

Results - GNMA - 2012 - Men

Age Group	Place	Name	Province	Result	Age-Grading
100M					
M30	1	Haywood, Werner	NWN	12.06	81.18%
	2	Brown, Kelvin	ANWK	12.37	79.14%
	3	Van Staden, Benjamin	GN	13.35	73.33%
M35	1	van Wyk, Carel	GN	11.16	89.96%
	2	Msipa, Edwin	CG	11.18	89.80%
	3	Mbatha, Bongumusa	KZN	11.71	85.74%
	4	Jewaskiewitz, Deon	GN	11.94	85.26%
	4	Rankin, Riaan	CNW	11.94	83.50%
	5	Truter, Andre	GN	12.06	83.83%
	6	Hunter, George	CG	12.15	83.79%
M40	1	Van der Westhuizen, Peet	GN	11.74	87.39%
	2	Koutakis, Nico	CG	12.04	85.22%
	3	Vermeulen, Clinton	CG	12.23	83.89%
	4	Viljoen, Joe	NWN	12.29	84.05%
	5	Von Benecke, Cornelius	NWN	12.36	84.14%
	6	Van Tonder, Immanuel	GN	12.74	82.73%
	7	Laubser, Johan	GN	13.31	79.19%
M45	1	Uys, Johan	WP	11.51	92.88%
	2	Van der Vyver, Daniel	GN	11.78	91.34%
	3	Barnard, Gans	GN	12.28	87.05%
	4	McCreanor, Sydney	GN	12.49	85.03%
M50	1	Endrody, Thomas	CG	12.12	91.75%
	2	Theron, Gerhard	KZN	12.78	85.92%
	3	Geldenhuys, Casper	GN	12.81	86.26%
	4	Le Roy, Benoit	CG	12.93	85.64%
	5	Gouws, Johan	GN	13.01	86.01%
	6	Erasmus, Pieter	NWN	13.18	83.84%
	7	Hardman, Wally	NWN	13.60	82.87%
	8	Erasmus, Dirk	GN	17.23	64.94%
M55	1	Bester, Gerhard	FS	13.16	87.23%
	2	Downward, Trevor	KZN	13.21	86.90%
	3	Wiese, Juan	GN	14.55	78.42%
	4	Lorenzen, Len	GN	14.64	77.46%
	5	Frost, Dennis	GN	15.73	72.09%
M60	1	Smith, Anthony	AVT	13.45	89.14%
M65	1	Wynick, Mervin	CG	15.01	81.28%
M75	1	Unger, Thomas	CG	15.57	86.00%
200M					
M30	1	Haywood, Werner	NWN	24.36	79.64%
	3	Van Staden, Benjamin	GN	28.11	68.73%
M35	1	van Wyk, Carel	GN	22.37	90.97%
	2	Msipa, Edwin	CG	23.82	85.43%
	3	Jewaskiewitz, Deon	GN	23.84	86.70%
	4	Mbatha, Bongumusa	KZN	24.05	84.62%
	5	Cloete, Van Reenen	Limp	25.25	79.96%
M40	1	Page, Colin	CG	24.22	86.00%
	2	Van der Westhuizen, Peet	GN	24.56	84.81%
	3	Viljoen, Joe	NWN	24.66	85.12%
	4	Mngomezulu, George	NWN	24.70	
	5	Koutakis, Nico	CG	25.20	82.66%
	6	Vermeulen, Clinton	CG	25.37	82.10%

	7	Laubser, Johan	Limp	27.47	78.12%
M45	1	Uys, Johan	WP	24.25	89.81%
	2	Van der Vyver, Daniel	GN	24.83	88.32%
	3	McCreanor, Sydney	GN	25.86	83.60%
M50	1	Geldenhuys, Casper	GN	25.94	87.01%
	1	Endrody, Thomas	CG	12.12	91.75%
	2	Le Roy, Benoit	CG	26.30	85.82%
	3	Erasmus, Pieter	NWN	26.53	85.07%
	4	Hardman, Wally	NWN	28.44	81.01%
M55	1	Bester, Gerhard	FS	27.39	85.87%
	2	Downward, Trevor	KZN	27.64	85.09%
	3	Lorenzen, Len	GN	30.84	75.26%
	4	Frost, Dennis	GN	32.40	71.64%
M60	1	Claassen, Len	GN	27.31	88.43%
W65	1	De Kock, Bobby	FS	38.48	65.46%
M70	1	De Vos, Tobie	GN	35.35	77.65%
W75	1	Hacker, Monty	CG	31.94	90.33%
	2	Unger, Thomas	CG	34.62	81.95%
400M					
M40	1	Viljoen, Joe	NWN	53.81	86.43%
	2	Sales, Graig	GN	69.30	66.64%
M45	1	Van der Vyver, Daniel	GN	57.66	84.13%
M50	1	Kallmeyer, Moritz	GN	1:03.99	77.92%
M55	1	Lorenzen, Len	GN	1:07.80	75.52%
	2	Downward, Trevor	KZN	1:08.99	75.17%
800M					
M30	1	Da Silva, Gavin	CG	1:08.99	78.89%
M35	1	Cloete, Van Reenen	Limp	2:06.70	80.79%
	2	Mbatha, Bongumusa	KZN	2:06.82	81.48%
	3	Hundermark, Gavin	CG	2:32.67	67.05%
M40	1	Van Vuuren, Fanie	GN	2:07.12	86.78%
M45	1	Viljoen, Gerhard	CG	2:17.00	81.27%
M50	1	Ramosimone, Pudi	NWN	2:06.82	92.47%
	2	Motlagale, Adam	NWN	2:15.72	86.41%
	3	Silva, Tony	CG	2:25.19	80.11%
M55	1	Lorenzen, Len	GN	2:42.41	74.68%
	2	Bosman, Marius	GN	2:54.75	69.41%
	3	Meyer, Buks	GN	3:09.45	65.05%
M60	1	Claassen, Len	GN	2:26.25	83.38%
	2	Lentsoenyane, Vincent	CG	2:33.76	88.43%
W65	1	Clements, Fred	GN	2:53.24	78.22%
	2	De Kock, Bobby	FS	4:22.10	51.14%
M70	1	Van der Merwe, Andries	GN	3:37.11	64.76%
M80	1	Coetzee, Martin	GN	3:45.62	72.25%
1500M					
M35	1	Modise, Norman	FS	5:06.75	70.09%
M40	1	Van Vuuren, Fanie	GN	4:29.95	84.46%
M45	1	Bronkhorst, Willie	GN	4:50.22	80.05%
	2	Wooldridge, Arthur	CG	5:02.94	77.39%
M50	1	Silva, Tony	CG	5:03.13	79.51%
M55	1	Meyer, Buks	GN	6:29.59	65.71%
M60	1	Lentsoenyane, Vincent	CG	5:45.14	77.30%
W65	1	Clements, Fred	GN	6:17.61	74.20%
	2	De Kock, Bobby	FS	9:38.98	47.99%
M70	1	Van der Merwe, Andries	GN	7:06.73	67.79%

M80	1	Coetzee, Martin	GN	8:04.90	68.13%
3000M					
M30	1	Viljoen, Morne	GN	10:44.17	68.48%
M45	1	De Villiers, Dawie	GN	10:29.68	77.40%
	2	Wooldridge, Arthur	CG	10:41.46	76.57%
M50	1	Silva, Tony	CG	11:35.36	72.34%
	2	Oosthuizen, Frans	GN	11:47.57	71.09%
M70	1	Muir, Neville	GN	22:40.31	46.00%
M80	1	Coetzee, Martin	GN	18:19.62	95.65
5000M					
M35	1	Motlagatle, Kagiso	NWN	16:24.65	79.57%
	2	Modise, Norman	FS	19:09.12	68.68%
M45	1	Wooldridge, Arthur	CG	17:51.44	78.87%
	2	Viljoen, Marcel	CG	18:52.58	73.46%
	3	Botsalo, Zacharia	NWN	17:53.90	77.47%
	4	Hughes, Brandon	GN	25:38.61	54.92%
M50	1	Kallmeyer, Moritz	GN	21:22.46	68.03%
	2	Silva, Tony	CG	21:23.37	67.43%
	3	Venter, Dirk	CG	21:58.42	66.72%
M60	1	Du Bruto, Mike	GN	19:26.99	82.82%
M70	1	Van der Merwe, Andries	GN	34:07.12	51.15%
	2	Muir, Neville	GN	36:42.98	48.87%
Short hurdles 80M					
M70	1	Miekautsch, Hans	CG	15.33	88.32%
Short hurdles 100M					
M50	1	Gouws, Johan	GN	16.13	85.62%
	2	Theron, Gerhard	KZN	18.25	72.60%
		Brasler, Mark	GN	DQ	
Long Hurdles 400M					
M35	1	Cloete, Van Reenen	Limp	1:04.82	75.61%
M55	1	Williams, Pieter	GN	1:10.81	83.01%
2000M Steeplechase					
M60	1	Rossouw, Pieter	GN	9:23.05	74.14%
M65	1	De Kock, Bobby	FS	13:34.35	55.71%
3000M Steeplechase					
M30	1	Viljoen, Morne	GN	10:22.56	76.08%
M40	1	Buys, Johan	GN	10:56.70	81.00%
M45	1	Bronkhorst, Willie	GN	10:49.71	84.12%
	2	Wooldridge, Arthur	CG	11:35.44	79.28%
M50	1	Venter, Dirk	CG	13:12.9	72.60%
High Jump					
M35	1	Mans, Johan	CG	1.83	81.70%
	2	Vermeulen, Brandon	CG	1.65	71.74%
	2	Buck, Lionel	Mp	1.65	73.66%
	2	Cloete, Van Reenen	Limp	1.65	71.74%
	2	Goliath, Wayne	GN	1.65	73.01%
M40	1	Lombard, Bertus	GN	1.60	74.42%
	2	Van Tonder, Immanuel	GN	1.55	72.77%
M45	1	Gutsche, Johann	NWN	1.85	87.68%
	2	Pretorius, Almo	GN	1.50	71.09%
M50	1	Gouws, Johan	GN	1.60	82.47%
	2	Bezuidenhout, Willem	Limp	1.50	75.00%
	3	Nel, Leon	CG	1.35	69.59%
M55	1	Williams, Pieter	GN	1.75	92.48%

	2	Wiese, Juan	GN	1.35	72.19%
M60	1	Solms, John	GN	1.25	72.67%
	2	Carnie, Basil	WP	1.20	68.18%
M65	1	Kruger, Pieter	CG	1.45	87.35%
M70	1	Miekautsch, Hans	CG	1.35	91.22%
Long Jump					
M30	1	Brown, Kelvin	ANWK	5.68	65.36%
M35	1	Goliath, Wayne	GN	6.18	75.00%
	2	Vermeulen, Brandon	CG	5.75	68.29%
M40	1	Van Tonder, Immanuel	GN	5.02	65.28%
	2	Lombard, Bertus	GN	4.96	63.75%
	3	Laubser, Johan	Limp	4.89	63.59%
M45	1	Van der Vyver, Daniel	GN	5.13	69.23%
M50	1	Erasmus, Pieter	AVT	5.14	73.01%
	2	Bezuidenhout, Willem	Limp	4.84	67.88%
	3	Oosthuizen, Frans	GN	4.59	64.38%
	4	Nel, Leon	CG	4.58	66.76%
	5	Hardman, Wally	NWN	4.50	66.57%
M55	1	Ludeke, Dave	GN	4.58	72.70%
M65	1	Kruger, Pieter	CG	3.41	60.25%
M70	1	Miekautsch, Hans	CG	4.14	84.15%
M75	1	Penberthy, Pearce	CG	3.65	77.17%
	2	Unger, Thomas	CG	3.41	72.09%
Tripple Jump					
M30	1	Brown, Kelvin	ANWK	11.26	62.04%
M35	1	Goliath, Wayne	GN	12.22	69.99%
M50	1	Erasmus, Pieter	AVT	10.20	68.64%
M55	1	Ludeke, Dave	GN	9.50	72.70%
M75	1	Penberthy, Pearce	CG	6.32	64.16%
Shot put					
M35	1	Plews, Martin	GN	13.95	61.64%
M40	1	Scheepers, Conradie	FS	12.93	69.93%
	2	Venter, Martin	GN	12.93	58.35%
	3	Van Wyk, Danie	GN	12.28	55.42%
	4	Jacobs, Leon	AVT	9.83	45.07%
M45	1	Krog, Willem	GN	13.24	67.83%
	2	De Wit, Francois	GN	12.41	64.97%
	3	Smit, Hennie	AVT	11.86	58.28%
	4	Gutsche, Johann	NWN	10.61	51.08%
	5	Visagie, Ronnie	Mp	9.92	48.75%
M50	1	Haupt, Burton	GN	14.37	71.28%
	2	Wattrus, Peter	CG	13.81	72.88%
	3	Bezuidenhout, Willem	Limp	11.81	58.58%
	4	Hardman, Wally	NWN	11.41	61.56%
	5	Aggouras, Nicky	GN	11.13	60.00%
	6	Engelbrecht, Hennie	GN	7.27	36.79%
M55	1	Bester, Marius	CG	12.15	73.41%
	2	Wiese, Juan	GN	10.03	56.51%
	3	Ferreira, Frik	GN	9.83	55.38%
	4	Harding, Jon	CG	9.72	57.35%
M60	1	Du Plessis, Mathys Slappie	AVT	12.51	68.74%
	2	Smit, Reuben	AVT	11.55	65.25%
	3	Carnie, Basil	WP	10.63	60.06%
	4	Ludick, Egedion	GN	9.82	53.96%
	5	Van Heerden, Koos	Mp	9.20	56.76%

M65	1	Horn, Louis	AVT	10.91	76.78%
	2	Markotter, Hein	GN	10.62	69.82%
	3	Naude, Theunis	AVT	10.40	73.19%
M70	1	Moller, Theo	GN	10.13	57.04%
	2	De Vos, Tobie	GN	8.62	54.38%
M75	1	Skea, Everard	GN	11.72	76.25%
	2	Theron, Sarel	GN	6.45	46.27%
M80	1	Grobler, Frans	GN	6.53	43.74%
Discus Throw					
M35	1	Van Schalkwyk, Sampie	GN	36.40	49.14%
M40	1	Scheepers, Conradie	FS	44.87	62.97%
	2	Venter, Martin	GN	39.23	53.46%
M45	1	Eybers, Marius	GN	36.13	55.38%
	2	Smit, Hennie	AVT	34.88	50.38%
	3	Ras, Peter	GN	25.85	39.62%
M50	1	Haupt, Burton	GN	48.16	65.01%
	2	Wattrus, Peter	CG	43.00	61.34%
	3	Kichenbrand, Stephen	GN	40.73	59.23%
	4	Bezuidenhout, Willem	Limp	36.54	49.33%
	5	Aggouras, Nicky	GN	34.07	49.54%
M55	1	Wiese, Juan	GN	31.21	47.44%
	2	Harding, Jon	CG	29.57	47.32%
	3	Ferreira, Frik	GN	26.98	41.01%
M60	1	Du Plessis, Mathys Slappie	AVT	35.28	53.50%
	2	Solms, John	GN	32.16	51.95%
	3	Ludick, Egedion	GN	30.33	45.99%
M65	1	Naude, Theunis	AVT	39.05	70.81%
	2	Markotter, Hein	GN	33.27	57.51%
M70	1	De Vos, Tobie	GN	24.09	51.21%
	2	Moller, Theo	GN	22.63	43.15%
M75	1	Skea, Everard	GN	26.75	58.56%
Hammer Throw					
M40	1	Venter, Martin	GN	54.51	69.08%
	2	Van Wyk, Danie	GN	44.51	56.41%
	3	Jacobs, Leon	AVT	25.30	32.65%
	4	Grove, Stefan	Limp	20.18	25.57%
M45	1	Meiring, Vince	GN	48.29	67.26%
M50	1	Haupt, Burton	GN	48.17	64.73%
	2	Nel, Hannes	AVT	42.25	63.41%
	3	Louw, Gawie	GN	40.72	57.06%
	4	Kichenbrand, Stephen	GN	39.25	57.48%
M55	1	Bester, Marius	CG	38.64	63.72%
	2	Frost, Dennis	GN	28.73	43.03%
	3	Ferreira, Frik	GN	21.96	33.67%
M60	1	Du Plessis, Mathys Slappie	AVT	39.62	64.21%
	2	Solms, John	GN	33.98	59.09%
	3	Smit, Reuben	AVT	31.80	52.74%
	4	Van Heerden, Koos	Mp	23.21	41.37%
M65	1	Markotter, Hein	GN	22.81	42.78%
Javelin Throw					
M35	1	Kruger, Dawie	CG	51.76	54.84%
	2	Van Schalkwyk, Sampie	GN	44.31	48.41%
M40	1	De Wet, Hennes	GN	52.50	64.34%
	2	Bond, Gavin	GN	47.86	54.84%
	3	Van Wyk, Danie	GN	39.50	46.01%

	4	Sales, Graig	GN	35.43	39.17%
	5	Laubser, Johan	Limp	34.19	46.01%
M45	1	McCreanor, Sydney	GN	39.68	49.49%
M50	1	Louw, Gawie	GN	60.03	80.88%
	2	Kichenbrand, Stephen	GN	54.41	76.16%
	3	Bezuidenhout, Willem	Limp	45.36	58.91%
	4	Hardman, Wally	NWN	29.82	41.74%
	5	Engelbrecht, Hennie	GN	16.71	22.10%
M55	1	Ludike, Dave	GN	42.87	66.48%
	2	Ferreira, Frik	GN	36.38	52.99%
M60	1	Ludick, Egedion	GN	33.69	50.65%
	2	Du Plessis, Mathys Slappie	AVT	32.91	49.47%
	3	Solms, John	GN	30.87	49.45%
M65	1	Markotter, Hein	GN	34.47	59.08%
M70	1	Moller, Theo	GN	32.33	57.32%
	2	De Vos, Tobie	GN	28.36	56.18%
M75	1	Skea, Everard	GN	27.24	55.59%
	2	Unger, Thomas	CG	20.44	43.01%
	3	Theron, Sarel	GN	13.49	30.27%
Weight Throw					
M40	1	Venter, Martin	GN	17.97	77.09%
	2	Van Wyk, Danie	GN	13.77	59.07%
M50	1	Haupt, Burton	GN	17.00	73.12%
	2	Louw, Gawie	GN	15.59	69.32%
	3	Nel, Hannes	AVT	15.29	67.99%
	4	Kichenbrand, Stephen	GN	13.48	62.01%
	5	Bezuidenhout, Willem	Limp	11.20	48.17%
M55	1	Bester, Marius	CG	12.09	60.91%
	2	Frost, Dennis	GN	9.31	43.59%
	3	Ferreira, Frik	GN	8.61	41.04%
M60	1	Du Plessis, Mathys Slappie	AVT	15.80	69.60%
	2	Solms, John	GN	11.73	54.86%
M65	1	Markotter, Hein	GN	9.48	47.26%
M70	1	De Vos, Tobie	GN	8.80	48.78%
Greek Discus					
M35	1	Plews, Martin	GN	20.40	
M40	1	Van Wyk, Danie	GN	19.98	
	2	Grove, Stefan	Limp	19.91	
M45	1	Smit, Hennie	AVT	19.17	
	2	Ras, Peter	GN	15.49	
M50	1	Haupt, Burton	GN	33.47	
	2	Wattrus, Peter	CG	31.09	
	3	Bezuidenhout, Willem	Limp	27.93	
	4	Kichenbrand, Stephen	GN	27.26	
	5	Aggouras, Nicky	GN	25.38	
M55	1	Ferreira, Frik	GN	22.62	
M60	1	Du Plessis, Mathys Slappie	AVT	26.34	
	2	Smit, Reuben	AVT	22.86	
	3	Solms, John	GN	21.3	
M65	1	Naude, Theunis	AVT	22.94	
	2	Markotter, Hein	GN	22.66	
	3	Horn, Louis	AVT	20.43	
M70	1	De Vos, Tobie	GN	16.65	
3000M Race Walk					
M50	1	Venter, Fanie	GN	15:16.55	79.54%

	2	Oosthuizen, Frans	GN	17:21.60	69.40%
M55	1	Bosman, Marius	GN	17:35.72	71.51%
	2	Callaghan, Christopher	GN	18:49.20	68.73%
	3	Wolmarans, Oupa Sarel	GN	21:20.68	58.95%
M65	1	van den Raad, Gerard	GN	18:10.65	79.07%
	2	Clements, Fred	GN	18:41.42	76.90%
	3	Liebenberg, Fred	NWN	19:28.64	72.94%
M75	1	Van der Colff, Colf	GN	29:59.92	74.76%
	2	Rowe, Jack	GN	21:13.68	73.95%
M80	1	Grobler, Frans	GN	24:51.45	67.88%
5000M Race Walk					
M45	1	Thwahlaka, Teboho	NWN	32:51.31	60.87%
M50	1	Venter, Fanie	GN	26:11.86	78.94%
	2	Coetzee, Johann	Mp	28:38.81	73.43%
	3	Erasmus, Dirk	GN	38:27.98	54.68%
M55	1	Patterson, Ray	CG	27:14.31	81.55%
	2	Bosman, Marius	GN	27:38.06	77.46%
	3	Brooker, Chris	CG	30:19.91	71.87%
	4	Callaghan, Christopher	GN	30:56.81	71.10%
	5	Willemse, Jaap	GN	31:04.24	68.90%
	6	Frost, Dennis	GN	32:00.31	66.88%
	7	Wolmarans, Oupa Sarel	GN	34:45.54	61.58%
	8	Zalani, Stephen	CG	36:05.72	60.39%
M65	1	Van den Raad, Gerard	GN	30:46.26	79.46%
	2	Clements, Fred	GN	31:10.36	77.53%
	3	Liebenberg, Fred	NWN	33:45.62	72.43%
M70	1	Benade, Arie	NWN	34:12.33	75.09%
	2	Muir, Neville	GN	35:11.72	73.93%
M75	1	Rowe, Jack	GN	35:11.76	75.96%
	2	Van Zyl, David	GN	35:12.04	80.38%
	3	Theron, Sarel	GN	35:14.67	79.18%
	4	Van der Colff, Colf	GN	36:03.56	74.14%
M80	1	Grobler, Frans	GN	37:21.62	76.99%
	2	Van de Venter, John	GN	39:13.04	75.73%