

SA champs winners

	2011 champs - Durban			2012 champs - Pretoria			2013 champs - Oudtshoorn			2014 champs - Rustenburg			2015 champs - Port Elizabeth			2016 champs - Pretoria						
100	W 30	Elaine Anderson	FS	14.54	Yolane v Aswegen	AVT	12.04	Yolande v Aswegen	CNW	12.77	Yolande v Aswegen	CNW	12.74	Yolande v Aswegen	AVT	12.70	Yolanda v Niekerk	CNW	12.86			
	W 35	Wanda Taljaard	FS	14.84	Jennifer Booysen	AGN	12.72	Sunette Barnard	AGN	13.87	Christa Olivier	NWN	13.55	Leoni Mare	AGN	13.40	Elane Anderson	AGN	13.94			
	W 40	Winnie de Winnaar	CGA	12.99	Adri Schoeman	AGN	11.95	Adri Schoeman	AGN	12.28	Adri Schoeman	AGN	11.94	Charnine Joubert	AGN	13.00	Charnine Joubert	AGN	13.38			
	W 45	Madelaine v Rooyen	CGA	14.04	Winnie De Winnaar	CGA	12.79	Winnie De Winnaar	CGA	12.89	Guste Willemse	SWD	14.76	Charmaine Barnard	AGN	13.00	Adri Schoeman	AGN	12.69			
	W 50	Anna du Plessis	KZN	14.39	Elaine Pretorius	AGN	14.54	Madelaine v Rooyen	AGN	14.07	Ronel Beukes	BOL	13.80	Madelene v Rooyen	AGN	13.80	Madelene v Rooyen	AGN	14.16			
	W 55	Sally Wentzel	ZIM	17.88	Amanda vd Walt	AGN	15.53	Rina v Heerden	AGN	15.62	Rina Van Heerden	AGN	15.42	Annette Brandt	SWD	15.90	Jeanette Carlisle	KZN	14.80			
	W 60	Bella v Wyk	AGN	16.54	Stephanie Claassen	AGN	15.80	Stephanie Claassen	AGN	16.68	Pam Immelman	CGA	16.28	Stephanie Claassen	AGN	16.60	Stephanie Claassen	AGN	16.84			
	W 65	Toy Ungerer	SWD	16.03	Toy Ungerer	SWD	15.25	Toy Ungerer	SWD	15.75	Toy Ungerer	SWD	15.48	Pam Immelman	CGA	16.10	Pam Immelman	CGA	16.83			
	W 70	Hester Venter	AGN	18.45	Magdalena Tomlinson	KZN	17.26	Magdalena Tomlinson	KZN	16.79	Hester Venter	AGN	19.25	Hester Venter	AGN	20.06	Toy Ungerer	SWD	15.66			
	W 75				Magdaline Johnson	WP	19.43	Magdaline Johnson	WP	19.51	Magdaline Johnson	WP	19.54	Magdaline Johnson	WP	20.00						
	W 80	Christie du Plooy	CGA	20.22	Veronica Welgemoed	AGN	19.57	Christi Du Plooy	CGA	19.70				Christi Du Plooy	CGA	21.70						
	W 85	Mavis Hutchison	WP	26.23	Mavis Hutchison	WP	26.67	Mavis Hutchison	WP	27.75										Christi Du Plooy	CGA	22.84
	100	M 30	Werner Burger	NWN	11.84	Bongumusa Mbatha	KZN	11.55	Kika Bronwill	BOL	11.57	Rudi Jordaan	CGA	11.49	Bradley Steenberg	WP	11.40	Lwandile Makaula	CGA	11.77		
M 35		Edwin Msipa	CGA	11.62	Wayne Holroyd	KZN	11.26	Andrew Kock	EP	11.55	Carel Van Wyk	AGN	11.36	Sergio Mullins	EP	11.00	Ricardo Mentoor	WP	11.66			
M 40		Anthony Solomons	BOL	12.64	Peet vd Westhuizen	AGN	12.03	George Hunter	CGA	12.05	G Hunter	CGA	11.68	Carel Van Wyk	AGN	11.40	Wayne Holroyd	KZN	11.65			
M 45		Johan Uys	WP	12.70	Michael Schroeder	KZN	11.66	Daniel vd Vyver	AGN	12.38	George Mngomezulu	NWN	12.26	J Uys/J Viljoen	WP/NWN	12.30	Edward Ockhuys	WP	12.29			
M 50		Jacobus Fouche	CGA	14.14	Thomas Endrody	CGA	12.42	Thomas Endrody	CGA	12.61	Michael Toll	WP	12.46	Ian Hacker	CGA	12.10	Ian Hacker	CGA	12.61			
M 55		Joseph Warries	WP	13.02	Gerhard Bester	FS	12.66	Joseph Warries	WP	13.16	Bobie Tlapu	AGN	12.47	Thomas Endrody	CGA	12.40	Bobie Tlapo	AGN	12.76			
M 60		Len Claassen	AGN	13.63	Len Claassen	AGN	13.12	Len Claassen	AGN	13.55	Dennis Varty	KZN	13.85	Trevor Downward	KZN	13.60	Joseph Warries	WP	13.53			
M 65		Philip v Rensburg	SWD	16.79	TB Sekgobela	AGN	14.13	Anthony Smith	KZN	14.46	Anthony Smith	KZN	13.98	Yacoob Motala	KZN	15.10	Len Claassen	AGN	13.61			
M 70		Larry Pencilliah	KZN	15.79	Jacobus Van Zyl	WP	14.9	Bennie De Bruyn	FS	14.66	Marthinu vd Mescht	EP	15.18	Tiens vd Mescht	EP	16.00	M Boikanyo	AGN	18.02			
M 75		Ron Cross	WP	15.72	Ron Cross	WP	14.98	Monty Hacker	CGA	14.78	Jakobus Van Zyl	WP	15.42	Jacobus Van Zyl	WP	16.20	Jacques Van Zyl	WP	15.77			
M 80					Arthur Ridge	WP	18.72	Arthur Ridge	WP	17.75	Ron Cross	WP	15.31	Monty Hacker	CGA	15.00	Monty Hacker	CGA	15.47			
M 85		Lucas Nel	KZN	17.51	Henry Botha	EP	22.28	Hendry Botha	EP	24.54										Hendry Botha	EP	35.26
200		W 30	Elaine Anderson	FS	29.56	Yolane v Aswegen	AVT	25.86	Yolande v Aswegen	CNW	26.06	Yolande v Aswegen	CNW	26.13	Yolande v Aswegen	AVT	27.18	Yolanda v Niekerk	CNW	27.14		
	W 35				Christel Jacobs	FS	28.52	Sunette Barnard	AGN	28.75	Christa Olivier	NWN	27.39	Leoni Mare	AGN	27.89	Elane Anderson	AGN	28.50			
	W 40	Winnie de Winnaar	CGA	26.02	Adri Schoeman	AGN	24.46	Adri Schoeman	AGN	24.72	Adri Schoeman	AGN	24.46	Adri Schoeman	AGN	26.94	Christa Olivier	NWN	27.30			
	W 45	Madelaine v Rooyen	CGA	28.5	Winnie De Winnaar	CGA	25.87	Winnie De Winnaar	CGA	26.48	Corinne Human	AGN	32.21	Winnie De Winnaar	CGA	28.31	Adri Schoeman	AGN	25.71			
	W 50	Amanda Herbst	AGN	32.9	Elaine Pretorius	AGN	29.21	Madelaine v Rooyen	CGA	28.67	Ronel Beukes	Bol	28.82	Madelene v Rooyen	AGN	29.22	Madelene v Rooyen	AGN	28.93			
	W 55				Rina v Heerden	AGN	32.17	Rina Van Heerden	AGN	32.17	Rina Van Heerden	AGN	32.74							Jeanette Carlisle	KZN	30.28
	W 60	Bella v Wyk	AGN	33.69	Marlene Jacobs	KZN	35.15	Marlene Jacobs	KZN	35.94	Pam Immelman	CGA	35.84	Stephanie Claassen	AGN	36.66	Liz Alexander	KZN	32.62			
	W 65	Toy Ungerer	SWD	31.93	Toy Ungerer	SWD	31.26	Toy Ungerer	SWD	32.81	Toy Ungerer	SWD	33.58	Pam Immelman	CGA	34.30	Pam Immelman	CGA	35.28			
	W 70	Hester Venter	AGN	38.67	Magdalena Tomlinson	KZN	35.50	Magdalena Tomlinson	KZN	34.82	Hester Venter	AGN	43.25	Hester Venter	AGN	44.60	Toy Ungerer	SWD	32.26			
	W 75										Magdaline Johnson	WP	47.90	Magdaline Johnson	WP	44.55						
	W 80	Christie du Plooy	CGA	43.56	Christie Du Plooy	CGA	43.50	Christi Du Plooy	CGA	42.91				Christi Du Plooy	CGA	48.46						
	W 85				Mavis Hutchison	WP	1:02.59													Christi Du Plooy	CGA	51.78
	200	M 30	Werner Burger	NWN	22.87	Bongumusa Mbatha	KZN	23.34	Kika Bronwill	BOL	22.87	Rudi Jordaan	CGA	23.51	Conrad Cedras	AGN	24.07	Jean-Pierre Zeelle	AGN	22.62		
M 35		Edwin Msipa	CGA	22.73	Wayne Holroyd	KZN	22.32	Aldrin Msipha	CGA	23.51	Carel Van Wyk	AGN	22.66	Sergio Mullins	EP	23.36	Richard Ingram	KZN	23.04			
M 40		G Mngomezulu	NWN	24.52	Arnouss Rachid	MOR	24.01	Shaun Abrahams	WP	24.02	Andre Truter	AGN	23.92	Carel Van Wyk	AGN	23.06	Edwin Msipha	CGA	23.10			
M 45		David Fourie	KZN	24.40	Michael Schroeder	KZN	23.98	Daniel vd Vyver	AGN	24.77	Michael Schroeder	KZN	24.39	Joseph Manyapelo	POL	24.71	Edward Ockhuys	WP	24.54			
M 50		Ben Mokotedi	AGN	28.04	Casper Geldenhuys	AGN	25.61	Thomas Endrody	CGA	25.27	Thomas Endrody	CGA	24.99	Ian Hacker	CGA	25.63	Daniel vd Vyver	AGN	25.05			
M 55		Joseph Warries	WP	25.38	Bobie Tlapu	AGN	25.51	Joseph Warries	WP	26.82	Bobie Tlapu	AGN	25.40	Thomas Endrody	CGA	25.66	Thomas Endrody	CGA	24.95			
M 60		Len Claassen	AGN	26.48	Len Claassen	AGN	26.79	Len Claassen	AGN	27.60	Johan Windt	SWD	27.98	Johan Windt	SWD	28.53	Joseph Warries	WP	27.56			
M 65		Philip v Rensburg	SWD	34.23	Edgar Figland	WP	31.15	Anthony Smith	KZN	29.31	Anthony Smith	KZN	29.56	Yacoob Motala	KZN	32.12	Len Claassen	AGN	27.67			
M 70		Larry Pencilliah	KZN	31.48	Jacobus Van Zyl	WP	30.86	John Maputle	FS	32.00	Leslie Stuart	SWD	35.22	Herman Dekker	EP	35.40	Merwyn Wynich	CGA	36.56			
M 75		Monty Hacker	CGA	30.49	Ron Cross	WP	31.86	Monty Hacker	CGA	30.39	Jakobus Van Zyl	WP	32.01	Jacobus Van Zyl	WP	34.41	Jacques Van Zyl	WP	32.32			
M 80					Arthur Ridge	WP	38.13	Arthur Ridge	WP	37.22	Ron Cross	WP	32.56	Monty Hacker	CGA	33.10	Monty Hacker	CGA	31.55			
M 85		Lucas Nel	KZN	36.66	Henry Botha	EP	48.06	Henry Botha	EP	52.28				Henry Botha	EP	1:58.00	Hendry Botha	EP	01:27.6			
400		W 30	Leoni Maré	AGN	64.54	Leoni Maré	AGN	62.96	Leoni Mare	AGN	61.82	Leoni Mare	AGN	01:00.6	Mariette Botha	CGA	63.57	Mariette Botha	CGA	01:02.7		
	W 35				Jennifer Booysen	AGN	59.59	Ulrica Stander	WP	65.35	Christa Olivier	NWN	01:02.8	Leoni Mare	AGN	62.67	Elane Anderson	AGN	01:05.6			
	W 40	Ursula Cockbain	KZN	66.05	Charmain Barnard	AGN	60.40				Celeste Labuschagne	AGN	01:05.9	Jennifer Booysen	AGN	60.70	Jennifer Booysen	AGN	01:01.8			
	W 45	Yolande Viljoen	AGN	65.81	Winnie De Winnaar	CGA	60.96	Winnie De Winnaar	CGA	62.72	Salome Vermeulen	AGN	01:05.4	Winnie De Winnaar	CGA	66.09	Salome Vermeulen	AGN	01:03.7			
	W 50	Amanda Herbst	AGN	78.22	Elaine Pretorius	AGN	1:10.30	Elaine Pretorius	AGN	65.41	Elaine Pretorius	AGN	01:11.8	Elaine Pretorius	AGN	62.30	Jolande Viljoen	AGN	01:11.0			
	W 55							Sollie Liebenberg	SWD	1:29.47							Elsa Swanepoel	AGN	01:08.5			

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	W 60	Marlene Jacobs	KZN	91.37	Marlene Jacobs	KZN	1:24.86	Marlene Jacobs	KZN	1:25.48	Pam Immelman	CGA	01:24.7	Stephanie Claassen	AGN	1:30.50	Liz Alexander	KZN	01:13.6					
	W 65	Toy Ungerer	SWD	74.58	Toy Ungerer	SWD	1:16.91	Toy Ungerer	SWD	1:16.31	Toy Ungerer	SWD	01:17.4	Pam Immelman	CGA	1:20.70	Pam Immelman	CGA	01:28.9					
	W 70	Hester Venter	AGN	99.57	Christine Williams	WP	1:34.63	Magdalena Tomlinson	AGN	1:18.90	Hester Venter	AGN	01:50.0	Hester Venter	AGN	2:00.60	Toy Ungerer	SWD	01:18.4					
	W 80	Christie du Plooy	CGA	99.99	Christie Du Plooy	CGA	1:49.91	Christi Du Plooy	CGA	1:46.26	Christie Du Plooy	CGA	01:57.4	Christi Du Plooy	CGA	2:08.40								
400	M 30	Thozì Morolò	SWD	54.77				Gavin Da Silva	CGA	54.84	Gavin Da Silva	CGA	53.03	Richard Ingram	KZN	51.96	Pieter Koekemoer	KZN	51.10					
	M 35	Edwin Msipa	CGA	51.40	Aldrin Msipa	CGA	53	Aldrin Msipa	CGA	53.50	Wayne Holroyd	KZN	52.43	Wayne Holroyd	KZN	52.88	B Mbhamali	EP	52.98					
	M 40	Shaun Abrahams	WP	49.29	Arnouss Rachid	MOR	53.16	Shaun Abrahams	WP	53.06	Joe Viljoen	NWN	52.53	Shaun Abrahams	WP	51.95	Edwin Msipa	CGA	52.33					
	M 45	David Fourie	KZN	55.26	Michael Schroeder	KZN	53.06	Daniel vd Vyver	AGN	55.67	Michael Schroeder	KZN	53.96	Joseph Manyapelo	POL	54.12	Joe Viljoen	NWN	53.74					
	M 50	Moritz Kallmeyer	AGN	62.28	Achmat Solomons	BOL	57.73	Achmat Solomons	WP	57.11	Merlin Julie	WP	01:01.0	Hardus Laubscher	AGN	56.51	Hardus Laubscher	AGN	56.19					
	M 55	Joseph Warries	WP	58.85	Bobie Tlapu	AGN	61.08	Walter Oelofse	KZN	63.94	Hendrik Booysen	CGA	01:03.5	Minazana Mehlo	POL	59.81	Leon Groeneveld	BOL	01:02.5					
	M 60	Len Claassen	AGN	59.99	Len Claassen	AGN	59.46	Len Claassen	AGN	61.80	Johan Windt	SWD	01:03.9	Johan Windt	SWD	1:04.15	J Warries/D Varty	WP/KZN	01:04.1					
	M 65										Hans Sliet	CGA	01:11.1	Henry Cleophas	WP	1:13.33	Len Claassen	AGN	01:02.5					
	M 70	Tobie de Vos	AGN	78.20				John Maputle	FS	1:15.48	Leslie Stuart	SWD	01:18.6	Les Stuart	SWD	1:21.49								
	M 75							Peter Brown	SWD	1:17.30	Peter Brown	SWD	01:19.4											
M 80				Arthur Ridge	WP	1:42.59	Arthur Ridge	WP	1:43.47															
M 85	Lucas Nel	KZN	92.47																					
800	W 30	O v Loggerenberg	CGA	02:23.3				Ulrica Stander	WP	2:23.26	Nomcebo Mthethwa	KZN	02:37.3	Mandie Brandt	BOL	2:09.81	Anel Louw	AGN	02:28.4					
	W 35	Antonette du Plessis	NWN	02:25.3	Antonette Du Plessis	NWN	2:27.01	Ulrica Stander	WP	2:23.26	Antonette Du Plessis	NWN	02:29.3	Nonkululo Mcentula	NWN	3:26.28	Liza Maritz	AGN	02:18.5					
	W 40	Salome Vermeulen	AGN	02:22.7	Seanette Van Rooyen	AGN	2:28.09	Karon Murley	NWN	2:25.20	Seanette Van Rooyen	AGN	02:26.0	Natalie v Rooyen	AVT	2:26.59	Natalie v Rooyen	AVT	02:28.6					
	W 45	Ester Brink	WP	02:26.0	Salome Vermeulen	AGN	2:21.16	Salome Vermeulen	AGN	2:19.52	Salome Vermeulen	AGN	02:20.5	Salome Vermeulen	AGN	2:18.17	Salome Vermeulen	AGN	02:19.2					
	W 50	Elaine Pretorius	AGN	02:35.8	Elaine Pretorius	AGN	2:51.80	Elaine Pretorius	AGN	2:30.87	Elaine Pretorius	AGN	03:01.4	Elmarie Coetzee	WP	2:36.04	Jolande Viljoen	AGN	02:37.1					
	W 55	Veronica v Gordon	AGN	03:38.8				Annatjie Botes	SWD	2:47.68							Elaine Pretorius	AGN	02:54.8					
	W 60	MC Visser	CGA	03:23.6	Winnie Koekemoer	AGN	3:26.67				Winnie Koekemoer	AGN	03:36.0	Margie Saunders	EP	2:47.57	Liz Alexander	KZN	02:57.4					
	W 65	Rachel Rossouw	KZN	03:38.0	MC Visser	CGA	3:23.04	MC Visser	CGA	3:24.34	MC Visser	CGA	03:27.4	MC Visser	CGA	3:23.96	MC Visser	CGA	03:34.7					
	W 70				Christine Williams	WP	3:46.78	Christine Williams	WP	3:48.20														
	800	M 30	Antonio Seconds	EP	01:59.9	Simphiwe Zulu	KZN	1:57.77	Gavin Da Silva	CGA	2:03.42	Gavin Da Silva	CGA	02:00.0	Gavin Da Silva	CGA	1:58.76	Ryan Folster	CGA	02:07.6				
M 35		Nick Claassen	CGA	01:59.7	Nick Claassen	CGA	2:01.70	Van Reenen Cloete	AGN	2:14.53	Clinton Hunter	AGN	02:07.1	Simphiwe Zulu	KZN	1:57.98	Simphiwe Zulu	KZN	01:59.9					
M 40		Shaun Abrahams	WP	01:53.3	Joe Viljoen	NWN	2:02.51	Shaun Abrahams	WP	1:57.81	Joe Viljoen	NWN	02:04.5	Shaun Abrahams	WP	1:57.42	Aldrin Smit	WP	02:10.5					
M 45		Allan Harms	KZN	02:07.7	Willie Bronkhorst	AGN	2:10.71	Tobias Philander	WP	2:07.88	Allan Harms	KZN	02:09.9	Joe Viljoen	NWN	2:03.47	Joe Viljoen	NWN	02:06.6					
M 50		Alfred Spiers	EP	02:12.3	Merlin Julie	WP	2:22.85	Achmat Solomons	WP	2:16.36	Tobias Philander	WP	02:09.4	Marius Schlechter	SWD	2:15.82	Tobias Philander	WP	02:14.7					
M 55		Buks Meyer	AGN	03:01.2	Christo Jefthas	BOY	2:47.72	Patrick Rawlins	SWD	2:26.02	Philip Rudd	CGA	02:38.2	Patrick Rawlins	SWD	2:27.68	Merlin Julie	WP	02:23.9					
M 60		Len Claassen	AGN	02:18.4	Len Claassen	AGN	2:19.55	Len Claassen	AGN	2:24.35	Johan Windt	SWD	02:26.7	Paul Connolly	ZIM	2:23.73	Michael Forbes	BOR	02:29.2					
M 65		Andrew Spence	KZN	02:30.7	Fred Clements	AGN	2:53.25				Bobby De Kock	FS	03:56.5	Henry Cleophas	WP	2:42.83	Len Claassen	AGN	02:28.6					
M 70					Andries vd Merwe	AGN	3:24.40				Leslie Stuart	SWD	03:10.0	Les Stuart	SWD	2:54.71	Andrew Spence	KZN	02:44.6					
M 75		Ken Nurden	AGN	02:41.8				Peter Brown	SWD	3:05.38	Peter Brown	SWD	03:06.4	Peter Brown	SWD	2:54.71	Andrew Spence	KZN	02:44.6					
M 80				Martin Coetzee	AGN	4:05.82				Martin Coetzee	AGN	03:47.7	Ken Nurden	AGN	2:58.64	Ken Nurden	AGN	03:14.3						
M 85	Lucas Nel	KZN	03:45.7				Henry Botha	EP	5:23.29															
1500	W 30	O v Loggerenberg	CGA	05:09.5				Ulrica Stander	WP	4:53.30	Ulrica Stander	WP	4:50.05	Marietjie Flores	FS	05:06.3	N Magaso	KZN	8:56.00					
	W 35	Ronel Thomas	AGN	05:03.2	Ulrica Stander	WP	4:53.30	Ulrica Stander	WP	4:50.05	Nonkululo Mcentula	NWN	7:57.23	Natalie v Rooyen	AVT	5:03.95	Natalie v Rooyen	AVT	05:26.7					
	W 40	Salome Vermeulen	AGN	04:59.9	Ronel Thomas	AGN	5:07.74	Zelda Prinsloo	FS	5:25.70	Lizl Endrody	CGA	06:36.1	Salome Vermeulen	AGN	4:49.13	Salome Vermeulen	AGN	04:53.3					
	W 45	Ester Brink	WP	05:03.9	Salome Vermeulen	AGN	5:01.40	Salome Vermeulen	AGN	4:47.81	Salome Vermeulen	AGN	04:56.7	Salome Vermeulen	AGN	4:49.13	Salome Vermeulen	AGN	04:53.3					
	W 50	Mari vd Westhuizen	CGA	06:24.1	Lynette Fischer	AGN	5:43.48				Emmarie Theunissen	AGN	06:02.7	Elmarie Coetzee	WP	5:15.67	Jolande Viljoen	AGN	05:32.8					
	W 55	Veronica v Gordon	AGN	07:13.1	Frances Van Blerk	AGN	5:46.02	Annatjie Botes	SWD	5:44.77	Monica Sarmiento	Venezuela	06:30.6	Rita Loots	CGA	5:56.83	Jackie Frey	CGA	06:04.5					
	W 60													Margie Saunders	EP	5:45.93	Frances Van Blerk	AGN	06:15.6					
	W 65	Rachel Rossouw	KZN	07:29.2										Elaine Greenblatt	CGA	7:57.23								
	W 70	Pamela Osborn	KZN	08:04.7	Willemien Smuts	FS	7:24.05	Christine Williams	WP	7:37.29				Willemien Smuts	FS	8:20.82								
	W 80	Jean Foster	KZN	10:00.0																				
1500	M 30	Antonio Seconds	EP	04:21.1	Simphiwe Zulu	KZN	4:06.25	Marsel Roos	SWD	4:22.29	Gavin Da Silva	CGA	04:22.8	Gavin Da Silva	CGA	4:15.93	Juan Pretorius	SWD	04:41.5					
	M 35	Nick Claassen	CGA	04:12.2	Nick Claassen	CGA	4:17.12	Van Reenen Cloete	AGN	4:26.22	Van Reenen Cloete	AGN	04:54.6	Simphiwe Zulu	KZN	4:03.65	Simphiwe Zulu	KZN	04:10.2					
	M 40	Shaun Abrahams	WP	04:01.1	Fanie Van Vuuren	AGN	4:22.07	Shaun Abrahams	WP	4:20.58	Gavin McCarthy	WP	04:33.5	Shaun Abrahams	WP	4:11.80	Aldrin Smit	WP	04:32.3					
	M 45	Allan Harms	KZN	04:30.7	Willie Bronkhorst	AGN	4:35.04	Willie Bronkhorst	AGN	4:23.64	Marius Schlechter	SWD	04:31.3	Oloff Van Zyl	WP	4:33.38	Oloff Van Zyl	WP	04:41.0					
	M 50	Max Ruppert	WP	04:39.7	Alfred Spiers	EP	4:53.89	Merlin Julie	WP	5:10.19	Tobias Philander	WP	04:31.7	Marius Schlechter	SWD	4:29.02	Tony Cleopas	SWD	05:21.9					
	M 55	Buks Meyer	AGN	06:16.5	Buks Meyer	AGN	5:59.87	Patrick Rawlins	SWD	5:23.38	Philip Rudd	CGA	05:41.6				Merlin Julie	WP	05:20.4					
	M 60	Francis Mahobe	NWN	05:16.7	Vince Lentsoenyane	CGA	5:26.75				L Raubenheimer	KZN	05:25.3	Bongani Ndlovu	KZN	6:06.97	Michael Forbes	BOR	05:16.8					

SA champs winners

		2011 champs - Durban			2012 champs - Pretoria			2013 champs - Oudtshoorn			2014 champs - Rustenburg			2015 champs - Port Elizabeth			2016 champs - Pretoria		
M 65	Andrew Spence	KZN	05:17.7	Fred Clements	AGN	6:29.30			Pieter Rossouw	AGN	06:37.9			V Lentzoenyane	CGA	06:01.4			
M 70				Andries vd Merwe	AGN	6:29.26	Leslie Stuart	SWD	6:55.51	Leslie Stuart	SWD	06:20.2		Andrew Spence	KZN	05:41.6			
M 75							Peter Brown	SWD	5:33.60	Peter Brown	SWD	06:44.9							
M 80				Martin Coetzee	AGN	9:02.95							Ken Nurden	AGN	6:34.02	Ken Nurden	AGN	06:57.7	
M 85				Henry Botha	EP	11:25.89													
5000	W 30									Nomcebo Mthethwa	KZN	20:07.0		N Mthethwa	KZN	20:19.1			
	W 35	Ronel Thomas	AGN	18:42.4	Ulrica Stander	WP	18:06.35	Ulrica Stander	WP	18:06.04	Elizabeth Dhiwayo	NWN	20:22.0	Maphuti Phaka	CGA	19:09.7			
	W 40			Ronel Thomas	AGN	18:39.83	Lana Theunissen	SWD	20:32.06	Ronel Thomas	AGN	19:08.0	Melanie Jennett	CGA	19:12.05				
	W 45	Elmarie Coetzee	WP	18:56.1	Ansie Breytenbach	AGN	20:06.24	Connie vd Westhuizen	AGN	22:23.91	Rozelle Cloete	FS	21:48.0	Suretha Verwey	EP	21:59.36			
	W 50	Cavanagh Platt	KZN	30:43.2	Lynette Fischer	AGN	22:23.87	Mariet Geyer	CGA	22:52.28	Connie vd Westhuizen	AGN	21:08.0	Elmarie Coetzee	WP	19:38.15	Judy Bird	CGA	19:52.5
	W 55	Sally Wentzel	ZIM	26:52.9	Frances Van Blerk	AGN	20:54.45	Annatjie Botes	SWD	21:11.63	Monica Sarmiento	Venezuele	22:56.0	Rita Loots	CGA	20:21.57	Mariet Geyer	CGA	21:42.6
	W 60			Elaine Greenblatt	CGA	24:48.52							Margie Saunders	EP	20:41.96	Frances Van Blerk	AGN	22:06.7	
	W 65									Liz Ruickbie	CGA	22:43.0	Elaine Greenblatt	CGA	25:47.10				
	W 70			Willemien Smuts	FS	25:11.26													
5000	M 30	Robert Mathys	EP	16:27.0	Morne Viljoen	AGN	18:13.72	Juan Pretorius	SWD	16:56.43				S Dumezweni	BOR	28:05.8			
	M 35	Jaco vd Berg	FS	17:19.9	Kagiso Mogatle	NWN	16:30.01	Christo v Rooyen	WP	16:39.47	Willem Odendaal	NWN	20:14.0	Mila Pasiya	EP	16:18.00	Jeoffrey Mashau	AGN	16:59.0
	M 40	Kaizer Phakathi	AGN	17:10.9	Jaco Van der Berg	FS	17:55.39	Moeketsi Moagi	CGA	16:35.47	Timothy Makofane	CGA	16:34.0	Timothy Makofane	CGA	16:09.97	Timothy Makofane	CGA	17:13.4
	M 45	Dawie de Villiers	AGN	17:08.7	Dawie De Villiers	AGN	17:32.36	Dries Swart	WP	18:15.60	Arthur Wooldridge	CGA	17:30.0	Moeketsi Moagi	CGA	16:54.17	Trevor Locker	CGA	18:16.3
	M 50	Adam Motlagale	NWN	16:09.9	M Mngwengwe	KZN	18:04.29	Alfred Spiers	EP	18:46.43	Felix Lelubanda	NWN	17:09.0	Dries Swart	WP	18:28.99	Dawie De Villiers	AGN	18:16.9
	M 55			Buks Meyer	AGN	20:27.81	Patrick Rawlins	SWD	20:15.00	Philip Rudd	CGA	21:10.0	Willem Maree	WP	18:26.39	Dirk Venter	CGA	21:14.6	
	M 60	Les Smith	KZN	21:43.5	Mike Du Bruto	AGN	19:40.96	Vincent Ezzi	AVT	21:06.16	L Raubenheimer	KZN	19:50.0	Bongani Ndlovu	KZN	20:38.06			
	M 65	Andrew Spence	KZN	19:16.4							Mike De Bruto	AGN	19:43.0	Hannes Els	EP	19:42.56	Leslie Smith	KZN	25:35.0
	M 70	Harry Fletcher	ZIM	23:35.2	Andries vd Merwe	AGN	24:07.93	Leslie Stuart	SWD	23:58.78				Arthur Zimmerman	KZN	20:41.96			
	M 80			Martin Coetzee	AGN	34:28.04							Ken Nurden	AGN	23:31.10	Ken Nurden	AGN	24:13.1	
10000	W 30						Qamisa Qeza	BOR	53:36.20	Nomcebo Mthethwa	KZN	41:40.4		Carolien vd Sandt	AVT	48:41.2			
	W 40			Nana Sigubudu	KZN	46:27.11							Melanie Jennett	CGA	40:07.60	Melanie Jennett	CGA	41:25.8	
	W 45			Ansie Breytenbach	AGN	41:07.24	Xolisile Mwelase	KZN	45:17.20	Aleida Philander	WP	48:55.4	Aleida Zarraga	WP	51:04.40				
	W 50						Cynthia Booysen	WP	53:19.30	Monica Sarmiento	Venezuele	46:22.0	Ansie Breytenbach	AGN	41:59.40	Laura Venter	CGA	45:48.9	
	W 55												Mariet Geyer	CGA	42:35.60	Mariet Geyer	CGA	43:48.6	
	W 60			Elaine Greenblatt	CGA	47:42.12													
	W 65	Gill Tregenna	KZN	55:30.1						Liz Ruickbie	CGA	44:50.2	Elaine Greenblatt	CGA	53:02.70				
	W 80												Deirdre Larkin	CGA	53:09.40				
10000	M 30						Tim Stones	BOR	44:48.68	Gustav Roos	CGA	34:51.2	Mila Pasiya	EP	33:03.11	S Dumezweni	BOR	58:22.0	
	M 35			Norman Modise	FS	38:46.71	Norman Modise	FS	37:22.35	Kagiso Mogatle	NWN	34:45.6	Timothy Makofane	CGA	33:26.29	Jeoffrey Mashau	AGN	34:22.5	
	M 40	Zacharia Bobale	NWN	37:08.4	Daniel Jordaan	NWN	39:00.83			Arthur Wooldridge	CGA	36:38.0				Kagiso Mogatle	NWN	34:57.6	
	M 45	Dawie de Villiers	AGN	36:07.3	Dawie De Villiers	AGN	38:18.40	Bhekizwe Bengu	KZN	36:33.75	Dirk Venter	CGA	41:43.9			Trevor Locker	CGA	38:35.7	
	M 50	Adam Motlagale	NWN	34:00.0	Adam Motlagale	NWN	38:04.71	Nick Sissing	KZN	42:05.80						Dawie De Villiers	AGN	39:40.6	
	M 55						Liewellyn Williams	EP	1:15:49	Dirk Venter	CGA	41:43.9			Dirk Venter	CGA	43:53.9		
	M 60			Mike Du Bruto	AGN	41:07.63	Vincent Ezzi	AVT	44:25.80	Machiel v Niekerk	AGN	41:58.5							
	M 65												Hannes Els	EP	41:46.60				
	M 70			Harry Fletcher	ZIM	47:35.94	Leslie Stuart	SWD	52:38.50				Arthur Zimmerman	KZN	49:28.00				
	M 80												Ken Nurden	AGN	50:03.14	Ken Nurden	AGN	54:07.2	
100H	W 30	Zelda Botha	CGA	18.6	Magrieta Odendaal	ZIM	17.81	Yolande v Aswegen	CNW	16.34	Elane Anderson	AGN	17.96	Natashe Louw	AGN	17.93	Natascha Louw	AGN	18.22
	W 35	Carmila Shaik	BOL	20.86									Elaine Anderson	AGN	18.35				
80H	W 40	Sureta Gelderblom	WP	16.06	Charmaine Du Toit	KZN	12.64	Sureta Gelderblom	WP	15.91	Celeste Labuschagne	AGN	14.29			Cornelia Ebersohn	AGN	14.37	
	W 45	Madelaine v Rooyen	CGA	12.96	Madelene v Rooyen	AGN	13.35	Madelene Van Rooyen	AGN	13.10	Corinne Human	AGN	17.00	Elaine Raubenheimer	CGA	15.24	Charmain Barnard	AGN	12.79
	W 50			Jeanette Carlisle	KZN	15.03	Madelene Van Rooyen	AGN	13.10	Madelene Van Rooyen	AGN	13.09	Madelene v Rooyen	AGN	13.09	Madelene v Rooyen	AGN	13.47	
	W 55						Rina Van Heerden	AGN	15.09	Rina Van Heerden	AGN	14.55			Jeanette Carlisle	KZN	16.49		
	W 60			Stephanie Claassen	AGN	16.09	Stephanie Claassen	AGN	16.93										
110H	M 30	Werner Burger	NWN	16.98						Jannie Venter	EP	17.60	Jannie Venter	EP	17.11	Phillip Van der Walt	AGN	17.58	
	M 35						Adrian Hegerty	SWD	23.01	Xavier Lombardo	France	14.41			Jannie Venter	EP	18.28		
	M 40			Russell Scott	WP	21.74	Russell Scott	WP	23.18										
	M 45	Gerhard Theron	KZN	19.34	Stephan Hugo	WP	18.23	Stephan Hugo	WP	18.55	Russell Scott	WP	18.47	Gideon Joubert	AGN	16.42	Shaun Bownes	AGN	14.61
100H	M 50	Johan Gouws	AGN	17.57	Johan Gouws	AGN	16.11	Johan Gouws	AGN	17.61	Gerhard Theron	NWN	19.01			Jan Hacker	CGA	18.61	

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	2011 champs - Durban			2012 champs - Pretoria			2013 champs - Oudtshoorn			2014 champs - Rustenburg			2015 champs - Port Elizabeth			2016 champs - Pretoria				
	M 55																			
	M 60	Ray Muller	KZN	20.23	Ray Muller	KZN	18.98	Ray Muller	KZN	18.99	Johan Gouws	AGN	16.09	Johan Gouws	AGN	16.00	Johan Gouws	AGN	18.41	
80H	M 65				Cresswell v Onselen	FS	30.02										Ray Muller	KZN	21.87	
	M 70													Cresswell v Onselen	FS	23.92				
	M 75				Ron Cross	WP	15.93													
400H	W 30	Elane Anderson	FS	74.94	Elane Anderson	FS	1:09.81	Elane Anderson	FS	69.14	Elane Anderson	AGN	01:12.1	Nelia Landsberg	NAM	1:14.55	Nelia Landsberg	NAM	01:15.3	
	W 35	Carmila Shaik	BOL	77.9	Rina Odendaal	FS	1:12.15				Elane Anderson	AGN	1:11.32	Elane Anderson	AGN	1:11.32	Elane Anderson	AGN	01:10.4	
	W 40				Charmaine Du Toit	KZN	1:08.08	Celeste Labuschagne	AGN	1:13.13	Celeste Labuschagne	AGN	01:14.8	Christa Olivier	NWN	1:11.10	Christa Olivier	NWN	01:12.3	
	W 45	Madelaine v Rooyen	CGA	70.09	Madelaine v Rooyen	AGN	1:10.13				Jolande Viljoen	AGN	01:19.3				Charmaine Du Toit	KZN	01:11.2	
300H	W 50	Anna du Plessis	KZN	58.22				Madelaine v Rooyen	AGN	50.28	Madelene Van Rooyen	AGN	50.17	Madelene v Rooyen	AGN	50.56	Madelene v Rooyen	AGN	50.39	
	W 55	Stephanie Claassen	AGN	63.64				Rina Van Heerden	AGN	57.03	Rina Van Heerden	AGN	57.12							
	W 60				Stephanie Claassen	AGN	58.20	Stephanie Claassen	AGN	62.40										
200H	W 65				Magdalena Tomlinson	KZN	39.97													
	W 70							Magdalena Tomlinson	KZN	40.91										
400H	M 30												Heinrich Primo	WP	1:06.49	Pieter Koekemoer	KZN	53.46		
	M 35	Riaan Vosloo	KZN	59.91	Van Reenen Cloete	AGN	58.88	Van Reenen Cloete	AGN	59.26	Jannie Venter	EP	59.18	Jannie Venter	EP	1:02.58	Richard Ingram	KZN	57.36	
	M 40				Russell Scott	WP	1:14.55	Russell Scott	WP	1:21.53	Gideon Joubert	AGN	58.71	Riaan Vosloo	KZN	59.90	Jannie Venter	EP	01:00.2	
	M 45	Stefan Schoeman	AGN	87.90													Oloff Van Zyl	WP	01:04.3	
	M 50				Francois Knipe	AGN	1:30.03	Braam Van Tubbergh	KZN	1:21.89				Henk Le Roux	AVT	1:30.33	Henk Le Roux	FS	01:33.8	
300H	M 55										Braam Van Tubbergh	KZN	01:20.3	Braam v Tubbergh	KZN	1:20.00	Braam v Tubbergh	KZN	01:18.8	
	M 60	Basil Carnie	WP	55.06	Len Claassen	AGN	48.61	Len Claassen	AGN	51.04				Dennis Varty	KZN	51.05	Philip Rudd	CGA	50.40	
	M 65				Cresswell v Onselen	FS	1:19.78							Ray Muller	KZN	59.36	Ray Muller	KZN	01:01.2	
	M 70										Marthinu vd Mescht	EP	59.04							
2000S	W 30												Natashe Louw	AGN	9:36.22	Natascha Louw	AGN	09:13.3		
	W 35															Maphuti Phaka	CGA	07:57.6		
	W 40															Natalie Van Rooyen	AVT	08:40.8		
	W 45	Laura Venter	CGA	10:00.0	Connie vd Westhuizen	AGN	9:00.50				Jolande Viljoen	AGN	09:37.3	Laura Venter	CGA	10:39.77				
	W 50				Lynette Fischer	AGN	9:25.35				Connie vd Westhuizen	AGN	08:40.6				Jolande Viljoen	AGN	09:04.7	
	W 55															Mariet Geyer	CGA	09:47.7		
3000S	M 30	Robert Mathys	EP	10:22.4	Morne Viljoen	AGN	11:32.65	Juan Pretorius	SWD	11:49.17				Karel Kapp	AGN	11:35.10	Juan Pretorius	SWD	12:13.3	
	M 35	Jaco vd Berg	FS	10:54.1	Christo Van Rooyen	WP	10:45.96	Christo v Rooyen	WP	10:37.08	Willem Odendaal	NWN	12:56.6	Mkhxleke Mngadi	KZN	15:52.00				
	M 40							Karl Westvig	WP	11:57.63	Norman Modise	FS	11:51.3	Norman Modise	FS	11:49.10	Aldrin Smit	WP	11:29.6	
	M 45	Tobias Philander	WP	10:51.9	Willie Bronkhorst	AGN	10:57.37	Willie Bronkhorst	AGN	10:42.50	Willie Bronkhorst	AGN	11:48.7	M Moagi	AGN	10:44.89	Maeketsi Moagi	CGA	11:13.3	
	M 50	Adam Motlagale	NWN	10:31.1	Alfred Spiers	EP	12:12.16	Alfred Spiers	EP	11:47.21	Dirk Venter	CGA	13:08.1	Tobias Philander	WP	11:09.86	Tobias Philander	WP	11:49.0	
2000S	M 55										At Schoeman	EP	10:01.2	At Schoeman	EP	15:26.69	Dirk Venter	CGA	14:07.7	
	M 60	Pieter Rossouw	AGN	09:15.5	Pieter Rossouw	AGN	9:42.11							Johan Windt	SWD	8:34.73				
	M 65	Johannes de Kock	FS	10:00.0	Bobby De Kock	FS	14:13.68				Hans Sliiep	CGA	09:35.9	Johannes De Kock	FS	13:16.04	Hans Sliiep	CGA	09:37.0	
	M 70															Bobby De Kock	FS	14:55.9		
HJ	W 30				Amanda De Boer	FS	1.52	Magrieta Odendaal	ZIM	1.41	Mariette Botha	CGA	1.50	Mariette Botha	CGA	1.61	Mariette Botha	CGA	1.66	
	W 35	Cornelia Ebersohn	MPL	1.60	Cornelia Ebersohn	AGN	1.62	Cornelia Ebersohn	AGN	1.60	Madeleine Kotze	NAM	1.50	Madeleine Kotze	NAM	1.40	Madeleine Kotze	NAM	1.55	
	W 40	Welma Stormont	SWD	1.53	Gertie Wiltz	AGN	1.38	Jenene Peterson	AGN	1.41	Jenene Peterson	AGN	1.38	Jenene Petersen	CGA	1.40	Cornelia Ebersohn	AGN	1.50	
	W 45	Yolande Viljoen	AGN	1.40	Dinah Heymans	FS	1.64	Dinah Heymans	FS	1.45	Dinah Heymans	FS	1.54	Elaine Raubenheimer	CGA	1.35	Yolande Slater	AGN	1.10	
	W 50	Dalene du Plessis	WP	0.98	Leoni v Rensburg	NAM	1.30	Jacqueline Basson	WP	1.28	Jacqueline Basson	WP	1.18	Jolande Viljoen	AGN	1.21	Jolande Viljoen	AGN	1.30	
	W 55	Lee Anderson	KZN	1.08	Agatha-L Du Plessis	KZN	1.10													
	W 60	Margaret Jonkers	WP	1.11	Margaret Jonkers	WP	1.05	Margaret Jonkers	WP	1.12								Agatha-L du Plessis	AGN	1.08
	W 65	Elize Grobbelaar	WP	0.89	Leonar Engelbrecht	KZN	1.05										Marita Durant	SWD	1.10	
HJ	M 30				Daniel Kuhn	NWN	1.80													
	M 35				Brandon Vermeulen	CGA	1.70	Van Reenen Cloete	AGN	1.75	Brandon Vermeulen	CGA	1.75	P Vd Waldt	AGN	1.80	Raymond Fletcher	CGA	1.90	
	M 40	Oloff v Zyl	WP	1.60	Johan Mans	CGA	1.80	Johan Mans	CGA	1.84	Johan Mans	CGA	1.75	Wayne Goliath	POL	1.65	Johan Mans	CGA	1.80	
	M 45	Dirk v Daalen	WP	1.55	Johann Gutsche	AVT	1.86	Johann Gutsche	AVT	1.87	Johann Gutsche	AVT	1.85	Johann Gutsche	AVT	1.85	Johann Gutsche	AVT	1.70	
	M 50	Johan Gouws	AGN	1.60	Johan Gouws	AGN	1.68	Thomas Endrody	CGA	1.68	Willem Bezuidenhout	AGN	1.55	Neal Bredeveldt	BOL	1.66	Dirk Van Daalen	WPA	1.48	
	M 55				Cornelis Beyers	BO	1.45				Johan Gouws	AGN	1.61	Johan Gouws	AGN	1.60	Neal Bredeveldt	BOL	1.60	
	M 60	Ray Muller	KZN	1.27	John Solms	AGN	1.28	Henry Britz-Campher	SWD	1.40				Peet Grove	CGA	1.36	Peet Grove	CGA	1.25	
	M 65				Pieter Kruger	CGA	1.40	Johan Du Prees	SWD	1.30							John Solms	AGN	1.00	

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		2011 champs - Durban			2012 champs - Pretoria			2013 champs - Oudtshoorn			2014 champs - Rustenburg			2015 champs - Port Elizabeth			2016 champs - Pretoria		
M	70																		
M	75	Leo Benning	BOL	1.25	Leo Benning	BO	1.23	Dawie Heunis	SWD	1.25			Dawie Heunis	SWD	1.20	Pieter Kruger	AGN	1.20	
M	80							L Benning/W Bertie	WP/BOL	1.10	Hans Miekautsch	CGA	1.37	Hans Miekautsch	CGA	1.30			
																Don Roos	AGN	1.03	
PV	W 30				Magrieta Odendaal	ZIM	2.00	Magrieta Odendaal	ZIM	2.35									
	W 40										Dorita Du Toit	AVT	2.50	Dorita Du Toit	AVT	2.65	Dorita Du Toit	AVT	2.60
	W 45	Gerda Jacobsohn	AGN	2.00															
	W 50				Gerda Jacobsohn	AGN	2.30	Gerda Jacobsohn	AGN	2.05									
PV	M 35										Pieter Brits	AGN	4.30	Pieter Brits	AGN	4.00			
	M 40				Izanne Ellis	AVT	3.50				Izanne Ellis	AVT	3.80	David Blaauw	AGN	2.65			
	M 45	Stephan Hugo	WP	3.10	Jean-Pierre v Dyk	EP	3.20												
	M 50				Thomas Endrody	CGA	2.80	Richard John	ZIM	3.34	Thomas Endrody	CGA	2.90	Jean Pierre Van Dyk	EP	3.20			
	M 55																		
	M 60							Henry Britz-Campher	SWD	2.35	Deon Smit	AGN	2.80	Thomas Endrody	CGA	3.00			
	M 65				Pieter Kruger	CGA	2.30												
LJ	W 30	Zelda Botha	CGA	4.39	Elane Anderson	FS	4.50	Yolande v Aswegen	CNW	4.87	Lenese Coetzee	FS	5.13	Yolande v Aswegen	AVT	4.74	Natascha Louw	AGN	4.27
	W 35	Cornelia Ebersohn	MPL	4.88	Marlett Watson	SWD	4.61	Cornelia Ebersohn	AGN	5.01	Carolina Stewart	CGA	4.38	Alicia Smith	AGN	5.04	Alicia Smit	AGN	5.08
	W 40	Sureta Gelderblom	WP	3.90	Charmain Barnard	AGN	5.31	Carmila Shaik	BOL	4.32	Dorita Du Toit	AVT	4.52	Dorita Du Toit	AVT	4.17	Marisa Marais	CGA	4.48
	W 45	Louise Knoetze	AVT	4.30	Guste Willemse	SWD	4.35	Guste Willemse	SWD	4.53	Guste Willemse	SWD	4.29	Charmaine Barnard	AGN	5.15	Charmain Barnard	AGN	4.97
	W 50	Anna du Plessis	KZN	4.29	Elaine Pretorius	AGN	3.81	Elaine Pretorius	AGN	4.49	Elaine Pretorius	AGN	3.82	Elaine Pretorius	AGN	3.61	Corinne Human	AGN	3.67
	W 55	Annette Steenkamp	SWD	4.27	Agatha-L Du Plessis	KZN	3.12	Annette Steenkamp	SWD	4.31	Annette Steenkamp	SWD	4.31	Annatjie Botes	SWD	3.90	Elaine Pretorius	AGN	3.76
	W 60	Margaret Jonkers	WP	3.42	Stephanie Claassen	AGN	3.98	Stephanie Claassen	AGN	3.83	Stephanie Claassen	AGN	3.35				Stephanie Claassen	AGN	3.42
	W 65	Toy Ungerer	SWD	3.96	Toy Ungerer	SWD	4.08	Toy Ungerer	SWD	4.14	Toy Ungerer	SWD	3.84	Margaret Jonkers	WP	3.15			
	W 70	Magdaline Johnson	WP	2.63															
	W 75				Magdaline Johnson	WP	2.54	Magdaline Johnson	WP	2.23	Magdaline Johnson	WP	2.40						
LJ	M 30	Werner Burger	NWN	5.27	Daniel Kuhn	NWN	5.72	Kika Bronwill	BOL	6.48	Rudi Jordaan	CGA	5.78	Conrad Cedras	POL	5.65			
	M 35	Robin Buck	WP	6.22	Robin Buck	WP	6.48	Robin Buck	WP	6.42	Jannie Venter	EP	6.12	Rob Buck	WP	6.05	Phillip vd Walt	AGN	6.25
	M 40	Dirk Kriel	KZN	5.70	Immanuel v Tonder	AGN	5.24	Chris Van Wyk	SWD	5.86	Darryl W George	NWN	5.70	Carel Van Wyk	AGN	6.22	Rob Buck	WPA	6.21
	M 45	Vincent McBride	WP	5.59	Stephan Hugo	WP	5.56	Stephan Hugo	WP	5.42	Chris Van Wyk	SWD	5.09	Stephan Hugo	POL	5.36	Oloff Van Zyl	WPA	5.15
	M 50	Leon Nel	CGA	4.83	Pieter Erasmus	AVT	5.32	Vincent McBride	WP	5.55	Vincent McBride	WP	5.51	Neal Bredeveldt	BOL	4.61	Jeremiah Williams	BOL	5.48
	M 55	Neels du Toit	FS	4.57	Kurt Camhee	CGA	4.18				Wally Hardman	NWN	4.66	Johan Coetzee	AGN	4.62	Neal Bredeveldt	BOL	4.95
	M 60	Ray Muller	KZN	4.38	Dave Ludeke	AGN	4.95	Johan Swiegers	SWD	4.73	Dave Ludeke	AGN	4.66	Japie Nel	CGA	3.28	Dave Ludeke	AGN	4.50
	M 65	Philip v Rensburg	SWD	3.35										Ray Muller	KZN	3.71			
	M 70										Marthinus Van der Mescf	EP	3.83	Les Stuart	SWD	3.37			
	M 75	Pearce Penberthy	CGA	3.64	Pearce Penberthy	CGA	3.72	Leo Benning	BOL	3.02	Pearce Penberthy	AGN	3.49	Hans Miekautsch	CGA	3.52			
	M 80																Pearce Penberthy	AGN	2.98
TJ	W 30				Magrieta Odendaal	ZIM	9.09	Alicia Smith	AGN	9.55	Lenese Coetzee	FS	10.40	Zimkitha Matshabisa	POL	9.84	Nelia Landsberg	NAM	8.59
	W 35	Cornelia Ebersohn	MPL	11.57	Cornelia Ebersohn	AGN	11.84	Cornelia Ebersohn	AGN	11.72				Alicia Smith	AGN	10.28	Alicia Smit	AGN	10.35
	W 40				Charmain Barnard	AGN	11.31	Carmila Shaik	BOL	8.68	Dorita Du Toit	AVT	9.10	Dorita Du Toit	AVT	8.83	Cornelia Ebersohn	AGN	10.70
	W 45				Guste Willemse	SWD	9.08	Guste Willemse	SWD	9.07	Guste Willemse	SWD	9.42	Charmaine Barnard	AGN	10.65	Charmain Barnard	AGN	10.97
	W 50																		
	W 55	Annette Steenkamp	SWD	8.56				Annette Steenkamp	SWD	8.03	Shaaron Sellars	USA	6.22						
	W 65				Leonora Engelbrecht	KZN	5.80							Annette Brandt	SWD	7.68			
														Shaaron Sellars	KZN	6.00			
TJ	M 30				Kelvin Brown	SWD	11.25							Patrick Khalata	POL	12.14			
	M 35	Willie Coetzee	KZN	12.24	Wayne Goliath	AGN	12.06				Anthony Dinesh	AGN	11.13	Morne Slabbert	NWN	9.94	Simphiwe Swekile	NWN	12.49
	M 40	Dirk Kriel	KZN	11.19							Darryl W George	NWN	11.36	Wayne Goliath	POL	11.43	Kobus Breedt	AGN	11.60
	M 45	Stephan Hugo	WP	12.08	McBride/Cresswell	WP/EP	12.11	Mark A Cresswell	EP	12.34				Stephan Hugo	POL	11.34	Wikus Olivier	AVT	12.73
	M 50	Leon Nel	CGA	9.09	Pieter Erasmus	AVT	10.45	Vincent McBride	WP	12.21	Vincent McBride	WP	12.03	Neal Bredeveldt	BOL	9.80	Dirk Van Daalen	WPA	9.67
	M 55	Neels du Toit	FS	10.11	Kurt Camhee	CGA	8.18										Neal Bredeveldt	BOL	9.28
	M 60				Dave Ludeke	AGN	9.86	Neels du Toit	FS	9.62							Dave Ludeke	AGN	9.75
	M 65	Zol vd Berg	AGN	7.76										Ray Muller	KZN	8.05	Ray Muller	KZN	8.10
	M 70										Patrick Kennedy	CGA	5.57						
	M 75	Leo Benning	BOL	6.67	Pearce Penberthy	CGA	6.30				Pearce Penberthy	AGN	6.36	Hans Miekautsch	CGA	7.64			
SP	W 30	Maria Compion	WP	10.03	Marna De Sousa	AGN	10.34	Maria Compion	WP	10.41	Tanya Treurnicht	CGA	11.71	Tanya Treurnicht	POL	13.46	Tanya Pupalakan	AGN	12.66
	W 35	Thea Marx	EP	10.34	Thea Marx	EP	10.21	Marilize Coetzee	WP	10.68	Elizna Naude	FS	11.67	Thea Marx	EP	10.68	Maria Compion	WPA	9.49

SA champs winners

	2011 champs - Durban				2012 champs - Pretoria				2013 champs - Oudtshoorn				2014 champs - Rustenburg				2015 champs - Port Elizabeth				2016 champs - Pretoria			
	W	40	Janita Eva	AGN	9.38	Charmain Barnard	AGN	10.87	Janita Eva	AGN	9.93	Jenene Peterson	AGN	9.23	A Louw	POL	9.28	Thea Marx	EPA	9.59				
	W	45	Ansie Hennop	AGN	8.81	Ansie Hennop	AGN	8.78	Heleen Knobel	SWD	10.65	Heleen Knobel	SWD	10.28	Charmaine Barnard	AGN	10.13	Angela Cilliers	KZN	10.27				
	W	50	Thalena v Zyl	WP	7.30	Sandra Jv Vuuren	AGN	8.27	Ansie Hennop	AGN	9.15	Ansie Hennop	AGN	8.68	Ansie Hennop	AGN	10.05	Heleen Knobel	SWD	10.76				
	W	55	Petro Nel	KZN	6.40	Tertia Stoffberg	WP	7.67				Joey Cloete	AGN		Joey Cloete	AGN	8.19	Joey Cloete	AGN	7.68				
	W	60	Mercia Ferreira	CGA	9.09	Mercia Ferreira	CGA	9.13	Mercia Ferreira	CGA	8.81	Stephanie Claassen	AGN	7.74	Stephanie Claassen	AGN	7.90	Zelda Erasmus	BOL	7.86				
	W	65	Yana Rzepecki	AGN	7.25	Elize Grobbelaar	WP	6.05	Elize Grobbelaar	WP	5.88	Mercia Ferreira	CGA	8.45	Mercia Ferreira	CGA	8.67	Marita Durant	SWD	8.63				
	W	70				Penny England	AVT	6.87	Rentia v Zyl	WP	5.96	Hester Venter	AGN	5.69	Jana Rzepecka	KZN	6.57	Elize Grobbelaar	WPA	5.94				
	W	75	Hannetjie Janeke	AVT	6.53	Aletta Kruger	FS	7.08	Hannetjie Janeke	AVT	5.75	Hannetjie Janeke	AVT	4.95	Hannetjie Janeke	AVT	5.08	Penny England	AVT	8.07				
	W	80										Aletta Kruger	FS	6.44	Aletta Kruger	FS	6.43	Hannetjie Janeke	AVT	4.75				
	W	85	Mavis Hutchison	WP	4.83	Mavis Hutchison	WP	5.02	Mavis Hutchison	WP	4.69		Joey Nel	EP			4.12							
SP	M	30				Francois Badenhorst	AGN	13.05	Marcel Roos	SWD	10.62		Karel Barnard	POL	14.31	Hendrik-J v Vredon	CGA	11.91						
	M	35	Johan Labuschagne	KZN	15.25	Henk De Wet	CGA	11.34	Henk De Wet	CGA	11.58	TP Van Dyk	FS	13.83	Louis Noah	AGN	12.50	John Noah	AGN	12.67				
	M	40	Martin Venter	AGN	13.30	Conradie Scheepers	FS	15.51	Johan Labuschagne	KZN	14.72	Johan Labuschagne	KZN	14.90	Theo Van Dyk	FS	14.73	Theo Van Dyk	AFS	15.48				
	M	45	Francois de Wit	AGN	12.58	Willem Krog	AGN	12.70	Conradie Scheepers	FS	14.86	Conradie Scheepers	FS	13.88	Conradie Scheepers	FS	14.90	Conradie Scheepers	AFS	14.55				
	M	50	Peter Wattrus	CGA	13.01	Burton Haupt	AGN	14.89	Burton Haupt	AGN	14.01	Burton Haupt	AGN	15.00	Burton Haupt	AGN	14.93	Burton Haupt	AGN	15.25				
	M	55	Marius Bester	CGA	12.15	Mohamed Koura	EGY	10.67	Frik Stander	AGN	10.38	Peter Wattrus	CGA	12.83	Peter Wattrus	CGA	13.14	Wally Hardman	NWN	11.91				
	M	60	Reuben Smit	AVT	11.66	Marius Bester	CGA	13.08	Marius Bester	CGA	12.07	Marius Bester	CGA	12.76	Marius Bester	CGA	12.70	Marius Bester	CGA	13.01				
	M	65	Nic Human	EP	11.63	Louis Horn	AVT	11.12	Dereck Sterley	AGN	11.72	Dereck Sterley	AGN	12.19	Reuben Smit	AGN	12.59	Douglas Schorr	WPA	11.71				
	M	70	Everard Skea	AGN	11.49	Theo Moller	AGN	10.39	Steve Johnston	WP	9.51	Theuns Naude	CNW	11.47	Nic Human	EP	11.59	Nic Human	EPA	11.83				
	M	75	Pearce Penberthy	CGA	9.82	Everard Skea	AGN	11.98	Andrzej Rzepecki	KZN	11.52	Everard Skea	AGN	10.84	Andrzej Rzepecki	KZN	10.94	Jan Stoltz	AGN	11.88				
	M	80				Frans Grobler	AGN	7.26				Sarel Theron	AGN	6.85	Oubaas Willers	AVT	8.88	Pearce Penberthy	AGN	8.79				
	M	85							Borg Stannius	WP	10.58	Borg Stannius	WP	10.53	Borg Stannius	WP	10.22							
	M	90	Philip Frech	WP	7.54				Philip Frech	WP	6.60													
DT	W	30	Maria Compion	WP	22.10				Elizna Naude	AGN	53.73	Tanya Treurnicht	CGA	36.03	Tanya Treurnicht	POL	38.49	Tanya Pabalakan	AGN	37.43				
	W	35	Wilmiën du Plooy	CGA	27.82	Thea Marx	EP	28.05	Thea Marx	EP	28.61	Elizna Naude	FS	55.01	Thea Marx	EP	29.12	Maria Compion	WPA	27.80				
	W	40	Janita Eva	AGN	37.54	Janita Eva	AGN	36.93	Janita Eva	AGN	36.69	Janita Eva	AGN	36.16	A Louw	POL	35.56	Thea Marx	EPA	29.85				
	W	45	Ansie Hennop	AGN	25.94	Ansie Hennop	AGN	27.10	Heleen Knobel	SWD	34.35	Heleen Knobel	SWD	34.55	Janita Eva	AGN	34.19	Janita Eva	AGN	35.14				
	W	50	Dalene du Plessis	WP	16.48	Leonie Van Heerden	AGN	24.77	Ansie Hennop	AGN	25.81	Ansie Hennop	AGN	25.78	Ansie Hennop	AGN	28.28	Heleen Knobel	SWD	30.79				
	W	55				Tertia Stoffberg	WP	19.19				Joey Cloete	AGN		Joey Cloete	AGN	19.59	Louise Coetzee	AGN	20.81				
	W	60	Susanna du Bruyn	KZN	21.47	Susan Du Bruyn	KZN	22.73	Mercia Ferreira	CGA	22.69	Suzi Van Eck	AGN	19.61	Tertia Stoffberg	WP	19.58	Zelda Erasmus	BOL	18.17				
	W	65	Yana Rzepecki	AGN	21.70	Elize Grobbelaar	WP	15.22	Jana Rzepecka	KZN	19.65	Mercia Ferreira	CGA	21.55	Suzi Van Eck	AGN	20.94	Mercia Ferreira	CGA	19.51				
	W	70	Emmarentia v Zyl	WP	13.49	Penny England	AVT	18.27	Rentia Van Zyl	WP	12.61	Rentia Van Zyl	WP	11.60	Jana Rzepecka	KZN	19.11	Jana Rzepecka	KZN	18.30				
	W	75	Hannetjie Janeke	AVT	14.16	Hannetjie Janeke	AVT	14.19	Hannetjie Janeke	AVT	13.30	Julia Bellingan	NAM	14.92	Julia Bellingan	NAM	13.35	Penny England	AVT	21.23				
	W	80																Hannetjie Janeke	AVT	11.77				
	W	85							Mavis Hutchison	WP	9.12			Joey Nel	EP	9.93								
DT	M	30							Marcel Roos	SWD	32.11			Karel Barnard	POL	44.66								
	M	35				Francois G v Pittius	KZN	36.17	Stefan Scheepers	FS	32.61	TP Van Dyk	FS	42.13	Daniel Lewies	WP	34.56	Pieter Meintjies	AGN	35.39				
	M	40	Martin Venter	AGN	40.35	Conradie Scheepers	FS	45.45	Jan Swanepoel	AGN	44.82	Jan Swanepoel	AGN	45.24	Theo Van Dyk	FS	43.97	Theo Van Dyk	AFS	46.69				
	M	45	Hennie Smit	AVT	36.46	Hennie Smit	AVT	37.57	Conradie Scheepers	FS	43.55	Conradie Scheepers	FS	41.09	Conradie Scheepers	FS	41.34	Jan Swanepoel	AGN	45.32				
	M	50	Len Hillebrand	FS	44.67	Burton Haupt	AGN	48.47	Burton Haupt	AGN	44.30	Burton Haupt	AGN	49.81	Burton Haupt	AGN	49.17	Burton Haupt	AGN	49.83				
	M	55	Marius Bester	CGA	39.64	Mohamed Koura	EGY	34.23	Stephen Kichenbrand	AGN	36.96	Peter Wattrus	CGA	39.37	Peter Wattrus	CGA	39.54	Francois Heyman	SWD	39.17				
	M	60	Reuben Smit	AVT	32.76	Marius Bester	CGA	43.15	Marius Bester	CGA	37.83	Marius Bester	CGA	39.07	Marius Bester	CGA	37.73	Juan Wiese	AGN	38.90				
	M	65	Nic Human	EP	34.19	Theunis Naude	AVT	38.25	Dereck Sterley	AGN	37.30	Dereck Sterley	AGN	40.53	Dereck Sterley	AGN	39.22	John Solms	AGN	33.63				
	M	70	Andrzej Rzepecki	AGN	31.34	Steve Johnston	WP	28.98	Steve Johnston	WP	31.43	Theuns Naude	CNW	35.30	Nic Human	EP	34.37	Hein Markotter	AGN	32.47				
	M	75	Leo Benning	BOL	24.07	Andrzej Rzepecki	AGN	30.76	Andrzej Rzepecki	KZN	31.43	Everard Skea	AGN	25.30	Andrzej Rzepecki	KZN	30.79	Jan Stoltz	AGN	23.25				
	M	80										Sarel Theron	AGN	13.35	Des Hazell	WP	19.96	Don Roos	AGN	22.09				
	M	85							Borg Stannius	WP	23.66	Borg Stannius	WP	23.97	Borg Stannius	WP	21.58							
	M	90	Philip Frech	WP	19.57				Philip Frech	WP	14.95													
HT	W	30	Maria Compion	WP	23.77				Maria Compion	WP	24.79	Tanya Treurnicht	CGA	46.65	Tanya Treurnicht	POL	47.66	Tanya Pabalakan	AGN	46.34				
	W	35	Thea Marx	EP	31.75	Thea Marx	EP	31.61	Marilize Coetzee	WP	44.05	Marilize Coetzee	WP	42.49	Thea Marx	EP	33.91	Maria Compion	WPA	24.98				
	W	40	Marisa Louw	EP	27.80	Janita Eva	AGN	37.28	Janita Eva	AGN	38.55	Janita Eva	AGN	35.15	Amanda Gerber	EP	22.13	Thea Marx	EPA	34.73				
	W	45	Ansie Hennop	AGN	26.10	Ansie Hennop	AGN	27.34	Heleen Knobel	SWD	34.81	Heleen Knobel	SWD	36.94	Heleen Knobel	SWD	38.42	Marisa Louw	EPA	34.95				
	W	50	Dalene du Plessis	WP	16.72	Leonie v Heerden	AGN	22.80	Ansie Hennop	AGN	29.83	Ansie Hennop	AGN	28.74	Ansie Hennop	AGN	33.56	Heleen Knobel	SWD	42.61				
	W	55				Tertia Stoffberg	WP	20.88										Amelia vd Merwe	AGN	23.84				

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	2011 champs - Durban				2012 champs - Pretoria				2013 champs - Oudtshoorn				2014 champs - Rustenburg				2015 champs - Port Elizabeth				2016 champs - Pretoria			
	W 60	Susanna du Bruyn	KZN	23.34	Karen Van Wyk	AGN	28.83	Mercia Ferreira	CGA	20.62	Tertia Stoffberg	WP	24.49				Zelda Erasmus	BOL	22.85					
	W 65	Kitty vd Merwe	FS	22.80	Elize Grobbelaar	WP	22.84	Elize Grobbelaar	WP	21.89	Susan De Bruyn	KZN	22.05				Marita Durant	SWD	21.80					
	W 70				Kitty vd Merwe	FS	22.58				Kitty Van der Merwe	FS	20.28	Kittie vd Merwe	FS	19.52	Elize Grobbelaar	WPA	20.45					
	W 75	Hannetjie Janeke	AVT	15.28	Hannetjie Janeke	AVT	18.79	Hannetjie Janeke	AVT	16.16	Julia Bellingan	NAM	20.01	Julia Bellingan	NAM	19.61	Penny England	AVT	29.33					
	W 80															Hannetjie Janeke	AVT	14.79						
HT	M 30				Chris Harmse	FS	76.92	James Kapp	SWD	26.32	Kristiaan Bekker	CGA	59.11				Kristiaan Bekker	CGA	59.78					
	M 35							Martin Venter	AGN	54.38	Carlo De Bruin	NWN	27.77	Bennie Botha	CGA	23.82	Trevor Pugalakan	AGN	29.40					
	M 40	Martin Venter	AGN	55.77	Martin Venter	AGN	57.14	Martin Venter	AGN	54.38	Martin Venter	AGN	52.73	Martin Venter	AGN	52.50	Martin Venter	AGN	52.04					
	M 45	Vincent Meiring	AGN	46.26	Vince Meiring	AGN	49.62	Denver Hendricks	WP	16.00	Vince Meiring	AGN	48.39	Gerhard Potgieter	POL	37.82	Martin Venter	AGN	52.04					
	M 50	Hannes Nel	AVT	43.92	Burton Haupt	AGN	49.77	Burton Haupt	AGN	51.47	Burton Haupt	AGN	48.49	Tone Van Rensburg	CGA	56.42	Tone van Rensburg	CGA	52.76					
	M 55	Marius Bester	CGA	34.89	Stephen Kichenbrand	AGN	24.45	Stephen Kichenbrand	AGN	40.14	Stephen Kichenbrand	AGN	37.43	Nicky Aggouras	AGN	43.12	Nicky Aggouras	AGN	46.38					
	M 60	Ben Powell	FS	40.78	Basie Koen	AVT	47.85	Ben Powell	AVT	43.31	Marius Bester	CGA	41.10	Basie Koen	AVT	42.46	Basie Koen	AFS	42.14					
	M 65	Zol vd Berg	AGN	33.20	Hein Markotter	AGN	22.94	Gert Engelbrecht	WP	27.00				Derek Sterley	AGN	33.39	John Solms	AGN	31.00					
	M 70	Andrzej Rzepecki	AGN	40.59	Steve Johnston	WP	34.09	Steve Johnston	WP	34.50	Theuns Naude	CNW	32.39	Nic Human	EP	33.08	Nic Human	EPA	30.09					
	M 75				Andrzej Rzepecki	AGN	45.63	Andrzej Rzepecki	KZN	42.63	Oubaas Willers	AVT	21.03	Andrzej Rzepecki	KZN	37.20	Andrzej Rzepecki	KZN	39.79					
	M 80															Oubaas Willers	AVT	24.92						
	M 85																Don Roos	AGN	23.16					
	M 90	Philip Frech	WP	18.85				Borg Stannius	WP	31.08	Borg Stannius	WP	31.27	Borg Stannius	WP	26.53								
					Philip Frech	WP	16.59	Philip Frech	WP	16.59														
JT	W 30	Maria Compion	WP	22.16	Maria Compion	WP	24.65	Maria Compion	WP	24.65	Ascha-Alicia Smit	AGN	21.22	I Kruger	POL	28.55								
	W 35	Y.E. Beytell	AGN	38.08	Wanda Taljaard	FS	38.76	Wanda Taljaard	FS	37.39	Zelna Henning	FS	33.90	Thea Marx	EP	18.90	Maria Compion	WPA	20.49					
	W 40	J.C. Moolman	WP	33.31	JC Moolman	WP	34.56	JC Moolman	WP	36.71	Wanda Taljaard	FS	37.72	Anja Blaauw	AGN	28.90	Yolanda Beytell	AGN	36.76					
	W 45	Jacqui Basson	WP	29.92	Judy Flynn	AGN	23.22	Heleen Knobel	SWD	30.84	Heleen Knobel	SWD	36.19	Yolanda Carstens	AUS	27.82	Winnie de Winnaar	CGA	22.40					
	W 50	Venessa vd Walt	WP	24.36	Gerda Jacobsohn	AGN	21.65	Jacqueline Basson	WP	30.02	Louise Coetzee	AGN	26.43	Louise Coetzee	AGN	26.03	Heleen Knobel	SWD	36.36					
	W 55	Petro Nel	KZN	15.82	Agatha-L Du Plessis	KZN	15.78							Zelda Claassen	CGA	11.79	Alet Pietersen	EPA	24.79					
	W 60	Mercia Ferreira	CGA	20.83	Mercia Ferreira	CGA	21.18	Mercia Ferreira	CGA	23.65	Suzi Van Eck	AGN	13.94	Heilie Uys	EP	16.09	Annette Van Dyk	NAM	20.01					
	W 65	Kitty vd Merwe	FS	16.11				Elize Grobbelaar	WP	11.56	Mercia Ferreira	CGA	18.89	Mercia Ferreira	CGA	20.95	Mercia Ferreira	CGA	19.23					
	W 70				Penny England	AVT	16.06	Chistine Williams	WP	12.37	Rentia Van Zyl	WP	10.63	Hester Venter	AGN	11.92	Elize Grobbelaar	WPA	10.34					
	W 75																Hella Kuppe	NAM	15.43					
	W 85	Mavis Hutchison	WP	8.79	Mavis Hutchison	WP	8.25	Mavis Hutchison	WP	8.52														
JT	M 30				Francois Badenhorst	AGN	40.05	Marcel Roos	SWD	50.95	Marsel Roos	SWD	50.07											
	M 35				Dawie Kruger	CGA	51.70	Wessel Moolman	KZN	39.16	Frans Human	FS	59.92	Frans Human	FS	61.42	Wessel Moolman	KZN	41.91					
	M 40				Hennes De Wet	AGN	55.65	Gavin Bond	AGN	50.56	Gavin Bond	AGN	50.07	George Van Staden	POL	56.58	Gavin Bond	AGN	57.39					
	M 45	Vic Bezuidenhout	AGN	45.07	Sidney Mc Creanor	AGN	41.18				Hennes De Wet	AGN	51.13	Jacques Cronje	BOL	51.14	Jan Nel	CGA	29.29					
	M 50	Gawie Louw	AGN	58.29	Gawie Louw	AGN	57.56	Vic Bezuidenhout	AGN	46.66	Gawie Louw	CGA	56.02	Vic Bezuidenhout	AGN	42.37	Adri Badenhorst	EPA	46.24					
	M 55	Walter Oelofse	KZN	30.03	Terseus Liebenberg	AVT	50.32	Stephen Kichenbrand	AGN	52.87	Stephen Kichenbrand	AGN	50.21	Stephen Kichenbrand	AGN	55.09	Gawie Louw	AGN	54.82					
	M 60	Garth Miller	WP	35.54	Dave Ludeke	AGN	47.94	Johan Swiegers	SWD	30.97	Dave Ludeke	AGN	46.61	Egedion Ludick	AGN	34.68	Dave Ludeke	AGN	48.18					
	M 65	Hein Markotter	AGN	35.40	Hein Markotter	AGN	32.91	Dereck Sterley	AGN	38.31	Dereck Sterley	AGN	37.41	Dereck Sterley	AGN	38.05	Andy Watson	KZN	31.60					
	M 70	Eddy Stern	CGA	27.56	Theo Moller	AGN	34.27	Steve Johnston	WP	24.10	Steve Johnston	WP	24.10	Cresswell v Onselen	FS	24.08	Hein Markotter	AGN	32.06					
	M 75	Leo Benning	BOL	24.57	Andrzej Rzepecki	AGN	30.10	Andrzej Rzepecki	KZN	29.23	Eddy Stern	CGA	25.38	Andrzej Rzepecki	KZN	28.83	Jan Stoltz	AGN	18.65					
	M 80																							
	M 85																							
	M 90	Philip Frech	WP	17.11				Borg Stannius	WP	24.09	Borg Stannius	WP	22.77	Borg Stannius	WP	23.55								
					Philip Frech	WP	11.50	Philip Frech	WP	11.50														
WT	W 30	Maria Compion	WP	9.82	Maria Compion	WP	8.38	Maria Compion	WP	8.38	Tanya Treurnicht	CGA	14.06	Tanya Treurnicht	POL	15.04	Tanya Pugalakan	AGN	14.94					
	W 35	Thea Marx	EP	10.61	Thea Marx	EP	11.52	Thea Marx	EP	10.73	Marilize Coetzee	WP	13.52	Marilize Coetzee	WP	12.65	Maria Compion	WPA	8.75					
	W 40	Janita Eva	AGN	11.93	Janita Eva	AGN	11.90	Janita Eva	AGN	13.25	Janita Eva	AGN	13.73	Amanda Gerber	EP	7.47	Thea Marx	EPA	11.67					
	W 45	Ansie Hennop	AGN	8.55	Ansie Hennop	AGN	8.98	Heleen Knobel	SWD	12.43	Heleen Knobel	SWD	12.75	Janita Eva	AGN	12.87	Marisa Louw	EPA	10.98					
	W 50	Dalene du Plessis	WP	5.73	Ansie Hennop	AGN	9.94	Ansie Hennop	AGN	9.94	Cecilia Bowers	BOL	9.59	Ansie Hennop	AGN	11.72	Heleen Knobel	SWD	13.98					
	W 55				Tertia Stoffberg	WP	7.77										Louise Coetzee	AGN	8.32					
	W 60	Mercia Ferreira	CGA	7.96	Karen Van Wyk	AGN	12.48	Mercia Ferreira	CGA	9.59	Suzi Van Eck	AGN	10.10	Tertia Stoffberg	WP	10.94	Zelda Erasmus	BOL	10.39					
	W 65	Elize Grobbelaar	WP	9.02	Elize Grobbelaar	WP	9.37	Elize Grobbelaar	WP	8.26	Susan De Bruyn	KZN	10.81	Mercia Ferreira	CGA	11.04	Mercia Ferreira	CGA	10.12					
	W 70				Penny England	AVT	9.58				Rentia Van Zyl	WP	5.72				Elize Grobbelaar	WPA	7.89					
	W 75	Hannetjie Janeke	AVT	7.90	Hannetjie Janeke	AVT	9.10	Hannetjie Janeke	AVT	8.90	Julia Bellingan	NAM	8.00	Julia Bellingan	NAM	8.29	Penny England	AVT	10.85					
	W 80																							
WT	M 35										Carlo De Bruin	NWN	9.90	Bennie Botha	CGA	9.03	Pieter Meintjies	AGN	10.77					

SA champs winners

		2011 champs - Durban				2012 champs - Pretoria				2013 champs - Oudtshoorn				2014 champs - Rustenburg				2015 champs - Port Elizabeth				2016 champs - Pretoria			
M	40	Martin Venter	AGN	16.70	Martin Venter	AGN	15.99	Martin Venter	AGN	16.62	Martin Venter	AGN	15.82	Martin Venter	AGN	15.22	Dirk Potgieter	NAM	10.85						
M	45	Vincent Meiring	AGN	15.87	Vince Meiring	AGN	15.44	Vince Meiring	AGN	15.56	Vince Meiring	AGN	15.56	Gerhard Potgieter	POL	10.50	Martin Venter	AGN	17.17						
M	50	Hannes Nel	AVT	16.20	Burton Haupt	AGN	17.60	Burton Haupt	AGN	17.38	Burton Haupt	AGN	16.66	Vincent Meiring	AGN	20.36	Vincent Meiring	AGN	19.98						
M	55	Gerhard Nel	KZN	12.90	Dennis Frost	AGN	10.32	Nicky Aggouras	AGN	14.83	Nicky Aggouras	AGN	16.38	Nicky Aggouras	AGN	16.83	Nick Aggouras	AGN	18.28						
M	60	Martin Bergh	NWN	13.82	Basie Koen	AVT	18.34	Ben Powell	AVT	16.45				Marius Bester	CGA	16.18	Basie Koen	AFS	15.49						
M	65	Nic Human	EP	13.11	Nic Human	EP	12.15							Reuben Smit	AGN	11.53	John Solms	AGN	11.92						
M	70	Andrzej Rzepecki	AGN	16.16	Steve Johnston	WP	12.52	Steve Johnston	WP	13.73				Nic Human	EP	13.71	Nic Human	EPA	13.24						
M	75	Leo Benning	BOL	8.44	Andrzej Rzepecki	AGN	17.53	Andrzej Rzepecki	KZN	17.03	Oubaas Willers	AVT	8.35	Andrzej Rzepecki	KZN	16.37	Andrzej Rzepecki	KZN	16.09						
M	80													Oubaas Willers	AVT	10.20	Don Roos	AGN	10.37						
M	85										Borg Stannius	WP	11.94												
M	90	Philip Frech	WP	7.42				Philip Frech	WP	6.12															
WPENT	W 30				Kleynhans Christa	CGA	1273	Maria Compion	WP	2026				Maria Compion	POL	1976	Tanya Pabalakan	AGN	3413						
	W 35	Thea Marx	EP	2726	Marx Thea	EP	2634	Marilize Coetzee	WP	2845	Marilize Coetzee	WP	2748	Marilize Coetzee	WPA	2654	Maria Compion	WPA	2281						
	W 40	Janita Eva	AGN	3050	Janita Eva	AGN	2882	Janita Eva	AGN	3148	Janita Eva	AGN	3060	Amanda Gerber	EPA	1690	Thea Marx	EPA	2773						
	W 45	Ansie Hennop	AGN	2991	Ansie Hennop	AGN	2641	Heleen Knobel	SWD	3499	Heleen Knobel	SWD	3897	Heleen Knobel	SWD	3290	Janita Eva	AGN	3369						
	W 50	Dalene du Plessis	WP	1557	Leonie v Heerden	AGN	1965	Ansie Hennop	AGN	2936	Ansie Hennop	AGN	2165	Ansie Hennop	AGN	3227	Heleen Knobel	SWD	4102						
	W 55				Tertia Stoffberg	WP	2003							Tertia Stoffberg	WPA	2677	Louise Coetzee	AGN	2477						
	W 60	Mercia Ferreira	CGA	3174	Karen Van Wyk	AGN	3068	Mercia Ferreira	CGA	3157	Suzi Van Eck	AGN	2855	Mercia Ferreira	CGA	3351	Zelda Erasmus	BOL	2821						
	W 65	Elize Grobbelaar	WP	2777	Elize Grobbelaar	WP	2473	Elize Grobbelaar	WP	1815	Mercia Ferreira	CGA	3378	Mercia Ferreira	CGA	3351	Mercia Ferreira	CGA	3255						
	W 70				Penny England	AVT	3434	Rentia Van Zyl	WP	1967	Rentia Van Zyl	WP	1967	Elize Grobbelaar	WPA	2779	Elize Grobbelaar	WPA	2779						
	W 75	Hannetjie Janeke	AVT	2632	Hannetjie Janneke	AVT	2692	Hannetjie Janneke	AVT	2381	Julia Bellingan	Nam	2842	Julia Bellingan	NAM	2812	Penny England	AVT	4203						
	W 80													Hannetjie Janeke	AVT	2463	Hannetjie Janeke	AVT	2463						
WPENT	M 30							Marsel Roos	SWD	1859				Marsel Roos	SWD	2106									
	M 35	Aart v Dijk	AGN	2817				Stephan Scheepers	FS	2022	Carlo De Bruin	NWN	2209	Bennie Botha	CGA	1537	Pieter Meintjies	AGN	2306						
	M 40	Martin Venter	AGN	3668	Martin Venter	AGN	3666	Martin Venter	AGN	3566	Martin Venter	AGN	3693	Chris Harmse	AFS	4729	Dirk Potgieter	NAM	2617						
	M 45	Francios de Wit	AGN	2872	Braam Botes	AVT	3222	Conradie Scheepers	FS	3082	GP Potgieter	WP	2932	Gerhard Potgieter	POL	2769	Martin Venter	AGN	3932						
	M 50	Gawie Louw	AGN	3846	Burton Haupt	AGN	3868	Burton Haupt	AGN	3749	Burton Haupt	AGN	4258	Burton Haupt	AGN	4099	Burton Haupt	AGN	4090						
	M 55	Marius Bester	CGA	3754	Dennis Frost	AGN	2496	Stephen Kichenbrand	AGN	3410	Stephen Kichenbrand	AGN	3628	Stephen Kichenbrand	AGN	3625	Gawie Louw	AGN	3852						
	M 60	Ben Powell	FS	3644	Marius Bester	CGA	3819	Marius Bester	CGA	3347	Marius Bester	CGA	3534	Marius Bester	CGA	3549	Marius Bester	CGA	3343						
	M 65	Ingo Hilderbrand	SWD	3245	Nic Human	EP	3080	Louis Horn	AGN	2272	Louis Horn	AGN	2711	Derek Sterley	AGN	3578	John Solms	AGN	3001						
	M 70	Andrzej Rzepecki	AGN		Steve Johnston	WP	2951	Steve Johnston	WP	2995	Louis Horn	AGN	2711	Nic Human	EPA	3469	Nic Human	EPA	3507						
	M 75				Andrzej Rzepecki	AGN	4499	Andrzej Rzepecki	AGN	4470	Oubaas Willers	AVT	2307	Andrzej Rzepecki	KZN	4166	Andrzej Rzepecki	KZN	3868						
	M 80													Des Hazell	WPA	2846	Don Roos	AGN	2852						
	M 85							Borg Stannius	WP	4406	Borg Stannius	WP	4055												
	M 90	Philip Frech	WP	4240				Philip Frech	WP	2538															
HEP	W 35	Marlett Watson	SWD	3912	Marlett Watson	SWD	3551	Marlett Watson	SWD	3881							Leoni Mare	AGN	3280						
	W 40				Elaine Raubenheimer	CGA	2504										Ida-Marie Strydom	AGN	2898						
	W 45				Jolande Viljoen	AGN	3771	Jolande Viljoen	AGN	3564							Jolande Viljoen	AGN	3539						
	W 50																								
	W 60				Stephanie Claassen	AGN	4777	Stephanie Claassen	AGN	4424							Stephanie Claassen	AGN	3710						
DEC	M 35	Johan Labuschagne	KZN	3866	Leon Gouws	CGA	4833																		
	M 40				Bertus Du Plessis	FS	3375	Arne Pool	WP	3557							David Blaauw	AGN	3942						
	M 45							Ian Hacker	CGA	3511							Johan Gutsche	AVT	4910						
	M 50	Pieter Williams	AGN	5097	Matthew Rudd	GB	4479	John Richard	ZIM	5645							Ian Hacker	CGA	4732						
	M 55	Philip Rudd	CGA	6014	Pieter Williams	AGN	6028	Pieter Williams	AGN	5114															
	M 60																Philip Rudd	CGA	4538						
	M 75							Hans Miekautsch	CGA	6304							Hans Miekautsch	CGA	4297						
5000W	W 30				Nomse Buthelezi	CGA	29:21.28	Lisa Patterson	CGA	29:27.82	Lisa Patterson	CGA	30:54.0	Lisa Patterson	CGA	29:58.97	Rhoda Willemse	AGN	28:26.6						
	W 35	Melanie Moen	AGN	30:44.7				Ronel Viljoen	AGN	30:36.0	Ronel Viljoen	AGN	30:36.0	Ronel Viljoen	AGN	28:12.56	Ronel Viljoen	AGN	28:34.3						
	W 40	Susan Katrakazas	AGN	27:48.3	Melanie Moen	AGN	30:26.83	Mariaan Serdyn	AGN	27:38.03	Mariaan Serdyn	AGN	28:42.0	Mariaan Serdyn	AGN	27:58.76	Bronwyn Lendrum	CGA	31:33.8						
	W 45	Lesley v Buuren	CGA	26:34.2	Yvonne Irmischer	KZN	28:42.37	Caryn Loudon	KZN	31:17.01	Susan Katrakazas	AGN	29:24.0	Caryn Loudon	KZN	32:27.08	Susan Katrakazas	AGN	30:31.4						
	W 50	Maria Ghisleni	CGA	27:02.2	Lesley Van Buuren	CGA	26:16.06	Yvonne Irmischer	KZN	28:29.44	Sandra Steenkamp	AGN	27:17.0	Lesley Van Buuren	CGA	26:07.13	Lauren Phillips	CGA	30:34.6						
	W 55	Barbara Nell	CGA	26:19.7	Antoinette Gibbs	KZN	30:55.76	Monica Risk	CGA	29:22.80	Lucia Willemse	AGN	30:25.0	Celeste Scheepers	AGN	30:48.03	Celeste Scheepers	AGN	31:04.8						
	W 60	Daphne du Preez	CGA	31:15.2	Winnie Koekemoer	AGN	31:22.17	Isabel Roux	WP	34:39.40	Winnie Koekemoer	AGN	30:56.0	Winnie Koekemoer	AGN	29:28.14	Barbara Nell	CGA	28:49.9						

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	2011 champs - Durban				2012 champs - Pretoria				2013 champs - Oudtshoorn				2014 champs - Rustenburg				2015 champs - Port Elizabeth				2016 champs - Pretoria			
	W 65	A Greyvestein	AGN	30:02.6	Elsa Meyer	AGN	29:44.14	Elsa Meyer	AGN	29:28.70	Elsa Meyer	AGN	30:02.0	Elsa Meyer	AGN	29:36.16	Elsa Meyer	AGN	30:23.5					
	W 70	Wilma Strydom	CGA	38:43.2	Hildegard Vey	CGA	33:30.14	Hildegard Vey	CGA	33:57.20	Beth Howard-Davies	KZN	36:56.0	A Greyvenstein	AGN	30:11.87	A Greyvenstein	AGN	31:49.2					
	W 75				Peggy Reid	WP	36:19.88	Peggy Reid	WP	37:01.20				Peggy Reid	WP	36:22.66	Margaret Norton	WP	41:13.9					
5000W	M 35				Ross Mc Donald	WP	23:16.70							Ross Mc Donald	WP	24:28.73	Ihan Collins	AVT	27:22.9					
	M 40	Keith Reynolds	AGN	28:18.8	Keith Reynolds	AGN	30:24.42	Nicholas Barrie-Smith	KZN	28:46.83														
	M 45	Hannes Swanepoel	WP	24:50.6	Hannes Swanepoel	WP	25:46.70	Kevin Phillips	CGA	24:58.16	Teboho Thwahlaka	NWN	33:08.0	Bennet De Klerk	NWN	28:29.25	Joseph Appel	AGN	29:12.9					
	M 50	Fanie Venter	AGN	25:37.6	Fanie Venter	AGN	26:59.09	Fanie Venter	AGN	27:58.69	Chris Britz	AGN	25:34.0	Kevin Phillips	CGA	24:44.72	Kevin Phillips	CGA	26:11.6					
	M 55	Frans Kotze	BOL	27:26.1	Ray Patterson	CGA	26:44.04	Marius Bosman	AGN	28:05.52	Marius Bosman	AGN	28:23.0	Johan Coetzee	AGN	27:28.40	Jan Bester	AGN	28:03.6					
	M 60	David Flood	KZN	27:33.1	Frans Kotze	BO	28:52.71	Ray Patterson	AGN	27:20.60	Ray Patterson	AGN	27:52.0	Ray Patterson	AGN	27:31.15	Ray Patterson	AGN	28:27.7					
	M 65	Fred Clements	AGN	32:07.8	Gerard vd Raad	AGN	30:22.10	Len Diedericks	KZN	31:36.36	Trompie Strydom	KZN	28:20.0	Johan Van Zyl	WP	28:22.41	Johan Van Zyl	WP	29:47.9					
	M 70	Jurgen Spencer	WP	28:10.2	Arie Benade	NWN	35:25.33	Jurgen Spencer	WP	30:04.55	Gerard vd Raad	AGN	30:04.55	Jurgen Spencer	WP	29:15.59	Gerard vd Raad	AGN	31:08.4					
	M 75				Elias Van der Colff	AGN	35:14.04	D Morgan-Smith	SWD	32:37.59	D Morgan-Smith	SWD	34:38.0	D Morgan-Smith	SWD	30:46.55	Jurgen Spencer	WP	31:25.8					
	M 80	Zach Prinsloo	KZN	37:11.7	Zacharias Prinsloo	KZN	38:34.26				Frans Grobler	AGN	45:25.0	Wells Anderson	EP	38:45.80	Frans Grobler	AGN	52:40.4					
	M 85																John vd Venter	AGN	50:02.9					
10km W	W 30				Nomse Buthelezi	CGA	57:12	Lisa Patterson	CGA	01:01.6	Lisa Patterson	CGA	1:04:03	Lisa Patterson	CGA	61.01.25	Lisa Patterson	CGA	58:21.0					
	W 35	Melanie Moen	AGN	1:03:05	Melanie Moen	AGN	1:00:24	Mariaan Serdyn	AGN	56.28	Mariaan Serdyn	AGN	59:16.0	Mariaan Serdyn	AGN	59.02	Bronwyn Lendrum	CGA	03:28.0					
	W 40	Susan Katrakazas	AGN	59:46	Yvonne Irmscher	KZN	56:47	Caryn Loudon	KZN	1:05.49	Susan Katrakazas	AGN	1:01:45	Caryn Loudon	KZN	1:08.42	Susan Katrakazas	AGN	03:59.0					
	W 45	Lesley v Buuren	CGA	54:37	Lesley Van Buuren	CGA	52:24	Lesley Van Buuren	CGA	52.26	Yvonne Irmscher	KZN	58:56.0	Lesley Van Buuren	CGA	54.16	Lauren Phillips	CGA	02:45.0					
	W 50	Maria Ghisleni	CGA	54:46	Antoinette Gibbs	KZN	1:02:33	Monica Risk	CGA	1:01.50	Gail Williams	WP	1:04:36	A Coats/C Scheepers	CGA/AGN	1:03.05	Avril Coats	CGA	03:28.0					
	W 55	Barbara Nell	CGA	55:48	Winnie Koekemoer	AGN	1:01:25	Wendy Josephs	WP	1:08.22	Winnie Koekemoer	AGN	1:03:02	Barbara Nell	CGA	1:01.05	Barbara Nell	CGA	00:45.0					
	W 60	Winnie Koekemoer	AGN	1:04:29	Elsa Meyer	AGN	58:22	Elsa Meyer	AGN	59.07	Annatjie Greyvenstein	AGN	1:02:20	Elsa Meyer	AGN	1:01.28	Winnie Koekemoer	AGN	03:27.0					
	W 65	A Greyvestein	AGN	1:01:29	Hildegard Vey	CGA	1:06:32	Hildegard Vey	CGA	1:09.10				A Greyvenstein	AGN	1:02.16	A Greyvenstein	AGN	04:09.0					
	W 70	Pamela Osborn	KZN	1:08:09	Peggy Reid	WP	1:12:18	Peggy Reid	WP	1:14.22				Peggy Reid	WP	1:18.48	Margaret Norton	WP	25:07.0					
	W 75																							
10km W	M 35				Norman Modise	FS	38:46.71							Victor Pasiya	EP	1:11.36								
	M 40	Keith Reynolds	AGN	57:36	Daniel Jordaan	NWN	39:00.83							Ross Mc Donald	WP	51.54								
	M 45	Chris Britz	AGN	54:22	Dawie De Villiers	AGN	38:18.40	Kevin Phillips	CGA	51.47	Kevin Phillips	CGA	53:46.0				Joseph Appel	AGN	59:22.0					
	M 50	Johann Coetzee	MPL	1:01:53	Adam Motlagale	NWN	38:04.71	Johan Coetzee	MPU	1:01.28	Chris Britz	AGN	55:26.0	Kevin Phillips	CGA	52:04.00	Frans Oosthuizen	AGN	01:20.0					
	M 55	Frans Kotze	BOL	57:15				Chris Callaghan	AGN	1:00.36	Rocky Suddes	KZN	1:12:47	Johan Coetzee	AGN	59.00	Jan Bester	AGN	55:49.0					
	M 60				Mike Du Bruto	AGN	41:07.63	Ray Patterson	AGN	57.10	Ray Patterson	AGN	58:36.0	Ray Patterson	AGN	57:53.0	Ray Patterson	AGN	58:16.0					
	M 65	Fred Clements	AGN	1:03:17				Fred Clements	AGN	1:03.36	William Pellew	KZN	1:04:54	Johan Van Zyl	WP	53.03	Johan Van Zyl	WP	00:47.0					
	M 70	Jack Rowe	AGN	1:13:10	Harry Fletcher	ZIM	47:35.94				Gerard vd Raad	AGN	1:02:01	Gerard Vd Raad	AGN	61.01.25	Gerard Vd Raad	AGN	05:49.0					
	M 75							D Morgan-Smith	SWD	1:09.27	D Morgan-Smith	SWD	1:10.12				Jurgen Spencer	WP	04:05.0					
	M 80	Zach Prinsloo	KZN	1:17:37																				
20km W	W 30										Rhoda Willemse	AGN	2:14:59	Rhoda Willemse	AGN	2:15.45	Rhoda Willemse	AGN	02:01.0					
	W 40													Annetjie Rogers	BOR	2:14.30								
	W 45	Belinda Skinner	AGN	2:02:36	Belinda Skinner	AGN	2:05.00																	
	W 50				Sandra Steenkamp	AGN	1:49.34	Celeste Scheepers	AGN	2:12.02	Sandra Steenkamp	AGN	1:57:50	Sandra Steenkamp	AGN	2:01.03	Jackie Goosen	WP	02:22.1					
	W 55				Lucia Willemse	AGN	2:10.08	Lucia Willemse	AGN	2:20.54	Lucia Willemse	AGN	2:08:34											
	W 60													Frieda Bignaut	WP	2:20.40	Lucia Willemse	AGN	02:20.1					
	W 65										Elsa Meyer	AGN	2:06:22				Elsa Meyer	AGN	02:06.4					
20km W	M 35													Merwe Du Preez	AVT	2:06.21								
	M 45	Hannes Swanepoel	WP	1:48:34	Hannes Swanepoel	WP	1:44.20	Keith Reynolds	WP	1:58.07	Bennet De Klerk	NWN	2:09:10	Bennet De Klerk	NWN	2:03.59	Bennet De Klerk	NWN	02:02.3					
	M 50	Fanie Venter	AGN	1:59:29	Fanie Venter	AGN	1:53.51							Adam Papier	WP	2:05.07	Kevin Phillips	CGA	01:57.4					
	M 55				Marius Bosman	AGN	1:59.12	Marius Bosman	AGN	2:05.37	Marius Bosman	AGN	2:04:41	Jaap Willemse	AGN	2:04.15	Jaap Willemse	AGN	02:02.3					
	M 60	David Flood	KZN	1:59:39				Henry Cleophas	WP	2:28.45	Chris Callaghan	AGN	2:11:32	Ben Pentz	AGN	2:18.38	Chris Callaghan	AGN	02:08.6					
	M 65				Gerard van den Raad	AGN	2:03:53	Len Diedericks	KZN	2:14.58				Mervyn Griffiths	BOR	2:09.28								
	M 70	Jurgen Spencer	WP	2:03:04	Flip Viviers	AGN	2:36:36							Jurgen Spencer	WP	2:10.12								
	M 75				Jannie Breed	BOR	2:24:45										Ray Goatley	KZN	02:50.4					