
27	624	asanda	MANQUTHU	AFS	G10/2	06:43	Athletics Free State
28	3731	thatego	MALULEKA	LIMA	G10/2	06:43	Limpopo Athletics
29	1972	liancia	OOSTHUYSEN	AMPU	G10/2	06:43	Athletics Mpumalanga
30	623	amanda	MANQUTHU	AFS	G10/2	06:45	Athletics Free State
31	1108	lene	BADENHORST	AGN	G10/2	06:46	Athletics Gauteng North
32	3740	precious	PHAHLMOHLAKA	LIMA	G10/2	06:46	Limpopo Athletics
33	628	realeboha	OLIFANT	AFS	G10/2	06:47	Athletics Free State
34	1118	boiphi	SEMONYE	AGN	G10/2	06:47	Athletics Gauteng North
35	3421	emily	SIMPKINS	KZNA	G10/2	06:49	Kwazulu Natal
36	2632	amanda	AMSTERDAM	ASWD	G10/2	06:49	South Western Districts
37	621	itumeleng	LEDIMO	AFS	G10/2	06:50	Athletics Free State

38	3736	zanele	MASEMOLA	LIMA	G10/2	06:50	Limpopo Athletics
39	1117	anri	PRETORIUS	AGN	G10/2	06:50	Athletics Gauteng North
40	633	carlien	VAN ZYL	AFS	G10/2	06:51	Athletics Free State
41	626	moleboheng	NTSOLU	AFS	G10/2	06:51	Athletics Free State
42	1114	lene	LOURENS	AGN	G10/2	06:52	Athletics Gauteng North
43	3737	julliet	MMADI	LIMA	G10/2	06:53	Limpopo Athletics
44	3744	lebogang	THIPANE	LIMA	G10/2	06:53	Limpopo Athletics
45	2636	marelise	ROBBENSON	ASWD	G10/2	06:53	South Western Districts
46	2634	legacia	JACOBS	ASWD	G10/2	06:54	South Western Districts
47	629	janique	PEENS	AFS	G10/2	06:55	Athletics Free State
48	2992	sasha-lee	LABUSCHAGNE	CGA	G10/2	06:55	Central Gauteng Athletics
49	3734	anne	MARAIS	LIMA	G10/2	06:55	Limpopo Athletics
50	620	bethany	ERASMUS	AFS	G10/2	06:56	Athletics Free State
51	3735	lesego	MASEMOLA	LIMA	G10/2	06:58	Limpopo Athletics
52	619	kaylie	DE BRUYN	AFS	G10/2	06:58	Athletics Free State
53	622	nokubonga	MABASO	AFS	G10/2	06:59	Athletics Free State
54	1112	mely	DU PLESSIS	AGN	G10/2	06:59	Athletics Gauteng North
55	1125	zana	VELLEMAN	AGN	G10/2	07:00	Athletics Gauteng North
56	2995	khutsho	MALEBANA	CGA	G10/2	07:00	Central Gauteng Athletics
57	1733	sade	GIRD	AGW	G10/2	07:01	Griqua Land West
58	2996	nokuthula	MHLANGA	CGA	G10/2	07:02	Central Gauteng Athletics
59	3419	jodie	KRUGER	KZNA	G10/2	07:02	Kwazulu Natal
60	2635	annabelle	MC EWAN	ASWD	G10/2	07:02	South Western Districts
61	1121	doxa	UYS	AGN	G10/2	07:03	Athletics Gauteng North
62	2998	mapaseka	MONGATANE	CGA	G10/2	07:03	Central Gauteng Athletics
63	3739	vanesa	MOUKANGWE	LIMA	G10/2	07:03	Limpopo Athletics
64	1975	quinzelle	VAN DER BERG	AMPU	G10/2	07:04	Athletics Mpumalanga
65	2390	marianka	SCHRAMM	ANWN	G10/2	07:04	Athletics North West North
66	1110	mia	DE VILLIERS	AGN	G10/2	07:05	Athletics Gauteng North
67	625	mapitso	NTOULE	AFS	G10/2	07:05	Athletics Free State
68	1976	andrea	VAN DER LINDE	AMPU	G10/2	07:05	Athletics Mpumalanga
69	3745	lebo	TIBANA	LIMA	G10/2	07:06	Limpopo Athletics
70	221	dianell	SCHOLTZ	ACNW	G10/2	07:07	Athletics Central North West
71	632	dimpho	THUBELA	AFS	G10/2	07:08	Athletics Free State
72	226	genna	VAN DER MERWE	ACNW	G10/2	07:11	Athletics Central North West
73	3738	kwena	MODISE	LIMA	G10/2	07:11	Limpopo Athletics
74	215	clerise	CRONJE	ACNW	G10/2	07:12	Athletics Central North West
75	631	lerato	SELEKANE	AFS	G10/2	07:12	Athletics Free State
76	218	oratile	MOLOANTOA	ACNW	G10/2	07:13	Athletics Central North West
77	630	khanya	PHOKOANE	AFS	G10/2	07:13	Athletics Free State
78	1974	lana	THERON	AMPU	G10/2	07:14	Athletics Mpumalanga
79	2994	katleho	MALEBANA	CGA	G10/2	07:15	Central Gauteng Athletics
80	3743	liane	SWARTS	LIMA	G10/2	07:17	Limpopo Athletics
81	3361	malicka	DAMARA	IND	G10/2	07:18	Individual
82	2381	quenne	BOTHA	ANWN	G10/2	07:19	Athletics North West North
83	227	lisa	VISSER	ACNW	G10/2	07:20	Athletics Central North West
84	3730	reneilwe	LETSOALO	LIMA	G10/2	07:21	Limpopo Athletics
85	1736	jay-lay	KRUGER	AGW	G10/2	07:23	Griqua Land West
86	3733	tokelo	MAPHUTHA	LIMA	G10/2	07:24	Limpopo Athletics
87	1962	megan	BROWN	AMPU	G10/2	07:25	Athletics Mpumalanga

88	53	chloe	O'NEAL	AFS	G10/2	07:25	Athletics Free State
89	1968	elizabeth	HANEKOM	AMPU	G10/2	07:25	Athletics Mpumalanga
90	2393	elri	VAN DEN BERG	ANWN	G10/2	07:26	Athletics North West North
91	224	simone	VAN DER LINDE	ACNW	G10/2	07:28	Athletics Central North West
92	222	cillize	SNYMAN	ACNW	G10/2	07:29	Athletics Central North West
93	214	lari	BRAND	ACNW	G10/2	07:29	Athletics Central North West
94	1970	dipuo	MOLETSANE	AMPU	G10/2	07:29	Athletics Mpumalanga
95	211	riley	ANDERSON	ACNW	G10/2	07:30	Athletics Central North West
96	1964	simone	CUSSONS	AMPU	G10/2	07:31	Athletics Mpumalanga
97	2797	johnny	LESEDI	AVT	G10/2	07:32	Athletics Vaal Triangle
98	1965	nina	DU TOIT	AMPU	G10/2	07:33	Athletics Mpumalanga
99	1737	naidene	MOITSE	AGW	G10/2	07:33	Griqua Land West
100	220	zimone	ROOS	ACNW	G10/2	07:34	Athletics Central North West
101	216	alenka	ERASMUS	ACNW	G10/2	07:34	Athletics Central North West
102	1960	charne	BESTER	AMPU	G10/2	07:34	Athletics Mpumalanga
103	2379	carla	BASSON	ANWN	G10/2	07:35	Athletics North West North
104	1961	gerda	BOSHOFF	AMPU	G10/2	07:35	Athletics Mpumalanga
105	2382	lee-lynn	DE VRIES	ANWN	G10/2	07:36	Athletics North West North
106	2380	viane	BASSON	ANWN	G10/2	07:37	Athletics North West North
107	2394	leandrie	VAN WYK	ANWN	G10/2	07:39	Athletics North West North
108	1971	kutlo	MORULE	AMPU	G10/2	07:40	Athletics Mpumalanga
109	217	jaylin	JERLING	ACNW	G10/2	07:42	Athletics Central North West
110	2387	ane	MINNIE	ANWN	G10/2	07:45	Athletics North West North
111	2385	addison	HAASBROEK	ANWN	G10/2	07:45	Athletics North West North
112	1734	faith	KASPER	AGW	G10/2	07:49	Griqua Land West
113	1739	marine	VAN DER WESTHU	AGW	G10/2	07:49	Griqua Land West
114	2389	anneke	PRETORIUS	ANWN	G10/2	07:49	Athletics North West North
115	1116	bokang	MANAMELA	AGN	G10/2	07:50	Athletics Gauteng North
116	2756	niette	JANSE VAN VUURE	AVT	G10/2	07:50	Athletics Vaal Triangle
117	2391	thenique	SMIT	ANWN	G10/2	07:54	Athletics North West North
118	2386	lana	HARMSE	ANWN	G10/2	07:56	Athletics North West North
119	219	chenique	PRETORIUS	ACNW	G10/2	07:58	Athletics Central North West
120	2392	zoe	STEYN	ANWN	G10/2	07:58	Athletics North West North
121	212	ina	ANDRIANATOS	ACNW	G10/2	07:59	Athletics Central North West
122	3362	roeche	THOMPSON	IND	G10/2	08:04	Individual
123	1966	kayla	ELLIS	AMPU	G10/2	08:06	Athletics Mpumalanga
124	2395	juane	VERSTER	ANWN	G10/2	08:11	Athletics North West North
125	1735	jomarie	KOTZE	AGW	G10/2	08:20	Griqua Land West
126	3742	simone	SCHUTTE	LIMA	G10/2	08:21	Limpopo Athletics
127	225	caitlyn	VAN DER MERWE	ACNW	G10/2	08:35	Athletics Central North West
128	1738	carla	UYS	AGW	G10/2	08:35	Griqua Land West
129	2384	simone	GROENEWALD	ANWN	G10/2	08:35	Athletics North West North

RESULTS INDIVIDUAL COMPETITION G11/3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2802	selna	VAN AS	AVT	G11/3	10:31	Athletics Vaal Triangle
2	1138	kaylen	NIEMANN	AGN	G11/3	10:35	Athletics Gauteng North
3	3007	polite	MBOKANE	CGA	G11/3	11:05	Central Gauteng Athletics
4	3008	chemene	MENTZ	CGA	G11/3	11:09	Central Gauteng Athletics
5	1991	duane	WALKER	AMPU	G11/3	11:14	Athletics Mpumalanga

6	1980	roxy-lee	FICK	AMPU	G11/3	11:21	Athletics Mpumalanga
7	2801	minjunet	SMIT	AVT	G11/3	11:22	Athletics Vaal Triangle
8	1126	dieneke	BEUKES	AGN	G11/3	11:24	Athletics Gauteng North
9	3759	khomotso	PHADU	LIMA	G11/3	11:27	Limpopo Athletics
10	2641	shaneez	WEIMERS	ASWD	G11/3	11:29	South Western Districts
11	3751	karabo	MAKGATA	LIMA	G11/3	11:33	Limpopo Athletics
12	1136	izelle	NEL	AGN	G11/3	11:36	Athletics Gauteng North
13	1977	chenel	BADENHORST	AMPU	G11/3	11:39	Athletics Mpumalanga
14	648	danell	OELOFSE	AFS	G11/3	11:41	Athletics Free State
15	2638	rhiney	MARITZ	ASWD	G11/3	11:43	South Western Districts
16	1990	lwandle	VILANE	AMPU	G11/3	11:44	Athletics Mpumalanga
17	1134	nkele	MASINGI	AGN	G11/3	11:44	Athletics Gauteng North
18	3754	lerato	MASHILO	LIMA	G11/3	11:45	Limpopo Athletics
19	245	carli	VISSER	ACNW	G11/3	11:45	Athletics Central North West
20	645	mamello	MASHABE	AFS	G11/3	11:46	Athletics Free State
21	1132	elsmari	KUPERUS	AGN	G11/3	11:46	Athletics Gauteng North
22	1135	natalie	MORELAND	AGN	G11/3	11:49	Athletics Gauteng North
23	3009	paballo	MGWANGQA	CGA	G11/3	11:52	Central Gauteng Athletics
24	3011	reamoetse	RAGEDI	CGA	G11/3	11:52	Central Gauteng Athletics
25	1987	lindokuhle	SKHOSANA	AMPU	G11/3	11:53	Athletics Mpumalanga
26	638	kgomotso	FRANCE	AFS	G11/3	11:54	Athletics Free State
27	1130	karabo	HLAKUDI	AGN	G11/3	11:56	Athletics Gauteng North
28	3010	mathapelo	MOLEFE	CGA	G11/3	11:57	Central Gauteng Athletics
29	3757	lebogang	NGOBENI	LIMA	G11/3	11:58	Limpopo Athletics
30	1137	sphiwe	NGWENYA	AGN	G11/3	11:58	Athletics Gauteng North
31	3746	reneilwe	DOLO	LIMA	G11/3	11:59	Limpopo Athletics
32	1133	lene	MAARTENS	AGN	G11/3	11:59	Athletics Gauteng North
33	3752	anastasia	MARISHANE	LIMA	G11/3	12:03	Limpopo Athletics
34	3762	elandi	VAN STADEN	LIMA	G11/3	12:04	Limpopo Athletics
35	2412	mirne	YOUNG	ANWN	G11/3	12:05	Athletics North West North
36	3006	nolia	MARUTA	CGA	G11/3	12:05	Central Gauteng Athletics
37	2639	alexis	OPPERMAN	ASWD	G11/3	12:06	South Western Districts
38	232	johanka	DE VILLIERS	ACNW	G11/3	12:06	Athletics Central North West
39	3758	nhlamulo	NGOMANE	LIMA	G11/3	12:09	Limpopo Athletics
40	650	moleboheng	SELEPE	AFS	G11/3	12:10	Athletics Free State
41	1742	mishe	RIETELS	AGW	G11/3	12:10	Griqua Land West
42	1988	liane	SMIT	AMPU	G11/3	12:11	Athletics Mpumalanga
43	643	grace	LEEUEW	AFS	G11/3	12:12	Athletics Free State
44	634	magdalena	ARANGIES	AFS	G11/3	12:13	Athletics Free State
45	2406	sunel	NAUDE	ANWN	G11/3	12:17	Athletics North West North
46	1128	simone	DE KOKER	AGN	G11/3	12:18	Athletics Gauteng North
47	2640	elisma	VAN WYK	ASWD	G11/3	12:18	South Western Districts
48	3760	pheletso	SITOLE	LIMA	G11/3	12:19	Limpopo Athletics
49	639	tshegofatso	KHOTHULE	AFS	G11/3	12:20	Athletics Free State
50	3012	megan	ROOME	CGA	G11/3	12:21	Central Gauteng Athletics
51	646	bontle	MASHESHE	AFS	G11/3	12:22	Athletics Free State
52	3426	nqobile	NTULI	KZNA	G11/3	12:22	Kwazulu Natal
53	1129	elri	DIRKSE VAN SCHAI	AGN	G11/3	12:23	Athletics Gauteng North
54	12	kaitlyn	VAN ROOYEN	CGA	G11/3	12:23	Central Gauteng Athletics
55	3003	teneal	DE JONG	CGA	G11/3	12:23	Central Gauteng Athletics

56	230	ru-nita	BRITZ	ACNW	G11/3	12:25	Athletics Central North West
57	1127	marinelle	BRIERS	AGN	G11/3	12:26	Athletics Gauteng North
58	641	karabo	KONDILE	AFS	G11/3	12:26	Athletics Free State
59	636	ivana	CARSTENS	AFS	G11/3	12:28	Athletics Free State
60	649	maditaba	PELATONA	AFS	G11/3	12:28	Athletics Free State
61	1985	dominique	POTGIETER	AMPU	G11/3	12:28	Athletics Mpumalanga
62	637	cara	CLAASSEN	AFS	G11/3	12:29	Athletics Free State
63	1139	mia	PEROLD	AGN	G11/3	12:29	Athletics Gauteng North
64	1981	kaycee	FINCHAM	AMPU	G11/3	12:30	Athletics Mpumalanga
65	2411	rulandi	WEYERS	ANWN	G11/3	12:32	Athletics North West North
66	3004	zinhle	MAEPA	CGA	G11/3	12:33	Central Gauteng Athletics
67	647	dikeledi	MKHWANAZI	AFS	G11/3	12:33	Athletics Free State
68	2396	mar-lene	BOTHA	ANWN	G11/3	12:33	Athletics North West North
69	3753	phuthego	MASEMOLA	LIMA	G11/3	12:34	Limpopo Athletics
70	3423	andiswa	KHANYI	KZNA	G11/3	12:35	Kwazulu Natal
71	236	dane	MARITZ	ACNW	G11/3	12:35	Athletics Central North West
72	3755	nathacia	MMELA	LIMA	G11/3	12:37	Limpopo Athletics
73	2800	gabriella	ROOS	AVT	G11/3	12:38	Athletics Vaal Triangle
74	3316	kaitlyn	BAXTER	EPA	G11/3	12:39	Eastern Province Athletics
75	1979	rebekah	BRAACK	AMPU	G11/3	12:41	Athletics Mpumalanga
76	2637	evisly	JOOSTE	ASWD	G11/3	12:44	South Western Districts
77	233	nicole	JANSE VAN VUURE	ACNW	G11/3	12:45	Athletics Central North West
78	642	emmelize	LAMPRECHT	AFS	G11/3	12:45	Athletics Free State
79	2413	zante	YOUNG	ANWN	G11/3	12:47	Athletics North West North
80	3750	ngoanamoru	KEKANA	LIMA	G11/3	12:49	Limpopo Athletics
81	1144	karla	VAN ROOYEN	AGN	G11/3	12:49	Athletics Gauteng North
82	1141	tanya	STICKELLS	AGN	G11/3	12:50	Athletics Gauteng North
83	3749	keratile	KEKANA	LIMA	G11/3	12:52	Limpopo Athletics
84	243	lea	VAN NIEKERK	ACNW	G11/3	12:53	Athletics Central North West
85	2409	minke	VAN NIEKERK	ANWN	G11/3	12:53	Athletics North West North
86	640	paballo	KOLA	AFS	G11/3	12:57	Athletics Free State
87	229	tarisma	BOTHA	ACNW	G11/3	12:57	Athletics Central North West
88	3317	famique	DARIES	EPA	G11/3	12:58	Eastern Province Athletics
89	242	luche	VAN DER BERG	ACNW	G11/3	12:58	Athletics Central North West
90	3318	aganathi	MVAKWENDLU	EPA	G11/3	12:59	Eastern Province Athletics
91	241	marthine	SWANEPOEL	ACNW	G11/3	12:59	Athletics Central North West
92	3425	siphokazi	NKABANE	KZNA	G11/3	12:59	Kwazulu Natal
93	2404	oatile	MOLEFI	ANWN	G11/3	13:01	Athletics North West North
94	1143	phindiswa	THAMAE	AGN	G11/3	13:02	Athletics Gauteng North
95	25	liandrie	ROUX	AGN	G11/3	13:02	Athletics Gauteng North
96	2402	chante	KRUGER	ANWN	G11/3	13:04	Athletics North West North
97	234	mathilda	LIEBENBERG	ACNW	G11/3	13:05	Athletics Central North West
98	1140	luhane	SMITH	AGN	G11/3	13:07	Athletics Gauteng North
99	651	tsebo	TSOAELI	AFS	G11/3	13:08	Athletics Free State
100	644	samantha	MARITZ	AFS	G11/3	13:10	Athletics Free State
101	3363	cha-thalia	WILLEMSE	IND	G11/3	13:10	Individual
102	3756	amogelang	MOTLATLE	LIMA	G11/3	13:11	Limpopo Athletics
103	635	ane	BESTER	AFS	G11/3	13:14	Athletics Free State
104	1986	deidre	RAUTENBACH	AMPU	G11/3	13:17	Athletics Mpumalanga
105	2397	yune	BOTHA	ANWN	G11/3	13:17	Athletics North West North

106	1984	ane	PIETERSE	AMPU	G11/3	13:21	Athletics Mpumalanga
107	2410	zoey	WATT	ANWN	G11/3	13:22	Athletics North West North
108	239	danica	SWANEPOEL	ACNW	G11/3	13:23	Athletics Central North West
109	2408	janke	VAN NIEKERK	ANWN	G11/3	13:23	Athletics North West North
110	1741	michaela	MITCHLEY	AGW	G11/3	13:24	Griqua Land West
111	1983	larlene	LANGERMAN	AMPU	G11/3	13:25	Athletics Mpumalanga
112	2798	deziree	JOUBERT	AVT	G11/3	13:26	Athletics Vaal Triangle
113	2400	kayleigh	COOKS	ANWN	G11/3	13:27	Athletics North West North
114	228	abigail	BOARDMAN	ACNW	G11/3	13:29	Athletics Central North West
115	244	minke	VERMAAK	ACNW	G11/3	13:32	Athletics Central North West
116	1978	marlie	BESSINGER	AMPU	G11/3	13:33	Athletics Mpumalanga
117	1740	dedri	BEATON	AGW	G11/3	13:40	Griqua Land West
118	2399	colby	BURROWS	ANWN	G11/3	13:42	Athletics North West North
119	1982	elbe	JANSE VAN VUURE	AMPU	G11/3	13:45	Athletics Mpumalanga
120	238	jasmine	NEL	ACNW	G11/3	14:05	Athletics Central North West
121	14	chene	NAUDE	ANWN	G11/3	14:06	Athletics North West North
122	240	elanca	SWANEPOEL	ACNW	G11/3	14:10	Athletics Central North West
123	235	megan	LOURENCO	ACNW	G11/3	14:20	Athletics Central North West
124	2398	micayla	BRONKHORST	ANWN	G11/3	14:38	Athletics North West North
125	3761	nika	SNYMAN	LIMA	G11/3	14:38	Limpopo Athletics
126	231	johanne	DE JAGER	ACNW	G11/3	14:38	Athletics Central North West
127	237	alexis	NEL	ACNW	G11/3	14:38	Athletics Central North West
128	2403	larose	LOURENS	ANWN	G11/3	14:38	Athletics North West North

RESULTS INDIVIDUAL COMPETITION G12/3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2005	shebba	SITHOLE	AMPU	G12/3	10:47	Athletics Mpumalanga
2	1150	luca	DE WAAL	AGN	G12/3	10:49	Athletics Gauteng North
3	1156	lebogang	MODUNGWA	AGN	G12/3	10:55	Athletics Gauteng North
4	1999	elri	KRUGER	AMPU	G12/3	10:57	Athletics Mpumalanga
5	2803	mpho	KATISO	AVT	G12/3	11:06	Athletics Vaal Triangle
6	1155	maudi	MHLANGA	AGN	G12/3	11:09	Athletics Gauteng North
7	2007	luzulke	VAN WYK	AMPU	G12/3	11:10	Athletics Mpumalanga
8	2416	carmen	DICKS	ANWN	G12/3	11:11	Athletics North West North
9	3771	kadibetso	SHAKWANE	LIMA	G12/3	11:15	Limpopo Athletics
10	2006	lindiwe	TSOTETSI	AMPU	G12/3	11:16	Athletics Mpumalanga
11	1146	nilene	BEZUIDENHOUT	AGN	G12/3	11:23	Athletics Gauteng North
12	3427	nomfundo	DLAMINI	KZNA	G12/3	11:24	Kwazulu Natal
13	3019	naledi	MOTHOGWANE	CGA	G12/3	11:30	Central Gauteng Athletics
14	3430	sinenhlanha	MTHOMBENI	KZNA	G12/3	11:31	Kwazulu Natal
15	656	rethabile	CHABANE	AFS	G12/3	11:31	Athletics Free State
16	1161	katelyn	SMIT	AGN	G12/3	11:32	Athletics Gauteng North
17	659	nonkululeko	MATROS	AFS	G12/3	11:33	Athletics Free State
18	668	inge	VAN STADEN	AFS	G12/3	11:33	Athletics Free State
19	1147	leah	BOOYSEN	AGN	G12/3	11:35	Athletics Gauteng North
20	3017	loghan	GRAY	CGA	G12/3	11:35	Central Gauteng Athletics
21	3016	kitso	GAOREKWE	CGA	G12/3	11:35	Central Gauteng Athletics
22	3020	lee sue	NYATHI	CGA	G12/3	11:36	Central Gauteng Athletics
23	652	keamogetsw	BENESI	AFS	G12/3	11:36	Athletics Free State
24	2001	masechaba	MOTHIBA	AMPU	G12/3	11:37	Athletics Mpumalanga

25	1993	mia	DU TOIT	AMPU	G12/3	11:40	Athletics Mpumalanga
26	3770	lohandi	SCHUTTE	LIMA	G12/3	11:41	Limpopo Athletics
27	663	nontsokolo	RATHOKOA	AFS	G12/3	11:42	Athletics Free State
28	1145	brigitte	BEUKES	AGN	G12/3	11:43	Athletics Gauteng North
29	3429	ella-rose	GASS	KZNA	G12/3	11:43	Kwazulu Natal
30	3013	shannon	ADENDORFF	CGA	G12/3	11:45	Central Gauteng Athletics
31	658	sheila	MASEKO	AFS	G12/3	11:48	Athletics Free State
32	2009	petra	WASSENAAR	AMPU	G12/3	11:49	Athletics Mpumalanga
33	1162	lara	VAN DER MERWE	AGN	G12/3	11:51	Athletics Gauteng North
34	2642	lee-gayle	OLYN	ASWD	G12/3	11:51	South Western Districts
35	3021	hanri	PRETORIUS	CGA	G12/3	11:52	Central Gauteng Athletics
36	3432	alwande	SHABANGU	KZNA	G12/3	11:53	Kwazulu Natal
37	3014	kiara	DE LANGE	CGA	G12/3	11:54	Central Gauteng Athletics
38	666	izanne	VAN ASWEGEN	AFS	G12/3	11:56	Athletics Free State
39	2805	lune	WEPENER	AVT	G12/3	11:56	Athletics Vaal Triangle
40	655	mieke	BRITZ	AFS	G12/3	11:57	Athletics Free State
41	654	semangele	BOCHEDI	AFS	G12/3	11:58	Athletics Free State
42	664	malehlwa	SALOMANE	AFS	G12/3	11:59	Athletics Free State
43	3015	kaitlyn	DU PLESSIS	CGA	G12/3	12:00	Central Gauteng Athletics
44	3768	sare	NEL	LIMA	G12/3	12:00	Limpopo Athletics
45	1996	ane	GROBLER	AMPU	G12/3	12:01	Athletics Mpumalanga
46	657	ezeth	ESTERHUIZEN	AFS	G12/3	12:02	Athletics Free State
47	1995	ilse-mari	EKSTEEN	AMPU	G12/3	12:03	Athletics Mpumalanga
48	3763	tshepiso	KGALEMA	LIMA	G12/3	12:03	Limpopo Athletics
49	3765	mosima	MABOGWANE	LIMA	G12/3	12:04	Limpopo Athletics
50	1160	goitsehang	RAPHASHA	AGN	G12/3	12:05	Athletics Gauteng North
51	1159	michelle	PRINSLOO	AGN	G12/3	12:05	Athletics Gauteng North
52	1158	jasmen	PIENAAR	AGN	G12/3	12:06	Athletics Gauteng North
53	2643	nolene	PIETERSE	ASWD	G12/3	12:06	South Western Districts
54	3320	kara	FOURIE	EPA	G12/3	12:07	Eastern Province Athletics
55	1157	tlotlo	MOLUTUA	AGN	G12/3	12:08	Athletics Gauteng North
56	661	moleboheng	MOKOENA	AFS	G12/3	12:10	Athletics Free State
57	1154	simone	LOURENS	AGN	G12/3	12:10	Athletics Gauteng North
58	2644	xavairea	TEKANA	ASWD	G12/3	12:11	South Western Districts
59	30	zinhle	NGOMA	AGN	G12/3	12:17	Athletics Gauteng North
60	1744	mia	EKKERD	AGW	G12/3	12:19	Griqua Land West
61	3018	tesmeque	MARITZ	CGA	G12/3	12:19	Central Gauteng Athletics
62	258	abbigail	VILJOEN	ACNW	G12/3	12:19	Athletics Central North West
63	1152	marli	HOMAN	AGN	G12/3	12:19	Athletics Gauteng North
64	2419	agnes	NCUBE	ANWN	G12/3	12:20	Athletics North West North
65	665	andrea	STEYNBERG	AFS	G12/3	12:20	Athletics Free State
66	1153	elizma	LE ROUX	AGN	G12/3	12:22	Athletics Gauteng North
67	669	duaney	VAN WYK	AFS	G12/3	12:25	Athletics Free State
68	3767	kamogelo	MOSWANE	LIMA	G12/3	12:29	Limpopo Athletics
69	2804	jane	WEPENER	AVT	G12/3	12:29	Athletics Vaal Triangle
70	3321	megan	HOUGH	EPA	G12/3	12:30	Eastern Province Athletics
71	1743	xolelwa	BAMBISO	AGW	G12/3	12:31	Griqua Land West
72	1149	altje	CONRADIE	AGN	G12/3	12:32	Athletics Gauteng North
73	2003	siphokozi	NSIBANDE	AMPU	G12/3	12:33	Athletics Mpumalanga
74	254	anchen	SCHUTTE	ACNW	G12/3	12:34	Athletics Central North West

75	662	rethabile	MOKOENA	AFS	G12/3	12:37	Athletics Free State
76	3322	marne	KOEN	EPA	G12/3	12:38	Eastern Province Athletics
77	1148	annelet	BREYTENBACH	AGN	G12/3	12:39	Athletics Gauteng North
78	667	carise	VAN ROOYEN	AFS	G12/3	12:39	Athletics Free State
79	248	karla	DE BRUYN	ACNW	G12/3	12:41	Athletics Central North West
80	2421	katelyn	ROSSOUW	ANWN	G12/3	12:44	Athletics North West North
81	49	isabella	VOSTER	ASWD	G12/3	12:45	South Western Districts
82	660	palesa	MOKGOSI	AFS	G12/3	12:47	Athletics Free State
83	3764	mogau	LEGODI	LIMA	G12/3	12:48	Limpopo Athletics
84	252	xandri	PALMER	ACNW	G12/3	12:48	Athletics Central North West
85	257	chiara	VERMEULEN	ACNW	G12/3	12:49	Athletics Central North West
86	2418	mia	LE ROUX	ANWN	G12/3	12:50	Athletics North West North
87	1151	onthatile	DEANE	AGN	G12/3	12:51	Athletics Gauteng North
88	653	chanelle	BESTER	AFS	G12/3	12:52	Athletics Free State
89	1998	jani	KROON	AMPU	G12/3	12:54	Athletics Mpumalanga
90	249	esther-mari	HAYWARD	ACNW	G12/3	12:55	Athletics Central North West
91	2425	chante	WOLMARANS	ANWN	G12/3	12:56	Athletics North West North
92	1997	yasmine	HOUGH	AMPU	G12/3	12:56	Athletics Mpumalanga
93	1992	haley	CUSSONS	AMPU	G12/3	12:56	Athletics Mpumalanga
94	2002	megan	NEL	AMPU	G12/3	12:58	Athletics Mpumalanga
95	2423	heili	VAN DEN BERG	ANWN	G12/3	13:02	Athletics North West North
96	255	marli	VAN DER MERWE	ACNW	G12/3	13:05	Athletics Central North West
97	1994	sphehile	DUBE	AMPU	G12/3	13:06	Athletics Mpumalanga
98	2424	anouk	VAN DER WALT	ANWN	G12/3	13:06	Athletics North West North
99	2420	kelello	PHOKOJE	ANWN	G12/3	13:09	Athletics North West North
100	2008	clarise	VAN ZYL	AMPU	G12/3	13:09	Athletics Mpumalanga
101	3766	jane	MAMITSWI	LIMA	G12/3	13:15	Limpopo Athletics
102	2000	mia	LIGTHELM	AMPU	G12/3	13:16	Athletics Mpumalanga
103	1749	anika	VAN DER MERWE	AGW	G12/3	13:17	Griqua Land West
104	1746	nomthandazi	HOFMAN	AGW	G12/3	13:23	Griqua Land West
105	1748	petrolette	UYS	AGW	G12/3	13:24	Griqua Land West
106	247	warona	CHWARO	ACNW	G12/3	13:26	Athletics Central North West
107	1747	chanelle	SEI	AGW	G12/3	13:30	Griqua Land West
108	253	micaela	ROSSITER	ACNW	G12/3	13:30	Athletics Central North West
109	2645	kay-mari	VALENTEIN	ASWD	G12/3	13:30	South Western Districts
110	2004	nsovo	NTLEMO	AMPU	G12/3	13:31	Athletics Mpumalanga
111	2417	leonelle	GAGIANO	ANWN	G12/3	13:37	Athletics North West North
112	2414	mone	COETZEE	ANWN	G12/3	13:39	Athletics North West North
113	3772	megan	VAN DER MERWE	LIMA	G12/3	13:40	Limpopo Athletics
114	48	hilliny	WITBOOI	ASWD	G12/3	13:48	South Western Districts
115	3769	chelsea	RANCE	LIMA	G12/3	14:07	Limpopo Athletics
116	3428	leah	EDWARDS	KZNA	G12/3	14:08	Kwazulu Natal
117	2422	zari-nel	SMIT	ANWN	G12/3	14:08	Athletics North West North
118	2415	melissa	DE LANGE	ANWN	G12/3	14:08	Athletics North West North
119	251	amorie	MAASS	ACNW	G12/3	14:08	Athletics Central North West
120	256	marine	VAN RAVENSWAY	ACNW	G12/3	14:08	Athletics Central North West
121	3319	lynique	DE VOS	EPA	G12/3	14:08	Eastern Province Athletics
122	250	juane	HYMAN	ACNW	G12/3	14:08	Athletics Central North West

RESULTS INDIVIDUAL COMPETITION G13/3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1178	liane	SMIT	AGN	G13/3	09:58	Athletics Gauteng North
2	3028	ntombi	GUMEDE	CGA	G13/3	10:00	Central Gauteng Athletics
3	2017	lika	OLIVIER	AMPU	G13/3	10:00	Athletics Mpumalanga
4	2807	marli	DIMOND	AVT	G13/3	10:12	Athletics Vaal Triangle
5	3026	makgwarane	DIEKETSENG	CGA	G13/3	10:14	Central Gauteng Athletics
6	3030	lebo	NKOYANE	CGA	G13/3	10:15	Central Gauteng Athletics
7	2810	wiepke	SCHOEMAN	AVT	G13/3	10:15	Athletics Vaal Triangle
8	1170	izandri	JACOBS	AGN	G13/3	10:15	Athletics Gauteng North
9	3024	camryn	DE MEYER	CGA	G13/3	10:19	Central Gauteng Athletics
10	31	ntloheleng	THELEJANE	AGN	G13/3	10:21	Athletics Gauteng North
11	679	refiloe	MOTLOHI	AFS	G13/3	10:21	Athletics Free State
12	3029	hlengiwe	NKOSI	CGA	G13/3	10:22	Central Gauteng Athletics
13	269	kayla	SCHEPPEL	ACNW	G13/3	10:23	Athletics Central North West
14	3034	amy	VAN STADEN	CGA	G13/3	10:24	Central Gauteng Athletics
15	3022	chenelle	AXSEL	CGA	G13/3	10:27	Central Gauteng Athletics
16	3033	abigail	SWEENEY	CGA	G13/3	10:28	Central Gauteng Athletics
17	1169	niazell	GRABE	AGN	G13/3	10:30	Athletics Gauteng North
18	3031	sedibeng	SAOKGA	CGA	G13/3	10:32	Central Gauteng Athletics
19	680	karabo	MSUTU	AFS	G13/3	10:33	Athletics Free State
20	2858	nthabiseng	SEHLOHO	AVT	G13/3	10:33	Athletics Vaal Triangle
21	2013	dejane	HOLTZHAUSEN	AMPU	G13/3	10:33	Athletics Mpumalanga
22	1180	stephanie	VERSCHOOR	AGN	G13/3	10:34	Athletics Gauteng North
23	1163	jacqueline	COERTZE	AGN	G13/3	10:34	Athletics Gauteng North
24	1165	tiane	DE WIT	AGN	G13/3	10:36	Athletics Gauteng North
25	2018	tanya	PIETERSE	AMPU	G13/3	10:38	Athletics Mpumalanga
26	3027	nonhlanhla	DLAMINI	CGA	G13/3	10:39	Central Gauteng Athletics
27	1752	lee-ann	WHITE	AGW	G13/3	10:40	Griqua Land West
28	2427	abbygale	HAVENGA	ANWN	G13/3	10:42	Athletics North West North
29	1168	maryke	GELDENHUYS	AGN	G13/3	10:43	Athletics Gauteng North
30	1750	carmen	LOUW	AGW	G13/3	10:44	Griqua Land West
31	3032	lika	STRYDOM	CGA	G13/3	10:46	Central Gauteng Athletics
32	2806	jolaine	AUCAMP	AVT	G13/3	10:47	Athletics Vaal Triangle
33	3023	helen	COCKERAN	CGA	G13/3	10:48	Central Gauteng Athletics
34	1174	tumisho	MAPHOSO	AGN	G13/3	10:48	Athletics Gauteng North
35	1179	chantelle	VAN NIEKERK	AGN	G13/3	10:51	Athletics Gauteng North
36	1172	mia	JANSE VAN RENSB	AGN	G13/3	10:52	Athletics Gauteng North
37	3435	keira	NAIDOO	KZNA	G13/3	10:52	Kwazulu Natal
38	677	relebohile	MOHALE	AFS	G13/3	10:53	Athletics Free State
39	1173	mart-marie	JORDAAN	AGN	G13/3	10:53	Athletics Gauteng North
40	272	alri	VERSTER	ACNW	G13/3	10:54	Athletics Central North West
41	1164	gitte	DE JAGER	AGN	G13/3	10:55	Athletics Gauteng North
42	1175	tamara	MHLANGU	AGN	G13/3	10:55	Athletics Gauteng North
43	685	carlé	STOCKENSTRÖM	AFS	G13/3	10:55	Athletics Free State
44	1377	Rylee-Kai	CHALLENGOR	KZNA	G13/3	10:56	Kwazulu Natal
45	678	tshadi selinal	MOTHOLO	AFS	G13/3	10:56	Athletics Free State
46	52	tlhohonolofa	SELOANE	AFS	G13/3	10:56	Athletics Free State
47	3437	bathabile	SHEZI	KZNA	G13/3	10:57	Kwazulu Natal
48	3025	chloe	DIEDERICKS-BOUD	CGA	G13/3	10:57	Central Gauteng Athletics
49	260	angie	BADALA	ACNW	G13/3	10:58	Athletics Central North West

50	676	relebohile inc	MOGOSI	AFS	G13/3	10:58	Athletics Free State
51	1171	cari	JACOBSE	AGN	G13/3	10:59	Athletics Gauteng North
52	3785	ashley	MOREIRA	LIMA	G13/3	10:59	Limpopo Athletics
53	3775	vanessa	DA SILVA	LIMA	G13/3	11:00	Limpopo Athletics
54	674	dimpho	LESENYEHO	AFS	G13/3	11:01	Athletics Free State
55	2648	daneil	TIETIES	ASWD	G13/3	11:01	South Western Districts
56	1167	cara	ESTERHUIZEN	AGN	G13/3	11:03	Athletics Gauteng North
57	2011	sihle	CINDI	AMPU	G13/3	11:03	Athletics Mpumalanga
58	2432	janeske	VAN DER WALT	ANWN	G13/3	11:03	Athletics North West North
59	684	chenike	ROSSOUW	AFS	G13/3	11:05	Athletics Free State
60	2646	shafieka	DU PREEZ	ASWD	G13/3	11:06	South Western Districts
61	1177	maria	SITHOLE	AGN	G13/3	11:07	Athletics Gauteng North
62	265	amone	LE ROUX	ACNW	G13/3	11:07	Athletics Central North West
63	3783	joy	MATENTSHI	LIMA	G13/3	11:07	Limpopo Athletics
64	2012	leandri	ENGELBRECHT	AMPU	G13/3	11:09	Athletics Mpumalanga
65	2428	monique	KLOPPER	ANWN	G13/3	11:10	Athletics North West North
66	263	liane	ENGELBRECHT	ACNW	G13/3	11:12	Athletics Central North West
67	3778	thebatso	KOLA	LIMA	G13/3	11:13	Limpopo Athletics
68	3433	bongiwe	MASONDO	KZNA	G13/3	11:13	Kwazulu Natal
69	2021	juane	STUART	AMPU	G13/3	11:13	Athletics Mpumalanga
70	3434	fezike	MZOLO	KZNA	G13/3	11:14	Kwazulu Natal
71	2431	dineo	SILINZA	ANWN	G13/3	11:15	Athletics North West North
72	671	dieketseng	BIYANE	AFS	G13/3	11:16	Athletics Free State
73	1166	nicola	DYASON	AGN	G13/3	11:16	Athletics Gauteng North
74	683	katleho	RASANTA	AFS	G13/3	11:17	Athletics Free State
75	681	boitumelo	NTSEKE	AFS	G13/3	11:18	Athletics Free State
76	259	kelly	ANNANDALE	ACNW	G13/3	11:20	Athletics Central North West
77	675	dimakatso	MALEKE	AFS	G13/3	11:20	Athletics Free State
78	2010	cherike	BOSHOFF	AMPU	G13/3	11:21	Athletics Mpumalanga
79	686	veronique	VAN DER WALT	AFS	G13/3	11:22	Athletics Free State
80	1176	nompumeleli	SIDIBENG	AGN	G13/3	11:23	Athletics Gauteng North
81	2019	jolani	RAUTENBACH	AMPU	G13/3	11:24	Athletics Mpumalanga
82	2426	janneke	DE WET	ANWN	G13/3	11:24	Athletics North West North
83	2016	caramia	NAGEL	AMPU	G13/3	11:25	Athletics Mpumalanga
84	2429	boitumelo	MASHITISHO	ANWN	G13/3	11:25	Athletics North West North
85	3781	bonolo	MANKGE	LIMA	G13/3	11:26	Limpopo Athletics
86	2014	mart-mari	LOURENS	AMPU	G13/3	11:26	Athletics Mpumalanga
87	1751	boingotlo	NONONG	AGW	G13/3	11:27	Griqua Land West
88	2809	dimpho	MPUTHI	AVT	G13/3	11:27	Athletics Vaal Triangle
89	3786	cara	VAN ROOYEN	LIMA	G13/3	11:28	Limpopo Athletics
90	670	danielle	BARRETT	AFS	G13/3	11:28	Athletics Free State
91	2020	cynthia	STRYDOM	AMPU	G13/3	11:36	Athletics Mpumalanga
92	268	gofane	MOABI	ACNW	G13/3	11:36	Athletics Central North West
93	271	janie	VAN DEVENTER	ACNW	G13/3	11:37	Athletics Central North West
94	2434	sylvia	VAN ROOYEN	ANWN	G13/3	11:38	Athletics North West North
95	3774	keira	BOOTH	LIMA	G13/3	11:38	Limpopo Athletics
96	264	angel	GEEL	ACNW	G13/3	11:39	Athletics Central North West
97	2433	rivony	VAN RENSBURG	ANWN	G13/3	11:39	Athletics North West North
98	673	nomvula	KLAAS	AFS	G13/3	11:40	Athletics Free State
99	3776	evidence	JIYA	LIMA	G13/3	11:40	Limpopo Athletics

100	3784	keneilwe	MAWELA	LIMA	G13/3	11:41	Limpopo Athletics
101	270	alicia	SWART	ACNW	G13/3	11:42	Athletics Central North West
102	2649	hope	WILLIAMS	ASWD	G13/3	11:43	South Western Districts
103	672	sindiwe	KHUMBULA	AFS	G13/3	11:44	Athletics Free State
104	3773	geane	ANDERSON	LIMA	G13/3	11:44	Limpopo Athletics
105	266	chane	LOURENCO	ACNW	G13/3	11:45	Athletics Central North West
106	262	desire	ENGELBRECHT	ACNW	G13/3	11:46	Athletics Central North West
107	3782	audrey	MATEMA	LIMA	G13/3	11:47	Limpopo Athletics
108	2900	isiphile	DAMSESI	BORA	G13/3	11:47	Border Athletics
109	261	kaylin	BEZUIDENHOUT	ACNW	G13/3	11:48	Athletics Central North West
110	3780	veLOCITY	MAMOSHI	LIMA	G13/3	11:48	Limpopo Athletics
111	3436	sindisiwa	NGCONGO	KZNA	G13/3	11:50	Kwazulu Natal
112	2430	elzure	NEL	ANWN	G13/3	11:55	Athletics North West North
113	2015	shane	LUUS	AMPU	G13/3	11:55	Athletics Mpumalanga
114	267	riani	MARÈ	ACNW	G13/3	11:56	Athletics Central North West
115	2647	sherna	PHILLIPS	ASWD	G13/3	11:56	South Western Districts
116	3777	matswai	KGOSANA	LIMA	G13/3	11:58	Limpopo Athletics
117	682	lerato	PITSO	AFS	G13/3	11:58	Athletics Free State
118	3779	refilwe	MALEPA	LIMA	G13/3	11:59	Limpopo Athletics
119	2435	elzaan	VAN WYK	ANWN	G13/3	11:59	Athletics North West North
120	3364	zoe	HESELMAN	IND	G13/3	12:00	Individual

RESULTS INDIVIDUAL COMPETITION G14/4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1182	li-marie	DEKKER	AGN	G14/4	13:51	Athletics Gauteng North
2	1188	tinyiko	NDLALA	AGN	G14/4	14:03	Athletics Gauteng North
3	3040	phemelo	MATSHABA	CGA	G14/4	14:05	Central Gauteng Athletics
4	3038	naledi	MAKGATHA	CGA	G14/4	14:07	Central Gauteng Athletics
5	3039	khunedl	MASHISHI	CGA	G14/4	14:13	Central Gauteng Athletics
6	3043	ntokozo	TLOU	CGA	G14/4	14:24	Central Gauteng Athletics
7	280	lee-ann	MARX	ACNW	G14/4	14:24	Athletics Central North West
8	2813	mieke	SMIT	AVT	G14/4	14:26	Athletics Vaal Triangle
9	3037	palesa	LELIMO	CGA	G14/4	14:26	Central Gauteng Athletics
10	1184	talita	HOMAN	AGN	G14/4	14:27	Athletics Gauteng North
11	3042	kgopotso	SHOKANE	CGA	G14/4	14:27	Central Gauteng Athletics
12	3036	makwena	CHOKOE	CGA	G14/4	14:35	Central Gauteng Athletics
13	3041	segomotsi	SEDIMO	CGA	G14/4	14:41	Central Gauteng Athletics
14	701	paballo	RADEBE	AFS	G14/4	14:42	Athletics Free State
15	1196	melissa	VAN NIEKERK	AGN	G14/4	14:49	Athletics Gauteng North
16	1187	koketso	MOLOTO	AGN	G14/4	14:51	Athletics Gauteng North
17	3442	sisanda	SIKHAKHANE	KZNA	G14/4	14:51	Kwazulu Natal
18	1191	lara	SCHOLTZ	AGN	G14/4	14:55	Athletics Gauteng North
19	2814	sune	SNYMAN	AVT	G14/4	15:04	Athletics Vaal Triangle
20	1183	caitlin	ELOFF	AGN	G14/4	15:11	Athletics Gauteng North
21	3791	fiona	MAKAKABE	LIMA	G14/4	15:17	Limpopo Athletics
22	2653	mushcha	ROBBENSON	ASWD	G14/4	15:18	South Western Districts
23	3440	beth	MAYER	KZNA	G14/4	15:21	Kwazulu Natal
24	2023	meceila	BRITS	AMPU	G14/4	15:23	Athletics Mpumalanga
25	1186	lufhuno	MAKHUVHA	AGN	G14/4	15:26	Athletics Gauteng North
26	1189	wilmari	NOLTE	AGN	G14/4	15:28	Athletics Gauteng North

27	1185	christene	KNOESEN	AGN	G14/4	15:32	Athletics Gauteng North
28	2441	micha	VAN VUUREN	ANWN	G14/4	15:33	Athletics North West North
29	1198	kate	VAN ZYL	AGN	G14/4	15:33	Athletics Gauteng North
30	2027	liane	PARKES	AMPU	G14/4	15:34	Athletics Mpumalanga
31	1192	mia	SLIPPERS	AGN	G14/4	15:35	Athletics Gauteng North
32	3044	charlene	VAN JAARVELD	CGA	G14/4	15:35	Central Gauteng Athletics
33	1194	tenielle	SWANEPOEL	AGN	G14/4	15:39	Athletics Gauteng North
34	702	realeboha	SEKHOTO	AFS	G14/4	15:40	Athletics Free State
35	1190	chloe	PIENAAR	AGN	G14/4	15:47	Athletics Gauteng North
36	2812	karabo	SEHLOHO	AVT	G14/4	15:50	Athletics Vaal Triangle
37	1193	desiree	STEYNBERG	AGN	G14/4	15:55	Athletics Gauteng North
38	2022	kristen	BERRY	AMPU	G14/4	15:55	Athletics Mpumalanga
39	1195	marlene	VAN DER LINDE	AGN	G14/4	15:55	Athletics Gauteng North
40	689	alexandra	DE KLERK	AFS	G14/4	16:00	Athletics Free State
41	2815	johanne	VALINTIN	AVT	G14/4	16:03	Athletics Vaal Triangle
42	3441	xolisile	NENE	KZNA	G14/4	16:09	Kwazulu Natal
43	39	ndiphile	DLESI	ATRA	G14/4	16:12	Athletics Transkei
44	2652	leandria	MANGO	ASWD	G14/4	16:13	South Western Districts
45	3439	samkelisiwe	DLADLA	KZNA	G14/4	16:13	Kwazulu Natal
46	279	ilane	HERBST	ACNW	G14/4	16:14	Athletics Central North West
47	277	juliska	ERASMUS	ACNW	G14/4	16:18	Athletics Central North West
48	697	refiloe	MOKHENA	AFS	G14/4	16:20	Athletics Free State
49	699	mpolokeng	MOLOKO	AFS	G14/4	16:21	Athletics Free State
50	3438	nikeziwe	DLADLA	KZNA	G14/4	16:26	Kwazulu Natal
51	694	maletsatsi	MAJAKE	AFS	G14/4	16:29	Athletics Free State
52	1197	natasha	VAN NIEKERK	AGN	G14/4	16:30	Athletics Gauteng North
53	3794	kgothatso	TSHEHLA	LIMA	G14/4	16:31	Limpopo Athletics
54	688	carlise	BOTHA	AFS	G14/4	16:42	Athletics Free State
55	2440	monique	STRYDOM	ANWN	G14/4	16:46	Athletics North West North
56	700	zandile	PLAATJIE	AFS	G14/4	16:46	Athletics Free State
57	2029	theresse	SEYFFERT	AMPU	G14/4	16:51	Athletics Mpumalanga
58	692	lieketseng	KHIBA	AFS	G14/4	16:51	Athletics Free State
59	3789	bahangwale	KUBJANE	LIMA	G14/4	16:51	Limpopo Athletics
60	3035	tenike	BLUNDEN	CGA	G14/4	16:54	Central Gauteng Athletics
61	3793	motsatsi	MOTSEO	LIMA	G14/4	16:55	Limpopo Athletics
62	695	malefu	MARTHA	AFS	G14/4	16:59	Athletics Free State
63	698	kananelo	MOLAHLOE	AFS	G14/4	17:00	Athletics Free State
64	2442	alicia	VIVIERS	ANWN	G14/4	17:00	Athletics North West North
65	2026	thato	MALEKA	AMPU	G14/4	17:03	Athletics Mpumalanga
66	2024	kayla	COETZEE	AMPU	G14/4	17:05	Athletics Mpumalanga
67	1181	charisa	BOTHA	AGN	G14/4	17:06	Athletics Gauteng North
68	703	danika	ZWAHLEN	AFS	G14/4	17:07	Athletics Free State
69	3516	kayleigh	LINDEQUE	KZNA	G14/4	17:13	Kwazulu Natal
70	691	suze	DU TOIT	AFS	G14/4	17:15	Athletics Free State
71	3323	caleisha	HOFFMAN	EPA	G14/4	17:15	Eastern Province Athletics
72	2031	julia	VAN AARDT	AMPU	G14/4	17:19	Athletics Mpumalanga
73	690	boitumelo	DEBES	AFS	G14/4	17:21	Athletics Free State
74	273	malincke	BOTHA	ACNW	G14/4	17:26	Athletics Central North West
75	2025	shenay	GROBLER	AMPU	G14/4	17:28	Athletics Mpumalanga
76	282	anika	ROSSOUW	ACNW	G14/4	17:34	Athletics Central North West

77	3790	mogau	LESHABA	LIMA	G14/4	17:55	Limpopo Athletics
78	3787	anika	DU TOIT	LIMA	G14/4	17:56	Limpopo Athletics
79	687	lize	ACKERMAN	AFS	G14/4	18:00	Athletics Free State
80	275	magdaleen	CRAFFORD	ACNW	G14/4	18:04	Athletics Central North West
81	276	isabel	DE JAGER	ACNW	G14/4	18:05	Athletics Central North West
82	2438	kaylia	PENTZ	ANWN	G14/4	18:12	Athletics North West North
83	3792	rebecca	MCLAREN	LIMA	G14/4	18:16	Limpopo Athletics
84	1753	kayleigh	BIRCH	AGW	G14/4	18:17	Griqua Land West
85	2436	carla	FERREIRA	ANWN	G14/4	18:19	Athletics North West North
86	2650	petroneyn	GROENEWALD	ASWD	G14/4	18:21	South Western Districts
87	3951	amahle	DINTSI	WPA	G14/4	18:27	Western Province Athletics
88	1754	carla	RUFFINI	AGW	G14/4	18:37	Griqua Land West
89	693	dimpho	LELIMO	AFS	G14/4	18:40	Athletics Free State
90	2651	eldone	JANSEN	ASWD	G14/4	18:42	South Western Districts
91	278	riandi	HATTINGH	ACNW	G14/4	18:48	Athletics Central North West
92	274	caylen	BURGER	ACNW	G14/4	18:58	Athletics Central North West
93	283	amogelang	THALE	ACNW	G14/4	19:03	Athletics Central North West
94	2028	megan	SEYFARTH	AMPU	G14/4	19:05	Athletics Mpumalanga
95	3788	gorja	HARWOOD	LIMA	G14/4	19:06	Limpopo Athletics
96	281	megan	PIETERSE	ACNW	G14/4	20:25	Athletics Central North West
97	2032	angelique	VAN DER MERWE	AMPU	G14/4	20:25	Athletics Mpumalanga
98	2437	frane	FRANCIS	ANWN	G14/4	20:25	Athletics North West North

RESULTS INDIVIDUAL COMPETITION G15/4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3049	ntokoza	GUMEDE	CGA	G15/4	13:47	Central Gauteng Athletics
2	1215	amogelang	TSHABALALA	AGN	G15/4	14:05	Athletics Gauteng North
3	2859	chenique	SASS	BOLA	G15/4	14:15	Boland Athletics
4	3057	kimberley	SWANEPOEL	CGA	G15/4	14:16	Central Gauteng Athletics
5	22	amanda	DETSHE	ATRA	G15/4	14:39	Athletics Transkei
6	1204	danita	DINWOODIE	AGN	G15/4	14:39	Athletics Gauteng North
7	1208	mathopelo	MAVUSA	AGN	G15/4	14:43	Athletics Gauteng North
8	1205	annika	JOUBERT	AGN	G15/4	14:44	Athletics Gauteng North
9	32	sinoyolo	MAYELA	ATRA	G15/4	14:45	Athletics Transkei
10	2044	britney	VAN DER MERWE	AMPU	G15/4	14:55	Athletics Mpumalanga
11	3050	sue-caiylen	KORKIE	CGA	G15/4	15:00	Central Gauteng Athletics
12	1207	shalan	KRUGER	AGN	G15/4	15:00	Athletics Gauteng North
13	1214	jennifer	STICKELLS	AGN	G15/4	15:05	Athletics Gauteng North
14	2654	yulenda	GOEIJEMAN	ASWD	G15/4	15:07	South Western Districts
15	1200	emma	BIESEMAN	AGN	G15/4	15:08	Athletics Gauteng North
16	3052	neyma	MAZIBUKO	CGA	G15/4	15:11	Central Gauteng Athletics
17	3054	polenah	MOKGALA	CGA	G15/4	15:17	Central Gauteng Athletics
18	3047	jolandi	DE BEER	CGA	G15/4	15:17	Central Gauteng Athletics
19	292	riana	NEL	ACNW	G15/4	15:18	Athletics Central North West
20	1216	carla	VAN WYK	AGN	G15/4	15:19	Athletics Gauteng North
21	3048	jennifer	GREIG	CGA	G15/4	15:19	Central Gauteng Athletics
22	3953	marietjie	CILLIERS	WPA	G15/4	15:20	Western Province Athletics
23	1755	maricelle	KRUGER	AGW	G15/4	15:23	Griqua Land West
24	1199	carla	BRITZ	AGN	G15/4	15:24	Athletics Gauteng North
25	3056	corlize	STOLTZ	CGA	G15/4	15:25	Central Gauteng Athletics

26	712	nomhle	JULIE	AFS	G15/4	15:31	Athletics Free State
27	1202	nerize	DE BEER	AGN	G15/4	15:32	Athletics Gauteng North
28	2035	sharona	KLEIN	AMPU	G15/4	15:36	Athletics Mpumalanga
29	1209	elme	MIENIE	AGN	G15/4	15:39	Athletics Gauteng North
30	2860	elandri	SCHMIDT	BOLA	G15/4	15:41	Boland Athletics
31	721	nonkululeko	VELI	AFS	G15/4	15:43	Athletics Free State
32	3045	ciara	BLUNDEN	CGA	G15/4	15:43	Central Gauteng Athletics
33	714	nomthandazo	MADUNA	AFS	G15/4	15:45	Athletics Free State
34	3055	emilie	NELSON	CGA	G15/4	15:46	Central Gauteng Athletics
35	1213	michelle	SMIT	AGN	G15/4	15:51	Athletics Gauteng North
36	3046	tayla	BOSMAN	CGA	G15/4	15:53	Central Gauteng Athletics
37	2036	berna	KOK	AMPU	G15/4	15:55	Athletics Mpumalanga
38	706	beanke	DU TOIT	AFS	G15/4	15:57	Athletics Free State
39	3324	anke	SERFONTEIN	EPA	G15/4	15:58	Eastern Province Athletics
40	1211	izanne	PRINSLOO	AGN	G15/4	16:03	Athletics Gauteng North
41	1210	mahlatsi	NGEWNYA	AGN	G15/4	16:04	Athletics Gauteng North
42	2656	jandri	SNYDERS	ASWD	G15/4	16:06	South Western Districts
43	3446	megan	OLIVIER	KZNA	G15/4	16:06	Kwazulu Natal
44	3445	nonjabulo	MAJOLA	KZNA	G15/4	16:07	Kwazulu Natal
45	3954	zenade	OCTOBER	WPA	G15/4	16:09	Western Province Athletics
46	2816	annericke	BORNMAN	AVT	G15/4	16:10	Athletics Vaal Triangle
47	2446	regomoditswa	MOTSHABI	ANWN	G15/4	16:11	Athletics North West North
48	3051	sinesipho	KREWU	CGA	G15/4	16:15	Central Gauteng Athletics
49	713	karabo	LEKGWABA	AFS	G15/4	16:20	Athletics Free State
50	1206	helene	KRUGER	AGN	G15/4	16:21	Athletics Gauteng North
51	1212	veronique	ROSSOUW	AGN	G15/4	16:22	Athletics Gauteng North
52	3448	caroline	STUURMAN	KZNA	G15/4	16:25	Kwazulu Natal
53	1203	jalita	DELPORT	AGN	G15/4	16:26	Athletics Gauteng North
54	3447	emma	SLACK	KZNA	G15/4	16:27	Kwazulu Natal
55	1201	klarissa	BROOS	AGN	G15/4	16:29	Athletics Gauteng North
56	3443	alyssa	GASS	KZNA	G15/4	16:30	Kwazulu Natal
57	704	itumeleng	BLOU	AFS	G15/4	16:35	Athletics Free State
58	3802	poseletso	MOHOMOGALE	LIMA	G15/4	16:37	Limpopo Athletics
59	2045	zelmari	VAN DER MERWE	AMPU	G15/4	16:37	Athletics Mpumalanga
60	2038	christa	LOMBARD	AMPU	G15/4	16:37	Athletics Mpumalanga
61	711	san-marie	GROENEWALD	AFS	G15/4	16:49	Athletics Free State
62	716	refilwe	MPEHO	AFS	G15/4	16:50	Athletics Free State
63	3053	ashley	MINNIE	CGA	G15/4	16:54	Central Gauteng Athletics
64	715	maditabo	MOKHALI	AFS	G15/4	17:06	Athletics Free State
65	3798	phumzile	KGARIA	LIMA	G15/4	17:07	Limpopo Athletics
66	3952	leonte	ADAMS	WPA	G15/4	17:08	Western Province Athletics
67	285	isone	BOOYENS	ACNW	G15/4	17:10	Athletics Central North West
68	719	hanlie	VAN WYK	AFS	G15/4	17:10	Athletics Free State
69	2037	nobuhle	KUBHEKA	AMPU	G15/4	17:11	Athletics Mpumalanga
70	2444	lelanie	JANSEN V VUUREN	ANWN	G15/4	17:13	Athletics North West North
71	707	elisna	ELOFF	AFS	G15/4	17:13	Athletics Free State
72	708	carrissa	ERASMUS	AFS	G15/4	17:21	Athletics Free State
73	710	christa	GELDENHUYS	AFS	G15/4	17:30	Athletics Free State
74	287	chimone	DU PISANI	ACNW	G15/4	17:31	Athletics Central North West
75	3805	selaelo beaut	SERUMULA	LIMA	G15/4	17:31	Limpopo Athletics

76	709	kayleigh	GEEL	AFS	G15/4	17:35	Athletics Free State
77	2034	jone	GROBLER	AMPU	G15/4	17:38	Athletics Mpumalanga
78	2040	samukeliswe	MDLALOSE	AMPU	G15/4	17:42	Athletics Mpumalanga
79	705	granny	DIMEMO	AFS	G15/4	17:45	Athletics Free State
80	718	ella	STEYNBERG	AFS	G15/4	17:45	Athletics Free State
81	290	marne	MEINTJIES	ACNW	G15/4	17:52	Athletics Central North West
82	2445	ane	JV RENSBURG	ANWN	G15/4	17:52	Athletics North West North
83	2452	nia	VILJOEN	ANWN	G15/4	17:56	Athletics North West North
84	293	mase	PHETLA	ACNW	G15/4	18:00	Athletics Central North West
85	3797	annecia	ENGELBRECHT	LIMA	G15/4	18:06	Limpopo Athletics
86	2042	felicity	SIBANDE	AMPU	G15/4	18:07	Athletics Mpumalanga
87	3801	karabo	MARIBANA	LIMA	G15/4	18:08	Limpopo Athletics
88	717	dimpho	NOGWANYA	AFS	G15/4	18:09	Athletics Free State
89	3795	amelia	BOOTH	LIMA	G15/4	18:09	Limpopo Athletics
90	289	me-any	JANSEN VAN VUUR	ACNW	G15/4	18:15	Athletics Central North West
91	13	shanel	DE BEER	CGA	G15/4	18:16	Central Gauteng Athletics
92	288	anke	FREESE	ACNW	G15/4	18:16	Athletics Central North West
93	2451	nadia	VAN DER BYL	ANWN	G15/4	18:19	Athletics North West North
94	3804	ane	SCHOLTZ	LIMA	G15/4	18:20	Limpopo Athletics
95	3800	phakiso	MAKAFOLA	LIMA	G15/4	18:34	Limpopo Athletics
96	2449	kaylen	SCHOLTZ	ANWN	G15/4	18:36	Athletics North West North
97	3803	koketso	NKGUDI	LIMA	G15/4	18:43	Limpopo Athletics
98	2041	nicky	NEL	AMPU	G15/4	18:46	Athletics Mpumalanga
99	2046	mariska	VAN DYK	AMPU	G15/4	18:52	Athletics Mpumalanga
100	286	jane	BOOYENS	ACNW	G15/4	19:04	Athletics Central North West
101	291	johane	MOOLMAN	ACNW	G15/4	19:04	Athletics Central North West
102	2033	marne	BELL	AMPU	G15/4	19:18	Athletics Mpumalanga
103	2447	nicole	MURLEY	ANWN	G15/4	19:21	Athletics North West North
104	3799	naledi	LETSOALO	LIMA	G15/4	19:23	Limpopo Athletics
105	2443	kathleen	DIEDERICKS	ANWN	G15/4	19:30	Athletics North West North
106	2450	beth	TYLDESLEY	ANWN	G15/4	19:40	Athletics North West North
107	284	robyn	ANNANDALE	ACNW	G15/4	19:43	Athletics Central North West
108	2043	bongeka	SITHOLE	AMPU	G15/4	19:54	Athletics Mpumalanga
109	2039	nadia	LOMBARD	AMPU	G15/4	19:55	Athletics Mpumalanga
110	2655	sharo-lee	MC KENZIE	ASWD	G15/4	20:13	South Western Districts

RESULTS INDIVIDUAL COMPETITION G16/4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	303	danielle	VERSTER	ACNW	G16/4	13:45	Athletics Central North West
2	732	karabo	MOTSOENENG	AFS	G16/4	14:19	Athletics Free State
3	1224	chanelle	KRUGER	AGN	G16/4	14:26	Athletics Gauteng North
4	1222	gabriella	GAIT-SMITH	AGN	G16/4	14:33	Athletics Gauteng North
5	3058	shannon	BOTHA	CGA	G16/4	14:39	Central Gauteng Athletics
6	3059	chane	DE MEYER	CGA	G16/4	14:40	Central Gauteng Athletics
7	3060	tokelo	MATEBANE	CGA	G16/4	14:45	Central Gauteng Athletics
8	1218	juanike	CRONJE	AGN	G16/4	14:47	Athletics Gauteng North
9	1219	marianke	CRONJE	AGN	G16/4	14:54	Athletics Gauteng North
10	2659	berdine	KOLELA	ASWD	G16/4	15:02	South Western Districts
11	3956	tamica	JOOSTE	WPA	G16/4	15:06	Western Province Athletics
12	3063	deneke	SNYMAN	CGA	G16/4	15:07	Central Gauteng Athletics

13	1229	tsholofelo	MOKGOBO	AGN	G16/4	15:12	Athletics Gauteng North
14	1230	clarissa	PRETORIUS	AGN	G16/4	15:13	Athletics Gauteng North
15	2052	michelle	PARKES	AMPU	G16/4	15:15	Athletics Mpumalanga
16	2820	danielle	VERWOERD	AVT	G16/4	15:20	Athletics Vaal Triangle
17	3065	bernedette	WILSON	CGA	G16/4	15:22	Central Gauteng Athletics
18	1227	nonhlanhla	MABUZA	AGN	G16/4	15:27	Athletics Gauteng North
19	1232	nonkululeko	SHANGE	AGN	G16/4	15:28	Athletics Gauteng North
20	3062	thembi	MTHETHO	CGA	G16/4	15:28	Central Gauteng Athletics
21	3453	snegugu	XULU	KZNA	G16/4	15:31	Kwazulu Natal
22	2862	anja	VAN HEERDEN	BOLA	G16/4	15:32	Boland Athletics
23	2703	vuyiswa	MOFI	ATRA	G16/4	15:33	Athletics Transkei
24	2861	virgell-lee	AFRICA	BOLA	G16/4	15:34	Boland Athletics
25	3061	thembesile	MTHETHO	CGA	G16/4	15:34	Central Gauteng Athletics
26	1228	rose	MAMABOLO	AGN	G16/4	15:35	Athletics Gauteng North
27	722	tsholofelo	DIKOKO	AFS	G16/4	15:38	Athletics Free State
28	1225	izelle	KRUGER	AGN	G16/4	15:41	Athletics Gauteng North
29	2053	zanele	SEHOHLE	AMPU	G16/4	15:45	Athletics Mpumalanga
30	3957	nadine	VISSER	WPA	G16/4	15:50	Western Province Athletics
31	3955	kharnya	FRANCIS	WPA	G16/4	15:51	Western Province Athletics
32	3452	nonjabulo	XULU	KZNA	G16/4	15:53	Kwazulu Natal
33	1233	banele	TOKWANA	AGN	G16/4	15:53	Athletics Gauteng North
34	3449	smangaliso	MADLALA	KZNA	G16/4	15:56	Kwazulu Natal
35	2818	shane	DIMOND	AVT	G16/4	16:04	Athletics Vaal Triangle
36	3451	balisa	MONAKALI	KZNA	G16/4	16:07	Kwazulu Natal
37	3450	jade	MILLER	KZNA	G16/4	16:17	Kwazulu Natal
38	1217	cyla	BOTHA	AGN	G16/4	16:17	Athletics Gauteng North
39	3064	mieke	WILKEN	CGA	G16/4	16:20	Central Gauteng Athletics
40	735	bantshabile	SHOALAI	AFS	G16/4	16:20	Athletics Free State
41	3811	tebogo	SELALA	LIMA	G16/4	16:23	Limpopo Athletics
42	1223	nicola	KNOETZE	AGN	G16/4	16:32	Athletics Gauteng North
43	728	modiehi	MACHELI	AFS	G16/4	16:43	Athletics Free State
44	2459	trinity	SWIGELAAR	ANWN	G16/4	16:47	Athletics North West North
45	301	terizia	VAN DER PLAATS	ACNW	G16/4	16:47	Athletics Central North West
46	1231	constance	SETSHEI	AGN	G16/4	16:48	Athletics Gauteng North
47	724	anika	KRAUSE	AFS	G16/4	16:53	Athletics Free State
48	2701	nosive	KEKELANA	ATRA	G16/4	16:56	Athletics Transkei
49	727	lebo	LETSELEHA	AFS	G16/4	16:57	Athletics Free State
50	1234	danell	VILJOEN	AGN	G16/4	17:08	Athletics Gauteng North
51	2050	gomotsegang	MOSIAKO	AMPU	G16/4	17:12	Athletics Mpumalanga
52	726	dimpho	LESEBA	AFS	G16/4	17:15	Athletics Free State
53	300	sunel	SMIT	ACNW	G16/4	17:15	Athletics Central North West
54	2048	hloniphile	MADONSELA	AMPU	G16/4	17:18	Athletics Mpumalanga
55	1221	kuani	DRINKWATER	AGN	G16/4	17:18	Athletics Gauteng North
56	723	suze	FICK	AFS	G16/4	17:18	Athletics Free State
57	294	vizahn	BURGER	ACNW	G16/4	17:19	Athletics Central North West
58	731	karabo	MOKALODISE	AFS	G16/4	17:19	Athletics Free State
59	730	dieketseng	MOIGA	AFS	G16/4	17:27	Athletics Free State
60	1220	noluthando	DLAMINI	AGN	G16/4	17:28	Athletics Gauteng North
61	729	phokwane	MOHOME	AFS	G16/4	17:33	Athletics Free State
62	2458	tenice	PIQUITA	ANWN	G16/4	17:44	Athletics North West North

63	733	bongeka	QHWEMA	AFS	G16/4	17:56	Athletics Free State
64	3814	macayla	TREURNICH	LIMA	G16/4	17:59	Limpopo Athletics
65	2658	jadri-ann	HUMAN	ASWD	G16/4	18:04	South Western Districts
66	3807	boitumelo	MASHIANOKE	LIMA	G16/4	18:04	Limpopo Athletics
67	3325	tara	SACKE	EPA	G16/4	18:06	Eastern Province Athletics
68	2454	anzune	GELDENHUYS	ANWN	G16/4	18:07	Athletics North West North
69	2047	kaitlyn	GONCALVES	AMPU	G16/4	18:10	Athletics Mpumalanga
70	2455	lize-mari	KLOPPER	ANWN	G16/4	18:10	Athletics North West North
71	2051	anele	NKOSI	AMPU	G16/4	18:14	Athletics Mpumalanga
72	2660	lesley-ann	SPOGTER	ASWD	G16/4	18:30	South Western Districts
73	3810	mariesa	SCHUTTE	LIMA	G16/4	18:34	Limpopo Athletics
74	295	suane	BUYS	ACNW	G16/4	18:37	Athletics Central North West
75	3809	stephi	ROOS	LIMA	G16/4	18:38	Limpopo Athletics
76	296	ashley	MARAIS	ACNW	G16/4	18:39	Athletics Central North West
77	302	jolene	VAN DEVENTER	ACNW	G16/4	18:39	Athletics Central North West
78	734	amalia	RODRIGUES	AFS	G16/4	18:43	Athletics Free State
79	2657	shalanda	BARNARDO	ASWD	G16/4	18:49	South Western Districts
80	3808	carmen	ROOS	LIMA	G16/4	19:03	Limpopo Athletics
81	2456	anria	KOTZE	ANWN	G16/4	19:04	Athletics North West North
82	2457	queen	PIENAAR	ANWN	G16/4	19:04	Athletics North West North
83	297	angie	MGWEBI	ACNW	G16/4	19:07	Athletics Central North West
84	725	palesa	LEPOTA	AFS	G16/4	19:12	Athletics Free State
85	299	marle	SIEBERT	ACNW	G16/4	19:15	Athletics Central North West
86	2453	julia	FERREIRA	ANWN	G16/4	19:19	Athletics North West North
87	3806	jone	DU TOIT	LIMA	G16/4	19:22	Limpopo Athletics
88	3813	tebogo	SIBUYI	LIMA	G16/4	19:25	Limpopo Athletics
89	3812	kabelo	SENYOLO	LIMA	G16/4	19:55	Limpopo Athletics
90	2460	tanya	VAN RHYN	ANWN	G16/4	19:56	Athletics North West North
91	298	takudzwa	MUTUNGAMA	ACNW	G16/4	21:11	Athletics Central North West
92	2049	tsholofelo	MAHLANGU	AMPU	G16/4	21:21	Athletics Mpumalanga

RESULTS INDIVIDUAL COMPETITION G17/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1246	carmie	PRINSLOO	AGN	G17/4	13:41	Athletics Gauteng North
2	1248	prudence	SEKGODISO	AGN	G17/4	13:43	Athletics Gauteng North
3	2704	aviwe	HOBOSHE	ATRA	G17/4	13:57	Athletics Transkei
4	3067	gene	COETZEE	CGA	G17/4	14:05	Central Gauteng Athletics
5	1247	hlokomelo	SEHLABI	AGN	G17/4	14:13	Athletics Gauteng North
6	2863	alme	JORDAAN	BOLA	G17/4	14:42	Boland Athletics
7	1236	kirsti	BELL	AGN	G17/4	14:56	Athletics Gauteng North
8	3074	copeland	SARAH	CGA	G17/4	14:58	Central Gauteng Athletics
9	3069	kenaleone	KUMILE	CGA	G17/4	14:59	Central Gauteng Athletics
10	1242	mira	KAFFKA	AGN	G17/4	15:14	Athletics Gauteng North
11	1245	makgotso	NJUBANE	AGN	G17/4	15:16	Athletics Gauteng North
12	3076	sandra	WIJTENBURG	CGA	G17/4	15:16	Central Gauteng Athletics
13	1252	isabelle	VAN NIEKERK	AGN	G17/4	15:17	Athletics Gauteng North
14	1239	chanel	DU PLESSIS	AGN	G17/4	15:18	Athletics Gauteng North
15	3071	maria	MOSWEU	CGA	G17/4	15:22	Central Gauteng Athletics
16	3068	chante	DIXON	CGA	G17/4	15:23	Central Gauteng Athletics
17	1238	elne	CONRADIE	AGN	G17/4	15:35	Athletics Gauteng North

18	1249	khanyisile	THWALA	AGN	G17/4	15:40	Athletics Gauteng North
19	3066	macaela	BEZUIDENHOUT	CGA	G17/4	15:42	Central Gauteng Athletics
20	3075	ayanda	SEBETHA	CGA	G17/4	15:43	Central Gauteng Athletics
21	1243	chante	LOUW	AGN	G17/4	15:47	Athletics Gauteng North
22	1251	megan	VAN DER WESTHU	AGN	G17/4	15:49	Athletics Gauteng North
23	2662	gaylinn	RESSOUW	ASWD	G17/4	15:50	South Western Districts
24	1241	nicola	JANSEN	AGN	G17/4	15:54	Athletics Gauteng North
25	1240	kara	DURIE	AGN	G17/4	15:54	Athletics Gauteng North
26	2866	farren	WENN	BOLA	G17/4	15:59	Boland Athletics
27	3073	felicia	NDOU	CGA	G17/4	16:03	Central Gauteng Athletics
28	3455	bongekile	MANYONI	KZNA	G17/4	16:04	Kwazulu Natal
29	1235	johnne	AUCAMP	AGN	G17/4	16:06	Athletics Gauteng North
30	3816	dinte sharon	MONAKEDI	LIMA	G17/4	16:07	Limpopo Athletics
31	2059	elisma	DU PLOOY	AMPU	G17/4	16:07	Athletics Mpumalanga
32	2821	rethabile	NOTANA	AVT	G17/4	16:14	Athletics Vaal Triangle
33	1237	jonelle	COERTZE	AGN	G17/4	16:20	Athletics Gauteng North
34	306	leonore	LUBBE	ACNW	G17/4	16:25	Athletics Central North West
35	2057	zandile	COSSA	AMPU	G17/4	16:27	Athletics Mpumalanga
36	2065	sumari	VAN STADEN	AMPU	G17/4	16:32	Athletics Mpumalanga
37	1250	monique	VAN DER SCHYFF	AGN	G17/4	16:36	Athletics Gauteng North
38	3456	slindile	MJWARA	KZNA	G17/4	16:37	Kwazulu Natal
39	1244	tine	NEL	AGN	G17/4	16:42	Athletics Gauteng North
40	2056	sikhulile	BUTHELEZI	AMPU	G17/4	16:45	Athletics Mpumalanga
41	2058	milla	DE VILLIERS	AMPU	G17/4	16:50	Athletics Mpumalanga
42	2055	charlize	BATISTA	AMPU	G17/4	16:59	Athletics Mpumalanga
43	2061	leonine	GILDENHUYS	AMPU	G17/4	17:00	Athletics Mpumalanga
44	740	mamello	MOFOKENG	AFS	G17/4	17:02	Athletics Free State
45	737	stella	BRAND	AFS	G17/4	17:03	Athletics Free State
46	2063	karabo	MDODANA	AMPU	G17/4	17:04	Athletics Mpumalanga
47	3070	kayla	MINNIE	CGA	G17/4	17:05	Central Gauteng Athletics
48	3457	aneliswa	MTHEMBU	KZNA	G17/4	17:05	Kwazulu Natal
49	1756	frances	VAN DER MERWE	AGW	G17/4	17:07	Griqua Land West
50	2465	rolandie	LIEBENBERG	ANWN	G17/4	17:09	Athletics North West North
51	741	tsietso	MOFOKENG	AFS	G17/4	17:10	Athletics Free State
52	3458	silindile	XIMBA	KZNA	G17/4	17:14	Kwazulu Natal
53	2865	anneke	VILJOEN	BOLA	G17/4	17:17	Boland Athletics
54	305	nellie	HETZEL	ACNW	G17/4	17:21	Athletics Central North West
55	742	tebello	MOHLOKI	AFS	G17/4	17:22	Athletics Free State
56	2663	ayanda	WILDSKUT	ASWD	G17/4	17:25	South Western Districts
57	3072	michaela	MURAT	CGA	G17/4	17:26	Central Gauteng Athletics
58	2062	dintle	MAPHEELLE	AMPU	G17/4	17:28	Athletics Mpumalanga
59	739	carmen	MARX	AFS	G17/4	17:31	Athletics Free State
60	1757	leone	VAN ZYL	AGW	G17/4	17:36	Griqua Land West
61	3454	juliette	GOEBEL	KZNA	G17/4	17:37	Kwazulu Natal
62	745	jonette	VAN ROOY	AFS	G17/4	17:39	Athletics Free State
63	3818	abbi	VAN DER WALT	LIMA	G17/4	17:47	Limpopo Athletics
64	746	dane	VILJOEN	AFS	G17/4	17:52	Athletics Free State
65	2060	carina	FOURIE	AMPU	G17/4	17:54	Athletics Mpumalanga
66	2064	anais	MULLER	AMPU	G17/4	18:00	Athletics Mpumalanga
67	2467	jennifer	VILJOEN	ANWN	G17/4	18:05	Athletics North West North

68	743	caroline mph	MOKOALEDI	AFS	G17/4	18:32	Athletics Free State
69	2461	abigail	DE BEER	ANWN	G17/4	18:41	Athletics North West North
70	2464	tanya	KASEKE	ANWN	G17/4	18:42	Athletics North West North
71	2462	anke	DE BEER	ANWN	G17/4	18:45	Athletics North West North
72	2466	bernice	PRETORIUS	ANWN	G17/4	18:57	Athletics North West North
73	2864	cimon	VAN DER WESTHU	BOLA	G17/4	19:08	Boland Athletics
74	309	vicky	VAN HEERDEN	ACNW	G17/4	19:11	Athletics Central North West
75	2463	sune	DE CLERK	ANWN	G17/4	19:42	Athletics North West North
76	3817	jolandi	VAN DER MERWE	LIMA	G17/4	19:56	Limpopo Athletics
77	308	marne	VAN DER MERWE	ACNW	G17/4	19:59	Athletics Central North West
78	307	marilette	SWART	ACNW	G17/4	20:10	Athletics Central North West
79	3815	jeneve	BOOYSEN	LIMA	G17/4	21:31	Limpopo Athletics

RESULTS INDIVIDUAL COMPETITION JW/6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3472	tayla	KAVANAGH	KZNA	JW/6	21:08	Kwazulu Natal
2	354	cara	DU PREEZ	ACNW	JW/6	21:46	Athletics Central North West
3	3117	casey	BOSMAN	CGA	JW/6	22:02	Central Gauteng Athletics
4	3123	dipuo	MASHAMAITE	CGA	JW/6	22:10	Central Gauteng Athletics
5	2869	yandiswa	SHANGE	BOLA	JW/6	22:13	Boland Athletics
6	2870	beatrice	THEMANE	BOLA	JW/6	22:23	Boland Athletics
7	1326	amber	RAYNERS	AGN	JW/6	22:28	Athletics Gauteng North
8	3124	lyndi	ROELOFSE	CGA	JW/6	22:33	Central Gauteng Athletics
9	1315	leshan	CURLEWIS	AGN	JW/6	22:37	Athletics Gauteng North
10	3473	paige	MACKENZIE	KZNA	JW/6	22:49	Kwazulu Natal
11	356	bianca	VAN DEVENTER	ACNW	JW/6	22:57	Athletics Central North West
12	1330	lizeth	VAN WYK	AGN	JW/6	23:02	Athletics Gauteng North
13	1320	mizhane	LOUBSER-KUHN	AGN	JW/6	23:08	Athletics Gauteng North
14	3125	ntombenhle	SEABI	CGA	JW/6	23:12	Central Gauteng Athletics
15	357	yolandi	VAN DEVENTER	ACNW	JW/6	23:12	Athletics Central North West
16	1331	zelmari	VORSTER	AGN	JW/6	23:14	Athletics Gauteng North
17	1328	izabel	STICKELLS	AGN	JW/6	23:22	Athletics Gauteng North
18	3119	simphiwe	MABUZA	CGA	JW/6	23:24	Central Gauteng Athletics
19	1321	zhandre	LOUBSER-KUHN	AGN	JW/6	23:28	Athletics Gauteng North
20	3966	kia	GIBBS	WPA	JW/6	23:32	Western Province Athletics
21	804	ntsoaki	MOLAHLOE	AFS	JW/6	23:46	Athletics Free State
22	3967	athemba	NQUMASHE	WPA	JW/6	24:08	Western Province Athletics
23	3849	linah	MATSEKE	LIMA	JW/6	24:30	Limpopo Athletics
24	3471	aphelele	JILEKA	KZNA	JW/6	24:32	Kwazulu Natal
25	355	este	LOMBARD	ACNW	JW/6	24:32	Athletics Central North West
26	3965	gina	DE KLERK	WPA	JW/6	24:50	Western Province Athletics
27	3122	katlego	MANGALA	CGA	JW/6	25:07	Central Gauteng Athletics
28	2679	nolene	VAN RENSBURG	ASWD	JW/6	25:11	South Western Districts
29	1317	jana	DREECKMEIER	AGN	JW/6	25:16	Athletics Gauteng North
30	2712	zizipho	YAKOBI	ATRA	JW/6	25:31	Athletics Transkei
31	1324	palesa	NKOADI	AGN	JW/6	25:32	Athletics Gauteng North
32	2121	naftileen	GROBLER	AMPU	JW/6	25:37	Athletics Mpumalanga
33	805	rearebetsoe	MOSIKARE	AFS	JW/6	25:53	Athletics Free State
34	3118	fina	DUBE	CGA	JW/6	25:57	Central Gauteng Athletics
35	1325	carina	PRETORIUS	AGN	JW/6	25:58	Athletics Gauteng North

36	2126	karabo	MOSASI	AMPU	JW/6	26:25	Athletics Mpumalanga
37	3968	caitlin	SCHLEHMEYER	WPA	JW/6	26:33	Western Province Athletics
38	2119	elizabeth	CARR	AMPU	JW/6	26:51	Athletics Mpumalanga
39	2511	keaobaka	MOLOBYE	ANWN	JW/6	26:58	Athletics North West North
40	1329	monique	VAN BERS	AGN	JW/6	26:59	Athletics Gauteng North
41	1319	mianco	KOTZE	AGN	JW/6	27:00	Athletics Gauteng North
42	2125	liya	MNDEBELE	AMPU	JW/6	27:00	Athletics Mpumalanga
43	1316	tishca	DE CONING	AGN	JW/6	27:05	Athletics Gauteng North
44	1322	ofentse	MAAKE	AGN	JW/6	27:18	Athletics Gauteng North
45	2127	elmarie	OOSTHUIZEN	AMPU	JW/6	27:18	Athletics Mpumalanga
46	2124	julia	MBONANI	AMPU	JW/6	27:19	Athletics Mpumalanga
47	801	molehe	MALEHLOHONOLC	AFS	JW/6	27:25	Athletics Free State
48	803	nomsa	MNISI	AFS	JW/6	27:28	Athletics Free State
49	2512	bianca	VAN RHYN	ANWN	JW/6	27:30	Athletics North West North
50	802	lerato	MATEE	AFS	JW/6	27:36	Athletics Free State
51	1327	nicholise	ROUX	AGN	JW/6	27:37	Athletics Gauteng North
52	2123	princess	MABUNDA	AMPU	JW/6	28:09	Athletics Mpumalanga
53	1314	annabelle	BESTER	AGN	JW/6	28:26	Athletics Gauteng North
54	799	keatlegile	KOTJANE	AFS	JW/6	28:34	Athletics Free State
55	1323	siphokazi	MBAMBO	AGN	JW/6	29:16	Athletics Gauteng North
56	2128	siphokazi	SWARTBOOI	AMPU	JW/6	29:31	Athletics Mpumalanga
57	3120	andiswa	MACABELA	CGA	JW/6	29:31	Central Gauteng Athletics
58	2122	jomari	JORDAAN	AMPU	JW/6	29:31	Athletics Mpumalanga

RESULTS INDIVIDUAL COMPETITION W23/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1531	lee-anne	BLAKE	AGN	W23/4	14:09	Athletics Gauteng North
2	3242	nicole	VAN DER MERWE	CGA	W23/4	14:15	Central Gauteng Athletics
3	1536	janie	JANSE VAN RENSB	AGN	W23/4	14:16	Athletics Gauteng North
4	1545	jana	VAN DER MERWE	AGN	W23/4	14:25	Athletics Gauteng North
5	899	lizandre	MULDER	AFS	W23/4	14:27	Athletics Free State
6	894	channah	DU PLESSIS	AFS	W23/4	14:36	Athletics Free State
7	901	vicky	OELOFSE	AFS	W23/4	14:41	Athletics Free State
8	1548	simonay	WEITSZ	AGN	W23/4	14:51	Athletics Gauteng North
9	1537	danielle	JORDAAN	AGN	W23/4	14:56	Athletics Gauteng North
10	3241	lebogang	RAMELA	CGA	W23/4	15:00	Central Gauteng Athletics
11	1533	jeanne	DE BEER	AGN	W23/4	15:08	Athletics Gauteng North
12	3238	selinah	MADIELA	CGA	W23/4	15:12	Central Gauteng Athletics
13	1543	micaela	SCHAGEN	AGN	W23/4	15:13	Athletics Gauteng North
14	897	dineo	MOKOENA	AFS	W23/4	15:13	Athletics Free State
15	1538	esabel	MAKHURA	AGN	W23/4	15:22	Athletics Gauteng North
16	423	hanli	ETSEBETH	ACNW	W23/4	15:31	Athletics Central North West
17	426	caelin	VAN DER WESTHU	ACNW	W23/4	15:33	Athletics Central North West
18	904	zelda	VAN DER MERWE	AFS	W23/4	15:35	Athletics Free State
19	421	dominique	BARNARD	ACNW	W23/4	15:40	Athletics Central North West
20	3240	welma	NKUNA	CGA	W23/4	15:42	Central Gauteng Athletics
21	1542	charlene	RYBNIKAR	AGN	W23/4	15:47	Athletics Gauteng North
22	2879	allison	DE WET	BOLA	W23/4	15:56	Boland Athletics
23	1544	keletso	SENOSI	AGN	W23/4	16:00	Athletics Gauteng North
24	2700	dimpho	MAKUME	SAPS	W23/4	16:06	SA Police

25	3239	tashia	NDLOVU	CGA	W23/4	16:08	Central Gauteng Athletics
26	3544	nonhlanhla	GCINA	KZNA	W23/4	16:16	Kwazulu Natal
27	896	refiloe	KARREEBOS	AFS	W23/4	16:21	Athletics Free State
28	3235	rune (corneli	DE BEER	CGA	W23/4	16:31	Central Gauteng Athletics
29	2878	sharlan	BOER	BOLA	W23/4	16:33	Boland Athletics
30	2880	mia	LYONS	BOLA	W23/4	16:34	Boland Athletics
31	3894	mokgadi	KWATAPA	LIMA	W23/4	16:37	Limpopo Athletics
32	424	line	PRETORIUS	ACNW	W23/4	16:43	Athletics Central North West
33	1539	kayla	MCMASTER	AGN	W23/4	16:46	Athletics Gauteng North
34	1532	heletje	BOTHA	AGN	W23/4	16:49	Athletics Gauteng North
35	903	zianda	SEXAXA	AFS	W23/4	16:53	Athletics Free State
36	900	thandi	NTSOEU	AFS	W23/4	16:55	Athletics Free State
37	427	lieze	VAN HEERDEN	ACNW	W23/4	16:58	Athletics Central North West
38	2845	seipati	SEROBE	AVT	W23/4	17:10	Athletics Vaal Triangle
39	2684	candice	VAN BEULEN	ASWD	W23/4	17:14	South Western Districts
40	1535	jordan	GRAHAM	AGN	W23/4	17:17	Athletics Gauteng North
41	1541	marietjie	REITZ	AGN	W23/4	17:29	Athletics Gauteng North
42	1546	izaldi-lee	VAN ZYL	AGN	W23/4	17:31	Athletics Gauteng North
43	892	anke	BRONN	AFS	W23/4	17:37	Athletics Free State
44	3543	sphELELE	FAKUDE	KZNA	W23/4	17:44	Kwazulu Natal
45	893	tammy	CLOETE	AFS	W23/4	17:45	Athletics Free State
46	425	elizma	SWANEPOEL	ACNW	W23/4	18:07	Athletics Central North West
47	3895	mokhutso	MANASWE	LIMA	W23/4	18:40	Limpopo Athletics
48	3236	megan	DIFFENTHAL	CGA	W23/4	18:43	Central Gauteng Athletics
49	2559	marioleze	BREET	ANWN	W23/4	19:29	Athletics North West North
50	1547	chane	VENTER	AGN	W23/4	19:52	Athletics Gauteng North
51	2560	chane	CHAMBERS	ANWN	W23/4	19:52	Athletics North West North
52	3545	gugulethu	MABUYAKHULU	KZNA	W23/4	20:04	Kwazulu Natal
53	2211	jenell	GELDENHUYS	AMPU	W23/4	21:37	Athletics Mpumalanga
54	3546	bongiwe	NKABINDE	KZNA	W23/4	21:37	Kwazulu Natal

RESULTS INDIVIDUAL COMPETITION SW/4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1530	aynslee	VAN GRAAN	AGN	SW/4	13:37	Athletics Gauteng North
2	890	marne	MENTZ	AFS	SW/4	13:56	Athletics Free State
3	2556	rone	REYNECKE	ANWN	SW/4	14:25	Athletics North West North
4	3233	cian	OLDKNOW	CGA	SW/4	14:26	Central Gauteng Athletics
5	1514	ellen	BEKKER	AGN	SW/4	14:31	Athletics Gauteng North
6	3234	michelle	STRYDOM	CGA	SW/4	14:39	Central Gauteng Athletics
7	3230	precious	HLAKA	CGA	SW/4	14:44	Central Gauteng Athletics
8	1529	carina	SWIEGERS	AGN	SW/4	14:52	Athletics Gauteng North
9	2210	anuscha	NICE	AMPU	SW/4	15:05	Athletics Mpumalanga
10	1518	chantelle	BREYTENBACH	AGN	SW/4	15:06	Athletics Gauteng North
11	3229	nomsa	COSSA	CGA	SW/4	15:10	Central Gauteng Athletics
12	1519	anet	COETZEE	AGN	SW/4	15:14	Athletics Gauteng North
13	3346	luthando	NXANISA	EPA	SW/4	15:17	Eastern Province Athletics
14	3371	lee-shay	WILLEMSE	IND	SW/4	15:20	Individual
15	417	petrie	EHLERS	ACNW	SW/4	15:26	Athletics Central North West
16	3530	phumzile	GWALA	KZNA	SW/4	15:29	Kwazulu Natal
17	1523	nerissa	LE ROUX	AGN	SW/4	15:37	Athletics Gauteng North

18	3531	xoli	MADIDA	KZNA	SW/4	15:40	Kwazulu Natal
19	3227	makoma	BATJI	CGA	SW/4	15:48	Central Gauteng Athletics
20	2557	simone	VERWEY	ANWN	SW/4	15:52	Athletics North West North
21	3345	kayla	NELL	EPA	SW/4	15:53	Eastern Province Athletics
22	1521	landri	DE BEER	AGN	SW/4	16:01	Athletics Gauteng North
23	2207	anica	CILLIERS	AMPU	SW/4	16:25	Athletics Mpumalanga
24	3228	zoë	BRENTANO-MURP	CGA	SW/4	16:30	Central Gauteng Athletics
25	2558	leandri	WILLIAMSON	ANWN	SW/4	16:36	Athletics North West North
26	3344	ndileka	MVAKWENDLU	EPA	SW/4	16:36	Eastern Province Athletics
27	3529	slindile	BIYELA	KZNA	SW/4	16:37	Kwazulu Natal
28	3534	nokukhanya	MEMELA	KZNA	SW/4	16:42	Kwazulu Natal
29	887	melanie	DE BRUYN	AFS	SW/4	16:44	Athletics Free State
30	3231	charine	KRUGER	CGA	SW/4	16:50	Central Gauteng Athletics
31	891	ruth	MLAMBO	AFS	SW/4	17:04	Athletics Free State
32	6	terri-lynn	PENNEY	EPA	SW/4	17:19	Eastern Province Athletics
33	889	palesa	MAFANYA	AFS	SW/4	17:22	Athletics Free State
34	7	jene	BANFIELD	EPA	SW/4	17:25	Eastern Province Athletics
35	1522	janica	LABUSCHAGNE	AGN	SW/4	17:36	Athletics Gauteng North
36	3232	pulane	MOKHELE	CGA	SW/4	17:43	Central Gauteng Athletics
37	888	ine	DE VILLIERS	AFS	SW/4	17:52	Athletics Free State
38	1526	nicole	REDELINGHUYS	AGN	SW/4	17:56	Athletics Gauteng North
39	1783	mandi	CAMERON	AGW	SW/4	17:59	Griqua Land West
40	3891	hesterlie	BOTHA	LIMA	SW/4	18:09	Limpopo Athletics
41	2208	estella	COSSA	AMPU	SW/4	18:12	Athletics Mpumalanga
42	2555	boitshoko	PHELOANE	ANWN	SW/4	18:46	Athletics North West North
43	1528	milize	SWANEPOEL	AGN	SW/4	18:53	Athletics Gauteng North
44	2553	patricia	HAVENGA	ANWN	SW/4	18:59	Athletics North West North
45	1525	linda	NUWETS	AGN	SW/4	18:59	Athletics Gauteng North
46	3892	jeany	MATSHABA	LIMA	SW/4	19:12	Limpopo Athletics
47	1524	samantha	MARAIS	AGN	SW/4	20:50	Athletics Gauteng North
48	1517	melissa	BOTES	AGN	SW/4	21:06	Athletics Gauteng North
49	3533	phethego	MAKALENG	KZNA	SW/4	21:20	Kwazulu Natal
50	1515	danielle	BISHOP-KAPP	AGN	SW/4	21:22	Athletics Gauteng North
51	2209	thembi	MABASO	AMPU	SW/4	21:37	Athletics Mpumalanga
52	1527	zelda	SIEBERHAGEN	AGN	SW/4	21:37	Athletics Gauteng North
53	1642	elsie	MOKON	AGN	SW/4	21:37	Athletics Gauteng North
54	1614	sophania	MOLEKOA	AGN	SW/4	21:37	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION SW/10

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1508	glenrose	XABA	AGN	SW/10	34:25	Athletics Gauteng North
2	885	kesa	MOLOTSANE	AFS	SW/10	35:10	Athletics Free State
3	1507	aynslee	VAN GRAAN	AGN	SW/10	35:56	Athletics Gauteng North
4	3990	kyla	VAN GRAAN	WPA	SW/10	36:20	Western Province Athletics
5	3226	farida	ZWANE	CGA	SW/10	36:49	Central Gauteng Athletics
6	3538	thobile	MKHIZE	KZNA	SW/10	37:02	Kwazulu Natal
7	883	tyler	BELING	AFS	SW/10	37:03	Athletics Free State
8	3535	makhosazane	MHLONGO	KZNA	SW/10	37:18	Kwazulu Natal
9	884	anna	MOEKETSI	AFS	SW/10	37:50	Athletics Free State
10	3991	zintle	XINIWE	WPA	SW/10	37:54	Western Province Athletics

11	3219	cornelia	JOUBERT	CGA	SW/10	38:09	Central Gauteng Athletics
12	3225	katy	VAN METER	CGA	SW/10	38:14	Central Gauteng Athletics
13	3536	nwabisa	MJOLI	KZNA	SW/10	38:17	Kwazulu Natal
14	3541	cacisile	SOSIBO	KZNA	SW/10	38:21	Kwazulu Natal
15	1492	lizerie	FERREIRA	AGN	SW/10	38:30	Athletics Gauteng North
16	3989	vuyiseka	NKUMENGE	WPA	SW/10	38:43	Western Province Athletics
17	1504	kataza	SHIPALANA	AGN	SW/10	38:59	Athletics Gauteng North
18	1506	catherine	SKOSANA	AGN	SW/10	39:02	Athletics Gauteng North
19	3889	hellen	PHANYANE	LIMA	SW/10	39:20	Limpopo Athletics
20	3237	liza	KELLERMAN	CGA	SW/10	39:27	Central Gauteng Athletics
21	1509	tsholofelo	ZWANE-MASEGO	AGN	SW/10	39:38	Athletics Gauteng North
22	3987	sophie	COPE	WPA	SW/10	39:41	Western Province Athletics
23	3222	khutso	MOKETLA	CGA	SW/10	39:53	Central Gauteng Athletics
24	2206	annika	PRINSLOO	AMPU	SW/10	40:03	Athletics Mpumalanga
25	3370	lee-shay	WILLEMSE	IND	SW/10	40:24	Individual
26	3934	mashilo beau	MALOBA	SAPS	SW/10	40:48	SA Police
27	1502	michelle	REDELINGHUYS	AGN	SW/10	41:21	Athletics Gauteng North
28	3532	xoli	MADIDA	KZNA	SW/10	42:09	Kwazulu Natal
29	1503	marelize	REITZ	AGN	SW/10	42:21	Athletics Gauteng North
30	1495	pabalio	KOBE	AGN	SW/10	42:33	Athletics Gauteng North
31	886	maryna	SWANEPOEL	AFS	SW/10	43:45	Athletics Free State
32	3224	pearl paulina	SHIPALANA	CGA	SW/10	43:50	Central Gauteng Athletics
33	3221	prudence ref	MHAULA	CGA	SW/10	43:57	Central Gauteng Athletics
34	3890	tshepo	RAMOKGADI	LIMA	SW/10	44:11	Limpopo Athletics
35	415	palesa	LEHASA	ACNW	SW/10	44:21	Athletics Central North West
36	3540	loniwe	SAMBO	KZNA	SW/10	44:28	Kwazulu Natal
37	3220	cosy	MARIPA	CGA	SW/10	45:52	Central Gauteng Athletics
38	1499	valentia	MODIBA	AGN	SW/10	45:52	Athletics Gauteng North
39	24	loraine	MASHIANOKE	AGN	SW/10		Athletics Gauteng North
40	1493	abigail	GROBLER	AGN	SW/10		Athletics Gauteng North
41	1505	natasha	SIKISI	AGN	SW/10		Athletics Gauteng North
42	3933	kulani glanda	BILANKULU	SAPS	SW/10		SA Police

RESULTS INDIVIDUAL COMPETITION W35/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1561	andrea	STEYN	AGN	W35/4	13:52	Athletics Gauteng North
2	3548	janie	GRUNDLING	KZNA	W35/4	14:06	Kwazulu Natal
3	1565	nicole	VENTER	AGN	W35/4	14:54	Athletics Gauteng North
4	3246	rebecca	MOKGOSINYANE	CGA	W35/4	15:17	Central Gauteng Athletics
5	3993	rolandi	SCHUTTE	WPA	W35/4	15:25	Western Province Athletics
6	3550	zama	MOKOENA	KZNA	W35/4	15:34	Kwazulu Natal
7	3549	hlobisile	MADIDA	KZNA	W35/4	15:36	Kwazulu Natal
8	3547	tracey	ALLISON	KZNA	W35/4	15:37	Kwazulu Natal
9	1558	hannelie	MARE	AGN	W35/4	16:03	Athletics Gauteng North
10	1552	marcelle	COETZEE	AGN	W35/4	16:08	Athletics Gauteng North
11	3243	mpho	MABUZA	CGA	W35/4	16:11	Central Gauteng Athletics
12	1550	esme	BOTHA	AGN	W35/4	16:12	Athletics Gauteng North
13	1553	cheri-lee	FERREIRA	AGN	W35/4	16:15	Athletics Gauteng North
14	429	annalisa	FREESE	ACNW	W35/4	16:18	Athletics Central North West
15	1551	simone	BOTHA	AGN	W35/4	16:19	Athletics Gauteng North

16	3551	nomcebo	MTHETHWA	KZNA	W35/4	16:30	Kwazulu Natal
17	1549	shereen	BARNARD	AGN	W35/4	16:32	Athletics Gauteng North
18	2846	helene	VAN ROOYEN	AVT	W35/4	16:48	Athletics Vaal Triangle
19	1564	arline	VAN STADEN	AGN	W35/4	16:51	Athletics Gauteng North
20	1554	liesel	FOURIE	AGN	W35/4	16:55	Athletics Gauteng North
21	432	adele	VAN NIEKERK	ACNW	W35/4	16:59	Athletics Central North West
22	2562	florence	BRUWER	ANWN	W35/4	17:03	Athletics North West North
23	1556	sunet	KUPERUS	AGN	W35/4	17:10	Athletics Gauteng North
24	2212	ilse	BOTHA	AMPU	W35/4	17:16	Athletics Mpumalanga
25	3249	boitumelo	SEHLOHO	CGA	W35/4	17:26	Central Gauteng Athletics
26	2216	dolene	VAN DER BERG	AMPU	W35/4	17:29	Athletics Mpumalanga
27	1562	ronel	VAN DER WESTHU	AGN	W35/4	17:33	Athletics Gauteng North
28	3247	seipati	PEO	CGA	W35/4	17:39	Central Gauteng Athletics
29	431	yolandi	MARX	ACNW	W35/4	17:43	Athletics Central North West
30	2685	chantelle	BARKHUIZEN	ASWD	W35/4	17:44	South Western Districts
31	1560	tersia	MULLER	AGN	W35/4	17:49	Athletics Gauteng North
32	907	yzelle	DE BEER	AFS	W35/4	17:53	Athletics Free State
33	430	mandie	KRUGER	ACNW	W35/4	18:06	Athletics Central North West
34	1566	alicha	WILLERING	AGN	W35/4	18:33	Athletics Gauteng North
35	3245	mankutoane	MATLAKENG	CGA	W35/4	18:34	Central Gauteng Athletics
36	2215	carla	STEENKAMP	AMPU	W35/4	18:39	Athletics Mpumalanga
37	2214	janettha	HOLTZHAUSEN	AMPU	W35/4	18:44	Athletics Mpumalanga
38	910	liz	MEETS	AFS	W35/4	18:51	Athletics Free State
39	1559	lizelle	MENTZ	AGN	W35/4	19:07	Athletics Gauteng North
40	3244	bridget	MAMPSIKA	CGA	W35/4	19:41	Central Gauteng Athletics
41	2564	karina	SCHOLTZ	ANWN	W35/4	19:52	Athletics North West North
42	3248	priscilla	SEABI	CGA	W35/4	20:07	Central Gauteng Athletics
43	911	anica	VISAGIE	AFS	W35/4	20:25	Athletics Free State
44	2563	jeanine	KRUGER	ANWN	W35/4	21:30	Athletics North West North
45	1563	marisca	VAN NIEKERK	AGN	W35/4	21:35	Athletics Gauteng North
46	909	marieta	MARX	AFS	W35/4	22:26	Athletics Free State
47	3897	helen	VAN DER MERWE	LIMA	W35/4	23:31	Limpopo Athletics
48	1555	aneli	HEYNEKE	AGN	W35/4	25:22	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION W40/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1574	liza	MARITZ	AGN	W40/4	14:21	Athletics Gauteng North
2	434	minette	BELL	ACNW	W40/4	14:49	Athletics Central North West
3	3252	ilse	MARAIS	CGA	W40/4	15:23	Central Gauteng Athletics
4	3257	maria	VILAKAZI	CGA	W40/4	15:27	Central Gauteng Athletics
5	3994	bulelwa	SIMAE	WPA	W40/4	15:29	Western Province Athletics
6	1784	marisa	KRUGER	AGW	W40/4	15:33	Griqua Land West
7	3254	maphuti	PHAKA	CGA	W40/4	15:42	Central Gauteng Athletics
8	1579	marizelle	RAUBENHEIMER	AGN	W40/4	15:45	Athletics Gauteng North
9	3995	marlize	VIENINGS	WPA	W40/4	15:53	Western Province Athletics
10	3256	morakane	TSEPETSI	CGA	W40/4	16:23	Central Gauteng Athletics
11	2569	carin	PIENAAR	ANWN	W40/4	16:25	Athletics North West North
12	3255	christina	SEEMA	CGA	W40/4	16:37	Central Gauteng Athletics
13	3554	kim	HOATSON	KZNA	W40/4	16:44	Kwazulu Natal
14	3900	hildegard	SNYMAN	LIMA	W40/4	16:46	Limpopo Athletics

15	3253	mary	MATJILA	CGA	W40/4	16:47	Central Gauteng Athletics
16	437	daleen	VAN DER MERWE	ACNW	W40/4	16:49	Athletics Central North West
17	3347	terri-lynn	PENNEY	EPA	W40/4	16:56	Eastern Province Athletics
18	3552	victoria	COETZEE	KZNA	W40/4	17:02	Kwazulu Natal
19	3250	patricia	DE MEYER	CGA	W40/4	17:05	Central Gauteng Athletics
20	2220	chantal	MIDDEL-BOVEE	AMPU	W40/4	17:17	Athletics Mpumalanga
21	1580	monica	ROUSSEAU	AGN	W40/4	17:24	Athletics Gauteng North
22	3251	tracey-lee	LETCHER	CGA	W40/4	17:27	Central Gauteng Athletics
23	436	willemien	VAN DER LINDE	ACNW	W40/4	17:31	Athletics Central North West
24	3553	precious	DUMA	KZNA	W40/4	17:36	Kwazulu Natal
25	2222	rynita	VENTER	AMPU	W40/4	17:40	Athletics Mpumalanga
26	915	lena	VAN ROOYEN	AFS	W40/4	17:45	Athletics Free State
27	3936	marelize	VAN NIEKERK	SAPS	W40/4	17:52	SA Police
28	1575	refiloe	MOTAUNG	AGN	W40/4	17:59	Athletics Gauteng North
29	912	marina	KRAUSE	AFS	W40/4	18:18	Athletics Free State
30	1576	precious	NCAYIYANA	AGN	W40/4	18:23	Athletics Gauteng North
31	1584	laetitia	VAN WYK	AGN	W40/4	18:36	Athletics Gauteng North
32	916	hanlie	VAN ZYL	AFS	W40/4	18:37	Athletics Free State
33	1581	moreen	STEYN	AGN	W40/4	18:46	Athletics Gauteng North
34	1571	petro	GROENEWALD	AGN	W40/4	19:08	Athletics Gauteng North
35	3899	ankia	BOTHA	LIMA	W40/4	19:18	Limpopo Athletics
36	435	marianne	KOTZE	ACNW	W40/4	19:27	Athletics Central North West
37	1568	chantelle	EYBERS	AGN	W40/4	19:50	Athletics Gauteng North
38	1570	rinette	FOURIE	AGN	W40/4	19:57	Athletics Gauteng North
39	2221	hester	SHEPHERD	AMPU	W40/4	20:10	Athletics Mpumalanga
40	3388	ronel	VILJOEN	AGN	W40/4	21:09	Athletics Gauteng North
41	3555	natacha	SMITH	KZNA	W40/4	21:13	Kwazulu Natal
42	3898	elané	ANDERSON	LIMA	W40/4	21:14	Limpopo Athletics
43	1569	liandi	FOURIE	AGN	W40/4	21:55	Athletics Gauteng North
44	2218	nicolene	LANGERMAN	AMPU	W40/4	21:59	Athletics Mpumalanga
45	1583	megan	VAN ROOYEN	AGN	W40/4	22:05	Athletics Gauteng North
46	1567	bernitia	BORNMANN	AGN	W40/4	22:27	Athletics Gauteng North
47	1582	lindie	STRYDOM	AGN	W40/4	22:34	Athletics Gauteng North
48	2217	mariana	BOSCH	AMPU	W40/4	22:39	Athletics Mpumalanga
49	2219	lizaan	LUUS	AMPU	W40/4	23:59	Athletics Mpumalanga
50	1578	michelle	PRETORIUS	AGN	W40/4	24:15	Athletics Gauteng North
51	2566	anne-marie	JV RENSBURG	ANWN	W40/4	24:18	Athletics North West North

RESULTS INDIVIDUAL COMPETITION W45/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1602	ronel	THOMAS	AGN	W45/4	15:32	Athletics Gauteng North
2	3996	sharon	SUNDERLAND	WPA	W45/4	15:58	Western Province Athletics
3	1593	sunet	EYBERS	AGN	W45/4	16:02	Athletics Gauteng North
4	3557	meggan	MACKENZIE	KZNA	W45/4	16:07	Kwazulu Natal
5	3901	anna	MAPONYA	LIMA	W45/4	16:13	Limpopo Athletics
6	920	leana	ESTERHUIZEN	AFS	W45/4	16:22	Athletics Free State
7	3258	melanie	JENNETT	CGA	W45/4	16:26	Central Gauteng Athletics
8	1592	carika	CURLEWIS	AGN	W45/4	16:36	Athletics Gauteng North
9	1587	tania	BLIGNAUT	AGN	W45/4	16:43	Athletics Gauteng North
10	3561	sibongile	ZIQUBU	KZNA	W45/4	16:52	Kwazulu Natal

11	923	riana	SWART	IND	W45/4	16:58	Individual
12	440	liani	ERASMUS	ACNW	W45/4	17:08	Athletics Central North West
13	2572	elsabe	LUBBE	ANWN	W45/4	17:09	Athletics North West North
14	3348	jene	BANFIELD	EPA	W45/4	17:15	Eastern Province Athletics
15	3261	assalina	NYATHI	CGA	W45/4	17:22	Central Gauteng Athletics
16	2574	karon	MURLEY	ANWN	W45/4	17:25	Athletics North West North
17	918	kemaine	BOTHA	AFS	W45/4	17:46	Athletics Free State
18	3264	nomasonto	SKOSANA	CGA	W45/4	17:56	Central Gauteng Athletics
19	441	mariette	HITGE	ACNW	W45/4	17:57	Athletics Central North West
20	1595	tanya	JANSEN	AGN	W45/4	18:00	Athletics Gauteng North
21	3260	florence	MUNYAI	CGA	W45/4	18:07	Central Gauteng Athletics
22	3558	hleziphi	NCAYIYANA	KZNA	W45/4	18:09	Kwazulu Natal
23	1585	marieke	BAASCH	AGN	W45/4	18:12	Athletics Gauteng North
24	922	mercia	PRETORIUS	AFS	W45/4	18:15	Athletics Free State
25	3559	tholakele	NGCOBO	KZNA	W45/4	18:20	Kwazulu Natal
26	3259	thuli	MBATHA	CGA	W45/4	18:27	Central Gauteng Athletics
27	2224	anke	DU TOIT	AMPU	W45/4	18:28	Athletics Mpumalanga
28	2570	riette	BESTER	ANWN	W45/4	18:38	Athletics North West North
29	443	monicah	MOGATLE	ACNW	W45/4	18:41	Athletics Central North West
30	3262	lonah	NYATHI	CGA	W45/4	18:48	Central Gauteng Athletics
31	921	carolise	JACOBS	AFS	W45/4	19:21	Athletics Free State
32	3263	motsei	SEKWALO	CGA	W45/4	19:46	Central Gauteng Athletics
33	2847	louise	BRITS	AVT	W45/4	19:49	Athletics Vaal Triangle
34	2571	hester	DE WET	ANWN	W45/4	20:08	Athletics North West North
35	3560	lungile	NKOSI	KZNA	W45/4	20:36	Kwazulu Natal
36	1590	altje	CONRADIE	AGN	W45/4	20:42	Athletics Gauteng North
37	2573	lena	MORAKA	ANWN	W45/4	20:49	Athletics North West North
38	2848	jeanette	NELL	AVT	W45/4	20:51	Athletics Vaal Triangle
39	1598	louise	MULLER	AGN	W45/4	20:54	Athletics Gauteng North
40	1588	talita	BOTHA	AGN	W45/4	21:16	Athletics Gauteng North
41	3902	elme	YOUNG	LIMA	W45/4	21:21	Limpopo Athletics
42	1596	celeste	LABUSCHAGNE	AGN	W45/4	21:27	Athletics Gauteng North
43	2225	nelia	GROBLER	AMPU	W45/4	21:39	Athletics Mpumalanga
44	438	johanni	DE JAGER	ACNW	W45/4	21:56	Athletics Central North West
45	2229	margaret	VAN VUREN	AMPU	W45/4	22:10	Athletics Mpumalanga
46	917	leobri	BISSCHOFF	AFS	W45/4	22:13	Athletics Free State
47	442	florentina	MEINTJIES	ACNW	W45/4	22:33	Athletics Central North West
48	2226	sanet	JACOBS	AMPU	W45/4	22:45	Athletics Mpumalanga
49	1601	beulah	PRETORIUS	AGN	W45/4	22:50	Athletics Gauteng North
50	439	ursula	DIPPENAAR	ACNW	W45/4	22:56	Athletics Central North West
51	1589	adelle	COETZE	AGN	W45/4	23:05	Athletics Gauteng North
52	919	liesl	BRÖNN	AFS	W45/4	23:13	Athletics Free State
53	2227	busi	MAGQABI	AMPU	W45/4	23:21	Athletics Mpumalanga
54	1586	talita	BEHRENS	AGN	W45/4	23:22	Athletics Gauteng North
55	1599	marlene	NEL	AGN	W45/4	23:48	Athletics Gauteng North
56	2223	surette	BRAACK	AMPU	W45/4	23:51	Athletics Mpumalanga
57	2132	melita	RADEBE	AGN	W45/4	23:52	Athletics Gauteng North
58	2687	avril	DAVIDS	ASWD	W45/4	25:39	South Western Districts
59	1597	ingrid	LOUW	AGN	W45/4	25:51	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION W50/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1621	salome	VERMEULEN	AGN	W50/4	15:21	Athletics Gauteng North
2	1615	marli	MUNNIK	AGN	W50/4	15:31	Athletics Gauteng North
3	3566	michelle	SIMS	KZNA	W50/4	15:38	Kwazulu Natal
4	3565	lise	MUCHNA	KZNA	W50/4	15:51	Kwazulu Natal
5	2233	martie	NAUDE	AMPU	W50/4	15:56	Athletics Mpumalanga
6	2579	elmarie	PRETORIUS	ANWN	W50/4	16:06	Athletics North West North
7	924	rozelle	CLOETE	AFS	W50/4	16:33	Athletics Free State
8	3563	kylie	GRIFFIN	KZNA	W50/4	16:39	Kwazulu Natal
9	2231	marthi	HARMSE	AMPU	W50/4	17:13	Athletics Mpumalanga
10	3564	laura	KHUZWAYO	KZNA	W50/4	17:35	Kwazulu Natal
11	2849	florenceo	MALAWA	AVT	W50/4	17:37	Athletics Vaal Triangle
12	2576	magda	HAASBROEK	ANWN	W50/4	17:48	Athletics North West North
13	1604	karen	COOMBER	AGN	W50/4	17:55	Athletics Gauteng North
14	3265	winnie	DE WINNAAR	CGA	W50/4	18:04	Central Gauteng Athletics
15	3562	gail	BABICH	KZNA	W50/4	18:08	Kwazulu Natal
16	2689	sharon	LOSPER	ASWD	W50/4	18:11	South Western Districts
17	1607	carol	GOODINSON	AGN	W50/4	18:16	Athletics Gauteng North
18	3268	sarah	MAHLANGU	CGA	W50/4	18:19	Central Gauteng Athletics
19	3350	burnita	STRYDOM	EPA	W50/4	18:25	Eastern Province Athletics
20	3349	grizelda	PIETERSEN	EPA	W50/4	18:45	Eastern Province Athletics
21	1608	naretha	GOUWS	AGN	W50/4	18:52	Athletics Gauteng North
22	1605	letmare	DREECKMEIER	AGN	W50/4	18:55	Athletics Gauteng North
23	2850	beaula	VALINTIN	AVT	W50/4	19:08	Athletics Vaal Triangle
24	1606	lettie	ERASMUS	AGN	W50/4	19:11	Athletics Gauteng North
25	3266	irene	JACOBS	CGA	W50/4	19:14	Central Gauteng Athletics
26	2575	linda	AUCAMP	ANWN	W50/4	20:15	Athletics North West North
27	3271	monica	REIS	CGA	W50/4	20:19	Central Gauteng Athletics
28	3903	johanna	SCHUTTE	LIMA	W50/4	20:31	Limpopo Athletics
29	2232	elzarie	JORDAAN	AMPU	W50/4	20:43	Athletics Mpumalanga
30	1612	concelia	MALULEKA	AGN	W50/4	20:59	Athletics Gauteng North
31	3272	laura	VENTER	CGA	W50/4	21:38	Central Gauteng Athletics
32	2237	charmaine	VAN DER MERWE	AMPU	W50/4	21:47	Athletics Mpumalanga
33	2235	celma	SLIEP	AMPU	W50/4	22:14	Athletics Mpumalanga
34	2851	ester	WIID	AVT	W50/4	22:20	Athletics Vaal Triangle
35	3269	thuli	MAKHETHA	CGA	W50/4	23:07	Central Gauteng Athletics
36	2236	alma	SNYMAN	AMPU	W50/4	23:19	Athletics Mpumalanga
37	1620	sandra	VAN NIEKERK	AGN	W50/4	23:25	Athletics Gauteng North
38	2230	linda	DE BRUYN	AMPU	W50/4	24:23	Athletics Mpumalanga
39	1609	stienie	KOMPAGNIE	AGN	W50/4	25:06	Athletics Gauteng North
40	2234	bets	POWELL	AMPU	W50/4	25:25	Athletics Mpumalanga
41	1619	amelia	PIPER	AGN	W50/4	26:03	Athletics Gauteng North
42	1611	yvonne	LETLHAKU	AGN	W50/4	26:08	Athletics Gauteng North
43	1616	angela	NZIMANDE	AGN	W50/4	26:19	Athletics Gauteng North
44	2577	heila	HORN	ANWN	W50/4	26:21	Athletics North West North
45	3270	susan	MASUKU	CGA	W50/4	26:24	Central Gauteng Athletics
46	2578	charmaine	OLIVIER	ANWN	W50/4	26:48	Athletics North West North
47	1613	marie	MANAMELA	AGN	W50/4	27:10	Athletics Gauteng North

48	1618	ilze	OOSTHUIZEN	AGN	W50/4	27:44	Athletics Gauteng North
49	1610	cornel	KOTZE	AGN	W50/4	28:05	Athletics Gauteng North
50	1617	santie	OLIVIER	AGN	W50/4	28:31	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION W55/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	3997	mariette	STRAUSS	WPA	W55/4	16:40	Western Province Athletics
2	3273	jackie	FREY	CGA	W55/4	17:20	Central Gauteng Athletics
3	2580	ronel	DU PLESSIS	ANWN	W55/4	17:30	Athletics North West North
4	445	lien	VAN DER MERWE	ACNW	W55/4	17:41	Athletics Central North West
5	1627	elmarie	DU TOIT	AGN	W55/4	18:24	Athletics Gauteng North
6	1633	emmarie	THEUNISSEN	AGN	W55/4	18:29	Athletics Gauteng North
7	1622	elize	BERRANGE	AGN	W55/4	18:32	Athletics Gauteng North
8	1629	ronel	FOURIE	AGN	W55/4	19:30	Athletics Gauteng North
9	444	marina	ACKERMAN	ACNW	W55/4	20:03	Athletics Central North West
10	3277	rita	LOOTS	CGA	W55/4	20:16	Central Gauteng Athletics
11	2582	riette	VAN DEN BERG	ANWN	W55/4	21:00	Athletics North West North
12	3274	thembeke	KETSEKELE	CGA	W55/4	21:28	Central Gauteng Athletics
13	2238	chrisna	JANSE VAN RENSB	AMPU	W55/4	21:41	Athletics Mpumalanga
14	1623	annetjie	BEZUIDENHOUT	AGN	W55/4	22:19	Athletics Gauteng North
15	3279	victoria	NGOBESE	CGA	W55/4	22:52	Central Gauteng Athletics
16	3278	ntombifuthi	MKHIZE	CGA	W55/4	23:12	Central Gauteng Athletics
17	3280	thoko	NKOSI	CGA	W55/4	23:57	Central Gauteng Athletics
18	1626	lidia	DU PREEZ	AGN	W55/4	24:49	Athletics Gauteng North
19	2690	rika	SPANG	ASWD	W55/4	25:09	South Western Districts
20	1634	anette	VAN REENEN	AGN	W55/4	25:20	Athletics Gauteng North
21	1628	ilse	FERREIRA	AGN	W55/4	25:26	Athletics Gauteng North
22	3276	makhosazana	KOTLHAE	CGA	W55/4	25:29	Central Gauteng Athletics
23	1630	teresa	LE ROUX	AGN	W55/4	25:44	Athletics Gauteng North
24	1632	sibongile	NKOSI	AGN	W55/4	26:11	Athletics Gauteng North
25	2584	amanda	VILJOEN	ANWN	W55/4	26:30	Athletics North West North
26	3275	nomaswazi	KHUMALO	CGA	W55/4	26:33	Central Gauteng Athletics
27	2583	lynne	VAN TONDER	ANWN	W55/4	26:38	Athletics North West North
28	1631	yvonne	MASHISHI	AGN	W55/4	26:58	Athletics Gauteng North
29	2581	leana	OBERHOLZER	ANWN	W55/4	27:11	Athletics North West North

RESULTS INDIVIDUAL COMPETITION W60/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1635	anlerie	BOTHA	AGN	W60/4	16:29	Athletics Gauteng North
2	2586	irene	SCHEFFER	ANWN	W60/4	17:32	Athletics North West North
3	2852	erica	HAMILTON	AVT	W60/4	18:03	Athletics Vaal Triangle
4	3998	beverley	CHARTERS	WPA	W60/4	18:35	Western Province Athletics
5	3569	blanche	MOILA	KZNA	W60/4	19:07	Kwazulu Natal
6	1645	frances	VAN BLERK	AGN	W60/4	19:07	Athletics Gauteng North
7	3567	sanet	BEUKES	KZNA	W60/4	19:23	Kwazulu Natal
8	3285	onica	MOTSEI	CGA	W60/4	19:29	Central Gauteng Athletics
9	3570	teresa	SCOTT	KZNA	W60/4	19:32	Kwazulu Natal
10	1637	ilze	CROUS	AGN	W60/4	19:38	Athletics Gauteng North
11	1640	mariet	GEYER	AGN	W60/4	19:39	Athletics Gauteng North
12	1646	adri	VAN DYK	AGN	W60/4	20:26	Athletics Gauteng North
13	3568	sheree	KIRSTEN	KZNA	W60/4	21:06	Kwazulu Natal

14	1636	joey	CLOETE	AGN	W60/4	21:52	Athletics Gauteng North
15	1644	jackie	NAVARRIA	AGN	W60/4	21:57	Athletics Gauteng North
16	3571	june	WATSON	KZNA	W60/4	22:36	Kwazulu Natal
17	3904	meriam	GAFANE	LIMA	W60/4	22:55	Limpopo Athletics
18	3282	sewele	MAPONYA	CGA	W60/4	22:59	Central Gauteng Athletics
19	2239	analize	DE KLERK	AMPU	W60/4	23:38	Athletics Mpumalanga
20	3286	selinah	NETSHISAULU	CGA	W60/4	24:24	Central Gauteng Athletics
21	2587	gerda	VERMAAK	ANWN	W60/4	25:14	Athletics North West North
22	1641	linah	MAHLANGU	AGN	W60/4	26:31	Athletics Gauteng North
23	1643	christa	MOUTON	AGN	W60/4	26:59	Athletics Gauteng North
24	1639	nicolene	GERICKE	AGN	W60/4	27:39	Athletics Gauteng North
25	3283	thandi	MLAMBO	CGA	W60/4	27:47	Central Gauteng Athletics
26	3281	rachel	LEKALAKE	CGA	W60/4	27:53	Central Gauteng Athletics
27	3284	nomsa	MOIMA	CGA	W60/4	28:46	Central Gauteng Athletics
28	2585	susan	BOSCH	ANWN	W60/4	29:33	Athletics North West North

RESULTS INDIVIDUAL COMPETITION W65/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	3999	judith	GROVE	WPA	W65/4	19:37	Western Province Athletics
2	3573	pamela	RASMUSSEN	KZNA	W65/4	20:06	Kwazulu Natal
3	3572	jane	DICKINSON	KZNA	W65/4	21:10	Kwazulu Natal
4	3289	liz	SWEIDAN	CGA	W65/4	23:33	Central Gauteng Athletics
5	1647	stephanie	CLAASSEN	AGN	W65/4	24:09	Athletics Gauteng North
6	925	anna marie	FERREIRA	AFS	W65/4	24:34	Athletics Free State
7	3351	avril	BEYLEVELD	EPA	W65/4	24:44	Eastern Province Athletics
8	3287	ithuteng	BOSHOE	CGA	W65/4	26:17	Central Gauteng Athletics
9	1648	rina	PRETORIUS	AGN	W65/4	26:42	Athletics Gauteng North
10	3288	nonhlanhla n	HLATSHWAYO	CGA	W65/4	27:55	Central Gauteng Athletics
11	51	martha	MAPUTLE	AFS	W65/4	29:07	Athletics Free State
12	1649	veronica	VON GORDON	AGN	W65/4	29:41	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION W70/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	3290	elaine	GREENBLATT	CGA	W70/4	24:55	Central Gauteng Athletics
2	4000	aileen (pixie)	SPARG	WPA	W70/4	24:56	Western Province Athletics
3	3352	vicky	ASHLEY	EPA	W70/4	26:01	Eastern Province Athletics
4	3905	stephinah ra	MODIBA	LIMA	W70/4	27:04	Limpopo Athletics
5	1652	isabel	MCLAREN	AGN	W70/4	27:16	Athletics Gauteng North
6	3292	maria corneli	VISSER	CGA	W70/4	27:18	Central Gauteng Athletics
7	1651	rita	LAKER	AGN	W70/4	28:17	Athletics Gauteng North
8	3291	rachel	LEDWABA	CGA	W70/4	28:22	Central Gauteng Athletics

RESULTS INDIVIDUAL COMPETITION W75/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	3574	gill	TEGENNA	KZNA	W75/4	26:20	Kwazulu Natal
2	3353	ronelle	STEYN	EPA	W75/4	26:39	Eastern Province Athletics
3	1653	arina	VAN ASWEGEN	AGN	W75/4	29:19	Athletics Gauteng North

RESULTS INDIVIDUAL COMPETITION W80/4

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	3293	leseya	SEABI	CGA	W80/4	29:32	Central Gauteng Athletics

2	1654	annette	VAN ROOYEN	AGN	W80/4	29:40	Athletics Gauteng North
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RESULTS INDIVIDUAL COMPETITION YouthM/2

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1657	jay-c	FARMER	AGN	YM/2	05:45	Athletics Gauteng North
2	1656	abednico	CHOBABA	AGN	YM/2	05:47	Athletics Gauteng North
3	2991	motlatsi	SESING	CGA	YM/2	05:53	Central Gauteng Athletics
4	3297	sibusiso	SITHOLE	CGA	YM/2	05:55	Central Gauteng Athletics
5	3295	france	MATSINGA	CGA	YM/2	06:20	Central Gauteng Athletics
6	3298	siyabonga	UZOHO	CGA	YM/2	06:43	Central Gauteng Athletics
7	3296	zacques (fran	NEL	CGA	YM/2	07:14	Central Gauteng Athletics
8	3294	lucky	LUTHWISHA	CGA	YM/2	07:24	Central Gauteng Athletics

RESULTS INDIVIDUAL COMPETITION JuniorM/2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	346	luan	MUNNIK	ACNW	JM/2	05:27	Athletics Central North West
2	1290	christopher	SWART	AGN	JM/2	05:38	Athletics Gauteng North
3	3095	ntonozo	SIBIYA	CGA	JM/2	05:40	Central Gauteng Athletics
4	1289	matthew	FORRESTER	AGN	JM/2	05:42	Athletics Gauteng North
5	1292	rikus	VAN NIEKERK	AGN	JM/2	05:45	Athletics Gauteng North
6	3958	oliver	STEWART	WPA	JM/2	05:46	Western Province Athletics
7	3093	siyabulela	MAZALENI	CGA	JM/2	06:01	Central Gauteng Athletics
8	3094	lebogang	SIBANDA	CGA	JM/2	06:24	Central Gauteng Athletics
9	3092	katlego	DLAMINI	CGA	JM/2	06:47	Central Gauteng Athletics

RESULTS INDIVIDUAL COMPETITION SeniorM/2

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	2844	lethogonolo	MORE	AVT	SM/2	05:29	Athletics Vaal Triangle
2	3207	joseph	NTOLOANE	CGA	SM/2	05:34	Central Gauteng Athletics
3	406	dillan	VAN ROOYEN	ACNW	SM/2	05:38	Athletics Central North West
4	3206	shamase	MTHUNZI	CGA	SM/2	05:41	Central Gauteng Athletics
5	404	ian	SLINGER	ACNW	SM/2	05:41	Athletics Central North West
6	401	tumisang	MONNATLALA	ACNW	SM/2	05:44	Athletics Central North West
7	27	lefu	LEPHETO	CGA	SM/2	05:47	Central Gauteng Athletics
8	3205	khensani	MABUNDA	CGA	SM/2	06:00	Central Gauteng Athletics
9	3208	mpho menat	SANGO	CGA	SM/2	06:02	Central Gauteng Athletics
10	3203	jeremy mars	HARTZENBERG	CGA	SM/2	06:11	Central Gauteng Athletics
11	3209	tlou	SELOBA	CGA	SM/2	06:20	Central Gauteng Athletics
12	405	lincoln	TAJE	ACNW	SM/2	06:21	Athletics Central North West
13	20	seboniso	MAVUNDLA	AVT	SM/2	06:26	Athletics Vaal Triangle

RESULTS INDIVIDUAL COMPETITION YouthW/2

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	1664	prudence	SEKGODISO	AGN	YW/2	06:28	Athletics Gauteng North
2	446	danielle	VERSTER	ACNW	YW/2	06:29	Athletics Central North West
3	3299	keneuwe	MAHLOPO	CGA	YW/2	08:25	Central Gauteng Athletics
4	3300	amanda	MANZINI	CGA	YW/2	08:25	Central Gauteng Athletics

RESULTS INDIVIDUAL COMPETITION JuniorW/2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1311	sisanda	DUMISA	AGN	JW/2	06:51	Athletics Gauteng North

2	1312	amber	RAYNERS	AGN	JW/2	07:08	Athletics Gauteng North
3	3115	dinah	SITHOLE	CGA	JW/2	07:40	Central Gauteng Athletics
4	3112	phindile	MDLULI	CGA	JW/2	08:05	Central Gauteng Athletics
5	3111	zothile	MBHAMALI	CGA	JW/2	08:15	Central Gauteng Athletics
6	3113	paballo	RAMATLADI	CGA	JW/2	08:18	Central Gauteng Athletics
7	3114	palesa	RAMATLADI	CGA	JW/2	08:25	Central Gauteng Athletics
8	3116	simangelo	THAMAGANYANE	CGA	JW/2	08:25	Central Gauteng Athletics

RESULTS INDIVIDUAL COMPETITION SeniorW/2

POS	NO	NAME	SURNAME	PROV	AGE CATE	TIME	PROVINCE
1	416	danette	MARAIS	ACNW	SW/2	06:34	Athletics Central North West
2	1512	catherine	SKOSANA	AGN	SW/2	06:57	Athletics Gauteng North
3	1513	carina	SWIEGERS	AGN	SW/2	07:02	Athletics Gauteng North
4	1511	kataza	SHIPALANA	AGN	SW/2	07:05	Athletics Gauteng North
5	1510	anet	COETZEE	AGN	SW/2	07:24	Athletics Gauteng North