

Leo Benning Meeting No 6 - 26 November 2022 - 2022/11/26**Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 100 Meter Dash**

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

| Name | Age | Team | Finals | Wind | Age-Grading | H# |
|------|-----|------|--------|------|-------------|----|
|------|-----|------|--------|------|-------------|----|

Finals

| | | | | | | |
|----------|---------------|-----------------------|-------|-----|-------|----------|
| 1 # 7543 | Juries, Tanja | W43 VELOCITY ATH CLUB | 14,82 | 0.8 | 14,16 | 74,16% 2 |
| 2 # 5742 | Miske, Mirjam | W43 TYGERBERG AC | 15,32 | 0.8 | 14,63 | 71,74% 2 |

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
 13,80 45 SA Nat colours std
 15,30 45 WPS WP Colours Standard

| Name | Age | Team | Finals | Wind | Age-Grading | H# |
|------|-----|------|--------|------|-------------|----|
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|---------|----------------|----------------|-------|-----|-------|----------|
| 1 # 903 | Pienaar, Petra | W47 NEDBANK WP | 17,08 | 0.8 | 15,71 | 66,80% 2 |
|---------|----------------|----------------|-------|-----|-------|----------|

W50 100 Meter Dash

50 SA Record: N 12,31 2019/04/30 Charmain Barnard, AGN
 50 WP Record: P 13,70 Yvonne de Wit
 14,20 50 SA Nat colours std
 16,10 50 WPS WP Colours Standard

| Name | Age | Team | Finals | Wind | Age-Grading | H# |
|------|-----|------|--------|------|-------------|----|
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|----------|-------------------|----------------------|-----------|------|-------|----------|
| 1 # 6209 | Figland, Beverley | W52 UNIVERSITY WESTE | 15,01 WPS | 0.8 | 13,28 | 79,01% 2 |
| 2 # 2425 | Le Roux, Rentia | W53 BELLVILLE AT | 16,45 | -2.4 | 14,55 | 72,10% 1 |

W55 100 Meter Dash

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

| Name | Age | Team | Finals | Wind | Age-Grading |
|------|-----|------|--------|------|-------------|
|------|-----|------|--------|------|-------------|

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|----------|---------------|------------------|----------|------|-------|--------|
| 1 # 6699 | Louw, Venessa | W58 TYGERBERG AC | 14,59 SA | -2.4 | 12,39 | 84,65% |
|----------|---------------|------------------|----------|------|-------|--------|

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

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|----------|--------------|----------------------|-----------|------|-------|--------|
| 1 #41685 | Daly, Joanne | W60 INDIVIDUAL ENTRY | 17,02 WPS | -2.4 | 13,86 | 75,73% |
| 2 # 1262 | Spang, Rika | W62 NEDBANK SWD | 18,09 | -2.4 | 14,73 | 71,25% |



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70 SA Record: N 15,57 10/2016 Toy Ungerer, SWD

70 WP Record: P 17,03 Isabel Hofmeyr

18,20 70 SA Nat colours std

20,60 70 WPS WP Colours Standard

| Name | Age | Team | Finals | Wind | Age-Grading |
|---------------------------|-----|------|-----------|------|--------------|
| 1 # 997 Claassen, Stephan | W71 | TUKS | 19,02 WPS | -2.4 | 14,07 74,55% |

W85 100 Meter Dash

85 SA Record: N 21,95 2016/04/02 Christi du Plooy, CGA

85 WP Record: P 21,45 2022/10/08 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, Magdalin | W86 | TYGERBERG AC | 22,45 SA | -2.4 | 12,94 81,11% |

M12-19 100 Meter Dash

| Name | Age | Team | Finals | Wind | Age-Grading | H# |
|----------------------------|-----|--------|--------|------|--------------|----|
| 1 #14827 Smith F36, Daylan | M18 | WCSAPD | 23,66 | 1.5 | 23,67 41,38% | 2 |

M20-29 100 Meter Dash

| Name | Age | Team | Finals | Wind | Age-Grading | H# |
|--------------------------|-----|--------------|--------|------|--------------|----|
| 1 # 5752 Caesar, Jureaux | M29 | TYGERBERG AT | 11,94 | +0.0 | 11,95 81,99% | 3 |
| 2 Pareensee T37, Aide | M21 | WCSAPD | 13,29 | 1.5 | 13,30 73,66% | 2 |

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 | H# |
|----------------------------|-----|--------------|-----------|------|--------------|----|
| 1 # 5741 Ruiters, Curt | M31 | TYGERBERG AC | 11,16 WPS | +0.0 | 11,17 87,72% | 3 |
| 2 #31540 Steenkamp, Theodo | M33 | BELLVILLE AT | 13,77 | +0.0 | 13,78 71,10% | 3 |

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 | H# |
|-------------------------|-----|------------------|--------|------|--------------|----|
| 1 # 2468 August, Denzil | M37 | BELLVILLE AT | 13,21 | +0.0 | 13,04 75,09% | 3 |
| 2 # 3125 Hassan, Qaasim | M38 | CAPE PEN UNIVERS | 13,74 | +0.0 | 13,57 72,20% | 3 |



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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 | H# |
|-------------------------|----------------------|--------|------|--------------|----|
| 1 #10725 Ganief, Ridaa | M43 CENTRAL ATHL | 12,79 | 1.5 | 12,26 79,91% | 2 |
| 2 #31544 Africa, Virgil | M42 INDIVIDUAL ENTRY | 13,87 | +0.0 | 13,29 73,68% | 3 |

M45 100 Meter Dash

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

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|------------------------|-------------------------|-----------|------|--------------|----|
| 1 # 8150 Van Zyl, Dana | M49 VARSITY OLD BOYS AC | 12,94 WPS | 1.5 | 12,02 81,45% | 2 |

M50 100 Meter Dash

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

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|-----------------------|------------------|-----------|------|--------------|----|
| 1 # 2422 Cloete, John | M51 BELLVILLE AT | 12,52 WPS | 1.5 | 11,27 86,90% | 2 |

M55 100 Meter Dash

55 SA Record: N 11,80 T. George
 55 WP Record: P 12,06 2011/04/09 Joseph Warriess
 12,50 55 SA Nat colours std
 14,00 55 WPS WP Colours Standard

| Name | Age Team | Finals | Wind | Age-Grading |
|--------------------------|------------------|-----------|------|--------------|
| 1 # 5761 Van Wyk, Roelof | M57 TYGERBERG AC | 13,88 WPS | 0.5 | 12,09 81,05% |

M60 100 Meter Dash

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

| Name | Age Team | Finals | Wind | Age-Grading |
|-------------------------|-------------------------|----------|------|--------------|
| 1 # 2436 Myburgh, Johan | M61 BELLVILLE AT | 12,78 SA | 0.5 | 10,76 91,08% |
| 2 # 225 Omar, Nassar | M64 STELLENBOSCH UNI AC | 14,71 | 0.5 | 12,38 79,13% |



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Leo Benning Meeting No 6 - 26 November 2022 - 2022/11/26**Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 100 Meter Dash**

65 SA Record: N 13,10 A. van Zyl, KZN
 65 WP Record: P 13,44 2021/04/10 Joseph Warriess
 13,60 65 SA Nat colours std
 15,40 65 WPS WP Colours Standard

| Name | Age Team | Finals | Wind | Age-Grading |
|---------------------------|----------------------|-----------|------|--------------|
| 1 # 6214 Warriess, Joseph | M66 UNIVERSITY WESTE | 13,80 WPS | 0.5 | 11,20 87,46% |
| 2 # 2402 Deetlefs, Pietie | M69 BELLVILLE AT | 15,39 WPS | 0.5 | 12,49 78,43% |

M80 100 Meter Dash

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

| Name | Age Team | Finals | Wind | Age-Grading |
|---------------------|------------------------|-----------|------|--------------|
| 1 # 930 Stuart, Les | M80 HARTENBOS DRAWWERS | 18,05 WPS | 0.5 | 12,58 77,84% |

W12-19 200 Meter Dash

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|----------------------|------------|--------|------|--------------|----|
| 1 Scholtz T37, Kayly | W19 WCSAPD | 33,79 | 2.7 | 33,80 63,15% | 2 |

W40 200 Meter Dash

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

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|------------------------|-----------------------|-----------|------|--------------|----|
| 1 # 7543 Juries, Tanja | W43 VELOCITY ATH CLUB | 30,50 WPS | 2.7 | 28,50 74,89% | 2 |

W45 200 Meter Dash

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

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|------------------------|----------------|--------|------|--------------|----|
| 1 # 903 Pienaar, Petra | W47 NEDBANK WP | 35,80 | 2.7 | 32,16 66,37% | 2 |

W50 200 Meter Dash

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

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|----------------------------|----------------------|-----------|------|--------------|----|
| 1 # 6209 Figland, Beverley | W52 UNIVERSITY WESTE | 31,50 WPS | 2.7 | 27,16 78,57% | 2 |



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| Name | Age | Team | Finals | Wind | Age-Grading | H# |
|--------------------------|------------|----------------------------|--------|------|--------------|----|
| 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 #10986 Du Bruyn, Linda | W59 | ATHLANTIC TRIATH | 36,83 | 2.7 | 30,43 70,13% | 2 |

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 #41685 Daly, Joanne | W60 | INDIVIDUAL ENTRY | 34,58 WPS | 1.0 | 27,33 78,11% |
| 2 # 1262 Spang, Rika | W62 | NEDBANK SWD | 37,81 | 1.0 | 29,88 71,44% |

W70 200 Meter Dash

| Name | Age | Team | Finals | Wind | Age-Grading |
|---------------------------|------------|----------------------------|-----------|------|--------------|
| 70 SA Record: N 32,26 | 2016/05/13 | Toy Ungerer, SWD | | | |
| 70 WP Record: P 35,07 | | Isabel Hofmeyr | | | |
| 38,20 | | 70 SA Nat colours std | | | |
| 44,70 | | 70 WPS WP Colours Standard | | | |
| 1 # 997 Claassen, Stephan | W71 | TUKS | 39,16 WPS | 1.0 | 27,68 77,09% |

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, Magdalin | W86 | TYGERBERG AC | 56,13 WPS | 1.0 | 27,69 77,09% |

M30 200 Meter Dash

| Name | Age | Team | Finals | Wind | Age-Grading | H# |
|----------------------------|------------|----------------------------|-----------|------|--------------|----|
| 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 | | | | |
| 1 # 5741 Ruiters, Curt | M31 | TYGERBERG AC | 23,14 WPS | -0.9 | 23,15 83,49% | 3 |
| 2 #31540 Steenkamp, Theodo | M33 | BELLVILLE AT | 28,37 | -0.9 | 28,38 68,10% | 3 |



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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

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|-------------------------|----------------------|--------|------|--------------|----|
| 1 # 2468 August, Denzil | M37 BELLVILLE AT | 27,60 | -0.9 | 27,16 71,16% | 3 |
| 2 # 3125 Hassan, Qaasim | M38 CAPE PEN UNIVERS | 28,33 | -0.9 | 27,87 69,33% | 3 |

M40 200 Meter Dash

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

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|------------------------|------------------|--------|------|--------------|----|
| 1 #10725 Ganief, Ridaa | M43 CENTRAL ATHL | 27,13 | -0.9 | 25,88 74,68% | 3 |

M45 200 Meter Dash

45 SA Record: N 22,90 Stan Wald, CGA
 45 WP Record: P 23,89 2017/05/18 Marius Basson
 24,20 45 SA Nat colours std
 26,50 45 WPS WP Colours Standard

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|----------------------|------------------|-----------|------|--------------|----|
| 1 Lemmetjies, Eustac | M45 DEFENCE ATHL | 25,10 WPS | -0.9 | 23,18 83,35% | 3 |

M50 200 Meter Dash

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

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|----------------------------|----------------------|-----------|------|--------------|----|
| 1 # 8878 Basson, Marius | M50 CAPE MULTI-SPORT | 25,04 WPS | 5.7 | 22,38 86,38% | 2 |
| 2 # 2422 Cloete, John | M51 BELLVILLE AT | 25,81 WPS | 5.7 | 23,06 83,80% | 2 |
| 3 #42900 Matthee, Giliomee | M54 TYGERBERG AC | 27,60 | 5.7 | 24,66 78,37% | 2 |
| 4 #14686 Cottee, Alistair | M52 INDIVIDUAL ENTRY | 27,70 | 5.7 | 24,75 78,09% | 2 |

M55 200 Meter Dash

55 SA Record: N 24,71 Montey Hacker, CGA
 55 WP Record: P 24,84 2011/04/09 Joseph Warries
 26,20 55 SA Nat colours std
 28,90 55 WPS WP Colours Standard

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|----------------------------|------------------|-----------|------|--------------|----|
| 1 # 4166 Christians, Alwyn | M56 DEFENCE ATHL | 26,79 WPS | -1.3 | 23,13 83,54% | |



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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

| Name | Age Team | Finals | Wind | Age-Grading |
|-------------------------|-------------------------|----------|------|--------------|
| 1 # 2436 Myburgh, Johan | M61 BELLVILLE AT | 26,55 SA | -1.3 | 22,13 87,34% |
| 2 # 225 Omar, Nassar | M64 STELLENBOSCH UNI AC | 30,23 | -1.3 | 25,19 76,71% |

M65 200 Meter Dash

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

| Name | Age Team | Finals | Wind | Age-Grading |
|---------------------------|----------------------|-----------|------|--------------|
| 1 # 6214 Warrires, Joseph | M66 UNIVERSITY WESTE | 28,55 WPS | -1.3 | 22,86 84,52% |

M70 200 Meter Dash

70 SA Record: N 27,50 Fred Reid, CGA
 70 WP Record: P 29,10 Ron Cross
 30,00 70 SA Nat colours std
 34,00 70 WPS WP Colours Standard

| Name | Age Team | Finals | Wind | Age-Grading |
|-----------------------|----------|-----------|------|--------------|
| 1 # 998 Claassen, Len | M71 TUKS | 30,43 WPS | -1.3 | 23,26 83,08% |

M80 200 Meter Dash

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

| Name | Age Team | Finals | Wind | Age-Grading |
|---------------------|------------------------|----------|------|--------------|
| 1 # 930 Stuart, Les | M80 HARTENBOS DRAWWERS | 37,84 SA | -1.3 | 25,35 76,24% |

W14-19 400 Meter Dash

| Name | Age Team | Finals | Age-Grading H# |
|----------------------|------------|---------|------------------|
| 1 Scholtz T37, Kayly | W19 WCSAPD | 1:24,36 | 1:24,37 56,42% 2 |

W30 400 Meter Dash

30 SA Record: N 55,99 2005/02/18 S Hutchinson, KZN
 30 WP Record: P 58,25 2019/04/05 Kobie Griffiths
 1:07,00 30 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading H# |
|--------------------------|------------------------|-------------|------------------|
| 1 # 7279 Walters, Marike | W34 MULTISPORT MANIACS | 1:04,99 WPS | 1:05,00 73,24% 2 |



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35 SA Record: N 56,00 1965/07/20 Anne McKenzie, CGA

35 WP Record: P 58,51 2018/03/16 Mandie Brandt

1:01,00 35 SA Nat colours std

1:09,00 35 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading H# |
|------|----------|--------|----------------|
|------|----------|--------|----------------|

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|----------------------------|------------------|-------------|------------------|
| 1 # 5748 Van Rensburg, Mar | W38 TYGERBERG AC | 1:07,67 WPS | 1:06,31 71,79% 2 |
|----------------------------|------------------|-------------|------------------|

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

1:05,00 45 SA Nat colours std

1:15,00 45 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading H# |
|------|----------|--------|----------------|
|------|----------|--------|----------------|

| | | | |
|------------------------|----------------|---------|------------------|
| 1 # 903 Pienaar, Petra | W47 NEDBANK WP | 1:36,70 | 1:26,87 54,80% 2 |
|------------------------|----------------|---------|------------------|

W50 400 Meter Dash

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

| Name | Age Team | Finals | Age-Grading |
|------|----------|--------|-------------|
|------|----------|--------|-------------|

| | | | |
|----------------------------|----------------------|-------------|----------------|
| 1 # 6209 Figland, Beverley | W52 UNIVERSITY WESTE | 1:15,80 WPS | 1:05,00 73,23% |
| 2 Germishuizen, Shar | W52 STRAND AC | 1:26,53 | 1:14,20 64,15% |

W55 400 Meter Dash

55 SA Record: N 1:04,84 10/2016 Elaine Pretorius, AGN

55 WP Record: P 1:07,20 Yvonne de Wit

1:15,00 55 SA Nat colours std

1:22,00 55 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|------|----------|--------|-------------|
|------|----------|--------|-------------|

| | | | |
|--------------------------|----------------------|---------|----------------|
| 1 #10986 Du Bruyn, Linda | W59 ATHLANTIC TRIATH | 1:22,75 | 1:07,59 70,43% |
|--------------------------|----------------------|---------|----------------|

W60 400 Meter Dash

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

| Name | Age Team | Finals | Age-Grading |
|------|----------|--------|-------------|
|------|----------|--------|-------------|

| | | | |
|----------------------|-----------------|---------|----------------|
| 1 # 1262 Spang, Rika | W62 NEDBANK SWD | 1:41,16 | 1:18,05 60,99% |
|----------------------|-----------------|---------|----------------|



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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

| Name | Age Team | Finals | Age-Grading H# |
|------------------------|------------------|-----------|----------------|
| 1 # 5751 Engel, Roscoe | M33 TYGERBERG AC | 53,09 WPS | 53,10 81,33% 3 |

M35 400 Meter Dash

35 SA Record: N 47,90 J. Cyrus
 35 WP Record: P 51,61 T. Dixon
 51,00 35 SA Nat colours std
 57,00 35 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading H# |
|---------------------------|------------------|-----------|----------------|
| 1 # 5767 Classens, Ashwyn | M36 TYGERBERG AC | 54,98 WPS | 53,08 81,36% 3 |

M40 400 Meter Dash

40 SA Record: N 49,70 Leon Hacker, CGA
 40 WP Record: P 50,38 2011/04/09 Shawn Abrahams
 52,50 40 SA Nat colours std
 58,00 40 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading H# |
|----------------------------|------------------|-----------|----------------|
| 1 # 2428 Le Grange, Jacobu | M42 BELLVILLE AT | 57,89 WPS | 54,16 79,74% 3 |

M45 400 Meter Dash

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

| Name | Age Team | Finals | Age-Grading H# |
|------------------------|-------------------------|-----------|----------------|
| 1 Lemmetjies, Eustac | M45 DEFENCE ATHL | 57,44 WPS | 52,01 83,03% 3 |
| 2 # 8150 Van Zyl, Dana | M49 VARSITY OLD BOYS AC | 1:00,10 | 54,42 79,35% 1 |

M50 400 Meter Dash

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

| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------------------|-----------|--------------|
| 1 # 8878 Basson, Marius | M50 CAPE MULTI-SPORT | 57,23 WPS | 50,10 86,20% |



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Leo Benning Meeting No 6 - 26 November 2022 - 2022/11/26**Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 400 Meter Dash**

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

| Name | Age Team | Finals | Age-Grading |
|----------------------------|-------------------------|-------------|--------------|
| 1 # 225 Omar, Nassar | M64 STELLENBOSCH UNI AC | 1:08,89 WPS | 56,18 76,88% |
| 2 # 5758 Bredeveltdt, Neal | M61 TYGERBERG AC | 1:10,89 | 57,81 74,71% |

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
 1:06,00 65 SA Nat colours std
 1:13,00 65 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|---------------------------|-------------------------|------------|--------------|
| 1 # 6214 Warriess, Joseph | M66 UNIVERSITY WESTE | 1:04,23 SA | 50,34 85,79% |
| 2 # 4982 Rhoda, Keith | M66 CARBINEERS ATH CLUB | 1:14,81 | 58,63 73,65% |

M70 400 Meter Dash

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

| Name | Age Team | Finals | Age-Grading |
|-----------------------|----------|-------------|--------------|
| 1 # 998 Claassen, Len | M71 TUKS | 1:11,21 WPS | 53,13 81,28% |

W12-19 800 Meter Run

| Name | Age Team | Finals | Age-Grading |
|----------------------|------------|---------|----------------|
| 1 Viljoen T37, Joale | W16 WCSAPD | 3:41,63 | 3:41,64 51,11% |

W30 800 Meter Run

30 SA Record: N 2:09,81 2015/05/15 M. Brandt, BOL
 30 WP Record: P 2:04,20 2014/04/11 Mandie Brandt
 2:43,00 30 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|--------------------------|------------------------|-------------|----------------|
| 1 # 7279 Walters, Marike | W34 MULTISPORT MANIACS | 2:37,35 WPS | 2:37,36 71,99% |
| 2 # 2454 Burger, Elretha | W33 BELLVILLE AT | 3:13,58 | 3:13,59 58,52% |



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| Name | Age Team | Finals | Age-Grading |
|----------------------------|-------------------------------|-------------|----------------|
| 35 SA Record: N 2:08,00 | 1965/07/15 Anne McKenzie, CGA | | |
| 35 WP Record: P 2:11,34 | 2018/02/03 Mandie Brandt | | |
| 2:28,00 | 35 SA Nat colours std | | |
| 2:45,00 | 35 WPS WP Colours Standard | | |
| 1 # 5748 Van Rensburg, Mar | W38 TYGERBERG AC | 2:42,59 WPS | 2:41,80 70,02% |

W50 800 Meter Run

| Name | Age Team | Finals | Age-Grading |
|-------------------------|------------------------------|--------|-------------|
| 50 SA Record: N 2:21,43 | 9/2018 Salome Vermeulen, AGN | | |
| 50 WP Record: P 2:23,10 | Anne McKenzie | | |
| 2:40,00 | 50 SA Nat colours std | | |
| 3:00,00 | 50 WPS WP Colours Standard | | |
| -- # 861 Moosa, Deborah | W52 CELTICS ATH CLUB | DNF | |

M45 800 Meter Run

| Name | Age Team | Finals | Age-Grading |
|---------------------------|--------------------------------|---------|----------------|
| 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 | | |
| 1 # 4575 Juries, Chubasco | M47 BRIMESTONE I | 2:34,07 | 2:21,80 71,31% |

M50 800 Meter Run

| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------------------------|-------------|----------------|
| 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 | | |
| 1 #42910 Pick, Tony | M53 PINELANDS AC | 2:21,93 WPS | 2:05,57 80,53% |

M55 800 Meter Run

| Name | Age Team | Finals | Age-Grading |
|----------------------------|-------------------------------|-------------|----------------|
| 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 | | |
| 1 # 1740 Clive, Cupido | M57 LANGEBAAN STRAND | 2:20,17 WPS | 1:59,01 84,96% |
| 2 #45104 Oosthuizen, Phill | M56 TYGERBERG AC | 3:18,86 | 2:48,84 59,89% |



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| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------------------------|-------------|----------------|
| 60 SA Record: N 2:16,49 | 7/2011 Len Claassen, AGN | | |
| 60 WP Record: P 2:20,58 | 2021/11/13 Anthony Grendon | | |
| 2:25,00 | 60 SA Nat colours std | | |
| 2:44,00 | 60 WPS WP Colours Standard | | |
| 1 # 1778 Kotze, Dirk | M61 SWD | 2:35,62 WPS | 2:06,57 79,89% |

M65 800 Meter Run

| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------------------------|-------------|----------------|
| 65 SA Record: N 2:26,15 | 10/2016 Len Claassen, AGN | | |
| 65 WP Record: P 2:38,65 | 2021/02/27 Robbie Lindsay | | |
| 2:35,00 | 65 SA Nat colours std | | |
| 2:58,00 | 65 WPS WP Colours Standard | | |
| 1 # 4982 Rhoda, Keith | M66 CARBINEERS ATH CLUB | 2:56,94 WPS | 2:17,59 73,49% |

M80 800 Meter Run

| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------------------------|------------|----------------|
| 80 SA Record: N 2:58,64 | 2015/05/15 Ken Nurden, AGN | | |
| 80 WP Record: P 3:58,33 | 2021/05/29 Manfred Geunter | | |
| 4:20,00 | 80 SA Nat colours std | | |
| 4:22,00 | 80 WPS WP Colours Standard | | |
| 1 # 930 Stuart, Les | M80 HARTENBOS DRAWWERS | 3:36,76PSA | 2:16,15 74,27% |

W12-19 1500 Meter Run

| Name | Age Team | Finals | Age-Grading |
|----------------------|------------|---------|----------------|
| 1 Viljoen T37, Joale | W16 WCSAPD | 7:48,43 | 7:48,44 49,63% |

W30 1500 Meter Run

| Name | Age Team | Finals | Age-Grading |
|--------------------------|-------------------------------|---------|----------------|
| 30 SA Record: N 4:22,09 | 2016/04/19 Mandie Brandt, WPA | | |
| 30 WP Record: P 4:22,09 | 2016/04/19 Mandie Brandt | | |
| 5:47,00 | 30 WPS WP Colours Standard | | |
| 1 # 2454 Burger, Elretha | W33 BELLVILLE AT | 6:39,58 | 6:39,59 58,18% |

W45 1500 Meter Run

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------------------------------|-------------|----------------|
| 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 | | |
| 1 # 4748 Rossouw, Charmain | W48 STRAND AC | 5:54,02 WPS | 5:20,11 72,62% |



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| Name | Age Team | Finals | Age-Grading |
|-------------------------|-------------------------------|---------|----------------|
| 50 SA Record: N 4:48,27 | 10/2016 Salome Vermeulen, AGN | | |
| 50 WP Record: P 4:54,50 | Anne McKenzie | | |
| 5:20,00 | 50 SA Nat colours std | | |
| 6:25,00 | 50 WPS WP Colours Standard | | |
| 1 # 861 Moosa, Deborah | W52 CELTICS ATH CLUB | 8:07,99 | 7:00,99 55,22% |

M35 1500 Meter Run

| Name | Age Team | Finals | Age-Grading |
|--------------------------|----------------------------|---------|----------------|
| 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 | | |
| 1 # 6901 Ockhuis, Garron | M37 GOODWOOD HAR | 4:55,21 | 4:52,65 70,39% |

M45 1500 Meter Run

| Name | Age Team | Finals | Age-Grading |
|---------------------------|----------------------------|-------------|----------------|
| 45 SA Record: N 4:03,13 | Terence Brown, KZN | | |
| 45 WP Record: P 4:03,13 | Terence Brown | | |
| 4:23,00 | 45 SA Nat colours std | | |
| 4:58,00 | 45 WPS WP Colours Standard | | |
| 1 # 1510 Gibson, Michael | M46 FISH HOEK AT | 4:30,64 WPS | 4:06,96 83,41% |
| 2 # 9692 Bailey, Jason | M46 GROOT CONSTANTIA | 4:57,74 WPS | 4:31,69 75,82% |
| 3 # 4575 Juries, Chubasco | M47 BRIMESTONE I | 5:23,16 | 4:54,89 69,86% |

M55 1500 Meter Run

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------------------------|-------------|----------------|
| 55 SA Record: N 4:32,40 | Sybrand Mostert, WPA | | |
| 55 WP Record: P 4:32,40 | Stefanus Mostert | | |
| 4:40,00 | 55 SA Nat colours std | | |
| 5:29,00 | 55 WPS WP Colours Standard | | |
| 1 # 7440 Philander, Tobias | M58 ELSIESRIVIER RUN | 4:54,49 WPS | 4:05,52 83,90% |

M60 1500 Meter Run

| Name | Age Team | Finals | Age-Grading |
|--------------------------|---------------------------------|-------------|----------------|
| 60 SA Record: N 4:54,40 | 2021/11/13 Anthony Grendon, WPA | | |
| 60 WP Record: P 4:53,20 | 2015/01/24 Terence Brown | | |
| 4:55,00 | 60 SA Nat colours std | | |
| 5:49,00 | 60 WPS WP Colours Standard | | |
| 1 # 1778 Kotze, Dirk | M61 SWD | 5:24,91 WPS | 4:17,95 79,86% |
| 2 # 693 Groeneveld, Leon | M62 STELLENBOSCH AC | 5:45,51 WPS | 4:34,31 75,10% |



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| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------------------------|---------|----------------|
| 65 SA Record: N 4:59,97 | GW Loedolff, AGN | | |
| 65 WP Record: P 5:23,36 | Stefanus Mostert | | |
| 5:15,00 | 65 SA Nat colours std | | |
| 6:23,00 | 65 WPS WP Colours Standard | | |
| 1 # 1182 Nell, Eugene | M66 NEDBANK SWD | 6:50,74 | 5:09,25 66,61% |

M80 1500 Meter Run

| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------------------------|------------|----------------|
| 80 SA Record: N 6:27,52 | 2015/07/18 Ken Nurden, AGN | | |
| 80 WP Record: P 7:30,11 | 2017/05/18 Bub Evans | | |
| 9:00,00 | 80 SA Nat colours std | | |
| 9:15,00 | 80 WPS WP Colours Standard | | |
| 1 # 930 Stuart, Les | M80 HARTENBOS DRAWWERS | 8:26,27 SA | 4:59,72 68,73% |

W35 5000 Meter Run

| Name | Age Team | Finals | Age-Grading |
|---------------------------|------------------------------|-------------|----------------|
| 35 SA Record: N 16:12,87 | 1983/10/17 Sonja Laxton, CGA | | |
| 35 WP Record: P 17:19,32 | 2015/02/21 Simae Bulelwa | | |
| 18:58,00 | 35 SA Nat colours std | | |
| 22:10,00 | 35 WPS WP Colours Standard | | |
| 1 # 7170 Griffiths, Kobie | W37 NEDBANK WP | 18:12,90 SA | 1:49,30791,18% |

W40 5000 Meter Run

| Name | Age Team | Finals | Age-Grading |
|---------------------------|-----------------------------|--------------|-----------------|
| 40 SA Record: N 17:54,40 | 2001/07/04 D. Sandford, SWD | | |
| 40 WP Record: P 18:14,70 | 2018/03/10 Simae Bulelwa | | |
| 19:14,00 | 40 SA Nat colours std | | |
| 22:30,00 | 40 WPS WP Colours Standard | | |
| 1 # 1905 Schutte, Rolandi | W41 NEDBANK WP | 19:47,80 WPS | 19:21,08 74,47% |

W45 5000 Meter Run

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------------------------|--------------|-----------------|
| 45 SA Record: N 18:27,36 | 1997/07/17 S. du Toit, AGN | | |
| 45 WP Record: P 18:50,50 | 2012/03/22 Elmarie Coetzee | | |
| 19:45,00 | 45 SA Nat colours std | | |
| 23:10,00 | 45 WPS WP Colours Standard | | |
| 1 # 4748 Rossouw, Charmain | W48 STRAND AC | 20:56,90 WPS | 19:10,07 75,19% |
| 2 # 1176 Pienaar, Lee-Anne | W46 NEDBANK WP | 23:12,70 | 21:14,33 67,85% |



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| 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 | 23:37,30 WPS | 20:36,60 | 69,92% |

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 | 36:24,20 SA | 19:43,84 | 73,04% |

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 | 17:25,60 WPS | 17:25,61 | 72,40% |

M40 5000 Meter Run

| 40 SA Record: N | 15:06,30 | | Brian Mather | | |
|------------------------|----------|----------------------------|--------------|-------------|--------|
| 40 WP Record: P | 15:06,30 | | B Mather | | |
| | 16:10,00 | 40 SA Nat colours std | | | |
| | 18:00,00 | 40 WPS WP Colours Standard | | | |
| Name | Age | Team | Finals | Age-Grading | |
| 1 # 3901 Broers, Neil | | M41 ATLANTIC ATHLETI | 17:07,70 WPS | 16:31,84 | 76,32% |
| 2 # Van Der Walt, Tjaa | | M44 ATLANTIC ATHLETI | 18:03,50 | 17:25,69 | 72,39% |
| 3 # 1250 Knott, Gareth | | M40 EDGEMead AC | 20:16,10 | 19:33,66 | 64,50% |

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 | 18:28,80 WPS | 17:11,41 | 73,39% |
| 2 # 9891 Kanouni, Youssef | | M49 PARLIAMENT A.C. | 18:34,10 WPS | 17:16,34 | 73,05% |
| 3 # 478 Swartz, Leon | | M48 VARSITY OLD BOYS AC | 19:16,10 | 17:55,41 | 70,39% |



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| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------------------------|--------------|-----------------|
| 60 SA Record: N 17:50,60 | GW Loedolff, AGN | | |
| 60 WP Record: P 19:03,08 | Stefanus Mostert | | |
| 18:30,00 | 60 SA Nat colours std | | |
| 21:30,00 | 60 WPS WP Colours Standard | | |
| 1 # 1275 Grobbelaar, Johan | M60 NEDBANK SWD | 20:00,70 WPS | 16:31,18 76,37% |

M65 5000 Meter Run

| Name | Age Team | Finals | Age-Grading |
|--------------------------|----------------------------|----------|-----------------|
| 65 SA Record: N 18:25,70 | GW Loedolff, AGN | | |
| 65 WP Record: P 19:29,59 | Stefanus Mostert | | |
| 20:00,00 | 65 SA Nat colours std | | |
| 23:30,00 | 65 WPS WP Colours Standard | | |
| 1 # 1182 Nell, Eugene | M66 NEDBANK SWD | 23:52,60 | 18:50,61 66,96% |

M70 5000 Meter Run

| Name | Age Team | Finals | Age-Grading |
|--------------------------|----------------------------|----------|-----------------|
| 70 SA Record: N 19:40,94 | 2006/03/25 Ken Nurden, AGN | | |
| 70 WP Record: P 21:53,10 | 2013/11/16 Peter Donald | | |
| 22:00,00 | 70 SA Nat colours std | | |
| 25:30,00 | 70 WPS WP Colours Standard | | |
| 1 # 4741 Naude, Alan | M73 STRAND AC | 29:40,30 | 22:11,67 56,85% |

M80 5000 Meter Run

| Name | Age Team | Finals | Age-Grading |
|--------------------------|----------------------------|-------------|-----------------|
| 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 | | |
| 1 # 930 Stuart, Les | M80 HARTENBOS DRAWWERS | 26:07,40PSA | 16:33,42 76,20% |

M85 5000 Meter Run

| Name | Age Team | Finals | Age-Grading |
|--------------------------|-------------------------------|--------|-------------|
| 85 SA Record: N 39:11,84 | 2008/04/26 Alan Ferguson, CGA | | |
| 38:00,00 | 85 SA Nat colours std | | |
| 42:00,00 | 85 WPS WP Colours Standard | | |
| -- #14826 Evans, Bub | M86 ATLANTIC ATHLETI | DNF | |



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| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------------------------|---------|----------------|
| 50 SA Record: N 1:01,29 | 2004/03/25 J. Swiegers | | |
| 50 WP Record: P 1:01,29 | J. Swiegers | | |
| 1:10,00 | 50 SA Nat colours std | | |
| 1:14,50 | 50 WPS WP Colours Standard | | |
| 1 # 1939 Isaacs, Duncan | M54 NEDBANK WP | 1:29,22 | 1:17,77 60,15% |

M55 400 Long Hurdles

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------------------------|-------------|----------------|
| 55 SA Record: N 1:02,88 | 2006/11/11 J. Swiegers | | |
| 55 WP Record: P 1:02,88 | J. Swiegers | | |
| 1:15,00 | 55 SA Nat colours std | | |
| 1:17,50 | 55 WPS WP Colours Standard | | |
| 1 # 4166 Christians, Alwyn | M56 DEFENCE ATHL | 1:15,36 WPS | 1:02,46 74,89% |

W45 High Jump

| Name | Age Team | Finals | Age-Grading |
|----------------------------|-------------------------------|----------|--------------|
| 45 SA Record: N 1,64m | 2012/05/19 Dinah Heymans, FSA | | |
| 45 WP Record: P 1,33m | 2010/02/20 Jackie Basson | | |
| 1,36m | 45 SA Nat colours std | | |
| 1,21m | 45 WPS WP Colours Standard | | |
| 1 # 1026 Van Langelaar, Yo | W46 HARTENBOS DRAWWERS | 1,51mNSA | 1,75m 83,89% |

W50 High Jump

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

W55 High Jump

| Name | Age Team | Finals | Age-Grading |
|----------------------------|-------------------------------|----------|--------------|
| 55 SA Record: N 1,40m | 2022/03/26 Dinah Heymans, AGN | | |
| 55 WP Record: P 1,35m | 2022/05/28 Suretha Deetlefs | | |
| 1,22m | 55 SA Nat colours std | | |
| 1,09m | 55 WPS WP Colours Standard | | |
| 1 # 2401 Deetlefs, Suretha | W58 BELLVILLE AT | 1,30mNSA | 1,68m 80,75% |



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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

| Name | Age | Team | Finals | Age-Grading |
|-------------------------|-----|------------|-----------|--------------|
| 1 # 2416 Davids, Jerome | M51 | NEDBANK WP | 1,44mNWPS | 1,67m 68,25% |

M60 High Jump

60 SA Record: N 1,67m 2021/05/29 Neal Bredeveltdt, WPA

60 WP Record: P 1,67m 2021/05/29 Neal Bredeveltdt

1,45m 60 SA Nat colours std

1,27m 60 WPS WP Colours Standard

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

W14-19 Long Jump

| Name | Age | Team | Finals | Wind | Age-Grading |
|----------------------|-----|--------|--------|------|--------------|
| 1 Viljoen T37, Joale | W16 | WCSAPD | 2,54m | NWI | 2,54m 33,78% |

W20-29 Long Jump

| Name | Age | Team | Finals | Wind | Age-Grading |
|----------------------------|-----|--------|--------|------|--------------|
| 1 #14174 Abrahams F44, Tez | W26 | WCSAPD | 3,70m | NWI | 3,70m 49,20% |

W40 Long Jump

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

40 WP Record: P 4,55m N Weideman

4,72m 40 SA Nat colours std

3,95m 40 WPS WP Colours Standard

| Name | Age | Team | Finals | Wind | Age-Grading |
|------------------------|-----|-------------------|-----------|------|--------------|
| 1 # 7543 Juries, Tanja | W43 | VELOCITY ATH CLUB | 4,45mPWPS | NWI | 4,93m 65,73% |

W50 Long Jump

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

| Name | Age | Team | Finals | Wind | Age-Grading |
|--------------------------|-----|--------------|--------|------|--------------|
| 1 # 2425 Le Roux, Rentia | W53 | BELLVILLE AT | 3,08m | NWI | 3,86m 51,33% |



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Leo Benning Meeting No 6 - 26 November 2022 - 2022/11/26**Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Long Jump**

| 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 | | | |
| Name | Age | Team | Finals | Wind | Age-Grading | |
| 1 # 1939 Isaacs, Duncan | M54 | NEDBANK WP | 3,65m | NWI | 4,48m | 50,14% |

M70 Long Jump

| 70 SA Record: N | 4,66m | | A van Zyl, KZN | | | |
|-------------------------|-------|---------------------|------------------|------|-------------|--------|
| 70 WP Record: P | 4,03m | | Leo Benning | | | |
| | 4,00m | 70 SA Nat | colours std | | | |
| | 3,30m | 70 WPS WP | Colours Standard | | | |
| Name | Age | Team | Finals | Wind | Age-Grading | |
| 1 # 673 Dreyer, Patrick | M73 | SPARTAN HARRIERS AC | 3,29m | NWI | 5,42m | 60,59% |

M80 Long Jump

| 80 SA Record: N | 3,49m | 8/2015 | Ron Cross, WPA | | | |
|---------------------|-------|--------------------|------------------|------|-------------|--------|
| 80 WP Record: P | 3,49m | 2015/08/11 | Ron Cross | | | |
| | 2,90m | 80 SA Nat | colours std | | | |
| | 2,35m | 80 WPS WP | Colours Standard | | | |
| Name | Age | Team | Finals | Wind | Age-Grading | |
| 1 # 930 Stuart, Les | M80 | HARTENBOS DRAWWERS | 3,17mNSA | NWI | 6,30m | 70,44% |

M50 Triple Jump

| 50 SA Record: N | 12,80m | 10/2013 | V. McBride, WPA | | | |
|----------------------------|--------|--------------|------------------|------|-------------|--------|
| 50 WP Record: P | 11,90m | 2013/03/16 | Vincent McBride | | | |
| | 11,40m | 50 SA Nat | colours std | | | |
| | 10,00m | 50 WPS WP | Colours Standard | | | |
| Name | Age | Team | Finals | Wind | Age-Grading | |
| 1 #42900 Matthee, Giliomee | M54 | TYGERBERG AC | 9,74m | NWI | 11,67m | 63,83% |

M60 Triple Jump

| 60 SA Record: N | 10,55m | | Ron Cross, WPA | | | |
|----------------------------|--------|--------------|------------------|------|-------------|--------|
| 60 WP Record: P | 10,55m | | Ron Cross | | | |
| | 10,20m | 60 SA Nat | colours std | | | |
| | 9,00m | 60 WPS WP | Colours Standard | | | |
| Name | Age | Team | Finals | Wind | Age-Grading | |
| 1 # 5758 Bredeveltdt, Neal | M61 | TYGERBERG AC | 9,61m WPS | NWI | 13,18m | 72,09% |

W20-29 Shot Put

| Name | Age | Team | Finals | Age-Grading |
|----------------------------|-----|--------|--------|--------------|
| 1 #14174 Abrahams F44, Tez | W26 | WCSAPD | 7,10m | 7,10m 31,37% |



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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 | 8,23m WPS | 8,53m 37,70% |

W45 Shot Put

45 SA Record: N 11,80m M-L Uys, SWD

45 WP Record: P 9,89m Elize Engelbrecht

10,00m 45 SA Nat colours std

7,70m 45 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|------------------|--------|--------------|
| 1 # 104 Carolus, Carmen | W45 BELLVILLE AT | 6,06m | 7,23m 31,98% |

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 # 6678 Scholtz, Gloria | W53 CAPRICORN AC | 7,47m | 9,41m 41,62% |
| 2 # 2450 Africa, Donna | W51 BELLVILLE AT | 7,32m | 9,22m 40,78% |
| 3 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 5,02m | 6,32m 27,97% |

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 #10497 De Bruyn, Sonja | W56 CAPRICORN AC | 7,82m WPS | 10,71m 47,37% |
| 2 # 3331 Johnson, Mary-Ann | W55 PINELANDS AC | 7,33m | 10,04m 44,40% |

W60 Shot Put

60 SA Record: N 11,74m M van As

60 WP Record: P 9,43m 2020/01/11 Farieda Dramat

9,00m 60 SA Nat colours std

7,00m 60 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|--------------------------|------------------|-----------|---------------|
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 8,52m WPS | 12,79m 56,54% |



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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

| Name | Age Team | Finals | Age-Grading |
|---------------------------|------------------|-----------|---------------|
| 1 # 997 Claassen, Stephan | W71 TUKS | 7,59mPSA | 14,08m 62,26% |
| 2 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 5,67m WPS | 10,52m 46,51% |

W75 Shot Put

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

| Name | Age Team | Finals | Age-Grading |
|----------------------------|------------------|-----------|---------------|
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 5,59m WPS | 10,24m 45,26% |

M15-19 Shot Put

| Name | Age Team | Finals | Age-Grading | H# |
|----------------------------|------------|--------|--------------|----|
| 1 #14827 Smith F36, Daylan | M18 WCSAPD | 7,61m | 7,61m 32,92% | 2 |

M20-29 Shot Put

| Name | Age Team | Finals | Age-Grading | H# |
|----------------------|------------|--------|--------------|----|
| 1 Vallentine F34, Do | M29 WCSAPD | 7,80m | 7,80m 33,74% | 3 |

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 #31538 Michaels F35, Fab | M38 WCSAPD | 8,16m | 8,46m 36,61% | 2 |
| 2 # 6901 Ockhuis, Garron | M37 GOODWOOD HAR | 6,55m | 6,79m 29,39% | 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 | H# |
|----------------------------|----------------------|------------|---------------|----|
| 1 # 3556 Wiener, Shukri | M40 PINELANDS AC | 11,98m WPS | 13,34m 57,71% | 2 |
| 2 #14173 Rautenbach, Corne | M43 INDIVIDUAL ENTRY | 9,33m | 10,39m 44,94% | 2 |



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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 | H# |
|-------------------------|-------------------------|--------|---------------|----|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC | 8,68m | 10,43m 45,14% | 2 |
| 2 # 8150 Van Zyl, Dana | M49 VARSITY OLD BOYS AC | 7,62m | 9,16m 39,63% | 2 |

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 | H# |
|----------------------------|----------------|--------|---------------|----|
| 1 # 2416 Davids, Jerome | M51 NEDBANK WP | 8,78m | 10,29m 44,50% | 1 |
| 2 #41583 Johnson F55, Shah | M51 WCSAPD | 6,87m | 8,05m 34,82% | 3 |
| 3 # 1939 Isaacs, Duncan | M54 NEDBANK WP | 6,61m | 7,74m 33,50% | 1 |

M55 Shot Put

55 SA Record: N 15,84m 10/2016 Burton Haupt, AGN
 55 WP Record: P 12,30m 2011/02/26 Anton Wale
 12,50m 55 SA Nat colours std
 9,70m 55 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------------|------------|---------------|
| 1 # 7171 Simpson, Shaun | M59 NEDBANK WP | 10,10m WPS | 12,83m 55,49% |

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 | 10,12m 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
 11,50m 65 SA Nat colours std
 8,90m 65 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-----------------------|------------------|--------|---------------|
| 1 # 107 Carolus, John | M69 BELLVILLE AT | 7,41m | 10,08m 43,61% |



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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 # 2472 Erasmus, Nick | M72 BELLVILLE AT | 8,94m | 11,44m 49,53% |

M75 Shot Put

75 SA Record: N 12,53m 2012/04/14 E. Skea, AGN
 75 WP Record: P 11,92m Borg Stannius
 9,60m 75 SA Nat colours std
 7,25m 75 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|------------------------|------------------|-----------|---------------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 10,18m SA | 14,24m 61,62% |

M80 Shot Put

80 SA Record: N 12,84m 2008/02/23 Borg Stannius, WPA
 80 WP Record: P 12,84m Borg Stannius
 9,30m 80 SA Nat colours std
 7,25m 80 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|---------------------------|------------------|--------|--------------|
| 1 # 3541 Geutner, Manfred | M81 PINELANDS AC | 4,84m | 7,28m 31,51% |

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 | 7,35m WPS | 12,39m 53,61% |

W20-29 Discus Throw

| Name | Age Team | Finals | Age-Grading |
|----------------------------|------------|--------|---------------|
| 1 #14174 Abrahams F44, Tez | W26 WCSAPD | 21,25m | 21,25m 27,67% |

W35 Discus Throw

35 SA Record: N 55,01m 2014/04/25 E. Naude, AGN
 35 WP Record: P 38,26m 2018/02/17 Juanita Gerstner
 33,50m 35 SA Nat colours std
 26,10m 35 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|------------------|------------|---------------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 28,09m WPS | 29,12m 37,92% |



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| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------------------------|--------|---------------|
| 45 SA Record: N 38,97m | 10/2013 Heleen Knobel, SWD | | |
| 45 WP Record: P 30,08m | E. Engelbrecht | | |
| 30,50m | 45 SA Nat colours std | | |
| 23,00m | 45 WPS WP Colours Standard | | |
| 1 # 104 Carolus, Carmen | W45 BELLVILLE AT | 15,82m | 19,07m 24,84% |

W50 Discus Throw

| Name | Age Team | Finals | Age-Grading | H# |
|----------------------------|-------------------------------|------------|---------------|----|
| 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 | | | |
| 1 # 2450 Africa, Donna | W51 BELLVILLE AT | 21,97m WPS | 28,84m 37,56% | 1 |
| 2 # 6678 Scholtz, Gloria | W53 CAPRICORN AC | 19,56m | 25,67m 33,44% | 1 |
| 3 # 7542 Snyders, Margaret | W51 VELOCITY ATH CLUB | 12,43m | 16,31m 21,25% | 1 |
| 4 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 7,63m | 10,01m 13,04% | 1 |
| 5 #41582 Johnson F52, Rush | W52 WCSAPD | 5,53m | 7,25m 9,45% | 2 |

W55 Discus Throw

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------------------------|--------|---------------|
| 55 SA Record: N 33,29m | 2021/12/11 Heleen Knobel | | |
| 55 WP Record: P 27,42m | Hester Schoonwinkel | | |
| 25,50m | 55 SA Nat colours std | | |
| 19,90m | 55 WPS WP Colours Standard | | |
| 1 # 3331 Johnson, Mary-Ann | W55 PINELANDS AC | 17,26m | 24,86m 32,38% |
| 2 #10497 De Bruyn, Sonja | W56 CAPRICORN AC | 16,50m | 23,77m 30,95% |

W60 Discus Throw

| Name | Age Team | Finals | Age-Grading |
|--------------------------|-----------------------------|------------|---------------|
| 60 SA Record: N 28,78m | 2005/03/12 J. Rzepecka, CGA | | |
| 60 WP Record: P 21,09m | 2019/03/09 Farieda Dramat | | |
| 23,80m | 60 SA Nat colours std | | |
| 18,60m | 60 WPS WP Colours Standard | | |
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 18,77m WPS | 29,95m 39,01% |

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 | 13,05m | 26,80m 34,90% |



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75 SA Record: N 21,23m 2016/05/13 Penny England, AVT

75 WP Record: P 16,20m 2022/03/05 Elize Grobellaar

17,00m 75 SA Nat colours std

13,30m 75 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|----------------------------|------------------|--------|---------------|
| 1 # 2476 Grobellaar, Elize | W77 BELLVILLE AT | 13,09m | 28,20m 36,73% |

M20-29 Discus Throw

| Name | Age Team | Finals | Age-Grading H# |
|----------------------|------------|--------|-----------------|
| 1 Vallentine F34, Do | M29 WCSAPD | 23,80m | 23,80m 32,13% 2 |

M35 Discus Throw

35 SA Record: N 54,46m 2009/10/24 G. Geldenhuys, FSA

35 WP Record: P 50,39m 1975/02/27 Steve Johnston

41,00m 35 SA Nat colours std

32,00m 35 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|----------------------------|------------|------------|---------------|
| 1 #31538 Michaels F35, Fab | M38 WCSAPD | 34,76m WPS | 35,25m 47,59% |

M40 Discus Throw

40 SA Record: N 51,04m J.J. van Zyl, EPA

40 WP Record: P 42,30m Tiny Geldenhuys

40,17m 40 SA Nat colours std

31,30m 40 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------------------|------------|---------------|
| 1 # 3556 Wiener, Shukri | M40 PINELANDS AC | 35,37m WPS | 38,95m 52,59% |
| 2 #14173 Rautenbach, Corne | M43 INDIVIDUAL ENTRY | 28,13m | 30,98m 41,82% |

M45 Discus Throw

45 SA Record: N 49,13m J.J. van Zyl, EPA

45 WP Record: P 38,66m 1988/11/09 Steve Johnston

38,08m 45 SA Nat colours std

30,00m 45 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|---------------|--------|---------------|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC | 27,09m | 32,64m 44,06% |

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 H# |
|-------------------------|----------------|--------|-----------------|
| 1 # 1939 Isaacs, Duncan | M54 NEDBANK WP | 19,82m | 20,25m 27,34% 1 |



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2 #41583 Johnson F55, Shah M51 WCSAPD 14,38m 14,69m 19,83% 2

M55 Discus Throw

55 SA Record: N 53,79m 10/2016 Burton Haupt, AGN
 55 WP Record: P 39,48m 1994/11/08 Steve Johnston
 40,50m 55 SA Nat colours std
 31,50m 55 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------------|------------|---------------|
| 1 # 7171 Simpson, Shaun | M59 NEDBANK WP | 33,05m WPS | 36,69m 49,54% |

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 | 29,80m | 31,67m 42,75% |

M65 Discus Throw

65 SA Record: N 42,91m A. Coetzee
 65 WP Record: P 42,22m 2004/02/21 Steve Johnston
 40,50m 65 SA Nat colours std
 31,00m 65 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-----------------------|------------------|--------|---------------|
| 1 # 107 Carolus, John | M69 BELLVILLE AT | 18,12m | 21,08m 28,46% |

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
 34,00m 70 SA Nat colours std
 25,90m 70 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|------------------------|------------------|------------|---------------|
| 1 # 2472 Erasmus, Nick | M72 BELLVILLE AT | 26,37m WPS | 33,70m 45,50% |

M75 Discus Throw

75 SA Record: N 34,05m 2006/03/11 Borg Stannius, WPA
 75 WP Record: P 34,05m Borg Stannius
 27,50m 75 SA Nat colours std
 21,40m 75 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|------------------------|------------------|------------|---------------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 25,93m WPS | 37,16m 50,16% |



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80 SA Record: N 31,75m 2010/03/13 Borg Stannius, WPA
 80 WP Record: P 31,75m 2010/03/13 Borg Stannius
 24,00m 80 SA Nat colours std
 17,20m 80 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|---------------------------|------------------|--------|---------------|
| 1 # 3541 Geutner, Manfred | M81 PINELANDS AC | 8,39m | 13,79m 18,62% |

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 | 21,00m SA | 40,96m 55,31% |

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 | 24,43m | 26,73m 34,72% |

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 | 9,41m | 12,08m 15,69% |

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 | 19,89m | 30,53m 39,66% |



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| 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 | 17,55m WPS | 33,62m 43,67% |

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 | 24,17m SA | 45,72m 59,39% |

M40 Hammer Throw

| 40 SA Record: N 73,90m | 2015/08/13 Chris Harmse, FSA | | |
|----------------------------|------------------------------|----------------------------|---------------|
| 40 WP Record: P 59,18m | Tiny Geldenhuys | | |
| | 44,00m | 40 SA Nat colours std | |
| | 34,20m | 40 WPS WP Colours Standard | |
| Name | Age Team | Finals | Age-Grading |
| 1 # 3556 Wiener, Shukri | M40 PINELANDS AC | 34,20m WPS | 38,48m 44,36% |
| 2 #14173 Rautenbach, Corne | M43 INDIVIDUAL ENTRY | 24,70m | 27,79m 32,04% |

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 # 8780 Van Zyl, Chris | M46 STRAND AC | 23,46m | 29,08m 33,53% |

M50 Hammer Throw

| 50 SA Record: N 59,80m | 2006/03/25 C Koen | | |
|-------------------------|-------------------|----------------------------|---------------|
| 50 WP Record: P 35,49m | Gert Engelbrecht | | |
| | 44,50m | 50 SA Nat colours std | |
| | 34,40m | 50 WPS WP Colours Standard | |
| Name | Age Team | Finals | Age-Grading |
| 1 # 1939 Isaacs, Duncan | M54 NEDBANK WP | 16,35m | 19,39m 22,36% |



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70 SA Record: N 49,42m 2009/03/14 Andrzej Rzepecki, AGN
 70 WP Record: P 42,58m 2019/02/03 Norman Hough
 38,00m 70 SA Nat colours std
 27,30m 70 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|------------------------|------------------|--------|---------------|
| 1 # 2472 Erasmus, Nick | M72 BELLVILLE AT | 25,27m | 36,70m 42,31% |

M75 Hammer Throw

75 SA Record: N 46,68m 2012/04/14 Andrzej Rzepecki, AGN
 75 WP Record: P 34,99m Borg Stannius
 29,00m 75 SA Nat colours std
 21,00m 75 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|------------------------|------------------|-----------|---------------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 33,83m SA | 55,78m 64,32% |

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 | 19,49m | 20,70m 28,36% |

W45 Javelin Throw

45 SA Record: N 37,80m 2014/03/15 JC Moolman, WPA
 45 WP Record: P 37,80m 2014/03/15 JC Moolman
 28,13m 45 SA Nat colours std
 21,90m 45 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|-------------------------|------------------|--------|---------------|
| 1 # 104 Carolus, Carmen | W45 BELLVILLE AT | 15,51m | 19,35m 26,51% |

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 | 18,91m | 24,86m 34,05% |
| 2 # 2425 Le Roux, Rentia | W53 BELLVILLE AT | 18,03m | 23,70m 32,47% |
| 3 # 6678 Scholtz, Gloria | W53 CAPRICORN AC | 16,00m | 21,03m 28,81% |
| 4 # 7542 Snyders, Margaret | W51 VELOCITY ATH CLUB | 11,70m | 15,38m 21,07% |
| 5 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 11,47m | 15,07m 20,66% |
| 6 # 2450 Africa, Donna | W51 BELLVILLE AT | 11,26m | 14,80m 20,28% |



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| Name | Age Team | Finals | Age-Grading |
|--------------------------|----------------------------|--------|---------------|
| 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 | | |
| 1 #10497 De Bruyn, Sonja | W56 CAPRICORN AC | 16,31m | 23,62m 32,35% |

W60 Javelin Throw

| Name | Age Team | Finals | Age-Grading |
|--------------------------|-----------------------------------|--------|---------------|
| 60 SA Record: N 26,93m | 2021/04/10 Aletta Pietersen, SAPS | | |
| 60 WP Record: P 27,00m | Susan Malherbe | | |
| 23,00m | 60 SA Nat colours std | | |
| 17,50m | 60 WPS WP Colours Standard | | |
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 13,82m | 22,27m 30,51% |

W65 Javelin Throw

| Name | Age Team | Finals | Age-Grading |
|------------------------|---------------------------------|--------|---------------|
| 65 SA Record: N 22,20m | 2015/05/15 Mercia Ferreira, CGA | | |
| 65 WP Record: P 22,24m | Aletta Ackermann | | |
| 20,00m | 65 SA Nat colours std | | |
| 15,60m | 65 WPS WP Colours Standard | | |
| 1 # 754 Riviera, Joy | W68 SPARTAN HARRIERS AC | 7,80m | 14,17m 19,42% |

W70 Javelin Throw

| Name | Age Team | Finals | Age-Grading |
|--------------------------|---------------------------------|--------|---------------|
| 70 SA Record: N 19,77m | 2019/05/03 Mercia Ferreira, CGA | | |
| 70 WP Record: P 18,30m | Aletta Ackermann | | |
| 18,00m | 70 SA Nat colours std | | |
| 14,00m | 70 WPS WP Colours Standard | | |
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 10,35m | 21,72m 29,76% |

W75 Javelin Throw

| Name | Age Team | Finals | Age-Grading |
|----------------------------|-------------------------------|------------|---------------|
| 75 SA Record: N 16,83m | 2016/05/15 Penny England, AVT | | |
| 75 WP Record: P 13,93m | Isabel Hofmeyr | | |
| 15,00m | 75 SA Nat colours std | | |
| 8,70m | 75 WPS WP Colours Standard | | |
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 11,40m WPS | 25,98m 35,59% |



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30 SA Record: N 67,76m 2011/11/12 Frans Human, FSA
 30 WP Record: P 48,54m Hein Vercueil
 44,00m 30 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|----------------------------|------------------|--------|---------------|
| 1 #31540 Steenkamp, Theodo | M33 BELLVILLE AT | 33,40m | 33,40m 33,92% |

M40 Javelin Throw

40 SA Record: N 65,54m 1998 T. Liebenberg, CNW
 40 WP Record: P 46,70m R. Joubert
 52,45m 40 SA Nat colours std
 40,90m 40 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------------------|------------|---------------|
| 1 # 3556 Wiener, Shukri | M40 PINELANDS AC | 42,98m WPS | 46,68m 47,41% |
| 2 #14173 Rautenbach, Corne | M43 INDIVIDUAL ENTRY | 21,89m | 23,77m 24,15% |

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 # 8780 Van Zyl, Chris | M46 STRAND AC | 27,85m | 32,62m 33,13% |

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 # 1939 Isaacs, Duncan | M54 NEDBANK WP | 13,46m | 16,52m 16,78% |

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 | 30,88m WPS | 51,88m 52,68% |



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| Name | Age Team | Finals | Age-Grading |
|------------------------|-------------------------------|-----------|---------------|
| 75 SA Record: N 36,09m | 2006/04/28 Borg Stannius, WPA | | |
| 75 WP Record: P 36,09m | Borg Stannius | | |
| 26,00m | 75 SA Nat colours std | | |
| 20,30m | 75 WPS WP Colours Standard | | |
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 27,37m SA | 51,81m 52,61% |

M80 Javelin Throw

| Name | Age Team | Finals | Age-Grading |
|---------------------------|-------------------------------|--------|---------------|
| 80 SA Record: N 31,49m | 2008/04/27 Borg Stannius, WPA | | |
| 80 WP Record: P 31,49m | Borg Stannius | | |
| 24,92m | 80 SA Nat colours std | | |
| 19,50m | 80 WPS WP Colours Standard | | |
| 1 # 3541 Geutner, Manfred | M81 PINELANDS AC | 8,49m | 17,78m 18,06% |

W35 Weight Throw

| Name | Age Team | Finals | Age-Grading |
|-------------------------|---------------------------------|--------|--------------|
| 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 | | |
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 7,60m | 8,30m 35,17% |

W40 Weight Throw

| Name | Age Team | Finals | Age-Grading |
|------------------------|-----------------------------|--------|--------------|
| 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 | | |
| 1 # 7543 Juries, Tanja | W43 VELOCITY ATH CLUB | 5,78m | 6,85m 29,03% |

W50 Weight Throw

| Name | Age Team | Finals | Age-Grading |
|----------------------------|-------------------------------|--------|--------------|
| 50 SA Record: N 15,60m | 2015/08/20 Heleen Knobel, SWD | | |
| 50 WP Record: P 11,25m | Tertia Stoffberg | | |
| 12,10m | 50 SA Nat colours std | | |
| 9,10m | 50 WPS WP Colours Standard | | |
| 1 # 6678 Scholtz, Gloria | W53 CAPRICORN AC | 8,04m | 9,50m 40,28% |
| 2 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 6,00m | 7,09m 30,06% |
| 3 # 7542 Snyders, Margaret | W51 VELOCITY ATH CLUB | 5,72m | 6,76m 28,66% |



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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 | 8,88m | 10,75m 45,56% |

W70 Weight Throw

70 SA Record: N 10,97m 2019/05/03 Susanna de Bruyn, KZN
 70 WP Record: P 8,96m 2015/07/25 Elize Grobbelaar
 9,00m 70 SA Nat colours std
 7,50m 70 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|--------------------------|------------------|-----------|---------------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 8,14mPWPS | 11,93m 50,59% |

W75 Weight Throw

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

| Name | Age Team | Finals | Age-Grading |
|----------------------------|------------------|----------|---------------|
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 9,91m SA | 13,82m 58,60% |

M40 Weight Throw

40 SA Record: N 21,66m 2017/04/01 Chris Harmse, FSA
 40 WP Record: P 13,97m 2022/05/06 Shukri Wiener
 13,20m 40 SA Nat colours std
 10,80m 40 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------------------|------------|---------------|
| 1 # 3556 Wiener, Shukri | M40 PINELANDS AC | 12,51m WPS | 13,63m 52,72% |
| 2 #14173 Rautenbach, Corne | M43 INDIVIDUAL ENTRY | 8,70m | 9,48m 36,66% |

M45 Weight Throw

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

| Name | Age Team | Finals | Age-Grading |
|-------------------------|---------------|--------|--------------|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC | 8,12m | 9,49m 36,73% |



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

| Name | Age Team | Finals | Age-Grading |
|-------------------------|----------------|--------|--------------|
| 1 # 1939 Isaacs, Duncan | M54 NEDBANK WP | 8,15m | 8,54m 33,05% |

M65 Weight Throw

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 # 107 Carolus, John | M69 BELLVILLE AT | 7,75m | 8,64m 33,42% |

M75 Weight Throw

75 SA Record: N 19,53m 2013/04/13 Andrzej Rzepecki, KZN
 75 WP Record: P 14,31m Borg Stannius
 12,50m 75 SA Nat colours std
 10,00m 75 WPS WP Colours Standard

| Name | Age Team | Finals | Age-Grading |
|------------------------|------------------|-----------|---------------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 13,26m SA | 16,29m 62,99% |

W35 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|------------------|--------|--------------|--------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 8,23m | 8,53m 37,70% | 434 |

W50 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|--------------|--------|
| 1 # 6678 Scholtz, Gloria | W53 CAPRICORN AC | 7,47m | 9,41m 41,62% | 491 |
| 2 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 4,86m | 6,12m 27,08% | 279 |

W60 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 8,03m | 12,05m 53,28% | 664 |

W70 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|--------------|--------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 5,35m | 9,92m 43,89% | 524 |



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| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|------------------|--------|---------------|--------|
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 5,59m | 10,24m 45,26% | 545 |

M40 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|----------------------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri | M40 PINELANDS AC | 11,98m | 13,34m 57,71% | 688 |
| 2 #14173 Rautenbach, Corne | M43 INDIVIDUAL ENTRY | 9,33m | 10,39m 44,94% | 509 |

M45 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|---------------|--------|---------------|--------|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC | 8,68m | 10,43m 45,14% | 512 |

M50 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------------|--------|--------------|--------|
| 1 # 1939 Isaacs, Duncan | M54 NEDBANK WP | 6,33m | 7,41m 32,08% | 331 |

M75 Shot Put Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|------------------------|------------------|--------|---------------|--------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 10,18m | 14,24m 61,62% | 743 |

W35 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|------------------|--------|---------------|--------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 21,25m | 22,03m 28,69% | 315 |

W50 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 6678 Scholtz, Gloria | W53 CAPRICORN AC | 19,56m | 25,67m 33,44% | 381 |
| 2 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 7,63m | 10,01m 13,04% | 105 |

W60 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 18,77m | 29,95m 39,01% | 461 |

W70 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 13,05m | 26,80m 34,90% | 402 |



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| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|------------------|--------|---------------|--------|
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 13,09m | 28,20m 36,73% | 429 |

M40 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|----------------------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri | M40 PINELANDS AC | 32,59m | 35,89m 48,45% | 582 |
| 2 #14173 Rautenbach, Corne | M43 INDIVIDUAL ENTRY | 28,13m | 30,98m 41,82% | 484 |

M45 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|---------------|--------|---------------|--------|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC | 27,09m | 32,64m 44,06% | 517 |

M50 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------------|--------|---------------|--------|
| 1 # 1939 Isaacs, Duncan | M54 NEDBANK WP | 17,74m | 18,12m 24,47% | 237 |

M75 Discus Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|------------------------|------------------|--------|---------------|--------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 25,93m | 37,16m 50,16% | 607 |

W35 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|------------------|--------|---------------|--------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 24,43m | 26,73m 34,72% | 423 |

W50 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|-----------------|--------|---------------|--------|
| 1 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 9,41m | 12,08m 15,69% | 116 |

W60 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 19,47m | 29,89m 38,82% | 491 |

W70 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 17,55m | 33,62m 43,67% | 572 |



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| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|------------------|--------|---------------|--------|
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 24,17m | 45,72m 59,39% | 837 |

M40 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|----------------------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri | M40 PINELANDS AC | 34,20m | 38,48m 44,36% | 487 |
| 2 #14173 Rautenbach, Corne | M43 INDIVIDUAL ENTRY | 24,70m | 27,79m 32,04% | 315 |

M45 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|---------------|--------|---------------|--------|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC | 23,46m | 29,08m 33,53% | 336 |

M50 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------------|--------|---------------|--------|
| 1 # 1939 Isaacs, Duncan | M54 NEDBANK WP | 16,35m | 19,39m 22,36% | 183 |

M75 Hammer Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|------------------------|------------------|--------|---------------|--------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 33,83m | 55,78m 64,32% | 772 |

W35 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|------------------|--------|---------------|--------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 18,67m | 19,82m 27,16% | 286 |

W50 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 6678 Scholtz, Gloria | W53 CAPRICORN AC | 16,00m | 21,03m 28,81% | 308 |
| 2 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 11,47m | 15,07m 20,66% | 198 |

W60 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 13,82m | 22,27m 30,51% | 331 |

W70 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 10,35m | 21,72m 29,76% | 321 |



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 6 - 26 November 2022 - 2022/11/26**Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W75 Javelin Throw Throws Pentathlon**

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|------------------|--------|---------------|--------|
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 11,40m | 25,98m 35,59% | 401 |

M40 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|----------------------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri | M40 PINELANDS AC | 42,97m | 46,67m 47,40% | 539 |
| 2 #14173 Rautenbach, Corne | M43 INDIVIDUAL ENTRY | 18,93m | 20,56m 20,88% | 169 |

M45 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|---------------|--------|---------------|--------|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC | 27,85m | 32,62m 33,13% | 336 |

M50 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------------|--------|---------------|--------|
| 1 # 1939 Isaacs, Duncan | M54 NEDBANK WP | 12,30m | 15,10m 15,33% | 97 |

M75 Javelin Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|------------------------|------------------|--------|---------------|--------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 27,37m | 51,81m 52,61% | 615 |

W35 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|------------------|--------|--------------|--------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 7,60m | 8,30m 35,17% | 390 |

W50 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|--------------|--------|
| 1 # 6678 Scholtz, Gloria | W53 CAPRICORN AC | 7,48m | 8,84m 37,47% | 422 |
| 2 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 5,51m | 6,51m 27,61% | 283 |

W60 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 8,42m | 10,19m 43,20% | 504 |

W70 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 8,05m | 11,80m 50,03% | 603 |



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| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|------------------|--------|---------------|--------|
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 9,91m | 13,82m 58,60% | 728 |

M40 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------------------|----------------------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri | M40 PINELANDS AC | 12,51m | 13,63m 52,72% | 657 |
| 2 #14173 Rautenbach, Corne | M43 INDIVIDUAL ENTRY | 6,92m | 7,54m 29,16% | 316 |

M45 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|---------------|--------|--------------|--------|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC | 7,92m | 9,26m 35,82% | 411 |

M50 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------------|----------------|--------|--------------|--------|
| 1 # 1939 Isaacs, Duncan | M54 NEDBANK WP | 7,21m | 7,56m 29,24% | 317 |

M75 Weight Throw Throws Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|------------------------|------------------|--------|---------------|--------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 13,26m | 16,29m 62,99% | 809 |

W20-29 5000 Meter Race Walk

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------------------|----------|-----------------|
| 1 #41684 Tsotetsi, Lebohan | W23 INDIVIDUAL ENTRY | 39:54,30 | 39:54,31 49,58% |

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 # 8758 Kotze, Inge | W30 STRAND AC | 34:31,10 | 34:31,11 57,31% |

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 # 7542 Snyders, Margaret | W51 VELOCITY ATH CLUB | 36:57,00 | 32:45,60 60,39% |
| 2 # 861 Moosa, Deborah | W52 CELTICS ATH CLUB | 37:22,80 | 33:08,47 59,69% |



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| Name | Age Team | Finals | Age-Grading |
|--------------------------|------------------------------|--------------|-----------------|
| 55 SA Record: N 26:19,66 | 2001/04/29 Barbara Nell, CGA | | |
| 55 WP Record: P 28:43,53 | J. Cowley | | |
| 31:30,00 | 55 SA Nat colours std | | |
| 36:57,00 | 55 WPS WP Colours Standard | | |
| 1 # 670 Race, Anne | W55 SPARTAN HARRIERS AC | 35:56,30 WPS | 30:22,29 65,14% |

W60 5000 Meter Race Walk

| Name | Age Team | Finals | Age-Grading |
|---------------------------|----------------------------|--------------|-----------------|
| 60 SA Record: N 27:32,00 | 10/2016 Barbara Nell, CGA | | |
| 60 WP Record: P 28:45,21 | Lindsay Hatz | | |
| 32:30,00 | 60 SA Nat colours std | | |
| 38:48,00 | 60 WPS WP Colours Standard | | |
| 1 # 162 Gilmour, Trish | W60 VARSITY OLD BOYS AC | 34:43,30 WPS | 27:47,69 71,18% |
| 2 # 664 Williams, Gail | W64 SPARTAN HARRIERS AC | 34:52,80 WPS | 27:55,29 70,85% |
| 3 # 3326 Sutherland, Joy | W62 WEST COAST AC | 36:29,20 WPS | 29:12,46 67,73% |
| 4 # 485 Hendricks, Mercia | W63 VARSITY OLD BOYS AC | 38:42,90 WPS | 30:59,49 63,83% |

W65 5000 Meter Race Walk

| Name | Age Team | Finals | Age-Grading |
|--------------------------|----------------------------|--------------|-----------------|
| 65 SA Record: N 29:28,70 | 2013/04/26 Elsa Meyer, AGN | | |
| 65 WP Record: P 29:55,42 | H. Rothman | | |
| 34:50,00 | 65 SA Nat colours std | | |
| 41:09,00 | 65 WPS WP Colours Standard | | |
| 1 # 656 James, Pam | W65 SPARTAN HARRIERS AC | 34:18,10 SA | 25:49,34 76,61% |
| 2 # 160 Collins, Judy | W68 VARSITY OLD BOYS AC | 37:51,50 WPS | 28:29,99 69,42% |
| 3 # 754 Riviera, Joy | W68 SPARTAN HARRIERS AC | 39:14,20 WPS | 29:32,25 66,98% |

W70 5000 Meter Race Walk

| Name | Age Team | Finals | Age-Grading |
|---------------------------|----------------------------|-------------|-----------------|
| 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 | | |
| 1 # 2205 Blignaut, Frieda | W72 SANLAM AC | 33:58,70 SA | 23:51,17 82,94% |

W75 5000 Meter Race Walk

| Name | Age Team | Finals | Age-Grading |
|---------------------------|----------------------------|--------------|-----------------|
| 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 | | |
| 1 # 4991 Aver, Carol-Ann | W76 RUN/WALK FOR LIFE | 38:29,90 SA | 24:57,28 79,28% |
| 2 # 1178 Nelson, Marianne | W78 DURBANVILLE AC | 42:13,40 WPS | 27:22,16 72,28% |
| 3 # 676 Botes, Helen | W76 SPARTAN HARRIERS AC | 45:58,70 WPS | 29:48,19 66,38% |



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| Name | Age Team | Finals | Age-Grading |
|--------------------------|----------------------------|-------------|-----------------|
| 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 | | |
| 1 # 783 Norton, Margaret | W83 SPARTAN HARRIERS AC | 42:45,20 SA | 25:16,55 78,27% |

W85 5000 Meter Race Walk

| Name | Age Team | Finals | Age-Grading |
|--------------------------|----------------------------|-------------|-----------------|
| 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 | | |
| 1 # 685 Reid, Peggy | W85 SPARTAN HARRIERS AC | 45:51,40 SA | 24:21,27 81,23% |

M55 5000 Meter Race Walk

| Name | Age Team | Finals | Age-Grading |
|--------------------------|----------------------------|----------|-----------------|
| 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 | | |
| 1 # 700 Donson, Hilton | M59 SPARTAN HARRIERS AC | 36:28,30 | 30:35,99 58,69% |

M60 5000 Meter Race Walk

| Name | Age Team | Finals | Age-Grading |
|--------------------------|----------------------------|--------------|-----------------|
| 60 SA Record: N 26:50,70 | Jurgen Spencer, WPA | | |
| 60 WP Record: P 26:50,70 | Jurgen Spencer | | |
| 29:15,00 | 60 SA Nat colours std | | |
| 34:13,00 | 60 WPS WP Colours Standard | | |
| 1 # 1760 Hector, Douglas | M62 LANGEBAAN STRAND | 32:58,70 WPS | 26:24,15 68,02% |

M65 5000 Meter Race Walk

| Name | Age Team | Finals | Age-Grading |
|--------------------------|--------------------------------|--------------|-----------------|
| 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 | | |
| 1 # 668 Thompson, Armond | M68 SPARTAN HARRIERS AC | 34:17,10 WPS | 26:03,40 68,93% |



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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 | 32:28,90 SA | 23:17,37 77,12% |

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 | 40:22,30 WPS | 27:07,31 66,22% |



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