

Leo Benning Meeting No 2 - 29 May 2021 - 2021/05/29**Green Point Athletics Stadium****Exceptions Report - All Events****Meet The Mark Standard - WPS**

Event	Mark Standard	Seed	Prelims	Finals	Semis
1 Aver, Brian - Male - Age: 77 - Comp#: 493 - RUNWALK FOR LIFE #5 M75 5000 Meter Race Walk	41:15,00	NT		39:59,45	
2 Aver, Carol-Ann - Female - Age: 75 - Comp#: 492 - RUNWALK FOR LIFE #4 W75 5000 Meter Race Walk	46:48,00	NT		38:14,26	
3 Basson, Marius - Male - Age: 49 - Comp#: 489 - CAPE MULTI-SPORT #16 M45 200 Meter Dash	26,50	NT		24,30	
#29 M45 100 Meter Dash	13,00	NT		12,23	
#37 M45 400 Meter Dash	1:00,00	NT		58,47	
4 Bester, David - Male - Age: 48 - Comp#: 1837 - BELLVILLE AC #17 M45 Shot Put	9,50m	ND		9,69m	
5 Beukes, Henk - Male - Age: 30 - Comp#: 721 - NEDBANK WP #21 M30 800 Meter Run	2:12,00	NT		2:01,62	
#37 M30 400 Meter Dash	56,00	NT		51,62	
6 Blignaut, Frieda - Female - Age: 70 - Comp#: 2805 - SANLAM AC #4 W70 5000 Meter Race Walk	43:47,00	NT		33:27,43	
7 Brand, Edna - Female - Age: 69 - Comp#: 3111 - STRAND AC #4 W65 5000 Meter Race Walk	41:09,00	NT		30:42,70	
8 Bredeveldt, Neal - Male - Age: 60 - Comp#: 1086 - TYGERBERG AC #32 M60 Triple Jump	9,00m	ND		9,85m	
9 Calothi, Greg - Male - Age: 33 - Comp#: 733 - NEDBANK WP #2 M30 5000 Meter Run	17:30,00	NT		17:20,05	
10 Christians, Alwyn - Male - Age: 55 - Comp#: 476 - SA DEFENCE FORCE #8 M55 Long Jump	4,30m	ND		4,97m	
#16 M55 200 Meter Dash	28,90	NT		26,70	
11 Clark, Adam - Male - Age: 49 - Comp#: 728 - NEDBANK WP #2 M45 5000 Meter Run	18:50,00	NT		17:42,98	
12 Clarke, Chevan - Male - Age: 31 - Comp#: 483 - TYGERBERG AC #29 M30 100 Meter Dash	12,00	NT		11,12	
13 Cleverts, Henry - Male - Age: 62 - Comp#: 152 - PINELANDS AC #2 M60 5000 Meter Run	21:30,00	NT		19:54,79	
14 Cloete, John - Male - Age: 50 - Comp#: 464 - BELLVILLE AC #16 M50 200 Meter Dash	27,50	NT		25,80	
#29 M50 100 Meter Dash	13,40	NT		12,67	
15 Coetzee, Elmarie - Female - Age: 57 - Comp#: 380 - CAPE MULTI-SPORT #1 W55 5000 Meter Run	25:10,00	NT		19:55,63	
16 Compion, Maria - Female - Age: 40 - Comp#: 1873 - BELLVILLE AC #9 W40 Shot Put	8,00m	ND		8,79m	
17 Cooper, Andrew - Male - Age: 53 - Comp#: 750 - NEDBANK WP #2 M50 5000 Meter Run	19:25,00	NT		17:25,24	
18 Corbett, Melissa - Female - Age: 32 - Comp#: 472 - PAROW AC #15 W30 200 Meter Dash	29,00	NT		27,41	
#28 W30 100 Meter Dash	14,20	NT		13,30	
19 Cross, Ronald - Male - Age: 87 - Comp#: 382 - BELLVILLE AC #17 M85 Shot Put	5,90m	ND		7,14m	
#30 M85 Discus Throw	14,00m	ND		21,30m	



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20 Davis, Lynn - Female - Age: 52 - Comp#: 2570 - ATLANTIC ATHLETI #1 W50 5000 Meter Run	24:00,00	NT		22:07,10	
21 Deetlefs, Pietie - Male - Age: 68 - Comp#: 616 - CERES AC #16 M65 200 Meter Dash	32,00	NT		31,88	
#29 M65 100 Meter Dash	15,40	NT		14,67	
22 Deetlefs, Suretha - Female - Age: 57 - Comp#: 617 - CERES AC #7 W55 Long Jump	3,20m	ND		3,63m	
23 Diedericks, Len - Male - Age: 76 - Comp#: 376 - CAPE MULTI-SPORT #5 M75 5000 Meter Race Walk	41:15,00	NT		34:22,41	
24 Doren, Peter - Male - Age: 56 - Comp#: - SOUTH PENINSULA #37 M55 400 Meter Dash	1:05,00	NT		1:03,52	
25 Dramat, Farieda - Female - Age: 62 - Comp#: 1841 - BELLVILLE AC #3 W60 Hammer Throw	20,70m	ND		24,56m	
#9 W60 Shot Put	7,00m	ND		9,35m	
26 Dreyer, Jonathan - Male - Age: 39 - Comp#: 467 - ITHEKO AC #16 M35 200 Meter Dash	25,00	NT		23,48	
#29 M35 100 Meter Dash	12,20	NT		11,66	
27 Du Toit, Aletta - Female - Age: 70 - Comp#: 1870 - BELLVILLE AC #3 W70 Hammer Throw	15,60m	ND		18,81m	
#39 W70 Weight Throw	7,50m	ND		7,90m	
28 Durandt, Marita - Female - Age: 70 - Comp#: 775 - SWD #3 W70 Hammer Throw	15,60m	ND		18,42m	
#9 W70 Shot Put	5,60m	ND		6,60m	
#41 W70 Throws Pentathlon	2350	NP		2534	
29 Engel, Roscoe - Male - Age: 32 - Comp#: 481 - TYGERBERG AC #16 M30 200 Meter Dash	24,50	NT		21,78	
#29 M30 100 Meter Dash	12,00	NT		11,09	
30 Erasmus, Zelda - Female - Age: 68 - Comp#: 1869 - BELLVILLE AC #3 W65 Hammer Throw	18,00m	ND		23,29m	
#9 W65 Shot Put	6,30m	ND		7,63m	
#22 W65 Discus Throw	16,40m	ND		19,28m	
#35 W65 Javelin Throw	15,60m	ND		16,59m	
#39 W65 Weight Throw	8,30m	ND		10,68m	
#41 W65 Throws Pentathlon	2880	NP		3161	
31 Ferreira, Frik - Male - Age: 65 - Comp#: 783 - SWD #38 M65 Javelin Throw	28,90m	ND		29,58m	
32 Fortuin, Maurice - Male - Age: 50 - Comp#: 1230 - DCS DRAKENSTEIN #16 M50 200 Meter Dash	27,50	NT		26,50	
#37 M50 400 Meter Dash	1:02,00	NT		1:00,67	
33 Ganief, Ridaa - Male - Age: 42 - Comp#: 466 - CENTRAL AC #29 M40 100 Meter Dash	12,60	NT		12,56	
34 Geutner, Manfred - Male - Age: 80 - Comp#: 202 - PINELANDS AC #21 M80 800 Meter Run	4:22,00	NT		3:58,33	
35 Gilliland, Rianda - Female - Age: 36 - Comp#: 2575 - ATLANTIC ATHLETI #1 W35 5000 Meter Run	22:10,00	NT		19:44,44	
36 Goosen, Jacqueline - Female - Age: 59 - Comp#: 3260 - DURBANVILLE AC #4 W55 5000 Meter Race Walk	36:57,00	NT		30:48,23	



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37 Grendon, Anthony - Male - Age: 60 - Comp#: 845 - NEDBANK WP					
#34 M60 1500 Meter Run	5:49,00	NT		4:55,87	
#37 M60 400 Meter Dash	1:09,00	NT		1:06,09	
38 Griesel, Ronel - Female - Age: 68 - Comp#: 954 - WHALERS AC					
#3 W65 Hammer Throw	18,00m	ND		21,13m	
#9 W65 Shot Put	6,30m	ND		7,96m	
#22 W65 Discus Throw	16,40m	ND		17,74m	
39 Grobelaar, Elize - Female - Age: 75 - Comp#: 1876 - BELLVILLE AC					
#3 W75 Hammer Throw	16,40m	ND		22,11m	
#9 W75 Shot Put	5,10m	ND		5,51m	
#22 W75 Discus Throw	13,30m	ND		13,86m	
#35 W75 Javelin Throw	8,70m	ND		10,98m	
#39 W75 Weight Throw	7,10m	ND		10,27m	
#41 W75 Throws Pentathlon	2350	NP		2888	
40 Hamman, Reinhardt - Male - Age: 31 - Comp#: - WCSAPD					
#38 M30 Javelin Throw	44,00m	ND		50,76m	
41 Hartzenberg, Jacob - Male - Age: 77 - Comp#: 351 - IND					
#5 M75 5000 Meter Race Walk	41:15,00	NT		39:51,36	
42 Hector, Douglas - Male - Age: 61 - Comp#: 1793 - LANGEBAAN STRAND					
#5 M60 5000 Meter Race Walk	34:13,00	NT		32:18,52	
43 Horn-Botha, Deborah - Female - Age: 55 - Comp#: 405 - VARCITY OLD BOYS					
#4 W55 5000 Meter Race Walk	36:57,00	NT		30:20,11	
44 Hough, Norman - Male - Age: 73 - Comp#: 1843 - BELLVILLE AC					
#6 M70 Hammer Throw	27,30m	ND		35,15m	
#17 M70 Shot Put	9,20m	ND		10,49m	
#30 M70 Discus Throw	25,90m	ND		28,47m	
#38 M70 Javelin Throw	25,80m	ND		30,00m	
#40 M70 Weight Throw	12,80m	ND		14,95m	
#42 M70 Throws Pentathlon	2965	NP		3414	
45 Jacobs, Mandy-Lee - Female - Age: 32 - Comp#: 2583 - ATLANTIC ATHLETI					
#1 W30 5000 Meter Run	21:50,00	NT		20:53,95	
46 James, Pamela - Female - Age: 63 - Comp#: 2187 - SPARTAN HARRIERS					
#4 W60 5000 Meter Race Walk	38:48,00	NT		34:14,15	
47 Jefthas, Christo - Male - Age: 65 - Comp#: 1231 - DCS DRAKENSTEIN					
#16 M65 200 Meter Dash	32,00	NT		27,16	
48 Jewaskiewitz, Deon - Male - Age: 48 - Comp#: 7205 - GNMA					
#29 M45 100 Meter Dash	13,00	NT		12,25	
#16 M45 200 Meter Dash	26,50	NT		25,30	
49 Joseph, Jacqueline - Female - Age: 71 - Comp#: 2171 - SPARTAN HARRIERS					
#4 W70 5000 Meter Race Walk	43:47,00	NT		42:04,44	
50 Julie, Merlin - Male - Age: 60 - Comp#: 478 - SOUTH PENINSULA					
#21 M60 800 Meter Run	2:44,00	NT		2:32,16	
51 Kammies, Morne - Male - Age: 34 - Comp#: 2807 - SANLAM AC					
#2 M30 5000 Meter Run	17:30,00	NT		16:05,23	
#34 M30 1500 Meter Run	4:34,00	NT		4:16,36	
52 Keza, Stephane - Male - Age: 33 - Comp#: 363 - IND					
#37 M30 400 Meter Dash	56,00	NT		53,80	



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53 Knobel, Heleen - Female - Age: 55 - Comp#: 774 - SWD					
#3 W55 Hammer Throw	23,30m	ND		37,36m	
#9 W55 Shot Put	7,60m	ND		9,93m	
#22 W55 Discus Throw	19,90m	ND		28,68m	
#35 W55 Javelin Throw	19,50m	ND		26,28m	
#39 W55 Weight Throw	8,70m	ND		12,83m	
#41 W55 Throws Pentathlon	2880	NP		3959	
54 Kretzinger, Dale - Male - Age: 34 - Comp#: 16591 - BORN TO RUN AC					
#2 M30 5000 Meter Run	17:30,00	NT		16:17,14	
55 La Grange, Rachele - Female - Age: 32 - Comp#: 1871 - BELLVILLE AC					
#3 W30 Hammer Throw	29,00m	ND		31,78m	
#9 W30 Shot Put	8,50m	ND		9,43m	
#22 W30 Discus Throw	27,00m	ND		28,53m	
#35 W30 Javelin Throw	26,00m	ND		33,72m	
56 Lamara, Zain - Male - Age: 60 - Comp#: 1860 - BELLVILLE AC					
#17 M60 Shot Put	10,00m	ND		10,53m	
57 Lindsay, Robbie - Male - Age: 66 - Comp#: 766 - NEDBANK WP					
#2 M65 5000 Meter Run	23:30,00	NT		20:21,96	
#34 M65 1500 Meter Run	6:23,00	NT		5:42,95	
58 Louw, Vian - Male - Age: 35 - Comp#: 487 - SWD					
#27 M35 400 Long Hurdles	1:07,00	NT		58,60	
59 Mallin, Ezette - Female - Age: 39 - Comp#: 503 - VARCITY OLD BOYS					
#9 W35 Shot Put	8,20m	ND		9,70m	
#22 W35 Discus Throw	26,10m	ND		28,51m	
60 Mawinbo, John - Male - Age: 35 - Comp#: - PINELANDS AC					
#37 M35 400 Meter Dash	57,00	NT		56,73	
61 Michaels, Fabian - Male - Age: 36 - Comp#: 468 - MATIES					
#30 M35 Discus Throw	32,00m	ND		32,31m	
62 Myburgh, Johan - Male - Age: 59 - Comp#: 1847 - BELLVILLE AC					
#29 M55 100 Meter Dash	14,00	NT		13,11	
63 Nel-Sunderland, Sharon - Female - Age: 49 - Comp#: 810 - NEDBANK WP					
#1 W45 5000 Meter Run	23:10,00	NT		20:45,29	
64 Norton, Margaret - Female - Age: 81 - Comp#: 2182 - SPARTAN HARRIERS					
#4 W80 5000 Meter Race Walk	52:16,00	NT		44:00,25	
65 Ntutu, Jonathan - Male - Age: 35 - Comp#: 1084 - TYGERBERG AC					
#29 M35 100 Meter Dash	12,20	NT		11,37	
66 Pick, Tony - Male - Age: 52 - Comp#: 350 - PINELANDS AC					
#21 M50 800 Meter Run	2:27,00	NT		2:18,40	
#37 M50 400 Meter Dash	1:02,00	NT		58,83	
67 Pietersen, Alletta - Female - Age: 60 - Comp#: 119 - SA POLICE SER AC					
#35 W60 Javelin Throw	17,50m	ND		24,59m	
68 Pretorius, Piet - Male - Age: 71 - Comp#: 1851 - BELLVILLE AC					
#5 M70 5000 Meter Race Walk	38:42,00	NT		30:20,11	
69 Race, Anne - Female - Age: 53 - Comp#: 2153 - SPARTAN HARRIERS					
#4 W50 5000 Meter Race Walk	35:12,00	NT		34:59,27	
70 Reid, Peggy - Female - Age: 84 - Comp#: 2137 - SPARTAN HARRIERS					
#4 W80 5000 Meter Race Walk	52:16,00	NT		46:28,54	



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71 Roux, Isabel - Female - Age: 68 - Comp#: 13282 - BELLVILLE AC #4 W65 5000 Meter Race Walk	41:09,00	NT		38:52,19	
72 Ruppert, Max - Male - Age: 60 - Comp#: 3003 - STRAND AC #2 M60 5000 Meter Run	21:30,00	NT		19:15,45	
73 Sandi, Fundiswa - Female - Age: 40 - Comp#: 377 - RAVENSMEAD #4 W40 5000 Meter Race Walk	32:34,00	NT		29:37,30	
74 Schipper, Mary - Female - Age: 74 - Comp#: 13278 - BELLVILLE AC #4 W70 5000 Meter Race Walk	43:47,00	NT		38:16,00	
75 Serafin, Luke - Male - Age: 32 - Comp#: 2595 - ATLANTIC ATHLETI #2 M30 5000 Meter Run	17:30,00	NT		16:41,27	
76 Sewanyana, Jason - Male - Age: 39 - Comp#: 484 - TYGERBERG AC #32 M35 Triple Jump	11,60m	ND		13,62m	
#37 M35 400 Meter Dash	57,00	NT		55,08	
77 Smith, Rachelle - Female - Age: 34 - Comp#: 2576 - ATLANTIC ATHLETI #1 W30 5000 Meter Run	21:50,00	NT		19:07,77	
78 Solomons, Anthony - Male - Age: 50 - Comp#: 1237 - DCS DRAKENSTEIN #16 M50 200 Meter Dash	27,50	NT		26,20	
#29 M50 100 Meter Dash	13,40	NT		12,88	
79 Stoffberg, Tertia - Female - Age: 67 - Comp#: 1840 - BELLVILLE AC #3 W65 Hammer Throw	18,00m	ND		20,46m	
#39 W65 Weight Throw	8,30m	ND		8,92m	
80 Swartz, Quintin - Male - Age: 46 - Comp#: 469 - TITANS #21 M45 800 Meter Run	2:22,00	NT		2:19,01	
#34 M45 1500 Meter Run	4:58,00	NT		4:50,64	
81 Terblanche, Anel - Female - Age: 34 - Comp#: 734 - NEDBANK WP #1 W30 5000 Meter Run	21:50,00	NT		16:57,86	
82 Theron, Barend - Male - Age: 32 - Comp#: 488 - LAWNDLE #17 M30 Shot Put	11,50m	ND		12,09m	
#30 M30 Discus Throw	33,00m	ND		34,26m	
#40 M30 Weight Throw	11,50m	ND		11,56m	
#42 M30 Throws Pentathlon	2100	NP		2348	
83 Thompson, Armond - Male - Age: 67 - Comp#: 2221 - SPARTAN HARRIERS #5 M65 5000 Meter Race Walk	36:04,00	NT		34:59,24	
84 Toll, Michael - Male - Age: 57 - Comp#: 1945 - ITHEKO AC #16 M55 200 Meter Dash	28,90	NT		28,29	
#29 M55 100 Meter Dash	14,00	NT		13,35	
85 Tregonning, Rushdah - Female - Age: 46 - Comp#: 3667 - HEWAT #15 W45 200 Meter Dash	32,00	NT		30,16	
#28 W45 100 Meter Dash	15,30	NT		14,45	
#36 W45 400 Meter Dash	1:15,00	NT		1:13,22	
86 van de Vyver, Daniel - Male - Age: 56 - Comp#: 7178 - TOPFORM AC #16 M55 200 Meter Dash	28,90	NT		24,95	
87 van den Berg, Gideon - Male - Age: 65 - Comp#: 360 - WHALERS AC #5 M65 5000 Meter Race Walk	36:04,00	NT		34:53,81	
88 Van Der Walt, Tjaart - Male - Age: 43 - Comp#: 2578 - ATLANTIC ATHLETI #2 M40 5000 Meter Run	18:00,00	NT		16:50,68	
#34 M40 1500 Meter Run	4:48,00	NT		4:45,72	



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89 Van der Westhuizen, Edwill - Male - Age: 43 - Comp#: 384 - BELLVILLE AC					
#17 M40 Shot Put	10,40m	ND		13,25m	
#30 M40 Discus Throw	31,30m	ND		37,04m	
#40 M40 Weight Throw	10,80m	ND		11,34m	
90 Van Rooyen, Christo - Male - Age: 44 - Comp#: 2941 - BOXER					
#2 M40 5000 Meter Run	18:00,00	NT		16:42,45	
91 Venter, Peet - Male - Age: 71 - Comp#: - TYGERBERG AC					
#38 M70 Javelin Throw	25,80m	ND		29,65m	
92 Vey, Hildegard - Female - Age: 79 - Comp#: 477 - VARCITY OLD BOYS					
#4 W75 5000 Meter Race Walk	46:48,00	NT		41:58,43	
93 Wagenheim, Mark - Male - Age: 65 - Comp#: 2574 - ATLANTIC ATHLETI					
#2 M65 5000 Meter Run	23:30,00	NT		23:21,05	
94 Wiener, Shukri - Male - Age: 39 - Comp#: 232 - PINELANDS AC					
#17 M35 Shot Put	10,90m	ND		11,92m	
#30 M35 Discus Throw	32,00m	ND		32,02m	
#40 M35 Weight Throw	11,10m	ND		12,80m	
#42 M35 Throws Pentathlon	2180	NP		2594	
95 Williams, Gail - Female - Age: 63 - Comp#: 2158 - SPARTAN HARRIERS					
#4 W60 5000 Meter Race Walk	38:48,00	NT		34:50,01	
96 Young, Tyrone - Male - Age: 38 - Comp#: 289 - PINELANDS AC					
#38 M35 Javelin Throw	42,00m	ND		47,03m	



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