

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### G-10

12	G-10	2 km	/ 2 km		00:00.00	Final
		Athlete		Team	Place	Achievement
GAU007	337	Sara	Mamonyane	Gauteng	1	00:07.16
ECA001	1	Olwethu	Mathumbu	Eastern Cape	2	00:07.28
NWP056	967	Keamogetswe	Semaushu	North West	3	00:07.30
GAU008	338	Minke	Scholtz	Gauteng	4	00:07.31
NWP055	966	Emanuella	Petkou	North West	5	00:07.51
WCA005	1024	Silke	Aucamp	Western Cape	6	00:07.52
GAU009	339	Kwena	Sobuza	Gauteng	7	00:07.53
MPU009	672	Mmathapelo	Moatshe	Mpumalanga	8	00:07.55
FSA001	110	Keitumetse	Ganso	Free State	9	00:07.56
LIM002	497	Palesa	Noko	Limpopo	10	00:07.57
FSA002	111	Mamello	Roberts	Free State	11	00:07.59
WCA004	1023	Marli	De Beer	Western Cape	12	00:08.01
WCA003	1022	Amy	Van Wyk	Western Cape	13	00:08.04
GAU010	340	Sumay	Heymans	Gauteng	14	00:08.06
FSA003	112	Lebohang	Naanyane	Free State	15	00:08.10
GAU011	341	Asavela	Silingile	Gauteng	16	00:08.12
ECA003	3	Samkelisiwe	Mpoto	Eastern Cape	17	00:08.22
LIM006	501	Lina	Mokoena	Limpopo	18	00:08.24
LIM005	500	Ofentse Innocent	Diphofa	Limpopo	19	00:08.27
NWP057	968	Boitshepo	Ditibane	North West	20	00:08.28
WCA001	1020	Winnique	Ruiters	Western Cape	21	00:08.29
FSA004	113	Lindiwe	Mthimkhulu	Free State	22	00:08.30
NWP059	970	Mosetsanagape	Mpolokeng	North West	23	00:08.31
MPU011	674	Emihle Dimpho	Makofane	Mpumalanga	24	00:08.32
FSA006	115	Bonolo	Majoro	Free State	25	00:08.35
LIM003	498	Rachael	Letsoalo	Limpopo	26	00:08.39
ECA004	4	Thembakazi	Myatazo	Eastern Cape	27	00:08.57
LIM004	499	Kholofelo	Bohopa	Limpopo	28	00:09.00
NWP058	969	Jade	Letebele	North West	30	00:09.14
MPU008	671	Samukelisiwe	Nxumalo	Mpumalanga	31	00:09.16
NCA003	774	Keaaleboga	Masilo	Northern Cape	32	00:09.18
GAU012	342	Thoko	Ndlovu	Gauteng	33	00:09.21
NCA002	773	Relebogeng	Maroane	Northern Cape	34	00:09.27
WCA006	1025	Willene	Lingerveld	Western Cape	35	00:09.36
NWP060	971	Elizabeth	Moabi	North West	36	00:09.44
MPU010	673	Boikano	Monareng	Mpumalanga	37	00:10.00
NCA004	775	Tamarah	De Wee	Northern Cape	38	00:10.00

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### G-11

26	G-11	3 km	/ 3 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
GAU019	349 Miane	De Clercq	Gauteng	1	00:11.10	
LIM007	502 Emily	Mabunda	Limpopo	2	00:11.13	
LIM008	503 Koketso	Mabonda	Limpopo	3	00:11.15	
ECA016	16 Onako	August	Eastern Cape	4	00:11.31	
LIM009	504 Eniphia	Monyeki	Limpopo	5	00:11.35	
MPU019	682 Yamukelo	Ntshangase	Mpumalanga	6	00:11.40	
NWP065	976 Onthatile	Chube	North West	7	00:11.45	
FSA008	117 Rethabile	Seshauke	Free State	8	00:11.50	
FSA007	116 Matshidiso	Hlongwane	Free State	9	00:11.51	
ECA015	15 Akhona	Ngobela	Eastern Cape	10	00:11.52	
LIM010	505 Thakgalo	Boshielo	Limpopo	11	00:11.53	
FSA010	119 Nthabeleng	Nkhatho	Free State	12	00:12.10	
MPU023	686 Ntokozo	Zulu	Mpumalanga	13	00:12.16	
NWP061	972 Keitumetse	Sehume	North West	14	00:12.18	
MPU022	685 Sisanda	Sithebe	Mpumalanga	15	00:12.20	
GAU024	354 Aurora	Sauls	Gauteng	16	00:12.23	
FSA009	118 Motshidisi	Hlongwane	Free State	17	00:12.25	
NWP066	977 Mhlali	Khalipha	North West	18	00:12.36	
GAU021	351 Katelyn	Van Staden	Gauteng	19	00:12.38	
WCA017	1036 Gabrielle	Masouw	Western Cape	20	00:12.48	
MPU020	683 Amahle	Mangena	Mpumalanga	21	00:12.57	
GAU022	352 Simnikiwe	Cefile	Gauteng	22	00:12.57	
NWP063	974 Kgomotso	Gama	North West	23	00:13.25	
NWP064	975 Kegomoditswe	Mosala	North West	24	00:13.35	
WCA014	1033 Jamy-Ann	Andries	Western Cape	25	00:13.41	
GAU023	353 Palesa	Ditire	Gauteng	26	00:13.42	
FSA011	120 Baanetse	Mofokeng	Free State	27	00:14.10	
WCA015	1034 Eltiana	Matthys	Western Cape	28	00:14.51	
FSA012	121 Inathi	Buqwana	Free State	29	00:15.10	

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### G-12

4	G-12	3 km	/ 3 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
GAU032	362	Chelsea	Van Dyk	Gauteng	1	00:10.38
FSA013	122	Esinako	Nhose	Free State	2	00:10.40
GAU031	361	Xante	Harris	Gauteng	3	00:10.59
LIM013	508	Mahlodi Seleka	Morudu	Limpopo	4	00:11.00
NWP067	978	Tlotlo	Sebego	North West	5	00:11.02
WCA026	1045	Lumari	De Beer	Western Cape	6	00:11.07
MPU031	694	Hlobisile	Khumalo	Mpumalanga	7	00:11.15
FSA015	124	Ayanda	Makhubo	Free State	8	00:11.16
FSA014	123	Matshediso	Mokaka	Free State	9	00:11.27
LIM018	513	Katlego	Ratau	Limpopo	10	00:11.40
LIM015	510	Mokgadi	Mmola	Limpopo	11	00:11.42
FSA018	127	Lerato	Beukes	Free State	12	00:11.47
ECA017	17	Kuhle	Bebeza	Eastern Cape	13	00:11.48
GAU033	363	Louisa	Ntanga	Gauteng	14	00:11.49
LIM014	509	Manikie Tlou	Thantsha	Limpopo	15	00:11.51
GAU036	366	Megan	Waller	Gauteng	16	00:11.57
LIM017	512	Matlou	Phago	Limpopo	17	00:12.11
ECA020	20	Asaphiwe	Xawu	Eastern Cape	18	00:12.15
WCA027	1046	Victoria	Bark	Western Cape	19	00:12.16
ECA018	18	Liyabona	Zide	Eastern Cape	20	00:12.21
WCA029	1048	Temecke	Smith	Western Cape	21	00:12.24
GAU035	365	Boipelo	Maroga	Gauteng	22	00:12.25
NWP072	983	Ofentse	Masinge	North West	23	00:12.26
WCA025	1044	Porchia	Mouton	Western Cape	24	00:12.33
GAU034	364	Refilwe	Ndlovu	Gauteng	25	00:12.34
WCA028	1047	Juanita	Swarts	Western Cape	26	00:12.36
MPU033	696	Zuzokuhle	Mlambo	Mpumalanga	27	00:12.37
FSA017	126	Sophia	Malebo	Free State	28	00:12.38
NWP070	981	Bonolo	Dikgang	North West	29	00:12.39
WCA030	1049	Shanelle	Van Staden	Western Cape	30	00:12.40
MPU035	698	Nobuhle	Nkosi	Mpumalanga	31	00:12.41
MPU036	699	Njabulo	Mnisi	Mpumalanga	32	00:12.42
MPU032	695	Pholosho	Mashiane	Mpumalanga	33	00:12.43
MPU034	697	Andile	Ntshwane	Mpumalanga	34	00:12.51
NCA018	789	Rethabile	Mokgele	Northern Cape	35	00:12.58
ECA019	19	Phaphama	Mabhuda	Eastern Cape	36	00:13.00
NCA019	790	Oritile	Senye	Northern Cape	37	00:13.06
NWP071	982	Bontle	Moholo	North West	38	00:13.13
NCA017	788	Tshepiso	Moseki	Northern Cape	39	00:13.17
NWP069	980	Reaotshepa	Moilakgotla	North West	40	00:13.18
NWP068	979	Ntebogang	Mokgosi	North West	41	00:13.23
NCA020	791	Motlabane	Emily	Northern Cape	42	00:13.23

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### G-13

20	G-13	3 km	/ 3 km		00:00.00	Final
		Athlete		Team	Place	Achievement
WCA038	1057	Yonelisa	Siwa	Western Cape	1	00:11.12
LIM020	515	Phemelo	Madigage	Limpopo	2	00:11.17
GAU047	377	Heylinn	Nelson	Gauteng	3	00:11.19
FSA020	129	Weziwe	Jekwa	Free State	4	00:11.24
NWP074	985	Lebogang	Dikgang	North West	5	00:11.27
MPU038	701	June	Van Wyk	Mpumalanga	6	00:11.28
GAU044	374	Orathile	More	Gauteng	7	00:11.33
WCA037	1056	Lara	Stander	Western Cape	8	00:11.35
ECA030	30	Siphokazi	Mojaki	Eastern Cape	9	00:11.44
NWP078	989	Reneilwe	Mokgatha	North West	10	00:11.47
NWP077	988	Kelebogile	Moholo	North West	11	00:11.49
LIM021	516	Mpho	Seapela	Limpopo	12	00:11.51
GAU046	376	Tswai	Matlala	Gauteng	13	00:11.52
NWP073	984	Tshepaone	Ntaolang	North West	14	00:11.53
LIM023	518	Lethabo	Maribeng	Limpopo	15	00:11.54
FSA023	132	Lerato	Moloi	Free State	16	00:11.58
GAU048	378	Moleboheng	Ngale	Gauteng	17	00:12.00
MPU039	702	Zinhle	Dlamini	Mpumalanga	18	00:12.04
LIM019	514	Kgottlelo	Mametja	Limpopo	19	00:12.05
WCA040	1059	Muezaan	Jansen	Western Cape	20	00:12.21
MPU037	700	Agnes	Tsotetsi	Mpumalanga	21	00:12.23
FSA022	131	Vidette	Louw	Free State	22	00:12.31
WCA039	1058	Jess	Nel	Western Cape	23	00:12.34
NWP076	987	Motshabi	Mathibe	North West	24	00:12.37
WCA041	1060	Shannon	Swarts	Western Cape	25	00:12.53
ECA031	31	Amahle	Manqele	Eastern Cape	26	00:12.55
FSA021	130	Keneuwe	Mofokeng	Free State	27	00:13.03
MPU041	704	Amogelang	Mabena	Mpumalanga	28	00:13.04
MPU042	705	Thulisile	Mahlangu	Mpumalanga	29	00:13.05
GAU045	375	Boitumelo	Sompane	Gauteng	30	00:13.08
LIM024	519	Manare	Thole	Limpopo	31	00:13.11
NCA027	798	Kgalalelo	Mathe	Northern Cape	32	00:13.12
WCA042	1061	Melanesia	Lehman	Western Cape	33	00:13.20
NCA028	799	Oratile	Moepadira	Northern Cape	34	00:13.22
ECA029	29	Siziphiwe	Dinga	Eastern Cape	35	00:13.31
NCA026	797	Temerekia	Cholo	Northern Cape	36	00:13.35
FSA024	133	Itumeleng	Mohlatsane	Free State	37	00:14.20
NWP075	986	Olerato	Dipheko	North West	38	00:15.20
ECA032	32	Asanele	Giliti	Eastern Cape	39	00:14.55
FSA019	128	Reabetswe	Klass	Free State	40	00:14.56
LIM022	517	Rolivhuwa	Shishivheli	Limpopo	41	00:14.57

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### G-14

2	G-14	4 km LSEN		/ 4 km LSEN	00:00.00	Final
		Athlete		Team	Place	Achievement
GAL031	301	Mpho	Matlali	Gauteng LSEN	1	00:17.31
GAL032	302	Katlego	Madisha	Gauteng LSEN	2	00:18.59
MPL007	610	Lwandi	Mnguni	Mpumalanga LSEN	3	00:19.11
GAL034	304	Ayanda	Nokwe	Gauteng LSEN	4	00:19.38
NWL031	882	Nomathamsanqa	Kwadansese	North West LSEN	5	00:20.08
FSL033	250	Nthabiseng Anna	Fokane	Free State LSEN	6	00:20.23
MPL011	614	Snethemba	Zulu	Mpumalanga LSEN	7	00:21.32
GAL035	305	Karabo	Stanley	Gauteng LSEN	8	00:21.36
NWL032	883	Sharolee Trinoty	Lundie	North West LSEN	9	00:21.58
NWL033	884	Casey-Lee	Vermeulen	North West LSEN	10	00:22.04
ECL004	76	Sinobom	Mkhumbuzi	Eastern Cape LSEN	11	00:22.55
LIL005	443	Koketso	Phalatsi	Limpopo LSEN	12	00:22.57
LIL003	441	Paulinah	Mogashoa	Limpopo LSEN	13	00:23.37
MPL010	613	Oratile	Mollo	Mpumalanga LSEN	14	00:23.37
GAL036	306	Nonhle	Msibi	Gauteng LSEN	15	00:23.37
GAL033	303	Chiara	Smith	Gauteng LSEN	16	00:24.14
NWL035	886	Kylin Miemie	Macrae	North West LSEN	17	00:24.23
NWL034	885	Mosa Masechaba	Mantswe	North West LSEN	18	00:24.32
ECL001	73	Alungile	Loliwe	Eastern Cape LSEN	20	00:25.11
LIL002	440	Dimakatso	Selepe	Limpopo LSEN	21	00:25.42
LIL006	444	Vanessa	Tshilande	Limpopo LSEN	22	00:25.43
MPL008	611	Dibuseng	Ntsiane	Mpumalanga LSEN	23	00:25.59
WCL001	1125	Maralesha	Yanca	Western Cape LSEN	24	00:26.02
WCL058	1182	Michelle	Engelbrecht	Western Cape LSEN	25	00:27.11
LIL001	439	Mamochabo	Mokgala	Limpopo LSEN	26	00:27.15
WCL002	1126	Onesimo	Mvaxeni	Western Cape LSEN	27	00:27.16
LIL004	442	Dikabelo	Maja	Limpopo LSEN	28	00:27.17
ECL003	75	Thabile	Maduna	Eastern Cape LSEN	29	00:28.12
FSL031	248	Amanda-Lee	Mokwena	Free State LSEN	30	00:28.18
FSL032	249	Lerato	Moshele	Free State LSEN	31	00:29.30

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### G-14

6	G-14	4 km	/ 4 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
GAU055	385 Nicola	Smith	Gauteng	1	00:14.21	
GAU056	386 Katelin	Heymans	Gauteng	2	00:14.24	
ECA033	33 Inam	Mayeza	Eastern Cape	3	00:14.44	
LIM025	520 Nthabiseng	Noko	Limpopo	4	00:15.00	
NWP080	991 Nomvuyo	Molefe	North West	5	00:15.08	
GAU057	387 Kelly-Lynn	Barkley	Gauteng	6	00:15.13	
GAU059	389 Jade	Doran	Gauteng	7	00:15.16	
FSA025	134 Moleboheng	Mohapi	Free State	8	00:15.17	
NWP082	993 Agisanang	Keitseng	North West	9	00:15.49	
NWP083	994 Tshepiso	Bucwa	North West	10	00:15.52	
LIM028	523 Joyce	Kamogelo	Limpopo	11	00:16.03	
WCA050	1069 Dewandre	Van Rooy	Western Cape	12	00:16.05	
GAU060	390 Calvonia	Madihlaba	Gauteng	13	00:16.18	
LIM027	522 Sammy	Kekana	Limpopo	14	00:16.32	
MPU055	718 Aletha	Kloppers	Mpumalanga	15	00:16.33	
LIM029	524 Kgothatso	Matshoga	Limpopo	16	00:16.33	
NWP084	995 Kamogelo	Maphage	North West	17	00:16.33	
NWP081	992 Mathapelo	Modise	North West	18	00:16.41	
LIM026	521 Bongekile	Makama	Limpopo	19	00:16.44	
NCA033	804 Cameron	Tieties	Northern Cape	20	00:16.46	
WCA053	1072 Teagan	Hudson	Western Cape	21	00:16.59	
MPU057	720 Elihle	Zikalala	Mpumalanga	22	00:17.05	
MPU060	723 Tshepiso	Phelepe	Mpumalanga	23	00:17.06	
MPU059	722 Tshepi	Phelepe	Mpumalanga	24	00:17.09	
WCA052	1071 Caitlyn	Cawood	Western Cape	25	00:17.15	
ECA035	35 Lizalise	Hlakanyana	Eastern Cape	26	00:17.19	
WCA051	1070 Samantha	Dollie	Western Cape	27	00:17.23	
WCA054	1073 Annabelle	Mcewan	Western Cape	28	00:17.26	
FSA028	137 Palesa	Sekoto	Free State	29	00:17.34	
GAU058	388 Rozellin	Van Niekerk	Gauteng	30	00:17.44	
FSA026	135 Tsholofelo	Mofokeng	Free State	31	00:17.55	
FSA027	136 Rethabile	Khanye	Free State	32	00:18.11	
MPU056	719 Zanele	Nyilongo	Mpumalanga	33	00:20.13	
NCA036	807 Bokamoso	Moshweshwe	Northern Cape	34	00:20.16	
FSA029	138 Olwethu	Raseope	Free State	35	00:22.09	
NCA035	806 Raicha	Booyesen	Northern Cape	36	00:22.10	
NCA034	805 Refilwe	Katong	Northern Cape	37	00:22.34	
LIM030	525 Mantoko	Morata	Limpopo	38	00:22.34	

**SA Schools Cross Country Championships  
2023/09/30**

**Result per Age**

**G-15**

18	G-15	4 km	/ 4 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
ECA045	45	Anoxolo	Mcetywa	Eastern Cape	1	00:14.32
MPU067	730	Wilhelmina	Du Plessis	Mpumalanga	2	00:14.57
GAU072	402	Minjunet	Smit	Gauteng	3	00:15.28
FSA031	140	Lerato	Nhlapo	Free State	4	00:16.00
FSA032	141	Tshepang	Mazibuko	Free State	5	00:16.01
FSA033	142	Mbali	Mthembu	Free State	6	00:16.09
GAU067	397	Selna	Van As	Gauteng	7	00:16.18
FSA034	143	Precious	Shabalala	Free State	8	00:16.23
NWP088	999	Chante	Kruger	North West	9	00:16.31
GAU068	398	Lisa	Visser-Baartman	Gauteng	10	00:16.40
GAU071	401	Nthabiseng	Nteka	Gauteng	11	00:16.57
WCA064	1083	Harriet	Smith	Western Cape	12	00:17.00
LIM031	526	Thabang	Mancho	Limpopo	13	00:17.09
MPU068	731	Mapula	Mnisi	Mpumalanga	14	00:17.11
NWP090	1001	Angelique	Du Plessis	North West	15	00:17.16
NWP089	1000	Zante	Young	North West	16	00:17.21
FSA035	144	Moleboheng	Selepe	Free State	17	00:17.23
GAU069	399	Polite	Mbokane	Gauteng	18	00:17.27
WCA065	1084	Deaniah	Mc Donald	Western Cape	19	00:17.34
LIM032	527	Khutso	Sekoba	Limpopo	20	00:17.36
FSA036	145	Philile	Nhlapha	Free State	21	00:17.38
WCA063	1082	Chelsea	Saayman	Western Cape	22	00:17.44
ECA046	46	Azola	Baleni	Eastern Cape	23	00:17.45
LIM033	528	Maselelo	Molele	Limpopo	24	00:17.45
LIM034	529	Mmatlou	Setlapela	Limpopo	25	00:18.07
LIM035	530	Kedibone	Polo	Limpopo	26	00:18.14
LIM036	531	Wendy	Seanego	Limpopo	27	00:18.15
WCA062	1081	Emelia	Fortuin	Western Cape	28	00:18.58
NCA042	813	Tlotlo	Pitsoyane	Northern Cape	29	00:19.13
MPU070	733	Sharlot	Mmadi	Mpumalanga	30	00:19.25
MPU072	735	Nacy	Musiza	Mpumalanga	31	00:19.31
MPU071	734	Thembelihle	Mthimunye	Mpumalanga	32	00:19.32
NCA044	815	Nelmari	Davids	Northern Cape	33	00:20.02
MPU069	732	Nompilo	Mlangeni	Mpumalanga	34	00:20.10
WCA061	1080	Mikyla	Frits	Western Cape	35	00:20.35
NWP087	998	Merriam	Seisaphoka	North West	36	00:23.13

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### G-15

22	G-15	4 km LSEN		/ 4 km LSEN	00:00.00	Final
		Athlete		Team	Place	Achievement
GAL037	307	Amahle	Makhuba	Gauteng LSEN	1	00:18.14
GAL038	308	Thatohatsi	Mokoena	Gauteng LSEN	2	00:18.57
FSL039	256	Dipou Christina	Lephulu	Free State LSEN	3	00:20.05
NWL038	889	Nonhlanhla	Wolushe	North West LSEN	4	00:20.59
GAL040	310	Batsetsana	Kotsi	Gauteng LSEN	5	00:21.02
LIL008	446	Johanna	Chauke	Limpopo LSEN	6	00:22.34
WCL013	1137	Randallene	Treunicht	Western Cape LSEN	7	00:23.11
WCL010	1134	Wilmien	Kouter	Western Cape LSEN	8	00:23.35
LIL010	448	Yvonne	Moabi	Limpopo LSEN	9	00:23.40
MPL022	625	Gugu	Nhlabati	Mpumalanga LSEN	10	00:23.49
MPL020	623	Ntenhle	Thwala	Mpumalanga LSEN	11	00:24.16
NWL040	891	Busisiwe	Mathibe	North West LSEN	12	00:24.29
LIL009	447	Letau	Leshaba	Limpopo LSEN	13	00:24.31
WCL011	1135	Juneacke	Hanse	Western Cape LSEN	14	00:24.32
WCL015	1139	Djulia	Bakambia	Western Cape LSEN	15	00:24.34
GAL042	312	Chippo	Chikoho	Gauteng LSEN	16	00:24.45
MPL021	624	Chantel	Fakude	Mpumalanga LSEN	17	00:25.11
NWL041	892	Lehandrie	Erlank	North West LSEN	18	00:25.40
NWL042	893	Hali	Ghina	North West LSEN	19	00:25.55
FSL038	255	Zelda	Bekeer	Free State LSEN	20	00:26.14
GAL041	311	Precious	Kgetedi	Gauteng LSEN	21	00:26.32
GAL039	309	Zanele	Motaung	Gauteng LSEN	22	00:26.36
FSL035	252	Vinus	Nieuwenhuizen	Free State LSEN	23	00:26.48
FSL037	254	Boipele	Mpele	Free State LSEN	24	00:27.04
NWL039	890	Mamello	Opperman	North West LSEN	25	00:27.53
MPL024	627	Katlego	Madihlaba	Mpumalanga LSEN	26	00:28.22
LIL011	449	Nthabeleng	Mogoshi	Limpopo LSEN	27	00:28.40
NWL037	888	Monique	Engelbrecht	North West LSEN	28	00:29.25
FSL034	251	Bokang	Mphuthi	Free State LSEN	29	00:30.05
WCL014	1138	Robyn	Huysen	Western Cape LSEN	30	00:30.27
LIL012	450	Rosina	Maluleke	Limpopo LSEN	31	00:30.52
ECL012	84	Inathi	Ntantiso	Eastern Cape LSEN	32	00:31.02



**SA Schools Cross Country Championships  
2023/09/30**

**Result per Age**

**G-16**

14	G-16	4 km		/ 4 km		00:00.00	Final
	Athlete			Team	Place	Achievement	
GAU082	412 Cassidy	Bosman		Gauteng	1	00:14.28	
GAU081	411 Luca	De Waal		Gauteng	2	00:14.57	
MPU073	736 Shebba	Sithole		Mpumalanga	3	00:15.36	
GAU080	410 Kiana	Pepler		Gauteng	4	00:15.52	
GAU083	413 Hanri	Pretorius		Gauteng	5	00:16.10	
LIM039	534 Sophia Mabau	Manaka		Limpopo	6	00:16.25	
ECA050	50 Aphiwe	Nompula		Eastern Cape	7	00:16.29	
MPU078	741 Esther	Kloppers		Mpumalanga	8	00:16.44	
MPU075	738 Lindiwe	Tsotetsi		Mpumalanga	9	00:16.50	
LIM042	537 Rebecca	Morudu		Limpopo	10	00:16.58	
MPU074	737 Adeleite	Mahlangu		Mpumalanga	11	00:17.00	
MPU076	739 Nhlanhla	Rebombo		Mpumalanga	12	00:17.01	
NCA050	821 Jani Marie	Visser		Northern Cape	13	00:17.10	
WCA075	1094 Bevihola	Tities		Western Cape	14	00:17.14	
FSA037	146 Refilwe	Ramokopu		Free State	15	00:17.16	
NWP095	1006 Kelello	Phokoje		North West	16	00:17.19	
GAU084	414 Lydia	Mathedimosa		Gauteng	17	00:17.33	
NCA049	820 Mia	Ekkerd		Northern Cape	18	00:17.40	
NWP091	1002 Keneilwe	Gaosegelwe		North West	19	00:18.04	
LIM040	535 Rally Lenkwele	Magale		Limpopo	20	00:18.10	
FSA040	149 Mamello	Motaung		Free State	21	00:18.35	
ECA049	49 Owethu	Mgxebe		Eastern Cape	22	00:19.09	
ECA051	51 Onele	Gaga		Eastern Cape	23	00:19.18	
NWP094	1005 Bontle	Kgobi		North West	24	00:19.26	
GAU079	409 Nqobile	Maseko		Gauteng	25	00:20.04	
FSA042	151 Bosisiwe	Malindi		Free State	26	00:20.21	
FSA041	150 Sarah	Makhobolo		Free State	27	00:20.22	
NWP096	1007 Mmaphefo	Magopa		North West	28	00:21.44	
NCA052	823 Molebogeng	Semho		Northern Cape	29	00:23.53	

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### G-16

28	G-16	4 km LSEN		/ 4 km LSEN	00:00.00	Final
		Athlete		Team	Place	Achievement
NWL043	894	Thembi	Makatsane	North West LSEN	1	00:19.30
GAL044	314	Malikah	Hendricks	Gauteng LSEN	2	00:20.09
WCL027	1151	Zea Ciara	Koopman	Western Cape LSEN	3	00:20.43
GAL043	313	Sonika	Mjekula	Gauteng LSEN	4	00:20.45
LIL013	451	Amogelang	Ntsoane	Limpopo LSEN	5	00:21.21
LIL014	452	Bonolo	Phaladi	Limpopo LSEN	6	00:21.41
WCL022	1146	Shante	Stander	Western Cape LSEN	7	00:21.53
WCL026	1150	Terecia	Cupido	Western Cape LSEN	8	00:22.02
NWL044	895	Omosa Tebogo	Ditsele	North West LSEN	9	00:22.20
MPL032	635	Blessing	Nkiawete	Mpumalanga LSEN	10	00:22.25
MPL034	637	Jeraldine	Scott	Mpumalanga LSEN	11	00:22.28
GAL048	318	Deborah	Abiso	Gauteng LSEN	12	00:22.34
LIL015	453	Valencia	Modiba	Limpopo LSEN	13	00:22.43
WCL024	1148	Faiza	Gordon	Western Cape LSEN	14	00:22.46
FSL041	258	Thandiwe	Kelehelwe	Free State LSEN	15	00:33.04
WCL025	1149	Nashley	Tafangewedu	Western Cape LSEN	16	00:23.22
WCL023	1147	Surisnie	Wildschut	Western Cape LSEN	17	00:23.23
GAL045	315	Reitumetse	Kotswane	Gauteng LSEN	18	00:23.42
GAL046	316	Palesa	Metseeme	Gauteng LSEN	19	00:24.20
GAL047	317	Phindulo	Negukhula	Gauteng LSEN	20	00:24.24
LIL017	455	Mmatshepho	Lesufi	Limpopo LSEN	21	00:24.24
LIL018	456	Mokgethwa	Ngomani	Limpopo LSEN	22	00:25.24
NCL008	851	Omohau	Tang	Northern Cape LSEN	23	00:25.27
NWL047	898	Hlengiwe	Monyeki	North West LSEN	24	00:25.38
ECL018	90	Cassidy	Bantom	Eastern Cape LSEN	25	00:25.52
MPL033	636	Banele	Mhlanga	Mpumalanga LSEN	26	00:26.48
LIL016	454	Dineo	Muroa	Limpopo LSEN	27	00:26.48
NWL046	897	Omphile	Kolodi	North West LSEN	28	00:27.33
FSL040	257	Carmen Christine	Jacobs	Free State LSEN	29	00:27.34
NWL048	899	Zelda	Vumendlini	North West LSEN	30	00:27.55
MPL036	639	Cathryn	Van Den Berg	Mpumalanga LSEN	31	00:30.17
MPL031	634	Nosipho	Mhlanga	Mpumalanga LSEN	32	00:30.21
MPL035	638	Banele	Makhubu	Mpumalanga LSEN	33	00:30.22

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### G-17

10	G-17	4 km	/ 4 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
GAU091	421	Wiepke	Schoeman	Gauteng	1	00:15.04
GAU092	422	Lebo	Nkanyane	Gauteng	2	00:15.11
WCA083	1102	Abigail	Beste	Western Cape	3	00:15.19
GAU094	424	Courtney Lee	Sole	Gauteng	4	00:15.25
WCA084	1103	Kiara	Beste	Western Cape	5	00:15.40
GAU096	426	Bronwyn	Nel	Gauteng	6	00:15.42
MPU079	742	Ntloheleng	Thelejane	Mpumalanga	7	00:15.53
GAU095	425	Hlengiwe	Nkosi	Gauteng	8	00:15.54
ECA062	62	Oyama	Mzana	Eastern Cape	9	00:15.55
ECA064	64	Ntombizine	Thombela	Eastern Cape	10	00:16.00
ECA061	61	Abulele	Dwatshela	Eastern Cape	11	00:16.07
WCA085	1104	Clairese	Moses	Western Cape	12	00:16.11
WCA086	1105	Lena	Wiroth	Western Cape	13	00:16.17
FSA043	152	Mpolokeng	Moalosi	Free State	14	00:16.18
LIM047	542	Mmakau	Mogano	Limpopo	15	00:16.25
ECA063	63	Akhona	Hlongwe	Eastern Cape	16	00:16.48
GAU093	423	Kamogelo	Makgoka	Gauteng	17	00:16.53
WCA088	1107	Zoe	Rudolph	Western Cape	18	00:16.57
WCA087	1106	Alicia	Mutangiri	Western Cape	19	00:17.00
FSA046	155	Iviwe	Hlanjwa	Free State	20	00:17.11
NWP097	1008	Abbygale	Havenga	North West	21	00:17.17
MPU084	747	Zandri	Grobbelaar	Mpumalanga	22	00:17.27
FSA047	156	Kabelo	Ntlaba	Free State	23	00:18.16
NWP099	1010	Gladness	Motaung	North West	24	00:18.42
LIM046	541	Emily	Malatji	Limpopo	25	00:18.49
FSA048	157	Nthabiseng	Motloaetsi	Free State	26	00:18.55

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### G-17

16	G-17	4 km LSEN		/ 4 km LSEN	00:00.00	Final
		Athlete		Team	Place	Achievement
FSL043	260	Palesa Peggy	Ntozonke	Free State LSEN	1	00:18.02
WCL035	1159	Micheala	Jansen	Western Cape LSEN	2	00:19.28
WCL034	1158	Deony	Festus	Western Cape LSEN	3	00:19.46
FSL047	264	Malefu	Mahapa	Free State LSEN	4	00:20.12
NWL049	900	Tshepang Pretty	Manyika	North West LSEN	5	00:20.48
GAL050	320	Robin	Tshabalala	Gauteng LSEN	6	00:20.57
GAL049	319	Alicia	Williams	Gauteng LSEN	7	00:21.41
NWL050	901	Kesenogile Drina	Seitshiro	North West LSEN	8	00:21.57
ECL024	96	Boitumelo	Mpiti	Eastern Cape LSEN	9	00:22.45
NCL007	850	Macdoline	Jaas	Northern Cape LSEN	10	00:23.10
MPL043	646	Nokuthula	Nkosi	Mpumalanga LSEN	11	00:23.44
MPL044	647	Shereze	Krauze	Mpumalanga LSEN	12	00:24.13
MPL047	650	Petronell	Sibuyi	Mpumalanga LSEN	13	00:24.38
LIL019	457	Karabo	Ramotebele	Limpopo LSEN	14	00:25.24
MPL048	651	Simphiwe	Nkosi	Mpumalanga LSEN	15	00:25.34
WCL039	1163	Nadia	Abrahams	Western Cape LSEN	16	00:25.36
GAL051	321	Sarah	Khumalo	Gauteng LSEN	17	00:25.44
WCL037	1161	Sibahle	Swartz	Western Cape LSEN	18	00:26.51
NWL051	902	Martha	Malonganye	North West LSEN	19	00:27.54
GAL053	323	Neo	Mosinki	Gauteng LSEN	20	00:27.56
NWL054	905	Gwendoline	Martiz	North West LSEN	21	00:28.45
NWL052	903	Jabulile Sisanda	Dlhamini	North West LSEN	22	00:28.47
FSL045	262	Boitumelo Agnes	Mokhomo	Free State LSEN	23	00:29.39
FSL044	261	Yamkelani	Mthunzini	Free State LSEN	24	00:31.53
MPL046	649	Busisiwe	Gule	Mpumalanga LSEN	25	00:34.05
FSL046	263	Givenchy Charrifa	Mmereki	Free State LSEN	26	00:35.00
MPL045	648	Nothando	Nkosi	Mpumalanga LSEN	27	00:35.01

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### G-19

8	G-19	4 km LSEN		/ 4 km LSEN	00:00.00	Final
		Athlete		Team	Place	Achievement
GAL055	325	Masego	Mogale	Gauteng LSEN	1	00:17.47
WCL046	1170	Charne	Kleinveldt	Western Cape LSEN	2	00:18.15
FSL049	266	Boitumelo	Kobela	Free State LSEN	3	00:19.05
GAL056	326	Tiisetso	Daniso	Gauteng LSEN	4	00:19.28
WCL047	1171	Retshidisitswe	Phahlane	Western Cape LSEN	5	00:20.00
FSL051	268	Refiloe	Phakira	Free State LSEN	6	00:20.01
GAL057	327	Alice	Molea	Gauteng LSEN	7	00:20.18
ECL030	102	Asezile	Mbethe	Eastern Cape LSEN	8	00:20.49
GAL059	329	Kgomotso	Modiba	Gauteng LSEN	9	00:21.09
WCL048	1172	Liandre	Witbooi	Western Cape LSEN	10	00:21.28
MPL058	661	Caroline	Matose	Mpumalanga LSEN	11	00:22.16
NWL058	909	Yolanda	Pieterse	North West LSEN	12	00:22.21
NWL057	908	Angelinah	Doni	North West LSEN	13	00:22.29
GAL058	328	Inge	Bierman	Gauteng LSEN	14	00:22.32
LIL022	460	Refiloe	Baloyi	Limpopo LSEN	15	00:23.09
LIL024	462	Daisy	Kekana	Limpopo LSEN	16	00:23.23
LIL023	461	Given	Mailula	Limpopo LSEN	17	00:23.33
MPL060	663	Amogelang	Mashinini	Mpumalanga LSEN	18	00:24.18
FSL052	269	Palesa	Motsomai	Free State LSEN	19	00:24.19
WCL051	1175	Mcneshia	Adams	Western Cape LSEN	20	00:24.19
MPL055	658	Banele	Mokoena	Mpumalanga LSEN	21	00:25.11
NWL060	911	Oratile	Mogolane	North West LSEN	22	00:25.27
WCL050	1174	Jolene	Saralina	Western Cape LSEN	23	00:26.21
MPL057	660	Puleng	Mohapi	Mpumalanga LSEN	24	00:27.09
MPL056	659	Samukelisiwe	Tsotetsi	Mpumalanga LSEN	25	00:27.25
LIL025	463	Kgomotso	Mocheke	Limpopo LSEN	26	00:28.25
NWL059	910	Leah	Serome	North West LSEN	27	00:28.35

**SA Schools Cross Country Championships  
2023/09/30**

**Result per Age**

**G-19**

24	G-19	6 km	/ 6 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
GAU103	433	Naledi	Makgatha	Gauteng	1	00:23.33
GAU104	434	Lerato	Moromodi	Gauteng	2	00:23.35
ECA065	65	Amanda	Detshe	Eastern Cape	3	00:23.56
ECA066	66	Indiphile	Dlesi	Eastern Cape	4	00:25.13
MPU097	760	Bokang	Nhlapo	Mpumalanga	5	00:25.50
ECA067	67	Lindeka	Myendeki	Eastern Cape	6	00:26.07
LIM051	546	Phethani	Mabala	Limpopo	7	00:26.27
GAU107	437	Raseekele	Shokane	Gauteng	8	00:26.45
NWP106	1017	Bontleng	Taeng	North West	9	00:26.57
WCA095	1114	Jamie- Lee	De Bruin	Western Cape	10	00:27.00
MPU099	762	Liane	Parkes	Mpumalanga	11	00:27.14
LIM049	544	Yvonne	Rikhotso	Limpopo	12	00:28.25
NWP107	1018	Boineelo	Malongwa	North West	13	00:28.30
LIM050	545	Kamogelo	Makububyane	Limpopo	14	00:29.08
LIM053	548	Mothipana	Mabotha	Limpopo	15	00:29.08
MPU098	761	Thandeka	Shongwe	Mpumalanga	16	00:29.13
MPU100	763	Koketso	Mosana	Mpumalanga	17	00:29.27
WCA098	1117	Tiffany	Michaels	Western Cape	18	00:29.44
ECA068	68	Samkelisiwe	Mantengu	Eastern Cape	19	00:31.20
LIM052	547	Mahlatse	Kgowa	Limpopo	20	00:31.55
NCA067	838	Charlize	Maqabe	Northern Cape	21	00:32.05
FSA051	160	Anna	Korope	Free State	22	00:32.43
WCA099	1118	Joanique	Horne	Western Cape	23	00:32.59
WCA097	1116	Kaylun	November	Western Cape	24	00:33.09
FSA050	159	Relebohile	Sekhampu	Free State	25	00:34.09
MPU102	765	Mmatema	Temane	Mpumalanga	26	00:35.10
FSA053	162	Tsebo	Sekhotho	Free State	27	00:36.11
NCA066	837	Jessica	Lostina	Northern Cape	28	00:37.28
NCA068	839	Collencia	Scott	Northern Cape	29	00:37.55

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### B-10

3	B-10	2 km	/ 2 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
GAU002	332	Philani	Luthuli	Gauteng	1	00:07.07
GAU003	333	Lungile	Ngubeni	Gauteng	2	00:07.08
GAU001	331	Christiaan	Lewis	Gauteng	3	00:07.15
WCA010	1029	Regiun	Sampson	Western Cape	4	00:07.17
FSA055	164	Thando	Ncala	Free State	5	00:07.18
LIM059	554	Nhlamulo	Baloyi	Limpopo	6	00:07.19
FSA060	169	Bongani	Mabe	Free State	7	00:07.22
NCA005	776	Motlodiwa	Mogamisi	Northern Cape	8	00:07.24
LIM057	552	Tshepho	Rasoka	Limpopo	9	00:07.27
GAU005	335	Ewan	Clark	Gauteng	10	00:07.28
LIM058	553	Barnat	Kholofelo	Limpopo	11	00:07.29
MPU004	667	Kaywen Dalyn	Human	Mpumalanga	12	00:07.29
NWP001	912	Gomotsegang	April	North West	13	00:07.29
WCA012	1031	Kenzo-Lee	Van Staden	Western Cape	14	00:07.32
GAU006	336	Junior	Kwinda	Gauteng	15	00:07.33
NCA006	777	Pierre	Van Rooyen	Northern Cape	16	00:07.36
ECA006	6	Notsala	Luyanda	Eastern Cape	17	00:07.37
LIM055	550	Doctor	Madisha	Limpopo	18	00:07.38
GAU004	334	Luyanda	Ngubeni	Gauteng	19	00:07.40
ECA005	5	Masiluve	Mgxotheni	Eastern Cape	20	00:07.41
NWP002	913	Tshepaone	Maake	North West	21	00:07.42
NWP006	917	Gadalelwe	Gapalelwe	North West	22	00:07.46
NCA008	779	Leonard	Smith	Northern Cape	23	00:07.47
MPU001	664	Mpendulo	Nyabela	Mpumalanga	24	00:07.56
MPU006	669	Ntando	Hadebe	Mpumalanga	25	00:07.58
NWP004	915	Bokang	Leepile	North West	26	00:07.59
LIM060	555	Riba	Boikano	Limpopo	27	00:08.04
NCA007	778	Shewaan	Harris	Northern Cape	28	00:08.04
WCA007	1026	Clinton	Phillips	Western Cape	29	00:08.05
MPU005	668	Silindokuhle	Nkabinde	Mpumalanga	30	00:08.07
WCA008	1027	Willmore	Misani	Western Cape	31	00:08.13
FSA057	166	Lungile	Maeke	Free State	32	00:08.16
WCA011	1030	Diego	Daniels	Western Cape	33	00:08.42
FSA059	168	Oratile	Keepile	Free State	34	00:09.30
MPU002	665	Hlelolwenkosi	Mokone	Mpumalanga	35	00:10.35
WCA009	1028	Maurice	Farao	Western Cape	36	00:10.36
FSA056	165	Boikokobetso	Nhlapo	Free State	37	00:10.37

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### B-11

21	B-11	3 km	/ 3 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
NCA013	784 Anton	Ngundu	Northern Cape	1	00:10.19	
FSA061	170 Pule	Maleho	Free State	2	00:10.24	
MPU016	679 Lethokuhle	Mkhwanazi	Mpumalanga	3	00:10.27	
LIM063	558 Theto	Kekana	Limpopo	4	00:10.30	
FSA062	171 Tiisetso	Monyaki	Free State	5	00:10.32	
NCA014	785 Lincol	Louw	Northern Cape	6	00:10.42	
ECA012	12 Phiwokuhle	Dubula	Eastern Cape	7	00:10.43	
LIM062	557 Justice	Kgatla	Limpopo	8	00:10.48	
LIM061	556 Kgothatso	Manetja	Limpopo	9	00:10.49	
GAU013	343 Indiphile	Myeki	Gauteng	10	00:10.51	
GAU016	346 David	Sello	Gauteng	11	00:10.52	
ECA009	9 Siya	Xokozela	Eastern Cape	12	00:10.55	
GAU017	347 Kade	Booyesen	Gauteng	13	00:10.56	
MPU013	676 Siphesihle Prince	Khumalo	Mpumalanga	14	00:10.57	
NWP008	919 Steyn	Van Den Berg	North West	15	00:11.02	
GAU014	344 Lungelani	Makubo	Gauteng	16	00:11.05	
MPU015	678 Miguel Blessing	Cuihane	Mpumalanga	17	00:11.07	
NWP009	920 Karabo	Motsepi	North West	18	00:11.08	
LIM064	559 Given	Makwala	Limpopo	19	00:11.24	
MPU018	681 Fisokuhle	Mdluli	Mpumalanga	20	00:11.25	
FSA066	175 Shaun	Sehloho	Free State	21	00:11.26	
FSA063	172 Moeketsi	Louw	Free State	22	00:11.26	
ECA010	10 Indiphile	Msingaphantsi	Eastern Cape	23	00:11.33	
MPU014	677 Thato Paulos	Nkosi	Mpumalanga	24	00:11.34	
NCA016	787 Andre	Augus	Northern Cape	25	00:11.38	
NWP010	921 Mosimanegape	Chube	North West	26	00:11.44	
MPU017	680 Siyabonga	Zondo	Mpumalanga	27	00:11.49	
LIM065	560 Pitsi	Makata	Limpopo	28	00:12.00	
WCA020	1039 Emanuel	Jacobs	Western Cape	29	00:12.02	
NWP012	923 Omolemo	Morule	North West	30	00:12.12	
WCA024	1043 Mellieno	Marnewick	Western Cape	31	00:12.20	
WCA023	1042 Machihano	Jacobs	Western Cape	32	00:12.33	
FSA064	173 Karabo	Lukhethe	Free State	33	00:12.47	
GAU018	348 Ngqwala	Banele	Gauteng	34	00:12.50	
LIM066	561 Mbiza	Mukulu	Limpopo	35	00:13.38	
FSA065	174 Lesedi	Sephoko	Free State	36	00:13.57	



# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### B-12

7	B-12	3 km	/ 3 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
FSA067	176	Tshehlana	Mantle	Free State	1	00:09.55
NWP013	924	Orateng	Talakase	North West	2	00:09.57
NWP014	925	Phenyo	Kgatitswe	North West	3	00:09.57
GAU025	355	Siyanda	Madlabane	Gauteng	4	00:10.02
ECA021	21	Sivuyile	Mbuweni	Eastern Cape	5	00:10.08
LIM069	564	Gomotsegang	Matjila	Limpopo	6	00:10.19
MPU026	689	Siyabonga	Chanza	Mpumalanga	7	00:10.21
MPU027	690	Sabelo	Vilakazi	Mpumalanga	8	00:10.22
GAU030	360	Adriaan	Coetsee	Gauteng	9	00:10.23
FSA070	179	Tiisetso	Foko	Free State	10	00:10.26
GAU027	357	Sqanelle	Mjale	Gauteng	11	00:10.29
FSA068	177	Mokotjo	Nosi	Free State	12	00:10.31
WCA034	1053	Jason	Page	Western Cape	13	00:10.32
WCA036	1055	Malcolm	Swarts	Western Cape	14	00:10.33
GAU026	356	Atlehang	Mokhobo	Gauteng	15	00:10.35
ECA022	22	Afikile	Mahobo	Eastern Cape	16	00:10.36
LIM067	562	Mathote	Selala	Limpopo	17	00:10.37
LIM071	566	Koketso	Makibelo	Limpopo	18	00:10.37
MPU029	692	Mpendulo	Mshayisa	Mpumalanga	19	00:10.41
MPU028	691	Kagiso	Malatji	Mpumalanga	20	00:10.43
WCA031	1050	Lee-Olin	September	Western Cape	21	00:10.44
NWP015	926	Olebogeng	Molehe	North West	22	00:10.45
LIM072	567	Thapelo	Baloyi	Limpopo	23	00:10.49
LIM070	565	Bokang	Seloma	Limpopo	24	00:10.50
WCA033	1052	Chrizaro	Middelway	Western Cape	25	00:10.53
NWP018	929	Gosego	Malekane	North West	26	00:10.54
WCA035	1054	Luciano	Mongo	Western Cape	27	00:10.55
NCA021	792	Oageng	Bashi	Northern Cape	28	00:10.56
GAU028	358	Kaleb	Van Niekerk	Gauteng	29	00:11.02
NWP016	927	Tefo	Moalusi	North West	30	00:11.03
ECA023	23	Vusumzi	Kogini	Eastern Cape	31	00:11.07
WCA032	1051	Elrich	Jantjies	Western Cape	32	00:11.15
NWP017	928	Lebogang	Motsewabona	North West	33	00:11.17
NCA024	795	Chand-Lee	Schamboa	Northern Cape	34	00:11.29
NCA022	793	Wilesco	Waterboer	Northern Cape	35	00:11.30
FSA069	178	Serame	Motloung	Free State	36	00:11.33
MPU030	693	Antonio	Makamu	Mpumalanga	37	00:11.39
FSA072	181	Koi	Motlokoa	Free State	38	00:11.58
ECA024	24	Andile	Mzongwana	Eastern Cape	39	00:12.24

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### B-13

15	B-13	4 km		/ 4 km		00:00.00	Final
		Athlete		Team	Place	Achievement	
NWP019	930	Hards	Roberson	North West	1	00:13.24	
WCA043	1062	Gauthvin	Makatees	Western Cape	2	00:13.35	
LIM073	568	Tlabo	Kobe	Limpopo	3	00:13.42	
LIM074	569	Tshekgofatso	Maleka	Limpopo	4	00:13.45	
GAU041	371	Ratlou	Makgae	Gauteng	5	00:13.49	
FSA073	182	Musawakhe	Mabaso	Free State	6	00:13.52	
NWP021	932	Kopano	Zitha	North West	7	00:14.01	
ECA027	27	John	Xokozela	Eastern Cape	8	00:14.06	
MPU043	706	Prince	Mthimunye	Mpumalanga	9	00:14.07	
LIM078	573	Tshepang	Ngobeni	Limpopo	10	00:14.08	
LIM076	571	Phio	Mapadimeng	Limpopo	11	00:14.10	
LIM077	572	Dimphe	Thabetha	Limpopo	12	00:14.11	
LIM075	570	Karabo	Manamela	Limpopo	13	00:14.12	
NWP020	931	Reabetswe	Kekgetheng	North West	14	00:14.16	
FSA076	185	Luhle	Dumisa	Free State	15	00:14.17	
NCA032	803	Michyle	Van Rooy	Northern Cape	16	00:14.25	
MPU046	709	Xolani	Zwane	Mpumalanga	17	00:14.26	
MPU044	707	Bokang	Mokoena	Mpumalanga	18	00:14.27	
FSA078	187	Junior	Mailula	Free State	19	00:14.28	
FSA075	184	Bokang	Mokhele	Free State	20	00:14.30	
NWP023	934	Koketso	Thom	North West	21	00:14.35	
ECA025	25	Lizwi	Tshezi	Eastern Cape	22	00:14.41	
NWP024	935	Katlego	Setsetse	North West	23	00:14.47	
GAU040	370	Mcdonald	Marange	Gauteng	24	00:14.48	
NCA031	802	Randall	Line	Northern Cape	25	00:14.51	
FSA077	186	Bongane	Tiale	Free State	26	00:15.04	
WCA046	1065	JT	Arendorf	Western Cape	27	00:15.14	
GAU037	367	Ramsale	Motloung	Gauteng	28	00:15.15	
NWP022	933	Gopolang	Motsamai	North West	29	00:15.31	
WCA047	1066	Xavier	Swarts	Western Cape	30	00:15.33	
NCA030	801	Gofaone	Matshabo	Northern Cape	31	00:15.33	
WCA048	1067	Luciano	Louw	Western Cape	32	00:15.43	
GAU039	369	Sakhile	Mahlangu	Gauteng	33	00:15.47	
MPU048	711	Kagiso	Mokoena	Mpumalanga	34	00:15.55	
WCA044	1063	Bulela	Mganu	Western Cape	35	00:17.06	
FSA074	183	Kearabetswe	Zwane	Free State	36	00:19.20	
GAU042	372	Nkosinathi	Mako	Gauteng	37	00:20.08	

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### B-14

1	B-14	4 km LSEN	/ 4 km LSEN	00:00.00	Final
	Athlete		Team	Place	Achievement
FSL001	218	Lebohang Keletso Tsolo	Free State LSEN	1	00:14.45
GAL001	271	Lebohang Stanley	Gauteng LSEN	2	00:14.53
GAL002	272	Katlego Kwaza	Gauteng LSEN	3	00:15.21
NWL003	854	Retsheditswe Khalane	North West LSEN	4	00:15.27
GAL003	273	Bongani Makhubele	Gauteng LSEN	5	00:15.34
NWL002	853	Meshack Mabale	North West LSEN	6	00:15.43
MPL003	606	Malusi Ntsangwane	Mpumalanga LSEN	7	00:15.44
WCL005	1129	Jayden Jooste	Western Cape LSEN	8	00:16.02
LIL030	468	Phikolo Tema	Limpopo LSEN	9	00:16.20
NWL001	852	Michael Sepeng	North West LSEN	10	00:16.28
GAL006	276	Thabang Mahono	Gauteng LSEN	11	00:16.31
FSL005	222	Tumelo Tiisetso	Free State LSEN	12	00:16.35
FSL002	219	Kamogelo Mpondo	Free State LSEN	13	00:16.44
FSL004	221	Tlotliso Brandon	Free State LSEN	14	00:16.45
MPL004	607	Lawrence Tshabalala	Mpumalanga LSEN	15	00:16.46
LIL028	466	Mahlogonolo Thelele	Limpopo LSEN	16	00:16.50
LIL029	467	Ketapele Mphahlele	Limpopo LSEN	17	00:16.57
MPL005	608	Wandile Nkosi	Mpumalanga LSEN	18	00:16.58
WCL007	1131	Jade Pasqualle	Western Cape LSEN	19	00:16.58
NWL006	857	Tswanelo Segomela	North West LSEN	20	00:17.03
MPL006	609	Sinethemba Ngubonde	Mpumalanga LSEN	21	00:17.06
FSL006	223	Ayanda Patrick	Free State LSEN	22	00:17.32
LIL031	469	Mmaphefo Riba	Limpopo LSEN	23	00:17.35
FSL003	220	Tiisetso Sebutsoe	Free State LSEN	24	00:17.45
WCL006	1130	Donavan Steeneveld	Western Cape LSEN	25	00:17.52
LIL032	470	Alfred Marakalala	Limpopo LSEN	26	00:18.16
ECL005	77	Innocent Mfazwe	Eastern Cape LSEN	27	00:18.17
NWL005	856	Waylin Benade	North West LSEN	28	00:18.17
LIL033	471	Tshepho Petje	Limpopo LSEN	29	00:18.21
ECL006	78	Qhama Maqina	Eastern Cape LSEN	30	00:18.33
WCL008	1132	Juwaydin Jacobs	Western Cape LSEN	31	00:18.52
GAL005	275	Phiwokuhle Coka	Gauteng LSEN	32	00:19.15
WCL009	1133	Jonathan September	Western Cape LSEN	33	00:19.23
ECL008	80	Imigcobo Ntabeni	Eastern Cape LSEN	34	00:19.52
NWL004	855	Thato Leshomo	North West LSEN	35	00:21.02

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### B-14

13	B-14	4 km	/ 4 km		00:00.00	Final
		Athlete		Team	Place	Achievement
GAU049	379	Tyran	Brooks	Gauteng	1	00:12.25
WCA055	1074	Kanetso	Taole	Western Cape	2	00:13.10
GAU052	382	Siyanda	Malone	Gauteng	3	00:13.12
FSA080	189	Thato	Mugange	Free State	4	00:13.28
FSA082	191	Sipho	Mollo	Free State	5	00:13.32
WCA056	1075	Breyton	De Bruin	Western Cape	6	00:13.36
MPU051	714	Hlelo	Cuperttea	Mpumalanga	7	00:13.42
MPU052	715	Vincent	Msiza	Mpumalanga	8	00:13.47
NWP025	936	Gaone	Seleko	North West	9	00:13.50
NWP028	939	Tlotlisang	Modumo	North West	10	00:13.51
WCA057	1076	Colin	Karelse	Western Cape	11	00:13.52
FSA079	188	Neo	Letsoaka	Free State	12	00:13.55
NWP026	937	Nathan	Havenga	North West	13	00:13.57
WCA060	1079	Herchelle	Manuel	Western Cape	14	00:14.06
GAU053	383	Junior	Noah	Gauteng	15	00:14.08
WCA059	1078	Clydon	Riddles	Western Cape	16	00:14.10
FSA081	190	Mpho	Tholela	Free State	17	00:14.12
FSA083	192	Kearabetswe	Mokoena	Free State	18	00:14.16
NCA037	808	Bakang	Dilapiso	Northern Cape	19	00:14.20
WCA058	1077	Luciano	Slawers	Western Cape	20	00:14.20
MPU053	716	Nkosinathi	Mdlalose	Mpumalanga	21	00:14.30
LIM080	575	Keratilwe	Legong	Limpopo	22	00:14.32
LIM083	578	Dimakatso	Seleka	Limpopo	23	00:14.33
NWP027	938	Oratile	Matlhale	North West	24	00:14.33
ECA040	40	Luzuko	Gigaba	Eastern Cape	25	00:14.35
GAU051	381	Kgotsofalang	Matsoso	Gauteng	26	00:14.36
GAU050	380	Stephan	Joubert	Gauteng	27	00:14.42
NWP029	940	Botshelo	Lethabane	North West	28	00:14.56
MPU054	717	Siboniso	Nkabinde	Mpumalanga	29	00:16.37
NCA040	811	Olereko	Haai	Northern Cape	30	00:16.49
GAU054	384	Kamshelo	Makuhloa	Gauteng	31	00:17.18
NCA039	810	Otshego	Sewedi	Northern Cape	32	00:17.39
FSA084	193	Moeketsi	Mangali	Free State	33	00:17.43

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### B-15

5	B-15	4 km	/ 4 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
MPU061	724	Thembinkosi	Mkhabela	Mpumalanga	1	00:12.37
FSA086	195	Tumane	Morou	Free State	2	00:12.43
NWP032	943	Scott Gavin	Williamson	North West	3	00:12.44
FSA087	196	Tshepang	Morake	Free State	4	00:12.55
NWP031	942	Thabiso	Moloi	North West	5	00:12.59
GAU064	394	Olebogeng	Mogapi	Gauteng	6	00:03.04
WCA067	1086	Jaiden	Opperman	Western Cape	7	00:13.05
GAU065	395	Keabetswe	Masemola	Gauteng	8	00:13.06
FSA088	197	Tshele	Mosia	Free State	9	00:13.18
MPU063	726	Lukhele	Sibusiso	Mpumalanga	10	00:13.20
LIM086	581	Adam	Thobejane	Limpopo	11	00:13.21
ECA041	41	Silindokuhle	Mbhobhana	Eastern Cape	12	00:13.31
LIM090	585	Paul	Ngwato	Limpopo	13	00:13.37
LIM087	582	Modiba	Mahlatse	Limpopo	14	00:13.40
NWP033	944	Regomoditswe	Segone	North West	15	00:13.42
GAU062	392	Tshepang	Malebo	Gauteng	16	00:13.43
MPU066	729	Collen	Mahlangu	Mpumalanga	17	00:13.44
ECA042	42	Alikho	Njokweni	Eastern Cape	18	00:13.45
WCA070	1089	Devante	Daniels	Western Cape	19	00:13.46
LIM089	584	Kamogelo	Maila	Limpopo	20	00:13.47
ECA043	43	Hlela	Dayi	Eastern Cape	21	00:13.48
WCA072	1091	Anthony	Boks	Western Cape	22	00:13.49
MPU062	725	Abongile	Vilakazi	Mpumalanga	23	00:13.50
NWP035	946	Thato	Modise	North West	24	00:13.50
FSA085	194	Karabo	Mokoena	Free State	25	00:13.52
NWP034	945	Motheo	Thetheletsa	North West	26	00:14.04
LIM088	583	Rivonigo	Mthembi	Limpopo	27	00:14.05
NWP036	947	Kenalemodisa	Morake	North West	28	00:14.05
MPU065	728	Tshepang	Mothupo	Mpumalanga	29	00:14.11
MPU064	727	Bongane	Mbogane	Mpumalanga	30	00:14.12
NCA047	818	Elvis	Mouers	Northern Cape	31	00:14.13
WCA069	1088	Sergio	Jacobs	Western Cape	32	00:14.17
WCA071	1090	Thando	Dekeda	Western Cape	33	00:14.18
FSA089	198	Boitumelo	Moleke	Free State	34	00:14.18
FSA090	199	Sandile	Mokanyane	Free State	35	00:14.26
WCA068	1087	Nowic	Swanepoel	Western Cape	36	00:15.13
NCA048	819	Bokamosa	Jakwe	Northern Cape	37	00:15.19
NCA046	817	Thato	Kename	Northern Cape	38	00:15.23

**SA Schools Cross Country Championships  
2023/09/30**

**Result per Age**

**B-15**

23	B-15	4 km LSEN		/ 4 km LSEN	00:00.00	Final
		Athlete		Team	Place	Achievement
GAL010	280	Thabang Maboe		Gauteng LSEN	1	00:14.15
GAL011	281	Delano Louw		Gauteng LSEN	2	00:14.38
WCL016	1140	Solulele Nkathani		Western Cape LSEN	3	00:14.56
FSL010	227	Kelvin Mbabvu		Free State LSEN	4	00:15.08
LIL037	475	Norman Shai		Limpopo LSEN	5	00:15.15
GAL007	277	Kamogelo Thebyane		Gauteng LSEN	6	00:15.28
GAL008	278	Thabo Somane		Gauteng LSEN	7	00:15.31
LIL039	477	Thato Murwa		Limpopo LSEN	8	00:15.34
FSL009	226	Thabiso Motsoeneng		Free State LSEN	9	00:15.55
GAL009	279	Kutlwano Olifant		Gauteng LSEN	10	00:16.01
GAL012	282	Reanentse Ndlulula		Gauteng LSEN	11	00:16.06
LIL035	473	Bokang Motebejane		Limpopo LSEN	12	00:16.51
LIL038	476	Phaswane Makgeru		Limpopo LSEN	13	00:17.20
MPL014	617	Melusi Mhlongo		Mpumalanga LSEN	14	00:17.23
MPL016	619	Christiano Nkosi		Mpumalanga LSEN	15	00:17.24
FSL008	225	Hlompho Samuel Rantle		Free State LSEN	16	00:17.28
WCL021	1145	Andrew Julies		Western Cape LSEN	17	00:17.32
NWL011	862	Keabetswe Kgosiemang		North West LSEN	18	00:17.36
LIL036	474	Jonas Ledwaba		Limpopo LSEN	19	00:17.37
LIL034	472	Thulani Manthosi		Limpopo LSEN	20	00:17.38
FSL011	228	Pakiso Rethabile Molaba		Free State LSEN	21	00:17.39
FSL012	229	Lesedi Grattitude Molise		Free State LSEN	22	00:17.40
ECL013	85	Sinothando Gazibi		Eastern Cape LSEN	23	00:17.48
MPL015	618	Snethemba Mathebula		Mpumalanga LSEN	24	00:18.02
NWL012	863	Lehlohonolo Tshehle		North West LSEN	25	00:18.28
WCL017	1141	Hayrem Meiring		Western Cape LSEN	26	00:18.49
ECL015	87	Sbabalo Molo		Eastern Cape LSEN	27	00:18.50
WCL018	1142	Leon Lottering		Western Cape LSEN	28	00:18.52
FSL007	224	Moeketsi Phewa		Free State LSEN	29	00:19.22
NWL010	861	Vincy Podile		North West LSEN	30	00:19.25
NWL009	860	Zimangele Jantjie		North West LSEN	31	00:20.05
WCL019	1143	Matthew Fredericks		Western Cape LSEN	32	00:22.38
ECL016	88	Endinaso Stoto		Eastern Cape LSEN	33	00:23.28

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### B-16

11	B-16	6 km	/ 6 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
LIM093	588 Koos	Molebale	Limpopo	1	00:18.53	
LIM092	587 Matome	Manokwana	Limpopo	2	00:19.01	
ECA053	53 Bongile	Mbuweni	Eastern Cape	3	00:19.12	
GAU075	405 Benkosi	Maqwara	Gauteng	4	00:19.33	
LIM094	589 Sello	Molokomme	Limpopo	5	00:19.38	
FSA092	201 Mmatli	Mphatsene	Free State	6	00:19.42	
LIM091	586 Robben	Baloyi	Limpopo	7	00:19.44	
GAU073	403 Neo	Mothae	Gauteng	8	00:19.44	
FSA095	204 Anele	Matsoso	Free State	9	00:19.55	
WCA078	1097 Ruwandre	Brown	Western Cape	10	00:19.58	
WCA077	1096 Beautin	Van Der	Western Cape	11	00:19.59	
NWP040	951 Tshiamo Gift	Dipudi	North West	12	00:20.14	
GAU074	404 Rico	Coetzer	Gauteng	13	00:20.25	
FSA094	203 Bongane	Maduna	Free State	14	00:20.32	
GAU078	408 Dian	Bekker	Gauteng	15	00:20.39	
LIM095	590 Moramaga	Phamolo	Limpopo	16	00:20.39	
FSA093	202 Mokwining	Mokoena	Free State	17	00:20.56	
MPU085	748 Sebothoma	Gontse	Mpumalanga	18	00:20.58	
WCA079	1098 Divano	Fallet	Western Cape	19	00:21.03	
FSA096	205 Tshepo	Mokoena	Free State	20	00:21.14	
NWP038	949 Gift	Mlomp	North West	21	00:21.20	
LIM096	591 Khomotso	Mashao	Limpopo	22	00:21.26	
GAU076	406 Tshepo	Motsoeneng	Gauteng	23	00:21.27	
WCA081	1100 Danville	Willemse	Western Cape	24	00:22.16	
NWP042	953 Alexander	Visser	North West	25	00:22.39	
WCA082	1101 Jenivo	Jansen	Western Cape	26	00:23.35	
NCA055	826 Eldorique	Farmer	Northern Cape	27	00:24.07	
FSA091	200 Molato	Katleho	Free State	28	00:24.08	

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### B-16

27	B-16	6 km LSEN		/ 6 km LSEN	00:00.00	Final
	Athlete			Team	Place	Achievement
FSL017	234	Norman	Legatse	Free State LSEN	1	00:21.09
FSL018	235	Mpho	Mafareka	Free State LSEN	2	00:22.04
LIL041	479	Given	Dlamini	Limpopo LSEN	3	00:22.17
GAL014	284	Thumela	Chekwana	Gauteng LSEN	4	00:22.50
GAL016	286	Owen	Ndlovu	Gauteng LSEN	5	00:22.52
GAL013	283	Joseph	Kamokhoase	Gauteng LSEN	6	00:23.05
FSL015	232	Siyabonga Conly	Smith	Free State LSEN	7	00:23.35
MPL029	632	Lethukuthula	Nkosi	Mpumalanga LSEN	8	00:24.21
LIL040	478	Samuel	Motaung	Limpopo LSEN	9	00:24.45
MPL026	629	Sithabile	Thabethe	Mpumalanga LSEN	10	00:24.58
NWL015	866	Poko	Segosapelo	North West LSEN	11	00:25.05
LIL043	481	Kholofelo	Seloane	Limpopo LSEN	12	00:25.17
LIL045	483	Samuel	Aphane	Limpopo LSEN	13	00:25.22
MPL030	633	Khayelihle	Mnisi	Mpumalanga LSEN	14	00:25.42
GAL018	288	Siphosihle	Sixubane	Gauteng LSEN	15	00:25.56
LIL044	482	Simphiwe	Mongwe	Limpopo LSEN	16	00:26.24
GAL017	287	Delrin	Daniels	Gauteng LSEN	17	00:26.43
FSL013	230	Floyd Junior	Monyamane	Free State LSEN	18	00:27.01
WCL028	1152	Alfonzo	Ada	Western Cape LSEN	19	00:27.44
WCL030	1154	Waylin	Seekoei	Western Cape LSEN	20	00:27.45
WCL031	1155	Shahide	Lewis	Western Cape LSEN	21	00:28.23
WCL032	1156	Bjorn	Van Rooyen	Western Cape LSEN	22	00:28.24
MPL028	631	Hope	Madonsela	Mpumalanga LSEN	23	00:28.26
NWL016	867	Tlotlo	Motsepe	North West LSEN	24	00:28.38
LIL042	480	Phillip	Maite	Limpopo LSEN	25	00:28.40
MPL027	630	Sbongakonke	Nkosi	Mpumalanga LSEN	26	00:29.43
WCL033	1157	Freakline- Lee	Du Plessis	Western Cape LSEN	27	00:29.51
NCL006	849	Onalenna	Hottie	Northern Cape LSEN	28	00:30.19
FSL016	233	Kamohelo	Ricketts	Free State LSEN	29	00:31.00
GAL015	285	Keanan	Haarhoff	Gauteng LSEN	30	00:31.25
WCL029	1153	Eiton	Julies	Western Cape LSEN	31	00:34.15



# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### B-17

17	B-17	6 km LSEN		/ 6 km LSEN		00:00.00	Final
		Athlete		Team	Place	Achievement	
WCL040	1164	Valentino	Loggenberg	Western Cape LSEN	1	00:20.32	
FSL023	240	Monyane	Raliengoane	Free State LSEN	2	00:20.50	
GAL019	289	Reatlegile	Ramaphakela	Gauteng LSEN	3	00:20.52	
GAL020	290	Kabelo	Motaung	Gauteng LSEN	4	00:22.00	
NWL020	871	Thiteng	Xaba	North West LSEN	5	00:22.05	
LIL048	486	Potego	Makofane	Limpopo LSEN	6	00:22.06	
GAL024	294	Keamogetswe	Mthlali	Gauteng LSEN	7	00:22.27	
MPL037	640	Siphesihle	Mashiane	Mpumalanga LSEN	8	00:22.41	
MPL039	642	Curtly	Fillis	Mpumalanga LSEN	9	00:22.42	
GAL023	293	Joseph	Nsenga	Gauteng LSEN	10	00:22.50	
ECL027	99	Uyeza	Mkelekisi	Eastern Cape LSEN	11	00:23.11	
MPL038	641	Sipho	Nhleko	Mpumalanga LSEN	12	00:23.38	
LIL049	487	Tebogo	Sebopetsa	Limpopo LSEN	13	00:23.49	
GAL021	291	Mabaso	Nkosikhona	Gauteng LSEN	14	00:24.06	
MPL040	643	Siyabonga	Nkwanyane	Mpumalanga LSEN	15	00:24.15	
NWL021	872	Chad	Appels	North West LSEN	16	00:24.16	
NCL003	846	Nkosinathe	Van Wyk	Northern Cape LSEN	17	00:24.21	
WCL041	1165	Graywin	Micheals	Western Cape LSEN	18	00:25.05	
NWL024	875	Bokamoso	Pelesane	North West LSEN	19	00:25.12	
NWL022	873	Obakeng	Molebatsi	North West LSEN	20	00:25.18	
FSL021	238	Setsumi	Kinela	Free State LSEN	21	00:25.28	
WCL043	1167	Ethan	Skeyi	Western Cape LSEN	22	00:25.42	
FSL024	241	Karabo Nelson	Mabaso	Free State LSEN	23	00:26.02	
NWL023	874	Thembisile	Madlevu	North West LSEN	24	00:27.24	
ECL026	98	Ntiantla	Mdeuka	Eastern Cape LSEN	25	00:27.25	
FSL020	237	Neo	Leboya	Free State LSEN	26	00:27.51	
WCL044	1168	Lefa	Motsoeneng	Western Cape LSEN	27	00:28.14	
FSL022	239	Lesedi	Leteane	Free State LSEN	28	00:29.00	
MPL042	645	Xolani	Khumalo	Mpumalanga LSEN	29	00:31.34	
MPL041	644	Banele	Hlatshwayo	Mpumalanga LSEN	30	00:35.14	

**SA Schools Cross Country Championships**  
2023/09/30

**Result per Age**

**B-17**

19	B-17	6 km	/ 6 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
GAU085	415	Realeboga	Smith	Gauteng	1	00:19.10
MPU092	755	Neni	Ndlovu	Mpumalanga	2	00:19.22
MPU094	757	Setimela	Malatji	Mpumalanga	3	00:19.32
MPU095	758	Buang	Kekane	Mpumalanga	4	00:19.34
NWP043	954	Regomoditwe	Lenkoe	North West	5	00:19.48
NWP045	956	Diteko	Motshabi	North West	6	00:19.52
MPU093	756	Emmanuel	Motaung	Mpumalanga	7	00:19.57
WCA090	1109	Jirano	Beukes	Western Cape	8	00:20.10
NWP044	955	Tshepang	Matsheng	North West	9	00:20.13
LIM102	597	Thato	Marumo	Limpopo	10	00:20.18
MPU091	754	Gift	Sibanyoni	Mpumalanga	11	00:20.31
LIM099	594	Madikana	Moila	Limpopo	12	00:20.36
ECA057	57	Boyce	Lindokuhle	Eastern Cape	13	00:20.38
GAU086	416	Sphiwe	Makhoba	Gauteng	14	00:20.41
MPU096	759	Mzomuhle	Mkhwanazi	Mpumalanga	15	00:20.42
WCA094	1113	Christiano	Klazen	Western Cape	16	00:20.48
WCA089	1108	Radeam	Frieslaar	Western Cape	17	00:20.53
GAU089	419	Pheza	Avuma	Gauteng	18	00:20.56
LIM100	595	Hlologelo	Ratau	Limpopo	19	00:21.03
GAU090	420	Chamunorla	Thepihilus	Gauteng	20	00:21.05
ECA058	58	Thabo	Nogqala	Eastern Cape	21	00:21.09
FSA099	208	Katleho	Monyane	Free State	22	00:21.28
WCA092	1111	Romario	Andrew	Western Cape	23	00:21.39
NWP047	958	Thabang	Morolong	North West	24	00:21.45
FSA101	210	Siyabonga	Mhlambi	Free State	25	00:21.50
FSA102	211	Paseka	Tsele	Free State	26	00:22.04
NWP046	957	Lebogang	Kototsi	North West	27	00:22.06
NWP048	959	Reagoleboga	Mongake	North West	28	00:22.21
WCA093	1112	Marcelino	Booyesen	Western Cape	29	00:22.22
FSA100	209	Lushet	Mofokatsana	Free State	30	00:22.24
NCA063	834	Salaymon	Beukes	Northern Cape	31	00:22.46
NCA061	832	Uegene	Ntambula	Northern Cape	32	00:23.27
NCA062	833	Willem	Swarts	Northern Cape	33	00:27.57

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### B-19

9	B-19	8 km LSEN	/ 8 km LSEN	00:00.00	Final	
	Athlete		Team	Place	Achievement	
GAL026	296	Tiholo	Diseko	Gauteng LSEN	1	00:26.54
GAL025	295	Tshepiso	Moimakwe	Gauteng LSEN	2	00:27.34
GAL028	298	Given	Mziza	Gauteng LSEN	3	00:27.49
NWL025	876	Kultwano	Mokaleng	North West LSEN	4	00:28.22
WCL052	1176	Henry	Bron	Western Cape LSEN	5	00:28.33
LIL053	491	Thapelo	Mokitlana	Limpopo LSEN	6	00:28.54
WCL053	1177	Rumano	Van Der Byl	Western Cape LSEN	7	00:29.05
LIL055	493	Pabalelo	Phala	Limpopo LSEN	8	00:29.11
WCL054	1178	Brayton	Thys	Western Cape LSEN	9	00:29.11
GAL030	300	Lebohang	Mkhwanazi	Gauteng LSEN	10	00:29.30
GAL029	299	Tshepo	Nkobore	Gauteng LSEN	11	00:29.59
NWL026	877	Robert D Lindwill	Pietersen	North West LSEN	12	00:30.01
MPL049	652	Tshedza	Ndou	Mpumalanga LSEN	13	00:30.02
WCL055	1179	Jeminico	Nuwegeld	Western Cape LSEN	14	00:30.22
FSL025	242	Ruhwan Zuan	Ferris	Free State LSEN	15	00:30.27
LIL056	494	Nkosa	Mpata	Limpopo LSEN	16	00:30.33
NWL027	878	Lethlogonolo	Mahumapelo	North West LSEN	17	00:30.44
MPL053	656	Thabo	Mahlangu	Mpumalanga LSEN	18	00:30.47
NCL002	845	Reotshepile	Letimela	Northern Cape LSEN	19	00:30.53
LIL057	495	Tshegofatso	Mashawo	Limpopo LSEN	20	00:31.06
LIL052	490	Kamogelo	Maubane	Limpopo LSEN	21	00:31.27
NCL001	844	Akanyang	Pholoane	Northern Cape LSEN	22	00:31.38
FSL030	247	Karabo	Radebe	Free State LSEN	23	00:32.09
FSL028	245	Tshepang Danger	Tshobane	Free State LSEN	24	00:32.10
GAL027	297	Katlego	Gamede	Gauteng LSEN	25	00:32.37
NWL029	880	Karabo	Meyer	North West LSEN	26	00:32.50
NWL030	881	Boitumelo	Tshabalala	North West LSEN	27	00:33.36
MPL050	653	Samukelo	Mokwena	Mpumalanga LSEN	28	00:33.41
MPL054	657	Philani	Vilakazi	Mpumalanga LSEN	29	00:34.03
LIL054	492	Karabo	Mphahlele	Limpopo LSEN	30	00:34.36
MPL052	655	Anesu	Liwane	Mpumalanga LSEN	31	00:36.12
WCL056	1180	Eathan	Phillander	Western Cape LSEN	32	00:36.59
FSL026	243	Sehlabaka	Mokoena	Free State LSEN	33	00:37.17
MPL051	654	Lifa	Nkosi	Mpumalanga LSEN	34	00:37.40
ECL034	106	Linganathi	Bhentswana	Eastern Cape LSEN	35	00:37.41
ECL036	108	Sikelela	Maliwa	Eastern Cape LSEN	36	00:38.36
ECL037	109	Mbulelo	Sijinga	Eastern Cape LSEN	37	00:38.58
WCL057	1181	Perstin	Harts	Western Cape LSEN	38	00:42.25

# SA Schools Cross Country Championships 2023/09/30

## Result per Age

### B-19

25	B-19	8 km	/ 8 km		00:00.00	Final
	Athlete		Team	Place	Achievement	
NWP049	960	Dino	Nako	North West	1	00:24.34
GAU098	428	CornÉ	De Fouw	Gauteng	2	00:24.57
NWP050	961	Oarabile	Keitseng	North West	3	00:25.18
FSA105	214	Leslesy	Mokoena	Free State	4	00:25.37
MPU104	767	Vuyiso	Tshoba	Mpumalanga	5	00:26.02
LIM107	602	Lesiba	Tloubatla	Limpopo	6	00:26.12
MPU105	768	Hope	Matshiya	Mpumalanga	7	00:26.20
GAU100	430	Nhlanhla	Mnotoza	Gauteng	8	00:26.29
LIM105	600	Alex	Aphane	Limpopo	9	00:26.41
FSA103	212	Lebohang	Mohapi	Free State	10	00:26.45
FSA104	213	Tumisang	More	Free State	11	00:27.00
FSA106	215	Lehlohonolo	Lekhula	Free State	12	00:27.01
NWP054	965	Karabo	Masire	North West	13	00:27.14
NWP053	964	Tshepo	Matsheng	North West	14	00:27.23
NWP052	963	Tshireletso	Siamisang	North West	15	00:27.49
MPU107	770	Jabu	Mahlangu	Mpumalanga	16	00:27.59
LIM108	603	Jack	Mello	Limpopo	17	00:28.34
MPU106	769	Johannes	Shirindi	Mpumalanga	18	00:28.50
NCA071	842	Rabaone	Foong	Northern Cape	19	00:28.59
FSA107	216	Omphile	Letshabo	Free State	20	00:29.12
ECA071	71	Charlin	Helmie	Eastern Cape	21	00:29.15
NWP051	962	Hlabanelo	Maine	North West	22	00:30.12
ECA072	72	Sithethelele	Dikhoba	Eastern Cape	23	00:30.19
WCA104	1123	Adriano	Fortuin	Western Cape	24	00:30.28
NCA070	841	Jonathan	Newat	Northern Cape	25	00:30.33
WCA101	1120	Keano	Qwili	Western Cape	26	00:30.57