

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

Race 5**MALE CATEGORY: SM4**

Place	First Name	Last Name	No	Age	Cat	Club	Gender	Time
1	KEANU	DOMINGO	4482	24	SM4	NWU	M	00:12:39
2	JENIEL	ZANA	4441	31	SM4	RUN4C	M	00:14:06
3	JEANDRY	DEERLING	4462	34	SM4	NEDBANK	M	00:15:27
4	ALUTA	MASELE	4487	22	SM4	CHILLIERC	M	00:15:42
5	SANELE	SAM	4473	33	SM4	ST ALBANS	M	00:15:45
6	MATTHEW	KROUKAMP	4423	18	SM4	ACT AC	M	00:16:01
7	KHAYELETHU	KITAS	4266	28	SM4	GAMTOOS	M	00:16:37
8	O'GRADY	DANIEL	4267	40	SM4	TEMP	M	00:17:22
9	NEALLEN	JONKERS	4485	26	SM4	SANDF	M	00:17:34
10	JOSH	WENTZEL	4439	26	SM4	TEMP	M	00:17:35
11	RUHAN	VAN RENSBURG	4494	34	SM4	CHARLO	M	00:19:14
12	SIYATHEMBA	MBADULI	4426	27	SM4	MUIRITE	M	00:19:48
13	RODGER	GYSMAN	4440	52	SM4	RUN4C	M	00:21:07

MALE CATEGORY: 23M

Place	First Name	Last Name	No	Age	Cat	Team	Gender	Time
1	THANDOLWETHU	MATSALO	4468	19	23M	IKHAMVA	M	00:12:07
2	MXOLELENI	TABATA	4491	23	23M	ACHILLES	M	00:12:21
3	APHELELE	SEPTEMBER	4475	21	23M	GRASSRIDGE	M	00:12:51
4	SIYAVUYA	JEYI	4484	21	23M	ACHILLES	M	00:13:02
5	OYAMA	NTANTISO	4471	21	23M	NEDBANK	M	00:13:08
6	TAKUNDA	MUBARE	4490	22	23M	CHILLIERC	M	00:13:17
7	EMIHLE	CUNGE	4480	19	23M	WAAINEK	M	00:13:20
8	KEANU	WELCH	4437	23	23M	TEMP	M	00:13:26
9	SEMIHLE	BEDA	4461	19	23M	IKHAMVA	M	00:13:31
10	BANELISIWE	TAMELA	4477	20	23M	BESTMED	M	00:14:34
11	FORTUIN	JORAN	4429	20	23M	RUN4C	M	00:14:42
12	AVIWE	TOLWANA	4492	21	23M	CHILLIERC	M	00:15:30
13	APHELELE	BAM	4436	20	23M	RUN4CHRIST	M	00:16:17
14	TAPIWA	MBIZI	4430	20	23M	TEMP	M	00:17:08
15	WIEHAN	MAREE	4467	19	23M	BRANDWAG	M	00:17:09
16	WYMON	UITHALER	4478	20	23M	TEMP	M	00:17:21

MALE CATEGORY: B15

Place	First Name	Last Name	No	Age	Cat	Team	Gender	Time
1	KLEINBOOI	KEERAN	4428	15	B15	GAMTOOS	M	00:14:09
2	MARCO	LOTTERING	536	14	B15	CAMDEBOO	M	00:14:26
3	ACHUMILE	MANGCANGAZA	542	14	B15	GRASSRIDGE	M	00:14:37
4	CHAVAGO	AFRICA	586	15	B15	ARABIE	M	00:15:13
5	ELIJAH	ROGERSON	560	14	B15	GLOBAL	M	00:15:16
6	TAFARA	KASERERA	590	15	B15	SIBALEKA	M	00:15:38
7	CONNOR	BIRD	506	15	B15	FRAMESBY	M	00:15:47
8	LIAM	SAUNDERS	562	14	B15	FRAMESBY	M	00:16:27
9	STEFAN	ROBERTS	557	15	B15	FRAMESBY	M	00:16:37
10	SHAYDEN	DE VOS	518	15	B15	UITENHAGE HS	M	00:17:05
11	JAYDON	STOMAN	569	15	B15	FRAMESBY	M	00:17:08
12	RUBEN	KEYSER	532	15	B15	FRAMESBY	M	00:17:09
13	LANA	SIQITI	565	14	B15	ARABIE	M	00:17:20
14	DAIYAAN	ISAACS	526	15	B15	UITENHAGE PS	M	00:17:25
15	KEAGAN	COUTTS	514	15	B15	FRAMESBY	M	00:18:31
16	LOGAN	JUBBER	529	15	B15	FRAMESBY	M	00:19:31
17	MATTHEW	HECHTER	589	15	B15	FRAMESBY	M	00:21:22
18	CHASE	CAMPBELL	512	15	B15	FRAMESBY	M	00:22:06
19	RUCHAAN	FORTUIN	4434	14	B15	UPS	M	00:22:54

MALE CATEGORY: B14

Place	First Name	Last Name	No	Age	Cat	Team	Gender	Time
1	ASITHANDILE	MATTHEWS	594	14	B14	ATLANTIC	M	00:14:56
2	DANSTER	ENZOKUHLE	157	14	B14	KHANYISA PS	M	00:15:21
3	DIAN	BOSHOFF	508	13	B14	FRAMESBY	M	00:15:55
4	ELARIO	VAALTYN	575	14	B14	GRASSRIDGE	M	00:16:39
5	THEAAN	LE ROUX	535	14	B14	MARLOW	M	00:16:55
6	SCHALK	KEMP	531	13	B14	FRAMESBY	M	00:17:08
7	ROMEO	PLAATJIE	595	13	B14	STRELITZIA	M	00:17:27
8	GOUWS	DANIEL	4424	13	B14	ALTONA P/S	M	00:17:56
9	LAST	ALARIC	4425	14	B14	ALTONA P/S	M	00:19:37
10	HANROUX	SCHELLINK	564	13	B14	LORRAINE	M	00:19:46
11	DYLIN	MAARMAN	540	13	B14	UITENHAGE PS	M	00:20:02
12	TORBIN	OLIPHANT	550	13	B14	UITENHAGE PS	M	00:20:33
13	BEN	ZEELIE	585	14	B14	CURRO	M	00:22:53
14	NTANDO	MAPOTOLO	150	13	B14	ALBERTYN	M	00:23:31

MALE CATEGORY: B13

Place	First Name	Last Name	No	Age	Cat	Team	Gender	Time
1	VIRAAN	STEYN	568	12	B13	UITENHAGE PS	M	00:14:47
2	NYTHON	WELMAN	583	12	B13	CAMDEBOO	M	00:16:32
3	SHAYWIN	AMSTERDAM	4435	12	B13	UPS	M	00:16:54
4	CALEB	WENTZEL	584	12	B13	CARITAS	M	00:17:14
5	LUPHAWU	MAQOKO	543	12	B13	WAAINEK	M	00:17:31
6	HANDRE	LE ROUX	534	12	B13	HANDHAFF	M	00:17:44
7	SIPHELELE	NABE	155	13	B13	TINARHA	M	00:17:46
8	BRITS	SNYMAN	599	12	B13	VCS	M	00:17:47
9	RAOUL	UITHALER	574	13	B13	UITENHAGE PS	M	00:18:49
10	SHELTIN	HARMSE	588	12	B13	HELENVALE	M	00:19:16
11	ZANE	NIEKERK	548	12	B13	GELVAN	M	00:20:12
12	ROETS	ELEANDRO	4427	13	B13	TEMP	M	00:20:13
13	CONNOR	STRICK	570	13	B13	Verkenner	M	00:21:16
14	SHAYDON	DAVIDS	515	12	B13	UITENHAGE PS	M	00:23:27
15	DECLAN	ACCONE	268	12	B13	TEMP	M	00:24:24
16	LUPHAWU	ZOKOBE	4438	13	B13	TEMP	M	00:24:27

FEMALE CATEGORY: SF4

Place	First Name	Last Name	No	Age	Cat	Team	Gender	Time
1	REFELOE	SOLOMONS	4476	45	SF4	NEDBANK	F	00:16:19
2	CHATORA	BEATRICE	4481	22	SF4	CHILLIE	F	00:18:38
3	KAYLA	VAN RENSBURG	4493	32	SF4	CHARLO	F	00:19:14
4	NGCOKO	BABALWA	96	40	SF4	NEDBANK	F	00:20:37
5	SIENA	DE VOS	4230	49	SF4	NEDBANK	F	00:23:11
6	AMANDA	HECHTER	4483	45	SF4	ELITE AC	F	00:29:25

FEMALE CATEGORY: G17

Place	First Name	Last Name	No	Age	Cat	Team	Gender	Time
1	KIM-SHAY	GOLIATH	522	16	G17	GRASSRIDGE	F	00:16:46
2	ANNELIZE	DE BRUIN	516	17	G17	NICO MALAN	F	00:17:25
3	MINKE	VAN DER MERWE	579	17	G17	FRAMESBY	F	00:18:07
4	MEGAN	VORSTER	582	16	G17	FRAMESBY	F	00:19:30
5	SAMANTHA	HENDRICKS	525	17	G17	UITENHAGE HS	F	00:19:51

FEMALE CATEGORY: G16

Place	First Name	Last Name	No	Age	Cat	Team	Gender	Time
1	DESNAV	O'GRADY	549	15	G16	IKHAMVA	F	00:16:08
2	JAYDENE	TEE	571	15	G16	FRAMESBY	F	00:18:32
3	RENEL	BILLSON	505	15	G16	NICO MALAN	F	00:20:03
4	KARLI	LOUW	538	15	G16	FRAMESBY	F	00:21:11
5	LIZE-MARIE	KEMP	530	15	G16	FRAMESBY	F	00:21:37
6	AYOLA	NOFEMELE	156	15	G16	TINARHA	F	00:21:47
7	SIVIWE	JACK	527	16	G16	GRASSRIDGE	F	00:23:04
8	SIPHESANDE	JANTJIES	154	16	G16	TINARHA	F	00:25:50

FEMALE CATEGORY: G15

Place	First Name	Last Name	No	Age	Cat	Team	Gender	Time
1	LEANDI	VAN TONDER	581	15	G15	FRAMESBY	F	00:18:01
2	TALIA	PRAHALADH	554	15	G15	IKHAMVA	F	00:19:02
3	AMYOLISE	KONA	533	14	G15	GRASSRIDGE	F	00:20:10
4	JASMIN	MOFIT	547	14	G15	GRASSRIDGE	F	00:20:55
5	MIKAYALA	VAN DYK	580	14	G15	FRAMESBY	F	00:22:33

FEMALE CATEGORY: G14

Place	First Name	Last Name	No	Age	Cat	Team	Gender	Time
1	KYLIE	DORFLING	519	13	G14	BRANDWAG	F	00:16:56
2	AVA	BASSON	503	14	G14	FRAMESBY	F	00:17:15
3	EMIHLE	BAARTMAN	502	14	G14	WAAINER	F	00:17:39
4	CAITLIN	KINGWILL	153	13	G14	COLLEGIATE H/S	F	00:18:25
5	ALICIA	MOCKE	546	13	G14	CURRO	F	00:19:13
6	NINKE	SCHOLTZ	597	14	G14	COLLEGIATE	F	00:20:35
7	ANLI	ROETS	558	13	G14	DFMAL	F	00:21:16
8	CHLOE	WINDVOGEL	151	13	G14	STRELITZIA	F	00:22:35
9	COURTNEY	GOLIATH	521	14	G14	FRAMESBY	F	00:22:54
10	LEANE	PRETORIUS	555	13	G14	BRANDWAG	F	00:23:20
11	KAYCEY	POTGIETER	553	13	G14	UITENHAGE HS	F	00:24:00
12	SHAKINAH	LOTTERING	537	13	G14	HILLCREST	F	00:24:16
13	ALEXA	BOTES	509	13	G14	BRANDWAG	F	00:24:33
14	LAY-EL	MAFISA	591	13	G14	SIBALEKA	F	00:24:43

FEMALE CATEGORY: 23F

Place	First Name	Last Name	No	Age	Cat	Team	Gender	Time
1	KUHLE	MQASHANE	4489	22	23F	CHILLIERC	F	00:19:50
2	MECAYLA	KOCK	4486	22	23F	ATLANTIC	F	00:22:27
3	LUYANDA	NKOSI	4479	21	23F	BESTMED	F	00:23:33
4	DATINI	INAM	4251	19	23F	SIBALEKA	F	00:26:19