

Event	Pos	Athlete	Result	Wind	Medals	Rec
100m M45 Heats	5	Anthony Solomons	12.51	-1.7		
100m M45 Heats	5	John Aubrey Cloete	12.44	0.3		
100m M50 Heats	3	David Fourie	12.73	-4.1		
100m M50 Heats	6	Alec Michael Toll	13.21	-2.9		
100m M55 Heats	3	Gavin Maxwell	13.94	-3.8		
100m M55 Heats	6	Deon Albert Coetzee	14.68	-4.5		
100m M60 Heats	7	Trevor Downward	14.96	-0.6		
100m M65 Heats	5	Robert Xavier	14.33	1.8		
100m M65 Heats	8	Setlalentwa Mokolopo	16.84	-0.9		
100m M65 Heats	2	Pietie Deetlefs	13.61	0.5		
100m M65 Semifinal	6	Pietie Deetlefs	13.51	0.4		
100m M80 Final	7	Jakobus Van Zyl	16.88	-2.8		
100m M80 Heats	2	Jakobus Van Zyl	16.11	1.4		
100m W40 Heats	5	Nadine Borchardt	14.08	0.1		
100m W45 Heats	3	Elme Young	14.21	-3.1		
100m W45 Semifinal	5	Elme Young	13.50	1.5		
100m W50 Final	4	Winnie de Winnaar	13.31	-0.6		
100m W50 Heats	2	Winnie de Winnaar	14.09	-5.2		
100m W50 Semifinal	3	Winnie de Winnaar	13.46	-0.3		
100m W70 Final	1	Aletta Ungerer	16.59	-3.6	Gold	
100m W70 Heats	2	Aletta Ungerer	16.52	1.8		
200m M35 Heats	1	Pieter Koekemoer	23.55	-1.7		
200m M35 Semifinal	4	Pieter Koekemoer	23.09	-2.0		
200m M40 Heats	3	Wayne Holroyd	24.17	-0.2		
200m M40 Heats	1	Ricardo James Mentoor	23.43	-0.3		
200m M40 Semifinal	4	Ricardo James Mentoor	23.61	-0.2		
200m M45 Heats	5	Anthony Solomons	25.13	0.2		
200m M45 Heats	5	John Aubrey Cloete	26.11	-0.2		
200m M45 Heats	6	Moses Naidoo	26.25	-0.2		
200m M50 Heats	6	Alec Michael Toll	26.89	-0.1		

200m M50 Heats	2	David Fourie	25.39	0.2	
200m M50 Heats	3	Michael Schroeder	25.80	0.0	
200m M50 Semifinal	7	David Fourie	25.34	-1.6	
200m M60 Heats	5	Trevor Downward	30.87	-1.6	
200m M65 Final	7	Pietie Deetlefs	27.83	0.3	
200m M65 Heats	7	Setlalentwa Mokolopo	36.06	-1.4	
200m M65 Heats	3	Pietie Deetlefs	28.33	-1.4	
200m M65 Semifinal	5	Pietie Deetlefs	28.10	1.6	
200m M75 Heats	4	Leslie Stuart	35.18	-1.0	
200m M75 Semifinal	7	Leslie Stuart	35.70	1.7	
200m M80 Final	7	Jakobus Van Zyl	35.61	-1.5	
200m M80 Heats	3	Jakobus Van Zyl	35.08	-0.2	
200m W45 Heats	3	Elme Young	28.68	-1.4	
200m W45 Semifinal	7	Elme Young	28.40	-2.5	
200m W50 Final	5	Winnie de Winnaar	28.15	-0.3	
200m W50 Heats	1	Winnie de Winnaar	27.78	-0.7	
200m W50 Semifinal	1	Winnie de Winnaar	27.63	-0.1	
200m W70 Final	2	Aletta Ungerer	34.57	-1.3	Silver
200m W70 Heats	1	Aletta Ungerer	34.80	-0.4	
400m M35 Heats	2	Pieter Koekemoer	52.09		
400m M35 Semifinal	6	Pieter Koekemoer	51.89		
400m M40 Heats	4	Wayne Holroyd	57.41		
400m M40 Heats	2	Ricardo James Mentoor	52.61		
400m M40 Semifinal	6	Ricardo James Mentoor	52.70		
400m M45 Final	1	Spencer Moraope	51.07		Gold SA
400m M45 Heats	1	Spencer Moraope	52.24		
400m M45 Heats	5	Maurice Fortuin	58.21		
400m M45 Semifinal	2	Spencer Moraope	52.25		
400m M50 Heats	2	Michael Schroeder	56.55		
400m M50 Heats	6	Alec Michael Toll	01.02.04		
400m M50 Semifinal	6	Michael Schroeder	56.75		

400m M60 Heats	2	Joseph Warriess	01.01.54	
400m M60 Semifinal	7	Joseph Warriess	01.05.78	
400m M65 Heats	4	Leonard John Claassen	01.02.93	
400m M65 Semifinal	4	Leonard John Claassen	01.03.14	
400m M75 Semifinal	3	Leslie Stuart	01.19.35	
400m M80 Final	3	Jakobus Van Zyl	01.24.37	Bronze
400m M80 Semifinal	1	Jakobus Van Zyl	01.23.95	
400m W45 Heats	3	Elme Young	01.05.11	
400m W45 Semifinal	7	Elme Young	01.05.18	
400m W50 Final	2	Winnie de Winnaar	01.01.56	Silver
400m W50 Heats	2	Winnie de Winnaar	01.04.65	
400m W50 Semifinal	3	Winnie de Winnaar	01.03.10	
400m W60 Final	6	Liz Alexander	01.11.44	
400m W60 Semifinal	2	Liz Alexander	01.12.92	
400m W70 Final	5	Aletta Ungerer	01.21.25	
400m W70 Semifinal	1	Aletta Ungerer	01.21.57	
400m W70 Semifinal	7	Maria Cornelia Visser	01.40.87	
800m M40 Heats	10	Andrew van Zyl	02.17.25	
800m M45 Final	1	Spencer Moraope	01.59.99	Gold
800m M45 Heats	2	Spencer Moraope	02.04.42	
800m M45 Heats	9	Maurice Fortuin	02.21.91	
800m M45 Semifinal	1	Spencer Moraope	02.01.53	
800m M60 Heats	7	Michael Forbes	02.29.89	
800m M65 Final	6	Leonard John Claassen	02.28.03	
800m M65 Heats	1	Leonard John Claassen	02.33.71	
800m M75 Final	11	Leslie Stuart	03.05.53	
800m M75 Semifinal	4	Leslie Stuart	03.10.68	
800m W50 Final	4	Salome Vermeulen	02.21.43	SA
800m W50 Semifinal	2	Salome Vermeulen	02.29.29	
800m W55 Semifinal	7	Emmarie Theunissen	02.52.81	
800m W60 Final	6	Liz Alexander	02.50.23	

800m W60 Semifinal	2	Liz Alexander	02.50.92		
800m W70 Final	9	Maria Cornelia Visser	03.47.37		
1500m M40 Heat	11	Andrew van Zyl	04.55.02		
1500m M45 Heat	3	Spencer Moraope	04.23.49		
1500m M50 Heat	8	Tobias Lewis Philander	04.37.47		
1500m M50 Heat	13	Isaac Bernard Farmer	05.25.65		
1500m M60 Heat	8	Michael Forbes	05.12.74		
1500m M75 Final	7	Leslie Stuart	06.19.88		
1500m M75 Heat	2	Leslie Stuart	06.32.67		
1500m W50 Final	4	Salome Vermeulen	04:53.1		
1500m W50 Heat	2	Salome Vermeulen	05.04.27		
1500m W55 Heat	9	Emmarie Theunissen	06.07.68		
3000m M50 Final	6	Tobias Lewis Philander	10.50.88		
5000m M50 Final	14	Isaac Bernard Farmer	20.37.29		
5000m M50 Final	16	Tobias Lewis Philander	17.22.96		
300m hurdles M60 Heats	3	Philip Rudd	51.06		
300m hurdles M60 Semifinal	8	Philip Rudd	53.64		
300m hurdles W65 Final	5	Stephanie Claassen	01.05.05		
400m hurdles M35 Final	1	Pieter Koekemoer	52.93	Gold	SA
400m hurdles M35 Heats	1	Pieter Koekemoer	56.10		
400m hurdles M50 Final	7	Anthonie Scheepers	01.02.98		
400m hurdles M50 Heats	3	Anthonie Scheepers	01.03.74		
High Jump M40 Final	5	Philip Van der Walt	1.85		
Pole Vault W40 Final	3	Ida-Marie Strydom	3.10	Bronze	SA
Long Jump M40 Final	3	Philip Van der Walt	6.44	0.00	Bronze
Long Jump M45 Final	1	Moses Naidoo	5.88	-0.20	B Final
Long Jump M55 Final	10	Vincent Wayne McBride	5.26	0.00	
Long Jump W65 Final	5	Stephanie Claassen	3.61	-0.70	
Triple Jump M55 Final	5	Vincent Wayne McBride	11.04	-1.2	
100m Decathlon M40	5	Smit van Zyl	13.56	-1.7	
100m Decathlon M50	2	Anthonie Scheepers	13.15	-3.9	

100m Decathlon M60	4	Philip Rudd	14.78	-2.2
400m Decathlon M40	1	Smit van Zyl	01.00.51	
400m Decathlon M50	2	Anthonie Scheepers	59.78	
400m Decathlon M60	2	Philip Rudd	01.06.80	
1500m Decathlon M40	11	Smit van Zyl	06.02.32	
1500m Decathlon M60	3	Philip Rudd	05.26.97	
100m hurdles Decathlon M50	2	Anthonie Scheepers	16.26	-2.0
100m hurdles Decathlon M60	3	Philip Rudd	21.51	-1.9
110m hurdles Decathlon M40	6	Smit van Zyl	23.74	0.2
High Jump Decathlon M40	7	Smit van Zyl	1.48	
High Jump Decathlon M50	3	Anthonie Scheepers	1.50	
High Jump Decathlon M60	12	Philip Rudd	1.31	
Pole Vault Decathlon M40	10	Smit van Zyl	2.20	
Pole Vault Decathlon M60	8	Philip Rudd	2.50	
Javelin Decathlon M40	5	Smit van Zyl	34.95	
Javelin Decathlon M60	11	Philip Rudd	27.97	
Long Jump Decathlon M40	6	Smit van Zyl	4.92	1.90
Long Jump Decathlon M50	8	Anthonie Scheepers	4.61	1.40
Long Jump Decathlon M60	13	Philip Rudd	3.72	0.00
Shot Put Decathlon M40	1	Smit van Zyl	10.36	
Shot Put Decathlon M50	8	Anthonie Scheepers	9.00	
Shot Put Decathlon M60	12	Philip Rudd	8.16	
Discus Decathlon M40	2	Smit van Zyl	30.34	
Discus Decathlon M50	3	Anthonie Scheepers	30.67	
Discus Decathlon M60	9	Philip Rudd	30.91	
Decathlon M40	20	Smit van Zyl	4123	
Decathlon M60	10	Philip Rudd	5319	
200m Heptathlon W65	2	Stephanie Claassen	35.77	-2.6
800m Heptathlon W65	3	Stephanie Claassen	03.27.87	
80m hurdles Heptathlon W65	2	Stephanie Claassen	16.60	
High Jump Heptathlon W65	4	Stephanie Claassen	1.11	

Long Jump Heptathlon W65	5	Stephanie Claassen	3.47	-2.50	
Shot Put Heptathlon W65	4	Stephanie Claassen	8.08		
Javelin Heptathlon W65	5	Stephanie Claassen	18.98		
Heptathlon W65	4	Stephanie Claassen	4977		SA
10km Road Race M50 Final	64	Isaac Bernard Farmer	43:00:00		
10km Road Race M50 Final	73	Willem Smit	46:04:00		
10km Road Race W45 Final	36	Aleida Antonia Zarraga Zarraga	54:38:00		
10km Road Race W55 Final	37	Ronelle Botha	1:03:49		
Half Marathon W40 Final	3	Ibet Allan	1:24:21		Bronze
Half Marathon W45 Final	32	Aleida Antonia Zarraga Zarraga	2:00:08		
Half Marathon W60 Final	17	Frances Adina Van Blerk	2:00:16		
6km Cross Country W70 Final	22	Elizabeth Grobblaar	55:52:00		
8km Cross Country W45 Final	28	Aleida Antonia Zarraga Zarraga	42:04:00		
8km Cross Country W60 Final	18	Frances Adina Van Blerk	40:10:00		
8km Cross Country W65 Final	23	Aletta Du Toit	1:21:02		
Shot Put M45 Final	9	Martin Venter	12.08		
Shot Put M65 Final	9	Mathys Gerhardus Du Plessis	10.88		
Shot Put M65 Final	13	Nick Erasmus	8.82		
Shot Put M70 Final	5	Dereck Sterley	12.84		
Shot Put M80 Final	5	Andrzej Rzepecki	10.84		
Shot Put W45 Final	4	Antonette Jordaan	10.62		
Shot Put W50 Final	2	Judy Flynn	10.99		B Final
Shot Put W55 Final	13	Ansie Hennop	8.72		
Shot Put W65 Final	9	Zelda Erasmus	8.06		
Shot Put W65 Final	10	Mercia Ferreira	8.03		
Discus M45 Final	2	Jan Swanepoel	48.93		Silver
Discus M45 Final	13	Martin Venter	32.30		
Discus M65 Final	14	Mathys Gerhardus Du Plessis	28.71		
Discus M70 Final	1	Dereck Sterley	36.10		B Final
Discus M80 Final	7	Andrzej Rzepecki	27.38		
Discus W45 Final	7	Antonette Jordaan	31.59		

Discus W50 Final	2	Judy Flynn	25.96	B Final	
Discus W50 Final	8	Heleen Knobel	34.82		
Discus W55 Final	17	Ansie Hennop	22.70		
Discus W65 Final	1	Zelda Erasmus	22.38		
Discus W65 Final	9	Aletta Du Toit	12.72		
Discus W65 Final	10	Mercia Ferreira	19.50		
Discus W70 Final	4	Elizabeth Grobblaar	13.85		
Discus W70 Final	11	Jana Rzepecka	15.58		
Hammer Throw M45 Final	4	Martin Venter	50.83		
Hammer Throw M65 Final	8	Mathys Gerhardus Du Plessis	33.21		
Hammer Throw M70 Final	11	Norman Hough	37.42		
Hammer Throw M80 Final	3	Andrzej Rzepecki	42.59	Bronze	
Hammer Throw W45 Final	19	Antonette Jordaan	29.23		
Hammer Throw W50 Final	2	Heleen Knobel	45.72	Silver	
Hammer Throw W50 Final	11	Judy Flynn	28.64		
Hammer Throw W55 Final	7	Ansie Hennop	27.54		
Hammer Throw W65 Final	3	Zelda Erasmus	23.54	B Final	
Hammer Throw W65 Final	8	Mercia Ferreira	19.39		
Hammer Throw W65 Final	11	Aletta Du Toit	18.08		
Hammer Throw W70 Final	8	Elizabeth Grobblaar	20.86		
Javelin M50 Final	1	Wilhelm Pauer	67.87	Gold	SA
Javelin M65 Final	12	Robert Xavier	21.67		
Javelin M70 Final	2	Dereck Sterley	41.43	Silver	SA
Javelin M70 Final	9	Norman Hough	34.90		
Javelin W35 Final	5	Zelna Henning	34.88		
Javelin W45 Final	13	Antonette Jordaan	21.19		
Javelin W50 Final	3	Heleen Knobel	34.44	Bronze	SA
Javelin W50 Final	8	Judy Flynn	30.06		
Javelin W55 Final	8	Ansie Hennop	17.76		
Javelin W55 Final	8	Aletta Charlotta Pietersen	27.48		
Javelin W65 Final	3	Mercia Ferreira	20.22		

Javelin W65 Final	5	Zelda Erasmus	18.05	
Weight M45 Final	5	Martin Venter	14.60	
Weight M45 Final	8	Jan Swanepoel	13.10	
Weight M65 Final	9	Nick Erasmus	11.68	
Weight M70 Final	2	Dereck Sterley	16.17	B Final
Weight M70 Final	11	Norman Hough	15.31	
Weight M80 Final	1	Andrzej Rzepecki	17.99	Gold
Weight W45 Final	7	Antonette Jordaan	11.64	
Weight W50 Final	4	Heleen Knobel	14.43	
Weight W50 Final	8	Judy Flynn	12.54	
Weight W55 Final	10	Ansie Hennop	8.93	
Weight W65 Final	6	Zelda Erasmus	11.14	
Weight W65 Final	8	Mercia Ferreira	10.30	
Weight W65 Final	17	Aletta Du Toit	8.02	
Weight W70 Final	10	Elizabeth Grobblaar	7.68	
Shot Put Throw Pentathlon M45	3	Jan Swanepoel	13.01	
Shot Put Throw Pentathlon M45	8	Martin Plews	12.15	
Shot Put Throw Pentathlon M45	10	Martin Venter	11.67	
Shot Put Throw Pentathlon M65	10	Nick Erasmus	8.83	
Shot Put Throw Pentathlon M65	6	Mathys Gerhardus Du Plessis	11.04	
Shot Put Throw Pentathlon M70	4	Dereck Sterley	11.91	
Shot Put Throw Pentathlon M70	5	Norman Hough	11.71	
Shot Put Throw Pentathlon M80	6	Andrzej Rzepecki	10.66	
Shot Put Throw Pentathlon W45	1	Antonette Jordaan	10.97	
Shot Put Throw Pentathlon W50	6	Heleen Knobel	10.80	
Shot Put Throw Pentathlon W50	13	Judy Flynn	9.86	
Shot Put Throw Pentathlon W55	7	Ansie Hennop	8.31	
Shot Put Throw Pentathlon W65	2	Mercia Ferreira	8.36	
Shot Put Throw Pentathlon W65	4	Zelda Erasmus	8.09	
Shot Put Throw Pentathlon W65	13	Aletta Du Toit	5.97	
Shot Put Throw Pentathlon W70	12	Elizabeth Grobblaar	5.35	

Discus Throw	Pentathlon M45	2	Jan Swanepoel	47.00	
Discus Throw	Pentathlon M45	9	Martin Plews	34.03	
Discus Throw	Pentathlon M45	12	Martin Venter	30.97	
Discus Throw	Pentathlon M65	8	Nick Erasmus	31.14	
Discus Throw	Pentathlon M65	12	Mathys Gerhardus Du Plessis	30.52	
Discus Throw	Pentathlon M70	7	Dereck Sterley	34.91	
Discus Throw	Pentathlon M70	8	Norman Hough	33.96	
Discus Throw	Pentathlon M80	5	Andrzej Rzepecki	27.95	
Discus Throw	Pentathlon W45	2	Antonette Jordaan	31.82	
Discus Throw	Pentathlon W50	4	Heleen Knobel	33.78	
Discus Throw	Pentathlon W50	20	Judy Flynn	23.59	
Discus Throw	Pentathlon W55	7	Ansie Hennop	21.37	
Discus Throw	Pentathlon W65	5	Zelda Erasmus	20.71	
Discus Throw	Pentathlon W65	8	Mercia Ferreira	19.34	
Discus Throw	Pentathlon W65	15	Aletta Du Toit	14.06	
Discus Throw	Pentathlon W70	8	Elizabeth Grobblaar	14.34	
Hammer Throw	Pentathlon M45	8	Jan Swanepoel	37.35	
Hammer Throw	Pentathlon M45	13	Martin Plews	30.26	
Hammer Throw	Pentathlon M65	9	Nick Erasmus	25.45	
Hammer Throw	Pentathlon M65	11	Mathys Gerhardus Du Plessis	31.17	
Hammer Throw	Pentathlon M70	9	Norman Hough	37.04	
Hammer Throw	Pentathlon M70	14	Dereck Sterley	33.43	
Hammer Throw	Pentathlon M80	1	Andrzej Rzepecki	43.77	
Hammer Throw	Pentathlon W45	13	Antonette Jordaan	26.30	
Hammer Throw	Pentathlon W50	1	Heleen Knobel	43.01	
Hammer Throw	Pentathlon W50	20	Judy Flynn	26.00	
Hammer Throw	Pentathlon W55	9	Ansie Hennop	24.60	
Hammer Throw	Pentathlon W65	8	Zelda Erasmus	22.54	
Hammer Throw	Pentathlon W65	11	Mercia Ferreira	19.63	
Hammer Throw	Pentathlon W65	13	Aletta Du Toit	19.03	
Hammer Throw	Pentathlon W70	7	Elizabeth Grobblaar	20.20	

Javelin Throw Pentathlon M45	8	Martin Venter	41.74	
Javelin Throw Pentathlon M45	10	Martin Plews	36.50	
Javelin Throw Pentathlon M45	16	Jan Swanepoel	31.35	
Javelin Throw Pentathlon M65	9	Mathys Gerhardus Du Plessis	29.37	
Javelin Throw Pentathlon M65	7	Nick Erasmus	23.09	
Javelin Throw Pentathlon M70	2	Norman Hough	36.77	
Javelin Throw Pentathlon M70	3	Dereck Sterley	36.73	
Javelin Throw Pentathlon M80	7	Andrzej Rzepecki	23.59	
Javelin Throw Pentathlon W45	8	Antonette Jordaan	21.97	
Javelin Throw Pentathlon W50	2	Heleen Knobel	30.85	
Javelin Throw Pentathlon W50	5	Judy Flynn	27.87	
Javelin Throw Pentathlon W55	9	Ansie Hennop	17.35	
Javelin Throw Pentathlon W65	4	Mercia Ferreira	20.42	
Javelin Throw Pentathlon W65	8	Zelda Erasmus	17.90	
Javelin Throw Pentathlon W65	15	Aletta Du Toit	11.48	
Weight Throw Pentathlon M45	3	Martin Venter	14.48	
Weight Throw Pentathlon M45	5	Jan Swanepoel	13.43	
Weight Throw Pentathlon M45	11	Martin Plews	11.02	
Weight Throw Pentathlon M65	4	Nick Erasmus	11.66	
Weight Throw Pentathlon M65	7	Mathys Gerhardus Du Plessis	13.39	
Weight Throw Pentathlon M70	8	Norman Hough	15.50	
Weight Throw Pentathlon M70	10	Dereck Sterley	15.49	
Weight Throw Pentathlon M80	1	Andrzej Rzepecki	18.04	
Weight Throw Pentathlon W45	6	Antonette Jordaan	10.81	
Weight Throw Pentathlon W50	8	Judy Flynn	12.32	
Weight Throw Pentathlon W55	7	Ansie Hennop	8.56	
Weight Throw Pentathlon W65	6	Zelda Erasmus	11.03	
Weight Throw Pentathlon W65	10	Mercia Ferreira	9.73	
Weight Throw Pentathlon W65	13	Aletta Du Toit	7.78	
Weight Throw Pentathlon W70	7	Elizabeth Grobblaar	7.69	
Throw Pentathlon M45	5	Jan Swanepoel	3623	

Throw Pentathlon M45	12	Martin Plews	3019	
Throw Pentathlon M45	13	Martin Venter	2758	
Throw Pentathlon M65	10	Mathys Gerhardus Du Plessis	3229	
Throw Pentathlon M65	24	Nick Erasmus	2669	
Throw Pentathlon M70	5	Norman Hough	3916	
Throw Pentathlon M70	6	Dereck Sterley	3869	
Throw Pentathlon M80	2	Andrzej Rzepecki	4656	Silver
Throw Pentathlon W45	5	Antonette Jordaan	3091	
Throw Pentathlon W50	3	Heleen Knobel	4118	Bronze
Throw Pentathlon W50	16	Judy Flynn	3114	
Throw Pentathlon W55	23	Ansie Hennop	2628	
Throw Pentathlon W65	7	Zelda Erasmus	3331	
Throw Pentathlon W65	9	Mercia Ferreira	3187	
Throw Pentathlon W65	15	Aletta Du Toit	2260	
Throw Pentathlon W70	9	Elizabeth Grobblaar	2596	
5000m Walk M60 Final	8	Johann Coetzee	28:57.6	
5000m Walk W40 Final	4	Ronel Jolinda Viljoen	26:52.0	
5000m Walk W45 Final	9	Mariaan Serdyn	29:06.5	
5000m Walk W50 Final	15	Celeste Ruck	31:32.4	
5000m Walk W55 Final	5	Celeste Scheepers	32:29.2	
5000m Walk W55 Final	7	Sophia Francina Suzanna Coetzee	33:20.6	
5000m Walk W65 Final	5	Winnie Koekemoer	31:42.5	
5000m Walk W70 Final	1	Elsa Meyer	32:15.8	Gold
5000m Walk W75 Final	3	Hildegard Vey	36:07.2	Bronze
10km Road Walk M60 Final	11	Johann Coetzee	1:02:11	
10km Road Walk W40 Final	7	Ronel Jolinda Viljoen	59:13:00	
10km Road Walk W40 Final	11	Mariaan Serdyn	1:01:09	
10km Road Walk W40 Final	20	Celeste Ruck	1:06:47	
10km Road Walk W45 Final	15	Mariaan Serdyn	1:01:09	
10km Road Walk W50 Final	18	Celeste Ruck	1:06:47	
10km Road Walk W55 Final	13	Sophia Francina Suzanna Coetzee	1:07:19	

10km Road Walk W65 Final	4	Elsa Meyer	1:04:11	
10km Road Walk W65 Final	13	Winnie Koekemoer	1:11:12	
10km Road Walk W65 Final	14	Hildegard Vey	1:13:30	
10km Road Walk W65 Team	2	Meyer, Koekemoer, Vey	3:28:53	Silver
10km Road Walk W70 Final	1	Elsa Meyer	1:04:11	Gold
10km Road Walk W75 Final	3	Hildegard Vey	1:13:30	Bronze
20km Road Walk W40 Final	8	Mariaan Serdyn	2:04:05	
20km Road Walk W65 Final	3	Elsa Meyer	2:14:28	Bronze
20km Road Walk W65 Final	5	Winnie Koekemoer	2:15:48	
20km Road Walk W65 Final	8	Hildegard Vey	2:32:41	
20km Road Walk W65 Team	1	Meyer, Koekemoer, Vey	7:02:57	Gold
20km Road Walk W70 Final	1	Elsa Meyer	2:14:28	Gold
20km Road Walk W75 Final	2	Hildegard Vey	2:32:41	Silver
4x100m M45 Final	3	Toll, Solomons, Fortuin, Coetzee	47.60	Bronze