

**ASWD Talent ID & Masters - 2017/10/27 to 2017/10/28****De Jager Athletics Stadium****Results - Age Grading: 5 Yr Individ & 5 yr Multi****W40 100 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Wind
Finals					
1 Vermaak, Lizelle	W41 EPA		13,43	12,83 81,83%	2 -1.1
2 Strydom, Debbie	W43 SWD		15,80	15,09 69,56%	2 -1.1
3 Davids, Avril	W44 SWD		17,90	17,10 61,40%	2 -1.1
4 Carolus, Carmen	W40 WPA		18,41	17,58 59,70%	2 -1.1

**W45 100 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Wind
1 Du Toit, Deseray	W46 SWD		15,27	14,05 74,72%	2 -1.1

**W50 100 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Willemse, Guste	W51 SWD		15,66	13,85 75,73%	-1.0
2 Van Tonder, Hanlie	W52 SWD		18,51	16,38 64,07%	-1.0

**W55 100 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Beukes, Ronèl	W58 BOL		14,37	12,21 85,94%	-1.0
2 Nel, Monica	W59 BOL		17,32	14,71 71,30%	-1.0

**W80 100 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Johnson, Magdalena	W81 WPA		23,71	15,23 68,92%	-1.0

**M35 100 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Wind
1 Lindoor, Christiaan	M39 SWD		12,29	12,13 80,72%	4 -1.2
2 Brown, Kevin	M36 SWD		13,80	13,62 71,88%	4 -1.2

**M40 100 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Wind
1 Mentoor, Ricardo	M40 WPA		12,27	11,76 83,29%	4 -1.2
2 Van Zyl, Dana	M44 WPA		12,81	12,27 79,78%	4 -1.2
3 Voigt, Phillip	M44 SWD		13,18	12,63 77,54%	4 -1.2

**M45 100 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Wind
1 Cloete, John	M46 CNW		12,73	11,83 82,80%	3 -1.1
2 Solomons, Anthony	M47 BOL		12,76	11,86 82,60%	3 -1.1
3 Hollenbach, Lionel	M46 CNW		13,05	12,12 80,77%	3 -1.1
4 Van Zyl, Oloff	M48 WPA		13,35	12,40 78,95%	3 -1.1
5 Du Toit, Johan	M47 SWD		14,00	13,01 75,29%	3 -1.1

6 Malgas, Cornelius M45 WPA 16,34 15,18 64,50% 3 -1.1

### M50 100 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	H#	Wind
1 Toll, Michael	M53 WPA		12,77	11,49 85,20%	2	-0.6
2 Rothman, Leon	M53 SWD		13,19	11,87 82,49%	2	-0.6

### M55 100 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	H#	Wind
1 Coetzer, Johann	M58 SWD		13,93	12,13 80,76%	2	-0.6
2 Malgas, Neville	M55 SWD		14,80	12,89 76,01%	2	-0.6

### M60 100 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Deetlefs, Pietie	M64 BOL		13,73	11,56 84,78%	-0.8

### M65 100 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Bester, Jannie	M66 SWD		16,47	13,36 73,28%	-0.8
-- Appollis, David	M68 WPA		DNF		

### M80 100 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Cross, Ron	M83 SWD		15,91	11,09 88,31%	-0.8

### M85 100 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Strydom, Ron	M86 WPA		21,62	13,89 70,49%	-0.8

### W40 200 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Vermaak, Lizelle	W41 EPA		28,37	26,51 80,51%	+1.5
2 Davids, Avril	W44 SWD		39,80	37,19 57,39%	+1.5

### W55 200 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Nel, Monica	W59 BOL		37,89	31,31 68,17%	+1.5

### W80 200 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Johnson, Magdalena	W81 WPA		56,28	32,97 64,75%	+1.5

### M35 200 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	H#	Wind
1 Lindoor, Christiaan	M39 SWD		24,88	24,48 78,94%	4	+2.4

**M45 200 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Wind
1 Solomons, Anthony	M47 BOL		25,42	23,48 82,30%	3 +3.2
2 Cloete, John	M46 CNW		25,51	23,56 82,01%	3 +3.2
3 Van Zyl, Oloff	M48 WPA		25,92	23,94 80,71%	3 +3.2
4 Hollenbach, Lionel	M46 CNW		26,28	24,27 79,60%	3 +3.2
5 Russel, S	M49 WPA		26,40	24,39 79,24%	3 +3.2

**M50 200 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Wind
1 Toll, Michael	M53 WPA		26,87	24,01 80,50%	2 +0.2
2 Rothman, Leon	M53 SWD		27,78	24,82 77,86%	2 +0.2

**M55 200 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Wind
1 Coetzer, Johann	M58 SWD		28,14	24,30 79,53%	2 +0.2

**M60 200 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Wind
1 Deetlefs, Pietie	M64 BOL		30,07	25,06 77,12%	2 +0.2
2 Rawlins, Patrick	M60 SWD		30,78	25,65 75,34%	2 +0.2

**M65 200 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Bester, Jannie	M66 SWD		34,41	27,56 70,12%	+1.5

**M75 200 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Stuart, L.A	M75 SWD		37,32	26,93 71,76%	+1.5

**M80 200 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Cross, Ron	M83 SWD		38,06	25,49 75,80%	+1.5

**M85 200 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Strydom, Ron	M86 WPA		49,74	30,10 64,19%	+1.5

**W30 400 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading
1 Griffiths, Kobie	W32 WPA		1:03,30	1:03,31 75,20%

**W40 400 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading
1 Strydom, Debbie	W43 SWD		1:19,38	1:14,55 63,86%

2 Davids, Avril W44 SWD 1:32,97 1:27,31 54,52%

**W60 400 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
1 O'Connor, Margi	W60	SWD		1:31,27	1:10,42 67,60%

**W80 400 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
1 Johnson, Magdalena	W81	WPA		2:14,24	1:07,47 70,55%

**M40 400 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Mentoor, Ricardo	M40	WPA		57,39	53,69 80,43%	2

**M45 400 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Solomons, Anthony	M47	BOL		59,37	53,76 80,33%	2
2 Malgas, Cornelius	M45	WPA		1:05,99	59,75 72,27%	2

**M50 400 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
1 Toll, Michael	M53	WPA		1:01,11	53,50 80,72%

**M55 400 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
1 Julie, Merlin	M57	WPA		1:02,87	53,16 81,25%
2 Coetzer, Johann	M58	SWD		1:03,54	53,72 80,39%
3 Wrensch, Peter	M58	WPA		1:07,83	57,35 75,31%

**M60 400 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
1 Windt, Johan	M64	SWD		1:06,92	54,57 79,14%

**M65 400 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
1 Cloephas, Henry	M68	WPA		1:08,93	54,02 79,94%

**W30 800 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
1 Griffiths, Kobie	W32	WPA		2:23,86	2:23,87 78,74%

**M45 800 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading	H#
1 Fortuin, Maurice	M47	BOL		2:22,59	2:11,23 77,05%	2

**M50 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#
1 Losper, Selwyn	M53 SWD		2:22,69	2:06,24 80,10% 2

### M55 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#
1 Julie, Merlin	M57 WPA		2:33,90	2:10,67 77,38% 2
2 Wrensch, Peter	M58 WPA		2:39,68	2:15,57 74,58% 2

### M60 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 Rawlins, Patrick	M60 SWD		2:29,37	2:01,49 83,23%
2 Windt, Johan	M64 SWD		2:35,97	2:06,86 79,71%
3 Freeks, Willie	M60 SWD		2:56,58	2:23,62 70,40%

### M65 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 Cloephas, Henry	M68 WPA		2:46,53	2:09,50 78,08%
2 Lochner, Lochi	M69 EPA		3:04,22	2:23,25 70,58%
3 Lamprecht, Lampies	M68 SWD		3:40,69	2:51,61 58,92%

### M75 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 Stuart, L.A	M75 SWD		3:12,15	2:13,05 76,00%

### M45 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#
1 Fortuin, Maurice	M47 BOL		5:25,45	4:56,98 69,37% 2

### M50 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#
1 Losper, Selwyn	M53 SWD		5:12,12	4:32,52 75,59% 2

### M55 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#
1 Kotze, D	M56 SWD		5:19,23	4:26,15 77,40% 2
2 Julie, Merlin	M57 WPA		5:22,18	4:28,61 76,69% 2
3 Wrensch, Peter	M58 WPA		5:33,88	4:38,36 74,01% 2

### M60 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 Rawlins, Patrick	M60 SWD		5:37,18	4:27,69 76,96%

### M65 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 Cloephas, Henry	M68 WPA		5:52,27	4:25,23 77,67%

2 Naude, Allan	M68 WPA	6:10,23	4:38,75	73,90%
3 Lochner, Lochi	M69 EPA	6:12,71	4:40,62	73,41%

### M75 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 Stuart, L.A	M75 SWD		6:40,26	4:22,42 78,50%

### M45 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 Nise, Alfred	M49 SWD		21:28,03	19:58,13 63,18%

### M50 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 Losper, Selwyn	M53 SWD		17:52,97	16:00,64 78,80%
2 Peters, Patrick	M53 SWD		19:03,18	17:03,49 73,96%

### M55 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 Kotze, D	M56 SWD		20:29,28	17:37,68 71,57%

### M65 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 Lochner, Lochi	M69 EPA		22:18,06	17:36,00 71,69%
2 Naude, Allan	M68 WPA		23:25,08	18:28,89 68,27%
3 Lamprecht, Lampies	M68 SWD		27:10,41	21:26,73 58,83%

### M75 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 Stuart, L.A	M75 SWD		24:28,51	17:04,73 73,87%

### M40 110 Short Hurdles

Name	Age Team	Seed	Finals	Age-Grading	Wind
-- Van Zyl, Dana	M44 WPA		DNF		-2.2

### M45 110 Short Hurdles

Name	Age Team	Seed	Finals	Age-Grading	Wind
1 Russel, S	M49 WPA		18,15	16,61 77,74%	-2.2

### M40 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading
1 Van Zyl, Dana	M44 WPA		1:04,15	1:01,41 76,18%

### M45 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading
1 Van Zyl, Oloff	M48 WPA		1:04,06	58,58 79,86%

**M60 2000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading
1 Rawlins, Patrick	M60 SWD		7:54,97	9:36,57 82,15%

**M65 2000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading
1 Lochner, Lochi	M69 EPA		8:40,54	9:26,09 83,67%

**W45 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1 Gelderblom, Sureta	W49 WPA		1,05m	1,21m 58,33%

**W50 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1 Van Tonder, Hanlie	W52 SWD		1,15m	1,40m 67,25%

**W55 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1 Nel, Monica	W59 BOL		1,26m	1,63m 78,26%

**M35 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1 van Zyl, Jaco	M38 SWD		1,55m	1,59m 64,85%

**M45 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1 Plews, Martin	M45 AGN		1,30m	1,43m 58,56%

**M50 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1 Van Daalen, Dirk	M54 WPA		1,45m	1,68m 68,72%

**M55 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1 Bredeveltdt, Neal	M56 BOL		1,68m	2,06m 84,00%

**M60 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1 Campher, Henry	M64 SWD		1,05m	1,36m 55,85%

**M75 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1 Heunis, Dawie	M76 SWD		1,20m	1,91m 77,92%

**M40 Pole Vault**

Name	Age Team	Seed	Finals	Age-Grading
1 Hamman, Bennie	M43 SWD		1,90m	2,04m 33,33%

#### M50 Pole Vault

Name	Age Team	Seed	Finals	Age-Grading
1 Van Dyk, Jean-Pierrè	M54 EPA		3,00m	3,68m 60,00%

#### W45 Long Jump

Name	Age Team	Seed	Finals	Age-Grading
1 Gelderblom, Sureta	W49 WPA		3,17m	3,73m 49,61%

#### W50 Long Jump

Name	Age Team	Seed	Finals	Age-Grading
1 Willemse, Guste	W51 SWD		3,92m	4,91m 65,33%
2 Van Tonder, Hanlie	W52 SWD		3,16m	3,96m 52,67%

#### W55 Long Jump

Name	Age Team	Seed	Finals	Age-Grading
1 Nel, Monica	W59 BOL		3,43m	4,59m 61,14%

#### W80 Long Jump

Name	Age Team	Seed	Finals	Age-Grading
1 Johnson, Magdalena	W81 WPA		2,04m	4,41m 58,79%

#### M35 Long Jump

Name	Age Team	Seed	Finals	Age-Grading
1 van Zyl, Jaco	M38 SWD		4,91m	5,06m 56,57%

#### M50 Long Jump

Name	Age Team	Seed	Finals	Age-Grading
1 Mcbride, Vincent	M54 WPA		5,40m	6,63m 74,18%
2 Small, Klaus	M54 BOL		3,84m	4,71m 52,75%

#### M55 Long Jump

Name	Age Team	Seed	Finals	Age-Grading
1 Bredeveldt, Neal	M56 BOL		4,93m	6,46m 72,29%
2 Coetzer, Johann	M58 SWD		4,73m	6,20m 69,35%
3 Malgas, Neville	M55 SWD		4,24m	5,56m 62,17%

#### M75 Long Jump

Name	Age Team	Seed	Finals	Age-Grading
1 Stuart, L.A	M75 SWD		3,01m	5,42m 60,56%

#### M85 Long Jump

Name	Age Team	Seed	Finals	Age-Grading
1 Strydom, Ron	M86 WPA		2,35m	5,20m 58,17%

#### W45 Triple Jump



Name	Age Team	Seed	Finals	Age-Grading
1 Gelderblom, Sureta	W49 WPA		7,62m	8,72m 56,28%
<b>W50 Triple Jump</b>				
Name	Age Team	Seed	Finals	Age-Grading
1 Willemse, Guste	W51 SWD		8,27m	10,09m 65,12%
<b>W55 Triple Jump</b>				
Name	Age Team	Seed	Finals	Age-Grading
1 Nel, Monica	W59 BOL		7,62m	9,95m 64,25%
<b>M50 Triple Jump</b>				
Name	Age Team	Seed	Finals	Age-Grading
1 Mcbride, Vincent	M54 WPA		11,76m	14,09m 77,06%
2 Van Daalen, Dirk	M54 WPA		8,49m	10,17m 55,64%
<b>M55 Triple Jump</b>				
Name	Age Team	Seed	Finals	Age-Grading
1 Bredeveldt, Neal	M56 BOL		10,26m	13,12m 71,80%
<b>W40 Shot Put</b>				
Name	Age Team	Seed	Finals	Age-Grading
1 Marx, Thea	W41 EPA		9,29m	10,31m 45,56%
2 Kruger, Sanet	W41 WPA		9,07m	10,06m 44,48%
3 Carolus, Carmen	W40 WPA		6,36m	7,05m 31,19%
<b>W45 Shot Put</b>				
Name	Age Team	Seed	Finals	Age-Grading
1 Louw, Marisa	W47 EPA		6,90m	8,24m 36,41%
2 Mandeau, Jane	W45 WPA		4,86m	5,80m 25,65%
<b>W50 Shot Put</b>				
Name	Age Team	Seed	Finals	Age-Grading
1 Knobel, Heleen	W52 SWD		11,05m	13,93m 61,56%
<b>W55 Shot Put</b>				
Name	Age Team	Seed	Finals	Age-Grading
1 Hennop, Ansie	W55 AGN		9,13m	12,51m 55,30%
2 Pietersen, Aletta	W56 EPA		7,24m	9,92m 43,85%
3 Claassen, Zelda	W57 CGA		6,92m	9,48m 41,91%
<b>W65 Shot Put</b>				
Name	Age Team	Seed	Finals	Age-Grading
1 Erasmus, Zelda	W65 BOL		8,34m	13,84m 61,19%
2 Van Eck, Suzi	W68 AGN		6,29m	10,44m 46,15%
3 Du Toit, Aletta	W66 WPA		6,10m	10,12m 44,75%
<b>W70 Shot Put</b>				

Name	Age Team	Seed	Finals	Age-Grading
1 Grobbelaar, Elize	W72 WPA		5,43m	10,07m 44,54%

### M30 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Olivier, Derrick	M33 SWD		8,20m	8,20m 35,47%

### M35 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Lewies, Daniel	M38 WPA		12,96m	13,44m 58,14%

### M45 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Heyns, JD	M46 SWD		14,33m	17,22m 74,52%
2 Plews, Martin	M45 AGN		13,11m	15,76m 68,17%
3 Van Zyl, Oloff	M48 WPA		8,60m	10,33m 44,72%

### M50 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Scheepers, Conradie	M50 WPA		14,69m	17,21m 74,46%
2 Erasmus, Pieter	M53 AGN		9,74m	11,41m 49,37%
3 Dorfling, Theo	M53 EPA		9,51m	11,14m 48,20%

### M55 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Lamara, Zain	M57 WPA		10,23m	12,99m 56,21%

### M60 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Ferreira, Frik	M61 AGN		10,50m	13,10m 56,70%
2 Carolus, John	M64 WPA		8,37m	10,44m 45,19%

### M65 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Wale, Anton	M65 WPA		10,88m	14,80m 64,04%
2 Erasmus, Nicolas	M67 BOL		9,66m	13,14m 56,86%

### M70 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Sterley, Dereck	M70 AGN		13,06m	16,72m 72,35%
2 Hough, Norman	M70 BOL		11,57m	14,81m 64,10%

### M75 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 Johnston, Steve	M78 WPA		8,13m	11,37m 49,21%

### W40 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading
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1	Kruger, Sanet	W41	WPA	27,34m	30,48m	39,69%
2	Carolus, Carmen	W40	WPA	13,79m	15,37m	20,02%

#### W45 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Mandean, Jane	W45	WPA	13,24m	15,96m	20,79%

#### W50 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Knobel, Heleen	W52	SWD	33,84m	44,42m	57,85%

#### W55 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Hennop, Ansie	W55	AGN	24,59m	35,42m	46,13%
2	Pietersen, Aletta	W56	EPA	19,09m	27,50m	35,81%
3	Claassen, Zelda	W57	CGA	17,81m	25,65m	33,41%

#### W65 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Van Eck, Suzi	W68	AGN	19,88m	35,63m	46,41%
2	Erasmus, Zelda	W65	BOL	19,66m	35,24m	45,89%
3	Du Toit, Aletta	W66	WPA	13,96m	25,02m	32,59%

#### W70 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Grobbelaar, Elize	W72	WPA	14,10m	28,96m	37,71%

#### M35 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Lewies, Daniel	M38	WPA	34,78m	35,27m	47,62%
2	Abrahams, Scheldon	M38	SWD	32,20m	32,66m	44,09%

#### M45 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Plews, Martin	M45	AGN	35,56m	42,84m	57,84%

#### M50 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Scheepers, Conradie	M50	WPA	48,46m	49,51m	66,84%
2	Erasmus, Pieter	M53	AGN	35,77m	36,54m	49,34%
3	Dorfling, Theo	M53	EPA	27,45m	28,04m	37,86%
4	Van Daalen, Dirk	M54	WPA	23,38m	23,88m	32,25%

#### M60 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Ferreira, Frik	M61	AGN	35,22m	37,43m	50,53%

#### M65 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
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1	Wale, Anton	M65	WPA	32,92m	38,30m	51,71%
2	Erasmus, Nicolas	M67	BOL	31,30m	36,42m	49,17%
3	Salms, John	M69	AGN	29,04m	33,79m	45,62%

#### M70 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1	Sterley, Dereck	M70	AGN	36,65m	46,84m 63,23%
2	Human, Nic	M73	EPA	36,55m	46,71m 63,06%
3	Hough, Norman	M70	BOL	33,89m	43,31m 58,47%

#### M75 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1	Heunis, Dawie	M76	SWD	28,87m	41,37m 55,85%
2	Johnston, Steve	M78	WPA	27,20m	38,98m 52,62%

#### M80 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1	Cross, Ron	M83	SWD	24,51m	40,29m 54,39%

#### M85 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1	Strydom, Ron	M86	WPA	15,15m	29,55m 39,90%

#### W40 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1	Marx, Thea	W41	EPA	31,14m	36,62m 47,57%
2	Kruger, Sanet	W41	WPA	22,13m	26,03m 33,81%

#### W50 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1	Knobel, Heleen	W52	SWD	45,14m	57,95m 75,26%

#### W55 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1	Hennop, Ansie	W55	AGN	27,77m	38,83m 50,44%
2	Claassen, Zelda	W57	CGA	25,60m	35,79m 46,49%

#### W60 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1	Stofberg, Tertia	W63	WPA	21,48m	32,97m 42,83%

#### W65 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
1	Van Eck, Suzi	W68	AGN	22,02m	37,51m 48,73%
2	Erasmus, Zelda	W65	BOL	21,44m	36,52m 47,44%
3	Durandt, Marita	W66	SWD	18,30m	31,17m 40,50%
4	Du Toit, Aletta	W66	WPA	17,70m	30,15m 39,17%

#### W70 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading
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1	Grobbelaar, Elize	W72	WPA	20,74m	39,73m	51,60%
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#### M45 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Plews, Martin	M45	AGN	33,30m	41,28m	47,59%

#### M60 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Ferreira, Frik	M61	AGN	29,39m	38,44m	44,33%
2	Carolus, John	M64	WPA	20,55m	26,88m	31,00%

#### M65 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Wale, Anton	M65	WPA	31,98m	46,86m	54,04%
2	Salms, John	M69	AGN	29,59m	43,36m	50,00%
3	Erasmus, Nicolas	M67	BOL	27,28m	39,98m	46,10%

#### M70 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Hough, Norman	M70	BOL	37,03m	53,78m	62,01%
2	Sterley, Dereck	M70	AGN	35,35m	51,34m	59,19%
3	Human, Nic	M73	EPA	24,97m	36,26m	41,81%

#### M75 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Johnston, Steve	M78	WPA	28,28m	46,63m	53,76%
2	Heunis, Dawie	M76	SWD	25,60m	42,21m	48,67%

#### W35 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Henning, Zelna	W38	FSA	33,02m	35,07m	48,04%

#### W40 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Marx, Thea	W41	EPA	21,09m	24,20m	33,15%
2	Carolus, Carmen	W40	WPA	17,06m	19,57m	26,82%
3	Kruger, Sanet	W41	WPA	14,59m	16,74m	22,93%

#### W45 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Louw, Marisa	W47	EPA	14,04m	17,52m	24,00%
2	Mandean, Jane	W45	WPA	11,04m	13,77m	18,87%

#### W50 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading	
1	Knobel, Heleen	W52	SWD	33,14m	43,56m	59,68%

#### W55 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
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1	Pietersen, Aletta	W56	EPA	26,07m	37,75m	51,72%
2	Hennop, Ansie	W55	AGN	18,89m	27,35m	37,47%
3	Claassen, Zelda	W57	CGA	13,07m	18,92m	25,93%

#### W60 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Crause, Lizette	W64	SWD		9,21m	14,84m 20,34%

#### W65 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Erasmus, Zelda	W65	BOL		19,09m	34,68m 47,52%
2 Van Eck, Suzi	W68	AGN		13,40m	24,34m 33,36%
3 Durandt, Marita	W66	SWD		12,38m	22,49m 30,82%
4 Du Toit, Aletta	W66	WPA		9,84m	17,88m 24,50%

#### W70 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Grobbelaar, Elize	W72	WPA		10,84m	22,75m 31,17%

#### M35 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
2 Abrahams, Scheldon	M38	SWD		35,67m	36,11m 36,68%

#### M40 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Van Zyl, Dana	M44	WPA		31,21m	33,90m 34,43%

#### M45 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Plews, Martin	M45	AGN		39,48m	46,25m 46,97%
2 Van Zyl, Oloff	M48	WPA		29,41m	34,45m 34,99%

#### M50 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Dorfling, Theo	M53	EPA		31,05m	38,12m 38,71%

#### M55 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Lamara, Zain	M57	WPA		32,56m	43,56m 44,24%

#### M60 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Ferreira, Frik	M61	AGN		33,84m	47,84m 48,59%

#### M65 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Wale, Anton	M65	WPA		33,08m	51,67m 52,47%

2	Miller, Garth	M68	WPA	28,28m	44,17m	44,85%
3	Erasmus, Nicolas	M67	BOL	25,52m	39,86m	40,48%
4	Salms, John	M69	AGN	24,35m	38,03m	38,62%

#### M70 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Sterley, Dereck	M70	AGN		37,71m	63,35m 64,33%
2 Hough, Norman	M70	BOL		33,72m	56,65m 57,52%
3 Human, Nic	M73	EPA		28,13m	47,26m 47,99%

#### M75 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Johnston, Steve	M78	WPA		20,06m	37,97m 38,56%

#### W40 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Marx, Thea	W41	EPA		10,66m	12,63m 53,54%
2 Kruger, Sanet	W41	WPA		9,39m	11,12m 47,16%

#### W50 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Knobel, Heleen	W52	SWD		14,29m	16,89m 71,59%

#### W55 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Hennop, Ansie	W55	AGN		9,40m	12,14m 51,45%
2 Nel, Monica	W59	BOL		8,31m	10,73m 45,48%
3 Pietersen, Aletta	W56	EPA		7,47m	9,64m 40,89%
4 Claassen, Zelda	W57	CGA		7,27m	9,39m 39,79%

#### W60 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Stofberg, Tertia	W63	WPA		8,77m	10,61m 45,00%

#### W65 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Erasmus, Zelda	W65	BOL		10,99m	14,57m 61,74%
2 Van Eck, Suzi	W68	AGN		9,40m	12,46m 52,81%
3 Durandt, Marita	W66	SWD		8,37m	11,09m 47,02%
4 Du Toit, Aletta	W66	WPA		8,28m	10,97m 46,52%

#### W70 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Grobbelaar, Elize	W72	WPA		8,31m	12,18m 51,65%

#### M30 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 Olivier, Derrick	M33	SWD		10,56m	10,56m 40,84%

#### M40 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Hamman, Bennie	M43 SWD		7,72m	8,41m 32,53%

#### M45 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Plews, Martin	M45 AGN		10,30m	12,04m 46,59%

#### M60 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Ferreira, Frik	M61 AGN		12,32m	12,84m 49,66%

#### M65 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Wale, Anton	M65 WPA		12,97m	14,46m 55,93%
2 Salms, John	M69 AGN		11,20m	12,49m 48,30%
3 Erasmus, Nicolas	M67 BOL		11,18m	12,46m 48,21%

#### M70 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Sterley, Dereck	M70 AGN		14,96m	17,06m 65,99%
2 Hough, Norman	M70 BOL		14,87m	16,96m 65,59%
3 Human, Nic	M73 EPA		13,03m	14,86m 57,48%

#### M75 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading
1 Johnston, Steve	M78 WPA		11,76m	14,44m 55,87%

#### W40 Greek Discus

Name	Age Team	Seed	Finals	Age-Grading
1 Marx, Thea	W41 EPA		13,30m	
2 Carolus, Carmen	W40 WPA		7,79m	

#### W45 Greek Discus

Name	Age Team	Seed	Finals	Age-Grading
1 Louw, Marisa	W47 EPA		11,53m	

#### W55 Greek Discus

Name	Age Team	Seed	Finals	Age-Grading
1 Hennop, Ansie	W55 AGN		14,93m	
2 Claassen, Zelda	W57 CGA		11,96m	
3 Pietersen, Aletta	W56 EPA		10,74m	

#### W65 Greek Discus

Name	Age Team	Seed	Finals	Age-Grading
1 Erasmus, Zelda	W65 BOL		12,97m	
2 Du Toit, Aletta	W66 WPA		10,04m	
3 Van Eck, Suzi	W68 AGN		9,73m	

#### W70 Greek Discus



Name	Age Team	Seed	Finals	Age-Grading
1 Grobbelaar, Elize	W72 WPA		9,43m	

#### M45 Greek Discus

Name	Age Team	Seed	Finals	Age-Grading
1 Plews, Martin	M45 AGN		18,46m	

#### M55 Greek Discus

Name	Age Team	Seed	Finals	Age-Grading
1 Lamara, Zain	M57 WPA		15,40m	

#### M60 Greek Discus

Name	Age Team	Seed	Finals	Age-Grading
1 Ferreira, Frik	M61 AGN		16,87m	
2 Carolus, John	M64 WPA		13,02m	

#### M65 Greek Discus

Name	Age Team	Seed	Finals	Age-Grading
1 Erasmus, Nicolas	M67 BOL		16,24m	
2 Salms, John	M69 AGN		15,30m	

#### M70 Greek Discus

Name	Age Team	Seed	Finals	Age-Grading
1 Hough, Norman	M70 BOL		20,76m	

#### M75 Greek Discus

Name	Age Team	Seed	Finals	Age-Grading
1 Heunis, Dawie	M76 SWD		17,20m	

#### W40 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kruger, Sanet	W41 WPA	9,33m	10,35m 45,76%	552
2 Marx, Thea	W41 EPA	9,22m	10,23m 45,22%	545
3 Carolus, Carmen	W40 WPA	6,46m	7,17m 31,68%	346

#### W45 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Louw, Marisa	W47 EPA	7,72m	9,21m 40,74%	478

#### W50 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W52 SWD	11,00m	13,86m 61,28%	785

#### W55 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hennop, Ansie	W55 AGN	9,17m	12,56m 55,54%	698
2 Claassen, Zelda	W57 CGA	6,72m	9,21m 40,70%	478

**W65 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Van Eck, Suzi	W68 AGN	6,81m	11,30m 49,96%	615
2 Du Toit, Aletta	W66 WPA	5,75m	9,54m 42,19%	499

**W70 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Grobbelaar, Elize	W72 WPA	5,60m	10,39m 45,94%	555

**M35 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Lewies, Daniel	M38 WPA	11,73m	12,16m 52,62%	616
2 Roos, Mihan	M39 SWD	10,17m	10,54m 45,63%	518

**M40 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Jonck, Riaan	M40 WPA	7,76m	8,64m 37,38%	404

**M55 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Lamara, Zain	M57 WPA	10,01m	12,71m 55,00%	650

**M60 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Carolus, John	M64 WPA	8,24m	10,28m 44,49%	502

**M65 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Wale, Anton	M65 WPA	10,26m	13,96m 60,39%	726
2 Erasmus, Nicolas	M67 BOL	9,84m	13,38m 57,92%	690
3 Salms, John	M69 AGN	8,25m	11,22m 48,56%	559

**M70 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Sterley, Dereck	M70 AGN	12,38m	15,85m 68,59%	842
2 Hough, Norman	M70 BOL	11,74m	15,03m 65,04%	792
3 Human, Nic	M73 EPA	10,94m	14,00m 60,61%	728

**M75 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Johnston, Steve	M78 WPA	8,50m	11,89m 51,45%	600

**W40 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Kruger, Sanet	W41 WPA	26,65m	29,71m 38,69%	457
2 Marx, Thea	W41 EPA	22,90m	25,53m 33,25%	379
3 Carolus, Carmen	W40 WPA	14,45m	16,11m 20,98%	209

**W45 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Louw, Marisa	W47 EPA	23,62m	28,48m 37,09%	434

**W50 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W52 SWD	30,60m	40,17m 52,31%	657

**W55 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hennop, Ansie	W55 AGN	26,38m	38,00m 49,48%	615
2 Claassen, Zelda	W57 CGA	19,46m	28,03m 36,50%	425

**W65 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Van Eck, Suzi	W68 AGN	18,20m	32,62m 42,48%	512
2 Du Toit, Aletta	W66 WPA	13,02m	23,34m 30,39%	338

**W70 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Grobbelaar, Elize	W72 WPA	12,59m	25,86m 33,67%	385

**M35 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Lewies, Daniel	M38 WPA	34,27m	34,76m 46,92%	559
2 Roos, Mihan	M39 SWD	33,40m	33,87m 45,73%	541

**M40 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Jonck, Riaan	M40 WPA	20,63m	22,72m 30,67%	323

**M55 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Lamara, Zain	M57 WPA	25,25m	28,03m 37,84%	426

**M60 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Carolus, John	M64 WPA	16,90m	17,96m 24,25%	234

**M65 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Wale, Anton	M65 WPA	33,45m	38,92m 52,54%	643
2 Erasmus, Nicolas	M67 BOL	29,87m	34,75m 46,92%	559
3 Salms, John	M69 AGN	28,79m	33,50m 45,22%	534

**M70 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
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1	Human, Nic	M73	EPA	33,30m	42,56m	57,45%	717
2	Hough, Norman	M70	BOL	33,01m	42,19m	56,95%	709
3	Sterley, Dereck	M70	AGN	32,81m	41,93m	56,61%	704

#### M75 Discus Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	
1	Johnston, Steve	M78	WPA	28,44m	40,76m 55,02%	680

#### W40 Hammer Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	
1	Marx, Thea	W41	EPA	31,25m	36,75m 47,74%	640
2	Kruger, Sanet	W41	WPA	23,75m	27,93m 36,28%	449
3	Carolus, Carmen	W40	WPA	4,93m	5,79m 7,53%	

#### W45 Hammer Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	
1	Louw, Marisa	W47	EPA	31,25m	39,74m 51,61%	705

#### W50 Hammer Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	
1	Knobel, Heleen	W52	SWD	44,89m	57,62m 74,84%	1103

#### W55 Hammer Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	
1	Hennop, Ansie	W55	AGN	27,80m	38,87m 50,49%	686
2	Claassen, Zelda	W57	CGA	24,19m	33,82m 43,93%	576

#### W65 Hammer Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	
1	Van Eck, Suzi	W68	AGN	21,39m	36,44m 47,33%	633
2	Du Toit, Aletta	W66	WPA	18,66m	31,79m 41,29%	532

#### W70 Hammer Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	
1	Grobbelaar, Elize	W72	WPA	21,93m	42,01m 54,57%	755

#### M35 Hammer Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	
1	Roos, Mihan	M39	SWD	23,73m	24,44m 28,18%	262
2	Lewies, Daniel	M38	WPA	19,01m	19,58m 22,57%	186

#### M40 Hammer Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	
1	Jonck, Riaan	M40	WPA	17,21m	19,36m 22,32%	182

#### M55 Hammer Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	
1	Lamara, Zain	M57	WPA	30,23m	39,73m 45,81%	508

**M60 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Carolus, John	M64 WPA	18,11m	23,69m 27,32% 250

**M65 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Wale, Anton	M65 WPA	30,06m	44,05m 50,79% 578
2 Salms, John	M69 AGN	29,26m	42,88m 49,44% 559
3 Erasmus, Nicolas	M67 BOL	28,22m	41,35m 47,69% 534

**M70 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Hough, Norman	M70 BOL	39,44m	57,28m 66,04% 797
2 Sterley, Dereck	M70 AGN	31,45m	45,67m 52,66% 605
3 Human, Nic	M73 EPA	31,17m	45,27m 52,19% 599

**M75 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Johnston, Steve	M78 WPA	27,99m	46,15m 53,21% 613

**W40 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Marx, Thea	W41 EPA	20,87m	23,94m 32,80% 362
2 Carolus, Carmen	W40 WPA	17,73m	20,34m 27,87% 295
3 Kruger, Sanet	W41 WPA	14,97m	17,17m 23,53% 237

**W45 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Louw, Marisa	W47 EPA	19,59m	24,44m 33,49% 372

**W50 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Knobel, Heleen	W52 SWD	31,58m	41,51m 56,87% 696

**W55 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Hennop, Ansie	W55 AGN	19,30m	27,95m 38,29% 438
2 Claassen, Zelda	W57 CGA	14,32m	20,73m 28,41% 302

**W65 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Van Eck, Suzi	W68 AGN	12,21m	22,18m 30,40% 329
2 Du Toit, Aletta	W66 WPA	8,47m	15,39m 21,09% 204

**W70 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Grobbelaar, Elize	W72 WPA	10,08m	21,15m 28,98% 310

**M35 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Roos, Mihan	M39 SWD	40,35m	40,85m 41,49%	454
2 Lewies, Daniel	M38 WPA	36,70m	37,16m 37,74%	401

**M40 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Jonck, Riaan	M40 WPA	23,94m	26,00m 26,41%	243

**M55 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Lamara, Zain	M57 WPA	31,48m	42,12m 42,77%	473

**M65 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Wale, Anton	M65 WPA	32,13m	50,18m 50,96%	591
2 Salms, John	M69 AGN	24,31m	37,97m 38,56%	413
3 Erasmus, Nicolas	M67 BOL	23,48m	36,67m 37,24%	394

**M70 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Sterley, Dereck	M70 AGN	36,48m	61,29m 62,23%	757
2 Hough, Norman	M70 BOL	32,57m	54,72m 55,56%	659
3 Human, Nic	M73 EPA	25,19m	42,32m 42,97%	476

**M75 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Johnston, Steve	M78 WPA	18,58m	35,17m 35,72%	373

**W40 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Marx, Thea	W41 EPA	10,80m	12,80m 54,24%	665
2 Kruger, Sanet	W41 WPA	8,44m	10,00m 42,39%	493
3 Carolus, Carmen	W40 WPA	4,93m	5,84m 24,76%	243

**W45 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Louw, Marisa	W47 EPA	11,34m	14,69m 62,24%	782

**W50 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W52 SWD	14,32m	16,92m 71,74%	921

**W55 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hennop, Ansie	W55 AGN	8,96m	11,57m 49,04%	589
2 Claassen, Zelda	W57 CGA	7,94m	10,25m 43,46%	508

**W65 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Van Eck, Suzi	W68 AGN	8,70m	11,53m 48,88% 586
2 Du Toit, Aletta	W66 WPA	8,08m	10,71m 45,39% 536

**W70 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Grobbelaar, Elize	W72 WPA	8,83m	12,95m 54,88% 674

**M35 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Roos, Mihan	M39 SWD	8,50m	8,67m 33,53% 378
2 Lewies, Daniel	M38 WPA	7,45m	7,60m 29,39% 319

**M40 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Jonck, Riaan	M40 WPA	6,60m	7,19m 27,81% 296

**M55 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Lamara, Zain	M57 WPA	9,54m	10,70m 41,41% 491

**M60 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Carolus, John	M64 WPA	7,28m	7,58m 29,34% 318

**M65 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Wale, Anton	M65 WPA	12,58m	14,03m 54,25% 680
2 Erasmus, Nicolas	M67 BOL	11,80m	13,16m 50,88% 630
3 Salms, John	M69 AGN	10,28m	11,46m 44,33% 534

**M70 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Hough, Norman	M70 BOL	15,71m	17,92m 69,30% 903
2 Sterley, Dereck	M70 AGN	13,52m	15,42m 59,64% 759
3 Human, Nic	M73 EPA	12,87m	14,68m 56,77% 717

**M75 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Johnston, Steve	M78 WPA	10,14m	12,45m 48,17% 590

**W40 Throws Pentathlon**

Name	Age Team	Seed	Finals
1 Marx, Thea	W41 EPA		2591
2 Kruger, Sanet	W41 WPA		2188
3 Carolus, Carmen	W40 WPA		1093

**W45 Throws Pentathlon**

Name	Age Team	Seed	Finals
1 Louw, Marisa	W47 EPA		2771

**W50 Throws Pentathlon**

Name	Age Team	Seed	Finals
1 Knobel, Heleen	W52 SWD		4162

**W55 Throws Pentathlon**

Name	Age Team	Seed	Finals
1 Hennop, Ansie	W55 AGN		3026
2 Claassen, Zelda	W57 CGA		2289

**W65 Throws Pentathlon**

Name	Age Team	Seed	Finals
1 Van Eck, Suzi	W68 AGN		2675
2 Du Toit, Aletta	W66 WPA		2109

**W70 Throws Pentathlon**

Name	Age Team	Seed	Finals
1 Grobbelaar, Elize	W72 WPA		2679

**M35 Throws Pentathlon**

Name	Age Team	Seed	Finals
1 Roos, Mihan	M39 SWD		2153
2 Lewies, Daniel	M38 WPA		2081

**M40 Throws Pentathlon**

Name	Age Team	Seed	Finals
1 Jonck, Riaan	M40 WPA		1448

**M55 Throws Pentathlon**

Name	Age Team	Seed	Finals
1 Lamara, Zain	M57 WPA		2548

**M65 Throws Pentathlon**

Name	Age Team	Seed	Finals
1 Wale, Anton	M65 WPA		3218
2 Erasmus, Nicolas	M67 BOL		2807
3 Salms, John	M69 AGN		2599

**M70 Throws Pentathlon**

Name	Age Team	Seed	Finals
1 Hough, Norman	M70 BOL		3860
2 Sterley, Dereck	M70 AGN		3667
3 Human, Nic	M73 EPA		3237

**M75 Throws Pentathlon**



Name	Age Team	Seed	Finals
1 Johnston, Steve	M78 WPA		2856

### M50 1500 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading
1 Small, Klaus	M54 BOL		9:53,11	8:36,96 59,77%

### M60 1500 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading
1 Callaghan, Chris	M64 AGN		8:38,66	6:52,86 74,84%

### M80 1500 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading
1 Smith, David	M80 SWD		10:11,71	6:21,35 81,03%

### W50 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading
1 Wagenaar, Charlotte	W51 SWD		39:30,06	35:01,30 56,49%

### W55 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading
1 Stihlingh, Ita	W58 SWD		33:06,08	27:58,44 70,72%
2 Visser, Hettie	W57 SWD		37:43,83	31:53,17 62,04%

### W65 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading
1 Zehmke, Lorraine	W67 SWD		35:38,86	26:50,14 73,72%
2 Barnes, Cynthia	W66 SWD		38:25,14	28:55,31 68,40%

### M50 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading
1 Small, Klaus	M54 BOL		34:56,06	30:35,94 58,69%

### M60 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading
1 Callaghan, Chris	M64 AGN		29:57,97	23:59,46 74,86%

### M80 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading
1 Smith, David	M80 SWD		34:56,06	21:48,79 82,34%













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