

**Participation per Athlete**      **AMANZINTOTI AC****Men 25****Surname, Firstname****Events**

MAPHUMULO, MTHOKOZISI

100m (SENIOR ), 200m (SENIOR), 1500m (SENIOR)

**Men 40****Surname, Firstname****Events**

VOSLOO, RIAAN

Men Mixed 400m Hurdles (MASTERS 30 +), Men Mixed 400m (MASTERS 30 +)

**Participation per Athlete**      **AMAPONDO**

**Men 35**

**Surname, Firstname**

**Events**

MBHAMALI, BONGINKOSI

Men Mixed 200m (MASTERS 30 +), Men Mixed 400m (MASTERS 30 +), Men Mixed 800m (MASTERS 30 +)

**Participation per Athlete**      **ATHLETICS NORTH****Women 70**

<b>Surname, Firstname</b>	<b>Events</b>
RZEPECKI, JANA	Women Mixed Shotput (MASTERS 30 +), Women Mixed Discus (MASTERS 30 +)

**Men 80**

<b>Surname, Firstname</b>	<b>Events</b>
RZEPECKI, ANDRZEJ	Men Mixed Shotput (MASTERS 30 +), Men Mixed Discus (MASTERS 30 +), Men Mixed H

**Participation per Athlete**      **BLUFF ACADEMY****Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
JALI, MHOLI	Men Mixed 5000m (SENIOR & MASTERS ), Men Mixed 10000m (SENIOR & MASTERS )
PHUNGULA, APHELELE	3000m SteepleChase (SNR & MAST 30 - 59), Men Mixed 5000m (SENIOR & MASTERS )

**Participation per Athlete**      **BORDER ATHLETICS**

**Men 60**

**Surname, Firstname**

**Events**

XAVIER, ROBERT

Men Mixed 100m (MASTERS 30 +), Men Mixed 200m (MASTERS 30 +)

**Participation per Athlete**      **BOXER AC****Women 25**

Surname, Firstname	Events
SCHULTZ, ZELDA	20km Walk (SENIOR )

**Women 30**

Surname, Firstname	Events
LE ROUX, NATALIE	Women 25 20km Walk (SENIOR ), Women Mixed 5km Walk (MASTERS 30 +)

**Men 25**

Surname, Firstname	Events
MBANJWA, SIPHO	1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS )
ZWANE, BONGINKOSI	1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS ), Men Mixed 10000m (SENIOR & MASTERS )

**Men 50**

Surname, Firstname	Events
AFRICA, OXLEY	Men 25 20km Walk (SENIOR)

**Participation per Athlete**      **CAPE MUTLISPORT CLUB**

**Men 70**

**Surname, Firstname**

**Events**

DIESERICKS, LEN

Men Mixed 5km Walk (MASTERS 30 +), Men Mixed 10km Walk (MASTERS 30 +)

**Participation per Athlete**      **CKS ATHLETICS CLUB****Women 25**

<b>Surname, Firstname</b>	<b>Events</b>
ELLERO, CAYLEE	3000m SteepleChase (SNR & MAST 30 - 59)
GOOSEN, MARILIZE	100m (SENIOR), LongJump (SENIOR)

**Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
AUGUST, TYREE	100m (SENIOR), 200m (SENIOR)
DUFFY, REECE	100m (SENIOR), 200m (SENIOR)
MAHARAJ (T47), CAMRON	100m (SENIOR), 1500m (SENIOR)
THOMPSON, WARWICK	Polevault (SENIOR)
VALLY, USSAAMAH	HighJump (SENIOR)
VAN DEVENTER, WILHELM	400m Hurdles (SENIOR), LongJump (SENIOR), Men Mixed 110m Hurdles (SNR & MAS

**Men 45**

<b>Surname, Firstname</b>	<b>Events</b>
MTETO, WELCOME	Men Mixed 10000m (SENIOR & MASTERS)

**Men 65**

<b>Surname, Firstname</b>	<b>Events</b>
MULLER, RAYMOND	Men Mixed 100m (MASTERS 30 +), Men Mixed 100m Hurdles (MASTERS 50 +), Men M



**Participation per Athlete**      **DURBAN ATHLETICS CLUB**

**Women 55**

**Surname, Firstname**

**Events**

RAWLINS, VALERY-ANN

Women Mixed Shotput (MASTERS 30 +), Women Mixed Discus (MASTERS 30 +), Women Mixed Javelin (MASTERS 30 +)

**Participation per Athlete****DURBAN UNIVERSITY OF TECHNOLOGY****Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
BOODHOO, SUHKIL	100m (SENIOR), 200m (SENIOR)
MADIBE, GOODENOUGH	1500m (SENIOR), Javelin (SENIOR)
SEETAL, KEATON	100m (SENIOR), 200m (SENIOR)
SIMELANE, DERRICK	800m (SENIOR), 1500m (SENIOR)

**Participation per Athlete**      **EC ACTIVE ATHLETICS CLUB**

**Men 25**

**Surname, Firstname**

**Events**

MADIBA, THEMBA

800m (SENIOR)

**Participation per Athlete ELITE PERFORMANCE GROUP**

		<b><u>Women 25</u></b>
Surname, Firstname	Events	
VARYA, MARCOLEEN	HighJump (SENIOR)	
		<b><u>Women 35</u></b>
Surname, Firstname	Events	
SCHMIDT, ADELLE	Women Mixed 100m (MASTERS 30 +), Women Mixed 200m (MASTERS 30 +)	
		<b><u>Women 45</u></b>
Surname, Firstname	Events	
DUFFY , JANET	Women Mixed 100m (MASTERS 30 +), Women Mixed 200m (MASTERS 30 +)	
		<b><u>Women 65</u></b>
Surname, Firstname	Events	
WILLIAMS, LESLIE	Women Mixed 5km Walk (MASTERS 30 +), Women Mixed 10km Walk (MASTERS 30 +)	
		<b><u>Men 25</u></b>
Surname, Firstname	Events	
MANTANGA, LOYISO	400m (SENIOR), 100m (SENIOR ), 200m (SENIOR)	
MBATHA, WANDILE	100m (SENIOR ), 200m (SENIOR)	
MOOSA, MIKHAIL	100m (SENIOR ), 200m (SENIOR), 400m (SENIOR)	
MYENI, BRIAN	200m (SENIOR), 400m (SENIOR)	
OKELLO, OTHOW	Javelin (SENIOR)	
REHMAN, LIAM	HighJump (SENIOR)	
		<b><u>Men 60</u></b>
Surname, Firstname	Events	
VARTY, DENNIS	Men Mixed 100m (MASTERS 30 +), Men Mixed 200m (MASTERS 30 +), Men Mixed 400m (MASTERS 30 +)	
		<b><u>Men 65</u></b>
Surname, Firstname	Events	
WILLIAMS, LESLIE	Men Mixed 5km Walk (MASTERS 30 +), Men Mixed 10km Walk (MASTERS 30 +)	

**Participation per Athlete**      **EMADADENI****Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
CELE, SIYANDA	100m (SENIOR), 400m (SENIOR), LongJump (SENIOR)
KHUMALO, SIPHMANDLA	Men Mixed 110m Hurdles (SNR & MAST 30 - 49), 400m Hurdles (SENIOR)
KHUMALO, WONDER	800m (SENIOR), 1500m (SENIOR)
MLAMBO, ZIPHOZINKE	100m (SENIOR), 200m (SENIOR)
NDLOVU, LINDANE	Men Mixed 5000m (SENIOR & MASTERS), Men Mixed 10000m (SENIOR & MASTERS)
NGUBENI, NKULULEKO	400m (SENIOR)
NKALA, MXOLISI	800m (SENIOR), 1500m (SENIOR)
NKOSI, NDUMISO	200m (SENIOR), 400m (SENIOR)
NYEMBE, MONDLI	Men Mixed 5000m (SENIOR & MASTERS)
SELEPE, TSEPANG	Men Mixed 5000m (SENIOR & MASTERS), Men Mixed 10000m (SENIOR & MASTERS)

**Participation per Athlete**      **ESKOM AC**

**Men 50**

**Surname, Firstname**

**Events**

SMITH, MARK

Men Mixed 800m (MASTERS 30 +), Men Mixed 1500m (MASTERS 30 +)

**Participation per Athlete**      **FAST FEET AC**

		<b><u>Women 25</u></b>
<b>Surname, Firstname</b>	<b>Events</b>	
GAVU, SIBUSIWE	100m (SENIOR), 200m (SENIOR)	
KHUMALO, PHUMI	400m (SENIOR)	
LOFSTRAND, GENA	400m (SENIOR), 800m (SENIOR)	
MBAMBO, NOKUHANYA	100m (SENIOR), 200m (SENIOR), LongJump (SENIOR)	
MZOBE, NOLUTHANDO	200m (SENIOR)	
SITHOLE, AMANDA	100m (SENIOR)	
ZULU, NOMCEBO	100m (SENIOR), 200m (SENIOR), LongJump (SENIOR)	
		<b><u>Women 40</u></b>
<b>Surname, Firstname</b>	<b>Events</b>	
BUSH, LYDIA	Women Mixed 100m (MASTERS 30+), Women Mixed 200m (MASTERS 30+)	
		<b><u>Women 45</u></b>
<b>Surname, Firstname</b>	<b>Events</b>	
SIGUBUDU, NANA	Women Mixed 400m (MASTERS 30+), Women Mixed 800m (MASTERS 30+), Women Mixed 1500m (MASTERS 30+)	
		<b><u>Women 55</u></b>
<b>Surname, Firstname</b>	<b>Events</b>	
CARLISLE, JEANETTE	Women Mixed 100m (MASTERS 30+), Women Mixed 200m (MASTERS 30+)	
		<b><u>Women 60</u></b>
<b>Surname, Firstname</b>	<b>Events</b>	
ALEXANDER, ELIZABETH	Women Mixed 400m (MASTERS 30+), Women Mixed 800m (MASTERS 30+)	
		<b><u>Men 25</u></b>
<b>Surname, Firstname</b>	<b>Events</b>	
BEYA, JACQUES	100m (SENIOR), 200m (SENIOR)	
BUSH, ETHAN	400m Hurdles (SENIOR)	
KOEKEMOOR, PIETER	400m Hurdles (SENIOR)	
MARLOTH, HEINRICH	200m (SENIOR)	
NGCOBO, GENA	100m (SENIOR), 200m (SENIOR)	
NGESI, NTOKOZO	100m (SENIOR), 200m (SENIOR)	
NGUBANE, NJABULO	400m (SENIOR), 800m (SENIOR), 1500m (SENIOR)	
STEVENS, RATES	100m (SENIOR), 200m (SENIOR)	
ZULU, NHLAKINPHO	400m (SENIOR), 800m (SENIOR), 1500m (SENIOR)	
		<b><u>Men 35</u></b>
<b>Surname, Firstname</b>	<b>Events</b>	
KOEKEMOER, PIETER (1)	Men Mixed 100m (MASTERS 30+), Men Mixed 200m (MASTERS 30+), Men Mixed 400m (MASTERS 30+)	
MOOLMAN, BERTU	Men Mixed Shotput (MASTERS 30+), Men Mixed Weight (MASTERS 30+)	
		<b><u>Men 40</u></b>
<b>Surname, Firstname</b>	<b>Events</b>	
HOLROYD, WESSEL	Men Mixed 100m (MASTERS 30+), Men Mixed 200m (MASTERS 30+), Men Mixed 400m (MASTERS 30+)	
MOOLMAN, WESSEL	Men Mixed LongJump (MASTERS 30+), Men 25 Shotput (SENIOR), Men Mixed Javelin (SENIOR)	
		<b><u>Men 50</u></b>
<b>Surname, Firstname</b>	<b>Events</b>	
FOURIE, DAVID	Men Mixed 100m (MASTERS 30+), Men Mixed 200m (MASTERS 30+), Men Mixed 400m (MASTERS 30+)	
SCHRODER, MICHAEL	Men Mixed 400m (MASTERS 30+)	
		<b><u>Men 60</u></b>
<b>Surname, Firstname</b>	<b>Events</b>	
DOWNWARD, TREVOR	Men Mixed 100m (MASTERS 30+), Men Mixed 200m (MASTERS 30+), Men Mixed 400m (MASTERS 30+)	
		<b><u>Men 80</u></b>
<b>Surname, Firstname</b>	<b>Events</b>	
BRUCE-BRAND, AVON	Men Mixed 100m (MASTERS 30+)	

**Participation per Athlete**      **FISH HOEK AC**

**Men 85**

**Surname, Firstname**

**Events**

STRYDOM, RON

Men Mixed 100m (MASTERS 30 +), Men Mixed 200m (MASTERS 30 +), Men Mixed Long



**Participation per Athlete**      **FOREVER YOUNG****Women 45**

Surname, Firstname	Events
CILLIERS, ANGELA	Women Mixed Shotput (MASTERS 30 +), Women Mixed Discus (MASTERS 30 +), Women Mixed Javelin (MASTERS 30 +)

**Women 65**

Surname, Firstname	Events
JACOBS, MARLENE	Women Mixed 100m (MASTERS 30 +), Women Mixed 200m (MASTERS 30 +), Women Mixed 400m (MASTERS 30 +)

**Men 25**

Surname, Firstname	Events
ZWENI, MZIWAMANDLA	100m (SENIOR), 200m (SENIOR)

**Men 35**

Surname, Firstname	Events
INGRAM, RICHARD	Men Mixed 400m Hurdles (MASTERS 30 +)

**Men 60**

Surname, Firstname	Events
OELEFSE, WALTER	Men Mixed 100m (MASTERS 30 +), Men Mixed 200m (MASTERS 30 +), Men Mixed 400m (MASTERS 30 +)

**Participation per Athlete**      **FREE SPIRIT ATHLETICS CLUB****Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
KEKANA, THABISO	100m (SENIOR ), 400m Hurdles (SENIOR ), LongJump (SENIOR)
LEMBETHE, MSINGATHI	1500m (SENIOR), Men Mixed 5km Walk (MASTERS 30 +)
LINDOKUHLE, KUNENE	800m (SENIOR), 1500m (SENIOR)
MAJOZI, SANELE	200m (SENIOR), 400m (SENIOR)
NKABINDE, SENZO	800m (SENIOR), Men Mixed 5km Walk (MASTERS 30 +)
NTULI, WANDILE	400m (SENIOR), 800m (SENIOR)

**Participation per Athlete**      **HIGHWAY ATHLETICS CLUB****Women 60**

<b>Surname, Firstname</b>	<b>Events</b>
BENNET, ANTOINETTE	Women Mixed 5km Walk (MASTERS 30 +), Women Mixed 10km Walk (MASTERS 30 +)

**Men 80**

<b>Surname, Firstname</b>	<b>Events</b>
GOATLEY, RAYMOND	Men Mixed 5km Walk (MASTERS 30 +), Men Mixed 10km Walk (MASTERS 30 +)

**Participation per Athlete**      **HILLCREST VILLAGERS**

**Men 75**

**Surname, Firstname**

**Events**

BURGERS , ALF

Men Mixed 5000m (SENIOR & MASTERS )

**Participation per Athlete**      **HOLLYWOODBETS AC****Women 25**

<b>Surname, Firstname</b>	<b>Events</b>
DLADLA, PUSELETSO	Women Mixed 5000m (SENIOR & MASTERS ), Women Mixed 10000m (SENIOR & MASTERS )
MJOLI, MNWABISO	Women Mixed 5000m (SENIOR & MASTERS ), Women Mixed 10000m (SENIOR & MASTERS )

**Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
GUMEDE, MBHASOBHI	3000m SteepleChase (SNR & MAST 30 - 59), Men Mixed 5000m (SENIOR & MASTERS )
KHUMALO, MZIKAYISE	100m (SENIOR ), 200m (SENIOR)
MAHLANGU, AARON	20km Walk (SENIOR)
MBOLEKWA, THOBILE	Men Mixed 5000m (SENIOR & MASTERS ), Men Mixed 10000m (SENIOR & MASTERS )
MHLONGO, LINDA	800m (SENIOR), 1500m (SENIOR)
MKHWANAZI, THABO	800m (SENIOR), 1500m (SENIOR)
NGQUSEKA, NTOBELA	100m (SENIOR )
NXUMALO, SMILE	Men Mixed 5000m (SENIOR & MASTERS )
YEKELO, SIPHESIHLE	3000m SteepleChase (SNR & MAST 30 - 59), Men Mixed 5000m (SENIOR & MASTERS )

**Men 35**

<b>Surname, Firstname</b>	<b>Events</b>
NGOBESE, SICELO	Men Mixed 200m (MASTERS 30 +), Men Mixed 1500m (MASTERS 30 +), Men Mixed 5000m (MASTERS 30 +)

**Men 40**

<b>Surname, Firstname</b>	<b>Events</b>
ZULU, SIMPHIWE	Men Mixed 800m (MASTERS 30 +), Men Mixed 1500m (MASTERS 30 +), Men Mixed 5000m (MASTERS 30 +)

**Participation per Athlete**      **IEMBE AC****Men 25****Surname, Firstname****Events**

MKHIZE, SIMON

100m (SENIOR), 200m (SENIOR), 400m (SENIOR)

**Participation per Athlete**      **IRENE (GAUTENG-NORTH)**

**Women 60**

**Surname, Firstname**

**Events**

CLOETE, JOEY

Women Mixed 5000m (SENIOR & MASTERS ), Women Mixed 10000m (SENIOR & MASTERS)

**Participation per Athlete**      **KWAMASHU STRIDERS****Men 25****Surname, Firstname****Events**

SITHOLE, NKOSIYAZI

Men Mixed 5000m (SENIOR &amp; MASTERS )

**Men 40****Surname, Firstname****Events**

MATHEBULA, SPHAMANDLA

Men Mixed 5000m (SENIOR &amp; MASTERS ), Men Mixed 10000m (SENIOR &amp; MASTERS )



**Participation per Athlete**      **MALUTI MUTLI SPORT****Women 60**

<b>Surname, Firstname</b>	<b>Events</b>
LABUSCHAGNE, MARIE	Women Mixed 5km Walk (MASTERS 30 +), Women Mixed 10km Walk (MASTERS 30 +)

**Men 65**

<b>Surname, Firstname</b>	<b>Events</b>
SMOOK, HENDRY	Men Mixed 5km Walk (MASTERS 30 +), Men Mixed 10km Walk (MASTERS 30 +)

**Participation per Athlete**      **MARITZBURG COLLEGE**

**Men 25**

Surname, Firstname

Events

CAVELL- CLARKE, MICHAEL

**Participation per Athlete**      **MSINGA DEVELOPMENT****Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
KHUMALO, SPHELELE	Men Mixed 1500m (MASTERS 30 +), Men Mixed 5000m (SENIOR & MASTERS ), 3000m (SENIOR)
KHUMALO, THUTHUKANI	200m (SENIOR), 1500m (SENIOR), Javelin (SENIOR)
MABASO, MVUSELELO	1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS )
NGUBANE, FANELE	Shotput (SENIOR), Javelin (SENIOR)
NGUBANE, SANELE	1500m (SENIOR), 3000m SteepleChase (SNR & MAST 30 - 59), Men Mixed 5000m (SENIOR)
PHEWA, SPHESIHLE	100m (SENIOR ), 200m (SENIOR), LongJump (SENIOR)
ZUNGU, SYANDA	100m (SENIOR ), 200m (SENIOR), 400m (SENIOR)

**Participation per Athlete**      **MUDEN AC****Women 25**

<b>Surname, Firstname</b>	<b>Events</b>
MKHIZE, MINENHLE	Women Mixed 10000m (SENIOR & MASTERS), Women Mixed 5000m (SENIOR & MASTERS)
MNTUNGWA, SINDIWE	20km Walk (SENIOR)
MTSHALI, MBALI	Women Mixed 5000m (SENIOR & MASTERS)
MTSHALI, NOKUKHANYA	800m (SENIOR), 1500m (SENIOR), Women Mixed 5000m (SENIOR & MASTERS)
XABA, NOMUSA	Women Mixed 5000m (SENIOR & MASTERS), Women Mixed 10000m (SENIOR & MASTERS)
ZUNGU, THEMBISILE	Women Mixed 5000m (SENIOR & MASTERS), Women Mixed 10000m (SENIOR & MASTERS)

**Women 30**

<b>Surname, Firstname</b>	<b>Events</b>
GABELA, LINDOKUHLE	Women Mixed 1500m (MASTERS 30 +), Women Mixed 5000m (SENIOR & MASTERS)

**Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
DUMAKUDE, ZIPHO	800m (SENIOR), 1500m (SENIOR)
HLONGWA, LINDANI	800m (SENIOR), 1500m (SENIOR)
KUNENE, LETHUKUTHULA	400m (SENIOR), 800m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS)
MAJOZI, NHLAKANIPHO	Men Mixed 5000m (SENIOR & MASTERS)
MDLETSHE, MZAMISENI	1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS)
MNTUNGWA, SINDISIWE	Men Mixed 1500m (MASTERS 30 +), Men Mixed 5000m (SENIOR & MASTERS), Men Mixed 10000m (SENIOR & MASTERS)
NGCOBO, AYANDA	1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS)
XIMBA, SIYABONGA	100m (SENIOR), 200m (SENIOR), LongJump (SENIOR)

**Men 35**

<b>Surname, Firstname</b>	<b>Events</b>
XIMBA, LUCKY	Men Mixed 800m (MASTERS 30 +), Men Mixed 1500m (MASTERS 30 +)

**Men 45**

<b>Surname, Firstname</b>	<b>Events</b>
SIKHAKHANE, MFANAFUTHI	Men Mixed 200m (MASTERS 30 +), Men Mixed 400m (MASTERS 30 +)

**Participation per Athlete**      **NEDBANK AC**

**Men 25**

**Surname, Firstname**

**Events**

MHLAKAZA, LUVYO

1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS )

**Participation per Athlete**      **NEWCASTLE SIYAYA AC****Women 25**

<b>Surname, Firstname</b>	<b>Events</b>
MADI, SIPHESIHLE	100m (SENIOR), 200m (SENIOR)
MAGUBANE, MBALENHLE	200m (SENIOR), 400m Hurdles (SENIOR & MASTERS 30 - 49), LongJump (SENIOR)
NKABINDE, NOKWAZI	200m (SENIOR), 400m (SENIOR), LongJump (SENIOR)
SKHOSANE, THOBILE	1500m (SENIOR), 100m Hurdles (SENIOR & MASTERS 30 - 39), 400m Hurdles (SENIOR)

**Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
BUTHELEZI, XOLANI	200m (SENIOR), 400m (SENIOR)
GAMA, AARON	100m (SENIOR), 200m (SENIOR)
GAMA, SABELA	1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS)
HLATSWAYO, MELDO	200m (SENIOR), 400m (SENIOR)
KHUMALO, BANELE	3000m SteepleChase (SNR & MAST 30 - 59), Men Mixed 5000m (SENIOR & MASTERS)
MABASO, NKOSINGIPHILE	100m (SENIOR), 200m (SENIOR), LongJump (SENIOR)
MAGUBANE, NTOKOZO	100m (SENIOR), 200m (SENIOR), LongJump (SENIOR)
MBHELE, THATO	1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS)
MKHIZE, SKHUMBUZO	400m (SENIOR), Men Mixed 110m Hurdles (SNR & MAST 30 - 49)
MSIBI, WANDILE	400m (SENIOR), 800m (SENIOR)
MTHABELA, LUNGISANI	Discus (SENIOR), Javelin (SENIOR)
NDLELA, ANDISWA	100m (SENIOR), 200m (SENIOR)
NGUBENI, FANYANA	400m Hurdles (SENIOR), Men Mixed 110m Hurdles (SNR & MAST 30 - 49)
NGWENYA, SABELA	800m (SENIOR), 1500m (SENIOR)
NHLABATHI, SIBUSISO	200m (SENIOR), 400m (SENIOR)
NKOSI, SABELA	200m (SENIOR), LongJump (SENIOR)
SANGSENI, SIFISO	100m (SENIOR), 200m (SENIOR), LongJump (SENIOR)
THWALA, LINDANI	400m (SENIOR)
ZULU, SIYANDA	400m (SENIOR), 400m Hurdles (SENIOR)
ZWANE, SANELE	100m (SENIOR), LongJump (SENIOR)

**Men 30**

<b>Surname, Firstname</b>	<b>Events</b>
THUSI, XOLANI	Men Mixed 100m (MASTERS 30 +), Men Mixed 200m (MASTERS 30 +)

**Participation per Athlete**      **NO CLUB****Women 30**

<b>Surname, Firstname</b>	<b>Events</b>
NTOMBI, NTSHABA	Women Mixed 400m (MASTERS 30 +), Women Mixed 800m (MASTERS 30 +)

**Women 40**

<b>Surname, Firstname</b>	<b>Events</b>
SABELO, NOMBUSO	Women 25 20km Walk (SENIOR )

**Women 45**

<b>Surname, Firstname</b>	<b>Events</b>
SIGUEUOU, NANA	Women Mixed 80m Hurdles (MASTERS 40 +)

**Men 35**

<b>Surname, Firstname</b>	<b>Events</b>
SIMON, MILNE	Men Mixed 100m (MASTERS 30 +), Men Mixed 200m (MASTERS 30 +)

**Participation per Athlete**      **PDAC****Women 50**

<b>Surname, Firstname</b>	<b>Events</b>
FUCHS, SHARON	Women Mixed 5km Walk (MASTERS 30 +), Women Mixed 10km Walk (MASTERS 30 +)
LE FEBOUR, JEANINE	Women Mixed 5km Walk (MASTERS 30 +), Women Mixed 10km Walk (MASTERS 30 +)



**Participation per Athlete**      **PHANTANE AC****Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
DLAMINI, ANELE	Men Mixed 5000m (SENIOR & MASTERS ), Men Mixed 10000m (SENIOR & MASTERS)
NGIBA, SIAYBONGA	3000m SteepleChase (SNR & MAST 30 - 59)
SIBIYA, NKOSINATHI	800m (SENIOR), 1500m (SENIOR)
SITHOLE, LINDOKUHLE	Men Mixed 10000m (SENIOR & MASTERS ), Men Mixed 5000m (SENIOR & MASTERS)

**Participation per Athlete**      **ROCKFIELD AC****Women 25**

<b>Surname, Firstname</b>	<b>Events</b>
BIYELA, KHOLEKA	800m (SENIOR), 1500m (SENIOR)
BIYELA, NELISWA	400m (SENIOR), 800m (SENIOR)
DLAMINI, NOKUBONGA	200m (SENIOR), 400m (SENIOR)
HLATSWAYO, SILINDILE	400m (SENIOR), 800m (SENIOR)
SITHOLE, LIHLE	Discus (SENIOR), Hammer (SENIOR)

**Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
GOBA, SIPHAMANDLA	400m (SENIOR), 800m (SENIOR)
KUNENE, SIPHESIHLE	800m (SENIOR), 1500m (SENIOR)
MKHWANAZI, BONGELANI	1500m (SENIOR), Men Mixed 10000m (SENIOR & MASTERS)
NTULI, NKOSIKHONA	1500m (SENIOR), 3000m SteepleChase (SNR & MAST 30 - 59)
PIRI, SANDILE	400m (SENIOR), 800m (SENIOR)

**Participation per Athlete**      **SANDF**

**Men 45**

**Surname, Firstname**

**Events**

KHANYILE, NHLNHLA

Men 25 20km Walk (SENIOR)

**Participation per Athlete      SAP STRIDERS****Women 25**

<b>Surname, Firstname</b>	<b>Events</b>
DUBE, THABILE	400m (SENIOR ), 800m (SENIOR ), Women Mixed 5000m (SENIOR & MASTERS )

**Women 30**

<b>Surname, Firstname</b>	<b>Events</b>
MDUBEKI, NOXOLO	Women Mixed 400m (MASTERS 30 +), Women Mixed 800m (MASTERS 30 +), Women Mixed 1500m (MASTERS 30 +)
TSUTSU, UNATHI	Women Mixed 200m (MASTERS 30 +), Women Mixed 400m (MASTERS 30 +), Women Mixed 800m (MASTERS 30 +)

**Women 40**

<b>Surname, Firstname</b>	<b>Events</b>
MYEZA, MAPULE	Women Mixed 100m (MASTERS 30 +), Women Mixed 200m (MASTERS 30 +), Women Mixed 400m (MASTERS 30 +)

**Men 30**

<b>Surname, Firstname</b>	<b>Events</b>
QASHA, VINCENT	Men Mixed 800m (MASTERS 30 +), Men Mixed 1500m (MASTERS 30 +)

**Men 35**

<b>Surname, Firstname</b>	<b>Events</b>
JOSEPH, ADRIAN	Men Mixed LongJump (MASTERS 30 +)

**Men 50**

<b>Surname, Firstname</b>	<b>Events</b>
MBEKWANA, ZB	Men Mixed 100m (MASTERS 30 +), Men Mixed 200m (MASTERS 30 +), Men Mixed 400m (MASTERS 30 +)

**Participation per Athlete SAVAGES ATHLETICS CLUB****Women 25**

<b>Surname, Firstname</b>	<b>Events</b>
JILI, THABILE	20km Walk (SENIOR )
NTSHANGASE, NOKUTHUKU	800m (SENIOR ), 1500m (SENIOR ), Women Mixed 5000m (SENIOR & MASTERS )

**Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
MDUNGE, VUKANI	20km Walk (SENIOR)
NKOMO, MVELO	1500m (SENIOR), 3000m SteepleChase (SNR & MAST 30 - 59)
SHANGE, SANELE	1500m (SENIOR), 3000m SteepleChase (SNR & MAST 30 - 59), Men Mixed 10000m (S

**Participation per Athlete**      **SHAKALAND ATHLETICS CLUB****Men 65****Surname, Firstname****Events**

MOTALA, TACOOB

Men Mixed 100m (MASTERS 30 +), Men Mixed 200m (MASTERS 30 +)

**Participation per Athlete**      **SOUTH COAST STRIDERS**

**Men 70**

**Surname, Firstname**

**Events**

SPENCE, ANDREW

Men Mixed 5000m (SENIOR & MASTERS )

**Participation per Athlete**      **SUNSHINEMP****Women 25**

<b>Surname, Firstname</b>	<b>Events</b>
JOBODJWANA, TAYLOR	100m (SENIOR ), 200m (SENIOR )

**Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
JOBODJWANA, ANASA	100m (SENIOR ), 200m (SENIOR)
KHUMALO, ZAMANI	100m (SENIOR ), 200m (SENIOR)
RALL, JUAN	100m (SENIOR ), 200m (SENIOR)
SEETAL, KEATON	100m (SENIOR ), 200m (SENIOR)



**Participation per Athlete**      **SYDENHAM SPORT CLUB****Women 50**

<b>Surname, Firstname</b>	<b>Events</b>
JOHANNES, ANITA	Women Mixed 10km Walk (MASTERS 30 +)

**Men 55**

<b>Surname, Firstname</b>	<b>Events</b>
JOHANNES, EUGENE	Men Mixed 10km Walk (MASTERS 30 +)

**Participation per Athlete UKZN****Women 25**

<b>Surname, Firstname</b>	<b>Events</b>
CELE, PHILILE	Shotput (SENIOR ), Hammer (SENIOR), Javelin (SENIOR )
GEORGE, DANE'LE	200m (SENIOR ), 400m (SENIOR )
MARNCE, SHANICE	100m (SENIOR ), 200m (SENIOR )
MKHIZE, HAPPINES	400m (SENIOR ), 800m (SENIOR ), 1500m (SENIOR )
REDINGER, RAYNE	100m (SENIOR )
UYS, BRITTANY	HighJump (SENIOR)

**Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
KUNENE, BONGA	LongJump (SENIOR)
LESUTHU, ITUMULENG	100m (SENIOR ), 200m (SENIOR)
MAANDE, BRUCE	Men Mixed 5000m (SENIOR & MASTERS )
MOLELENYOANE, LUCKY	3000m SteepleChase (SNR & MAST 30 - 59)
MZOBE, MFUNDO	100m (SENIOR )
NDABEZITHA, ANDILE	100m (SENIOR ), 200m (SENIOR)
NDEBELE, ANDISWA	100m (SENIOR )
NENE, ZAKITHI	200m (SENIOR), 400m (SENIOR)
THINA, SIZWE	100m (SENIOR ), 200m (SENIOR)

**Participation per Athlete**      **UMHLATAHUZE AC**

**Men 25**

**Surname, Firstname**

**Events**

NTOMBELA, LINDOKUHLE

20km Walk (SENIOR)

**Participation per Athlete**      **UMLAZI DEVELOPMENT****Women 25**

<b>Surname, Firstname</b>	<b>Events</b>
GCINA, NONTLANTLA	Women Mixed 5000m (SENIOR & MASTERS )
JILEKA, APHELELE	1500m (SENIOR )

**Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
KHUMALO, THOKOZANI	200m (SENIOR)
SIKHOSANA, THABANI	100m (SENIOR ), 200m (SENIOR)
SOSIBO, SYANDA	400m (SENIOR)

**Participation per Athlete**      **UMZINYATHI****Women 25**

<b>Surname, Firstname</b>	<b>Events</b>
ALWANDA, NDLELA	Shotput (SENIOR ), Javelin (SENIOR )
MAKHANYA, NOMPUMELELO	200m (SENIOR ), 400m (SENIOR )
NGOBESE, THOBILE	Shotput (SENIOR ), Discus (SENIOR ), Javelin (SENIOR )
XABA, NOMUSA	Women Mixed 5000m (SENIOR & MASTERS ), Women Mixed 10000m (SENIOR & MASTERS )

**Men 25**

<b>Surname, Firstname</b>	<b>Events</b>
BUTHELEZI, NJABULO	800m (SENIOR), 1500m (SENIOR)
DLUDLA, SPHESIHLE	800m (SENIOR), Javelin (SENIOR)
HLONGWA, LINDANI	800m (SENIOR), 1500m (SENIOR)
KHOZA, SIBONELO	400m (SENIOR), 1500m (SENIOR)
KHUMALO, SPHELELE	Men Mixed 5000m (SENIOR & MASTERS )
KUNENE, LETHUKUTHULA	400m (SENIOR), 1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS )
MAJOZI, NHLAKANIPHO	Men Mixed 5000m (SENIOR & MASTERS )
MDLETSHE, MZAMISENI	1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS )
MZIZI, LANGALETHU	1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS )
NGCOBO, AYANDA	1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS )
NGUBANE, FANELE	1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS )
NGUBANE, SANELE	1500m (SENIOR), Men Mixed 5000m (SENIOR & MASTERS )
NMCUBE, MBUSO	HighJump (SENIOR)
NTOKOZO, MSOMI	800m (SENIOR)
NTOMBELA, ANDILE	100m (SENIOR ), 200m (SENIOR), LongJump (SENIOR)
PHUNGULA, NGCEBO	800m (SENIOR), 400m Hurdles (SENIOR )
SHANGE, NHLAKANIPHO	Men Mixed 110m Hurdles (SNR & MAST 30 - 49)
THANGO, MBONISENI	100m (SENIOR ), 200m (SENIOR)
XABA, SIYANDA	200m (SENIOR), 400m (SENIOR)
XULU, SIBONELO	LongJump (SENIOR)

**Participation per Athlete**      **VAAL TRIANGLE**

**Women 30**

**Surname, Firstname**

**Events**

WALTERS, EMALIE

Women Mixed 100m (MASTERS 30 +)

**Participation per Athlete**      **WESTVILLE****Women 60**

<b>Surname, Firstname</b>	<b>Events</b>
SMITH, SUE	Women Mixed 10km Walk (MASTERS 30 +)

**Men 65**

<b>Surname, Firstname</b>	<b>Events</b>
SMITH, LES	Men Mixed 100m (MASTERS 30 +), Men Mixed 5000m (SENIOR & MASTERS )
WATSON, ANDY	Men Mixed Shotput (MASTERS 30 +), Men Mixed Discus (MASTERS 30 +), Men Mixed Javelin (MASTERS 30 +)

**Participation per Athlete**      **YELLOWWOOD PARK AC**

**Men 50**

**Surname, Firstname**

**Events**

HUGO, JON MARK

Men Mixed 400m (MASTERS 30 +), Men Mixed 800m (MASTERS 30 +)



**Participation per Athlete**      **ZABALAZA AC**

**Women 30**

**Surname, Firstname**

**Events**

LETSOALO, LETHOKUHLE

Women Mixed 100m (MASTERS 30 +), Women Mixed 200m (MASTERS 30 +), Women