



**WPA Race Walking Grand Prix 1**  
**Youngsfield, Cape Town -17 February 2018**

Pos	Athlete	Club	Licence No.	Age	Time	Medal	Points
<b><u>20km Race Walk Men</u></b>							
1	Sizwe Mdebele	Tuks	7786	24	01:28:40		
2	Mduduzi Mavundla	UJ	11862	24	01:30:40		
3	Tumisang Pule	Tuks	7788	21	01:30:57		
4	Gideon Cillie	Bellville	6662	40	01:46:43		
5	Adam Papier	Brackenfell AC	5951	55	02:10:37		
6	Reganald Crowster	Tygerberg	4262	55	02:21:10		
7	Wayne Snyman	Tuks/HPC	2611	32	DNF		
<b><u>10km Race Walk Women</u></b>							
1	Carlyn Adams	K-Way VOB	514	55	01:06:10		
2	Deborah Horn-Botha	K-Way VOB	515	52	01:07:00		
3	Suzette Esterhuisen	Individual	264	56	01:07:06		
4	Frieda Blignaut	Sanlam	8528	67	01:07:26		
5	Joy Sutherland	West Coast	5583	57	01:07:28		
6	Birdie Pearson	Spartan Harriers	1380	69	01:08:10		
7	Jackie Goosen	Brackenfell	5956	56	01:09:02		
8	Wendy Josephs	Runwalk 4 Life	10639	69	01:10:54		
9	Hildegard Vey	K-Way VOB	476	76	01:12:29		
10	Carol-Ann Aver	Runwalk 4 Life	4021	72	01:13:12		
11	Mary Schipper	Runwalk 4 Life	10638	71	01:18:47		
12	Anne Race	Spartan Harriers	1422	50	01:18:49		
13	Isabel Roux	Bellville	9552	65	01:19:20		
14	Dagmar Atkinson	Runwalk 4 Life	11777	53	01:21:42		
15	Peggy Reid	Spartan Harriers	1381	81	01:23:17		
16	Charlotte Kettlewell	K-Way VOB	51	69	01:24:08		
<b><u>10km Race Walk Men</u></b>							
1	Ebrahim Fisher	ARD	9101	51	01:01:15		
2	Reon Jacobs	Spartan Harriers	1749	47	01:03:54		
3	Jurgen Spencer	Bellville	9550	77	01:05:38		
4	Bandile Cimon	Temp	270	28	01:05:58		
5	Lucky Ziqwayi	K-Way VOB	1254	40	01:06:08		
6	Dennis Hines	Strand	2194	50	01:06:19		
7	Len Diedericks	Cape Multisport	8844	73	01:08:07		
8	Hilton Donson	Spartan Harriers	1805	54	01:10:29		
9	A. van Jaarsveld	Runwalk 4 Life	10748	44	01:12:06		
10	Kenny Anthony	Spartan Harriers	1900	66	01:12:10		
11	Simon Speck	Carbineers	8037	55	01:12:27		
12	Andre Fillies	Temp	271	39	01:12:40		
13	Willem Fransman	Sanlam	9024	61	01:16:21		
14	Mike Evans	VOB	1306	56	01:16:41		
15	Robin Dennis	Edgemead	4740	71	01:16:54		
16	Andries Dippenaar	Strand	2108	46	01:19:09		
17	Andre Nel	Individual	266	57	01:20:13		
18	Kieth Swartz	SANDF	5311	59	01:20:44		
19	Brian Aver	Runwalk 4 Life	4020	73	01:21:58		
20	John Hotston	Spartan Harriers	1931	86	01:27:53		
21	Patrick Adamson	Individual	267	62	01:28:48		
22	Ronald Adams	Spartan Harriers	1939	78	01:34:43		
<b><u>10km Race Walk Novice 16 and Older</u></b>							
1	Megan-Jean Wellman	Vodacom	265	50	01:06:25		
2	Petro van Jaarsveld	Runwalk 4 Life	10749	44	01:08:02		
4	Srikanth Reddy	Brackenfell AC	6088	29	01:17:57		
5	Bev Tucker	Pinelands	3856	55	01:22:17		
6	Anthony Cronje	K-Way VOB	1234	63	01:22:34		
7	Michelle Williams	Ommiedraai Friends AC	6776	35	01:24:32		
8	Sonja Vermadt	Runwalk 4 Life	10249	49	01:24:33		
	Lily Joan Ithier	Pinelands	3771	46	01:24:33		
	Lee-Ann Harris	Pinelands	3767	51	01:24:33		
11	Koert Meyer	Tygerberg	4237	71	01:31:38		



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12	Wendy	Temp	T263	26	01:34:43		
13	B Collier	AAC	262	68	DNF		
<b><u>10km Race Walk &gt;20</u></b>							
1	Wentsley Merkuur	Velocity AC	269	18	00:55:59		
2	Nashville Majiet	Melkbos	20777	15	01:03:08		
	Ethan Gertze	Velocity AC	268	15	01:03:08		
<b><u>5km Race Walk U 16 Girls</u></b>							
1	Carryn Damon	Velocity AC	70	14	00:33:20		
	Alvida Gertze	Velocity AC	69	14	00:33:20		
3	Migshaan Andrews	Velocity AC	72	14	00:36:05		
<b><u>5km Race Walk Development Boys</u></b>							
1	Keano van Rooyen	Melkbos	65	15	00:32:02		
2	Jaylon Daniels	Velocity	71	15	00:34:20		
3	Ronaldo Van Wyk	Velocity	63	15	00:35:57		
<b><u>3km Race Walk Boys and Girls</u></b>							
1	Charlton Pieterse	Melkbos	64	13	00:18:25		
2	Amber Merkuur	Velocity AC	3	15	00:20:43		
<b><u>1km Race Walk Boys and Girls</u></b>							
1	Elizabeth Cillie	Temp	1	10	00:07:47		