EPA Cross Country Championships - 2022/07/30							
Pos	**Name**	**Surname**	**Club / School**	**Gender**	**R.No**	**Age**	**HMS**
Category:	**SM**						
1	ANDILE	MOTWANA	NEDBANK	M	1	25	0.31.28
2	MARIANO	EESOU	NEDBANK	M	3	30	0.33.07
3	BONGANI	BANDA	NEDBANK	M	2	22	0.33.16
4	LUYANDA	TSHANGANA	IKHAMVA	M	49	39	0.33.54
5	SICELO	MASHABA	MADIBAZ	M	17	22	0.34.02
6	SINETHEMBA	MIRELE	NEDBANK	M	4	25	0.35.22
7	SIBUSISO	THU	SIBALEKA	M	13	34	0.36.48
8	XOLISA	KULA	SIBALEKA	M	11	32	0.37.35
9	JEANDRY	DEERLING	NEDBANK	M	5	30	0.38.59
10	RAUBENHEIMER	JASON	TEMP	M	88	23	0.41.12
Category:	**SM4**						
1	ANDILE	MOTWANA	NEDBANK	M	1014	25	0.12.00
2	THULANI	MDLALO	TRANSNET	M	1037	37	0.13.25
3	SINETHEMBA	MIRELE	NEDBANK	M	1013	25	0.13.42
4	MILA	PASIYA	NEDBANK	M	1038	42	0.14.38
5	LUBABALO	JUSAYI	SIBALEKA	M	1027	31	0.15.21
6	SAZISO	PANGINDAWO	NMBMUN	M	1217	40	0.15.27
7	BATHANDWA	MOOI	RUN4C	M	1039	37	0.15.43
8	LUTHANDO	SIKIWE	DESPATCH H/S	M	1029	37	0.15.50
9	GIDEON	MENGO	NEDBANK	M	1030	44	0.16.57
10	PETER	NTSHIKILA	TINARHA	M	1265	60	0.17.19
11	SIMAYILE	VUYISILE	TEMP	M	1025	41	0.19.32
12	JODI	PIENAAR	WALMER	M	1044	28	0.20.01
Category:	**21M**						
1	SINAWO	POTI	IKHAMVA	M	1010	20	0.12.20
2	SINETHEMBA	JILINGISI	KOWIE	M	1028	19	0.12.40
3	SIBAHLE	MAQWARA	NEDBANK	M	1012	20	0.12.57
4	SIYABO	RHAFUZA	NEDBANK	M	1016	17	0.13.11
5	SILINDOKUHLE	TSOTSA	TINARHA	M	1042	20	0.13.21
6	PATRIDGE	CHIMWENDO	ACH	M	1001	19	0.13.38
7	LUVUYO	MNENO	MADIBAZ AC	M	1024	20	0.13.43
8	AYABONGA	SAUL	IKHAMVA	M	1020	19	0.13.51
9	ACHUMA-MTHOKOZI	ROYI	YOUTH	M	1045	18	0.15.14
10	S	MAHLANGENI	AMAZING	M	1031	19	0.17.10
11	JUKONA	CHAUKE	MADIBAZ	M	1036	21	0.20.00
Category:	**23M**						
1	CWENGA	NOSE	IKHAMVA	M	1009	21	0.12.04
2	SICELO	MASHABA	MADIBAZ A C	M	1021	22	0.13.17
3	THABO	JEKANA	KOWIE	M	1032	23	0.14.17
4	NEALLEN	JONKERS	MADIBAZ AC	M	1022	22	0.15.03
Category:	**35-39M**						
1	HOPEWELL	JABAVU	IKHAMVA	M	95	38	0.28.14
2	MANELISI	MFECANE	YOUTH	M	86	36	0.28.43
3	LONWABO	MKONZA	TEMP	M	94	36	0.29.46
4	NTSIKELELO	SEBE	NEDBANK	M	67	39	0.32.21
5	MANELISI	MFECANE	YOUTH	M	18	36	0.42.23
Category:	**40-49M**						
1	ANELE	MALIZA	NEDBANK	M	62	44	0.27.56
2	MELIKHAYA	KEPE	NEDBANK	M	70	46	0.27.58
3	FRANCISCO	VAN DER BERG	CSEP	M	85	46	0.31.27
4	MELIKHAYA	DYUBELE	BATHURST	M	83	42	0.32.45
5	TUMELO	MOCHELENYANE	NEDBANK	M	87	40	0.32.56
6	WILLIAM	WILSON	TEMP	M	90	45	0.33.13
7	STANTON	FREEMAN	ACT AC	M	53	44	0.33.44
8	RICHARD	MAZUNGULA	NEDBANK	M	63	45	0.35.05
9	MELUMZI	GWATA	BATHURST	M	82	40	0.36.01
10	MICHAEL	DEKKER	SAPPE	M	71	49	0.45.33
11	SICELO	THABETHE	SIBALEKA	M	81	48	1.02.32

Pos	Name	Surname	Club / School	Gender	R.No	Age	HMS
Category:	**50-59M**						
1	DESMOND	ZIBI	IKHAMVA	M	58	58	0.28.50
2	NOEL	ADAMS	GELVAN	M	84	50	0.29.51
3	AUGUST	ESAU	NEDBANK	M	61	51	0.31.19
4	CHRISTOPHER	MABENGEZA	NEDBANK	M	73	56	0.31.54
5	WELCOME	LOLIWE	NEDBANK	M	89	57	0.31.59
6	MUTEKILE	RASMENI	NEDBANK	M	97	57	0.32.40
7	THEMBINKOSI	HAMBIYANI	NEDBANK	M	74	50	0.33.49
8	SIDWELL	BALIWE	NEDBANK	M	59	50	0.33.51
9	LUVUYO	STEPHEN	NEDBANK	M	68	52	0.38.24
Category:	**60-69M**						
1	THOZAMILE	BOKOLO	MADIBAZ A C	M	262	60	0.26.42
2	CHARLES	BAATJIES	GELVAN	M	259	65	0.26.42
3	COLIN	MCGEER	NEDBANK	M	257	63	0.27.37
4	JAN	VAN EEDEN	NEDBANK	M	255	64	0.28.16
5	CLIFFORD	HICKEN	NEDBANK	M	252	65	0.28.21
6	ELDRIDGE	VAN NIEKERK	NEDBANK	M	256	62	0.29.39
7	SITHEMBILE	MPAKO	NEDBANK	M	258	61	0.36.41
8	MBULELO	SOBIKWA	NEDBANK	M	254	68	0.37.02
9	MOF	BOTHA	ACH	M	264	66	0.48.09
Category:	**70-74M**						
1	HANNES	ELS	MADIBA	M	263	72	0.26.25
2	DON	CHARLES	MURRAY & ROBERTS	M	260	73	0.29.07
3	SIZINZO	KAMA	ACHILLES	M	253	71	0.35.36
Category:	**75+M**						
1	ANDRE	FOURIE	ELITEAC	M	215	75	0.25.34
2	HERMAN	DEKKER	SAPPE	M	205	77	0.25.54
Category:	**B09**						
1	VIRAAN	STEYN	UITENHAGE PS	M	429	8	0.07.53
2	NYTHON	WELMAN	CAMDEBOO AC	M	428	8	0.08.13
3	CALEB	NICOLLS	UITENHAGE PS	M	436	9	0.08.22
4	CALEB	WENTZEL	UITENHAGE PS	M	430	8	0.08.32
5	ERICK	VAN ZYL	VICTORY	M	488	9	0.08.36
6	KEANU	LEBATH	UITENHAGE PS	M	431	9	0.08.42
7	STEPH	DE BEER	VICTORY	M	4102	9	0.08.45
8	LEMAR	DENNIS	UITENHAGE PS	M	432	9	0.09.14
9	AYAKHA	NLALULA	YOUNGSTERS	M	4104	9	0.09.35
10	KEJANO	ASSI	HOPE	M	4100	9	0.09.41
11	Dylan	Brummer	HANDHAAF	M	402	9	0.09.43
12	Alfonso	Ambraal	HILLCREST PS	M	407	9	0.09.50
13	DURANTE	BROWN	KWANOXOLO	M	425	9	0.09.57
14	RUWAAN	GOLIATH	HOPE	M	412	9	0.10.00
15	KUNGAWO	JAYIYA	YOUNGSTERS	M	421	9	0.10.04
16	SHELDEAN	KOETAN	HOPE	M	414	9	0.10.16
17	ALZANE	VAN DER MERWE	UITENHAGE PS	M	439	9	0.10.21
18	CASSIDY	SMITH	HOPE	M	415	8	0.10.35
19	MUTAQUEEN	TE MOORNE	HOPE	M	416	8	0.10.37
20	Sion	Schoeman	GREY PS	M	401	8	0.10.49
21	LITHA	MTSHENTA	TEMP	M	449	9	0.11.00
22	JABIN	THANA	HOPE	M	417	9	0.11.43
23	ADAM	VAN NIEKERK	CLARENDON PARK PS	M	444	9	0.12.02
24	THANDOLWETHU	LUZIPIO	YOUNGSTERS	M	422	9	0.12.05
Category:	**B10**						
1	MONTELL	VOLMINK	UITENHAGE PS	M	433	10	0.08.31
2	WILLIAM	WITBOOI	SEAGULL P/S	M	419	10	0.08.34
3	JERMAINE	WILLIAMS	UITENHAGE PS	M	434	10	0.08.43
4	OSWALD	FROLICK	CAMDEBOO AC	M	427	9	0.08.47
5	MURRAY	FLETCHER	CLARENDON PARK PS	M	442	10	0.08.56
6	ELIJAH	CANT	VICTORY	M	4101	9	0.09.03
7	AVOTHANDA	JACOBS	YOUNGSTERS	M	420	10	0.09.11
8	INAM	DLONGONGADLA	AMAZING	M	447	9	0.10.07
9	CONNOR	POTGIETER	UITENHAGE PS	M	438	9	0.10.10
10	Sauls	Vernon	HILLCREST PS	M	409	9	0.10.16

Pos	Name	Surname	Club / School	Gender	R.No	Age	HMS
11	Steyn	Thysse	HANDHAAF	M	406	10	0.10.17
12	CWENGA	GQUBE	TEMP	M	4105	10	0.10.17
13	HANROUX	SCHNELLINK	LORRAINE PS	M	426	9	0.10.20
14	LESTER	ADAMS	KWANOXOLO	M	424	10	0.10.21
15	BEN	FLETCHER	CLARENDON PARK PS	M	441	10	0.10.24
16	SHAUNDRE	VAN RAYNER	KWANOXOLO	M	448	10	0.10.44
17	Raymond	Gouws	HANDHAAF	M	403	10	0.10.45
18	QUREN	MOSES	UITENHAGE PS	M	435	10	0.11.20
19	ASHTON	GOLIATH	HOPE	M	4108	10	0.11.44
20	RUWAYNE	ABRAHAMS	UITENHAGE PS	M	437	10	0.12.57
21	RENECAI	FIELLIES	HOPE	M	411	10	0.13.02
22	KATYLIN	DOMINGO	HOPE	M	410	10	0.13.32
23	WAQUEEL	JORDAN	HOPE	M	413	10	0.13.40
Category:	**B11**						
1	MIGAULWON	MACKELINA	CAMDEBOO AC	M	518	11	0.10.43
2	SHAYDEN	DE VOS	SEAGULL P/S	M	512	11	0.11.02
3	AMARU	GOLIATH	SEAGULL P/S	M	531	11	0.12.03
4	CHANDLER	BOOYSEN	SEAGULL P/S	M	511	11	0.12.15
5	ZONODEAN	KOMOTE	HOPE	M	509	11	0.12.42
6	EDUARDO	JANTJIES	UITENHAGE PS	M	520	11	0.12.52
7	SANJAY	DANIELS	ALTONA PS	M	526	11	0.12.54
8	CALEB	WRIGHT	HOPE	M	510	10	0.13.02
9	SINENJONGA	MAMANE	YOUNGSTERS	M	533	10	0.13.05
10	TIMOTHY	MUCKA	CLARENDON PARK PS	M	528	11	0.13.12
11	KEYWIN	WHITEBOOI	NMBAC	M	536	11	0.13.26
12	ETHAN	WHITTAL	CLARENDON PARK PS	M	529	10	0.13.27
13	LEONARDO	FREDRICKS	HOPE	M	507	10	0.13.30
14	SOMELEZE	BEJA	AMAZING	M	540	11	0.13.33
15	ENRIQUE	JORDAAN	VICTORY	M	534	10	0.13.54
16	IMINATHI	QWAKANISI	KHULASANDE	M	530	10	0.13.55
17	JORDAN	JANUARY	UITENHAGE PS	M	522	10	0.14.04
18	CONNOR	BIRD	LORRAINE PS	M	514	11	0.14.17
19	Charlton	Jacobus	HILLCREST PS	M	504	10	0.14.53
20	LOTHITHA	NDIKI	AMAZING	M	535	10	0.15.05
21	AVUYILE	MASIXABANE	TEMP	M	537	10	0.15.12
22	AKHONKE	HULUSHE	AMAZING	M	539	10	0.15.18
23	CLEMENT	FRANS	SWARTKOPS PS	M	516	11	0.15.43
24	MICHAEL-JUNIOR	SAULS	UITENHAGE PS	M	521	11	0.15.48
25	JUNIAD	DAVIDS	UITENHAGE PS	M	527	10	0.15.51
26	RUBEN	KEYSER	LORRAINE PS	M	524	10	0.15.53
27	JAYDEN	KLEINHANS	LORRAINE PS	M	523	11	0.16.06
28	INGANATHI	MKHOTSHANE	TEMP	M	538	11	0.19.58
29	KUNGAYO	DONDASHE	AMAZING	M	532	10	0.20.30
30	KAYOLIN	DAMINGO	HOPE	M	506	11	0.21.25
31	NAZEEM	GROENER	HOPE	M	508	11	0.21.46
32	Christi	Griesel	HANDHAAF	M	503	10	0.23.09
Category:	**B12**						
1	Matthew	Kingwill	GREY PS	M	602	11	0.10.31
2	JANILIO	VAN HEERDEN	CAMDEBOO AC	M	615	11	0.10.37
3	JENOVAN	BONEPARTE	SEAGULL P/S	M	606	12	0.10.57
4	CONNOR	DU PREEZ	CLARENDON PARK PS	M	620	12	0.11.47
5	LLEWELLYN	LOUW	ALTONA PS	M	617	12	0.11.55
6	TIAAN	VOSLOO	SONOP P/S	M	626	12	0.12.13
7	OLWETHU	GINDONA	AMAZING	M	625	12	0.12.33
8	Ben	Nothnagel	CRONJE	M	601	11	0.12.34
9	MISHON	TITUS	CAMDEBOO AC	M	614	11	0.13.25
10	EZEKIEL	MEYER	NMBAC	M	623	12	0.13.45
11	DIANDRAY	VISSER	LORRAINE PS	M	616	11	0.14.09
12	XOLOXUZA	UNKNOWN	AMAZING	M	624	12	0.14.27
13	INAM	NKANE	KWANOXOLO	M	610	11	0.14.50
14	SICEKO	NGXONONO	YOUNGSTERS	M	608	12	0.14.53
15	ELAM	JAYIYA	YOUNGSTERS	M	607	12	0.14.54
16	HLONELA	BABA	UITENHAGE PS	M	613	12	0.14.59

Pos	Name	Surname	Club / School	Gender	R.No	Age	HMS
17	IKHAYA	MANJEZI	KWANOXOLO	M	611	11	0.16.03
18	Caleb	Fourie	HANDHAAF	M	604	11	0.16.13
19	Michael	Bezuidenhout	HANDHAAF	M	603	11	0.16.20
20	ARON	JOUBERT	CLARENDON PARK PS	M	618	12	0.16.22
21	Sherwin	Ruiters	HILLCREST PS	M	605	11	0.16.49
22	IVIWE	SOBUWA	AMAZING	M	666	12	0.17.10
23	LINCOLN	DANIELS	NMBAC	M	622	12	0.17.28
24	RYAN	FAIRLY	CLARENDON PARK PS	M	619	12	0.17.37
Category:	**B13**						
1	LINDOKUHLE	KHASIBE	TINARHA	M	885	13	0.14.22
2	ETHAN	BANTOM	CAMDEBOO AC	M	873	13	0.15.38
3	SISHLE	MTABATI	SEAGULL P/S	M	862	13	0.15.41
4	Stefan	Boshoff	CRONJE	M	855	13	0.16.43
5	Angama	Kana	ACT AC	M	851	13	0.16.54
6	CLEUSHAY	JANSEN	ALTONA PS	M	8106	13	0.16.56
7	HUNCHEN	PETRUS	ALTONA PS	M	8103	13	0.16.58
8	IBANATHI	MVAKWENDLU	TINARHA AC	M	884	13	0.17.03
9	GAYWIN	WINDVOGEL	SEAGULL P/S	M	863	13	0.17.45
10	SAMILA	SIHLUKU	KWANOXOLO	M	870	12	0.18.10
11	Nathan	Appels	GREY PS	M	856	13	0.18.30
12	ETHAN	ASSIA	HOPE	M	860	12	0.18.31
13	WANDILE	NKONE	KWANOXOLO	M	869	13	0.18.32
14	LIBHONGO	GQIAMANE	ALTONA PS	M	8104	13	0.18.39
15	OTHEMBELE	FUNANI	YOUNGSTERS	M	864	12	0.18.49
16	REGAN	FIELLIES	HOPE	M	861	13	0.18.55
17	LUBABALO	SIGXASHE	CHILLIE	M	852	13	0.19.13
18	NDUMISO	VIKALAHLE	CHILLIE	M	853	12	0.19.21
19	Kyle	Brummer	HANDHAAF	M	858	12	0.19.37
20	KYLE	WRITE	ALTONA PS	M	8105	13	0.20.14
21	PHUMEZO	SIFORA	KOWIE	M	8124	13	0.21.22
22	GUZEN	OKTOBER	KWANOXOLO	M	865	13	0.21.48
23	INGO	LAGWIDA	AMAZING	M	875	13	0.22.10
24	Migael	Potgieter	HANDHAAF	M	859	13	0.23.03
25	KEANIN	SLAMDILL	HOPE	M	8127	13	0.23.10
26	KWANELE	WILLIAMS	AMAZING	M	880	13	0.23.26
27	MICHAEL	SAMPSON	KWANOXOLO	M	867	12	0.23.38
28	ANDREW	BROOM	CLARENDON PARK PS	M	847	12	0.24.16
29	APHIWE	MTO	AMAZING	M	876	13	0.24.16
30	LITHEMBA	TSHWENCE	KWANOXOLO	M	866	13	0.24.17
Category:	**B14**						
1	CHRISTIANO	BROWN	CSEP	M	835	14	0.13.21
2	ENDINAKO	JOLA	HOBSON KHANYISA	M	871	14	0.13.25
3	JANCO	LANDMAN	CSEP	M	837	13	0.13.54
4	Simthandile	Goliath	ACT AC	M	821	14	0.14.13
5	MATTHEW	PLESSIE	ALTONA PS	M	820	14	0.14.53
6	EMIHLE	HOTATA	ACT AC	M	822	14	0.14.55
7	Rihaaz	Dennis	ST ALBANS	M	836	14	0.15.15
8	Avon	Williams	CSEP	M	839	14	0.15.21
9	ZAC	FLETCHER	ST ANDREWS	M	840	14	0.15.33
10	Henrico	Louw	CSEP	M	838	14	0.15.52
11	Luka	Bessinger	FRAMESBY H/S	M	828	14	0.16.13
12	FELICIANO	BOOYSEN	SEAGULL P/S	M	833	13	0.16.15
13	Jaco	Strydom	FRAMESBY H/S	M	832	14	0.16.18
14	Othandwayo	Mange	ACT AC	M	823	14	0.16.26
15	Iviwe	Rungqu	KOWIE	M	8123	14	0.16.28
16	BRENDELL	BOTHA	SEAGULL P/S	M	834	13	0.16.44
17	JAYDON	JAFTA	ALTONA PS	M	8102	13	0.16.46
18	LATHITHA	VENA	CHILLIE	M	827	13	0.16.56
19	Ruben	Bouwer	FRAMESBY H/S	M	829	13	0.17.02
20	Othandwayo	Mange	ACT AC	M	823	14	0.17.12
21	XANDER	VAN RAYNER	KWANOXOLO	M	842	14	0.18.01
22	bonginkosi	Tose	ACT AC	M	825	14	0.18.26
23	RYAN	VAALTYN	ALTONA PS	M	8101	13	0.18.31

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24	BOTHA	RICARDO	DANIEL PIENAAR	M	849	14	0.19.42
25	MONDRICK	JOSEPH	ALTONA PS	M	819	14	0.20.12
26	SIVENATHI	RAWANA	KWANOXOLO	M	845	14	0.20.52
27	KAMVALETHU	PUWE	KHULASANDE	M	850	14	0.21.28
28	Yibanathi	Wilskey	ACT AC	M	826	14	0.22.52
29	THULANI	LANDU	AMAZING	M	881	13	0.23.36
30	BULUMKO	NTLOKO	CLARENDON PARK PS	M	848	14	0.24.01
31	JECINTINO	BROWN	KWANOXOLO	M	841	13	0.25.00
Category:	**B15**						
1	THANDOLWETHU	MATSALO	KOWIE STRIDERS	M	8122	15	0.13.09
2	OKUHLE	DLOTHO	TINARHA AC	M	8114	15	0.13.49
3	Dallian	Oerson	FRAMESBY H/S	M	809	15	0.14.21
4	JOSH	WENTEL	UITENHAGE H/S	M	878	15	0.14.41
5	VALENTINO	JOHANNES	CAMDEBOO	M	8107	15	0.14.47
6	JULIAN	VAN DER SCHYFF	PR A C	M	8112	15	0.15.07
7	REECE	FREEMAN	ACT AC	M	802	14	0.15.10
8	SINELIZWI	VENENE	CHILLIE	M	806	15	0.15.13
9	BANELE	MTABA	TEMP	M	8113	15	0.15.32
10	LUKHANYO	MAFANI	KOWIE	M	8109	14	0.15.34
11	UNAM	BUYEYE	TEMP	M	883	15	0.16.12
12	Niël	Kruger	FRAMESBY H/S	M	807	14	0.16.16
13	LEEROY	NJANJI	TEMP	M	8108	15	0.16.45
14	APHIWE	PAMA	CHILLIE	M	805	14	0.16.52
15	ABONGILE	GROOTBOOM	TINARHA	M	8115	15	0.16.53
16	ZUNAID	BHIKA	PR AC	M	8111	15	0.17.31
17	AYAMTANE	TSHENTU	AMAZING	M	8110	14	0.17.37
18	SINOBOM	NTLAMA	YOUNGSTERS	M	813	14	0.17.38
19	SINOVUYO	NGQONDE	YOUNGSTERS	M	8126	15	0.17.39
20	APHELELE	TANA	KHULASANDE	M	8120	15	0.18.00
21	MICHAEL	WILLIAMS	KWANOXOLO	M	815	15	0.18.08
22	PJ	Louw	FRAMESBY H/S	M	808	14	0.18.24
23	ELAM	SIXABA	TEMP	M	879	14	0.18.40
24	SANDISILE	NDAYI	YOUNGSTERS	M	8125	15	0.18.51
25	Elethu	Ngxila	ACT AC	M	804	15	0.19.05
26	KEANAN	KOCK	HOPE	M	812	14	0.19.39
27	NATHAN	MALGAS	KWANOXOLO	M	816	15	0.19.59
28	NICK	SEPTEMBER	KWANOXOLO	M	814	15	0.20.40
29	EMMANUEL	WILLIAMS	KWANOXOLO	M	817	14	0.22.32
30	MARQUIN	GROOSE	HOPE	M	811	14	0.22.43
31	NIGEL	BOUCHER	HOPE	M	810	14	0.23.31
Category:	**B16**						
1	AKHONA	THEMBANI	CHILLIE	M	915	16	0.22.04
2	Nizole	Mponzo	SIBALEKA	M	918	16	0.22.31
3	LIMIKHAYA	NGQANDU	ACT AC	M	909	16	0.22.33
4	Oyisa	Blowu	ACT AC	M	907	16	0.22.46
5	LIHLE	MKELE	MOTHERWELL AC	M	923	16	0.23.15
6	Oyena	Ndingana	ACT AC	M	908	16	0.23.47
7	LUTHO	MGATIWA	ST ALBANS	M	934	16	0.24.18
8	WIEHAN	MAREE	CSEP	M	916	16	0.25.31
9	ASIMANYE	NOBEBE	KOWIE	M	932	16	0.26.01
10	APELELE	MTSHILITA	CHILLIE	M	913	16	0.27.08
11	CALEB	LOTTERING	ATLANTIC	M	911	16	0.27.10
Category:	**B17**						
1	NDOTO	JEKANA	KOWIE	M	930	17	0.20.04
2	KEANU	WELCH	CSEP	M	906	17	0.20.12
3	LITHETHA	GCUME	KOWIE	M	927	17	0.20.27
4	BRENDEN	WESSELS	RUN4C	M	935	16	0.20.33
5	ISAAE	LOMBARD	TEMP	M	926	17	0.21.03
6	STEPHEN	BOTHMA	CSEP	M	905	16	0.21.04
7	SIYAVUYA	JEYI	JANSENVILLE	M	925	17	0.21.10
8	MIHLALI	MAGAGU	KOWIE	M	922	17	0.23.26
9	ASANELE	PUZI	CHILLIEP	M	914	16	0.23.55
10	LIXOLE	MNKUNZA	TINARHA AC	M	933	16	0.23.55

Pos	Name	Surname	Club / School	Gender	R.No	Age	HMS
11	Marco	Sprong	FRAMESBY H/S	M	903	17	0.24.04
12	LULUTHO	MACAXO	AMAZING	M	928	16	0.24.20
13	RONAN	VAN DER VAART	NEDBANK	M	936	16	0.25.42
14	SIMAMNKELE	SAKATA	ACT AC	M	901	17	0.30.01
15	MOHAMED	BOUCHAREB	DANIEL PIENAAR	M	924	17	0.35.32
Category:	**B19**						
1	APHELELE	SEPTEMBER	ACT AC	M	55	17	0.27.36
2	OYAMA	NTANTISO	MOTHER	M	96	17	0.27.50
3	XABISA	MAZANTSI	KOWIE	M	92	17	0.28.14
4	MORNE	VAN DER BERG	CSEP	M	69	18	0.28.47
5	VUSEKANI	NOMTSHATSHO	CHILLIEP	M	56	18	0.29.46
6	JAY-DEE	DEERLING	NEDBANK	M	60	19	0.31.14
7	Lime	Valuvalu	KOWIE	M	91	18	0.31.30
8	Luke	Clotz	CRONJE	M	57	18	0.35.09
9	KAMVELETHU	PITANA	TEMP	M	93	18	0.36.51
10	Liyema	Marikwa	ACT AC	M	54	19	0.42.16
Category:	**SF**						
1	KELLY	VAN VLIET	NEDBANK	F	9	34	0.39.28
2	ASANDA	ZAMISA	SIBALEKA	F	12	39	0.46.20
3	DELIWE	NYANGA	NEDBANK	F	10	33	0.54.00
4	ANDISWA	FEZANI	NEDBANK	F	8	34	0.55.09
Category:	**SF4**						
1	KAYLA	NELL	CHARLO	F	1007	28	0.15.47
2	SIPHOKAZI	NOJOKO	ACT AC	F	1002	27	0.20.22
3	DILLIAN	PIENAAR	ACT AC	F	1003	26	0.22.47
4	Hadigah	Fulani	SIBALEKA	F	1017	19	0.36.47
Category:	**35-39F**						
1	ASANDA	ZAMISA	SIBALEKA	F	219	39	0.17.57
2	OLWETHU	BOMVANA	MOTHER	F	216	36	0.18.59
3	SIBONGILE	MGQEBA	VUKANI MS	F	208	35	0.19.21
Category:	**40-49F**						
1	REFELOE	SOLOMONS	NEDBANK	F	201	41	0.16.33
2	HESTER	KINGWILL	RUN 4 CHRIST AC	F	210	41	0.17.21
3	SIENA	DE VOS	TEMP	F	214	45	0.19.53
4	TERRI-LYNN	PENNEY	NEDBANK	F	206	45	0.20.13
5	ELIZE	ADAMS	GELVANDALE AC	F	212	47	0.20.19
6	NANDIPHA	ZAKE	CHILLIE	F	207	44	0.29.46
Category:	**50-59F**						
1	JENE	BANFIELD	RUN4C	F	202	51	0.17.01
2	BURNITA	STRYDOM	RUN4C	F	203	53	0.19.46
3	SONJA	OLIVIER	BLUEBAY	F	218	54	0.24.25
Category:	**60-69F**						
1	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	209	61	0.20.32
2	LULAMA	MCEKA	KOWIE	F	211	61	0.25.32
Category:	**70+F**						
1	JOS	ELS	MADIBA	F	213	70	0.24.48
Category:	**G09**						
1	AMBER-LEIGH	VAN WILLING	UITENHAGE PS	F	476	9	0.09.55
2	SINOXOLO	MFAXA	YOUNGSTERS	F	471	9	0.10.18
3	CLOE	HUFKIE	UITENHAGE PS	F	475	9	0.10.20
4	ISHORENE	MEDINA	SEAGULL P/S	F	469	9	0.10.37
5	CHEVONDRE	VAN RAYNER	KWANOXOLO	F	487	8	0.10.39
6	RAYDINE	KOWIE	UITENHAGE PS	F	478	8	0.10.56
7	Luniko	Abrahams	ACT AC	F	451	9	0.10.58
8	JERNELLE	SEPTEMBER	KWANOXOLO	F	474	9	0.11.09
9	Caitlin	Nelson	HANDHAAF	F	457	8	0.11.48
10	JAY-DINE	VAN HEERDEN	UITENHAGE PS	F	477	9	0.11.56
11	SHANNON	HENDRICKS	SEAGULL P/S	F	468	8	0.12.00
12	MERRY-JEAN	OLIVIER	HOPE	F	466	9	0.12.28
13	AGHAMA	MSENGANA	YOUNGSTERS	F	472	9	0.12.47
14	IMINATHI	UNKNOWN	AMAZING	F	490	9	0.13.55
15	AVA	JOUBERT	CLARENDON PARK PS	F	485	8	0.14.00

Pos	Name	Surname	Club / School	Gender	R.No	Age	HMS
Category:	**G10**						
1	KATE	PAPPAS	COLLEGIATE PS	F	454	10	0.08.37
2	Anathi	Antoni	ACT AC	F	452	10	0.08.53
3	KYLIE	DORFLING	CSEP	F	470	10	0.09.07
4	Caitlynn	Williams	HILLCREST PS	F	465	9	0.09.42
5	Shakinah	Lottering	HILLCREST PS	F	461	9	0.10.07
6	Leane	Pretorius	HANDHAAF	F	458	9	0.10.28
7	CAITLYN	KINGWILL	CLARENDON PARK PS	F	484	9	0.10.34
8	KWENDINAKO	VELMAN	UITENHAGE PS	F	479	10	0.10.38
9	Sherwina	Ruiters	HILLCREST PS	F	463	10	0.10.42
10	Emmerencia	Johnson	HILLCREST PS	F	460	10	0.10.43
11	Roslin	Valentine	HILLCREST PS	F	464	10	0.11.05
12	ASEMAHLE	BEJA	AMAZING	F	489	9	0.11.14
13	ANATHI	ZAKE	CHILLIE	F	453	10	0.11.21
14	ANGELIC	MATTHYS	UITENHAGE PS	F	480	9	0.11.48
15	ALNIQUE	WINDVOGEL	HOPE	F	467	9	0.12.14
16	KEIRA	CEDRAS	UITENHAGE PS	F	481	10	0.13.07
17	Izabella	Taljaard	HANDHAAF	F	459	9	0.13.30
Category:	**G11**						
1	FAITH	GOLIATH	CAMDEBOO AC	F	568	11	0.12.22
2	ANNIQUE	DE BEER	VICTORY	F	574	11	0.13.08
3	Lerusha	Peters	HILLCREST PS	F	558	10	0.14.25
4	Keisha	Harker	ATLANTIC	F	551	11	0.14.48
5	ZEENIAH	BILLET	UITENHAGE PS	F	569	10	0.15.19
6	TAYLA	DONLEY	UITENHAGE PS	F	570	11	0.15.23
7	Tamia	Borcherds	HILLCREST PS	F	556	11	0.15.28
8	Solanje	De Kock	HILLCREST PS	F	557	11	0.15.42
9	LYNETTE	CROUDS	SEAGULL P/S	F	563	11	0.15.46
10	HADASSAH	STEVENSON	CLARENDON PARK PS	F	572	10	0.16.45
11	JADE	TITUS	ATLANTIC	F	573	11	0.18.06
12	Lilly	Lawson	HANDHAAF	F	555	10	0.18.51
13	Leante	Williams	HILLCREST PS	F	559	11	0.19.01
14	SOMILA	MZINGELI	YOUNGSTERS	F	564	10	0.19.56
15	Jana	Jacobs	HANDHAAF	F	554	11	0.20.15
16	SIPHOSETHU	UNKNOWN	AMAZING	F	575	11	0.20.30
17	MBALENTLE	TOBI	KWANOXOLO	F	566	11	0.20.33
18	LIKHONA	UNKNOWN	AMAZING	F	578	10	0.21.12
19	MILANI	UNKNOWN	AMAZING	F	576	10	0.21.16
20	CHESLIAH	LOGGENBERG	HOPE	F	561	11	0.21.23
21	FAZLIN	MCCORN	HOPE	F	562	10	0.21.27
22	ALLESHAY	BEKKIES	HOPE	F	560	10	0.21.28
Category:	**G12**						
1	Desnay	O'Grady	HANDHAAF	F	656	11	0.12.09
2	KAYLOM	JANSEN	UITENHAGE PS	F	650	12	0.12.21
3	Baxolile	Antoni	ACT AC	F	651	12	0.12.29
4	KAYTOM	JANSEN	UITENHAGE PS	F	649	12	0.12.48
5	REBECCA	PAPPAS	COLLEGIATE PS	F	654	11	0.12.50
6	LUZNY	GOLIATH	CAMDEBOO AC	F	698	12	0.13.19
7	YONELA	JUSAYI	KHULILE PS	F	669	12	0.13.21
8	LYNIQUE	LEABATH	SEAGULL P/S	F	661	12	0.13.33
9	ANJE	POTGIETER	ACT AC	F	652	12	0.13.37
10	Cassidy	Andrews	ATLANTIC	F	653	12	0.13.37
11	Vaneshery	Pentolfe	HILLCREST PS	F	660	12	0.13.49
12	Sumari	Taljaard	HANDHAAF	F	657	12	0.14.27
13	HAYLEY	CLAYDON	CLARENDON PARK PS	F	667	11	0.15.35
14	JADEYN	ALONZO	CLARENDON PARK PS	F	668	11	0.17.15
15	Tiarah	Goeda	HILLCREST PS	F	659	11	0.17.19
16	AZALAKHE	NELA	TEMP	F	686	11	0.17.30
17	Ashlyn	Charles	HILLCREST PS	F	658	11	0.17.32
18	Michaela	Bezuidenhout	HANDHAAF	F	655	11	0.17.56
19	AMORE	LOUBSCHER	ALTONA PS	F	665	12	0.18.27
20	JESSLYNNE	SEPTEMBER	KWANOXOLO	F	688	12	0.25.01
21	CLARISE	BRUINTJIES	KWANOXOLO	F	694	12	0.25.37

Pos	Name	Surname	Club / School	Gender	R.No	Age	HMS
Category:	**G13**						
1	KIM SHAY	GOLIATH	SEAGULL P/S	F	683	12	0.12.12
2	Chani	Koen	SONOP P/S	F	685	13	0.12.21
3	Zintle	Mninzi	ACT AC	F	672	13	0.12.43
4	Ahlumile	Mattews	ACT AC	F	671	13	0.12.51
5	RODRINAY	FRITZ	SEAGULL P/S	F	682	12	0.13.31
6	Igna	Lötter	HANDHAAF	F	675	13	0.13.32
7	SAMANTHA	HENDRICKS	SEAGULL P/S	F	684	13	0.13.52
8	DEVERISHA	FLOORS	ALTONA PS	F	663	12	0.13.57
9	MINKE	VAN DER MERWE	TEMP	F	6882	13	0.14.15
10	SYNIQUE	DE VOS	SEAGULL P/S	F	681	12	0.14.15
11	Chelsea	Esau	ATLANTIC	F	673	13	0.15.43
12	Alexsandra	Lean	HILLCREST PS	F	676	13	0.15.53
13	ROLLEAN	MICHAELS	ALTONA PS	F	664	12	0.16.10
14	EMIHLE	NDAYI	YOUNGSTERS	F	699	12	0.16.24
15	CHESLINE	SMITH	HOPE	F	679	12	0.16.31
16	DANIELLE	MCCORN	HOPE	F	677	13	0.18.12
17	CLAIRE	SIMPSON	ATLANTIC	F	670	13	0.18.58
18	LUNICE	ROSSOUW	HOPE	F	678	12	0.19.29
19	AKHUMZI	NYEMBEZI	KWANOXOLO	F	692	13	0.19.30
20	Kylie	Ferreira	HANDHAAF	F	674	12	0.19.33
21	ZIZO	MAHALA	KWANOXOLO	F	693	12	0.22.22
22	ENDINAKO	SHUMI	KWANOXOLO	F	695	13	0.25.02
23	Iviwe	NGQINAMBI	KWANOXOLO	F	697	13	0.25.38
24	SIYOLISE	MAFANA	KWANOXOLO	F	689	13	0.29.42
25	ZIZO	MAHALA	KWANOXOLO	F	693	12	0.29.42
Category:	**G14**						
1	LICHEN	BOOI	CAMDEBOO AC	F	775	13	0.15.09
2	ANGANATHI	MVAKWENDLU	TINARHA	F	778	14	0.16.38
3	COMFORT	APPIAH	ACT AC	F	764	14	0.17.01
4	Mhlanga	Thanda	ACT AC	F	768	13	0.18.18
5	Jamie-Lee	Bester	FRAMESBY H/S	F	767	13	0.18.27
6	Carli	Maritz	FRAMESBY H/S	F	770	13	0.18.28
7	SALMA	VALENTINE	ATLANTIC	F	776	13	0.19.48
8	SIMTHANDILE	TOM	BATHURST	F	771	14	0.21.25
9	Aviwe	Booysen	ACT AC	F	763	14	0.21.57
10	KEYSHA	HARDNIE	CHILLIE	F	765	14	0.22.29
11	JOSZAY	TIEMAN	KWANOXOLO	F	773	14	0.26.07
12	CAITLYN	HANNS	KWANOXOLO	F	772	14	0.27.11
13	SINENTLAHLA	TYAFILE	TEMP	F	777	14	0.28.15
14	OWAM	DUYMANI	KWANOXOLO	F	774	14	0.28.18
15	RIYAANA	BUYS	HOPE	F	762	14	0.30.00
Category:	**G15**						
1	Carla	Clotz	CRONJE	F	734	15	0.16.42
2	MIKAH	FALCHI	VICTORIA PARK H/S	F	743	14	0.17.08
3	Esmeri	Oberhauser	FRAMESBY H/S	F	741	14	0.17.17
4	ILKE	WOLMARANS	ELITEAC	F	738	14	0.17.20
5	Milan	Bosch	FRAMESBY H/S	F	744	14	0.17.27
6	KEARA	DOMINGO	HEAT AC	F	779	14	0.18.01
7	ELSJE	BOSCH	FRAMESBY H/S	F	7128	14	0.18.23
8	Meke	De Vries	FRAMESBY H/S	F	742	14	0.18.32
9	NOMANDLA	TOLWANA	CHILLIEP	F	740	14	0.18.38
10	Mihlali	Jacobs	ACT AC	F	735	15	0.18.42
11	Yanné	Bosch	FRAMESBY H/S	F	745	14	0.19.22
12	TANYA	BOSHOFF	SCHOOL	F	737	15	0.19.24
13	Jesstine	Louw	ATLANTIC	F	739	14	0.22.44
14	IANISATHI	NONZIMAYNA	KWANOXOLO	F	748	15	0.28.14
15	CHANTE	JESMORE	KWANOXOLO	F	746	14	0.30.00
Category:	**G16**						
1	SIMNIKIWE	BOOYSEN	ACT AC	F	731	16	0.16.46
2	Akhanya	Ngesi	KOWIE	F	701	16	0.16.51
3	INDIPHILE	MKHOSANA	ACT AC	F	732	16	0.17.23
4	MIRA	ESTERHUYSEN	PEARSON H/S	F	724	15	0.19.29

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5	TESS	DUPPER	THEODOR HERZL	F	723	15	0.19.35
6	ZANE	Jubber	SCHOOL	F	733	15	0.19.54
7	ISITHANDILE	COLEPI	MOTHER	F	721	16	0.23.22
Category:	**G17**						
1	EMMA	KRUSE	SCHOOL	F	707	17	0.15.58
2	EMMA	GUSH	SCHOOL	F	725	16	0.16.48
3	MIA-CARA	HART	SCHOOL	F	704	17	0.17.03
4	ELANCA	VAN JAARSVELD	SCHOOL	F	712	16	0.17.11
5	ZANRI	BLACK	ACT AC	F	711	16	0.17.35
6	Abigail	Van der berg	CSEP	F	705	17	0.18.27
7	Zubenathi	Kimberly	ACT AC	F	713	16	0.19.26
8	Shezelle	van Wyk	ST ALBANS	F	703	17	0.20.29
9	Aphelele	Malati	ACT AC	F	709	17	0.21.22
10	Anam	Ngantweni	CHILLIEP	F	702	17	0.23.13
Category:	**G19**						
1	PHUMELA	MEMANI	MADIBAZ A C	F	920	17	0.27.11
2	LEO	DE VILLIERS	PR AC	F	931	18	0.27.14
3	SUNE	DU PREEZ	SCHOOL	F	917	17	0.28.40
4	SIHLE	MAJANTI	MADIBAZ AC	F	921	17	0.45.42
Category:	**21F**						
1	ALISON	CUNNINGHAM	ACT AC	F	1040	19	0.20.13