



**SA ARMY FITTEST SOLDIER
COMPETITION**

**SA ARMY FITTEST SOLDIER COMPETITION PROTOCOL: SIT-UPS,
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						
A5-5	inf school	Sithole W.W 1 cpl	33	103*	1	400
A1-4	sa army gym	lubenye lm lt	70	94*	2	399
A6-8	asb limpopo	MHLANGA V.E cpl	32	91*	3	398
A1-21	4 arty regt	Links R.M 1 bdr	31	88*	4	397
A3-7	1 ssb	nhleko sm pte	2	86*	5	396
A4-20	44 para regt	mkhize ms pte	36	85*	6	395
A5-10	asb bfn	MKHIZE TK cpl	82	85*	6	395
A2-21	2 fd engr regt	cossa m spr	15	83*	8	393
A5-7	asb potch	Mofyoa R.T pte	51	83*	8	393
A5-17	1 sa tk regt	matiwana m.e tpr	17	82*	10	391
A1-10	10 aa regt	selotlego mi gnr	18	81*	11	390
A2-5	hq 43 sa bde	ngoetjana fk 1 cpl	48	80*	12	389
A2-11	hq 43 sa bde	masango ps 1 cpl	16	80*	12	389
A2-10	44 para regt	Lucas R D rfn	14	79*	14	387
A2-12	inf school	thepane s rfn	8	79*	14	387
A3-8	5 sig unit	dlamini b.z.b. co	110	78*	16	385
A3-19	4 arty regt	Makobela M.R 1 bdr	4	78*	16	385
A3-9	sa army hq	xabanisa bm cpl	83	76*	18	383
A3-23	sa army ada fmn hq	mokobane m.j. gnr	88	75*	19	382
A5-13	asb bfn	Nxumalo C.G set	85	75*	19	382
A5-21	2 fd engr regt	keto t. spr	52	75*	19	382
A1-24	ncg	molokwane n.g pte	12	74*	22	379
A2-2	sa army college	mnisi f capt	108	74*	22	379
A4-15	sa army ctc	moletsane m pte	42	74*	22	379
A5-16	asb kimberley	sereo s cpl	73	74*	22	379
A3-1	7 maint unit	motseolapile ms cpl	13	72*	26	375
A4-8	sa army hq	segopa k gnr	94	72*	26	375
A5-1	1 sa tk regt	Ngema svg tpr	60	72*	26	375
A2-1	regional workshop gauteng	mogapi ot cpl	63	71*	29	372
A1-17	sa army college	khashane he capt	56	70*	30	371
A4-19	44 para regt	paggadi le pte	20	70*	30	371
A6-17	jsb wonderboom	moganyaka s.g. co	53	70*	30	371
A1-3	asb kimberley	sabo m cpl	40	68*	33	368
A1-18	hq 43 sa bde	ndlovu nv 1 cpl	23	68*	33	368
A1-20	inf school	matsho ck capt	38	68*	33	368
A4-1	1 para bn	mohlakoana sm rfn	7	68*	33	368
A4-18	asb jhb	Ndadzha P.S 1 cpl	100	68*	33	368
A4-23	sa army engr fmn hq	Motlhoki T pte	66	68*	33	368
A5-3	inf school	cheliu u cpl	21	68*	33	368
A5-14	44 para regt	mhlongo m rfn	39	68*	33	368
A2-3	1 sig regt	selahla m.e. smn	19	67*	41	360
A6-1	44 para regt	MADAWENI R cpl	5	67*	41	360
A2-14	10 aa regt	Mokwena M.J gnr	3	66*	43	358
A2-16	3 sai bn	sealogo m.p. lt	29	66*	43	358
A3-22	10 aa regt	Ntsukunyane T.E gnr	49	66*	43	358
A1-12	ada school	Shongwe S.W gnr	65	65*	46	355
A2-18	1 tac int regt	PHOLO KA sct	95	65*	46	355
A3-4	ada school	sejaphala sn gnr	96	65*	46	355
A3-16	jsb garrison	mothibi km pte	22	65*	46	355
A5-22	hq 43 sa bde	mngomezulu mmm 1 cpl	80	65*	46	355
A6-3	10 aa regt	Mampana M.H gnr	93	65*	46	355
A1-13	10 aa regt	Kganyego S 1 bdr	68	64*	52	349
A1-22	21 sai bn	ambraal i 1 cpl	6	64*	52	349

A2-24	44 para regt	Leopeng K.C rfn	30	64*	52	349
A1-8	sa army ctc	Ndwandwe NL pte	91	62*	55	346
A2-4	10 aa regt	setlalekgomo o.m. pte	41	62*	55	346
A2-19	10 aa regt	Vicente A pte	28	62*	55	346
A4-9	10 aa regt	motshabi tl gnr	57	61*	58	343
A4-10	1 sa tk regt	futhela jl pte	9	61*	58	343
A4-4	1 constr regt	tshikovhi nm cpl	45	60*	60	341
A5-2	10 aa regt	Ntsoereng M.G 1 bdr	104	60*	60	341
A6-7	dod main ord depot	Ngoepe T.G cpl	27	60*	60	341
A3-6	school of tac int	arnoldus kl 1 cpl	74	59*	63	338
A2-9	1 ssb	modise gd tpr	77	58*	64	337
A1-14	10 aa regt	Nkiane M.A gnr	35	57*	65	336
A1-19	10 aa regt	KWINDA ZF gnr	90	57*	65	336
A2-13	asb potch	Mantsho K.C 1 cpl	106	57*	65	336
A3-2	jsb garrison	mashaba x pte	62	57*	65	336
A3-11	asb limpopo	Kgoete P.S cpl	120	57*	65	336
A4-13	10 aa regt	Hulana VM pte	59	57*	65	336
A5-8	sa army college	sibisi nl pte	89	57*	65	336
A1-9	1 sa tk regt	Thole T J tpr	43	56*	72	329
A3-13	jsb garrison	KOCK J.I.T rfn	34	56*	72	329
A6-2	asb ec	saila k pte	114	56*	72	329
A2-20	10 aa regt	muruge p. pte	70	55*	75	326
A3-12	2 sai bn	Segopa I.T pte	58	55*	75	326
A6-18	1 sig regt	Shabangu S.D smn	76	55*	75	326
A3-3	sa army hq	simali mm gnr	115	52*	78	323
A2-6	asb limpopo	Raphalalani M pte	112	50*	79	322
A3-18	2 fd engr regt	diphoko mj 1 cpl	54	50*	79	322
A4-3	1 sa tk regt	mashishi b pte	25	50*	79	322
A4-16	jsb garrison	thalla cmt pte	67	50*	79	322
A5-11	2 sai bn	Modise K.T rfn	1	50*	79	322
A5-18	asb limpopo	Nelwamondo R pte	46	50*	79	322
A1-7	sa army int fmn hq	Molebatse t.b lt	98	49*	85	316
A2-8	sa army hq	litabo ma smn	79	49*	85	316
A3-10	school of engr	chamba le 1 cpl	26	48*	87	314
A1-1	101 asu	mantole kp rfn	11	47*	88	313
A2-7	sa army gym	Radede SM pte	44	46*	89	312
A6-22	asb limpopo	Rebombo S 1 cpl	111	46*	89	312
A3-5	1 sa tk regt	KWEYANA N.E tpr	50	45*	91	310
A3-17	44 para regt	Julie C.N rfn	86	45*	91	310
A4-5	jsb garrison	NGCUKANA M.M. cpl	101	45*	91	310
A5-12	ncg	MOFOKENG TW 1 cpl	97	45*	91	310
A1-2	10 aa regt	Sehloho RP pte	78	44*	95	306
A5-4	asb limpopo	Sefoloshe T.L co	118	44*	95	306
A1-16	sa army hq	Malebye JT tpr	72	43*	97	304
A4-6	regional workshop gauteng	Khoza E cpl	113	43*	97	304
A6-4	asb kimberley	PHALATSE M.S pte	36	42*	99	302
A4-12	asb limpopo	maokisho km pte	107	41*	100	301
A5-20	asb jhb	bekker bm cpl	92	41*	100	301
A1-11	ada school	SIKUNYANA A.L gnr	121	40*	102	299
A3-14	4 arty regt	buthlezi mc bdr	81	40*	102	299
A4-2	1 sa tk regt	kelehetswe lk tpr	10	40*	102	299
A4-21	sa army hq	mukhinindi D. 1 cpl	99	40*	102	299
A4-11	10 aa regt	mofokeng n gnr	55	39*	106	295
A5-15	ada school	mapulane s 1 bdr	24	39*	106	295
A6-11	asb kzn	mosiane sa 1 cpl	84	38*	108	293
A4-22	1 tac int regt	STOFFELS E sct	69	37*	109	292
A1-6	jsb garrison	mlaza mc rfn	87	36*	110	291
A5-6	10 aa regt	MOLEBATSI LA 1 bdr	123	36*	110	291
A1-15	sa army college	SITHOLE M.C pte	105	35*	112	289
A1-23	asb limpopo	Gededzha T.T pte	122	35*	112	289
A5-23	asb ec	MLAHLWA N.G sgt	124	34*	114	287
A3-15	sa army engr fmn hq	Mahlangu AB spr	47	33*	115	286
A5-9	asb limpopo	lepadima tc sgt	103	32*	116	285
A4-17	regional workshop gauteng	NOTSHWELEKA JD cpl	102	31*	117	284
A2-17	sa army hq	Nkwana V.M sct	125	30*	118	283
A3-21	hq 46 sa bde	khasapane m.a. pte	117	30*	118	283
A4-7	asb we	Kohli S pte	116	30*	118	283
A2-23	sa army hq	Plaatjes SL sct	109	28*	121	280
A2-15	1 ssb	RUNGANI A tpr	61	24*	122	279
A3-20	hq 46 sa bde	shuping tm cpl	119	24*	122	279
A1-5	10 aa regt	makgopa wt gnr	75	23*	124	277
A5-19	3 elec wkshp	wisani s.z. cpl	64	21*	125	276
		Age: m - 35 : 44				
A6-6	1 ssb	NKABINDE S.G capt	26	80*	1	400
B1-5	regional works unit gauteng	mabotja ns sgt	18	78*	2	399
B1-8	sa army gym	senamela mi maj	1	76*	3	398
B1-14	jsb garrison	GONGOTA L. cpl	20	71*	4	397
A6-9	4 arty regt	Moeti T.I. bdr	15	70*	5	396
A6-10	hq 43 sa bde	moses g j 1 cpl	5	69*	6	395
A6-13	121 sai bn	MBAMBO C.S lt	12	65*	7	394
B1-11	saasic	mosiane sn pte	4	65*	7	394
B1-22	inf school	mtantato n capt	8	65*	7	394
A6-23	1 ssb	xulu ps co	16	63*	10	391
B1-1	sa army armour fmn hq	wylbacht ld maj	14	62*	11	390

B1-15	sa army college	sathekge m p sgt	7	62*	11	390
B1-18	ash potch	mnguni tm cpl	6	61*	13	388
A6-5	hq 43 sa bde	lekabe lc maj	11	60*	14	387
A6-12	1 ssb	DE BUS DJP lt	10	60*	14	387
A6-19	hq 43 sa bde	mashilo rd l cpl	18	60*	14	387
B1-3	ash potch	motale lp pte	21	60*	14	387
B1-6	jsb wonderboom	zondi s. sgt	17	60*	14	387
A6-15	hq 46 sa bde	de wet e maj	3	55*	19	382
B1-16	4 arty regt	masela mf bdr	23	51*	20	381
A6-21	hq 46 sa bde	Mokgoetsi J.S l bdr	31	50*	21	380
B1-19	school of tac int	lengwasa c.m. capt	25	50*	21	380
A6-16	hq 43 sa bde	nkwana ms l cpl	13	45*	23	378
B1-20	1 tac int regt	tredoux cj capt	9	44*	24	377
B1-13	2 sai bn	Monei I.M rfn	22	43*	25	376
B1-12	5 sai bn	KHWELA XI l cpl	2	42*	26	375
B1-2	engr ter int regt	vilakazi s.p sgt	24	41*	27	374
B1-17	dod main ord depot	Tshabalala S.S sgt	27	37*	28	373
B1-23	sa army engr fmn hq	Rakale SA s sgt	29	36*	29	372
B1-10	1 ssb	madlopha ni cpl	28	32*	30	371
B1-7	hq 46 sa bde	dlamini c. s sgt	32	29*	31	370
B1-21	asb kimberley	andric g. j. capt	30	28*	32	369
B1-9	asb kzn	mzolo dp sgt	33	20*	33	368
		Age: m - 45 : 49				
C1-7	101 asu	mokoena bm cpl	1	73*	1	400
C2-7	asb kzn	MBEJE Z.D maj	14	68*	2	399
C1-3	asb kimberley	JWILI N.A lt	12	65*	3	398
C1-8	regional workshop gauteng	mabusela re sgt	10	59*	4	397
C2-14	asb limpopo	matamela md cpl	3	59*	4	397
C1-2	asb limpopo	tafoma mj s sgt	21	57*	6	395
C1-15	4 arty regt	ceza xg sgt	23	57*	6	395
C1-11	hq 46 sa bde	maboe si sgt	13	45*	8	393
C1-12	15 sai bn	nematavhelani t.n. pte	22	44*	9	392
C1-21	1 ssb	mokoena mp cpl	24	43*	10	391
C1-4	asb potch	MASHAI ND l cpl	7	40*	11	390
C1-20	1 ssb	phekonyane kk pte	15	40*	11	390
C1-23	school of armour	matsane wt sgt	2	39*	13	388
C1-5	asb limpopo	moratlatli ms pte	5	37*	14	387
C2-16	ncg	Mabulo D.M. cpl	20	34*	15	386
A6-14	hq 43 sa bde	Dlamalala NT wo1	11	33*	16	385
C1-18	sa army sig fmn hq	tlaka m.a. col	18	31*	17	384
C1-16	sa army arty fmn hq	Katiba M.P. wo1	9	30*	18	383
C1-19	15 sai bn	Lithudzha T.E cpl	16	29*	19	382
C1-13	asb wc	kuta ex l cpl	17	27*	20	381
C2-18	asb wc	williams h s sgt	19	27*	20	381
A6-20	hq 43 sa bde	matli m.e s sgt	6	26*	22	379
C1-6	sa army engr fmn hq	ramudzuli m cpl	4	23*	23	378
C1-22	sa army armour fmn hq	Putter C.B.S. lt col	8	20*	24	377
		Age: m - 50 : 105				
C2-8	hq 46 sa bde	Kunyana M. l cpl	5	80*	1	400
C2-9	2 sai bn	mivanga fa cpl	4	80*	1	400
C2-13	school of tac int	mogoje sr s sgt	3	66*	3	398
C2-20	inf school	suka vh s sgt	9	65*	4	397
C1-10	sa army hq	molekane bb lt col	22	64*	5	396
C2-3	1 sig regt	Mampofu S.A sgt	23	64*	5	396
C2-12	4 arty regt	NETSHILINDI T.E cpl	1	63*	7	394
C2-6	101 asu	MOLOTO NJ s sgt	2	57*	8	393
C2-5	35 engr sup regt	luvulweni z.d. sgt	10	55*	9	392
C2-1	15 sai bn	mulaudzi t.p. cpl	20	53*	10	391
C2-10	asb jhb	hadebe nd l cpl	7	52*	11	390
C2-11	school of engr	magubane m.k sgt	8	50*	12	389
C2-4	10 sai bn	nkosi pr l cpl	12	46*	13	388
C2-22	asb jhb	Gwai T wo2	16	45*	14	387
C1-14	sa army armour fmn hq	jansen w.o. col	14	39*	15	386
C1-17	sa army armour fmn hq	louw h col	17	38*	16	385
C1-9	sa army hq	Tolomo p.n. sgt	24	36*	17	384
C2-15	1 ssb	tongha rp sgt	19	36*	17	384
C1-1	sa army ada fmn hq	radebe m.b. s sgt	21	35*	19	382
C2-17	121 sai bn	mthembu n l pte	6	35*	19	382
C2-21	regional workshop gauteng	molelekeng bd sgt	13	35*	19	382
C2-19	sa army gym	shai ms wo2	15	32*	22	379
C2-2	jsb wonderboom	phele Lj. sgt	11	31*	23	378
C2-23	1 tac int regt	MOLEHE C.L sgt	18	27*	24	377
		Age: f - 0 : 30				
D1-11	2 fd engr regt	mkhonza sz spr	6	95*	1	400
D2-17	9 sai bn	Legodi T.T.L rfn	1	93*	2	399
D3-16	4 arty regt	boroko v gnr	12	90*	3	398
D1-20	jsb wonderboom	Ghabani D.C. cpl	37	80*	4	397
D3-13	101 asu	sekwele ll rfn	35	78*	5	396
D2-6	2 fd engr regt	tshabile pm spr	3	77*	6	395
D2-10	arty mob regt	van rooyen t l bdr	7	77*	6	395

D1-13	10 aa regt	Sebeela L pte	20	74*	8	393
D3-18	4 arty regt	aphane lr gnr	43	72*	9	392
D3-12	school of arty	molo nc gnr	18	71*	10	391
D2-16	sa army hq	janse van rensburg a cpln	48	69*	11	390
D3-11	sa army engr fmn hq	masenya lk spr	38	68*	12	389
D1-8	10 aa regt	Ntaka NS pte	17	66*	13	388
D3-2	10 aa regt	Mzambo L.P gnr	2	66*	13	388
D1-2	asb limpopo	NIESEL M.Z l cpl	21	65*	15	386
D1-12	10 aa regt	mncwabe t.p. pte	13	63*	16	385
D3-9	hq 43 sa bde	mahlangu n.i. l cpl	30	63*	16	385
D2-2	1 ssb	SKOSANA B.N tpr	26	61*	18	383
D1-14	101 asu	Masakona N pte	22	59*	19	382
D2-4	hq 43 sa bde	ngwenya fs l cpl	31	58*	20	381
D3-19	7 sai bn	ramanaga mw pte	5	58*	20	381
D3-15	1 sig regt	maringa f.l. smn	47	57*	22	379
D2-9	asb bfn	Africa L.C.L pte	41	56*	23	378
D2-15	10 aa regt	Seitiso M gnr	19	54*	24	377
D1-6	asb limpopo	MOKOENA M pte	23	53*	25	376
D1-15	ada school	segotso rp gnr	11	51*	26	375
D1-24	inf school	mncwabe kn pte	14	51*	26	375
D1-9	ada school	SELEKISHO K.A gnr	34	50*	28	373
D1-17	asb kimberley	mcambeni el cpl	42	50*	28	373
D1-19	sa army hq	Brand L.A.M l cpl	4	50*	28	373
D1-1	sa army ada fmn hq	ntanzi n.m. cpl	33	48*	31	370
D3-22	ada school	MOLOTO M.P gnr	40	48*	31	370
D1-4	hq 43 sa bde	sibisi bt l cpl	46	47*	33	368
D1-5	4 arty regt	mbambo l gnr	27	47*	33	368
E1-20	dod main ord depot	Mudau T.S cpl	45	47*	33	368
D3-10	4 arty regt	chabalala n.e l bdr	10	43*	36	365
D2-8	1 sig regt	nkosi z.c pte	15	42*	37	364
D1-16	sa army arty fmn hq	moloto ms gnr	28	39*	38	363
D1-22	hq 43 sa bde	ngwendu n l cpl	50	37*	39	362
D2-13	1 ssb	sithebe s.p. tpr	9	37*	39	362
D3-17	asb kzn	PRINS A.B cpl	32	37*	39	362
D2-18	1 ssb	mcunu na tpr	16	36*	42	359
D2-5	1 ssb	khumalo wm pte	56	35*	43	358
D2-7	1 sa tk regt	NEELS C.M tpr	8	34*	44	357
D3-1	sa army ctc	phate n pte	51	34*	44	357
E1-13	school of armour	november mi pte	52	34*	44	357
D1-3	asb potch	Masekwameng B.P cpl	58	32*	47	354
D1-23	1 sig regt	mongale L smn	29	31*	48	353
D2-3	1 sa tk regt	theyane d.p. tpr	39	30*	49	352
D2-11	ada school	LETSHUMA K gnr	25	30*	49	352
D2-20	asb potch	Riet TP pte	44	29*	51	350
D3-14	hq 46 sa bde	kopela c. pte	60	29*	51	350
D3-21	hq 46 sa bde	morata d.m. pte	61	28*	53	348
D1-18	asb kimberley	Toli N.M.M l cpl	57	24*	54	347
D1-21	asb wc	Ratlotlong M.E pte	53	24*	54	347
D1-10	asb wc	Kondile Z pte	62	22*	56	345
E1-9	sa army ctc	ramaila lm pte	55	22*	56	345
D2-23	asb bfn	moeng ebo cpl	24	21*	58	343
D2-21	2 sai bn	Mokgothu D.I rfn	36	20*	59	342
D2-19	asb wc	Direko KS l cpl	49	18*	60	341
D2-22	jsb wonderboom	Shabane Z.C l cpl	54	17*	61	340
D2-1	regional workshop gauteng	molaolwa f sgt	59	13*	62	339
		Age: f - 31 : 39				
D3-3	3 elec wkshp	mohlala vm capt	1	95*	1	400
E1-7	9 sai bn	Sekhu M.S l cpl	3	88*	2	399
E1-16	1 tac int regt	FICK C.M maj	5	75*	3	398
D3-7	8 sai bn	Tole S sgt	11	72*	4	397
E1-6	ada school	Mfetane N.M l bdr	24	66*	5	396
E1-21	1 constr regt	Mathibe B.V l cpl	14	58*	6	395
E1-17	sa army int fmn hq	van der spuy cs maj	6	57*	7	394
E1-5	ada school	THUSI J.S wo2	4	56*	8	393
D2-14	sa army hq	poo lh l cpl	16	55*	9	392
E1-14	school of engrs	zulu fs l cpl	2	51*	10	391
D3-6	3 elec wkshp	juries s.r. sgt	18	49*	11	390
D3-8	sa army sig fmn hq	mokgalaka g.d. s sgt	20	48*	12	389
E1-10	sa army ctc	mothupi cp pte	9	46*	13	388
E1-15	cmis	DU PLESSIS C maj	22	46*	13	388
E1-19	sa army gym	nkosi sc maj	21	45*	15	386
D3-23	8 sai bn	Machanic B l cpl	7	43*	16	385
D3-5	1 sai bn	Tambekile D.S pte	23	40*	17	384
E1-3	121 sai bn	Ndlovu M.M l cpl	15	40*	17	384
E1-23	sa army gym	mashego la s sgt	8	39*	19	382
D1-7	7 sai bn	nengovhela r pte	19	31*	20	381
E1-4	hq 43 sa bde	mapea mm l cpl	13	30*	21	380
D2-12	sa army hq	Makola K.D. pte	17	28*	22	379
D3-4	8 sai bn	Tshabalala N.M l cpl	12	21*	23	378
D2-24	121 sai bn	Cebisa M lt	10	19*	24	377
		Age: f - 40 : 105				
E1-1	sa army sig fmn hq	janse van rensburg d col	3	59*	1	400
E1-12	4 arty regt	mogatle D.M. sgt	1	59*	1	400
E1-11	ncg	Botha I maj	2	55*	3	398
E1-2	inf school	mabuza tp sgt	6	52*	4	397

E1-18	school of tac int	sereko m wo1	5	35*	5	396
E1-22	ada school	motsamai kv wo2	4	35*	5	396
E1-8	sa army sig fmn hq	slater y.a. wo1	7	27*	7	394

