

SA Masters Athletics Championships 2010
Bellville - Fri 30-04-10 to Sat 01-05-10

WOMEN

PLACE	ATHLETE NAME	AGE	TEAM	TIME	
<u>100m</u>					
----- 30-34 Women -----					
1	Roos, Annerine	W33	Western Province	14.78	NWI
2	Papiyana, Bongine	W30	Central North West	15.06	NWI
----- 35-39 Women -----					
1	Munnik, Dina	W35	North West North	14.12	NWI
2	Tempies, Rochelle	W35	Boland	16.97	NWI
----- 40-44 Women -----					
1	De Winnaar, Winnie	W40	Central Gauteng	12.80	NWI
2	Du Toit, Charmaine	W40	Gauteng North	13.26	NWI
3	Willemse, Gustš	W40	South Western Districts	15.05	NWI
4	Smit, Ina	W40	Central North West	15.15	NWI
5	Van den Berg, Jolette	W40	South Western Districts	15.31	NWI
6	Marais, Johanna	W40	South Western Districts	15.92	NWI
----- 45-49 Women -----					
1	Daly, Joanne	W45	Kwazulu Natal	14.14	NWI
2	Carlisle, Jeanette	W45	Kwazulu Natal	14.72	NWI
3	Knoetse, Louise	W45	Central North West	15.24	NWI
4	Schutz, Wilma	W46	Western Province	15.75	NWI
5	Basson, Jacqueline	W47	Western Province	15.86	NWI
6	Christie, Louisa	W45	Western Province	16.11	NWI
7	Boonzaaier, Sintey	W49	Boland	18.33	NWI
----- 50-54 Women -----					
1	Beukes, Ronel	W50	Boland	13.61	NWI
2	Du Plessis, Anna	W50	Kwazulu Natal	14.14	NWI
3	Taljaard, Esca	W50	Gauteng North	14.32	NWI
4	Brits, Linette	W50	Central Gauteng	14.43	NWI
----- 55-59 Women -----					
1	Schultz, Nora	W55	Namibie	16.41	NWI
----- 60-64 Women -----					
1	Ungerer, Toy	W64	South Western Districts	15.02	NWI
2	Jonkers, Margaret	W60	Western Province	16.93	NWI
3	Visser, M.C.	W60	Central Gauteng	17.13	NWI
----- 65-69 Women -----					
1	Tomlinson, Magdalena	W65	Kwazulu Natal	16.58	NWI
2	Venter, Hester	W65	Gauteng North	18.33	NWI

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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100m (Cont.)

		70-74 Women		
1	Johnson, Magdaline	W73	Western Province	19.55 NWI
		75-79 Women		
1	Welgemoed, Veronica	W78	Gauteng North	19.37 NWI

200m

		30-34 Women		
1	Roos, Annerine	W33	Western Province	30.52 NWI
		35-39 Women		
1	Munnik, Dina	W35	North West North	29.47 NWI
		40-44 Women		
1	De Winnaar, Winnie	W40	Central Gauteng	25.94 NWI
2	Du Toit, Charmaine	W40	Gauteng North	26.77 NWI
3	Isaacs, Gail	W40	Western Province	29.36 NWI
4	Willemse, Gustš	W40	South Western Districts	30.89 NWI
5	Smit, Ina	W40	Central North West	31.08 NWI
6	Van den Berg, Jolette	W40	South Western Districts	31.32 NWI
		45-49 Women		
1	Daly, Joanne	W45	Kwazulu Natal	28.81 NWI
2	Carlisle, Jeanette	W45	Kwazulu Natal	30.20 NWI
3	Knoetse, Louise	W45	Central North West	30.28 NWI
4	Schutz, Wilma	W46	Western Province	32.97 NWI
		50-54 Women		
1	Beukes, Ronel	W50	Boland	27.69 NWI
2	Du Plessis, Anna	W50	Kwazulu Natal	29.19 NWI
3	Brits, Linette	W50	Central Gauteng	29.49 NWI
		55-59 Women		
1	Schultz, Nora	W55	Namibie	32.49 NWI
		60-64 Women		
1	Ungerer, Toy	W64	South Western Districts	31.35 NWI
2	Visser, M.C.	W60	Central Gauteng	35.65 NWI
		65-69 Women		
1	Venter, Hester	W65	Gauteng North	39.25 NWI
		70-74 Women		
1	Johnson, Magdaline	W73	Western Province	45.57 NWI
		75-79 Women		
1	Welgemoed, Veronica	W78	Gauteng North	40.95 NWI

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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400m

----- 30-34 Women -----				
1	Marais, Leoni	W30	Gauteng North	1:04.35
2	Van Loggerenb., Odette	W30	Central Gauteng	1:05.04
3	Papiyana, Bongine	W30	Central North West	1:11.03
----- 35-39 Women -----				
1	Shaik, Carmila	W37	Boland	1:12.29
----- 40-44 Women -----				
1	Du Toit, Charmaine	W40	Gauteng North	59.95
2	Isaacs, Gail	W40	Western Province	1:07.60
3	Kapp, Tania	W40	Western Province	1:10.53
4	Van den Berg, Jolette	W40	South Western Districts	1:12.67
----- 45-49 Women -----				
1	Daly, Joanne	W45	Kwazulu Natal	1:08.15
----- 50-54 Women -----				
1	Beukes, Ronel	W50	Boland	1:03.12
----- 60-64 Women -----				
1	Ungerer, Toy	W64	South Western Districts	1:13.02
----- 65-69 Women -----				
1	Tomlinson, Magdalena	W65	Kwazulu Natal	1:20.31
2	Williams, Christine	W68	Western Province	1:31.27
3	Venter, Hester	W65	Gauteng North	1:42.12

800m

----- 30-34 Women -----				
1	Van Loggerenberg, Odette	W30	Central Gauteng	2:22.51
2	Marais, Leoni	W30	Gauteng North	2:30.66
3	Roos, Kerry	W32	South Western Districts	2:41.59
----- 40-44 Women -----				
1	Van Rooyen, Seanette	W40	Gauteng North	2:27.94
2	Kapp, Tania	W40	Western Province	2:38.53
3	Gelderblom, Sureta	W40	Western Province	3:04.72
----- 45-49 Women -----				
1	Coetzee, Elmarie	W46	Western Province	2:28.72
2	Mulder, Christa	W48	Western Province	2:53.87
----- 55-59 Women -----				
1	Vos, Maryna	W59	Western Province	3:49.11

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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800m (Cont.)

----- 65-69 Women -----				
1	Tomlinson, Magdalena	W65	Kwazulu Natal	3:10.57
2	Williams, Christine	W68	Western Province	3:42.16

1500m

----- 30-34 Women -----				
1	Van Loggerenberg, Odette	W30	Central Gauteng	5:05.29
2	Roos, Kerry	W32	South Western Districts	5:25.96

----- 40-44 Women -----				
1	Kapp, Tania	W40	Western Province	5:23.11
2	Venter, Laura	W40	Central Gauteng	6:34.99

----- 45-49 Women -----				
1	Coetzee, Elmarie	W46	Western Province	5:04.44
2	Mulder, Christa	W48	Western Province	5:46.77

----- 50-54 Women -----				
1	Ceronio, Marietjie	W50	Vaal Triangle	5:24.32
2	Coston, Linda	W50	Central Gauteng	6:03.94

----- 65-69 Women -----				
1	Nelson, Marianne	W66	Western Province	8:02.91
2	Taylor, Cathy	W68	Western Province	8:04.44

5 000m

----- 30-34 Women -----				
1	Roos, Kerry	W32	South Western Districts	19:34.25

----- 40-44 Women -----				
1	Tshabalala, Evelina	W40	Western Province	20:43.42
2	Venter, Laura	W40	Central Gauteng	22:12.73
3	Gouws, Soreen	W40	Boland	23:24.14

----- 45-49 Women -----				
1	Coetzee, Elmarie	W46	Western Province	19:07.80
2	Esterhuyse, Mariette	W47	Western Province	19:21.02
3	Mulder, Christa	W48	Western Province	20:46.02

----- 50-54 Women -----				
1	Ceronio, Marietjie	W50	Vaal Triangle	20:01.41
2	Coston, Linda	W50	Central Gauteng	22:39.22
3	Coetzee, Elmarie	W50	Boland	24:34.47

----- 60-64 Women -----				
1	Greenblatt, Elaine	W60	Central Gauteng	23:02.88

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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5 000m (Cont.)

		-----	65-69 Women -----	
1	Osborn, Pamela	W65	Kwazulu Natal	25:46.36
2	Nelson, Marianne	W66	Western Province	28:25.69
3	Taylor, Cathy	W68	Western Province	29:14.75

10 000m

		-----	40-44 Women -----	
1	Tshabalala, Evelina	W40	Western Province	43:30.78
2	Venter, Laura	W40	Central Gauteng	47:03.65
		-----	60-64 Women -----	
1	Greenblatt, Elaine	W60	Central Gauteng	47:03.45

5000m Walk

		-----	40-44 Women -----	
1	Katrakazas, Susan	W40	Gauteng North	26:47.44
2	Dunn, Chandra-Jay	W43	Western Province	31:35.18
3	Louden, Caryn	W40	Kwazulu Natal	31:37.53
		-----	45-49 Women -----	
1	Steenkamp, Sandra	W45	Gauteng North	25:52.65
2	Booyens, Ada	W45	Central Gauteng	27:16.81
3	Irmsher, Yvonne	W45	Kwazulu Natal	28:01.78
4	Lange, Cindy	W47	Western Province	28:14.76
5	Fuchs, Sharon	W45	Kwazulu Natal	28:36.27
6	Carstens, Trudi	W48	Bellville	30:32.93
7	Le Febour, Jeanine	W45	Kwazulu Natal	31:11.25
		-----	50-54 Women -----	
1	Ghisleni, Maria	W50	Central Gauteng	25:41.39
2	Scheepers, Celeste	W50	Gauteng North	29:57.00
3	Miller, Cobie	W54	Western Province	30:37.62
4	Burger, Erdine	W53	Western Province	30:40.80
5	Williams, Gail	W52	Western Province	31:27.47
6	Klynsmith, Marietjie	W50	Boland	34:53.14
7	Gibbs, Antoinette	W50	Kwazulu Natal	35:08.25
		-----	55-59 Women -----	
1	Nell, Barbara	W55	Central Gauteng	27:10.96
2	Brand, Edna	W58	Western Province	30:06.57
3	Koekemoer, Winnie	W55	Gauteng North	30:45.27
4	Knoetze, Rhetha	W55	Gauteng North	33:34.84
5	Roux, Isabel	W57	Western Province	34:10.35

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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5000m Walk (Cont.)

----- 60-64 Women -----				
1	Meyer, Elsa	W60	Gauteng North	29:25.53
2	Du Preez, Daphne	W62	Central Gauteng	31:59.97
3	Kamper, Mathilda	W60	Gauteng North	32:39.63
4	Bolt, Ingrid	W60	Kwazulu Natal	32:51.86
5	Nel, Elizabeth	W60	Western Province	33:15.38

----- 65-69 Women -----				
1	Greyvenstein, Annatjie	W65	Gauteng North	30:45.12
2	Osborn, Pamela	W65	Kwazulu Natal	32:48.43
3	Kidson, Cecile	W68	Western Province	34:15.98
4	Howard-Davies, Elizabeth	W65	Kwazulu Natal	35:09.48
-	Spies, Elzabe	W65	North West North	DQ

----- 70-74 Women -----				
1	Reid, Peggy	W73	Western Province	35:06.07
2	Strydom, Wilma	W70	Central Gauteng	37:21.80
3	Pastorino, Jodi	W70	Kwazulu Natal	37:42.66
4	Norton, Margaret	W70	Western Province	39:16.78

10km Walk

----- 40-44 Women -----				
1	Katrakazas, Susan	W40	Gauteng North	56:33.00
2	Dunn, Chandra-Jay	W43	Western Province	1:06:01.00
3	Louden, Caryn	W40	Kwazulu Natal	1:08:00.00

----- 45-49 Women -----				
1	Steenkamp, Sandra	W45	Gauteng North	53:17.00
2	Booyens, Ada	W45	Central Gauteng	56:11.00
3	Irmsher, Yvonne	W45	Kwazulu Natal	57:45.00
4	Lange, Cindy	W47	Western Province	58:47.00
5	Fuchs, Sharon	W45	Kwazulu Natal	1:00:00.00
6	Le Febour, Jeanine	W45	Kwazulu Natal	1:04:48.00

----- 50-54 Women -----				
1	Ghisleni, Maria	W50	Central Gauteng	53:06.00
2	Williams, Gail	W52	Western Province	1:03:29.00
3	Burger, Erdine	W53	Western Province	1:03:43.00
4	Miller, Cobie	W54	Western Province	1:04:06.00
5	Scheepers, Celeste	W50	Gauteng North	1:06:34.00
6	Gibbs, Antoinette	W50	Kwazulu Natal	1:08:55.00
7	James, Pam	W50	Western Province	1:09:01.00
8	Van Zyl, Thalena	W50	Western Province	1:09:43.00
9	Klynsmith, Marietjie	W50	Boland	1:11:20.00
10	Roets, Annemarie	W50	South Western Districts	1:28:08.00

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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10km Walk (Cont.)

----- 60-64 Women -----				
1	Meyer, Elsa	W60	Gauteng North	59:33.00
2	Du Preez, Daphne	W62	Central Gauteng	1:05:14.00
3	Nel, Elizabeth	W60	Western Province	1:07:32.00
----- 65-69 Women -----				
1	Greyvenstein, Annatjie	W65	Gauteng North	1:01:35.00
2	Osborn, Pamela	W65	Kwazulu Natal	1:06:40.00
3	Kidson, Cecile	W68	Western Province	1:10:33.00
4	Nelson, Marianne	W66	Western Province	1:10:40.00
5	Howard-Davies, Elizabeth	W65	Kwazulu Natal	1:15:13.00
6	Spies, Elzabe	W65	North West North	1:35:25.00
----- 70-74 Women -----				
1	Reid, Peggy	W73	Western Province	1:11:21.00
2	Strydom, Wilma	W70	Central Gauteng	1:17:01.00
3	Pastorino, Jodi	W70	Kwazulu Natal	1:17:38.00
4	Norton, Margaret	W70	Western Province	1:21:39.00

20km Walk

----- 55-60 Women -----				
1	Nooy, Brenda	W55	Central Gauteng	1:55:44.00

80m Hurdles

----- 40-44 Women -----				
1	Du Toit, Charmaine	W40	Gauteng North	12.53 NWI
2	De Winnaar, Winnie	W40	Central Gauteng	12.61 NWI
3	Marais, Johanna	W40	South Western Districts	15.85 NWI
4	Gelderblom, Sureta	W40	Western Province	16.37 NWI
----- 45-49 Women -----				
1	Knoetse, Louise	W45	Central North West	15.86 NWI
----- 50-54 Women -----				
1	Vercuiel, Grizelda	W51	Western Province	18.95 NWI
----- 55-59 Women -----				
1	Claassen, Stephanie	W55	Gauteng North	16.88 NWI
2	Schultz, Nora	W55	Namibie	18.30 NWI

100m Hurdles

----- 30-34 Women -----				
1	McThomas, Andrit	W30	Boland	22.92 NWI
----- 35-39 Women -----				
1	Shaik, Carmila	W37	Boland	20.55 NWI

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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300m Hurdles

		50-54 Women		
1	Taljaard, Esca	W50	Gauteng North	56.19

2 000m Steeple Chase

		40-44 Women		
1	Venter, Laura	W40	Central Gauteng	10:28.20

		50-54 Women		
1	Ceronio, Marietjie	W50	Vaal Triangle	8:45.23

High Jump

		35-39 Women		
1	Ebersohn, Cornelia	W35	Mpumalanga	1.50m
2	Shaik, Carmila	W37	Boland	1.33m

		40-44 Women		
1	Heymans, Dinah	W40	Free State	1.64m
2	Stormont, Welma	W40	South Western Distr	1.50m
3	Dixon, Surita	W40	Western Province	1.25m

		45-49 Women		
1	Van Rensburg, Leoni	W45	Namibie	1.33m
2	Basson, Jacqueline	W47	Western Province	1.30m

		50-54 Women		
1	Vercuiel, Grizelda	W51	Western Province	1.12m

		55-59 Women		
1	Schultz, Nora	W55	Namibie	1.12m

		60-64 Women		
1	Jonkers, Margaret	W60	Western Province	1.09m

Long Jump

		30-34 Women		
1	Strydom, Ida-Marie	W30	Gauteng North	4.30m -0.8
2	McThomas, Andrit	W30	Boland	3.28m -0.5

		35-39 Women		
1	Ebersohn, Cornelia	W35	Mpumalanga	5.13m -0.2
2	Shaik, Carmila	W37	Boland	4.21m 1.1

		40-44 Women		
1	Venter, Zenobia	W40	Boland	4.34m -0.7
2	Willemse, Guste	W40	South Western Distr	4.29m 0.2

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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Long Jump (Cont.)

----- 45-49 Women -----				
1	Basson, Jacqueline	W47	Western Province	4.30m 0.7
2	Knoetse, Louise	W45	Central North West	4.11m -1.4
3	Van Rensburg, Leoni	W45	Namibie	3.92m -0.8
4	Bowers, Cecilia	W48	Boland	3.41m -0.9
5	Boonzaaier, Sintey	W49	Boland	3.00m -0.1
----- 50-54 Women -----				
1	Du Plessis, Anna	W50	Kwazulu Natal	4.34m -0.5
2	Vercuiel, Grizelda	W51	Western Province	3.14m -2.7
----- 55-59 Women -----				
1	Claassen, Stephanie	W55	Gauteng North	3.86m -1.9
2	Schultz, Nora	W55	Namibie	3.79m -1.5
----- 60-64 Women -----				
1	Ungerer, Toy	W64	South Western Distr	4.22m -0.8
2	Jonkers, Margaret	W60	Western Province	3.21m -2.8
----- 70-74 Women -----				
1	Johnson, Magdaline	W73	Western Province	2.53m -1.9

Triple Jump

----- 35-39 Women -----				
1	Ebersohn, Cornelia	W35	Mpumalanga	11.65m 0.9
----- 40-44 Women -----				
1	Willemse, Guste	W40	South Western Distr	9.00m 0.7
----- 45-49 Women -----				
1	Van Rensburg, Leoni	W45	Namibie	8.33m 2.9
----- 55-59 Women -----				
1	Schultz, Nora	W55	Namibie	8.02m 2.3

Shot Put

----- 30-34 Women -----				
1	Coetzee, Marilise	W33	Western Province	10.34m
2	Mhulungu, Thembisile	W30	Western Province	8.03m
3	Beytell, Yolanda	W30	Gauteng North	7.52m
----- 35-39 Women -----				
1	Arp, Antoinette	W35	Western Province	8.00m
2	Tempies, Rochelle	W35	Boland	6.11m

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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Shot Put (Cont.)

----- 40-44 Women -----				
1	Niemandt, Elsabe	W44	Western Province	9.37m
2	Eva, Janita	W40	Gauteng North	9.05m
3	Dixon, Surita	W40	Western Province	7.62m
4	Coetzee, Jacoleen	W40	South Western Distr	6.69m
5	Venter, Charmain	W43	Western Province	6.12m

----- 45-49 Women -----				
1	Hennop, Ansie	W45	Gauteng North	8.76m
2	Christie, Louisa	W45	Western Province	8.30m
3	Rawlins, Velery-Ann	W45	Kwazulu Natal	5.41m

----- 50-54 Women -----				
1	Van Zyl, Thalena	W50	Western Province	7.43m
2	Burger, Erdine	W53	Western Province	5.48m

----- 55-59 Women -----				
1	Stoffberg, Tertia	W56	Western Province	7.96m
2	Du Toit, Aletta	W58	Western Province	6.54m

----- 60-64 Women -----				
1	Schoonwinkel, Hester	W60	Western Province	9.65m
2	Ferreira, Marcia	W60	Central Gauteng	9.38m
3	Engelbrecht, Elize	W60	Western Province	7.76m
4	Grobbelaar, Elize	W64	Western Province	5.73m
5	Da Silveira, Izabel	W61	Western Province	5.20m

----- 70-74 Women -----				
1	Van Lill, Naomie	W70	Namibie	6.01m
2	Janeke, Hannetjie	W70	Vaal Triangle	5.15m

Discus Throw

----- 30-34 Women -----				
1	Beytell, Yolanda	W30	Gauteng North	19.14m
2	McThomas, Andrit	W30	Boland	15.28m

----- 35-39 Women -----				
1	Tempies, Rochelle	W35	Boland	17.62m
2	Sulaiman, Adeebah	W35	Boland	14.76m

----- 40-44 Women -----				
1	Eva, Janita	W40	Gauteng North	35.04m
2	Niemandt, Elsabe	W44	Western Province	30.04m
3	Dixon, Surita	W40	Western Province	24.66m
4	Venter, Charmain	W43	Western Province	16.08m

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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Discus Throw (Cont.)

----- 45-49 Women -----				
1	Hennop, Ansie	W45	Gauteng North	29.28m
2	Smit, Jackie	W45	Western Province	23.88m
3	Christie, Louisa	W45	Western Province	19.84m
4	Rawlins, Velery-Ann	W45	Kwazulu Natal	13.84m

----- 55-59 Women -----				
1	Stoffberg, Tertia	W56	Western Province	18.94m
2	Du Toit, Aletta	W58	Western Province	12.62m

----- 60-64 Women -----				
1	Schoonwinkel, Hester	W60	Western Province	23.64m
2	Ferreira, Marcia	W60	Central Gauteng	21.78m
3	Engelbrecht, Elize	W60	Western Province	20.96m
4	Bululu, N	W60	Eastern Province	18.92m
5	Van Wyk, Karen	W60	Gauteng North	18.20m
6	Grobbelaar, Elize	W64	Western Province	14.32m
7	Da Silveira, Izabel	W61	Western Province	14.04m

----- 65-69 Women -----				
1	Rzepecka, Yana	W65	Gauteng North	23.58m

----- 70-74 Women -----				
1	Bellingan, Julie	W71	Namibie	14.90m
2	Janeke, Hanneljie	W70	Vaal Triangle	13.02m

----- 75-79 Women -----				
1	Ackermann, Aletta	W79	Western Province	11.02m

----- 80-84 Women -----				
1	Rudolph, Sonya	W80	Boland	13.58m

Hammer Throw

----- 30-34 Women -----				
1	Coetzee, Marilise	W33	Western Province	44.00m
2	Beytell, Yolanda	W30	Gauteng North	18.14m

----- 40-44 Women -----				
1	Niemandt, Elsabe	W44	Western Province	30.00m
2	Venter, Charmain	W43	Western Province	22.98m

----- 45-49 Women -----				
1	Hennop, Ansie	W45	Gauteng North	29.70m

----- 55-59 Women -----				
1	Stoffberg, Tertia	W56	Western Province	23.62m
2	Du Toit, Aletta	W58	Western Province	20.52m

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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Hammer Throw (Cont.)

----- 60-64 Women -----				
1	Schoonwinkel, Hester	W60	Western Province	27.14m
2	Van Wyk, Karen	W60	Gauteng North	26.82m
3	Grobbelaar, Elize	W64	Western Province	22.12m
4	Ferreira, Marcia	W60	Central Gauteng	19.50m
5	Da Silveira, Izabel	W61	Western Province	14.92m

----- 65-69 Women -----				
1	Van der Merwe, Kitty	W65	Free State	22.58m

----- 70-74 Women -----				
1	Van Lill, Naomie	W70	Namibie	17.72m
2	Bellingan, Julie	W71	Namibie	16.42m
3	Janeke, Hanneljie	W70	Vaal Triangle	11.92m

Javelin Throw

----- 30-34 Women -----				
1	Beytell, Yolanda	W30	Gauteng North	34.20m
2	Mhulungu, Thembisile	W30	Western Province	28.16m

----- 35-39 Women -----				
1	Taljaard, Wanda	W35	Free State	34.84m
2	Tempies, Rochelle	W35	Boland	20.34m

----- 40-44 Women -----				
1	Dixon, Surita	W40	Western Province	17.78m

----- 45-49 Women -----				
1	Knoetse, Louise	W45	Central North West	30.58m
2	Basson, Jacqueline	W47	Western Province	25.42m
3	Hennop, Ansie	W45	Gauteng North	24.28m
4	Smit, Jackie	W45	Western Province	21.02m
5	Gouws, Makkie	W45	Gauteng North	15.24m
6	Rawlins, Velery-Ann	W45	Kwazulu Natal	11.30m

----- 50-54 Women -----				
1	Vercuiel, Grizelda	W51	Western Province	17.46m

----- 55-59 Women -----				
1	Schultz, Nora	W55	Namibie	17.14m

----- 60-64 Women -----				
1	Schoonwinkel, Hester	W60	Western Province	21.24m
2	Ferreira, Marcia	W60	Central Gauteng	20.38m
3	Van Wyk, Karen	W60	Gauteng North	15.26m
4	Da Silveira, Izabel	W61	Western Province	9.20m

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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Javelin Throw (Cont.)

		65-69 Women		
1	Tomlinson, Magdalena	W65	Kwazulu Natal	16.54m
		70-74 Women		
1	Van Lill, Naomie	W70	Namibie	16.00m
		75-79 Women		
1	Ackermann, Aletta	W79	Western Province	8.44m
		80-84 Women		
1	Rudolph, Sonya	W80	Boland	11.12m

Weight Throw

		30-34 Women		
1	Coetzee, Marilise	W33	Western Province	13.93m
2	Beytell, Yolanda	W30	Gauteng North	6.48m
		40-44 Women		
1	Niemandt, Elsabe	W44	Western Province	10.09m
2	Eva, Janita	W40	Gauteng North	9.28m
3	Venter, Charmain	W43	Western Province	6.32m
4	Coetzee, Jacoleen	W40	South Western Distr	6.23m
		45-49 Women		
1	Hennop, Ansie	W45	Gauteng North	9.93m
		55-59 Women		
1	Stoffberg, Tertia	W56	Western Province	8.15m
2	Du Toit, Aletta	W58	Western Province	7.48m
		60-64 Women		
1	Schoonwinkel, Hester	W60	Western Province	12.60m
2	Van Wyk, Karen	W60	Gauteng North	12.08m
3	Ferreira, Marcia	W60	Central Gauteng	9.59m
4	Grobbelaar, Elize	W64	Western Province	9.54m
5	Da Silveira, Izabel	W61	Western Province	6.07m
		70-74 Women		
1	Bellingan, Julie	W71	Namibie	8.04m
2	Van Lill, Naomie	W70	Namibie	7.88m
3	Janeke, Hanneltjie	W70	Vaal Triangle	7.29m
		80-84 Women		
1	Rudolph, Sonya	W80	Boland	6.72m

SA Masters Athletics Championships 2010
Bellville - Fri 30-04-10 to Sat 01-05-10

MEN

PLACE	ATHLETE NAME	AGE	TEAM	TIME	
<u>100m</u>					
----- 30-34 Men -----					
1	Kock, Andrew	M30	Eastern Province	11.34	NWI
2	Maasdorp, Francois	M30	Gauteng North	11.42	NWI
3	Holroyd, Wayne	M30	Kwazulu Natal	11.55	NWI
4	Geldenhuis, Darius	M33	Western Province	11.77	NWI
5	Morolo, Tozi	M30	South Western Districts	12.07	NWI
----- 35-39 Men -----					
1	Van Wyk, Carel	M35	Gauteng North	11.54	NWI
2	Powell, Shaun	M35	Vaal Triangle	11.70	NWI
3	Msipha, Edwin	M35	Central Gauteng	11.92	NWI
4	Page, Colin	M35	Central Gauteng	12.34	NWI
5	Solomons, Anthony	M39	Boland	12.44	NWI
----- 40-44 Men -----					
1	Isaacs, Aubrey	M42	Western Province	12.06	NWI
2	Uys, Johan	M40	Western Province	12.61	NWI
3	Nel, Henry	M40	Boland	12.76	NWI
4	Hugo, Stephan	M44	Western Province	12.77	NWI
5	Van Onselen, Llewellyn	M40	Kwazulu Natal	13.23	NWI
6	Kilowan, Ernst	M44	Boland	13.67	NWI
7	McCann, Warren	M40	Central Gauteng	15.24	NWI
----- 45-49 Men -----					
1	Maxwell, Gavin	M45	Kwazulu Natal	11.87	NWI
2	Toll, Michael	M46	Western Province	12.39	NWI
3	Martin, Edward	M45	Free State	12.70	NWI
4	Barnard, Marthinus	M45	Gauteng North	12.83	NWI
5	Le Roy, Benoit	M45	Central Gauteng	13.10	NWI
----- 50-54 Men -----					
1	Warries, Joseph	M54	Western Province	12.87	NWI
2	Louw, Gawie	M50	Gauteng North	13.21	NWI
3	Jefthas, Christo	M54	Boland	14.03	NWI
----- 55-59 Men -----					
1	Claassen, Len	M55	Gauteng North	13.18	NWI
2	Swiegers, Johan	M58	Western Province	13.63	NWI
3	Downward, Trevor	M55	Central Gauteng	14.34	NWI
4	Stoffels, John	M55	Boland	14.45	NWI
5	Hart, Wally	M59	Western Province	16.68	NWI

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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100m (Cont.)

----- 60-64 Men -----				
1	Smith, Anthony	M60	Vaal Triangle	13.53 NWI
2	Sekgobela, Tsibishang	M60	Gauteng North	13.57 NWI
3	Motala, Yacoob	M60	Kwazulu Natal	14.86 NWI
4	Figland, Edgar	M63	Western Province	15.01 NWI

----- 65-69 Men -----				
1	Wynick, Mervyn	M65	Central Gauteng	14.57 NWI
2	Van Rensburg, Philip	M65	South Western Districts	15.86 NWI

----- 70-74 Men -----				
1	Stern, David	M70	Canada	15.29 NWI
2	De Vos, Tobie	M70	Gauteng North	15.94 NWI
3	Warren, Bertie	M73	Boland	16.26 NWI
4	Van Zyl, Jakobus	M72	Western Province	16.47 NWI
5	Moodley, Rajagopaul	M70	Kwazulu Natal	16.98 NWI
6	De Klerk, Boy	M74	Western Province	17.96 NWI

----- 75-79 Men -----				
1	Cross, Ron	M76	Western Province	15.06 NWI
2	Benning, Leo	M76	Boland	17.22 NWI
3	Murdock, Edward	M75	Western Province	19.04 NWI

----- 80-84 Men -----				
1	Sharpley, Neville	M84	Western Province	20.92 NWI

200m

----- 30-34 Men -----				
1	Holroyd, Wayne	M30	Kwazulu Natal	22.60 NWI
2	Geldenhuis, Darius	M33	Western Province	23.31 NWI
3	Morolo, Tozi	M30	South Western Districts	24.01 NWI

----- 35-39 Men -----				
1	Van Wyk, Carel	M35	Gauteng North	22.79 NWI
2	Msipha, Edwin	M35	Central Gauteng	23.20 NWI
3	Msipha, Aldrin	M35	Western Province	23.30 NWI
4	Powell, Shaun	M35	Vaal Triangle	23.54 NWI
5	Page, Colin	M35	Central Gauteng	24.35 NWI
6	Solomons, Anthony	M39	Boland	24.65 NWI

----- 40-44 Men -----				
1	Mngomezulu, George	M40	Central North West	24.69 NWI
2	Uys, Johan	M40	Western Province	25.04 NWI
3	Van Zyl, Oloff	M40	Western Province	26.40 NWI
4	Neff, Freddie	M41	Boland	26.71 NWI
5	Van Onselen, Llewellyn	M40	Kwazulu Natal	26.87 NWI

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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200m (Cont.)

----- 45-49 Men -----				
1	Maxwell, Gavin	M45	Kwazulu Natal	24.67 NWI
2	Toll, Michael	M46	Western Province	24.97 NWI
3	Martin, Edward	M45	Free State	25.83 NWI
4	Barnard, Marthinus	M45	Gauteng North	26.30 NWI
5	Clark, Charles	M45	Central Gauteng	26.62 NWI

----- 50-54 Men -----				
1	Solomons, Achmat	M50	Western Province	25.46 NWI
2	Warries, Joseph	M54	Western Province	26.15 NWI
3	Louw, Gawie	M50	Gauteng North	27.29 NWI
4	Jeffhas, Christo	M54	Boland	28.28 NWI

----- 55-59 Men -----				
1	Claassen, Len	M55	Gauteng North	26.36 NWI
2	Downward, Trevor	M55	Central Gauteng	28.74 NWI
3	Stoffels, John	M55	Boland	29.64 NWI
4	Hart, Wally	M59	Western Province	33.41 NWI

----- 60-64 Men -----				
1	Smith, Anthony	M60	Vaal Triangle	27.54 NWI
2	Ferreira, Johan	M60	Central Gauteng	28.57 NWI
3	Figland, Edgar	M63	Western Province	31.62 NWI

----- 65-69 Men -----				
1	Van Rensburg, Philip	M65	South Western Districts	34.02 NWI

----- 70-74 Men -----				
1	Stern, David	M70	Canada	32.04 NWI
2	De Vos, Tobie	M70	Gauteng North	32.40 NWI
3	Van Zyl, Jakobus	M72	Western Province	33.97 NWI
4	Warren, Bertie	M73	Boland	36.68 NWI
5	De Klerk, Boy	M74	Western Province	38.68 NWI
6	Rowe, Jack	M70	Gauteng North	40.13 NWI
-	Pencilliah, Larry	M70	Kwazulu Natal	DNF NWI

----- 75-79 Men -----				
1	Cross, Ron	M76	Western Province	31.85 NWI
2	Benning, Leo	M76	Boland	36.98 NWI

----- 80-84 Men -----				
1	Sharpley, Neville	M84	Western Province	44.86 NWI

400m

----- 30-34 Men -----				
1	Morolo, Tozi	M30	South Western Districts	53.50
2	Roos, Mihan	M31	South Western Districts	57.56

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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400m (Cont.)

----- 35-39 Men -----				
1	Msipha, Aldrin	M35	Western Province	51.47
2	Claassen, Nick	M36	Central Gauteng	52.81
3	Peacock, Michael	M37	Western Province	53.05
4	Vosloo, Riaan	M35	Kwazulu Natal	56.49
----- 40-44 Men -----				
1	Mngomezulu, George	M40	Central North West	54.77
2	Du Preez, Danie	M40	Gauteng North	55.67
----- 45-49 Men -----				
1	Toll, Michael	M46	Western Province	56.09
2	Martin, Edward	M45	Free State	57.63
3	Clark, Charles	M45	Central Gauteng	58.50
----- 50-54 Men -----				
1	Solomons, Achmat	M50	Western Province	56.61
2	McDulling, Schalk	M50	Gauteng North	1:05.86
----- 55-59 Men -----				
1	Claassen, Len	M55	Gauteng North	57.89
----- 60-64 Men -----				
1	Ferreira, Johan	M60	Central Gauteng	1:04.92
2	Van Onselen, Creswell	M60	Free State	1:24.81
----- 70-74 Men -----				
1	Holgate, Don	M70	Western Province	1:40.52

800m

----- 30-34 Men -----				
1	Roos, Mihan	M31	South Western Districts	2:07.77
2	Smith, Martin	M30	Central Gauteng	2:16.22
3	Stones, Tim	M30	Boland	2:27.67
4	Esau, Dorian	M30	Western Province	2:32.23
----- 35-39 Men -----				
1	Claassen, Nick	M36	Central Gauteng	2:00.76
2	Booth, Brian	M35	Central Gauteng	2:00.77
3	Modise, Norman	M35	Free State	2:21.91
4	Dippenaar, Andries	M38	Western Province	2:39.28
----- 40-44 Men -----				
1	Du Preez, Danie	M40	Gauteng North	2:10.66
2	De Lange, Deon	M42	Western Province	2:16.33
3	Cleophas, Tony	M40	South Western Districts	2:18.48
4	Hartnick, Moos	M40	Western Province	2:26.62

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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800m (Cont.)

----- 45-49 Men -----				
1	Philander, Tobias	M46	Western Province	2:04.23
2	Pudi, Ramosimane	M45	Central North West	2:22.36
3	Botha, Louis	M45	Gauteng North	2:36.27
-	Figlan, Tembeleni	M45	Western Province	DNF

----- 50-54 Men -----				
1	Solomons, Achmat	M50	Western Province	2:17.28
2	McDulling, Schalk	M50	Gauteng North	2:27.96
3	Jefthas, Christo	M54	Boland	2:42.41
4	Hock, Kenneth	M51	Boland	2:44.37
5	Schoeman, At	M50	South Western Districts	2:52.37

----- 55-59 Men -----				
1	Claassen, Len	M55	Gauteng North	2:17.25

----- 60-64 Men -----				
1	Mahobe, Francis	M60	Central North West	2:31.48
2	Botha, Johan	M63	Western Province	2:42.84
3	Van Onselen, Creswell	M60	Free State	4:00.50

----- 70-74 Men -----				
1	Evans, Bub	M73	Western Province	3:10.83
2	Holgate, Don	M70	Western Province	3:56.74

----- 75-79 Men -----				
1	Nurden, Ken	M75	Gauteng North	2:37.04
2	Coetzee, Martin	M75	Gauteng North	3:31.91

1500m

----- 30-34 Men -----				
1	Roos, Mihan	M31	South Western Districts	4:31.25
2	Seconds, Antonio	M30	Eastern Province	4:39.78
3	Stones, Tim	M30	Boland	5:11.24
4	Esau, Dorian	M30	Western Province	5:15.82

----- 35-39 Men -----				
1	Claassen, Nick	M36	Central Gauteng	4:16.95
2	Johnson, Mervyn	M35	Eastern Province	4:21.77

----- 40-44 Men -----				
1	Van Zyl, Oloff	M40	Western Province	4:50.71
2	Cleophas, Tony	M40	South Western Districts	4:51.41

----- 45-49 Men -----				
1	Pudi, Ramosimane	M45	Central North West	4:49.76
2	Lekay, Elroy	M45	Western Province	5:02.79
3	Figlan, Tembeleni	M45	Western Province	5:05.02

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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1500m (Cont.)

----- 50-54 Men -----				
1	Solomons, Achmat	M50	Western Province	5:11.24
2	Jefthas, Christo	M54	Boland	5:51.69
3	Hock, Kenneth	M51	Boland	6:08.68
----- 55-59 Men -----				
1	Hart, Wally	M59	Western Province	6:48.56
----- 60-64 Men -----				
1	Mahobe, Francis	M60	Central North West	5:13.12
----- 70-74 Men -----				
1	Evans, Bub	M73	Western Province	7:01.68
2	Holgate, Don	M70	Western Province	8:08.44
----- 75-79 Men -----				
1	Nurden, Ken	M75	Gauteng North	5:47.29
2	Coetzee, Martin	M75	Gauteng North	7:23.53

5000m

----- 30-34 Men -----				
1	Esau, Dorian	M30	Western Province	18:35.55
2	Stones, Tim	M30	Boland	19:59.07
----- 35-39 Men -----				
1	Mogatle, Kagiso	M35	Central North West	16:15.76
2	Korkee, Ricardo	M35	Western Province	17:55.27
3	Modise, Norman	M35	Free State	18:42.99
4	Dippenaar, Andries	M38	Western Province	20:05.88
----- 40-44 Men -----				
1	September, John	M40	Western Province	16:04.81
2	Jordaan, Jorrie	M40	North West North	18:49.70
3	Cleophas, Tony	M40	South Western Districts	18:56.25
4	Viljoen, Marcel	M40	Central Gauteng	20:43.10
5	Smith, Mark	M40	Kwazulu Natal	21:53.52
----- 45-49 Men -----				
1	Motlagale, Adam	M45	Central North West	16:23.25
2	Schlechter, Marius-Hugo	M45	South Western Districts	17:34.65
3	Kelly, Percy	M46	Western Province	17:43.98
4	Funani, Lukas	M45	North West North	18:25.35

PLACE	ATHLETE NAME	AGE TEAM	TIME
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5000m (Cont.)

----- 50-54 Men -----			
1	Mpukane, Goodman	M50 Western Province	17:30.68
2	Tsotso, Cornelius	M50 North West North	17:51.36
3	Mokoma, Tersius	M50 North West North	18:49.65
4	Brits, Piet	M50 Free State	19:42.53
5	Schoeman, At	M50 South Western Districts	21:31.23
6	Naidoo, V.G.	M50 Kwazulu Natal	24:44.80
7	Pather, Rocky	M50 Kwazulu Natal	25:40.81

----- 55-59 Men -----			
1	Brown, Terence	M55 Western Province	18:48.07
2	Lindsay, Robert	M55 Western Province	18:56.24

----- 60-64 Men -----			
1	Lamprecht, Lampies	M60 South Western Districts	23:06.80

----- 65-69 Men -----			
1	Donald, Peter	M67 Western Province	21:34.91
2	Wurster, Alvin	M65 Gauteng North	26:40.44

----- 70-74 Men -----			
1	Evans, Bub	M73 Western Province	24:36.57

----- 75-79 Men -----			
1	Nurden, Ken	M75 Gauteng North	21:30.19
2	Coetzee, Martin	M75 Gauteng North	28:09.96

10 000m

----- 30-34 Men -----			
1	Stones, Tim	M30 Boland	42:36.00
2	Esau, Dorian	M30 Western Province	44:09.42

----- 35-39 Men -----			
1	Mogatle, Kagiso	M35 Central North West	33:37.83
-	Dippenaar, Andries	M38 Western Province	DNF

----- 40-44 Men -----			
1	September, John	M40 Western Province	33:25.04
2	Jordaan, Jorrie	M40 North West North	37:51.59
3	Smith, Mark	M40 Kwazulu Natal	46:22.93

----- 45-49 Men -----			
1	Motlagale, Adam	M45 Central North West	35:13.44
2	Sullivan, Gerald	M47 Western Province	37:49.16
3	Bradley, George	M45 Kwazulu Natal	37:52.76
4	Funani, Lukas	M45 North West North	38:49.69

PLACE	ATHLETE NAME	AGE TEAM	TIME
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10 000m (Cont.)

----- 50-54 Men -----			
1	Mpukane, Goodman	M50 Western Province	37:24.48
2	Tsotso, Cornelius	M50 North West North	37:38.45
3	Mokoma, Tersius	M50 North West North	39:31.95
4	Brits, Piet	M50 Free State	40:05.50
5	Naidoo, V.G.	M50 Kwazulu Natal	52:00.34
6	Pather, Rocky	M50 Kwazulu Natal	52:05.59

----- 55-59 Men -----			
1	Brown, Terence	M55 Western Province	38:45.05

----- 60-64 Men -----			
1	Lamprecht, Lampies	M60 South Western Districts	48:35.66

----- 70-74 Men -----			
1	Evans, Bub	M73 Western Province	51:00.95

----- 75-79 Men -----			
1	Nurden, Ken	M75 Gauteng North	45:03.00

5000m Walk

----- 35-39 Men -----			
1	McDonald, Ross	M37 Western Province	22:13.96

----- 40-44 Men -----			
1	Swannepoel, Hannes	M44 Western Province	25:51.52

----- 45-49 Men -----			
1	Appel, Pieter	M45 Kwazulu Natal	25:11.57
2	Phillips, Kevin	M45 Central Gauteng	26:35.59
3	Venter, Fanie	M45 Gauteng North	27:37.57
4	Figlan, Tembeleni	M45 Western Province	29:30.52
5	Thwajahlaka, Toboho	M45 Central North West	32:02.66

----- 50-54 Men -----			
1	Mpukane, Goodman	M50 Western Province	17:30.68
2	Bosman, Marius	M50 Gauteng North	27:40.65
3	Vorster, Johan	M50 Western Province	30:07.55

----- 55-59 Men -----			
1	Kotze, Frans	M58 Boland	27:15.58
2	Patterson, Ray	M55 Central Gauteng	27:25.61
3	Brooker, Chris	M55 Central Gauteng	30:16.82
4	Child, John	M59 Western Province	30:33.87
5	Hart, Wally	M59 Western Province	30:36.67
6	Von Molendorff, Johan	M55 North West North	32:42.18
-	Zalani, Stephen	M55 Central Gauteng	DQ

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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5000m Walk (Cont.)

----- 60-64 Men -----				
1	Pellew, Bill	M60	Kwazulu Natal	27:19.32
2	Wonfor, Patrick	M64	Western Province	31:03.89
----- 65-69 Men -----				
1	Spencer, Jurgen	M69	Western Province	28:04.28
2	Van den Raad, Gerard	M65	Gauteng North	30:19.99
----- 70-74 Men -----				
1	Kirby, David	M74	Western Province	33:58.67
2	Rowe, Jack	M70	Gauteng North	35:01.24
----- 80-84 Men -----				
1	Prinsloo, Zacharia	M80	Kwazulu Natal	37:34.50
----- 45-49 Men -----				
1	Phillips, Kevin	M45	Central Gauteng	55:21.00
2	Thwajahlaka, Toboho	M45	Central North West	1:05:12.00
----- 55-59 Men -----				
1	Kotze, Frans	M58	Boland	56:36.00
2	Patterson, Ray	M55	Central Gauteng	57:14.00
3	Hart, Wally	M59	Western Province	1:03:58.00
----- 60-64 Men -----				
1	Whyte, Roy	M60	Western Province	1:09:59.00
----- 65-69 Men -----				
1	Spencer, Jurgen	M69	Western Province	57:04.00
----- 70-74 Men -----				
1	Rowe, Jack	M70	Gauteng North	1:17:00.00
----- 75-79 Men -----				
1	Hotston, John	M78	Western Province	1:10:21.00
----- 80-84 Men -----				
1	Prinsloo, Zacharia	M80	Kwazulu Natal	1:17:46.00

20km Walk

----- 30-34 Men -----				
1	Cillie, Gideon	M32	Western Province	1:39:30.00
----- 35-39 Men -----				
1	McDonald, Ross	M37	Western Province	1:47:36.00
2	Salida, Malcolm	M35	Western Province	2:08:11.00
----- 40-44 Men -----				
1	Swannepoel, Hannes	M44	Western Province	1:53:05.00

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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20km Walk (Cont.)

----- 45-49 Men -----				
1	Appel, Pieter	M45	Kwazulu Natal	1:52:50.00
2	Venter, Fanie	M45	Gauteng North	1:59:25.00
----- 50-54 Men -----				
1	Bosman, Marius	M50	Gauteng North	1:59:46.00
----- 55-59 Men -----				
1	Brooker, Chris	M55	Central Gauteng	2:08:49.00
2	Child, John	M59	Western Province	2:11:36.00
3	Von Molendorff, Johan	M55	North West North	2:18:12.00
----- 60-64 Men -----				
1	Wonfor, Patrick	M64	Western Province	2:14:42.00
-	Pellew, Bill	M60	Kwazulu Natal	DQ
----- 65-69 Men -----				
1	Strack, Uwe	M65	Western Province	2:17:30.00

80m Hurdles

----- 75-79 Men -----				
1	Cross, Ron	M76	Western Province	16.05 NWI

100m Hurdles

----- 50-54 Men -----				
1	Gouws, Johan	M50	Gauteng North	17.04 NWI
2	Schoeman, At	M50	South Western Districts	22.03 NWI
----- 55-59 Men -----				
1	Allers, Johan	M59	Western Province	21.03 NWI

110m Hurdles

----- 40-44 Men -----				
1	Hugo, Stephan	M44	Western Province	18.94 NWI
----- 45-49 Men -----				
1	Van Daalen, Dirk	M46	Western Province	23.91 NWI

300m Hurdles

----- 65-69 Men -----				
1	Van Rensburg, Philip	M65	South Western Districts	1:09.27

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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400m Hurdles

		-----	35-39 Men -----	
1	Vosloo, Riaan	M35	Kwazulu Natal	1:01.79
		-----	45-49 Men -----	
1	De Wet Kotze, Hendrik	M45	Boland	1:20.41
2	Wanliss, Ian	M47	Western Province	1:28.59
		-----	50-54 Men -----	
1	Schoeman, At	M50	South Western Districts	1:22.24

2000m Steeple Chase

		-----	65-69 Men -----	
1	Wurster, Alvin	M65	Gauteng North	10:47.83
		-----	75-79 Men -----	
1	Coetzee, Martin	M75	Gauteng North	11:47.72

3000m Steeple Chase

		-----	30-34 Men -----	
1	Matthys, Roberltuis	M30	Eastern Province	9:57.83
2	Seconds, Antonio	M30	Eastern Province	10:47.29
		-----	35-39 Men -----	
1	Modise, Norman	M35	Free State	11:48.46
		-----	40-44 Men -----	
-	Hartnick, Moos	M40	Western Province	DNF
		-----	45-49 Men -----	
1	Philander, Tobias	M46	Western Province	9:58.47
2	Moreshead, Iain	M45	Central Gauteng	10:49.51
		-----	50-54 Men -----	
1	Schoeman, At	M50	South Western Districts	12:59.93

High Jump

		-----	30-34 Men -----	
1	Burger, Pieter	M30	Namibie	1.83m
		-----	35-39 Men -----	
1	Mostert, Theunis	M35	Western Province	1.70m
2	Thiart, Philip	M38	South Western Distr	1.65m

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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High Jump (Cont.)

----- 40-44 Men -----				
1	De Lange, Deon	M42	Western Province	1.55m
2	Cronje, Andre	M40	Central Gauteng	1.50m
2	Reynicke, Ivan	M40	Boland	1.50m
4	Van Zyl, Oloff	M40	Western Province	1.45m

----- 45-49 Men -----				
1	Van Daalen, Dirk	M46	Western Province	1.50m
2	Van Dyk, Jean-Pierre	M45	Eastern Province	1.20m

----- 50-54 Men -----				
1	Gouws, Johan	M50	Gauteng North	1.65m
2	Hock, Kenneth	M51	Boland	1.48m
3	Nel, Leon	M50	Central Gauteng	1.33m
4	Vorster, Johan	M50	Western Province	1.27m

----- 55-59 Men -----				
1	Peet, Grove	M55	Central Gauteng	1.45m

----- 60-64 Men -----				
1	Nel, Org	M60	Western Province	1.15m

----- 65-69 Men -----				
1	Heunis, Dawie	M68	South Western Distr	1.33m

----- 75-79 Men -----				
1	Benning, Leo	M76	Boland	1.27m

Pole Vault

----- 45-49 Men -----				
1	John, Richard	M45	Zimbabwe	3.30m
2	Van Dyk, Jean-Pierre	M45	Eastern Province	3.00m

----- 55-59 Men -----				
1	Allers, Johan	M59	Western Province	2.20m

Long Jump

----- 30-34 Men -----					
1	Gouws, Leon	M30	Central Gauteng	5.09m	NWI

----- 35-39 Men -----					
1	Mostert, Theunis	M35	Western Province	5.81m	NWI
2	Pretorius, Pieter	M35	Gauteng North	5.30m	NWI
3	Vosloo, Riaan	M35	Kwazulu Natal	4.72m	NWI

PLACE	ATHLETE NAME	AGE	TEAM	TIME
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Long Jump (Cont.)

----- 40-44 Men -----				
1	Neff, Freddie	M41	Boland	5.43m NWI
2	Hugo, Stephan	M44	Western Province	5.42m NWI
3	Van Zyl, Oloff	M40	Western Province	5.37m NWI
4	De Lange, Deon	M42	Western Province	5.33m NWI
5	Van Niekerk, Jannie	M41	Eastern Province	5.31m NWI
6	Van Wyk, Andre	M40	Central Gauteng	4.65m NWI
7	Van Onselen, Llewellyn	M40	Kwazulu Natal	4.57m NWI

----- 45-49 Men -----				
1	McBride, Vincent	M45	Western Province	5.13m NWI
2	Lekay, Elroy	M45	Western Province	5.02m NWI
3	Van Dyk, Jean-Pierre	M45	Eastern Province	4.77m NWI

----- 50-54 Men -----				
1	Nel, Leon	M50	Central Gauteng	4.56m NWI
2	Lochner, Albertu	M50	Western Province	4.06m NWI

----- 55-59 Men -----				
1	Du Toit, Neels	M55	Free State	4.47m NWI
2	Nel, Japie	M55	Central Gauteng	3.68m NWI

----- 70-74 Men -----				
1	Warren, Bertie	M73	Boland	3.63m NWI

----- 75-79 Men -----				
1	Benning, Leo	M76	Boland	3.55m NWI

Triple Jump

----- 35-39 Men -----				
1	Mostert, Theunis	M35	Western Province	12.18m 1.1
2	Pretorius, Pieter	M35	Gauteng North	11.12m 2.1

----- 40-44 Men -----				
1	Hugo, Stephan	M44	Western Province	11.12m 1.7
2	De Lange, Deon	M42	Western Province	10.60m 2.1

----- 45-49 Men -----				
1	McBride, Vincent	M45	Western Province	11.48m -0.3
2	Van Daalen, Dirk	M46	Western Province	9.33m 1.1

----- 50-54 Men -----				
1	Nel, Leon	M50	Central Gauteng	9.75m 1.8

----- 55-59 Men -----				
1	Du Toit, Neels	M55	Free State	9.93m 2.7

----- 75-79 Men -----

1 Benning, Leo

M76 Boland

7.47m 1.1

PLACE	ATHLETE NAME	AGE	TEAM	TIME
Shot Put				
----- 35-39 Men -----				
1	Geldenhuis, Gideon	M35	Eastern Province	14.73m
----- 40-44 Men -----				
1	Scheepers, Conradie	M40	Free State	14.49m
2	Smit, Hennie	M44	Vaal Triangle	11.88m
----- 45-49 Men -----				
1	De Wit, Francois	M45	Gauteng North	12.30m
2	Badenhorst, Adri	M45	Eastern Province	10.32m
3	Smit, John	M45	Western Province	10.21m
4	Hillebrand, Len	M45	South Western Distr	10.01m
----- 50-54 Men -----				
1	Wattrus, Peter	M51	Central Gauteng	13.49m
2	Louw, Gawie	M50	Gauteng North	11.91m
3	Nel, Hannes	M50	Vaal Triangle	11.58m
4	Smith, Anthony	M50	Boland	10.10m
----- 55-59 Men -----				
1	Van Zyl, Jacobus	M55	Eastern Province	13.02m
2	Bester, Marius	M55	Central Gauteng	12.59m
3	Wale, Anton	M57	Western Province	12.19m
4	Nel, Japie	M55	Central Gauteng	8.68m
----- 60-64 Men -----				
1	Van Greunen, Johann	M60	Eastern Province	9.32m
----- 65-69 Men -----				
1	Horn, Louis	M65	Vaal Triangle	11.67m
2	Human, Nick	M65	Eastern Province	11.20m
3	Hildebrand, Ingo	M66	South Western Distr	9.10m
----- 70-74 Men -----				
1	Skea, Everard	M70	Gauteng North	11.16m
2	Rzepecki, Andrzej	M70	Gauteng North	10.63m
3	Johnston, Steve	M71	Western Province	9.95m
4	Warren, Bertie	M73	Boland	9.41m
----- 75-79 Men -----				
1	Willers, Oubaas	M75	Vaal Triangle	8.59m
2	Hazell, Des	M75	Western Province	7.18m
3	Naude, Heinie	M76	South Western Distr	5.90m
----- 80-84 Men -----				
1	Stannius, Borg	M82	Western Province	11.36m
----- 85-89 Men -----				
1	Frech, Philipp	M89	Western Province	7.13m

PLACE	ATHLETE NAME	AGE	TEAM	TIME
<u>Discus Throw</u>				
----- 35-39 Men -----				
1	Geldenhuis, Gideon	M35	Eastern Province	52.12m
2	Venter, Martin	M35	Gauteng North	38.44m
3	Solomons, Anthony	M39	Boland	34.36m
----- 40-44 Men -----				
1	Scheepers, Conradie	M40	Free State	43.26m
2	Marais, Andries	M40	South Western Distr	41.02m
3	Smit, Hennie	M44	Vaal Triangle	36.14m
----- 45-49 Men -----				
1	Hillebrand, Len	M45	South Western Distr	37.38m
2	De Wit, Francois	M45	Gauteng North	29.32m
3	Badenhorst, Adri	M45	Eastern Province	29.18m
4	Smit, John	M45	Western Province	26.32m
----- 50-54 Men -----				
1	Aggouras, Nicky	M50	Gauteng North	41.20m
2	Wattrus, Peter	M51	Central Gauteng	39.82m
3	Kitchenbrand, Stephen	M50	Gauteng North	36.30m
4	Vercuiel, Hein	M51	Western Province	28.46m
----- 55-59 Men -----				
1	Van Zyl, Jacobus	M55	Eastern Province	45.28m
2	Wale, Anton	M57	Western Province	34.50m
3	Allers, Johan	M59	Western Province	32.94m
4	Bergh, Martin	M55	North West North	26.52m
----- 60-64 Men -----				
1	Nel, Org	M60	Western Province	31.06m
2	Van Greunen, Johann	M60	Eastern Province	29.12m
----- 65-69 Men -----				
1	Human, Nick	M65	Eastern Province	33.72m
2	Heunis, Dawie	M68	South Western Distr	32.14m
----- 70-74 Men -----				
1	Johnston, Steve	M71	Western Province	31.60m
----- 75-79 Men -----				
1	Willers, Oubaas	M75	Vaal Triangle	22.58m
2	Benning, Leo	M76	Boland	22.22m
3	Hazell, Des	M75	Western Province	20.48m
----- 80-84 Men -----				
1	Stannius, Borg	M82	Western Province	26.98m
----- 85-89 Men -----				
1	Frech, Philipp	M89	Western Province	20.14m

PLACE	ATHLETE NAME	AGE	TEAM	TIME
<u>Hammer Throw</u>				
----- 35-39 Men -----				
1	Venter, Martin	M35	Gauteng North	54.86m
2	Van Wyk, Danie	M35	Gauteng North	37.50m
----- 40-44 Men -----				
1	Botes, Braam	M40	Vaal Triangle	43.88m
----- 45-49 Men -----				
1	Meiring, Vincent	M45	Gauteng North	53.42m
2	De Wit, Francois	M45	Gauteng North	31.56m
3	Smit, John	M45	Western Province	29.40m
4	Hillebrand, Len	M45	South Western Distr	22.68m
----- 50-54 Men -----				
1	Nel, Hannes	M50	Vaal Triangle	42.22m
2	Kitchenbrand, Stephen	M50	Gauteng North	39.08m
3	Louw, Gawie	M50	Gauteng North	38.24m
----- 55-59 Men -----				
1	Koen, Basie	M55	Vaal Triangle	46.72m
2	Bester, Marius	M55	Central Gauteng	43.32m
3	Bergh, Martin	M55	North West North	33.62m
4	Wale, Anton	M57	Western Province	32.32m
----- 65-69 Men -----				
1	Heunis, Dawie	M68	South Western Distr	34.14m
----- 70-74 Men -----				
1	Rzepecki, Andrzej	M70	Gauteng North	42.00m
2	Johnston, Steve	M71	Western Province	35.68m
3	Nelson, Alan	M72	Western Province	17.72m
----- 75-79 Men -----				
1	Naude, Heinie	M76	South Western Distr	25.08m
2	Willers, Oubaas	M75	Vaal Triangle	21.96m
----- 80-84 Men -----				
1	Stannius, Borg	M82	Western Province	33.16m
----- 85-89 Men -----				
1	Frech, Philipp	M89	Western Province	19.30m

PLACE	ATHLETE NAME	AGE	TEAM	TIME
<u>Javelin Throw</u>				
----- 35-39 Men -----				
1	Van Wyk, Danie	M35	Gauteng North	46.66m
2	Vosloo, Riaan	M35	Kwazulu Natal	37.18m
----- 45-49 Men -----				
1	Badenhorst, Adri	M45	Eastern Province	46.18m
2	Smit, John	M45	Western Province	35.84m
3	Hillebrand, Len	M45	South Western Distr	35.68m
----- 50-54 Men -----				
1	Louw, Gawie	M50	Gauteng North	53.34m
2	Kitchenbrand, Stephen	M50	Gauteng North	46.50m
3	Vercuiel, Hein	M51	Western Province	38.70m
4	Lochner, Albertu	M50	Western Province	36.50m
5	Wattrus, Peter	M51	Central Gauteng	31.18m
6	Smith, Anthony	M50	Boland	30.50m
----- 55-59 Men -----				
1	Wale, Anton	M57	Western Province	36.66m
2	Bergh, Martin	M55	North West North	26.30m
3	Nel, Japie	M55	Central Gauteng	23.38m
----- 60-64 Men -----				
1	Miller, Garth	M60	Western Province	32.38m
2	Van Greunen, Johann	M60	Eastern Province	28.62m
----- 65-69 Men -----				
1	Hildebrand, Ingo	M66	South Western Distr	31.52m
2	Human, Nick	M65	Eastern Province	30.10m
----- 70-74 Men -----				
1	Skea, Everard	M70	Gauteng North	27.50m
2	Johnston, Steve	M71	Western Province	26.50m
----- 75-79 Men -----				
1	Benning, Leo	M76	Boland	24.90m
2	Willers, Oubaas	M75	Vaal Triangle	23.14m
----- 80-84 Men -----				
1	Stannius, Borg	M82	Western Province	30.14m
----- 85-89 Men -----				
1	Frech, Philipp	M89	Western Province	17.74m

PLACE	ATHLETE NAME	AGE	TEAM	TIME
<u>Weight Throw</u>				
----- 35-39 Men -----				
1	Venter, Martin	M35	Gauteng North	15.28m
2	Van Wyk, Danie	M35	Gauteng North	12.66m
----- 40-44 Men -----				
1	Botes, Braam	M40	Vaal Triangle	14.63m
----- 45-49 Men -----				
1	Meiring, Vincent	M45	Gauteng North	15.47m
2	De Wit, Francois	M45	Gauteng North	9.20m
3	Smit, John	M45	Western Province	9.06m
----- 50-54 Men -----				
1	Nel, Hannes	M50	Vaal Triangle	15.44m
2	Kitchenbrand, Stephen	M50	Gauteng North	14.49m
----- 55-59 Men -----				
1	Koen, Basie	M55	Vaal Triangle	16.45m
2	Wale, Anton	M57	Western Province	12.50m
3	Bergh, Martin	M55	North West North	12.15m
----- 65-69 Men -----				
1	Human, Nick	M65	Eastern Province	13.57m
2	Hildebrand, Ingo	M66	South Western Distr	9.60m
----- 70-74 Men -----				
1	Johnston, Steve	M71	Western Province	13.48m
----- 75-79 Men -----				
1	Naude, Heinie	M76	South Western Distr	10.71m
2	Benning, Leo	M76	Boland	9.98m
3	Willers, Oubaas	M75	Vaal Triangle	9.32m
----- 80-84 Men -----				
1	Stannius, Borg	M82	Western Province	14.75m
----- 85-89 Men -----				
1	Frech, Philipp	M89	Western Province	8.55m