

Leo Benning 4 2017/18 10 March 2018 PAROW TIMING
 METHOD ELECTRONIC

.AGE .
 .POS.WP .WP .SA .SA .
 SURNAME . FIRST NAME .GRP .CLUB
 .PERFORMANCE.ITN.STD.REC.STD.REC. WIND.

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100 M          MEN          M
Meyea          Euclid      M 0 U W C          DNS
-1.60
Burgess        Rheece      M 0 U W C          DNS
-0.40
De Lange       Damien      M 0 U W C          DNS
-0.20
Fielies        Jesse       M 0 ITHEKO         DNS
-0.20
Arendse        Shakeel     M 0 ITHEKO         DNS
0.00
Hendricks      Herchelle  M 0 U W C          DNS
0.00
Meyers         Wesley      M 0 U W C          DNS
0.00
Vyfer          Iveyano    M 0 MATIES         10.92  1
-1.60
Ismael         Yusuf      M 0 U W C          10.94  2
-0.20
Ruiters        Curt       M 0 PAARL          11.01  3
-0.40
Van der Merwe Keagan     M 0 ULTRA          11.05  4
0.00
Ewers         Joshua     M 0 ITHEKO         11.23  5
-0.20
Fadzi          Luckmore  M 0 TYGERBERG     11.45  6
-1.60
Cameron        Kurt       M 0 U W C          11.49  7
-0.20
Mtapu          Justice    M 0 BELLVILLE    11.52  8
-0.20
Witbooi        Jayden     M 0 BOLAND         11.59  9
-0.40
Bergstad       Ashwin     M 0 STELLENBSCH   11.72  10
-0.40
Wanza          Warren     M 0 U W C          11.79  11
0.00
Weilbach       George     M 0 MATIES         11.81  12
-0.40
Oliver         Denston    M 0 MATIES         11.81  13
-0.40
Sameer         Starck     M 0 MATIES         11.83  14
-1.60
Riley          Martin     M 0 PAARL          11.95  15
-0.40
  
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Mabaso	Daniel	M 0 U C T	11.96	16
-1.60				
Ochieny	Odvar	M 0 U C T	12.14	17
-1.60				
Sonde	Heritier	M 0 U C T	12.20	18
-1.60				
Williams	Junaid	M 0 ITHEKO	12.45	19
-0.20				
Taruvinga	Tino	M 0 KUILSRIVIER	12.91	20
-0.40				
Shapiro	Samico	M 30 BELLVILLE	12.93	1
-2.30				
Dreyer	Jonathan	M 35 SPAAC	11.21	1
WPS	0.00			
Jacobs	Zandre	M 35 PAARL	11.80	2
-1.60				
Mentoor	Ricardo	M 40 BELLVILLE	11.94	1
WPS	-2.30			
Bothma	Rupert	M 40 BELLVILLE	12.69	2
-2.30				
Snyman	Johan	M 40 TEMP	12.72	3
-2.30				
Gravl	Xolo	M 40 SAPS	12.81	4
0.00				
Edwards	Isaac	M 40 OLD MUTUAL	13.80	5
-2.30				
Juries	Chubasco	M 40 ITHEKO	14.93	6
-2.30				
Koutakis	Nico	M 45 STELLENBSCH		DQ
-1.40				
Cloete	John	M 45 BELLVILLE	12.36	1
WPS	-2.30			
Geldenhuis	Andre	M 45 SANDF	12.44	2
-1.40				
Cottee	Alistair	M 45 C P U T	12.78	3
WPS	-1.40			
Isaacs	Duncan	M 45 NEDBANK	15.88	4
-1.40				
Christiaans	Alwyn	M 50 SANDF	13.10	1
-1.40				
Toll	Michael	M 50 ITHEKO	13.17	2
WPS	-1.40			
Williams	Jeremiah	M 50 BOLAND	13.37	3
-1.40				
Warries	Joseph	M 60 U W C	13.29	1
WPS	0.40			
Majiet	Mf	M 60 TEMP	18.44	2
0.40				
Deetlefs	Pietie	M 65 CERES	13.94	1
0.40				
Figland	Edgar	M 70 BELLVILLE	16.89	1
WPS	0.40			
Cross	Ronald	M 80 BELLVILLE	16.45	1
WPS	SAS	0.40		

Van Zyl	Jakobus	M 80 V O B	16.63	2
WPS SAS 0.40				
Ridge	Arthur	M 85 C P U T	18.53	1
WPS SAS 0.40				
Strydom	Ron	M 85 FISH HOEK	20.06	2
SAS 0.40				
200 M	MEN	M		
Pascal	Udu	M 0 TYGERBERG	DNS	
-0.60				
Van der Merwe	Keagan	M 0 ULTRA	21.65	1
-0.60				
Ismael	Yusuf	M 0 U W C	21.71	2
-0.60				
Olivier	Denston	M 0 MATIES	21.95	3
0.70				
Ewers	Joshua	M 0 ITHEKO	22.39	4
0.70				
Burgess	Rheece	M 0 U W C	22.46	5
0.70				
Meyea	Euclid	M 0 U W C	22.56	6
0.40				
Hendricks	Herchelle	M 0 U W C	22.67	7
0.40				
Visagie	Cameron	M 0 TYGERBERG	22.89	8
0.70				
Cameron	Kurt	M 0 U W C	23.22	9
0.70				
Bergstad	Ashwin	M 0 STELLENBSCH	23.22	10
-0.60				
Mabaso	Daniel	M 0 U C T	23.42	11
0.40				
Mtapu	Justice	M 0 BELLVILLE	23.55	12
0.70				
De Lange	Damien	M 0 U W C	23.57	13
0.70				
Taruvinga	Tino	M 0 KUILSRIVIER	27.11	14
0.70				
Shapiro	Samico	M 30 BELLVILLE	26.27	1
0.40				
Dreyer	Jonathan	M 35 SPAAC	22.40	1
WPS SAS -0.60				
Mentoor	Ricardo	M 40 BELLVILLE	23.70	1
WPS -0.40				
Gravel	Xolo	M 40 SAPS	25.48	2
-0.40				
Bothma	Rupert	M 40 BELLVILLE	25.50	3
-0.40				
Edwards	Isaac	M 40 OLD MUTUAL	27.85	4
-0.40				
Louw	Pieter	M 40 C M C	28.01	5
-0.40				
Geldenhuis	Andre	M 45 SANDF	25.22	1
-0.40				

Cloete	John	M 45	BELLVILLE	25.42	2
WPS	0.40				
Cottee	Alistair	M 45	C P U T	26.39	3
-0.40					
Crous	Heinrich	M 45	TEMP	27.08	4
-0.40					
Toll	Michael	M 50	ITHEKO	26.35	1
WPS	1.20				
Myburgh	Johan	M 55	BELLVILLE	25.41	1
WPS SAS	1.20				
Groeneveld	Leon	M 55	BOLAND	28.39	2
1.20					
Warries	Joseph	M 60	U W C	27.37	1
WPS	1.20				
Deetlefs	Pietie	M 65	CERES	28.60	1
1.20					
Ridge	Arthur	M 85	C P U T	39.60	1
WPS SAS	1.20				

400 M	MEN	M			
Van der Merwe	Keagan	M 0	ULTRA	47.95	1
Boya	Sipho	M 0	U W C	49.23	2
Siboya	Luthando	M 0	TYGERBERG	50.49	3
Cornelis	Calvin	M 0	MATIES	50.63	4
Prins	Tommie	M 0	MATIES	51.37	5
Ochieng	Odvar	M 0	U C T	51.66	6
Clark	Anthony	M 0	MATIES	54.28	7
Ndlabi	Tembelethu	M 30	SAPS	54.28	1
Orrie	Nadeem	M 30	C M C	1:00.94	2
Von Durckheim	Christian	M 35	BOLAND	55.84	1
Grave	Xolo	M 40	SAPS	DNS	
Juries	Chubasco	M 40	ITHEKO	DNS	
Louw	Pieter	M 40	C M C	1:04.08	1
van Zyl	Oloff	M 45	C P U T	56.79	1
WPS					
Russell	Scott	M 45	C P U T	59.81	2
Koutakis	Nico	M 45	STELLENBSCH	1:00.09	3
Crous	Heinrich	M 45	TEMP	1:01.20	4
Green	Gary	M 50	TYGERBERG	1:02.27	1
WPS					
Myburgh	Johan	M 55	BELLVILLE	59.14	1
WPS					
Groeneveld	Leon	M 55	BOLAND	1:03.47	2
Cleophas	Henry	M 65	NEDBANK	1:12.93	1
WPS					
Van Zyl	Jakobus	M 80	V O B	1:28.73	1
WPS SAS					

800 M	MEN	M			
Siboya	Luthando	M 0	TYGERBERG	1:55.25	1
Jacobs	Pierre	M 0	MATIES	1:59.30	2
Swartbooi	Aphiwe	M 0	U W C	2:04.59	3
De Andrade	Gilberto	M 0	TYGERBERG	2:19.64	4
Sauls	Gabriel	M 0	NEDBANK	2:58.48	5

Kalase	Lenton	M 30	SAPS	2:04.82	1
Mouries	Dewayne	M 30	SAPS	2:06.01	2
Mouries	Dewayne	M 30	SAPS	2:06.01	3
Ndlabi	Tembelethu	M 30	SAPS	2:08.52	4
Dosi	Dumisani	M 35	SAPS	2:11.15	1
Greyling	Hercus	M 40	TEMP	2:10.78	1
WPS					
Bezuidenhout	Roger	M 40	C P U T	2:20.79	2
Juries	Chubasco	M 40	ITHEKO	2:23.51	3
van Zyl	Oloff	M 45	C P U T	2:19.55	1
WPS					
Philander	Tobias	M 50	ITHEKO	2:13.41	1
WPS					
Cooper	Andrew	M 50	NEDBANK	2:25.35	2
WPS					
Green	Gary	M 50	TYGERBERG	2:36.19	3
Swart	Dries	M 50	ATC	2:45.63	4
Cleophas	Henry	M 65	NEDBANK	2:50.15	1
WPS					
Geutner	Manfred	M 75	PINELANDS	3:48.60	1
WPS					
1500 M	MEN	M			
Groeneveld	Llewellyn	M 0	MATIES	3:57.57	1
Mouries	Dewayne	M 30	SAPS	4:25.76	1
Dosi	Dumisani	M 35	SAPS	4:37.16	1
Wyngaard	Larry	M 35	C P U T	5 :49.24	2
Van Rooyen	Christo	M 40	FNB	4:27.92	1
WPS					
Van der Walt	Tjaart	M 40	FNB	4:40.85	2
WPS					
Juries	Chubasco	M 40	ITHEKO	5:07.02	3
Swart	Dries	M 50	ATC	DNS	
Cooper	Andrew	M 50	NEDBANK	4:48.08	1
WPS					
Ruppert	Max	M 55	STRAND	5:14.24	1
WPS					
Naude	Alan	M 65	STRAND	6:07.13	1
WPS					
5000 M	MEN	M			
Cooper	Miguel	M 0	NEDBANK	21:26.80	1
Mouries	Dewayne	M 30	SAPS	17:01.60	1
Broers	Neal	M 35	C M C	17:04.00	1
WPS					
Van Rooyen	Christo	M 40	FNB	DNF	
Juries	Chubasco	M 40	ITHEKO	DNF	
Van der Walt	Tjaart	M 40	FNB	17:14.60	1
WPS					
McCarthy	Gavin	M 45	GOODWOOD H	DNF	
Clark	Adam	M 45	BRACKENFELL	17:51.10	1
WPS					
Philander	Tobias	M 50	ITHEKO	DNF	

Cooper	Andrew	M 50	NEDBANK	17:49.20	1
WPS					
Sullivan	Gerald	M 55	SANLAM	20:02.10	1
Naude	Alan	M 65	STRAND	23:18.00	1
WPS					
Kane Smith	George	M 75	V O B	28:31.90	1
WPS					
SHORT HURDLES	MEN	M			
Weilbach	George	M 0	MATIES	15.57	1
0.60					
LONG HURDLES	MEN	M			
Fielies	Jesse	M 0	ITHEKO	59.29	1
Swarts	Lee Mano	M 0	MATIES	53.28	2
Maree	Linford	M 0	MATIES	52.14	3
Ndlabi	Tembelethu	M 30	SAPS	DNS	
HIGH JUMP	MEN	M			
Juries	Chubasco	M 40	ITHEKO	DNF	
Bredeveldt	Neal	M 55	TYGERBERG	1.60	1
WPS SAS					
LONG JUMP	MEN	M			
Manuel	Divan	M 0	MATIES	6.99	1
2.00					
Pryde	Zack	M 0	U C T	6.59	2
1.90					
Perez	Jesse	M 0	MATIES	DNF	
0.00					
Coetzee	Deon	M 30	TYGERBERG	5.39	1
-1.90					
Neff	Freddie	M 45	PAARL	4.49	1
1.10					
Christiaans	Alwyn	M 50	SANDF	4.80	1
-1.10					
TRIPLE JUMP	MEN	M			
Mathee	Giliomee	M 45	TYGERBERG	10.30	1
0.10					
McBride	Vincent	M 55	BELLVILLE	11.12	1
WPS WPR SAS SAR				-1.40	
Bredeveldt	Neal	M 55	TYGERBERG	10.49	2
WPS				0.70	
SHOT PUT	MEN	M			
Theron	Cobus	M 30	EERSTERIVER	11.46	1
Wiener	Shukri	M 35	PINELANDS	12.28	1
WPS					
Van Der Westhuizen	Edwill	M 40	BELLVILLE	11.41	1
WPS					
Jonck	Riaan	M 40	BELLVILLE	7.49	2
van Zyl	Oloff	M 45	C P U T	9.22	1

Lamara	Zain	M 55	BELLVILLE	9.90	1
WPS					
Carolus	John	M 60	BELLVILLE	8.32	1
Wale	Anton	M 65	PINELANDS	10.96	1
WPS					
Erasmus	Nick	M 65	WHALERS	9.18	2
Hough	Norman	M 70	WHALERS	12.00	1
SAS					
Johnston	Steve	M 75	PINELANDS	8.21	1
WPS					
Roos	Johan	M 75	BELLVILLE	7.26	2
Benning	Leo	M 80	WHALERS	5.24	1
Strydom	Ron	M 85	FISH HOEK	5.75	1
Stannius	Borg	M 90	PINELANDS	8.55	1
WPR SAS SAR					
DISCUS	MEN	M			
Kemp	Brynn Peter	M 0	PAARL	53.01	1
Donkin	Cameron	M 0	MATIES	46.39	2
Pieters	Ewan	M 0	U C T	37.25	3
Theron	Cobus	M 30	EERSTERIVER	29.66	1
Wiener	Shukri	M 35	PINELANDS	34.73	1
WPS					
Van Der Westhuizen	Edwill	M 40	BELLVILLE	37.35	1
WPS					
Jonck	Riaan	M 40	BELLVILLE	20.60	2
van Zyl	Oloff	M 45	C P U T	25.89	1
Smith	J C	M 50	BELLVILLE	38.49	1
WPS					
Wyngaard	Adnaan	M 50	ULTRA	19.33	2
Carolus	John	M 60	BELLVILLE	22.65	1
Wale	Anton	M 65	PINELANDS	35.73	1
WPS					
Erasmus	Nick	M 65	WHALERS	29.17	2
Hough	Norman	M 70	WHALERS	32.66	1
Johnston	Steve	M 75	PINELANDS	27.48	1
WPS SAS					
Muller	John	M 80	WHALERS	24.06	1
SAS					
Benning	Leo	M 80	WHALERS	13.96	2
Strydom	Ron	M 85	FISH HOEK	14.64	1
Stannius	Borg	M 90	PINELANDS	19.57	1
SAS SAR					
JAVELIN	MEN	M			
Pietersen	Chris	M 0	MATIES	59.26	1
Potgieter	Bertus	M 35	BELLVILLE	51.19	1
WPS					
Wiener	Shukri	M 35	PINELANDS	37.39	2
Jonck	Riaan	M 40	BELLVILLE	24.77	1
Van Der Westhuizen	Edwill	M 40	BELLVILLE	DNF	
Du Bruyn	Japie	M 45	BELLVILLE	40.50	1
WPS					

Smith	J C	M 50	BELLVILLE	45.84	1
WPS WPR					
Carolus	John	M 60	BELLVILLE	17.39	1
Wale	Anton	M 65	PINELANDS	33.15	1
WPS					
Miller	Garth	M 65	V O B	28.82	2
WPS					
Erasmus	Nick	M 65	WHALERS	22.94	3
Hough	Norman	M 70	WHALERS	33.87	1
SAS					
Johnston	Steve	M 75	PINELANDS	19.36	1
Benning	Leo	M 80	WHALERS	13.96	1
Stannius	Borg	M 90	PINELANDS	19.30	1
WPR SAS SAR					

HAMMER THROW		MEN		M	
Theron	Cobus	M 30	EERSTERIVER	32.54	1
Wiener	Shukri	M 35	PINELANDS	21.15	1
Van Der Westhuizen	Edwill	M 40	BELLVILLE	30.76	1
WPS					
Jonck	Riaan	M 40	BELLVILLE	19.22	2
Lamara	Zain	M 55	BELLVILLE	28.71	1
WPS					
Carolus	John	M 60	BELLVILLE	20.95	1
Wale	Anton	M 65	PINELANDS	31.91	1
WPS					
Erasmus	Nick	M 65	WHALERS	27.09	2
Hough	Norman	M 70	WHALERS	40.40	1
SAS					
Johnston	Steve	M 75	PINELANDS	27.08	1
WPS SAS					
Stannius	Borg	M 90	PINELANDS	23.80	1
WPR SAS SAR					

WEIGHT THROW		MEN		M	
Theron	Cobus	M 30	EERSTERIVER	11.09	1
WPS					
Wiener	Shukri	M 35	PINELANDS	12.94	1
WPS WPR					
Van Der Westhuizen	Edwill	M 40	BELLVILLE	12.87	1
WPS WPR					
Jonck	Riaan	M 40	BELLVILLE	6.54	2
Carolus	John	M 60	BELLVILLE	8.08	1
Wale	Anton	M 65	PINELANDS	13.26	1
WPS					
Erasmus	Nick	M 65	WHALERS	11.39	2
Hough	Norman	M 70	WHALERS	15.42	1
Johnston	Steve	M 75	PINELANDS	11.57	1
WPS					
Benning	Leo	M 80	WHALERS	6.90	1
Stannius	Borg	M 90	PINELANDS	9.19	1
WPS WPR SAS					

5000 M WALK	MEN	M			
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Van Rooyen	Christo	M 40	FNB	27:56.10	1
Fisher	Ebrahima	M 50	SPARTANS	28:48.40	1
WPS					
Papier	Adam	M 55	BRACKENFELL	29:39.60	1
WPS					
Bosman	Marius	M 60	BELLVILLE	30:47.90	1
WPS					
Kotze	Frans	M 65	PAARL	37:02.20	1
Diedericks	Len	M 70	C M C	34:01.00	1
WPS					
Spencer	Jurgen	M 75	BELLVILLE	32:20.60	1
WPS SAS					
Hotston	John	M 85	SPARTANS	42:25.50	1
SAS					
100 M	WOMEN	W			
Arendse	Shannon	W 0	MATIES	12.42	1
0.30					
Van Wyk	Janke	W 0	MATIES	12.53	2
0.30					
Samuels	Chelsea	W 0	U W C	12.75	3
0.30					
Vaze	Zandile	W 0	U C T	13.67	4
0.30					
Chauke	Tlangi	W 0	U C T	13.95	5
0.30					
Dlaywe	Marcia	W 0	TEMP	13.99	6
0.30					
Walters	Marika	W 30	C P U T	13.23	1
WPS	0.50				
Miske	Miriam	W 35	BELLVILLE	DNS	
0.50					
Kotze	Retha	W 35	BELLVILLE	14.26	1
0.50					
Borchardt	Nadine	W 40	C P U T	14.29	1
WPS	0.50				
Theron	Juanita	W 45	BELLVILLE	DNS	
-2.70					
Van Vuuren	Sue	W 45	TEMP	14.54	1
WPS	-2.70				
Pakulski	Theresa	W 45	BELLVILLE	15.08	2
WPS	-2.70				
Nel	Monica	W 55	WHALERS	18.03	1
-2.70					
Jonkers	Margaret	W 65	TYGERBERG	18.00	1
WPS	-2.70				
Johnson	Maggie	W 80	TYGERBERG	22.51	1
SAS	-2.70				
200 M	WOMEN	W			
Arendse	Shannon	W 0	MATIES	25.16	1
0.30					
Samuels	Chelsea	W 0	U W C	25.83	2
0.30					

Basson	Inari	W 0	MATIES	26.26	3
0.30					
Dlanjwa	Marcia	W 0	TEMP	31.12	4
0.30					
Miske	Miriam	W 35	BELLVILLE	DNF	
0.20					
Kotze	Retha	W 35	BELLVILLE	29.26	1
0.20					
Borchardt	Nadine	W 40	C P U T	29.84	1
WPS	0.20				
Van Vuuren	Sue	W 45	TEMP	29.04	1
WPS	0.20				
Van Tonder	Daleen	W 55	STELLENBSCH	32.93	1
0.20					
Nel	Monica	W 55	WHALERS	37.66	2
0.20					
Riviera	Joy	W 60	SPARTANS	44.26	1
0.20					
Johnson	Maggie	W 80	TYGERBERG	51.31	1
0.20					
400 M	WOMEN	W			
Joubert	Janetta	W 0	MATIES	DNF	
Walters	Marika	W 30	C P U T	1:00.73	1
WPS					
Ruppert	Annette	W 50	STRAND	1:14.68	1
WPS					
Riviera	Joy	W 60	SPARTANS	1:40.34	1
Johnson	Maggie	W 80	TYGERBERG	2:36.51	1
800 M	WOMEN	W			
May	Viginie	W 0	SAPS	3:00.06	1
Lepati	Emmerentia	W 30	ITHEKO	2:33.02	1
WPS					
Meyer	Tina Marie	W 30	NEDBANK	2:35.46	2
WPS					
Loock Bezuidenhout	Esme	W 35	C P U T	2:32.86	1
WPS					
Oosthuizen	Natasha	W 35	NEDBANK	2:34.39	2
WPS					
Du Plessis	Charlotte	W 35	V O B	2:45.24	3
Van Niekerk	Marilize	W 40	METRO	3:00.55	1
Zarraga	Aleida	W 45	ITHEKO	3:23.26	1
Ranney Graf	Barbara	W 50	TEMP	2:53.79	1
WPS					
Strauss	Mariette	W 55	TYGERBERG	2:55.01	1
WPS					
1500 M	WOMEN	W			
May	Viginie	W 0	SAPS	DNF	
Abrahams	Amy	W 0	U W C	5:10.00	1
Du Plessis	Madelein	W 0	EDGEMEAD	5:15.52	2
Siebrits	Fran	W 30	TEMP	5:41.25	1

Roffey	Anneline	W 35	NEDBANK	5:06.18	1
WPS					
Brink	Elizabeth	W 40	DURBANVILLE	6:02.26	1
Van Niekerk	Marilize	W 40	METRO	6:04.81	2
Zarraga	Aleida	W 45	ITHEKO	6:50.14	1
Strauss	Mariette	W 55	TYGERBERG	5:50.50	1
WPS					

5000 M	WOMEN	W			
Du Plessis	Madelein	W 0	EDGEMEAD	19:44.70	1
May	Viginie	W 0	SAPS	26:04.80	2
Simae	Bulelwa	W 40	NEDBANK	18:14.70	1
WPS WPR SAS					
Brink	Elizabeth	W 40	DURBANVILLE	21:51.90	2
WPS					
Van Niekerk	Marilize	W 40	METRO	22:01.30	3
Zarraga	Aleida	W 45	ITHEKO	DNS	
Du Bruyn	Linda	W 50	TYGERBERG	24:15.90	1
WPS					
Strauss	Mariette	W 55	TYGERBERG	21:21.50	1
WPS SAS					

SHORT HURDLES	WOMEN	W			
Arendse	Shakeel	W 0	ITHEKO	18.19	1
0.40					
Jordaan	Martelize	W 0	MATIES	15.23	2
0.40					
Van Wyk	Janke	W 0	MATIES	14.41	3
0.40					
Walters	Marika	W 30	C P U T	16.04	1
WPS	0.40				

LONG HURDLES	WOMEN	W			
Joubert	Janetta	W 0	MATIES	1:06.36	1
Senekal	Jean Marie	W 0	MATIES	1:00.80	2

HIGH JUMP	WOMEN	W			
Nel	Monica	W 55	WHALERS	1.15	1
Jonkers	Margaret	W 65	TYGERBERG	1.06	1
WPS					

LONG JUMP	WOMEN	W			
Nel	Monica	W 55	WHALERS	3.16	1
0.40					
Dramat	Farieda	W 55	TYGERBERG	2.96	2
1.80					
Jonkers	Margaret	W 65	TYGERBERG	2.96	1
WPS	0.60				
Erasmus	Zelda	W 65	WHALERS	2.10	2
1.40					

TRIPLE JUMP	WOMEN	W			
Smith	Adele	W 0	SAPS	9.01	1
0.30					

Kotze	Retha	W 35	BELLVILLE	8.77	1
-0.50					
Nel	Monica	W 55	WHALERS	7.45	1
0.40					
SHOT PUT	WOMEN	W			
Hattingh	Olive	W 30	BELLVILLE	5.55	1
Gerstner	Juanita	W 35	TYGERBERG	12.03	1
WPS WPR SAS SAR					
Kruger	Sanet	W 40	BELLVILLE	8.82	1
WPS					
Dramat	Farieda	W 55	TYGERBERG	8.17	1
WPS					
Nel	Monica	W 55	WHALERS	7.42	2
Erasmus	Zelda	W 65	WHALERS	7.37	1
DISCUS	WOMEN	W			
Hattingh	Olive	W 30	BELLVILLE	13.12	1
Gerstner	Juanita	W 35	TYGERBERG	35.10	1
WPS SAS					
Kruger	Sanet	W 40	BELLVILLE	29.09	1
WPS					
Dramat	Farieda	W 55	TYGERBERG	18.07	1
WPS					
Nel	Monica	W 55	WHALERS	DNS	
Erasmus	Zelda	W 65	WHALERS	20.68	1
JAVELIN	WOMEN	W			
Germishuys	Anneke	W 0	MATIES	40.35	1
Teubes	Hesmari	W 0	MATIES	31.02	2
Hattingh	Olive	W 30	BELLVILLE	11.27	1
Kruger	Sanet	W 40	BELLVILLE	15.42	1
Dramat	Farieda	W 55	TYGERBERG	17.85	1
Nel	Monica	W 55	WHALERS	15.78	2
Erasmus	Zelda	W 65	WHALERS	17.16	1
HAMMER THROW	WOMEN	W			
Hattingh	Olive	W 30	BELLVILLE	13.90	1
Kruger	Sanet	W 40	BELLVILLE	25.12	1
WPS					
Dramat	Farieda	W 55	TYGERBERG	21.41	1
WPS					
Nel	Monica	W 55	WHALERS	14.93	2
Erasmus	Zelda	W 65	WHALERS	22.69	1
Du Toit	Aletta	W 65	BELLVILLE	18.30	2
WPS					
Grobbelaar	Elize	W 70	BELLVILLE	20.10	1
WPS SAS					
WEIGHT THROW	WOMEN	W			
Hattingh	Olive	W 30	BELLVILLE	6.32	1
Kruger	Sanet	W 40	BELLVILLE	9.47	1
WPS					
Nel	Monica	W 55	WHALERS	7.90	1

Dramat	Farieda	W 55 TYGERBERG	7.24	2
WPS				
Erasmus	Zelda	W 65 WHALERS	10.85	1
SAS				
5000 M WALK	WOMEN	W		
Rodseth	Lollos	W 55 DURBANVILLE	32:29.00	1
WPS				
Sutherland	Joy	W 55 WEST COAST	33:22.30	2
WPS				
Burger	Erdine	W 60 BELLVILLE	33:33.70	1
WPS				
Nel	Elizabeth	W 65 SPARTANS	37:18.90	1
WPS				
Roux	Isabel	W 65 BELLVILLE	39:02.60	2
WPS				
Schipper	Mary	W 70 R W F L	37:48.90	1
WPS				
Botes	Helen	W 70 SPARTANS	40:40.20	2
WPS				
Reid	Peggy	W 80 SPARTANS	40:22.20	1
SAS SAR				

Number of Competitors :

198 Athletes took part in this competition.

Timing Method was ELECTRONIC

NOTES: Records and Standards indicated are subject to confirmation. Specifically, WPS indicates the athlete has met the standard, but it does not necessarily

qualify for WP colours, especially if he/she is from another province.

Sprint and horizontal jumps performances may only be recognised if a wind gauge was used.

Where Hand Timing is used, all times are adjusted by +0.24 sec.