

WP CHAMPIONSHIPS 2017			17/18 MARCH 2016		PAROW		TIMING METHOD ELECTRONIC				
SURNAME	FIRST NAME	AGE	GRP	CLUB	PERFORMANCE	POS	WP	WP	SA	SA	WIND
						ITN	STD	REC	STD	REC	
100 M	MEN		M								
Saulse	Edwin	M 30		EERSTERIVER	DNS						5.90
Steenberg	Bradley	M 30	C P U T		11.80	1					5.90
Orrie	Nadeem	M 30	C P U T		12.19	2					5.90
Ockhuys	Brentwill	M 30		WELLINGTON	12.55	3					6.20
Kika	Bronwill	M 35		PAARL	DNS						5.90
Mentoor	Ricardo	M 35		BELLVILLE	11.13	1					5.90
Lindoor	Christiaan	M 35		S W D	11.79	2					5.90
Davids	Chazery	M 35		SWARTLAND	11.90	3					5.90
Buck	Robin	M 40		TYGERBERG	DNS						6.20
Native	Craig	M 40		TYGERBERG	DNS						6.20
Basson	Marius	M 40		ORAK	11.66	1					6.20
Williams	Dominic	M 40		SPRINGBOK	12.21	2					6.20
Pena	David	M 40		FISH HOEK	12.35	3					6.20
Bothma	Rupert	M 40		BELLVILLE	12.62	4					6.20
Van Aken	Edward	M 40		TYGERBERG	12.67	5					6.20
Cottee	Alistair	M 45	C P U T		DNS						3.30
Solomons	Anthony	M 45		BOLAND	11.99	1					3.30
Cloete	John	M 45		SPRINGBOK	12.17	2					3.30
Ockhuys	Edward	M 45		LANGEBAAN	12.18	3					3.30
Russell	Scott	M 45	C P U T		12.75	4					3.30
Neff	Freddie	M 45		PAARL	13.84	5					3.30
Ruiters	Denver	M 50		CORR SERV	DNS						4.60
Hugo	Stephan	M 50		NAMAQUA	DNS						4.60
Rothman	L M	M 50	S W D		12.95	1					4.60
Wyngaard	Adnaan	M 50		ULTRA	13.40	2					4.60
Van Wyk	Zaggeus	M 50		WORCESTER	14.46	3					4.60
Myburgh	Johan	M 55		BELLVILLE	12.44	1					4.60
Warries	Joseph	M 60		U W C	13.31	1					4.60
Deetlefs	Pietie	M 60		CERES	14.25	2					4.50
Apollis	David	M 65		TYGERBERG	DNS						4.60
Figland	Edgar	M 70		BELLVILLE	15.75	1					4.50
Van Zyl	Jakobus	M 75		V O B	16.11	1					4.50
Smith	Albert	M 80		BELLVILLE	DNS						4.50
Cross	Ronald	M 80		BELLVILLE	16.03	1					4.50
Ridge	Arthur	M 85	C P U T		18.23	1					4.50
Strydom	Ron	M 85		FISH HOEK	19.49	2					4.50
200 M	MEN		M								
Ockhuys	Brentwill	M 30		WELLINGTON	DNS						2.00
Oelf	Shaun	M 30	C P U T		25.14	1					2.00
Venter	Yaron	M 30	S W D		25.16	2					2.00
Orrie	Nadeem	M 30	C P U T		26.16	3					2.00
Coetzee	Deon	M 30		TYGERBERG	27.93	4					2.00
Mentoor	Ricardo	M 35		BELLVILLE	23.09	1	WPS				2.00
Lindoor	Christiaan	M 35		S W D	25.62	2					2.00
Msipha	Aldrin	M 40		CEN GAUTENG	DNF						3.20
Basson	Marius	M 40		ORAK	23.81	1					3.20
Bothma	Rupert	M 40		BELLVILLE	25.62	2					3.20
Native	Craig	M 40		TYGERBERG	25.71	3					3.20
Williams	Dominic	M 40		SPRINGBOK	25.72	4					3.20
Pena	David	M 40		FISH HOEK	25.88	5					3.20
Van Aken	Edward	M 40		TYGERBERG	25.92	6					3.20
Cottee	Alistair	M 45	C P U T		DNS						3.20
Solomons	Anthony	M 45		BOLAND	25.45	1					3.30
Cloete	John	M 45		SPRINGBOK	25.47	2					3.30
Ockhuys	Edward	M 45		LANGEBAAN	25.76	3					3.30
van Zyl	Oloff	M 45		V O B	25.88	4					3.30
Toll	Michael	M 50		ITHEKO	DNS						3.00
Rothman	L M	M 50	S W D		28.01	1					3.00
Wyngaard	Adnaan	M 50		ULTRA	28.44	2					3.00
Oehley	Derek	M 50		HARFIELD	28.57	3					3.00
Ruiters	Denver	M 50		CORR SERV	29.42	4					3.00
Myburgh	Johan	M 55		BELLVILLE	25.90	1					3.00
Warries	Joseph	M 60		U W C	27.53	1	WPS				1.10
Jeftas	Christo	M 60		BOLAND	29.64	2	WPS				1.10
Deetlefs	Pietie	M 60		CERES	29.76	3	WPS				1.10
Strauss	Frikkie	M 65		TEMP	DNS						1.10
Apollis	David	M 65		TYGERBERG	DNS						1.10
Figland	Edgar	M 70		BELLVILLE	34.44	1					3.30
Van Zyl	Jakobus	M 75		V O B	34.15	1					3.30

Cross	Ronald	M 80 BELLVILLE	37.10	1	3.30
Ridge	Arthur	M 85 C P U T	38.51	1	3.30
Strydom	Ron	M 85 FISH HOEK	45.88	2	3.30
400 M	MEN	M			
Oelf	Shaun	M 30 C P U T	DNS		
Claasens	Ashwyn	M 30 FNB	54.24	1	
Venter	Yaron	M 30 S W D	57.69	2	
Russouw	Nico	M 35 BELLVILLE	56.78	1	
Lindoor	Christiaan	M 35 S W D	1:01.44	2	
Msipha	Aldrin	M 40 CEN GAUTENG	DNS		
Basson	Marius	M 40 ORAK	54.64	1	WPS
Russell	Scott	M 45 C P U T	DNS		
van Zyl	Oloff	M 45 V O B	59.03	1	
Fortuin	Maurice	M 45 CORR SERV	1:00.15	2	
Toll	Michael	M 50 ITHEKO	DNS		
Ruiters	Denver	M 50 CORR SERV	DNS		
Oehley	Derek	M 50 HARFIELD	1:05.17	1	
Myburgh	Johan	M 55 BELLVILLE	DNS		
Julie	Merlin	M 55 SPAAC	1:02.38	1	WPS
Groeneveld	Leon	M 55 BOLAND	1:03.20	2	WPS
Warries	Joseph	M 60 U W C	1:04.94	1	WPS
Apollis	David	M 65 TYGERBERG	DNS		
Ridge	Arthur	M 85 C P U T	DNS		
800 M	MEN	M			
Esau	Dorian	M 35 SPARTANS	2:42.79	1	
Afrika	Abraham	M 40 BELLVILLE	DQ		
Van Rooyen	Christo	M 40 FNB	2:13.61	1	WPS
Smit	Aldrin	M 40 STRAND	2:18.79	2	
Mahlange	Stanley	M 40 GUGULETU	2:36.58	3	
van Zyl	Oloff	M 45 V O B	2:13.80	1	WPS
Fortuin	Maurice	M 45 CORR SERV	2:17.99	2	WPS
Cooper	Andrew	M 45 NEDBANK	2:31.97	3	
Swart	Dries	M 50 ATC	DNS		
Oehley	Derek	M 50 HARFIELD	2:22.66	1	WPS
Lemmon	Mark	M 50 TEMP	2:31.13	2	
Julie	Merlin	M 55 SPAAC	2:23.38	1	WPS
Kelly	Martin	M 60 FISH HOEK	2:45.86	1	WPS
Jeftas	Christo	M 60 BOLAND	2:59.70	2	
Lamprechts	Lampies	M 65 S W D	3:48.63	1	
Geutner	Manfred	M 75 PINELANDS	DNS		
1500 M	MEN	M			
Van der Walt	Tjaart	M 35 FNB	4:46.78	1	
Esau	Dorian	M 35 SPARTANS	5:35.27	2	
Afrika	Abraham	M 40 BELLVILLE	4:30.77	1	WPS
Van Rooyen	Christo	M 40 FNB	4:36.84	2	WPS
Smit	Aldrin	M 40 STRAND	5:00.14	3	
McCarthy	Gavin	M 45 EDGEMead	4:49.49	1	WPS
Cooper	Andrew	M 45 NEDBANK	5:15.38	2	
Kelly	Percy	M 50 ITHEKO	DNS		
Philander	Tobias	M 50 ITHEKO	4:44.41	1	WPS
Oehley	Derek	M 50 HARFIELD	5:03.28	2	WPS
Cleophas	Tony	M 50 S W D	5:14.11	3	
Swart	Dries	M 50 ATC	5:18.15	4	
Lemmon	Mark	M 50 TEMP	5:26.19	5	
Dramat	Shamuel	M 55 TOPFORM	5:05.21	1	WPS
Ruppert	Max	M 55 STRAND	5:08.41	2	WPS
Julie	Merlin	M 55 SPAAC	5:39.00	3	
Kelly	Martin	M 60 FISH HOEK	DNF		
Jeftas	Christo	M 60 BOLAND	DNS		
Makupane	Goodman	M 60 GUGULETU	5:36.48	1	WPS
5000 M	MEN	M			
Van der Walt	Tjaart	M 35 FNB	17:48.16	1	
Esau	Dorian	M 35 SPARTANS	19:46.76	2	
Van Rooyen	Christo	M 40 FNB	17:22.29	1	WPS
Nqcwana	Sabelo	M 40 GUGULETU	18:53.87	2	
Smit	Aldrin	M 40 STRAND	19:28.00	3	
Peacock	Michael	M 40 BELLVILLE	21:40.49	4	
Cooper	Andrew	M 45 NEDBANK	19:12.25	1	
Wright	Donovan	M 45 CEN GAUTENG	20:00.96	2	
Kelly	Percy	M 50 ITHEKO	DNS		
Swart	Dries	M 50 ATC	19:24.62	1	
Cleophas	Tony	M 50 S W D	20:01.46	2	

Dramat	Shamiel	M 55	TOPFORM	DNS			
Ruppert	Max	M 55	STRAND	19:10.34	1	WPS	
Vermeulen	Andries	M 55	TEMP	19:47.41	2	WPS	
Lindsay	Robbie	M 60	NEDBANK	19:52.82	1	WPS	
Makupane	Goodman	M 60	GUGULETU	20:43.26	2	WPS	
Lamprechts	Lampies	M 65	S W D	29:31.04	1		
Greeff	Caspar	M 80	ATH ALIVE	DNS			
Evans	Bub	M 80	ATLANTIC	28:55.47	1	WPS WPR SAS	
10000 M	MEN	M					
Esau	Dorian	M 35	SPARTANS	45:13.00	1		
Van Rooyen	Christo	M 40	FNB	34:57.00	1	WPS	
Nqcwana	Sabelo	M 40	GUGULETU	37:30.00	2	WPS	
Smit	Aldrin	M 40	STRAND	38:07.00	3	WPS	
McCarthy	Gavin	M 45	EDGEMEAD	37:10.00	1	WPS	
van Zyl	Oloff	M 45	V O B	37:20.00	2	WPS	
Cooper	Andrew	M 45	NEDBANK	37:57.00	3	WPS	
Kelly	Percy	M 50	ITHEKO	38:44.00	1	WPS	
Dramat	Shamiel	M 55	TOPFORM	39:30.00	1	WPS	
Makupane	Goodman	M 60	GUGULETU	DNF			
Lindsay	Robbie	M 60	NEDBANK	40:36.00	1	WPS WPR	
Greeff	Caspar	M 80	ATH ALIVE	59:13.00	1	WPS WPR SAS	
110/100/80 M H	MEN	M					
Russouw	Nico	M 35	lok VILLE	15.88	1	WPS	0.00
Van Zyl	Dana	M 40	V O B	DNS			0.00
van Zyl	Oloff	M 45	V O B	DNF			0.00
Russell	Scott	M 45	C P U T	17.08	1	WPS SAS	0.00
Van Wyk	Zageus	M 50	WORCESTER	DNS			0.00
Hugo	Stephan	M 50	NAMAQUA	16.92	1	WPS	0.00
Wyngaard	Adnaan	M 50	ULTRA	18.87	2	WPS	0.00
Williams	Jeremiah	M 50	BOLAND	18.95	3	WPS	0.00
400/300 M H	MEN	M					
Van Zyl	Dana	M 40	V O B	DNS			
van Zyl	Oloff	M 45	V O B	1:07.49	1	WPS	
2/3K M STEEPLE	MEN	M					
Mahlange	Stanley	M 40	GUGULETU	12:38.37	1		
Philander	Tobias	M 50	ITHEKO	11:17.15	1	SAS	
Ruppert	Max	M 55	STRAND	DNF			
HIGH JUMP	MEN	M					
Coetzee	Deon	M 30	TYGERBERG	1.55	1		
Oelf	Shaun	M 30	C P U T	DNS			
Mosaval	Faisel	M 35	C P U T	1.40	1		
Van Aken	Edward	M 40	TYGERBERG	1.60	1	WPS	
Smit	Aldrin	M 40	STRAND	1.55	2	WPS	
Pool	Arne	M 40	TYGERBERG	1.50	3		
Bredeveldt	Neal	M 55	PAARL	1.63	1	WPS WPR SAS	
Hough	Norman	M 65	WHALERS	1.30	1	WPS	
Heunis	Dawie	M 75	S W D	1.20	1	WPS WPR SAS	
Smith	Albert	M 80	BELLVILLE	DNS			
Benning	Leo	M 80	WHALERS	DNS			
LONG JUMP	MEN	M					
Oelf	Shaun	M 30	C P U T	6.12	1		2.80
Orrie	Nadeem	M 30	C P U T	5.14	2		8.20
Saulse	Edwin	M 30	EERSTERIVER	DNS			
Steenberg	Bradley	M 30	C P U T	DNS			0.00
Van Aken	Edward	M 40	TYGERBERG	5.75	1		9.90
Smit	Aldrin	M 40	STRAND	5.61	2		6.30
Pena	David	M 40	FISH HOEK	5.26	3		7.10
Buck	Robin	M 40	TYGERBERG	DNS			0.00
Basson	Marius	M 40	ORAK	DNS			0.00
Neff	Freddie	M 45	PAARL	4.90	1		3.40
Cottee	Alistair	M 45	C P U T	4.72	2		3.60
Williams	Jeremiah	M 50	BOLAND	5.37	1		6.60
McBride	Vincent	M 50	BELLVILLE	5.05	2		7.80
Bredeveldt	Neal	M 55	PAARL	5.45	1		3.00
Hough	Norman	M 65	WHALERS	3.55	1		7.00
Benning	Leo	M 80	WHALERS	2.09	1		4.50
Smith	Albert	M 80	BELLVILLE	DNS			
Strydom	Ron	M 85	FISH HOEK	2.35	1		4.10
TRIPLE JUMP	MEN	M					

Saulse	Edwin	M 30	EERSTERIVER	9.34	1	2.70
Smit	Aldrin	M 40	STRAND	10.94	1	4.80
Pool	Arne	M 40	TYGERBERG	10.18	2	1.30
Basson	Marius	M 40	ORAK	DNS		0.00
McBride	Vincent	M 50	BELLVILLE	11.52	1	3.40
Hugo	Stephan	M 50	NAMAQUA	10.63	2	2.60
Bredevelدت	Neal	M 55	PAARL	9.05	1	2.40
Benning	Leo	M 80	WHALERS	DNS		0.00
SHOT PUT						
MEN						
M						
Saulse	Edwin	M 30	EERSTERIVER	7.80	1	
Lewies	Daniel	M 35	BELLVILLE	12.30	1	WPS
Wiener	Shukri	M 35	PINELANDS	11.87	2	WPS
Mosaval	Faisel	M 35	C P U T	8.67	3	
Jonck	Riaan	M 35	BELLVILLE	7.68	4	
Pena	David	M 40	FISH HOEK	10.56	1	
Bothma	Rupert	M 40	BELLVILLE	7.52	2	
Willemse	Chris	M 50	S W D	8.98	1	
Lamara	Zain	M 55	BELLVILLE	10.44	1	WPS
Roux	Eric	M 55	WORCESTER	9.82	2	WPS
Smith	Anthony	M 55	BOLAND	9.15	3	WPS
Wale	Anton	M 60	PINELANDS	11.08	1	WPS
Hough	Norman	M 65	WHALERS	11.00	1	WPS
Erasmus	Nick	M 65	WHALERS	10.26	2	WPS
Rabie	Tienkie	M 70	BELLVILLE	8.89	1	WPS
Johnston	Steve	M 75	PINELANDS	8.65	1	WPS
Smith	Albert	M 80	BELLVILLE	DNS		
Stannius	Borg	M 85	PINELANDS	9.81	1	WPS SAS
DISCUS						
MEN						
M						
Lewies	Daniel	M 35	BELLVILLE	36.41	1	WPS
Wiener	Shukri	M 35	PINELANDS	35.73	2	WPS
Jonck	Riaan	M 35	BELLVILLE	20.03	3	
Pena	David	M 40	FISH HOEK	22.93	1	
Bothma	Rupert	M 40	BELLVILLE	16.10	2	
Solomons	Anthony	M 45	BOLAND	31.74	1	WPS
Willemse	Chris	M 50	S W D	32.26	1	WPS
Van Wyk	Zaggeus	M 50	WORCESTER	DNS		
Roux	Eric	M 55	WORCESTER	30.81	1	WPS
Lamara	Zain	M 55	BELLVILLE	30.01	2	WPS
Wale	Anton	M 60	PINELANDS	27.65	1	
Hough	Norman	M 65	WHALERS	33.31	1	WPS
Erasmus	Nick	M 65	WHALERS	33.02	2	WPS
Rabie	Tienkie	M 70	BELLVILLE	27.13	1	WPS
Heunis	Dawie	M 75	S W D	29.79	1	WPS SAS
Johnston	Steve	M 75	PINELANDS	27.71	2	WPS SAS
Muller	John	M 80	WHALERS	27.69	1	WPS SAS
Cross	Ronald	M 80	BELLVILLE	27.21	2	WPS SAS
Benning	Leo	M 80	WHALERS	15.61	3	
Smith	Albert	M 80	BELLVILLE	DNS		
Stannius	Borg	M 85	PINELANDS	21.74	1	WPS SAS
JAVELIN						
MEN						
M						
Potgieter	Bertus	M 35	BELLVILLE	50.64	1	WPS
Jonck	Riaan	M 35	BELLVILLE	23.98	2	
Cronje	Jacques	M 45	BOLAND	53.37	1	WPS SAS
Du Bruyn	Japie	M 45	BELLVILLE	41.24	2	WPS
Van Wyk	Zaggeus	M 50	WORCESTER	23.74	1	
Lamara	Zain	M 55	BELLVILLE	34.96	1	WPS
Roux	Eric	M 55	WORCESTER	30.03	2	WPS
Smith	Anthony	M 55	BOLAND	22.55	3	
Verceuil	Hein	M 55	BELLVILLE	DNS		
Wale	Anton	M 60	PINELANDS	28.79	1	WPS
Hough	Norman	M 65	WHALERS	34.72	1	WPS
Miller	Garth	M 65	V O B	25.53	2	
Erasmus	Nick	M 65	WHALERS	25.33	3	
Johnston	Steve	M 75	PINELANDS	DNS		
Benning	Leo	M 80	WHALERS	16.42	1	WPS
Smith	Albert	M 80	BELLVILLE	DNS		
Stannius	Borg	M 85	PINELANDS	DNS		
HAMMER THROW						
MEN						
M						
Wiener	Shukri	M 35	PINELANDS	26.09	1	
Jonck	Riaan	M 35	BELLVILLE	15.67	2	
Willemse	Chris	M 50	S W D	24.53	1	
Lamara	Zain	M 55	BELLVILLE	32.27	1	WPS

Roux	Eric	M 55 WORCESTER	31.18	2	WPS	
Wale	Anton	M 60 PINELANDS	DNS			
Hough	Norman	M 65 WHALERS	33.48	1	WPS	
Erasmus	Nick	M 65 WHALERS	29.13	2	WPS	
Heunis	Dawie	M 75 S W D	29.89	1	WPS	SAS
Johnston	Steve	M 75 PINELANDS	26.96	2	WPS	
Smith	Albert	M 80 BELLVILLE	DNS			
Stannius	Borg	M 85 PINELANDS	24.92	1	WPS	SAS
WEIGHT THROW MEN M						
Wiener	Shukri	M 35 PINELANDS	11.94	1	WPS	
Jonck	Riaan	M 35 BELLVILLE	6.90	2		
Mosaval	Faisel	M 35 C P U T	DNS			
Pena	David	M 40 FISH HOEK	7.36	1		
Roux	Eric	M 55 WORCESTER	10.79	1	WPS	
Wale	Anton	M 60 PINELANDS	14.02	1	WPS	
Hough	Norman	M 65 WHALERS	13.17	1	WPS	
Erasmus	Nick	M 65 WHALERS	12.81	2	WPS	
Johnston	Steve	M 75 PINELANDS	10.39	1	WPS	
Benning	Leo	M 80 WHALERS	7.07	1	WPS	
Smith	Albert	M 80 BELLVILLE	DNS			
Stannius	Borg	M 85 PINELANDS	11.21	1	WPS	SAS
5000 M WALK MEN M						
Ziqwayi	Lucky	M 35 V O B	30:21.64	1		
Smit	Aldrin	M 40 STRAND	DNS			
McDonald	Ross	M 40 V O B	27:03.75	1	WPS	
Jacobs	Reon	M 45 SPARTANS	DNS			
Hines	Dennis	M 45 V O B	DNS			
Dippenaar	Andries	M 45 STRAND	37:12.64	1		
Fisher	Ebrahima	M 50 SPARTANS	27:49.32	1	WPS	
Papier	Adam	M 50 BRACKENFELL	28:17.74	2	WPS	
Donson	Hilton	M 50 SPARTANS	33:29.74	3		
Fuller	Raymond	M 55 V O B	30:49.31	1	WPS	
Walters	Schalk	M 55 BELLVILLE	31:27.60	2	WPS	
Van Rooi	Eddie	M 60 SPARTANS	36:04.08	1		
Van Zyl	Johannes Jacobus	M 65 SANLAM	28:41.03	1	WPS	SAS
Wonfor	Patrick	M 70 SPARTANS	33:39.31	1	WPS	
Diedericks	Len	M 70 C M C	33:49.35	2	WPS	
Whyte	Roy	M 70 SPARTANS	35:45.00	3	WPS	
Aver	Brian	M 70 R W F L	37:30.17	4	WPS	
Spencer	Jurgen	M 75 BELLVILLE	31:15.82	1	WPS	SAS
Adams	Ronnie	M 75 SPARTANS	44:19.04	2		
Kirby	David John	M 80 SPARTANS	DNS			
10 KM WALK MEN M						
Ziqwayi	Lucky	M 35 V O B	1:03:55.00	1		
Jacobs	Reon	M 45 SPARTANS	1:01:58.00	1		
Dippenaar	Andries	M 45 STRAND	1:19:33.00	2		
Papier	Adam	M 50 BRACKENFELL	58:05.00	1		
Donson	Hilton	M 50 SPARTANS	1:09:46.00	2		
Fuller	Raymond	M 55 V O B	1:02:41.00	1		
Evans	Michael	M 55 V O B	1:15:44.00	2		
Van Rooi	Eddie	M 60 SPARTANS	1:14:18.00	1		
Van Zyl	Johannes Jacobus	M 65 SANLAM	58:06.00	1		SAS SAR
Diedericks	Len	M 70 C M C	1:08:49.00	1		
Aver	Brian	M 70 R W F L	1:16:50.00	2		
Watson	Matthew	M 70 SPARTANS	1:30:54.00	3		
Adams	Ronnie	M 75 SPARTANS	1:38:08.00	1		
Kirby	David John	M 80 SPARTANS	1:19:43.00	1		WPR SAS
Hotston	John	M 85 SPARTANS	1:22:47.00	1		SAS
20 KM WALK MEN M						
Cillie	Gideon	M 35 BELLVILLE	1:42:53.00	1	WPS	
Hines	Dennis	M 45 V O B	2:12:16.00	1		
Williams	Clive	M 50 V O B	DNS			
Fisher	Ebrahima	M 50 SPARTANS	2:03:49.00	1	WPS	
Walters	Schalk	M 55 BELLVILLE	2:22:28.00	1		
Thompson	Armond	M 60 SPARTANS	2:31:15.00	1	WPS	
Wonfor	Patrick	M 70 SPARTANS	2:27:51.00	1	WPS	
Whyte	Roy	M 70 SPARTANS	2:28:52.00	2	WPS	
Spencer	Jurgen	M 75 BELLVILLE	2:14:12.00	1	WPS	WPR SAS
100 M WOMEN W						
West	Marijke	W 30 BELLVILLE	14.06	1		4.60
Matiwane	Busiswe	W 40 NEDBANK	DNS			4.60

Watson	Marlett	W 40 S W D	14.18	1	4.60
Borchardt	Nadine	W 40 C P U T	14.44	2	4.60
Van Rooyen	Marleen	W 40 BOLAND	14.49	3	4.60
Figland	Beverley	W 45 BELLVILLE	14.05	1	4.60
Pakulski	Theresa	W 45 BELLVILLE	15.18	2	4.60
Willemse	Guste	W 50 S W D	14.95	1	5.80
Louw	Vanessa	W 50 TYGERBERG	15.00	2	5.80
Hamilton Russel	Bridgid	W 55 HARFIELD	15.57	1	5.80
Nel	Monica	W 55 WHALERS	17.08	2	5.80
Jonkers	Margaret	W 65 TYGERBERG	17.13	1	5.80
Johnson	Maggie	W 80 TYGERBERG	21.53	1	5.80
200 M	WOMEN	W			
West	Marijke	W 30 BELLVILLE	28.99	1	2.60
Nqayi	Mandisa	W 30 GUGULETU	35.58	2	2.60
Matiwane	Busiswe	W 40 NEDBANK	DNS		2.60
Borchardt	Nadine	W 40 C P U T	30.68	1	2.60
Figland	Beverley	W 45 BELLVILLE	29.65	1	2.60
Louw	Vanessa	W 50 TYGERBERG	31.46	1	2.60
Willemse	Guste	W 50 S W D	31.99	2	2.60
Johnson	Maggie	W 80 TYGERBERG	48.05	1	2.60
400 M	WOMEN	W			
West	Marijke	W 30 BELLVILLE	1:09.18	1	
Hamilton Russel	Bridgid	W 55 HARFIELD	1:17.25	1 WPS	
800 M	WOMEN	W			
Wessels	Twane	W 30 C M C	2:37.88	1 WPS	
Oosthuizen	Natasha	W 35 FNB	2:38.49	1 WPS	
Du Plessis	Charlotte	W 35 TEMP	2:54.78	2	
Brink	Esther	W 50 STRAND	DNS		
Coetzee	Elmarie	W 50 FNB	2:41.57	1 WPS	SAS
Hamilton Russel	Bridgid	W 55 HARFIELD	2:55.20	1 WPS	
Lemmon	Annie	W 55 msm	3:35.63	2	
1500 M	WOMEN	W			
Griffiths	Kobie	W 30 WEST COAST	5:27.88	1	
Wessels	Twane	W 30 C M C	5:30.46	2	
Oosthuizen	Natasha	W 35 FNB	5:31.68	1	
Du Plessis	Charlotte	W 35 TEMP	6:35.84	2	
Matiwane	Busiswe	W 40 NEDBANK	DNS		
Brink	Esther	W 50 CARBINEER	DNS		
Coetzee	Elmarie	W 50 FNB	5:30.00	1 WPS	
Lemmon	Annie	W 55 TEMP	7:40.59	1	
5000 M	WOMEN	W			
Posthumus Fox	Tanya	W 35 CENTURYCITY	19:30.99	1 WPS	
Roffey	Anneline	W 35 FNB	19:55.91	2 WPS	
Du Plessis	Charlotte	W 35 TEMP	24:10.91	3	
Matiwane	Busiswe	W 40 NEDBANK	DNS		
Zarraga	Aleida	W 45 ITHEKO	DNS		
Nelson	Marianne	W 70 DURBANVILLE	31:44.59	1	
10000 M	WOMEN	W			
Posthumus Fox	Tanya	W 35 CENTURYCITY	41:53.38	1 WPS	
Zarraga	Aleida	W 45 ITHEKO	DNS		
Strauss	Mariette	W 50 TYGERBERG	41:46.23	1 WPS	SAS
Grove	Judith	W 60 TYGERBERG	47:50.02	1 WPS WPR	SAS
100/80 M H	WOMEN	W			
Boonzaier	Rozanne	W 40 BELLVILLE	17.22	1	0.00
2000 M STEEPLE	WOMEN	W			
Lemmon	Annie	W 55 TEMP	DQ		
HIGH JUMP	WOMEN	W			
Watson	Marlett	W 40 S W D	1.45	1 WPS WPR	SAS
Shaik	Carmila	W 40 PAARL	1.27	2 WPS	
Basson	Jacqui	W 50 OLD MUTUAL	1.05	1	
Nel	Monica	W 55 WHALERS	1.21	1 WPS WPR	
Du Plessis	Martha Duppie	W 55 BELLVILLE	0.88	2	
Du Toit	Aletta	W 65 BELLVILLE	0.93	1	
Jonkers	Margaret	W 65 TYGERBERG	DNF		
Grobbelaar	Elize	W 70 BELLVILLE	0.87	1	
LONG JUMP	WOMEN	W			

West	Marijke	W 30 BELLVILLE	4.31	1		8.40
Watson	Marlett	W 40 S W D	4.43	1		2.60
Willemse	Guste	W 50 S W D	3.77	1		5.40
Nel	Monica	W 55 WHALERS	3.30	1		9.90
Dramat	Farieda	W 55 TYGERBERG	3.05	2		6.30
Jonkers	Margaret	W 65 TYGERBERG	3.00	1		7.80
Johnson	Maggie	W 80 TYGERBERG	2.06	1		1.60
TRIPLE JUMP						
	WOMEN	W				
Shaik	Carmila	W 40 PAARL	9.20	1		4.50
Watson	Marlett	W 40 S W D	8.81	2		5.20
Willemse	Guste	W 50 S W D	8.78	1	WPS WPR SAS	1.70
SHOT PUT						
	WOMEN	W				
Hattingh	Olive	W 30 BELLVILLE	5.78	1		
Compion	Maria	W 35 BELLVILLE	10.24	1	WPS	
Watson	Marlett	W 40 S W D	9.19	1	WPS	
Kruger	Sanet	W 40 BELLVILLE	8.72	2	WPS	
McEwan	Vanessa	W 40 BELLVILLE	7.64	3		
Nel	Frieda	W 45 WORCESTER	6.50	1		
Knobel	Heleen	W 50 S W D	10.59	1	WPS SAS	
Dramat	Farieda	W 55 TYGERBERG	8.82	1	WPS	
Bowers	Cecelia	W 55 PAARL	8.17	2	WPS	
Nel	Monica	W 55 WHALERS	7.27	3	WPS	
Pietersen	Alet	W 55 SAPS	7.20	4	WPS	
Du Plessis	Martha Duppie	W 55 BELLVILLE	4.88	5		
Erasmus	Zelda	W 60 WHALERS	7.93	1	WPS	
Stofberg	Tertia	W 60 MELKBOS	7.46	2	WPS	
Durant	Marita	W 65 S W D	7.46	1	WPS	
Du Toit	Aletta	W 65 BELLVILLE	5.89	2		
Grobbelaar	Elize	W 70 BELLVILLE	5.35	1		
DISCUS						
	WOMEN	W				
Gerstner	Juanita	W 30 TYGERBERG	39.89	1	WPS WPR	
Hattingh	Olive	W 30 BELLVILLE	15.52	2		
Compion	Maria	W 35 BELLVILLE	26.15	1		
Kruger	Sanet	W 40 BELLVILLE	29.05	1	WPS	
Watson	Marlett	W 40 S W D	24.00	2		
Nel	Frieda	W 45 WORCESTER	16.62	1		
Knobel	Heleen	W 50 S W D	31.03	1	WPS WPR SAS	
Nel	Monica	W 55 WHALERS	18.08	1	WPS	
Dramat	Farieda	W 55 TYGERBERG	15.64	2		
Du Plessis	Martha Duppie	W 55 BELLVILLE	13.80	3		
Erasmus	Zelda	W 60 WHALERS	21.44	1	WPS WPR	
Stofberg	Tertia	W 60 MELKBOS	15.60	2		
Durant	Marita	W 65 S W D	18.21	1	WPS WPR	
Du Toit	Aletta	W 65 BELLVILLE	12.32	2		
Grobbelaar	Elize	W 70 BELLVILLE	12.99	1		
Ackerman	Aletta	W 85 BELLVILLE	8.46	1		
JAVELIN						
	WOMEN	W				
Hattingh	Olive	W 30 BELLVILLE	9.77	1		
Compion	Maria	W 35 BELLVILLE	20.12	1		
Watson	Marlett	W 40 S W D	32.91	1	WPS SAS	
Kruger	Sanet	W 40 BELLVILLE	12.65	2		
Nel	Frieda	W 45 WORCESTER	20.79	1	WPS	
Knobel	Heleen	W 50 S W D	29.04	1	WPS SAS	
Basson	Jacqui	W 50 OLD MUTUAL	22.58	2	WPS	
Pietersen	Alet	W 55 SAPS	26.10	1	WPS WPR SAS	
Dramat	Farieda	W 55 TYGERBERG	18.68	2		
Bowers	Cecelia	W 55 PAARL	16.02	3		
Du Plessis	Martha Duppie	W 55 BELLVILLE	10.61	4		
Erasmus	Zelda	W 60 WHALERS	18.00	1		
Durant	Marita	W 65 S W D	14.05	1		
Du Toit	Aletta	W 65 BELLVILLE	10.74	2		
Grobbelaar	Elize	W 70 BELLVILLE	10.52	1		
Ackerman	Aletta	W 85 BELLVILLE	7.12	1		
HAMMER THROW						
	WOMEN	W				
Hattingh	Olive	W 30 BELLVILLE	13.57	1		
Compion	Maria	W 35 BELLVILLE	23.49	1		
Kruger	Sanet	W 40 BELLVILLE	23.76	1	WPS	
Nel	Frieda	W 45 WORCESTER	20.56	1		
Knobel	Heleen	W 50 S W D	42.13	1	WPS WPR SAS	
Bowers	Cecelia	W 55 PAARL	23.75	1	WPS	
Dramat	Farieda	W 55 TYGERBERG	20.72	2	WPS	

Du Plessis	Martha	Duppie	W 55	BELLVILLE	12.93	3	
Stofberg	Tertia		W 60	MELKBOS	25.24	1	WPS WPR
Erasmus	Zelda		W 60	WHALERS	23.13	2	WPS
Durant	Marita		W 65	S W D	21.58	1	WPS
Du Toit	Aletta		W 65	BELLVILLE	20.37	2	WPS
Grobbelaar	Elize		W 70	BELLVILLE	23.03	1	WPS WPR SAS
WEIGHT THROW			WOMEN			W	
Hattingh	Olive		W 30	BELLVILLE	6.07	1	
Compion	Maria		W 35	BELLVILLE	8.25	1	WPS
Watson	Marlett		W 40	S W D	8.97	1	WPS
Kruger	Sanet		W 40	BELLVILLE	8.01	2	WPS
Coetzee	Marilize		W 40	BELLVILLE	DNS		
Knobel	Heleen		W 50	S W D	14.89	1	WPS WPR SAS
Bowers	Cecelia		W 55	PAARL	8.76	1	WPS
Nel	Monica		W 55	WHALERS	8.56	2	WPS
Du Plessis	Martha	Duppie	W 55	BELLVILLE	4.80	3	
Erasmus	Zelda		W 60	WHALERS	10.05	1	WPS
Stofberg	Tertia		W 60	MELKBOS	9.56	2	WPS
Durant	Marita		W 65	S W D	9.24	1	WPS
Du Toit	Aletta		W 65	BELLVILLE	7.54	2	WPS
Grobbelaar	Elize		W 70	BELLVILLE	7.25	1	WPS
5000 M WALK			WOMEN			W	
Nqayi	Mandisa		W 30	GUGULETU	32:44.50	1	
Sandi	Fundiswa		W 35	RAVENSMEAD	30:07.22	1	WPS
Buckle	Leza		W 40	R W F L	34:06.96	1	
Dunn	Chandra-Jay		W 45	SPARTANS	34:15.98	1	WPS
Horn Botha	Deborah		W 50	V O B	DNS		
Adams	Carlyn		W 50	V O B	31:23.48	1	WPS
Gilmour	Trish		W 50	V O B	34:35.46	2	WPS
Williams	Gail		W 55	SPARTANS	32:45.45	1	WPS
James	Pam		W 55	SPARTANS	33:01.79	2	WPS
Sutherland	Joy		W 55	TEMP	33:26.09	3	WPS
Goosen	Jackie		W 55	BRACKENFELL	33:56.80	4	WPS
Burger	Erdine		W 60	BELLVILLE	33:08.12	1	WPS SAS
Collins	Judy		W 60	V O B	36:14.07	2	WPS
Ramsay	Jenny		W 60	SPARTANS	36:42.82	3	WPS
Roux	Isabel		W 60	BELLVILLE	38:25.90	4	WPS
Brand	Edna		W 65	LANGEBAAAN	32:09.51	1	WPS SAS
Blignaut	Frieda		W 65	SANLAM	33:45.14	2	WPS SAS
Josephs	Wendy		W 65	R W F L	34:28.88	3	WPS SAS
Nel	Elizabeth		W 65	SPARTANS	37:39.77	4	WPS
Kettlewell	Charlotte		W 65	V O B	39:02.88	5	WPS
Joseph	Jackie		W 65	SPARTANS	39:47.93	6	WPS
Aver	Carol-Ann		W 70	R W F L	35:47.69	1	WPS SAS
Schipper	Mary		W 70	R W F L	38:15.47	2	WPS
Brennan	Megan		W 70	SPARTANS	41:24.97	3	WPS
Botes	Helen		W 70	SPARTANS	43:01.93	4	WPS
Vey	Hildegard		W 75	V O B	35:51.69	1	WPS SAS
Kidson	Cecile		W 75	LANGEBAAAN	36:23.23	2	WPS SAS
Taylor	Cathy		W 75	DURBANVILLE	37:53.54	3	WPS SAS
Reid	Peggy		W 80	SPARTANS	39:50.65	1	WPS SAS SAR
10 KM WALK			WOMEN			W	
Dunn	Chandra-Jay		W 45	SPARTANS	1:11:59.00	1	
Race	Ann		W 45	SPARTANS	1:14:54.00	2	
Adams	Carlyn		W 50	V O B	1:04:14.00	1	WPS
Pick	Carol		W 50	SPARTANS	1:09:57.00	2	WPS
Gilmour	Trish		W 50	V O B	1:10:42.00	3	WPS
Petersen	Allison		W 50	SPARTANS	1:23:59.00	4	
Williams	Gail		W 55	SPARTANS	1:05:54.00	1	WPS
Sutherland	Joy		W 55	TEMP	1:06:34.00	2	WPS
James	Pam		W 55	SPARTANS	1:07:25.00	3	WPS
Goosen	Jackie		W 55	BRACKENFELL	1:10:13.00	4	WPS
Nell	Barbara		W 60	TEMP	DNS		
Burger	Erdine		W 60	BELLVILLE	1:07:32.00	1	WPS SAS
Ramsay	Jenny		W 60	SPARTANS	1:14:37.00	2	WPS
Roux	Isabel		W 60	BELLVILLE	1:18:17.00	3	WPS
Brand	Edna		W 65	LANGEBAAAN	1:04:43.00	1	WPS SAS
Josephs	Wendy		W 65	R W F L	1:08:50.00	2	WPS SAS
Kettlewell	Charlotte		W 65	V O B	1:19:00.00	3	WPS
Joseph	Jackie		W 65	SPARTANS	1:19:27.00	4	WPS
Stead	Ann		W 70	SPARTANS	1:12:18.00	1	WPS SAS
Aver	Carol-Ann		W 70	R W F L	1:12:57.00	2	WPS SAS

Schipper	Mary	W 70 R W F L	1:20:10.00	3 WPS	
Brennan	Megan	W 70 SPARTANS	1:24:17.00	4 WPS	
Vey	Hildegard	W 75 V O B	dns		
Kidson	Cecile	W 75 LANGEBAAN	1:14:21.00	1 WPS	SAS
Norton	Margaret	W 75 SPARTANS	1:24:14.00	2 WPS	
Reid	Peggy	W 80 SPARTANS	1:18:46.00	1	SAS SAR
20 KM WALK	WOMEN	W			
Sandi	Fundiswa	W 35 RAVENSMEAD	2:14:53.00	1	
Buckle	Leza	W 40 R W F L	2:30:28.00	1	
Horn Botha	Deborah	W 50 V O B	2:16:46.00	1 WPS	
Blignaut	Frieda	W 65 SANLAM	2:24:42.00	1 WPS	SAS
Zehmke	Lorraine	W 65 FISH HOEK	2:26:52.00	2 WPS	SAS

Number of Competitors :

211 Athletes took part in this competition.

Timing Method was ELECTRONIC

NOTES: Records and Standards indicated are subject to confirmation.

Specifically, WPS indicates the athlete has met the standard, but it does not necessarily qualify for WP colours, especially if he/she is from another province.

Similarly, WPR indicates he or she has exceeded the listed DOMESTIC WP Record but it must still be recognised and it may or may not be a WP OPEN record.

Sprint and horizontal jumps performances may only be recognised if a wind gauge was used.