

ASWD MASTERS CHAMPIONSHIP - 2016/09/03**De Jagers Stadion****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 100 Meter Sprint**

Name	Age	Team	Finals	Wind	Age-Grading
Finals					
1 Boshoff, Chandrè	W39	South Western Di	15,20	-1.1	15,05 69,74%

W40 100 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading
1 van der Merwe, Heather	W41	South Western Di	16,33	-1.1	15,60 67,30%

W45 100 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading
1 Figland, Beverley	W45	Western Province	14,74	-1.1	13,56 77,41%

W50 100 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading
1 Willemse, Gustè	W50	South Western Di	15,01	-1.1	13,28 79,01%

W65 100 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading
1 Jonkers, Margaret	W66	Western Province	19,69	-1.1	15,34 68,41%

M40 100 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Buck, Rob	M41	Western Province	11,88	0.8	11,38 86,03%	4
2 Kock, Andrew	M40	Easterns Province	12,20	0.8	11,69 83,77%	4
3 Nell, Darèlle	M43	Easterns Province	13,49	0.8	12,93 75,76%	4

M45 100 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Solomons, AJ	M46	Boland Athletics	12,49	0.8	11,60 84,39%	4
2 van Zyl, Oloff	M47	Western Province	12,76	0.8	11,86 82,60%	4
3 S, Russel	M47	Western Province	12,91	0.8	11,99 81,64%	4
4 Du Toit, Johan	M46	South Western Di	13,99	0.8	13,00 75,34%	4

M50 100 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 van der Vyver, Daniel	M51	Gauteng North	12,51	NWI	11,26 86,97%	3
2 Toll, Michael	M52	Western Province	12,81	NWI	11,53 84,93%	3
3 Martin, Edward	M54	Orange Free State	13,12	NWI	11,81 82,93%	3
4 Rothman, Leon	M52	South Western Di	13,41	NWI	12,07 81,13%	3
5 Malgas, Neville	M54	South Western Di	14,47	NWI	13,02 75,19%	3

M60 100 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Xavier, Robert	M63	Easterns Province	13,74	-1.3	11,57 84,72%	2
2 Jefthas, Christo	M61	Boland Athletics	13,98	-1.3	11,77 83,26%	2
3 Warriess, Joseph	M60	Western Province	14,08	-1.3	11,85 82,67%	2

M70 100 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading
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1	Figland, Edgar	M70	Western Province	15,85	-1.2	12,34	79,37%
2	Stuart, Les	M74	South Western Di	17,57	-1.2	13,68	71,60%

M75 100 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading
1 van Zyl, Jakobus	M79	Western Province	15,63	-1.2	11,59 84,52%

M80 100 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading
1 Cross, Ron	M82	Western Province	16,02	-1.2	11,17 87,70%
2 Penberthy, Pearce	M80	Gauteng North	21,55	-1.2	15,02 65,20%

M85 100 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading
1 Ridge, Arthur	M85	Western Province	18,77	-1.2	12,06 81,19%
2 Strydom, Ron	M85	Western Province	19,23	-1.2	12,36 79,25%

W45 200 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading
1 Figland, Beverley	W45	Western Province	31,11	0.2	27,95 76,37%

W55 200 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading
1 O'Connor, Margi	W59	South Western Di	44,17	0.2	36,50 58,48%

M30 200 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Watley, Martin	M30	Western Province	33,37	-2.1	33,38 57,90%	4

M35 200 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Zaayman, Bernard	M35	South Western Di	27,15	-2.1	26,71 72,34%	4

M45 200 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Solomons, AJ	M46	Boland Athletics	25,75	-2.1	23,79 81,24%	4
2 van Zyl, Oloff	M47	Western Province	27,11	-2.1	25,04 77,17%	4

M50 200 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 van der Vyver, Daniel	M51	Gauteng North	26,07	-1.8	23,30 82,97%	3
2 Toll, Michael	M52	Western Province	26,49	-1.8	23,67 81,65%	3
3 Martin, Edward	M54	Orange Free State	27,50	-1.8	24,57 78,65%	3
4 Malgas, Neville	M54	South Western Di	28,68	-1.8	25,63 75,42%	3
5 Rothman, Leon	M52	South Western Di	30,43	-1.8	27,19 71,08%	3

M60 200 Meter Sprint

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Warriess, Joseph	M60	Western Province	28,32	-1.4	23,60 81,89%	2
2 Jefthas, Christo	M61	Boland Athletics	34,07	-1.4	28,39 68,07%	2
3 Frost, Dennis	M60	Gauteng North	34,11	-1.4	28,43 67,99%	2

M70 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading
1 Figland, Edgar	M70 Western Province	34,83	-2.4	26,62 72,58%
2 Stuart, Les	M74 South Western Di	40,67	-2.4	31,09 62,16%

M75 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading
1 van Zyl, Jakobus	M79 Western Province	32,99	-2.4	23,81 81,18%

M80 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading
1 Cross, Ron	M82 Western Province	36,30	-2.4	24,32 79,48%

M85 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading
1 Ridge, Arthur	M85 Western Province	38,81	-2.4	23,49 82,27%

W35 400 Meter Sprint

Name	Age Team	Finals	Age-Grading
1 Boshoff, Chandrè	W39 South Western Di	1:14,52	1:13,03 65,19%
-- Mvandaba, Ayanda	W39 Gauteng North	DQ	

W45 400 Meter Sprint

Name	Age Team	Finals	Age-Grading
1 Figland, Beverley	W45 Western Province	1:12,43	1:05,07 73,16%

W55 400 Meter Sprint

Name	Age Team	Finals	Age-Grading
1 Botes, Annetjie	W58 South Western Di	1:15,52	1:01,68 77,17%
-- O'Connor, Margi	W59 South Western Di	DQ	

M30 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#
1 Venter, Yaron	M31 South Western Di	55,70	55,71 77,52%	3

M35 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#
1 Zaayman, Bernard	M35 South Western Di	1:01,60	59,47 72,61%	3
-- Jacobus, Andre	M36 South Western Di	DQ		3

M45 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#
1 van Zyl, Oloff	M47 Western Province	56,20	50,89 84,86%	3
2 Richenberg, Marshall	M45 South Western Di	57,20	51,79 83,37%	3
3 Solomons, AJ	M46 Boland Athletics	1:00,30	54,60 79,09%	3
-- Ngayi, Philip	M49 South Western Di	DQ		2

M50 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#
1 van der Vyver, Daniel	M51 Gauteng North	56,70	49,64 87,00%	2
2 Martin, Edward	M54 Orange Free State	59,60	52,18 82,77%	2
3 Toll, Michael	M52 Western Province	1:00,90	53,32 81,00%	2
4 Small, Klaus	M53 Boland Athletics	1:16,70	1:07,15 64,32%	2

M55 400 Meter Sprint

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Name                Age Team                Finals                Age-Grading H#
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1 Julie, Mervin     M56 Western Province   1:02,60              52,93 81,60% 2

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M60 400 Meter Sprint

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Name                Age Team                Finals                Age-Grading
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1 Warriess, Joseph M60 Western Province   1:04,40              52,52 82,24%
2 Jefthas, Christo M61 Boland Athletics   1:10,80              57,74 74,80%
-- Kivedo, Owen     M60 Easterns Province   DQ

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M75 400 Meter Sprint

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Name                Age Team                Finals                Age-Grading
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-- Brown, Peter     M79 Boland Athletics   DQ

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M85 400 Meter Sprint

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Name                Age Team                Finals                Age-Grading
=====
1 Ridge, Arthur     M85 Western Province   1:42,90              57,09 75,64%

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W40 800 Meter Run

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Name                Age Team                Finals                Age-Grading
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1 Theunissen, Lana W44 South Western Di   2:40,03              2:32,63 74,22%

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W55 800 Meter Run

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Name                Age Team                Finals                Age-Grading
=====
1 Botes, Annetjie  W58 South Western Di   2:57,34              2:27,11 77,00%

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M30 800 Meter Run

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Name                Age Team                Finals                Age-Grading
=====
1 Watley, Martin   M30 Western Province   2:49,09              2:49,10 59,80%

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M40 800 Meter Run

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Name                Age Team                Finals                Age-Grading
=====
1 Brugman, Delerey M43 Western Province   2:29,01              2:22,46 70,98%

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M50 800 Meter Run

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Name                Age Team                Finals                Age-Grading
=====
1 Schlechter, Marius M51 South Western Di   2:20,94              2:04,69 81,09%

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M55 800 Meter Run

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Name                Age Team                Finals                Age-Grading
=====
1 Julie, Mervin     M56 Western Province   2:27,11              2:04,90 80,95%

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M60 800 Meter Run

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Name                Age Team                Finals                Age-Grading
=====
1 Jefthas, Christo M61 Boland Athletics   2:59,85              2:26,28 69,12%

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M30 1500 Meter Run

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Name                Age Team                Finals                Age-Grading
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1 Watley, Martin   M30 Western Province   5:43,99              5:44,00 59,89%

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M50 1500 Meter Run

Name	Age Team	Finals	Age-Grading
1 De Swart, Hennie	M50 South Western Di	6:33,18	5:43,29 60,01%

M55 1500 Meter Run

Name	Age Team	Finals	Age-Grading
1 Julie, Mervin	M56 Western Province	5:43,43	4:46,32 71,95%

W35 3000 Meter Run

Name	Age Team	Finals	Age-Grading
-- Mvandaba, Ayanda	W39 Gauteng North	DQ	

W40 3000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Theunissen, Lana	W44 South Western Di	12:04,46	11:32,08 72,45%

M30 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Fortuin, Duane	M32 Western Province	15:33,83	15:33,84 81,06%

M40 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Salman, Booi	M42 South Western Di	16:42,95	16:07,95 78,21%

M45 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Nise, Alfred	M48 South Western Di	20:32,07	19:06,08 66,05%

M50 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Cleophas, Tony	M50 South Western Di	19:34,41	17:31,45 72,00%
2 De Swart, Hennie	M50 South Western Di	25:46,22	23:04,34 54,68%

M65 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Lamprecht, Lampies	M67 South Western Di	28:39,17	22:36,77 55,79%

M70 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Stuart, Les	M74 South Western Di	26:27,13	19:47,18 63,76%

M45 110 Short Hurdles

Name	Age Team	Finals	Wind	Age-Grading
1 S, Russel	M47 Western Province	20,10	-0.6	18,40 70,20%

M45 400 Long Hurdles

Name	Age Team	Finals	Age-Grading
1 van Zyl, Oloff	M47 Western Province	1:05,20	59,62 78,47%

M40 3000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading
1 Kidd, Wayne	M44 Western Province	14:45,36	13:30,46 58,44%

M45 3000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading
1 Richenberg, Marshall	M45 South Western Di	11:49,71	10:20,58 76,32%

W45 High Jump

Name	Age Team	Finals	Age-Grading
1 Gelderblom, Sureta	W47 Western Province	0,90m	2-11,50 1,04m 50,00%

W65 High Jump

Name	Age Team	Finals	Age-Grading
1 Jonkers, Margaret	W66 Western Province	1,09m	3-06,75 1,60m 76,76%
2 Du Rant, Marita	W65 South Western Di	1,00m	3-03,25 1,47m 70,42%

M50 High Jump

Name	Age Team	Finals	Age-Grading
1 van Daalen, Dirk	M53 Western Province	1,45m	4-09,00 1,68m 68,72%

M55 High Jump

Name	Age Team	Finals	Age-Grading
1 Bredeveldt, Neal	M55 Boland Athletics	1,60m	5-03,00 1,96m 80,00%
2 Coetzer, Johan	M57 South Western Di	1,44m	4-08,75 1,76m 72,00%

M65 High Jump

Name	Age Team	Finals	Age-Grading
1 Hough, Norman	M69 Boland Athletics	1,20m	3-11,25 1,66m 67,80%

M35 Pole Vault

Name	Age Team	Finals	Age-Grading
1 Roos, Marsel	M35 South Western Di	2,70m	8-10,25 2,74m 44,70%

M40 Pole Vault

Name	Age Team	Finals	Age-Grading
1 van As, Jean - Paul	M44 Boland Athletics	3,54m	11-07,25 3,81m 62,11%
2 Hamman, Bennie	M42 South Western Di	2,70m	8-10,25 2,90m 47,37%

W35 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Boshoff, Chandrè	W39 South Western Di	3,62m	-1.3	11-10,50 3,80m 50,56%

W45 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Gelderblom, Sureta	W47 Western Province	3,13m	-0.5	10-03,25 3,68m 48,98%

W50 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
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1	Willemse, Gustè	W50 South Western Di	4,25m	0.9	13-11,50	5,32m 70,83%
--	van Tonder, Hanli	W51 South Western Di	DQ	NWI		

W65 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Jonkers, Margaret	W66 Western Province	3,04m	-1.0	9-11,75 4,72m 62,94%

W70 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Ungerer, Toy - Aletta	W70 South Western Di	3,37m	-0.8	11-00,75 5,70m 75,90%

M40 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Buck, Rob	M41 Western Province	6,22m	1.9	20-05,00 6,77m 75,76%
2 Nell, Darèlle	M43 Easterns Province	5,11m	1.9	16-09,25 5,56m 62,24%
3 Kidd, Wayne	M44 Western Province	4,59m	3.3	15-00,75 5,00m 55,91%
4 Filander, Heinrich	M44 South Western Di	4,54m	3.0	14-10,75 4,94m 55,30%

M45 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 van Zyl, Oloff	M47 Western Province	5,24m	2.1	17-02,25 6,05m 67,61%

M50 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 van Daalen, Dirk	M53 Western Province	4,90m	2.0	16-01,00 6,02m 67,31%
2 Malgas, Neville	M54 South Western Di	4,62m	0.4	15-02,00 5,67m 63,46%
3 Small, Klaus	M53 Boland Athletics	3,65m	0.9	11-11,75 4,48m 50,14%

M55 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Bredeveltdt, Neal	M55 Boland Athletics	4,54m	1.9	14-10,75 5,95m 66,57%
2 Coetzer, Johan	M57 South Western Di	4,37m	2.2	14-04,00 5,73m 64,08%
3 Le Roux, Henk	M55 Orange Free State	3,80m	3.5	12-05,75 4,98m 55,72%

M70 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Figland, Edgar	M70 Western Province	3,03m	0.9	9-11,25 4,99m 55,80%
2 Stuart, Les	M74 South Western Di	3,00m	1.4	9-10,25 4,94m 55,25%

M80 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Penberthy, Pearce	M80 Gauteng North	2,93m	-0.5	9-07,50 5,82m 65,11%

M85 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Ridge, Arthur	M85 Western Province	2,91m	1.2	9-06,75 6,44m 72,03%

W45 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Gelderblom, Sureta	W47 Western Province	6,44m	-2.3	21-01,50 7,37m 47,56%

W50 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Willemse, Gustê	W50 South Western Di	8,78m	-2.1	28-09,75 10,71m 69,13%

M40 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Filander, Heinrich	M44 South Western Di	10,37m	1.7	34-00,25 11,02m 60,29%
2 Nell, Darêlle	M43 Easterns Province	9,99m	1.7	32-09,50 10,62m 58,08%
3 Crook, Brian	M42 South Western Di	9,90m	2.7	32-05,75 10,52m 57,56%

M45 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Crook, Geraldo	M45 South Western Di	9,90m	1.7	32-05,75 11,15m 61,00%

M50 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
1 van Daalen, Dirk	M53 Western Province	8,93m	-1.9	29-03,75 10,70m 58,52%

M55 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Bredeveldt, Neal	M55 Boland Athletics	9,76m	2.7	32-00,25 12,48m 68,30%
2 Coetzer, Johan	M57 South Western Di	9,70m	2.7	31-10,00 12,41m 67,88%

M80 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
1 Penberthy, Pearce	M80 Gauteng North	5,60m	1.0	18-04,50 10,87m 59,51%

W35 Shot Put Circle A

Name	Age Team	Finals	Age-Grading
1 Compion, Maria	W35 Western Province	9,20m 30-02,25	9,53m 42,14%

W40 Shot Put Circle A

Name	Age Team	Finals	Age-Grading
-- Marx, Thea	W40 Easterns Province	DQ	

W45 Shot Put Circle A

Name	Age Team	Finals	Age-Grading
1 Louw, Marisa	W46 Easterns Province	7,15m 23-05,50	8,53m 37,73%
2 Gerber, Amanda	W45 Easterns Province	6,67m 21-10,75	7,96m 35,20%
-- Brown, Marianne	W49 South Western Di	DQ	

W50 Shot Put Circle A

Name	Age Team	Finals	Age-Grading
1 Knobel, Heleen	W51 South Western Di	9,85m 32-03,75	12,41m 54,87%
2 Hennop, Ansie	W53 Gauteng North	8,97m 29-05,25	11,30m 49,97%

W55 Shot Put Circle A

Name	Age Team	Finals	Age-Grading
1 Pietersen, Aletta	W55 Easterns Province	6,90m 22-07,75	9,45m 41,79%
2 Du Plessis, Dupie	W55 Western Province	5,80m 19-00,50	7,94m 35,13%

W60 Shot Put Circle A

Name	Age Team	Finals	Age-Grading
1 Erasmus, Zelda	W63 Boland Athletics	8,40m 27-06,75	12,61m 55,74%
2 Stoffberg, Tertia	W62 Western Province	7,60m 24-11,25	11,41m 50,43%

W65 Shot Put Circle A

Name	Age Team	Finals	Age-Grading
1 Du Rant, Marita	W65 South Western Di	7,50m 24-07,25	12,45m 55,03%
2 van Eck, Suzi	W67 Gauteng North	6,98m 22-11,00	11,58m 51,21%
3 Du Toit, Aletta	W65 Western Province	5,91m 19-04,75	9,81m 43,36%

W70 Shot Put Circle A

Name	Age Team	Finals	Age-Grading
1 Grobbelaar, Elize	W71 Western Province	5,61m 18-05,00	10,41m 46,02%

M35 Shot Put Circle B

Name	Age Team	Finals	Age-Grading
1 Roos, Mihan	M37 South Western Di	10,63m 34-10,50	11,02m 47,69%
2 Roos, Marsel	M35 South Western Di	10,39m 34-01,25	10,77m 46,61%

M40 Shot Put Circle B

Name	Age Team	Finals	Age-Grading
1 Kock, Andrew	M40 Easterns Province	8,60m 28-02,75	9,57m 41,43%
2 Nell, Darèlle	M43 Easterns Province	8,03m 26-04,25	8,94m 38,68%

M45 Shot Put Circle B

Name	Age Team	Finals	Age-Grading
1 Scheepers, Conradie	M48 Orange Free State	14,71m 48-03,25	17,68m 76,50%
2 Heyns, JD	M45 South Western Di	14,45m 47-05,00	17,37m 75,14%
3 Crook, Geraldo	M45 South Western Di	8,56m 28-01,00	10,29m 44,51%
4 van Zyl, Oloff	M47 Western Province	7,55m 24-09,25	9,07m 39,26%

M50 Shot Put Circle B

Name	Age Team	Finals	Age-Grading
1 Dorfling, Theo	M52 Easterns Province	9,22m 30-03,00	10,80m 46,73%

M60 Shot Put Circle B

Name	Age Team	Finals	Age-Grading
1 Frost, Dennis	M60 Gauteng North	11,16m 36-07,50	13,92m 60,26%
2 Nel, Leon	M63 South Western Di	7,80m 25-07,25	9,73m 42,12%

M65 Shot Put Circle B

Name	Age Team	Finals	Age-Grading
1 Hough, Norman	M69 Boland Athletics	11,33m 37-02,25	15,41m 66,69%
2 Smit, Reuben	M66 Gauteng North	10,40m 34-01,50	14,15m 61,21%
3 Erasmus, Nicolaas	M66 Boland Athletics	9,99m 32-09,50	13,59m 58,80%

M70 Shot Put Circle B

Name	Age Team	Finals	Age-Grading
1 Human, Nic	M72 Easterns Province	11,76m 38-07,00	15,05m 65,15%
2 Rabie, Tinkie	M71 Western Province	8,50m 27-10,75	10,88m 47,09%

M75 Shot Put Circle B

Name	Age	Team	Finals		Age-Grading	
1 Johnston, Steve	M77	Western Province	8,85m	29-00,50	12,38m	53,57%
M80 Shot Put Circle B						
Name	Age	Team	Finals		Age-Grading	
1 Penberthy, Pearce	M80	Gauteng North	8,15m	26-09,00	12,26m	53,06%
2 Hazell, Desmond	M83	Western Province	7,98m	26-02,25	12,01m	51,95%
M85 Shot Put Circle B						
Name	Age	Team	Finals		Age-Grading	
1 Stannius, Borg	M88	Western Province	9,38m	30-09,25	15,82m	68,42%
W35 Discus Throw						
Name	Age	Team	Finals		Age-Grading	
1 Compion, Maria	W35	Western Province	25,43m	83-05,00	26,36m	34,33%
W45 Discus Throw						
Name	Age	Team	Finals		Age-Grading	
1 Bond, Elle	W45	Gauteng North	22,56m	74-00,00	27,20m	35,42%
W50 Discus Throw						
Name	Age	Team	Finals		Age-Grading	
1 Hennop, Ansie	W53	Gauteng North	25,30m	83-00,00	33,21m	43,25%
W55 Discus Throw						
Name	Age	Team	Finals		Age-Grading	
1 Du Plessis, Dupie	W55	Western Province	13,07m	42-10,00	18,82m	24,52%
W60 Discus Throw						
Name	Age	Team	Finals		Age-Grading	
1 Erasmus, Zelda	W63	Boland Athletics	20,36m	66-09,00	32,49m	42,31%
W65 Discus Throw						
Name	Age	Team	Finals		Age-Grading	
1 van Eck, Suzi	W67	Gauteng North	17,40m	57-01,00	31,19m	40,62%
2 Du Rant, Marita	W65	South Western Di	15,09m	49-06,00	27,05m	35,22%
3 Du Toit, Aletta	W65	Western Province	11,65m	38-03,00	20,88m	27,19%
W70 Discus Throw						
Name	Age	Team	Finals		Age-Grading	
1 Grobbelaar, Elize	W71	Western Province	13,38m	43-11,00	27,48m	35,78%
M35 Discus Throw						
Name	Age	Team	Finals		Age-Grading	
1 Roos, Marsel	M35	South Western Di	29,00m	95-02,00	29,41m	39,70%
M45 Discus Throw						
Name	Age	Team	Finals		Age-Grading	
1 Marais, Andries	M48	South Western Di	39,55m	129-09,00	47,65m	64,33%
2 Scheepers, Conradie	M48	Orange Free State	39,49m	129-07,00	47,58m	64,23%

3 Solomons, AJ M46 Boland Athletics 36,34m 119-03,00 43,78m 59,11%

M50 Discus Throw

Name	Age	Team	Finals		Age-Grading	
1 Ras, Peter	M54	Gauteng North	27,60m	90-07,00	28,20m	38,07%
2 van Daalen, Dirk	M53	Western Province	18,56m	60-11,00	18,96m	25,60%

M55 Discus Throw

Name	Age	Team	Finals		Age-Grading	
1 Heyman, Francois	M56	South Western Di	37,97m	124-07,00	42,15m	56,91%
2 Aggouras, Nick	M59	Gauteng North	32,87m	107-10,00	36,49m	49,27%
3 Lamara, Zain	M56	Western Province	26,95m	88-05,00	29,92m	40,39%

M60 Discus Throw

Name	Age	Team	Finals		Age-Grading	
1 Frost, Dennis	M60	Gauteng North	30,35m	99-07,00	32,25m	43,54%
2 Nel, Leon	M63	South Western Di	19,45m	63-10,00	20,67m	27,91%

M65 Discus Throw

Name	Age	Team	Finals		Age-Grading	
1 Hough, Norman	M69	Boland Athletics	36,10m	118-05,00	42,00m	56,71%
2 Erasmus, Nicolaas	M66	Boland Athletics	33,27m	109-02,00	38,71m	52,26%
3 Smit, Reuben	M66	Gauteng North	28,14m	92-04,00	32,74m	44,20%

M70 Discus Throw

Name	Age	Team	Finals		Age-Grading	
1 Human, Nic	M72	Easterns Province	34,59m	113-06,00	44,20m	59,68%
2 Rabie, Tinkie	M71	Western Province	30,17m	99-00,00	38,56m	52,05%

M75 Discus Throw

Name	Age	Team	Finals		Age-Grading	
1 Heunis, Dawie	M75	South Western Di	29,37m	96-04,00	42,09m	56,82%
2 Johnston, Steve	M77	Western Province	27,97m	91-09,00	40,08m	54,11%

M80 Discus Throw

Name	Age	Team	Finals		Age-Grading	
1 Hazell, Desmond	M83	Western Province	18,35m	60-02,00	30,16m	40,72%

M85 Discus Throw

Name	Age	Team	Finals		Age-Grading	
1 Stannius, Borg	M88	Western Province	21,17m	69-05,00	41,29m	55,75%

W35 Hammer Throw

Name	Age	Team	Finals		Age-Grading	
1 Compion, Maria	W35	Western Province	22,52m	73-11,00	24,64m	32,00%

W45 Hammer Throw

Name	Age	Team	Finals		Age-Grading	
1 Louw, Marisa	W46	Easterns Province	34,80m	114-02,00	44,25m	57,47%
2 Gerber, Amanda	W45	Easterns Province	24,20m	79-05,00	30,77m	39,97%

W50 Hammer Throw

Name	Age	Team	Finals		Age-Grading	
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1	Knobel, Heleen	W51	South Western Di	43,83m	143-09,00	56,26m	73,07%
2	Hennop, Ansie	W53	Gauteng North	27,27m	89-06,00	35,00m	45,47%

W55 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1	Du Plessis, Dupie	W55	Western Province	13,98m 45-10,00 19,54m 25,39%
2	Pietersen, Aletta	W55	Easterns Province	12,44m 40-10,00 17,39m 22,59%

W60 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1	Stoffberg, Tertia	W62	Western Province	23,00m 75-05,00 35,31m 45,86%
2	Erasmus, Zeldia	W63	Boland Athletics	22,83m 74-11,00 35,05m 45,52%

W65 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1	Du Rant, Marita	W65	South Western Di	21,84m 71-08,00 37,21m 48,33%
2	van Eck, Suzi	W67	Gauteng North	20,78m 68-02,00 35,40m 45,98%
3	Du Toit, Aletta	W65	Western Province	12,44m 40-10,00 21,19m 27,53%

W70 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1	Grobbelaar, Elize	W71	Western Province	20,23m 66-04,00 38,76m 50,34%

M50 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1	Ras, Peter	M54	Gauteng North	28,07m 92-01,00 33,30m 38,39%

M55 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1	Aggouras, Nick	M59	Gauteng North	42,60m 139-09,00 55,99m 64,56%
2	Lamara, Zain	M56	Western Province	27,33m 89-08,00 35,92m 41,42%

M60 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1	Frost, Dennis	M60	Gauteng North	33,10m 108-07,00 43,30m 49,92%

M65 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1	Hough, Norman	M69	Boland Athletics	33,70m 110-07,00 49,39m 56,94%
2	Erasmus, Nicolaas	M66	Boland Athletics	26,45m 86-09,00 38,76m 44,69%
3	Smit, Reuben	M66	Gauteng North	23,38m 76-08,00 34,26m 39,51%

M70 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1	Human, Nic	M72	Easterns Province	33,79m 110-10,00 49,07m 56,58%

M75 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1	Johnston, Steve	M77	Western Province	27,56m 90-05,00 45,44m 52,40%
2	Heunis, Dawie	M75	South Western Di	27,03m 88-08,00 44,57m 51,39%

M80 Hammer Throw

Name	Age Team	Finals	Age-Grading
1 Hazell, Desmond	M83 Western Province	22,55m 74-00,00	42,06m 48,49%

M85 Hammer Throw

Name	Age Team	Finals	Age-Grading
1 Stannius, Borg	M88 Western Province	27,77m 91-01,00	61,68m 71,11%

W35 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Compion, Maria	W35 Western Province	22,86m 75-00,00	24,27m 33,26%

W40 Javelin Throw

Name	Age Team	Finals	Age-Grading
-- Marx, Thea	W40 Easterns Province	DQ	

W45 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Louw, Marisa	W46 Easterns Province	19,64m 64-05,00	24,50m 33,57%
2 Gerber, Amanda	W45 Easterns Province	16,23m 53-03,00	20,25m 27,74%

W50 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Knobel, Heleen	W51 South Western Di	30,23m 99-02,00	39,74m 54,44%
2 Hennop, Ansie	W53 Gauteng North	21,44m 70-04,00	28,18m 38,61%

W55 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Pietersen, Aletta	W55 Easterns Province	24,43m 80-02,00	35,37m 48,46%
2 Botes, Annetjie	W58 South Western Di	17,26m 56-07,00	24,99m 34,24%
3 Du Plessis, Dupie	W55 Western Province	10,30m 33-09,00	14,91m 20,43%

W60 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Erasmus, Zelda	W63 Boland Athletics	16,89m 55-05,00	27,22m 37,29%
2 Stoffberg, Tertia	W62 Western Province	11,30m 37-01,00	18,21m 24,95%

W65 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Du Rant, Marita	W65 South Western Di	15,73m 51-07,00	28,58m 39,16%
2 van Eck, Suzi	W67 Gauteng North	14,26m 46-09,00	25,91m 35,50%
3 Du Toit, Aletta	W65 Western Province	11,00m 36-01,00	19,98m 27,38%

W70 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Grobbelaar, Elize	W71 Western Province	11,50m 37-09,00	24,14m 33,06%

M35 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Roos, Marsel	M35 South Western Di	51,20m 168-00,00	51,84m 52,65%
2 Roos, Mihan	M37 South Western Di	40,24m 132-00,00	40,74m 41,38%

M40 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Filander, Heinrich	M44 South Western Di	33,74m 110-08,00	36,64m 37,22%
2 Nell, Darèlle	M43 Easterns Province	27,76m 91-01,00	30,15m 30,62%

M45 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Bond, Gavin	M45 Gauteng North	50,14m 164-06,00	58,74m 59,65%

M50 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Dorfling, Theo	M52 Easterns Province	31,50m 103-04,00	38,67m 39,27%

M55 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Lamara, Zain	M56 Western Province	28,27m 92-09,00	37,82m 38,41%
2 Le Roux, Henk	M55 Orange Free State	16,70m 54-09,00	22,34m 22,69%

M60 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Frost, Dennis	M60 Gauteng North	32,80m 107-07,00	46,37m 47,09%
2 Nel, Leon	M63 South Western Di	16,55m 54-03,00	23,40m 23,76%

M65 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Hough, Norman	M69 Boland Athletics	32,85m 107-09,00	51,31m 52,10%
2 Smit, Reuben	M66 Gauteng North	24,75m 81-02,00	38,65m 39,25%
3 Erasmus, Nicolaas	M66 Boland Athletics	23,50m 77-01,00	36,70m 37,27%

M70 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Human, Nic	M72 Easterns Province	25,06m 82-03,00	42,10m 42,75%
2 Figland, Edgar	M70 Western Province	21,70m 71-02,00	36,45m 37,02%

M75 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Johnston, Steve	M77 Western Province	22,74m 74-07,00	43,05m 43,71%

M80 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Hazell, Desmond	M83 Western Province	21,00m 68-11,00	43,99m 44,68%

M85 Javelin Throw

Name	Age Team	Finals	Age-Grading
1 Stannius, Borg	M88 Western Province	20,50m 67-03,00	49,97m 50,74%

W35 Weight Throw Circle A

Name	Age Team	Finals	Age-Grading
1 Compion, Maria	W35 Western Province	8,88m 29-01,75	9,69m 41,09%

W45 Weight Throw Circle A

Name	Age Team	Finals	Age-Grading
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1 Louw, Marisa	W46	Easterns Province	11,54m	37-10,50	14,95m	63,34%
2 Gerber, Amanda	W45	Easterns Province	7,57m	24-10,00	9,80m	41,55%

W50 Weight Throw Circle A

Name	Age	Team	Finals	Age-Grading
1 Knobel, Heleen	W51	South Western Di	13,52m	44-04,25 15,98m 67,74%
2 Hennop, Ansie	W53	Gauteng North	9,70m	31-10,00 11,46m 48,60%

W55 Weight Throw Circle A

Name	Age	Team	Finals	Age-Grading
1 Pietersen, Aletta	W55	Easterns Province	7,34m	24-01,00 9,48m 40,18%
2 O'Connor, Margi	W59	South Western Di	5,46m	17-11,00 7,05m 29,89%
3 Du Plessis, Dupie	W55	Western Province	5,17m	16-11,50 6,67m 28,30%

W60 Weight Throw Circle A

Name	Age	Team	Finals	Age-Grading
1 Stoffberg, Tertia	W62	Western Province	10,53m	34-06,75 12,74m 54,03%
2 Erasmus, Zeldá	W63	Boland Athletics	10,43m	34-02,75 12,62m 53,51%

W65 Weight Throw Circle A

Name	Age	Team	Finals	Age-Grading
1 Du Rant, Marita	W65	South Western Di	9,96m	32-08,25 13,20m 55,96%
2 van Eck, Suzi	W67	Gauteng North	8,74m	28-08,25 11,58m 49,10%
3 Du Toit, Aletta	W65	Western Province	8,33m	27-04,00 11,04m 46,80%

W70 Weight Throw Circle A

Name	Age	Team	Finals	Age-Grading
1 Grobbelaar, Elize	W71	Western Province	8,50m	27-10,75 12,46m 52,83%

M35 Weight Throw Circle B

Name	Age	Team	Finals	Age-Grading
1 Roos, Mihan	M37	South Western Di	9,83m	32-03,00 10,02m 38,78%
-- Barnard, Rhodie	M36	South Western Di	DQ	

M40 Weight Throw Circle B

Name	Age	Team	Finals	Age-Grading
1 Hamman, Bennie	M42	South Western Di	5,71m	18-09,00 6,22m 24,06%

M50 Weight Throw Circle B

Name	Age	Team	Finals	Age-Grading
1 Ras, Peter	M54	Gauteng North	11,51m	37-09,25 12,07m 46,67%

M55 Weight Throw Circle B

Name	Age	Team	Finals	Age-Grading
1 Aggouras, Nick	M59	Gauteng North	15,87m	52-01,00 17,81m 68,88%
2 Lamara, Zain	M56	Western Province	8,98m	29-05,50 10,08m 38,98%

M60 Weight Throw Circle B

Name	Age	Team	Finals	Age-Grading
1 Frost, Dennis	M60	Gauteng North	12,14m	39-10,00 12,65m 48,93%

M65 Weight Throw Circle B

Name	Age Team	Finals	Age-Grading
1 Hough, Norman	M69 Boland Athletics	13,17m 43-02,50	14,68m 56,79%
2 Erasmus, Nicolaas	M66 Boland Athletics	11,50m 37-08,75	12,82m 49,59%
3 Smit, Reuben	M66 Gauteng North	8,81m 28-11,00	9,82m 37,99%

M70 Weight Throw Circle B

Name	Age Team	Finals	Age-Grading
1 Human, Nic	M72 Easterns Province	14,32m 46-11,75	16,33m 63,17%

M75 Weight Throw Circle B

Name	Age Team	Finals	Age-Grading
1 Johnston, Steve	M77 Western Province	12,31m 40-04,75	15,12m 58,48%

M80 Weight Throw Circle B

Name	Age Team	Finals	Age-Grading
1 Hazell, Desmond	M83 Western Province	9,88m 32-05,00	12,88m 49,82%

M85 Weight Throw Circle B

Name	Age Team	Finals	Age-Grading
1 Stannius, Borg	M88 Western Province	10,97m 36-00,00	15,85m 61,32%

W35 Greek Discus Circle A

Name	Age Team	Finals	Age-Grading
1 Compion, Maria	W35 Western Province	9,60m 31-06,25	

W40 Greek Discus Circle A

Name	Age Team	Finals	Age-Grading
1 Du Toit, Deseray	W44 South Western Di	10,88m 35-08,50	

W45 Greek Discus Circle A

Name	Age Team	Finals	Age-Grading
1 Louw, Marisa	W46 Easterns Province	12,88m 42-03,25	
2 Gerber, Amanda	W45 Easterns Province	9,46m 31-00,75	

W50 Greek Discus Circle A

Name	Age Team	Finals	Age-Grading
1 Knobel, Heleen	W51 South Western Di	17,08m 56-00,75	
2 Hennop, Ansie	W53 Gauteng North	15,42m 50-07,25	

W55 Greek Discus Circle A

Name	Age Team	Finals	Age-Grading
1 Pietersen, Aletta	W55 Easterns Province	11,23m 36-10,50	

W60 Greek Discus Circle A

Name	Age Team	Finals	Age-Grading
1 Erasmus, Zelda	W63 Boland Athletics	13,78m 45-02,75	
2 Stoffberg, Tertia	W62 Western Province	10,41m 34-02,00	

W65 Greek Discus Circle A

Name	Age Team	Finals	Age-Grading
1 Du Rant, Marita	W65 South Western Di	11,99m 39-04,25	

2 van Eck, Suzi W67 Gauteng North 10,69m 35-01,25

M45 Greek Discus

Name	Age Team	Finals	Age-Grading
1 Du Toit, Johan	M46 South Western Di	13,76m	45-02,00

M50 Greek Discus

Name	Age Team	Finals	Age-Grading
1 Ras, Peter	M54 Gauteng North	18,22m	59-09,50

M55 Greek Discus

Name	Age Team	Finals	Age-Grading
1 Lamara, Zain	M56 Western Province	17,51m	57-05,75
2 Aggouras, Nick	M59 Gauteng North	17,45m	57-03,25

M60 Greek Discus

Name	Age Team	Finals	Age-Grading
1 Frost, Dennis	M60 Gauteng North	15,89m	52-01,75

M65 Greek Discus

Name	Age Team	Finals	Age-Grading
1 Smit, Reuben	M66 Gauteng North	14,87m	48-09,75
2 Erasmus, Nicolaas	M66 Boland Athletics	14,72m	48-03,75

M80 Greek Discus

Name	Age Team	Finals	Age-Grading
1 Hazell, Desmond	M83 Western Province	12,27m	40-03,25

W45 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading
-- Brown, Marianne	W49 South Western Di	DQ	

W55 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 O'Connor, Margi	W59 South Western Di	11:18,10	9:36,39 58,47%
2 Du Plessis, Dupie	W55 Western Province	13:03,79	11:06,23 50,58%

W60 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Horn, Mariet	W62 South Western Di	11:17,82	9:09,45 61,33%

W65 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Zehmke, Lorriane	W66 South Western Di	10:28,99	8:03,20 69,75%
2 Du Toit, Aletta	W65 Western Province	12:29,29	9:35,61 58,55%

W70 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Grobbelaar, Elize	W71 Western Province	12:42,14	9:10,73 61,19%

M30 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Watley, Martin	M30 Western Province	9:11,83	9:11,84 56,00%
2 Sederstroom, Deon	M33 South Western Di	10:35,83	10:35,84 48,60%

M50 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Small, Klaus	M53 Boland Athletics	9:29,24	8:16,15 62,28%

M60 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Nel, Leon	M63 South Western Di	10:03,51	8:00,40 64,32%

M75 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Morgan - Smith, David	M79 South Western Di	10:02,56	6:43,30 76,62%

W60 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Horn, Mariet	W62 South Western Di	38:45,67	31:01,70 63,76%

W65 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Zehmke, Lorriane	W66 South Western Di	35:16,65	26:33,42 74,49%

W70 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
-- van Eck, Anna-Marie	W70 South Western Di	DQ	

M30 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Watley, Martin	M30 Western Province	31:49,88	31:49,89 56,42%

M75 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Morgan - Smith, David	M79 South Western Di	31:49,88	21:23,06 83,99%

Combined Team Scores - 5 Events Scored

1) Western Province	82	2) South Western Districts	68
3) Gauteng North	54	4) Boland Athletics	38
5) Easterns Province	28		