



DEADLY DOZEN – 28th JUNE 2025

WAVE TIMES

SOLO

TIME	FIRST	LAST NAME	GENDER
09.00	Isabel	Roux	W
09.00	Khanyisa	Stengile	W
09.00	Nonhlakanipho	Tau	W
09.00	Derek	Kolb	M
09.00	Dylan	Terblanche	M
09.06	Felix	Moyo	M
09.06	Jason	Fourie	M
09.06	Kassim	Hassim	M
09.12	Miguel	Ferreira	M
09.12	Oko	Qwesha	M
09.12	Raees	Kajee	M
09.18	Reinhardt	Walters	M
09.18	Richard	Fraser	M
10.30	Aaca	Opolot	W
10.30	Alia	Ismail	W
10.30	Audrey	Willemse	W
10.36	Catherine	Nyathi	W
10.36	Cecilia	Van Eeden	W
10.36	Chantelize	Visagie	W
10.42	Chere	Joubert	W
10.42	Gabi	Mailula	W
10.42	Gabrielle	Macridis	W
10.48	Gloria	Breytenbach	W
10.48	Kelebohile	Mphanje	W
10.48	Kelli	Hugo	W
10.54	Kwanda	Shabangu	W
10.54	Lebo	Mogatla	W
10.54	Michelle	Sadoucas	W
11.00	Neelechia	Botha-Van Zyl	W
11.00	Nsuku	Chanakira	W
11.00	Ntomboxolo	Kayingana	W
11.06	Obakeng	Maseko	W
11.06	Raveshni	Naidoo	W
11.06	Renita	Van Zyl	W
11.12	Safwana	Pandor	W

11.12	Shane	Smit	W
11.12	Shannon	Du Preez	W
11.18	Thulile	Nkwe	W
11.18	Tsidi	Gude	W
11.24	Zama	Maepane	W
11.24	Zamachungwa	Mkumla	W
10.54	Aron	Mxolisi Lusiba	M
11.00	Aussie	Ndlovu	M
11.00	Brendan	Ohagan	M
11.00	Jacques	Swart	M
11.06	Katlego	Phage	M
11.06	Lebo	Scott	M
11.06	Luan	Herbst	M
11.12	Marius	Goosen	M
11.12	Mhleli	Luthuli	M
11.12	Michael	Beaumont	M
11.18	Nicholas	Lambrechts	M
11.18	Ntokozo	Simelane	M
11.18	Sebastian	Stewart	M
11.18	Shayjal	Govind	M
11.24	Sihle	Mthethwa	M
11.24	Sipho	Mnguni	M
11.24	Stanley	Mabotja	M
11.24	Tshiamo	Setshedi	M
11.24	Vusa	Nyathi	M
09.06	Anika	De Jager	W
09.06	Belinda	Netshipise	W
09.06	Chanel	Lourens	W
09.18	Claudia	Rheeder	W
09.18	Elize	Van Wyk	W
09.12	Emely	Tembe	W
09.18	Fatima	Carrim	W
09.18	Gaby	Wesson	W
09.18	Giada	Del Fabbro	W
09.24	Gloria	Noganta	W
09.24	Ivone	Govender	W
09.24	Jacqueline	Foster	W
09.30	Kathy	Tate	W
09.30	Kaylee	Ann Jacobs	W
09.30	Kerry	Tomkinson	W
09.36	Kirsten	Willis	W
09.36	Lesego	Mogale	W
09.36	Manuella	Nyakudarika	W
09.42	Marang	Maithufi	W
09.42	Marisa	Marais	W
09.42	Mbali	Mabilisa	W
09.48	Mia	Beaumont	W
09.48	Mmabatho	Masemene	W
09.48	Moloko	Mafokoane	W
09.54	Nadia	Bhabha	W

09.54	Nazirah	Moosa	W
09.54	Nicole	Correia	W
09.24	Nomampondomise	Belot	W
10.00	Nonkululeko	Mokoena	W
10.00	Nyawasedza	Madavha	W
10.06	Ohna	Louw	W
10.06	Phindile	Mteshana	W
10.06	Salome	Manganye	W
10.12	Samukelisiwe	Dube	W
10.12	Siyasanga	Mbolompo	W
10.12	Stacey	Barnard	W
10.18	Stacey	Pnematicatos	W
10.18	Stephanie	Ferreira	W
10.18	Taryn	Buys	W
10.24	Thandeka	Tyebileyo	W
10.24	Trudé	Carstens	W
10.24	Zamokuhle	Maluleke	W
09.18	Adam	Sayers	M
09.24	Ayanda	Rakim	M
09.24	Billy	Khumalo	M
09.24	Bongane	Lukhele	M
09.30	Brandon	Devereux	M
09.30	Brian	Tate	M
09.30	Buhle	Mahlangu	M
09.36	Chris	Möller	M
09.36	Christopher	Langsford	M
09.42	Crispen	Masuku	M
09.42	Dario	Torrente	M
09.42	Dean	Govender	M
09.48	Donald	Southgate	M
09.48	Fc	Truter	M
09.48	Francois	Van Zyl	M
09.54	Glen	Ah Sing	M
09.54	Glenn	Ambrose	M
09.54	Graham	Parker	M
10.00	Grear-Junior	Motaung	M
10.00	Gregory	Champion	M
10.00	Hugo	Kruger	M
10.06	Ivan	Ferguson	M
10.06	Jason	Fritz	M
10.06	Johan	Van Wyk	M
10.12	Johann	Lamprecht	M
10.12	Juan	Scheun	M
10.12	Kenneth	Badenhorst	M
10.18	Khumo	Boloang	M
10.18	Kuba	Kaliszka	M
10.18	Marc	Breedveld	M
10.24	Maritz	Jooste	M
10.24	Marius	Lourens	M
10.24	Matthew	Dent	M

10.30	Muneer	Bham	M
10.30	Neo	Maleke	M
10.30	Nyameko	Rarane	M
10.36	Randolph	Barnwell	M
10.36	Ryan	Painting	M
10.36	Sammy	Mashita	M
10.42	Sean	Watts	M
10.42	Selwyn	Young	M
10.42	Steve	Goeieman	M
10.48	Sugen	Pillay	M
10.48	Thembani	Mohale	M
10.48	Todd	Fisher	M
10.54	Vaughn	Nathanson	M
10.54	Xolani	Mnguni	M
09.06	Asanda	Buza	M
09.06	Maqhama	Dube	M
09.18	Maximus	Obiaghara	M
09.18	Bongani	Machivene	M
11.36	Lenoy	Lamola	W
11.36	Andrew	Fushai	M
10.54	Philotte	Inamweza	W
10.54	Jacob	Mabusela	M
11.36	Fanisa	Baloyi	W
10.24	Cawekazi	Nqabeni	W
10.24	Innocent	Gwaza	M
09.00	Michelle	Luckay	W
11.00	Anthony	Jeffrey	M
11.36	Wezi	Khumalo	M
11.00	LG	Pretorius	M
11.36	Nhlanhla	Bembe	M
10.42	Steven Manuel	Da Costa	M
09.00	Leoné	Mostert	W
10.42	Martin	Pieter	M
11.30	Noxolo	Mnisi	W
11.30	Karabo	Sibi	W
11.30	Eugene	Mabusela	M
11.30	Thato	Ndlovu	M
11.30	Keitumetse	Khumalo	W
11.30	Hope Okuhle	Ndlovu	W
11.30	Nqobile	Mantshiyo	M
11.30	Nyiko	Shiburi	M
10.18	Marisa	Williams	W
10.18	Mandy-Lee Samantha	Jacobs	W
09.24	Sean	Mumford	M
09.24	Danie	Pienaar	M
09.30	Pricilla	Seamelando	W
09.30	Gilbert	Mamabolo	M
09.42	Graeme	Buckley	M
09.42	Sibusiso	Ndlovu	M
09.48	Garth James	Long	M

09.48	DC	Berry	M
09.12	Saabera	Motara	W
09.12	Busi	Sithole	W
09.12	Jabu	Sithole	W
09.12	Vanitha	Kandier	W
09.00	Sipho	Marima	M
09.00	Pieter	Smith	M
09.06	Sabrina	Bottyan	W
09.18	Brad	Phillips	M
11.36	Phumelele	Khanyi	W
11.36	Nomsa	Zungu	W
11.36	Nompilo	Zondi	W
11.36	Sizwe	Ndlovu	M
11.36	Linda	Sikweza	W
09.36	Mathilda	Essop	W
09.36	Michael	Latilla-Campbell	M
09.12	Bhekisizwe	Motau	M
11.12	Lenoy	Lamola	W
11.12	Kalika	Painter	W



DOUBLES

TIME	FIRST ATHLETE	SECOND ATHLETE	GENDER
12.00	Alec Loveland	Duane Charlton	M M
12.00	Andrea Lubbe	Karen Charlton	W W
12.00	Bianca Braham	Donna Shilleto	W W
12.00	Lauren Jacobs	Nomcebo Khuzwayo	W W
12.00	Reghart Wessels	Rochelle Wessels	M W
13.12	Dinet Bezuidenhout	Dante Bezuidenhout	W M
12.00	Abigail Calitz	Shannon Muller	W W
12.06	Pieter Aucamp	Wihan Daffue	M M
12.06	Daniel Kuhlmann	Kieran Woest	M M
12.06	Tshegofatso Tshabalala	Vuyo Bala	M M
12.06	Arnold Heymans	Natalie Robertson	M W
12.06	Laurika Carelse	Tyfane George	W W
12.06	Anneke Da Silva	Hester Kotze	W W
12.06	Hope Eibl	Natasja Van Heerden	W W
12.06	Geraldine Lourens	Kerri Huntington	W W
12.06	Megan Pretorius	Salome Barnes	W W
12.12	Alex Frisby	Rene Strever	M W
12.12	Larissa Otto	Ludwich Otto	W M
12.12	Jonathan Bigham	Kirsten Kerr	M W
12.12	Lindy Mmeshane	Martin Mmilidzi Maika	W M
12.12	Raisah Pandor	Zaakirah Khalek	W W
12.12	Nolo Tsotetsi	Akhona Ndamase	W W
12.12	Sheree Botha	Anesia Venter	W W
12.12	Antoinette Morris	Ashleigh De Lima	W W
12.18	Lohan Swart	Mareli Swart	M W
12.18	Cinjon Johnson	Marc Shilleto	M M
12.18	Blessen Mavundla	Nigel Mpofu	M M
12.18	Daniella Faurie	Jean Faurie	W M
12.18	Thandeka Madonsela	Nelisiwe Mzila	W W
12.18	Nobuhle Mdunge	Silindile Sitole	W W
12.18	Lebogang Mbanjani	Precious Mabapa	W W
12.18	Lizzy Khakane	Tshepiso Makgetsi	W W
12.24	Sean Strever	Thomas Strever	M M
12.24	Janno Nel	Mikayla Rathbone	M W
12.24	Casper Gous	Constant Beckerling	M M
12.24	Anlo Van Wyk	Cian Wagenaar	M M
12.24	Claudette Vandoorne	Gia Ryan	W W
12.24	Gugulethu Halwala	Nova Whiteside	W W
12.24	Hannah Leatherbarrow	Maroche Viljoen	W W
12.30	Justin Amm	Kerryn Hayter	M W
12.30	Gerhard Ambrosius	Renette Ambrosius	M W
12.30	Zahraa Khan	Bongani Mkhwanazi	W M
12.30	Sibulele Ginyizembe	Debbie O'leary	M W

12.30	Charle Erasmus	Kayla Roberts	W W
12.30	Chantell Van Der Merwe	Chyresse De Winnaar	W W
12.30	Zakkiya Hansrod	Raeesa Mayet	W W
12.30	Kayleigh Boyd	Runeshia Kotiah	W W
12.36	Hervine Muya	Johnicia Mutombo	W M
12.36	Bongani Hlengwa	Tatenda Mpofu	M M
12.36	Lance Kier	Paul Koffler	M M
12.36	Hans Van Vreeden	Jordyne Van Niekerk	M W
12.36	Michelle Chigudu	Kundai Zimbiti	W W
12.36	Kirsten Thomas	Teneal Button	W W
12.36	Mariëtte Labuschagne	Megan Green	W W
12.36	Grace Makeba	Amanda Senotlela	W W
12.42	Hanru Marais	Kobus Du Raan	M M
12.42	Daniela Savvas	Kyle Schutte	W M
12.42	Karishma Govindasamy	Tyrounne Johannes	W M
12.42	Fezile Majozi	Tareq Vazi	M M
12.42	Thembela Nala	Sibongile Skhosana	W W
12.42	Zelda Van Der Merwe	Kaylee Van Der Merwe	W W
12.42	Tina Lehutjo	Felicia Rangwato	W W
12.42	Liyanda Sondlo	Zanele Macozoma	W W
12.48	Carla Smith	Kerry Van Zyl	W W
12.48	Camille Gardiner	Kaylee Van Rooyen	W W
12.48	Claudia De Aveiro	Sue-Anne Liebenberg	W W
12.48	Benon Maguta	Buyiswa Bam	M W
12.48	David Blemm	Sean David Morgan	M M
12.48	Nicole Russell	Warren George	W M
12.48	Nondumiso Mdodana	Sulezi Mdodana	W M
12.48	Jahno Snyman	Pierre Van Der Westhuizen	M M
12.54	Jane Van Der Merwe	Marina Freitas	W W
12.54	Ariella Fine	Yakira Bregman	W W
12.54	Candice Safi	Denise Luppnow	W W
12.54	Melissa Nel	Suzanne Du Toit	W W
12.54	Justin Laurens	Natasha Jacobs	M W
12.54	David Plaks	Zoe Deloye	M W
12.54	Pierre Van Zyl	Stephen Smith	M M
12.54	Samuel Cohen	Shaun Ngcobo	M M
13.00	Chanelle Critchfield	Rozanne Mckenzie Bishop	W W
13.00	Sandy Mathebula	Lilly Sekete	W W
12.00	Saadia Makda	Taskeen Hoosen	W W
13.00	Duwan Weideman	Renche Weideman	M W
13.00	Boitumelo Letsoalo	Matshidiso Ngcobo	W W
13.00	Alison Kennedy	Grant Kennedy	W M
13.00	Carmen Els	Timothy Malan	W M
13.00	Nompumelelo Vundhla	Musa Vundhla	W M
13.06	Keketso Ndou	Boitumelo Maodi	W W
13.06	Siyabonga Dlamini	Zanokuhle Radebe	M M
13.06	Angelique Carlinsky	Zenani Kagiso Zwane	W W
13.06	Wendy Masagare	Lebohang Hlengethwa	W W
13.06	Sipho Ndumndum	Sone Brink	M W
13.06	Christo De Klerk	Pierre Van Tonder	M M

13.06	Dylan De Beer	Tyran De Beer	M M
13.06	Boitshoko Lekgari	Thabang Ntuli	W M
13.12	Allison Thompson	Cherie Machet	W W
13.12	Fatima Sattar	Florah Mabe	W W
13.12	Megan Stirk	Tatum Treloar	W W
13.12	Arianna Long	Syann Long	W W
13.12	Obakeng Africa	Someleziwe Ngqasa	M W
13.12	Ane Vos	Daniel Vos	W M
13.12	Ozuem Okecha	Sekhametsi Okecha	M W
13.12	Mohammed Ravat	Sumaya Mohamed	M W
13.18	Anneriska Harris	Lizelle Swanepoel	W W
13.18	Ilisa Waksman	Meagan Dos Santos	W W
13.18	Mahlodi Monama	Yolisa Zeka	W W
13.18	Keabetswe Molapisi	Mpho Mailane	W W
13.18	Leelyn Matthews	Rozen Sefularo Boloka	M M
13.18	Allistair Watson	Angela Ghemo	M W
13.18	Ntando Sikutshwa	Sive Sikutshwa	W M
13.18	Imoné Louw	Wilson Zhang	W M
13.24	Adel Dreyer	Esther Joubert	W W
13.24	Boipelo Lethokoe	Molebogeng Tladi	W W
13.24	Gugu Khumalo	Lee Mabusela	W W
13.24	Nosipho Hlatshwayo	Thando Mmontso	W W
13.24	Resego Mokomela	Theo Mahlangu	M M
13.24	Itumeleng Mogotlane	Jabulani Makhoba	M M
13.24	Dean Featherstone	Garry Featherstone	M M
13.24	Andre Engels	Jaun Lombard	M M
13.30	Isabel Kruger	Michelle Swanevelder	W W
13.30	Dorothy Els	Nicky Uys	W W
13.30	Eileen Bredenhann	Jénice Bredenhann	W W
13.30	Marinette Van Schalkwyk	Shanei Mostert	W W
13.30	Thaakir Dawood	Zaahid Moolla	M M
13.30	Gidion Herbst	Jozua Van Schalkwyk	M M
13.30	Bruno Quebra	Elder Quebra	M M
13.30	Dario Borges	Shane Duthie	M M
13.36	Nomthandazo Mahlangu	Nomzamo Dlamini	W W
13.36	Babalwa Pietersen	Khanya Mosiane	W W
13.36	Kgomotso Mooko	Emily Fritz	W W
13.36	Melissa Meyer	Monique Du Plessis	W W
13.36	Emmanuel Fesele	Samuel Senoge	M M
13.36	Karolina Dlugosz	Steven Shulman	W M
13.36	Andre Cornelius	Henning Van Aswegen	M M
13.36	Bradley Abels	Maegan Abels	M W
13.42	Esté Lubbe	Sharon Visser	W W
13.42	Elaine Harker	Isla Harker	W W
13.42	Candice Van Dyk	Tamia Schreuder	W W
13.42	Jabu Chigova	Refilwe Mogorosi	W W
13.42	Ashley Augustine	Taryn Augustine	M W
13.42	Sherelle Ferreira	Torin Torrente	W M
13.42	Jared Fuchs	Margie De Villiers	M W
13.48	Chane De Jager	Laura-Mae Esterhuizen	W W

13.48	Jessica Haydock	Zoe Da Silva	W W
13.48	Mkateko Maseko	Simphiwe Ndaba	W W
13.48	Heather Scheffel	Roz Liversage	W W
13.54	Anndine Small	Stephanie Dippenaar	W W
13.54	Tanya Van Niekerk	Zuzi Khuzwayo	W W
13.54	Nabeelah Bahadur	Scarlet Margoles	W W
13.54	Jabulile Nkuta	Sanelisiwe Nkuta	W W
13.54	Grear-Junior Motaung	Lungile Gosa	M F
13.54	Bern Constance	Anton Verhoog	W M
13.54	Anthony Van Aswegen	Scott De Vantier	M M
13.54	Mbali Tlhophane	Makenke Mutemwe	W M
14.00	Tlhogi Sefolo	Lungile Mulaudzi	W W
14.00	Nsuku Ngobeni	Refiloe Sello	W W
14.00	Polite Jambwa	Nokuthula Bevelyn Biyana	W W
14.00	Portia Mpisane	Sinenhlanhla Majola	W W
14.00	Tshepo Maieane	Retshidisitswe Rhael Lepphoto	M W
14.00	Shaun Keys	Jacques Du Plooy	M M
14.00	Tebogo Sithole	Lufuno Tshivhase	M W
14.00	Kayden Van Der Merwe	Reginald Ayer	M M
14.06	Charlene Jacobs	Merandi Roode	W W
14.06	Sihle Nkosi	Soko Langa	W W
14.06	Lené Scott	Marlene Axsell	W W
14.06	Masefako Madiba	Olvia Chuene	W W
14.06	Joni Murrell	Craig Murrell	W M
14.06	Thabo Seetso	Luyanda Nyoka	M M
14.06	Tebogo Mhlongo	Ntokozi Thetele	M M
14.06	Tshepo Mfunwana	Letlhogonolo Nakedi	M M
14.12	Sandiselwe Zwane	Thandanani Mtshali	W W
14.12	Lungelwa Cele	Senhle Hlungwane	W W
14.12	Alicia Brink	Chantelle Van Aswegen	W W
14.12	Kayla Feinberg	Kelby Crane	W W
14.12	Miranda Ramphaleng	Tumelo Ramphaleng	W M
14.12	Edward Joseph Furno	Hester Aletta Furno	M F
14.12	Sean Mumford	Dirk Coetzee	M M
13.00	Fatima Motala	Thameenah Vadi	W W
14.18	Beatrix Botma	Surat De Klerk	W W
14.18	Aeryn Williams	Jade Beyers	W W
14.18	Alda Wharren	Darian-Leigh Wharren	W W
12.00	Anneke Jordaan	Christopher Lipawsky	W M
13.36	Nicole Schuin	Shanè Bennet	W W
14.00	Ntombizethu Ngema	Sibonelo Mndaweni	W M



RELAYS

TIME	FIRST 2	SECOND 2	
14.30	Zandre Banks + Farah Banks	Michelle Smith + Umberto D'orsi	X
14.30	Dephney Popie Ramaphosa + Letjobana Kgatla	Lebogang Mmthi + Phumela Netshifhefhe	W
14.30	Boitumelo Nkwe + Morongwa Malahlela	Mpho Mulovhedzi + Vonani Mkhombo	W
14.30	Albert Van Rooyen + Kelsey Whitehouse	Luke Whitehouse + Taryn Marsh	X
14.30	Simeme Mthembu + Kabelo Mabaso	Kgomotso Kwele + Tshegofatso Mabaso	W
14.30	Christine Fuchs + Dylan Harlen	Kirsty Fuchs + Robbie Fuchs	X
14.30	Bernice Van Heerden + Wikus Van Heerden	Justin du Toit + Adrian Lerm	X