

Tswelopele Funerals Kaapsehoop 3 in 1 Marathon

Results by Gender: 10km

Date: 04 Nov 2023

Male

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
<input type="checkbox"/>	1	78 Precius MASHELE	Open	33	1990-10-13	00:29:13	CGA	
<input type="checkbox"/>	2	75 Chris MHLANGA	Open	22	2001-07-29	00:29:17	CGA	
<input type="checkbox"/>	3	156 Sivabonga NDLOVU	Open	26	1997-07-17	00:29:25	KZNA	
<input type="checkbox"/>	4	76 Andries SESEDI	Open	22	2001-04-10	00:29:33	CGA	
<input type="checkbox"/>	5	120 Reghen MAGWAI	Open	31	1991-12-12	00:29:36	AGN	
<input type="checkbox"/>	6	123 Simon MOKONYAMA	Open	31	1992-10-16	00:29:47	AGN	
<input type="checkbox"/>	7	121 Niel VAN DER MERWE	Open	19	2003-12-04	00:29:52	AGN	
<input type="checkbox"/>	8	191 Anthony TIMOTEUS	Open	28	1995-05-27	00:30:03	WPA	
<input type="checkbox"/>	9	118 Deon-Lee HENDRICKS	Open	26	1997-07-17	00:30:03	BOLA	
<input type="checkbox"/>	10	157 Lungelo KHUMALO	Open	27	1996-07-15	00:30:14	KZNA	

Female

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
<input type="checkbox"/>	1	127 Glenrose XABA	Open	28	1994-12-31	00:32:08	AGN	
<input type="checkbox"/>	2	85 Cacsille SOSIBO	Open	26	1997-08-31	00:32:48	CGA	
<input type="checkbox"/>	3	128 Karabo MAILULA	Open	21	2002-03-17	00:34:13	AGN	
<input type="checkbox"/>	4	83 Lebo PHALULA	Open	39	1983-12-09	00:34:39	CGA	
<input type="checkbox"/>	5	158 Jenet MBHELE	Open	29	1994-10-06	00:35:06	KZNA	
<input type="checkbox"/>	6	31 Nwabisa MUOLI	Open	31	1992-02-24	00:35:48	KZNA	
<input type="checkbox"/>	7	129 Carmie PRINSLOO	Open	21	2002-01-31	00:35:54	AGN	
<input type="checkbox"/>	8	159 Ntsoaki MALAHLOE	Open	23	2000-05-28	00:36:02	KZNA	
<input type="checkbox"/>	9	112 Hanlie BOTHA	40-49	45	1978-11-01	00:36:39	BORA	
<input type="checkbox"/>	10	13 Rone REYNECKE	Open	37	1986-02-26	00:36:56	ANWN	



Results signed off by	
Name	<i>Bess Bessier</i>
Time	
Signature	

Tswelopele Funerals Kaapsehoop 3 in 1 Marathon

Results by Category: 10km

Date: 04 Nov 2023

Junior - Male

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
<input type="checkbox"/>	1	Zenzile PHEKO	Junior	18	2005-04-14	00:30:43	CGA	
<input type="checkbox"/>	2	Siyabonga XOWANA	Junior	19	2004-02-29	00:30:53	AMPU	
<input type="checkbox"/>	3	Pontsho MOTAJUNG	Junior	19	2004-01-26	00:31:14	AGN	
<input type="checkbox"/>	4	Musawenkosi MNISI	Junior	18	2005-09-27	00:31:20	AMPU	
<input type="checkbox"/>	5	Regardt HATTINGH	Junior	16	2007-09-05	00:31:28	AGN	

Junior - Female

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
<input type="checkbox"/>	1	Wiepke SCHOEMAN	Junior	17	2006-06-29	00:37:04	AGN	
<input type="checkbox"/>	2	Martha JORDAAN	Junior	17	2006-03-16	00:38:12	AGN	
<input type="checkbox"/>	3	Kiona ROBINSON	Junior	16	2007-03-06	00:39:37	CGA	
<input type="checkbox"/>	4	Tshepang MOKWANAZI	Junior	15	2008-09-10	00:39:46	AVT	
<input type="checkbox"/>	5	Cassidy BOSMAN	Junior	15	2007-12-24	00:39:57	CGA	

40-49 - Male

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
<input type="checkbox"/>	1	Rhithandzu RHANGANI	40-49	40	1983-09-28	00:30:55	CGA	
<input type="checkbox"/>	2	Moorosi SOKE	40-49	40	1983-02-11	00:31:21	AFS	
<input type="checkbox"/>	3	Luyanda TSHANGANA	40-49	40	1983-06-17	00:31:39	EPA	

40-49 - Female

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
<input type="checkbox"/>	1	Hanlie BOTHA	40-49	45	1978-11-01	00:36:39	BORA	
<input type="checkbox"/>	2	Helene VAN ROOYEN	40-49	42	1981-02-13	00:38:23	AVT	
<input type="checkbox"/>	3	Simone BOTHA	40-49	41	1981-12-01	00:39:26	AGN	



Produced at: 2023/11/04 08:30:28
Page 1 of 3

Name	<i>Poss Kessner</i>	Results signed off by	<i>[Signature]</i>
Time		Signature	

50-59 - Male

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
	1	Johannes KEKANA	50-59	51	1972-04-25	00:34:14	CGA	
	2	Graham KATZEN	50-59	53	1970-06-06	00:35:08	WPA	
	3	George MOOI	50-59	57	1966-10-10	00:35:15	CGA	
	4	Phillip BESTER	50-59	53	1970-04-19	00:35:36	AGN	
	5	David KHOELE	50-59	53	1970-08-28	00:35:47	CGA	

60-69 - Male

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
	1	Desmond ZIBI	60-69	60	1963-09-21	00:34:34	EPA	
	2	Thabo HLAKO	60-69	60	1963-05-20	00:38:24	CGA	
	3	Reform NDLOVU	60-69	61	1962-07-20	00:38:50	CGA	
	4	Johan GROBBELAAR	60-69	61	1962-05-10	00:39:29	ASWD	
	5	Gideon RADEBE	60-69	66	1956-11-16	00:39:38	AMPU	

70+ - Male

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
	1	David MAPHANGULO	70+	70	1953-06-25	00:40:18	AGN	
	2	Van Reenen KRUGER	70+	91	1932-08-05	00:46:36	NA	
	3	Hannes ELS	70+	73	1950-01-08	00:47:17	EPA	
	4	Don CHARLES	70+	74	1949-04-26	00:49:46	EPA	
	5	Timothy PIENNAAR	70+	71	1952-03-10	00:52:14	WPA	

Wheel Chair - Male

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
	1	Sister MASEKO	Wheel Chair	54	1969-10-10	00:39:15		

237 Aues Nkosi



Results signed off by	
Name	<i>Bess Lester</i>
Time	
Signature	

50-59 - Female

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
<input type="checkbox"/>	1	Elizabeth POTTER	50-59	53	1970-09-17	00:39:49	CGA	
<input type="checkbox"/>	2	Karen SOBRINO	50-59	50	1972-11-25	00:40:32	KZNA	
<input type="checkbox"/>	3	Anne STEWART	50-59	53	1970-01-31	00:41:11	WPA	
<input type="checkbox"/>	4	Ingrid KOSTER	50-59	51	1971-12-13	00:42:22	AGN	
<input type="checkbox"/>	5	Ronal THOMAS	50-59	51	1972-01-19	00:42:37	AGN	

60-69 - Female

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
<input type="checkbox"/>	1	Hester FERREZUELO	60-69	61	1962-04-24	00:46:17	BORA	
<input type="checkbox"/>	2	Annajie BOTES	60-69	65	1957-12-10	00:46:49	ASWD	
<input type="checkbox"/>	3	Janine GOES	60-69	60	1963-05-14	00:46:50	KZNA	
<input type="checkbox"/>	4	Karen BROUGH	60-69	63	1960-06-24	00:47:32	CGA	
<input type="checkbox"/>	5	Irene SCHEFFER	60-69	67	1956-02-22	00:52:13	ANWN	

70+ - Female

Pos	No	Name	Category	Age	Date Of Birth	Time	Country Club	License
<input type="checkbox"/>	1	Margie SAUNDERS	70+	70	1953-09-16	00:47:01	EPA	
<input type="checkbox"/>	2	Nancy WILL	70+	71	1952-10-02	00:51:24	WPA	
<input type="checkbox"/>	3	Jos ELS	70+	71	1952-04-06	01:00:58	EPA	
<input type="checkbox"/>	4	Kyla BOOYENS	70+	92	1931-02-28	01:04:56	NA	
<input type="checkbox"/>	5	Rina PRETORIUS	70+	71	1952-07-26	01:11:07	AGN	



Results signed off by	
Name	<i>Lois Kessler</i>
Time	
Signature	

Tswelopele Funerals Kapsehoop 3 in

Team Results: 10km ASA Champs

Date: 2023/11/04

Pos	No	Name	Result
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Team Men

CGA : 01:58:45			
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1	78	Precius MASHELE	00:29:13
2	75	Chris MHLANGA	00:29:17
3	76	Andries SESEDI	00:29:33
4	80	Zenzile PHEKO	00:30:43

AGN : 01:59:54			
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1	120	Reghen MAGWAI	00:29:36
2	123	Simon MOKONYAMA	00:29:47
3	121	Niel VAN DER MERWE	00:29:52
4	122	Milton KEKANA	00:30:41

KZNA : 02:02:42			
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1	156	Siyabonga NDLOVU	00:29:25
2	157	Lungelo KHUMALO	00:30:14
3	155	Sipho MBANJWA	00:31:28
4	154	Pakiso MTHEMBU	00:31:37

EPA : 02:04:28			
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1	52	Cwenga NOSE	00:30:26
2	55	Sinethemba JILINGISI	00:30:49
3	54	Sinawo POTI	00:31:37
4	53	Andile MOTWANA	00:31:38

WPA : 02:06:47			
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1	191	Anthony TIMOTEUS	00:30:03
2	193	Godwin SWARTZ	00:31:30
3	194	Andre AFRIKA	00:32:29
4	205	Sive BHEBHA	00:32:48

AMPU : 02:07:00			
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1	24	Siyabonga XOWANA	00:30:53
2	23	Musawenkosi MNISI	00:31:20
3	25	Hope MATSHIYA	00:31:42
4	27	Graham MALINGA	00:33:07

AFS : 02:07:54			
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1	226	Motsau JERRY
2	224	Monnatiata TUMISANG

00:31:38
00:32:13

ACNW :

1	108	Yanga MALUSI
2	110	Avela RUBUSHE
3	109	Liyema QABAVANE
4	111	Mzoli MPALALA

00:31:01
00:35:26
00:39:22
00:44:12

BORA : 02:29:59

13

1	180	Katago SHOMOLELE
2	179	Kamogelo MOKHACHANE
3	186	Roberto DAVIDS
4	187	Erico WILLIAMS

00:32:55
00:33:44
00:36:23
00:36:27

AGW : 02:19:28

12

1	118	Deon-Lee HENDRICKS
2	116	Alfonzo JORDAAN
3	117	Nashville HOFMEESTER
4	119	David ANDREWS

00:30:03
00:34:31
00:36:20
00:38:26

BOLA : 02:19:18

11

1	30	Tsepo GAVU
2	32	Serame GUMEDE
3	102	Sampie MOKGATLA
4	103	Tsitsi MOKOENA

00:31:15
00:33:40
00:34:12
00:36:47

AVT : 02:15:52

10

1	7	Mohan RASOGO
2	8	Jeremiah MOSHWETSI
3	9	Kgaugelo RASOGO
4	11	Rapula IKALAFENG

00:31:13
00:32:38
00:33:01
00:34:36

ANWN : 02:11:27

9

1	213	Awethu NTSOTHO
2	212	Mongezi NGOBE
3	210	Aphele NKONYENI
4	218	Xolisani ZAMKELE

00:31:11
00:32:18
00:32:23
00:32:28

ATRA : 02:08:18

8

1	46	Moorosi SOKE
2	38	Sipho RAMOHOTSI
3	45	Ernest KHALATA
4	41	Sabatha KHAHANE

00:31:21
00:31:36
00:32:24
00:32:34

Tswelopele Funerals Kapsehoop 3 in

Team Results: 10km ASA Champs

Date: 2023/11/04

Pos	No	Name	Result
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Team Women

AGN : 02:19:11			1
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1	127	Glenrose XABA	00:32:08
2	128	Karabo MAILULA	00:34:13
3	129	Carmie PRINSLOO	00:35:57
4	136	Wiepke SCHOEMAN	00:36:54

CGA : 02:24:17			2
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1	85	Cacilie SOSIBO	00:32:48
2	83	Lebo PHALULA	00:34:39
3	84	Lebogang PHALULA	00:37:15
4	88	Kiona ROBINSON	00:39:37

KZNA : 02:27:26			3
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1	158	Jenet MBHELE	00:35:06
2	31	Nwabisa MJOLI	00:35:48
3	159	Ntsoaki MALAHLOE	00:36:02
4	170	Karen SOBRINO	00:40:32

AVT : 02:42:01			4
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1	36	Helene VAN ROOYEN	00:38:23
2	106	Rose JIJANE	00:39:36
3	105	Tshepang MOKWANAZI	00:39:46
4	107	Precious SHABALALA	00:44:18

EPA : 02:50:30			5
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1	68	Refetoe SOLOMONS	00:39:46
2	69	Adri WESSELS	00:42:25
3	70	Liza-Marie KINGSTON	00:42:58
4	72	Christine CLAASEN	00:45:23

BORA : 02:51:22			6
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1	112	Hanlie BOTHA	00:36:39
2	114	Tube MBALI	00:42:45
3	115	Breakfast BUKHO	00:45:43
4	113	Hester FERRERZUELO	00:46:17

WPA : 02:53:25			7
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Pos	Name	No	Result
1	Mia STEYTLER	206	00:37:36
2	Anne STEWART	208	00:41:11
3	Julie HUCKLE	207	00:43:16
4	Nancy WILL	209	00:51:24
ACNW :			
1	Swigers CARINA	225	00:37:57
AFS :			
1	Maryna SWANPOEL	50	00:44:09
2	Rebecca LETHOKO	51	00:49:13
AGW :			
1	Kebogile MOTSHABI	190	00:40:56
AMPU :			
1	Kayla COETZEE	33	00:41:23
2	Ava OOSTHUIZEN	34	00:42:09
3	Chantal MIDDEL-BOVÉE	35	00:44:25
ANWN :			
1	Rone REYNECKE	13	00:36:56
2	Irene SCHEFFER	17	00:52:13
ASWD :			
1	Tihanna HATINGH	4	00:43:14
2	Annafie BOTES	6	00:46:49
3	Maryke SASS	5	00:48:35
ATRA :			
1	Lusanda BOMVANA	216	00:38:05
2	Inani MAYEZA	221	00:44:14
3	Nkediseng MOLONGOANA	211	00:47:06

Tswelopele Funerals Kapsehoop 3 in

Team Results: 10km ASA Champs

Date: 2023/11/04

Pos	No	Name	Result
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Team Men 40-49

EPA : 02:11:59			1
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1	59	Luyanda TSHANGANA	00:31:39
2	58	Xolisa NDLUMBINI	00:32:33
3	61	George NTSHILIZA	00:33:39
4	57	Hopewell JABAVU	00:34:08

CGA : 02:13:00			2
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1	91	Rhirhandzu RHANGANI	00:30:55
2	92	Pule TJAONA	00:33:34
3	93	Johannes KEKANA	00:34:14
4	90	Omo HLUNGWANE	00:34:19

WPA : 02:17:33			3
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1	196	Ricardo BLAUW	00:33:12
2	195	Mthandazo QHINA	00:34:25
3	197	Oscar COETZEE	00:34:50
4	199	Graham KATZEN	00:35:08

KZNA : 02:18:36			4
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1	162	Simpliwe ZULU	00:32:21
2	163	Siyabonga DLADLA	00:32:38
3	168	Michael NDLOVU	00:36:41
4	169	David LAMONT	00:36:58

AFS :			
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AGN :			
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1	141	Motsamai MOTONE	00:31:55
2	145	Phillip BESTER	00:35:38
3	144	Phillimon MANYAKA	00:36:14

AMPU :			
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1	27	Graham MALINGA	00:33:07
2	28	Nhuthuko MASEKO	00:34:37

Tswelopele Funerals Kaapsehoop 3 in

Team Results: 10km ASA Champs

Date: 2023/11/04

Pos	No	Name	Result
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AGN : 02:44:23			
1	143	Simone BOTHA	00:39:26
2	142	Charlene ARCHER	00:39:58
3	149	Ingrid KOSTER	00:42:22
4	146	Ronel THOMAS	00:42:37

KZNA : 02:48:02			
1	170	Karen SOBRIANO	00:40:32
2	164	Caryann SMITH	00:40:44
3	172	Michelle SIMS	00:43:04
4	165	Nomcebo MTHETHWA	00:43:44

EPA : 02:50:30			
1	68	Refeloe SOLOMONS	00:39:46
2	69	Adri WESSELS	00:42:25
3	70	Liza-Marie KINGSTON	00:42:58
4	72	Christine CLASEN	00:45:23

AFS :			
1	51	Rebecca LETHOKO	00:49:13

AMPU :			
1	35	Chantal MIDDEL-BOVEE	00:44:25

ASWD :			
1	5	Maryke SASS	00:48:35

AVT :			
1	36	Helene VAN ROOYEN	00:38:23
2	106	Rose JIJANE	00:39:36

BORA :			
1	112	Hanlie BOTHA	00:36:39

CGA :			
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Team Female 40-49

Tswelopele Funerals Kaapsehoop 3 in

Team Results: 10km ASA Champs

Date: 2023/11/04

Pos	No	Name	Result
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AGN :			
1	145	Phillip BESTER	00:35:38
2	144	Phillimon MANYAKA	00:36:14

ANWN :			
1	15	Fanie BEUKES	00:41:02

AVT :			
1	103	Tsietzi MOKOENA	00:36:47

BOLA :			
1	119	David ANDREWS	00:38:26

CGA :			
1	93	Johannes KEKANA	00:34:14
2	94	George MOOI	00:35:07
3	95	David KHOELE	00:35:47

KZNA :			
1	168	Michael NDLOVU	00:36:41
2	169	David LAMONT	00:36:58
3	167	Theminkosi GUMEDE	00:37:11

WPA :			
1	199	Graham KATZEN	00:35:08
2	198	Shawn ABRAHAMS	00:36:21

Team Men 50-59

Tswelopele Funerals Kapsehoop 3 in

Team Results: 10km ASA Champs

Date: 2023/11/04

Pos	No	Name	Result
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		AGN : 02:51:46	1
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1	149	Ingrid KOSTER	00:42:22
2	146	Ronel THOMAS	00:42:37
3	147	Marill MUNNIK	00:43:19
4	148	Sunet EYBERS	00:43:29

		AFS :	
1	51	Rebecca LETHOKO	00:49:13

		ASWD :	
1	5	Maryke SASS	00:48:35

		CGA :	
1	98	Elizabeth POTTER	00:39:49

		EPA :	
1	72	Christine CLAASEN	00:45:23

		KZNA :	
1	170	Karen SOBRINO	00:40:32
2	172	Michelle SIMS	00:43:04

		WPA :	
1	208	Anne STEWART	00:41:11
2	207	Julie HUCKLE	00:43:16

Team Female 50-59