

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W30 100 Meter Dash**

| Name | Age | Team | Finals | Wind | Age-Grading % |
|---|-----|-------|-----------|------|---------------|
| 30 SA Record: N 11,80 Gail van Niekerk, CGA | | | | | |
| 30 WP Record: P 12,73 Corne Gomes | | | | | |
| 14,20 30 WPS WP Colours Standard | | | | | |
| Finals | | | | | |
| 1 # 5753 Corbett, Melissa | W33 | PAROW | 13,25 WPS | 0.4 | 13,26 79,17% |

W40 100 Meter Dash

| Name | Age | Team | Finals | Wind | Age-Grading % |
|---|-----|-------|--------|------|---------------|
| 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 | | | | | |
| Finals | | | | | |
| 1 # 7543 Juries, Tanja | W43 | VELOC | 15,67 | 0.4 | 14,97 70,13% |
| 2 # 5742 Miske, Mirjam | W42 | TYGER | 15,69 | 0.4 | 14,99 70,04% |

W45 100 Meter Dash

| Name | Age | Team | Finals | Wind | Age-Grading % |
|--|-----|-------|-----------|------|---------------|
| 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 | | | | | |
| Finals | | | | | |
| 1 # 2678 Tregonning, Rushd | W47 | HEWAT | 14,40 WPS | 0.4 | 13,25 79,24% |

W55 100 Meter Dash

| Name | Age | Team | Finals | Wind | Age-Grading % |
|--|-----|-------|-----------|------|---------------|
| 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 | | | | | |
| Finals | | | | | |
| 1 # 6699 Louw, Venessa | W58 | TYGER | 14,41 SA | -0.4 | 12,24 85,70% |
| 2 # 1775 Willemse, Helene | W55 | SWD | 16,61 WPS | -0.4 | 14,11 74,35% |

W60 100 Meter Dash

| Name | Age | Team | Finals | Wind | Age-Grading % |
|---|-----|------|-----------|------|---------------|
| 60 SA Record: N 14,90 2010/03/06 Toy Ungerer, SWD | | | | | |
| 60 WP Record: P 15,60 O. Wagener | | | | | |
| 15,75 60 SA Nat colours std | | | | | |
| 17,70 60 WPS WP Colours Standard | | | | | |
| Finals | | | | | |
| 1 # 1272 Schmelzer, Tessa | W61 | ANWN | 15,87 WPS | -0.4 | 12,92 81,22% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 | SPARH | 20,89 | -0.4 | 16,27 64,48% |

W85 100 Meter Dash

85 SA Record: N 21,95 2016/04/02 Christi du Plooy, CGA
 85 WP Record: P 21,80 2022/03/19 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 | TYGER | 22,13 SA | -0.4 | 12,75 82,29% |

M30 100 Meter Dash

30 SA Record: N 10,50 Eric Essman, CGA
 30 WP Record: P 10,97 2022/03/19 Jonathan Dreyer
 12,00 30 WPS WP Colours Standard

| Name | Age | Team | Finals | Wind | Age-Grading |
|----------------------------|-----|-------|-----------|------|--------------|
| 1 # 5751 Engel, Roscoe | M33 | TYGER | 10,90 WPS | -0.2 | 10,91 89,82% |
| 2 # 5755 Clarke, Chevan | M32 | TYGER | 11,34 WPS | -0.2 | 11,35 86,33% |
| 3 # 5754 De Morny, Ryle | M33 | TYGER | 11,69 WPS | -0.2 | 11,70 83,75% |
| 4 # 2421 Steenkamp, Theodo | M33 | BELL | 13,31 | -0.2 | 13,32 73,55% |

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 # 2468 August, Denzil | M36 | BELL | 13,08 | -0.2 | 12,91 75,84% |
| 2 # 3125 Hassan, Qaasim | M38 | CPUT | 13,93 | -0.2 | 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 # 4333 Dreyer, Jonathan | M40 | ITHKO | 11,49 SA | -0.2 | 11,01 88,95% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 2423 Bothma, Rupert | M47 | BELL | 13,24 | -0.2 | 12,30 79,61% |

M50 100 Meter Dash

| Name | Age | Team | Finals | Wind | Age-Grading |
|--|-----|------|-----------|------|--------------|
| 50 SA Record: N 11,70 Stan Wald, CGA | | | | | |
| 50 WP Record: P 12,09 2022/05/07 John Cloete | | | | | |
| 12,17 50 SA Nat colours std | | | | | |
| 13,40 50 WPS WP Colours Standard | | | | | |
| Name | Age | Team | Finals | Wind | Age-Grading |
| 1 # 8878 Basson, Marius | M50 | CMS | 12,41 WPS | -0.2 | 11,17 87,67% |
| 2 # 2422 Cloete, John | M51 | BELL | 12,56 WPS | -0.2 | 11,30 86,62% |

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 # 4166 Christians, Alwyn | M56 | SADF | 13,28 WPS | -0.2 | 11,57 84,71% |
| 2 # 5761 Van Wyk, Roelof | M57 | TYGER | 14,49 | -0.2 | 12,62 77,64% |
| 3 # 4277 Toll, Michael | M58 | ITHKO | 18,44 | -0.2 | 16,06 61,01% |

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 12,61 2022/04/09 Johan Myburgh | | | | | |
| 12,92 60 SA Nat colours std | | | | | |
| 14,50 60 WPS WP Colours Standard | | | | | |
| Name | Age | Team | Finals | Wind | Age-Grading |
| 1 # 225 Omar, Nassar | M63 | BOLMA | 15,22 | -0.2 | 12,81 76,48% |

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 | | | | | |
| Name | Age | Team | Finals | Wind | Age-Grading |
| 1 # 2402 Deetlefs, Pieter | M69 | BELL | 14,88 WPS | -0.2 | 12,07 81,12% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M75 100 Meter Dash**

| Name | Age | Team | Finals | Wind | Age-Grading |
|------------------------|------------|----------------------------|--------|------|--------------|
| 75 SA Record: N 14,06 | | F.P. Reid, CGA | | | |
| 75 WP Record: P 14,00 | 2011/02/26 | Ron Cross | | | |
| 15,86 | | 75 SA Nat colours std | | | |
| 17,80 | | 75 WPS WP Colours Standard | | | |
| 1 # 930 Stuart, Leslie | M79 | SWD | 19,91 | -0.2 | 14,76 66,35% |

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 # 5742 Miske, Mirjam | W42 | TYGER | 32,81 | NWI | 30,66 69,61% |
| 2 # 7543 Juries, Tanja | W43 | VELOC | 33,08 | NWI | 30,91 69,04% |

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 # 2678 Tregonning, Rushd | W47 | HEWAT | 30,28 WPS | NWI | 27,20 78,47% |
| 2 # 1947 Matiwane, Busiswe | W47 | NEDWP | 38,65 | NWI | 34,72 61,47% |

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 | SPARH | 44,22 | NWI | 33,36 63,98% |

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 54,30 | 2022/04/09 | Magdalene Johnson | | | |
| 56,00 | | 85 SA Nat colours std | | | |
| 1:03,00 | | 85 WPS WP Colours Standard | | | |
| 1 # 8808 Johnson, Magdalen | W85 | TYGER | 53,86PSA | NWI | 26,57 80,34% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M30 200 Meter Dash**

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 # 2421 Steenkamp, Theodo | M33 | BELL | 27,73 | NWI | 27,74 69,67% |

M35 200 Meter Dash

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 # 2468 August, Denzil | M36 | BELL | 26,96 | NWI | 26,53 72,85% |
| 2 # 3125 Hassan, Qaasim | M38 | CPUT | 28,84 | NWI | 28,37 68,10% |

M40 200 Meter Dash

40 SA Record: N 22,00 Stan Wald, CGA
 40 WP Record: P 22,65 2018/03/24 Ricardo Mentoor
 23,42 40 SA Nat colours std
 25,50 40 WPS WP Colours Standard

| Name | Age | Team | Finals | Wind | Age-Grading % |
|---------------------------|-----|-------|----------|------|---------------|
| 1 # 4333 Dreyer, Jonathan | M40 | ITHKO | 23,38 SA | NWI | 22,30 86,66% |

M45 200 Meter Dash

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 | BELL | 26,89 | NWI | 24,84 77,80% |
| 2 # 8150 Van Zyl, Dana | M49 | VOB | 27,27 | NWI | 25,19 76,71% |

M50 200 Meter Dash

50 SA Record: N 23,29 Stan Wald, CGA
 50 WP Record: P 24,70 2022/04/22 Marius Basson
 25,00 50 SA Nat colours std
 27,50 50 WPS WP Colours Standard

| Name | Age | Team | Finals | Wind | Age-Grading % |
|-------------------------|-----|------|-----------|------|---------------|
| 1 # 8878 Basson, Marius | M50 | CMS | 24,74 SA | -1.0 | 22,11 87,43% |
| 2 # 2422 Cloete, John | M51 | BELL | 26,09 WPS | -1.0 | 23,31 82,91% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 200 Meter Dash**

55 SA Record: N 24,71 Montey Hacker, CGA
 55 WP Record: P 24,84 2011/04/09 Joseph Warriess
 25,83 55 SA Nat colours std
 28,90 55 WPS WP Colours Standard

| Name | Age | Team | Finals | Wind | Age-Grading |
|----------------------------|-----|-------|-----------|------|--------------|
| 1 # 4166 Christians, Alwyn | M56 | SADF | 27,22 WPS | -1.0 | 23,50 82,22% |
| 2 # 5594 Doren, Peter | M57 | SPAAC | 28,25 WPS | -1.0 | 24,39 79,22% |
| 3 # 4277 Toll, Michael | M58 | ITHKO | 31,00 | -1.0 | 26,77 72,19% |

M60 200 Meter Dash

60 SA Record: N 25,80 Miloje Grujic, CGA
 60 WP Record: P 26,01 2022/04/09 Johan Myburgh
 26,76 60 SA Nat colours std
 30,00 60 WPS WP Colours Standard

| Name | Age | Team | Finals | Wind | Age-Grading |
|----------------------|-----|-------|--------|------|--------------|
| 1 # 225 Omar, Nassar | M63 | BOLMA | 31,31 | -1.0 | 26,09 74,07% |

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 # 1947 Matiwane, Busiswe | W47 | NEDWP | 1:23,20 | 1:14,74 63,69% |

M30 400 Meter Dash

30 SA Record: N 48,53 2019/05/19 Willem de Beer, AGN
 30 WP Record: P 50,49 2022/03/26 Henk Beukes
 56,00 30 WPS WP Colours Standard

| Name | Age | Team | Finals | Age-Grading | H# |
|----------------------------|-----|------|---------|----------------|----|
| 1 # 2421 Steenkamp, Theodo | M33 | BELL | 1:04,59 | 1:04,60 66,85% | 3 |

M35 400 Meter Dash

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 # 5756 Mulumba, Patrick | M39 | TYGER | 56,60 WPS | 54,65 79,03% | 3 |
| 2 # 357 Smith, Randall | M38 | BOLMA | 57,34 | 55,36 78,01% | 3 |
| 3 # 4507 Ndwangu, Sandile | M37 | ITHKO | 57,52 | 55,53 77,76% | 3 |
| 4 # 3125 Hassan, Qaasim | M38 | CPUT | 1:10,54 | 1:08,10 63,41% | 3 |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 400 Meter Dash**

| Name | Age | Team | Finals | Age-Grading | H# |
|----------------------------|------------|----------------------------|-----------|--------------|----|
| 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 | | | |
| 1 # 2428 Le Grange, Jacobu | M42 | BELL | 55,91 WPS | 52,30 82,56% | 3 |

M45 400 Meter Dash

| Name | Age | Team | Finals | Age-Grading | H# |
|-------------------------|------------|----------------------------|---------|----------------|----|
| 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 | | | |
| 1 # 8150 Van Zyl, Dana | M49 | VOB | 1:03,24 | 57,26 75,41% | 2 |
| 2 # 2423 Bothma, Rupert | M47 | BELL | 1:07,78 | 1:01,37 70,36% | 2 |

M50 400 Meter Dash

| 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 # 8878 Basson, Marius | M50 | CMS | 55,97 SA | 49,00 88,14% | 2 |
| 2 # 1240 Fortuin, Maurice | M51 | BOLMA | 59,48 WPS | 52,07 82,94% | 2 |
| 3 # 2422 Cloete, John | M51 | BELL | 1:01,00 WPS | 53,40 80,87% | 2 |
| 4 # 1949 Cooper, Andrew | M54 | NEDWP | 1:08,10 | 59,62 72,44% | 2 |

M55 400 Meter Dash

| Name | Age | Team | Finals | Age-Grading | H# |
|------------------------|------------|-------------------------------|-------------|----------------|----|
| 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 | | | |
| 1 # 5594 Doren, Peter | M57 | SPAAC | 1:00,98 WPS | 51,56 83,77% | |
| 2 # 1791 Cupido, Clive | M56 | BOLMA | 1:01,46 WPS | 51,96 83,11% | |
| 3 # 4277 Toll, Michael | M58 | ITHKO | 1:15,25 | 1:03,62 67,88% | |

M60 400 Meter Dash

| Name | Age | Team | Finals | Age-Grading | H# |
|--------------------------|------------|----------------------------|-------------|--------------|----|
| 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 | | | |
| 1 # 963 Groeneveld, Leon | M61 | BOLMA | 1:06,10 WPS | 53,90 80,12% | |
| 2 # 225 Omar, Nassar | M63 | BOLMA | 1:10,26 | 57,30 75,38% | |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...M60 400 Meter Dash**

3 # 5758 Bredeveltdt, Neal M61 TYGER 1:16,04 1:02,01 69,65%

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 Warriies
 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 | M66 CARB | 1:13,75 | 57,80 74,71% |

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 # 357 Smith, Randall | M38 BOLMA | 2:09,85 WPS | 2:08,78 78,52% |
| 2 # 4507 Ndwangu, Sandile | M37 ITHKO | 2:10,70 WPS | 2:09,62 78,01% |

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 # 1941 Blauw, Ricardo | M40 NEDWP | 2:05,29 WPS | 1:59,78 84,41% |
| 2 # 3901 Broers, Neil | M41 AAC | 2:19,53 | 2:13,40 75,80% |

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 # 2892 Swartz, Quintin | M47 MPTIT | 2:17,70 WPS | 2:06,73 79,79% |
| 2 # 8071 Mapukata, Sihle | M45 NEDWP | 2:28,75 | 2:16,90 73,86% |
| 3 # 4575 Juries, Chubasco | M46 ITHKO | 2:29,16 | 2:17,28 73,66% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 800 Meter Run**

| 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 | | | |
| Name | Age | Team | Finals | Age-Grading | |
| 1 # 1240 Fortuin, Maurice | M51 | BOLMA | 2:20,89 WPS | 2:04,65 | 81,12% |
| 2 # 1949 Cooper, Andrew | M54 | NEDWP | 2:28,80 | 2:11,65 | 76,81% |

M55 800 Meter Run

| 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 # 1791 Cupido, Clive | M56 | BOLMA | 2:18,16 WPS | 1:57,30 | 86,20% |

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 # 963 Groeneveld, Leon | M61 | BOLMA | 2:32,28 WPS | 2:03,85 | 81,64% |
| 2 # 1778 Kotze, Dirk | M61 | SWD | 2:32,32 WPS | 2:03,89 | 81,62% |

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 | M66 | CARB | 2:56,30 WPS | 2:17,10 | 73,75% |

M75 800 Meter Run

| 75 SA Record: N | 2:37,04 | 2010/04/30 | Ken Nurden, AGN | | |
|------------------------|---------|----------------------------|-----------------|-------------|--------|
| 75 WP Record: P | 3:17,40 | | R. Truter | | |
| | 3:20,00 | 75 SA Nat colours std | | | |
| | 3:44,00 | 75 WPS WP Colours Standard | | | |
| Name | Age | Team | Finals | Age-Grading | |
| 1 # 930 Stuart, Leslie | M79 | SWD | 3:10,54PSA | 2:11,93 | 76,64% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 1500 Meter Run**

60 SA Record: N 5:40,70 2016/01/29 M. Saunders, EPA
 60 WP Record: P 6:43,26 Jane Geldenhuys
 6:09,00 60 SA Nat colours std
 7:12,00 60 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------|---------|----------------|
| 1 # 1018 Henning, Delmarie | W60 SWD | 7:31,97 | 5:50,69 66,29% |

M30 1500 Meter Run

30 SA Record: N 3:40,20 Johan Fourie, AGN
 30 WP Record: P 4:06,27 P Miller
 4:34,00 30 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|--------------------------|-----------|---------|----------------|
| 1 # 7444 October, Faizel | M34 ELSIE | 4:47,67 | 4:47,68 71,61% |

M35 1500 Meter Run

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 # 2221 Kammies, Morne | M35 SANLM | 4:19,55 WPS | 4:17,30 80,07% |
| 2 # 357 Smith, Randall | M38 BOLMA | 4:32,15 WPS | 4:29,79 76,36% |
| 3 # 6901 Ockhuis, Garron | M37 GOODW | 4:54,57 | 4:52,01 70,55% |

M40 1500 Meter Run

40 SA Record: N 3:58,90 Terence Brown, KZN
 40 WP Record: P 3:58,90 Terence Brown
 4:06,00 40 SA Nat colours std
 4:48,00 40 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|-----------|-------------|----------------|
| 1 # 1941 Blauw, Ricardo | M40 NEDWP | 4:20,09 WPS | 4:07,58 83,21% |
| 2 # 3901 Broers, Neil | M41 AAC | 4:40,33 WPS | 4:26,85 77,20% |

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 # 6139 Sinclair, Quinton | M45 UWC | 4:32,16 WPS | 4:08,35 82,95% |
| 2 # 3245 Van Rooyen, Chris | M45 BOXER | 4:35,44 WPS | 4:11,34 81,96% |
| 3 # 8071 Mapukata, Sihle | M45 NEDWP | 4:53,15 WPS | 4:27,50 77,01% |
| 4 # 2892 Swartz, Quintin | M47 MPTIT | 4:54,40 WPS | 4:28,65 76,68% |
| 5 # 9692 Bailey, Jason | M45 GCON | 4:54,57 WPS | 4:28,80 76,64% |
| 6 # 4575 Juries, Chubasco | M46 ITHKO | 5:01,62 | 4:35,23 74,85% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...M45 1500 Meter Run**

| | | | | |
|----------------------------|----------|---------|---------|--------|
| 7 # 7269 Mullins, Pheobius | M48 MSM | 5:18,14 | 4:50,31 | 70,96% |
| 8 # 2411 Peacock, Michael | M49 BELL | 5:23,25 | 4:54,97 | 69,84% |

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 # 5502 Macanda, Obed | M50 GUGS | 4:32,05 WPS | 3:57,53 86,73% |
| 2 # 1949 Cooper, Andrew | M54 NEDWP | 5:04,70 WPS | 4:26,04 77,43% |

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 # 1791 Cupido, Clive | M56 BOLMA | 5:00,01 WPS | 4:10,12 82,36% |

M60 1500 Meter Run

| | | | |
|-----------------|---------|----------------------------|----------------------|
| 60 SA Record: N | 4:54,40 | 2021/11/13 | Anthony Grendon, WPA |
| 60 WP Record: P | 4:53,20 | 2015/01/24 | Terence Brown |
| | 4:58,00 | 60 SA Nat colours std | |
| | 5:49,00 | 60 WPS WP Colours Standard | |

| Name | Age Team | Finals | Age-Grading |
|-----------------------|-----------|-------------|----------------|
| 1 # 1778 Kotze, Dirk | M61 SWD | 5:25,38 WPS | 4:18,32 79,75% |
| 2 # 8778 Ruppert, Max | M61 STRAN | 5:26,06 WPS | 4:18,86 79,58% |

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 AAC | 20:09,99 WPS | 20:10,00 71,46% |

W50 5000 Meter Run

| | | | |
|-----------------|----------|----------------------------|---------|
| 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 | |

| Name | Age Team | Finals | Age-Grading |
|----------------------------|-----------|--------------|-----------------|
| 1 # 4002 Janse van Rensbur | W51 AAC | 20:33,21 SA | 17:55,98 80,36% |
| 2 # 1918 Nel-Sunderland, S | W50 NEDWP | 20:46,78 WPS | 18:07,82 79,49% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28

Green Point Athletics Stadium

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

...W50 5000 Meter Run

| | | | | |
|----------------------------|-----------|--------------|----------|--------|
| 3 # 1940 De Villiers, Cori | W51 NEDWP | 21:19,07 WPS | 18:35,99 | 77,48% |
| 4 # 38 Lategan, Jill | W50 GOODW | 22:59,76 WPS | 20:03,85 | 71,83% |

W60 5000 Meter Run

60 SA Record: N 19:52,44 2004/05/06 J. Allebone, KZN
 60 WP Record: P 23:00,00 Jane Geldenhuys
 23:14,00 60 SA Nat colours std
 27:10,00 60 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------|----------|-----------------|
| 1 # 1018 Henning, Delmarie | W60 SWD | 27:12,14 | 21:20,91 67,51% |

W65 5000 Meter Run

65 SA Record: N 22:43,00 2014/04/26 L. Ruickbie, CGA
 65 WP Record: P 22:57,77 2022/04/23 Nancy Will
 26:00,00 65 SA Nat colours std
 30:20,00 65 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|----------------------|----------|-------------|-----------------|
| 1 # 3352 Will, Nancy | W69 PINE | 23:41,60 SA | 17:25,31 82,72% |

M30 5000 Meter Run

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

| Name | Age Team | Finals | Age-Grading |
|---------------------------|-----------|--------------|-----------------|
| 1 # 9888 Bucarizza, Marko | M33 CGMA | 14:17,52PWPS | 14:17,53 88,28% |
| 2 # 6252 Swartz, Godwin | M30 BOXER | 15:41,49 WPS | 15:41,50 80,40% |
| 3 # 7444 October, Faizel | M34 ELSIE | 17:09,82 WPS | 17:09,83 73,51% |

M35 5000 Meter Run

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

| Name | Age Team | Finals | Age-Grading |
|---------------------------|-----------|--------------|-----------------|
| 1 # 2221 Kammies, Morne | M35 SANLM | 15:40,17 WPS | 15:40,18 80,52% |
| 2 # 5622 Wildschut, Riaan | M36 ATC | 16:08,99 WPS | 16:09,00 78,12% |
| 3 # 9221 Kretzinger, Dale | M35 GNMA | 16:10,06 WPS | 16:10,07 78,04% |
| 4 # 6901 Ockhuis, Garron | M37 GOODW | 17:49,32 | 17:49,33 70,79% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 5000 Meter Run**

| 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 | | |
| Name | | Age Team | | Finals | Age-Grading |
| 1 # 3901 Broers, Neil | | M41 AAC | | 16:50,02 WPS | 16:14,78 77,66% |
| 2 # 3900 Van Der Walt, Tja | | M44 AAC | | 17:20,45 WPS | 16:44,14 75,39% |

M45 5000 Meter Run

| 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 # 1510 Gibson, Michael | | M45 FISHH | | 16:45,75 WPS | 15:35,55 80,91% |
| 2 # 3245 Van Rooyen, Chris | | M45 BOXER | | 17:02,76 WPS | 15:51,38 79,57% |
| 3 # 8071 Mapukata, Sihle | | M45 NEDWP | | 17:45,25 WPS | 16:30,90 76,40% |
| 4 # 2892 Swartz, Quintin | | M47 MPTIT | | 18:04,02 WPS | 16:48,36 75,07% |
| 5 # 4575 Juries, Chubasco | | M46 ITHKO | | 18:04,23 WPS | 16:48,56 75,06% |
| 6 # 7269 Mullins, Pheobius | | M48 MSM | | 19:37,52 | 18:15,33 69,11% |
| 7 # 2411 Peacock, Michael | | M49 BELL | | 19:58,11 | 18:34,49 67,92% |
| 8 # 7540 Kotze, Frans | | M49 VELOC | | 22:30,13 | 20:55,90 60,28% |

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 # 1949 Cooper, Andrew | | M54 NEDWP | | 18:25,74 WPS | 16:29,97 76,47% |
| 2 # 3268 Nel, Marius | | M53 WESTC | | 19:37,56 | 17:34,27 71,80% |
| 3 # 6414 Msibi, Derrick | | M52 DURBA | | 19:57,09 | 17:51,76 70,63% |

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 # 1275 Grobbelaar, Johan | | M60 SWD | | 19:36,41 WPS | 16:11,13 77,95% |
| 2 # 7458 Isaacs, Kevin | | M62 ELSIE | | 19:52,20 WPS | 16:24,17 76,92% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 3771 Wagenheim, Mark | M66 | AAC | 22:16,11 WPS | 17:34,46 | 71,79% |

M70 5000 Meter Run

| 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 # 3972 Collier, Brian | M72 | AAC | 24:25,35 WPS | 18:16,09 | 69,06% |

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 # 930 Stuart, Leslie | M79 | SWD | 27:45,49 WPS | 19:22,18 | 65,14% |

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 # 43 Rix, Andre | M35 | MPTIT | 1:20,99 | 8,10577 | 60% |

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 # 1832 Scheepers, Anthon | M53 | SWD | 1:01,83 SA | 53,90 | 86,80% |
| 2 # 1949 Cooper, Andrew | M54 | NEDWP | 1:16,32 | 1:06,53 | 70,32% |
| 3 # 1939 Isaacs, Duncan | M54 | NEDWP | 1:27,76 | 1:16,50 | 61,16% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 400 Long Hurdles**

55 SA Record: N 1:02,88 2006/11/11 J.Swiegers
 55 WP Record: P 1:02,88 J. Swiegers
 1:09,10 55 SA Nat colours std
 1:17,50 55 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------|-------------|----------------|
| 1 # 4166 Christians, Alwyn | M56 SADF | 1:15,96 WPS | 1:02,96 74,30% |

W50 2000 Meter Steeplechase

| Name | Age Team | Finals | Age-Grading |
|---------------------------|-----------|----------|-----------------|
| 1 # 1899 Mahlangu, Beauty | W50 NEDWP | 12:24,76 | 15:19,49 58,90% |

M65 2000 Meter Steeplechase

65 SA Record: N 8:19,65 2022/04/16 Warren Schmeltzer, NWN

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------|---------|----------------|
| 1 # 1273 Schmelzer, Warren | M67 ANWN | 8:19,75 | 9:03,48 87,15% |

M30 3000 Meter Steeplechase

30 SA Record: N 9:17,20 P. Bezuidenhout
 30 WP Record: P 9:58,70 M. Ruppert

| Name | Age Team | Finals | Age-Grading |
|----------------------------|-----------|----------|-----------------|
| 1 # 3070 Soldaka, Siboniso | M31 CPUT | 8:56,33N | 8:56,34 88,31% |
| 2 # 7444 October, Faizel | M34 ELSIE | 12:37,29 | 12:37,30 62,54% |

M45 3000 Meter Steeplechase

45 SA Record: N 9:49,70 2010/02/20 Tobias Philander, WPA
 45 WP Record: P 10:00,50 T. Brown

| Name | Age Team | Finals | Age-Grading |
|---------------------------|-----------|----------|-----------------|
| 1 # 2892 Swartz, Quintin | M47 MPTIT | 12:23,38 | 10:50,02 72,86% |
| 2 # 4575 Juries, Chubasco | M46 ITHKO | 12:38,29 | 11:03,05 71,43% |

M50 3000 Meter Steeplechase

50 SA Record: N 10:29,10 2005/09/03 Sean Rice, CGA
 50 WP Record: P 10:32,82 2016/03/19 Tobias Philander

| Name | Age Team | Finals | Age-Grading |
|-------------------------|-----------|----------|-----------------|
| 1 # 1949 Cooper, Andrew | M54 NEDWP | 13:16,79 | 11:06,84 71,03% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 #10180 Genis, Tanya | W42 | TYGER | 1,25mN | 1,37m 66,14% |

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 # 623 Du Toit, Orla | W46 | BOLMA | 1,55mNSA | 1,80m 86,11% |
| 2 # 1026 Van Langelaar, Yo | W46 | SWD | 1,50mNSA | 1,74m 83,33% |

W50 High Jump

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 # 38 Lategan, Jill | W50 | GOODW | 1,13mN | 1,38m 66,08% |

W55 High Jump

55 SA Record: N 1,40m 2022/04/20 Dinah Heymans, AGN

55 WP Record: P 1,33m 2022/03/19 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 | BELL | 1,35mNSA | 1,75m 83,85% |

W60 High Jump

60 SA Record: N 1,35m 2021/11/13 Theresa Schmelzer, ANW

60 WP Record: P 1,16m 2011/03/19 M. Jonkers / I Hofmeyr

1,16m 60 SA Nat colours std

1,03m 60 WPS WP Colours Standard

| Name | Age | Team | Finals | Age-Grading |
|---------------------------|-----|------|----------|--------------|
| 1 # 1272 Schmelzer, Tessa | W61 | ANWN | 1,40mNSA | 1,92m 92,11% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28

Green Point Athletics Stadium

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

W70 High Jump

70 SA Record: N 1,08m 2003/05/10 Aletta Kruger, FSA
 70 WP Record: P 1,07m Isabel Hofmeyr
 1,00m 70 SA Nat colours std
 0,92m 70 WPS WP Colours Standard

| Name | Age | Team | Finals | Age-Grading |
|--------------------------|-----|------|--------|-------------|
| 1 # 1769 Durandt, Marita | W71 | SWD | 0,85m* | |

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 # 43 Rix, Andre | M35 | MPTIT | 1,43mP | 1,46m 59,83% |

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 # 4575 Juries, Chubasco | M46 | ITHKO | 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 # 2416 Davids, Jerome | M51 | BELL | 1,52mNWPS | 1,76m 72,04% |
| 1 # 2404 Maree, Archibald | M50 | BELL | 1,52mNWPS | 1,76m 72,04% |

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 | TYGER | 1,60mNSA | 2,08m 85,11% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

* - Manual entry due to Hytek limitation

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 Pole Vault**

| Name | Age | Team | Finals | Age-Grading |
|----------------------------|------------|------------------------|--------|--------------|
| 45 SA Record: N 3,32m | 2022/03/26 | Ida-Marie Strydom, AGN | | |
| 1 # 1037 Strydom, Ida-Mari | W46 | GNMA | 3,20mN | 3,89m 75,47% |

M35 Pole Vault

| Name | Age | Team | Finals | Age-Grading |
|-----------------------|------------|-------------------|--------|--------------|
| 35 SA Record: N 4,30m | 2014/04/26 | Pieter Brits, AGN | | |
| 35 WP Record: P 3,60m | | C. Truter | | |
| 1 # 43 Rix, Andre | M35 | MPTIT | 2,20m | 2,23m 36,42% |

M45 Pole Vault

| Name | Age | Team | Finals | Age-Grading |
|---------------------------|------------|------------------|--------|--------------|
| 45 SA Record: N 3,85m | | S.A. Herbst, WPA | | |
| 45 WP Record: P 3,20m | 2012/03/17 | G. Murdoch | | |
| 1 # 753 Van As, Jean-Paul | M49 | BOLMA | 3,70mN | 4,24m 69,16% |

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 | | | |
| 1 # 7543 Juries, Tanja | W43 | VELOC | 4,11mPWPS | -0.4 | 4,56m 60,71% |
| 2 #10180 Genis, Tanya | W42 | TYGER | 3,99m WPS | -0.7 | 4,42m 58,94% |

W55 Long Jump

| Name | Age | Team | Finals | Wind | Age-Grading |
|---------------------------|------------|-------------------|-----------|------|--------------|
| 55 SA Record: N 4,37m | 2010/10/16 | A. Steenkamp, SWD | | | |
| 55 WP Record: P 4,14m | | Yvonne de Witt | | | |
| 3,88m | 55 SA Nat | colours std | | | |
| 3,20m | 55 WPS WP | Colours Standard | | | |
| 1 # 1775 Willemse, Helene | W55 | SWD | 3,49m WPS | -0.3 | 4,67m 62,21% |

M30 Long Jump

| Name | Age | Team | Finals | Wind | Age-Grading |
|---------------------------|-----------|------------------|-----------|------|--------------|
| 30 SA Record: N 7,64m | | Angus Pohl | | | |
| 30 WP Record: P 6,44m | | T. Mostert | | | |
| 5,50m | 30 WPS WP | Colours Standard | | | |
| 1 # 9685 Griffith, Arnold | M32 | MPTIT | 6,02mPWPS | -0.6 | 6,02m 67,26% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M35 Long Jump**

| 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 # 43 Rix, Andre | M35 | MPTIT | 4,52m | 0.2 | 4,66m 52,07% | |

M40 Long Jump

| 40 SA Record: N 7,14m | | V. Häger, KZN | | | | |
|---------------------------|-------|----------------------------|-----------|------|--------------|--|
| 40 WP Record: P 6,51m | | 2016/11/01 Robin Buck | | | | |
| | 6,12m | 40 SA Nat colours std | | | | |
| | 5,10m | 40 WPS WP Colours Standard | | | | |
| Name | Age | Team | Finals | Wind | Age-Grading | |
| 1 # 1457 Svekile, Simpiwe | M44 | EPA | 5,79m WPS | -0.4 | 6,31m 70,52% | |

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 # 1939 Isaacs, Duncan | M54 | NEDWP | 3,92m | 0.4 | 4,81m 53,85% | |
| 2 # 2404 Maree, Archibald | M50 | BELL | 3,87m | -0.3 | 4,75m 53,16% | |

M55 Long Jump

| 55 SA Record: N 5,70m | | S Hough / A Redelinghuys | | | | |
|----------------------------|-------|----------------------------|-----------|------|--------------|--|
| 55 WP Record: P 5,61m | | Ron Cross | | | | |
| | 5,19m | 55 SA Nat colours std | | | | |
| | 4,30m | 55 WPS WP Colours Standard | | | | |
| Name | Age | Team | Finals | Wind | Age-Grading | |
| 1 # 4166 Christians, Alwyn | M56 | SADF | 4,82m WPS | -0.2 | 6,32m 70,67% | |

M60 Long Jump

| 60 SA Record: N 5,33m | | Ron Cross, WPA | | | | |
|----------------------------|-------|----------------------------|-----------|------|--------------|--|
| 60 WP Record: P 5,33m | | Ron Cross | | | | |
| | 4,85m | 60 SA Nat colours std | | | | |
| | 4,00m | 60 WPS WP Colours Standard | | | | |
| Name | Age | Team | Finals | Wind | Age-Grading | |
| 1 # 5758 Bredeveltdt, Neal | M61 | TYGER | 4,17m WPS | 1.3 | 5,87m 65,57% | |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # | 673 | Dreyer, Patrick | M72 SPARH | 3,15m | -0.6 5,19m 58,01% |

M75 Long Jump

| ===== | | | | | |
|---------------|---------|----------------|----------------------|-----------|-------------------|
| 75 SA Record: | N 4,34m | 2013/08/26 | Hans Miekautsch, AGN | | |
| 75 WP Record: | P 2,72m | C. Nel | | | |
| | 3,49m | 75 SA Nat | colours std | | |
| | 2,90m | 75 WPS WP | Colours Standard | | |
| Name | Age | Team | Finals | Wind | Age-Grading |
| ===== | | | | | |
| 1 # | 930 | Stuart, Leslie | M79 SWD | 3,12mPWPS | -1.2 5,62m 62,78% |

W55 Triple Jump

| ===== | | | | | |
|---------------|---------|------------------|-------------------|----------|--------------------|
| 55 SA Record: | N 8,56m | 2011/04/29 | A. Steenkamp, SWD | | |
| | 7,73m | 55 SA Nat | colours std | | |
| | 6,80m | 55 WPS WP | Colours Standard | | |
| Name | Age | Team | Finals | Wind | Age-Grading |
| ===== | | | | | |
| 1 # | 1775 | Willemse, Helene | W55 SWD | 7,82m SA | -0.3 10,21m 65,94% |

M40 Triple Jump

| ===== | | | | | |
|---------------|----------|------------------|------------------|------------|--------------------|
| 40 SA Record: | N 14,40m | G. Swakala | | | |
| 40 WP Record: | P 13,57m | 2022/04/09 | Jason Sweanayana | | |
| | 12,79m | 40 SA Nat | colours std | | |
| | 11,25m | 40 WPS WP | Colours Standard | | |
| Name | Age | Team | Finals | Wind | Age-Grading |
| ===== | | | | | |
| 1 # | 1457 | Swekile, Simpiwe | M44 EPA | 11,72m WPS | -0.9 12,46m 68,14% |

M60 Triple Jump

| ===== | | | | | |
|---------------|----------|-------------------|------------------|-----------|--------------------|
| 60 SA Record: | N 10,55m | Ron Cross, WPA | | | |
| 60 WP Record: | P 10,55m | Ron Cross | | | |
| | 10,20m | 60 SA Nat | colours std | | |
| | 9,00m | 60 WPS WP | Colours Standard | | |
| Name | Age | Team | Finals | Wind | Age-Grading |
| ===== | | | | | |
| 1 # | 5758 | Bredeveltdt, Neal | M61 TYGER | 10,26mNSA | -0.7 14,08m 76,97% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 Shot Put**

35 SA Record: N 12,27m 2022/03/26 Tanya Pubalakan, AGN
 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 # 2438 Gerstner, Juanita | W39 TYGER | 9,01m WPS | 9,34m 41,27% |
| 2 # 2439 Albertyn, Este | W39 BELL | 7,91m | 8,20m 36,23% |

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 # 503 Mallin, Ezette | W40 VOB | 10,25m SA | 11,37m 50,27% |
| 2 # 2420 Compion, Maria | W41 BELL | 8,42m WPS | 9,34m 41,29% |

W45 Shot Put

45 SA Record: N 11,80m M-L Uys, SWD
 45 WP Record: P 9,89m Elize Engelbrecht
 9,90m 45 SA Nat colours std
 7,70m 45 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|----------------------------|-----------|--------|--------------|
| 1 # 1947 Matiwane, Busiswe | W47 NEDWP | 4,97m | 5,93m 26,23% |

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 # 3331 Johnson, Mary-Ann | W54 PINE | 6,57m | 8,28m 36,60% |
| 2 # 7542 Snyders, Margaret | W50 VELOC | 6,08m | 7,66m 33,87% |
| 3 # 1899 Mahlangu, Beauty | W50 NEDWP | 4,16m | 5,24m 23,18% |

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 # 1021 Smit, Jackie | W58 BOLMA | 8,47m WPS | 11,60m 51,30% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 Shot Put**

| Name | Age | Team | Finals | Age-Grading |
|--------------------------|------------|----------------------------|-----------|---------------|
| 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 | | |
| 1 # 2414 Dramat, Farieda | W63 | BELL | 8,75m WPS | 13,13m 58,06% |
| 2 #19235 Claassen, Zeld | W62 | CGMA | 6,30m | 9,45m 41,80% |

W65 Shot Put

| Name | Age | Team | Finals | Age-Grading |
|--------------------------|------------|----------------------------|-----------|---------------|
| 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 | | |
| 1 # 368 Griesel, Ronel | W69 | BOLMA | 6,86m WPS | 11,38m 50,33% |
| 2 # 2469 Stoffberg, Tert | W68 | BELL | 5,94m | 9,86m 43,58% |

W70 Shot Put

| Name | Age | Team | Finals | Age-Grading |
|--------------------------|------------|----------------------------|-----------|---------------|
| 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 | | |
| 1 #18771 Ferreira, Merc | W73 | CGMA | 7,52mPSA | 13,95m 61,69% |
| 2 # 1769 Durandt, Marit | W71 | SWD | 6,71m WPS | 12,45m 55,05% |
| 3 # 1449 van Eck, Suzi | W72 | GNMA | 5,77m WPS | 10,70m 47,33% |
| 4 # 2429 Roos, Leonora | W73 | BELL | 5,64m WPS | 10,46m 46,27% |
| 5 # 2471 Du Toit, Aletta | W71 | BELL | 5,25m | 9,74m 43,07% |

M30 Shot Put

| Name | Age | Team | Finals | Age-Grading |
|-------------------------|------------|----------------------------|--------|---------------|
| 30 SA Record: N 16,28m | | C Scheepers | | |
| 30 WP Record: P 13,92m | 1972/02/14 | Steve Johnston | | |
| | 11,50m | 30 WPS WP Colours Standard | | |
| 1 # 9174 Theron, Barend | M33 | LWAND | 11,32m | 11,32m 48,96% |

M35 Shot Put

| Name | Age | Team | Finals | Age-Grading |
|------------------------|------------|----------------------------|--------|--------------|
| 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 | | |
| 1 # 357 Smith, Randall | M38 | BOLMA | 7,51m | 7,78m 33,69% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 3556 Wiener, Shukri | M40 PINE | 11,62m WPS | 12,94m 55,97% |

M45 Shot Put

45 SA Record: N 18,29m 2018/04/27 Burger Lambrechts, AGN
 45 WP Record: P 12,58m 2015/03/21 Gerhard Potgieter
 12,14m 45 SA Nat colours std
 9,50m 45 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|------------------------|----------|--------|--------------|
| 1 # 8150 Van Zyl, Dana | M49 VOB | 7,71m | 9,26m 40,09% |
| 2 # 2444 Pool, Jaco | M45 BELL | 7,54m | 9,06m 39,21% |

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 # 9175 Van der Walt, Ste | M54 LWAND | 8,67m | 10,16m 43,94% |
| 2 # 1939 Isaacs, Duncan | M54 NEDWP | 7,08m | 8,29m 35,88% |

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 NEDWP | 9,86m WPS | 12,52m 54,18% |
| 2 # 6478 Odendaal, Joubert | M55 GNMA | 9,06m | 11,51m 49,78% |

M60 Shot Put

60 SA Record: N 14,96m 2021/11/13 Burton Haupt, AGN
 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 # 2460 Lamara, Zain | M61 BELL | 9,83m | 12,26m 53,08% |
| 2 # 1022 Smit, Johan | M61 BOLMA | 9,67m | 12,07m 52,21% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 | M87 BELL | 7,77m SA | 13,10m 56,67% |

W35 Discus Throw

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

| Name | Age Team | Finals | Age-Grading |
|----------------------------|-----------|------------|---------------|
| 1 # 2438 Gerstner, Juanita | W39 TYGER | 29,60m WPS | 30,68m 39,96% |
| 2 # 2439 Albertyn, Este | W39 BELL | 22,63m | 23,46m 30,55% |

W40 Discus Throw

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

| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------|------------|---------------|
| 1 # 503 Mallin, Ezette | W40 VOB | 28,14m WPS | 31,37m 40,85% |
| 2 # 2420 Compion, Maria | W41 BELL | 18,40m | 20,51m 26,71% |

W50 Discus Throw

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

| Name | Age Team | Finals | Age-Grading |
|----------------------------|-----------|--------|---------------|
| 1 # 3331 Johnson, Mary-Ann | W54 PINE | 14,54m | 19,08m 24,85% |
| 2 # 7542 Snyders, Margaret | W50 VELOC | 12,08m | 15,85m 20,65% |
| 3 # 1899 Mahlangu, Beauty | W50 NEDWP | 7,74m | 10,16m 13,23% |

W55 Discus Throw

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

| Name | Age Team | Finals | Age-Grading |
|-----------------------|-----------|------------|---------------|
| 1 # 1021 Smit, Jackie | W58 BOLMA | 24,33m WPS | 35,05m 45,64% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 Discus Throw**

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

| Name | Age Team | Finals | Age-Grading |
|--------------------------|----------|------------|---------------|
| 1 # 2414 Dramat, Farieda | W63 BELL | 19,21m WPS | 30,66m 39,92% |
| 2 #19235 Claassen, Zelda | W62 CGMA | 15,65m | 24,97m 32,52% |

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 BOLMA | 15,40m | 27,60m 35,95% |
| 2 # 2469 Stoffberg, Tertia | W68 BELL | 11,69m | 20,95m 27,29% |

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 #18771 Ferreira, Mercia | W73 CGMA | 17,80mPWPS | 36,56m 47,61% |
| 2 # 1449 van Eck, Suzi | W72 GNMA | 15,07m WPS | 30,95m 40,30% |
| 3 # 1769 Durandt, Marita | W71 SWD | 13,27m | 27,25m 35,49% |
| 4 # 2471 Du Toit, Aletta | W71 BELL | 13,00m | 26,70m 34,77% |
| 5 # 2429 Roos, Leonora | W73 BELL | 12,09m | 24,83m 32,33% |

M30 Discus Throw

30 SA Record: N 48,50m P. Goosen
 30 WP Record: P 49,91m 1972/03/15 Steve Johnston
 33,00m 30 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|-----------|------------|---------------|
| 1 # 9174 Theron, Barend | M33 LWAND | 33,61m WPS | 33,61m 45,37% |

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 # 3556 Wiener, Shukri | M40 PINE | 34,68m WPS | 38,19m 51,56% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 2427 Mostert, Henri | M49 BELL | 33,80m WPS | 40,72m 54,98% |
| 2 # 2444 Pool, Jaco | M45 BELL | 19,68m | 23,71m 32,01% |

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 # 9175 Van der Walt, Ste | M54 LWAND | 23,00m | 23,50m 31,72% |
| 2 # 1939 Isaacs, Duncan | M54 NEDWP | 21,91m | 22,38m 30,22% |

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 NEDWP | 28,18m | 31,28m 42,24% |

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 # 1022 Smit, Johan | M61 BOLMA | 35,22m WPS | 37,43m 50,53% |
| 2 # 2460 Lamara, Zain | M61 BELL | 29,47m | 31,32m 42,28% |

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 # 1776 Ferreira, Frik | M66 SWD | 29,80m | 34,67m 46,81% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 | M87 BELL | 21,81m SA | 42,54m 57,44% |

W35 Hammer Throw

35 SA Record: N 48,00m 2022/03/29 Tanya Pubalakan, AGN

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 # 2438 Gerstner, Juanita | W39 TYGER | 26,08m | 28,53m 37,06% |

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 # 2420 Compion, Maria | W41 BELL | 21,76m | 25,59m 33,24% |

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 |
|---------------------------|-----------|------------|---------------|
| 1 # 68 Louw, Marisa | W52 EPA | 32,19m WPS | 41,32m 53,67% |
| 2 # 1899 Mahlangu, Beauty | W50 NEDWP | 10,10m | 12,96m 16,84% |

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 #19235 Claassen, Zelda | W62 CGMA | 27,45m SA | 42,14m 54,74% |
| 2 # 2414 Dramat, Farieda | W63 BELL | 24,72m WPS | 37,95m 49,29% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 BOLMA | 20,75m WPS | 35,35m 45,92% |
| 2 # 2469 Stoffberg, Tertia | W68 BELL | 19,30m WPS | 32,88m 42,71% |

W70 Hammer Throw

70 SA Record: N 25,76m Lena 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 #18771 Ferreira, Mercia | W73 CGMA | 18,86m WPS | 36,13m 46,93% |
| 2 # 1769 Durandt, Marita | W71 SWD | 18,73m WPS | 35,88m 46,60% |
| 3 # 1449 van Eck, Suzi | W72 GNMA | 17,96m WPS | 34,41m 44,69% |
| 4 # 2471 Du Toit, Aletta | W71 BELL | 17,30m WPS | 33,14m 43,05% |
| 5 # 2429 Roos, Leonora | W73 BELL | 11,84m | 22,68m 29,46% |

M30 Hammer Throw

30 SA Record: N 74,15m 2008/04/25 Chris Harmse, FSA
 30 WP Record: P 46,90m B. Coetzee
 36,00m 30 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|-----------|--------|---------------|
| 1 # 9174 Theron, Barend | M33 LWAND | 30,80m | 30,80m 35,51% |

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 # 3556 Wiener, Shukri | M40 PINE | 33,98m | 38,23m 44,08% |

M45 Hammer Throw

45 SA Record: N 71,70m 2019/04/26 V Meiring, AGN
 45 WP Record: P 38,25m 2016/03/19 Gerhard Potgieter
 43,09m 45 SA Nat colours std
 33,60m 45 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|---------------------|----------|--------|---------------|
| 1 # 2444 Pool, Jaco | M45 BELL | 20,65m | 25,59m 29,51% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 9175 Van der Walt, Ste | M54 | LWAND | 19,28m | 22,87m 26,37% |
| 2 # 1939 Isaacs, Duncan | M54 | NEDWP | 14,27m | 16,92m 19,52% |

W35 Javelin Throw

| Name | Age | Team | Finals | Age-Grading |
|----------------------------|----------------------------|-----------------------|--------|---------------|
| 35 SA Record: N 46,11m | 2022/03/26 | Linda van Vreden, AGN | | |
| 35 WP Record: P 38,70m | | Dinky Quelch | | |
| 31,53m | 35 SA Nat colours std | | | |
| 24,50m | 35 WPS WP Colours Standard | | | |
| 1 # 2438 Gerstner, Juanita | W39 | TYGER | 20,68m | 21,96m 30,09% |
| 2 # 2439 Albertyn, Este | W39 | BELL | 20,42m | 21,68m 29,71% |

W40 Javelin Throw

| Name | Age | Team | Finals | Age-Grading |
|-------------------------|----------------------------|-----------------|--------|---------------|
| 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 | | | |
| 1 # 2420 Compion, Maria | W41 | BELL | 20,36m | 23,36m 32,00% |

W50 Javelin Throw

| Name | Age | Team | Finals | Age-Grading |
|----------------------------|----------------------------|--------------------|--------|---------------|
| 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 | | | |
| 1 # 38 Lategan, Jill | W50 | GOODW | 16,07m | 21,12m 28,94% |
| 2 # 3331 Johnson, Mary-Ann | W54 | PINE | 12,33m | 16,21m 22,20% |
| 3 # 7542 Snyders, Margaret | W50 | VELOC | 8,07m | 10,60m 14,53% |
| 4 # 1899 Mahlangu, Beauty | W50 | NEDWP | 7,64m | 10,04m 13,76% |

W60 Javelin Throw

| Name | Age | Team | Finals | Age-Grading |
|---------------------------|----------------------------|------------------------|--------|---------------|
| 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 | | | |
| 1 # 2414 Dramat, Farieda | W63 | BELL | 13,44m | 21,66m 29,68% |
| 2 # 19235 Claassen, Zelda | W62 | CGMA | 11,63m | 18,74m 25,68% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 368 Griesel, Ronel | W69 BOLMA | 13,88m | 25,22m 34,55% |

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 #18771 Ferreira, Mercia | W73 CGMA | 16,24m WPS | 34,09m 46,69% |
| 2 # 1769 Durandt, Marita | W71 SWD | 11,32m | 23,76m 32,55% |
| 3 # 2429 Roos, Leonora | W73 BELL | 11,18m | 23,46m 32,14% |
| 4 # 1449 van Eck, Suzi | W72 GNMA | 10,82m | 22,71m 31,11% |
| 5 # 2471 Du Toit, Aletta | W71 BELL | 9,58m | 20,11m 27,54% |

M30 Javelin Throw

30 SA Record: N 67,76m 2011/11/12 Frans Human, FSA

30 WP Record: P 48,54m Hein Vercueil

44,00m 30 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|-----------|--------|---------------|
| 1 # 9174 Theron, Barend | M33 LWAND | 26,00m | 26,00m 26,40% |

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 # 7297 Young, Tyrone | M39 PINE | 43,10m WPS | 43,64m 44,32% |

M40 Javelin Throw

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 # 3556 Wiener, Shukri | M40 PINE | 41,76m WPS | 45,35m 46,06% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 Javelin Throw**

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

| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------|------------|---------------|
| 1 # 2427 Mostert, Henri | M49 BELL | 41,65m WPS | 48,79m 49,55% |
| 2 # 2444 Pool, Jaco | M45 BELL | 17,70m | 20,73m 21,06% |

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 # 9175 Van der Walt, Ste | M54 LWAND | 34,60m | 42,48m 43,14% |
| 2 # 1939 Isaacs, Duncan | M54 NEDWP | 15,25m | 18,72m 19,01% |

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 # 1776 Ferreira, Frik | M66 SWD | 30,62m WPS | 47,82m 48,56% |

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 # 2420 Compion, Maria | W41 BELL | 7,98m | 9,45m 40,08% |

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 # 68 Louw, Marisa | W52 EPA | 11,32mPSA | 13,38m 56,71% |
| 2 # 1899 Mahlangu, Beauty | W50 NEDWP | 3,34m | 3,94m 16,73% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 1021 Smit, Jackie | W58 BOLMA | 11,39mPSA | 14,71m 62,34% |

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 # 2414 Dramat, Farieda | W63 BELL | 10,23m WPS | 12,38m 52,49% |
| 2 #19235 Claassen, Zelda | W62 CGMA | 10,03m WPS | 12,14m 51,46% |

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 BOLMA | 8,93m WPS | 11,84m 50,17% |
| 2 # 2469 Stoffberg, Tertia | W68 BELL | 7,97m | 10,56m 44,78% |

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 #18771 Ferreira, Mercia | W73 CGMA | 9,49mPSA | 13,91m 58,98% |
| 2 # 2471 Du Toit, Aletta | W71 BELL | 8,39mPWPS | 12,30m 52,14% |
| 3 # 1769 Durandt, Marita | W71 SWD | 8,38mPWPS | 12,29m 52,08% |
| 4 # 1449 van Eck, Suzi | W72 GNMA | 7,71m WPS | 11,30m 47,92% |
| 5 # 2429 Roos, Leonora | W73 BELL | 6,02m | 8,82m 37,41% |

M30 Weight Throw

30 SA Record: N 12,48m 2006/04/29 M. Ueckerman
 30 WP Record: P 13,58m B. Coetzee
 11,50m 30 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|-----------|--------|---------------|
| 1 # 9174 Theron, Barend | M33 LWAND | 10,77m | 10,77m 41,65% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Weight Throw**

40 SA Record: N 21,66m 2017/04/01 Chris Harmse, FSA
 40 WP Record: P 13,97m 2022/05/06 Shukri Wiener
 13,00m 40 SA Nat colours std
 10,80m 40 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------|-----------|---------------|
| 1 # 3556 Wiener, Shukri | M40 PINE | 13,89mPSA | 15,13m 58,53% |

M45 Weight Throw

45 SA Record: N 17,17m 2016/05/13 Martin Venter, AGN
 45 WP Record: P 10,75m J. Allers
 12,50m 45 SA Nat colours std
 10,40m 45 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|---------------------|----------|--------|--------------|
| 1 # 2444 Pool, Jaco | M45 BELL | 6,70m | 7,83m 30,30% |

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 NEDWP | 8,78m | 9,20m 35,60% |
| 2 # 9175 Van der Walt, Ste | M54 LWAND | 8,19m | 8,58m 33,21% |

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 # 4277 Toll, Michael | M58 ITHKO | 10,66m | 11,96m 46,27% |

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 BOLMA | 10,46m | 10,90m 42,16% |

W40 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------|--------|--------------|--------|
| 1 # 2420 Compion, Maria | W41 BELL | 8,64m | 9,59m 42,37% | 503 |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Shot Put Throws Pentathlon**

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------|--------|--------------|--------|
| 1 # 68 Louw, Marisa | W52 EPA | 7,78m | 9,80m 43,34% | 516 |

W55 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-----------------------|-----------|--------|---------------|--------|
| 1 # 1021 Smit, Jackie | W58 BOLMA | 8,32m | 11,40m 50,39% | 621 |

W60 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|----------|--------|---------------|--------|
| 1 # 2414 Dramat, Farieda | W63 BELL | 8,11m | 12,17m 53,82% | 672 |
| 2 #19235 Claassen, Zelda | W62 CGMA | 6,21m | 9,32m 41,21% | 485 |

W65 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|-----------|--------|---------------|--------|
| 1 # 368 Griesel, Ronel | W69 BOLMA | 7,34m | 12,18m 53,85% | 673 |
| 2 # 2469 Stoffberg, Tertia | W68 BELL | 5,71m | 9,47m 41,89% | 495 |

W70 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------------|----------|--------|---------------|--------|
| 1 #18771 Ferreira, Mercia | W73 CGMA | 6,93m | 12,86m 56,85% | 718 |
| 2 # 1769 Durandt, Marita | W71 SWD | 6,76m | 12,54m 55,46% | 697 |
| 3 # 2429 Roos, Leonora | W73 BELL | 5,65m | 10,48m 46,35% | 561 |
| 4 # 1449 van Eck, Suzi | W72 GNMA | 5,59m | 10,37m 45,86% | 554 |
| 5 # 2471 Du Toit, Aletta | W71 BELL | 5,46m | 10,13m 44,79% | 538 |

M30 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|-----------|--------|---------------|--------|
| 1 # 9174 Theron, Barend | M33 LWAND | 11,19m | 11,19m 48,40% | 557 |

M35 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------|-----------|--------|--------------|--------|
| 1 # 43 Rix, Andre | M35 MPTIT | 7,22m | 7,48m 32,39% | 336 |

M40 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri | M40 PINE | 10,78m | 12,00m 51,93% | 606 |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 Shot Put Throws Pentathlon**

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------|--------|--------------|--------|
| 1 # 2444 Pool, Jaco | M45 BELL | 7,59m | 9,12m 39,47% | 433 |

M50 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|-----------|--------|---------------|--------|
| 1 # 9175 Van der Walt, Ste | M54 LWAND | 8,81m | 10,32m 44,65% | 505 |
| 2 # 1939 Isaacs, Duncan | M54 NEDWP | 6,53m | 7,65m 33,10% | 346 |

M60 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-----------------------|-----------|--------|---------------|--------|
| 1 # 2460 Lamara, Zain | M61 BELL | 9,65m | 12,04m 52,11% | 609 |
| 2 # 1022 Smit, Johan | M61 BOLMA | 9,05m | 11,29m 48,87% | 563 |

W40 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------|--------|---------------|--------|
| 1 # 2420 Compion, Maria | W41 BELL | 19,25m | 21,46m 27,95% | 304 |

W50 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------|--------|---------------|--------|
| 1 # 68 Louw, Marisa | W52 EPA | 19,09m | 25,06m 32,63% | 370 |

W55 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-----------------------|-----------|--------|---------------|--------|
| 1 # 1021 Smit, Jackie | W58 BOLMA | 23,77m | 34,24m 44,59% | 543 |

W60 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|----------|--------|---------------|--------|
| 1 # 2414 Dramat, Farieda | W63 BELL | 16,25m | 25,93m 33,77% | 386 |
| 2 #19235 Claassen, Zelda | W62 CGMA | 15,42m | 24,61m 32,04% | 362 |

W65 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|-----------|--------|---------------|--------|
| 1 # 368 Griesel, Ronel | W69 BOLMA | 16,81m | 30,13m 39,24% | 465 |
| 2 # 2469 Stoffberg, Tertia | W68 BELL | 9,19m | 16,47m 21,45% | 215 |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W70 Discus Throw Throws Pentathlon**

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------------|----------|--------|---------------|--------|
| 1 # 1449 van Eck, Suzi | W72 GNMA | 14,88m | 30,56m 39,80% | 473 |
| 2 #18771 Ferreira, Mercia | W73 CGMA | 14,78m | 30,36m 39,53% | 469 |
| 3 # 1769 Durandt, Marita | W71 SWD | 14,03m | 28,82m 37,52% | 440 |
| 4 # 2471 Du Toit, Aletta | W71 BELL | 13,20m | 27,11m 35,30% | 408 |
| 5 # 2429 Roos, Leonora | W73 BELL | 13,11m | 26,93m 35,06% | 405 |

M30 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|-----------|--------|---------------|--------|
| 1 # 9174 Theron, Barend | M33 LWAND | 33,42m | 33,42m 45,11% | 532 |

M35 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------|-----------|--------|---------------|--------|
| 1 # 43 Rix, Andre | M35 MPTIT | 14,47m | 14,67m 19,81% | 174 |

M40 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri | M40 PINE | 28,25m | 31,11m 42,00% | 486 |

M45 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------|--------|---------------|--------|
| 1 # 2444 Pool, Jaco | M45 BELL | 18,05m | 21,74m 29,36% | 305 |

M50 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|-----------|--------|---------------|--------|
| 1 # 9175 Van der Walt, Ste | M54 LWAND | 23,14m | 23,64m 31,92% | 341 |
| 2 # 1939 Isaacs, Duncan | M54 NEDWP | 17,73m | 18,11m 24,46% | 237 |

M60 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-----------------------|-----------|--------|---------------|--------|
| 1 # 1022 Smit, Johan | M61 BOLMA | 31,40m | 33,37m 45,05% | 531 |
| 2 # 2460 Lamara, Zain | M61 BELL | 26,33m | 27,98m 37,78% | 425 |

W40 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------|--------|---------------|--------|
| 1 # 2420 Compion, Maria | W41 BELL | 23,41m | 27,53m 35,76% | 440 |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Hammer Throw Throws Pentathlon**

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------|--------|---------------|--------|
| 1 # 68 Louw, Marisa | W52 EPA | 30,68m | 39,38m 51,15% | 697 |

W55 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-----------------------|-----------|--------|---------------|--------|
| 1 # 1021 Smit, Jackie | W58 BOLMA | 33,05m | 46,21m 60,03% | 848 |

W60 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|----------|--------|---------------|--------|
| 1 #19235 Claassen, Zelda | W62 CGMA | 26,69m | 40,97m 53,22% | 732 |
| 2 # 2414 Dramat, Farieda | W63 BELL | 22,07m | 33,88m 44,01% | 577 |

W65 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|-----------|--------|---------------|--------|
| 1 # 368 Griesel, Ronel | W69 BOLMA | 19,26m | 32,81m 42,62% | 554 |
| 2 # 2469 Stoffberg, Tertia | W68 BELL | 17,63m | 30,03m 39,01% | 494 |

W70 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------------|----------|--------|---------------|--------|
| 1 # 1449 van Eck, Suzi | W72 GNMA | 18,93m | 36,26m 47,10% | 629 |
| 2 # 2471 Du Toit, Aletta | W71 BELL | 18,47m | 35,38m 45,96% | 610 |
| 3 # 1769 Durandt, Marita | W71 SWD | 18,45m | 35,35m 45,91% | 609 |
| 4 #18771 Ferreira, Mercia | W73 CGMA | 18,04m | 34,56m 44,89% | 592 |
| 5 # 2429 Roos, Leonora | W73 BELL | 12,25m | 23,47m 30,48% | 353 |

M30 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|-----------|--------|---------------|--------|
| 1 # 9174 Theron, Barend | M33 LWAND | 29,68m | 29,68m 34,22% | 345 |

M35 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------|-----------|--------|---------------|--------|
| 1 # 43 Rix, Andre | M35 MPTIT | 11,68m | 12,03m 13,87% | 71 |

M40 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri | M40 PINE | 29,41m | 33,09m 38,15% | 400 |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 Hammer Throw Throws Pentathlon**

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------|--------|---------------|--------|
| 1 # 2444 Pool, Jaco | M45 BELL | 19,64m | 24,34m 28,07% | 260 |

M50 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|-----------|--------|---------------|--------|
| 1 # 9175 Van der Walt, Ste | M54 LWAND | 17,37m | 20,60m 23,76% | 202 |
| 2 # 1939 Isaacs, Duncan | M54 NEDWP | 14,44m | 17,13m 19,75% | 148 |

M60 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-----------------------|-----------|--------|---------------|--------|
| 1 # 1022 Smit, Johan | M61 BOLMA | 29,25m | 38,26m 44,12% | 484 |
| 2 # 2460 Lamara, Zain | M61 BELL | 24,79m | 32,43m 37,39% | 389 |

W40 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------|--------|---------------|--------|
| 1 # 2420 Compion, Maria | W41 BELL | 17,99m | 20,64m 28,28% | 301 |

W50 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------|--------|---------------|--------|
| 1 # 68 Louw, Marisa | W52 EPA | 15,87m | 20,86m 28,58% | 305 |

W55 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-----------------------|-----------|--------|---------------|--------|
| 1 # 1021 Smit, Jackie | W58 BOLMA | 11,06m | 16,01m 21,94% | 215 |

W60 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|----------|--------|---------------|--------|
| 1 # 2414 Dramat, Farieda | W63 BELL | 15,80m | 25,46m 34,89% | 391 |
| 2 #19235 Claassen, Zelda | W62 CGMA | 10,41m | 16,77m 22,99% | 229 |

W65 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|-----------|--------|---------------|--------|
| 1 # 368 Griesel, Ronel | W69 BOLMA | 11,11m | 20,18m 27,66% | 292 |
| 2 # 2469 Stoffberg, Tertia | W68 BELL | 8,38m | 15,22m 20,86% | 201 |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W70 Javelin Throw Throws Pentathlon**

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------------|----------|--------|---------------|--------|
| 1 #18771 Ferreira, Mercia | W73 CGMA | 15,29m | 32,09m 43,96% | 516 |
| 2 # 1449 van Eck, Suzi | W72 GNMA | 12,60m | 26,44m 36,23% | 409 |
| 3 # 2429 Roos, Leonora | W73 BELL | 11,30m | 23,72m 32,49% | 358 |
| 4 # 1769 Durandt, Marita | W71 SWD | 10,00m | 20,99m 28,75% | 307 |
| 5 # 2471 Du Toit, Aletta | W71 BELL | 8,96m | 18,80m 25,76% | 267 |

M30 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|-----------|--------|---------------|--------|
| 1 # 9174 Theron, Barend | M33 LWAND | 26,27m | 26,27m 26,68% | 247 |

M35 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------|-----------|--------|---------------|--------|
| 1 # 43 Rix, Andre | M35 MPTIT | 21,56m | 21,83m 22,17% | 186 |

M40 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri | M40 PINE | 38,04m | 41,31m 41,96% | 461 |

M45 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------|--------|---------------|--------|
| 1 # 2444 Pool, Jaco | M45 BELL | 19,40m | 22,72m 23,08% | 198 |

M50 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|-----------|--------|---------------|--------|
| 1 # 9175 Van der Walt, Ste | M54 LWAND | 26,82m | 32,92m 33,44% | 341 |
| 2 # 1939 Isaacs, Duncan | M54 NEDWP | 11,08m | 13,60m 13,81% | 77 |

M60 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-----------------------|-----------|--------|---------------|--------|
| 1 # 2460 Lamara, Zain | M61 BELL | 27,67m | 39,12m 39,73% | 429 |
| 2 # 1022 Smit, Johan | M61 BOLMA | 22,66m | 32,04m 32,53% | 328 |

W40 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------|--------|--------------|--------|
| 1 # 2420 Compion, Maria | W41 BELL | 8,08m | 9,57m 40,58% | 467 |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Weight Throw Throws Pentathlon**

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------|--------|---------------|--------|
| 1 # 68 Louw, Marisa | W52 EPA | 9,64m | 11,39m 48,30% | 578 |

W55 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-----------------------|-----------|--------|---------------|--------|
| 1 # 1021 Smit, Jackie | W58 BOLMA | 10,97m | 14,17m 60,04% | 750 |

W60 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|----------|--------|---------------|--------|
| 1 #19235 Claassen, Zelda | W62 CGMA | 11,13m | 13,47m 57,11% | 706 |
| 2 # 2414 Dramat, Farieda | W63 BELL | 9,91m | 11,99m 50,85% | 615 |

W65 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|-----------|--------|---------------|--------|
| 1 # 368 Griesel, Ronel | W69 BOLMA | 8,83m | 11,70m 49,61% | 597 |
| 2 # 2469 Stoffberg, Tertia | W68 BELL | 8,08m | 10,71m 45,39% | 536 |

W70 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------------|----------|--------|---------------|--------|
| 1 #18771 Ferreira, Mercia | W73 CGMA | 9,08m | 13,31m 56,43% | 696 |
| 2 # 1769 Durandt, Marita | W71 SWD | 8,81m | 12,92m 54,75% | 672 |
| 3 # 2471 Du Toit, Aletta | W71 BELL | 8,44m | 12,37m 52,45% | 638 |
| 4 # 1449 van Eck, Suzi | W72 GNMA | 7,42m | 10,88m 46,12% | 546 |
| 5 # 2429 Roos, Leonora | W73 BELL | 5,83m | 8,55m 36,23% | 405 |

M30 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|-----------|--------|---------------|--------|
| 1 # 9174 Theron, Barend | M33 LWAND | 10,89m | 10,89m 42,11% | 502 |

M35 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------|-----------|--------|--------------|--------|
| 1 # 43 Rix, Andre | M35 MPTIT | 3,93m | 4,00m 15,50% | 125 |

M40 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri | M40 PINE | 12,02m | 13,09m 50,65% | 626 |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 Weight Throw Throws Pentathlon**

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------|--------|--------------|--------|
| 1 # 2444 Pool, Jaco | M45 BELL | 6,19m | 7,24m 28,00% | 299 |

M50 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|-----------|--------|--------------|--------|
| 1 # 9175 Van der Walt, Ste | M54 LWAND | 7,82m | 8,20m 31,71% | 352 |
| 2 # 1939 Isaacs, Duncan | M54 NEDWP | 7,81m | 8,19m 31,67% | 351 |

M60 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-----------------------|-----------|--------|---------------|--------|
| 1 # 1022 Smit, Johan | M61 BOLMA | 11,14m | 11,61m 44,90% | 542 |
| 2 # 2460 Lamara, Zain | M61 BELL | 8,32m | 8,67m 33,53% | 378 |

W40 Throws Pentathlon

| | | | |
|-----------------|------|----------------------------|-----------------|
| 40 SA Record: N | 3148 | 2013/04/26 | Janita Eva, AGN |
| 40 WP Record: P | 2274 | 2017/12/02 | Sanet Kruger |
| | 3100 | 40 SA Nat colours std | |
| | 2650 | 40 WPS WP Colours Standard | |

| Name | Age Team | Finals | H# |
|-------------------------|----------|---------|----|
| 1 # 2420 Compion, Maria | W41 BELL | 2015,00 | |

W50 Throws Pentathlon

| | | | |
|-----------------|------|----------------------------|--------------------|
| 50 SA Record: N | 4346 | 2018/04/27 | Heleen Knobel, SWD |
| 50 WP Record: P | 3022 | | Tertia Stoffberg |
| | 3400 | 50 SA Nat colours std | |
| | 2880 | 50 WPS WP Colours Standard | |

| Name | Age Team | Finals | H# |
|---------------------|----------|---------|----|
| 1 # 68 Louw, Marisa | W52 EPA | 2466,00 | |

W55 Throws Pentathlon

| | | | |
|-----------------|------|----------------------------|---------------------|
| 55 SA Record: N | 4457 | 2021/11/17 | Heleen Knobel, SWD |
| 55 WP Record: P | 3729 | | Heleen Schoonwinkel |
| | 3500 | 55 SA Nat colours std | |
| | 2880 | 55 WPS WP Colours Standard | |

| Name | Age Team | Finals | H# |
|-----------------------|-----------|-------------|----|
| 1 # 1021 Smit, Jackie | W58 BOLMA | 2977,00 WPS | |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 Throws Pentathlon**

60 SA Record: N 4036 2010/04/30 H. Schoonwinkel, WPA
 60 WP Record: P 3307 Susan Malherbe
 3400 60 SA Nat colours std
 2880 60 WPS WP Colours Standard

| Name | Age | Team | Finals | H# |
|--------------------------|-----|------|---------|----|
| 1 # 2414 Dramat, Farieda | W63 | BELL | 2641,00 | |
| 2 #19235 Claassen, Zelda | W62 | CGMA | 2514,00 | |

W65 Throws Pentathlon

65 SA Record: N 3632 2006/04/28 A. Olivier
 65 WP Record: P 3369 2019/12/07 Zelda Erasmus
 3400 65 SA Nat colours std
 2880 65 WPS WP Colours Standard

| Name | Age | Team | Finals | H# |
|----------------------------|-----|-------|---------|----|
| 1 # 368 Griesel, Ronel | W69 | BOLMA | 2581,00 | |
| 2 # 2469 Stoffberg, Tertia | W68 | BELL | 1941,00 | |

W70 Throws Pentathlon

70 SA Record: N 3727 2019/03/30 Mercia Ferreira, CGA
 70 WP Record: P 3016 Susan Malherbe
 3100 70 SA Nat colours std
 2350 70 WPS WP Colours Standard

| Name | Age | Team | Finals | H# |
|---------------------------|-----|------|---------|-----|
| 1 #18771 Ferreira, Mercia | W73 | CGMA | 2991,00 | WPS |
| 2 # 1769 Durandt, Marita | W71 | SWD | 2725,00 | WPS |
| 3 # 1449 van Eck, Suzi | W72 | GNMA | 2611,00 | WPS |
| 4 # 2471 Du Toit, Aletta | W71 | BELL | 2461,00 | WPS |
| 5 # 2429 Roos, Leonora | W73 | BELL | 2082,00 | |

M30 Throws Pentathlon

30 SA Record: N 2696 2002/05/04 C. Scheepers
 30 WP Record: P 2852 B. Coetzee
 2100 30 WPS WP Colours Standard

| Name | Age | Team | Finals | H# |
|-------------------------|-----|-------|---------|-----|
| 1 # 9174 Theron, Barend | M33 | LWAND | 2183,00 | WPS |

M35 Throws Pentathlon

35 SA Record: N 3456 2009/09/06 Martin Venter, AGN
 35 WP Record: P 2784 2019/12/07 Shukri Wiener
 2700 35 SA Nat colours std
 2180 35 WPS WP Colours Standard

| Name | Age | Team | Finals | H# |
|-------------------|-----|-------|--------|----|
| 1 # 43 Rix, Andre | M35 | MPTIT | 892,00 | |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Throws Pentathlon**

| 40 SA Record: N | 4851 | 2015/05/15 | Chris Harmse, FSA | | |
|-------------------------|------|------------|-------------------|-----|--|
| 40 WP Record: P | 2951 | | Johan Paauw | | |
| | 2900 | 40 SA Nat | colours std | | |
| | 2250 | 40 WPS WP | Colours Standard | | |
| Name | Age | Team | Finals | H# | |
| 1 # 3556 Wiener, Shukri | M40 | PINE | 2579,00 | WPS | |

M45 Throws Pentathlon

| 45 SA Record: N | 3965 | 2018/04/27 | Martin Venter, AGN | | |
|---------------------|------|------------|--------------------|----|--|
| 45 WP Record: P | 3209 | | Norman Hough | | |
| | 3200 | 45 SA Nat | colours std | | |
| | 2480 | 45 WPS WP | Colours Standard | | |
| Name | Age | Team | Finals | H# | |
| 1 # 2444 Pool, Jaco | M45 | BELL | 1495,00 | | |

M50 Throws Pentathlon

| 50 SA Record: N | 4258 | 2014/04/26 | Burton Haupt, AGN | | |
|----------------------------|------|------------|-------------------|----|--|
| 50 WP Record: P | 3234 | | Johan Allers | | |
| | 3400 | 50 SA Nat | colours std | | |
| | 2800 | 50 WPS WP | Colours Standard | | |
| Name | Age | Team | Finals | H# | |
| 1 # 9175 Van der Walt, Ste | M54 | LWAND | 1741,00 | | |
| 2 # 1939 Isaacs, Duncan | M54 | NEDWP | 1159,00 | | |

M60 Throws Pentathlon

| 60 SA Record: N | 4583 | 2022/03/25 | Burton Haupt, AGN | | |
|-----------------------|------|------------|-------------------|----|--|
| 60 WP Record: P | 3904 | 2001/07/12 | Steve Johnston | | |
| | 3600 | 60 SA Nat | colours std | | |
| | 2965 | 60 WPS WP | Colours Standard | | |
| Name | Age | Team | Finals | H# | |
| 1 # 1022 Smit, Johan | M61 | BOLMA | 2448,00 | | |
| 2 # 2460 Lamara, Zain | M61 | BELL | 2230,00 | | |

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 | |
| 1 # 531 Van Deventer, Ann | W42 | BOLMA | 31:34,07 | WPS | 30:23,05 65,11% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28

Green Point Athletics Stadium

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

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 # 670 Race, Anne | W54 | SPARH | 34:56,44 WPS | 30:58,71 63,86% |
| 2 # 38 Lategan, Jill | W50 | GOODW | 36:18,96 | 32:11,87 61,44% |

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 # 158 Horn-Botha, Debor | W56 | VOB | 30:07,00 SA | 25:27,10 77,73% |
| 2 # 162 Gilmour, Patricia | W59 | VOB | 32:45,61 WPS | 27:41,14 71,46% |

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 # 1105 Goosen, Jacquelin | W60 | DURBA | 32:18,70 SA | 25:51,93 76,49% |
| 2 # 664 Williams, Gail | W64 | SPARH | 33:53,72 WPS | 27:08,00 72,91% |

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 # 2430 Roux, Isabel | W69 | BELL | 38:36,52 WPS | 29:03,88 68,07% |

W70 5000 Meter Race Walk

| 70 SA Record: N 30:33,72 | | 10/2016 | Elsa Meyer, AGN | |
|---------------------------|----------|----------------------------|-----------------|-----------------|
| 70 WP Record: P 30:34,22 | | 2022/04/09 | 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 | STRAN | 30:13,08NSA | 21:12,79 93,26% |
| 2 # 2205 Blignaut, Frieda | W71 | SANLM | 33:12,90 SA | 23:19,02 84,85% |
| 3 # 41 Smook, Manda | W72 | AFS | 37:05,81 SA | 26:02,52 75,97% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 4491 Aver, Carol-Ann | W76 RFL | 38:16,36 SA | 24:48,51 79,74% |
| 2 # 2408 Schipper, Mary | W75 BELL | 40:02,01 WPS | 25:56,99 76,24% |
| 3 # 843 Brennan, Megan | W78 SPARH | 41:17,69 WPS | 26:46,04 73,91% |

W80 5000 Meter Race Walk

80 SA Record: N 38:08,75 2018/04/28 Peggy Reid, WPA
 80 WP Record: P 37:56,29 2022/04/09 Hildegard Vey
 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 VOB | 37:32,17PSA | 22:11,49 89,15% |
| 2 # 783 Norton, Margaret | W82 SPARH | 41:48,02 SA | 24:42,75 80,05% |

M45 5000 Meter Race Walk

45 SA Record: N 22:54,80 M. Whitmore
 45 WP Record: P 23:37,40 J. Esterhuizen
 25:45,40 45 SA Nat colours std
 30:08,00 45 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------|-------------|-----------------|
| 1 # 7734 Cillie, Gideon | M45 BELL | 25:26,17 SA | 23:13,09 77,35% |

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 # 4695 Hines, Dennis | M54 STRAN | 31:38,89 | 27:43,24 64,79% |

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 # 1962 Papier, Adam | M59 OMMIE | 28:51,49 WPS | 24:12,73 74,18% |



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

WP Masters Athletics Championships - 28 May 2022 - 2022/05/28**Green Point Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 | M66 BELL | 31:06,73 WPS | 23:38,72 75,96% |
| 2 # 668 Thompson, Armond | M68 SPARH | 34:08,18 WPS | 25:56,62 69,23% |

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 | M72 BELL | 30:25,23 SA | 21:48,70 82,34% |
| 2 # 42 Smook, Hendry | M72 AFS | 35:43,67 WPS | 25:37,02 70,11% |
| 3 # 673 Dreyer, Patrick | M72 SPARH | 40:09,83 | 28:47,85 62,37% |

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 # 4490 Aver, Brian | M78 RFL | 39:38,96 WPS | 26:38,19 67,43% |

M80 5000 Meter Race Walk

80 SA Record: N 33:50,10 2005/05/06 G. Hazle, CGA

80 WP Record: P 33:46,22 2009/11/07 S. Halsall

37:25,00 80 SA Nat colours std

43:47,00 80 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|---------------------------|----------|-------------|-----------------|
| 1 # 630 Morgan-Smith, Dav | M84 SWD | 36:20,80 SA | 22:41,70 79,14% |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**