

**WPA Race Walking Grand Prix 1**  
**Youngsfield, Cape Town - 16 January 2016**



| Pos  | Name                 | Club             | Licence No. | Age | Time    | Medal  | Comments |
|--|----------------------|------------------|-------------|-----|---------|--------|----------|
| <b><u>20km Race Walk Open Men</u></b>      |                      |                  |             |     |         |        |          |
| 1  | Peter Tichy          | SLOVAKIA         | 1904 TL     | 22  | 1:33:29 | Gold   | ~        |
| 2  | Ross McDonald        | K-way VOB        | 151         | 42  | 2:04:25 | Silver |          |
| 3  | Adam Papier          | Brackenfell AC   | 171         | 53  | 2:04:26 | Bronze | >        |
| 4  | Ebrahima Fisher      | Spartan Harriers | 7478        | 49  | 2:05:57 |        |          |
| 5  | Dennis Hines         | K-way VOB        | 152         | 48  | 2:06:35 |        |          |
| 6  | Kenny Anthony        | Spartan Harriers | 7570        | 64  | 2:17:25 |        |          |
| 7  | Patrick Wonfor       | Spartan Harriers | 9411        | 70  | 2:20:05 |        |          |
| 8  | John Child           | Spartan Harriers | 7565        | 65  | 2:22:36 |        |          |
| 9  | Randal Southgate     | Spartan Harriers | 7471        | 55  | 2:28:34 |        | >        |
| 10   | Armond Thompson      | Spartan Harriers | 7630        | 61  | 2:30:44 |        |          |
| 11   | Dave Kirby           | Spartan Harriers | 7486        | 80  | 2:42:34 |        |          |
|  | Stefano Aracena      | Indiv            | 1905 TL     | 33  | DNF     |        |          |
|  | Clive Williams       | K-way VOB        | 801         | 50  | DNF     |        | >        |
| <b><u>20km Race Walk Open Women</u></b>    |                      |                  |             |     |         |        |          |
| 1  | Fundiswa Sandi       | Ravensmead AC    | 1484        | 35  | 2:14:09 | Gold   |          |
| <b><u>10km Race Walk Masters Men</u></b>   |                      |                  |             |     |         |        |          |
| 1  | Frans Kotze          | Paarl (BOL)      | 275         | 60  | 1:04:08 | Gold   |          |
| 2  | Jurgen Spencer       | Bellville AC     | 8058        | 75  | 1:04:10 | Silver |          |
| 3  | Reon Jacobs          | Spartan Harriers | 7452        | 45  | 1:05:44 | Bronze |          |
| 4  | Eswee Walters        | Bellville AC     | 12225       | 55  | 1:09:34 |        |          |
| 5  | Brian Aver           | RWFL             | 4423        | 71  | 1:10:10 |        |          |
| 6  | Raymond Fuller       | K-way VOB        | 1150        | 58  | 1:12:30 |        |          |
| 7  | Hilton Donson        | Spartan Harriers | 7660        | 52  | 1:13:21 |        | >        |
| 8  | Mike Evans           | K-way VOB        | 1306        | 54  | 1:13:25 |        |          |
| 9  | Gerals Sullivan      | Sanlam AC        | 3648        | 53  | 1:15:36 |        |          |
| 10   | Andre Nel            | Celtic Harriers  | 200         | 55  | 1:17:13 |        |          |
| 11   | Keith Swartz         | SANDF WP         | 10115       | 57  | 1:22:30 |        |          |
| 12   | Patrick Adamson      | Celtic Harriers  | 212         | 60  | 1:25:45 |        |          |
| 13   | Ronnie Adams         | Spartan Harriers | 7353        | 76  | 1:32:52 |        |          |
| <b><u>10km Race Walk Masters Women</u></b> |                      |                  |             |     |         |        |          |
| 1  | Carlyn Adams         | K-Way VOB        | 1040        | 53  | 1:05:48 | Gold   |          |
| 2  | Suzelle Els          | RWFL             | 159         | 45  | 1:06:07 | Silver |          |
| 3  | Erdine Burger        | Bellville AC     | 8063        | 59  | 1:07:23 | Bronze |          |
| 4  | Pam James            | Spartan Harriers | 7657        | 58  | 1:07:50 |        |          |
| 5  | Jackie Goosen        | Brackenfell AC   | 6054        | 54  | 1:08:02 |        |          |
| 6  | Deborah Horn-Botha   | K-Way VOB        | 153         | 50  | 1:08:48 |        |          |
| 7  | Frieda Bignaut       | Sanlam           | 3704        | 65  | 1:09:51 |        |          |
| 8  | Wendy Josphehs       | RWFL             | 8425        | 67  | 1:10:26 |        |          |
| 9  | Cobie Miler          | Spartan Harriers | 7598        | 59  | 1:10:27 |        |          |
| 10   | Leza Buckle          | RWFL             | 3859        | 40  | 1:11:33 |        |          |
| 11   | Carol Pick           | Spartan Harriers | 162         | 49  | 1:11:59 |        |          |
| 12   | Hildegard Vey        | K-Way VOB        | 1387        | 74  | 1:12:33 |        |          |
| 13   | Carol-Ann Aver       | RWFL             | 3845        | 70  | 1:13:03 |        | >        |
| 14   | Elizabeth Nel        | Spartan Harriers | 7599        | 66  | 1:13:22 |        |          |
| 15   | CJ Dunn              | Spartan Harriers | 163         | 48  | 1:14:06 |        |          |
| 16   | Isabel Roux          | Bellville AC     | 8062        | 63  | 1:14:59 |        |          |
| 17   | Ann Stead            | Spartan Harriers | 7633        | 69  | 1:15:45 |        |          |
| 18   | Jenny Ramsay         | Spartan Harriers | 7663        | 63  | 1:17:35 |        |          |
| 19   | Peggy Reid           | Spartan Harriers | 7579        | 78  | 1:18:21 |        |          |
| 20   | Charlotte Kettlewell | K-Way VOB        | 51          | 67  | 1:18:31 |        |          |
| 21   | Jane Fuller          | K-Way VOB        | 1149        | 57  | 1:19:57 |        |          |
| 22   | Jackie Joseph        | Spartan Harriers | 7529        | 66  | 1:20:04 |        |          |
| 23   | Mary Schipper        | RWFL             | 8434        | 69  | 1:21:28 |        |          |
| 24   | Margeret Norton      | Spartan Harriers | 7485        | 76  | 1:24:10 |        |          |

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| 25  | Helen Botes          | Spartan Harriers         | 7552        | 69  | 1:24:35 |        |          |
| <b><u>10km Race Walk Youth Men (16 - 17years)</u></b>   |                      |                          |             |     |         |        |          |
| 1   | Francois Jacobs      | WAC BOLAND               | 1678        | 15  | 0:49:10 | Gold   | ~        |
| 2   | Hanru Colling        | WAC BOLAND               | 1679        | 16  | 0:49:35 | Silver |          |
| <b><u>10km Race Walk Youth Women (16 - 17years)</u></b> |                      |                          |             |     |         |        |          |
| 1   | Annette Koen         | Infinity ACNW            | 1094        | 16  | 0:51:47 | Gold   |          |
| 2   | Noeline Rossouw      | WAC BOLAND               | 1675        | 16  | 0:59:07 | Silver |          |
| <b><u>10km Race Walk Novices</u></b>                    |                      |                          |             |     |         |        |          |
| 1   | Judy Collins         | Indiv                    | 665         | 61  | 1:18:02 |        |          |
| 2   | Sheilah Goodlaw      | Indiv                    | 1907 TL     | 56  | 1:21:30 |        |          |
| 3   | Megan Brenman        | Indiv                    | 7466        | 72  | 1:22:31 |        |          |
| 4   | Paul Goodlaw         | Indiv                    | 1908 TL     | 49  | 1:32:17 |        |          |
| 5   | Charl Neethling      | Indiv                    | 1903 TL     | 44  | 1:32:31 |        |          |
|   | Michelle Pugne-Parry | Indiv                    | 1906TL      | 39  | DNF     |        |          |
| <b><u>5km Race Walk Novices</u></b>                     |                      |                          |             |     |         |        |          |
| 1   | Martin Nel           | Indiv                    | Indiv       | 44  | 0:33:52 |        |          |
| 2   | Wilma Hans           | Indiv                    | Indiv       | 57  | 0:44:57 |        |          |
| 3   | Tania Pause          | Indiv                    | Indiv       | 47  | 0:51:53 |        |          |
| 4   | Nazli Johaadin       | Indiv                    | Indiv       | 46  | 0:51:54 |        |          |
| <b><u>5km Race Walk Development Boys</u></b>            |                      |                          |             |     |         |        |          |
| 1   | Gerhard Eckley       | Strand                   | 5C          | 14  | 0:28:07 |        |          |
| 2   | Wentsley Merkuur     | Velocity development     | 5F          | 15  | 0:29:54 |        |          |
| 3   | Austin van Niekerk   | Velocity development     | 5G          | ... | 0:31:15 |        |          |
| 4   | Dylan Baron          | Velocity development     | 5H          | 14  | 0:32:56 |        |          |
| 5   | Dante Driessen       | Indiv                    | 5E          | 12  | 0:33:52 |        |          |
| <b><u>3km Race Walk Development Boys</u></b>            |                      |                          |             |     |         |        |          |
| 1   | Adiel Benjamin       | Velocity Development     | 3H          | 13  | 0:19:01 |        |          |
| 2   | Ethan Gertze         | Velocity Development     | 3F          | 13  | 0:19:48 |        |          |
| 3   | Renaldo van Wyk      | Velocity Development     | 3E          | 12  | 0:20:06 |        |          |
| 4   | Majiet Nashwill      | Velocity Development     | 3G          | 13  | 0:22:13 |        |          |
| <b><u>5km Race Walk Development Girls</u></b>           |                      |                          |             |     |         |        |          |
| 1   | Hilda du Toit        | WAC BOLAND               | 5A          | 15  | 0:28:11 |        |          |
| 2   | Amore Toerien        | Swartland High BOLAND    | 5D          | 12  | 0:32:27 |        |          |
| 3   | Kyla Avenant         | WAC BOLAND               | 5B          | 15  | 0:32:56 |        |          |
| 4   | Arancxia Whitebooi   | Velocity development     | 5J          | 14  | 0:38:03 |        |          |
| 5   | Cleopatra October    | Velocity development     | 5I          | 16  | 0:38:17 |        |          |
| <b><u>3km Race Walk Development Girls</u></b>           |                      |                          |             |     |         |        |          |
| 1   | Nikita Toerien       | Swartland Primary BOLAND | 3A          | 11  | 0:19:33 |        |          |
| 2   | Rowena Swartz        | Velocity Development     | 3B          | 11  | 0:22:14 |        |          |
| 3   | Monique Absalom      | Velocity Development     | 3C          | 14  | 0:23:53 |        |          |
| 4   | Delchena May         | Velocity Development     | 3D          | 13  | 0:24:01 |        |          |
| <b><u>1km Race Walk Development Boys</u></b>            |                      |                          |             |     |         |        |          |
| 1   | Tian Driesson        | Indiv                    | 1A          | 7   | 0:11:36 |        |          |