

72 Men 20000 Meter Race Walk

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SA Best: R 1:20:06.00 2016 Lebogang Shange
 Africa Best: C 1:19:02.00 1997 Hatem Ghoul, TUN
 Olympics QS: O 1:24:00.00
 Africa Sen Q: A 1:28:00.00
 World Lead: W 1:18:26.00

Name	Age	Team	Finals	Points
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Finals				
1 Lebogang Shange	26	Cga	1:20:42.000	8
2 Wayne Snyman	31	Agn	1:20:46.000	7
3 Sizwe Ndebele	22	Agn	1:28:58.00	6
4 Mthembi Chauque	23	Afs	1:29:22.00	5
5 Aaron Mahlangu	25	Kzna	1:34:59.00	4
6 Lewis Molise	28	Cga	1:36:02.00	3
7 Lindokuhle Ntombela	23	Kzna	1:41:01.00	2
8 Mthunzi Mnisi	28	Agn	1:41:58.00	1
9 Dannyboy Sehemo	21	Cga	1:42:09.00	
-- Mduduzi Mavundla	22	Cga	DNF	
-- Ntoane Ntoane	21	Cga	DNF	
-- Vukani Mdunge	20	Kzna	DQ	
-- Gideon Cillie	39	Wpa	DQ	
-- Marc Mundell	33	Agn	DNS	
-- Sheldon George	25	Cga-Ind	DNS	

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73 Men 16-19 10000 Meter Race Walk Junior

SA Best: R 44:53.00 2004

Marthinus Esterhuyzen

World Lead: W 40:05.00

Name

Age Team

Finals

Finals

1	Thumisang Pule	19	Agn	46:35.00
2	Hanru Colling	17	Bola	47:11.90
3	Pierre Vermaak	18	Cga	50:32.70
4	Vusi Hlongwane	19	Cga	51:53.00
5	Jacques Heymans	16	Afs-Ind	55:15.40
6	Russel Pratt	17	Aswd	57:27.10
--	Francois Jacobs	16	Bola	DNS
--	Thandolwetho Magingxa	19	Bola	DNS

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71 Women 20000 Meter Race Walk

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SA Best: R 1:34:49.00 2016 Anel Oosthuizen
Africa Best: C 1:34:19.00 2010 Grace Wanjiru Njuw, KEN
Olympics QS: O 1:36:00.00
Africa Sen Q: A 1:40:00.00
World Lead: W 1:25:54.00
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Name Age Team Finals Points
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Finals

1	Anel Oosthuizen	21	Cga	1:37:21.00A	8
2	Corli Swart	25	Agw	1:41:46.00	7
3	Zelda Schultz	24	Kzna	1:44:18.00	6
4	Natalie Le Roux	34	Kzna	1:44:55.00	5
--	Chanice Klink	21	Agn	DQ	
--	Udelle De Winaar	20	Cga	DNS	

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73 Women 16-19 10000 Meter Race Walk Junior

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SA Best: R 48:59.00 2014 Anel Oosthuizen

World Lead: W 44:29.00

Name	Age	Team	Finals
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Finals

1	Annette Koen	17	Acnw	51:32.00
2	Salume Heymans	18	Afs-Ind	1:01:36.00

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