

SA CROSS COUNTRY CHAMPIONSHIPS 2011



BLOEMFONTEIN
17 September 2011



TEAM COMPETITIONS

BOYS 8

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	AGN	1	Stian VAN GREUNEN	6	31
		2	Gideon DU TOIT	7	
		3	De JUAN ERASMUS	8	
		4	Ngeno MBASA	10	
2	AVT	1	THABANG MOKONE	2	44
		2	WANDILE MZOLO	11	
		3	KATLEHO MTHIMKHULU	13	
		4	MOJALEFA MOLOI	18	
3	AFS	1	Tatho Sondach	5	86
		2	Tshepiso Lemaio	16	
		3	Teboho Seloma	30	
		4	Corné Roberts	35	
4	ACNW	1	Gerrit Muntingh	9	94
		2	Moshe Khamali	26	
		3	Keamogetswe Molisalife	28	
		4	Dylan Keys	31	
5	LIMA	1	Marco Forrester	24	126
		2	Gunther Katzke	25	
		3	Ernan Le Roux	37	
		4	Maynard Kleynhans	40	
6	ANWN	1	LOURENS BESTER	4	126
		2	BRANDON VENTER	33	
		3	MC MALAN	44	
		4	SHEYDEN ANKER	45	
7	AMPU	1	DERICK HUMAN	15	168
		2	COENRAAD JOUBERT	23	
		3	JANO VAN DER MERWE	55	
		4	HENRICO WILLEMSE	75	

GIRLS 8

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	ACNW	1	Sune Jansen Van Vuuren	1	19
		2	Sunel Smit	2	
		3	Terizia Van Der Plaats	4	
		4	Emma Nel	12	
2	AGN	1	Chrizel BEYERS	5	43
		2	Carina PRETORIUS	9	
		3	Mphetswa NHLANHLA	14	
		4	Martine DEGENAAR	15	

3	ANWN	1 LARA RALL 2 TANYA V RHYN 3 LILANI STANDER 4 HEZANDRIE V D WESTHUIZEN	8 10 13 30	61
4	AFS	1 Dimpho Mbongo 2 Chris-Mari Alexander 3 Chantè Walker 4 Carissa Erasmus	7 11 21 32	71
5	LIMA	1 Elzaan Espach 2 Rachel de Jager 3 Elsje Kriel 4 Raudeen van Wyk	20 27 28 44	119
6	AMPU	1 JEAN-MARI VAN ZYL 2 SHARON HLABANE 3 ANGELIQUE JOOSTE 4 WILMIE FOURIE	6 18 60 76	160
7	AGW	1 Rue-Ellyn Jantjies 2 Danel Swanepoel 3 Nobuhle Eksteen 4 Dalene vd Walt	3 51 61 62	177

BOYS 9

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	AGN	1 2 3 4	Tshepo MOTSWERE Waldo PIETERSE Ruan HUMAN Nico STEYN	2 3 5 6	16
2	CGA	1 2 3 4	Joshua Voget Kyle Swanepoel Kyle Farnham Cameroon Curtis	4 8 15 30	57
3	ACNW	1 2 3 4	Morné Stafford Lambert Vos Ivan Reckling Hanru Van Vreden	11 23 33 34	101
4	AFS	1 2 3 4	Carlos Davids Tidi Tsotsetsi Jason Gobind Gerrie Brink	9 16 41 44	110
5	AMPU	1 2 3 4	SIFISIO MASUKU LINDELANI MASINA REYNARD VORSTER MKHONZA SIYABONGA	1 28 43 46	118
6	LIMA	1 2 3 4	Zanru Jewaskewitz Kowie Lombard Regardt Swanepoel Dylan Kotze	18 32 45 53	148
7	ANWN	1 2	MARCO SMIT KYLE SCHOEMAN	24 35	154

		3	JUAN SWANEPOEL	47	
		4	SJ KOTZE	48	

GIRLS 9

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Michaela Murat	1	26
		2	Sandra Wittenburg	2	
		3	Makgotso Njubane	4	
		4	Tayla Berning	19	
2	AFS	1	Tabita Dempers	3	30
		2	Nadime Booysen	8	
		3	Manaha Mokoena	9	
		4	Rethabile Mokoena	10	
3	AGN	1	Elrei JOUBERT	5	42
		2	Leshan CURLEWIS	11	
		3	Anriette HAASBROEK	12	
		4	Janca STEYN	14	
4	ACNW	1	Rouxle Marais	6	49
		2	Ane West	7	
		3	Nellie Hetzel	13	
		4	Megan Hattingh	23	
5	ANWN	1	ENJULIEZ JORDAAN	39	188
		2	PETRU KLEYNHANS	42	
		3	SHANI VENTER	53	
		4	KYLIE VERWEY	54	
6	AMPU	1	MARNE NORTJE	17	199
		2	ANELE SIBAMDE	52	
		3	DINTLE MAPHEELLE	62	
		4	SULIZE ALBERTS	68	
7	LIMA	1	Christine Kruger	43	216
		2	Chris-Mari Darvall	50	
		3	Lia Revelas	59	
		4	Mokgaetji Sethole	64	

BOYS 10

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Siyabonga Booysen	2	23
		2	Delport Botha	3	
		3	Gerhard Kotze	8	
		4	Khutso Makofane	10	
2	AFS	1	Xavier Zaabel	13	59
		2	Ben Nkosi	14	
		3	Kamohelo Khuele	15	
		4	Teboho Ratshidi	17	
3	AGN	1	Reinardt GROBLER	4	63
		2	Armin JORDAAN	16	
		3	Adriaan MOLLENTZE	20	
		4	Aerton HELENA	23	
4	AMPU	1	THAMBE TLADI	1	78

		2	ALEX MADLALA	18	
		3	THEMBINKOSI NKOSI	22	
		4	QUINTIN FOURIE	37	
5	AVT	1	NCINIMUZI MAKHUBU	21	139
		2	TELLO MOKOENA	32	
		3	MOALOSI RAMOLOTSI	33	
		4	TEBOHO RAMPITSENG	53	
6	ANWN	1	AJ REYNEKE	7	154
		2	KEANU VERWEY	27	
		3	GERDUS DU PLESSIS	59	
		4	KOBUS VERSTER	61	
7	LIMA	1	Nolite Mabela	9	160
		2	Tewis Willemse	28	
		3	Hanso Swanepoel	58	
		4	Paul Verwey	65	
8	AGW	1	Emmanuel Modupi	54	261
		2	Simphiwe Modise	57	
		3	Waldo Isaacs	73	
		4	Wallance Petersen	77	
9	ACNW	1	Ntesang Moitshwanetsi	63	274
		2	Samuel Matlhapa	66	
		3	Raymond Vos	70	
		4	Tilton-James Stigling	75	
10	KZNA	1	THEMBILE MANHNUZELA	51	303
		2	Sheshan Pillay	76	
		3	Khetha Sokhela	82	
		4	Andile Nxumalo	94	

GIRLS 10

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	AGN	1	Jeanne DE BEER	2	33
		2	Michelle CRONJE	5	
		3	Anke GREYLING	11	
		4	Grete-lee SWANEPOEL	15	
2	CGA	1	Keletso Senosi	1	38
		2	Ntando Msibi	9	
		3	Ntombi Seabi	10	
		4	Tiny Motaung	18	
3	AFS	1	Nadine Kemp	6	39
		2	Mantele Miffi	8	
		3	Chandré Erasmus	12	
		4	Itumeleng Mpembe	13	
4	LIMA	1	Christelle Coetzer	7	127
		2	Jenelle de Jonge	19	
		3	Zanel Steenkamp	45	
		4	Meghan Mac Nicol	56	
5	AMPU	1	MOFOLI HLALEFANG	16	135
		2	INGRID SEKHADLELO	23	
		3	ZANELE MQATHI	43	

		4	LEBO MOROPODI	53	
6	ANWN	1	MASEGO MMOPE	20	146
		2	Chante Nesar	29	
		3	MICHELLE GEDULD	37	
		4	HANNERI NEL	60	
7	ASWD	1	Zainel Spogter	3	171
		2	Tamryn-Leigh Kleinbooi	26	
		3	Jasmine Juta	55	
		4	Bonhill Witbooi	87	
8	ACNW	1	Evah Sekaledi	40	212
		2	Anne Van Aarde	51	
		3	Kate Seilane	58	
		4	Amori Theunissen	63	
9	KZNA	1	Leah Kriel	32	283
		2	Nombuso Zondi	70	
		3	Nozibusiso Mbhele	81	
		4	Nelisiwe Mhlamvu	100	
10	AGW	1	Marne Ras	38	284
		2	Danel Strydom	68	
		3	Charlize Smith	76	
		4	July-Ann Alexander	102	
11	AVT	1	THANDIWE SOTSHIVA	57	336
		2	DUHANE DUPLESSIS	86	
		3	TEBOGO METSWAMERE	94	
		4	HUBRI VAN DEVENTER	99	

BOYS 11

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	AFS	1	Voyu Kamolane	2	27
		2	Khotso Lesia	4	
		3	Retshidisitwe Shai	5	
		4	Thepo Ramasia	16	
2	CGA	1	Keagan Crane	6	42
		2	Donald Seitei	7	
		3	Samuel Jacobus Steinberg	8	
		4	Dylan Curtis	21	
3	AGN	1	Lehlohonolo SEBOLA	11	56
		2	Christopher SWART	13	
		3	Christopher ZWANE	15	
		4	Heno STEYN	17	
4	AMPU	1	ALDRIN WILLEMSE	1	75
		2	RUAN KUHN	12	
		3	MPUNDO KHUMALO	19	
		4	SBUSISO NKOSI	43	
5	ANWN	1	AMANTLE MODINGWANE	9	96
		2	RONEN OOSTHUIZEN	14	
		3	OMPILE MOLOTSI	29	
		4	RIAAN V RHYN	44	
6	LIMA	1	Dian Forrester	30	163

		2	Pieter Lamprecht	41	
		3	Josia Nyaweni	45	
		4	Stephan Visagie	47	
7	ACNW	1	Gerhard Van Niekerk	18	164
		2	Johan Jansen Van Rensburg	24	
		3	Johatt Batsietseng	58	
		4	Duan Jansen	64	
8	ASWD	1	Tirique Theron	37	177
		2	Keanan Manuel	38	
		3	Eugene Lourens	48	
		4	Craig Streuderst	54	
9	AVT	1	LESEGO PHAPHA	3	226
		2	NHLANHLA QUMBA	57	
		3	BONGANE MOKONE	63	
		4	TSHEPO LEHOKO	103	

GIRLS 11

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	AFS	1	Dimpho Makume	2	21
		2	Maletsatsi Jampi	3	
		3	Sinah Khauta	5	
		4	Michelle Dykman	11	
2	CGA	1	Lorinda Swanepoel	4	34
		2	Zane Labuschagne	6	
		3	Kiera Gosling	10	
		4	Kyla Du Toit	14	
3	AGN	1	Zhandre POTGIETER	1	50
		2	Megan REDMOND	12	
		3	Zane JOUBERT	18	
		4	M'zhane POTGIETER	19	
4	AMPU	1	HAYLEY VAN COLLER	8	68
		2	THULISILE SIBIYA	9	
		3	DANIELE HUMAN	17	
		4	REGINAH MOTOAU	34	
5	LIMA	1	Ngwanatladi Matlou	15	125
		2	Sancha van Niekerk	20	
		3	Marlene Bredenkamp	38	
		4	Anri McLean	52	
6	ANWN	1	SHANEL HATTINGH	13	135
		2	MICHAELA REYNEKE	22	
		3	DELENE MPITI	32	
		4	SUNETTE LAUBSCHER	68	
7	ACNW	1	Maria Matsase	31	140
		2	Ilane Van Zyl	33	
		3	Jo-Ann Annandale	37	
		4	Dane Holtzhausen	39	
8	AVT	1	BOITUMELO THEBE	7	183
		2	KARABO TSHABALALA	46	
		3	LIMINDA STASSEN	51	

BOYS 12

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Mogomotsi Nxumalo	1	22
		2	Gawie Louw	4	
		3	Johnic Smith	7	
		4	EZRA FERREIRA	10	
2	AFS	1	Joseph Mokoteli	5	40
		2	Junior Tsoeute	6	
		3	Bangaphe Mojeso	14	
		4	Pule Phohlele	15	
3	AGN	1	Omphile TLADI	9	63
		2	Brendon SKINNER	17	
		3	Curtly KOCK	18	
		4	Barret DE WILLERS	19	
4	KZNA	1	Snenhlanhla Hlongwane	11	112
		2	MXOLESI HLONGWANE	12	
		3	Siyabonga Msezane	30	
		4	Shabalala Lindokuhle	59	
5	AMPU	1	HENRIQUE DE LANGE	29	146
		2	THABISO THWALA	34	
		3	LEHAN VAN ZYL	36	
		4	JOSEPH MOKOENA	47	
6	AGW	1	Goitsemodimo Moagi	22	166
		2	Drean du Plessis	45	
		3	Levino Visser	48	
		4	Sharlton Kramp	51	
7	ANWN	1	JP VAN DER MERWE	2	171
		2	ERICH HAASBROEK	33	
		3	EMWEE CLOETE	66	
		4	FRANCO OOSTHUIZEN	70	
8	ACNW	1	Janno Nel	38	214
		2	Sello Pheleu	49	
		3	Tshepo Mahlasinya	63	
		4	S.J. Taljaard	64	
9	LIMA	1	Lukas van der Merwe	31	216
		2	Jesse Jones	50	
		3	Donvan Maponya	60	
		4	Brian Moyaha	75	

GIRLS 12

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Simonay Weitsz	1	22
		2	Michaella Tyrrell	3	
		3	Natasha Steinberg	4	
		4	Hlengiwe Makofane	14	
2	AFS	1	Anche Horak	6	32
		2	Nyane Mofokeng	7	

		3	Melicia Maree	9	
		4	Carien Sander	10	
3	AGN	1	Anice LE ROUX	11	86
		2	Katrin HENZEN	19	
		3	Zanele MASIMINI	24	
		4	Cindy VAN BERS	32	
4	AVT	1	LEBOHANG MOHAMI	2	131
		2	NTHABISENG KHUMALO	8	
		3	BIANCA DORFLING	51	
		4	GLORIA TSEEKE	70	
5	ANWN	1	DOMINIQUE BARNARD	21	133
		2	MIEKE RALL	29	
		3	JOLANDI HORN	34	
		4	LIZE-MARIE NAUDE	49	
6	ACNW	1	Shanté Hetzel	31	188
		2	Line Pretorius	44	
		3	Milandré Stafford	56	
		4	Lené De Kock	57	
7	AMPU	1	LORINDA STAPELBERG	22	190
		2	MELIZE FOURIE	42	
		3	NOMUSA HLEZA	60	
		4	ITUMELENG MKHIZE	66	
8	LIMA	1	Gizelde Strauss	5	221
		2	Louise Schutte	45	
		3	Zanel Bester	83	
		4	Lize-Merie Troskie	88	
9	KZNA	1	Natascha Hartman	16	250
		2	Boniswa Ximba	43	
		3	Londeka Ndlovu	93	
		4	Sthandiwe Mbuyisa	98	

BOYS 13

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1		1	24
		2	Marnus Roberts	4	
		3	Bheki Tshabalala	8	
		4	Mandla Ntlumayo	11	
2	AFS	1	Nope Molejane	2	29
		2	Rethabile Majoro	6	
		3	Lawrence Nkokoto	9	
		4	Sengu Khomo	12	
3	AGN	1	Tebogo MAHLANGU	7	63
		2	Romano SLINGER	10	
		3	Mxolisi NEBONDE	18	
		4	Martin BECKER	28	
4	LIMA	1	Sello Nyaweni	5	164
		2	Jan du Plessis	19	
		3	Phetogo Molomo	64	
		4	Phuti Kganyago	76	

5	ANWN	1	JUAN HATTING	21	177
		2	OMPHEMETSE MATLOKWEA	48	
		3	WILLEM BERRANGE	51	
		4	KEABETSWE TONE	57	
6	AMPU	1	THAPELO MAKOFANE	17	193
		2	SABELO MASHININI	29	
		3	STEYN VAN DEN HEEVER	73	
		4	THABO SEROKA	74	
7	AGW	1	Romaneo Links	58	271
		2	Mosa Kasae	65	
		3	Arno Cloete	68	
		4	Dick Setlhabi	80	
8	ACNW	1	David Mampe	43	277
		2	Simon Makotoza	77	
		3	Franco Botes	78	
		4	Daniel Wentzel	79	
9	KZNA	1	Syabonga Mathe	38	295
		2	Jared Kriel	54	
		3	Mthunzi Mazibuko	86	
		4	Mlondolozzi Jali	117	
10	AVT	1	TEBOHO MAGAGANE	63	307
		2	MOSIOA MSIMANGA	72	
		3	MUSA NKOSI	75	
		4	SAMSON MOTAUNG	97	

GIRLS 13

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Nicole Van Der Merwe	3	20
		2	Carla Du Randt	4	
		3	Monique Crafford	6	
		4	Sibongile Merina	7	
2	AFS	1	Makhantshe Monelo	2	37
		2	Charlen Molelekoa	10	
		3	Jamè-Sue Vermaas	12	
		4	Lebohang Motsoeneng	13	
3	AGN	1	Monique STAPEL	9	68
		2	Carla VENTER	18	
		3	Caelin VAN DER WESTHUIZEN	19	
		4	Justine BLAETTLER	22	
4	LIMA	1	Tshegofatso Sethakgoe	1	148
		2	Karabo Masemene	36	
		3	Michelle Stevens	47	
		4	Chantenique Niemand	64	
5	ANWN	1	ROCHELLE MENEZIES	28	175
		2	MARYNA KAMFER	34	
		3	ANE VENTER	55	
		4	LEMAY VAN RENSBURG	58	
6	ACNW	1	Nadine Gouws	14	177
		2	Carla Kok	42	

		3	Jozanne St. Quintin	59	
		4	Sunique Becker	62	
7	AVT	1	KABELO KHUTSOANE	26	203
		2	MAMELLO MOTAUNG	32	
		3	TSHEPANG MASOKWENE	70	
		4	LINE VAN DEVENTER	75	
8	ASWD	1	Michall Meintjies	8	231
		2	Monique Stuurman	61	
		3	Clarisha Petersen	63	
		4	Raischa Bassel	99	
9	KZNA	1	Sabathile Khumalo	40	248
		2	Skhawulile Zondo	46	
		3	Khea Emms	79	
		4	Lindelo Manqele	83	

BOYS 14

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Ikageng Gaurekwe	1	17
		2	Nkosikhona Nhlapo	3	
		3	Thabang Thebeagae	6	
		4	Warren Moloto	7	
2	AFS	1	Armin Fillies	4	31
		2	Paul Khoza	8	
		3	Mpumelelo MDI	9	
		4	Ditaba Machachamisa	10	
3	AGN	1	Calvin MADDOCK	16	84
		2	Tomrin VLOK	18	
		3	Marno DU PLESSIS	23	
		4	Onalene MAPONYANE	27	
4	AMPU	1	CLINTON KRIEL	24	117
		2	GROMIGHAN GROBLER	28	
		3	JULIAN HENN	29	
		4	SIYABONGA MASEKO	36	
5	ASWD	1	Danwood Frieslaar	17	125
		2	Jefferson Van Wyk	22	
		3	Ruben Dlephu	39	
		4	Meegan Van Niekerk	47	
6	LIMA	1	Lehlogonolo Seoloana	21	163
		2	Koketjo Ramotebele	32	
		3	Stanley Hlakudi	53	
		4	Fanie Myburg	57	
7	ACNW	1	Charles Louw	38	164
		2	Lucas Matlhapa	40	
		3	Thuso Mquzulu	42	
		4	Ontiretse Motlagale	44	
8	ANWN	1	THABO MAKINITA	5	239
		2	WIKUS HERBST	75	
		3	KOBUS OBERHOLSTER	79	
		4	MARCUS KEULDER	80	

GIRLS 14

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Puseletso Dieta	1	15
		2	Tayla-Ann Voget	3	
		3	Carina Viljoen	5	
		4	Jessica Aylward	6	
2	AFS	1	Sebongile Hlanjwa	2	44
		2	Manyeoe Mokoena	4	
		3	Mathota Hxemge	16	
		4	Danica Botes	22	
3	AGN	1	Dimpho DIALÉ	12	60
		2	Marzanne ALDRIDGE	13	
		3	Chantel SCHEEPERS	17	
		4	Tarien PRINSLOO	18	
4	LIMA	1	Mmetja Boshomane	15	118
		2	Suné Potgieter	24	
		3	Abigail Baloyi	33	
		4	Mart-Mari Van der Merwe	46	
5	ACNW	1	Courteney Cooper	37	175
		2	Mia Nel	38	
		3	Mathapelo Marope	42	
		4	Thelma Carina Botha	58	
6	ASWD	1	Amanda Van Der Horst	8	206
		2	Marrida Leen	56	
		3	Cathleen Baardman	59	
		4	Andelin Claassen	83	
7	AMPU	1	NADINE VAN COLLER	53	239
		2	TSOTETSI NTABISENG	60	
		3	CARLU MEYER	61	
		4	BRENDALINE LABUSCHAGNE	65	
8	AVT	1	MASERAME TSOTETSI	55	255
		2	BERNICE BOERS	62	
		3	MAPINA TSELE	64	
		4	PALESA MOLOI	74	
9	ANWN	1	NAOMI VAUGHN	47	271
		2	INGE V RYNEVELD	72	
		3	MARLE OOSTHUIZEN	75	
		4	PRUDENCE MPOLOKENG	77	

BOYS 15

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Olebogeng Masetla	1	18
		2	Sello Mokoena	2	
		3	Creel Chavhalala	7	
		4	Mahlatse Makoasha	8	
2	AFS	1	Moeketsi Skosana	4	37
		2	Paseka Mokubung	6	
		3	Lebonang Lengama	13	

		4	Mojalefa Tsotetsi	14	
3	AGN	1	Henco SCHOEMAN	12	69
		2	Hendrik GROBBELAAR	16	
		3	Ivaan POTGIETER	20	
		4	Kutlwano SEAKAMELA	21	
4	AMPU	1	SIYABONGA MAZIBUKO	9	106
		2	REINIER LOMBAARD	18	
		3	SPHIWE MATLANE	39	
		4	SUNDAY MKHATSHWA	40	
5	ANWN	1	RUAN MEINTJIES	3	151
		2	MARTIN DURIEUX	29	
		3	PONTSHO BASIAMI	54	
		4	JAN WESSEL MEYER	65	
6	ACNW	1	Schalk Kok	37	174
		2	Joseph Matowane	38	
		3	Johnny Williams	41	
		4	Lucas Itumeleng	58	
7	LIMA	1	Thepho Mabogo	11	191
		2	Hendrick Malatjie	32	
		3	Khutso Molekwa	60	
		4	Tshedza Moshapo	88	
8	ASWD	1	Ashwill Brandt	46	278
		2	Archie Boome	47	
		3	Cornelius Hendricks	85	
		4	Donovan Jantjies	100	

GIRLS 15

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Minke Kruger	1	11
		2	Lizerie Ferreira	2	
		3	Thandi Sehohle	3	
		4	Sune Jonker	5	
2	AGN	1	Simone VERWEY	4	34
		2	Marry KOMANE	7	
		3	Anneri GREYLING	11	
		4	Sabrina BOTTYAN	12	
3	AFS	1	Mapaseka Mkomo	13	105
		2	Tankiso Lepolisa	17	
		3	Evelyn Malibeli	34	
		4	Sibongile Nhai	41	
4	ACNW	1	Jhelize Vos	25	146
		2	Celiska Krause	32	
		3	Claudine Marais	43	
		4	Mirriam Nokhangela	46	
5	AMPU	1	MADRI WIID	27	149
		2	NTUMBIFUTHI SILEPE	36	
		3	MIRINDA MANS	37	
		4	ZANELE SHONGWE	49	
6	BOLA	1	Ileana Dreyer	16	180

		2	Azel Boois	50	
		3	Marlin Jansen	55	
		4	Catherin V.D Horst	59	
7	ANWN	1	VERNOESCHA REYNEKE	40	210
		2	VERONICA SWARTZ	51	
		3	MELISSA DU BUISSON	57	
		4	PORTIA MATEBELE	62	

BOYS 16

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Michael Pienaar	1	16
		2	Edward Moshote	3	
		3	Tumisang Monnatlala	5	
		4	Thabang Matiwane	7	
2	AFS	1	Steven Mqeba	2	63
		2	Thabiso Theboko	4	
		3	Thabo Moloadi	28	
		4	Karabo Lecoko	29	
3	AGN	1	Dikgale MOHALE	16	74
		2	Tshepo MQIKELA	17	
		3	Lucky NAKANA	20	
		4	Corne VAN DER SCHYFF	21	
4	AMPU	1	NKOSINATI SIBEKO	23	121
		2	TEBOGO NDWANDWE	26	
		3	JUNIOR NDZEKENI	32	
		4	THOKOZANI MIYA	40	
5	AVT	1	MPHO SEROBE	14	170
		2	RAJANE MOKOLA	35	
		3	TANKISO TLADI	54	
		4	HAPPY – BOY SIBISI	67	
6	ANWN	1	EMMANUEL DIPALE	33	172
		2	HEZEKIEL MOTEPE	37	
		3	KEORAPETSE RAMOKOKA	49	
		4	REABETSWE RANTAO	53	
7	ACNW	1	Kabelo Ngamole	19	172
		2	Peter Mong	30	
		3	Lesogo Moholo	42	
		4	Reuben De Villiers	81	
8	BOLA	1	Enwar Kato	11	195
		2	Johannes Jansen	55	
		3	Cheslin Aford	63	
		4	Geraldo Koopman	66	

GIRLS 16

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	AGN	1	Thandeka MANZANA	1	15
		2	Alicia LABUSCHAGNE	2	
		3	Olivia LABUSCHAGNE	5	
		4	Aynslee VAN GRAAN	7	

2	CGA	1	Mikyla Ferreira	6	48
		2	Estmari Van Der Westhuizen	13	
		3	Nasiphi Nobhangaye	14	
		4	Minnette Van Der Westhuizen	15	
3	AFS	1	Sellwane Mabaza	21	112
		2	Nontshaba Thupa	27	
		3	Kebileng Mahloko	31	
		4	Ezanne Kleynhans	33	
4	ACNW	1	Luleka Dyonki	9	131
		2	Klasego Moholo	30	
		3	Jo-Marie Botes	45	
		4	Mikyla Snyman	47	
5	AMPU	1	MAVIS NKABINDE	23	147
		2	CHANE DU PREEZ	35	
		3	TANIA RHEEDER	43	
		4	LEWAZI NZIMANDE	46	
6	ANWN	1	ZARISE VENTER	40	188
		2	GALALETANG MEKGWE	42	
		3	ELINZA MOSTERT	52	
		4	CHANTE RAUTENBACH	54	
7	BOLA	1	Annereen Malan	24	188
		2	Bevan-Lee Swartz	44	
		3	Zadie Isaacs	56	
		4	Jacqueline Goliath	64	

BOYS 17

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Blessing Ncube	1	37
		2	Lucky Ntombela	10	
		3	Tiaan Botes	11	
		4	Lindokuhle Maseko	15	
2	ACNW	1	Mabu Mosala	4	41
		2	Donald Meleane	6	
		3	Anele Molingi	14	
		4	Johannes Motsoeneng	17	
3	AGN	1	Skhalo MTHIMKHULU	9	67
		2	Mpho MOTAUNG	13	
		3	Mpho MAKOFANE	21	
		4	Jaco SCHOONWINKEL	24	
4	AFS	1	Hendrik Mokoena	3	78
		2	Rantso Mokopane	5	
		3	Lehlohonolo Masowa	32	
		4	Joseph Manelo	38	
5	KZNA	1	Mkhawuleni Hlatshwayo	7	115
		2	Sbusiso Malinga	12	
		3	Adam Lipschitz	40	
		4	Nkosinathi Dlamini	56	
6	AMPU	1	BONGINKOSI MANKGE	2	168
		2	INNOCENT ZULU	46	

		3	BASIL VILJOEN	59	
		4	SABELO SIBEKO	61	
7	BOLA	1	Maxwell Gouws	28	197
		2	Venchesco Adonis	53	
		3	Marco Jansen	54	
		4	Richard Bester	62	
8	LIMA	1	Tertuis Oosthuizen	26	202
		2	Tumisang Ngako	47	
		3	Ruan Nel	58	
		4	Gerald Kekana	71	
9	ATRA	1	Sakhumzi Mathiso	22	216
		2	PUZA RICARDO	44	
		3	Sirayi Ncedile	64	
		4	Amanda Booie	86	
10	ANWN	1	JASON BOTHA	23	247
		2	RAPULA MOLOKWANE	60	
		3	KARABO KOBE	70	
		4	PONTSHO MOKOWASI	94	

GIRLS 17

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	AGN	1	Kyla VAN GRAAN	2	20
		2	Mashele KATEKANI	4	
		3	Annah LEKALAKALA	5	
		4	Eunice DE VILLIERS	9	
2	CGA	1	MURENDWA DAVHANA	1	26
		2	Nomsa Cossa	6	
		3	Chante Bester	8	
		4	Thato Makhafola	11	
3	AFS	1	Joan Van Wyk	7	46
		2	Felicia Mofokeng	10	
		3	Sylvia Dibakwane	14	
		4	Mareli Hattingh	15	
4	KZNA	1	Sindi Mngomezulu	17	87
		2	CHILI SLINDILE	18	
		3	Slindile Hlatshwayo	19	
		4	Kelly Fletcher	33	
5	ACNW	1	Anne Makopa	21	129
		2	Jolandé Müller	22	
		3	Annique Burger	38	
		4	Arista Neethling	48	
6	AMPU	1	XABO GLENROSE	3	189
		2	THANDEKA SIBANYONI	60	
		3	ELIZ-MARI MARX	61	
		4	KARIN PIENAAR	65	
7	ANWN	1	MARIELLE HUGO	50	243
		2	JENAVE RAUTENBACH	62	
		3	KATLEGO NGAKANE	64	
		4	DANIELLE MENEZIES	67	

JUNIOR MEN 8KM

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Armin Botha	1	19
		2	Sithembile Dondolo	4	
		3	Thabiso Mateba	5	
		4	Monwabisi Mkhonzi	9	
2	ATRA	1	Mfumancko Fadane	3	78
		2	ZUSIPHE MPIYAKHE	10	
		3	Luvo Mantashe	31	
		4	NTSILA SANELE	34	
3	AFS	1	Anastacius Ontong	6	80
		2	Benjamin Molehe	14	
		3	Sello Masia	18	
		4	George Tshabalala	42	
4	AGN	1	Simon MOKONYAMA	8	81
		2	Diphetogu PONCHO	16	
		3	Jonathan BREDEKAMP	25	
		4	Gift MAHLANGU	32	
5	KZNA	1	Sonnyboy Mkhwanazi	7	104
		2	Luvuyo Mhlakaza	17	
		3	Cebo Myeza	36	
		4	Sakhile Mthembu	44	
6	BOLA	1	William Kaptein	2	123
		2	Luyando Qolo	21	
		3	Kane Reilly	45	
		4	Nicolin Farmer	55	
7	ACNW	1	Thato Mmadi	22	147
		2	Tumelo Mokabane	27	
		3	Thapelo Matokonyane	38	
		4	Michael Hendricks	60	
8	AMPU	1	ZIMBIRI SAKHILE	30	150
		2	SCELO SIBEKO	39	
		3	MGIJIMI MAMBA	40	
		4	JOHARDT VAN HEERDEN	41	
9	WPA	1	JEROMY ANDREAS	13	191
		2	GODWIN SWARTZ	29	
		3	HILTON PERSENTS	74	
		4	ORION FARO	75	
10	ANWN	1	ERNEST BASIME	24	254
		2	JOHAN BERRANGE	56	
		3	LETLHOGONOLO MUGODIELE	85	
		4	ZANDER STANDER	89	
11	AGW	1	Itumeleng Thole	58	306
		2	Tebogo Motibe	77	
		3	Ashley Van Rooyen	78	
		4	Ray Gaborone	93	

JUNIOR WOMEN 6KM

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	Sylvia Tshehtlanyane	2	19
		2	Mamphielo Sibanda	3	
		3	Googness Lichaba	5	
		4	KEITUMETSI DISIPI	9	
2	AGN	1	Happiness MKHIZE	4	40
		2	Gerdri WOLMARANS	8	
		3	Ankia STOLS	12	
		4	Jeane NOTHLING	16	
3	AFS	1	Danel Prinsloo	6	62
		2	Charity Moletsane	11	
		3	Mamello Molaoa	20	
		4	Jessica Stevens	25	
4	BOLA	1	Monique ann Lombaard	14	87
		2	Annamart-Marie Laubscher	18	
		3	Annei Kloppers	22	
		4	Heleen Malan	33	
5	ATRA	1	Sirayi Thabisa	1	98
		2	ZOVUYO MDEDELWA	27	
		3	AVELA NONGCI	34	
		4	ZIYANDA SKHAFINI	36	
6	KZNA	1	Nompumelelo Mnyandu	21	135
		2	Mbali Mokoena	32	
		3	Sbongile Lushaba	40	
		4	Khanyisile Thabethe	42	
7	WPA	1	ASIPHE SNYMAN	31	153
		2	AMY ABRAHAMS	35	
		3	KHANYA MATEYISI	38	
		4	REGHANA BEUKES	49	
8	ACNW	1	Carlin Jansen van Rensburg	7	153
		2	Laune Meyer	29	
		3	Jessica van Wyk	52	
		4	Olivia Conradie	65	
9	ANWN	1	DANICA COETZEE	58	277
		2	VERONIQUE V HEERDEN	67	
		3	ANE BRIEL	74	
		4	BUYELWA MATABOGE	78	

MEN 21 4KM

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	STEVEN MHLONGO	1	12
		2	THATO MOLATEDI	2	
		3	PIETER WILDERS	3	
		4	REUBEN MAGENGENENE	6	
2	AFS	1	Samuel Marokoane	12	57
		2	Sello Masia	14	
		3	Kamohelo Moahlodi	15	
		4	Teboho Mock	16	
3	AGN	1	Joel MADIBA	4	74

		2	Adrian WALLACE	18	
		3	Rapelang KGAJE	21	
		4	Albertus BADENHORST	31	
4	AMPU	1	ABEDNICO MASHABA	7	114
		2	NKOSINATHI VILAKAZI	8	
		3	MLUNGISI MTSHALI	44	
		4	BHEKI DLADLA	55	
5	ACNW	1	Lucas Bothobutle	13	123
		2	Jerry Motsau	19	
		3	Frederik Geldenhuys	30	
		4	Henno Havenga	61	
6	EPA	1	Mariano Eesou	10	151
		2	Conrad Charles	45	
		3	Masibulele Heugh	47	
		4	Vernon Booysen	49	
7	BOLA	1	Shaun Lekay	27	174
		2	Angelo Booysen	37	
		3	Eugene Davids	53	
		4	Ruan Smith De Jager	57	
8	ANWC	1	FRANS AARON	43	230
		2	LEE-GARRICK DELEKANE	58	
		3	RAYN COETZEE	62	
		4	MICHAEL KETSABENG	67	
9	ANWN	1	THAPELO MOATLHODI	63	284
		2	RUAN SOEKOE	68	
		3	REALEBOGA TSHABADIRA	76	
		4	VINCENT VAUGHN	77	

WOMEN 21 4KM

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	MAXINE HEINE-WACKER	1	13
		2	ASHLEIGH SCHNETTLER	2	
		3	ANNIKA CLAASSENS	4	
		4	ANELDA PYPERS	6	
2	AGN	1	Anuscha NICE	3	25
		2	Letitia SAAYMAN	5	
		3	Chandre DU PLESSIS	7	
		4	Palesa MADDOA	10	
3	AFS	1	Marili Du Buisson	15	77
		2	Siphoka Mweza	19	
		3	Marilie Kotze	20	
		4	Claire Van Dyk	23	

MEN 23 4KM

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	ENOCK MANYANDI	2	17
		2	DEROCIOUS MAKHOBALO	3	
		3	ITUMELENG TSHETLANYANE	5	
		4	TUMELO MAHLANGU	7	

2	AFS	1 Pule Botsane 2 Nalezetsane Motloung 3 Tseko Lechong 4 April Meko	6 8 13 19	46
3	AGN	1 Anele SONQIBIDO 2 Ivan AMBRAAL 3 Abbey MORULANE 4 Martin NKOE	16 17 22 24	79
4	ANWN	1 ITUMELENG PHALA 2 KATLEGO KELEPILE 3 PETRUS NCUBE 4 POGISO FORTEIN	10 18 29 39	96

WOMEN 23 4KM

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	AGN	1 Portia NGWENYA 2 Thembi BALOYI 3 Mishelene LAGERWALL 4 Nerissa VAN DER WALT	1 2 3 5	11	
2	CGA	1 DOSEDA OBISI 2 ROLLINE MACHABAPHALA 3 KAYLEE SHIELDS 4 Lauren Venter	4 10 11 14	39	

SENIOR MEN 4KM

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1 ISAAC MBUYASE 2 ABRAM KHUMALO 3 PAUL TJAOANA 4 ESSAU NKOSI	1 3 7 8	19	
2	AGN	1 Steve NGQOLA 2 Israel LEGOETE 3 Pilgrim GUMBI 4 Gino NKOE	5 10 13 16	44	
3	EPA	1 Rodney Prins 2 Masanda Mlonyeni 3 Mkhuseli Nyongo 4 Marinus Johnson	6 14 17 22	59	
4	ACNW	1 Adriaan Geldenhuys 2 Rasta Matetoane 3 Malyekue Nqiyama 4 Mokhoa Rampi	4 30 31 40	105	
5	BOLA	1 Jacques Pretorius 2 Hilroy Slingers 3 Nathan Beukes 4 Lleswyn Arendse	9 18 35 44	106	
6	ATRA	1 MTSHA SIYABULELA 2 MZANDOLO LUSINDISO 3 MZUKISENI MATHYWAPHULA	2 23 36	111	

		4	Ngcoza Nyaniso	50	
7	ANWN	1	ISHMAEL PHOKWANE	20	163
		2	TSHEPANG TSITSI	42	
		3	SYDNEY MOTSUMI	47	
		4	THAPELO LENYORA	54	

SENIOR WOMEN 4KM

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	ANGELIQUE LEITAO	6	39
		2	YOLANDA PRETORIUS	10	
		3	OHNA LOUW/VISSER	11	
		4	CHARINE KRUGER	12	

SENIOR MEN 12KM

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	TSHAMANO SETONE	1	16
		2	XOLISA TYALI	3	
		3	JEFFERY GWEBU	5	
		4	MBONGENI NGXAZOZO	7	
2	AGN	1	Steven MOKOKA	2	39
		2	Kgosi TSOSANE	9	
		3	Motsamai MOTONE	13	
		4	Benedict MOENG	15	
3	AFS	1	Samuel Segoaba	4	46
		2	Godfrey Ramokone	6	
		3	Khothatso Mokone	17	
		4	Zwene Moreng	19	
4	AFS IND	1	Thulo Nyedimane	11	100
		2	Chabeli Nyedimane	16	
		3	Andries Pongwana	26	
		4	Wilfred Macholo	47	
5	WPA	1	SITYHILO DIKO	18	107
		2	NKOSINATHI MADYO	24	
		3	DUANE FORTUIN	30	
		4	VICTOR MSOPI	35	
6	ACNW	1	Tumelo Motlagale	22	153
		2	Jean Brummer	34	
		3	Ntiti Konana	40	
		4	Lindokuhle Maila	57	
7	AMPU	1	LUCAS JANI	12	167
		2	AMOS THANJEKWAYO	27	
		3	MAPEANE MAHLANGU	61	
		4	LUCKY NTSHANGASE	67	
8	KZNA	1	Sphamandla Nyembe	37	195
		2	Bonginkosi Zwane	43	
		3	SIFUNINKOSI NGQOYINGILE	53	
		4	Tebogo Khanyi	62	

SENIOR WOMEN 8KM

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	LEBO PHALULA	1	10
		2	NOLENE CONRAD	2	
		3	LEBOGANG PHALULA	3	
		4	MPHO MABUZA	4	
2	AGN	1	Catherine SKOSANA	8	53
		2	Myrette FILMALTER	11	
		3	Carlyn FISCHER	16	
		4	Gladys LUKHWARENI	18	
3	AFS	1	Anna Moeketsi	9	67
		2	Puseletso Maema	12	
		3	Maryna Swanepoel	22	
		4	NELMARIE LOUBSER	24	
4	KZNA	1	Jenna Challenor	7	70
		2	Puseletso Dladla	14	
		3	Makhosi Mhlongo	19	
		4	Kim Westbrook	30	
5	WPA	1	BUSISIWE MATIWANE	15	85
		2	BULELWA SIMAE	17	
		3	ASIPHE SKABALANJANA	26	
		4	SHERYL DE LANGE	27	

MEN 30-34

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	VINCENT KUTOANE	1	18
		2	NASTY MOKOLOKOLO	3	
		3	KGATHATSO CHEHCA	4	
		4	TSOKOLO LETLOTLO	10	
2	KZNA	1	Thubaletu Phaku	2	27
		2	SIMPHIWE ZULU	5	
		3	Ewoud Grobler	9	
		4	Innocent Nyawose	11	
3	AGN	1	Wilhelm STEYN	8	49
		2	Edward SETSHEDI	12	
		3	Montela NGOMANE	14	
		4	Karel KAPP	15	

WOMEN 30-34

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	ELIZABETH MTHOMBENI	1	13
		2	MAPHUTHI PHAKA	3	
		3	JUDITH SEIPATI PEO	4	
		4	CHRISTINA SEEMA	5	

MEN 35-39

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
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1	CGA		1	SIMON MPHULO	1	13
			2	ADAM MATONA	2	
			3	RAPHAEL TLADI	4	
			4	ACTION RAMOBOE	6	
2	AGN		1	Enoch SKOSANA	7	62
			2	Colin WITBOOI	14	
			3	Elmon NDLOVU	20	
			4	Peter MOTSHOENE	21	
3	AMPU		1	SIMON SIBISI	10	79
			2	EZEKEL KGAPODIMETSE	19	
			3	MOSES SKOSANANA	24	
			4	VUSI NKOSI	26	

WOMEN 35-39

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	AGN		1 Prudence ZWANE	1	19
			2 Ronel THOMAS	2	
			3 Jacquie VAN DER WAALS	3	
			4 Elouise DIRKSE VAN SCHALKWYK	13	
2	CGA		1 DAPHNEY HENDERSON	7	44
			2 BETTY PHUNGWAYO	11	
			3 FLORENCE MUNYAI	12	
			4 LORRAINE GRADWELL	14	
3	KZNA		1 Wendy Morgan	8	77
			2 Mary-Ann Taylor	21	
			3 Judith Mabea	22	
			4 Katie Roberts	26	
4	ANWN		1 KARON MURLEY	5	93
			2 JENINE RAUTENBACH	27	
			3 LENA MORAKE	29	
			4 ANNEMI MATHEWSON	32	
5	ACNW		1 Linda Lombard	10	95
			2 Michelle Muller	23	
			3 Lizelle Coetzee	28	
			4 Illze Dias	34	

MEN 40-44

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA		1 BUTIKI JANTJIES	1	13
			2 LAWRENCE CHIPANGAAN	3	
			3 NEVER MATIYA	4	
			4 MOEKETSI MOAGI	5	
2	AGN		1 Piet MOSEBEDI	2	59
			2 Daniel GWANGWA	14	
			3 Frikkie PYPERS	21	
			4 Graham MEGAW	22	

WOMEN 40-44

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	WPA	1	SHERYL DE LANGE	2	31
		2	ALTA WELMANS	3	
		3	TANA JANSE VAN RENSBURG	8	
		4	MARIAAN MALAN	18	
2	KZNA	1	Shani Silver	4	40
		2	Ursula Cockbain	6	
		3	Maureen Slack	10	
		4	Nana Sgubudu	20	
3	CGA	1	CECILE DIEDERICKS	9	63
		2	RETHA J VAN VUUREN	15	
		3	MOTSEI SEKWALO	17	
		4	ELIZABETH MAHAMO	22	
4	AGN	1	Estelle GREYLING	7	66
		2	Yvette VAN SCHALKWYK	13	
		3	Letmari DREECKMEIER	21	
		4	Anel COETZER	25	
5	AFS	1	Rozelle Cloete	14	80
		2	Sorita Viljoen	16	
		3	Alet Brits	23	
		4	Ilse Maartens	27	

MEN 45-49

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	TREVOR TOERIN	1	25
		2	TONY SILVA	5	
		3	ARTHUR WOOLDRIDGE	7	
		4	ZEB MOKONOTO	12	
2	AGN	1	Dan MOTHIBE	4	57
		2	Dawie DE VILLIERS	6	
		3	Rob HUDSON	23	
		4	David MODIBA	24	
3	KZNA	1	Willie Majombozi	9	60
		2	Mandla Dlamuka	16	
		3	Allan Harms	17	
		4	Wayne Scott	18	

WOMEN 45-49

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	AGN	1	Salome VERMEULEN	2	27
		2	Lettie SAAYMAN	5	
		3	Elmarie DU TOIT	6	
		4	Ilse MERRICK	14	
2	CGA	1	CONNIE VAN DER WESTHUIZEN	3	44
		2	Linda VAN DER GRYP	10	
		3	RONELLE HEYNS	15	
		4	LAURA VENTER	16	
3	WPA	1	ELMARIE COETZEE	4	51
		2	MARIETTE ESTERHUYSE	8	

		3	EVELINA TSHABALALA	19	
		4	MARNETTE MEYER	20	
4	KZNA	1	Kylie Griffin	7	59
		2	Janine Engels	12	
		3	Lydia Bridger	17	
		4	Sharon Williams	23	

MEN 50-54

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	CGA	1	JERRY RANKAPULE	1	31
		2	JOHANNES SEAKAMELA	6	
		3	ARRIGO FERRI	9	
		4	DIRK VENTER	15	
2	AGN	1	Japie BADENHORST	10	55
		2	Piet LOTTER	12	
		3	Stefan SNYDERS	14	
		4	Jan BESTER	19	

WOMEN 50-54

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	KZNA	1	Linda Wolhuter	6	34
		2	Blanche Moila	7	
		3	June Watson	10	
		4	Diane Warne	11	
2	AGN	1	Sandra STEENKAMP	1	34
		2	Lynette FISCHER	2	
		3	Ute DE MILANDER	14	
		4	Zodwa MOTAUNG	17	
3	CGA	1	LINDA COSTON	4	36
		2	ARGENTINA SENDA	5	
		3	MARI VAN DER WESTHUIZEN	12	
		4	JEMINA KHIBA	15	

MEN 55-59

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	AGN	1	Rufan PALM	6	36
		2	Gerhard SWART	8	
		3	Marius BOSMAN	10	
		4	Leendert LORENZEN	12	

WOMEN 55-59

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	KZNA	1	Judith Grove	2	14
		2	Jane Dickson	3	
		3	Sandy Fismer	4	
		4	Sheree Kirsten	5	
2	CGA	1	SEWELE ANNA MAPONYA	6	37

		2	BUKIWE DAMANE	8	
		3	NONHLANHLA HLATSHWAYO	11	
		4	NOMSA MOIMA	12	

MEN 60-64

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	KZNA	1	Eric Quibell	2	39
		2	Les Smith	10	
		3	Petros Shumi	13	
		4	Andy Watson	14	

MEN 65-69

NO	TEAM	ATHLETE NUMBER	ATHLETE	POSITION	PENALTY
1	AGN	1	Paulus MASILELA	1	16
		2	Joe BELLINGHAM	3	
		3	Mike KLEINSMIT	5	
		4	Gerrit VAN NIEKERK	7	