

# SOUTH AFRICAN CROSS COUNTRY CHAMPIONSHIPS

Event ASA SA CROSS COUNTRY CHAMPIONSHIPS  
Date Saturday, 11 September 2010  
Venue Tshwane University of Technology - Pretoria Campus

First Name	Surname	Age Category	Gender M/F
Jeffrey	Gwebu	Senior Men 12km	M
Sibusiso	Nzima	Senior Men 12km	M
Xolisa	Tyali	Senior Men 12km	M
Raphel	Segodi	Senior Men 12km	M
Isaac	Mbuyase	Senior Men 12km	M
Kgathatso	Checha	Senior Men 12km	M
Steven	Dikobo	Senior Men 12km	M
Derocious	Makhobalo	Senior Men 12km	M
Samuel	Mashishi	Senior Men 12km	M
Lucky	Mohale	Senior Men 12km	M
Thoriso	Ratsela	Senior Men 12km	M
Don	Ndlovu	Senior Men 4km	M
Abram	Mokhoase	Senior Men 4km	M
Neville	Mokere	Senior Men 4km	M
Ishmael	Bodumele	Senior Men 4km	M
Lympson	Maifo	Senior Men 4km	M
Lucas	Phofa	Senior Men 4km	M

Peter	Ramathoka	Senior Men 4km	M
Tlou	Seloba	Senior Men 4km	M
Selby Siphon	Zwane	Senior Men 4km	M
Juan	van Deventer	Senior Men 4km	M
Jackson	Chauke	Under 23 Men 4km	M
Siyaya	Khoza	Under 23 Men 4km	M
Thuso	Phaswana	Under 23 Men 4km	M
Isaac	Langa	Under 23 Men 4km	M
Sylvester	Lethulatshipi	Under 23 Men 4km	M
Marko	Bucarazzia	Under 23 Men 4km	M
Wandile	Nzima	Under 23 Men 4km	M
Lebogang	Khonkhobe	Under 23 Men 4km	M
Abram	Khumalo	Under 23 Men 4km	M
Thabo	Motaung	Under 23 Men 4km	M
Hereford	Madiba	Under 21 Men 4km	M
Tumelo	Mahlangu	Under 21 Men 4km	M
Terrence	Mukona	Under 21 Men 4km	M
Clinton	Swanepoel	Under 21 Men 4km	M
Enoch	Manyandi	Under 21 Men 4km	M
Jeremia	Bojosi	Under 21 Men 4km	M
Steven	Mhlongo	Under 21 Men 4km	M
Tebogo Donald	Mmitshane	Under 21 Men 4km	M
Ntsindiso	Mphakathi	Under 21 Men 4km	M

Folavia	Sehohle	Under 21 Men 4km	M
Michael	van Aswegen	Under 21 Men 4km	M
Vuyisile	Tshoba	Junior Men	M
Reuben	Magengenene	Junior Men	M
Sifiso	Mncwango	Junior Men	M
Thato	Molatedi	Junior Men	M
Pieter	Wilders	Junior Men	M
Olwethu	Mhlaba	Junior Men	M
Thabiso	Mateba	Junior Men	M
Edwin	Sesipi	Junior Men	M
Armin	Botha	Junior Men	M
Dewan	Botha	Junior Men	M
Sithembile	Dondolo	Junior Men	M
Sifiso	Moloi	Junior Men	M
Thapelo	Madiba	Junior Men	M
Vladimir	Gcaba	Junior Men	M
Themba	Khumalo	Junior Men	M
Amos	Ndimande	Junior Men	M
Geta	Molefe	Junior Men	M
Morena	Mokoena	Boys Under 17	M
Wisdom	Ndlovu	Boys Under 17	M
Zweli	Nzima	Boys Under 17	M
Lucky	Thato	Boys Under 17	M

Paul	Miya	Boys Under 17	M
Hans	Gildenhuys	Boys Under 17	M
Kevin	Larney	Boys Under 17	M
Kgalalelo	Mathabatha	Boys Under 17	M
Shatrack	Matibi	Boys Under 17	M
Alfred	Mphuthi	Boys Under 17	M
Tshepiso	Mtolo	Boys Under 17	M
Palacious	Mukwelho	Boys Under 17	M
Benjamin	Skhosana	Boys Under 17	M
Mauritz	Tuit	Boys Under 17	M
Tiaan	Botes	Boys Under 16	M
Goitsenodimo	Botlholo	Boys Under 16	M
Rainier	Horak	Boys Under 16	M
Wanga	Mkando	Boys Under 16	M
Godfrey	Mofokeng	Boys Under 16	M
Xolani	Mbuduwa	Boys Under 16	M
Darren	Vermeulen	Boys Under 16	M
Percy	Mhlongo	Boys Under 16	M
Katleho	Nonyana	Boys Under 16	M
Lucky	Ntombela	Boys Under 16	M
Mahlatse	Phahlane	Boys Under 16	M
Tiaan	Jacobs	Boys Under 15	M
Edward	Moshoete	Boys Under 15	M

Felix	Mapfungautsi	Boys Under 15	M
Phakiso	Selepe	Boys Under 15	M
Thabiso	Lekoma	Boys Under 15	M
Bongane	Mkhonza	Boys Under 15	M
Edwin	Moshoete	Boys Under 15	M
Thabang	Matiwane	Boys Under 15	M
Tumisang	Monnatlala	Boys Under 15	M
Kgotso	Seleke	Boys Under 15	M
Njabulo	Tshabalala	Boys Under 15	M
Tshwanelo	Mojokeng	Boys Under 15	M
Siphiwe	Keswa	Boys Under 15	M
Mafika	Cunukelo	Boys Under 14	M
Luyolo	Yumisa	Boys Under 14	M
Tjaart	Killian	Boys Under 14	M
Olebeng	Masetlhe	Boys Under 14	M
Nyiko	Sibiya	Boys Under 14	M
Sizwe	Boqashi	Boys Under 14	M
Abram	Botlholo	Boys Under 14	M
Sello	Mokwena	Boys Under 14	M
Tiaan	van Niekerk	Boys Under 14	M
Siyanda	Zwane	Boys Under 14	M
Jessie	Bezuidenhout	Boys Under 14	M
Dylan	Van der Merwe	Boys Under 13	M

Wilber	Van Dyk	Boys Under 13	M
Tiaan	Le Roux	Boys Under 13	M
Isaac	Lesia	Boys Under 13	M
Senzo	Mkhize	Boys Under 13	M
Willem	Potgieter	Boys Under 13	M
Daniel	Fourie	Boys Under 13	M
Warren	Moloto	Boys Under 13	M
Kenneth	Sithole	Boys Under 13	M
Jessie	Bezuidenhout	Boys Under 13	M
Linda	Ngwenya	Boys Under 12	M
Bheki	Tshabalala	Boys Under 12	M
Anrich	Zimmermann	Boys Under 12	M
Justin	Brons	Boys Under 12	M
Keegan	Janse van Rensburg	Boys Under 12	M
Mandla	Ntlumayo	Boys Under 12	M
Migael	Strydom	Boys Under 12	M
Marnus	Roberts	Boys Under 12	M
Cohann	Smith	Boys Under 12	M
Mogomotsi	Nxumalo	Boys Under 11	M
Marco	Botha	Boys Under 11	M
Melusi	Mlambo	Boys Under 11	M
Ezra	Ferreira	Boys Under 11	M
Johnic	Smith	Boys Under 11	M

Jonathan	Agenbag	Boys Under 11	M
Gawie	Louw	Boys Under 11	M
Mpho	Mokhele	Boys Under 10	M
Christo	Goosen	Boys Under 10	M
Kagiso	Mothasedi	Boys Under 10	M
Keagan	Crane	Boys Under 10	M
Dylan	Curtis	Boys Under 10	M
Claude	Pretorius	Boys Under 10	M
Brian	Kershaw	Boys Under 10	M
Siyabonga	Booyesen	Boys Under 9	M
Delport	Botha	Boys Under 9	M
Jordan	Janse van Vuren	Boys Under 9	M
Lerato	Khumalo	Boys Under 9	M
Sibonakaliso	Mbatha	Boys Under 9	M
Paul	Minnaar	Boys Under 9	M
Lebogang	Phalula	Senior Women 8km	F
Lebo	Phalula	Senior Women 8km	F
Nolene	Conrad	Senior Women 8km	F
Poppy	Mlambo	Senior Women 8km	F
Tebogo	Masehla	Senior Women 8km	F
Cornelia	Joubert	Senior Women 8km	F
Mpho	Mabuza	Senior Women 8km	F
Annah	Sepotokele	Senior Women 8km	F

Judith	Peo	Senior Women 8km	F
Christine	Kalmer	Senior Women 8km	F
Clodia	Serame	Senior Women 8km	F
Sihle	Sithole	Senior Women 8km	F
Melissa	Vermaak	Senior Women 8km	F
Rene	Kalmer	Senior Women 8km	F
Mandi	Brandt	Senior Women 4km	F
Yolanda	Pretorius	Senior Women 4km	F
Ohna	Visser	Senior Women 4km	F
Mapaseka	Makhanya	Senior Women 4km	F
Jeanett	Maruping	Senior Women 4km	F
Nomsa	Mbatha	Senior Women 4km	F
Channele	Olivier	Senior Women 4km	F
Zoe	Brentano	Under 23 Women 4kr	F
Anet	Coetzee	Under 23 Women 4kr	F
Magret	Seema	Under 23 Women 4kr	F
Recinda	Hanekom	Under 23 Women 4kr	F
Michelle	Ferreira	Under 23 Women 4kr	F
Bongekile	Pheta	Under 23 Women 4kr	F
Bongiwe	Pheta	Under 23 Women 4kr	F
Roline	Machabaphala	Under 21 Women 4kr	F
Megan	Williams	Under 21 Women 4kr	F
Ruth	Ndlovu	Under 21 Women 4kr	F

Anelda	Pypers	Under 21 Women 4kr	F
Kaylee	Shields	Under 21 Women 4kr	F
Twane	van der Westhuizen	Under 21 Women 4kr	F
Anneke	Gildenhuys	Junior Women	F
Ashleigh	Schnettler	Junior Women	F
Sylvia	Tshetlanyane	Junior Women	F
Amukelani	Baloyi	Junior Women	F
Juan-Marie	Cooper	Junior Women	F
Lauren	Venter	Junior Women	F
Zinyani	Sehohle	Junior Women	F
Keitumetse	Disipi	Junior Women	F
Maria	Makgoshing	Junior Women	F
Thato	Makhafola	Junior Women	F
Caroline	Marandela	Junior Women	F
Janine	Meyer	Junior Women	F
Mamphielo	Sibanda	Junior Women	F
Dineo	Mohai	Junior Women	F
Estie	Brits	Girls Under 17	F
Rose	Shabalala	Girls Under 17	F
Goodness	Lichaba	Girls Under 17	F
Nthatsi	Mokhele	Girls Under 17	F
Mpho	Nhlapo	Girls Under 17	F
Marli	van Staden	Girls Under 17	F

Chante	Venter	Girls Under 16	F
Lauren	Botha	Girls Under 16	F
Doricia	Le Roux	Girls Under 16	F
Brigiette	Bezuidenhout	Girls Under 16	F
Dimpho	Mokgethi	Girls Under 16	F
Melissa	Pretorius	Girls Under 16	F
Chante	Bester	Girls Under 16	F
Nomsa	Cossa	Girls Under 16	F
Zandile	Hadebe	Girls Under 16	F
Morotsi	Mohapi	Girls Under 16	F
Jolene	Rabie	Girls Under 16	F
Michelle	Strydom	Girls Under 16	F
Murendwa	Davhana	Girls Under 16	F
Minette	Van der Westhuizen	Girls Under 15	F
Nasiphi	Nobanganye	Girls Under 15	F
Mikyla	Ferreira	Girls Under 15	F
Monique	Stander	Girls Under 15	F
Janine	Cooper	Girls Under 15	F
Zanele	Sikalala	Girls Under 15	F
Sanna	Kgosi	Girls Under 15	F
Amore	van Baalen	Girls Under 15	F
Estmari	Van der Westhuizen	Girls Under 15	F
Mmatseko	Monareng	Girls Under 14	F

Nombulelo	Mashinini	Girls Under 14	F
Thandi	Sehohle	Girls Under 14	F
Minke	Kruger	Girls Under 14	F
Tiffani	Bell	Girls Under 14	F
Olebogeng	Mosweu	Girls Under 14	F
Cian	Oldknow	Girls Under 14	F
Lizerie	Ferreira	Girls Under 14	F
Andria	Botha	Girls Under 14	F
Jessica	Jacobs	Girls Under 14	F
Sune	Jonker	Girls Under 14	F
Terry-Ann	Lamont	Girls Under 14	F
Yvonne	Ndimma	Girls Under 14	F
Jean-Mare	Witte	Girls Under 14	F
Jessica	Bezuidenhout	Girls Under 13	F
Jessica	Aylward	Girls Under 13	F
Mpuse Puseletso	Dieta	Girls Under 13	F
Tharien	Erasmus	Girls Under 13	F
Dimpho	Diale	Girls Under 13	F
Robyn	Kaltenbrunn	Girls Under 13	F
Marita	Oberholzer	Girls Under 13	F
Florence	Ramatlho	Girls Under 13	F
Jana	Van der Merwe	Girls Under 13	F
Carina	Viljoen	Girls Under 13	F

Janice	Kruger	Girls Under 12	F
Monique	Crafford	Girls Under 12	F
Carla	Durandt	Girls Under 12	F
Babette	Minnaar	Girls Under 12	F
Alicia	Schmidt	Girls Under 12	F
Bathabile	Tladi	Girls Under 12	F
Nicole	Van der Merwe	Girls Under 12	F
Thandiwe	Dlamini	Girls Under 12	F
Mariska	Meyer	Girls Under 12	F
Linda	Sepotekele	Girls Under 12	F
Sinentlanhla	Nkomo	Girls Under 11	F
Sunel	Oliver	Girls Under 11	F
Annick	Snyman	Girls Under 11	F
Christelle	Wepener	Girls Under 11	F
Bronwyn	da Costa	Girls Under 11	F
Danielle	de Kock	Girls Under 11	F
Kayla	Greyling	Girls Under 11	F
Liza	Kellerman	Girls Under 11	F
Shannon	McCallum	Girls Under 11	F
Danielle	Scheepers	Girls Under 11	F
Amy	Sonnekus	Girls Under 11	F
Simonay	Weitsz	Girls Under 11	F
Chamone	Cilliers	Girls Under 10	F

Berdine	Roelofse	Girls Under 10	F
Bernise	Roelofse	Girls Under 10	F
Lerato	Dieta	Girls Under 10	F
Kiera	Gosling	Girls Under 10	F
Zanie	Labuschagne	Girls Under 10	F
Dinah	Moreo	Girls Under 10	F
Laminda	Stassen	Girls Under 10	F
Lorinda	Swanepoel	Girls Under 10	F
Danielle	van Lingen	Girls Under 10	F
Edmarie	Edwards	Girls Under 9	F
Tiny	Motaung	Girls Under 9	F
Ntando	Msibi	Girls Under 9	F
Ntombenhle	Seabi	Girls Under 9	F
Keletso	Senosi	Girls Under 9	F
Megan	Wood	Girls Under 9	F
Gcina	Zulu	Girls Under 9	F
Michaela	Murat	Girls Under 8	F
Lizelle	Palm	Girls Under 8	F
Elisma	Pio	Girls Under 8	F
Elizabeth	Phaka	Women 30 - 34	F
Christina	Seema	Women 30 - 34	F
Cynthia	Tshabalala	Women 30 - 34	F
Thuli	Mbatha	Women 35 - 39	F

Motsei	Sekwalo	Women 35 - 39	F
Gladness	Nkuna	Women 35 - 39	F
Elizabeth	Mahamo	Women 35 - 39	F
Daphne	Henderson	Women 35 - 39	F
Thandi	Banda	Women 35 - 39	F
Salome	Brits	Women 35 - 39	F
Florence	Munyai	Women 35 - 39	F
Audrey	Sematlane	Women 35 - 39	F
Annie	Ndlovu	Women 40 - 44	F
Rachel	Sliep	Women 40 - 44	F
Lucy	Dihangoane	Women 40 - 44	F
Angeline	Moreo	Women 40 - 44	F
Emsie	Peenz	Women 40 - 44	F
Gloria	Shongwe	Women 40 - 44	F
Argentina	Senda	Women 40 - 44	F
Connie	Van Der Westhuizen	Women 45 - 49	F
Rita	Loots	Women 45 - 49	F
Cynthia	Mkovane	Women 45 - 49	F
Laura	Venter	Women 45 - 49	F
Florence	Gama	Women 45 - 49	F
Elsie	Zondo	Women 45 - 49	F
Linda	Coston	Women 50 - 54	F
Mari	Van Der Westhuizen	Women 50 - 54	F

Nel	Ansie	Women 50 - 54	F
Margaret	Boshoe	Women 55 --59	F
Bukiwe	Damane	Women 55 --59	F
Nonhlanhla	Hlatshwayo	Women 55 --59	F
Nomsa	Moima	Women 55 --59	F
Wendy	Wilkens	Women 60 - 64	F
Josephina	Stungoane	Women 60 - 64	F
Maria	Visser	Women 60 - 64	F
Elaine	Greenblatt	Women 60 - 64	F
Vincent	Kutoane	Men 30 - 34	M
Johannes	Mthimkulu	Men 30 - 34	M
Shadrack	Selewane	Men 30 - 34	M
Raphael	Tladi	Men 30 - 34	M
Thamae	Kgotso	Men 30 - 34	M
Action Patli	Ramaboea	Men 35 - 39	M
Glen	Mokgatle	Men 35 - 39	M
William	Stroebel	Men 35 - 39	M
Raymond	Mokgwabona	Men 35 - 39	M
Isaac	Ndlovu	Men 35 - 39	M
Collurs	Seabela	Men 35 - 39	M
Angelo	Groep	Men 35 - 39	M
Moses	Malefo	Men 35 - 39	M
David	Nkosi	Men 35 - 39	M

Thabo	Papu	Men 35 - 39	M
Lawrence	Chipangaan	Men 40 - 44	M
Elgin	Mokale	Men 40 - 44	M
David	Seabo	Men 40 - 44	M
Trevor	Toerin	Men 40 - 44	M
Peter	Masia	Men 40 - 44	M
Billy	Majafa	Men 40 - 44	M
Never	Matiya	Men 40 - 44	M
Jabulani	Mngomezulu	Men 40 - 44	M
Andries	Venter	Men 45 - 49	M
Donald	Sampson	Men 45 - 49	M
Jarius	Mabodla	Men 45 - 49	M
Iain	Morshead	Men 45 - 49	M
Zebulon	Mokonoto	Men 45 - 49	M
Arthur	Woolridge	Men 45 - 49	M
Thama	Yanta	Men 45 - 49	M
Joseph	Mabodla	Men 45 - 49	M
Arnie	Geerdts	Men 45 - 49	M
Michael	Henning	Men 45 - 49	M
Simon	Malindi	Men 45 - 49	M
Tony	Silva	Men 45 - 49	M
Wilson	Moloto	Men 50 - 54	M
Arrigo	Ferri	Men 50 - 54	M

Marius	Carstens	Men 50 - 54	M
Chris	Fuller	Men 50 - 54	M
Jerry	Rankapule	Men 50 - 54	M
Johannes	Seakamela	Men 50 - 54	M
Themba	Sibanyoni	Men 50 - 54	M
Dirk	Venter	Men 50 - 54	M
Willie	Maisela	Men 55 - 59	M
Jose	Rebordao	Men 55 - 59	M
Kenny	Tulk	Men 55 - 59	M
David	Dire	Men 55 - 59	M
Wilson	Netshisaulu	Men 55 - 59	M
Moses	Motshabi	Men 55 - 59	M
Derek	Brentano	Men 55 - 59	M
Frans	Nxumalo	Men 55 - 59	M
Vincent	Lentsoenyane	Men 60 - 64	M
Brian	Chamberlain	Men 60 - 64	M
Masewell	Teffu	Men 60 - 64	M
Joe	Barbosa	Men 60 - 64	M
Mike	Hirst	Men 60 - 64	M
Chrisjan	Morake	Men 65 - 69	M
Neil	Coville	Men 65 - 69	M
Dick	Welch	Men 70 - 74	M