

CGA TEAM - SA CROSS COUNTRY CHAMPIONSHIPS 2019

SURNAME	First Name	Gender M/F	Age Category	Club Name
Mashele	Precious	M	SM10km	Olifantsfontein
Mphakathi	Ntsindiso	M	SM10km	Hollywood Bets A.C
Seboko	Kabelo	M	SM10km	Bedfordview
Papo	Francises Leserta	M	SM10km	Tsakane A.C
Khati	Tshepiso	M	SM10km	Old Ed's
Moloi	Samuel	M	SM10km	Bedfordview
Sangweni	Sakhile	M	SM10km	Germiston Callies
Ntanzi	Zhululek	M	SM10km	Hollywood Bets A.C
Moletsame	Moeletsi	M	SM10km	Tembisa A.C
Khonco	Thamsanqa	M	SM10km	UJ
Zwane	Farida	F	SW10km	Tembisa A.C
Joubert	Cornelia	F	SW10km	Boxer A.C
Van Meter	Katy	F	SW10km	Murray & Roberts
Mokgotla	Andronica	F	SW10km	Nedbank
Maripa	Cosy	F	SW10km	FFA
Mhuala	Prudence Refiloe	F	SW10km	Remmogo A.C
Shipalana	Pearl Paulinah	F	SW10km	Tembisa A.C
Moketla	Khutso	F	SW10km	Tembisa A.C
Lentswe	Brendon	M	SM4km	Nedbank
Buccarizza	Marko	M	SM4km	Born 2 Run
Hlebo	Andile	M	SM4km	Take It Easy A.C
Makane	Henry	M	SM4km	UJ
Makhubola	Derocious	M	SM4km	Bedfordview
Motaung	Thabo	M	SM4km	Scaw Harriers A.C
Jali	Prince	M	SM4km	Take It Easy A.C
Van Wyk	Ronaldo	M	SM4km	FFA
Molatedi	Thato	M	SM4km	Diepkloof A.C
Hlaka	Precious	F	SW4km	FFA

Cossa	Nomsa	F	SW4km	Rockies
Oldknow	Cian	F	SW4km	UJ
Brentano-Murphy	Zoë	F	SW4km	Randburg Harriers
Batji	Makoma	F	SW4km	Maxed Elite
Kruger	Charine	F	SW4km	Nedbank
Chaumeton	Maxime	M	M23	Olifantsfontein
Melamu	Kabelo	M	M23	Murray & Roberts
Chidi	Phenyo	M	M23	Tembisa A.C
Mokhonoana	Keletso Elvis	M	M23	Tembisa A.C
Sebola	Onkabetse	M	M23	UJ
Pheleu	Sello	M	M23	UJ
Raphotle	Johannes	M	M23	UJ
Van Der Merwe	Dylan	M	M23	Murray & Roberts
Pule	Thato	M	M23	FFA
Van Der Merwe	Nicole	F	W23	UJ
Nkuna	Welma	F	W23	UJ
Kellerman	Liza	F	W23	UJ
Ramela	Lebogang	F	W23	UJ
Madiela	Selinah	F	W23	Old Ed's
Ndlovu	Tashia	F	W23	FFA
de Beer	Rune (Cornelia)	F	W23	HS Randburg
Beukes	Caleb	M	JM	Boxer A.C
Mhlanga	Chris	M	JM	Gallopers A.C
Sesedi	Andries	M	JM	Colossus
Ntoe	Phemelo	M	JM	Mohlakeng A.C
Mtshwena	Siknanyiso	M	JM	East A.C
Tshabalala	Enock	M	JM	Benoni Harriers
Khumalo	Bhekizulu	M	JM	Tembisa A.C
Makgoga	Lethabo	F	JW	Murray & Roberts
Bosman	Casey	F	JW	Murray & Roberts
Seabi	Ntombenhle	F	JW	UJ
Mabuza	Simphiwe	F	JW	Gallopers A.C

Roelofse	Lyndi	F	JW	Boxer A.C
Dube	Fina	F	JW	Murray & Roberts
Mangala	Katlego	F	JW	East A.C
Macabela	Andiswa	F	JW	Gallopers A.C
Mashamaite	Dipuo	F	JW	Murray & Roberts
Ntuntwana	Thsepo	M	B17	Murray & Roberts
Swanepoel	Rynard	M	B17	HS Randburg
Brown	Antonio	M	B17	JAC
Mazwi	Asanda	M	B17	Murray & Roberts
Manenzhe	Tumelo	M	B17	Lydiard A.C
Leduma	Kagiso	M	B17	Murray & Roberts
Mouton	Jean	M	B17	HS Randburg
Lekaba	Gontse	M	B17	Kagiso Striders A.C
Maqashalala	Siyabonga	M	B17	Run Zone A.C
Coetzee	Gene	F	G17	FFA
Mosweu	Maria	F	G17	Murray & Roberts
Dixon	Chante	F	G17	Murray & Roberts
Kumile	Kenaleone	F	G17	Murray & Roberts
Wijtenburg	Sandra	F	G17	Nedbank
Bezuidenhout	Macaela	F	G17	Benoni High A.C
Ndou	Felicia	F	G17	Kopano Roots A.C
Minnie	Kayla	F	G17	32GI
Murat	Michaela	F	G17	Murray & Roberts
Sarah	Copeland	F	G17	FFA
Thombela	Simphiwe	M	B16	Waterfall A C
Bokaba	Ofentse	M	B16	Murray & Roberts
Ziqubu	Nkanyezi	M	B16	Waterfall A C
Vermaak	Marnu	M	B16	Marais Viljoen A.C
Mlatha	Musa	M	B16	Simunye Global A.C
Mabulani	Sipho	M	B16	Ubuhle A C
Vermeulen	Jason	M	B16	Old Ed's
Chauke	Tshepang	M	B16	Nedbank
Matebane	Tokelo	F	G16	Murray & Roberts

Botha	Shannon	F	G16	HS Randburg
de Meyer	Chane	F	G16	Benoni High A.C
Snyman	Deneke	F	G16	Lewensentrum
Mthetho	Thembi	F	G16	Murray & Roberts
Wilson	Bernedette	F	G16	32GI
Mthetho	Thembesile	F	G16	Murray & Roberts
Mosweu	Reatlegile	M	B15	Nedbank
Mvelase	Siyabonga	M	B15	Simunye Global A.C
Msibi	Sibusiso Calvin	M	B15	Tembisa A.C
Tuuba	Jacob (Malesela)	M	B15	Murray & Roberts
Mbatha	Siyabonga	M	B15	Katlehong A.C
Msimango	Ntokozo	M	B15	Ulinda A.C
Kwanele	Lefa	M	B15	Kwa-Thema Striders
Rosslee	Jayde	M	B15	Marais Viljoen A.C
Zwane	Lindokuhle	M	B15	Simunye Global A.C
Gumede	Ntokoza	F	G15	Simunye Global A.C
Korkie	Sue-Caiylen	F	G15	UJ
Swanepoel	Kimberley	F	G15	HS Randburg
Stoltz	Corlize	F	G15	JAC
de Beer	Jolandi	F	G15	HS Randburg
Mazibuko	Neyma	F	G15	Palmridge A.C
Krewu	Sinesipho	F	G15	Run Zone A.C
Mokgala	Polenah	F	G15	Lydiard A.C
Greig	Jennifer	F	G15	HS Randburg
Morepe	Johannes	M	B14	Murray & Roberts
Van Zyl	Francois	M	B14	FFA
Mabote	Bokang	M	B14	MAC A.C
Van Royen	Mibe	M	B14	Ismo A.C
Fanise	Retshepile	M	B14	Ubuhle A C
van Deventer	Dihan	M	B14	Benoni High A.C
Makgatha	Naledi	F	G14	Murray & Roberts
Lelimo	Palesa	F	G14	Kagiso Striders A.C
Sedimo	Segomotsi	F	G14	Murray & Roberts

Shokane	Kgototso	F	G14	Murray & Roberts
Chokoe	Makwena	F	G14	Murray & Roberts
Matshaba	Phemelo	F	G14	Lodirile A.C
Mashigo	Oratile	M	B13	Palmridge A.C
de Freitas	Camara	M	B13	Ismo A.C
Thapane	Lesego	M	B13	Ubuhle A C
Mnguni	Themba	M	B13	Tsakane A.C
Timati	Lutho	M	B13	Reiger Park A.C
Smith	Realeboga	M	B13	Kagiso Striders A.C
Rampa	Katleho	M	B13	Ubuhle A C
Marais	Kevin	M	B13	HS Randburg
de Meyer	Camryn	F	G13	Benoni High A.C
Nkoyane	Lebo	F	G13	Palmridge A.C
Dieketseng	Makgwarane	F	G13	Run Zone A.C
Gumede	Ntombi	F	G13	Simunye Global A.C
Nkosi	Hlengiwe	F	G13	East A.C
Dlamini	Nonhlanhla	F	G13	Palmridge A.C
Axsel	Chenelle	F	G13	Noordheuwel
van Staden	Amy	F	G13	EC Active
Diedericks-Boudouris	Chloe	F	G13	HS Randburg
Seboa	Itumeleng	M	B12	Colossus
Hlatshwayo	Njabula	M	B12	Ubuhle A C
Maleho	Keotsepile	M	B12	Kagiso Striders A.C
Mothale	Neo	M	B12	Palmridge A.C
Motlakoane	Kgothatso	M	B12	Colossus
Mafojane	Kgalalelo	M	B12	Colossus
Mothogwane	Naledi	F	G12	Kopano Roots A.C
Gray	Loghan	F	G12	Lydiard A.C
Gaorekwe	Kitso	F	G12	Kagiso Striders A.C
Nyathi	Lee Sue	F	G12	Ulinda A.C
Du Plessis	Kaitlyn	F	G12	Randburg Harriers
Adendorff	Shannon	F	G12	Germiston Callies
Mogapi	Olebogeng	M	B11	Kagiso Striders A.C

Horne	Nicholas	M	B11	Old Ed's
Buthlezi	Mbuso	M	B11	Ubuhle A C
Nkata	Ahlume Okuhle	M	B11	Ismo A.C
Ndou	Mulweli	M	B11	Kopano Roots A.C
Mbokane	Polite	F	G11	Palmridge A.C
Mentz	Chemene	F	G11	FFA
Mgwangqa	Paballo	F	G11	Palmridge A.C
Maruta	Nolia	F	G11	Reiger Park A.C
Ragedi	Reamogetse	F	G11	Diepkloof A.C
de Jong	Teneal	F	G11	Marais Viljoen A.C
Marole	Nthatisi	F	G11	Simunye Global A.C
Mlambo	Sihawu	M	B10	Simunye Global A.C
Nkomeni	Siyacela	M	B10	Simunye Global A.C
Brooks	Tyran	M	B10	Marais Viljoen A.C
Khumalo	Siyabonga	M	B10	Palmridge A.C
Munyai	Sinathemba	M	B10	Meadowlands A.C
Bekker	Michael	M	B10	EC Active
van Heerden	Llewellyn	M	B10	EC Active
Njodi	Ayanda	F	G10	Lodirile A.C
Maharaj	Anaamika	F	G10	Randburg Harriers
Modisane	Mbali	F	G10	Kagiso Striders A.C
Sesing	Katego	F	G10	Colossus
Mhlanga	Nokuthula	F	G10	Lodirile A.C
Malebana	Katleho	F	G10	Palmridge A.C
Ngwenya	Ntando	M	B9	Harambe A.C
Sesing	Motlatsi	M	B9	Colossus
de Lange	Bester	M	B9	Benoni Northerns
Fischer	Austen	M	B9	FFA
Nakana	Kgositsile	M	B9	Kagiso Striders A.C
Klaas	Nkosinathi	M	B9	Ubuhle A C
Pelser	Taya	F	G9	Noordheuwel
Maikane	Lebohng	F	G9	Rockies
Sesoko	Thato	F	G9	East A.C

van Vuuren	Claire	F	G9	JAC
Nelson	Heylenn	F	G9	Reiger Park A.C
Nkabinde	Anna	F	G9	Palmridge A.C
More	Tshoganyetso	F	G9	Masai A.C
Nkeane	Neo	M	B8	Simunye Global A.C
Nyezi	Sihle	M	B8	Simunye Global A.C
Mlambo	Siphosakhe	M	B8	Simunye Global A.C
Zondo	Anita	F	G8	Palmridge A.C
Pele	Amahle	F	G8	Lodirile A.C
Strydom	Natalie	F	G8	EC Active
Mkhawana	Tinyiko	F	G8	Kwanele Park
Rohrebeck	Rebecca	F	G8	Edenvale RRW
Ntoloane	Joseph	M	SM2km	Simunye Global A.C
Mthunzi	Shamase	M	SM2km	Daveyton Hearts AC
Sango	Mpho Menaughton	M	SM2km	Tsakane A.C
Lephetso	Lefu	M	SM2km	Reiger Park A.C
Hartzenberg	Jeremy Marshall	M	SM2km	Run Zone A.C
Mabunda	Khensani	M	SM2km	Simunye Global A.C
Mazaleni	Siyabulela	M	JM2km	Baobab
Sibiya	Ntonozo	M	JM2km	Take It Easy A.C
Sibanda	Lebogang	M	JM2km	Ulinda A.C
Dlamini	Katlego	M	JM2km	Ghetto
Sithole	Sibusiso	M	YM2km	Simunye Global A.C
Matsinga	France	M	YM2km	Ubuhle A C
Nel	Zacques (Francois)	M	YM2km	Kempton Park
Luthwisha	Lucky	M	YM2km	Palmridge A.C
Uzoho	Siyabonga	M	YM2km	Daveyton Hearts AC
Mahlopo	Keneuwe	F	YW2KM	Run Zone A.C
Manzini	Amanda	F	YW2KM	Ubuhle A C
Mbhamali	Zothile	F	JW2km	Take It Easy A.C
Sithole	Dinah	F	JW2km	Benoni Harriers
Ramatladi	Paballo	F	JW2km	Ulinda A.C
Ramatladi	Palesa	F	JW2km	Ulinda A.C

Thamaganyane	Simangelo	F	JW2km	Diepkloof A.C
Mdluli	Phindile	F	JW2km	Ulinda A.C
Siyavuya	Thomas	M	M35	Tembisa A.C
Tjaoana	Pule	M	M35	Waterfall A C
Rhangani	Rirhandzu	M	M35	SAPS
Sesing	Motlatsi	M	M35	Murray & Roberts
Mathole	Doctor	M	M35	Ubuhle A C
Mogole	Peter	M	M35	Kagiso Striders A.C
Mokgosinyane	Rebecca	F	W35	Nedbank
Mabuza	Mpho	F	W35	Gallopers A.C
Peo	Seipati	F	W35	Rockies
Sehloho	Boitumelo	F	W35	Kagiso Striders A.C
Matlakeng	Mankutoane	F	W35	Kagiso Striders A.C
Mampsika	Bridget	F	W35	Ivory Park A.C
Ngamole	Coolboy	M	M40	Nedbank
Mgcina	James	M	M40	SAPS
Ramaboea	Action	M	M40	Ivory Park A.C
Ngidi	Mafika	M	M40	Soweto A.C
Maifo	Lympson	M	M40	Nedbank
Maroko	Adam	M	M40	Nedbank
Marais	Anton	M	M40	Edenvale RRW
Vilakazi	Maria	F	W40	FFA
Marais	Ilse	F	W40	HS Randburg
Phaka	Maphuti	F	W40	Born 2 Run
Seema	Christina	F	W40	Ewart A.C
Tsepetsi	Morakane	F	W40	Phuthuma A.C
Matjila	Mary	F	W40	Peace Winning
de Meyer	Patricia	F	W40	Benoni High A.C
Makofane	Timothy	M	M45	Scaw Harriers A.C
Moiloa	Sello	M	M45	Kagiso Striders A.C
Motona	Adam	M	M45	Diepsloot
Mabuza	Lucky	M	M45	Wanderers AC
Kubheka	Nkosinathi	M	M45	Awesome Athletics

Locker	Trevor	M	M45	Fourways Road Runners
Jennett	Melanie	F	W45	Fourways Road Runners
Nyathi	Assalina	F	W45	Post Office
Skosana	Nomasonto	F	W45	Awesome Runners
Munyai	Florence	F	W45	Meadowlands A.C
Nyathi	Lonah	F	W45	Ulinda A.C
Sekwalo	Motsei	F	W45	Nedbank
Mbatha	Thuli	F	W45	Katlehong A.C
Mooi	George	M	M50	Gallopers A.C
Chipangaan	Lawrence	M	M50	Maxed Elite
Masia	Peter	M	M50	RAC
Moagi	Moeketsi Johannes	M	M50	Ulinda A.C
Miya	Esau	M	M50	SAPS
Mayer	Richard	M	M50	Lydiard A.C
de Winnaar	Winnie	F	W50	Nedbank
Mahlangu	Sarah	F	W50	Sunninghill
Jacobs	Irene	F	W50	MiWay Warriors A.C
Reis	Monica	F	W50	FFA
Venter	Laura	F	W50	Nedbank
Makhetha	Thuli	F	W50	Soweto A.C
Ndlovu	Reform	M	M55	Randburg Harriers
Wooldridge	Arthur	M	M55	Edenvale RRW
Mahlangu	Thulani	M	M55	Team Butterfly
Mokonoto	Zeb	M	M55	Nedbank
Mosala	Bernard	M	M55	Carlton A.C
Tshabalala	Kabelo	M	M55	Standard Bank A.C
Frey	Jackie	F	W55	Khoza
Loots	Rita	F	W55	RAC
Ketsekele	Thembeke	F	W55	Ukhozi
Mkhize	Ntombifuthi	F	W55	Rockies
Nkosi	Thoko	F	W55	Blue Sky A.C
Kotlhae	Maknosazana Constance	F	W55	Orlando A.C
Khumalo	Nomaswazi	F	W55	Kagiso Striders A.C

Ngobese	Victoria	F	W55	SAPS
Kekana	Petrus	M	M60	RAC
Smith	Alan	M	M60	Mercury
Ferri	Arrigo	M	M60	Nedbank
Fuller	Chris	M	M60	RAC
Lefine	Petrus	M	M60	Golden Reef
Singh	Sham	M	M60	RAC
Motsei	Onica	F	W60	RAC
Maponya	Sewele	F	W60	Wanderers AC
Netshisaul	Selinah	F	W60	RAC
Lekalake	Rachel	F	W60	Rockies
Mlambo	Thandi	F	W60	Afrox
Moima	Nomsa	F	W60	Orlando A.C
Moagi	Stephen	M	M65	Rockies
Vergi	Cyril	M	M65	Mercury
Netshisualu	Wilson	M	M65	RAC
Eybers	Aloysius	M	M65	Brotherhood
Teffo	Maxwell	M	M65	Tembisa A.C
Tulk	Kenny	M	M65	RAC
Sweidan	Liz	F	W65	Wanderers AC
Boshoe	Ithuteng	F	W65	Sunninghill
Hlatshwayo	Nonhlanhla Nellie	F	W65	Ekhaya AC
Chamberlain	Brian	M	M70	Varsity Kudus
Zulu	Philimon	M	M70	RAC
Connolly	Phil	M	M70	Randburg Harriers
Currie	Brian	M	M70	Sunward A.C
Greenblatt	Elaine	F	W70	RAC
Visser	Maria Cornelia (MC)	F	W70	Jannas
Ledwaba	Rachel	F	W70	Rockies
Seabi	Lesaya	F	W80	Ulinda A.C