

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### G-10

12	G-10	2 km		/ 2 km		00:00.00	Final
		Athlete		Team	Place	Achievement	
ECA058	58	Anam	Madikizela	Eastern Cape	1	07:04.10	
LIM001	713	Kamogelo	Legodi	Limpopo	2	07:07.10	
WCA008	1204	Leigh-Andre	Bailey	Western Cape	3	07:12.60	
WCA007	1203	Angell	Pholman	Western Cape	4	07:14.50	
ECA059	59	Akhona	Ngobela	Eastern Cape	5	07:16.00	
LIM002	714	Khomotso	Mabunda	Limpopo	6	07:16.30	
WCA009	1205	Eltiana	Matthys	Western Cape	7	07:16.60	
GAU001	378	De Clercq	Miane	Gauteng	8	07:18.80	
LIM003	715	Koketso	Mabonda	Limpopo	9	07:23.20	
WCA011	1207	Kelly-Ann	Jaftha	Western Cape	10	07:26.90	
GAU002	379	Sikhutshwa	Kamvelihle	Gauteng	11	07:27.30	
MPU010	890	Ntombikayise	Msibi	Mpumalanga	12	07:28.40	
WCA012	1208	Nida	Moola	Western Cape	13	07:29.60	
MPU011	891	Yamukela	Ntshangase	Mpumalanga	14	07:32.40	
FSA008	168	Amohelang	Mahlatsi	Free State	15	07:34.30	
FSA007	167	Rethabile	Seshaoka	Free State	16	07:39.30	
KZN004	549	Nolwandle	Hlophe	Kwazulu Natal	17	07:41.20	
KZN002	547	Londiwe	Ndaba	Kwazulu Natal	18	07:42.30	
FSA010	170	Motshidisi	Hlongoane	Free State	19	07:43.20	
KZN001	546	Nokwenama	Mtetwa	Kwazulu Natal	20	07:48.60	
MPU009	889	Siphosethu	Msezane	Mpumalanga	21	07:45.00	
FSA009	169	Matshidiso	Hlongoane	Free State	22	07:45.80	
LIM006	718	Kedibone	Madigage	Limpopo	23	07:46.60	
LIM005	717	Lerato	Raboshaka	Limpopo	24	07:50.90	
ECA060	60	Khayelihle	Qusheka	Eastern Cape	25	07:52.50	
MPU007	887	Zanele	Mahlangu	Mpumalanga	26	07:55.60	
WCA010	1206	Thabonisia	Desember	Western Cape	27	07:56.30	
NWP056	1144	Keabetswe	Keboneilwe	North West Province	28	07:57.50	
GAU004	381	Pholoanyane	Kgomotso	Gauteng	29	07:58.80	
GAU006	383	Cefile	Simnikiwe	Gauteng	30	08:01.70	
GAU005	382	Moloi	Omphile	Gauteng	31	08:02.20	
GAU003	380	Ndindwa	Andiswa	Gauteng	32	08:04.00	
NWP060	1148	Tlotlego	Moima	North West Province	33	08:08.30	
FSA012	172	Tshiamo	Matsepe	Free State	34	08:09.00	
NWP055	1143	Keitumetse	Sehume	North West Province	35	08:09.50	
NWP059	1147	Kamogelo	Pitso	North West Province	36	08:10.40	
LIM004	716	Pheladi	Sekasembe	Limpopo	37	08:10.90	
NCA001	989	Juli-Ann	Titus	Northern Cape	38	08:11.20	
FSA011	171	Karabo	Monyaki	Free State	39	08:12.50	
NWP057	1145	Onthatile	Chube	North West Province	40	08:12.70	
KZN005	550	Uminathi	Mthembu	Kwazulu Natal	41	08:12.24	
MPU008	888	Nkoka	Mlambe	Mpumalanga	42	08:14.02	
NCA002	990	Kago	Maropefela	Northern Cape	43	08:14.07	
NCA003	991	Jenine	Davids	Northern Cape	44	08:14.20	

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### G-11

26	G-11	3 km		/ 3 km		00:00.00	Final
	Athlete		Team	Place	Achievement		
GAU007	384	Harris	Xante	Gauteng	1	11:01.40	
GAU010	387	Van Dyk	Chelsea	Gauteng	2	11:09.10	
ECA063	63	Liyabona	Zide	Eastern Cape	3	11:11.00	
GAU008	385	Moyo	Gloria	Gauteng	4	11:17.70	
MPU024	904	Minette	Van Den Berg	Mpumalanga	5	11:19.80	
WCA022	1218	Mia	Kriek	Western Cape	6	11:25.40	
LIM010	722	Keabetswe	Mafane	Limpopo	7	11:28.60	
LIM011	723	Julia Khulumani	Mohlahlo	Limpopo	8	11:31.40	
ECA062	62	Avuzwa	Mkhotheni	Eastern Cape	9	11:34.70	
LIM008	720	Bonang	Moklabata	Limpopo	10	11:37.30	
GAU009	386	Ntanga	Louisa	Gauteng	11	11:37.90	
LIM007	719	Mmankekolo	Ramoshaba	Limpopo	12	11:38.30	
GAU012	389	Strydom	Natalie	Gauteng	13	11:42.50	
KZN013	558	Siyamthanda	Masiteng	Kwazulu Natal	14	11:42.70	
MPU020	900	Matsemela	Mphela	Mpumalanga	15	11:47.00	
ECA066	66	Phaphama	Mabuda	Eastern Cape	16	11:48.80	
FSA019	179	Mamello	Hankana	Free State	17	11:50.90	
NWP064	1152	Kefilwe	Kgosiemang	North West Province	18	11:58.20	
FSA020	180	Matshidiso	Mokake	Free State	19	11:59.40	
KZN014	559	Andiswa	Nzimande	Kwazulu Natal	20	12:03.00	
MPU021	901	Motlatjo	Mphela	Mpumalanga	21	12:07.70	
LIM009	721	Dimakatso	Kekana	Limpopo	22	12:08.30	
FSA024	184	Lerato	Beukes	Free State	23	12:09.10	
NWP061	1149	Bontle	Moholo	North West Province	24	12:12.80	
GAU011	388	Mojela	Refilwe	Gauteng	25	12:14.00	
WCA023	1219	Shanell	Van Staden	Western Cape	26	12:14.40	
FSA023	183	Slinsile	Mcwera	Free State	27	12:17.00	
WCA020	1216	Victoria	Bark	Western Cape	28	12:19.00	
KZN016	561	Sukuma	Ngcobo	Kwazulu Natal	29	12:19.50	
FSA022	182	Ntombenhle	Pandela	Free State	30	12:20.00	
WCA024	1220	Leoney	Jacobs	Western Cape	31	12:22.20	
NWP063	1151	Ponatshego	Mosimole	North West Province	32	12:23.70	
WCA021	1217	Grane-Lee	Fortuin	Western Cape	33	12:24.70	
ECA065	65	Ahlume	Bhusakwe	Eastern Cape	34	12:28.40	
KZN015	560	Yandiswa	Mkhize	Kwazulu Natal	35	12:29.80	
MPU019	899	Pholoso	Mashiane	Mpumalanga	36	12:33.70	
LIM012	724	Tshegofatso	Bodiba	Limpopo	37	12:36.10	
MPU022	902	Anele	Ngomane	Mpumalanga	38	12:38.30	
MPU023	903	Nobuhle	Nkosi	Mpumalanga	39	12:38.90	
NWP065	1153	Tshireletso	Rammutle	North West Province	40	12:48.80	
WCA019	1215	Iminathi	Yolwo	Western Cape	41	13:02.29	
ECA064	64	Kuyintando	Gava	Eastern Cape	42	13:06.40	
NWP062	1150	Bonolo	Dikgang	North West Province	43	13:10.30	
NCA009	997	Corne	Pieterse	Northern Cape	44	13:10.80	
NCA008	996	Meroniek	Witbooi	Northern Cape	45	15:17.80	

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## Result per Age

### G-12

4	G-12	3 km	/ 3 km		00:00.00	Final	
	Athlete		Team	Place	Achievement		
KZN025	570	Amahle	Mthethwa	Kwazulu Natal	1	10:53.09	
GAU015	392	Prinsloo	Sune-Louise	Gauteng	2	11:00.09	
GAU014	391	Pelser	Taya	Gauteng	3	11:02.02	
MPU035	915	Juné	Van Wyk	Mpumalanga	4	11:06.06	
GAU013	390	Madikane	Lebohang	Gauteng	5	11:09.30	
LIM013	725	Mpho	Seapela	Limpopo	6	11:15.30	
ECA068	68	Akhule	Nokwenq	Eastern Cape	7	11:16.60	
KZN026	571	Nosipho	Majozi	Kwazulu Natal	8	11:20.30	
ECA067	67	Esona	Hlakanyana	Eastern Cape	9	11:24.80	
MPU033	913	Amoré	Roets	Mpumalanga	10	11:31.20	
GAU018	395	Nelson	Heylenn Eden	Gauteng	11	11:31.60	
LIM014	726	Evidence	Phemelo	Limpopo	12	11:39.60	
WCA031	1227	Shanon	Swarts	Western Cape	13	11:43.20	
WCA034	1230	Muezaan	Jansen	Western Cape	14	11:45.70	
NWP071	1159	Motshabi	Mathibe	North West Province	15	11:46.30	
LIM015	727	Kgotlelelo	Mametja	Limpopo	16	11:48.30	
NWP068	1156	Lebogang	Dikgang	North West Province	17	11:49.50	
WCA033	1229	Elsabe	Dippenaar	Western Cape	18	11:53.30	
WCA032	1228	Lara	Stander	Western Cape	19	11:53.80	
ECA070	70	Sinawo	Maxhithi	Eastern Cape	20	11:54.40	
NWP072	1160	Leandri	Rademan	North West Province	21	11:56.40	
ECA069	69	Masibulele	Nojiya	Eastern Cape	22	11:58.10	
WCA035	1231	Pochniece	Adams	Western Cape	23	12:01.80	
ECA071	71	Amanathi	Anganathi	Eastern Cape	24	12:02.50	
MPU034	914	Liané	Van Der Merwe	Mpumalanga	25	12:05.90	
FSA031	191	Itumeleng	Jampi	Free State	26	12:10.20	
MPU032	912	Thulisile	Mahlangu	Mpumalanga	27	12:11.70	
GAU016	393	Matlala	Tswai	Gauteng	28	12:12.40	
FSA032	192	Bonolo	Manka	Free State	29	12:15.50	
KZN029	574	Nonkululeko	Hadebe	Kwazulu Natal	30	12:16.30	
NWP067	1155	Omaatla	Morule	North West Province	31	12:16.80	
FSA034	194	Moleboheng	Bogosi	Free State	32	12:22.10	
FSA036	196	Vidett	Louw	Free State	33	12:27.40	
WCA036	1232	Melanesia	Lehman	Western Cape	34	12:31.40	
NWP070	1158	Kelebogile	Moholo	North West Province	35	12:32.00	
LIM016	728	Phenyo	Tjie	Limpopo	36	12:46.40	
FSA035	195	Lipuo	Mokhae	Free State	37	12:51.10	
FSA033	193	Nthabiseng	Motsholwane	Free State	38	12:55.00	
LIM017	729	Noko	Mashamaite	Limpopo	39	13:03.00	
NCA013	1001	Jan-Marie	Filippus	Northern Cape	40	13:03.40	
NWP069	1157	Bothale	Lesalagae	North West Province	41	13:24.10	
MPU036	916	Sphiwe	Vundla	Mpumalanga	42	13:57.40	

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## Result per Age

### G-13

20	G-13	3 km	/ 3 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
WCA043	1239	Dewandre	Van Rooy	Western Cape	1	10:58.40
WCA044	1240	Caitlyn	Cawood	Western Cape	2	11:10.90
ECA073	73	Kwanele	Mvumbi	Eastern Cape	3	11:14.50
WCA045	1241	Ashali	Pholman	Western Cape	4	11:16.50
LIM019	731	Nthabiseng	Noko	Limpopo	5	11:17.00
KZN037	582	Inganathi	Ngubo	Kwazulu Natal	6	11:19.40
GAU019	396	Heymans	Katelin	Gauteng	7	11:26.40
ECA076	76	Lilitha	Majavu	Eastern Cape	8	11:30.50
WCA046	1242	Annabelle	Mcewan	Western Cape	9	11:31.90
GAU022	399	Moeketsi	Merriam	Gauteng	10	11:32.60
LIM021	733	Calvonina	Madihlaba	Limpopo	11	11:33.00
GAU021	398	Barkley	Kelly	Gauteng	12	11:34.80
MPU044	924	Danakia	Lesch	Mpumalanga	13	11:38.30
NCA019	1007	Cameron	Tieties	Northern Cape	14	11:39.10
KZN038	583	Nokubonga	Dlamini	Kwazulu Natal	15	11:39.50
ECA077	77	Inam	Mayeza	Eastern Cape	16	11:40.30
ECA078	78	Lathitha	Zinyoka	Eastern Cape	17	11:42.50
GAU024	401	Doran	Jade	Gauteng	18	11:42.90
WCA048	1244	Devane	Van Rooy	Western Cape	19	11:49.00
WCA047	1243	Samantha	Dollie	Western Cape	20	11:51.20
LIM024	736	Leboho	Kgabo	Limpopo	21	11:52.70
FSA048	208	Pontsho	Mhlahlo	Free State	22	11:53.70
MPU045	925	Thando	Mahlangu	Mpumalanga	23	11:54.30
GAU020	397	Mkansi	Halalelo	Gauteng	24	11:55.60
MPU048	928	Katlego	Sesing	Mpumalanga	25	11:56.90
ECA075	75	Amahle	Mhlezo	Eastern Cape	26	12:02.90
MPU047	927	Zanele	Nyilongo	Mpumalanga	27	12:04.20
NWP073	1161	Tshepiso	Bucwa	North West Province	28	12:04.50
LIM022	734	Ennie	Moreba	Limpopo	29	12:04.90
NWP076	1164	Tshireletso	Mogorosi	North West Province	30	12:04.30
GAU023	400	Ntsibande	Karabo	Gauteng	31	12:07.90
ECA074	74	Zingce	Rubushe	Eastern Cape	32	12:11.20
FSA044	204	Rethabile	Ntoni	Free State	33	12:16.60
NWP078	1166	Vuyelwa	Toyi	North West Province	34	12:18.50
KZN039	584	Nomcebo	Mfusi	Kwazulu Natal	35	12:22.80
FSA045	205	Ntswaki	Mokhele	Free State	36	12:27.20
MPU043	923	Aletha	Kloppers	Mpumalanga	37	12:27.70
MPU046	926	Nokubekezela	Motha	Mpumalanga	38	12:25.20
NWP075	1163	Agisanang	Keitsemg	North West Province	39	12:31.40
NWP077	1165	Nomvuyo	Molefe	North West Province	40	12:32.20
NCA021	1009	Didintle	Motshegi	Northern Cape	41	12:32.50
NWP074	1162	Onkarabile	Mere	North West Province	42	12:39.80
FSA046	206	Moleboheng	Mohapi	Free State	43	12:42.40
FSA047	207	Thembisile	Ngcobo	Free State	44	12:48.10
LIM023	735	Cathy	Nkgweng	Limpopo	45	12:50.30
FSA043	203	Karabo	Mosikile	Free State	46	12:39.50

**SA Schools Cross Country Championships  
2022/10/01**

**Result per Age**

**G-14**

2	G-14	4km LSEN		/ 4 km LSEN	00:00.00	Final
	Athlete			Team	Place	Achievement
MPL003	823	Dibuseng Lucia	Ntsiane	Mpumalanga LSEN	1	17:17.00
MPL004	824	Dominique	Potgieter	Mpumalanga LSEN	2	17:53.00
MPL002	822	Bonolo Queen	Lekgau	Mpumalanga LSEN	3	17:54.00
GAL001	318	Rethabile	Mophuti	Gauteng LSEN	4	18:00.00
ECL001	109	Sinobom	Mkhumbuzi	Eastern Cape LSEN	5	18:02.00
GAL004	321	Thatoratsi	Mokoena	Gauteng LSEN	6	19:03.00
GAL006	323	Basetsana	Kotsi	Gauteng LSEN	7	19:22.00
GAL005	322	Karabo	Mofokeng	Gauteng LSEN	8	19:45.00
GAL002	319	Rochelle	Chandler	Gauteng LSEN	9	19:47.00
LIL001	654	Pulina M.	Mogashoa	Limpopo LSEN	10	19:58.00
NWL007	1049	Nomathamsanqa	Kwandanese	North West LSEN	11	20:13.00
MPL001	821	Chantel Zoleka	Fakude	Mpumalanga LSEN	12	20:19.00
LIL003	656	Tseamo	Rammala	Limpopo LSEN	13	20:22.00
KZL001	487	Sithabile	Kumbaca	Kwazulu Natal LSEN	14	20:26.00
KZL003	489	Siyamthanda	Zikhali	Kwazulu Natal LSEN	15	20:39.00
NWL011	1053	Elmine	Maarman	North West LSEN	16	20:39.00
NWL008	1050	Monique	Engelbrecht	North West LSEN	17	20:52.00
MPL006	826	Ntenhle	Thwala	Mpumalanga LSEN	18	20:53.00
MPL005	825	Caitlyn	Scott	Mpumalanga LSEN	19	21:03.00
GAL003	320	Chin auk	Sanders	Gauteng LSEN	20	21:19.00
FSL007	275	Bokang	Mphuti	Free State LSEN	21	21:32.00
NWL010	1052	Stella	Moleme	North West LSEN	22	21:43.00
FSL008	276	Cay-Lee	Scheepers	Free State LSEN	23	21:59.00
LIL004	657	Yvonne O.	Moabi	Limpopo LSEN	24	22:07.00
ECL004	112	Athule	Nongogo	Eastern Cape LSEN	25	22:31.00
ECL002	110	Malusi	Yanga	Eastern Cape LSEN	26	22:51.00
FSL009	277	Tokologo	Kola	Free State LSEN	27	24:17.00
ECL003	111	Olwethu	Goniwe	Eastern Cape LSEN	28	24:19.00
NWL009	1051	Kyla	Ferreira	North West LSEN	29	24:56.00
ECL006	114	Simnikiwe	Rwatyityi	Eastern Cape LSEN	30	24:59.00
LIL006	659	Lethabo P.	Maphori	Limpopo LSEN	31	25:20.00
ECL005	113	Thabile	Maduna	Eastern Cape LSEN	32	25:07.00
LIL005	658	Maria L.	Leshaba	Limpopo LSEN	33	25:01.00
LIL002	655	Koketso M.	Phalatsi	Limpopo LSEN	34	25:14.00

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### G-14

6	G-14	4 km		/ 4 km		00:00.00	Final
		Athlete		Team	Place	Achievement	
ECA079	79	Babalo	Dlothi	Eastern Cape	1	14:01.00	
ECA081	81	Anoxolo	Mcetywa	Eastern Cape	2	14:17.30	
GAU025	402	Mbokane	Polite	Gauteng	3	14:25.40	
ECA080	80	Azole	Baleni	Eastern Cape	4	14:28.60	
MPU055	935	Wilhelmina	Du Plessis	Mpumalanga	5	14:32.50	
ECA082	82	Asekhona	Mtshiyo	Eastern Cape	6	14:39.00	
GAU026	403	Van As	Selna	Gauteng	7	14:41.00	
FSA055	215	Precious	Shabalala	Free State	8	14:46.20	
LIM025	737	Thabang	Mantsho	Limpopo	9	15:06.40	
NWP079	1167	Kamogelo	Lethabane	North West Province	10	15:10.70	
FSA058	218	Mbali	Mthembu	Free State	11	15:18.10	
GAU030	407	Maepa	Zinhle	Gauteng	12	15:20.30	
GAU027	404	Smit	Minjunet	Gauteng	13	15:24.40	
GAU028	405	Mashilo	Lerato	Gauteng	14	15:27.90	
KZN052	597	Yamkelwa	Ndlovu	Kwazulu Natal	15	15:33.00	
LIM027	739	Petronella	Sikhau	Limpopo	16	15:34.00	
NWP084	1172	Kedimetse	Motsamai	North West Province	17	15:46.30	
NWP080	1168	Lesego	Bhuda	North West Province	18	15:47.90	
KZN049	594	Sisanda	Mzelemu	Kwazulu Natal	19	15:48.40	
KZN050	595	Ayabonga	Hlungu	Kwazulu Natal	20	15:49.20	
MPU058	938	Mapula	Mnisi	Mpumalanga	21	15:54.90	
NWP081	1169	Kelebogile	Moeng	North West Province	22	15:59.00	
MPU057	937	Sharlot	Mmadi	Mpumalanga	23	16:01.50	
WCA057	1253	Junesce	Michaels	Western Cape	24	16:02.80	
FSA059	219	Neo	Rampai	Free State	25	16:04.80	
WCA055	1251	Emelia	Fortuin	Western Cape	26	16:05.30	
NWP083	1171	Adelia	Joao	North West Province	27	16:10.20	
ECA084	84	Siphahle	Dantyi	Eastern Cape	28	16:13.60	
MPU060	940	Lethukuthula	Mtshali	Mpumalanga	29	16:18.60	
FSA057	217	Amohelang	Mokone	Free State	30	16:18.90	
WCA059	1255	Deaniah	Mc Donald	Western Cape	31	16:27.30	
LIM029	741	Thatego	Manamela	Limpopo	32	16:30.40	
LIM028	740	Khutso	Sekoba	Limpopo	33	16:31.80	
FSA060	220	Palesa	Monaheng	Free State	34	16:32.20	
MPU056	936	Mamtikane	Masina	Mpumalanga	35	16:47.50	
KZN051	596	Andiswa	Madela	Kwazulu Natal	36	16:49.90	
NWP082	1170	Tsholanang	Sebego	North West Province	37	16:57.10	
WCA058	1254	Elishah	Jacobs	Western Cape	38	17:02.40	
LIM030	742	Amukelani	Mashele	Limpopo	39	17:21.20	
MPU059	939	Thembelihle	Mthimunye	Mpumalanga	40	17:44.20	
NCA025	1013	Zinat	Pendukani	Northern Cape	41	17:44.50	
LIM026	738	Karabo	Molokomme	Limpopo	42	17:47.10	
NCA027	1015	Nelmari	Davids	Northern Cape	43	19:50.00	
NCA026	1014	Annel	Opperman	Northern Cape	44	19:51.00	

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### G-15

18	G-15	4 km		/ 4 km		00:00.00	Final
	Athlete			Team	Place	Achievement	
GAU031	408	Dikao	Omaatla	Gauteng	1	13:55.80	
ECA086	86	Lusanda	Tomisa	Eastern Cape	2	14:15.60	
GAU032	409	De Waal	Luca	Gauteng	3	14:16.20	
ECA087	87	Olwethu	Mgxebe	Eastern Cape	4	14:44.70	
MPU071	951	Shebba	Sithole	Mpumalanga	5	14:47.30	
GAU033	410	Gray	Loghan	Gauteng	6	14:52.50	
LIM032	744	Lebogang	Mashigo	Limpopo	7	15:07.10	
NCA031	1019	Valery	Magou	Northern Cape	8	15:16.20	
LIM031	743	Matome	Ntsokgolo	Limpopo	9	15:16.80	
ECA088	88	Yamkela	Mathambo	Eastern Cape	10	15:17.70	
KZN061	606	Anele	Ndawonde	Kwazulu Natal	11	15:21.60	
GAU036	413	Hartzenburg	Jade	Gauteng	12	15:29.30	
MPU070	950	Nhlanhla	Rebombo	Mpumalanga	13	15:35.90	
WCA068	1264	Chanel	Du Plessis	Western Cape	14	15:44.10	
MPU072	952	Lindiwe	Tsotetsi	Mpumalanga	15	15:48.60	
FSA068	228	Thato	Ruiters	Free State	16	15:53.00	
GAU034	411	Bosman	Cassidy	Gauteng	17	15:55.60	
WCA067	1263	Bevihola	Tities	Western Cape	18	16:07.20	
LIM034	746	Lebogang Pretty	Mokihane	Limpopo	19	16:07.60	
NWP086	1174	Gontse	Masisi	North West Province	20	16:07.90	
KZN063	608	Nothile	Radebe	Kwazulu Natal	21	16:08.30	
LIM035	747	Molato Rosina	Phalane	Limpopo	22	16:09.70	
WCA069	1265	Alice	Venter	Western Cape	23	16:22.10	
ECA085	85	Aphiwe	Nompula	Eastern Cape	24	16:28.30	
NWP087	1175	Kelello	Phokoje	North West Province	25	16:33.10	
FSA069	229	Dimakatso	Mosenye	Free State	26	16:38.60	
GAU035	412	Van Wyk	Katelynn	Gauteng	27	16:43.90	
NCA033	1021	Jenetta	Nel	Northern Cape	28	16:44.40	
LIM036	748	Noko Jostina	Monyebodi	Limpopo	29	16:45.20	
WCA071	1267	Tihanna	Le Roux	Western Cape	30	16:51.70	
LIM033	745	Tshepiso	Mohlala	Limpopo	31	16:52.80	
MPU067	947	Sebelina	Chauke	Mpumalanga	32	16:53.90	
NWP088	1176	Boipelo	Mokawane	North West Province	33	16:55.00	
KZN062	607	Aphelele	Mncwango	Kwazulu Natal	34	16:59.50	
FSA070	230	Monica	Choeu	Free State	35	17:03.00	
NWP085	1173	Boithato	Keitseng	North West Province	36	17:18.10	
NWP089	1177	Karabo	Morakile	North West Province	37	17:33.90	
MPU068	948	Esther	Kloppers	Mpumalanga	38	17:34.40	
NCA032	1020	Janie	Visser	Northern Cape	39	18:13.40	
KZN064	609	Nokubonga	Sithole	Kwazulu Natal	40	18:52.30	
MPU069	949	Nthabiseng	Madigaga	Mpumalanga	41	19:29.60	
FSA067	227	Zanele	Mlangeni	Free State	42	19:31.60	
FSA072	232	Belina	Mphuthi	Free State	43	21:25.10	
FSA071	231	Matumelo	Makama	Free State	44	21:25.40	

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**Result per Age**

**G-15**

22	G-15	4km LSEN		/ 4 km LSEN		00:00.00	Final
		Athlete		Team	Place	Achievement	
NWL018	1060	Thembi	Makatsane	North West LSEN	1	18:20.80	
MPL008	828	Nosipho	Mhlanga	Mpumalanga LSEN	2	18:39.40	
WCL014	1318	Shante	Standers	Western Cape LSEN	3	18:44.80	
FSL017	285	Lerato	Mokobe	Free State LSEN	4	19:17.40	
GAL013	330	Sonika	Mjekula	Gauteng LSEN	5	19:19.10	
LIL020	673	Bonolo	Phaladi	Limpopo LSEN	6	19:19.70	
GAL014	331	Malikah	Hendricks	Gauteng LSEN	7	19:40.90	
ECL014	122	Anikiwe	Sogoni	Eastern Cape LSEN	8	20:08.80	
LIL019	672	Valentia M.	Modiba	Limpopo LSEN	9	20:36.50	
MPL010	830	Blessing Mikemu	Nkiawete	Mpumalanga LSEN	10	20:43.30	
ECL015	123	Zovuyo	Ncayiyana	Eastern Cape LSEN	11	20:47.00	
GAL018	335	Reitumetse	Kotswane	Gauteng LSEN	12	20:53.30	
GAL015	332	Phindulo	Neghukhula	Gauteng LSEN	13	21:03.30	
GAL016	333	Alicia	Van Dyk	Gauteng LSEN	14	21:06.40	
GAL017	334	Palesa	Metseeme	Gauteng LSEN	15	21:31.70	
FSL016	284	Thandiwe	Kelehelwe	Free State LSEN	16	21:38.20	
NWL019	1061	Jeanette	Witbors	North West LSEN	17	22:01.50	
LIL021	674	Sethepele	Makwela	Limpopo LSEN	18	22:14.10	
MPL007	827	Roxy	De Beer	Mpumalanga LSEN	19	22:35.80	
LIL022	675	Nociah M.	Mahlatji	Limpopo LSEN	20	22:45.30	
FSL019	287	Seipati	Letshleha	Free State LSEN	21	22:59.90	
FSL018	286	Masupa	Mmatefo	Free State LSEN	22	23:10.90	
MPL011	831	Jeraldine	Scott	Mpumalanga LSEN	23	23:20.60	
MPL012	832	Cathryn Leigh	Van Den Berg	Mpumalanga LSEN	24	23:46.00	
ECL016	124	Lindisipho	Tikana	Eastern Cape LSEN	25	24:11.20	
LIL023	676	Nkateo	Mabaso	Limpopo LSEN	26	25:05.70	
MPL009	829	Lesego Rethabile	Mollo	Mpumalanga LSEN	27	25:59.30	
ECL018	126	Zukhanye	Nogaga	Eastern Cape LSEN	28	26:37.40	
ECL017	125	Hlalumi	Malinga	Eastern Cape LSEN	29	27:15.60	



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## Result per Age

### G-16

14	G-16	4 km		/ 4 km		00:00.00	Final
		Athlete		Team	Place	Achievement	
GAU038	415	Schoeman	Wiepke	Gauteng	1	13:49.60	
ECA093	93	Abulele	Dwatshele	Eastern Cape	2	13:53.90	
GAU037	414	Nkosi	Hlengiwe	Gauteng	3	14:00.80	
GAU041	418	Mawela	Keneilwe	Gauteng	4	14:33.60	
ECA092	92	Ntombizine	Thombela	Eastern Cape	5	14:39.40	
MPU082	962	Asanda	Mnisi	Mpumalanga	6	14:48.30	
WCA080	1276	Alice	Kuhn	Western Cape	7	14:58.40	
GAU039	416	Nkanyane	Lebo	Gauteng	8	15:01.40	
GAU040	417	Sweeney	Abigail	Gauteng	9	15:12.10	
MPU084	964	Ntloheleng	Thelejane	Mpumalanga	10	15:28.20	
WCA084	1280	Isabella	Tooley	Western Cape	11	15:29.10	
ECA091	91	Oyama	Mzana	Eastern Cape	12	15:31.00	
WCA082	1278	Alicia	Mutangiri	Western Cape	13	15:37.80	
ECA094	94	Akhona	Hlongwe	Eastern Cape	14	15:39.90	
WCA079	1275	Abigail	Bester	Western Cape	15	15:44.70	
ECA096	96	Mihlali	Ntlanganiso	Eastern Cape	16	15:52.50	
LIM094	806	Dimakatso	Ranala	Limpopo	17	15:55.80	
LIM093	805	Shamrey Mmakau	Mogana	Limpopo	18	15:56.10	
KZN073	618	Lwandile	Ntuli	Kwazulu Natal	19	15:56.50	
KZN074	619	Fezile	Mzolo	Kwazulu Natal	20	16:02.00	
WCA081	1277	Clairese	Moses	Western Cape	21	16:03.00	
NWP094	1182	Tania	Marais	North West Province	22	16:06.40	
FSA081	241	Kelebohile	Mofokeng	Free State	23	16:08.30	
NWP092	1180	Abbygale	Havenga	North West Province	24	16:22.40	
FSA080	240	Kelebogile	Stuffet	Free State	25	16:26.70	
MPU079	959	Leandri	Engelbrecht	Mpumalanga	26	16:29.70	
LIM091	803	Kefentse	Makoka	Limpopo	27	16:30.10	
LIM095	807	Mthetho	Sibongile	Limpopo	28	16:30.50	
MPU083	963	Sibongakonke	Mthethwa	Mpumalanga	29	16:31.80	
LIM092	804	Maropeng	Mphashi	Limpopo	30	16:37.90	
MPU081	961	Ivy	Marsh	Mpumalanga	31	16:40.70	
LIM096	808	Precious	Mohale	Limpopo	32	16:46.30	
MPU080	960	Mandy	Linda	Mpumalanga	33	16:51.60	
FSA079	239	Sibongile	Sheea	Free State	34	16:58.90	
FSA082	242	Nthabiseng	Motloaetsi	Free State	35	17:03.60	
NWP093	1181	Kefentse	Malebara	North West Province	36	17:13.20	
KZN075	620	Bongiwe	Masondo	Kwazulu Natal	37	17:17.40	
KZN076	621	Sbahle	Mkhize	Kwazulu Natal	38	17:41.10	
ECA095	95	Lathiswa	Mfeswa	Eastern Cape	39	17:57.30	
FSA084	244	Lerato	Matsoso	Free State	40	18:03.50	
FSA083	243	Lerato	Tsoleli	Free State	41	18:15.30	
NCA037	1025	Mohedi	Lebatlang	Northern Cape	42	19:06.80	
NWP096	1184	Oratile	Sedibo	North West Province	43	19:11.00	
NCA039	1027	Nicole	Mondzinger	Northern Cape	44	21:57.70	
NCA038	1026	Marie	Alberts	Northern Cape	45	21:59.10	

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## Result per Age

### G-16

28	G-16	4km LSEN		/ 4 km LSEN	00:00.00	Final
		Athlete		Team	Place	Achievement
FSL026	294	Palesa	Ntozonke	Free State LSEN	1	16:59.80
FSL025	293	Malefu	Mahapa	Free State LSEN	2	17:43.00
WCL024	1328	Deony	Festus	Western Cape LSEN	3	18:22.70
GAL025	342	Jamie-Lee	Vd Heever	Gauteng LSEN	4	19:15.00
GAL030	347	Alicia	Williams	Gauteng LSEN	5	19:52.60
LIL038	691	Karabo D.	Ramotebele	Limpopo LSEN	6	20:05.00
GAL027	344	Dannucha	Januarie	Gauteng LSEN	7	20:22.80
GAL026	343	Tshegofatso	Sele matsela	Gauteng LSEN	8	20:34.90
GAL029	346	Sarah	Khumalo	Gauteng LSEN	9	20:51.60
KZL026	512	Siqiniseko	Khumalo	Kwazulu Natal LSEN	10	21:05.00
MPL015	835	Sherese	Krauze	Mpumalanga LSEN	11	21:09.50
MPL018	838	Petronell Martha	Sibuyi	Mpumalanga LSEN	12	21:38.30
GAL028	345	Lesedi	Sandamela	Gauteng LSEN	13	22:07.50
NWL028	1070	Xoliswa	Makete	North West LSEN	14	22:19.90
MPL016	836	Siphelele	Ndlovu	Mpumalanga LSEN	15	22:37.60
WCL025	1329	Erica	Swawel	Western Cape LSEN	16	22:55.40
WCL049	1353	Nevelene	Mohammed	Western Cape LSEN	17	13:10.60
FSL027	295	Mina	Moncho	Free State LSEN	18	24:23.70
MPL013	833	Busisiwe	Gule	Mpumalanga LSEN	19	24:39.10
MPL014	834	Azande	Khanyi	Mpumalanga LSEN	20	24:47.10
MPL017	837	Simphiwe	Nkosi	Mpumalanga LSEN	21	24:54.20
NWL029	1071	Erin	Present	North West LSEN	22	24:54.40
WCL028	1332	Joalet	Viljoen	Western Cape LSEN	23	25:21.40
WCL027	1331	Simone	Basson	Western Cape LSEN	24	25:35.00
LIL041	694	Nthamanyane	Thobejane	Limpopo LSEN	25	26:16.20
LIL042	695	Sthokozile	Mwale	Limpopo LSEN	26	26:17.70
LIL040	693	Angel	Manyaka	Limpopo LSEN	27	26:44.50
FSL028	296	Palesa	Makgasane	Free State LSEN	28	27:09.10

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## Result per Age

### G-17

10	G-17	4 km	/ 4 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
GAU043	420	Makgatha	Naledi	Gauteng	1	14:07.70
GAU044	421	Matsaba	Phemelo	Gauteng	2	14:11.50
GAU045	422	Ndala	Tinyiko	Gauteng	3	14:22.10
GAU046	423	Shokane	Raseekele	Gauteng	4	14:37.30
GAU048	425	Moromodi	Lerato	Gauteng	5	14:42.70
ECA097	97	Indiphile	Dlezi	Eastern Cape	6	14:43.30
WCA091	1287	Anika	Visser	Western Cape	7	14:51.70
LIM043	755	Jaxopete	Ntsemi	Limpopo	8	15:10.40
WCA092	1288	Mursha	Robbenson	Western Cape	9	15:15.40
NWP099	1187	Keamogetse	Moseki	North West Province	10	15:39.50
WCA095	1291	Helende	Kemp	Western Cape	11	15:42.90
LIM044	756	Shirley	Makhalemele	Limpopo	12	15:45.50
MPU094	974	Liane	Parkes	Mpumalanga	13	15:49.10
WCA093	1289	Ava	Zgerski	Western Cape	14	15:50.90
GAU047	424	Moloto	Koketso	Gauteng	15	16:01.20
LIM045	757	Ignicious	Mokgadi	Limpopo	16	16:11.20
FSA095	255	Zandile	Plaattjies	Free State	17	16:13.50
KZN085	630	Kwanele	Sikhhane	Kwazulu Natal	18	16:17.90
LIM046	758	Fiona	Makakabo	Limpopo	19	16:18.50
MPU095	975	Mia	Steenkamp	Mpumalanga	20	16:28.20
WCA096	1292	Kaylun	November	Western Cape	21	16:29.20
WCA094	1290	Ella	Sales	Western Cape	22	16:29.50
LIM048	760	Pretty Nnikis	Maele	Limpopo	23	16:35.80
FSA094	254	Kealeboha	Sekhoto	Free State	24	16:38.50
LIM047	759	Mabotha	Morori	Limpopo	25	16:50.40
FSA092	252	Reitumetse	Bahumi	Free State	26	16:52.30
ECA099	99	Sheldene	Skiepers	Eastern Cape	27	16:54.90
ECA098	98	Yonela	Nxadi	Eastern Cape	28	16:59.80
NWP101	1189	Kegomoditswe	Moloko	North West Province	29	17:03.70
MPU093	973	Surprise	Gulwako	Mpumalanga	30	17:11.20
MPU092	972	Queen	Dungeni	Mpumalanga	31	17:16.90
FSA093	253	Karabo	Nkane	Free State	32	17:17.40
NWP098	1186	Michaela	Van Vuuren	North West Province	33	17:22.50
NWP102	1190	Lisa	Van Der	North West Province	34	17:40.80
MPU091	971	Makomborero	Betsva	Mpumalanga	35	18:02.70
FSA096	256	Mantheke	Maleke	Free State	36	18:11.30
FSA091	251	Malefu	Rankali	Free State	37	18:14.20
NCA044	1032	Caitlin	Daniels	Northern Cape	38	21:04.10
NCA045	1033	Carla	Ruffini	Northern Cape	39	21:04.60

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**Result per Age**

**G-17**

16	G-17	4km LSEN		/ 4 km LSEN		00:00.00	Final
		Athlete		Team	Place	Achievement	
GAL037	354	Noxolo	Jonkers	Gauteng LSEN	1	16:53.40	
WCL035	1339	Charne	Kleinveld	Western Cape LSEN	2	17:07.00	
FSL038	306	Joane	De Bruyn	Free State LSEN	3	17:21.90	
ECL030	138	Asezile	Mbethhe	Eastern Cape LSEN	4	18:33.50	
FSL037	305	Refiloe	Phakira	Free State LSEN	5	18:57.50	
NWL035	1077	Kelebogile	Phadi	North West LSEN	6	19:13.20	
ECL031	139	Boitumelo	Mpiti	Eastern Cape LSEN	7	19:27.10	
NWL036	1078	Angie	Doni	North West LSEN	8	19:57.50	
GAL038	355	Inge	Bierman	Gauteng LSEN	9	20:07.40	
GAL039	356	Nikita	Keenan	Gauteng LSEN	10	20:22.90	
FSL036	304	Chantelle	Nortje	Free State LSEN	11	20:33.40	
GAL041	358	Kylla	Munro	Gauteng LSEN	12	21:35.50	
GAL040	357	Kgomotso	Modiba	Gauteng LSEN	13	21:59.90	
ECL033	141	Zusakhe	Nofana	Eastern Cape LSEN	14	22:07.90	
MPL023	843	Thabisa Happy	Radebe	Mpumalanga LSEN	15	22:27.20	
ECL032	140	Clinche Cleo	De Jager	Eastern Cape LSEN	16	23:01.80	
MPL022	842	Kaylay	Meissenheimer	Mpumalanga LSEN	17	23:21.90	
LIL053	706	Thabazile E.	Molapo	Limpopo LSEN	18	24:03.20	
LIL055	708	Shamain	Makgata	Limpopo LSEN	19	25:13.30	
MPL020	840	Katlego Senyane	Makobe	Mpumalanga LSEN	20	26:15.80	
MPL019	839	Girly Theto	Kadiaka	Mpumalanga LSEN	21	26:16.30	
ECL035	143	Cherise	Nel	Eastern Cape LSEN	22	26:17.40	
MPL021	841	Lebogang	Mbowane	Mpumalanga LSEN	23	26:19.90	
ECL034	142	Anathi	Mzizana	Eastern Cape LSEN	24	26:23.00	
LIL056	709	Reneilwe	Moshapo	Limpopo LSEN	25	26:28.30	
MPL024	844	Karla	Strydom	Mpumalanga LSEN	26	30:33.50	
LIL057	710	Amogelang R.	Talane	Limpopo LSEN	27	30:51.00	
LIL054	707	Given M.	Mailula	Limpopo LSEN	28	30:52.00	
LIL058	711	Lulamile	Sebanyone	Limpopo LSEN	29	30:52.00	

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### G-19

8	G-19	4km LSEN		/ 4 km LSEN	00:00.00	Final
		Athlete		Team	Place	Achievement
	GAL049	366 Nthabiseng	Masha	Gauteng LSEN	1	16:48.90
	WCL045	1349 Nikita	Mohammed	Western Cape LSEN	2	17:23.10
	MPL025	845 Keanna	Botha	Mpumalanga LSEN	3	18:17.10
	GAL050	367 Justina	Hope	Gauteng LSEN	4	19:01.80
	GAL052	369 Elzette	Geldenhuys	Gauteng LSEN	5	19:12.40
	GAL051	368 Angel	Ngeco	Gauteng LSEN	6	19:23.90
	ECL041	149 Junelle Monalisa	Witbooi	Eastern Cape LSEN	7	19:27.60
	GAL054	371 Maria	Sekgobale	Gauteng LSEN	8	19:33.10
	GAL053	370 Cameron	Sinclair	Gauteng LSEN	9	19:34.70
	MPL026	846 Michelle Fenie J	Goosen	Mpumalanga LSEN	10	20:30.20
	FSL048	316 Jilliane	Reddy	Free State LSEN	11	20:50.20
	FSL049	317 Abigail	Rampaleng	Free State LSEN	12	20:50.22
	MPL030	850 Samukelisiwe N	Tsotetsi	Mpumalanga LSEN	13	21:19.60
	MPL027	847 Puseletso	Mashinini	Mpumalanga LSEN	14	21:34.00
	ECL042	150 Tamlynn Alicia	Gysman	Eastern Cape LSEN	15	21:34.30
	MPL028	848 Zinhle Chantelle	Moloto	Mpumalanga LSEN	16	21:51.30
	NWL044	1086 Kelebogile	Selemale	North West LSEN	17	21:53.60
	WCL048	1352 Kaitlin	Coetzee	Western Cape LSEN	18	22:08.10
	MPL029	849 Vangile Elsie	Msele	Mpumalanga LSEN	19	23:14.90
	ECL046	154 Thabisa	Mpinda	Eastern Cape LSEN	20	23:16.00
	FSL044	312 Atlehang	Malebo	Free State LSEN	21	23:16.80
	ECL043	151 Tamryn Senobia	Karels	Eastern Cape LSEN	22	23:58.90
	LIL043	696 Rachel M. T.	Morudu	Limpopo LSEN	23	24:22.70
	FSL045	313 Fazlin	Fransman	Free State LSEN	24	24:36.60
	LIL044	697 Sabina	Malatji	Limpopo LSEN	25	24:44.20
	NWL045	1087 Nana	Madialisa	North West LSEN	26	24:44.90
	FSL047	315 Palesa	Motsamai	Free State LSEN	27	25:02.40
	ECL045	153 Sandisiwe	Khambule	Eastern Cape LSEN	28	25:12.50
	NWL046	1088 Zanele	Busaka	North West LSEN	29	25:37.80
	LIL045	698 Kamogelo	Maja	Limpopo LSEN	30	25:51.20
	FSL046	314 Keneuwe	Phakira	Free State LSEN	31	26:38.10
	WCL047	1351 Siphokazi	Jack	Western Cape LSEN	32	26:39.00
	NWL043	1085 Chante	Pitout	North West LSEN	33	26:39.50

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## Result per Age

### G-19

24	G-19	6 km	/ 6 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
GAU051	428	Shabalala	Amogelang	Gauteng	1	21:38.10
GAU049	426	Matebane	Tokelo	Gauteng	2	21:49.70
GAU050	427	Gumede	Ntokozo	Gauteng	3	21:55.50
ECA103	103	Amanda	Detshe	Eastern Cape	4	22:29.90
MPU105	985	Sharona	Klein	Mpumalanga	5	22:33.60
FSA103	263	Lekhelebane	Mohanuoa	Free State	6	22:56.30
GAU054	431	Stoltz	Corlize	Gauteng	7	23:10.10
WCA104	1300	Anja	Van Heerden	Western Cape	8	23:35.30
GAU052	429	Mampane	Noluthando	Gauteng	9	23:42.30
MPU107	987	Francinah	Ngobeni	Mpumalanga	10	24:10.80
ECA104	104	Riya	Keshaw	Eastern Cape	11	24:23.10
WCA105	1301	Asha	Jack	Western Cape	12	24:23.50
LIM052	764	Tlou	Digale	Limpopo	13	24:46.60
FSA105	265	Karabo	Lesenyeho	Free State	14	24:50.00
WCA103	1299	Chenique	Sas	Western Cape	15	24:54.80
WCA106	1302	Jamie-Lee	De Bruin	Western Cape	16	24:58.10
GAU053	430	Bornman	Annericke	Gauteng	17	25:12.00
NWP103	1191	Bontleng	Taeng	North West Province	18	25:18.30
NWP108	1196	Gladis	Sejake	North West Province	19	25:25.70
MPU104	984	Amanda	Dlamini	Mpumalanga	20	25:26.10
NWP104	1192	Rethabile	Medupe	North West Province	21	25:36.60
ECA105	105	Lisa	Vakuye	Eastern Cape	22	25:37.40
WCA107	1303	Siwaphiwe	Mabentsela	Western Cape	23	25:37.60
LIM054	766	Kgowa	Sowela Mahlatse	Limpopo	24	25:51.60
MPU103	983	Nthabiseng	Choma	Mpumalanga	25	26:01.60
WCA108	1304	Marietjie	Cilliers	Western Cape	26	26:03.80
MPU106	986	Nompilo	Linda	Mpumalanga	27	26:11.50
LIM050	762	Vanessa	Thobejane	Limpopo	28	26:19.00
FSA106	266	Relebohile	Mokoena	Free State	29	27:10.60
MPU108	988	Nkosikhona	Zitha	Mpumalanga	30	27:26.40
NWP107	1195	Bothale	Gaserene	North West Province	31	27:29.20
NWP105	1193	Lelanie	Janse Van Vuuren	North West Province	32	27:54.50
ECA106	106	Miranda	Mbombela	Eastern Cape	33	28:00.60
LIM051	763	Lebogang	Tselapedi	Limpopo	34	28:23.70
FSA104	264	Nomthandazo	Maduna	Free State	35	28:44.30
NCA049	1037	Mickyla	Olyn	Northern Cape	36	28:35.30
FSA107	267	Boitumelo	Majoe	Free State	37	30:22.70
LIM053	765	Ndzalama	Shelma Ngobeni	Limpopo	38	30:37.20
FSA108	268	Makgala	Ntsala	Free State	39	30:39.70
ECA108	108	Sune	Dupreez	Eastern Cape	40	30:40.10

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### B-10

3	B-10	2 km	/ 2 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
ECA002	2	Siya	Xokozela	Eastern Cape	1	00:00.00
ECA001	1	Siyakudumisa	Ketwana	Eastern Cape	2	00:00.00
ECA005	5	Thabiso	Sithetho	Eastern Cape	3	00:00.00
KZN008	553	Mpilo	Khomo	Kwazulu Natal	4	00:00.00
WCA003	1199	David	Exford	Western Cape	5	00:00.00
MPU006	886	Lethokuhle	Mkhwanazi	Mpumalanga	6	00:00.00
ECA004	4	Phiwokuhle	Dubula	Eastern Cape	7	00:00.00
WCA001	1197	Evan -Lee	Berling	Western Cape	8	00:00.00
ECA003	3	Oyama	Tom	Eastern Cape	9	00:00.00
ECA006	6	Indiphile	Msingaphantsi	Eastern Cape	10	00:00.00
GAU057	434	Matlou	Kabelo	Gauteng	11	00:00.00
KZN010	555	Ezekhethelo	Mkhize	Kwazulu Natal	12	00:00.00
NCA004	992	Anton	Ndungu	Northern Cape	13	00:00.00
LIM055	767	Kekana Thetho	Magaboka	Limpopo	14	00:00.00
GAU055	432	Makubo	Lungelani	Gauteng	15	00:00.00
WCA004	1200	Antonio	Afrika	Western Cape	16	00:00.00
FSA001	161	Moeketsi	Louw	Free State	17	00:00.00
NWP002	1090	Pelontle	Nong	North West Province	18	00:00.00
LIM057	769	Motheo	Maefadi	Limpopo	19	00:00.00
FSA004	164	Ofentse	Utlwa	Free State	20	00:00.00
WCA002	1198	Moderic	Arries	Western Cape	21	00:00.00
GAU058	435	Van Der Merwe	Zandreh	Gauteng	22	00:00.00
LIM059	771	Thekgo	Makofane	Limpopo	23	00:00.00
GAU056	433	Myeki	Indiphile	Gauteng	24	00:00.00
MPU003	883	Willie-Uys	Janse V Rensburg	Mpumalanga	25	00:00.00
WCA005	1201	Jonathan	Goliath	Western Cape	26	00:00.00
LIM056	768	Bradley	Phuti	Limpopo	27	00:00.00
WCA006	1202	Denovan	Oelf	Western Cape	28	00:00.00
LIM058	770	Tema	Kgohlelelo	Limpopo	29	00:00.00
GAU060	437	Ramasodi	Olwethu	Gauteng	30	00:00.00
NWP006	1094	Mosimanegape	Chube	North West Province	31	00:00.00
KZN007	552	Sphelele	Mkhize	Kwazulu Natal	32	00:00.00
MPU005	885	Nathi	Masimula	Mpumalanga	33	00:00.00
NWP005	1093	Tshepang	Mokgejane	North West Province	34	00:00.00
NWP001	1089	Vuyo	Thebe	North West Province	35	00:00.00
GAU059	436	Mdliva	Mihle	Gauteng	36	00:00.00
NCA005	993	Elroy	Barends	Northern Cape	37	00:00.00
NWP004	1092	Steyn	Van Der Berg	North West Province	38	00:00.00
LIM060	772	Ofentse	Mathekga	Limpopo	39	00:00.00
KZN009	554	Avela	Mbele	Kwazulu Natal	40	00:00.00
FSA003	163	Tiisetso	Monyaki	Free State	41	00:00.00
FSA005	165	Wandile	Koloi	Free State	42	00:00.00
FSA006	166	Mpho	Mokoena	Free State	43	00:00.00
NCA006	994	Lincoln	Louw	Northern Cape	44	00:00.00
MPU002	882	Awie	De Jager	Mpumalanga	45	00:00.00
MPU001	881	Miguel	Cuinhane	Mpumalanga	46	00:00.00
MPU004	884	Sihenhlanhla	Mahlangu	Mpumalanga	47	00:00.00

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### B-11

21	B-11	3 km	/ 3 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
MPU014	894	Brand	Du Plessis	Mpumalanga	1	10:08.50
GAU061	438	Madlabane	Syanda	Gauteng	2	10:20.40
FSA013	173	Tshehlana	Mantle	Free State	3	10:30.60
ECA007	7	Lwando	Fotoyi	Eastern Cape	4	10:34.40
ECA009	9	Qhayiya	Tshukuza	Eastern Cape	5	10:39.90
LIM063	775	Selala	Tshegofatso	Limpopo	6	10:46.00
GAU065	442	Schaper	Camden	Gauteng	7	10:46.40
MPU018	898	Sabelo	Vilakazi	Mpumalanga	8	10:48.60
LIM061	773	Lesiba	Monama	Limpopo	9	10:48.90
MPU013	893	Siyabonga	Chanza	Mpumalanga	10	10:49.30
WCA016	1212	Elrich	Jantjies	Western Cape	11	10:49.70
ECA008	8	Andile	Mzongwana	Eastern Cape	12	10:50.50
GAU062	439	Coetzee	Adriaan	Gauteng	13	10:52.30
LIM065	777	Koketso	Makibelo	Limpopo	14	10:56.50
FSA018	178	Kamohelo	Tshehlana	Free State	15	10:57.90
LIM064	776	Tisetso	Mathebula	Limpopo	16	10:58.80
GAU064	441	Mjale	Sanele	Gauteng	17	10:59.30
LIM062	774	Mahlatse	Phathlhadira	Limpopo	18	11:01.30
FSA016	176	Thembinkosi	Mdluli	Free State	19	11:02.00
GAU066	443	Sekati	Otlotleng	Gauteng	20	11:02.50
ECA011	11	Khazimla	Bani	Eastern Cape	21	11:04.20
MPU017	897	Mpendulo	Mshayise	Mpumalanga	22	11:06.60
FSA015	175	Thato	Monyeane	Free State	23	11:08.40
NWP012	1100	Kgothatso	Sethibe	North West Province	24	11:09.70
ECA012	12	Indiphile	Maselana	Eastern Cape	25	11:10.00
WCA018	1214	Junior	Mogqala	Western Cape	26	11:10.50
KZN020	565	Sthembiso	Zwane	Kwazulu Natal	27	11:13.00
NCA010	998	Breyton	Tieties	Northern Cape	28	11:13.50
GAU063	440	Lento	Nkosinathi	Gauteng	29	11:16.00
WCA015	1211	Luciano	Mongo	Western Cape	30	11:19.40
MPU016	896	Lethuthu Napo	Mkhwanazi	Mpumalanga	31	11:20.70
KZN021	566	Sibongakonke	Mtshali	Kwazulu Natal	32	11:21.20
MPU015	895	Temoso	Leshaba	Mpumalanga	33	11:21.90
NWP007	1095	Tefo	Moalusi	North West Province	34	11:25.10
NWP009	1097	Mogapi	Sejeso	North West Province	35	11:27.10
NWP010	1098	Kamogelo	Sereo	North West Province	36	11:30.00
NWP011	1099	Realeboga	Lethabane	North West Province	37	11:30.50
NCA011	999	Wilesco	Waterboer	Northern Cape	38	11:34.10
NCA012	1000	Lenshwin	Mfengu	Northern Cape	39	11:39.50
FSA014	174	Mpho	Tshilo	Free State	40	11:39.80
KZN019	564	Thalente	Jwara	Kwazulu Natal	41	11:40.30
FSA017	177	Tshepo	Sewe	Free State	42	11:47.80
NWP008	1096	Gabofine	Seonyane	North West Province	43	11:52.20
WCA013	1209	Lee-Olin	September	Western Cape	44	11:52.50
WCA017	1213	Chad	Alexander	Western Cape	45	12:03.30
LIM066	778	Tshiamo	Ndlovu	Limpopo	46	12:20.90



# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### B-12

7	B-12	3 km	/ 3 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
GAU067	444	Visagie	Jean	Gauteng	1	10:05.00
WCA025	1221	Jordin	Gabriels	Western Cape	2	10:14.00
ECA013	13	Iva	Nyamela	Eastern Cape	3	10:16.00
WCA026	1222	Gauthvin	Makatees	Western Cape	4	10:25.00
LIM068	780	Phio	Mapadimeng	Limpopo	5	10:27.00
GAU068	445	Sambo	Dawson	Gauteng	6	10:29.00
FSA030	190	Bokamoso	Mokoena	Free State	7	10:30.00
KZN031	576	Mthunzi	Mdakane	Kwazulu Natal	8	10:33.00
LIM070	782	Maleka	Tshogofatso	Limpopo	9	10:36.00
WCA028	1224	Reagan	Tieties	Western Cape	10	10:37.00
ECA016	16	Amthobele	Lilani	Eastern Cape	11	10:38.00
LIM067	779	Tsepang	Ngobeni	Limpopo	12	10:39.00
MPU027	907	Mukelo	Morema	Mpumalanga	13	10:40.00
WCA029	1225	Conry	Willems	Western Cape	14	10:41.00
NCA017	1005	Reatlegile	Lejaka	Northern Cape	15	10:41.00
GAU070	447	Kufa	Avuyile	Gauteng	16	10:42.00
WCA030	1226	J.t.jordan	Arendorf	Western Cape	17	10:42.00
MPU030	910	Giann	Wessels	Mpumalanga	18	10:42.00
WCA027	1223	Lorenzo	Vergotine	Western Cape	19	10:43.00
GAU069	446	Mahlangu	Sakhile	Gauteng	20	10:44.00
FSA029	189	Mosala	Moekoa	Free State	21	10:45.00
NWP013	1101	Kopano	Zita	North West Province	22	10:48.00
LIM071	783	Bethuel	Matlala	Limpopo	23	10:50.00
NWP014	1102	Ofentse	Goqo	North West Province	24	10:55.00
GAU072	449	Nkabini	Lindani	Gauteng	25	10:56.00
ECA017	17	Ayola	Masondane	Eastern Cape	26	10:58.00
LIM072	784	Theo	Mathebula	Limpopo	27	11:00.00
KZN033	578	Scelimpilo	Zulu	Kwazulu Natal	28	11:04.00
KZN028	573	Luyanda	Zondi	Kwazulu Natal	29	11:04.00
NCA018	1006	Randall	Kat	Northern Cape	30	11:06.00
NWP017	1105	Katlego	Setsetse	North West Province	31	11:08.00
ECA015	15	Nanda	Cekiso	Eastern Cape	32	11:10.00
NWP016	1104	Kago	Senwedi	North West Province	33	11:11.00
FSA027	187	Mpumelelo	Ngozo	Free State	34	11:12.00
NWP018	1106	Tshidiso	Moseki	North West Province	35	11:15.00
GAU071	448	Mthonbeni	Kelebogile	Gauteng	36	11:16.00
MPU026	906	Siyabonga	Mavuso	Mpumalanga	37	11:17.00
MPU029	909	Mandla	Skosana	Mpumalanga	38	11:18.00
NWP015	1103	Gopolang	Motsamai	North West Province	39	11:19.00
ECA014	14	Lizwi	Tshezi	Eastern Cape	40	11:20.00
ECA018	18	Thandile	Momi	Eastern Cape	41	11:26.00
KZN032	577	Thando	Hlatshwayo	Kwazulu Natal	42	11:33.00
KZN035	580	Manqoba	Mthembu	Kwazulu Natal	43	11:34.00
FSA028	188	Tumelo	Ruiter	Free State	44	11:35.00
LIM069	781	Ramoraka	Nare Ntseeng	Limpopo	45	11:36.00
MPU025	905	Mpendulo	Maseko	Mpumalanga	46	11:37.00

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### B-13

15	B-13	4 km		/ 4 km		00:00.00	Final
		Athlete		Team	Place	Achievement	
GAU074	451	Malone	Siyanda	Gauteng	1	12:56.50	
WCA039	1235	Herchelle	Manuel	Western Cape	2	13:00.40	
ECA019	19	Kwazi	Gqada	Eastern Cape	3	13:06.80	
KZN045	590	Thandolwethu	Dlamini	Kwazulu Natal	4	13:10.70	
ECA020	20	Sibabalwe	Gqebeza	Eastern Cape	5	13:14.30	
FSA037	197	Teboho	Mosala	Free State	6	13:20.90	
MPU040	920	Mike	Nkosi	Mpumalanga	7	13:24.70	
GAU077	454	Mlambo	Sihawu	Gauteng	8	13:25.30	
GAU073	450	Brooks	Tyran	Gauteng	9	13:27.70	
ECA022	22	Kuhlekwenkosi	Nobongo	Eastern Cape	10	13:28.30	
WCA037	1233	Colin	Karelse	Western Cape	11	13:29.30	
GAU078	455	Selebano	Koketso	Gauteng	12	13:31.00	
LIM075	787	Khutjo	Mvundlela	Limpopo	13	13:36.40	
LIM073	785	Thabang	Manaka	Limpopo	14	13:41.30	
ECA021	21	Lulutho	Mvenya	Eastern Cape	15	13:43.30	
NWP020	1108	Tlotlisang	Modumo	North West Province	16	13:44.30	
NCA022	1010	Rivano	Booyse	Northern Cape	17	13:44.90	
MPU037	917	Hlelo	Cupertea	Mpumalanga	18	13:45.20	
LIM078	790	Kabelo	Mokau	Limpopo	19	13:45.70	
GAU076	453	Itumeleng	Mothajwa	Gauteng	20	13:55.20	
NWP019	1107	Olerato	Masiloane	North West Province	21	13:59.10	
MPU038	918	Thokozane	Mdakane	Mpumalanga	22	13:59.60	
MPU042	922	Sphesihle	Zondo	Mpumalanga	23	14:00.30	
MPU039	919	Twanano	Ndengeza	Mpumalanga	24	14:00.60	
FSA042	202	Kearabetswe	Mokoena	Free State	25	14:05.00	
KZN044	589	Anele	Sikhakhane	Kwazulu Natal	26	14:05.70	
KZN043	588	Lusanda	Dlamini	Kwazulu Natal	27	14:06.20	
NWP022	1110	Nathan	Havenga	North West Province	28	14:07.20	
ECA023	23	Kamva	Nqweniso	Eastern Cape	29	14:07.90	
MPU041	921	Philane	Thwala	Mpumalanga	30	14:08.70	
NWP024	1112	Gaone	Seleko	North West Province	31	14:09.00	
LIM074	786	Thabiso	Mokoena	Limpopo	32	14:15.50	
NCA023	1011	Shewaandre	Louw	Northern Cape	33	14:16.00	
WCA038	1234	Emilleo	Sauls	Western Cape	34	14:16.40	
LIM077	789	Charlie	Mokafane	Limpopo	35	14:18.40	
WCA040	1236	Likhona	Ngqolana	Western Cape	36	14:18.70	
NCA024	1012	Shaun	Seekoei	Northern Cape	37	14:21.30	
FSA041	201	Pule	Nyalela	Free State	38	14:28.20	
WCA041	1237	Mpho	Mbilini	Western Cape	39	14:28.70	
FSA039	199	Neo	Letube	Free State	40	15:36.60	
GAU079	456	Kato	Thami	Gauteng	41	16:12.60	
KZN046	591	Zimele	Vilakazi	Kwazulu Natal	42	16:28.40	
NWP021	1109	Gopolang	Mothupi	North West Province	43	16:35.20	

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### B-14

1	B-14	4km LSEN		/ 4 km LSEN		00:00.00	Final
		Athlete		Team	Place	Achievement	
MPL034	854	Sphelele	Ndhlovu	Mpumalanga LSEN	1	13:46.03	
MPL032	852	Lucian Neil	Louw	Mpumalanga LSEN	2	14:26.05	
LIL013	666	Simphiwe M.	Divali	Limpopo LSEN	3	14:43.01	
GAL011	328	Delano	Louw	Gauteng LSEN	4	14:43.02	
GAL007	324	Kamogelo	Thebyane	Gauteng LSEN	5	14:53.03	
WCL001	1305	Liam	Jacobs	Western Cape LSEN	6	15:03.05	
ECL007	115	Sinothando	Gazibi	Eastern Cape LSEN	7	15:08.00	
FSL002	270	Pakiso	Molaba	Free State LSEN	8	15:14.05	
FSL001	269	Hlompho	Rantle	Free State LSEN	9	15:27.06	
FSL003	271	Lesedi	Molise	Free State LSEN	10	15:29.07	
LIL014	667	Thulani A.	Manthosi	Limpopo LSEN	11	15:34.06	
GAL009	326	Happy	Adams	Gauteng LSEN	12	15:39.04	
LIL018	671	Comfort P.	Makgeru	Limpopo LSEN	13	15:02.07	
MPL031	851	Mloni	Gule	Mpumalanga LSEN	14	15:48.02	
GAL012	329	Relebogile	Mohasi	Gauteng LSEN	15	15:48.09	
FSL004	272	Moeketsi	Phewa	Free State LSEN	16	15:48.09	
LIL016	669	Phikoko F.	Tema	Limpopo LSEN	17	15:51.00	
FSL005	273	Kagiso	Sekwena	Free State LSEN	18	15:53.03	
GAL010	327	Emmanual	Mokukeo	Gauteng LSEN	19	00:15.59	
LIL015	668	Bokang	Motebejane	Limpopo LSEN	20	16:07.03	
GAL008	325	Kutlwano	Olifant	Gauteng LSEN	21	16:13.00	
WCL003	1307	Jermaine	Davids	Western Cape LSEN	22	16:25.00	
WCL002	1306	Luvo	Salman	Western Cape LSEN	23	16:28.01	
ECL010	118	France Imi	Sibulawa	Eastern Cape LSEN	24	16:45.02	
MPL033	853	Thokozani	Mtsweni	Mpumalanga LSEN	25	17:23.03	
WCL004	1308	Donavon	Kiniwe	Western Cape LSEN	26	17:23.03	
KZL008	494	Lwazi	Xaba	Kwazulu Natal LSEN	27	17:24.00	
MPL035	855	Sinethemba	Ngubonde	Mpumalanga LSEN	28	17:34.03	
MPL036	856	Mikhyle Claudio	Seaart	Mpumalanga LSEN	29	18:00.07	
LIL017	670	Jonas	Ledwaba	Limpopo LSEN	30	18:09.00	
NWL002	1044	Mojela	Mantsho	North West LSEN	31	18:15.01	
ECL011	119	Landile	Mkhonto	Eastern Cape LSEN	32	18:30.03	
NWL006	1048	AJ	Coertze	North West LSEN	33	18:32.09	
NWL001	1043	Lethlogonolo	Africa	North West LSEN	34	18:54.03	
NWL003	1045	Kebareng	Kotu	North West LSEN	35	19:13.06	
NWL004	1046	Leo	Bothma	North West LSEN	36	20:00.06	
NWL005	1047	Victorian	Bezuidenhout	North West LSEN	37	20:57.01	

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### B-14

13	B-14	4 km		/ 4 km		00:00.00	Final
	Athlete			Team	Place	Achievement	
ECA026	26	Sigcobile	Lubuzo	Eastern Cape	1	12:23.40	
GAU081	458	Khumalo	Katleho	Gauteng	2	12:28.90	
ECA025	25	Silindokuhle	Mbbhana	Eastern Cape	3	12:31.80	
GAU080	457	Tibana	Zeca	Gauteng	4	12:54.50	
WCA049	1245	Jaiden	Opperman	Western Cape	5	13:03.30	
MPU049	929	Sibusiso	Lukhele	Mpumalanga	6	13:05.80	
MPU051	931	Thembinkosi	Mkhabela	Mpumalanga	7	13:08.20	
NWP028	1116	Scott	Williamson	North West Province	8	13:09.70	
MPU050	930	Collen	Mahlangu	Mpumalanga	9	13:11.10	
ECA028	28	Yamkela	Nyotso	Eastern Cape	10	13:12.10	
KZN058	603	Alwande	Sibiya	Kwazulu Natal	11	13:13.40	
MPU053	933	Junior	Shongwe	Mpumalanga	12	13:15.40	
LIM080	792	Adam	Thobejane	Limpopo	13	13:25.80	
NWP029	1117	Kanelemodisa	Morake	North West Province	14	13:27.70	
GAU085	462	Mbingeleli	Ncubeko	Gauteng	15	13:28.90	
FSA051	211	Ernest	Khabo	Free State	16	13:29.60	
LIM081	793	Kelebogile	Kekana	Limpopo	17	13:30.00	
LIM083	795	Paul	Ngwato	Limpopo	18	13:30.40	
MPU054	934	Abongile	Vilakazi	Mpumalanga	19	13:30.80	
FSA050	210	Thato	Moloi	Free State	20	13:31.40	
FSA054	214	Karabo	Mokoena	Free State	21	13:35.00	
KZN056	601	Mncedisi	Ngobese	Kwazulu Natal	22	13:36.30	
WCA054	1250	Lethan	Cloete	Western Cape	23	13:39.10	
WCA053	1249	Nowic	Swanepoel	Western Cape	24	13:39.60	
NCA028	1016	Joshua	Matthys	Northern Cape	25	13:40.00	
KZN059	604	Kwenzokuhle	Zakwe	Kwazulu Natal	26	13:40.40	
NWP026	1114	Thato	Modise	North West Province	27	13:40.70	
GAU082	459	Mogapi	Olebogeng	Gauteng	28	13:41.80	
NWP030	1118	Regomoditswe	Segone	North West Province	29	13:43.30	
ECA030	30	Simthandile	Goliath	Eastern Cape	30	13:43.90	
GAU083	460	Norushe	Aqhama	Gauteng	31	13:50.60	
MPU052	932	Thati	Mphaho	Mpumalanga	32	13:51.10	
LIM079	791	Petrus	Marope	Limpopo	33	13:51.40	
LIM082	794	Phuti	Kganyago	Limpopo	34	13:51.80	
FSA049	209	Relebohile	Madondo	Free State	35	13:52.20	
NCA029	1017	Manelo	Gaanakgomo	Northern Cape	36	13:52.70	
FSA052	212	Ezekiel	Madlavo	Free State	37	13:56.50	
GAU084	461	Stoltz	Leon	Gauteng	38	13:59.20	
LIM084	796	Moimane	Mahlatse	Limpopo	39	14:04.30	
KZN057	602	Vuyolwethu	Banda	Kwazulu Natal	40	14:05.00	
WCA050	1246	Ronni	De Vos	Western Cape	41	14:06.00	

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### B-15

5	B-15	4 km	/ 4 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
ECA031	31	Bongile	Mbuweni	Eastern Cape	1	12:18.00
NWP031	1119	Tumelo	Reuters	North West Province	2	12:32.00
FSA062	222	Teboho	Mokoena	Free State	3	12:36.00
GAU087	464	Coetzer	Rico	Gauteng	4	12:40.00
GAU091	468	Mothae	Neo	Gauteng	5	12:42.00
GAU088	465	Tshivula	Tshepang	Gauteng	6	12:44.00
MPU065	945	Gontse	Sebothoma	Mpumalanga	7	12:44.00
WCA063	1259	Divano	Fallet	Western Cape	8	12:45.00
LIM085	797	Jack	Malahlela	Limpopo	9	12:49.00
KZN067	612	Asande	Mazibuko	Kwazulu Natal	10	12:50.00
WCA061	1257	Chirombe	Anesu	Western Cape	11	12:55.00
ECA033	33	Mbulelo	Mlalange	Eastern Cape	12	13:07.00
FSA063	223	Mokwining	Mokoena	Free State	13	13:08.00
FSA061	221	Katleho	Melato	Free State	14	13:13.00
GAU086	463	Keotshepile	Maleho	Gauteng	15	13:13.00
WCA062	1258	Ruwandre	Brown	Western Cape	16	13:15.00
GAU090	467	Lephuthi	Mziwabo	Gauteng	17	13:16.00
NCA035	1023	Boitshwarelo	Letong	Northern Cape	18	13:17.00
ECA032	32	Simbongile	Mcutha	Eastern Cape	19	13:18.00
WCA064	1260	Valentino	Beukes	Western Cape	20	13:19.00
GAU089	466	Motsoeneng	Tshepo	Gauteng	21	13:20.00
ECA036	36	Anovuyo	Mbende	Eastern Cape	22	13:22.00
FSA065	225	Bongani	Maduna	Free State	23	13:23.00
NWP036	1124	Refemetse	Elekwang	North West Province	24	00:13.24
NWP035	1123	Lean	Scholtz	North West Province	25	13:27.00
NWP033	1121	Tshiamo	Majafe	North West Province	26	13:28.00
LIM087	799	Thapelo	Maila	Limpopo	27	13:29.00
ECA035	35	Luvo	Hlakanyana	Eastern Cape	28	13:30.00
MPU064	944	Samkelo	Naba	Mpumalanga	29	13:31.00
WCA066	1262	Jordan -Lee	Pietersen	Western Cape	30	13:32.00
ECA034	34	Kwazi	Ntola	Eastern Cape	31	13:33.00
NWP034	1122	Lebogang	Mochoaioa	North West Province	32	13:44.00
MPU063	943	Lwandle	Mzizi	Mpumalanga	33	13:45.00
MPU062	942	Mbongeni	Mnyungula	Mpumalanga	34	13:47.00
LIM088	800	Phomolo	Moramaga	Limpopo	35	00:01.33
WCA065	1261	Rimark	Esau	Western Cape	36	13:57.00
LIM089	801	Nangani	Mukwevho	Limpopo	37	13:58.00
MPU061	941	Lindane	Hlatshwayo	Mpumalanga	38	13:59.00
NWP032	1120	Pako	Kapari	North West Province	39	14:07.00
MPU066	946	Sabelo	Vilakazi	Mpumalanga	40	14:08.00
NCA034	1022	Adrian	Maklaro	Northern Cape	41	14:25.00
LIM090	802	Kenny Maseko	Motjalefa	Limpopo	42	14:27.00
NCA036	1024	Devereaux	Swartz	Northern Cape	43	14:28.00
LIM086	798	Alfred	Manokwana	Limpopo	44	14:32.00

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### B-15

23	B-15	4km LSEN		/ 4 km LSEN	00:00.00	Final
		Athlete		Team	Place	Achievement
WCL006	1310	Alfonzo	Ada	Western Cape LSEN	1	13:11.60
MPL037	857	Machawe	Makhushe	Mpumalanga LSEN	2	13:47.40
GAL023	340	Thumelo	Cekwana	Gauteng LSEN	3	14:00.80
KZL019	505	Mswawenkosi	Mabizela	Kwazulu Natal LSEN	4	14:04.40
GAL021	338	Keamogetswe	Mtsahili	Gauteng LSEN	5	14:07.90
WCL008	1312	Waylinn	Seekoei	Western Cape LSEN	6	14:12.00
FSL010	278	Mpho	Mafareka	Free State LSEN	7	14:16.00
NWL012	1054	Lesemola	Mohau	North West LSEN	8	14:18.70
WCL007	1311	Willem	Pietersen	Western Cape LSEN	9	14:22.10
GAL020	337	Joseph	Ramakhoase	Gauteng LSEN	10	14:24.30
KZL021	507	Mbuso	Shabangu	Kwazulu Natal LSEN	11	14:26.20
GAL024	341	Nejaah	Mkhwanazi	Gauteng LSEN	12	14:27.30
WCL010	1314	Beauren	Arries	Western Cape LSEN	13	14:46.10
LIL047	700	Samuel	Motaung	Limpopo LSEN	14	14:46.90
MPL040	860	Sithabile Clinton	Thabethe	Mpumalanga LSEN	15	14:48.40
FSL014	282	Siyabonga	Smith	Free State LSEN	16	14:48.40
WCL011	1315	Christon	Klein	Western Cape LSEN	17	14:56.10
GAL022	339	Owen	Ndlovu	Gauteng LSEN	18	15:01.20
KZL020	506	Sifundo	Gumede	Kwazulu Natal LSEN	19	15:12.00
LIL049	702	Frans K.	Malebana	Limpopo LSEN	20	15:21.50
FSL012	280	Thabiso	Mkwane	Free State LSEN	21	15:24.60
ECL019	127	Donald Tshepo	Ramosoou	Eastern Cape LSEN	22	15:33.70
GAL019	336	Marius	Ehlers	Gauteng LSEN	23	15:34.50
NWL013	1055	Poko	Segosapelo	North West LSEN	24	15:37.40
MPL038	858	Karabo Lesade	Sithole	Mpumalanga LSEN	25	15:39.10
MPL041	861	Bongnkosi	Tshabalala	Mpumalanga LSEN	26	15:42.40
LIL048	701	John B.	Motebele	Limpopo LSEN	27	15:43.90
LIL052	705	Kholofelo	Seloane	Limpopo LSEN	28	16:06.90
ECL021	129	Liyabona	Diko	Eastern Cape LSEN	29	16:08.90
MPL039	859	Siphesihle	Skhosana	Mpumalanga LSEN	30	16:09.80
NWL015	1057	Phumzile	Moepi	North West LSEN	31	16:16.40
MPL042	862	Olwethu Nhlanhla	Zwane	Mpumalanga LSEN	32	16:29.40
ECL020	128	Riquelmy Diago	Simon	Eastern Cape LSEN	33	16:30.00
FSL013	281	Katleho	Matona	Free State LSEN	34	16:32.60
NWL016	1058	Marthinus	Pieters	North West LSEN	35	16:46.00
ECL022	130	Liliso	Willie	Eastern Cape LSEN	36	17:25.50
FSL015	283	Terence	Bester	Free State LSEN	37	17:49.50
LIL051	704	Johannese S.	Ramakgadi	Limpopo LSEN	38	17:57.40
NWL014	1056	Kgotso	Ramose	North West LSEN	39	17:57.80
NWL017	1059	Nqobile	Gedezane	North West LSEN	40	18:38.80
ECL024	132	Thabiso	Ngcetshu	Eastern Cape LSEN	41	20:19.60
LIL050	703	Setlamorago J.	Maseye	Limpopo LSEN	42	20:28.40
ECL023	131	Mlamli	Poswayo	Eastern Cape LSEN	43	20:32.80

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## Result per Age

### B-16

11	B-16	6 km	/ 6 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
GAU092	469	Smith	Realeboga	Gauteng	1	18:39.50
MPU077	957	Emmanuel	Motaung	Mpumalanga	2	18:54.50
MPU076	956	Tebogo	Molefe	Mpumalanga	3	19:01.90
NWP038	1126	Lucas	Marais	North West Province	4	19:04.30
LIM037	749	Nakedi	Lovly	Limpopo	5	19:07.70
LIM042	754	Matome	Mamadi	Limpopo	6	19:09.20
GAU094	471	Makhundu	Boiketlo	Gauteng	7	19:16.30
NWP037	1125	Regomoditswe	Lenkoe	North West Province	8	19:30.60
KZN082	627	Siphelele	Mncwango	Kwazulu Natal	9	19:34.20
LIM038	750	Tokiso	Mahlare	Limpopo	10	19:37.40
WCA073	1269	Alphonzo	Jordaan	Western Cape	11	19:37.90
ECA038	38	Thabo	Nogqala	Eastern Cape	12	19:41.30
WCA074	1270	Romario	Andrew	Western Cape	13	19:43.00
GAU097	474	Makhoba	Sphiwe	Gauteng	14	19:44.10
WCA075	1271	Beyon	Prins	Western Cape	15	19:45.00
MPU073	953	Thabiso	Dlangamandla	Mpumalanga	16	19:46.30
NWP040	1128	Matebesi	Hlaudi	North West Province	17	19:47.60
GAU095	472	Mgwenya	Sknumbozo	Gauteng	18	19:54.70
LIM041	753	Ratau	Hologelo	Limpopo	19	19:39.70
FSA076	236	Lefu	Makale	Free State	20	20:02.90
WCA076	1272	Marcelino	Booyesen	Western Cape	21	20:03.20
LIM039	751	Moila	Madikane	Limpopo	22	20:03.80
MPU075	955	Mzomuhle	Mkhwanazi	Mpumalanga	23	20:04.10
MPU078	958	Civil	Ndlovu	Mpumalanga	24	20:09.80
FSA074	234	Paseka	Tsele	Free State	25	20:10.70
KZN079	624	Sanele	Dzanibe	Kwazulu Natal	26	20:12.30
WCA077	1273	Rowaldo	Cornelius	Western Cape	27	20:13.10
ECA042	42	Banele	Komanisi	Eastern Cape	28	20:19.10
MPU074	954	Mario Sbusiso	Masombuka	Mpumalanga	29	20:19.70
NWP042	1130	Lethogonolo	Mosime	North West Province	30	20:21.80
NWP039	1127	Tshepang	Moloi	North West Province	31	20:26.40
FSA075	235	Lehlohonolo	Qai	Free State	32	20:28.90
NWP041	1129	Omphetse	Molapisi	North West Province	33	20:34.80
FSA077	237	Siyabonga	Mohlambi	Free State	34	20:37.80
GAU096	473	Ntholi	Tsiu	Gauteng	35	20:44.90
FSA078	238	Lerato	Lempeche	Free State	36	20:45.10
LIM040	752	Khutso	Ledwaba	Limpopo	37	20:53.50
WCA078	1274	Tyrese	Kennedy	Western Cape	38	21:02.70
KZN081	626	Thobane	Tshapha	Kwazulu Natal	39	21:23.00
KZN080	625	Thato	Sehlako	Kwazulu Natal	40	21:23.20
ECA040	40	Linda	Mguga	Eastern Cape	41	21:45.20
NCA040	1028	Kea	Kekana	Northern Cape	42	21:48.50
NCA041	1029	Thabang	Motsewabangwe	Northern Cape	43	22:04.20

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## Result per Age

### B-16

27	B-16	6km LSEN		/ 6km LSEN	00:00.00	Final
		Athlete		Team	Place	Achievement
FSL022	290	Monyane	Raliengoane	Free State LSEN	1	20:16.00
WCL020	1324	Graywin	Michals	Western Cape LSEN	2	20:47.60
GAL032	349	Reatlegile	Ramapthatla	Gauteng LSEN	3	20:59.60
MPL045	865	Siphehile P	Mashiane	Mpumalanga LSEN	4	21:03.10
GAL034	351	Lehlohonolo	Tsimond	Gauteng LSEN	5	21:09.40
WCL019	1323	Lander	Pholman	Western Cape LSEN	6	21:23.00
GAL036	353	Joseph	Nswenga	Gauteng LSEN	7	21:31.90
KZL031	517	Siyanda	Zwane	Kwazulu Natal LSEN	8	21:39.90
GAL033	350	Lerato	Nzimande	Gauteng LSEN	9	21:40.50
GAL035	352	Mannu	Lietsiso	Gauteng LSEN	10	21:48.80
GAL031	348	Motsamai	Tshabalala	Gauteng LSEN	11	21:52.40
KZL033	519	Sesoza	Zondi	Kwazulu Natal LSEN	12	21:57.70
NWL023	1065	Abia Xaba	Thiteng	North West LSEN	13	22:07.10
NWL022	1064	Oratile	Ncube	North West LSEN	14	22:11.20
MPL043	863	Curtly Breyton J	Fillis	Mpumalanga LSEN	15	22:16.00
ECL027	135	Jerome Elshane	Mtshonyana	Eastern Cape LSEN	16	22:19.00
NWL024	1066	Karabo	Letshoo	North West LSEN	17	22:33.10
LIL025	678	Phenyo P. S	Tema	Limpopo LSEN	18	22:33.60
WCL023	1327	Jo-Rick	Muller	Western Cape LSEN	19	22:47.90
WCL022	1326	Arnold	Dirks	Western Cape LSEN	20	22:51.20
WCL021	1325	Ishmael	Pieters	Western Cape LSEN	21	23:10.60
LIL030	683	Brandon	Mabelebele	Limpopo LSEN	22	23:14.80
LIL027	680	Jan Z.	Motlake	Limpopo LSEN	23	23:34.00
ECL028	136	Caleb Emmanuel	Lottering	Eastern Cape LSEN	24	23:40.20
NWL025	1067	Chad	Appels	North West LSEN	25	23:41.10
LIL028	681	Themba S.	Matlala	Limpopo LSEN	26	24:23.80
MPL046	866	Linda Hopewell	Sibanyoni	Mpumalanga LSEN	27	25:27.20
ECL025	133	Ayeza	Mgcotyelwa	Eastern Cape LSEN	28	25:45.50
FSL021	289	Neo	Dikotsi	Free State LSEN	29	25:51.30
ECL026	134	Siyavela	Mayela	Eastern Cape LSEN	30	26:13.00
ECL029	137	Riaan Stephanus	Vorster	Eastern Cape LSEN	31	26:30.80
MPL047	867	Tshepho	Tsotetsi	Mpumalanga LSEN	32	29:32.10
FSL023	291	Kamohelo	Moeti	Free State LSEN	33	30:06.80



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## Result per Age

### B-17

17	B-17	6km LSEN		/ 6km LSEN	00:00.00	Final
	Athlete		Team	Place	Achievement	
GAL043	360	Tlholo	Diseko	Gauteng LSEN	1	20:14.30
GAL044	361	Hector	Africa	Gauteng LSEN	2	20:31.00
MPL050	870	Thembaletu	Mabuza	Mpumalanga LSEN	3	20:40.10
FSL031	299	Mojalefa	Motsoaole	Free State LSEN	4	20:42.20
MPL052	872	Tshedza Prince	Ndou	Mpumalanga LSEN	5	20:46.30
FSL033	301	Sehlabaka	Mokoena	Free State LSEN	6	21:01.40
NWL030	1072	Omolemo	Lebelwane	North West LSEN	7	21:23.50
FSL034	302	Ruhwan Jaun	Ferris	Free State LSEN	8	21:28.00
KZL044	530	Bandile	Mathebula	Kwazulu Natal LSEN	9	21:28.70
FSL030	298	Kabelo	Motloug	Free State LSEN	10	21:40.40
GAL048	365	Brendan	Moyo	Gauteng LSEN	11	02:15.20
NWL032	1074	Ogone	Phalane	North West LSEN	12	21:58.30
WCL030	1334	Rumano	Van Der Byl	Western Cape LSEN	13	22:01.90
MPL049	869	Anesu Akhona	Liwane	Mpumalanga LSEN	14	22:02.70
FSL032	300	Karabo	Radebe	Free State LSEN	15	22:13.30
MPL051	871	Thabo Doctor	Mahlangu	Mpumalanga LSEN	16	22:20.10
KZL043	529	Kwanda	Masondo	Kwazulu Natal LSEN	17	22:20.90
GAL045	362	Neo	Siwela	Gauteng LSEN	18	22:25.00
GAL047	364	Ndumiso	Mazibuko	Gauteng LSEN	19	22:31.90
NWL031	1073	Lethlogonolo	Mohumapelo	North West LSEN	20	22:42.70
LIL034	687	Emmanuel	Seema	Limpopo LSEN	21	22:56.40
NWL034	1076	Brian	Williams	North West LSEN	22	23:00.20
MPL054	874	Lindokuhle Khaya	Nkosi	Mpumalanga LSEN	23	23:04.40
WCL031	1335	Keenrae	Samson	Western Cape LSEN	24	23:06.10
LIL032	685	Thato D.	Kekana	Limpopo LSEN	25	23:06.00
ECL039	147	Linganathi	Bhentswana	Eastern Cape LSEN	26	23:24.60
ECL038	146	Iviwe	Mlahleni	Eastern Cape LSEN	27	23:36.00
ECL040	148	Sonwabile	Malgas	Eastern Cape LSEN	28	23:37.70
FSL029	297	Lucas	Moshoaliba	Free State LSEN	29	25:36.70
LIL035	688	Tsebo R.	Lekoana	Limpopo LSEN	30	28:45.10
LIL036	689	Kulani	Maluleke	Limpopo LSEN	31	31:30.90

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## Result per Age

### B-17

19	B-17	6 km		/ 6 km		00:00.00	Final
		Athlete		Team	Place	Achievement	
NWP043	1131	Dino	Nako	North West Province	1	17:58.20	
GAU099	476	Pheko	Zenzile	Gauteng	2	18:08.40	
MPU086	966	Musawenkosi	Mnisi	Mpumalanga	3	18:20.10	
ECA043	43	Macane	Qwane	Eastern Cape	4	18:27.70	
GAU101	478	Corné	De Fouw	Gauteng	5	18:32.50	
FSA085	245	Tumisang	More	Free State	6	18:41.50	
MPU089	969	Temosho	Tladi	Mpumalanga	7	18:45.60	
KZN091	636	Nhlakanipho	Mntambo	Kwazulu Natal	8	19:00.80	
GAU098	475	Morepe	Johannes	Gauteng	9	19:03.00	
GAU102	479	Khelemithi	Katleho	Gauteng	10	19:07.40	
WCA086	1282	Charlton	Titus	Western Cape	11	19:08.40	
FSA086	246	Leslie	Mokoena	Free State	12	19:15.80	
ECA046	46	Abonga	Tyesi	Eastern Cape	13	19:23.90	
MPU085	965	Michael	Mucavele	Mpumalanga	14	19:28.80	
NWP044	1132	Tshenolo	Duna	North West Province	15	19:31.50	
LIM100	812	Lawrence	Kgomo	Limpopo	16	19:36.60	
WCA085	1281	Santino	Appels	Western Cape	17	19:40.60	
MPU090	970	Bongmusa	Vilakazi	Mpumalanga	18	19:46.50	
FSA090	250	Bangane	Mgcina	Free State	19	19:52.50	
GAU100	477	Hickely	Kevin	Gauteng	20	19:53.10	
FSA087	247	Omphile	Letshabo	Free State	21	19:56.10	
ECA047	47	Iviwe	Mhlola	Eastern Cape	22	20:03.03	
LIM099	811	Lesego	Mosehlana	Limpopo	23	20:06.60	
KZN093	638	Lusanda	Majola	Kwazulu Natal	24	20:12.10	
NCA048	1036	Rethabile	Leholo	Northern Cape	25	20:12.60	
KZN094	639	Siyanda	Zwane	Kwazulu Natal	26	20:13.30	
NWP046	1134	Tshepang	Maluleka	North West Province	27	20:13.80	
KZN092	637	Sabelosethu	Mahlaba	Kwazulu Natal	28	20:15.00	
WCA089	1285	Ashley	Davids	Western Cape	29	20:21.10	
FSA088	248	Lebohang	Mohapi	Free State	30	20:22.60	
WCA088	1284	Shane-Joshua	Adams	Western Cape	31	20:25.40	
NWP048	1136	Tshiamo	Mothibi	North West Province	32	20:26.30	
GAU103	480	Cloete	Alisandro	Gauteng	33	20:29.50	
WCA090	1286	Zimvo	Tawusa	Western Cape	34	20:35.00	
WCA087	1283	Waylon	Jooste	Western Cape	35	20:53.80	
ECA044	44	Sinovuyo	Matiwane	Eastern Cape	36	21:00.60	
FSA089	249	Madia	Mokoena	Free State	37	21:30.00	
LIM098	810	Oscar Moseki	Waleng	Limpopo	38	21:31.30	
NCA046	1034	Tshenolo	Ntasi	Northern Cape	39	21:34.00	
LIM102	814	Tebogo	Selemela	Limpopo	40	21:50.60	
NWP047	1135	Thabiso	Bontes	North West Province	41	23:00.40	

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**Result per Age**

**B-19**

9	B-19	8km LSEN		/ 8km LSEN	00:00.00	Final
		Athlete		Team	Place	Achievement
WCL041	1345	Bron	Henry	Western Cape LSEN	1	25:21.10
GAL060	377	Andile	Mdlalose	Gauteng LSEN	2	25:25.80
FSL043	311	Kgabane	Motlounge	Free State LSEN	3	25:26.50
FSL040	308	Thabang	Magibile	Free State LSEN	4	26:01.30
GAL056	373	Tshepiso	Moimakwe	Gauteng LSEN	5	26:11.20
WCL040	1344	Clement	De Bruin	Western Cape LSEN	6	26:12.70
GAL059	376	Mpho	Achuse	Gauteng LSEN	7	26:27.30
LIL009	662	Philemon T.	Mokitlana	Limpopo LSEN	8	26:28.10
GAL057	374	Karabo	Disenyane	Gauteng LSEN	9	26:35.70
GAL055	372	Fernando	Macevele	Gauteng LSEN	10	26:36.80
ECL047	155	Aphelele Junior	September	Eastern Cape LSEN	11	27:02.25
MPL060	880	Lucky	Tsotetsi	Mpumalanga LSEN	12	27:05.30
KZL055	541	Vuyani	Mlambo	Kwazulu Natal LSEN	13	27:08.40
NWL039	1081	Itumeleng	Matlhaku	North West LSEN	14	27:14.10
GAL058	375	Tshepo	Nkobore	Gauteng LSEN	15	27:21.90
WCL044	1348	Richard	Bredenkamp	Western Cape LSEN	16	27:28.60
WCL039	1343	Buhlali	Maduna	Western Cape LSEN	17	27:38.30
NWL037	1079	Mosa	Mutle	North West LSEN	18	27:39.10
FSL042	310	Vusumzi	Valashiya	Free State LSEN	19	27:54.90
LIL012	665	Sekate J.	Tema	Limpopo LSEN	20	28:08.80
LIL007	660	Nkosa K	Mphata	Limpopo LSEN	21	28:25.70
NWL042	1084	Monnapule	Majaja	North West LSEN	22	28:51.04
NWL038	1080	Bulelani	Mhambi	North West LSEN	23	28:51.90
NWL040	1082	Lefa	Molete	North West LSEN	24	29:14.90
WCL042	1346	Jamaine	Keffers	Western Cape LSEN	25	29:27.60
NWL041	1083	Kutlwano	Sethibe	North West LSEN	26	29:46.70
LIL010	663	Karabo M.	Tsesewa	Limpopo LSEN	27	29:47.40
WCL043	1347	Lesedi	Molefe	Western Cape LSEN	28	29:50.70
MPL058	878	Bongani	Mashego	Mpumalanga LSEN	29	30:51.60
ECL048	156	Khanya Meagell	Mei	Eastern Cape LSEN	30	31:08.90
MPL059	879	Manqoba	Shongwe	Mpumalanga LSEN	31	31:19.80
FSL041	309	Paseka	Motseki	Free State LSEN	32	31:32.05
MPL055	875	Conway Anele	Claassen	Mpumalanga LSEN	33	33:46.30
FSL039	307	Fred	Makhubu	Free State LSEN	34	35:23.50
LIL011	664	Jacob H. K	Hlalela	Limpopo LSEN	35	37:42.40
MPL057	877	Sanele	Mahlangu	Mpumalanga LSEN	36	37:43.00
MPL056	876	Lunga Covenant	Mabuza	Mpumalanga LSEN	37	37:43.00
KZL056	542	Wonder	Shongwe	Kwazulu Natal LSEN	38	37:43.00

# SA Schools Cross Country Championships 2022/10/01

## Result per Age

### B-19

25	B-19	8 km		/ 8 km		00:00.00	Final
	Athlete			Team	Place	Achievement	
FSA097	257	Tshidiso	Moloke	Free State	1	24:42.90	
NWP049	1137	Oarabile	Keitseng	North West Province	2	24:45.50	
ECA049	49	Ubabalwe	Ndima	Eastern Cape	3	24:46.80	
NWP050	1138	Pontsho	Motaung	North West Province	4	24:55.80	
LIM103	815	Krabo	Mowela	Limpopo	5	24:56.20	
GAU106	483	Xoza	Lubabalo	Gauteng	6	25:01.50	
FSA099	259	Tshepo	Shabalala	Free State	7	25:06.00	
KZN103	648	Sicelo	Mkhwanazi	Kwazulu Natal	8	25:13.70	
WCA098	1294	Rico	Van Der Horst	Western Cape	9	25:15.60	
FSA102	262	Tumelo	Dlamini	Free State	10	25:20.90	
NWP052	1140	Karabo	Masire	North West Province	11	25:21.70	
WCA097	1293	Theo	Jali	Western Cape	12	25:22.30	
KZN105	650	Lungani	Ngcobo	Kwazulu Natal	13	25:25.60	
GAU104	481	Msibi	Sibusiso	Gauteng	14	25:31.60	
FSA098	258	Nyakallo	Matabane	Free State	15	25:36.20	
GAU107	484	Mnotoza	Nhlanhla	Gauteng	16	25:38.40	
NWP051	1139	Kgosithebe	Semaushu	North West Province	17	25:41.60	
GAU109	486	Zukulu	Rowen	Gauteng	18	25:56.10	
MPU098	978	Hope	Matshiya	Mpumalanga	19	25:57.70	
LIM107	819	Ledwaba	Mahlatse	Limpopo	20	26:05.10	
MPU097	977	Sphiwe	Lethunya	Mpumalanga	21	26:08.60	
MPU101	981	Samukelo	Sekhoto	Mpumalanga	22	26:09.40	
KZN104	649	Sanele	Dladla	Kwazulu Natal	23	26:17.10	
LIM105	817	Kagisho	Monama	Limpopo	24	26:22.30	
NWP053	1141	Tshireletso	Siamisang	North West Province	25	26:22.80	
KZN106	651	Qiniso	Nala	Kwazulu Natal	26	26:25.10	
WCA099	1295	Alfonzo	Prins	Western Cape	27	26:27.50	
LIM104	816	Sello	Phahladira	Limpopo	28	26:41.20	
FSA101	261	Vuyo	Mkumbeni	Free State	29	26:49.00	
MPU099	979	Makume	Mokoena	Mpumalanga	30	26:52.50	
LIM106	818	Mpho	Mashilo	Limpopo	31	26:53.70	
FSA100	260	Gift	Bifa	Free State	32	26:56.90	
ECA050	50	Athabile	Ngozi	Eastern Cape	33	27:07.00	
ECA054	54	Zikho	Belani	Eastern Cape	34	27:08.60	
WCA100	1296	Charlton	Jafta	Western Cape	35	27:15.30	
WCA101	1297	Nashville	Hofmeester	Western Cape	36	27:16.20	
MPU100	980	Sibusiso	Radebe	Mpumalanga	37	27:39.10	
NWP054	1142	Kopano	Mogaki	North West Province	38	28:07.80	
LIM108	820	Mothala	Tlotliso	Limpopo	39	28:08.20	
MPU102	982	Tsepo	Zwane	Mpumalanga	40	28:11.00	
ECA052	52	Liyema	Helebe	Eastern Cape	41	28:16.20	
GAU108	485	Masetloa	Jimmy	Gauteng	42	28:58.00	
NCA053	1041	Boingotlo	Makebe	Northern Cape	43	29:24.20	
WCA102	1298	Luciano	Stuurman	Western Cape	44	29:55.60	