

Gauteng North Masters Champs - 2018/03/23**Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W30 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Du Toit, Leana	W31 Cga		12,38	0.7	12,39 84,73%	4
2 Bezuidenhout, Lynette	W30 NWN		13,38	0.7	13,39 78,40%	4
3 Jonas, Natasha	W30 GNMA		16,02	0.7	16,03 65,48%	4

W35 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Smit, Alicia	W38 GNMA		13,38	1.5	13,25 79,22%	3
2 Du Toit, Yolande	W35 CNWA		13,52	1.5	13,39 78,40%	3
3 Mare, Leoni	W38 GNMA		13,80	1.5	13,67 76,81%	3
4 Kruger, Petro	W39 GNMA		14,77	1.5	14,63 71,77%	3
5 Rademan, Isabel	W35 CNWA		16,16	1.5	16,00 65,59%	3

W40 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Joubert, Charnine	W43 GNMA		13,20	-0.3	12,61 83,26%	2
2 Olivier, Christa	W43 NWN		13,85	-0.3	13,23 79,35%	2

W45 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Schoeman, Adri	W47 GNMA		12,56	-0.3	11,56 90,84%	2
2 Young, Elme	W47 GNMA		13,61	-0.3	12,52 83,84%	2
3 Hanekom, Tania	W46 GNMA		15,30	-0.3	14,07 74,58%	2
4 Smith, Elmarie	W49 AMP		15,97	-0.3	14,69 71,45%	2
5 Sigubudu, Nana	W49 Kwa-Zulu Natal		16,21	-0.3	14,91 70,39%	2

W50 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 De Winnaar, Winnie	W51 Cga		13,25	2.1	11,72 89,51%	
2 Kruger, Thilda	W51 GNMA		16,01	2.1	14,16 74,08%	
3 Human, Corinne	W53 GNMA		17,36	2.1	15,36 68,32%	

W55 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Van Rooyen, Madelene	W55 GNMA		15,39	2.1	13,07 80,25%	

W65 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Claassen, Stephanie	W66 GNMA		17,17	NWI	13,38 78,45%	10

W75 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Tomlinson, Magdalena	W75 Kwa-Zulu Natal		17,87	NWI	12,42 84,44%	10
2 Venter, Hester	W77 GNMA		24,37	NWI	16,94 61,92%	8

M30 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
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1	Lubbe, Shawn	M34 Cga		11,22	1.0	11,23	87,25%	5
2	De Beer, Willem	M30 GNMA		11,34	1.0	11,35	86,33%	5
3	Denysschen, Pieter	M34 GNMA		11,83	1.0	11,84	82,76%	5
4	Jansen, Morne	M33 CNWA		12,86	1.0	12,87	76,13%	5

M35 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points	
1	Kaltamo, Abraham	M35 Cga		11,82	-1.0	11,67	83,93%	4
2	Van Zyl, Smit	M39 GNMA		13,64	-1.0	13,47	72,73%	4

M40 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points	
1	Lemmetjies, Eustace	M40 AFS		11,78	0.9	11,29	86,76%	3
2	McClintock, Martin	M42 GNMA		11,90	0.9	11,40	85,88%	3
3	Baartman, Roger	M40 GNMA		12,07	0.9	11,57	84,67%	3

M45 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points	
1	Potgieter, Thys	M46 GNMA		12,14	1.2	11,28	86,82%	2
2	Breedt, Kobus	M45 GNMA		12,31	1.2	11,44	85,62%	2
3	Mngomezulu, George	M49 CNWA		12,47	1.2	11,59	84,52%	2
4	Vermeulen, Clinton	M46 Cga		12,54	1.2	11,65	84,05%	2
5	Rossouw, Hermie	M47 AVT		12,94	1.2	12,02	81,45%	2
6	Niemandt, Dewald	M45 GNMA		13,88	1.2	12,90	75,94%	2

M50 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points	
1	Hacker, Ian	M53 Cga		12,12	0.9	10,91	89,77%
2	Van der Vyver, Daniel	M53 GNMA		12,73	0.9	11,46	85,47%
3	Vos, Jan-Jan	M54 GNMA		12,85	0.9	11,56	84,67%
4	Laubscher, Hardus	M53 GNMA		13,31	0.9	11,98	81,74%
5	Van Niekerk, Riaan	M51 Cga		13,34	0.9	12,01	81,56%
6	Jacobs, Andre	M51 GNMA		13,39	0.9	12,05	81,25%
7	Lourens, Andre	M53 GNMA		16,42	0.9	14,78	66,26%

M55 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points	
1	Endrody, Thomas	M58 Cga		12,67	0.9	11,03	88,79%

M60 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points		
1	Tlapu, Bobie	M61 GNMA		13,42	NWI	11,30	86,74%	10
2	Meyer, Buks	M63 GNMA		17,03	NWI	14,33	68,35%	8

M65 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points		
1	Claassen, Len	M67 GNMA		14,29	NWI	11,60	84,46%	10
2	Xavier, Robert	M65 AEC		14,44	NWI	11,72	83,59%	8

M70 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points		
1	De Kock, Bobby	M73 AFS		21,53	NWI	16,76	58,43%	10

M75 100 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Muir, Neville	M79 GNMA		30,46	NWI	22,57 43,37%	10

W30 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Du Toit, Leana	W31 Cga		25,31	1.2	25,32 84,31%	4	10
2 Bezuidenhout, Lynette	W30 NWN		27,56	1.2	27,57 77,43%	4	8
3 Walters, Elmarie	W34 Cga		27,69	1.2	27,70 77,07%	4	6
4 van der Merwe, Shona	W31 GNMA		29,87	1.2	29,88 71,44%	4	5

W35 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Du Toit, Yolande	W35 CNWA		27,83	+0.0	27,01 79,05%	3	10
2 Mare, Leoni	W38 GNMA		28,32	+0.0	27,48 77,68%	3	8
3 Anderson, Elane	W38 GNMA		28,91	+0.0	28,05 76,10%	3	6
4 Rossouw, Juanita	W38 AVT		31,94	+0.0	30,99 68,88%	3	5

W40 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Joubert, Charnine	W43 GNMA		27,61	1.0	25,80 82,72%	2	10
2 Olivier, Christa	W43 NWN		27,91	1.0	26,08 81,83%	2	8

W45 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Schoeman, Adri	W47 GNMA		25,85	1.0	23,22 91,91%	2	10
2 Young, Elme	W47 GNMA		28,04	1.0	25,19 84,74%	2	8
3 Cloete, Wendy	W46 GNMA		31,39	1.0	28,20 75,69%	2	6
4 Sigubudu, Nana	W49 Kwa-Zulu Natal		34,39	1.0	30,89 69,09%	2	5

W50 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 De Winnaar, Winnie	W51 Cga		27,57	0.9	23,78 89,77%	10
2 Human, Corinne	W53 GNMA		33,11	0.9	28,55 74,75%	8
3 Kruger, Thilda	W51 GNMA		34,24	0.9	29,53 72,28%	6

W55 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Pretorius, Elaine	W57 GNMA		33,34	0.9	27,55 77,47%	10
2 Claassen, Zelda	W58 Cga		47,47	0.9	39,22 54,41%	8
3 Pretorius, Riemke	W55 NWN		50,63	0.9	41,84 51,02%	6

W75 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Tomlinson, Magdalena	W75 Kwa-Zulu Natal		37,42	NWI	24,50 87,15%	10
2 Venter, Hester	W77 GNMA		56,90	NWI	37,25 57,31%	8

M30 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 De Beer, Willem	M30 GNMA		22,84	0.6	22,85 84,59%	4	

2	Zeelie, Jean-Pierre	M32 GNMA		22,88	0.6	22,89	84,44%	4
3	Lubbe, Shawn	M34 Cga		23,56	0.6	23,57	82,00%	4
4	Kotze, Flippie	M34 GNMA		36,65	0.6	36,66	52,71%	4

M35 200 Meter Sprint

Name	Age	Team	Seed	Finals	Wind	Age-Grading	H#	Points
1	Kaltamo, Abraham	M35 Cga		23,62	0.6	23,24	83,15%	3

M45 200 Meter Sprint

Name	Age	Team	Seed	Finals	Wind	Age-Grading	H#	Points
1	Breedt, Kobus	M45 GNMA		24,90	0.7	23,00	84,02%	2
2	Rossouw, Hermie	M47 AVT		25,46	0.7	23,52	82,17%	2
3	Vermeulen, Clinton	M46 Cga		25,47	0.7	23,53	82,14%	2

M50 200 Meter Sprint

Name	Age	Team	Seed	Finals	Wind	Age-Grading	Points
1	Van der Vyver, Daniel	M53 GNMA		25,68	0.5	22,95	84,23%
2	Laubscher, Hardus	M53 GNMA		26,46	0.5	23,64	81,75%
3	Van Niekerk, Riaan	M51 Cga		27,95	0.5	24,98	77,39%
4	Lourens, Andre	M53 GNMA		38,05	0.5	34,00	56,85%

M60 200 Meter Sprint

Name	Age	Team	Seed	Finals	Wind	Age-Grading	Points
1	Tlapu, Bobie	M61 GNMA		27,28	NWI	22,73	85,01% 10
2	Meyer, Buks	M63 GNMA		36,00	NWI	30,00	64,42% 8
3	Cloete, Fanie	M60 GNMA		41,90	NWI	34,92	55,35% 6

M65 200 Meter Sprint

Name	Age	Team	Seed	Finals	Wind	Age-Grading	Points
1	Claassen, Len	M67 GNMA		32,25	NWI	25,83	74,82% 10

M70 200 Meter Sprint

Name	Age	Team	Seed	Finals	Wind	Age-Grading	Points
1	De Kock, Bobby	M73 AFS		46,19	NWI	35,30	54,73% 10

M80 200 Meter Sprint

Name	Age	Team	Seed	Finals	Wind	Age-Grading	Points
--	Hacker, Monty	M83 Cga		DNF	NWI		

W40 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading	H#	Points
1	Rossouw, Rika	W40 GNMA		1:03,26	59,41	80,13%	2 10

W45 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading	H#	Points
1	Young, Elme	W47 GNMA		1:03,24	56,81	83,79%	2 10
2	Cloete, Wendy	W46 GNMA		1:09,20	1:02,17	76,58%	2 8

W50 400 Meter Sprint

Name	Age	Team	Seed	Finals	Age-Grading	H#	Points
1	De Winnaar, Winnie	W51 Cga		1:02,58	53,67	88,70%	2 10

2 Vermeulen, Salome W51 GNMA 1:07,55 57,93 82,18% 2 8

W55 400 Meter Sprint

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Pretorius, Elaine	W57 GNMA		1:17,01	1:02,90 75,68%	10

W75 400 Meter Sprint

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Tomlinson, Magdalena	W75 Kwa-Zulu Natal		1:24,74	49,91 95,39%	10

M30 400 Meter Sprint

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 De Beer, Willem	M30 GNMA		50,01	50,02 86,34%	4	10
2 Beukes, Larry	M31 GNMA		53,51	53,52 80,70%	4	8
3 Engelbrecht, Hanno	M30 GNMA		59,03	59,04 73,15%	4	6

M35 400 Meter Sprint

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Kaltamo, Abraham	M35 Cga		52,49	50,68 85,22%	4	10
2 Du Plessis, Josef M	M36 GNMA		1:04,07	1:01,86 69,81%	4	8

M40 400 Meter Sprint

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Odendaal, Willem	M43 NWN		59,79	55,93 77,20%	3	10
2 Mnisi, George	M41 GNMA		1:11,78	1:07,15 64,31%	3	8

M45 400 Meter Sprint

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Moraope, Koos	M45 NWN		52,38	47,43 91,05%	3	10
2 Meyer, Heinrich	M47 Cga		1:03,43	57,43 75,19%	3	8

M50 400 Meter Sprint

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Van der Vyver, Daniel	M53 GNMA		59,40	52,00 83,05%	2	10
2 Laubscher, Hardus	M53 GNMA		1:01,36	53,72 80,39%	2	8
3 Hacker, Ian	M53 Cga		1:02,96	55,12 78,35%	2	6

M55 400 Meter Sprint

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Knipe, Francois	M56 GNMA		1:08,59	57,99 74,47%	2	10
2 Gregan, Sydney	M56 GNMA		1:14,23	1:02,76 68,81%	2	8

M60 400 Meter Sprint

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Booysen, Hendrik	M61 Cga		1:04,08	52,26 82,65%	10
2 Meyer, Buks	M63 GNMA		1:21,91	1:06,79 64,66%	8

M65 400 Meter Sprint

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Claassen, Len	M67 GNMA		1:04,08	50,22 85,99%	10
2 Naude, Alan	M68 WPA		1:18,72	1:01,69 69,99%	8

W35 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Maritz, Liza	W38 GNMA		2:18,37	2:17,70 82,27%	2
2 Haasbroek, Chanette	W39 GNMA		2:25,30	2:24,59 78,35%	2

W40 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Jaray-Venter, Melinda	W40 EPMA		2:19,68	2:13,22 85,04%	2
2 Rossouw, Rika	W40 GNMA		2:28,47	2:21,60 80,00%	2
3 Snyman, Hildegard	W43 GNMA		2:39,37	2:32,00 74,53%	2

W50 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Reis, Monica	W53 Cga		3:18,44	2:52,83 65,55%

W55 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Frey, Jackie	W56 Cga		3:04,91	2:33,39 73,85%
2 Botha, Ronelle	W55 Cga		3:23,35	2:48,68 67,16%
3 Pretorius, Riemke	W55 NWN		4:54,10	4:03,96 46,43%

W60 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Scheffer, Irene	W62 NWN		2:58,26	2:19,90 80,97%

W70 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Visser, MC	W71 Cga		4:05,05	2:45,46 68,46%

M30 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 De Beer, Willem	M30 GNMA		2:04,39	2:04,40 81,28%	3

M40 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Claassen, Nick	M44 Cga		2:11,31	2:05,54 80,54%	3
2 Odendaal, Willem	M43 NWN		2:17,22	2:11,19 77,07%	3
3 Van Rooyen, Willem	M43 GNMA		2:18,61	2:12,52 76,30%	3
4 Gouws, Leon	M41 Cga		2:20,19	2:14,03 75,44%	3
5 Mnisi, George	M41 GNMA		2:41,62	2:34,51 65,44%	3

M45 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Moraope, Koos	M45 NWN		2:03,68	1:53,83 88,83%	2
2 Buys, Johan	M49 GNMA		2:18,64	2:07,60 79,25%	2
3 Stroebel, Wimpie	M45 Cga		2:32,47	2:20,32 72,06%	2

M50 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
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1 Du Plooy, Anton	M52 Cga	2:15,64	2:00,01	84,26%	2
2 Smith, Mark	M51 Kwa-Zulu Natal	3:01,37	2:40,46	63,01%	2

M55 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Knipe, Francois	M56 GNMA		2:33,52	2:10,34	77,57% 2
2 Gregan, Sydney	M56 GNMA		2:46,26	2:21,16	71,63% 2

M60 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Booyesen, Hendrik	M61 Cga		2:33,32	2:04,70	81,09%
2 Rudd, Philip	M62 Cga		2:41,69	2:11,51	76,89%
3 Meyer, Buks	M63 GNMA		3:05,06	2:30,51	67,18%
4 Cloete, Fanie	M60 GNMA		3:39,20	2:58,28	56,72%

M65 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Claassen, Len	M67 GNMA		2:31,98	1:58,18	85,56%
2 Naude, Alan	M68 WPA		3:06,93	2:25,36	69,56%
3 Lentsoenyane, Vincent	M68 Cga		3:16,49	2:32,80	66,18%

M70 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Clements, Fred	M74 GNMA		4:05,55	3:02,20	55,50%

W30 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Louw, Anel	W34 GNMA		5:06,33	5:06,34	75,89%

W35 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Maritz, Liza	W38 GNMA		4:55,34	4:51,56	79,73%
2 Haasbroek, Chanette	W39 GNMA		5:19,49	5:15,41	73,70%
3 Labuschagne, Amanda	W37 AFS		6:41,02	6:35,89	58,72%

W40 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Rossouw, Rika	W40 GNMA		5:21,96	5:04,48	76,35%
2 Snyman, Hildegard	W43 GNMA		5:30,32	5:12,39	74,42%

W50 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Reis, Monica	W53 Cga		6:40,43	5:45,46	67,30%

W55 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Frey, Jackie	W56 Cga		6:26,89	5:17,72	73,17%

W60 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
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1 Scheffer, Irene W62 NWN 5:57,46 4:37,36 83,82%

M40 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Odendaal, Willem	M43 NWN		4:58,09	4:43,76 72,60%	2
2 Modise, Norman	M44 AFS		5:36,59	5:20,41 64,29%	2
3 Skosan, Ian	M42 GNMA		5:43,92	5:27,38 62,92%	2

M45 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Moraope, Koos	M45 NWN		4:25,18	4:01,98 85,13%	2
2 Buys, Johan	M49 GNMA		4:55,26	4:29,43 76,46%	2
3 Stroebel, Wimpie	M45 Cga		5:26,98	4:58,37 69,04%	2

M50 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 De Villiers, Dawie	M52 GNMA		4:59,73	4:21,70 78,72%
2 Smith, Mark	M51 Kwa-Zulu Natal		6:12,30	5:25,06 63,37%

M55 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Gregan, Sydney	M56 GNMA		5:34,48	4:38,86 73,87%

M60 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Rudd, Philip	M62 Cga		5:38,76	4:28,95 76,60%
2 Meyer, Buks	M63 GNMA		6:42,30	5:19,39 64,50%
3 Cloete, Fanie	M60 GNMA		7:31,23	5:58,24 57,51%

M65 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Naude, Alan	M68 WPA		6:06,40	4:35,87 74,68%
2 Lentsoenyane, Vincent	M68 Cga		7:06,32	5:20,98 64,18%

M70 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Clements, Fred	M74 GNMA		8:57,57	6:20,55 54,13%
2 De Kock, Bobby	M73 AFS		9:10,53	6:29,73 52,86%

W35 3000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Labuschagne, Amanda	W37 AFS		15:05,24	14:52,66 56,17%

W40 3000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Rossouw, Rika	W40 GNMA		12:02,63	11:30,33 72,63%
2 Mcuntula, Nonkululo	W41 CNWA		16:24,66	15:40,65 53,31%

W50 3000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van der Westhuizen, Conn	W54 GNMA		13:20,72	11:22,78 73,44%

2 Modisane, Wilhelmina W50 CNWA 15:00,50 12:47,86 65,30%

W55 3000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Geyer, Mariet	W58 GNMA		13:42,32	10:56,55 76,37%
2 Pretorius, Riemke	W55 NWN		22:05,18	17:38,03 47,39%

W60 3000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Cloete, Joey	W61 GNMA		15:02,67	11:11,59 74,66%

M40 3000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Nortje, William	M43 Cga		10:58,15	10:35,25 69,26%
2 Skosan, Ian	M42 GNMA		13:12,19	12:44,63 57,54%

M55 3000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Gregan, Sydney	M56 GNMA		12:05,87	10:24,83 70,42%

M60 3000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Cloete, Fanie	M60 GNMA		16:14,91	13:25,28 54,64%

M65 3000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Naude, Alan	M68 WPA		14:11,62	11:12,61 65,42%

M80 3000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Nurden, Ken	M83 GNMA		18:02,98	11:27,37 64,01%

W40 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Rossouw, Rika	W40 GNMA		21:38,45	21:09,24 68,13% 10
2 Heyns, Alicia	W43 GNMA		22:27,82	21:57,50 65,63% 8

W50 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Reis, Monica	W53 Cga		24:53,14	21:42,77 66,37% 10
2 Le Roux, Teresa	W54 GNMA		30:15,06	26:23,65 54,60% 8

W55 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Geyer, Mariet	W58 GNMA		23:54,81	19:50,90 72,61% 10

W60 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Cloete, Joey	W61 GNMA		26:01,66	20:25,60 70,55% 10

W70 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Greyvenstein, Annatjie	W73 GNMA		27:18,80	18:33,90 77,63% 10

M40 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Odendaal, Willem	M43 NWN		19:18,48	18:38,05 67,71% 10
2 Skosan, Ian	M42 GNMA		22:23,90	21:37,00 58,37% 8

M45 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Locker, Trevor	M47 Cga		18:58,17	17:38,73 71,50% 10
2 Stroebel, Wimpie	M45 Cga		21:14,39	19:45,44 63,86% 8

M50 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Roets, Kobus	M52 AMP		18:26,25	16:30,43 76,43% 10
2 Tredeea, Dave	M54 Cga		20:54,77	18:43,40 67,39% 8

M55 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Gregan, Sydney	M56 GNMA		21:01,64	18:05,52 69,74% 10

W40 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Olivier, Christa	W43 NWN		13,56	1.7	16,05 76,11%

W45 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Labuschagne, Celeste	W46 GNMA		16,41	1.7	17,91 68,19%
2 Sigubudu, Nana	W49 Kwa-Zulu Natal		20,51	1.7	22,39 54,56%

W50 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Human, Corinne	W53 GNMA		17,50	1.0	19,19 63,66%

W55 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Van Rooyen, Madelene	W55 GNMA		14,65	1.0	14,72 83,00%
2 Swanepoel, Elsa	W59 GNMA		17,87	1.0	17,95 68,05%

W65 80 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Claassen, Stephanie	W66 GNMA		17,78	1.0	16,01 76,27%

W30 100 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 van der Merwe, Shona	W31 GNMA		17,98	NWI	17,99 67,91%

W35 100 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Mare, Leoni	W38 GNMA		17,85	NWI	17,59 69,41%

M50 100 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Jacobs, Andre	M51 GNMA		19,19	NWI	18,44 70,04%

M35 110 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Van Zyl, Smit	M39 GNMA		21,14	1.2	20,94 61,68%

W50 300 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading Points
1 Human, Corinne	W53 GNMA		1:10,73	1:10,74 74,00%

W55 300 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Rooyen, Madelene	W55 GNMA		57,95	57,96 90,32%

W65 300 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading Points
1 Claassen, Stephanie	W66 GNMA		1:06,93	1:06,94 78,20%

M60 300 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading Points
1 Rudd, Philip	M62 Cga		52,37	52,38 89,33%
2 Williams, Pieter	M61 GNMA		55,08	55,09 84,93%

W30 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading Points
1 Du Toit, Leana	W31 Cga		1:10,14	1:10,15 74,62%

W35 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading Points
1 Anderson, Elane	W38 GNMA		1:14,93	1:14,94 69,85%

W45 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading Points
1 Labuschagne, Celeste	W46 GNMA		1:17,93	1:06,78 78,39%
2 Sigubudu, Nana	W49 Kwa-Zulu Natal		1:46,57	1:31,31 57,32%

M45 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading Points
1 Scheepers, Anton	M49 GNMA		1:04,41	58,90 79,43%

W35 2000 Meter Steeplechase

Name	Age Team	Seed	Finals	Age-Grading Points
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1	Labuschagne, Amanda	W37 AFS		10:13,29	14:11,01	63,64%
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W50 2000 Meter Steeplechase

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Name	Age Team	Seed	Finals	Age-Grading Points
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1	Le Roux, Teresa	W54 GNMA		12:54,14	15:55,76	56,67%
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W55 2000 Meter Steeplechase

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Name	Age Team	Seed	Finals	Age-Grading Points
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1	Geyer, Mariet	W58 GNMA		10:06,15	12:01,81	75,03%
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M70 2000 Meter Steeplechase

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Name	Age Team	Seed	Finals	Age-Grading Points
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1	De Kock, Bobby	M73 AFS		15:33,13	15:19,14	51,53%	10
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M40 3000 Meter Steeplechase

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Name	Age Team	Seed	Finals	Age-Grading Points
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1	Modise, Norman	M44 AFS		13:23,44	12:15,47	64,40%
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M55 3000 Meter Steeplechase

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Name	Age Team	Seed	Finals	Age-Grading Points
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1	Gregan, Sydney	M56 GNMA		13:52,12	11:07,78	70,93%
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W30 High Jump

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Name	Age Team	Seed	Finals	Age-Grading Points
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1	Botha, Mariette	W34 Cga		1,69m	1,69m	80,86%
2	Krugell, Berne	W30 Cga		1,66m	1,66m	79,43%
3	van der Merwe, Shona	W31 GNMA		1,37m	1,37m	65,55%

W35 High Jump

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Name	Age Team	Seed	Finals	Age-Grading Points
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1	Labuschagne, Amanda	W37 AFS		1,30m	1,36m	65,33%
2	Mare, Leoni	W38 GNMA		1,20m	1,26m	60,30%

W50 High Jump

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Name	Age Team	Seed	Finals	Age-Grading Points
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1	Heymans, Dinah	W51 AFS		1,47m	1,80m	85,96%
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W60 High Jump

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Name	Age Team	Seed	Finals	Age-Grading Points
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1	Du Plessis, Lee	W62 GNMA		1,03m	1,41m	67,76%
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W65 High Jump

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Name	Age Team	Seed	Finals	Age-Grading Points
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1	Claassen, Stephanie	W66 GNMA		1,06m	1,55m	74,65%
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M30 High Jump

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Name	Age Team	Seed	Finals	Age-Grading Points
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1	Oosthuizen, Vihann	M34 GNMA		1,80m	1,80m	73,47%
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M40 High Jump

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van der Walt, Phillip	M41 GNMA		1,85m	1,93m 79,06%
2 Vermeulen, Brandon	M42 Cga		1,70m	1,78m 72,65%

M45 High Jump

Name	Age Team	Seed	Finals	Age-Grading Points
1 Lombard, Bertus	M49 GNMA		1,51m	1,66m 68,02%
2 Breedt, Kobus	M45 GNMA		1,48m	1,63m 66,67%
3 Van Dyk, Eugene	M46 GNMA		1,35m	1,48m 60,81%

M50 High Jump

Name	Age Team	Seed	Finals	Age-Grading Points
1 Jacobs, Andre	M51 GNMA		1,45m	1,68m 68,72%

M55 High Jump

Name	Age Team	Seed	Finals	Age-Grading Points
1 Bezuidenhout, Vic	M56 GNMA		1,51m	1,85m 75,50%

M60 High Jump

Name	Age Team	Seed	Finals	Age-Grading Points
1 Williams, Pieter	M61 GNMA		1,45m	1,88m 77,13%

M35 Pole Vault

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Zyl, Smit	M39 GNMA		2,50m	2,54m 41,39%

M50 Pole Vault

Name	Age Team	Seed	Finals	Age-Grading Points
1 Jacobs, Andre	M51 GNMA		2,80m	3,43m 56,00%
2 Hacker, Ian	M53 Cga		2,50m	3,06m 50,00%

M55 Pole Vault

Name	Age Team	Seed	Finals	Age-Grading Points
1 Endrody, Thomas	M58 Cga		2,80m	3,69m 60,09%

M60 Pole Vault

Name	Age Team	Seed	Finals	Age-Grading Points
1 Smit, Deon	M61 GNMA		2,60m	3,70m 60,32%

W30 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Bezuidenhout, Lynette	W30 NWN		5,04m	NWI	5,04m 67,02%
2 Wolmarans, Christine	W30 GNMA		4,95m	NWI	4,95m 65,82%
3 Du Toit, Leana	W31 Cga		4,57m	NWI	4,57m 60,77%
4 van der Merwe, Shona	W31 GNMA		4,48m	NWI	4,48m 59,57%
5 Jonas, Natasha	W30 GNMA		3,77m	NWI	3,77m 50,13%

W35 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Smit, Alicia	W38 GNMA		5,22m	NWI	5,48m 72,91%
2 Mare, Leoni	W38 GNMA		4,58m	NWI	4,80m 63,97%

3 Rademan, Isabel	W35 CNWA	3,79m	NWI	3,97m	52,93%
4 Kruger, Petro	W39 GNMA	3,76m	NWI	3,94m	52,51%

W45 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Hanekom, Tania	W46 GNMA		3,91m	NWI	4,60m 61,19%
2 Bridgland, Esmarie	W49 GNMA		2,75m	NWI	3,23m 43,04%

W50 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Human, Corinne	W53 GNMA		3,74m	NWI	4,68m 62,33%

W55 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Pretorius, Elaine	W57 GNMA		3,75m	NWI	5,02m 66,84%

W60 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Du Plessis, Lee	W62 GNMA		3,06m	NWI	4,40m 58,62%

W65 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Claassen, Stephanie	W66 GNMA		3,65m	NWI	5,67m 75,57%

M35 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Vorster, Ruaan	M35 GNMA		6,00m	NWI	6,19m 69,12%

M40 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 McClintock, Martin	M42 GNMA		6,89m	NWI	7,50m 83,92%
2 Goliath, Wayne	M44 GNMA		5,80m	NWI	6,32m 70,65%
3 Slabbert, Morne	M42 NWN		5,48m	NWI	5,97m 66,75%
4 Meintjes, Pieter	M40 GNMA		4,49m	NWI	4,89m 54,69%

M45 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Breedt, Kobus	M45 GNMA		6,28m	NWI	7,25m 81,03%
2 Niemandt, Dewald	M45 GNMA		5,18m	NWI	5,98m 66,84%
3 Gilbert, Norman	M45 GNMA		3,56m	NWI	4,11m 45,94%

M50 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Jacobs, Andre	M51 GNMA		4,80m	NWI	5,89m 65,93%
2 Scholtz, Gert	M52 Cga		4,72m	NWI	5,79m 64,84%

M60 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Hardman, Wally	M60 NWN		4,30m	NWI	6,05m 67,61%
2 Camhee, Kurt	M60 Cga		3,83m	NWI	5,39m 60,22%

M65 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Ludeke, Dave	M65 GNMA		4,47m	NWI	6,78m 75,89%
2 Xavier, Robert	M65 AEC		3,91m	NWI	5,93m 66,38%

M70 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 De Kock, Bobby	M73 AFS		2,13m	NWI	3,51m 39,23%

M80 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Penberthy, Pearce	M82 GNMA		2,92m	NWI	5,80m 64,89%

W35 Triple Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Smit, Alicia	W38 GNMA		10,44m	NWI	10,63m 68,59%

M40 Triple Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Lemmetjies, Eustace	M40 AFS		12,27m	NWI	13,05m 71,34%
2 Goliath, Wayne	M44 GNMA		11,53m	NWI	12,26m 67,03%
3 Vermeulen, Brandon	M42 Cga		11,22m	NWI	11,93m 65,23%
4 Slabbert, Morne	M42 NWN		10,25m	NWI	10,90m 59,59%

M45 Triple Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Breedt, Kobus	M45 GNMA		11,65m	NWI	13,12m 71,78%

M60 Triple Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Camhee, Kurt	M60 Cga		7,57m	NWI	10,38m 56,79%

M65 Triple Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Ludeke, Dave	M65 GNMA		9,26m	NWI	13,70m 74,92%

M80 Triple Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Penberthy, Pearce	M82 GNMA		5,35m	NWI	10,39m 56,85%

W30 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Pubalakan, Tanya	W34 GNMA		13,86m	13,86m 61,25%
2 Snyman, Karin	W32 GNMA		11,18m	11,18m 49,40%
3 Wolmarans, Christine	W30 GNMA		9,00m	9,00m 39,77%
4 van der Merwe, Shona	W31 GNMA		8,64m	8,64m 38,18%

W35 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
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1 Kock, Santie	W35 GNMA	9,76m	10,11m	44,71%
2 Kotze, Lezanne	W36 GNMA	7,32m	7,58m	33,53%

W40 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van der Berg, Jeanine	W40 GNMA		9,03m	10,02m 44,29%
2 Strauss, Michelle	W43 GNMA		8,61m	9,55m 42,23%

W45 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Jordaan, Antonette	W46 GNMA		10,06m	12,01m 53,09%
2 Cloete, Wendy	W46 GNMA		7,22m	8,62m 38,10%
3 Smit, Monique	W46 Cga		6,48m	7,73m 34,20%

W50 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Knobel, Heleen	W52 SWD		11,31m	14,25m 63,01%
2 Flynn, Judy	W52 GNMA		9,99m	12,59m 55,65%
3 Pretorius, Engelina	W53 GNMA		7,30m	9,20m 40,67%

W55 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hennop, Ansie	W55 GNMA		8,23m	11,28m 49,85%
2 Minnie, Valerie	W58 GNMA		8,07m	11,06m 48,88%
3 Coetzee, Louise	W57 GNMA		7,42m	10,16m 44,94%
4 Claassen, Zelda	W58 Cga		6,80m	9,32m 41,19%

W60 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Cloete, Joey	W61 GNMA		7,52m	11,29m 49,90%

W65 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Ferreira, Mercia	W69 Cga		8,22m	13,64m 60,31%
2 Claassen, Stephanie	W66 GNMA		8,09m	13,42m 59,35%

W70 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Rzepecka, Yana	W74 Kwa-Zulu Natal		6,06m	11,24m 49,71%

W75 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Venter, Hester	W77 GNMA		6,24m	11,43m 50,53%

M35 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Vreden, Hendrik	M36 Cga		12,08m	12,52m 54,19%
2 Olivier, Albert	M35 GNMA		11,51m	11,93m 51,64%
3 Botha, Bennie	M39 Cga		9,05m	9,38m 40,60%

M40 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Lambrechts, Burger	M44 GNMA		17,81m	19,83m 85,79%
2 Nel, Hennie	M42 Cga		9,85m	10,96m 47,45%

3 Roode, Eurard	M44 Cga	8,74m	9,73m	42,10%
4 Nolte, Schakwi	M42 GNMA	8,55m	9,52m	41,18%

M45 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Swanepoel, Jan	M46 GNMA		13,52m	16,25m 70,31%
2 Venter, Martin	M47 GNMA		13,05m	15,69m 67,86%
3 Kruger, Peet	M45 GNMA		11,74m	14,11m 61,05%
4 Watson, Rowan	M48 GNMA		11,55m	13,88m 60,06%

M50 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hacker, Ian	M53 Cga		11,20m	13,12m 56,77%

M55 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Haupt, Burton	M56 GNMA		15,10m	19,18m 82,97%
2 Bezuidenhout, Vic	M56 GNMA		11,87m	15,08m 65,22%
3 Nortje, Andre	M59 GNMA		6,28m	7,97m 34,51%

M60 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hardman, Wally	M60 NWN		13,04m	16,27m 70,41%
2 Kichenbrand, Stephen	M60 GNMA		11,99m	14,96m 64,74%
3 Myburgh, Buks	M63 Namibie		10,67m	13,31m 57,61%
4 Harding, Jon	M64 Cga		10,55m	13,16m 56,97%

M65 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Du Plessis, Slappie	M66 AVT		11,10m	15,10m 65,33%
2 Smit, Reuben	M67 GNMA		9,66m	13,14m 56,86%

M70 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Sterley, Dereck	M70 GNMA		11,75m	15,04m 65,10%

M80 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Rzepecki, Andrzej	M81 Kwa-Zulu Natal		10,92m	16,43m 71,09%
2 Skea, Everard	M81 GNMA		10,54m	15,86m 68,62%
3 Stoltz, Jan	M81 GNMA		8,94m	13,45m 58,20%
4 Penberthy, Pearce	M82 GNMA		8,10m	12,19m 52,73%
5 Hazell, Des	M84 GNMA		7,14m	10,74m 46,48%

W30 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Pubalakan, Tanya	W34 GNMA		35,49m	35,49m 46,21%

W35 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Kock, Santie	W35 GNMA		27,12m	28,11m 36,61%
2 Kotze, Lezanne	W36 GNMA		25,83m	26,78m 34,87%

W40 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
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1	Immeman, Terry	W44	GNMA	31,97m	35,64m	46,41%
2	Van der Berg, Jeanine	W40	GNMA	23,12m	25,77m	33,57%
3	Strauss, Michelle	W43	GNMA	21,83m	24,34m	31,69%

W45 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Jordaan, Antonette	W46	GNMA	31,52m	38,00m	49,49%
2	Smith, Elmarie	W49	AMP	24,38m	29,39m	38,28%
3	Maloney, Anneline	W48	GNMA	18,12m	21,84m	28,45%
4	Smit, Monique	W46	Cga	17,57m	21,18m	27,59%
5	Bridgland, Esmarie	W49	GNMA	16,25m	19,59m	25,51%

W50 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Knobel, Heleen	W52	SWD	34,57m	45,38m	59,09%
2	Flynn, Judy	W52	GNMA	24,16m	31,71m	41,30%

W55 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Minnie, Valerie	W58	GNMA	27,64m	39,82m	51,85%
2	Hennop, Ansie	W55	GNMA	24,64m	35,49m	46,22%
3	Coetzee, Louise	W57	GNMA	19,34m	27,86m	36,28%
4	Claassen, Zelda	W58	Cga	17,13m	24,67m	32,13%

W60 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Cloete, Joey	W61	GNMA	16,34m	26,08m	33,96%

W65 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Ferreira, Mercia	W69	Cga	18,47m	33,11m	43,11%

W70 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Rzepecka, Yana	W74	Kwa-Zulu Natal	17,12m	35,16m	45,79%

W75 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Venter, Hester	W77	GNMA	15,51m	33,41m	43,52%

M35 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Van Vreden, Hendrik	M36	Cga	32,88m	33,35m	45,02%
2	Botha, Bennie	M39	Cga	24,59m	24,94m	33,67%

M40 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Meintjes, Pieter	M40	GNMA	31,88m	35,11m	47,40%
2	Roode, Eurard	M44	Cga	28,71m	31,62m	42,69%
3	Slabbert, Morne	M42	NWN	24,61m	27,10m	36,59%

M45 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
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1	Swanepoel, Jan	M46	GNMA	44,53m	53,65m	72,43%
2	Watson, Rowan	M48	GNMA	37,19m	44,81m	60,49%
3	Venter, Martin	M47	GNMA	36,81m	44,35m	59,87%
4	De Beer, Andre	M49	Cga	34,19m	41,19m	55,61%
5	Kruger, Peet	M45	GNMA	30,64m	36,91m	49,84%

M50 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Hacker, Ian	M53	Cga	26,87m	27,45m	37,06%

M55 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Haupt, Burton	M56	GNMA	47,87m	53,15m	71,75%
2	Bezuidenhout, Vic	M56	GNMA	36,89m	40,95m	55,29%
3	Eybers, Marius	M55	GNMA	35,40m	39,30m	53,06%
4	Nortje, Andre	M59	GNMA	15,26m	16,94m	22,87%

M60 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Kichenbrand, Stephen	M60	GNMA	42,26m	44,91m	60,63%
2	Coetzee, Johan	M64	GNMA	37,17m	39,50m	53,33%
3	Harding, Jon	M64	Cga	33,66m	35,77m	48,29%
4	Myburgh, Buks	M63	Namibie	33,21m	35,29m	47,65%
5	Rudd, Philip	M62	Cga	31,11m	33,06m	44,63%
6	Camhee, Kurt	M60	Cga	21,64m	22,99m	31,05%

M65 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Du Plessis, Slappie	M66	AVT	31,75m	36,94m	49,87%
2	Smit, Reuben	M67	GNMA	24,57m	28,59m	38,60%

M70 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Sterley, Dereck	M70	GNMA	33,01m	42,19m	56,95%

M80 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Rzepecki, Andrzej	M81	Kwa-Zulu Natal	26,90m	44,22m	59,70%
2	Stoltz, Jan	M81	GNMA	23,00m	37,81m	51,04%
3	Hazell, Des	M84	GNMA	16,37m	26,91m	36,33%

W30 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Pubalakan, Tanya	W34	GNMA	50,93m	50,93m	66,14%
2	Snyman, Karin	W32	GNMA	46,48m	46,48m	60,36%

W35 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Kock, Santie	W35	GNMA	27,03m	29,57m	38,41%
2	Kotze, Lezanne	W36	GNMA	19,74m	21,59m	28,05%

W40 Hammer Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Strauss, Michelle	W43	GNMA	20,31m	23,89m	31,03%

W45 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Maloney, Anneline	W48 GNMA		18,89m	24,02m 31,20%
2 Bridgland, Esmarie	W49 GNMA		17,10m	21,74m 28,24%

W50 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Knobel, Heleen	W52 SWD		43,36m	55,66m 72,29%
2 Flynn, Judy	W52 GNMA		27,10m	34,79m 45,18%

W55 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hennop, Ansie	W55 GNMA		27,21m	38,05m 49,42%
2 Claassen, Zelda	W58 Cga		26,40m	36,91m 47,95%
3 Coetzee, Louise	W57 GNMA		17,86m	24,97m 32,44%

W65 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Ferreira, Mercia	W69 Cga		19,59m	33,37m 43,35%

M35 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Vreden, Hendrik	M36 Cga		31,72m	32,67m 37,67%
2 Botha, Bennie	M39 Cga		25,18m	25,93m 29,90%

M40 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Harmse, Chris	M44 AFS		67,73m	76,20m 87,86%
2 Meintjes, Pieter	M40 GNMA		31,51m	35,45m 40,87%
3 Roode, Eurard	M44 Cga		27,00m	30,38m 35,02%
4 Nel, Hennie	M42 Cga		25,93m	29,17m 33,64%
5 Nolte, Schakwi	M42 GNMA		20,20m	22,72m 26,20%

M45 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Venter, Martin	M47 GNMA		45,47m	56,36m 64,98%
2 Watson, Rowan	M48 GNMA		27,54m	34,14m 39,36%
3 Kruger, Peet	M45 GNMA		23,61m	29,26m 33,74%

M50 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Rensburg, Tone	M53 GNMA		52,66m	62,47m 72,03%

M55 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Haupt, Burton	M56 GNMA		46,80m	61,51m 70,92%
2 Ras, Peter	M55 GNMA		34,32m	45,11m 52,01%

M60 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Kichenbrand, Stephen	M60 GNMA		43,78m	57,27m 66,03%
2 Aggouras, Nick	M60 GNMA		42,90m	56,12m 64,71%
3 Myburgh, Buks	M63 Namibie		24,22m	31,68m 36,53%

M65 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Du Plessis, Slappie	M66 AVT		34,93m	51,19m 59,02%
M70 Hammer Throw				
Name	Age Team	Seed	Finals	Age-Grading Points
1 Sterley, Dereck	M70 GNMA		36,15m	52,50m 60,53%
M80 Hammer Throw				
Name	Age Team	Seed	Finals	Age-Grading Points
1 Rzepecki, Andrzej	M81 Kwa-Zulu Natal		43,72m	81,55m 94,02%
2 Stoltz, Jan	M81 GNMA		28,13m	52,47m 60,49%
3 Hazell, Des	M84 GNMA		20,48m	38,20m 44,04%
W30 Javelin Throw				
Name	Age Team	Seed	Finals	Age-Grading Points
1 van der Merwe, Shona	W31 GNMA		24,97m	24,97m 34,21%
W35 Javelin Throw				
Name	Age Team	Seed	Finals	Age-Grading Points
1 Kock, Santie	W35 GNMA		23,95m	25,43m 34,85%
2 Mare, Leoni	W38 GNMA		19,81m	21,04m 28,82%
3 Kotze, Lezanne	W36 GNMA		17,03m	18,08m 24,78%
W40 Javelin Throw				
Name	Age Team	Seed	Finals	Age-Grading Points
1 Strauss, Michelle	W43 GNMA		21,04m	24,14m 33,07%
W50 Javelin Throw				
Name	Age Team	Seed	Finals	Age-Grading Points
1 Knobel, Heleen	W52 SWD		32,46m	42,67m 58,45%
2 Flynn, Judy	W52 GNMA		28,40m	37,33m 51,14%
3 Pretorius, Engelina	W53 GNMA		17,12m	22,50m 30,83%
W55 Javelin Throw				
Name	Age Team	Seed	Finals	Age-Grading Points
1 Coetzee, Louise	W57 GNMA		23,54m	34,09m 46,70%
2 Minnie, Valerie	W58 GNMA		23,21m	33,61m 46,04%
3 Hennop, Ansie	W55 GNMA		18,07m	26,16m 35,85%
4 Botha, Ronelle	W55 Cga		14,90m	21,57m 29,56%
5 Claassen, Zelda	W58 Cga		14,02m	20,30m 27,81%
W60 Javelin Throw				
Name	Age Team	Seed	Finals	Age-Grading Points
1 Du Plessis, Lee	W62 GNMA		14,35m	23,12m 31,68%
2 Cloete, Joey	W61 GNMA		13,45m	21,67m 29,70%
W65 Javelin Throw				
Name	Age Team	Seed	Finals	Age-Grading Points
1 Ferreira, Mercia	W69 Cga		18,60m	33,79m 46,30%
2 Claassen, Stephanie	W66 GNMA		17,67m	32,10m 43,99%
W75 Javelin Throw				
Name	Age Team	Seed	Finals	Age-Grading Points

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1 Venter, Hester	W77 GNMA		12,23m	27,87m	38,18%
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M35 Javelin Throw

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Name	Age	Team	Seed	Finals	Age-Grading Points
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1 Botha, Bennie	M39	Cga		28,46m	28,81m 29,26%
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M40 Javelin Throw

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Name	Age	Team	Seed	Finals	Age-Grading Points
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1 Meintjes, Pieter	M40	GNMA		39,32m	42,70m 43,37%
2 Slabbert, Morne	M42	NWN		34,48m	37,45m 38,03%
3 Nolte, Schakwi	M42	GNMA		33,67m	36,57m 37,14%
4 Roode, Eurard	M44	Cga		33,38m	36,25m 36,82%

M45 Javelin Throw

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Name	Age	Team	Seed	Finals	Age-Grading Points
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1 Bond, Gavin	M46	GNMA		50,92m	59,65m 60,58%
2 Kruger, Peet	M45	GNMA		35,40m	41,47m 42,11%
3 Gilbert, Norman	M45	GNMA		33,37m	39,09m 39,70%
4 Van Dyk, Eugene	M46	GNMA		28,46m	33,34m 33,86%

M50 Javelin Throw

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Name	Age	Team	Seed	Finals	Age-Grading Points
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1 Pauer, Wilhelm	M50	Cga		60,23m	73,95m 75,09%
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M55 Javelin Throw

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Name	Age	Team	Seed	Finals	Age-Grading Points
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1 Bezuidenhout, Vic	M56	GNMA		43,19m	57,78m 58,68%
2 Ras, Peter	M55	GNMA		26,03m	34,82m 35,37%
3 Nortje, Andre	M59	GNMA		16,19m	21,66m 22,00%

M60 Javelin Throw

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Name	Age	Team	Seed	Finals	Age-Grading Points
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1 Kichenbrand, Stephen	M60	GNMA		50,55m	71,47m 72,58%
2 Myburgh, Buks	M63	Namibie		29,70m	41,99m 42,64%
3 Camhee, Kurt	M60	Cga		26,60m	37,61m 38,19%

M65 Javelin Throw

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Name	Age	Team	Seed	Finals	Age-Grading Points
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1 Ludeke, Dave	M65	GNMA		40,71m	63,58m 64,57%
2 Du Plessis, Slappie	M66	AVT		30,05m	46,93m 47,66%

M70 Javelin Throw

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Name	Age	Team	Seed	Finals	Age-Grading Points
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1 Sterley, Dereck	M70	GNMA		35,73m	60,02m 60,95%
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M80 Javelin Throw

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Name	Age	Team	Seed	Finals	Age-Grading Points
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1 Rzepecki, Andrzej	M81	Kwa-Zulu Natal		25,40m	53,21m 54,04%
2 Stoltz, Jan	M81	GNMA		20,93m	43,85m 44,53%
3 Hazell, Des	M84	GNMA		19,92m	41,73m 42,38%
4 Skea, Everard	M81	GNMA		19,57m	41,00m 41,64%

W30 Weight Throw

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Name	Age	Team	Seed	Finals	Age-Grading Points
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1	Snyman, Karin	W32	GNMA		16,73m	16,73m	70,89%
2	Pubalakan, Tanya	W34	GNMA		15,48m	15,48m	65,59%

W35 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points	
1	Kotze, Lezanne	W36	GNMA		7,56m	8,25m	34,98%

W40 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points	
1	Strauss, Michelle	W43	GNMA		9,01m	10,67m	45,25%

W45 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points	
1	Maloney, Anneline	W48	GNMA		5,81m	7,52m	31,89%

W50 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points	
1	Knobel, Heleen	W52	SWD		15,10m	17,85m	75,65%
2	Flynn, Judy	W52	GNMA		10,68m	12,62m	53,51%
3	Pretorius, Engelina	W53	GNMA		6,89m	8,14m	34,52%

W55 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points	
1	Hennop, Ansie	W55	GNMA		9,90m	12,78m	54,19%
2	Claassen, Zelda	W58	Cga		9,28m	11,98m	50,79%
3	Coetzee, Louise	W57	GNMA		8,54m	11,03m	46,74%

W65 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points	
1	Ferreira, Mercia	W69	Cga		10,30m	13,65m	57,87%

M35 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points	
1	Van Vreden, Hendrik	M36	Cga		10,65m	10,86m	42,01%
2	Botha, Bennie	M39	Cga		9,66m	9,85m	38,11%

M40 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points	
1	Meintjes, Pieter	M40	GNMA		11,69m	12,73m	49,26%
2	Roode, Eurard	M44	Cga		10,23m	11,14m	43,11%
3	Slabbert, Morne	M42	NWN		9,95m	10,84m	41,93%
4	Nolte, Schakwi	M42	GNMA		9,14m	9,96m	38,52%
5	Nel, Hennie	M42	Cga		8,37m	9,12m	35,27%

M45 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points	
1	Venter, Martin	M47	GNMA		15,85m	18,53m	71,69%
2	Swanepoel, Jan	M46	GNMA		14,10m	16,49m	63,77%
3	Watson, Rowan	M48	GNMA		10,75m	12,57m	48,62%
4	Breedt, Kobus	M45	GNMA		9,09m	10,63m	41,11%
5	Kruger, Peet	M45	GNMA		8,05m	9,41m	36,41%

M55 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
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1	Haupt, Burton	M56 GNMA		18,07m	20,28m	78,43%
2	Bezuidenhout, Vic	M56 GNMA		13,95m	15,65m	60,55%

M60 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Aggouras, Nick	M60 GNMA		17,44m	18,17m	70,29%
2	Kichenbrand, Stephen	M60 GNMA		16,70m	17,40m	67,31%
3	Myburgh, Buks	M63 Namibie		10,42m	10,86m	42,00%

M65 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Du Plessis, Slappie	M66 AVT		14,23m	15,87m	61,36%

M70 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Sterley, Dereck	M70 GNMA		14,50m	16,54m	63,96%

M80 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Rzepecki, Andrzej	M81 Kwa-Zulu Natal		19,19m	25,02m	96,77%
2	Stoltz, Jan	M81 GNMA		10,97m	14,30m	55,32%
3	Hazell, Des	M84 GNMA		7,66m	9,99m	38,63%

W30 Greek Discus

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Snyman, Karin	W32 GNMA		17,75m		

W35 Greek Discus

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Kotze, Lezanne	W36 GNMA		9,57m		

W40 Greek Discus

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Strauss, Michelle	W43 GNMA		13,01m		

W45 Greek Discus

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Maloney, Anneline	W48 GNMA		9,57m		

W50 Greek Discus

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Flynn, Judy	W52 GNMA		14,50m		
2	Pretorius, Engelina	W53 GNMA		9,95m		

W55 Greek Discus

Name	Age	Team	Seed	Finals	Age-Grading	Points
1	Minnie, Valerie	W58 GNMA		15,10m		
2	Hennop, Ansie	W55 GNMA		13,78m		
3	Coetzee, Louise	W57 GNMA		12,11m		
4	Claassen, Zelda	W58 Cga		12,03m		

W60 Greek Discus

Name	Age	Team	Seed	Finals	Age-Grading	Points
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1 Cloete, Joey	W61 GNMA			10,42m
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W65 Greek Discus

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Name	Age Team	Seed	Finals	Age-Grading Points
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1 Ferreira, Mercia	W69 Cga			12,08m
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W70 Greek Discus

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Name	Age Team	Seed	Finals	Age-Grading Points
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1 Rzepecka, Yana	W74 Kwa-Zulu Natal			10,75m
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M35 Greek Discus

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Name	Age Team	Seed	Finals	Age-Grading Points
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1 Botha, Bennie	M39 Cga			16,22m
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2 Van Vreden, Hendrik	M36 Cga			12,61m
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M40 Greek Discus

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Name	Age Team	Seed	Finals	Age-Grading Points
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1 Meintjes, Pieter	M40 GNMA			16,86m
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2 Roode, Eurard	M44 Cga			14,93m
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3 Slabbert, Morne	M42 NWN			13,17m
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M45 Greek Discus

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Name	Age Team	Seed	Finals	Age-Grading Points
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1 Swanepoel, Jan	M46 GNMA			26,09m
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2 Watson, Rowan	M48 GNMA			20,24m
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3 Venter, Martin	M47 GNMA			20,19m
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4 Kruger, Peet	M45 GNMA			17,57m
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M55 Greek Discus

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Name	Age Team	Seed	Finals	Age-Grading Points
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1 Haupt, Burton	M56 GNMA			25,13m
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2 Bezuidenhout, Vic	M56 GNMA			21,50m
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M60 Greek Discus

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Name	Age Team	Seed	Finals	Age-Grading Points
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1 Kichenbrand, Stephen	M60 GNMA			20,74m
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2 Hardman, Wally	M60 NWN			18,77m
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3 Myburgh, Buks	M63 Namibie			16,69m
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M65 Greek Discus

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Name	Age Team	Seed	Finals	Age-Grading Points
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1 Du Plessis, Slappie	M66 AVT			18,48m
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2 Smit, Reuben	M67 GNMA			13,85m
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M80 Greek Discus

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Name	Age Team	Seed	Finals	Age-Grading Points
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1 Stoltz, Jan	M81 GNMA			16,25m
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W45 3000 Meter Race Walk

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Name	Age Team	Seed	Finals	Age-Grading Points
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1 Serdyn, Mariaan	W47 GNMA		17:56,77	16:36,02 69,78%
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W50 3000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Ruck, Celeste	W52 GNMA		18:16,08	16:12,78 71,45%
2 Lourens, Karin	W53 GNMA		22:46,81	20:13,05 57,29%
3 van der Schyff, Isabelle	W51 GNMA		24:11,14	21:27,89 53,96%

W55 3000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Kichenbrand, Frances	W56 GNMA		18:21,32	15:34,14 74,40%
2 Gericke, Nicolene	W59 GNMA		21:04,61	17:52,65 64,79%

W65 3000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Koekemoer, Winnie	W67 GNMA		18:09,35	13:48,35 83,90%

W70 3000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Meyer, Elsa	W71 GNMA		19:05,46	13:35,34 85,24%

M35 3000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Mzwake, Kobue	M36 GNMA		14:32,39	14:14,86 73,86%

M45 3000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Appel, Joseph	M48 GNMA		16:00,46	14:34,50 72,20%

M50 3000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 De Klerk, Bennet	M51 NWN		16:17,50	14:13,85 73,95%

M55 3000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Bester, Jan	M58 GNMA		16:37,54	13:54,35 75,68%
2 Jooste, Hennie	M57 GNMA		18:46,43	15:42,15 67,02%
3 Smith, Sarel	M59 Cga		19:13,52	16:04,81 65,45%
4 van Rensburg, Tienie	M59 GNMA		19:21,01	16:11,07 65,02%

M60 3000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Labuschagne, Danie	M62 GNMA		17:24,37	13:53,41 75,76%
2 Callaghan, Chris	M64 GNMA		17:47,91	14:12,20 74,09%
3 Van den Berg, Gideon	M62 GNMA		19:50,14	15:49,74 66,48%

M70 3000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Clements, Fred	M74 GNMA		21:53,56	15:39,20 67,23%

M75 3000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
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1 De Klerk, Cas M78 NWN 24:38,19 16:30,98 63,72%

M90 3000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van de Venter, John	M90 GNMA		24:37,12	12:54,46 81,53%

W35 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Viljoen, Ronel	W39 GNMA		26:54,08	26:38,91 74,24% 10
2 Patterson, Lisa	W36 Cga		28:00,53	27:44,74 71,30% 8

W45 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Serdyn, Mariaan	W47 GNMA		29:50,32	27:36,05 71,68% 10
2 Maloney, Anneline	W48 GNMA		38:53,90	35:58,86 54,98% 8
3 Kruger, Chene	W45 GNMA		40:42,65	37:39,46 52,53% 6

W50 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Ruck, Celeste	W52 GNMA		31:08,58	27:36,69 71,65% 10
2 van der Schyff, Isabelle	W51 GNMA		34:36,22	30:40,78 64,48% 8

W55 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Kichenbrand, Frances	W56 GNMA		31:13,69	26:23,46 74,96% 10
2 Coetzee, Fia	W56 GNMA		33:20,18	28:10,36 70,22% 8
3 Gericke, Nicolene	W59 GNMA		34:56,90	29:32,10 66,98% 6

W60 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Nell, Barbara	W63 Cga		31:02,47	24:50,91 79,62% 10
2 Willemse, Lucia	W63 GNMA		38:17,31	30:39,00 64,55% 8

W65 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Koekemoer, Winnie	W67 GNMA		30:37,48	23:03,26 85,81% 10
2 Smook, Manda	W68 Cga		37:36,70	28:18,85 69,87% 8

W70 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Meyer, Elsa	W71 GNMA		31:38,28	22:12,60 89,07% 10
2 Greyvenstein, Annatjie	W73 GNMA		31:43,72	22:16,42 88,82% 8

W80 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Pastorino, Jodi	W81 Kwa-Zulu Natal		44:06,49	26:04,61 75,87% 10

M35 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Mzwake, Kobue	M36 GNMA		24:28,70	24:01,24 74,77%

M45 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Appel, Joseph	M48 GNMA		27:21,41	24:58,28 71,92%

M50 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Phillips, Kevin	M53 Cga		25:26,81	22:17,34 80,58%
2 De Klerk, Bennet	M51 NWN		27:50,11	24:22,85 73,66%

M55 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Bester, Jan	M58 GNMA		27:51,71	23:22,57 76,83%
2 Coetzee, Johann	M59 GNMA		27:56,74	23:26,79 76,60%
3 Oosthuizen, Frans	M56 GNMA		29:00,50	24:20,29 73,79%
4 Jooste, Hennie	M57 GNMA		31:57,16	26:48,50 66,99%
5 Smith, Sarel	M59 Cga		33:20,34	27:58,29 64,21%

M60 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Labuschagne, Danie	M62 GNMA		28:55,26	23:09,25 77,57%
2 Callaghan, Chris	M64 GNMA		29:29,49	23:36,66 76,07%
3 Willemse, Jaap	M61 GNMA		29:36,87	23:42,57 75,75%
4 Van den Berg, Gideon	M62 GNMA		32:34,49	26:04,77 68,87%

M65 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Turner, Anthony	M68 Cga		34:06,73	25:55,52 69,28%
2 Smook, Hendry	M68 Cga		36:11,30	27:30,19 65,30%

M70 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 van den Raad, Gerard	M74 GNMA		32:32,93	23:20,26 76,96%
2 Clements, Fred	M74 GNMA		36:18,46	26:01,96 68,99%

M75 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Muir, Neville	M79 GNMA		44:37,30	29:58,62 59,91%
2 De Klerk, Cas	M78 NWN		46:44,34	31:23,96 57,20%