



## WPA Race Walking Grand Prix 4



Youngsfield, Cape Town - 03 September 2016

Pos	Athlete	Club	Licence No.	Age	Time	Medal
<b><u>30km Race Walk Women</u></b>						
1	Fundiswa Sandi	Ravensmead	156	35	3:33:39	Gold
2	Frieda Bignaut	Sanlam	3704	65	3:35:45	Silver
<b><u>30km Race Walk Men</u></b>						
1	Martin Mroro	SANDF	9426	32	3;13:25	Gold
2	Jurgen Spencer	Bellville AC	168	75	3:24:57 SAMA	Silver
<b><u>20km Race Walk Women</u></b>						
1	Deborah Horn-Botha	Kway-VOB	164	50	2:17:49	Gold
2	Jackie Goosen	Brackenfell	6054	54	2:18:50	Silver
3	Trish Gilmour	Kway-VOB	655	54	2:28:05	Bronze
<b><u>20km Race Walk Men</u></b>						
1	Gideon Cillie	Bellville AC	158	39	1:51:42	Gold
2	Ebrahima Fisher	Spartan Harriers	161	49	2:03:15	Silver
3	Adam Papier	Brackenfell AC	5921	53	2:06:42	Bronze
4	Raymond Fuller	Kway-VOB	1150	58	2:15:48	
5	John Child	Spartan Harriers	7565	65	2:18:32	
6	Eswee Walters	Bellville AC	8158	58	2;18:54	
7	Clive Williams	Kway-VOB	166	51	2:27:01	
8	Brian Aver	RWFL	4423	72	2:36:47	
<b><u>10km Race Walk Women</u></b>						
1	Carlyn Adams	K-way VOB	1040	54	1:05:30	Gold
2	Pam James	Spartan Harriers	7657	59	1:05:49	Silver
3	Erdine Burger	Bellville AC	8159	59	1:05:50	Bronze
4	CJ Dunn	Spartan Harriers	163	49	1:09:03	
5	Suzelle Els	RWFL	162	47	1:09:25	
6	Carol Pick	Spartan Harriers	9190	50	1:11:30	
7	Hildegard Vey	K-way VOB	1387	75	1:12:00	
8	Carol-Ann Aver	RWFL	4426	70	1:13:09	
9	Leza Buckle	RWFL	3859	41	1:13:37	
10	Judy Collins	K-way VOB	665	62	1:13:55	
11	Wendy Josephs	RWFL	169	67	1:15:18	
12	Edwina Fransman	Sanlam	12573	57	1:15:19	
13	Charlotte Kettlewell	K-way VOB	51	68	1:16:22	
14	Isabel Roux	Bellville AC	8163	63	1:16:28	
15	Heather Adriaanse	Spartan Harriers	13551	62	1:17:00	
16	Jane Fuller	K-way VOB	1149	57	1:17:14	
17	Mary Schipper	RWFL	7746	70	1:19:04	
18	Megan Brennan	Spartan Harriers	7466	73	1:19:46	
19	Peggie Reid	Spartan Harriers	7579	79	1:19:52	
20	Allison Peterson	Spartan Harriers	14386	54	1:23:30	
21	Helen Botes	Spartan Harriers	7552	69	1:23:37	
22	Margaret Norton	Spartan Harriers	7485	76	1:23:45	
23	Judy Morgan	Spartan Harriers	7587	75	1:23:52	
<b><u>10km Race Walk Masters Men</u></b>						
1	Ross McDonald	K-way VOB	159	43	0:58:05	Gold
2	Siyanda Plaatjies	FNB Multisport	14091	26	0:58:13	Silver
3	Johan van Zyl	Sanlam	3650	67	0:59:43	Bronze
4	Jacob Nel	EGA - Boland	1330	39	1:03:34	
5	Willem Fransman	Sanlam	11175	57	1:08:18	
6	Walter Hart	Spartan Harriers	95	66	1:10:57	



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7	Hilton Donson	Spartan Harriers	7660	53	1:10:58	
8	Omar Rogers	Indiv.	Temp	55	1:11:37	
9	Willy Liebetrau	RWFL	1919	69	1:14:09	
10	Dave Kirby	Spartan Harriers	7486	80	1:18:48	
11	Patrick Adamson	Spartan Harriers	11509	61	1:22:32	
12	Andre Nel	Spartan Harriers	11508	56	1:22:33	
13	Ronnie Adams	Spartan Harriers	9276	77	1:31:45	
<b><u>10km Race Walk Youth Men (15 - 17years)</u></b>						
1	Wentsley Merkuur	Velocity Development	21187	16	1:00:06	Gold
<b><u>5km Race Walk Development Boys</u></b>						
1	Ethan Gertze	Velocity Development	5B	14	0:31:44	
<b><u>5km Race Walk Development Girls</u></b>						
1	Amber Campher	Bellville AC	21201	14	0:36:22	
<b><u>3km Race Walk Development Boys</u></b>						
1	Nashwill Majiet	Velocity Development	3F	14	0:18:07	
2	Tiaano Walters	Swartland Primary	3I	13	0:19:00	
3	Ronaldo van Wyk	Velocity Development	3G	13	0:19:15	
4	Akhona Ncacu	Langa Development	3J	13	0:20:12	
<b><u>3km Race Walk Development Girls</u></b>						
1	Nikita Toerien	Bellville AC	21202	12	0:18:20	
2	Caren Damon	Langa Developemnt	38	13	0:19:15	
3	Monique Absalom	Velocity Development	32	12	0:20:30	
4	Cara Bester	Langa Developemnt	37	14	0:20:31	
5	Elvida Gertze	Langa Developemnt	39	12	0:21:59	
6	Siobhan Dunn	Spartan Harriers	35	14	0:26:00	
<b><u>1km Race Walk Development</u></b>						
1	Liyabona Mingela	Langa Development	1L	13	0:06:16	
2	Luntu Jita	Langa Development	1A	12	0:06:33	
3	Likho Mkrwe	Langa Development	1C	12	0:06:39	
4	Lungiswa Boti	Langa Development	1D	12	0:06:40	
5	Agcobile Mlahlwa	Langa Development	1G	12	0:07:01	
6	Lamla Tila	Langa Development	1B	12	0:07:06	
7	Sinalo Phongwana	Langa Development	1I	12	0:07:11	
8	Zandiswa Jikwana	Langa Development	1E	13	0:07:24	
9	Yanda Mahdlane	Langa Development	1F	13	0:07:26	
10	Alulutho Nobom	Langa Development	1K	12	0:07:39	
11	Anele Mcapukiso	Langa Development	1J	12	0:07:43	
12	Alwaba Mwezeni	Langa Development	1H	12	0:08:12	