

Results 2024 Mielie Marathon - 21,1km

Pos	Race Nr	Time	Name	Surname	Gen	Cat	Lic Nr	CLUB	PROVINCE
1	1366	01:15:20	Ernest	Khalata	M	Open	2495	Centre City Titaniums As	
2	1360	01:17:17	Pule	Maduke	M	Open		Sibanye Still Water	
3	1369	01:22:41	Sanki	Coangae	M	Open	138	Impala	
4	1368	01:23:30	Thinus	Wilken	M	40-49	255	Kroonstad Multisport	
5	1291	01:24:27	Thabo	Ramolahlwane	M	Open	T4608	Individual	
6	1223	01:26:53	Sabata	Mkhwanazi	M	40-49	Dream Team Development	P2883	Free State
7	1372	01:27:44	Joseph	Molefi	M	Open	P1497	Hollywood Athletics	
8	1308	01:29:30	Tshep James	Sebetlela	M	40-49		The Running Edge	
9	1290	01:29:31	Doctor	Maloisane	M	40-49	T4604	Individual	
10	1405	01:30:28	Mphutlane	Molibeli	M	40-49	200	Pamoja AC	
11	1133	01:32:20	Estean	Badenhorst	M	Open	Kovsie Athletics	P850	Free State
12	1169	01:32:20	Louzanne	Coetsee	F	Open	Kovsies	851	Free state
13	1338	01:34:39	Itumeleng	Dipitsi	M	Open	2182	Vodacom Students FS	
14	1342	01:35:21	Ian	Charters	M	Open	T4720		
15	1246	01:35:31	Annemarie	Parsons	F	Open			Freestate
16	1370	01:35:49	Enos	Seatlholo	M	40-49		Panoja	
17	1247	01:35:49	Dwayne	Pienaar	M	Junior	HoÅ«rskool TRIO High School	J21699	Free State
18	1315	01:36:59	Mokoena	Mokoena	M	40-49	223	SAPS FS	
19	1654	01:37:37	Fillip	Dichaba	M	40-49	P2515	Eskom Athletics Club Free State	Free State
20	1282	01:37:46	Marna	Walker	F	Open	Kroonstad Multisport	NA	Freestate
21	1261	01:37:50	Zina	Slabbert	F	Open	Bloemfontein Striders	P1119	Universitas Rif
22	1269	01:38:04	Julian	Theron	M	50-59	Bloemfontein Multi Sport	1888	Free State
23	1265	01:38:42	Arno	Stander	M	Open	Bloemfontein Striders	1867	Free State
24	1311	01:39:17	Thabo	Moehetsing	M	Open	1928	Titanium AC	
25	1225	01:40:10	Kgosi	Mocwagae	M	Open	Centre City Titaniums Athletics Club	1838	Free State
26	1226	01:40:33	Dudu	Mogoje	M	Open			North west
27	1354	01:40:37	Relebohtle	Mkalai	M	Open	T4752	Hillbusters	
28	1374	01:41:24	Derrick	Wessels	M	Open	1336	Bothaville Mk	
29	1214	01:41:25	Ratsilo	Maleke	M	Open	Team Vitality	18225	Free State
30	1165	01:41:31	Tyrone	Bright	M	Open	Team Vitality KwaZulu Natal	P1378	KwaZulu Natal
31	1215	01:41:34	Neil	Marais	M	Open			Free State
32	1241	01:41:35	Dirkie	Niemand	M	Open			Free State
33	1242	01:41:40	Kate	Nugent	F	Open			Northern Cape
34	1273	01:41:54	Juanita	Van Huyssteen	F	Open			Matjabeng
35	1156	01:41:55	Marais	Bekker	M	Open			Free State
36	1164	01:42:42	Jako	Briel	M	Open			Freestate
37	1386	01:42:48	Deon	Mosiane	M	Open	2072	Real Hous AC	
38	1235	01:43:35	Joni	Muller	F	Open			Free State
39	1236	01:43:40	Riaan	Myburgh	M	Open	Bloemfontein Striders	1558	Free State

Results 2024 Mielie Marathon - 21,1km

Pos	Race Nr	Time	Name	Surname	Gen	Cat	Lic Nr	CLUB	PROVINCE
40	1274	01:44:49	Willie	Van Jaarsveld	M	40-49	Maluti multi sport	1401	FS
41	1180	01:44:50	Gustav	Grobler	M	40-49	Maluti multi sport	1404	FS
42	1281	01:46:10	Philip	Viljoen	M	Open	Bhv marathon klub	P1354	Fs
43	1350	01:46:15	Matsakane	Sejojo	M	Open	T4746	Hillbusters	
44	1329	01:46:19	Izak	Venter	M	40-49	T4669	Peak SA	
45	1306	01:47:29	Edunore	Sehale	M	50-59	2598	CUT	
46	1275	01:47:29	Lila	Van Niekerk	F	Open	Sportfit Multi Sport	P1948	Free State
47	1345	01:47:30	Marilene	Gekdenhuys	F	Open	1949	Sportfit Multisport	
48	1157	01:47:47	Cornelius Andr��	Bester	M	50-59	Goldfields Multisport	464	FS
49	1748	01:48:27	Theboho	Sekhutsoanyane	M	Open		Harmony Striders	
50	1167	01:49:27	Tshidiso	Chake	M	Open			Free state
51	1371	01:49:34	Paul	Botha	N	Open	4770	Bethlehem Maraton club	
52	1158	01:50:02	Tharina	Bezuidenhout	F	Open			Freestate
53	1352	01:50:06	Ramtsame	Monare	M	Open	T4749	Hillbusters	
54	1343	01:50:52	Riaan	van Wyk	M	Open	925	Klerksdorp Marathon Club	
55	1238	01:50:56	Jan	Naborn	M	60+	Bloemfontein Achilles	95	Vrystaat
56	1239	01:51:04	ZANIKI	NGODELA	M	60+	Scaw harriers	4760	Gauteng
57	1383	01:51:12	Joseph	Futhel	M	60+	1175	Mangaung Athletics	
58	1304	01:51:48	Jakes	Zietsman	M	Open	T4621	Individual	
59	1637	01:52:17	Christiaan	Cornelissen	m	Open			
60	1268	01:52:37	Tsietsi	Thakeng	M	40-49	Free State Social Development Athletic Club	2008	Free State
61	1194	01:52:37	Mariechen	Joubert	F	Open			Free state
62	1195	01:52:37	Tiaan	Joubert	M	Open			Free State
63	1187	01:52:44	Alwyn	Hugo	M	Open			Free State
64	1218	01:53:00	Neo	Mathinya	F	Open	Centre City Titaniums Athletic AC	P2859	Free State
65	1219	01:53:16	Tokolo	Mazui	M	50-59	Real Lions	P2084	Freestate
66	1257	01:53:27	Elmien	Scott	F	Open	Goudveld Multi Sport	427	Free State
67	1243	01:53:34	Russell	Nugent	M	50-59	Eneergy Lab Athletic Co	1	Free State
68	1279	01:54:04	Albertus	Viljoen	M	Open			Free State
69	1277	01:54:08	Phillip	Van Sittert	M	50-59			Free state
70	1323	01:54:16	Hanno	Botes	M	Open	T4653	Individual	
71	1271	01:54:32	Marius	Van Biljon	M	40-49	Kroonstad Multisport	271	Free State
72	1303	01:54:47	Philip	McLaren	M	60+	419	Goudveld Multisport	
73	1135	01:55:03	Megan	Badenhorst	F	Open			Northern Cape
74	1297	01:55:43	Litaba Esaiah	Kolobe	M	60+	195	Pamoja	
75	1358	01:56:07	Moss	Seabo	M	Open		All Athletes United	
76	1208	01:56:08	Joanita	Lombard	F	Open	Blemfontein Striders	P1546	Free State
77	1209	01:56:12	Choaro	Losabe	M	40-49	Bethlehem marathon club	1276	Free state
78	1264	01:56:45	Nadia	Smith	F	Open	Bloemfontein Striders	P1878	Free State

Results 2024 Mielie Marathon - 21,1km

Pos	Race Nr	Time	Name	Surname	Gen	Cat	Lic Nr	CLUB	PROVINCE
79	1355	01:56:54	Motsama	Lekhulla	F	60+	183	Pamonta AC	
80	1373	01:57:02	Giovanni	Casilli	M	Open	T4809		
81	1341	01:57:06	Given	Tebogo	M	40-49	T4711		
82	1300	01:57:54	Christopher	Tsotetsi	M	Open	2014	FS Social Development AC	
83	1407	01:58:19	Johan	Swart	M	Open	4808		
84	1260	01:58:25	Thea-kgotso	Shale	M	Open			Freestate
85	1256	01:58:42	Werner	Scholtz	M	40-49	Pretoria Marathon Klub	5726	Gauteng
86	1638	01:58:49	Joshua	Swartz	M	Open	TBD		
87	1298	01:59:00	Makalo David	Lebatle	M	40-49	2018	FS Social Development AC	
88	1192	01:59:08	Jan	Jordaan	M	40-49			Free State
89	1320	01:59:13	Michael	Veliotos	M	Open	7882	Benoni Northerns AC	
90	1316	01:59:18	Sean	Lees	M	Open	12560	Benoni Northerns AC	
91	1161	01:59:21	Sunell	Boshoff	F	Open	Bothaville Marathon Club	P1356	Free State
92	1294	01:59:37	David	Lekhoba	M	40-49	493	Goudveld Multisport	
93	1207	02:01:00	Madingaka	Lesi	F	Open	Drakensberg AC	P14643	Witsieshoek
94	1251	02:01:01	Jan	Rothman	M	60+	Bethlehem Marathon Club	P2701	Free State
95	1168	02:01:06	Lauren	Clark	F	Open			Free State
96	1220	02:01:24	Yolanda	Mbonjwa	F	Open	Centre City Titaniums Athletics Club	1812	Free State
97	1213	02:02:10	Saadia	Makda	F	Open	Runzone AC	P14000	Gauteng
98	1349	02:02:19	Reino	Latheiff	M	Open	1235	Bethlehem Marathon Club	
99	1188	02:02:23	Annelie	Hugo	F	Open			Free State
100	1229	02:03:40	Mantsali	Mokoebetane	F	40-49	SibanyeStillwater AC	2014	Matjhabeng
101	1385	02:03:47	Michael	Nethavhani	M	40-49	P188	Pamoja	
102	1302	02:03:53	Luzelle	Stoltz	F	40-49	982	Harmony Striders	
103	1301	02:04:18	Jeffrey	Mokoena	M	Open	2017	FS Social Development AC	
104	1359	02:05:27	Sello	Moletsane	M	Open		All Athletes United	
105	1249	02:05:38	Louis	Radley	M	Open	Pentagon pistols	P 669	Freestate
106	1266	02:05:46	Alicia	Strydom	F	Open			Free State
107	1244	02:05:54	Evonia	Olifant	F	40-49	Jeppe Quondam athletic club	16977	Johannesburg
108	1382	02:06:03	Stefan	Botha	M	Open	T4811		
109	1185	02:06:12	Siyabonga	Hlangwana	M	Open	Public Works Athletics Club	P7194	Free State
110	1375	02:06:28	Tswzoa	Moklioa	M	40-49	2002	Fs social devolpment club	
111	1231	02:07:48	Lydia	Mosia	F	Open	Maluti Multi Sports	P1387	Bethlehem
112	1328	02:07:51	Suzette	Venter	F	60+	1709	Nedbank	
113	1232	02:07:52	Francois	Mrshall	M	40-49	Harmony Striders	905	Fee State
114	1166	02:08:14	Lize	Bueger	F	40-49	Bethlehem Marathon Club	1240	Bethlehem
115	1312	02:08:43	Aaron	Lebabo	M	40-49	928	Harmony Striders	
116	1324	02:09:27	Frederik	Theron	M	Open	T4655	Brandwag	
117	1314	02:09:55	Tony	Green	M	50-59	5960	Benoni Northerns AC	

Results 2024 Mielie Marathon - 21,1km

Pos	Race Nr	Time	Name	Surname	Gen	Cat	Lic Nr	CLUB	PROVINCE
118	1322	02:09:56	Jarryd	Green	M	Open	T4656	Individual	
119	1206	02:10:35	Kamohelo	Lebona	M	Open			Free State
120	1377	02:11:46	Christie	Keyser	F	40-49		Bothaville	
121	1245	02:13:21	Elsabe	Oosthuizen	F	Open			Free State
122	1735	02:13:21	Justice	Shelile	M	Open	TBD	Harmony Striders	
123	1307	02:13:28	Hennie	Griesel	M	60+	422	Goudveld Multisport	
124	1125	02:13:33	Louis	Massysn	M	Open	TBD	Goudveld Multisport	
125	1295	02:14:05	Mekotsolan	Mokhsomes	M	40-49	T4611	Individual	
126	1189	02:14:12	Anton	Jacobs	M	50-59			Free State
127	1348	02:14:30	Thabiso	Nonjane	M	50-59	2725	Hollywood AC FS	
128	1191	02:15:18	Carien	Jonker	F	Junior			Free State
129	1159	02:15:18	Susan	Blom	F	50-59	Kroonstad MultiSport	288	Free State
130	1190	02:15:44	Deon	Janse Van Rensburg	M	Open			Free State
131	1632	02:15:50	Lizelle	van Zyl	F	Open	TBD	Bethlehem Marathon Club	
132	1172	02:16:01	Lusnda	Cossa	F	40-49	SAPS	2971	Free State
133	1210	02:16:03	Sume	Louw	F	Open			Gauteng
134	1173	02:16:58	Lynn	Damon	F	40-49	Kroonstad Multisport	P260	FS
135	1263	02:17:07	Raymendt	Smit	M	Open	BHM Marathon Klub	1277	Free State
136	1170	02:18:31	Veronica	Coetzer	F	40-49	Bethlehem Marathon Klub	P1333	FREE STATE
137	1175	02:19:10	Elize	De Beer	F	40-49	Kroonstad MultiSport	263	Free State
138	1193	02:19:22	Amor	Jose	F	Open	Goudveld multisport club	P494	Free state
139	1938	02:19:31	Dingaan	Khause	M	Open	4784	Dream Team	
140	1280	02:20:44	ChanÃ©	Viljoen	F	Open	Nedbank	P1159	Bothaville
141	1376	02:20:53	Amanda	Nieuwoudt	F	Open	TBD	Bothaville Marathon Club	
142	1365	02:20:59	Leon	Gibson	M	Open	TBD		
143	1137	02:21:02	Deone	Balbi	F	Open	Bethlehem Marathon Club	P1985	Free State
144	1240	02:21:18	Ralph	Nhiwatiwa	M	60+	Goudveld multisport	P482	Free State
145	1230	02:21:32	Dimakatso Miranda	Mokoena	F	Open	Centre city titanium club	2863	Free state
146	1321	02:21:50	Catherine	Green	F	Open	5994	Benoni Northerns AC	
147	1319	02:21:50	Cameron	Green	M	Open	8645	Phobians	
148	1237	02:22:09	Janj	Naborn	M	60+	bloemfontein achilles	95	vrystaat
149	2189	02:22:13	Almarie	Smit	F	50-59	Goudveld multisport	448	Free State
150	1351	02:22:16	Malefetsane	Tlelima	M	50-59	T4745	Hillbusters	
151	1296	02:22:30	TBD	TBD	TBD	Open	TBD		
152	1367	02:22:39	Ryan	Louw	M	40-49	T4778	Induividual	
153	1330	02:22:53	Martha	Selelane	F	50-59	416	Individual	
154	1186	02:23:02	Taskeen	Hoosen	F	Open			Gauteng
155	1278	02:23:04	Firdous	Variava	F	40-49	Runzone AC	P17940	Gauteng
156	1347	02:23:08	Matsiliso	Khunyeli	F	40-49	T4735		

Results 2024 Mielie Marathon - 21,1km

Pos	Race Nr	Time	Name	Surname	Gen	Cat	Lic Nr	CLUB	PROVINCE
157	1181	02:23:10	Lucie	Grove	F	Open	Pentagon Pistols	P655	Fs
158	1346	02:23:13	Sam	Mokothu	M	40-49	T4735		
159	1255	02:23:19	Lize	Schoeman	F	Open			Free State
160	1276	02:23:22	Leigh-Ann	Van Rensburg	F	Open			Free State
161	1289	02:23:37	Junior	Santi	M	40-49	T4606	Individual	
162	1305	02:23:46	Tebogo John	Phafelo	M	60+	2605	CUT	
163	1357	02:23:55	Ronald	Morgan	M	Open	TBD	All Athletes United	
164	1335	02:23:58	William	Yika	M	50-59	T4686	Individual	
165	1331	02:24:06	Sibusiso	Ntswayi	M	40-49	6819	African Bank RC	
166	1182	02:25:28	Magdel	Haasbroek	F	Open			Eastern Free state
167	1356	02:25:45	TBD	TBD	TBD	Open	TBD		
168	1272	02:26:47	Chriselda	Van Der Watt	F	Open			Marquard
169	1250	02:27:37	Duminque	Rothman	F	Open	Harmony Striders	987	Free State
170	1252	02:27:38	Jason Craig	Rothman	M	Open	Harmony Striders	986	FS
171	1333	02:27:48	Erens	Ziqubu	M	40-49	T4687	Individual	
172	1179	02:28:13	Charmaine	Fourie	F	50-59	Kroonstad Multisport	291	free state
173	1677	02:28:19	Refiloe	Simago	F	Open	TBD		
174	1722	02:28:21	Benedic	Tshenoli	M	Open	TBD	Harmony Striders	
175	1217	02:28:39	Jean	Marais	M	Junior			Free State
176	1353	02:28:47	TBD	TBD	TBD	Open	TBD		
177	1178	02:28:58	Stefan	Du Toit	M	Open	Alpha Centurion	P12020	Gauteng
178	1183	02:29:01	Shenaaz	Hatia	F	50-59	Vitality	18776	Islam
179	1234	02:29:11	Joni	Mulle	F	Open			Free State
180	1198	02:29:12	Thembi	Khanye	F	Open	Mangaung Athletic Club	P1152	FREE STATE
181	1299	02:29:13	Bernadette	Da Costa	F	50-59	990	Harmony Striders	
182	1621	02:29:14	Alta	Horn	F	Open	TBD	Goudveld Multisport	
183	1363	02:29:14	Tumo	Makhatla	M	40-49		Cut AC Bloemfontein	
184	1177	02:29:39	Marelise	De Lange	F	Open	Bethlehem Marathon Club	P1331	Freestate
185	1216	02:30:32	Elmarie	Marais	F	50-59			Free State
186	1174	02:30:32	Dina	Darker	F	Open	Goudveld		St Helena
187	1224	02:31:00	Mmalitaba	Mmutlanyana	F	40-49	CUT Welkom	2595	Free State
188	1309	02:31:31	Simphiwe	Mkhunbinkelo	M	40-49	1665	Thungela AC	
189	1336	02:32:22	Thoko	Nyalani	F	Open	3301	Team Vitality	
190	1204	02:33:22	Carla	Labuschagne	F	Open	(CUTB)	P2589	Free State Province
191	1292	02:33:33	Reag	Lebatti	F	Open	TBD	Bedfortview Athletics Club	
192	1327	02:34:06	Elzette	van Zyl	F	50-59	4668	Individual	
193	1384	02:35:06	TBD	TBD	TBD	Open	TBD		
194	1631	02:36:23	Martin	Horn	M	Open	TBD	Goudveld Multisport	
195	1184	02:36:41	Estelle	Henrico	F	50-59	harmony striders fs	911	freestate

Results 2024 Mielie Marathon - 21,1km

Pos	Race Nr	Time	Name	Surname	Gen	Cat	Lic Nr	CLUB	PROVINCE
196	1317	02:37:01	Vusi	Maseko	M	50-59	930	Harmony Striders	
197	1318	02:37:32	Thys	De Beer	M	Open	T4643	Individual	
198	1283	02:37:39	Annelie	Wessels	F	Open			Free State
199	1176	02:37:51	Runaldi	De Beer	F	Open			Free State
200	1262	02:37:52	Lizandi	Smit	F	Open			Free State
201	1163	02:38:12	Otilia	Breytenbach	F	50-59	Bethlehem Marathon club	P1259	Free State
202	1212	02:40:56	Makae	Mahlanza	M	Open	CUT WELKOM	P2594	Free state
203	1211	02:40:56	Seepheephe	Mahao	M	40-49			Maseru
204	1340	02:40:56	Nico	Dicks	M	60+	920	Harmony Striders	
205	1228	02:44:07	Ignatius	Mokhatle	M	40-49			Thabo mofutsanyane
206	1129	02:45:01	Sandra Lea	Austin	F	50-59	Team Vitality CG	2935	Gauteng
207	1332	02:46:08	Annah	Lelimo	F	50-59	2068	Real Lions	
208	1203	02:51:31	Felleng	Kobu	F	Open			Lejweleputswa
209	1361	02:51:45	Masebeka	Mokebe	F	40-49	2881	Dream Team	
210	1325	02:51:50	Lorraine	Moloto	F	Open	933	Harmony Striders	
211	1313	02:52:07	Joubert	Lesibo	M	60+	2183	Vodacom FS	
212	1248	02:52:39	Dineo	Pitso	F	40-49	African bank runners club	6859	Free state
213	1162	02:53:07	Antoinette	Bothma	F	Open	harmony striders fs	909	freestate
214	1379	02:54:51	Morena	Mphojane	M	50-59	2070	Real Lions AC	
215	1197	02:55:45	Jabulile	Khanye	F	50-59	Mangaung Athletic Club	P1154	Free State
216	1233	02:56:18	Tseleng	Msibi	F	40-49	South African Police Service FS	P203	Parys
217	1253	02:57:46	Pieter	Roux	M	Walker	PENTAGON PISTOLS BLOEMFONTEIN	P603	Bloemfontein
218	1339	02:59:02	Thabang	Lenono	M	40-49	T4707	Individual	
219	1199	02:59:02	Itumeleng	Khomo	F	40-49			Free State
220	1381	03:12:10	Mooketsi	Makhebesela	F	Open	P888	UFS	
221	1267	03:14:11	Maritha	Swanepoel	F	50-59			Free State
222	1287	03:14:24	Errens Hezekiel	Ziqubu	M	Open			Northern Free state
223	1258	03:14:27	Lineo Mateboho	SEHLABAKA	F	40-49	Mangaung	1195	Free State
224	1288	03:17:56	Jonathan	Darker	M	40-49	T4601	Individual	
225	1362	03:20:12	Diketso	Malema	F	40-49	2910	Mozolo Endurance	
226	1378	03:22:12	Makeletso	January	F	50-59	2009	Social Development	
227	1270	03:22:53	Ntombe	Tsoeute	F	50-59			Free State
228	1200	03:22:54	Senkepeng	Khunyeli	F	Open			Free State
229	1380	03:31:09	TBD	TBD	TBD	Open	TBD		
230	1126	04:05:52	Magriet	Allen	F	Walker			Free State
231	1334	04:05:57	James	Allen	M	Walker			Free State
DNF	1138	N/A	Thabiso	Bale	M	50-59	Team Vitality CGA	11785	Gauteng
DNF	1160	N/A	Susan	Blom	F	50-59	Kronstad multisport	288	Central
DNF	1196	N/A	Dimakatso	Joyce	F	40-49	ASA	P2628	Free state

Results 2024 Mielie Marathon - 21,1km

Pos	Race Nr	Time	Name	Surname	Gen	Cat	Lic Nr	CLUB	PROVINCE
DNF	1201	N/A	Senkepeng	Khunyeli	F	Open			Free State
DNF	1202	N/A	Elmarize	Knobel	F	Open			FS
DNF	1205	N/A	NEO	LAPIE	F	40-49	Mangaung Athletics Club	1168	Mangaung
DNF	1221	N/A	Simphiwe	Mdingi	M	40-49	Komani Runners Club	P2512	Eastern Cape
DNF	1222	N/A	Masoi	Mhlophe	M	Open	Bellville AC	8363	Cape Town
DNF	1227	N/A	Sam	Mokgothu	M	40-49			Gauteng
DNF	1254	N/A	Junior	Santi	M	Open			Mangaung
DNF	1259	N/A	Makoena	Seleka	M	40-49	AEL RC	5712	gauteng
DNF	1284	N/A	Hedwig	Wessels	F	Open			Free state
DNF	1285	N/A	Hedwig	Wessels	F	Open			Free state
DNF	1286	N/A	Bennie	Wilding	M	40-49	Kroonstad Multisport	P290	Freestate
DNF	1310	N/A	Thenjiwe	Mkhubukeli	F	40-49	1666	Thungela AC	
DNF	1326	N/A	Ernest	Moloto	M	40-49	907	Harmony Striders	
DNF	1337	N/A	Henry Kabanda	Dumba	M	40-49	432	Goudveld Multisport	
DNF	1344	N/A	Tahlelio	Hketsi	M	40-49	18516	Team Vitality	
DNF	1364	N/A	Rulf	Nkhi	M	40-49	1177	Mangaung Athletics	