

5 km Walk Mast Men , Time :20:16

Rank	ID	Name	Team	Area YOB	Cat	Result	Info
1	9040	Ross McDonald	SPAR		M35	23:17.29	
2	3501	Hannes Swanepoel	WP D		M45	24:24.1	
3	4178	Johan Van Zyl	BELL		M60	27:55.4	
4	275	Frans Kotze	BOL		M60	29:20.6	
5	4176	Jurgen Spencer	BELL		M70	29:45.5	
6	3898	Hilton Donson	S.H.		M45	31:57.2	
7	3270	Wally Hart	SPAR		M60	32:01.3	
8	3244	Patrick Wonfor	S.H.		M65	32:06.2	
9	3322	Roy Whyte	S.H.		M65	33:28.4	
10	5590	Brian Aver	RWFL		M65	34:36.0	
11	3222	Dave Kirby	S.H.		M75	35:04.5	
12	7071	Sarel Wolmarans	AGN		M55	35:14.0	
13	2836	John Hotston	S.H.		M80	36:17.5	