

CGMA champs 2019 - 13 Apr 2019
Germiston
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W30 100 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#	Alternate
Finals						
1 Janse van Rensburg, Loui	W30	Central Gauteng	13.50	13.51 77.70%	3	
2 Fourie, Nadine	W30	Central North West	13.75	13.76 76.29%	3	

W35 100 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Potgieter, Fiona	W38	Gauteng North	12.98	12.86 81.66%	3	
2 Walters, Elmarie	W35	Vaal Triangle	13.12	12.99 80.79%	3	
3 Venter, Nicole	W35	Gauteng North	13.40	13.27 79.10%	3	
4 Mare, Leoni	W39	Gauteng North	13.97	13.84 75.88%	3	
5 Smit, Alicia	W39	Gauteng North	14.29	14.15 74.18%	3	

W40 100 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Joubert, Charnie	W40	Gauteng North	13.35	12.75 82.32%	2	
2 Olivier, Christa	W44	North West North	13.49	12.89 81.47%	2	
3 Rossouw, Juanita	W40	Vaal Triangle	14.60	13.95 75.27%	2	

W45 100 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Dacey, Roslynd	W45	Central Gauteng	15.44	14.20 73.90%	2	
2 Hanekom, Tania	W47	Gauteng North	15.76	14.50 72.40%	2	

W50 100 Meter Dash

Name	Age	Team	Finals	Age-Grading	Alternate
1 de Winnaar, Winnie	W52	Central Gauteng	13.34	11.80 88.91%	

W55 100 Meter Dash

Name	Age	Team	Finals	Age-Grading	Alternate
1 Gouws, Makkie	W57	Gauteng North	18.05	15.33 68.42%	
2 du Plessis, Eveline	W59	Free State	20.66	17.55 59.78%	

W65 100 Meter Dash

Name	Age	Team	Finals	Age-Grading	Alternate
1 Claassen, Stephanie	W67	Gauteng North	17.38	13.54 77.50%	
2 Immelman, Pamela	W69	Central Gauteng	18.30	14.26 73.61%	

M30 100 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 De Beer, Willem	M31	Gauteng North	11.06	11.07 88.52%	7	
2 Boucher, Anton	M32	Central Gauteng	11.31	11.32 86.56%	7	
3 Msinga, Lesang Gilbert	M33	Central North West	11.51	11.52 85.06%	7	
4 van Heerden, Stefan	M34	Central Gauteng	11.75	11.76 83.32%	7	

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M35 100 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Jordaan, Rudi	M35 Central Gauteng	11.71	11.56 84.71%	6
2 Kaltamo, Abraham	M36 Central Gauteng	11.74	11.59 84.50%	6
3 Makaula, Lwandile	M36 Central Gauteng	13.76	13.58 72.09%	6

M40 100 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Baartman, Roger	M41 Gauteng North	11.86	11.36 86.17%	5
2 Dunn, Marlon	M41 Central Gauteng	12.33	11.81 82.89%	5
3 Twaala, Abraham	M43 Central Gauteng	12.36	11.84 82.69%	5

M45 100 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Jewaskiewitz, Deon	M46 Gauteng North	11.79	10.95 89.40%	4
2 Potgieter, Thys	M47 Gauteng North	11.94	11.09 88.27%	4
3 Viljoen, Joe	M48 North West North	12.41	11.53 84.93%	4
4 Venter, Martinus	M45 Mpumalanga	12.60	11.71 83.65%	4
5 Rossouw, Hermie	M48 Vaal Triangle	12.62	11.73 83.52%	4
6 Vermeulen, Clinton	M47 Central Gauteng	13.04	12.12 80.83%	4
7 Meyer, Ewald	M45 Gauteng North	13.07	12.14 80.64%	4
8 Meyer, Heinrich	M48 Central Gauteng	14.50	13.47 72.69%	4

M50 100 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Hacker, Ian	M54 Central Gauteng	12.40	11.16 87.74%	3
2 Claassen, Nicolaas Lodew	M50 North West North	13.09	11.78 83.12%	3
3 Van Niekerk, Riaan	M52 Central Gauteng	13.34	12.01 81.56%	3

M55 100 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Shabalala, Thulani	M57 Central Gauteng	12.76	11.11 88.17%	3
2 Evans, Kevan	M58 Central Gauteng	14.21	12.37 79.17%	3
3 Katzenellenbogen, Patric	M59 Central Gauteng	22.96	19.99 49.00%	3

M60 100 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Mehlo, Minazana	M60 Eastern Province	13.37	11.25 87.06%	2
2 Napoli, Roberto	M64 Gauteng North	15.58	13.11 74.71%	2
3 Murphy, Andre	M61 Central Gauteng	17.32	14.58 67.21%	2

M65 100 Meter Dash

Name	Age Team	Finals	Age-Grading	Alternate
1 Claassen, Leonard	M68 Gauteng North	14.11	11.45 85.54%	
2 Xavier, Robert	M66 Eastern Province	14.16	11.49 85.24%	

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M70 100 Meter Dash

Name	Age Team	Finals	Age-Grading	Alternate
1 Stoltz, Conrad	M72 Mpumalanga	19.17	14.92	65.62%
2 de kock, bobby	M74 Free State	20.51	15.97	61.34%

M80 100 Meter Dash

Name	Age Team	Finals	Age-Grading	Alternate
1 Miekautsch, Hans	M83 Central Gauteng	17.40	12.13	80.75%
2 Stern, Eddy	M81 Central Gauteng	22.47	15.66	62.53%

W30 200 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Janse van Rensburg, Loui	W30 Central Gauteng	27.92	27.93	76.43%	3
2 Fourie, Nadine	W30 Central North West	28.72	28.73	74.30%	3

W35 200 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Walters, Elmarie	W35 Vaal Triangle	27.07	26.27	81.27%	3
2 Mare, Leoni	W39 Gauteng North	28.60	27.75	76.92%	3
3 Sloan, Susan	W37 Central Gauteng	31.04	30.12	70.88%	3

W40 200 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Joubert, Charnie	W40 Gauteng North	28.29	26.43	80.74%	1
2 Olivier, Christa	W44 North West North	28.32	26.46	80.65%	2
3 Kruger, Petro	W40 Gauteng North	29.37	27.44	77.77%	2

W45 200 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Cloete, Wendy	W47 Gauteng North	30.63	27.52	77.57%	2
2 Lubbe, Elsabé	W45 North West North	31.10	27.94	76.40%	2
3 Dacey, Roslynd	W45 Central Gauteng	32.48	29.18	73.15%	2

W50 200 Meter Dash

Name	Age Team	Finals	Age-Grading	Alternate
1 de Winnaar, Winnie	W52 Central Gauteng	27.99	24.14	88.42%

W65 200 Meter Dash

Name	Age Team	Finals	Age-Grading	Alternate
1 Claassen, Stephanie	W67 Gauteng North	38.05	28.70	74.35%
2 Immelman, Pamela	W69 Central Gauteng	40.91	30.86	69.15%

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M30 200 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 De Beer, Willem	M31	Gauteng North	22.07	22.08 87.54%	7	
2 Msinga, Lesang Gilbert	M33	Central North West	24.13	24.14 80.07%	7	

M35 200 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Kaltamo, Abraham	M36	Central Gauteng	23.89	23.51 82.21%	6	
2 Jordaan, Rudi	M35	Central Gauteng	24.12	23.73 81.43%	6	
3 Makaula, Lwandile	M36	Central Gauteng	25.25	24.84 77.78%	6	

M40 200 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Baartman, Roger	M41	Gauteng North	24.79	23.64 81.73%	5	
2 Dunn, Marlon	M41	Central Gauteng	24.96	23.81 81.17%	5	
3 Twaala, Abraham	M43	Central Gauteng	25.06	23.90 80.85%	5	

M45 200 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Jewaskiewitz, Deon	M46	Gauteng North	23.63	21.83 88.53%	4	
2 Viljoen, Joe	M48	North West North	24.59	22.71 85.08%	4	
3 Rossouw, Hermie	M48	Vaal Triangle	25.04	23.13 83.55%	4	
4 Venter, Martinus	M45	Mpumalanga	25.69	23.73 81.43%	4	
5 Vermeulen, Clinton	M47	Central Gauteng	25.83	23.86 80.99%	4	

M50 200 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Claassen, Nicolaas Lodew	M50	North West North	26.32	23.52 82.18%	3	
2 Van Niekerk, Riaan	M52	Central Gauteng	27.86	24.90 77.64%	3	

M55 200 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Shabalala, Thulani	M57	Central Gauteng	26.22	22.64 85.35%	3	

M60 200 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Tlapu, Bobie	M62	Gauteng North	26.63	22.19 87.08%	2	
2 Mehlo, Minazana	M60	Eastern Province	26.69	22.24 86.89%	2	
3 Booysen, Hendrik	M62	Central Gauteng	30.02	25.02 77.25%	2	
4 Murphy, Andre	M61	Central Gauteng	36.12	30.10 64.20%	2	

M65 200 Meter Dash

Name	Age	Team	Finals	Age-Grading	Alternate
1 Claassen, Leonard	M68	Gauteng North	28.87	23.12 83.58%	
2 Xavier, Robert	M66	Eastern Province	29.22	23.40 82.58%	

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M70 200 Meter Dash

Name	Age Team	Finals	Age-Grading	Alternate
1 Stoltz, Conrad	M72 Mpumalanga	42.19	32.25 59.92%	
2 de kock, bobby	M74 Free State	44.01	33.64 57.44%	

W29&U 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Phaho, Daisy	W26 Central Gauteng	1:07.39	1:07.40	70.63%	2

W30 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Fourie, Nadine	W30 Central North West	1:09.52	1:09.53	68.47%	2

W35 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Botha, Mariette	W35 Central Gauteng	1:03.27	1:02.00	76.78%	2
2 Sloan, Susan	W37 Central Gauteng	1:07.90	1:06.54	71.55%	2

W40 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Jaray-Venter, Melinda	W41 Eastern Province	1:00.53	56.85	83.74%	2

W45 400 Meter Dash

Name	Age Team	Finals	Age-Grading	Alternate
1 Cloete, Wendy	W47 Gauteng North	1:08.32	1:01.38	77.56%
2 Lubbe, Elsabé	W45 North West North	1:09.82	1:02.72	75.90%

W50 400 Meter Dash

Name	Age Team	Finals	Age-Grading	Alternate
1 de Winnaar, Winnie	W52 Central Gauteng	1:04.19	55.05	86.48%
2 Vermeulen, Salome	W52 Gauteng North	1:06.22	56.79	83.83%

W70 400 Meter Dash

Name	Age Team	Finals	Age-Grading	Alternate
1 Visser, Maria Cornelia	W72 Central Gauteng	1:16.16	50.29	94.67%

M30 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 De Beer, Willem	M31 Gauteng North	48.39	48.40	89.23%	4

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M35 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Kaltamo, Abraham	M36 Central Gauteng	52.05	50.25 85.94%	4

M40 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Odendaal, Willem	M44 North West North	57.53	53.82 80.24%	3
2 van Zyl, Andrew	M44 Central Gauteng	59.51	55.67 77.57%	3

M45 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Moraope, Spencer	M46 North West North	51.45	46.59 92.69%	3
2 Viljoen, Joe	M48 North West North	53.49	48.43 89.16%	3
3 Venter, Martinus	M45 Mpumalanga	58.10	52.61 82.08%	3

M50 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Alternate
1 du Plooy, Anton	M53 Central Gauteng	58.34	51.08 84.56%	2
2 Claassen, Nicolaas Lodew	M50 North West North	1:02.06	54.33 79.49%	2

M55 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Knipe, Francois	M57 Gauteng North	1:03.92	54.04 79.91%	2
2 Sina, Tumelo	M57 Central Gauteng	1:06.18	55.95 77.18%	2
3 Smit, Winston	M57 Gauteng North	1:08.19	57.65 74.91%	2

M60 400 Meter Dash

Name	Age Team	Finals	Age-Grading	Alternate
1 Mehlo, Minazana	M60 Eastern Province	1:05.49	53.41 80.87%	
2 Murphy, Andre	M61 Central Gauteng	1:30.51	1:13.81 58.51%	
-- Napoli, Roberto	M64 Gauteng North	DNF		

M65 400 Meter Dash

Name	Age Team	Finals	Age-Grading	Alternate
1 Claassen, Leonard	M68 Gauteng North	1:06.55	52.15 82.79%	

W35 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Venter, Nicole	W35 Gauteng North	2:20.19	2:19.51 81.20%	
2 Sloan, Susan	W37 Central Gauteng	2:32.71	2:31.97 74.55%	
3 Sehloho, Boitumelo	W35 Central Gauteng	2:55.62	2:54.76 64.82%	

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W40 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Jaray-Venter, Melinda	W41 Eastern Province	2:20.17	2:13.69	84.74%

W45 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Lubbe, Elsabé	W45 North West North	2:40.82	2:26.72	77.21%

W50 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Vermeulen, Salome	W52 Gauteng North	2:24.70	2:06.02	89.89%

W60 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Ceronio, Marietjie	W61 Vaal Triangle	3:07.73	2:27.34	76.89%

W70 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Visser, Maria Cornelia	W72 Central Gauteng	4:25.49	2:59.26	63.19%

M30 800 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Folster, Ryan	M33 Central Gauteng	2:11.98	2:11.99	76.61%	2

M35 800 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Thomas, Siyavuya	M36 Central Gauteng	2:09.23	2:08.16	78.90%	2
2 Seema, MacDonald	M37 Central Gauteng	2:30.82	2:29.57	67.60%	2

M40 800 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Odendaal, Willem	M44 North West North	2:09.72	2:04.02	81.53%	2
2 van Zyl, Andrew	M44 Central Gauteng	2:14.96	2:09.03	78.36%	2
3 koekemoer, lourens	M44 Gauteng North	2:44.68	2:37.44	64.22%	2

M45 800 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Moraope, Spencer	M46 North West North	2:02.35	1:52.60	89.80%	2
2 Viljoen, Joe	M48 North West North	2:06.42	1:56.35	86.91%	2
3 Helena, Andrew	M46 Free State	2:10.94	2:00.51	83.91%	2
4 Stroebel, Wimpie	M46 Central Gauteng	2:39.62	2:26.90	68.83%	2

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M50 800 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 du Plooy, Anton	M53 Central Gauteng	2:12.80	1:57.49 86.06%

M55 800 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Knipe, Francois	M57 Gauteng North	2:30.15	2:07.48 79.31%
2 Smit, Winston	M57 Gauteng North	2:38.46	2:14.54 75.15%
3 Sina, Tumelo	M57 Central Gauteng	2:47.11	2:21.88 71.26%

M60 800 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Rudd, Philip	M63 Central Gauteng	2:44.96	2:14.17 75.36%
2 Booysen, Hendrik	M62 Central Gauteng	2:58.36	2:25.07 69.70%

W45 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Britz, Louise	W49 Vaal Triangle	7:10.86	6:29.59 59.67%

W55 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Theunissen, Emmarie	W58 Gauteng North	6:14.87	5:07.85 75.52%

W60 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Ceronio, Marietjie	W61 Vaal Triangle	6:27.75	5:00.86 77.27%

W65 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Greenblatt, Elaine	W69 Central Gauteng	8:34.19	6:12.38 62.43%

M35 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Thomas, Siyavuya	M36 Central Gauteng	4:28.21	4:25.88 77.48%
2 Swart, Friedrich	M38 Gauteng North	4:40.38	4:37.95 74.12%
3 Seema, MacDonald	M37 Central Gauteng	5:17.86	5:15.10 65.38%

M40 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Lotz, Corne	M44 Gauteng North	4:33.19	4:20.05 79.22%
2 Odendaal, Willem	M44 North West North	4:51.17	4:37.17 74.32%

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M45 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Helena, Andrew	M46 Free State	4:41.18	4:16.58	80.29%
2 Stroebel, Wimpie	M46 Central Gauteng	5:49.04	5:18.50	64.68%

M50 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 du Plooy, Anton	M53 Central Gauteng	4:46.18	4:09.87	82.44%
2 Copeland, Andrew	M53 Central Gauteng	5:08.14	4:29.04	76.57%
3 de beer, Sollie	M52 Central Gauteng	5:09.14	4:29.92	76.32%
4 Kotze, Flippie	M50 Free State	5:53.02	5:08.23	66.83%

M55 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Matsimela, Diau-Moses	M55 Central Gauteng	5:31.81	4:36.64	74.47%
2 Walkercampbell, Bob	M58 Central Gauteng	5:40.99	4:44.29	72.46%

M70 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Connolly, Phil	M70 Central Gauteng	7:04.18	5:00.28	68.60%
2 de kock, bobby	M74 Free State	9:24.06	6:39.30	51.59%

M35 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Burger, Karel	M38 Central Gauteng	16:42.50	16:42.51	75.51%
2 Thomas, Siyavuya	M36 Central Gauteng	16:49.90	16:49.91	74.96%
3 Seema, MacDonald	M37 Central Gauteng	19:41.20	19:41.21	64.09%

W35 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Labuschagne, Amanda	W38 Free State	25:44.80	2:34.49	59.74%

W40 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Marais, Ilse	W41 Central Gauteng	20:49.50	20:21.39	70.79%

W45 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Jennett, Melanie	W46 Central Gauteng	21:40.60	19:50.05	72.66%
2 Blignaut, Tania	W46 Gauteng North	22:49.30	20:52.92	69.01%
3 Britz, Louise	W49 Vaal Triangle	26:07.60	23:54.36	60.28%

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M45 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Miya, Esau	M49 Central Gauteng	19:16.70	17:55.97	70.36%
2 Stroebel, Wimpie	M46 Central Gauteng	21:32.60	20:02.38	62.96%

W50 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Reis, Monica	W54 Central Gauteng	25:23.90	22:09.61	65.03%
2 Venter, Laura	W53 Central Gauteng	26:06.50	22:46.78	63.26%

M50 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 de beer, Sollie	M52 Central Gauteng	18:53.20	16:54.56	74.61%
2 Copeland, Andrew	M53 Central Gauteng	19:54.20	17:49.17	70.80%
3 Kotze, Flippie	M50 Free State	21:23.60	19:09.21	65.87%

W55 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Geyer, Johanna	W59 Gauteng North	20:55.50	17:22.07	82.98%
2 Loots, Rita	W56 Central Gauteng	25:02.50	20:47.08	69.34%

M55 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Tredrea, Dave	M55 Central Gauteng	20:02.20	17:14.38	73.18%
-- Matsimela, Diau-Moses	M55 Central Gauteng	DQ		

M60 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Burger, Eckert	M62 Central Gauteng	24:13.60	19:59.95	63.09%

W65 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Greenblatt, Elaine	W69 Central Gauteng	27:46.30	20:25.24	70.57%

M65 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Reed, Chris	M68 Central Gauteng	22:57.90	18:07.44	69.61%
2 Teffo, Maxwell	M68 Central Gauteng	24:50.80	19:36.54	64.34%

M70 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Connolly, Phil	M70 Central Gauteng	23:20.40	17:27.50	72.27%
2 de kock, bobby	M74 Free State	28:53.50	21:36.66	58.38%

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W40 80 Short Hurdles

Name	Age Team	Finals	Age-Grading Alternate
1 Olivier, Christa	W44 North West North	13.67	16.18 75.49%
2 Rossouw, Juanita	W40 Vaal Triangle	14.83	17.55 69.59%

W45 80 Short Hurdles

Name	Age Team	Finals	Age-Grading Alternate
1 Raubenheimer, Elaine	W49 Central Gauteng	13.09	14.29 85.49%

W50 80 Short Hurdles

Name	Age Team	Finals	Age-Grading Alternate
1 Barnard, Charmain	W50 Gauteng North	13.09	14.36 85.10%

M80 80 Short Hurdles

Name	Age Team	Finals	Age-Grading Alternate
1 Miekautsch, Hans	M83 Central Gauteng	19.99	17.82 72.49%

M60 100 Short Hurdles

Name	Age Team	Finals	Age-Grading Alternate
1 Gouws, Johan	M60 Gauteng North	16.79	15.14 85.35%
2 Rudd, Philip	M63 Central Gauteng	22.20	20.01 64.55%
3 Napoli, Roberto	M64 Gauteng North	24.24	21.85 59.12%

W35 2000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading Alternate
1 Labuschagne, Amanda	W38 Free State	10:57.79	15:12.75 59.34%

W50 2000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading Alternate
1 Horn, Alta	W51 Free State	10:59.02	13:33.63 66.57%
2 Venter, Laura	W53 Central Gauteng	10:59.22	13:33.88 66.55%

W55 2000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading Alternate
1 Geyer, Johanna	W59 Gauteng North	10:13.02	12:09.99 74.19%

M60 2000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading Alternate
1 Burger, Eckert	M62 Central Gauteng	10:54.63	13:14.66 59.60%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M70 2000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading Alternate
1 Connolly, Phil	M70 Central Gauteng	10:43.79	10:34.14 74.69%
2 de kock, bobby	M74 Free State	13:55.83	13:43.30 57.53%

M35 3000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading Alternate
1 Swart, Albie	M38 Free State	16:01.72	15:23.74 51.27%

M50 3000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading Alternate
1 de beer, Sollie	M52 Central Gauteng	12:27.76	10:25.81 75.68%
2 Kotze, Flippie	M50 Free State	13:30.08	11:17.96 69.86%

W30 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Krugell, Berné	W31 Central Gauteng	1.60m	1.60m 76.56%

W35 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Botha, Mariette	W35 Central Gauteng	1.69m	1.77m 84.92%
2 Labuschagne, Amanda	W38 Free State	1.35m	1.41m 67.84%
3 Mare, Leoni	W39 Gauteng North	1.30m	1.36m 65.33%

W45 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Raubenheimer, Elaine	W49 Central Gauteng	1.20m	1.39m 66.67%

W50 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Venter, Laura	W53 Central Gauteng	1.06m	1.29m 61.99%

W65 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Claassen, Stephanie	W67 Gauteng North	1.09m	1.60m 76.76%

M40 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Vermeulen, Brandon	M43 Central Gauteng	1.75m	1.83m 74.79%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M45 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Goliath, Wayne	M45 Gauteng North	1.60m	1.76m 72.07%
2 Pubalakan, Trevor	M47 Central Gauteng	1.35m	1.48m 60.81%

M50 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Simons, David	M51 Gauteng North	1.56m	1.81m 73.93%
2 Lombard, Bertus	M50 Gauteng North	1.51m	1.75m 71.56%

M55 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Bezuidenhout, Vic	M57 Gauteng North	1.51m	1.85m 75.50%

M60 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Gouws, Johan	M60 Gauteng North	1.51m	1.96m 80.32%
2 Peet, Grové	M64 Central Gauteng	1.37m	1.78m 72.87%
3 Napoli, Roberto	M64 Gauteng North	1.30m	1.69m 69.15%
3 du Toit, Sarel	M64 Gauteng North	1.30m	1.69m 69.15%

M80 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Miekautsch, Hans	M83 Central Gauteng	1.20m	2.06m 84.51%

W40 Pole Vault

Name	Age Team	Finals	Age-Grading Alternate
1 Strydom, Ida-Marie	W43 Gauteng North	3.30m	3.77m 73.33%

M60 Pole Vault

Name	Age Team	Finals	Age-Grading Alternate
1 Smit, Deon	M62 Gauteng North	2.20m	3.13m 51.04%

M70 Pole Vault

Name	Age Team	Finals	Age-Grading Alternate
1 De Senneville, Jean-Mich	M71 Central Gauteng	2.70m	4.57m 74.59%

M80 Pole Vault

Name	Age Team	Finals	Age-Grading Alternate
1 Miekautsch, Hans	M83 Central Gauteng	1.70m	3.55m 58.02%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W35 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Smit, Alicia	W39 Gauteng North	4.99m	5.23m 69.69%
2 Mare, Leoni	W39 Gauteng North	4.21m	4.42m 58.80%

W40 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Kruger, Petro	W40 Gauteng North	4.59m	5.09m 67.80%
2 Rossouw, Juanita	W40 Vaal Triangle	4.25m	4.71m 62.78%
3 Paxton, Mariska	W40 Central Gauteng	3.89m	4.31m 57.46%

W45 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Hanekom, Tania	W47 Gauteng North	3.79m	4.46m 59.31%

W50 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Bridgland, Esmarie	W50 North West North	2.76m	3.46m 46.00%

W55 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Gouws, Makkie	W57 Gauteng North	3.08m	4.12m 54.90%

M30 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 van Heerden, Stefan	M34 Central Gauteng	5.96m	5.96m 66.59%

M40 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 McClintock, Martin	M43 Gauteng North	6.61m	7.20m 80.51%
2 Baartman, Roger	M41 Gauteng North	5.53m	6.02m 67.36%

M45 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Goliath, Wayne	M45 Gauteng North	5.58m	6.44m 72.00%

M50 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Simons, David	M51 Gauteng North	4.77m	5.86m 65.52%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M60 Long Jump

Name	Age Team	Finals	Age-Grading	Alternate
1 Napoli, Roberto	M64 Gauteng North	3.76m	5.29m	59.12%
2 du Toit, Sarel	M64 Gauteng North	3.49m	4.91m	54.87%

M65 Long Jump

Name	Age Team	Finals	Age-Grading	Alternate
1 Xavier, Robert	M66 Eastern Province	3.95m	5.99m	67.06%

M70 Long Jump

Name	Age Team	Finals	Age-Grading	Alternate
1 Stoltz, Conrad	M72 Mpumalanga	3.16m	5.20m	58.20%
2 de kock, bobby	M74 Free State	2.08m	3.42m	38.31%

M80 Long Jump

Name	Age Team	Finals	Age-Grading	Alternate
1 Miekautsch, Hans	M83 Central Gauteng	3.22m	6.40m	71.56%

W29&U Triple Jump

Name	Age Team	Finals	Age-Grading	Alternate
1 Schutte, Somien	W20 Gauteng North	11.87m	11.87m	76.58%

W35 Triple Jump

Name	Age Team	Finals	Age-Grading	Alternate
1 Smit, Alicia	W39 Gauteng North	10.12m	10.30m	66.49%

M30 Triple Jump

Name	Age Team	Finals	Age-Grading	Alternate
1 van Heerden, Stefan	M34 Central Gauteng	12.98m	12.98m	70.97%

M45 Triple Jump

Name	Age Team	Finals	Age-Grading	Alternate
1 Goliath, Wayne	M45 Gauteng North	10.82m	12.19m	66.67%

M50 Triple Jump

Name	Age Team	Finals	Age-Grading	Alternate
1 Simons, David	M51 Gauteng North	9.80m	11.74m	64.22%

M60 Triple Jump

Name	Age Team	Finals	Age-Grading	Alternate
1 Camhee, Kurt	M62 Central Gauteng	6.94m	9.52m	52.06%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W30 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Wolmarans, Christine	W31 Gauteng North	8.93m	8.93m	39.46%

W35 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Swart, Jurinda	W35 Free State	9.21m	9.54m	42.19%

W40 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Strauss, Michelle	W44 Gauteng North	8.33m	9.24m	40.85%

W45 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Jordaan, Antonette	W47 Gauteng North	10.62m	12.68m	56.04%
2 Maloney, Anneline	W49 Gauteng North	6.20m	7.40m	32.72%

W50 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Barnard, Charmain	W50 Gauteng North	12.34m	15.55m	68.75%
2 Flynn, Judy	W53 Gauteng North	10.33m	13.02m	57.55%
3 Horn, Alta	W51 Free State	7.78m	9.80m	43.34%

W55 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Hennop, Ansie	W56 Gauteng North	8.40m	11.51m	50.88%
2 Minnie, Valerie	W59 Gauteng North	7.80m	10.69m	47.24%

W65 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Eck, Suzi	W69 Gauteng North	6.71m	11.13m	49.23%

W70 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Fourie, Ena	W73 Gauteng North	8.51m	15.79m	69.81%
2 Ferreira, Mercia	W70 Central Gauteng	8.42m	15.62m	69.07%
3 vosloo, ella	W70 Central Gauteng	6.64m	12.32m	54.47%

M35 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 van Vreden, Hendrik-Juan	M37 Central Gauteng	12.80m	13.27m	57.42%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M40 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Nel, Hennie	M43 Central Gauteng	10.32m	11.49m	49.71%
2 Botha, Bennie	M40 Central Gauteng	8.65m	9.63m	41.67%

M45 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Venter, Martin	M48 Gauteng North	13.65m	16.41m	70.98%
2 Swanepoel, Jan	M48 Gauteng North	13.36m	16.06m	69.47%
3 Watson, Rowan	M49 Gauteng North	12.61m	15.16m	65.57%
4 Jacobs, Leon	M49 Vaal Triangle	9.75m	11.72m	50.70%
5 Roode, Eurard	M45 Central Gauteng	8.76m	10.53m	45.55%

M50 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Scheepers, Conradie	M51 Free State	15.41m	18.06m	78.10%
2 DU Toit, Johannes	M51 Central Gauteng	13.38m	15.68m	67.82%
3 Mulder, Francois	M52 Central Gauteng	12.52m	14.67m	63.46%
4 Hacker, Ian	M54 Central Gauteng	10.90m	12.77m	55.25%
5 de Beer, Andre	M50 Central Gauteng	10.26m	12.02m	52.00%
6 Ras, Gerald	M53 Gauteng North	9.95m	11.66m	50.43%
7 Odendaal, Dirk	M53 Gauteng North	9.60m	11.25m	48.66%

M55 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M57 Gauteng North	14.93m	18.97m	82.03%
2 Bezuidenhout, Vic	M57 Gauteng North	12.36m	15.70m	67.91%
3 Ras, Peter	M56 Gauteng North	9.97m	12.66m	54.78%
4 Botes, Hannes	M59 Central Gauteng	8.32m	10.57m	45.71%

M60 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Smit, Reuben	M62 Gauteng North	9.41m	11.74m	50.81%
2 Graham, Martin	M62 Vaal Triangle	9.02m	11.25m	48.70%

M65 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 harding, jon	M65 Central Gauteng	11.06m	15.04m	65.10%

M70 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M71 Gauteng North	13.27m	16.99m	73.52%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M75 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Horn, Louis	M75 Vaal Triangle	9.28m	12.98m	56.17%

M80 Shot Put

Name	Age Team	Finals	Age-Grading	Alternate
1 Rzepecki, Andrzej	M82 KwaZulu Natal	10.51m	15.82m	68.42%

W30 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Malego, Mpho	W34 Central Gauteng	25.26m	25.26m	32.89%

W35 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Swart, Jurinda	W35 Free State	25.64m	26.58m	34.62%
2 Kotze, Lezanne	W37 Gauteng North	22.03m	22.84m	29.74%

W40 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Strauss, Michelle	W44 Gauteng North	23.57m	26.28m	34.22%

W45 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Jordaan, Antonette	W47 Gauteng North	33.76m	40.70m	53.01%
2 Maloney, Anneline	W49 Gauteng North	18.75m	22.60m	29.44%

W50 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Flynn, Judy	W53 Gauteng North	29.30m	38.46m	50.09%
2 Horn, Alta	W51 Free State	19.02m	24.96m	32.51%
3 Bridgland, Esmarie	W50 North West North	15.86m	20.82m	27.11%

W55 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Hennop, Ansie	W56 Gauteng North	24.57m	35.39m	46.09%
2 Minnie, Valerie	W59 Gauteng North	24.07m	34.67m	45.15%

W65 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Eck, Suzi	W69 Gauteng North	16.97m	30.42m	39.61%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W70 Discus Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Ferreira, Mercia	W70	Central Gauteng	19.65m	40.36m	52.55%
2 Fourie, Ena	W73	Gauteng North	17.39m	35.72m	46.51%
3 vosloo, ella	W70	Central Gauteng	15.46m	31.75m	41.35%

M35 Discus Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 van Vreden, Hendrik-Juan	M37	Central Gauteng	33.47m	33.94m	45.82%

M40 Discus Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Botha, Bennie	M40	Central Gauteng	27.87m	30.69m	41.44%
2 kirstein, Jaco	M41	North West North	27.42m	30.20m	40.77%
3 Nolte, Schalkwi	M43	Gauteng North	25.25m	27.81m	37.54%
4 Nel, Hennie	M43	Central Gauteng	25.00m	27.53m	37.17%
5 Makgalemek, Tsoshe John	M42	Central Gauteng	16.35m	18.00m	24.31%

M45 Discus Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Swanepoel, Jan	M48	Gauteng North	44.22m	53.28m	71.93%
2 Potgieter, Willem	M45	Central Gauteng	38.18m	46.00m	62.10%
3 Watson, Rowan	M49	Gauteng North	36.50m	43.97m	59.37%
4 Venter, Martin	M48	Gauteng North	35.30m	42.53m	57.42%
5 Roode, Eurard	M45	Central Gauteng	30.50m	36.74m	49.61%

M50 Discus Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 DU Toit, Johannes	M51	Central Gauteng	46.87m	47.89m	64.65%
2 Scheepers, Conradie	M51	Free State	45.70m	46.69m	63.03%
3 de Beer, Andre	M50	Central Gauteng	38.60m	39.44m	53.24%
4 Ras, Gerald	M53	Gauteng North	28.30m	28.91m	39.03%
5 Odendaal, Dirk	M53	Gauteng North	24.47m	25.00m	33.75%

M55 Discus Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M57	Gauteng North	49.79m	55.28m	74.63%
2 Eybers, Marius	M56	Gauteng North	37.72m	41.88m	56.53%
3 Bezuidenhout, Vic	M57	Gauteng North	33.79m	37.51m	50.64%
4 Ras, Peter	M56	Gauteng North	28.57m	31.72m	42.82%

M60 Discus Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Kichenbrand, Stephen	M61	Gauteng North	41.40m	43.99m	59.40%
2 Smit, Reuben	M62	Gauteng North	25.80m	27.42m	37.02%
3 Graham, Martin	M62	Vaal Triangle	25.76m	27.37m	36.96%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M65 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Coetzee, Johan	M65 Gauteng North	34.95m	40.67m	54.90%
2 harding, jon	M65 Central Gauteng	33.87m	39.41m	53.20%

M70 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M71 Gauteng North	41.12m	52.55m	70.95%

M75 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Horn, Louis	M75 Vaal Triangle	21.77m	31.20m	42.12%

M80 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Rzepecki, Andrzej	M82 KwaZulu Natal	27.70m	45.54m	61.47%

W45 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Jordaan, Antonette	W47 Gauteng North	33.50m	42.60m	55.33%
2 Maloney, Anneline	W49 Gauteng North	20.98m	26.68m	34.65%

W50 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Flynn, Judy	W53 Gauteng North	35.45m	45.51m	59.10%
2 Bridgland, Esmarie	W50 North West North	21.89m	28.10m	36.50%
3 Horn, Alta	W51 Free State	16.69m	21.42m	27.83%

W55 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Claassen, Zelda	W59 Central Gauteng	27.56m	38.53m	50.05%
2 Hennop, Ansie	W56 Gauteng North	27.19m	38.02m	49.38%

W65 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Eck, Suzi	W69 Gauteng North	21.55m	36.71m	47.69%

W70 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Fourie, Ena	W73 Gauteng North	23.16m	44.37m	57.63%
2 Ferreira, Mercia	W70 Central Gauteng	20.40m	39.08m	50.76%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M35 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 van Vreden, Hendrik-Juan	M37 Central Gauteng	31.20m	32.13m	37.05%

M40 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Botha, Bennie	M40 Central Gauteng	29.28m	32.94m	37.98%
2 Nel, Hennie	M43 Central Gauteng	25.16m	28.31m	32.64%
3 Nolte, Schalkwi	M43 Gauteng North	23.08m	25.96m	29.94%

M45 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Harmse, Chris	M45 Free State	70.00m	86.77m	100.04%
2 Venter, Martin	M48 Gauteng North	47.75m	59.19m	68.24%
3 Watson, Rowan	M49 Gauteng North	35.12m	43.53m	50.19%
4 Jacobs, Leon	M49 Vaal Triangle	30.99m	38.41m	44.29%
5 Roode, Eurard	M45 Central Gauteng	30.16m	37.38m	43.10%
6 Pubalakan, Trevor	M47 Central Gauteng	25.89m	32.09m	37.00%

M50 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 de Beer, Andre	M50 Central Gauteng	35.83m	42.50m	49.01%
2 Odendaal, Dirk	M53 Gauteng North	32.77m	38.87m	44.82%
3 Ras, Gerald	M53 Gauteng North	29.69m	35.22m	40.61%

M55 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M57 Gauteng North	47.12m	61.93m	71.40%
2 Bezuidenhout, Vic	M57 Gauteng North	33.74m	44.35m	51.13%
3 Ras, Peter	M56 Gauteng North	32.23m	42.36m	48.84%

M60 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Aggouras, Nicky	M61 Gauteng North	46.85m	61.28m	70.66%
2 Kichenbrand, Stephen	M61 Gauteng North	41.96m	54.89m	63.29%

M70 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M71 Gauteng North	39.07m	56.74m	65.42%

M80 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Rzepecki, Andrzej	M82 KwaZulu Natal	40.15m	74.89m	86.34%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W30 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Vreden, Linda	W33 Central Gauteng	47.75m	47.75m	65.41%

W35 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Swart, Jurinda	W35 Free State	21.28m	22.60m	30.96%

W40 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Strauss, Michelle	W44 Gauteng North	23.89m	27.41m	37.55%

W45 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Jordaan, Antonette	W47 Gauteng North	24.95m	31.13m	42.65%
2 Maloney, Anneline	W49 Gauteng North	14.73m	18.38m	25.18%

W50 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Flynn, Judy	W53 Gauteng North	29.89m	39.29m	53.83%
2 Horn, Alta	W51 Free State	22.32m	29.34m	40.19%

W55 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Minnie, Valerie	W59 Gauteng North	22.03m	31.90m	43.70%
2 Gouws, Makkie	W57 Gauteng North	18.50m	26.79m	36.70%
3 Hennop, Ansie	W56 Gauteng North	17.04m	24.67m	33.80%

W65 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Eck, Suzi	W69 Gauteng North	11.94m	21.69m	29.72%

W70 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Ferreira, Mercia	W70 Central Gauteng	18.04m	37.86m	51.87%
2 vosloo, ella	W70 Central Gauteng	14.92m	31.32m	42.90%

M35 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 van Vreden, Hendrik-Juan	M37 Central Gauteng	35.09m	35.53m	36.08%

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M40 Javelin Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Nolte, Schalkwi	M43	Gauteng North	32.79m	35.61m	36.17%
2 Botha, Bennie	M40	Central Gauteng	28.39m	30.83m	31.31%

M45 Javelin Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Roode, Eurard	M45	Central Gauteng	31.07m	36.40m	36.96%

M50 Javelin Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Pauer, Wilhelm	M51	Central Gauteng	55.54m	68.19m	69.24%
2 Ras, Gerald	M53	Gauteng North	24.97m	30.65m	31.13%

M55 Javelin Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Bezuidenhout, Vic	M57	Gauteng North	42.13m	56.36m	57.24%
2 Ras, Peter	M56	Gauteng North	22.86m	30.58m	31.06%
3 Botes, Hannes	M59	Central Gauteng	22.57m	30.19m	30.67%

M60 Javelin Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Kichenbrand, Stephen	M61	Gauteng North	51.09m	72.24m	73.35%

M65 Javelin Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Xavier, Robert	M66	Eastern Province	22.57m	35.25m	35.80%

M80 Javelin Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Stern, Eddy	M81	Central Gauteng	22.43m	46.99m	47.72%

W35 Weight Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Kotze, Lezanne	W37	Gauteng North	8.28m	9.04m	38.32%
2 Swart, Jurinda	W35	Free State	7.07m	7.72m	32.72%

W40 Weight Throw

Name	Age	Team	Finals	Age-Grading	Alternate
1 Strauss, Michelle	W44	Gauteng North	9.90m	11.73m	49.72%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W45 Weight Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Jordaan, Antonette	W47 Gauteng North	10.75m	13.92m	59.00%
2 Maloney, Anneline	W49 Gauteng North	5.59m	7.24m	30.68%

W50 Weight Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Flynn, Judy	W53 Gauteng North	13.36m	15.79m	66.93%
2 Horn, Alta	W51 Free State	7.53m	8.90m	37.73%

W55 Weight Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Hennop, Ansie	W56 Gauteng North	8.84m	11.41m	48.39%

W65 Weight Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Eck, Suzi	W69 Gauteng North	9.22m	12.22m	51.80%

W70 Weight Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Ferreira, Mercia	W70 Central Gauteng	10.24m	15.01m	63.64%
2 vosloo, ella	W70 Central Gauteng	6.61m	9.69m	41.08%

M35 Weight Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 van Vreden, Hendrik-Juan	M37 Central Gauteng	12.76m	13.01m	50.34%

M40 Weight Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Botha, Bennie	M40 Central Gauteng	10.22m	11.13m	43.07%
2 Nolte, Schalkwi	M43 Gauteng North	9.41m	10.25m	39.65%
3 Nel, Hennie	M43 Central Gauteng	7.76m	8.45m	32.70%

M45 Weight Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Venter, Martin	M48 Gauteng North	15.54m	18.17m	70.28%
2 Swanepoel, Jan	M48 Gauteng North	12.76m	14.92m	57.71%
3 Watson, Rowan	M49 Gauteng North	12.05m	14.09m	54.50%
4 Roode, Eurard	M45 Central Gauteng	10.00m	11.69m	45.23%
5 Jacobs, Leon	M49 Vaal Triangle	9.49m	11.10m	42.92%

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M50 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 de Beer, Andre	M50 Central Gauteng	12.47m	13.07m 50.57%
2 Ras, Gerald	M53 Gauteng North	11.84m	12.41m 48.01%
3 Odendaal, Dirk	M53 Gauteng North	11.81m	12.38m 47.89%

M55 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Haupt, Burton	M57 Gauteng North	16.68m	18.72m 72.40%
2 Bezuidenhout, Vic	M57 Gauteng North	14.07m	15.79m 61.07%
3 Ras, Peter	M56 Gauteng North	13.24m	14.86m 57.47%

M60 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Aggouras, Nicky	M61 Gauteng North	18.09m	18.85m 72.91%

M70 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Sterley, Dereck	M71 Gauteng North	15.98m	18.22m 70.49%

M80 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Rzepecki, Andrzej	M82 KwaZulu Natal	17.74m	23.13m 89.46%

W35 Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Swart, Jurinda	W35 Free State	12.23m	

W40 Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Strauss, Michelle	W44 Gauteng North	11.89m	

W45 Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Jordaan, Antonette	W47 Gauteng North	14.14m	
2 Maloney, Anneline	W49 Gauteng North	7.94m	

W50 Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Flynn, Judy	W53 Gauteng North	17.04m	
2 Horn, Alta	W51 Free State	12.90m	

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W55 Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Minnie, Valerie	W59 Gauteng North	15.09m	
2 Hennop, Ansie	W56 Gauteng North	13.87m	

W65 Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Van Eck, Suzi	W69 Gauteng North	10.35m	

W70 Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Ferreira, Mercia	W70 Central Gauteng	11.64m	
2 vosloo, ella	W70 Central Gauteng	10.23m	

M35 Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 van Vreden, Hendrik-Juan	M37 Central Gauteng	18.18m	

M40 Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 kirstein, Jaco	M41 North West North	16.22m	
2 Botha, Bennie	M40 Central Gauteng	15.80m	
3 Nel, Hennie	M43 Central Gauteng	14.98m	
4 Nolte, Schalkwi	M43 Gauteng North	13.92m	

M45 Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Swanepoel, Jan	M48 Gauteng North	25.58m	
2 Watson, Rowan	M49 Gauteng North	19.53m	
3 Roode, Eurard	M45 Central Gauteng	15.55m	

M50 Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Ras, Gerald	M53 Gauteng North	17.67m	

M55 Greek Discus

Name	Age Team	Finals	Age-Grading Alternate
1 Bezuidenhout, Vic	M57 Gauteng North	20.72m	

M50 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Phillips, Kevin	M54 Central Gauteng	7:09.20	6:14.10 82.60%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M65 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Turner, Anthony	M69 Central Gauteng	10:06.71	7:38.50	67.39%

W65 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Jacobs, Loritha	W67 Central Gauteng	10:09.54	7:48.25	71.97%

W70 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Clements, Jeanette	W73 Gauteng North	13:42.60	9:54.42	56.69%

M75 1500 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Clements, Frederick	M75 Gauteng North	10:21.22	6:55.79	74.32%

W40 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Viljoen, Ronel	W40 Gauteng North	27:35.18	26:33.12	74.51%

W45 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Mariaan, Serdyn	W48 Gauteng North	29:15.68	27:04.01	73.09%
2 kirstein, Judy	W48 Central North West	33:04.70	30:35.85	64.66%

W50 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Van der Schyf, Isabelle	W52 Gauteng North	31:07.55	27:35.78	71.69%
2 Phillips, Lauren	W54 Central Gauteng	32:07.39	28:28.83	69.46%

W55 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Kichenbrand, Frances	W57 Gauteng North	31:54.62	26:58.05	73.36%
2 van Wyngaard, Estien	W58 Gauteng North	32:20.90	27:20.26	72.37%
3 Coetzee, Fia	W57 Gauteng North	32:33.60	27:30.99	71.90%

W60 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Knoetze, Magaretha	W63 Gauteng North	32:26.40	25:58.10	76.18%
2 Rothero, Carol	W62 Central Gauteng	34:59.70	28:00.82	70.62%
3 Willemse, Lucia	W64 Gauteng North	35:06.90	28:06.58	70.38%

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W65 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Koekemoer, Winnie	W68 Gauteng North	31:07.37	23:25.76	84.44%
2 Jacobs, Loritha	W67 Central Gauteng	33:06.90	24:55.74	79.36%
3 Smook, Manda	W69 Central Gauteng	33:15.60	25:02.29	79.01%

W70 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Meyer, Elsa	W72 Gauteng North	31:11.59	21:53.86	90.34%
2 Greyvenstein, Annatjie	W74 Gauteng North	32:33.40	22:51.29	86.56%
3 Clements, Jeanette	W73 Gauteng North	42:07.30	29:34.17	66.90%

M50 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 De Klerk, Barend	M52 North West North	30:08.31	26:23.90	68.03%
2 Eykenduyn, Ronald	M50 Central Gauteng	32:00.21	28:01.92	64.07%

M55 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Britz, Chris	M55 Gauteng North	27:33.20	23:07.04	77.69%
2 Scott, Wayne	M55 Central Gauteng	32:11.47	27:00.51	66.50%

M60 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Meyer, Carl	M61 Central Gauteng	27:41.57	22:10.26	81.01%
2 Coetzee, Johann	M60 Gauteng North	29:48.47	23:51.85	75.26%
3 Labuschagne, Daniel	M63 Gauteng North	30:22.75	24:19.30	73.84%
4 Willemse, Jaap	M62 Gauteng North	30:50.80	24:41.76	72.72%
5 Zalani, Stephen	M64 Central Gauteng	40:40.20	32:33.63	55.16%

M65 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Turner, Anthony	M69 Central Gauteng	34:34.32	26:16.49	68.35%
2 Smook, Hendry	M69 Central Gauteng	35:34.78	27:02.44	66.42%

M75 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading	Alternate
1 Van den Raad, Gerardus	M75 Gauteng North	33:10.04	22:16.91	80.60%
2 Clements, Frederick	M75 Gauteng North	35:46.32	24:01.90	74.73%