

**Leo Benning Meeting No 1 - 22 January 2022 - 2022/01/22****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W12-19 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading
Finals				
1 #20143 Vorster, Sophia	W14 BELLVILLE AC	12,88	1.3	12,89 81,44%
2 #20433 Louw, Celeste	W16 EASTERN KRAAIFON	13,26	1.3	13,27 79,11%

**W40 100 Meter Dash**

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

Name	Age Team	Finals	Wind	Age-Grading
1 # 1844 Kotze, Retha	W42 BELLVILLE AC	14,43 WPS	1.3	13,78 76,16%
2 Miske, Mirjam	W42 TYGERBERG AC	15,16	1.3	14,48 72,49%

**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
1 # 3667 Tregonning, Rushd	W47 HEWAT ATH CLUB	14,37 WPS	1.3	13,22 79,40%

**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 # 2167 Riviera, Joy	W67 SPARTAN HARRIERS AC	19,85	1.3	15,46 67,86%

**M12-19 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Jantjies, Millano	M18 PORT NOLLOTH	10,97	1.8	10,98 89,24%	4
2 #20448 Muller, Andre	M15 EASTERN KRAAIFON	11,56	2.4	11,57 84,69%	5
3 Pholman, Leander	M15 LANGEBAAN STRAND	11,57	2.4	11,58 84,62%	5
4 #20384 Ceasar, Duwayne	M15 VELOCITY ATH CLUB	11,78	2.4	11,79 83,11%	5
5 #20449 Africa, Euriquin	M15 EASTERN KRAAIFON	11,80	2.4	11,81 82,97%	5
6 #20436 Eiman, Latham	M16 EASTERN KRAAIFON	11,84	1.8	11,85 82,69%	4
7 #20519 Mallum, Saeed	M14 ULTRA AC	11,87	2.4	11,88 82,48%	5
8 # 3843 Adams, Keanon	M18 LANGEBAAN AC	12,08	1.8	12,09 81,04%	4



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**Parow North Athletics Track**

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

**M20-29 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Van der Merwe, Kee	M26	ITHEKO AC	10,73	1.9	10,74 91,24%	3
2 # 1273 Raydon, Benjamine	M29	LANGEBAAAN AC	11,35	1.9	11,36 86,26%	3
3 # 3809 Keza, Stephane	M21	EASTERN KRAAIFON	11,73	1.9	11,74 83,46%	3
4 Langenhoven, Hilto	M21	WPSAPD	11,99	1.8	12,00 81,65%	2
5 # 3545 September, Keanin	M20	EASTERN KRAAIFON	12,28	1.9	12,29 79,72%	3
6 # 3539 Ontongh, Mikyle	M21	EASTERN KRAAIFON	12,33	1.9	12,34 79,40%	3
-- # 3546 Links, John-Dean	M20	EASTERN KRAAIFON	DQ	1.8		4
-- Van Wyk, Imraan	M20	CAPE PEN UNIVERS	DQ	1.8		4

**M30 100 Meter Dash**

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

Name	Age	Team	Finals	Wind	Age-Grading
1 Steenkamp, Theodor	M32	BELLVILLE AC	13,37	1.9	13,38 73,22%

**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 Dreyer, Jonathan	M40	ITHEKO AC	11,13 SA	1.8	10,67 91,82%

**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 # 7205 Jewaskiewitz, Deo	M49	GNMA	12,04 SA	1.8	11,19 87,54%
2 Aubrey, John	M46	BELLVILLE AC	12,42 WPS	1.8	11,54 84,86%

**M50 100 Meter Dash**

50 SA Record: N 11,70 Stan Wald, CGA  
 50 WP Record: P 12,16 Basil Carnie  
 12,17 50 SA Nat colours std  
 13,40 50 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 1237 Solomons, Anthony	M51	DCS DRAKENSTEIN	12,82 WPS	0.5	11,54 84,87%
2 # 753 Isaacs, Duncan	M53	NEDBANK WP	15,23	0.5	13,71 71,44%



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**Leo Benning Meeting No 1 - 22 January 2022 - 2022/01/22****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 1945 Toll, Michael	M57	ITHEKO AC	13,48 WPS	0.5	11,74 83,46%

**M60 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 12,91		Monty Hacker, CGA			
60 WP Record: P 13,15	2017/05/18	Joseph Warrires			
12,92	60 SA Nat colours std				
14,50	60 WPS WP Colours Standard				
1 # 1847 Myburgh, Johan	M60	BELLVILLE AC	12,81PSA	0.5	10,78 90,87%

**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 # 617 Deetlefs, Pietie	M69	CERES AC	14,51 WPS	0.5	11,77 83,18%
2 # 1231 Jefthas, Christo	M66	DCS DRAKENSTEIN	14,52 WPS	0.5	11,78 83,13%

**W12-19 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
1 Isaacs, Madison	W13	BELLVILLE AC	31,00	NWI	31,01 68,84%

**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 # 1844 Kotze, Retha	W42	BELLVILLE AC	29,99 WPS	NWI	28,02 76,16%
2 Miske, Mirjam	W42	TYGERBERG AC	31,71	NWI	29,63 72,03%



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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

Name	Age	Team	Finals	Wind	Age-Grading
1 # 3667 Tregonning, Rushd	W47	HEWAT ATH CLUB	30,25 WPS	NWI	27,18 78,55%
2 Matiwane, Busiswe	W46	NEDBANK WP	37,63	NWI	33,80 63,14%

**W65 200 Meter Dash**

65 SA Record: N 30,92 2012/03/31 Toy Ungerer, SWD

65 WP Record: P 34,00 Isabel Hofmeyr

36,91 65 SA Nat colours std

41,30 65 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 2167 Riviera, Joy	W67	SPARTAN HARRIERS AC	42,89	NWI	32,35 65,96%

**M12-19 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Jantjies, Millano	M18	PORT NOLLOTH	22,47	1.5	22,48 85,98%	3
2 Pholman, Leander	M15	LANGEBAAAN STRAND	23,53	1.5	23,54 82,11%	3
4 #20436 Eiman, Latham	M16	EASTERN KRAAIFON	23,92	1.5	23,93 80,77%	3
5 #20448 Muller, Andre	M15	EASTERN KRAAIFON	24,12	1.5	24,13 80,10%	3
6 #20449 Africa, Euriquin	M15	EASTERN KRAAIFON	24,63	1.5	24,64 78,44%	3

**M20-29 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Van der Merwe, Kee	M26	ITHEKO AC	21,60	1.1	21,61 89,44%	2
2 # 1273 Raydon, Benjamine	M29	LANGEBAAAN AC	23,24	1.1	23,25 83,13%	2
3 Van Wyk, Imraan	M20	CAPE PEN UNIVERS	23,46	1.5	23,47 82,35%	3
3 # 3809 Keza, Stephane	M21	EASTERN KRAAIFON	23,67	1.5	23,68 81,62%	3
4 # 3545 September, Keanin	M20	EASTERN KRAAIFON	24,87	1.5	24,88 77,68%	3
5 # 3539 Ontongh, Mikyle	M21	EASTERN KRAAIFON	25,25	1.1	25,26 76,51%	2
6 Parenzee, Aiden T3	M21	WPSAPD	29,64	1.1	29,65 65,18%	2

**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 Steenkamp, Theodor	M32	BELLVILLE AC	27,79	1.1	27,80 69,52%



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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 # 7205 Jewaskiewitz, Deo	M49	GNMA	25,10 WPS	0.8	23,18 83,35%
2 Aubrey, John	M46	BELLVILLE AC	25,79 WPS	1.1	23,82 81,12%
3 # 4471 Basson, Marius	M49	CAPE MULTI-SPORT	26,05 WPS	0.8	24,06 80,31%

**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 # 1237 Solomons, Anthony	M51	DCS DRAKENSTEIN	26,90 WPS	0.8	24,04 80,41%

**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 # 3806 Christians, Alwyn	M55	SA DEFENCE FORCE AC	26,89 WPS	0.8	23,22 83,23%

**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 # 1847 Myburgh, Johan	M60	BELLVILLE AC	26,49 SA	0.8	22,08 87,54%

**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 # 1231 Jefthas, Christo	M66	DCS DRAKENSTEIN	30,86 WPS	0.8	24,71 78,19%



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Name	Age Team	Finals	Age-Grading
1 #20517 Crous, Qaadirah	W14 ULTRA AC	1:02,87	1:02,88 75,71%
2 Abrahams, Zahraa	W17 ITHEKO AC	1:11,91	1:11,92 66,19%

**W40 400 Meter Dash**

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

Name	Age Team	Finals	Age-Grading
1 # 1844 Kotze, Retha	W42 BELLVILLE AC	1:12,30	1:07,90 70,11%

**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 # 3667 Tregonning, Rushd	W47 HEWAT ATH CLUB	1:15,37	1:07,71 70,31%
2 Matiwane, Busiswe	W46 NEDBANK WP	1:20,52	1:12,34 65,81%

**M14-19 400 Meter Dash**

Name	Age Team	Finals	Age-Grading H#
1 Jantjies, Millano	M18 PORT NOLLOTH	50,68	50,69 85,20% 3
2 Paulse, Mikhael	M17 BELLVILLE AC	50,76	50,77 85,07% 3
3 Chepape, Tumelo	M17 CURRO	56,65	56,66 76,22% 3

**M20-29 400 Meter Dash**

Name	Age Team	Finals	Age-Grading H#
1 # 1855 Solomons, Taariq	M28 BELLVILLE AC	50,63	50,64 85,29% 2
2 # 1273 Raydon, Benjamine	M29 LANGEBAAN AC	51,21	51,22 84,32% 2

**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 # 831 Von Durckheim, Ch	M43 STELLENBOSCH AC	54,45 WPS	50,94 84,78% 1
2 # 1888 Le Grange, Jacobu	M41 BELLVILLE AC	58,21	54,45 79,30% 2



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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
1 # 4471 Basson, Marius	M49 CAPE MULTI-SPORT	59,01 WPS	53,43 80,82%
2 Swartz, Quintin	M47 TITANS	1:01,77	55,93 77,21%

**M50 400 Meter Dash**

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

Name	Age Team	Finals	Age-Grading
1 # 1650 Russell, Scott	M53 CAPE PEN UNIVERS	1:02,06	54,33 79,49%

**M65 400 Meter Dash**

65 SA Record: N 59,52 A. van Zyl, KZN  
 65 WP Record: P 1:03,44 2021/04/10 Joseph Warriess  
 1:05,36 65 SA Nat colours std  
 1:13,00 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading H#
1 Rhoda, Keith	M65 CARBINEERS ATH CLUB	1:16,97	1:16,98 56,10% 2

**M12-19 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Maliwa, Nhlahla	M16 GUGULETHU AC	2:09,69	2:09,70 77,96%
2 Rhodes, Cole	M18 BELLVILLE AC	2:20,83	2:20,84 71,80%

**M30 800 Meter Run**

30 SA Record: N 1:49,60 Deon Brummer, AGN  
 30 WP Record: P 1:56,92 2017/02/11 Ashwyn Claasens  
 2:12,00 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading H#
1 # 721 Beukes, Henk	M31 NEDBANK WP	1:59,76 WPS	1:59,77 84,43% 2

**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 # 3694 Mkhosana, Bulelan	M39 KHAYALITSHA AC	2:15,47	2:14,35 75,26%



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2 # 590 Nkomo, Methuseli M36 VARSITY OLD BOYS AC 2:19,83 2:18,67 72,92%

**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 # 771 Blaauw, Ricardo	M40 NEDBANK WP	2:09,30 WPS	2:03,62 81,79%
2 # Jakabus, Andre	M41 ELSIESRIVIER RUN	2:10,50 WPS	2:04,76 81,04%

**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 # Swartz, Quintin	M47 TITANS	2:21,90 WPS	2:10,60 77,43%
2 # 860 Mapukata, Sihle	M45 NEDBANK WP	2:30,58	2:18,58 72,96%
3 # Bezuidenhout, Roge	M48 INDIVIDUAL ENTRY	2:40,47	2:27,69 68,47%
4 # 2892 Juries, Chubasco	M46 ITHEKO AC	2:41,79	2:28,90 67,91%

**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 # 2917 Philander, Tobias	M57 ITHEKO AC	2:28,00 WPS	2:05,66 80,47%

**M65 800 Meter Run**

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

Name	Age Team	Finals	Age-Grading
1 # Rhoda, Keith	M65 CARBINEERS ATH CLUB	3:04,93	3:04,94 54,67%

**M12-19 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 # Maliwa, Nhlahla	M16 GUGULETHU AC	4:45,26	4:45,27 72,21%



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Name	Age Team	Finals	Age-Grading
1 # 4193 Field, Jamie	M20 ULTRA AC	4:56,54	4:56,55 69,47%

**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 October, Faizel	M34 ITHEKO AC	4:51,07	4:51,08 70,77%

**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 # 2807 Kammies, Morne	M35 SANLAM AC	4:24,09 WPS	4:21,80 78,69%
2 # 3694 Mkhosana, Bulelan	M39 KHAYALITSHA AC	4:32,01 WPS	4:29,65 76,40%
3 # 590 Nkomo, Methuseli	M36 VARSITY OLD BOYS AC	4:46,37	4:43,88 72,57%
4 Titus, Brandon	M35 ITHEKO AC	5:21,96	5:19,16 64,55%

**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 # 771 Blaauw, Ricardo	M40 NEDBANK WP	4:28,64 WPS	4:15,72 80,56%

**M45 1500 Meter Run**

45 SA Record: N 4:03,13	Terence Brown, KZN		
45 WP Record: P 4:03,13	Terence Brown		
4:15,00	45 SA Nat colours std		
4:58,00	45 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading
1 Gibson, Michael	M45 FISHHOEK AC	4:30,27 WPS	4:06,63 83,53%
2 # 860 Mapukata, Sihle	M45 NEDBANK WP	5:15,97	4:48,33 71,45%
3 # 2892 Juries, Chubasco	M46 ITHEKO AC	5:35,22	5:05,89 67,34%



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55 SA Record: N	4:32,40		Sybrand Mostert, WPA		
55 WP Record: P	4:32,40		Stefanus Mostert		
	4:41,00	55 SA Nat colours std			
	5:29,00	55 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 2917 Philander, Tobias	M57	ITHEKO AC	5:08,16 WPS	4:16,92 80,18%	

**M60 1500 Meter Run**

60 SA Record: N	4:55,04	2/2015	Terence Brown, 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 Cieverts, Henry	M63	PINELANDS AC	5:40,80 WPS	4:30,57 76,14%	

**W45 5000 Meter Run**

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			
Name	Age	Team	Finals	Age-Grading	
1 # 3313 Pienaar, Lee-Anne	W45	DURBANVILLE AC	23:04,89 WPS	21:07,18 68,24%	

**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 Van Rensburg, Tana	W51	INDIVIDUAL ENTRY	22:31,52 WPS	19:39,21 73,33%	
2 # 2918 De Philander, Ali	W52	ITHEKO AC	23:41,77 WPS	20:40,50 69,70%	
3 # 2570 Davis, Lynn	W53	ATLANTIC ATHLETI	23:42,36 WPS	20:41,01 69,68%	

**W55 5000 Meter Run**

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			
Name	Age	Team	Finals	Age-Grading	
1 Coetzee, Elmarie	W57	CAPE MULTI-SPORT	20:46,40 SA	17:14,52 83,58%	



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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 October, Faizel	M34	ITHEKO AC	17:13,03 WPS	17:13,04 73,28%

**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 # 2807 Kammies, Morne	M35	SANLAM AC	16:03,90 WPS	16:03,91 78,54%
2 # 2987 Tola, Sibongile	M35	ABSA RUNNING CLUB	17:43,90 WPS	17:43,91 71,15%

**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 # 830 Broers, Neil	M40	NEDBANK WP	17:16,63 WPS	16:40,46 75,67%
2 # 2951 Swartz, Marshall	M42	BOXER WP ATH CLUB	24:22,96	23:31,91 53,62%

**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 Swartz, Quintin	M47	TITANS	17:29,95 WPS	16:16,67 77,51%
2 # 860 Mapukata, Sihle	M45	NEDBANK WP	19:03,88	17:44,04 71,14%
3 # 2892 Juries, Chubasco	M46	ITHEKO AC	19:28,01	18:06,49 69,67%

**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 # 728 Clark, Adam	M50	NEDBANK WP	18:26,56 WPS	16:30,71 76,41%
2 # 1736 Hill, Theodore	M51	EDGEMEAD AC	18:30,18 WPS	16:33,95 76,16%
3 # 3954 Msibi, Derrick	M52	DURBANVILLE AC	20:28,78	18:20,13 68,81%



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**M55 5000 Meter Run**

55 SA Record: N 16:54,76	Sybrand Mostert, WPA		
55 WP Record: P 16:54,60	Stefanus Mostert		
17:33,00	55 SA Nat colours std		
20:40,00	55 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading
1 # 2568 Kelly, Percy	M57 ATLANTIC ATHLETI	18:52,26 WPS	16:14,20 77,70%

**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 Cieverts, Henry	M63 PINELANDS AC	20:00,26 WPS	16:30,82 76,40%

**M65 5000 Meter Run**

65 SA Record: N 18:25,70	GW Loedolff, AGN		
65 WP Record: P 19:29,59	Stefanus Mostert		
20:03,00	65 SA Nat colours std		
23:30,00	65 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading
1 # 2574 Wagenheim, Mark	M65 ATLANTIC ATHLETI	22:25,27 WPS	17:41,69 71,30%

**M75 5000 Meter Run**

75 SA Record: N 21:30,10	2010/04/30	Ken Nurden, AGN	
75 WP Record: P 26:08,90	2013/03/16	Bub Evans	
25:02,00	75 SA Nat colours std		
29:30,00	75 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading
1 # 5259 Donald, Peter	M79 WEST COAST AC	29:31,09	20:35,87 61,25%

**M15-19 110 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading
1 # 4184 Cassiem, Jawaad	M18 ULTRA AC	16,62	NWI	16,63 77,68%
2 # 3843 Adams, Keanon	M18 LANGEBAAN AC	16,89	NWI	16,90 76,44%

**M20-29 110 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading
1 # 3814 Elliot, Darren	M22 BELLVILLE AC	16,47	NWI	16,48 78,38%



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

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

1,28m 50 SA Nat colours std

1,15m 50 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 137 Lategan, Jill	W50	GOODWOOD HARRIERS	1,25mNWPS	1,53m 73,10%

**W55 High Jump**

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

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

1,22m 55 SA Nat colours std

1,09m 55 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 616 Deetlefs, Suretha	W58	CERES AC	1,31mNSA	1,69m 81,37%

**M20-29 High Jump**

Name	Age	Team	Finals	Age-Grading
1 # 4193 Field, Jamie	M20	ULTRA AC	1,50m	1,50m 61,22%

**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 Maree, Archibald	M49	INDIVIDUAL ENTRY	1,50mNWPS	1,65m 67,57%

**M70 High Jump**

70 SA Record: N 1,44m 2003/07/04 Leo Benning, WPA

70 WP Record: P 1,44m Leo Benning

1,27m 70 SA Nat colours std

1,13m 70 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 1843 Hough, Norman	M74	BELLVILLE AC	1,22mNWPS	1,80m 73,94%

**W14-19 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading
1 #20517 Crous, Qaadirah	W14	ULTRA AC	5,07m	1.0	5,07m 67,42%
2 Brugman, Lisa	W15	STELLENBOSCH AC	4,26m	0.9	4,26m 56,65%



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

40 WP Record: P 4,55m N Weideman

4,72m 40 SA Nat colours std

3,95m 40 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 Genis, Tanya	W42 TYGERBERG AC	3,48m	1.6	3,86m 51,40%
2 Sutton, Natasha	W44 TYGERBERG AC	3,41m	1.3	3,78m 50,37%

**M14-29 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 # 4194 Manassa, Mikhail	M20 ULTRA AC	6,53m	0.7	6,53m 72,96%
2 # 3546 Links, John-Dean	M20 EASTERN KRAAIFON	6,39m	0.6	6,39m 71,40%
3 # 4193 Field, Jamie	M20 ULTRA AC	6,09m	0.6	6,09m 68,04%
4 #20513 Jacobs, Furqaan	M15 ULTRA AC	6,03m	0.4	6,03m 67,37%
5 # 3843 Adams, Keanon	M18 LANGEBAAN AC	5,89m	0.9	5,89m 65,81%
6 #20519 Mallum, Saeed	M14 ULTRA AC	5,25m	0.1	5,25m 58,66%

**M45 Long Jump**

45 SA Record: N 6,34m V. Häger, KZN

45 WP Record: P 5,65m Basil Carnie

5,80m 45 SA Nat colours std

4,85m 45 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 Maree, Archibald	M49 INDIVIDUAL ENTRY	4,23m	0.1	4,88m 54,58%
2 # 860 Mapukata, Sihle	M45 NEDBANK WP	2,49m	-0.1	2,87m 32,13%

**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 # 3806 Christians, Alwyn	M55 SA DEFENCE FORCE AC	4,89m WPS	1.2	6,41m 71,70%

**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 # 503 Mallin, Ezette	W39 VARSITY OLD BOYS AC	10,70m SA	11,09m 49,02%



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Name	Age Team	Finals	Age-Grading
40 SA Record: N 11,92m	M-L Uys, SWD		
40 WP Record: P 11,92m	M. Uys		
10,23m	40 SA Nat colours std		
8,00m	40 WPS WP Colours Standard		
1 # 3805 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	6,96m	7,72m 34,13%
2 # 3807 Kleynhans, Christ	W41 INDIVIDUAL ENTRY	6,67m	7,40m 32,71%

**W55 Shot Put**

Name	Age Team	Finals	Age-Grading
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		
1 # 1021 Smit, Jackie	W58 PAARL AC	8,48m WPS	11,62m 51,36%

**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 # 1841 Dramat, Farieda	W62 BELLVILLE AC	8,74m WPS	13,12m 58,00%

**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 Griesel, Ronel	W68 WHALERS AC	7,83m WPS	12,99m 57,45%
2 # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	6,01m	9,97m 44,09%

**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 # 1870 Du Toit, Aletta	W70 BELLVILLE AC	5,87m WPS	10,89m 48,15%
2 # 3801 Roos, Leonora	W72 BELLVILLE AC	5,77m WPS	10,70m 47,33%



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

Name	Age Team	Finals	Age-Grading
1 # 1876 Grobbelaar, Elize	W76 BELLVILLE AC	5,84mPWPS	10,70m 47,29%

**M20-29 Shot Put**

Name	Age Team	Finals	Age-Grading	H#
1 Maasdorp, Antheo F	M21 WPSAPD	8,44m	8,44m 36,51%	2
2 Theart, Herman F37	M21 WPSAPD	7,57m	7,57m 32,74%	2
3 Valintine, Dwayne M21	WPSAPD	7,40m	7,40m 32,01%	2
4 Benjamin, Dayaan F	M21 WPSAPD	6,13m	6,13m 26,51%	2

**M35 Shot Put**

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

Name	Age Team	Finals	Age-Grading	H#
1 Michaels, Fabian F	M37 STELLENBOSCH UNI AC	9,82m	10,18m 44,06%	2

**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
-- # 232 Wiener, Shukri	M40 PINELANDS AC	DNF	

**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 # 1837 Bester, David	M48 BELLVILLE AC	9,80m WPS	11,78m 50,96%



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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 # 753 Isaacs, Duncan	M53 NEDBANK WP	7,10m	8,32m 35,99%

**M60 Shot Put**

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

Name	Age Team	Finals	Age-Grading
1 # 1022 Smit, Johan	M61 PAARL AC	10,12m WPS	12,63m 54,64%

**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 Wale, Anton	M69 PINELANDS AC	10,77m WPS	14,65m 63,39%

**M70 Shot Put**

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

Name	Age Team	Finals	Age-Grading
1 # 1843 Hough, Norman	M74 BELLVILLE AC	10,57m WPS	13,53m 58,56%

**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 # 503 Mallin, Ezette	W39 VARSITY OLD BOYS AC	28,29m WPS	29,33m 38,19%



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Name	Age Team	Finals	Age-Grading
40 SA Record: N 43,48m	R. Boshoff		
40 WP Record: P 31,61m	E. Niemand		
32,85m	40 SA Nat colours std		
25,60m	40 WPS WP Colours Standard		
1 # 3807 Kleynhans, Christ	W41 INDIVIDUAL ENTRY	17,20m	19,17m 24,97%
2 # 3805 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	15,73m	17,53m 22,84%

**W55 Discus Throw**

Name	Age Team	Finals	Age-Grading
55 SA Record: N 31,56m	L. Zimmerman		
55 WP Record: P 27,42m	Hester Schoonwinkel		
25,50m	55 SA Nat colours std		
19,90m	55 WPS WP Colours Standard		
1 # 1021 Smit, Jackie	W58 PAARL AC	23,34m WPS	33,62m 43,78%

**W60 Discus Throw**

Name	Age Team	Finals	Age-Grading
60 SA Record: N 28,78m	2005/03/12 J. Rzepecka, CGA		
60 WP Record: P 21,09m	2019/03/09 Farieda Dramat		
23,80m	60 SA Nat colours std		
18,60m	60 WPS WP Colours Standard		
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	18,07m	28,84m 37,55%

**W65 Discus Throw**

Name	Age Team	Finals	Age-Grading
65 SA Record: N 24,84m	M. van As		
65 WP Record: P 21,48m	2019/02/24 Zelda Erasmus		
21,00m	65 SA Nat colours std		
16,40m	65 WPS WP Colours Standard		
1 Griesel, Ronel	W68 WHALERS AC	17,32m WPS	31,04m 40,43%
-- # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	X12,45m	22,31m 29,06%

**W70 Discus Throw**

Name	Age Team	Finals	Age-Grading
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		
1 # 3801 Roos, Leonora	W72 BELLVILLE AC	13,32m	27,36m 35,62%
2 # 1870 Du Toit, Aletta	W70 BELLVILLE AC	11,86m	24,36m 31,72%



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

Name	Age Team	Finals	Age-Grading
1 # 1876 Grobbelaar, Elize	W76 BELLVILLE AC	14,61mPWPS	31,47m 40,99%

**M20-29 Discus Throw**

Name	Age Team	Finals	Age-Grading	H#	
1 Benjamin, Dayaan F	M21 WPSAPD	23,31m	23,31m	31,47%	2
2 Valintine, Dowayne M21	WPSAPD	21,14m	21,14m	28,54%	2
3 Theart, Herman F37 M21	WPSAPD	20,62m	20,62m	27,83%	2
4 Maasdorp, Antheo F	M21 WPSAPD	18,90m	18,90m	25,51%	1

**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	H#	
1 Michaels, Fabian F	M37 STELLENBOSCH UNI AC	36,19m WPS	36,70m	49,55%	2

**M40 Discus Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 232 Wiener, Shukri	M40 PINELANDS AC	35,02m WPS	38,57m 52,07%

**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 # 1837 Bester, David	M48 BELLVILLE AC	27,45m	33,07m 44,65%



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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 # 753 Isaacs, Duncan	M53 NEDBANK WP	20,60m	21,04m 28,41%
2 # 3542 Jefra, Nicholas	M53 EASTERN KRAAIFON	17,08m	17,45m 23,56%

**M60 Discus Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1022 Smit, Johan	M61 PAARL AC	31,27m	33,23m 44,86%

**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 Wale, Anton	M69 PINELANDS AC	31,21m WPS	36,31m 49,03%

**M70 Discus Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1843 Hough, Norman	M74 BELLVILLE AC	29,91m WPS	38,22m 51,60%

**W15-19 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 #20168 Oosthuizen, Anja	W17 BELLVILLE AC	35,73m	35,73m 46,40%
2 #20138 Smit, Carli	W16 BELLVILLE AC	33,68m	33,68m 43,74%



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**Leo Benning Meeting No 1 - 22 January 2022 - 2022/01/22****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 Hammer Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 3807 Kleynhans, Christ	W41 INDIVIDUAL ENTRY	19,47m	22,90m 29,74%
2 # 3805 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	15,20m	17,87m 23,22%

**W55 Hammer Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1021 Smit, Jackie	W58 PAARL AC	28,77m WPS	40,23m 52,25%

**W60 Hammer Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	28,03mPSA	43,03m 55,89%

**W65 Hammer Throw**

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

Name	Age Team	Finals	Age-Grading
1 Griesel, Ronel	W68 WHALERS AC	21,62m WPS	36,83m 47,84%
2 # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	19,57m WPS	33,34m 43,31%

**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 # 1870 Du Toit, Aletta	W70 BELLVILLE AC	18,54m WPS	35,52m 46,13%
2 # 3801 Roos, Leonora	W72 BELLVILLE AC	13,55m	25,96m 33,71%



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

Name	Age Team	Finals	Age-Grading
1 # 1876 Grobbelaar, Elize	W76 BELLVILLE AC	23,05m SA	43,60m 56,63%

**M20-29 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 # 1850 Olivier, Jaunu	M20 BELLVILLE AC	45,48m	45,48m 52,43%

**M40 Hammer Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 232 Wiener, Shukri	M40 PINELANDS AC	38,61m WPS	43,44m 50,08%

**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 # 1837 Bester, David	M48 BELLVILLE AC	21,82m	27,05m 31,18%

**M50 Hammer Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	16,77m	19,89m 22,94%

**M60 Hammer Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1022 Smit, Johan	M61 PAARL AC	32,47m	42,47m 48,97%
2 # 1860 Lamara, Zain	M61 BELLVILLE AC	27,54m	36,02m 41,54%



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65 SA Record: N 49,41m 2001 Andrzej Rzepecki, CGA  
 65 WP Record: P 38,82m 2004/01/24 Steve Johnston  
 38,00m 65 SA Nat colours std  
 29,60m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Wale, Anton	M69 PINELANDS AC	26,94m	39,48m 45,52%

**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 # 1843 Hough, Norman	M74 BELLVILLE AC	34,74m WPS	50,45m 58,17%

**W40 Javelin Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 3807 Kleynhans, Christ	W41 INDIVIDUAL ENTRY	16,05m	18,41m 25,23%
2 # 3805 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	15,60m	17,90m 24,52%

**W50 Javelin Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 137 Lategan, Jill	W50 GOODWOOD HARRIERS	17,62m	23,16m 31,73%

**W55 Javelin Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1021 Smit, Jackie	W58 PAARL AC	17,45m	25,27m 34,62%



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

60 WP Record: P 27,00m Susan Malherbe

22,50m 60 SA Nat colours std

17,50m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	15,51m	24,99m 34,25%

**W65 Javelin Throw**

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

65 WP Record: P 22,24m Aletta Ackermann

20,00m 65 SA Nat colours std

15,60m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Griesel, Ronel	W68 WHALERS AC	15,34m	27,87m 38,19%

**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 # 3801 Roos, Leonora	W72 BELLVILLE AC	11,25m	23,61m 32,35%
2 # 1870 Du Toit, Aletta	W70 BELLVILLE AC	8,46m	17,75m 24,32%

**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 # 1876 Grobbelaar, Elize	W76 BELLVILLE AC	10,44m WPS	23,79m 32,59%

**M20-29 Javelin Throw**

Name	Age Team	Finals	Age-Grading	H#	
1 Valintine, Dwayne	M21 WPSAPD	23,09m	23,09m	23,45%	2
2 Maasdorp, Antheo F	M21 WPSAPD	13,12m	13,12m	13,32%	2
3 Benjamin, Dayaan F	M21 WPSAPD	12,07m	12,07m	12,26%	2



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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	H#
1 # 289 Young, Tyrone	M39 PINELANDS AC	41,37m	41,89m 42,54%	1
2 Michaels, Fabian F	M37 STELLENBOSCH UNI AC	33,23m	33,64m 34,17%	2

**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 # 232 Wiener, Shukri	M40 PINELANDS AC	39,31m	42,69m 43,36%

**M50 Javelin Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	12,44m	15,27m 15,51%

**M60 Javelin Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1022 Smit, Johan	M61 PAARL AC	26,51m	37,48m 38,06%

**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 Wale, Anton	M69 PINELANDS AC	30,92m WPS	48,29m 49,04%



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

Name	Age Team	Finals	Age-Grading
1 # 1843 Hough, Norman	M74 BELLVILLE AC	30,93m WPS	51,96m 52,76%
2 # 1087 Venter, Peet	M71 TYGERBERG AC	30,60m WPS	51,41m 52,20%

**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 # 3807 Kleynhans, Christ	W41 INDIVIDUAL ENTRY	5,51m	6,53m 27,67%
2 # 3805 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	5,49m	6,50m 27,57%

**W55 Weight Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1021 Smit, Jackie	W58 PAARL AC	9,75m WPS	12,59m 53,37%

**W60 Weight Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	9,32m WPS	11,28m 47,82%

**W65 Weight Throw**

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

Name	Age Team	Finals	Age-Grading
1 Griesel, Ronel	W68 WHALERS AC	8,46m WPS	11,21m 47,53%



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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 # 1870 Du Toit, Aletta	W70 BELLVILLE AC	7,93m WPS	11,63m 49,29%
2 # 3801 Roos, Leonora	W72 BELLVILLE AC	4,82m	7,06m 29,96%

**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 # 1876 Grobbelaar, Elize	W76 BELLVILLE AC	10,01mPSA	13,96m 59,20%

**M40 Weight Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 232 Wiener, Shukri	M40 PINELANDS AC	12,51m WPS	13,63m 52,72%

**M50 Weight Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	7,99m	8,37m 32,40%

**M60 Weight Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 1022 Smit, Johan	M61 PAARL AC	10,85m	11,31m 43,73%



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65 SA Record: N 18,75m 2004/11/20 Andrzej Rzepecki, CGA

65 WP Record: P 14,64m 2004/04/03 Steve Johnston

15,50m 65 SA Nat colours std

12,80m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1	Wale, Anton	M69 PINELANDS AC	11,38m 12,69m 49,07%

**M70 Weight Throw**

70 SA Record: N 20,71m 9/2007 Andrzej Rzepecki, CGA

70 WP Record: P 16,49m 2019/04/13 Norman Hough

15,50m 70 SA Nat colours std

12,80m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1843	Hough, Norman	M74 BELLVILLE AC	14,26m WPS 16,26m 62,90%

**W40 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 3805	Slamdien, Kamila	W44 INDIVIDUAL ENTRY	6,96m 7,72m 34,13%	381
2 # 3807	Kleynhans, Christ	W41 INDIVIDUAL ENTRY	6,67m 7,40m 32,71%	361

**W55 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1021	Smit, Jackie	W58 PAARL AC	8,48m 11,62m 51,36%	636

**W60 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1841	Dramat, Farieda	W62 BELLVILLE AC	8,75m 13,13m 58,06%	736

**W65 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1	Griesel, Ronel	W68 WHALERS AC	7,83m 12,99m 57,45%	727
2 # 1840	Stoffberg, Tertia	W67 BELLVILLE AC	6,01m 9,97m 44,09%	527

**W70 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1870	Du Toit, Aletta	W70 BELLVILLE AC	5,87m 10,89m 48,15%	588
2 # 3801	Roos, Leonora	W72 BELLVILLE AC	5,77m 10,70m 47,33%	575



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Name	Age Team	Finals	Age-Grading Points
1 # 1876 Grobbelaar, Elize	W76 BELLVILLE AC	5,84m	10,70m 47,29% 575

**M40 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
-- # 232 Wiener, Shukri	M40 PINELANDS AC	ND	

**M45 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1837 Bester, David	M48 BELLVILLE AC	9,80m	11,78m 50,96% 593

**M50 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 753 Isaacs, Duncan	M53 NEDEBANK WP	7,10m	8,32m 35,99% 385

**M60 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1022 Smit, Johan	M61 PAARL AC	10,12m	12,63m 54,64% 645

**M65 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Wale, Anton	M69 PINELANDS AC	10,77m	14,65m 63,39% 768

**M70 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1843 Hough, Norman	M74 BELLVILLE AC	10,57m	13,53m 58,56% 700

**W40 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 3807 Kleynhans, Christ	W41 INDIVIDUAL ENTRY	17,20m	19,17m 24,97% 263
2 # 3805 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	15,73m	17,53m 22,84% 234

**W55 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1021 Smit, Jackie	W58 PAARL AC	22,46m	32,35m 42,13% 507



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Name	Age Team	Finals	Age-Grading Points
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	18,07m	28,84m 37,55% 441

**W65 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Griesel, Ronel	W68 WHALERS AC	17,32m	31,04m 40,43% 482
2 # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	12,45m	22,31m 29,06% 320

**W70 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 3801 Roos, Leonora	W72 BELLVILLE AC	12,27m	25,20m 32,82% 373
2 # 1870 Du Toit, Aletta	W70 BELLVILLE AC	11,45m	23,52m 30,62% 342

**W75 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1876 Grobbelaar, Elize	W76 BELLVILLE AC	13,73m	29,58m 38,52% 455

**M40 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 232 Wiener, Shukri	M40 PINELANDS AC	34,69m	38,20m 51,58% 628

**M45 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1837 Bester, David	M48 BELLVILLE AC	25,50m	30,72m 41,48% 479

**M50 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	20,60m	21,04m 28,41% 292

**M60 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1022 Smit, Johan	M61 PAARL AC	30,93m	32,87m 44,38% 521

**M65 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
-- Wale, Anton	M69 PINELANDS AC	ND	



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Name	Age Team	Finals	Age-Grading	Points
1 # 1843 Hough, Norman	M74 BELLVILLE AC	29,91m	38,22m 51,60%	628

**W40 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 3807 Kleynhans, Christ	W41 INDIVIDUAL ENTRY	19,47m	22,90m 29,74%	341
2 # 3805 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	15,20m	17,87m 23,22%	235

**W55 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1021 Smit, Jackie	W58 PAARL AC	28,77m	40,23m 52,25%	716

**W60 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	28,03m	43,03m 55,89%	778

**W65 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Griesel, Ronel	W68 WHALERS AC	21,62m	36,83m 47,84%	642
2 # 1840 Stoffberg, Tertia	W67 BELLVILLE AC	19,50m	33,22m 43,15%	563

**W70 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1870 Du Toit, Aletta	W70 BELLVILLE AC	18,54m	35,52m 46,13%	613
2 # 3801 Roos, Leonora	W72 BELLVILLE AC	13,55m	25,96m 33,71%	406

**W75 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1876 Grobbelaar, Elize	W76 BELLVILLE AC	22,87m	43,26m 56,19%	783

**M40 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 232 Wiener, Shukri	M40 PINELANDS AC	38,61m	43,44m 50,08%	568

**M45 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1837 Bester, David	M48 BELLVILLE AC	21,82m	27,05m 31,18%	303



**WESTERN PROVINCE MASTERS  
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**Leo Benning Meeting No 1 - 22 January 2022 - 2022/01/22****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	16,77m	19,89m 22,94%	191

**M60 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1022 Smit, Johan	M61 PAARL AC	32,39m	42,37m 48,85%	551

**M65 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Wale, Anton	M69 PINELANDS AC	26,94m	39,48m 45,52%	504

**M70 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1843 Hough, Norman	M74 BELLVILLE AC	34,74m	50,45m 58,17%	684

**W40 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 3807 Kleynhans, Christ	W41 INDIVIDUAL ENTRY	16,05m	18,41m 25,23%	259
2 # 3805 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	15,38m	17,64m 24,17%	245

**W55 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1021 Smit, Jackie	W58 PAARL AC	17,45m	25,27m 34,62%	387

**W60 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	15,51m	24,99m 34,25%	382

**W65 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Griesel, Ronel	W68 WHALERS AC	15,34m	27,87m 38,19%	436

**W70 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 3801 Roos, Leonora	W72 BELLVILLE AC	11,25m	23,61m 32,35%	356
2 # 1870 Du Toit, Aletta	W70 BELLVILLE AC	8,41m	17,65m 24,18%	245



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**Leo Benning Meeting No 1 - 22 January 2022 - 2022/01/22****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W75 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1876 Grobbelaar, Elize	W76 BELLVILLE AC	10,44m	23,79m 32,59% 360

**M40 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 232 Wiener, Shukri	M40 PINELANDS AC	39,31m	42,69m 43,36% 481

**M50 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	12,44m	15,27m 15,51% 99

**M60 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1022 Smit, Johan	M61 PAARL AC	26,51m	37,48m 38,06% 406

**M65 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Wale, Anton	M69 PINELANDS AC	30,92m	48,29m 49,04% 563

**M70 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1843 Hough, Norman	M74 BELLVILLE AC	30,27m	50,85m 51,64% 601

**W40 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 3807 Kleynhans, Christ	W41 INDIVIDUAL ENTRY	5,51m	6,53m 27,67% 284
2 # 3805 Slamdien, Kamila	W44 INDIVIDUAL ENTRY	5,49m	6,50m 27,57% 282

**W55 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1021 Smit, Jackie	W58 PAARL AC	9,75m	12,59m 53,37% 652

**W60 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1841 Dramat, Farieda	W62 BELLVILLE AC	9,32m	11,28m 47,82% 571



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**Leo Benning Meeting No 1 - 22 January 2022 - 2022/01/22****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W65 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Griesel, Ronel	W68 WHALERS AC	8,46m	11,21m 47,53% 567

**W70 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1870 Du Toit, Aletta	W70 BELLVILLE AC	7,42m	10,88m 46,12% 546
2 # 3801 Roos, Leonora	W72 BELLVILLE AC	4,82m	7,06m 29,96% 315

**W75 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1876 Grobbelaar, Elize	W76 BELLVILLE AC	10,01m	13,96m 59,20% 736

**M40 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 232 Wiener, Shukri	M40 PINELANDS AC	12,36m	13,46m 52,09% 647

**M50 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 753 Isaacs, Duncan	M53 NEDBANK WP	7,49m	7,85m 30,37% 333

**M60 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1022 Smit, Johan	M61 PAARL AC	10,85m	11,31m 43,73% 526

**M65 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Wale, Anton	M69 PINELANDS AC	11,38m	12,69m 49,07% 603

**M70 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 # 1843 Hough, Norman	M74 BELLVILLE AC	14,26m	16,26m 62,90% 807



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**Leo Benning Meeting No 1 - 22 January 2022 - 2022/01/22**

**Parow North Athletics Track**

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

**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 Sandi, Fundiswa	W41	RAVENSMEAD AC	30:38,05 WPS	29:29,13 67,10%
2 # 531 van Deventer, Ann	W42	BOLMA	32:34,85	31:21,55 63,09%

**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 # 2153 Race, Anne	W54	SPARTAN HARRIERS AC	36:52,64	32:41,73 60,51%
2 # 137 Lategan, Jill	W50	GOODWOOD HARRIERS	39:12,49	34:45,72 56,91%

**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 # 655 Gilmour, Patricia	W59	VARSIITY OLD BOYS AC	34:31,00 WPS	29:10,21 67,82%

**W60 5000 Meter Race Walk**

60 SA Record: N 27:32,00	10/2016	Barbara Nell, CGA		
60 WP Record: P 28:45,21		Lindsay Hatz		
	33:10,00	60 SA Nat colours std		
	38:48,00	60 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 3260 Goosen, Jacquelin	W60	DURBANVILLE AC	32:47,33 SA	26:14,85 75,37%
2 # 2158 Williams, Gail	W64	SPARTAN HARRIERS AC	34:01,67 WPS	27:14,36 72,63%
3 # 2187 James, Pamela	W64	SPARTAN HARRIERS AC	34:03,53 WPS	27:15,85 72,56%
4 # 2282 Sutherland, Joy	W61	WEST COAST AC	36:16,53 WPS	29:02,32 68,13%

**W65 5000 Meter Race Walk**

65 SA Record: N 29:28,70	2013/04/26	Elsa Meyer, AGN		
65 WP Record: P 29:55,42		H. Rothman		
	35:10,00	65 SA Nat colours std		
	41:09,00	65 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 1864 Roux, Isabel	W69	BELLVILLE AC	39:42,73 WPS	29:53,72 66,18%



**Leo Benning Meeting No 1 - 22 January 2022 - 2022/01/22**

**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	33:21,35		H. Rothman		
	37:25,00	70 SA Nat colours std			
	43:47,00	70 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 3111 Brand, Edna	W70	STRAND AC	30:50,60PSA	21:39,13	91,37%
2 # 2805 Blignaut, Frieda	W71	SANLAM AC	35:13,12 SA	24:43,42	80,02%
3 # 4278 Pearson, Birdie	W73	SPARTAN HARRIERS AC	36:44,10 SA	25:47,28	76,72%
4 Joseph, Jackie	W72	SPARTAN HARRIERS AC	42:51,80 WPS	30:05,41	65,75%

**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 Schipper, Mary	W75	BELLVILLE AC	39:49,95 SA	25:49,17	76,62%
2 # 2139 Botes, Helen	W75	SPARTAN HARRIERS AC	45:25,80 WPS	29:26,87	67,18%

**W80 5000 Meter Race Walk**

80 SA Record: N	38:08,75	2018/04/28	Peggy Reid, WPA		
80 WP Record: P	38:08,75	2018/04/27	Peggy Reid		
	44:40,00	80 SA Nat colours std			
	52:16,00	80 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 477 Vey, Hildegard	W80	VARSAITY OLD BOYS AC	38:27,43 SA	22:44,16	87,01%
2 # 2182 Norton, Margaret	W82	SPARTAN HARRIERS AC	41:45,39 SA	24:41,19	80,14%
3 # 2137 Reid, Peggy	W84	SPARTAN HARRIERS AC	43:47,62 SA	25:53,45	76,41%

**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 # 3542 Jefra, Nicholas	M53	EASTERN KRAAIFON	33:01,82	28:55,88	62,08%
2 # 2980 Hines, Dennis	M54	STRAND AC	33:07,58	29:00,93	61,90%

**M55 5000 Meter Race Walk**

55 SA Record: N	23:52,24		Jurgen Spencer, WPA		
55 WP Record: P	23:52,24		Jurgen Spencer		
	27:55,00	55 SA Nat colours std			
	32:40,00	55 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 4655 Papier, Adam	M59	OMMIDRAAI	30:08,70 WPS	25:17,50	71,01%



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2 #	2211 Donson, Hilton	M58 SPARTAN HARRIERS AC	35:08,70	29:29,20	60,91%
--	Cupido, Clive	M56 LANGEBAAN STRAND	DNF		

**M65 5000 Meter Race Walk**

65 SA Record:	N 27:03,70	2005/11/12	Jurgen Spencer, WPA		
65 WP Record:	P 27:03,70	2005/11/12	Jurgen Spencer		
	30:50,00	65 SA Nat colours std			
	36:04,00	65 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 #	1296 Bosman, Marius	M65 BELLVILLE AC	33:31,17 WPS	25:28,49	70,50%
2	Thompson, Armond	M67 SPARTAN HARRIERS AC	35:08,70 WPS	26:42,62	67,24%

**M70 5000 Meter Race Walk**

70 SA Record:	N 27:55,30	2010/11/12	Jurgen Spencer, WPA		
70 WP Record:	P 27:55,30	2010/11/12	Jurgen Spencer		
	33:05,00	70 SA Nat colours std			
	38:42,00	70 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 #	1851 Pretorius, Piet	M71 BELLVILLE AC	33:20,81 WPS	23:54,59	75,12%
2 #	2111 Dreyer, Patrick	M72 SPARTAN HARRIERS AC	39:30,67	28:19,78	63,40%

**M75 5000 Meter Race Walk**

75 SA Record:	N 30:13,82	2016/03/18	Jurgen Spencer, WPA		
75 WP Record:	P 30:13,82	2016/03/18	Jurgen Spencer		
	35:15,00	75 SA Nat colours std			
	41:15,00	75 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 #	4466 Diedericks, Lenar	M77 CAPE MULTI-SPORT	34:33,43 SA	23:12,94	77,36%
2 #	3773 Aver, Brian	M77 RUNWALK FOR LIFE AC	39:54,31 WPS	26:48,50	66,99%



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