SA Masters 2024 - Copper Coast Athletics - Results

Allen

Lyne

10km Road			
Jasmine	Peter	F40	01:02:27 1st
Alison	Preuss	F40	01:03:22 2nd
Rebecca	Neophytou	F45	00:56:32 1st
Kathleen	Rabig	F55	00:51:35 1st
Ros	Lowe	F75	01:04:33 1st
EJ	Davie	M50	00:50:45 1st
Christopher	McKinnon	M55	00:46:59 1st
Alan	Twartz	M65	00:47:29 1st
John	Toshach	M70	00:53:12 1st
10km Road Walk			
Steve	Parkin	M65	01:14:13 1st
Masters Mile			
Lisa	Simpson	F40	00:07:19 1st
Alison	Preuss	F40	00:09:46 2nd
Charmaine	Barlow	F40	00:11:14 3rd
Sabine	Orchard-Simonides	F50	00:09:27 1st
Lisa	Raeder	F50	00:13:17 2nd
Ruth	RainStad	F60	00:09:47 1st
Claudia	Rosser	F60	00:11:28 2nd
Ros	Lowe	F70	00:09:48 1st
Mary	Abrey	F70	00:11:02 2nd
Robyn	Raeder	F70	00:16:49 3rd
Margaret	Trengove	F80	00:13:26 1st
Christopher	McKinnon	M50	00:06:52 1st
EJ	Davie	M50	00:07:32 2nd
Alan	Twartz	M60	00:07:02 1st
Dean	Mortimer	M60	00:07:06 2nd
Steve	Hauxwell	M60	00:08:09 3rd
Anthony	Smith	M60	00:09:36 4th
Allan	Mayfield	M70	00:06:51 1st
John	Toshach	M70	00:08:05 2nd

M80

00:08:52 1st

60m			
Ruth	Vogelsang	F35	9.06 1st
Sarah	Amos	F40	11.86 1st
Nicole	Gunn	F45	10.15 1st
Donna	Palmer	F50	9.31 1st
Sabine	Orchard-Simonides	F55	11.23 1st
Lisa	Raeder	F55	13.21 2nd
Mary	Abrey	F70	12.24 1st
Bett	Stawarz	F70	14.53 2nd
Helen	Robertson	F75	13.22 1st
Ros	Lowe	F75	15.3 2nd
Robyn	Raeder	F75	30.13 3rd
Alexander	Mammone	M30	9.55 1st
Aaron	Lawson	M45	11.51 1st
EJ	Davie	M50	11.06 1st
Christopher	McKinnon	M55	10.55 1st
Kevin	Brennan	M55	28.38 2nd
Marinus	Haccou	M60	9.84 1st
Jus	St John	M60	9.96 2nd
Dean	Mortimer	M65	9.52 1st
Wayne	Barrie	M70	10.25 1st
John	Toshach	M70	12.26 2nd
Allen	Lyne	M80	13.19 1st
Percy	Voigt	M90	15.79 1st
100 m			
Ruth	Vogelsang	F35	14.98 1st
Sarah	Amos	F40	18.10 1st
Charmaine	Barlow	F40	19.30 2nd
Nicole	Gunn	F45	16.59 1st
Donna	Palmer	F50	15.05 1st
Jodie	Schrapel	F50	18.34 2nd
Sabine	Orchard-Simonides	F55	18.39 1st
Lisa	Raeder	F55	21.05 2nd
Mary	Abrey	F70	19.78 1st
Bett	Stawarz	F70	24.12 2nd
Helen	Robertson	F75	21.71 1st
Robyn	Raeder	F75	35.01 2nd
Alexander	Mammone	M30	12.35 1st
Samuel	Gerhardy	M30	13.02 2nd
Aaron	Lawson	M45	19.95 1st
EJ	Davie	M50	17.91 1st
Christopher	McKinnon	M55	16.84 1st
Kevin	Brennan	M55	19.07 2nd
Marinus	Haccou	M60	15.60 1st
Dean	Mortimer	M65	16.11 1st
Wayne	Barrie	M70	16.65 1st
Howard	Avery	M70	17.64 2nd
Allen	Lyne	M80	20.62 1st
Percy	Voigt	M90	25.50 1st

200m			
Ruth	Vogelsang	F35	31.12 1st
Georgie	Van Beek	F40	43.28 1st
Sarah	Amos	F40	46.99 2nd
Nicole	Gunn	F45	37.75 1st
Donna	Palmer	F50	33.57 1st
Sabine	Orchard-Simonides	F55	40.97 1st
Lisa	Raeder	F55	53.18 2nd
Mary	Abrey	F70	43.34 1st
Bett	Stawarz	F70	59.61 2nd
Ros	Lowe	F75	59.16 1st
Alexander	Mammone	M30	33.38 1st
EJ	Davie	M50	41.48 1st
Christopher	McKinnon	M55	39.00 1st
Dean	Mortimer	M65	33.08 1st
John	Toshach	M70	44.71 1st
Allan	Mayfield	M75	36.82 1st
Allen	Lyne	M80	48.66 1st
Percy	Voigt	M90	1.05.96 1st
400m			
Ruth	Vogelsang	F35	1.14.52 1st
Ruth Georgie	Vogelsang Van Beek	F35 F40	2.09.64 1st
Ruth			
Ruth Georgie	Van Beek	F40	2.09.64 1st
Ruth Georgie Nicole	Van Beek Gunn	F40 F45	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st
Ruth Georgie Nicole Donna Sabine Jenny	Van Beek Gunn Palmer	F40 F45 F50	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st 2.05.29 2nd
Ruth Georgie Nicole Donna Sabine Jenny Mary	Van Beek Gunn Palmer Orchard-Simonides Scholtz Abrey	F40 F45 F50 F55	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st
Ruth Georgie Nicole Donna Sabine Jenny	Van Beek Gunn Palmer Orchard-Simonides Scholtz	F40 F45 F50 F55 F55	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st 2.05.29 2nd 1.49.01 1st 2.09.73 1st
Ruth Georgie Nicole Donna Sabine Jenny Mary	Van Beek Gunn Palmer Orchard-Simonides Scholtz Abrey Robertson Lowe	F40 F45 F50 F55 F55	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st 2.05.29 2nd 1.49.01 1st
Ruth Georgie Nicole Donna Sabine Jenny Mary Helen	Van Beek Gunn Palmer Orchard-Simonides Scholtz Abrey Robertson Lowe Mammone	F40 F45 F50 F55 F55 F70 F75	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st 2.05.29 2nd 1.49.01 1st 2.09.73 1st 2.17.08 2nd 1.04.65 1st
Ruth Georgie Nicole Donna Sabine Jenny Mary Helen Ros Alexander Samuel	Van Beek Gunn Palmer Orchard-Simonides Scholtz Abrey Robertson Lowe Mammone Gerhardy	F40 F45 F50 F55 F55 F70 F75 F75 M30 M30	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st 2.05.29 2nd 1.49.01 1st 2.09.73 1st 2.17.08 2nd 1.04.65 1st 1.05.11 2nd
Ruth Georgie Nicole Donna Sabine Jenny Mary Helen Ros Alexander Samuel EJ	Van Beek Gunn Palmer Orchard-Simonides Scholtz Abrey Robertson Lowe Mammone Gerhardy Davie	F40 F45 F50 F55 F55 F70 F75 F75 M30 M30 M50	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st 2.05.29 2nd 1.49.01 1st 2.09.73 1st 2.17.08 2nd 1.04.65 1st 1.05.11 2nd 1.30.11 1st
Ruth Georgie Nicole Donna Sabine Jenny Mary Helen Ros Alexander Samuel EJ Christopher	Van Beek Gunn Palmer Orchard-Simonides Scholtz Abrey Robertson Lowe Mammone Gerhardy	F40 F45 F50 F55 F75 F75 F75 M30 M30 M50 M55	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st 2.05.29 2nd 1.49.01 1st 2.09.73 1st 2.17.08 2nd 1.04.65 1st 1.05.11 2nd 1.30.11 1st 1.25.81 1st
Ruth Georgie Nicole Donna Sabine Jenny Mary Helen Ros Alexander Samuel EJ Christopher Kevin	Van Beek Gunn Palmer Orchard-Simonides Scholtz Abrey Robertson Lowe Mammone Gerhardy Davie	F40 F45 F50 F55 F55 F70 F75 F75 M30 M30 M50	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st 2.05.29 2nd 1.49.01 1st 2.09.73 1st 2.17.08 2nd 1.04.65 1st 1.05.11 2nd 1.30.11 1st 1.25.81 1st 1.48.30 2nd
Ruth Georgie Nicole Donna Sabine Jenny Mary Helen Ros Alexander Samuel EJ Christopher	Van Beek Gunn Palmer Orchard-Simonides Scholtz Abrey Robertson Lowe Mammone Gerhardy Davie McKinnon Brennan Haccou	F40 F45 F50 F55 F75 F75 M30 M30 M50 M55 M55	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st 2.05.29 2nd 1.49.01 1st 2.09.73 1st 2.17.08 2nd 1.04.65 1st 1.05.11 2nd 1.30.11 1st 1.25.81 1st 1.48.30 2nd 1.20.44 1st
Ruth Georgie Nicole Donna Sabine Jenny Mary Helen Ros Alexander Samuel EJ Christopher Kevin Marinus Dean	Van Beek Gunn Palmer Orchard-Simonides Scholtz Abrey Robertson Lowe Mammone Gerhardy Davie McKinnon Brennan Haccou Mortimer	F40 F45 F50 F55 F55 F70 F75 M30 M30 M50 M55 M55 M60 M65	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st 2.05.29 2nd 1.49.01 1st 2.09.73 1st 2.17.08 2nd 1.04.65 1st 1.05.11 2nd 1.30.11 1st 1.25.81 1st 1.48.30 2nd 1.20.44 1st 1.20.64 1st
Ruth Georgie Nicole Donna Sabine Jenny Mary Helen Ros Alexander Samuel EJ Christopher Kevin Marinus	Van Beek Gunn Palmer Orchard-Simonides Scholtz Abrey Robertson Lowe Mammone Gerhardy Davie McKinnon Brennan Haccou	F40 F45 F50 F55 F75 F75 M30 M30 M50 M55 M55	2.09.64 1st 1.32.49 1st 1.22.35 1st 1.44.04 1st 2.05.29 2nd 1.49.01 1st 2.09.73 1st 2.17.08 2nd 1.04.65 1st 1.05.11 2nd 1.30.11 1st 1.25.81 1st 1.48.30 2nd 1.20.44 1st

800m			
Georgie	Van Beek	F40	4:00:22 1st
Donna	Palmer	F50	3:27:47 1st
Sabine	Orchard-Simonides	F55	4.40.79 1st
Mary	Abrey	F70	4.27.98 1st
Ros	Lowe	F75	4:47:54 1st
EJ	Davie	M50	3:39:05 1st
Christopher	McKinnon	M55	3:19:33 1st
Gerry	van Niekerk	M65	5.00.88 1st
John	Toshach	M70	3:52:52 1st
Allan	Mayfield	M75	3.03.86 1st
1500m			
Lisa	Simpson	F45	4.48.03 1st
EJ	Davie	M50	7.34.87 1st
Christopher	McKinnon	M55	6.46.28 1st
Dean	Mortimer	M65	6.21.98 1st
Alan	Twartz	M65	6.37.23 2nd
John	Toshach	M70	8.22.95 1st
Allan	Mayfield	M75	6.11.86 1st
1500m Walk			
Charmaine	Barlow	F40	13.51.94 1st
Donna	Palmer	F50	11.01.58 1st
Jenny	Scholtz	F55	12.36.41 1st
Bett	Stawarz	F70	13.44.31 1st
Margaret	Trengove	F80	12.48.63 1st
Christopher	McKinnon	M55	10.24.52 1st
Bob	Jenkins	M75	15.33.59 1st
Percy	Voigt	M90	15.57.65 1st
3000m	Observed	E40	45 40 4.1
Renae	Shearer	F40	15.48 1st
Lisa	Simpson	F45	15.14 1st
Christopher	McKinnon	M55	14.48 1st
Alan	Twartz	M65	13.48 1st
Anthony	Smith	M65	17.29 2nd
John	Toshach	M70	19.32 1st
Allan	Mayfield	M75	13.33 1st
3000m Walk			
Lisa	Simpson	F45	23.43.23 1st
Margaret	Trengove	F80	26.13.4 1st
Christopher	McKinnon	M55	22.33.01 1st
John	Toshach	M70	23.49.06 1st
Paul	Hook	M70	25.56.65 2nd

5000m			
Jasmine	Peter	F40	35.22.12 1st
EJ	Davie	M50	27.55.80 1st
Christopher	McKinnon	M55	24.50.93 1st
Paul	Tero	M60	27.39.33 1st
Alan	Twartz	M65	24.10.73 1st
Allan	Mayfield	M70	23.21.78 1st
Allen	Lyne	M80	33.21.85 1st
5000m Walk			
Christopher	McKinnon	M55	1st
Long Jump			
Donna	Palmer	F50	3.37 1st
Sabine	Orchard-Simonides	F55	2.85 1st
Lisa	Raeder	F55	2.13 2nd
Mary	Abrey	F70	2.23 1st
Bett	Stawarz	F70	2.00 2nd
Ros	Lowe	F75	1.99 1st
Alexander	Mammone	M30	3.39 1st
EJ	Davie	M50	1.86 1st
Christopher	McKinnon	M55	3.00 1st
Dean	Mortimer	M65	4.09 1st
Wayne	Barrie	M70	3.31 1st
Paul	Hook	M70	2.28 2nd

Triple lump			
Triple Jump Charmaine	Dorlow	F40	F CO 10t
	Barlow Palmer		5.62 1st
Donna	Scholtz	F50	8.17 1st
Jenny		F55 F70	5.20 1st
Mary	Abrey		5.05 1st
Alexander	Mammone	M30	9.30 1st
Samuel	Gerhardy	M30	8.62 2nd
EJ	Davie	M50	4.17 1st
Christopher	McKinnon	M55	5.92 1st
Dean	Mortimer	M65	8.55 1st
High Jump			
Donna	Palmer	F50	1.15 1st
Sabine	Orchard-Simonides	F55	.95 1st
Mary	Abrey	F70	.8 1st
Samuel	Gerhardy	M30	1.35 1st
Alexander	Mammone	M30	.8 2nd
Scott	Carmichael	M35	1.4 1st
EJ	Davie	M50	.8 1st
Christopher	McKinnon	M55	1.05 1st
Dean	Mortimer	M65	1.03 1st
Wayne	Barrie	M65	1.15 1st
Howard		M70	1.13 1st
nowaru	Avery	14170	1.1 2110
Shot Put			
Shot Put Charmaine	Barlow	F40	6.26 1st
	Barlow Palmer	F40 F50	6.26 1st 11.06 1st
Charmaine			
Charmaine Donna	Palmer	F50	11.06 1st
Charmaine Donna Jodie	Palmer Schrapel	F50 F50	11.06 1st 7.46 2nd
Charmaine Donna Jodie Lisa	Palmer Schrapel Raeder	F50 F50 F55	11.06 1st 7.46 2nd 7.37 1st
Charmaine Donna Jodie Lisa Jenny	Palmer Schrapel Raeder Scholtz	F50 F50 F55 F55	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd
Charmaine Donna Jodie Lisa Jenny Sabine	Palmer Schrapel Raeder Scholtz Orchard-Simonides	F50 F50 F55 F55 F55	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd
Charmaine Donna Jodie Lisa Jenny Sabine Mary	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey	F50 F50 F55 F55 F55 F70	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz	F50 F50 F55 F55 F55 F70 F70	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett Ros	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz Lowe	F50 F50 F55 F55 F55 F70 F70 F75	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd 7.03 1st
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett Ros Rhondda	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz Lowe Dundas	F50 F50 F55 F55 F55 F70 F70 F75	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd 7.03 1st 6.11 2nd
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett Ros Rhondda Robin	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz Lowe Dundas Raeder	F50 F50 F55 F55 F70 F70 F75 F75	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd 7.03 1st 6.11 2nd 4.75 3rd
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett Ros Rhondda Robin Alexander	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz Lowe Dundas Raeder Mammone	F50 F50 F55 F55 F70 F70 F75 F75 F75 M30	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd 7.03 1st 6.11 2nd 4.75 3rd 7.97 1st
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett Ros Rhondda Robin Alexander Scott	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz Lowe Dundas Raeder Mammone Carmichael	F50 F50 F55 F55 F70 F70 F75 F75 M30 M35	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd 7.03 1st 6.11 2nd 4.75 3rd 7.97 1st 8.95 1st
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett Ros Rhondda Robin Alexander Scott Aaron	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz Lowe Dundas Raeder Mammone Carmichael Lawson	F50 F50 F55 F55 F55 F70 F70 F75 F75 M30 M35 M45	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd 7.03 1st 6.11 2nd 4.75 3rd 7.97 1st 8.95 1st 7.68 1st
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett Ros Rhondda Robin Alexander Scott Aaron EJ	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz Lowe Dundas Raeder Mammone Carmichael Lawson Davie	F50 F50 F55 F55 F75 F70 F70 F75 F75 M30 M35 M45 M50	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd 7.03 1st 6.11 2nd 4.75 3rd 7.97 1st 8.95 1st 7.68 1st 5.13 1st
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett Ros Rhondda Robin Alexander Scott Aaron EJ Christopher	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz Lowe Dundas Raeder Mammone Carmichael Lawson Davie McKinnon	F50 F50 F55 F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd 7.03 1st 6.11 2nd 4.75 3rd 7.97 1st 8.95 1st 7.68 1st 5.13 1st 6.05 1st
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett Ros Rhondda Robin Alexander Scott Aaron EJ Christopher Dean	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz Lowe Dundas Raeder Mammone Carmichael Lawson Davie McKinnon Mortimer	F50 F50 F55 F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55 M65	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd 7.03 1st 6.11 2nd 4.75 3rd 7.97 1st 8.95 1st 7.68 1st 5.13 1st 6.05 1st 7.55 1st
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett Ros Rhondda Robin Alexander Scott Aaron EJ Christopher Dean Alan	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz Lowe Dundas Raeder Mammone Carmichael Lawson Davie McKinnon Mortimer Twartz	F50 F50 F55 F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55 M65	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd 7.03 1st 6.11 2nd 4.75 3rd 7.97 1st 8.95 1st 7.68 1st 5.13 1st 6.05 1st 7.55 1st 7.08 2nd
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett Ros Rhondda Robin Alexander Scott Aaron EJ Christopher Dean Alan Paul	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz Lowe Dundas Raeder Mammone Carmichael Lawson Davie McKinnon Mortimer Twartz Hook	F50 F50 F55 F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55 M65 M65 M70	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd 7.03 1st 6.11 2nd 4.75 3rd 7.97 1st 8.95 1st 7.68 1st 5.13 1st 6.05 1st 7.55 1st 7.08 2nd 10.2 1st
Charmaine Donna Jodie Lisa Jenny Sabine Mary Bett Ros Rhondda Robin Alexander Scott Aaron EJ Christopher Dean Alan Paul Howard	Palmer Schrapel Raeder Scholtz Orchard-Simonides Abrey Stawarz Lowe Dundas Raeder Mammone Carmichael Lawson Davie McKinnon Mortimer Twartz Hook Avery	F50 F50 F55 F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55 M65 M65 M70 M70	11.06 1st 7.46 2nd 7.37 1st 6.42 2nd 5.49 3rd 5.41 1st 4.90 2nd 7.03 1st 6.11 2nd 4.75 3rd 7.97 1st 8.95 1st 7.68 1st 5.13 1st 6.05 1st 7.55 1st 7.08 2nd 10.2 1st 9.47 2nd

Javelin			
Charmaine	Barlow	F40	16.48 1st
Donna	Palmer	F50	22.57 1st
Jodie	Schrapel	F50	19.95 2nd
Jenny	Scholtz	F55	15.80 1st
Sabine	Orchard-Simonides	F55	12.68 2nd
Lisa	Raeder	F55	12.51 3rd
Bett	Stawarz	F70	14.05 1st
Mary	Abrey	F70	12.6 2nd
Ros	Lowe	F75	11.14 1st
Rhondda	Dundas	F75	10.5 2nd
Robin	Reader	F75	7.28 3rd
Aaron	Lawson	M45	28.44 1st
EJ	Davie	M50	8.36 1st
Christopher	McKinnon	M55	16.72 1st
Kevin	Brennan	M55	16.6 2nd
Marinus	Haccou	M60	28.08 1st
Dean	Mortimer	M65	25.99 1st
Alan	Twartz	M65	16.83 2nd
Gerry	van Niekerk	M65	9.53 3rd
Howard	Avery	M70	26.39 1st
Paul	Hook	M70	24.59 2nd
Bob	Jenkins	M75	11.39 1st
Percy	Voigt	M90	10.33 1st
Discuss			
Donna	Palmer	F50	25.64 1st
Donna Sabine	Orchard-Simonides	F55	12.25 1st
Donna Sabine Lisa	Orchard-Simonides Raeder	F55 F55	12.25 1st 9.38 2nd
Donna Sabine Lisa Mary	Orchard-Simonides Raeder Abrey	F55 F55 F70	12.25 1st 9.38 2nd 13.88 1st
Donna Sabine Lisa Mary Bett	Orchard-Simonides Raeder Abrey Stawarz	F55 F55 F70 F70	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd
Donna Sabine Lisa Mary Bett Rhondda	Orchard-Simonides Raeder Abrey Stawarz Dundas	F55 F55 F70 F70 F75	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st
Donna Sabine Lisa Mary Bett Rhondda Ros	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe	F55 F55 F70 F70 F75	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone	F55 F55 F70 F70 F75 F75	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander Scott	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone Carmichael	F55 F55 F70 F70 F75 F75 M30 M35	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st 21.91 1st
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander Scott Aaron	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone Carmichael Lawson	F55 F55 F70 F70 F75 F75 M30 M35 M45	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st 21.91 1st 24.28 1st
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander Scott Aaron	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone Carmichael Lawson Davie	F55 F55 F70 F70 F75 F75 M30 M35 M45 M50	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st 21.91 1st 24.28 1st 12.75 1st
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander Scott Aaron EJ Christopher	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone Carmichael Lawson Davie McKinnon	F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st 21.91 1st 24.28 1st 12.75 1st 20.53 1st
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander Scott Aaron EJ Christopher Kevin	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone Carmichael Lawson Davie McKinnon Brennan	F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st 21.91 1st 24.28 1st 12.75 1st 20.53 1st 18.29 2nd
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander Scott Aaron EJ Christopher Kevin Marinus	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone Carmichael Lawson Davie McKinnon Brennan Haccou	F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55 M55	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st 21.91 1st 24.28 1st 12.75 1st 20.53 1st 18.29 2nd 27.66 1st
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander Scott Aaron EJ Christopher Kevin Marinus Dean	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone Carmichael Lawson Davie McKinnon Brennan Haccou Mortimer	F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55 M60 M65	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st 21.91 1st 24.28 1st 12.75 1st 20.53 1st 18.29 2nd 27.66 1st 27.64 1st
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander Scott Aaron EJ Christopher Kevin Marinus Dean Alan	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone Carmichael Lawson Davie McKinnon Brennan Haccou Mortimer Twartz	F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55 M60 M65	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st 21.91 1st 24.28 1st 12.75 1st 20.53 1st 18.29 2nd 27.66 1st 27.64 1st 14.09 2nd
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander Scott Aaron EJ Christopher Kevin Marinus Dean Alan Gerry	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone Carmichael Lawson Davie McKinnon Brennan Haccou Mortimer Twartz van Niekerk	F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55 M65 M65 M65	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st 21.91 1st 24.28 1st 12.75 1st 20.53 1st 18.29 2nd 27.66 1st 27.64 1st 14.09 2nd 13.18 3rd
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander Scott Aaron EJ Christopher Kevin Marinus Dean Alan Gerry Paul	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone Carmichael Lawson Davie McKinnon Brennan Haccou Mortimer Twartz van Niekerk Hook	F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55 M60 M65 M65 M65	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st 21.91 1st 24.28 1st 12.75 1st 20.53 1st 18.29 2nd 27.66 1st 27.64 1st 14.09 2nd 13.18 3rd 29.17 1st
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander Scott Aaron EJ Christopher Kevin Marinus Dean Alan Gerry Paul Howard	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone Carmichael Lawson Davie McKinnon Brennan Haccou Mortimer Twartz van Niekerk Hook Avery	F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55 M60 M65 M65 M65 M65 M70	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st 21.91 1st 24.28 1st 12.75 1st 20.53 1st 18.29 2nd 27.66 1st 27.64 1st 14.09 2nd 13.18 3rd 29.17 1st 27.46 2nd
Donna Sabine Lisa Mary Bett Rhondda Ros Alexander Scott Aaron EJ Christopher Kevin Marinus Dean Alan Gerry Paul	Orchard-Simonides Raeder Abrey Stawarz Dundas Lowe Mammone Carmichael Lawson Davie McKinnon Brennan Haccou Mortimer Twartz van Niekerk Hook	F55 F55 F70 F70 F75 F75 M30 M35 M45 M50 M55 M60 M65 M65 M65	12.25 1st 9.38 2nd 13.88 1st 9.57 2nd 13.26 1st 12.31 2nd 19.32 1st 21.91 1st 24.28 1st 12.75 1st 20.53 1st 18.29 2nd 27.66 1st 27.64 1st 14.09 2nd 13.18 3rd 29.17 1st