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PRETORIA WEST



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To be the best athletics Province in South Africa

Reference: AGN/Circular 60 of 2024

To: AGN Members
From: AGN Office
Date: 21 June 2024
Pages: 22

**CIRCULAR 60 OF 2024 – AGN CROSS COUNTRY TEAM TO INTER PROVINCIAL
AT KEES TALJAARD STADIUM, MIDDELBURG, 20 July 2024**

Dear AGN Members

Please find attached the final AGN Cross Country Team that will be participating at the Inter Provincial Cross Country event at Kees Taljaard Stadium in Middelburg on Saturday, 20 July 2024.

Athletes who are selected into the AGN team are required to wear the Athletics Gauteng North Provincial attire.

Athletics Gauteng North attire can be obtained at XCO sport:

Tel: 086 192 6776

Fax: 086 641 3677

Email: info@xco.co.za

Address: Route 21 Corporate Park, 101 Sovereign Drive, Irene

GPS: S 25 ~ 85' 9986" | E 28 ~ 25' 7907"

You can also purchase attire online via the following link:

<https://xco.co.za/etail/order/0ezcn>

Age category tags are compulsory for age groups 35 and older. This can be obtained at the AGN Office at Pilditch Stadium for R20.00 per set.

Please note that the AGN Cross Country Team was selected according to the Selection Criteria that was published in January 2024 and numerous circulated to members.

Board Members:

Hendrick Mokganyetsi (President) Adv. James Matshekga (Vice President) Lukhanyo Mabinza (Chair Athletes) Buks Meyer (Chair Cross Country) Enoch Skosana (Chair Road Running) Siphon Shawe (Chair Track & Field) Chris Britz (Chair Race Walking) John Mathane (Additional) Violet Khumalo (Additional) Shona Manamela (Additional) Corrie Fourie (Additional) Jazz Mnyengeza (Ex Officio) Durell JeJane (General Manager)

Travel arrangements for athletes travelling with AGN

All athletes who require transport should kindly confirm via email to both **Harold Makola**, development@agn.co.za and **Jerry Ramphefa**, assistant@agn.co.za by no later than 17 July 2024 at 12:00am.

Please note that all requests will be confirmed and if you did not receive a confirmation or did not request to be included in the arrangements, we would unfortunately not allow you on the bus to Middelburg.

Please be reminded of the below that was published with the Selection Criteria:

Accommodation and travel Bookings to Inter Provincial and SA Championships.

Do not make any accommodation and travel bookings until the official AGN Cross Country Team has been released and published by the AGN Board.

All athletes that will make use of AGN transport and accommodation will have to pay a fee from 2024. That fee will be determined by AGN finance committee each year.

Each athlete who is included in the team will require a contribution of R600-00 per athlete for 2024. This is only applicable if the athlete stays and/or travel with the team.

More information as well as the program regarding the Inter Provincial will follow shortly.

Below is the AGN Cross Country Team that will be representing AGN at the Inter Provincial on Saturday, 20 July 2024.

Kind Regards



DURELL JEJANE
AGN: GENERAL MANAGER

Athletics
Gauteng North

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ATHLETICS GAUTENG NORTH



CROSS COUNTRY INTER PROVINCIAL TEAM KEES TALJAARD STADIUM, MIDDELBURG – 20 JULY 2024

| GIRLS 8 (1 KM) | | (Born: 2016; 2017; 2018) |
|-----------------------|---------------------|---------------------------------|
| SURNAME | NAME | CLUB |
| Breytenbach | Cara | Willebeer AC |
| De Beer | Elizabeth | Lynnwood LS |
| Du Preez | Jesse | Menlopark |
| Durow | Cari | Garsfontein LS |
| Erasmus | Adeleen | Garsfontein LS |
| Labuschagne | Ané | Garsfontein LS |
| Lombard | Zara | Anton van Wouw LS |
| Moremi | Keitumetse | Siyahlala Dev |
| Nel | Catharina Elizabeth | Menlopark LS |
| Oelofsen | Charlotte | Lynnwood LS |
| Pretorius | Ariana | Totiusdal LS |
| Prinsloo | Lieka | Menlopark AC |
| Smith | Amélie | Hennospark LS |
| Snyman | Lua | Lynnwood LS |
| Sturdy | Robyn | Cornwall Hill College |
| Swanepoel | Lisa | Garsfontein LS |
| Viljoen | Antoné | Wieries AC |
| Viljoen | Lila | Tygerpoort LS |
| GIRLS 9 (2 KM) | | (Born: 2015) |
| SURNAME | NAME | CLUB |
| Ascani | Micayla | JS AC |
| Bonnema | Lea | Louis Leipoldt LS |
| Cloete | Michaela | Elarduspark LS |
| Cox | Emma | Cornwall Hill College |
| Du Preez | Iné | Garsfontein LS |
| Holliday | Ryleigh | Bakenkop LS |
| Myers | Krisleigh | Swarries AC |
| Nieman | Mila | Menlopark LS |
| Ntobeng | Boiketlo | Siyahlala Dev AC |
| Palm | Lianka | Lynnwood LS |
| Pienaar | Lynicke | Lynnwood LS |
| Potgieter | Marna | Montana AC |
| Schoeman | Aléri | Garsfontein LS |
| Snyman | Milan | Inspire AC |
| Troskie | Melinique | Garsfontein LS |
| Van der Westhuizen | Lemay | Lynnwood LS |
| Van Wyk | Frané | Elarduspark LS |
| Vermeulen | Hayley | Rooihuiskraal LS |
| Vosloo | Kenzi | Wieries AC |

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| GIRLS 10 (2 KM) | | (Born: 2014) |
|------------------------|-------------|---------------------|
| SURNAME | NAME | CLUB |
| Baloyi | Onthatile | Masai AC |
| Barnard | Janke | Waterkloof HS |
| Chauke | Caroline | Masai AC |
| De Kok | Annebelle | Anton van Wouw LS |
| De Villiers | Ané | Hennospark LS |
| Geertsema | Zanelle | Lynnwood LS |
| Kruger | Esti | Constantiapark LS |
| Le Roux | Annelien | Rooihuiskraal LS |
| Nel | KARI | Garsfontein LS |
| Neuhoff | Luka | Anton van Wouw LS |
| Peppenene | Rea-Leboha | Phobians |
| Pitse | Keabetswe | Masai AC |
| Pretorius | Zané | Totuisdal LS |
| Prinsloo | Lizé | Menlopark AC |
| Riasakanye | Itumeleng | Pele AC |
| Roets | Emma | Midstream Ridge PS |
| Van der Bijl | Leandri | Leipies AC |
| Van Wyk | Liané | Menlopark AC |
| Vorster | Demi | Garsfontein LS |
| Zowitsky | Priya | Garsfontein LS |
| GIRLS 11 (3 KM) | | (Born: 2013) |
| SURNAME | NAME | CLUB |
| Bornman | Alexis | JS AC |
| Boshoff | Mieke | JS AC |
| Botha | Anika | Hennospark LS |
| Botha | Lincke | Constantiapark LS |
| Esterhuyse | Janke | Villieria LS |
| Grunenfelder | Ellie | Hennospark LS |
| Mare | Alet | Elarduspark LS |
| Morapedi | Keamogetswe | Masai AC |
| Muller | Mieke | Montana AC |
| Opperman | Nadine | Elarduspark LS |
| Pitzer | Elandri | Elarduspark LS |
| Smit | Merize | Hennospark LS |
| Steynberg | Olivia | Menlopark AC |
| Strauss | Mienje | Anton van Wouw LS |
| Strauss | Jana | Hennospark LS |
| Van Aswegen | Mia | Bakenkop LS |
| Van Bergen | Lené | Garsfontein LS |
| Venter | Mia | Montana |

ATHLETICS
Gauteng North

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| GIRLS 12 (3 KM) | | (Born: 2012) |
|------------------------|-------------|---------------------|
| SURNAME | NAME | CLUB |
| Evans | Hailey | Bakenkop LS |
| Fowler | Anje | Leipies AC |
| Jacobsz | Misha | Elarduspark LS |
| Joubert | Marli | Hennospark LS |
| Kwinda | Munaka | FPN |
| Mabena | Nozipho | Masai AC |
| Makgota | Boipelo | Siyahlala Dav |
| Nel | Lea | Garsfontein LS |
| Ngwatla | Dimakatso | Modiba AC |
| Ntabeng | Lebogang | Siyahlala Dav |
| Sieberhagen | Jané | Montana AC |
| Skosana | Buhle | Danville Dev |
| Van der Merwe | Janka | Nedbank AC |
| Van Staden | Minke | Magalieskruin LS |
| Van Zyl | Janae | Boxer AC |
| Venter | Marli | Hennospark LS |
| Vorster | Chrislie | Tuine LS |
| Xali | Precious | Masai AC |
| GIRLS 13(3 KM) | | (Born: 2011) |
| SURNAME | NAME | CLUB |
| Barnard | Chanene | Zwartkop |
| Bezuidenhout | Belinda | Wieries AC |
| De Jager | Jana | Die Poort LS |
| Du Plessis | Lana | JS AC |
| Durand | Niah | Tygerpoort LS |
| Jansen van Rensburg | Lise-Marie | Midstream AC |
| Mandjolo | Theodora | Burgher Right AC |
| Maphoto | Kgothatso | CPC AC |
| Matlala | Nthabiseng | Masai AC |
| Menziwa | Sonwabise | Seshegong AC |
| Mienie | Lee-Hané | Leipies AC |
| Monkwe | Khanyisani | Modiba AC |
| Moyo | Gloria | Masai AC |
| Oosthuizen | Amelia | Midstream AC |
| Pitzer | Rochelle | Elarduspark LS |
| Rudman | Tayla | Midstream Ridge PS |
| Van der Walt | Megan | Montana AC |
| Van der Walt | Breché | Waterkloof HS |
| Van Lingen | Anzell | Constantiapark LS |

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| GIRLS 14 (4 KM) | | (Born: 2010) |
|------------------------|--------------|---------------------|
| SURNAME | NAME | CLUB |
| De Klerk | Leila | Montana |
| Du Plessis | Kara | Menlopark AC |
| Fouché | Miah | Montana |
| Jiyane-Lekwadu | Blessing | Seshegong AC |
| Lourens | Zanta | Menlopark AC |
| Meyer | Leigh-Anne | Menlopark AC |
| Mokgatha | Reneilwe | Nixon Nkodima AC |
| Molele | Dimakatso | Curro Hazeldean |
| Moremi | Kedibone | Curro Hazeldean |
| Morudu | Boitumelo | Curro Hazeldean |
| Mouton | Damari | Garsfontein HS |
| Phuti | Seithati | Masai AC |
| Pretorius | Leandri Zani | Nedbank AC |
| Roets | Elani | Waterkloof HS |
| Smit | Mia | Zwartkop HS |
| Steynberg | Anneke | Menlopark AC |
| Van der Westhuizen | Lané | Waterkloof HS |
| Van Niekerk | Niané | Boxer AC |
| GIRLS 15 (4 KM) | | (Born: 2009) |
| SURNAME | NAME | CLUB |
| Arendse | Caitlin | Midstream College |
| Blom | Shani | Menlopark AC |
| Coetzee | Elandri | Waterkloof HS |
| De Villiers | Liné | Menlopark HS |
| Dekker | Minke | Boxer AC |
| Groenewald | Marlené | Garsfontein HS |
| Groenewald | Chanel | Boxer AC |
| Haasbroek | Clarabelle | Menlopark HS |
| Marx | Micheala | Menlopark AC |
| Mlangeni | Princess | Uitsig HS |
| Nyapotse | Nthabiseng | Curro Hazeldean |
| Prinsloo | Ané | Waterkloof HS |
| Rabie | Magrietjie | Zwartkop |
| Schulz | Cara | Menlopark AC |
| Slabbert | Veani | Zwartkop HS |
| Stoltz | Bianca | Boxer AC |
| Van den Berg | Carmia | Midstream College |
| Van der Merwe | Danika | Nedbank AC |
| Van Niekerk | Rozellin | Nedbank AC |
| Visser | Kaylin | Zwartkop HS |

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| GIRLS 16 (4 KM) | | (Born: 2008) |
|------------------------|-------------|---------------------|
| SURNAME | NAME | CLUB |
| Botha | Elri | Boxer AC |
| Broodryk | Alicia | Wonderboom HS |
| De Beer | Deoné | Zwartkop HS |
| Dirkse van Schalkwyk | Elri | Garsfontein HS |
| Dlathi | Paballo | Curro Haeldean |
| Keyser | Nina | Centurion HS |
| Keyser | Joané | Centurion HS |
| Maila | Tshireletso | Seshegong AC |
| Makgaloa | Lerato | Seshegong AC |
| Mcetywa | Anoxolo | Curro Haeldean |
| Moreland | Natalie | FPN |
| Nel | Izelle | Centurion HS |
| Ngwenya | Vanessa | Masai AC |
| Nieman | Kaylen | Montana |
| Roux | Liandrie | Centurion HS |
| Schwulst | Rachel | Menlopark AC |
| Van Rooyen | Kaitlyn | Menlopark AC |
| Vermeulen | Danika | Waterkloof HS |
| GIRLS 17 (4 KM) | | (Born: 2007) |
| SURNAME | NAME | CLUB |
| Barkhuizen | Xandri | Centurion HS |
| Conradie | Hanneleen | Garsfontein HS |
| De Jong | Tasha | Montana |
| De Waal | Luca | Zwartkop HS |
| Grahan | Chie-Ann | Montana AC |
| Groenewald | Lente | Midstream College |
| Henning | Jayleigh | Waterkloof HS |
| Katso | Mpho | Prestige College |
| Le Roux | Elizma | Zwartkop HS |
| Madibana | Mmakuena | Siyashlala Dev |
| Male | Jané | Midstream College |
| Modungwa | Lebogang | Inkhonjane AC |
| Muller | Riané | Waterkloof HS |
| Phiri | Smangaliso | Masai AC |
| Pienaar | Jasmen | Montana |
| Pretorius | Liney | Nedbank AC |
| Prinsloo | Michelle | Centurion HS |
| Putz | Kira | AHMP |
| Van der Merwe | Lara | Waterkloof HS |
| Vivier | Ezmarelda | FPN |

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| UNDER 20 WOMEN (6 KM) | | (Born: 2005; 2006) |
|------------------------------|-------------|-----------------------------|
| SURNAME | NAME | CLUB |
| Beeslaar | Zoe | Centurion HS |
| Botha | Marthina | Eldoraigine HS |
| Coertze | Jackie | Boxer AC |
| Du Toit | Nadia | Wonderboom HS |
| Esterhuizen | Cara | Boxer AC |
| Geldenduys | Maryke | Garsfontein HS |
| Groenewald | Chantelle | Wonderboom HS |
| Janse van Rensburg | Alyssa-Lee | Sutherland HS |
| Jordaan | Shanike | Zwartkop |
| Jordaan | Mart-Marié | Boxer AC |
| Mienie | Chérri | Centurion HS |
| Nolte | Wilmarie | TUKS AC |
| Oberholzer | Linri | Eldoraigine AC |
| Robbertse | Arné | Garsfontein HS |
| Schoeman | Wiepke | Boxer AC |
| Smit | Mieke | TUKS AC |
| Smit | Liané | Boxer AC |
| Van Niekerk | Chantelle | Nedbank AC |
| Van Niekerk | Melissa | Boxer AC |
| Verschoor | Stephanie | Boxer AC |
| Von Westernhagen | Zabine | Boxer AC |
| SENIOR WOMEN (4 KM) | | (Born: 1990 to 2004) |
| SURNAME | NAME | CLUB |
| Breed | Marcel | Transnet |
| De Beer | Leandri | `Sterkspan |
| De Jager | Kayla | Blizz AC |
| Franck | Mirelle | FPN |
| Lengweng | Obakeng | FPN |
| Lombard | Hester | Boxer AC |
| Louw | Chanté | Magnolia RR |
| Mertz | Franzelle | The Village AC |
| Minnaar | Nicole | Pretoria Bobbies |
| Nthako | Sellware | TUT AC |
| Redelinghuys | Michelle | Boxer AC |
| Roelofse | Lyndi | Boxer AC |
| Stickells | Izabel | Individual |
| Swanepoel | Elizma | FPN |
| Swiegers | Carina | Boxer AC |
| Van der Spuy | Nicola | ACAC |
| Viljoen | Marietjie | Boxer AC |
| Wilcocks | Catherine | Magnolia RR |

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| SENIOR WOMEN (10 KM) | | (Born: 1990 to 2004) |
|------------------------------|-------------|-----------------------------|
| SURNAME | NAME | CLUB |
| Kobe | Paballo | SMU AC |
| Komane | Nthabiseng | TUT AC |
| Kotze | Tihana | TUKS AC |
| Lengweng | Obakeng | FPN |
| Mailula | Karabo | TUKS AC |
| Makhubela | Kgomotso | Vitality AC |
| Maripa | Cosy | Mamelodi Striders |
| Nkoadi | Palesa | Hollywood Bets |
| Oosthuizen | Megan | Individual |
| Reitz | Marelize | Boxer AC |
| Sikisi | Natasha | TUT |
| WOMEN UNDER 23 (4 KM) | | (Born: 2002 to 2006) |
| SURNAME | NAME | CLUB |
| Botha | Charissa | Boxer AC |
| Du Preez | Marlien | Discovery Vitality |
| Fourie | Michelle | Discovery Vitality |
| Grobler | Danica | Boxer AC |
| Heymans | Aluschka | Tuks Sport |
| Jacobs | Izandri | Montana AC |
| Knoetze | Nicola | TUKS AC |
| Mabena | Lena | Transnet |
| Makhubela | Bonolo | Xcel AC |
| Maritz | Johane | Boxer AC |
| More | Karabo | Masai AC |
| Morulane | Seemola | Varsity College AC |
| Motlohi | Refiloe | Prestige College |
| Muller | Megan | Eldoraigne HS |
| Saunders | Paige | TUKS AC |
| Somo | Mmakgosi | Temba Prestige |
| Tjale | Rethabile | TUT AC |
| Van der Linde | Marlene | Boxer AC |
| Van Zyl | Jaime | TUKS AC |
| Van Zyl | Kate | |

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| WOMEN 35 - 39 (4KM) | | (Born: 1985 to 1989) |
|-----------------------------|-------------|-----------------------------|
| SURNAME | NAME | CLUB |
| Bosch | Kamogelo | PMMC |
| Boshoff | Geraldine | Saamspan |
| Breytenbach | Chantelle | Willebeer AC |
| Ebersöhn | Elsabé | Magalieskruin LS |
| Esterhuyse | Gerda | Boxer AC |
| Geertsema | Ilse | Phobians |
| Jokazi | Sekiwe | Ubuhle AC |
| King | Elsmarie | Magnolia |
| Koen | Meryke | FPN |
| Maritz | Maria | Tuine Tekkies AC |
| Mazwi | Surprise | FPN |
| Mulder | Maryke | ACAC |
| Palm | Anneli | AS Eagles |
| Pitzer | Engela | Waterkloof HS |
| Riddell | Sarah | Curro Roodeplaat |
| Troskie | Elizabeth | Tygerpoort LS |
| Van Rooyen | Charnette | Irene AC |
| Van Schalkwyk | Illze | FPN |
| Van Wyk | Suné | Blizz AC |
| Windisch | Casey | FPN |
| WOMEN 40 - 44 (4 KM) | | (Born: 1980 to 1984) |
| SURNAME | NAME | CLUB |
| Ascani | Charlene | Resbank |
| Bornman | Minette | Midstream AC |
| Bredell | Engela | Pierre van Ryneveld AC |
| Cilliers | Lorinda | Boxer AC |
| De Klerk | Thelma | GNMA |
| Du Plessis | Natasja | JS AC |
| Janse van Rensburg | Hanli | Curro Roodeplaat |
| Louw | Anel | Wingate Road Runners |
| Louw | Anzelle | ACAC |
| Scheffer | Leilani | Boxer AC |
| Skosana | Catherine | Faranani AC |
| Smit | Nicola | BMW |
| Van der Merwe | Magriet | ACAC |
| Van der Merwe | Nadia | Souls on Fire |
| Van Heerden | Yolanda | Agape |
| Van Niekerk | Charlene | Irene AC |
| Viljoen | Santa | FPN |
| Willering | Alichia | Blizz AC |

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| WOMEN 45- 49 (4 KM) | | (Born: 1975 to 1979) |
|-----------------------------|----------------|-----------------------------|
| SURNAME | NAME | CLUB |
| Claassen | Leandri | FPN |
| De Villiers | Mildred | Team Vitality |
| De Wet | Tessa | FPN |
| Etsebeth | Annelie | Voortrekker Monument |
| Gordon | Lizette | ACAC |
| Greyvenstein | Leneldi | KRR |
| Haasbroek | Chanette | Born 2 Run |
| Hogan | Beatrice | ACAC |
| Jacobs | Marie | JS AC |
| Jansen van Rensburg | Annalise | FPN |
| Kriel | Yolandi | GNMA |
| Moreland | Beverley | FPN |
| Ncayiyana | Precious | PMMC |
| Raubenheimer | Marizelle | Midstream AC |
| Rossouw | Rika | Nedbank AC |
| Twala | Betty | Ubuhle AC |
| Van Vuuren | Rika | Wingate |
| Weideman | Wilmarie | ACAC |
| WOMEN 50 - 54 (4 KM) | | (Born: 1970 to 1974) |
| SURNAME | NAME | CLUB |
| Botha | Liezl | Boxer AC |
| Cairns | Jenny | Midstream AC |
| Checha | Lineth | Masai AC |
| Coertze | Adelle | Blizz AC |
| De Lange | Emsie | Agape |
| Dercksen | Anneline (ACE) | Tuine Tekkies AC |
| Engelbrecht | Santa | Tuine Tekkies |
| Eybers | Sunet | Nedbank AC |
| Houy | Retha | Blizz AC |
| Hunter | Maaike | Boxer AC |
| Koster | Ingrid | Nedbank AC |
| Muller | Louise | ACAC |
| Oelofse | Tania | Agape |
| Theron | Riette | Vitality |
| Thomas | Ronel | Boxer AC |
| Van Loggerenberg | Madeleen | FPN |
| WOMEN 55 - 59 (4 KM) | | (Born: 1965 to 1969) |
| SURNAME | NAME | CLUB |
| Botha | Iris | Tuine Tekkies AC |
| Breed | Maretha | Transnet |
| Erasmus | Lettie | Elarduspark LS |
| Franck | Alet | FPN |
| Goodinson | Carol | FPN |
| Maluleka | Concelia | Danville Dev |
| McMaster | Sandra | FPN |
| Sonnekus | Dalene | FPN |
| Van Kasterop | Marentia | Blizz AC |
| Vermeulen | Salomé | Bronkhorstspuit AC |

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| WOMEN 60 - 64 (4 KM) | | (Born: 1960 to 1964) |
|-----------------------------|-------------|--------------------------------|
| SURNAME | NAME | CLUB |
| Breytenbach | Ansie | Irene AC |
| Cotty | Esme | FPN |
| Du Preez | Lidia | FPN |
| Ferreira | Ilse | Individual |
| Jansen van Rensburg | Yvonne | Bobbies |
| Le Roux | Teresa | Voortrekkermonument |
| Lotter | Amanda | ACAC |
| Nkosi | Beauty | Ikhonjane AC |
| Reynecke | Ronelle | GNMA |
| WOMEN 65 - 69 (4 KM) | | (Born: 1955 to 1959) |
| SURNAME | NAME | CLUB |
| Boesenberg | Martie | FPN |
| Cloete | Joey | ACAC |
| Gericke | Nicolene | JS AC |
| Gilliland | Leonie | Solidariteit |
| Navarria | Jackie | ACAC |
| Van Blerk | Frances | Nedbank AC |
| Van Dyk | Adri | Blizz AC |
| Venter | Marie | Phobians |
| WOMEN 70 - 74 (4 KM) | | (Born: 1950 to 1954) |
| SURNAME | NAME | CLUB |
| Von Gordon | Veronica | GNMA |
| Pretorius | Rina | Pretoria Bobbies |
| WOMEN 75 - 79 (4 KM) | | (Born: 1945 to 1949) |
| SURNAME | NAME | CLUB |
| Laker | Rita | ACAC |
| WOMEN 80 - 84 (4 KM) | | (Born: 1940 to 1944) |
| SURNAME | NAME | CLUB |
| NONE | | |
| WOMEN 85 - 89 (4 KM) | | (Born: 1935 and before) |
| SURNAME | NAME | CLUB |
| NONE | | |

Athletics

Gauteng North

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| BOYS 8 (1 KM) | | (Born: 2016; 2017; 2018) |
|----------------------|-------------|---------------------------------|
| SURNAME | NAME | CLUB |
| Aucamp | Eben | Hennospark LS |
| Botha | Janko | Constantiapark LS |
| De Beer | Aiden | Wierdapark |
| Esterhuizen | Johan | Bakenkop LS |
| Jansen van Rensburg | Chris | Midstream AC |
| Jurgens | Jordan | Inspire AC |
| Kriek | Abrie | Constantiapark LS |
| Madibana | Tlou | Siyahlala Dev |
| Mahlobagoane | Tshiamo | Modiba AC |
| Mostert | Dawid | Midstream College |
| Olivier | Abrie | Midstream College |
| Pienaar | Francois | Leipies AC |
| Roos | Ben | Wieries AC |
| Smidt | Ruben | Monumentpark LS |
| Strijdom | JG | Phobians |
| Van Dyk | Francois | Lynnwood LS |
| Van Staden | Marthinus | Elardus Park LS |
| Van Zyl | Ruben | Midstream AC |
| Viljoen | Luan | Stephanus Roos LS |
| Welman | Philip | Garsfontein LS |
| BOYS 9 (2 KM) | | (Born: 2015) |
| SURNAME | NAME | CLUB |
| Akinsola | Honour | FPN |
| Bosman | Reinhardt | Anton van Wouw LS |
| Botha | Adriaan | Hennospark LS |
| Cwati | Lusanele | Springvale PS |
| De Jager | Drian | Garsfontein LS |
| Du Plessis | Wian | JS AC |
| Du Preez | Muller | Garsfontein LS |
| Ebersohn | Hanlu | Skuilkrans AC |
| Elkington | Cooper | Rooihuiskraal LS |
| Hancke | Waldo | Elarduspark LS |
| Mare | Janus | Elarduspark LS |
| Mashao | Farbious | Masai AC |
| Mentz | Adriaan | Montana |
| Pretorius | Wian | Skuilkrans AC |
| Rust | Danie | Hennospark LS |
| Uys | Hendre | Garsfontein LS |
| Van Heerden | Keagan | Bakenkop LS |
| Westraat | Charl | Monumentpark LS |

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| BOYS 10 (2 KM) | | (Born: 2014) |
|-----------------------|-------------|-------------------------|
| SURNAME | NAME | CLUB |
| Annandale | Luke | Midstream AC |
| Botha | TJ | FPN |
| Bruwer | Josua | Swartkop LS |
| Cloete | Judah | Leipies AC |
| De Kok | Leonard | Anton van Wouw LS |
| Durow | FC | Garsfontein LS |
| Gavin | Matthew | Lynnwood LS |
| Hlatshwayo | Siphesihle | Pretoria Chinese school |
| Human | Eben | Anton van Wouw LS |
| Knoetze | Connor | Tygerpoort LS |
| Kruger | Logan | Die Poort LS |
| Louw | Nathaniel | ACAC |
| Makombila | Lethabo | Temba Prestige |
| Maringa | Charles | Masai AC |
| Pienaar | Ruan | Phobians |
| Smit | Xavier | Rayton |
| Strohfeltdt | Benjamin | Lynnwood LS |
| Thiebaut | Christiaan | Garsfontein LS |
| Van Staden | Etienne | Constantiapark LS |
| BOYS 11 (3 KM) | | (Born: 2013) |
| SURNAME | NAME | CLUB |
| Bornman | Zayden | JS AC |
| Botha | Nicholas | Nedbank |
| Claassen | Janko | FPN |
| Dartnall | CJ | Hennospark LS |
| Fouché | Sebastian | Montana |
| Horn | Erich | Louis Leipoldt LS |
| Jooste | Reghardt | Garsfontein LS |
| Jordaan | Kaleb | Eduplex |
| Kriek | Dieter | Constantiapark LS |
| Kruger | Sion | FPN |
| Lekwaba | Tumelo | Nixon Nkodima AC |
| Montsho | Omolemo | Medihelp |
| Opperman | Ruben Roy | Elarduspark LS |
| Rossouw | AJ | Bakenkop LS |
| Ruza | Chrispen | Masai AC |
| Smit | Ryno | Tygerpoort LS |
| Van der Merwe | Johan | Bakenkop LS |
| Viljoen | Joshua | Tygerpoort LS |
| Viljoen | Alexander | Stephanus Roos LS |

Athletics
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| BOYS 12 (3 KM) | | (Born: 2012) |
|-----------------------|-------------|--------------------------|
| SURNAME | NAME | CLUB |
| Kwinda | Zwonaka | FPN |
| Cilliers | Evan | Boxer AC |
| Claasen | Banie | Midstream College |
| Hlambela | Jabulani | Masai AC |
| Lombard | Levi | Anton van Wouw LS |
| Matjila | Ally | Pele PS AC |
| Mini | Vusimuzi | Masai AC |
| Modiba | Phenyo | Modiba AC |
| Myburg | Franco | Montana AC |
| Pretorius | Uys | Hennopspark LS |
| Rheeders | Hendre | Swarries AC |
| Roets | Conner | Magalieskruin LS |
| Scholtz | Logan | Bakenkop LS |
| Selahla | Lehlogomolo | Masai AC |
| Stassen | Liam | Hennopspark LS |
| Van der Bijl | JC | Leipies AC |
| Van der Leek | Marcel | Boxer AC |
| Vos | Izak | FPN |
| Wybenga | Leo | Skuilkrans AC |
| BOYS 13 (4KM) | | (Born: 2011) |
| SURNAME | NAME | CLUB |
| Basson | Hein | Midstream AC |
| Bester | Stian | Garsfontein HS |
| Bezuidenhout | Edward | Wieries AC |
| Botha | Nicolaas | Hennopspark LS |
| Bredell | Jan-Hendrik | Centurion Christelike LS |
| Chiradza | Eager | Masai AC |
| Claassen | Ruben | FPN |
| Coetzer | Ewan | Laerskool Skuilkrans |
| Cronjé | Tommie | Constantiapark LS |
| Esterhuysen | Ruben | Villieria LS |
| Hennop | Tristen | Bakenkop LS |
| Hugo | Adriaan | Montana |
| Kielblock | Mattias | Zwartkop HS |
| Kobeli | Kutloano | Masai AC |
| Mabasa | Lehumo | Siyahlala Dev AC |
| Muller | Christiaan | Montana AC |
| Nel | Righardt | Tygerpoort LS |
| Sekati | Otlotleng | Masai AC |
| Van Niekerk | Kaleb | Nedbank AC |

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| BOYS 14 (4 KM) | | (Born: 2010) |
|-----------------------|-------------|---------------------|
| SURNAME | NAME | CLUB |
| Baloyi | Sammy | Butgher Rights AC |
| Brits | Christiaan | Montana AC |
| De Klerk | NJ | Zwartkop HS |
| De Villiers | Jacques | Garsfontein HS |
| Groenewald | Hanré | Die Wilgers HS |
| Labuschagne | Riaan | Midstream College |
| Lee | Josh | Waterkloof HS |
| Mabena | Omphile | Masai AC |
| Malungane | Tiisetso | Curro Hazeldean |
| Mapadimeng | Phio | Prestige College |
| Meadon | Waldo | Willebeer AC |
| Mentz | Armand | Montana |
| Mohakala | Koketso | Siyahlala Dev |
| Pietersen | Jonathan | Centurion HS |
| Pietersen | Christian | Centurion HS |
| Schuster | Heino | FPN |
| Thema | Tshireletso | Temba Prestige |
| Viljoen | Jean | Eduplex |
| BOYS 15 (4 KM) | | (Born: 2009) |
| SURNAME | NAME | CLUB |
| Baloyi | Paballo | Nixon Nkodima AC |
| Beeslaar | Jan-Daniel | Zwartkop HS |
| Bester | Hanno | Zwartkop HS |
| Chiradza | Junior | Masai AC |
| Erasmus | Schalk | Montana |
| Fernandez | Franco | Montana |
| Groenewald | Rupert | Midstream AC |
| Kganyago | Oratilwe | Curro Hazeldean |
| Kielblock | Ewan | Zwartkop HS |
| Laubscher | Marnus | Centurion HS |
| Mabasa | Itumeleng | Siyahlala Dev |
| Matseke | Lethabo | Montana AC |
| Matseke | Thabiso | Montana |
| Mlambo | Sihawu | Prestige College |
| Montsho | Neo | Montana AC |
| Motaung | Neo | |
| Scheepers | Conrad | Zwartkop HS |
| Van der Westhuizen | George | Waterkloof HS |
| Yedwa | Vusi | Prestige College |

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| BOYS 16 (6 KM) | | (Born: 2008) |
|-----------------------|-----------------|---------------------|
| SURNAME | NAME | CLUB |
| Buthelezi | Mbuso/Siyabonga | Prestige College |
| Conte | Francesco | Zwartkop HS |
| De Villiers | Morne | Garsfontein HS |
| Grunenfelder | Stiaan | Zwartkop HS |
| Jordaan | Alexander | Zwartkop HS |
| Jordaan | Jano | Zwartkop |
| Le Roux | Jaco | Centurion HS |
| Mahlangu | Lindelani | Seshegong AC |
| Maritz | Jm | Boxer AC |
| Meyer | Janco | Garsfontein HS |
| Mogapi | Olebogeng | Curro Hazeldean |
| Mokwena | Kamogelo | Siyahlala Dev |
| Moroantula/twa | Tshepo/a | Masai AC |
| Nchang | Bothale/Buti | Prestige College |
| Nyatsine | Mudina/wa | Masai AC |
| Scheun | Shondré | FPN |
| Selomo | Oratile | Danville Dev |
| Stoltz | Leon | Boxer AC |
| BOYS 17 (6 KM) | | (Born: 2007) |
| SURNAME | NAME | CLUB |
| Biggs | Warren | Wonderboom HS |
| Brits | Marcel | Montana |
| Checha | Neo | Masai AC |
| Coetzer | Rico | Boxer AC |
| Fick | Hayden | Waterkloof HS |
| Fourie | Déan | Midstream College |
| Hlatshwayo | Njabulo | Prestige College |
| Koen | Dian | Menlopark AC |
| Koen | Luan | Menlopark HS |
| Lourens | Ewan | Menlopark HS |
| Maboane | Keneilwe | Danville Dev |
| Mflatela | Afikile | FPN |
| Mohakala | Thandolwakhe | Siyahlala Dev AC |
| Mollo | Rethabile | Seshegong AC |
| Raath | Danté | Boxer AC |
| Scheepers | Francois | Zwartkop HS |
| Schoombee | Gordon | Montana AC |
| Sebothoma | Gontse | Moloto AC |

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| UNDER 20 MEN (8 KM) | | (Born: 2005; 2006) |
|----------------------------|----------------|-----------------------------|
| SURNAME | NAME | CLUB |
| Chamundiwa | Simba | Akasia |
| De Villiers | Nico | Varsity College AC |
| Keet | Hiro | PBHS |
| Kekana | Katlego | Faranani |
| Kgake | Leseka | Seshegong AC |
| Makhundu | Boiketlo | Masai AC |
| Masombuka | Sbusiso | Moloto AC |
| Mcwabeni | Avela | SMU AC |
| Mothajwa | Boikanyo | Masai AC |
| Ngobeni | Innocent | Individual |
| Pretorius | Jean-Pierre | Boxer AC |
| Ramaphakela | Reatlegile | Danville Dev |
| Roelofse | Johann | Boxer AC |
| Sedise | Tshepo | Faranani |
| Shirindi | Johannes | Mkhoniane |
| Sibanyani | Gift | Moloto AC |
| Stassen | Anton | Centurion HS |
| Van der Leek | Xavier | Boxer AC |
| SENIOR MEN (4 KM) | | (Born: 1990 to 2004) |
| SURNAME | NAME | CLUB |
| Enslin | Henry | TUKS AC |
| Homan | Chris | Blizz AC |
| Kamffer | Heinrich | TUKS AC |
| Maela | Kamogelo | Nedbank |
| Mangena | Mogokong Brian | RunAvation AC |
| Modupe | Tladi | Excel RC |
| Mooka | Mpho | Soshanguve Great Runners |
| Morema | Phukubye | TUT |
| Nchabeleng | Tshepho | ACAC |
| Ndhlovu | Sipho | Masai AC |
| Ngobeni | Khensani | Masai AC |
| Ngubane | Siphosakhe | Mamelodi Striders |
| Nkosi | Bongani | FPN |
| Oberholzer | Stefan | Eldoraigue AC |
| Selokela | Olebogile | TUT AC |
| Shabalala | Sboniso | FPN |
| Sheba | Vincent | Temba Prestige |
| Tentu | Mhlanhla | Boxer AC |
| Van Niekerk | Michael | FPN |

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| SENIOR MEN (10 KM) | | (Born: 1990 to 2004) |
|----------------------------|--------------|-----------------------------|
| SURNAME | NAME | CLUB |
| Mautiana | Tumisho | Danville Dev |
| Mogolane | Edger | Masai AC |
| Ngobeni | Khensani | Masai AC |
| Ngubane | Siphosakhe | Mamelodi Striders |
| Nkosi | Bongani | FPN |
| Notununu | Sikelela | SMU |
| Putter | Marnus | Bakenkop AC |
| Sebopa | Tshepho | Masai AC |
| Segalagala | Tebogo | Boxer AC |
| Selepe | Benjamin | Nixon Nkodima |
| Selokela | Olebogile | TUT AC |
| Setshoho | Thato | Masai AC |
| Sheba | Vincent | Temba Prestige |
| Shezi | Hloniphani | TUT AC |
| Stansfield | Keaton | TUKS |
| Temtu | Nhianhia | Boxer AC |
| Van Pletzen | Gian | Bakenkop AC |
| Venter | Joshua | TUKS |
| MEN UNDER 23 (4 KM) | | (Born: 2002 to 2006) |
| SURNAME | NAME | CLUB |
| Brink | Aldert | TUKS AC |
| Mahlangu | Jabu | Moloto AC |
| Manka | Philiswa | TUT |
| Modiselle | Tshego | Varsity College AC |
| Mogolane | Edgar | Masai AC |
| Mukwevho | Junior | Temba Prestige |
| Nkosindina | Mtsokolo | TUT |
| Ntuli | Amos Koketso | |
| Ribombo | Thapelo | Temba Prestige |
| Setsheho | Thato | Masai AC |
| Swanepoel | Gerhard | TUKS AC |
| Thapani | Lesego | TUT |
| Tong | Neo | |
| Van Antwerpen | Jason | TUKS AC |
| Van der Merwe | Niel | Boxer AC |
| Van der Linde | Gerrit | Boxer AC |
| Van Rooyen | Diwan | TUKS AC |
| Zwane | Sanele | TUT |

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| MEN 35 - 39 (8 KM) | | (Born: 1985 to 1989) |
|---------------------------|-------------|-----------------------------|
| SURNAME | NAME | CLUB |
| Barnard | Christiaan | TUKS AC |
| Breytenbach | Eben | Willebeer AC |
| Holliday | David | Irene AC |
| Minnaar | Phil | Overkruin AC |
| Roos | Gert | ACAC |
| Rossouw | Dewald | ACAC |
| Strydom | Mason | FPN |
| Swarts | Mario | Irene AC |
| Van Rooyen | Nelius | Irene AC |
| Vermeulen | Kevin | Team Vitality |
| MEN 40 - 44 (8 KM) | | (Born: 1980 to 1984) |
| SURNAME | NAME | CLUB |
| Cloete | Arno | Leipies AC |
| De Vente | Johan | Medihelp AC |
| Goldswain | Charles | Voortrekker Monument |
| Grobler | Renier | Nedbank AC |
| Gurupira | Brighton | ACAC |
| Kobue | Mzwakhe | PMMC |
| Kruger | Riaan | ACAC |
| Kwinda | Mbangisehi | FPN |
| Mabena | Johnny | Masai AC |
| Mathole | Doctor | Ubuhle AC |
| Motone | Motsama | Faramani |
| Motshabi | Ntefe Lucas | Medihelp AC |
| Nel | Francois | ACAC |
| Van der Walt | Jaco | Individual |
| Vosloo | Willie | ACAC |
| Vyver | Ivor | Magnolia |
| MEN 45- 49 (8 KM) | | (Born: 1975 to 1979) |
| SURNAME | NAME | CLUB |
| Benadé | Franna | ACAC |
| Beukes | Gerhard | Vitality |
| Botya | Boyson | Uitsig HS |
| Du Plessis | Jaco | JS AC |
| Hunter | Clinton | Boxer AC |
| Mahlawe | Nceba | Magnolia |
| Maleka | Sello | Exxaro |
| Mokgothu | Mojalefa | Openserve |
| Montsho | Sefako | Medihelp AC |
| Roux | Bennie | Green Mile AC |
| Setshedi | Edward | Nixon Nkodima |
| Skosan | Ian | GNMA |
| Slabbert | Adriaan | SANDF |
| Stassen | Jaco | ACAC |
| Strydom | Michiel | Green Mile AC |
| Van der Merwe | Jaco | Nedbank AC |
| Wilkinson | Willie | TUKS AC |
| Wybenga | Johan | Skuilkrans AC |

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| MEN 50 - 54 (8 KM) | | (Born: 1970 to 1974) |
|---------------------------|-------------|-----------------------------|
| SURNAME | NAME | CLUB |
| Bester | Phillip | Unisa |
| De Beer | Johan | Swarries AC |
| De Lange | John | Agapé |
| Faasen | Louis | ACAC |
| Joubert | Gideon | ACAC |
| Kruger | James | Tygerpoort LS |
| Labuschagne | David | Buddy Club |
| Manyaka | Philimon | FPN |
| Mosebedi | Piet | Transnet |
| Stoltz | Leon | Boxer AC |
| Van der Merwe | Hendrik | Blizz AC |
| Vivier | James | FPN |
| MEN 55 - 59 (8 KM) | | (Born: 1965 to 1969) |
| SURNAME | NAME | CLUB |
| Burnett | Graham | Blizz AC |
| Coetzee | Pedri | Waterkloof AC |
| Lethaku | Moses | Dep PW AC |
| Maré | Gerhard | Uitsig HS |
| McEwan | James | Magnolia |
| O' Brien | Kevin | PMMC |
| Reynolds | Keith | Irene AC |
| Saayman | Johan | Born 2 Run |
| Smith | Andre | FPN |
| Smith | Nico | PMMC |
| MEN 60 - 64 (6 KM) | | (Born: 1960 to 1964) |
| SURNAME | NAME | CLUB |
| Attwell | Glen | Curro Roodeplaat |
| Badenhorst | Japie | ACAC |
| Franck | Willem | FPN |
| Gregan | Sydney | Overkruin AC |
| Hudson | Rob | Irene AC |
| Jansen van Rensburg | Japie | Bobbies |
| Loots | Francois | TUKS AC |
| Lotter | Piet | ACAC |
| Mokoena | Mpomo | Danville Dev |
| Steyn | Gert | Saamspan |
| Stoltz | Torrie | FPN |
| Van der Westhuizen | Michael | Irene AC |
| Van Kasterop | Andre | Blizz AC |
| Van Rensburg | Willie | Tuine Tekkies |
| Van Rensburg | Schoombie | Tuine Tekkies |
| Von Westernhagen | Thilo | Midstream AC |
| Wentzel | Andre | Phobians |

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| MEN 65 - 69 (6 KM) | | (Born: 1955 to 1959) |
|---------------------------|-------------|--------------------------------|
| SURNAME | NAME | CLUB |
| Bester | Jan | ACAC |
| Billingham | Willem | FPN |
| Brink | Dirk | ACAC |
| Cloete | Fanie | GNMA |
| Jonker | Johnnie | ACAC |
| Letlape | Elias | Individual |
| Strydom | Johan | ACAC |
| Van der Merwe | Chris | Vitality |
| MEN 70 - 74 (6 KM) | | (Born: 1950 to 1954) |
| SURNAME | NAME | CLUB |
| Maphangulo | David | FPN |
| Steyn | Gerald | TUKS AC |
| Van Wyk | Wessel | Tuks Sport |
| MEN 75 - 79 (4 KM) | | (Born: 1945 to 1949) |
| SURNAME | NAME | CLUB |
| Fourie | Lammie | Agape |
| Van Niekerk | Gerrit | PMK |
| MEN 80 - 84 (4 KM) | | (Born: 1940 to 1944) |
| SURNAME | NAME | CLUB |
| Van Aswegen | Assie | Transnet |
| MEN 85 - 89 (4 KM) | | (Born: 1935 and before) |
| SURNAME | NAME | CLUB |
| Muir | Neville | Phobians AC |

Athletics

Gauteng North

Board Members:

Hendrick Mokganyetsi (President) Adv. James Matshekga (Vice President) Lukhanyo Mabinza (Chair Athletes) Buks Meyer (Chair Cross Country) Enoch Skosana (Chair Road Running) Siphon Shawe (Chair Track & Field) Chris Britz (Chair Race Walking) John Mathane (Additional) Violet Khumalo (Additional) Shona Manamela (Additional) Corrie Fourie (Additional) Jazz Mnyengeza (Ex Officio) Durell JeJane (General Manager)