

Leo Benning 11 Oktober 2014 Final

Leo Benning 1 2014/15

11 October 2014

PAROW

.SA .SA . .AGEPOS.WP .WP
 .SURNAME . FIRST NAME .GRP .CLUB
 .PERFORMANCE .ITN .STD .REC .STD .REC.

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100 M                MEN                M
Joshua              Nurdeen          M 16 SPAAC          12.22  1
Solomans           Dillan           M 18 SPAAC          11.17  1
Mhlongo            Mpumelelo       M 20 UCT             DNS
Dreyer             Jonathan        M 30 SANDF          11.12  1 WPS
Saulse             Edwin            M 30 EERSTERIVER    12.60  2
Primrio            Heinrich         M 35 BELLVILLE     12.10  1
Buck               Robin           M 35 TYGERBERG      12.30  2
Native            Craig            M 35 ATC             12.97  3
Mosaval           Faisel           M 35 C P U T         13.62  4
Basson            Marius           M 40 ORAK            12.15  1 WPS
Okhuys            Edward           M 40 ARCELLOR        12.34  2
Peacock           Michael          M 40 BELLVILLE     12.35  3
Koutakis          Nico             M 40 C P U T         12.51  4
Bothma            Rupert           M 40 BELLVILLE     12.92  5
Van Eyk           Robert           M 40 BELLVILLE     13.71  6
Wyngaard          Adnaam          M 45 ULTRA           13.99  1
Toll              Michael         M 50 ITHEKO          12.62  1 WPS
Van wyk           Zaggeus         M 50 ARCELLOR        13.58  2
Warries           Joseph           M 55 NB              13.09  1 WPS
Hart              Walter           M 60 SPARTANS        16.64  1
Figland           Edgar            M 65 BELLVILLE     14.82  1 WPS
Van Zyl           Jakobus         M 75 V O B           15.36  1 WPS
SAS
Cross              Ronald           M 80 BELLVILLE     15.40  1 WPS WPR
SAS
Ridge             Arthur           M 80 TYGERBERG      17.26  2 WPS
SAS

200 M                MEN                M
Stevens           Darren           M 18 SPAAC          23.15  1
Mhlongo           Mpumelelo       M 20 UCT             24.43  2
Mpekelana         Sivuyile        M 30 HARFIELD        29.62  1
Basson            Marius           M 40 ORAK            24.85  1 WPS
Peacock           Michael          M 40 BELLVILLE     25.15  2 WPS
Okhuys            Edward           M 40 ARCELLOR        25.44  3 WPS
McDonald          Christo          M 40 SANLAM          31.04  4
Van wyk           Zaggeus         M 50 ARCELLOR        28.73  1
Warries           Joseph           M 55 NB              27.43  1 WPS
Van Zyl           Jakobus         M 75 V O B           32.50  1 WPS
SAS
Cross              Ronald           M 80 BELLVILLE     33.71  1 WPS WPR
SAS
Ridge             Arthur           M 80 TYGERBERG      37.10  2 WPS
SAS

400 M                MEN                M
Ricket            Tariq            M 18 TEMP            54.94  1
Msipha            Aldrin          M 35 CEN GAUTENG    55.76  1
Native            Craig            M 35 ACT             DNS
Mosona            Faizel           M 35 CPUT            DNS
Peacock           Michael          M 40 BELLVILLE     56.30  1 WPS
Van Zyl           Dana             M 40 V O B           59.23  2
van Zyl           Oloff           M 45 V O B           57.67  1 WPS
Doren             Peter            M 50 CORR SERV      59.10  1 WPS
Julie             Merlin           M 50 SPARTANS        60.84  2 WPS
Warries           Joseph           M 55 NB              62.29  1 WPS
Cleophas          Henry            M 65 NEDBANK        69.99  1 WPS
Ridge             Arthur           M 80 TYGERBERG      101.56  1
    
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800 M	MEN	M			
Johnson	Shaun	M 16 NB	2:14.26	1	
Mpekelana	Sivuyile	M 30 HARFIELD	2:38.14	1	
Roos	Mihan	M 35 S W D	2:08.30	1	
Van Rooyen	Christo	M 35 NB	2:08.96	2	
Msipa	Aldrin	M 35 CEN GAUTENG	2:15.02	3	
Dippenaar	Albertus	M 35 NB	2:26.66	4	
McCarthy	Gavin	M 40 EDGEMEAD	2:17.09	1	
Nobauer	Rudi	M 40 NB	2:22.73	2	
Naude	Cobus	M 40 NB	2:23.43	3	
McDonald	Christo	M 40 SANLAM	3:14.35	4	
van Zyl	Oloff	M 45 V O B	2:11.76	1	WPS
Olyn	Petrus	M 45 E P	2:26.54	2	
Kelly	Percy	M 45 CELTIC	2:33.26	3	
Gaobuse	Alphius	M 45 TYGERBERG	2:36.89	4	
Doren	Peter	M 50 CORR SERV	2:22.34	1	WPS
Julie	Merlin	M 50 SPARTANS	2:22.36	2	WPS
Jacobs	Barend	M 50 CELTICS	2:38.52	3	
1500 M	MEN	M			
Van Rooyen	Christo	M 35 NB	4:31.17	1	
Dippenaar	Albertus	M 35 NB	5:19.41	2	
McCarthy	Gavin	M 40 Edgemead	4:45.54	1	
Naude	Corus	M 40 NEW BALANCE	4:48.90	2	
Viljoen	Riaan	M 40 NB	5:33.03	3	
Gaobuse	Alphius	M 45 TYGERBERG	5:16.86	1	
Kelly	Percy	M 45 ITHEKO	DNS		
5000 M	MEN	M			
Bothma	Terrance	M	17:38.47		
Van Rooyen	Christo	M 35 NB	DNF		
Swart	Dries	M 45 NB	19:31.82	1	
Gaobuse	Alphius	M 45 TYGERBERG	20:15.12	2	
Pretorius	Rassie	M 45 SANLAM	24:00.63	3	
100/80 M H	MEN	M			
Rhode	Joshua	M 16 SPAAC	15.32	1	
Marias	Daniel	M 16 SPAAC	15.41	2	
110 M H	MEN	M			
Peters	Keegan	M 30 SPARTANS	16.96	1	
Wyngaard	Adnaam	M 45 ULTRA	23.62	1	
HIGH JUMP	MEN	M			
Gordon	Mikhael	M 19 SPAAC	1.60	1	
Mhlongo	Mpumelelo	M 20 UCT	DNS		
McDonald	Christo	M 40 SANLAM	1.30	1	
LONG JUMP	MEN	M			
Marais	Daniel	M 16 SPAAC	5.84		
Joshua	Nurdeen	M 16 SPAAC	5.65		
Nash	Mikhail	M 16 SPAAC	5.41		
Solomons	Dillan	M 18 SPAAC	6.78		
Peters	Keagan	M 18 SPAAC	6.29		
Gordon	Mikhael	M 19 SPAAC	6.11		
Mhlongo	Mpumelelo	M 20 UCT	6.35		
Saulse	Edwin	M 30 EDGEMEAD	5.38	1	
Van Zyl	Dana	M 40 V O B	5.42	1	WPS
Figland	Edgar	M 65 BELLVILLE	3.55	1	
Ridge	Arthur	M 80 TYGERBERG	2.73	1	WPS
SHOT PUT	MEN	M			
Gordon	Mikhael	M 19 SPAAC	DNS		
Roos	Mihan	M 35 S W D	10.62	1	
Mosaval	Faisel	M 35 C P U T	8.02	2	
Lamara	Zain	M 50 BELLVILLE	10.20	1	WPS
Van Wyk	Zageus	M 50 ARCELLOR	6.99	2	
Swart	Manna	M 55 BELLVILLE	9.06	1	

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Johnston	Steve	M 75	PINELANDS	8.77	1 WPS
Hazell	Des	M 80	BELLVILLE	8.17	1 WPS
SAS					
Stannius	Borge	M 85	PINELANDS	10.42	1 WPS WPR
SAS SAR					
DISCUS	MEN	M			
Nash	Mikhail	M 16	SPAAC	DNS	
Rhode	Joshua	M 16	SPAAC	27.11	
Marais	Daniel	M 16	SPAAC	26.96	
Moseval	Faizel	M 35	C P U T	DNS	
Van Wyk	Zakki	M 50	ARCELLOR	DNF	
Lamara	Zain	M 50	BELLVILLE	27.65	1
Swart	Manna	M 55	BELLVILLE	24.87	1
Johnston	Steve	M 75	PINELANDS	29.31	1 WPS
SAS					
Cross	Ronald	M 80	BELLVILLE	27.40	1 WPS
SAS					
Hazell	Des	M 80	BELLVILLE	18.20	2
Stannius	Borge	M 85	PINELANDS	24.11	1 WPS
SAS					
JAVELIN	MEN	M			
Rhode	Joshua	M 16	SPAAC	39.16	
Joshua	Nurdeen	M 16	SPAAC	33.87	
Marais	Daniel	M 16	SPAAC	27.07	
Nash	Mikhail	M 16	SPAAC	23.60	
Solomons	Dillan	M 18	SPAAC	44.61	
Peters	Keagan	M 18	SPAAC	42.71	
Gordon	Mikhail	M 19	SPAAC	26.19	
Peacock	Michael	M 40	BELLVILLE	35.82	1
Viljoen	Riaan	M 40	NB	35.44	2
Smith	J C	M 45	TEMP	40.11	1
Lamara	Zain	M 50	BELLVILLE	27.57	1
Van Wyk	Zaggeus	M 50	ARCELLOR	25.71	2
Vercuie	Hein	M 55	BELLVILLE	33.87	1 WPS
Swart	Manna	M 55	BELLVILLE	29.15	2 WPS
Miller	Garth	M 65	V O B	30.61	1 WPS
Johnston	Steve	M 75	PINELANDS	21.45	1 WPS
De Klerk	Boy	M 75	BELLVILLE	18.67	2
Hazell	Des	M 80	BELLVILLE	20.90	1 WPS
Stannius	Borge	M 85	PINELANDS	22.04	1
SAS					
HAMMER THROW	MEN	M			
Johnston	Steve	M 75	PINELANDS	29.86	1 WPS
SAS					
Hazell	Des	M 80	BELLVILLE	19.95	1
Stannius	Borge	M 85	PINELANDS	28.12	1 WPS
SAS SAR					
WEIGHT THROW	MEN	M			
Lamara	Zain	M 50	BELLVILLE	10.12	1
Johnston	Steve	M 75	PINELANDS	13.11	1
SAS					
Hazell	Des	M 80	BELLVILLE	9.17	1
Stannius	Borge	M 85	PINELANDS	12.50	1
SAS SAR					
5000 M WALK	MEN	M			
Fisher	Ebrahim	M 45	SPARTANS	28:56.14	1
Papier	Adam	M 50	R W F L	30:34.88	1
Hart	Walter	M 60	SPARTANS	34:24.05	1
Badenhorst	Benny	M 60	TEMP	35:42.69	2
Kotze	Frans	M 60	PAARL	36:06.34	3
Van Zyl	Johan	M 65	SANLAM	28:21.98	1 WPS
SAS					
Watson	Mathew	M 65	SPARTANS	38:16.96	2

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Spencer SAS	Jurgen	M 70	BELLVILLE	31:28.65	1	WPS
Aver Adams	Brian Ronnie	M 70 M 75	R W F L SPARTANS	35:40.47 38:14.41	2 1	WPS WPS
100 M	WOMEN	W				
Van Heerden	Trixie	W 40	NB	14.08	1	WPS
Figland	Beverley	W 40	BELLVILLE	14.52	2	WPS
Mosca	Aneen	W 50	STRANDLOPERS	15.91	1	WPS
Beukes	Ronel	W 55	PAARL	13.94	1	WPS WPR
SAS SAR						
Booyesen	Cynthia	W 55	GUGULETU	17.11	2	WPS
Ne1	Monica	W 55	TEMP	17.28	3	
Jonkers	Margaret	W 60	TYGERBERG	17.60	1	WPS
200 M	WOMEN	W				
Van Heerden	Trixie	W 40	NB	30.16	1	WPS
Figland	Beverley	W 40	BELLVILLE	30.51	2	
Beukes	Ronel	W 55	PAARL	29.17	1	
400 M	WOMEN	W				
Beukes	Ronel	W 55	PAARL	70.66	1	
SAS						
Booyesen	Cynthia	W 55	GUGULETU	86.48	2	
800 M	WOMEN	W				
Posthumus Fox	Tanya	W 30	NB	2:38.80	1	WPS
Stander	Ulrica	W 40	NB	2:27.15	1	WPS
SAS						
1500 M	WOMEN	W				
Posthumus Fox	Tanya	W 30	NB	5:29.63	1	
Stander	Ulrica	W 40	NB	5:04.81	1	WPS
SAS						
Pacheco	Mariana	W 40	WEST COAST	5:42.87	2	WPS
5000 M	WOMEN	W				
Booyesen	Cynthia	W 55	RCS GUGS	DNS		
100m Hurdles	Women	W				
Johnson	Carla	W 17	SPAAC	16.61	1	
LONG JUMP	WOMEN	W				
Johnson	Carla	W 17	SPAAC	5.71		
Booyesen	Cynthia	W 55	GUGULETU	3.13	1	WPS
Jonkers	Margaret	W 60	TYGERBERG	3.20	1	WPS
HIGH JUMP	WOMEN	W				
Jonkers	Margaret	W 60	NLT	DNS		
SHOT PUT	WOMEN	W				
Johnson	Carla	W 17	SPAAC	DNS		
Roos	Moneque	W 30	TEMP	8.53	1	
Agenbach	Elri	W 30	TEMP	6.26	2	
Basson	Jacqui	W 50	OLD MUTUAL	7.87	1	WPS
Van Zyl	Thalena	W 55	BELLVILLE	7.59	1	WPS
Ne1	Monica	W 55	TEMP	7.35	2	
van Zyl	Rhentia	W 75	V O B	5.65	1	WPS WPR
DISCUS	WOMEN	W				
Basson	Jacqui	W 50	OLD MUTUAL	17.43	1	
Ne1	Monica	W 55	TEMP	17.02	1	
van Zyl	Rhentia	W 75	V O B	11.94	1	
JAVELIN	WOMEN	W				
Johnson	Carla	W 17	SPAAC	34.90		
Basson	Jacqui	W 50	OLD MUTUAL	20.85	1	
Verceuil	Grizelda	W 55	BELLVILLE	17.35	1	

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Nel	Monica	W 55 TEMP	16.60	2
van Zyl	Rhentia	W 75 V O B	9.05	1
HAMMER THROW				
WOMEN				
Basson	Jacqui	W 50 OLD MUTUAL	10.98	1
Nel	Monica	W 55 TEMP	12.06	1
van Zyl	Rhentia	W 75 V O B	9.91	1
WEIGHT THROW				
WOMEN				
Basson	Jacqui	W 50 OLD MUTUAL	7.86	1
Nel	Monica	W 55 TEMP	7.49	1
van Zyl	Rhentia	W 75 V O B	5.25	1
5000 M WALK				
WOMEN				
Pick	Carol	W 45 SPARTANS	35:27.94	1
Lange	Cindy	W 50 NB	30:35.20	1 WPS
Miller	Cobie	W 55 SPARTANS	33:22.06	1 WPS
Burger	Erdine	W 55 BELLVILLE	34:39.44	2 WPS
Booyesen	Cynthia	W 55 GUGULETU	36:34.52	3 WPS
Blignaut	Frieda	W 60 BOLAND	35:18.42	1 WPS
Ramsay	Jenny	W 60 SPARTANS	DNF	
Joseph	Jackie	W 65 SPARTANS	36:43.90	1 WPS
Stead	Ann	W 65 SPARTANS	36:53.94	1 WPS
Schipper	Mary	W 65 R W F L	39:42.71	2 WPS
Norton	Margaret	W 70 SPARTANS	38:38.00	1 WPS

84 Masters Athletes took part.