



**SA ARMY FITTEST SOLDIER  
COMPETITION**

**SA ARMY FITTEST SOLDIER COMPETITION PROTOCOL: 4KM  
WALK, GROUPED PER AGE GROUP**

**EVENT: SA Army Fittest Soldier 2017      EVENT DATE: 31-12-2017**

P-NO	UNIT	MEMBER	OVER ALL POS	Protocol result	Pos	Score
Age: m - 0 : 34						
A2-14	10 aa regt	Mokwena M.J gnr	3	00.20:4089*	1	400
A3-14	4 arty regt	buthlezi mc bdr	81	00.21:0889*	2	399
A3-19	4 arty regt	Makobela M.R 1 bdr	4	00.21:1147*	3	398
A4-2	1 sa tk regt	kelehetswe lk tpr	10	00.21:23006	4	397
A5-15	ada school	mapulane s 1 bdr	24	00.21:24978	5	396
A2-4	10 aa regt	setlalekgomo o.m. pte	41	00.21:3315*	6	395
A1-18	hq 43 sa bde	ndlovu nv 1 cpl	23	00.21:42637	7	394
A4-20	44 para regt	mkhize ms pte	36	00.22:0005*	8	393
A6-8	asb limpopo	MHLANGA V.E cpl	32	00.22:11296	9	392
A1-5	10 aa regt	makgopa wt gnr	75	00.22:13355	10	391
A1-22	21 sai bn	ambraal i 1 cpl	6	00.22:20625	11	390
A5-5	inf school	Sithole W.W 1 cpl	33	00.22:20160	12	389
A3-8	5 sig unit	dlamini b.z.b. co	110	00.22:27206	13	388
A3-12	2 sai bn	Segopa I.T pte	58	00.22:33766	14	387
A3-22	10 aa regt	Ntsukunyane T.E gnr	49	00.22:3992*	15	386
A6-18	1 sig regt	Shabangu S.D smn	76	00.22:4813*	16	385
A2-19	10 aa regt	Vicente A pte	28	00.22:50712	17	384
A2-24	44 para regt	Leopeng K.C rfn	30	00.22:56201	18	383
A5-3	inf school	cheliu u cpl	21	00.23:0215*	19	382
A1-17	sa army college	khashane he capt	56	00.23:12660	20	381
A1-10	10 aa regt	selotlego mi gnr	18	00.23:16535	21	380
A1-12	ada school	Shongwe S.W gnr	65	00.23:17481	22	379
A1-24	ncg	molokwane n.g pte	12	00.23:18471	23	378
A1-4	sa army gym	lubenye lm lt	70	00.23:22803	24	377
A5-10	asb bfn	MKHIZE TK cpl	82	00.23:22139	25	376
A6-4	asb kimberley	PHALATSE M.S pte	36	00.23:27320	26	375
A1-21	4 arty regt	Links R.M 1 bdr	31	00.23:27095	27	374
A1-9	1 sa tk regt	Thole T J tpr	43	00.23:28504	28	373
A4-11	10 aa regt	mofokeng n gnr	55	00.23:29518	29	372
A1-1	101 asu	mantole kp rfn	11	00.23:32778	30	371
A6-17	jsb wonderboom	moganyaka s.g. co	53	00.23:3329*	31	370
A2-21	2 fd engr regt	cossa m spr	15	00.23:33083	32	369
A5-19	3 elec wkshp	wisani s.z. cpl	64	00.23:36021	33	368
A2-12	inf school	thepane s rfn	8	00.23:39844	34	367
A3-5	1 sa tk regt	KWEYANA N.E tpr	50	00.23:42666	35	366
A3-13	jsb garrison	KOCK J.I.T rfn	34	00.23:42387	36	365
A2-7	sa army gym	Radede SM pte	44	00.23:44710	37	364
A1-3	asb kimberley	sabo m cpl	40	00.23:45070	38	363
A2-3	1 sig regt	selahla m.e. smn	19	00.23:51928	39	362
A5-17	1 sa tk regt	matiwana m.e tpr	17	00.23:51837	40	361
A4-22	1 tac int regt	STOFFELS E set	69	00.23:52172	41	360
A3-10	school of engrs	chamba le 1 cpl	26	00.23:53491	42	359
A3-16	jsb garrison	mothibi km pte	22	00.23:54468	43	358
A6-7	dod main ord depot	Ngoepe T.G cpl	27	00.23:56862	44	357
A4-4	1 constr regt	tshikovhi nm cpl	45	00.23:57132	45	356
A3-7	1 ssb	nhleko sm pte	2	00.23:59650	46	355
A3-1	7 maint unit	motseolapile ms cpl	13	00.23:59158	47	354
A1-6	jsb garrison	mlaza mc rfn	87	00.24:05241	48	353
A5-11	2 sai bn	Modise K.T rfn	1	00.24:05365	49	352
A1-20	inf school	matsho ck capt	38	00.24:11507	50	351
A1-13	10 aa regt	Kganyego S 1 bdr	68	00.24:2623*	51	350
A3-6	school of tac int	arnoldus kl 1 cpl	74	00.24:35911	52	349
A4-18	asb jhb	Ndadzha P.S 1 cpl	100	00.24:38914	53	348
A2-16	3 sai bn	sealogo m.p. lt	29	00.24:39842	54	347
A4-16	jsb garrison	thalla cmt pte	67	00.24:40108	55	346

A2-15	1 ssb	RUNGANI A tpr	61	00.24:45548	56	345
A1-14	10 aa regt	Nkiane M.A gnr	35	00.24:45985	57	344
A5-7	asb potch	Mofyoa R.T pte	51	00.24:47432	58	343
A5-18	asb limpopo	Nelwamondo R pte	46	00.24:51882	59	342
A6-1	44 para regt	MADAWENI R cpl	5	00.24:54299	60	341
A4-10	1 sa tk regt	futhela jl pte	9	00.25:05921	61	340
A1-16	sa army hq	Malebye JT tpr	72	00.25:05153	62	339
A4-15	sa army ctc	moletsane m pte	42	00.25:06810	63	338
A5-9	asb limpopo	lepadima tc sgt	103	00.25:07496	64	337
A2-1	regional workshop gauteng	mogapi ot cpl	63	00.25:11973	65	336
A5-1	1 sa tk regt	Ngema svg tpr	60	00.25:13419	66	335
A4-3	1 sa tk regt	mashishi b pte	25	00.25:17835	67	334
A2-18	1 tac int regt	PHOLO KA sct	95	00.25:19890	68	333
A5-8	sa army college	sibisi nl pte	89	00.25:24458	69	332
A6-11	asb kzn	mosiane sa l cpl	84	00.25:26122	70	331
A3-17	44 para regt	Julie C.N rfn	86	00.25:26829	71	330
A5-21	2 fd engr regt	keto t. spr	52	00.25:26760	72	329
A3-15	sa army engr fmn hq	Mahlangu AB spr	47	00.25:31489	73	328
A4-8	sa army hq	segopa k gnr	94	00.25:32239	74	327
A5-20	asb jhb	bekker bm cpl	92	00.25:33066	75	326
A3-9	sa army hq	xabanisa bm cpl	83	00.25:34485	76	325
A1-7	sa army int fmn hq	Molebatse t.b lt	98	00.25:35493	77	324
A5-12	ncg	MOFOKENG TW l cpl	97	00.25:44425	78	323
A2-8	sa army hq	litabo ma smn	79	00.25:44785	79	322
A5-2	10 aa regt	Ntsoereng M.G l bdr	104	00.25:49816	80	321
A5-16	asb kimberley	sereo s cpl	73	00.25:49535	81	320
A2-9	1 ssb	modise gd tpr	77	00.26:00484	82	319
A3-23	sa army ada fmn hq	mokobane m.j. gnr	88	00.26:0146*	83	318
A4-17	regional workshop gauteng	NOTSHWELEKA JD cpl	102	00.26:03830	84	317
A3-18	2 fd engr regt	dipheko mj l cpl	54	00.26:04775	85	316
A5-13	asb bfn	Nxumalo C.G sct	85	00.26:05292	86	315
A5-14	44 para regt	mhlongo m rfn	39	00.26:08950	87	314
A4-1	1 para bn	mohlakoana sm rfn	7	00.26:13520	88	313
A3-4	ada school	sejaphala sn gnr	96	00.26:14948	89	312
A2-10	44 para regt	Lucas R D rfn	14	00.26:16818	90	311
A2-5	hq 43 sa bde	ngoetjana fk l cpl	48	00.26:16053	91	310
A3-2	jsb garrison	mashaba x pte	62	00.26:16384	92	309
A4-5	jsb garrison	NGCUKANA M.M. cpl	101	00.26:18665	93	308
A4-23	sa army engr fmn hq	Motlhoki T pte	66	00.26:27448	94	307
A5-22	hq 43 sa bde	mngomezulu mmm l cpl	80	00.26:29851	95	306
A6-3	10 aa regt	Mampana M.H gnr	93	00.26:33456	96	305
A4-19	44 para regt	pagadi le pte	20	00.26:42593	97	304
A5-23	asb ec	MLAHLWA N.G sgt	124	00.26:56809	98	303
A6-2	asb ec	saila k pte	114	00.27:04782	99	302
A4-13	10 aa regt	Hulana VM pte	59	00.27:11578	100	301
A1-2	10 aa regt	Shloho RP pte	78	00.27:14737	101	300
A2-20	10 aa regt	muruge p. pte	70	00.27:17907	102	299
A1-15	sa army college	SITHOLE M.C pte	105	00.27:20750	103	298
A1-8	sa army ctc	Ndwandwe NL pte	91	00.27:21150	104	297
A2-11	hq 43 sa bde	masango ps l cpl	16	00.27:37612	105	296
A2-2	sa army college	mnisi f capt	108	00.27:37252	106	295
A4-12	asb limpopo	maokisho km pte	107	00.27:47038	107	294
A6-22	asb limpopo	Rebombo S l cpl	111	00.27:55721	108	293
A2-23	sa army hq	Plaatjes SL sct	109	00.28:03263	109	292
A4-21	sa army hq	mukhinindi D. l cpl	99	00.28:08112	110	291
A2-13	asb potch	Mantsho K.C l cpl	106	00.28:08848	111	290
A2-6	asb limpopo	Raphalalani M pte	112	00.28:17118	112	289
A4-7	asb wc	Kohli S pte	116	00.28:21533	113	288
A4-9	10 aa regt	motshabi tl gnr	57	00.28:21999	114	287
A4-6	regional workshop gauteng	Khoza E cpl	113	00.28:32842	115	286
A3-3	sa army hq	simali mm gnr	115	00.28:32849	116	285
A3-11	asb limpopo	Kgoete P.S cpl	120	00.28:57691	117	284
A5-4	asb limpopo	Sefoloshe T.L co	118	00.29:08887	118	283
A1-23	asb limpopo	Gededza T.T pte	122	00.29:39026	119	282
A3-21	hq 46 sa bde	khasapane m.a. pte	117	00.29:46721	120	281
A2-17	sa army hq	Nkwana V.M sct	125	00.30:33575	121	280
A1-11	ada school	SIKUNYANA A.L gnr	121	00.30:48598	122	279
A3-20	hq 46 sa bde	shuping tm cpl	119	00.33:46035	123	278
A1-19	10 aa regt	KWINDA ZF gnr	90	00.33:47044	124	277
A5-6	10 aa regt	MOLEBATSI LA l bdr	123	00.34:47624	125	276
		Age: m - 35 : 44				
B1-18	asb potch	mnguni tm cpl	6	00.22:20532	1	400
B1-8	sa army gym	senamela mi maj	1	00.22:21361	2	399
B1-12	5 sai bn	KHWELA XI l cpl	2	00.22:21675	3	398
B1-22	inf school	mtantato n capt	8	00.22:22007	4	397
A6-12	1 ssb	DE BUS DJP lt	10	00.22:28671	5	396
A6-13	121 sai bn	MBAMBO C.S lt	12	00.23:05744	6	395
A6-10	hq 43 sa bde	moses g j l cpl	5	00.23:24726	7	394
B1-15	sa army college	sathekge m p sgt	7	00.23:43310	8	393
A6-16	hq 43 sa bde	nkwana ms l cpl	13	00.23:45921	9	392
B1-14	jsb garrison	GONGOTA L. cpl	20	00.23:48080	10	391
B1-4	sa army ada fmn hq	tsotsotso m.g. maj	34	00.23:5270*	11	390
A6-23	1 ssb	xulu ps co	16	00.24:16418	12	389

B1-6	jsb wonderboom	zondi s. sgt	17	00.24:41483	13	388
B1-5	regional works unit gauteng	mabotja ns sgt	18	00.25:22823	14	387
B1-2	engr ter int regt	vilakazi s.p sgt	24	00.25:30783	15	386
B1-11	saasic	mosiane sn pte	4	00.25:31886	16	385
A6-9	4 arty regt	Moeti T.I. bdr	15	00.25:36777	17	384
A6-5	hq 43 sa bde	lekabe lc maj	11	00.25:47786	18	383
A6-19	hq 43 sa bde	mashilo rd l cpl	18	00.25:58570	19	382
B1-10	1 ssb	madlopha nl cpl	28	00.26:13910	20	381
B1-3	asb potch	motale lp pte	21	00.26:14278	21	380
A6-6	1 ssb	NKABINDE S.G capt	26	00.26:42869	22	379
B1-19	school of tac int	lengwasa c.m. capt	25	00.26:43239	23	378
A6-15	hq 46 sa bde	de wet e maj	3	00.26:50727	24	377
B1-20	1 tac int regt	tredoux cj capt	9	00.26:52781	25	376
B1-17	dod main ord depot	Tshabalala S.S sgt	27	00.26:56169	26	375
B1-16	4 arty regt	masela mf bdr	23	00.27:21493	27	374
B1-21	asb kimberley	andric g. j. capt	30	00.27:24964	28	373
B1-23	sa army engr fmn hq	Rakale SA s sgt	29	00.27:34684	29	372
B1-9	asb kzn	mzolo dp sgt	33	00.28:10936	30	371
B1-7	hq 46 sa bde	dlamini c. s sgt	32	00.28:12963	31	370
A6-21	hq 46 sa bde	Mokgoetsi J.S 1 bdr	31	00.28:33099	32	369
B1-1	sa army armour fmn hq	wylbacht ld maj	14	00.29:16342	33	368
B1-13	2 sai bn	Monei I.M rfn	22	00.29:37017	34	367
		Age: m - 45 : 49				
C1-20	1 ssb	phekonyane kk pte	15	00.24:17508	1	400
C1-2	asb limpopo	tafoma mj s sgt	21	00.24:32200	2	399
C1-23	school of armour	matsane wt sgt	2	00.24:53588	3	398
C2-14	asb limpopo	matamela md cpl	3	00.24:59245	4	397
C1-6	sa army engr fmn hq	ramudzuli m cpl	4	00.25:33579	5	396
C1-13	asb wc	kuta ex l cpl	17	00.26:12566	6	395
C1-8	regional workshop gauteng	mabusela re sgt	10	00.26:14663	7	394
C1-16	sa army arty fmn hq	Katiba M.P. wo1	9	00.26:44045	8	393
A6-20	hq 43 sa bde	matli m.e s sgt	6	00.26:50286	9	392
C1-5	asb limpopo	moratlali ms pte	5	00.26:51573	10	391
C1-3	asb kimberley	JWILI N.A lt	12	00.27:02679	11	390
C1-12	15 sai bn	nematavhelani t.n. pte	22	00.27:04363	12	389
C2-7	asb kzn	MBEJE Z.D maj	14	00.27:24215	13	388
C2-16	neg	Mabilo D.M. cpl	20	00.27:44730	14	387
C1-4	asb potch	MASHAI ND 1 cpl	7	00.27:53620	15	386
C2-18	asb wc	williams h s sgt	19	00.28:04500	16	385
C1-7	101 asu	mokoena bm cpl	1	00.28:25560	17	384
C1-19	15 sai bn	Lithudzha T.E cpl	16	00.29:05502	18	383
A6-14	hq 43 sa bde	Dlamalala NT wo1	11	00.29:05093	19	382
C1-18	sa army sig fmn hq	tlaka m.a. col	18	00.29:16022	20	381
C1-22	sa army armour fmn hq	Putter C.B.S. lt col	8	00.30:20989	21	380
C1-15	4 arty regt	ceza xg sgt	23	00.31:28046	22	379
C1-11	hq 46 sa bde	maboe si sgt	13	00.33:16509	23	378
		Age: m - 50 : 105				
C2-5	35 engr sup regt	luvulweni z.d. sgt	10	00.23:49387	1	400
C2-6	101 asu	MOLOTO NJ s sgt	2	00.23:51704	2	399
C2-13	school of tac int	mogoje sr s sgt	3	00.25:16080	3	398
C2-20	inf school	suka vh s sgt	9	00.25:18152	4	397
C2-8	hq 46 sa bde	Kunyana M. 1 cpl	5	00.25:2058*	5	396
C2-9	2 sai bn	mivanga fa cpl	4	00.25:37198	6	395
C2-19	sa army gym	shai ms wo2	15	00.25:42711	7	394
C2-11	school of engr	magubane m.k sgt	8	00.25:43337	8	393
C2-4	10 sai bn	nkosi pr l cpl	12	00.25:43597	9	392
C2-10	asb jhb	hadebe nd l cpl	7	00.25:57575	10	391
C2-17	121 sai bn	mthembu n1 pte	6	00.25:59479	11	390
C2-1	15 sai bn	mulaudzi t.p. cpl	20	00.26:46981	12	389
C2-12	4 arty regt	NETSHILINDI T.E cpl	1	00.26:54779	13	388
C2-2	jsb wonderboom	phele l.j. sgt	11	00.27:16100	14	387
C1-1	sa army ada fmn hq	radebe m.b. s sgt	21	00.27:55572	15	386
C1-14	sa army armour fmn hq	jansen w.o. col	14	00.28:13329	16	385
C2-23	1 tac int regt	MOLEHE C.L sgt	18	00.28:28499	17	384
C2-21	regional workshop gauteng	molelekeng bd sgt	13	00.29:42801	18	383
C1-17	sa army armour fmn hq	louw h col	17	00.29:43377	19	382
C2-15	1 ssb	tongha rp sgt	19	00.29:55702	20	381
C1-9	sa army hq	Tolomo p.n. sgt	24	00.30:23212	21	380
C2-3	1 sig regt	Mampofu S.A sgt	23	00.31:20111	22	379
C1-10	sa army hq	molekane bb lt col	22	00.31:36716	23	378
C2-22	asb jhb	Gwai T wo2	16	00.32:05436	24	377
		Age: f - 0 : 30				
D1-24	inf school	mncwabe kn pte	14	00.25:12245	1	400
D2-17	9 sai bn	Legodi T.T.L rfn	1	00.25:17994	2	399
D3-10	4 arty regt	chabalala n.e 1 bdr	10	00.25:31430	3	398
D2-10	arty mob regt	van rooyen t 1 bdr	7	00.25:40456	4	397
D3-16	4 arty regt	boroko v gnr	12	00.26:23985	5	396
D1-13	10 aa regt	Sebeela L pte	20	00.26:34511	6	395

D3-19	7 sai bn	ramanaga mw pte	5	00.26:51210	7	394
D3-2	10 aa regt	Mzambo L.P gnr	2	00.26:51481	8	393
D2-23	asb bfn	moeng ebo cpl	24	00.27:07727	9	392
D2-6	2 fd engr regt	tshabile pm spr	3	00.27:15483	10	391
D1-2	asb limpopo	NIESEL M.Z l cpl	21	00.27:27007	11	390
D1-12	10 aa regt	mncwabe t.p. pte	13	00.27:47079	12	389
D2-4	hq 43 sa bde	ngwenya fs l cpl	31	00.28:00609	13	388
D2-18	1 ssb	mcunu na tpr	16	00.28:13957	14	387
D1-15	ada school	segotso rp gnr	11	00.28:16910	15	386
D1-6	asb limpopo	MOKOENA M pte	23	00.28:28827	16	385
D1-14	101 asu	Masakona N pte	22	00.28:33476	17	384
D2-13	1 ssb	sithebe s.p. tpr	9	00.28:39700	18	383
D3-12	school of arty	molo nc gnr	18	00.28:52965	19	382
D3-13	101 asu	sekwele ll rfn	35	00.28:54548	20	381
D2-21	2 sai bn	Mokgothu D.I rfn	36	00.28:57225	21	380
D1-5	4 arty regt	mbambo l gnr	27	00.29:02334	22	379
D2-9	asb bfn	Africa L.C.L pte	41	00.29:04647	23	378
D1-1	sa army ada fmn hq	ntanzi n.m. cpl	33	00.29:05254	24	377
D3-9	hq 43 sa bde	mahlangu n.i. l cpl	30	00.29:13206	25	376
D3-15	1 sig regt	maringa f.l. smn	47	00.29:16663	26	375
D3-18	4 arty regt	aphane lr gnr	43	00.29:20906	27	374
D1-11	2 fd engr regt	mkhonza sz spr	6	00.29:20578	28	373
D1-20	jsb wonderboom	Ghabani D.C. cpl	37	00.29:22836	29	372
D2-8	1 sig regt	nkosi z.c pte	15	00.29:22149	30	371
D1-16	sa army arty fmn hq	moloto ms gnr	28	00.29:22385	31	370
D1-23	1 sig regt	mongale L smn	29	00.29:23174	32	369
E1-20	dod main ord depot	Mudau T.S cpl	45	00.29:34661	33	368
D2-2	1 ssb	SKOSANA B.N tpr	26	00.29:41293	34	367
D2-16	sa army hq	janse van rensburg a cpln	48	00.29:55179	35	366
D1-22	hq 43 sa bde	ngwendu n l cpl	50	00.30:07618	36	365
D3-22	ada school	MOLOTO M.P gnr	40	00.30:18400	37	364
D1-8	10 aa regt	Ntaka NS pte	17	00.30:18070	38	363
D3-17	asb kzn	PRINS A.B cpl	32	00.30:22754	39	362
D2-20	asb potch	Riet TP pte	44	00.30:26451	40	361
D2-3	1 sa tk regt	theyane d.p. tpr	39	00.30:31688	41	360
D2-7	1 sa tk regt	NEELS C.M tpr	8	00.30:34815	42	359
D1-4	hq 43 sa bde	sibisi bt l cpl	46	00.30:39400	43	358
E1-9	sa army ctc	ramaila lm pte	55	00.30:40539	44	357
D3-1	sa army ctc	phate n pte	51	00.30:40799	45	356
D1-3	asb potch	Masekwameng B.P cpl	58	00.30:51777	46	355
D1-17	asb kimberley	mcambeni el cpl	42	00.30:57744	47	354
D3-11	sa army engr fmn hq	masenya lk spr	38	00.32:03002	48	353
D1-21	asb wc	Ratlotlong M.E pte	53	00.32:06976	49	352
D1-9	ada school	SELEKISHO K.A gnr	34	00.32:22977	50	351
E1-13	school of armour	november mi pte	52	00.32:28861	51	350
D1-18	asb kimberley	Toli N.M.M l cpl	57	00.32:29286	52	349
D2-19	asb wc	Direko KS l cpl	49	00.32:36819	53	348
D2-11	ada school	LETSHUMA K gnr	25	00.32:55570	54	347
D2-15	10 aa regt	Seitiso M gnr	19	00.32:55198	55	346
D3-21	hq 46 sa bde	morata d.m. pte	61	00.32:56190	56	345
D1-19	sa army hq	Brand L.A.M l cpl	4	00.33:10420	57	344
D2-22	jsb wonderboom	Shabane Z.C l cpl	54	00.33:27342	58	343
D3-14	hq 46 sa bde	kopela c. pte	60	00.33:48062	59	342
D2-1	regional workshop gauteng	molaolwa f sgt	59	00.34:58874	60	341
D1-10	asb wc	Kondile Z pte	62	00.34:59194	61	340
D2-5	1 ssb	khumalo wm pte	56	00.35:56158	62	339
		Age: f - 31 : 39				
E1-14	school of engrs	zulu fs l cpl	2	00.25:59633	1	400
E1-16	1 tac int regt	FICK C.M maj	5	00.26:03082	2	399
D3-23	8 sai bn	Machanic B l cpl	7	00.26:44681	3	398
D3-6	3 elec wkshp	juries s.r. sgt	18	00.27:19718	4	397
E1-5	ada school	THUSI J.S wo2	4	00.27:21432	5	396
E1-23	sa army gym	mashego la s sgt	8	00.27:29319	6	395
E1-17	sa army int fmn hq	van der spuy cs maj	6	00.27:50503	7	394
D3-3	3 elec wkshp	mohlala vm capt	1	00.28:00953	8	393
E1-4	hq 43 sa bde	mapea mm l cpl	13	00.28:57517	9	392
E1-21	1 constr regt	Mathibe B.V l cpl	14	00.29:17621	10	391
E1-10	sa army ctc	mothupi cp pte	9	00.29:32989	11	390
D3-7	8 sai bn	Tole S sgt	11	00.29:43346	12	389
E1-7	9 sai bn	Sekhu M.S l cpl	3	00.30:07952	13	388
D2-24	121 sai bn	Cebisa M lt	10	00.30:31250	14	387
D1-7	7 sai bn	nengovhela r pte	19	00.30:32896	15	386
D2-14	sa army hq	poo lh l cpl	16	00.30:32097	16	385
E1-3	121 sai bn	Ndlovu M.M l cpl	15	00.30:41382	17	384
E1-6	ada school	Mfetane N.M l bdr	24	00.32:23277	18	383
E1-19	sa army gym	nkosi sc maj	21	00.33:10918	19	382
D2-12	sa army hq	Makola K.D. pte	17	00.33:23166	20	381
E1-15	cmis	DU PLESSIS C maj	22	00.33:48916	21	380
D3-5	1 sai bn	Tambekile D.S pte	23	00.34:34659	22	379
D3-4	8 sai bn	Tshabalala N.M l cpl	12	00.34:34190	23	378
D3-8	sa army sig fmn hq	mokgalaka g.d. s sgt	20	00.36:12887	24	377
		Age: f - 40 : 105				
E1-12	4 arty regt	mogatle D.M. sgt	1	00.27:09016	1	400
E1-1	sa army sig fmn hq	janse van rensburg d col	3	00.27:54026	2	399
E1-11	ncg	Botha I maj	2	00.28:17412	3	398

E1-2	inf school	mabuza tp sgt	6	00.31:20866	4	397
E1-22	ada school	motsamai kv wo2	4	00.33:03886	5	396
E1-18	school of tac int	sereko m wo1	5	00.33:30994	6	395
E1-8	sa army sig fmn hq	slater y.a. wo1	7	00.36:12602	7	394

