

SA 5km Championships 2023 - Mass Event Results						
Position	Race No	Name	Nation	Club	Category	Time
1	1043	Namakoe Nkhasi	LES	NEDBANK LESOTHO	MO	00:14:26
2	1091	Rirhandzu Rhangani	RSA	ROCKY ROAD RUNNERS	M35	00:15:18
3	1003	Tyran Brooks	RSA	BOXER ATHLETICS CLUB	MJ	00:15:59
4	1033	Banele Mkhabela	RSA	WATERFALL CITY ATHLETICS CLUB	MO	00:16:09
5	1038	Jean Mouton	RSA	BOXER ATHLETICS CLUB	MO	00:16:17
6	1026	Dumsani Mahlangu	RSA	MAXED ELITE	MO	00:16:52
7	1021	Dale Kretzinger	RSA	BORN2RUN	M35	00:17:11
8	1089	Tumelo Rathobotha	RSA	DIEPKLOOF ATHLETICS CLUB	MO	00:17:12
9	1004	Tinashe Bure	ZIM	WATERFALL CITY ATHLETICS CLUB	MO	00:17:43
10	1094	Ishegoma Bushoke	RSA	BOXER	MO	00:17:47
11	1069	Llewellyn Van Heerden	RSA	HOERSKOOL MENLOPARK	MJ	00:17:54
12	1053	Johannes Pogiso Sekgabebe	RSA	JMPD ATHLETIC CLUB	M35	00:17:56
13	1022	Tylor Kroef	RSA	IRUN ATHLETIC CLUB	MJ	00:17:57
14	1042	Siphosakhe Ngubane	RSA	MAMELODI STRIDERS	MO	00:18:04
15	1032	A.j. Meyet	RSA	KEMPTON KLUB	MJ	00:18:27
16	1051	Jesse Pretorius	RSA	MENLO PARK	MJ	00:18:46
17	1027	Sipho Makhubu	RSA		M35	00:19:05
18	1063	Kaleb Van Niekerk	RSA	NEDBANK RUNNING CLUB GN	MJ	00:19:05
19	1017	Katelin Heymans	RSA	32GI	WJ	00:19:23
20	1092	Marcel Van Der Leck	RSA	BOXER	MJ	00:19:28
21	1018	Martha Jordaan	RSA	BOXER	WJ	00:19:29
22	1028	Thabang Marutla	RSA	NEDBANK RUNNING CLUB	MO	00:19:35
23	1048	Nkosinathi Nzuza	RSA	IKHAYALETHU	MO	00:19:42
24	1082	Divan Fourie	RSA	AFRIKAANSE HOËR SEUNSKOOL	MJ	00:19:56
25	1050	Hanri Pretorius	RSA	BOXER	WJ	00:20:02
26	1047	Lunathi Nyama	RSA	JERRY SENEKAL AC	MJ	00:20:08
27	1041	Daryl Mulder	RSA	LYDIARD	M40	00:20:29
28	1071	Michael Van Niekerk	RSA	FORTIS PRETORIA NORTH	MO	00:20:32
29	1093	Mpumelelo Ngoze	RSA	TOP RUN	MJ	00:20:38
30	1019	Kamo Kekana	RSA	JOHANNESBURG HARRIERS	MJ	00:20:39
31	1056	Billy Spengane	RSA		MO	00:20:42
32	1040	Patrick Mukwevho	RSA	HOLLYWOOD BETS	M50	00:20:49
33	1057	Evan Steenkamp	RSA	GALLOPERS	MJ	00:20:53
34	1087	Pedri Coetzee	RSA	WATERKLOOF	M55	00:20:56
35	1016	Saskia Heydenrych	RSA	HELPMEKAAR ATLETIEK KLUB	WJ	00:20:59
36	1015	Ciné Fraser	RSA	MONNAS	WJ	00:21:01
37	1058	Katelynn Steenkamp	RSA	GALLOPERS	WJ	00:21:14
38	1025	Andrew Lind	RSA		M35	00:21:16
39	1086	Reon Coetzee	RSA	WATERKLOOF	MJ	00:21:19
40	1010	Jacqueline Dersley	RSA	LYDIARD	W40	00:22:16
41	1068	Michaela Cowan	RSA	TAC TRANSVALIA ATHLETIC CLUB	WJ	00:22:30
42	1011	Alison Dix	RSA	JOZI X TRAINING	W50	00:23:01
43	1005	Phyllis De Fouw	RSA	NEDBANK SOWETO	W50	00:23:44
44	1073	Nadine Van Der Haar	RSA	RUN ZONE AC	WO	00:23:48
45	1044	Majaha Nkosi	RSA	LARA ATHLETICS CLUB	M40	00:24:17
46	1036	Meshack Molaba	RSA	SA RESERVE BANK	M40	00:24:18
47	1088	Ebrahim Tambala	RSA		MO	00:24:51
48	1012	Tim Dix	RSA	JOZI X TRAINING	M60	00:24:57
49	1020	Rethabile Khanye	RSA	NONE	WJ	00:24:58
50	1083	Rita Loots	RSA	RAC	W60	00:25:11
51	1034	Annah Mofokeng	RSA	NONE	WJ	00:25:15
52	1090	Abbaas Nhlongo	RSA		MJ	00:25:25
53	1074	Roslynd Dacey	RSA	FFA	W50	00:25:35
53	1066	Khumbulani Zezi	RSA	CHILLIE RUNNERS	M45	00:25:35
55	1035	Kamohelo Mokoena	RSA	JOHANNESBURG HARRIERS	WJ	00:26:43
56	1081	Michelle Fourie	RSA	HOËRSKOOL WONDERBOOM	WJ	00:27:57
57	1060	Dorcas Tsotetsi	RSA	NONE	WJ	00:28:28
58	1084	Nick Loots	RSA	RAC	M60	00:28:59
59	1023	Tineyi Kureva	ZIM	UJ ATHLETICS	MO	00:29:34
60	1059	Hlamuselani Tranquilt	RSA	NEDBANK	W35	00:30:00
61	1046	Mlandeni Ntsibande	RSA	MAUPA-NAGA ATHLETICS CLUB	M50	00:30:21
62	1030	Fhedzisani Masevhe	RSA	HOLLYWOODBETS AC	MO	00:31:07
63	1077	Moleboheng Mamorena Mdalana-Mayisela	RSA	SOWETO CABAL AC	W50	00:32:06
64	1080	Michelle Bester	RSA	TEAM VITALITY	W35	00:33:41
65	1096	Frans Rabapane	RSA	MANONI	M40	00:34:09
66	1095	Sgomo Mofokeng	RSA	HOLLYWOOD BETS	M40	00:34:20
67	1054	Karabo Sibiloane	RSA	NONE	WJ	00:34:29
68	1037	Christa Mouton	RSA	AGAPE ATHLETICS CLUB	W65	00:35:38
69	1061	Gloria Tsotetsi	RSA	MEDI HELP	W35	00:37:18
70	1024	Rita Laker	RSA	RUNAVATION	W75	00:41:47
71	1039	Ntandoyenkosi Moyana	RSA	N/A	WO	00:48:23