

FREE STATE MASTERS: RESULTS OF MEETING

**Bloemfontein
08 November 2014**

<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
1	100 METERS	M30	Standard: 11,84				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):	World (E):		
	Domestic (H): 10,9	Open (H): 10,8	RSA (H): 10,5	Africa (H):	World (H):		
1	5303TL	INGRAM, RICHARD	KZN	11.61			
2	8139	JORDAAN, RUDI		CGA 11.64			
3	5313TL	PEENS, SHAUN	FS	12.97			
2	100 METERS	M35	Standard: 11,94				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):	World (E):		
	Domestic (H): 11,5	Open (H): 11,1	RSA (H): 10,3	Africa (H):	World (H):		
1	22140	STEYN, CHRISTO	CGA	12.69			
3	100 METERS	M40	Standard: 12,24				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):	World (E):		
	Domestic (H): 11,2	Open (H): 11,0	RSA (H): 10,7	Africa (H):	World (H):		
1	7185	TRUTER, ANDRE	GN	11.80	GOLD		
2	4083TL	OOSTHUYSEN, JACQUES	GN	12.69			
3	7175	BLAAUW, DAVID	GN	12.76			
4	5322TL	SESING, TEBOHO	FS	14.05			
5	903	MOLOSI, PULE		FS 14.25			
4	100 METERS	M45	Standard: 13,04				
	Domestic (E): 12,18	Open (E):	RSA (E):	Africa (E):	World (E):		
	Domestic (H): 12,5	Open (H): 11,3	RSA (H): 11,1	Africa (H):	World (H):		
1	1217	MNGOMEZULU, GEORGE	NWN	12.27	GOLD		
5	100 METERS	M50	Standard: 13,54				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):	World (E):		
	Domestic (H): 12,2	Open (H): 11,9	RSA (H): 11,65	Africa (H):	World (H):		
1	787TL	MARTIN, EDWARD	FS	12.61	GOLD		
2	743	VAN BREDA, PEET	GN	13.12			
3	793TL	LE ROUX, LH		FS 14.83			

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6	100 METERS	M55	Standard: 14,24				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 12,36		Open (H): 12,0	RSA (H): 11,8	Africa (H):	World (H):		
1	1658	KALP, FRANS		SWD	12.69	GOLD	
2	7196	GOUWS, JOHAN		GN	13.22	SILVER	
3	4772	DOWNWARD, TREVOR	KZN	13.51	BRONZE		
4	11080	OELOFSE, WALTER	KZN	13.52			
5	11082	VAN TUBBERGH, BRAAM	KZN	13.96			
7	100 METERS	M60	Standard: 14,74				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 16,5		Open (H): 12,9	RSA (H): 12,91	Africa (H):	World (H):		
1	3313	XAVIER, ROBERT	BOR	14.01			
2	5336TL	MATHE, MICHAEL	FS	15.60			
8	100 METERS	M65	Standard: 15,54				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 14,3		Open (H): 13,0	RSA (H): 13,1	Africa (H):	World (H):		
1	5329TL	MOLADA, MASEKO	FS	16.81			
2	5341TL	THABANE, SELLO	FS	17.86			
9	100 METERS	M70	Standard: 17,24				
Domestic (E):		Open (E): 16.50	RSA (E):	Africa (E):	World (E):		
Domestic (H): 14,4		Open (H): 14,9	RSA (H): 12,9	Africa (H):	World (H):		
1	5325TL	SEKOBOTO, KHATIANE	FS	15.47	GOLD		
2	771TL	HERION, CECIL		KZN	16.18	SILVER	
3	5324TL	MEHLOMAKHULU,	FS	17.82			
4	1532	DE KOCK, BOBBY	FS	19.27			
11	100 METERS	M80	Standard: 19,24				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 17,1		Open (H): 17,1	RSA (H): 14,3	Africa (H):	World (H):		
1	8447	CROSS, RON		WP	15.49	GOLD	

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15	200 METERS	M30	Standard: 24,34				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 22,6		Open (H): 22,5	RSA (H): 21,2	Africa (H):	World (H):		
1	5303TL	INGRAM, RICHARD	KZN	23.53	GOLD		
2	8139	JORDAAN, RUDI		CGA	23.71	SILVER	
16	200 METERS	M35	Standard: 24,44				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 23,7		Open (H): 22,2	RSA (H): 21,2	Africa (H):	World (H):		
1	3333	MSIPA, EDWIN		CGA	23.85	GOLD	
2	22140	STEYN, CHRISTO	CGA	26.18			
3	5316TL	SWARTS, STEVEN	FS	26.21			
17	200 METERS	M40	Standard: 25,44				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 23,4		Open (H): 23,1	RSA (H): 22,0	Africa (H):	World (H):		
1	7185	TRUTER, ANDRE	GN	24.13	GOLD		
2	4083TL	OOSTHUYSEN, JACQUES	GN	26.20			
3	7175	BLAAUW, DAVID	GN	26.78			
4	5322TL	SESING, TEBOHO	FS	28.95			
5	789TL	SENOKOANE, BENJAMIN	FS	29.57			
18	200 METERS	M45	Standard: 26,44				
Domestic (E): 24,62		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 24,9		Open (H): 22,9	RSA (H): 22,9	Africa (H):	World (H):		
1	1217	MNGOMEZULU, GEORGE	NWN	25.29	GOLD		
19	200 METERS	M50	Standard: 27,54				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 25,6		Open (H): 24,5	RSA (H): 23,29	Africa (H): 23,29	World (H):		
1	787TL	MARTIN, EDWARD	FS	25.71	GOLD		
2	743	VAN BREDA, PEET	GN	27.50			
3	793TL	LE ROUX, LH		FS	31.09		

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20	200 METERS	M55	Standard: 28,54				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 26,1		Open (H): 24,9	RSA (H): 24,71	Africa (H):	World (H):		
1	1658	KALP, FRANS		SWD	25.42	GOLD	
2	11080	OELOFSE, WALTER	KZN	27.38	SILVER		
3	4772	DOWNWARD, TREVOR	KZN	27.64	BRONZE		
4	11082	VAN TUBBERGH, BRAAM	KZN	28.13			
5	21194	BOOYSEN, HENDRIK	CGA	28.95			
6	5305TL	BESTER, GERHARD	FS	29.20			
22	200 METERS	M65	Standard: 32,74				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 26,9	RSA (H): 26,99	Africa (H):	World (H):		
1	5330TL	MOLEFI, BAJI		FS	32.89		
23	200 METERS	M70	Standard: 35,24				
Domestic (E):		Open (E): 40.5	RSA (E):	Africa (E):	World (E):		
Domestic (H): 31.99		Open (H): 31.3	RSA (H): 27,5	Africa (H):	World (H):		
1	5325TL	SEKOBOTO, KHATIANE	FS	32.66	GOLD		
2	771TL	HERION, CECIL		KZN	34.18	SILVER	
3	5333TL	MAPUTLE, JOHN	FS	36.61			
4	1532	DE KOCK, BOBBY	FS	39.27			
25	200 METERS	M80	Standard: 40,24				
Domestic (E):		Open (E): 38.79	RSA (E):	Africa (E):	World (E):		
Domestic (H): 39,1		Open (H): 39,1	RSA (H): 32,18	Africa (H):	World (H):		
1	8447	CROSS, RON		WP	33.13	GOLD	
29	400 METERS	M30	Standard: 53,64				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 50,2		Open (H): 49,8	RSA (H): 48,95	Africa (H):	World (H):		
1	5303TL	INGRAM, RICHARD	KZN	51.24	GOLD		
2	18201	DA SILVA, GAVIN	CGA	53.34			
3	5313TL	PEENS, SHAUN	FS	61.95			
4	777	FLORES,GARTH		FS	62.46		

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30	400 METERS	M35	Standard: 54,94				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 51,8		Open (H): 51,8	RSA (H): 47,9	Africa (H):	World (H):		
1	116	ODENDAAL, WILLEM	NWN	57.56			
2	22140	STEYN, CHRISTO	CGA	59.18			
31	400 METERS	M40	Standard: 56,64				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 55,2		Open (H): 51,3	RSA (H): 49,7	Africa (H):	World (H):		
1	1241	BRITZ, FCPG		GN 59.53			
2	7175	BLAAUW, DAVID	GN	60.51			
3	789TL	SENOKOANE, BENJAMIN	FS	61.02			
4	5322TL	SESING, TEBOHO	FS	63.28			
32	400 METERS	M45	Standard: 58,64				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 54,8		Open (H): 52,9	RSA (H): 51,2	Africa (H):	World (H):		
1	59	WILLIAMS, BARRY	FS	65.72			
33	400 METERS	M50	Standard: 63,44				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 59,7		Open (H): 52,5	RSA (H): 52,5	Africa (H):	World (H):		
1	787TL	MARTIN, EDWARD	FS	59.65	GOLD		
2	773TL	BAUW, BEN		FS 71.88			
34	400 METERS	M55	Standard: 66,14				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 63,3		Open (H): 55,2	RSA (H): 55,0	Africa (H):	World (H):		
1	1658	KALP, FRANS		SWD 57.43	GOLD		
2	11080	OELOFSE, WALTER	KZN	63.29	SILVER		
3	21194	BOOYSEN, HENDRIK	CGA	63.56	BRONZE		
4	4772	DOWNWARD, TREVOR	KZN	68.60			
5	1466	SCHOEMAN, AT	EP	83.54			

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37	400 METERS	M70		Standard: 80,14			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H):	Open (H):	RSA (H): 64,16	Africa (H):		World (H):	
1	5333TL	MAPUTLE, JOHN	FS	84.45			
2	5335TL	MARUMO, KOOS		FS 92.43			
43	800 METERS	M30		Standard:			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 2:01,0	Open (H): 1:58,7	RSA (H): 1:49,6	Africa (H):		World (H):	
1	18201	DA SILVA, GAVIN	CGA	1:59.17			
2	777	FLORES,GARTH		FS 2:39.76			
44	800 METERS	M35		Standard:			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 2:02,0	Open (H): 1:58,7	RSA (H): 1:49,4	Africa (H):		World (H):	
1	116	ODENDAAL, WILLEM	NWN	2:15.11			
45	800 METERS	M40		Standard:			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 2:16	Open (H): 2:02,5	RSA (H): 1:55,8	Africa (H):		World (H):	
1	768	VORSTER, WIKUS	FS	2:11.71			
2	1241	BRITZ, FCPG		GN 2:23.90			
3	789TL	SENOKOANE, BENJAMIN	FS	2:26.21			
46	800 METERS	M45		Standard:			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 2:05,4	Open (H): 2:05,4	RSA (H): 1:59,09	Africa (H):		World (H):	
1	59	WILLIAMS, BARRY	FS	2:22.20			
2	793	KOTZE, FLIPPIE	FS	2:29.22			
48	800 METERS	M55		Standard:			
	Domestic (E): 2:30.90	Open (E): 2:20.7	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 2:30,90	Open (H): 2:20,15	RSA (H): 2:03,7	Africa (H):		World (H):	
1	5783	ZALANI, STEPHEN	CGA	4:57.57			

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50	800 METERS	M65	Standard:				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 4:29,2	Open (H):	RSA (H): 2:30,70	Africa (H):		World (H):	
1	5346TL	MELAMU, GEORGE	FS	3:22.82			
51	800 METERS	M70	Standard:				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 3:20.20	Open (H): 3:51.2	RSA (H): 2:31,71	Africa (H):		World (H):	
1	1532	DE KOCK, BOBBY	FS	4:08.59			
58	1500 METERS	M35	Standard:				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 04:12,22	Open (H): 04:12,22	RSA (H): 03:54,04	Africa (H):		World (H):	
1	116	ODENDAAL, WILLEM	NWN	04:43.55			
59	1500 METERS	M40	Standard:				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 04:13,0	Open (H): 04:13,0	RSA (H): 03:58,90	Africa (H):		World (H):	
1	440	MEKHOA, RAMPI	NWN	05:02.99			
2	1482	MODISE, NORMAN	FS	05:07.75			
3	1241	BRITZ, FCPG		GN 05:12.67			
60	1500 METERS	M45	Standard:				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 04:36,2	Open (H): 04:25,2	RSA (H): 04:03,13	Africa (H):		World (H):	
1	59	WILLIAMS, BARRY	FS	04:56.70			
2	5315TL	NICOLAISEN, ANTON	FS	05:21.27			
61	1500 METERS	M50	Standard:				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 04:49,9	Open (H): 04:41,54	RSA (H): 04:18,94	Africa (H):		World (H):	
1	1866	NKOANE, KANTOOR	FS	05:39.03			
2	773TL	BAUW, BEN		FS 05:54.87			

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65	1500 METERS	M70	Standard:				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H):	RSA (H): 05:11,59	Africa (H):	World (H):		
1	7460	CLEMENTS, FRED	GN	05:54.65			
2	1532	DE KOCK, BOBBY	FS	07:02.40			
101	5000 METERS	M40	Standard:				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 17:07,2		Open (H): 16:47,0	RSA (H): 15:06,30	Africa (H):	World (H):		
1	440	MEKHOA, RAMPI	NWN	19:10.99			
102	5000 METERS	M45	Standard:				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 16:12		Open (H): 16:12	RSA (H): 15:19,68	Africa (H):	World (H):		
1	18000	HLALELE, JOSEPH	FS	20:31.28			
2	793	KOTZE, FLIPPIE	FS	21:19.22			
103	5000 METERS	M50	Standard:				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 17:22,2		Open (H): 17:22,2	RSA (H): 16:01,5	Africa (H):	World (H):		
1	61	LONDON, SYNEY	FS	19:54.10			
104	5000 METERS	M55	Standard:				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 20:16,9		Open (H): 17:54,6	RSA (H): 16:54,76	Africa (H):	World (H):		
1	1466	SCHOEMAN, AT	EP	22:41.66			
115	10000 METERS	M40	Standard: 38:30,0				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 36:29,4		Open (H): 33:45,30	RSA (H): 30:49,7	Africa (H):	World (H):		
1	903	MOLOSI, PULE		FS	36:52.08	GOLD	
2	1482	MODISE, NORMAN	FS	40:59.25			
116	10000 METERS	M45	Standard: 39:00,0				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 36:29,6		Open (H): 33:41,6	RSA (H): 32:24,89	Africa (H):	World (H):		
1	18000	HLALELE, JOSEPH	FS	41:49.69			

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117 10000 METERS M50 Standard: 42:00,0							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 35:26,5		Open (H): 35:26,5	RSA (H): 33:22,2	Africa (H):	World (H):		
1	61	LONDON, SYNEY	FS	39:07.19	GOLD		
119 10000 METERS M60 Standard: 47:30,0							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 49:36.1	RSA (H): 38:07,9	Africa (H):	World (H):		
1	150	KINGHORN, BASIL	FS	49:04.46			
130 3000M M45 Standard:							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 14:06,8		Open (H): 14:06,8	RSA (H): 09:49,69	Africa (H):	World (H):		
1	793	KOTZE, FLIPPIE	FS	12:51.91			
132 3000M M55 Standard:							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 11:35.5		Open (H): 11:27.4	RSA (H): 11:27,4	Africa (H):	World (H):		
1	1466	SCHOEMAN, AT	EP	15:35.87			
149 2000M M70 Standard:							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H):	RSA (H): 08:46,93	Africa (H):	World (H):		
1	1532	DE KOCK, BOBBY	FS	13:00.52			
173 100M HURDLES M50 Standard: 21,24							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 18,5	RSA (H): 14,75	Africa (H):	World (H):		
1	1923	VAN DAALLEN, DIRK	WP	20.70	GOLD		
174 100M HURDLES M55 Standard: 21,74							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 23,1		Open (H): 16.82	RSA (H): 16.82	Africa (H):	World (H):		
1	7196	GOUWS, JOHAN		GN	15.92	GOLD	SA +1.6
2	11082	VAN TUBBERGH, BRAAM	KZN	21.02			
3	1466	SCHOEMAN, AT	EP	28.16			

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FREE STATE MASTERS: RESULTS OF MEETING

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<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
202	400M HURDLES	M55		Standard: 71,04			
	Domestic (E):	Open (E): 1:04.40	RSA (E): 62.88	Africa (E):		World (E):	
	Domestic (H): 1:36,78	Open (H): 1:36,78	RSA (H): 62,88	Africa (H):		World (H):	
1	1466	SCHOEMAN, AT	EP	93.81			
230	1500M RACE WALK	M55		Standard:			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H):	Open (H): 9:29.03	RSA (H):	Africa (H):		World (H):	
1	11076	SUDDER, ROCKY	KZN	09:21.52			
2	5783	ZALANI, STEPHEN	CGA	12:51.41			
231	1500M RACE WALK	M60		Standard:			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H):	Open (H): 08:44,0	RSA (H):	Africa (H):		World (H):	
1	5752	PENTZ, BEN		GN 08:35.25			
233	1500M RACE WALK	M70		Standard:			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H):	Open (H): 10:44,7	RSA (H):	Africa (H):		World (H):	
1	7460	CLEMENTS, FRED	GN	09:31.42			
2	5343TL	NKOANE, ROGER	FS	11:49.29			
3	5342TL	SEDIKELO, JOSEPH	FS	11:56.40			
258	5000M RACE WALK	M55		Standard:			
	Domestic (E): 30:10.83	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 32:43.6	Open (H): 25:19	RSA (H): 23:52,24	Africa (H):		World (H):	
1	11076	SUDDER, ROCKY	KZN	34:16.62			
2	5783	ZALANI, STEPHEN	CGA	42:01.61			
259	5000M RACE WALK	M60		Standard: 33:00			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 34:20.10	Open (H): 29:14	RSA (H): 26:50,7	Africa (H):		World (H):	
1	5752	PENTZ, BEN		GN 32:19.17	GOLD		

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<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
261 5000M RACE WALK M70 Standard:							
Domestic (E):		Open (E): 32:15.88	RSA (E):	Africa (E):	World (E):		
Domestic (H): 35:43		Open (H): 34:22,6	RSA (H): 29:08,8	Africa (H):	World (H):		
1	7460	CLEMENTS, FRED	GN	33:46.33			
313 HIGH JUMP M50 Standard: 1,38							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 1,50		Open (H): 1,68	RSA (H): 1,71	Africa (H):	World (H):		
1	1923	VAN DAALEN, DIRK	WP	1.40	GOLD		
2	5307TL	HILLEBRAND, LEN	FS	1.30	SILVER		
314 HIGH JUMP M55 Standard: 1,33							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 1,40		Open (H): 1,55	RSA (H): 1,63	Africa (H):	World (H):		
1	7196	GOUWS, JOHAN		GN	1.60	GOLD OPEN	
328 POLE VAULT M55 Standard: 2,60							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H):	RSA (H): 3,00	Africa (H):	World (H):		
1	5311TL	SMIT, DEON		GN	3.07	GOLD RSA	
337 LONG JUMP M30 Standard: 5,97							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 06,3	RSA (H): 7,64	Africa (H):	World (H):		
1	8139	JORDAAN, RUDI		CGA	5.64	GOLD	
2	788TL	NOAH, JOHN		GN	4.71		
341 LONG JUMP M50 Standard: 4,60							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 5,42		Open (H): 5,47	RSA (H): 6,18	Africa (H):	World (H):		
1	743	VAN BRED A, PEET	GN	4.93	GOLD		
2	1923	VAN DAALEN, DIRK	WP	4.79	SILVER		
3	793TL	LE ROUX, LH		FS	3.55		
4	7184	VD WESTHUIZEN, EUGENE	GN	2.95			

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<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
342	LONG JUMP	M55	Standard: 4,30				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 5,33		Open (H): 5,33	RSA (H): 5,70	Africa (H):	World (H):		
1	7196	GOUWS, JOHAN		GN	4.90	GOLD	
2	11082	VAN TUBBERGH, BRAAM	KZN	4.68	SILVER		
3	22116	CAMHEE, KURT	CGA	4.19	BRONZE		
345	LONG JUMP	M70	Standard: 3,25				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 3,48	RSA (H): 4,66	Africa (H):	World (H):		
1	771TL	HERION, CECIL		KZN	3.72	GOLD	
355	TRIPLE JUMP	M50	Standard: 10,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 08.94	RSA (H): 12.21	Africa (H):	World (H):		
1	1923	VAN DAALEN, DIRK	WP	09.04			
356	TRIPLE JUMP	M55	Standard: 09,20				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 10,48		Open (H): 10,48	RSA (H): 10,95	Africa (H):	World (H):		
1	22116	CAMHEE, KURT	CGA	8.05	GOLD		
365	SHOT PUT	M30	Standard: 12,10				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 14,01		Open (H): 14,01	RSA (H): 16,28	Africa (H):	World (H):		
1	788TL	NOAH, JOHN		GN	12.93	GOLD	
366	SHOT PUT	M35	Standard: 11,50				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 15.65		Open (H): 15,24	RSA (H): 16,56	Africa (H):	World (H):		
1	5310TL	LINDE, JURIE		FS	10.64		
2	16564	BOTHA, BENNIE	CGA	07.93			

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<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
367	SHOT PUT	M40	Standard: 10,70				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 14,78		Open (H): 14,96	RSA (H): 16,50	Africa (H):	World (H):		
1	610	LABUSCHAGNE, JOHAN	KZN	14.64	GOLD		
2	1917	VAN DYK, THEO	FS	13.93	SILVER		
3	18081	ERASMUS, JACO	CGA	11.50	BRONZE		
368	SHOT PUT	M45	Standard: 10,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 11,74		Open (H): 15,16	RSA (H): 15,76	Africa (H):	World (H):		
1	301	SCHEEPERS, CONRADIE	FS	15.15	GOLD		
369	SHOT PUT	M50	Standard: 10,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 13,10		Open (H): 13,62	RSA (H): 16,25	Africa (H):	World (H):		
1	11345	VAN ROOYEN, NEELS	GN	11.10	GOLD		
2	7606	LAMARA, ZAIN		WP	10.54	SILVER	
3	7184	VD WESTHUIZEN, EUGENE	GN	05.80			
370	SHOT PUT	M55	Standard: 09,10				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 11,11		Open (H): 12,90	RSA (H): 14,31	Africa (H):	World (H):		
1	11082	VAN TUBBERGH, BRAAM	KZN	09.24	GOLD		
2	5	DANIELS, NOEL	BOL	09.21	SILVER		
380	DISCUS THROW	M35	Standard: 33,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 53,93		Open (H): 50,25	RSA (H): 54,46	Africa (H):	World (H):		
1	16564	BOTHA, BENNIE	CGA	23.17			
381	DISCUS THROW	M40	Standard: 29,50				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 43,86		Open (H): 44,72	RSA (H): 51,04	Africa (H):	World (H):		
1	1917	VAN DYK, THEO	FS	41.17	GOLD		
2	610	LABUSCHAGNE, JOHAN	KZN	36.33	SILVER		
3	5338TL	SMITH, GYSBERT	FS	36.12	BRONZE		
4	18081	ERASMUS, JACO	CGA	28.16			

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382 DISCUS THROW		M45	Standard: 28,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 39,35		Open (H): 47,04	RSA (H): 49,13	Africa (H):	World (H):		
1	301	SCHEEPERS, CONRADIE	FS	43.38	GOLD		
383 DISCUS THROW		M50	Standard: 28,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 44,48		Open (H): 52,06	RSA (H): 52,06	Africa (H):	World (H):		
1	5307TL	HILLEBRAND, LEN	FS	40.41	GOLD		
2	11345	VAN ROOYEN, NEELS	GN	34.19	SILVER		
3	7606	LAMARA, ZAIN		WP 27.39			
4	1923	VAN DAALEN, DIRK	WP	26.67			
5	7184	VD WESTHUIZEN, EUGENE	GN	17.91			
384 DISCUS THROW		M55	Standard: 26,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 35,66		Open (H): 41,93	RSA (H): 48,78	Africa (H):	World (H):		
1	7222	KICHENBRAND, STEPHEN	GN	37.76	GOLD		
2	11082	VAN TUBBERGH, BRAAM	KZN	25.00			
394 HAMMER THROW		M35	Standard: 32,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 27,95		Open (H): 51,33	RSA (H): 76,39	Africa (H):	World (H):		
1	16564	BOTHA, BENNIE	CGA	25.97			
395 HAMMER THROW		M40	Standard: 30,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 40,93		Open (H): 48,78	RSA (H): 60,03	Africa (H):	World (H):		
1	610	LABUSCHAGNE, JOHAN	KZN	32.12	GOLD		
2	5338TL	SMITH, GYSBERT	FS	31.48	SILVER		
397 HAMMER THROW		M50	Standard: 26,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 40,38		Open (H): 51,17	RSA (H): 59,80	Africa (H):	World (H):		
1	11345	VAN ROOYEN, NEELS	GN	28.07	GOLD		

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<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
398 HAMMER THROW		M55	Standard: 22,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 38,08		Open (H): 52,97	RSA (H): 52,97	Africa (H):	World (H):		
1	69	NEL, HANNES		VDH	40.35	GOLD	
2	7222	KICHENBRAND, STEPHEN	GN	38.19	SILVER		
3	11082	VAN TUBBERGH, BRAAM	KZN	27.54	BRONZE		
399 HAMMER THROW		M60	Standard: 26,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 38,34		Open (H): 50,47	RSA (H): 53,64	Africa (H):	World (H):		
1	791TL	KOEN, BASIE		VDH	44.21	GOLD	
407 JAVELIN THROW		M30	Standard: 50,84				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 67,76		Open (H): 62,80	RSA (H): 67,76	Africa (H):	World (H):		
1	775TL	PRINSLOO, GERRIT	FS	47.75			
408 JAVELIN THROW		M35	Standard: 43,50				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 38,99		Open (H): 63,68	RSA (H): 66,04	Africa (H):	World (H):		
1	16564	BOTHA, BENNIE	CGA	32.67			
409 JAVELIN THROW		M40	Standard: 40,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 45,14		Open (H): 61,77	RSA (H): 65,44	Africa (H):	World (H):		
1	610	LABUSCHAGNE, JOHAN	KZN	45.40	GOLD		
2	7175	BLAAUW, DAVID	GN	43.06	SILVER		
3	18081	ERASMUS, JACO	CGA	38.85			
411 JAVELIN THROW		M50	Standard: 30,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 39,68		Open (H): 57,92	RSA (H): 60,03	Africa (H):	World (H):		
1	7606	LAMARA, ZAIN		WP	33.63	GOLD	
2	11345	VAN ROOYEN, NEELS	GN	30.56	SILVER		

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412 JAVELIN THROW		M55	Standard: 27,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 40,56		Open (H): 47,70	RSA (H): 53.54	Africa (H):	World (H):		
1	7222	KICHENBRAND, STEPHEN	GN	48.80	GOLD		
2	22116	CAMHEE, KURT	CGA	33.29	SILVER		
3	11080	OELOFSE, WALTER	KZN	32.72	BRONZE		
4	5311TL	SMIT, DEON		GN 18.41			
422 WEIGHT THROW		M35	Standard: 10,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 09,53		Open (H): 15.31	RSA (H): 16.78	Africa (H):	World (H):		
1	16564	BOTHA, BENNIE	CGA	08.37			
423 WEIGHT THROW		M40	Standard: 09,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 09,85		Open (H): 12.55	RSA (H): 17.97	Africa (H):	World (H):		
1	5338TL	SMITH, GYSBERT	FS	12.09	GOLD		
2	610	LABUSCHAGNE, JOHAN	KZN	11.41	SILVER		
425 WEIGHT THROW		M50	Standard: 09,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 10,30		Open (H): 20.05	RSA (H): 20,11	Africa (H):	World (H):		
1	11345	VAN ROOYEN, NEELS	GN	10.73	GOLD		
2	7184	VD WESTHUIZEN, EUGENE	GN	04.21			
426 WEIGHT THROW		M55	Standard: 09,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 11,00		Open (H): 18.18	RSA (H): 18.18	Africa (H):	World (H):		
1	69	NEL, HANNES		VDH 15.55	GOLD		
2	7222	KICHENBRAND, STEPHEN	GN	15.15	SILVER		
3	11082	VAN TUBBERGH, BRAAM	KZN	12.16	BRONZE		
427 WEIGHT THROW		M60	Standard: 09,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 12,70		Open (H): 19,61	RSA (H): 20.01	Africa (H):	World (H):		
1	791TL	KOEN, BASIE		VDH 17.84	GOLD		

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437 GREEK DISCUS		M40	Standard: 13,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 22.55		Open (H): 22.14	RSA (H):	Africa (H):	World (H):		
1	610	LABUSCHAGNE, JOHAN	KZN	21.88	GOLD		
2	5338TL	SMITH, GYSBERT	FS	17.28	SILVER		
438 GREEK DISCUS		M45	Standard: 13,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 18.28		Open (H): 19,89	RSA (H):	Africa (H):	World (H):		
1	301	SCHEEPERS, CONRADIE	FS	22.37	GOLD		
439 GREEK DISCUS		M50	Standard: 13,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 29.74		Open (H): 33,14	RSA (H):	Africa (H):	World (H):		
1	11345	VAN ROOYEN, NEELS	GN	23.97	GOLD		
2	7606	LAMARA, ZAIN		WP	22.97	SILVER	
3	7184	VD WESTHUIZEN, EUGENE	GN	14.69	BRONZE		
440 GREEK DISCUS		M55	Standard: 13,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 17,27		Open (H): 29,14	RSA (H):	Africa (H):	World (H):		
1	11082	VAN TUBBERGH, BRAAM	KZN	20.28	GOLD		
501 100 METERS		W30	Standard: 13,64				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 12,7		Open (H): 12,1	RSA (H): 11,8	Africa (H):	World (H):		
1	16563	BOTHA, MARIETTE	CGA	13.76			
503 100 METERS		W40	Standard: 14,74				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 13.53		Open (H): 12,5	RSA (H): 12,16	Africa (H):	World (H):		
1	39	TALJAARD, WANDA	FS	14.59			
2	9529	MYEZA, MAPULE	KZN	14.62			

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504	100 METERS	W45	Standard: 15,74				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 13,8		Open (H): 12,7	RSA (H): 12,5	Africa (H):	World (H):		
1	792TL	REGAL, GERDA		FS 15.06			
2	1922	GELDERBLOM, SURETA	WP	15.49			
505	100 METERS	W50	Standard: 17,14				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 14,3		Open (H): 13,32	RSA (H): 13,17	Africa (H):	World (H):		
1	18726	NGOBESE, VICTORIA	CGA	16.42	GOLD		
507	100 METERS	W60	Standard: 18,14				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 15,06	RSA (H): 14,90	Africa (H):	World (H):		
1	11077	JACOBS, MARLENE	KZN	18.33			
2	5334TL	SHUPING, MINAH	FS	20.26			
3	5328TL	GUNUZA, VERONICA	FS	20.99			
4	5327TL	MAREKA, ANNA	FS	21.21			
508	100 METERS	W65	Standard: 18,74				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 15,6	RSA (H): 14,93	Africa (H):	World (H):		
1	1650	UNGERER, TOY	SWD	15.99	GOLD		
2	5344TL	METSING, DORAH	FS	21.51			
510	100 METERS	W75	Standard: 21,24				
Domestic (E): 18.79		Open (E): 18.79	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 21,64	RSA (H): 17,37	Africa (H):	World (H):		
1	5331TL	MOTSHUMI, PULENG	FS	20.85	GOLD		
515	200 METERS	W30	Standard: 27,9				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 26,8		Open (H): 26,0	RSA (H): 24,6	Africa (H):	World (H):		
1	16563	BOTHA, MARIETTE	CGA	27.90			

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FREE STATE MASTERS: RESULTS OF MEETING

Bloemfontein
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<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
517	200 METERS	W40	Standard: 30,24				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 29,1		Open (H): 26,0	RSA (H): 24,46	Africa (H):	World (H):		
1	777TL	LIEBENBERG, LEANDRA	CGA	29.44	GOLD		
2	9529	MYEZA, MAPULE	KZN	30.67			
518	200 METERS	W45	Standard: 32,74				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 28,5		Open (H): 26,6	RSA (H): 24,86	Africa (H):	World (H):		
1	792TL	REGAL, GERDA		FS	31.08	GOLD	
519	200 METERS	W50	Standard: 34,74				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 30,1		Open (H): 27,56	RSA (H): 26,95	Africa (H):	World (H):		
1	7181	VAN ROOYEN, MADELENE	GN	29.51	GOLD		
2	18726	NGOBESE, VICTORIA	CGA	34.79			
521	200 METERS	W60	Standard: 38,24				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 31,9	RSA (H): 30,7	Africa (H):	World (H):		
1	11077	JACOBS, MARLENE	KZN	38.72			
2	5332TL	MAPUTLE, MARTHA	FS	44.71			
3	5327TL	MAREKA, ANNA	FS	46.56			
522	200 METERS	W65	Standard: 40,24				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 31,56	RSA (H): 30,92	Africa (H):	World (H):		
1	1650	UNGERER, TOY	SWD	34.10	GOLD		
529	400 METERS	W30	Standard: 62,94				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 0:58,0		Open (H): 0:56,1	RSA (H): 55,99	Africa (H):	World (H):		
1	16563	BOTHA, MARIETTE	CGA	64.46			

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531 400 METERS		W40	Standard: 72,14				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 1:02,2		Open (H): 0:58,7	RSA (H): 0:56,3	Africa (H):	World (H):		
1	1243	LABUSCHAGNE, CELESTE	GN	64.86	GOLD		
2	9529	MYEZA, MAPULE	KZN	75.45			
532 400 METERS		W45	Standard: 76,14				
Domestic (E): 1:06.93		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 1:09,0		Open (H): 1:03,4	RSA (H): 58,9	Africa (H):	World (H):		
1	2511	ERASMUS, SARET	FS	69.32	GOLD		
533 400 METERS		W50	Standard: 80,14				
Domestic (E): 1:07.32		Open (E): 1:07.32	RSA (E): 64,54	Africa (E):	World (E):		
Domestic (H): 1:07,9		Open (H): 1:06.08	RSA (H): 61,14	Africa (H):	World (H):		
1	18726	NGOBESE, VICTORIA	CGA	77.68	GOLD		
535 400 METERS		W60	Standard: 90,14				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H):	RSA (H): 70.73	Africa (H):	World (H):		
1	11077	JACOBS, MARLENE	KZN	71.76	GOLD		
2	5332TL	MAPUTLE, MARTHA	FS	99.08			
536 400 METERS		W65	Standard: 98,14				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 1:24,3	RSA (H): 72,8	Africa (H):	World (H):		
1	1650	UNGERER, TOY	SWD	79.12	GOLD		
543 800 METERS		W30	Standard:				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 2:15,0		Open (H): 2:15,0	RSA (H): 2:13,92	Africa (H):	World (H):		
1	774	FLORES, MARIETJIE	FS	2:35.43			
2	1742	MTHETHWA, NOMCEBO	KZN	2:39.93			

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<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
545	800 METERS	W40	Standard:				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 2:31,4	Open (H): 2:31,4	RSA (H): 2:06,5	Africa (H):		World (H):	
1	777TL	LIEBENBERG, LEANDRA	CGA	2:47.58			
2	786	PRINSLOO, ZELDA	FS	2:53.80			
547	800 METERS	W50	Standard:				
	Domestic (E): 2:35.94	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 2:58,6	Open (H): 2:26,9	RSA (H): 2:21,84	Africa (H):		World (H):	
1	18726	NGOBESE, VICTORIA	CGA	3:27.11			
599	5000 METERS	W30	Standard:				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 20:14,0	Open (H): 16:26,7	RSA (H): 16:26,7	Africa (H):		World (H):	
1	1742	MTHETHWA, NOMCEBO	KZN	20:07.16			
604	5000 METERS	W55	Standard:				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 22:22,6	Open (H): 23:03,7	RSA (H): 19:51,1	Africa (H):		World (H):	
1	1693	GEYER, MARIET	CGA	22:24.71			
657	80M HURDLES	W40	Standard: 14,74				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H):	Open (H): 12,3	RSA (H): 11.89	Africa (H):		World (H):	
1	1243	LABUSCHAGNE, CELESTE	GN	13.79	GOLD		
658	80M HURDLES	W45	Standard: 16,24				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H):	Open (H):	RSA (H): 12.3	Africa (H):		World (H):	
1	1922	GELDERBLOM, SURETA	WP	16.30			
659	80M HURDLES	W50	Standard: 18,24				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H):	Open (H): 14,6	RSA (H): 13.10	Africa (H):		World (H):	
1	7181	VAN ROOYEN, MADELENE	GN	13.31	GOLD		

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<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
671	400M HURDLES	W40		Standard: 78,14			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H):	Open (H): 1:13.26	RSA (H): 66.0	Africa (H):		World (H):	
1	1243	LABUSCHAGNE, CELESTE	GN	72.34	GOLD		
687	300M HURDLES	W50		Standard: 68,24			
	Domestic (E):	Open (E):	RSA (E): 48,69	Africa (E):		World (E):	
	Domestic (H):	Open (H):	RSA (H): 48,69	Africa (H):		World (H):	
1	7181	VAN ROOYEN, MADELENE	GN	52.51	GOLD		
701	1500M RACE WALK	W50		Standard:			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 09:26.9	Open (H): 08:29.0	RSA (H):	Africa (H):		World (H):	
1	7221	KICHENBRAND, FRANCES	GN	08:33.59			
2	5726	VAN ZYL, DALEEN	GN	09:49.09			
703	1500M RACE WALK	W60		Standard:			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 12:18,0	Open (H): 10:03,1	RSA (H):	Africa (H):		World (H):	
1	5751	PENTZ, ANNATJIE	GN	09:51.12			
705	1500M RACE WALK	W70		Standard:			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 12:12,0	Open (H): 10:56,0	RSA (H):	Africa (H):		World (H):	
1	11078	BOTHA, BRENDA	KZN	10:45.92			
2	800	JORDAAN, ELSA	FS	12:16.43			
726	5000M RACE WALK	W35		Standard:			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 30:51	Open (H): 29:21	RSA (H): 25:10,2	Africa (H):		World (H):	
1	7300	VILJOEN, RONEL	GN	28:41.91			
727	5000M RACE WALK	W40		Standard:			
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 34:45,9	Open (H): 26:20	RSA (H): 23:44,1	Africa (H):		World (H):	
1	5430	SERDYN, MARIAAN	GN	28:11.29			
2	1036	HARROWER, RHONDA	KZN	33:13.29			

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729 5000M RACE WALK W50 Standard:							
Domestic (E):		Open (E): 26:25.81	RSA (E):	Africa (E):	World (E):		
Domestic (H): 30:57,3		Open (H): 29:29,3	RSA (H): 25:05,1	Africa (H):	World (H):		
1	7221	KICHENBRAND, FRANCES	GN	31:47.51			
2	5468	NORTMANN, TINKIE	GN	35:08.95			
3	5726	VAN ZYL, DALEEN	GN	35:41.30			
731 5000M RACE WALK W60 Standard:							
Domestic (E):		Open (E): 30:54.79	RSA (E):	Africa (E):	World (E):		
Domestic (H): 35:48		Open (H): 33:08,1	RSA (H): 28:45,5	Africa (H):	World (H):		
1	5751	PENTZ, ANNATJIE	GN	34:17.83			
733 5000M RACE WALK W70 Standard:							
Domestic (E):		Open (E): 36:33.08	RSA (E):	Africa (E):	World (E):		
Domestic (H): 44:26,5		Open (H): 36:49	RSA (H): 32:52,16	Africa (H):	World (H):		
1	11078	BOTHA, BRENDA	KZN	37:10.60			
734 5000M RACE WALK W75 Standard:							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 43:36		Open (H): 40:55,1	RSA (H): 34:00.1	Africa (H):	World (H):		
1	21744	STRYDOM, WILMA	CGA	42:03.71			
781 HIGH JUMP W30 Standard: 1,33							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 1,73		Open (H): 1,73	RSA (H): 1,75	Africa (H):	World (H):		
1	16563	BOTHA, MARIETTE	CGA	1.55	GOLD		
2	776TL	DE BOER, AMANDA	FS	1.40	SILVER		
784 HIGH JUMP W45 Standard: 1,20							
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H):	RSA (H): 1,64	Africa (H):	World (H):		
1	46	HEYMANS, DINAH	FS	1.45	GOLD		
2	1922	GELDERBLOM, SURETA	WP	1.00	SILVER		

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785	HIGH JUMP	W50	Standard: 1,12				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 1,25	Open (H): 1,30	RSA (H): 1,33	Africa (H):		World (H):	
1	7294	JACOBSOHN, GERDA	GN	1.20	GOLD		
799	POLE VAULT	W50	Standard:				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H):	Open (H): 2.10	RSA (H): 2,73	Africa (H):		World (H):	
1	7294	JACOBSOHN, GERDA	GN	2.00			
809	LONG JUMP	W30	Standard: 4,43				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 4.76	Open (H): 4.75	RSA (H): 6,18	Africa (H):		World (H):	
1	767	COETZEE, LENESE	FS	4.97	GOLD		
812	LONG JUMP	W45	Standard: 3,70				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 3,93	Open (H): 4,48	RSA (H): 4,72	Africa (H):		World (H):	
1	1922	GELDERBLOM, SURETA	WP	3.83	GOLD		
813	LONG JUMP	W50	Standard: 3,35				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 3,70	Open (H): 4,56	RSA (H): 4,56	Africa (H):		World (H):	
1	7198	GOUWS, MAKKIE	GN	3.27	GOLD		
2	5304TL	SELLARS, SHAARON	USA	3.19	SILVER		
823	TRIPLE JUMP	W30	Standard: 09,65				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H):	Open (H): 09.95	RSA (H): 11,58	Africa (H):		World (H):	
1	767	COETZEE, LENESE	FS	10.71	GOLD		
826	TRIPLE JUMP	W45	Standard: 07,60				
	Domestic (E):	Open (E):	RSA (E):	Africa (E):		World (E):	
	Domestic (H): 08,89	Open (H): 09,30	RSA (H): 09,57	Africa (H):		World (H):	
1	1922	GELDERBLOM, SURETA	WP	07.74	GOLD		

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827	TRIPLE JUMP	W50	Standard: 07,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H):	RSA (H): 09,00	Africa (H):	World (H):		
1	5304TL	SELLARS, SHAARON	USA	06.34			
838	SHOT PUT	W35	Standard: 08,75				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 11,06		Open (H): 11,26	RSA (H): 11,67	Africa (H):	World (H):		
1	1768	MARX, THEA		EP	10.60	GOLD	
839	SHOT PUT	W40	Standard: 08,60				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 10,17		Open (H): 11,78	RSA (H): 11,92	Africa (H):	World (H):		
1	7207	EVA, JANITA		GN	09.43	GOLD	
2	1791	LOUW, MARISA		EP	08.10	SILVER	
3	1790	GERBER, AMANDA	EP	07.51			
840	SHOT PUT	W45	Standard: 08,10				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 09.12	RSA (H): 11,80	Africa (H):	World (H):		
1	1646	KNOBEL, HELEEN	SWD	10.50	GOLD		
2	11081	CILLIERS, ANGELA	KZN	10.38	SILVER		
841	SHOT PUT	W50	Standard: 07,40				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 09,00		Open (H): 11,74	RSA (H): 12,25	Africa (H):	World (H):		
1	7200	HENNOP, ANSIE	GN	09.81	GOLD		
2	7165	COETZEE, LOUISE	GN	07.45	SILVER		
3	7198	GOUWS, MAKKIE	GN	07.05	BRONZE		
4	5304TL	SELLARS, SHAARON	USA	06.78			
844	SHOT PUT	W65	Standard: 06,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 07,54		Open (H): 09,98	RSA (H): 10,63	Africa (H):	World (H):		
1	7155	FERREIRA, MERCIA	CGA	08.53	GOLD		
2	7199	VAN ECK, SUZI	GN	07.95	SILVER		

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847	SHOT PUT	W80	Standard:				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 06,52		Open (H):	RSA (H): 06,44	Africa (H):	World (H):		
1	5301TL	KRUGER, ALETTA	FS	06.45			
852	DISCUS THROW	W35	Standard: 29,50				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 31,82		Open (H): 46,64	RSA (H): 55.01	Africa (H):	World (H):		
1	1768	MARX, THEA		EP 25.00			
853	DISCUS THROW	W40	Standard: 25,50				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 31,63		Open (H): 35,13	RSA (H): 43,48	Africa (H):	World (H):		
1	7207	EVA, JANITA		GN 34.84		GOLD	
2	1791	LOUW, MARISA		EP 24.17			
3	1790	GERBER, AMANDA	EP	15.67			
854	DISCUS THROW	W45	Standard: 24,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 28.81	RSA (H): 38,97	Africa (H):	World (H):		
1	1646	KNOBEL, HELEEN	SWD	32.76		GOLD	
2	11081	CILLIERS, ANGELA	KZN	27.33		SILVER	
855	DISCUS THROW	W50	Standard: 22,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 23,64		Open (H): 34,50	RSA (H): 34,50	Africa (H):	World (H):		
1	7200	HENNOP, ANSIE	GN	27.52		GOLD	
2	7294	JACOBSONH, GERDA	GN	22.84		SILVER	
3	7165	COETZEE, LOUISE	GN	20.72			
4	5304TL	SELLARS, SHAARON	USA	19.51			
5	7198	GOUWS, MAKKIE	GN	17.19			
858	DISCUS THROW	W65	Standard: 15,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 19.36		Open (H): 24,30	RSA (H): 24,84	Africa (H):	World (H):		
1	7155	FERREIRA, MERCIA	CGA	21.20		GOLD	
2	7199	VAN ECK, SUZI	GN	19.81		SILVER	

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FREE STATE MASTERS: RESULTS OF MEETING

Bloemfontein
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<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
866 HAMMER THROW W35			Standard: 24,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 23,45		Open (H): 33,80	RSA (H): 47.08	Africa (H):	World (H):		
1	1768	MARX, THEA		EP	33.65	GOLD	
867 HAMMER THROW W40			Standard: 23,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 31,20		Open (H): 32,34	RSA (H): 38.75	Africa (H):	World (H):		
1	7207	EVA, JANITA		GN	36.03	GOLD	
2	1791	LOUW, MARISA		EP	34.77	SILVER	
3	1790	GERBER, AMANDA	EP	25.17	BRONZE		
868 HAMMER THROW W45			Standard: 21,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 31.43	RSA (H): 39,38	Africa (H):	World (H):		
1	1646	KNOBEL, HELEEN	SWD	38.13	GOLD		
2	11081	CILLIERS, ANGELA	KZN	22.01	SILVER		
869 HAMMER THROW W50			Standard: 19,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 29,72		Open (H): 37,66	RSA (H): 41,67	Africa (H):	World (H):		
1	7200	HENNOP, ANSIE	GN	32.84	GOLD		
2	5304TL	SELLARS, SHAARON	USA	17.06			
2	7165	COETZEE, LOUISE	GN	17.06			
872 HAMMER THROW W65			Standard: 17,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 29.42		Open (H): 29.42	RSA (H): 30,10	Africa (H):	World (H):		
1	7199	VAN ECK, SUZI	GN	23.22	GOLD		
2	7155	FERREIRA, MERCIA	CGA	19.26	SILVER		
873 HAMMER THROW W70			Standard: 14,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H):	RSA (H): 25,76	Africa (H):	World (H):		
1	832	VD MERWE, KITTY	FS	19.49	GOLD		

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FREE STATE MASTERS: RESULTS OF MEETING

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<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
880	JAVELIN THROW	W35	Standard: 24,30				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 37,76		Open (H): 34,58	RSA (H): 40,01	Africa (H):	World (H):		
1	43	HENNING, ZELNA	FS	35.91	GOLD		
881	JAVELIN THROW	W40	Standard: 24,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 35.33		Open (H): 36,40	RSA (H): 38.22	Africa (H):	World (H):		
1	39	TALJAARD, WANDA	FS	36.33	GOLD		
2	7243	BLAAUW, ANJA	GN	28.23	SILVER		
3	1791	LOUW, MARISA		EP 16.73			
4	7207	EVA, JANITA		GN 16.00			
882	JAVELIN THROW	W45	Standard: 20,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 25.59	RSA (H): 36,65	Africa (H):	World (H):		
1	1646	KNOBEL, HELEEN	SWD	35.15	GOLD		
2	11081	CILLIERS, ANGELA	KZN	19.71			
883	JAVELIN THROW	W50	Standard: 22,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 21,88		Open (H): 29,08	RSA (H): 30.02	Africa (H):	World (H):		
1	7165	COETZEE, LOUISE	GN	28.28	GOLD		
2	5304TL	SELLARS, SHAARON	USA	24.30	SILVER		
3	7200	HENNOP, ANSIE	GN	24.22	BRONZE		
4	7198	GOUWS, MAKKIE	GN	18.48			
886	JAVELIN THROW	W65	Standard: 18,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 15,10		Open (H): 20,71	RSA (H): 19.76	Africa (H):	World (H):		
1	7155	FERREIRA, MERCIA	CGA	18.68	GOLD		
2	7199	VAN ECK, SUZI	GN	15.83			
894	WEIGHT THROW	W35	Standard: 08,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 08,79		Open (H): 12,21	RSA (H): 14.83	Africa (H):	World (H):		
1	1768	MARX, THEA		EP	11.90	GOLD	

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Bloemfontein
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<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
895 WEIGHT THROW		W40	Standard: 08,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 08.76		Open (H): 12,39	RSA (H): 13.73	Africa (H):	World (H):		
1	7207	EVA, JANITA		GN	12.63	GOLD	
2	1791	LOUW, MARISA		EP	11.61	SILVER	
3	7243	BLAAUW, ANJA	GN	08.21	BRONZE		
896 WEIGHT THROW		W45	Standard: 08,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 10.78	RSA (H): 12.75	Africa (H):	World (H):		
1	1646	KNOBEL, HELEEN	SWD	12.56	GOLD		
2	11081	CILLIERS, ANGELA	KZN	09.00	SILVER		
897 WEIGHT THROW		W50	Standard: 08,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 11,30		Open (H): 11,84	RSA (H): 13.33	Africa (H):	World (H):		
1	7200	HENNOP, ANSIE	GN	10.13	GOLD		
2	7165	COETZEE, LOUISE	GN	07.57			
900 WEIGHT THROW		W65	Standard: 07,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 11.56		Open (H): 11.23	RSA (H): 11.56	Africa (H):	World (H):		
1	7199	VAN ECK, SUZI	GN	11.40	GOLD		
2	7155	FERREIRA, MERCIA	CGA	10.24	SILVER		
903 WEIGHT THROW		W80	Standard: 07,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 05.50		Open (H):	RSA (H): 07.02	Africa (H):	World (H):		
1	5301TL	KRUGER, ALETTA	FS	07.17	GOLD		
908 GREEK DISCUS		W35	Standard: 15,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 24,08	RSA (H):	Africa (H):	World (H):		
1	1768	MARX, THEA		EP 13.81			

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FREE STATE MASTERS: RESULTS OF MEETING

Bloemfontein
08 November 2014

<u>Pos</u>	<u>Ath Nr</u>	<u>Name</u>	<u>Team</u>	<u>Performanc</u>	<u>Medal</u>	<u>Record(s) *</u>	<u>Wind</u>
909	GREEK DISCUS	W40	Standard: 15,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 16.06		Open (H): 20,54	RSA (H):	Africa (H):	World (H):		
1	7207	EVA, JANITA		GN 14.50			
2	1791	LOUW, MARISA		EP 12.27			
3	1790	GERBER, AMANDA	EP	09.22			
910	GREEK DISCUS	W45	Standard: 15,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 17.32	RSA (H):	Africa (H):	World (H):		
1	1646	KNOBEL, HELEEN	SWD	14.27			
2	11081	CILLIERS, ANGELA	KZN	14.08			
911	GREEK DISCUS	W50	Standard: 12,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H):		Open (H): 18,42	RSA (H):	Africa (H):	World (H):		
1	7200	HENNOP, ANSIE	GN	16.02	GOLD		
2	7165	COETZEE, LOUISE	GN	12.88	SILVER		
914	GREEK DISCUS	W65	Standard: 12,00				
Domestic (E):		Open (E):	RSA (E):	Africa (E):	World (E):		
Domestic (H): 13.24		Open (H): 13,19	RSA (H):	Africa (H):	World (H):		
1	7155	FERREIRA, MERCIA	CGA	13.31	GOLD		
2	7199	VAN ECK, SUZI	GN	13.05	SILVER		

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