



**ASA CROSS COUNTRY TRIALS FOR 2023 WA CROSS COUNTRY CHAMPIONSHIPS
POTCHEFSTROOM, NWU SPORTS GROUND
03 DECEMBER 2022**

PROPOSED SQUAD FOR THE TRIALS

Please confirm your availability to participate by completing the attached bio-data form and submitting a copy of your passport by the 18th of November 2022.

U20 Female_6km

1	Amogelang SHABALALA	6km	AGN
2	Amanda DETSHE	6km	ATRA
3	Ntokozo GUMEDE	6km	CGA
4	Chenique SAS	6km	BOLA
5	Ntloheleng THELEJANE	6km	AGN
6	Mohauoa LEKHELEBANE	6km	AFS
7	Nerize De BEER	6km	AGN
8	Sharona KLEIN	6km	AMPU
9	Corlize STOLTZ	6km	CGA
10	Polenah MOKGALA	6km	CGA
11	Naledi MAKGATHA	6km	CGA
12	Phemelo MATSABA	6km	AGN
13	Li-Mari DEKKER	6km	AGN
14	Paballo RADEBE	6km	AGN
15	Tinyiko NDALA	6km	AGN
16	Chloë PIENAAR	6km	AGN

U20 Men_8km

1	Reatlegile MOSWEU	8km	CGA
2	Lubabalo XOZA	8km	CGA
3	Siyabonga XOWANA	8km	AMPU
4	Jayde ROSSLEE	8km	CGA
5	Nhlanhla MNOTHOZA	8km	AVT
6	Sibusiso MSIBI	8km	CGA
7	Lefa KWANELE	8km	CGA
8	Sicelo MKHWANAZI	8km	KZNA
9	Tyron-Lee ANDRIES	8km	ASWD
10	Karabo MASIRE	8km	ACNW
11	Dino NAKO	8km	ACNW
12	Musawenkosi MNISI	8km	AMPU
13	Rico LEIJENAAR	8km	ACNW
14	Zenzile Tumelo PHEKO	8km	CGA
15	Leslie MOKOENA	8km	AVT

16	Corné De FOUW	8km	CGA
17	Tsepo SEDISE	8km	AGN
18	Kevin HICKLEY	8km	CGA
19	Tumisang MORE	8km	AFS
20	Sifiso MAKOLOMAKWA	8km	AGN

Senior Women _10km

1	Glenrose XABA	10km	AGN
2	Cacisile SOSIBO	10km	CGA
3	Kesa MOLOTSANE	10km	AFS
4	Kyla JACOBS	10km	WPA
5	Nwabisa MJOLI	10km	KZNA
6	Lebogang Phalula-LUTHULI	10km	CGA
7	Maria SHAI	10km	CGA
8	Cornelia JOUBERT	10km	CGA
9	Leani POTGIETER	10km	WPA
10	Tsholofelo MASHIGO	10km	AGN
11	Lebo Dinah PHALULA	10km	CGA
12	Cian OLDKNOW	10km	CGA
13	Tayla KAVANAGH	10km	KZNA
14	Sisanda DUMISA	10km	CGA/UJ
15	Lizandre MULDER	10km	AFS/UFS
16	Welma NKUNA	10km	CGA/UJ

Senior Men _10km

1	Mbuleli MATHANGA	10km	KZNA
2	Leeoto MATTEWS	10km	ACNW
3	Kabelo SEBOKO	10km	CGA
4	Bonginkosi ZWANE	10km	KZNA
5	Deon-Lee HENDRICKS	10km	BOLA
6	Milton KEKANA	10km	AGN
7	Tebogo SEGALAGALA	10km	AGN
8	Sakhile SANGWENI	10km	CGA
9	Tiisetso MOKHOMA	10km	ACNW
10	Dikotsi LEKOPA	10km	AGN
11	Jeremia MOSHWETI	10km	ANWN
12	Sameul MATSEPE	10km	ANWN
13	Sandile THATO PULE	10km	CGA
14	Jankie MOLELE	10km	LIMA
15	Victor MAKHEBESELA	10km	AFS
16	Ntsebenzo NAKE	10km	ATRA
17	Maxime CHAUMETON	10km	CGA
18	Thabang MOSIAKO	10km	ACNW
19	Anthony TIMOTHEUS	10km	WPA
20	Nicholas SEOPOSENGWE	10km	CGA
21	Andries SESEDI	10km	CGA
22	Precious Lesiba MASHELE	10km	CGA
23	Collen MULAUDZI	10km	AGN
24	Ashley SMITH	10km	BOLA
25	Chris MHLANGA	10km	CGA/UJ

26	Boikanyo MOTLHAMME	10km	CGA/UJ
27	Onkabetse SEBOLA	10km	CGA/UJ

Open Mixed 2km

1	Mokgadi Caster SEMENYA	2km	AGN
2	Janie JANSE VAN RENSBURG	2km	AGN
3	Kabelo MELAMU	2km	CGA
4	Cwenga NOSE	2km	EPA
5	Rone REYNEKE	2km	ANWN
6	Mahlatsi NGWENYA	2km	CGA
7	Li-Marie DEKKER	2km	AGN
8	Boikanyo MOTLHAMME	2km	CGA
9	Tharollo MAJA	2km	CGA
10	Jaden DE WET	2km	CGA
11	Prudence SEKGODISO	2km	AGN
12	Tshepo TSHITE	2km	AGN
13	Ryan MPHABLELE	2km	CGA
14	Nkosinathi SIBIYA	2km	CGA

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 2022 ASA Licence Number.