



ASWD

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Solutions

Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 1 (Women - 20) 5000m Stap

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Anél	Oosthuizen	OHS	27:00.30	7	1039	
2	Ada	Booyens	Indiv	28:04.80	5	905	
3	Ilse	Deist	MCLAC	32:07.40	3	545	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 2 (Women - 20) Diskusgooi 1 kg

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Bianca	Marais	LangG	32.67	7	433	
2	Corlia	Swart	OH	28.10	5	292	
3	Carina	Booyens	LangG	26.55	3	244	
4	Morce	Marais	Wesb	24.89	2	192	
5	Danel	Botha	OdnN	21.79	1	90	
6	Antoinette	Meiring	OdnN	18.55	0	0	
7	Ellen	Ngquwe	APD	7.64	0	0	Disabled



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 3 (Girls - 13) 100m Wind -2-1

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Anecha	Badenhorst	Wesb	13.50	7	734	
2	Saskia	Stander	Indiv	14.10	5	624	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 3 (Girls - 13) 100m

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Anecha	Badenhorst	Wesb	13.50	7	734	
2	Saskia	Stander	Indiv	14.10	5	624	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 4 (Women - 20) Hamergooi 4 kg

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Annemi	Smit	OHS	51.88	7	1197	
2	Sunett	Voigt	OHS	38.97	5	703	
3	Jacoleen	Coetzee	SWDM	11.87	3	0	



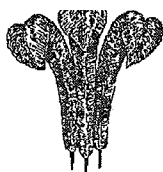
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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 5 (Women - 20) Verspring

Pos	Name	Surname	Team	Result	Wind	Point	ASA	Rec
1	Janet	Wienand	Matie	5.89	0	7	849	
2	Maryke	Brits	Matie	5.60	0	5	750	
3	Chané	Burgers	Indiv	5.54	0	3	729	
4	Guste	Williamse	Indiv	4.41	0	2	329	



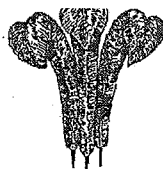
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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 6 (Men - 20) Hoogspring

Pos	Name	Surname	Team	Result	Wind	Point	ASA	Rec
1	Jacques	Freitag	Pukke	2.20	0	7	934	
2	Keagan	Fourie	Indiv	2.10	0	5	900	
3	Willem	Voigt	Pukke	2.10	0	3	900	
4	Rossouw	Du Toit	OH	1.85	0	2	654	
5	Johann	Van Zyl	LangG	1.85	0	1	654	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 7 (Women - 20) Gewigstoot 4 kg

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Johleen	Booyesen	LangG	11.88	7	570	
2	Corneli	Grobler	Wesb	8.61	5	254	
3	Antoinette	Meiring	OdnN	7.48	3	142	
4	Ellen	Ngquwe	APD	3.46	2	0	
5	Katryn	Xstraal	APD	3.02	1	0	

Disabled
Disabled



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 8 (Women - 20) Spiesgooi 600 gm

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Katryn	Xstraal	APD	5.30	7	0	Disabled



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Event: 9 (Boys - 15) 100m

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Donrich	Van Schalkwyk	Indiv	11.60	7	761	
2	Ruan	Gouws	Indiv	12.90	5	504	
3	Hardus	Coetzee	LangG	13.50	3	411	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 10 (Men - 20) 800m

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Ettienne	Plaatjies	Pukke	1:51.20	7	840	
2	Hannes	Naude	UFS	1:52.10	5	815	
3	Rick	Hambridge	Matie	1:53.30	3	784	
4	Alan	Slinger	Matie	1:55.20	2	738	
5	Jurgen	Burger	Indiv	1:58.00	1	675	
6	JP	Smit	UFS	2:00.40	0	642	
7	Edwayne	Ewerts	Indiv	2:00.10	0	635	
8	Jossie	Venter	Indiv	2:03.10	0	573	
9	Johan	Burger	Indiv	2:06.10	0	520	
10	Simeon	Van Hansen	LangG	2:06.80	0	508	
11	Gerrit	Hendricks	APD	2:16.50	0	359	Disabled



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Event: 11 (Women - 20) 800m

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Anuscha	Nice	Indiv	2:11.20	7	816	
2	Chanelle	Anderson	LangG	2:11.80	5	802	
3	Annika	Coetzee	Indiv	2:12.90	3	778	
4	Liza	Steyn	Indiv	2:14.50	2	745	
5	Carla	Jansen	Indiv	2:16.20	1	711	
6	Alisha	Gerber	Indiv	2:23.90	0	576	
7	Danel	Clover	Indiv	2:26.90	0	530	
8	Heidi	Stumpf	OH	2:28.80	0	502	
9	Zandri	Cup	Indiv	2:31.20	0	468	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 12 (Men - 20) 3000m

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Elroy	Gelant	Pukke	8:01.90	7	893	
2	Jean	Brummer	Pukke	8:58.80	5	589	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 13 (Men - 20) Spiesgooi 800 gm

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Willem	Freysen	Indiv	49.80	7	374	
2	Patrick	Saayman	APD	15.70	5	0	
3	Francois	Du Plessis	APD	10.87	3	0	

Disabled
Disabled

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Event: 14 (Men - 20) Verspring

Pos	Name	Surname	Team	Result	Wind	Point	ASA	Rec
1	Luvo	Manyonga	Matie	7.44	0	7	907	
2	Hardus	Coetzee	Indiv	4.89	0	5	179	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 15 (Women - 20) Hoogspring

Pos	Name	Surname	Team	Result	Wind	Point	ASA	Rec
1	Welma	Sormont	SWDM	1.58	0	7	578	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 16 (Men - 20) Gewigstoot 7,26 kg

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Adeo	Breet	APD	6.55	7	0	Disabled
2	Patrick	Saayman	APD	6.36	5	0	Disabled
3	Francois	Du Plessis	APD	6.35	3	0	Disabled
4	Percival	Davids	APD	3.49	2	0	Disabled



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 17 (Men - 20) Diskusgooi 2 kg

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Victor	Hogan	UFS	57.67	7	1266	
2	Charl	Grobler	UFS	52.19	5	972	
3	Daniel	Maree	Wesb	49.08	3	918	
4	Ricus	Roux	UFS	43.72	2	744	
5	Andries	Marais	Indiv	41.12	1	657	
6	Corney	Roux	UFS	40.80	0	647	
7	Chris	Wilemse	Indiv	31.50	0	364	
8	Mian	Roos	Indiv	29.25	0	298	
9	Stephan	Brown	Indiv	21.95	0	71	
10	Leon	Brown	Indiv	17.14	0	0	
11	Patrick	Saayman	APD	16.45	0	0	Disabled
12	Adeo	Breet	APD	14.01	0	0	Disabled
13	Francois	Du Plessis	APD	11.22	0	0	Disabled
14	Percival	Davids	APD	5.58	0	0	Disabled



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 18 (Women - 20) 100m Wind -3-0

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Bernice	Roman	UWC	12.87	7	631	
2	Mia	Prinsloo	Indiv	12.95	5	616	
3	Maryke	Brits	Matie	13.04	3	600	
4	Annika	Van Huysteen	TUKS	13.10	2	589	
5	Colleen	May	UWC	13.11	1	587	
6	Stephanie	Wicksel	Indiv	13.27	0	560	
7	Eugenie	Wicksell	TUKS	13.51	1	520	
8	Guste	Williamse	Indiv	14.03	0	441	
9	Elana	Wentzel	OHS	14.33	0	399	
10	Candice	Ludick	OHS	14.35	0	396	



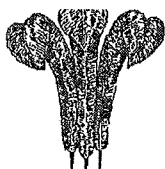
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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 19 (Men - 20) 100m Wind -3-0

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Brent	Stevens	UWC	10.60	7	872	
2	Roscoe	Engel	UWC	10.61	5	869	
3	Sergio	Mullins	UWC	10.90	3	788	
4	Heinrich	Fortuin	Matie	11.02	2	757	
5	Ethan	Florus	Matie	11.10	1	737	
6	Shaun	De Klerk	Grey	11.16	1	722	
7	Stefan	Brits	Matie	11.20	0	713	
8	Ché	Harmse	NMMU	11.50	0	646	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 21 (Men - 20) 400m

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Cornel	Fredericks	Matie	47.90	7	858	
2	Shaun	De Jager	Matie	48.10	5	845	
3	Jody	Isaacs	UWC	49.20	3	778	
4	Pieter	Marx	UFS	49.50	2	761	
5	Byron	Haupt	Indiv	49.90	1	739	
6	Donrich	Van Schalkwyk	Indiv	50.40	0	712	
7	Hendrik	VD Merwe	UFS	50.50	0	707	
8	Wiekus	Jonck	Matie	50.80	0	692	
9	Thomas	Jouda	UFS	51.60	0	652	
10	Herman	Langenhoven	Swel	51.60	0	652	
11	Marlow	Van Wyngaard	Indiv	53.00	0	588	
12	Ashford	Motsau	UFS	53.00	0	588	
13	Morena	Mkize	UFS	53.10	0	584	
14	Ryan	Nel	UWC	53.80	0	554	
15	Marius	Stander	APD	55.40	0	490	
16	Christo	Niemand	Indiv	57.50	0	414	
17	Roger	Wildeman	APD	66.40	0	156	
18	Ronwin	Wildeman	APD	70.00	0	72	

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Disabled



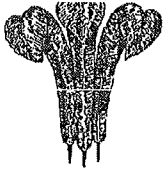
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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 22 (Women - 20) 400m

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Eugenie	Wicksell	TUKS	56.30	7	810	
2	Anneri	Ebersohn	UFS	57.40	5	755	
3	Stephanie	Wicksel	Indiv	58.70	3	695	
4	Natasha	Gerber	NMMU	61.20	2	592	
5	Hermi	Maree	NMMU	63.30	1	517	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 23 (Men - 20) 1 mile

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Elroy	Gelant	Pukke	4:05.80	7	673	
2	Jacque	Pretorius	Matie	4:08.80	5	643	
3	Dean	Brummer	Pukke	4:18.60	3	552	
4	Dicardo	Jacobs	Matie	4:22.10	2	522	
5	Antonie	Peens	UFS	4:26.60	1	486	
6	Oubaas	Jacobs	Indiv	4:32.80	0	438	
7	Pieter	Kotze	UFS	4:38.20	0	399	
8	Abrie	Horak	UFS	4:47.30	0	338	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 23b (Men - 35) 1500m

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Antonio	Seconds	Indiv	4:18.20	7	652	
2	Robeltuis	Matthys	Indiv	4:20.50	5	630	
3	Booi	Salman	Indiv	4:24.50	3	594	
4	Mian	Roos	Indiv	4:34.70	2	509	
5	Pontius	Xaluva	Indiv	5:01.30	1	325	
6	Peter	Johnston	Indiv	5:57.40	0	41	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 24 (Women - 20) 1500m

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Danel	Prinsloo	UFS	4:36.80	7	723	
2	Dominique	Scott	Matie	4:44.30	5	654	
3	Nelmare	Loubser	UFS	5:05.70	3	488	
4	Mauricha	Le Grange	Olym	5:39.20	2	286	
5	Althea	Festus	Olym	5:41.90	1	272	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 29 (Women - 20) 200m wind -1-0

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Jeanette	Wienand	Matie	25.36	7	749	
2	Eugenie	Wicksell	TUKS	25.65	5	718	
3	Bernice	Roman	UWC	26.19	3	664	
4	Colleen	May	UWC	26.59	2	627	
5	Stephanie	Wicksel	Indiv	29.23	1	421	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 30 (Men - 20) 200m wind -1-0

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Roscoe	Engel	UWC	21.53	7	850	
2	Brent	Stevens	UWC	21.66	5	831	
3	Sergio	Mullins	UWC	21.66	3	831	
4	Shaun	De Klerk	Grey	21.67	2	830	
5	Ethan	Florus	Matie	22.21	1	759	
6	Shaun	De Jager	Matie	22.24	0	755	
7	Heinrich	Fortuin	Matie	22.44	0	731	
8	Ché	Harmse	NMMU	22.58	0	714	
9	Ashford	Motsau	UFS	22.83	0	685	
10	Shermon	Wildeman	Indiv	22.89	0	679	
11	Herman	Langenhoven	Swel	23.11	0	655	
12	Morena	Mkize	UFS	23.21	0	644	
13	Marno	Julies	Indiv	23.33	0	632	
14	Thomas	Jouda	UFS	23.37	0	627	
15	Ruan	Gouws	Swel	26.36	0	371	



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Oudtshoorn Holiday Athletics De Jager Stadium 18/12/2009

Event: 31 (Boys - 18) 2000m Hindernis 76,2 cm

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Lloyd	Bosman	Pukke	5:27.40	7	1028	
2	Donnay	Danster	Indiv	5:43.30	5	867	SA
3	Rynardt	Van Rensburg	Grey	6:03.70	3	702	
4	Merlin	Klaaste	Bwest	6:29.10	2	540	
5	Jesse	Visagie	Bwest	6:33.20	1	517	
6	Duwayne	Fletcher	Indiv	6:33.90	0	513	
7	Mark	Malowitz	Bwest	6:34.80	0	508	

Record U18