

**SWD MEESTERS ATLETIEK KAMPIOENSKAPPE**  
**OUTDSHOORN**  
**24 OKTOBER 2009**

**WOMEN****Elektronies**

Age Group	Pos	Name	Prov	Result	Record
<b>100m</b>					
W30	1	Roos Annerine	WP	15.21	
W35	1	Febbraio Suritha	SWD	13.43	SWD
	2	Figland Beverly	WP	14.87	
	3	De Wet Izana	SWD	15.69	
	4	Tempies Rochelle	Boland	17.74	
W40	1	Willemse Heleen	SWD	14.90	
	2	Van der Bergh Jolette	SWD	16.11	
W45	1	Basson Jacqui	WP	15.51	
	2	Schultz Wilna	WP	16.48	
	3	Boonzaaier Sintey	Boland	19.07	
<b>200m</b>					
W30	1	Roos Annerine	WP	31.37	
W35	1	Febbraio Suritha	SWD	26.84	SWD
	2	Figland Beverly	WP	31.20	
W40	1	De Winnaar Winnie	CGA	26.84	
	2	Willemse Heleen	WP	32.04	
	3	Van der Bergh Jolette	SWD	33.71	
W45	1	Schultz Wilna	WP	34.87	
<b>400m</b>					
W30	1	Roos Annerine	WP	1:13.92	
W40	1	Van der Bergh Jolette	SWD	1:21.85	
<b>800m</b>					
W35	1	Shaik Carmila	Boland	2:41.31	
<b>1500m</b>					
W65	1	Nelson Marianne	WP	8:06.91	
<b>10000m</b>					
W50	1	Botes Annatjie	SWD	43:45.44	SWD
W65	1	Nelson Marianne	WP	59:15.51	
<b>5000Walk</b>					
W45	1	Roets Annemarie	SWD	31:29.11	
W60	1	Van Eck Annemarie	SWD	35:28.93	
<b>100mHurdles</b>					
W35	1	Febbraio Suritha	SWD	16.7	SWD
	2	Shaik Carmila	Boland	21.1	
<b>Javelin</b>					
W30	1	Watson Marlett	SWD	29.92	
W35	1	Tempies Rochelle	Boland	20.35	
W40	1	De Wee Angeline	Boland	16.19	
W45	1	Basson Jacqui	WP	28.52	OPE
	2	Bowers Cecelia	Boland	22.16	
	3	Du Plessis Dalene	WP	11.86	
W55	1	DuToit Aletta	WP	12.09	
W60	1	Grobbelaar E	WP	11.38	

## Sheet1

<b>Shotput</b>					
W35	1	Tempies Rochelle	Boland	5.99	
W40	1	Coetzee Jacoleen	SWD	6.83	
	2	De Wee Angeline	Boland	5.46	
	3	Philander Hayley	Boland	4.65	
W45	1	Bowers Cecelia	Boland	7.45	
	2	Du Plessis Dalene	WP	5.41	
W55	1	Du Toit Aletta	WP	6.64	
W60	1	Euphemia Bululu	OP	7.51	
	2	Grobbelaar E	WP	5.46	
<b>Discus</b>					
W35	1	De Wet Izana	SWD	17.89	
W40	1	Coetzee Jacoleen	SWD	17.31	
	2	Philander Hayley	Boland	13.60	
W45	1	Du Plessis Dalene	WP	16.64	
W55	1	Du Toit Aletta	WP	11.37	
W60	1	Euphemia Bululu	OP	20.54	OPE
	2	Grobbelaar E	WP	14.62	
<b>Hammer</b>					
W45	1	Du Plessis Dalene	WP	14.95	
W55	1	Du Toit Aletta	WP	19.15	
W60	1	Grobbelaar E	WP	23.08	
<b>Weight throw</b>					
W30	1	Watson Marlett	SWD	9.29	SA
W40	1	Coetzee Jacoleen	SWD	6.34	SWD
W45	1	Du Plessis Dalene	WP	4.79	
W55	1	Du Toit Aletta	WP	7.47	
W60	1	Grobbelaar E	WP	9.06	
<b>Greek discus</b>					
W30	1	Watson Marlett	SWD	18.74	
W45	1	Du Plessis Dalene	WP	10.42	
W55	1	Du Toit Aletta	WP	10.57	
W60	1	Grobbelaar E	WP	11.32	
<b>Longjump</b>					
W30	1	Watson Marlett	SWD	4.53	
W35	1	Shaik Carmila	Boland	4.19	
	2	Tempies Rochelle	Boland	3.34	
W40	1	Willemse Heleen	SWD	4.61	
	2	Gelderblom Sureta	WP	3.61	
	3	De Wee Angeline	Boland	2.88	
W45	1	Basson Jacqui	WP	4.19	
	2	Boonzaaier Sintey	Boland	2.91	
	3	Bowers Cecelia	Boland	2.74	
<b>Triple jump</b>					
W40	1	Willemse Heleen	SWD	8.82	
<b>High jump</b>					
W30	1	Watson Marlett	SWD	1.55	
W35	1	Shaik Carmila	Boland	1.30	
W40	1	Stormont Welma	SWD	1.50	SWD
W45	1	Basson Jacqui	WP	1.40	

**MEN**

			Elektronies	Record	
Age Group	Pos	Name	Prov	Result	
<b>100m</b>					
M30	1	Morolo Thozi	SWD	11.83	
M40	1	Van Niekerk Jannie	OP	13.34	
M45	1	Fortuin Henry	SWD	13.22	
	2	Malgas Neville	SWD	13.40	
M50	1	Jeffhas Christo	Boland	13.59	
	2	Kalp Frans	SWD	14.32	
M55	1	Hart Wally	WP	16.16	
M60	1	Figland Edgar	WP	14.87	
M65	1	Van der Mescht Tiens	OP	15.02	
	2	Van Rensburg Philip	SWD	15.75	
<b>200m</b>					
M30	1	Morolo Thozi	SWD	24.19	SWD
M35	1	Solomons Anthony	Boland	25.98	
M40	1	Neff Freddie	Boland	27.50	
	2	Van Niekerk Jannie	OP	27.69	
M45	1	Fortuin Henry	SWD	27.83	
	2	De Koker Edgar	SWD	28.38	
	3	Malgas Neville	SWD	30.07	
M50	1	Kalp Frans	SWD	27.45	
	2	Augustyn Dries	SWD	33.47	
M60	1	Figland Edgar	WP	31.30	
M65	1	Van Rensburg Philip	SWD	32.75	
<b>400m</b>					
M30	1	Roos Mihan	SWD	56.8	
M35	1	Solomons Anthony	Boland	57.7	
	2	Salman Booi	SWD	58.1	
	3	Pontius Xaluva	SWD	60.9	
M40	1	Neff Freddie	Boland	1:08.3	
M50	1	Jeffhas Christo	Boland	1:08.4	
<b>800m</b>					
M30	1	Seconds Antonio	OP	2:05.34	
	2	Robertius Mathys	OP	2:11.20	
	3	Roos Mihan	SWD	2:14.2	SWD
M35	1	Salman Booi	SWD	2:05.26	SWD
	2	Solomons Anthony	Boland	2:24.16	
	3	Xaluva Pontius	SWD	2:27.19	
M40	1	De Koker Edgar	SWD	2:37.80	
	2	De October Marius	SWD	2:53.39	
M50	1	Jeffhas Christo	Boland	2:45.44	
M60	1	Lamprecht Lampies	SWD	2:57.64	SWD
M65	1	Van Rensburg Philip	SWD	3:01.09	
<b>1500m</b>					
M30	1	Robertius Mathys	OP	4:15.53	
	2	Seconds Antonio	OP	4:16.46	
	3	Roos Mihan	SWD	4:44.78	
M35	1	Salman Booi	SWD	4:13.84	SWD
	2	Xaluva Pontius	SWD	5:19.72	
M45	1	De October Marius	SWD	5:28.96	
M50	1	Freeks Willie	SWD	5:26.67	
	2	Schoeman At	SWD	5:57.74	
M55	1	Kotze Frans	Boland	5:55.97	
M60	1	Lamprecht Lampies	SWD	5:58.18	SWD

<b>1000m</b>					
M35	1	Pontius Xaluva	SWD	40:15.0	
M70	1	Andersen Johann	Boland	1:05.13	OPE
<b>5000m Walk</b>					
M45	1	De Koker Edgar	SWD	35:29.45	
M55	1	Kotze Frans	Boland	27:29.6	
<b>3000m Steeple</b>					
M50	1	Schoeman At	SWD	11:29.01	
<b>300m Hurdles</b>					
M65	1	Van Rensburg Philip	SWD	65.8	
<b>400m Hurdles</b>					
M50	1	Schoeman At	SWD	82.6	
<b>Javelin</b>					
M30	1	Roos Mihan	SWD	36.79	
M45	1	Badenhorst A	OP	47.97	OPE
	2	Fortuin Henry	SWD	41.62	
M50	1	Frost Dennis	AGN	43.00	OPE
M55	1	Esterhuizen Willie	OP	32.61	
M60	1	Van Greunen Johan	OP	32.82	
	2	Figland Edgar	WP	24.17	
M65	1	Hildebrand Ingo	SWD	32.84	
M70	1	Nelson Alan	WP	9.11	
<b>Shot put</b>					
M30	1	Roos Mihan	SWD	10.65	
M35	1	Geldenhuis Gideon	OP	15.09	OPE
M40	1	Marais Andries	SWD	11.05	
	2	Truter Sias	SWD	7.67	
M45	1	Badenhorst A	OP	11.01	
	2	Fortuin Henry	SWD	10.68	SWD
	3	Willemse Chris	SWD	8.61	
M50	1	Frost Dennis	AGN	10.18	
M65	1	Hildebrand Ingo	SWD	10.92	SWD
M70	1	Nelson Alan	WP	8.31	
<b>Discus</b>					
M30	1	Roos Mihan	SWD	30.34	
M35	1	Geldenhuis Gideon	OP	54.46	SA
	2	Solomons Anthony	Boland	33.05	
M40	1	Marais Andries	SWD	38.49	
M45	1	Badenhorst A	OP	32.43	
	2	Willemse Chris	SWD	31.15	SWD
M50	1	Frost Dennis	AGN	28.08	
M60	1	Van Greunen Johan	OP	32.49	
	2	Oosthuizen Bart	SWD	25.52	
M65	1	Heunis Dawie	SWD	32.28	
	2	Hildebrand Ingo	SWD	32.50	

<b>Hammer</b>					
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Sheet1

M30	1	Roos Mihan	SWD	21.70	
M45	1	Willemse Chris	SWD	19.76	
M50	1	Frost Dennis	AGN	26.34	
M60	1	Oosthuizen Bart	SWD	26.91	
M65	1	Heunis Dawie	SWD	30.19	
	2	Hildebrand Ingo	SWD	27.55	
<b>Weight throw</b>					
M30	1	Roos Mihan	SWD	9.31	
M40	1	Truter Sias	SWD	8.94	
M50	1	Frost Dennis	AGN	8.52	
M60	1	Oosthuizen Bart	SWD	10.78	
M65	1	Hildebrand Ingo	SWD	9.52	
	2	Nelson Alan	WP	6.90	
<b>Greek Discus</b>					
M30	1	Roos Mihan	SWD	14.81	
M40	1	Truter Sias	SWD	16.07	
M45	1	Willemse Chris	SWD	18.98	
M50	1	Frost Dennis	AGN	26.0	
M60	1	Oosthuizen Bart	SWD	19.42	
M65	1	Heunis Dawie	SWD	19.56	
	2	Hildebrand Ingo	SWD	17.33	
<b>Longjump</b>					
M35	1	Thiart Philip	SWD	4.99	
M40	1	Van Niekerk Jannie	OP	5.37	
	2	Neff Freddie	Boland	5.22	
M45	1	Malgas Neville	SWD	5.20	
	2	Fortuin Henry	SWD	5.14	
	3	Van Daalen Dirk	WP	4.92	
	4	De October Marius	SWD	4.33	
M50	1	Coetzer Johann	SWD	4.94	SWD
M55	1	Esterhuizen Willie	OP	4.35	
M65	1	Van der Mescht Tiens	OP	4.20	
	2	Van Rensburg Philip	SWD	3.11	
<b>Triple Jump</b>					
M45	1	Van Daalen Dirk	WP	8.46	
M50	1	Coetzer Johann	SWD	9.81	SWD
<b>High jump</b>					
M35	1	Thiart Philip	SWD	1.67	
M45	1	Van Daalen Dirk	WP	1.60	
M50	1	Hock Kenneth	Boland	1.55	
	2	Coetzer Johann	SWD	1.50	
M60	1	Figland Edgar	WP	1.10	
M65	1	Heunis Dawie	SWD	1.32	SWD

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