

FREE STATE CROSS COUNTRY *TEAM* 2026

2026

THIS IS THE TEAM OF THE FREE STATE CROSS COUNTRY FOR SA CHAMPS 2026

Pos	Name	Surname	School	Age	Licence	Region
BOYS 8 - 1 KM						
1	Johandre	van Heerden	Truida Kestell	B8-1km	J40168	TM
2	Ivanru	Odendaal	Truida Kestell	B8-1km	J42205	TM
3	Roeland	Marx	Jordania PS	B8-1km	J42360	TM
4	Erik	Potgieter	Grey College Primary	B8-1km	J42046	MOT
5	SAMKELO	MDLULI	TRIO PRIMARY SCHOOL	B8-1km	J40035	FD
6	Adolph	Krogman	Wilgerivier	B8-1km	J41536	TM
7	EDRICH	WIUM	TRIO PRIMARY SCHOOL	B8-1km	J40015	FD
8	IGNUS	BLOM	HOËRSKOOL HOOPSTAD	B8-1km	J42912	LEJ
9	Esjee	v d Merwe	Jordania PS	B8-1km	J42361	TM
10	BUHLEBENKOSI	DASHE	KOPPIE ALLEEN	B8-1km	J42867	LEJ
11	Phenyo	Moshe	Bultfontein Hoërskool	B8-1km	J41501	MOT
12	Fanie	Brits	Reitz HS	B8-1km	J42548	TM
13	Katleho	Mosia	Graanveld	B8-1km	J42328	TM
14	Danie	Du Plooy	Bultfontein Hoërskool	B8-1km	J42195	MOT
15	MALAN	PRINSLOO	VOLUIT	B8-1km	J41954	LEJ
16	Petrus	Bosman	Willem Postma	B8-1km	J41052	MOT
17	Bekker	van der Merwe	Willem Postma	B8-1km	J41050	MOT
18	Rorisang	Mokoena	Graanveld	B8-1km	J42339	TM
GIRLS 8 - 1 KM						
1	Karlie	Fourie	Jordania PS	G8-1km	J42369	TM
2	MIENKE	FOUCHE	Oranje Primêr	G8-1km	J41592	MOT
3	Bophelo	Tabane	Masaleng PS	G8-1km	J42825	TM
4	Anja	Nel	Truida Kestell	G8-1km	J42307	TM
5	Oarabile	Madolo	Sentraal Primary	G8-1km	J40643	MOT
6	NOLUTHANDO	CHOKOCHELA	SETSHABELO P.S	G8-1km	0	LEJ
7	Hailey	Liebenberg	Willem Postma	G8-1km	J41049	MOT
8	MPAI	LETSOARA	KHOTSONG PS	G8-1km	J43150	LEJ
9	RUMé	LE ROUX	VAALPARK PRIMARY CLUB	G8-1km	J41797	FD
10	Anja	Landmann	Truida Kestell	G8-1km	J42261	TM
11	Ndlebe	Simphiwe	Loch Lomond	G8-1km	J42054	TM
12	BOITUMELO	OLIFANT	MALEBALEBA CLUB	G8-1km	J43228	LEJ
13	Riane	Visser	Truida Kestell	G8-1km	J42206	TM
14	JOHARETTE	CAMPHER	HOËRSKOOL HOOPSTAD	G8-1km	J40818	LEJ
15	HAIL	TSOTETSI	DREAM TEAM FREE STATE	G8-1km	J40302	FD
16	Lia	van der Watt	Senekal PS	G8-1km	J41419	TM
17	Carli	Botes	Bultfontein Hoërskool	G8-1km	J41504	MOT
18	MAILEY	BECKER	Oranje Primêr	G8-1km	J41591	MOT
BOYS 9 - 2 KM						
1	KOKETSO	BOBEJAAN	KOPPIE ALLEEN	B9-2km	J42871	LEJ
2	Logan	Kock	Truida Kestell	B9-2km	J42267	TM
3	Keeyan	Kotope	Ficksburg PS	B9-2km	J40814	TM
4	CAYDIANO	NTEO	HOËRSKOOL HEILBRON	B9-2km	J42496	FD

5	KATLEHO	CHABEDI	DR MNGOMA	B9-2km	0	LEJ
6	SIZAKHE	MLAMBO	MALEBALEBA CLUB	B9-2km	J43230	LEJ
7	Neo	Moloi	The Sentinel	B9-2km	J42973	TM
8	KORDIEU	SCHEEPERS	PARYS PRIMARY SCHOOL	B9-2km	J42419	FD
9	CAMTON	VAN WYK	VAALPARK PRIMARY CLUB	B9-2km	J41807	FD
10	Niel	Bosman	Reitz HS	B9-2km	J42554	TM
11	HANRO	COETSEE	VAALPARK PRIMARY CLUB	B9-2km	J41808	FD
12	Ethan	Fourie	Grey College Primary	B9-2km	J41296	MOT
13	David	Els	St Andrew's	B9-2km	J40449	MOT
14	SEBASTIAN	BRITS	VAALPARK PRIMARY CLUB	B9-2km	J41803	FD
15	Keeya	Zwane	Truida Kestell	B9-2km	J42213	TM
16	Justus	Van Zyl	Bultfontein Hoërskool	B9-2km	J41509	MOT
17	BONGANI	SMOUSU	P.TSANDERS	B9-2km	J43271	XH
18	Tyrese	Jansen	Sentraal Primary	B9-2km	J40611	MOT
GIRLS 9 - 2KM						
1	OMPHILE	MOTSAPI	DR MNGOMA	G9-2km	0	LEJ
2	TINA	LEKHABUNYANE	Botshabelo Golden Stars AC	G9-2km	J42657	MOT
3	AILA	CILLIERS	Oranje Primêr	G9-2km	J41598	MOT
4	RELEBOHILE	MBUTHO	TS MATLALE TSA	G9-2km	0	LEJ
5	THLONOLOFATSO	TSIBANI	TS MATLALE TSA	G9-2km	0	LEJ
6	Thandeka	Louw	P.TSANDERS	G9-2km	J43267	XH
7	MILAN	LOOTS	VAALPARK PRIMARY CLUB	G9-2km	J41811	FD
8	DANIKA	JOUBERT	PARYS PRIMARY SCHOOL	G9-2km	J41362	FD
9	BOITUMELO	TSHABALALA	SETSHABELO P.S	G9-2km	0	LEJ
10	CHANEL	COETZEE	WELKOM VOLKSKOOL	G9-2km	J42094	LEJ
11	Elizabeth	Smith	Eunice PS	G9-2km	J41704	MOT
12	Kayleigh	Greyling	Harrismith PS	G9-2km	J41640	TM
13	BONOLO	SELLO	VOLUIT	G9-2km	J41943	LEJ
14	Cecelia	Boshoff	Truida Kestell	G9-2km	J42268	TM
15	KOKETSO	FOTHOYI	KHOTSONG PS	G9-2km	J43152	LEJ
16	Mari	Wessels	Fichardtpark Primêre Skool	G9-2km	J41729	MOT
17	Mila	Van Zyl	Bultfontein Hoërskool	G9-2km	J41514	MOT
18	Lara Joey	van der Linde	Laerskool Burgersdorp	G9-2km	J41665	MOT
BOYS 10 - 2 KM						
1	Molantwa Teboho	Maleho	Lebelo Primary School	B10-2km	J42608	MOT
2	Ordino	Kok	Willem Postma	B10-2km	J41061	MOT
3	Rynardt	Kymdell	Cocolan	B10-2km	J42522	TM
4	Bester	Grimbeek	Truida Kestell	B10-2km	J42222	TM
5	Andries	van Rooyen	Truida Kestell	B10-2km	J42217	TM
6	Jamalyn Kerwin	Seclave	Grey College Primary	B10-2km	J41316	MOT
7	Lethabo	Mokoena	St Andrew's	B10-2km	J40513	MOT
8	Bion	Botes	Harrismith PS	B10-2km	J41642	TM
9	OABAKWE	MOTHLABANE	TS MATLALE TSA	B10-2km	0	LEJ
10	Sthembiso	Tshabalala	NHC Bethlehem	B10-2km	J42123	TM
11	Janus	Odendaal	Truida Kestell	B10-2km	J42220	TM
12	SAMUEL	MBELE	DR MNGOMA	B10-2km	0	LEJ
13	MORENA	MPONDO	BRANDWAG VOLKSKOOL	B10-2km	J42677	LEJ
14	Meiring	Fouche	Grey College Primary	B10-2km	J41290	MOT
15	Jeremiah	Taylor	St Andrew's	B10-2km	J40514	MOT

16	Tumelo	Matsoso	Marquard Combined	B10-2km	J43180	TM
17	KATLEHO	LETEANE	KOPPIE ALLEEN	B10-2km	J42875	LEJ
18	KAGISO	MOKHONOANE	TS MATLALE TSA	B10-2km	0	LEJ
GIRLS 10 - 2 KM						
1	Amohelang	Mokone	Thari ya Tshepe	G10-2km	J42166	MOT
2	PULENG	MOKWAYI	MALEBALEBA CLUB	G10-2km	J43232	LEJ
3	Boipelo	Mosala	Thari ya Tshepe	G10-2km	J42167	MOT
4	Rianza	Boshoff	Truida Kestell	G10-2km	J42282	TM
5	Inge-Mari	Hamman	Jordania PS	G10-2km	J42390	TM
6	LENIKE	VAN DEN BERG	Oranje Primêr	G10-2km	J41611	MOT
7	Mardine	Moller	Jordania PS	G10-2km	J42389	TM
8	NOMTHANDAZO	PHOYANA	KHOTSONG PS	G10-2km	J43158	LEJ
9	Elné	Gründer	Fichardtpark Primêre Skool	G10-2km	J41720	MOT
10	Zoey	Gründer	Fichardtpark Primêre Skool	G10-2km	J41721	MOT
11	KYLIE	ROOTMAN	PARYS PRIMARY SCHOOL	G10-2km	J42418	FD
12	NAOMI	MALAN	Oranje Primêr	G10-2km	J40419	MOT
13	Abigail	Mogorosi	St Michael's	G10-2km	J40666	MOT
14	ANLÉ	BEUKES	PARYS PRIMARY SCHOOL	G10-2km	J40096	FD
15	BOHLALE	MOLISE	KHOTSONG PS	G10-2km	J43160	LEJ
16	Susara	Carstens (Thari)	Wilgerivier	G10-2km	J41539	TM
17	BOKAMOSO	LESEBA	ODENSIA	G10-2km	J43118	LEJ
18	NOMTHANDAZO	THENE	BRANDWAG VOLKSKOOL	G10-2km	J42679	LEJ
BOYS 11 - 3 KM						
1	Tshiamo	Brand	Thabo PS	B11-3km	J42794	MOT
2	Lebogang	Mabatla	Grassland Primary	B11-3km	J42596	MOT
3	Neo	Ngozo	Nthute	B11-3km	J42505	TM
4	Luanru	Odendaal	Truida Kestell	B11-3km	J42229	TM
5	Mokoena	Tshepo	Loch Lomond	B11-3km	J42055	TM
6	AMOHELANG	NKATI	LEBELO PRIMARY SCHOOL	B11-3km	J42612	MOT
7	KAMOHELO	MOKOQO	LEBELO PRIMARY SCHOOL	B11-3km	J42611	MOT
8	TSHEPANG	MOKHOSI	KHOTSONG PS	B11-3km	J43161	LEJ
9	KEYALEBOHA	RAMOTSEOA	KHOTSONG PS	B11-3km	J43162	LEJ
10	KARABO	NKONE	DIEKETSENG PRIMARY SCHOOL	B11-3km	J46257	LEJ
11	GOMOLEMO	MAY	IKAHENG P S	B11-3km	J42886	LEJ
12	Marcus	Fourie	Jordania PS	B11-3km	J42395	TM
13	Sipheshihle	Ngumbeni	OMNIA AC	B11-3km	J40546	FD
14	GERHARD	SNYMAN	PARYS MULTISPORT CLUB	B11-3km	J40245	FD
15	LERATO	NTSHINGANE	DR MNGOMA	B11-3km	0	LEJ
16	Teboho	Monyaki	LEBELO PRIMARY SCHOOL	B11-3km	J42618	MOT
17	ANRO	BURGER	LUMIÈRE PRIMARY SCHOOL	B11-3km	J41469	FD
18	RETIEF	HUGO	TRIO PRIMARY SCHOOL	B11-3km	J40016	FD
GIRLS 11 - 3 KM						
1	ELMARE	NAUDE	Oranje Primêr	G11-3km	J41617	MOT
2	Nonhlanhla	Ntombela	Nthute	G11-3km	J42503	TM
3	BOKAMOSO	MBELE	TSHIRELET SO PS	G11-3km	0	LEJ
4	MOIPONE	RADEBE	SETSHABELO P.S	G11-3km	0	LEJ
5	NALEDI	MPONDO	PRIME ATHLETICS CLUB	G11-3km	J43002	FD
6	Mokoena	Karabelo	Loch Lomond	G11-3km	J42050	TM
7	Omolemo	Setlaba	Koot Niemann P/S	G11-3km	J42158	MOT

8	TEBELLO	MOKOENA	SETSHABELO P.S	G11-3km	0	LEJ
9	Leah	Steyn	Universitas Primêr	G11-3km	J40463	MOT
10	Danli	van Tonder	Reitz HS	G11-3km	J42575	TM
11	DIEKETSENG	MAKAU	SETSHABELO P.S	G11-3km	0	LEJ
12	KATELYNN	SEHLABAKA	OMNIA AC	G11-3km	J40547	FD
13	BOHLOKWA	RADEBE	MALEBALEBA CLUB	G11-3km	J43235	LEJ
14	BONOLO	HOFFMAN	KHOTSONG PS	G11-3km	J43167	LEJ
15	REABETSWE	MOTAUNG	DR MNGOMA	G11-3km	0	LEJ
16	THANDEKA	MOTSOENENG	PARYS MULTISPORT CLUB	G11-3km	J40113	FD
17	Luthando	Moyo	Meqheleng	G11-3km	J43052	TM
18	MPUMI	TSHABALALA	NOORDSKOOL PRIMÊR	G11-3km	J41146	FD
BOYS 12 - 3 KM						
1	Sibusiso	Mkwanazi	Nthute	B12-3km	J42502	TM
2	ITUMELENG	MALEHO	LEBELO PRIMARY SCHOOL	B12-3km	J42609	MOT
3	John	Boshoff	Truida Kestell	B12-3km	J42290	TM
4	REANETSE	MAJAKE	KHOTSONG PS	B12-3km	J43169	LEJ
5	KAMOHELO	BAARDMAN	REAL LIONS AC	B12-3km	J40524	LEJ
6	LUTHANDO	MTINI	MADIKGETLA P.S	B12-3km		XH
7	Lucas	Msimanga	Nthute	B12-3km	J42501	TM
8	NEO	MBAMBA	ALLANRIDGE CS	B12-3km	0	LEJ
9	BANDILE	MOJAKI	KHOTSONG PS	B12-3km	J43170	LEJ
10	Thapelo	Sekgoto	TheSentinel	B12-3km	J42983	TM
11	NATHAN	CALLDO	SASOLBURG ATHLETIC CLUB	B12-3km	J40260	FD
12	Omphile	Monatisa	Reitz CA	B12-3km	J42604	TM
13	KGOITSI	MONCHUSI	EMBONISWENI PS	B12-3km	0	LEJ
14	KGOSI	MAKUBE	NOORDSKOOL PRIMÊR	B12-3km	J41149	FD
15	Kberon	Kotse	Sentraal Primary	B12-3km	J40597	MOT
16	THABO	MOTEBELE	LEMOTSO	B12-3km	J42920	LEJ
17	SIBUSISO	NTAKAKAZI	DR MNGOMA	B12-3km	0	LEJ
18	KAMOHELO	MHLUNGULANA	LEMOTSO	B12-3km	J42930	LEJ
GIRLS 12 - 3 KM						
1	KARABO	SIBILOANE	DREAM TEAM FREE STATE	G12-3km	J40303	FD
2	Boitumelo	Nyapotse	Thari ya Tshepe	G12-3km	J42169	MOT
3	SAMUKELISIWE	MDLULI	TRIO PRIMARY SCHOOL	G12-3km	J40034	FD
4	OMOLEMO	STOCK	KHOTSONG PS	G12-3km	J43173	LEJ
5	JABULILE	TSHABALALA	KHOTSONG PS	G12-3km	J43174	LEJ
6	MATAHIDISO	RATSUWE	MALEBALEBA CLUB	G12-3km	0	LEJ
7	MOTSHIDISANA	CHISA	TSHIRELETSO PS	G12-3km	0	LEJ
8	LEA	CILLIERS	Oranje Primêr	G12-3km	J41618	MOT
9	CHANé	DANNHAUSER	PARYS PRIMARY SCHOOL	G12-3km	J40104	FD
10	LEBOHANG	MOKOENA	OMNIA AC	G12-3km	J40548	FD
11	RELEBOHILE	HLAOLE	TRIO PRIMARY SCHOOL	G12-3km	J40017	FD
12	ZNEY	PIECHACZEK	Oranje Primêr	G12-3km	J41623	MOT
13	Amohelang	Thabane	Meqheleng	G12-3km	J43051	TM
14	KARABO	MHLUNGWA	KOPPIE ALLEEN	G12-3km	J42876	LEJ
15	Amirah	Kok	Willem Postma	G12-3km	J41080	MOT
16	BOITELO	MOTSAMAI	DR MNGOMA	G12-3km	0	LEJ
17	KYLA	DE WEE	P.TSANDERS	G12-3km		XH
18	Milanri	v Heerden	Jordania PS	G12-3km	J42402	TM

BOYS 13 - 4 KM						
1	Lungile	Maeke	Thari ya Tshepe	B13-4km	J42173	MOT
2	THABISO	QABALATSANE	Botshabelo Golden Stars AC	B13-4km	J42656	MOT
3	Mason	Jordaan	Fichardtpark Primêre Skool	B13-4km	J41733	MOT
4	MPHO	MPHETENG	REAL LIONS AC	B13-4km	J40526	LEJ
5	Janco	Khohler	Truida Kestell	B13-4km	J42236	TM
6	RICHARD	BOOYSON	MADIKGETLA P.S	B13-4km		XH
7	Johnathan	Matthew	Truida Kestell	B13-4km	J42073	TM
8	THABANG	TOSO	VOORUITSIG P.S	B13-4km		XH
9	Oratile	Keepile	City of Roses Athletes Club	B13-4km	J41170	MOT
10	Banele	Ndwene	Nthute	B13-4km	J42450	TM
11	Albert Adolf August	Zietsman	Grey College Primary	B13-4km	J41289	MOT
12	RELEBOHILE	MOKOENA	OMNIA AC	B13-4km	J40549	FD
13	BONGANE	MABE	OMNIA AC	B13-4km	J40553	FD
14	Kutlwano	Moholooa	Thari ya Tshepe	B13-4km	J42174	MOT
15	Ryan	Auths	St Andrew's	B13-4km	J40510	MOT
16	BLESSING	SELIKANE	DR MNGOMA	B13-4km	0	LEJ
17	Gerick	Botha	Ficksburg PS	B13-4km	J40894	TM
18	SIBUSISO	MKHABELA	LUMIÈRE PRIMARY SCHOOL	B13-4km	J41554	FD
GIRLS 13 - 3 KM						
1	MAMELLO	ROBERTS	PRIME ATHLETICS CLUB	G13-3km	J43003	FD
2	MATILDA	NDLOVU	OMNIA AC	G13-3km	J40552	FD
3	LINDIWE	MTHIMKULU	PRIME ATHLETICS CLUB	G13-3km	J43004	FD
4	KARLIESE	SCHEEPERS	PARYS PRIMARY SCHOOL	G13-3km	J42420	FD
5	Lisa	Van den Hever	Universitas Primêr	G13-3km	J41899	MOT
6	Malebo	Reitumetse	Masaleng PS	G13-3km	J42831	TM
7	GALLY	NKATI	REAL LIONS AC	G13-3km	0	LEJ
8	MPHO	TSAUTSE	DR MNGOMA	G13-3km	J43199	LEJ
9	Thuto	Mqoqi	Thari Ya Tshepe	G13-3km	J42170	MOT
10	Refiloe	Maseko	Meqheleng	G13-3km	J43050	TM
11	MOLEBOHENG	MAEYANE	THABONG PS	G13-3km	J43084	LEJ
12	BONOLO	MOSIPIDI	DIEKETSENG PRIMARY SCHOOL	G13-3km	J43259	LEJ
13	LWANDLE	MFEKA	NOORDSKOOL PRIMÊR	G13-3km	J41155	FD
14	MOSA	MOSHANE	TSHIRELETSO PS	G13-3km	0	LEJ
15	Miyanke	Landmann	Truida Kestell	G13-3km	J42299	TM
16	PABALLO	MAKHORO	KHOTSONG PS	G13-3km	J43177	LEJ
17	SUNé	BESTER	TRIO PRIMARY SCHOOL	G13-3km	J40013	FD
18	LEBOHANG	NANYAANE	TSHIRELETSO PS	G13-3km	0	LEJ
BOYS 14 - 4 KM						
1	KARABO	LUKHETHE	PRIME ATHLETICS CLUB	B14-4km	J41006	FD
2	Tiisetso	Monyaki	Thari ya Tshepe	B14-4km	J42176	MOT
3	Kamohelo	Rhine	Thari ya Tshepe	B14-4km	J42175	MOT
4	PULE	MALEHO	LEBELO PRIMARY SCHOOL	B14-4km	J42610	MOT
5	Tlotliso	Potsane	Christiaan de Wet	B14-4km	J42909	MOT
6	Teboho	Makae	Tlokola	B14-4km	J43253	TM
7	Bokamoso	Moorosi	Bultfontein AC	B14-4km	J40974	MOT
8	Bongani	Makabane	Nthute	B14-4km	J42497	TM
9	MPHO	NGAKE	BRANDWAG VOLSKOOL	B14-4km	J42675	LEJ
10	Nolan	de Poelah	G4G AC	B14-4km	J40222	TM

11	GOSIAME	SONJICA	CITY OF ROSES AC	B14-4km	J41992	FD
12	Kananelo	Dani	Thari ya Tshepe	B14-4km	J42177	MOT
13	JANCO	FERREIRA	PARYS HIGH SCHOOL	B14-4km	J41361	FD
14	THUTO	MWAYA	LEMOTSO	B14-4km	J42931	LEJ
15	ABONGILE	NYARELI	DR MNGOMA	B14-4km	0	LEJ
16	SIYABONGA	QIBA	NTSHWEPHEPA PUBLIC SCHOOL	B14-4km	J42193	FD
17	Leroy	Mohale	Edenburg C/S	B14-4km	J41457	MOT
18	PULE	VAN WYK	WESSEL MAREE HS	B14-4km	J42660	LEJ
GIRLS 14 - 4KM						
1	Nobuhle	Mzizi	Nthute	G14-4km	J42504	TM
2	JESSIE	JOUBERT	PARYS HIGH SCHOOL	G14-4km	J41360	FD
3	MANANA	MTOLO	PRIME ATHLETICS CLUB	G14-4km	J41003	FD
4	Marizaan	Swanepoel	Bethlehem Voortrekker HS	G14-4km	J40680	TM
5	NALEDI	MOFOKENG	PRIME ATHLETICS CLUB	G14-4km	J42999	FD
6	Demaine	v Deventer	Witteberg HS	G14-4km	J40363	TM
7	Karabo	Monyaki	Nedbank By Grace	G14-4km	J40427	MOT
8	LEBOHANG	TJUTJUBE	REAL LIONS AC	G14-4km	0	LEJ
9	Hez-Mari	Coetzee	Witteberg HS	G14-4km	J42644	TM
10	NALEDI	LEEU	SETSHABELO P.S	G14-4km	0	LEJ
11	Cailyn	De Kock	Oranje Hoër Meisieskool	G14-4km	J41025	MOT
12	Caralize	Reyneke	Jim Fouché HS	G14-4km	J40333	MOT
13	NTOMBIZODWA	PHAKOE	THOTAGAUTA	G14-4km	0	LEJ
14	Lynné	Van Tonder	Oranje Hoër Meisieskool	G14-4km	J40088	MOT
15	Ilone	du Plooy	Witteberg HS	G14-4km	J42643	TM
16	TSEBO	MWAYA	LEMOTSO	G14-4km	J42932	LEJ
17	Lu-Anne	Labuschagne	Oranje Hoër Meisieskool	G14-4km	J41032	MOT
18	Janel	Verster	Hoërskool Sentaal	G14-4km	J40759	MOT
BOYS 15 - 4 KM						
1	Dehan	Cilliers	Bethlehem Voortrekker HS	B15-4km	J40365	TM
2	Dries	Van Tonder	Grey College Secondary	B15-4km	J42621	MOT
3	DIAN	ERASMUS	WELKOM-GIMNASIUM	B15-4km	J42814	LEJ
4	BOPHELO	MBONGO	PRIME ATHLETICS CLUB	B15-4km	J41010	FD
5	Thato	Hans	Fire Agape Dev. Club	B15-4km	J42754	TM
6	TSHEPANG	MAZIBUKO	MZOBA SPORTS CLUB	B15-4km	J43223	LEJ
7	Bokang	Sello	Christiaan de Wet	B15-4km	J42902	MOT
8	Wilhelm	Potgieter	Bethlehem Voortrekker HS	B15-4km	J40686	TM
9	MOKOTJO	NOSI	LEBELO PRIMARY SCHOOL	B15-4km	J42607	MOT
10	ANDRIES	MOREKI	RIEBEECKSTAD HIGH SCHOOL	B15-4km	J41158	LEJ
11	Kagisho	Keepile	City of Roses Athletes Club	B15-4km	J41169	MOT
12	Ruhan	Cilliers	Bethlehem Voortrekker HS	B15-4km	J40364	TM
13	Mpho	Xaba	G4G AC	B15-4km	J40221	TM
14	LUKHANYO	TLHOUOA	THE XTREME AC	B15-4km	J42666	LEJ
15	Lungile	Sesing	Christiaan de Wet	B15-4km	J42904	MOT
16	Jonito	Van Wyk	ORANJEKRAAG CS	B15-4km	J42855	XH
17	KGOTSO	MANOTO	PRIME ATHLETICS CLUB	B15-4km	J41007	FD
18	TSHEPO	MAZIBUKO	MZOBA SPORTS CLUB	B15-4km	J43221	LEJ
GIRLS 15 - 4KM						
1	DINEO	DITHAKONO	NEDBANKBYGRACE	G15-4km		XH
2	Anabelle	Bezuidenhout	Witteberg HS	G15-4km	J40202	TM

3	Elne	Hugo	Bethlehem Voortrekker HS	G15-4km	J40687	TM
4	Katleho	Duze	Bultfontein AC	G15-4km	J40967	MOT
5	Lisabelle	Beukes	Eunice High School	G15-4km	J40953	MOT
6	Mantsema	R Chobokoane	Bethlehem Voortrekker HS	G15-4km	J40693	TM
7	NURI	ROURKE	PARYS HIGH SCHOOL	G15-4km	J41345	FD
8	ENTLE	PANDELA	ST ANDREWS WLK	G15-4km	J41177	LEJ
9	RETHABILE	MATOLA	JC MOTUMI	G15-4km	0	LEJ
10	Michaela	Posthumus	Bethlehem Voortrekker HS	G15-4km	J40692	TM
11	Yole	De Klerk	Eunice High School	G15-4km	J40957	MOT
12	Zoe	Morgado	Eunice High School	G15-4km	J40956	MOT
13	Somahle	Mpanza	Oranje Hoër Meisieskool	G15-4km	J40068	MOT
14	THUBELIHLE	NKOSI	TRIO HIGH SCHOOL	G15-4km	J40810	FD
15	Aneldi	Bezuidenhout	Witteberg HS	G15-4km	J40201	TM
16	NALEDI	LETHIBELA	REAL LIONS AC	G15-4km	J40532	LEJ
17	ORIFILE	TAU	RIEBEECKSTAD HIGH SCHOOL	G15-4km	J41156	LEJ
18	REITUMETSE	RABELE	HARMONY HIGH	G15-4km	J43125	LEJ
BOYS 16 - 6 KM						
1	XOLANI	NKOSINDINA	PRIME ATHLETICS CLUB	B16-6km	Pending	FD
2	JUNIOR	MAILULA	PRIME ATHLETICS CLUB	B16-6km	J41015	FD
3	Diedericks	Monnabule	City Of Roses	B16-6km	J40530	MOT
4	Zanobuhle	Dial	Bultfontein AC	B16-6km	J40991	MOT
5	HANNES	JOHNSON	PHILIPPOLIS S.S	B16-6km	J43212	XH
6	Karabelo	Mabeta	Christiaan de Wet	B16-6km	J42905	MOT
7	Giovanni	Taaibosch	Jimmie Roos School	B16-6km	J41742	MOT
8	Jaylynn	Seclave	Grey College Secondary	B16-6km	J40940	MOT
9	THABANG	MAHLASELA	DREAM TEAM FREE STATE	B16-6km	J40301	FD
10	TUMELO	RUITERS	KOPANONG A/C	B16-6km	J40702	XH
11	LUHLE	DUMISA	PRIME ATHLETICS CLUB	B16-6km	J41016	FD
12	THATO	MONATISA	HTS LOUIS BOTHA THS	B16-6km	J40133	MOT
13	SIZWE	TSHABALALA	REAL LIONS AC	B16-6km	J40537	LEJ
14	Tshidiso	Sello	Free State Development	B16-6km	J40155	MOT
15	Simphiwe	Mkhwane	Jimmie Roos School	B16-6km	J41744	MOT
16	THATO	MOKONE	TETO HS	B16-6km	0	LEJ
17	Jan-Hendrik	Slabbert	Nedbank By Grace	B16-6km	J40429	MOT
18	Bophelo	Masheshe	Plotlisong	B16-6km	J43310	TM
GIRLS 16- 4 KM						
1	Gerne	Potgieter	Bethlehem Voortrekker HS	G16-4km	J40685	TM
2	Mothala	Mokoena	Fire Agape Dev. Club	G16-4km		TM
3	Vangile	Nhlapo	Thabotokoza	G16-4km	P2845	TM
4	Dineo	Motsoeneng	Fire Agape Dev. Club	G16-4km		TM
5	NINI	JOUBERT	GOUDVELD	G16-4km	0	LEJ
6	Masego	Sebolai	Fast Legs AC	G16-4km	J40717	MOT
7	Hannah	Heunis	St Michael's	G16-4km	J43063	MOT
8	Lerato	Mositoane	Plotlisong	G16-4km	J43306	TM
9	ITUMELENG GLADYS	MOHLATSANE	OMNIA AC	G16-4km	J40556	FD
10	MOLEBOHENG	BOGOSI	NEDBANKBYGRACE	G16-4km		XH
11	BOKANG	MOLOI	PRIME ATHLETICS CLUB	G16-4km	J42997	FD
12	KGALALELO	LEPHEANE	RIEBEECKSTAD HIGH SCHOOL	G16-4km	J41169	LEJ
13	UNAM	JACK	BOARAMELO C.S	G16-4km		XH

14	Omolemo	Motseki	ESKOM AC FS	G16-4km	J40001	MOT
15	Celeste	Pienaar	Witteberg HS	G16-4km	J40341	TM
BOYS 17 - 6 KM						
1	Katleho	Ralekhetla	Bultfontein AC	B17-6km	J40999	MOT
2	Neo	Sejane	Bultfontein AC	B17-6km	J40987	MOT
3	KATLEHO	MOKHOTHU	RIEBEECKSTAD HIGH SCHOOL	B17-6km	J41157	LEJ
4	KEITUMETSE	THOTELO	REAL LIONS AC	B17-6km	0	LEJ
5	Manny	Wilson	Grey College Secondary	B17-6km	J40948	MOT
6	Ofentse	Moletse	Petunia	B17-6km	J42891	MOT
7	THABO KANANELO	SEJENTU	THOTAGAUTA	B17-6km	0	LEJ
8	Thabo	Mabusa	Christiaan de Wet	B17-6km	J42903	MOT
9	Prince	Masowa	G4G AC	B17-6km	J42649	TM
10	LERATO	DITHEBE	THE XTREME AC	B17-6km	J42695	LEJ
11	KATLEHO	MEKOANE	MZOBA SPORTS CLUB	B17-6km	0	LEJ
12	AUPA	MTHOMBENI	THE XTREME AC	B17-6km	J42681	LEJ
13	KATLEHO	MTHOMBENI	RIEBEECKSTAD HIGH SCHOOL	B17-6km	J41164	LEJ
14	LEFA	MOKHESENG	REAL LIONS AC	B17-6km	J40534	LEJ
15	KEKELETSO	MAHLATSI	REAL LIONS AC	B17-6km	J40535	LEJ
16	KATLEGO	KOLOI	THE XTREME AC	B17-6km	J42661	LEJ
17	LESEDI OSCAR	MODUKA	THOTAGAUTA	B17-6km	0	LEJ
18	TSHWARELO	MOETI	THOTAGAUTA	B17-6km	0	LEJ
GIRLS 17 - 4 KM						
1	Carlin	Van Rooyen	Oranje Hoër Meisieskool	G17-4km	J40087	MOT
2	Moleboheng	Mohapi	Nedbank By Grace	G17-4km	J40425	MOT
3	Desire	Mohatlane	Bultfontein AC	G17-4km	J40995	MOT
4	NTSWAKI	MOKHELE	MZOBA SPORTS CLUB	G17-4km	0	LEJ
5	Rethabile	Dunjane	Fire Agape Dev. Club	G17-4km		TM
6	NEO	NKIANE	HTS LOUIS BOTHA THS	G17-4km	J40128	MOT
7	Lizelle	Swanepoel	Bethlehem Voortrekker HS	G17-4km	J40679	TM
8	NTHABISENG	ROBERTS	PRIME ATHLETICS CLUB	G17-4km	J43008	FD
9	Rethabile	Rasuyane	Marquard Combined	G17-4km	J43182	TM
10	Francisca	Rheeder	Witteberg HS	G17-4km	J42648	TM
11	Zita	Coetzee	Reitz HS	G17-4km	J42596	TM
12	CARLIEN	VAN ZYL	SANDVELD HS	G17-4km	J41039	LEJ
13	PONTSHO	MHLAHLA	PRIME ATHLETICS CLUB	G17-4km	Pending	FD
14	KATLEHO	RAMPAI	MZOBA SPORTS CLUB	G17-4km	0	LEJ
15	RUTENDO	GAWAZAH	PRIME ATHLETICS CLUB	G17-4km	J41001	FD
16	PALESA	SEKOTO	HTS LOUIS BOTHA THS	G17-4km	J40123	MOT
JUNIOR MEN - 8 KM						
1	Gerhard	Bossert	Witteberg HS	JM-8km	J40195	TM
2	TUMANE	MOROU	HTS LOUIS BOTHA THS	JM-8km	J40132	MOT
3	Katleho	Molato	Bultfontein AC	JM-8km	J40984	MOT
4	ITUMELENG	NQEXE	REAL LIONS AC	JM-8km	J40545	LEJ
5	Teboho	Mokoena	Bultfontein AC	JM-8km		MOT
6	SANDILE	MOKONENYANA	REAL LIONS AC	JM-8km	J40543	LEJ
7	Kgontse	Sebothana	UFS	JM-8km	P776	MOT
8	TSHEPANG	MORAKE	PRIME ATHLETICS CLUB	JM-8km	J41005	FD
9	THAPELO	MTHIMKHULU	SASOLBURG ATHLETIC CLUB	JM-8km	J40271	FD
10	ORATILE	KHUMISI	CITY OF ROSES AC	JM-8km	J43049	FD

11	KARABO	MOKOENA	PRIME ATHLETICS CLUB	JM-8km	Pending	FD
12	Thabang	Motaung	Fire Agape Dev. Club	JM-8km		TM
13	THABO	SENYANE	PRIME ATHLETICS CLUB	JM-8km	Pending	FD
14	Ntlaletsa	Siyakha	Bultfontein AC	JM-8km	J40998	MOT
15	ATLEHANG	ERASMUS	RIEBEECKSTAD HIGH SCHOOL	JM-8km	J41163	LEJ
16	GIFT	NGAO	HARMONY HIGH	JM-8km		LEJ
17	TSHEPISO	MORAKE	PRIME ATHLETICS CLUB	JM-8km	J41002	FD
18	MPHO	LESHORO	THE XTREME AC	JM-8km	J41237	LEJ
JUNIOR WOMEN - 6 KM						
1	Danell	Oelofse	Jim Fouché HS	JW-6km	J40375	MOT
2	Kara	Fourie	UFS	JW-6km	P723	MOT
3	REITUMETSE	BEUKES	NEDBANKBYGRACE	JW-6km		XH
4	MOIPONE	MOIKETSI	REAL LIONS AC	JW-6km	J40540	LEJ
5	Catherine	Van Aardt	Nedbank By Grace	JW-6km	J40430	MOT
6	Pearl	Thethani	Bultfontein AC	JW-6km	J40974	MOT
7	KHETHIWE	MOTSEKI	REAL LIONS AC	JW-6km	J40541	LEJ
8	RETHABILE	MOKOENA	THE XTREME AC	JW-6km	J43064	LEJ
9	Matumelo	Makama	CUT Bloemfontein	JW-6km	P3243	MOT
10	MARLIE	KRIEL	SASOLBURG ATHLETIC CLUB	JW-6km	J40266	FD
SENIOR MEN /23 - 4 KM						
1	Dumisani	Motlounge	UFS	M/23-4km	P731	MOT
2	Omphile	Letshabo	Nedbank By Grace	M/23-4km	P2835	MOT
3	Elias	Mgcina	UFS	M/23-4km	P854	MOT
4	Anele Sam	Gabuza	Motheo Tvet College	M/23-4km	P3641	MOT
5	Ipeleng	Mosala	Fast Legs AC	M/23-4km	J40719	MOT
6	Mmiseni	Ngcobo	CUT Bloemfontein	M/23-4km	P3270	MOT
7	Sibongile	Sakati	Edenburg C/S	M/23-4km	J41460	MOT
8	Neo	Seate	Boxer AC	M/23-4km	P3287	MOT
9	Life	Boya	UFS	M/23-4km	P772	MOT
10	Thato	Matsinyane	Maluti TVET	M/23-4km	P2384	TM
11	KHULANI	KHATE	THE XTREME AC	M/23-4km	P137	LEJ
12	Ubabalwe	Ndimma	CUT Bloemfontein	M/23-4km	P3252	MOT
13	BONGANI	DHLOMO	SASOLBURG ATHLETIC CLUB	M/23-4km	P3111	FD
14	Mfanafuthi	Mashee	Tlokola	M/23-4km	J43255	TM
15	Keamohetswe	Kholoanyane	Christiaan de Wet	M/23-4km	J43029	MOT
16	REATLEHILE	RAMOKOPU	SASOLBURG ATHLETIC CLUB	M/23-4km	P 3112	FD
17	SOBI	MATUBE	THE XTREME AC	M/23-4km	P3797	LEJ
18	JADEN	MAEMA	KOPANONG A/C	M/23-4km	J40699	XH
WOMEN /23 - 4 KM						
1	Carrissa	Erasmus	UFS	W/23-4km	P760	MOT
2	YIBANATHI	DIKO	REAL LIONS AC	W/23-4km	J40544	LEJ
3	KARABO	KONDILE	WELKOM-GIMNASUIM	W/23-4km	J42819	LEJ
4	Lané	Van Rooyen	UFS	W/23-4km	P859	MOT
5	Magdalena	Arangies	Bethlehem Voortrekker HS	W/23-4km	J450165	TM
6	RELEBOHILE DECENCY	DHLANGISA	GOUDVELD MULTI SPORT	W/23-4km	P495	LEJ
7	NOMVULA	KLAAS	GOLDFIELDS TVET COLLEGE	W/23-4km	P2374	LEJ
8	Kiara	Van Wyk	UFS	W/23-4km	P754	MOT
9	Karabo	Ntsoana	Kovsie A.C	W/23-4km		TM
10	Carissa	Tredoux	UFS	W/23-4km	P757	MOT

11	Naledi	Kotokoane	CUT Bloemfontein	W/23-4km	P3267	MOT
12	CARA	CLAASSEN	GOUDVELD	W/23-4km	0	LEJ
SENIOR MEN 4 KM						
1	TSHEDISO	MAZINYO	ESKOM AC FS	SM-4km	P323	LEJ
2	NELSON KATLEHO	KHITSANE	SASOLBURG ATHLETIC CLUB	SM-4km	P3100	FD
3	TSHOLO	MARUMO	KEMS INTENSE R.C	SM-4km	0	LEJ
4	RETHABILE	MOKHOTHU	ESKOM AC FS	SM-4km	P2190	LEJ
5	Edward	Tlali	UFS	SM-4km	P787	MOT
6	SABATA	KHAGANE	KEMS INTENSE R.C	SM-4km	P3594	LEJ
7	FIKILE	HLAPANE	GOLDFIELDS TVET COLLEGE	SM-4km	P2415	LEJ
8	Retshidisitswe	Shai	ESKOM AC FS	SM-4km	P309	MOT
9	TSHEDISO	MOLOKE	BULTFONTEIN AC	SM-4km	0	LEJ
10	VUYO	MAZWAZWA	GOLDFIELDS TVET COLLEGE	SM-4km	P2407	LEJ
11	Maduna	Letsatsi	HollyWood A.C	SM-4km		TM
12	Thamsanqa	Mbeba	CUT Bloemfontein	SM-4km	P3261	MOT
13	RETHABILE	THOABALA	THE XTREME AC	SM-4km	P2417	LEJ
14	RICHAJEN	CHARLIE	ESKOM AC FS	SM-4km	P321	LEJ
15	Percy	Gcuze	City Of Roses	SM-4km	P3533	MOT
16	BONGANI	MZILI	ESKOM AC FS	SM-4km	P2187	LEJ
17	KATLEHO	MOSIA	ESKOM AC FS	SM-4km	P1975	MOT
18	OOMPIE	NGOMBA	THE XTREME AC	SM-4km	P3408	LEJ
SENIOR WOMEN - 4 KM						
1	Lizandre	Mulder	Boxer AC	SW-4km	P2930	MOT
2	Itumeleng	Nkungwana	Maluti TVET	SW-4km	P2569	TM
3	MODIEHI	MACHELI	GOLDFIELDS TVET COLLEGE	SW-4km	P2412	LEJ
4	JEANNETTE	MOTSEI	KEMS INTENSE R.C	SW-4km	P3590	LEJ
5	Moleboheng	Litabe	Maluti TVET	SW-4km	P2873	TM
6	Kealeboga	Mnisi	CUT Bloemfontein	SW-4km	P3269	MOT
7	Lizette	Myburgh	FSKRC	SW-4km	P1430	MOT
8	RUTH	MLAMBO	REAL LIONS AC	SW-4km	0	LEJ
9	Juane	Jacobs	Centre City Titaniums AC	SW-4km	P2513	MOT
10	Christa	Moodley	Harrismith MC	SW-4km	P1283	TM
SENIOR MEN 10 KM						
1	Thabang	Mathosa	Nedbank By Grace	SM-10km	P2872	MOT
2	Bongani	Hlongwane	NedbankByGrace	SM-10km	P2845	TM
3	Sello	Macholo	Maluti TVET	SM-10km	P2378	TM
4	DUMISANI	SETHOLE	CUT WELKOM CLUB	SM-10km	P3122	LEJ
5	Mpho	Letsoaka	QwaQwa A.C	SM-10km	P3721	TM
6	DANIEL	RAMPAI	BLOEMFONTEIN STRIDERS	SM-10km	P2578	MOT
7	BAKOENA	KHAMA	ESKOM AC FS	SM-10km	P324	LEJ
8	THATO	LEIEE	GOLDFIELDS TVET COLLEGE	SM-10km	P2405	LEJ
9	Mojalefa	Mokhukhule	Nedbank By Grace	SM-10km	P2871	MOT
10	THABANG	MOTAUNG	REAL LIONS AC	SM-10km	0	LEJ
11	Karabelo	Rotobane	Christiaan de Wet	SM-10km	P3779	MOT
12	Khethisi	Mpheteng	Maluti TVET	SM-10km	P2874	TM
13	HLASWA	KONDILE	ESKOM AC FS	SM-10km	P325	LEJ
14	Amogelang	Leballo	UFS	SM-10km	P873	MOT
15	KABELO	TLHONE	RIEBEECKSTAD HIGH SCHOOL	SM-10km	P3571	LEJ
16	DIKGANG	SELLO	THE XTREME AC	SM-10km	P3409	LEJ

17	Karabo	Ngoaketsi	UFS	SM-10km	P844	MOT
18	MONGEZI	MBANE	SASOLBURG ATHLETIC CLUB	SM-10km	P3110	FD
SENIOR WOMEN 10 KM						
1	Lizandre	Mulder	Boxer AC	SW-10km	P2930	MOT
2	Jayme-Sue	Vermaas	CUT Bloemfontein	SW-10km	P3272	MOT
3	Boipelo	Malebo	Nedbank By Grace	SW-10km	P2838	MOT
4	Joané	De Bruyn	UFS	SW-10km	P748	MOT
5	Lerato	Mngomezulu	Maluti TVET	SW-10km	P2377	TM
6	NONDLADLA LYDIA	DHLANGISA	SAPS FREE STATE	SW-10km	P3356	LEJ
MEN 35-39						
1	Thabang	Masihleho	BLOEMFONTEIN STRIDERS	M35-39	P3008	MOT
2	SELAPANE JONAS	SOKE	BLOEMFONTEIN BOXER RUNNIN	M35-39	P3289	LEJ
3	Hannes	Naude	UFS	M35-39	P769	MOT
4	TSHEPO	NYAPOTSE	KOPANONG A/C	M35-39	P3181	XH
5	DAVID	MOLHISELWA	ESKOM AC FS	M35-39	P318	MOT
6	JACO	EBERTSOHN	BLOEMFONTEIN STRIDERS	M35-39	P1200	MOT
7	Thabang Amos	Mphuthi	Hollywood Club	M35-39	P2788	TM
8	CHADIBA	MAHASA	HARMONY STRIDERS/C	M35-39	P999	LEJ
9	Serame	Mosia	Eskom AC	M35-39	P315	TM
10	MOEKETSI	MARUMO	CITY OF ROSES AC	M35-39	P3529	FD
11	THABO	TSHIPE	MZOBA SPORTS CLUB	M35-39	0	LEJ
12	Johan	Swanepoel	UFS	M35-39	P839	MOT
13	ALWYN	HUGO	KROONSTAD MULTISPORT	M35-39	P3420	FD
MEN 40-44						
1	Buti	Mokoena	HollyWood A.C	M40-44	P2770	TM
2	PAULUS	MARUMO	CUT WELKOM CLUB	M40-44	P2611	LEJ
3	MICHAEL	SHASHA	SASOLBURG ATHLETIC CLUB	M40-44	P1030	FD
4	Louis	v Deventer	Jordania PS	M40-44	P3734	TM
5	Dawie	VAN HEERDEN	BLOEMFONTEIN STRIDERS	M40-44	P1528	MOT
6	Charl	Smit	The Running Edge	M40-44	P3389	MOT
7	Chris	Pelser	BLOEMFONTEIN STRIDERS	M40-44	P3456	MOT
8	HENDRI	DU PLESSIS	BLOEMFONTEIN STRIDERS	M40-44	P1197	MOT
9	WARREN	JORDAAN	KROONSTAD MULTISPORT	M40-44	P273	LEJ
10	DERRICK	BRITZ	KROONSTAD MULTISPORT	M40-44	P3652	FD
11	Fusi	Sello	DLRRD	M40-44	P3154	MOT
12	NEELS	KOORZEN	PARYS MULTISPORT CLUB	M40-44	P1123	FD
MEN 45-49						
1	Gerhard	Fouché	Go Athletics Club	M45-49	P107	MOT
2	THINUS	WILKEN	KROONSTAD MULTISPORT	M45-49	P275	FD
3	SIBUSISO	NDHLELA	NEDBANK BY GRACE RC	M45-49	P3559	FD
4	JOSE	RODRIGUES	SASOLBURG ATHLETIC CLUB	M45-49	P1079	FD
5	Sergio	Motsoeneng	CrossRoads	M45-49	P3786	TM
6	ANDREW	VAN STRATEN	SASOLBURG ATHLETIC CLUB	M45-49	P1072	FD
7	FRANCOIS	OLIVIER	PARYS MULTISPORT CLUB	M45-49	P1224	FD
8	Lebogang	Mogongoa	CUT Bloemfontein	M45-49	P2210	MOT
9	Willie	v Jaarsveld	Senekal MS	M45-49	P120	TM
10	Dewald	Van Rooyen	Pentagon Pistols	M45-49	P585	MOT
MEN 50-54						
1	Rulf	Nkhi	Mangaung AC	M50-54	P1177	MOT

2	Mphutlane	Modibedi	Pamoja AC	M50-54	P330	MOT
3	JORGE	MARQUES	SASOLBURG ATHLETIC CLUB	M50-54	P1075	FD
4	ISHMAEL TSHEDISO	MOHLAMME	SASOLBURG ATHLETIC CLUB	M50-54	P2246	FD
5	FILLIP	DICHABA	ESKOM AC FS	M50-54	P319	LEJ
6	MATTHEWS	MUSSIMANGO	SAPS FREE STATE	M50-54	P1217	LEJ
7	Herman	Fourie	Bfn Achilles	M50-54	P64	MOT
8	TSIETSI DANIEL	THAKENG	SOCIAL DEVELOPMENT AC	M50-54	P2008	LEJ
9	Ettiene	Bossert	G4G AC	M50-54	P250	TM
10	Benedictus	Kok	Move Multisport	M50-54	P2186	MOT
MEN 55-59						
1	Sampi	Morapedi	Pamoja AC	M55-59	P364	MOT
2	Phello	Mollo	HollyWood A.C	M55-59	P3620	TM
3	BENJAMIN	SENOKOANE	REAL LIONS AC	M55-59	P2069	LEJ
4	Tumahole John	Mokhua	Nedbank By Grace	M55-59	P2854	MOT
5	Johann	Claassens	Grootvlei Marathon Club	M55-59	P2057	MOT
6	Wikus	Vorster	UFS	M55-59	P768	MOT
7	NKOSANA	HLONGWANE	MZOBA SPORTS CLUB	M55-59	0	LEJ
8	EDWARD	SEHALE	CUT WELKOM CLUB	M55-59	P4946	LEJ
9	Lebenya	Ntobo	Kems Intense RC	M55-59	P3589	MOT
10	Flippie	Kotze	UFS	M55-59	P793	MOT
11	STIMELA	MALALANE	OMNIA AC	M55-59	P1586	FD
Men 60-64						
1	THEMBILE	GUSHANE	CUT	M60-64	P1786	LEJ
2	Lintikile Selvy	Pati	Kopanong	M60-64	P3160	MOT
3	PITSO	TSEHLE	OMNIA AC	M60-64	P1148	FD
4	Andre	Bartleman	UFS	M60-64	P849	MOT
Men 65-69						
1	Adri	Vermaas	UFS	M65-69	P823	MOT
2	JACOBUS JOHANUS	VERMAAK	MAIZE RUNNERS	M65-69	P238	LEJ
3	Ditaba Esaiah	Kolobe	Social Development Club	M65-69	P2003	MOT
4	ISHMAEL	DHLAMINI	HARMONY STRIDERS/C	M65-69	0	LEJ
Men 70-74						
1	JEFFREY	QCELU	CUT WELKOM CLUB	M70-74	P3119	LEJ
2	Jan	Rothman	Bethlehem MC	M70-74	P2291	TM
3	MICHAEL	ROOS	BLOEMFONTEIN STRIDERS	M70-74	P1876	MOT
WOMEN 35-39						
1	GLORIA	TSOTETSI	DREAM TEAM FREE STATE	W35-39	P2929	FD
2	KHUTSI	NKOSI	SOUTH AFRICAN NATIONAL DEF	W35-39	P34	FD
3	RULIEN	DIPPENAAR	GOUDVELD MULTI SPORT	W35-39	P492	LEJ
4	SELINA	RAMOKHOASE	KEMS INTENSE R.C	W35-39	P3592	LEJ
5	Regina	Mosia	Eskom AC	W35-39	P313	TM
6	MARISKA	ROOTMAN	PARYS MULTISPORT CLUB	W35-39	P3543	FD
WOMEN 40-44						
1	Este	Van Tonder	Nedbank By Grace	W40-44	P2480	MOT
2	Anna	Moeketsi	Nedbank By Grace	W40-44	P2867	MOT
3	Maryna	Swanepoel	Nedbank By Grace	W35-39	P2856	MOT
4	Bernice	Schoeman	Bethlehem MC	W40-44	P3197	TM
5	ROUXNE	JACOBS	BLOEMFONTEIN STRIDERS	W40-44	P2480	MOT
6	Frances	Terreblanche	BLOEMFONTEIN STRIDERS	W40-44	P1524	MOT

7	Nicole	Le Roux	Centre City Titaniums AC	W40-44	P1807	MOT
8	PALESA	MAFANYA	REAL LIONS AC	W40-44	P2076	LEJ
9	Riana	Fourie	Bfn Achilles	W40-44	P68	MOT
10	LIZ	MEETS	ESKOM AC FS	W40-44	P316	MOT
11	Deidre	v Deventer	Jordania PS	W40-44	P3733	TM
12	Santonja	Meyer	Bethlehem MC	W40-44	P3198	TM
13	Sanmarie	Van der Berg	Bloemfontein Striders	W40-44	P1536	MOT
14	SELLWANE	SEBINI	SASOLBURG ATHLETIC CLUB	W40-44	P2252	FD
15	Daphne	Masena	G4G AC	W40-44	P3746	TM
WOMEN 45-49						
1	Daleen	Cilliers	G4G AC	W45-49	P1371	TM
2	Elrita	Schutze	Bethlehem MC	W45-49	P3213	TM
3	Lena	Van Rooyen	Pentagon Pistols	W45-49	P854	MOT
4	AMANDA	LABUSCHAGNE	BOTHAVILLE MARATHON CLUB	W45-49	P2458	LEJ
5	ILONA	VAN HEERDEN	PARYS MULTISPORT CLUB	W45-49	P1120	FD
6	YOLANDI	RODRIGUES	SASOLBURG ATHLETIC CLUB	W45-49	P2241	FD
7	MICHELLE	PRETORIUS	GOUDVELD MULTI SPORT	W45-49	P435	LEJ
8	MANTSALI	MOKOEBETANE	SIBANYESTILLWATER	W45-49	P3505	LEJ
9	Lerina	Posthumus	Bethlehem MC	W45-49	P2879	TM
WOMEN 50-54						
1	Yolanda	Claassens	SANDF	W50-54	P23	MOT
2	Carolise	Jacobs	Centre City Titaniums AC	W50-54	P1833	MOT
3	REBECCA	LETHOKO	KEMS INTENSE R.C	W50-54	P3587	LEJ
4	Adri	Du Plessis	Bfn Achilles	W50-54	P76	MOT
5	Isabel	Arangies	G4G AC	W50-54	P176	TM
6	Saritta	Wiese	Bloemfontein Multisport	W50-54	P1904	MOT
7	YOLANDA	MYBURGH	THE XTREME AC	W50-54	P138	LEJ
8	HANLIE	VAN ZYL	MAIZE RUNNERS	W50-54	P234	LEJ
9	KARIEN	SMITH	KROONSTAD MULTISPORT	W50-54	P269	FD
WOMEN 55-59						
1	Elsabé	Myburgh	The Running Edge	W55-59	P1484	MOT
2	AMELIA	DU PLESSIS	HARMONY STRIDERS	W55-59	P971	LEJ
3	Rethia	Verster	Pentagon Pistols	W55-59	P2734	MOT
4	EMMA	NOETH	EBEN DÖNGES P/S	W55-59	P3726	LEJ
WOMEN 60-64						
1	Rika	Vermaas	UFS	W60-64	P845	MOT
2	COREEN	MALHERBE	GOUDVELD MULTI SPORT	W60-64	P449	LEJ
3	MORONGWE	MOLOI	SASOLBURG ATHLETIC CLUB	W60-64	P1064	FD
WOMEN 65-69						
1	Lynette	Fischer	Move Multisport	W65-69	P2150	MOT
2	ADELE	BOSCH	BLOEMFONTEIN STRIDERS	W65-69	P1502	MOT
WOMEN 70-74						
1	ANNA-MARIE	FERREIRA	PARYS MULTISPORT CLUB	W70-74	P1141	FD
YOUTH BOYS 2 KM						
1	PERONI	LEPHUTING	PRIME ATHLETICS CLUB	YB-2km	J41017	FD
2	Sanele	Mbangula	Bultfontein AC	YB-2km	J40966	MOT
3	Ayanda	Matsofso	Bultfontein AC	YB-2km	J40971	MOT
4	Wilhelm	du Plessis	St Andrew's	YB-2km	J40507	MOT
5	KUTLWANO	MOKOTJO	PRIME ATHLETICS CLUB	YB-2km	J43005	FD

6	KATLEHO	MEKOANE	MZOBA SPORTS CLUB	YB-2km	0	LEJ
7	HANNES	JOHNSON	PHILIPPOLIS S.S	YB-2km	J43212	XH
8	Prince	Masowa	G4G AC	YB-2km	J42643	TM
9	LUHLE	DUMISA	PRIME ATHLETICS CLUB	YB-2km	J41016	FD
10	Katlego	Khampepe	Bultfontein AC	YB-2km		MOT
11	ELDINO	MATSELETSELE	KOPANONG A/C	YB-2km	J41281	XH
12	TUMELO	RUITERS	KOPANONG A/C	YB-2km	J40702	XH
13	Kago	Motsumi	Bultfontein AC	YB-2km	J40989	MOT
14	THABANG	MAHLASELA	DREAM TEAM FREE STATE	YB-2km	J40301	FD
15	JUSTIN	JOHNSON	SCHONKENVILLE	YB-2km	J41561	FD
16	Katleho	Mokone	Bultfontein AC	YB-2km	J40978	MOT
17	Teboho	Molotsi	Christiaan de Wet	YB-2km	J42907	MOT
18	Tshamanaka	Motsabi	Bultfontein AC	YB-2km		MOT
YOUTH GIRLS 2 KM						
1	Carlin	Van Rooyen	Oranje Hoër Meisieskool	YG-2km	J40087	MOT
2	Gerne	Potgieter	Bethlehem Voortrekker HS	YG-2km	J40685	TM
3	Carla	Britz	Bethlehem Voortrekker HS	YG-2km	J40694	TM
4	Lizelle	Swanepoel	Bethlehem Voortrekker HS	YG-2km	J40679	TM
5	NTHABISENG	ROBERTS	PRIME ATHLETICS CLUB	YG-2km	J43008	FD
6	Danike	Crause	Hoërskool Sentraal	YG-2km	J40751	MOT
7	MOLEBOHENG	BOGOSI	NEDBANKBYGRACE	YG-2km	J40426	XH
8	Jana	Botha	Ficksburg HS	YG-2km	J41130	TM
9	Megan	Jordaan	Fichardtpark High School	YG-2km	J41197	MOT
10	Michelle	Cilliers	Fichardtpark High School	YG-2km	J41186	MOT
11	KAYLALEE	BEZUIDENHOUT	PARYS HIGH SCHOOL	YG-2km	J40105	FD
12	DIMAKATSO	MOHAPI	DR VILJOEN CS	YG-2km	J42809	MOT
13	UNAM	JACK	BOARAMELO C.S	YG-2km	J43265	XH
14	REALEBOHA	OLIFANT	WESSEL MAREE HS	YG-2km	J42663	LEJ
15	Anzel	Groenewald	Hoërskool President Steyn	YG-2km	J41277	MOT
JUNIOR MEN 2 KM						
1	Gerhard	Bossert	Witteberg HS	JM-2km	J40195	TM
2	SEMANGA	BOCHEDI	HTS LOUIS BOTHA THS	JM-2km	J40121	MOT
3	Boitumelo	Makhaotse	Bultfontein AC	JM-2km	J40976	MOT
4	Valentino	Beukes	UFS	JM-2km	P703	MOT
5	Sihle	Ngwenya	UFS	JM-2km	P759	MOT
6	Kgontse	Sebothana	UFS	JM-2km	P776	MOT
7	Sibongile	Sakati	Edenburg C/S	JM-2km	J41460	MOT
8	ITUMELENG	LESENYEHO	THE XTREME AC	JM-2km	J41252	LEJ
9	GOMOLEMO	JOSEPH	HTS LOUIS BOTHA THS	JM-2km	J40129	MOT
10	MPHO	LESHORO	THE XTREME AC	JM-2km	J41237	LEJ
11	Kamohelo	Lugunya	Christiaan de Wet	JM-2km	J43030	MOT
12	KATLEHO	SHAI	THE XTREME AC	JM-2km	J43065	LEJ
13	Maloisane	Rantsie	CUT Bloemfontein	JM-2km	P3266	MOT
14	JADEN	MAEMA	KOPANONG A/C	JM-2km	J40699	XH
15	ZUNAID	MC CLOEN	SCHONKENVILLE	JM-2km	J41557	FD
16	MODISE	BAEPI	THE XTREME AC	JM-2km	J40437	LEJ
17	Teboho	Sekese	Motho Tvet College	JM-2km	J41337	MOT
18	Tshepo	Mgwadleka	Christiaan de Wet	JM-2km	J43033	MOT
JUNIOR WOMEN 2 KM						

1	Kara	Fourie	UFS	JW-2km	P723	MOT
2	MOLEBOHENG	SELEPE	HTS LOUIS BOTHA THS	JW-2km	J40124	MOT
3	MOIPONE	MOIKETSI	REAL LIONS AC	JW-2km	J40540	LEJ
4	Catherine	Van Aardt	Nedbank By Grace	JW-2km	J40430	MOT
5	KHETHIWE	MOTSEKI	REAL LIONS AC	JW-2km	J40541	LEJ
6	YIBANATHI	DIKO	REAL LIONS AC	JW-2km	J40544	LEJ
7	RETHABILE	MOKOENA	THE XTREME AC	JW-2km	J43064	LEJ
8	KARABO	MOLEFI	THE XTREME AC	JW-2km	J43069	LEJ
SENIOR MEN 2 KM						
1	Dumisani	Motloun	UFS	SM-2km	P731	MOT
2	NELSON KATLEHO	KHITSANE	SASOLBURG ATHLETIC CLUB	SM-2km	P3100	FD
3	JABULANE	MADIBO	BOXER AC AFS	SM-2km	P3292	FD
4	Elias	Mgcina	UFS	SM-2km	P854	MOT
5	Tlotliso	Motsoeneng	Individual	SM-2km	P3747	TM
6	TSHOLO	MARUMO	KEMS INTENSE R.C	SM-2km	0	LEJ
7	TSHEDISO	MAZINYO	ESKOM AC FS	SM-2km	P323	LEJ
8	Kamva	Nuba	CUT Bloemfontein	SM-2km	P3263	MOT
9	Mmiseni	Ngcobo	CUT Bloemfontein	SM-2km	P3270	MOT
10	KARABO	GAOWELWE	GOLDFIELDS TVET COLLEGE	SM-2km	P2401	LEJ
11	Maduna	Letsatsi	HollyWood A.C	SM-2km	P2643	TM
12	Sebastiaan	Pauw	UFS	SM-2km	P738	MOT
13	David	Handley	UFS	SM-2km	P864	MOT
14	Ruan	Smith	UFS	SM-2km	P705	MOT
15	Mehluli Blessing	September	CUT Bloemfontein	SM-2km	P3245	MOT
16	TSHEPANG	THAETSI	THE XTREME AC	SM-2km	P3800	LEJ
17	Erik	Mofokeng	UFS	SM-2km	P784	MOT
18	Tumelo	Musa	Christiaan de Wet	SM-2km	P3778	MOT
SENIOR WOMEN 2 KM						
1	Lizandre	Mulder	Boxer AC	SW-2km	P2930	MOT
2	Carrissa	Erasmus	UFS	SW-2km	P760	MOT
3	Jayne-Sue	Vermaas	CUT Bloemfontein	SW-2km	P3272	MOT
4	Thenjiwe	Sibisi	CUT Bloemfontein	SW-2km	P3265	MOT
5	Stephi	Roos	UFS	SW-2km	P733	MOT
6	Carmen	Roos	UFS	SW-2km	P732	MOT
7	RELEBOHILE DECENCY	DHLANGISA	GOUDVELD MULTI SPORT	SW-2km	P495	LEJ
8	Amanda	Mqhaphetshu	Motheo Tvet College	SW-2km	P3644	MOT
9	Juane	Jacobs	Centre City Titaniums AC	SW-2km	P2513	MOT
10	NOMVULA	KLAAS	GOLDFIELDS TVET COLLEGE	SW-2km	P2374	LEJ
11	Mianda	Nel	Centre City Titaniums AC	SW-2km	P1800	MOT