



**ASA CROSS COUNTRY TRIALS FOR 2024 WA CROSS COUNTRY CHAMPIONSHIPS
POTCHEFSTROOM, NWU SPORTS GROUND
18 NOVEMBER 2023**

**ELIGIBLE ATHLETES TO PARTICIPATE AT THE ASA CROSS COUNTRY TRIALS –
ROAD TO BELGRADE, SERBIA**

U20 Female_6km

No	Name & Surname	Distance	Province
1	Naledi MAKGATHA	6km	CGA
2	Li-Mari DEKKER	6km	AGN
3	Tinyiko NDALA	6km	AGN
4	Emma KRUSE	6km	EPA
5	Phemelo MATSHABA	6km	AGN
6	Mika BOOYSEN	6km	AGN
7	Khunedi MASHISHI	6km	CGA
8	Shanike JORDAAN	6km	AGN
9	Indiphile DLESI	6km	ATRA
10	Lufhuno MAKHUVHA	6km	AGN
11	Dante FERREIRA	6km	AGN
12	Wiepke SCHOEMAN	6km	AGN
13	Alri VERSTER	6km	ACNW
14	Izandri JACOBS	6km	AGN
15	Lika OLIVIER	6km	AMPU
16	Lize DE JAGER	6km	AGN
17	Lara VAN DER MERWE	6km	AGN
18	Omaatla DIKAO	6km	AGN
19	Luca DE WAAL	6km	AGN
20	Kiona ROBINSON	6km	CGA

U20 Men_8km

No	Name & Surname	Distance	Province
1	Musawenkosi MNISI	8km	AMPU
2	Zenzile PHEKO	8km	CGA
3	Corne DE FOUW	8km	CGA
4	Rico LEIJENAAR	8km	ACNW
5	Lesli MOKOENA	8km	KZNA
6	Okuhle NYHUDE	8km	ATRA
7	Tseko THOABALA	8km	AFS
8	Johannes MOREPE	8km	CGA
9	Tumisang MORE	8km	AFS
10	Bokang MABOTE	8km	AGN
11	Realeboga SMITH	8km	CGA

12	Amogelang TATAI	8km	ACNW
13	Oratile MASHIGO	8km	CGA
14	Luthabo MPONGWANA	8km	WPA
15	Johann ROELOFSE	8km	AGN
16	Bongile MBUWENI	8km	ATRA
17	Thandolwethu MATSALO	8km	EPA
18	Neo MOTHAE	8km	CGA
19	Gerhard BOSSERT	8km	AFS
20	Regardt HATTINGH	8km	AGN
21	Dino NAKO	8km	ACNW

Senior Women _10km

No	Name & Surname	Distance	Province
1	Karabo MAILULA	10km	AGN
2	Carmie PRINSLOO	10km	AGN
3	Kirsti BELL	10km	AFS
4	Nwabisa MJOLI	10km	KZNA
5	Mia STEYTLER	10km	WPA
6	Lisha VAN ONSELEN	10km	BOLA
7	Andisiwe NJUNGUZA	10km	KZNA
8	Busisiwe CHAMANE	10km	KZNA
9	Kathryn VAN METER	10km	CGA
10	Farida ZWANE	10km	CGA
11	Glenrose XABA	10km	AGN
12	Cacisile SOSIBO	10km	CGA
13	Cian OLDKNOW	10km	CGA
14	Kesaaleboga MOLOTSANE	10km	AFS
15	Tayla KAVANAGH	10km	KZNA
16	Kyla JACOBS	10km	WPA
17	Aynslee VAN GRAAN	10km	WPA

Senior Men _10km

No	Name & Surname	Distance	Province
1	Kabelo MULAUDZI	10km	CGA
2	Pakiso MTHEMBU	10km	KZNA
3	Nadeel WILDSCHUTT	10km	BOLA
4	Bennet SELOY	10km	CGA
5	Andries SESEDI	10km	CGA
6	Chris MHLANGA	10km	CGA
7	Simon MAKONYAMA	10km	AGN
8	Andile MOTWANA	10km	EPA
9	Siyabonga NDLOVU	10km	KZNA
10	Tebogo SEGALAGALA	10km	AGN
11	Thabang MOSIAKO	10km	EPA
12	Precious MASHELE	10km	CGA
13	Elroy GELANT	10km	ACNW
14	Stephen MOKOKA	10km	AGN
15	Maxime CHAUMETON	10km	CGA
16	Nicholas SEOPOSENGWE	10km	CGA

17	Mathews LEETO	10km	ACNW
18	Collen MULAUDZI	10km	AGN
19	Adriaan WILDSCHUTT	10km	WPA

Open Mixed 2km

No	Name & Surname	Distance	Province
1	Boikanyo MOTLHAMME	2km	CGA
2	Nicholas WHITTAKER	2km	CGA
3	Teboho MOLOI	2km	AVT
4	Derick HLAKO	2km	AVT
5	Nicholas DE SCALLY	2km	ACNW
6	Carmie PRINSLOO	2km	AGN
7	Rone REYNECKE	2km	ANWN
8	Lizandre MULDER	2km	AFS
9	Zanthe TALJAARD	2km	AVT
10	Michelle PARKES	2km	AMPU
11	Nkosinathi SIBIYA	2km	CGA
12	Rowhaldo RATZ	2km	WPA
13	Luan MUNNIK	2km	ACNW
14	Simonay WEITSZ	2km	AGN
15	Ntswaki MOLAHLOE	2km	KZNA
16	Sisanda DUMISA	2km	CGA
17	Ryan MPHAAHLELE	2km	CGA
18	Carina VILJOEN	2km	CGA
19	Tshepo TSHITE	2km	AGN
20	Prudence SEKGODISO	2km	AGN

Program		
Junior Girls	6km	06:30
Junior Boys	8km	06:55
Senior Women	10km	07:20
Senior Men	10km	07:55
Men & Women	2km	08:30

IMPORTANT NOTE:

- All athletes **MUST** participate in club/school attire with a valid 2023 ASA Licence Number.