

## 2024 IBL Spring Run Preliminary Results - 5km

Pos	Race#	Time	Name	Surname	Gen	Cat	Prov	Country	Club	ASA Lic
1	962	00:15:01	Innocent	Mnyakeni	M	20-34	Free State	South Africa	Kovsies athletics club	P877
2	961	00:15:22	Molifi	Mohlomi	M	20-34	Free State	South Africa	Kovsies	730
3	929	00:15:32	Omphile	Letshabo	M	14-19	Free State	South Africa	HTS Louis Botha	J40126
4	917	00:15:40	Estean	Badenhorst	M	20-34	Free State	South Africa	Kovise Athletics Club	P850
5	958	00:16:06	Motlatsi	Tsehlo	M	20-34	Free State	South Africa	Nedbank fast legs	115
6	969	00:16:17	Thabang	Mathosa	M	20-34	Free State	South Africa	Eskom AC FS	P326
7	968	00:16:20	David	Mothiselwa	M	20-34	Free State	South Africa	Eskom AC FS	P318
8	916	00:16:21	Hannes	Naude	M	20-34	Free State	South Africa	Kovsies	769
9	932	00:16:25	Ubabalwe	Ndima	M	20-34	Free State	South Africa	CUT AC	P2410
10	966	00:16:25	Paulus	Mphatseng	M	14-19	Free State	South Africa	Eskom AC FS	J40239
11	959	00:16:31	Keamohetswe	Kholoanyane	M	14-19	Free State	South Africa	Christiaan De Wet	J42999
12	971	00:16:38	Retshidisitawe	Shai	M	20-34	Free State	South Africa	Eskom AC FS	P2934
13	952	00:16:40	Xolile	Baartman	M	20-34	Free State	South Africa	Running Edge	P1760
14	935	00:16:50	Kagiso	Mpunzi	M	20-34	Free State	South Africa	Bultfontein Athletics club	p189
15	970	00:17:13	Thabo	Sebatsa	M	20-34	Free State	South Africa	Eskom AC FS	P307
16	972	00:17:15	Zwene	Moreng	M	35-39	Free State	South Africa	Eskom AC FS	P312
17	967	00:17:28	Vuyo	Mkumbeni	M	20-34	Free State	South Africa	Eskom AC FS	P326
18	910	00:17:33	Thabani	Duma	M	20-34	Free State	South Africa	Motheo tvet college	P3020
19	904	00:17:40	Dries	Van Tonder	M	0-13	Free State	South Africa	Willem Postma	J40292
20	964	00:17:41	Rulf	Nkhi	M	40-49	Free State	South Africa	Manguang	P1179
21	939	00:17:43	NEO	MONATISA	M	20-34	Free State	South Africa	ALL ATHLETES UNITED	P2465
22	937	00:17:45	Mphutlane	Modibedi	M	50-59	Free State	South Africa	Pamoja	330
23	942	00:17:50	Lehlohonolo	Qai	M	14-19	Free State	South Africa	All Athletics Limited	J41081
24	922	00:17:51	TBD	TBD	TBD	20-34				
25	947	00:17:56	Tshidiso	Sello	M	0-13	Free State	South Africa	Heidedal development	J42382
26	907	00:17:56	Lizandr�	Mulder	F	20-34	Free State	South Africa	Kovsies	796
27	919	00:18:23	Kopano	Mohlapo	M	20-34	Free State	South Africa		
28	925	00:18:37	Maloisana	Rantsie	M	14-19	Free State	South Africa	Atlehang Senior Secondary school	J40971
29	926	00:18:42	Sthembiso	Singonzo	M	14-19	Free State	South Africa	Atlehang Senior Secondary school	J41408
30	944	00:18:57	Jacques	Bawden	M	14-19	Free State	South Africa	High School President Steyn	J40306

## 2024 IBL Spring Run Preliminary Results - 5km

Pos	Race#	Time	Name	Surname	Gen	Cat	Prov	Country	Club	ASA Lic
31	957	00:19:07	Sampi	Morapedi	M	50-59	Free State	South Africa	Motheo AC	364
32	960	00:19:42	THOBILE	MKHIZE	F	20-34	Free State	South Africa	CUT	P2337
33	903	00:19:50	Johan	Swanepoel	M	20-34	Free State	South Africa	Kovsies	839
34	963	00:19:51	Rebaone	Selaledi	M	14-19	Free State	South Africa	Fastlegs	J49165
35	927	00:19:57	Mohau	Melamu	M	14-19	Free State	South Africa	Atlehang Senior Secondary school	
36	920	00:20:03	TBD	TBD	TBD	20-34				
37	918	00:20:26	Tumahole John	Mokhua	M	50-59	Free State	South Africa	Bloemfontein Achilles	P87
38	912	00:20:35	Georg	Terreblanche	M	35-39	Free State	South Africa	Sportfit Multisport	P1972
39	933	00:20:44	Ryan	Auths	M	0-13	Free State	South Africa	Saint Andrew's	J40975
40	914	00:21:04	Adri	Vermaas	M	60+	Free State	South Africa	Kovsie	859
41	956	00:21:09	Neo	Nkine	F	14-19	Free State	South Africa	Luis Botha	40125
42	924	00:21:11	TBD	TBD	TBD	20-34				
43	902	00:21:30	Maryna	Swanepoel	F	35-39	Free State	South Africa	Kovsies	741
44	965	00:21:50	Wayne	Beelders	M	40-49	Free State	South Africa	Bloemfontein Achilles	P43
45	909	00:22:03	Gift	Manamane	M	14-19	Eastern Cape	South Africa		
46	931	00:22:05	Omolemo	Motseki	F	14-19	Free State	South Africa	Bfn south	J40734
47	911	00:22:19	Frances	Terreblanche	F	35-39	Free State	South Africa	Sportfit Multisport	P1969
48	930	00:22:20	Karabo	Mokalodise	F	20-34	Free State	South Africa	central university of technology	P2442
49	946	00:22:34	Thabo	Tsehлана	M	14-19	Free State	South Africa	All Athletes United	J41084
50	908	00:23:07	Joane	De Bruyn	F	14-19	Free State	South Africa	Kovsies Athletics	P736
51	936	00:23:24	Mothusi	Tsholofetso	M	20-34	Free State	South Africa	pamoje	P246
52	934	00:23:26	Neville	Auths	M	40-49	Free State	South Africa	Bloemfontein Striders	P1204
53	928	00:24:47	Mianda	Nel	F	20-34	Free State	South Africa	CTAC	P2017
54	973	00:24:54	Andre	Bartleman	M	50-59	Free State	South Africa	UFS	P 849
55	923	00:25:11	TBD	TBD	TBD	20-34				
56	901	00:25:28	Elsabe	Myburgh	F	50-59	Free State	South Africa	The running Edge	P1484
57	913	00:25:28	Juane	Jacobs	F	20-34	Free State	South Africa	Bloemfontein Multi Sport	P1897
58	921	00:25:53	TBD	TBD	TBD	20-34				
59	915	00:26:22	Rika	Vermaas	F	60+	Free State	South Africa	Kovsie	853
60	954	00:28:58	TBD	TBD	TBD	20-34				

## 2024 IBL Spring Run Preliminary Results - 5km

Pos	Race#	Time	Name	Surname	Gen	Cat	Prov	Country	Club	ASA Lic
61	955	00:31:13	Susan	Breytenbach	F	60+	Free State	South Africa	Bfn multisport klub	1914
62	945	00:32:03	Aletta	Bawden	F	50-59	Free State	South Africa	Achilles	P74
63	906	00:33:41	Aphelele	Zweni	F	20-34	Free State	South Africa		
64	949	00:46:09	Ntshediseng	Ramokopu	F	40-49	Free State	South Africa	IPID running club	P11601
65	950	00:48:40	Makgalemela David	RANKWE	M	50-59	Free State	South Africa		
66	948	00:50:33	Nokhanyiso	Mbhem	F	20-34	Free State	South Africa	IPID RUNNING CLUB	P11586
67	951	00:50:46	Nkhumaneng Pleasure	Rankwe	F	40-49	Free State	South Africa		
DNF	905	N/A	Lynne	Van Tonder	F	0-13	Free State	South Africa	Willem Postma	J40293
DNF	938	N/A	Molotsane	Kesa	F	20-34	Free State	South Africa	Kovsies	P828
DNF	940	N/A	Johann	Claassens	M	50-59	Free State	South Africa	Grootvlei	P2057
DNF	941	N/A	Yolanda	Van Vuuren	F	40-49	Free State	South Africa	Weermag	P23
DNF	943	N/A	Rudi	Moos	M	20-34	Free State	South Africa		
DNF	953	N/A	NOBANTU	NGAMTINI	F	40-49	Free State	South Africa	IPID RUNNING CLUB	P11621