

Leo Benning Meeting No 3 - 19 March 2022 - 2022/03/19
Green Point Athletics Stadium
Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi

W35 100 Meter Dash

35 SA Record: N 12,10	1988/11/05	V.B. Kruger, CGA			
35 WP Record: P 12,61		Marna vd Burgh			
	13,21	35 SA Nat colours std			
	14,50	35 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading

Finals					
1 # 1379	Walters, Elmarie	W38 NEDBANK RC GEORG	13,15 SA	1.2	13,02 80,61%

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

1	Van Rensburg, Elma	W44 BELLVILLE AC	16,51	1.2	15,77 66,57%
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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

1 # 1606	Vladescu, Ester	W52 HELDERBERG HARRIERS	16,96	-0.1	15,00 69,93%
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W55 100 Meter Dash

55 SA Record: N 14,06	2019/04/13	Ronel Beukes, WPA			
55 WP Record: P 13,94	2021/04/10	Venessa Louw			
	14,89	55 SA Nat colours std			
	16,70	55 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading

1 # 6699	Louw, Venessa	W57 TYGERBERG AC	14,38 SA	-0.1	12,22 85,88%
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W65 100 Meter Dash

65 SA Record: N 14,93	2011/04/02	Toy Ungerer, SWD			
65 WP Record: P 15,92		R. Blair			
	16,83	65 SA Nat colours std			
	18,80	65 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading

1 # 754	Riviera, Joy	W67 SPARTAN HARRIERS AC	21,26	-0.1	16,56 63,36%
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W85 100 Meter Dash

85 SA Record: N 21,95 2016/04/02 Christi du Plooy, CGA
 85 WP Record: P 22,79 2022/02/12 Magdalene Johnson
 26,00 85 SA Nat colours std
 29,00 85 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 # 8808 Johnson, Magdalen W85	TYGERBERG AC	21,80PSA	-0.1	12,56 83,53%

M20-29 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
1 # 5744 Cameron, Kurt	M29 TYGERBERG AC	11,26	1.3	11,27 86,94%	3

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
1 # 5741 Ruiters, Curt	M30 TYGERBERG AC	10,97PWPS	1.3	10,98 89,24%
2 # 2421 Steenkamp, Theodo	M33 BELLVILLE AC	13,53	1.3	13,54 72,36%

M35 100 Meter Dash

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 # 473 Simpson, Kofi	M35 TYGERBERG AC	12,94	1.3	12,78 76,66%
2 Denzil, August	M36 INDIVIDUAL ENTRY	13,56	1.3	13,39 73,16%
3 Hassan, Qaasim	M38 INDIVIDUAL ENTRY	13,93	1.3	13,75 71,21%

M40 100 Meter Dash

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	11,39 SA	0.4	10,91 89,73%



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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			
1 # 2422 Cloete, John	M50	BELLVILLE AC	12,44 WPS	0.4	11,20 87,46%
2 # 1650 Russell, Scott	M53	CAPE PEN UNIVERS	13,41	0.4	12,07 81,13%

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			
1 # 5761 Van Wyk, Roelof	M57	INDIVIDUAL ENTRY	13,49 WPS	0.4	11,75 83,40%

M60 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 12,81	2022/01/22	Johan Myburgh, WPA			
60 WP Record: P 12,81	2022/01/22	Johan Myburgh			
12,92	60 SA Nat	colours std			
14,50	60 WPS WP	Colours Standard			
1 # 1847 Myburgh, Johan	M60	BELLVILLE AC	12,85 SA	0.3	10,82 90,58%
2 Swartz, Nazeem	M60	CAPRICORN AC	17,20	0.3	14,48 67,67%

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	15,56	0.3	12,63 77,57%

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 # 3971 April, Niklaas	M70	INDIVIDUAL ENTRY	16,99	0.3	13,23 74,04%



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W35 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
35 SA Record: N 24,90		V.B Kruger, CGA			
35 WP Record: P 26,01		Marna vd Burgh			
27,38	35	SA Nat colours std			
30,00	35	WPS WP Colours Standard			
1 # 1379 Walters, Elmarie	W38	NEDBANK RC GEORG	27,27 SA	0.1	26,46 80,67%

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 # 7543 Juries, Tanja	W43	VELOCITY ATH CLUB	33,20	0.1	31,02 68,80%
2 Van Rensburg, Elma	W44	BELLVILLE AC	34,28	0.1	32,03 66,63%

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 # 1606 Vladescu, Ester	W52	HELDERBERG HARRIERS	34,56	0.1	29,80 71,61%

W65 200 Meter Dash

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			
1 # 754 Riviera, Joy	W67	SPARTAN HARRIERS AC	43,85	0.1	33,08 64,52%

W85 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
85 SA Record: N 51,20	2006/04/02	Christi du Plooy, CGA			
85 WP Record: P 57,57	2022/02/12	Magdalene Johnson			
56,00	85	SA Nat colours std			
1:03,00	85	WPS WP Colours Standard			
1 # 8808 Johnson, Magdalen	W85	TYGERBERG AC	58,55 WPS	0.1	28,88 73,90%

M20-29 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 # 5744 Cameron, Kurt	M29	TYGERBERG AC	23,79	1.1	23,80 81,21%	3



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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 # 5751 Engel, Roscoe	M33	TYGERBERG AC	22,05 WPS	1.1	22,06 87,62%
2 # 5741 Ruiters, Curt	M30	TYGERBERG AC	23,02 WPS	1.1	23,03 83,93%
3 # 2421 Steenkamp, Theodo	M33	BELLVILLE AC	28,67	1.1	28,68 67,39%

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 # 473 Simpson, Kofi	M35	TYGERBERG AC	28,36	1.1	27,90 69,25%
2 Denzil, August	M36	INDIVIDUAL ENTRY	28,97	1.0	28,50 67,79%
3 Hassan, Qaasim	M38	INDIVIDUAL ENTRY	31,01	1.0	30,51 63,33%

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	23,21 SA	1.0	22,14 87,29%

M45 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading %
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 # 2423 Bothma, Rupert	M47	BELLVILLE AC	26,68	1.0	24,64 78,41%

M50 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading %
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 # 2422 Cloete, John	M50	BELLVILLE AC	25,76 WPS	1.0	23,02 83,97%



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M55 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
55 SA Record: N 24,71 Montey Hacker, CGA					
55 WP Record: P 24,84 2011/04/09 Joseph Warriies					
25,83 55 SA Nat colours std					
28,90 55 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 5594 Doren, Peter	M57	SOUTH PENINSULA AC	28,12 WPS	1.1	24,28 79,59%

M60 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 25,80 Miloje Grujic, CGA					
60 WP Record: P 26,03 2021/11/20 Johan Myburgh					
26,76 60 SA Nat colours std					
30,00 60 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 1847 Myburgh, Johan	M60	BELLVILLE AC	26,32 SA	1.1	21,93 88,11%
2 Swartz, Nazeem	M60	CAPRICORN AC	37,10	1.1	30,92 62,51%

M70 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
70 SA Record: N 27,50 Fred Reid, CGA					
70 WP Record: P 29,10 Ron Cross					
30,00 70 SA Nat colours std					
34,00 70 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 3971 April, Niklaas	M70	INDIVIDUAL ENTRY	36,21	1.1	27,68 69,81%

W45 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
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 Little, Roberta	W45	NEXT LEVEL AC	1:09,74 WPS	1:02,65 75,98%

M35 400 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#
35 SA Record: N 47,90 J. Cyrus					
35 WP Record: P 51,61 T. Dixon					
51,00 35 SA Nat colours std					
57,00 35 WPS WP Colours Standard					
Name	Age	Team	Finals	Age-Grading	H#
1 Classens, Ashwyn	M35	INDIVIDUAL ENTRY	54,70 WPS	52,81 81,77%	2
2 # 5756 Mulumba, Patrick	M38	TYGERBERG AC	56,21 WPS	54,27 79,58%	2
3 Hassan, Qaasim	M38	INDIVIDUAL ENTRY	1:09,24	1:06,85 64,60%	2



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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 # 731 Von Durckheim, Ch	M43	STELLENBOSCH AC	54,57 WPS	51,05	84,59%	2	
2 # 1627 Basson, Jacques	M41	NAMAQUA	58,43	54,66	79,00%	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			
1 # 1510 Gibson, Michael	M45	FISHHOEK AC	57,03 WPS	51,64	83,62%		
2 Bezuidenhout, Roge	M48	INDIVIDUAL ENTRY	57,74 WPS	52,28	82,59%		

M50 400 Meter Dash

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					
Name	Age	Team	Finals	Age-Grading			
1 # 1650 Russell, Scott	M53	CAPE PEN UNIVERS	1:01,25 WPS	53,62	80,54%		

M55 400 Meter Dash

55 SA Record: N 55,00		Miloje Crujic / Stan Immelman					
55 WP Record: P 57,58		2011/04/09 Joseph Warriies					
58,13		55 SA Nat colours std					
1:05,00		55 WPS WP Colours Standard					
Name	Age	Team	Finals	Age-Grading			
1 # 5594 Doren, Peter	M57	SOUTH PENINSULA AC	1:01,68 WPS	52,15	82,81%		

M60 400 Meter Dash

60 SA Record: N 55,53		Miloje Crujic, CGA					
60 WP Record: P 1:01,41		2017/05/18 Joseph Warriies					
1:01,66		60 SA Nat colours std					
1:09,00		60 WPS WP Colours Standard					
Name	Age	Team	Finals	Age-Grading			
1 # 639 Groeneveld, Leon	M61	STELLENBOSCH AC	1:06,06 WPS	53,87	80,17%		



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M65 400 Meter Dash

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		
Name	Age	Team	Finals	Age-Grading	
1 # 4982 Rhoda, Keith	M65	CARBINEERS ATH CLUB	1:11,22 WPS	55,81	77,37%

M70 400 Meter Dash

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		
Name	Age	Team	Finals	Age-Grading	
1 # 3971 April, Niklaas	M70	INDIVIDUAL ENTRY	1:36,89	1:12,28	59,74%

W35 800 Meter Run

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		
Name	Age	Team	Finals	Age-Grading	
1 # 7442 Lepati, Emmeranth	W38	ELSIERSRIVIER RUN	2:35,83 WPS	2:35,07	73,05%

W55 800 Meter Run

55 SA Record: N	2:33,64	10/2016	Elaine Pretorius, AGN		
55 WP Record: P	2:43,80	2017/05/18	Bridgette Hamilton Russel		
	2:53,00		55 SA Nat colours std		
	3:13,00		55 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 4756 Van der Watt, Mic	W55	STRAND AC	3:05,74 WPS	2:34,08	73,52%

M35 800 Meter Run

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		
Name	Age	Team	Finals	Age-Grading	
1 Ndwangu, Sandile	M37	ITHEKO AC	2:11,81 WPS	2:10,72	77,35%
2 # 7443 Titus, Brandon	M35	ELSIERSRIVIER RUN	2:33,87	2:32,60	66,26%



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M40 800 Meter Run

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			
Name	Age	Team	Finals	Age-Grading	
1 # 1627 Basson, Jacques	M41	NAMAQUA	2:13,18 WPS	2:07,33	79,41%

M45 800 Meter Run

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			
Name	Age	Team	Finals	Age-Grading	
1 # 1510 Gibson, Michael	M45	FISHHOEK AC	2:07,51 WPS	1:57,35	86,17%
2 Bezuidenhout, Roge	M48	INDIVIDUAL ENTRY	2:16,72 WPS	2:05,83	80,36%
3 # 4575 Juries, Chubasco	M46	ITHEKO AC	2:40,37	2:27,59	68,51%

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	Anthony Grendon		
	2:26,00	60 SA Nat colours std			
	2:44,00	60 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 639 Groeneveld, Leon	M61	STELLENBOSCH AC	2:35,57 WPS	2:06,53	79,91%

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 # 4982 Rhoda, Keith	M65	CARBINEERS ATH CLUB	2:50,98 WPS	2:12,96	76,05%

M80 800 Meter Run

80 SA Record: N	2:58,64	2015/05/15	Ken Nurden, AGN		
80 WP Record: P	3:58,33	2021/05/29	Manfred Geunter		
	3:54,00	80 SA Nat colours std			
	4:22,00	80 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 3541 Geutner, Manfred	M80	PINELANDS AC	4:07,38 WPS	2:35,38	65,07%



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W35 1500 Meter Run

35 SA Record: N	4:32,37	2021/03/24	Kobie Griffiths, WPA		
35 WP Record: P	4:32,37	2021/03/24	Kobie Griffiths		
	5:01,00	35 SA Nat	colours std		
	5:52,00	35 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 7442 Lepati, Emmeranth	W38	ELSIERSRIVIER RUN	5:26,03 WPS	5:21,86	72,23%

W50 1500 Meter Run

50 SA Record: N	4:48,27	10/2016	Salome Vermeulen, AGN		
50 WP Record: P	4:54,50		Anne McKenzie		
	5:29,00	50 SA Nat	colours std		
	6:25,00	50 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 1606 Vladescu, Ester	W52	HELDERBERG HARRIERS	7:26,66	6:25,34	60,33%

W55 1500 Meter Run

55 SA Record: N	5:31,10	1980/12/10	Anne McKenzie, CGA		
55 WP Record: P	5:31,10		Anne McKenzie		
	5:50,00	55 SA Nat	colours std		
	6:49,00	55 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 4756 Van der Watt, Mic	W55	STRAND AC	6:11,51 WPS	5:05,09	76,20%

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 # 6245 Van Rooyen, Chris	M45	BOXER WP ATH CLUB	4:42,50 WPS	4:17,79	79,91%
2 # 4575 Juries, Chubasco	M46	ITHEKO AC	5:14,49	4:46,98	71,78%

W30 5000 Meter Run

30 SA Record: N	16:26,70	1994/11/19	A. Vermeulen		
30 WP Record: P	17:43,30	2015/02/21	Anneline Roffey		
	21:50,00	30 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 3982 Jacobs, Mandy-Lee	W33	ATLANTIC ATHLETI	21:43,46 WPS	21:43,47	66,34%



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W45 5000 Meter Run

Name	Age Team	Finals	Age-Grading
45 SA Record: N 18:27,36	1997/07/17 S. du Toit, AGN		
45 WP Record: P 18:50,50	2012/03/22 Elmarie Coetzee		
19:45,00	45 SA Nat colours std		
23:10,00	45 WPS WP Colours Standard		
1 # 1176 Pienaar, Lee-Anne	W45 DURBANVILLE AC	22:17,40 WPS	20:23,73 70,66%

W50 5000 Meter Run

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 # 1899 Mahlangu, Beauty	W50 NEDBANK WP	28:12,97	24:37,12 58,54%

W55 5000 Meter Run

Name	Age Team	Finals	Age-Grading
55 SA Record: N 19:51,10	2000/04/28 J. Allebone, KZN		
55 WP Record: P 19:55,63	2021/05/29 J. Hann		
21:28,00	55 SA Nat colours std		
25:10,00	55 WPS WP Colours Standard		
1 # 4756 Van der Watt, Mic	W55 STRAND AC	22:10,20 WPS	18:24,07 78,32%

M20-29 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 # 6252 Swartz, Godwin	M29 BOXER WP ATH CLUB	16:23,38	16:23,39 76,98%

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 # 3945 Serafin, Luke	M33 ATLANTIC ATHLETI	16:17,83 WPS	16:17,84 77,42%
2 # 7444 October, Faizel	M34 EERSTERIVIER AC	17:22,14 WPS	17:22,15 72,64%
3 # 4835 Roberts, Shaun	M33 TYGERBERG AC	21:20,62	21:20,63 59,11%

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 # 9221 Kretzinger, Dale	M35 BORN TO RUN AC	16:16,88 WPS	16:16,89 77,49%



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...M35 5000 Meter Run

2 # 7443 Titus, Brandon M35 ELSIESRIVIER RUN 19:56,07 19:56,08 63,29%

M45 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
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		
1 # 4575 Juries, Chubasco	M46	ITHEKO AC	18:54,85	17:35,64 71,71%
-- # 6245 Van Rooyen, Chris	M45	BOXER WP ATH CLUB	DNF	

M50 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
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		
1 # 7870 Hill, Theodore	M51	DURBANVILLE AC	17:52,09 WPS	15:59,85 78,87%
2 # 1949 Cooper, Andrew	M54	NEDBANK WP	17:59,88 WPS	16:06,82 78,30%

M60 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
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		
1 # 3199 Isaacs, Kevin	M62	TOPFORM AC	20:31,19 WPS	16:56,35 74,48%

M65 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
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		
1 # 3771 Wagenheim, Mark	M65	ATLANTIC ATHLETI	21:49,40 WPS	17:13,38 73,25%

M70 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
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		
1 # 3972 Collier, Brian	M72	ATLANTIC ATHLETI	22:41,62 WPS	16:58,50 74,33%



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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	28:41,81 WPS	20:01,48 63,01%

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	16,59 WPS	0.4	15,94 81,01%

M35 400 Long Hurdles

35 SA Record: N 52,93 9/2018 Pieter Koekemoer, KZN
 35 WP Record: P 1:00,06 N. Daniels
 1:00,00 35 SA Nat colours std
 1:07,00 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 519 Louw, Vian	M36 SWD	57,94PSA	5,80807,39%

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 # 1939 Isaacs, Duncan	M54 NEDBANK WP	1:24,16	1:13,36 63,77%

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 Van Rensburg, Elma	W44 BELLVILLE AC	1,24mN	1,36m 65,61%
2 # 5306 Genis, Tanya	W42 TYGERBERG AC	1,21mN	1,33m 64,02%



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W45 High Jump

45 SA Record: N 1,64m 2012/05/19 Dinah Heymans, FSA
 45 WP Record: P 1,33m 2010/02/20 Jackie Basson
 1,36m 45 SA Nat colours std
 1,21m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Shaik, Carmila	W49 BOLMA	1,21mNWPS	1,40m 67,22%

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	1,33mNSA	1,72m 82,61%

M30 High Jump

30 SA Record: N 2,07m Christo Vrey, CGA
 30 WP Record: P 1,85m 2019/03/09 Stefan Louw
 1,68m 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Deysel, Benjamin (M34 INDIVIDUAL ENTRY	1,70mPWPS	1,70m 69,39%

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	1,54mNWPS	1,78m 72,99%
2 # 2416 Davids, Jerome	M50 BELLVILLE AC	1,51mNWPS	1,75m 71,56%

M60 High Jump

60 SA Record: N 1,67m 2021/05/29 Neal Bredeveltdt, WPA
 60 WP Record: P 1,67m 2021/05/29 Neal Bredeveltdt
 1,44m 60 SA Nat colours std
 1,27m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5758 Bredeveltdt, Neal	M61 TYGERBERG AC	1,60mNSA	2,08m 85,11%



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W40 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
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 # 7543 Juries, Tanja	W43	VELOCITY ATH CLUB	3,89m	0.1	4,31m 57,46%
2 # 5306 Genis, Tanya	W42	TYGERBERG AC	3,50m	NWI	3,88m 51,70%

W45 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
45 SA Record: N 5,47m 2015/04/04 Charmain Barnard, AGN					
45 WP Record: P 4,27m Pat Smit					
4,40m 45 SA Nat colours std					
3,65m 45 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 Shaik, Carmila	W49	BOLMA	3,58m	-0.6	4,21m 56,03%

W50 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 4,56m P. Pietersen, AGN					
50 WP Record: P 4,42m Yvonne de Witt					
4,13m 50 SA Nat colours std					
3,45m 50 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 2425 Le Roux, Rentia	W53	BELLVILLE AC	3,33m	0.5	4,17m 55,50%

M35 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
35 SA Record: N 7,22m V. Häger, KZN					
35 WP Record: P 6,64m 2011/04/09 Robin Buck					
6,40m 35 SA Nat colours std					
5,30m 35 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 Denzil, August	M36	INDIVIDUAL ENTRY	3,72m	-0.1	3,83m 42,86%

M50 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
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 # 2404 Maree, Archibald	M50	BELLVILLE AC	4,07m	0.1	5,00m 55,91%



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M70 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
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					
1 # 673 Dreyer, Patrick	M72	SPARTAN HARRIERS AC	2,83m	0.1	4,66m 52,12%

W45 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
45 SA Record: N 11,28m 2015/04/04 Charmain Barnard, AGN					
45 WP Record: P 10,31m Pat Smit					
9,00m 45 SA Nat colours std					
7,90m 45 WPS WP Colours Standard					
1 Shaik, Carmila	W49	BOLMA	7,41m	0.2	8,48m 54,73%

M30 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
30 SA Record: N 13,94m A. Labuschagne					
30 WP Record: P 12,62m Chris Herbst					
12,00m 30 WPS WP Colours Standard					
1 Deysel, Benjamin (M34	INDIVIDUAL ENTRY	11,42m	-0.5	11,42m 62,44%

W35 Shot Put

Name	Age	Team	Finals	Age-Grading
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				
1 # 2475 Van Deventer, Hes	W39	BELLVILLE AC	9,36m WPS	9,70m 42,88%

W40 Shot Put

Name	Age	Team	Finals	Age-Grading
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				
1 # 503 Mallin, Ezette	W40	VARSITY OLD BOYS AC	10,10m WPS	11,21m 49,53%
2 # 2415 Slamdien, Kamila	W44	BELLVILLE AC	6,89m	7,64m 33,79%



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W50 Shot Put

50 SA Record: N 13,24m 2019/03/30 Charmain Barnard, AGN
 50 WP Record: P 11,17m Tertia Stoffberg
 10,50m 50 SA Nat colours std
 8,20m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 3204 Scholtz, Gloria	W52 CAPRICORN AC	7,42m	9,35m 41,34%

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 # 1773 Knobel, Heleen	W56 SWD	10,35mPSA	14,18m 62,69%

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 # 2414 Dramat, Farieda	W63 BELLVILLE AC	8,82m WPS	13,24m 58,53%
2 # 1161 Bowers, Cecelia	W60 BOLMA	7,06m WPS	10,60m 46,85%

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 # 368 Griesel, Ronel	W69 WHALERS AC	7,48m WPS	12,41m 54,88%

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 # 3197 Roos, Leonora	W72 BELLVILLE AC	6,09m WPS	11,30m 49,96%
2 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	5,49m	10,18m 45,04%



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W75 Shot Put

75 SA Record: N	8,07m	2016/05/13	Penny England, AVT		
75 WP Record: P	6,01m	2022/02/12	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	5,95m WPS	10,90m	48,18%

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	11,28m WPS	11,69m	50,61%

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 # 1939 Isaacs, Duncan	M54	NEDBANK WP	7,05m	8,26m	35,73%

M55 Shot Put

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 # 7171 Simpson, Shaun	M59	NEDBANK WP	10,05m WPS	12,76m	55,22%

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	7,60m SA	12,81m	55,43%



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W35 Discus Throw

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 # 2475 Van Deventer, Hes	W39 BELLVILLE AC	27,72m WPS	28,74m 37,42%
2 Albertyn, Este	W39 BELLVILLE AC	16,93m	17,55m 22,86%

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 # 503 Mallin, Ezette	W40 VARSITY OLD BOYS AC	29,35m WPS	32,72m 42,61%
2 # 2415 Slamdien, Kamila	W44 BELLVILLE AC	18,17m	20,25m 26,38%
3 Van Rooyen, Alice-	W40 BOXER WP ATH CLUB	15,23m	16,98m 22,11%

W50 Discus Throw

Name	Age Team	Finals	Age-Grading
50 SA Record: N 35,23m	2018/04/27 Heleen Knobel, SWD		
50 WP Record: P 26,80m	E. Engelbrecht		
	27,64m 50 SA Nat colours std		
	21,60m 50 WPS WP Colours Standard		
1 # 3204 Scholtz, Gloria	W52 CAPRICORN AC	17,29m	22,69m 29,56%

W55 Discus Throw

Name	Age Team	Finals	Age-Grading
55 SA Record: N 33,29m	2021/12/11 Heleen Knobel		
55 WP Record: P 27,42m	Hester Schoonwinkel		
	25,50m 55 SA Nat colours std		
	19,90m 55 WPS WP Colours Standard		
1 # 1773 Knobel, Heleen	W56 SWD	30,52mPSA	43,97m 57,25%

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 # 2414 Dramat, Farieda	W63 BELLVILLE AC	19,52m WPS	31,15m 40,57%



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W65 Discus Throw

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		
Name	Age	Team	Finals	Age-Grading	
1 # 368 Griesel, Ronel	W69	WHALERS AC	17,25m WPS	30,92m 40,27%	

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 # 3197 Roos, Leonora	W72	BELLVILLE AC	13,76m	28,26m 36,80%	
2 # 2471 Du Toit, Aletta	W70	BELLVILLE AC	12,28m	25,22m 32,84%	

W75 Discus Throw

75 SA Record:	N 21,23m	2016/05/13	Penny England, AVT		
75 WP Record:	P 16,20m	2022/03/05	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	14,45m WPS	31,13m 40,54%	

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	33,47m WPS	33,94m 45,82%	

M45 Discus Throw

45 SA Record:	N 49,13m		J.J. van Zyl, EPA		
45 WP Record:	P 38,66m	1988/11/09	Steve Johnston		
	38,08m		45 SA Nat colours std		
	30,00m		45 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 Mostert, Henri	M49	BELLVILLE AC	35,41m WPS	42,66m 57,60%	



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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 # 1939 Isaacs, Duncan	M54	NEDBANK WP	19,31m	19,73m 26,63%	

M55 Discus Throw

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 # 7171 Simpson, Shaun	M59	NEDBANK WP	29,13m	32,34m 43,66%	

M60 Discus Throw

60 SA Record:	N 54,58m	2021/11/13	Burton Haupt, AGN		
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 Gardener, Andrew	M60	INDIVIDUAL ENTRY	23,33m	24,79m 33,47%	

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	20,93m SA	40,83m 55,12%	

W35 Hammer Throw

35 SA Record:	N 47,15m	2014/03/16	Marilize Coetzee, WPA		
35 WP Record:	P 47,15m	2013/03/16	Marilize Coetzee		
	35,50m	35 SA Nat colours std			
	27,70m	35 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 2475 Van Deventer, Hes	W39	BELLVILLE AC	26,53m	29,02m 37,70%	



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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 # 2415 Slamdien, Kamila	W44	BELLVILLE AC	14,88m	17,50m 22,73%	

W50 Hammer Throw

50 SA Record:	N 49,23m	8/2015	Heleen Knobel, SWD		
50 WP Record:	P 37,62m		Hester Schoonwinkel		
	32,68m	50 SA Nat	colours std		
	25,50m	50 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
-- # 3204 Scholtz, Gloria	W52	CAPRICORN AC	ND		

W55 Hammer Throw

55 SA Record:	N 37,36m	2021/05/29	Heleen Knobel, SWD		
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 # 1773 Knobel, Heleen	W56	SWD	39,26mNSA	54,90m 71,30%	

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 # 2414 Dramat, Farieda	W63	BELLVILLE AC	24,48m WPS	37,58m 48,81%	
2 # 1161 Bowers, Cecelia	W60	BOLMA	19,25m	29,55m 38,38%	

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 # 368 Griesel, Ronel	W69	WHALERS AC	20,84m WPS	35,50m 46,12%	



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W70 Hammer Throw

Name	Age Team	Finals	Age-Grading
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		
1 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	17,98m WPS	34,44m 44,74%
2 # 3197 Roos, Leonora	W72 BELLVILLE AC	13,81m	26,45m 34,36%

W75 Hammer Throw

Name	Age Team	Finals	Age-Grading
75 SA Record: N 30,52m	2016/05/13 Penny England, AVT		
75 WP Record: P 26,04m	2022/03/05 Elize Grobbelaar		
	21,00m 75 SA Nat colours std		
	16,40m 75 WPS WP Colours Standard		
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	22,55m SA	42,66m 55,41%

M50 Hammer Throw

Name	Age Team	Finals	Age-Grading
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		
1 # 1939 Isaacs, Duncan	M54 NEDBANK WP	13,15m	15,60m 17,99%

M55 Hammer Throw

Name	Age Team	Finals	Age-Grading
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		
1 # 7171 Simpson, Shaun	M59 NEDBANK WP	20,73m	27,24m 31,41%

M60 Hammer Throw

Name	Age Team	Finals	Age-Grading
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		
1 Gardener, Andrew	M60 INDIVIDUAL ENTRY	24,27m	31,75m 36,61%



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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 # 2475 Van Deventer, Hes	W39 BELLVILLE AC	26,82m WPS	28,48m 39,02%
2 Albertyn, Este	W39 BELLVILLE AC	16,95m	18,00m 24,66%

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 # 2415 Slamdien, Kamila	W44 BELLVILLE AC	16,03m	18,39m 25,20%

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 # 2425 Le Roux, Rentia	W53 BELLVILLE AC	22,08m	29,02m 39,76%
2 # 3204 Scholtz, Gloria	W52 CAPRICORN AC	17,44m	22,92m 31,41%

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 # 1773 Knobel, Heleen	W56 SWD	26,46mPSA	38,31m 52,49%

W60 Javelin Throw

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 # 2414 Dramat, Farieda	W63 BELLVILLE AC	14,59m	23,51m 32,21%



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Name	Age	Team	Finals	Age-Grading
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			
1 # 368 Griesel, Ronel	W69	WHALERS AC	14,97m	27,20m 37,27%

W70 Javelin Throw

Name	Age	Team	Finals	Age-Grading
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			
1 # 3197 Roos, Leonora	W72	BELLVILLE AC	12,49m	26,21m 35,91%
2 # 2471 Du Toit, Aletta	W70	BELLVILLE AC	10,13m	21,26m 29,13%

W75 Javelin Throw

Name	Age	Team	Finals	Age-Grading
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			
1 # 2476 Grobbelaar, Elize	W76	BELLVILLE AC	10,64m WPS	24,25m 33,22%

M35 Javelin Throw

Name	Age	Team	Finals	Age-Grading
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			
1 # 7297 Young, Tyrone	M39	PINELANDS AC	43,15m WPS	43,69m 44,37%

M45 Javelin Throw

Name	Age	Team	Finals	Age-Grading
45 SA Record: N 62,63m	2005/05/07	Gawie Louw, AGN		
45 WP Record: P 53,94m	2016/03/09	Jacques Cronje		
49,49m	45 SA Nat colours std			
38,60m	45 WPS WP Colours Standard			
1 Mostert, Henri	M49	BELLVILLE AC	40,24m WPS	47,14m 47,87%



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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 # 2416 Davids, Jerome	M50 BELLVILLE AC	31,23m	38,34m 38,94%
2 # 1939 Isaacs, Duncan	M54 NEDBANK WP	13,29m	16,31m 16,57%

M55 Javelin Throw

55 SA Record: N 55,09m 2015/05/15 S. Kichenbrand, AGN
 55 WP Record: P 41,85m J. Allers
 42,64m 55 SA Nat colours std
 33,30m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 7171 Simpson, Shaun	M59 NEDBANK WP	22,06m	29,51m 29,97%

W40 Weight Throw

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 # 2415 Slamdien, Kamila	W44 BELLVILLE AC	6,96m	8,24m 34,96%

W50 Weight Throw

50 SA Record: N 15,60m 2015/08/20 Heleen Knobel, SWD
 50 WP Record: P 11,25m Tertia Stoffberg
 11,00m 50 SA Nat colours std
 9,10m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 3204 Scholtz, Gloria	W52 CAPRICORN AC	7,98m	9,43m 39,98%

W55 Weight Throw

55 SA Record: N 14,50m 2021/04/10 Heleen Knobel, SWD
 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 # 1773 Knobel, Heleen	W56 SWD	13,84mPSA	17,87m 75,75%



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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 # 1161 Bowers, Cecelia	W60 BOLMA	9,15m WPS	11,07m 46,95%
2 # 2414 Dramat, Farieda	W63 BELLVILLE AC	8,96m	10,84m 45,97%

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 # 368 Griesel, Ronel	W69 WHALERS AC	8,29m	10,99m 46,57%

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 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	8,01mPWPS	11,74m 49,78%
2 # 3197 Roos, Leonora	W72 BELLVILLE AC	5,46m	8,00m 33,93%

W75 Weight Throw

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	9,86m SA	13,75m 58,31%

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 # 1939 Isaacs, Duncan	M54 NEDBANK WP	9,33m	9,78m 37,83%



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Name	Age Team	Finals	Age-Grading Points
1 # 2475 Van Deventer, Hes	W39 BELLVILLE AC	9,36m	9,70m 42,88% 510

W40 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2415 Slamdien, Kamila	W44 BELLVILLE AC	6,89m	7,64m 33,79% 376

W50 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 3204 Scholtz, Gloria	W52 CAPRICORN AC	7,30m	9,20m 40,67% 477

W55 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 1773 Knobel, Heleen	W56 SWD	10,35m	14,18m 62,69% 806

W60 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2414 Dramat, Farieda	W63 BELLVILLE AC	8,82m	13,24m 58,53% 743

W65 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 368 Griesel, Ronel	W69 WHALERS AC	7,48m	12,41m 54,88% 688

W70 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 3197 Roos, Leonora	W72 BELLVILLE AC	6,09m	11,30m 49,96% 615
2 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	5,49m	10,18m 45,04% 541

W75 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	5,95m	10,90m 48,18% 589

M50 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 1939 Isaacs, Duncan	M54 NEDBANK WP	7,05m	8,26m 35,73% 382



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Name	Age Team	Finals	Age-Grading Points
1 # 2475 Van Deventer, Hes	W39 BELLVILLE AC	27,49m	28,50m 37,11% 434

W40 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2415 Slamdien, Kamila	W44 BELLVILLE AC	18,17m	20,25m 26,38% 282

W50 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 3204 Scholtz, Gloria	W52 CAPRICORN AC	17,29m	22,69m 29,56% 327

W55 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 1773 Knobel, Heleen	W56 SWD	30,52m	43,97m 57,25% 732

W60 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2414 Dramat, Farieda	W63 BELLVILLE AC	19,52m	31,15m 40,57% 484

W65 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 368 Griesel, Ronel	W69 WHALERS AC	17,25m	30,92m 40,27% 480

W70 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 3197 Roos, Leonora	W72 BELLVILLE AC	13,76m	28,26m 36,80% 430
2 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	12,58m	25,84m 33,65% 385

W75 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	13,95m	30,05m 39,14% 463

M50 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 1939 Isaacs, Duncan	M54 NEDBANK WP	18,92m	19,33m 26,10% 260



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Name	Age Team	Finals	Age-Grading Points
1 # 2475 Van Deventer, Hes	W39 BELLVILLE AC	24,32m	26,61m 34,56% 420

W40 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2415 Slamdien, Kamila	W44 BELLVILLE AC	14,88m	17,50m 22,73% 227

W50 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
-- # 3204 Scholtz, Gloria	W52 CAPRICORN AC	ND	

W55 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 1773 Knobel, Heleen	W56 SWD	39,26m	54,90m 71,30% 1042

W60 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2414 Dramat, Farieda	W63 BELLVILLE AC	24,48m	37,58m 48,81% 658

W65 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 368 Griesel, Ronel	W69 WHALERS AC	20,84m	35,50m 46,12% 613

W70 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	17,98m	34,44m 44,74% 589
2 # 3197 Roos, Leonora	W72 BELLVILLE AC	13,81m	26,45m 34,36% 417

W75 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	21,75m	41,14m 53,44% 736

M50 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 1939 Isaacs, Duncan	M54 NEDBANK WP	13,01m	15,43m 17,80% 122



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Name	Age Team	Finals	Age-Grading Points
1 # 2475 Van Deventer, Hes	W39 BELLVILLE AC	26,82m	28,48m 39,02% 448

W40 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2415 Slamdien, Kamila	W44 BELLVILLE AC	16,03m	18,39m 25,20% 259

W50 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 3204 Scholtz, Gloria	W52 CAPRICORN AC	17,44m	22,92m 31,41% 343

W55 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 1773 Knobel, Heleen	W56 SWD	26,46m	38,31m 52,49% 635

W60 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2414 Dramat, Farieda	W63 BELLVILLE AC	14,59m	23,51m 32,21% 354

W65 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 368 Griesel, Ronel	W69 WHALERS AC	14,97m	27,20m 37,27% 424

W70 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 3197 Roos, Leonora	W72 BELLVILLE AC	12,49m	26,21m 35,91% 405
2 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	10,13m	21,26m 29,13% 312

W75 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	10,64m	24,25m 33,22% 368

M50 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 1939 Isaacs, Duncan	M54 NEDBANK WP	13,29m	16,31m 16,57% 112



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Name	Age Team	Finals	Age-Grading Points
1 # 2415 Slamdien, Kamila	W44 BELLVILLE AC	6,83m	8,09m 34,30% 377

W50 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 3204 Scholtz, Gloria	W52 CAPRICORN AC	7,98m	9,43m 39,98% 458

W55 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 1773 Knobel, Heleen	W56 SWD	13,84m	17,87m 75,75% 981

W60 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2414 Dramat, Farieda	W63 BELLVILLE AC	8,96m	10,84m 45,97% 544

W65 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 368 Griesel, Ronel	W69 WHALERS AC	8,29m	10,99m 46,57% 553

W70 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	8,01m	11,74m 49,78% 599
2 # 3197 Roos, Leonora	W72 BELLVILLE AC	5,46m	8,00m 33,93% 372

W75 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	9,86m	13,75m 58,31% 723

M50 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 # 1939 Isaacs, Duncan	M54 NEDBANK WP	8,60m	9,01m 34,87% 397

W20-29 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 # 4715 Kotze, Inge	W29 STRAND AC	32:57,67	32:57,68 60,02%



**WESTERN PROVINCE MASTERS
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Leo Benning Meeting No 3 - 19 March 2022 - 2022/03/19**Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 5000 Meter Race Walk**

Name	Age	Team	Finals	Age-Grading
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			
1 # 531 van Deventer, Ann	W42	BOLMA	31:35,73 WPS	30:24,65 65,05%

W50 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
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			
1 # 670 Race, Anne	W54	SPARTAN HARRIERS AC	35:34,17	31:32,16 62,73%
2 # 7542 Snyders, Margaret	W50	VELOCITY ATH CLUB	40:30,03	35:54,47 55,09%

W55 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
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			
1 # 158 Horn-Botha, Debor	W56	VARSIITY OLD BOYS AC	30:02,20 SA	25:23,04 77,94%
2 # 6607 Pick, Carol	W55	SPARTAN HARRIERS AC	35:09,30 WPS	29:42,57 66,59%

W60 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
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			
1 # 1105 Goosen, Jacquelin	W60	DURBANVILLE AC	32:24,59 SA	25:56,65 76,25%
2 # 3326 Sutherland, Joy	W61	WEST COAST AC	35:32,06 WPS	28:26,72 69,55%
3 # 154 Fuller, Jane	W63	VARSIITY OLD BOYS AC	38:21,01 WPS	30:41,96 64,44%

W65 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
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			
1 # 176 Delport, Diane	W65	VARSIITY OLD BOYS AC	37:00,70 WPS	27:51,75 71,00%
2 # 160 Collins, Judy	W67	VARSIITY OLD BOYS AC	37:33,14 WPS	28:16,17 69,98%
3 # 3198 Roux, Isabel	W69	BELLVILLE AC	37:41,74 WPS	28:22,64 69,72%



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Leo Benning Meeting No 3 - 19 March 2022 - 2022/03/19**Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W70 5000 Meter Race Walk**

70 SA Record: N 30:33,72 10/2016 Elsa Meyer, AGN
 70 WP Record: P 30:44,81 2022/02/12 Edna Brand
 37:25,00 70 SA Nat colours std
 43:47,00 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4733 Brand, Edna	W70 STRAND AC	31:12,42 SA	21:54,44 90,30%
2 # 2205 Blignaut, Frieda	W71 SANLAM AC	33:46,78 SA	23:42,81 83,43%
3 # 773 Joseph, Jacquelin	W72 SPARTAN HARRIERS AC	41:08,04 WPS	28:52,57 68,51%

W75 5000 Meter Race Walk

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 # 4991 Aver, Carol-Ann	W76 RUNWALK FOR LIFE AC	38:33,01 SA	24:59,30 79,17%
2 # 2408 Schipper, Mary	W75 BELLVILLE AC	40:10,57 WPS	26:02,54 75,97%
3 # 843 Brennan, Megan	W78 SPARTAN HARRIERS AC	42:49,92 WPS	27:45,83 71,26%

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	37:57,01NSA	22:26,17 88,18%
2 # 883 Norton, Margaret	W82 SPARTAN HARRIERS AC	41:29,49 SA	24:31,79 80,65%

W85 5000 Meter Race Walk

85 WP Record: P 44:42,79 2022/02/12 Peggy Reid
 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	43:28,88PSA	23:05,58 85,67%

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 # 687 Jacobs, Reon	M51 SPARTAN HARRIERS AC	31:11,45 WPS	27:19,21 65,74%



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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 # 700 Donson, Hilton	M58	SPARTAN HARRIERS AC	34:28,72	28:55,66	62,09%

M60 5000 Meter Race Walk

60 SA Record: N	26:50,70		Jurgen Spencer, WPA		
60 WP Record: P	26:50,70		Jurgen Spencer		
	29:15,00	60 SA Nat colours std			
	34:13,00	60 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 155 Fuller, Raymond	M64	VARSITY OLD BOYS AC	31:50,38 WPS	25:29,46	70,46%

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 # 2308 Bosman, Marius	M65	BELLVILLE AC	31:20,26 WPS	23:49,00	75,41%
2 # 668 Thompson, Armond	M67	SPARTAN HARRIERS AC	34:38,60 WPS	26:19,74	68,21%

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 # 2426 Pretorius, Piet	M71	BELLVILLE AC	30:53,42 SA	22:08,91	81,09%
2 # 673 Dreyer, Patrick	M72	SPARTAN HARRIERS AC	38:51,47	27:51,67	64,46%

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 # 4990 Aver, Brian	M77	RUNWALK FOR LIFE AC	39:40,65 WPS	26:39,33	67,38%



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