

EPA CROSS COUNTRY LEAGUE 3 - STRELITZIA PARK, KARIEGA - 2026/07/11

Event: Race 1

MALE AGE GROUP: SM

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	KEANU	DOMINGO	77	24	SM	NWU	M	00:32:15
2	SINAWO	POTI	95	24	SM	IKHAMVA	M	00:32:22
3	ANDILE	MOTWANI	66	29	SM	NEDBANK	M	00:32:40
4	SICELO	MASHABA	80	25	SM	CHILLIERC	M	00:32:59
5	ZOLANI	MABONGO	93	39	SM	NEDBANK	M	00:33:55
6	JENIEL	ZANA	94	31	SM	RUN4CHRIST	M	00:36:09
7	SIBAHLE	MAQWARA	62	24	SM	IKHAMVA	M	00:36:15
8	LUYANDA	TSHANGANA	69	43	SM	IKHAMVA	M	00:37:08
9	THANDO	NDISHE	67	19	SM	CAMDEBOO	M	00:37:21
10	SINETHEMBA	NGXONI	68	29	SM	BESTMED	M	00:38:42
11	THEMBELANI	MBENENGE	82	31	SM	SIBALEKA	M	00:39:04
12	JEANDRY	DEERLING	19	34	SM	NEDBANK	M	00:40:06
13	LUXOLO	CANDLOVU	18	24	SM	BESTMED	M	00:40:35
14	AMOLEGANG	SEHLWANA	73	22	SM	BESTMED	M	00:41:07
15	SANELE	SAM	72	33	SM	CSEP	M	00:41:41
16	ROGER	MIGGELS	83	33	SM	ATLANTIC	M	00:42:56
17	ZOLANI	KOLOSA	78	32	SM	SIBALEKA	M	00:43:11
18	ABDUL	WICOMB	85	47	SM	MUIRITE	M	00:43:18
19	ROMAN	SEPTOE	87	28	SM	Gelvan AC	M	00:43:29
20	SONWABO	NYANGIWE	70	58	SM	ACHILLES	M	00:45:19
21	MARK	FRASER	20	32	SM	ACHILLES	M	00:45:48
22	DWAYNE	WILLIAMS	86	24	SM	ATLANTIC	M	00:52:45
23	TRISTAN	HOWARD	89	31	SM	TEMP	M	00:54:54
24	JAYDON	MATTHEWS	64	21	SM	DESPATCH	M	00:58:30
25	SAM	ERASMUS	100	68	SM	SAPEP	M	01:00:36

MALE AGE GROUP: JM

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	ENDINAKO	JOLA	8097	17	JM	MOTHERWELL	M	00:26:39
2	DALLIAN	OERSON	8052	19	JM	ELITEAC	M	00:27:51
3	HLOMLA	NCUMANI	8036	19	JM	MOTHERWELL	M	00:28:16
4	LATHITHA	NTSUNGUZI	8049	18	JM	WAAINEK	M	00:28:26
5	CHRISTIANO	BROWN	8007	18	JM	BRANDWAG	M	00:29:16
6	BULUMKO	MALINGA	8042	19	JM	NEDBANK	M	00:29:49
7	MONGEZI	CONA	8023	17	JM	CAMDEBOO	M	00:29:58
8	SENZO	NZOTOYI	8092	17	JM	SIBALEKA	M	00:30:47
9	INDIPHILE	RUBUSHE	8059	19	JM	BESTMED	M	00:31:06
10	ANTONI	AVENATHI	8063	19	JM	SIBALEKA	M	00:31:07
11	GUERRA	NTULI	8050	17	JM	FRAMESBY	M	00:31:07
12	SODLADLA	SIYAMTHANDA	8101	18	JM	BATHURST	M	00:32:59
13	ABONGILE	GROOTBOOM	8099	19	JM	TINARHA	M	00:34:42
14	BOKANG	MANTUTLE	8043	18	JM	CURRO	M	00:34:51
15	KHANYA	NYATHI	8051	17	JM	NEDBANK	M	00:38:13
16	WIAN	ROBERTS	8057	18	JM	FRAMESBY	M	00:38:21
17	LUTHO	VUMENDLINI	8060	18	JM	CURRO	M	00:44:22
18	ETHAN	COUTTS	8024	18	JM	FRAMESBY	M	00:45:06

MALE AGE GROUP: B16

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	LIAM	WESTRAADT	6062	15	B16	FRAMESBY	M	00:21:36
2	MATTHEW	KINGWILL	6013	15	B16	GREY H/S	M	00:21:44
3	JANILIO	VAN HEERDEN	6058	15	B16	CAMDEBOO	M	00:22:15
4	ALLESSANDRO	MAYAYA	6019	15	B16	ARABIE	M	00:22:21
5	JENOVAN	BONAPARTE	6005	16	B16	BRANDWAG	M	00:24:09
6	AYAVUYA	NGXWASHULA	6048	16	B16	WAAINEK	M	00:24:41
7	LEWANDRÉ	WILLIAMS	6063	16	B16	CAMDEBOO	M	00:25:09
8	AHLUMILE	NODA	6049	16	B16	GRASSRIDGE	M	00:25:37
9	ZEENITH	HAWKINS	6011	16	B16	GRASSRIDGE	M	00:26:07
10	WILLEMSE	ALZANEDRIO	6100	16	B16	BRANDWAG	M	00:26:28
11	BEN	NÖTNAGEL	6051	15	B16	FRAMESBY	M	00:28:08
12	ISIPHILE	GOJELA	6010	16	B16	WAAINEK	M	00:28:17
13	LONWABO	NONDLWANA	6050	15	B16	ACHILLES	M	00:29:03

MALE AGE GROUP: B17

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	AGCOBILE	JEZILE	6071	17	B17	ACHILLES	M	00:20:43
2	CARLIN	LEHMAN	6016	17	B17	Pearson	M	00:20:43
3	SINAWO	APRIL	6065	17	B17	SIBALEKA	M	00:21:55
4	CLEUSHAY	JANSEN	6012	16	B17	FRAMESBY	M	00:22:30
5	LIQHAWE	MKAYO	6076	17	B17	ATLANTIC	M	00:22:46
6	ETHAN	BANTOM	6002	17	B17	CAMDEBOO	M	00:23:00
7	IBANATHI	MVAKWENDLU	6061	17	B17	TINARHA	M	00:23:39
8	JOSH	BOTHA	6007	16	B17	FRAMESBY	M	00:25:01
9	PETER	YAMKELA	6082	17	B17	ATLANTIC	M	00:25:07
10	IBANATHI	TSEWU	6056	16	B17	WAAINEK	M	00:26:20
11	RUBEN	KRUGER	6015	16	B17	FRAMESBY	M	00:27:03
12	SIGNALAKHA	PAPU	6009	17	B17	Bathurst	M	00:27:04

MALE AGE GROUP: 35-39M

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	JEAN-PIERE	ROUX	8058	39	35-39M	DESPATCH	M	00:32:17
2	SOYAMA	JACK	8066	17	35-39M	SIBALEKA	M	00:32:59

MALE AGE GROUP: 40-49M

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	MZOLISI	MAKHANDA	8041	43	40-49M	NEDBANK	M	00:28:14
2	THULANI	MDLALO	8045	41	40-49M	NEDBANK	M	00:28:51
3	MZWANELE	MAPHEKULA	8029	49	40-49M	IKHAMVA	M	00:29:38
4	SANDILE	NGUNUZA	8048	43	40-49M	NEDBANK	M	00:32:27
5	HENRY	CRAUSE	8098	43	40-49M	NEDBANK	M	00:34:51
6	GIDEON	MENGO	8046	48	40-49M	NEDBANK	M	00:35:36
7	DYLAN	COX	8025	41	40-49M	KOWIE	M	00:35:40
8	RICHARD	MAZUNGULA	8044	49	40-49M	NEDBANK	M	00:38:20
9	NEIL	KRIGE	8034	45	40-49M	TEMP	M	00:38:47
10	WERNER	ZEELIE	8062	46	40-49M	DESPATCH	M	00:38:53
11	RONALD	REEVES	8056	45	40-49M	ACHILLES	M	00:43:13
12	JASON	ENSOR	8065	48	40-49M	MADIBA	M	00:43:49
13	NATHANIEL	PETERSEN	8094	41	40-49M	STRELITZIA	M	00:54:21

MALE AGE GROUP: 50-59M

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	NOEL	ADAMS	88	54	50-59M		M	00:31:58
2	MICHAEL	KINGSTON	8089	53	50-59M	NEDBANK	M	00:36:24
3	ANDREW	MACKENZIE	8090	52	50-59M	ACHILLES	M	00:36:55
4	NICHOLAS	CHAPMAN	8064	54	50-59M	ACHILLES	M	00:39:09
5	RODGER	GYSMAN	8027	52	50-59M	RUN4C	M	00:41:38
6	ROBERT	LEE	8039	54	50-59M	ACHILLES	M	00:45:05
7	JEREMY	SCOTT	8095	54	50-59M	VWAC	M	01:00:43

MALE AGE GROUP: 60-69M

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	DESMOND	ZIBI	6064	62	60-69M	IKHAMVA	M	00:23:08
2	MUTEKILE	RASMENI	6077	61	60-69M	ACHILLES	M	00:24:41
3	CHRISTOPHER	MABENGEZA	6018	60	60-69M	NEDBANK	M	00:26:14
4	FREEMAN	VUTU	6080	61	60-69M	VUKANI	M	00:27:35
5	THOZAMILE	BOKOLO	6004	64	60-69M	BESTMED	M	00:28:39
6	PIERRE	SCHWEYER	6054	61	60-69M	NEDBANK	M	00:29:39
7	BRUCE	KING	6014	60	60-69M	ACHILLES	M	00:30:37
8	JAN	VAN EEDEN	6057	68	60-69M	NEDBANK	M	00:31:08
9	DAVID	BAINS	6001	60	60-69M	XCEL	M	00:31:58
10	CHESTER	BROOKS	6067	68	60-69M	XCEL	M	00:32:36
11	ATTIE	WILLIAMS	6081	63	60-69M	RUN4C	M	00:36:08
12	SYLVAN	BLIGNAUT	6003	66	60-69M	BESTMED	M	00:38:34
13	TREMAINE	WESSON	6060	65	60-69M	ACHILLES	M	00:39:19
14	BERNARD	PETERSEN	6047	60	60-69M	BESTMED	M	00:40:42
15	WAYNE	MAC GEAR	6074	63	60-69M	CHARLO	M	00:42:36
16	DERRICK	HOSHE	6070	67	60-69M	ATLANTIC	M	00:48:40
17	SIMON	STRIMLING	6078	64	60-69M	ATLANTIC	M	00:53:11

MALE AGE GROUP: 70-74M

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	RAYMOND	WEITZ	6059	71	70-74M	NEDBANK	M	00:30:05
2	STIGLINGH	STICKS	6084	71	70-74M	BODYCON	M	00:30:25
3	ANDRE	VILJOEN	6079	71	70-74M	ACHILLES	M	00:34:52

MALE AGE GROUP: 75+M

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	EDDIE	EADES	4231	77	75+M	NEDBANK	M	00:21:19
2	DON	CHARLES	4227	77	75+M	NEDBANK	M	00:21:52
3	GRAHAM	NELL	4241	75	75+M	ACHILLES	M	00:32:13
4	ROBERT	STEDMAN	4256	76	75+M	ACHILLES	M	00:38:09
5	GODFREY	KARIEM	4248	85	75+M	GELVAN	M	00:42:23

FEMALE AGE GROUP: SF

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	REFELOE	SOLOMONS	75	45	SF	NEDBANK	F	00:41:47
2	HLENGIWE	NKOSI	84	20	SF	Bestmed	F	00:43:54
3	SIPHOSETHU	MAVATA	81	29	SF	SIBALEKA	F	00:47:35
4	SANGE	KOBO	92	19	SF	Bestmed	F	00:47:37
5	ASHENDA	MAKONIE	90	50	SF	VWAC	F	01:02:27
6	NOMANDLA	LUNGUZA	79	50	SF	SAPEP	F	01:03:05
7	NAOMI	BAKKER	76	48	SF	VWAC	F	01:17:48

FEMALE AGE GROUP: JF

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	SESETHU	MFIKILE	6075	18	JF	ARABIE	F	00:28:28
2	LANYA	OLDHAM	6053	18	JF	KOMANI	F	00:29:42
3	LENISH	KOWIE	6073	17	JF	STRELITZIA	F	00:43:07

FEMALE AGE GROUP: 35-39F

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	KANYISA	MAYAYA	4239	39	35-39F	SAPEP	F	00:23:21
2	JENOME	VALINT	4260	39	35-39F	ATLANTIC	F	00:32:14

FEMALE AGE GROUP: 40-49F

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	LIZA-MARIE	KINGSTON	4235	44	40-49F	NEDBANK	F	00:16:46
2	DUONETTE	HOROWITZ	4234	42	40-49F	ACHILLES	F	00:19:43
3	ASANDA	ZAMISA	4262	43	40-49F	EMERIS	F	00:20:17
4	MARISKA	KRUGER	4237	48	40-49F	RUN4C	F	00:23:19
5	JUDY	KRIGE	4236	44	40-49F	TEMP	F	00:24:13
6	WENDY	BULULU	4265	43	40-49F	CRUSADE	F	00:26:29

FEMALE AGE GROUP: 50-59F

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	JENÉ	BANFIELD	4218	55	50-59F	RUN4C	F	00:17:47
2	LIEZL	VAN ZYL	4245	52	50-59F	NEDBANK	F	00:18:18
3	CHRISTINE	BIRD	4226	55	50-59F	ELITEAC	F	00:23:02
4	ELISE	ADAMS	91	51	50-59F	ELITEAC	F	00:26:05
5	GLORIA	ESAU	4232	57	50-59F	INFINITY	F	00:32:26
6	JOCELYN	YOUNG	4261	58	50-59F	ACHILLES	F	00:35:31

FEMALE AGE GROUP: 60-69F

Place	First Name	Last Name	No	Age	Cat	Club	Sex	Time
1	CHRISTINE	CLAASEN	4229	61	60-69F	NEDBANK	F	00:19:24
2	DESIREE	TITUS	4268	60	60-69F	GELVAN	F	00:26:19