

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W30 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
Finals						
1 du Toit, Leana	W31 CENTRAL GAUTENG	12.22	NWI	12.23 85.84%	2	
2 Walters, Elmarie	W34 VAAL TRIANGLE	13.37	NWI	13.38 78.46%	2	
3 Welman, Lidia	W34 FREE STATE	14.26	NWI	14.27 73.56%	2	

**W35 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Du toit, Yolande	W35 CENTRAL NORTH W	13.26	NWI	13.13 79.94%	2	
2 Smit, Alicia	W38 GAUTENG NORTH	13.33	NWI	13.20 79.52%	2	
3 Kruger, Petro	W39 GAUTENG NORTH	14.70	NWI	14.56 72.11%	2	

**W40 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Joubert, charnie	W43 GAUTENG NORTH	13.03	NWI	12.45 84.34%	

**W50 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 de Winnaar, Winnie	W51 CENTRAL GAUTENG	13.15	NWI	11.63 90.19%	
2 Human, Corinne	W53 GAUTENG NORTH	16.61	NWI	14.69 71.40%	

**W65 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Claassen, Stephanie	W66 GAUTENG NORTH	16.83	NWI	13.11 80.04%	

**M30 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Lubbe, Shawn	M34 CENTRAL GAUTENG	11.20	NWI	11.21 87.41%	5	
2 Zeelie, Jean-Pierre	M32 GAUTENG NORTH	11.38	NWI	11.39 86.03%	5	
3 Tshuma, Mosco	M32 CENTRAL GAUTENG	12.02	NWI	12.03 81.45%	5	
4 Van Rooyen, Shane Wynand	M33 FREE STATE	12.46	NWI	12.47 78.57%	5	
5 Jansen, Morne	M33 CENTRAL NORTH W	12.62	NWI	12.63 77.58%	5	
6 Ntatamala, Walter	M31 CENTRAL GAUTENG	14.40	NWI	14.41 67.99%	5	

**M35 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Kaltamo, Aberham	M35 CENTRAL GAUTENG	11.62	NWI	11.47 85.37%	5	
2 Makaula, Lwandile	M35 CENTRAL GAUTENG	13.10	NWI	12.93 75.73%	5	

**M40 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Baartman, Roger	M40 GAUTENG NORTH	11.87	NWI	11.37 86.10%	4	
2 maphanga, brian	M42 GAUTENG NORTH	12.29	NWI	11.78 83.16%	4	
3 Dunn, Marlon Dean	M40 CENTRAL GAUTENG	12.58	NWI	12.05 81.24%	4	

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**...M40 100 Meter Dash**

4 venter, quitnin	M42 CENTRAL GAUTENG	13.61	NWI	13.04	75.09%	4
-------------------	---------------------	-------	-----	-------	--------	---

**M45 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Bownes, Shaun	M47 CENTRAL NORTH W	11.56	NWI	10.74 91.18%	3	
2 Breedt, Kobus	M45 GAUTENG NORTH	12.16	NWI	11.30 86.68%	3	
3 Potgieter, Thys	M46 GAUTENG NORTH	12.40	NWI	11.52 85.00%	3	
4 Vermeulen, Clinton	M46 CENTRAL GAUTENG	12.70	NWI	11.80 82.99%	3	
5 Pienaar, Tinus	M45 CENTRAL GAUTENG	13.70	NWI	12.73 76.93%	3	

**M50 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Hacker, Ian	M53 CENTRAL GAUTENG	12.13	NWI	10.92 89.69%	2	
2 Van Niekerk, Riaan	M51 CENTRAL GAUTENG	12.90	NWI	11.61 84.34%	2	
3 Laubscher, Hardus	M53 GAUTENG NORTH	13.17	NWI	11.85 82.61%	2	
4 Lourens, Andre	M53 GAUTENG NORTH	16.74	NWI	15.06 64.99%	2	

**M55 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Endrody, Thomas	M58 CENTRAL GAUTENG	12.65	NWI	11.02 88.93%	2	

**M60 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Dias, Gil	M63 GAUTENG NORTH	13.76	NWI	11.58 84.59%	
2 Schoeman, Willie	M62 GAUTENG NORTH	14.10	NWI	11.87 82.55%	
3 Murphy, Andre	M60 CENTRAL GAUTENG	15.28	NWI	12.86 76.18%	

**M65 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Xavier, Robert	M65 EASTERN PROVINCE	14.10	NWI	11.44 85.60%	

**M70 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Sekgobela, TB	M71 GAUTENG NORTH	14.97	NWI	11.65 84.03%	
2 Smith, Anthony	M70 VAAL TRIANGLE	15.28	NWI	11.90 82.33%	
3 De Kock, Bobby	M73 FREE STATE	20.83	NWI	16.21 60.39%	

**W35 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Du toit, Yolande	W35 CENTRAL NORTH W	28.25	NWI	27.41 77.88%	2	
2 Mare, leoni	W38 GAUTENG NORTH	28.71	NWI	27.86 76.63%	2	
3 Kruger, Petro	W39 GAUTENG NORTH	30.63	NWI	29.72 71.83%	2	

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W40 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Joubert, charnie	W43 GAUTENG NORTH	27.84	NWI	26.01 82.04%	2	

**W45 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Cloete, Wendy	W46 GAUTENG NORTH	31.04	NWI	27.89 76.55%	2	

**W50 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 de Winnaar, Winnie	W51 CENTRAL GAUTENG	27.50	NWI	23.72 90.00%	
2 Human, Corinne	W53 GAUTENG NORTH	35.77	NWI	30.85 69.19%	

**W65 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Claassen, Stephanie	W66 GAUTENG NORTH	36.24	NWI	27.34 78.06%	

**M30 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Zeelie, Jean-Pierre	M32 GAUTENG NORTH	22.86	NWI	22.87 84.51%	4	
2 Lubbe, Shawn	M34 CENTRAL GAUTENG	23.41	NWI	23.42 82.53%	4	
3 Aladesanmi, Victor	M34 CENTRAL GAUTENG	23.78	NWI	23.79 81.24%	4	
4 Tshuma, Mosco	M32 CENTRAL GAUTENG	25.28	NWI	25.29 76.42%	4	
5 Van Rooyen, Shane Wynand	M33 FREE STATE	26.28	NWI	26.29 73.52%	4	
6 Brand, Heath	M34 CENTRAL GAUTENG	26.29	NWI	26.30 73.49%	4	

**M35 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Kaltamo, Aberham	M35 CENTRAL GAUTENG	23.53	NWI	23.15 83.47%	3	

**M40 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Dunn, Marlon Dean	M40 CENTRAL GAUTENG	26.37	NWI	25.15 76.83%	3	

**M45 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Vermeulen, Clinton	M46 CENTRAL GAUTENG	25.65	NWI	23.69 81.56%	3	

**M50 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Laubscher, Hardus	M53 GAUTENG NORTH	26.39	NWI	23.58 81.96%	2	
2 Van Niekerk, Riaan	M51 CENTRAL GAUTENG	27.22	NWI	24.32 79.46%	2	
3 Lourens, Andre	M53 GAUTENG NORTH	38.70	NWI	34.58 55.89%	2	

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M60 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Dias, Gil	M63 GAUTENG NORTH	27.61	NWI	23.01	83.99%
2 Varty, Dennis	M64 KWA ZULU NATAL	28.62	NWI	23.85	81.03%
3 Murphy, Andre	M60 CENTRAL GAUTENG	38.16	NWI	31.80	60.77%

**M65 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Claassen, Len	M67 GAUTENG NORTH	27.98	NWI	22.41	86.24%
2 Turner, Anthony	M68 CENTRAL GAUTENG	44.08	NWI	35.30	54.74%

**M70 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Sekgobela, TB	M71 GAUTENG NORTH	32.55	NWI	24.88	77.67%
2 De Kock, Bobby	M73 FREE STATE	47.54	NWI	36.34	53.18%

**W40 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	Alternate
1 Rossouw, Frederika	W40 GAUTENG NORTH	1:02.26	58.47	81.42%
2 Blaauw, Anja	W43 GAUTENG NORTH	1:08.80	1:04.62	73.68%
3 Privett, Leigh	W41 CENTRAL GAUTENG	1:12.20	1:07.81	70.21%

**W50 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	Alternate
1 de Winnaar, Winnie	W51 CENTRAL GAUTENG	1:01.66	52.88	90.03%

**W70 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	Alternate
1 Visser, Maria	W71 CENTRAL GAUTENG	1:38.18	1:04.82	73.44%

**M30 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Aladesanmi, Victor	M34 CENTRAL GAUTENG	52.60	52.61	82.09%	6
2 Engelbrecht, Hanno	M30 GAUTENG NORTH	53.37	53.38	80.91%	6
3 Chifumbi, Lesley	M32 NORTH WEST NORTH	53.71	53.72	80.39%	6
4 Tshuma, Mosco	M32 CENTRAL GAUTENG	1:00.42	1:00.43	71.47%	6
5 Brand, Heath	M34 CENTRAL GAUTENG	1:02.24	1:02.25	69.38%	6

**M35 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Kaltamo, Aberham	M35 CENTRAL GAUTENG	51.51	49.73	86.84%	5
2 Thomas, Siyavuya	M35 CENTRAL GAUTENG	57.91	55.91	77.24%	5
3 Pule, Sartiel	M37 NORTH WEST NORTH	1:01.74	59.61	72.45%	5

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M40 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Skosan, Ian	M42	GAUTENG NORTH	1:04.43	1:00.27 71.64%	4	
2 Mnisi, Makesi George	M42	GAUTENG NORTH	1:06.19	1:01.92 69.74%	4	

**M45 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Moraope, Spencer	M45	NORTH WEST NORTH	52.33	47.38 91.13%	4	
2 Vermeulen, Clinton	M46	CENTRAL GAUTENG	59.83	54.18 79.71%	4	

**M50 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 du Plooy, Anton	M52	CENTRAL GAUTENG	58.78	51.46 83.92%	3	
2 Laubscher, Hardus	M53	GAUTENG NORTH	1:00.59	53.05 81.42%	3	
3 Bronkhorst, Willie	M52	GAUTENG NORTH	1:08.72	1:00.16 71.78%	3	
4 Douglas, William	M51	CENTRAL GAUTENG	1:09.31	1:00.68 71.17%	3	
5 Phillips, Kevin	M53	CENTRAL GAUTENG	1:22.95	1:12.62 59.47%	3	
-- Hacker, Ian	M53	CENTRAL GAUTENG	DNF		3	

**M55 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Knipe, Francois	M56	GAUTENG NORTH	1:05.62	55.48 77.84%	2	
2 Gregan, Sydney	M56	GAUTENG NORTH	1:14.07	1:02.62 68.96%	2	

**M60 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Booysen, Hendrik	M61	CENTRAL GAUTENG	1:04.82	52.86 81.70%	
2 Varty, Dennis	M64	KWA ZULU NATAL	1:07.58	55.11 78.37%	
3 Meyer, Buks	M63	GAUTENG NORTH	1:20.41	1:05.57 65.86%	
4 Murphy, Andre	M60	CENTRAL GAUTENG	1:36.83	1:18.96 54.69%	

**M65 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Claassen, Len	M67	GAUTENG NORTH	1:03.60	49.84 86.64%	

**M80 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Miekautsch, Johann	M80	CENTRAL GAUTENG	1:34.95	1:00.42 71.47%	

**W35 800 Meter Run**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Haasbroek, Chanette	W39	GAUTENG NORTH	2:25.97	2:25.26 77.99%	
2 Mare, leoni	W38	GAUTENG NORTH	2:51.22	2:50.39 66.49%	

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W50 800 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 vermeulen, salome	W51 GAUTENG NORTH	2:29.15	2:09.90	87.21%

**W55 800 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Frey, Jacqueline	W57 CENTRAL GAUTENG	3:04.43	2:32.99	74.04%
2 Van den Berg, Riëtte	W56 NORTH WEST NORTH	3:20.72	2:46.50	68.04%
3 Ngobese, Victoria	W57 CENTRAL GAUTENG	3:23.83	2:49.08	67.00%

**W60 800 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Ligthelm, Ria	W62 NORTH WEST NORTH	3:55.84	3:05.09	61.20%

**W70 800 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Visser, Maria	W71 CENTRAL GAUTENG	3:58.00	2:40.70	70.49%

**M30 800 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Chifumbi, Lesley	M32 NORTH WEST NORTH	2:06.72	2:06.73	79.79%	2
2 Beukes, Larry	M31 GAUTENG NORTH	2:12.77	2:12.78	76.15%	2

**M35 800 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Pule, Sartiel	M37 NORTH WEST NORTH	2:12.90	2:11.80	76.72%	2

**M40 800 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Claassen, Nick	M44 CENTRAL GAUTENG	2:16.19	2:10.20	77.66%	2
2 van Zyl, Andrew	M43 CENTRAL GAUTENG	2:20.24	2:14.07	75.41%	2
3 Skosan, Ian	M42 GAUTENG NORTH	2:33.22	2:26.48	69.02%	2
4 Mnisi, Makesi George	M42 GAUTENG NORTH	2:34.31	2:27.53	68.54%	2

**M45 800 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Moraope, Spencer	M45 NORTH WEST NORTH	2:05.33	1:55.35	87.66%	2

**M50 800 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 du Plooy, Anton	M52 CENTRAL GAUTENG	2:13.86	1:58.43	85.38%
2 Pienaar, William	M51 CENTRAL GAUTENG	2:21.21	2:04.93	80.94%
3 Wright, Donovan	M50 CENTRAL GAUTENG	2:24.79	2:08.10	78.94%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**...M50 800 Meter Run**

4 Bronkhorst, Willie	M52 GAUTENG NORTH	2:44.95	2:25.94	69.29%
----------------------	-------------------	---------	---------	--------

**M55 800 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Knipe, Francois	M56 GAUTENG NORTH	2:32.18	2:09.21	78.26%
2 Honiball, William	M55 VAAL TRIANGLE	2:48.93	2:23.43	70.50%
3 Gregan, Sydney	M56 GAUTENG NORTH	2:50.87	2:25.07	69.70%

**M60 800 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Booyesen, Hendrik	M61 CENTRAL GAUTENG	2:37.82	2:08.36	78.77%
2 Schmelzer, Warren	M63 NORTH WEST NORTH	2:45.79	2:14.84	74.99%
3 Meyer, Buks	M63 GAUTENG NORTH	3:09.14	2:33.83	65.73%

**M65 800 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Claassen, Len	M67 GAUTENG NORTH	2:30.41	1:56.96	86.45%

**M70 800 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Steyn, Abraham	M70 CENTRAL GAUTENG	3:38.06	2:41.81	62.49%

**W35 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Haasbroek, Chanette	W39 GAUTENG NORTH	5:18.35	5:14.28	73.97%
2 Rademan, Isabel	W35 CENTRAL NORTH W	7:02.21	6:56.81	55.77%

**W40 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Rossouw, Frederika	W40 GAUTENG NORTH	5:08.42	4:51.68	79.70%
2 Privett, Leigh	W41 CENTRAL GAUTENG	5:25.30	5:07.64	75.57%

**W45 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Van der Walt, Zabeth	W46 CENTRAL GAUTENG	6:53.57	6:13.96	62.17%

**W50 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 vermeulen, salome	W51 GAUTENG NORTH	5:15.46	4:32.15	85.42%
2 Reis, Monica	W53 CENTRAL GAUTENG	6:48.45	5:52.37	65.97%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W55 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Frey, Jacqueline	W57 CENTRAL GAUTENG	6:30.80	5:20.93	72.44%
2 Pretorius, Riemke	W55 CENTRAL NORTH W	10:30.95	8:38.14	44.87%

**W60 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Ceronio, Marietjie	W60 VAAL TRIANGLE	6:26.06	4:59.55	77.61%
2 Cloete, Joey	W61 GAUTENG NORTH	6:53.44	5:20.79	72.47%

**M30 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Chifumbi, Lesley	M32 NORTH WEST NORTH	4:24.71	4:24.72	77.82%

**M35 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Thomas, Siyavuya	M35 CENTRAL GAUTENG	4:30.02	4:27.68	76.96%
2 Pule, Sartiel	M37 NORTH WEST NORTH	4:39.92	4:37.49	74.24%

**M40 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Claassen, Nick	M44 CENTRAL GAUTENG	4:59.30	4:44.91	72.31%
2 van Zyl, Andrew	M43 CENTRAL GAUTENG	5:09.28	4:54.41	69.97%
3 Gouws, Leon	M41 CENTRAL GAUTENG	5:13.58	4:58.50	69.01%
4 Skosan, Ian	M42 GAUTENG NORTH	5:58.09	5:40.87	60.43%

**M45 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Moraope, Spencer	M45 NORTH WEST NORTH	4:21.13	3:58.29	86.45%

**M50 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 brown, ian	M52 CENTRAL GAUTENG	4:48.67	4:12.04	81.73%
2 Wright, Donovan	M50 CENTRAL GAUTENG	5:09.08	4:29.86	76.34%
3 du Plooy, Anton	M52 CENTRAL GAUTENG	5:12.78	4:33.09	75.43%
4 de beer, solomon	M51 CENTRAL GAUTENG	5:18.69	4:38.25	74.03%

**M55 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Gregan, Sydney	M56 GAUTENG NORTH	5:37.15	4:41.09	73.29%
2 Knipe, Francois	M56 GAUTENG NORTH	5:44.34	4:47.08	71.76%



**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M60 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Schmelzer, Warren	M63 NORTH WEST NORTH	6:17.16	4:59.43	68.80%

**M70 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Steyn, Abraham	M70 CENTRAL GAUTENG	7:54.38	5:35.82	61.34%
2 De Kock, Bobby	M73 FREE STATE	9:22.86	6:38.45	51.70%

**M35 5000 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Thomas, Siyavuya	M35 CENTRAL GAUTENG	17:07.90	17:07.91	73.65%

**W35 5000 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Zweni, tembakazi	W39 CENTRAL NORTH W	24:36.17	2:27.62	585.76%

**M40 5000 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Nortje, William	M43 CENTRAL GAUTENG	18:34.88	17:55.98	70.35%
2 Skosan, Ian	M42 GAUTENG NORTH	21:59.49	21:13.45	59.44%

**W40 5000 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Rossouw, Frederika	W40 GAUTENG NORTH	19:31.41	19:05.06	75.51%
2 Heyns, Alicia	W43 GAUTENG NORTH	21:46.74	21:17.34	67.69%

**M45 5000 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Locker, Trevor	M47 CENTRAL GAUTENG	18:24.55	17:07.46	73.68%
2 Eykenduyn, Ronald	M49 CENTRAL GAUTENG	24:16.16	22:34.53	55.89%

**W45 5000 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Van der Walt, Zabeth	W46 CENTRAL GAUTENG	26:00.95	23:48.27	60.54%

**M50 5000 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Roets, Kobus	M52 MPUMALANGA	17:08.54	15:20.86	82.21%
2 de beer, solomon	M51 CENTRAL GAUTENG	19:00.90	17:01.45	74.11%
3 Tredrea, Dave	M54 CENTRAL GAUTENG	20:08.67	18:02.13	69.96%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W50 5000 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Venter, Laura	W52 CENTRAL GAUTENG	24:05.38	21:01.10	68.57%
2 Reis, Monica	W53 CENTRAL GAUTENG	24:14.97	21:09.47	68.11%

**M55 5000 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Gregan, Sydney	M56 GAUTENG NORTH	20:32.36	17:40.33	71.39%
2 Walters, Johann	M58 GAUTENG NORTH	20:38.60	17:45.70	71.03%
3 Venter, Dirk	M58 CENTRAL GAUTENG	22:57.41	19:45.13	63.87%

**W55 5000 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Geyer, Mariet	W58 GAUTENG NORTH	24:00.64	19:55.74	72.31%
2 Pretorius, Riemke	W55 CENTRAL NORTH W	28:08.50	23:21.46	61.70%

**W60 5000 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Ceronio, Marietjie	W60 VAAL TRIANGLE	23:36.55	18:31.71	77.78%
2 Ligthelm, Ria	W62 NORTH WEST NORTH	27:44.74	21:46.49	66.18%

**M65 5000 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Reed, Chris	M67 CENTRAL GAUTENG	23:09.77	18:16.81	69.02%
2 Connolly, Phil	M69 CENTRAL GAUTENG	24:36.17	19:25.00	64.98%

**W50 80 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Human, Corinne	W53 GAUTENG NORTH	15.66	NWI		

**W55 80 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Pretorius, Riemke	W55 CENTRAL NORTH W	19.00	NWI		

**W65 80 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Claassen, Stephanie	W66 GAUTENG NORTH	18.36	NWI		

**M80 80 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Miekautsch, Johann	M80 CENTRAL GAUTENG	16.97	NWI	15.13	85.39%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M60 100 Short Hurdles**

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Williams, Pieter	M61	GAUTENG NORTH	20.08	NWI	18.10	71.36%
2 Rudd, Philip	M62	CENTRAL GAUTENG	21.94	NWI	19.78	65.31%

**M35 110 Short Hurdles**

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Coertzen, Willem	M35	CENTRAL NORTH W	13.92	NWI	13.79	93.68%

**M45 110 Short Hurdles**

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Bownes, Shaun	M47	CENTRAL NORTH W	14.51	NWI	13.28	97.24%

**W50 300 Long Hurdles**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Human, Corinne	W53	GAUTENG NORTH	1:04.38	1:04.39	81.30%

**M60 300 Long Hurdles**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Rudd, Philip	M62	CENTRAL GAUTENG	51.50	51.51	90.83%

**W65 300 Long Hurdles**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Claassen, Stephanie	W66	GAUTENG NORTH	1:05.32	1:05.33	80.13%

**M45 400 Long Hurdles**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Scheepers, Anton	M49	GAUTENG NORTH	1:07.10	1:01.36	76.24%

**W35 2000 Meter Steeplechase**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Rademan, Isabel	W35	CENTRAL NORTH W	10:38.15	14:45.50	61.16%

**W50 2000 Meter Steeplechase**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Venter, Laura	W52	CENTRAL GAUTENG	10:15.22	12:39.56	71.30%

**W55 2000 Meter Steeplechase**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Geyer, Mariet	W58	GAUTENG NORTH	10:34.54	12:35.62	71.68%
2 Pretorius, Riemke	W55	CENTRAL NORTH W	15:42.36	18:42.17	48.26%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M70 2000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading Alternate
1 De Kock, Bobby	M73 FREE STATE	14:54.65	14:41.24 53.75%

**M35 3000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading Alternate
1 Kobue, Mzwakhe	M36 GAUTENG NORTH	13:25.92	12:54.09 61.19%

**M50 3000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading Alternate
1 de beer, solomon	M51 CENTRAL GAUTENG	12:52.70	10:46.68 73.24%

**M55 3000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading Alternate
1 Gregan, Sydney	M56 GAUTENG NORTH	13:47.03	11:03.70 71.36%

**W29-34 High Jump**

Name	Age Team	Finals	Age-Grading Alternate
1 Botha, Mariette	W34 CENTRAL GAUTENG	1.65m	1.65m 78.95%
2 Krugell, Berne	W30 CENTRAL GAUTENG	1.60m	1.60m 76.56%

**W65 High Jump**

Name	Age Team	Finals	Age-Grading Alternate
1 Claassen, Stephanie	W66 GAUTENG NORTH	1.03m	1.51m 72.54%

**M40 High Jump**

Name	Age Team	Finals	Age-Grading Alternate
1 Van Der Walt, Phillip	M41 GAUTENG NORTH	1.90m	1.99m 81.20%
2 Vermeulen, Brandon	M42 CENTRAL GAUTENG	1.75m	1.83m 74.79%
3 venter, quitnin	M42 CENTRAL GAUTENG	1.60m	1.67m 68.38%

**M45 High Jump**

Name	Age Team	Finals	Age-Grading Alternate
1 Lombard, Bertus	M49 GAUTENG NORTH	1.55m	1.70m 69.82%
2 Breedt, Kobus	M45 GAUTENG NORTH	1.35m	1.48m 60.81%

**M50 High Jump**

Name	Age Team	Finals	Age-Grading Alternate
1 Hacker, Ian	M53 CENTRAL GAUTENG	1.50m	1.74m 71.09%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M60 High Jump**

Name	Age Team	Finals	Age-Grading	Alternate
1 Grové, Peet	M63 CENTRAL GAUTENG	1.37m	1.78m	72.87%
1 Williams, Pieter	M61 GAUTENG NORTH	1.37m	1.78m	72.87%
3 Rudd, Philip	M62 CENTRAL GAUTENG	1.31m	1.70m	69.68%

**M80 High Jump**

Name	Age Team	Finals	Age-Grading	Alternate
-- Miekautsch, Johann	M80 CENTRAL GAUTENG	NH		

**M50 Pole Vault**

Name	Age Team	Finals	Age-Grading	Alternate
-- Hacker, Ian	M53 CENTRAL GAUTENG	NH		

**M60 Pole Vault**

Name	Age Team	Finals	Age-Grading	Alternate
1 Smit, Deon	M61 GAUTENG NORTH	2.60m	3.70m	60.32%

**M80 Pole Vault**

Name	Age Team	Finals	Age-Grading	Alternate
1 Miekautsch, Johann	M80 CENTRAL GAUTENG	1.80m	3.76m	61.43%

**W35 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Smit, Alicia	W38 GAUTENG NORTH	5.00m	NWI	5.25m	69.83%
2 Mare, leoni	W38 GAUTENG NORTH	4.90m	NWI	5.14m	68.44%
3 Kruger, Petro	W39 GAUTENG NORTH	4.26m	NWI	4.47m	59.50%
4 Rademan, Isabel	W35 CENTRAL NORTH W	3.97m	NWI	4.16m	55.45%

**W45 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Bridgland, Esmarie	W49 CENTRAL NORTH W	2.69m	NWI	3.16m	42.10%

**W50 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Human, Corinne	W53 GAUTENG NORTH	3.65m	NWI	4.57m	60.83%

**W65 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Claassen, Stephanie	W66 GAUTENG NORTH	3.34m	NWI	5.19m	69.15%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M30 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Jansen, Morne	M33 CENTRAL NORTH W	5.51m	NWI	5.51m	61.56%
2 Van Rooyen, Shane Wynand	M33 FREE STATE	5.01m	NWI	5.01m	55.98%

**M40 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 McClintock, Martin	M42 GAUTENG NORTH	6.62m	NWI	7.21m	80.63%
2 Van Der Walt, Phillip	M41 GAUTENG NORTH	6.31m	NWI	6.87m	76.86%
3 Slabbert, Morne	M42 NORTH WEST NORTH	5.72m	NWI	6.23m	69.67%
4 venter, quitnin	M42 CENTRAL GAUTENG	5.36m	NWI	5.84m	65.29%

**M45 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Breedt, Kobus	M45 GAUTENG NORTH	5.57m	NWI	6.43m	71.87%

**M50 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Gert, Scholtz	M52 CENTRAL GAUTENG	4.80m	NWI	5.89m	65.93%
2 Lourens, Andre	M53 GAUTENG NORTH	3.16m	NWI	3.88m	43.41%

**M60 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Hardman, Wally	M60 NORTH WEST NORTH	4.10m	NWI	5.77m	64.47%
2 Camhee, Kurt	M60 CENTRAL GAUTENG	4.01m	NWI	5.64m	63.05%

**M65 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Xavier, Robert	M65 EASTERN PROVINCE	4.16m	NWI	6.31m	70.63%

**M80 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Miekautsch, Johann	M80 CENTRAL GAUTENG	3.55m	NWI	7.05m	78.89%

**W35 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Smit, Alicia	W38 GAUTENG NORTH	10.41m	NWI	10.60m	68.40%

**M45 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Breedt, Kobus	M45 GAUTENG NORTH	10.21m	NWI	11.50m	62.91%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M60 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Camhee, Kurt	M60 CENTRAL GAUTENG	8.02m	NWI	11.00m	60.17%

**W30 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Pubalakan, Tanya	W34 GAUTENG NORTH	13.73m	13.73m	60.67%
2 Snyman, Karin	W32 GAUTENG NORTH	12.38m	12.38m	54.71%
3 Van Vreden, Linda	W32 CENTRAL GAUTENG	10.68m	10.68m	47.19%

**W35 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Kotze, Lezanne	W36 GAUTENG NORTH	7.49m	7.76m	34.31%
2 Mare, leoni	W38 GAUTENG NORTH	7.21m	7.47m	33.03%
3 Van Biljon, Clara Maria	W39 CENTRAL GAUTENG	7.20m	7.46m	32.98%
4 Schutte, Riana	W39 GAUTENG NORTH	6.94m	7.19m	31.79%

**W40 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Strauss, Michelle	W43 GAUTENG NORTH	8.93m	9.91m	43.80%
2 Van den Berg, Jeanine	W40 GAUTENG NORTH	8.80m	9.76m	43.16%

**W45 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Smit, Monique	W46 CENTRAL GAUTENG	6.86m	8.19m	36.20%

**W50 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Horn, Alta	W51 FREE STATE	10.79m	13.60m	60.11%
2 Flynn, Judy	W52 GAUTENG NORTH	10.00m	12.60m	55.71%

**W55 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Hennop, Ansie	W55 GAUTENG NORTH	8.43m	11.55m	51.06%
2 Claassen, Zelda	W58 CENTRAL GAUTENG	6.94m	9.51m	42.04%
3 Pretorius, Riemke	W55 CENTRAL NORTH W	5.62m	7.70m	34.04%

**W60 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Cloete, Joey	W61 GAUTENG NORTH	7.29m	10.94m	48.37%
2 Van Dyk, Anna Barbara	W63 GAUTENG NORTH	7.01m	10.52m	46.52%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W65 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Claassen, Stephanie	W66 GAUTENG NORTH	8.33m	13.82m	61.12%
2 Ferreira, Mercia	W69 CENTRAL GAUTENG	7.97m	13.23m	58.47%

**M35 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Vreden, Hendrik- Jua	M36 CENTRAL GAUTENG	12.36m	12.81m	55.45%
2 Olivier, Albert	M35 GAUTENG NORTH	11.96m	12.40m	53.66%
3 Botha, Bennie	M39 CENTRAL GAUTENG	9.56m	9.91m	42.89%

**M40 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Reyneke, Frans Johannes	M42 NORTH WEST NORTH	10.46m	11.64m	50.39%
2 Nel, Hennie	M42 CENTRAL GAUTENG	9.97m	11.10m	48.03%
3 Roode, Eurard	M44 CENTRAL GAUTENG	9.27m	10.32m	44.65%

**M45 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Lambrechts, Burger	M45 GAUTENG NORTH	18.01m	21.65m	93.66%
2 Swanepoel, Jan	M47 GAUTENG NORTH	13.34m	16.03m	69.37%
3 Venter, Martin	M47 GAUTENG NORTH	12.96m	15.58m	67.39%
4 Plews, Martin	M46 GAUTENG NORTH	12.51m	15.04m	65.05%
5 Kruger, Peet	M45 GAUTENG NORTH	11.36m	13.65m	59.07%
6 Nel, Jan Christiaan	M48 CENTRAL GAUTENG	10.86m	13.05m	56.47%

**M50 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Scheepers, Conradie	M50 FREE STATE	15.23m	17.85m	77.19%
2 Du Toit, Johann	M50 CENTRAL GAUTENG	12.99m	15.22m	65.84%
3 Botha, Hendrik	M50 NORTH WEST NORTH	12.12m	14.20m	61.43%
4 Hacker, Ian	M53 CENTRAL GAUTENG	11.47m	13.44m	58.13%
5 Ras, Gerald Joseph	M52 GAUTENG NORTH	11.37m	13.32m	57.63%
6 Fourie, Willem	M50 GAUTENG NORTH	8.84m	10.36m	44.80%

**M55 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M56 GAUTENG NORTH	15.78m	20.05m	86.70%

**M60 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Hardman, Wally	M60 NORTH WEST NORTH	11.29m	14.09m	60.96%
2 Harding, Jon	M64 CENTRAL GAUTENG	10.03m	12.51m	54.16%
3 Napoli, Roberto	M63 CENTRAL GAUTENG	8.24m	10.28m	44.49%



**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M65 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 du Plessis, Mathys	M66 VAAL TRIANGLE	11.05m	15.03m	65.04%
2 Smit, Reuben	M67 GAUTENG NORTH	9.35m	12.72m	55.03%

**M70 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M70 GAUTENG NORTH	12.55m	16.07m	69.53%

**M80 Shot Put**

Name	Age Team	Finals	Age-Grading	Alternate
1 Stoltz, Jan	M81 GAUTENG NORTH	9.97m	15.00m	64.91%
2 Hazell, Desmond	M84 GAUTENG NORTH	8.67m	13.05m	56.45%

**W30 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Pubalakan, Tanya	W34 GAUTENG NORTH	39.60m	39.60m	51.56%
2 Van Vreden, Linda	W32 CENTRAL GAUTENG	33.48m	33.48m	43.59%

**W35 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Kotze, Lezanne	W36 GAUTENG NORTH	23.09m	23.93m	31.17%
2 Reyneke, Janine	W38 NORTH WEST NORTH	21.84m	22.64m	29.49%

**W40 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Immelman, Terry	W44 GAUTENG NORTH	29.34m	32.71m	42.60%
2 Strauss, Michelle	W43 GAUTENG NORTH	23.95m	26.70m	34.77%

**W45 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Botha, Cornelia	W45 NORTH WEST NORTH	19.18m	23.12m	30.11%
2 Smit, Monique	W46 CENTRAL GAUTENG	18.22m	21.96m	28.61%
3 Bridgland, Esmarie	W49 CENTRAL NORTH W	17.74m	21.39m	27.85%

**W50 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Flynn, Judy	W52 GAUTENG NORTH	23.31m	30.60m	39.85%
2 Horn, Alta	W51 FREE STATE	18.37m	24.11m	31.40%

**W55 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Hennop, Ansie	W55 GAUTENG NORTH	23.55m	33.92m	44.18%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**....W55 Discus Throw**

2 Claassen, Zelda	W58	CENTRAL GAUTENG	18.34m	26.42m	34.40%
-------------------	-----	-----------------	--------	--------	--------

**W60 Discus Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Cloete, Joey	W61	GAUTENG NORTH	17.16m	27.38m	35.66%
2 Van Dyk, Anna Barbara	W63	GAUTENG NORTH	16.49m	26.31m	34.27%

**W65 Discus Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Ferreira, Mercia	W69	CENTRAL GAUTENG	18.45m	33.07m	43.07%

**M35 Discus Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van Vreden, Hendrik- Jua	M36	CENTRAL GAUTENG	31.38m	31.82m	42.96%
2 Botha, Bennie	M39	CENTRAL GAUTENG	26.08m	26.45m	35.71%
3 Olivier, Albert	M35	GAUTENG NORTH	24.45m	24.79m	33.47%

**M40 Discus Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Roode, Eurard	M44	CENTRAL GAUTENG	29.38m	32.35m	43.68%
2 Reyneke, Frans Johannes	M42	NORTH WEST NORTH	28.76m	31.67m	42.76%
3 Slabbert, Morne	M42	NORTH WEST NORTH	25.94m	28.57m	38.57%
4 Nel, Hennie	M42	CENTRAL GAUTENG	25.56m	28.15m	38.00%

**M45 Discus Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Swanepoel, Jan	M47	GAUTENG NORTH	46.19m	55.65m	75.13%
2 Watson, Rowan	M48	GAUTENG NORTH	39.14m	47.15m	63.66%
3 Venter, Martin	M47	GAUTENG NORTH	37.03m	44.61m	60.23%
4 Plews, Martin	M46	GAUTENG NORTH	36.94m	44.50m	60.08%
5 Nel, Jan Christiaan	M48	CENTRAL GAUTENG	33.99m	40.95m	55.29%
6 de Beer, Andre	M49	CENTRAL GAUTENG	33.42m	40.26m	54.36%
7 Kruger, Peet	M45	GAUTENG NORTH	31.50m	37.95m	51.24%

**M50 Discus Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Scheepers, Conradie	M50	FREE STATE	46.77m	47.78m	64.51%
2 Du Toit, Johann	M50	CENTRAL GAUTENG	45.85m	46.84m	63.24%
3 Botha, Hendrik	M50	NORTH WEST NORTH	36.28m	37.07m	50.04%
4 Hacker, Ian	M53	CENTRAL GAUTENG	33.66m	34.39m	46.43%
5 Ras, Gerald Joseph	M52	GAUTENG NORTH	32.47m	33.17m	44.79%
6 Fourie, Willem	M50	GAUTENG NORTH	27.08m	27.67m	37.35%
7 Van Niekerk, Riaan	M51	CENTRAL GAUTENG	22.00m	22.47m	30.34%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M55 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M56 GAUTENG NORTH	49.02m	54.42m	73.47%
2 Eybers, Marius	M55 GAUTENG NORTH	37.38m	41.50m	56.03%
3 Ras, Peter-John	M55 GAUTENG NORTH	31.78m	35.28m	47.63%

**M60 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Harding, Jon	M64 CENTRAL GAUTENG	34.50m	36.66m	49.50%
2 Napoli, Roberto	M63 CENTRAL GAUTENG	30.36m	32.26m	43.56%
3 Rudd, Philip	M62 CENTRAL GAUTENG	28.77m	30.57m	41.28%

**M65 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 du Plessis, Mathys	M66 VAAL TRIANGLE	32.00m	37.23m	50.27%
2 Smit, Reuben	M67 GAUTENG NORTH	25.73m	29.94m	40.42%

**M70 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M70 GAUTENG NORTH	35.69m	45.61m	61.58%

**M75 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 meaker, frank	M77 CENTRAL GAUTENG	19.78m	28.34m	38.27%

**M80 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Stoltz, Jan	M81 GAUTENG NORTH	22.98m	37.78m	51.00%
2 Hazell, Desmond	M84 GAUTENG NORTH	15.32m	25.18m	34.00%

**W30 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Pubalakan, Tanya	W34 GAUTENG NORTH	55.73m	55.73m	72.38%
2 Van Vreden, Linda	W32 CENTRAL GAUTENG	28.07m	28.07m	36.45%

**W40 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Strauss, Michelle	W43 GAUTENG NORTH	23.46m	27.59m	35.84%
2 Blaauw, Anja	W43 GAUTENG NORTH	20.99m	24.69m	32.07%

**W45 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Bridgland, Esmarie	W49 CENTRAL NORTH W	15.51m	19.72m	25.62%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W50 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Flynn, Judy	W52 GAUTENG NORTH	27.99m	35.93m	46.67%
2 Horn, Alta	W51 FREE STATE	14.92m	19.15m	24.87%

**W55 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Hennop, Ansie	W55 GAUTENG NORTH	29.19m	40.81m	53.01%
2 Claassen, Zelda	W58 CENTRAL GAUTENG	28.03m	39.19m	50.91%

**W65 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Ferreira, Mercia	W69 CENTRAL GAUTENG	18.20m	31.00m	40.27%

**M35 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Vreden, Hendrik- Jua	M36 CENTRAL GAUTENG	32.00m	32.96m	38.00%
2 Botha, Bennie	M39 CENTRAL GAUTENG	27.00m	27.81m	32.06%

**M40 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Roode, Eurard	M44 CENTRAL GAUTENG	28.82m	32.42m	37.38%
2 Nel, Hennie	M42 CENTRAL GAUTENG	22.97m	25.84m	29.80%
3 Slabbert, Morne	M42 NORTH WEST NORTH	21.03m	23.66m	27.28%

**M45 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Venter, Martin	M47 GAUTENG NORTH	49.00m	60.74m	70.03%
2 Nel, Jan Christiaan	M48 CENTRAL GAUTENG	32.00m	39.67m	45.73%
3 Kruger, Peet	M45 GAUTENG NORTH	21.63m	26.81m	30.91%

**M50 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Rensburg, Tone	M53 CENTRAL GAUTENG	52.35m	62.10m	71.60%
2 Ras, Gerald Joseph	M52 GAUTENG NORTH	28.63m	33.96m	39.16%
3 Fourie, Willem	M50 GAUTENG NORTH	27.48m	32.60m	37.59%

**M55 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M56 GAUTENG NORTH	49.55m	65.13m	75.09%
2 Ras, Peter-John	M55 GAUTENG NORTH	36.16m	47.53m	54.80%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M65 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 du Plessis, Mathys	M66 VAAL TRIANGLE	31.25m	45.80m	52.81%

**M70 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M70 GAUTENG NORTH	33.00m	47.92m	55.26%

**M80 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Stoltz, Jan	M81 GAUTENG NORTH	28.10m	52.41m	60.43%
2 Hazell, Desmond	M84 GAUTENG NORTH	17.60m	32.83m	37.85%

**W30 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Vreden, Linda	W32 CENTRAL GAUTENG	44.52m	44.52m	60.99%

**W35 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Biljon, Clara Maria	W39 CENTRAL GAUTENG	20.91m	22.20m	30.42%
2 Mare, leoni	W38 GAUTENG NORTH	19.03m	20.21m	27.69%
3 Schutte, Riana	W39 GAUTENG NORTH	18.67m	19.82m	27.16%
4 Kotze, Lezanne	W36 GAUTENG NORTH	16.64m	17.67m	24.21%

**W40 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Blaauw, Anja	W43 GAUTENG NORTH	27.80m	31.90m	43.70%
2 Strauss, Michelle	W43 GAUTENG NORTH	23.57m	27.04m	37.05%

**W50 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Flynn, Judy	W52 GAUTENG NORTH	28.25m	37.14m	50.87%
2 Horn, Alta	W51 FREE STATE	22.75m	29.90m	40.97%

**W55 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Hennop, Ansie	W55 GAUTENG NORTH	18.38m	26.61m	36.46%
2 Botha, Ronelle	W56 CENTRAL GAUTENG	18.06m	26.15m	35.83%
3 Claassen, Zelda	W58 CENTRAL GAUTENG	13.50m	19.55m	26.78%
4 Pretorius, Riemke	W55 CENTRAL NORTH W	10.55m	15.27m	20.93%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W60 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Dyk, Anna Barbara	W63 GAUTENG NORTH	19.04m	30.68m	42.04%
2 Cloete, Joey	W61 GAUTENG NORTH	12.00m	19.34m	26.50%

**W65 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Ferreira, Mercia	W69 CENTRAL GAUTENG	18.08m	32.85m	45.01%
2 Claassen, Stephanie	W66 GAUTENG NORTH	17.15m	31.16m	42.69%

**M35 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Vreden, Hendrik- Jua	M36 CENTRAL GAUTENG	32.66m	33.07m	33.58%
2 Botha, Bennie	M39 CENTRAL GAUTENG	30.56m	30.94m	31.42%

**M40 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Slabbert, Morne	M42 NORTH WEST NORTH	35.00m	38.01m	38.61%
2 Roode, Eurard	M44 CENTRAL GAUTENG	34.61m	37.59m	38.18%

**M45 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Bond, Gavin	M46 GAUTENG NORTH	50.55m	59.22m	60.14%
2 Plews, Martin	M46 GAUTENG NORTH	36.20m	42.41m	43.06%
3 Breedt, Kobus	M45 GAUTENG NORTH	34.23m	40.10m	40.72%
4 Kruger, Peet	M45 GAUTENG NORTH	27.91m	32.69m	33.20%

**M50 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Pauer, Wilhelm	M50 CENTRAL GAUTENG	61.21m	75.15m	76.31%
2 Ras, Gerald Joseph	M52 GAUTENG NORTH	27.00m	33.15m	33.66%
3 Hacker, Ian	M53 CENTRAL GAUTENG	25.83m	31.71m	32.20%

**M55 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Ras, Peter-John	M55 GAUTENG NORTH	25.82m	34.54m	35.08%

**M60 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Kichenbrand, Stephen	M60 GAUTENG NORTH	50.93m	72.01m	73.12%
2 Camhee, Kurt	M60 CENTRAL GAUTENG	30.33m	42.88m	43.55%
3 Hardman, Wally	M60 NORTH WEST NORTH	28.40m	40.15m	40.78%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M65 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 du Plessis, Mathys	M66 VAAL TRIANGLE	30.65m	47.87m	48.61%

**M70 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M70 GAUTENG NORTH	37.93m	63.72m	64.70%

**M75 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 meaker, frank	M77 CENTRAL GAUTENG	14.30m	27.07m	27.49%

**M80 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Stern, Edgar ( Eddy ) Jo	M80 CENTRAL GAUTENG	23.95m	50.18m	50.96%
2 Stoltz, Jan	M81 GAUTENG NORTH	22.34m	46.80m	47.53%
3 Hazell, Desmond	M84 GAUTENG NORTH	18.65m	39.07m	39.68%

**W30 Weight Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Snyman, Karin	W32 GAUTENG NORTH	17.03m	17.03m	72.16%
2 Pubalakan, Tanya	W34 GAUTENG NORTH	16.83m	16.83m	71.31%
3 Van Vreden, Linda	W32 CENTRAL GAUTENG	11.12m	11.12m	47.12%

**W35 Weight Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Kotze, Lezanne	W36 GAUTENG NORTH	6.94m	7.57m	32.11%

**W40 Weight Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Strauss, Michelle	W43 GAUTENG NORTH	8.88m	10.52m	44.60%

**W50 Weight Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Flynn, Judy	W52 GAUTENG NORTH	10.00m	11.82m	50.10%
2 Horn, Alta	W51 FREE STATE	7.12m	8.41m	35.67%

**W55 Weight Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Hennop, Ansie	W55 GAUTENG NORTH	9.48m	12.24m	51.89%
2 Claassen, Zelda	W58 CENTRAL GAUTENG	8.83m	11.40m	48.33%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W65 Weight Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Ferreira, Mercia	W69	CENTRAL GAUTENG	10.46m	13.86m	58.76%

**M35 Weight Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van Vreden, Hendrik- Jua	M36	CENTRAL GAUTENG	11.92m	12.16m	47.02%
2 Botha, Bennie	M39	CENTRAL GAUTENG	9.78m	9.97m	38.58%

**M40 Weight Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Roode, Eurard	M44	CENTRAL GAUTENG	9.69m	10.56m	40.83%
2 Slabbert, Morne	M42	NORTH WEST NORTH	8.82m	9.61m	37.17%
3 Nel, Hennie	M42	CENTRAL GAUTENG	6.16m	6.71m	25.96%

**M45 Weight Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Venter, Martin	M47	GAUTENG NORTH	17.01m	19.89m	76.93%
2 Swanepoel, Jan	M47	GAUTENG NORTH	13.38m	15.65m	60.52%
3 Plews, Martin	M46	GAUTENG NORTH	11.34m	13.26m	51.29%
4 Nel, Jan Christiaan	M48	CENTRAL GAUTENG	10.89m	12.73m	49.25%
5 Kruger, Peet	M45	GAUTENG NORTH	8.20m	9.59m	37.09%

**M50 Weight Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van Rensburg, Tone	M53	CENTRAL GAUTENG	17.29m	18.13m	70.11%
2 Ras, Gerald Joseph	M52	GAUTENG NORTH	11.69m	12.26m	47.40%
3 Fourie, Willem	M50	GAUTENG NORTH	10.20m	10.69m	41.36%

**M55 Weight Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M56	GAUTENG NORTH	17.88m	20.07m	77.60%
2 Ras, Peter-John	M55	GAUTENG NORTH	13.49m	15.14m	58.55%

**M65 Weight Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 du Plessis, Mathys	M66	VAAL TRIANGLE	15.05m	16.78m	64.90%

**M70 Weight Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M70	GAUTENG NORTH	15.17m	17.30m	66.92%



**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M80 Weight Throw**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Stoltz, Jan	M81	GAUTENG NORTH	11.00m	14.34m	55.47%
2 Hazell, Desmond	M84	GAUTENG NORTH	8.02m	10.46m	40.44%

**W30 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Snyman, Karin	W32	GAUTENG NORTH	19.13m		
2 Van Vreden, Linda	W32	CENTRAL GAUTENG	14.12m		

**W35 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Kotze, Lezanne	W36	GAUTENG NORTH	9.81m		

**W40 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Strauss, Michelle	W43	GAUTENG NORTH	13.03m		

**W50 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Flynn, Judy	W52	GAUTENG NORTH	15.25m		
2 Horn, Alta	W51	FREE STATE	11.07m		

**W55 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Hennop, Ansie	W55	GAUTENG NORTH	14.33m		
2 Claassen, Zelda	W58	CENTRAL GAUTENG	12.96m		

**W60 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Cloete, Joey	W61	GAUTENG NORTH	10.75m		

**W65 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Ferreira, Mercia	W69	CENTRAL GAUTENG	11.90m		

**M35 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van Vreden, Hendrik- Jua	M36	CENTRAL GAUTENG	19.22m		
2 Botha, Bennie	M39	CENTRAL GAUTENG	16.12m		

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M40 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Roode, Eurard	M44	CENTRAL GAUTENG	15.30m		
2 Nel, Hennie	M42	CENTRAL GAUTENG	14.07m		
3 Slabbert, Morne	M42	NORTH WEST NORTH	13.64m		

**M45 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Swanepoel, Jan	M47	GAUTENG NORTH	25.20m		
2 Watson, Rowan	M48	GAUTENG NORTH	20.18m		
3 Plews, Martin	M46	GAUTENG NORTH	19.32m		
4 Nel, Jan Christiaan	M48	CENTRAL GAUTENG	18.50m		
5 Kruger, Peet	M45	GAUTENG NORTH	16.79m		

**M50 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Ras, Gerald Joseph	M52	GAUTENG NORTH	17.54m		
2 Fourie, Willem	M50	GAUTENG NORTH	15.90m		

**M60 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Hardman, Wally	M60	NORTH WEST NORTH	17.54m		

**M65 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 du Plessis, Mathys	M66	VAAL TRIANGLE	18.18m		
2 Smit, Reuben	M67	GAUTENG NORTH	13.95m		

**M80 Super Weight Greek Discus**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Stoltz, Jan	M81	GAUTENG NORTH	15.59m		
2 Hazell, Desmond	M84	GAUTENG NORTH	10.95m		

**M45 1500 Meter Race Walk**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Eykenduyn, Ronald	M49	CENTRAL GAUTENG	8:59.71	8:10.44	63.01%

**M50 1500 Meter Race Walk**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Phillips, Kevin	M53	CENTRAL GAUTENG	7:04.35	6:09.87	83.54%
2 De Klerk, Bennet	M51	NORTH WEST NORTH	7:35.05	6:36.63	77.91%
3 Scott, Wayne	M54	CENTRAL GAUTENG	8:15.47	7:11.86	71.55%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M55 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Smith, Sarel	M59 CENTRAL GAUTENG	9:03.79	7:33.80	68.09%

**M60 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Labuschagne, Daniel	M62 GAUTENG NORTH	8:16.94	6:35.57	78.12%
2 van den Berg, Gideon	M62 GAUTENG NORTH	9:56.03	7:54.44	65.13%

**W65 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Koekemoer, Winnie	W67 GAUTENG NORTH	8:47.91	6:45.55	83.10%

**M70 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Clements, Frederick	M74 GAUTENG NORTH	10:40.90	7:37.22	67.58%

**W70 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Greyvenstein, Annatjie	W73 GAUTENG NORTH	9:30.79	6:52.46	81.71%

**M75 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 meaker, frank	M77 CENTRAL GAUTENG	13:42.89	9:10.77	56.10%

**W35 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Viljoen, Ronel	W39 GAUTENG NORTH	26:47.60	26:32.49	74.54%
2 Patterson, Lisa	W36 CENTRAL GAUTENG	28:30.00	28:13.93	70.07%

**W40 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Elize, William	W41 CENTRAL GAUTENG	30:30.12	29:21.50	67.39%

**W45 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Serdyn, Mariaan	W47 GAUTENG NORTH	30:12.36	27:56.44	70.80%

**W50 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Van der Schyf, Isabelle	W51 GAUTENG NORTH	37:51.65	33:34.05	58.94%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**...W50 5000 Meter Race Walk**

2 Lourens, Karin	W53 GAUTENG NORTH	39:17.68	34:50.32	56.79%
------------------	-------------------	----------	----------	--------

**W55 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Kichenbrand, Frances	W56 GAUTENG NORTH	31:14.04	26:23.76	74.95%

**W60 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Nell, Barbara	W63 CENTRAL GAUTENG	31:00.32	24:49.19	79.71%
2 Knoetze, Magaretha	W62 GAUTENG NORTH	32:15.30	25:49.21	76.62%
3 willemse, Lucia	W63 GAUTENG NORTH	35:49.02	28:40.30	69.00%

**W65 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Koekemoer, Winnie	W67 GAUTENG NORTH	30:34.43	23:00.96	85.95%
2 Smook, Manda	W68 CENTRAL GAUTENG	33:08.95	24:57.29	79.28%
3 Jacobs, Loritha	W66 CENTRAL GAUTENG	38:03.42	28:38.96	69.05%

**W70 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Meyer, Elsa	W71 GAUTENG NORTH	31:33.31	22:09.11	89.31%
2 Greyvenstein, Annatjie	W73 GAUTENG NORTH	31:51.15	22:21.63	88.47%

**M35 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Kobue, Mzwakhe	M36 GAUTENG NORTH	25:03.60	24:35.49	73.03%

**M45 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Appel, Joseph	M48 GAUTENG NORTH	27:34.91	25:10.61	71.34%
2 Eykenduyn, Ronald	M49 CENTRAL GAUTENG	29:56.03	27:19.42	65.73%

**M50 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 von Benecke, Lebeauf	M53 CENTRAL GAUTENG	24:16.29	21:15.57	84.48%
2 Phillips, Kevin	M53 CENTRAL GAUTENG	26:24.39	23:07.77	77.65%
3 Britz, Chris	M54 GAUTENG NORTH	27:26.82	24:02.46	74.71%
4 De Klerk, Bennet	M51 NORTH WEST NORTH	27:34.88	24:09.51	74.34%
5 Scott, Wayne	M54 CENTRAL GAUTENG	28:34.26	25:01.53	71.77%

**M55 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading	Alternate
1 Jooste, Hennie	M57 GAUTENG NORTH	29:52.03	25:03.52	71.67%

**CGMA championship - 07/04/2018**  
**Germiston stadium**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**...M55 5000 Meter Race Walk**

2 Smith, Sarel	M59	CENTRAL GAUTENG	30:46.23	25:48.99	69.57%
3 Van Rensburg, Tienie	M59	GAUTENG NORTH	41:46.79	35:03.20	51.24%

**M60 5000 Meter Race Walk**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Labuschagne, Daniel	M62	GAUTENG NORTH	27:35.51	22:05.41	81.30%
2 willemse, jaap	M61	GAUTENG NORTH	29:24.14	23:32.38	76.30%
3 Callaghan, c	M64	GAUTENG NORTH	30:29.84	24:24.98	73.56%
4 van den Berg, Gideon	M62	GAUTENG NORTH	34:09.34	27:20.71	65.68%
5 zalani, stephen	M63	CENTRAL GAUTENG	36:54.15	29:32.65	60.79%

**M65 5000 Meter Race Walk**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Smook, Hendry	M68	CENTRAL GAUTENG	30:45.66	23:22.71	76.82%
2 Turner, Anthony	M68	CENTRAL GAUTENG	32:53.17	24:59.61	71.86%

**M70 5000 Meter Race Walk**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Clements, Frederick	M74	GAUTENG NORTH	34:13.35	24:32.26	73.19%

**M75 5000 Meter Race Walk**

Name	Age	Team	Finals	Age-Grading	Alternate
1 DE Klerk, Cas	M78	NORTH WEST NORTH	46:37.59	31:19.43	57.34%
2 meaker, frank	M77	CENTRAL GAUTENG	47:09.94	31:41.16	56.68%