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W30 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
Finals					
1 Van Aswegen, Yolande	W31 Central North West		12.74	NWI	12.75 82.34%
2 Mare, Leoni	W34 Athletics Gauten		13.39	NWI	13.40 78.34%
3 Louw, Natascha	W32 Athletics Gauten		13.49	NWI	13.50 77.76%
4 Anderson, Elane	W34 Athletics Gauten		13.68	NWI	13.69 76.68%
-- Botha, Mariette	W30 CGA		DNS	NWI	

W35 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Olivier, Christa	W39 North West North		13.55	NWI	13.56 77.42%
2 Heyns, Alicia	W39 Athletics Gauten		14.44	NWI	14.45 72.65%
3 Stewart, Carolina	W38 CGA		14.73	NWI	14.74 71.22%
-- Zweni, Tembakazi	W35 North West North		DNS	NWI	
-- Dhlhwayo, Elizabeth	W38 North West North		DNS	NWI	

W40 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Schoeman, Adri	W43 Athletics Gauten		11.94	NWI	11.40 92.04%
2 Maritz, Yolande	W43 Athletics Gauten		13.45	NWI	12.84 81.71%
3 Barnard, Sunette	W40 Athletics Gauten		13.81	NWI	13.19 79.58%
4 Meyer, Carmen	W42 Central North West		14.24	NWI	13.60 77.18%
5 Hanekom, Tania	W42 Athletics Gauten		14.30	NWI	13.65 76.85%
6 Myeza, Mapule	W40 KwaZulu-Natal		14.35	NWI	13.70 76.59%
-- Zwane, Nonhlanhla	W40 KwaZulu-Natal		DNS	NWI	
-- Booysen, Jennifer	W41 Athletics Gauten		DNS	NWI	

W45 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Willemse, Guste	W47 SWD		14.76	NWI	13.32 78.79%
2 Smit, Ina	W48 AVT		15.73	NWI	14.19 73.94%
3 Human, Corinne	W49 Athletics Gauten		17.64	NWI	15.92 65.93%
4 Bridgland, Esmari	W45 Athletics Gauten		18.58	NWI	16.76 62.59%
-- Sigubudu, Nana	W45 KwaZulu-Natal		DNS	NWI	
-- Jali, Thandazile	W46 KwaZulu-Natal		DNS	NWI	

W50 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Beukes, Ronel	W54 Boland		13.80	NWI	11.81 88.91%
2 Pretorius, Elaine	W53 Athletics Gauten		15.21	NWI	13.01 80.67%
-- Van Rooyen, Madelene	W51 Athletics Gauten		DNS	NWI	

W55 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Van Heerden, Rina	W57 Athletics Gauten		15.42	NWI	12.54 83.72%



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W60 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Immelman, Pam	W64 CGA		16.28	NWI	12.61 83.23%
2 Claassen, Stephanie	W62 Athletics Gauten		16.47	NWI	12.76 82.27%
3 Jacobs, Marlene	W62 KwaZulu-Natal		24.18	NWI	18.73 56.04%

W65 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Ungerer, Toy	W68 SWD		15.48	NWI	11.45 91.67%

W70 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Venter, Hester	W73 Athletics Gauten		19.25	NWI	13.63 76.99%

W75 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Johnson, Magdaline	W77 Western Province		19.54	NWI	12.92 81.22%

W80 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Du Plooy, Christie	W83 CGA		19.50	NWI	12.18 86.15%

M30 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Jordaan, Rudi	M30 CGA		11.49	NWI	11.50 85.20%
2 Van Straten, Andries	M34 North West North		12.04	NWI	12.05 81.31%
3 Haywood, Werner	M33 North West North		12.09	NWI	12.10 80.98%
-- Steenberg, Bradley	M30 Western Province		DNS	NWI	

M35 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Van Wyk, Carel	M39 Athletics Gauten		11.36	NWI	11.24 87.15%
2 Holroyd, Wayne	M38 KwaZulu-Natal		11.45	NWI	11.33 86.46%
3 Kock, Andrew	M37 Eastern Province		12.05	NWI	11.93 82.16%
4 Swegile, Simpiwe	M36 Eastern Province		12.70	NWI	12.57 77.95%
-- Maphanga, Brian	M37 Athletics Gauten		DNS	NWI	

M40 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Hunter, G	M41 CGA		11.68	NWI	11.15 87.84%
2 Truter, Andre	M40 Athletics Gauten		11.71	NWI	11.18 87.62%
3 Joubert, Gideon	M42 Athletics Gauten		11.97	NWI	11.43 85.71%
4 Peacock, Michael	M41 Western Province		12.08	NWI	11.54 84.93%
5 Viljoen, Joe	M43 North West North		12.15	NWI	11.60 84.44%



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....M40 100 Meter Sprint finals

6	George, Darryl W	M42 North West North	12.25	NWI	11.70	83.76%
7	Reddy, Colin	M40 KwaZulu-Natal	12.92	NWI	12.34	79.41%
--	Solomons, Anthony	M43 Boland	DNS	NWI		

M45 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Mngomezulu, George	M46 North West North		12.26	NWI	11.31 86.62%
2 Schroeder, Michael	M47 KwaZulu-Natal		12.30	NWI	11.35 86.34%
3 Russel, Scott	M45 Western Province		13.70	NWI	12.64 77.52%
4 Van der Vyver, Daniel	M49 Athletics Gauten		21.82	NWI	20.12 48.67%
-- Ruiters, Denver	M49 Boland		DNS	NWI	
-- Van Wyk, Andre	M47 CGA		DNS	NWI	

M50 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Toll, Michael	M50 Western Province		12.46	NWI	11.12 88.12%
2 Van Breda, Peet	M53 Athletics Gauten		13.15	NWI	11.73 83.50%
3 Theron, Gerhard	M52 North West North		15.06	NWI	13.43 72.91%
-- Endrody, Thomas	M54 CGA		DNS	NWI	
-- Van der Westhuizen, Euge	M54 Athletics Gauten		DNS	NWI	
-- Geldenhuys, Casper	M54 Athletics Gauten		DNS	NWI	
-- Kalp, Frans	M54 SWD		DNS	NWI	

M55 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Tlapu, Bobie	M57 Athletics Gauten		12.47	NWI	10.77 90.94%
2 Warriess, Joseph	M58 Western Province		12.90	NWI	11.14 87.91%
3 Downward, Trevor	M59 KwaZulu-Natal		13.46	NWI	11.63 84.25%
4 Hardman, Wally	M56 North West North		13.95	NWI	12.05 81.29%
5 Van Tubbergh, Braam	M55 KwaZulu-Natal		15.78	NWI	13.63 71.86%
6 Marran, Stefan Royden	M55 KwaZulu-Natal		15.89	NWI	13.72 71.37%
7 Bester, Gerhard	M59 Free State		16.06	NWI	13.87 70.61%
-- Nel, Leon	M55 CGA		DNS	NWI	

M60 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Varty, Dennis	M60 KwaZulu-Natal		13.85	NWI	11.59 84.48%
2 Xavier, Robert	M61 Border		14.17	NWI	11.86 82.57%

M65 100 Meter Sprint finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Smith, Anthony	M66 KwaZulu-Natal		13.98	NWI	11.35 86.27%
2 Motala, Yacoob	M65 KwaZulu-Natal		14.03	NWI	11.39 85.96%
3 Sekgobela, TB	M67 Athletics Gauten		14.10	NWI	11.45 85.53%



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M70 100 Meter Sprint finals

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Van der Mescht, Marthinu	M70	Eastern Province		15.18	NWI	11.97 81.82%
2 Kennedy, Patrick	M70	CGA		24.95	NWI	19.67 49.78%

M75 100 Meter Sprint

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Van Zyl, Jakobus	M76	Western Province		15.42	NWI	11.44 85.60%
2 Moodley, Rajagopal	M75	KwaZulu-Natal		17.37	NWI	12.89 75.99%
3 Brown, Peter	M77	SWD		17.48	NWI	12.97 75.51%
4 Stern, Eddy	M76	CGA		18.42	NWI	13.67 71.66%
-- De Vos, Tobie	M76	Athletics Gauten		DNS	NWI	
-- Bruce-Brand, Avon	M77	KwaZulu-Natal		DNS	NWI	

M80 100 Meter Sprint

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Cross, Ron	M80	Western Province		15.31	NWI	10.56 92.75%

M85 100 Meter Sprint

Name	Age	Team	Seed	Finals	Wind	Age-Grading
-- Botha, Henry	M87	Eastern Province		DNS	NWI	

W30 200 Meter Sprint Finals

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Van Aswegen, Yolande	W31	Central North West		26.13	NWI	26.14 81.67%
2 Mare, Leoni	W34	Athletics Gauten		26.58	NWI	26.59 80.29%
3 Louw, Natascha	W32	Athletics Gauten		28.03	NWI	28.04 76.13%
4 Anderson, Elane	W34	Athletics Gauten		28.07	NWI	28.08 76.02%

W35 200 Meter Sprint Finals

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Olivier, Christa	W39	North West North		27.39	NWI	27.40 77.91%

W40 200 Meter Sprint Finals

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Schoeman, Adri	W43	Athletics Gauten		24.46	NWI	23.08 92.48%
2 Barnard, Sunette	W40	Athletics Gauten		29.06	NWI	27.42 77.84%
3 Meyer, Carmen	W42	Central North West		29.30	NWI	27.65 77.20%
4 Peterson, Jenene	W42	Athletics Gauten		30.09	NWI	28.39 75.17%
5 Myeza, Mapule	W40	KwaZulu-Natal		30.50	NWI	28.78 74.16%
-- Zwane, Nonhlanhla	W40	KwaZulu-Natal		DNS	NWI	



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W45 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Human, Corinne	W49 Athletics Gauten		32.21	NWI	28.60 74.64%
2 Smit, Ina	W48 AVT		32.94	NWI	29.25 72.98%
3 Reis, Monica	W49 CGA		35.07	NWI	31.14 68.55%
-- Sigubudu, Nana	W45 KwaZulu-Natal		DNS	NWI	
-- Jali, Thandazile	W46 KwaZulu-Natal		DNS	NWI	

W50 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Beukes, Ronel	W54 Boland		28.82	NWI	24.16 88.34%
2 Van Rooyen, Madelene	W51 Athletics Gauten		29.02	NWI	24.33 87.73%
3 Pretorius, Elaine	W53 Athletics Gauten		32.13	NWI	26.94 79.24%

W55 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Van Heerden, Rina	W57 Athletics Gauten		32.74	NWI	26.00 82.10%

W60 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Immelman, Pam	W64 CGA		35.84	NWI	27.03 78.96%
2 Jacobs, Marlene	W62 KwaZulu-Natal		36.84	NWI	27.78 76.82%

W65 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Ungerer, Toy	W68 SWD		33.58	NWI	24.12 88.51%
2 Visser, MC	W67 CGA		36.58	NWI	26.27 81.25%

W70 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Venter, Hester	W73 Athletics Gauten		43.25	NWI	29.64 72.00%

W75 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Johnson, Magdaline	W77 Western Province		47.90	NWI	31.39 68.00%

M30 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Jordaan, Rudi	M30 CGA		23.51	NWI	23.52 82.18%
2 Van Straten, Andries	M34 North West North		24.01	NWI	24.02 80.47%
3 Taute, Leon	M30 Athletics Gauten		24.13	NWI	24.14 80.07%
4 Haywood, Werner	M33 North West North		24.59	NWI	24.60 78.57%
5 Rheeders, Stephan	M31 Boland		25.31	NWI	25.32 76.33%
-- Steenberg, Bradley	M30 Western Province		DNS	NWI	



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M35 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Van Wyk, Carel	M39 Athletics Gauten		22.66	NWI	21.85 88.44%
2 Holroyd, Wayne	M38 KwaZulu-Natal		23.22	NWI	22.39 86.30%
3 Msipha, Edwin	M39 CGA		23.80	NWI	22.95 84.20%
-- Kock, Andrew	M37 Eastern Province		DNS	NWI	
-- Msipha, Aldrin	M39 CGA		DNS	NWI	

M40 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Truter, Andre	M40 Athletics Gauten		23.92	NWI	22.19 87.08%
2 Hunter, G	M41 CGA		24.18	NWI	22.43 86.15%
2 Viljoen, Joe	M43 North West North		24.18	NWI	22.43 86.15%
4 Jewasklewitz, Deon	M41 Athletics Gauten		24.20	NWI	22.45 86.07%
5 Solomons, Anthony	M43 Boland		24.84	NWI	23.04 83.86%
6 Reddy, Colin	M40 KwaZulu-Natal		25.45	NWI	23.61 81.85%
7 Niemandt, Andreas	M41 Athletics Gauten		26.35	NWI	24.44 79.05%

M45 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Schroeder, Michael	M47 KwaZulu-Natal		24.39	NWI	21.80 88.64%
2 Mngomezulu, George	M46 North West North		24.74	NWI	22.11 87.39%
3 Van der Vyver, Daniel	M49 Athletics Gauten		24.94	NWI	22.29 86.69%
4 Laubsher, Hardus	M49 Athletics Gauten		26.46	NWI	23.65 81.71%
5 Petersen, Warren	M47 CGA		27.81	NWI	24.85 77.74%
6 Ruiters, Denver	M49 Boland		32.89	NWI	29.39 65.73%
-- Van Wyk, Chris	M45 SWD		DNS	NWI	

M50 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Endrody, Thomas	M54 CGA		24.99	NWI	21.54 89.72%
2 Toll, Michael	M50 Western Province		26.24	NWI	22.62 85.44%
-- Geldenhuys, Casper	M54 Athletics Gauten		DNS	NWI	

M55 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Tlapu, Bobie	M57 Athletics Gauten		25.40	NWI	21.15 91.38%
2 Warriess, Joseph	M58 Western Province		25.96	NWI	21.62 89.41%
3 Bester, Gerhard	M59 Free State		27.26	NWI	22.70 85.14%
4 Downward, Trevor	M59 KwaZulu-Natal		27.27	NWI	22.71 85.11%
5 Van Tubbergh, Braam	M55 KwaZulu-Natal		28.73	NWI	23.92 80.79%
6 Hardman, Wally	M56 North West North		29.15	NWI	24.27 79.62%
-- Meyer, Buks	M59 Athletics Gauten		DNS	NWI	

M60 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Windt, Johan	M61 SWD		27.98	NWI	22.53 85.78%



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28.81 NWI 23.20 83.30%



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....M60 200 Meter Sprint Finals

3 Xavier, Robert M61 Border 30.40 NWI 24.48 78.95%

M65 200 Meter Sprint Finals

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Smith, Anthony	M66 KwaZulu-Natal		29.56	NWI	23.04 83.86%
2 Sekgobela, TB	M67 Athletics Gauten		29.81	NWI	23.24 83.16%
3 Motala, Yacoob	M65 KwaZulu-Natal		29.97	NWI	23.36 82.72%
4 De Kock, Bobby	M69 Free State		30.55	NWI	23.81 81.15%

M70 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Stuart, Leslie	M71 SWD		35.22	NWI	26.38 73.25%

M75 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Van Zyl, Jakobus	M76 Western Province		32.01	NWI	22.17 87.16%
2 De Vos, Tobie	M76 Athletics Gauten		33.18	NWI	22.98 84.09%
3 Brown, Peter	M77 SWD		36.13	NWI	25.03 77.22%

M80 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Cross, Ron	M80 Western Province		32.56	NWI	20.70 93.37%
2 Coetzee, Martin	M82 Athletics Gauten		40.82	NWI	25.95 74.47%

M85 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading
-- Botha, Henry	M87 Eastern Province		DNS	NWI	

W30 400 Meter Sprint

Name	Age Team	Seed	Finals	Age-Grading
1 Mare, Leoni	W34 Athletics Gauten		1:00.58	1:00.59 78.57%
2 Van Aswegen, Yolande	W31 Central North West		1:01.66	1:01.67 77.20%
3 Anderson, Elane	W34 Athletics Gauten		1:02.96	1:02.97 75.60%
4 Botha, Mariette	W30 CGA		1:10.16	1:10.17 67.84%
-- Mthethwa, Nomcebo	W31 KwaZulu-Natal		DNS	

W35 400 Meter Sprint

Name	Age Team	Seed	Finals	Age-Grading
1 Olivier, Christa	W39 North West North		1:02.84	1:00.21 79.07%
2 Heyns, Alicia	W39 Athletics Gauten		1:08.22	1:05.36 72.84%



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Grading: 5 Yr Indiv & 5 yr Multi

W40 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading
1 Labuschagne, Celeste	W42	Athletics Gauten		1:05.91	59.75 79.67%
2 Hartman, Charmaine	W41	North West North		1:06.99	1:00.73 78.38%
3 Meyer, Carmen	W42	Central North West		1:07.29	1:01.00 78.04%
-- Myeza, Mapule	W40	KwaZulu-Natal		DNS	
-- Zwane, Nonhlanhla	W40	KwaZulu-Natal		DNS	
-- Van Rooyen, Seanette	W44	Athletics Gauten		DNS	
-- Booysen, Jennifer	W41	Athletics Gauten		DNS	

W45 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading
1 Vermeulen, Salome	W47	Athletics Gauten		1:05.42	56.28 84.59%
2 Viljoen, Jolande	W49	Athletics Gauten		1:12.70	1:02.54 76.12%
3 Reis, Monica	W49	CGA		1:22.05	1:10.58 67.45%
-- Sigubudu, Nana	W45	KwaZulu-Natal		DNS	

W50 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading
1 Pretorius, Elaine	W53	Athletics Gauten		1:11.78	58.75 81.03%
2 Helmerick, Laura	W54	Athletics Gauten		1:22.71	1:07.69 70.32%

W60 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading
1 Immelman, Pam	W64	CGA		1:24.68	1:03.18 75.35%
-- Jacobs, Marlene	W62	KwaZulu-Natal		DNS	

W65 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading
1 Ungerer, Toy	W68	SWD		1:17.37	55.27 86.13%

W70 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading
1 Venter, Hester	W73	Athletics Gauten		1:50.04	1:12.75 65.43%

W80 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading
1 Du Plooy, Christie	W83	CGA		1:57.43	1:02.11 76.64%

M30 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading
1 Da Silva, Gavin	M33	CGA		53.03	53.04 81.43%
2 Rheeders, Stephan	M31	Boland		55.61	55.62 77.65%
3 Taute, Leon	M30	Athletics Gauten		55.67	55.68 77.56%



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Grading: 5 Yr Indiv & 5 yr Multi

M35 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading
1 Holroyd, Wayne	M38	KwaZulu-Natal		52.43	50.87 84.89%
2 Morolo, Thози	M36	SWD		53.23	51.65 83.62%
3 Msipha, Edwin	M39	CGA		54.61	52.99 81.51%
4 Venter, Jannie	M38	Eastern Province		56.50	54.82 78.78%
-- Msipha, Aldrin	M39	CGA		DNS	
-- Cloete, Van Reenen	M38	Athletics Gauten		DNS	

M40 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading
1 Viljoen, Joe	M43	North West North		52.53	49.12 87.91%
2 Peacock, Michael	M41	Western Province		54.15	50.64 85.28%
3 Britz, Christiaan	M40	Athletics Gauten		58.23	54.45 79.31%
4 McCarthy, Gavin	M43	Western Province		58.80	54.98 78.54%
5 Niemandt, Andreas	M41	Athletics Gauten		1:04.47	1:00.28 71.63%

M45 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading
1 Schroeder, Michael	M47	KwaZulu-Natal		53.96	48.69 88.70%
2 Laubsher, Hardus	M49	Athletics Gauten		59.37	53.57 80.61%
3 Russel, Scott	M45	Western Province		1:04.51	58.21 74.19%
-- Van der Vyver, Daniel	M49	Athletics Gauten		DNS	
-- Van Wyk, Glenn	M46	CGA		DNS	
-- Van Wyk, Chris	M45	SWD		DNS	

M50 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading
1 Julie, Merlin	M53	Western Province		1:01.02	53.20 81.17%
2 Toll, Michael	M50	Western Province		1:03.42	55.29 78.10%
-- Geldenhuys, Casper	M54	Athletics Gauten		DNS	
-- Kalp, Frans	M54	SWD		DNS	

M55 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Booyesen, Hendrik	M57	CGA		1:03.52	53.57 80.60%	1
2 Rudd, Philip	M58	CGA		1:08.17	57.49 75.11%	2
3 Downward, Trevor	M59	KwaZulu-Natal		1:10.76	59.68 72.36%	3
4 Bosman, Marius	M57	Athletics Gauten		1:22.08	1:09.22 62.38%	4
5 Schoeman, At	M57	Eastern Province		1:43.29	1:27.11 49.57%	5
-- Tlapu, Bobie	M57	Athletics Gauten		DNS		6

M60 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Windt, Johan	M61	SWD		1:03.87	52.16 82.79%	1
2 Varty, Dennis	M60	KwaZulu-Natal		1:08.50	55.94 77.20%	2
-- Xavier, Robert	M61	Border		DNS		3



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M65 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Sliep, Hans	M66	CGA		1:11.05	56.25 76.78%	2
2 Rossouw, Pieter	M65	Athletics Gauten		1:22.48	1:05.30 66.14%	2
3 De Kock, Bobby	M69	Free State		1:43.54	1:21.97 52.68%	2

M70 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Stuart, Leslie	M71	SWD		1:18.57	57.51 75.09%	

M75 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Brown, Peter	M77	SWD		1:19.38	52.74 81.88%	
-- De Vos, Tobie	M76	Athletics Gauten		DNF		

W30 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Mthethwa, Nomcebo	W31	KwaZulu-Natal		2:37.29	2:37.30 72.02%	

W35 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Du Plessis, Antonette	W38	North West North		2:29.30	2:29.31 75.87%	
-- Mcuntula, Nonkululo	W37	North West North		DNF		

W40 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Van Rooyen, Seanette	W44	Athletics Gauten		2:25.98	2:21.93 79.82%	
2 Murley, Karon	W41	North West North		2:29.68	2:25.52 77.85%	
3 Hartman, Charmaine	W41	North West North		2:31.83	2:27.61 76.74%	
4 Labuschagne, Celeste	W42	Athletics Gauten		2:35.57	2:31.25 74.90%	
5 Endrody, Lizl	W41	CGA		2:52.81	2:48.01 67.43%	

W45 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Vermeulen, Salome	W47	Athletics Gauten		2:20.46	2:10.67 86.69%	
2 Viljoen, Jolande	W49	Athletics Gauten		2:39.52	2:28.41 76.34%	
3 Reis, Monica	W49	CGA		3:17.58	3:03.81 61.63%	

W50 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Pretorius, Elaine	W53	Athletics Gauten		3:01.41	2:41.79 70.02%	
2 Helmerick, Laura	W54	Athletics Gauten		3:03.45	2:43.61 69.24%	



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W60 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Koekemoer, Winnie	W63	Athletics Gauten		3:36.00	2:47.82 67.50%

W65 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Visser, MC	W67	CGA		3:27.39	2:25.76 77.72%

M30 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Da Silva, Gavin	M33	CGA		1:59.97	1:59.98 84.28%
2 Rheeders, Stephan	M31	Boland		2:10.55	2:10.56 77.45%

M35 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Hunter, Clinton	M39	Athletics Gauten		2:07.08	2:06.72 79.79%
2 Cloete, Van Reenen	M38	Athletics Gauten		2:09.28	2:08.91 78.43%
3 Mapetla, George Mafa	M35	Free State		2:14.64	2:14.25 75.31%
4 Odendaal, Willem	M39	North West North		2:20.35	2:19.95 72.25%

M40 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Viljoen, Joe	M43	North West North		2:04.53	1:58.37 85.43%
2 McCarthy, Gavin	M43	Western Province		2:13.10	2:06.52 79.92%
3 Britz, Christiaan	M40	Athletics Gauten		2:15.87	2:09.15 78.30%

M45 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Harms, Allan	M49	KwaZulu-Natal		2:09.85	1:57.92 85.75%
2 Bronkhorst, Willie	M48	Athletics Gauten		2:15.47	2:03.03 82.19%
3 Viljoen, Gerhard	M47	CGA		2:25.01	2:11.69 76.78%
4 Petersen, Warren	M47	CGA		2:26.22	2:12.79 76.15%
-- Kotze, Flippie	M45	Free State		DNS	
-- Kelly, Percy	M49	Western Province		DNS	

M50 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Philander, Tobias	M50	Western Province		2:09.39	1:52.48 89.89%
2 Julie, Merlin	M53	Western Province		2:19.97	2:01.68 83.10%
3 Davel, Jannie	M53	Athletics Gauten		2:25.47	2:06.46 79.95%
4 Botha, Louis	M52	Athletics Gauten		2:28.35	2:08.97 78.40%
5 Steyn, Gert	M53	Athletics Gauten		2:30.09	2:10.48 77.49%
6 Pudi, Ramosimane	M53	North West North		2:34.30	2:14.14 75.38%
7 Lelubanda, Felix	M52	North West North		2:49.06	2:26.97 68.80%



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M55 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Rudd, Philip	M58	CGA		2:38.16	2:11.85 76.69%	2
2 Oelofse, Walter	M57	KwaZulu-Natal		2:47.82	2:19.90 72.27%	2
-- Rathedi, Raj	M56	Botswana		DNS		2
-- Meyer, Buks	M59	Athletics Gauten		DNS		2

M60 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Windt, Johan	M61	SWD		2:26.73	1:57.51 86.05%	2
2 Raubenheimer, Lawrence	M60	KwaZulu-Natal		2:41.12	2:09.03 78.36%	2
-- Lentsoenyane, Vincent	M64	CGA		DNS		2

M65 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 De Kock, Bobby	M69	Free State		3:56.49	3:02.22 55.49%	2

M70 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Stuart, Leslie	M71	SWD		3:09.97	2:18.68 72.91%	2
-- Clements, Fred	M70	Athletics Gauten		DNS		2

M75 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Brown, Peter	M77	SWD		3:06.40	2:05.90 80.31%	2

M80 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Coetzee, Martin	M82	Athletics Gauten		3:47.66	2:21.22 71.60%	2

M85 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
-- Botha, Henry	M87	Eastern Province		DNS		2

W30 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Flores, Marietjie	W31	Free State		5:06.29	5:05.96 75.98%	2

W35 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#
-- Mcuntula, Nonkululo	W37	North West North		DNS		2



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W40 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Endrody, Lizl	W41	CGA		6:36.11	6:14.69 62.05%

W45 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Vermeulen, Salome	W47	Athletics Gauten		4:56.74	4:25.20 87.66%
2 Hernandez, Monica	W48	Venezuela		5:29.65	4:54.61 78.91%
3 Viljoen, Jolande	W49	Athletics Gauten		5:42.45	5:06.05 75.96%
4 Cloete, Rozelle	W45	Free State		5:42.77	5:06.34 75.89%
5 Reis, Monica	W49	CGA		6:56.13	6:11.90 62.51%

W50 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Theunissen, Emmarie	W53	Athletics Gauten		6:02.69	5:04.77 76.28%
2 Helmerick, Laura	W54	Athletics Gauten		6:31.49	5:28.97 70.67%
-- Steenkamp, Sandra	W53	Athletics Gauten		DNS	

W55 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Sarmiento, Monica	W57	Venezuela		6:30.56	5:07.34 75.64%
2 Coston, Linda	W56	CGA		6:38.74	5:13.77 74.09%

M30 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Da Silva, Gavin	M33	CGA		4:22.82	4:22.83 78.38%

M35 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Cloete, Van Reenen	M38	Athletics Gauten		4:54.56	4:50.79 70.84%
2 Odendaal, Willem	M39	North West North		5:09.98	5:06.02 67.32%
-- Mapetla, George Mafa	M35	Free State		DNS	
-- Lotz, Corne	M39	Athletics Gauten		DNS	

M40 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 McCarthy, Gavin	M43	Western Province		4:33.46	4:16.70 80.25%
2 Vorster, Wikus	M43	Free State		4:38.26	4:21.21 78.87%
3 Rampi, Mekhoa	M42	North West North		4:58.29	4:40.01 73.57%
4 Britz, Christiaan	M40	Athletics Gauten		5:10.88	4:51.83 70.59%

M45 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Schlechter, Marius	M49	SWD		4:31.29	4:02.73 84.87%

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...M45 1500 Meter Run

2	Harms, Allan	M49	KwaZulu-Natal		4:34.96	4:06.01	83.74%
3	Bronkhorst, Willie	M48	Athletics Gauten		4:45.20	4:15.17	80.73%
4	Swart, Dries	M49	Western Province		5:14.30	4:41.21	73.25%
5	Smith, Mark	M47	KwaZulu-Natal		6:07.02	5:28.38	62.73%
--	Viljoen, Gerhard	M47	CGA		DNF		
--	Kotze, Flippie	M45	Free State		DNF		
--	Kelly, Percy	M49	Western Province		DNF		

M50 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Philander, Tobias	M50	Western Province		4:31.67	3:52.20 88.72%
2 Julie, Merlin	M53	Western Province		5:13.90	4:28.30 76.78%
3 Pudi, Ramosimane	M53	North West North		5:40.96	4:51.42 70.69%
4 Steyn, Gert	M53	Athletics Gauten		5:42.07	4:52.37 70.46%

M55 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Rudd, Philip	M58	CGA		5:41.59	4:39.46 73.71%
2 Oelofse, Walter	M57	KwaZulu-Natal		6:02.03	4:56.18 69.55%
3 Cloete, Fanie	M56	Athletics Gauten		7:07.51	5:49.75 58.90%
-- Meyer, Buks	M59	Athletics Gauten		DNF	

M60 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Raubenheimer, Lawrence	M60	KwaZulu-Natal		5:25.28	4:15.19 80.73%
-- van Niekerk, Machiel	M62	Athletics Gauten		DNF	
-- Lentsoenyane, Vincent	M64	CGA		DNF	

M65 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Rossouw, Pieter	M65	Athletics Gauten		6:37.91	4:59.87 68.70%
2 De Kock, Bobby	M69	Free State		8:16.56	6:14.21 55.05%
-- Van Antwerp, Cornel	M65	KwaZulu-Natal		DNF	

M70 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Stuart, Leslie	M71	SWD		6:20.22	4:34.90 74.94%
-- Clements, Fred	M70	Athletics Gauten		DNF	

M75 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Brown, Peter	M77	SWD		6:44.86	4:30.69 76.10%



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W30 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Mthethwa, Nomcebo	W31	KwaZulu-Natal		20:07.00	20:06.64 71.66%

W35 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Dlhiwayo, Elizabeth	W38	North West North		20:22.00	20:07.71 71.60%
-- Zweni, Tembakazi	W35	North West North		DNS	

W40 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Thomas, Ronel	W42	Athletics Gauten		19:08.00	18:23.00 78.39%

W45 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Cloete, Rozelle	W45	Free State		21:48.00	19:59.44 72.09%
2 Hernandez, Monica	W48	Venezuela		21:59.00	20:09.53 71.49%
3 Philander, Aleida	W45	Western Province		23:59.00	21:59.57 65.53%
4 Venter, Laura	W48	CGA		24:39.00	22:36.25 63.76%

W50 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Van der Westhuizen, Conn	W50	Athletics Gauten		21:08.00	18:13.40 79.08%
2 Geyer, Mariet	W54	CGA		21:45.00	18:45.31 76.84%
3 Bredenkamp, Debbie	W52	Athletics Gauten		22:20.00	19:15.49 74.83%
4 Theunissen, Emmarie	W53	Athletics Gauten		22:58.00	19:48.25 72.77%

W55 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Sarmiento, Monica	W57	Venezuela		22:56.00	18:30.71 77.85%
2 Coston, Linda	W56	CGA		25:09.00	20:18.07 70.99%

W65 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Ruickbie, Liz	W67	CGA		22:43.00	15:50.02 91.02%
2 Greenblatt, Elaine	W65	CGA		26:29.00	18:27.54 78.07%

M35 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Odendaal, Willem	M39	North West North		20:14.00	19:48.27 63.71%
-- Lotz, Corne	M39	Athletics Gauten		DNS	



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M40 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Makofane, Timothy	M42	CGA		16:34.00	15:39.43 80.58%
2 Moagi, Moektsi	M44	CGA		16:47.00	15:51.72 79.54%
3 Mogatle, Kagiso	M40	North West North		17:18.00	16:21.02 77.16%
4 Rampi, Mekhoa	M42	North West North		18:33.00	17:31.90 71.96%
5 Modise, Norman	M40	Free State		19:19.00	18:15.38 69.11%

M45 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Wooldridge, Arthur	M49	CGA		17:30.00	15:55.40 79.23%
2 De Villiers, Dawie	M48	Athletics Gauten		18:01.00	16:23.61 76.96%
3 Swart, Dries	M49	Western Province		19:26.00	17:40.95 71.35%
4 Kotze, Flippie	M45	Free State		20:28.00	18:37.36 67.75%
5 Hughes, Brandon	M49	Athletics Gauten		21:53.00	19:54.70 63.36%
6 Smith, Mark	M47	KwaZulu-Natal		22:35.00	20:32.92 61.40%
7 Sibiya, Lancelot	M47	KwaZulu-Natal		23:42.00	21:33.88 58.51%
-- Botsale, Zacharia	M47	North West North		DNS	
-- Kelly, Percy	M49	Western Province		DNS	

M50 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Lelubanda, Felix	M52	North West North		17:09.00	15:00.07 84.10%
2 Venter, Dirk	M54	CGA		20:42.00	18:06.38 69.68%
3 Masikane, Thando	M50	KwaZulu-Natal		21:36.00	18:53.62 66.78%

M55 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Rudd, Philip	M58	CGA		21:10.00	17:46.17 71.00%
2 Schoeman, At	M57	Eastern Province		23:53.00	20:03.01 62.93%
3 Cloete, Fanie	M56	Athletics Gauten		26:57.00	22:37.48 55.77%

M60 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Raubenheimer, Lawrence	M60	KwaZulu-Natal		19:50.00	15:57.12 79.09%
2 van Niekerk, Machiel	M62	Athletics Gauten		20:30.00	16:29.29 76.52%
3 Ezzi, Vincent	M62	AVT		21:42.00	17:27.20 72.29%

M65 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 De Bruto, Mike	M65	Athletics Gauten		19:43.00	15:09.85 83.20%

M70 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
-- Stuart, Leslie	M71	SWD		DNS	
-- Clements, Fred	M70	Athletics Gauten		DNS	



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W30 10000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Mthethwa, Nomcebo	W31	KwaZulu-Natal		41:40.38	41:39.64 72.05%

W45 10000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Philander, Aleida	W45	Western Province		48:55.39	45:25.52 66.08%
2 Venter, Laura	W48	CGA		50:16.91	46:41.21 64.30%

W55 10000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Sarmiento, Monica	W57	Venezuela		46:21.96	37:59.82 79.00%

W65 10000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Ruickbie, Liz	W67	CGA		44:50.18	31:35.24 95.03%
2 Greenblatt, Elaine	W65	CGA		53:10.20	37:27.50 80.14%

M35 10000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Roos, Gustav	M39	CGA		34:51.20	34:06.87 77.19%

M40 10000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Mogatle, Kagiso	M40	North West North		34:45.56	32:51.07 80.16%
2 Moagi, Moektsi	M44	CGA		35:16.30	33:20.12 79.00%
3 Modise, Norman	M40	Free State		37:59.34	35:54.21 73.34%

M45 10000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Wooldridge, Arthur	M49	CGA		36:37.96	33:19.93 79.00%
2 Viljoen, Marcel	M47	CGA		38:48.10	35:18.34 74.59%
3 Sibiya, Lancelot	M47	KwaZulu-Natal		44:04.75	40:06.46 65.66%
-- De Villiers, Dawie	M48	Athletics Gauten		DNS	
-- Botsale, Zacharia	M47	North West North		DNS	
-- Kelly, Percy	M49	Western Province		DNS	
-- Kotze, Flippie	M45	Free State		DNS	

M50 10000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 Venter, Dirk	M54	CGA		41:43.88	36:30.15 72.14%
-- Motlagale, Adam	M53	North West North		DNS	



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M60 10000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 van Niekerk, Machiel	M62 Athletics Gauten		41:58.52	33:45.65 78.00%
2 Ezzi, Vincent	M62 AVT		43:25.07	34:55.26 75.41%

W40 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Labuschagne, Celeste	W42 Athletics Gauten	14.29	NWI	15.64	78.10%
-- Raubenheimer, Elaine	W44 CGA		DNS	NWI	

W45 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Human, Corinne	W49 Athletics Gauten	17.00	NWI	17.66	69.18%
-- Sigubudu, Nana	W45 KwaZulu-Natal		DNS	NWI	

W50 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Van Rooyen, Madelene	W51 Athletics Gauten	13.09	NWI	13.77	88.69%

W55 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Van Heerden, Rina	W57 Athletics Gauten	14.55	NWI	14.44	84.60%

W30 100 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Anderson, Elane	W34 Athletics Gauten	17.96	NWI	17.97	67.98%
2 Louw, Natascha	W32 Athletics Gauten	18.65	NWI	18.66	65.47%

M50 100 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Theron, Gerhard	M52 North West North	19.01	NWI	18.53	69.70%

M55 100 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Gouws, Johan	M55 Athletics Gauten	16.09	NWI	14.62	88.32%
2 Van Tubbergh, Braam	M55 KwaZulu-Natal	19.80	NWI	17.99	71.77%
3 Schoeman, At	M57 Eastern Province	24.32	NWI	22.10	58.43%
4 Marran, Stefan Royden	M55 KwaZulu-Natal	26.07	NWI	23.69	54.51%

M60 100 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
-- Muller, Ray	M64 KwaZulu-Natal		DNS	NWI	



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M35 110 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Venter, Jannie	M38 Eastern Province		17.60	NWI	17.60 73.35%
2 Vosloo, Riaan	M39 KwaZulu-Natal		18.00	NWI	18.00 71.72%

M40 110 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Lombardo, Xavier	M40 France		14.41	NWI	13.78 93.68%
2 Bownes, Shaun	M43 Athletics Gauten		14.44	NWI	13.81 93.49%
3 Joubert, Gideon	M42 Athletics Gauten		16.02	NWI	15.32 84.27%

M45 110 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Russel, Scott	M45 Western Province		18.47	NWI	16.94 76.23%

W50 300 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading
1 Van Rooyen, Madelene	W51 Athletics Gauten		50.17	58.06 90.15%

W55 300 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading
1 Van Heerden, Rina	W57 Athletics Gauten		57.12	1:00.84 86.03%

M60 300 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading
-- Muller, Ray	M64 KwaZulu-Natal		DNS	

M70 300 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading
1 Van der Mescht, Marthinu	M70 Eastern Province		59.04	58.72 79.67%

W30 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading
1 Anderson, Elane	W34 Athletics Gauten		1:12.05	1:12.06 72.64%

W40 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading
1 Labuschagne, Celeste	W42 Athletics Gauten		1:14.81	1:09.47 75.35%

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W45 400 Long Hurdles

Name	Age	Team	Seed	Finals	Age-Grading
1 Viljoen, Jolande	W49	Athletics Gauten		1:19.32	1:08.44 76.48%

M35 400 Long Hurdles

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Venter, Jannie	M38	Eastern Province		59.18	57.10 81.94%	2
2 Cloete, Van Reenen	M38	Athletics Gauten		59.24	57.15 81.85%	2
3 Vosloo, Riaan	M39	KwaZulu-Natal		1:00.26	58.14 80.47%	2
4 Nel, Matt	M38	Athletics Gauten		1:03.20	1:00.97 76.72%	2
5 Moolman, Wessel	M36	KwaZulu-Natal		1:04.15	1:01.89 75.59%	2

M40 400 Long Hurdles

Name	Age	Team	Seed	Finals	Age-Grading
1 Joubert, Gideon	M42	Athletics Gauten		58.71	53.80 86.97%

M55 400 Long Hurdles

Name	Age	Team	Seed	Finals	Age-Grading
1 Van Tubbergh, Braam	M55	KwaZulu-Natal		1:20.34	1:03.94 73.16%
2 Marran, Stefan Royden	M55	KwaZulu-Natal		1:32.10	1:13.30 63.82%
3 Schoeman, At	M57	Eastern Province		1:32.74	1:13.81 63.38%

W45 2000 Meter Steeplechase

Name	Age	Team	Seed	Finals	Age-Grading
1 Viljoen, Jolande	W49	Athletics Gauten		9:37.28	12:19.85 73.20%
2 Venter, Laura	W48	CGA		10:47.90	13:50.35 65.22%

W50 2000 Meter Steeplechase

Name	Age	Team	Seed	Finals	Age-Grading
1 Van der Westhuizen, Conn	W50	Athletics Gauten		8:40.59	10:42.73 84.27%

M60 2000 Meter Steeplechase

Name	Age	Team	Seed	Finals	Age-Grading
-- van Niekerk, Machiel	M62	Athletics Gauten		DNS	

M65 2000 Meter Steeplechase

Name	Age	Team	Seed	Finals	Age-Grading
1 Sliep, Hans	M66	CGA		9:35.93	10:26.33 75.62%
2 Rossouw, Pieter	M65	Athletics Gauten		10:16.94	11:10.93 70.59%
3 De Kock, Bobby	M69	Free State		13:17.65	14:27.45 54.60%

M35 3000 Meter Steeplechase

Name	Age	Team	Seed	Finals	Age-Grading
1 Odendaal, Willem	M39	North West North		12:56.56	12:25.89 63.50%
2 Du Plessis, Johannes	M36	North West North		14:28.57	13:54.27 56.77%
-- Lotz, Corne	M39	Athletics Gauten		DNS	

M40 3000 Meter Steeplechase

Name	Age	Team	Seed	Finals	Age-Grading
1 Modise, Norman	M40	Free State		11:51.25	10:51.08 72.75%
2 Britz, Christiaan	M40	Athletics Gauten		14:01.01	12:49.87 61.52%

M45 3000 Meter Steeplechase

Name	Age	Team	Seed	Finals	Age-Grading
1 Bronkhorst, Willie	M48	Athletics Gauten		11:48.68	10:19.67 76.43%
2 Kotze, Flippie	M45	Free State		12:20.54	10:47.53 73.14%
3 Petersen, Warren	M47	CGA		14:33.31	12:43.63 62.02%
-- Wooldridge, Arthur	M49	CGA		DNS	

M50 3000 Meter Steeplechase

Name	Age	Team	Seed	Finals	Age-Grading
1 Venter, Dirk	M54	CGA		13:08.10	10:59.57 71.81%
-- Philander, Tobias	M50	Western Province		DNE	

M55 3000 Meter Steeplechase

Name	Age	Team	Seed	Finals	Age-Grading
1 Schoeman, At	M57	Eastern Province		10:01.24	8:02.50 98.16%
-- Cloete, Fanie	M56	Athletics Gauten		DNS	

W30 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
1 Botha, Mariette	W30	CGA		1.50m	1.50m 71.77%

W35 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
1 Kotze, Madeleine	W35	Namibie		1.50m	1.56m 74.63%

W40 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
1 Peterson, Jenene	W42	Athletics Gauten		1.38m	1.51m 72.63%
2 Shaik, Carmila	W41	Boland		1.34m	1.47m 70.53%
-- Raubenheimer, Elaine	W44	CGA		DNS	



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W45 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
1 Heymans, Dinah	W47	Free State		1.54m	1.79m 86.03%
2 Viljoen, Jolande	W49	Athletics Gauten		1.38m	1.61m 77.09%
3 Wiltz, Gertie	W46	Athletics Gauten		1.31m	1.53m 73.18%

W50 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
1 Basson, Jacqueline	W51	Western Province		1.18m	1.46m 70.24%
-- Jacobsohn, Gerda	W52	Athletics Gauten		DNS	

W60 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
-- Claassen, Stephanie	W62	Athletics Gauten		DNS	

M35 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
1 Vermeulen, Brandon	M38	CGA		1.75m	1.84m 75.43%
2 Cloete, Van Reenen	M38	Athletics Gauten		1.70m	1.79m 73.28%

M40 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
1 Mans, Johan	M41	CGA		1.75m	1.93m 78.83%

M45 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
1 Gutsche, Johann	M47	AVT		1.85m	2.15m 87.68%
2 Lombard, AG	M45	Athletics Gauten		1.53m	1.77m 72.51%
3 Boshoff, Jaco	M45	Athletics Gauten		1.25m	1.45m 59.24%

M50 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
1 Bezuidenhout, Willem	M52	Athletics Gauten		1.55m	1.89m 77.50%
2 McBride, Vincent	M51	Western Province		1.50m	1.83m 75.00%
2 Steyn, Gert	M53	Athletics Gauten		1.50m	1.83m 75.00%
-- Bredeveltd, Neal	M53	Boland		DNS	
-- Endrody, Thomas	M54	CGA		DNS	

M55 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
1 Gouws, Johan	M55	Athletics Gauten		1.61m	2.08m 85.19%
2 Van Tubbergh, Braam	M55	KwaZulu-Natal		1.30m	1.68m 68.78%
-- Nel, Leon	M55	CGA		DNS	



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M60 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
-- Muller, Ray	M64	KwaZulu-Natal		DNS	

M75 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
1 Miekautsch, Hans	M76	CGA		1.37m	2.29m 93.84%

W40 Pole Vault

Name	Age	Team	Seed	Finals	Age-Grading
1 Du Toit, Dorita	W42	AVT		2.50m	2.96m 57.60%

W50 Pole Vault

Name	Age	Team	Seed	Finals	Age-Grading
-- Jacobsohn, Gerda	W52	Athletics Gauten		DNS	

M35 Pole Vault

Name	Age	Team	Seed	Finals	Age-Grading
1 Brits, Pieter	M38	Athletics Gauten		4.30m	4.46m 72.76%

M40 Pole Vault

Name	Age	Team	Seed	Finals	Age-Grading
1 Ellis, Izanne	M44	AVT		3.80m	4.19m 68.35%

M50 Pole Vault

Name	Age	Team	Seed	Finals	Age-Grading
1 Endrody, Thomas	M54	CGA		2.90m	3.66m 59.67%

M55 Pole Vault

Name	Age	Team	Seed	Finals	Age-Grading
1 Smit, Deon	M57	Athletics Gauten		2.80m	3.81m 62.08%

W30 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Coetzee, Lenese	W32	Free State		5.13m	NWI	5.13m 68.22%
2 Van Aswegen, Yolande	W31	Central North West		4.85m	NWI	4.85m 64.49%
3 Anderson, Elane	W34	Athletics Gauten		4.69m	NWI	4.69m 62.37%
4 Smit, Ascha-Alicia	W34	Athletics Gauten		4.53m	NWI	4.53m 60.24%



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W35 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Stewart, Carolina	W38	CGA		4.38m	NWI	4.54m 60.50%

W40 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Du Toit, Dorita	W42	AVT		4.52m	NWI	4.98m 66.28%
2 Shaik, Carmila	W41	Boland		4.13m	NWI	4.55m 60.56%
-- Hanekom, Tania	W42	Athletics Gauten		DNS	NWJ	

W45 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Willemse, Guste	W47	SWD		4.29m	NWI	5.03m 67.03%
2 Human, Corinne	W49	Athletics Gauten		3.53m	NWI	4.14m 55.16%
3 Bridgland, Esmari	W45	Athletics Gauten		2.88m	NWI	3.38m 45.00%
-- Van Tonder, Hanli	W49	Athletics Gauten		DNS	NWJ	

W50 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Pretorius, Elaine	W53	Athletics Gauten		3.82m	NWI	4.79m 63.77%
2 Sellars, Shaaron	W51	Usa		3.05m	NWI	3.83m 50.92%
3 Coetzee, Louise	W53	Athletics Gauten		2.68m	NWI	3.36m 44.74%

W60 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Claassen, Stephanie	W62	Athletics Gauten		3.35m	NWI	4.88m 65.05%

W65 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Ungerer, Toy	W68	SWD		3.84m	NWI	6.09m 81.18%

W75 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Johnson, Magdaline	W77	Western Province		2.40m	NWI	4.62m 61.54%

M30 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Jordaan, Rudi	M30	CGA		5.78m	NWI	5.78m 64.58%
-- Steenberg, Bradley	M30	Western Province		DNS	NWJ	

M35 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Venter, Jannie	M38	Eastern Province		6.12m	NWI	6.43m 71.83%
2 Van der Walt, Phillip	M37	Athletics Gauten		6.03m	NWI	6.33m 70.77%
3 Willemse, Henk	M36	Athletics Gauten		6.02m	NWI	6.32m 70.66%
4 Swegile, Simpiwe	M36	Eastern Province		5.88m	NWI	6.17m 69.01%
5 Slabbert, Morne	M38	North West North		5.70m	NWI	5.99m 66.90%
6 Kirstein, Jaco	M36	North West North		4.95m	NWI	5.20m 58.10%
-- Kock, Andrew	M37	Eastern Province		DNS	NWI	

M40 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 George, Darryl W	M42	North West North		5.70m	NWI	6.33m 70.81%

M45 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Van Wyk, Chris	M45	SWD		5.09m	NWI	5.99m 67.06%

M50 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 McBride, Vincent	M51	Western Province		5.51m	NWI	6.91m 77.28%
2 Bezuidenhout, Willem	M52	Athletics Gauten		5.02m	NWI	6.29m 70.41%
3 Van der Westhuizen, Euge	M54	Athletics Gauten		3.15m	NWI	3.95m 44.18%
-- Oosthuizen, Francois	M52	Athletics Gauten		DNS	NWI	

M55 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Hardman, Wally	M56	North West North		4.66m	NWI	6.25m 69.87%
2 Van Tubbergh, Braam	M55	KwaZulu-Natal		4.65m	NWI	6.23m 69.72%
3 Nel, Leon	M55	CGA		4.36m	NWI	5.84m 65.37%

M60 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Ludeke, Dave	M61	Athletics Gauten		4.66m	NWI	6.71m 75.04%
-- Muller, Ray	M64	KwaZulu-Natal		DNS	NWI	

M70 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Van der Mescht, Marthinu	M70	Eastern Province		3.83m	NWI	6.48m 72.40%
-- Kennedy, Patrick	M70	CGA		DNS	NWI	

M75 Long Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Penberthy, Pearce	M78	Athletics Gauten		3.49m	NWI	6.47m 72.26%



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W30 Triple Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Coetzee, Lenese	W32	Free State		10.40m	NWI	10.54m 68.02%
2 Anderson, Elane	W34	Athletics Gauten		10.04m	NWI	10.17m 65.66%
3 Smit, Ascha-Alicia	W34	Athletics Gauten		10.02m	NWI	10.15m 65.53%

W40 Triple Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Du Toit, Dorita	W42	AVT		9.10m	NWI	10.34m 66.72%
2 Shaik, Carmila	W41	Boland		8.64m	NWI	9.81m 63.34%

W45 Triple Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Willemse, Guste	W47	SWD		9.42m	NWI	11.39m 73.54%

W50 Triple Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Sellars, Shaaron	W51	Usa		6.22m	NWI	8.04m 51.88%

M30 Triple Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
-- Steenberg, Bradley	M30	Western Province		DNS	NWI	

M35 Triple Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Dinesh, Anthony	M36	Athletics Gauten		11.13m	NWI	11.27m 61.63%
2 Kirstein, Jaco	M36	North West North		10.71m	NWI	10.84m 59.30%
-- Willemse, Henk	M36	Athletics Gauten		DNS	NWI	

M40 Triple Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 George, Darryl W	M42	North West North		11.36m	NWI	12.17m 66.59%

M50 Triple Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 McBride, Vincent	M51	Western Province		12.03m	NWI	14.61m 79.88%

M55 Triple Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
-- Nel, Leon	M55	CGA		DNS	NWI	



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M60 Triple Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
-- Muller, Ray	M64	KwaZulu-Natal		DNS	NWJ	
-- Ludeke, Dave	M61	Athletics Gauten		DNS	NWJ	

M70 Triple Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Kennedy, Patrick	M70	CGA		5.57m	NWI	9.21m 50.41%

M75 Triple Jump

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 Penberthy, Pearce	M78	Athletics Gauten		6.36m	NWI	11.57m 63.28%

W30 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Treurnicht, Tanya	W30	CGA		11.71m	11.71m 51.75%
2 Smit, Ascha-Alicia	W34	Athletics Gauten		7.24m	7.24m 31.99%

W35 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Naude, Elizna	W35	Free State		11.67m	12.32m 54.46%
2 Coetzee, Marilize	W37	Western Province		10.55m	11.14m 49.23%
3 Marx, Thea	W38	Eastern Province		10.45m	11.03m 48.76%

W40 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Peterson, Jenene	W42	Athletics Gauten		9.23m	10.81m 47.80%
2 Eva, Janita	W44	Athletics Gauten		9.14m	10.71m 47.33%
3 Louw, Marisa	W44	Eastern Province		7.74m	9.07m 40.08%
4 Lombard, Yvette	W44	KwaZulu-Natal		7.67m	8.99m 39.72%
5 Gerber, Amanda	W43	Eastern Province		6.82m	7.99m 35.32%
6 Boshoff, Alta	W44	Athletics Gauten		5.93m	6.95m 30.71%

W45 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Knobel, Heleen	W48	SWD		10.28m	13.54m 59.84%
2 Cilliers, Angela	W45	KwaZulu-Natal		10.25m	13.50m 59.66%
3 Human, Corinne	W49	Athletics Gauten		8.32m	10.95m 48.43%
4 Flynn, Judy	W48	Athletics Gauten		7.94m	10.45m 46.22%
5 Slater, Yolande	W45	Athletics Gauten		7.35m	9.68m 42.78%
6 Venter, Charmain	W46	Western Province		5.73m	7.54m 33.35%

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W50 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Hennop, Ansie	W51	Athletics Gauten		8.68m	12.04m 53.22%
2 Bowers, Cecliia	W52	Boland		8.45m	11.72m 51.81%
3 Coetzee, Louise	W53	Athletics Gauten		7.62m	10.57m 46.72%
4 Gouws, Makkie	W52	Athletics Gauten		7.21m	10.00m 44.21%
5 Du Plessis, Dalene	W53	Western Province		6.69m	9.28m 41.02%
6 Sellars, Shaaron	W51	Usa		6.54m	9.07m 40.10%
7 Rawlins, Valery-Ann	W51	KwaZulu-Natal		5.96m	8.27m 36.54%

W60 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Claassen, Stephanie	W62	Athletics Gauten		7.74m	12.98m 57.42%
2 Stoffberg, Tertia	W60	Western Province		7.44m	12.48m 55.19%
3 Engelbrecht, Elize	W64	Western Province		7.25m	12.16m 53.78%
4 Van Eck, Suzi	W64	Athletics Gauten		7.23m	12.13m 53.64%
5 Du Toit, Aletta	W62	Western Province		6.13m	10.28m 45.47%

W65 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Ferreira, Mercia	W65	CGA		8.45m	15.83m 70.01%
2 De Bruyn, Susan	W66	KwaZulu-Natal		7.59m	14.22m 62.88%
3 Smith, Maria	W66	Athletics Gauten		6.46m	12.10m 53.52%
4 Grobbelaar, Elize	W68	Western Province		5.66m	10.60m 46.89%
5 Da Silveira, Izabel	W65	Western Province		5.59m	10.47m 46.31%

W70 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Venter, Hester	W73	Athletics Gauten		5.69m	12.07m 53.38%
2 Van Zyl, Rentia	W74	Western Province		4.90m	10.40m 45.97%

W75 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Janeke, Hanneltjie	W78	AVT		4.95m	12.11m 53.51%

W80 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Kruger, Aletta	W81	Free State		6.44m	18.59m 82.14%

M35 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Van Dyk, TP	M39	Free State		13.83m	13.83m 59.82%
2 Willemse, Henk	M36	Athletics Gauten		12.11m	12.11m 52.38%
3 De Bruin, Carlo	M37	North West North		11.68m	11.68m 50.52%
4 Kirstein, Jaco	M36	North West North		10.80m	10.80m 46.71%
5 Scheepers, Stefan	M37	Free State		10.79m	10.79m 46.67%

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...M35 Shot Put

6 Meintjes, Pieter M36 Athletics Gauten 9.70m 9.70m 41.96%

M40 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Labuschagne, Johan	M42	KwaZulu-Natal		14.90m	15.30m 66.19%
2 Venter, Martin	M43	Athletics Gauten		13.54m	13.90m 60.15%
3 Plews, Martin	M41	Athletics Gauten		13.38m	13.74m 59.44%
4 Swanepoel, Jan	M43	Athletics Gauten		11.71m	12.02m 52.02%
5 Murley, Roy	M43	North West North		11.01m	11.30m 48.91%
6 George, Darryl W	M42	North West North		9.59m	9.84m 42.60%
-- Lombard, Jean	M41	KwaZulu-Natal		DNS	

M45 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Scheepers, Conradie	M46	Free State		13.88m	15.44m 66.83%
2 Potgieter, GP	M45	Western Province		11.70m	13.02m 56.33%
3 Botha, Hennie	M46	North West North		11.44m	12.73m 55.08%
4 Smit, Hennie	M48	AVT		10.77m	11.98m 51.85%
5 Boshoff, Jaco	M45	Athletics Gauten		10.75m	11.96m 51.76%
6 Van Wyk, Andre	M47	CGA		10.49m	11.67m 50.51%
7 Du Toit, Bul Izak Albert	M48	AVT		8.95m	9.96m 43.09%
-- Lombard, Yves	M45	Athletics Gauten		DNS	

M50 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Haupt, Burton	M52	Athletics Gauten		15.00m	17.20m 74.40%
2 Bezuidenhout, Willem	M52	Athletics Gauten		11.65m	13.36m 57.79%
3 Van Rooyen, Neels	M51	Athletics Gauten		10.34m	11.85m 51.29%
4 Lamara, Zain	M53	Western Province		10.33m	11.84m 51.24%
5 Van der Westhuizen, Euge	M54	Athletics Gauten		6.10m	6.99m 30.26%
-- Ras, Peter	M51	Athletics Gauten		DNS	

M55 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Wattrus, Peter	M55	CGA		12.83m	16.34m 70.69%
2 Hardman, Wally	M56	North West North		11.24m	14.31m 61.93%
3 Ferreira, Frik	M58	Athletics Gauten		10.63m	13.53m 58.57%
4 Stander, Frik	M57	Athletics Gauten		10.10m	12.86m 55.65%
5 Van Tubbergh, Braam	M55	KwaZulu-Natal		9.18m	11.69m 50.58%
6 Marran, Stefan Royden	M55	KwaZulu-Natal		7.37m	9.38m 40.61%

M60 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Bester, Marius	M62	CGA		12.76m	16.20m 70.11%
2 Du Plessis, Mathys	M62	AVT		12.29m	15.61m 67.53%
3 Smit, Reuben	M63	Athletics Gauten		11.86m	15.06m 65.16%
-- Harding, Jon	M60	CGA		DNS	



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M65 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Sterley, Dereck	M66	Athletics Gauten		12.19m	17.94m 77.59%

M70 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Naude, Theuns	M70	ACNW		11.47m	14.93m 64.58%
2 Horn, Louis	M70	Athletics Gauten		11.10m	14.44m 62.50%

M75 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Skea, Everard	M77	Athletics Gauten		10.84m	16.30m 70.53%
2 De Vos, Tobie	M76	Athletics Gauten		8.45m	12.71m 54.98%
3 Willers, Oubaas	M79	AVT		7.29m	10.96m 47.43%

M80 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Theron, Sarel	M80	Athletics Gauten		6.85m	10.60m 45.88%
2 Grobler, Frans	M82	Athletics Gauten		6.59m	10.20m 44.14%

M85 Shot Put

Name	Age	Team	Seed	Finals	Age-Grading
1 Stannius, Borg	M86	Western Province		10.53m	20.00m 86.52%

W30 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Treurnicht, Tanya	W30	CGA		36.03m	36.03m 46.91%

W35 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Naude, Elizna	W35	Free State		55.01m	56.59m 73.69%
2 Marx, Thea	W38	Eastern Province		29.90m	30.76m 40.05%

W40 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Eva, Janita	W44	Athletics Gauten		36.16m	40.03m 52.13%
2 Louw, Marisa	W44	Eastern Province		26.55m	29.39m 38.27%
3 Landzaad, Elle	W43	Athletics Gauten		24.34m	26.94m 35.09%
4 Lombard, Yvette	W44	KwaZulu-Natal		17.70m	19.59m 25.52%
5 Tomes, Caroline	W44	Athletics Gauten		17.42m	19.28m 25.11%
6 Botha, Corrie	W41	North West North		15.93m	17.63m 22.96%
-- Gerber, Amanda	W43	Eastern Province		DNS	



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W45 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Knobel, Heleen	W48	SWD		34.55m	41.40m 53.91%
2 Cilliers, Angela	W45	KwaZulu-Natal		30.85m	36.96m 48.14%
3 Flynn, Judy	W48	Athletics Gauten		21.72m	26.02m 33.89%
4 Slater, Yolande	W45	Athletics Gauten		21.47m	25.72m 33.50%
5 Bridgland, Esmari	W45	Athletics Gauten		19.11m	22.89m 29.82%

W50 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Hennop, Ansie	W51	Athletics Gauten		25.78m	33.66m 43.84%
2 Coetzee, Louise	W53	Athletics Gauten		22.70m	29.64m 38.60%
3 Sellars, Shaaron	W51	Usa		19.54m	25.51m 33.23%
4 Gouws, Makkie	W52	Athletics Gauten		16.62m	21.70m 28.26%
5 Du Plessis, Dalene	W53	Western Province		14.32m	18.70m 24.35%
6 Rawlins, Valery-Ann	W51	KwaZulu-Natal		13.34m	17.42m 22.68%
-- Jacobsohn, Gerda	W52	Athletics Gauten		DNS	

W60 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Van Eck, Suzi	W64	Athletics Gauten		19.61m	31.21m 40.64%
2 Engelbrecht, Elize	W64	Western Province		18.78m	29.89m 38.92%
3 Stoffberg, Tertia	W60	Western Province		16.09m	25.61m 33.35%
4 Du Toit, Aletta	W62	Western Province		14.42m	22.95m 29.89%

W65 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Ferreira, Mercia	W65	CGA		21.55m	38.51m 50.15%
2 De Bruyn, Susan	W66	KwaZulu-Natal		20.59m	36.80m 47.92%
3 Da Silveira, Izabel	W65	Western Province		14.55m	26.00m 33.86%
4 Grobbelaar, Elize	W68	Western Province		14.39m	25.72m 33.49%

W70 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Van Zyl, Rentia	W74	Western Province		11.60m	23.63m 30.78%

W75 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Bellingan, Julia	W75	Namibie		14.92m	35.36m 46.04%
2 Janeke, Hanneljie	W78	AVT		12.25m	29.03m 37.80%

M30 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
-- Steenberg, Bradley	M30	Western Province		DNS	

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M35 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Van Dyk, TP	M39	Free State		42.13m	42.13m 56.87%
2 Scheepers, Stefan	M37	Free State		33.22m	33.22m 44.84%
3 Willemse, Henk	M36	Athletics Gauten		33.08m	33.08m 44.65%
4 Kirstein, Jaco	M36	North West North		31.37m	31.37m 42.35%
5 De Bruin, Carlo	M37	North West North		27.69m	27.69m 37.38%
6 Meintjes, Pieter	M36	Athletics Gauten		26.89m	26.89m 36.30%

M40 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Swanepoel, Jan	M43	Athletics Gauten		45.24m	45.24m 61.07%
2 Labuschagne, Johan	M42	KwaZulu-Natal		36.76m	36.76m 49.62%
3 Venter, Martin	M43	Athletics Gauten		35.45m	35.45m 47.85%
4 Lombard, Jean	M41	KwaZulu-Natal		25.44m	25.44m 34.34%
-- Solomons, Anthony	M43	Boland		DNF	
-- Murley, Roy	M43	North West North		DNF	

M45 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Scheepers, Conradie	M46	Free State		41.09m	43.14m 58.23%
2 Smit, Hennie	M48	AVT		34.73m	36.46m 49.22%
3 Boshoff, Jaco	M45	Athletics Gauten		34.17m	35.87m 48.43%
4 Botha, Hennie	M46	North West North		34.09m	35.79m 48.31%
5 Potgieter, GP	M45	Western Province		32.16m	33.76m 45.58%
6 Kruger, Kobus	M45	North West North		31.06m	32.60m 44.02%

M50 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Haupt, Burton	M52	Athletics Gauten		49.81m	49.81m 67.24%
2 Eybers, Marius	M51	Athletics Gauten		38.11m	38.11m 51.44%
3 Bezuidenhout, Willem	M52	Athletics Gauten		36.82m	36.82m 49.70%
4 Van Rooyen, Neels	M51	Athletics Gauten		33.79m	33.79m 45.61%
5 Louw, Gawie	M54	CGA		33.48m	33.48m 45.19%
6 Lamara, Zain	M53	Western Province		29.42m	29.42m 39.71%
7 Ras, Peter	M51	Athletics Gauten		28.44m	28.44m 38.39%
8 Van der Westhuizen, Euge	M54	Athletics Gauten		17.02m	17.02m 22.98%

M55 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Wattrus, Peter	M55	CGA		39.37m	43.24m 58.38%
2 Kichenbrand, Stephen	M56	Athletics Gauten		38.05m	41.79m 56.42%
3 Aggouras, Nicky	M56	Athletics Gauten		33.13m	36.38m 49.13%
4 Ferreira, Frik	M58	Athletics Gauten		29.91m	32.85m 44.35%
5 Van Tubbergh, Braam	M55	KwaZulu-Natal		27.36m	30.05m 40.57%
6 Stander, Frik	M57	Athletics Gauten		27.34m	30.03m 40.54%
7 Marran, Stefan Royden	M55	KwaZulu-Natal		22.18m	24.36m 32.89%
-- Nel, Leon	M55	CGA		DNF	



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M60 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Bester, Marius	M62	CGA		39.07m	43.88m 59.24%
2 Du Plessis, Mathys	M62	AVT		37.55m	42.17m 56.94%
3 Smit, Reuben	M63	Athletics Gauten		34.89m	39.18m 52.90%
4 Harding, Jon	M60	CGA		32.54m	36.54m 49.34%

M65 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Sterley, Dereck	M66	Athletics Gauten		40.53m	50.71m 68.46%
2 Markotter, Hein	M68	Athletics Gauten		31.93m	39.95m 53.94%

M70 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Naude, Theuns	M70	ACNW		35.30m	49.86m 67.32%

M75 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Skea, Everard	M77	Athletics Gauten		25.30m	41.02m 55.39%
2 Willers, Oubaas	M79	AVT		20.26m	32.85m 44.35%

M80 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Theron, Sarel	M80	Athletics Gauten		13.35m	25.40m 34.30%

M85 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Stannius, Borg	M86	Western Province		23.97m	55.21m 74.53%

W30 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Treurnicht, Tanya	W30	CGA		46.65m	47.23m 61.34%

W35 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Coetzee, Marilize	W37	Western Province		42.49m	48.38m 62.84%
2 Marx, Thea	W38	Eastern Province		30.68m	34.93m 45.37%

W40 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Eva, Janita	W44	Athletics Gauten		35.15m	45.71m 59.38%
2 Louw, Marisa	W44	Eastern Province		32.92m	42.81m 55.61%

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...W40 Hammer Throw

3	Gerber, Amanda	W43	Eastern Province	19.80m	25.75m	33.45%
4	Venter, Melody	W42	Athletics Gauten	15.89m	20.66m	26.84%

W45 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Knobel, Heleen	W48	SWD	36.94m	56.02m	72.76%
2	Cilliers, Angela	W45	KwaZulu-Natal	23.09m	35.01m	45.48%
3	Venter, Charmain	W46	Western Province	18.17m	27.55m	35.79%
4	Bridgland, Esmari	W45	Athletics Gauten	18.08m	27.42m	35.61%

W50 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Hennop, Ansie	W51	Athletics Gauten	28.74m	35.94m	46.68%
2	Bowers, Cecliia	W52	Boland	22.64m	28.31m	36.77%
3	Rawlins, Valery-Ann	W51	KwaZulu-Natal	16.28m	20.35m	26.44%
4	Du Plessis, Dalene	W53	Western Province	14.46m	18.08m	23.49%

W60 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Stoffberg, Tertia	W60	Western Province	24.49m	37.36m	48.52%
2	Van Eck, Suzi	W64	Athletics Gauten	22.41m	34.18m	44.40%
3	Du Toit, Aletta	W62	Western Province	20.70m	31.57m	41.01%
4	Engelbrecht, Elize	W64	Western Province	16.72m	25.50m	33.13%

W65 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	De Bruyn, Susan	W66	KwaZulu-Natal	22.05m	37.79m	49.09%
2	Grobbelaar, Elize	W68	Western Province	21.82m	37.40m	48.58%
3	Ferreira, Mercia	W65	CGA	20.40m	34.96m	45.41%
4	Da Silveira, Izabel	W65	Western Province	17.34m	29.72m	38.60%

W70 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Van der Merwe, Kitty	W71	Free State	20.28m	39.66m	51.51%
2	Van Zyl, Rentia	W74	Western Province	9.10m	17.79m	23.11%

W75 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Bellingan, Julia	W75	Namibie	20.01m	45.55m	59.17%
2	Janeke, Hannetjie	W78	AVT	16.90m	38.47m	49.97%

M30 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Bekker, Kristiaan	M33	CGA	59.11m	59.11m	68.15%

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M35 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 De Bruin, Carlo	M37	North West North		27.77m	27.77m 32.02%
2 Meintjes, Pieter	M36	Athletics Gauten		23.20m	23.20m 26.75%

M40 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Venter, Martin	M43	Athletics Gauten		52.73m	56.93m 65.64%

M45 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Meiring, Vince	M49	Athletics Gauten		48.39m	57.32m 66.09%
2 van Rensburg, Tone	M49	CGA		48.25m	57.15m 65.90%
3 Potgieter, GP	M45	Western Province		36.49m	43.22m 49.84%
4 Du Toit, Bul Izak Albert	M48	AVT		23.36m	27.67m 31.90%
5 Boshoff, Jaco	M45	Athletics Gauten		23.05m	27.30m 31.48%

M50 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Haupt, Burton	M52	Athletics Gauten		48.49m	56.51m 65.16%
2 Nel, Hannes	M54	AVT		39.58m	46.13m 53.18%
3 Louw, Gawie	M54	CGA		37.19m	43.34m 49.97%
4 Ras, Peter	M51	Athletics Gauten		23.62m	27.53m 31.74%

M55 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Kichenbrand, Stephen	M56	Athletics Gauten		37.43m	48.62m 56.07%
2 Aggouras, Nicky	M56	Athletics Gauten		36.51m	47.43m 54.69%
3 Wattrus, Peter	M55	CGA		26.30m	34.16m 39.39%
4 Van Tubbergh, Braam	M55	KwaZulu-Natal		24.11m	31.32m 36.11%

M60 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Bester, Marius	M62	CGA		41.10m	57.77m 66.61%
2 Du Plessis, Mathys	M62	AVT		37.91m	53.29m 61.44%
3 Smit, Reuben	M63	Athletics Gauten		27.87m	39.17m 45.17%

M70 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Naude, Theuns	M70	ACNW		32.39m	52.18m 60.16%

M75 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Willers, Oubaas	M79	AVT		21.03m	39.42m 45.46%



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M85 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Stannius, Borg	M86	Western Province		31.27m	75.78m 87.37%

W30 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Smit, Ascha-Alicia	W34	Athletics Gauten		21.22m	21.22m 29.07%

W35 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Henning, Zelna	W35	Free State		33.90m	33.90m 46.44%
-- Marx, Thea	W38	Eastern Province		DNS	

W40 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Taljaard, Wanda	W40	Free State		37.72m	41.28m 56.56%
2 Blaauw, Anja	W40	Athletics Gauten		27.71m	30.33m 41.55%
3 Lombard, Yvette	W44	KwaZulu-Natal		24.30m	26.59m 36.44%
4 Louw, Marisa	W44	Eastern Province		18.68m	20.44m 28.01%
5 Gerber, Amanda	W43	Eastern Province		16.45m	18.00m 24.67%

W45 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Knobel, Heleen	W48	SWD		36.19m	45.00m 61.64%
2 Flynn, Judy	W48	Athletics Gauten		23.59m	29.33m 40.18%
3 Cilliers, Angela	W45	KwaZulu-Natal		18.48m	22.97m 31.48%
4 Bridgland, Esmari	W45	Athletics Gauten		13.78m	17.13m 23.47%
-- Jali, Thandazile	W46	KwaZulu-Natal		DNS	

W50 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Coetzee, Louise	W53	Athletics Gauten		26.43m	36.06m 49.40%
2 Basson, Jacqueline	W51	Western Province		25.37m	34.61m 47.42%
3 Sellars, Shaaron	W51	Usa		22.33m	30.46m 41.74%
4 Hennop, Ansie	W51	Athletics Gauten		19.76m	26.96m 36.93%
5 Gouws, Makkie	W52	Athletics Gauten		17.54m	23.93m 32.79%
6 Bowers, Cecliia	W52	Boland		16.67m	22.74m 31.16%
7 Rawlins, Valery-Ann	W51	KwaZulu-Natal		8.94m	12.19m 16.71%
-- Jacobsohn, Gerda	W52	Athletics Gauten		DNS	
-- Du Plessis, Dalene	W53	Western Province		DNS	

W55 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
-- Ludeke, Heilie	W57	Athletics Gauten		DNS	

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W60 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Van Eck, Suzi	W64	Athletics Gauten		13.94m	24.33m 33.34%
-- Du Toit, Aletta	W62	Western Province		DNS	

W65 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Ferreira, Mercia	W65	CGA		18.89m	36.94m 50.62%
2 De Bruyn, Susan	W66	KwaZulu-Natal		16.65m	32.56m 44.61%
-- Da Silveira, Izabel	W65	Western Province		DNS	
-- Grobbelaar, Elize	W68	Western Province		DNS	

W70 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Van Zyl, Rentia	W74	Western Province		10.63m	23.63m 32.37%

M35 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Human, Frans	M35	Free State		59.92m	62.52m 63.49%
2 Kruger, Dawie	M37	CGA		48.87m	50.99m 51.78%
3 Moolman, Wessel	M36	KwaZulu-Natal		40.96m	42.73m 43.40%
-- Willemse, Henk	M36	Athletics Gauten		DNS	

M40 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Bond, Gavin	M42	Athletics Gauten		50.07m	56.49m 57.37%
2 van der Westhuizen, Henn	M44	North West North		44.98m	50.75m 51.54%
3 Labuschagne, Johan	M42	KwaZulu-Natal		44.37m	50.06m 50.84%
4 Venter, Martin	M43	Athletics Gauten		37.52m	42.33m 42.99%
5 Lombard, Jean	M41	KwaZulu-Natal		29.58m	33.37m 33.89%
6 Fuls, Rudolf	M44	CGA		28.16m	31.77m 32.26%

M45 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 De Wet, Hennes	M46	Athletics Gauten		51.13m	62.80m 63.77%
2 Kruger, Kobus	M45	North West North		47.12m	57.87m 58.77%
3 Van Wyk, Chris	M45	SWD		37.51m	46.07m 46.78%
4 Boshoff, Jaco	M45	Athletics Gauten		37.13m	45.60m 46.31%
5 Lombard, Yves	M45	Athletics Gauten		31.03m	38.11m 38.70%

M50 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Louw, Gawie	M54	CGA		56.02m	71.64m 72.75%
2 Bezuidenhout, Willem	M52	Athletics Gauten		44.16m	56.48m 57.35%
3 Van Rooyen, Neels	M51	Athletics Gauten		29.87m	38.20m 38.79%
4 Lamara, Zain	M53	Western Province		27.36m	34.99m 35.53%



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M55 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Kichenbrand, Stephen	M56	Athletics Gauten		50.21m	70.59m 71.68%
2 Stander, Frik	M57	Athletics Gauten		38.75m	54.47m 55.32%
3 Oelofse, Walter	M57	KwaZulu-Natal		34.10m	47.94m 48.68%
4 Marran, Stefan Royden	M55	KwaZulu-Natal		22.92m	32.22m 32.72%

M60 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Ludeke, Dave	M61	Athletics Gauten		46.61m	69.00m 70.07%
2 Du Plessis, Mathys	M62	AVT		31.64m	46.83m 47.56%

M65 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Sterley, Dereck	M66	Athletics Gauten		37.41m	61.71m 62.66%
2 Markotter, Hein	M68	Athletics Gauten		34.03m	56.13m 57.00%
3 Miller, Garth	M65	Western Province		30.18m	49.78m 50.55%

M75 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Stern, Eddy	M76	CGA		25.38m	51.00m 51.80%
2 De Vos, Tobie	M76	Athletics Gauten		25.37m	50.98m 51.78%
3 Skea, Everard	M77	Athletics Gauten		24.55m	49.34m 50.10%
4 Willers, Oubaas	M79	AVT		16.26m	32.67m 33.18%

M80 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Theron, Sarel	M80	Athletics Gauten		12.94m	26.67m 27.08%
2 Grobler, Frans	M82	Athletics Gauten		11.84m	24.40m 24.78%

M85 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Stannius, Borg	M86	Western Province		22.77m	59.57m 60.49%

W30 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Treurnicht, Tanya	W30	CGA		14.06m	16.44m 69.71%

W35 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Coetzee, Marilize	W37	Western Province		13.52m	17.24m 73.04%
-- Marx, Thea	W38	Eastern Province		DNS	

W40 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Eva, Janita	W44	Athletics Gauten		13.73m	19.24m 81.53%
2 Louw, Marisa	W44	Eastern Province		11.46m	16.06m 68.05%
3 Gerber, Amanda	W43	Eastern Province		7.53m	10.55m 44.71%
4 Venter, Melody	W42	Athletics Gauten		6.32m	8.85m 37.53%
-- Landzaad, Elle	W43	Athletics Gauten		DNS	

W45 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Knobel, Heleen	W48	SWD		12.75m	19.83m 84.05%
2 Cilliers, Angela	W45	KwaZulu-Natal		8.42m	13.09m 55.50%
3 Venter, Charmain	W46	Western Province		5.18m	8.05m 34.15%

W50 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Bowers, Cecliia	W52	Boland		9.59m	11.90m 50.45%
2 Hennop, Ansie	W51	Athletics Gauten		9.20m	11.42m 48.40%
3 Du Plessis, Dalene	W53	Western Province		5.55m	6.88m 29.20%
4 Rawlins, Valery-Ann	W51	KwaZulu-Natal		5.53m	6.86m 29.09%

W60 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Van Eck, Suzi	W64	Athletics Gauten		10.10m	12.86m 54.54%
2 Stoffberg, Tertia	W60	Western Province		9.52m	12.12m 51.40%
3 Du Toit, Aletta	W62	Western Province		8.54m	10.88m 46.11%

W65 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 De Bruyn, Susan	W66	KwaZulu-Natal		10.81m	15.46m 65.52%
2 Ferreira, Mercia	W65	CGA		10.30m	14.73m 62.42%
3 Grobbelaar, Elize	W68	Western Province		8.06m	11.53m 48.85%
4 Da Silveira, Izabel	W65	Western Province		6.16m	8.81m 37.33%

W70 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Van Zyl, Rentia	W74	Western Province		5.72m	9.33m 39.53%

W75 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Bellingan, Julia	W75	Namibie		8.00m	15.17m 64.31%
2 Janeke, Hanneljie	W78	AVT		7.60m	14.41m 61.09%



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W80 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Kruger, Aletta	W81	Free State		7.02m	15.91m 67.44%

M35 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 De Bruin, Carlo	M37	North West North		9.90m	10.14m 39.25%
2 Meintjes, Pieter	M36	Athletics Gauten		8.35m	8.56m 33.11%

M40 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Venter, Martin	M43	Athletics Gauten		15.82m	17.31m 66.95%
-- Swanepoel, Jan	M43	Athletics Gauten		DNS	

M45 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Meiring, Vince	M49	Athletics Gauten		15.56m	18.25m 70.60%
2 van Rensburg, Tone	M49	CGA		12.56m	14.73m 56.99%
3 Potgieter, GP	M45	Western Province		10.70m	12.55m 48.55%
4 Boshoff, Jaco	M45	Athletics Gauten		10.13m	11.88m 45.96%
5 Du Toit, Bul Izak Albert	M48	AVT		6.80m	7.97m 30.85%

M50 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Haupt, Burton	M52	Athletics Gauten		16.66m	18.53m 71.66%
2 Louw, Gawie	M54	CGA		14.91m	16.58m 64.13%
3 Nel, Hannes	M54	AVT		14.69m	16.33m 63.18%
4 Bezuidenhout, Willem	M52	Athletics Gauten		13.96m	15.52m 60.04%
5 Ras, Peter	M51	Athletics Gauten		9.75m	10.84m 41.94%
-- Van der Westhuizen, Euge	M54	Athletics Gauten		DNS	

M55 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Aggouras, Nicky	M56	Athletics Gauten		16.38m	19.82m 76.69%
2 Kichenbrand, Stephen	M56	Athletics Gauten		13.78m	16.68m 64.51%
3 Van Tubbergh, Braam	M55	KwaZulu-Natal		9.49m	11.48m 44.43%
-- Wattrus, Peter	M55	CGA		DNS	

M60 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
-- Du Plessis, Mathys	M62	AVT		DNS	
-- Bester, Marius	M62	CGA		DNS	



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M75 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Willers, Oubaas	M79	AVT		8.35m	12.30m 47.58%
2 Stern, Eddy	M76	CGA		6.53m	9.62m 37.21%

M85 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Stannius, Borg	M86	Western Province		11.94m	22.26m 86.09%

M35 100 Meter Sprint Decathlon

Name	Age	Team	Finals	Wind	Age-Grading	Points
-- Mosoval, Faisel	M36	Western Province	DNS	NWI		

W45 200 Meter Sprint Heptathlon

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Viljoen, Jolande	W49	Athletics Gauten	32.11	NWI	28.85	74.00% 56%

M35 400 Meter Sprint Decathlon

Name	Age	Team	Finals	Age-Grading	Points
-- Mosoval, Faisel	M36	Western Province	DNS		

W45 800 Meter Sprint Heptathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Viljoen, Jolande	W49	Athletics Gauten	3:01.59	2:45.67	68.38% 51%

M35 1500 Meter Run Decathlon

Name	Age	Team	Finals	Age-Grading	Points
-- Mosoval, Faisel	M36	Western Province	DNS		

W45 100 Short Hurdles Heptathlon

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Viljoen, Jolande	W49	Athletics Gauten	17.82	NWI	19.45	62.79% 34%

M35 100 Short Hurdles Decathlon

Name	Age	Team	Finals	Wind	Age-Grading	Points
-- Mosoval, Faisel	M36	Western Province	DNS	NWI		

W45 High Jump Heptathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Viljoen, Jolande	W49	Athletics Gauten	1.32m	1.53m	73.33% 65%

M35 High Jump Decathlon

Name	Age Team	Finals	Age-Grading Points
-- Mosoval, Faisel	M36 Western Province	DNS	

M35 Pole Vault Decathlon

Name	Age Team	Finals	Age-Grading Points
-- Mosoval, Faisel	M36 Western Province	DNS	

W45 Long Jump Heptathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Viljoen, Jolande	W49 Athletics Gauten	3.61m	NWI	4.25m 56.49% 367

M35 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading Points
-- Mosoval, Faisel	M36 Western Province	DNS	NWI	

W35 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Coetzee, Marilize	W37 Western Province	10.43m	10.81m 47.78% 583
2 Marx, Thea	W38 Eastern Province	9.10m	9.43m 41.69% 492

W40 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Eva, Janita	W44 Athletics Gauten	9.50m	10.54m 46.59% 565
2 Louw, Marisa	W44 Eastern Province	7.61m	8.44m 37.32% 428
3 Gerber, Amanda	W43 Eastern Province	7.22m	8.01m 35.41% 400
4 Landzaad, Elle	W43 Athletics Gauten	7.07m	7.84m 34.67% 389

W45 Shot Put Heptathlon

Name	Age Team	Finals	Age-Grading Points
1 Viljoen, Jolande	W49 Athletics Gauten	8.08m	9.64m 42.64% 506

W45 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Knobel, Heleen	W48 SWD	9.98m	11.91m 52.66% 659
2 Cilliers, Angela	W45 KwaZulu-Natal	9.95m	11.88m 52.51% 653
3 Venter, Charmain	W46 Western Province	5.78m	6.90m 30.50% 329

W50 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Du Plessis, Dalene	W53 Western Province	5.87m	7.40m 32.70% 361
2 Rawlins, Valery-Ann	W51 KwaZulu-Natal	5.81m	7.32m 32.37% 356



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...W50 Shot Put Weight Pentathlon

3 Hennop, Ansie W51 Athletics Gauten 0.95m 1.19m 5.29%

W60 Shot Put Weight Pentathlon

Name	Age	Team	Finals	Age-Grading		Points
1 Van Eck, Suzi	W64	Athletics Gauten	7.51m	11.27m	49.83%	613
2 Stoffberg, Tertia	W60	Western Province	7.49m	11.24m	49.70%	611
3 Du Toit, Aletta	W62	Western Province	6.29m	9.44m	41.74%	493

W65 Shot Put Weight Pentathlon

Name	Age	Team	Finals	Age-Grading		Points
1 Ferreira, Mercia	W65	CGA	8.91m	14.79m	65.37%	847
2 De Bruyn, Susan	W66	KwaZulu-Natal	7.77m	12.89m	57.01%	720
3 Grobbelaar, Elize	W68	Western Province	6.08m	10.09m	44.61%	535
4 Da Silveira, Izabel	W65	Western Province	5.55m	9.21m	40.72%	478

W70 Shot Put Weight Pentathlon

Name	Age	Team	Finals	Age-Grading		Points
1 Van Zyl, Rentia	W74	Western Province	5.16m	9.57m	42.33%	501

W75 Shot Put Weight Pentathlon

Name	Age	Team	Finals	Age-Grading		Points
1 Bellingan, Julia	W75	Namibie	5.96m	10.92m	48.26%	590
2 Janeke, Hanneljie	W78	AVT	5.59m	10.24m	45.26%	545

M35 Shot Put Decathlon

Name	Age	Team	Finals	Age-Grading		Points
-- Mosoval, Faisel	M36	Western Province	DNS			

M35 Shot Put Weight Pentathlon

Name	Age	Team	Finals	Age-Grading		Points
1 De Bruin, Carlo	M37	North West North	11.69m	12.12m	52.45%	614
2 Meintjes, Pieter	M36	Athletics Gauten	9.81m	10.17m	44.01%	496
3 Botha, Bennie	M35	CGA	7.55m	7.83m	33.87%	356

M40 Shot Put Weight Pentathlon

Name	Age	Team	Finals	Age-Grading		Points
1 Labuschagne, Johan	M42	KwaZulu-Natal	15.09m	16.80m	72.69%	901
2 Venter, Martin	M43	Athletics Gauten	12.62m	14.05m	60.79%	731
3 Swanepoel, Jan	M43	Athletics Gauten	11.27m	12.55m	54.29%	640



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M45 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Potgieter, GP	M45 Western Province	11.82m	14.21m 61.47%	741
2 Boshoff, Jaco	M45 Athletics Gauten	10.96m	13.17m 56.99%	678

M50 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M52 Athletics Gauten	15.36m	18.00m 77.85%	975
2 Louw, Gawie	M54 CGA	11.66m	13.66m 59.10%	708
3 Lamara, Zain	M53 Western Province	11.29m	13.23m 57.22%	681
4 Ras, Peter	M51 Athletics Gauten	8.01m	9.38m 40.60%	448

M55 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Wattrus, Peter	M55 CGA	12.91m	16.40m 70.93%	876
2 Kichenbrand, Stephen	M56 Athletics Gauten	10.74m	13.64m 59.01%	706
3 Ferreira, Frik	M58 Athletics Gauten	10.00m	12.70m 54.95%	649

M60 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Du Plessis, Mathys	M62 AVT	12.62m	15.75m 68.14%	836
2 Bester, Marius	M62 CGA	12.59m	15.71m 67.98%	833
3 Smit, Reuben	M63 Athletics Gauten	11.98m	14.95m 64.69%	787

M70 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Horn, Louis	M70 Athletics Gauten	11.11m	14.96m 64.74%	787

M75 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Willers, Oubaas	M79 AVT	7.66m	11.32m 49.01%	565

M85 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Stannius, Borg	M86 Western Province	9.67m	17.44m 75.43%	940

W35 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Coetzee, Marilize	W37 Western Province	24.73m	25.64m 33.39%	381
2 Marx, Thea	W38 Eastern Province	22.19m	23.00m 29.96%	332



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W40 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Eva, Janita	W44 Athletics Gauten	34.87m	38.88m 50.62%	630
2 Louw, Marisa	W44 Eastern Province	25.35m	28.26m 36.80%	430
3 Landzaad, Elle	W43 Athletics Gauten	22.60m	25.19m 32.81%	370
4 Gerber, Amanda	W43 Eastern Province	16.00m	17.84m 23.23%	230

W45 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W48 SWD	32.54m	39.23m 51.09%	630
2 Cilliers, Angela	W45 KwaZulu-Natal	30.56m	36.84m 47.98%	590
3 Venter, Charmain	W46 Western Province	13.96m	16.83m 21.92%	220

W50 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hennop, Ansie	W51 Athletics Gauten	25.15m	33.01m 42.99%	510
2 Du Plessis, Dalene	W53 Western Province	14.85m	19.49m 25.38%	260
3 Rawlins, Valery-Ann	W51 KwaZulu-Natal	13.95m	18.31m 23.85%	240

W60 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Van Eck, Suzi	W64 Athletics Gauten	20.67m	32.99m 42.96%	510
2 Stoffberg, Tertia	W60 Western Province	16.25m	25.93m 33.77%	380
3 Du Toit, Aletta	W62 Western Province	14.38m	22.95m 29.88%	330

W65 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Ferreira, Mercia	W65 CGA	23.22m	41.62m 54.20%	680
2 De Bruyn, Susan	W66 KwaZulu-Natal	20.63m	36.98m 48.16%	590
3 Da Silveira, Izabel	W65 Western Province	15.37m	27.55m 35.88%	410
4 Grobbelaar, Elize	W68 Western Province	15.21m	27.26m 35.50%	410

W70 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Van Zyl, Rentia	W74 Western Province	12.15m	24.95m 32.50%	360

W75 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bellingan, Julia	W75 Namibie	15.52m	33.43m 43.55%	520
2 Janeke, Hanneltjie	W78 AVT	12.10m	26.07m 33.95%	380

M35 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 De Bruin, Carlo	M37 North West North	30.15m	30.58m 41.28%	470

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...M35 Discus Throw Weight Pentathlon

2	Meintjes, Pieter	M36 Athletics Gauten	30.06m	30.48m	41.16%	474
3	Botha, Bennie	M35 CGA	21.45m	21.75m	29.37%	305

M35 Discus Throw Decathlon

Name	Age Team	Finals	Age-Grading Points
-- Mosoval, Faisel	M36 Western Province	DNS	

M40 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Swanepoel, Jan	M43 Athletics Gauten	45.07m	49.64m 67.01% 863
2 Venter, Martin	M43 Athletics Gauten	38.10m	41.96m 56.65% 704
3 Labuschagne, Johan	M42 KwaZulu-Natal	36.04m	39.69m 53.58% 658

M45 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Boshoff, Jaco	M45 Athletics Gauten	34.74m	41.85m 56.51% 702
2 Potgieter, GP	M45 Western Province	32.84m	39.56m 53.42% 656

M50 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Haupt, Burton	M52 Athletics Gauten	51.61m	52.73m 71.19% 927
2 Louw, Gawie	M54 CGA	31.94m	32.63m 44.06% 516
3 Lamara, Zain	M53 Western Province	30.31m	30.97m 41.81% 484
4 Ras, Peter	M51 Athletics Gauten	29.12m	29.75m 40.17% 460

M55 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Wattrus, Peter	M55 CGA	38.00m	42.19m 56.95% 709
2 Kichenbrand, Stephen	M56 Athletics Gauten	36.34m	40.34m 54.47% 671
3 Ferreira, Frik	M58 Athletics Gauten	30.56m	33.93m 45.80% 542

M60 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Bester, Marius	M62 CGA	37.78m	40.15m 54.20% 668
2 Du Plessis, Mathys	M62 AVT	35.77m	38.01m 51.32% 624
3 Smit, Reuben	M63 Athletics Gauten	34.13m	36.27m 48.97% 589

M70 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Horn, Louis	M70 Athletics Gauten	25.65m	32.78m 44.25% 519

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M75 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Willers, Oubaas	M79 AVT	20.29m	29.07m 39.25%	446

M85 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Stannius, Borg	M86 Western Province	23.47m	45.78m 61.81%	783

W35 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Coetzee, Marilize	W37 Western Province	39.05m	42.72m 55.49%	771
2 Marx, Thea	W38 Eastern Province	29.85m	32.66m 42.42%	551

W40 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Louw, Marisa	W44 Eastern Province	38.38m	45.14m 58.63%	824
2 Eva, Janita	W44 Athletics Gauten	35.33m	41.55m 53.97%	745
3 Gerber, Amanda	W43 Eastern Province	23.61m	27.77m 36.07%	445
4 Landzaad, Elle	W43 Athletics Gauten	15.29m	17.98m 23.36%	237

W45 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W48 SWD	36.71m	46.68m 60.63%	859
2 Cilliers, Angela	W45 KwaZulu-Natal	26.30m	33.44m 43.44%	568
3 Venter, Charmain	W46 Western Province	15.99m	20.33m 26.41%	287

W50 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hennop, Ansie	W51 Athletics Gauten	28.72m	36.87m 47.88%	642
2 Du Plessis, Dalene	W53 Western Province	13.74m	17.63m 22.91%	230
3 Rawlins, Valery-Ann	W51 KwaZulu-Natal	11.48m	14.73m 19.14%	170

W60 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Van Eck, Suzi	W64 Athletics Gauten	25.88m	39.73m 51.61%	705
2 Stoffberg, Tertia	W60 Western Province	21.91m	33.63m 43.69%	572
3 Du Toit, Aletta	W62 Western Province	20.73m	31.82m 41.34%	533

W65 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 De Bruyn, Susan	W66 KwaZulu-Natal	25.21m	42.95m 55.79%	776
2 Grobbelaar, Elize	W68 Western Province	21.78m	37.10m 48.20%	647
3 Ferreira, Mercia	W65 CGA	20.57m	35.04m 45.52%	603
4 Da Silveira, Izabel	W65 Western Province	15.96m	27.19m 35.32%	433

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W70 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Van Zyl, Rentia	W74 Western Province	10.01m	19.17m 24.91%	262

W75 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bellingan, Julia	W75 Namibie	20.11m	40.18m 52.19%	715
2 Janeke, Hannetjie	W78 AVT	16.76m	33.49m 43.50%	569

M35 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 De Bruin, Carlo	M37 North West North	28.90m	29.76m 34.32%	347
2 Meintjes, Pieter	M36 Athletics Gauten	28.39m	29.24m 33.71%	338
3 Botha, Bennie	M35 CGA	15.38m	15.84m 18.26%	128

M40 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Venter, Martin	M43 Athletics Gauten	51.30m	57.72m 66.55%	805
2 Labuschagne, Johan	M42 KwaZulu-Natal	28.94m	32.56m 37.54%	392
3 Swanepoel, Jan	M43 Athletics Gauten	27.79m	31.26m 36.05%	371

M45 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Potgieter, GP	M45 Western Province	38.05m	47.17m 54.38%	630
2 Boshoff, Jaco	M45 Athletics Gauten	27.39m	33.95m 39.15%	414

M50 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M52 Athletics Gauten	51.97m	61.65m 71.08%	870
2 Louw, Gawie	M54 CGA	39.29m	46.61m 53.74%	621
3 Lamara, Zain	M53 Western Province	26.48m	31.41m 36.22%	373
4 Ras, Peter	M51 Athletics Gauten	23.73m	28.15m 32.46%	321

M55 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M56 Athletics Gauten	38.17m	50.17m 57.84%	679
2 Wattrus, Peter	M55 CGA	30.40m	39.96m 46.07%	512
3 Ferreira, Frik	M58 Athletics Gauten	28.09m	36.92m 42.57%	462

M60 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bester, Marius	M62 CGA	41.24m	53.95m 62.20%	742
2 Du Plessis, Mathys	M62 AVT	34.81m	45.53m 52.50%	603
3 Smit, Reuben	M63 Athletics Gauten	28.74m	37.59m 43.35%	473

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M70 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Horn, Louis	M70 Athletics Gauten	24.78m	37.47m 43.21%	471

M75 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Willers, Oubaas	M79 AVT	21.50m	37.12m 42.80%	465

M85 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Stannius, Borg	M86 Western Province	28.36m	64.61m 74.49%	920

W35 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Marx, Thea	W38 Eastern Province	14.20m	15.08m 20.66%	198
2 Coetzee, Marilize	W37 Western Province	11.04m	11.72m 16.06%	137

W40 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Louw, Marisa	W44 Eastern Province	18.70m	21.45m 29.39%	316
2 Eva, Janita	W44 Athletics Gauten	17.35m	19.90m 27.27%	287
3 Gerber, Amanda	W43 Eastern Province	16.56m	19.00m 26.03%	270
4 Landzaad, Elle	W43 Athletics Gauten	12.58m	14.43m 19.77%	186

W45 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W48 SWD	35.23m	43.96m 60.22%	743
2 Cilliers, Angela	W45 KwaZulu-Natal	21.20m	26.45m 36.24%	410
3 Venter, Charmain	W46 Western Province	8.89m	11.09m 15.20%	126

W45 Javelin Throw Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Viljoen, Jolande	W49 Athletics Gauten	17.96m	22.41m 30.70%	334

W50 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hennop, Ansie	W51 Athletics Gauten	18.90m	24.84m 34.04%	379
2 Du Plessis, Dalene	W53 Western Province	11.00m	14.46m 19.81%	187
3 Rawlins, Valery-Ann	W51 KwaZulu-Natal	10.30m	13.54m 18.55%	170

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W60 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Van Eck, Suzi	W64 Athletics Gauten	14.95m	23.03m 31.55%	345
2 Du Toit, Aletta	W62 Western Province	11.67m	17.98m 24.63%	251
3 Stoffberg, Tertia	W60 Western Province	11.43m	17.61m 24.12%	245

W65 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Ferreira, Mercia	W65 CGA	18.15m	31.35m 42.95%	502
2 De Bruyn, Susan	W66 KwaZulu-Natal	15.65m	27.03m 37.03%	420
3 Da Silveira, Izabel	W65 Western Province	11.35m	19.60m 26.86%	281
4 Grobbelaar, Elize	W68 Western Province	10.65m	18.39m 25.20%	259

W70 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Van Zyl, Rentia	W74 Western Province	10.50m	20.63m 28.27%	301

W75 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bellingan, Julia	W75 Namibie	9.50m	21.65m 29.66%	320
2 Janeke, Hanneljie	W78 AVT	6.84m	15.59m 21.35%	207

M35 Javelin Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points
-- Mosoval, Faisel	M36 Western Province	DNS		

M35 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Meintjes, Pieter	M36 Athletics Gauten	33.17m	33.58m 34.11%	350
2 De Bruin, Carlo	M37 North West North	29.25m	29.61m 30.08%	294
3 Botha, Bennie	M35 CGA	26.35m	26.68m 27.10%	253

M40 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Labuschagne, Johan	M42 KwaZulu-Natal	46.83m	50.86m 51.65%	601
2 Venter, Martin	M43 Athletics Gauten	42.67m	46.34m 47.07%	535
3 Swanepoel, Jan	M43 Athletics Gauten	24.20m	26.28m 26.69%	247

M45 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Boshoff, Jaco	M45 Athletics Gauten	34.71m	40.66m 41.29%	452
2 Potgieter, GP	M45 Western Province	25.60m	29.99m 30.45%	295



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M50 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Louw, Gawie	M54 CGA	56.95m	69.92m 71.00%	888
2 Haupt, Burton	M52 Athletics Gauten	42.18m	51.78m 52.59%	615
3 Lamara, Zain	M53 Western Province	31.70m	38.92m 39.52%	426
4 Ras, Peter	M51 Athletics Gauten	24.49m	30.06m 30.53%	300

M55 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M56 Athletics Gauten	49.12m	65.72m 66.74%	824
2 Ferreira, Frik	M58 Athletics Gauten	32.47m	43.44m 44.12%	492
3 Wattrus, Peter	M55 CGA	30.85m	41.27m 41.92%	461

M60 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Du Plessis, Mathys	M62 AVT	33.95m	48.00m 48.74%	559
2 Bester, Marius	M62 CGA	31.15m	44.04m 44.72%	501
3 Smit, Reuben	M63 Athletics Gauten	24.00m	33.93m 34.46%	359

M70 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Horn, Louis	M70 Athletics Gauten	19.05m	32.00m 32.50%	327

M75 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Willers, Oubaas	M79 AVT	17.41m	32.96m 33.47%	341

M85 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Stannius, Borg	M86 Western Province	22.47m	54.77m 55.62%	659

W35 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Coetzee, Marilize	W37 Western Province	14.83m	16.19m 68.63%	876
2 Marx, Thea	W38 Eastern Province	9.00m	9.82m 41.65%	482

W40 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Eva, Janita	W44 Athletics Gauten	13.06m	15.47m 65.60%	831
2 Louw, Marisa	W44 Eastern Province	11.89m	14.09m 59.72%	745
3 Gerber, Amanda	W43 Eastern Province	8.06m	9.55m 40.48%	465
4 Landzaad, Elle	W43 Athletics Gauten	7.61m	9.01m 38.22%	433

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W45 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W48 SWD	14.04m	18.18m 77.06%	1001
2 Cilliers, Angela	W45 KwaZulu-Natal	9.34m	12.09m 51.26%	621
3 Venter, Charmain	W46 Western Province	5.33m	6.90m 29.25%	306

W50 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hennop, Ansie	W51 Athletics Gauten	10.29m	12.16m 51.55%	625
2 Rawlins, Valery-Ann	W51 KwaZulu-Natal	6.15m	7.27m 30.81%	328
3 Du Plessis, Dalene	W53 Western Province	5.75m	6.79m 28.81%	295

W60 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Stoffberg, Tertia	W60 Western Province	10.91m	13.20m 55.98%	689
2 Van Eck, Suzi	W64 Athletics Gauten	10.68m	12.93m 54.80%	673
3 Du Toit, Aletta	W62 Western Province	8.51m	10.30m 43.66%	511

W65 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 De Bruyn, Susan	W66 KwaZulu-Natal	10.85m	14.38m 60.96%	763
2 Ferreira, Mercia	W65 CGA	10.58m	14.02m 59.44%	740
3 Grobbelaar, Elize	W68 Western Province	8.99m	11.92m 50.51%	610
4 Da Silveira, Izabel	W65 Western Province	5.78m	7.66m 32.47%	351

W70 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Van Zyl, Rentia	W74 Western Province	7.29m	10.69m 45.31%	535

W75 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bellingan, Julia	W75 Namibie	8.71m	13.19m 55.91%	689
2 Janeke, Hanneljie	W78 AVT	8.37m	12.67m 53.72%	657

M35 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 De Bruin, Carlo	M37 North West North	10.26m	10.46m 40.47%	478
2 Meintjes, Pieter	M36 Athletics Gauten	9.01m	9.19m 35.54%	407
3 Botha, Bennie	M35 CGA	7.89m	8.05m 31.12%	344

M40 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Venter, Martin	M43 Athletics Gauten	16.70m	18.19m 70.38%	918
2 Swanepoel, Jan	M43 Athletics Gauten	9.40m	10.24m 39.61%	465



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...M40 Weight Throw Weight Pentathlon

3	Labuschagne, Johan	M42	KwaZulu-Natal	8.79m	9.57m	37.04%	428
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M45 Weight Throw Weight Pentathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Boshoff, Jaco	M45	Athletics Gauten	11.05m	12.92m 49.98%	616
2 Potgieter, GP	M45	Western Province	10.89m	12.73m 49.25%	606

M50 Weight Throw Weight Pentathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Haupt, Burton	M52	Athletics Gauten	16.57m	17.37m 67.19%	871
2 Louw, Gawie	M54	CGA	15.40m	16.15m 62.45%	801
3 Lamara, Zain	M53	Western Province	10.83m	11.35m 43.92%	528
4 Ras, Peter	M51	Athletics Gauten	9.97m	10.45m 40.43%	477

M55 Weight Throw Weight Pentathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M56	Athletics Gauten	13.57m	15.23m 58.90%	748
2 Wattrus, Peter	M55	CGA	11.51m	12.91m 49.96%	616
3 Ferreira, Frik	M58	Athletics Gauten	10.94m	12.28m 47.48%	580

M60 Weight Throw Weight Pentathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Du Plessis, Mathys	M62	AVT	15.54m	16.19m 62.64%	803
2 Bester, Marius	M62	CGA	15.32m	15.96m 61.75%	790
3 Smit, Reuben	M63	Athletics Gauten	11.74m	12.23m 47.32%	577

M70 Weight Throw Weight Pentathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Horn, Louis	M70	Athletics Gauten	11.19m	12.76m 49.36%	607

M75 Weight Throw Weight Pentathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Willers, Oubaas	M79	AVT	8.70m	10.68m 41.33%	490

M85 Weight Throw Weight Pentathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Stannius, Borg	M86	Western Province	10.60m	15.31m 59.25%	753

W30 20 Mile Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Willemse, Rhoda	W32	Athletics Gauten		2:14:59.00	



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W50 20 Mile Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Steenkamp, Sandra	W53	Athletics Gauten		1:57:50.00	

W55 20 Mile Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Willemse, Lucia	W59	Athletics Gauten		2:08:34.00	

W65 20 Mile Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Meyer, Elsa	W67	Athletics Gauten		2:06:22.00	

M45 20 Mile Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 De Klerk, Bennet	M47	North West North		2:09:10.00	

M55 20 Mile Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Bosman, Marius	M57	Athletics Gauten		2:04:41.00	
2 Willemse, Jaap	M57	Athletics Gauten		2:05:44.00	

M60 20 Mile Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Callaghan, Chris	M60	Athletics Gauten		2:11:32.00	
2 Pentz, Ben	M63	Athletics Gauten		2:14:47.00	

W30 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Patterson, Lisa	W32	CGA		30:54.00	30:54.01 64.02%
2 Willemse, Rhoda	W32	Athletics Gauten		31:46.00	31:46.01 62.28%

W35 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Viljoen, Ronel	W35	Athletics Gauten		30:36.00	30:18.75 65.26%

W40 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Serdyn, Mariaan	W43	Athletics Gauten		28:42.00	27:37.43 71.62%
2 Corlett, Pamela	W43	KwaZulu-Natal		34:23.00	33:05.64 59.78%



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W45 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Katrakazas, Susan	W47	Athletics Gauten		29:24.00	27:11.71 72.75%

W50 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Steenkamp, Sandra	W53	Athletics Gauten		27:17.00	24:11.37 81.78%
2 Irmscher, Yvonne	W51	KwaZulu-Natal		28:39.00	25:24.07 77.88%
3 Kichenbrand, Frances	W52	Athletics Gauten		29:24.00	26:03.97 75.90%
4 Nortmann, Tinkie	W53	Athletics Gauten		34:48.00	30:51.23 64.12%

W55 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Willemse, Lucia	W59	Athletics Gauten		30:25.00	25:42.31 76.96%
2 Williams, Gail	W56	Western Province		31:36.00	26:42.32 74.08%
3 Parker, Liliias	W58	KwaZulu-Natal		37:09.00	31:23.73 63.01%

W60 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Koekemoer, Winnie	W63	Athletics Gauten		30:56.00	24:45.73 79.89%
2 Pentz, Annatjie	W63	Athletics Gauten		34:20.00	27:29.04 71.98%
3 Pellow, Sheila	W62	KwaZulu-Natal		37:49.00	30:16.34 65.35%

W65 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Meyer, Elsa	W67	Athletics Gauten		30:02.00	22:36.55 87.50%
2 Greyvenstein, Annatjie	W69	Athletics Gauten		30:35.00	23:01.39 85.93%
3 Aver, Carol-Ann	W68	Western Province		34:37.00	26:03.57 75.92%
4 Visagie, Kobie	W67	Athletics Gauten		38:11.00	28:44.67 68.82%

W70 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Howard-Davies, Elizabeth	W71	KwaZulu-Natal		36:56.00	25:55.64 76.30%
2 Botha, Brenda	W70	KwaZulu-Natal		36:57.00	25:56.34 76.27%
3 Strydom, Wilma	W74	CGA		41:59.00	29:28.34 67.13%

M35 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
-- Du Preez, Merwe	M38	AVT		DNS	

M45 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Thwahlaka, Teboho	M49	North West North		33:08.00	30:14.65 59.38%
-- De Klerk, Bennet	M47	North West North		DNS	



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M50 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Britz, Chris	M50	Athletics Gauten		25:34.00	22:23.64 80.20%
2 Oosthuizen, Francois	M52	Athletics Gauten		27:54.00	24:26.26 73.49%

M55 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Bosman, Marius	M57	Athletics Gauten		28:23.00	23:48.82 75.42%
2 Willemse, Jaap	M57	Athletics Gauten		29:49.00	25:00.98 71.79%
3 Suddes, Rocky	M55	KwaZulu-Natal		34:11.00	28:40.79 62.62%

M60 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Patterson, Ray	M61	Athletics Gauten		27:52.00	22:18.61 80.50%
2 Callaghan, Chris	M60	Athletics Gauten		29:14.00	23:24.26 76.74%
3 Pentz, Ben	M63	Athletics Gauten		30:28.00	24:23.50 73.63%

M65 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Strydom, Trompie	M68	KwaZulu-Natal		28:20.00	21:32.01 83.40%
2 Pellew, William	M66	KwaZulu-Natal		31:21.00	23:49.57 75.38%
3 Van Antwerp, Cornel	M65	KwaZulu-Natal		36:49.00	27:58.85 64.19%

M70 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 van den Raad, Gerard	M70	Athletics Gauten		30:28.00	21:50.68 82.22%
2 Aver, Brian	M70	Western Province		33:40.00	24:08.35 74.40%
-- De Klerk, Cas	M74	North West North		DNS	

M75 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Morgan-Smith, David	M76	SWD		34:38.00	23:16.01 77.19%
-- van der Colff, Elias	M77	Athletics Gauten		DNS	

M80 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Grobler, Frans	M82	Athletics Gauten		45:25.00	28:21.50 63.33%
-- Theron, Sarel	M80	Athletics Gauten		DNS	

W30 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Patterson, Lisa	W32	CGA		1:04:03.00	1:04:03.01 63.93%



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W35 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Viljoen, Ronel	W35	Athletics Gauten		1:02:47.00	1:02:11.60 65.84%

W40 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Serdyn, Mariaan	W43	Athletics Gauten		59:16.00	57:02.66 71.79%
2 Lendrum, Bronwyn	W40	CGA		1:05:46.00	1:03:18.03 64.69%
3 Corlett, Pamela	W43	KwaZulu-Natal		1:13:06.00	1:10:21.53 58.20%

W45 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Katrakazas, Susan	W47	Athletics Gauten		1:01:45.00	57:03.80 71.76%
-- Jali, Thandazile	W46	KwaZulu-Natal		DNS	

W50 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Irmscher, Yvonne	W51	KwaZulu-Natal		58:56.00	52:01.23 78.72%
2 Kichenbrand, Frances	W52	Athletics Gauten		1:00:28.00	53:22.44 76.72%
3 Scheepers, Celeste	W54	Athletics Gauten		1:02:26.00	55:06.60 74.31%
4 Van Zyl, Daleen	W51	Athletics Gauten		1:10:21.00	1:02:05.88 65.94%
5 Nortmann, Tinkie	W53	Athletics Gauten		1:11:11.00	1:02:50.02 65.17%

W55 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Williams, Gail	W56	Western Province		1:04:36.00	54:09.26 75.62%
2 Knoetze, Retha	W58	Athletics Gauten		1:04:50.00	54:20.99 75.35%
3 Parker, Liliias	W58	KwaZulu-Natal		1:15:44.00	1:03:29.24 64.50%

W60 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Koekemoer, Winnie	W63	Athletics Gauten		1:03:02.00	49:50.43 82.16%
2 Pentz, Annatjie	W63	Athletics Gauten		1:09:22.00	54:50.90 74.66%
-- Pellew, Sheila	W62	KwaZulu-Natal		DNS	

W65 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Greyvenstein, Annatjie	W69	Athletics Gauten		1:02:20.00	46:07.61 88.78%
2 Bolt, Ingrid	W68	KwaZulu-Natal		1:08:07.00	50:24.39 81.24%
3 Aver, Carol-Ann	W68	Western Province		1:11:35.00	52:58.31 77.31%

W70 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
-- Strydom, Wilma	W74	CGA		DNS	



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W75 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
-- Johnson, Magdaline	W77	Western Province		DNS	

M45 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Phillips, Kevin	M49	CGA		53:46.00	49:23.41 75.29%
2 Thwahlaka, Teboho	M49	North West North		1:09:21.00	1:03:42.30 58.37%
-- Sibiya, Lancelot	M47	KwaZulu-Natal		DNS	

M50 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Britz, Chris	M50	Athletics Gauten		55:26.00	48:53.20 76.06%
2 Oosthuizen, Francois	M52	Athletics Gauten		58:25.00	51:31.07 72.18%
3 Masikane, Thando	M50	KwaZulu-Natal		1:05:58.00	58:10.57 63.92%

M55 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Suddes, Rocky	M55	KwaZulu-Natal		1:12:47.00	1:01:31.43 60.44%

M60 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Patterson, Ray	M61	Athletics Gauten		58:36.00	47:18.12 78.61%

M65 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Pellew, William	M66	KwaZulu-Natal		1:04:54.00	49:43.98 74.77%
2 Van Antwerp, Cornel	M65	KwaZulu-Natal		1:15:17.00	57:41.38 64.45%
-- Strydom, Trompie	M68	KwaZulu-Natal		DNS	

M70 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 van den Raad, Gerard	M70	Athletics Gauten		1:02:01.00	44:48.43 82.99%
2 Aver, Brian	M70	Western Province		1:06:44.00	48:12.90 77.12%
-- Clements, Fred	M70	Athletics Gauten		DNS	

M75 10000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading
1 Morgan-Smith, David	M76	SWD		1:10:12.00	47:26.47 78.38%