

South African Masters Athl-South - 05/17 Page 1
Championship - 2016/0
Pilditch Stadium
e Grading: 5 Yr Indiv
W30 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
Finals						
1 Van Niekerk, Yolanda	W34 Central North West		12,86	0.7	12,87 81,51%	8
2 Botha, Mariette	W32 CGMA		13,06	0.7	13,07 80,27%	8
3 Louw, Natascha	W34 GNMA		13,59	0.7	13,60 77,14%	8
4 Landsberg, Nelia	W31 Namibia		14,38	0.7	14,39 72,90%	8
5 Conry, Mariaan	W31 AFS		14,73	0.7	14,74 71,17%	8

W35 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Anderson, Elane	W36 GNMA		13,94	0.8	13,95 75,20%	7
2 Smit, Alicia	W36 GNMA		14,17	0.8	14,18 73,98%	7
3 Van Niekerk, Wyda	W36 GNMA		14,59	0.8	14,60 71,85%	7
4 Fourie, Christine	W36 GNMA		17,09	0.8	17,10 61,35%	7

W40 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Joubert, Charnine	W41 GNMA		13,38	0.3	12,78 82,08%	6
2 Olivier, Christa	W41 Nwna		13,47	0.3	12,87 81,53%	6
3 Barnard, Sunette	W42 GNMA		13,58	0.3	12,98 80,87%	6
4 Myeza, Mapula	W42 KZN		14,73	0.3	14,07 74,56%	6
5 Du Toit, Dorita	W44 AVT		15,07	0.3	14,40 72,88%	6

6 Hanekom, Tania W44 GNMA 15,29 0.3 14,61 71,83% 6

W45 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Schoeman, Adri	W45 GNMA		12,69	0.6	11,46 91,58%	5
2 Barnard, Charmain	W47 GNMA		13,34	+0.0	12,05 87,12%	4
3 de Winnaar, Winnie	W49 CGMA		13,44	+0.0	12,14 86,47%	4
4 Young, Elme	W45 GNMA		13,52	0.6	12,21 85,96%	5
5 Cockbain, Ursula	W45 KZN		14,54	0.6	13,13 79,94%	5
6 Raubenheimer, Elaine	W46 CGMA		14,89	0.6	13,44 78,06%	5
7 Willemse, Guste	W49 SWD		15,23	+0.0	13,75 76,32%	4
8 Sigubudu, Nana	W47 KZN		15,73	+0.0	14,20 73,89%	4

W50 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Van Rooyen, Madelene	W53 GNMA		14,16	0.1	12,12 86,60%	3
2 Roux, Winnie	W53 GNMA		15,19	0.1	13,00 80,73%	3
3 Schutz, Wilma	W52 WPA		15,85	0.1	13,57 77,37%	3
4 Human, Corinne	W51 GNMA		16,08	0.1	13,76 76,26%	3
5 Smit, Ina	W50 AVT		17,04	0.1	14,58 71,97%	3
6 Hayes, Amanda	W54 GNMA		20,47	0.1	17,52 59,92%	3

W55 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Carlisle, Jeanette	W55 KZN		14,80	0.6	12,04 87,18%	2
2 Swanepoel, Elsa	W57 GNMA		14,89	0.6	12,11 86,65%	2

....W55 100 Meter Dash

3 Pretorius, Elaine	W55 GNMA	15,88	0.6	12,92	81,25%	2
4 Nel, Ansie	W59 CGMA	17,26	0.6	14,04	74,76%	2
5 Ngobese, Victoria	W55 CGMA	17,33	0.6	14,10	74,46%	2

W60 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Claassen, Stephanie	W64 GNMA		16,84	0.4	13,05 80,42%
2 Du Plessis, Agatha-Lee	W60 GNMA		18,40	0.4	14,26 73,61%

W65 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Immelman, Pam	W66 CGMA		16,83	0.4	12,46 84,27%
2 Keet, Astrid	W69 GNMA		20,84	0.4	15,42 68,06%

W70 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Ungerer, Toy	W70 SWD		15,66	0.4	11,09 94,58%

W85 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Du Plooy, Christi	W85 CGMA		22,84	0.4	12,30 85,34%

M30 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Makaula, Lwandile	M33 CGMA		11,77	-1.2	11,78 83,11%	12
2 Jordaan, Rudi	M33 CGMA		11,98	-1.2	11,99 81,66%	12
3 Mnisi, Ian	M30 CGMA		13,92	-1.2	13,93 70,29%	12

M35 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Mentoor, Ricardo	M38 WPA		11,66	-0.3	11,55 84,84%	11
2 Ingram, Richard	M35 KZN		11,79	-0.3	11,68 83,91%	11
3 Retief, Neil	M36 CGMA		11,85	-0.3	11,74 83,48%	11
4 Lemmetjies, Eustace	M38 AFS		11,90	-0.3	11,79 83,13%	11
5 Dunn, Marlon	M38 GNMA		12,45	-0.3	12,33 79,46%	11
6 Brown, Kelvin	M37 WPA		13,38	-0.3	13,25 73,94%	11

M40 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Holroyd, Wayne	M40 KZN		11,65	-0.1	11,13 88,00%	10
2 Basson, Marius	M44 WPA		11,91	0.9	11,38 86,08%	9
3 Jewaskiewitz, Deon	M43 GNMA		11,94	0.9	11,41 85,86%	9
4 Breedts, Kobus	M43 GNMA		12,18	0.9	11,64 84,17%	9
5 Truter, Andre	M42 GNMA		12,25	0.9	11,71 83,69%	9
6 Buck, Rob	M40 WPA		12,57	-0.1	12,01 81,56%	10

...M40 100 Meter Dash

7 Cloete, John	M44 WPA		12,58	0.9	12,02 81,50%	9
8 Sibeko, Sizwe	M41 CGMA		12,61	-0.1	12,05 81,31%	10

9	Native, Craig	M40 WPA	12,95	-0.1	12,37	79,17%	10
10	Vermeulen, Clinton	M44 CGMA	13,01	0.9	12,43	78,81%	9
11	Nell, Darelle	M43 Epma	13,93	0.9	13,31	73,61%	9
12	Williams, Dominic	M41 WPA	15,39	-0.1	14,70	66,63%	10

M45 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1	Ockhuys, Edward	M45 WPA	12,29	1.2	11,34	86,35%	8
2	Solomons, Anthony	M45 Bolma	12,36	1.2	11,41	85,86%	8
3	Mngomezulu, George	M48 Nwna	12,75	-0.2	11,77	83,24%	7
4	Rossouw, Hermie	M45 AVT	12,97	1.2	11,97	81,82%	8
5	Hollenbach, Lionel	M45 WPA	13,09	1.2	12,08	81,07%	8
6	Jacobs, Andre	M49 GNMA	13,15	-0.2	12,14	80,71%	7
7	Russel, Scott	M47 WPA	13,52	-0.2	12,48	78,50%	7
8	Myeni, Mandla	M47 CGMA	13,66	-0.2	12,61	77,69%	7
9	Swemmer, Philip	M48 GNMA	13,82	-0.2	12,76	76,80%	7
10	Van Niekerk, Riaan	M49 GNMA	13,85	-0.2	12,78	76,63%	7

M50 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1	Hacker, Ian	M51 CGMA	12,61	-0.9	11,26	87,01%	6
2	Solomon, Bruce	M53 New Zealand	12,75	-0.4	11,38	86,06%	5
2	Toll, Michael	M52 WPA	12,75	-0.4	11,38	86,06%	5
4	Laubscher, Hardus	M51 GNMA	12,87	-0.9	11,49	85,26%	6
5	Van der Vyver, Daniel	M51 GNMA	12,90	-0.9	11,52	85,06%	6
6	Williams, Jeremiah	M50 Bolma	12,96	-0.9	11,57	84,66%	6
7	Pohl, Angus	M52 GNMA	15,78	-0.4	14,08	69,54%	5
8	Ruiters, D	M51 Bolma	16,32	-0.9	14,57	67,24%	6

M55 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Tlapo, Bobie	M59 GNMA		12,76	-0.8	11,03 88,81%	4
2 Oelofse, Walter	M59 KZN		13,82	-0.8	11,94 82,00%	4
3 Van Tubbergh, Braam	M57 KZN		14,62	-0.8	12,63 77,52%	4
4 Murphy, Andre	M58 CGMA		16,45	-0.8	14,21 68,90%	4

M60 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Warriess, Joseph	M60 WPA		13,53	0.5	11,33 86,42%	3
2 Downward, Trevor	M61 KZN		13,66	0.5	11,44 85,60%	3
3 Xavier, Robert	M63 Epma		14,07	0.5	11,78 83,10%	3
4 Jephthas, Christo	M60 Bolma		14,37	0.5	12,04 81,37%	3

M65 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Claassen, Len	M65 GNMA		13,61	-0.5	11,06 88,55%	2
2 Smith, Anthony	M68 KZN		14,50	-0.5	11,78 83,12%	2

...M65 100 Meter Dash

3 Sekgobela, TB	M69 GNMA		14,82	-0.5	12,04 81,33%	2
4 Motala, Yacoob	M67 KZN		15,63	-0.5	12,70 77,11%	2

M70 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
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1	Boikanyo, Mogomotse	M70 GNMA		18,02	-0.3	14,21	68,89%
2	Van Onselen, Creswell	M71 AFS		21,06	-0.3	16,61	58,95%

M75 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1	Van Zyl, Jacques	M78 WPA	15,77	-0.3	11,71 83,66%

M80 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1	Hacker, Monty	M81 CGMA	15,47	-0.3	10,68 91,74%
2	Cross, Ron	M82 WPA	15,89	-0.3	10,97 89,31%

M85 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1	Botha, Hendry	M89 Epma	35,26	-0.3	22,28 43,95%

W30 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
Finals						
1	Van Niekerk, Yolanda	W34 Central North West	27,14	0.4	27,15	78,63% 6 10
2	Landsberg, Nelia	W31 Namibia	28,90	0.4	28,91	73,84% 6 8
3	Conry, Mariaan	W31 AFS	31,65	0.4	31,66	67,42% 6 6

W35 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Anderson, Elane	W36 GNMA		28,50	0.4	27,66 77,19%	6 10
2 Van Niekerk, Wyda	W36 GNMA		30,73	0.4	29,82 71,59%	6 8

W40 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Olivier, Christa	W41 Nwna		27,30	-0.3	25,51 83,66%	5 10
2 Barnard, Sunette	W42 GNMA		27,71	-0.3	25,89 82,43%	5 8
3 Joubert, Charnine	W41 GNMA		28,32	-0.3	26,46 80,65%	5 6
4 Myeza, Mapula	W42 KZN		30,23	-0.3	28,25 75,55%	5 5
5 Marais, Marisa	W40 CGMA		30,58	-0.3	28,57 74,69%	5 4
6 Hanekom, Tania	W44 GNMA		31,50	-0.3	29,43 72,51%	5 3

W45 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Schoeman, Adri	W45 GNMA		25,71	-0.1	23,10 92,42%	4 10
2 Young, Elme	W45 GNMA		27,98	-0.1	25,14 84,92%	4 8
3 de Winnaar, Winnie	W49 CGMA		27,99	-0.1	25,15 84,89%	4 6
4 Du Toit, Charmaine	W46 KZN		28,16	-0.1	25,30 84,38%	4 5
5 Cockbain, Ursula	W45 KZN		29,75	-0.1	26,73 79,87%	4 4
6 Cloete, Wendy	W45 GNMA		30,49	-0.1	27,39 77,93%	4 3
7 Sigubudu, Nana	W47 KZN		31,55	-0.1	28,34 75,31%	4 2

W50 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
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1	Van Rooyen, Madelene	W53 GNMA	28,93	-0.6	24,95	85,55%	3	10
2	Roux, Winnie	W53 GNMA	30,54	-0.6	26,34	81,04%	3	8
3	Human, Corinne	W51 GNMA	32,17	-0.6	27,74	76,94%	3	6
4	Joubert, Suzette	W52 GNMA	32,34	-0.6	27,89	76,53%	3	5
5	Schutz, Wilma	W52 WPA	33,76	-0.6	29,11	73,31%	3	4
6	Smit, Ina	W50 AVT	36,18	-0.6	31,20	68,41%	3	3

W55 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1	Carlisle, Jeanette	W55 KZN	30,28	0.4	25,02	85,30% 2 10
2	Swanepoel, Elsa	W57 GNMA	30,95	0.4	25,58	83,46% 2 8
3	Pretorius, Elaine	W55 GNMA	31,66	0.4	26,16	81,59% 2 6
4	Nel, Ansie	W59 CGMA	37,47	0.4	30,96	68,94% 2 5

W60 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1	Alexander, Liz	W60 KZN	32,62	0.5	25,78 82,80% 10

W65 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1	Immelman, Pam	W66 CGMA	35,28	0.5	26,61 80,19% 10
2	Keet, Astrid	W69 GNMA	46,75	0.5	35,26 60,51% 8

W70 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
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1 Ungerer, Toy	W70 SWD		32,26	0.5	22,81	93,58%	10
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W85 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Du Plooy, Christi	W85 CGMA		51,78	0.5	25,54	83,57% 10

M30 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Zeelie, Jean-Pierre	M30 GNMA		22,62	NWI	22,63	85,41%	10 10
2 Koekemoer, Pieter	M34 KZN		22,69	NWI	22,70	85,15%	10 8
3 Jordaan, Rudi	M33 CGMA		24,00	NWI	24,01	80,50%	10 6

M35 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Ingram, Richard	M35 KZN		23,04	NWI	22,67	85,24%	9 10
2 Mentoer, Ricardo	M38 WPA		23,08	NWI	22,71	85,10%	9 8
3 Lemmetjies, Eustace	M38 AFS		23,48	NWI	23,10	83,65%	9 6
4 Retief, Neil	M36 CGMA		23,87	NWI	23,49	82,28%	9 5
5 Steyn, Christo	M39 CGMA		24,14	NWI	23,75	81,36%	9 4
6 Dunn, Marlon	M38 GNMA		24,63	NWI	24,23	79,74%	9 3

M40 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Msipha, Edwin	M41 CGMA		23,10	NWI	22,03	87,71%	7 10
2 Holroyd, Wayne	M40 KZN		23,35	NWI	22,27	86,77%	8 8

3	Jewaskiewitz, Deon	M43 GNMA	23,93	NWI	22,82	84,66%	7	6
4	Basson, Marius	M44 WPA	24,01	NWI	22,90	84,38%	6	5
5	Nel, Matthys	M40 GNMA	24,50	NWI	23,37	82,69%	8	4
6	Sibeko, Sizwe	M41 CGMA	25,81	NWI	24,62	78,50%	7	3
7	Cloete, John	M44 WPA	25,94	NWI	24,74	78,10%	6	2

M45 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Ockhuys, Edward	M45 WPA		24,54	NWI	22,67	85,25%	6 10

....M45 200 Meter Sprint

2	Rossouw, Hermie	M45 AVT	24,71	NWI	22,82	84,66%	6	8
3	Powell, Shaun	M45 AVT	24,80	NWI	22,91	84,35%	6	6
4	Mngomezulu, George	M48 Nwna	24,83	NWI	22,94	84,25%	5	5
5	Viljoen, Joe	M46 Nwna	24,94	NWI	23,04	83,88%	5	4
6	Van Zyl, Oloff	M46 WPA	25,20	NWI	23,28	83,02%	5	3
7	Solomons, Anthony	M45 Bolma	25,33	NWI	23,40	82,59%	6	2
8	Van Tonder, Immanuel	M48 GNMA	25,41	NWI	23,47	82,33%	5	1
9	Fortuin, Maurice	M45 Bolma	26,38	NWI	24,37	79,30%	6	
10	Jacobs, Andre	M49 GNMA	26,96	NWI	24,90	77,60%	5	
11	Hollenbach, Lionel	M45 WPA	27,13	NWI	25,06	77,11%	6	

M50 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Van der Vyver, Daniel	M51 GNMA		25,05	NWI	22,38	86,35%	4 10
2 Laubscher, Hardus	M51 GNMA		25,45	NWI	22,74	84,99%	4 8
3 Doren, Pieter	M51 WPA		25,85	NWI	23,10	83,68%	4 6
4 Solomon, Bruce	M53 New Zealand		25,93	NWI	23,17	83,42%	4 5

5	Toll, Michael	M52 WPA	25,96	NWI	23,20	83,32%	4	4
6	Ruiters, D	M51 Bolma	29,61	NWI	26,46	73,05%	4	3

M55 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1	Endrody, Thomas	M56 CGMA	24,95	NWI	21,54	89,70%	3 10
2	Tlapo, Bobie	M59 GNMA	25,81	NWI	22,29	86,71%	3 8
3	Oelofse, Walter	M59 KZN	28,25	NWI	24,39	79,22%	3 6
4	Van Breda, Peet	M55 GNMA	28,77	NWI	24,84	77,79%	3 5
5	Van Tubbergh, Braam	M57 KZN	29,27	NWI	25,27	76,46%	3 4
6	Rawlins, Patrick	M58 SWD	30,44	NWI	26,28	73,52%	3 3
7	Murphy, Andre	M58 CGMA	32,81	NWI	28,33	68,21%	3 2

M60 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1	Warries, Joseph	M60 WPA	27,56	NWI	22,97	84,14%	2 10
2	Downward, Trevor	M61 KZN	28,50	NWI	23,75	81,37%	2 8
3	Jephtas, Christo	M60 Bolma	29,33	NWI	24,44	79,07%	2 6
4	Varty, Dennis	M62 KZN	30,18	NWI	25,15	76,84%	2 5

M65 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1	Claassen, Len	M65 GNMA	27,67	NWI	22,16	87,21%	2 10
2	Motala, Yacoob	M67 KZN	32,21	NWI	25,80	74,91%	2 8

M70 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
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Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Wynich, Merwyn	M71 CGMA		36,56	NWI	27,94 69,15%	10
2 Boikanyo, Mogomotse	M70 GNMA		37,50	NWI	28,66 67,41%	8
3 De Kock, Bobby	M71 AFS		42,84	NWI	32,74 59,01%	6

M75 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Van Zyl, Jacques	M78 WPA		32,32	NWI	23,32 82,86%	10

M80 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Hacker, Monty	M81 CGMA		31,55	NWI	21,13 91,44%	10

M85 200 Meter Sprint

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Botha, Hendry	M89 Epma		1:27,61	NWI	53,02 36,45%	10

W30 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Botha, Mariette	W32 CGMA		1:02,67	1:02,68 75,94%	6
2 Van Niekerk, Yolanda	W34 Central North West		1:04,29	1:04,30 74,03%	6

W35 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
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1	Anderson, Elane	W36 GNMA	1:05,64	1:02,90	75,69%	6
2	Coetzee, Ashna	W36 CGMA	1:08,69	1:05,82	72,33%	6

W40 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1	Booyesen, Jennifer	W43 GNMA	1:01,85	56,08	84,89% 5
2	Van Rooyen, Natalie	W41 AVT	1:04,04	58,07	81,98% 5
3	Olivier, Christa	W41 Nwna	1:04,05	58,07	81,97% 5
4	Heyns, Alicia	W41 GNMA	1:09,69	1:03,19	75,34% 5
5	Myeza, Mapula	W42 KZN	1:12,99	1:06,18	71,93% 5
6	Luthuli, Mpumi	W42 CGMA	1:22,45	1:14,75	63,68% 5

W45 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1	Vermeulen, Salome	W49 GNMA	1:03,74	54,84	86,81% 4

....W45 400 Meter Dash

2	Young, Elme	W45 GNMA	1:04,36	55,38	85,97% 4
3	de Winnaar, Winnie	W49 CGMA	1:04,39	55,40	85,93% 4
4	Cockbain, Ursula	W45 KZN	1:04,87	55,81	85,30% 4
5	Cloete, Wendy	W45 GNMA	1:08,81	59,20	80,41% 4
6	Sigubudu, Nana	W47 KZN	1:16,71	1:06,00	72,13% 4

W50 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
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1	Viljoen, Jolande	W52 GNMA	1:10,95	58,08	81,96%	3
2	Joubert, Suzette	W52 GNMA	1:16,95	1:02,99	75,57%	3
3	Schutz, Wilma	W52 WPA	1:25,80	1:10,23	67,78%	3

W55 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1	Swanepoel, Elsa	W57 GNMA	1:08,47	53,45	89,06% 2
2	Pretorius, Elaine	W55 GNMA	1:11,93	56,15	84,78% 2
3	Ngobese, Victoria	W55 CGMA	1:29,57	1:09,92	68,09% 2

W60 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading Points
1	Alexander, Liz	W60 KZN	1:13,62	54,93 86,66%

W65 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading Points
1	Immelman, Pam	W66 CGMA	1:28,92	1:03,53 74,94%
2	Visser, Maria C	W69 CGMA	1:30,60	1:04,73 73,55%

W70 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading Points
1	Ungerer, Toy	W70 SWD	1:18,44	51,87 91,78%

M30 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Koekemoer, Pieter	M34 KZN		51,10	51,11 84,49%	10
2 Zeelie, Jean-Pierre	M30 GNMA		51,65	51,66 83,59%	10
3 Folster, Ryan	M30 CGMA		56,07	56,08 77,00%	10

M35 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Mbhamali, Bonginkosi	M36 Epma		52,98	51,41 84,00%	9
2 Mentoor, Ricardo	M38 WPA		53,76	52,17 82,78%	9
3 Zulu, Simphiwe	M38 KZN		55,02	53,39 80,88%	9
4 Moolman, Wessel	M38 KZN		56,90	55,22 78,21%	9

M40 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Msipha, Edwin	M41 CGMA		52,33	48,94 88,23%	8
2 Holroyd, Wayne	M40 KZN		53,85	50,36 85,74%	8
3 Basson, Marius	M44 WPA		56,68	53,01 81,46%	8

M45 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Viljoen, Joe	M46 Nwna		53,74	48,50 89,04%	6
2 Van Zyl, Oloff	M46 WPA		55,19	49,81 86,70%	6
3 Erasmus, Stoffel	M46 GNMA		56,03	50,57 85,40%	6
4 Fortuin, Maurice	M45 Bolma		58,43	52,73 81,90%	7
5 Buys, Johan	M47 GNMA		1:00,21	54,34 79,48%	6
6 Solomons, Anthony	M45 Bolma		1:03,10	56,95 75,84%	7

7 Myeni, Mandla M47 CGMA 1:03,92 57,69 74,86% 6

M50 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Laubscher, Hardus	M51 GNMA		56,19	49,00 88,13%	5
2 Hugo, Mark	M50 KZN		59,28	51,69 83,54%	5
3 Doren, Pieter	M51 WPA		59,55	51,93 83,16%	5
4 Solomon, Bruce	M53 New Zealand		1:01,55	53,67 80,46%	4
5 Toll, Michael	M52 WPA		1:01,80	53,89 80,13%	4

M55 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Groeneveld, Leon	M55 Bolma		1:02,54	52,75 81,86%	3
2 Julie, Merlin	M55 WPA		1:02,56	52,77 81,83%	3
3 Booyesen, Hendrik	M59 CGMA		1:04,04	54,02 79,94%	3
4 Oelofse, Walter	M59 KZN		1:05,50	55,25 78,16%	3
5 Steyn, Gert	M55 GNMA		1:05,81	55,51 77,79%	3
6 Rawlins, Patrick	M58 SWD		1:06,74	56,29 76,71%	3
7 Davel, Jannie	M55 GNMA		1:08,47	57,75 74,77%	3
8 McDuling, Schalk	M57 GNMA		1:13,06	1:01,62 70,07%	3

M60 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Varty, Dennis	M62 KZN		1:04,11	52,36 82,47%	2
1 Warries, Joseph	M60 WPA		1:04,11	52,36 82,47%	2

M65 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Claassen, Len	M65 GNMA		1:02,50	49,49 87,27%	2
2 Booyens, Rudie	M66 AVT		1:18,28	1:01,98 69,68%	2

W30 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Louw, Anel	W32 GNMA		2:28,37	2:28,38 76,35%	5 10
2 Mthethwa, Nomcebo	W33 KZN		2:36,83	2:36,84 72,23%	5 8

W35 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Maritz, Liza	W36 GNMA		2:18,47	2:17,80 82,21%	5 10
2 Coetzee, Ashna	W36 CGMA		2:33,81	2:33,06 74,01%	5 8

W40 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Van Rooyen, Natalie	W41 AVT		2:28,58	2:21,71 79,94%	4 10
2 Snyman, Hildegard	W41 GNMA		2:35,60	2:28,40 76,34%	4 8
3 Meyer, Carmen	W44 AFS		2:37,37	2:30,09 75,48%	4 6
4 Heyns, Alicia	W41 GNMA		2:39,76	2:32,37 74,35%	4 5
5 Meyer, Michelle	W41 CGMA		2:41,70	2:34,22 73,46%	4 4
6 Luthuli, Mpumi	W42 CGMA		3:14,41	3:05,41 61,10%	4 3

W45 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Vermeulen, Salome	W49 GNMA		2:19,20	2:07,00 89,20%	1 10
2 Cockbain, Ursula	W45 KZN		2:28,43	2:15,42 83,66%	3 8
3 Van Rooyen, Seanette	W46 GNMA		2:29,32	2:16,23 83,16%	3 6

W50 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Viljoen, Jolande	W52 GNMA		2:37,13	2:16,85 82,78%	2 10
2 Botha, Ronelle	W54 CGMA		3:08,84	2:44,47 68,88%	2 8
3 Reis, Monica	W51 CGMA		3:19,94	2:54,13 65,05%	2 6
4 Le Roux, Teresa	W52 GNMA		3:39,43	3:11,11 59,28%	2 5

W55 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Pretorius, Elaine	W55 GNMA		2:54,79	2:24,99 78,13%	2 10
2 Frey, Jackie	W55 CGMA		2:55,39	2:25,49 77,86%	2 8
3 Coston, Linda	W58 CGMA		4:19,79	3:35,50 52,57%	1 6

W60 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Alexander, Liz	W60 KZN		2:57,40	2:19,23 81,36% 10
2 Van Blerk, Frances	W61 GNMA		2:59,19	2:20,63 80,55% 8

W65 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Visser, Maria C	W69 CGMA		3:34,72	2:37,65 71,86% 10
-- Immelman, Pam	W66 CGMA		DNF	

M30 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Folster, Ryan	M30 CGMA		2:07,57	2:07,58 79,26%	7 10
2 Dumezweni, Siyabulela	M34 Border		3:07,09	3:07,10 54,04%	7 8

M35 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Zulu, Simphiwe	M38 KZN		1:59,86	1:58,87 85,07%	7 10
2 Da Silva, Gavin	M35 CGMA		2:00,54	1:59,54 84,59%	7 8
3 Mbhamali, Bonginkosi	M36 Epma		2:02,33	2:01,32 83,35%	7 6
4 Jakobus, Andre	M35 SWD		2:03,84	2:02,82 82,33%	7 5
5 Mashau, Jeofrey	M38 GNMA		2:06,88	2:05,83 80,36%	7 4

M40 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Smit, Aldrin	M41 WPA		2:10,54	2:04,80 81,02%	6 10
2 Khunou, Chicco	M40 Nwna		2:14,91	2:08,98 78,39%	6 8
3 Stroebel, Wimpie	M43 CGMA		2:25,89	2:19,48 72,49%	6 6
4 Jimmy, Raven	M40 GNMA		2:34,93	2:28,12 68,26%	6 5
5 Keet, Ryan	M41 GNMA		3:03,22	2:55,16 57,72%	6 4

M45 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Viljoen, Joe	M46 Nwna		2:06,59	1:56,51 86,79%	5 10
2 Van Zyl, Oloff	M46 WPA		2:09,26	1:58,96 85,00%	5 8
3 Senokoane, Benjamin	M46 AFS		2:18,39	2:07,37 79,39%	5 6
4 Fortuin, Maurice	M45 Bolma		2:22,90	2:11,52 76,89%	5 5
5 Van Onselen, Lewellyn	M49 KZN		2:27,90	2:16,12 74,29%	5 4
6 Smith, Mark	M49 KZN		3:03,84	2:49,19 59,76%	5 3

M50 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Philander, Tobias	M52 WPA		2:14,74	1:59,21 84,82%	4 10
2 Hugo, Mark	M50 KZN		2:16,54	2:00,80 83,70%	4 8
3 Doren, Pieter	M51 WPA		2:19,54	2:03,46 81,90%	4 6
4 Cleopas, Tony	M50 SWD		2:25,98	2:09,15 78,29%	4 5
5 Knipe, Francois	M54 GNMA		2:31,15	2:13,73 75,61%	4 4

M55 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Julie, Merlin	M55 WPA		2:23,85	2:02,13 82,79%	3 10
2 Steyn, Gert	M55 GNMA		2:27,84	2:05,52 80,55%	3 8
3 Rawlins, Patrick	M58 SWD		2:29,80	2:07,19 79,50%	2 6
4 Groeneveld, Leon	M55 Bolma		2:31,66	2:08,76 78,52%	3 5
5 Kotze, Dirk	M55 SWD		2:35,54	2:12,06 76,57%	3 4
6 Booyesen, Hendrik	M59 CGMA		2:35,95	2:12,41 76,36%	2 3
7 McDuling, Schalk	M57 GNMA		2:49,41	2:23,83 70,30%	2 2
8 Ramosimane, Pudi	M55 Nwna		4:00,29	3:24,01 49,56%	3 1

M60 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Forbes, Michael	M60 Border		2:29,20	2:01,35 83,32%	10
2 Windt, Johan	M63 SWD		2:29,50	2:01,59 83,16%	8

M65 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Claassen, Len	M65 GNMA		2:28,60	1:55,56 87,50%	10
2 Lentzoenyane, Vincent	M66 CGMA		2:43,00	2:06,75 79,77%	8
3 Reed, Chris	M65 CGMA		2:54,80	2:15,93 74,39%	6

M70 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Spence, Andrew	M70 KZN		2:44,60	2:02,14 82,79%	10
2 De Kock, Bobby	M71 AFS		4:23,70	3:15,67 51,68%	8

M80 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Nurden, Ken	M81 GNMA		3:14,30	2:02,04 82,85%	10

M30 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Pretorius, Juan	M34 SWD		4:41,52	4:41,53 73,17%	2	10

2 Dumezweni, Siyabulela M34 Border 7:24,95 7:24,96 46,30% 2 8

M35 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Zulu, Simphiwe	M38 KZN		4:10,17	4:08,00 83,07%	2 10
2 Da Silva, Gavin	M35 CGMA		4:28,23	4:25,90 77,47%	2 8
3 Mashau, Jeofrey	M38 GNMA		4:37,44	4:35,03 74,90%	2 6

M40 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Smit, Aldrin	M41 WPA		4:32,27	4:19,18 79,48%	2 10
2 Mokwena, Sefiwa	M41 GNMA		4:34,44	4:21,24 78,86%	2 8
3 Khunou, Chicco	M40 Nwna		5:01,59	4:47,09 71,76%	2 6
4 Stroebel, Wimpie	M43 CGMA		5:15,85	5:00,66 68,52%	2 5
5 Keet, Ryan	M41 GNMA		6:45,15	6:25,67 53,41%	2 4

M45 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Van Zyl, Oloff	M46 WPA		4:40,99	4:16,41 80,34%	2 10
2 Senokoane, Benjamin	M46 AFS		4:52,72	4:27,11 77,12%	2 8
3 Van Onselen, Lewellyn	M49 KZN		5:29,87	5:01,01 68,44%	2 6
4 De Beer, Sollie	M49 CGMA		5:29,98	5:01,11 68,41%	2 5
5 Smith, Mark	M49 KZN		6:00,27	5:28,75 62,66%	2 4

M50 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
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1	Cleopas, Tony	M50 SWD		5:21,93	4:41,08	73,29%	10
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M55 1500 Meter Run

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Name	Age Team	Seed	Finals	Age-Grading	Points
1	Julie, Merlin	M55 WPA	5:20,41	4:27,13	77,12% 10
2	Rawlins, Patrick	M58 SWD	5:22,10	4:28,54	76,71% 8
3	Steyn, Gert	M55 GNMA	5:23,22	4:29,47	76,45% 6
4	Kotze, Dirk	M55 SWD	5:23,61	4:29,80	76,35% 5
5	Walker-Campbell, Bob	M55 CGMA	5:44,79	4:47,46	71,66% 4

M60 1500 Meter Run

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Name	Age Team	Seed	Finals	Age-Grading	Points
1	Forbes, Michael	M60 Border	5:16,82	4:11,53	81,90% 10
2	Jephtas, Christo	M60 Bolma	6:31,00	5:10,42	66,36% 8

M65 1500 Meter Run

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Name	Age Team	Seed	Finals	Age-Grading	Points
1	Lentzoenyane, Vincent	M66 CGMA	6:01,37	4:32,08	75,71% 10
2	Reed, Chris	M65 CGMA	6:05,98	4:35,55	74,76% 8

M70 1500 Meter Run

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Name	Age Team	Seed	Finals	Age-Grading	Points
1	Spence, Andrew	M70 KZN	5:41,57	4:01,80	85,19% 10
2	De Kock, Bobby	M71 AFS	9:57,67	7:03,10	48,69% 8

M80 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Nurden, Ken	M81 GNMA		6:57,67	4:07,27 83,31% 10

W30 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Mthethwa, Nomcebo	W33 KZN		5:20,95	5:20,61 72,51%

W35 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Maritz, Liza	W36 GNMA		4:47,88	4:42,77 82,21%
2 Coetzee, Ashna	W36 CGMA		5:19,80	5:14,12 74,01%
3 Labuschagne, Amanda	W35 CGMA		6:48,04	6:40,79 58,00%

W40 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Rooyen, Natalie	W41 AVT		5:26,65	5:08,99 75,24%
2 Snyman, Hildegard	W41 GNMA		5:29,44	5:11,63 74,60%

W45 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Vermeulen, Salome	W49 GNMA		4:53,28	4:22,12 88,69%

W50 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Viljoen, Jolande	W52 GNMA		5:32,78	4:39,65 83,13%
2 Botha, Ronelle	W54 CGMA		6:37,54	5:34,07 69,59%
3 Reis, Monica	W51 CGMA		6:54,11	5:47,99 66,80%
4 Le Roux, Teresa	W52 GNMA		7:41,63	6:27,92 59,93%

W55 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Frey, Jackie	W55 CGMA		6:04,48	4:46,82 81,05%

W60 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Blerk, Frances	W61 GNMA		6:15,57	4:35,49 84,38%

W30 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Mthethwa, Nomcebo	W33 KZN		20:19,06	20:18,71 70,95%

W35 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Phaka, Maphuti	W38 CGMA		19:09,69	18:56,25 76,10%

W50 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Bird, Judy	W54 CGMA		19:52,48	17:20,44 83,11%	10
2 van der Westhuizen, Conn	W52 GNMA		22:08,83	19:19,41 74,58%	8
3 Venter, Laura	W50 CGMA		22:16,28	19:25,91 74,16%	6
4 Saayman, Lettie	W51 GNMA		22:23,03	19:31,80 73,79%	5
5 Bredenkamp, Debbie	W54 GNMA		22:49,86	19:55,21 72,35%	4
6 Reis, Monica	W51 CGMA		23:38,86	20:37,96 69,85%	3
7 Le Roux, Teresa	W52 GNMA		27:28,01	23:57,89 60,14%	2

W55 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Geyer, Mariet	W56 CGMA		21:42,59	18:01,16 79,98%	10
2 Frey, Jackie	W55 CGMA		22:00,70	18:16,19 78,88%	8

W60 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Van Blerk, Frances	W61 GNMA		22:06,74	17:21,23 83,04%	10

M30 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Dumezweni, Siyabulela	M34 Border		28:05,80	28:05,81 44,90%	10

M35 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Mashau, Jeofrey	M38 GNMA		16:59,05	16:59,06 74,28%	10
2 Jakobus, Andre	M35 SWD		17:29,84	17:29,85 72,11%	8

M40 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Makofane, Timothy	M44 CGMA		17:13,38	16:37,32 75,90%	10
2 Mogatle, Kagiso	M42 Nwna		17:51,32	17:13,94 73,22%	8
3 Smit, Aldrin	M41 WPA		17:51,63	17:14,24 73,19%	6
4 Mokwena, Sefiwa	M41 GNMA		17:54,46	17:16,97 73,00%	5
5 Wilson, Mark	M44 CGMA		18:44,43	18:05,19 69,76%	4
6 Modise, Norman	M42 AFS		19:54,64	19:12,95 65,66%	3

...M40 5000 Meter Run

7 Mekhoa, Rampi	M44 Nwna		20:39,50	19:56,25 63,28%	2
8 Keet, Ryan	M41 GNMA		26:02,21	25:07,69 50,21%	1

M45 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Locker, Trevor	M45 CGMA		18:16,32	16:59,80 74,23%	10
2 Schoeman, Nico	M45 CGMA		18:37,57	17:19,57 72,82%	8
3 Buys, Johan	M47 GNMA		19:22,72	18:01,57 69,99%	6
4 Viljoen, Marcel	M49 CGMA		19:46,93	18:24,09 68,56%	5
5 Bilbrough, Mark	M47 CGMA		20:00,92	18:37,10 67,76%	4
6 De Beer, Sollie	M49 CGMA		20:59,10	19:31,22 64,63%	3

M50 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 De Villiers, Dawie	M50 GNMA		18:16,86	16:22,02 77,09% 10
2 Tredrea, Dave	M52 CGMA		19:26,54	17:24,41 72,48% 8
3 Cleopas, Tony	M50 SWD		20:39,21	18:29,47 68,23% 6

M55 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Venter, Dirk	M56 CGMA		21:14,61	18:16,68 69,03% 10
2 Kotze, Dirk	M55 SWD		21:42,47	18:40,65 67,55% 8
3 Cloete, Fanie	M58 GNMA		26:11,83	22:32,41 55,97% 6

M65 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Smith, Leslie	M66 KZN		25:34,98	20:11,41 62,49% 10

M80 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Nurden, Ken	M81 GNMA		24:13,08	15:20,97 82,20% 10

W30 10000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van der Sandt, Carolien	W31 AVT		48:41,22	48:41,23 61,66% 10

W40 10000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Jennett, Melanie	W43 CGMA		41:25,76	39:43,60 75,56% 10

W50 10000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Venter, Laura	W50 CGMA		45:48,90	40:02,54 74,97% 10

...W50 10000 Meter Run

2 Reis, Monica	W51 CGMA		49:45,86	43:29,65 69,02% 8
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W55 10000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Geyer, Mariet	W56 CGMA		43:48,59	36:26,99 82,35% 10

M50 10000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 De Villiers, Dawie	M50 GNMA		39:40,63	35:29,24 74,21% 10
2 Tredrea, Dave	M52 CGMA		40:05,06	35:51,09 73,45% 8

M55 10000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
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1 Venter, Dirk M56 CGMA 43:53,94 37:43,09 69,82% 10

M80 10000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Nurden, Ken	M81 GNMA		54:07,25 33:38,82	78,26% 10

M50 100 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Hacker, Ian	M51 CGMA		18,61	0.7	17,88 72,22% 10
2 Van Daalen, Dirk	M52 WPA		22,93	0.7	22,03 58,61% 8

M55 100 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Gouws, Johan	M57 GNMA		18,41	0.7	17,00 75,99% 10
2 Van Tubbergh, Braam	M57 KZN		20,79	0.7	19,19 67,29% 8

M65 100 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Muller, Ray	M66 KZN		21,87	0.7	18,89 68,36% 10

M35 110 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Van der Walt, Phillip	M39 GNMA		17,58	-1.1	17,41 74,18% 10

M40 110 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Venter, Jannie	M40 Epma		18,28	-1.1	17,42 74,12%	10
2 Jimmy, Raven	M40 GNMA		24,13	-1.1	22,99 56,15%	8

M45 110 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Bownes, Shaun	M45 GNMA		14,61	-1.1	13,37 96,58%	10
2 Russel, Scott	M47 WPA		18,97	-1.1	17,36 74,38%	8
3 Du Plessis, Bertus	M45 GNMA		21,78	-1.1	19,94 64,78%	6

W30 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Landsberg, Nelia	W31 Namibia		1:15,31	1:15,32 69,50%	10

W35 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Anderson, Elane	W36 GNMA		1:10,38	1:10,39 74,37%	10

W40 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Olivier, Christa	W41 Nwna		1:12,31	1:07,53 77,51%	10

2 Labuschagne, Celeste W44 GNMA 1:20,05 1:14,76 70,02% 8

W45 400 Long Hurdles

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Name	Age Team	Seed	Finals	Age-Grading	Points
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1 Du Toit, Charmaine	W46 KZN		1:11,19	1:01,00 85,81%	10
2 Sigubudu, Nana	W47 KZN		1:30,45	1:17,50 67,54%	8

M30 400 Long Hurdles

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Name	Age Team	Seed	Finals	Age-Grading	H#	Points
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1 Koekemoer, Pieter	M34 KZN		53,46	53,47 87,50%	3	10
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M35 400 Long Hurdles

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Name	Age Team	Seed	Finals	Age-Grading	H#	Points
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1 Ingram, Richard	M35 KZN		57,36	5,74815,55%	3	10
2 Mashau, Jeofrey	M38 GNMA		1:02,35	6,24750,28%	3	8
3 Moolman, Wessel	M38 KZN		1:02,36	6,24750,16%	3	6

M40 400 Long Hurdles

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Name	Age Team	Seed	Finals	Age-Grading	H#	Points
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1 Venter, Jannie	M40 Epma		1:00,17	57,60 81,22%	2	10
2 Vosloo, Riaan	M41 KZN		1:00,93	58,33 80,21%	2	8

M45 400 Long Hurdles

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Name	Age Team	Seed	Finals	Age-Grading	H#	Points
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1	Van Zyl, Oloff	M46 WPA	1:04,26	58,76	79,61%	2	10
2	Scheepers, Anton	M47 GNMA	1:04,96	59,40	78,76%	2	8

....M45 400 Long Hurdles

3	Buys, Johan	M47 GNMA	1:14,43	1:08,06	68,74%	2	6
4	Van Dyk, Eugene	M45 GNMA	1:18,24	1:11,55	65,39%	2	5

M50 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Le Roux, Henk	M54 AFS		1:33,78	1:21,74	57,23% 10

M55 400 Long Hurdles

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Van Tubbergh, Braam	M57 KZN		1:18,78	1:05,30	71,64% 10

W95 4x100 Meter Relay

Team	Seed	Finals	Points
1 KwaZulu-Natal Athletics 'A'		56,41	10
2 Gauteng Noord Meesters Atletie 'A'		57,03	8
3 Central Gauteng MasteAthletics 'A'		57,59	6
4 Gauteng Noord Meesters Atletie 'B'		1:04,34	5

M95 4x100 Meter Relay

Team	Seed	Finals	H#	Points
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1	Western Province athletics	'A'	48,63	1	10
2	KwaZulu-Natal Athletics	'A'	49,44	1	8
3	Gauteng Noord Meesters Atletie	'A'	49,92	1	6
4	Gauteng Noord Meesters Atletie	'B'	51,70	2	5
6	Western Province athletics	'C'	51,85	2	10
7	Western Province athletics	'B'	51,93	2	4
8	Boland Masters Athletics	'A'	54,67	1	3
9	KwaZulu-Natal Athletics	'B'	54,87	2	8
10	Central Gauteng MasteAthletics	'A'	1:09,76	1	2

M50 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Haupt, Burton	M54 GNMA		49,83m	50,91m 68,73%	10
2 Slement, Andrew	M51 GNMA		38,04m	38,86m 52,47%	8
3 Smit, Hennie	M50 AVT		37,42m	38,23m 51,61%	6
4 Erasmus, Pieter	M51 GNMA		35,03m	35,79m 48,32%	5
5 Bezuidenhout, Vic	M54 GNMA		33,50m	34,23m 46,21%	4
6 Ras, Peter	M53 GNMA		28,98m	29,61m 39,97%	3

M55 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Heyman, Francois	M55 SWD		39,17m	43,49m 58,71%	10

...M55 Discus Throw

2 De Witt, Whytie	M55 GNMA		37,15m	41,24m 55,68%	8
3 Kichenbrand, Stephen	M58 GNMA		33,40m	37,08m 50,06%	6
4 Aggouras, Nick	M58 GNMA		30,00m	33,30m 44,96%	5

5 Lamara, Zain	M55 WPA	28,29m	31,41m	42,40%	4
6 Frost, Dennis	M59 GNMA	23,11m	25,65m	34,64%	3

M40 100 Meter Sprint Decathlon

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Blaauw, David	M44 GNMA	13,15	NWI	12,60 77,72%	2	538
2 Plews, Martin	M44 GNMA	14,10	NWI	13,51 72,48%	2	385

M45 100 Meter Sprint Decathlon

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Gutsche, Johann	M49 AVT	12,87	NWI	11,96 81,90%	2	659
2 Du Plessis, Bertus	M45 GNMA	13,87	NWI	12,89 75,99%	2	487

M50 100 Meter Sprint Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Hacker, Ian	M51 CGMA	12,12	NWI	10,91 89,77%	881
2 John, Richard	M54 Zimbabwe	13,47	NWI	12,12 80,77%	628

M55 100 Meter Sprint Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Williams, Pieter	M59 GNMA	14,64	NWI	12,75 76,84%	511

M60 100 Meter Sprint Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
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1	Rudd, Philip	M60 CGMA	14,56	NWI	12,26	79,95%	601
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M75 100 Meter Sprint Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Miekautsch, Hans	M78 CGMA	16,22	NWI	12,02	81,44% 647
2 Meaker, Frank	M75 GNMA	22,38	NWI	16,59	59,03% 47

W35 200 Meter Sprint Heptathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Mare, Leoni	W36 GNMA	27,98	NWI	27,15	78,63% 699
2 Anderson, Elane	W36 GNMA	28,30	NWI	27,46	77,74% 674

W40 200 Meter Sprint Heptathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Strydom, Ida-Marie	W40 GNMA	30,70	NWI	28,68	74,40% 578

W50 200 Meter Sprint Heptathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Viljoen, Jolande	W52 GNMA	32,17	NWI	27,74	76,94% 651

W60 200 Meter Sprint Heptathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
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1 Claassen, Stephanie W64 GNMA 34,91 NWI 27,59 77,37% 664

M40 400 Meter Sprint Decathlon

Name	Age Team	Finals	Age-Grading H#	Points
1 Blaauw, David	M44 GNMA	1:02,06	58,06 74,38% 2	482

M45 400 Meter Sprint Decathlon

Name	Age Team	Finals	Age-Grading H#	Points
1 Gutsche, Johann	M49 AVT	1:05,45	59,26 72,86% 2	439
2 Du Plessis, Bertus	M45 GNMA	1:22,51	1:14,71 57,80% 2	56

M50 400 Meter Sprint Decathlon

Name	Age Team	Finals	Age-Grading Points
1 Hacker, Ian	M51 CGMA	1:04,92	56,84 75,99% 527
2 John, Richard	M54 Zimbabwe	1:25,13	1:14,53 57,95% 58

M60 400 Meter Sprint Decathlon

Name	Age Team	Finals	Age-Grading Points
1 Rudd, Philip	M60 CGMA	1:11,37	58,20 74,20% 476

M75 400 Meter Sprint Decathlon

Name	Age Team	Finals	Age-Grading Points
1 Miekautsch, Hans	M78 CGMA	1:32,73	1:04,77 66,68% 265

2 Meaker, Frank M75 GNMA 2:07,29 1:28,90 48,57%

W35 800 Meter Run Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Mare, Leoni	W36 GNMA	2:51,30	2:50,47 66,46%	459
2 Anderson, Elane	W36 GNMA	2:55,07	2:54,22 65,03%	421

W40 800 Meter Run Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Strydom, Ida-Marie	W40 GNMA	3:14,18	3:05,19 61,17%	318

W50 800 Meter Run Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Viljoen, Jolande	W52 GNMA	2:50,22	2:28,25 76,41%	715

W60 800 Meter Run Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Claassen, Stephanie	W64 GNMA	3:47,10	2:58,23 63,56%	382

M40 1500 Meter Run Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Blaauw, David	M44 GNMA	5:59,30	5:42,02 60,23%	342

M45 1500 Meter Run Decathlon

Name	Age Team	Finals	Age-Grading Points
1 Gutsche, Johann	M49 AVT	7:15,29	6:37,21 51,86% 133
2 Du Plessis, Bertus	M45 GNMA	11:15,83	10:16,70 33,40%

M50 1500 Meter Run Decathlon

Name	Age Team	Finals	Age-Grading Points
1 John, Richard	M54 Zimbabwe	11:16,55	9:50,70 34,87%

M60 1500 Meter Run Decathlon

Name	Age Team	Finals	Age-Grading Points
1 Rudd, Philip	M60 CGMA	5:53,21	4:40,42 73,46% 678

M75 1500 Meter Run Decathlon

Name	Age Team	Finals	Age-Grading Points
1 Meaker, Frank	M75 GNMA	11:13,85	7:21,78 46,63% 31

W35 100 Short Hurdles Heptathlon

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Mare, Leoni	W36 GNMA	16,75	1.5	16,51 73,97%	2 653
2 Anderson, Elane	W36 GNMA	17,93	1.5	17,67 69,10%	2 523

W40 100 Short Hurdles Heptathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Strydom, Ida-Marie	W40 GNMA	16,12	0.5	19,08 64,02%	383

W50 100 Short Hurdles Heptathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Viljoen, Jolande	W52 GNMA	18,40	0.5	20,18 60,54%	287

W60 100 Short Hurdles Heptathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Claassen, Stephanie	W64 GNMA	17,51	0.5	17,38 70,25%	554

M40 100 Short Hurdles Decathlon

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Blaauw, David	M44 GNMA	19,97	0.2	19,03 67,85%	2	430

M45 100 Short Hurdles Decathlon

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Du Plessis, Bertus	M45 GNMA	19,62	0.2	17,96 71,92%	2	528
2 Gutsche, Johann	M49 AVT	20,05	0.2	18,35 70,37%	2	491

M50 100 Short Hurdles Decathlon

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
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1	Hacker, Ian	M51 CGMA	18,92	0.2	18,18	71,04%	2	507
2	John, Richard	M54 Zimbabwe	33,88	0.2	32,54	39,67%	2	

M60 100 Short Hurdles Decathlon

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1	Rudd, Philip	M60 CGMA	21,45	0.2	19,34 66,81% 2 403

M75 100 Short Hurdles Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1	Miekautsch, Hans	M78 CGMA	18,51	-0.8	18,23 70,83% 502
2	Meaker, Frank	M75 GNMA	35,51	-0.8	34,96 36,92%

W35 High Jump Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1	Mare, Leoni	W36 GNMA	1,27m 1,33m	63,82% 439
2	Anderson, Elane	W36 GNMA	1,24m 1,30m	62,31% 409

W40 High Jump Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1	Strydom, Ida-Marie	W40 GNMA	1,24m 1,36m	65,61% 470

W50 High Jump Heptathlon

Name	Age Team	Finals	Age-Grading	Points
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1	Viljoen, Jolande	W52 GNMA	1,24m	1,51m	72,51%	632
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W60 High Jump Heptathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Claassen, Stephanie	W64 GNMA	1,12m	1,54m 73,68%	666

M40 High Jump Decathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Blaauw, David	M44 GNMA	1,42m	1,48m 60,68%	374

M45 High Jump Decathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Gutsche, Johann	M49 AVT	1,80m	1,98m 81,08%	785
2	Du Plessis, Bertus	M45 GNMA	1,36m	1,49m 61,26%	381

M50 High Jump Decathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Hacker, Ian	M51 CGMA	1,51m	1,75m 71,56%	585
2	John, Richard	M54 Zimbabwe	1,36m	1,57m 64,45%	441

M55 High Jump Decathlon

Name	Age Team	Finals	Age-Grading	Points
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-- Williams, Pieter M59 GNMA DNF

M60 High Jump Decathlon

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Name                            Age Team                            Finals            Age-Grading Points
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1 Rudd, Philip                    M60 CGMA                            1,30m            1,69m 69,15%            536
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M75 High Jump Decathlon

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=====
Name                            Age Team                            Finals            Age-Grading Points
=====
1 Miekautsch, Hans                M78 CGMA                            1,24m            1,97m 80,52%            776
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M40 Pole Vault Decathlon

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Name                            Age Team                            Finals            Age-Grading Points
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-- Blaauw, David                  M44 GNMA                            DNF
-- Plews, Martin                  M44 GNMA                            DNF
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M45 Pole Vault Decathlon

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Name                            Age Team                            Finals            Age-Grading Points
=====
-- Gutsche, Johann                M49 AVT                              DNF
-- Du Plessis, Bertus             M45 GNMA                            DNF
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M50 Pole Vault Decathlon

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=====
Name                            Age Team                            Finals            Age-Grading Points
=====
-- John, Richard                  M54 Zimbabwe                        DNF
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-- Hacker, Ian M51 CGMA DNF

M55 Pole Vault Decathlon

Name	Age Team	Finals	Age-Grading Points
-- Williams, Pieter	M59 GNMA	DNF	

M60 Pole Vault Decathlon

Name	Age Team	Finals	Age-Grading Points
-- Rudd, Philip	M60 CGMA	DNF	

M75 Pole Vault Decathlon

Name	Age Team	Finals	Age-Grading Points
-- Miekautsch, Hans	M78 CGMA	DNF	
-- Meaker, Frank	M75 GNMA	DNF	

W35 Long Jump Heptathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Anderson, Elane	W36 GNMA	4,28m	0.4	4,49m 59,78% 426
2 Mare, Leoni	W36 GNMA	4,25m	0.2	4,46m 59,36% 418

W40 Long Jump Heptathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Strydom, Ida-Marie	W40 GNMA	4,34m	-0.5	4,81m 64,11% 508

W50 Long Jump Heptathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Viljoen, Jolande	W52 GNMA	3,37m	1.5	4,22m 56,17%	359

W60 Long Jump Heptathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Claassen, Stephanie	W64 GNMA	3,27m	1.5	4,70m 62,64%	479

M40 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Blaauw, David	M44 GNMA	4,52m	0.4	4,92m 55,05%	367

M45 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Gutsche, Johann	M49 AVT	5,74m	0.9	6,63m 74,06%	727
2 Du Plessis, Bertus	M45 GNMA	4,45m	+0.0	5,14m 57,42%	409

M50 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Hacker, Ian	M51 CGMA	5,35m	1.0	6,57m 73,49%	713
2 John, Richard	M54 Zimbabwe	4,66m	1.9	5,72m 64,01%	527

M55 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Williams, Pieter	M59 GNMA	4,65m	1.7	6,10m 68,18%	608

M60 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Rudd, Philip	M60 CGMA	4,03m	1.2	5,67m 63,36%	516

M75 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Miekautsch, Hans	M78 CGMA	3,84m	-0.3	6,92m 77,26%	795
2 Meaker, Frank	M75 GNMA	2,41m	+0.0	4,34m 48,49%	262

W30 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Pubalakan, Tanya	W32 GNMA	12,69m	12,69m 56,08%	707

W35 Shot Put Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Anderson, Elane	W36 GNMA	7,66m	7,94m 35,09%	395
2 Mare, Leoni	W36 GNMA	6,91m	7,16m 31,65%	345

W35 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Compion, Maria	W35 WPA	9,88m	10,24m 45,26%	545

W40 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Marx, Thea	W40 Epma	9,44m	10,47m 46,30%	560
2 Beytell, Yolanda	W40 GNMA	7,75m	8,60m 38,01%	438

W40 Shot Put Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Strydom, Ida-Marie	W40 GNMA	6,64m	7,37m 32,56%	359

W45 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Cilliers, Angela	W47 KZN	9,71m	11,59m 51,24%	634
2 Eva, Janita	W46 GNMA	9,09m	10,85m 47,97%	585
3 Louw, Marisa	W46 Epma	8,04m	9,60m 42,43%	503
4 Gerber, Amanda	W45 Epma	6,51m	7,77m 34,35%	385
5 Maloney, Anneline	W46 GNMA	6,46m	7,71m 34,09%	381

W50 Shot Put Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Viljoen, Jolande	W52 GNMA	7,77m	9,79m 43,29%	516

W50 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W50 SWD	11,34m	14,29m 63,18%	813
2 Flynn, Judy	W50 GNMA	9,10m	11,47m 50,70%	626
3 Hennop, Ansie	W53 GNMA	9,06m	11,42m 50,47%	623
4 Rawlins, Valery-Ann	W53 KZN	5,40m	6,80m 30,08%	322

W55 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Coetzee, Louise	W55 GNMA	7,39m	10,12m 44,76%	537
2 Claassen, Zelda	W56 CGMA	7,03m	9,63m 42,58%	505
3 Du Plessis, Magdalena	W55 WPA	5,18m	7,09m 31,37%	341

W60 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Erasmus, Zelda	W63 Bolma	7,91m	11,87m 52,49%	653
2 Stofberg, Tertia	W62 WPA	7,41m	11,12m 49,17%	603

W60 Shot Put Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Claassen, Stephanie	W64 GNMA	7,93m	11,90m 52,62%	654

W65 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Ferreira, Mercia	W67 CGMA	8,45m	14,02m 62,00%	795
2 Durant, Marita	W65 SWD	7,69m	12,76m 56,42%	711
3 Van Eck, Suzi	W66 GNMA	6,60m	10,95m 48,42%	592
4 Du Toit, Aletta	W65 WPA	6,05m	10,04m 44,39%	532

W70 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Grobbelaar, Elize	W70 WPA	5,73m	10,63m 47,01%	571

W75 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 England, Penny	W75 AVT	8,06m	14,76m 65,26%	845
2 Kuppe, Hella	W75 Namibia	7,33m	13,43m 59,35%	756
3 Bellingham, Julie	W77 Namibia	6,03m	11,04m 48,83%	598

W80 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Janeke, Hannetjie	W80 AVT	5,02m	10,41m 46,01%	556

M35 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Meintjies, Pieter	M39 GNMA	10,51m	10,90m 47,15%	540
2 Botha, Bennie	M37 CGMA	7,71m	7,99m 34,59%	366

M40 Shot Put Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Blaauw, David	M44 GNMA	10,28m	11,44m 49,52%	572

M40 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Potgieter, Dirk	M44 Namibia	11,21m	12,48m 54,00%	636
2 Nel, Hennie	M40 CGMA	10,00m	11,13m 48,17%	554
3 Slabbert, Morne	M40 Nwna	8,36m	9,31m 40,27%	444

M45 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Swanepoel, Jan	M45 GNMA	13,16m	15,82m 68,43%	840
2 Venter, Martin	M45 GNMA	13,09m	15,73m 68,07%	835
3 Potgieter, Gerhard	M47 WPA	11,22m	13,48m 58,35%	697
4 Nel, Jan	M46 CGMA	10,95m	13,16m 56,94%	677
5 Boshoff, Jaco	M47 GNMA	9,25m	11,12m 48,10%	553

M45 Shot Put Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Gutsche, Johann	M49 AVT	10,06m	12,09m 52,31%	612
2 Du Plessis, Bertus	M45 GNMA	7,39m	8,88m 38,43%	419

M50 Shot Put Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hacker, Ian	M51 CGMA	11,35m	13,30m 57,53%	686
2 John, Richard	M54 Zimbabwe	9,10m	10,66m 46,12%	525

M55 Shot Put Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Williams, Pieter	M59 GNMA	8,70m	11,05m 47,80%	549

M60 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bester, Marius	M64 CGMA	11,94m	14,90m 64,47%	784
2 Du Plessis, Slappie	M64 AVT	10,74m	13,40m 57,99%	692
3 Ferreira, Frik	M60 GNMA	10,60m	13,23m 57,24%	681
4 Wiese, Juan	M60 GNMA	10,18m	12,70m 54,97%	649

M60 Shot Put Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Rudd, Philip	M60 CGMA	7,80m	9,73m 42,12%	469

M65 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Smit, Reuben	M66 GNMA	10,71m	14,57m 63,04%	763
2 Solms, John	M67 GNMA	9,06m	12,32m 53,33%	626

3 Erasmus, Nick M65 Bolma 8,92m 12,13m 52,50% 614

M75 Shot Put Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Miekautsch, Hans	M78 CGMA	7,49m	10,48m 45,34%	515
2 Meaker, Frank	M75 GNMA	6,92m	9,68m 41,89%	466

W30 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Pubalakan, Tanya	W32 GNMA	36,88m	36,88m 48,02%	594

W35 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Compion, Maria	W35 WPA	26,48m	27,45m 35,75%	415

W40 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Marx, Thea	W40 Epma	26,90m	29,99m 39,05%	462
2 Beytell, Yolanda	W40 GNMA	16,24m	18,10m 23,58%	244

W45 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Eva, Janita	W46 GNMA	36,90m	44,49m 57,94%	742

2	Cilliers, Angela	W47 KZN	30,81m	37,15m	48,37%	599
3	Louw, Marisa	W46 Epma	24,36m	29,37m	38,25%	451
4	Maloney, Anneline	W46 GNMA	19,17m	23,11m	30,10%	334
5	Gerber, Amanda	W45 Epma	15,51m	18,70m	24,35%	254

W50 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Knobel, Heleen	W50 SWD	28,64m	37,59m 48,96%	607
2	Hennop, Ansie	W53 GNMA	25,68m	33,71m 43,90%	533
3	Flynn, Judy	W50 GNMA	23,96m	31,45m 40,96%	490
4	Rawlins, Valery-Ann	W53 KZN	12,42m	16,30m 21,23%	212

W55 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Coetzee, Louise	W55 GNMA	18,93m	27,27m 35,51%	411
2	Claassen, Zelda	W56 CGMA	16,54m	23,82m 31,03%	347
3	Du Plessis, Magdalena	W55 WPA	14,10m	20,31m 26,45%	283

W60 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Erasmus, Zelda	W63 Bolma	18,69m	29,83m 38,84%	459
2	Stofberg, Tertia	W62 WPA	17,53m	27,97m 36,43%	424

W65 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1	Ferreira, Mercia	W67 CGMA	19,68m	35,28m	45,94%	563
2	Durant, Marita	W65 SWD	16,88m	30,26m	39,40%	467
3	Van Eck, Suzi	W66 GNMA	16,55m	29,66m	38,63%	456
4	Du Toit, Aletta	W65 WPA	14,10m	25,27m	32,91%	374

W70 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Grobbelaar, Elize	W70 WPA	13,85m	28,45m	37,04% 433

W75 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 England, Penny	W75 AVT	20,37m	43,88m	57,15% 730
2 Kuppe, Hella	W75 Namibia	17,15m	36,95m	48,12% 595
3 Bellingham, Julie	W77 Namibia	14,00m	30,16m	39,28% 465

W80 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Janeke, Hannetjie	W80 AVT	11,90m	30,01m	39,08% 463

M35 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Meintjies, Pieter	M39 GNMA	33,20m	33,67m	45,45% 537
2 Botha, Bennie	M37 CGMA	23,44m	23,77m	32,09% 343

M40 Discus Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Blaauw, David	M44 GNMA	25,73m	28,33m 38,25%	432

M40 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Potgieter, Dirk	M44 Namibia	31,31m	34,48m 46,55%	553
2 Slabbert, Morne	M40 Nwna	23,32m	25,68m 34,67%	380
3 Nel, Hennie	M40 CGMA	19,35m	21,31m 28,77%	297

M45 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Swanepoel, Jan	M45 GNMA	43,30m	52,17m 70,43%	916
2 Venter, Martin	M45 GNMA	34,44m	41,49m 56,02%	695
3 Boshoff, Jaco	M47 GNMA	31,34m	37,76m 50,98%	619
4 Potgieter, Gerhard	M47 WPA	30,86m	37,18m 50,20%	607
5 Nel, Jan	M46 CGMA	30,36m	36,58m 49,38%	595

M45 Discus Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Gutsche, Johann	M49 AVT	26,45m	31,86m 43,02%	501
2 Du Plessis, Bertus	M45 GNMA	18,01m	21,70m 29,29%	304

M50 Discus Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points
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1	John, Richard	M54 Zimbabwe	31,84m	32,53m	43,92%	514
2	Hacker, Ian	M51 CGMA	30,64m	31,30m	42,26%	490

M60 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Bester, Marius	M64 CGMA	37,76m	40,13m 54,18%	667
2	Wiese, Juan	M60 GNMA	35,21m	37,42m 50,52%	612
3	Ferreira, Frik	M60 GNMA	31,66m	33,64m 45,42%	537
4	Du Plessis, Slappie	M64 AVT	29,00m	30,82m 41,61%	481

M60 Discus Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Rudd, Philip	M60 CGMA	29,54m	31,39m 42,38%	492

M65 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Erasmus, Nick	M65 Bolma	34,20m	39,79m 53,72%	660
2	Solms, John	M67 GNMA	30,49m	35,48m 47,90%	573
3	Smit, Reuben	M66 GNMA	28,30m	32,93m 44,45%	522

M75 Discus Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Miekautsch, Hans	M78 CGMA	19,41m	27,81m 37,55%	422
2	Meaker, Frank	M75 GNMA	19,39m	27,78m 37,51%	421

W30 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Pubalakan, Tanya	W32 GNMA	47,70m	47,70m 61,95%	881

W35 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Compion, Maria	W35 WPA	24,00m	26,26m 34,11%	413

W40 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Marx, Thea	W40 Epma	33,00m	38,81m 50,41%	685
2 Beytell, Yolanda	W40 GNMA	15,33m	18,03m 23,42%	239

W45 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Eva, Janita	W46 GNMA	36,08m	45,88m 59,59%	841
2 Louw, Marisa	W46 Epma	35,26m	44,84m 58,23%	818
3 Cilliers, Angela	W47 KZN	26,44m	33,62m 43,67%	572
4 Gerber, Amanda	W45 Epma	22,00m	27,97m 36,33%	449
5 Maloney, Anneline	W46 GNMA	21,43m	27,25m 35,39%	434

W50 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1	Knobel, Heleen	W50 SWD	44,22m	56,76m	73,72%	1083
2	Hennop, Ansie	W53 GNMA	28,60m	36,71m	47,68%	639
3	Flynn, Judy	W50 GNMA	24,41m	31,33m	40,70%	522
4	Rawlins, Valery-Ann	W53 KZN	15,70m	20,15m	26,18%	283

W55 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Claassen, Zelda	W56 CGMA	20,92m	29,25m 37,99%	477
2 Coetzee, Louise	W55 GNMA	18,30m	25,59m 33,24%	398
3 Du Plessis, Magdalena	W55 WPA	13,06m	18,26m 23,72%	243

W60 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Stofberg, Tertia	W62 WPA	23,09m	35,45m 46,04%	611
2 Erasmus, Zelda	W63 Bolma	21,96m	33,71m 43,79%	574

W65 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Durant, Marita	W65 SWD	23,00m	39,18m 50,90%	693
2 Van Eck, Suzi	W66 GNMA	22,64m	38,57m 50,10%	680
3 Du Toit, Aletta	W65 WPA	19,73m	33,61m 43,66%	571
4 Ferreira, Mercia	W67 CGMA	18,96m	32,30m 41,96%	543

W70 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1	Grobbelaar, Elize	W70 WPA	22,33m	42,78m	55,56%	772
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W75 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1	England, Penny	W75 AVT	30,52m 57,73m	74,99% 1105
2	Kuppe, Hella	W75 Namibia	21,42m 40,52m	52,63% 723
3	Bellingham, Julie	W77 Namibia	20,96m 39,65m	51,50% 703

W80 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1	Janeke, Hannetjie	W80 AVT	14,62m 31,62m	41,07% 528

M35 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1	Meintjies, Pieter	M39 GNMA	28,78m 29,64m	34,18% 345
2	Botha, Bennie	M37 CGMA	23,88m 24,59m	28,36% 264

M40 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1	Potgieter, Dirk	M44 Namibia	30,15m 33,92m	39,11% 414
2	Nel, Hennie	M40 CGMA	20,63m 23,21m	26,76% 243
3	Slabbert, Morne	M40 Nwna	18,83m 21,18m	24,43% 211

M45 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Venter, Martin	M45 GNMA	50,35m	62,41m 71,96%	883
2 Potgieter, Gerhard	M47 WPA	34,84m	43,19m 49,79%	564
3 Nel, Jan	M46 CGMA	32,00m	39,67m 45,73%	507
4 Swanepoel, Jan	M45 GNMA	27,25m	33,78m 38,95%	411
5 Boshoff, Jaco	M47 GNMA	24,78m	30,71m 35,42%	362

M60 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bester, Marius	M64 CGMA	35,58m	46,54m 53,67%	619
2 Ferreira, Frik	M60 GNMA	28,60m	37,41m 43,14%	470
3 Du Plessis, Slappie	M64 AVT	28,44m	37,20m 42,90%	467
4 Wiese, Juan	M60 GNMA	21,55m	28,19m 32,50%	322

M65 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Solms, John	M67 GNMA	31,38m	45,99m 53,02%	610
2 Smit, Reuben	M66 GNMA	27,87m	40,84m 47,09%	526
3 Erasmus, Nick	M65 Bolma	26,23m	38,44m 44,32%	487

W30 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Pubalakan, Tanya	W32 GNMA	27,84m	27,84m 38,14%	436

W35 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Compion, Maria	W35 WPA	24,57m	26,09m 35,75%	403

W35 Javelin Throw Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Anderson, Elane	W36 GNMA	20,11m	21,35m 29,26%	314
2 Mare, Leoni	W36 GNMA	17,73m	18,83m 25,80%	267

W40 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Beytell, Yolanda	W40 GNMA	36,02m	41,33m 56,62%	693
2 Marx, Thea	W40 Epma	24,36m	27,95m 38,29%	438

W40 Javelin Throw Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Strydom, Ida-Marie	W40 GNMA	17,11m	19,63m 26,89%	282

W45 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Louw, Marisa	W46 Epma	21,52m	26,85m 36,79%	417
2 Cilliers, Angela	W47 KZN	20,29m	25,31m 34,68%	388
3 Eva, Janita	W46 GNMA	17,45m	21,77m 29,83%	322
4 Gerber, Amanda	W45 Epma	16,92m	21,11m 28,92%	310

5 Maloney, Anneline W46 GNMA 12,49m 15,58m 21,35% 207

W50 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W50 SWD	29,82m	39,20m 53,70%	652
2 Flynn, Judy	W50 GNMA	24,03m	31,59m 43,27%	507
3 Hennop, Ansie	W53 GNMA	19,99m	26,28m 36,00%	406
4 Rawlins, Valery-Ann	W53 KZN	10,01m	13,16m 18,03%	163

W50 Javelin Throw Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Viljoen, Jolande	W52 GNMA	18,89m	24,83m 34,02%	379

W55 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Coetzee, Louise	W55 GNMA	25,28m	36,61m 50,15%	602
2 Claassen, Zelda	W56 CGMA	12,91m	18,69m 25,61%	265
3 Du Plessis, Magdalena	W55 WPA	10,73m	15,53m 21,29%	206

W60 Javelin Throw Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Claassen, Stephanie	W64 GNMA	13,14m	21,17m 29,01%	311

W60 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Erasmus, Zelda	W63 Bolma	19,24m	31,01m 42,48%	496
2 Stofberg, Tertia	W62 WPA	11,59m	18,68m 25,59%	264

W65 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Ferreira, Mercia	W67 CGMA	19,11m	34,72m 47,57%	566
2 Durant, Marita	W65 SWD	16,78m	30,49m 41,77%	486
3 Van Eck, Suzi	W66 GNMA	13,40m	24,34m 33,36%	370
4 Du Toit, Aletta	W65 WPA	10,60m	19,26m 26,39%	275

W70 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Grobbelaar, Elize	W70 WPA	10,79m	22,65m 31,02%	338

W75 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kuppe, Hella	W75 Namibia	17,58m	40,07m 54,89%	669
2 England, Penny	W75 AVT	16,83m	38,36m 52,54%	636
3 Bellingham, Julie	W77 Namibia	8,02m	18,28m 25,04%	257

W80 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Janeke, Hannetjie	W80 AVT	6,35m	17,22m 23,60%	237

M35 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Meintjies, Pieter	M39 GNMA	35,36m	35,80m 36,36%	382
2 Botha, Bennie	M37 CGMA	29,49m	29,86m 30,32%	297

M40 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Potgieter, Dirk	M44 Namibia	42,26m	45,90m 46,61%	528
2 Slabbert, Morne	M40 Nwna	34,48m	37,45m 38,03%	405
3 Nel, Hennie	M40 CGMA	24,76m	26,89m 27,31%	256

M40 Javelin Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Blaauw, David	M44 GNMA	34,47m	37,44m 38,02%	405

M45 Javelin Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Gutsche, Johann	M49 AVT	41,21m	48,28m 49,02%	563
2 Du Plessis, Bertus	M45 GNMA	20,29m	23,77m 24,14%	213

M45 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Venter, Martin	M45 GNMA	41,06m	48,10m	48,85%	561
2 Nel, Jan	M46 CGMA	31,14m	36,48m	37,04%	391
3 Boshoff, Jaco	M47 GNMA	30,04m	35,19m	35,74%	373
4 Swanepoel, Jan	M45 GNMA	27,65m	32,39m	32,89%	333
5 Potgieter, Gerhard	M47 WPA	23,02m	26,97m	27,39%	257

M50 Javelin Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points	
1 Hacker, Ian	M51 CGMA	26,95m	33,08m	33,60%	343
2 John, Richard	M54 Zimbabwe	25,39m	31,17m	31,65%	316

M60 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1 Ferreira, Frik	M60 GNMA	32,81m	46,39m	47,11%	535
2 Du Plessis, Slappie	M64 AVT	30,43m	43,02m	43,69%	486
3 Bester, Marius	M64 CGMA	30,39m	42,97m	43,63%	485
4 Wiese, Juan	M60 GNMA	29,46m	41,65m	42,30%	466

M60 Javelin Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points	
1 Rudd, Philip	M60 CGMA	24,58m	34,75m	35,29%	367

M65 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1 Solms, John	M67 GNMA	29,72m	46,42m	47,14%	536

2	Smit, Reuben	M66 GNMA	24,34m	38,01m	38,60%	413
3	Erasmus, Nick	M65 Bolma	23,87m	37,28m	37,86%	403

M75 Javelin Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Miekautsch, Hans	M78 CGMA	18,66m	35,32m 35,87%	375
2	Meaker, Frank	M75 GNMA	16,56m	31,35m 31,83%	318

W30 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Pubalakan, Tanya	W32 GNMA	14,90m	14,90m 63,14%	795

W35 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Compion, Maria	W35 WPA	9,34m	10,20m 43,22%	505

W40 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Marx, Thea	W40 Epma	10,30m	12,20m 51,73%	628
2	Beytell, Yolanda	W40 GNMA	6,53m	7,73m 32,80%	355

W45 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1	Eva, Janita	W46 GNMA	12,55m	16,25m	68,88%	879
2	Louw, Marisa	W46 Epma	11,84m	15,33m	64,98%	822
3	Cilliers, Angela	W47 KZN	9,51m	12,32m	52,20%	635
4	Gerber, Amanda	W45 Epma	7,70m	9,97m	42,26%	491
5	Maloney, Anneline	W46 GNMA	7,06m	9,14m	38,75%	440

W50 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Knobel, Heleen	W50 SWD	14,66m	17,33m 73,45%	947
2	Hennop, Ansie	W53 GNMA	10,18m	12,03m 51,00%	617
3	Flynn, Judy	W50 GNMA	9,54m	11,27m 47,80%	570
4	Rawlins, Valery-Ann	W53 KZN	5,37m	6,34m 26,90%	273

W55 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Claassen, Zelda	W56 CGMA	8,92m	11,52m 48,82%	586
2	Coetzee, Louise	W55 GNMA	8,20m	10,59m 44,88%	529
3	Du Plessis, Magdalena	W55 WPA	5,25m	6,78m 28,74%	299

W60 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1	Erasmus, Zelda	W63 Bolma	10,23m	12,38m 52,49%	639
2	Stofberg, Tertia	W62 WPA	9,02m	10,92m 46,28%	549

W65 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1	Ferreira, Mercia	W67 CGMA	11,15m	14,78m	62,64%	788
2	Durant, Marita	W65 SWD	10,32m	13,68m	57,98%	719
3	Van Eck, Suzi	W66 GNMA	9,10m	12,06m	51,12%	619
4	Du Toit, Aletta	W65 WPA	8,46m	11,21m	47,53%	567

W70 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1 Grobbelaar, Elize	W70 WPA	8,73m	12,80m	54,26%	665

W75 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1 England, Penny	W75 AVT	11,74m	16,38m	69,43%	887
2 Kuppe, Hella	W75 Namibia	9,83m	13,71m	58,13%	721
3 Bellingham, Julie	W77 Namibia	8,35m	11,65m	49,38%	594

W80 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1 Janeke, Hannetjie	W80 AVT	8,46m	13,04m	55,29%	679

M35 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1 Meintjies, Pieter	M39 GNMA	10,68m	10,89m	42,13%	502
2 Botha, Bennie	M37 CGMA	8,71m	8,88m	34,36%	390

M40 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Potgieter, Dirk	M44 Namibia	9,74m	10,61m 41,05%	486
2 Slabbert, Morne	M40 Nwna	8,45m	9,20m 35,61%	407
3 Nel, Hennie	M40 CGMA	7,77m	8,46m 32,74%	366

M45 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Venter, Martin	M45 GNMA	16,14m	18,87m 73,00%	958
2 Swanepoel, Jan	M45 GNMA	11,67m	13,65m 52,78%	658
3 Nel, Jan	M46 CGMA	11,21m	13,11m 50,70%	627
4 Potgieter, Gerhard	M47 WPA	10,66m	12,46m 48,21%	590
5 Boshoff, Jaco	M47 GNMA	9,30m	10,87m 42,06%	501

M60 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bester, Marius	M64 CGMA	15,29m	15,93m 61,63%	788
2 Du Plessis, Slappie	M64 AVT	14,42m	15,03m 58,12%	737
3 Ferreira, Frik	M60 GNMA	11,96m	12,46m 48,21%	590
4 Wiese, Juan	M60 GNMA	10,94m	11,40m 44,10%	531

M65 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Solms, John	M67 GNMA	12,21m	13,61m 52,65%	656
2 Erasmus, Nick	M65 Bolma	11,16m	12,44m 48,12%	589

3 Smit, Reuben M66 GNMA 10,97m 12,23m 47,30% 577

M40 Decathlon

Name	Age Team	Seed	Finals	Points
1 Blaauw, David	M44 GNMA		3942	

M45 Decathlon

Name	Age Team	Seed	Finals	Points
1 Gutsche, Johann	M49 AVT		4910	
2 Du Plessis, Bertus	M45 GNMA		2797	

M50 Decathlon

Name	Age Team	Seed	Finals	Points
1 John, Richard	M54 Zimbabwe		3009	

M60 Decathlon

Name	Age Team	Seed	Finals	Points
1 Rudd, Philip	M60 CGMA		4538	

M75 Decathlon

Name	Age Team	Seed	Finals	Points
1 Meaker, Frank	M75 GNMA		1727	

W35 Heptathlon

Name	Age Team	Seed	Finals	Points
1 Mare, Leoni	W36 GNMA		3280	10
2 Anderson, Elane	W36 GNMA		3162	8

W40 Heptathlon

Name	Age Team	Seed	Finals	Points
1 Strydom, Ida-Marie	W40 GNMA		2898	10

W50 Heptathlon

Name	Age Team	Seed	Finals	Points
1 Viljoen, Jolande	W52 GNMA		3539	10

W60 Heptathlon

Name	Age Team	Seed	Finals	Points
1 Claassen, Stephanie	W64 GNMA		3710	10

W30 Throws Pentathlon

Name	Age Team	Seed	Finals	Points
1 Pubalakan, Tanya	W32 GNMA		3413	10

W35 Throws Pentathlon

Name	Age Team	Seed	Finals	Points
1 Compion, Maria	W35 WPA		2281	10

W40 Throws Pentathlon

Name	Age Team	Seed	Finals	Points
1 Marx, Thea	W40 Epma		2773	10
2 Beytell, Yolanda	W40 GNMA		1969	8

W45 Throws Pentathlon

Name	Age Team	Seed	Finals	Points
1 Eva, Janita	W46 GNMA		3369	10
2 Louw, Marisa	W46 Epma		3011	8
3 Cilliers, Angela	W47 KZN		2828	6
4 Gerber, Amanda	W45 Epma		1889	5
5 Maloney, Anneline	W46 GNMA		1796	4

W50 Throws Pentathlon

Name	Age Team	Seed	Finals	Points
1 Knobel, Heleen	W50 SWD		4102	10
2 Hennop, Ansie	W53 GNMA		2818	8
3 Flynn, Judy	W50 GNMA		2715	6
4 Rawlins, Valery-Ann	W53 KZN		1253	5

W55 Throws Pentathlon

Name	Age Team	Seed	Finals	Points
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1	Coetzee, Louise	W55	GNMA	2477	10
2	Claassen, Zelda	W56	CGMA	2180	8
3	Du Plessis, Magdalena	W55	WPA	1372	6

W60 Throws Pentathlon

Name	Age	Team	Seed	Finals	Points
1	Erasmus, Zelda	W63	Bolma	2821	10
2	Stofberg, Tertia	W62	WPA	2451	8

W65 Throws Pentathlon

Name	Age	Team	Seed	Finals	Points
1	Ferreira, Mercia	W67	CGMA	3255	10
2	Durant, Marita	W65	SWD	3076	8
3	Van Eck, Suzi	W66	GNMA	2717	6
4	Du Toit, Aletta	W65	WPA	2319	5

W70 Throws Pentathlon

Name	Age	Team	Seed	Finals	Points
1	Grobbelaar, Elize	W70	WPA	2779	10

W75 Throws Pentathlon

Name	Age	Team	Seed	Finals	Points
1	England, Penny	W75	AVT	4203	10
2	Kuppe, Hella	W75	Namibia	3464	8

3 Bellingham, Julie W77 Namibia 2617 6

W80 Throws Pentathlon

Name	Age Team	Seed	Finals	Points
1 Janeke, Hannetjie	W80 AVT		2463	10

M35 Throws Pentathlon

Name	Age Team	Seed	Finals	Points
1 Meintjies, Pieter	M39 GNMA		2306	10
2 Botha, Bennie	M37 CGMA		1660	8

M40 Throws Pentathlon

Name	Age Team	Seed	Finals	Points
1 Potgieter, Dirk	M44 Namibia		2617	10
2 Slabbert, Morne	M40 Nwna		1847	8
3 Nel, Hennie	M40 CGMA		1716	6

M45 Throws Pentathlon

Name	Age Team	Seed	Finals	Points
1 Venter, Martin	M45 GNMA		3932	10
2 Swanepoel, Jan	M45 GNMA		3158	8
3 Nel, Jan	M46 CGMA		2797	6
4 Potgieter, Gerhard	M47 WPA		2715	5
5 Boshoff, Jaco	M47 GNMA		2408	4

M60 Throws Pentathlon

Name	Age Team	Seed	Finals	Points
1 Bester, Marius	M64 CGMA		3343	10
2 Du Plessis, Slappie	M64 AVT		2863	8
3 Ferreira, Frik	M60 GNMA		2813	6
4 Wiese, Juan	M60 GNMA		2580	5

M65 Throws Pentathlon

Name	Age Team	Seed	Finals	Points
1 Solms, John	M67 GNMA		3001	10
2 Smit, Reuben	M66 GNMA		2801	8
3 Erasmus, Nick	M65 Bolma		2753	6

W30 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Willemse, Rhoda	W34 GNMA		28:26,62	28:26,63 69,55%	10
2 Patterson, Lisa	W34 CGMA		28:36,81	28:36,82 69,14%	8

W35 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Viljoen, Ronel	W37 GNMA		28:34,30	28:18,19 69,90%	10
2 Le Roux, Liezel	W36 GNMA		34:02,83	33:43,63 58,66%	8

W40 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Lendrum, Bronwyn	W42 CGMA		31:33,77	30:22,76 65,12% 10

W45 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Katrakazas, Susan	W49 GNMA		30:31,37	28:14,02 70,07% 10
2 Brown, Jennifer	W48 KZN		34:00,29	31:27,27 62,89% 8

W50 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Phillips, Lauren	W51 CGMA		30:34,65	27:06,61 72,97% 10
2 Ruck, Celeste	W51 GNMA		31:23,20	27:49,65 71,09% 8
3 Kichenbrand, Frances	W54 GNMA		31:42,31	28:06,59 70,38% 6
4 Coetzee, Fia	W54 GNMA		34:17,28	30:23,99 65,08% 5

W55 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Scheepers, Celeste	W56 GNMA		31:04,80	26:15,95 75,32% 10
2 Coats, Avril	W59 CGMA		31:22,92	26:31,26 74,60% 8
3 Rothero, Carol	W59 CGMA		32:46,80	27:42,15 71,41% 6
4 Jacobs, Caroline	W55 CGMA		33:26,06	28:15,33 70,02% 5
5 Nortman, Tinkie	W55 GNMA		33:30,42	28:19,01 69,86% 4

W60 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
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1	Nell, Barbara	W61 CGMA	28:49,86	23:04,76	85,72%	10
2	Knoetze, Retha	W61 GNMA	32:03,42	25:39,70	77,09%	8
3	Willemse, Lucia	W61 GNMA	32:11,53	25:46,20	76,77%	6
4	Smith, Susan	W60 KZN	32:22,23	25:54,76	76,35%	5
5	King, Moira	W60 KZN	35:12,94	28:11,41	70,18%	4
6	Pellew, Sheila	W64 KZN	37:03,73	29:40,10	66,68%	3

W65 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Meyer, Elsa	W69 GNMA		30:23,47	22:52,71	86,47% 10
2 Koekemoer, Winnie	W65 GNMA		31:00,32	23:20,45	84,76% 8
3 Bignaut, Frieda	W65 WPA		32:54,11	24:46,12	79,87% 6
4 Stead, Ann	W69 WPA		34:21,71	25:52,06	76,48% 5
5 Van der Walt, Carol	W66 GNMA		34:51,24	26:14,29	75,40% 4
6 Zehmke, Lorraine	W66 SWD		36:00,78	27:06,64	72,97% 3

W70 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Greyvenstein, Annatjie	W71 GNMA		31:49,20	22:20,26	88,56% 10
2 Vey, Hildegard	W74 WPA		35:41,25	25:03,16	78,97% 8
3 Clements, Jeanette	W70 GNMA		46:46,83	32:50,40	60,24% 6

W75 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Norton, Margaret	W76 WPA		41:13,87	26:43,57	74,02% 10

M35 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Collins, Ihan	M36 AVT		27:22,88	26:52,16 66,84% 10

M45 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Appel, Joseph	M46 GNMA		29:12,90	26:40,05 67,35% 10
2 Hines, Dennis	M48 WPA		30:00,79	27:23,77 65,56% 8

M50 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Phillips, Kevin	M52 CGMA		26:11,61	22:56,58 78,28% 10
2 Oosthuizen, Frans	M54 GNMA		27:38,44	24:12,63 74,18% 8
3 Britz, Chris	M52 GNMA		28:05,85	24:36,64 72,98% 6
4 Thwahlaka, Teboho	M51 Nwna		32:28,43	28:26,64 63,14% 5
5 Small, Klaus	M52 Bolma		33:34,98	29:24,93 61,06% 4

M55 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Bester, Jan	M56 GNMA		28:03,55	23:32,50 76,29% 10
2 Bosman, Marius	M59 GNMA		29:05,24	24:24,26 73,59% 8
3 Willemse, Jaap	M59 GNMA		29:09,60	24:27,92 73,41% 6

M60 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Patterson, Ray	M63 GNMA		28:27,73	22:47,21 78,82% 10
2 Callaghan, Chris	M63 GNMA		29:37,37	23:42,97 75,73% 8
3 Labuschagne, Danie	M60 GNMA		31:43,67	25:24,08 70,70% 6
4 Zalani, Stephen	M61 CGMA		38:39,79	30:57,23 58,02% 5

M65 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Zyl, Johannes	M67 WPA		29:47,85	22:38,77 79,31% 10
2 Williams, Les	M65 KZN		32:55,29	25:01,23 71,78% 8
3 Smook, Hendry	M66 AFS		35:00,30	26:36,23 67,51% 6

M70 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van den Raad, Gerard	M72 GNMA		31:08,36	22:19,62 80,44% 10
2 Clements, Fred	M72 GNMA		33:50,56	24:15,92 74,02% 8
3 Wagner, Holger	M70 GNMA		34:05,78	24:26,83 73,46% 6

M75 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Spencer, Jurgen	M76 WPA		31:25,78	21:06,87 85,06% 10
2 Goatley, Ray	M79 KZN		36:44,98	24:41,31 72,75% 8
3 De Klerk, Cas	M76 Nwna		36:51,64	24:45,79 72,53% 6

M80 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Grobler, Frans	M84 GNMA		52:40,42	32:53,37 54,61% 10

M85 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van de Venter, John	M88 GNMA		50:02,95	28:45,50 62,45% 10

M45 10000 Meter Race Walk 10km Road Wa

Name	Age Team	Seed	Finals	Age-Grading Points
1 Appel, Joseph	M46 GNMA		59:22,00	54:32,06 68,18% 10

M50 10000 Meter Race Walk 10km Road Wa

Name	Age Team	Seed	Finals	Age-Grading Points
1 Oosthuizen, Frans	M54 GNMA		1:01:20,00	54:05,40 68,74% 10
2 Thwahlaka, Teboho	M51 Nwna		1:03:28,00	55:58,28 66,43% 8

M55 10000 Meter Race Walk 10km Road Wa

Name	Age Team	Seed	Finals	Age-Grading Points
1 Bester, Jan	M56 GNMA		55:49,00	47:10,92 78,81% 10
2 Bosman, Marius	M59 GNMA		1:02:30,00	52:49,88 70,38% 8

M60 10000 Meter Race Walk 10km Road Wa

Name	Age Team	Seed	Finals	Age-Grading Points
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1 Patterson, Ray           M63 GNMA           58:16,00  47:01,98  79,06%  10
2 Labuschagne, Danie      M60 GNMA           1:04:15,00  51:51,76  71,70%   8

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M65 10000 Meter Race Walk 10km Road Wa

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Name                Age Team           Seed      Finals      Age-Grading Points
=====
1 Van Zyl, Johannes  M67 WPA           1:00:47,00  46:34,70  79,83%  10
2 Williams, Les      M65 KZN           1:06:40,00  51:05,21  72,78%   8

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M70 10000 Meter Race Walk 10km Road Wa

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Name                Age Team           Seed      Finals      Age-Grading Points
=====
1 Van den Raad, Gerard M72 GNMA          1:05:49,00  47:33,16  78,19%  10
2 Clements, Fred     M72 GNMA          1:11:13,00  51:27,25  72,27%   8
3 Watson, Mathew     M71 WPA           1:25:02,00  1:01:26,20  60,52%   6

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M75 10000 Meter Race Walk 10km Road Wa

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Name                Age Team           Seed      Finals      Age-Grading Points
=====
1 Spencer, Jurgen    M76 WPA           1:04:05,00  43:18,46  85,86%  10

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....M75 10000 Meter Race Walk 10km Road

Combined Team Scores - 29 Events Scored

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1) Gauteng Noord Meesters Atl1089      2) Central Gauteng MasteAthl 522
3) KwaZulu-Natal Athletics 355      4) Western Province athletic 323
5) South Western Districts At 127      6) North West North Athletic 91

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7) Athletics Vaal Triangle	81	8) Athletics Free State	73
9) Eastern Province Masters A	59	10) Boland Masters Athletics	52
11) Border	46	12) Namibia	42
13) Central North West	10	14) New Zealand	5