

# SWASAP Marathon - 10km

## Provisional Results - 15 March 2025

| Pos | Time     | Race# | Name              | Surname      | Gen | Cat   | Prov       | Club                                 | ASA Lic |
|-----|----------|-------|-------------------|--------------|-----|-------|------------|--------------------------------------|---------|
| 1   | 00:31:26 | 78    | Thabang           | Mathosa      | M   | 20-34 | Free State | Nedbank                              | 2951    |
| 2   | 00:31:43 | 299   | Tebogo            | Mofolo       | M   | 20-34 | Free State | South African Police Service FS      |         |
| 3   | 00:31:59 | 248   | Mlondolozi        | Njoko        | M   | 20-34 | Free State | Bloemfontein Achilles                |         |
| 4   | 00:33:04 | 298   | Godfrey           | Ramokone     | M   | 35-39 | Free State | Eskom AC FS                          | 308     |
| 5   | 00:33:25 | 373   | Nyakallo Heritage | Matabane     | M   | 20-34 | Free State | Nedbank Running Club                 |         |
| 6   | 00:33:26 | 376   | Daniel            | Rampai       | M   | 20-34 | Free State | Bloemfontein Striders                | 2578    |
| 7   | 00:35:48 | 169   | Manny             | Wilson       | M   | 14-19 | Free State | Grey College                         |         |
| 8   | 00:36:43 | 160   | Este              | Van Tonder   | F   | 35-39 | Free State | Nedbank By Grace                     |         |
| 9   | 00:39:11 | 300   | Thami             | Matthews     | M   | 20-34 | Free State | South African Police Service FS      |         |
| 10  | 00:39:35 | 6     | Jacques           | Bawden       | M   | 14-19 | Free State | Achilles Running Club                |         |
| 11  | 00:41:52 | 145   | Johan             | Swanepoel    | M   | 20-34 | Free State | Kovsies                              | 839     |
| 12  | 00:42:06 | 40    | Herman            | Fourie       | M   | 50-59 | Free State | Achilles Bloemfontein                |         |
| 13  | 00:42:26 | 181   | Daudinho          | Mashele      | M   | 20-34 | Free State |                                      |         |
| 14  | 00:42:30 | 51    | Onalerona         | Molefe       | M   | 14-19 | Free State | Navalsig                             |         |
| 15  | 00:42:31 | 268   | Ané               | Torlage      | F   | 20-34 | Free State |                                      | 492     |
| 16  | 00:43:26 | 172   | Luzuko            | Buca         | F   | 20-34 | Free State |                                      |         |
| 17  | 00:43:33 | 130   | Dorian            | Rifles       | M   | 20-34 | Free State |                                      |         |
| 18  | 00:43:34 | 398   | Sibusiso          | Mtimkulu     | M   | 14-19 | Free State |                                      |         |
| 19  | 00:43:56 | 318   | Thabang           | Nape         | M   | 35-39 | Free State |                                      |         |
| 20  | 00:44:01 | 152   | Anita             | Van Der Walt | F   | 20-34 | Free State |                                      |         |
| 21  | 00:44:05 | 309   | Ben               | Motaung      | M   | 50-59 | Free State | South African National Defense Force | 32      |
| 22  | 00:45:24 | 171   | Johan             | Bekker       | M   | 60+   | Free State | Achilles                             | 1867    |
| 23  | 00:46:00 | 305   | Thabo             | Tsehlana     | M   | 14-19 | Free State | Nedbank bygrace running club         |         |
| 24  | 00:46:11 | 319   | Tumelo Macdonald  | Matshidiso   | M   | 35-39 | Free State | SANDF CLUB                           |         |
| 25  | 00:46:35 | 17    | Handre            | Bubb         | M   | 20-34 | Free State |                                      |         |
| 26  | 00:46:51 | 315   | Lovers Moeketsi   | Golomonyane  | M   | 20-34 | Free State |                                      |         |

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| 27  | 00:46:56 | 208   | Deon       | Mtburgh    | M   | 50-59 | Free State | Bloemfontein Achilles         | 888     |
| 28  | 00:47:23 | 5     | Philip     | Barnard    | M   | 35-39 | Free State |                               |         |
| 29  | 00:47:42 | 249   | Isaac      | Dikgale    | M   | 20-34 | Free State |                               |         |
| 30  | 00:47:42 | 251   | Malusi     | Siboto     | M   | 35-39 | Free State |                               |         |
| 31  | 00:48:03 | 342   | Suzca      | Nolte      | F   | 20-34 | Free State |                               |         |
| 32  | 00:48:08 | 277   | Liam       | Mc Intyre  | M   | 20-34 | Free State |                               |         |
| 33  | 00:48:31 | 369   | Dauid      | Jonga      | M   | 40-49 | Free State | Achilies                      | 69      |
| 34  | 00:48:37 | 3     | Kaeli      | Armour     | F   | 14-19 | Free State | Eunice                        |         |
| 35  | 00:48:55 | 85    | Moleboheng | Mohapi     | F   | 14-19 | Free State | Nedbank By grace running club | 40402   |
| 36  | 00:49:39 | 101   | Elliot     | Motseki    | M   | 20-34 | Free State |                               |         |
| 37  | 00:49:41 | 330   | Sabata     | Marumo     | M   | 20-34 | Free State |                               |         |
| 38  | 00:49:49 | 238   | Adam       | Petrus     | M   | 40-49 | Free State |                               |         |
| 39  | 00:49:53 | 23    | Rickard    | Conje      | M   | 20-34 | Free State |                               |         |
| 40  | 00:50:17 | 279   | Ntjhabane  | Mokoena    | M   | 20-34 | Free State |                               |         |
| 41  | 00:50:26 | 244   | Mahlatse   | Magoro     | M   | 20-34 | Limpopo    |                               |         |
| 42  | 00:50:28 | 34    | Elana      | Enslin     | F   | 20-34 | Free State |                               |         |
| 43  | 00:50:29 | 64    | Elre       | Ludik      | F   | 20-34 | Free State |                               |         |
| 44  | 00:50:30 | 333   | Letsosa    | Tepanyekga | M   | 35-39 | Free State |                               |         |
| 45  | 00:50:48 | 317   | Michael    | Shaw       | M   | 35-39 | Free State |                               |         |
| 46  | 00:50:54 | 322   | Jo-Ann     | Olivier    | F   | 35-39 | Free State |                               |         |
| 47  | 00:51:13 | 81    | Pule       | Mofokeng   | M   | 40-49 | Free State |                               |         |
| 48  | 00:51:22 | 261   | Sibusiso   | Radebe     | M   | 14-19 | Free State |                               |         |
| 49  | 00:51:33 | 273   | DANIEL     | VERSTER    | M   | 20-34 | Free State |                               |         |
| 50  | 00:51:54 | 42    | Leandro    | Goncalves  | M   | 20-34 | Free State |                               |         |
| 51  | 00:51:56 | 397   | Andre      | Bartleman  | M   | 50-59 | Free State | ufs                           |         |
| 52  | 00:51:59 | 125   | Tabea      | Poo        | F   | 20-34 | Gauteng    | Urithi AC                     | 159     |

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|-----|----------|-------|-----------|---------------|-----|-------|------------|-------------------------------|---------|
| 53  | 00:52:01 | 245   | Bertus    | Odendaal      | M   | 40-49 | Free State |                               |         |
| 54  | 00:52:18 | 269   | Billy     | Tshanjane     | M   | 20-34 | Free State |                               |         |
| 55  | 00:52:23 | 323   | Thabo     | Ndala         | M   | 35-39 | Free State |                               |         |
| 56  | 00:52:33 | 135   | Ishmael   | Seepamore     | M   | 35-39 | Free State |                               |         |
| 57  | 00:52:46 | 371   | Adre      | Botha         | M   | 60+   | Free State | Sportfit Multisport           |         |
| 58  | 00:52:56 | 240   | Rene      | Louw          | F   | 20-34 | Free State |                               |         |
| 59  | 00:53:01 | 147   | Leslie    | Tladie        | M   | 20-34 | Free State |                               |         |
| 60  | 00:53:06 | 381   | Moeketsi  | Moetsele      | M   | 40-49 | Free State | All Athletes United           | 2460    |
| 61  | 00:53:07 | 221   | Viwe      | Dlokolo       | M   | 35-39 | Free State |                               |         |
| 62  | 00:53:23 | 216   | Adele     | Bosch         | F   | 60+   | Free State | Bloemfontein Striders         | 1561    |
| 63  | 00:53:25 | 162   | Poena     | Van Zyl       | M   | 60+   | Free State | The Running Edge              | 1750    |
| 64  | 00:54:05 | 99    | TSEKISO   | MOTHALOSA     | M   | 50-59 | Free State | Team Vitality                 | 21847   |
| 65  | 00:54:08 | 386   | Juriné    | Combrick      | F   | 20-34 | Free State | Striders                      |         |
| 66  | 00:54:09 | 388   | Charl     | Fourie        | M   | 20-34 | Free State |                               |         |
| 67  | 00:54:30 | 39    | Riana     | Fourie        | F   | 40-49 | Free State | Achilles Bloemfontein         |         |
| 68  | 00:55:09 | 29    | Adri      | Du Plessis    | F   | 50-59 | Free State | Achilles bloemfontein         |         |
| 69  | 00:55:28 | 213   | Heini     | Bisschoff     | M   | 20-34 | Free State | Free State Running Kids       |         |
| 70  | 00:55:51 | 41    | Tani      | Gerber        | F   | 20-34 | North West |                               |         |
| 71  | 00:55:54 | 132   | Richardus | Ryksen        | M   | 40-49 | Free State | The Running Edge Bloemfontein |         |
| 72  | 00:56:00 | 288   | Rynhardt  | Smidt         | M   | 40-49 | Free State | University of the Free State  |         |
| 73  | 00:56:15 | 33    | Carmi     | Engelbrecht   | F   | 20-34 | Free State | Pentagon Pistols              |         |
| 74  | 00:56:19 | 119   | Lionel    | Orlein        | M   | 50-59 | Free State |                               |         |
| 75  | 00:56:24 | 311   | Khaya     | Mdi           | M   | 20-34 | Free State | Titanium                      |         |
| 76  | 00:56:27 | 198   | Hester    | Van Der Merwe | F   | 40-49 | Free State |                               |         |
| 77  | 00:56:46 | 377   | Masego    | Poss          | M   | 20-34 | Free State |                               |         |
| 78  | 00:57:05 | 158   | Johanné   | Van Niekerk   | F   | 14-19 | Free State |                               |         |

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|-----|----------|-------|------------------|---------------|-----|-------|------------|-----------------------------------|---------|
| 79  | 00:57:12 | 233   | Natalie          | HUYSER        | F   | 35-39 | Free State | Bloemfontein Striders             |         |
| 80  | 00:57:17 | 336   | Seretse          | Kele          | M   | 20-34 | Free State |                                   |         |
| 81  | 00:57:29 | 316   | Andile           | Zulu          | M   | 20-34 | Free State |                                   |         |
| 82  | 00:57:30 | 199   | Wikkie           | Van Der Merwe | M   | 50-59 | Free State |                                   |         |
| 83  | 00:57:30 | 340   | Katiso           | Moloko        | M   | 20-34 | Free State |                                   |         |
| 84  | 00:57:31 | 341   | Lehlohonolo Joel | Malakoane     | M   | 20-34 | Free State |                                   |         |
| 85  | 00:57:33 | 83    | Moeketsi         | Mogotsi       | M   | 20-34 | Free State |                                   |         |
| 86  | 00:57:34 | 234   | Ntsako           | Khoza         | M   | 20-34 | Free State |                                   |         |
| 87  | 00:57:38 | 49    | Benita           | Jacobs        | F   | 20-34 | Free State |                                   |         |
| 88  | 00:57:38 | 173   | Attela           | Grobbelaar    | F   | 50-59 | Free State | The Running Edge                  |         |
| 89  | 00:58:06 | 387   | Andri            | Van Jaarsveld | F   | 20-34 | Free State | Tempe Tekkies                     |         |
| 90  | 00:58:09 | 200   | Coreen           | Van Jaarsveld | F   | 20-34 | Free State | The running edge                  |         |
| 91  | 00:58:18 | 100   | Ann              | Mothalosa     | F   | 40-49 | Free State | Team Vitality                     | 21902   |
| 92  | 00:58:18 | 296   | Natalie          | Jonck         | F   | 35-39 | Free State |                                   |         |
| 93  | 00:58:23 | 250   | Wally            | Scott         | M   | 60+   | Free State | Bloemfontein Achilles             |         |
| 94  | 00:58:26 | 62    | Mariana          | Lombard       | F   | 35-39 | Free State | Pentagon pistols                  |         |
| 95  | 00:58:42 | 347   | Omolemo Tshepang | Badimo        | M   | 20-34 | Free State |                                   |         |
| 96  | 00:59:06 | 271   | Karien           | Van Niekerk   | F   | 50-59 | Free State |                                   |         |
| 97  | 00:59:15 | 224   | Nielsje          | Erasmus       | F   | 20-34 | Free State |                                   |         |
| 98  | 00:59:16 | 260   | Tehan            | Pienaar       | M   | 20-34 | Free State | Pentagon Pistols                  | 689     |
| 99  | 00:59:22 | 380   | Michael          | Roos          | M   | 60+   | Free State | BFN Striders                      |         |
| 100 | 00:59:37 | 223   | Janus            | Erasmus       | M   | 20-34 | Free State | The Running Edge                  | 1695    |
| 101 | 00:59:45 | 150   | Lianca           | Uys           | F   | 35-39 | Free State | Bloemfontein Stiders              | 1208    |
| 102 | 00:59:59 | 179   | Phumla           | Maphumulo     | F   | 20-34 | Free State |                                   |         |
| 103 | 01:00:13 | 75    | Nthabiseng       | Masalesa      | F   | 20-34 | Free State | Social development athletics club | 2666    |
| 104 | 01:00:29 | 280   | LEBOHANG         | MOLIBELI      | M   | 35-39 | Free State | PAMOJA A.C                        | 383     |

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|-----|----------|-------|------------|------------------|-----|-------|--------------|-------------------------------------|---------|
| 105 | 01:00:38 | 304   | Batloung   | Mokone           | M   | 20-34 | Free State   | No                                  |         |
| 106 | 01:00:39 | 247   | Paulus     | Mpho             | M   | 60+   | Free State   | Bloemfontein Achilles               | 72      |
| 107 | 01:00:53 | 343   | Lucky      | Lukhele          | M   | 40-49 | Free State   | Centre City Tituniams Athletic Club |         |
| 108 | 01:00:54 | 222   | Hele       | Engelbrecht      | F   | 50-59 | Free State   | Pentagon Pistols                    | 2725    |
| 109 | 01:01:00 | 215   | Dwyne      | Booyesen         | M   | 20-34 | Free State   |                                     |         |
| 110 | 01:01:03 | 35    | Siphokazi  | Fana             | F   | 40-49 | Free State   | All Athletes United Club            | 2090    |
| 111 | 01:01:11 | 290   | Angelique  | Wilken           | F   | 35-39 | Free State   | The Running Edge                    | 1711    |
| 112 | 01:01:12 | 131   | Corne      | Ryksen           | F   | 50-59 | Free State   | The Running Edge Bloemfontein       |         |
| 113 | 01:01:12 | 399   | Annelize   | SMITH            | F   | 35-39 | Free State   | Bloemfontein Striders               |         |
| 114 | 01:01:23 | 337   | Thebe Tong | Tong             | M   | 50-59 | Free State   |                                     |         |
| 115 | 01:01:24 | 255   | Mpumelelo  | Ndaba            | M   | 20-34 | Free State   |                                     |         |
| 116 | 01:01:25 | 382   | Nieve      | Armour           | F   | 14-19 | Free State   | Eunice                              |         |
| 117 | 01:01:34 | 177   | Harmony    | Lekota           | M   | 20-34 | Free State   |                                     |         |
| 118 | 01:01:36 | 187   | Rhulani    | Ndlovu           | M   | 20-34 | Free State   |                                     |         |
| 119 | 01:02:00 | 102   | Tshokolo   | Motsoeneng       | M   | 40-49 | Free State   |                                     |         |
| 120 | 01:02:00 | 123   | Pepetla    | Pholo            | M   | 40-49 | Free State   |                                     |         |
| 121 | 01:02:19 | 9     | Mokgadi    | Bokaba           | F   | 40-49 | Free State   |                                     |         |
| 122 | 01:02:19 | 54    | Yolandi    | Kolbe            | F   | 50-59 | Free State   | the running edge                    | 1494    |
| 123 | 01:02:26 | 1     | Marietjie  | Van Loggerenberg | F   | 40-49 | Free State   | Harmony Striders                    | 998     |
| 124 | 01:02:35 | 67    | Emily      | Mackay           | F   | 50-59 | Free State   | Centre City Titanium Athletic Club  |         |
| 125 | 01:02:35 | 228   | Marlize    | Griesel          | F   | 50-59 | Free State   | The Running Edge                    | 1640    |
| 126 | 01:02:43 | 109   | Asakhe     | Ngejane          | F   | 20-34 | Eastern Cape |                                     |         |
| 127 | 01:02:43 | 328   | Megan      | Harris           | F   | 20-34 | Free State   |                                     |         |
| 128 | 01:02:45 | 329   | Garth      | Harris           | M   | 50-59 | Free State   |                                     |         |
| 129 | 01:02:48 | 176   | Toka       | Lebenya          | M   | 20-34 | Free State   |                                     |         |
| 130 | 01:02:58 | 266   | Zi-Mari    | Shaw             | F   | 20-34 | Free State   |                                     |         |

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|-----|----------|-------|------------|---------------|-----|-------|------------|--------------------------------------|---------|
| 131 | 01:02:59 | 395   | Johan      | Coetzee       | M   | 20-34 | Free State |                                      |         |
| 132 | 01:03:00 | 127   | Baesi      | Ramfate       | F   | 35-39 | Free State | Centre City Titaniums Athletics Club | 1820    |
| 133 | 01:03:09 | 163   | Amy        | Venter        | F   | 35-39 | Free State | The Running Edge                     |         |
| 134 | 01:03:09 | 164   | Anton      | Venter        | M   | 40-49 | Free State | The Running Edge                     |         |
| 135 | 01:03:11 | 263   | Charlize   | Rossouw       | F   | 20-34 | Free State |                                      |         |
| 136 | 01:03:22 | 205   | Annamarie  | Groenewald    | F   | 50-59 | Free State | Bloemfontein Achilles                | 86      |
| 137 | 01:03:28 | 206   | Charl      | Jacobs        | M   | 50-59 | Free State | Bloemfontein Achilles                | 85      |
| 138 | 01:03:28 | 327   | Matlali    | Malebo        | F   | 40-49 | Free State | All Athletes United                  |         |
| 139 | 01:03:33 | 133   | Reinhardt  | Schmidt       | M   | 50-59 | Free State | SANDF FREE STATE                     | 16      |
| 140 | 01:03:37 | 190   | Justin     | Pieterse      | M   | 40-49 | Free State | Queensburgh Harriers                 |         |
| 141 | 01:03:39 | 134   | Ané        | Schmidt       | F   | 14-19 | Free State | Bloemfontein Striders                | 1879    |
| 142 | 01:03:39 | 325   | Molebogeng | Malebo        | F   | 20-34 | Free State |                                      |         |
| 143 | 01:03:40 | 276   | Boitumelo  | Mangate       | F   | 35-39 | Free State | Centre City Titaniums AC             |         |
| 144 | 01:03:50 | 154   | Renienke   | Van Heerden   | F   | 14-19 | Free State |                                      |         |
| 145 | 01:03:57 | 44    | Nompilo    | Gumede        | F   | 20-34 | Free State |                                      |         |
| 146 | 01:04:02 | 320   | Jacques    | Watson        | M   | 50-59 | Free State |                                      |         |
| 147 | 01:04:11 | 227   | Xolile     | Ganathi       | M   | 35-39 | Free State | All Athletes United                  | 2456    |
| 148 | 01:04:14 | 61    | Elize      | Lombard       | F   | 60+   | Free State | Bloemfontein Striders                | 1549    |
| 149 | 01:04:20 | 151   | BenProk    | Van Der Merwe | M   | 50-59 | Free State |                                      |         |
| 150 | 01:04:25 | 267   | Geraldine  | Spangenberg   | F   | 20-34 | Free State | Pentagon Pistols                     |         |
| 151 | 01:04:26 | 12    | Jaco       | Botha         | M   | 20-34 | Free State |                                      |         |
| 152 | 01:04:38 | 232   | Elaine     | Human         | F   | 40-49 | Free State |                                      |         |
| 153 | 01:04:41 | 167   | Johan      | Wasserman     | M   | 50-59 | Free State | The Running Edge                     |         |
| 154 | 01:04:43 | 104   | Fusi David | Mphumela      | M   | 40-49 | Free State |                                      |         |
| 155 | 01:04:47 | 2     | Adri       | Weideman      | F   | 40-49 | Free State | Harmony Striders                     | 943     |
| 156 | 01:04:50 | 194   | Bonga      | Sokhulu       | M   | 50-59 | Free State |                                      |         |

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| 157 | 01:04:51 | 252   | Matshidiso        | Modise      | M   | 40-49 | Free State | Uhuru Athletics Club  | 9870    |
| 158 | 01:05:24 | 217   | Clare             | De Villiers | F   | 20-34 | Free State | The Running Edge      |         |
| 159 | 01:05:30 | 378   | Liezl             | Ninnemann   | F   | 35-39 | Free State | Pentagon Pistols      | 560     |
| 160 | 01:05:30 | 390   | Maryke            | Kritzinger  | F   | 40-49 | Free State | Pentagon Pistols      |         |
| 161 | 01:05:31 | 45    | Cherilee          | Hartzenberg | F   | 20-34 | Free State |                       |         |
| 162 | 01:05:35 | 292   | Vicky             | Kammies     | M   | 20-34 | Free State |                       |         |
| 163 | 01:05:37 | 193   | Vusi              | Sikosana    | M   | 40-49 | Free State |                       |         |
| 164 | 01:05:59 | 287   | Johan             | Koen        | M   | 40-49 | Free State |                       |         |
| 165 | 01:06:10 | 174   | Tshililo          | Gumani      | M   | 20-34 | Free State |                       |         |
| 166 | 01:06:12 | 254   | Kopangang         | Kumeke      | F   | 20-34 | Free State | Bloemfontein Achilles |         |
| 167 | 01:06:17 | 46    | Caitlin           | Hobson      | F   | 20-34 | Free State |                       |         |
| 168 | 01:06:21 | 140   | MANDLENKOSI       | SHABALALA   | M   | 20-34 | Gauteng    |                       |         |
| 169 | 01:07:00 | 209   | Zwelithi          | Ngamlana    | M   | 40-49 | Free State | n/a                   |         |
| 170 | 01:07:03 | 87    | Sanet             | Mohr        | M   | 50-59 | Free State | Bloemfontein Striders | 1853    |
| 171 | 01:07:14 | 192   | Lindokuhle        | Sibisi      | M   | 20-34 | Free State |                       |         |
| 172 | 01:07:20 | 55    | Shaughn Mthuthuze | Kopo        | M   | 35-39 | Free State | FS Health AC          |         |
| 173 | 01:07:32 | 38    | Santie            | Fourie      | F   | 50-59 | Free State |                       |         |
| 174 | 01:07:35 | 32    | Christine         | Els         | F   | 50-59 | Free State | Harmony Striders      | 952     |
| 175 | 01:07:35 | 155   | Anetta            | Van Heerden | F   | 60+   | Free State | Bloemfontein Striders |         |
| 176 | 01:07:41 | 345   | James             | Morake      | M   | 50-59 | Free State | Mangaung AC           |         |
| 177 | 01:07:44 | 106   | Rone              | Muller      | F   | 40-49 | Free State | The Running Edge      | 1622    |
| 178 | 01:07:48 | 14    | Careen            | Botha       | F   | 20-34 | Free State |                       |         |
| 179 | 01:07:48 | 211   | Chireze           | Barnard     | F   | 35-39 | Free State | Pentagon Pistols      |         |
| 180 | 01:07:51 | 372   | Samuel            | Hlwempu     | M   | 50-59 | Free State | Running club          |         |
| 181 | 01:07:54 | 72    | Coreen            | Malherbe    | F   | 50-59 | Free State | Goudveld Multisport   | 449     |
| 182 | 01:07:55 | 48    | Marjone           | Human       | F   | 20-34 | Free State |                       |         |

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|-----|----------|-------|----------------|---------------|-----|-------|------------|--------------------|---------|
| 183 | 01:08:02 | 161   | Riané          | Van Zyl       | F   | 20-34 | Free State |                    |         |
| 184 | 01:08:04 | 391   | Stanton        | Narayanasami  | M   | 40-49 | Free State |                    |         |
| 185 | 01:08:23 | 183   | Angelique      | Mc Aslin      | F   | 20-34 | Free State |                    |         |
| 186 | 01:08:30 | 241   | Cor            | Louwrens      | M   | 60+   | Free State | The Runnung Edge   | 1702    |
| 187 | 01:08:31 | 142   | Sandra         | Smith         | F   | 35-39 | Free State |                    |         |
| 188 | 01:08:49 | 285   | ROLENE         | SCHOEMAN      | F   | 40-49 | Free State | SANDF Free State   |         |
| 189 | 01:09:01 | 121   | Ilka           | Perfect       | F   | 50-59 | Free State |                    |         |
| 190 | 01:09:02 | 149   | Neo            | Tsehlana      | F   | 20-34 | Free State | DALRRD             |         |
| 191 | 01:09:03 | 8     | Kobus          | Bezuidenhoudt | M   | 40-49 | Free State | The running edge   |         |
| 192 | 01:09:06 | 96    | Mohapi         | Mosala        | M   | 35-39 | Free State |                    |         |
| 193 | 01:09:10 | 153   | Koos           | Van Heerden   | F   | 60+   | Free State | The Running Edge   |         |
| 194 | 01:09:14 | 92    | Wynand         | Moolman       | M   | 35-39 | Free State | Pentagon Pistols   | 578     |
| 195 | 01:09:16 | 30    | Christie-Marie | Du Toit       | F   | 50-59 | Free State |                    |         |
| 196 | 01:09:16 | 31    | Benjamin       | Du Toit       | M   | 60+   | Free State |                    |         |
| 197 | 01:09:16 | 93    | Elzette        | Moolman       | F   | 35-39 | Free State | Pentagon Pistols   | 588     |
| 198 | 01:09:24 | 392   | Marietjie      | Britz         | F   | 50-59 | Free State |                    |         |
| 199 | 01:09:27 | 170   | Deon           | Beck          | M   | 35-39 | Free State |                    |         |
| 200 | 01:09:43 | 47    | Lizemari       | Hugo          | F   | 40-49 | Free State | The Running Edge   |         |
| 201 | 01:09:47 | 37    | Yandiswa       | Fonjana       | F   | 35-39 | Free State |                    |         |
| 202 | 01:09:48 | 196   | Corlia         | Van Der Merwe | F   | 14-19 | Free State |                    |         |
| 203 | 01:09:48 | 321   | Charmin        | Jones         | F   | 14-19 | Free State | Hoërskool Sentraal |         |
| 204 | 01:09:49 | 197   | Esmarie        | Van Der Merwe | F   | 14-19 | Free State |                    |         |
| 205 | 01:09:58 | 168   | Anita          | Wessels       | F   | 50-59 | Free State |                    |         |
| 206 | 01:10:04 | 56    | Kotie          | Kruger        | M   | 20-34 | Free State |                    |         |
| 207 | 01:10:07 | 110   | Brian          | Ngobeni       | M   | 20-34 | Free State |                    |         |
| 208 | 01:10:20 | 69    | Kelello        | Makamane      | M   | 20-34 | Free State |                    |         |

# SWASAP Marathon - 10km

## Provisional Results - 15 March 2025

| Pos | Time     | Race# | Name           | Surname     | Gen | Cat   | Prov       | Club                                    | ASA Lic |
|-----|----------|-------|----------------|-------------|-----|-------|------------|-----------------------------------------|---------|
| 209 | 01:10:25 | 203   | Marlien        | Du Toit     | F   | 50-59 | Free State | Dept. DALRRD                            |         |
| 210 | 01:10:41 | 389   | Tsoana         | Mogorosi    | F   | 35-39 | Free State | Absa central athletics club             | 2342    |
| 211 | 01:10:45 | 324   | Tsoana         | Matake      | F   | 50-59 | Free State |                                         |         |
| 212 | 01:11:05 | 143   | Hein           | Snyman      | M   | 40-49 | Free State |                                         |         |
| 213 | 01:11:10 | 312   | Bakuena        | Macheli     | M   | 35-39 | Free State |                                         |         |
| 214 | 01:11:13 | 115   | Hope           | Nqini       | F   | 20-34 | Free State |                                         |         |
| 215 | 01:11:13 | 313   | Mthuthuzeli    | Bidi        | M   | 20-34 | Free State |                                         |         |
| 216 | 01:11:14 | 344   | Nwabisa        | Mkhwanazi   | F   | 40-49 | Free State | None                                    |         |
| 217 | 01:11:17 | 230   | Adrienne       | Hattingh    | F   | 35-39 | Free State |                                         |         |
| 218 | 01:11:28 | 22    | Brenda         | Coetzee     | F   | 40-49 | Free State |                                         |         |
| 219 | 01:11:52 | 272   | Elzaan         | Venter      | F   | 20-34 | Free State |                                         |         |
| 220 | 01:12:13 | 201   | ROWENA         | VAN WYK     | F   | 40-49 | Free State |                                         |         |
| 221 | 01:12:14 | 53    | Jabi           | Khoanyane   | F   | 40-49 | Free State |                                         |         |
| 222 | 01:12:14 | 116   | Ziyanda        | Nyanda      | F   | 20-34 | Free State |                                         |         |
| 223 | 01:12:20 | 210   | Lerato         | Ngamlana    | F   | 40-49 | Free State | Bloemfontein Striders                   | 1503    |
| 224 | 01:12:53 | 180   | Christine      | Marsh       | F   | 20-34 | Free State |                                         |         |
| 225 | 01:12:55 | 25    | Jaco           | De Bruin    | M   | 40-49 | Free State | The Running Edge                        |         |
| 226 | 01:13:06 | 165   | Natalia        | Verkes      | F   | 20-34 | Free State | BLOEMFONTEIN MULTISPORT                 |         |
| 227 | 01:13:30 | 286   | Arthur         | Mackay      | M   | 50-59 | Free State | centre City Titaniums AC                |         |
| 228 | 01:14:11 | 396   | Vuyiswa (Vuyi) | Njokweni    | F   | 40-49 | Free State |                                         |         |
| 229 | 01:14:19 | 375   | Sihle          | Madasa      | F   | 20-34 | Free State | South African National Defence force WP | 4213    |
| 230 | 01:14:23 | 137   | Puleng         | Semonyo     | F   | 20-34 | Free State |                                         |         |
| 231 | 01:14:28 | 16    | Carmen         | Bremner     | F   | 40-49 | Free State | Pentagon Pistols                        | 554     |
| 232 | 01:14:29 | 338   | Samkele        | Tshabalala  | M   | 20-34 | Free State | Center City Titaniums Athletic Club     | 2515    |
| 233 | 01:14:31 | 10    | Vuyisile       | Bokwa       | M   | 35-39 | Free State |                                         |         |
| 234 | 01:14:32 | 218   | Ferdinand      | De Villiers | M   | 20-34 | Free State | The Running Edge                        |         |

# SWASAP Marathon - 10km

## Provisional Results - 15 March 2025

| Pos | Time     | Race# | Name         | Surname  | Gen | Cat   | Prov       | Club                               | ASA Lic |
|-----|----------|-------|--------------|----------|-----|-------|------------|------------------------------------|---------|
| 235 | 01:14:34 | 52    | Jeannette    | Khesa    | F   | 40-49 | Free State | Mangaung Athletic Club             | 1164    |
| 236 | 01:14:36 | 282   | Carien       | Möller   | F   | 35-39 | North West |                                    |         |
| 237 | 01:15:06 | 66    | Lebo         | Mabuya   | F   | 35-39 | Free State |                                    |         |
| 238 | 01:15:10 | 26    | Monya        | De Lange | F   | 50-59 | Free State |                                    |         |
| 239 | 01:15:29 | 385   | Vivian       | Buys     | M   | 20-34 | Free State |                                    |         |
| 240 | 01:15:35 | 103   | Karabelo     | Mpeko    | F   | 35-39 | Free State | Pamoja AC                          |         |
| 241 | 01:15:57 | 7     | Aletta       | Bawden   | F   | 50-59 | Free State | Achilles Running Club              |         |
| 242 | 01:16:14 | 58    | Reitumetse   | Leeuw    | F   | 20-34 | Free State |                                    |         |
| 243 | 01:16:14 | 91    | Tshepo       | Monoko   | M   | 40-49 | Free State | N/A                                |         |
| 244 | 01:16:44 | 236   | Nandi        | Kruger   | F   | 35-39 | Free State |                                    |         |
| 245 | 01:16:49 | 214   | Bianca       | Booyesen | F   | 20-34 | Free State |                                    |         |
| 246 | 01:17:00 | 310   | Natalie      | Clark    | F   | 35-39 | Free State |                                    |         |
| 247 | 01:17:03 | 308   | Adri         | Erasmus  | F   | 35-39 | Free State |                                    |         |
| 248 | 01:17:19 | 178   | Malefa       | Macala   | F   | 40-49 | Free State | All Athletes United                | 2461    |
| 249 | 01:17:37 | 225   | Kayla        | Fourie   | F   | 14-19 | Free State | Center City titaniums              |         |
| 250 | 01:17:38 | 226   | Yolandi      | Fourie   | F   | 35-39 | Free State | Centre city Titaniums              |         |
| 251 | 01:17:50 | 257   | JW           | Odendaal | M   | 35-39 | Free State | The Running Edge                   |         |
| 252 | 01:17:52 | 306   | Hlonolofatso | Setsumi  | F   | 14-19 | Free State |                                    |         |
| 253 | 01:17:53 | 335   | Mathapelo    | Sedibe   | F   | 50-59 | Free State | Center City Titanium Athletic Club | 2552    |
| 254 | 01:18:21 | 82    | Zanele       | Mofokeng | F   | 35-39 | Free State |                                    |         |
| 255 | 01:18:21 | 95    | Mokagdi      | Moruka   | F   | 40-49 | Free State | Saps                               |         |
| 256 | 01:18:25 | 60    | Rethabile    | Letsosa  | F   | 20-34 | Free State |                                    |         |
| 257 | 01:18:25 | 379   | Thato        | Nthunya  | M   | 40-49 | Free State | Pentagon pistols                   | 575     |
| 258 | 01:18:30 | 21    | Justin       | Coetzee  | M   | 40-49 | Free State |                                    |         |
| 259 | 01:18:33 | 175   | Njabulo      | Khobo    | F   | 35-39 | Free State |                                    |         |
| 260 | 01:18:38 | 74    | Nthabiseng   | Manjiya  | F   | 40-49 | Free State | Sportfit                           | 1979    |

# SWASAP Marathon - 10km

## Provisional Results - 15 March 2025

| Pos | Time     | Race# | Name             | Surname    | Gen | Cat   | Prov       | Club                                    | ASA Lic |
|-----|----------|-------|------------------|------------|-----|-------|------------|-----------------------------------------|---------|
| 261 | 01:18:47 | 79    | Bawinile         | Modise     | F   | 35-39 | Free State |                                         |         |
| 262 | 01:19:02 | 212   | Carine           | Naude      | F   | 40-49 | Free State |                                         |         |
| 263 | 01:19:07 | 27    | Nthabiseng       | Dikonyana  | F   | 40-49 | Free State |                                         |         |
| 264 | 01:19:13 | 57    | NEO              | LAPIE      | F   | 40-49 | Free State | Mangaung Athletics Club                 | 1186    |
| 265 | 01:19:14 | 111   | Ansie            | Ninnemann  | F   | 50-59 | Free State | The running edge                        |         |
| 266 | 01:19:16 | 182   | Dineo            | Matlakala  | F   | 40-49 | Free State | Pamoja                                  |         |
| 267 | 01:19:21 | 166   | Yvonne           | Visagie    | F   | 60+   | Free State | Harmony striders                        | 997     |
| 268 | 01:19:30 | 84    | Connie           | Mohapi     | F   | 20-34 | Free State |                                         |         |
| 269 | 01:19:33 | 63    | Joha             | Ludik      | F   | 20-34 | Free State |                                         |         |
| 270 | 01:19:38 | 71    | Malefetsane      | Malape     | M   | 40-49 | Free State | SAPS FS                                 | 2472    |
| 271 | 01:19:39 | 237   | Winnie           | Lebone     | F   | 35-39 | Free State |                                         |         |
| 272 | 01:19:55 | 88    | Pulane           | Mojanaga   | F   | 20-34 | Free State | CENTRE CITY TITANIUMS ATHLETICS CLUB    |         |
| 273 | 01:20:44 | 50    | Russell          | Jacquire   | M   | 50-59 | Free State | Free State Health AC                    |         |
| 274 | 01:21:27 | 339   | Bongiwe          | Tshabalala | F   | 40-49 | Free State | Center City Titaniums Athletic Club     | 1784    |
| 275 | 01:21:57 | 265   | Lerato Constance | Rulufu     | F   | 20-34 | Free State | AFS                                     |         |
| 276 | 01:22:15 | 370   | Amanda           | Welthagen  | F   | 35-39 | Free State |                                         |         |
| 277 | 01:22:30 | 291   | Moleboheng       | Matsoaboli | F   | 20-34 | Free State |                                         |         |
| 278 | 01:23:07 | 258   | Wanda            | Odendaal   | F   | 35-39 | Free State | The Running Edge                        |         |
| 279 | 01:23:38 | 274   | Lance            | Williams   | M   | 50-59 | Free State |                                         |         |
| 280 | 01:23:47 | 86    | Dimakatso        | Moholo     | F   | 20-34 | Free State |                                         |         |
| 281 | 01:25:02 | 246   | Lydia            | Diseko     | F   | 20-34 | Free State |                                         |         |
| 282 | 01:25:46 | 112   | Mpilenhle        | Nkosi      | M   | 20-34 | Free State |                                         |         |
| 283 | 01:25:46 | 275   | Quince           | Makhaye    | F   | 40-49 | Free State | Grootvlei marathon club                 | 2036    |
| 284 | 01:26:18 | 393   | Gomolemo         | Masisi     | F   | 20-34 | Free State |                                         |         |
| 285 | 01:26:54 | 24    | Mbali            | Dakile     | F   | 20-34 | Free State | NEDBANK RUNNING CLUB CENTRAL NORTH WEST |         |
| 286 | 01:26:57 | 129   | Neo              | Rathabe    | F   | 20-34 | Free State |                                         |         |

# SWASAP Marathon - 10km

## Provisional Results - 15 March 2025

| Pos | Time     | Race# | Name            | Surname  | Gen | Cat   | Prov       | Club                                 | ASA Lic |
|-----|----------|-------|-----------------|----------|-----|-------|------------|--------------------------------------|---------|
| 287 | 01:26:58 | 18    | Silindile       | Chamane  | F   | 20-34 | Free State |                                      |         |
| 288 | 01:27:05 | 264   | Pieter          | Roux     | M   | 60+   | Free State | PENTAGON PISTOLS BLOEMFONTEIN        |         |
| 289 | 01:27:48 | 394   | Matlhodi        | Leeuw    | F   | 40-49 | Free State | Free State Health Athletics Club     |         |
| 290 | 01:27:57 | 231   | Philna          | Henning  | F   | 50-59 | Free State |                                      |         |
| 291 | 01:27:59 | 281   | Annika          | Möller   | F   | 20-34 | Free State |                                      |         |
| 292 | 01:28:02 | 283   | Helgard         | Muller   | M   | 60+   | Free State |                                      |         |
| 293 | 01:28:03 | 278   | Pieter          | Möller   | M   | 60+   | North West |                                      |         |
| 294 | 01:28:22 | 89    | Caroline        | Mokoena  | F   | 50-59 | Free State | FS Social Development Athletics Club |         |
| 295 | 01:28:44 | 113   | Sanesiwe        | Nobuzana | F   | 20-34 | Free State |                                      |         |
| 296 | 01:28:50 | 98    | Sara            | Palesa   | F   | 35-39 | Free State | Free state Social Development AC     | 133     |
| 297 | 01:29:19 | 141   | Henrietta       | Smith    | F   | 20-34 | Free State |                                      |         |
| 298 | 01:29:21 | 117   | Chantelle       | Olivier  | F   | 40-49 | Free State |                                      |         |
| 299 | 01:29:32 | 188   | Kekeletso       | Ntsala   | F   | 60+   | Free State |                                      |         |
| 300 | 01:29:37 | 148   | Matankiso Alice | Tlali    | F   | 50-59 | Free State | FS social development athletic club  |         |
| 301 | 01:30:25 | 15    | Suzan           | Botipe   | F   | 50-59 | Free State |                                      |         |
| 302 | 01:30:26 | 284   | Lebogang        | Rapoo    | F   | 20-34 | Free State | SANDF                                |         |
| 303 | 01:30:36 | 295   | Tienkie         | Small    | F   | 60+   | Free State |                                      |         |
| 304 | 01:31:17 | 108   | NOKUKHANYA VU   | NGCOBO   | F   | 20-34 | Gauteng    |                                      |         |
| 305 | 01:34:01 | 219   | Lebogang        | Mocwana  | F   | 35-39 | Free State |                                      |         |
| 306 | 01:34:25 | 68    | Loquitur        | Maka     | F   | 20-34 | Free State | Mangaung Athletics Club              |         |
| 307 | 01:38:07 | 20    | Susan           | Coetzee  | F   | 20-34 | Free State | Pentagon Pistols                     |         |
| 308 | 01:39:21 | 77    | Thato           | Masoabi  | M   | 40-49 | Free State |                                      |         |
| 309 | 01:40:40 | 73    | Boitumelo       | Malotle  | F   | 35-39 | Free State |                                      |         |
| 310 | 01:42:21 | 220   | Lehlohonolo     | Modimola | M   | 20-34 | Free State |                                      |         |
| 311 | 01:42:32 | 184   | Tumelo          | Modise   | F   | 40-49 | Free State |                                      |         |