

**Leo Benning Meeting No 5 - 8 October 2022 - 2022/10/08**  
**Green Point Athletics Stadium**  
**Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi**

**W30 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading %
30 SA Record: N 11,80 Gail van Niekerk, CGA					
30 WP Record: P 12,73 Corne Gomes					
14,20	30	WPS WP Colours Standard			
Finals					
1 # 22877	Janse van Rensbur	W32 INDIVIDUAL ENTRY	14,20 WPS	-2.5	14,21 73,87%

**W40 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading %
40 SA Record: N 11,94 2014/04/24 Adri Schoeman, AGN					
40 WP Record: P 13,30 2011/10/08 Beverley Figland					
13,47	40	SA Nat colours std			
14,80	40	WPS WP Colours Standard			
Finals					
1 # 7543	Juries, Tanja	W43 VELOCITY ATH CLUB	14,93	-2.5	14,26 73,61%
2 # 9151	Memziwe, Chantel	W43 AIRPORTS ATH	17,57	-2.5	16,78 62,55%

**W45 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading %
45 SA Record: N 12,50 1994/10/15 Gail van Niekerk, CGA					
45 WP Record: P 13,20 Yvonne de Wit					
13,80	45	SA Nat colours std			
15,30	45	WPS WP Colours Standard			
Finals					
1 # 2678	Tregonning, Rushd	W47 HEWAT ATH CLUB	14,39 WPS	-2.5	13,24 79,29%

**W50 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading %
50 SA Record: N 12,31 2019/04/30 Charmain Barnard, AGN					
50 WP Record: P 13,70 Yvonne de Wit					
14,20	50	SA Nat colours std			
16,10	50	WPS WP Colours Standard			
Finals					
1 # 6209	Figland, Beverley	W51 UNIVERSITY WESTE	15,21 WPS	-2.5	13,46 77,98%

**W55 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading %
55 SA Record: N 14,06 2019/04/13 Ronel Beukes, WPA					
55 WP Record: P 13,94 2021/04/10 Venessa Louw					
14,89	55	SA Nat colours std			
16,70	55	WPS WP Colours Standard			
Finals					
1 # 6699	Louw, Venessa	W58 TYGERBERG AC	14,27 SA	-0.1	12,12 86,55%
2 # 6016	Kuta, Portia	W55 GUGULETHU AC	21,70	-0.1	18,43 56,91%



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**W60 100 Meter Dash**

60 SA Record: N 14,90 2010/03/06 Toy Ungerer, SWD  
 60 WP Record: P 15,60 O. Wagener  
 15,75 60 SA Nat colours std  
 17,70 60 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 5955 Koli, Thozama	W63	GUGULETHU AC	21,42	-0.1	17,44 60,18%

**W85 100 Meter Dash**

85 SA Record: N 21,95 2016/04/02 Christi du Plooy, CGA  
 85 WP Record: P 21,80 2022/03/19 Magdalene Johnson  
 26,00 85 SA Nat colours std  
 29,00 85 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 8808 Johnson, Magdalen	W86	TYGERBERG AC	21,45 SA	-0.1	12,36 84,90%

**M30 100 Meter Dash**

30 SA Record: N 10,50 Eric Essman, CGA  
 30 WP Record: P 10,90 2022/05/28 Roscoe Engel  
 12,00 30 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 2421 Steenkamp, Theodo	M33	BELLVILLE AT	13,80	-1.0	13,81 70,94%

**M35 100 Meter Dash**

35 SA Record: N 10,30 E. Jeffreys, KZN  
 35 WP Record: P 10,95 2019/03/23 Jonathan Dreyer  
 11,40 35 SA Nat colours std  
 12,20 35 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 2468 August, Denzil	M37	BELLVILLE AT	13,15	-1.0	12,98 75,44%
2 #22879 Vena, Thobile	M38	STELLENBOSCH UNI AC	13,37	-1.0	13,20 74,20%
3 # 3125 Hassan, Qaasim	M38	CAPE PEN UNIVERS	13,57	-1.0	13,40 73,10%

**M40 100 Meter Dash**

40 SA Record: N 10,70 Stan Wald, CGA  
 40 WP Record: P 11,13 2018/04/27 Ricardo Mentoor  
 11,50 40 SA Nat colours std  
 12,60 40 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 #22875 Lemmetjies, Eusta	M44	BMAC	12,45 WPS	-1.9	11,93 82,09%



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**M45 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
45 SA Record: N 11,10		Stan Wald, CGA			
45 WP Record: P 11,51	2012/03/31	Johan Uys			
11,80		45 SA Nat colours std			
13,00		45 WPS WP Colours Standard			
1 # 6348 Neil Davids, Elto	M49	OMMIDRAAI	13,73	-1.9	12,76 76,77%

**M50 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 11,70		Stan Wald, CGA			
50 WP Record: P 12,09	2022/05/07	John Cloete			
12,10		50 SA Nat colours std			
13,40		50 WPS WP Colours Standard			
1 # 2422 Cloete, John	M51	BELLVILLE AT	12,59 WPS	-1.9	11,33 86,42%
2 # 8878 Basson, Marius	M50	CAPE MULTI-SPORT	13,01 WPS	-1.9	11,71 83,63%
3 # 1018 Martin, Donavan	M52	CELTICS ATH CLUB	14,67	-1.9	13,20 74,16%

**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			
12,50		55 SA Nat colours std			
14,00		55 WPS WP Colours Standard			
1 # 4166 Christians, Alwyn	M56	DEFENCE ATHL	13,14 WPS	-1.9	11,44 85,62%

**M60 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 12,81	2022/01/22	Johan Myburgh, WPA			
60 WP Record: P 12,61	2022/04/09	Johan Myburgh			
13,00		60 SA Nat colours std			
14,50		60 WPS WP Colours Standard			
1 # 2436 Myburgh, Johan	M61	BELLVILLE AT	13,04 WPS	-2.8	10,98 89,26%
2 # 225 Omar, Nassar	M63	STELLENBOSCH UNI AC	14,87	-2.8	12,52 78,28%

**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			
13,60		65 SA Nat colours std			
15,40		65 WPS WP Colours Standard			
1 # 6214 Warrires, Joseph	M66	UNIVERSITY WESTE	13,61 WPS	-2.8	11,04 88,68%
2 # 2402 Deetlefs, Pietie	M69	BELLVILLE AT	14,88 WPS	-2.8	12,07 81,12%



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**M80 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
80 SA Record: N 14,30	2003/11/08	Lucas Nel, KZN			
80 WP Record: P 15,31	2014/04/25	Ron Cross			
17,60	80 SA Nat colours std				
19,50	80 WPS WP Colours Standard				
1 # 930 Stuart, Les	M80	SWD	18,12 WPS	-2.8	12,63 77,54%

**W30 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
30 SA Record: N 24,60		V.B. Kruger, CGA			
30 WP Record: P 25,80		Anne McKenzie			
29,00	30 WPS WP Colours Standard				
1 #22877 Janse van Rensbur	W32	INDIVIDUAL ENTRY	29,21	0.8	29,22 73,06%

**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			
27,50	40 SA Nat colours std				
31,00	40 WPS WP Colours Standard				
1 # 7543 Juries, Tanja	W43	VELOCITY ATH CLUB	31,32	0.8	29,26 72,92%
2 # 9151 Memziwe, Chantel	W43	AIRPORTS ATH	39,84	0.8	37,22 57,33%

**W45 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
45 SA Record: N 25,41	2021/03/06	Shona Hutchinson, KZN			
45 WP Record: P 27,30		Anne McKenzie			
28,00	45 SA Nat colours std				
32,00	45 WPS WP Colours Standard				
1 # 2678 Tregonning, Rushd	W47	HEWAT ATH CLUB	29,90 WPS	0.8	26,86 79,46%

**W50 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 26,95	2010/02/20	Ronel Beukes, BOL			
50 WP Record: P 28,30		Y de Witt			
29,60	50 SA Nat colours std				
33,50	50 WPS WP Colours Standard				
1 # 6209 Figland, Beverley	W51	UNIVERSITY WESTE	31,99 WPS	0.8	27,59 77,37%
2 # 2425 Le Roux, Rentia	W53	BELLVILLE AT	36,67	-0.4	31,62 67,49%



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**W55 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
55 SA Record: N 29,30	1996/05/04	Y. de Witt			
55 WP Record: P 29,54	2021/04/10	Venessa Louw			
	31,20	55 SA Nat colours std			
	35,00	55 WPS WP Colours Standard			
1 # 6016 Kuta, Portia	W55	GUGULETHU AC	46,94	-0.4	38,79 55,03%

**W60 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 30,70	2003/02/08	Magdalena Tomlinson, KZN			
60 WP Record: P 32,10		Y de Witt			
	33,30	60 SA Nat colours std			
	37,30	60 WPS WP Colours Standard			
1 # 5955 Koli, Thozama	W63	GUGULETHU AC	49,06	-0.4	38,77 55,06%

**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 53,86	2022/05/28	Magdalene Johnson			
	56,00	85 SA Nat colours std			
	1:03,00	85 WPS WP Colours Standard			
1 # 8808 Johnson, Magdalen	W86	TYGERBERG AC	58,02 WPS	-0.4	28,62 74,58%

**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			
	23,50	35 SA Nat colours std			
	25,00	35 WPS WP Colours Standard			
1 #22879 Vena, Thobile	M38	STELLENBOSCH UNI AC	27,55	-0.3	27,11 71,29%
2 # 2468 August, Denzil	M37	BELLVILLE AT	27,57	-0.3	27,13 71,24%
3 # 3125 Hassan, Qaasim	M38	CAPE PEN UNIVERS	28,52	-0.3	28,06 68,86%

**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			
	24,00	40 SA Nat colours std			
	25,50	40 WPS WP Colours Standard			
1 #22875 Lemmetjies, Eusta	M44	BMAC	25,10 WPS	-0.3	23,94 80,72%
2 # 1941 Blauw, Ricardo	M41	NEDBANK WP	28,75	-0.3	27,42 70,47%



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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			
24,20		45 SA Nat colours std			
26,50		45 WPS WP Colours Standard			
1 # 6348 Neil Davids, Elto	M49	OMMIDRAAI	30,51	-0.2	28,18 68,57%
2 # 8071 Mapukata, Sihle	M46	NEDBANK WP	31,33	-0.2	28,94 66,77%

**M50 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 23,29		Stan Wald, CGA			
50 WP Record: P 24,70	2022/04/22	Marius Basson			
24,80		50 SA Nat colours std			
27,50		50 WPS WP Colours Standard			
1 # 8878 Basson, Marius	M50	CAPE MULTI-SPORT	25,46 WPS	-0.2	22,75 84,96%
2 # Pick, Tony	M53	PINELANDS AC	27,31 WPS	-0.2	24,40 79,20%

**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 Warrires			
26,20		55 SA Nat colours std			
28,90		55 WPS WP Colours Standard			
1 # 4166 Christians, Alwyn	M56	DEFENCE ATHL	26,67 WPS	-0.2	23,03 83,91%

**M60 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 25,80		Miloje Grujic, CGA			
60 WP Record: P 26,01	2022/04/09	Johan Myburgh			
26,90		60 SA Nat colours std			
30,00		60 WPS WP Colours Standard			
1 # 2436 Myburgh, Johan	M61	BELLVILLE AT	26,61 SA	-1.3	22,18 87,15%
2 # 225 Omar, Nassar	M63	STELLENBOSCH UNI AC	30,14	-1.3	25,12 76,94%

**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 Warrires			
28,50		65 SA Nat colours std			
32,00		65 WPS WP Colours Standard			
1 # 6214 Warrires, Joseph	M66	UNIVERSITY WESTE	28,14 SA	-1.3	22,54 85,75%
2 # 2402 Deetlefs, Pietie	M69	BELLVILLE AT	33,75	-1.3	27,03 71,50%



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**M80 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
80 SA Record: N 31,82	8/2015	Monty Hacker, CGA			
80 WP Record: P 32,56	2014/04/25	Ron Cross			
38,00		80 SA Nat colours std			
43,00		80 WPS WP Colours Standard			
1 # 930 Stuart, Les	M80	SWD	38,08 WPS	-1.3	25,51 75,76%

**W50 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading
50 SA Record: N 1:01,14	7/2011	Elaine Pretorius, AGN		
50 WP Record: P 1:03,20		Anne McKenzie		
1:09,00		50 SA Nat colours std		
1:18,00		50 WPS WP Colours Standard		
1 # 6209 Figland, Beverley	W51	UNIVERSITY WESTE	1:16,71 WPS	1:05,78 72,36%

**W60 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading
60 SA Record: N 1:10,26	10/2016	Liz Alexander, KZN		
60 WP Record: P 1:15,20		Isabel Hofmeyr		
1:19,00		60 SA Nat colours std		
1:28,00		60 WPS WP Colours Standard		
1 # 5955 Koli, Thozama	W63	GUGULETHU AC	2:02,43	1:34,46 50,40%

**M30 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#
30 SA Record: N 48,53	2019/05/19	Willem de Beer, AGN			
30 WP Record: P 50,49		Henk Beukes			
56,00		30 WPS WP Colours Standard			
1 # 2421 Steenkamp, Theodo	M33	BELLVILLE AT	1:04,82	1:04,83 66,62%	2

**M35 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#
35 SA Record: N 47,90		J. Cyrus			
35 WP Record: P 51,61		T. Dixon			
51,00		35 SA Nat colours std			
57,00		35 WPS WP Colours Standard			
1 # 3125 Hassan, Qaasim	M38	CAPE PEN UNIVERS	1:03,79	1:01,59 70,12%	2



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**M40 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#
40 SA Record: N 49,70		Leon Hacker, CGA			
40 WP Record: P 50,38	2011/04/09	Shawn Abrahams			
52,50		40 SA Nat colours std			
58,00		40 WPS WP Colours Standard			
1 # 1941 Blauw, Ricardo	M41	NEDBANK WP	59,34	55,51	77,79% 2

**M45 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#
45 SA Record: N 51,07	9/2018	Spencer Moraope, NWN			
45 WP Record: P 52,44	2017/05/18	Marius Basson			
54,00		45 SA Nat colours std			
1:00,00		45 WPS WP Colours Standard			
1 # 9468 Bezuidenhout, Rog	M49	ATHLANTIC TRIATH	1:02,89	56,95	75,83% 2
2 # 8071 Mapukata, Sihle	M46	NEDBANK WP	1:07,30	1:00,94	70,86% 2

**M50 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#
50 SA Record: N 52,50		Miloje Crujic, CGA			
50 WP Record: P 55,70		J. Swiegers			
56,00		50 SA Nat colours std			
1:02,00		50 WPS WP Colours Standard			
1 # 8878 Basson, Marius	M50	CAPE MULTI-SPORT	58,50 WPS	51,22	84,32% 2
2 # 1240 Fortuin, Maurice	M52	DCS DRAKENSTEIN	1:02,04	54,31	79,51% 2
3 # 1018 Martin, Donavan	M52	CELTICS ATH CLUB	1:09,55	1:00,89	70,93% 2

**M60 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#
60 SA Record: N 55,53		Miloje Crujic, CGA			
60 WP Record: P 1:01,41	2017/05/18	Joseph Warriess			
1:01,00		60 SA Nat colours std			
1:09,00		60 WPS WP Colours Standard			
1 # 225 Omar, Nassar	M63	STELLENBOSCH UNI AC	1:06,96 WPS	54,60	79,09%

**M70 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#
70 SA Record: N 1:04,16		Lucas Nel, KZN			
70 WP Record: P 1:11,70		N. Sharpley			
1:10,00		70 SA Nat colours std			
1:20,00		70 WPS WP Colours Standard			
1 #10154 Cleophas, Henry	M73	NEDBANK WP	1:20,62	1:00,15	71,79%



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80 SA Record: N	1:12,80		Lucas Nel, KZN		
80 WP Record: P	1:26,80	2017/10/07	Jakobus van Zyl		
	1:38,00		80 SA Nat colours std		
	1:44,00		80 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 930 Stuart, Les	M80	SWD	1:28,99 SA	56,63	76,26%

**M40 800 Meter Run**

40 SA Record: N	1:55,80		S. Ditsele		
40 WP Record: P	1:56,52		T. Brown		
	2:03,00		40 SA Nat colours std		
	2:16,00		40 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 1941 Blauw, Ricardo	M41	NEDBANK WP	2:08,33 WPS	2:02,69	82,41%

**M45 800 Meter Run**

45 SA Record: N	1:58,10	2019/11/09	Spence Moraope, NWN		
45 WP Record: P	1:59,09		T. Brown		
	2:07,00		45 SA Nat colours std		
	2:22,00		45 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 9468 Bezuidenhout, Rog	M49	ATHLANTIC TRIATH	2:28,58	2:16,74	73,95%
2 # 8071 Mapukata, Sihle	M46	NEDBANK WP	2:31,32	2:19,26	72,61%
3 # 4575 Juries, Chubasco	M47	BRIMESTONE I	2:32,07	2:19,96	72,25%

**M50 800 Meter Run**

50 SA Record: N	2:01,86		Len Claassen, AGN		
50 WP Record: P	2:09,45		Vince O'Donoghue		
	2:11,00		50 SA Nat colours std		
	2:27,00		50 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 1240 Fortuin, Maurice	M52	DCS DRAKENSTEIN	2:27,95	2:10,90	77,25%
2 # 1018 Martin, Donavan	M52	CELTICS ATH CLUB	2:49,21	2:29,71	67,54%

**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 # 7440 Philander, Tobias	M58	ELSIERSRIVIER RUN	2:29,21 WPS	2:06,68	79,81%



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70 SA Record: N 2:31,71 2008/04/25 Ken Nurden, AGN  
 70 WP Record: P 2:52,93 2015/11/14 Richard Osrin  
 2:51,00 70 SA Nat colours std  
 3:10,00 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #10154 Cleophas, Henry	M73 NEDBANK WP	3:07,03 WPS	2:18,78 72,86%

**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	5:40,17 WPS	5:07,59 75,58%

**M35 1500 Meter Run**

35 SA Record: N 3:54,04 Deon Brummer, AGN  
 35 WP Record: P 3:54,04 Johan Landsman  
 4:13,00 35 SA Nat colours std  
 4:41,00 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 6901 Ockhuis, Garron	M37 GOODWOOD HAR	4:43,92	4:41,45 73,19%

**M45 1500 Meter Run**

45 SA Record: N 4:03,13 Terence Brown, KZN  
 45 WP Record: P 4:03,13 Terence Brown  
 4:23,00 45 SA Nat colours std  
 4:58,00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1510 Gibson, Michael	M46 FISH HOEK AT	4:22,31 SA	3:59,36 86,06%
2 # 9692 Bailey, Jason	M45 GROOT CONSTANTIA	4:56,53 WPS	4:30,59 76,13%
3 # 4774 Engelbrecht, Chri	M47 STRAND AC	4:56,82 WPS	4:30,85 76,06%
4 # 4575 Juries, Chubasco	M47 BRIMESTONE I	5:00,85	4:34,53 75,04%
5 # 9891 Kanouni, Youssef	M48 PARLIAMENT A.C.	5:09,50	4:42,42 72,94%
6 # 8071 Mapukata, Sihle	M46 NEDBANK WP	5:11,64	4:44,38 72,44%

**M55 1500 Meter Run**

55 SA Record: N 4:32,40 Sybrand Mostert, WPA  
 55 WP Record: P 4:32,40 Stefanus Mostert  
 4:40,00 55 SA Nat colours std  
 5:29,00 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 7440 Philander, Tobias	M58 ELSIESRIVIER RUN	4:59,30 WPS	4:09,53 82,56%



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**M60 1500 Meter Run**

60 SA Record: N	4:54,40	2021/11/13	Anthony Grendon, WPA		
60 WP Record: P	4:53,20	2015/01/24	Terence Brown		
	4:55,00		60 SA Nat colours std		
	5:49,00		60 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 8778 Ruppert, Max	M61	STRAND AC	5:25,92 WPS	4:18,75 79,61%	

**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 # 4748 Rossouw, Charmain	W48	STRAND AC	21:18,69 WPS	19:30,01 73,90%	
2 # 1176 Pienaar, Lee-Anne	W45	DURBANVILLE AC	22:47,05 WPS	20:50,86 69,13%	

**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		
	20:20,00		50 SA Nat colours std		
	24:00,00		50 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 38 Lategan, Jill	W50	GOODWOOD HAR	23:33,67 WPS	20:33,43 70,10%	

**W80 5000 Meter Run**

	38:00,00		80 SA Nat colours std		
	44:00,00		80 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 7958 Joseph, Sheila	W81	DURBANVILLE AC	35:54,97 SA	19:28,00 74,03%	

**M30 5000 Meter Run**

30 SA Record: N	14:16,25	2002/05/04	M. Nobanda		
30 WP Record: P	15:20,80		W. Visser		
	17:30,00		30 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 #10372 Bariis, Essa	M32	ATLANTIC ATHLETI	20:03,59	20:03,60 62,90%	



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**M35 5000 Meter Run**

35 SA Record: N	14:15,10		H. Lekgangane		
35 WP Record: P	14:56,42		J. September		
	15:50,00	35 SA Nat colours std			
	17:45,00	35 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 6901 Ockhuis, Garron	M37	GOODWOOD HAR	17:21,34 WPS	17:21,35 72,69%	

**M45 5000 Meter Run**

45 SA Record: N	15:19,68		Steve Hollier, CGA		
45 WP Record: P	15:19,68		S. Hollier		
	16:30,00	45 SA Nat colours std			
	18:50,00	45 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 4575 Juries, Chubasco	M47	BRIMESTONE I	17:59,89 WPS	16:44,52 75,36%	
2 # 4774 Engelbrecht, Chri	M47	STRAND AC	18:07,81 WPS	16:51,89 74,81%	
3 # 9891 Kanouni, Youssef	M48	PARLIAMENT A.C.	18:31,42 WPS	17:13,85 73,22%	
4 # 8071 Mapukata, Sihle	M46	NEDBANK WP	19:01,30	17:41,64 71,30%	

**M80 5000 Meter Run**

80 SA Record: N	22:44,10	2016/04/02	Ken Nurden, AGN		
80 WP Record: P	27:45,13	2017/05/18	Bub Evans		
	30:30,00	80 SA Nat colours std			
	35:30,00	80 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 7968 Clark, Chris	M80	DURBANVILLE AC	36:21,14	23:02,41 54,76%	

**W45 High Jump**

45 SA Record: N	1,64m	2012/05/19	Dinah Heymans, FSA		
45 WP Record: P	1,33m	2010/02/20	Jackie Basson		
	1,36m	45 SA Nat colours std			
	1,21m	45 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 1026 Van Langelaar, Yo	W46	HARTENBOS DRAWWERS	1,45mNSA	1,68m 80,56%	

**W50 High Jump**

50 SA Record: N	1,53m	2017/04/01	Dinah Heymans, FSA		
50 WP Record: P	1,28m	2013/04/26	Jackie Basson		
	1,30m	50 SA Nat colours std			
	1,15m	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 38 Lategan, Jill	W50	GOODWOOD HAR	1,18mNWPS	1,44m 69,01%	



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Name	Age	Team	Finals	Age-Grading
35 SA Record: N 2,01m		J. Greyvenstein		
35 WP Record: P 1,85m		A. September		
1,82m	35	SA Nat colours std		
1,63m	35	WPS WP Colours Standard		
1 # 2468 August, Denzil	M37	BELLVILLE AT	1,18mP	1,21m 49,37%

**M50 High Jump**

Name	Age	Team	Finals	Age-Grading
50 SA Record: N 1,82m	2019/05/03	Johann Gutsche, CNW		
50 WP Record: P 1,61m		Leo Benning		
1,60m	50	SA Nat colours std		
1,41m	50	WPS WP Colours Standard		
1 # 2404 Maree, Archibald	M50	BELLVILLE AT	1,48mNWPS	1,71m 70,14%
2 # 2416 Davids, Jerome	M51	NEDBANK WP	1,41mNWPS	1,63m 66,82%

**W40 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading
40 SA Record: N 5,73m	2012/03/31	Charmain Barnard, AGN			
40 WP Record: P 4,55m		N Weideman			
4,72m	40	SA Nat colours std			
3,95m	40	WPS WP Colours Standard			
1 # 7543 Juries, Tanja	W43	VELOCITY ATH CLUB	4,39mPWPS	NWI	4,87m 64,84%

**W50 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 4,56m		P. Pietersen, AGN			
50 WP Record: P 4,42m		Yvonne de Witt			
4,20m	50	SA Nat colours std			
3,45m	50	WPS WP Colours Standard			
1 # 2425 Le Roux, Rentia	W53	BELLVILLE AT	3,27m	NWI	4,09m 54,50%

**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			
5,40m	50	SA Nat colours std			
4,60m	50	WPS WP Colours Standard			
1 # 2404 Maree, Archibald	M50	BELLVILLE AT	4,20m	NWI	5,16m 57,69%



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**M55 Long Jump**

55 SA Record: N 5,70m		S Hough / A Redelinghuys			
55 WP Record: P 5,61m		Ron Cross			
	5,15m	55 SA Nat	colours std		
	4,30m	55 WPS WP	Colours Standard		
Name	Age	Team	Finals	Wind	Age-Grading
1 # 4166 Christians, Alwyn	M56	DEFENCE ATHL	4,85m WPS	NWI	6,36m 71,11%

**W35 Shot Put**

35 SA Record: N 12,27m		2022/03/26 Tanya Pubalakan, 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 # 2439 Albertyn, Este	W39	BELLVILLE AT	8,62m WPS		8,93m 39,49%

**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 AT	8,61m WPS		9,55m 42,23%

**W50 Shot Put**

50 SA Record: N 13,24m		2019/03/30 Charmain Barnard, AGN			
50 WP Record: P 11,17m		Tertia Stoffberg			
	11,10m	50 SA Nat	colours std		
	8,20m	50 WPS WP	Colours Standard		
Name	Age	Team	Finals		Age-Grading
1 # 6778 Aploon, Gloria	W53	CAPRICORN AC	7,35m		9,26m 40,95%
2 # 114 Noordien, Mishka	W52	BONTEHEUWEL	5,12m		6,45m 28,52%

**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	W59	PAARL AC	8,47m WPS		11,60m 51,30%
2 de Bruyn, Sonja	W55	CAPRICORN AC	7,61m WPS		10,43m 46,09%



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**W60 Shot Put**

Name	Age	Team	Finals	Age-Grading
60 SA Record: N 11,74m		M van As		
60 WP Record: P 9,43m	2020/01/11	Farieda Dramat		
	9,00m	60 SA Nat colours std		
	7,00m	60 WPS WP Colours Standard		
1 # 2414 Dramat, Farieda	W63	BELLVILLE AT	8,24m WPS	12,37m 54,68%

**W65 Shot Put**

Name	Age	Team	Finals	Age-Grading
65 SA Record: N 10,63m		M van As		
65 WP Record: P 8,55m	2019/01/12	Zelda Erasmus		
	8,10m	65 SA Nat colours std		
	6,30m	65 WPS WP Colours Standard		
1 # 368 Griesel, Ronél	W69	WHALERS AC	7,49m WPS	12,43m 54,95%

**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		
	7,40m	70 SA Nat colours std		
	5,60m	70 WPS WP Colours Standard		
1 # 2471 du Toit, Aletta	W71	BELLVILLE AT	4,95m	9,18m 40,61%

**W75 Shot Put**

Name	Age	Team	Finals	Age-Grading
75 SA Record: N 8,07m	2016/05/13	Penny England, AVT		
75 WP Record: P 6,33m	2022/05/07	Elize Grobbelaar		
	7,00m	75 SA Nat colours std		
	5,10m	75 WPS WP Colours Standard		
1 # 2476 Grobbelaar, Elize	W77	BELLVILLE AT	5,81m WPS	10,64m 47,04%

**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 # 6901 Ockhuis, Garron	M37	GOODWOOD HAR	5,98m	6,20m 26,83%



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**M40 Shot Put**

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

Name	Age Team	Finals	Age-Grading
1 Rautenbach, Cornes	M43 INDIVIDUAL ENTRY	9,08m	10,11m 43,74%

**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  
 12,20m 45 SA Nat colours std  
 9,50m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2444 Pool, Jaco	M45 BELLVILLE AT	8,83m	10,61m 45,92%

**M50 Shot Put**

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

Name	Age Team	Finals	Age-Grading
1 # 2416 Davids, Jerome	M51 NEDBANK WP	8,93m	10,46m 45,26%
2 #22978 Solomons, Anthony	M52 DCS DRAKENSTEIN	8,61m	10,09m 43,64%
3 Marais, Clifton	M52 KUILSRIVIER A.C.	7,84m	9,18m 39,74%

**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	M62 BELLVILLE AT	10,03m WPS	12,51m 54,16%

**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 AT	7,10m WPS	11,97m 51,79%



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**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 # 2439 Albertyn, Este	W39 BELLVILLE AT	26,24m WPS	27,20m 35,43%

**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 AT	21,35m	23,80m 31,00%

**W50 Discus Throw**

50 SA Record: N 35,23m 2018/04/27 Heleen Knobel, SWD  
 50 WP Record: P 26,80m E. Engelbrecht  
                   30,00m 50 SA Nat colours std  
                   21,60m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 6778 Aploon, Gloria	W53 CAPRICORN AC	18,98m	24,91m 32,44%
2 # 7542 Snyders, Margaret	W51 VELOCITY ATH CLUB	12,94m	16,98m 22,12%
3 # 114 Noordien, Mishka	W52 BONTEHEUWEL	7,85m	10,30m 13,42%

**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	W59 PAARL AC	22,95m WPS	33,06m 43,05%
2 de Bruyn, Sonja	W55 CAPRICORN AC	16,71m	24,07m 31,34%

**W60 Discus Throw**

60 SA Record: N 28,78m 2005/03/12 J. Rzepecka, CGA  
 60 WP Record: P 21,09m 2019/03/09 Farieda Dramat  
                   23,80m 60 SA Nat colours std  
                   18,60m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2414 Dramat, Farieda	W63 BELLVILLE AT	19,95m WPS	31,84m 41,46%



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**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 # 368 Griesel, Ronél	W69 WHALERS AC	17,32m WPS	31,04m 40,43%

**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 # 2471 du Toit, Aletta	W71 BELLVILLE AT	11,34m	23,29m 30,33%

**W75 Discus Throw**

Name	Age Team	Finals	Age-Grading
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		
1 # 2476 Grobbelaar, Elize	W77 BELLVILLE AT	14,67m WPS	31,60m 41,16%

**M40 Discus Throw**

Name	Age Team	Finals	Age-Grading
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		
1 Rautenbach, Cornes	M43 INDIVIDUAL ENTRY	26,30m	28,96m 39,10%

**M45 Discus Throw**

Name	Age Team	Finals	Age-Grading
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		
1 # 2444 Pool, Jaco	M45 BELLVILLE AT	19,08m	22,98m 31,03%



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**M50 Discus Throw**

50 SA Record: N 52,06m 2009/03/18 J.J. van Zyl, EPA  
 50 WP Record: P 45,90m Johan Allers  
 44,00m 50 SA Nat colours std  
 34,50m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #22978 Solomons, Anthony	M52 DCS DRAKENSTEIN	31,23m	31,91m 43,08%
2 # 2416 Davids, Jerome	M51 NEDBANK WP	23,70m	24,21m 32,69%

**M60 Discus Throw**

60 SA Record: N 54,58m 2021/11/13 Burton Haupt, AGN  
 60 WP Record: P 45,46m 1999/11/08 Steve Johnston  
 44,26m 60 SA Nat colours std  
 34,50m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2460 Lamara, Zain	M62 BELLVILLE AT	32,02m	34,03m 45,94%

**M85 Discus Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 2477 Cross, Ronald	M88 BELLVILLE AT	20,49m SA	39,97m 53,96%

**W35 Hammer Throw**

35 SA Record: N 48,00m 2022/03/26 Tanya Pubalakan, AGN  
 35 WP Record: P 47,15m 2013/03/16 Marilize Coetzee  
 36,00m 35 SA Nat colours std  
 27,70m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2439 Albertyn, Este	W39 BELLVILLE AT	22,77m	24,91m 32,36%

**W50 Hammer Throw**

50 SA Record: N 49,23m 8/2015 Heleen Knobel, SWD  
 50 WP Record: P 37,62m Hester Schoonwinkel  
 37,50m 50 SA Nat colours std  
 25,50m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 114 Noordien, Mishka	W52 BONTEHEUWEL	9,36m	12,01m 15,61%
-- # 6778 Aploon, Gloria	W53 CAPRICORN AC	ND	



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**W55 Hammer Throw**

=====				
55 SA Record:	N 37,36m	2021/05/29	Heleen Knobel, SWD	
55 WP Record:	P 32,88m		Hester Schoonwinkel	
	32,00m	55 SA Nat colours std		
	23,30m	55 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
=====				
1 # 1021 Smit, Jackie	W59	PAARL AC	31,60m WPS	44,18m 57,39%
2 de Bruyn, Sonja	W55	CAPRICORN AC	15,44m	21,59m 28,04%

**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	
	28,00m	60 SA Nat colours std		
	20,70m	60 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
=====				
1 # 2414 Dramat, Farieda	W63	BELLVILLE AT	22,07m WPS	33,88m 44,01%

**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	
	25,00m	65 SA Nat colours std		
	18,00m	65 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
=====				
1 # 368 Griesel, Ronél	W69	WHALERS AC	20,87m WPS	35,55m 46,18%

**W70 Hammer Throw**

=====				
70 SA Record:	N 25,76m		L Grobler, AGN	
70 WP Record:	P 23,03m	2017/03/16	Elize Grobbelaar	
	22,00m	70 SA Nat colours std		
	15,60m	70 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
=====				
1 # 2471 du Toit, Aletta	W71	BELLVILLE AT	17,64m WPS	33,79m 43,89%

**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	
	22,00m	75 SA Nat colours std		
	16,40m	75 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
=====				
1 # 2476 Grobbelaar, Elize	W77	BELLVILLE AT	20,42m WPS	38,63m 50,17%



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**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 Rautenbach, Cornes	M43 INDIVIDUAL ENTRY	22,72m	25,56m 29,47%

**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  
 43,50m 45 SA Nat colours std  
 33,60m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2444 Pool, Jaco	M45 BELLVILLE AT	22,03m	27,31m 31,48%

**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 # 2460 Lamara, Zain	M62 BELLVILLE AT	27,02m	35,34m 40,75%

**W35 Javelin Throw**

35 SA Record: N 46,11m 2022/03/26 Linda van Vreden, AGN  
 35 WP Record: P 38,70m Dinky Quelch  
 31,53m 35 SA Nat colours std  
 24,50m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2439 Albertyn, Este	W39 BELLVILLE AT	18,47m	19,61m 26,87%

**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  
 29,00m 50 SA Nat colours std  
 22,20m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 38 Lategan, Jill	W50 GOODWOOD HAR	19,71m	25,91m 35,49%
2 # 2425 Le Roux, Rentia	W53 BELLVILLE AT	19,19m	25,22m 34,56%
3 # 6778 Aploon, Gloria	W53 CAPRICORN AC	14,61m	19,20m 26,31%
4 # 114 Noordien, Mishka	W52 BONTEHEUWEL	11,55m	15,18m 20,80%
5 # 7542 Snyders, Margaret	W51 VELOCITY ATH CLUB	8,14m	10,70m 14,66%



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55 SA Record: N 29,76m 2022/04/16 Judy Flynn, AGN  
 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 de Bruyn, Sonja	W55 CAPRICORN AC	18,58m	26,90m 36,86%

**W60 Javelin Throw**

60 SA Record: N 26,93m 2021/04/10 Aletta Pietersen, SAPS  
 60 WP Record: P 27,00m Susan Malherbe  
 23,00m 60 SA Nat colours std  
 17,50m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2414 Dramat, Farieda	W63 BELLVILLE AT	14,46m	23,30m 31,93%
2 # 5955 Koli, Thozama	W63 GUGULETHU AC	10,81m	17,42m 23,87%

**W65 Javelin Throw**

65 SA Record: N 22,20m 2015/05/15 Mercia Ferreira, CGA  
 65 WP Record: P 22,24m Aletta Ackermann  
 20,00m 65 SA Nat colours std  
 15,60m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 368 Griesel, Ronél	W69 WHALERS AC	13,98m	25,40m 34,80%

**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 # 2471 du Toit, Aletta	W71 BELLVILLE AT	8,98m	18,85m 25,82%

**W75 Javelin Throw**

75 SA Record: N 16,83m 2016/05/15 Penny England, AVT  
 75 WP Record: P 13,93m Isabel Hofmeyr  
 15,00m 75 SA Nat colours std  
 8,70m 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2476 Grobbelaar, Elize	W77 BELLVILLE AT	11,11m WPS	25,32m 34,69%



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**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 # 7297 Young, Tyrone	M40	PINELANDS AC	42,31m WPS	45,95m	46,67%
2 Rautenbach, Cornes	M43	INDIVIDUAL ENTRY	17,57m	19,08m	19,38%

**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 # 9468 Bezuidenhout, Rog	M49	ATHLANTIC TRIATH	30,50m	35,73m	36,28%
2 # 2444 Pool, Jaco	M45	BELLVILLE AT	18,60m	21,79m	22,13%

**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		
	48,00m	50 SA Nat colours std			
	36,50m	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 2416 Davids, Jerome	M51	NEDBANK WP	27,98m	34,35m	34,88%

**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 # 2460 Lamara, Zain	M62	BELLVILLE AT	30,00m	42,42m	43,07%

**M70 Javelin Throw**

70 SA Record: N	41,43m	9/2018	Dereck Sterley, AGN		
70 WP Record: P	36,30m	2019/04/13	Norman Hough		
	33,00m	70 SA Nat colours std			
	25,80m	70 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 #10187 Venter, Peet	M72	TYGERBERG AC	26,30m WPS	44,18m	44,87%



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**W35 Weight Throw**

35 SA Record: N 15,08m 2022/03/26 Tanya Pubalakan, 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

Name	Age Team	Finals	Age-Grading
1 # 2439 Albertyn, Este	W39 BELLVILLE AT	7,46m	8,14m 34,52%

**W50 Weight Throw**

50 SA Record: N 15,60m 2015/08/20 Heleen Knobel, SWD  
 50 WP Record: P 11,25m Tertia Stoffberg  
                   12,10m 50 SA Nat colours std  
                   9,10m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 6778 Aploon, Gloria	W53 CAPRICORN AC	6,65m	7,86m 33,32%
2 # 114 Noordien, Mishka	W52 BONTEHEUWEL	5,15m	6,08m 25,80%

**W55 Weight Throw**

55 SA Record: N 14,50m 2021/04/10 Heleen Knobel, SWD  
 55 WP Record: P 11,85m Hester Schoonwinkel  
                   10,80m 55 SA Nat colours std  
                   8,70m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1021 Smit, Jackie	W59 PAARL AC	11,29mPSA	14,58m 61,80%
2 de Bruyn, Sonja	W55 CAPRICORN AC	6,68m	8,62m 36,56%

**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  
                   11,40m 60 SA Nat colours std  
                   9,10m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2414 Dramat, Farieda	W63 BELLVILLE AT	8,30m	10,04m 42,59%

**W65 Weight Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 368 Griesel, Ronél	W69 WHALERS AC	8,66m WPS	11,48m 48,65%



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**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	W71 BELLVILLE AT	8,06mPWPS	11,82m 50,09%

**W75 Weight Throw**

Name	Age Team	Finals	Age-Grading
75 SA Record: N 12,50m	2017/07/08 Penny England, AVT		
75 WP Record: P 10,71m	2022/04/09 Elize Grobbelaar		
	8,50m 75 SA Nat colours std		
	7,10m 75 WPS WP Colours Standard		
1 # 2476 Grobbelaar, Elize	W77 BELLVILLE AT	9,94m SA	13,87m 58,78%

**M40 Weight Throw**

Name	Age Team	Finals	Age-Grading
40 SA Record: N 21,66m	2017/04/01 Chris Harmse, FSA		
40 WP Record: P 13,97m	2022/05/06 Shukri Wiener		
	13,20m 40 SA Nat colours std		
	10,80m 40 WPS WP Colours Standard		
1 Rautenbach, Cornes	M43 INDIVIDUAL ENTRY	7,02m	7,65m 29,58%

**M45 Weight Throw**

Name	Age Team	Finals	Age-Grading
45 SA Record: N 17,17m	2016/05/13 Martin Venter, AGN		
45 WP Record: P 10,75m	J. Allers		
	13,00m 45 SA Nat colours std		
	10,40m 45 WPS WP Colours Standard		
1 # 2444 Pool, Jaco	M45 BELLVILLE AT	6,91m	8,08m 31,25%

**M50 Weight Throw**

Name	Age Team	Finals	Age-Grading
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		
1 # 2416 Davids, Jerome	M51 NEDBANK WP	7,24m	7,59m 29,36%



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**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	M62 BELLVILLE AT	9,60m	10,00m 38,69%

**W30 5000 Meter Race Walk**

30 SA Record: N 26:29,79 2016/03/20 N. Roux, KZN  
 30 WP Record: P 27:04,05 G. Smeeton  
 31:00,00 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Luscombe, Michelle	W33 VARSITY OLD BOYS AC	40:17,94	40:17,95 49,09%

**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 # 670 Race, Anne	W54 SPARTAN HARRIERS AC	36:26,34	32:18,41 61,24%
-- # 7542 Snyders, Margaret	W51 VELOCITY ATH CLUB	DNF	

**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  
 31:30,00 55 SA Nat colours std  
 36:57,00 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 158 Horn-Botha, Debor	W56 VARSITY OLD BOYS AC	31:41,12 WPS	26:46,64 73,88%
2 # 660 Pick, Carol	W56 SPARTAN HARRIERS AC	34:58,12 WPS	29:33,13 66,94%

**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  
 32:30,00 60 SA Nat colours std  
 38:48,00 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 664 Williams, Gail	W64 SPARTAN HARRIERS AC	35:29,16 WPS	28:24,40 69,64%
2 # 3326 Sutherland, Joy	W62 WEST COAST AC	36:34,94 WPS	29:17,05 67,56%



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**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  
 34:50,00 65 SA Nat colours std  
 41:09,00 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 656 James, Pam	W65 SPARTAN HARRIERS AC	35:01,03 WPS	26:21,66 75,05%
2 # 754 Riviera, Joy	W67 SPARTAN HARRIERS AC	40:53,99 WPS	30:47,37 64,25%

**W70 5000 Meter Race Walk**

70 SA Record: N 30:33,72 10/2016 Elsa Meyer, AGN  
 70 WP Record: P 30:13,08 2022/05/28 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	30:48,56 SA	21:37,69 91,47%

**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 RUN/WALK FOR LIFE	39:13,19 SA	25:25,34 77,82%

**W80 5000 Meter Race Walk**

80 SA Record: N 38:08,75 2018/04/28 Peggy Reid, WPA  
 80 WP Record: P 37:32,17 2022/05/28 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 # 783 Norton, Margaret	W82 SPARTAN HARRIERS AC	41:57,89 SA	24:48,58 79,74%

**W85 5000 Meter Race Walk**

85 WP Record: P 43:20,03 2022/04/09 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	45:04,98 SA	23:56,62 82,62%



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**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 # 700 Donson, Hilton	M59 SPARTAN HARRIERS AC	35:23,60	29:41,71 60,48%

**M65 5000 Meter Race Walk**

65 SA Record: N 27:03,70		2005/11/12 Jurgen Spencer, WPA	
65 WP Record: P 27:03,70		2005/11/12 Jurgen Spencer	
	30:50,00	65 SA Nat colours std	
	36:04,00	65 WPS WP Colours Standard	
Name	Age Team	Finals	Age-Grading
1 # 2308 Bosman, Marius	M66 BELLVILLE AT	32:24,03 WPS	24:37,47 72,94%
2 # 668 Thompson, Armond	M68 SPARTAN HARRIERS AC	34:17,19 WPS	26:03,47 68,92%

**M70 5000 Meter Race Walk**

70 SA Record: N 27:55,30		2010/11/12 Jurgen Spencer, WPA	
70 WP Record: P 27:55,30		2010/11/12 Jurgen Spencer	
	33:05,00	70 SA Nat colours std	
	38:42,00	70 WPS WP Colours Standard	
Name	Age Team	Finals	Age-Grading
1 # 2426 Pretorius, Piet	M72 BELLVILLE AT	30:47,67 SA	22:04,78 81,34%

**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	M78 RUN/WALK FOR LIFE	40:19,04 WPS	27:05,12 66,31%

**M80 5000 Meter Race Walk**

80 SA Record: N 33:50,10		2005/05/06 G. Hazle, CGA	
80 WP Record: P 33:46,22		2009/11/07 S. Halsall	
	37:25,00	80 SA Nat colours std	
	43:47,00	80 WPS WP Colours Standard	
Name	Age Team	Finals	Age-Grading
1 # 930 Stuart, Les	M80 SWD	37:06,77 SA	23:10,40 77,50%



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