

AGN 10km Race Walk Championships - 10 February 2024

Final Results

Race 1		20km								
Pos	Race No.	Name	Surname	Club	Age	Gender	Category	Time	Lap Time	Lap No.
1	236	Rivers	Williams	Tuks AC	19	Male	OM/20	0:05:10	00:05:10	1
								0:10:17	00:05:07	2
								0:15:20	00:05:04	3
								0:20:20	00:05:00	4
								0:25:13	00:04:53	5
								0:30:08	00:04:55	6
								0:35:01	00:04:54	7
								0:39:56	00:04:54	8
								0:44:46	00:04:50	9
								0:49:32	00:04:46	10
								0:54:23	00:04:51	11
								0:58:59	00:04:36	12
								1:03:39	00:04:40	13
								1:08:18	00:04:39	14
								1:13:05	00:04:47	15
								1:17:51	00:04:46	16
								1:22:30	00:04:39	17
								1:27:06	00:04:36	18
								1:32:42	00:05:36	19
								1:37:20	00:04:37	20
2	231	Sizwe	Ndebele	Eyethu AC	30	Male	OM/20	0:05:02	00:05:02	1
								0:09:57	00:04:55	2
								0:14:56	00:04:59	3
								0:19:56	00:05:00	4
								0:24:52	00:04:56	5
								0:29:49	00:04:58	6
								0:34:48	00:04:58	7
								0:39:44	00:04:56	8
								0:44:37	00:04:53	9
								0:49:29	00:04:52	10
								0:54:22	00:04:53	11
								0:58:59	00:04:37	12
								1:03:38	00:04:39	13
								1:08:16	00:04:39	14
								1:13:04	00:04:48	15
								1:17:52	00:04:48	16
								1:22:41	00:04:49	17
								1:27:43	00:05:02	18
								1:32:54	00:05:11	19
								1:38:06	00:05:12	20
2	232	Tumisang	Pule	TUT Club	26	Male	OM/20	0:05:03	00:05:03	1
								0:09:57	00:04:55	2
								0:14:57	00:05:00	3
								0:19:56	00:04:59	4
								0:24:51	00:04:56	5
								0:29:50	00:04:58	6
								0:34:47	00:04:58	7
								0:39:44	00:04:56	8
								0:44:37	00:04:54	9
								0:49:29	00:04:51	10
								0:54:22	00:04:53	11
								0:58:58	00:04:36	12
								1:03:37	00:04:39	13
								1:08:16	00:04:38	14
								1:13:04	00:04:48	15
								1:17:52	00:04:48	16
								1:22:40	00:04:49	17
								1:27:42	00:05:02	18
								1:32:54	00:05:11	19
								1:38:06	00:05:12	20
4	229	Gabriel	Makgane	Tuks	19	Male	OM/20	0:05:13	00:05:13	1
								0:10:28	00:05:16	2
								0:15:33	00:05:05	3
								0:20:43	00:05:10	4
								0:25:53	00:05:10	5
								0:31:06	00:05:13	6
								0:36:12	00:05:07	7

								0:41:24	00:05:12	8
								0:46:37	00:05:13	9
								0:52:00	00:05:23	10
								0:57:25	00:05:25	11
								1:02:35	00:05:10	12
								1:08:01	00:05:26	13
								1:13:05	00:05:04	14
								1:18:22	00:05:17	15
								1:23:42	00:05:19	16
								1:29:04	00:05:22	17
								1:34:24	00:05:20	18
								1:39:51	00:05:26	19
								1:45:02	00:05:11	20
5	234	Marissa	Swanepoel	North West University	22	Female	OW/20	0:05:12	00:05:12	1
								0:10:29	00:05:16	2
								0:15:43	00:05:14	3
								0:20:59	00:05:16	4
								0:26:11	00:05:12	5
								0:31:25	00:05:14	6
								0:36:46	00:05:21	7
								0:42:07	00:05:21	8
								0:47:34	00:05:27	9
								0:53:04	00:05:31	10
								0:58:40	00:05:35	11
								1:04:28	00:05:49	12
								1:10:31	00:06:03	13
								1:16:36	00:06:05	14
								1:21:51	00:05:14	15
								1:27:17	00:05:26	16
								1:32:42	00:05:25	17
								1:38:15	00:05:33	18
								1:43:55	00:05:40	19
								1:49:27	00:05:32	20
6	235	Althea	Taylor	Nedbank Western Province	27	Female	OW/20	0:05:08	00:05:08	1
								0:10:17	00:05:09	2
								0:15:32	00:05:15	3
								0:20:48	00:05:16	4
								0:26:05	00:05:17	5
								0:31:22	00:05:17	6
								0:36:43	00:05:20	7
								0:42:02	00:05:19	8
								0:47:27	00:05:25	9
								0:52:54	00:05:27	10
								0:58:20	00:05:26	11
								1:03:46	00:05:26	12
								1:09:22	00:05:36	13
								1:16:56	00:07:34	14
								1:22:16	00:05:20	15
								1:28:12	00:05:56	16
								1:34:13	00:06:01	17
								1:40:48	00:06:35	18
								1:46:50	00:06:01	19
								1:52:13	00:05:24	20
7	228	Mzwakhe	Kobue	PMWC	42	Male	OM/20	0:05:14	00:05:14	1
								0:10:29	00:05:15	2
								0:15:42	00:05:13	3
								0:21:24	00:05:41	4
								0:26:39	00:05:15	5
								0:32:09	00:05:30	6
								0:37:43	00:05:33	7
								0:43:18	00:05:36	8
								0:48:59	00:05:41	9
								0:54:44	00:05:44	10
								1:00:34	00:05:50	11
								1:06:25	00:05:51	12
								1:12:08	00:05:43	13
								1:18:11	00:06:04	14
								1:24:11	00:06:00	15
								1:30:18	00:06:08	16
								1:36:27	00:06:09	17
								1:42:41	00:06:14	18
								1:48:55	00:06:15	19
								1:55:22	00:06:26	20

8	233	Sandra	Steenkamp	Irene Athletics Club	63	Female	OW/20	0:06:03	00:06:03	1
								0:12:20	00:06:17	2
								0:18:38	00:06:18	3
								0:25:00	00:06:22	4
								0:31:23	00:06:23	5
								0:37:46	00:06:23	6
								0:44:09	00:06:23	7
								0:50:34	00:06:25	8
								0:57:02	00:06:28	9
								1:03:31	00:06:29	10
								1:10:01	00:06:30	11
								1:16:32	00:06:31	12
								1:23:04	00:06:31	13
								1:29:41	00:06:37	14
								1:36:20	00:06:39	15
								1:43:03	00:06:43	16
								1:49:50	00:06:46	17
								1:56:38	00:06:48	18
								2:03:31	00:06:53	19
								2:10:27	00:06:56	20
9	230	Isaac	Matsimbi	PMWC	56	Male	OM/20	0:06:31	00:06:31	1
								0:13:46	00:07:15	2
								0:21:00	00:07:14	3
								0:28:19	00:07:19	4
								0:35:37	00:07:18	5
								0:45:14	00:09:37	6
								0:52:35	00:07:21	7
								0:59:57	00:07:23	8
								1:07:28	00:07:31	9
								1:15:03	00:07:35	10
								1:22:28	00:07:25	11
								1:30:02	00:07:34	12
								1:37:43	00:07:40	13
								1:45:27	00:07:44	14
								1:53:05	00:07:38	15
								2:00:15	00:07:11	16
								2:07:40	00:07:24	17
								2:15:13	00:07:34	18
								2:22:54	00:07:40	19
								2:30:29	00:07:35	20
		Race 1		10km						
1	1212	Olwethu	Mncimbi	Tuks	17	Male	JM/10	0:05:07	00:05:07	1
								0:10:19	00:05:12	2
								0:15:29	00:05:09	3
								0:20:35	00:05:07	4
								0:25:47	00:05:12	5
								0:31:03	00:05:16	6
								0:36:23	00:05:20	7
								0:41:45	00:05:21	8
								0:47:01	00:05:16	9
								0:52:17	00:05:15	10
2	1227	Msizi	Nyembe	TUT Club	19	Male	JM/10	0:05:08	00:05:08	1
								0:10:20	00:05:12	2
								0:15:28	00:05:08	3
								0:20:44	00:05:16	4
								0:26:10	00:05:26	5
								0:31:36	00:05:26	6
								0:37:02	00:05:25	7
								0:42:36	00:05:35	8
								0:48:13	00:05:37	9
								0:53:58	00:05:45	10
3	1200	Nhlakanipho	Gamede	Tuks	17	Male	JM/10	0:05:07	00:05:07	1
								0:10:19	00:05:12	2
								0:15:29	00:05:09	3
								0:20:45	00:05:16	4
								0:26:35	00:05:51	5
								0:31:58	00:05:23	6
								0:37:58	00:05:59	7
								0:43:53	00:05:55	8

								0:49:23	00:05:31	9
								0:55:04	00:05:40	10
4	1225	Oratile	Machabela	TUKS	17	Male	JM/10	0:05:14	00:05:14	1
								0:10:44	00:05:30	2
								0:16:14	00:05:30	3
								0:21:46	00:05:32	4
								0:27:16	00:05:30	5
								0:32:53	00:05:37	6
								0:38:30	00:05:37	7
								0:44:05	00:05:35	8
								0:49:56	00:05:51	9
								0:56:00	00:06:05	10
5	1217	Kevin	Phillips	Run Walk for Life	59	Male	M55/10	0:05:35	00:05:35	1
								0:11:12	00:05:37	2
								0:16:49	00:05:37	3
								0:22:26	00:05:38	4
								0:28:01	00:05:35	5
								0:33:42	00:05:41	6
								0:39:25	00:05:43	7
								0:45:10	00:05:45	8
								0:51:00	00:05:49	9
								0:56:43	00:05:43	10
6	1198	Gustav	Brink	Agape	57	Male	M55/10	0:05:51	00:05:51	1
								0:11:46	00:05:55	2
								0:17:47	00:06:02	3
								0:23:49	00:06:01	4
								0:29:55	00:06:06	5
								0:36:02	00:06:07	6
								0:42:10	00:06:08	7
								0:48:19	00:06:09	8
								0:54:30	00:06:11	9
								1:00:36	00:06:06	10
7	1197	Joseph	Appel	GNMA	53	Male	M50/10	0:06:00	00:06:00	1
								0:12:07	00:06:07	2
								0:18:12	00:06:05	3
								0:24:19	00:06:07	4
								0:30:32	00:06:14	5
								0:36:46	00:06:14	6
								0:43:03	00:06:16	7
								0:49:22	00:06:20	8
								0:55:36	00:06:14	9
								1:01:33	00:05:57	10
8	1220	Keith	Reynolds	Irene Athletics Club	56	Male	M55/10	0:06:02	00:06:02	1
								0:12:10	00:06:08	2
								0:18:27	00:06:17	3
								0:24:45	00:06:17	4
								0:31:03	00:06:18	5
								0:37:17	00:06:14	6
								0:43:31	00:06:14	7
								0:49:47	00:06:16	8
								0:56:05	00:06:19	9
								1:02:39	00:06:33	10
9	1223	Jaap	Willemse	Irene Athletics Club	67	Male	M65/10	0:06:14	00:06:14	1
								0:12:27	00:06:13	2
								0:18:45	00:06:18	3
								0:25:03	00:06:19	4
								0:31:24	00:06:21	5
								0:37:51	00:06:27	6
								0:44:19	00:06:28	7
								0:50:47	00:06:28	8
								0:57:18	00:06:31	9
								1:03:40	00:06:22	10
10	1218	Janine	Radel	Irene Athletics Club	43	Female	W40/10	0:06:36	00:06:36	1
								0:13:17	00:06:41	2
								0:19:58	00:06:41	3
								0:26:37	00:06:39	4
								0:33:14	00:06:37	5
								0:39:49	00:06:35	6
								0:46:21	00:06:31	7

								0:53:01	00:06:40	8
								0:59:42	00:06:41	9
								1:06:15	00:06:33	10
11	1204	Andiswa	Khumalo	Tukssport	17	Female	JW/10	0:06:41	00:06:41	1
								0:13:12	00:06:31	2
								0:19:48	00:06:35	3
								0:26:30	00:06:42	4
								0:33:04	00:06:34	5
								0:39:51	00:06:47	6
								0:46:33	00:06:42	7
								0:53:16	00:06:42	8
								1:00:04	00:06:48	9
								1:06:43	00:06:39	10
12	1221	Bronwyn	Roussot	Run Walk for Life CGA	50	Female	W50/10	0:06:30	00:06:30	1
								0:13:10	00:06:40	2
								0:19:47	00:06:36	3
								0:26:28	00:06:41	4
								0:33:09	00:06:41	5
								0:39:49	00:06:40	6
								0:46:32	00:06:43	7
								0:53:15	00:06:43	8
								1:00:11	00:06:56	9
								1:07:00	00:06:49	10
13	1205	Magaretha	Knoetze	Irene Athletics Club	68	Female	W65/10	0:06:32	00:06:32	1
								0:13:16	00:06:44	2
								0:20:03	00:06:47	3
								0:26:52	00:06:49	4
								0:33:46	00:06:54	5
								0:40:45	00:06:59	6
								0:47:42	00:06:58	7
								0:54:38	00:06:56	8
								1:01:42	00:07:04	9
								1:08:43	00:07:01	10
14	1206	Winnie	Koekemoer	GNMA	73	Female	W70/10	0:06:45	00:06:45	1
								0:13:30	00:06:45	2
								0:20:26	00:06:56	3
								0:27:23	00:06:57	4
								0:34:21	00:06:58	5
								0:41:13	00:06:52	6
								0:48:02	00:06:49	7
								0:54:59	00:06:57	8
								1:02:02	00:07:03	9
								1:08:59	00:06:57	10
15	1203	Hennie	Jooste	Agape	62	Male	M60/10	0:06:46	00:06:46	1
								0:13:37	00:06:51	2
								0:20:41	00:07:04	3
								0:27:39	00:06:58	4
								0:34:44	00:07:04	5
								0:41:40	00:06:57	6
								0:48:36	00:06:55	7
								0:55:29	00:06:54	8
								1:02:21	00:06:51	9
								1:09:17	00:06:57	10
16	1211	Elsa	Meyer	Irene Athletics Club	77	Female	W75/10	0:06:34	00:06:34	1
								0:13:20	00:06:46	2
								0:20:10	00:06:49	3
								0:27:03	00:06:54	4
								0:34:04	00:07:01	5
								0:41:07	00:07:03	6
								0:48:12	00:07:05	7
								0:55:19	00:07:07	8
								1:02:25	00:07:06	9
								1:09:28	00:07:03	10
17	1207	Doret	Kruger	North-West University	57	Female	W55/10	0:06:35	00:06:35	1
								0:13:32	00:06:57	2
								0:20:35	00:07:03	3
								0:27:37	00:07:03	4
								0:34:46	00:07:09	5
								0:41:57	00:07:11	6

								0:49:10	00:07:13	7
								0:56:37	00:07:27	8
								1:04:02	00:07:25	9
								1:11:14	00:07:13	10
18	1216	Thandeka	Ngobese	TuksSport	18	Female	JW/10	0:06:43	00:06:43	1
								0:13:48	00:07:05	2
								0:20:52	00:07:04	3
								0:27:48	00:06:56	4
								0:34:42	00:06:55	5
								0:41:49	00:07:07	6
								0:49:10	00:07:21	7
								0:56:27	00:07:17	8
								1:03:50	00:07:22	9
								1:11:19	00:07:29	10
19	1201	Annatjie	Greyvenstein	Irene Athletics Club	79	Female	W75/10	0:06:53	00:06:53	1
								0:14:02	00:07:08	2
								0:21:15	00:07:13	3
								0:28:35	00:07:20	4
								0:36:03	00:07:28	5
								0:43:31	00:07:28	6
								0:50:52	00:07:21	7
								0:58:13	00:07:22	8
								1:05:32	00:07:18	9
								1:12:49	00:07:17	10
20	1210	Ilse	Merrick	Irene Athletics Club	58	Female	W55/10	0:06:55	00:06:55	1
								0:14:08	00:07:12	2
								0:21:27	00:07:19	3
								0:28:59	00:07:31	4
								0:36:26	00:07:27	5
								0:43:52	00:07:26	6
								0:51:22	00:07:30	7
								0:58:45	00:07:23	8
								1:06:18	00:07:33	9
								1:14:53	00:08:35	10
21	1199	Anne	Centner	Team Vitality	80	Female	W75/10	0:07:19	00:07:19	1
								0:14:42	00:07:23	2
								0:22:12	00:07:30	3
								0:29:43	00:07:31	4
								0:37:15	00:07:32	5
								0:44:50	00:07:35	6
								0:52:32	00:07:41	7
								1:00:15	00:07:44	8
								1:08:01	00:07:45	9
								1:15:40	00:07:40	10
22	1213	David	Modiba	Modiba Development	58	Male	M55/10	0:07:30	00:07:30	1
								0:14:59	00:07:29	2
								0:22:36	00:07:37	3
								0:30:16	00:07:39	4
								0:37:50	00:07:34	5
								0:45:39	00:07:49	6
								0:53:26	00:07:48	7
								1:01:04	00:07:38	8
								1:08:52	00:07:48	9
								1:16:47	00:07:55	10
23	1219	Wessel	Redelinghuys	GNMA	76	Male	M75/10	0:07:44	00:07:44	1
								0:15:20	00:07:36	2
								0:22:55	00:07:35	3
								0:30:35	00:07:40	4
								0:38:11	00:07:36	5
								0:45:48	00:07:37	6
								0:53:30	00:07:42	7
								1:01:15	00:07:46	8
								1:09:07	00:07:52	9
								1:16:52	00:07:45	10
24	1202	Loritha	Jacobs	Run walk for life	72	Female	W70/10	0:07:38	00:07:38	1
								0:15:21	00:07:44	2
								0:23:00	00:07:38	3
								0:30:40	00:07:40	4
								0:38:19	00:07:40	5

