



**ATHLETICS SOUTH AFRICA NPC**  
**Reg No 2006/034767/08**

Athletics House, No. 3, 11<sup>th</sup> Avenue, Houghton Estate, Johannesburg, 2198  
Tel: (+27) 11 880 5800 Fax: (+27) 11 788 6872 / (+27) 11 442 3091  
P O Box 2712, Houghton, 2041; asa@athleticssa.co.za; www.athletics.org.za

### ASA CROSS COUNTRY PREPARATION SQUAD FOR ASA CROSS COUNTRY TRIALS 2019

NAME	SURNAME	PROVINCE	AGE CATERGORY
------	---------	----------	------------------

*Notes:*

*Athletes in  
squad ASA  
will cover  
their own  
cost*

1	NGCONDE	MATWEBU	AFS	Junior Men
2	CARLO	FLINK	WPA	Junior Men
3	MAXIME	CHUMETON	CGA	Junior Men
4	NHLOSO	NDLOVU	AFS	Junior Men
5	MODUPI	TLADI	AFS	Junior Men
6	TUMI	LEPHOTHO	CGA	Junior Men
7	PRECIOUS	MASHELE	CGA	Senior men
8	KABELO	SEBOKO	CGA	Senior men
9	MBULELI	MATHANGA	KZNA	Senior men
10	MILTON	KEKANA	AGN	Senior men
11	THABANG	MOSIAKO	ACNW	Senior men
12	SISANDA	DUMISA	AGN	Junior women
13	LETHABO	MAKGOGA	CGA	Junior women
14	YANDISWA	SHANGE	BOLA	Junior women
15	NTSOAKI	MOLAHLOE	AFS	Junior women
16	NTOMBONZ I	TYWALANA	KZNA	Junior women

Aleck SKHOSANA (President)  
Pieter LOURENS (Chair Track & Field)  
Esther MALEMA (Additional)

Dr Harold ADAMS (Vice President)  
Dorah MNGWEVU (Chair Athletes)  
Shireen NOBLE (Additional)

Jakes JACOBS (Chair Cross Country)  
Ntathu GWADISO (Additional)  
Jazz MNYENGEZA (USSA Rep)

James MOLOI (Chair Road Running)  
Motlatsi KEIKABILE (Additional)  
William MOKATSANYANE (SASA Rep)

**Board Members**

**Honorary Members:**

Mervyn KING

Mluleki GEORGE

18	KESA	MOLOTSAN E	AFS	Senior Women
19	JANET	MBHELE	KZNA	Senior Women
20	AYNSLEE	VAN GRAAN	AGN	Senior Women
21	THOBILE	MKHIZE	KZNA	Senior Women
22	LEBOGANG	PHALULA	CGA	Senior Women

**ASA CROSS COUNTRY INVITATIONAL ATHLETES FOR TRIALS 2019 ASA ENTERED BY ASA PROVINCES**

NAME	SURNAME	PROVINCE	AGE CATERGORY
------	---------	----------	------------------

*These athletes below are at the cost of the provinces attending the trials*

1	CHRISTOPHE R	SWART	AGN	Junior Men
2	LEBOHANG	MAHLOANE	KZNA	Junior Men
3	MOKGESENG	RAMULAMU	ATRA	Junior Men
4	RIEVAN	LOMBARD	AGN	Junior Men
5	CALEB RYAN	BEUKES	CGA	Junior Men
6	ROBERT DE	VILLIERS	ACNW	Junior Men
7	WALDO	KAPTEIN	ASWD	Junior Men
8	MALVIN	VISSER	ASWD	Junior Men
9	OLIVER	STEWART	WPA	Junior Men
1	PAKISO	MTHEMBU	AFS	Senior Men
2	RYAN	MPHAHLELE	CGA	Senior Men
3	MARKO	BUCARIZZA	CGA	Senior Men
4	GLADWIN	MZAZI	CGA	Senior Men
5	COLLEN	MULAUDZI	AGN	Senior Men
6	ELROY	GELANT	ACNW	Senior men
7	BONGINKOSI	ZWANE	KZNA	Senior men
8	SILINDILE	GUBESE	KZNA	Senior men
9	JERRY	MOTSAU	ACNW	Senior men
10	LUKHANYO	MABINZA	AGN	Senior men
11	IAN	SLINGER	ACNW	Senior men
12	ANTHONY	TIMOTHEUS	WPA	Senior men
13	ROWHALDO	RATZ	WPA	Senior men
14	ASHLEY	SMITH	WPA	Senior men
15	DUWAYNE	PHILANDER	WPA	Senior men Junior

1	NICOLE	LOUW	BOL	Women
2	CASEY	BOSMAN	CGA	Junior
				Women
3	CARMIE	PRINSLOO	AGN	Junior
				Women
4	PRUDENCE	SEKGODISO	AGN	Junior
				Women
5	SHANLEY	KOEKEMOER	AGN	Junior
				Women
6	LYNDI	ROELOFSE	CGA	Junior
				Women
7	CARA	DU PREEZ	ACNW	Junior
				Women
8	DANIELLE	VERSTER	ACNW	Junior
				Women
1	TYLER	BELING	AFS	Senior
				Women
2	MARNE	MENTZ	AFS	Senior
				Women
3	LEBO	PHALULA	CGA	Senior
				Women
4	THOBILE	VILAKAZI	CGA	Senior
				women
5	RACHEL	LEISTRA	CGA	Senior
				women
6	KHUTSO	MOKHELTA	CGA	Senior
				women
7	CHERISE	SIMS	BORA	Senior
				Women
8	HANLI	ETSEBETH	ACNW	Senior
				Women
9	DOMINIQUE	SCOTT	WPA	Senior
				Women