

ASA 50KM ROAD RACE WALKING CHAMPIONSHIPS

Oudtshoorn

23 October 2010

SAMA Record

F	Open	Sandra	Steenkamp	GN	1960	9	12	50	1	5.19.37	Gold
F	Open	Yvonne	Irmischer	KZN	1962	5	20	48	2	5.31.05	Silver
F	Open	Khethiwe	Memela	KZN	1966	1	2	44	6	5.55.05	Bronze
F	Open	Babongile	Memela	KZN	1980	9	29	30	5	6.02.08	
F	Open	Trish	Winterboer	KZN	1958	10	2	52	4	6.03.23	
F	Open	Anne	Mckenzie	KZN	1966	6	2	44	3	6.06.01	
F	Open	Trudi	Carstens	WP	1962	3	8	48	7	6.14.14	

1 Red Card: Bent Knee 07h33

M	Open	Themba	Quangiso	KZN	1967	10	10	43	13	5.05.55	Gold
M	Open	Hannes	Swanepoel	WP	1965	11	2	45	15	5.16.33	Silver
M	Open	Oxley	Africa	KZN	1961	4	4	49	9	5.19.35	Bronze
M	Open	Abrham	Mbhele	KZN	1987	11	23	23	11	5.26.22	
M	Open	Colin	Van Blommenstein	CG	1951	12	21	59	8	5.33.18	
M	Open	Malcolm	Salida	WP	1974	5	23	36	14	5.46.15	
M	Open	Bonginkosi	Nduli	KZN	1974	10	28	36	12	6.26.21	

1 Red Card: Bent Knee 08h07

1 Red Card: Bent Knee 10h37

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 23/10/2010

INTER-PROVINCIAL ROAD RACE WALKING COMPETITION [30km]

Oudtshoorn

23 October 2010

M/F	Category	First Name	Surname	Province	D.O.B.	Age	Race Nr	Time
F	40-44	Bernadette	Davies	CG	1969	41	106	3.19.11
F	45-49	Colleen	Van Rooyen	CG	1962	48	101	3.27.25
F	50-54	Elize	Van Eeden	GN	1960	50	103	3.23.38
F	50-54	Aletta	Van Rensburg	ASWD	1958	52	100	3.34.41
F	55-59	Loritha	Jacobs	CG	1951	59	102	3.30.52

Gold 1 Red Card: Bent Knee 09h24

Route Record

Gold

Gold 1 Red Card: Bent Knee 10h05

Route Record

Gold

M/F	Category	First Name	Surname	Province	D.O.B.	Age	Race Nr	Time
M	40-44	Hudsie	Hudsenberg	GN	1967	43	110	3.11.22
M	45-49	Peet	Bekker	CG	1961	49	104	3.10.12
M	45-49	Stephen	Msimango	CG	1963	47	105	3.24.40
M	50-54	Marius	Bosman	GN	1956	54	111	3.13.05
M	50-54	Geoff	Lupton-Smith	CG	1958	52	107	3.13.13
M	70-74	Jurgen	Spencer	WP	1940	70	112	3.10.23
M	Open	Pierre	De Villiers	CG	1985	25	108	2.45.46
M	Open	Pieter	Vorster	WP	1984	26	113	2.49.12
M	Open	Siphiwe	Mtshali	CG	1984	26	109	3.39.40

Gold 1 Red Card: Bent Knee 09h28

Route Record

Gold

Silver 1 Red Card: Bent Knee 11h40

Route Record

Gold

Silver 1 Red Card: Bent Knee 11h25

Route Record

Gold

Gold

Silver

Bronze

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 23/10/2010
 [Signature]

INTER-PROVINCIAL ROAD RACE WALKING COMPETITION [20km]

Oudtshoorn

23 October 2010

M/F	Category	First Name	Surname	Province	D.O.B.	Age	Race Nr	Time
F	40-44	Susan	Katrakazas	GN	1966	44	209	2.01.13
F	45-49	Lesley	Van Buuren	CG	1962	48	204	1.53.13
F	45-49	Sharon	Fuchs	KZN (Ind)	1965	45	212	2.02.02
F	45-49	Ansie	Venter	GN	1963	47	210	2.08.37
F	55-59	Brenda	Nooy	CG	1953	57	205	1.56.36
F	55-59	Elize	Nowakowitsch	ASWD	1954	56	200	2.31.25
F	60-64	Elsa	Meyer	GN	1946	64	211	2.02.39
F	60-64	Annamarie	Vermaak	ASWD	1946	64	201	2.35.28
F	60-64	Rinske	Vreken	ASWD	1947	63	202	2.39.51
F	Open	Michelle	Hopkins	CG	1988	22	208	2.17.48

Route Record

SAMA & Route Record

SAMA & Route Record

1 Red Card: Bent Knee 10h29

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INTER-PROVINCIAL ROAD RACE WALKING COMPETITION [20km]

Oudtshoorn

23 October 2010

M/F	Category	First Name	Surname	Province	D.O.B.	Age	Race Nr	Time
M	35-39	Johannes	Mashigo	CG	1975	8	217	2.09.57
M	40-44	Thabiso	Tsagane	CG	1970	9	218	2.00.22
M	45-49	Lebeauf	Von Benecke	CG	1964	12	219	1.34.35
M	45-49	Chris	Britz	GN	1963	12	226	1.53.08
M	45-49	Vuyo	Suka	ASWD	1965	8	213	1.58.59
M	50-54	Simon	Railo	GN	1960	4	228	2.00.49
M	50-54	Fanie	Venter	GN	1960	8	227	2.03.35
M	50-54	Isaac	Cook	ASWD	1958	12	214	2.08.54
M	50-54	Trevor	Corin	CG	1956	12	203	2.20.15
M	55-59	Chris	Brooker	CG	1954	10	220	2.06.06
M	55-59	John	Child	WP	1951	1	232	2.07.41
M	55-59	Chris	Ouwerkerk	ASWD	1951	8	215	2.30.13
M	Open	Wayne	Snyman	GN	1985	3	230	1.37.54
M	Open	Armond	Nel	MAC (Ind)	1990	8	231	1.38.32
M	Open	Lebogang	Shange	CG	1990	8	224	1.45.37
M	Open	Sanele	Mathonsi	CG	1989	12	222	1.46.01
M	Open	Bethuel	Sekgalemo	CG	1987	7	223	1.49.28
M	Open	Johannes	Van Rooyen	ASWD	1988	12	216	2.03.37
M	Open	Karabo	Molefe	CG	1982	12	225	2.16.21

Gold

Gold

Gold

Silver

Bronze

Gold

Silver

Bronze

Gold

Silver

Bronze

Gold

Silver

Bronze

Gold

Silver

Bronze

SAMA & Route Record

1 Red Card: Bent Knee 08h21

1 Red Card: Lift 08h37

1 Red Card: Lift 09h10

1 Red Card: Lift 08h13

1 Red Card: Bent Knee 08h47

W. J. van der Merwe
23/10/2010

INTER-PROVINCIAL ROAD RACE WALKING COMPETITION [10km]

Oudtshoorn

23 October 2010

M/F	Category	First Name	Surname	Province	D.O.B.	Age	Race Nr	Time
F	18-19	Ingé	Kotzé	BOL	1992	18	304	54.59
F	30-34	Zerilda	Vermeulen	ASWD	1976	34	300	1.12.50
F	35-39	Melanie	Venter	GN	1974	36	314	1.04.31
F	35-39	Melanie	Moën	GN	1971	39	315	1.05.58
F	45-49	Sarah	Bruckmann	CG	1965	45	305	1.04.07
F	45-49	Jeanine	Lefebour	KZN (Ind)	1965	45	318	1.19.35
F	50-54	Maria	Ghisleni	CG	1959	51	306	52.49
F	50-54	Monica	Risk	CG	1958	52	307	1.00.20
F	50-54	Erdine	Burger	WP	1956	54	320	1.04.10
F	55-59	Barbara	Nell	CG	1954	56	308	56.13
F	55-59	Linda	Klein	ASWD	1951	59	301	1.08.18
F	55-59	Isabel	Roux	WP	1952	58	321	1.09.57
F	60-64	Daphne	Du Preez	CG	1947	63	309	1.03.03
F	60-64	Winnie	Koekemoer	GN	1950	60	316	1.03.26
F	60-64	Wendy	Josephs	WP	1948	62	323	1.08.09
F	60-64	Mary	Schipper	WP	1946	64	324	1.12.28
F	60-64	Elizabeth	Nel	WP	1949	61	322	1.15.47
F	65-69	Annatjie	Greyvenstein	GN	1944	66	317	1.00.26
F	65-69	Hildegard	Vey	CG	1941	69	311	1.06.03
F	65-69	Sheila	Pomario	CG	1944	66	310	1.08.28
F	65-69	Franki	Whiteford	ASWD	1944	66	302	1.09.16
F	65-69	Jean	Merrils	ASWD	1943	67	303	1.11.13
F	70-74	Peggy	Reid	WP	1937	73	325	1.12.12
F	70-74	Wilma	Strydom	CG	1939	71	312	1.19.55
F	85-89	Cecily	Rootenberg	CG	1925	85	313	1.28.42

SAMA & Route Record

SAMA & Route Record

INTER-PROVINCIAL ROAD RACE WALKING COMPETITION [10km]

Oudtshoorn

23 October 2010

M/F	Category	First Name	Surname	Province	D.O.B.	Age	Race Nr	Time
M	16-17	Alphonsus	Salida	WP	1994	17	343	53.45
M	16-17	Mduduzi	Mavundla	CG	1994	5	328	54.58
M	16-17	Siphiwe	Noko	CG		2010	330	55.41
M	16-17	Moketsi	Mamarara	CG		2010	329	58.46
M	18-19	Mfana	Mbatha	CG	1992	18	332	50.14
M	18-19	Jacques	Faure	GN	1991	19	341	50.48
M	18-19	Sheldon	George	CG	1991	19	331	51.01
M	18-19	Naywin	Blaauw	EP	1993	17	339	56.19
M	40-44	Edward	Motsaathebe	CG	1968	42	333	57.45
M	40-44	Keith	Reynolds	GN	1967	43	342	57.46
M	45-49	Kevin	Phillips	CG	1964	46	334	52.32
M	50-54	Carl	Meyer	CG	1957	53	345	52.41
M	55-59	Ray	Patterson	CG	1953	57	336	55.57
M	60-64	Roy	Whyte	WP	1946	64	344	1.07.22
M	65-69	Sidwell	Mhlongo	CG	1943	67	337	1.03.02
M	65-69	Hennie	Koster	ASWD	1941	69	326	1.13.08
M	70-74	David	Morgan-Smith	ASWD	1937	73	327	1.09.25
M	70-74	Jack	Rowe	CG	1936	74	338	1.12.38

1 Red Card: Bent Knee 09h26

1 Red Card: Lift 08:52

1 Red Card: Lift 08:48

SAMA & Route Record

SAMA & Route Record

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Mufaweni-Swan
23/10/2010

INTER-PROVINCIAL ROAD RACE WALKING COMPETITION [5km]

Oudtshoorn

23 October 2010

M/F	Category	First Name	Surname	Province	D.O.B.	Age	Race Nr	Time
F	14-15	Anél	Oosthuizen	ASWD	1995	22	500	26.08
F	14-15	Mariaan	Barnard	ASWD (Ind)	1996	7	501	31.23
F	14-15	Lizzie	Mothibinyana	CG		2010	503	32.59
F	14-15	Siphehile	Nkohla	WPA (Dev)	1996	2	509	39.14
F	16-17	Rose	Shabalala	CG	1993	10	508	29.46
F	16-17	Tshegofatso	Mohlala	CG	1994	9	505	31.34
F	16-17	Nthatisi	Mokhele	CG	1993	6	506	31.40
F	16-17	Nompumelelo	Thabede	CG	1994	9	504	32.34
F	16-17	Nokwazi	Ngidi	CG	1994	1	507	37.17

Dev
Dev
Dev
Dev

Gold
Silver
Bronze

M/F	Category	First Name	Surname	Province	D.O.B.	Age	Race Nr	Time
M	14-15	Ntoane	Ntoane	CG	1995	20	510	27.51
M	14-15	Jabulani	Sithole	CG	1995	9	511	28.52
M	14-15	Abram	Bothlolo	CG	1996	6	512	30.23
M	14-15	Malakhiwe	Poni	WPA (Dev)	1995	8	513	32.14
M	14-15	Wesley	Caine	WPA (Dev)	1996	1	514	34.15

Dev
Dev
Dev
Dev
Dev
Dev

1 Red Card: Bent Knee 10h48
1 Red Card: Bent Knee 10h49

Wesley Caine
23/10/2010

INTER-PROVINCIAL ROAD RACE WALKING COMPETITION [3km]

Oudtshoorn

23 October 2010

M/F	Category	First Name	Surname	Province	D.O.B.	Age	Race Nr	Time			
F	Dev	Schurita	Hendricks	ASWD (Dev)	1995	8	9	15	611	20.07	Dev
F	Dev	Ambrocia	Elbrecht	ASWD (Dev)				14	601	20.38	Dev
F	13	Esmé	Van Staden	ASWD (Dev)				10	600	23.07	Dev
F	Dev	Mezodene	Bruinders	ASWD (Dev)	1995	6	6	15	614	23.10	Dev
F	13	Siphosethu	Mgushelo	WPA (Dev)	1998	8	17	12	604	23.14	Dev
F	13	Lindokuhle	Mandyo	WPA (Dev)	1997	5	27	13	605	23.25	Dev
F	13	Felicia	Mpambani	WPA (Dev)	1998	11	19	12	606	24.09	Dev
M	13	Pierre	Vermaak	CG	1998	4	1	12	619	16.48	Dev
M	Dev	Monré	Blom	ASWD (Dev)				16	618	18.15	Dev
M	13	Elwich	Van Wyk	ASWD (Dev)	1999			11	616	18.29	Dev
M	13	Jerome	Felland	ASWD (Dev)				12	607	19.10	Dev
M	13	Lunga	Saunders	WPA (Dev)	1997	2	12	13	620	19.24	Dev
M	13	Redwin	Pedro	ASWD (Dev)	1997	4	3	13	608	19.44	Dev
M	13	Dillon	Solomons	ASWD (Dev)				12	615	19.53	Dev
M	13	Austin	Oktober	ASWD (Dev)				12	612	20.07	Dev
M	13	Mariana	Pietersen	ASWD (Dev)				13	613	20.14	Dev
M	13	Denzil	Jansin	ASWD (Dev)				10	610	22.58	Dev
M	13	Ayabonga	Soganga	WPA (Dev)	1998	10	15	12	621	23.15	Dev
M	13	Zhivango	Wyers	ASWD (Dev)				13	617	25.20	Dev
M	13	Denver	Jansen	ASWD (Dev)				10	609	26.12	Dev

Handwritten signature and date:
 M. Jansen
 23/10/2010