

Leo Benning Meeting No 2 - 12 February 2022 - 2022/02/12**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 100 Meter Dash**

40 SA Record: N 11,94 2014/04/24 Adri Schoeman, AGN
 40 WP Record: P 13,30 2011/10/08 Beverley Figland
 13,47 40 SA Nat colours std
 14,80 40 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
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Finals

1 # 5606 Van Rensburg, Elm	W44	BELLVILLE AC	16,40	1.6	15,66 67,01%
2 # 5278 Sutton, Natasha	W44	TYGERBERG AC	16,53	1.6	15,79 66,49%
3 # 5306 Genis, Tanya	W42	TYGERBERG AC	16,75	1.6	16,00 65,61%

W45 100 Meter Dash

45 SA Record: N 12,50 1994/10/15 Gail van Niekerk, CGA
 45 WP Record: P 13,20 Yvonne de Wit
 13,83 45 SA Nat colours std
 15,30 45 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
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1 # 3667 Tregonning, Rushd	W47	HEWAT ATH CLUB	14,32 WPS	1.6	13,17 79,68%
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W50 100 Meter Dash

50 SA Record: N 12,31 2019/04/30 Charmain Barnard, AGN
 50 WP Record: P 13,70 Yvonne de Wit
 14,40 50 SA Nat colours std
 16,10 50 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
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1 # 3926 Vladescu, Ester	W52	HELDERBERG HARRIERS	16,80	1.6	14,86 70,60%
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W85 100 Meter Dash

85 SA Record: N 21,95 2016/04/02 Christi du Plooy, CGA
 26,00 85 SA Nat colours std
 29,00 85 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
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1 # 1085 Johnson, Magdalen	W85	TYGERBERG AC	22,79 SA	1.6	13,13 79,90%
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M30 100 Meter Dash

30 SA Record: N 10,50 Eric Essman, CGA
 30 WP Record: P 11,09 2016/01/16 Jonathan Dreyer
 12,00 30 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
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1 # 465 Pascal, Udu	M33	TYGERBERG AC	12,12	+0.0	12,13 80,78%
2 # 5603 Steenkamp, Theodo	M33	BELLVILLE AC	13,50	+0.0	13,51 72,52%



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Leo Benning Meeting No 2 - 12 February 2022 - 2022/02/12**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M35 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
35 SA Record: N 10,30 E. Jeffreys, KZN					
35 WP Record: P 10,95 2019/03/23 Jonathan Dreyer					
11,34 35 SA Nat colours std					
12,20 35 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 1084 Ntutu, Jonathan	M36	TYGERBERG AC	11,37 WPS	+0.0	11,23 87,25%

M40 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
40 SA Record: N 10,70 Stan Wald, CGA					
40 WP Record: P 11,13 2018/04/27 Ricardo Mentoor					
11,70 40 SA Nat colours std					
12,60 40 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 5608 Dreyer, Jonathan	M40	ITHEKO AC	11,33 SA	+0.0	10,86 90,20%
2 # 1861 Mentoor, Ricardo	M44	BELLVILLE AC	11,73 WPS	+0.0	11,24 87,13%

M45 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
45 SA Record: N 11,10 Stan Wald, CGA					
45 WP Record: P 11,51 2012/03/31 Johan Uys					
12,05 45 SA Nat colours std					
13,00 45 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 1838 Bothma, Rupert	M47	BELLVILLE AC	13,46	+0.0	12,51 78,31%
2 # 4469 Louw, Pieter	M47	CAPE MULTI-SPORT	14,77	+0.0	13,72 71,36%

M50 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 11,70 Stan Wald, CGA					
50 WP Record: P 12,16 Basil Carnie					
12,17 50 SA Nat colours std					
13,40 50 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 Cloete, John	M50	BELLVILLE AC	12,44 WPS	1.1	11,20 87,46%
2 # 1650 Russell, Scott	M53	CAPE PEN UNIVERS	13,29 WPS	1.1	11,96 81,87%
3 # 1237 Solomons, Anthony	M51	DCS DRAKENSTEIN	14,88	1.1	13,39 73,12%

M55 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
55 SA Record: N 11,80 T. George					
55 WP Record: P 12,06 2011/04/09 Joseph Warriess					
12,52 55 SA Nat colours std					
14,00 55 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 1945 Toll, Michael	M57	ITHEKO AC	13,27 WPS	1.1	11,56 84,78%



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Leo Benning Meeting No 2 - 12 February 2022 - 2022/02/12**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
65 SA Record: N 13,10		A. van Zyl, KZN			
65 WP Record: P 13,44	2021/04/10	Joseph Warriess			
13,73		65 SA Nat colours std			
15,40		65 WPS WP Colours Standard			
1 # 2402 Deetlefs, Pietie	M69	BELLVILLE AC	14,71 WPS	1.1	11,94 82,05%

M70 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
70 SA Record: N 12,90		F.P. Reid, CGA			
70 WP Record: P 13,92		Ron Cross			
14,43		70 SA Nat colours std			
16,20		70 WPS WP Colours Standard			
1 # 5307 Bester, Jannie	M70	INDIVIDUAL ENTRY	17,30	1.1	13,47 72,72%

W40 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
40 SA Record: N 24,46	2014/04/26	Adri Schoeman, AGN			
40 WP Record: P 26,50		Koba Bellingan			
27,72		40 SA Nat colours std			
31,00		40 WPS WP Colours Standard			
1 # 5278 Sutton, Natasha	W44	TYGERBERG AC	36,39	0.8	34,00 62,76%

W45 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
45 SA Record: N 25,41	2021/03/06	Shona Hutchinson, KZN			
45 WP Record: P 27,30		Anne McKenzie			
28,84		45 SA Nat colours std			
32,00		45 WPS WP Colours Standard			
1 # 3667 Tregonning, Rushd	W47	HEWAT ATH CLUB	30,42 WPS	0.8	27,33 78,11%
2		Matiwane, Busiswe	37,46	0.8	33,65 63,43%

W50 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 26,95	2010/02/20	Ronel Beukes, BOL			
50 WP Record: P 28,30		Y de Witt			
30,27		50 SA Nat colours std			
33,50		50 WPS WP Colours Standard			
1 # 3926 Vladescu, Ester	W52	HELDERBERG HARRIERS	35,45	0.8	30,57 69,82%



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Name	Age	Team	Finals	Wind	Age-Grading
65 SA Record: N 30,92 2012/03/31 Toy Ungerer, SWD					
65 WP Record: P 34,00 Isabel Hofmeyr					
36,91 65 SA Nat colours std					
41,30 65 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 2167 Riviera, Joy	W67	SPARTAN HARRIERS AC	43,79	0.8	33,03 64,60%

W85 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
85 SA Record: N 51,20 2006/04/02 Christi du Plooy, CGA					
56,00 85 SA Nat colours std					
1:03,00 85 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 1085 Johnson, Magdalen	W85	TYGERBERG AC	57,57 WPS	0.8	28,40 75,16%

M30 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
30 SA Record: N 21,20 E. Essman, CGA					
30 WP Record: P 21,78 2021/05/29 Roscoe Engel					
24,50 30 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 465 Pascal, Udu	M33	TYGERBERG AC	25,17	1.4	25,18 76,76%
2 # 5603 Steenkamp, Theodo	M33	BELLVILLE AC	28,04	1.4	28,05 68,90%

M35 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
35 SA Record: N 21,20 E Jeffreys, KZN					
35 WP Record: P 22,22 2017/10/21 Jonathan Dreyer					
22,90 35 SA Nat colours std					
25,00 35 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 1084 Ntutu, Jonathan	M36	TYGERBERG AC	23,05 WPS	1.4	22,68 85,21%

M40 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
40 SA Record: N 22,00 Stan Wald, CGA					
40 WP Record: P 22,65 2018/03/24 Ricardo Mentoer					
23,42 40 SA Nat colours std					
25,50 40 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 5608 Dreyer, Jonathan	M40	ITHEKO AC	22,69 SA	1.4	21,64 89,29%
2 # 1861 Mentoer, Ricardo	M44	BELLVILLE AC	23,19 SA	1.4	22,12 87,37%
3 # 1888 Le Grange, Jacobu	M41	BELLVILLE AC	25,49 WPS	1.4	24,31 79,48%



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45 SA Record: N 22,90 Stan Wald, CGA
 45 WP Record: P 23,89 2017/05/18 Marius Basson
 24,22 45 SA Nat colours std
 26,50 45 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 1838 Bothma, Rupert	M47	BELLVILLE AC	26,86	1.6	24,81 77,89%
2 # 4469 Louw, Pieter	M47	CAPE MULTI-SPORT	30,10	1.6	27,80 69,50%

M50 200 Meter Dash

50 SA Record: N 23,29 Stan Wald, CGA
 50 WP Record: P 24,79 Basil Carnie
 25,00 50 SA Nat colours std
 27,50 50 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 Cloete, John	M50	BELLVILLE AC	25,30 WPS	1.6	22,61 85,49%
2 # 1237 Solomons, Anthony	M51	DCS DRAKENSTEIN	26,79 WPS	1.6	23,94 80,74%
3 Forntein, Maurice	M51	DCS DRAKENSTEIN	28,12	1.6	25,13 76,92%

M65 200 Meter Dash

65 SA Record: N 26,99 Monty Hacker, CGA
 65 WP Record: P 27,78 2021/11/20 Joseph Warriies
 28,40 65 SA Nat colours std
 32,00 65 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 2402 Deetlefs, Pietie	M69	BELLVILLE AC	31,74 WPS	1.6	25,42 76,02%

W30 400 Meter Dash

30 SA Record: N 55,99 2005/02/18 S Hutchinson, KZN
 30 WP Record: P 58,25 2019/04/05 Kobie Griffiths
 1:07,00 30 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 865 Makochekanwa, Eve	W33	NEDBANK WP	1:11,01	1:11,02 67,03%

W35 400 Meter Dash

35 SA Record: N 56,00 1965/07/20 Anne McKenzie, CGA
 35 WP Record: P 58,51 2018/03/16 Mandie Brandt
 1:02,08 35 SA Nat colours std
 1:09,00 35 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 Van Rensburg, Mari	W37	PAROW AC	1:22,81	1:21,15 58,66%



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W40 400 Meter Dash

40 SA Record: N 56,30 1967/10/28 Anne McKenzie, CGA
 40 WP Record: P 56,50 Anne McKenzie
 1:04,00 40 SA Nat colours std
 1:12,00 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Miske, Mirjam	W42 TYGERBERG AC	1:20,24	1:15,36 63,17%

W45 400 Meter Dash

45 SA Record: N 58,43 2020/02/15 S Hutchinson, KZN
 45 WP Record: P 1:00,50 Anne McKenzie
 1:06,50 45 SA Nat colours std
 1:15,00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Matiwane, Busiswe	W46 NEDBANK WP	1:17,82	1:09,91 68,09%

W50 400 Meter Dash

50 SA Record: N 1:01,14 7/2011 Elaine Pretorius, AGN
 50 WP Record: P 1:03,20 Anne McKenzie
 1:09,52 50 SA Nat colours std
 1:18,00 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 3926 Vladescu, Ester	W52 HELDERBERG HARRIERS	1:14,44 WPS	1:03,84 74,57%

M40 400 Meter Dash

40 SA Record: N 49,70 Leon Hacker, CGA
 40 WP Record: P 50,38 2011/04/09 Shawn Abrahams
 52,41 40 SA Nat colours std
 58,00 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading H#
1 # 1888 Le Grange, Jacobu	M41 BELLVILLE AC	58,53	54,75 78,87% 2

M45 400 Meter Dash

45 SA Record: N 51,07 9/2018 Spencer Moraope, NWN
 45 WP Record: P 52,44 2017/05/18 Marius Basson
 54,44 45 SA Nat colours std
 1:00,00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading H#
1 Bezuidenhout, Roge	M48 INDIVIDUAL ENTRY	1:00,96	55,20 78,23% 2



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Name	Age Team	Finals	Age-Grading	H#
50 SA Record: N 52,50	Miloje Crujic, CGA			
50 WP Record: P 55,70	J. Swiegers			
56,36	50 SA Nat colours std			
1:02,00	50 WPS WP Colours Standard			
1 # 5275 Van Zyl, Oloff	M52 SEVENOAKS AC	58,80 WPS	51,48 83,89%	1
2 # 1650 Russell, Scott	M53 CAPE PEN UNIVERS	1:01,34 WPS	53,70 80,42%	1
3 Forntein, Maurice	M51 DCS DRAKENSTEIN	1:02,63	54,83 78,76%	2

M60 400 Meter Dash

Name	Age Team	Finals	Age-Grading
60 SA Record: N 55,53	Miloje Crujic, CGA		
60 WP Record: P 1:01,41	2017/05/18 Joseph Warriess		
1:01,66	60 SA Nat colours std		
1:09,00	60 WPS WP Colours Standard		
1 # 5604 Omar, Nassar	M63 INDIVIDUAL ENTRY	1:11,89	58,62 73,67%

M65 400 Meter Dash

Name	Age Team	Finals	Age-Grading
65 SA Record: N 59,52	A. van Zyl, KZN		
65 WP Record: P 1:03,44	2021/04/10 Joseph Warriess		
1:05,36	65 SA Nat colours std		
1:13,00	65 WPS WP Colours Standard		
1 Rhoda, Keith	M65 CARBINEERS ATH CLUB	1:13,44	57,55 75,03%

M70 400 Meter Dash

Name	Age Team	Finals	Age-Grading
70 SA Record: N 1:04,16	Lucas Nel, KZN		
70 WP Record: P 1:11,70	N. Sharpley		
1:11,06	70 SA Nat colours std		
1:20,00	70 WPS WP Colours Standard		
1 April, Niklaas	M70 INDIVIDUAL ENTRY	1:28,97	1:06,38 65,06%

W35 800 Meter Run

Name	Age Team	Finals	Age-Grading
35 SA Record: N 2:08,00	1965/07/15 Anne McKenzie, CGA		
35 WP Record: P 2:11,34	2018/02/03 Mandie Brandt		
2:29,00	35 SA Nat colours std		
2:45,00	35 WPS WP Colours Standard		
1 # 2915 Lepati, Emmeranth	W38 ELSIESRIVIER RUN	2:40,81 WPS	2:40,03 70,79%
2 Van Rensburg, Mari	W37 PAROW AC	2:46,85	2:46,04 68,23%



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Name	Age Team	Finals	Age-Grading
50 SA Record: N 2:21,43	9/2018	Salome Vermeulen, AGN	
50 WP Record: P 2:23,10		Anne McKenzie	
2:42,00	50 SA Nat colours std		
3:00,00	50 WPS WP Colours Standard		
1 # 3926 Vladescu, Ester	W52 HELDERBERG HARRIERS	3:30,74	3:03,54 61,72%

M35 800 Meter Run

Name	Age Team	Finals	Age-Grading
35 SA Record: N 1:49,40		Deon Brummer, AGN	
35 WP Record: P 1:53,78		Johan Landsman	
2:00,00	35 SA Nat colours std		
2:14,00	35 WPS WP Colours Standard		
1 # 2909 Mdwangu, Sandile	M37 ITHEKO AC	2:13,05 WPS	2:11,95 76,63%
2 # 5636 Titus, Brandon	M35 ITHEKO AC	2:30,83	2:29,58 67,60%

M40 800 Meter Run

Name	Age Team	Finals	Age-Grading
40 SA Record: N 1:55,80		S. Ditsele	
40 WP Record: P 1:56,52		T. Brown	
2:01,00	40 SA Nat colours std		
2:16,00	40 WPS WP Colours Standard		
1 # 2941 Van Rooyen, Chris	M44 BOXER WP ATH CLUB	2:13,24 WPS	2:07,38 79,38%

M45 800 Meter Run

Name	Age Team	Finals	Age-Grading
45 SA Record: N 1:58,10	2019/11/09	Spence Moraope, NWN	
45 WP Record: P 1:59,09		T. Brown	
2:07,00	45 SA Nat colours std		
2:22,00	45 WPS WP Colours Standard		
1 Swartz, Quintin	M47 TITANS	2:16,75 WPS	2:05,86 80,34%
2 Oosthuizen, Marius	M45 INDIVIDUAL ENTRY	2:17,89 WPS	2:06,91 79,68%
3 Bezuidenhout, Roge	M48 INDIVIDUAL ENTRY	2:24,21	2:12,72 76,19%
4 # 2892 Juries, Chubasco	M46 ITHEKO AC	2:40,52	2:27,73 68,45%

M50 800 Meter Run

Name	Age Team	Finals	Age-Grading
50 SA Record: N 2:01,86		Len Claassen, AGN	
50 WP Record: P 2:09,45		Vince O'Donoghue	
2:11,00	50 SA Nat colours std		
2:27,00	50 WPS WP Colours Standard		
1 # 750 Cooper, Andrew	M54 NEDBANK WP	2:26,55 WPS	2:09,66 77,99%



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55 SA Record: N 2:03,70 2001/12/01 Stan Immelman, CGA
 55 WP Record: P 2:12,72 2019/05/02 Thobias Philander
 2:18,00 55 SA Nat colours std
 2:35,00 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2917 Philander, Tobias	M57 ELSIESRIVIER RUN	2:24,39 WPS	2:02,59 82,48%

M60 800 Meter Run

60 SA Record: N 2:16,49 7/2011 Len Claassen, AGN
 60 WP Record: P 2:20,58 2021/11/13 R. Hugo
 2:26,00 60 SA Nat colours std
 2:44,00 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5604 Omar, Nassar	M63 INDIVIDUAL ENTRY	3:00,85	2:27,09 68,74%

M65 800 Meter Run

65 SA Record: N 2:26,15 10/2016 Len Claassen, AGN
 65 WP Record: P 2:38,65 2021/02/27 Robbie Lindsay
 2:40,00 65 SA Nat colours std
 2:58,00 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Rhoda, Keith	M65 CARBINEERS ATH CLUB	2:57,57 WPS	2:18,08 73,23%

M70 800 Meter Run

70 SA Record: N 2:31,71 2008/04/25 Ken Nurden, AGN
 70 WP Record: P 2:52,93 2015/11/14 Richard Osrin
 2:50,00 70 SA Nat colours std
 3:10,00 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 April, Niklaas	M70 INDIVIDUAL ENTRY	3:53,60	2:53,34 58,33%

W40 1500 Meter Run

40 SA Record: N 4:36,00 1967/07/20 Anne McKenzie, CGA
 40 WP Record: P 4:43,87 Athalie van Beuge
 5:05,00 40 SA Nat colours std
 5:57,00 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 135 Mqgoboka, Nobuntu	W43 GUGULETHU AC	7:22,08	6:58,08 55,61%



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35 SA Record: N 3:54,04	Deon Brummer, AGN		
35 WP Record: P 3:54,04	Johan Landsman		
4:00,00	35 SA Nat colours std		
4:41,00	35 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading
1 # 2807 Kammies, Morne	M35 SANLAM AC	4:18,68 WPS	4:16,43 80,33%

M45 1500 Meter Run

45 SA Record: N 4:03,13	Terence Brown, KZN		
45 WP Record: P 4:03,13	Terence Brown		
4:15,00	45 SA Nat colours std		
4:58,00	45 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading
1 Gibson, Michael	M45 FISHHOEK AC	4:27,96 WPS	4:04,52 84,25%
2 Swartz, Quintin	M47 TITANS	4:55,36 WPS	4:29,52 76,43%
3 # 3591 Bailey, Jason	M45 GROOT CONSTANTIA	4:56,95 WPS	4:30,97 76,02%
4 # 2892 Juries, Chubasco	M46 ITHEKO AC	5:18,35	4:50,50 70,91%

M50 1500 Meter Run

50 SA Record: N 4:18,94	2004/02/20 Sean Rice, CGA		
50 WP Record: P 4:23,75	2018/02/17 Thobias Philander		
4:29,00	50 SA Nat colours std		
5:15,00	50 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading
1 # 750 Cooper, Andrew	M54 NEDBANK WP	4:55,45 WPS	4:17,96 79,86%

M55 1500 Meter Run

55 SA Record: N 4:32,40	Sybrand Mostert, WPA		
55 WP Record: P 4:32,40	Stefanus Mostert		
4:41,00	55 SA Nat colours std		
5:29,00	55 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading
1 # 2917 Philander, Tobias	M57 ELSIESRIVIER RUN	5:02,80 WPS	4:12,45 81,60%

W40 5000 Meter Run

40 SA Record: N 17:54,40	2001/07/04 D. Sandford, SWD		
40 WP Record: P 18:14,70	2018/03/10 Simae Bulelwa		
19:14,00	40 SA Nat colours std		
22:30,00	40 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading
1 # 588 Dayeni, Philiswa	W42 VARSITY OLD BOYS AC	21:45,19 WPS	21:15,83 67,77%



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Name	Age	Team	Finals	Age-Grading
50 SA Record: N 18:55,90	1993/05/07	J. Hann		
50 WP Record: P 18:55,90		J. Hann		
20:39,00	50 SA Nat colours std			
24:00,00	50 WPS WP Colours Standard			
1 Van Rensburg, Tana	W51	ATLANTIC ATHLETI	21:56,68 WPS	19:08,81 75,27%
2 # 2570 Davis, Lynn	W53	ATLANTIC ATHLETI	23:30,51 WPS	20:30,68 70,26%
3 # 3926 Vladescu, Ester	W52	HELDERBERG HARRIERS	28:25,29	24:47,87 58,12%

W65 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
65 SA Record: N 22:43,00	2014/04/26	L. Ruickbie, CGA		
65 WP Record: P 23:38,50		Jane Geldenhuys		
26:00,00	65 SA Nat colours std			
30:20,00	65 WPS WP Colours Standard			
1 # 252 Will, Nancy	W69	PINELANDS AC	23:48,75 SA	17:30,57 82,31%

M30 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
30 SA Record: N 14:16,25	2002/05/04	M. Nobanda		
30 WP Record: P 15:20,80		W. Visser		
17:30,00	30 WPS WP Colours Standard			
1 Beja, Siseko	M31	GUGULETHU AC	17:20,28 WPS	17:20,29 72,77%
2 October, Faizel	M34	ITHEKO AC	17:46,70	17:46,71 70,97%

M35 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
35 SA Record: N 14:15,10		H. Lekgangane		
35 WP Record: P 14:56,42		J. September		
15:10,00	35 SA Nat colours std			
17:45,00	35 WPS WP Colours Standard			
1 # 2807 Kammies, Morne	M35	SANLAM AC	15:45,29 WPS	15:45,30 80,08%
2 Gelem, Phumezo	M36	EASTERN KRAAIFON	18:39,78	18:39,79 67,60%
3 # 2661 Ockhuis, Garron	M36	GOODWOOD HARRIERS	18:50,27	18:50,28 66,98%

M40 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
40 SA Record: N 15:06,30		Brian Mather		
40 WP Record: P 15:06,30		B Mather		
15:22,00	40 SA Nat colours std			
18:00,00	40 WPS WP Colours Standard			
1 # 830 Broers, Neil	M40	NEDBANK WP	17:09,51 WPS	16:33,59 76,19%



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45 SA Record: N 15:19,68			Steve Hollier, CGA		
45 WP Record: P 15:19,68			S. Hollier		
	16:07,00	45 SA Nat colours std			
	18:50,00	45 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 2892 Juries, Chubasco	M46	ITHEKO AC	19:23,84	18:02,61	69,92%

M50 5000 Meter Run

50 SA Record: N 16:01,50	2003		Sean Rice, CGA		
50 WP Record: P 16:37,76			S. Hollier		
	16:31,00	50 SA Nat colours std			
	19:25,00	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 750 Cooper, Andrew	M54	NEDBANK WP	17:47,77 WPS	15:55,98	79,19%
2 # 728 Clark, Adam	M50	NEDBANK WP	18:29,92 WPS	16:33,72	76,18%

M55 5000 Meter Run

55 SA Record: N 16:54,76			Sybrand Mostert, WPA		
55 WP Record: P 16:54,60			Stefanus Mostert		
	17:33,00	55 SA Nat colours std			
	20:40,00	55 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 2568 Kelly, Percy	M57	ATLANTIC ATHLETI	19:10,04 WPS	16:29,50	76,50%
2 # 938 Grobbelaar, Johan	M59	NEDBANK SWD	19:24,96 WPS	16:42,34	75,52%

M60 5000 Meter Run

60 SA Record: N 17:50,60			GW Loedolff, AGN		
60 WP Record: P 19:03,08			Stefanus Mostert		
	18:21,00	60 SA Nat colours std			
	21:30,00	60 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 Isaacs, Kevin	M62	TOPFORM AC	20:34,50 WPS	16:59,09	74,28%

M65 5000 Meter Run

65 SA Record: N 18:25,70			GW Loedolff, AGN		
65 WP Record: P 19:29,59			Stefanus Mostert		
	20:03,00	65 SA Nat colours std			
	23:30,00	65 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 2574 Wagenheim, Mark	M65	ATLANTIC ATHLETI	21:42,33 WPS	17:07,80	73,65%



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70 SA Record: N 19:40,94 2006/03/25 Ken Nurden, AGN
 70 WP Record: P 21:53,10 2013/11/16 Peter Donald
 21:43,00 70 SA Nat colours std
 25:30,00 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Collier, Brian	M72 ATLANTIC ATHLETI	23:26,38 WPS	17:31,98 71,96%
2 # 2968 Naude, Alan	M72 STRAND AC	24:36,46 WPS	18:24,40 68,54%

M75 5000 Meter Run

75 SA Record: N 21:30,10 2010/04/30 Ken Nurden, AGN
 75 WP Record: P 26:08,90 2013/03/16 Bub Evans
 25:02,00 75 SA Nat colours std
 29:30,00 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5259 Donald, Peter	M79 WEST COAST AC	28:43,19 WPS	20:02,45 62,96%

M50 100 Short Hurdles

50 SA Record: N 14,75 C Truter, WPA
 50 WP Record: P 14,75 C. Truter
 16,50 50 SA Nat colours std
 19,30 50 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 # 1650 Russell, Scott	M53 CAPE PEN UNIVERS	16,64 WPS	-1.1	15,99 80,77%

M50 400 Long Hurdles

50 SA Record: N 1:01,29 2004/03/25 J. Swiegers
 50 WP Record: P 1:01,29 J. Swiegers
 1:06,36 50 SA Nat colours std
 1:14,50 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	1:31,70	1:19,93 58,53%

W40 High Jump

40 SA Record: N 1,70m 2007/02/02 Dinah Heymans, FSA
 40 WP Record: P 1,30m H Lotter
 1,42m 40 SA Nat colours std
 1,27m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5606 Van Rensburg, Elm	W44 BELLVILLE AC	1,20mN	1,32m 63,49%
1 # 5306 Genis, Tanya	W42 TYGERBERG AC	1,20mN	1,32m 63,49%



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50 SA Record: N 1,53m 2017/04/01 Dinah Heymans, FSA

50 WP Record: P 1,28m 2013/04/26 Jackie Basson

1,28m 50 SA Nat colours std

1,15m 50 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 137 Lategan, Jill	W50	GOODWOOD HARRIERS	1,20mNWPS	1,47m 70,18%

W55 High Jump

55 SA Record: N 1,32m 2021/04/10 Suretha Deetlefs, BOL

55 WP Record: P 1,31m 2022/01/22 Suretha Deetlefs

1,22m 55 SA Nat colours std

1,09m 55 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 2401 Deetlefs, Suretha	W58	BELLVILLE AC	1,29mNSA	1,67m 80,12%

M35 High Jump

35 SA Record: N 2,01m J. Greyvenstein

35 WP Record: P 1,85m A. September

1,85m 35 SA Nat colours std

1,63m 35 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 126 Rix, Andre	M35	TITANS	1,41mP	1,44m 59,00%

M45 High Jump

45 SA Record: N 1,93m 2013/02/23 Johann Gutsche, CNW

45 WP Record: P 1,65m C.Carl

1,68m 45 SA Nat colours std

1,48m 45 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 2403 Du Plessis, Wille	M45	INDIVIDUAL ENTRY	1,20mN	1,32m 54,05%

M50 High Jump

50 SA Record: N 1,82m 2019/05/03 Johann Gutsche, CNW

50 WP Record: P 1,61m Leo Benning

1,61m 50 SA Nat colours std

1,41m 50 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 2404 Maree, Archibald	M50	BELLVILLE AC	1,50mNWPS	1,74m 71,09%
2 # 5226 Davids, Jerome	M50	SA POLICE SER AC	1,32mN	1,53m 62,56%



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40 SA Record: N 5,73m 2012/03/31 Charmain Barnard, AGN

40 WP Record: P 4,55m N Weideman

4,72m 40 SA Nat colours std

3,95m 40 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 5306 Genis, Tanya	W42	TYGERBERG AC	3,26m	NWI	3,61m 48,15%
2 # 5278 Sutton, Natasha	W44	TYGERBERG AC	3,25m	NWI	3,60m 48,01%

M45 Long Jump

45 SA Record: N 6,34m V. Häger, KZN

45 WP Record: P 5,65m Basil Carnie

5,80m 45 SA Nat colours std

4,85m 45 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 2403 Du Plessis, Wille	M45	INDIVIDUAL ENTRY	3,73m	NWI	4,30m 48,13%

M50 Long Jump

50 SA Record: N 6,18m J. van Rooyen

50 WP Record: P 5,94m Ron Cross

5,55m 50 SA Nat colours std

4,60m 50 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 5226 Davids, Jerome	M50	SA POLICE SER AC	4,56m	NWI	5,60m 62,64%
2 # 2404 Maree, Archibald	M50	BELLVILLE AC	4,36m	NWI	5,35m 59,89%

M70 Long Jump

70 SA Record: N 4,66m A van Zyl, KZN

70 WP Record: P 4,03m Leo Benning

4,00m 70 SA Nat colours std

3,30m 70 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 2111 Dreyer, Patrick	M72	SPARTAN HARRIERS AC	2,86m	NWI	4,71m 52,67%

M50 Triple Jump

50 SA Record: N 12,80m 10/2013 V. McBride, WPA

50 WP Record: P 11,90m 2013/03/16 Vincent McBride

11,43m 50 SA Nat colours std

10,00m 50 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
-- # 5226 Davids, Jerome	M50	SA POLICE SER AC	ND	NWI	



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35 SA Record: N 11,67m 2014/04/25 E Naude, FSA
 35 WP Record: P 12,03m 2018/03/10 Juanita Gerstner
 10,48m 35 SA Nat colours std
 8,20m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1879 Van Deventer, Hes	W39 BELLVILLE AC	9,75m WPS	10,10m 44,66%

W40 Shot Put

40 SA Record: N 11,92m M-L Uys, SWD
 40 WP Record: P 11,92m M. Uys
 10,23m 40 SA Nat colours std
 8,00m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1873 Compion, Maria	W41 BELLVILLE AC	8,51m WPS	9,44m 41,74%
2 # 5272 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	7,05m	7,82m 34,58%
3 # 5274 Kleynhans, Christ	W41 BELLVILLE AC	6,48m	7,19m 31,78%

W55 Shot Put

55 SA Record: N 11,13m M van As
 55 WP Record: P 10,64m Hester Schoonwinkel
 9,80m 55 SA Nat colours std
 7,60m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 774 Knobel, Heleen	W56 SWD	10,29mPSA	14,10m 62,33%
2 # 1021 Smit, Jackie	W58 PAARL AC	9,14m WPS	12,52m 55,36%

W60 Shot Put

60 SA Record: N 11,74m M van As
 60 WP Record: P 9,43m 2020/01/11 Farieda Dramat
 9,00m 60 SA Nat colours std
 7,00m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	9,18mPSA	13,78m 60,92%

W65 Shot Put

65 SA Record: N 10,63m M van As
 65 WP Record: P 8,55m 2019/01/12 Zelda Erasmus
 8,10m 65 SA Nat colours std
 6,30m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Griesel, Ronel	W69 WHALERS AC	7,51m WPS	12,46m 55,10%
2 # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	5,70m	9,46m 41,82%



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Leo Benning Meeting No 2 - 12 February 2022 - 2022/02/12**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W70 Shot Put**

70 SA Record: N 8,51m 2019/04/13 Helena Fourie, AGN
 70 WP Record: P 7,27m Susan Malherbe
 7,20m 70 SA Nat colours std
 5,60m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 775 Durandt, Marita	W71 SWD	6,84m WPS	12,69m 56,11%
2 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	5,91m WPS	10,96m 48,48%
3 # 5224 Roos, Leonora	W72 BELLVILLE AC	5,64m WPS	10,46m 46,27%

W75 Shot Put

75 SA Record: N 8,07m 2016/05/13 Penny England, AVT
 75 WP Record: P 5,95m 2021/04/10 Elize Grobbelaar
 6,50m 75 SA Nat colours std
 5,10m 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	6,01mPWPS	11,01m 48,66%

M35 Shot Put

35 SA Record: N 16,56m J Booysen Jr
 35 WP Record: P 12,96m 2017/10/28 Daniel Lewies
 14,00m 35 SA Nat colours std
 10,90m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5607 Van Der Walt, Ger	M37 INDIVIDUAL ENTRY	10,78m	11,18m 48,36%
2 # 5227 Michaels, Fabian	M37 STELLENBOSCH UNI AC	9,69m	10,05m 43,47%

M40 Shot Put

40 SA Record: N 18,52m 2018/02/03 Burger Lambrechts, AGN
 40 WP Record: P 14,01m T. Geldenhuys
 13,24m 40 SA Nat colours std
 10,40m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 232 Wiener, Shukri	M40 PINELANDS AC	11,63m WPS	12,95m 56,02%

M50 Shot Put

50 SA Record: N 17,09m 2016/06/11 Burton Haupt, AGN
 50 WP Record: P 13,09m 2013/03/16 Charl Barnard
 13,32m 50 SA Nat colours std
 10,40m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5275 Van Zyl, Oloff	M52 SEVENOAKS AC	9,22m	10,80m 46,73%
2 # 753 Isaacs, Duncan	M53 NEDBANK WP	6,98m	8,18m 35,38%



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55 SA Record: N 15,84m 10/2016 Burton Haupt, AGN
 55 WP Record: P 12,30m 2011/02/26 Anton Wale
 12,38m 55 SA Nat colours std
 9,70m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Simpson, Shaun	M59 NEDBANK WP	9,76m WPS	12,40m 53,63%

M60 Shot Put

60 SA Record: N 14,24m G Schirmer, BOL
 60 WP Record: P 14,24m Gunther Schirmer
 12,78m 60 SA Nat colours std
 10,00m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1860 Lamara, Zain	M61 BELLVILLE AC	9,98m	12,45m 53,89%
2 # 1022 Smit, Johan	M61 PAARL AC	9,54m	11,90m 51,51%

M65 Shot Put

65 SA Record: N 12,80m 2002/05/02 Andrzej Rzepecki, CGA
 65 WP Record: P 12,72m Gunther Schirmer
 11,33m 65 SA Nat colours std
 8,90m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5638 Wale, Anton	M69 PINELANDS AC	9,59m WPS	13,04m 56,44%

M70 Shot Put

70 SA Record: N 13,78m 2019/03/30 Derek Sterley, AGN
 70 WP Record: P 12,15m Ron Mitchell
 11,70m 70 SA Nat colours std
 9,20m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1843 Hough, Norman	M74 BELLVILLE AC	10,86m WPS	13,90m 60,17%

M85 Shot Put

85 SA Record: N 10,80m 2013/06/05 Borg Stannius, WPA
 85 WP Record: P 10,80m 2013/06/05 Borg Stannius
 7,50m 85 SA Nat colours std
 5,90m 85 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2477 Cross, Ronald	M88 BELLVILLE AC	7,58m SA	12,78m 55,29%



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Name	Age Team	Finals	Age-Grading
35 SA Record: N 55,01m	2014/04/25 E. Naude, AGN		
35 WP Record: P 38,26m	2018/02/17 Juanita Gerstner		
	33,50m 35 SA Nat colours std		
	26,10m 35 WPS WP Colours Standard		
1 # 1879 Van Deventer, Hes	W39 BELLVILLE AC	28,46m WPS	29,50m 38,42%

W40 Discus Throw

Name	Age Team	Finals	Age-Grading
40 SA Record: N 43,48m	R. Boshoff		
40 WP Record: P 31,61m	E. Niemand		
	32,85m 40 SA Nat colours std		
	25,60m 40 WPS WP Colours Standard		
1 # 1873 Compion, Maria	W41 BELLVILLE AC	21,48m	23,95m 31,18%
2 # 5274 Kleynhans, Christ	W41 BELLVILLE AC	17,09m	19,05m 24,81%
3 # 5272 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	17,02m	18,97m 24,71%

W55 Discus Throw

Name	Age Team	Finals	Age-Grading
55 SA Record: N 31,56m	L. Zimmerman		
55 WP Record: P 27,42m	Hester Schoonwinkel		
	25,50m 55 SA Nat colours std		
	19,90m 55 WPS WP Colours Standard		
1 # 774 Knobel, Heleen	W56 SWD	31,35mNSA	45,16m 58,81%
2 # 1021 Smit, Jackie	W58 PAARL AC	23,35m WPS	33,64m 43,80%

W60 Discus Throw

Name	Age Team	Finals	Age-Grading
60 SA Record: N 28,78m	2005/03/12 J. Rzepecka, CGA		
60 WP Record: P 21,09m	2019/03/09 Farieda Dramat		
	23,80m 60 SA Nat colours std		
	18,60m 60 WPS WP Colours Standard		
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	20,64m WPS	32,94m 42,89%

W65 Discus Throw

Name	Age Team	Finals	Age-Grading
65 SA Record: N 24,84m	M. van As		
65 WP Record: P 21,48m	2019/02/24 Zelda Erasmus		
	21,00m 65 SA Nat colours std		
	16,40m 65 WPS WP Colours Standard		
1 Griesel, Ronel	W69 WHALERS AC	16,61m WPS	29,77m 38,77%
2 # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	13,12m	23,52m 30,63%



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Leo Benning Meeting No 2 - 12 February 2022 - 2022/02/12**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W70 Discus Throw**

70 SA Record: N 23,26m L. Grobler, AGN
 70 WP Record: P 17,29m 2015/01/24 Adrie Benade
 19,00m 70 SA Nat colours std
 14,80m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 775 Durandt, Marita	W71 SWD	14,88m WPS	30,56m 39,80%
2 # 5224 Roos, Leonora	W72 BELLVILLE AC	13,81m	28,36m 36,94%
3 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	11,65m	23,93m 31,16%

W75 Discus Throw

75 SA Record: N 21,23m 2016/05/13 Penny England, AVT
 75 WP Record: P 14,98m 2021/09/18 Elize Grobellaar
 17,00m 75 SA Nat colours std
 13,30m 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	15,32mPWPS	33,00m 42,99%

M35 Discus Throw

35 SA Record: N 54,46m 2009/10/24 G. Geldenhuys, FSA
 35 WP Record: P 50,39m 1975/02/27 Steve Johnston
 41,00m 35 SA Nat colours std
 32,00m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5607 Van Der Walt, Ger	M37 INDIVIDUAL ENTRY	33,59m WPS	34,07m 45,99%
2 # 126 Rix, Andre	M35 TITANS	18,30m	18,56m 25,05%
-- # 5227 Michaels, Fabian	M37 STELLENBOSCH UNI AC	ND	

M40 Discus Throw

40 SA Record: N 51,04m J.J. van Zyl, EPA
 40 WP Record: P 42,30m Tiny Geldenhuys
 40,17m 40 SA Nat colours std
 31,30m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 232 Wiener, Shukri	M40 PINELANDS AC	32,99m WPS	36,33m 49,05%

M50 Discus Throw

50 SA Record: N 52,06m 2009/03/18 J.J. van Zyl, EPA
 50 WP Record: P 45,90m Johan Allers
 43,92m 50 SA Nat colours std
 34,50m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1237 Solomons, Anthony	M51 DCS DRAKENSTEIN	31,84m	32,53m 43,92%
2 # 753 Isaacs, Duncan	M53 NEDBANK WP	19,47m	19,89m 26,86%



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55 SA Record: N 53,79m 10/2016 Burton Haupt, AGN
 55 WP Record: P 39,48m 1994/11/08 Steve Johnston
 40,34m 55 SA Nat colours std
 31,50m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Simpson, Shaun	M59 NEDBANK WP	27,50m	30,53m 41,22%
2 Gardener, Andrew	M59 INDIVIDUAL ENTRY	18,81m	20,88m 28,19%

M60 Discus Throw

60 SA Record: N 47,24m Andrzej Rzepecki, CGA
 60 WP Record: P 45,46m 1999/11/08 Steve Johnston
 44,26m 60 SA Nat colours std
 34,50m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1022 Smit, Johan	M61 PAARL AC	31,45m	33,42m 45,12%
2 # 1860 Lamara, Zain	M61 BELLVILLE AC	31,30m	33,26m 44,91%

M65 Discus Throw

65 SA Record: N 42,91m A. Coetzee
 65 WP Record: P 42,22m 2004/02/21 Steve Johnston
 39,79m 65 SA Nat colours std
 31,00m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5638 Wale, Anton	M69 PINELANDS AC	32,27m WPS	37,55m 50,69%

M70 Discus Throw

70 SA Record: N 41,12m 2019/04/13 Dereck Sterley, AGN
 70 WP Record: P 35,49m 2019/05/03 Norman Hough
 33,22m 70 SA Nat colours std
 25,90m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1843 Hough, Norman	M74 BELLVILLE AC	32,57m WPS	41,62m 56,19%

M85 Discus Throw

85 SA Record: N 25,47m 2014/04/14 Borg Stannius, WPA
 85 WP Record: P 27,71m 2005/08/25 Phillip Frech
 18,00m 85 SA Nat colours std
 14,00m 85 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2477 Cross, Ronald	M88 BELLVILLE AC	22,25m SA	43,40m 58,60%



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Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi

W40 Hammer Throw

40 SA Record: N 41,92m 2017/05/04 Marilize Coetzee, WPA
 40 WP Record: P 41,92m 2017/05/18 Marilize Coetzee
 34,00m 40 SA Nat colours std
 26,50m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5274 Kleynhans, Christ	W41 BELLVILLE AC	18,28m	21,50m 27,93%
2 # 5272 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	16,43m	19,32m 25,10%

W55 Hammer Throw

55 SA Record: N 32,88m 2008/04/26 H Schoonwinkel, WPA
 55 WP Record: P 32,88m Hester Schoonwinkel
 29,90m 55 SA Nat colours std
 23,30m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 774 Knobel, Heleen	W56 SWD	41,00mNSA	57,33m 74,46%
2 # 1021 Smit, Jackie	W58 PAARL AC	29,45m WPS	41,18m 53,49%

W60 Hammer Throw

60 SA Record: N 33,82m 2010/02/20 H Schoonwinkel, WPA
 60 WP Record: P 28,03m 2022/01/22 Farieda Dramat
 26,53m 60 SA Nat colours std
 20,70m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	23,98m WPS	36,81m 47,82%

W65 Hammer Throw

65 SA Record: N 30,10m 2006/04/29 A Olivier
 65 WP Record: P 24,86m 2020/03/13 Zelda Erasmus
 23,00m 65 SA Nat colours std
 18,00m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Griesel, Ronel	W69 WHALERS AC	21,08m WPS	35,91m 46,65%
2 # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	19,06m WPS	32,47m 42,18%

W70 Hammer Throw

70 SA Record: N 25,76m L Grobler, AGN
 70 WP Record: P 23,03m 2017/03/16 Elize Grobbelaar
 20,00m 70 SA Nat colours std
 15,60m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 775 Durandt, Marita	W71 SWD	18,73m WPS	35,88m 46,60%
2 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	17,18m WPS	32,91m 42,75%
3 # 5224 Roos, Leonora	W72 BELLVILLE AC	12,18m	23,33m 30,31%



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75 SA Record: N 30,52m 2016/05/13 Penny England, AVT
 75 WP Record: P 24,93m 2021/09/18 Elize Grobbelaar
 21,00m 75 SA Nat colours std
 16,40m 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	21,51m SA	40,69m 52,85%

M40 Hammer Throw

40 SA Record: N 73,90m 2015/08/13 Chris Harmse, FSA
 40 WP Record: P 59,18m Tiny Geldenhuys
 44,00m 40 SA Nat colours std
 34,20m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 232 Wiener, Shukri	M40 PINELANDS AC	32,31m	36,35m 41,91%

M50 Hammer Throw

50 SA Record: N 59,80m 2006/03/25 C Koen
 50 WP Record: P 35,49m Gert Engelbrecht
 43,84m 50 SA Nat colours std
 34,40m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	15,85m	18,80m 21,68%

M55 Hammer Throw

55 SA Record: N 52,97m J. Roodt, KZN
 55 WP Record: P 35,21m Gert Engelbrecht
 42,00m 55 SA Nat colours std
 32,80m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Gardener, Andrew	M59 INDIVIDUAL ENTRY	22,60m	29,70m 34,25%

M60 Hammer Throw

60 SA Record: N 53,64m 2008/04/25 J. Roodt, KZN
 60 WP Record: P 37,39m 2001/07/12 Steve Johnston
 43,09m 60 SA Nat colours std
 33,60m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1022 Smit, Johan	M61 PAARL AC	32,02m	41,88m 48,30%
2 # 1860 Lamara, Zain	M61 BELLVILLE AC	27,97m	36,59m 42,19%



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70 SA Record: N 49,42m 2009/03/14 Andrzej Rzepecki, AGN
 70 WP Record: P 42,58m 2019/02/03 Norman Hough
 35,00m 70 SA Nat colours std
 27,30m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1843 Hough, Norman	M74 BELLVILLE AC	35,92m SA	52,17m 60,15%

W35 Javelin Throw

35 SA Record: N 40,01m 2010/10/02 Y. Beytell, AGN
 35 WP Record: P 38,70m Dinky Quelch
 31,53m 35 SA Nat colours std
 24,50m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1879 Van Deventer, Hes	W39 BELLVILLE AC	27,54m WPS	29,25m 40,07%

W40 Javelin Throw

40 SA Record: N 41,20m 2016/02/13 Y. Beytell, AGN
 40 WP Record: P 38,22m 2011/10/08 JC Moolman
 29,26m 40 SA Nat colours std
 22,80m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5272 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	18,86m	21,64m 29,64%
2 # 5274 Kleynhans, Christ	W41 BELLVILLE AC	17,83m	20,45m 28,03%

W50 Javelin Throw

50 SA Record: N 34,44m 9/2018 Heleen Knobel, SWD
 50 WP Record: P 30,02m 2013/04/26 Jackie Basson
 28,50m 50 SA Nat colours std
 22,20m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 137 Lategan, Jill	W50 GOODWOOD HARRIERS	16,51m	21,70m 29,73%

W55 Javelin Throw

55 SA Record: N 28,90m 2021/04/10 Heleen Knobel, EPA
 55 WP Record: P 25,84m Susan Malherbe
 25,00m 55 SA Nat colours std
 19,50m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 774 Knobel, Heleen	W56 SWD	28,21mNSA	40,85m 55,96%
2 # 1021 Smit, Jackie	W58 PAARL AC	17,99m	26,05m 35,69%



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60 SA Record: N 26,93m 2021/04/10 Aletta Pietersen, SAPS

60 WP Record: P 27,00m Susan Malherbe

22,50m 60 SA Nat colours std

17,50m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	14,49m	23,35m 31,99%

W65 Javelin Throw

65 SA Record: N 22,20m 2015/05/15 Mercia Ferreira, CGA

65 WP Record: P 22,24m Aletta Ackermann

20,00m 65 SA Nat colours std

15,60m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Griesel, Ronel	W69 WHALERS AC	14,37m	26,11m 35,77%

W70 Javelin Throw

70 SA Record: N 19,77m 2019/05/03 Mercia Ferreira, CGA

70 WP Record: P 18,30m Aletta Ackermann

18,00m 70 SA Nat colours std

14,00m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 775 Durandt, Marita	W71 SWD	12,27m	25,75m 35,28%
2 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	9,90m	20,78m 28,46%
3 # 5224 Roos, Leonora	W72 BELLVILLE AC	9,80m	20,57m 28,18%

W75 Javelin Throw

75 SA Record: N 16,83m 2016/05/15 Penny England, AVT

75 WP Record: P 13,93m Isabel Hofmeyr

11,10m 75 SA Nat colours std

8,70m 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	10,47m WPS	23,86m 32,69%

M35 Javelin Throw

35 SA Record: N 66,04m 2004/04/03 J. van Wyk

35 WP Record: P 53,99m 2018/04/27 Bertus Potgieter

54,00m 35 SA Nat colours std

42,00m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5227 Michaels, Fabian	M37 STELLENBOSCH UNI AC	32,81m	33,22m 33,74%



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40 SA Record: N 65,54m 1998 T. Liebenberg, CNW
 40 WP Record: P 46,70m R. Joubert
 52,45m 40 SA Nat colours std
 40,90m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 232 Wiener, Shukri	M40 PINELANDS AC	42,31m WPS	45,95m 46,67%

M50 Javelin Throw

50 SA Record: N 67,87m 9/2018 Friedrich Pauer, CGA
 50 WP Record: P 45,84m 2018/03/10 JC Smith
 46,84m 50 SA Nat colours std
 36,50m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	16,76m	20,57m 20,90%

M60 Javelin Throw

60 SA Record: N 54,84m 2001/05/04 P Mulaudzi
 60 WP Record: P 39,46m C. English
 41,30m 60 SA Nat colours std
 32,20m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1022 Smit, Johan	M61 PAARL AC	23,24m	32,86m 33,37%

M65 Javelin Throw

65 SA Record: N 44,28m 2019/03/30 Dave Ludeke, AGN
 65 WP Record: P 36,60m Borg Stannius
 37,00m 65 SA Nat colours std
 28,90m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5638 Wale, Anton	M69 PINELANDS AC	30,57m WPS	47,75m 48,49%

M70 Javelin Throw

70 SA Record: N 41,43m 9/2018 Dereck Sterley, AGN
 70 WP Record: P 36,30m 2019/04/13 Norman Hough
 33,00m 70 SA Nat colours std
 25,80m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1087 Venter, Peet	M72 TYGERBERG AC	31,22m WPS	52,45m 53,26%
2 # 1843 Hough, Norman	M74 BELLVILLE AC	29,63m WPS	49,78m 50,55%



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40 SA Record: N 13,73m 2014/04/26 Janita Eva, AGN
 40 WP Record: P 13,32m 2017/05/18 Marilize Coetzee
 11,50m 40 SA Nat colours std
 9,50m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5272 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	5,62m	6,66m 28,23%
2 # 5274 Kleynhans, Christ	W41 BELLVILLE AC	5,18m	6,13m 26,02%

W55 Weight Throw

55 SA Record: N 11,85m 2008/04/25 H. Schoonwinkel, WPA
 55 WP Record: P 11,85m Hester Schoonwinkel
 10,50m 55 SA Nat colours std
 8,70m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 774 Knobel, Heleen	W56 SWD	12,91mNSA	16,67m 70,66%
2 # 1021 Smit, Jackie	W58 PAARL AC	9,91m WPS	12,80m 54,24%

W60 Weight Throw

60 SA Record: N 13,79m 2010/04/30 H. Schoonwinkel, WPA
 60 WP Record: P 11,54m 2015/05/15 Tertia Stoffberg
 11,00m 60 SA Nat colours std
 9,10m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	8,48m	10,26m 43,51%

W65 Weight Throw

65 SA Record: N 12,23m 2019/05/03 Zelda Erasmus, WPA
 65 WP Record: P 12,23m 2019/05/03 Zelda Erasmus
 10,00m 65 SA Nat colours std
 8,30m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Griesel, Ronel	W69 WHALERS AC	8,41m WPS	11,15m 47,25%
2 # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	7,78m	10,31m 43,71%

W70 Weight Throw

70 SA Record: N 10,97m 2019/05/03 Susanna de Bruyn, KZN
 70 WP Record: P 8,96m 2015/07/25 Elize Grobbelaar
 9,00m 70 SA Nat colours std
 7,50m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 775 Durandt, Marita	W71 SWD	8,23mPWPS	12,07m 51,15%
2 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	7,71m WPS	11,30m 47,92%
3 # 5224 Roos, Leonora	W72 BELLVILLE AC	5,10m	7,48m 31,70%



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75 SA Record: N 12,50m 2017/07/08 Penny England, AVT
 75 WP Record: P 10,49m 2021/09/18 Elize Grobbelaar
 8,50m 75 SA Nat colours std
 7,10m 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	9,79m SA	13,66m 57,89%

M40 Weight Throw

40 SA Record: N 21,66m 2017/04/01 Chris Harmse, FSA
 40 WP Record: P 13,28m 2018/12/08 Edwill vd Westhuizen
 13,00m 40 SA Nat colours std
 10,80m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 232 Wiener, Shukri	M40 PINELANDS AC	12,57m WPS	13,69m 52,97%

M50 Weight Throw

50 SA Record: N 20,36m 2015/05/15 V. Meiring, AGN
 50 WP Record: P 12,96m 2011/11/19 John Smit
 15,50m 50 SA Nat colours std
 13,00m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	7,97m	8,35m 32,32%

M55 Weight Throw

55 SA Record: N 18,90m 10/2016 Burton Haupt, AGN
 55 WP Record: P 12,72m Anton Wale
 15,00m 55 SA Nat colours std
 12,40m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Gardener, Andrew	M59 INDIVIDUAL ENTRY	8,66m	9,72m 37,59%

M60 Weight Throw

60 SA Record: N 20,15m 2017/11/11 Nick Aggouras, AGN
 60 WP Record: P 15,11m 2000/10/21 Steve Johnston
 16,50m 60 SA Nat colours std
 13,70m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1022 Smit, Johan	M61 PAARL AC	10,44m	10,88m 42,08%



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65 SA Record: N 18,75m 2004/11/20 Andrzej Rzepecki, CGA
 65 WP Record: P 14,64m 2004/04/03 Steve Johnston
 15,50m 65 SA Nat colours std
 12,80m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5638 Wale, Anton	M69 PINELANDS AC	11,91m	13,28m 51,36%

M70 Weight Throw

70 SA Record: N 20,71m 9/2007 Andrzej Rzepecki, CGA
 70 WP Record: P 16,49m 2019/04/13 Norman Hough
 15,50m 70 SA Nat colours std
 12,80m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1843 Hough, Norman	M74 BELLVILLE AC	15,32m WPS	17,47m 67,58%

W40 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 5272 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	6,85m	7,60m 33,59%	374
2 # 5274 Kleynhans, Christ	W41 BELLVILLE AC	6,48m	7,19m 31,78%	347

W55 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 774 Knobel, Heleen	W56 SWD	10,29m	14,10m 62,33%	801
2 # 1021 Smit, Jackie	W58 PAARL AC	9,14m	12,52m 55,36%	696

W60 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	9,18m	13,78m 60,92%	779

W65 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Griesel, Ronel	W69 WHALERS AC	7,51m	12,46m 55,10%	692
2 # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	5,70m	9,46m 41,82%	494

W70 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 775 Durandt, Marita	W71 SWD	6,84m	12,69m 56,11%	707
2 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	5,91m	10,96m 48,48%	592
3 # 5224 Roos, Leonora	W72 BELLVILLE AC	5,64m	10,46m 46,27%	560



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Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	6,01m	11,01m 48,66%	596

M40 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 232 Wiener, Shukri	M40 PINELANDS AC	11,63m	12,95m 56,02%	664

M50 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	6,98m	8,18m 35,38%	377

M60 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1860 Lamara, Zain	M61 BELLVILLE AC	9,98m	12,45m 53,89%	634
2 # 1022 Smit, Johan	M61 PAARL AC	9,16m	11,43m 49,46%	572

M65 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 5638 Wale, Anton	M69 PINELANDS AC	10,86m	14,77m 63,92%	776

M70 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1843 Hough, Norman	M74 BELLVILLE AC	7,58m	9,70m 41,99%	468

W40 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 5274 Kleynhans, Christ	W41 BELLVILLE AC	17,09m	19,05m 24,81%	261
2 # 5272 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	17,02m	18,97m 24,71%	259

W55 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 774 Knobel, Heleen	W56 SWD	31,35m	45,16m 58,81%	755
2 # 1021 Smit, Jackie	W58 PAARL AC	23,35m	33,64m 43,80%	532

W60 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	20,64m	32,94m 42,89%	518



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Name	Age Team	Finals	Age-Grading	Points
1 Griesel, Ronel	W69 WHALERS AC	16,61m	29,77m 38,77%	458
2 # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	13,12m	23,52m 30,63%	342

W70 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 775 Durandt, Marita	W71 SWD	14,88m	30,56m 39,80%	473
2 # 5224 Roos, Leonora	W72 BELLVILLE AC	13,81m	28,36m 36,94%	432
3 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	11,64m	23,91m 31,13%	349

W75 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	15,32m	33,00m 42,99%	519

M40 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 232 Wiener, Shukri	M40 PINELANDS AC	32,99m	36,33m 49,05%	590

M50 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	17,15m	17,52m 23,66%	226

M60 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1022 Smit, Johan	M61 PAARL AC	31,45m	33,42m 45,12%	532
2 # 1860 Lamara, Zain	M61 BELLVILLE AC	31,30m	33,26m 44,91%	529

M65 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 5638 Wale, Anton	M69 PINELANDS AC	32,15m	37,41m 50,50%	612

M70 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1843 Hough, Norman	M74 BELLVILLE AC	32,57m	41,62m 56,19%	698



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Name	Age Team	Finals	Age-Grading	Points
1 # 5274 Kleynhans, Christ	W41 BELLVILLE AC	18,28m	21,50m 27,93%	311
2 # 5272 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	16,43m	19,32m 25,10%	266

W55 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 774 Knobel, Heleen	W56 SWD	41,00m	57,33m 74,46%	1096
2 # 1021 Smit, Jackie	W58 PAARL AC	29,45m	41,18m 53,49%	737

W60 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	22,37m	34,34m 44,61%	587

W65 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Griesel, Ronel	W69 WHALERS AC	20,95m	35,69m 46,36%	617
2 # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	19,06m	32,47m 42,18%	547

W70 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 775 Durandt, Marita	W71 SWD	18,73m	35,88m 46,60%	621
2 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	17,18m	32,91m 42,75%	556
3 # 5224 Roos, Leonora	W72 BELLVILLE AC	11,51m	22,05m 28,64%	323

W75 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	21,51m	40,69m 52,85%	726

M40 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 232 Wiener, Shukri	M40 PINELANDS AC	32,31m	36,35m 41,91%	453

M50 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	14,38m	17,06m 19,67%	147



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Name	Age Team	Finals	Age-Grading	Points
1 # 1022 Smit, Johan	M61 PAARL AC	32,02m	41,88m 48,30%	543
2 # 1860 Lamara, Zain	M61 BELLVILLE AC	27,97m	36,59m 42,19%	457

M70 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1843 Hough, Norman	M74 BELLVILLE AC	35,92m	52,17m 60,15%	712

W40 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 5272 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	18,86m	21,64m 29,64%	319
2 # 5274 Kleynhans, Christ	W41 BELLVILLE AC	17,83m	20,45m 28,03%	297

W55 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 774 Knobel, Heleen	W56 SWD	28,21m	40,85m 55,96%	684
2 # 1021 Smit, Jackie	W58 PAARL AC	17,99m	26,05m 35,69%	402

W60 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	14,49m	23,35m 31,99%	351

W65 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Griesel, Ronel	W69 WHALERS AC	14,37m	26,11m 35,77%	403

W70 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 775 Durandt, Marita	W71 SWD	12,27m	25,75m 35,28%	396
2 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	9,90m	20,78m 28,46%	303
3 # 5224 Roos, Leonora	W72 BELLVILLE AC	9,80m	20,57m 28,18%	299

W75 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	10,47m	23,86m 32,69%	361



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Name	Age Team	Finals	Age-Grading	Points
1 # 232 Wiener, Shukri	M40 PINELANDS AC	42,31m	45,95m 46,67%	529

M50 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	15,79m	19,38m 19,69%	153

M60 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1022 Smit, Johan	M61 PAARL AC	23,24m	32,86m 33,37%	340

M65 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 5638 Wale, Anton	M69 PINELANDS AC	31,22m	48,76m 49,52%	570

M70 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1843 Hough, Norman	M74 BELLVILLE AC	29,63m	49,78m 50,55%	585

W40 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 5272 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	5,62m	6,66m 28,23%	292
2 # 5274 Kleynhans, Christ	W41 BELLVILLE AC	5,18m	6,13m 26,02%	260

W55 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 774 Knobel, Heleen	W56 SWD	12,91m	16,67m 70,66%	906
2 # 1021 Smit, Jackie	W58 PAARL AC	9,91m	12,80m 54,24%	665

W60 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	8,48m	10,26m 43,51%	509

W65 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Griesel, Ronel	W69 WHALERS AC	8,41m	11,15m 47,25%	563
2 # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	7,55m	10,01m 42,42%	493



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Name	Age Team	Finals	Age-Grading	Points
1 # 775 Durandt, Marita	W71 SWD	8,23m	12,07m 51,15%	620
2 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	7,71m	11,30m 47,92%	572
3 # 5224 Roos, Leonora	W72 BELLVILLE AC	5,09m	7,46m 31,63%	339

W75 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	9,79m	13,66m 57,89%	718

M40 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 232 Wiener, Shukri	M40 PINELANDS AC	12,57m	13,69m 52,97%	660

M50 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	7,97m	8,35m 32,32%	360

M60 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1022 Smit, Johan	M61 PAARL AC	10,44m	10,88m 42,08%	501

M65 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 5638 Wale, Anton	M69 PINELANDS AC	11,91m	13,28m 51,36%	637

M70 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1843 Hough, Norman	M74 BELLVILLE AC	14,94m	17,04m 65,90%	852

W40 5000 Meter Race Walk

40 SA Record: N 23:44,10	1999/05/28	Barbara Nell, CGA		
40 WP Record: P 27:20,76		T. Carstens		
	27:50,00	40 SA Nat colours std		
	32:34,00	40 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading	Points
1 # 34 Sandi, Fundiswa	W41 RAVENSMEAD AC	30:53,68 WPS	29:44,17 66,53%	
2 # 531 van Deventer, Ann	W42 BOLMA	31:46,76 WPS	30:35,26 64,68%	



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W50 5000 Meter Race Walk

50 SA Record: N 25:05,10		2006/04/28	Barbara Nell, CGA	
50 WP Record: P 28:45,81			E Brandt	
	30:05,00	50 SA Nat colours std		
	35:12,00	50 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 137 Lategan, Jill	W50	GOODWOOD HARRIERS	34:33,40 WPS	30:38,28 64,57%
2 # 2153 Race, Anne	W54	SPARTAN HARRIERS AC	35:41,07	31:38,28 62,53%

W55 5000 Meter Race Walk

55 SA Record: N 26:19,66		2001/04/29	Barbara Nell, CGA	
55 WP Record: P 28:43,53			J. Cowley	
	31:35,00	55 SA Nat colours std		
	36:57,00	55 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 405 Horn-Botha, Debor	W56	VARSAITY OLD BOYS AC	30:47,79 SA	26:01,57 76,01%
2 # 162 Gilmour, Patricia	W59	VARSAITY OLD BOYS AC	34:08,21 WPS	28:50,95 68,58%

W60 5000 Meter Race Walk

60 SA Record: N 27:32,00		10/2016	Barbara Nell, CGA	
60 WP Record: P 28:45,21			Lindsay Hatz	
	33:10,00	60 SA Nat colours std		
	38:48,00	60 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 3260 Goosen, Jacquelin	W60	DURBANVILLE AC	32:47,32 SA	26:14,85 75,37%
2 # 2282 Sutherland, Joy	W61	WEST COAST AC	35:40,43 WPS	28:33,42 69,28%

W65 5000 Meter Race Walk

65 SA Record: N 29:28,70		2013/04/26	Elsa Meyer, AGN	
65 WP Record: P 29:55,42			H. Rothman	
	35:10,00	65 SA Nat colours std		
	41:09,00	65 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 1864 Roux, Isabel	W69	BELLVILLE AC	38:05,83 WPS	28:40,78 68,98%

W70 5000 Meter Race Walk

70 SA Record: N 30:33,72		10/2016	Elsa Meyer, AGN	
70 WP Record: P 33:21,35			H. Rothman	
	37:25,00	70 SA Nat colours std		
	43:47,00	70 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 3111 Brand, Edna	W70	STRAND AC	30:44,81PSA	21:35,06 91,66%
2 # 2805 Blignaut, Frieda	W71	SANLAM AC	34:17,97 SA	24:04,70 82,16%
3 # 649 Nel, Elizabeth	W72	SPARTAN HARRIERS AC	40:45,21 WPS	28:36,54 69,15%
4 # 773 Joseph, Jackie	W72	SPARTAN HARRIERS AC	41:45,86 WPS	29:19,12 67,48%



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75 SA Record: N 34:00,10 2003/02/21 A. Villet, WPA
 75 WP Record: P 34:00,10 A. Villet
 40:00,00 75 SA Nat colours std
 46:48,00 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 3770 Aver, Carol-Ann	W76 RUNWALK FOR LIFE AC	38:46,00 SA	25:07,72 78,73%
2 #14842 Schipper, Mary	W75 BELLVILLE AC	39:52,90 SA	25:51,08 76,53%
-- # 2139 Botes, Helen	W75 SPARTAN HARRIERS AC	DNF	

W80 5000 Meter Race Walk

80 SA Record: N 38:08,75 2018/04/28 Peggy Reid, WPA
 80 WP Record: P 38:08,75 2018/04/27 Peggy Reid
 44:40,00 80 SA Nat colours std
 52:16,00 80 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 477 Vey, Hildegard	W80 VARSITY OLD BOYS AC	38:25,52 SA	22:43,03 87,09%
2 # 2182 Norton, Margaret	W82 SPARTAN HARRIERS AC	42:30,16 SA	25:07,66 78,73%

W85 5000 Meter Race Walk

50:00,00 85 SA Nat colours std
 58:30,00 85 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 685 Reid, Peggy	W85 SPARTAN HARRIERS AC	44:42,79 SA	23:44,84 83,31%

M50 5000 Meter Race Walk

50 SA Record: N 23:01,40 Jurgen Spencer, WPA
 50 WP Record: P 23:01,40 Jurgen Spencer
 26:45,00 50 SA Nat colours std
 31:18,00 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Jacobs, Reon	M51 SPARTAN HARRIERS AC	32:07,89	28:08,64 63,81%
2 # 3542 Jefra, Nicholas	M53 EASTERN KRAAIFON	32:17,72	28:17,25 63,49%
3 # 2980 Hines, Dennis	M54 STRAND AC	32:27,19	28:25,55 63,18%

M55 5000 Meter Race Walk

55 SA Record: N 23:52,24 Jurgen Spencer, WPA
 55 WP Record: P 23:52,24 Jurgen Spencer
 27:55,00 55 SA Nat colours std
 32:40,00 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4655 Papier, Adam	M59 OMMIDRAAI	29:13,34 WPS	24:31,06 73,25%



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M65 5000 Meter Race Walk

65 SA Record: N 27:03,70 2005/11/12 Jurgen Spencer, WPA
 65 WP Record: P 27:03,70 2005/11/12 Jurgen Spencer
 30:50,00 65 SA Nat colours std
 36:04,00 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1296 Bosman, Marius	M65 BELLVILLE AC	32:29,55 WPS	24:41,66 72,73%

M70 5000 Meter Race Walk

70 SA Record: N 27:55,30 2010/11/12 Jurgen Spencer, WPA
 70 WP Record: P 27:55,30 2010/11/12 Jurgen Spencer
 33:05,00 70 SA Nat colours std
 38:42,00 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1851 Pretorius, Piet	M71 BELLVILLE AC	32:14,16 SA	23:06,80 77,70%
2 # 2111 Dreyer, Patrick	M72 SPARTAN HARRIERS AC	39:15,00	28:08,54 63,82%

M75 5000 Meter Race Walk

75 SA Record: N 30:13,82 2016/03/18 Jurgen Spencer, WPA
 75 WP Record: P 30:13,82 2016/03/18 Jurgen Spencer
 35:15,00 75 SA Nat colours std
 41:15,00 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4466 Diedericks, Leona	M77 CAPE MULTI-SPORT	34:45,71 SA	23:21,19 76,91%
2 # 3773 Aver, Brian	M77 RUNWALK FOR LIFE AC	39:45,01 WPS	26:42,26 67,25%



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