

1. JUNIOR MEN: 500m HEATS	SA 41.73		
6. Tshupo Modikwe	HRSC	42.376	
7. Karabo Molepo	RRW	42.427	
1. Ubakeng Boikanyo	RRW	42.497	
9 Koketso Sethusha		42.997	
8 Thapelo Rammuki	HRSC	44.875	
5 Koketso Makhudu	HRSC	45.004	
2 Samuel Elias	RRW	45.282	
JUNIOR MEN 500m FINAL			
6. Tshupo Modikwe	HRSC	42.419	
7 Karabo Molepo	RRW	42.520	
5 Koketso Makhudu	HRSC	42.642	
8 Thapelo Rammuki	HRSC	42.684	
16. JUNIOR MEN: 1000m	1m27.11		
6. Tshupo Modikwe	HRSC	1m28.056	
7. Karabo Molepo	RRW	1m28.136	
9. Koketso Sethusha	HRSC	1m28.207	
5. Koketso Makhudu	HRSC	1m28.336	
1. Ubakeng Boikanyo	RRW	1m30.851	
8. Thapelo Rammuki	HRSC	1m30.994	
2. Samuel Elias	RRW		
2. SENIOR MEN: 500m	42.00		
10. Brian Baloyi	HRSC	43.299	
3. Phemelo Mojolwane	HRSC	43.395	
11. Tshupo Kekana	HRSC	43.470	
14. Jack Njoro	RRW	46.312	
15. Gontse Rankhumise	HRSC	46.496	
12. Muzi Mkaliphi	SRSC	50.324	
2. SENIOR MEN: 500m	1m27.02		
3. Phemelo Mojolwane	HRSC	1m29.276	
11. Tshupo Kekana	HRSC	1m29.499	
10. Brian Baloyi	HRSC	1m29.748	
14. Jack Njoro	RRW	1m33.844	
15. Gontse Rankhumise	HRSC	1m44.213	
12. Muzi Mkaliphi	SRSC	1m48.253	
3. OPEN LADIES: 500m	Jnr 51.21 snr 49.55		
18. Tumelo Moteme	RRW	49.810	Record
16. Caroline Molokomme	HRSC	57.293	
18. OPEN LADIES: 500m	J1m46.78 S1m44.83		
18. Tumelo Moteme	RRW	1m41.230	Record
16. Caroline Molokomme	HRSC	1m58.578	
4. OVER 17 LADIES 500m			
19. Kgomotso Sebothoma	RRW	57.992	
4. OVER 17 LADIES 1000m			
19. Kgomotso Sebothoma	RRW	1m59.460	
20. BOYS U/13: 1000m	1m50.15		

21. Ntando Morifi	RRW	1m57.761	
22. Tshepo Tema	RRW	1m58.007	
20.Simon Harvey	RRW	2m05.049	
5. BOYS U/13: 500m 52.17			
22. Tshepo Tema	RRW	56.104	
21. Ntando Morifi	RRW	56.294	
20.Simon Harvey	RRW	58.441	
6. BOYS U/15: 500m 49.54			
27. Thabo Nyatlo	HRSC	49.123	Record
28. Kamogelo Sebande	RRW	51.073	
25.Norman Mohlala	RRW	51.298	
23.Mokopane Boikanyo	RRW	54.180	
24. Ofentse Madumo	HRSC	57.602	
26. Pontsho Morifi	RRW	59.776	
21. BOYS U/15: 1000m 1m43.01			
27. Thabo Nyatlo	HRSC	1m42.043	Record
28. Kamogelo Sebande	RRW	1m42.660	
26. Pontsho Morifi	RRW	1m.43.353	
25.Norman Mohlala	RRW	1m46.294	
23.Mokopane Boikanyo	RRW	1m46.524	
24. Ofentse Madumo	HRSC	2m02.091	
22. BOYS U/17: 1000m 1m43.44			
30. Thapelo Satshane	HRSC	1m 43.298	
31. Hlulani Sithole	SRSC	1m47.218	
29. Taswald Jansen	RRW	2m04.497	
7. BOYS U/17: 500m 47.80			
31. Hlulani Sithole	SRSC	49.607	
30. Thapelo Satshane	HRSC	51.354	
29. Taswald Jansen	RRW	57.076	
8. OVER 17 MEN: 500m 45.01			
33. James Fru	RRW	47.859	
35. Lesiba Ramolobeng	RRW	47.950	
36. Israel Shai	HRSC	48.252	
34. Lwandile Kula	RRW	48.364	
32. Markus Baloyi	RRW	48.821	
24. OVER 17 MEN: 1000m 1m41.32			
33. James Fru	RRW	1m40.619	
35. Lesiba Ramolobeng	RRW	1m40.673	
36. Israel Shai	HRSC	1m40.686	
34. Lwandile Kula	RRW	1m42.934	
32. Markus Baloyi	RRW	1m43.035	
25.BEGINNER BOYS U/ 13 400m 46.30			
5. Anelisiwe Ndongeni	SRSC	NT	
1. Boy Boy Masilela	RRW		
2. Mpho Masombuka	HRSC		
4. Tsholofelo More	HRSC		
3. Tshiamo Monama	HRSC		

9. BEGINNER BOYS U/ 13 200m	23.49		
1. Boy Boy Masilela	RRW	23.208	Record
2. Mpho Masombuka	HRSC	23.566	
3. Tshiamo Monama	HRSC	25.100	
4. Tsholofelo More	HRSC	25.402	
5. Anelisiwe Ndongeni	SRSC	25.578	
10. BEGINNER BOYS U/15 200m	22.73		
6. Matlhatsi Banda	HRSC	22.390	Record
9. Jan Msiza	HRSC	22.503	
10. Siphwe Nkosi	HRSC	24.590	
7. Xabiso Mfikili	SRSC	28.151	
8. Jeffrey Mthethwa	HRSC	28.421	
26. BEGINNER BOYS U/15 400m	42.12		
6. Matlhatsi Banda	HRSC	45.231	
9. Jan Msiza	HRSC	45.505	
10. Siphwe Nkosi	HRSC	52.098	
8. Jeffrey Mthethwa	HRSC	1m01.224	
7. Xabiso Mfikili	SRSC	1m01.327	
27. BEGINNER GIRLS U/15 400m	51.57		
12. Vusani Madzivhandila	RRW	52.351	
14. Lesego Tshabalala	HRSC	53.592	
13. Xiluva Maswanganyi	RRW	53.816	
11. BEGINNER GIRLS U/15 200m	25.82		
12. Vusani Madzivhandila	RRW	25.885	
13. Xiluva Maswanganyi	RRW	25.901	
14. Lesego Tshabalala	HRSC	26.119	
12. BEGINNER GIRLS U/13 200m	27.12		
15. Kgaogelo Sebande	RRW	27.692	
28. BEGINNER GIRLS U/13 400m	55.80		
15. Kgaogelo Sebande	RRW	1m01.277	
29. BEGINNER GIRLS O/15 800m	50.88		
16. Kgalalelo Madumo	HRSC	2m02.386	
18. Yvonne Makhasane	RRW	2m02.609	
19. Indiphe Zongo	RRW	2m.07.034	
20. Inga Zongo	RRW	2m.07.903	
17. Lerato Makhasane	RRW	2m.09.377	
14. BEGINNER GIRLS O/15 400m	50.88		
16. Kgalalelo Madumo	HRSC	58.009	
20. Inga Zongo	RRW	59.883	
17. Lerato Makhasane	RRW	1.00.039	

19. Indiphe Zongo	RRW	1.00.946	
18. Yvonne Makhasane	RRW	1.02.270	
15. BEGINNER MEN O/15 400m	43.46		
21. Makgaole Lehutjo	HRSC	44.483	
26. Peter Tshenkeng	RRW	45.872	
25. Thabang Pheta	RRW	46.828	
24. Tshepiso Mputle	SRSC	46.980	
23. Kgomotso Modise	RRW	54.011	
30. BEGINNER MEN O/15 800m	43.46		
21. Makgaole Lehutjo	HRSC	1m29.325	
26. Peter Tshenkeng	RRW	1m30.580	
25. Thabang Pheta	RRW	1m32.369	
24. Tshepiso Mputle	SRSC	1m33.387	
23. Kgomotso Modise	RRW	1m34.127	
31. BOYS U/10 400m			
38. Kopano Mojapelo	HRSC	58.246	
37. Masana Maswanganyi	RRW	58.593	
39. Koketso Tema	RRW	1m06.747	
13. BOYS U/10 200m			
38. Kopano Mojapelo	HRSC	26.754	
37. Masana Maswanganyi	RRW	27.203	
39. Koketso Tema	RRW	39.416	
32. *OPEN 5000m – male and female			
35. Lesiba Ramolobeng	RRW	9m12.380	
32. Markus Baloyi	RRW	9m12.490	
33. James Fru	RRW	9m12.617	
30 Thapelo Satshane	HRSC	9m12.718	
36 Israel Shai	HRSC	9m13.950	
18 Tumelo Moteme	RRW	9m20.502	
25.Norman Mohlala	RRW	9m21.632	
28. Kamogelo Sebande	RRW	9m23.236	
26 Pontso Morifi		9m28.037	
27 Thabo Nyatlo	HRSC	9m46.206	
34. Lwandile Kula	RRW	+1	
31. Hlulani Sithole	SRSC	DNF	
21. Ntando Morifi	RRW	DNF	
23.Mokopane Boikanyo	RRW	DNF	
24. Ofentse Madumo	HRSC	DNF	
20.Simon Harvey	RRW	DNF	
22. Tshepo Tema		DNF	
16. Caroline Molokomme	HRSC	DNF	
19. Kgomotso Sebothoma	RRW	DNF	
29. Taswald Jansen	RRW	DNF	
BEGINNER OPEN 3000m			
6. Matlhatsi Banda	HRSC	6m10.405	
9. Jan Msiza	HRSC	6m10.834	
5. Anelisiwe Ndongeni	SRSC	6m32.723	
24. Tshepiso Mputle	SRSC	6m 36.265	
25. Thabang Pheta	RRW	6m 47.245	
23. Kgomotso Modise	RRW	7m01.340	
26 Peter Tshenkeng	RRW	7m02.196	

21. Makgaole Lehutjo	HRSC		
10 000M Open			
6. Tshepo Modikwe	HRSC	16m53.426	
5 Koketso Makhudu	HRSC	16m56.252	
11. Tshepo Kekana	HRSC	16m57.325	
13. Phemelo Mojolwane	HRSC	17m16.611	
7. Karabo Molepo	RRW	17m19.111	
1. Ubakeng Boikanyo	RRW	17m19.158	
10. Brian Baloyi	HRSC	17m33.419	
9 Koketso Sethusha		17m43.582	