

South African Masters Athl-Championship - Organization License

Gauteng North Masters Champs - 2019/03/29 to 2019/03/30

Pilditch

Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W30 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Janse van Rensburg, Loui	W30 Cga	13,82	-0.5	13,83	75,90%	5

W35 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Potgieter, Fiona	W38 GNMA	13,10	-0.5	12,97	80,92%	5
2 Walters, Elmarie	W35 AVT	13,14	-0.5	13,01	80,67%	5
3 Mare, Leoni	W39 GNMA	13,95	-0.5	13,82	75,99%	5
4 Smit, Alicia	W39 GNMA	14,02	-0.5	13,88	75,61%	5

W40 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Joubert, Charnie	W44 GNMA	13,38	0.9	12,78	82,14%	4
2 Olivier, Christa	W44 NWN	13,86	0.9	13,24	79,29%	4
3 Bornman, Linette	W43 GNMA	15,11	0.9	14,43	72,73%	4
4 Blignaut, Grieta	W40 GNMA	16,20	0.9	15,47	67,84%	4

W45 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Young, Elme	W48 GNMA	13,96	-0.7	12,84	81,73%	3
2 Cloete, Wendy	W47 GNMA	15,24	-0.7	14,02	74,87%	3
3 Dacey, Roslynd	W45 Cga	15,72	-0.7	14,46	72,58%	3

W50 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Barnard, Charmain	W50 GNMA	12,31	0.9	10,89	96,34%	2
2 De Winnaar, Winnie	W52 Cga	13,36	0.9	11,82	88,77%	2

3 Smith, Elmarie W50 AMP 16,31 0.9 14,43 72,72% 2

W55 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Gouws, Makkie	W57 GNMA	18,16	0.9	15,43	68,01%	2

W60 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Du Plessis, Lee	W63 AMP	19,04	1.0	15,50	67,70%

W65 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Immelman, Pam	W69 Cga	18,08	1.0	14,09	74,50%

W75 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Venter, Hester	W78 GNMA	23,25	1.0	16,16	64,90%

M30 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Msinga, Gilbert	M33 CNWA	11,51	1.4	11,52	85,06%	7
2 Van Heerden, Stefan	M34 Cga	12,03	1.4	12,04	81,38%	7

M35 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Jordaan, Rudi	M35 Cga	11,77	-0.5	11,62	84,28%	6
2 Kaltamo, Abraham	M36 Cga	11,89	-0.5	11,74	83,43%	6
3 Denysschen, Pieter	M35 GNMA	12,13	-0.5	11,98	81,78%	6
4 Makaula, Lwandile	M36 Cga	12,52	-0.5	12,36	79,23%	6

M40 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
------	----------	--------	------	-------------	----	-----------

1	Dunn, Marlon	M41 Cga	12,49	0.1	11,97	81,83%	5
2	Van Heerden, Adriaan	M42 GNMA	12,91	0.1	12,37	79,16%	5
3	Van Zyl, Smit	M40 GNMA	14,05	0.1	13,46	72,74%	5

M45 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate	
1	Jewaskiewitz, Deon	M46 GNMA	11,72	1.2	10,89	89,93%	4
2	Potgieter, Thys	M47 GNMA	11,98	1.2	11,13	87,98%	4
3	Vermeulen, Clinton	M47 Cga	12,55	1.2	11,66	83,98%	4
4	Page, Colin	M47 Cga	12,69	1.2	11,79	83,06%	4
5	Goliath, Wayne	M45 GNMA	12,81	1.2	11,90	82,28%	4
6	Meyer, Ewald	M45 GNMA	12,90	1.2	11,99	81,71%	4

M50 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate	
1	Van der Vyver, Daniel	M54 GNMA	12,42	0.4	11,18	87,60%	3
2	Mngomezulu, George	M50 Cga	12,71	0.4	11,44	85,60%	3
3	Swemmer, Philip	M51 GNMA	13,90	0.4	12,51	78,27%	3
4	Bartleman, Andre	M53 AFS	16,12	0.4	14,51	67,49%	3

M55 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate	
1	Endrody, Thomas	M59 Cga	12,83	1.0	11,17	87,69%	2
2	Kalp, Frans	M59 SWD	13,26	1.0	11,55	84,84%	2

M60 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate	
1	Schemlzer, Warren	M64 NWN	15,68	1.0	13,20	74,23%	2
2	Murphy, Andre	M61 Cga	17,05	1.0	14,35	68,27%	2

M65 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alterr	
1	Rikhotso, Freddie	M66 GNMA	15,16	1.8	12,30	79,62%

M70 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Sekgobela, TB	M72 GNMA	15,27	1.8	11,89	82,38%
2 De Kock, Bobby	M74 AFS	20,10	1.8	15,65	62,59%

M80 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Stern, Eddy	M81 Cga	20,84	1.8	14,52	67,42%
2 Muir, Neville	M80 GNMA	31,77	1.8	22,14	44,22%

W35 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Walters, Elmarie	W35 AVT	27,57	0.5	26,75	79,80%	4
2 Mare, Leoni	W39 GNMA	28,74	0.5	27,89	76,55%	4
3 Sloan, Susan	W37 Cga	31,12	0.5	30,20	70,69%	4

W40 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Joubert, Charnie	W44 GNMA	27,91	-0.6	26,08	81,83%	3
2 Olivier, Christa	W44 NWN	28,84	-0.6	26,95	79,20%	3
3 Kruger, Petro	W40 GNMA	29,42	-0.6	27,49	77,63%	3
4 Blignaut, Grieta	W40 GNMA	34,75	-0.6	32,47	65,73%	3

W45 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Young, Elme	W48 GNMA	29,14	-0.5	26,18	81,54%	2
2 Lubbe, Elsabe	W45 NWN	30,94	-0.5	27,80	76,79%	2
3 Dacey, Roslynd	W45 Cga	32,53	-0.5	29,22	73,04%	2
4 Cloete, Wendy	W47 GNMA	33,10	-0.5	29,74	71,78%	2
5 Maloney, Anneline	W49 GNMA	49,30	0.1	44,29	48,19%	5

W50 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
------	----------	--------	------	-------------	----	-----------

1 De Winnaar, Winnie	W52 Cga	28,03	-0.2	24,17	88,30%	1
2 Flynn, Judy	W53 GNMA	53,45	0.1	46,09	46,30%	5

W55 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Claassen, Zelda	W59 Cga	55,59	0.1	45,93	46,47%	5

W60 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Du Plessis, Lee	W63 AMP	44,74	-0.2	35,36	60,37%

W65 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Immelman, Pam	W69 Cga	41,90	-0.2	31,61	67,52%

M30 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Msinga, Gilbert	M33 CNWA	23,10	0,7	23,11	83,64%	6

M35 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Kaltamo, Abraham	M36 Cga	23,75	0,7	23,37	82,69%	6
2 Jordaan, Rudi	M35 Cga	23,92	0,7	23,54	82,11%	6
3 Makaula, Lwandile	M36 Cga	26,83	0,7	26,40	73,20%	6

M40 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Dunn, Marlon	M41 Cga	25,18	0,7	24,02	80,46%	5
2 De Klerk, Frans	M41 GNMA	25,69	0,7	24,50	78,86%	5
3 Van Heerden, Adriaan	M42 GNMA	26,96	0,7	25,71	75,15%	5

M45 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Jewaskiewitz, Deon	M46 GNMA	23,53	0,9	21,73	88,91%	4
2 Rossouw, Hermie	M48 AVT	25,21	0,9	23,29	82,98%	4
3 Vermeulen, Clinton	M47 Cga	25,30	0,9	23,37	82,69%	4
4 Page, Colin	M47 Cga	25,97	0,9	23,99	80,55%	4
5 Goliath, Wayne	M45 GNMA	26,05	0,9	24,06	80,31%	4
6 Meyer, Ewald	M45 GNMA	26,26	0,9	24,26	79,66%	4

M50 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Van der Vyver, Daniel	M54 GNMA	26,47	0,2	23,65	81,72%	3
2 Laubscher, Hardus	M54 GNMA	31,73	0,2	28,35	68,17%	3

M55 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Kalp, Frans	M59 SWD	26,81	0,2	23,15	83,48%	3

M60 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Booysen, Hendrik	M62 Cga	29,69	+0,0	24,74	78,11%	2
2 Murphy, Andre	M61 Cga	35,61	+0,0	29,68	65,12%	2
3 Meyer, Buks	M64 GNMA	35,67	+0,0	29,73	65,01%	2
4 Cloete, Fanie	M61 GNMA	42,50	+0,0	35,42	54,56%	2

M65 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Rikhotso, Freddie	M66 GNMA	34,07	0,1	27,28	70,82%

M70 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 De Kock, Bobby	M74 AFS	46,18	0,1	35,30	54,74%

W35 400 Meter Sprint

Name	Age Team	Finals	Age-Grading H#	Alternat
1 Sloan, Susan	W37 Cga	1:08,67	1:07,29 70,74%	2

W45 400 Meter Sprint

Name	Age Team	Finals	Age-Grading H#	Alternat
1 Young, Elme	W48 GNMA	1:05,17	58,55 81,31%	2
2 Cloete, Wendy	W47 GNMA	1:08,25	1:01,31 77,64%	2
3 Dercksen, Anneline	W48 GNMA	1:37,26	1:27,37 54,48%	2

W50 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	Alternate
1 De Winnaar, Winnie	W52 Cga	1:05,39	56,08 84,89%	
2 Mokwena, Eunice	W51 GNMA	1:21,73	1:10,09 67,92%	

W55 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	Alternate
1 Ngobese, Victoria	W58 Cga	1:31,95	1:15,10 63,38%	

W70 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	Alternate
1 Visser, MC	W72 Cga	1:46,03	1:10,01 68,00%	

M30 400 Meter Sprint

Name	Age Team	Finals	Age-Grading H#	Alternat
1 Barnes, Andrew	M30 GNMA	47,25	47,26 91,39%	5

M35 400 Meter Sprint

Name	Age Team	Finals	Age-Grading H#	Alternat
1 Kaltamo, Abraham	M36 Cga	52,23	50,43 85,64%	5

M40 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternat
1 De Klerk, Frans	M41 GNMA	57,78	54,05	79,89%	4
2 Van Zyl, Andrew	M44 Cga	59,88	56,02	77,09%	4
3 Skosan, Ian	M43 GNMA	1:01,83	57,84	74,66%	4

M45 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternat
1 Moraope, Spencer	M46 NWN	52,41	47,46	90,99%	3
2 Viljoen, Joe	M48 NWN	54,34	49,20	87,76%	3
3 Goliath, Wayne	M45 GNMA	57,49	52,06	82,95%	3
4 Meyer, Heinrich	M48 Cga	1:04,21	58,14	74,27%	3

M50 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternat
1 Van der Vyver, Daniel	M54 GNMA	55,95	48,98	88,17%	2
2 Du Plooy, Anton	M53 Cga	57,99	50,77	85,07%	2
3 Laubscher, Hardus	M54 GNMA	1:03,82	55,87	77,30%	2
4 Bartleman, Andre	M53 AFS	1:21,03	1:10,94	60,88%	2

M55 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	Alternate
1 Knipe, Francois	M57 GNMA	1:03,72	53,87	80,16%

M60 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	Alternate
1 Booysen, Hendrik	M62 Cga	1:06,46	54,20	79,69%
2 Schemlzer, Warren	M64 NWN	1:09,41	56,60	76,30%
3 Meyer, Buks	M64 GNMA	1:21,81	1:06,71	64,74%

W30 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Janse van Rensburg, Loui	W30 Cga	2:47,58	2:47,59	67,60%

W35 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Sloan, Susan	W37 Cga	2:32,60	2:31,86	74,60%
2 Du Plessis, Isabel	W36 AMP	3:30,97	3:29,94	53,96%

W45 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Lubbe, Elsabe	W45 NWN	2:39,68	2:25,68	77,76%

W50 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Vermeulen, Salome	W52 GNMA	2:25,76	2:06,95	89,24%
2 Mokwena, Eunice	W51 GNMA	3:25,82	2:59,25	63,20%

W55 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Theunissen, Emmarie	W58 GNMA	2:52,37	2:22,99	79,22%
2 Frey, Jackie	W58 Cga	3:00,13	2:29,42	75,81%
3 Van den Berg, Riette	W56 NWN	3:15,24	2:41,96	69,94%
4 Ngobese, Victoria	W58 Cga	3:39,88	3:02,40	62,11%

W60 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Scheffer, Irene	W63 NWN	2:58,99	2:20,48	80,64%
2 Coston, Linda	W61 Cga	4:20,95	3:24,80	55,31%

M35 800 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Rirhandzo, Rhangani	M35 Cga	2:09,57	2:08,50	78,69%	2

M40 800 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Odendaal, Willem	M44 NWN	2:11,62	2:05,83	80,35%	2

2 Van Zyl, Andrew	M44 Cga	2:21,70	2:15,47	74,64%	2
3 Skosan, Ian	M43 GNMA	2:37,53	2:30,60	67,14%	2

M45 800 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternat
1 Moraope, Spencer	M46 NWN	2:04,11	1:54,22	88,53%	2
2 Viljoen, Joe	M48 NWN	2:07,75	1:57,57	86,00%	2
3 Stroebel, Wimpie	M46 Cga	2:40,46	2:27,68	68,47%	2

M50 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Du Plooy, Anton	M53 Cga	2:16,41	2:00,69	83,78%
2 Smith, Mark	M52 Kwa-Zulu Natal	5:57,67	5:16,44	31,95%

M55 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Knipe, Francois	M57 GNMA	2:39,94	2:15,79	74,46%

M60 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Schemlzer, Warren	M64 NWN	2:43,58	2:13,04	76,00%
2 Rudd, Philip	M63 Cga	2:44,33	2:13,65	75,65%
3 Booyesen, Hendrik	M62 Cga	2:45,89	2:14,92	74,94%
4 Meyer, Buks	M64 GNMA	3:11,39	2:35,66	64,96%

W35 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Terblanche, Adel	W35 GNMA	5:09,97	5:06,01	75,97%
2 Du Plessis, Isabel	W36 AMP	7:20,71	7:15,07	53,43%

W40 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Rossouw, Rika	W41 GNMA	5:11,58	4:54,67	78,89%

W45 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Eybers, Sunet	W45 GNMA	5:38,91	5:06,45	75,86%

W50 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Vermeulen, Salome	W52 GNMA	5:10,91	4:28,23	86,67%

W55 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Frey, Jackie	W58 Cga	6:05,73	5:00,34	77,40%
2 Theunissen, Emmarie	W58 GNMA	6:14,42	5:07,48	75,61%

W60 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Scheffer, Irene	W63 NWN	6:05,39	4:43,51	82,00%
2 Ceronio, Marietjie	W61 AVT	6:10,32	4:47,34	80,91%

W65 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Greenblatt, Elaine	W69 Cga	8:35,79	6:13,54	62,23%

M35 1500 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternat
1 Rirhandzo, Rhangani	M35 Cga	4:28,78	4:26,45	77,32%	2
2 Swart, Friedrich	M38 GNMA	4:44,11	4:41,64	73,14%	2

M40 1500 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternat
1 Mgcina, James	M43 Cga	4:24,11	4:11,41	81,94%	2
2 Lotz, Corne	M44 GNMA	4:42,43	4:28,85	76,62%	2
3 Odendaal, Willem	M44 NWN	4:42,63	4:29,04	76,57%	2

4 Skosan, Ian M43 GNMA 6:07,86 5:50,17 58,83% 2

M45 1500 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternat
1 Moraope, Spencer	M46 NWN	4:21,97	3:59,05	86,17%	2
2 Modise, Norman	M45 AFS	5:34,94	5:05,64	67,40%	2
3 Stroebel, Wimpie	M46 Cga	5:47,41	5:17,02	64,98%	2

M50 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Du Plooy, Anton	M53 Cga	4:47,38	4:10,92	82,10%
2 De Villiers, Dawie	M53 GNMA	4:50,36	4:13,52	81,26%
3 De Beer, Sollie	M52 Cga	5:09,90	4:30,58	76,13%
4 Roets, Kobus	M53 Cga	5:10,84	4:31,40	75,90%
5 Kotze, Flippie	M50 AFS	5:41,58	4:58,24	69,07%
6 Smith, Mark	M52 Kwa-Zulu Natal	5:52,23	5:07,54	66,98%
7 Mothibedi, Moses	M54 Cga	6:04,47	5:18,22	64,74%
8 O'Brien, Kevin	M50 GNMA	6:22,53	5:33,99	61,68%
9 Bartleman, Andre	M53 AFS	6:39,73	5:49,01	59,02%

M55 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Padi, Ramosimane	M58 Cga	6:28,90	5:24,23	63,54%

M60 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Lebese, Jan	M62 GNMA	5:33,53	4:24,79	77,80%
2 Meyer, Buks	M64 GNMA	6:42,18	5:19,30	64,52%
3 Cloete, Fanie	M61 GNMA	8:00,92	6:21,81	53,95%

M70 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 De Kock, Bobby	M74 AFS	9:40,22	6:50,74	50,15%

W35 3000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Terblanche, Adel	W35 GNMA	11:24,92	11:15,40 74,24%
2 Labuschagne, Amanda	W38 AFS	14:48,67	14:36,32 57,22%
3 Du Plessis, Isabel	W36 AMP	16:35,20	16:21,37 51,09%

M40 3000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Skosan, Ian	M43 GNMA	13:31,19	13:02,97 56,20%

M45 3000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Mogatle, Kagiso	M45 Cga	10:04,43	9:22,37 78,24%
2 Locker, Trevor	M48 Cga	11:08,14	10:21,64 70,78%

M50 3000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 De Villiers, Dawie	M53 GNMA	11:03,78	9:54,49 74,01%
2 De Beer, Sollie	M52 Cga	11:06,87	9:57,25 73,67%
3 Reynolds, Keith	M51 GNMA	11:24,26	10:12,83 71,80%
4 Kotze, Flippie	M50 AFS	12:31,47	11:13,02 65,38%
5 O'Brien, Kevin	M50 GNMA	14:10,18	12:41,43 57,79%

M55 3000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Kleyn, Dewald	M59 GNMA	13:23,71	11:31,84 63,60%
2 Padi, Ramosimane	M58 Cga	13:31,19	11:38,28 63,01%

M60 3000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Cloete, Fanie	M61 GNMA	14:46,94	12:12,62 60,06%

W40 5000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
------	----------	--------	-----------------------

1	Rossouw, Rika	W41	GNMA	22:05,33	21:35,52	66,74%
2	Blignaut, Grieta	W40	GNMA	27:15,36	26:38,57	54,09%

W45 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate	
1	Eybers, Sunet	W45	GNMA	21:03,83	19:16,41	74,77%

W55 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate	
1	Geyer, Mariet	W59	GNMA	25:09,00	20:52,48	69,04%
2	Le Roux, Teresa	W55	GNMA	29:50,23	24:45,90	58,19%

W60 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate	
1	Ceronio, Marietjie	W61	AVT	22:57,76	18:01,27	79,97%
2	Cloete, Joey	W62	GNMA	25:16,87	19:50,45	72,64%

W65 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate	
1	Greenblatt, Elaine	W69	Cga	28:11,03	20:43,42	69,54%

M35 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate	
1	Rirhandzo, Rhangani	M35	Cga	16:14,85	16:14,86	77,65%
2	Swart, Albie	M38	AFS	26:23,68	26:23,69	47,80%

M40 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate	
1	Mgcina, James	M43	Cga	16:19,29	15:45,12	80,10%
2	Lotz, Corne	M44	GNMA	18:03,51	17:25,70	72,39%
3	Skosan, Ian	M43	GNMA	21:07,84	20:23,60	61,87%

M45 5000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Locker, Trevor	M48 Cga	19:03,91	17:44,07 71,14%
2 Miya, Esay	M49 Cga	19:49,64	18:26,61 68,41%
3 Stroebel, Wimpie	M46 Cga	22:24,01	20:50,20 60,55%

M50 5000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 De Villiers, Dawie	M53 GNMA	18:19,98	16:24,82 76,87%
2 Roets, Kobus	M53 Cga	18:51,92	16:53,41 74,70%
3 Du Toit, Andre	M54 GNMA	19:56,89	17:51,58 70,64%

M55 5000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Tredea, Dave	M55 Cga	20:43,49	17:49,90 70,75%

M60 5000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Cloete, Fanie	M61 GNMA	28:04,84	23:10,84 54,43%

M65 5000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Reed, Chris	M68 Cga	22:34,87	17:49,27 70,80%

M70 5000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Connolly, Phil	M70 Cga	23:16,72	17:24,75 72,46%
2 De Kock, Bobby	M74 AFS	35:43,17	26:43,10 47,22%

M80 5000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Nurden, Ken	M84 GNMA	24:10,99	15:19,64 82,31%
2 Muir, Neville	M80 GNMA	48:43,76	30:53,08 40,85%

W40 80 Short Hurdles

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Olivier, Christa	W44 NWN	14,68	0,5	17,38	70,30%
2 Kruger, Petro	W40 GNMA	17,47	0,5	20,68	59,07%

W50 80 Short Hurdles

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Barnard, Charmain	W50 GNMA	12,49	0,5	13,70	89,19%

M80 80 Short Hurdles

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Miekautsch, Hans	M81 Cga	18,08	0,5	16,12	80,14%

M50 100 Short Hurdles

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Bartleman, Andre	M53 AFS	19,75	-1.3	18,97	68,05%

M60 100 Short Hurdles

Name	Age Team	Finals	Wind	Age-Grading	Alterr
1 Gouws, Johan	M60 GNMA	17,91	-1.3	16,15	80,01%

W35 2000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading	Alternate
1 Labuschagne, Amanda	W38 AFS	12:59,39	18:01,49	50,08%

W40 2000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading	Alternate
1 Rossouw, Rika	W41 GNMA	10:14,22	13:38,45	66,17%

W45 2000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading	Alternate
------	----------	--------	-------------	-----------

=====
1 Dercksen, Anneline W48 GNMA 12:46,17 16:21,93 55,16%

W50 2000 Meter Steeplechase

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Horn, Alta W51 AFS 13:46,38 17:00,25 53,08%

W55 2000 Meter Steeplechase

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Le Roux, Teresa W55 GNMA 16:31,03 19:40,12 45,89%

M60 2000 Meter Steeplechase

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Cloete, Fanie M61 GNMA 14:48,55 17:58,62 43,91%

M70 2000 Meter Steeplechase

=====
Name Age Team Finals Age-Grading Alternate
=====

1 De Kock, Bobby M74 AFS 18:24,47 18:07,91 43,54%

M45 3000 Meter Steeplechase

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Modise, Norman M45 AFS 12:57,22 11:19,61 69,69%

M50 3000 Meter Steeplechase

=====
Name Age Team Finals Age-Grading Alternate
=====

1 De Beer, Sollie M52 Cga 12:10,22 10:11,13 77,50%

2 Kotze, Flippie M50 AFS 12:56,22 10:49,62 72,91%

W30 High Jump

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Krugell, Berne W31 Cga 1,60m 1,60m 76,56%

2 van der Merwe, Shona W32 GNMA 1,35m 1,35m 64,59%

W35 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Labuschagne, Amanda	W38 AFS	1,40m	1,47m 70,35%
2 Mare, Leoni	W39 GNMA	1,25m	1,31m 62,81%

W45 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Dercksen, Anneline	W48 GNMA	1,00m	1,16m 55,56%

W60 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Du Plessis, Lee	W63 AMP	1,15m	1,58m 75,66%

M40 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Van der Walt, Phillip	M42 GNMA	1,90m	1,99m 81,20%

M45 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Pubalakan, Trevor	M47 GNMA	1,40m	1,54m 63,06%

M50 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Lombard, Bertus	M50 GNMA	1,53m	1,77m 72,51%
2 Bartleman, Andre	M53 AFS	1,46m	1,69m 69,19%

M55 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Bezuidenhout, Vic	M57 GNMA	1,46m	1,79m 73,00%

M60 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Gouws, Johan	M60 GNMA	1,50m	1,95m 79,79%
2 Du Toit, Sarel	M63 GNMA	1,25m	1,62m 66,49%

M65 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Van Wyngaardt, Charles	M65 GNMA	1,35m	1,87m 76,27%

M80 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Miekautsch, Hans	M81 Cga	1,22m	2,10m 85,92%

M40 Pole Vault

Name	Age Team	Finals	Age-Grading Alternate
1 Van Zyl, Smit	M40 GNMA	2,33m	2,51m 40,88%

W30 Long Jump

Name	Age Team	Finals	Wind	Age-Grading Alternat
1 Janse van Rensburg, Loui	W30 Cga	4,50m	2,9	4,50m 59,84%
2 van der Merwe, Shona	W32 GNMA	4,30m	1,7	4,30m 57,18%

W35 Long Jump

Name	Age Team	Finals	Wind	Age-Grading Alternat
1 Smit, Alicia	W39 GNMA	5,18m	1,3	5,43m 72,35%
2 Mare, Leoni	W39 GNMA	4,47m	0,8	4,69m 62,43%

W40 Long Jump

Name	Age Team	Finals	Wind	Age-Grading Alternat
1 Kruger, Petro	W40 GNMA	4,74m	2,1	5,26m 70,01%
2 Paxton, Mariska	W40 GNMA	3,94m	0,2	4,37m 58,20%

W45 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 Dercksen, Anneline	W48 GNMA	2,33m	-0,7	2,74m	36,46%

W50 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 Bridgland, Esmarie	W50 GNMA	2,70m	0,6	3,38m	45,00%

W55 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 Gouws, Makkie	W57 GNMA	3,22m	0,7	4,31m	57,40%

W60 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 Du Plessis, Lee	W63 AMP	2,96m	0,2	4,26m	56,70%

M40 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 McClintock, Martin	M43 GNMA	6,77m	-0,3	7,37m	82,46%
2 Van der Walt, Phillip	M42 GNMA	6,27m	1,3	6,83m	76,37%

M45 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 Goliath, Wayne	M45 GNMA	5,80m	+0,0	6,69m	74,84%
2 Verster, Jaco	M47 GNMA	4,00m	0,7	4,62m	51,61%

M50 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 Van Tonder, Immanuel	M51 GNMA	4,94m	0,7	6,06m	67,86%
2 Lombard, Bertus	M50 GNMA	4,63m	1,3	5,68m	63,60%
3 Bartleman, Andre	M53 AFS	4,06m	0,6	4,98m	55,77%

M60 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 Cloete, Fanie	M61 GNMA	1,88m	+0,0	2,64m	29,56%

M65 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 Ludeke, Dave	M66 GNMA	4,81m	1,4	7,30m	81,66%

M70 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 De Kock, Bobby	M74 AFS	2,27m	0,7	3,74m	41,80%

M80 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 Miekautsch, Hans	M81 Cga	3,20m	-1,0	6,36m	71,11%

W35 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 Smit, Alicia	W39 GNMA	10,45m	NWI	10,64m	68,66%

M40 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 McClintock, Martin	M43 GNMA	13,10m	NWI	13,93m	76,16%

M45 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 Goliath, Wayne	M45 GNMA	11,70m	NWI	13,18m	72,09%

M65 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternat
1 Ludeke, Dave	M66 GNMA	9,30m	NWI	13,76m	75,24%

W30 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Wolmarans, Christine	W31 GNMA	9,31m	9,31m 41,14%

W35 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Swart, Jurinda	W35 AFS	9,27m	9,61m 42,46%

W40 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Strauss, Michelle	W44 GNMA	8,60m	9,54m 42,18%
2 Van der Berg, Jeanine	W41 GNMA	8,23m	9,13m 40,36%

W45 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Louw, Charmaine	W47 GNMA	8,71m	10,40m 45,96%
2 Maloney, Anneline	W49 GNMA	6,41m	7,65m 33,83%

W50 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Barnard, Charmain	W50 GNMA	13,24m	16,69m 73,76%
2 Flynn, Judy	W53 GNMA	10,47m	13,19m 58,33%
3 Smith, Elmarie	W50 AMP	9,72m	12,25m 54,15%
4 Pretorius, Engelina	W54 CNWA	7,52m	9,48m 41,89%
5 Horn, Alta	W51 AFS	7,19m	9,06m 40,06%

W55 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Hennop, Ansie	W56 GNMA	8,45m	11,58m 51,18%
2 Minnie, Valerie	W59 GNMA	7,96m	10,90m 48,21%
3 Coetzee, Louise	W58 GNMA	7,59m	10,40m 45,97%
4 Claassen, Zelda	W59 Cga	7,49m	10,26m 45,37%
5 Du Plessis, Eveline	W59 AFS	6,88m	9,42m 41,67%
6 Gouws, Makkie	W57 GNMA	6,78m	9,29m 41,07%

W60 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Cloete, Joey	W62 GNMA	7,61m	11,42m 50,50%
2 Van Dyk, Annette	W64 GNMA	7,44m	11,17m 49,37%

W65 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Griesel, Ronel	W66 Boland	8,64m	14,34m 63,39%
2 Erasmus, Zelda	W66 WPA	8,33m	13,82m 61,12%
3 Van Eck, Suzi	W69 GNMA	6,44m	10,69m 47,25%

W70 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Ferreira, Mercia	W70 Cga	7,88m	14,62m 64,64%
2 Vosloo, Ella	W70 Cga	6,45m	11,97m 52,91%

W75 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Rzepecka, Yana	W75 Kwa-Zulu Natal	6,55m	12,00m 53,04%
2 Grobler, Babsie	W75 GNMA	5,99m	10,97m 48,50%

M35 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Van Vreden, Juan	M37 Cga	12,10m	12,55m 54,28%

M40 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Nel, Hennie	M43 Cga	10,12m	11,27m 48,75%
2 Van Zyl, Smit	M40 GNMA	9,98m	11,11m 48,07%
3 Schuster, Otto	M44 AFS	9,81m	10,92m 47,25%
4 Van Heerden, Adriaan	M42 GNMA	8,66m	9,64m 41,71%
5 Nolte, Schakwi	M43 GNMA	8,60m	9,57m 41,43%

M45 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Swanepoel, Jan	M47 GNMA	13,76m	16,54m 71,55%
2 Venter, Martin	M48 GNMA	13,16m	15,82m 68,43%
3 Watson, Rowan	M49 GNMA	12,78m	15,36m 66,46%
4 Plews, Martin	M46 GNMA	12,21m	14,68m 63,49%
5 Van Zyl, Awie	M45 GNMA	12,10m	14,54m 62,92%
6 Kruger, Peet	M46 GNMA	11,43m	13,74m 59,44%
7 Jacobs, Leon	M49 AVT	9,35m	11,24m 48,62%
8 Roode, Eurard	M45 Cga	9,16m	11,01m 47,63%

M50 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Scheepers, Conradie	M51 AFS	14,98m	17,55m 75,92%
2 Du Toit, Johann	M51 Cga	13,00m	15,23m 65,89%
3 Mulder, Francois	M52 Cga	11,73m	13,74m 59,45%
4 Ras, Gerald	M53 GNMA	10,45m	12,24m 52,97%
5 Erasmus, Pieter	M54 GNMA	10,06m	11,79m 50,99%
6 Odendaal, Dirk	M53 GNMA	9,83m	11,52m 49,82%
7 Hennop, Stef	M53 GNMA	8,60m	10,08m 43,59%
8 Bartleman, Andre	M53 AFS	7,59m	8,89m 38,47%

M55 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Haupt, Burton	M57 GNMA	14,48m	18,39m 79,56%
2 Bezuidenhout, Vic	M57 GNMA	12,40m	15,75m 68,13%
3 Ras, Peter	M56 GNMA	9,99m	12,69m 54,89%

M60 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Kichenbrand, Stephen	M61 GNMA	11,44m	14,27m 61,77%
2 Graham, Martin	M62 AFS	8,97m	11,19m 48,43%
3 Nortje, Andre	M60 GNMA	7,00m	8,73m 37,80%

M65 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Du Plessis, Slappie	M67 GNMA	10,85m	14,76m 63,86%

2	Harding, Jon	M65 Cga	10,79m	14,68m	63,51%
3	Smit, Reuben	M68 GNMA	8,73m	11,87m	51,38%
4	Erasmus, Nick	M68 WPA	8,23m	11,19m	48,44%

M70 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M71 GNMA	13,78m	17,64m	76,34%

M75 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Horn, Louis	M75 AVT	8,92m	12,48m	54,00%

M80 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Rzepecki, Andrzej	M82 Kwa-Zulu Natal	10,10m	15,20m	65,76%
2 Stoltz, Jan	M82 GNMA	7,67m	11,54m	49,93%

M85 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Hazell, Des	M85 GNMA	6,88m	11,60m	50,18%
2 Grobler, Frans	M87 GNMA	4,94m	8,33m	36,03%

W30 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Vreden, Linda	W33 Cga	36,11m	36,11m	47,02%
2 Malego, Mpho	W34 Cga	22,60m	22,60m	29,43%

W35 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Swart, Jurinda	W35 AFS	25,34m	26,27m	34,21%

W40 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
------	----------	--------	-------------	-----------

1	Van der Berg, Jeanine	W41 GNMA	24,91m	27,77m	36,16%
2	Strauss, Michelle	W44 GNMA	21,67m	24,16m	31,46%

W45 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1	Immeman, Terry	W45 GNMA	29,81m	35,94m 46,80%
2	Louw, Charmaine	W47 GNMA	29,34m	35,37m 46,07%
3	Maloney, Anneline	W49 GNMA	20,94m	25,24m 32,88%

W50 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1	Flynn, Judy	W53 GNMA	28,30m	37,15m 48,38%
2	Smith, Elmarie	W50 AMP	24,33m	31,94m 41,59%
3	Horn, Alta	W51 AFS	18,30m	24,02m 31,28%
4	Bridgland, Esmarie	W50 GNMA	15,24m	20,00m 26,05%

W55 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1	Minnie, Valerie	W59 GNMA	25,32m	36,47m 47,50%
2	Hennop, Ansie	W56 GNMA	21,17m	30,49m 39,71%
3	Claassen, Zelda	W59 Cga	20,09m	28,94m 37,69%
4	Coetzee, Louise	W58 GNMA	19,64m	28,29m 36,84%
5	Gouws, Makkie	W57 GNMA	18,84m	27,14m 35,34%
6	Du Plessis, Eveline	W59 AFS	13,09m	18,85m 24,55%

W60 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1	Van Dyk, Annette	W64 GNMA	17,05m	27,21m 35,43%
2	Cloete, Joey	W62 GNMA	15,76m	25,15m 32,75%

W65 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1	Erasmus, Zelda	W66 WPA	19,50m	34,95m 45,52%
2	Griesel, Ronel	W66 Boland	19,39m	34,76m 45,26%
3	Van Eck, Suzi	W69 GNMA	17,81m	31,92m 41,57%

W70 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Ferreira, Mercia	W70 Cga	19,69m	40,44m	52,66%
2 Vosloo, Ella	W70 Cga	15,62m	32,08m	41,78%

W75 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Grobler, Babsie	W75 GNMA	14,45m	31,13m	40,54%
2 Venter, Hester	W78 GNMA	14,32m	30,85m	40,18%

M35 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Vreden, Juan	M37 Cga	29,98m	30,40m	41,05%

M40 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Zyl, Smit	M40 GNMA	27,28m	30,04m	40,56%
2 Schuster, Otto	M44 AFS	25,70m	28,30m	38,21%
3 Nolte, Schakwi	M43 GNMA	24,93m	27,45m	37,07%
4 Nel, Hennie	M43 Cga	22,46m	24,73m	33,39%

M45 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Swanepoel, Jan	M47 GNMA	45,68m	55,03m	74,30%
2 Potgieter, Willem	M45 Cga	38,99m	46,97m	63,42%
3 Van Zyl, Awie	M45 GNMA	37,66m	45,37m	61,26%
4 Watson, Rowan	M49 GNMA	36,55m	44,03m	59,45%
5 Venter, Martin	M48 GNMA	34,70m	41,81m	56,44%
6 Kruger, Peet	M46 GNMA	29,40m	35,42m	47,82%
7 Roode, Eurard	M45 Cga	28,24m	34,02m	45,93%

M50 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
------	----------	--------	-------------	-----------

1 Du Toit, Johann	M51 Cga	44,64m	45,61m	61,57%
2 Scheepers, Conradie	M51 AFS	43,25m	44,19m	59,66%
3 De Beer, Andre	M50 Cga	40,74m	41,62m	56,19%
4 Mulder, Francois	M52 Cga	36,78m	37,58m	50,73%
5 Erasmus, Pieter	M54 GNMA	35,39m	36,16m	48,81%
6 Odendaal, Dirk	M53 GNMA	30,75m	31,42m	42,41%
7 Hennop, Stef	M53 GNMA	29,01m	29,64m	40,01%
8 Bartleman, Andre	M53 AFS	24,89m	25,43m	34,33%

M55 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M57 GNMA	49,58m	55,04m	74,31%
2 Eybers, Marius	M56 GNMA	37,71m	41,86m	56,52%
3 Bezuidenhout, Vic	M57 GNMA	34,37m	38,16m	51,51%
4 Ras, Peter	M56 GNMA	27,94m	31,02m	41,88%

M60 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Kichenbrand, Stephen	M61 GNMA	44,08m	46,84m	63,24%
2 Ferreira, Frik	M63 GNMA	32,90m	34,96m	47,20%
3 Rudd, Philip	M63 Cga	31,35m	33,31m	44,98%
4 Graham, Martin	M62 AFS	25,99m	27,62m	37,29%
5 Nortje, Andre	M60 GNMA	16,94m	18,00m	24,30%

M65 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Coetzee, Johan	M65 GNMA	34,15m	39,74m	53,64%
2 Harding, Jon	M65 Cga	34,02m	39,58m	53,44%
3 Du Plessis, Slappie	M67 GNMA	31,21m	36,31m	49,03%
4 Erasmus, Nick	M68 WPA	29,26m	34,04m	45,96%
5 Smit, Reuben	M68 GNMA	26,90m	31,30m	42,26%

M70 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M71 GNMA	40,39m	51,62m	69,69%

M75 Discus Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Horn, Louis	M75 AVT	23,36m	33,47m 45,19%

M80 Discus Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Rzepecki, Andrzej	M82 Kwa-Zulu Natal	23,89m	39,27m 53,02%
2 Stoltz, Jan	M82 GNMA	20,33m	33,42m 45,12%
3 Basson, Renier	M80 GNMA	17,00m	27,94m 37,73%

M85 Discus Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Hazell, Des	M85 GNMA	16,05m	31,31m 42,27%
2 Grobler, Frans	M87 GNMA	9,95m	19,41m 26,20%

W40 Hammer Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Strauss, Michelle	W44 GNMA	23,47m	27,60m 35,85%

W45 Hammer Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Louw, Charmaine	W47 GNMA	24,67m	31,37m 40,74%
2 Maloney, Anneline	W49 GNMA	19,88m	25,28m 32,83%

W50 Hammer Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Flynn, Judy	W53 GNMA	35,61m	45,71m 59,37%
2 Bridgland, Esmarie	W50 GNMA	20,22m	25,95m 33,71%

W55 Hammer Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Claassen, Zelda	W59 Cga	31,42m	43,93m 57,07%
2 Hennop, Ansie	W56 GNMA	27,20m	38,03m 49,40%
3 Crafford, Adrie	W56 GNMA	19,36m	27,07m 35,16%

W65 Hammer Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Erasmus, Zelda	W66 WPA	23,48m	40,00m 51,96%
2 Griesel, Ronel	W66 Boland	21,83m	37,19m 48,31%
3 Van Eck, Suzi	W69 GNMA	19,75m	33,65m 43,70%

W70 Hammer Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Ferreira, Mercia	W70 Cga	19,72m	37,78m 49,07%

M35 Hammer Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Van Vreden, Juan	M37 Cga	35,61m	36,67m 42,29%

M40 Hammer Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Van Zyl, Smit	M40 GNMA	26,32m	29,61m 34,14%
2 Nolte, Schakwi	M43 GNMA	25,45m	28,63m 33,01%
3 Nel, Hennie	M43 Cga	23,68m	26,64m 30,72%
4 Schuster, Otto	M44 AFS	18,50m	20,81m 24,00%

M45 Hammer Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Harmse, Chris	M45 AFS	70,73m	87,68m101,09%
2 Venter, Martin	M48 GNMA	47,37m	58,72m 67,70%
3 Swanepoel, Jan	M47 GNMA	36,66m	45,44m 52,39%
4 Roode, Eurard	M45 Cga	33,61m	41,66m 48,03%
5 Plews, Martin	M46 GNMA	27,59m	34,20m 39,43%
6 Jacobs, Leon	M49 AVT	27,41m	33,98m 39,17%
7 Van Zyl, Awie	M45 GNMA	26,52m	32,87m 37,90%
8 Pubalakan, Trevor	M47 GNMA	25,40m	31,48m 36,30%
9 Kruger, Peet	M46 GNMA	20,69m	25,64m 29,57%

M50 Hammer Throw

Name	Age Team	Finals	Age-Grading Alternate
------	----------	--------	-----------------------

1 De Beer, Andre	M50 Cga	39,64m	47,02m	54,22%
2 Ras, Gerald	M53 GNMA	30,40m	36,06m	41,58%

M55 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M57 GNMA	48,49m	63,74m	73,48%
2 Ras, Peter	M56 GNMA	36,90m	48,50m	55,92%
3 Bezuidenhout, Vic	M57 GNMA	34,88m	45,84m	52,86%

M60 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Kichenbrand, Stephen	M61 GNMA	41,26m	53,97m	62,23%

M65 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Du Plessis, Slappie	M67 GNMA	33,47m	49,05m	56,56%
2 Erasmus, Nick	M68 WPA	23,12m	33,88m	39,07%

M70 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M71 GNMA	38,72m	56,23m	64,84%

M80 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Rzepecki, Andrzej	M82 Kwa-Zulu Natal	41,73m	77,84m	89,74%
2 Stoltz, Jan	M82 GNMA	26,88m	50,14m	57,81%

M85 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Hazell, Des	M85 GNMA	18,04m	40,07m	46,20%
2 Grobler, Frans	M87 GNMA	14,12m	31,36m	36,16%

W30 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Van Vreden, Linda	W33 Cga	50,17m	50,17m 68,73%
2 van der Merwe, Shona	W32 GNMA	20,77m	20,77m 28,45%

W40 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Strauss, Michelle	W44 GNMA	22,93m	26,31m 36,04%

W45 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Louw, Charmaine	W47 GNMA	25,17m	31,40m 43,03%
2 Maloney, Anneline	W49 GNMA	13,10m	16,34m 22,39%

W50 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Flynn, Judy	W53 GNMA	28,21m	37,08m 50,80%
2 Horn, Alta	W51 AFS	24,12m	31,71m 43,44%
3 Smith, Elmarie	W50 AMP	20,00m	26,29m 36,02%
4 Pretorius, Engelina	W54 CNWA	18,30m	24,05m 32,96%

W55 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Coetzee, Louise	W58 GNMA	24,06m	34,84m 47,73%
2 Minnie, Valerie	W59 GNMA	20,64m	29,89m 40,94%
3 Gouws, Makkie	W57 GNMA	17,24m	24,96m 34,20%
4 Hennop, Ansie	W56 GNMA	16,30m	23,60m 32,33%
5 Du Plessis, Eveline	W59 AFS	14,14m	20,47m 28,05%
6 Claassen, Zelda	W59 Cga	13,62m	19,72m 27,02%

W60 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Van Dyk, Annette	W64 GNMA	19,36m	31,20m 42,75%
2 Du Toit, Baby	W62 GNMA	15,15m	24,41m 33,45%

W65 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Erasmus, Zelda	W66 WPA	19,08m	34,67m 47,50%
2 Griesel, Ronel	W66 Boland	15,85m	28,80m 39,46%
3 Van Eck, Suzi	W69 GNMA	11,21m	20,36m 27,91%

W70 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Ferreira, Mercia	W70 Cga	16,80m	35,26m 48,30%
2 Vosloo, Ella	W70 Cga	14,62m	30,69m 42,04%

W75 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Venter, Hester	W78 GNMA	11,27m	25,68m 35,19%
2 Grobler, Babsie	W75 GNMA	9,13m	20,81m 28,50%

M35 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Van Vreden, Juan	M37 Cga	33,52m	33,94m 34,47%

M40 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Van Zyl, Smit	M40 GNMA	37,77m	41,02m 41,66%
2 Schuster, Otto	M44 AFS	37,60m	40,84m 41,47%
3 Nolte, Schakwi	M43 GNMA	33,99m	36,91m 37,49%
4 Van Heerden, Adriaan	M42 GNMA	22,60m	24,54m 24,93%

M45 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Plews, Martin	M46 GNMA	36,92m	43,25m 43,92%
2 Verster, Jaco	M47 GNMA	36,75m	43,05m 43,72%
3 Bond, Gavin	M47 GNMA	34,94m	40,93m 41,57%
4 Roode, Eurard	M45 Cga	32,34m	37,88m 38,47%

M50 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Hennop, Stef	M53 GNMA	35,70m	43,83m 44,51%
2 Bartleman, Andre	M53 AFS	33,68m	41,35m 41,99%

M55 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Bezuidenhout, Vic	M57 GNMA	42,42m	56,75m 57,64%

M60 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Kichenbrand, Stephen	M61 GNMA	48,41m	68,45m 69,50%
2 Ferreira, Frik	M63 GNMA	30,92m	43,72m 44,39%
3 Nortje, Andre	M60 GNMA	18,81m	26,59m 27,01%

M65 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Ludeke, Dave	M66 GNMA	44,28m	69,16m 70,23%
2 Du Plessis, Slappie	M67 GNMA	28,07m	43,84m 44,52%
3 Erasmus, Nick	M68 WPA	20,80m	32,48m 32,99%

M70 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Sterley, Dereck	M71 GNMA	38,74m	65,08m 66,09%

M80 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Rzepecki, Andrzej	M82 Kwa-Zulu Natal	26,00m	54,47m 55,32%
2 Stern, Eddy	M81 Cga	22,70m	47,56m 48,30%
3 Stoltz, Jan	M82 GNMA	17,80m	37,29m 37,87%
4 Basson, Renier	M80 GNMA	12,40m	25,98m 26,38%

M85 Javelin Throw

Name	Age Team	Finals	Age-Grading Alternate
------	----------	--------	-----------------------

=====
1 Grobler, Frans M87 GNMA 8,77m 21,37m 21,71%
=====

W40 Weight Throw

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Strauss, Michelle W44 GNMA 10,31m 12,21m 51,78%
=====

W45 Weight Throw

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Maloney, Anneline W49 GNMA 6,43m 8,33m 35,29%
=====

W50 Weight Throw

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Flynn, Judy W53 GNMA 13,15m 15,54m 65,88%
2 Horn, Alta W51 AFS 7,48m 8,84m 37,47%
3 Pretorius, Engelina W54 CNWA 6,27m 7,41m 31,41%
=====

W55 Weight Throw

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Hennop, Ansie W56 GNMA 9,02m 11,65m 49,37%
2 Coetzee, Louise W58 GNMA 8,99m 11,61m 49,21%
3 Claassen, Zelda W59 Cga 8,64m 11,16m 47,29%
=====

W65 Weight Throw

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Erasmus, Zelda W66 WPA 12,08m 16,01m 67,87%
2 Griesel, Ronel W66 Boland 10,13m 13,43m 56,91%
3 Van Eck, Suzi W69 GNMA 10,05m 13,32m 56,46%
=====

W70 Weight Throw

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Ferreira, Mercia W70 Cga 10,44m 15,31m 64,89%
=====

M35 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Van Vreden, Juan	M37 Cga	11,77m	12,00m 46,43%

M40 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Nolte, Schakwi	M43 GNMA	9,38m	10,22m 39,53%
2 Van Zyl, Smit	M40 GNMA	9,08m	9,89m 38,26%
3 Schuster, Otto	M44 AFS	8,93m	9,73m 37,63%
4 Nel, Hennie	M43 Cga	8,46m	9,21m 35,65%

M45 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Venter, Martin	M48 GNMA	14,76m	17,26m 66,76%
2 Swanepoel, Jan	M47 GNMA	14,10m	16,49m 63,77%
3 Watson, Rowan	M49 GNMA	11,28m	13,19m 51,02%
4 Plews, Martin	M46 GNMA	10,91m	12,76m 49,34%
5 Roode, Eurard	M45 Cga	10,55m	12,34m 47,72%

M50 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 De Beer, Andre	M50 Cga	13,81m	14,48m 56,00%
2 Ras, Gerald	M53 GNMA	11,98m	12,56m 48,58%
3 Hennop, Stef	M53 GNMA	8,98m	9,41m 36,42%

M55 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Haupt, Burton	M57 GNMA	16,96m	19,03m 73,61%
2 Bezuidenhout, Vic	M57 GNMA	13,72m	15,40m 59,55%
3 Ras, Peter	M56 GNMA	13,02m	14,61m 56,51%

M60 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Kichenbrand, Stephen	M61 GNMA	15,48m	16,13m 62,39%

M65 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Du Plessis, Slappie	M67 GNMA	13,12m	14,63m 56,58%
2 Erasmus, Nick	M68 WPA	10,42m	11,62m 44,93%

M70 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Sterley, Dereck	M71 GNMA	16,66m	19,00m 73,49%

M80 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Rzepecki, Andrzej	M82 Kwa-Zulu Natal	18,00m	23,47m 90,77%
2 Stoltz, Jan	M82 GNMA	11,07m	14,43m 55,82%

M85 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Hazell, Des	M85 GNMA	9,95m	14,37m 55,62%
2 Grobler, Frans	M87 GNMA	6,89m	9,95m 38,51%

W40 Greek Discus Greek discus

Name	Age Team	Finals	Age-Grading Alternate
1 Strauss, Michelle	W44 GNMA	12,50m	

W45 Greek Discus Greek discus

Name	Age Team	Finals	Age-Grading Alternate
1 Maloney, Anneline	W49 GNMA	9,70m	

W50 Greek Discus Greek discus

Name	Age Team	Finals	Age-Grading Alternate
1 Flynn, Judy	W53 GNMA	18,75m	
2 Horn, Alta	W51 AFS	13,31m	
3 Pretorius, Engelina	W54 CNWA	11,50m	

W55 Greek Discus Greek discus

Name	Age Team	Finals	Age-Grading Alternate
1 Minnie, Valerie	W59 GNMA	15,50m	
2 Hennop, Ansie	W56 GNMA	13,98m	
3 Claassen, Zelda	W59 Cga	12,67m	
4 Coetzee, Louise	W58 GNMA	12,36m	

W65 Greek Discus Greek discus

Name	Age Team	Finals	Age-Grading Alternate
1 Erasmus, Zelda	W66 WPA	13,27m	
2 Griesel, Ronel	W66 Boland	12,63m	
3 Van Eck, Suzi	W69 GNMA	10,95m	

W70 Greek Discus Greek discus

Name	Age Team	Finals	Age-Grading Alternate
1 Ferreira, Mercia	W70 Cga	12,14m	
2 Vosloo, Ella	W70 Cga	11,29m	

W75 Greek Discus Greek discus

Name	Age Team	Finals	Age-Grading Alternate
1 Rzepecka, Yana	W75 Kwa-Zulu Natal	11,91m	

M35 Greek Discus Greek discus

Name	Age Team	Finals	Age-Grading Alternate
1 Van Vreden, Juan	M37 Cga	18,09m	

M40 Greek Discus Greek discus

Name	Age Team	Finals	Age-Grading Alternate
1 Van Zyl, Smit	M40 GNMA	16,99m	
2 Schuster, Otto	M44 AFS	16,98m	
3 Nolte, Schakwi	M43 GNMA	15,25m	
4 Nel, Hennie	M43 Cga	14,67m	

M45 Greek Discus Greek discus

Name	Age Team	Finals	Age-Grading Alternate
1 Swanepoel, Jan	M47 GNMA	26,83m	
2 Watson, Rowan	M49 GNMA	20,91m	
3 Venter, Martin	M48 GNMA	20,64m	
4 Roode, Eurard	M45 Cga	15,70m	

M50 Greek Discus Greek discus

Name	Age Team	Finals	Age-Grading Alternate
1 Hennop, Stef	M53 GNMA	14,19m	

M55 Greek Discus Greek discus

Name	Age Team	Finals	Age-Grading Alternate
1 Haupt, Burton	M57 GNMA	26,17m	
2 Bezuidenhout, Vic	M57 GNMA	22,84m	

M60 Greek Discus Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Kichenbrand, Stephen	M61 GNMA	21,21m	
2 Ferreira, Frik	M63 GNMA	17,51m	

M65 Greek Discus Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Du Plessis, Slappie	M67 GNMA	17,84m	
2 Erasmus, Nick	M68 WPA	14,61m	
3 Smit, Reuben	M68 GNMA	13,83m	

M75 Greek Discus Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Horn, Louis	M75 AVT	16,79m	

M80 Greek Discus Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
------	----------	--------	-----------------------

=====
1 Stoltz, Jan M82 GNMA 15,76m
=====

M85 Greek Discus Greek Discus

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Hazell, Des M85 GNMA 11,08m
=====

W45 3000 Meter Race Walk

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Serdyn, Mariaan W48 GNMA 17:21,45 16:03,35 72,14%
2 Ntsombo, Agnes W45 Cga 28:16,78 26:09,53 44,28%
=====

W50 3000 Meter Race Walk

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Ruck, Celeste W53 GNMA 19:33,40 17:21,40 66,74%
=====

W60 3000 Meter Race Walk

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Gericke, Nicolene W60 GNMA 22:25,44 18:04,30 64,10%
=====

W70 3000 Meter Race Walk

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Meyer, Elsa W72 GNMA 18:52,27 13:25,95 86,23%
2 Clements, Jeanette W73 GNMA 28:40,47 20:24,64 56,75%
=====

M35 3000 Meter Race Walk

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Mzwakhe, Kobue M37 GNMA 14:23,14 14:05,80 74,65%
=====

M50 3000 Meter Race Walk

=====
Name Age Team Finals Age-Grading Alternate
=====

1 Reynolds, Keith M51 GNMA 16:45,74 14:38,52 71,87%
=====

2 Thwahlaka, Teboho M54 Cga 19:27,25 16:59,60 61,93%

M55 3000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Bester, Jan	M59 GNMA	16:54,54	14:08,57	74,41%
2 Jooste, Hennie	M58 GNMA	18:26,94	15:25,85	68,20%

M60 3000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Labuschagne, Danie	M63 GNMA	18:20,83	14:38,47	71,88%

M65 3000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Turner, Tony	M69 Cga	20:18,63	15:23,12	68,40%

M75 3000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 van den Raad, Gerard	M75 GNMA	19:38,10	13:09,80	79,95%
2 Clements, Fred	M75 GNMA	20:54,01	14:00,69	75,11%

W35 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Lubbe, Natalie	W35 GNMA	35:08,29	34:48,48	56,84%

W40 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Viljoen, Ronel	W40 GNMA	28:29,69	27:25,58	72,13%

W45 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Serdyn, Mariaan	W48 GNMA	29:01,63	26:51,01	73,68%
2 Kruger, Chene	W46 GNMA	41:44,71	38:36,86	51,23%

W50 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 van der Schyf, Isabelle	W52 GNMA	31:27,08	27:53,09 70,95%
2 Ruck, Celeste	W53 GNMA	32:10,65	28:31,72 69,35%

W55 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Van Buuren, Lesley	W56 Cga	28:01,34	23:40,91 83,54%
2 Breytenbach, Ansie	W55 GNMA	31:04,92	26:16,05 75,32%
3 Van Wyngaardt, Estien	W58 GNMA	31:43,34	26:48,52 73,80%
4 Kichenbrand, Frances	W57 GNMA	31:51,41	26:55,34 73,48%
5 Botha, Ronelle	W56 Cga	34:08,02	28:50,79 68,58%
6 Nortmann, Tinkie	W58 GNMA	35:18,60	29:50,43 66,30%

W60 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Willemse, Lucia	W64 GNMA	33:21,55	26:42,25 74,08%
2 Gericke, Nicolene	W60 GNMA	35:15,10	28:13,14 70,11%

W65 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Koekemoer, Winnie	W68 GNMA	31:18,76	23:34,34 83,93%
2 Smook, Manda	W69 Cga	34:44,38	26:09,13 75,65%

W70 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Meyer, Elsa	W72 GNMA	31:20,11	21:59,84 89,94%
2 Clements, Jeanette	W73 GNMA	45:12,75	31:44,36 62,33%

M35 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Mzwakhe, Kobue	M37 GNMA	24:37,60	24:09,97 74,32%

M45 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Appel, Joseph	M49 GNMA	28:00,40	25:33,87 70,25%
2 Van Dyk, Eugene	M47 GNMA	32:00,60	29:13,13 61,47%

M50 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Phillips, Kevin	M54 Cga	25:56,00	22:42,91 79,07%
2 Reynolds, Keith	M51 GNMA	27:49,30	24:22,15 73,70%
3 Thwahlaka, Teboho	M54 Cga	34:35,40	30:17,85 59,28%

M55 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Oosthuizen, Frans	M57 GNMA	26:45,30	22:26,85 80,01%
2 Britz, Chris	M55 GNMA	27:44,30	23:16,35 77,17%
3 Bester, Jan	M59 GNMA	28:26,10	23:51,42 75,28%
4 Jooste, Hennie	M58 GNMA	31:30,90	26:26,47 67,92%

M60 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Labuschagne, Danie	M63 GNMA	30:37,31	24:30,96 73,26%
2 Zalani, Stephen	M64 Cga	40:14,02	32:12,67 55,76%

M65 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Callaghan, Chris	M65 GNMA	32:30,33	24:42,26 72,70%
2 Turner, Tony	M69 Cga	32:33,08	24:44,35 72,60%
3 Smook, Hendry	M69 Cga	36:14,08	27:32,31 65,22%

M70 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Redelinghuys, Wessel	M71 AMP	38:50,61	27:51,05 64,49%

M75 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 van den Raad, Gerard	M75 GNMA	32:28,26	21:48,85 82,33%
2 Clements, Fred	M75 GNMA	35:01,07	23:31,50 76,34%

M80 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Muir, Neville	M80 GNMA	46:01,18	28:44,09 62,50%

====
late
====

====
late
====

====
late
====

===
late
===

====
late
====

====
late
====

====
late
====

====
late
====

====
rate
====

====
rate
====

ii
:e
ii

ii
:e
ii

ii
:e
ii

ii
:e
ii

il
:e
il

il
:e
il

il
:e
il

====
late
====

====
late
====

====
late
====

====
late
====

====
late
====

ii
:e
ii

ii
:e
ii

ii
:e
ii

ii

:e
||

||
:e
||

||
:e
||

||
:e
||

||
:e
||

||
:e
||

||
:e
||

||

:e
ii

ii
:e
ii

ii
:e
ii

ii
:e
ii

ii
:e
ii

ii
:e
ii

ii
:e
ii

ii
:e
ii

