

Official results

10 km Walk Mast Men , Time :12:33

Rank	ID	Name	Team	Area YOB	Cat	Result	Info
1	4178	Johan Van Zyl	BELL		M60	58:57.0	
2	275	Frans Kotze	BOL		M60	61:50.0	
3	4176	Jurgen Spencer	BELL		M70	61:51.0	
4	3244	Patrick Wonfor	S.H.		M65	66:20.0	
5	5590	Brian Aver	RWFL		M65	69:10.0	
6	2836	John Hotston	S.H.		M80	72:59.0	
	8830	Ronnie Adams	S.H.		M70	DNS	