

## KWAZULU-NATAL ATHLETICS

### 2022 PROVISIONAL CROSS COUNTRY TEAM

<b>Boys 10 2km</b>	<b>CLUB</b>	<b>Girls 10 2km</b>	<b>CLUB</b>
KHOMO, Mpilo	UAC	MPELAZWE, Sibongile	Kickers AC
MBHELE, Avela	IXOPO	NGCOBO, Nioma,	UMZ Development
MASANGWANA, Yiso,	HARRYG	MAKHANYA, Onke	Koinon
<b>Boys 11 3km</b>	<b>CLUB</b>	<b>Girls 11 3km</b>	<b>CLUB</b>
JWARA, Thalente	UMZIMK	NGCOBO, Londeka	UDAC
MTSHALI, Sibongakonke	SIYATH	SHEZI, Nontando	UMZDEV
MENZELWA, Mhlengi,	RSCAC	CELE, Zekhethelo	ITHALE
-----	-----	JOHNSON, Kimberly,	PDAC
<b>Boys 12 3km</b>	<b>CLUB</b>	<b>Girls 12 3km</b>	<b>CLUB</b>
ZULU, Scelimpilo	FULATH	MTHETHWA, Amahle	ITHALE
NDLOVU, Thandolwethu	HOWICK	NCWANE, Kwanele	ITHALE
MKHUNGO, Mhlahli	UDAC.	HADEBE , Nompumelelo	NCITY
GWALA, Mfundo	UMZDEV	DIDI, Asiphe	UMZIMK
KRUGER, Douw	TOTI	GRAHAM, Meg	PHANTA
-----	-----	DHLADHLA, Luyanda	ITHALE

<b>Boys 13 4km</b>	<b>CLUB</b>	<b>Girls 13 3km</b>	<b>CLUB</b>
MOHLOAKANA Rhumutso	UMZIMK	NGUBO, Inganathi,	UMZIMK
DLAMINI, Thandolwethu	UGU	MBHELE, Owethu,	ITHAL
SOMAKAHLE, Siyanda,	UMZIMK	DLAMINI, Nokubonga,	NEWCAS
MAGUBANE, Velokuhle,	NEWCAS	NXASANE, Aphiwe,	ITHALE
MAGUBANE, Sphelele	ITHALE		

<b>Boys 14 4km</b>	<b>CLUB</b>	<b>Girls 14 4km</b>	<b>CLUB</b>
SIBIYA, Alwande	SIYATH	MJWARA, THEMBEKILE,	UMZIM.
DZANIBE, Sihle	IXOPO	HLANGU, Ayabonga,	ITHALE
ZULU, Andile	FULATH	MTEMBU, Gugu,	VLAM A
GWETHU, Mondli,	EPG	HLOPE, Olwethu,	ITHALE
PHAKU, Thubalethu,	DURBAN	ZULU, Anele	FULATH
-----	-----	NDLOVU, Yamekela	ITHALE

<b>Boys 15 4km</b>	<b>CLUB</b>	<b>Girls 15 4km</b>	<b>CLUB</b>
SODLADLA, Inathi,	UDAC	NDAWONDE, Anele	UMZIMK
NZUZA, Cebo,	UMZDEV	MNCWANGO, Aphelele	FULATH
DLAMINI, Anathi,	UMZIMK	EDWARDS, Leah,	KEARNS
-----	-----	MANZI, Anele,	PHANTA
-----	-----	NDLOVU, Siphumelele	NCITY

<b>Boys 16 6km</b>	<b>CLUB</b>	<b>Girls 16 4km</b>	<b>CLUB</b>
KHUMALO, Sphakamiso,	Vlam AC	NTULI, Lwandile	Emadadeni AC
MADZIBA, Sphesihle,	Umzikhulu AC	NAIDOO, Keira,	EPG
JACOBS, Stefan	Richards Bay AC	KHANYE, Mahlahle,	Nquthu AC
DZANIBE, Sanele	Ixopo AC	-----	-----
WERTH, Jonathan	Maritzburg Boys	-----	-----

<b>Boys 17 6km</b>	<b>CLUB</b>	<b>Girls 17 4km</b>	<b>CLUB</b>
SHEZI, Sphamandla	Harambe AC	VAN DENTER, Rachel	Hilton Harries
MNTAMBO, Nhlakanipho,	Msinga AC	MAVIMBELA, Londeka	Fulathela AC
MTSHALI, Sphosethu	Fulathela AC	DLADLA, Nikeziwe	Msinga AC
NGQOTSHE, Lwando	LIV 2 Run	-----	-----

<b>Junior Men 8km</b>	<b>CLUB</b>	<b>Women Junior 6km</b>	<b>CLUB</b>
NGCOBO, LUNGANI,	EPG	MADLALA, Simangaliso	Umzikhulu Striders
RAMAKHOASE, THAPELO	Phantane AC	SLACK, Emma	Murray & Roberts AC
DLADLA, Sanele	Phantane AC	WOODBURN, Rachel,	EPG
MKHWANAZI, SICELO,	Phantane AC	JHANGO, FIZILE	Phantane AC
HAYLOCK, Nathan,	Phantane AC		
KAMBULE, Thulisang *	Hollywood Bets AC		

<b>Senior Men 10km</b>	<b>CLUB</b>	<b>Senior Women 10km</b>	<b>CLUB</b>
MATHANGA, MBULELI,	Phantane AC	MBHELE, Jenet,	Xcel Running Club
MTHEMBU, PAKISO	XCEL Running	MJOLI, Nwabisa,	Phantane AC
ZWANE, Bonginkosi	Phantane AC	SLINDILE, Chili,	Orcas Academy AC

<b>Senior men - SHORT COURSE 4km</b>	<b>CLUB</b>	<b>Senior Women - SHORT COURSE 4km</b>	<b>CLUB</b>
MATHANGA, Mbuleli	PHANTA	HLATSHWAYO, Slindile,	ORCAS
NDLOVU , Siyabonga	AMARAV	NJUNGUZA, Andisiwe,	XCEL
MAZIBUKO Mthokozosi	BLACK	GWALA, Pumzile, ,	SAVAGE
-----	-----	KARREBOS, Refiloe	ORCAS
<b>Men 23 4km</b>	<b>CLUB</b>	<b>Women 23 4km</b>	<b>CLUB</b>
KHUMALO, Sibonelo,	XCEL	THANGO, Fezile	PHANTA
MATHWEBU, Ngconde	PHANTA	MASHABA, Mbali,	MUT AC
NGOBESE, Samkelo,	AMARAV	SMITH, Siphokazi,	UNIZUL
KHAMBULE, Thulisang	HOLLYW		
KHOMO, Smiso,	UAC	MABASO, KARABO	ORCAS
<b>Men Masters 35 8km</b>	<b>CLUB</b>	<b>Women Masters 35 4km</b>	<b>CLUB</b>
SEKHONYANA, Makhonyana,	Hollywood Bets	BIYELA, Slindile	NRB Harries
NGXONGO, Sipho	Westville AC	MAKHUNGA, Mabusi	Nedbank AC
NZAMA, Sphamadla,	Boxer AC	LETSOALO, Lethokuhle	Phantane AC
DLAMINI, Themba, ,	SAPS Striders	PRETORIUS, Stacy	Richards Harries
<b>MEN MASTERS 40 8KM</b>	<b>CLUB</b>	<b>Women Masters 40 4km</b>	<b>CLUB</b>
NGCOBO, Menzi,	Zakhele AC	MTHETHWA, Nomcebo	Empangeni AC
MADLALA, Lucky,	Queens	SMITH, Cary-Ann	Chiltern Harries
XOLO, PHUMLANI	Westville AC	MBUTHUMA, Fikile	Nedbank AC
NYAWOSE Innocent	Queens	COETZEE, Tori	PDAC
<b>Men Masters 45 8km</b>	<b>CLUB</b>	<b>Women Masters 45 4km</b>	<b>CLUB</b>
ZULU, Simphiwe	Hollywood Bets	SMITH, Natacha,	PDAC
SHABALALA, Frederick	Chillies AC	NGCOBO, Tholeka,	Zakhele AC
NGUBANE Bhekithemba	Ithalente	COX, Brenda	Westville AC
DEKLERK, Hein	Westville AC	-----	-----
<b>Men Masters 50 8km</b>	<b>CLUB</b>	<b>Women Masters 50 4km</b>	<b>CLUB</b>
NDAWONDE, Swelihle,	Amaqhawe AC	MUCHNA, Lise	PDAC
HLONGWA, Mandlakhe,	Nedbank AC	COCKBAIN, Ursula	EPG
MUCHNA , Steve	PDAC	NCAIYANE, HLEZIPHI,	14 Fas
COX, Stuart, ,	Westville AC	MACKAY, DAWN,	PDAC
COETZEE, Tjaart,	PDAC	-----	-----
<b>Men Masters 55 8km</b>	<b>CLUB</b>	<b>Women Masters 55 4km</b>	<b>CLUB</b>

NDLOVU, Michael	Maxed Elite AC	SIMS, Michelle	PDAC
SCOTT, Wayne	PDAC	BABICH, Gail	Savages AC
MAJOMBOZI, Willie,	Boxer AC	WILLIAMS, Sharon	Sydenham Sport
MOKOENA, Sello,	Clermont AC	Kylie GRIFFIN	Westville
SMITH, Mark	Protea AC	-----	-----

<b>MenMasters608km</b>	<b>CLUB</b>	<b>Women Masters 60 4km</b>	<b>CLUB</b>
WYNNE, Patrick,	Westville AC	BOOYSEN, Liz	Howick AC
SPEED, Jeff	Hilton Harries	WATSON, June	PDAC
PATTERSON, Andy	Westville AC	SCOTT, Teresa	PDAC

<b>Men Masters 65 6km?</b>	<b>CLUB</b>	<b>Women Masters 65 4km</b>	<b>CLUB</b>
ANLEY, Vernon,	Westville AC	DICKINSON, Jane	Hilton Harries
BOOYSEN, Andre,	Howick AC	KIRSTEN, Shereen,	Westville AC
ARCHER, Robin	Kloof AC	JOHANISEN, Denise	Ethekwini AC
BURNARD, Les	College AC	Blanche MOILA	Savages AC
KHUMALO, Robert	PDAC	-----	-----

<b>Men Masters 75 6km</b>	<b>CLUB</b>	<b>Women Masters 70 4km</b>	<b>CLUB</b>
SAVILLE, Noel,	Toti AC	RASMUSSEN, Pam	Yellowwood Park AC
QUIBELL, Eric	Howick AC	-----	-----
NDLOVU, Bongani,	Zabalaza AC	-----	-----
MEYER, Raymond	Savages AC	-----	-----
SMITH, Bobby,	PDAC	-----	-----

<b>Men Masters 80 4km</b>	<b>CLUB</b>		
MOODLEY Fred	Yellowwood Park AC	-----	-----

<b>Senior men - SHORT COURSE 2km</b>	<b>CLUB Time</b>		
ZWANE, Bonginkosi	PHANTA	-----	-----
SIBIYA, Simphiwe	FULATH	-----	-----
NKALA, Thembokwake,	HARAMB	-----	-----

<b>Junior men - SHORT COURSE 2km</b>	<b>CLUB/Time</b>	<b>Junior Women - SHORT COURSE 2km</b>	<b>CLUB /Time</b>
Ramakhoase, Thapelo	PHANTA	NDIMA, Snethemba,	FULATH
Mkhwanazi, Sicelo	PHANTA	SIBISI, Samukelisiwe	ORCAS
Dladla, Sanele	PHANTA	ZUMA, Nosipho	UMNGEN

<b>Youth men - SHORT COURSE 2km</b>	<b>CLUB/Time</b>		
		-----	-----

Mahlaba, Sabelosethu,	NEWCAS		-----	-----
Mchunu, Abuya	ITHEMB		-----	-----
Ncwane , Siqiniseko	PHANTA		-----	-----