

CENTRAL GAUTENG MASTERS ATHLETICS CHAMPIONSHIPS
GERMISTON STADIUM
14-Apr-12

MEN							
	Place	Name	Age	Province	Time/ Distance	Wind	Age %
100m							
SENIOR	1	SMITH, ZIVAN	20	AGN	11.04	+0.2	89.58%
M30	1	HAYWOOD, WERNER	30	NWN	12.13	+0.2	80.71%
M35	1	RANKIN, RIAAN	36	NWN	11.57	+0.2	86.14%
	2	TRUTER, ANDRE	38	AGN	11.77	+0.2	85.89%
	3	HUNTER, GEORGE	39	CGA	12.01	+0.2	84.78%
	4	GOUWS, LEON	35	CGA	12.26	+0.2	80.72%
M40	1	VAN DER WESTHUIZEN, P	40	CGA	11.82	+0.2	86.77%
	2	MNGOMEZULU, GEORGE	43	CNW	11.86	+0.2	88.28%
	3	MORTON, CLAYTON	44	CGA	12.09	+0.2	87.21%
	4	KOUTAKIS, NICO	40	CGA	12.22	+0.2	83.93%
	5	VERMEULEN, CLINTON	40	CGA	12.39	+0.2	82.78%
	6	MYENI, MANDLA	43	CGA	12.64	+0.2	82.84%
M45	1	UYS, JOHAN	46	WP	11.53	-1.6	92.71%
	2	VAN DER VYVER, DANIEL	47	AGN	11.85	-1.60	90.80%
	3	PIENAAR, WILLIAM	45	CGA	12.16	-1.6	87.32%
	4	McCREANOR, SIDNEY	45	AGN	12.82	-1.6	82.83%
	5	BARNARD, MARTHINUS	46	AGN	13.20	-1.6	80.98%
M50	1	GELDENHUYS, CASPER	52	AGN	12.48	-1.1	89.11%
	2	KNIFE, FRANCOIS	50	AGN	13.64	-1.1	80.49%
M55	1	DOWNWARD, TREVOR	57	KZN	13.21	-0.6	86.91%
	2	MAREE, MYNHARDT	55	AVT	13.56	-0.6	83.63%
	3	RUDD, PHILIP	56	CGA	13.90	-0.6	82.09%
	4	FOUCHE, ALHEIT	55	CGA	14.21	-0.6	79.80%
M60	1	SMITH, ANTHONY	64	AVT	13.23	-0.6	90.61%
M75	1	UNGER, THOMAS	76	CGA	15.02	-0.6	89.14%
200m							
SENIOR	1	SMITH, ZIVAN	20	AGN	22.39	-0.5	86.29%
M30	1	HAYWOOD, WERNER	31	NWN	23.98	-0.5	80.90%
M40	1	VAN DER WESTHUIZEN, P	40	CGA	23.41	+0.3	88.99%
	2	PAGE, COLIN	40	CGA	23.73	+0.3	87.79%
	3	MORTON, CLAYTON	44	CGA	24.26	+0.3	88.46%
	4	VILJOEN, JOE	41	NWN	24.64	+0.3	85.17%
	5	MYENI, MANDLA	43	CGA	25.32	+0.3	84.12%
	6	VERMEULEN, CLINTON	40	CGA	26.36	+0.3	79.03%
	7	SALES, CRAIG	40	AGN	26.64	+0.3	78.20%
M45	1	UYS, JOHAN	46	WP	23.95	+0.8	90.92%
	2	VAN DER VYVER, DANIEL	47	AGN	24.77	+0.8	88.54%
	3	McCREANOR, SIDNEY	45	AGN	25.80	+0.8	83.81%
	4	PIENAAR, WILLIAM	45	CGA	26.16	+0.8	82.66%
M50	1	GELDENHUYS, CASPER	52	AGN	25.36	+2.2	89.62%
	2	ERASMUS, PIETER	51	AVT	26.22	+2.2	86.08%
	3	KNIFE, FRANCOIS	50	AGN	27.39	+2.2	81.84%
	4	KALLMEYER, MORITZ	51	AGN	28.32	+2.2	79.70%
M55	1	DOWNWARD, TREVOR	57	KZN	27.09	+2.2	86.81%
	2	FOUCHE, ALHEIT	55	CGA	32.98	+2.2	70.37%
M75	1	UNGER, THOMAS	76	CGA	34.15	+2.2	83.06%
400m							
M35	1	GOUWS, LEON	35	CGA	55.90		79.62%
M40	1	VILJOEN, JOE	41	NWN	53.44		87.02%
	2	MYENI, MANDLA	43	CGA	1:01.28		76.98%
M45	1	VAN DER VYVER, DANIEL	47	AGN	57.15		84.88%
	2	PIENAAR, WILLIAM	45	CGA	1:00.33		79.32%
	3	JONES, WALTER	45	CGA	1:04.51		74.18%
M50	1	KNIFE, FRANCOIS	50	AGN	1:01.36		80.72%
	2	KALLMEYER, MORITZ	51	AGN	1:05.08		76.61%

M55	1	RUDD, PHILIP	56	CGA	1:03.08		81.69%
	2	DOWNWARD, TREVOR	57	KZN	1:11.09		72.95%
800m							
M35	1	CLAASSEN, NICK	38	CGA	2:03.28		84.63%
	2	GOUWS, LEON	35	CGA	2:18.82		73.05%
	3	FOUCHE, JACO	38	AGN	2:25.00		71.95%
	4	HUNDERMARK, GAVIN	36	CGA	2:32.02		67.33%
M40	1	VILJOEN, JOE	41	NWN	2:08.66		83.43%
M45	1	VILJOEN, GERHARD	45	CGA	2:13.29		83.53%
	2	PIENAAR, WILLIAM	45	CGA	2:24.60		77.00%
M50	1	MOTLAGALE, ADAM	51	CNW	2:11.66		89.07%
	2	PUDI, RAMOSIMANE	51	CNW	2:29.90		78.23%
	3	CLOETE, FANIE	54	CNW	3:26.43		58.26%
M55	1	MEYER, BUKS	57	AGN	3:02.00		67.71%
	2	VENTER, FANIE SA	57	AGN	4:05.70		50.15%
M60	1	LENTSOENYANE, VINCENT	62	CGA	2:34.91		82.76%
1500m							
M30	1	SEABI, DAVID	33	CGA	4:38.93		74.64%
M35	1	CLAASSEN, NICK	38	CGA	4:26.35		80.55%
	2	MOGATLE, KAGISO	38	CNW	4:33.94		78.32%
M40	1	MOAGO, MOEKETSI	42	CGA	4:45.91		77.32%
M45	1	VILJOEN, GERHARD	45	CGA	4:46.28		79.01%
	2	BOTSALE, ZACHARIA	45	CNW	4:51.24		77.66%
M50	1	MOTLAGALE, ADAM	51	CNW	4:39.86		84.76%
	2	PUDI, RAMOSIMANE	51	CNW	5:31.52		71.55%
	3	CLOETE, FANIE	54	CNW	7:03.47		57.41%
M55	1	MEYER, BUKS	57	AGN	6:24.10		64.91%
	2	VENTER, FANIE SA	57	AGN	8:56.28		46.49%
M60	1	LENTSOENYANE, VINCENT	62	CGA	5:39.24		76.77%
5000m							
M35	1	MOGATLE, KAGISO	38	CNW	16:35.00		79.32%
	2	MOKGALA, HERBERT	36	CGA	16:57.00		76.51%
M40	1	VAN VUUREN, FANIE	44	AGN	17:40.00		77.89%
M45	1	WOOLDRIDGE, ARTHUR	47	CGA	17:22.00		81.10%
	2	BOTSALE, ZACHARIA	45	CNW	17:50.00		77.75%
	3	VILJOEN, MARCEL	45	CGA	18:21.00		75.56%
M50	1	SILVA, TONY	50	CGA	18:42.00		77.13%
	2	KALLMEYER, MORITZ	51	AGN	20:54.00		69.58%
	3	VENTER, DIRK	52	CGA	21:30.00		68.19%
M60	4	CLOETE, FANIE	54	CNW	25:55.00		57.51%
3000m							
M30	1	VILJOEN, MORNE	30	AGN	10:29.10		70.12%
	2	SEABI, DAVID	33	CGA	11:18.76		65.58%
M40	1	MOAGO, MOEKETSI	42	CGA	9:58.18		79.01%
M50	1	OOSTHUIZEN, FRANCOIS	50	AGN	11:38.29		72.04%
1500m Walk							
M45	1	THWAHLAKA, TEBOHO	47	CNW	9:00.50		63.95%
M50	1	VENTER, FANIE	51	AGN	8:12.69		72.57%
M55	1	WOLMARANS, OUPA	55	AGN	10:11.90		60.51%
M65	1	LIEBENBERG, FRED	67	NWN	9:07.29		76.40%
M70	1	BENADE, ARIE	72	NWN	10:39.22		69.45%
5000m Walk							
M45	1	THWAHLAKA, TEBOHO	47	CNW	32:19.00		61.89%
M50	1	COETZEE, JOHANN	53	MPU	29:35.00		71.10%
	#VALUE!	VENTER, FANIE	51	AGN	DQ		
M55	1	PATTERSON, RAY	59	CGA	27:01.00		82.22%
	2	BOSMAN, MARIUS	55	AGN	27:28.00		77.94%
	3	CALLAGHAN, CHRIS	58	AGN	30:53.00		71.25%
	4	BROOKER, CHRIS	57	CGA	31:57.00		68.23%
	5	WOLMARANS, OUPA	55	AGN	35:57.00		59.54%

	6	ZALANI, STEPHEN	57	CGA	40:28.00		53.87%
M65	1	VAN DEN RAAD, GERARD	68	AGN	30:28.00		80.26%
	3	LIEBENBERG, FRED	67	NWN	32:56.00		73.39%
M70	1	BENADE, ARIE	72	NWN	36:14.00		70.89%
M75	1	ROWE, JACK	75	AGN	35:55.00		74.43%
Short 100m Hurdles							
M50	1	GOUWS, JOHAN	59	AGN	15.40	+2.2	89.67%
M55	1	RUDD, PHILIP	56	CGA	19.55	+2.2	73.62%
M60	1	MULLER, RAY	62	KZN	20.20	+2.2	73.12%
Longm Hurdles							
3000m SC							
M35	1	GOLIATH, WAYNE	38	AGN	12:41.52		66.67%
M45	1	BRONKHORST, WILLIE	46	AGN	11:23.13		80.01%
M50	1	VENTER, DIRK	52	CGA	13:18.93		72.05%
2000m SC							
HJ							
M30	1	KUHN, DANIEL	32	NWN	1.80		75.39%
M35	1	GOUWS, LEON	35	CGA	1.80		77.48%
	2	MANS, JOHAN	39	CGA	1.80		80.46%
	3	VERMEULEN, BRANDON	36	CGA	1.66		72.13%
	4	GOLIATH, WAYNE	38	AGN	1.55		68.63%
M45	1	GUTSCHE, JOHAN	45	NWN	1.71		81.13%
	2	BINNEMAN, DOLF	47	FS	1.35		65.39%
M50	1	GOUWS, JOHAN	53	AGN	1.71		88.35%
	2	ENDRODY, THOMAS	52	CGA	1.61		82.27%
	3	BEZUIDENHOUT, WILLEM	50	AGN	1.45		72.50%
M60	1	MULLER, RAY	62	KZN	1.30		74.65%
M65	1	KRUGER, PIETER	66	CGA	1.35		81.55%
LJ							
M35	1	GOUWS, LEON	35	CGA	5.96	-2.0	69.99%
	2	GOLIATH, WAYNE	38	AGN	5.83	+1.1	70.76%
M40	1	PRETORIUS, PIETER	41	AGN	5.10	-0.1	64.05%
	2	SALES, CRAIG	40	AGN	4.93	1.7	61.21%
M45	1	VAN DER VYVER, DANIEL	47	AGN	5.19	-0.6	70.05%
	2	VAN WYK, ANDRE	45	CGA	5.02	+1.1	66.11%
M50	1	ERASMUS, PIETER	51	AVT	5.10	-1.4	72.44%
	2	OOSTHUIZEN, FRANCOIS	50	AGN	4.64	+1.4	65.06%
	3	VON BENTHEIM, RIAAN	54	AVT	3.43	+0.6	50.72%
M55	1	RUDD, PHILIP	56	CGA	4.38	+0.6	66.58%
	2	CAMHEE, KURT	55	CGA	4.20	+0.4	62.96%
	3	NEL, JAPIE	59	CGA	3.55	-1.4	56.34%
M60	1	MULLER, RAY	62	KZN	4.20	-0.8	69.71%
M75	1	UNGER, THOMAS	75	CGA	2.72	-0.9	57.46%
TJ							
M35	1	GOLIATH, WAYNE	38	AGN	11.98	+2.1	68.61%
M40	1	PRETORIUS, PIETER	41	AGN	10.48	+1.5	62.16%
M50	1	ERASMUS, PIETER	51	AVT	10.19	+1.6	68.57%
M55	1	CAMHEE, KURT	55	CGA	7.74	+0.5	55.05%
M60	1	MULLER, RAY	62	KZN	8.51	+1.4	67.27%
SP							
M35	1	PLEWS, MARTIN	39	AGN	13.96		61.68%
	2	DE WET, HENK	38	CGA	12.49		54.89%
	3	GOUWS, LEON	35	CGA	9.67		41.83%
M40	1	SCHEEPERS, CONRADIE	44	FS	15.18		71.88%
	2	VAN WYK, DANIE	41	AGN	12.75		57.53%
M45	1	KROG, WILLEM	48	AGN	12.31		63.07%
	2	DE WIT, FRANCOIS	49	AGN	12.12		63.46%

	3	SMIT, HENNIE	45	AVT	11.75		56.57%
	4	RAS, GERALD	46	AGN	10.07		49.48%
M50	1	HAUPT, BURTON	50	AGN	14.63		72.57%
	2	WATTRUS, PETER	53	CGA	13.85		73.07%
	3	BEZUIDENHOUT, WILLEM	50	AGN	12.26		60.81%
	4	VON BENTHEIM, RIAAN	54	AVT	9.65		52.01%
M55	1	STANDER, FRIK	55	CGA	10.36		57.07%
	2	FERREIRA, FRIK	56	AGN	9.78		55.10%
	3	HARDING, JON	58	CGA	9.01		53.16%
	4	NEL, JAPIE	59	CGA	8.22		49.67%
M60	1	BESTER, MARIUS	60	CGA	13.10		71.98%
	2	DU PLESSIS, SLAPPIE	60	AVT	12.59		69.17%
	3	SMIT, REUBEN	61	AVT	11.72		66.21%
M65	1	HORN, LOUIS	68	AVT	10.82		76.15%
	2	MARKOTTER, HEIN	66	AGN	10.59		69.63%
M70	1	MOLLER, THEO	70	AGN	9.71		54.67%
M75	1	SKEA, EVERARD	75	AGN	12.53		81.53%
	2	PENBERTHY, PEARCE	76	CGA	8.97		60.24%
DT							
M35	1	GOUWS, LEON	35	CGA	25.02		33.77%
M40	1	SCHEEPERS, CONRADIE	44	FS	39.32		55.18%
	2	VAN WYK, DANIE	41	AGN	35.00		47.70%
M45	1	SMIT, HENNIE	45	AVT	36.52		51.76%
	2	DE WET, FRANCOIS	49	AGN	32.83		50.32%
	3	VAN WYK, ANDRE	45	CGA	29.62		41.98%
	4	RAS, GERALD	46	AGN	27.81		40.17%
	5	RAS, PETER	49	AGN	25.74		39.45%
M50	1	HAUPT, BURTON	50	AGN	46.16		62.31%
	2	KICHENBRAND, STEPHEN	54	AGN	41.00		59.62%
	3	WATTRUS, PETER	53	CGA	35.70		50.93%
	4	BEZUIDENHOUT, WILLEM	50	AGN	35.60		48.06%
	5	VON BENTHEIM, RIAAN	54	AVT	30.65		44.57%
M55	1	RUDD, PHILIP	56	CGA	31.98		48.61%
	2	HARDING, JON	58	CGA	29.44		47.11%
	3	FERREIRA, FRIK	56	AGN	28.95		44.00%
M60	1	BESTER, MARIUS	60	CGA	43.91		66.58%
	2	DU PLESSIS, SLAPPIE	60	AVT	37.27		56.51%
	3	POWELL, BEN	63	AVT	35.86		57.93%
	4	SMIT, REUBEN	61	AVT	33.54		51.92%
M65	1	MARKOTTER, HEIN	66	AGN	35.44		61.26%
	2	HORN, LOUIS	68	AVT	32.51		58.95%
M70	1	MOLLER, THEO	70	AGN	22.91		43.69%
M75	1	SKEA, EVERARD	75	AGN	28.08		61.47%
	2	PENBERTHY, PEARCE	76	CGA	22.41		50.55%
JT							
M35	1	KRUGER, DAWIE	35	CGA	52.74		55.88%
M40	1	DE WET, HENNES	44	AGN	54.55		66.85%
	2	BOND, GAVIN	40	AGN	47.86		54.83%
	3	GROBELAAR, ARNO	43	CGA	36.76		44.28%
M45	1	VAN WYK, ANDRE	45	CGA	37.56		46.85%
	2	McCREANOR, SIDNEY	45	AGN	36.49		45.51%
M50	1	LOUW, GAWIE	52	AGN	58.72		79.12%
	2	KICHENBRAND, STEPHEN	54	AGN	55.24		77.32%
	3	BEZUIDENHOUT, WILLEM	50	AGN	45.80		59.48%
M55	1	STANDER, FRIK	55	CGA	46.25		66.03%
	2	CAMHEE, KURT	55	CGA	34.56		49.34%
	3	FERREIRA, FRIK	56	AGN	32.54		47.04%
	4	RUDD, PHILIP	56	CGA	29.89		43.54%
	5	NEL, JAPIE	59	CGA	21.73		33.70%
M60	1	DU PLESSIS, SLAPPIE	60	AVT	33.73		50.70%
M65	1	MARKOTTER, HEIN	66	AGN	32.63		55.93%

M70	1	MOLLER, THEO	70	AGN	29.13		51.65%
M75	1	SKEA, EVERARD	75	AGN	28.04		57.22%
	2	UNGER, THOMAS	76	CGA	23.52		49.50%
HT							
M45	1	VAN RENSBURG, TONE	47	CGA	47.10		66.92%
	2	BOTES, BRAAM	46	AVT	37.32		51.97%
M50	1	HAUPT, BURTON	50	AGN	49.51		66.53%
	2	NEL, HANNES	52	AVT	44.24		62.00%
	3	LOUW, GAWIE	52	AGN	42.66		59.78%
	4	KICHENBRAND, STEPHEN	54	AGN	41.23		60.37%
M60	1	KOEN, BASIE	60	CNW	46.37		75.15%
	2	POWELL, BEN	63	AVT	41.49		72.15%
	3	BESTER, MARIUS	60	CGA	41.34		67.00%
	4	DU PLESSIS, SLAPPIE	60	AVT	38.62		62.59%
M65	1	MARKOTTER, HEIN	66	AGN	22.91		42.97%
M75	1	RZEPECKI, ANDRZEJ	75	AGN	46.79		101.14%
WT							
M35	1	DE WET, HENK	38	CGA	8.19		33.75%
M40	1	VAN WYK, DANIE	41	AGN	14.21		60.96%
	2	DE WET, HENNES	44	AGN	8.35		37.35%
M45	1	BOTES, BRAAM	46	AVT	13.98		64.36%
	2	DE WIT, FRANCOIS	49	AGN	9.31		44.83%
M50	1	HAUPT, BURTON	50	AGN	18.35		78.93%
	2	NEL, HANNES	52	AVT	16.11		71.62%
	3	LOUW, GAWIE	52	AGN	15.86		70.51%
	4	KICHENBRAND, STEPHEN	54	AGN	14.42		66.33%
	5	VON BENTHEIM, RIAAN	54	AVT	12.26		56.39%
M60	1	KOEN, BASIE	60	CNW	19.03		83.83%
	2	DU PLESSIS, SLAPPIE	60	AVT	16.38		72.16%
	3	BESTER, MARIUS	60	CGA	16.06		70.75%
	4	POWEL, BEN	63	AVT	15.84		74.09%
M65	1	MARKOTTER, HEIN	66	AGN	9.30		46.36%
M75	1	RZEPECKI, ANDRZEJ	75	AGN	18.18		103.59%
Greek Discus							
M35	1	PLEWS, MARTIN	39	AGN	20.97		
M45	1	SMIT, HENNIE	45	AVT	18.07		
	2	RAS, GERALD	46	AGN	15.65		
	3	RAS, PETER	49	AGN	13.92		
M50	1	HAUPT, BURTON	50	AGN	32.75		
	2	BEZUIDENHOUT, WILLEM	50	AGN	29.14		
	3	WATTRUS, PETER	53	CGA	28.78		
	4	VON BENTHEIM, RIAAN	54	AVT	20.63		
M55	1	FERREIRA, FRIK	56	AGN	21.57		
M60	1	DU PLESSIS, SLAPPIE	60	AVT	26.36		
	2	SMIT, REUBEN	61	AVT	22.68		
M65	1	MARKOTTER, HEIN	66	AGN	21.29		
	2	HORN, LOUIS	68	AVT	20.95		
M75	1	PENBERTHY, PEARCE	76	CGA	14.60		

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	Place	Name	Age	Province	Time/ Distance	Wind	Age %
100m							
SEN	1	VAN ASWEGEN, YOLANDE	29	NWN	12.22	-0.6	85.84%
	2	HEYMANS, LINDA	29	AVT	14.29	-0.6	73.41%
W30	1	DE BOER, AMANDA	31	FS	12.73	-0.6	82.40%
	2	ANDERSON, ELANE	32	FS	13.73	-1.1	76.40%
W35	1	BOOYSEN, JENNIFER	39	AGN	12.73	-1.1	85.28%
	2	BARNARD, SUNETTE	38	AGN	13.16	-1.1	81.50%

	3	DE WET, LAURA	37	CGA	14.32	-1.1	74.00%
W40	1	DU TOIT, CHARMAINE	42	KZN	12.59	-1.0	89.26%
	2	MZYK, DIANE	41	AGN	14.09	-1.0	78.87%
	3	McCREANOR, RIANA	42	AGN	14.67	-1.0	76.60%
	4	DELPORT, DEBRA ANN	40	CGA	14.89	-1.0	73.81%
	5	RAUBENHEIMER, ELAINE	42	CGA	15.20	-1.0	73.93%
W45	1	DE WINNAAR, WINNIE	45	CGA	12.29	-1.4	94.63%
	2	BRICE, CARIEN	46	AGN	13.73	-1.4	85.59%
	3	SMIT, INA	46	AVT	14.70	-1.4	79.95%
W50	1	PRETORIUS, ELAINE	51	AGN	14.26	-1.1	86.89%
	2	STEENEKAMP, MARIE	54	NWN	15.20	-1.1	84.04%
200m							
SENIOR	1	VAN ASWEGEN, YOLANDE	29	NWN	25.49	+1.7	83.72%
	2	HEYMANS, LINDA	29	AVT	30.60	+1.7	69.74%
W30	1	DE BOER, AMANDA	31	FS	26.85	+1.7	79.48%
	2	MARE, LEONI	32	AGN	27.67	+1.7	77.12%
	3	ANDERSON, ELANE	32	FS	28.21	+1.7	75.65%
W35	1	BARNARD, SUNETTE	38	AGN	28.10	+2.2	78.40%
W40	1	DU TOIT, CHARMAINE	42	KZN	26.86	+2.2	86.25%
	2	MZYK, DIANE	41	AGN	30.11	+2.2	76.02%
	3	RAUBENHEIMER, ELAINE	42	CGA	32.20	+2.2	71.95%
W45	1	SMIT, INA	46	AVT	31.44	-1.0	77.32%
W50	1	PRETORIUS, ELAINE	51	AGN	29.02	-1.0	88.67%
400m							
W30	1	ANDERSON, ELANE	32	FS	1:09.58		68.91%
W35	1	BOOYSEN, JENNIFER	39	AGN	59.58		87.14%
W40	1	BARNARD, CHARMAIN	43	AGN	59.19		91.52%
W50	1	PRETORIUS, ELAINE	51	AGN	1:07.44		87.05%
800m							
W35	1	ENDRODY, LIZL	39	CGA	2:54.18		68.07%
W40	1	RAUBENHEIMER, ELAINE	42	CGA	3:11.33		61.97%
W45	1	VERMEULEN, SALOME	45	AGN	2:21.16		86.26%
W50	1	PRETORIUS, ELAINE	51	AGN	2:49.45		75.92%
1500m							
W35	1	ENDRODY, LIZL	39	CGA	6:23.00		63.58%
	2	MCUNTULA, CATHLENA	35	CNW	7:51.00		50.25%
W40	1	GREYLING, ESTELLE	42	AGN	5:50.00		71.74%
	2	SENDA, ARGENTINA	42	CGA	6:33.00		63.89%
	3	FOUCHE, HESTER	41	AGN	8:33.00		48.40%
W45	1	VERMEULEN, SALOME	45	AGN	5:10.00		83.91%
W50	1	COSTON, LINDA	54	CGA	6:46.00		71.79%
W55	1	VON GORDON, VERONICA	59	AGN	7:33.00		68.96%
5000m							
W40	1	SENDA, ARGENTINA	42	CGA	24:15.00		62.87%
W45	1	BREYTENBACH, ANSIE	48	AGN	20:44.00		78.60%
	2	VENTER, LAURA	46	CGA	22:07.00		71.90%
3000m							
W40	1	MEYER, CARMEN	40	CNW	13:39.01		64.09%
	2	SENDA, ARGENTINA	42	CGA	14:14.79		62.54%
W45	1	VAN DER WESTHUIZEN, C.	48	AGN	12:13.05		78.22%
	2	SAAYMAN, LETTIE	47	AGN	12:24.42		76.08%
W50	1	COSTON, LINDA	54	CGA	14:56.39		69.13%
5000m Walk							
W30	1	PATTERSON, LISA	30	CGA	30:31.00		64.83%
W40	1	MOEN, MELANIE	40	AGN	30:59.00		66.34%
W50	1	VAN BUUREN, LESLEY	50	CGA	27:17.0		81.78%
	2	RISK, MONICA	54	CGA	29:51.00		77.64%
	3	KICHENBRAND, FRANCES	50	AGN	30:23.00		73.44%
	4	SCHEEPERS, CELESTE	52	AGN	31:36.00		71.94%
W55	1	KNOETZE, RETHA	56	AGN	32:38.00		72.48%

W60	1	DU PREEZ, DAPHNE	64	CGA	32:48.00		79.09%
	2	JACOBS, LORITHA	60	CGA	33:51.00		73.01%
W65	1	MEYER, ELSA	65	AGN	30:09.00		87.16%
W70	1	VEY, HILDEGARD	70	CGA	33:19.00		84.59%
	2	STRYDOM, WILMA	72	CGA	39:15.00		74.02%
1500m WALK							
W60	1	JACOBS, LORITHA	60	CGA	9:48.52		70.64%
W70	1	STRYDOM, WILMA	72	CGA	11:11.04		71.39%
2000m STEEPLE							
W45	1	VAN DER WESTHUIZEN, C.	48	AGN	8:54.23		80.90%
	2	VENTER, LAURA	46	CGA	9:50.94		72.05%
SHORT 80m Hurdles							
W40	1	DU TOIT, CHARMAINE	42	KZN	12.77	-0.39	89.19%
	2	RAUBENHEIMER, ELAINE	42	CGA	15.93	-0.39	71.50%
	3	McCREANOR, RIANA	42	AGN	16.18	-0.39	70.40%
SHORT 100m Hurdles							
SENIOR	1	VAN ASWEGEN, YOLANDE	29	NWN	14.80	+2.2	87.23%
LONG 400m hurdles							
W30	1	ANDERSON, ELANE	32	FS	1:12.97		71.73%
HJ							
W30	1	DE BOER, AMANDA	31	FS	1.58		76.33%
W35	1	EBERSOHN, CORNELIA	38	AGN	1.63		84.02%
W40	1	RAUBENHEIMER, ELAINE	42	CGA	1.25		65.57%
	2	WILTZ, GERTIE	44	AGN	1.25		69.06%
W50	1	JACOBSON, GERDA	50	AGN	1.15		68.46%
LJ							
W30	1	ANDERSON, ELANE	32	FS	4.36	+0.6	58.84%
W35	1	EBERSOHN, CORNELIA	38	AGN	5.27	-1.9	75.39%
W40	1	BARNARD, CHARMAIN	43	AGN	5.56	-0.4	84.63%
	2	RAUBENHEIMER, ELAINE	42	CGA	3.99	+0.2	60.00%
W50	1	PRETORIUS, ELAINE	51	AGN	4.00	-0.9	67.80%
TJ							
W35	1	EBERSOHN, CORNELIA	38	AGN	12.00	-0.6	85.90%
SP							
W35	1	DE WET, LAURA	37	CGA	9.57		46.50%
	2	EBERSOHN, CORNELIA	38	AGN	8.56		42.48%
W40	1	BARNARD, CHARMAIN	43	AGN	11.20		62.12%
	2	EVA, JANITA	42	AGN	9.65		52.28%
	3	LANDZAAD, ELLE	41	AGN	8.32		44.07%
	4	BRIDGELAND, ESMARI	43	AGN	6.97		38.66%
W45	1	HENNOP,ANSIE	49	AGN	8.60		55.56%
	2	FLYNN, JUDY	46	AGN	8.09		48.30%
W60	1	FERREIRA, MERCIA	63	CGA	9.31		73.65%
	2	VAN ECK, SUZI	62	NWN	7.48		57.89%
W75	1	JANEKE, HANNETJIE	76	AVT	5.54		61.76%
DT							
W40	1	EVA, JANITA	42	AGN	28.85		42.89%
	2	LANDZAAD, ELLE	41	AGN	23.15		33.88%
	3	RAUBENHEIMER, ELAINE	42	CGA	19.52		29.02%
	4	WILTZ, GERTIE	44	AGN	18.87		28.96%
	5	BRIDGELAND, ESMARI	43	AGN	18.08		27.31%
W45	1	HENNOP,ANSIE	49	AGN	28.35		47.36%
	2	FLYNN, JUDY	46	AGN	19.76		37.55%
W50	1	VAN HEERDEN, LEONIE	50	AGN	22.73		38.65%
	2	JACOBSON, GERDA	50	AGN	21.05		35.79%
W60	1	FERREIRA, MERCIA	63	CGA	20.83		46.21%
	2	VAN ECK, SUZI	62	NWN	19.16		41.54%
	3	VAN WYK, KAREN	62	AGN	15.78		34.21%
W75	1	JANEKE, HANNETJIE	76	AVT	12.66		40.38%
JT							

W35	1	EBERSOHN, CORNELIA	38	AGN	23.30		33.34%
W40	1	RAUBENHEIMER, ELAINE	42	CGA	18.06		28.44%
	2	WILTZ, GERTIE	44	AGN	15.67		25.99%
	3	EVA, JANITA	42	AGN	15.36		24.19%
	4	BRIDGELAND, ESMARI	43	AGN	13.20		21.32%
W45	1	FLYNN, JUDY	46	AGN	24.62		43.11%
	2	HENNOP,ANSIE	49	AGN	22.52		43.04%
W50	1	JACOBSONH, GERDA	50	AGN	22.53		42.11%
	2	GOUWS, MAKKIE	50	AGN	20.26		37.87%
W60	1	FERREIRA, MERCIA	63	CGA	21.07		53.86%
	2	VAN WYK, KAREN	62	AGN	15.78		39.43%
	3	VAN ECK, SUZI	62	NWN	9.83		24.56%
W75	1	JANEKE, HANNETJIE	76	AVT	9.23		33.63%
HT							
W40	1	EVA, JANITA	42	AGN	30.13		53.97%
	2	BRIDGELAND, ESMARI	43	AGN	19.26		35.57%
W45	1	HENNOP,ANSIE	49	AGN	27.87		63.30%
W50	1	VAN HEERDEN, LEONIE	50	AGN	23.02		37.39%
W60	1	VAN WYK, KAREN	62	AGN	26.72		55.38%
	2	VAN ECK, SUZI	62	NWN	21.43		44.42%
	3	FERREIRA, MERCIA	63	CGA	21.36		45.31%
W75	1	JANEKE, HANNETJIE	76	AVT	18.39		56.22%
WT							
W45	1	HENNOP,ANSIE	49	AGN	9.14		66.04%
W60	1	VAN WYK, KAREN	62	AGN	11.27		63.64%
	2	FERREIRA, MERCIA	63	CGA	10.51		60.72%
	3	VAN ECK, SUZI	62	NWN	10.16		57.37%
W75	1	JANEKE, HANNETJIE	76	AVT	8.75		72.74%
Greek Discus							
W40	1	EVA, JANITA	42	AGN	18.78		
W45	1	HENNOP,ANSIE	49	AGN	17.22		
W60	1	FERREIRA, MERCIA	63	CGA	14.13		
	2	VAN WYK, KAREN	62	AGN	11.82		
	3	VAN ECK, SUZI	62	NWN	11.53		
W75	1	JANEKE, HANNETJIE	76	AVT	7.52		