

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W40 100 Meter Dash**

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

Name	Age Team	Finals	Wind	Age-Grading
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Finals  
 1 # 7543 Juries, Tanja W43 VELOCITY ATH CLUB 15,65 0.2 14,95 70,22%  
 2 # 4975 Sutton, Natasha W44 TYGERBERG AC 18,20 0.2 17,38 60,38%

**W45 100 Meter Dash**

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

Name	Age Team	Finals	Wind	Age-Grading
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1 # 2678 Tregonning, Rushd W47 HEWAT ATH CLUB 14,18 WPS 0.2 13,04 80,47%

**W55 100 Meter Dash**

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

Name	Age Team	Finals	Wind	Age-Grading
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1 # 6699 Louw, Venessa W57 TYGERBERG AC 14,21 SA 0.2 12,07 86,91%

**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
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1 # 754 Riviera, Joy W67 SPARTAN HARRIERS AC 24,14 0.2 18,81 55,80%

**W70 100 Meter Dash**

70 SA Record: N 15,57 10/2016 Toy Ungerer, SWD  
 70 WP Record: P 17,03 Isabel Hofmeyr  
 18,40 70 SA Nat colours std  
 20,60 70 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
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1 # 997 Claasen, Stephani W70 GNMA 17,92 SA 0.2 13,26 79,13%



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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	TYGERBERG AC	23,54 SA	0.2	13,56 77,36%

**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 # 5741 Ruiters, Curt	M30	TYGERBERG AC	11,09 WPS	1.1	11,10 88,28%
2 # 1741 Benjamin, Raydon	M30	LANGEBAAAN STRAND	11,33 WPS	1.1	11,34 86,41%
3 # 4981 Steenkamp, Theodo	M33	BELLVILLE AC	13,27	1.1	13,28 73,78%

**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 Ntutu, Jonathan	M36	PAARL AC	11,40 WPS	1.7	11,26 87,02%
2 # 4985 Simpson, Kofi	M35	TYGERBERG AC	12,65	1.1	12,49 78,42%
3 # 4978 August, Denzil	M36	INDIVIDUAL ENTRY	13,20	1.1	13,03 75,15%
4 # 4986 Hassan, Qaasim	M38	INDIVIDUAL ENTRY	14,06	1.7	13,88 70,55%

**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	ITHEKO AC	11,21 SA	1.7	10,74 91,17%

**M45 100 Meter Dash**

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 # 6473 Jewaskiewitz, Deo	M49	GNMA	12,24 WPS	1.7	11,37 86,11%
2 # 2423 Bothma, Rupert	M47	BELLVILLE AC	13,23	1.7	12,29 79,67%



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ATHLETICS ASSOCIATION**

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

**M50 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 11,70		Stan Wald, CGA			
50 WP Record: P 12,16		Basil Carnie			
12,17	50 SA Nat	colours std			
13,40	50 WPS WP	Colours Standard			
1 # 2422 Cloete, John	M50	BELLVILLE AC	12,15 SA	1.7	10,94 89,55%
2 # 1237 Solomons, Anthony	M51	DCS DRAKENSTEIN	12,63 WPS	1.7	11,37 86,14%
3 # 3075 Russell, Scott	M53	CAPE PEN UNIVERS	13,30 WPS	1.5	11,97 81,80%

**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 Warrires			
12,52	55 SA Nat	colours std			
14,00	55 WPS WP	Colours Standard			
1 # 4166 Christians, Alwyn	M55	SA DEFENCE FORCE AC	13,15 WPS	1.5	11,45 85,55%
2 # 4277 Toll, Michael	M57	ITHEKO AC	13,24 WPS	1.5	11,53 84,97%
3 # 5761 Van Wyk, Roelof	M57	TYGERBERG AC	14,43	1.5	12,57 77,96%

**M60 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 12,81	2022/01/22	Johan Myburgh, WPA			
60 WP Record: P 12,81	2022/01/22	Johan Myburgh			
12,92	60 SA Nat	colours std			
14,50	60 WPS WP	Colours Standard			
1 # 2436 Myburgh, Johan	M60	BELLVILLE AC	12,61 SA	1.5	10,62 92,31%

**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 Warrires			
13,73	65 SA Nat	colours std			
15,40	65 WPS WP	Colours Standard			
1 # 6214 Warrires, Joseph	M66	UNIVERSITY WESTE	13,93 WPS	1.5	11,30 86,65%
2 # 2402 Deetlefs, Pietie	M69	BELLVILLE AC	14,63 WPS	1.5	11,87 82,50%
3 # 1247 Jefthas, Christo	M66	DCS DRAKENSTEIN	14,82 WPS	1.1	12,03 81,44%
4 # 6765 Sylvester, David	M65	CAPRICORN AC	16,31	1.5	13,23 74,00%

**M70 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
70 SA Record: N 12,90		F.P. Reid, CGA			
70 WP Record: P 13,92		Ron Cross			
14,43	70 SA Nat	colours std			
16,20	70 WPS WP	Colours Standard			
1 # 3971 April, Niklaas	M70	TITANS	17,43	1.1	13,57 72,17%



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

**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					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 7543 Juries, Tanja	W43	VELOCITY ATH CLUB	33,25	0.9	31,07 68,69%

**W85 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
85 SA Record: N 51,20 2006/04/02 Christi du Plooy, CGA					
85 WP Record: P 57,57 2022/02/12 Magdalene Johnson					
56,00 85 SA Nat colours std					
1:03,00 85 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 8808 Johnson, Magdalen	W85	TYGERBERG AC	54,30PSA	0.9	26,79 79,69%

**M30 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
30 SA Record: N 21,20 E. Essman, CGA					
30 WP Record: P 21,78 2021/05/29 Roscoe Engel					
24,50 30 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 1741 Benjamin, Raydon	M30	LANGEBAAN STRAND	23,64 WPS	1.0	23,65 81,73%
2 # 4981 Steenkamp, Theodo	M33	BELLVILLE AC	28,37	1.0	28,38 68,10%

**M35 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
35 SA Record: N 21,20 E Jeffreys, KZN					
35 WP Record: P 22,22 2017/10/21 Jonathan Dreyer					
22,90 35 SA Nat colours std					
25,00 35 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 Ntutu, Jonathan	M36	PAARL AC	23,19 WPS	1.4	22,82 84,69%
2 # 4978 August, Denzil	M36	INDIVIDUAL ENTRY	27,51	1.0	27,07 71,39%
3 # 4986 Hassan, Qaasim	M38	INDIVIDUAL ENTRY	30,37	1.4	29,88 64,67%

**M40 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
40 SA Record: N 22,00 Stan Wald, CGA					
40 WP Record: P 22,65 2018/03/24 Ricardo 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	ITHEKO AC	22,79 SA	1.4	21,74 88,90%
2 # 2428 Le Grange, Jacobu	M42	BELLVILLE AC	25,77	1.4	24,58 78,62%



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**ATHLETICS ASSOCIATION**

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Name	Age	Team	Finals	Wind	Age-Grading
45 SA Record: N 22,90		Stan Wald, CGA			
45 WP Record: P 23,89	2017/05/18	Marius Basson			
24,22	45 SA Nat	colours std			
26,50	45 WPS WP	Colours Standard			
1 # 6473 Jewaskiewitz, Deo	M49	GNMA	24,77 WPS	0.3	22,88 84,46%
2 # 8878 Basson, Marius	M49	CAPE MULTI-SPORT	25,08 WPS	0.3	23,17 83,41%
3 # 2423 Bothma, Rupert	M47	BELLVILLE AC	26,50 WPS	1.4	24,48 78,94%

**M50 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 23,29		Stan Wald, CGA			
50 WP Record: P 24,79		Basil Carnie			
25,00	50 SA Nat	colours std			
27,50	50 WPS WP	Colours Standard			
1 # 2422 Cloete, John	M50	BELLVILLE AC	25,10 WPS	0.3	22,43 86,18%
2 # 1237 Solomons, Anthony	M51	DCS DRAKENSTEIN	26,20 WPS	0.3	23,41 82,56%

**M55 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
55 SA Record: N 24,71		Montey Hacker, CGA			
55 WP Record: P 24,84	2011/04/09	Joseph Warriies			
25,83	55 SA Nat	colours std			
28,90	55 WPS WP	Colours Standard			
1 # 4166 Christians, Alwyn	M55	SA DEFENCE FORCE AC	26,74 WPS	0.3	23,09 83,69%
2 # 4277 Toll, Michael	M57	ITHEKO AC	28,39 WPS	0.3	24,51 78,83%

**M60 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 25,80		Miloje Grujic, CGA			
60 WP Record: P 26,03	2021/11/20	Johan Myburgh			
26,76	60 SA Nat	colours std			
30,00	60 WPS WP	Colours Standard			
1 # 2436 Myburgh, Johan	M60	BELLVILLE AC	26,01 SA	0.4	21,68 89,16%

**M65 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
65 SA Record: N 26,99		Monty Hacker, CGA			
65 WP Record: P 27,78	2021/11/20	Joseph Warriies			
28,40	65 SA Nat	colours std			
32,00	65 WPS WP	Colours Standard			
1 # 6214 Warriies, Joseph	M66	UNIVERSITY WESTE	29,16 WPS	0.4	23,35 82,75%
2 # 2366 Windt, Johan	M69	GNMA	30,31 WPS	0.4	24,27 79,61%
3 # 1247 Jefthas, Christo	M66	DCS DRAKENSTEIN	30,64 WPS	0.4	24,54 78,75%
4 # 2402 Deetlefs, Pietie	M69	BELLVILLE AC	31,49 WPS	0.4	25,22 76,63%



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ATHLETICS ASSOCIATION**

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5 #	4982 Rhoda, Keith	M65	CARBINEERS ATH CLUB	32,16	0.4	25,76	75,03%
6 #	6765 Sylvester, David	M65	CAPRICORN AC	35,26	0.4	28,24	68,43%

**M70 200 Meter Dash**

70 SA Record:	N 27,50		Fred Reid, CGA				
70 WP Record:	P 29,10		Ron Cross				
	30,00	70 SA Nat	colours std				
	34,00	70 WPS WP	Colours Standard				
Name	Age	Team	Finals	Wind	Age-Grading	H#	
1 #	998 Claassen, Len	M71	GNMA	29,77 SA	0.4	22,76	84,92%
2 #	3971 April, Niklaas	M70	TITANS	41,42	0.3	31,66	61,03%

**W40 400 Meter Dash**

40 SA Record:	N 56,30	1967/10/28	Anne McKenzie, CGA				
40 WP Record:	P 56,50		Anne McKenzie				
	1:04,00	40 SA Nat	colours std				
	1:12,00	40 WPS WP	Colours Standard				
Name	Age	Team	Finals	Age-Grading	H#		
1	Miske, Mirjam	W42	TYGERBERG AC	1:16,51	1:11,86	66,25%	

**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	TYGERBERG AC	56,61 WPS	54,66	79,01%	3

**M40 400 Meter Dash**

40 SA Record:	N 49,70		Leon Hacker, CGA				
40 WP Record:	P 50,38	2011/04/09	Shawn Abrahams				
	52,41	40 SA Nat	colours std				
	58,00	40 WPS WP	Colours Standard				
Name	Age	Team	Finals	Age-Grading	H#		
1 #	5760 Sewanyana, Jason	M40	TYGERBERG AC	54,90 WPS	51,36	84,08%	2
2 #	731 Von Durckheim, Ch	M43	STELLENBOSCH AC	55,32 WPS	51,75	83,44%	2
3 #	2428 Le Grange, Jacobu	M42	BELLVILLE AC	58,10	54,35	79,45%	2



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ATHLETICS ASSOCIATION**

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

Name	Age	Team	Finals	Age-Grading	H#
1 # 8878 Basson, Marius	M49	CAPE MULTI-SPORT	57,50 WPS	52,07 82,94%	2
2 # 2473 Stanley, Christop	M49	BELLVILLE AC	1:03,67	57,65 74,90%	2
3 # 864 Mapukata, Sihle	M45	NEDBANK WP	1:09,70	1:03,11 68,42%	2

**M50 400 Meter Dash**

50 SA Record: N 52,50 Miloje Crujic, CGA  
 50 WP Record: P 55,70 J. Swiegers  
 56,36 50 SA Nat colours std  
 1:02,00 50 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading	H#
1 Fortuin, Maurice	M51	DCS DRAKENSTEIN	1:01,81 WPS	54,11 79,81%	2
2 # 3075 Russell, Scott	M53	CAPE PEN UNIVERS	1:01,83 WPS	54,13 79,78%	2

**M55 400 Meter Dash**

55 SA Record: N 55,00 Miloje Crujic / Stan Immelman  
 55 WP Record: P 57,58 2011/04/09 Joseph Warriies  
 58,13 55 SA Nat colours std  
 1:05,00 55 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 1740 Cupido, Clive	M56	LANGEBAAN STRAND	1:01,22 WPS	51,76 83,44%
2 # 730 Smit, Willem	M57	STELLENBOSCH AC	1:06,10	55,89 77,28%
3 De Wet Kotze, Hend	M59	STRAND AC	1:19,46	1:07,18 64,28%

**M60 400 Meter Dash**

60 SA Record: N 55,53 Miloje Crujic, CGA  
 60 WP Record: P 1:01,41 2017/05/18 Joseph Warriies  
 1:01,66 60 SA Nat colours std  
 1:09,00 60 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 5955 Julie, Merlin	M61	SOUTH PENINSULA AC	1:05,84 WPS	53,69 80,44%

**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 # 2366 Windt, Johan	M69	GNMA	1:08,23 WPS	53,47 80,76%
2 # 4982 Rhoda, Keith	M65	CARBINEERS ATH CLUB	1:12,61 WPS	56,90 75,88%



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 ATHLETICS ASSOCIATION**



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**M70 400 Meter Dash**

70 SA Record: N	1:04,16	Lucas Nel, KZN		
70 WP Record: P	1:11,70	N. Sharpley		
	1:11,06	70 SA Nat colours std		
	1:20,00	70 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading	
1 # 998 Claassen, Len	M71 GNMA	1:07,63PSA	50,46 85,58%	

**W35 800 Meter Run**

35 SA Record: N	2:08,00	1965/07/15 Anne McKenzie, CGA		
35 WP Record: P	2:11,34	2018/02/03 Mandie Brandt		
	2:29,00	35 SA Nat colours std		
	2:45,00	35 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading	
1 # 2915 Lepati, Emmeranth	W38 ELSIESRIVIER RUN	2:34,09 WPS	2:33,34 73,88%	

**W45 800 Meter Run**

45 SA Record: N	2:17,12	2013/10/01 S Vermeulen/ M Munnik, AGN		
45 WP Record: P	2:19,20	Anne McKenzie		
	2:33,00	45 SA Nat colours std		
	2:50,00	45 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading	
1 # 4748 Rossouw, Charmain	W48 STRAND AC	2:53,63	2:38,41 71,51%	

**W55 800 Meter Run**

55 SA Record: N	2:33,64	10/2016 Elaine Pretorius, AGN		
55 WP Record: P	2:43,80	2017/05/18 Bridgette Hamilton Russel		
	2:53,00	55 SA Nat colours std		
	3:13,00	55 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading	
1 # 4756 Van der Watt, Mic	W55 STRAND AC	2:59,66 WPS	2:29,03 76,01%	

**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 Smith, Randall	M37 WHALERS AC	2:11,04 WPS	2:09,96 77,81%	
2 Ndwangu, Sandile	M37 ITHEKO AC	2:11,14 WPS	2:10,06 77,75%	
3 # 7443 Titus, Brandon	M36 ELSIESRIVIER RUN	2:31,94	2:30,68 67,11%	



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**M40 800 Meter Run**

40 SA Record: N 1:55,80	S. Ditsele			
40 WP Record: P 1:56,52	T. Brown			
2:01,00	40 SA Nat colours std			
2:16,00	40 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading	
1 # 1941 Blauw, Ricardo	M40 NEDBANK WP	2:11,68 WPS	2:05,89	80,32%

**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 TITANS	2:20,03 WPS	2:08,87	78,46%
2 # 2473 Stanley, Christop	M49 BELLVILLE AC	2:20,59 WPS	2:09,39	78,15%
3 # 864 Mapukata, Sihle	M45 NEDBANK WP	2:28,77	2:16,92	73,85%
4 # 4575 Juries, Chubasco	M46 ITHEKO AC	2:33,13	2:20,93	71,75%

**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 Fortuin, Maurice	M51 DCS DRAKENSTEIN	2:23,05 WPS	2:06,56	79,90%
2 # 1949 Cooper, Andrew	M54 NEDBANK WP	2:29,63	2:12,38	76,38%
3 # 7870 Hill, Theodore	M51 DURBANVILLE AC	2:32,15	2:14,61	75,12%

**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 # 1740 Cupido, Clive	M56 LANGEBAAN STRAND	2:19,12 WPS	1:58,12	85,60%
2 # 7440 Philander, Tobias	M57 ELSIESRIVIER RUN	2:23,23 WPS	2:01,61	83,15%

**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 # 5955 Julie, Merlin	M61 SOUTH PENINSULA AC	2:37,68 WPS	2:08,25	78,84%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M80 800 Meter Run**

80 SA Record: N 2:58,64 2015/05/15 Ken Nurden, AGN  
 80 WP Record: P 3:58,33 2021/05/29 Manfred Geunter  
 3:54,00 80 SA Nat colours std  
 4:22,00 80 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 3541 Geutner, Manfred	M80 PINELANDS AC	4:06,38 WPS	2:34,76 65,34%

**W45 1500 Meter Run**

45 SA Record: N 4:47,81 2013/04/27 Salome Vermeulen, AGN  
 45 WP Record: P 4:49,21 Anne McKenzie  
 5:13,00 45 SA Nat colours std  
 6:06,00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4748 Rossouw, Charmain	W48 STRAND AC	5:51,54 WPS	5:17,87 73,14%
2 # 1176 Pienaar, Lee-Anne	W45 DURBANVILLE AC	6:19,69	5:43,32 67,71%

**W55 1500 Meter Run**

55 SA Record: N 5:31,10 1980/12/10 Anne McKenzie, CGA  
 55 WP Record: P 5:31,10 Anne McKenzie  
 5:50,00 55 SA Nat colours std  
 6:49,00 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4756 Van der Watt, Mic	W55 STRAND AC	6:02,95 WPS	4:58,06 78,00%

**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 SANLAM AC	4:16,21 WPS	4:13,99 81,11%
2 Smith, Randall	M37 WHALERS AC	4:33,51 WPS	4:31,14 75,98%
3 # 6901 Ockhuis, Garron	M37 GOODWOOD HARRIERS	4:50,96	4:48,43 71,42%
-- # 7443 Titus, Brandon	M36 ELSIESRIVIER RUN	DNF	

**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 NEDBANK WP	4:28,02 WPS	4:15,13 80,74%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M45 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
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		
1 Bailey, Jason	M45 GROOT CONSTANTIA	4:49,63 WPS	4:24,29 77,94%
2 # 864 Mapukata, Sihle	M45 NEDBANK WP	4:53,13 WPS	4:27,49 77,01%
3 # 2892 Swartz, Quintin	M47 TITANS	4:53,23 WPS	4:27,58 76,99%
4 # 4575 Juries, Chubasco	M46 ITHEKO AC	5:14,04	4:46,57 71,89%

**M50 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
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		
1 # 1949 Cooper, Andrew	M54 NEDBANK WP	4:54,95 WPS	4:17,53 79,99%

**M55 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
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		
1 # 7440 Philander, Tobias	M57 ELSIESRIVIER RUN	4:49,25 WPS	4:01,15 85,42%
2 Jacobs, Phillip	M56 SALKORIANE ATHLE	6:00,44	5:00,50 68,55%

**M60 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
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		
1 # 1778 Kotze, Dirk	M61 SWD	5:20,00 WPS	4:14,05 81,09%
-- # 8778 Ruppert, Max	M60 STRAND AC	DNF	

**W30 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
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		
1 # 4009 Claassen, Anene	W32 ATLANTIC ATHLETI	19:06,74 WPS	19:06,75 75,40%
2 # 3982 Jacobs, Mandy-Lee	W33 ATLANTIC ATHLETI	20:37,22 WPS	20:37,23 69,89%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W45 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
45 SA Record: N 18:27,36	1997/07/17 S. du Toit, AGN		
45 WP Record: P 18:50,50	2012/03/22 Elmarie Coetzee		
	19:45,00 45 SA Nat colours std		
	23:10,00 45 WPS WP Colours Standard		
1 # 4748 Rossouw, Charmain	W48 STRAND AC	20:49,81 WPS	19:03,58 75,61%

**W50 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
50 SA Record: N 18:55,90	1993/05/07 J. Hann		
50 WP Record: P 18:55,90	J. Hann		
	20:39,00 50 SA Nat colours std		
	24:00,00 50 WPS WP Colours Standard		
1 # 4002 Janse van Rensbur	W51 ATLANTIC ATHLETI	20:41,15 WPS	18:02,91 79,85%
2 # 1940 De Villiers, Cori	W50 NEDBANK WP	21:50,42 WPS	19:03,35 75,63%
3 # 3906 Davis, Lynn	W53 ATLANTIC ATHLETI	22:52,34 WPS	19:57,37 72,22%

**W55 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
55 SA Record: N 19:51,10	2000/04/28 J. Allebone, KZN		
55 WP Record: P 19:55,63	2021/05/29 J. Hann		
	21:28,00 55 SA Nat colours std		
	25:10,00 55 WPS WP Colours Standard		
1 # 141 Coetzee, Elmarie	W58 MURRAY AND ROBERTS	20:10,36 SA	16:44,60 86,07%
2 # 4756 Van der Watt, Mic	W55 STRAND AC	21:13,07 SA	17:36,65 81,83%

**W65 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
65 SA Record: N 22:43,00	2014/04/26 L. Ruickbie, CGA		
65 WP Record: P 23:38,50	Jane Geldenhuys		
	26:00,00 65 SA Nat colours std		
	30:20,00 65 WPS WP Colours Standard		
1 # 3352 Will, Nancy	W69 PINELANDS AC	24:04,06 SA	17:41,82 81,43%

**M30 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
30 SA Record: N 14:16,25	2002/05/04 M. Nobanda		
30 WP Record: P 15:20,80	W. Visser		
	17:30,00 30 WPS WP Colours Standard		
1 # 6252 Swartz, Godwin	M30 BOXER WP ATH CLUB	16:11,92 WPS	16:11,93 77,89%
2 # 7444 October, Faizel	M34 ELSIESRIVIER RUN	17:03,25 WPS	17:03,26 73,98%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M35 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
35 SA Record: N 14:15,10	H. Lekgangane		
35 WP Record: P 14:56,42	J. September		
15:10,00	35 SA Nat colours std		
17:45,00	35 WPS WP Colours Standard		
1 # 2221 Kammies, Morne	M35 SANLAM AC	15:40,31 WPS	15:40,32 80,51%
2 Wildschut, Riaan	M35 ATHLANTIC TRIATH	16:07,83 WPS	16:07,84 78,22%
3 # 9221 Kretzinger, Dale	M35 BORN TO RUN AC	16:19,87 WPS	16:19,88 77,26%
4 # 6901 Ockhuis, Garron	M37 GOODWOOD HARRIERS	17:39,67 WPS	17:39,68 71,44%

**M40 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
40 SA Record: N 15:06,30	Brian Mather		
40 WP Record: P 15:06,30	B Mather		
15:22,00	40 SA Nat colours std		
18:00,00	40 WPS WP Colours Standard		
1 # 1941 Blauw, Ricardo	M40 NEDBANK WP	16:03,31 WPS	15:29,70 81,42%
2 # 3900 Van Der Walt, Tja	M44 ATLANTIC ATHLETI	16:48,06 WPS	16:12,88 77,81%
3 # 1871 Sakwe, Siyabonga	M40 NEDBANK WP	17:49,33 WPS	17:12,02 73,35%

**M45 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
45 SA Record: N 15:19,68	Steve Hollier, CGA		
45 WP Record: P 15:19,68	S. Hollier		
16:07,00	45 SA Nat colours std		
18:50,00	45 WPS WP Colours Standard		
1 # 6139 Sinclair, Quinton	M45 UNIVERSITY WESTE	17:05,47 WPS	15:53,90 79,36%
2 # 4575 Juries, Chubasco	M46 ITHEKO AC	18:32,16 WPS	17:14,54 73,17%

**M50 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
50 SA Record: N 16:01,50	2003 Sean Rice, CGA		
50 WP Record: P 16:37,76	S. Hollier		
16:31,00	50 SA Nat colours std		
19:25,00	50 WPS WP Colours Standard		
1 # 1949 Cooper, Andrew	M54 NEDBANK WP	17:50,32 WPS	15:58,26 79,00%
2 # 7870 Hill, Theodore	M51 DURBANVILLE AC	19:16,13 WPS	17:15,09 73,13%
3 # 6414 Msibi, Derrick	M52 DURBANVILLE AC	19:57,21	17:51,87 70,63%



**WESTERN PROVINCE MASTERS  
ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M55 5000 Meter Run**

55 SA Record: N	16:54,76		Sybrand Mostert, WPA		
55 WP Record: P	16:54,60		Stefanus Mostert		
	17:33,00	55 SA Nat colours std			
	20:40,00	55 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1	Jacobs, Phillip	M56 SALKORIANE ATHLE	23:53,47	20:33,36	61,38%

**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 #	1778 Kotze, Dirk	M61 SWD	19:29,94 WPS	16:05,79	78,38%
2 #	7457 Isaacs, Kevin	M62 ELSIESRIVIER RUN	20:09,83 WPS	16:38,72	75,80%
3 #	3501 Cieverts, Henry	M63 PINELANDS AC	21:22,12 WPS	17:38,40	71,52%

**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	M65 ATLANTIC ATHLETI	21:21,51 WPS	16:51,37	74,85%

**M50 100 Short Hurdles**

50 SA Record: N	14,75		C Truter, WPA		
50 WP Record: P	14,75		C. Truter		
	16,50	50 SA Nat colours std			
	19,30	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading
1 #	3075 Russell, Scott	M53 CAPE PEN UNIVERS	16,45 SA	NWI	15,80 81,70%

**M50 400 Long Hurdles**

50 SA Record: N	1:01,29	2004/03/25	J. Swiegers		
50 WP Record: P	1:01,29		J. Swiegers		
	1:06,36	50 SA Nat colours std			
	1:14,50	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 #	1939 Isaacs, Duncan	M54 NEDBANK WP	1:24,56	1:13,71	63,47%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 400 Long Hurdles**

Name	Age	Team	Finals	Age-Grading
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		
1		De Wet Kotze, Hend M59 STRAND AC	1:32,26	1:16,47 61,17%

**W40 High Jump**

Name	Age	Team	Finals	Age-Grading
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		
1		Genis, Tanya W42 TYGERBERG AC	1,20mN	1,32m 63,49%

**W45 High Jump**

Name	Age	Team	Finals	Age-Grading
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		
1 #		623 Du Toit, Orla W46 CERES AC	1,45mNSA	1,68m 80,56%

**W50 High Jump**

Name	Age	Team	Finals	Age-Grading
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		
1 #		38 Lategan, Jill W50 GOODWOOD HARRIERS	1,10mN	1,34m 64,33%

**W55 High Jump**

Name	Age	Team	Finals	Age-Grading
55 SA Record: N	1,32m	2021/04/10 Suretha Deetlefs, BOL		
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		
1 #		2401 Deetlefs, Suretha W58 BELLVILLE AC	1,22mPSA	1,58m 75,78%



**WESTERN PROVINCE MASTERS  
ATHLETICS ASSOCIATION**



**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - 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 # 997 Claasen, Stephani	W70	GNMA	1,03mNSA	1,62m 78,03%	

**M40 High Jump**

40 SA Record: N	2,00m	2017/04/01	Phillip vd Walt, AGN		
40 WP Record: P	1,83m		B. Elton		
	1,78m	40 SA Nat	colours std		
	1,56m	40 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 7448 Booyesen, Ruben	M44	ELSIESRIVIER RUN	1,20mP	1,25m 51,28%	

**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	
-- # 2403 Du Plessis, Wille	M45	BELLVILLE AC	NH		

**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	BELLVILLE AC	1,50mNWPS	1,74m 71,09%	
2 # 2404 Maree, Archibald	M50	BELLVILLE AC	1,45mNWPS	1,68m 68,72%	

**M55 High Jump**

55 SA Record: N	1,70m	2016/03/12	Neal Bredeveldt, BOL		
55 WP Record: P	1,68m	2019/10/17	Neal Bredeveldt		
	1,51m	55 SA Nat	colours std		
	1,34m	55 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 1740 Cupido, Clive	M56	LANGEBAAN STRAND	1,16mN	1,42m 58,00%	



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**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	
-- # 5758 Bredeveltdt, Neal	M61	TYGERBERG AC	NH		

**W40 Long Jump**

40 SA Record: N	5,73m	2012/03/31	Charmain Barnard, AGN		
40 WP Record: P	4,55m		N Weideman		
	4,72m	40 SA Nat	colours std		
	3,95m	40 WPS WP	Colours Standard		
Name	Age	Team	Finals	Wind	Age-Grading
1 # 7543 Juries, Tanja	W43	VELOCITY ATH CLUB	3,83m	1.1	4,25m 56,57%
2 Genis, Tanya	W42	TYGERBERG AC	3,33m	0.8	3,69m 49,19%

**W55 Long Jump**

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		
Name	Age	Team	Finals	Wind	Age-Grading
1 Mentoor, Petricia	W55	SALKORIANE ATHLE	1,77m	1.0	2,37m 31,55%
2 Le Roux, Veronica	W59	SALKORIANE ATHLE	1,51m	1.1	2,02m 26,92%

**W70 Long Jump**

70 SA Record: N	3,46m	2021/11/13	Stephanie Claassen, AGN		
70 WP Record: P	3,15m		Isabel Hofmeyr		
	2,75m	70 SA Nat	colours std		
	2,30m	70 WPS WP	Colours Standard		
Name	Age	Team	Finals	Wind	Age-Grading
1 # 997 Claasen, Stephani	W70	GNMA	2,83m SA	0.3	4,79m 63,74%

**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 # 4978 August, Denzil	M36	INDIVIDUAL ENTRY	3,77m	-0.4	3,88m 43,43%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M40 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading
=====					
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 # 7448 Booyesen, Ruben	M44	ELSIERSRIVIER RUN	4,34m	0.3	4,73m 52,86%

**M45 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading
=====					
45 SA Record: N	6,34m	V. Häger, KZN			
45 WP Record: P	5,65m	Basil Carnie			
	5,80m	45 SA Nat colours std			
	4,85m	45 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading
1 # 2403 Du Plessis, Wille	M45	BELLVILLE AC	3,49m	-0.8	4,03m 45,03%

**M50 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading
=====					
50 SA Record: N	6,18m	J. van Rooyen			
50 WP Record: P	5,94m	Ron Cross			
	5,55m	50 SA Nat colours std			
	4,60m	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading
1 # 2404 Maree, Archibald	M50	BELLVILLE AC	4,43m	0.9	5,44m 60,85%
2 # 1939 Isaacs, Duncan	M54	NEDBANK WP	3,06m	0.1	3,75m 42,03%

**M55 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading
=====					
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	M55	SA DEFENCE FORCE AC	4,78m WPS	-0.7	6,27m 70,09%

**M65 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading
=====					
65 SA Record: N	4,97m	A van Zyl, KZN			
65 WP Record: P	4,20m	Leo Benning			
	4,50m	65 SA Nat colours std			
	3,75m	65 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading
1 Mentoor, Sakkie	M69	SALKORIANE ATHLE	3,19m	1.2	4,84m 54,16%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - 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	SPARTAN HARRIERS AC	2,69m	0.4	4,43m	49,54%
2 # 496 Basson, Hennie	M73	SALKORIANE ATHLE	1,78m	1.7	2,93m	32,78%

**M40 Triple Jump**

40 SA Record: N	14,40m	G. Swakala				
40 WP Record: P	11,83m	A. September				
	12,79m	40 SA Nat	colours std			
	11,25m	40 WPS WP	Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading	
1 # 5760 Sewanyana, Jason	M40	TYGERBERG AC	13,57mPSA	1.3	14,43m	78,90%

**W20-29 Shot Put**

Name	Age	Team	Finals	Age-Grading H#	
1 # 4984 Yonke, Nokuthula	W20	STELLENBOSCH UNI AC	5,87m	5,87m	25,94% 2

**W35 Shot Put**

35 SA Record: N	11,67m	2014/04/25	E Naude, FSA			
35 WP Record: P	12,03m	2018/03/10	Juanita Gerstner			
	10,48m	35 SA Nat	colours std			
	8,20m	35 WPS WP	Colours Standard			
Name	Age	Team	Finals	Age-Grading		
1 # 2475 Van Deventer, Hes	W39	BELLVILLE AC	9,23m WPS	9,56m 42,28%		
2 # 4973 Gerstner, Juanita	W39	TYGERBERG AC	9,13m WPS	9,46m 41,82%		

**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 # 2420 Compion, Maria	W41	BELLVILLE AC	8,24m WPS	9,14m 40,41%		



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**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 # 4979 Scholtz, Gloria	W52 CAPRICORN AC	7,26m	9,15m 40,45%
2 # 7542 Snyders, Margaret	W50 VELOCITY ATH CLUB	4,37m	5,50m 24,35%

**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 PAARL AC	8,63m WPS	11,82m 52,27%
2 Le Roux, Veronica	W59 SALKORIANE ATHLE	5,27m	7,22m 31,92%
3 Mentoor, Petricia	W55 SALKORIANE ATHLE	4,82m	6,60m 29,19%

**W70 Shot Put**

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

Name	Age Team	Finals	Age-Grading
1 # 997 Claasen, Stephani	W70 GNMA	7,43m PSA	13,78m 60,95%
2 # 1269 Durandt, Marita	W71 SWD	6,68m WPS	12,39m 54,80%
3 # 2429 Roos, Leonora	W72 BELLVILLE AC	5,85m WPS	10,85m 47,99%
4 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	5,56m	10,31m 45,61%

**W75 Shot Put**

75 SA Record: N 8,07m 2016/05/13 Penny England, AVT  
 75 WP Record: P 6,01m 2022/02/12 Elize Grobbelaar  
 6,50m 75 SA Nat colours std  
 5,10m 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	5,74m WPS	10,51m 46,48%

**M20-29 Shot Put**

Name	Age Team	Finals	Age-Grading H#
1 Valintine, Dwayne	M28 STELLENBOSCH UNI AC	7,77m	7,77m 33,61% 2



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**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 # 5227 Michaels, Fabian	M37 STELLENBOSCH UNI AC	10,62m	11,01m 47,64%

**M40 Shot Put**

Name	Age Team	Finals	Age-Grading
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		
1 # 3556 Wiener, Shukri	M40 PINELANDS AC	11,60m WPS	12,91m 55,88%

**M45 Shot Put**

Name	Age Team	Finals	Age-Grading
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		
1 # 2403 Du Plessis, Wille	M45 BELLVILLE AC	8,44m	10,14m 43,89%

**M50 Shot Put**

Name	Age Team	Finals	Age-Grading
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		
1 # 2416 Davids, Jerome	M51 BELLVILLE AC	8,24m	9,65m 41,76%
2 # 1939 Isaacs, Duncan	M54 NEDBANK WP	7,02m	8,22m 35,58%

**M55 Shot Put**

Name	Age Team	Finals	Age-Grading
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		
1 # 7171 Simpson, Shaun	M59 NEDBANK WP	10,16m WPS	12,90m 55,82%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**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	BELLVILLE AC	10,22m WPS	12,75m 55,18%

**M65 Shot Put**

65 SA Record: N 12,80m	2002/05/02	Andrzej Rzepecki, CGA		
65 WP Record: P 12,72m		Gunther Schirmer		
	11,33m	65 SA Nat colours std		
	8,90m	65 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 Dokter, Piet	M68	SALKORIANE ATHLE	5,53m	7,52m 32,55%

**M70 Shot Put**

70 SA Record: N 13,78m	2019/03/30	Derek Sterley, AGN		
70 WP Record: P 12,15m		Ron Mitchell		
	11,70m	70 SA Nat colours std		
	9,20m	70 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 2474 Hough, Norman	M74	BELLVILLE AC	10,55m WPS	13,51m 58,45%
-- # 496 Basson, Hennie	M73	SALKORIANE ATHLE	ND	

**M85 Shot Put**

85 SA Record: N 10,80m	2013/06/05	Borg Stannius, WPA		
85 WP Record: P 10,80m	2013/06/05	Borg Stannius		
	7,50m	85 SA Nat colours std		
	5,90m	85 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 2477 Cross, Ronald	M88	BELLVILLE AC	7,47m WPS	12,59m 54,49%

**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 # 4973 Gerstner, Juanita	W39	TYGERBERG AC	33,55m SA	34,78m 45,29%
2 # 2475 Van Deventer, Hes	W39	BELLVILLE AC	28,21m WPS	29,24m 38,09%
3 # 2439 Albertyn, Este	W39	BELLVILLE AC	22,63m	23,46m 30,55%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**



**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**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 # 2420 Compion, Maria	W41	BELLVILLE AC	20,26m	22,58m 29,41%

**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 # 4979 Scholtz, Gloria	W52	CAPRICORN AC	18,97m	24,90m 32,43%
2 # 7542 Snyders, Margaret	W50	VELOCITY ATH CLUB	10,04m	13,18m 17,16%

**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	PAARL AC	25,43m WPS	36,63m 47,70%
2 Le Roux, Veronica	W59	SALKORIANE ATHLE	11,00m	15,84m 20,63%
3 Mentoor, Petricia	W55	SALKORIANE ATHLE	7,19m	10,35m 13,49%

**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 # 2429 Roos, Leonora	W72	BELLVILLE AC	14,05m	28,86m 37,58%
2 # 1269 Durandt, Marita	W71	SWD	13,67m	28,08m 36,56%
3 # 2471 Du Toit, Aletta	W70	BELLVILLE AC	11,63m	23,89m 31,10%

**W75 Discus Throw**

75 SA Record: N 21,23m	2016/05/13	Penny England, AVT		
75 WP Record: P 16,20m	2022/03/05	Elize Grobellaar		
	17,00m	75 SA Nat colours std		
	13,30m	75 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 2476 Grobbelaar, Elize	W76	BELLVILLE AC	14,20m WPS	30,59m 39,84%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M20-29 Discus Throw**

Name	Age Team	Finals	Age-Grading H#
1 Valintine, Dwayne	M28 STELLENBOSCH UNI AC	20,86m	20,86m 28,16% 2

**M35 Discus Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 5227 Michaels, Fabian	M37 STELLENBOSCH UNI AC	37,96m WPS	38,50m 51,97%

**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 PINELANDS AC	33,86m WPS	37,29m 50,34%

**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 BELLVILLE AC	32,06m WPS	38,62m 52,15%
2 # 2403 Du Plessis, Wille	M45 BELLVILLE AC	24,95m	30,06m 40,58%

**M50 Discus Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1237 Solomons, Anthony	M51 DCS DRAKENSTEIN	33,39m	34,11m 46,06%
2 # 1939 Isaacs, Duncan	M54 NEDBANK WP	20,29m	20,73m 27,99%
-- # 2422 Cloete, John	M50 BELLVILLE AC	ND	



**WESTERN PROVINCE MASTERS  
ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M55 Discus Throw**

Name	Age Team	Finals	Age-Grading
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	
1 # 7171 Simpson, Shaun	M59 NEDBANK WP	31,03m	34,45m 46,51%

**M60 Discus Throw**

Name	Age Team	Finals	Age-Grading
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	
1 # 2460 Lamara, Zain	M61 BELLVILLE AC	32,39m	34,42m 46,47%
2 Gardener, Andrew	M60 INDIVIDUAL ENTRY	20,49m	21,77m 29,40%

**M65 Discus Throw**

Name	Age Team	Finals	Age-Grading
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	
1 Dokter, Piet	M68 SALKORIANE ATHLE	18,21m	21,19m 28,61%
2 Mentoor, Sakkie	M69 SALKORIANE ATHLE	17,04m	19,82m 26,77%

**M70 Discus Throw**

Name	Age Team	Finals	Age-Grading
70 SA Record: N 41,12m	2019/04/13	Dereck Sterley, AGN	
70 WP Record: P 35,49m	2019/05/03	Norman Hough	
	33,22m	70 SA Nat colours std	
	25,90m	70 WPS WP Colours Standard	
1 # 2474 Hough, Norman	M74 BELLVILLE AC	29,69m WPS	37,94m 51,22%
2 # 496 Basson, Hennie	M73 SALKORIANE ATHLE	12,31m	15,73m 21,24%

**M85 Discus Throw**

Name	Age Team	Finals	Age-Grading
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	
1 # 2477 Cross, Ronald	M88 BELLVILLE AC	19,48m SA	38,00m 51,30%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W35 Hammer Throw**

35 SA Record: N 47,15m 2014/03/16 Marilize Coetzee, WPA  
 35 WP Record: P 47,15m 2013/03/16 Marilize Coetzee  
                   35,50m 35 SA Nat colours std  
                   27,70m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2475 Van Deventer, Hes	W39 BELLVILLE AC	28,17m WPS	30,82m 40,03%
2 # 4973 Gerstner, Juanita	W39 TYGERBERG AC	22,48m	24,59m 31,95%

**W55 Hammer Throw**

55 SA Record: N 37,36m 2021/05/29 Heleen Knobel, SWD  
 55 WP Record: P 32,88m Hester Schoonwinkel  
                   29,90m 55 SA Nat colours std  
                   23,30m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1021 Smit, Jackie	W58 PAARL AC	30,25m SA	42,30m 54,94%

**W70 Hammer Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	17,10m WPS	32,76m 42,55%
2 # 1269 Durandt, Marita	W71 SWD	15,80m WPS	30,27m 39,31%
3 # 2429 Roos, Leonora	W72 BELLVILLE AC	12,77m	24,46m 31,77%

**W75 Hammer Throw**

75 SA Record: N 30,52m 2016/05/13 Penny England, AVT  
 75 WP Record: P 26,04m 2022/03/05 Elize Grobbelaar  
                   21,00m 75 SA Nat colours std  
                   16,40m 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	22,60m SA	42,75m 55,53%

**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 PINELANDS AC	35,43m WPS	39,86m 45,96%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M50 Hammer Throw**

=====				
50 SA Record:	N 59,80m	2006/03/25	C Koen	
50 WP Record:	P 35,49m		Gert Engelbrecht	
	43,84m	50 SA Nat	colours std	
	34,40m	50 WPS WP	Colours Standard	
Name	Age	Team	Finals	Age-Grading
=====				
1 # 1939	Isaacs, Duncan	M54 NEDBANK WP	13,28m	15,75m 18,16%

**M60 Hammer Throw**

=====				
60 SA Record:	N 53,64m	2008/04/25	J. Roodt, KZN	
60 WP Record:	P 37,39m	2001/07/12	Steve Johnston	
	43,09m	60 SA Nat	colours std	
	33,60m	60 WPS WP	Colours Standard	
Name	Age	Team	Finals	Age-Grading
=====				
1	Gardener, Andrew	M60 INDIVIDUAL ENTRY	23,85m	31,20m 35,97%

**M70 Hammer Throw**

=====				
70 SA Record:	N 49,42m	2009/03/14	Andrzej Rzepecki, AGN	
70 WP Record:	P 42,58m	2019/02/03	Norman Hough	
	35,00m	70 SA Nat	colours std	
	27,30m	70 WPS WP	Colours Standard	
Name	Age	Team	Finals	Age-Grading
=====				
1 # 2474	Hough, Norman	M74 BELLVILLE AC	35,25m SA	51,19m 59,03%

**W35 Javelin Throw**

=====				
35 SA Record:	N 40,01m	2010/10/02	Y. Beytell, AGN	
35 WP Record:	P 38,70m		Dinky Quelch	
	31,53m	35 SA Nat	colours std	
	24,50m	35 WPS WP	Colours Standard	
Name	Age	Team	Finals	Age-Grading
=====				
1 # 2475	Van Deventer, Hes	W39 BELLVILLE AC	27,15m WPS	28,83m 39,50%
2 # 4973	Gerstner, Juanita	W39 TYGERBERG AC	20,82m	22,11m 30,29%
3 # 2439	Albertyn, Este	W39 BELLVILLE AC	14,86m	15,78m 21,62%

**W50 Javelin Throw**

=====				
50 SA Record:	N 34,44m	9/2018	Heleen Knobel, SWD	
50 WP Record:	P 30,02m	2013/04/26	Jackie Basson	
	28,50m	50 SA Nat	colours std	
	22,20m	50 WPS WP	Colours Standard	
Name	Age	Team	Finals	Age-Grading
=====				
1 # 38	Lategan, Jill	W50 GOODWOOD HARRIERS	17,99m	23,65m 32,40%
2 # 4979	Scholtz, Gloria	W52 CAPRICORN AC	17,11m	22,49m 30,81%
3 # 7542	Snyders, Margaret	W50 VELOCITY ATH CLUB	8,62m	11,33m 15,52%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W55 Javelin Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1021 Smit, Jackie	W58 PAARL AC	18,68m	27,05m 37,06%

**W60 Javelin Throw**

60 SA Record: N 26,93m 2021/04/10 Aletta Pietersen, SAPS  
 60 WP Record: P 27,00m Susan Malherbe  
 22,50m 60 SA Nat colours std  
 17,50m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 52 Pietersen, Allett	W61 SA POLICE SER AC	26,69mNSA	43,01m 58,93%

**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 # 997 Claasen, Stephani	W70 GNMA	13,46m	28,25m 38,70%
2 # 2429 Roos, Leonora	W72 BELLVILLE AC	12,84m	26,95m 36,92%
3 # 1269 Durandt, Marita	W71 SWD	10,24m	21,49m 29,44%
4 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	9,90m	20,78m 28,46%

**W75 Javelin Throw**

75 SA Record: N 16,83m 2016/05/15 Penny England, AVT  
 75 WP Record: P 13,93m Isabel Hofmeyr  
 11,10m 75 SA Nat colours std  
 8,70m 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	10,98m WPS	25,02m 34,28%

**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 # 4981 Steenkamp, Theodo	M33 BELLVILLE AC	34,95m	34,95m 35,49%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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 PINELANDS AC	41,20m	41,71m 42,37%
2 # 5227 Michaels, Fabian	M37 STELLENBOSCH UNI AC	29,66m	30,03m 30,50%

**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 PINELANDS AC	40,04m	43,49m 44,17%

**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 BELLVILLE AC	41,40m WPS	48,50m 49,25%
2 # 2403 Du Plessis, Wille	M45 BELLVILLE AC	28,49m	33,37m 33,89%

**M50 Javelin Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 2416 Davids, Jerome	M51 BELLVILLE AC	28,46m	34,94m 35,48%
2 # 1939 Isaacs, Duncan	M54 NEDBANK WP	15,55m	19,09m 19,39%

**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 Dokter, Piet	M68 SALKORIANE ATHLE	22,22m	34,70m 35,24%
2 Mentoor, Sakkie	M69 SALKORIANE ATHLE	18,81m	29,38m 29,83%



**WESTERN PROVINCE MASTERS  
ATHLETICS ASSOCIATION**



**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M70 Javelin Throw**

Name	Age Team	Finals	Age-Grading
70 SA Record: N 41,43m	9/2018 Dereck Sterley, AGN		
70 WP Record: P 36,30m	2019/04/13 Norman Hough		
	33,00m 70 SA Nat colours std		
	25,80m 70 WPS WP Colours Standard		
1 # 2474 Hough, Norman	M74 BELLVILLE AC	29,81m WPS	50,08m 50,85%

**W35 Weight Throw**

Name	Age Team	Finals	Age-Grading
35 SA Record: N 14,83m	Marilize Coetzee, WPA		
35 WP Record: P 14,61m	2012/03/17 Marilize Coetzee		
	12,00m 35 SA Nat colours std		
	10,00m 35 WPS WP Colours Standard		
1 # 4973 Gerstner, Juanita	W39 TYGERBERG AC	9,34m	10,20m 43,22%

**W50 Weight Throw**

Name	Age Team	Finals	Age-Grading
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		
1 # 4979 Scholtz, Gloria	W52 CAPRICORN AC	7,24m	8,55m 36,27%

**W55 Weight Throw**

Name	Age Team	Finals	Age-Grading
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		
1 # 1021 Smit, Jackie	W58 PAARL AC	11,94mPSA	15,42m 65,35%

**W70 Weight Throw**

Name	Age Team	Finals	Age-Grading
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		
1 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	7,78m WPS	11,41m 48,35%
2 # 1269 Durandt, Marita	W71 SWD	7,30m	10,70m 45,37%
3 # 2429 Roos, Leonora	W72 BELLVILLE AC	5,16m	7,56m 32,07%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W75 Weight Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	10,71mPSA	14,94m 63,34%

**M40 Weight Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 3556 Wiener, Shukri	M40 PINELANDS AC	13,39mPSA	14,59m 56,43%

**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 # 2403 Du Plessis, Wille	M45 BELLVILLE AC	7,51m	8,78m 33,97%

**M50 Weight Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1939 Isaacs, Duncan	M54 NEDBANK WP	8,68m	9,10m 35,20%

**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 # 2460 Lamara, Zain	M61 BELLVILLE AC	10,40m	10,84m 41,92%
2 Gardener, Andrew	M60 INDIVIDUAL ENTRY	9,59m	9,99m 38,65%



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Weight Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 2474 Hough, Norman	M74 BELLVILLE AC	14,29m WPS	16,30m 63,03%

**W35 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2475 Van Deventer, Hes	W39 BELLVILLE AC	9,23m	9,56m 42,28%	501
2 # 4973 Gerstner, Juanita	W39 TYGERBERG AC	8,99m	9,32m 41,18%	485

**W50 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 4979 Scholtz, Gloria	W52 CAPRICORN AC	6,91m	8,71m 38,50%	445

**W55 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1021 Smit, Jackie	W58 PAARL AC	8,63m	11,82m 52,27%	649

**W70 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1269 Durandt, Marita	W71 SWD	6,68m	12,39m 54,80%	687
2 # 2429 Roos, Leonora	W72 BELLVILLE AC	5,85m	10,85m 47,99%	585
3 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	5,56m	10,31m 45,61%	550

**W75 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	5,74m	10,51m 46,48%	563

**M40 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 3556 Wiener, Shukri	M40 PINELANDS AC	11,60m	12,91m 55,88%	662

**M50 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1939 Isaacs, Duncan	M54 NEDBANK WP	7,02m	8,22m 35,58%	379



**WESTERN PROVINCE MASTERS  
ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2474 Hough, Norman	M74 BELLVILLE AC	10,55m	13,51m 58,45%	698

**W35 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 4973 Gerstner, Juanita	W39 TYGERBERG AC	33,55m	34,78m 45,29%	553
2 # 2475 Van Deventer, Hes	W39 BELLVILLE AC	28,21m	29,24m 38,09%	448

**W50 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 4979 Scholtz, Gloria	W52 CAPRICORN AC	18,97m	24,90m 32,43%	367

**W55 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1021 Smit, Jackie	W58 PAARL AC	25,43m	36,63m 47,70%	589

**W70 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1269 Durandt, Marita	W71 SWD	13,67m	28,08m 36,56%	426
2 # 2429 Roos, Leonora	W72 BELLVILLE AC	12,60m	25,88m 33,70%	385
3 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	11,63m	23,89m 31,10%	349

**W75 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	14,20m	30,59m 39,84%	474

**M40 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 3556 Wiener, Shukri	M40 PINELANDS AC	31,63m	34,83m 47,03%	560

**M50 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1939 Isaacs, Duncan	M54 NEDBANK WP	17,60m	17,98m 24,28%	234

**M70 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2474 Hough, Norman	M74 BELLVILLE AC	29,69m	37,94m 51,22%	623



**WESTERN PROVINCE MASTERS  
ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2475 Van Deventer, Hes	W39 BELLVILLE AC	28,17m	30,82m 40,03%	511
2 # 4973 Gerstner, Juanita	W39 TYGERBERG AC	22,48m	24,59m 31,95%	377

**W55 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1021 Smit, Jackie	W58 PAARL AC	30,25m	42,30m 54,94%	762

**W70 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	17,10m	32,76m 42,55%	553
2 # 1269 Durandt, Marita	W71 SWD	15,80m	30,27m 39,31%	499
3 # 2429 Roos, Leonora	W72 BELLVILLE AC	12,77m	24,46m 31,77%	374

**W75 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	22,60m	42,75m 55,53%	772

**M40 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 3556 Wiener, Shukri	M40 PINELANDS AC	31,51m	35,45m 40,87%	438

**M50 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1939 Isaacs, Duncan	M54 NEDBANK WP	12,46m	14,78m 17,04%	112

**M70 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2474 Hough, Norman	M74 BELLVILLE AC	35,25m	51,19m 59,03%	696

**W35 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2475 Van Deventer, Hes	W39 BELLVILLE AC	27,15m	28,83m 39,50%	454
2 # 4973 Gerstner, Juanita	W39 TYGERBERG AC	20,82m	22,11m 30,29%	328



**WESTERN PROVINCE MASTERS  
ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**  
**Parow North Athletics Track**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W50 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 4979 Scholtz, Gloria	W52 CAPRICORN AC	17,11m	22,49m 30,81% 335

**W55 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1021 Smit, Jackie	W58 PAARL AC	18,68m	27,05m 37,06% 421

**W70 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 2429 Roos, Leonora	W72 BELLVILLE AC	12,84m	26,95m 36,92% 419
2 # 1269 Durandt, Marita	W71 SWD	10,24m	21,49m 29,44% 317
3 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	9,90m	20,78m 28,46% 303

**W75 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	10,98m	25,02m 34,28% 383

**M40 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 3556 Wiener, Shukri	M40 PINELANDS AC	40,04m	43,49m 44,17% 493

**M50 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1939 Isaacs, Duncan	M54 NEDBANK WP	13,51m	16,58m 16,84% 116

**M70 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 2474 Hough, Norman	M74 BELLVILLE AC	29,81m	50,08m 50,85% 590

**W35 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 4973 Gerstner, Juanita	W39 TYGERBERG AC	9,34m	10,20m 43,22% 505

**W50 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 4979 Scholtz, Gloria	W52 CAPRICORN AC	6,19m	7,31m 31,01% 330



**WESTERN PROVINCE MASTERS**  
**ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1021 Smit, Jackie	W58 PAARL AC	9,50m	12,27m 52,00%	632

**W70 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2471 Du Toit, Aletta	W70 BELLVILLE AC	7,78m	11,41m 48,35%	579
2 # 1269 Durandt, Marita	W71 SWD	7,30m	10,70m 45,37%	535
3 # 2429 Roos, Leonora	W72 BELLVILLE AC	5,16m	7,56m 32,07%	345

**W75 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W76 BELLVILLE AC	10,29m	14,35m 60,85%	761

**M40 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 3556 Wiener, Shukri	M40 PINELANDS AC	13,39m	14,59m 56,43%	712

**M50 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1939 Isaacs, Duncan	M54 NEDBANK WP	8,68m	9,10m 35,20%	402

**M70 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2474 Hough, Norman	M74 BELLVILLE AC	14,29m	16,30m 63,03%	810

**W20-29 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 # 8758 Kotze, Inge	W29 STRAND AC	31:45,55	31:45,56 62,29%

**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
-- # 4975 Sutton, Natasha	W44 TYGERBERG AC	NT	



**WESTERN PROVINCE MASTERS  
ATHLETICS ASSOCIATION**



**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
45 SA Record: N 24:14,80	2000/04/28 Barbara Nell, CGA		
45 WP Record: P 28:11,40	2012/03/17 Erdine Burger		
28:45,00	45 SA Nat colours std		
33:38,00	45 WPS WP Colours Standard		
1 # 6397 Buckle, Leza	W47 DURBANVILLE AC	36:27,47	33:43,42 58,66%

**W50 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
50 SA Record: N 25:05,10	2006/04/28 Barbara Nell, CGA		
50 WP Record: P 28:45,81	E Brandt		
30:05,00	50 SA Nat colours std		
35:12,00	50 WPS WP Colours Standard		
1 # 670 Race, Anne	W54 SPARTAN HARRIERS AC	36:26,17	32:18,26 61,24%
2 # 38 Lategan, Jill	W50 GOODWOOD HARRIERS	38:05,05	33:45,93 58,59%
3 # 7542 Snyders, Margaret	W50 VELOCITY ATH CLUB	39:10,47	34:43,93 56,96%

**W55 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
55 SA Record: N 26:19,66	2001/04/29 Barbara Nell, CGA		
55 WP Record: P 28:43,53	J. Cowley		
31:35,00	55 SA Nat colours std		
36:57,00	55 WPS WP Colours Standard		
1 # 158 Horn-Botha, Debor	W56 VARSITY OLD BOYS AC	29:58,24 SA	25:19,70 78,11%
2 # 6607 Pick, Carol	W55 SPARTAN HARRIERS AC	34:17,45 WPS	28:58,76 68,27%

**W60 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
60 SA Record: N 27:32,00	10/2016 Barbara Nell, CGA		
60 WP Record: P 28:45,21	Lindsay Hatz		
33:10,00	60 SA Nat colours std		
38:48,00	60 WPS WP Colours Standard		
1 # 1105 Goosen, Jacquelin	W60 DURBANVILLE AC	32:44,40 SA	26:12,51 75,48%
2 # 656 James, Pamela	W64 SPARTAN HARRIERS AC	33:57,99 WPS	27:11,42 72,76%
3 # 3326 Sutherland, Joy	W61 WEST COAST AC	35:41,09 WPS	28:33,95 69,26%

**W65 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
65 SA Record: N 29:28,70	2013/04/26 Elsa Meyer, AGN		
65 WP Record: P 29:55,42	H. Rothman		
35:10,00	65 SA Nat colours std		
41:09,00	65 WPS WP Colours Standard		
1 # 2430 Roux, Isabel	W69 BELLVILLE AC	38:04,13 WPS	28:39,50 69,03%
2 # 754 Riviera, Joy	W67 SPARTAN HARRIERS AC	42:12,30	31:46,32 62,27%



**WESTERN PROVINCE MASTERS  
ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**

**Parow North Athletics Track**

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

**W70 5000 Meter Race Walk**

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

Name	Age Team	Finals	Age-Grading
1 # 4733 Brand, Edna	W70 STRAND AC	30:34,22PSA	21:27,63 92,19%
2 # 2205 Blignaut, Frieda	W71 SANLAM AC	33:55,96 SA	23:49,25 83,05%
3 # 849 Pearson, Birdie	W73 SPARTAN HARRIERS AC	37:52,96 WPS	26:35,62 74,39%

**W75 5000 Meter Race Walk**

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

Name	Age Team	Finals	Age-Grading
1 # 4991 Aver, Carol-Ann	W76 RUNWALK FOR LIFE AC	38:29,54 SA	24:57,05 79,29%
2 # 2408 Schipper, Mary	W75 BELLVILLE AC	39:32,82 SA	25:38,07 77,18%
3 Brennan, Megan	W78 SPARTAN HARRIERS AC	42:03,25 WPS	27:15,58 72,57%

**W80 5000 Meter Race Walk**

80 SA Record: N 38:08,75 2018/04/28 Peggy Reid, WPA  
 80 WP Record: P 37:57,01 2022/03/19 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 VARSITY OLD BOYS AC	37:56,29PSA	22:25,75 88,20%
2 # 883 Norton, Margaret	W82 SPARTAN HARRIERS AC	40:25,19 SA	23:53,78 82,79%

**W85 5000 Meter Race Walk**

85 WP Record: P 43:28,88 2022/03/19 Peggy Reid  
 50:00,00 85 SA Nat colours std  
 58:30,00 85 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 685 Reid, Peggy	W85 SPARTAN HARRIERS AC	43:20,03PSA	23:00,88 85,96%

**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 OMMIDRAAI	28:35,21 WPS	23:59,07 74,88%
2 # 700 Donson, Hilton	M59 SPARTAN HARRIERS AC	34:16,98	28:45,81 62,44%



**WESTERN PROVINCE MASTERS  
 ATHLETICS ASSOCIATION**

**Leo Benning Meeting No 4 - 4 April 2022 - 2022/04/09**

**Parow North Athletics Track**

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

**M60 5000 Meter Race Walk**

60 SA Record: N	26:50,70		Jurgen Spencer, WPA		
60 WP Record: P	26:50,70		Jurgen Spencer		
	29:15,00	60 SA Nat	colours std		
	34:13,00	60 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 1760 Hector, Douglas	M62	LANGEBAAN STRAND	33:17,85 WPS	26:39,48	67,37%

**M65 5000 Meter Race Walk**

65 SA Record: N	27:03,70	2005/11/12	Jurgen Spencer, WPA		
65 WP Record: P	27:03,70	2005/11/12	Jurgen Spencer		
	30:50,00	65 SA Nat	colours std		
	36:04,00	65 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 2308 Bosman, Marius	M65	BELLVILLE AC	31:37,60 WPS	24:02,18	74,72%
2 # 668 Thompson, Armond	M68	SPARTAN HARRIERS AC	34:55,66 WPS	26:32,71	67,66%

**M70 5000 Meter Race Walk**

70 SA Record: N	27:55,30	2010/11/12	Jurgen Spencer, WPA		
70 WP Record: P	27:55,30	2010/11/12	Jurgen Spencer		
	33:05,00	70 SA Nat	colours std		
	38:42,00	70 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 2426 Pretorius, Piet	M71	BELLVILLE AC	30:36,05 SA	21:56,45	81,86%
2 # 673 Dreyer, Patrick	M72	SPARTAN HARRIERS AC	39:11,87	28:06,30	63,90%

**M75 5000 Meter Race Walk**

75 SA Record: N	30:13,82	2016/03/18	Jurgen Spencer, WPA		
75 WP Record: P	30:13,82	2016/03/18	Jurgen Spencer		
	35:15,00	75 SA Nat	colours std		
	41:15,00	75 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 4990 Aver, Brian	M77	RUNWALK FOR LIFE AC	39:37,82 WPS	26:37,42	67,46%



**WESTERN PROVINCE MASTERS  
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