Cross Country EP Championships - 2021/06/19

Pos	Name	Surname	Club / School	Gender	R.No	Age	HMS
Category:	**SM**						
1	MELIKHAYA	FRANS	IKHAMVA AC	M	93	31	0.30.43
2	ANDILE	MOTWANA	NEDBANK RC EP	M	101	24	0.31.20
3	MARIANO	EESOU	BESTMED MADIBAZ AC	M	92	29	0.31.23
4	PACKSON	BANDA	BESTMED MADIBAZ AC	M	57	21	0.33.35
5	XOLISA	NDLUMBINI	VUKANI MS	M	102	39	0.33.54
6	SINETHEMBA	MIRELE	NEDBANK RC EP	M	99	24	0.34.10
7	SIYABONGA	HONNIE	IKHAMVA AC	M	96	37	0.34.34
8	TAWANDA	CHIKOTI	NEDBANK RC EP	M	91	22	0.34.55
9	KHAYA	GQWETHA	X-CEL AC	M	113	36	0.36.13
10	SICELO	MASHABA	BESTMED MADIBAZ AC	M	98	20	0.37.06
11	JEAN-PIERE	ROUX	NEDBANK	M	114	34	0.39.03
12	LUTHANDO	SIKIWE	DESPATCH AC	M	104	36	0.41.38
Category:	**SM4**						
1	ANDILE	MOTWANA	NEDBANK RC EP	M	4714	24	0.12.10
2	KEANU	DOMINGO	NORTH WEST UNIV	M	4704	19	0.12.11
3	MARIANO	EESOU	BESTMED MADIBAZ AC	M	4705	29	0.12.11
4	XOLISA	NDLUMBINI	VUKANI MS	M	4717	39	0.13.11
5	GEORGE	NTSHILIZA	NEDBANK RC EP	M	4719	41	0.13.16
6	MZOLISI	MAKHANDA	NEDBANK	M	4742	38	0.13.21
7	MOHUTSIWA	GONTSEJALO	BESTMED MADIBAZ	M	4713	22	0.13.22
8	MILA	PASIYA	NEDBANK RC EP	M	4720	41	0.13.25
9	KHAYA	GWQETHA	XCEL	M	4747	36	0.13.32
10	SINETHEMBA	MIRELE	NEDBANK RC EP	M	4711	24	0.13.37
11	TANDISILE	XOSHOMBA	SAP A C EP	M	4727	25	0.14.02
12	DUWAYNE	LUCAS	NEDBANK	M	4740	31	0.14.13
13	JEANDRY	DEERLING	NEDBANK RC EP	M	4703	29	0.14.22
14	LEBOHANG	SENTI	VUKANI	M	4744	34	0.14.38
15	THANDO	NCIPHA	SAPS AC	M	4715	29	0.14.48
16	MORNE	BUIS	NEDBANK RC EP	M	4728	28	0.14.48
17	JUNAID	MARAIS	TEMP	M	4735	24	0.14.50
18	KHUBULA	MANQANA	YOUTH FOR CHANCE AC	M	4709	20	0.15.03
19	ACHUMA	RHOYI	TEMP	M	4749	17	0.15.28
20	LUTHANDO	SIKIWE	DESPATCH	M	4743	36	0.16.28
21	LEONARDO	DE VILLIERS	RUN 4 CHRIST AC	M	4702	55	0.16.55
22	JACQUES	LANGLEY	RUN 4 CHRIST AC	M	4708	32	0.17.08
23	ATTIE	WILLIAMS	RUN 4 CHRIST AC	M	4725	58	0.18.46
24	RODGER	GYSMAN	RUN 4 CHRIST AC	M	4707	47	0.20.23
25	MBULELO	SOBIKWA	NEDBANK	M	4746	67	0.23.52
26	XOLILE	GOMOMO	NEDBANK	M	4741	69	0.26.21
Category:	**21M**						
1	SINAWO	POTI	IKHAMVA AC	M	4602	19	0.12.38
2	SIBAHLE	MAQWARA	NEDBANK	M	4637	19	0.12.58
3	Sicelo	Mashaba	MADIBAZ	M	4643	20	0.13.29
4	DAMIAN	SMITH	HEAT AC	M	4604	18	0.14.32
5	NEALLEN	JONKERS	BESTMED MADIBAZ AC	M	4603	21	0.17.08
Category:	**23M**						
1	CHIKOTI	TAWANDA	NEDBANK RC EP	M	4600	22	0.13.16

Category:	**35-39M**						
1	ANDRE	KETCHEM	XCEL	M	248	37	0.27.34
2	RYAN	PETER	HEAT AC	M	242	37	0.27.49
3	APHLYN	TAAI	NEDBANK RC EP	M	243	38	0.28.22
4	BULELANI	NIWA	SPAR EC RC	M	241	37	0.29.04
5	TUMELO	MOCHELENYANE	NEDBANK RC EP	M	240	38	0.29.49
6	SANUSE	MBONENI	SAP AC EP	M	239	36	0.30.27
7	SAMORA	MZALAZALA	NEDBANK	M	260	38	0.31.11
8	HENRY	CRAUSE	NEDBANK RC EP	M	237	38	0.31.25
9	KEPE	MONWABISI	NEDBANK	M	250	37	0.31.44
10	DARREN	VAN VLIET	NEDBANK RC EP	M	244	37	0.34.02
11	NEIL	LOOCK	DESPATCH AC	M	238	39	0.38.06
Category:	**40-44M**						
1	KEVIN	GASEBO	NEDBANK RC EP	M	259	41	0.27.19
2	ANELE	MALIZA	NEDBANK RC EP	M	229	43	0.27.36
3	MILA	PASIYA	NEDBANK RC EP	M	234	41	0.27.57
4	GCOBANI	BEKWAPI	ELITEAC	M	252	41	0.29.07
5	ALISTAIR	KINGWILL	RUN4C	M	256	44	0.30.06
6	MELIKHAYA	DUYBELE	NEDBANK RC EP	M	226	41	0.31.19
7	XOLANI	NTEYI	VUKANI MS	M	232	42	0.33.47
8	GIDEON	MENGO	NEDBANK RC EP	M	231	43	0.34.42
9	RICHARD	MAZUNGULA	NEDBANK RC EP	M	230	44	0.35.26
10	GRADWELL	GOUWS	TEMP	M	249	40	0.37.37
Category:	**45-49M**						
1	MELIKHAYA	KEPE	NEDBANK RC EP	M	228	45	0.27.55
2	NOEL	ADAMS	GELVAN AC	M	217	49	0.31.21
3	ADRIAAN	GOUWS	NEDBANK RC EP	M	218	48	0.31.54
4	SEBASTIAN	KLEU	RUN 4 CHRIST AC	M	220	45	0.32.09
5	RODGER	GYSMAN	RUN 4 CHRIST AC	M	219	47	0.37.01
6	STEPHEN	PENNEY	TEMP	M	223	47	0.37.10
Category:	**50-54M**						
1	MABOYISANA	MAZWAYI	NEDBANK	M	251	53	0.31.52
2	LUVUYO	STEPHEN	NEDBANK RC EP	M	216	51	0.34.24
Category:	**55-59M**						
1	SITHEMBISO	YOZO	NEDBANK RC EP	M	213	57	0.30.53
2	WELCOME	LOLIWE	NEDBANK RC EP	M	212	56	0.31.08
Category:	**60-64M**						
1	JAN	VAN EEDEN	NEDBANK RC EP	M	346	63	0.27.13
2	CHARLES	BAATJIES	GELVAN	M	350	64	0.27.58
3	CHESTER	BROOKS	X-CEL AC	M	341	63	0.28.09
4	GERT	LABUSCHAGNE	KOWIE STRIDERS	M	344	63	0.28.16
5	SAM	ERASMUS	NEDBANK RC EP	M	342	63	0.30.30
6	AT	SCHOEMAN	NEDBANK RC EP	M	345	64	0.35.12
Category:	**65-69M**						
1	STICKS	STIGLINGH	KOWIE STRIDERS	M	340	66	0.26.46
2	MOF	BOTHA	ACHILLES AAA	M	339	65	0.37.31
Category:	**70-74M**						
1	HANNES	ELS	MADIBA BAY WARRIORS	M	337	71	0.26.30
2	EDDIE	EADES	NEDBANK RC EP	M	336	72	0.29.16
3	LOCHI	LOCHNER	CHARLO AC	M	338	73	0.29.20
Category:	**75-79M**						
1	HERMAN	DEKKER	SAP A C EP	M	4635	76	0.27.53

Category:	**B14**						
1	SIMAMKELE	MALOTE	TEMP	M	4628	14	0.15.00
2	KUHLE	MKE	ACT AC	M	4629	14	0.15.27
3	REECE	FREEMAN	GREY JS	M	4622	13	0.15.33
4	MEYER	PRINSLOO	GREY HS	M	4631	14	0.16.07
5	DANIEL	RICHTER	GREY HS	M	4632	13	0.16.40
6	NAZARIO	TIEMAN	TEMP	M	4640	13	0.17.01
7	FERDIE	VILJOEN	HANDHAAF PS	M	4633	13	0.17.50
8	JJ	DE LANGE	FRAMESBY HS	M	4619	13	0.18.01
9	UYATHANDWA	HANS	GCINUBUZWE CS	M	4623	13	0.18.25
10	RONALDO	LE GRANGE	JANSENVILLE HS	M	4627	13	0.20.06
11	CORNE	WINDT	HANDHAAF PS	M	4634	13	0.20.07
12	KYLE	DOUGLAS	BRANDWAG HS	M	4620	13	0.22.51
Category:	**B15**						
1	JOSHUA	NAPOLEON	SCHOOL	M	4601	15	0.14.36
2	OYENA	NDIGANA	ACT AC	M	4613	15	0.15.40
3	ETHAN	GOUWS	JANSENVILLE HS	M	4607	15	0.15.40
4	ELVIN	JANSEN	JANSENVILLE HS	M	4608	15	0.16.38
5	LUXOLO	MANGUNJANA	GCINUBUZWE CS	M	4609	15	0.16.39
6	LUTHO	MGATIWA	WESTERING HS	M	4611	15	0.18.26
Category:	**B16**						
1	HLUMELO	SOGANGA	ACT AC	M	330	16	0.20.30
2	KEANU	WELCH	ST ALBANS AC	M	333	16	0.20.39
3	ISAAC	LOMBARD	JOHN WALTON SS	M	327	16	0.20.56
4	LITHEMBA	JEKANA	KOWIE STRIDERS	M	324	16	0.21.04
5	FRANCOIS	DE VILLIERS	GREY HS	M	321	16	0.21.24
6	TYRON	WILLIAMS	JOHN WALTON SS	M	334	15	0.22.21
7	ZADRIAAN	GOUWS	MARLOW HS	M	323	15	0.22.48
8	STEPHEN	BOTHMA	ST ALBANS AC	M	320	16	0.22.58
9	LITHEMBA	GCUME	KOWIE STRIDERS	M	316	15	0.23.02
10	SIYAVUYA	JEYI	JANSENVILLE HS	M	325	16	0.23.39
11	AYABONGA	SIYOLO	KOWIE STRIDERS	M	335	15	0.24.18
12	HUGO	NOTHNAGEL	FRAMESBY HS	M	329	16	0.24.29
13	ATHI	KLAAS	KOWIE STRIDERS	M	326	16	0.24.35
14	FRANCOIS	VOSLOO	FRAMESBY HS	M	332	15	0.24.45
15	NTSIKA	MZANANDA	WESTERING HS	M	328	16	0.24.50
16	MIHLE	FENI	NEDBANK RC EP	M	322	16	0.27.40
Category:	**B17**						
1	SIYABONGA	RHAFUZA	ACT AC	M	310	16	0.19.44
2	APHELELE	SEPTEMBER	ACT AC	M	312	16	0.19.52
3	MORNE	VAN DER BERG	ST ALBANS AC	M	4723	17	0.20.35
4	XABISO	MAZANSTI	KOWIE STRIDERS	M	307	16	0.22.12
5	LIME	VALUVALU	KOWIE STRIDERS	M	313	17	0.22.43
6	MANIE	VAN DER MERWE	ST ALBANS AC	M	314	16	0.23.41
7	ALIZWA	JOLA	WESTERING HS	M	304	17	0.24.40
8	ETHAN	MAPALING	ST ALBANS AC	M	306	16	0.26.17
9	SEBASTIAN	CEDRAS	ATLANTIC ACES	M	302	17	0.27.40
10	MATTHEW	MEYER	WESTERING HS	M	308	16	0.35.29
Category:	**B19**						
1	SINETHEMBA	JILINGISI	KOWIE	M	253	18	0.26.33
2	PATRIGE	CHIMWENDO	TEMP	M	202	18	0.28.05
3	MPHO	NGXABAZI	KOWIE STRIDERS	M	206	18	0.30.01
4	JAY-DEE	DEERLING	NEDBANK RC EP	M	203	18	0.30.17
5	LUPHUMELELO	TYANDELA	BESTMED MADIBAZ AC	M	210	19	0.31.24
6	NGELEKANYO	LUVHIMBI	BESTMED MADIBAZ AC	M	205	18	0.36.27

Category:	**SF**						
1	NWABISA	MJOLI	IKHAMVA AC	F	107	29	0.38.59
2	KELLY	VAN VLIET	NEDBANK RC EP	F	110	33	0.42.00
3	FREDAH	NCUBE	BESTMED MADIBAZ AC	F	108	39	0.46.41
Category:	**SF4**						
1	NTOMBESINTU	MFUNZI	NEDBANK RC EP	F	4738	39	0.15.18
2	KELLY	VAN VLIET	NEDBANK RC EP	F	4734	33	0.15.50
3	INGEBORG	LOUW	NORTH WEST UNIV	F	4731	19	0.17.27
4	SIPHOKAZI	NOJOKO	ACT AC	F	4733	26	0.18.11
5	AKHONA	NTANJANA	VUKANI	F	4748	33	0.23.27
Category:	**35-39F**						
1	NKHATHALLENG	KHIBA	HOLLYWOOD BETS AC	F	417	39	0.19.42
Category:	**40-44F**						
1	TERRI-LYNN	PENNEY	NEDBANK RC EP	F	416	44	0.18.06
2	SIENA	DE VOS	TEMP	F	414	44	0.19.35
3	BERNADETTE	LOOCK	RUN 4 CHRIST AC	F	415	41	0.21.46
Category:	**45-49F**						
1	ELIZE	ADAMS	GELVAN AC	F	412	46	0.19.57
Category:	**50-54F**						
1	BURNITA	STRYDOM	RUN 4 CHRIST AC	F	411	52	0.18.46
Category:	**55-59F**						
1	CHRISTINE	CLAASEN	ACHILLES AAA	F	407	56	0.17.47
2	TANIA	COWLEY	RUN 4 CHRIST AC	F	410	55	0.27.02
Category:	**60-64F**						
1	JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	F	406	60	0.20.09
Category:	**65-69F**						
1	AVRIL	BEYLEVELD	KOWIE STRIDERS	F	403	69	0.23.29
2	JOS	ELS	MADIBA BAY WARRIORS	F	404	69	0.27.37
Category:	**70-74F**						
1	RENEE	HAWKRIDGE	BLUEWATER BAY	F	402	70	0.22.04
Category:	**G14**						
1	KEARA	DOMINGO	HEAT AC	F	4535	13	0.16.46
2	MEGAN	HOUGH	PEARSON HS	F	4528	14	0.16.56
3	MIKAH	FALCHI	VICTORIA PARK HS	F	4526	13	0.17.23
4	ALOUISE	VOSLOO	FRAMESBY HS	F	4533	13	0.19.27
5	SIPHESHILE	JAFTA	GCINUBUZWE CS	F	4625	13	0.19.37
6	ILKE	WOLMARANS	FRAMESBY HS	F	4534	13	0.20.30
7	TANYA	BOSHOFF	FRAMESBY HS	F	4524	13	0.20.37
8	TALISHQA	VAN DER COLF	BRANDWAG HS	F	4532	14	0.21.35
9	JESSTINE	LOUW	ATLANTIC ACES	F	4530	13	0.23.46
Category:	**G15**						
1	INDIPHILE	MKHOSANA	ACT AC	F	4521	15	0.16.43
2	SIMNIKIWE	BOOYSEN	ACT AC	F	4516	15	0.17.13
3	AKHANYA	NGESI	KOWIE STRIDERS	F	4522	15	0.17.40
4	ANIKA	MAREE	ST ALBANS AC	F	4520	14	0.18.41
5	KUHLE	JAFTA	GCINUBUZWE CS	F	4518	14	0.21.57
6	CHANELLE	VAN DER WESTHUIZEN	BRANDWAG HS	F	4523	15	0.22.24
Category:	**G16**						
1	ROBYN	HOUGH	PEARSON HS	F	4512	15	0.16.55
2	ANEL	STRAUSS	FRAMESBY HS	F	4513	16	0.17.16
3	SHEZELLE	VAN WYK	DESPATCH AC	F	4515	16	0.17.18
4	ZANRI	BLACK	FRAMESBY HS	F	4507	15	0.17.52
5	ELANCA	VAN JAARSVELD	FRAMESBY HS	F	4514	15	0.18.07
6	INCKE	CONRADIE	FRAMESBY HS	F	4509	16	0.18.34
7	LITHALETHU	NOMBAKUSE	YOUTH FOR CHANCE AC	F	4538	15	0.21.22
8	ILSE	HATTINGH	FRAMESBY HS	F	4511	16	0.22.00

Category:	**G17**						
1	ANKE	SERFONTEIN	PEARSON HS	F	4505	16	0.16.15
2	SUNE	DU PREEZ	FRAMESBY HS	F	4502	16	0.17.45
3	KERRI-LEE	BARNARD	PEARSON HS	F	4501	17	0.17.59
4	ZUSANGE	SOCI	YOUTH	F	4537	17	0.19.22
5	ANKE	SCHEFFER	FRAMESBY HS	F	4504	16	0.19.38
6	ANABELLE	JONCK	FRAMESBY HS	F	4503	16	0.20.20
7	YOLANDA	SIYOLO	KOWIE STRIDERS	F	4506	17	0.25.48
Category:	**G19**						
1	LIHLE	SPOGTER	TEMP	F	4641	18	0.44.26