

## Hersiende Uitslae 30 November 2013

30 November 2013

Place	Event	Age Gr	Name	Prov	Result	Record	Medal	Records		
								SA	SWD	OPE
1	100m	F30	Van Aswegen Yolanda	NW	<b>13.18</b>		Gold	11,8	13,6	12,9
2	100m	F30	Prinsloo Lizel	SWD	<b>16.21</b>		Silver	11,8	13,6	12,9
3	100m	F30	Claassen Leonie	SWD	<b>16.62</b>		Bronze	11,8	13,6	12,9
	100m	F35	Watson Marlett	SWD	<b>DNS</b>			12,1	13.09	12,9
1	100m	F40	Du Plessis Riana	SWD	<b>14.94</b>		Gold	12,16	13,7	12,9
1	100m	F45	Willemse Guste	SWD	<b>14.92</b>		Gold	12,5	14.0	13,7
2	100m	F45	Gelderblom Sureta	WP	<b>15.31</b>		Silver	12,5	14.0	13,7
3	100m	F45	Brown Marianne	SWD	<b>20.08</b>		Bronze	12,5	14.0	13,7
1	100m	F50	Beukes Ronel	BOL	<b>14.28</b>		Gold	13,17	14,4	13,7
1	100m	F55	Liebenberg Sollie	SWD	<b>17.74</b>		Gold	14,29	15,24	14,74
2	100m	F55	Kent Judith	SWD	<b>22.67</b>		Silver	14,29	15,24	14,74
1	100m	F65	Ungerer Toy	SWD	<b>16.02</b>		Gold	14,93	14.93	16.0
1	100m	F75	Johnson Magdaline	WP	<b>20.86</b>		Gold	17,37	22,99	20.33
1	100m	M35	Venter Jannie	EP	<b>12.66</b>		Gold	10,3	11,64	11,3
2	100m	M35	Thembiakosi Jumba	EP	<b>13.81</b>		Silver	10,3	11,64	11,3
3	100m	M35	Richenberg Marshall	SWD	<b>13.04</b>					
1	100m	M40	Solomon Anthony	BOL	<b>12.42</b>		Gold	10,7	11,1	11,7
2	100m	M40	Du Toit Johan	SWD	<b>13.45</b>		Silver	10,7	11,1	11,7
3	100m	M40	Brinkhuis Aubrey	SWD	<b>13.53</b>		Bronze	10,7	11,1	11,7
1	100m	M45	Plotz Robert	SWD	<b>13.02</b>		Gold	11,1	11,7	12.0
2	100m	M45	Neff Freddie	WP	<b>13.28</b>		Silver	11,1	11,7	12.0
	100m	M45	De Swardt Hennie	SWD	<b>DNS</b>			11,1	11,7	12.0
1	100m	M50	Van Daalen Dirk	WP	<b>14.45</b>		Gold	11,65	12.0	11,7
2	100m	M50	Swanepoel Chris	WP	<b>14.99</b>		Silver	11,65	12.0	11,7
3	100m	M50	Ngxale James	SWD	<b>15.46</b>		Bronze	11,65	12.0	11,7
	100m	M50	Kotze Dirk BJ	SWD	<b>DNS</b>			11,65	12.0	11,7
1	100m	M60	Swiegers Johan	SWD	<b>14.48</b>		Gold	12,91	13,7	13.48
2	100m	M60	Groepe Vergil W	SWD	<b>15.42</b>		Silver	12,91	13,7	13.48
1	100m	M65	Figland Edgar	WP	<b>16.05</b>		Gold	13,1	14,6	13,8
	100m	M70	van Rensburg Philip	SWD	<b>16.14</b>					
1	100m	M75	Van Zyl Jakobus	WP	<b>15.62</b>		Gold	14,06	16.87	15.10
2	100m	M75	Cross Ron	WP	<b>16.20</b>		Silver	14,06	16.87	15.10
3	100m	M75	Brown Peter	SWD	<b>17.30</b>		Bronze	14,06	16.87	15.10
4	100m	M75	Kruger Theo	SWD	<b>19.40</b>			14,06	16.87	15.10
1	100m	M80	Ridge Arthur	WP	<b>17.55</b>		Gold	14,3	0	17.12

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Place	Event	Age Gr	Name	Prov	Result	Record	Medal	Records		
								SA	SWD	OPE
1	200m	F30	Van Aswegen Yolanda	NW	<b>26.61</b>	OPE	Gold	24.60	27,5	26,9
2	200m	F30	Prinsloo Lizel	SWD	<b>34.18</b>		Silver	24.60	27,5	26,9
3	200m	F30	Claassen Leonie	SWD	<b>34.47</b>		Bronze	24.60	27,5	26,9
1	200m	F35	Deveneuil Vicci	SWD	<b>33.37</b>		Gold	24.90	26.84	26,3
1	200m	F40	Riana du Plessis	SWD	<b>29.91</b>		Gold	24.46	28,1	26,6
2	200m	F40	Meyer Carmen	NW	<b>31.18</b>		Silver	24.46	28,1	26,6
1	200m	F45	Brown Marianne	SWD	<b>43.05</b>		Gold	24.86	29,15	28,2
1	200m	F50	Beukes Ronel	BOL	<b>28.80</b>	OPE	Gold	26.95	31.0	29.0
1	200m	F55	Liebenberg Sollie	SWD	<b>36.08</b>		Gold	29.30	34.00	29,74
	200m	F55	Kent Judith	SWD	<b>46.07</b>			29.30	34.00	29,74
1	200m	F65	Ungerer Toy	SWD	<b>32.97</b>		Gold	30.92	30.92	34,2
1	200m	M30	Rheeders Johan	BOL	<b>25.48</b>		Gold	21.2	24.01	23,2
1	200m	M35	Venter Jannie	EP	<b>25.26</b>		Gold	21,2	23.53	23,5
2	200m	M35	Richenberg Marshall	SWD	<b>25.43</b>		Silver	21,2	23.53	23,5
3	200m	M35	Thembiakosi Jumba	EP	<b>29.61</b>		Bronze	21,2	23.53	23,5
1	200m	M40	Solomon Anthony	BOL	<b>25.77</b>		Gold	22.0	22,7	23,6
2	200m	M40	Brinkhuis Aubrey	SWD	<b>26.66</b>		Silver	22.0	22,7	23,6
1	200m	M45	Plotz Robert	SWD	<b>25.79</b>		Gold	22,9	24,7	24,1
2	200m	M45	Neff Freddie	WP	<b>27.08</b>		Silver	22,9	24,7	24,1
3	200m	M45	Van Wyk Chris	SWD	<b>27.23</b>		Bronze	22,9	24,7	24,1
4	200m	M45	De Swardt Hennie	SWD	<b>31.33</b>			22,9	24,7	24,1
	200m	M45	McCarthy Christopher	SWD	<b>DNS</b>			22,9	24,7	24,1
1	200m	M50	Ngxale James	SWD	<b>30.42</b>		Gold	23,29	25,4	24.8
1	200m	M60	Windt Johan	SWD	<b>27.99</b>	SWD	Gold	25.80	29,2	27,5
2	200m	M60	Swiegers Johan	SWD	<b>28.24</b>	SWD	Silver	25.80	29,2	27,5
3	200m	M60	Groepe Vergil W	SWD	<b>31.42</b>		Bronze	25.80	29,2	27,5
1	200m	M65	Figland Edgar	WP	<b>36.42</b>		Gold	26,99	30,64	28,83
1	200m	M70	Stuart Les	SWD	<b>32.74</b>		Gold	27,5	30.0	29,34
1	200m	M75	Van Zyl Jakobus	WP	<b>31.99</b>		Gold	29,4	36.51	31.00
2	200m	M75	Brown Peter	SWD	<b>35.52</b>	SWD	Silver	29,4	36.51	31.00
3	200m	M75	Kruger Theo	SWD	<b>41.23</b>		Bronze	29,4	36.51	31.00
	200m	M75	Cross Ron	WP	<b>DNS</b>			29,4	36.51	31.00
1	200m	M80	Ridge Arthur	WP	<b>36.19</b>		Gold	32,18	0	35.04

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Place	Event	Age Gr	Name	Prov	Result	Record	Medal	Records		
								SA	SWD	OPE
1	400m	F30	Prinsloo Lizel	SWD	<b>79.47</b>		Gold	55,99	60,6	65,8
1	400m	F40	Du Plessis Riana	SWD	<b>68.85</b>		Gold	56.30	65,06	62,9
2	400m	F40	Meyer Carmen	NW	<b>69.01</b>		Silver	56.30	65,06	62,9
1	400m	F55	Liebenberg Sollie	SWD	<b>91.72</b>		Gold	67.40	83,8	67,4
2	400m	F55	Kent Judith	SWD	<b>112.40</b>		Silver	67.40	83,8	67,4
1	400m	F65	Ungerer Toy	SWD	<b>77.82</b>		Gold	72.80	72.80	94,2
1	400m	M30	Rheeders Johan	BOL	<b>56.83</b>		Gold	48,95	53.46	52,5
	400m	M30	Snyman Reichard	SWD	<b>DNS</b>			48,95	53.46	52,5
1	400m	M35	Morolo Thozi	WP	<b>54.43</b>		Gold	47,9	53,8	52,8
2	400m	M35	Venter Jannie	EP	<b>60.13</b>		Silver	47,9	53,8	52,8
1	400m	M40	Brinkhuis Aubrey	SWD	<b>63.34</b>		Gold	49,7	52,7	52,9
	400m	M40	Sass Graham	SWD	<b>DNS</b>			49,7	52,7	52,9
1	400m	M45	Russell Scott	WP	<b>62.50</b>		Gold	51,2	53,64	53.00
2	400m	M45	Van Wyk Chris	SWD	<b>63.92</b>		Silver	51,2	53,64	53.00
	400m	M45	McCarthy Christopher	SWD	<b>DNS</b>			51,2	53,64	53.00
1	400m	M50	Kalp Frans	SWD	<b>59.28</b>		Gold	52.50	55.80	56.5
2	400m	M50	Ngxale James	SWD	<b>68.4</b>		Silver	52.50	55.80	56.5
1	400m	M60	Windt Johan	SWD	<b>65.29</b>	SWD	Gold	55,53	68,8	64,6
	400m	M60	Swiegers Johan	SWD	<b>DNS</b>			55,53	68,8	64,6
1	400m	M70	Stuart Les	SWD	<b>86.01</b>		Gold	64,16	78.50	71,5
1	400m	M75	Brown Peter	SWD	<b>81.03</b>		Gold	66,88	77.30	0
1	400m	M80	Ridge Arthur	WP	<b>97.49</b>		Gold	72,8	0	92.63
1	800m	F35	Hegerty Linda	SWD	<b>2:49.07</b>		Gold	2:08.0	2:17.97	2:28.0
2	800m	F35	Deveneul Vicci	SWD	<b>3:22.21</b>		Silver	2:08.0	2:17.97	2:28.0
1	800m	F55	Botes Annatjie	SWD	<b>2:53.17</b>		Gold	2:41.3	2:47.68	2:41.3
2	800m	F55	Liebenberg Sollie	SWD	<b>3:32.57</b>		Silver	2:41.3	2:47.68	2:41.3
3	800m	F55	Kent Judith	SWD	<b>4:07.9</b>		Bronze	2:41.3	2:47.68	2:41.3
1	800m	M30	Rheeders Johan	BOL	<b>2:08.93</b>		Gold	1:49.60	2:05.84	2:00.7
	800m	M30	Snyman Reichard	SWD	<b>2:32.54</b>			1:49.60	2:05.84	2:00.7
1	800m	M35	Richenberg Marshall	SWD	<b>2:23.23</b>		Gold	1:49.40	2:05.26	2:00.8
	800m	M35	Mortlock Marlin	SWD	<b>DNS</b>			1:49.40	2:05.26	2:00.8
1	800m	M40	Brinkhuis Aubrey	SWD	<b>2:29.86</b>		Gold	1:55.80	2:03.0	2:05.1
	800m	M40	Sass Graham	SWD	<b>DNS</b>			1:55.80	2:03.0	2:05.1
1	800m	M45	Viljoen Gerhard	CGA	<b>2:14.35</b>		Gold	1:59.09	2:05.93	2:13.6
2	800m	M45	McCarthy Christopher	SWD	<b>DNS</b>			1:59.09	2:05.93	2:13.6
	800m	M45	De Swardt Hennie	SWD	<b>DNS</b>			1:59.09	2:05.93	2:13.6
	800m	M45	Van Wyk Chris	SWD	<b>2:29.86</b>			1:59.09	2:05.93	2:13.6

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Place	Event	Age Gr	Name	Prov	Result	Record	Medal	Records		
								SA	SWD	OPE
1	800m	M50	Kotze Dirk BJ	SWD	<b>2:30.35</b>		Gold	2:01.86	2:19.8	2:10.5
	800m	M50	Ngxale James	SWD	<b>2:39.1</b>			2:01.86	2:19.8	2:10.5
	800m	M60	Windt Johan	SWD	<b>2:36.13</b>			2:16.49	2:27.28	2:32.9
	800m	M65	Cleophas Henry	WP	<b>2:59.13</b>			2:30.70	2:43.08	2:54.6
	800m	M70	Stuart Les	SWD	<b>3:07.00</b>			2:31.71	3:06.51	2:47.7
	800m	M75	Brown Peter	SWD	<b>3:00.67</b>			2:37.04	3:05.38	4:00.69
1	1500m	F55	Botes Annatjie	SWD	<b>5:45.1</b>		Gold	5:31.1	5:44.77	5:16.3
1	1500m	M35	Richenberg Marshall	SWD	<b>4:45.7</b>		Gold	3:54.04	4:13.84	4:09.0
	1500m	M35	Mortlock Marlin	SWD	<b>DNS</b>			3:54.04	4:13.84	4:09.0
	1500m	M40	Sass Graham	SWD	<b>DNS</b>			3:58.90	4:28.8	4:28.4
1	1500m	M45	Viljoen Gerhard	CGA	<b>4:29.4</b>	OPE	Gold	4:03.13	4:35.02	4:33.9
2	1500m	M45	Slechter Marius	SWD	<b>4:31.44</b>	SWD	Silver	4:03.13	4:35.02	4:33.9
3	1500m	M45	De Swardt Hennie	SWD	<b>6:05.3</b>		Bronze	4:03.13	4:35.02	4:33.9
	1500m	M45	Nise Alfred	SWD	<b>DNS</b>			4:03.13	4:35.02	4:33.9
	1500m	M45	McCarthy Christopher	SWD	<b>DNS</b>			4:03.13	4:35.02	4:33.9
1	1500m	M50	Kotze Dirk BJ	SWD	<b>5:10.3</b>		Gold	4:18.94	4:48.3	4:54.0
2	1500m	M50	Ngxale James	SWD	<b>5:40.6</b>		Silver	4:18.94	4:48.3	4:54.0
1	1500m	M60	Lamprecht Lampies	SWD	<b>6:59.1</b>		<b>LAAT</b>			
	1500m	M65	Cleophas Henry	WP	<b>DNS</b>			4:59.97	6:07.0	0
1	1500m	M70	Stuart Les	SWD	<b>6:06.5</b>	SWD	Gold	5:11.59	6:31.53	0
1	1500m	M75	Brown Peter	SWD	<b>6:09.6</b>		Gold	5:48.84	5:33.60	8:57.6
	5000m	M30	Pretorius Juan	SWD	<b>17:13.17</b>			14:16.25	16:02.0	15:54.0
			Mortlock Marlin	SWD	<b>DNS</b>					
	5000m	M40	Sass Graham	SWD	<b>DNS</b>			15:06.30	16:2.0	16:40.0
	5000m	M45	De Swardt Hennie	SWD	<b>25:08.46</b>			15:19.68	17:13.35	17:26.5
	5000m	M45	Nise Alfred	SWD	<b>DNS</b>			15:19.68	17:13.35	17:26.5
	5000m	M50	Kotze Dirk BJ	SWD	<b>DNS</b>			16:01.50	17:04.26	17:35.8
	5000m	M60	Lamprecht Lampies	SWD	<b>26:22.76</b>		<b>LAAT</b>			
	5000m	M70	Stuart Les	SWD	<b>23:23.58</b>			19:40.94	23:08.04	0
	10000m	M45	Nise Alfred	SWD	<b>DNS</b>			32:24.89	33:37.0	36:33.9
1	10000m	M65	Cleophas Henry	WP	<b>51:35.70</b>	OPE	Gold	39:07.98	0	0
1	110m Hurdle	M35	Venter Jannie	EP	<b>18.68</b>		Gold	14,02	23.01	16,7
2	110m Hurdle	M35	Hegerty Adrian	SWD	<b>22.71</b>	SWD	Silver	14,02	23.01	16,7
	110m Hurdle	M45	Russell Scott	WP	<b>DNS</b>			14,9	19,16	18.65
1	100m Hurdle	M50	Van Daalen Dirk	WP	<b>21.8</b>		Gold			
1	100m Hurdle	F35	Deveneuil Vicci	SWD	<b>22.42</b>		Gold	14,7	16.7	19,2
	100m Hurdle	F30	Scholtz Ane	SWD	<b>DNS</b>			14,6	0	18,2
1	80m Hurdles	F45	Gelderblom Sureta	WP	<b>16.4</b>		Gold			
	400m Hurdle	F30	Scholtz Ane	SWD	<b>DNS</b>			58,79	0	0
	400m Hurdle	F35	Deveneuil Vicci	SWD	<b>86.71</b>	SWD		62,1	0	0

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Place	Event	Age Gr	Name	Prov	Result	Record	Medal	Records		
								SA	SWD	OPE
1	400m Hurdle	M35	Roos Mihan	SWD	<b>67.44</b>	SWD	Gold	56,4	71,7	64,2
	400m Hurdle	M45	Russell Scott	WP	<b>DNS</b>			57,02	66,14	66,2
1	High Jump	F35	Watson Marlett	SWD	<b>1.55</b>		Gold	1,82	1,62	1.45
2	High Jump	F35	Deveneuil Vicci	SWD	<b>1.30</b>		Silver	1,82	1,62	1.45
1	High Jump	F40	Shaik Carmila	BOL	<b>1.30</b>	OPE	Gold	1.70	1.58	1.20
1	High Jump	F45	Gelderblom Sureta	WP	<b>1.00</b>		Gold			
1	High Jump	F50	Basson Jaqueline	WP	<b>1.10</b>		Gold	1,33	1.09	1,25
1	High Jump	M30	Rheeders Johan	BOL	<b>1.61</b>		Gold			
1	High Jump	M35	Roos Mihan	SWD	<b>1.5</b>		Gold	2,01	1,72	1,85
1	High Jump	M40	Boshoff Jaco	AGN	<b>1.45</b>		Gold	1,86	1.66	1,75
1	High Jump	M45	De Swardt Hennie	SWD	<b>1.10</b>		Gold	1.92	1,58	1,77
1	High Jump	M50	Van Daalen Dirk	WP	<b>1.40</b>		Gold			
1	High Jump	M70	Heunis Dawie	SWD	<b>1.20</b>		Gold			
1	Long Jump	F30	Van Aswegen Yolanda	NW	<b>4.85</b>		Gold	6,18	4,65	5,71
2	Long Jump	F30	Prinsloo Lizel	SWD	<b>3.67</b>		Silver	6,18	4,65	5,71
3	Long Jump	F30	Meyer Vicky	SWD	<b>3.46</b>		Bronze	6,18	4,65	5,71
	Long Jump	F30	Scholtz Ane	SWD	<b>DNS</b>			6,18	4,65	5,71
1	Long Jump	F35	Watson Marlett	SWD	<b>4.50</b>		Gold	6,58	4,76	4,74
2	Long Jump	F35	Deveneuil Vicci	SWD	<b>4.10</b>		Silver	6,58	4,76	4,74
1	Long Jump	F40	Shaik Carmila	BOL	<b>4.16</b>		Gold	5.73	4,63	4,65
1	Long Jump	F45	Willemse Guste	SWD	<b>4.57</b>		Gold	4,72	4.58	4,29
2	Long Jump	F45	Gelderblom Sureta	WP	<b>3.66</b>		Silver	4,72	4.58	4,29
1	Long Jump	F65	Ungerer Toy	SWD	<b>4.00</b>		Gold	4.14	4.14	2,93
1	Long Jump	M35	Venter Jannie	EP	<b>5.84</b>		Gold	7,22	5,74	6,09
	Long Jump	M40	Sass Graham	SWD	<b>DNS</b>			7,14	6.20	6,37
1	Long Jump	M45	Van Wyk Chris	SWD	<b>5.21</b>		Gold	6,34	5,29	5,59
2	Long Jump	M45	Neff Freddie	WP	<b>5.12</b>		Silver	6,34	5,29	5,59
1	Long Jump	M50	McBride Vincent	WP	<b>5.80</b>	OPE	Gold	6,18	4.94	5,16
2	Long Jump	M50	Van Daalen Dirk	WP	<b>4.83</b>		Silver	6,18	4.94	5,16
3	Long Jump	M50	Small Klaus	BOL	<b>4.19</b>		Bronze	6,18	4.94	5,16
1	Long Jump	M65	Figland Edgar	WP	<b>4.34</b>		Gold	4,97	3,64	4,58
1	Long Jump	M70	Stuart Les	SWD	<b>3.61</b>	SWD	Gold	4,66	3,29	3,43
1	Triple Jump	F35	Watson Marlett	SWD	<b>9.03</b>		Gold	12,15	10,16	9.30
1	Triple Jump	F40	Shaik Carmila	BOL	<b>8.25</b>		Gold	12,18	9,29	9,49
1	Triple Jump	F45	Willemse Guste	SWD	<b>9.30</b>		Gold	9.57	9.57	8,59
2	Triple Jump	F45	Gelderblom Sureta	WP	<b>7.72</b>		Silver	9.57	9.57	8,59
1	Triple Jump	M50	McBride Vincent	WP	<b>12.17</b>	OPE	Gold	12.21	9.81	10,71
1	Pole Vault	M35	Roos Mihan	SWD	<b>2.55</b>	SWD	Gold	4.10	2.40	0
1	Pole Vault	M45	Brown Leon	SWD	<b>2.15</b>		Gold	3,85	2.60	2,46
1	Shot Put	F30	Meyer Vicky	SWD	<b>6.88</b>		Gold	13,26	8,76	10,48
1	Shot Put	F35	Watson Marlett	SWD	<b>9.59</b>		Gold	11.60	9.86	10,52

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Place	Event	Age Gr	Name	Prov	Result	Record	Medal	Records		
								SA	SWD	OPE
2	Shot Put	F35	Deveneul Vicci	SWD	<b>7.96</b>		Silver	11.60	9.86	10,52
3	Shot Put	F35	Reid-Moses Lloyd	WP	<b>6.19</b>		Bronze	11.60	9.86	10,52
1	Shot Put	F40	Louw Marisa	EP	<b>7.67</b>		Gold	11,92	11,88	10,88
2	Shot Put	F40	Gerber Amanda	EP	<b>7.11</b>		Silver	11,92	11,88	10,88
3	Shot Put	F40	Tempies Rochelle	BOL	<b>6.56</b>		Bronze	11,92	11,88	10,88
1	Shot Put	F45	Knobel Heleen	SWD	<b>10.60</b>		Gold	11.80	11.80	8,75
2	Shot Put	F45	Brown Marianne	SWD	<b>3.81</b>		Silver	11.80	11.80	8,75
1	Shot Put	F50	Bowers Cecelia	BOL	<b>8.20</b>		Gold	12,25	12,19	10,59
1	Shot Put	F55	Stoffberg Tertia	WP	<b>7.48</b>		Gold			
1	Shot Put	F60	Du Toit Aletta	WP	<b>5.92</b>		Gold	11,74	8,15	8,39
2	Shot Put	F60	Da Salveira Isabel	WP	<b>5.44</b>		Silver	11,74	8,15	8,39
1	Shot Put	F65	Grobbelaar Elize	WP	<b>5.87</b>		Gold	10,63	6,72	8,59
1	Shot Put	F70	Van Zyl Rentia	WP	<b>5.25</b>		Gold	8,44	6,54	7,27
1	Shot Put	M30	Roos Marcel	SWD	<b>10.35</b>		Gold	16,28	12,96	10,84
1	Shot Put	M35	Roos Mihan	SWD	<b>10.86</b>		Gold	16,56	12,65	15.09
2	Shot Put	M35	Richenberg Marshall	SWD	<b>6.99</b>		Silver	16,56	12,65	15.09
1	Shot Put	M40	Heyns Jady	SWD	<b>12.86</b>		Gold	16.50	12.95	15.70
2	Shot Put	M40	Boshoff Jaco	AGN	<b>10.56</b>		Silver	16.50	12.95	15.70
1	Shot Put	M45	Brown Leon	SWD	<b>6.63</b>		Gold	15,76	10,68	11,58
2	Shot Put	M45	De Swardt Hennie	SWD	<b>5.84</b>		Silver	15,76	10,68	11,58
1	Shot Put	M50	Lamaro Mogammat Zein	WP	<b>10.60</b>		Gold	16,25	10,74	11,92
1	Shot Put	M65	Du Plessis Doep	SWD	<b>9.41</b>		Gold	12.80	10.18	11.59
2	Shot Put	M65	Roos Johan	SWD	<b>6.54</b>		Silver	12.80	10.18	11.59
1	Shot Put	M70	Bosch Rudy	SWD	<b>10.38</b>		Gold	13.01	10,54	10,85
2	Shot Put	M70	Johnston Steve	WP	<b>9.08</b>		Silver	13.01	10,54	10,85
3	Shot Put	M70	Soule George	SWD	<b>8.1</b>		Bronze	13.01	10,54	10,85
1	Shot Put	M75	Brown Peter	SWD	<b>8.8</b>		Gold	12.53	9,89	11,08
1	Shot Put	M85	Stannius Borg	WP	<b>10.61</b>	SA, OPE	Gold	10.58	0	6,83
1	Discus	F30	Meyer Vicky	SWD	<b>18.72</b>	SWD	Gold	53.73	17.35	37,86
1	Discus	F35	Watson Marlett	SWD	<b>28.31</b>		Gold	47,72	33.73	34,18
2	Discus	F35	Deveneul Vicci	SWD	<b>20.91</b>		Silver	47,72	33.73	34,18
3	Discus	F35	Reid-Moses Lloyd	WP	<b>13.41</b>		Bronze	47,72	33.73	34,18
1	Discus	F40	Louw Marisa	EP	<b>27.95</b>		Gold	43,48	29,04	36.68
2	Discus	F40	Gerber Amanda	EP	<b>16.92</b>		Silver	43,48	29,04	36.68
3	Discus	F40	Tempies Rochelle	BOL	<b>16.34</b>		Bronze	43,48	29,04	36.68
1	Discus	F45	Knobel Heleen	SWD	<b>32.32</b>		Gold	36,17	34.35	35,68
1	Discus	F55	Stoffberg Tertia	WP	<b>17.43</b>		Gold			
1	Discus	F60	Da Salveira Isabel	WP	<b>15.99</b>		Gold	28,78	24,66	20.54
2	Discus	F60	Du Toit Aletta	WP	<b>14.51</b>		Silver	28,78	24,66	20.54
1	Discus	F65	Grobbelaar Elize	WP	<b>14.45</b>		Gold	24,84	12.82	20,64

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Place	Event	Age Gr	Name	Prov	Result	Record	Medal	Records		
								SA	SWD	OPE
1	Discus	F70	Van Zyl Rentia	WP	<b>12.03</b>		Gold	23,26	15,72	17,32
1	Discus	M30	Roos Marcel	SWD	<b>32.13</b>		Gold	48.50	39,06	42.50
1	Discus	M40	Boshoff Jaco	AGN	<b>34.99</b>		Gold	51,04	41.72	47,72
1	Discus	M40	Solomons Anthony	BOL	<b>32.25</b>		Silver	51,04	41.72	47,72
	Discus	M40	Heyns Jady	SWD	<b>DNS</b>			51,04	41.72	47,72
1	Discus	M45	Marais Andries PJ	SWD	<b>38.97</b>	SWD	Gold	49,13	35.50	33.80
2	Discus	M45	Brown Leon	SWD	<b>18.68</b>		Silver	49,13	35.50	33.80
1	Discus	M50	Lamaro Mogammat Zei	WP	<b>32.20</b>		Gold	52.06	35,64	38.90
2	Discus	M50	Van Daalen Dirk	WP	<b>23.28</b>		Silver	52.06	35,64	38.90
1	Discus	M65	Du Plessis Doep	SWD	<b>31.79</b>		Gold	42,91	38,06	39.00
2	Discus	M65	Hildebrand Ingo	SWD	<b>31.42</b>		Silver	42,91	38,06	39.00
3	Discus	M65	Roos Johan	SWD	<b>19.04</b>		Bronze	42,91	38,06	39.00
1	Discus	M70	Johnston Steve	WP	<b>32.38</b>		Gold	38.43	34.60	33,98
2	Discus	M70	Bosch Rudy	SWD	<b>32.18</b>		Silver	38.43	34.60	33,98
3	Discus	M70	Heunis Dawie	SWD	<b>30.74</b>		Bronze	38.43	34.60	33,98
1	Discus	M75	Cross Ron	WP	<b>29.49</b>		Gold	34,05	32,87	30,57
2	Discus	M75	Brown Peter	SWD	<b>18.32</b>		Silver	34,05	32,87	30,57
	Discus	M85	Stannius Borg	WP	<b>DNS</b>			27,71	0	21,34
1	Javelin	F30	Meyer Vicky	SWD	<b>23.96</b>		Gold	40,58	30,58	31,74
1	Javelin	F35	Watson Marlett	SWD	<b>32.34</b>		Gold	40.01	36.09	30,78
2	Javelin	F35	Deveneuil Vicci	SWD	<b>18.91</b>		Silver	40.01	36.09	30,78
1	Javelin	F40	Louw Marisa	EP	<b>21.71</b>		Gold	38.22	23,6	37.89
2	Javelin	F40	Gerber Amanda	EP	<b>16.61</b>		Silver	38.22	23,6	37.89
1	Javelin	F45	Knobel Heleen	SWD	<b>33.26</b>	SA, SWD	Gold	32,22	32.58	28.52
	Javelin	F45	Moolman Jady C	WP	<b>DNS</b>			32,22	32.58	28.52
1	Javelin	F50	Basson Jaqueline	WP	<b>23.23</b>		Gold	30.02	23,46	31,53
2	Javelin	F50	Bowers Cecelia	BOL	<b>19.41</b>		Silver	30.02	23,46	31,53
1	Javelin	F55	Stoffberg Tertia	WP	<b>10.74</b>		Gold			
1	Javelin	F60	Du Toit Aletta	WP	<b>12.83</b>		Gold	23,47	17,15	21,66
2	Javelin	F60	Da Salveira Isabel	WP	<b>12.75</b>		Silver	23,47	17,15	21,66
1	Javelin	F65	Grobbelaar Elize	WP	<b>12.39</b>		Gold	19.76	0	20,64

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Place	Event	Age Gr	Name	Prov	Result	Record	Medal	Records		
								SA	SWD	OPE
1	Javelin	F70	Van Zyl Rentia	WP	9.15		Gold	19,36	17.70	17,32
1	Javelin	M30	Roos Marcel	SWD	50.65		Gold	67.76	50.95	45,03
1	Javelin	M35	Roos Mihan	SWD	36.42		Gold	66,04	50.50	46,61
1	Javelin	M40	Boshoff Jaco	AGN	34.95		Gold	65,44	47.20	53,48
1	Javelin	M45	Van Wyk Chris	SWD	36.28		Gold	62,63	43,53	47.97
1	Javelin	M50	Lamaro Mogammat Zei	WP	29.91		Gold	60.03	35,24	43.00
2	Javelin	M50	Small Klaus	BOL	27.83		Silver	60.03	35,24	43.00
1	Javelin	M55	Van der Merwe Darius	SWD	18.30		Gold	53.54	37,82	36.10
1	Javelin	M65	Miller Garth	WP	31.99	OPE	Gold	40,44	35,85	29,98
2	Javelin	M65	Hildebrand Ingo	SWD	26.17		Silver	40,44	35,85	29,98
3	Javelin	M65	Figland Edgar	WP	22.22		Bronze	40,44	35,85	29,98
4	Javelin	M65	Du Plessis Doep	SWD	21.80			40,44	35,85	29,98
5	Javelin	M65	Roos Johan	SWD	16.09			40,44	35,85	29,98
1	Javelin	M70	Johnston Steve	WP	23.38		Gold	34,65	33.80	36.80
2	Javelin	M70	Soule George	SWD	20.70		Silver	34,65	33.80	36.80
1	Javelin	M75	Kruger Theo	SWD	11.87		Gold	36,09	29,08	33,46
	Javelin	M85	Stannius Borg	WP	DNS			25.11	0	15,68
1	Hammer	F30	Meyer Vicky	SWD	16.24		Gold	44,96	20.99	29.42
1	Hammer	F40	Louw Marisa	EP	34.83	OPE	Gold	38.75	0	32,97
2	Hammer	F40	Gerber Amanda	EP	21.97		Silver	38.75	0	32,97
1	Hammer	F45	Knobel Heleen	SWD	37.27	SWD	Gold	39,38	34.81	31.20
1	Hammer	F50	Bowers Cecelia	BOL	26.18		Gold	41,67	31,88	30,24
1	Hammer	F55	Stoffberg Tertia	WP	21.11		Gold			
1	Hammer	F60	Du Toit Aletta	WP	18.42		Gold	33.82	24,06	29,38
2	Hammer	F60	Da Salveira Isabel	WP	15.39		Silver	33.82	24,06	29,38
1	Hammer	F65	Grobbelaar Elize	WP	22.01		Gold	30.10	0	23.94
1	Hammer	M40	Boshoff Jaco	AGN	26.95		Gold	60,03	30.01	51.88
1	Hammer	M45	Marais Andries PJ	SWD	27.38	SWD	Gold	53.42	27,36	40,07
1	Hammer	M50	Lamaro Mogammat Zei	WP	24.54		Gold	59.80	27,81	55,76
1	Hammer	M65	Du Plessis Doep	SWD	22.07		Gold	49,41	36,58	35,02



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Place	Event	Age Gr	Name	Prov	Result	Record	Medal	Records		
								SA	SWD	OPE
	Hammer	M65	Hildebrand Ingo	SWD	DNS			49,41	36,58	35,02
1	Hammer	M70	Heunis Dawie	SWD	<b>31.43</b>		Gold	49.42	38,14	31.98
2	Hammer	M70	Bosch Rudy	SWD	<b>24.57</b>		Silver	49.42	38,14	31.98
	Hammer	M70	Johnston Steve	WP	DNS			49.42	38,14	31.98
	Hammer	M85	Stannius Borg	WP	DNS			31.08	0	24.60
1	5000m Walk	F55	Van Rensburg Aletta	WP	<b>32:18.65</b>		Gold	26:19.66	31:13.47	30:35.7
	5000m Walk	F60	Zehmke Lorraine	SWD	<b>35:44.61</b>			28:45.5	33:37.6	33:34.0
	5000m Walk	F70	Williams Christene	WP	<b>34:54.61</b>			32:52.16	35:33.57	34:12.8
	5000m Walk	F75	Johnson Magdaline	WP	<b>37:23.59</b>			34:00.1	40:05.10	36:21.3
	5000m	M45	de Swardt Hennie	SWD	<b>38:20.48</b>					
1	5000m Walk	M50	Ngxale James	SWD	<b>32:46.77</b>		Gold	23:01.4	23:00.00	24:02.3
		M50	Small KLaus	BOL	<b>32:18.00</b>					
1	5000m Walk	M70	Jantjies Albert	SWD	<b>32:46.10</b>		Gold	29:08.8	29:56.38	35:52.7
	5000m Walk	M70	Soule George	SWD	<b>37:23.20</b>			29:08.8	29:56.38	35:52.7
	5000m Walk	M75	Morgan-Smith David	SWD	<b>33:42.10</b>			31:31.5	32:37.59	29:28.0
1	Weight	F30	Meyer Vicky	SWD	<b>7.33</b>		Gold	10.64	9.29	10.64
1	Weight	F35	Watson Marlett	SWD	<b>9.44</b>		Gold	13.71	11.18	11.90
1	Weight	F40	Louw Marisa	EP	<b>11.46</b>	OPE	Gold	13.38	7.43	11.20
2	Weight	F40	Gerber Amanda	EP	<b>6.44</b>		Silver	13.38	7.43	11.20
1	Weight	F45	Knobel Heleen	SWD	<b>12.07</b>		Gold	12.43	12.43	10.20
	Weight	F50	Bowers Cecelia	BOL	DNS			13,33	7,64	11,16
1	Weight	F55	Stoffberg Tertia	WP	<b>7.98</b>					
1	Weight	F60	Du Toit Aletta	WP	<b>8.50</b>		Gold	13.79	9,54	11,08
2	Weight	F60	Da Salveira Isabel	WP	<b>7.48</b>		Silver	13.79	9,54	11,08
1	Weight	F65	Grobbelaar Elize	WP	<b>8.72</b>		Gold	11.56	0	9.13
1	Weight	F70	Van Zyl Rentia	WP	<b>5.21</b>		Gold	9.58	0	8,86
1	Weight	M30	Roos Marcel	SWD	<b>7.75</b>		Gold	12,48	9.31	12,7
1	Weight	M35	Roos Mihan	SWD	<b>8.34</b>	SWD	Gold	16.78	0	0
1	Weight	M40	Boshoff Jaco	AGN	<b>9.24</b>		Gold	17.97	8.94	16.19
	Weight	M40	Sass Graham	SWD	DNS			17.97	8.94	16.19
	Weight	M45	Brown Leon	SWD	DNS			15.87	5.40	12,35

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Place	Event	Age Gr	Name	Prov	Result	Record	Medal	Records		
								SA	SWD	OPE
1	Weight	M50	Lamaro Mogamat	WP	<b>11.20</b>		LAAT			
1	Weight	M65	Du Plessis Doep	SWD	<b>9.07</b>		Gold	18,75	11.21	14.20
	Weight	M65	Hildebrand Ingo	SWD	<b>DNS</b>			18,75	11.21	14.20
1	Weight	M70	Johnston Steve	WP	<b>13.37</b>		Gold	20.71	10,61	13.37
2	Weight	M70	Bosch Rudy	SWD	<b>11.43</b>	SWD	Silver	20.71	10,61	13.37
1	Weight	M75	Brown Peter	SWD	<b>7.06</b>		Gold	19.53	11.53	13.60
1	Weight	M85	Stannius Borg	WP	<b>11.16</b>	OPE	Gold	12.76	0	0
1	Greek Discus	F30	Meyer Vicky	SWD	<b>11.00</b>		Gold	0	18.74	16.93
1	Greek Discus	F35	Deveneul Vicci	SWD	<b>12.91</b>	SWD	Gold	0	11.75	18.50
	Greek Discus	F35	Watson Marlett	SWD	<b>16.10</b>		LAAT	0	11.75	18,5
1	Greek Discus	F40	Louw Marisa	EP	<b>15.58</b>		LAAT			
2	Greek Discus	F40	Gerber Amanda	EP	<b>10.61</b>		LAAT			
1	Greek Discus	F45	Knobel Heleen	SWD	<b>16.90</b>		Gold	0	18.20	16.20
1	Greek Discus	F50	Basson Jaqueline	WP	<b>10.09</b>		Gold			
2	Greek Discus	F50	Bowers Cecilia	BOL	<b>11.64</b>		LAAT			
1	Greek Discus	F55	Stoffberg Tertia	WP	<b>9.77</b>		Gold			
1	Greek Discus	F60	Du Toit Aletta	WP	<b>9.40</b>		Gold	0	13,64	12,97
2	Greek Discus	F60	Da Salveira Isabel	WP	<b>8.50</b>		Silver	0	13,64	12,97
1	Greek Discus	F65	Grobbelaar Elize	WP	<b>8.59</b>		Gold	0	0	10.88
1	Greek Discus	F70	Van Zyl Rentia	WP	<b>7.92</b>	SWD	Gold	0	0	0
1	Greek Discus	M30	Roos Marcel	SWD	<b>16.02</b>	SWD	Gold	0	0	0
1	Greek Discus	M40	Boshoff Jaco	AGN	<b>19.15</b>	OPE	Gold	0	0	15,23
1	Greek Discus	M45	Brown Leon	SWD	<b>9.35</b>		Gold	0	14.09	14.60
1	Greek Discus	M50	Lamaro Mogamat Zei	WP	<b>21.06</b>		Gold	0	0	22.63
1	Greek Discus	M55	Van der Merwe Darius	SWD	<b>11.95</b>		Gold	0	20.58	23,83
1	Greek Discus	M65	Du Plessis Doep	SWD	<b>18.53</b>		Gold	0	21,49	25.18
1	Greek Discus	M70	Bosch Rudy	SWD	<b>19.12</b>		Gold	0	22.31	15.82
2	Greek Discus	M70	Heunis Dawie	SWD	<b>18.13</b>		Silver	0	22.31	15.82
1	Greek Discus	M75	Brown Peter	SWD	<b>10.76</b>	SWD	Gold	0	0	16.58

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Place	Event	Age Gr	Name	Prov	Result	Record	Medal	Records		
								SA	SWD	OPE
	1500 Walk	F30	Meyer Vicky	SWD	<b>10:40.6</b>					
	1500 Walk	F45	Brown Marianne	SWD	<b>11:04.6</b>					
	1500 Walk	F55	Van Rensburg Aletta	SWD	<b>10:25.7</b>					
	1500 Walk	F65	Soule Norma	SWD	<b>13:10.9</b>					
	1500 Walk	F70	Williams Christine	WP	<b>10:27.9</b>					
	1500 Walk	F75	Johnson Magdaline	WP	<b>13:50.1</b>					
	1500 Walk	M35	Roos Mihan	SWD	<b>9:08.9</b>					
	1500 Walk	M50	Ngxale James	SWD	<b>9:09.9</b>					
	1500 Walk	M50	Small Klaus	BOL	<b>9:34.9</b>					
	1500 Walk	M65	Cleophas Henry	WP	<b>11:39.9</b>					
	1500 Walk	M70	Soule George	SWD	<b>11:14.5</b>					
	1500 Walk	M75	Morgan-Smith David	SWD	<b>10:14.6</b>					