

SA 50KM ROAD RACE WALKING CHAMPIONSHIPS
SANDF Infantry School, Park Road, Oudtshoorn
5 July 2009

Time: 06:00

Dist.: 50km

Pos	ATHLETE	NO	PROV	D.O.B			AGE	CAT	M/F	TIME
1	Nhlanhla Khanyil	7	KZN	27	7	1971	37	Open	M	4.47.41
2	Sipho Mahlangu	2	CGA	16	6	1983	26	Open	M	5.02.20
3	Abraham Mbhele	5	KZN					Open	M	5.15.41
4	Oxley Africa	8	KZN	4	4	1961	48	Open	M	5.36.34
5	Malcolm Salida	12	WP	23	5	1974	35	Open	M	5.36.46
6	Fanie Venter	1	AGN	10	8	1960	48	Open	M	5.49.57
	Lindela Madikizela	11	WP	7	7	1973	35	Open	M	DNF
	Lesego Setlhare	4	FS	7	11	1988	20	Open	M	DNS
	Basil Kok	6	KZN	6	2	1960	49	Open	M	DQ
	Thabiso Tsagane	3	CGA	17	9	1970	38	Open	M	
	Piet Appel	9	KZN	12	11	1962	46	Open	M	

Time: 06:00

Dist.: 50km

Pos	ATHLETE	NO	PROV	D.O.B			AGE	CAT	M/F	TIME
1	Sandra Steenkamp	15	AGN	12	9	1960	48		F	5.18.36
2	Yvonne Irmischer	22	KZN	20	5	1962	47		F	5.39.22
3	Trish Winterboer	21	KZN	2	10	1958	50		F	5.44.13
4	Trudi Carstens	23	WP	8	3	1962	47		F	5.50.51
5	Ann McKenzie	18	KZN	2	6	1966	43		F	5.51.15
6	Sharon Fuchs	20	KZN	1	1	1965	44		F	6.09.16
	Gayle Van Herden	16	FS	28	1	1953	56		F	DNS
	Molemoeng Theodorah	17	FS	2	6	1983	26		F	DNS
	Maryna Gray	19	KZN	27	5	1975	34		F	DQ

SA Rec



*** SA Record's to be approved by ASA ***

Myacdb52
15/07

INTERPROVINCIAL ROAD RACE WALKING COMPETITION
SANDF Infantry School, Park Road, Oudtshoorn
5 July 2009

Time: 08:45

Dist.: 30km

Pos	ATHLETE	NO	PROV	D.O.B			AGE	CAT	M/F	TIME
1	Bernadette Davies	113	CGA	12	10	1969	39	30	F	3.23.48
1	Belinda Skinner	101	AGN	25	1	1965	44	40	F	3.17.35
1	Karen Eslick	102	AGN	4	4	1963	46	45	F	3.40.11
1	Kim Hobbs	108	CGA	23	9	1979	29	Open	F	3.50.07

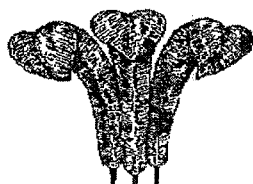
Route Record

Route Record

Time: 08:45

Dist.: 30km

Pos	ATHLETE	NO	PROV	D.O.B			AGE	CAT	M/F	TIME
1	Marius Bosman	104	AGN	26	5	1956	53	50	M	3.13.22
2	Geoff Lupton-Smith	109	CGA	7	1	1958	51	50	M	3.23.41
1	John Child	112	WP	6	1	1951	58	55	M	3.37.34
1	Gerard Van Den Raad	105	AGN	27	11	1943	65	65	M	3.18.45
1	Thami Hlatswayo	106	AGN	20	7	1982	26	Open	M	2.29.06
2	Werner Appel	111	CGA	12	6	1987	22	Open	M	2.50.09



ASWD



AFRICAN SKY
HOTELS, CAFES AND RESORTS

M Jacobsz
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INTERPROVINCIAL ROAD RACE WALKING COMPETITION
SANDF Infantry School, Park Road, Oudtshoorn
5 July 2009

Time: **08:00**

Dist.: **20km**

Pos	ATHLETE	NO	PROV	D.O.B			AGE	CAT	M/F	TIME
1	Elsabe Rudolph	221	BOL	8	6	1971	38	30	F	2.45.58
1	Michaela Petcu	205	CGA	10	11	1962	46	45	F	2.13.38
1	Loritha Jacobs	219	CGA	27	10	1951	57	55	F	2.21.10
1	Elsa Meyer	201	AGN	4	8	1946	62	60	F	2.09.54

Route Record

Route Record

Route Record

Time: **08:00**

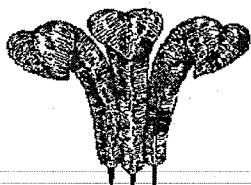
Dist.: **20km**

Pos	ATHLETE	NO	PROV	D.O.B			AGE	CAT	M/F	TIME
1	Gideon Cillie	214	WP	25	5	1977	32	30	M	1.44.51
2	Johannes Mashigo	206	CGA	8	8	1975	33	30	M	2.06.52
1	Lebeauf Von Benecke	208	CGA	30	12	1964	44	40	M	1.33.36
2	David Xulu	207	CGA	18	1	1966	43	40	M	2.08.12
1	Chris Britz	202	AGN	1	12	1963	45	45	M	2.03.34
2	Albertu Lochner	215	WP	22	11	1959	49	45	M	2.21.08
1	Chris Brooker	209	CGA	18	10	1954	54	50	M	2.05.02
2	Brian Ferreira	213	SWD	15	12	1958	50	50	M	2.06.44
1	Colin Van Blommenstein	210	CGA	21	12	1951	57	55	M	1.52.32
2	Rodger McCarroll	220	KZN	25	12	1950	58	55	M	2.07.05
3	Wally Hart	216	WP	5	6	1950	59	55	M	2.12.41
1	Flip Viviers	203	AGN	29	1	1939	70	70	M	2.24.54
1	Pieter Vorster	217	WP	24	5	1984	25	Open	M	1.55.18
2	Karabo Molefe	218	CGA	24	12	1982	26	Open	M	2.02.27
3	Francisco De Jager	222	BOL	20	12	1988	20	Open	M	2.05.07
4	Brandon Goosen	223	BOL	24	6	1989	20	Open	M	2.10.57

SA Record

Route Record

Route Record



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AFRICAN SKY
HOTELS, SPAS AND RESORTS

*** SA Record's to be approved by ASA ***

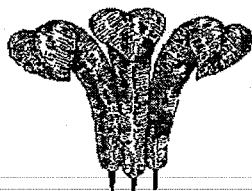
My Jacobsz
15/07

INTERPROVINCIAL ROAD RACE WALKING COMPETITION
SANDF Infantry School, Park Road, Oudtshoorn
5 July 2009

Time: **08:30**

Dist.: **10km**

Pos	ATHLETE	NO	PROV	D.O.B			AGE	CAT	M/F	TIME	
1	Inge Kotze	303	Bol	21	11	1992	16	17	F	1.00.25	Route Record
1	Sarah Bruckmann	305	CGA	31	7	1965	43	40	F	1.01.31	
2	Cheryl-Lee Dean	304	CGA	5	12	1964	44	40	F	1.02.30	
1	Ada Booyens	306	CGA	5	12	1961	47	45	F	53.22	Route Record
2	Cindy Lange	327	WP	21	3	1963	46	45	F	57.47	
3	Linda Johnston	307	CGA	12	8	1963	45	45	F	1.11.25	
4	Marionette Kapp	319	SWD	20	11	1959	49	45	F	1.22.21	
1	Cobie Miller	328	WP	14	4	1956	53	50	F	1.02.03	
2	Gail Williams	329	WP	11	1	1958	51	50	F	1.02.18	
3	Elize Nowakowitz	321	SWD	3	10	1954	54	50	F	1.09.20	
4	Penny Davison	308	CGA	14	9	1957	51	50	F	1.10.23	
5	Bonnee VD Walt	320	SWD	21	4	1957	52	50	F	1.18.01	
1	Brenda Nooy	309	CGA	27	4	1953	56	55	F	56.25	SA Record
2	Winnie Koekemoer	301	AGN	23	6	1950	59	55	F	1.05.14	
3	Isabel Roux	330	WP	30	10	1952	56	55	F	1.11.17	
1	Annatjie Greyvenstein	302	AGN	31	12	1944	64	60	F	1.01.52	Route Record
2	Daphne Du Preez	311	CGA	31	5	1947	62	60	F	1.05.59	
3	Sheila Pomario	312	CGA	6	8	1944	64	60	F	1.08.11	
4	Wendy Josphs	332	WP	28	10	1948	60	60	F	1.08.36	
5	Mary Schipper	331	WP	8	7	1946	62	60	F	1.15.48	
1	Hildegard Vey	314	CGA	13	6	1941	68	65	F	1.07.31	
2	Marianne Nelson	333	WP	3	12	1943	65	65	F	1.09.45	
3	Sharon Wade	315	CGA	10	3	1943	66	65	F	1.11.10	
4	Frances Figenschou	313	CGA	25	8	1942	66	65	F	1.15.45	
5	Megan Brennan	325	SWD	11	7	1943	65	65	F	1.17.52	
1	Peggy Reid	334	WP	5	2	1937	72	70	F	1.11.23	
1	Michelle Hopkins	317	CGA	9	11	1988	20	Open	F	52.37	Route Record



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INTERPROVINCIAL ROAD RACE WALKING COMPETITION
SANDF Infantry School, Park Road, Oudtshoorn
5 July 2009

Time: **08:30**

Dist.: **10km**

Pos	ATHLETE	NO	PROV	D.O.B			AGE	CAT	M/F	TIME
1	Naywin Blaauw	358	EP	20	6	1993	16	17	M	49.54
2	Envor Rhodas	363	WP	11	12	1992	16	17	M	54.42
3	Mfana Mbatha	350	CGA	16	4	1992	17	17	M	57.08
4	Johann Kemp Gerber	360	EP	5	11	1991	17	17	M	1.03.46
1	Armond Nel	365	WP	19	8	1990	18	19	M	47.41
2	Lebogang Shange	351	CGA	1	8	1990	18	19	M	53.11
3	Sheldon George	353	CGA	22	3	1991	18	19	M	54.50
4	Sanele Mathonsi	352	CGA	13	12	1989	19	19	M	56.27
1	Kevin Phillips	354	CGA	13	5	1964	45	45	M	56.49
1	Carl Meyer	355	CGA	17	5	1957	52	50	M	50.52
2	Edwin Lincoln	361	SWD	23	8	1957	51	50	M	59.29
1	Frans Kotze	372	Bol	9	3	1952	57	55	M	57.25
2	Ray Patterson	356	CGA	3	2	1953	56	55	M	58.15
1	Johan Van Zyl	366	WP	18	2	1949	60	60	M	56.12
2	Patrick Wonfor	367	WP	12	11	1945	63	60	M	1.04.12
3	Uwe Strack	369	WP	22	9	1944	64	60	M	1.05.28
4	Roy White	368	WP	31	10	1946	62	60	M	1.11.02
1	Jurgen Spencer	370	WP	1	10	1940	68	65	M	59.03
1	David Morgan-Smith	362	SWD	6	7	1937	71	70	M	1.09.37
1	John Hotston	371	WP	4	6	1931	78	75	M	1.10.19

Route Record

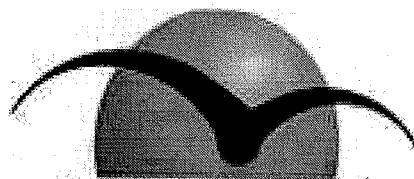
Route Record

Route Record

Route Record



ASWD



AFRICAN SKY
HOTELS, SPAS AND RESORTS

*** SA Record's to be approved by ASA ***

M Jacobsz
15/6/09

INTERPROVINCIAL ROAD RACE WALKING COMPETITION
SANDF Infantry School, Park Road, Oudtshoorn
5 July 2009

Time: 10:30

Dist.: 5km

Pos	ATHLETE	NO	PROV	D.O.B			AGE	CAT	M/F	TIME
1	Anel Oosthuizen	507	SWD	22	4	1995	14	15	F	25.45
2	Ilze Deist	505	EP	21	5	1995	14	15	F	30.24
3	Marion Erasmus	508	SWD	30	8	1993	15	15	F	32.32
4	Nompumelelo Thabede	501	CGA	9	9	1994	14	15	F	33.02
5	Martinique Gerber	506	EP	2	7	1994	15	15	F	34.30
6	Michelle Van Rooyen	509	SWD	26	2	1995	14	15	F	38.32
1	Rose Shabalala	502	CGA	10	3	1993	16	17	F	31.36

SA Record

Route Record

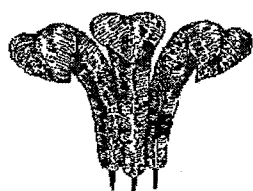
Time: 10:30

Dist.: 5km

Pos	ATHLETE	NO	PROV	D.O.B			AGE	CAT	M/F	TIME
1	Frederick Makoba	626	SWD	22	8	1995	13	13	M	31.20
1	Ganton Ceasar	515	WP	6	5	1994	15	15	M	25.53
2	Mduduzi Mavundla	503	CGA	5	5	1994	15	15	M	29.18
3	Alphonsus Salida	514	WP	17	6	1994	15	15	M	29.20
4	Ntoane Ntoane	504	CGA	20	2	1995	14	15	M	30.44
5	Maharathy Peil	511	SWD	13	10	1994	14	15	M	33.36
6	Jack Bailey	510	SWD	9	5	1995	14	15	M	35.38
7	Tshepo Ditaba	512	SWD	6	6	1995	14	15	M	35.59
8	Jeremy Hardnick	642	SWD	7	6	1994	15	15	M	38.33
1	Nkosinathi Mgijima	517	WP	21	10	1992	16	17	M	35.48
2	Asiphiwe Jaffa	516	WP	3	2	1993	16	17	M	37.55

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Route Record



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*** SA Record's to be approved by ASA ***

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INTERPROVINCIAL ROAD RACE WALKING COMPETITION
SANDF Infantry School, Park Road, Oudtshoorn
5 July 2009

Time: 11:30

Dist.: 3km

Pos	ATHLETE	NO	PROV	D.O.B			AGE	CAT	M/F	TIME
1	Candice Van Beulen	601	SWD	13	3	2000	9	9	F	22.11
1	Su-Marie Mondestes	606	SWD	8	10	1997	11	11	F	19.52
2	Juliandra Branders	603	SWD	20	5	1998	11	11	F	20.39
3	Lauren Carolus	604	SWD	30	4	1998	11	11	F	21.26
4	Tammy Manchest	607	SWD	3	3	1998	11	11	F	21.28
5	Zandile Melamane	635	WP	20	11	1997	11	11	F	22.05
6	Gayleen Bewee	602	SWD	23	9	1999	10	9	F	22.34
7	Siphosethu Mgushelo	634	WP	17	8	1998	10	11	F	23.47
8	Michelle Pietersen	605	SWD	4	5	1998	11	11	F	23.58
1	Frederica Arries	612	SWD	22	12	1996	12	13	F	19.27
2	Yolanda Ntozini	615	SWD	2	7	1996	13	13	F	19.38
3	Win-Ray Alexander	640	SWD	28	1	1997	12	13	F	20.46
4	Shantill Wannies	613	SWD	9	5	1996	13	13	F	21.21
5	Willdenia Smit	614	SWD	8	5	1997	12	13	F	21.24
6	Destiny Booyesen	610	SWD	18	10	1996	12	13	F	21.24
7	Avashenique Jaftha	608	SWD	4	2	1996	13	13	F	22.18
8	Beronick Swartz	609	SWD	21	12	1996	12	13	F	22.22
9	Elvira Gordon	611	SWD	28	8	1996	12	13	F	23.03
10	Nomsa Melamane	636	WP	20	7	1996	13	13	F	23.46
1	Luciano Joseph	616	SWD	2	11	1999	9	9	M	23.50
1	Dillon Boezak	620	SWD	2	12	1997	11	11	M	20.11
2	Shadeed Oelf	624	SWD	30	6	1999	10	11	M	20.29
3	Leagan Kani	639	SWD	28	8	1999	10	11	M	20.45
4	Thobelani Mzukwa	637	WP	18	8	1997	11	11	M	20.51
5	Robin Dwani	623	SWD	5	12	1997	11	11	M	21.18
6	Christian Lingerveld	619	SWD	30	1	1999	10	11	M	21.25
7	Elton Du Plessis	633	SWD	3	6	1998	11	11	M	22.14
8	Aldeno Evertse	617	SWD	22	1	1998	11	11	M	23.04
9	Cheswin Kitas	618	SWD	2	7	1998	11	11	M	23.34
10	Elmo Lawerlot	621	SWD	17	12	1998	10	11	M	24.00
11	Heinrich Marema	622	SWD	7	5	1999	10	11	M	24.19
1	Quewin-Earl Krotz	638	SWD	17	6	1996	13	13	M	16.46
2	Donovan Jantjies	625	SWD	1	7	1996	13	13	M	16.46
3	Haywon Mafebula	628	SWD	25	1	1997	12	13	M	17.23
4	Linley Biel	631	SWD	9	2	1996	13	13	M	18.53
5	Jason Abrahams	629	SWD	2	11	1996	12	13	M	19.06
6	Gladstone Tromp	627	SWD	24	3	1997	12	13	M	20.08
7	Lawrencious Muller	630	SWD	29	9	1995	13	13	M	20.32
8	Phillip Bruintjies	632	SWD	17	5	1996	13	13	M	20.57

Route Record

Route Record

Route Record

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