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21km SA Championships, Port Elizabeth

SAMA Medal Winners - Men



1

1 35 - 39

Pos	RaceNo	Name	Age	Club	RaceTime
1	160	Mbongeni Ngxazozo	38	CGA	01:02:35
2	115	Luyanda Tshangana	35	EPA	01:07:18
3	81	George Ntshiliza	38	EPA	01:08:05

2 40 - 44

Pos	RaceNo	Name	Age	Club	RaceTime
1	163	Simon Mpholo	43	CGA	01:06:57
2	146	Mthandazo Qhina	40	WPA	01:07:00
3	165	Coolboy Ngamole	41	CGA	01:08:16

3 45 - 49

Pos	RaceNo	Name	Age	Club	RaceTime
1	136	Mluleki Nobanda	49	SAPD CHAMPS	01:09:04
2	147	Shawin Abrahams	48	WPA	01:13:26
3	38	Mxolisi Fana	49	ASWD	01:14:45

4 50 - 54

Pos	RaceNo	Name	Age	Club	RaceTime
1	94	Desmond Zibi	54	EPA	01:12:30
2	167	Mooi George	51	CGA	01:12:49
3	168	Solomon Khumalo	52	CGA	01:13:32

5 55 - 59

Pos	RaceNo	Name	Age	Club	RaceTime
1	96	Darrell Wicht	55	EPA	01:18:12
2	71	Mzoli Mpalala	56	BORA	01:22:45
3	93	Sithembiso Yozo	54	EPA	01:23:03

6 60 - 64

Pos	RaceNo	Name	Age	Club	RaceTime
1	148	Mochamat Kriel	64	WPA	01:23:35
2	169	Samuel Mogudi	61	CGA	01:25:38
3	119	Andrew Daly	61	KZNA	01:29:08

7 65 - 69

Pos	RaceNo	Name	Age	Club	RaceTime
1	17	Sello Maphangulo	65	AGN	01:19:02
2	102	Johannes Els	68	EPA	01:33:52
3	104	Albert Ngcanga	68	EPA	01:34:50

8 70 - 74

Pos	RaceNo	Name	Age	Club	RaceTime
1	105	Lochi Lochner	70	EPA	01:38:10
2 x		#N/A	#N/A	#N/A	#N/A
3 x		#N/A	#N/A	#N/A	#N/A

9 75 - 79

Pos	RaceNo	Name	Age	Club	RaceTime
1	106	Tamsanqa Jusayi	76	EPA	01:42:22
2 x		#N/A	#N/A	#N/A	#N/A
3 x		#N/A	#N/A	#N/A	#N/A

10 80+

Pos	RaceNo	Name	Age	Club	RaceTime
1 x		#N/A	#N/A	#N/A	#N/A
2 x		#N/A	#N/A	#N/A	#N/A
3 x		#N/A	#N/A	#N/A	#N/A

21km SA Championships, Port Elizabeth

SAMA Medal Winners - Women



2

1 35 - 39

Pos	RaceNo	Name	Age	Club	RaceTime
1	249	Hanlie Botha	39	BORA	01:17:21
2	256	Ntombesintu Mfunzi	36	EPA	01:17:24
3	287	Nomvuyisi Seti	36	WPA	01:19:32

2 40 - 44

Pos	RaceNo	Name	Age	Club	RaceTime
1	219	Charne Bosman	42	AGN	01:20:23
2	288	Bulelwa Simae	41	WPA	01:22:13
3	289	Ulrica Stander	43	WPA	01:22:36

3 45 - 49

Pos	RaceNo	Name	Age	Club	RaceTime
1	208	Rebeca Lethoko	46	AFS	01:35:51
2	220	Merriam Mooki	45	AGN	01:43:00
3 x		#N/A	#N/A	#N/A	#N/A

4 50 - 54

Pos	RaceNo	Name	Age	Club	RaceTime
1	233	Elamari Pretorius	52	ANWN	01:31:21
2	291	Suzanne Marais	53	WPA	01:31:26
3	290	Sandra Kohnert	50	WPA	01:31:52

5 55 - 59

Pos	RaceNo	Name	Age	Club	RaceTime
1	293	Mariette Strauss	56	WPA	01:31:08
2	224	Jane Mudau	55	AGN	01:31:21
3	292	Olga Howard	59	WPA	01:34:37

6 60 - 64

Pos	RaceNo	Name	Age	Club	RaceTime
1	240	Annatjie Botes	60	ASWD	01:32:16
2	263	Margie Saunders	64	EPA	01:34:50
3	234	Irene Scheffer	62	ANWN	01:38:06

7 65 - 69

Pos	RaceNo	Name	Age	Club	RaceTime
1	295	Nancy Will	65	WPA	01:37:27
2	266	Renee Hawkridge	67	EPA	01:46:07
3 x		#N/A	#N/A	#N/A	#N/A

8 70 - 74

Pos	RaceNo	Name	Age	Club	RaceTime
1	296	Pixie Sparg	73	WPA	02:04:35
2	267	Liz Jenkerson	71	EPA	02:05:05
3	268	Ronelle Steyn	74	EPA	02:12:07

9 75 - 79

Pos	RaceNo	Name	Age	Club	RaceTime
1	273	Gill Tregenna	76	KZNA	02:09:04
2 x		#N/A	#N/A	#N/A	#N/A
3 x		#N/A	#N/A	#N/A	#N/A

10 80+

Pos	RaceNo	Name	Age	Club	RaceTime
1	309	Deirdre Larkin	86	CGA	02:19:00
2 x		#N/A	#N/A	#N/A	#N/A
3 x		#N/A	#N/A	#N/A	#N/A

21km SA Championships, Port Elizabeth

CAA Results



3

Male

Pos	RaceNo	Name	Age	Nation	RaceTime
1	22	Thabang Mosiako	23	ACNW	01:01:59
2	20	Joel Mmone	27	SOUTH AFRICA	01:02:29
3	183	Lebenya Nkoka	35	LESOTHO	01:02:33

Female

Pos	RaceNo	Name	Age	Nation	RaceTime
1	317	Mamorallo Tjoka	33	LESOTHO	01:10:46
2	319	Helalia Johannes	37	NAMIBIA	01:10:51
3	320	Leena Ekandjo	28	NAMIBIA	01:16:15

21km SA Championships, Port Elizabeth

CAA Teams



4

Men

1 SOUTH AFRICA

04:10:04

Pos	Race Nc	Name	Gender	Nation	Race Time
1	22	Thabang Mosiako		23 SOUTH AFRICA	01:01:59
2	20	Joel Mmone		27 SOUTH AFRICA	01:02:29
3	160	Mbongeni Ngxazozo		38 SOUTH AFRICA	01:02:35
4	19	David Manja		27 SOUTH AFRICA	01:03:01

2 LESOTHO

04:14:52

Pos	Race Nc	Name	Gender	Province	Race Time
1	183	Lebenya Nkoka		35 LESOTHO	01:02:33
2	173	Tebello Ramokongoana		21 LESOTHO	01:03:52
3	176	Mothimokholo Hatasi		24 LESOTHO	01:03:58
4	174	Ramolefi Motsieloa		27 LESOTHO	01:04:29

3 NAMIBIA

04:21:45

Pos	Race Nc	Name	Gender	Province	Race Time
1	191	Thomas Rainhold		27 NAMIBIA	01:03:14
2	192	Mynhardt Kavaninvi		34 NAMIBIA	01:05:20
3	193	Kugongelwa Uveni-Nawa		35 NAMIBIA	01:05:34
4	194	Shalixwe Jeremia		30 NAMIBIA	01:07:37

WOMEN

1 NAMIBIA

05:06:04

Pos	Race Nc	Name	Gender	Province	Race Time
1	319	Helalia Johannes		37 NAMIBIA	01:10:51
2	320	Leena Ekandjo		28 NAMIBIA	01:16:15
3	321	Otilie Aimwata		38 NAMIBIA	01:18:16
4	322	Esther Haifope		28 NAMIBIA	01:20:42

1 SOUTH AFRICA

05:12:05

Pos	Race Nc	Name	Gender	Province	Race Time
1	300	Christine Kalmer		32 CGA	01:15:34
2	285	Zintle Xiniwe		31 WPA	01:16:54
3	256	Ntombesintu Mfunzi		36 EPA	01:17:24
4	288	Bulelwa Simae		41 WPA	01:22:13

21km SA Championships, Port Elizabeth

Overall Placings -ASA Only



5a

Male

Pos	RaceNo	Name	Age	Club	RaceTime
1	1	Stephen Mokoka	33	AGN	01:01:44
2	171	Elroy Gelant	31	ACNW	01:01:48
3	155	Gladwin Mzazi	29	CGA	01:01:49
4	162	Pheeha Mokgobu	29	CGA	01:01:50
5	22	Thabang Mosiako	23	ACNW	01:01:59
6	159	Precious Mashele	27	CGA	01:02:02
7	20	Joel Mmone	27	ACNW	01:02:29
8	8	Collen Mulaudzi	27	AGN	01:02:35
9	160	Mbongeni Ngxazozo	38	CGA	01:02:35
10	19	David Manja	27	ACNW	01:03:01

Female

Pos	RaceNo	Name	Age	Club	RaceTime
1	271	Janet Mbhele	23	KZNA	01:13:07
2	302	Lebogang Phalula	34	CGA	01:15:31
3	300	Christine Kalmer	32	CGA	01:15:34
4	297	Cornelia Joubert	30	CGA	01:16:06
5	285	Zintle Xiniwe	31	WPA	01:16:54
6	249	Hanlie Botha	39	BORA	01:17:21
7	216	Portia Ngwenya	29	AGN	01:17:21
8	256	Ntombesintu Mfunzi	36	EPA	01:17:24
9	230	Rone Reynecke	32	ANWN	01:18:46
10	215	Stella Marais	25	AGN	01:18:48

JUNIORS - MEDALS

Male

Pos	RaceNo	Name	Age	Club	RaceTime
1	329	Thanbang Shabangu	16	CGA	01:08:33
2	43	Okuhle Twalana	19	ATRA	01:09:05
3	11	Themba Chauke	19	AGN	01:11:38

Female

Pos	RaceNo	Name	Age	Club	RaceTime
1	251	Vicky Oelofse	17	EPA	01:33:39
2	244	Meghan Van Deventer	17	AVT	01:36:36
3	248	Danieke De Kock	17	BORA	01:39:09

21km SA Championships, Port Elizabeth

ASA Category PrizeWinners - Men



5b

40 - 49

Pos	RaceNo	Name	Age	Club	RaceTime
1	163	Simon Mpholo	43	CGA	01:06:57
2	146	Mthandazo Qhina	40	WPA	01:07:00
3	166	Johannes Kekana	46	CGA	01:07:52

50 - 59

Pos	RaceNo	Name	Age	Club	RaceTime
1	94	Desmond Zibi	54	EPA	01:12:30
2	167	Mooi George	51	CGA	01:12:49
3	168	Solomon Khumalo	52	CGA	01:13:32

60 - 69

Pos	RaceNo	Name	Age	Club	RaceTime
1	17	Sello Maphangulo	65	AGN	01:19:02
2	148	Mochamat Kriel	64	WPA	01:23:35
3	169	Samuel Mogudi	61	CGA	01:25:38

70 - 99

Pos	RaceNo	Name	Age	Club	RaceTime
1	105	Lochi Lochner	70	EPA	01:38:10
2	106	Tamsanqa Jusayi	76	EPA	01:42:22
3 x		#N/A	#N/A	#N/A	#N/A

21km SA Championships, Port Elizabeth

ASA Category PrizeWinners - Women



5c

40 - 49

Pos	RaceNo	Name	Age	Club	RaceTime
1	219	Charne Bosman	42	AGN	01:20:23
2	288	Bulelwa Simae	41	WPA	01:22:13
3	289	Ulrica Stander	43	WPA	01:22:36

50 - 59

Pos	RaceNo	Name	Age	Club	RaceTime
1	293	Mariette Strauss	56	WPA	01:31:08
2	224	Jane Mudau	55	AGN	01:31:21
3	233	Elamarie Pretorius	52	ANWN	01:31:21

60 - 69

Pos	RaceNo	Name	Age	Club	RaceTime
1	240	Annatjie Botes	60	ASWD	01:32:16
2	263	Margie Saunders	64	EPA	01:34:50
3	295	Nancy Will	65	WPA	01:37:27

70+

Pos	RaceNo	Name	Age	Club	RaceTime
1	296	Pixie Sparg	73	WPA	02:04:35
2	267	Liz Jenkerson	71	EPA	02:05:05
3	273	Gill Tregenna	76	KZNA	02:09:04

21km SA Championships, Port Elizabeth

Overall Placings



6

Male

Pos	RaceNo	Name	Age	Club	RaceTime
1	1	Stephen Mokoka	33	AGN	01:01:44
2	180	Benard Bil	30	NEDBANK INT	01:01:46
3	181	Linus Ruto	24	NEDBANK INT	01:01:48
4	171	Elroy Gelant	31	ACNW	01:01:48
5	155	Gladwin Mzazi	29	CGA	01:01:49
6	162	Pheeha Mokgobu	29	CGA	01:01:50
7	22	Thabang Mosiako	23	ACNW	01:01:59
8	159	Precious Mashele	27	CGA	01:02:02
9	20	Joel Mmone	27	ACNW	01:02:29
10	183	Lebenya Nkoka	35	LESOTHO	01:02:33

Female

Pos	RaceNo	Name	Age	Club	RaceTime
1	317	Mamorallo Tjoka	33	LESOTHO	01:10:46
2	319	Helalia Johannes	37	NAMIBIA	01:10:51
3	315	Susy Chemaimak	28	NEDBANK INT	01:12:32
4	311	Neheng Kahtala	26		00:00:00 01:12:42
5	312	Genet Abdurkadi Habela	20	NEDBANK INT	01:12:57
6	271	Janet Mbhele	23	KZNA	01:13:07
7	1 394	Bertha Chikanga	21	ZIMBABWE	01:14:00
8	316	Mkhonderwa Rudo	22	NEDBANK INT	01:14:41
9	302	Lebogang Phalula	34	CGA	01:15:31
10	300	Christine Kalmer	32	CGA	01:15:34

21km SA Championships, Port Elizabeth

Male Teams - ASA

Senior Teams



7a

1 CGA 04:08:16

Pos	Race No	Name	Gender	Province	Race Time
1	155	Gladwin Mzazi		29 CGA	01:01:49
2	159	Precious Mashele		27 CGA	01:02:02
3	160	Mbongeni Ngxazozo		38 CGA	01:02:35
4	162	Pheeha Mokgobu		29 CGA	01:01:50

2 ACNW 04:09:17

Pos	Race No	Name	Gender	Province	Race Time
1	19	David Manja		27 ACNW	01:03:01
2	20	Joel Mmone		27 ACNW	01:02:29
3	22	Thabang Mosiako		23 ACNW	01:01:59
4	171	Elroy Gelant		31 ACNW	01:01:48

3 AGN 04:10:37

Pos	Race No	Name	Gender	Province	Race Time
1	1	Stephen Mokoka		33 AGN	01:01:44
2	3	Reghen Magwai		26 AGN	01:03:11
3	4	Milton Kekana		22 AGN	01:03:07
4	8	Collen Mulaudzi		27 AGN	01:02:35

Veterans Teams

1 CGA 03:23:05

Pos	Race No	Name	Gender	Province	Race Time
1	165	Coolboy Ngamole		41 CGA	01:08:16
2	166	Johannes Kekana		46 CGA	01:07:52
3	163	Simon Mpholo		43 CGA	01:06:57

2 AGN 03:29:41

Pos	Race No	Name	Gender	Province	Race Time
1	14	Peter Medupe		43 AGN	01:11:22
2	13	Richard Mavuso		40 AGN	01:09:23
3	12	Shadrack Hoff		45 AGN	01:08:56

3 03:30:28

Pos	Race No	Name	Gender	Province	Race Time
1	146	Mthandazo Qhina		40 WPA	01:07:00
2	147	Shawin Abrahams		48 WPA	01:13:26
3	145	Vakalisa Kopolo		41 WPA	01:10:02

Juniors - 4 to count

1 Transkei 04:08:32

Pos	Race No	Name	Gender	Province	Race Time
1	198	Siphamandla Matholengwe		18 TRANSKEI	01:13:00
2	199	Zukisani Fanavele		19 TRANSKEI	01:24:29
3	197	Asavela Godwana		17 TRANSKEI	01:31:03

21km SA Championships, Port Elizabeth

Female Teams - ASA

Senior Teams



7b

1 CGA

05:06:23

Pos	Race Nc	Name	Gender	Province	Race Time
1	297	Cornelia Joubert		30 CGA	01:16:06
2	300	Christine Kalmer		32 CGA	01:15:34
3	302	Lebogang Phalula		34 CGA	01:15:31
4	303	Rene Kalmer		37 CGA	01:19:12

2 AGN

05:16:47

Pos	Race Nc	Name	Gender	Province	Race Time
1	215	Stella Marais		25 AGN	01:18:48
2	216	Portia Ngwenya		29 AGN	01:17:21
3	218	Kataza Shipalana		32 AGN	01:20:15
4	219	Charne Bosman		42 AGN	01:20:23

3 WPA

05:18:05

Pos	Race Nc	Name	Gender	Province	Race Time
1	285	Zintle Xiniwe		31 WPA	01:16:54
2	286	Anel Terblanche		31 WPA	01:19:26
3	287	Nomvuyisi Seti		36 WPA	01:19:32
4	288	Bulelwa Simae		41 WPA	01:22:13

Veterans Teams

1 WPA

04:15:57

Pos	Race Nc	Name	Gender	Province	Race Time
1	288	Bulelwa Simae		41 WPA	01:22:13
2	293	Mariette Strauss		56 WPA	01:31:08
3	289	Ulrica Stander		43 WPA	01:22:36

2 AGN

04:25:18

Pos	Race Nc	Name	Gender	Province	Race Time
1	219	Charne Bosman		42 AGN	01:20:23
2	221	Corne Prinsloo		41 AGN	01:33:34
3	224	Jane Mudau		55 AGN	01:31:21

3 EPA

04:34:43

Pos	Race Nc	Name	Gender	Province	Race Time
1	260	Adri Wessels		42 EPA	01:27:30
2	261	Christine Claasen		53 EPA	01:32:23
3	258	Davera Magson		43 EPA	01:34:50

21km SA Championships, Port Elizabeth

Overall Placings - EPA Athletes



8

Male

Pos	RaceNo	Name	Age	Club	RaceTime
1	108	Melikhaya Frans	28	EPA	01:03:56
2	636	Andile Motwana	21	TINARHA AC	01:04:18
3	107	Mariano Eesou	26	EPA	01:04:26

Female

Pos	RaceNo	Name	Age	Club	RaceTime
1	256	Ntombesintu Mfunzi	36	EPA	01:17:24
2	1697	Luthando Nxanisa	25	IKHAMVA AC	01:24:50
3	260	Adri Wessels	42	EPA	01:27:30

21km SA Championships, Port Elizabeth

5km Prizegiving



9

Male

Pos	RaceNo	Name	Age	Club	RaceTime
1	2206	Lynique Deves			19:05
2	2192	Wyne Marcon			20:38
3	2203	Lynique Deves			21:09

Female

Pos	RaceNo	Name	Age	Club	RaceTime
1	3825	Keanu Domingo			16:21
2	7494	Brendon Effenaar			16:42
3	4003	Motlatsdi Sesing			16:52

Top 3 Schools

Pos	School
1	Gertrude Shape
2	Canzibe PS
3	Mtyatyambe

21km SA Championships, Port Elizabeth

Category PrizeWinners - Men



10a

Juniors

Pos	RaceNo	Name	Age	Club	RaceTime	PrizeMoney
1	1207	Itumeleng Sesiko	19	KPMG	01:07:15	R4,000
2	329	Thanbang Shabangu	16	CGA	01:08:33	R3,000
3	43	Okuhle Twalana	19	ATRA	01:09:05	R2,000
4	186	Sidinile Kutwisiso	19	AFS		R1,000
5	11	Themba Chauke	19	AGN	01:11:38	R750

35 - 39

Pos	RaceNo	Name	Age	Club	RaceTime	PrizeMoney
1	183	Lebenya Nkoka	35	LESOTHO	01:02:33	R4,000
2	160	Mbongeni Ngxazozo	38	CGA	01:02:35	R3,000
3	115	Luyanda Tshangana	35	EPA	01:07:18	R2,000
4	81	George Ntshiliza	38	EPA	01:08:05	R1,000
5	75	Bulelani Mgubo	35	BORA	01:08:53	R750

40 - 49

Pos	RaceNo	Name	Age	Club	RaceTime	PrizeMoney
1	163	Simon Mpholo	43	CGA	01:06:57	R4,000
2	146	Mthandazo Qhina	40	WPA	01:07:00	R3,000
3	166	Johannes Kekana	46	CGA	01:07:52	R2,000
4	165	Coolboy Ngamole	41	CGA	01:08:16	R1,000
5	12	Shadrack Hoff	45	AGN	01:08:56	R750

50 - 59

Pos	RaceNo	Name	Age	Club	RaceTime	PrizeMoney
1	94	Desmond Zibi	54	EPA	01:12:30	R4,000
2	167	Mooi George	51	CGA	01:12:49	R3,000
3	168	Solomon Khumalo	52	CGA	01:13:32	R2,000
4	70	Makhaya Masumpa	52	BORA	01:14:25	R1,000
5	118	Michael Ndlovu	51	KZNA	01:16:44	R750

60 - 69

Pos	RaceNo	Name	Age	Club	RaceTime	PrizeMoney
1	17	Sello Maphangulo	65	AGN	01:19:02	R4,000
2	148	Mochamat Kriel	64	WPA	01:23:35	R3,000
3	169	Samuel Mogudi	61	CGA	01:25:38	R2,000
4	119	Andrew Daly	61	KZNA	01:29:08	R1,000
5	170	Andre Bredenkamp	61	CGA	01:31:00	R750

70 - 99

Pos	RaceNo	Name	Age	Club	RaceTime	PrizeMoney
1	105	Lochi Lochner	70	EPA	01:38:10	R4,000
2	1406	Pele Tshikundamalema	78	NEDBANK RC AGN	01:40:27	R3,000
3	106	Tamsanqa Jusayi	76	EPA	01:42:22	R2,000
4	1416	Syd Lippstreu	70	CRUSADERS AC	01:53:51	R1,000
5	562	Kobus Gerber	74	PEAAC	01:58:57	R750

21km SA Championships, Port Elizabeth

Category PrizeWinners - Women



10b

Juniors

Pos	RaceNo	Name	Age	Club	RaceTime
1	1365	Jana Le Roux	18	KPMG	01:29:27
2	251	Vicky Oelofse	17	EPA	01:33:39
3	244	Meghan Van Deventer	17	AVT	01:36:36
4	248	Danieke De Kock	17	BORA	01:39:09
5	210	Marelize Reitz	18	AGN	01:41:54

35 - 39

Pos	RaceNo	Name	Age	Club	RaceTime
1	1371	Makhosi Mhlongo	36	BOXER SUPERST	01:15:43
2	249	Hanlie Botha	39	BORA	01:17:21
3	256	Ntombesintu Mfunzi	36	EPA	01:17:24
4	287	Nomvuyisi Seti	36	WPA	01:19:32
5	217	Leilani Scheffer	35	AGN	01:20:41

40 - 49

Pos	RaceNo	Name	Age	Club	RaceTime
1	219	Charne Bosman	42	AGN	01:20:23
2	288	Bulelwa Simae	41	WPA	01:22:13
3	289	Ulrica Stander	43	WPA	01:22:36
4	305	Maria Vilikazi	42	CGA	01:24:06
5	231	Elizabeth Dhiwayo	42	ANWN	01:26:27

50 - 59

Pos	RaceNo	Name	Age	Club	RaceTime
1	293	Mariette Strauss	56	WPA	01:31:08
2	224	Jane Mudau	55	AGN	01:31:21
3	233	Elamarie Pretorius	52	ANWN	01:31:21
4	291	Suzanne Marais	53	WPA	01:31:26
5	290	Sandra Kohnert	50	WPA	01:31:52

60 - 69

Pos	RaceNo	Name	Age	Club	RaceTime
1	240	Annatjie Botes	60	ASWD	01:32:16
2	263	Margie Saunders	64	EPA	01:34:50
3	295	Nancy Will	65	WPA	01:37:27
4	234	Irene Scheffer	62	ANWN	01:38:06
5	225	Lynette Fischer	60	AGN	01:41:39

70 - 99

Pos	RaceNo	Name	Age	Club	RaceTime
1	296	Pixie Sparg	73	WPA	02:04:35
2	267	Liz Jenkerson	71	EPA	02:05:05
3	273	Gill Tregenna	76	KZNA	02:09:04
4	268	Ronelle Steyn	74	EPA	02:12:07
5	309	Deirdre Larkin	86	CGA	02:19:00

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Male Teams



11

1 CGA

04:08:16

Pos	Race Nc	Name	Gender	Province	Race Time
1	155	Gladwin Mzazi	29	CGA	01:01:49
2	159	Precious Mashele	27	CGA	01:02:02
3	160	Mbongeni Ngxazozo	38	CGA	01:02:35
4	162	Pheeha Mokgobu	29	CGA	01:01:50

2 ACNW

04:09:17

Pos	Race Nc	Name	Gender	Province	Race Time
1	19	David Manja	27	ACNW	01:03:01
2	20	Joel Mmone	27	ACNW	01:02:29
3	22	Thabang Mosiako	23	ACNW	01:01:59
4	171	Elroy Gelant	31	ACNW	01:01:48

3 AGN

04:10:37

Pos	Race Nc	Name	Gender	Province	Race Time
1	1	Stephen Mokoka	1	AGN	01:01:44
2	3	Reghen Magwai	3	AGN	01:03:11
3	4	Milton Kekana	4	AGN	01:03:07
4	8	Collen Mulaudzi	8	AGN	01:02:35

21km SA Championships, Port Elizabeth

Female Teams - Top 4



12

1 Central Gauteng

05:06:23

Pos	Race Nc	Name	Gender	Province	Race Time
1	297	Cornelia Joubert	30	CGA	01:16:06
2	300	Christine Kalmer	32	CGA	01:15:34
3	302	Lebogang Phalula	34	CGA	01:15:31
4	303	Rene Kalmer	37	CGA	01:19:12

2 Athletics Gauteng North

05:16:47

Pos	Race Nc	Name	Gender	Province	Race Time
1	215	Stella Marais	25	AGN	01:18:48
2	216	Portia Ngwenya	29	AGN	01:17:21
3	218	Kataza Shipalana	32	AGN	01:20:15
4	219	Charne Bosman	42	AGN	01:20:23

3 Western Province

05:18:05

Pos	Race Nc	Name	Gender	Province	Race Time
1	285	Zintle Xiniwe	31	WPA	01:16:54
2	286	Anel Terblanche	31	WPA	01:19:26
3	287	Nomvuyisi Seti	36	WPA	01:19:32
4	288	Bulelwa Simae	41	WPA	01:22:13

21km SA Championships, Port Elizabeth

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Individual Provincial - Men



Pos	CatPos	Bib	Name	Club	category	Age	Race Time
1	1	1	Stephen Mokoka	AGN	O	33	01:01:44
2	2	171	Elroy Gelant	ACNW	O	31	01:01:48
3	3	155	Gladwin Mzazi	CGA	O	29	01:01:49
4	4	162	Pheeha Mokgobu	CGA	O	29	01:01:50
5	5	22	Thabang Mosiako	ACNW	O	23	01:01:59
6	6	159	Precious Mashele	CGA	O	27	01:02:02
7	7	20	Joel Mmone	ACNW	O	27	01:02:29
8	8	8	Collen Mulaudzi	AGN	O	27	01:02:35
9	9	19	David Manja	ACNW	O	27	01:03:01
10	10	4	Milton Kekana	AGN	O	22	01:03:07
11	11	3	Reghen Magwai	AGN	O	26	01:03:11
12	12	2	Benedict Moeng	AGN	O	35	01:03:36
13	13	41	Lloyd Bosman	ASWD	O	30	01:03:42
14	14	108	Melikhaya Frans	EPA	O	28	01:03:56
15	15	10	Vuyisile Tshoba	AGN	O	27	01:04:08
16	16	120	Sipho Mbanjwa	KZNA	O	23	01:04:21
17	17	107	Mariano Eesou	EPA	O	26	01:04:26
18	18	161	Raphael Segodi	CGA	O	32	01:04:28
19	19	152	Abednico Mashaba	AMPU	O	28	01:04:39
20	20	34	Moletsane Motlounq	AFS	O	29	01:05:13
21	21	125	Peu Tlou	LIMA	O	33	01:05:20
22	22	149	Sibusiso Madikizela	WPA	O	27	01:05:33
23	23	109	Andre Ketchem	EPA	O	34	01:05:37
24	24	6	Stanley Mofu	AGN	O	30	01:06:06
25	25	21	Puseletso Mofokeng	ACNW	O	25	01:06:07
26	26	150	Nkosinathi Madyo	WPA	O	30	01:06:07
27	27	18	Obed Kopong	ACNW	O	30	01:06:16
28	28	36	Jeremiah Moshwetsi	ANWN	O	30	01:06:32
29	29	47	Vuyolwethu Madikiza	ATRA	O	24	01:06:34
30	30	121	Nkosikhona Mhlakwana	KZNA	O	25	01:06:37
31	31	158	Kemang Khunonya	CGA	O	26	01:06:53
32	32	74	Luthando Hejana	BORA	O	31	01:06:54
33	33	151	Folavia Sehohle	AMPU	O	27	01:06:59
34	34	122	Tebogo Pilusa	LIMA	O	28	01:07:11
35	35	187	Pule Sibeko	FSA	O	20	01:07:13
36	36	5	Bafana Dube	AGN	O	27	01:07:18
37	37	9	Sikhumbuzo Seme	AGN	O	33	01:07:21
38	38	53	Xolisani Zamkele	ATRA	O	31	01:07:37
39	39	188	Sipho Ramohohotsi	FSA	O	21	01:07:47
40	40	76	Masivuye Poswa	BORA	O	31	01:07:53
41	41	190	Jonas Soke	FSA	O	30	01:08:42
42	42	12	Shadrack Hoff	AGN	O	45	01:08:56
43	43	137	Mkhuseli Dayiya	SAPD CHAMPS	O	27	01:08:59
44	44	154	Mandla Nkabinde	AMPU	O	28	01:09:00
45	45	124	Phuti Sethowa	LIMA	O	29	01:09:24
46	46	48	Zuko Mambula	ATRA	O	31	01:10:00
47	47	63	Tankiso Radebe	AVT	O	26	01:10:00
48	48	42	Godwin Heyns	ASWD	O	20	01:10:04
49	49	58	Pita Makhoali	AVT	O	27	01:10:45
50	50	31	Molelekoa Matoli	AFS	O	24	01:10:46
51	51	59	Japhta Masoenysane	AVT	O	28	01:10:53
52	52	61	Tatolo Morobe	AVT	O	34	01:11:02
53	53	50	Luthando Ndonyela	ATRA	O	21	01:11:03

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Individual Provincial - Men



Pos	CatPos	Bib	Name	Club	category	Age	Race Time
54	54	33	Zwene Moreng	AFS	O	30	01:11:34
55	55	114	Vuyolwethu Selani	EPA	O	22	01:11:44
56	56	140	Teboho Majoro	SAPD CHAMPS	O	34	01:11:46
57	57	139	Mpho Lehanya	SAPD CHAMPS	O	30	01:12:05
58	58	185	Thando Ncipha	SAPD CHAMPS	O	26	01:12:14
59	59	62	Thabiso Mosekili	AVT	O	30	01:12:21
60	60	189	Anastacius Ontong	FSA	O	25	01:12:25
61	61	123	Emmanuel Ramo	LIMA	O	23	01:12:29
62	62	32	Ayabonga Mavuso	AFS	O	22	01:12:54
63	63	147	Shawin Abrahams	WPA	O	48	01:13:26
64	64	142	Griffiths Mohlahlo	SAPD CHAMPS	O	24	01:13:43
65	65	30	Lebohlang Masisi	AFS	O	21	01:13:53
66	66	29	Mpho Litabe	AFS	O	22	01:14:36
67	67	60	Peipman Mofokeng	AVT	O	33	01:14:39
68	68	116	Masixole Xayiya	EPA	O	24	01:15:56
69	69	111	Sinethemba Mirele	EPA	O	21	01:16:23
70	70	7	Simon Mokonyama	AGN	O	25	01:17:20
71	71	16	Joseph Ndlovu	AGN	O	53	01:18:12
72	72	113	Charles Segalo	EPA	O	31	01:18:19
73	73	143	Atlholang Mopalami	SAPD CHAMPS	O	27	01:19:35
74	74	23	George Ramcwana	ACNW	O	25	01:19:42
75	75	49	Asavela Mkwambi	ATRA	O	21	01:20:49
76	76	110	Zolani Mabhongo	EPA	O	32	01:22:16
77	77	157	Lucky Mohale	CGA	O	32	01:25:06
78	78	52	Fredy Tyatyeka	ATRA	O	27	01:26:46
79	1	43	Okuhle Twalana	ATRA	J	19	01:09:05
80	2	186	Sidinile Kutwisiso	AFS	J	19	01:10:00
81	3	11	Themba Chauke	AGN	J	19	01:11:38
82	4	198	Siphamandla Matholengwe	TRANSKEI	J	18	01:13:00
83	5	28	Sello Litabe	AFS	J	18	01:14:20
84	6	77	Anele Voorman	EPA	J	18	01:18:03
85	7	35	Goitsemodimo Kotsedi	ANWN	J	19	01:20:11
86	8	64	Tiny Majambe	BORA	J	16	01:20:26
87	9	199	Zukisani Fanavele	TRANSKEI	J	19	01:24:29
88	10	197	Asavela Godwana	TRANSKEI	J	17	01:31:03
89	11	45	Wodwa Gwantyu	TRANSKEI	J	19	01:35:29
90	1	160	Mbongeni Ngxazozo	CGA	35	38	01:02:35
91	2	115	Luyanda Tshangana	EPA	35	35	01:07:18
92	3	81	George Ntshiliza	EPA	35	38	01:08:05
93	4	75	Bulelani Mgubo	BORA	35	35	01:08:53
94	5	44	Sisa Dalubom	ATRA	35	35	01:09:02
95	6	78	Mzolisi Makhanda	EPA	35	35	01:09:59
96	7	54	Sampie Mokgatla	AVT	35	39	01:11:20
97	8	175	Kevin Gasebo	EPA	35	38	01:11:22
98	9	128	Isaac Mogapi	SAPD CHAMPS	35	36	01:11:36
99	10	65	Nkosinathi Nzingo	BORA	35	36	01:11:59
100	11	79	Xolisa Ndlumbini	EPA	35	36	01:12:09
101	12	127	Mzukiseni Matyhwaphula	SAPD CHAMPS	35	35	01:12:47
102	13	138	Wilfred Leeuw	SAPD CHAMPS	35	35	01:13:46
103	14	131	Lindo Thusi	SAPD CHAMPS	35	37	01:14:08
104	15	130	Sthembiso Ntombela	SAPD CHAMPS	35	37	01:14:49
105	16	82	Ricardo Plaatjies	EPA	35	35	01:14:52
106	17	126	Dumisani Dosi	SAPD CHAMPS	35	39	01:15:15

21km SA Championships, Port Elizabeth

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Individual Provincial - Men



Pos	CatPos	Bib	Name	Club	category	Age	Race Time
107	18	80	Sandile Ngunuza	EPA	35	35	01:17:21
108	1	163	Simon Mpholo	CGA	40	43	01:06:57
109	2	146	Mthandazo Qhina	WPA	40	40	01:07:00
110	3	165	Coolboy Ngamole	CGA	40	41	01:08:16
111	4	69	Mbulelo Speelman	BORA	40	41	01:09:00
112	5	13	Richard Mavuso	AGN	40	40	01:09:23
113	6	164	Charles Tjiane	CGA	40	44	01:09:36
114	7	145	Vakalisa Kopolo	WPA	40	41	01:10:02
115	8	85	Mzwanele Maphekula	EPA	40	41	01:10:17
116	9	133	James Mgcina	SAPD CHAMPS	40	42	01:10:19
117	10	153	Nthuthuko Maseko	AMPU	40	41	01:10:30
118	11	14	Peter Medupe	AGN	40	43	01:11:22
119	12	132	Ronny Mabotja	SAPD CHAMPS	40	40	01:11:27
120	13	86	Zingisile Marikeni	EPA	40	42	01:12:40
121	14	134	Mphuthumi Ngedle	SAPD CHAMPS	40	40	01:13:16
122	15	68	Xolisile Sinintana	BORA	40	40	01:13:34
123	16	83	Melikhaya Kepe	EPA	40	42	01:13:46
124	17	87	Zoliile Mhlahlo	EPA	40	43	01:14:17
125	18	55	Thabo Mashigo	AVT	40	44	01:14:22
126	19	84	Anele Maliza	EPA	40	40	01:15:43
127	20	135	Simon Sibisi	SAPD CHAMPS	40	42	01:15:50
128	21	67	Xolile Mashicila	BORA	40	42	01:16:36
129	22	88	Zamubuntu Teyise	EPA	40	41	01:17:13
130	23	24	Kagiso Mogatle	ACNW	40	44	01:19:06
131	24	66	Doran Fritz	BORA	40	44	01:23:00
132	1	166	Johannes Kekana	CGA	45	46	01:07:52
133	2	136	Mluleki Nobanda	SAPD CHAMPS	45	49	01:09:04
134	3	90	Terrence Mjekula	EPA	45	45	01:14:26
135	4	38	Mxolisi Fana	ASWD	45	49	01:14:45
136	5	89	Noel Adams	EPA	45	46	01:15:50
137	6	56	Tsietsi Mokoena	AVT	45	48	01:17:02
138	7	196	Arthur Nziweni	AGW	45	48	01:17:55
139	8	91	Sandiso Ngxishe	EPA	45	48	01:23:51
140	9	46	Bhutityi Dyantyi	ATRA	45	49	01:31:03
141	1	94	Desmond Zibi	EPA	50	54	01:12:30
142	2	167	Mooi George	CGA	50	51	01:12:49
143	3	168	Solomon Khumalo	CGA	50	52	01:13:32
144	4	70	Makhaya Masumpa	BORA	50	52	01:14:25
145	5	118	Michael Ndlovu	KZNA	50	51	01:16:44
146	6	15	Elias Legodi	AGN	50	54	01:20:37
147	7	26	Nico Deerling	ACNW	50	51	01:20:41
148	8	92	Mutekile Rasmeni	EPA	50	53	01:21:45
149	9	39	Patrick Peters	ASWD	50	54	01:22:10
150	10	37	Anton Chevalier	ASWD	50	53	01:25:03
151	11	57	Petrus Tsoetsi	AVT	50	50	01:33:19
152	1	96	Darrell Wicht	EPA	55	55	01:18:12
153	2	71	Mzoli Mpalala	BORA	55	56	01:22:45
154	3	93	Sithembiso Yozo	EPA	55	55	01:23:03
155	4	95	Bennie Stadler	EPA	55	55	01:23:12
156	5	117	Willie Majombozi	KZNA	55	55	01:40:13
157	1	148	Mochamat Kriel	WPA	60	64	01:23:35
158	2	169	Samuel Mogudi	CGA	60	61	01:25:38
159	3	119	Andrew Daly	KZNA	60	61	01:29:08

21km SA Championships, Port Elizabeth

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Individual Provincial - Men



Pos	CatPos	Bib	Name	Club	category	Age	Race Time
160	4	170	Andre Bredenkamp	CGA	60	61	01:31:00
161	5	27	Lekhu Molefe	ACNW	60	62	01:31:55
162	6	98	Chester Brooks	EPA	60	60	01:32:57
163	7	99	Clifford Hicken	EPA	60	61	01:34:35
164	8	72	Themba Bhelwana	BORA	60	61	01:36:11
165	9	97	Charles Baatjies	EPA	60	61	01:36:23
166	10	100	Bruce Mcewan	EPA	60	64	01:36:31
167	11	40	Sidwell Oktober	ASWD	60	60	01:41:00
168	1	17	Sello Maphangulo	AGN	65	65	01:19:02
169	2	102	Johannes Els	EPA	65	68	01:33:52
170	3	104	Albert Ngcanga	EPA	65	68	01:34:50
171	4	103	Sizinzo Kama	EPA	65	67	01:35:46
172	1	105	Lochi Lochner	EPA	70	70	01:38:10
173	1	106	Tamsanqa Jusayi	EPA	75	76	01:42:22

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Individual Provincial - Women



Pos	CatPos	Bib	Name	Province	Category	Age	Race Time
1	1	271	Janet Mbhele	KZNA	O	23	01:13:07
2	2	302	Lebogang Phalula	CGA	O	34	01:15:31
3	3	300	Christine Kalmer	CGA	O	32	01:15:34
4	4	297	Cornelia Joubert	CGA	O	30	01:16:06
5	5	285	Zintle Xiniwe	WPA	O	31	01:16:54
6	6	216	Portia Ngwenya	AGN	O	29	01:17:21
7	7	230	Rone Reynecke	ANWN	O	32	01:18:46
8	8	215	Stella Marais	AGN	O	25	01:18:48
9	9	303	Rene Kalmer	CGA	O	37	01:19:12
10	10	286	Anel Terblanche	WPA	O	31	01:19:26
11	11	298	Maria Shai	CGA	O	31	01:20:04
12	12	218	Kataza Shipalana	AGN	O	32	01:20:15
13	13	299	Rachel Leistra	CGA	O	21	01:20:20
14	14	212	Vuyokazi Gebe	AGN	O	27	01:23:09
15	15	211	Anet Coetzee	AGN	O	29	01:23:34
16	16	237	Melissa Van Rensburg	ASWD	O	29	01:23:54
17	17	235	Nancy Cloete	ASWD	O	31	01:28:40
18	18	201	Veressa Bothma	ACNW	O	26	01:28:50
19	19	206	Anna Moeketsi	AFS	O	32	01:29:06
20	20	207	Maryna Swanepoel	AFS	O	32	01:29:28
21	21	213	Leani Grimes	AGN	O	24	01:29:41
22	22	310	Cian Oldknow	CGA	O	21	01:30:22
23	23	214	Liziwe Mabona	AGN	O	29	01:32:00
24	24	202	Palesa Lehasa	ACNW	O	30	01:33:49
25	25	275	Ivy Gonqa	SAPD CHAMPS	O	29	01:36:09
26	26	279	Mbali Mthimkhulu	SAPD CHAMPS	O	25	01:36:59
27	27	276	Johanna Maboja	SAPD CHAMPS	O	24	01:37:06
28	28	281	Boitumelo Sehloho	SAPD CHAMPS	O	34	01:40:12
29	29	253	Siphokazi Nojoko	EPA	O	23	01:40:58
30	30	274	Phakamile Dube	SAPD CHAMPS	O	34	01:41:49
31	31	278	Noxolo Mdubeki	SAPD CHAMPS	O	33	01:46:12
32	32	280	Daisy Phaho	SAPD CHAMPS	O	25	01:49:40
33	33	205	Palesa Mafanya	AFS	O	32	01:58:39
34	1	251	Vicky Oelofse	EPA	J	17	01:33:39
35	2	244	Meghan Van Deventer	AVT	J	17	01:36:36
36	3	248	Danieke De Kock	BORA	J	17	01:39:09
37	4	210	Marelize Reitz	AGN	J	18	01:41:54
38	5	243	Engelinah Mphaololi	AVT	J	19	01:42:25
39	1	249	Hanlie Botha	BORA	35	39	01:17:21
40	2	256	Ntombesintu Mfunzi	EPA	35	36	01:17:24
41	3	287	Nomvuyisi Seti	WPA	35	36	01:19:32
42	4	217	Leilani Scheffer	AGN	35	35	01:20:41
43	5	255	Liza-Marie Kingston	EPA	35	36	01:28:54
44	6	254	Asanda Zamisa	EPA	35	35	01:31:35
45	7	257	Pearl Prinsloo	EPA	35	39	01:33:40
46	8	226	Susanna Van Litsenborgh	AGW	35	39	01:41:32
47	9	282	Duduzile Zulu	SAPD CHAMPS	35	39	01:41:55
48	10	245	Tshiamo Motaung	AVT	35	38	01:45:10
49	1	219	Charne Bosman	AGN	40	42	01:20:23
50	2	288	Bulelwa Simae	WPA	40	41	01:22:13
51	3	289	Ulrica Stander	WPA	40	43	01:22:36
52	4	305	Maria Vilikazi	CGA	40	42	01:24:06

21km SA Championships, Port Elizabeth

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Individual Provincial - Women



Pos	CatPos	Bib	Name	Province	Category	Age	Race Time
53	5	231	Elizabeth Dhiwayo	ANWN	40	42	01:26:27
54	6	260	Adri Wessels	EPA	40	42	01:27:30
55	7	250	Karen Davis	BORA	40	41	01:32:12
56	8	238	Nerida Lubbe	ASWD	40	42	01:33:04
57	9	221	Corne Prinsloo	AGN	40	41	01:33:34
58	10	227	Chantel De Beer	AGW	40	41	01:33:41
59	11	203	Daleen Van Der Merwe	ACNW	40	43	01:34:07
60	12	258	Davera Magson	EPA	40	43	01:34:50
61	13	259	Terri-Lynn Penney	EPA	40	41	01:35:20
62	14	283	Sarah-Jane Kumalo	SAPD CHAMPS	40	43	01:38:25
63	1	208	Rebeca Lethoko	AFS	45	46	01:35:51
64	2	220	Merriam Mooki	AGN	45	45	01:43:00
65	1	233	Elamarie Pretorius	ANWN	50	52	01:31:21
66	2	291	Suzanne Marais	WPA	50	53	01:31:26
67	3	290	Sandra Kohnert	WPA	50	50	01:31:52
68	4	307	Kim Meyer	CGA	50	51	01:32:13
69	5	261	Christine Claasen	EPA	50	53	01:32:23
70	6	284	Marie Louw	SAPD CHAMPS	50	52	01:36:39
71	7	222	Anna Breytenbach	AGN	50	54	01:38:41
72	8	223	Karen Coomber	AGN	50	51	01:40:28
73	9	239	Alison Jordaan	ASWD	50	51	01:40:54
74	10	247	Florence Molawa	AVT	50	50	01:43:15
75	11	204	Lien Van Der Merwe	ACNW	50	54	01:43:46
76	12	228	Berdine Smit	AGW	50	54	01:45:01
77	13	262	Buyelwa Kobokana	EPA	50	53	01:45:52
78	14	246	Paulina Mokoena	AVT	50	50	01:50:30
79	1	293	Mariette Strauss	WPA	55	56	01:31:08
80	2	224	Jane Mudau	AGN	55	55	01:31:21
81	3	292	Olga Howard	WPA	55	59	01:34:37
82	4	308	Karen Brought	CGA	55	58	01:40:13
83	1	240	Annatjie Botes	ASWD	60	60	01:32:16
84	2	263	Margie Saunders	EPA	60	64	01:34:50
85	3	234	Irene Scheffer	ANWN	60	62	01:38:06
86	4	225	Lynette Fischer	AGN	60	60	01:41:39
87	5	294	Bev Charters	WPA	60	60	01:44:36
88	6	265	Hanlie Van Der Westhuizen	EPA	60	62	01:44:46
89	7	264	Christine Snyman	EPA	60	62	01:57:27
90	1	295	Nancy Will	WPA	65	65	01:37:27
91	2	266	Renee Hawkrigde	EPA	65	67	01:46:07
92	1	296	Pixie Sparg	WPA	70	73	02:04:35
93	2	267	Liz Jenkerson	EPA	70	71	02:05:05
94	3	268	Ronelle Steyn	EPA	70	74	02:12:07
95	4	269	Marlene Wiese	EPA	70	72	02:19:55
96	1	273	Gill Tregenna	KZNA	75	76	02:09:04
97	1	309	Deirdre Larkin	CGA	85	86	02:19:00