

## 2024 IBL Spring Run Preliminary Results - 10km

Pos	Race#	Time	Name	Surname	Gen	Cat	Prov	Country	Club	ASA Lic
1	1185	00:33:55	Mlondolozzi	Njoko	M	20-34	Free State	South Africa	Pentagon Pistols	P641
2	1199	00:34:18	Daniel	Rampai	M	20-34	Free State	South Africa	Bloemfontein striders	P1526
3	1248	00:34:27	ERNEST	KHALATA	M	35-39	Free State	South Africa	CENTRE CITY TITANIUMS AC	2495
4	1144	00:35:27	Bernard Tseliso	Letsie	M	35-39	Free State	South Africa	hollywood athletic club fs	p2688
5	1200	00:35:59	NEO	SELETENG	M	20-34	Free State	South Africa	Hollywood Bets	P2982
6	1193	00:37:09	Moeketsi	Mahase	M	14-19	Free State	South Africa	Christiaan De Wet	J42218
7	1812	00:38:09	Tsokolo	Maamohe	M	20-34	Free State	Lesotho		
8	1424	00:39:14	Kirsti	Bell	F	20-34	Free State	South Africa	Kovsies	770
9	1151	00:43:38	Thabiso	Motaung	M	20-34	Free State	South Africa	All athletics united	P2119
10	1246	00:44:27	Francois	Deacon	M	20-34	Free State	South Africa	Kovsies	
11	1224	00:45:12	TBD	TBD	TBD	20-34				
12	1817	00:45:24	Elvino	Matthews	M	20-34	Free State	South Africa		
13	1182	00:45:42	Fuse	Sello	M	40-49	Free State	South Africa	Dalrrdac	P232
14	1821	00:46:03	TBD	TBD	TBD	20-34				
15	1443	00:46:12	Pieter	Strauss	M	20-34	Free State	South Africa		
16	1247	00:46:30	Katlego	Futhela	M	14-19	Free State	South Africa	Mangaung	P1177
17	1822	00:47:13	TBD	TBD	TBD	20-34				
18	1238	00:47:16	Francois	Smith	M	50-59	Free State	South Africa	Bloemfontein Achilles	P47
19	1449	00:47:29	Johnson	Matsipa	M	40-49	Free State	South Africa		
20	1226	00:48:18	TBD	TBD	TBD	20-34				
21	1432	00:48:24	Shinae	Pateman	F	20-34	Free State	South Africa		
22	1188	00:48:35	Angelique	Van Der Merwe	F	40-49	Free State	South Africa	Pentagon Pistols	P2711
23	1823	00:48:45	Chris	Van Der Westhuizen	M	20-34	Free State	South Africa		
24	1242	00:48:57	Charles	Maki	M	20-34	Free State	South Africa		
25	1807	00:49:18	David	Kulani	M	40-49	Free State	South Africa	The Running Edge	P1708
26	1805	00:49:39	Tukane	Poulo	M	40-49		Lesotho	Nedbank Lesotho	
27	1824	00:49:41	TBD	TBD	TBD	20-34				
28	1202	00:50:23	Luan	Coetzee	M	20-34	Free State	South Africa	Bloemfontein Achilles	895
29	1203	00:50:23	Eben	Helm	M	40-49	Free State	South Africa	Nedbank Bloemfontein Achilles	P2970
30	1129	00:50:37	TBD	TBD	TBD	20-34				
31	1189	00:51:01	Dawie	Van Der Merwe	M	40-49	Free State	South Africa	Running edge	P1489

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32	1157	00:51:33	Hendrick Letshego	Selesho	M	40-49	Free State	South Africa		
33	1192	00:51:39	BERTUS	ODENDAAL	M	40-49	Free State	South Africa		
34	1170	00:51:41	TBD	TBD	TBD	20-34				
35	1198	00:52:00	Ronel	Erasmus	F	60+	Free State	South Africa	The Running Edge	P1624
36	1206	00:52:10	Melkamu	Shoge	M	50-59	Free State	South Africa		
37	1171	00:52:28	Sakkie	Meyer	M	40-49	Free State	South Africa	Pentagon Pistols	576
38	1225	00:52:29	TBD	TBD	TBD	20-34				
39	1446	00:53:00	Gerhard	Venter	M	20-34	Free State	South Africa	Bloemfontein Striders	P2573
40	1430	00:53:08	Steven	Billson	M	40-49	Free State	South Africa		
41	1137	00:53:09	Pieter	Hartzenberg	M	20-34	Free State	South Africa		
42	1180	00:53:12	Kassidy	De Lange	F	14-19	Free State	South Africa		
43	1174	00:53:30	Michael-John	De Kock	M	20-34	Free State	South Africa		
44	1149	00:53:56	Johnny	Kamoye	M	20-34	Free State	South Africa		
45	1183	00:53:58	Jeremane	Jankie	M	50-59	Free State	South Africa	Nedbank	P109
46	1131	00:54:00	Justin	Colbert	M	40-49	Free State	South Africa		
47	1801	00:54:10	Kgotso Freyddy	Maleka	M	35-39	Free State	South Africa	Mi-way warriors athletics club	P24517
48	1138	00:54:31	Mosiuoa	Mpeli	M	40-49	Free State	South Africa		
49	1160	00:56:12	Mpolokeng	Mokalobe	F	40-49	Free State	South Africa	Mangaung Athletics Club	1189
50	1168	00:56:22	Lynné	Brink	F	20-34	Free State	South Africa		
51	1431	00:56:33	Jan Hendrik	Van Der Walt	M	40-49	Free State	South Africa	Pentagon Pistols	P3041
52	1146	00:56:47	Wilma	Terreblanche	F	20-34	Free State	South Africa		
53	1244	00:57:24	Nkosinathi	Singonzo	M	35-39	Free State	South Africa	ALL ATHLETES UNITED	2121
54	1249	00:57:24	Lindile	Kolosa	M	50-59	Free State	South Africa	None	
55	1803	00:57:24	Ondela	Bidli	M	20-34	Free State	South Africa		
56	1163	00:57:24	Lara	Venter	F	20-34	Free State	South Africa		
57	1165	00:57:24	Samuel Tshehla	Tetsoane	M	40-49	Free State	South Africa	Centre City Titaniums Athletics Club	
58	1809	00:57:24	Ishmael	Seepamore	M	35-39	Free State	South Africa		
59	1187	00:57:26	Moeketsi	Mathosa	M	40-49	Free State	South Africa	Centre City Titaniums Athletics Club	1517
60	1441	00:57:45	Andies	Kruger	M	40-49	Free State	South Africa	Pentagon Pistols	P649
61	1450	00:57:47	Elzanne	De Ruyter	F	20-34	Free State	South Africa	Bloemfontein Multisport	P1913
62	1145	00:57:53	Michael	Roos	M	60+	Free State	South Africa	BFN Striders	P1571

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63	1423	00:58:02	Sanmarie	Van Der Berg	F	40-49	Free State	South Africa	Bloemfontein Striders	1207
64	1804	00:58:13	Daniel	Verster	M	20-34	Free State	South Africa		
65	1141	00:58:35	Juriné	Combrinck	F	20-34	Free State	South Africa	Bloemfontein Striders	P1209
66	1227	00:58:36	TBD	TBD	TBD	20-34				
67	1437	00:58:38	Neels	Van Niekerk	M	60+	Free State	South Africa	Bfn achillies	81
68	1135	00:58:45	Jan	Kleynhans	M	50-59	Free State	South Africa	Centre city titanium	2536
69	1213	00:58:52	Asive	Dlanjwa	M	20-34	Free State	South Africa		
70	1155	00:58:52	Altus	Beeston	M	20-34	Free State	South Africa		
71	1219	00:59:34	TBD	TBD	TBD	20-34				
72	1220	00:59:34	TBD	TBD	TBD	20-34				
73	1140	01:00:02	Charles	Alexander	M	50-59	Free State	South Africa	Pamoja	357
74	1212	01:00:03	Makhalemele Josias	Phofi	M	40-49	Free State	South Africa	Individual	
75	1820	01:00:18	Wean	Pretorius	M	14-19	Free State	South Africa		
76	1819	01:00:18	Armand	Herbst	M	14-19	Free State	South Africa		
77	1245	01:01:25	Elsabe	Oosthuizen	F	35-39	Free State	South Africa	The Running Edge	P1720
78	1173	01:01:33	Franke	Du Plooy	F	14-19	Free State	South Africa		
79	1447	01:01:35	Henry Allan	Van Eck	M	20-34	Free State	South Africa	Kovsies AC	P746
80	1159	01:01:42	Obakeng	Setlhatswe	M	40-49	Free State	South Africa		
81	1178	01:01:43	Emmanuel	Masenya	M	50-59	Free State	South Africa		
82	1139	01:02:24	Malik	Os	M	20-34	Free State	South Africa		
83	1223	01:02:28	TBD	TBD	TBD	20-34				
84	1142	01:02:29	Andile	Ntoni	M	40-49	Free State	South Africa		
85	1211	01:03:00	Dina	Bornman	F	40-49	Free State	South Africa	Bloemfontein Striders	P1860
86	1811	01:03:05	Sian	Angus	F	20-34	Free State	South Africa	Pentagon Pistols	P2731
87	1172	01:03:22	Wandisa	Soga	F	40-49	Free State	South Africa	Pamoja Athletic Club	P365
88	1222	01:03:25	Lindy	Mkhaliphi	F	50-59			Waterfall City Athletics Club	
89	1156	01:03:41	Luan	Pretorius	M	35-39	Free State	South Africa		
90	1221	01:04:09	TBD	TBD	TBD	20-34				
91	1444	01:04:09	Hanneri	Schmidt	F	40-49	Free State	South Africa	Pentagon pistols	534
92	1418	01:04:48	Michelle	Steven	F	50-59	Free State	South Africa	SportFit	P1221
93	1416	01:04:48	Marlize	Griesel	F	50-59	Free State	South Africa	The Running Edge	1640

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94	1434	01:04:59	Francois	Greeff	M	20-34	Free State	South Africa		
95	1435	01:05:00	Stefan	Hattingh	M	20-34	Free State	South Africa		
96	1216	01:05:06	Miltiadis	Marangellis	M	20-34	Free State			
97	1422	01:05:14	Dries	Van Der Merwe	M	60+	Free State	South Africa	Pentagon Pistols	P588
98	1814	01:05:14	Cor	Cronje	M	40-49	Free State	South Africa	Pistols	
99	1818	01:05:15	Louis	Hugo	M	50-59	Free State	South Africa	Running Edge	P1525
100	1143	01:05:43	Kelebogile	Mokgadi	F	20-34	Free State	South Africa	saps	p209
101	1158	01:05:54	Wiané	Marais	F	20-34	Free State	South Africa		
102	1250	01:06:03	Megan	Harris	F	20-34	Free State	South Africa		
103	1169	01:06:04	Jo-Anne	Piek	F	35-39	Free State	South Africa	Pentagon Pistols	
104	1215	01:06:18	Katherine	Marangellis	F	20-34	Free State			
105	1208	01:06:31	Jacques	Watson	M	50-59	Free State	South Africa		
106	1153	01:06:49	Pieter	De Necker	M	50-59	Free State	South Africa		
107	1433	01:07:20	Elme	Wessels	F	20-34	Free State	South Africa	Bloemfontein Striders	P1859
108	1184	01:07:37	Lehlohonolo	Mohapi	M	50-59	Free State	South Africa		
109	1136	01:08:04	Eulenda	Moele	F	35-39	Free State	South Africa		
110	1228	01:08:14	TBD	TBD	TBD	20-34				
111	1204	01:09:01	Anilia	Boshoff	F	50-59	Free State	South Africa	Pentagon pistols	680
112	1439	01:09:01	Lilian	Alexander	F	20-34	Free State	South Africa	Pentagon Pistols	P 669
113	1241	01:09:31	Kelebogile	Kagisho	F	35-39	Free State	South Africa	Kgosi Galeshewe Athletics	P626
114	1421	01:09:32	Justyn	Palmer	M	35-39	Free State	South Africa		
115	1445	01:09:38	Justin	Pieterse	M	40-49	Free State	South Africa	Queensburgh Harriers	P3958
116	1194	01:09:42	Janke	Taljaard	M	35-39	Free State	South Africa		
117	1427	01:09:51	Delarey	Bakkes	M	50-59	Free State	South Africa	Pentagon Pistols	549
118	1205	01:10:00	Mohapi	Mosala	M	35-39	Free State	South Africa		
119	1448	01:10:45	Cindy	Snyman	F	40-49	Free State	South Africa		
120	1147	01:11:05	LINKIE	BESSINGER	F	20-34	Free State	South Africa		
121	1148	01:11:08	ANRI	GERBER	F	20-34	Free State	South Africa	Pentagon Pistols	P620
122	1816	01:12:17	Millicent	Hlongwane	F	40-49	Free State	South Africa	Bloemfontein Achilles	P83
123	1239	01:12:19	MABATHO	MOSEKELI	F	35-39	Free State	South Africa		
124	1806	01:12:56	TBD	TBD	TBD	20-34				

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125	1197	01:13:22	Kagisho	Gailele	F	35-39	Free State	South Africa	Free State Social Development Athletic Club	P2999
126	1209	01:13:42	Sue	Watson	F	50-59	Free State	South Africa		
127	1181	01:13:42	Tsotang	Rankali	M	50-59	Free State	South Africa		
128	1166	01:13:44	Yannike	Du Plessis	F	20-34	Free State	South Africa	Pentagon Pistols	608
129	1229	01:14:39	TBD	TBD	TBD	20-34				
130	1130	01:14:54	Miemie	Kleingelg	F	60+	Free State	South Africa		
131	1230	01:15:18	TBD	TBD	TBD	20-34				
132	1176	01:16:20	Lientjie	Blom	F	60+	Free State	South Africa		
133	1425	01:16:52	FRANCIS	VENTER	F	60+	Free State	South Africa	RUNNING EDGE ROAD RUNNING CLUB	1481
134	1436	01:17:48	Neo	Mahuma	F	40-49	Free State	South Africa	Centre City Titaniums AC	1785
135	1218	01:18:02	TBD	TBD	TBD	20-34				
136	1179	01:18:36	Garth	Lundall	M	50-59	Free State	South Africa		
137	1191	01:18:37	Dineo	Sikweliti	F	40-49	Free State	South Africa		
138	1201	01:18:41	Tankiso	Dhlangisa	F	40-49	Free State	South Africa		2521
139	1440	01:19:46	Phillip	Alexander	M	50-59	Free State	South Africa	Pentagon Pistols	545
140	1240	01:20:01	Lethabo	Nkgudi	M	14-19	Free State	South Africa	Navalsig	J41420
141	1132	01:20:03	Nozenziwe	Moroka	F	50-59	Free State	South Africa	Mangaung Athletic Club	P1165
142	1186	01:20:21	Nthabiseng	Manjiya	F	40-49	Free State	South Africa		
143	1207	01:20:23	Zizipo	Hobo	F	20-34	Free State	South Africa		
144	1428	01:21:36	Delarise	Bakkes	F	20-34	Free State	South Africa	Pentagon Pistols	555
145	1426	01:21:38	WILNA	BAKKES	F	40-49	Free State	South Africa	Pentagon Pistols	553
146	1210	01:22:19	Marli	Van Den Berg	F	35-39	Free State	South Africa		
147	1196	01:22:20	Elzette	Scott	F	35-39	Free State	South Africa		
148	1195	01:22:50	Jeanne	Khanyile	F	35-39	Free State	South Africa		
149	1214	01:22:59	TBD	TBD	TBD	20-34				
150	1438	01:23:03	Benito	Williams	M	50-59	Free State	South Africa	Pentagon Pistols	544
151	1161	01:23:31	Mbali	Dhlamini	F	40-49	Free State	South Africa	Team Vitality	3962
152	1175	01:24:35	Dorcas	Tutu	F	60+	Free State	South Africa	City Centre Titaniums Athletic Club	P1936
153	1134	01:24:38	Bongiwe	Tshabalala	F	40-49	Free State	South Africa	Centre City Titaniums Athletics Club	1784
154	1133	01:28:33	Lineo	SEHLABAKA	F	50-59	Free State	South Africa	Mangaung Athletics Club	1175
155	1429	01:28:35	Keabecoe	Choane	F	35-39	Free State	South Africa		

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156	1164	01:28:39	Neo	Rathabe	F	20-34	Free State	South Africa		
157	1419	01:28:59	Lynette	Van Niekerk	F	50-59	Free State	South Africa	Pentagon pistols	P615
158	1167	01:29:22	Rosalind	Mdubeki	F	50-59	Free State	South Africa		
159	1243	01:30:07	Jennifer	Bogacwi	F	35-39	Free State	South Africa		
160	1420	01:30:20	Pieter	Roux	M	60+	Free State	South Africa	PENTAGON PISTOLS BLOEMFONTEIN	P603
161	1231	01:51:08	TBD	TBD	TBD	20-34				
162	1813	01:51:11	Chuma	Twetwa	F	20-34	Free State	South Africa		
163	1152	01:51:53	Christo	Du Plessis	M	50-59	Free State	South Africa		
DNF	1000	N/A	TBD	TBD	TBD	20-34				
DNF	1150	N/A	Simon	Sebotsa	M	20-34	Free State	South Africa		
DNF	1154	N/A	Edward	Joliffe	M	35-39	Free State	South Africa		
DNF	1162	N/A	Martie	Bloem	F	40-49	Free State	South Africa	Pentagon Pistols	581
DNF	1177	N/A	Malerato	Musi	F	40-49	Free State	South Africa	Pamoja AC	374
DNF	1190	N/A	Ronele	Seekoei	F	20-34	Free State	South Africa		
DNF	1442	N/A	Jo-Ann	Olivier	F	35-39	Free State	South Africa	Pentagon Pistols	541
DNF	1802	N/A	Andre	Bartleman	M	50-59	Free State	South Africa	UFS	P849
DNF	1808	N/A	Delvin	Jansen	M	20-34	Free State	South Africa	Centre City Titaniums	P2551
DNF	1810	N/A	Reinhart	Van Jaarsveldt	M	20-34	Free State	South Africa	Bloemfontein Striders	P2578
DNF	1815	N/A	Lucas	Malan	M	35-39	Free State	South Africa		