

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
<b>BOYS 10 (2 KM)</b>						
1	492	Aldrin	WILLEMSE	AMPU	BOYS 10 (2 KM)	00:07:15
2	493	Ruan	KUHN	AMPU	BOYS 10 (2 KM)	00:07:18
3	616	Amantle	MODINEGAN	ANWN	BOYS 10 (2 KM)	00:07:24
4	950	Dylan	CURTIS	CGA	BOYS 10 (2 KM)	00:07:24
5	946	Mpho	MOKHELE	CGA	BOYS 10 (2 KM)	00:07:26
6	465	George	WIID	AGW	BOYS 10 (2 KM)	00:07:27
7	7	Tankiso	MOLOI	AFS	BOYS 10 (2 KM)	00:07:27
8	11723	Thomas	GIBSON	KZNA	BOYS 10 (2 KM)	00:07:28
9	618	Omphile	MOLOTSI	ANWN	BOYS 10 (2 KM)	00:07:32
10	9	Thato	MOTAHANE	AFS	BOYS 10 (2 KM)	00:07:32
11	6	Mofokeng	MPHO	AFS	BOYS 10 (2 KM)	00:07:33
12	494	Charlie	NAUDE	AMPU	BOYS 10 (2 KM)	00:07:34
13	4	Retshidisitswe	SHAI	AFS	BOYS 10 (2 KM)	00:07:36
14	192	Christopher	SWART	AGN	BOYS 10 (2 KM)	00:07:39
15	1382	Gerhard	VAN NIEKERK	ACNW	BOYS 10 (2 KM)	00:07:41
16	21	Zander	DU PLESSIS	AFS	BOYS 10 (2 KM)	00:07:42
17	1386	Johan	J V RENSBURG	ACNW	BOYS 10 (2 KM)	00:07:45
18	949	Keagan	CRANE	CGA	BOYS 10 (2 KM)	00:07:46
19	1257	Josia	NYAWENE	LIMA	BOYS 10 (2 KM)	00:07:46
20	1373	Andre	KENNEDY	ACNW	BOYS 10 (2 KM)	00:07:47
21	1255	Dian	FORRESTER	LIMA	BOYS 10 (2 KM)	00:07:49
22	620	Ronen	OOSTHUIZEN	ANWN	BOYS 10 (2 KM)	00:07:51
23	468	Thys	SAUL	AGW	BOYS 10 (2 KM)	00:07:51
24	189	Dylan	STEENKAMP	AGN	BOYS 10 (2 KM)	00:07:52
25	191	Heno	STEYN	AGN	BOYS 10 (2 KM)	00:07:53
26	193	Dean	VAN DER BERG	AGN	BOYS 10 (2 KM)	00:07:56
27	1259	Wessel	KRIEL	LIMA	BOYS 10 (2 KM)	00:07:57
28	11731	Kgotso	LESIA	AFS	BOYS 10 (2 KM)	00:07:58
29	11721	James	BILBROUGH	KZNA	BOYS 10 (2 KM)	00:07:58
30	14	Neo	MOETI	AFS	BOYS 10 (2 KM)	00:07:59
31	185	Fannie	MAITJILA	AGN	BOYS 10 (2 KM)	00:07:59
32	184	Letsema	MAHUMA	AGN	BOYS 10 (2 KM)	00:07:59
33	11722	Sibusiso	XABA	KZNA	BOYS 10 (2 KM)	00:08:00
34	186	Argush	MOTLAPEMA	AGN	BOYS 10 (2 KM)	00:08:00
35	624	Riaan	VAN RHYN	ANWN	BOYS 10 (2 KM)	00:08:01
36	11724	Zakhele	MYENI	KZNA	BOYS 10 (2 KM)	00:08:04
37	10	Hannes	HATTINGH	AFS	BOYS 10 (2 KM)	00:08:04
38	1260	Donovan	VAN TONDER	LIMA	BOYS 10 (2 KM)	00:08:06
39	180	Marthinus	ERASMUS	AGN	BOYS 10 (2 KM)	00:08:09
40	1248	Katlego	MAKGAI	LIMA	BOYS 10 (2 KM)	00:08:10
41	179	Estiaan	EEK	AGN	BOYS 10 (2 KM)	00:08:10
42	182	Ruan	GROENEWALD	AGN	BOYS 10 (2 KM)	00:08:11

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
43	1254	Stephan	VISAGIE	LIMA	BOYS 10 (2 KM)	00:08:12
44	188	Andre	SNYMAN	AGN	BOYS 10 (2 KM)	00:08:13
45	20	Thapelo	KHIBA	AFS	BOYS 10 (2 KM)	00:08:14
46	1261	Lucky	MOKOPE	LIMA	BOYS 10 (2 KM)	00:08:14
47	177	Lehan	BREYTENBACH	AGN	BOYS 10 (2 KM)	00:08:15
48	947	Christo	GOOSEN	CGA	BOYS 10 (2 KM)	00:08:16
49	951	Claude	PRETORIUS	CGA	BOYS 10 (2 KM)	00:08:16
50	948	Kagiso	MOTLHASEDI	CGA	BOYS 10 (2 KM)	00:08:17
51	8	Mohale	KATLEHO	AFS	BOYS 10 (2 KM)	00:08:18
52	615	Paballo	MARUMULA	ANWN	BOYS 10 (2 KM)	00:08:19
53	495	Nkosinathi	MASANA	AMPU	BOYS 10 (2 KM)	00:08:19
54	187	Bongokuhle	MPUNGOSE	AGN	BOYS 10 (2 KM)	00:08:21
55	1250	Thabiso	MASAPHU	LIMA	BOYS 10 (2 KM)	00:08:21
56	617	Thuso	MOLELEKI	ANWN	BOYS 10 (2 KM)	00:08:22
57	190	Lance	STEENKAMP	AGN	BOYS 10 (2 KM)	00:08:24
58	194	Tiaan	VOSLOO	AGN	BOYS 10 (2 KM)	00:08:24
59	1249	Heinke	LUBBE	LIMA	BOYS 10 (2 KM)	00:08:25
60	178	Andreas	DU TOIT	AGN	BOYS 10 (2 KM)	00:08:26
61	27	Mthandazo	NHLAPO	AFS	BOYS 10 (2 KM)	00:08:29
62	499	Estian	POTGIETER	AMPU	BOYS 10 (2 KM)	00:08:40
63	1258	Petrus	LAMPRECHT	LIMA	BOYS 10 (2 KM)	00:08:41
64	501	Paul	NEL	AMPU	BOYS 10 (2 KM)	00:08:43
65	12	Caleb	MOKOENA	AFS	BOYS 10 (2 KM)	00:08:45
66	1388	Johatt	BATSIETSENG	ACNW	BOYS 10 (2 KM)	00:08:45
67	1398	Tebogo	MOGOSI	ACNW	BOYS 10 (2 KM)	00:08:47
68	11677	Tshegofatso	POO	IND	BOYS 10 (2 KM)	00:08:47
69	845	Andile	NGUBENI	AVT	BOYS 10 (2 KM)	00:08:48
70	614	Thato	MALOPE	ANWN	BOYS 10 (2 KM)	00:08:49
71	11673	Johannes	MALOKELA	IND	BOYS 10 (2 KM)	00:08:50
72	1371	AJ	DE WET	ACNW	BOYS 10 (2 KM)	00:08:51
73	496	Siyabonga	MBOKANE	AMPU	BOYS 10 (2 KM)	00:08:52
74	15	Karel	VAN HEERDEN	AFS	BOYS 10 (2 KM)	00:08:53
75	464	Kamogelo	MONCHWE	AGW	BOYS 10 (2 KM)	00:08:54
76	2	Thabiso	LECHESA	AFS	BOYS 10 (2 KM)	00:08:59
77	181	Wian	FOURIE	AGN	BOYS 10 (2 KM)	00:09:00
78	1376	Brendan	VAN EEDEN	ACNW	BOYS 10 (2 KM)	00:09:01
79	1389	JP	STEENKAMP	ACNW	BOYS 10 (2 KM)	00:09:02
80	11672	Danie	MARAIS	IND	BOYS 10 (2 KM)	00:09:04
81	24	Diteboho	MOTHABENG	AFS	BOYS 10 (2 KM)	00:09:05
82	26	Mvula	LITABE	AFS	BOYS 10 (2 KM)	00:09:06
83	1	Oratile	MOTHIBEDI	AFS	BOYS 10 (2 KM)	00:09:07
84	183	Friedrich	JOUBERT	AGN	BOYS 10 (2 KM)	00:09:09
85	1256	Jaco	JANSE VAN RENSBURG	LIMA	BOYS 10 (2 KM)	00:09:10
86	1387	Johan	LOCK	ACNW	BOYS 10 (2 KM)	00:09:12

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
87	13	Teboho	KOBELI	AFS	BOYS 10 (2 KM)	00:09:14
88	1385	Jeandre	V ANDWERPEN	ACNW	BOYS 10 (2 KM)	00:09:15
89	612	Reynard	KUHN	ANWN	BOYS 10 (2 KM)	00:09:16
90	497	Janos	GROBBELAAR	AMPU	BOYS 10 (2 KM)	00:09:18
91	461	Christiaan	VAN DER WALT	AGW	BOYS 10 (2 KM)	00:09:25
92	1400	Tiaan	KOORTS	ACNW	BOYS 10 (2 KM)	00:09:25
93	462	Jacqelle	BEUKES	AGW	BOYS 10 (2 KM)	00:09:27
94	1380	Duan	JANSEN	ACNW	BOYS 10 (2 KM)	00:09:28
95	613	Ricardo	LIEBENBERG	ANWN	BOYS 10 (2 KM)	00:09:29
96	1251	Thereso	MOHUBA	LIMA	BOYS 10 (2 KM)	00:09:35
97	1150	Brendon	STEENKAMP	IND	BOYS 10 (2 KM)	00:09:38
98	500	Siaso	MATHEBULA	AMPU	BOYS 10 (2 KM)	00:09:39
99	466	Benjamin	MEINTJES	AGW	BOYS 10 (2 KM)	00:09:40
100	1383	Jacobus	BREEDT	ACNW	BOYS 10 (2 KM)	00:09:41
101	1392	Marco	JANSEN	ACNW	BOYS 10 (2 KM)	00:09:44
102	502	Renaldo	WILLEMSE	AMPU	BOYS 10 (2 KM)	00:09:46
103	11671	Amogelang	KGOTLA	IND	BOYS 10 (2 KM)	00:09:48
104	1252	Shadrack	PHALAMA	LIMA	BOYS 10 (2 KM)	00:09:50
105	846	Bonolo	TSHABALALA	AVT	BOYS 10 (2 KM)	00:09:50
106	848	Corne	HEDEN	AVT	BOYS 10 (2 KM)	00:09:53
107	1253	Abel	TLANE	LIMA	BOYS 10 (2 KM)	00:09:56
108	1393	Michael	ROSIN	ACNW	BOYS 10 (2 KM)	00:09:59
109	625	Willie	VAN EYCK	ANWN	BOYS 10 (2 KM)	00:10:02
110	11676	Tlotianang	MODISE	IND	BOYS 10 (2 KM)	00:10:04
111	467	Quintin	MINNAAR	AGW	BOYS 10 (2 KM)	00:10:05
112	627	Eric	JACOBS	ANWN	BOYS 10 (2 KM)	00:10:06
113	1390	Juandre	DE BEER	ACNW	BOYS 10 (2 KM)	00:10:07
114	1381	Erik	ROUX	ACNW	BOYS 10 (2 KM)	00:10:07
115	1372	Alistair	WILLIAMSON	ACNW	BOYS 10 (2 KM)	00:10:09
116	1391	Liam	WALSH	ACNW	BOYS 10 (2 KM)	00:10:11
117	626	Jaco	VENTER	ANWN	BOYS 10 (2 KM)	00:10:15
118	1152	Edward	BANNAU	IND	BOYS 10 (2 KM)	00:10:17
119	619	Willie	MANDERS	ANWN	BOYS 10 (2 KM)	00:10:19
120	1379	Dithebogo	PHETO	ACNW	BOYS 10 (2 KM)	00:10:20
121	1378	Burger	V D WESTHUIZEN	ACNW	BOYS 10 (2 KM)	00:10:22
122	622	Wessel	PRETORIUS	ANWN	BOYS 10 (2 KM)	00:10:27
123	1374	Armand	PRETORIUS	ACNW	BOYS 10 (2 KM)	00:10:33
124	611	Hardu	KOTZE	ANWN	BOYS 10 (2 KM)	00:10:48
125	1375	Brandon	ADAMSON	ACNW	BOYS 10 (2 KM)	00:10:57
126	1377	Brian	KEYS	ACNW	BOYS 10 (2 KM)	00:11:24
127	1399	Themba	BAEPANYE	ACNW	BOYS 10 (2 KM)	00:11:30
<b>BOYS 11 (3 KM)</b>						
1	2458	Mogomotsi	NXUMALO	CGA	BOYS 11 (3 KM)	00:10:44

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
2	2668	Kamogelo	MOFOMME	IND	BOYS 11 (3 KM)	00:10:57
3	1506	Sello	KHOZA	AFS	BOYS 11 (3 KM)	00:11:06
4	3174	Kgabo	MOREMI	IND	BOYS 11 (3 KM)	00:11:22
5	1695	Rikus	BOTHA	AGN	BOYS 11 (3 KM)	00:11:25
6	1508	Junior	TSOEUTE	AFS	BOYS 11 (3 KM)	00:11:25
7	1513	Lesego	MOSINKI	AFS	BOYS 11 (3 KM)	00:11:31
8	1696	Christiaan	CRONJE	AGN	BOYS 11 (3 KM)	00:11:32
9	1510	Mosa	NCHAMO	AFS	BOYS 11 (3 KM)	00:11:33
10	2183	Jp	VAN DER MERWE	ANWN	BOYS 11 (3 KM)	00:11:34
11	1514	Mosebetsi	NHLAPO	AFS	BOYS 11 (3 KM)	00:11:37
12	2460	Melusi	MLAMBO	CGA	BOYS 11 (3 KM)	00:11:38
13	1697	Barret	DE WILLERS	AGN	BOYS 11 (3 KM)	00:11:40
14	1705	Joseph	MOLEYA	AGN	BOYS 11 (3 KM)	00:11:48
15	1706	Lucky	MOREMI	AGN	BOYS 11 (3 KM)	00:11:50
16	3168	Kabelo	SETHOLE	IND	BOYS 11 (3 KM)	00:11:51
17	2916	Shervone	FITZMORRIS	ACNW	BOYS 11 (3 KM)	00:11:51
18	1700	Irvin	JACOBS	AGN	BOYS 11 (3 KM)	00:11:53
19	2174	Erich	HAASBROEK	ANWN	BOYS 11 (3 KM)	00:11:53
20	2462	Johnic	SMITH	CGA	BOYS 11 (3 KM)	00:11:56
21	1712	Dawied	VILJOEN	AGN	BOYS 11 (3 KM)	00:11:58
22	1709	Brendon	SKINNER	AGN	BOYS 11 (3 KM)	00:12:00
23	1708	Mashudu	RAMOBA	AGN	BOYS 11 (3 KM)	00:12:01
24	2464	Gawie	LOUW	CGA	BOYS 11 (3 KM)	00:12:02
25	3178	Lucas	MALEKA	IND	BOYS 11 (3 KM)	00:12:04
26	2461	Ezra	FERREIRA	CGA	BOYS 11 (3 KM)	00:12:05
27	1698	Shane	ESTERHUIZEN	AGN	BOYS 11 (3 KM)	00:12:05
28	1707	Katlego	MTHUNZI	AGN	BOYS 11 (3 KM)	00:12:07
29	2018	Drean	DU PLESSIS	AGW	BOYS 11 (3 KM)	00:12:09
30	1694	Rion	BEYERS	AGN	BOYS 11 (3 KM)	00:12:10
31	2051	Henrique	DE LANGE	AMPU	BOYS 11 (3 KM)	00:12:14
32	1702	Kamogelo	KHUZWAYO	AGN	BOYS 11 (3 KM)	00:12:15
33	2767	Kgokong	KGOSANA	LIMA	BOYS 11 (3 KM)	00:12:15
34	2463	Jonathan	AGENBAG	CGA	BOYS 11 (3 KM)	00:12:16
35	2904	Janno	NEL	ACNW	BOYS 11 (3 KM)	00:12:18
36	3182	Thato	PHOHO	IND	BOYS 11 (3 KM)	00:12:18
37	1511	Ntsokolo	SODABA	AFS	BOYS 11 (3 KM)	00:12:19
38	1701	Travis	JOSHUA	AGN	BOYS 11 (3 KM)	00:12:20
39	2052	Jodi	JORDAAN	AMPU	BOYS 11 (3 KM)	00:12:20
40	1507	Gary	KEMP	AFS	BOYS 11 (3 KM)	00:12:21
41	2173	Wikus	DOUBELL	ANWN	BOYS 11 (3 KM)	00:12:22
42	3177	Kgothatso	NDLOVU	IND	BOYS 11 (3 KM)	00:12:25
43	1711	Heno	VAN GRAAN	AGN	BOYS 11 (3 KM)	00:12:27
44	1699	Stephan	FOURIE	AGN	BOYS 11 (3 KM)	00:12:34
45	1704	Luan	LOUW	AGN	BOYS 11 (3 KM)	00:12:35



# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
46	2765	Lukas	VAN DER MERWE	LIMA	BOYS 11 (3 KM)	00:12:36
47	2176	Olebogeng	MAKHUBALO	ANWN	BOYS 11 (3 KM)	00:12:37
48	1505	Mpho	MARTEENS	AFS	BOYS 11 (3 KM)	00:12:40
49	2915	Sello	PHELEU	ACNW	BOYS 11 (3 KM)	00:12:44
50	2373	Sizwe	DLOMO	AVT	BOYS 11 (3 KM)	00:12:46
51	2459	Marco	BOTHA	CGA	BOYS 11 (3 KM)	00:12:47
52	1703	Wynand	KUHN	AGN	BOYS 11 (3 KM)	00:12:49
53	2761	Phetolo	MOHLALA	LIMA	BOYS 11 (3 KM)	00:12:52
54	2896	Divan	MIENIE	ACNW	BOYS 11 (3 KM)	00:12:53
55	2054	Nathan	WEBB	AMPU	BOYS 11 (3 KM)	00:12:54
56	2372	Lebohlang	LEPHUTHING	AVT	BOYS 11 (3 KM)	00:12:54
57	1504	Katleho	MOLELEKOA	AFS	BOYS 11 (3 KM)	00:12:56
58	2053	Dirkie	WOLFAARDT	AMPU	BOYS 11 (3 KM)	00:13:00
59	2376	Teboho	NTSHABENG	AVT	BOYS 11 (3 KM)	00:13:01
60	2374	Teboho	PHAPANG	AVT	BOYS 11 (3 KM)	00:13:03
61	2050	Thabiso	THWALA	AMPU	BOYS 11 (3 KM)	00:13:04
62	2056	Stefan	WOLFAARDT	AMPU	BOYS 11 (3 KM)	00:13:04
63	1503	Ruan	BEKKER	AFS	BOYS 11 (3 KM)	00:13:09
64	3170	Kamogelo	Sehlomla	IND	BOYS 11 (3 KM)	00:13:12
65	3172	Karabo	TIHOMETSANE	IND	BOYS 11 (3 KM)	00:13:14
66	2058	December	NKAMBULE	AMPU	BOYS 11 (3 KM)	00:13:14
67	2764	Brian	MOYAHA	LIMA	BOYS 11 (3 KM)	00:13:16
68	2895	Dian	DU PREEZ	ACNW	BOYS 11 (3 KM)	00:13:20
69	2891	Brendon	SWIEGERS	ACNW	BOYS 11 (3 KM)	00:13:23
70	2375	Pule	SETSHIRO	AVT	BOYS 11 (3 KM)	00:13:27
71	2763	Kurhula	NKUNA	LIMA	BOYS 11 (3 KM)	00:13:29
72	2768	Mothusi	GOMBA	LIMA	BOYS 11 (3 KM)	00:13:33
73	2911	Nico	HOUGH	ACNW	BOYS 11 (3 KM)	00:13:37
74	2770	Andile	PETER	LIMA	BOYS 11 (3 KM)	00:13:42
75	2899	Harry	LONDT	ACNW	BOYS 11 (3 KM)	00:13:44
76	2762	Quinzee	LETSOALO	LIMA	BOYS 11 (3 KM)	00:13:44
77	2912	Nico	PLEKKER	ACNW	BOYS 11 (3 KM)	00:13:45
78	2902	Itumeleng	MOKANYANE	ACNW	BOYS 11 (3 KM)	00:13:46
79	2181	Vihan	MULLER	ANWN	BOYS 11 (3 KM)	00:13:50
80	2771	Moses	MOTSOENYANE	LIMA	BOYS 11 (3 KM)	00:13:55
81	2772	Kieran	TAYLOR	LIMA	BOYS 11 (3 KM)	00:13:56
82	3165	Given	MAKGUTO	IND	BOYS 11 (3 KM)	00:14:04
83	2769	Jacques	SWART	LIMA	BOYS 11 (3 KM)	00:14:07
84	2175	Dehan	HERBST	ANWN	BOYS 11 (3 KM)	00:14:08
85	2905	Johannes	JONKER	ACNW	BOYS 11 (3 KM)	00:14:09
86	2900	HJ	JOOSTE	ACNW	BOYS 11 (3 KM)	00:14:26
87	2057	Nceba	MAGXALO	AMPU	BOYS 11 (3 KM)	00:14:27
88	1710	Omphile	TLADI	AGN	BOYS 11 (3 KM)	00:14:28
89	2766	Andeon	VAN BUUREN	LIMA	BOYS 11 (3 KM)	00:14:38

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
90	2888	Andries	SWART	ACNW	BOYS 11 (3 KM)	00:14:41
91	2901	Itumeleng	DICHWELE	ACNW	BOYS 11 (3 KM)	00:14:43
92	2918	Tshepang	BOSMAN	ACNW	BOYS 11 (3 KM)	00:14:48
93	2908	Llewellene	ACKERMAN	ACNW	BOYS 11 (3 KM)	00:14:57
94	2917	TC	PRETORIUS	ACNW	BOYS 11 (3 KM)	00:15:09
95	3166	Gontse	TSHWELE	IND	BOYS 11 (3 KM)	00:15:11
96	3173	Katlego	MAZIBOKO	IND	BOYS 11 (3 KM)	00:15:17
97	2909	Marnus	NIEMAND	ACNW	BOYS 11 (3 KM)	00:15:18
98	2898	Hanno	PRETORIUS	ACNW	BOYS 11 (3 KM)	00:15:22
99	2913	Richard	COOPER	ACNW	BOYS 11 (3 KM)	00:15:24
100	2919	Xavier	DE GOIS	ACNW	BOYS 11 (3 KM)	00:15:26
101	2914	Rodney	RABE	ACNW	BOYS 11 (3 KM)	00:15:32
102	2906	Jonathan	COOPER	ACNW	BOYS 11 (3 KM)	00:15:45
103	2893	Calven	MÜLDER	ACNW	BOYS 11 (3 KM)	00:17:28

## BOYS 12 (3 KM)

1	1201	Mlinden	NZIMANDE	KZNA	BOYS 12 (3 KM)	00:10:22
2	202	Tebogo	MAHLANGU	AGN	BOYS 12 (3 KM)	00:10:39
3	960	Marnus	ROBERTS	CGA	BOYS 12 (3 KM)	00:10:47
4	29	Sengu	KHAMO	AFS	BOYS 12 (3 KM)	00:10:50
5	1271	Sello	NYAWENE	LIMA	BOYS 12 (3 KM)	00:10:51
6	958	Mandla	NTLUMAYO	CGA	BOYS 12 (3 KM)	00:10:51
7	1274	Thabang	MAKOPO	LIMA	BOYS 12 (3 KM)	00:10:53
8	42	Tshepo	MOKAU	AFS	BOYS 12 (3 KM)	00:10:55
9	955	Anrich	ZIMMERMANN	CGA	BOYS 12 (3 KM)	00:10:57
10	44	Belo	MAXWELL	AFS	BOYS 12 (3 KM)	00:11:00
11	11732	Nope	MOLEJANE	AFS	BOYS 12 (3 KM)	00:11:02
12	953	Linda	NGWENYA	CGA	BOYS 12 (3 KM)	00:11:04
13	959	Migael	STRYDOM	CGA	BOYS 12 (3 KM)	00:11:14
14	957	Keegan	JANSE VAN RENSBURG	CGA	BOYS 12 (3 KM)	00:11:18
15	31	Lunga	GADALA	AFS	BOYS 12 (3 KM)	00:11:19
16	198	Theuns	EHLERS	AGN	BOYS 12 (3 KM)	00:11:23
17	1422	Joshua	BERRY	ACNW	BOYS 12 (3 KM)	00:11:27
18	506	Wilhelm	BERRANGE	AMPU	BOYS 12 (3 KM)	00:11:28
19	508	Louis	MULDER	AMPU	BOYS 12 (3 KM)	00:11:28
20	954	Bheki	TSHABALALA	CGA	BOYS 12 (3 KM)	00:11:29
21	1265	Thabo	LEDWABA	LIMA	BOYS 12 (3 KM)	00:11:29
22	40	Kearebetswe	SETLOTLO	AFS	BOYS 12 (3 KM)	00:11:30
23	1203	Sibusiso	NISAMBULE	KZNA	BOYS 12 (3 KM)	00:11:30
24	38	Gosiame	TAU	AFS	BOYS 12 (3 KM)	00:11:33
25	507	Steyn	VAN DEN HEEVER	AMPU	BOYS 12 (3 KM)	00:11:35
26	650	Dille	TSATSI	ANWN	BOYS 12 (3 KM)	00:11:36
27	213	Hendrik	WHITE	AGN	BOYS 12 (3 KM)	00:11:38
28	635	Juan	HATTINGH	ANWN	BOYS 12 (3 KM)	00:11:39

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
29	204	Kagiso	MALESWANA	AGN	BOYS 12 (3 KM)	00:11:46
30	11661	Fikile	MASEELA	AFS	BOYS 12 (3 KM)	00:11:47
31	201	Mandla	MAHLANGU	AGN	BOYS 12 (3 KM)	00:11:49
32	850	Patrick	MFENE	AVT	BOYS 12 (3 KM)	00:11:52
33	11678	Layone	MANYIKE	IND	BOYS 12 (3 KM)	00:11:52
34	33	Katleho	PUDUMO	AFS	BOYS 12 (3 KM)	00:11:55
35	195	Tebogo	AYENDE	AGN	BOYS 12 (3 KM)	00:11:56
36	961	Cohann	SMITH	CGA	BOYS 12 (3 KM)	00:11:57
37	510	Dwayne	FERREIRA	AMPU	BOYS 12 (3 KM)	00:11:57
38	1202	Kwanele	MBANJWA	KZNA	BOYS 12 (3 KM)	00:11:57
39	32	Paul	FOORD	AFS	BOYS 12 (3 KM)	00:11:58
40	200	Martinus	LOURENS BEC	AGN	BOYS 12 (3 KM)	00:11:59
41	1405	Boikobo	BATANTSE	ACNW	BOYS 12 (3 KM)	00:11:59
42	1205	Seluleko	MYENI	KZNA	BOYS 12 (3 KM)	00:12:00
43	205	Ronaldo	MARAIS	AGN	BOYS 12 (3 KM)	00:12:06
44	45	Ruben	BECKER	AFS	BOYS 12 (3 KM)	00:12:06
45	30	Jean	WILSON	AFS	BOYS 12 (3 KM)	00:12:06
46	211	Nehan	VORSTER	AGN	BOYS 12 (3 KM)	00:12:07
47	956	Justin	BRONS	CGA	BOYS 12 (3 KM)	00:12:08
48	509	Busang	MERE	AMPU	BOYS 12 (3 KM)	00:12:11
49	196	Koena	MONENE	AGN	BOYS 12 (3 KM)	00:12:11
50	210	Henry	VAN DER WALT	AGN	BOYS 12 (3 KM)	00:12:12
51	1417	Hilton	METSWAMERE	ACNW	BOYS 12 (3 KM)	00:12:13
52	1412	Franco	BOTES	ACNW	BOYS 12 (3 KM)	00:12:14
53	1269	Jaco (Johannes)	VAN ROOYEN	LIMA	BOYS 12 (3 KM)	00:12:19
54	641	Omphemetse	MATLHOKOENG	ANWN	BOYS 12 (3 KM)	00:12:21
55	209	Erichaan	TANGA	AGN	BOYS 12 (3 KM)	00:12:23
56	1439	Simon	MAKATOSA	ACNW	BOYS 12 (3 KM)	00:12:24
57	1408	Daniel	WENTZEL	ACNW	BOYS 12 (3 KM)	00:12:26
58	852	Sthembiso	KHUMALO	AVT	BOYS 12 (3 KM)	00:12:28
59	512	Tian	DE BRUIN	AMPU	BOYS 12 (3 KM)	00:12:29
60	197	Zander	DELPORT	AGN	BOYS 12 (3 KM)	00:12:31
61	514	Siboniso	MKHONZA	AMPU	BOYS 12 (3 KM)	00:12:32
62	470	Andries	JACOBS	AGW	BOYS 12 (3 KM)	00:12:32
63	206	Vishen	MAYESS	AGN	BOYS 12 (3 KM)	00:12:32
64	41	Obakeng	SEATE	AFS	BOYS 12 (3 KM)	00:12:37
65	199	Cole	HERBIG	AGN	BOYS 12 (3 KM)	00:12:38
66	1419	Jan	V D BERG	ACNW	BOYS 12 (3 KM)	00:12:40
67	35	Motlatsi	MOHALE	AFS	BOYS 12 (3 KM)	00:12:41
68	511	Regardt	DU PLESSIS	AMPU	BOYS 12 (3 KM)	00:12:41
69	471	Arno	CLOETE	AGW	BOYS 12 (3 KM)	00:12:43
70	1264	Freddie	LUBBE	LIMA	BOYS 12 (3 KM)	00:12:48
71	203	Arno	VAN DER MERWE	AGN	BOYS 12 (3 KM)	00:12:48
72	1409	David	MAMPE	ACNW	BOYS 12 (3 KM)	00:12:50

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
73	469	David	NEL	AGW	BOYS 12 (3 KM)	00:12:54
74	644	Obakeng	MORUWA	ANWN	BOYS 12 (3 KM)	00:12:55
75	1156	Francois	BUYS	IND	BOYS 12 (3 KM)	00:12:55
76	1155	Glen	LEDWABA	IND	BOYS 12 (3 KM)	00:12:57
77	11725	Jarred	KRIEL	KZNA	BOYS 12 (3 KM)	00:12:58
78	1402	Armand	VERNEULING	ACNW	BOYS 12 (3 KM)	00:12:59
79	513	Lucas	ZWANE	AMPU	BOYS 12 (3 KM)	00:13:01
80	686	Groenewald	LE ROUX	AMPU	BOYS 12 (3 KM)	00:13:01
81	638	Willem	JACOBS	ANWN	BOYS 12 (3 KM)	00:13:02
82	11795	Phuti	KGANYAGO	LIMA	BOYS 12 (3 KM)	00:13:06
83	1431	Ralph	ERASMUS	ACNW	BOYS 12 (3 KM)	00:13:07
84	1263	Johan	ROUX	LIMA	BOYS 12 (3 KM)	00:13:07
85	1153	Lazarus	MATLEBJANE	IND	BOYS 12 (3 KM)	00:13:08
86	648	Karabo	SEBUI	ANWN	BOYS 12 (3 KM)	00:13:08
87	634	Heinrich	GEYER	ANWN	BOYS 12 (3 KM)	00:13:10
88	639	Hanco	KAUFMANN	ANWN	BOYS 12 (3 KM)	00:13:11
89	1438	Shermon	RAYNDERS	ACNW	BOYS 12 (3 KM)	00:13:12
90	1446	Wimpie	PENN	ACNW	BOYS 12 (3 KM)	00:13:13
91	11755	Henry	ENSLIN	IND	BOYS 12 (3 KM)	00:13:14
92	1267	Katlego	MATLALA	LIMA	BOYS 12 (3 KM)	00:13:15
93	1268	Kgomo	PHOOKO	LIMA	BOYS 12 (3 KM)	00:13:15
94	212	Hendrik	WEHMEYER	AGN	BOYS 12 (3 KM)	00:13:17
95	1432	Raynard	STRÖH	ACNW	BOYS 12 (3 KM)	00:13:18
96	1413	Franco	VISSER	ACNW	BOYS 12 (3 KM)	00:13:20
97	473	Thato	AGBOTAME	AGW	BOYS 12 (3 KM)	00:13:26
98	1266	Benedic	SELAMOLELA	LIMA	BOYS 12 (3 KM)	00:13:26
99	1441	Tshepang	MAKHOBLOANE	ACNW	BOYS 12 (3 KM)	00:13:28
100	1204	Samuel	OLIVIER	KZNA	BOYS 12 (3 KM)	00:13:28
101	1442	Van Zyl	BRAND	ACNW	BOYS 12 (3 KM)	00:13:30
102	1443	Walter	KOEKEMOER	ACNW	BOYS 12 (3 KM)	00:13:31
103	472	Cameron	FREDERICKS	AGW	BOYS 12 (3 KM)	00:13:32
104	1404	Barend	PRETORIUS	ACNW	BOYS 12 (3 KM)	00:13:34
105	647	Jacques	OELOFSE	ANWN	BOYS 12 (3 KM)	00:13:39
106	631	Patric	CEKISO	ANWN	BOYS 12 (3 KM)	00:13:40
107	1411	Fadil	LANGFORD	ACNW	BOYS 12 (3 KM)	00:13:41
108	208	Collen	MOTHAPO	AGN	BOYS 12 (3 KM)	00:13:45
109	1410	Delio	DE ANDRADE	ACNW	BOYS 12 (3 KM)	00:13:46
110	1416	Heinrich	GREYLING	ACNW	BOYS 12 (3 KM)	00:13:48
111	11683	Santos	RUMARE	IND	BOYS 12 (3 KM)	00:13:50
112	1272	William	MASIMINE	LIMA	BOYS 12 (3 KM)	00:13:50
113	1270	Hardus	DE BEER	LIMA	BOYS 12 (3 KM)	00:13:56
114	1435	Rudolph	GOUWS	ACNW	BOYS 12 (3 KM)	00:14:00
115	1415	Gerhard	ENSLIN	ACNW	BOYS 12 (3 KM)	00:14:05
116	1423	Justin	LE ROUX	ACNW	BOYS 12 (3 KM)	00:14:06



# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
117	1424	Kamogelo	MAOLUSI	ACNW	BOYS 12 (3 KM)	00:14:07
118	1436	Sam	DIKGOMO	ACNW	BOYS 12 (3 KM)	00:14:07
119	515	Nico	VAN DEN BERG	AMPU	BOYS 12 (3 KM)	00:14:08
120	1429	Michael	VAN NIEKERK	ACNW	BOYS 12 (3 KM)	00:14:08
121	1433	Resley	DEELMAN	ACNW	BOYS 12 (3 KM)	00:14:11
122	851	Emmanuel	MABALA	AVT	BOYS 12 (3 KM)	00:14:13
123	1421	Jean-Pierre	CROUKAMP	ACNW	BOYS 12 (3 KM)	00:14:17
124	643	Odirile	MODISE	ANWN	BOYS 12 (3 KM)	00:14:23
125	1444	Wilbert	VILJOEN	ACNW	BOYS 12 (3 KM)	00:14:31
126	1426	Llewellyn	ANTHONY	ACNW	BOYS 12 (3 KM)	00:14:34
127	652	Jonathan	VARDY	ANWN	BOYS 12 (3 KM)	00:14:34
128	1403	Armand	VOGEL	ACNW	BOYS 12 (3 KM)	00:14:37
129	651	Louis	LOMBAARD	ANWN	BOYS 12 (3 KM)	00:14:41
130	642	Otshepeng	MOATWE	ANWN	BOYS 12 (3 KM)	00:14:42
131	1273	Joshua	VARRIE	LIMA	BOYS 12 (3 KM)	00:14:43
132	628	Junior	MATHEWSON	ANWN	BOYS 12 (3 KM)	00:14:43
133	1420	Jaques	THERON	ACNW	BOYS 12 (3 KM)	00:14:51
134	11680	Oamogetswe	MONAMA	IND	BOYS 12 (3 KM)	00:14:59
135	1425	Lesego	SHAKUNG	ACNW	BOYS 12 (3 KM)	00:15:01
136	1154	Cobus (Jacobus)	MULLER	IND	BOYS 12 (3 KM)	00:15:06
137	1427	Marco	PRINS	ACNW	BOYS 12 (3 KM)	00:15:07
138	1418	Humbulani	KWINDA	ACNW	BOYS 12 (3 KM)	00:15:16
139	1428	Martian	NEL	ACNW	BOYS 12 (3 KM)	00:15:19
140	1406	Christoff	ELS	ACNW	BOYS 12 (3 KM)	00:15:23
141	1445	William	MATSIPE	ACNW	BOYS 12 (3 KM)	00:15:46
142	1434	Riaan	BLOEM	ACNW	BOYS 12 (3 KM)	00:16:23
143	1430	Nols	BEZUIDENHOUT	ACNW	BOYS 12 (3 KM)	00:24:18
144	1440	Tristan	DU TOIT	ACNW	BOYS 12 (3 KM)	00:25:50
145	1401	Antonie	JOUBERT	ACNW	BOYS 12 (3 KM)	00:19:03

## BOYS 13 (4 KM)

1	2707	Sbongithemba	NTSHANGASE	KZNA	BOYS 13 (4 KM)	00:14:04
2	2467	Tiaan	LE ROUX	CGA	BOYS 13 (4 KM)	00:14:12
3	2062	Julian	HENN	AMPU	BOYS 13 (4 KM)	00:14:14
4	2378	Lebohang	NKUTHA	AVT	BOYS 13 (4 KM)	00:14:30
5	2709	Sanele	SITHOLE	KZNA	BOYS 13 (4 KM)	00:14:30
6	1516	Lesley	FISCHAT	AFS	BOYS 13 (4 KM)	00:14:33
7	2348	Danwood	FRIESLAAR	ASWD	BOYS 13 (4 KM)	00:14:41
8	2471	Daniel	FOURIE	CGA	BOYS 13 (4 KM)	00:14:48
9	2852	Mc marshal	HARTZENBERG	WPA	BOYS 13 (4 KM)	00:14:51
10	2466	Wilber	VAN DYK	CGA	BOYS 13 (4 KM)	00:14:51
11	2853	Limba	ESETHU	WPA	BOYS 13 (4 KM)	00:14:52
12	2472	Warren	MOLOTO	CGA	BOYS 13 (4 KM)	00:14:52
13	2347	Ruben	DLEPHU	ASWD	BOYS 13 (4 KM)	00:14:55

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
14	2468	Isaac	LESIA	CGA	BOYS 13 (4 KM)	00:14:58
15	2469	Senzo	MKHIZE	CGA	BOYS 13 (4 KM)	00:15:02
16	1515	Edgar	MOLELEKOA	AFS	BOYS 13 (4 KM)	00:15:03
17	2186	Brandon	THEKOENG	ANWN	BOYS 13 (4 KM)	00:15:06
18	1519	Tshidiso	SESING	AFS	BOYS 13 (4 KM)	00:15:08
19	2064	Siyabonga	MASEKO	AMPU	BOYS 13 (4 KM)	00:15:09
20	2063	Mandla	NKAMBULE	AMPU	BOYS 13 (4 KM)	00:15:09
21	2773	Koketso	RAMOTEBELE	LIMA	BOYS 13 (4 KM)	00:15:10
22	1723	Mapiet	MODIBA	AGN	BOYS 13 (4 KM)	00:15:13
23	2346	Jefferson	VAN WYK	ASWD	BOYS 13 (4 KM)	00:15:14
24	1523	Matseki	MOTAUNG	AFS	BOYS 13 (4 KM)	00:15:15
25	1526	Luthando	MTHIMUNYE	AFS	BOYS 13 (4 KM)	00:15:17
26	1713	Reaby	BOER	AGN	BOYS 13 (4 KM)	00:15:18
27	1524	Duncan	HORAK	AFS	BOYS 13 (4 KM)	00:15:19
28	1517	Mpumelelo	MDI	AFS	BOYS 13 (4 KM)	00:15:19
29	1726	Sibusiso	NKOSI	AGN	BOYS 13 (4 KM)	00:15:21
30	2377	Lerato	SELANE	AVT	BOYS 13 (4 KM)	00:15:22
31	1732	Tomrin	VLOK	AGN	BOYS 13 (4 KM)	00:15:24
32	1724	Keletso	MOLOKO	AGN	BOYS 13 (4 KM)	00:15:27
33	2193	Katlego	MABOE	ANWN	BOYS 13 (4 KM)	00:15:28
34	2779	Lehlogonolo	SEOLOANA	LIMA	BOYS 13 (4 KM)	00:15:29
35	1715	Marno	DU PLESSIS	AGN	BOYS 13 (4 KM)	00:15:32
36	1730	Henko	VAN DER WESTHUIZEN	AGN	BOYS 13 (4 KM)	00:15:36
37	2710	Thobane	HLONGWANE	KZNA	BOYS 13 (4 KM)	00:15:37
38	2935	Joseph	MAELE	ACNW	BOYS 13 (4 KM)	00:15:41
39	1729	Siyabonga	SHABANGU	AGN	BOYS 13 (4 KM)	00:15:44
40	1528	Paul	KHOZA	AFS	BOYS 13 (4 KM)	00:15:45
41	2066	Xolani	MHLANGA	AMPU	BOYS 13 (4 KM)	00:15:46
42	1532	Senokoane	TISETSO	AFS	BOYS 13 (4 KM)	00:15:47
43	1535	Mehlali	TYALITI	AFS	BOYS 13 (4 KM)	00:15:48
44	1536	Mojela	MAHLATSI	AFS	BOYS 13 (4 KM)	00:15:49
45	1525	Tebello	KOTO	AFS	BOYS 13 (4 KM)	00:15:50
46	1717	Esje	ESTERHUYSE	AGN	BOYS 13 (4 KM)	00:15:50
47	2780	Sello	MASENYA	LIMA	BOYS 13 (4 KM)	00:15:51
48	2775	Stanley	HLAKUDI	LIMA	BOYS 13 (4 KM)	00:15:53
49	2065	Innocent	THELEDI	AMPU	BOYS 13 (4 KM)	00:15:55
50	1716	Mauritz	DU PLESSIS	AGN	BOYS 13 (4 KM)	00:15:59
51	1719	Tegan	LION-CACHET	AGN	BOYS 13 (4 KM)	00:15:59
52	2185	Abel	TSHUKUDU	ANWN	BOYS 13 (4 KM)	00:16:00
53	2465	Dylan	VAN DER MERWE	CGA	BOYS 13 (4 KM)	00:16:01
54	2774	Kleinboy	RAMALATSO	LIMA	BOYS 13 (4 KM)	00:16:01
55	1731	Vuyo	VEZI	AGN	BOYS 13 (4 KM)	00:16:02
56	1530	Karabelo	MOLEKO	AFS	BOYS 13 (4 KM)	00:16:03
57	2777	Fanie	MYBURG	LIMA	BOYS 13 (4 KM)	00:16:03

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
58	2067	Thando	MAGIXALA	AMPU	BOYS 13 (4 KM)	00:16:05
59	1721	Onnalena	MAPANYANE	AGN	BOYS 13 (4 KM)	00:16:07
60	2020	Werner	ISAACS	AGW	BOYS 13 (4 KM)	00:16:08
61	2473	Kenneth	SITHOLE	CGA	BOYS 13 (4 KM)	00:16:10
62	1533	Neo	MOLOTSI	AFS	BOYS 13 (4 KM)	00:16:11
63	2068	Hendrik	PIETERS	AMPU	BOYS 13 (4 KM)	00:16:12
64	1534	Nicholas	RADEBE	AFS	BOYS 13 (4 KM)	00:16:13
65	1728	Schalk	REYNECKE	AGN	BOYS 13 (4 KM)	00:16:15
66	1531	Bossy	MATSHAYA	AFS	BOYS 13 (4 KM)	00:16:16
67	3183	Calvin	HARRIS	IND	BOYS 13 (4 KM)	00:16:17
68	1722	Thabang	MOCHOSA	AGN	BOYS 13 (4 KM)	00:16:18
69	1521	Moorosi	SEMASE	AFS	BOYS 13 (4 KM)	00:16:22
70	2924	Charles	LOUW	ACNW	BOYS 13 (4 KM)	00:16:27
71	2379	Zandisile	LABANE	AVT	BOYS 13 (4 KM)	00:16:29
72	1539	Rebabaletswe	SEKOKOANE	AFS	BOYS 13 (4 KM)	00:16:29
73	2382	Musa	NKOSI	AVT	BOYS 13 (4 KM)	00:16:31
74	2928	Heimar	CHRIST	ACNW	BOYS 13 (4 KM)	00:16:32
75	2776	Nape	RAMAITE	LIMA	BOYS 13 (4 KM)	00:16:33
76	2201	Ontlametsi	MOGOROSI	ANWN	BOYS 13 (4 KM)	00:16:34
77	1527	Kgahliso	QUKA	AFS	BOYS 13 (4 KM)	00:16:35
78	2937	Lucas	MATLHAPA	ACNW	BOYS 13 (4 KM)	00:16:36
79	2198	Oriniellee	MOLEFI	ANWN	BOYS 13 (4 KM)	00:16:36
80	3193	Wanda	MATOME	IND	BOYS 13 (4 KM)	00:16:39
81	3187	Lodrick	MUFOMELO	IND	BOYS 13 (4 KM)	00:16:41
82	2941	Neo	SEPONE	ACNW	BOYS 13 (4 KM)	00:16:46
83	1714	Makgwale	COMFORT	AGN	BOYS 13 (4 KM)	00:16:47
84	2949	Stephan	HENDERSON	ACNW	BOYS 13 (4 KM)	00:16:48
85	1727	Jean-Pierre	DE BEER	AGN	BOYS 13 (4 KM)	00:16:49
86	2782	Ernest	PENZHORN	LIMA	BOYS 13 (4 KM)	00:16:51
87	1718	Andre	LEFIFI	AGN	BOYS 13 (4 KM)	00:16:52
88	2927	Dylan	KRUGER	ACNW	BOYS 13 (4 KM)	00:16:54
89	1542	Barend	KRIEL	AFS	BOYS 13 (4 KM)	00:16:56
90	2194	Kebarileng	MOLEFE	ANWN	BOYS 13 (4 KM)	00:17:00
91	2381	Jacob	MOFOKENG	AVT	BOYS 13 (4 KM)	00:17:03
92	2781	Marco	BOOYSE	LIMA	BOYS 13 (4 KM)	00:17:09
93	2929	Heinrich	BARNARD	ACNW	BOYS 13 (4 KM)	00:17:10
94	3188	Mbesumba	MATHIBE	IND	BOYS 13 (4 KM)	00:17:12
95	1725	Ruan	MURISON	AGN	BOYS 13 (4 KM)	00:17:13
96	2778	Lourens	JANSE VAN RENSBURG	LIMA	BOYS 13 (4 KM)	00:17:16
97	3189	Pshiri	PETJA	IND	BOYS 13 (4 KM)	00:17:19
98	2192	Karabo	MABOE	ANWN	BOYS 13 (4 KM)	00:17:19
99	2187	Gerald	MZINGAE	ANWN	BOYS 13 (4 KM)	00:17:20
100	2195	Krisjan	DU PLESSIS	ANWN	BOYS 13 (4 KM)	00:17:24
101	2925	David	JONAS	ACNW	BOYS 13 (4 KM)	00:17:26

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
102	2942	Obetseng	SERAKA	ACNW	BOYS 13 (4 KM)	00:17:27
103	2945	Richard	MC LACHLAN	ACNW	BOYS 13 (4 KM)	00:17:35
104	2711	Sanele	MTHALANE	KZNA	BOYS 13 (4 KM)	00:17:38
105	2930	Isaak	GALANT	ACNW	BOYS 13 (4 KM)	00:17:39
106	2783	Yarich	STRAUSS	LIMA	BOYS 13 (4 KM)	00:17:41
107	2380	Serame	RAMOLOTSI	AVT	BOYS 13 (4 KM)	00:17:43
108	2946	Rinaldo	KOCK	ACNW	BOYS 13 (4 KM)	00:17:48
109	2670	Kobus (GJ)	OBERHOLZER	IND	BOYS 13 (4 KM)	00:17:50
110	3190	SAMSON	SABAO	IND	BOYS 13 (4 KM)	00:17:51
111	2188	Godwin	DIPALE	ANWN	BOYS 13 (4 KM)	00:17:52
112	2920	Abram	DITIBANE	ACNW	BOYS 13 (4 KM)	00:17:56
113	3186	Lethabo	POWE	IND	BOYS 13 (4 KM)	00:18:01
114	1540	Pieter	MALAN	AFS	BOYS 13 (4 KM)	00:18:08
115	2950	Tebogo	MOTLHABANE	ACNW	BOYS 13 (4 KM)	00:18:09
116	2199	Tshegofatso	MOREI	ANWN	BOYS 13 (4 KM)	00:18:13
117	2947	Ruan	PRETORIUS	ACNW	BOYS 13 (4 KM)	00:18:18
118	2197	Omogolo	MOTAUNG	ANWN	BOYS 13 (4 KM)	00:18:22
119	2936	Khathatso	NTAOPANE	ACNW	BOYS 13 (4 KM)	00:18:41
120	2190	Johann	ZWARTS	ANWN	BOYS 13 (4 KM)	00:18:42
121	2943	Phillip	BARLOW-JONES	ACNW	BOYS 13 (4 KM)	00:18:46
122	2948	Rudi	DE WET	ACNW	BOYS 13 (4 KM)	00:18:47
123	2939	Moeketsi	PELESA	ACNW	BOYS 13 (4 KM)	00:18:54
124	2200	Wikus	HERBST	ANWN	BOYS 13 (4 KM)	00:19:03
125	2940	Neo	MAFUKONYANE	ACNW	BOYS 13 (4 KM)	00:19:07
126	2189	Johann	KEARNS	ANWN	BOYS 13 (4 KM)	00:19:15
127	2070	Thys	GROBBELAAR	AMPU	BOYS 13 (4 KM)	00:19:17
128	2944	Renier	SWART	ACNW	BOYS 13 (4 KM)	00:19:24
129	2926	Dirk	J VAN NIEWENHUISEN	ACNW	BOYS 13 (4 KM)	00:19:29
130	3185	Ipeleng	MADUMO	IND	BOYS 13 (4 KM)	00:19:54
131	2934	Jaydee	WILLIAMS	ACNW	BOYS 13 (4 KM)	00:20:56
132	2933	Jaques	KRIEL	ACNW	BOYS 13 (4 KM)	00:20:59
133	2922	Avron	DANIELS	ACNW	BOYS 13 (4 KM)	00:21:00
134	2931	Jandré	BOTHA	ACNW	BOYS 13 (4 KM)	00:21:18

## BOYS 14 (4 KM)

1	965	Olebeng	MASETLHE	CGA	BOYS 14 (4 KM)	00:13:27
2	967	Sizwe	BOQASHI	CGA	BOYS 14 (4 KM)	00:13:33
3	50	Skosana	MOEKETSI	AFS	BOYS 14 (4 KM)	00:13:38
4	664	Ruan	MEINTJIES	ANWN	BOYS 14 (4 KM)	00:13:50
5	962	Mafika	CUNUKELO	CGA	BOYS 14 (4 KM)	00:13:51
6	49	Tsotsetsi	MOJALEA	AFS	BOYS 14 (4 KM)	00:13:57
7	969	Sello	MOKWENA	CGA	BOYS 14 (4 KM)	00:13:59
8	221	Saltiel	HAMESE	AGN	BOYS 14 (4 KM)	00:14:20
9	228	Fukama	RAMAKOKOBO	AGN	BOYS 14 (4 KM)	00:14:23



# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
10	971	Siyanda	ZWANE	CGA	BOYS 14 (4 KM)	00:14:24
11	853	Lucky	MOTINYANE	AVT	BOYS 14 (4 KM)	00:14:26
12	1281	Tshepho	MABOGO	LIMA	BOYS 14 (4 KM)	00:14:28
13	230	Kutlwello	SEAKAMELA	AGN	BOYS 14 (4 KM)	00:14:30
14	661	Martin	DURIEUX	ANWN	BOYS 14 (4 KM)	00:14:32
15	655	Dean	HAASBROEK	ANWN	BOYS 14 (4 KM)	00:14:32
16	224	Mpho	MOOKA	AGN	BOYS 14 (4 KM)	00:14:34
17	854	Teboho	RAPAPADI	AVT	BOYS 14 (4 KM)	00:14:36
18	55	Samuel	MOLIBELI	AFS	BOYS 14 (4 KM)	00:14:42
19	47	Manuel	RAMPALENG	AFS	BOYS 14 (4 KM)	00:14:45
20	1467	Tommy	LE ROUX	ACNW	BOYS 14 (4 KM)	00:14:46
21	229	Henco	SCHOEMAN	AGN	BOYS 14 (4 KM)	00:14:48
22	1453	Jay-Be	V ROOYEN	ACNW	BOYS 14 (4 KM)	00:14:49
23	966	Nyiko	SIBIYA	CGA	BOYS 14 (4 KM)	00:14:50
24	53	Hanre	HERBST	AFS	BOYS 14 (4 KM)	00:14:53
25	51	Tumelo	MOROBE	AFS	BOYS 14 (4 KM)	00:14:53
26	1454	Johan	PYPERS	ACNW	BOYS 14 (4 KM)	00:14:54
27	964	Tjaart	KILLIAN	CGA	BOYS 14 (4 KM)	00:14:59
28	972	Jessie	BEZUIDENHOUT	CGA	BOYS 14 (4 KM)	00:15:00
29	1450	George	OLIPHANT	ACNW	BOYS 14 (4 KM)	00:15:05
30	662	Ofenste	MOTLHOMI	ANWN	BOYS 14 (4 KM)	00:15:07
31	58	Mpho	RADEBE	AFS	BOYS 14 (4 KM)	00:15:12
32	963	Luyolo	YUMISA	CGA	BOYS 14 (4 KM)	00:15:12
33	48	Lourens	BOTES	AFS	BOYS 14 (4 KM)	00:15:13
34	666	Tshepang	BOKHUTLELENG	ANWN	BOYS 14 (4 KM)	00:15:15
35	220	Hendrik	GROBBELAAR	AGN	BOYS 14 (4 KM)	00:15:16
36	56	Thembane	MOCHATSO	AFS	BOYS 14 (4 KM)	00:15:17
37	222	Wynand	KOTZE	AGN	BOYS 14 (4 KM)	00:15:18
38	970	Tiaan	VAN NIEKERK	CGA	BOYS 14 (4 KM)	00:15:22
39	218	Zandrey	FOURIE	AGN	BOYS 14 (4 KM)	00:15:24
40	855	Tumelo	FUDUMELE	AVT	BOYS 14 (4 KM)	00:15:34
41	1466	Thato	AUKWENG	ACNW	BOYS 14 (4 KM)	00:15:35
42	821	Cornelius	HENDRICKS	ASWD	BOYS 14 (4 KM)	00:15:38
43	825	Nathan	PHILANDER	ASWD	BOYS 14 (4 KM)	00:15:40
44	214	Phillip	BLIGNAUT	AGN	BOYS 14 (4 KM)	00:15:41
45	231	Cameron	SWANEPOEL	AGN	BOYS 14 (4 KM)	00:15:42
46	657	Janco	ERASMUS	ANWN	BOYS 14 (4 KM)	00:15:44
47	656	Hanco	ERASMUS	ANWN	BOYS 14 (4 KM)	00:15:45
48	1460	Phillimon	ZUMA	ACNW	BOYS 14 (4 KM)	00:15:46
49	1461	Ruben	GOUWS	ACNW	BOYS 14 (4 KM)	00:15:50
50	516	Sunday	MKATSHWA	AMPU	BOYS 14 (4 KM)	00:15:51
51	1278	Molatelo	MOSHEA	LIMA	BOYS 14 (4 KM)	00:15:55
52	225	Kobus	NEL	AGN	BOYS 14 (4 KM)	00:15:57
53	968	Abram	BOTLHOLO	CGA	BOYS 14 (4 KM)	00:15:59

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
54	223	Thabang	MALEKA	AGN	BOYS 14 (4 KM)	00:16:00
55	57	Velaphi	QWALANE	AFS	BOYS 14 (4 KM)	00:16:01
56	660	Lourens	BARNARD	ANWN	BOYS 14 (4 KM)	00:16:02
57	226	Morne	OLIVIER	AGN	BOYS 14 (4 KM)	00:16:06
58	227	Eduan	PRINSLOO	AGN	BOYS 14 (4 KM)	00:16:07
59	215	Michael	BRINK	AGN	BOYS 14 (4 KM)	00:16:08
60	1279	Stanley	BLOUNT	LIMA	BOYS 14 (4 KM)	00:16:12
61	658	Jan-wessel	MEYER	ANWN	BOYS 14 (4 KM)	00:16:13
62	857	Teboho	MOAGI	AVT	BOYS 14 (4 KM)	00:16:15
63	518	Lebogang	MOLEPO	AMPU	BOYS 14 (4 KM)	00:16:16
64	1280	Tshedza	MOSHAPO	LIMA	BOYS 14 (4 KM)	00:16:25
65	823	Graham	JANSEN	ASWD	BOYS 14 (4 KM)	00:16:26
66	217	Eugene	FOURIE	AGN	BOYS 14 (4 KM)	00:16:28
67	1277	Rethabile	PHAO	LIMA	BOYS 14 (4 KM)	00:16:28
68	663	Roan	BEKKER	ANWN	BOYS 14 (4 KM)	00:16:30
69	1451	Hendrick	SAMPO	ACNW	BOYS 14 (4 KM)	00:16:31
70	52	Hendrik	MAARTENS	AFS	BOYS 14 (4 KM)	00:16:32
71	824	Jason	ABRAHAMS	ASWD	BOYS 14 (4 KM)	00:16:32
72	474	Keagen	TOLMAY	AGW	BOYS 14 (4 KM)	00:16:33
73	1276	Thabang	LEKALAKALA	LIMA	BOYS 14 (4 KM)	00:16:34
74	1457	Ofentse	DIBETSO	ACNW	BOYS 14 (4 KM)	00:16:35
75	856	Thato	MAKHANYA	AVT	BOYS 14 (4 KM)	00:16:38
76	669	Lebogang	RAKATE	ANWN	BOYS 14 (4 KM)	00:16:38
77	667	Rebaone	MOLEBATSI	ANWN	BOYS 14 (4 KM)	00:16:39
78	46	Marselle	BECK	AFS	BOYS 14 (4 KM)	00:16:41
79	1447	Anovuyo	BAM	ACNW	BOYS 14 (4 KM)	00:16:44
80	219	Thomas	GREY	AGN	BOYS 14 (4 KM)	00:16:46
81	1160	Itumeleng	RABAKANE	IND	BOYS 14 (4 KM)	00:16:48
82	519	Bernard	JANSEN VAN RENSBURG	AMPU	BOYS 14 (4 KM)	00:16:54
83	1449	Daniel	MATLHARE	ACNW	BOYS 14 (4 KM)	00:16:55
84	654	Anthony	KASOZI-MATAU	ANWN	BOYS 14 (4 KM)	00:16:56
85	1463	Sanele	BOFO	ACNW	BOYS 14 (4 KM)	00:16:58
86	517	Willem	HEYMAN	AMPU	BOYS 14 (4 KM)	00:16:58
87	668	Leepile	SENNE	ANWN	BOYS 14 (4 KM)	00:17:11
88	1464	Schalk	KOK	ACNW	BOYS 14 (4 KM)	00:17:11
89	1159	Kopano	NGOETJANA	IND	BOYS 14 (4 KM)	00:17:13
90	1462	Rupert	JONKER	ACNW	BOYS 14 (4 KM)	00:17:26
91	665	Tielman	ROOS	ANWN	BOYS 14 (4 KM)	00:17:32
92	1275	Samuel	VARRIE	LIMA	BOYS 14 (4 KM)	00:17:33
93	1448	Brandon	PRETORIUS	ACNW	BOYS 14 (4 KM)	00:17:34
94	1452	Hendrik	FOURIE	ACNW	BOYS 14 (4 KM)	00:18:07
95	1161	Ehan (Johannes)	JOUBERT	IND	BOYS 14 (4 KM)	00:18:09
96	1456	Morgan	MASETLWA	ACNW	BOYS 14 (4 KM)	00:18:49
97	522	Eugene	WOLFAARDT	AMPU	BOYS 14 (4 KM)	00:19:33

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
98	11684	Phillip	MORERWA	IND	BOYS 14 (4 KM)	00:19:33
99	1458	Petrus	J. V VUUREN	ACNW	BOYS 14 (4 KM)	00:19:38
100	521	Moeketsi	KOALI	AMPU	BOYS 14 (4 KM)	00:20:12
101	523	Jaco	OLIVIER	AMPU	BOYS 14 (4 KM)	00:20:33
102	1459	Philip	VENTER	ACNW	BOYS 14 (4 KM)	00:21:57

## BOYS 15 (4 KM)

1	2482	Tumisang	MONNATLALA	CGA	BOYS 15 (4 KM)	00:13:24
2	2475	Edward	MOSHOETE	CGA	BOYS 15 (4 KM)	00:13:32
3	2481	Thabang	MATIWANE	CGA	BOYS 15 (4 KM)	00:13:35
4	1545	Xaba	MAVUSA	AFS	BOYS 15 (4 KM)	00:13:38
5	2712	Zakhele	MSANE	KZNA	BOYS 15 (4 KM)	00:13:38
6	2480	Edwin	MOSHOETE	CGA	BOYS 15 (4 KM)	00:13:39
7	1737	Elias	MOKGOSHI	AGN	BOYS 15 (4 KM)	00:13:47
8	2476	Felix	MAPFUNGAUTSI	CGA	BOYS 15 (4 KM)	00:13:48
9	1738	Shelton	MOKUENA	AGN	BOYS 15 (4 KM)	00:13:52
10	2855	Luthanyo	MALGAS	WPA	BOYS 15 (4 KM)	00:14:00
11	2715	Snenhlanhla	HLATSHWAYO	KZNA	BOYS 15 (4 KM)	00:14:02
12	2478	Thabiso	LEKOMA	CGA	BOYS 15 (4 KM)	00:14:04
13	1550	Thabo	MOLAODI	AFS	BOYS 15 (4 KM)	00:14:05
14	2431	Enwar	KATO	BOLA	BOYS 15 (4 KM)	00:14:14
15	1739	Tshepo	MQUIKELA	AGN	BOYS 15 (4 KM)	00:14:15
16	2483	Kgotso	SELEKE	CGA	BOYS 15 (4 KM)	00:14:16
17	2022	Brenden	MARAIS	AGW	BOYS 15 (4 KM)	00:14:17
18	2486	Siphiwe	KESWA	CGA	BOYS 15 (4 KM)	00:14:17
19	1736	Dikgale	MOGALE	AGN	BOYS 15 (4 KM)	00:14:18
20	1546	Matong	BOGOSI	AFS	BOYS 15 (4 KM)	00:14:19
21	1745	Ian	SLINGER	AGN	BOYS 15 (4 KM)	00:14:20
22	2427	Cheslin	AFORD	BOLA	BOYS 15 (4 KM)	00:14:21
23	2477	Phakiso	SELEPE	CGA	BOYS 15 (4 KM)	00:14:23
24	2218	Theuns	REYNEKE	ANWN	BOYS 15 (4 KM)	00:14:24
25	2713	Thamsanqa	MCHUNU	KZNA	BOYS 15 (4 KM)	00:14:31
26	1552	Thabiso	THEBEKO	AFS	BOYS 15 (4 KM)	00:14:36
27	2786	Adrian	SNYMAN	LIMA	BOYS 15 (4 KM)	00:14:37
28	2484	Njabulo	TSHABALALA	CGA	BOYS 15 (4 KM)	00:14:38
29	2072	Nkosinathi	SIBEKO	AMPU	BOYS 15 (4 KM)	00:14:40
30	2071	Tebogo	NDWANDWE	AMPU	BOYS 15 (4 KM)	00:14:40
31	1740	Lucky	NAKANA	AGN	BOYS 15 (4 KM)	00:14:41
32	2714	Petros	KHUMALO	KZNA	BOYS 15 (4 KM)	00:14:43
33	1748	Corne	VAN DER SCHYFF	AGN	BOYS 15 (4 KM)	00:14:44
34	2426	Eldino	JACOBS	BOLA	BOYS 15 (4 KM)	00:14:45
35	2430	Marcellino	MEINTJIES	BOLA	BOYS 15 (4 KM)	00:14:47
36	1735	Rashied	KHAN	AGN	BOYS 15 (4 KM)	00:14:47
37	2784	Alexius	MOHALE	LIMA	BOYS 15 (4 KM)	00:14:49

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
38	2384	Tshidiso	MOTAUNG	AVT	BOYS 15 (4 KM)	00:14:49
39	2958	Petrus	MATABELE	ACNW	BOYS 15 (4 KM)	00:14:50
40	1549	Motswaledi	NTLORO	AFS	BOYS 15 (4 KM)	00:14:51
41	2429	Rowan	PLAATJIES	BOLA	BOYS 15 (4 KM)	00:14:54
42	1733	Carel	BOTHA	AGN	BOYS 15 (4 KM)	00:14:55
43	2206	Hezekiel	MOTEPE	ANWN	BOYS 15 (4 KM)	00:14:55
44	1747	Arend	STOFFBERG	AGN	BOYS 15 (4 KM)	00:14:55
45	2219	Tommie	VAN EEDEN	ANWN	BOYS 15 (4 KM)	00:14:56
46	2205	Herman	KEARNS	ANWN	BOYS 15 (4 KM)	00:14:56
47	1548	Kgosietsile	LEGEGERU	AFS	BOYS 15 (4 KM)	00:14:56
48	2485	Tshwanelo	MOJOKENG	CGA	BOYS 15 (4 KM)	00:14:57
49	1750	Koketso	ZIMBA	AGN	BOYS 15 (4 KM)	00:15:00
50	2854	Sanele	NGLUKANA	WPA	BOYS 15 (4 KM)	00:15:02
51	2383	Nkosana	LETSELE	AVT	BOYS 15 (4 KM)	00:15:03
52	2957	Peter	MONG	ACNW	BOYS 15 (4 KM)	00:15:06
53	1551	Mpho	RAISA	AFS	BOYS 15 (4 KM)	00:15:06
54	2349	Benley	MATTHEE	ASWD	BOYS 15 (4 KM)	00:15:07
55	2074	Wessel	WESSELS	AMPU	BOYS 15 (4 KM)	00:15:10
56	1744	Tumisang	SIBANYONI	AGN	BOYS 15 (4 KM)	00:15:14
57	2215	Peet	SWART	ANWN	BOYS 15 (4 KM)	00:15:15
58	1746	Heine	SMITH	AGN	BOYS 15 (4 KM)	00:15:15
59	2217	Thabiso	MOKONE	ANWN	BOYS 15 (4 KM)	00:15:19
60	1743	Ruben	SCOTT	AGN	BOYS 15 (4 KM)	00:15:20
61	2204	Emmanuel	DIPALE	ANWN	BOYS 15 (4 KM)	00:15:21
62	3289	Ntsikelelo	KGOJANA	AFS	BOYS 15 (4 KM)	00:15:23
63	2428	Steven	FARAO	BOLA	BOYS 15 (4 KM)	00:15:24
64	1734	Aldert	GREYLING	AGN	BOYS 15 (4 KM)	00:15:34
65	1742	Nicholas	POPICH	AGN	BOYS 15 (4 KM)	00:15:36
66	2790	Roan	VISAGIE	LIMA	BOYS 15 (4 KM)	00:15:37
67	2351	Bryson	VAN WYK	ASWD	BOYS 15 (4 KM)	00:15:39
68	1741	Emmanuel	OLUSEGEN	AGN	BOYS 15 (4 KM)	00:15:41
69	1555	Walter	VAN DER WALT	AFS	BOYS 15 (4 KM)	00:15:48
70	1554	Karabo	LECOKO	AFS	BOYS 15 (4 KM)	00:15:49
71	2385	Maison	MOTAUNG	AVT	BOYS 15 (4 KM)	00:15:52
72	2075	Kristian	JENSEN	AMPU	BOYS 15 (4 KM)	00:15:54
73	2672	Jan	VAN NIEKERK	IND	BOYS 15 (4 KM)	00:15:56
74	2479	Bongane	MKHONZA	CGA	BOYS 15 (4 KM)	00:15:58
75	2077	Junior	NDZEKENI	AMPU	BOYS 15 (4 KM)	00:16:00
76	2210	Marno	COMBRINK	ANWN	BOYS 15 (4 KM)	00:16:02
77	2221	Wolfgang	HELMSTEDT	ANWN	BOYS 15 (4 KM)	00:16:03
78	2956	Mpho	MADUNA	ACNW	BOYS 15 (4 KM)	00:16:04
79	2209	Lebone	MAFOLE	ANWN	BOYS 15 (4 KM)	00:16:05
80	2073	Mark	GARNER	AMPU	BOYS 15 (4 KM)	00:16:06
81	2671	Markus	SCHWARTZS	IND	BOYS 15 (4 KM)	00:16:09



# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
82	2021	Ivan	RAMAROU	AGW	BOYS 15 (4 KM)	00:16:10
83	3239	Sinovuyo	MLALANDLE	ATRA	BOYS 15 (4 KM)	00:16:11
84	2673	Nelson	KHWINANA	IND	BOYS 15 (4 KM)	00:16:14
85	2387	Mokola	RAJANE	AVT	BOYS 15 (4 KM)	00:16:17
86	2079	Peter	GILDENHUYS	AMPU	BOYS 15 (4 KM)	00:16:18
87	1543	Petr	HAVENGA	AFS	BOYS 15 (4 KM)	00:16:19
88	2788	Pierre	SWANEPOEL	LIMA	BOYS 15 (4 KM)	00:16:20
89	2212	Maurits	HENNING	ANWN	BOYS 15 (4 KM)	00:16:21
90	1544	Retshedisitswe	MPOSHE	AFS	BOYS 15 (4 KM)	00:16:23
91	2350	Brendon	BLOUW	ASWD	BOYS 15 (4 KM)	00:16:24
92	2076	Tshepo	LEETO	AMPU	BOYS 15 (4 KM)	00:16:25
93	2789	Neël (Cornelius)	SWANEPOEL	LIMA	BOYS 15 (4 KM)	00:16:27
94	2081	Daniel	CILLIERS	AMPU	BOYS 15 (4 KM)	00:16:29
95	2203	Donovan	FRENCH	ANWN	BOYS 15 (4 KM)	00:16:36
96	2791	Dehan	VISAGIE	LIMA	BOYS 15 (4 KM)	00:16:37
97	2225	Phemelo	MOGOROSI	ANWN	BOYS 15 (4 KM)	00:16:40
98	2952	Franco	KRUGER	ACNW	BOYS 15 (4 KM)	00:16:42
99	2785	Sabelo	PHOKANOKA	LIMA	BOYS 15 (4 KM)	00:16:42
100	2787	Zander	BRONKHORST	LIMA	BOYS 15 (4 KM)	00:16:43
101	1558	Pieter	THEUNISSEN	AFS	BOYS 15 (4 KM)	00:16:47
102	2213	Okkert	HAVENGA	ANWN	BOYS 15 (4 KM)	00:16:53
103	2080	Lucky	BALOYI	AMPU	BOYS 15 (4 KM)	00:16:53
104	2216	Sizwe	NKUNA	ANWN	BOYS 15 (4 KM)	00:17:01
105	2222	Wynand	HATTINGH	ANWN	BOYS 15 (4 KM)	00:17:05
106	3194	Jabulani	SABAO	IND	BOYS 15 (4 KM)	00:17:14
107	2211	Marno	SMITH	ANWN	BOYS 15 (4 KM)	00:17:17
108	2214	Pako	TABAKI	ANWN	BOYS 15 (4 KM)	00:17:18
109	2954	Jesse	HARVEY	ACNW	BOYS 15 (4 KM)	00:17:18
110	2202	Chardy	MATSHABA	ANWN	BOYS 15 (4 KM)	00:17:21
111	2959	Ruben	DE VILLIERS	ACNW	BOYS 15 (4 KM)	00:17:25
112	2220	Tshepang	TLOTLENG	ANWN	BOYS 15 (4 KM)	00:17:30
113	2792	Natase	GQZENGELE	LIMA	BOYS 15 (4 KM)	00:17:32
114	2083	Gustav	PRETORIUS	AMPU	BOYS 15 (4 KM)	00:17:33
115	2955	LD	WIESE	ACNW	BOYS 15 (4 KM)	00:17:35
116	2207	Julius	SHIMANE	ANWN	BOYS 15 (4 KM)	00:17:48
117	3162	Nkoliseko	MDALANA	BORA	BOYS 15 (4 KM)	00:18:03
118	2953	Heinrich	PETERS	ACNW	BOYS 15 (4 KM)	00:18:32
119	2960	Thabang	DEELMAN	ACNW	BOYS 15 (4 KM)	00:18:37
120	2078	Wikus	OELOFSE	AMPU	BOYS 15 (4 KM)	00:18:55

## BOYS 16 (6 KM)

1	246	Jacob	TSEKO	AGN	BOYS 16 (6 KM)	00:20:39
2	476	Christopher	REID	AGW	BOYS 16 (6 KM)	00:20:50
3	240	Sekhalo	MTHIMKULU	AGN	BOYS 16 (6 KM)	00:21:13

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
4	1283	Thabang	KGOMO	LIMA	BOYS 16 (6 KM)	00:21:15
5	237	Mpho	MAKOFANE	AGN	BOYS 16 (6 KM)	00:21:21
6	982	Lucky	NTOMBELA	CGA	BOYS 16 (6 KM)	00:21:22
7	1468	Donald	MELEANE	ACNW	BOYS 16 (6 KM)	00:21:24
8	977	Godfrey	MOFOKENG	CGA	BOYS 16 (6 KM)	00:21:28
9	1475	Mabu	MOSALA	ACNW	BOYS 16 (6 KM)	00:21:30
10	243	Jaco	SCHOONWINKEL	AGN	BOYS 16 (6 KM)	00:21:33
11	980	Percy	MHLONGO	CGA	BOYS 16 (6 KM)	00:21:42
12	917	Maxwell	GOUWS	BOLA	BOYS 16 (6 KM)	00:21:49
13	976	Wanga	MKANDO	CGA	BOYS 16 (6 KM)	00:21:49
14	974	Goitsenodimo	BOTLHOLO	CGA	BOYS 16 (6 KM)	00:21:50
15	239	Mpho	MOTAUNG	AGN	BOYS 16 (6 KM)	00:21:51
16	973	Tiaan	BOTES	CGA	BOYS 16 (6 KM)	00:21:53
17	670	Jason	BOTHA	ANWN	BOYS 16 (6 KM)	00:21:53
18	975	Rainier	HORAK	CGA	BOYS 16 (6 KM)	00:21:54
19	249	Alton	WANTENAAR	AGN	BOYS 16 (6 KM)	00:21:54
20	11687	Sibusiso	Daweti	IND	BOYS 16 (6 KM)	00:21:56
21	981	Katleho	NONYANA	CGA	BOYS 16 (6 KM)	00:22:03
22	1476	Piet	FREIZENBERG	ACNW	BOYS 16 (6 KM)	00:22:07
23	1284	Zeinel	TSIPA	LIMA	BOYS 16 (6 KM)	00:22:13
24	238	Jerome	MAKUMANE	AGN	BOYS 16 (6 KM)	00:22:13
25	860	Thapelo	MODISANE	AVT	BOYS 16 (6 KM)	00:22:15
26	828	Leon	ADAMS	ASWD	BOYS 16 (6 KM)	00:22:16
27	1286	Gerald	KEKANA	LIMA	BOYS 16 (6 KM)	00:22:22
28	62	Motsamai	MOILOA	AFS	BOYS 16 (6 KM)	00:22:23
29	524	Mluleki	VAVA	AMPU	BOYS 16 (6 KM)	00:22:27
30	247	Gareth	VAN DYK	AGN	BOYS 16 (6 KM)	00:22:29
31	1472	Johannes	MOTSOENENG	ACNW	BOYS 16 (6 KM)	00:22:33
32	916	Alistaire	SMITH	BOLA	BOYS 16 (6 KM)	00:22:33
33	679	Ruan	SOEKOE	ANWN	BOYS 16 (6 KM)	00:22:34
34	63	Tumelo	MAMPE	AFS	BOYS 16 (6 KM)	00:22:35
35	59	Rantso	MOKOPANE	AFS	BOYS 16 (6 KM)	00:22:36
36	983	Mahlatse	PHAHLANE	CGA	BOYS 16 (6 KM)	00:22:46
37	914	Richard	BESTER	BOLA	BOYS 16 (6 KM)	00:22:47
38	913	Marco	JANSEN	BOLA	BOYS 16 (6 KM)	00:22:48
39	978	Xolani	MBUDUWA	CGA	BOYS 16 (6 KM)	00:22:50
40	234	Tebogo	KGATLA	AGN	BOYS 16 (6 KM)	00:22:51
41	827	Jerome	ESAU	ASWD	BOYS 16 (6 KM)	00:22:52
42	673	Karabo	KOBE	ANWN	BOYS 16 (6 KM)	00:22:53
43	858	Richard	SIBEKO	AVT	BOYS 16 (6 KM)	00:22:58
44	979	Darren	VERMEULEN	CGA	BOYS 16 (6 KM)	00:23:04
45	915	Themba	MANGALI	BOLA	BOYS 16 (6 KM)	00:23:06
46	676	Obakeng	KWENAMORE	ANWN	BOYS 16 (6 KM)	00:23:16
47	242	Paul	PRETORIUS	AGN	BOYS 16 (6 KM)	00:23:17

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
48	65	Thapelo	JAMPI	AFS	BOYS 16 (6 KM)	00:23:25
49	531	Steven	JACOBS	AMPU	BOYS 16 (6 KM)	00:23:25
50	526	Elandre	BOTHA	AMPU	BOYS 16 (6 KM)	00:23:26
51	475	Samuel	MORAMEDI	AGW	BOYS 16 (6 KM)	00:23:27
52	527	Phumlani	SINYONDO	AMPU	BOYS 16 (6 KM)	00:23:32
53	236	Wayne	LABUSCHAGNE	AGN	BOYS 16 (6 KM)	00:23:36
54	11727	Sanele	NCALANE	KZNA	BOYS 16 (6 KM)	00:23:39
55	1287	Tumisang	NGAKO	LIMA	BOYS 16 (6 KM)	00:23:42
56	528	Sabelo	SIBEKO	AMPU	BOYS 16 (6 KM)	00:23:50
57	674	Mighael	SOEKOE	ANWN	BOYS 16 (6 KM)	00:23:54
58	529	J.J.	JORDAAN	AMPU	BOYS 16 (6 KM)	00:23:57
59	861	Kelebhone	MAPHISA	AVT	BOYS 16 (6 KM)	00:23:58
60	1471	Jaques	SMIT	ACNW	BOYS 16 (6 KM)	00:24:03
61	530	Marco	JANSEN	AMPU	BOYS 16 (6 KM)	00:24:12
62	235	Angello	KOPEDI	AGN	BOYS 16 (6 KM)	00:24:14
63	1285	Phuti	PHOOKO	LIMA	BOYS 16 (6 KM)	00:24:15
64	248	Ruan	VAN ROOYEN	AGN	BOYS 16 (6 KM)	00:24:17
65	61	Johandrè	VERGOTTINI	AFS	BOYS 16 (6 KM)	00:24:18
66	826	Ivano	JANUARIE	ASWD	BOYS 16 (6 KM)	00:24:20
67	525	Pietie	OOSTHUIZEN	AMPU	BOYS 16 (6 KM)	00:24:21
68	535	Dodds	VAN ZYL	AMPU	BOYS 16 (6 KM)	00:24:22
69	829	Werner	DAMONS	ASWD	BOYS 16 (6 KM)	00:24:23
70	859	Happy	BOY	AVT	BOYS 16 (6 KM)	00:24:34
71	1288	Shaun	LAMMINGA	LIMA	BOYS 16 (6 KM)	00:24:39
72	1474	Kobus	POTGIETER	ACNW	BOYS 16 (6 KM)	00:24:41
73	232	Luhardt	JANSE VAN VUUREN	AGN	BOYS 16 (6 KM)	00:24:49
74	245	Hendrik	SMIT	AGN	BOYS 16 (6 KM)	00:24:50
75	1162	Werner	VOS	IND	BOYS 16 (6 KM)	00:24:57
76	1164	Thabo Trevorson	MAHLABEGAONE	IND	BOYS 16 (6 KM)	00:25:17
77	64	Johan	SANDER	AFS	BOYS 16 (6 KM)	00:25:19
78	534	Dylan	VAN DER MERWE	AMPU	BOYS 16 (6 KM)	00:25:36
79	1282	Timothy	VARRIE	LIMA	BOYS 16 (6 KM)	00:25:39
80	677	Phenyo	NGWENYA	ANWN	BOYS 16 (6 KM)	00:26:05
81	533	Sifundo	MKHWANAZI	AMPU	BOYS 16 (6 KM)	00:26:15
82	1477	Theuns	VAN WYK	ACNW	BOYS 16 (6 KM)	00:26:18
83	678	Reuben	MOKALE	ANWN	BOYS 16 (6 KM)	00:26:47
84	671	Julius	FINGER	ANWN	BOYS 16 (6 KM)	00:27:10
85	681	Obakeng	MOLABATSI	ANWN	BOYS 16 (6 KM)	00:27:25
86	1470	Jannie	GOUWS	ACNW	BOYS 16 (6 KM)	00:27:42
87	1469	Dyllan	PRETORIUS	ACNW	BOYS 16 (6 KM)	00:28:23
<b>BOYS 17 (6 KM)</b>						
1	2487	Morena	MOKOENA	CGA	BOYS 17 (6 KM)	00:20:08
2	2491	Paul	MIYA	CGA	BOYS 17 (6 KM)	00:20:19

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
3	2228	Ernest	BASIME	ANWN	BOYS 17 (6 KM)	00:20:20
4	2856	Asive	NJENXA	WPA	BOYS 17 (6 KM)	00:20:20
5	2388	Thobile	NONTHULO	AVT	BOYS 17 (6 KM)	00:20:30
6	3240	Lizile	FADANE	ATRA	BOYS 17 (6 KM)	00:20:34
7	2085	Bonginkosi	MOKOENA	AMPU	BOYS 17 (6 KM)	00:20:37
8	3241	Fikile	MKUNQA	ATRA	BOYS 17 (6 KM)	00:20:38
9	2086	Johann	BERRANGE	AMPU	BOYS 17 (6 KM)	00:20:41
10	2492	Hans	GILDENHUYS	CGA	BOYS 17 (6 KM)	00:20:45
11	1756	Poncho	DIPHETOGO	AGN	BOYS 17 (6 KM)	00:20:54
12	2794	Piet	MAHLOANA	LIMA	BOYS 17 (6 KM)	00:20:57
13	2718	Sthabiso	MKHIZE	KZNA	BOYS 17 (6 KM)	00:20:58
14	1560	Sello	MASIA	AFS	BOYS 17 (6 KM)	00:21:02
15	2241	Tebogo	MOKGATLE	ANWN	BOYS 17 (6 KM)	00:21:06
16	2390	Hendrik	MOKOENA	AVT	BOYS 17 (6 KM)	00:21:07
17	2500	Mauritz	TUIT	CGA	BOYS 17 (6 KM)	00:21:08
18	2494	Kgalalelo	MATHABATHA	CGA	BOYS 17 (6 KM)	00:21:09
19	2797	Reginald	MAPHELELA	LIMA	BOYS 17 (6 KM)	00:21:18
20	1762	Jack	MASOGO	AGN	BOYS 17 (6 KM)	00:21:19
21	1570	Teboho	MOCK	AFS	BOYS 17 (6 KM)	00:21:21
22	1752	Koos	BALOYI	AGN	BOYS 17 (6 KM)	00:21:30
23	2496	Alfred	MPHUTHI	CGA	BOYS 17 (6 KM)	00:21:31
24	2432	Nicolin	FARMER	BOLA	BOYS 17 (6 KM)	00:21:31
25	2488	Wisdom	NDLOVU	CGA	BOYS 17 (6 KM)	00:21:33
26	2716	Maradona	NGCOBO	KZNA	BOYS 17 (6 KM)	00:21:34
27	2493	Kevin	LARNEY	CGA	BOYS 17 (6 KM)	00:21:35
28	1573	Anastacius	ONTONG	AFS	BOYS 17 (6 KM)	00:21:40
29	2489	Zweli	NZIMA	CGA	BOYS 17 (6 KM)	00:21:41
30	2674	Tsietsi	CHIUMYA	IND	BOYS 17 (6 KM)	00:21:45
31	2490	Lucky	THATO	CGA	BOYS 17 (6 KM)	00:21:46
32	1569	Mazantsana	PHILANI	AFS	BOYS 17 (6 KM)	00:21:50
33	1562	Sydney	NKOPANE	AFS	BOYS 17 (6 KM)	00:21:57
34	2095	Morgan	MTSWENI	AMPU	BOYS 17 (6 KM)	00:21:58
35	3231	Xolani	NGCOBO	KZNA	BOYS 17 (6 KM)	00:21:58
36	1758	Barco	KRUGER	AGN	BOYS 17 (6 KM)	00:21:59
37	1568	Sechaba	MAJOTING	AFS	BOYS 17 (6 KM)	00:22:00
38	2088	Teboho	JAS	AMPU	BOYS 17 (6 KM)	00:22:02
39	2796	Reghan (Thantsha)	MAGWAI	LIMA	BOYS 17 (6 KM)	00:22:02
40	2288	Aphelele	FANEKHO	ATRA	BOYS 17 (6 KM)	00:22:06
41	2971	Teboho	LESUPI	ACNW	BOYS 17 (6 KM)	00:22:11
42	2793	Choene	SETATI	LIMA	BOYS 17 (6 KM)	00:22:12
43	2239	Potso	IKALAFENG	ANWN	BOYS 17 (6 KM)	00:22:14
44	2353	Ensley	GESWINDT	ASWD	BOYS 17 (6 KM)	00:22:18
45	2859	Odwa	PETER	WPA	BOYS 17 (6 KM)	00:22:18
46	1760	Thabiso	MAMPANE	AGN	BOYS 17 (6 KM)	00:22:24



# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
47	1572	Mohau	MALISE	AFS	BOYS 17 (6 KM)	00:22:25
48	2087	Coenie	NAUDE	AMPU	BOYS 17 (6 KM)	00:22:26
49	2495	Shatrack	MATIBI	CGA	BOYS 17 (6 KM)	00:22:28
50	2857	Nkosinathi	SOTYANTYA	WPA	BOYS 17 (6 KM)	00:22:31
51	2499	Benjamin	SKHOSANA	CGA	BOYS 17 (6 KM)	00:22:31
52	2436	Andrew	FILLIES	BOLA	BOYS 17 (6 KM)	00:22:32
53	1561	Lefa	MALIEHE	AFS	BOYS 17 (6 KM)	00:22:32
54	2717	Sbonelo	MBANJWA	KZNA	BOYS 17 (6 KM)	00:22:34
55	1559	Sabata	MOKHOTHU	AFS	BOYS 17 (6 KM)	00:22:35
56	1769	Wiaan	SWANEPOEL	AGN	BOYS 17 (6 KM)	00:22:37
57	1755	Juan-Pierre	DE VILLIERS	AGN	BOYS 17 (6 KM)	00:22:38
58	2498	Palacious	MUKWELHO	CGA	BOYS 17 (6 KM)	00:22:41
59	2969	Tebogo	KGOSIENG	ACNW	BOYS 17 (6 KM)	00:22:41
60	1754	Max	CALITZ	AGN	BOYS 17 (6 KM)	00:22:43
61	3274	Lerato	MOKOALELI	ACNW	BOYS 17 (6 KM)	00:22:43
62	2238	Obakeng	PHEFELO	ANWN	BOYS 17 (6 KM)	00:22:44
63	3242	Nicholas	NOGUDA	ATRA	BOYS 17 (6 KM)	00:22:45
64	2091	Bethuel	SIBUYI	AMPU	BOYS 17 (6 KM)	00:22:45
65	2352	Abraham	CHAKA	ASWD	BOYS 17 (6 KM)	00:22:47
66	2391	Obed	HLABI	AVT	BOYS 17 (6 KM)	00:22:54
67	1763	Burt	VERSTER	AGN	BOYS 17 (6 KM)	00:22:55
68	2090	Sandile	MDLULI	AMPU	BOYS 17 (6 KM)	00:23:06
69	2437	Collin	MAKATEES	BOLA	BOYS 17 (6 KM)	00:23:08
70	1567	Thabo	LEPOPO	AFS	BOYS 17 (6 KM)	00:23:09
71	2798	Lebogang	CHABA	LIMA	BOYS 17 (6 KM)	00:23:10
72	1751	Adriaan	ALDRIDGE	AGN	BOYS 17 (6 KM)	00:23:12
73	2435	Ayanda	MATSHINI	BOLA	BOYS 17 (6 KM)	00:23:14
74	2355	Maherity	PEIL	ASWD	BOYS 17 (6 KM)	00:23:15
75	2434	Chriszando	JACOBS	BOLA	BOYS 17 (6 KM)	00:23:17
76	1571	Simphiwe	BONGA	AFS	BOYS 17 (6 KM)	00:23:27
77	2227	David	KWENAMORE	ANWN	BOYS 17 (6 KM)	00:23:29
78	2092	Hennie	NGWENYA	AMPU	BOYS 17 (6 KM)	00:23:31
79	1565	Makhetha	PITSO	AFS	BOYS 17 (6 KM)	00:23:33
80	1759	William	MABENA	AGN	BOYS 17 (6 KM)	00:23:35
81	1768	Warren	SIMPSON	AGN	BOYS 17 (6 KM)	00:23:38
82	2237	Motsisi	MOSEANE	ANWN	BOYS 17 (6 KM)	00:23:43
83	1563	Tebogo	SEBEGO	AFS	BOYS 17 (6 KM)	00:23:44
84	2795	Ike	MOLWANTWA	LIMA	BOYS 17 (6 KM)	00:23:53
85	2093	Doctor	SIGUDU	AMPU	BOYS 17 (6 KM)	00:23:55
86	2858	Orian	FARO	WPA	BOYS 17 (6 KM)	00:24:08
87	2389	Rabelo	MNOGOMEZULU	AVT	BOYS 17 (6 KM)	00:24:11
88	2964	Jacob	LETEBELE	ACNW	BOYS 17 (6 KM)	00:24:13
89	1761	Marxie	MARX	AGN	BOYS 17 (6 KM)	00:24:14
90	2968	Mouuopule	PELESA	ACNW	BOYS 17 (6 KM)	00:24:16

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
91	2963	Jaco	GOUWS	ACNW	BOYS 17 (6 KM)	00:24:29
92	1757	Johan	FERREIRA	AGN	BOYS 17 (6 KM)	00:24:44
93	1574	Matyane	SMOLLY	AFS	BOYS 17 (6 KM)	00:24:51
94	2234	Lesedi	MOKGOBINYANE	ANWN	BOYS 17 (6 KM)	00:24:57
95	1764	Thabiso	MODIEGO	AGN	BOYS 17 (6 KM)	00:24:59
96	2094	Willie	DU PREEZ	AMPU	BOYS 17 (6 KM)	00:25:14
97	2965	Kgotso	KHUMOENG	ACNW	BOYS 17 (6 KM)	00:25:15
98	1765	Tumelo	MOGOBYA	AGN	BOYS 17 (6 KM)	00:25:18
99	2226	Abram	MOKGETHI	ANWN	BOYS 17 (6 KM)	00:25:20
100	2962	Dewald	SWANEPOEL	ACNW	BOYS 17 (6 KM)	00:25:26
101	2433	Bennie	FOURIE	BOLA	BOYS 17 (6 KM)	00:25:28
102	2240	Steven	SEOKETSA	ANWN	BOYS 17 (6 KM)	00:25:58
103	2235	Modiaba	MOHAU	ANWN	BOYS 17 (6 KM)	00:26:11
104	2232	Juan	VAN ROOYEN	ANWN	BOYS 17 (6 KM)	00:26:15
105	2229	Hannes	LE ROUX	ANWN	BOYS 17 (6 KM)	00:26:16
106	2242	Theodore	VISSER	ANWN	BOYS 17 (6 KM)	00:26:21
107	2961	Bertus	BRAND	ACNW	BOYS 17 (6 KM)	00:26:22
108	2230	Heinrich	DU PREEZ	ANWN	BOYS 17 (6 KM)	00:26:56

## BOYS 8 (1 KM)

1	265	Nico	STEYN	AGN	BOYS 8 (1 KM)	00:03:30
2	259	Matt	LOMBARD	AGN	BOYS 8 (1 KM)	00:03:30
3	256	Fc	KOTZE	AGN	BOYS 8 (1 KM)	00:03:30
4	11695	Pontsho	MADIBA	IND	BOYS 8 (1 KM)	00:03:35
5	262	Waldo	PIETERSE	AGN	BOYS 8 (1 KM)	00:03:36
6	253	Lebohang	FINGER	AGN	BOYS 8 (1 KM)	00:03:37
7	477	Brendan	GREYLING	AGW	BOYS 8 (1 KM)	00:03:38
8	251	Ruan	BREYTENBACH	AGN	BOYS 8 (1 KM)	00:03:39
9	1289	Johannes	BOSHOFF	LIMA	BOYS 8 (1 KM)	00:03:44
10	263	Duvan	SMIT	AGN	BOYS 8 (1 KM)	00:03:44
11	1483	Diaan	KENNEDY	ACNW	BOYS 8 (1 KM)	00:03:46
12	250	Luca	BALONA	AGN	BOYS 8 (1 KM)	00:03:46
13	257	Obakeng	LEKALAKALA	AGN	BOYS 8 (1 KM)	00:03:47
14	702	Kyle	SCHOEMAN	ANWN	BOYS 8 (1 KM)	00:03:48
15	264	Justus	STALS	AGN	BOYS 8 (1 KM)	00:03:49
16	255	Alrich	KOOPMAN	AGN	BOYS 8 (1 KM)	00:03:49
17	254	Ignus	JORDAAN	AGN	BOYS 8 (1 KM)	00:03:50
18	1165	Mikhail	COETZEE	IND	BOYS 8 (1 KM)	00:03:50
19	261	Wiedrich	MARE	AGN	BOYS 8 (1 KM)	00:03:51
20	266	Eduard	VAN DER WALT	AGN	BOYS 8 (1 KM)	00:03:51
21	11692	Gomolemo	LETSELEBE	IND	BOYS 8 (1 KM)	00:03:51
22	267	Armin	WEIDEMAN	AGN	BOYS 8 (1 KM)	00:03:52
23	704	Llewellyn	VAN NIEKERK	ANWN	BOYS 8 (1 KM)	00:03:53
24	1498	Morne	STAFFORD	ACNW	BOYS 8 (1 KM)	00:03:53

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
25	11503	Regio	MENDOMCA	ACNW	BOYS 8 (1 KM)	00:03:53
26	260	Migael	LOUBSER	AGN	BOYS 8 (1 KM)	00:03:54
27	538	Siyabonga	MKHONZA	AMPU	BOYS 8 (1 KM)	00:03:55
28	1290	Johannes	COETZEE	LIMA	BOYS 8 (1 KM)	00:03:56
29	258	Johan	LIMBACH	AGN	BOYS 8 (1 KM)	00:03:56
30	11508	Ulrich	BOTES	ACNW	BOYS 8 (1 KM)	00:03:57
31	11693	Kabelo	MASHABELA	IND	BOYS 8 (1 KM)	00:03:58
32	11502	Petrus	VAN AARDE	ACNW	BOYS 8 (1 KM)	00:03:58
33	11691	Dimakatso	MOGALE	IND	BOYS 8 (1 KM)	00:03:58
34	1500	Ofentse	DIKGONO	ACNW	BOYS 8 (1 KM)	00:04:02
35	479	Ciceil	VERTUE	AGW	BOYS 8 (1 KM)	00:04:03
36	11698	Tumisho	MAKGAMATHA	IND	BOYS 8 (1 KM)	00:04:03
37	867	Sandile	NHLAPO	AVT	BOYS 8 (1 KM)	00:04:04
38	544	Welcome	MASHABA	AMPU	BOYS 8 (1 KM)	00:04:05
39	1291	Marco	FORRESTER	LIMA	BOYS 8 (1 KM)	00:04:06
40	865	Thabang	MOKONE	AVT	BOYS 8 (1 KM)	00:04:06
41	11501	Oratile	KOK	ACNW	BOYS 8 (1 KM)	00:04:07
42	252	Gustav	DE JAGER	AGN	BOYS 8 (1 KM)	00:04:07
43	1490	Hanru	VAN VREDEN	ACNW	BOYS 8 (1 KM)	00:04:08
44	1488	Gerrit	MUNTINGH	ACNW	BOYS 8 (1 KM)	00:04:10
45	539	Reynard	VOSTER	AMPU	BOYS 8 (1 KM)	00:04:11
46	11763	Kamogetse	MOLISALIFE	ACNW	BOYS 8 (1 KM)	00:04:13
47	694	Brandon	VENTER	ANWN	BOYS 8 (1 KM)	00:04:14
48	864	Teboho	MOLOI	AVT	BOYS 8 (1 KM)	00:04:17
49	11504	Rowen	WENTZEL	ACNW	BOYS 8 (1 KM)	00:04:18
50	11761	Jurgen	PETERS	ACNW	BOYS 8 (1 KM)	00:04:20
51	11690	Dawie	MARAIS	IND	BOYS 8 (1 KM)	00:04:21
52	478	Gert	NOETH	AGW	BOYS 8 (1 KM)	00:04:29
53	11509	Werner	KRUGER	ACNW	BOYS 8 (1 KM)	00:04:31
54	700	Ludwig	LODEWYCKX	ANWN	BOYS 8 (1 KM)	00:04:45
55	866	Mojalefa	MOLOI	AVT	BOYS 8 (1 KM)	00:04:46
56	11759	Janco	VAN ZYL	ACNW	BOYS 8 (1 KM)	00:04:48
57	1485	Dylan	KEYS	ACNW	BOYS 8 (1 KM)	00:04:49
58	1486	Erik	KOORTS	ACNW	BOYS 8 (1 KM)	00:04:50
59	1496	Luhan	BORNMAN	ACNW	BOYS 8 (1 KM)	00:04:55
60	705	Reghard	VAN ROOYEN	ANWN	BOYS 8 (1 KM)	00:04:56
61	5000	Fanie	Gous	IND	BOYS 8 (1 KM)	00:04:57
62	1292	Regardt	SWANEPOEL	LIMA	BOYS 8 (1 KM)	00:04:57
63	5001	Jaco	PIENAAR	IND	BOYS 8 (1 KM)	00:05:01
64	701	Walco	MATHEWSON	ANWN	BOYS 8 (1 KM)	00:05:02
65	11694	Ofentse	THEMA	IND	BOYS 8 (1 KM)	00:05:03
66	11505	Tehan	BUYS	ACNW	BOYS 8 (1 KM)	00:05:10
67	11760	Jandre	PRETORIUS	ACNW	BOYS 8 (1 KM)	00:05:11
68	688	Danie	MANDERS	ANWN	BOYS 8 (1 KM)	00:05:12

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
69	698	Ian	FOURIE	ANWN	BOYS 8 (1 KM)	00:05:16
70	1497	Marco	TALJAARD	ACNW	BOYS 8 (1 KM)	00:05:19
71	1487	Gerrit	DE KOCK	ACNW	BOYS 8 (1 KM)	00:05:20
72	695	Louis	WEYERS	ANWN	BOYS 8 (1 KM)	00:05:21
73	11762	Jurie	J V RENSBURG	ACNW	BOYS 8 (1 KM)	00:05:24
74	540	Henrico	FERREIRA - NETTO	AMPU	BOYS 8 (1 KM)	00:05:28
75	1481	Christo	SCHOEMAN	ACNW	BOYS 8 (1 KM)	00:05:31
76	11506	Theuns	KRÚGER	ACNW	BOYS 8 (1 KM)	00:05:33
77	1480	Christo	BOTHA	ACNW	BOYS 8 (1 KM)	00:05:35
78	692	Karel	VAN DER WALT	ANWN	BOYS 8 (1 KM)	00:05:36
79	1479	Barend	SWART	ACNW	BOYS 8 (1 KM)	00:05:38
80	703	Gerhard	VAN DER MERWE	ANWN	BOYS 8 (1 KM)	00:05:42
81	689	Puseletso	MOKATSE	ANWN	BOYS 8 (1 KM)	00:05:45
82	1499	Myndert	BLOEM	ACNW	BOYS 8 (1 KM)	00:05:46
83	1489	Hannes	VAN NIEKERK	ACNW	BOYS 8 (1 KM)	00:05:47
84	543	Eben	BROEKMAN	AMPU	BOYS 8 (1 KM)	00:05:47
85	542	Henrico	WILLEMSE	AMPU	BOYS 8 (1 KM)	00:05:48
86	11510	Wiandre	DE BEER	ACNW	BOYS 8 (1 KM)	00:05:49
87	1482	Damian	DE GOIS	ACNW	BOYS 8 (1 KM)	00:05:54
88	11507	Tiaan	PRINS	ACNW	BOYS 8 (1 KM)	00:06:09

## BOYS 9 (2 KM)

1	1776	Reinhard	GROBLER	AGN	BOYS 9 (2 KM)	00:07:37
2	1787	Wynand	WESSELS	AGN	BOYS 9 (2 KM)	00:07:40
3	2501	Siyabonga	BOOYSEN	CGA	BOYS 9 (2 KM)	00:07:41
4	1777	Armin	JORDAAN	AGN	BOYS 9 (2 KM)	00:07:55
5	2251	Aj	REYNEKE	ANWN	BOYS 9 (2 KM)	00:07:59
6	2803	Tewis	WILLEMSE	LIMA	BOYS 9 (2 KM)	00:08:03
7	2248	Hlokomalong	MAKHENE	ANWN	BOYS 9 (2 KM)	00:08:03
8	2392	Moalosi	RAMOLOTSI	AVT	BOYS 9 (2 KM)	00:08:05
9	2799	Fortune	LETSOALO	LIMA	BOYS 9 (2 KM)	00:08:06
10	2502	Delport	BOTHA	CGA	BOYS 9 (2 KM)	00:08:07
11	2801	Luan (Johannes)	BROWN	LIMA	BOYS 9 (2 KM)	00:08:07
12	1774	Jean	DU RANDT	AGN	BOYS 9 (2 KM)	00:08:11
13	1780	Thomas	MODIBA	AGN	BOYS 9 (2 KM)	00:08:12
14	1779	Rouxan	LE ROUX	AGN	BOYS 9 (2 KM)	00:08:13
15	1778	Joubert	LAMPRECHT	AGN	BOYS 9 (2 KM)	00:08:15
16	1579	Francois	VAN NIEKERK	AFS	BOYS 9 (2 KM)	00:08:17
17	1783	Mthulisi	SITHOLE	AGN	BOYS 9 (2 KM)	00:08:17
18	2997	Zakhele	ZUMA	ACNW	BOYS 9 (2 KM)	00:08:18
19	2097	Theuns	LUUS	AMPU	BOYS 9 (2 KM)	00:08:19
20	2105	Marteen	VAN HEEVER	AMPU	BOYS 9 (2 KM)	00:08:20
21	1580	Teboho	RATSHIDI	AFS	BOYS 9 (2 KM)	00:08:22
22	2393	Teboho	RAMPITSENG	AVT	BOYS 9 (2 KM)	00:08:26



# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
23	1770	Nicolaas	ARNOLD	AGN	BOYS 9 (2 KM)	00:08:27
24	1782	Andreas	SCHALEKAMP	AGN	BOYS 9 (2 KM)	00:08:27
25	1784	Dylin	STASSEN	AGN	BOYS 9 (2 KM)	00:08:30
26	1771	Wikus	BASSON	AGN	BOYS 9 (2 KM)	00:08:31
27	1775	Troy	ERASMUS	AGN	BOYS 9 (2 KM)	00:08:32
28	2023	Johannes	DU PLESSIS	AGW	BOYS 9 (2 KM)	00:08:42
29	1577	Teboho	MALOKA	AFS	BOYS 9 (2 KM)	00:08:46
30	2506	Paul	MINNAAR	CGA	BOYS 9 (2 KM)	00:08:56
31	1785	Wiehan	SWANEPOEL	AGN	BOYS 9 (2 KM)	00:08:56
32	2989	Raymond	VOS	ACNW	BOYS 9 (2 KM)	00:08:57
33	2984	Leander	WIESE	ACNW	BOYS 9 (2 KM)	00:08:58
34	2503	Jordan	JANSE VAN VUREN	CGA	BOYS 9 (2 KM)	00:09:00
35	1772	Waldo	CROUCAMP	AGN	BOYS 9 (2 KM)	00:09:03
36	2996	Wikus	MARAIS	ACNW	BOYS 9 (2 KM)	00:09:04
37	2253	Morne	VAN DER MERWE	ANWN	BOYS 9 (2 KM)	00:09:08
38	2504	Lerato	KHUMALO	CGA	BOYS 9 (2 KM)	00:09:11
39	2676	Leslie John	VILJOEN	IND	BOYS 9 (2 KM)	00:09:13
40	2245	Gerdus	DU PLESSIS	ANWN	BOYS 9 (2 KM)	00:09:17
41	2252	Cornell	TALJAARD	ANWN	BOYS 9 (2 KM)	00:09:18
42	2806	Doran	KLEYNHANS	LIMA	BOYS 9 (2 KM)	00:09:19
43	3199	Desmond	MOREMI	IND	BOYS 9 (2 KM)	00:09:20
44	2255	Kobus	VERSTER	ANWN	BOYS 9 (2 KM)	00:09:21
45	2394	Phakiso	SEBEKO	AVT	BOYS 9 (2 KM)	00:09:24
46	1786	Mj	VAN STADEN	AGN	BOYS 9 (2 KM)	00:09:26
47	3275	Jean-Pierre	BAM	IND	BOYS 9 (2 KM)	00:09:30
48	1578	Zehan	WESTRAADT	AFS	BOYS 9 (2 KM)	00:09:32
49	1781	Divan	ROELOFSE	AGN	BOYS 9 (2 KM)	00:09:32
50	2987	Ntesang	MOITSHWANETSI	ACNW	BOYS 9 (2 KM)	00:09:34
51	2995	Samuel	MATLHAPA	ACNW	BOYS 9 (2 KM)	00:09:34
52	2505	Sibonakaliso	MBATHA	CGA	BOYS 9 (2 KM)	00:09:37
53	2982	James	STIGLING	ACNW	BOYS 9 (2 KM)	00:09:42
54	2101	Mthozisi	MOGOLA	AMPU	BOYS 9 (2 KM)	00:09:43
55	2675	KC	BOSHOFF	IND	BOYS 9 (2 KM)	00:09:44
56	2099	Hermanus	PIETERS	AMPU	BOYS 9 (2 KM)	00:09:45
57	2805	Albert	VAN DER MERWE	LIMA	BOYS 9 (2 KM)	00:09:47
58	2998	Zander	LAMPRECHT	ACNW	BOYS 9 (2 KM)	00:09:52
59	2257	Juan	VILJOEN	ANWN	BOYS 9 (2 KM)	00:09:53
60	2098	Mthokozisi	NKOSI	AMPU	BOYS 9 (2 KM)	00:09:53
61	2979	Gerhard	KROONHOF	ACNW	BOYS 9 (2 KM)	00:09:54
62	2978	Francois	OTTO	ACNW	BOYS 9 (2 KM)	00:09:55
63	2980	IZ	BUYS	ACNW	BOYS 9 (2 KM)	00:09:57
64	2972	Alwyn	VENTER	ACNW	BOYS 9 (2 KM)	00:09:58
65	2976	Enrique	OCHSE	ACNW	BOYS 9 (2 KM)	00:10:00
66	2993	Ruan	ELS	ACNW	BOYS 9 (2 KM)	00:10:00

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
67	2994	Ryno	BORNMAN	ACNW	BOYS 9 (2 KM)	00:10:01
68	2102	Christopher	NKAMBULE	AMPU	BOYS 9 (2 KM)	00:10:01
69	2988	Otshipeng	MOKOTEDI	ACNW	BOYS 9 (2 KM)	00:10:02
70	3205	Phuti	MOKGETHE	IND	BOYS 9 (2 KM)	00:10:03
71	2746	Vuyani	SIBANYONI	IND	BOYS 9 (2 KM)	00:10:05
72	2975	Emile	KOTZÉ	ACNW	BOYS 9 (2 KM)	00:10:09
73	3206	Tsholofelo	MASHA	IND	BOYS 9 (2 KM)	00:10:10
74	2249	Schalk	MEINTJIES	ANWN	BOYS 9 (2 KM)	00:10:12
75	2244	Theo	BUYS	ANWN	BOYS 9 (2 KM)	00:10:12
76	2100	Mthobisi	THABETHE	AMPU	BOYS 9 (2 KM)	00:10:13
77	2977	Francois	DU TOIT	ACNW	BOYS 9 (2 KM)	00:10:14
78	2104	Mesuli	MASEKO	AMPU	BOYS 9 (2 KM)	00:10:18
79	2986	Muller	STEENKAMP	ACNW	BOYS 9 (2 KM)	00:10:24
80	2981	Jaco	KOEKEMOER	ACNW	BOYS 9 (2 KM)	00:10:25
81	2258	Robbie	VORSTER	ANWN	BOYS 9 (2 KM)	00:10:26
82	2103	Franko	BOTHA	AMPU	BOYS 9 (2 KM)	00:10:28
83	2991	Rico	PRETORIUS	ACNW	BOYS 9 (2 KM)	00:10:41
84	2985	Luan	SWART	ACNW	BOYS 9 (2 KM)	00:10:54
85	2804	Heinrich	JANNASCH	LIMA	BOYS 9 (2 KM)	00:10:56
86	2800	Joost	VAN ROOYEN	LIMA	BOYS 9 (2 KM)	00:10:59
87	2246	Freddy	DU PLESSIS	ANWN	BOYS 9 (2 KM)	00:10:59
88	3200	Keabetswe	MOTAU	IND	BOYS 9 (2 KM)	00:11:00
89	2254	Pieter	VAN ROOYEN	ANWN	BOYS 9 (2 KM)	00:11:01
90	2247	Justin	MAGEE	ANWN	BOYS 9 (2 KM)	00:11:02
91	2395	Karabo	MOKHELE	AVT	BOYS 9 (2 KM)	00:11:03
92	2983	Jonathan	DE GOIS	ACNW	BOYS 9 (2 KM)	00:11:14
93	2974	Danie	GAGIANO	ACNW	BOYS 9 (2 KM)	00:11:33

## GIRLS 10 (2 KM)

1	1583	Dimpho	MAKUME	AFS	GIRLS 10 (2 KM)	00:07:44
2	1802	Zhandre	POTGIETER	AGN	GIRLS 10 (2 KM)	00:07:53
3	2807	Ngwanatladi	MATLOU	LIMA	GIRLS 10 (2 KM)	00:08:11
4	2515	Lorinda	SWANEPOEL	CGA	GIRLS 10 (2 KM)	00:08:13
5	2265	Michaela	REYNEKE	ANWN	GIRLS 10 (2 KM)	00:08:14
6	1597	Nteboheng	TSABALALA	AFS	GIRLS 10 (2 KM)	00:08:22
7	2259	Shanel	HATTINGH	ANWN	GIRLS 10 (2 KM)	00:08:22
8	1790	Alicia	COCHRANE	AGN	GIRLS 10 (2 KM)	00:08:25
9	2262	Lizaan	LOMBAARD	ANWN	GIRLS 10 (2 KM)	00:08:25
10	2512	Zanie	LABUSCHAGNE	CGA	GIRLS 10 (2 KM)	00:08:25
11	2516	Danielle	VAN LINGEN	CGA	GIRLS 10 (2 KM)	00:08:26
12	2106	Marne	VAN AARDE	AMPU	GIRLS 10 (2 KM)	00:08:27
13	3276	Nomzana	BHELWANA	IND	GIRLS 10 (2 KM)	00:08:27
14	1587	Michelle	DYKMAN	AFS	GIRLS 10 (2 KM)	00:08:28
15	1801	M'zhane	POTGIETER	AGN	GIRLS 10 (2 KM)	00:08:30

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
16	2511	Kiera	GOSLING	CGA	GIRLS 10 (2 KM)	00:08:31
17	1807	Bianca	VILJOEN	AGN	GIRLS 10 (2 KM)	00:08:32
18	3235	Zinhle	THARAMAKGOA	KZNA	GIRLS 10 (2 KM)	00:08:32
19	1795	Charlotte	JOHANNES	AGN	GIRLS 10 (2 KM)	00:08:34
20	1794	Jeanique	ETSEBETH	AGN	GIRLS 10 (2 KM)	00:08:35
21	2029	Lynné	EKSTEEN	AGW	GIRLS 10 (2 KM)	00:08:38
22	3234	Nonkululeko	MBATHA	KZNA	GIRLS 10 (2 KM)	00:08:40
23	3007	Desiré	ELS	ACNW	GIRLS 10 (2 KM)	00:08:41
24	1799	Natasha	MURPHY	AGN	GIRLS 10 (2 KM)	00:08:41
25	1797	Kayla	LOUW	AGN	GIRLS 10 (2 KM)	00:08:44
26	1595	Thandisiwe	KUBHEKA	AFS	GIRLS 10 (2 KM)	00:08:46
27	1791	Jana	COETZER	AGN	GIRLS 10 (2 KM)	00:08:54
28	1800	Michelle	NOLTE	AGN	GIRLS 10 (2 KM)	00:08:54
29	11758	Beatrice	THEMANE	LIMA	GIRLS 10 (2 KM)	00:08:55
30	2812	Sancha	VAN NIEKERK	LIMA	GIRLS 10 (2 KM)	00:08:57
31	1806	Edith	VORSTER	AGN	GIRLS 10 (2 KM)	00:08:59
32	2107	Karini	MARITZ	AMPU	GIRLS 10 (2 KM)	00:09:00
33	1584	Danica	VAN ZYL	AFS	GIRLS 10 (2 KM)	00:09:00
34	1591	Naledi	MAKATAN	AFS	GIRLS 10 (2 KM)	00:09:02
35	2811	Nkone	LEBELO	LIMA	GIRLS 10 (2 KM)	00:09:02
36	2514	Laminda	STASSEN	CGA	GIRLS 10 (2 KM)	00:09:07
37	3232	Lauren	KNOBEL	KZNA	GIRLS 10 (2 KM)	00:09:07
38	3010	Jo-Ann	ANNANDALE	ACNW	GIRLS 10 (2 KM)	00:09:08
39	1592	Milana	MULLER	AFS	GIRLS 10 (2 KM)	00:09:08
40	1598	Tau	LESEGO	AFS	GIRLS 10 (2 KM)	00:09:08
41	2808	Marlene	BREDEKAMP	LIMA	GIRLS 10 (2 KM)	00:09:09
42	1788	Maric	STRESO	AGN	GIRLS 10 (2 KM)	00:09:10
43	2026	Carina	BRAND	AGW	GIRLS 10 (2 KM)	00:09:11
44	3002	Cathlene	MC LACHLAN	ACNW	GIRLS 10 (2 KM)	00:09:11
45	2028	Elizabeth	VERTUE	AGW	GIRLS 10 (2 KM)	00:09:13
46	2508	Berdine	ROELOFSE	CGA	GIRLS 10 (2 KM)	00:09:14
47	2513	Dinah	MOREO	CGA	GIRLS 10 (2 KM)	00:09:14
48	1804	Nienke	TURKSTRA	AGN	GIRLS 10 (2 KM)	00:09:15
49	1589	Motloung	MPHO	AFS	GIRLS 10 (2 KM)	00:09:15
50	2108	Rhode	MULDER	AMPU	GIRLS 10 (2 KM)	00:09:16
51	3016	Marla	MUNTINGH	ACNW	GIRLS 10 (2 KM)	00:09:17
52	1805	Zane	VAN DEVENTER	AGN	GIRLS 10 (2 KM)	00:09:19
53	2397	Tylo	ROBERTS	AVT	GIRLS 10 (2 KM)	00:09:19
54	1789	Lisa	BRINK	AGN	GIRLS 10 (2 KM)	00:09:21
55	2110	Simone	NORTJE	AMPU	GIRLS 10 (2 KM)	00:09:22
56	1586	Hanke	SWART	AFS	GIRLS 10 (2 KM)	00:09:22
57	3212	Tsholanang	THIPE	IND	GIRLS 10 (2 KM)	00:09:23
58	2027	Jacobie	BRAND	AGW	GIRLS 10 (2 KM)	00:09:24
59	2509	Bernise	ROELOFSE	CGA	GIRLS 10 (2 KM)	00:09:26

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
60	1593	Xolelwa	MAHANA	AFS	GIRLS 10 (2 KM)	00:09:26
61	2809	Reneilwe	KGANYAGO	LIMA	GIRLS 10 (2 KM)	00:09:29
62	1803	Megan	REDMOND	AGN	GIRLS 10 (2 KM)	00:09:30
63	1596	Monique	VAN DER BERG	AFS	GIRLS 10 (2 KM)	00:09:33
64	3018	Marzel	SWART	ACNW	GIRLS 10 (2 KM)	00:09:39
65	3009	Elsie	PLAATJIE	ACNW	GIRLS 10 (2 KM)	00:09:39
66	2396	Prudence	MANOTO	AVT	GIRLS 10 (2 KM)	00:09:40
67	2112	Chante	VILJOEN	AMPU	GIRLS 10 (2 KM)	00:09:42
68	1594	Moleboheng	MOHALE	AFS	GIRLS 10 (2 KM)	00:09:47
69	3008	Elna	KRUGER	ACNW	GIRLS 10 (2 KM)	00:09:49
70	3003	Cendra	OPPERMAN	ACNW	GIRLS 10 (2 KM)	00:09:50
71	2999	Alison	NIENABER	ACNW	GIRLS 10 (2 KM)	00:09:54
72	2401	Sherise	VENTER	AVT	GIRLS 10 (2 KM)	00:09:55
73	3208	Khothatso	MASHAO	IND	GIRLS 10 (2 KM)	00:09:59
74	3025	Sunelle	VAN STADEN	ACNW	GIRLS 10 (2 KM)	00:10:01
75	3207	Basetsana	COVENE	IND	GIRLS 10 (2 KM)	00:10:03
76	2810	Kgothatjo	RAGOJA	LIMA	GIRLS 10 (2 KM)	00:10:04
77	3021	Querinda	PRETORIUS	ACNW	GIRLS 10 (2 KM)	00:10:04
78	3012	Kefilwe	MOKAE	ACNW	GIRLS 10 (2 KM)	00:10:05
79	3027	Teran	WRIGHT	ACNW	GIRLS 10 (2 KM)	00:10:07
80	3015	Marese	KRIEL	ACNW	GIRLS 10 (2 KM)	00:10:08
81	2111	Reabetswe	MERE	AMPU	GIRLS 10 (2 KM)	00:10:09
82	2400	Nthatuwa	LEBOTSA	AVT	GIRLS 10 (2 KM)	00:10:11
83	3026	Tameron	DIAS	ACNW	GIRLS 10 (2 KM)	00:10:14
84	3142	Bongekile	NKOSI	IND	GIRLS 10 (2 KM)	00:10:15
85	1588	Kellelo	LIBOKO	AFS	GIRLS 10 (2 KM)	00:10:16
86	1798	Princess	MATHISA	AGN	GIRLS 10 (2 KM)	00:10:18
87	2399	Ofentse	MOSIME	AVT	GIRLS 10 (2 KM)	00:10:22
88	2402	Katleho	PHOFOLO	AVT	GIRLS 10 (2 KM)	00:10:24
89	2261	Rune	KAUFMANN	ANWN	GIRLS 10 (2 KM)	00:10:34
90	3024	Shirley	O'BRYAN	ACNW	GIRLS 10 (2 KM)	00:10:37
91	2708	Noniskelelo	NKOSI	AMPU	GIRLS 10 (2 KM)	00:10:44
92	3022	Renske	BARLOW	ACNW	GIRLS 10 (2 KM)	00:10:46
93	3014	Marcia	VERMEULEN	ACNW	GIRLS 10 (2 KM)	00:10:48
94	2398	Karabo	PHAHLA	AVT	GIRLS 10 (2 KM)	00:10:51
95	3005	Charissa	BLIGNOUT	ACNW	GIRLS 10 (2 KM)	00:10:55
96	3013	Magdeli	STEENKAMP	ACNW	GIRLS 10 (2 KM)	00:11:00
97	3001	Carli	VAN STADEN	ACNW	GIRLS 10 (2 KM)	00:11:10
98	3020	Nikita	MASSEY	ACNW	GIRLS 10 (2 KM)	00:11:13
99	2266	Anri	VENTER	ANWN	GIRLS 10 (2 KM)	00:11:18
100	2109	Uyanda	KHUMALO	AMPU	GIRLS 10 (2 KM)	00:12:35
<b>GIRLS 11 (3 KM)</b>						
1	995	Simonay	WEITSZ	CGA	GIRLS 11 (3 KM)	00:11:51



# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
2	1294	Gizelde	STRAUSS	LIMA	GIRLS 11 (3 KM)	00:12:09
3	869	Lebohlang	MOHAMI	AVT	GIRLS 11 (3 KM)	00:12:12
4	1116	Natascha	HARTMANN	KZN	GIRLS 11 (3 KM)	00:12:14
5	72	Nthati	RADEBE	AFS	GIRLS 11 (3 KM)	00:12:19
6	75	Carien	SANDER	AFS	GIRLS 11 (3 KM)	00:12:26
7	1295	Lara	SCHUTTE	LIMA	GIRLS 11 (3 KM)	00:12:27
8	989	Danielle	DE KOCK	CGA	GIRLS 11 (3 KM)	00:12:28
9	986	Annick	SNYMAN	CGA	GIRLS 11 (3 KM)	00:12:29
10	77	Nthabiseng	MOLHISELWA	AFS	GIRLS 11 (3 KM)	00:12:30
11	706	Dominique	BARNARD	ANWN	GIRLS 11 (3 KM)	00:12:32
12	71	Hesmari	MAARTENS	AFS	GIRLS 11 (3 KM)	00:12:36
13	78	Anche	HORAK	AFS	GIRLS 11 (3 KM)	00:12:41
14	73	Melicia	MAREE	AFS	GIRLS 11 (3 KM)	00:12:44
15	67	Mizan	VILJOEN	AFS	GIRLS 11 (3 KM)	00:12:50
16	285	Arne	VAN DER MERWE	AGN	GIRLS 11 (3 KM)	00:12:53
17	277	Nomandla	MEMANI	AGN	GIRLS 11 (3 KM)	00:12:54
18	873	Nthabiseng	KHUMALO	AVT	GIRLS 11 (3 KM)	00:12:55
19	274	Luzelle	LUBBE	AGN	GIRLS 11 (3 KM)	00:13:11
20	991	Liza	KELLERMAN	CGA	GIRLS 11 (3 KM)	00:13:13
21	480	Enya	LOUW	AGW	GIRLS 11 (3 KM)	00:13:15
22	286	Erica	WESSELS	AGN	GIRLS 11 (3 KM)	00:13:16
23	714	Lize-marie	NAUDE	ANWN	GIRLS 11 (3 KM)	00:13:16
24	281	Lara Amanda	ROSSOUW	AGN	GIRLS 11 (3 KM)	00:13:20
25	11701	Lerato	PITSE	IND	GIRLS 11 (3 KM)	00:13:23
26	273	Anice	LE ROUX	AGN	GIRLS 11 (3 KM)	00:13:24
27	710	Annelize	MARX	ANWN	GIRLS 11 (3 KM)	00:13:27
28	545	Sue - Marie	FERREIRA - NETTO	AMPU	GIRLS 11 (3 KM)	00:13:28
29	279	Pearl	RAMAKOKOBO	AGN	GIRLS 11 (3 KM)	00:13:29
30	993	Danielle	SCHEEPERS	CGA	GIRLS 11 (3 KM)	00:13:32
31	984	Sinentlanhla	NKOMO	CGA	GIRLS 11 (3 KM)	00:13:32
32	719	Mieke	RALL	ANWN	GIRLS 11 (3 KM)	00:13:35
33	275	Megan	MARE	AGN	GIRLS 11 (3 KM)	00:13:36
34	276	Khosi	MARIPA	AGN	GIRLS 11 (3 KM)	00:13:37
35	546	Lorinda	STAPELBERG	AMPU	GIRLS 11 (3 KM)	00:13:38
36	990	Kayla	GREYLING	CGA	GIRLS 11 (3 KM)	00:13:38
37	278	Elismi	PRETORUIS	AGN	GIRLS 11 (3 KM)	00:13:39
38	11536	Nthabeleng	MOILAMASHI	ACNW	GIRLS 11 (3 KM)	00:13:40
39	994	Amy	SONNEKUS	CGA	GIRLS 11 (3 KM)	00:13:40
40	66	Elouise	PRETORUIS	AFS	GIRLS 11 (3 KM)	00:13:40
41	987	Christelle	WEPENER	CGA	GIRLS 11 (3 KM)	00:13:41
42	1293	Louise	SCHUTTE	LIMA	GIRLS 11 (3 KM)	00:13:42
43	11705	Oratile	SETENA	IND	GIRLS 11 (3 KM)	00:13:44
44	282	Anita	STRYDOM	AGN	GIRLS 11 (3 KM)	00:13:44
45	284	Cindy	VAN BERS	AGN	GIRLS 11 (3 KM)	00:13:48

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
46	711	Dudzile	MOLEFE	ANWN	GIRLS 11 (3 KM)	00:13:48
47	283	Karmen	SWARTS	AGN	GIRLS 11 (3 KM)	00:13:50
48	68	Leandri	BOSHOFF	AFS	GIRLS 11 (3 KM)	00:13:50
49	11529	Malebo	PHISIEPA	ACNW	GIRLS 11 (3 KM)	00:13:51
50	11515	Angelique	VOS	ACNW	GIRLS 11 (3 KM)	00:13:51
51	1170	Khomotso	MOLEKOA	IND	GIRLS 11 (3 KM)	00:13:53
52	992	Shannon	MCCALLUM	CGA	GIRLS 11 (3 KM)	00:13:53
53	988	Bronwyn	DA COSTA	CGA	GIRLS 11 (3 KM)	00:13:54
54	271	Jessica	HARMSE	AGN	GIRLS 11 (3 KM)	00:13:57
55	272	Ellne	KOTZE	AGN	GIRLS 11 (3 KM)	00:13:59
56	11513	Ane	SCHOEMAN	ACNW	GIRLS 11 (3 KM)	00:14:00
57	11525	Lene	DE KOK	ACNW	GIRLS 11 (3 KM)	00:14:13
58	871	Gloria	TSEEKE	AVT	GIRLS 11 (3 KM)	00:14:14
59	874	Moleboheng	MATSOSO	AVT	GIRLS 11 (3 KM)	00:14:18
60	11541	Shante	HETZEL	ACNW	GIRLS 11 (3 KM)	00:14:22
61	713	Dimpho	MOLELEKI	ANWN	GIRLS 11 (3 KM)	00:14:24
62	269	Danielle	DU TOIT	AGN	GIRLS 11 (3 KM)	00:14:25
63	1169	Monique	HARMSE	IND	GIRLS 11 (3 KM)	00:14:30
64	11794	Keneilwe	MAROLE	IND	GIRLS 11 (3 KM)	00:14:32
65	11534	Milandre	STAFFORD	ACNW	GIRLS 11 (3 KM)	00:14:33
66	270	Carla	FOURIE	AGN	GIRLS 11 (3 KM)	00:14:34
67	985	Sunel	OLIVER	CGA	GIRLS 11 (3 KM)	00:14:35
68	280	Marelize	REITZ	AGN	GIRLS 11 (3 KM)	00:14:36
69	875	Bianca	DORHING	AVT	GIRLS 11 (3 KM)	00:14:37
70	11530	Maridine	ROSSOUW	ACNW	GIRLS 11 (3 KM)	00:14:40
71	11524	Kayla	VAN DER WESTHUIZEN	ACNW	GIRLS 11 (3 KM)	00:14:41
72	872	Celeste	GROENEWALD	AVT	GIRLS 11 (3 KM)	00:14:44
73	11700	Joyce	CHAUKE	IND	GIRLS 11 (3 KM)	00:14:46
74	11531	Mariska	KLEYN	ACNW	GIRLS 11 (3 KM)	00:14:49
75	76	Johanè	ODENDAAL	AFS	GIRLS 11 (3 KM)	00:14:52
76	11537	Rika	WEST	ACNW	GIRLS 11 (3 KM)	00:14:52
77	11703	Mmati	GOSIAME	IND	GIRLS 11 (3 KM)	00:14:59
78	11519	Ena	VAN AARDE	ACNW	GIRLS 11 (3 KM)	00:15:01
79	709	Megan	FOURIE	ANWN	GIRLS 11 (3 KM)	00:15:06
80	268	Nina	DREECKMEIER	AGN	GIRLS 11 (3 KM)	00:15:08
81	11532	Menette	MARAIS	ACNW	GIRLS 11 (3 KM)	00:15:12
82	720	Leoni	ROSSOUW	ANWN	GIRLS 11 (3 KM)	00:15:14
83	11517	Dominique	GREYLING	ACNW	GIRLS 11 (3 KM)	00:15:15
84	11523	Kagalelo	SEIPONE	ACNW	GIRLS 11 (3 KM)	00:15:24
85	707	Nicole	BOOYSEN	ANWN	GIRLS 11 (3 KM)	00:15:27
86	11512	Amy	KING	ACNW	GIRLS 11 (3 KM)	00:15:42
87	550	Christa	DU PLESSIS	AMPU	GIRLS 11 (3 KM)	00:15:44
88	11527	Lizaan	SCHOLTZ	ACNW	GIRLS 11 (3 KM)	00:15:46
89	548	Siphesihle	MAZIBUKO	AMPU	GIRLS 11 (3 KM)	00:15:56

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
90	11535	Minique	HUYSAMEN	ACNW	GIRLS 11 (3 KM)	00:16:01
91	685	Nonpumelelo	MABASA	IND	GIRLS 11 (3 KM)	00:16:12
92	11526	Lerato	MAHOLE	ACNW	GIRLS 11 (3 KM)	00:16:13
93	11522	Julia	MAJOLA	ACNW	GIRLS 11 (3 KM)	00:16:15
94	11516	Danica	DE LANGE	ACNW	GIRLS 11 (3 KM)	00:16:30
95	11520	Gene	BUYS	ACNW	GIRLS 11 (3 KM)	00:16:31
96	11533	Mignon	HUYSAMEN	ACNW	GIRLS 11 (3 KM)	00:16:33
97	547	Sindisile	MALAZA	AMPU	GIRLS 11 (3 KM)	00:16:33
98	11528	Lonzelle	MARITZ	ACNW	GIRLS 11 (3 KM)	00:16:44
99	11514	Anette	KOEN	ACNW	GIRLS 11 (3 KM)	00:16:48
100	11511	Alicia	UNGERER	ACNW	GIRLS 11 (3 KM)	00:17:12
101	11540	Sabine	PETERS	ACNW	GIRLS 11 (3 KM)	00:17:37
102	11543	Tanya	SCHMIDT	ACNW	GIRLS 11 (3 KM)	00:17:42
103	708	Natasha	DE KLERK	ANWN	GIRLS 11 (3 KM)	00:17:43
104	11699	Amogelang	NTHILE	IND	GIRLS 11 (3 KM)	00:17:51
105	11518	Elishia	DU PLESSIS	ACNW	GIRLS 11 (3 KM)	00:17:57
106	11704	Nokuthula	KHUMALO	IND	GIRLS 11 (3 KM)	00:18:32
107	11702	Maitemogelo	NGALE	IND	GIRLS 11 (3 KM)	00:19:05
108	11542	Sonja	SCHOEMAN	ACNW	GIRLS 11 (3 KM)	00:24:01

## GIRLS 12 (3 KM)

1	2815	Tshegofatso	SETLHAKGOE	LIMA	GIRLS 12 (3 KM)	00:11:26
2	2519	Carla	DURANDT	CGA	GIRLS 12 (3 KM)	00:11:30
3	2403	Mamello	MOTAUNG	AVT	GIRLS 12 (3 KM)	00:11:34
4	1609	Lebohang	MOTSOENENG	AFS	GIRLS 12 (3 KM)	00:11:35
5	2523	Nicole	VAN DER MERWE	CGA	GIRLS 12 (3 KM)	00:11:41
6	1600	Puleng	MOLOI	AFS	GIRLS 12 (3 KM)	00:11:49
7	2860	Hayley	PREEN	WPA	GIRLS 12 (3 KM)	00:11:50
8	1607	Mopalami	MASEKBATA	AFS	GIRLS 12 (3 KM)	00:12:02
9	3054	Nadine	GOUWS	ACNW	GIRLS 12 (3 KM)	00:12:03
10	2518	Monique	CRAFFORD	CGA	GIRLS 12 (3 KM)	00:12:08
11	1619	Jayme	VERMAAS	AFS	GIRLS 12 (3 KM)	00:12:11
12	2524	Thandiwe	DLAMINI	CGA	GIRLS 12 (3 KM)	00:12:15
13	1808	Nicole	BASSON	AGN	GIRLS 12 (3 KM)	00:12:16
14	2114	Phumzile	MATLALA	AMPU	GIRLS 12 (3 KM)	00:12:20
15	2520	Babette	MINNAAR	CGA	GIRLS 12 (3 KM)	00:12:33
16	1603	Cherè	WEYDEMAN	AFS	GIRLS 12 (3 KM)	00:12:35
17	2816	Mamikie	MANAKA	LIMA	GIRLS 12 (3 KM)	00:12:37
18	1616	Hesmari	COETZEE	AFS	GIRLS 12 (3 KM)	00:12:39
19	1810	Dinyca	DICK	AGN	GIRLS 12 (3 KM)	00:12:40
20	1819	Karabo	MOLEELE	AGN	GIRLS 12 (3 KM)	00:12:42
21	2521	Alicia	SCHMIDT	CGA	GIRLS 12 (3 KM)	00:12:43
22	1824	Monique	STAPEL	AGN	GIRLS 12 (3 KM)	00:12:45
23	2115	Reene-Marie	LUUS	AMPU	GIRLS 12 (3 KM)	00:12:55

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
24	2525	Mariska	MEYER	CGA	GIRLS 12 (3 KM)	00:12:56
25	1825	Caelen	VAN DER WESTHUIZEN	AGN	GIRLS 12 (3 KM)	00:13:00
26	1815	Kyle	JOUBERT	AGN	GIRLS 12 (3 KM)	00:13:01
27	2817	Karabo	MASEMENE	LIMA	GIRLS 12 (3 KM)	00:13:04
28	2271	Rochelle	MENEZIES	ANWN	GIRLS 12 (3 KM)	00:13:07
29	2813	Alison	RUDDER	LIMA	GIRLS 12 (3 KM)	00:13:10
30	1821	Ilne	PRINSLOO	AGN	GIRLS 12 (3 KM)	00:13:12
31	2517	Janice	KRUGER	CGA	GIRLS 12 (3 KM)	00:13:14
32	2720	Sikhawulile	ZONDO	KZNA	GIRLS 12 (3 KM)	00:13:15
33	1809	Justine	BLAETTLER	AGN	GIRLS 12 (3 KM)	00:13:17
34	2819	Michelle	STEVENS	LIMA	GIRLS 12 (3 KM)	00:13:21
35	1602	Lerato	VALASHIYA	AFS	GIRLS 12 (3 KM)	00:13:21
36	3045	Jozanne	ST. QUINTIN	ACNW	GIRLS 12 (3 KM)	00:13:22
37	1617	Esmari	COETZEE	AFS	GIRLS 12 (3 KM)	00:13:22
38	2270	Nicolene	MARAIS	ANWN	GIRLS 12 (3 KM)	00:13:24
39	2030	Jeanne-Ami	STEENKAMP	AGW	GIRLS 12 (3 KM)	00:13:25
40	1811	Minette	BEZUIDENHOUT	AGN	GIRLS 12 (3 KM)	00:13:25
41	3290	Kgothatso	KOLA	IND	GIRLS 12 (3 KM)	00:13:26
42	2990	Megan	GEDULD	ANWN	GIRLS 12 (3 KM)	00:13:28
43	1612	Michaela	VAN STADEN	AFS	GIRLS 12 (3 KM)	00:13:30
44	2404	Line	VAN DEVENTER	AVT	GIRLS 12 (3 KM)	00:13:31
45	2526	Linda	SEPOTEKELE	CGA	GIRLS 12 (3 KM)	00:13:33
46	1601	Sebabatso	LITSESANE	AFS	GIRLS 12 (3 KM)	00:13:33
47	3057	Sunique	BECKER	ACNW	GIRLS 12 (3 KM)	00:13:33
48	2274	Keyileng	THUSI	ANWN	GIRLS 12 (3 KM)	00:13:34
49	1606	Riana	VAN DER LINDE	AFS	GIRLS 12 (3 KM)	00:13:35
50	1823	Chanzelle	SNYDER	AGN	GIRLS 12 (3 KM)	00:13:36
51	3031	Ansone	OLIVIER	ACNW	GIRLS 12 (3 KM)	00:13:37
52	2818	Janke	BLOUNT	LIMA	GIRLS 12 (3 KM)	00:13:37
53	3048	Lucy	MAHLATSI	ACNW	GIRLS 12 (3 KM)	00:13:39
54	2522	Bathabile	TLADI	CGA	GIRLS 12 (3 KM)	00:13:41
55	2680	Alyssa	BOTHA	IND	GIRLS 12 (3 KM)	00:13:42
56	1827	Karla	O	AGN	GIRLS 12 (3 KM)	00:13:43
57	3298	Hanri	LE ROUX	IND	GIRLS 12 (3 KM)	00:13:43
58	1814	Roxanne	HODGSON	AGN	GIRLS 12 (3 KM)	00:13:43
59	1817	Mihandi	KIRCHNER	AGN	GIRLS 12 (3 KM)	00:13:45
60	1822	Monique	SMITH	AGN	GIRLS 12 (3 KM)	00:13:49
61	1605	Amanda	KHULELA	AFS	GIRLS 12 (3 KM)	00:13:49
62	1610	Esranè	SNYMAN	AFS	GIRLS 12 (3 KM)	00:13:49
63	1614	Isabel	MÜLLER	AFS	GIRLS 12 (3 KM)	00:13:55
64	2814	Anrehet	JANSE VAN RENSBURG	LIMA	GIRLS 12 (3 KM)	00:13:55
65	3044	Jodean	ROSIN	ACNW	GIRLS 12 (3 KM)	00:13:56
66	3034	Carla	KOK	ACNW	GIRLS 12 (3 KM)	00:13:57
67	1818	Olebogeng	MALUNGANA	AGN	GIRLS 12 (3 KM)	00:13:59



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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
68	1608	Blommetjie	RAMAILE	AFS	GIRLS 12 (3 KM)	00:14:15
69	1620	Tara-Lea	VAN ZYL	AFS	GIRLS 12 (3 KM)	00:14:17
70	3039	Dorothea	HENNING	ACNW	GIRLS 12 (3 KM)	00:14:20
71	1813	Tebogo	SEKIBA	AGN	GIRLS 12 (3 KM)	00:14:21
72	3056	Rene	DU PLESSIS	ACNW	GIRLS 12 (3 KM)	00:14:23
73	1615	Melissa	MATTHEE	AFS	GIRLS 12 (3 KM)	00:14:26
74	1816	Michelene	KAHL	AGN	GIRLS 12 (3 KM)	00:14:27
75	1618	Modiegi	TLALE	AFS	GIRLS 12 (3 KM)	00:14:28
76	1604	Charleen	MOLELEKOA	AFS	GIRLS 12 (3 KM)	00:14:29
77	3058	Thetiwe	MPELE	ACNW	GIRLS 12 (3 KM)	00:14:31
78	2118	Jenice	DU RANT	AMPU	GIRLS 12 (3 KM)	00:14:33
79	2116	Dolly	MASHABA	AMPU	GIRLS 12 (3 KM)	00:14:38
80	2681	Tshegofatso	MASENYA	IND	GIRLS 12 (3 KM)	00:14:39
81	2405	Zizipho	NDWANGU	AVT	GIRLS 12 (3 KM)	00:14:43
82	3040	Elana	PRETORIUS	ACNW	GIRLS 12 (3 KM)	00:14:44
83	3046	Karin	STEYN	ACNW	GIRLS 12 (3 KM)	00:14:46
84	1826	Erica	WOLFAARDT	AGN	GIRLS 12 (3 KM)	00:14:46
85	3300	Onela	BHELWANA	IND	GIRLS 12 (3 KM)	00:14:48
86	2406	Lerato	MOKOENA	AVT	GIRLS 12 (3 KM)	00:14:50
87	1812	Mokgobo	DITSHEGO	AGN	GIRLS 12 (3 KM)	00:14:51
88	3038	Danel	WENTZEL	ACNW	GIRLS 12 (3 KM)	00:14:53
89	3050	Mechelle	HARMSE	ACNW	GIRLS 12 (3 KM)	00:14:55
90	3036	Chanté	DU PLESSIS	ACNW	GIRLS 12 (3 KM)	00:15:09
91	3037	Clarissa	LIEBENBERG	ACNW	GIRLS 12 (3 KM)	00:15:14
92	3029	Amber-Rose	DINEEN	ACNW	GIRLS 12 (3 KM)	00:15:15
93	3053	Monica	FERREIRA	ACNW	GIRLS 12 (3 KM)	00:15:16
94	2272	Micaela	MURLEY	ANWN	GIRLS 12 (3 KM)	00:15:21
95	3052	Micaela	MÜLDER	ACNW	GIRLS 12 (3 KM)	00:15:22
96	3043	Joane	STEYN	ACNW	GIRLS 12 (3 KM)	00:15:24
97	2119	Sarah	SPRUYT	AMPU	GIRLS 12 (3 KM)	00:15:25
98	2267	Zante	BOTHA	ANWN	GIRLS 12 (3 KM)	00:15:25
99	2682	Mmaphuti	MATHOBELA	IND	GIRLS 12 (3 KM)	00:15:26
100	3041	Elbé	KILIAN	ACNW	GIRLS 12 (3 KM)	00:15:36
101	3032	Bianca	PIETERSE	ACNW	GIRLS 12 (3 KM)	00:15:39
102	3035	Chane	STEYN	ACNW	GIRLS 12 (3 KM)	00:15:42
103	3055	Natasha	FOURIE	ACNW	GIRLS 12 (3 KM)	00:15:55
104	3042	Eliz-Maric	CRONJÉ	ACNW	GIRLS 12 (3 KM)	00:16:02
105	2407	Maccayla	SMITH	AVT	GIRLS 12 (3 KM)	00:16:08
106	2268	Charlize	JACOBS	ANWN	GIRLS 12 (3 KM)	00:16:14
107	3214	Johanna	TEANE	IND	GIRLS 12 (3 KM)	00:16:23
108	3215	Lethabo	KGWATIA	IND	GIRLS 12 (3 KM)	00:16:26
109	2117	Thandolethu	NCONGWANE	AMPU	GIRLS 12 (3 KM)	00:16:36
110	3049	Mavis	MDLULI	ACNW	GIRLS 12 (3 KM)	00:16:37
111	3047	Kayla	BORNMAN	ACNW	GIRLS 12 (3 KM)	00:17:15

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
112	3033	Boipelo	SEIPONE	ACNW	GIRLS 12 (3 KM)	00:17:34
<b>GIRLS 13 (3 KM)</b>						
1	1306	Amore	VENTER	LIMA	GIRLS 13 (3 KM)	00:11:06
2	997	Jessica	AYLWARD	CGA	GIRLS 13 (3 KM)	00:11:07
3	996	Jessica	BEZUIDENHOUT	CGA	GIRLS 13 (3 KM)	00:11:14
4	998	Mpuse Puseletso	DIETA	CGA	GIRLS 13 (3 KM)	00:11:20
5	1000	Dimpho	DIALE	CGA	GIRLS 13 (3 KM)	00:11:25
6	830	Alicia	JACOBS	ASWD	GIRLS 13 (3 KM)	00:11:30
7	831	Eumarie	STOFFELS	ASWD	GIRLS 13 (3 KM)	00:11:37
8	1004	Jana	VAN DER MERWE	CGA	GIRLS 13 (3 KM)	00:11:40
9	81	Mokoena	MANYWE	AFS	GIRLS 13 (3 KM)	00:11:41
10	724	Danielle	CILLIERS	ANWN	GIRLS 13 (3 KM)	00:12:03
11	1005	Carina	VILJOEN	CGA	GIRLS 13 (3 KM)	00:12:04
12	1208	Nonsikelelo	NDLELA	KZNA	GIRLS 13 (3 KM)	00:12:06
13	300	Bernike	VAN DYK	AGN	GIRLS 13 (3 KM)	00:12:10
14	1296	Suné	POTGIETER	LIMA	GIRLS 13 (3 KM)	00:12:11
15	294	Megan	ODENDAAL	AGN	GIRLS 13 (3 KM)	00:12:15
16	287	Marzanne	ALDRIDGE	AGN	GIRLS 13 (3 KM)	00:12:22
17	483	Bronwyn	BROWN	AGW	GIRLS 13 (3 KM)	00:12:23
18	297	Chantel	SCHEEPERS	AGN	GIRLS 13 (3 KM)	00:12:25
19	11565	Mia	NEL	ACNW	GIRLS 13 (3 KM)	00:12:26
20	301	Estelize	VAN ROOYEN	AGN	GIRLS 13 (3 KM)	00:12:31
21	999	Tharien	ERASMUS	CGA	GIRLS 13 (3 KM)	00:12:32
22	83	Janè	COETZEE	AFS	GIRLS 13 (3 KM)	00:12:33
23	1299	Abigail	BALOYI	LIMA	GIRLS 13 (3 KM)	00:12:36
24	295	Tarien	PRINSLOO	AGN	GIRLS 13 (3 KM)	00:12:37
25	1002	Marita	OBERHOLZER	CGA	GIRLS 13 (3 KM)	00:12:40
26	1001	Robyn	KALTENBRUNN	CGA	GIRLS 13 (3 KM)	00:12:42
27	736	Naomi	VAUGHN	ANWN	GIRLS 13 (3 KM)	00:12:42
28	1297	Kamogelo	MOLOBI	LIMA	GIRLS 13 (3 KM)	00:12:47
29	1298	Metja	BOSHOMANE	LIMA	GIRLS 13 (3 KM)	00:12:48
30	876	Mapina	TSELE	AVT	GIRLS 13 (3 KM)	00:12:49
31	303	Linmarie	VAN WYK	AGN	GIRLS 13 (3 KM)	00:12:50
32	290	Kirstin	HODGSON	AGN	GIRLS 13 (3 KM)	00:12:50
33	1003	Florence	RAMATLHO	CGA	GIRLS 13 (3 KM)	00:12:54
34	552	Danielle	SNYMAN	AMPU	GIRLS 13 (3 KM)	00:12:55
35	1301	Mart-Mari	VAN DER MERWE	LIMA	GIRLS 13 (3 KM)	00:12:58
36	877	Maserame	TSOTETSI	AVT	GIRLS 13 (3 KM)	00:12:59
37	299	Lilani	TRIBLEHORN	AGN	GIRLS 13 (3 KM)	00:13:00
38	79	Danica	BOTES	AFS	GIRLS 13 (3 KM)	00:13:01
39	729	Diandra	POTGIETER	ANWN	GIRLS 13 (3 KM)	00:13:04
40	289	Elindi	DE CONING	AGN	GIRLS 13 (3 KM)	00:13:05
41	302	Jurisa	VAN WYK	AGN	GIRLS 13 (3 KM)	00:13:07

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
42	80	Madelaine	LE ROUX	AFS	GIRLS 13 (3 KM)	00:13:08
43	551	Carlu	MEYER	AMPU	GIRLS 13 (3 KM)	00:13:09
44	879	Bongiwe	STUURMAN	AVT	GIRLS 13 (3 KM)	00:13:09
45	1303	Michell	BREDENKAMP	LIMA	GIRLS 13 (3 KM)	00:13:10
46	730	Trudie	PRETORIUS	ANWN	GIRLS 13 (3 KM)	00:13:11
47	1207	Sasha-Lee	NORDENGEN	KZNA	GIRLS 13 (3 KM)	00:13:12
48	878	Palesa	MOLOI	AVT	GIRLS 13 (3 KM)	00:13:13
49	293	Chane	MEYER	AGN	GIRLS 13 (3 KM)	00:13:14
50	11545	Barbra-Lee	VAN WYK	ACNW	GIRLS 13 (3 KM)	00:13:16
51	298	Benedictor	TEFFO	AGN	GIRLS 13 (3 KM)	00:13:20
52	1211	Lisha	VAN ONSELEN	KZNA	GIRLS 13 (3 KM)	00:13:20
53	733	Inge	VAN REYNEVELD	ANWN	GIRLS 13 (3 KM)	00:13:21
54	89	Daniela	LOUW	AFS	GIRLS 13 (3 KM)	00:13:24
55	304	Tsholofelo	ZWANE	AGN	GIRLS 13 (3 KM)	00:13:26
56	1304	Zandeele	GRIMBEEK	LIMA	GIRLS 13 (3 KM)	00:13:27
57	84	Clarise	JACOBS	AFS	GIRLS 13 (3 KM)	00:13:28
58	292	Joeliswa	JANSE VAN RENSBURG	AGN	GIRLS 13 (3 KM)	00:13:29
59	722	Kyla	BEZUIDENHOUT	ANWN	GIRLS 13 (3 KM)	00:13:30
60	1210	Aphiwe	MTHETHWA	KZNA	GIRLS 13 (3 KM)	00:13:30
61	291	Danielle	HUMAN	AGN	GIRLS 13 (3 KM)	00:13:31
62	96	Natalee	WUIM	AFS	GIRLS 13 (3 KM)	00:13:34
63	553	Nicole	JOUBERT	AMPU	GIRLS 13 (3 KM)	00:13:36
64	1305	Joane'	STRAUSS	LIMA	GIRLS 13 (3 KM)	00:13:36
65	731	Su-Marie	SOEKOE	ANWN	GIRLS 13 (3 KM)	00:13:36
66	1206	Thandeka	XABA	KZNA	GIRLS 13 (3 KM)	00:13:37
67	95	Andene	SCHOLTZ	AFS	GIRLS 13 (3 KM)	00:13:37
68	1172	Gracious	KEKANA	IND	GIRLS 13 (3 KM)	00:13:38
69	11571	Thelma	BOTHA	ACNW	GIRLS 13 (3 KM)	00:13:38
70	88	Rethabile	JABANE	AFS	GIRLS 13 (3 KM)	00:13:39
71	734	Ciara	VAN STADEN	ANWN	GIRLS 13 (3 KM)	00:13:40
72	880	Bernice	BOERS	AVT	GIRLS 13 (3 KM)	00:13:41
73	11548	Carmen	HETZEL	ACNW	GIRLS 13 (3 KM)	00:13:42
74	11550	Courtney	COOPER	ACNW	GIRLS 13 (3 KM)	00:13:45
75	102	Motlalepule	MALEBO	AFS	GIRLS 13 (3 KM)	00:13:46
76	1300	Pusuletso	CHUENE	LIMA	GIRLS 13 (3 KM)	00:13:47
77	1302	Anche	PALM	LIMA	GIRLS 13 (3 KM)	00:13:50
78	296	Marietjie	REITZ	AGN	GIRLS 13 (3 KM)	00:13:51
79	11546	Bianca	ESTERHUIZEN	ACNW	GIRLS 13 (3 KM)	00:13:51
80	101	Melissa	MAYBURG	AFS	GIRLS 13 (3 KM)	00:13:53
81	1307	Leane'	DU PLOOY	LIMA	GIRLS 13 (3 KM)	00:13:56
82	100	Jody	YORK	AFS	GIRLS 13 (3 KM)	00:13:57
83	99	Caroline	DRAAI	AFS	GIRLS 13 (3 KM)	00:13:58
84	11556	Kathleen	PLEKKER	ACNW	GIRLS 13 (3 KM)	00:14:00
85	11708	Neo	SHIBAMBO	IND	GIRLS 13 (3 KM)	00:14:01

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
86	92	Tsholofelo	MALEKE	AFS	GIRLS 13 (3 KM)	00:14:02
87	732	Chantel	VAN DER WESTHUIZEN	ANWN	GIRLS 13 (3 KM)	00:14:04
88	11554	Jeanette	DLOMO	ACNW	GIRLS 13 (3 KM)	00:14:10
89	93	Norma	MAGADLELA	AFS	GIRLS 13 (3 KM)	00:14:12
90	288	Michelle	BECKER	AGN	GIRLS 13 (3 KM)	00:14:14
91	97	Mokoena	DIKELEDI	AFS	GIRLS 13 (3 KM)	00:14:16
92	881	Mammie	MOLOI	AVT	GIRLS 13 (3 KM)	00:14:17
93	90	Reitumetse	MALEFANE	AFS	GIRLS 13 (3 KM)	00:14:18
94	86	Bianca	BEKKER	AFS	GIRLS 13 (3 KM)	00:14:20
95	481	Ilze	DOUGLAS	AGW	GIRLS 13 (3 KM)	00:14:21
96	11559	Liesel	POTGIETER	ACNW	GIRLS 13 (3 KM)	00:14:24
97	1308	Johané	SCHUTTE	LIMA	GIRLS 13 (3 KM)	00:14:27
98	11569	Nadia	BLAAUW	ACNW	GIRLS 13 (3 KM)	00:14:30
99	11563	Maria	MOLATLHEGI	ACNW	GIRLS 13 (3 KM)	00:14:32
100	1175	Anke	JANNASCH	IND	GIRLS 13 (3 KM)	00:14:34
101	726	Prudence	MPOLOKENG	ANWN	GIRLS 13 (3 KM)	00:14:37
102	1209	Sinethemba	MASUKU	KZNA	GIRLS 13 (3 KM)	00:14:38
103	1343	Kristen	HEATH	WPA	GIRLS 13 (3 KM)	00:14:40
104	11566	Mmathuto	MARITSHI	ACNW	GIRLS 13 (3 KM)	00:14:43
105	11568	Monika	PETERS	ACNW	GIRLS 13 (3 KM)	00:14:51
106	727	Marle	OOSTHUIZEN	ANWN	GIRLS 13 (3 KM)	00:14:58
107	11555	Jolene	JOOSTE	ACNW	GIRLS 13 (3 KM)	00:15:01
108	725	Matsidiso	MATABANE	ANWN	GIRLS 13 (3 KM)	00:15:01
109	94	Mphonyana	NKOI	AFS	GIRLS 13 (3 KM)	00:15:02
110	11562	Madelein	DU PLESSIS	ACNW	GIRLS 13 (3 KM)	00:15:03
111	11564	Marna	DU PLESSIS	ACNW	GIRLS 13 (3 KM)	00:15:04
112	882	Thea	ERXLEBEN	AVT	GIRLS 13 (3 KM)	00:15:14
113	11553	Jané	ELS	ACNW	GIRLS 13 (3 KM)	00:15:54
114	11544	Alzet	WEIDEMAN	ACNW	GIRLS 13 (3 KM)	00:16:00
115	11558	Leone	KRUGER	ACNW	GIRLS 13 (3 KM)	00:16:04
116	11707	Khothatso	VIVIAN	IND	GIRLS 13 (3 KM)	00:16:12
117	11572	Tshepan	SEIPONE	ACNW	GIRLS 13 (3 KM)	00:16:13
118	11552	Isabel	BREYDENBACH	ACNW	GIRLS 13 (3 KM)	00:16:27
119	482	Francel	RICHARDS	AGW	GIRLS 13 (3 KM)	00:16:31
120	11557	Lea	BREYTENBACH	ACNW	GIRLS 13 (3 KM)	00:16:34
121	11706	CONSTANCE	SEMENYA	IND	GIRLS 13 (3 KM)	00:17:26
122	11570	Renske	OOSTHUIZEN	ACNW	GIRLS 13 (3 KM)	00:17:44
123	11549	Claudine	ALLEN	ACNW	GIRLS 13 (3 KM)	00:21:28

## GIRLS 14 (4 KM)

1	2529	Thandi	SEHOHLE	CGA	GIRLS 14 (4 KM)	00:15:26
2	2537	Sune	JONKER	CGA	GIRLS 14 (4 KM)	00:15:35
3	2120	Nomsa	MNGOMEZULU	AMPU	GIRLS 14 (4 KM)	00:15:50
4	2531	Tiffani	BELL	CGA	GIRLS 14 (4 KM)	00:15:58



# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
5	2530	Minke	KRUGER	CGA	GIRLS 14 (4 KM)	00:16:05
6	1839	Marne	MENTZ	AGN	GIRLS 14 (4 KM)	00:16:14
7	1627	Senamelo	MLAMBO	AFS	GIRLS 14 (4 KM)	00:16:14
8	1838	Mapeo	MATHAPELO	AGN	GIRLS 14 (4 KM)	00:16:14
9	1846	Simone	VERWEY	AGN	GIRLS 14 (4 KM)	00:16:18
10	1843	Initza	PRETORIUS	AGN	GIRLS 14 (4 KM)	00:16:27
11	1631	Sibongile	NTAI	AFS	GIRLS 14 (4 KM)	00:16:32
12	1624	Ntshidiseng	MOSOEU	AFS	GIRLS 14 (4 KM)	00:16:38
13	2528	Nombulelo	MASHININI	CGA	GIRLS 14 (4 KM)	00:16:43
14	3064	Claudine	MARAIS	ACNW	GIRLS 14 (4 KM)	00:16:51
15	1833	Anneri	GREYLING	AGN	GIRLS 14 (4 KM)	00:16:55
16	2527	Mmatseko	MONARENG	CGA	GIRLS 14 (4 KM)	00:16:56
17	2359	Timoré	DEYCE	ASWD	GIRLS 14 (4 KM)	00:16:58
18	2687	Carmen	SCHUTTE	IND	GIRLS 14 (4 KM)	00:16:59
19	2280	Portia	MATEBELE	ANWN	GIRLS 14 (4 KM)	00:17:00
20	2357	Charlotte	DE BRUYN	ASWD	GIRLS 14 (4 KM)	00:17:01
21	2536	Jessica	JACOBS	CGA	GIRLS 14 (4 KM)	00:17:01
22	1626	Kgomotso	TAU	AFS	GIRLS 14 (4 KM)	00:17:02
23	1842	Anri	ODENDAAL	AGN	GIRLS 14 (4 KM)	00:17:03
24	1630	Evelyn	MOLIBELI	AFS	GIRLS 14 (4 KM)	00:17:06
25	1830	Sabrina	BOTTYAN	AGN	GIRLS 14 (4 KM)	00:17:07
26	3063	Celiska	KROUSE	ACNW	GIRLS 14 (4 KM)	00:17:08
27	2281	Vernoesch	REYNEKE	ANWN	GIRLS 14 (4 KM)	00:17:09
28	2356	Ayesha	PIETERSEN	ASWD	GIRLS 14 (4 KM)	00:17:11
29	3065	Jhelize	VOS	ACNW	GIRLS 14 (4 KM)	00:17:12
30	2535	Andria	BOTHA	CGA	GIRLS 14 (4 KM)	00:17:12
31	2121	Liska	BOTHA	AMPU	GIRLS 14 (4 KM)	00:17:13
32	1829	Sonel	BEZUIDENHOUT	AGN	GIRLS 14 (4 KM)	00:17:15
33	2358	Frederica	ARRIES	ASWD	GIRLS 14 (4 KM)	00:17:19
34	2122	Sindisiwe	SHONGWE	AMPU	GIRLS 14 (4 KM)	00:17:30
35	2540	Jean-Mare	WITTE	CGA	GIRLS 14 (4 KM)	00:17:31
36	2533	Cian	OLDKNOW	CGA	GIRLS 14 (4 KM)	00:17:42
37	1834	Monique	GREYLING	AGN	GIRLS 14 (4 KM)	00:17:42
38	2539	Yvonne	NDIMA	CGA	GIRLS 14 (4 KM)	00:17:45
39	2282	Veronica	SWARTZ	ANWN	GIRLS 14 (4 KM)	00:17:48
40	1835	Chantal-Lee	JOUBERT	AGN	GIRLS 14 (4 KM)	00:17:53
41	1623	Pamela	KUTYUNGA	AFS	GIRLS 14 (4 KM)	00:17:56
42	2825	Sunita	OLIVIER	LIMA	GIRLS 14 (4 KM)	00:17:57
43	2861	Zani	KRUGER	WPA	GIRLS 14 (4 KM)	00:17:59
44	2821	Godliver	LEGODI	LIMA	GIRLS 14 (4 KM)	00:17:59
45	2277	Daphne	BOTES	ANWN	GIRLS 14 (4 KM)	00:17:59
46	2820	Charllote	TEFFO	LIMA	GIRLS 14 (4 KM)	00:18:04
47	1840	Stephina	MTAU	AGN	GIRLS 14 (4 KM)	00:18:05
48	2124	Miranda	MANS	AMPU	GIRLS 14 (4 KM)	00:18:07

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
49	1844	Elizna	PRINSLOO	AGN	GIRLS 14 (4 KM)	00:18:08
50	2532	Olebogeng	MOSWEU	CGA	GIRLS 14 (4 KM)	00:18:11
51	1622	Fehliwe	MAKUME	AFS	GIRLS 14 (4 KM)	00:18:12
52	2685	Sunette	VOS	IND	GIRLS 14 (4 KM)	00:18:16
53	2123	Zanele	SHONGWE	AMPU	GIRLS 14 (4 KM)	00:18:17
54	3286	Lana	CAMPHER	IND	GIRLS 14 (4 KM)	00:18:20
55	1828	Jessica	ALCOCK	AGN	GIRLS 14 (4 KM)	00:18:20
56	1832	Simone	FOURIE	AGN	GIRLS 14 (4 KM)	00:18:22
57	2686	Keneilwe	MOLEKWA	IND	GIRLS 14 (4 KM)	00:18:25
58	1841	Nelly	NGWENYA	AGN	GIRLS 14 (4 KM)	00:18:27
59	1831	Camila	BRONKHORST	AGN	GIRLS 14 (4 KM)	00:18:40
60	2278	Jimaine	HUSEMEYER	ANWN	GIRLS 14 (4 KM)	00:18:42
61	1845	Nelda	STEYN	AGN	GIRLS 14 (4 KM)	00:18:44
62	3066	Marilue	BECKER	ACNW	GIRLS 14 (4 KM)	00:18:51
63	2826	Sulize (Susanna)	VAN ROOYEN	LIMA	GIRLS 14 (4 KM)	00:18:53
64	2822	Mary	BALOYI	LIMA	GIRLS 14 (4 KM)	00:18:55
65	2684	Susan	WILKINSON	IND	GIRLS 14 (4 KM)	00:18:57
66	2125	Chante	BLOM	AMPU	GIRLS 14 (4 KM)	00:19:09
67	3062	Carna-Mari	VAN DER MERWE	ACNW	GIRLS 14 (4 KM)	00:19:28
68	3070	Miriam	NOKHANGELA	ACNW	GIRLS 14 (4 KM)	00:19:32
69	2126	Cornelia	JANSE VAN RENSBURG	AMPU	GIRLS 14 (4 KM)	00:19:42
70	2031	Maryke	FOURIE	AGW	GIRLS 14 (4 KM)	00:19:47
71	2823	Rebecca	MOKABA	LIMA	GIRLS 14 (4 KM)	00:19:56
72	1628	Mapaseka	SENOKWANE	AFS	GIRLS 14 (4 KM)	00:20:07
73	2032	Leandre	VAN DYK	AGW	GIRLS 14 (4 KM)	00:20:20
74	2127	Nedine	KRIGE	AMPU	GIRLS 14 (4 KM)	00:20:30
75	2279	Nthabiseng	RAMPETE	ANWN	GIRLS 14 (4 KM)	00:20:36
76	2408	Kedibone	THWALA	AVT	GIRLS 14 (4 KM)	00:21:11
77	2283	Tshegofatso	MORABE	ANWN	GIRLS 14 (4 KM)	00:21:22
78	2665	Macie	CINODUKHULE	AMPU	GIRLS 14 (4 KM)	00:21:33
79	3217	Sarah	MASHISHI	IND	GIRLS 14 (4 KM)	00:21:39
80	3068	Mariné	BURGER	ACNW	GIRLS 14 (4 KM)	00:22:01
81	3069	Melissa	HAY	ACNW	GIRLS 14 (4 KM)	00:22:14
82	2130	Stefanie	FOURIE	AMPU	GIRLS 14 (4 KM)	00:22:24
83	2129	Dorothy	VAN DEN BERG	AMPU	GIRLS 14 (4 KM)	00:22:42
84	3061	Bianca	BEYERS	ACNW	GIRLS 14 (4 KM)	00:22:44
85	3067	Marine	J. V VUREN	ACNW	GIRLS 14 (4 KM)	00:23:35

## GIRLS 15 (4 KM)

1	1212	Sonto	DLAMINI	KZNA	GIRLS 15 (4 KM)	00:15:00
2	312	Thandeka	MANZENA	AGN	GIRLS 15 (4 KM)	00:15:11
3	1009	Monique	STANDER	CGA	GIRLS 15 (4 KM)	00:15:33
4	1310	Phaswa	PHADU	LIMA	GIRLS 15 (4 KM)	00:15:38
5	1008	Mikyla	FERREIRA	CGA	GIRLS 15 (4 KM)	00:15:40

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
6	1215	Phumzile	GWALA	KZNA	GIRLS 15 (4 KM)	00:16:03
7	1313	Chantell	BREDENKAMP	LIMA	GIRLS 15 (4 KM)	00:16:11
8	311	Johanna	MALULEKA	AGN	GIRLS 15 (4 KM)	00:16:13
9	1012	Sanna	KGOSI	CGA	GIRLS 15 (4 KM)	00:16:13
10	314	Lerato	MOHLOAI	AGN	GIRLS 15 (4 KM)	00:16:14
11	109	Maletale	MOTAUNG	AFS	GIRLS 15 (4 KM)	00:16:19
12	305	Mane	BESTER	AGN	GIRLS 15 (4 KM)	00:16:22
13	11737	Emihle	CUTWANA	ATRA	GIRLS 15 (4 KM)	00:16:25
14	1011	Zanele	SIKALALA	CGA	GIRLS 15 (4 KM)	00:16:28
15	313	Kylie	MERRICK	AGN	GIRLS 15 (4 KM)	00:16:29
16	1010	Janine	COOPER	CGA	GIRLS 15 (4 KM)	00:16:33
17	315	Busiswe	MOROATSELE	AGN	GIRLS 15 (4 KM)	00:16:34
18	11573	Anja	SCHLEBUSCH	ACNW	GIRLS 15 (4 KM)	00:16:38
19	11738	Vuyiseka	NGULISO	ATRA	GIRLS 15 (4 KM)	00:16:39
20	306	Marizel	CILLIERS	AGN	GIRLS 15 (4 KM)	00:16:39
21	1014	Estmari	VAN DER WESTHUIZEN	CGA	GIRLS 15 (4 KM)	00:16:40
22	318	Aynslee	VAN GRAAN	AGN	GIRLS 15 (4 KM)	00:16:42
23	107	Ezanne	KLEYNHANS	AFS	GIRLS 15 (4 KM)	00:17:04
24	11790	Mavis	NKABINDE	AMPU	GIRLS 15 (4 KM)	00:17:06
25	110	Kebileng	MAHLOKO	AFS	GIRLS 15 (4 KM)	00:17:10
26	11739	Zintombi	MAKHWENKWE	ATRA	GIRLS 15 (4 KM)	00:17:11
27	1180	Anzani	MULOVHEDZI	IND	GIRLS 15 (4 KM)	00:17:11
28	11740	Sinazo	KALVAS	ATRA	GIRLS 15 (4 KM)	00:17:17
29	316	Charne	SCOTT	AGN	GIRLS 15 (4 KM)	00:17:18
30	112	Sellwane	MASBUZA	AFS	GIRLS 15 (4 KM)	00:17:22
31	832	Michelle	VAN ROOYEN	ASWD	GIRLS 15 (4 KM)	00:17:27
32	1217	Gend	LOFSTRAND	KZNA	GIRLS 15 (4 KM)	00:17:28
33	920	Annereen	MALAN	BOLA	GIRLS 15 (4 KM)	00:17:29
34	11729	Sthembile	RADEBE	KZNA	GIRLS 15 (4 KM)	00:17:34
35	1007	Nasiphi	NOBANGANYE	CGA	GIRLS 15 (4 KM)	00:17:37
36	104	Melichia	KRUGER	AFS	GIRLS 15 (4 KM)	00:17:37
37	108	Motshabi	MASINDO	AFS	GIRLS 15 (4 KM)	00:17:38
38	11581	Mikyla	SNYMAN	ACNW	GIRLS 15 (4 KM)	00:17:40
39	113	Izanne	JACOBS	AFS	GIRLS 15 (4 KM)	00:17:43
40	558	Chane	DU PREEZ	AMPU	GIRLS 15 (4 KM)	00:17:43
41	322	Kylha	WOLFAARDT	AGN	GIRLS 15 (4 KM)	00:17:45
42	557	Tania	RHEEDER	AMPU	GIRLS 15 (4 KM)	00:17:53
43	745	Lizzy	THUSI	ANWN	GIRLS 15 (4 KM)	00:18:02
44	308	Daniella	DE JAGER	AGN	GIRLS 15 (4 KM)	00:18:03
45	105	Arnè	VAN ZYL	AFS	GIRLS 15 (4 KM)	00:18:06
46	111	Kgetho	MAIRA	AFS	GIRLS 15 (4 KM)	00:18:07
47	11578	Jodie	BERRY	ACNW	GIRLS 15 (4 KM)	00:18:08
48	921	Jaqueline	GOLIATH	BOLA	GIRLS 15 (4 KM)	00:18:09
49	1214	Nompilo	CELE	KZNA	GIRLS 15 (4 KM)	00:18:12

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
50	561	Pertunia	MOTHA	AMPU	GIRLS 15 (4 KM)	00:18:12
51	1314	Elizma	VAN DER MERWE	LIMA	GIRLS 15 (4 KM)	00:18:13
52	317	Simone	SIMPSON	AGN	GIRLS 15 (4 KM)	00:18:18
53	11574	Anneke	J. V VUUREN	ACNW	GIRLS 15 (4 KM)	00:18:19
54	923	Wilani	MULKE	BOLA	GIRLS 15 (4 KM)	00:18:22
55	319	Roche	VAN JAARVELD	AGN	GIRLS 15 (4 KM)	00:18:23
56	1309	Kedibone	BOSHOMANE	LIMA	GIRLS 15 (4 KM)	00:18:24
57	742	Elinza	MOSTERT	ANWN	GIRLS 15 (4 KM)	00:18:24
58	559	Nelisiwe	TALA	AMPU	GIRLS 15 (4 KM)	00:18:33
59	310	Janica	LABUSCHAGNE	AGN	GIRLS 15 (4 KM)	00:18:38
60	1013	Amore	VAN BAALEN	CGA	GIRLS 15 (4 KM)	00:18:40
61	743	Lebogang	MOLOTSI	ANWN	GIRLS 15 (4 KM)	00:18:41
62	739	Bianca	FERREIRA	ANWN	GIRLS 15 (4 KM)	00:18:43
63	748	Zariese	VENTER	ANWN	GIRLS 15 (4 KM)	00:18:45
64	1177	Maryke	NEL	IND	GIRLS 15 (4 KM)	00:18:53
65	740	Chante	RAUTENBACH	ANWN	GIRLS 15 (4 KM)	00:19:00
66	484	Charne	CLOETE	AGW	GIRLS 15 (4 KM)	00:19:03
67	562	Christell	BUCKNALL	AMPU	GIRLS 15 (4 KM)	00:19:04
68	922	Felecia	KHOANE	BOLA	GIRLS 15 (4 KM)	00:19:04
69	564	Elzette	JORDAAN	AMPU	GIRLS 15 (4 KM)	00:19:08
70	1312	Fatima	PHIRI	LIMA	GIRLS 15 (4 KM)	00:19:10
71	106	Dilani	STEYNBERG	AFS	GIRLS 15 (4 KM)	00:19:11
72	560	Elzaan	BUCKLE	AMPU	GIRLS 15 (4 KM)	00:19:11
73	746	Simone	BADENHORST	ANWN	GIRLS 15 (4 KM)	00:19:11
74	307	Cherese	COETSER	AGN	GIRLS 15 (4 KM)	00:19:12
75	321	Rachelle	VISAGIE	AGN	GIRLS 15 (4 KM)	00:19:15
76	883	Matshidiso	MSIBI	AVT	GIRLS 15 (4 KM)	00:19:16
77	320	Carmen	VAN LOGGENBERG	AGN	GIRLS 15 (4 KM)	00:19:21
78	11579	Jo-Marie	BOTES	ACNW	GIRLS 15 (4 KM)	00:19:30
79	309	Izelda	KNOETZE	AGN	GIRLS 15 (4 KM)	00:19:31
80	944	Andrea	MEKUUR	BOLA	GIRLS 15 (4 KM)	00:19:38
81	1178	Amelia	BOTHA	IND	GIRLS 15 (4 KM)	00:19:39
82	565	Elizmare	OLIVIER	AMPU	GIRLS 15 (4 KM)	00:19:41
83	563	Chante	DU PREEZ	AMPU	GIRLS 15 (4 KM)	00:19:45
84	566	Lwazi	NDZIMANDE	AMPU	GIRLS 15 (4 KM)	00:19:48
85	747	Veronique	VAND HEERDEN	ANWN	GIRLS 15 (4 KM)	00:19:54
86	738	Ane	BRIEL	ANWN	GIRLS 15 (4 KM)	00:20:25
87	567	Wandile	NDZIMANDE	AMPU	GIRLS 15 (4 KM)	00:21:02
88	11575	Desire	POTGIETER	ACNW	GIRLS 15 (4 KM)	00:21:20
89	741	Danica	COETZEE	ANWN	GIRLS 15 (4 KM)	00:21:44
90	11577	Idelette	MYNHARDT	ACNW	GIRLS 15 (4 KM)	00:21:46
91	1179	Shani	RUDDER	IND	GIRLS 15 (4 KM)	00:22:06
92	569	Leone	PRETORIUS	AMPU	GIRLS 15 (4 KM)	00:22:28
93	1213	Phumlile	KHWELA	KZNA	GIRLS 15 (4 KM)	00:22:35



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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
94	568	Bianca	VAN DER MERWE	AMPU	GIRLS 15 (4 KM)	00:22:38
95	1181	Anina	OBERHOLZER	IND	GIRLS 15 (4 KM)	00:22:39
96	11582	Samantha	BLAAUW	ACNW	GIRLS 15 (4 KM)	00:22:40
97	684	Ester	NKOSI	IND	GIRLS 15 (4 KM)	00:22:54

## GIRLS 16 (4 KM)

1	1863	Kyla	VAN GRAAN	AGN	GIRLS 16 (4 KM)	00:15:29
2	2549	Zandile	HADEBE	CGA	GIRLS 16 (4 KM)	00:15:51
3	1644	Sylvia	DLBAKWANE	AFS	GIRLS 16 (4 KM)	00:15:58
4	1634	Motsoasile	TSELANE	AFS	GIRLS 16 (4 KM)	00:16:13
5	1851	Annah	LEKALAKALA	AGN	GIRLS 16 (4 KM)	00:16:16
6	1848	Angelique	FAASEN	AGN	GIRLS 16 (4 KM)	00:16:28
7	2542	Lauren	BOTHA	CGA	GIRLS 16 (4 KM)	00:16:29
8	2551	Jolene	RABIE	CGA	GIRLS 16 (4 KM)	00:16:29
9	2550	Morotsi	MOHAPI	CGA	GIRLS 16 (4 KM)	00:16:30
10	2553	Murendwa	DAVHANA	CGA	GIRLS 16 (4 KM)	00:16:33
11	2548	Nomsa	COSSA	CGA	GIRLS 16 (4 KM)	00:16:34
12	2438	Janey	VAN DER MERWE	BOLA	GIRLS 16 (4 KM)	00:16:36
13	1635	Felecia	MOFOKENG	AFS	GIRLS 16 (4 KM)	00:16:38
14	1637	Nthati	TSHABALALA	AFS	GIRLS 16 (4 KM)	00:16:42
15	2545	Dimpho	MOKGETHI	CGA	GIRLS 16 (4 KM)	00:16:47
16	2552	Michelle	STRYDOM	CGA	GIRLS 16 (4 KM)	00:16:47
17	2827	Leandri	JANSEN VAN RENSBURG	LIMA	GIRLS 16 (4 KM)	00:16:52
18	1852	Eugenie	LOMBARD	AGN	GIRLS 16 (4 KM)	00:17:02
19	3073	Chantelle	CALLOWITZ	ACNW	GIRLS 16 (4 KM)	00:17:05
20	2541	Chante	VENTER	CGA	GIRLS 16 (4 KM)	00:17:05
21	2828	Jolande'	MULLER	LIMA	GIRLS 16 (4 KM)	00:17:08
22	2547	Chante	BESTER	CGA	GIRLS 16 (4 KM)	00:17:19
23	3295	Megan	SMITH	ANWN	GIRLS 16 (4 KM)	00:17:21
24	2544	Brigiette	BEZUIDENHOUT	CGA	GIRLS 16 (4 KM)	00:17:37
25	2543	Doricia	LE ROUX	CGA	GIRLS 16 (4 KM)	00:17:41
26	1857	Boepelo	SERARILWE	AGN	GIRLS 16 (4 KM)	00:17:46
27	1855	Charne	PRINSLOO	AGN	GIRLS 16 (4 KM)	00:17:52
28	1850	Anita	LANDSBERG	AGN	GIRLS 16 (4 KM)	00:17:53
29	2439	Hester	MANIEWIL	BOLA	GIRLS 16 (4 KM)	00:17:55
30	2546	Melissa	PRETORIUS	CGA	GIRLS 16 (4 KM)	00:17:58
31	2361	Maurica	LE GRANGE	ASWD	GIRLS 16 (4 KM)	00:18:00
32	1638	Makekema	DIKELEDI	AFS	GIRLS 16 (4 KM)	00:18:02
33	2441	Sulette	KOTZE	BOLA	GIRLS 16 (4 KM)	00:18:09
34	1849	Bianca	JANSE VAN RENSBURG	AGN	GIRLS 16 (4 KM)	00:18:12
35	2862	Leanda	DU BRUYN	WPA	GIRLS 16 (4 KM)	00:18:15
36	1856	Palesa	SEDIANE	AGN	GIRLS 16 (4 KM)	00:18:19
37	2689	Portia	MALAUDZI	IND	GIRLS 16 (4 KM)	00:18:20
38	2443	Anja	CAROSINI	BOLA	GIRLS 16 (4 KM)	00:18:21

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
39	1860	Lutendo	THOVHOGI	AGN	GIRLS 16 (4 KM)	00:18:24
40	3072	Arista	NEETHLING	ACNW	GIRLS 16 (4 KM)	00:18:37
41	2440	Priscilla	BOOYSEN	BOLA	GIRLS 16 (4 KM)	00:18:43
42	3071	Annique	BURGER	ACNW	GIRLS 16 (4 KM)	00:18:45
43	1847	Welmare	DE BRUIN	AGN	GIRLS 16 (4 KM)	00:18:57
44	1861	Rozelle	VAN DER SANDE	AGN	GIRLS 16 (4 KM)	00:19:02
45	1853	Carmen	MEYER	AGN	GIRLS 16 (4 KM)	00:19:04
46	1641	Thandi	MHLAFU	AFS	GIRLS 16 (4 KM)	00:19:08
47	1862	Jeanette	VAN DEVENTER	AGN	GIRLS 16 (4 KM)	00:19:09
48	3077	Motlhaaleng	SEITEBALENG	ACNW	GIRLS 16 (4 KM)	00:19:23
49	1854	Ruhanie	OBERHOLZER	AGN	GIRLS 16 (4 KM)	00:19:24
50	1643	Lerato	MBONGO	AFS	GIRLS 16 (4 KM)	00:19:28
51	1864	Corni	VENTER	AGN	GIRLS 16 (4 KM)	00:19:31
52	1640	Hanley	VAN DER WATH	AFS	GIRLS 16 (4 KM)	00:19:32
53	2132	Sibongile	NGWENYA	AMPU	GIRLS 16 (4 KM)	00:19:33
54	1859	Yolandi	SWART	AGN	GIRLS 16 (4 KM)	00:19:35
55	2690	Ignition	MOKOU	IND	GIRLS 16 (4 KM)	00:19:37
56	3296	Koketso	MOKOWE	ANWN	GIRLS 16 (4 KM)	00:19:43
57	2360	Althea	FESTUS	ASWD	GIRLS 16 (4 KM)	00:19:48
58	3294	Minande	SWIEGERS	ANWN	GIRLS 16 (4 KM)	00:19:51
59	1642	Thandeka	KULA	AFS	GIRLS 16 (4 KM)	00:19:59
60	1858	Zelke	SLABBERT	AGN	GIRLS 16 (4 KM)	00:20:04
61	3074	Cindy	POTGIETER	ACNW	GIRLS 16 (4 KM)	00:20:12
62	2133	Eliz - Mari	MARX	AMPU	GIRLS 16 (4 KM)	00:20:15
63	2135	Thandeka	SIBANYONI	AMPU	GIRLS 16 (4 KM)	00:20:16
64	2139	Susan	PRESSLY	AMPU	GIRLS 16 (4 KM)	00:20:34
65	2691	Suretha	JANNASCH	IND	GIRLS 16 (4 KM)	00:20:35
66	3297	Jenave	RAUTENBACH	ANWN	GIRLS 16 (4 KM)	00:21:11
67	2134	Karen	PIENAAR	AMPU	GIRLS 16 (4 KM)	00:21:14
68	2138	Anica	ROSSOUW	AMPU	GIRLS 16 (4 KM)	00:21:25
69	3079	Sindiswe	SETUMO	ACNW	GIRLS 16 (4 KM)	00:21:27
70	3076	Michelle	VISSER	ACNW	GIRLS 16 (4 KM)	00:21:38
71	3075	Megan	KRUGER	ACNW	GIRLS 16 (4 KM)	00:21:39
72	3292	Danielle	MENEZIES	ANWN	GIRLS 16 (4 KM)	00:21:48
73	2136	Lize - Marie	BLOM	AMPU	GIRLS 16 (4 KM)	00:21:59
74	3078	Roxanne	SCHMIDT	ACNW	GIRLS 16 (4 KM)	00:22:09
75	2141	Michelle	KOCK	AMPU	GIRLS 16 (4 KM)	00:25:29
76	2142	Veness	PRINSLOO	AMPU	GIRLS 16 (4 KM)	00:25:52

## GIRLS 17 (4 KM)

1	115	Limakatso	MOSIA	AFS	GIRLS 17 (4 KM)	00:16:07
2	1015	Estie	BRITS	CGA	GIRLS 17 (4 KM)	00:16:30
3	329	Leani	GRIMES	AGN	GIRLS 17 (4 KM)	00:16:35
4	1219	Ntobeko	RADEBE	KZNA	GIRLS 17 (4 KM)	00:16:40

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
5	323	Alicia	BEKKER	AGN	GIRLS 17 (4 KM)	00:16:45
6	331	Celiane	HEYNS	AGN	GIRLS 17 (4 KM)	00:16:58
7	341	Marike	VERMAAK	AGN	GIRLS 17 (4 KM)	00:16:59
8	1218	Balile	DLAMINI	KZNA	GIRLS 17 (4 KM)	00:17:00
9	339	Mone	SCHALEKAMP	AGN	GIRLS 17 (4 KM)	00:17:03
10	1019	Mpho	NHLAPO	CGA	GIRLS 17 (4 KM)	00:17:05
11	336	Jeane	NOTHLING	AGN	GIRLS 17 (4 KM)	00:17:16
12	1344	Martha	LOTTER	WPA	GIRLS 17 (4 KM)	00:17:17
13	928	Leentjie	VISSER	BOLA	GIRLS 17 (4 KM)	00:17:18
14	3244	Asiphe	NONDAPHU	ATRA	GIRLS 17 (4 KM)	00:17:19
15	570	Reneilwe	MOSETSA	AMPU	GIRLS 17 (4 KM)	00:17:22
16	1020	Marli	VAN STADEN	CGA	GIRLS 17 (4 KM)	00:17:24
17	926	Adri	BEUKES	BOLA	GIRLS 17 (4 KM)	00:17:29
18	117	Mamnelo	MOLAOA	AFS	GIRLS 17 (4 KM)	00:17:33
19	3243	Ziyanda	SIKHAFINI	ATRA	GIRLS 17 (4 KM)	00:17:34
20	1316	Mariska	PRETORUIS	LIMA	GIRLS 17 (4 KM)	00:17:38
21	121	Portia	RAMOLAHLOANE	AFS	GIRLS 17 (4 KM)	00:17:40
22	1017	Goodness	LICHABA	CGA	GIRLS 17 (4 KM)	00:17:44
23	751	Lorissa	HUSEMEYER	ANWN	GIRLS 17 (4 KM)	00:17:50
24	925	Annamart	LAUBSCHER	BOLA	GIRLS 17 (4 KM)	00:17:54
25	571	Anin	KOEN	AMPU	GIRLS 17 (4 KM)	00:18:01
26	337	Anelle	PRETORIUS	AGN	GIRLS 17 (4 KM)	00:18:03
27	753	Tsholofelo	KGOKONG	ANWN	GIRLS 17 (4 KM)	00:18:05
28	326	Esmare	DUVENHAGE	AGN	GIRLS 17 (4 KM)	00:18:07
29	1221	Thobile	BUTHELEZI	KZNA	GIRLS 17 (4 KM)	00:18:08
30	929	Mariska	BRUWER	BOLA	GIRLS 17 (4 KM)	00:18:08
31	122	Motshidisi	PHATSOANE	AFS	GIRLS 17 (4 KM)	00:18:11
32	1220	Bongiwe	MAZIBUKO	KZNA	GIRLS 17 (4 KM)	00:18:13
33	833	Marion	ERASMUS	ASWD	GIRLS 17 (4 KM)	00:18:14
34	752	Michelle	DANIELS	ANWN	GIRLS 17 (4 KM)	00:18:22
35	11586	Launé	MEYER	ACNW	GIRLS 17 (4 KM)	00:18:23
36	927	Natalie	HANEKOM	BOLA	GIRLS 17 (4 KM)	00:18:25
37	328	Vanessa	ESTERHUIZEN	AGN	GIRLS 17 (4 KM)	00:18:26
38	1318	Tess	BESTER	LIMA	GIRLS 17 (4 KM)	00:18:30
39	576	Zurika	BOTHA	AMPU	GIRLS 17 (4 KM)	00:18:33
40	749	Anri	VILJOEN	ANWN	GIRLS 17 (4 KM)	00:18:37
41	119	Tlaleng	MOJESO	AFS	GIRLS 17 (4 KM)	00:18:39
42	325	Suane	CILLIE	AGN	GIRLS 17 (4 KM)	00:18:40
43	11665	Cherise	SIMS	BORA	GIRLS 17 (4 KM)	00:18:41
44	327	Zaan	ERWEE	AGN	GIRLS 17 (4 KM)	00:18:42
45	573	Marcia	MOKWANA	AMPU	GIRLS 17 (4 KM)	00:18:42
46	930	Jasmine	ARENDS	BOLA	GIRLS 17 (4 KM)	00:18:48
47	885	Boitumelo	MOLEFE	AVT	GIRLS 17 (4 KM)	00:18:49
48	332	Hilda	KASA	AGN	GIRLS 17 (4 KM)	00:18:53

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
49	1016	Rose	SHABALALA	CGA	GIRLS 17 (4 KM)	00:18:56
50	1018	Nthatisi	MOKHELE	CGA	GIRLS 17 (4 KM)	00:18:59
51	572	Rene	RHEEDER	AMPU	GIRLS 17 (4 KM)	00:18:59
52	120	Thembeke	WILLIAMS	AFS	GIRLS 17 (4 KM)	00:19:06
53	11709	Kanyisa	Ngqokocya	IND	GIRLS 17 (4 KM)	00:19:07
54	338	Andri	PRINSLOO	AGN	GIRLS 17 (4 KM)	00:19:13
55	124	Claire	VAN DYK	AFS	GIRLS 17 (4 KM)	00:19:22
56	485	Zandria	VAN DYK	AGW	GIRLS 17 (4 KM)	00:19:25
57	1317	Liancke	VENTER	LIMA	GIRLS 17 (4 KM)	00:19:36
58	11666	Tayla	BOUCHER	BORA	GIRLS 17 (4 KM)	00:19:45
59	11590	Patty	GOUWS	ACNW	GIRLS 17 (4 KM)	00:19:47
60	324	Patience	BOSHIELLO	AGN	GIRLS 17 (4 KM)	00:19:59
61	11583	Bodine	V SCHALKWYK	ACNW	GIRLS 17 (4 KM)	00:20:01
62	574	Heilette	KIEVIET	AMPU	GIRLS 17 (4 KM)	00:20:07
63	11588	Olivia	CONRADIE	ACNW	GIRLS 17 (4 KM)	00:20:09
64	11584	Dalena	ODENDAAL	ACNW	GIRLS 17 (4 KM)	00:20:13
65	1315	Denise	CLOETE	LIMA	GIRLS 17 (4 KM)	00:20:14
66	575	Annee	VAN DER MERWE	AMPU	GIRLS 17 (4 KM)	00:20:15
67	116	Sumandri	BOTES	AFS	GIRLS 17 (4 KM)	00:20:39
68	3236	Leandra	STEINMANN	AMPU	GIRLS 17 (4 KM)	00:20:44
69	11589	Pascaline	MORAKE	ACNW	GIRLS 17 (4 KM)	00:20:49
70	333	Samone	LABUSCHAGNE	AGN	GIRLS 17 (4 KM)	00:21:39
71	750	Lindie	PANSEGRAUW	ANWN	GIRLS 17 (4 KM)	00:21:46
72	1319	Natasha	CILLIERS	LIMA	GIRLS 17 (4 KM)	00:22:31
73	11591	Yolandi	BOTHA	ACNW	GIRLS 17 (4 KM)	00:23:07
74	577	Jennifer	NKOANA	AMPU	GIRLS 17 (4 KM)	00:24:11

## GIRLS 8 (1 KM)

1	2554	Michaela	MURAT	CGA	GIRLS 8 (1 KM)	00:03:40
2	2556	Elisma	PIO	CGA	GIRLS 8 (1 KM)	00:03:41
3	3083	Chanel	HETZEL	ACNW	GIRLS 8 (1 KM)	00:03:43
4	2830	Zonica	VAN NIEKERK	LIMA	GIRLS 8 (1 KM)	00:03:47
5	1869	Izel	EHLERS	AGN	GIRLS 8 (1 KM)	00:03:47
6	1876	Daniel	STEYN	AGN	GIRLS 8 (1 KM)	00:03:52
7	1872	Anriette	HAASBROEK	AGN	GIRLS 8 (1 KM)	00:03:54
8	1877	Janca	STEYN	AGN	GIRLS 8 (1 KM)	00:03:55
9	1880	Angelique	TEGMANN	AGN	GIRLS 8 (1 KM)	00:03:59
10	3096	Louise	ZACHARIA	ACNW	GIRLS 8 (1 KM)	00:04:04
11	1868	Leshan	CURLEWIS	AGN	GIRLS 8 (1 KM)	00:04:05
12	1881	Cimon	VAN DER WESTHUIZEN	AGN	GIRLS 8 (1 KM)	00:04:05
13	3105	Rouxle	MARAIS	ACNW	GIRLS 8 (1 KM)	00:04:08
14	3107	Sunel	SMIT	ACNW	GIRLS 8 (1 KM)	00:04:09
15	1870	Kaylen	WEISS	AGN	GIRLS 8 (1 KM)	00:04:11
16	2144	Nothando	MASHILE	AMPU	GIRLS 8 (1 KM)	00:04:12



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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
17	1875	Neo	PHOSA	AGN	GIRLS 8 (1 KM)	00:04:12
18	1866	Hemare	BEZUIDENHOUT	AGN	GIRLS 8 (1 KM)	00:04:12
19	1879	Liezl-Migne	SWANEPOEL	AGN	GIRLS 8 (1 KM)	00:04:14
20	1867	Jua	BLOM	AGN	GIRLS 8 (1 KM)	00:04:14
21	3081	Anushka	ANNANDALE	ACNW	GIRLS 8 (1 KM)	00:04:16
22	1871	Lizame	ERASMUS	AGN	GIRLS 8 (1 KM)	00:04:19
23	1883	Jeanemie	VORSTER	AGN	GIRLS 8 (1 KM)	00:04:19
24	2293	Lara	RALL	ANWN	GIRLS 8 (1 KM)	00:04:29
25	3080	Ana	WEST	ACNW	GIRLS 8 (1 KM)	00:04:30
26	3088	Emmarentia	LOCK	ACNW	GIRLS 8 (1 KM)	00:04:36
27	1882	Megan	VAN DER WESTHUIZEN	AGN	GIRLS 8 (1 KM)	00:04:43
28	1865	San-Mari	ACKERMAN	AGN	GIRLS 8 (1 KM)	00:04:51
29	2145	Joanne	KUHN	AMPU	GIRLS 8 (1 KM)	00:04:52
30	3095	Lorraine	HAMILTON-ATWELL	ACNW	GIRLS 8 (1 KM)	00:04:54
31	1878	Rene	STOFFELS	AGN	GIRLS 8 (1 KM)	00:04:55
32	2146	Marne	NORTJE	AMPU	GIRLS 8 (1 KM)	00:04:59
33	1874	Jana	PANSEGROUW	AGN	GIRLS 8 (1 KM)	00:05:00
34	3220	Bonolo	MANGANE	IND	GIRLS 8 (1 KM)	00:05:02
35	2309	Tasakane	MARINGA	IND	GIRLS 8 (1 KM)	00:05:04
36	1873	Charmain	MOKWANA	AGN	GIRLS 8 (1 KM)	00:05:05
37	3099	Maricha	PENN	ACNW	GIRLS 8 (1 KM)	00:05:06
38	3221	Gontse	MEHLOPE	IND	GIRLS 8 (1 KM)	00:05:07
39	3222	Keabetswe	KHOZA	IND	GIRLS 8 (1 KM)	00:05:08
40	3104	Mizelle	MULLER	ACNW	GIRLS 8 (1 KM)	00:05:09
41	3086	Emma	NEL	ACNW	GIRLS 8 (1 KM)	00:05:11
42	2297	Zane	DE KLERK	ANWN	GIRLS 8 (1 KM)	00:05:13
43	2299	Shani	VENTER	ANWN	GIRLS 8 (1 KM)	00:05:14
44	2831	Bella	LETSOALO	LIMA	GIRLS 8 (1 KM)	00:05:15
45	2295	Tanya	VAN RHYN	ANWN	GIRLS 8 (1 KM)	00:05:16
46	2035	Rue-Ellynn	JANTJIES	AGW	GIRLS 8 (1 KM)	00:05:17
47	2411	Rethadile	JANTJIE	AVT	GIRLS 8 (1 KM)	00:05:18
48	2034	Transia	NOETH	AGW	GIRLS 8 (1 KM)	00:05:21
49	2409	Talita	GROENEWALD	AVT	GIRLS 8 (1 KM)	00:05:21
50	3091	Janca	KOEKEMOER	ACNW	GIRLS 8 (1 KM)	00:05:22
51	2834	Elsje	KRIEL	LIMA	GIRLS 8 (1 KM)	00:05:23
52	3108	Vizahn	BURGER	ACNW	GIRLS 8 (1 KM)	00:05:25
53	3082	Atli	MOEMI	ACNW	GIRLS 8 (1 KM)	00:05:26
54	3087	Emma-Jayne	DE BEER	ACNW	GIRLS 8 (1 KM)	00:05:27
55	2410	Lebo	NAKEDI	AVT	GIRLS 8 (1 KM)	00:05:29
56	2412	Bontle	JANTJIE	AVT	GIRLS 8 (1 KM)	00:05:30
57	3101	Megan	HATTING	ACNW	GIRLS 8 (1 KM)	00:05:30
58	3093	Leanri	KOTZÉ	ACNW	GIRLS 8 (1 KM)	00:05:31
59	2296	Franzel	VAN WYK	ANWN	GIRLS 8 (1 KM)	00:05:31
60	3092	Kayla	LOMBARD	ACNW	GIRLS 8 (1 KM)	00:05:32

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
61	3100	Marliné	DU TOIT	ACNW	GIRLS 8 (1 KM)	00:05:32
62	2301	Lynette	WESSELS	ANWN	GIRLS 8 (1 KM)	00:05:32
63	2147	Yane	BROEKMAN	AMPU	GIRLS 8 (1 KM)	00:05:33
64	3094	Leonore	LUBBE	ACNW	GIRLS 8 (1 KM)	00:05:34
65	3097	Luze	OLIVIER	ACNW	GIRLS 8 (1 KM)	00:05:36
66	3106	Stephanie	ESTERHUIZEN	ACNW	GIRLS 8 (1 KM)	00:05:37
67	2832	Christine	KRUGER	LIMA	GIRLS 8 (1 KM)	00:05:39
68	2833	Chris-Mari	DARVALL	LIMA	GIRLS 8 (1 KM)	00:05:40
69	2036	Bontle	EKSTEEN	AGW	GIRLS 8 (1 KM)	00:05:41
70	2294	Marinet	VAN DER WALT	ANWN	GIRLS 8 (1 KM)	00:05:43
71	3102	Mejanie	V RAVENSWAAY	ACNW	GIRLS 8 (1 KM)	00:05:44
72	2285	Liezel	BOSHOFF	ANWN	GIRLS 8 (1 KM)	00:05:45
73	2298	Vicky	SMITH	ANWN	GIRLS 8 (1 KM)	00:05:48
74	2284	Carla	BESTER	ANWN	GIRLS 8 (1 KM)	00:05:49
75	3089	Izabel	PRETORIUS	ACNW	GIRLS 8 (1 KM)	00:05:50
76	2300	Kylie	VERWEY	ANWN	GIRLS 8 (1 KM)	00:05:50
77	2037	Nobuhle	EKSTEEN	AGW	GIRLS 8 (1 KM)	00:05:50
78	2286	Klare	BOTHA	ANWN	GIRLS 8 (1 KM)	00:05:51
79	2287	Ichelle	HEPBURN	ANWN	GIRLS 8 (1 KM)	00:05:52
80	3098	Magdel	KOTZÉ	ACNW	GIRLS 8 (1 KM)	00:05:53
81	2289	Stephanie	HEPBURN	ANWN	GIRLS 8 (1 KM)	00:05:53
82	2292	Chane	MARAIS	ANWN	GIRLS 8 (1 KM)	00:05:54
83	2290	Elanie	HEPBURN	ANWN	GIRLS 8 (1 KM)	00:05:55
84	2033	Kayla	BARANARD	AGW	GIRLS 8 (1 KM)	00:05:56

## GIRLS 9 (2 KM)

1	1025	Keletso	SENOSI	CGA	GIRLS 9 (2 KM)	00:07:51
2	11662	Dorah	MAAPE	AGN	GIRLS 9 (2 KM)	00:07:59
3	1023	Ntando	MSIBI	CGA	GIRLS 9 (2 KM)	00:08:13
4	126	Mamphukhe	MOFOKENG	AFS	GIRLS 9 (2 KM)	00:08:20
5	354	Michaela	NELL	AGN	GIRLS 9 (2 KM)	00:08:27
6	349	Madalene	HUMAN	AGN	GIRLS 9 (2 KM)	00:08:31
7	129	Matshediso	MOSIA	AFS	GIRLS 9 (2 KM)	00:08:33
8	1024	Ntombenhle	SEABI	CGA	GIRLS 9 (2 KM)	00:08:33
9	1026	Megan	WOOD	CGA	GIRLS 9 (2 KM)	00:08:35
10	343	Ulrica	BLOM	AGN	GIRLS 9 (2 KM)	00:08:36
11	353	Ofentse	MAKHUBEDU	AGN	GIRLS 9 (2 KM)	00:08:39
12	1321	Christelle	COETZER	LIMA	GIRLS 9 (2 KM)	00:08:39
13	1322	Zanel	STEENKAMP	LIMA	GIRLS 9 (2 KM)	00:08:40
14	358	Chante	STONLAKE	AGN	GIRLS 9 (2 KM)	00:08:44
15	1022	Tiny	MOTAUNG	CGA	GIRLS 9 (2 KM)	00:08:48
16	348	Anke	GREYLING	AGN	GIRLS 9 (2 KM)	00:08:49
17	355	Patience	PHAHLAMOHLA	AGN	GIRLS 9 (2 KM)	00:08:53
18	11596	Evah	SEKALEDI	ACNW	GIRLS 9 (2 KM)	00:08:53

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
19	344	Khara	COETZEE	AGN	GIRLS 9 (2 KM)	00:09:03
20	1021	Edmarie	EDWARDS	CGA	GIRLS 9 (2 KM)	00:09:04
21	1323	Jenelle	DE JONGE	LIMA	GIRLS 9 (2 KM)	00:09:10
22	578	Nontobeko	MABUZA	AMPU	GIRLS 9 (2 KM)	00:09:10
23	125	Chandrè	ERASMUS	AFS	GIRLS 9 (2 KM)	00:09:12
24	359	Grete-lee	SWANEPOEL	AGN	GIRLS 9 (2 KM)	00:09:13
25	350	Charmari	KOTZE	AGN	GIRLS 9 (2 KM)	00:09:13
26	11593	Anne	VAN AARDE	ACNW	GIRLS 9 (2 KM)	00:09:14
27	130	Mahadi	MOKOENA	AFS	GIRLS 9 (2 KM)	00:09:15
28	346	Jeanne	DE BEER	AGN	GIRLS 9 (2 KM)	00:09:17
29	757	Michelle	GEDULD	ANWN	GIRLS 9 (2 KM)	00:09:20
30	134	Nadine	KEMP	AFS	GIRLS 9 (2 KM)	00:09:21
31	682	Darabile	MOLEFI	ANWN	GIRLS 9 (2 KM)	00:09:27
32	347	Jana	DREECKMEIER	AGN	GIRLS 9 (2 KM)	00:09:27
33	127	Blanchè	LOMBAARD	AFS	GIRLS 9 (2 KM)	00:09:27
34	580	Anushka	WARDECK	AMPU	GIRLS 9 (2 KM)	00:09:33
35	345	Michelle	CRONJE	AGN	GIRLS 9 (2 KM)	00:09:34
36	356	Palesa	QHOSHELA	AGN	GIRLS 9 (2 KM)	00:09:37
37	1184	Precious	DHEMBA	IND	GIRLS 9 (2 KM)	00:09:38
38	351	Mianco	KOTZE	AGN	GIRLS 9 (2 KM)	00:09:40
39	888	Hubri	VAN DEVENTER	AVT	GIRLS 9 (2 KM)	00:09:40
40	579	Nomcebo	MTSHALI	AMPU	GIRLS 9 (2 KM)	00:09:44
41	1183	Mahlatse	LEBOHO	IND	GIRLS 9 (2 KM)	00:09:45
42	128	Deanri	SNYMAN	AFS	GIRLS 9 (2 KM)	00:09:47
43	1324	Anke	MINNAAR	LIMA	GIRLS 9 (2 KM)	00:09:48
44	11597	Jacolize	HENNING	ACNW	GIRLS 9 (2 KM)	00:09:48
45	11602	Kate	SEILANE	ACNW	GIRLS 9 (2 KM)	00:09:52
46	581	Nonjabulo	MNISI	AMPU	GIRLS 9 (2 KM)	00:09:56
47	11600	Jenna-Marie	LEE	ACNW	GIRLS 9 (2 KM)	00:09:58
48	11710	Phethogo	MASHIANGOAKO	IND	GIRLS 9 (2 KM)	00:10:00
49	763	Lara-anne	STRYDOM	ANWN	GIRLS 9 (2 KM)	00:10:06
50	342	Bernice	BADENHORST	AGN	GIRLS 9 (2 KM)	00:10:10
51	131	Larisca	STEYN	AFS	GIRLS 9 (2 KM)	00:10:13
52	764	Diandra	VAN DER WALT	ANWN	GIRLS 9 (2 KM)	00:10:16
53	11598	Jade	RATZLAFF	ACNW	GIRLS 9 (2 KM)	00:10:17
54	1320	Anchene'	ROUX	LIMA	GIRLS 9 (2 KM)	00:10:27
55	11601	Jessica	SWART	ACNW	GIRLS 9 (2 KM)	00:10:30
56	754	Charee	BOTHA	ANWN	GIRLS 9 (2 KM)	00:10:31
57	887	Lindiwe	RADEBE	AVT	GIRLS 9 (2 KM)	00:10:38
58	11605	Monique	VAN AARDE	ACNW	GIRLS 9 (2 KM)	00:10:42
59	583	Nomndeni	SIMELANE	AMPU	GIRLS 9 (2 KM)	00:10:47
60	760	Andrea	MARITZ	ANWN	GIRLS 9 (2 KM)	00:10:51
61	762	Lebogang	MATABANE	ANWN	GIRLS 9 (2 KM)	00:10:57
62	765	Angie	VAUGHN	ANWN	GIRLS 9 (2 KM)	00:11:04

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
63	759	Elri	LUBBE	ANWN	GIRLS 9 (2 KM)	00:11:11
64	756	Annje	DE WET	ANWN	GIRLS 9 (2 KM)	00:11:14
65	11595	Clarissa	PRINS	ACNW	GIRLS 9 (2 KM)	00:11:26
66	886	Lerato	POOE	AVT	GIRLS 9 (2 KM)	00:11:28
67	11599	Jasmine	JANUARIE	ACNW	GIRLS 9 (2 KM)	00:11:36
68	755	Chane	CHAMBERS	ANWN	GIRLS 9 (2 KM)	00:11:37
69	11594	Caitlin	COOPER	ACNW	GIRLS 9 (2 KM)	00:12:32
70	11603	Marlize	VAN STADEN	ACNW	GIRLS 9 (2 KM)	00:12:45
71	357	Lee-Vonne	SCHWAN	AGN	GIRLS 9 (2 KM)	00:13:19

## JUNIOR MEN (8 KM)

1	1222	Thobane	CHAGWE	KZNA	JUNIOR MEN (8 KM)	00:25:57
2	1032	Pieter	WILDERS	CGA	JUNIOR MEN (8 KM)	00:26:02
3	11609	Joel	MMONE	ACNW	JUNIOR MEN (8 KM)	00:26:11
4	840	Merline	KLAASTE	ASWD	JUNIOR MEN (8 KM)	00:26:26
5	363	Joel	MADIBA	AGN	JUNIOR MEN (8 KM)	00:26:30
6	362	Moses	DIRANE	AGN	JUNIOR MEN (8 KM)	00:26:36
7	11613	Lucas	BOTHOBUTLE	ACNW	JUNIOR MEN (8 KM)	00:26:54
8	1031	Thato	MOLATEDI	CGA	JUNIOR MEN (8 KM)	00:27:00
9	1038	Sithembile	DONDOLO	CGA	JUNIOR MEN (8 KM)	00:27:03
10	364	Gift	MAHLANGU	AGN	JUNIOR MEN (8 KM)	00:27:05
11	931	William	KAPTEIN	BOLA	JUNIOR MEN (8 KM)	00:27:06
12	1134	Xola	BONGOZA	EPA	JUNIOR MEN (8 KM)	00:27:10
13	937	Luyanda	QOLO	BOLA	JUNIOR MEN (8 KM)	00:27:11
14	11735	Nkosinathi	VILAKAZI	AMPU	JUNIOR MEN (8 KM)	00:27:12
15	1028	Vuyisile	TSHOBA	CGA	JUNIOR MEN (8 KM)	00:27:15
16	1041	Vladimir	GCABA	CGA	JUNIOR MEN (8 KM)	00:27:16
17	1035	Edwin	SESIPI	CGA	JUNIOR MEN (8 KM)	00:27:23
18	1040	Thapelo	MADIBA	CGA	JUNIOR MEN (8 KM)	00:27:28
19	1226	Bonginkosi	ZWANE	KZNA	JUNIOR MEN (8 KM)	00:27:30
20	137	Johannes	MOLEHE	AFS	JUNIOR MEN (8 KM)	00:27:33
21	1347	Luxolo	MDZANGA	WPA	JUNIOR MEN (8 KM)	00:27:35
22	11730	Sonnyboy	MKHWANAZI	KZNA	JUNIOR MEN (8 KM)	00:27:35
23	1029	Reuben	MAGENGENENE	CGA	JUNIOR MEN (8 KM)	00:27:36
24	135	Taedi	KHOZA	AFS	JUNIOR MEN (8 KM)	00:27:45
25	1346	Unathi	NTETA	WPA	JUNIOR MEN (8 KM)	00:27:53
26	11621	Tumelo	MOKAHANE	ACNW	JUNIOR MEN (8 KM)	00:27:55
27	141	Wilfred	MACHOLO	AFS	JUNIOR MEN (8 KM)	00:27:56
28	894	Wiseman	FADANE	AVT	JUNIOR MEN (8 KM)	00:27:59
29	1345	Jeromy	ANDREAS	WPA	JUNIOR MEN (8 KM)	00:28:01
30	11619	Sandy	LONDT	ACNW	JUNIOR MEN (8 KM)	00:28:04
31	143	Moahlodi	KAMOHELE	AFS	JUNIOR MEN (8 KM)	00:28:07
32	11734	Abednico	MASHABA	AMPU	JUNIOR MEN (8 KM)	00:28:07
33	1349	Kane	REILLY	WPA	JUNIOR MEN (8 KM)	00:28:16



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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
34	1227	Xolani	MHLAKAZI	KZNA	JUNIOR MEN (8 KM)	00:28:18
35	893	Karabo	JACOBS	AVT	JUNIOR MEN (8 KM)	00:28:18
36	890	Peter	MOKHOALI	AVT	JUNIOR MEN (8 KM)	00:28:19
37	11620	Tuefueletsa	AKANYANG	ACNW	JUNIOR MEN (8 KM)	00:28:23
38	1188	Jacob	MALEFO	IND	JUNIOR MEN (8 KM)	00:28:23
39	889	Joseph	PAMA	AVT	JUNIOR MEN (8 KM)	00:28:24
40	1223	Cebo	MYEZA	KZNA	JUNIOR MEN (8 KM)	00:28:25
41	140	Ernest	NKOKO	AFS	JUNIOR MEN (8 KM)	00:28:25
42	933	Shaun	LAKEY	BOLA	JUNIOR MEN (8 KM)	00:28:33
43	136	Ratlale	MOKONE	AFS	JUNIOR MEN (8 KM)	00:28:38
44	838	Jessie	VISAGIE	ASWD	JUNIOR MEN (8 KM)	00:28:42
45	934	Ignatius	DAVIDS	BOLA	JUNIOR MEN (8 KM)	00:28:45
46	1037	Dewan	BOTHA	CGA	JUNIOR MEN (8 KM)	00:28:47
47	145	Eric	MOTLOMELA	AFS	JUNIOR MEN (8 KM)	00:28:49
48	1348	Godwin	SWARTZ	WPA	JUNIOR MEN (8 KM)	00:28:53
49	584	Xolani	MNGOMEZULU	AMPU	JUNIOR MEN (8 KM)	00:28:53
50	1350	Nande	QAMGWANA	WPA	JUNIOR MEN (8 KM)	00:28:58
51	1225	Sanele	SHANGE	KZNA	JUNIOR MEN (8 KM)	00:29:00
52	142	Benjamin	MOLEHE	AFS	JUNIOR MEN (8 KM)	00:29:01
53	1030	Sifiso	MNCWANGO	CGA	JUNIOR MEN (8 KM)	00:29:04
54	1224	Monwabisi	CELE	KZNA	JUNIOR MEN (8 KM)	00:29:05
55	1033	Olwethu	MHLABA	CGA	JUNIOR MEN (8 KM)	00:29:05
56	1042	Themba	KHUMALO	CGA	JUNIOR MEN (8 KM)	00:29:07
57	585	Sakhile	ZIMBIRI	AMPU	JUNIOR MEN (8 KM)	00:29:13
58	936	Ferdie	GELDENHUYS	BOLA	JUNIOR MEN (8 KM)	00:29:15
59	1325	Gilbert	PEU	LIMA	JUNIOR MEN (8 KM)	00:29:18
60	11615	Mojalefa	WITBOOI	ACNW	JUNIOR MEN (8 KM)	00:29:19
61	1044	Geta	MOLEFE	CGA	JUNIOR MEN (8 KM)	00:29:23
62	371	Fourie	WIID	AGN	JUNIOR MEN (8 KM)	00:29:25
63	1039	Sifiso	MOLOI	CGA	JUNIOR MEN (8 KM)	00:29:31
64	770	Johannes	MATHIBYE	ANWN	JUNIOR MEN (8 KM)	00:29:35
65	11608	George	RAMNCWANE	ACNW	JUNIOR MEN (8 KM)	00:29:46
66	11745	Sandiso	JAKO	ATRA	JUNIOR MEN (8 KM)	00:29:47
67	11746	Budaza	SINALO	ATRA	JUNIOR MEN (8 KM)	00:29:51
68	366	Charles	NEL	AGN	JUNIOR MEN (8 KM)	00:30:04
69	11799	Awonke	BUNGU	IND	JUNIOR MEN (8 KM)	00:30:07
70	11716	Walter	THIMBANI	IND	JUNIOR MEN (8 KM)	00:30:09
71	837	Francois	FRANCIES	ASWD	JUNIOR MEN (8 KM)	00:30:16
72	595	Jabulani	MPILA	AMPU	JUNIOR MEN (8 KM)	00:30:20
73	11743	Lunga	SIMAYILE	ATRA	JUNIOR MEN (8 KM)	00:30:21
74	146	BE	MOKALOBA	AFS	JUNIOR MEN (8 KM)	00:30:30
75	590	Doctor	ZWANE	AMPU	JUNIOR MEN (8 KM)	00:30:33
76	891	Berry	MBHELE	AVT	JUNIOR MEN (8 KM)	00:30:34
77	935	Angelo	BOOYSEN	BOLA	JUNIOR MEN (8 KM)	00:30:49

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
78	368	Bertie	PASCOE	AGN	JUNIOR MEN (8 KM)	00:31:01
79	11614	Micheal	MOTSWADI	ACNW	JUNIOR MEN (8 KM)	00:31:04
80	932	Henry	ERASMUS	BOLA	JUNIOR MEN (8 KM)	00:31:06
81	779	Romeo	SEGATSU	ANWN	JUNIOR MEN (8 KM)	00:31:11
82	367	Dawie	NEL	AGN	JUNIOR MEN (8 KM)	00:31:22
83	487	Bernet	MOLALE	AGW	JUNIOR MEN (8 KM)	00:31:25
84	839	Marno	CORNEELSE	ASWD	JUNIOR MEN (8 KM)	00:31:45
85	591	Mlungisi	MTSHALI	AMPU	JUNIOR MEN (8 KM)	00:31:46
86	769	Henno	HAVENGO	ANWN	JUNIOR MEN (8 KM)	00:31:48
87	11667	Sandile	MATEZA	BORA	JUNIOR MEN (8 KM)	00:31:57
88	835	Cardo	WITBOOI	ASWD	JUNIOR MEN (8 KM)	00:31:59
89	11792	Charles	NEL	IND	JUNIOR MEN (8 KM)	00:32:07
90	489	Boihang	LOSELO	AGW	JUNIOR MEN (8 KM)	00:32:07
91	834	Brenden	NIEUWENHUIZEN	ASWD	JUNIOR MEN (8 KM)	00:32:13
92	486	Johann	VISAGIE	AGW	JUNIOR MEN (8 KM)	00:32:19
93	841	Ryno	DAMONS	ASWD	JUNIOR MEN (8 KM)	00:32:29
94	370	Ian	STANTON	AGN	JUNIOR MEN (8 KM)	00:32:42
95	11744	Lithalethu	KHALA	ATRA	JUNIOR MEN (8 KM)	00:32:46
96	360	Pierre	DELPORT	AGN	JUNIOR MEN (8 KM)	00:33:06
97	488	Recardo	MOUERS	AGW	JUNIOR MEN (8 KM)	00:33:07
98	11612	Laolang	PELESA	ACNW	JUNIOR MEN (8 KM)	00:33:08
99	773	Letlhogonolo	MAGODIELO	ANWN	JUNIOR MEN (8 KM)	00:33:08
100	774	Thapelo	MOATHLODI	ANWN	JUNIOR MEN (8 KM)	00:33:16
101	775	Tumisang	OBOLELENG	ANWN	JUNIOR MEN (8 KM)	00:33:46
102	772	Khumo	KHUNOU	ANWN	JUNIOR MEN (8 KM)	00:33:47
103	776	Vincent	VAUGHN	ANWN	JUNIOR MEN (8 KM)	00:34:18
104	594	Arthur	JONKER	AMPU	JUNIOR MEN (8 KM)	00:34:31
105	11798	Quintin	SIMPSON	IND	JUNIOR MEN (8 KM)	00:35:17
106	1185	Wessel	BADENHORST	IND	JUNIOR MEN (8 KM)	00:35:38
107	777	Zander	STANDER	ANWN	JUNIOR MEN (8 KM)	00:36:03
108	768	Boitumelo	MOKOTEDI	ANWN	JUNIOR MEN (8 KM)	00:36:39
109	11618	Pierre	KUIPERS	ACNW	JUNIOR MEN (8 KM)	00:37:11
110	11715	SEALETSA	TSHOLANANG	IND	JUNIOR MEN (8 KM)	00:37:14
111	11616	Nelius	DE BRUYN	ACNW	JUNIOR MEN (8 KM)	00:37:20
112	11611	Joseph	POTGIETER	ACNW	JUNIOR MEN (8 KM)	00:38:01
113	11610	Johannes	SCHOONRAAD	ACNW	JUNIOR MEN (8 KM)	00:40:33
114	11607	Daryl	SCHUTTE	ACNW	JUNIOR MEN (8 KM)	00:40:35

## JUNIOR WOMEN (6 KM)

1	3223	Idah	SIMON	IND	JUNIOR WOMEN (6 KM)	00:22:52
2	2724	Puseletso	DLADLA	KZNA	JUNIOR WOMEN (6 KM)	00:23:09
3	2561	Juan-Marie	COOPER	CGA	JUNIOR WOMEN (6 KM)	00:23:21
4	2569	Mamphielo	SIBANDA	CGA	JUNIOR WOMEN (6 KM)	00:23:31
5	2559	Sylvia	TSHETLANYANE	CGA	JUNIOR WOMEN (6 KM)	00:23:53

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
6	2567	Caroline	MARANDELA	CGA	JUNIOR WOMEN (6 KM)	00:24:01
7	3246	Avela	NONGCI	ATRA	JUNIOR WOMEN (6 KM)	00:24:04
8	2558	Ashleigh	SCHNETTLER	CGA	JUNIOR WOMEN (6 KM)	00:24:16
9	2723	Mphumelelo	MNYANDU	KZNA	JUNIOR WOMEN (6 KM)	00:24:21
10	1889	Happiness	MKHIZE	AGN	JUNIOR WOMEN (6 KM)	00:24:23
11	2727	Mbali	MOKOENA	KZNA	JUNIOR WOMEN (6 KM)	00:24:24
12	1646	Danel	PRINSLOO	AFS	JUNIOR WOMEN (6 KM)	00:24:43
13	2566	Thato	MAKHAFOLA	CGA	JUNIOR WOMEN (6 KM)	00:24:48
14	2560	Amukelani	BALOYI	CGA	JUNIOR WOMEN (6 KM)	00:24:52
15	3247	Abongile	NONKOSI	ATRA	JUNIOR WOMEN (6 KM)	00:24:58
16	1885	Ailene	BEZUIDENHOUT	AGN	JUNIOR WOMEN (6 KM)	00:25:02
17	3248	Novangeli	KALVAS	ATRA	JUNIOR WOMEN (6 KM)	00:25:12
18	2568	Janine	MEYER	CGA	JUNIOR WOMEN (6 KM)	00:25:14
19	1896	Ankia	STOLS	AGN	JUNIOR WOMEN (6 KM)	00:25:15
20	1647	Baby	MOKONE	AFS	JUNIOR WOMEN (6 KM)	00:25:15
21	3249	Zovuyo	MDEDELWA	ATRA	JUNIOR WOMEN (6 KM)	00:25:17
22	1901	Gerdrie	WOLMERANS	AGN	JUNIOR WOMEN (6 KM)	00:25:18
23	5002	Masabata	MATOANE	AGN	JUNIOR WOMEN (6 KM)	00:25:32
24	2565	Maria	MAKGOSHING	CGA	JUNIOR WOMEN (6 KM)	00:25:37
25	3245	Avela	NKWEBA	ATRA	JUNIOR WOMEN (6 KM)	00:25:39
26	1897	Melissa	TAYLOR	AGN	JUNIOR WOMEN (6 KM)	00:25:42
27	2557	Anneke	GILDENHUYS	CGA	JUNIOR WOMEN (6 KM)	00:25:49
28	2564	Keitumetse	DISIPI	CGA	JUNIOR WOMEN (6 KM)	00:25:57
29	1651	Joyce	RANTSHI	AFS	JUNIOR WOMEN (6 KM)	00:25:57
30	2725	Ntokozo	MKHIZE	KZNA	JUNIOR WOMEN (6 KM)	00:26:04
31	2863	Asiphe	SIKABALANYANA	WPA	JUNIOR WOMEN (6 KM)	00:26:11
32	1884	Yolanda	BENECKE	AGN	JUNIOR WOMEN (6 KM)	00:26:22
33	2445	Moniquean	LOMBAARD	BOLA	JUNIOR WOMEN (6 KM)	00:26:27
34	1886	Chandre	DU PLESSIS	AGN	JUNIOR WOMEN (6 KM)	00:26:29
35	2864	Amy	ABRAHAMS	WPA	JUNIOR WOMEN (6 KM)	00:26:34
36	1648	Lettie	DHLAMINI	AFS	JUNIOR WOMEN (6 KM)	00:26:43
37	2444	Mari	SCOT	BOLA	JUNIOR WOMEN (6 KM)	00:26:54
38	1650	Elaine	HAVENGA	AFS	JUNIOR WOMEN (6 KM)	00:26:57
39	3111	Elizabeth	MOETI	ACNW	JUNIOR WOMEN (6 KM)	00:27:07
40	2563	Zinyani	SEHOHLE	CGA	JUNIOR WOMEN (6 KM)	00:27:09
41	1892	Michelle	PIENAAR	AGN	JUNIOR WOMEN (6 KM)	00:27:15
42	2866	Micaëlla	PARKER	WPA	JUNIOR WOMEN (6 KM)	00:27:26
43	1893	Lisa	POTGIETER	AGN	JUNIOR WOMEN (6 KM)	00:27:34
44	1899	Tammy	VAN DYK	AGN	JUNIOR WOMEN (6 KM)	00:27:47
45	2562	Lauren	VENTER	CGA	JUNIOR WOMEN (6 KM)	00:27:47
46	1900	Marizahn	WENTZEL	AGN	JUNIOR WOMEN (6 KM)	00:27:52
47	2726	Zinhle	MTSHALI	KZNA	JUNIOR WOMEN (6 KM)	00:27:52
48	3273	Lee-Anne	LAMPRECHT	IND	JUNIOR WOMEN (6 KM)	00:27:57
49	2446	Heleen	MALAN	BOLA	JUNIOR WOMEN (6 KM)	00:28:04

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
50	1898	Keorapetse	TLHOAELE	AGN	JUNIOR WOMEN (6 KM)	00:28:33
51	1890	Eniver	MOABI	AGN	JUNIOR WOMEN (6 KM)	00:28:37
52	2865	Khanya	MATEYISI	WPA	JUNIOR WOMEN (6 KM)	00:28:39
53	2148	Anica	COMBRINK	AMPU	JUNIOR WOMEN (6 KM)	00:28:57
54	2149	Mandi	THIPE	AMPU	JUNIOR WOMEN (6 KM)	00:28:59
55	3112	Sonique	FOURIE	ACNW	JUNIOR WOMEN (6 KM)	00:29:36
56	2835	Yvette	COETZER	LIMA	JUNIOR WOMEN (6 KM)	00:29:37
57	2836	Lynette	COETZER	LIMA	JUNIOR WOMEN (6 KM)	00:29:42
58	1894	Mary-Jane	PRINSLOO	AGN	JUNIOR WOMEN (6 KM)	00:29:43
59	2038	Jessica	VAN WYK	AGW	JUNIOR WOMEN (6 KM)	00:29:45
60	2448	Tonia	ANTHONISSEN	BOLA	JUNIOR WOMEN (6 KM)	00:29:54
61	2363	Gillian	GEORGE	ASWD	JUNIOR WOMEN (6 KM)	00:29:55
62	2447	Adri	MEYER	BOLA	JUNIOR WOMEN (6 KM)	00:30:53
63	3262	Busisiwe	MAHLANGU	AMPU	JUNIOR WOMEN (6 KM)	00:31:12
64	3113	Veressa	BOTHMA	ACNW	JUNIOR WOMEN (6 KM)	00:31:33
65	2150	Renita	VAN ZYL	AMPU	JUNIOR WOMEN (6 KM)	00:31:56
66	3264	Queen	THABETHE	AMPU	JUNIOR WOMEN (6 KM)	00:32:39
67	3110	Charne	HAYNARD	ACNW	JUNIOR WOMEN (6 KM)	00:32:42
68	3263	Busisiwe	NKOSI	AMPU	JUNIOR WOMEN (6 KM)	00:32:59
69	3266	Snowy	MAILA	AMPU	JUNIOR WOMEN (6 KM)	00:33:21
70	2362	Elderine	JANTJIES	ASWD	JUNIOR WOMEN (6 KM)	00:35:01
71	3109	Chantelle	SCHMIDT	ACNW	JUNIOR WOMEN (6 KM)	00:37:21

## MEN 21 (4 KM)

1	2575	Enoch	MANYANDI	CGA	MEN 21 (4 KM)	00:12:26
2	2415	Witness	HLALELE	AVT	MEN 21 (4 KM)	00:12:38
3	2413	Koos	MBHELE	AVT	MEN 21 (4 KM)	00:12:39
4	2580	Folavia	SEHOHLE	CGA	MEN 21 (4 KM)	00:12:57
5	2577	Steven	MHLONGO	CGA	MEN 21 (4 KM)	00:13:02
6	2414	Daniel	MOKONE	AVT	MEN 21 (4 KM)	00:13:03
7	2572	Tumelo	MAHLANGU	CGA	MEN 21 (4 KM)	00:13:04
8	2695	Precious	MASIPA	IND	MEN 21 (4 KM)	00:13:07
9	2574	Clinton	SWANEPOEL	CGA	MEN 21 (4 KM)	00:13:09
10	1653	Thabang	MASIHLEHO	AFS	MEN 21 (4 KM)	00:13:10
11	1654	Thabiso	LETEKA	AFS	MEN 21 (4 KM)	00:13:18
12	1657	Ratlale	MOKONE	AFS	MEN 21 (4 KM)	00:13:24
13	2578	Tebogo Donald	MMITSHANE	CGA	MEN 21 (4 KM)	00:13:27
14	1676	Windy	JONAS	AFS	MEN 21 (4 KM)	00:13:27
15	2571	Hereford	MADIBA	CGA	MEN 21 (4 KM)	00:13:31
16	2579	Ntsindiso	MPHAKATHI	CGA	MEN 21 (4 KM)	00:13:32
17	2657	Mariano	EESOU	EPA	MEN 21 (4 KM)	00:13:33
18	2581	Michael	VAN ASWEGEN	CGA	MEN 21 (4 KM)	00:13:37
19	2658	Masibulele	HEUGH	EPA	MEN 21 (4 KM)	00:13:38
20	2039	Revaldo	ABRAAMS	AGW	MEN 21 (4 KM)	00:13:38



# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
21	1658	Samuel	MANOKOANE	AFS	MEN 21 (4 KM)	00:13:38
22	1905	Bafana	DUBE	AGN	MEN 21 (4 KM)	00:13:41
23	2837	Abbey	MORULANE	LIMA	MEN 21 (4 KM)	00:13:44
24	1670	Vuyo	MNYKISO	AFS	MEN 21 (4 KM)	00:13:44
25	2839	Andrew	SHONGWANE	LIMA	MEN 21 (4 KM)	00:13:45
26	1664	Themba	BAADJIE	AFS	MEN 21 (4 KM)	00:13:47
27	2576	Jeremia	BOJOSI	CGA	MEN 21 (4 KM)	00:13:49
28	2306	Itumeleng	PHALA	ANWN	MEN 21 (4 KM)	00:13:50
29	3157	Fourie	WIID	AGN	MEN 21 (4 KM)	00:13:53
30	3119	Steven	MOKUBUNG	ACNW	MEN 21 (4 KM)	00:13:54
31	1665	Ramaubane	LEBOYA	AFS	MEN 21 (4 KM)	00:13:56
32	1656	Sprinkaan	SMONS	AFS	MEN 21 (4 KM)	00:13:59
33	2656	Melikaya	FRANS	EPA	MEN 21 (4 KM)	00:13:59
34	1673	Calvin	MODUKA	AFS	MEN 21 (4 KM)	00:14:00
35	1662	Eric	MOKONE	AFS	MEN 21 (4 KM)	00:14:02
36	1916	Etienne	STEP	AGN	MEN 21 (4 KM)	00:14:03
37	1918	Rhynard	VAN ROOYEN	AGN	MEN 21 (4 KM)	00:14:03
38	1666	Isaac	MAKHOATHI	AFS	MEN 21 (4 KM)	00:14:06
39	1660	Fernando	LEDIMO	AFS	MEN 21 (4 KM)	00:14:07
40	1675	Xolani	LONI	AFS	MEN 21 (4 KM)	00:14:09
41	1909	Themba	MADIMA	AGN	MEN 21 (4 KM)	00:14:09
42	1915	William	SIBANYONI	AGN	MEN 21 (4 KM)	00:14:17
43	1903	Altus	BADENHORST	AGN	MEN 21 (4 KM)	00:14:20
44	2659	Lubabaloo	MDLUNGWANE	EPA	MEN 21 (4 KM)	00:14:21
45	1668	Willem	RADEBE	AFS	MEN 21 (4 KM)	00:14:21
46	1917	Jaco	VAN NIEKERK	AGN	MEN 21 (4 KM)	00:14:22
47	1910	Nnena	MASOPHA	AGN	MEN 21 (4 KM)	00:14:29
48	2840	Ernest	MORIFI	LIMA	MEN 21 (4 KM)	00:14:31
49	1674	Molungoa	MOSWEU	AFS	MEN 21 (4 KM)	00:14:33
50	1912	Lucas	MOKONYAMA	AGN	MEN 21 (4 KM)	00:14:34
51	1669	Moeketsi	MANYANE	AFS	MEN 21 (4 KM)	00:14:35
52	1907	Keith	FREIMOND	AGN	MEN 21 (4 KM)	00:14:39
53	1655	Tseko	LECHONG	AFS	MEN 21 (4 KM)	00:14:42
54	1914	Andy	MUKONA	AGN	MEN 21 (4 KM)	00:14:43
55	1671	Mphaka	MAHLAPE	AFS	MEN 21 (4 KM)	00:14:48
56	1902	Alwyn	ANNANDALE	AGN	MEN 21 (4 KM)	00:14:48
57	1663	Ditsietsi	MORIGITALE	AFS	MEN 21 (4 KM)	00:14:52
58	1655	Tseko	LECHONG	AFS	MEN 21 (4 KM)	00:14:53
59	2302	Dwayne	SOEKOE	ANWN	MEN 21 (4 KM)	00:14:54
60	1906	Ian	FOURIE	AGN	MEN 21 (4 KM)	00:14:59
61	2303	Leeto	MATTHEWS	ANWN	MEN 21 (4 KM)	00:15:00
62	2838	Peter	SATHEKGE	LIMA	MEN 21 (4 KM)	00:15:02
63	2040	Scott	VAN WYK	AGW	MEN 21 (4 KM)	00:15:17
64	1913	JJ	MOSTERT	AGN	MEN 21 (4 KM)	00:15:18

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
65	2841	Richard	VAN DYK	LIMA	MEN 21 (4 KM)	00:15:46
66	2305	Ofentse	MAJAFI	ANWN	MEN 21 (4 KM)	00:15:49
67	3117	Johann	GOUWS	ACNW	MEN 21 (4 KM)	00:17:30
68	2161	Thulani	SAMBO	AMPU	MEN 21 (4 KM)	00:18:06
69	3114	Anre	JACOBS	ACNW	MEN 21 (4 KM)	00:18:16
70	3271	Werner	VAN DER MERWE	AMPU	MEN 21 (4 KM)	00:18:36
71	1911	Beggy	MOKGOTHO	AGN	MEN 21 (4 KM)	00:18:53
72	3116	George	HERSELMAN	ACNW	MEN 21 (4 KM)	00:18:58

## MEN 23 (4 KM)

1	3159	Asau	NKOSI	AVT	MEN 23 (4 KM)	00:12:32
2	2590	Abram	KHUMALO	CGA	MEN 23 (4 KM)	00:12:48
3	2584	Thuso	PHASWANA	CGA	MEN 23 (4 KM)	00:12:50
4	3291	Sandile	ZUMA	AVT	MEN 23 (4 KM)	00:12:53
5	2587	Marko	BUCARAZZIA	CGA	MEN 23 (4 KM)	00:12:53
6	1678	Maletsane	MOTLOUNG	AFS	MEN 23 (4 KM)	00:13:00
7	2588	Wandile	NZIMA	CGA	MEN 23 (4 KM)	00:13:01
8	2582	Jackson	CHAUKE	CGA	MEN 23 (4 KM)	00:13:03
9	2585	Isaac	LANGA	CGA	MEN 23 (4 KM)	00:13:19
10	2313	Jacob	ROZANI	ANWN	MEN 23 (4 KM)	00:13:26
11	2583	Siyaya	KHOZA	CGA	MEN 23 (4 KM)	00:13:29
12	2589	Lebogang	KHONKHOBE	CGA	MEN 23 (4 KM)	00:13:31
13	2162	Amos	THANJEKWAYO	AMPU	MEN 23 (4 KM)	00:13:34
14	2310	Kabelo	KELEPILE	ANWN	MEN 23 (4 KM)	00:13:35
15	2591	Thabo	MOTAUNG	CGA	MEN 23 (4 KM)	00:13:36
16	2044	Samuel	SAUL	AGW	MEN 23 (4 KM)	00:13:41
17	1677	April	MEKO	AFS	MEN 23 (4 KM)	00:13:45
18	1680	Thys	MOCHOLOTSI	AFS	MEN 23 (4 KM)	00:13:51
19	2586	Sylvester	LETHULATSHIPI	CGA	MEN 23 (4 KM)	00:13:52
20	2417	Teboho	LECHELA	AVT	MEN 23 (4 KM)	00:13:54
21	3160	Potlaki	CHAUTSANE	AVT	MEN 23 (4 KM)	00:13:57
22	2416	Macaleni	MAHLANGU	AVT	MEN 23 (4 KM)	00:14:02
23	3161	Siusiso	MAKAMO	AVT	MEN 23 (4 KM)	00:14:18
24	1926	Elias	MOLEMANE	AGN	MEN 23 (4 KM)	00:14:29
25	2314	Katlego	MODIRWA	ANWN	MEN 23 (4 KM)	00:14:39
26	1927	Derrick	MOTLAPEMA	AGN	MEN 23 (4 KM)	00:14:59
27	2315	James	MUNTI	ANWN	MEN 23 (4 KM)	00:15:07
28	1923	Bernard	HLONGWANI	AGN	MEN 23 (4 KM)	00:15:08
29	1922	Christian	HAMANN	AGN	MEN 23 (4 KM)	00:15:09
30	1929	Tiaan	SLABBERT	AGN	MEN 23 (4 KM)	00:15:13
31	3299	Luyanda	NTLOKWANA	BORA	MEN 23 (4 KM)	00:15:14
32	1682	Maxwell	MALLELA	AFS	MEN 23 (4 KM)	00:15:25
33	1919	Khaya	BANDA	AGN	MEN 23 (4 KM)	00:15:42
34	1921	Dereck	FOURIE	AGN	MEN 23 (4 KM)	00:15:44

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
35	1930	Chris-Lieb	VAN WYK	AGN	MEN 23 (4 KM)	00:15:48
36	1679	Karabo	MAKASE	AFS	MEN 23 (4 KM)	00:15:50
37	2696	Ntsako Happy	MABASO	IND	MEN 23 (4 KM)	00:16:50

## MEN 30 (8 KM)

1	1045	Vincent	KUTOANE	CGA	MEN 30 (8 KM)	00:26:15
2	1047	Shadrack	SELEWANE	CGA	MEN 30 (8 KM)	00:27:13
3	1046	Johannes	MTHIMKULU	CGA	MEN 30 (8 KM)	00:27:45
4	1048	Raphael	TLADI	CGA	MEN 30 (8 KM)	00:27:50
5	1351	Bonisile	NGCULANA	WPA	MEN 30 (8 KM)	00:27:56
6	1049	Thamae	KGOTSO	CGA	MEN 30 (8 KM)	00:28:45
7	1326	Mbekezeni	MATHEBULA	LIMA	MEN 30 (8 KM)	00:31:01
8	11756	Mazu	NDANDANI	IND	MEN 30 (8 KM)	00:32:17
9	786	Danny	MOKGETHI	ANWN	MEN 30 (8 KM)	00:32:24
10	11622	Zolile	MALOTHANE	ACNW	MEN 30 (8 KM)	00:35:26

## MEN 35 (8 KM)

1	380	Enoch	SKOSANA	AGN	MEN 35 (8 KM)	00:26:25
2	938	Pieter	KOOPMAN	BOLA	MEN 35 (8 KM)	00:27:00
3	1050	Action Patli	RAMABOEA	CGA	MEN 35 (8 KM)	00:27:29
4	381	Colin	WITBOOI	AGN	MEN 35 (8 KM)	00:28:23
5	1352	Patrick	KETELO	WPA	MEN 35 (8 KM)	00:28:39
6	1353	Gareth	BERNING	WPA	MEN 35 (8 KM)	00:28:46
7	1051	Glen	MOKGATLE	CGA	MEN 35 (8 KM)	00:28:49
8	1228	Petros	NKOSI	KZNA	MEN 35 (8 KM)	00:29:01
9	596	Simon	SIBISI	AMPU	MEN 35 (8 KM)	00:29:14
10	1355	Sabelo	NGCWAMA	WPA	MEN 35 (8 KM)	00:29:51
11	896	Moeketsi	MAOME	AVT	MEN 35 (8 KM)	00:29:52
12	374	Demetri	JANSEN	AGN	MEN 35 (8 KM)	00:30:02
13	1354	Charles	WITBOOI	WPA	MEN 35 (8 KM)	00:30:03
14	1052	William	STROEBEL	CGA	MEN 35 (8 KM)	00:30:08
15	1054	Isaac	NDLOVU	CGA	MEN 35 (8 KM)	00:30:12
16	1059	Thabo	PAPU	CGA	MEN 35 (8 KM)	00:30:33
17	1229	Bhekithemba	NGUBANE	KZNA	MEN 35 (8 KM)	00:30:33
18	1055	Collurs	SEABELA	CGA	MEN 35 (8 KM)	00:30:40
19	1230	Duane	DICKS	KZNA	MEN 35 (8 KM)	00:30:51
20	793	Victor	MOLOTSI	ANWN	MEN 35 (8 KM)	00:30:56
21	1058	David	NKOSI	CGA	MEN 35 (8 KM)	00:31:14
22	1053	Raymond	MOKGWABONA	CGA	MEN 35 (8 KM)	00:31:48
23	895	D	TAU	AVT	MEN 35 (8 KM)	00:31:48
24	1056	Angelo	GROEP	CGA	MEN 35 (8 KM)	00:31:52
25	1057	Moses	MALEFO	CGA	MEN 35 (8 KM)	00:31:53
26	898	Christian	THIPE	AVT	MEN 35 (8 KM)	00:32:07
27	11624	Andries	RABALAO	ACNW	MEN 35 (8 KM)	00:32:42
28	597	Moses	SKOSANA	AMPU	MEN 35 (8 KM)	00:32:52

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
29	790	Elias	MOGAJANI	ANWN	MEN 35 (8 KM)	00:32:53
30	379	Johannes	RATSELA	AGN	MEN 35 (8 KM)	00:33:14
31	1327	Rampedi Frans	RAMAILA	LIMA	MEN 35 (8 KM)	00:33:48
32	1231	Steven	MUNCHA	KZNA	MEN 35 (8 KM)	00:33:49
33	1328	Jeremia	MOKABA	LIMA	MEN 35 (8 KM)	00:34:34
34	794	Willem	ODENDAAL	ANWN	MEN 35 (8 KM)	00:35:36
35	375	Hendrik	MATTHEUS	AGN	MEN 35 (8 KM)	00:35:47
36	897	Itani	MASHAU	AVT	MEN 35 (8 KM)	00:36:15
37	490	Jacobus	GROENEWALD	AGW	MEN 35 (8 KM)	00:36:25
38	843	Pontius	XALUVA	ASWD	MEN 35 (8 KM)	00:37:46
39	377	Jannie	OOSTHUIZEN	AGN	MEN 35 (8 KM)	00:38:48

## MEN 40 (8 KM)

1	1068	Butiki	JANTJIES	CGA	MEN 40 (8 KM)	00:26:37
2	390	Piet	MOSEBEDI	AGN	MEN 40 (8 KM)	00:27:06
3	1060	Lawrence	CHIPANGAAN	CGA	MEN 40 (8 KM)	00:27:55
4	1067	Jabulani	MNGOMEZULU	CGA	MEN 40 (8 KM)	00:28:02
5	1066	Never	MATIYA	CGA	MEN 40 (8 KM)	00:28:10
6	1061	Elgin	MOKALE	CGA	MEN 40 (8 KM)	00:28:20
7	2449	Isaac	OPPERMAN	BOLA	MEN 40 (8 KM)	00:28:30
8	1063	Trevor	TOERIN	CGA	MEN 40 (8 KM)	00:28:39
9	899	Tsietsi	MOKOENA	AVT	MEN 40 (8 KM)	00:28:51
10	150	Nkolo	MAKOKO	AFS	MEN 40 (8 KM)	00:29:10
11	1064	Peter	MASIA	CGA	MEN 40 (8 KM)	00:29:12
12	1065	Billy	MAJAJA	CGA	MEN 40 (8 KM)	00:29:27
13	1356	Shaun	ABRAHAMS	WPA	MEN 40 (8 KM)	00:29:28
14	939	Ivan	REYNECKE	BOLA	MEN 40 (8 KM)	00:30:13
15	1062	David	SEABO	CGA	MEN 40 (8 KM)	00:30:37
16	901	Petros	TSOTETSI	AVT	MEN 40 (8 KM)	00:30:38
17	844	Paulus	ALLART	ASWD	MEN 40 (8 KM)	00:30:39
18	152	Mathews	MVAMBO	AFS	MEN 40 (8 KM)	00:31:23
19	1189	Richard	MAYER	IND	MEN 40 (8 KM)	00:31:25
20	386	Chris	ERASMUS	AGN	MEN 40 (8 KM)	00:31:58
21	384	Graham	BURNETT	AGN	MEN 40 (8 KM)	00:32:15
22	900	Lucas	VANTO	AVT	MEN 40 (8 KM)	00:32:45
23	382	Koos	APHANE	AGN	MEN 40 (8 KM)	00:33:10
24	798	Jorrie	JORDAAN	ANWN	MEN 40 (8 KM)	00:33:55
25	392	Fanie	VAN VUUREN	AGN	MEN 40 (8 KM)	00:35:13
26	1190	Mandla	MYENI	IND	MEN 40 (8 KM)	00:35:25
27	383	Bouts	BOTHA	AGN	MEN 40 (8 KM)	00:35:44
28	795	Aubrey	MOTAUNG	ANWN	MEN 40 (8 KM)	00:35:51
29	797	Tertius	MOKOMA	ANWN	MEN 40 (8 KM)	00:36:10
30	389	Leon	MATTHEE	AGN	MEN 40 (8 KM)	00:36:52
31	388	William	KIEWITT	AGN	MEN 40 (8 KM)	00:37:14



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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
32	11639	Solomon	TUENG	ACNW	MEN 40 (8 KM)	00:38:09
33	796	Willem	NORTMAN	ANWN	MEN 40 (8 KM)	00:38:15
34	11633	Jacobus	NEL	ACNW	MEN 40 (8 KM)	00:38:18
35	11638	Simon	TSHABALALA	ACNW	MEN 40 (8 KM)	00:38:49
36	11636	Petrus	BOTHA	ACNW	MEN 40 (8 KM)	00:39:52
37	1329	Raymand	RUDDER	LIMA	MEN 40 (8 KM)	00:41:49

## MEN 45 (8 KM)

1	402	Daniel	MOTHIBE	AGN	MEN 45 (8 KM)	00:29:43
2	1080	Tony	SILVA	CGA	MEN 45 (8 KM)	00:29:44
3	1074	Arthur	WOOLRIDGE	CGA	MEN 45 (8 KM)	00:29:53
4	1078	Michael	HENNING	CGA	MEN 45 (8 KM)	00:29:57
5	1072	Iain	MORSHEAD	CGA	MEN 45 (8 KM)	00:30:12
6	403	Nuno	THOMAZ	AGN	MEN 45 (8 KM)	00:30:14
7	941	Sollie	VAN ROOYEN	BOLA	MEN 45 (8 KM)	00:30:15
8	400	Moses	LETLHAKU	AGN	MEN 45 (8 KM)	00:30:43
9	902	Paulus	MOFOKENG	AVT	MEN 45 (8 KM)	00:30:48
10	1073	Zebulon	MOKONOTO	CGA	MEN 45 (8 KM)	00:31:06
11	1075	Thama	YANTA	CGA	MEN 45 (8 KM)	00:31:30
12	1076	Joseph	MABODLA	CGA	MEN 45 (8 KM)	00:31:33
13	393	David	DE VILLIERS	AGN	MEN 45 (8 KM)	00:31:36
14	800	Bruce	MOGANO	ANWN	MEN 45 (8 KM)	00:31:41
15	154	Pule	LEEPO	AFS	MEN 45 (8 KM)	00:32:05
16	1358	Barend	JACOBS	WPA	MEN 45 (8 KM)	00:32:48
17	1070	Donald	SAMPSON	CGA	MEN 45 (8 KM)	00:32:56
18	1191	Percy	KELLY	IND	MEN 45 (8 KM)	00:32:58
19	397	Willie	JANSEN VAN RENSBURG	AGN	MEN 45 (8 KM)	00:33:25
20	1079	Simon	MALINDI	CGA	MEN 45 (8 KM)	00:33:39
21	1077	Arnie	GEERDTS	CGA	MEN 45 (8 KM)	00:33:56
22	1071	Jarius	MABODLA	CGA	MEN 45 (8 KM)	00:34:03
23	11642	Olebogeng	BATANTSE	ACNW	MEN 45 (8 KM)	00:34:11
24	394	Douglas	GERBER	AGN	MEN 45 (8 KM)	00:34:29
25	11733	Hans	WEIDEMAN	AGN	MEN 45 (8 KM)	00:34:37
26	395	Rob	HUDSON	AGN	MEN 45 (8 KM)	00:35:02
27	799	Lucas	FUNANI	ANWN	MEN 45 (8 KM)	00:35:06
28	155	DB	PRINSLOO	AFS	MEN 45 (8 KM)	00:35:27
29	1330	Eugene	SCHUTTE	LIMA	MEN 45 (8 KM)	00:35:37
30	1331	Malesela John	KEKANA	LIMA	MEN 45 (8 KM)	00:37:36
31	1332	Riaan	JANSEN VAN RENSBURG	LIMA	MEN 45 (8 KM)	00:37:46
32	399	Moritz	KALLMEYER	AGN	MEN 45 (8 KM)	00:38:04
33	1069	Andries	VENTER	CGA	MEN 45 (8 KM)	00:38:07
34	398	Hennie	JOOSTE	AGN	MEN 45 (8 KM)	00:39:29
35	396	Brandon	HUGHES	AGN	MEN 45 (8 KM)	00:41:07
36	404	Japie	VENTER	AGN	MEN 45 (8 KM)	00:41:40

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
37	11640	Jaco	GOUWS	ACNW	MEN 45 (8 KM)	00:42:02
38	1333	Willem	JANSEN VAN RENSBURG	LIMA	MEN 45 (8 KM)	00:44:23
<b>MEN 50 (8 KM)</b>						
1	1085	Jerry	RANKAPULE	CGA	MEN 50 (8 KM)	00:29:56
2	11646	Stuart	MC CALL	ACNW	MEN 50 (8 KM)	00:30:04
3	1086	Johannes	SEAKAMELA	CGA	MEN 50 (8 KM)	00:30:35
4	408	Alet	KIESER	AGN	MEN 50 (8 KM)	00:31:16
5	156	Kgang	SETHOJANE	AFS	MEN 50 (8 KM)	00:31:53
6	1360	Goodwin	MPUKANI	WPA	MEN 50 (8 KM)	00:32:01
7	1237	Tim	DUBERY	KZNA	MEN 50 (8 KM)	00:32:04
8	1362	Friedel	VAN DER MERWE	WPA	MEN 50 (8 KM)	00:32:04
9	1359	Raymond	HOWARD	WPA	MEN 50 (8 KM)	00:32:06
10	1139	Alfred	SPIERS	EPA	MEN 50 (8 KM)	00:32:25
11	1087	Themba	SIBANYONI	CGA	MEN 50 (8 KM)	00:32:42
12	1238	Jan	KROEGELENBERG	KZNA	MEN 50 (8 KM)	00:32:46
13	803	Cornelius	TSOTSO	ANWN	MEN 50 (8 KM)	00:33:05
14	11797	Themba	BHELWANA	IND	MEN 50 (8 KM)	00:33:15
15	1081	Wilson	MOLOTO	CGA	MEN 50 (8 KM)	00:33:17
16	157	Piet	BRITS	AFS	MEN 50 (8 KM)	00:33:19
17	942	Thomas	MOSES	BOLA	MEN 50 (8 KM)	00:33:35
18	412	Rufan	PALM	AGN	MEN 50 (8 KM)	00:33:51
19	1082	Arrigo	FERRI	CGA	MEN 50 (8 KM)	00:34:05
20	1137	Sidwell	ROBOSHI	EPA	MEN 50 (8 KM)	00:34:51
21	1084	Chris	FULLER	CGA	MEN 50 (8 KM)	00:34:56
22	415	Toine	VAN DEN OEVER	AGN	MEN 50 (8 KM)	00:35:19
23	413	Stefan	SNYDERS	AGN	MEN 50 (8 KM)	00:35:55
24	405	Jan	BESTER	AGN	MEN 50 (8 KM)	00:36:07
25	411	Gerrie	NEL	AGN	MEN 50 (8 KM)	00:36:20
26	1088	Dirk	VENTER	CGA	MEN 50 (8 KM)	00:37:08
27	1138	Joseph	BAIN	EPA	MEN 50 (8 KM)	00:37:28
28	1361	Julian	PAUL	WPA	MEN 50 (8 KM)	00:37:41
29	407	Theo	DE VILLIERS	AGN	MEN 50 (8 KM)	00:37:48
30	406	Marius	BOSMAN	AGN	MEN 50 (8 KM)	00:39:23
31	414	Deon	STRAUSS	AGN	MEN 50 (8 KM)	00:39:39
32	802	Werner	WEIDEMAN	ANWN	MEN 50 (8 KM)	00:39:44
33	416	Du toit	VAN ROOYEN	AGN	MEN 50 (8 KM)	00:40:16
34	801	Fanie	CLOETE	ANWN	MEN 50 (8 KM)	00:46:37
<b>MEN 55 (8 KM)</b>						
1	1363	Les	CHIVELL	WPA	MEN 55 (8 KM)	00:32:26
2	903	Ernest	TJELA	AVT	MEN 55 (8 KM)	00:32:34
3	159	Danie	CRONJE	AFS	MEN 55 (8 KM)	00:32:40
4	1094	Moses	MOTSHABI	CGA	MEN 55 (8 KM)	00:32:43
5	1089	Willie	MAISELA	CGA	MEN 55 (8 KM)	00:33:42

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
6	904	PR	MOHALAJENG	AVT	MEN 55 (8 KM)	00:33:51
7	1240	Elias	MAHLABA	KZNA	MEN 55 (8 KM)	00:34:39
8	1092	David	DIRE	CGA	MEN 55 (8 KM)	00:34:49
9	1090	Jose	REBORDAO	CGA	MEN 55 (8 KM)	00:35:34
10	1093	Wilson	NETSHISAULU	CGA	MEN 55 (8 KM)	00:36:12
11	905	Lucas	BANJIWE	AVT	MEN 55 (8 KM)	00:36:22
12	1091	Kenny	TULK	CGA	MEN 55 (8 KM)	00:37:39
13	419	Gerhard	SWART	AGN	MEN 55 (8 KM)	00:37:52
14	160	Basil	KINGHORN	AFS	MEN 55 (8 KM)	00:38:00
15	421	Dewald	VAN DEN HEEVER	AGN	MEN 55 (8 KM)	00:38:38
16	1337	Jack	MATHABATHE	LIMA	MEN 55 (8 KM)	00:39:17
17	161	Michael	ROOS	AFS	MEN 55 (8 KM)	00:39:46
18	600	Isaac	MANYIKA	AMPU	MEN 55 (8 KM)	00:40:00
19	1096	Frans	NXUMALO	CGA	MEN 55 (8 KM)	00:40:27
20	601	Dirk	BADENHORST	AMPU	MEN 55 (8 KM)	00:41:27
21	1095	Derek	BRENTANO	CGA	MEN 55 (8 KM)	00:42:55
22	418	Buks	MEYER	AGN	MEN 55 (8 KM)	00:44:14
23	1335	Matsimela Frans	KEKANA	LIMA	MEN 55 (8 KM)	00:45:49

## MEN 60 (6 KM)

1	2867	Awie	VELDSMAN	WPA	MEN 60 (6 KM)	00:24:05
2	1931	Mike	DE BRUTO	AGN	MEN 60 (6 KM)	00:24:09
3	2593	Brian	CHAMBERLAIN	CGA	MEN 60 (6 KM)	00:25:41
4	1683	Trevor	PARRY	AFS	MEN 60 (6 KM)	00:26:03
5	2592	Vincent	LENTSOENYANE	CGA	MEN 60 (6 KM)	00:26:26
6	2595	Joe	BARBOSA	CGA	MEN 60 (6 KM)	00:26:33
7	2594	Maxwell	TEFFU	CGA	MEN 60 (6 KM)	00:26:47
8	1936	Pieter	ROSSOUW	AGN	MEN 60 (6 KM)	00:27:57
9	1937	Johan	VAN DE WETERING	AGN	MEN 60 (6 KM)	00:28:36
10	2729	Les	SMITH	KZNA	MEN 60 (6 KM)	00:29:14
11	2455	Eddie	MONG	ACNW	MEN 60 (6 KM)	00:29:38
12	2730	Andy	WATSON	KZNA	MEN 60 (6 KM)	00:29:48
13	1933	Allan	KLUGE	AGN	MEN 60 (6 KM)	00:30:46
14	1935	Gawie	PRETORIUS	AGN	MEN 60 (6 KM)	00:32:23

## MEN 65 (6 KM)

1	2731	Andrew	SPENCE	KZNA	MEN 65 (6 KM)	00:27:37
2	2598	Neil	COVILLE	CGA	MEN 65 (6 KM)	00:28:17
3	2732	Maray	CALDER	KZNA	MEN 65 (6 KM)	00:29:57
4	1940	Mike	KLEINSMIT	AGN	MEN 65 (6 KM)	00:30:46
5	1939	Bob	GARDEN	AGN	MEN 65 (6 KM)	00:31:48
6	2597	Chrisjan	MORAKE	CGA	MEN 65 (6 KM)	00:32:04
7	1942	Gerrit	VAN NIEKERK	AGN	MEN 65 (6 KM)	00:32:15
8	1941	Iven	MOORHOUSE	AGN	MEN 65 (6 KM)	00:32:30
9	2733	Ken	GRIFFIN	KZNA	MEN 65 (6 KM)	00:35:23

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
<b>MEN 70 (6 KM)</b>						
1	1944	Andries	VAN DER MERWE	AGN	MEN 70 (6 KM)	00:34:01
2	1943	Ernest	GOBEY	AGN	MEN 70 (6 KM)	00:36:40
<b>MEN 75 (6 KM)</b>						
1	1945	Martin	COETZEE	AGN	MEN 75 (6 KM)	00:36:19
2	1947	Dion	HEIGERS	AGN	MEN 75 (6 KM)	00:39:40
3	1946	Frans	GROBLER	AGN	MEN 75 (6 KM)	00:51:52
<b>SENIOR MEN (12 KM)</b>						
1	1955	Steven	MOKOKA	AGN	SENIOR MEN (12 KM)	00:37:32
2	2599	Kgosi	TSOSANE	IND	SENIOR MEN (12 KM)	00:38:03
3	2602	Xolisa	TYALI	CGA	SENIOR MEN (12 KM)	00:38:09
4	2698	Luwis	MUSUNDA	IND	SENIOR MEN (12 KM)	00:38:27
5	2609	Lucky	MOHALE	CGA	SENIOR MEN (12 KM)	00:38:44
6	2699	Wesley	RUTO	IND	SENIOR MEN (12 KM)	00:38:49
7	2734	Siyabonga	NKODE	KZNA	SENIOR MEN (12 KM)	00:39:01
8	2704	Lucky	MIYA	IND	SENIOR MEN (12 KM)	00:39:13
9	1689	William	MANELO	AFS	SENIOR MEN (12 KM)	00:39:15
10	2700	Joshua	SABAO	IND	SENIOR MEN (12 KM)	00:39:19
11	1954	George	MOFOKENG	AGN	SENIOR MEN (12 KM)	00:39:33
12	2702	Nkululeko	ZAMISA	IND	SENIOR MEN (12 KM)	00:39:36
13	2316	Omphemetse	MOTHIBI	ANWN	SENIOR MEN (12 KM)	00:39:45
14	3123	Coolboy	NGAMOLE	ACNW	SENIOR MEN (12 KM)	00:39:52
15	2603	Raphel	SEGODI	CGA	SENIOR MEN (12 KM)	00:40:01
16	2735	Thubalethu	PHAKU	KZNA	SENIOR MEN (12 KM)	00:40:04
17	2703	Benedict	MOENG	IND	SENIOR MEN (12 KM)	00:40:12
18	3126	Elroy	GALANT	ACNW	SENIOR MEN (12 KM)	00:40:17
19	2607	Derocious	MAKHOBALO	CGA	SENIOR MEN (12 KM)	00:40:26
20	2610	Thoriso	RATSELA	CGA	SENIOR MEN (12 KM)	00:40:30
21	3124	David	NGAKANE	ACNW	SENIOR MEN (12 KM)	00:40:34
22	1685	Kgotso	SESING	AFS	SENIOR MEN (12 KM)	00:40:37
23	2869	Tom	LUSASENI	WPA	SENIOR MEN (12 KM)	00:40:38
24	2736	Senzo	NKOSI	KZNA	SENIOR MEN (12 KM)	00:41:07
25	3138	Stoffel	SEBUASENGWE	ACNW	SENIOR MEN (12 KM)	00:41:07
26	2450	Silayi	MZUKILE	ANWN	SENIOR MEN (12 KM)	00:41:07
27	2737	Sphamandla	NYEMBE	KZNA	SENIOR MEN (12 KM)	00:41:10
28	2454	Rodger	DAVIDS	BOLA	SENIOR MEN (12 KM)	00:41:12
29	3128	Lloyd	BOSMAN	ACNW	SENIOR MEN (12 KM)	00:41:13
30	2317	Ismael	PHOKWANE	ANWN	SENIOR MEN (12 KM)	00:41:14
31	2422	Joseph	MPHUTHI	AVT	SENIOR MEN (12 KM)	00:41:18
32	1686	Khothatso	MOKONE	AFS	SENIOR MEN (12 KM)	00:41:19
33	3251	Oscar	SIXOKA	ATRA	SENIOR MEN (12 KM)	00:41:28
34	2870	Mtandazo	QHINA	WPA	SENIOR MEN (12 KM)	00:41:29
35	11650	Jean	BRUMMER	ACNW	SENIOR MEN (12 KM)	00:41:37



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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
36	2738	Thelumusa	SIBIYA	KZNA	SENIOR MEN (12 KM)	00:41:40
37	2873	Duan	FORTUIN	WPA	SENIOR MEN (12 KM)	00:41:42
38	3255	Siyabulela	MTSHA	ATRA	SENIOR MEN (12 KM)	00:41:48
39	3136	Samuel	SETLEELO	ACNW	SENIOR MEN (12 KM)	00:41:49
40	3250	Sithembele	FANEKHO	ATRA	SENIOR MEN (12 KM)	00:41:58
41	2608	Samuel	MASHISHI	CGA	SENIOR MEN (12 KM)	00:42:01
42	2420	Orlando	MOLOTSI	AVT	SENIOR MEN (12 KM)	00:42:34
43	2872	Hein	CAMPHOR	WPA	SENIOR MEN (12 KM)	00:42:35
44	3272	Luwayne	DUIJSJAN	ASWD	SENIOR MEN (12 KM)	00:42:39
45	1950	Frans	MAKOLA	AGN	SENIOR MEN (12 KM)	00:43:10
46	3137	Sipho	MAZIBUKO	ACNW	SENIOR MEN (12 KM)	00:43:12
47	2418	John	THIPE	AVT	SENIOR MEN (12 KM)	00:43:16
48	1956	Willem	NDZHUKULA	AGN	SENIOR MEN (12 KM)	00:43:16
49	2045	Willem	OLIFANT	AGW	SENIOR MEN (12 KM)	00:43:22
50	1961	Kabelo	SITHOLE	AGN	SENIOR MEN (12 KM)	00:43:22
51	3256	Mpumelelo	MTSHUBEKI	ATRA	SENIOR MEN (12 KM)	00:43:30
52	2739	Garnet	CEBEKHULU	KZNA	SENIOR MEN (12 KM)	00:43:35
53	2319	Gilbert	MASHININI	ANWN	SENIOR MEN (12 KM)	00:43:39
54	3253	Lusindiso	MANDOZA	ATRA	SENIOR MEN (12 KM)	00:43:39
55	2843	Albert	NTSOANE	LIMA	SENIOR MEN (12 KM)	00:43:40
56	2419	Calvin	LEVUNO	AVT	SENIOR MEN (12 KM)	00:43:40
57	2605	Kgathatso	CHECHA	CGA	SENIOR MEN (12 KM)	00:43:42
58	2662	Mzolisi	MAKANDA	EPA	SENIOR MEN (12 KM)	00:43:45
59	1953	Siyabulela	MMBASHE	AGN	SENIOR MEN (12 KM)	00:44:05
60	3139	Tefelo	MOSWEU	ACNW	SENIOR MEN (12 KM)	00:44:07
61	2871	Barry-John	PIENAAR	WPA	SENIOR MEN (12 KM)	00:44:17
62	2453	Theledi	MOLELE	IND	SENIOR MEN (12 KM)	00:44:30
63	2423	Sampi	MOKHATLA	AVT	SENIOR MEN (12 KM)	00:44:30
64	1958	Andrew	ROODT	AGN	SENIOR MEN (12 KM)	00:44:38
65	3127	Isaac	SEBATAKGOMO	ACNW	SENIOR MEN (12 KM)	00:44:47
66	2844	Simon	MAHLO	LIMA	SENIOR MEN (12 KM)	00:44:50
67	3258	Soyiso	MZOBOTSHI	ATRA	SENIOR MEN (12 KM)	00:45:53
68	2367	Julius	KORKEE	ASWD	SENIOR MEN (12 KM)	00:45:58
69	2165	Samuel	NKOSI	AMPU	SENIOR MEN (12 KM)	00:46:16
70	3131	Owageng	PELESA	ACNW	SENIOR MEN (12 KM)	00:46:28
71	3133	Phadi	MALEME	ACNW	SENIOR MEN (12 KM)	00:46:42
72	2322	Abram	PHULE	ANWN	SENIOR MEN (12 KM)	00:46:47
73	2365	Frans	MALGAS	ASWD	SENIOR MEN (12 KM)	00:46:48
74	2842	Gerald	MAGWAI	LIMA	SENIOR MEN (12 KM)	00:47:13
75	1949	Bradley	BONNER	AGN	SENIOR MEN (12 KM)	00:47:20
76	2364	Elfonso	PIETERSE	ASWD	SENIOR MEN (12 KM)	00:47:28
77	3140	Thabiso	SENOEDI	ACNW	SENIOR MEN (12 KM)	00:47:37
78	2321	Sello	MASOGA	ANWN	SENIOR MEN (12 KM)	00:47:57
79	3135	Piet	NKUKANE	ACNW	SENIOR MEN (12 KM)	00:48:14

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POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
80	3164	Simphiwe	MAJIKI	BORA	SENIOR MEN (12 KM)	00:48:34
81	2324	Johannes	SEKGABEBE	ANWN	SENIOR MEN (12 KM)	00:49:38
82	2701	Karel	KAPP	IND	SENIOR MEN (12 KM)	00:53:15
83	2169	Martin	VILAKAZI	AMPU	SENIOR MEN (12 KM)	00:54:26
84	2325	Kagiso	SEGAKWENG	ANWN	SENIOR MEN (12 KM)	00:56:30

## SENIOR MEN (4 KM)

1	1106	Juan	VAN DEVENTER	CGA	SENIOR MEN (4 KM)	00:12:04
2	11650	Dean	BRUMMER	ACNW	SENIOR MEN (4 KM)	00:12:14
3	429	Rafael	MOHAPA	AGN	SENIOR MEN (4 KM)	00:12:36
4	1103	Peter	RAMATHOKA	CGA	SENIOR MEN (4 KM)	00:12:39
5	813	Morena	DIJANA	ANWN	SENIOR MEN (4 KM)	00:12:51
6	1195	Pharson	MAGAGANE	IND	SENIOR MEN (4 KM)	00:12:52
7	1140	Amos	NYONGO	EPA	SENIOR MEN (4 KM)	00:12:58
8	918	Hillroy	SLINGERS	BOLA	SENIOR MEN (4 KM)	00:13:04
9	11801	Azrial	SCHEEPERS	BOLA	SENIOR MEN (4 KM)	00:13:11
10	11654	Molifi	TSUANE	ACNW	SENIOR MEN (4 KM)	00:13:12
11	1100	Ishmael	BODUMELE	CGA	SENIOR MEN (4 KM)	00:13:14
12	943	Nathan	BEUKES	BOLA	SENIOR MEN (4 KM)	00:13:16
13	940	Jacques	PRETORIUS	BOLA	SENIOR MEN (4 KM)	00:13:20
14	924	Adriaan	GELDENHUYS	BOLA	SENIOR MEN (4 KM)	00:13:22
15	1099	Neville	MOKERE	CGA	SENIOR MEN (4 KM)	00:13:30
16	11652	Lebogang	MASILO	ACNW	SENIOR MEN (4 KM)	00:13:32
17	1097	Don	NDLOVU	CGA	SENIOR MEN (4 KM)	00:13:34
18	1364	Virginia	NGUDLUMANA	WPA	SENIOR MEN (4 KM)	00:13:35
19	1142	Zolani	MABONGO	EPA	SENIOR MEN (4 KM)	00:13:40
20	1194	Mthetho	GOXO	IND	SENIOR MEN (4 KM)	00:13:44
21	1105	Selby Sipho	ZWANE	CGA	SENIOR MEN (4 KM)	00:13:48
22	423	Rapelung	KANYE	AGN	SENIOR MEN (4 KM)	00:13:49
23	425	Thabang	MADIBA	AGN	SENIOR MEN (4 KM)	00:13:52
24	424	Tshepo	MAATJIE	AGN	SENIOR MEN (4 KM)	00:13:56
25	164	Samuel	MOLELENGOANE	AFS	SENIOR MEN (4 KM)	00:13:58
26	1141	Marinus	JOHNSON	EPA	SENIOR MEN (4 KM)	00:14:01
27	1102	Lucas	PHOFA	CGA	SENIOR MEN (4 KM)	00:14:04
28	1143	Robert	MATTHYS	EPA	SENIOR MEN (4 KM)	00:14:05
29	1101	Lympson	MAIFO	CGA	SENIOR MEN (4 KM)	00:14:07
30	426	Eliot	MAKGOBA	AGN	SENIOR MEN (4 KM)	00:14:08
31	432	Anele	SONQIBIDO	AGN	SENIOR MEN (4 KM)	00:14:09
32	816	Petrus	NCUBE	ANWN	SENIOR MEN (4 KM)	00:14:11
33	810	Kagiso	NYERENDA	ANWN	SENIOR MEN (4 KM)	00:14:12
34	1098	Abram	MOKHOASE	CGA	SENIOR MEN (4 KM)	00:14:13
35	603	Emmanuel	MABASO	AMPU	SENIOR MEN (4 KM)	00:14:20
36	3252	Mlungiseleli	MGUDLWA	ATRA	SENIOR MEN (4 KM)	00:14:22
37	1144	Bulelani	NIWA	EPA	SENIOR MEN (4 KM)	00:14:27

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
38	1104	Tlou	SELOBA	CGA	SENIOR MEN (4 KM)	00:14:37
39	428	Andries	MALETE	AGN	SENIOR MEN (4 KM)	00:14:38
40	605	Bhekimusa	NKOSI	AMPU	SENIOR MEN (4 KM)	00:14:45
41	808	Ismael	TSITSI	ANWN	SENIOR MEN (4 KM)	00:14:56
42	819	Thabo	BOGOPANE	ANWN	SENIOR MEN (4 KM)	00:15:00
43	818	Sydney	MOTSUMI	ANWN	SENIOR MEN (4 KM)	00:15:20
44	11648	Charles	MONAHENG	ACNW	SENIOR MEN (4 KM)	00:15:43
45	806	Edward	PHAKEDI	ANWN	SENIOR MEN (4 KM)	00:16:07
46	807	Hennie	POTGIETER	ANWN	SENIOR MEN (4 KM)	00:16:40
47	11657	Renier	SWANEPOEL	ACNW	SENIOR MEN (4 KM)	00:16:50
48	11764	John	DU PLESSIS	ACNW	SENIOR MEN (4 KM)	00:20:06

## SENIOR WOMEN (4 KM)

1	2615	Mapaseka	MAKHANYA	CGA	SENIOR WOMEN (4 KM)	00:14:56
2	2612	Mandi	BRANDT	CGA	SENIOR WOMEN (4 KM)	00:15:40
3	2874	Linda	HANEKOM	WPA	SENIOR WOMEN (4 KM)	00:16:28
4	2618	Channele	OLIVIER	CGA	SENIOR WOMEN (4 KM)	00:16:34
5	1968	Jacquie	VAN DER WAALS	AGN	SENIOR WOMEN (4 KM)	00:16:48
6	1967	Louise	VAN NIEKERK	AGN	SENIOR WOMEN (4 KM)	00:16:51
7	1963	Isel	GRIMES	AGN	SENIOR WOMEN (4 KM)	00:16:55
8	2868	Vuyiseka	DLONGWANA	ATRA	SENIOR WOMEN (4 KM)	00:17:12
9	2456	Magrieta	SMIT	BOLA	SENIOR WOMEN (4 KM)	00:17:21
10	2616	Jeanett	MARUPING	CGA	SENIOR WOMEN (4 KM)	00:17:29
11	2329	Amandie	PANSEGRAUW	ANWN	SENIOR WOMEN (4 KM)	00:17:41
12	1962	Simone	FAASEN	AGN	SENIOR WOMEN (4 KM)	00:17:55
13	2451	Zanele	FUZILE	ATRA	SENIOR WOMEN (4 KM)	00:18:17
14	2617	Nomsa	MBATHA	CGA	SENIOR WOMEN (4 KM)	00:18:52
15	2613	Yolanda	PRETORIUS	CGA	SENIOR WOMEN (4 KM)	00:19:24
16	2614	Ohna	VISSER	CGA	SENIOR WOMEN (4 KM)	00:19:47
17	1966	Adri	VAN DER WESTHUIZEN	AGN	SENIOR WOMEN (4 KM)	00:20:39
18	2170	Precious	MNISI	AMPU	SENIOR WOMEN (4 KM)	00:21:32
19	3143	Merriam	PELESA	ACNW	SENIOR WOMEN (4 KM)	00:22:59
20	3141	Bernice	VAN SCHALKWYK	ACNW	SENIOR WOMEN (4 KM)	00:23:17
21	1964	Natalie	LUBBE	AGN	SENIOR WOMEN (4 KM)	00:23:23

## SENIOR WOMEN (8 KM)

1	442	Mirriam	THOLE	AGN	SENIOR WOMEN (8 KM)	00:29:05
2	1108	Lebo	PHALULA	CGA	SENIOR WOMEN (8 KM)	00:29:39
3	1107	Lebogang	PHALULA	CGA	SENIOR WOMEN (8 KM)	00:30:01
4	444	Annerien	VAN SCHALKWYK	AGN	SENIOR WOMEN (8 KM)	00:30:11
5	1110	Poppy	MLAMBO	CGA	SENIOR WOMEN (8 KM)	00:30:36
6	11720	Oneile	DINTWE	IND	SENIOR WOMEN (8 KM)	00:30:48
7	434	Charne	BOSMAN	AGN	SENIOR WOMEN (8 KM)	00:31:04
8	1243	Makhosi	MHLONGO	KZNA	SENIOR WOMEN (8 KM)	00:31:10
9	439	Zintle	SINGE	AGN	SENIOR WOMEN (8 KM)	00:31:21

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
10	435	Nandipa	DYWILI	AGN	SENIOR WOMEN (8 KM)	00:31:28
11	1247	Sibongile	SHEZI	KZNA	SENIOR WOMEN (8 KM)	00:32:04
12	1145	Ntombisintu	MFUNZI	EPA	SENIOR WOMEN (8 KM)	00:32:38
13	11670	Takalani	NTHULANI	CGA	SENIOR WOMEN (8 KM)	00:32:43
14	167	Anna	MOEKETSI	AFS	SENIOR WOMEN (8 KM)	00:32:51
15	436	Myrette	FILMALTER	AGN	SENIOR WOMEN (8 KM)	00:32:52
16	441	Tshegofatso	TAUKOBONG	AGN	SENIOR WOMEN (8 KM)	00:33:13
17	606	Noria	SIBANDA	AMPU	SENIOR WOMEN (8 KM)	00:33:17
18	443	Ronel	THOMAS	AGN	SENIOR WOMEN (8 KM)	00:33:34
19	1117	Clodia	SERAME	CGA	SENIOR WOMEN (8 KM)	00:33:39
20	1339	Hellen	PHANYANE	LIMA	SENIOR WOMEN (8 KM)	00:33:45
21	1370	Sheryl	DE LANGE	WPA	SENIOR WOMEN (8 KM)	00:33:49
22	11751	Vuyokazi	GEBE	ATRA	SENIOR WOMEN (8 KM)	00:33:52
23	165	Thandi	MALINDI	AFS	SENIOR WOMEN (8 KM)	00:34:11
24	1146	Deliwe	NYANGA	EPA	SENIOR WOMEN (8 KM)	00:34:24
25	1365	René	DE BRUIN	WPA	SENIOR WOMEN (8 KM)	00:34:40
26	907	Kataza	SHIPALANA	AVT	SENIOR WOMEN (8 KM)	00:35:08
27	1369	Helene	PEROLD	WPA	SENIOR WOMEN (8 KM)	00:35:11
28	908	Refilwe	KUBHEKA	AVT	SENIOR WOMEN (8 KM)	00:35:22
29	1366	Elzire	ROOS	WPA	SENIOR WOMEN (8 KM)	00:35:35
30	1198	Itumuleng	MOLOMO	AGN	SENIOR WOMEN (8 KM)	00:35:58
31	1367	Colleen	DE OLIVEIRA	WPA	SENIOR WOMEN (8 KM)	00:36:14
32	166	Maryna	SWANEPOEL	AFS	SENIOR WOMEN (8 KM)	00:36:39
33	1115	Judith	PEO	CGA	SENIOR WOMEN (8 KM)	00:37:14
34	1368	Andrea	PRETORIUS	WPA	SENIOR WOMEN (8 KM)	00:37:54
35	1118	Sihle	SITHOLE	CGA	SENIOR WOMEN (8 KM)	00:38:16
36	1114	Annah	SEPOTOKELE	CGA	SENIOR WOMEN (8 KM)	00:38:34
37	1149	Thabisa	MAYEDWA	EPA	SENIOR WOMEN (8 KM)	00:38:54
38	11754	Senzeni	MNGXANYELWA	ATRA	SENIOR WOMEN (8 KM)	00:42:01
39	1148	Ursula	KUHN	EPA	SENIOR WOMEN (8 KM)	00:42:20
40	11749	Zikhona	FUZILE	ATRA	SENIOR WOMEN (8 KM)	00:45:10

## WOMEN 21 (4 KM)

1	451	Anuscha	NICE	AGN	WOMEN 21 (4 KM)	00:15:00
2	11793	Ellen	MYNHARDT	AGN	WOMEN 21 (4 KM)	00:15:46
3	452	Thitshaamba	RAVHANDALALA	AGN	WOMEN 21 (4 KM)	00:15:54
4	909	Rizani	VAN ASWEGEN	AVT	WOMEN 21 (4 KM)	00:15:58
5	446	Thembi	BALOYI	AGN	WOMEN 21 (4 KM)	00:16:06
6	1126	Twane	VAN DER WESTHUIZEN	CGA	WOMEN 21 (4 KM)	00:16:09
7	911	Nonhlanhla	NGUBENI	AVT	WOMEN 21 (4 KM)	00:16:46
8	609	Annica	COETZEE	EPA	WOMEN 21 (4 KM)	00:16:59
9	454	Done	VERMAAK	AGN	WOMEN 21 (4 KM)	00:17:11
10	447	Mariska	BUYS	AGN	WOMEN 21 (4 KM)	00:17:17
11	168	Regina	THUKANE	AFS	WOMEN 21 (4 KM)	00:17:26



# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
12	1199	Awildracious	TLHAPA	IND	WOMEN 21 (4 KM)	00:17:28
13	1341	Joyce	SEKGALA	LIMA	WOMEN 21 (4 KM)	00:17:32
14	448	Tanya	HAARHOFF	AGN	WOMEN 21 (4 KM)	00:17:33
15	1125	Kaylee	SHIELDS	CGA	WOMEN 21 (4 KM)	00:17:34
16	1342	Evidence	LEPHALALA	LIMA	WOMEN 21 (4 KM)	00:17:36
17	1336	Natasha	DE VILLIERS	EPA	WOMEN 21 (4 KM)	00:17:37
18	1121	Roline	MACHABAPHALA	CGA	WOMEN 21 (4 KM)	00:17:43
19	1122	Megan	WILLIAMS	CGA	WOMEN 21 (4 KM)	00:17:47
20	1123	Ruth	NDLOVU	CGA	WOMEN 21 (4 KM)	00:17:52
21	1124	Anelda	PYPERS	CGA	WOMEN 21 (4 KM)	00:18:04
22	174	Boitumelo	THALANI	AFS	WOMEN 21 (4 KM)	00:18:11
23	11726	Michelle	LOUW	AGN	WOMEN 21 (4 KM)	00:18:15
24	450	Mamiki	MOTSIRI	AGN	WOMEN 21 (4 KM)	00:18:21
25	449	Stella	MARAIS	AGN	WOMEN 21 (4 KM)	00:18:27
26	172	Siphokazi	MWEZA	AFS	WOMEN 21 (4 KM)	00:18:35
27	445	Janine	BADENHORST	AGN	WOMEN 21 (4 KM)	00:18:41
28	170	Meriska	MOCKE	AFS	WOMEN 21 (4 KM)	00:18:43
29	453	Lieze	SNYDERS	AGN	WOMEN 21 (4 KM)	00:19:15
30	1340	Lizbé	BUITENDAG	LIMA	WOMEN 21 (4 KM)	00:19:37
31	173	Mphonyana	SEFAKO	AFS	WOMEN 21 (4 KM)	00:20:09
32	910	Lydia	MASHAILA	AVT	WOMEN 21 (4 KM)	00:20:16
33	683	Elzanie	VILJOEN	ACNW	WOMEN 21 (4 KM)	00:20:18
34	175	Martha	MABASO	AFS	WOMEN 21 (4 KM)	00:20:45
35	1234	Zea	GELDENHUYS	IND	WOMEN 21 (4 KM)	00:20:45
36	11668	Lungisa	JACK	BORA	WOMEN 21 (4 KM)	00:26:28

## WOMEN 23 (4 KM)

1	1200	Cynthia	BALOYI	IND	WOMEN 23 (4 KM)	00:16:17
2	176	Doloris	BONDIS	AFS	WOMEN 23 (4 KM)	00:16:18
3	457	Mishelene	LAGERWALL	AGN	WOMEN 23 (4 KM)	00:16:23
4	456	Rita	DOSEDA OBISI	AGN	WOMEN 23 (4 KM)	00:16:57
5	912	Denga	MASHAVHA	AVT	WOMEN 23 (4 KM)	00:17:01
6	459	Nerissa	VAN DER WALT	AGN	WOMEN 23 (4 KM)	00:17:26
7	1128	Anet	COETZEE	CGA	WOMEN 23 (4 KM)	00:18:05
8	1130	Recinda	HANEKOM	CGA	WOMEN 23 (4 KM)	00:18:12
9	945	Tina- Mari	MEYER	BOLA	WOMEN 23 (4 KM)	00:18:44
10	1131	Michelle	FERREIRA	CGA	WOMEN 23 (4 KM)	00:18:54
11	1127	Zoe	BRENTANO	CGA	WOMEN 23 (4 KM)	00:19:08
12	1133	Bongiwe	PHETA	CGA	WOMEN 23 (4 KM)	00:19:13
13	1132	Bongekile	PHETA	CGA	WOMEN 23 (4 KM)	00:19:37
14	1129	Magret	SEEMA	CGA	WOMEN 23 (4 KM)	00:19:50
15	458	Elizna	LOOTS	AGN	WOMEN 23 (4 KM)	00:20:00

## WOMEN 30 (4 KM)

1	3260	Tessa	BURREL	IND	WOMEN 30 (4 KM)	00:16:19
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# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
2	2619	Elizabeth	PHAKA	CGA	WOMEN 30 (4 KM)	00:16:25
3	2369	Kerry	ROOS	ASWD	WOMEN 30 (4 KM)	00:16:59
4	2370	Lisl	GROBLER	ASWD	WOMEN 30 (4 KM)	00:17:40
5	2620	Christina	SEEMA	CGA	WOMEN 30 (4 KM)	00:18:02
6	1969	Leoni	MARE	AGN	WOMEN 30 (4 KM)	00:18:20
7	1690	Vicky	WEYDEMAN	AFS	WOMEN 30 (4 KM)	00:19:03
8	3145	Santi	CROTS	ACNW	WOMEN 30 (4 KM)	00:19:34
9	2621	Cynthia	TSHABALALA	CGA	WOMEN 30 (4 KM)	00:19:36
10	2332	Evelyn	VENTER	ANWN	WOMEN 30 (4 KM)	00:20:42
11	1972	L'Re	VAN ROOYEN	AGN	WOMEN 30 (4 KM)	00:21:54
12	3144	Cecilia	PRINS	ACNW	WOMEN 30 (4 KM)	00:22:10
13	1971	Fortunate	NCHABALENG	AGN	WOMEN 30 (4 KM)	00:34:11

## WOMEN 35 (4 KM)

1	1981	Jacque	VAN DER WAALS	AGN	WOMEN 35 (4 KM)	00:16:27
2	2875	Busisiwe	MATIWANE	WPA	WOMEN 35 (4 KM)	00:16:36
3	2628	Salome	BRITS	CGA	WOMEN 35 (4 KM)	00:16:50
4	1973	Carien	ACKERMAN	AGN	WOMEN 35 (4 KM)	00:17:20
5	2337	Karon	MURLEY	ANWN	WOMEN 35 (4 KM)	00:17:53
6	1978	Merriam	MOOKI	AGN	WOMEN 35 (4 KM)	00:17:58
7	2626	Daphne	HENDERSON	CGA	WOMEN 35 (4 KM)	00:18:10
8	2627	Thandi	BANDA	CGA	WOMEN 35 (4 KM)	00:18:59
9	1982	Chantal	VAN DER WALT	AGN	WOMEN 35 (4 KM)	00:19:10
10	2845	Carna	BOSHOFF	LIMA	WOMEN 35 (4 KM)	00:19:16
11	1976	Marni	DU RANDT	AGN	WOMEN 35 (4 KM)	00:19:40
12	2624	Gladness	NKUNA	CGA	WOMEN 35 (4 KM)	00:19:52
13	2047	Rika	VAN DYK	AGW	WOMEN 35 (4 KM)	00:20:03
14	2171	Elmarie	BRONKHORST	AMPU	WOMEN 35 (4 KM)	00:20:23
15	2622	Thuli	MBATHA	CGA	WOMEN 35 (4 KM)	00:20:35
16	2625	Elizabeth	MAHAMO	CGA	WOMEN 35 (4 KM)	00:20:39
17	2847	Marehet	BREDENKAMP	LIMA	WOMEN 35 (4 KM)	00:20:49
18	3150	Linda	LOMBARD	ACNW	WOMEN 35 (4 KM)	00:20:51
19	2630	Audrey	SEMATLANE	CGA	WOMEN 35 (4 KM)	00:20:52
20	3152	Monicah	MOGATLE	ACNW	WOMEN 35 (4 KM)	00:21:21
21	1974	Talitha	BOTHA	AGN	WOMEN 35 (4 KM)	00:21:49
22	2846	Martha	RUDDER	LIMA	WOMEN 35 (4 KM)	00:21:51
23	3146	Delishia	MILLER	ACNW	WOMEN 35 (4 KM)	00:21:58
24	1975	Rose	CUTHBERTSON	AGN	WOMEN 35 (4 KM)	00:22:07
25	2333	Annie	VAN ROOYEN	ANWN	WOMEN 35 (4 KM)	00:22:20
26	2623	Motsei	SEKWALO	CGA	WOMEN 35 (4 KM)	00:23:41
27	2336	Jeanine	RAUTENBACH	ANWN	WOMEN 35 (4 KM)	00:24:03
28	3148	Ilodia	RAVENSCROFT	ACNW	WOMEN 35 (4 KM)	00:24:15
29	3149	Jolanda	SCHOEMAN	ACNW	WOMEN 35 (4 KM)	00:24:23
30	3147	Illze	DIAS	ACNW	WOMEN 35 (4 KM)	00:26:57

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
31	3151	Michelle	MÜLDER	ACNW	WOMEN 35 (4 KM)	00:27:09
<b>WOMEN 40 (4 KM)</b>						
1	2876	Sheryl	DE LANGE	WPA	WOMEN 40 (4 KM)	00:16:11
2	2740	Lise	MUCHNA	KZNA	WOMEN 40 (4 KM)	00:16:40
3	1993	Salome	VERMEULEN	AGN	WOMEN 40 (4 KM)	00:17:08
4	2848	Elsabe	CRONJE	LIMA	WOMEN 40 (4 KM)	00:17:37
5	2424	Florence	MOLAWA	AVT	WOMEN 40 (4 KM)	00:17:44
6	2878	Monice	BRAND	WPA	WOMEN 40 (4 KM)	00:18:04
7	2877	Mariaan	MALAN	WPA	WOMEN 40 (4 KM)	00:18:06
8	2457	Mary-Ann	BARON	BOLA	WOMEN 40 (4 KM)	00:18:18
9	2340	Magda	HAASBROEK	ANWN	WOMEN 40 (4 KM)	00:18:28
10	2743	Ursula	COCKBAIN	KZNA	WOMEN 40 (4 KM)	00:18:39
11	2745	Nana	SIGUBUDU	KZNA	WOMEN 40 (4 KM)	00:18:46
12	2343	Petro	VAN DER MERWE	ANWN	WOMEN 40 (4 KM)	00:18:49
13	2742	Fiona	BALDWIN	KZNA	WOMEN 40 (4 KM)	00:18:50
14	2637	Argentina	SENDA	CGA	WOMEN 40 (4 KM)	00:18:52
15	2879	Nokufa	TSHABALALA	WPA	WOMEN 40 (4 KM)	00:19:02
16	2636	Gloria	SHONGWE	CGA	WOMEN 40 (4 KM)	00:19:04
17	1985	Letmari	DREECKMEIER	AGN	WOMEN 40 (4 KM)	00:19:15
18	1992	Yvette	VAN SCHALKWYK	AGN	WOMEN 40 (4 KM)	00:19:18
19	1984	C	BLAKE	AGN	WOMEN 40 (4 KM)	00:19:20
20	2632	Rachel	SLIEP	CGA	WOMEN 40 (4 KM)	00:19:23
21	2631	Annie	NDLOVU	CGA	WOMEN 40 (4 KM)	00:19:29
22	1991	Carol	STRYDOM	AGN	WOMEN 40 (4 KM)	00:19:31
23	2048	Riette	DOUGLAS	AGW	WOMEN 40 (4 KM)	00:19:33
24	2049	Christel	PELSER	AGW	WOMEN 40 (4 KM)	00:19:46
25	1989	Corlia	LUDICK	AGN	WOMEN 40 (4 KM)	00:20:20
26	2342	Nelmarie	RALL	ANWN	WOMEN 40 (4 KM)	00:20:21
27	1990	Maria	MOKONE	AGN	WOMEN 40 (4 KM)	00:20:23
28	2633	Lucy	DIHANGOANE	CGA	WOMEN 40 (4 KM)	00:20:37
29	2339	Hymne	DE WET	ANWN	WOMEN 40 (4 KM)	00:21:36
30	1988	Stienie	KOMPAGNIE	AGN	WOMEN 40 (4 KM)	00:22:29
31	1987	Hester	KALLMEYER	AGN	WOMEN 40 (4 KM)	00:22:33
32	1986	Christelle	FERREIRA	AGN	WOMEN 40 (4 KM)	00:22:59
33	2635	Emsie	PEENZ	CGA	WOMEN 40 (4 KM)	00:23:15
34	1983	Sandra	ALDRIDGE	AGN	WOMEN 40 (4 KM)	00:23:16
35	2634	Angeline	MOREO	CGA	WOMEN 40 (4 KM)	00:26:38
36	3153	Anita	RAUTENBACH	ACNW	WOMEN 40 (4 KM)	00:27:29
<b>WOMEN 45 (4 KM)</b>						
1	2001	Lettie	SAAYMAN	AGN	WOMEN 45 (4 KM)	00:16:55
2	2880	Elmarie	COETZEE	WPA	WOMEN 45 (4 KM)	00:16:58
3	3158	Ansie	VILJOEN	AGN	WOMEN 45 (4 KM)	00:17:00
4	3237	Martie	NAUDE	AMPU	WOMEN 45 (4 KM)	00:17:10

# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
5	2002	Sandra	STEENKAMP	AGN	WOMEN 45 (4 KM)	00:17:17
6	2882	Ester	BRINK	WPA	WOMEN 45 (4 KM)	00:17:19
7	2638	Connie	VAN DER WESTHUIZEN	CGA	WOMEN 45 (4 KM)	00:17:21
8	2881	Mariëtte	ESTERHUYSE	WPA	WOMEN 45 (4 KM)	00:17:33
9	2003	Lelanie	VAN ZYL	AGN	WOMEN 45 (4 KM)	00:17:41
10	1998	Amanda	LE ROUX	AGN	WOMEN 45 (4 KM)	00:18:19
11	1692	Rika	VERMAAS	AFS	WOMEN 45 (4 KM)	00:18:22
12	2747	Janine	ENGELS	KZNA	WOMEN 45 (4 KM)	00:18:26
13	2883	Marnette	MEYER	WPA	WOMEN 45 (4 KM)	00:19:26
14	2640	Cynthia	MKOVANE	CGA	WOMEN 45 (4 KM)	00:19:27
15	2748	Cindy	MARQUISS	KZNA	WOMEN 45 (4 KM)	00:19:34
16	2641	Laura	VENTER	CGA	WOMEN 45 (4 KM)	00:19:35
17	2749	Diane	WEARNE	KZNA	WOMEN 45 (4 KM)	00:20:25
18	3155	Lien	V D MERWE	ACNW	WOMEN 45 (4 KM)	00:20:28
19	2000	Liz	POPICH	AGN	WOMEN 45 (4 KM)	00:20:46
20	1994	Elsabe	BRINK	AGN	WOMEN 45 (4 KM)	00:21:06
21	2639	Rita	LOOTS	CGA	WOMEN 45 (4 KM)	00:21:18
22	1995	Marinda	CILLIERS	AGN	WOMEN 45 (4 KM)	00:21:20
23	1997	Ronel	FOURIE	AGN	WOMEN 45 (4 KM)	00:21:26
24	3259	Vuyokazi	HOYA	ATRA	WOMEN 45 (4 KM)	00:21:45
25	2850	F(Erica)	HUMAN	LIMA	WOMEN 45 (4 KM)	00:22:41
26	1996	Lidia	DU PREEZ	AGN	WOMEN 45 (4 KM)	00:23:28
27	2643	Elsie	ZONDO	CGA	WOMEN 45 (4 KM)	00:23:51

## WOMEN 50 (4 KM)

1	2425	Marietjie	CERONIO	AVT	WOMEN 50 (4 KM)	00:18:00
2	2884	Olga	HOWARD	WPA	WOMEN 50 (4 KM)	00:18:15
3	2750	Debby	DE KONING	KZNA	WOMEN 50 (4 KM)	00:18:55
4	2644	Linda	COSTON	CGA	WOMEN 50 (4 KM)	00:19:06
5	2751	Blanche	MOILA	KZNA	WOMEN 50 (4 KM)	00:19:25
6	2172	Hannalie	VAN ZYL	AMPU	WOMEN 50 (4 KM)	00:19:46
7	2008	Jackie	NAVARIA	AGN	WOMEN 50 (4 KM)	00:20:16
8	2752	June	WATSON	KZNA	WOMEN 50 (4 KM)	00:20:26
9	2007	Christa	MOUTON	AGN	WOMEN 50 (4 KM)	00:21:28
10	2753	Terresa	SCOTTS	KZNA	WOMEN 50 (4 KM)	00:21:39
11	2646	Ansie	NEL	CGA	WOMEN 50 (4 KM)	00:23:56
12	2006	Elsie	MOKONE	AGN	WOMEN 50 (4 KM)	00:25:33

## WOMEN 55 (4 KM)

1	2014	Frances	VAN BLERK	AGN	WOMEN 55 (4 KM)	00:18:21
2	2885	Nancy	WILL	WPA	WOMEN 55 (4 KM)	00:19:08
3	2754	Jane	DICKINSON	KZNA	WOMEN 55 (4 KM)	00:19:14
4	2755	Sandy	FISHER	KZNA	WOMEN 55 (4 KM)	00:19:30
5	2756	Shereen	KIRSTEN	KZNA	WOMEN 55 (4 KM)	00:21:31
6	2013	Lyn	DE BRUIN	AGN	WOMEN 55 (4 KM)	00:21:37



# SA CROSS COUNTRY CHAMPIONSHIPS 2010



POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
7	2757	Denise	REYNECK	KZNA	WOMEN 55 (4 KM)	00:22:02
8	2648	Bukiwe	DAMANE	CGA	WOMEN 55 (4 KM)	00:22:29
9	2011	Vere	MOORHOUSE	AGN	WOMEN 55 (4 KM)	00:23:14
10	2647	Margaret	BOSHOE	CGA	WOMEN 55 (4 KM)	00:23:22
11	2649	Nonhlanhla	HLATSHWAYO	CGA	WOMEN 55 (4 KM)	00:28:00
12	2650	Nomsa	MOIMA	CGA	WOMEN 55 (4 KM)	00:32:01
<b>WOMEN 60 (4 KM)</b>						
1	2758	Ann	WEEDEN	KZNA	WOMEN 60 (4 KM)	00:18:12
2	2017	Sarie	DU TOIT	AGN	WOMEN 60 (4 KM)	00:18:58
3	2654	Elaine	GREENBLATT	CGA	WOMEN 60 (4 KM)	00:20:08
4	2651	Wendy	WILKENS	CGA	WOMEN 60 (4 KM)	00:22:31
5	2016	Esmé	KLOPPERS	AGN	WOMEN 60 (4 KM)	00:23:08
6	2653	Maria	VISSER	CGA	WOMEN 60 (4 KM)	00:23:57
7	2652	Josephina	STUNGOANE	CGA	WOMEN 60 (4 KM)	00:33:42
8	2015	Elize	DE BEER	AGN	WOMEN 60 (4 KM)	00:35:59
<b>WOMEN 65 (4 KM)</b>						
1	2886	Pixie	SPARG	WPA	WOMEN 65 (4 KM)	00:21:29
2	2760	Gill	TREGENA	KZNA	WOMEN 65 (4 KM)	00:22:28
3	1693	Willemien	SMUTS	AFS	WOMEN 65 (4 KM)	00:22:56
4	2345	Kytie	BURGER	ANWN	WOMEN 65 (4 KM)	00:31:00