

CGMA championship - 08/04/2017
Germiston stadium
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W30 100 Meter Dash

	Name	Age	Team	Seed	Finals	Wind	H#	Points
Finals								
1	Du Toit, Leana	W30	CENTRAL GAUTENG		12.37	1.4	3	
2	Walters, Elmarié	W33	VAAL TRIANGLE		13.51	1.4	3	

W40 100 Meter Dash

Finals								
1	Olivier, Christa	W42	NORTH WEST NORTH		13.29	1.5	2	

W45 100 Meter Dash

Finals								
1	Barnard, Charmain	W48	GAUTENG NORTH		12.75	1.5	2	
2	Du Toit, Charmaine	W47	KWA ZULU NATAL		13.84	1.5	2	

W50 100 Meter Dash

Finals								
1	de Winnaar, Winnie	W50	CENTRAL GAUTENG		13.58	1.4	1	
2	Human, Corinne	W52	GAUTENG NORTH		16.46	1.5	2	

W55 100 Meter Dash

Finals								
1	Swanepoel, Elsa	W58	GAUTENG NORTH		15.06	1.4		
2	Cromhout, Hantie	W56	GAUTENG NORTH		16.53	1.4		
3	Ngobese, Victoria	W56	GAUTENG NORTH		17.65	1.4		
4	Hayes, Amanda	W55	GAUTENG NORTH		19.11	1.4		

W70 100 Meter Dash

Finals								
1	Ungerer, Toy (Aletta)	W71	SOUTH WEST DISTR		15.81	1.4		

M30 100 Meter Dash

Finals								
1	Lubbe, Shawn	M33	CENTRAL GAUTENG		11.23	-1.4	5	
2	Makaula, Lwandile	M34	CENTRAL GAUTENG		11.25	-1.4	5	
3	Jordaan, Rudi	M33	CENTRAL GAUTENG		11.65	-1.4	5	

M35 100 Meter Dash

Finals								
1	Dunn, Marlon	M39	CENTRAL GAUTENG		12.64	-1.4	5	

M40 100 Meter Dash

Finals								
1	Msipha, Edwin	M42	CENTRAL GAUTENG		11.60	-0.3	4	
2	Van der Walt, Phillip	M40	GAUTENG NORTH		11.88	-0.3	4	
3	Steyn, Christo	M40	CENTRAL GAUTENG		12.29	-0.3	4	
4	Gouws, Leon	M40	CENTRAL GAUTENG		12.33	-0.3	4	
5	Breedt, Kobus	M44	GAUTENG NORTH		12.62	-0.3	4	
6	Venter, Quintin	M41	CENTRAL GAUTENG		13.58	-0.3	4	

M45 100 Meter Dash

Finals								
1	Van der Westhuizen, Petrus	M45	GAUTENG NORTH		11.85	-0.2	3	
2	Page, Colin	M45	CENTRAL GAUTENG		12.39	-0.2	3	
3	Mngomezulu, George	M48	CENTRAL NORTH W		12.50	-0.2	3	
4	Vermeulen, Clinton	M45	CENTRAL GAUTENG		12.80	-0.2	3	
5	Swemmer, Philip	M49	GAUTENG NORTH		13.66	-0.2	3	

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M50 100 Meter Dash**Finals**

1	Hacker, Ian	M52	CENTRAL GAUTENG	12.04	2.3	2
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M55 100 Meter Dash**Finals**

1	Endrody, Thomas	M57	CENTRAL GAUTENG	12.38	2.3	2
2	Shabalala, Thulani	M55	VAAL TRIANGLE	12.75	2.3	2
3	Lubbe, Louw	M58	CENTRAL GAUTENG	14.42	2.3	2
4	Murphy, Andre	M59	CENTRAL GAUTENG	15.87	2.3	2

M60 100 Meter Dash**Finals**

1	Downward, Trevor	M62	KWA ZULU NATAL	13.41	2.9	
2	Oelofse, Walter	M60	KWA ZULU NATAL	13.73	2.9	
3	Varty, Dennis	M63	KWA ZULU NATAL	14.02	2.9	

M65 100 Meter Dash**Finals**

1	Smit, Christiaan	M65	FREE STATE	17.60	2.9	
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M70 100 Meter Dash**Finals**

1	Sekgobela, TB	M70	GAUTENG NORTH	14.34	2.9	
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M80 100 Meter Dash**Finals**

1	Cross, Ron	M83	WESTERN PROVINCE	15.70	2.9	
2	Unger, Thomas	M81	CENTRAL GAUTENG	16.10	2.9	

W30 200 Meter Dash**Finals**

1	Du Toit, Leana	W30	CENTRAL GAUTENG	25.54	-2.5	2
2	Louw, Ohna	W32	GAUTENG NORTH	28.18	-2.5	2

W40 200 Meter Dash**Finals**

1	Strydom, Ida-Marie	W41	GAUTENG NORTH	29.20	-2.5	2
2	Moabi, Girly	W42	NORTH WEST NORTH	41.46	-2.5	2

W45 200 Meter Dash**Finals**

1	Barnard, Charmain	W48	GAUTENG NORTH	26.90	-2.5	2
2	Du Toit, Charmaine	W47	KWA ZULU NATAL	28.27	-2.5	2

W50 200 Meter Dash**Finals**

1	de Winnaar, Winnie	W50	CENTRAL GAUTENG	28.14	-2.0	
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W55 200 Meter Dash**Finals**

1	Swanepoel, Elsa	W58	GAUTENG NORTH	30.50	-2.0	
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W70 200 Meter Dash**Finals**

1	Ungerer, Toy (Aletta)	W71	SOUTH WEST DISTR	32.64	-2.0	
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M30 200 Meter Dash**Finals**

1	Lubbe, Shawn	M33	CENTRAL GAUTENG	23.24	0.2	5
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2	Hartzenberg, Marshall	M31	CENTRAL GAUTENG	23.54	0.2	5
3	Jordaan, Rudi	M33	CENTRAL GAUTENG	24.42	0.2	5

M35 200 Meter Dash**Finals**

1	Cedras, Conrad	M35	CENTRAL GAUTENG	25.04	0.2	5
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M40 200 Meter Dash**Finals**

1	Msipha, Edwin	M42	CENTRAL GAUTENG	23.78	-1.5	4
2	Gouws, Leon	M40	CENTRAL GAUTENG	25.20	-1.5	4

M45 200 Meter Dash**Finals**

1	Van der Westhuizen, Petrus	M45	GAUTENG NORTH	23.77	-1.1	3
2	Viljoen, Joe	M46	NORTH WEST NORTH	24.93	-1.1	3
3	Page, Colin	M45	CENTRAL GAUTENG	24.96	-1.1	3
4	Mngomezulu, George	M48	CENTRAL NORTH W	25.68	-1.1	3
5	Vermeulen, Clinton	M45	CENTRAL GAUTENG	26.09	-1.1	3

M50 200 Meter Dash**Finals**

1	Hacker, Ian	M52	CENTRAL GAUTENG	26.08	0.2	2
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M55 200 Meter Dash**Finals**

1	Lubbe, Louw	M58	CENTRAL GAUTENG	29.65	0.2	2
2	Murphy, Andre	M59	CENTRAL GAUTENG	33.32	0.2	2

M60 200 Meter Dash**Finals**

1	Downward, Trevor	M62	KWA ZULU NATAL	28.34	-0.4	
2	Oelofse, Walter	M60	KWA ZULU NATAL	28.63	-0.4	
3	Varty, Dennis	M63	KWA ZULU NATAL	28.64	-0.4	

M70 200 Meter Dash**Finals**

1	Sekgobela, TB	M70	GAUTENG NORTH	31.83	-0.4	
2	De Kock, Johannes Bobby	M72	FREE STATE	52.64	-0.4	

W40 400 Meter Dash**Finals**

1	Booyesen, Jennifer	W44	GAUTENG NORTH	1:07.60		
2	Privett, Leigh	W40	CENTRAL GAUTENG	1:09.40		
3	Moabi, Girly	W42	NORTH WEST NORTH	1:38.72		

W45 400 Meter Dash**Finals**

1	Meyer, Carmen	W45	CENTRAL NORTH W	1:08.86		2
2	Cloete, Wendy	W45	GAUTENG NORTH	1:10.59		2

W50 400 Meter Dash**Finals**

1	de Winnaar, Winnie	W50	CENTRAL GAUTENG	1:04.80		2
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W55 400 Meter Dash**Finals**

1	Swanepoel, Elsa	W58	GAUTENG NORTH	1:08.60		2
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M35 400 Meter Dash**Finals**

1	Cedras, Conrad	M35	CENTRAL GAUTENG	57.82	3
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M40 400 Meter Dash**Finals**

1	Msipha, Edwin	M42	CENTRAL GAUTENG	54.03	3
2	Moabi, Ishmael	M40	NORTH WEST NORTH	56.40	3
3	Phiri, Motlhabane	M44	CENTRAL GAUTENG	1:02.81	3

M45 400 Meter Dash**Finals**

1	Viljoen, Joe	M46	NORTH WEST NORTH	55.36	2
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M60 400 Meter Dash**Finals**

1	Booyesen, Hendrik	M60	CENTRAL GAUTENG	1:03.73	
2	Varty, Dennis	M63	KWA ZULU NATAL	1:07.80	
3	Downward, Trevor	M62	KWA ZULU NATAL	1:11.33	
4	Meyer, Buks	M62	GAUTENG NORTH	1:24.36	

W40 800 Meter Run**Finals**

1	Lubbe, Elsabé	W43	NORTH WEST NORTH	2:33.40	
2	Heyns, Alicia	W42	GAUTENG NORTH	2:40.24	

W45 800 Meter Run**Finals**

1	Meyer, Carmen	W45	CENTRAL NORTH W	2:42.84	
2	Labuschagne, Celeste	W45	GAUTENG NORTH	2:46.08	

W55 800 Meter Run**Finals**

1	Swanepoel, Elsa	W58	GAUTENG NORTH	2:54.36	
2	Theunissen, Emmarië	W56	GAUTENG NORTH	3:00.33	
3	Ngobese, Victoria	W56	GAUTENG NORTH	3:24.96	

W70 800 Meter Run**Finals**

1	Visser, Maria C	W70	CENTRAL GAUTENG	3:57.33	
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M30 800 Meter Run**Finals**

1	Hartzenberg, Marshall	M31	CENTRAL GAUTENG	2:04.28	2
2	Folster, Ryan	M31	CENTRAL GAUTENG	2:11.43	2

M35 800 Meter Run**Finals**

1	Molomo, Silas	M36	CENTRAL GAUTENG	2:08.53	2
2	Rossouw, Lucas	M37	GAUTENG NORTH	2:14.11	2
3	Cedras, Conrad	M35	CENTRAL GAUTENG	2:26.47	2

M40 800 Meter Run**Finals**

1	Steyn, Christo	M40	CENTRAL GAUTENG	2:19.02	2
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M45 800 Meter Run**Finals**

1	Viljoen, Joe	M46	NORTH WEST NORTH	2:07.22	2
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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M50 800 Meter Run**Finals**

1	Du Plooy, Anton	M51	CENTRAL GAUTENG	2:12.57
2	Pienaar, William Roy	M50	GAUTENG NORTH	2:20.12

M55 800 Meter Run**Finals**

1	Motlagale, Adam	M56	CENTRAL NORTH W	2:28.47
2	Gregan, Sydney	M55	GAUTENG NORTH	2:37.29
3	Jooste, Hennie	M56	GAUTENG NORTH	2:49.38

M60 800 Meter Run**Finals**

1	Booyesen, Hendrik	M60	CENTRAL GAUTENG	2:36.18
2	Meyer, Buks	M62	GAUTENG NORTH	3:14.30

M65 800 Meter Run**Finals**

1	Lentsoenyane, Vincent	M67	CENTRAL GAUTENG	3:06.90
2	Reed, Chris	M66	CENTRAL GAUTENG	3:10.18

M70 800 Meter Run**Finals**

1	Clements, Frederick	M73	GAUTENG NORTH	3:34.82
2	De Kock, Johannes Bobby	M72	FREE STATE	4:40.44

W40 1500 Meter Run**Finals**

1	Privett, Leigh	W40	CENTRAL GAUTENG	5:28.89
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W50 1500 Meter Run**Finals**

1	Reis, Monica	W52	CENTRAL GAUTENG	6:48.14
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W55 1500 Meter Run**Finals**

1	Theunissen, Emmariè	W56	GAUTENG NORTH	6:31.63
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W60 1500 Meter Run**Finals**

1	Cloete, Joey	W60	GAUTENG NORTH	6:52.21
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M35 1500 Meter Run**Finals**

1	Molomo, Silas	M36	CENTRAL GAUTENG	4:24.58
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M40 1500 Meter Run**Finals**

1	Phiri, Motlhabane	M44	CENTRAL GAUTENG	4:49.00
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M45 1500 Meter Run**Finals**

1	Coetzee, David	M47	CENTRAL GAUTENG	6:52.34
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M50 1500 Meter Run**Finals**

1	Brown, Ian	M51	CENTRAL GAUTENG	4:53.09
2	Du Plooy, Anton	M51	CENTRAL GAUTENG	5:09.86
3	De beer, Solomon	M50	CENTRAL GAUTENG	5:09.92
4	Botsale, Zacharia	M50	CENTRAL NORTH W	6:10.36

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1	Motlagale, Adam	M56	CENTRAL NORTH W	5:05.94
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M60 1500 Meter Run**Finals**

1	Meyer, Buks	M62	GAUTENG NORTH	6:58.76
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M65 1500 Meter Run**Finals**

1	Lentsoenyane, Vincent	M67	CENTRAL GAUTENG	5:41.63
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M70 1500 Meter Run**Finals**

1	Clements, Frederick	M73	GAUTENG NORTH	7:26.36
2	De Kock, Johannes Bobby	M72	FREE STATE	10:33.25

M35 5000 Meter Run**Finals**

1	Johnson, Grant	M36	CENTRAL GAUTENG	17:01.08
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M40 5000 Meter Run**Finals**

1	Lotz, Corne	M42	GAUTENG NORTH	18:00.06
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W40 5000 Meter Run**Finals**

2	Jennett, Melanie	W44	CENTRAL GAUTENG	21:52.61
3	Blijnaut, Tania	W44	GAUTENG NORTH	22:17.27

M50 5000 Meter Run**Finals**

1	Tredrea, Dave	M53	CENTRAL GAUTENG	19:48.89
2	De beer, Solomon	M50	CENTRAL GAUTENG	20:23.11

W50 5000 Meter Run**Finals**

1	Van der Westhuizen, Connie	W53	GAUTENG NORTH	21:59.03
2	Reis, Monica	W52	CENTRAL GAUTENG	23:58.98
3	Venter, Laura	W51	CENTRAL GAUTENG	28:01.31

M55 5000 Meter Run**Finals**

1	Gregan, Sydney	M55	GAUTENG NORTH	21:01.42
2	Venter, Dirk	M57	CENTRAL GAUTENG	22:40.04

W55 5000 Meter Run**Finals**

1	Geyer, Mariet	W57	GAUTENG NORTH	22:50.07
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W40 80 Short Hurdles**Finals**

1	Olivier, Christa	W42	NORTH WEST NORTH	13.72	NWI
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W45 80 Short Hurdles**Finals**

1	Barnard, Charmain	W48	GAUTENG NORTH	12.61	NWI
2	Labuschagne, Celeste	W45	GAUTENG NORTH	14.91	NWI

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W50 80 Short Hurdles**Finals**

1	Human, Corinne	W52	GAUTENG NORTH	15.66	NWI
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M55 100 Short Hurdles**Finals**

1	Gouws, Johan	M58	GAUTENG NORTH	16.40	NWI
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M60 100 Short Hurdles**Finals**

1	Williams, Pieter	M60	GAUTENG NORTH	18.62	NWI
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M40 110 Short Hurdles**Finals**

1	Van der Walt, Phillip	M40	GAUTENG NORTH	17.34	NWI
2	Strydom, Johan	M42	CENTRAL GAUTENG	20.20	NWI

M60 300 Long Hurdles**Finals**

1	Varty, Dennis	M63	KWA ZULU NATAL	53.21	
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W45 400 Long Hurdles**Finals**

1	Labuschagne, Celeste	W45	GAUTENG NORTH	1:16.44	
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W50 2000 Meter Steeplechase**Finals**

1	Venter, Laura	W51	CENTRAL GAUTENG	11:11.54	
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W55 2000 Meter Steeplechase**Finals**

1	Geyer, Mariet	W57	GAUTENG NORTH	9:54.17	
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M70 2000 Meter Steeplechase**Finals**

1	De Kock, Johannes Bobby	M72	FREE STATE	16:22.85	
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M40 3000 Meter Steeplechase**Finals**

1	Motlogelwa, Arthur	M42	CENTRAL GAUTENG	10:51.87	
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M50 3000 Meter Steeplechase**Finals**

1	De beer, Solomon	M50	CENTRAL GAUTENG	13:05.02	
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M55 3000 Meter Steeplechase**Finals**

1	Venter, Dirk	M57	CENTRAL GAUTENG	14:30.53	
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W29-34 High Jump**Finals**

1	Botha, Mariette	W33	CENTRAL GAUTENG	1.66m	
---	Krugell, Berné	W29	CENTRAL GAUTENG	X1.63m	

W40 High Jump**Finals**

1	Ebersohn, Cornelia	W43	GAUTENG NORTH	1.45m	
2	Strydom, Ida-Marie	W41	GAUTENG NORTH	1.30m	

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W45 High Jump

Finals				
1	Barnard, Charmain	W48	GAUTENG NORTH	1.15m

W50 High Jump

Finals				
1	Heymans, Dinah	W50	FREE STATE	1.45m

M30 High Jump

Finals				
1	Hartzenberg, Marshall	M31	CENTRAL GAUTENG	1.70m

M40 High Jump

Finals				
1	Van der Walt, Phillip	M40	GAUTENG NORTH	1.85m
2	Vermeulen, Brandon	M41	CENTRAL GAUTENG	1.75m
3	Venter, Quintin	M41	CENTRAL GAUTENG	1.55m

M45 High Jump

Finals				
1	Simons, David	M49	CENTRAL GAUTENG	1.55m
2	Lombard, Albertus	M48	GAUTENG NORTH	1.50m

M55 High Jump

Finals				
1	Endrody, Thomas	M57	CENTRAL GAUTENG	1.56m
2	Bezuidenhout, Vic	M55	GAUTENG NORTH	1.53m
3	Gouws, Johan	M58	GAUTENG NORTH	1.50m

M60 High Jump

Finals				
1	Grové, Peet	M62	CENTRAL GAUTENG	1.30m

M65 High Jump

Finals				
1	Smit, Christiaan	M65	FREE STATE	1.27m

W30 Long Jump

Finals					
1	Du Toit, Leana	W30	CENTRAL GAUTENG	5.05m	NWI

W35 Long Jump

Finals					
1	Smit, Ascha-Alicia	W37	GAUTENG NORTH	5.18m	NWI

W40 Long Jump

Finals					
1	Strydom, Ida-Marie	W41	GAUTENG NORTH	4.81m	NWI
2	Blaauw, Anja	W42	GAUTENG NORTH	3.92m	NWI
3	Moabi, Girly	W42	NORTH WEST NORTH	2.72m	NWI

W45 Long Jump

Finals					
1	Barnard, Charmain	W48	GAUTENG NORTH	5.38m	NWI
2	Du Toit, Dorita	W45	CENTRAL NORTH W	4.12m	NWI

W55 Long Jump

Finals					
1	Gouws, Makkie	W55	GAUTENG NORTH	3.33m	NWI

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M40 Long Jump**Finals**

1	Van der Walt, Phillip	M40	GAUTENG NORTH	6.18m	NWI
2	Gouws, Leon	M40	CENTRAL GAUTENG	6.08m	NWI
3	Breedt, Kobus	M44	GAUTENG NORTH	5.95m	NWI
4	Venter, Quintin	M41	CENTRAL GAUTENG	5.28m	NWI
5	Vermeulen, Brandon	M41	CENTRAL GAUTENG	5.26m	NWI
6	Strydom, Johan	M42	CENTRAL GAUTENG	4.21m	NWI

M45 Long Jump**Finals**

1	Simons, David	M49	CENTRAL GAUTENG	4.79m	NWI
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M50 Long Jump**Finals**

1	Scholtz, Gert	M51	CENTRAL GAUTENG	5.13m	NWI
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M55 Long Jump**Finals**

1	Camhee, Kurt	M59	CENTRAL GAUTENG	3.78m	NWI
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M60 Long Jump**Finals**

1	Varty, Dennis	M63	KWA ZULU NATAL	4.44m	NWI
2	Oelofse, Walter	M60	KWA ZULU NATAL	3.75m	NWI

M70 Long Jump**Finals**

1	De Kock, Johannes Bobby	M72	FREE STATE	2.51m	NWI
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W35 Triple Jump**Finals**

1	Smit, Ascha-Alicia	W37	GAUTENG NORTH	10.39m	NWI
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W45 Triple Jump**Finals**

1	Barnard, Charmain	W48	GAUTENG NORTH	10.41m	NWI
2	Du Toit, Dorita	W45	CENTRAL NORTH W	8.81m	NWI

M40 Triple Jump**Finals**

1	Breedt, Kobus	M44	GAUTENG NORTH	10.34m	NWI
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M45 Triple Jump**Finals**

1	Simons, David	M49	CENTRAL GAUTENG	9.93m	NWI
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M55 Triple Jump**Finals**

1	Camhee, Kurt	M59	CENTRAL GAUTENG	7.96m	NWI
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W30 Shot Put**Finals**

1	Pubalakan, Tanya	W33	GAUTENG NORTH	12.52m	
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W35 Shot Put**Finals**

1	Kruger, Izelle	W35	FREE STATE	8.82m	
2	Kleynhans, Christina	W36	GAUTENG NORTH	7.86m	
3	Fourie, Christine	W37	GAUTENG NORTH	7.08m	

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1	Strauss, Michelle	W42	GAUTENG NORTH	8.95m
2	Blaauw, Anja	W42	GAUTENG NORTH	8.57m
3	Ebersohn, Cornelia	W43	GAUTENG NORTH	8.33m
4	Strydom, Ida-Marie	W41	GAUTENG NORTH	7.06m

W45 Shot Put**Finals**

1	Barnard, Charmain	W48	GAUTENG NORTH	10.07m
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W50 Shot Put**Finals**

1	Human, Corinne	W52	GAUTENG NORTH	9.31m
2	Hennop, Ansie	W54	GAUTENG NORTH	8.99m
3	Flynn, Judy	W51	GAUTENG NORTH	8.89m

W55 Shot Put**Finals**

1	Coetzee, Louise	W56	GAUTENG NORTH	7.21m
2	Claassen, Zelda	W57	CENTRAL GAUTENG	6.72m
3	Gouws, Makkie	W55	GAUTENG NORTH	6.71m

W60 Shot Put**Finals**

1	Cloete, Joey	W60	GAUTENG NORTH	6.85m
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W65 Shot Put**Finals**

1	Ferreira, Mercia	W68	CENTRAL GAUTENG	8.08m
2	Van Eck, Suzi	W67	GAUTENG NORTH	6.27m

M35 Shot Put**Finals**

1	Van Vreden, Hendrik-Juan	M35	CENTRAL GAUTENG	12.87m
2	Van Zyl, Smit	M38	GAUTENG NORTH	11.07m
3	Botha, Bennie	M38	CENTRAL GAUTENG	8.55m

M40 Shot Put**Finals**

1	Plews, Martin	M44	GAUTENG NORTH	11.92m
2	Kruger, Peet	M44	GAUTENG NORTH	11.57m
3	Nel, Hennie	M41	CENTRAL GAUTENG	10.59m
4	Breedt, Kobus	M44	GAUTENG NORTH	9.09m
5	Roode, Eruard	M43	CENTRAL GAUTENG	8.77m

M45 Shot Put**Finals**

1	Scheepers, Conradie	M49	FREE STATE	13.79m
2	Venter, Martin	M46	GAUTENG NORTH	12.62m
3	Swanepoel, Jan	M46	GAUTENG NORTH	12.32m
4	Watson, Rowan	M47	GAUTENG NORTH	11.51m

M50 Shot Put**Finals**

1	Mulder, Francois	M50	CENTRAL GAUTENG	13.50m
2	Slement, Andrew	M52	GAUTENG NORTH	10.83m
3	Ras, Gerald	M51	GAUTENG NORTH	10.03m
4	Erasmus, Pieter	M52	GAUTENG NORTH	9.55m

CGMA championship - 08/04/2017**Germiston stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 Shot Put****Finals**

1	Haupt, Burton	M55	GAUTENG NORTH	15.77m
2	Bezuidenhout, Vic	M55	GAUTENG NORTH	12.23m
3	Kichenbrand, Stephen	M59	GAUTENG NORTH	10.87m

M60 Shot Put**Finals**

1	Ferreira, Frik	M61	GAUTENG NORTH	10.12m
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M65 Shot Put**Finals**

1	Du Plessis, Mathys G	M65	GAUTENG NORTH	11.55m
2	Bester, Marius	M65	CENTRAL GAUTENG	11.09m
3	Solms, John	M68	GAUTENG NORTH	8.61m

M70 Shot Put**Finals**

1	Markotter, Hein	M71	GAUTENG NORTH	9.08m
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M75 Shot Put**Finals**

1	Moller, Theo	M75	GAUTENG NORTH	8.41m
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M80 Shot Put**Finals**

1	Rzepecki, Andrzej	M80	KWA ZULU NATAL	11.16m
2	Skea, Everard	M80	GAUTENG NORTH	10.75m
3	Stoltz, Jan	M80	GAUTENG NORTH	8.61m
4	Hazell, Desmond	M83	GAUTENG NORTH	7.90m

W30 Discus Throw**Finals**

1	Pubalakan, Tanya	W33	GAUTENG NORTH	37.98m
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W35 Discus Throw**Finals**

1	Slabbert, Marlene	W36	CENTRAL NORTH W	27.61m
2	Kleynhans, Christina	W36	GAUTENG NORTH	26.68m
3	Kruger, Izelle	W35	FREE STATE	24.75m
4	Fourie, Christine	W37	GAUTENG NORTH	22.00m

W40 Discus Throw**Finals**

1	Strauss, Michelle	W42	GAUTENG NORTH	22.84m
2	Blaauw, Anja	W42	GAUTENG NORTH	20.71m

W45 Discus Throw**Finals**

1	Bond, Elle	W46	GAUTENG NORTH	26.73m
2	Maloney, Anneline	W47	GAUTENG NORTH	19.33m

W50 Discus Throw**Finals**

1	Hennop, Ansie	W54	GAUTENG NORTH	25.91m
2	Flynn, Judy	W51	GAUTENG NORTH	21.06m

CGMA championship - 08/04/2017**Germiston stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Discus Throw****Finals**

1	Minnie, Valerie Anne	W57	GAUTENG NORTH	24.56m
2	Coetzee, Louise	W56	GAUTENG NORTH	19.77m
3	Claassen, Zelda	W57	CENTRAL GAUTENG	15.60m

W60 Discus Throw**Finals**

1	Cloete, Joey	W60	GAUTENG NORTH	16.20m
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W65 Discus Throw**Finals**

1	Ferreira, Mercia	W68	CENTRAL GAUTENG	19.42m
2	Van Eck, Suzi	W67	GAUTENG NORTH	16.87m

M35 Discus Throw**Finals**

1	Van Vreden, Hendrik-Juan	M35	CENTRAL GAUTENG	31.32m
2	Van Zyl, Smit	M38	GAUTENG NORTH	29.28m
3	Botha, Bennie	M38	CENTRAL GAUTENG	28.94m

M40 Discus Throw**Finals**

1	Plews, Martin	M44	GAUTENG NORTH	35.07m
2	Kruger, Peet	M44	GAUTENG NORTH	31.92m
3	Roode, Eruard	M43	CENTRAL GAUTENG	26.58m
4	Slabbert, Morne	M41	NORTH WEST NORTH	26.07m
5	Nel, Hennie	M41	CENTRAL GAUTENG	22.99m

M45 Discus Throw**Finals**

1	Swanepoel, Jan	M46	GAUTENG NORTH	46.45m
2	Scheepers, Conradie	M49	FREE STATE	41.35m
3	Watson, Rowan	M47	GAUTENG NORTH	39.36m
4	Venter, Martin	M46	GAUTENG NORTH	36.03m
5	Blaauw, David Jacobus	M45	GAUTENG NORTH	30.11m

M50 Discus Throw**Finals**

1	Eybers, Marius	M54	GAUTENG NORTH	38.45m
2	Mulder, Francois	M50	CENTRAL GAUTENG	38.40m
3	Slement, Andrew	M52	GAUTENG NORTH	36.21m
4	Erasmus, Pieter	M52	GAUTENG NORTH	35.48m
5	Ras, Gerald	M51	GAUTENG NORTH	26.20m

M55 Discus Throw**Finals**

1	Haupt, Burton	M55	GAUTENG NORTH	51.64m
2	Kichenbrand, Stephen	M59	GAUTENG NORTH	35.00m
3	Bezuidenhout, Vic	M55	GAUTENG NORTH	31.94m

M65 Discus Throw**Finals**

1	Smit, Christiaan	M65	FREE STATE	26.30m
2	Du Plessis, Mathys G	M65	GAUTENG NORTH	19.10m
3	Solms, John	M68	GAUTENG NORTH	18.13m

CGMA championship - 08/04/2017**Germiston stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M80 Discus Throw****Finals**

1	Cross, Ron	M83	WESTERN PROVINCE	26.60m
2	Stoltz, Jan	M80	GAUTENG NORTH	15.30m
3	Hazell, Desmond	M83	GAUTENG NORTH	12.27m

W30 Hammer Throw**Finals**

1	Pubalakan, Tanya	W33	GAUTENG NORTH	50.43m
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W35 Hammer Throw**Finals**

1	Kleynhans, Christina	W36	GAUTENG NORTH	21.39m
2	Fourie, Christine	W37	GAUTENG NORTH	18.60m

W40 Hammer Throw**Finals**

1	Strauss, Michelle	W42	GAUTENG NORTH	20.90m
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W45 Hammer Throw**Finals**

1	Maloney, Anneline	W47	GAUTENG NORTH	19.35m
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W50 Hammer Throw**Finals**

1	Hennop, Ansie	W54	GAUTENG NORTH	27.60m
2	Flynn, Judy	W51	GAUTENG NORTH	25.14m

W55 Hammer Throw**Finals**

1	Claassen, Zelda	W57	CENTRAL GAUTENG	23.02m
2	Coetzee, Louise	W56	GAUTENG NORTH	19.38m

W65 Hammer Throw**Finals**

1	Van Eck, Suzi	W67	GAUTENG NORTH	20.88m
2	Ferreira, Mercia	W68	CENTRAL GAUTENG	19.14m

W75 Hammer Throw**Finals**

1	England, Penny	W76	VAAL TRIANGLE	30.46m
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M35 Hammer Throw**Finals**

1	Van Zyl, Smit	M38	GAUTENG NORTH	25.10m
2	Van Vreden, Hendrik-Juan	M35	CENTRAL GAUTENG	23.30m

M40 Hammer Throw**Finals**

1	Roode, Eruard	M43	CENTRAL GAUTENG	30.78m
2	Nel, Hennie	M41	CENTRAL GAUTENG	24.99m

M45 Hammer Throw**Finals**

1	Venter, Martin	M46	GAUTENG NORTH	52.23m
2	Pubalakan, Trevor	M45	GAUTENG NORTH	26.71m

M50 Hammer Throw**Finals**

1	Van Rensburg, Tone	M52	CENTRAL GAUTENG	50.67m
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CGMA championship - 08/04/2017**Germiston stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Finals ... (M50 Hammer Throw)**

2	Rad, Peter	M54	GAUTENG NORTH	34.54m
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M55 Hammer Throw**Finals**

1	Haupt, Burton	M55	GAUTENG NORTH	52.32m
2	Aggoras, Nick	M59	GAUTENG NORTH	41.98m
3	Bezuidenhout, Vic	M55	GAUTENG NORTH	37.32m
4	Kichenbrand, Stephen	M59	GAUTENG NORTH	36.12m

M60 Hammer Throw**Finals**

1	Ferreira, Frik	M61	GAUTENG NORTH	26.03m
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M65 Hammer Throw**Finals**

1	Solms, John	M68	GAUTENG NORTH	29.48m
2	Smit, Christiaan	M65	FREE STATE	23.95m

M70 Hammer Throw**Finals**

1	Markotter, Hein	M71	GAUTENG NORTH	24.37m
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M80 Hammer Throw**Finals**

1	Rzepecki, Andrzej	M80	KWA ZULU NATAL	40.72m
2	Stoltz, Jan	M80	GAUTENG NORTH	24.64m
3	Hazell, Desmond	M83	GAUTENG NORTH	21.56m

W30 Javelin Throw**Finals**

1	Van Vreden, Linda	W31	CENTRAL GAUTENG	44.26m
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W35 Javelin Throw**Finals**

1	Kruger, Izelle	W35	FREE STATE	26.51m
2	Slabbert, Marlene	W36	CENTRAL NORTH W	22.95m
3	Fourie, Christine	W37	GAUTENG NORTH	19.95m
4	Kleynhans, Christina	W36	GAUTENG NORTH	17.63m

W40 Javelin Throw**Finals**

1	Beytell, Yolanda	W41	GAUTENG NORTH	38.39m
2	Blaauw, Anja	W42	GAUTENG NORTH	29.67m
3	Strauss, Michelle	W42	GAUTENG NORTH	25.39m
4	Strydom, Ida-Marie	W41	GAUTENG NORTH	22.49m
5	Ebersohn, Cornelia	W43	GAUTENG NORTH	21.44m

W45 Javelin Throw**Finals**

1	Maloney, Anneline	W47	GAUTENG NORTH	11.61m
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W50 Javelin Throw**Finals**

1	Flynn, Judy	W51	GAUTENG NORTH	25.53m
2	Hennop, Ansie	W54	GAUTENG NORTH	20.89m
3	Human, Corinne	W52	GAUTENG NORTH	19.49m

CGMA championship - 08/04/2017**Germiston stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Javelin Throw****Finals**

1	Coetzee, Louise	W56	GAUTENG NORTH	23.91m
2	Gouws, Makkie	W55	GAUTENG NORTH	18.81m
3	Claassen, Zelda	W57	CENTRAL GAUTENG	13.19m

W60 Javelin Throw**Finals**

1	Cloete, Joey	W60	GAUTENG NORTH	14.05m
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W65 Javelin Throw**Finals**

1	Ferreira, Mercia	W68	CENTRAL GAUTENG	19.61m
2	Van Eck, Suzi	W67	GAUTENG NORTH	11.35m

W70 Javelin Throw**Finals**

1	Coetzee, Madeleine	W73	FREE STATE	17.54m
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M35 Javelin Throw**Finals**

1	Van Zyl, Smit	M38	GAUTENG NORTH	37.92m
2	Botha, Bennie	M38	CENTRAL GAUTENG	29.58m
3	Van Vreden, Hendrik-Juan	M35	CENTRAL GAUTENG	23.22m

M40 Javelin Throw**Finals**

1	Plews, Martin	M44	GAUTENG NORTH	37.69m
2	Roode, Eruard	M43	CENTRAL GAUTENG	36.24m
3	Breedt, Kobus	M44	GAUTENG NORTH	35.42m
4	Slabbert, Morne	M41	NORTH WEST NORTH	34.04m

M45 Javelin Throw**Finals**

1	Pauer, Wilhelm	M49	CENTRAL GAUTENG	59.57m
2	Bond, Gavin	M45	GAUTENG NORTH	53.40m

M50 Javelin Throw**Finals**

1	Slement, Andrew	M52	GAUTENG NORTH	31.15m
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M55 Javelin Throw**Finals**

1	Kichenbrand, Stephen	M59	GAUTENG NORTH	54.44m
2	Bezuidenhout, Vic	M55	GAUTENG NORTH	42.52m

M60 Javelin Throw**Finals**

1	Ferreira, Frik	M61	GAUTENG NORTH	35.20m
2	Oelofse, Walter	M60	KWA ZULU NATAL	33.05m

M65 Javelin Throw**Finals**

1	Du Plessis, Mathys G	M65	GAUTENG NORTH	32.42m
2	Potgieter, Wynand	M66	CENTRAL GAUTENG	27.19m
3	Solms, John	M68	GAUTENG NORTH	26.21m

CGMA championship - 08/04/2017**Germiston stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Javelin Throw**

Finals			
1	Markotter, Hein	M71 GAUTENG NORTH	28.99m

M75 Javelin Throw

Finals			
2	Moller, Theo	M75 GAUTENG NORTH	23.10m

M80 Javelin Throw

Finals			
1	Stoltz, Jan	M80 GAUTENG NORTH	20.80m
2	Hazell, Desmond	M83 GAUTENG NORTH	20.35m

W30 Weight Throw

Finals			
1	Pubalakan, Tanya	W33 GAUTENG NORTH	14.69m

W35 Weight Throw

Finals			
1	Fourie, Christine	W37 GAUTENG NORTH	7.00m
2	Kleynhans, Christina	W36 GAUTENG NORTH	5.88m

W40 Weight Throw

Finals			
1	Strauss, Michelle	W42 GAUTENG NORTH	9.12m

W45 Weight Throw

Finals			
1	Maloney, Anneline	W47 GAUTENG NORTH	6.15m

W50 Weight Throw

Finals			
1	Hennop, Ansie	W54 GAUTENG NORTH	10.76m
2	Flynn, Judy	W51 GAUTENG NORTH	8.30m

W55 Weight Throw

Finals			
1	Coetzee, Louise	W56 GAUTENG NORTH	8.34m
2	Claassen, Zelda	W57 CENTRAL GAUTENG	7.46m

W65 Weight Throw

Finals			
1	Ferreira, Mercia	W68 CENTRAL GAUTENG	10.79m
2	Van Eck, Suzi	W67 GAUTENG NORTH	9.51m

W75 Weight Throw

Finals			
1	England, Penny	W76 VAAL TRIANGLE	12.50m

M35 Weight Throw

Finals			
1	Bekker, Kristiaan	M36 CENTRAL GAUTENG	16.12m
2	Van Vreden, Hendrik-Juan	M35 CENTRAL GAUTENG	10.60m
3	Botha, Bennie	M38 CENTRAL GAUTENG	9.75m
4	Van Zyl, Smit	M38 GAUTENG NORTH	9.66m

M40 Weight Throw

Finals			
1	Roode, Eruard	M43 CENTRAL GAUTENG	9.90m
1	Slabbert, Morne	M41 NORTH WEST NORTH	9.90m

CGMA championship - 08/04/2017**Germiston stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Finals ... (M40 Weight Throw)**

3	Plews, Martin	M44	GAUTENG NORTH	9.22m
4	Nel, Hennie	M41	CENTRAL GAUTENG	8.30m

M45 Weight Throw**Finals**

1	Venter, Martin	M46	GAUTENG NORTH	15.80m
2	Swanepoel, Jan	M46	GAUTENG NORTH	12.20m

M50 Weight Throw**Finals**

1	Van Rensburg, Tone	M52	CENTRAL GAUTENG	17.75m
2	Ras, Gerald	M51	GAUTENG NORTH	11.61m
3	Du Toit, Izak	M51	CENTRAL NORTH W	11.19m

M55 Weight Throw**Finals**

1	Haupt, Burton	M55	GAUTENG NORTH	18.60m
2	Aggoras, Nick	M59	GAUTENG NORTH	16.81m
3	Bezuidenhout, Vic	M55	GAUTENG NORTH	15.27m
4	Kichenbrand, Stephen	M59	GAUTENG NORTH	14.20m

M60 Weight Throw**Finals**

1	Ferreira, Frik	M61	GAUTENG NORTH	11.79m
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M65 Weight Throw**Finals**

1	Du Plessis, Mathys G	M65	GAUTENG NORTH	15.88m
2	Solms, John	M68	GAUTENG NORTH	10.92m

M70 Weight Throw**Finals**

1	Markotter, Hein	M71	GAUTENG NORTH	10.17m
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M80 Weight Throw**Finals**

1	Rzepecki, Andrzej	M80	KWA ZULU NATAL	18.35m
2	Hazell, Desmond	M83	GAUTENG NORTH	9.53m
3	Stoltz, Jan	M80	GAUTENG NORTH	8.69m

W35 Super Weight Greek Discus**Finals**

1	Kleynhans, Christina	W36	GAUTENG NORTH	11.20m
2	Fourie, Christine	W37	GAUTENG NORTH	8.68m

W45 Super Weight Greek Discus**Finals**

1	Maloney, Anneline	W47	GAUTENG NORTH	8.50m
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W50 Super Weight Greek Discus**Finals**

1	Hennop, Ansie	W54	GAUTENG NORTH	15.07m
2	Flynn, Judy	W51	GAUTENG NORTH	14.90m

W55 Super Weight Greek Discus**Finals**

1	Coetzee, Louise	W56	GAUTENG NORTH	12.54m
2	Claassen, Zelda	W57	CENTRAL GAUTENG	11.44m

CGMA championship - 08/04/2017**Germiston stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 Super Weight Greek Discus****Finals**

1	Cloete, Joey	W60	GAUTENG NORTH	9.80m
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W65 Super Weight Greek Discus**Finals**

1	Ferreira, Mercia	W68	CENTRAL GAUTENG	11.89m
2	Van Eck, Suzi	W67	GAUTENG NORTH	11.00m

M35 Super Weight Greek Discus**Finals**

1	Van Vreden, Hendrik-Juan	M35	CENTRAL GAUTENG	20.01m
2	Van Zyl, Smit	M38	GAUTENG NORTH	18.73m
3	Botha, Bennie	M38	CENTRAL GAUTENG	16.73m

M40 Super Weight Greek Discus**Finals**

1	Plews, Martin	M44	GAUTENG NORTH	18.79m
2	Roode, Eruard	M43	CENTRAL GAUTENG	15.74m
3	Nel, Hennie	M41	CENTRAL GAUTENG	14.20m
4	Slabbert, Morne	M41	NORTH WEST NORTH	13.39m

M45 Super Weight Greek Discus**Finals**

1	Swanepoel, Jan	M46	GAUTENG NORTH	24.72m
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M50 Super Weight Greek Discus**Finals**

1	Slement, Andrew	M52	GAUTENG NORTH	20.60m
2	Ras, Gerald	M51	GAUTENG NORTH	19.01m
3	Erasmus, Pieter	M52	GAUTENG NORTH	18.11m

M55 Super Weight Greek Discus**Finals**

1	Bezuidenhout, Vic	M55	GAUTENG NORTH	21.30m
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M60 Super Weight Greek Discus**Finals**

1	Ferreira, Frik	M61	GAUTENG NORTH	34.18m
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M65 Super Weight Greek Discus**Finals**

1	Du Plessis, Mathys G	M65	GAUTENG NORTH	35.72m
2	Solms, John	M68	GAUTENG NORTH	30.18m

M70 Super Weight Greek Discus**Finals**

1	Markotter, Hein	M71	GAUTENG NORTH	30.36m
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M80 Super Weight Greek Discus**Finals**

1	Stoltz, Jan	M80	GAUTENG NORTH	23.55m
2	Hazell, Desmond	M83	GAUTENG NORTH	18.00m

M50 1500 Meter Race Walk**Finals**

1	Phillips, Kevin	M52	CENTRAL GAUTENG	7:24.15
2	De Klerk, Bennet	M50	NORTH WEST NORTH	8:00.30
3	Thwahlaka, Teboho	M52	CENTRAL NORTH W	9:08.41

CGMA championship - 08/04/2017**Germiston stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 1500 Meter Race Walk****Finals**

1	Jacobs, Caroline	W55	CENTRAL GAUTENG	9:48.07
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W60 1500 Meter Race Walk**Finals**

1	Coats, Avril	W60	CENTRAL GAUTENG	9:15.36
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M60 1500 Meter Race Walk**Finals**

1	Callaghan, Christopher	M63	GAUTENG NORTH	8:40.78
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W70 1500 Meter Race Walk**Finals**

1	Clements, Jeanette	W71	GAUTENG NORTH	13:31.90
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M70 1500 Meter Race Walk**Finals**

1	Clements, Frederick	M73	GAUTENG NORTH	9:41.43
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W35 5000 Meter Race Walk**Finals**

1	Willemse, Rhoda	W35	GAUTENG NORTH	28:51.78
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W40 5000 Meter Race Walk**Finals**

1	Kruger, Chené	W44	GAUTENG NORTH	38:04.27
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W45 5000 Meter Race Walk**Finals**

1	Serdyn, Mariaan	W46	GAUTENG NORTH	29:09.10
2	Maloney, Anneline	W47	GAUTENG NORTH	34:45.97

W50 5000 Meter Race Walk**Finals**

1	Ruck, Celeste	W51	GAUTENG NORTH	30:16.84
2	Phillips, Lauren	W52	CENTRAL GAUTENG	32:30.55
3	Van der Sckyf, Isabelle	W50	GAUTENG NORTH	38:47.29

W55 5000 Meter Race Walk**Finals**

1	Van Buuren, Lesley	W55	CENTRAL GAUTENG	28:03.88
2	Kichenbrand, Frances	W55	GAUTENG NORTH	30:18.71
3	Nortmann, Tinkie	W56	GAUTENG NORTH	32:46.97
4	Jacobs, Caroline	W55	CENTRAL GAUTENG	33:55.62
5	Coetzee, Fia	W55	GAUTENG NORTH	33:59.58
6	Starkey, Anita	W56	CENTRAL GAUTENG	34:17.16

W60 5000 Meter Race Walk**Finals**

1	Coats, Avril	W60	CENTRAL GAUTENG	32:37.69
2	Willemse, Lucia	W62	GAUTENG NORTH	33:09.51
3	Nortje, Esma	W64	CENTRAL GAUTENG	37:58.06

W65 5000 Meter Race Walk**Finals**

1	Koekemoer, Winnie	W66	GAUTENG NORTH	31:10.55
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CGMA championship - 08/04/2017
Germiston stadium
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W70 5000 Meter Race Walk**Finals**

1	Meyer, Elsa	W70	GAUTENG NORTH	30:18.89
2	Clements, Jeanette	W71	GAUTENG NORTH	45:30.72

M45 5000 Meter Race Walk**Finals**

1	Appel, Joseph	M47	GAUTENG NORTH	28:22.42
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M50 5000 Meter Race Walk**Finals**

1	Phillips, Kevin	M52	CENTRAL GAUTENG	26:44.72
2	De Klerk, Bennet	M50	NORTH WEST NORTH	28:40.13
3	Thwahlaka, Teboho	M52	CENTRAL NORTH W	32:07.87

M55 5000 Meter Race Walk**Finals**

1	Bester, Jan	M57	GAUTENG NORTH	27:00.60
2	Meyer, Carl	M59	CENTRAL GAUTENG	27:05.46
3	Coetzee, Johann	M58	GAUTENG NORTH	29:00.31

M60 5000 Meter Race Walk**Finals**

1	Bosman, Marius	M60	GAUTENG NORTH	28:40.73
2	Callaghan, Christopher	M63	GAUTENG NORTH	28:57.14
3	Willemse, Jaap	M60	GAUTENG NORTH	29:21.81

M65 5000 Meter Race Walk**Finals**

1	Turner, Anthony	M67	CENTRAL GAUTENG	33:32.37
2	Smook, Hendry	M67	FREE STATE	35:45.87

M70 5000 Meter Race Walk**Finals**

1	Wagner, Holger	M71	GAUTENG NORTH	33:34.29
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M80 5000 Meter Race Walk**Finals**

1	Rowe, Jack	M80	CENTRAL GAUTENG	37:09.89
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