

RESULTS - WP MASTERS CHAMPIONSHIPS 15 TO 17 MARCH 2012

SURNAME	FIRST NAME	AGE	GRP	CLUB	PERFORMANCE	POS.	WP	WP	.SA	.SA
						ITN.	STD.	REC.	STD.	REC.
100M MEN M										
Davids	Chazery	M 30		ADIDAS	11.70		1			
Olwagen	Neil	M 30		BOLAND	12.26		2			
Geldenhuys	Darius	M 35		TEMP	11.53		1	WPS		
Mbatha	Bongumsa	M 35		KZN	12.06		2			
Peacock	Michael	M 35		BELLVILLE	12.38		3			
Isaacs	Aubrey	M 40		TYGERBERG	12.27		1			
Russell	Scott	M 40		TYGERBERG	14.07		2			
Uys	Johan	M 45		BELLVILLE	12.05		1	WPS	SAS	
Van der Vyver	Daniel	M 45		AGN	12.46		2	WPS		
Toll	Michael	M 45		ADIDAS	12.51		3	WPS		
Martin	Edward	M 45		AFS	12.57		4	WPS		
Rothman	R M	M 45		TEMP	12.65		5	WPS		
Hugo	Stephan	M 45		NAMAQUA	12.79		6	WPS		
Nel	Hanry	M 45		CORR SERV	13.12		7			
Ruiters	Denver	M 45		CORR SERV	13.47		8			
Swanepoel	Christo	M 45		S W D	13.57		9			
Van Daalen	Dirk	M 45		TYGERBERG	13.66		10			
Bedja	Eddie	M 45		TEMP	13.99		11			
Warriess	Joseph	M 55		U W C	12.61		1	WPS		
Hart	Walter	M 60		SPARTANS	16.35		1			
Figland	Edgar	M 65		BELLVILLE	14.73		1	WPS		
Van Zyl	Jakobus	M 70		V O B	15.15		1	WPS		
Hacker	Monty	M 75		CEN GAUTENG	15.00		1	WPS	WPR	SAS
De Klerk	Boy	M 75		BELLVILLE	18.80		2			
Ridge	Arthur	M 80		TEMP	17.80		1	WPS	SAS	

200M

	MEN	M					
Davids	Chazery	M 30	ADIDAS	23.50	1	WPS	
Olwagen	Neil	M 30	BOLAND	24.94	2		
Geldenhuys	Darius	M 35	TEMP	23.23	1	WPS	
Mbatha	Bongumsa	M 35	KZN	24.44	2		
Peacock	Michael	M 35	BELLVILLE	24.67	3		
Isaacs	Aubrey	M 40	TYGERBERG	24.50	1	WPS	
Uys	Johan	M 45	BELLVILLE	24.70	1	WPS	
Van der Vyver	Daniel	M 45	AGN	25.39	2	WPS	
Toll	Michael	M 45	ADIDAS	25.59	3	WPS	
Martin	Edward	M 45	AFS	25.89	4	WPS	
Ruiters	Denver	M 45	CORR SERV	27.04	5		
Rothman	R M	M 45	TEMP	27.89	6		
Marais	Jacques	M 45	BELLVILLE	29.56	7		
Warriess	Joseph	M 55	U W C	26.19	1	WPS	
Figland	Edgar	M 65	BELLVILLE	31.82	1	WPS	
Van Zyl	Jakobus	M 70	V O B	31.52	1	WPS	
Cross	Ronald	M 75	BELLVILLE	31.27	1	WPS	WPR SAS
Hacker	Monty	M 75	CEN GAUTENG	31.47	2	WPS	WPR SAS
Ridge	Arthur	M 80	TYGERBERG	37.04	1	WPS	SAS

400M

	MEN	M					
September	Shawn-Crispin	M 30	ATH ALIVE	62.50	1		
Peacock	Michael	M 35	BELLVILLE	54.67	1	WPS	
Korkee	Ricardo	M 35	M/P TITANS	61.52	2		
Van Zyl	Dana	M 35	V O B	61.96	3		
van Zyl	Oloff	M 40	V O B	57.98	1		
Russell	Scott	M 40	TYGERBERG	65.97	2		
Jacobs	Barend	M 45	CELTIC	58.50	1	WPS	
Van der Vyver	Daniel	M 45	AGN	58.78	2		
Ridge	Arthur	M 80	TEMP	92.68	1		WPR SAS

800M**MEN****M**

Strydom	Nigel	M 30	TEMP	2:36.98	1
Mbatha	Bongumsa	M 35	KZN	2:08.12	1
Mhlange	Stanley	M 35	TEMP	2:24.45	2
Korkee	Ricardo	M 35	M/P TITANS	2:25.07	3
Abrahams	Shawn	M 40	ADIDAS	2:01.16	1 WPS
van Zyl	Oloff	M 40	V O B	2:09.20	2 WPS
Lehman	Basil	M 40	TEMP	2:15.52	3
Nobauer	Andries	M 40	ADIDAS	2:17.73	4
Philander	Tobias	M 45	ADIDAS	2:13.29	1 WPS
Jacobs	Barend	M 45	CELTIC	2:23.29	2
JUlle	Merlin	M 50	SPARTANS	2:15.93	1 WPS

1500M**MEN****M**

Strydom	Nigel	M 30	MICH	5:24.90	1
Van Rooyen	Christo	M 35	TEMP	4:32.89	1
Mhlange	Stanley	M 35	TEMP	5:04.87	2
van Zyl	Oloff	M 40	V O B	4:34.22	1 WPS
Van Zyl	Elvin	M 40	HARMONY W P	4:55.46	2
Philander	Tobias	M 45	ADIDAS	4:31.24	1 WPS
Jacobs	Barend	M 45	CELTIC	4:54.90	2 WPS

10000M**MEN****M**

Goodman	Mapukani	M 50	TEMP	37:13.77	1 WPS
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110/100/80M H**MEN****M**

Russouw	Nico	M 30	BOLAND	16.80	1	WPR
Russell	Scott	M 40	TYGERBERG	18.80	1	WPS
Hugo	Stephan	M 45	NAMAQUA	17.70	1	WPS WPR SAS
Van Daalen	Dirk	M 45	TYGERBERG	22.50	2	WPS

3000M STEEPLE**MEN****M**

Van Rooyen	Christo	M 35	TEMP	10:12.30	1
Mhlange	Stanley	M 35	TEMP	11:39.10	2
Van Zyl	Elvin	M 40	HARMONY W P	11:42.00	1

HIGH JUMP	MEN	M				
Van Zyl	Dana	M 35	V O B	1.48	1	
Thiart	Philip	M 40	S W D	1.66	1	WPS
Van Daalen	Dirk	M 45	TYGERBERG	1.56	1	WPS
Swanepoel	Christo	M 45	S W D	1.30	2	
Carnie	Basil	M 60	BELLVILLE	1.19	1	
Warren	Bertie	M 70	WHALERS	1.16	1	WPS
Benning	Leo	M 75	WHALERS	1.19	1	WPS WPR SAS
Smith	Albert	M 75	BELLVILLE	1.01	2	

LONG JUMP	MEN	M				
Olwagen	Neil	M 30	BOLAND	5.33	1	
September	Shawn-Crispin	M 30	ATH ALIVE	4.68	2	
Buck	Robin	M 35	PINELANDS	5.81	1	WPS
Van Zyl	Dana	M 35	V O B	5.58	2	
De Wee	Heinrich	M 35	NAMAQUA	3.81	3	
McBride	Vincent	M 45	BELLVILLE	5.21	1	WPS
Hugo	Stephan	M 45	NAMAQUA	5.18	2	WPS
Van der Vyver	Daniel	M 45	AGN	4.94	3	
Nel	Hanry	M 45	CORR SERV	4.73	4	
Van Daalen	Dirk	M 45	TYGERBERG	4.42	5	
Swanepoel	Christo	M 45	S W D	4.34	6	
Smith	Albert	M 75	BELLVILLE	???	4.26	1 WPS WPR SAS SAR

TRIPLE JUMP	MEN	M				
McBride	Vincent	M 45	BELLVILLE	11.94	1	WPS SAS
Van Daalen	Dirk	M 45	TYGERBERG	8.98	2	
Smith	Albert	M 75	BELLVILLE	5.55	1	

POLE VAULT	MEN	M				
Hugo	Stephan	M 45	NAMAQUA	3.20	1	WPR
Smith	Albert	M 75	BELLVILLE	1.35	1	

SHOT PUT	MEN	M				
Strydom	Nigel	M 30	TEMP	7.87	1	
Olivier	Deon	M 40	N L K	10.18	1	
Odendaal	Dirk	M 45	BOLAND	9.62	1	
Swanepoel	Christo	M 45	S W D	9.04	2	
Hendriks	Denver	M 45	BOLAND	7.88	3	
Smith	Anthony	M 50	TEMP	10.05	1	WPS
Ferreira	Frik	M 55	GAUTENG	9.77	1	WPS
Henry	John	M 55	V O B	8.49	2	
Stalmeester	Anthony	M 55	M/P TITANS	7.40	3	
Carnie	Basil	M 60	BELLVILLE	10.49	1	WPS
Du Plessis	Doep	M 60	S W D	9.19	2	WPS
Hart	Walter	M 60	SPARTANS	5.73	3	
Hildebrand	Ingo	M 65	S W D	8.85	1	WPS
Johnston	Steve	M 70	PINELANDS	9.75	1	WPS
Warren	Bertie	M 70	WHALERS	8.79	2	WPS
Smith	Albert	M 75	BELLVILLE	8.31	1	WPS
Hazell	Des	M 75	BELLVILLE	7.99	2	WPS
Benning	Leo	M 75	WHALERS	6.53	3	
Stannius	Borge	M 80	PINELANDS	10.73	1	WPS SAS
Sharpley	Neville	M 85	PINELANDS	5.19	1	
Frech	Philipp	M 90	PINELANDS	6.23	1	

DISCUS	MEN	M				
Olivier	Deon	M 40	N L K	28.26	1	
Odendaal	Dirk	M 45	BOLAND	29.35	1	WPS
Swanepoel	Christo	M 45	S W D	28.74	2	WPS
Marais	Jacques	M 45	BELLVILLE	21.87	3	
Hendriks	Denver	M 45	BOLAND	17.04	4	
Ferreira	Frik	M 55	GAUTENG	26.61	1	WPS
Du Plessis	Doep	M 60	S W D	30.96	1	WPS
Carnie	Basil	M 60	BELLVILLE	22.54	2	
Hildebrand	Ingo	M 65	S W D	28.38	1	WPS
Johnston	Steve	M 70	PINELANDS	30.33	1	WPS
Benning	Leo	M 75	WHALERS	21.69	1	
Hazell	Des	M 75	BELLVILLE	20.59	2	
Smith	Albert	M 75	BELLVILLE	20.36	3	
Stannius	Borge	M 80	PINELANDS	25.08	1	WPS SAS

Sharpley	Neville	M 85	PINELANDS	15.37	1		
Frech	Philipp	M 90	PINELANDS	17.82	1	WPR	SAR

JAVELIN

MEN

M

Strydom	Nigel	M 30	TEMP	28.98	1		
Swanepoel	Christo	M 45	S W D	26.24	1		
Smith	Anthony	M 50	TEMP	32.75	1	WPS	
Vercuiel	Hein	M 50	BELLVILLE	31.69	2	WPS	
Ferreira	Frik	M 55	GAUTENG	33.92	1	WPS	
Miller	Garth	M 55	V O B	32.78	2	WPS	
Stalmeester	Anthony	M 55	M/P TITANS	27.34	3	WPS	
Hildebrand	Ingo	M 65	S W D	30.40	1	WPS	
Benning	Leo	M 75	WHALERS	23.60	1	WPS	SAS
Hazell	Des	M 75	BELLVILLE	19.63	2		

HAMMER THROW

MEN

M

Olivier	Deon	M 40	N L K	24.38	1		
Odendaal	Dirk	M 45	BOLAND	33.34	1	WPS	
Ferreira	Frik	M 55	GAUTENG	19.31	1		
Hildebrand	Ingo	M 65	S W D	25.85	1	WPS	
Johnston	Steve	M 70	PINELANDS	33.90	1	WPS	
Smith	Albert	M 75	BELLVILLE	23.38	1	WPS	
Stannius	Borge	M 80	PINELANDS	29.12	1	WPS	SAS
Frech	Philipp	M 90	TEMP	17.17	1		

WEIGHT THROW

MEN

M

Odendaal	Dirk	M 45	BOLAND	9.89	1		
Smith	Anthony	M 50	TEMP	8.66	1		
Ferreira	Frik	M 55	GAUTENG	8.75	1		
Hildebrand	Ingo	M 65	S W D	9.86	1		
Johnston	Steve	M 70	PINELANDS	13.57	1		
Benning	Leo	M 75	WHALERS	9.70	1		
Smith	Albert	M 75	BELLVILLE	9.01	2		
Hazell	Des	M 75	BELLVILLE	7.81	3		
Stannius	Borge	M 80	PINELANDS	11.49	1		
Sharpley	Neville	M 85	PINELANDS	6.99	1		
Frech	Philipp	M 90	PINELANDS	7.35	1	WPR	

5000M WALK	MEN	M				
McDonald	Ross	M 35	SPARTANS	23:17.29	1	SAS
Swanepoel	Hannes	M 45	WP DEFENCE	24:24.10	1	SAS
Donson	Hilton	M 45	SPARTANS	31:57.20	2	
Kotze	Frans	M 55	PAARL	29:20.60	1	
Wolmarans	Sarel	M 55	AGN	35:14.00	2	
Van Zyl	Johan	M 60	BELLVILLE	27:55.40	1	SAS
Hart	Walter	M 60	SPARTANS	32:01.30	2	
Wonfor	Patrick	M 65	SPARTANS	32:06.20	1	
Whyte	Roy	M 65	SPARTANS	33:28.40	2	
Aver	Brian	M 65	R W F L	34:36.00	3	
Spencer	Jurgen	M 70	BELLVILLE	29:45.50	1	SAS
Kirby	David John	M 75	SPARTANS	35:04.50	1	SAS
Hotston	John	M 80	SPARTANS	36:17.50	1	SAS

10KM WALK	MEN	M				
Kotze	Frans	M 55	PAARL	61:50.00	1	
Van Zyl	Johan	M 60	BELLVILLE	58:57.00	1	
Wonfor	Patrick	M 65	SPARTANS	66:20.00	1	
Aver	Brian	M 65	R W F L	69:10.00	2	
Spencer	Jurgen	M 70	BELLVILLE	61:51.00	1	SAR
Hotston	John	M 80	SPARTANS	72:59.00	1	

20KM WALK	MEN	M				
McDonald	Ross	M 35	SPARTANS	1:50:59.00	1	
Donson	Hilton	M 45	SPARTANS	2:17:22.00	1	
Wolmarans	Sarel	M 55	AGN	2:39:18.00	1	
Strack	Uwe	M 60	V O B	2:17:26.00	1	
Hart	Walter	M 60	SPARTANS	2:19:49.00	2	
Whyte	Roy	M 65	SPARTANS	2:18:53.00	1	

100M	WOMEN	W						
Shaik	Carmila	W 35	ATH ALIVE	14.73	1			
Du Plessis	Riana	W 35	S W D	15.30	2			
Figland	Beverley	W 40	BELLVILLE	14.50	1	WPS		
Van den Bergh	Jolette	W 40	S W D	14.88	2			
Gelderblom	Sureta	W 40	TEMP	15.25	3			
Mathewson	Julie	W 40	BOLAND	15.57	4			
Willemse	Guste	W 45	S W D	14.31	1	WPS		
Jonkers	Margaret	W 60	TYGERBERG	16.57	1	WPS		
Ungerer	Toy	W 65	S W D	15.11	1	WPS	WPR	SAS SAR
Johnson	Magdalene	W 75	TYGERBERG	19.38	1	WPS		SAS
Welgemoed	Veronica	W 80	AGN	21.61	1			
200M	WOMEN	W						
Du Plessis	Riana	W 35	S W D	31.58	1			
Figland	Beverley	W 40	BELLVILLE	30.39	1			
Van den Bergh	Jolette	W 40	S W D	30.97	2			
Mathewson	Julie	W 40	BOLAND	33.26	3			
Marais	Janine	W 40	BRACKENFELL	36.39	4			
Ungerer	Toy	W 65	S W D	31.95	1	WPS	WPR	SAS
400M	WOMEN	W						
Close	Jenny	W 30	NB	66.95	1			
Isaacs	Gail	W 40	TYGERBERG	72.73	1			
Williams	Christine	W 70	SPARTANS	94.93	1	WPS		SAS
800M	WOMEN	W						
Close	Jenny	W 30	NB	2:25.16	1	WPS		
Williams	Christine	W 70	SPARTANS	3:42.68	1			SAS
1500M	WOMEN	W						
Close	Jenny	W 30	NB	5:07.97	1	WPS		
100/80M H	WOMEN	W						
Gelderblom	Sureta	W 40	TEMP	16.20	1			

HIGH JUMP	WOMEN	W						
Shaik	Carmila	W 35	ATH ALIVE	1.35	1	WPS		
Gelderblom	Sureta	W 40	TEMP	1.08	1			
Du Plessis	Martha Duppie	W 50	BELLVILLE	0.94	1			
Jonkers	Margaret	W 60	TYGERBERG	1.14	1	WPS		
LONG JUMP	WOMEN	W						
Shaik	Carmila	W 35	ATH ALIVE	4.51	1	WPS		
Du Plessis	Riana	W 35	S W D	3.38	2			
Venter	Zenobia	W 40	BOLAND	4.19	1			
Gelderblom	Sureta	W 40	TEMP	3.61	2			
Mathewson	Julie	W 40	BOLAND	2.35	3			
Willemse	Guste	W 45	S W D	4.33	1	WPS WPR SAS		
Jonkers	Margaret	W 60	TYGERBERG	3.32	1	WPS		
Ungerer	Toy	W 65	S W D	3.76	1	WPS WPR SAS SAR		
Johnson	Magdalene	W 75	TYGERBERG	2.32	1		SAS	
TRIPLE JUMP	WOMEN	W						
Shaik	Carmila	W 35	ATH ALIVE	8.87	1			
Gelderblom	Sureta	W 40	TEMP	7.79	1			
Willemse	Guste	W 45	S W D	9.37	1	WPS	SAS SAR	
SHOT PUT	WOMEN	W						
Compion	Maria	W 30	BELLVILLE	10.38	1	WPS		
Coetzee	Marilize	W 35	BELLVILLE	11.72	1	WPS WPR SAS SAR		
Marx	Thea	W 35	TEMP	9.78	2	WPS WPR		
Louw	Marisa	W 40	BELLVILLE	8.12	1			
Gerber	Amanda	W 40	EASTERNS	6.68	2			
Venter	Charmaine	W 40	BELLVILLE	6.43	3			
Gelderblom	Sureta	W 40	TEMP	6.13	4			
Van Zyl	Thalena	W 50	BELLVILLE	7.53	1	WPS		
Stofberg	Tertia	W 55	BELLVILLE	7.75	1	WPS		
Du Toit	Aletta	W 60	BELLVILLE	6.13	1			
Da Silveira	Izabel	W 60	TYGERBERG	5.41	2			
Grobbelaar	Elize	W 65	BELLVILLE	5.84	1			
Kuppe	Hella	W 70	NAMIBIA	6.78	1	WPS	SAS	
van Zyl	Rhentia	W 70	V O B	4.99	2			
Hutchison	Mavis	W 85	TEMP	4.62	1			

DISCUS	WOMEN	W				
Compion	Maria	W 30	BELLVILLE	18.00	1	
Marx	Thea	W 35	TEMP	26.19	1	
Louw	Marisa	W 40	BELLVILLE	25.13	1	
Gerber	Amanda	W 40	EASTERNS	15.64	2	
Du Plessis	Martha Duppie	W 50	BELLVILLE	15.88	1	
Stofberg	Tertia	W 55	BELLVILLE	18.37	1	WPS
Du Toit	Aletta	W 60	BELLVILLE	14.08	1	
Da Silveira	Izabel	W 60	TYGERBERG	13.22	2	
Bellingan	Julie	W 70	NAMIBIA	15.26	1	WPS
Kuppe	Hella	W 70	NAMIBIA	14.43	2	WPS
van Zyl	Rhentia	W 70	V O B	12.99	3	
Rudolph	Sonia	W 80	WHALERS	12.17	1	
Ackerman	Aletta	W 80	BELLVILLE	8.93	2	

JAVELIN	WOMEN	W				
Compion	Maria	W 30	BELLVILLE	22.66	1	
Marx	Thea	W 35	TEMP	20.99	1	
Louw	Marisa	W 40	BELLVILLE	22.10	1	
Gerber	Amanda	W 40	EASTERNS	14.40	2	
Du Plessis	Martha Duppie	W 50	BELLVILLE	12.48	1	
Stofberg	Tertia	W 55	BELLVILLE	11.92	1	
Da Silveira	Izabel	W 60	TYGERBERG	10.50	1	
Du Toit	Aletta	W 60	BELLVILLE	9.48	2	
Grobbelaar	Elize	W 65	BELLVILLE	10.90	1	
Kuppe	Hella	W 70	NAMIBIA	18.28	1	WPS SAS
Rudolph	Sonia	W 80	WHALERS	10.75	1	
Ackerman	Aletta	W 80	BELLVILLE	8.22	2	
Hutchison	Mavis	W 85	TEMP	8.77	1	

HAMMER THROW	WOMEN	W						
Compion	Maria	W 30	BELLVILLE	24.67	1			
Coetzee	Marilize	W 35	BELLVILLE	46.02	1	WPS	WPR	SAS SAR
Marx	Thea	W 35	TEMP	30.63	2	WPS	WPR	
Louw	Marisa	W 40	BELLVILLE	28.51	1	WPS		
Gerber	Amanda	W 40	EASTERNS	19.51	2			
Venter	Charmaine	W 40	BELLVILLE	18.49	3			
Du Toit	Aletta	W 60	BELLVILLE	18.72	1	WPS		
Da Silveira	Izabel	W 60	TYGERBERG	14.31	2			
Grobbelaar	Elize	W 65	BELLVILLE	21.48	1	WPS		SAS
Bellingan	Julie	W 70	NAMIBIA	16.92	1	WPS		

WEIGHT THROW	WOMEN	W						
Compion	Maria	W 30	BELLVILLE	8.67	1			
Coetzee	Marilize	W 35	BELLVILLE	14.61	1		WPR	SAR
Marx	Thea	W 35	TEMP	8.86	2		WPR	
Louw	Marisa	W 40	BELLVILLE	11.01	1		WPR	
Gerber	Amanda	W 40	EASTERNS	5.82	2			
Venter	Charmaine	W 40	BELLVILLE	5.73	3			
Van Zyl	Thalena	W 50	BELLVILLE	5.84	1			
Stofberg	Tertia	W 55	BELLVILLE	8.20	1			
Da Silveira	Izabel	W 60	TYGERBERG	6.32	1			
Du Toit	Aletta	W 60	BELLVILLE	5.57	2			
Grobbelaar	Elize	W 65	BELLVILLE	8.92	1			
Kuppe	Hella	W 70	NAMIBIA	7.79	1			
Bellingan	Julie	W 70	NAMIBIA	7.05	2			
Rudolph	Sonia	W 80	WHALERS	6.72	1			SAR

5000 M WALK	WOMEN	W						
Theron	Vanessa	W 40	SPARTANS	33:00.40	1			
Van Buuren	Lesley	W 45	CEN GAUTENG	26:36.90	1	WPS	WPR	SAS
Rothig	Colleen	W 45	SPARTANS	31:45.00	2	WPS		
Dunn	Chandra-Jay	W 45	SPARTANS	32:30.90	3			
Williams	Gail	W 50	SPARTANS	31:45.00	1	WPS		
James	Pam	W 50	SPARTANS	32:05.50	2	WPS		
Carstens	Trudi	W 50	BELLVILLE	32:32.50	3	WPS		
Van Zyl	Thalena	W 50	BELLVILLE	35:12.60	4			

Miller	Cobie	W 55	SPARTANS	30:53.80	1	WPS	SAS
Roux	Isabel	W 55	BELLVILLE	36:34.10	2		
Brand	Edna	W 60	LANGEBAAAN	30:44.10	1	WPS	SAS
Josephs	Wendy	W 60	R W F L	32:32.60	2	WPS	SAS
Nel	Elizabeth	W 60	SPARTANS	34:36.40	3	WPS	
Da Silveira	Izabel	W 60	TYGERBERG	43:42.70	4		
Aver	Carol-Ann	W 65	R W F L	35:04.40	1	WPS	SAS
Kidson	Cecile	W 70	LANGEBAAAN	35:07.70	1	WPS	SAS
Norton	Margaret	W 70	SPARTANS	38:18.80	2	WPS	
Reid	Peggy	W 75	SPARTANS	37:09.30	1	WPS	SAS

10 KM WALK

WOMEN

W

Theron	Vanessa	W 40	SPARTANS	67:23.00	1		
Van Buuren	Lesley	W 45	CEN GAUTENG	54:56.00	1	WPS WPR	SAS
Dunn	Chandra-Jay	W 45	SPARTANS	69:02.00	2		
Horn Botha	Deborah	W 45	V O B	69:54.00	3		
Williams	Gail	W 50	SPARTANS	65:38.00	1	WPS	
James	Pam	W 50	SPARTANS	66:24.00	2	WPS	
Carstens	Trudi	W 50	BELLVILLE	67:38.00	3	WPS	
Van Zyl	Thalena	W 50	BELLVILLE	74:18.00	4		
Roux	Isabel	W 55	BELLVILLE	76:00.00	1		
Brand	Edna	W 60	LANGEBAAAN	62:39.00	1	WPS	SAS
Josephs	Wendy	W 60	R W F L	66:48.00	2	WPS	SAS
Nel	Elizabeth	W 60	SPARTANS	71:15.00	3	WPS	
Aver	Carol-Ann	W 65	R W F L	71:46.00	1	WPS	
Kidson	Cecile	W 70	LANGEBAAAN	72:05.00	1	WPS	SAS
Norton	Margaret	W 70	SPARTANS	82:54.00	2	WPS	
Reid	Peggy	W 75	SPARTANS	74:06.00	1	WPS	SAS

20 KM WALK

WOMEN

W

Scheepers	Celeste	W 50	AGN	2:09:03.00	1		
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