

E.P. Championships 1 & 2nd March 2019 Nelson Mandela Athletic Stadium

AGE	Name and Surname	Item	Distance/Time
60-64	At Schoeman (M) E.P	2000 SChase	10.43.39
		300Hurdles	72.92
40-44	Jannie Venter (M) E.P	400Hurdles	60.10
45-49	Darrelle Nel (M) E.P	Long jump	4.80
		Triple Jump	8.84
		Javelin	29.80
		100m	13.74
50-54	Leta de Santos (F) E.P	Walk 5000m	1.05.16.00
65-69	Jos Els (F) E.P	Walk 5000m	1.08.31.70
40-44	Melinda Venter (F) E.P	400m	60.04
60-64	L. Griesel (F) Boland	Discus	18.46
		Hammer throw	22.11
		Shot Put	8.53
70-74	Nick Human (M) E.P.	Discus	31.02
64-69	E.van der Westhuizen NW	Discus	15.44
40-44	Melinda Venter (F) E.P.	800	2.20.20