

## WPA Race Walking Grand Prix 3

Youngsfield, Cape Town - 06 August 2016



Pos	Athlete	Club	Licence No.	Age	Time	Medal
<b><u>30km Race Walk Women</u></b>						
1	Fundiswa Sandi	Ravensmead	156	35	3:21:06	Gold
<b><u>30km Race Walk Men</u></b>						
1	Martin Mroro	SANDF	9426	32	3:14:23	Gold
	Dennis Hines	Kway-VOB	160	35	DNF	
<b><u>20km Race Walk Women</u></b>						
1	Deborah Horn-Botha	Kway-VOB	164	50	2:18:36	Gold
2	Jackie Goosen	Brackenfell AC	6054	54	2:19:12	Silver
3	Frieda Blignaut	Sanlam	3704	66	2:22:57	Bronze
4	Trish Gilmour	Kway-VOB	655	53	2:26:53	
5	Hildegard Vey	Kway-VOB	1387	75	2:27:10	
6	Rene Dick	Kway-VOB	664	52	2:50:51	
<b><u>20km Race Walk Men</u></b>						
1	Ebrahima Fisher	Spartan Harriers	161	49	2:04:08	Gold
2	Adam Papier	Brackenfell AC	5921	53	2:04:09	Silver
3	Jurgen Spencer	Bellville AC	168	75	2:12:56	Bronze
4	Clive Williams	Kway-VOB	166	50	2:17:36	
5	Patrick Wonfor	Spartan Harriers	11436	70	2:17:39	
6	Wally Hart	Spartan Harriers	95	66	2:28:00	
7	Armond Thompson	Spartan Harriers	7630	62	2:30:06	
8	Matthew Watson	Spartan Harriers	7484	71	3:01:01	
<b><u>10km Race Walk Women</u></b>						
1	Carlyn Adams	K-way VOB	1040	54	1:05:19	Gold
2	Gail Williams	Spartan Harriers	7558	58	1:05:38	Silver
3	Erdine Burger	Bellville AC	8159	59	1:06:02	Bronze
4	Pam James	Spartan Harriers	7657	59	1:07:41	
5	Suzelle Els	RWFL	162	47	1:08:21	
6	CJ Dunn	Spartan Harriers	163	49	1:09:29	
7	Carol Pick	Spartan Harriers	9190	50	1:11:13	
8	Judy Collins	K-way VOB	665	62	1:13:57	
9	Edwina Fransman	Sanlam	12573	57	1:14:13	
10	Ann Stead	Spartan Harriers	7633	69	1:15:01	
11	Jenny Ramsay	Spartan Harriers	7663	63	1:15:07	
12	Charlotte Kettlewell	K-way VOB	51	68	1:16:55	
13	Mary Schipper	RWFL	7746	70	1:18:43	
14	Megan Brennan	Spartan Harriers	7466	73	1:18:54	
15	Isabel Roux	Bellville AC	8163	63	1:19:16	
16	Jackie Joseph	Spartan Harriers	7529	67	1:21:43	
17	Margaret Norton	Spartan Harriers	7485	76	1:23:46	
18	Helen Botes	Spartan Harriers	7552	69	1:25:23	
19	Fiona Smith	Spartan Harriers	7653	57	1:26:08	
<b><u>10km Race Walk Masters Men</u></b>						
1	Johan van Zyl	Sanlam	3630	67	0:58:08	Gold
2	Jacob Nel	EGA - Boland	1330	39	1:03:34	Silver
3	Willem Fransman	Sanlam	11175	57	1:08:18	Bronze
4	Hilton Donson	Spartan Harriers	7660	53	1:10:57	
5	Roy Whyte	Spartan Harriers	7650	69	1:11:05	

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6	Mike Evans	K-way VOB	1306	54	1:13:49	
7	Dave Kirby	Spartan Harriers	7486	80	1:17:31	
8	Andre Nel	Spartan Harriers	11508	56	1:18:34	
9	Patrick Adamson	Spartan Harriers	11509	61	1:24:33	
10	John Hotston	Spartan Harriers	7487	80	1:25:43	
11	C Wolhuter	TUKS	7290 AGN	58	1:42:04	
<b><u>10km Race Walk Youth Men (15 - 17years)</u></b>						
1	Wentsley Merkuur	Velocity	21187	16	0:57:20	Gold
2	Austin van Niekerk	Velocity	TL6952	16	0:57:44	Silver
<b><u>10km Race Walk (Novice Women)</u></b>						
1	Birdie Pearson	Spartan Harriers	14370	67	1:12:06	
2	Dalene Lock	Spartan Harriers	2591	44	1:20:46	
3	Nonhlanhla Chanzo	Indiv.	6953TL	37	1:35:32	
<b><u>5km Race Walk (Novice Men)</u></b>						
1	Lucky Netshikovhela	Indiv	53	26	0:37:15	
<b><u>5km Race Walk Development Boys</u></b>						
1	Ethan Gertze	Velocity Development	52	14	0:32:16	
<b><u>5km Race Walk Development Girls</u></b>						
2	Amber Campher	Velocity Development	51	16	0:36:56	
<b><u>3km Race Walk Development Boys</u></b>						
1	Charlton Pieterse	Velocity Development	31	11	0:18:06	
2	Nashwill Majiet	Velocity Development	33	14	0:19:30	
3	Michail Klaaste	Velocity Development	34	13	0:21:43	
<b><u>3km Race Walk Development Girls</u></b>						
1	Nikita Toerien	Individual	36	12	0:19:46	
2	Kanva Siyaya	Langa Developemnt	38	14	0:20:10	
3	Alvida Gertze	Velocity Development	32	12	0:20:14	
4	Sinalo Pongwana	Langa Developemnt	37	12	0:21:25	
5	Anele Dingiswayo	Langa Developemnt	39	14	0:21:35	
6	Monique Absalom	Velocity Development	35	12	0:22:57	
<b><u>1km Race Walk Development</u></b>						
1	Akhona Ncalu	Langa Development	12	14	0:06:35	
2	Liyabona Mondcla	Langa Development	13	14	0:06:50	
3	Kamva Bam	Langa Development	14	13	0:06:54	
4	Luntu Jita	Langa Development	17	12	0:06:55	
5	Zandiswa Jikwana	Langa Development	16	14	0:07:20	
6	Agcobile Mlahlwa	Langa Development	15	13	0:07:43	
7	Anele Mcapukiso	Langa Development	20	11	0:07:53	
8	Alwaba Mwezeni	Langa Development	18	13	0:08:04	
9	Alulutho Nobom	Langa Development	19	13	0:08:06	
10	Tian Driesen	Indiv.	11	8	0:08:17	
11	Siyamthando Gabula	Langa Development	21	11	0:08:22	
12	Lamba Tile	Langa Development	22	12	0:08:23	