

**Leo Benning Meeting No 1 - 14 January 2023 - 1/14/2023****Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 100 Meter Dash**

40 SA Record: N 11.94 4/24/2014 Adri Schoeman, AGN  
 40 WP Record: P 13.30 10/8/2011 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 | 14.65 WPS | 0.5  | 14.20 73.92% | 2  |

**W45 100 Meter Dash**

45 SA Record: N 12.50 10/15/1994 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# |
|--------------------|-----|------------------|--------|------|--------------|----|
| 1 Kaufmann, Dirkie |     | W46 STELLENBOSCH | 15.92  | 0.5  | 15.08 69.60% | 2  |

**W50 100 Meter Dash**

50 SA Record: N 12.31 4/30/2019 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# |
|----------------------------|-----|----------------------|-----------|------|--------------|----|
| 1 # 6209 Figland, Beverley |     | W52 UNIVERSITY WESTE | 15.50 WPS | 0.5  | 14.00 74.90% |    |
| 2 # 2425 Le Roux, Rentia   |     | W53 BELLVILLE AT     | 16.63     | 0.5  | 14.90 70.41% |    |
| 3 # 9072 Hugo, Felicia     |     | W50 NANTES AC        | 18.55     | 0.5  | 17.03 61.62% |    |

**W55 100 Meter Dash**

55 SA Record: N 14.06 4/13/2019 Ronel Beukes, WPA  
 55 WP Record: P 13.94 4/10/2021 Venessa Louw  
 14.89 55 SA Nat colours std  
 16.70 55 WPS WP Colours Standard

| Name                   | Age | Team             | Finals   | Wind | Age-Grading  | H# |
|------------------------|-----|------------------|----------|------|--------------|----|
| 1 # 6699 Louw, Venessa |     | W58 TYGERBERG AT | 14.33 SA | 0.5  | 12.33 85.14% | 2  |

**W85 100 Meter Dash**

85 SA Record: N 21.95 4/2/2016 Christi du Plooy, CGA  
 85 WP Record: P 21.45 10/8/2022 Magdalene Johnson  
 26.00 85 SA Nat colours std  
 29.00 85 WPS WP Colours Standard

| Name                       | Age | Team             | Finals   | Wind | Age-Grading  | H# |
|----------------------------|-----|------------------|----------|------|--------------|----|
| 1 # 8808 Johnson, Magdalin |     | W86 TYGERBERG AT | 22.48 SA | 0.5  | 14.22 73.80% |    |



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**Leo Benning Meeting No 1 - 14 January 2023 - 1/14/2023****Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M20-29 100 Meter Dash**

| Name                     | Age | Team         | Finals | Wind | Age-Grading  | H# |
|--------------------------|-----|--------------|--------|------|--------------|----|
| 1 # 5752 Caesar, Jureaux | M29 | TYGERBERG AT | 12.14  | -1.0 | 12.15 80.64% | 3  |
| 2 Steenberg, Chad        | M27 | TYGERBERG AT | 12.33  | -1.0 | 12.34 79.40% | 3  |

**M30 100 Meter Dash**

30 SA Record: N 10.50 Eric Essman, CGA  
 30 WP Record: P 10.90 5/28/2022 Roscoe Engel  
 12.00 30 WPS WP Colours Standard

| Name                   | Age | Team              | Finals    | Wind | Age-Grading  | H# |
|------------------------|-----|-------------------|-----------|------|--------------|----|
| 1 Benjamine, Raydon    | M30 | VELOCITY ATH CLUB | 11.10 WPS | -1.0 | 11.11 88.20% | 3  |
| 2 # 5751 Engel, Roscoe | M33 | INDIVIDUAL ENTRY  | 11.17 WPS | -1.0 | 11.18 87.65% | 3  |
| 3 # 5741 Ruiters, Curt | M31 | TYGERBERG AT      | 11.21 WPS | -1.0 | 11.22 87.33% | 3  |
| 4 # 8078 Beukes, Henk  | M32 | NEDBANK WP        | 12.32     | -1.0 | 12.33 79.46% | 3  |

**M35 100 Meter Dash**

35 SA Record: N 10.30 E. Jeffreys, KZN  
 35 WP Record: P 10.95 3/23/2019 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 Steenberg, Bradley    | M38 | TYGERBERG AT     | 12.13 WPS | 0.3  | 11.89 82.36% | 2  |
| 2 # 3125 Hassan, Qaasim | M39 | CAPE PEN UNIVERS | 13.18     | 0.3  | 12.85 76.25% | 2  |
| 3 # 2468 August, Denzil | M37 | BELLVILLE AT     | 13.29     | -1.0 | 13.10 74.79% | 3  |

**M40 100 Meter Dash**

40 SA Record: N 10.70 Stan Wald, CGA  
 40 WP Record: P 11.13 4/27/2018 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 | M44 | CENTRAL ATHL     | 13.24  | 0.3  | 12.54 78.10% | 2  |
| 2 Africa, Virgil       | M42 | INDIVIDUAL ENTRY | 13.79  | 0.3  | 13.21 74.11% | 2  |
| 3 Ganief, Mogamad      | M41 | INDIVIDUAL ENTRY | 14.66  | 0.3  | 14.13 69.30% | 2  |

**M45 100 Meter Dash**

45 SA Record: N 11.10 Stan Wald, CGA  
 45 WP Record: P 11.51 3/31/2012 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 #10474 Louw, Pieter | M48 | CAPE MULTI-SPORT | 14.88  | 0.3  | 13.75 71.24% | 2  |



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**Leo Benning Meeting No 1 - 14 January 2023 - 1/14/2023****Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 100 Meter Dash**

50 SA Record: N 11.70 Stan Wald, CGA  
 50 WP Record: P 12.09 5/7/2022 John Cloete  
 12.10 50 SA Nat colours std  
 13.40 50 WPS WP Colours Standard

| Name                     | Age | Team             | Finals | Wind | Age-Grading  |
|--------------------------|-----|------------------|--------|------|--------------|
| 1 # 1018 Martin, Donavan | M52 | CELTICS ATH CLUB | 14.62  | -0.2 | 13.18 74.35% |

**M60 100 Meter Dash**

60 SA Record: N 12.81 1/22/2022 Johan Myburgh, WPA  
 60 WP Record: P 12.61 4/9/2022 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        | 13.07 WPS | -0.2 | 11.09 88.29% |
| 2 # 225 Omar, Nassar    | M64 | STELLENBOSCH UNI AC | 15.23     | -0.2 | 12.66 77.35% |
| 3 Robinson, Alaric      | M63 | ATLANTIC ATHLETI    | 16.66     | -0.2 | 13.94 70.23% |

**M65 100 Meter Dash**

65 SA Record: N 13.10 A. van Zyl, KZN  
 65 WP Record: P 13.44 4/10/2021 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 | 13.86 WPS | -0.2 | 11.35 86.29% |
| 2 # 2402 Deetlefs, Pietie | M69 | BELLVILLE AT     | 15.87     | -0.2 | 12.71 77.06% |

**W30 200 Meter Dash**

30 SA Record: N 24.60 V.B. Kruger, CGA  
 30 WP Record: P 25.80 Anne McKenzie  
 29.00 30 WPS WP Colours Standard

| Name                 | Age | Team             | Finals | Wind | Age-Grading  | H# |
|----------------------|-----|------------------|--------|------|--------------|----|
| 1 Janse Van Rensburg | W33 | INDIVIDUAL ENTRY | 30.06  | -2.9 | 30.07 70.99% | 2  |

**W35 200 Meter Dash**

35 SA Record: N 24.90 V.B Kruger, CGA  
 35 WP Record: P 26.01 Marna vd Burgh  
 27.00 35 SA Nat colours std  
 30.00 35 WPS WP Colours Standard

| Name                       | Age | Team         | Finals    | Wind | Age-Grading  | H# |
|----------------------------|-----|--------------|-----------|------|--------------|----|
| 1 # 5748 Van Rensburg, Mar | W38 | TYGERBERG AT | 29.60 WPS | -2.9 | 29.61 72.09% | 2  |



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| Name                   | Age       | Team               | Finals | Wind | Age-Grading  | H# |
|------------------------|-----------|--------------------|--------|------|--------------|----|
| 40 SA Record: N 24.46  | 4/26/2014 | Adri Schoeman, AGN |        |      |              |    |
| 40 WP Record: P 26.50  |           | Koba Bellingan     |        |      |              |    |
| 27.50                  | 40 SA Nat | colours std        |        |      |              |    |
| 31.00                  | 40 WPS WP | Colours Standard   |        |      |              |    |
| 1 # 7543 Juries, Tanja | W43       | VELOCITY ATH CLUB  | 31.09  | -2.9 | 29.97 71.21% | 2  |

**W45 200 Meter Dash**

| Name                  | Age       | Team                  | Finals | Wind | Age-Grading  | H# |
|-----------------------|-----------|-----------------------|--------|------|--------------|----|
| 45 SA Record: N 25.41 | 3/6/2021  | Shona Hutchinson, KZN |        |      |              |    |
| 45 WP Record: P 27.30 |           | Anne McKenzie         |        |      |              |    |
| 28.00                 | 45 SA Nat | colours std           |        |      |              |    |
| 32.00                 | 45 WPS WP | Colours Standard      |        |      |              |    |
| 1 Kaufmann, Dirkie    | W46       | STELLENBOSCH          | 34.09  | -2.9 | 32.07 66.56% | 2  |

**W50 200 Meter Dash**

| Name                       | Age       | Team              | Finals | Wind | Age-Grading  | H# |
|----------------------------|-----------|-------------------|--------|------|--------------|----|
| 50 SA Record: N 26.95      | 2/20/2010 | Ronel Beukes, BOL |        |      |              |    |
| 50 WP Record: P 28.30      |           | Y de Witt         |        |      |              |    |
| 29.60                      | 50 SA Nat | colours std       |        |      |              |    |
| 33.50                      | 50 WPS WP | Colours Standard  |        |      |              |    |
| 1 # 6209 Figland, Beverley | W52       | UNIVERSITY WESTE  | 33.87  | -1.4 | 30.32 70.42% |    |
| 2 # 9072 Hugo, Felicia     | W50       | NANTES AC         | 40.27  | -1.4 | 36.65 58.23% |    |

**W55 200 Meter Dash**

| Name                     | Age       | Team             | Finals | Wind | Age-Grading  | H# |
|--------------------------|-----------|------------------|--------|------|--------------|----|
| 55 SA Record: N 29.30    | 5/4/1996  | Y. de Witt       |        |      |              |    |
| 55 WP Record: P 29.54    | 4/10/2021 | Venessa Louw     |        |      |              |    |
| 31.20                    | 55 SA Nat | colours std      |        |      |              |    |
| 35.00                    | 55 WPS WP | Colours Standard |        |      |              |    |
| 1 #10986 Du Bruyn, Linda | W59       | ATHLANTIC TRIATH | 38.07  | -1.4 | 32.06 66.59% |    |

**W85 200 Meter Dash**

| Name                       | Age       | Team                  | Finals      | Wind | Age-Grading  | H# |
|----------------------------|-----------|-----------------------|-------------|------|--------------|----|
| 85 SA Record: N 51.20      | 4/2/2006  | Christi du Plooy, CGA |             |      |              |    |
| 85 WP Record: P 53.86      | 5/28/2022 | Magdalene Johnson     |             |      |              |    |
| 56.00                      | 85 SA Nat | colours std           |             |      |              |    |
| 1:03.00                    | 85 WPS WP | Colours Standard      |             |      |              |    |
| 1 # 8808 Johnson, Magdalin | W86       | TYGERBERG AT          | 1:02.89 WPS | -1.4 | 37.89 56.32% |    |



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30 SA Record: N 21.20 E. Essman, CGA  
 30 WP Record: P 21.78 5/29/2021 Roscoe Engel  
 24.50 30 WPS WP Colours Standard

| Name                   | Age | Team              | Finals    | Wind | Age-Grading  | H# |
|------------------------|-----|-------------------|-----------|------|--------------|----|
| 1 Benjamine, Raydon    | M30 | VELOCITY ATH CLUB | 23.29 WPS | -2.8 | 23.30 82.95% | 3  |
| 2 # 5741 Ruiters, Curt | M31 | TYGERBERG AT      | 23.74 WPS | -2.8 | 23.67 81.63% | 3  |
| 3 # 8078 Beukes, Henk  | M32 | NEDBANK WP        | 24.85     | -2.8 | 24.65 78.39% | 3  |

**M35 200 Meter Dash**

35 SA Record: N 21.20 E Jeffreys, KZN  
 35 WP Record: P 22.22 10/21/2017 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     | 27.73  | -2.8 | 26.79 72.12% | 3  |
| 2 # 3125 Hassan, Qaasim | M39 | CAPE PEN UNIVERS | 28.48  | -2.8 | 27.21 71.00% | 3  |

**M40 200 Meter Dash**

40 SA Record: N 22.00 Stan Wald, CGA  
 40 WP Record: P 22.65 3/24/2018 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 | M44 | CENTRAL ATHL     | 28.41  | -2.3 | 26.39 73.21% | 2  |
| 2 Ganief, Mogamad      | M41 | INDIVIDUAL ENTRY | 31.26  | -2.3 | 29.54 65.42% | 2  |

**M45 200 Meter Dash**

45 SA Record: N 22.90 Stan Wald, CGA  
 45 WP Record: P 23.89 5/18/2017 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 # 8071 Mapukata, Sihle | M46 | NEDBANK WP       | 30.44  | -2.3 | 27.95 69.15% | 2  |
| 2 #10474 Louw, Pieter    | M48 | CAPE MULTI-SPORT | 30.59  | -2.3 | 27.75 69.63% | 2  |



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| 50 SA Record: N | 23.29                  |                      | Stan Wald, CGA   |      |              |    |  |
|-----------------|------------------------|----------------------|------------------|------|--------------|----|--|
| 50 WP Record: P | 24.70                  | 4/22/2022            | 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               | Pick, Tony             | M53 PINELANDS AC     | 27.34 WPS        | -1.9 | 24.04 80.40% | 1  |  |
| 2               | # 1018 Martin, Donavan | M52 CELTICS ATH CLUB | 29.69            | -2.3 | 26.27 73.56% | 2  |  |

**M55 200 Meter Dash**

| 55 SA Record: N | 24.71             |                  | Montey Hacker, CGA |      |              |  |  |
|-----------------|-------------------|------------------|--------------------|------|--------------|--|--|
| 55 WP Record: P | 24.84             | 4/9/2011         | Joseph Warrires    |      |              |  |  |
|                 | 26.20             | 55 SA Nat        | colours std        |      |              |  |  |
|                 | 28.90             | 55 WPS WP        | Colours Standard   |      |              |  |  |
| Name            | Age               | Team             | Finals             | Wind | Age-Grading  |  |  |
| 1               | Matthee, Giliomee | M55 TYGERBERG AT | 27.33 WPS          | -1.9 | 23.72 81.45% |  |  |

**M60 200 Meter Dash**

| 60 SA Record: N | 25.80                 |                         | Miloje Grujic, CGA |      |              |  |  |
|-----------------|-----------------------|-------------------------|--------------------|------|--------------|--|--|
| 60 WP Record: P | 26.01                 | 4/9/2022                | 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        | 27.02 WPS          | -1.9 | 22.52 85.79% |  |  |
| 2               | # 225 Omar, Nassar    | M64 STELLENBOSCH UNI AC | 30.66              | -1.9 | 25.02 77.23% |  |  |
| 3               | Robinson, Alaric      | M63 ATLANTIC ATHLETI    | 32.21              | -1.9 | 26.47 72.99% |  |  |

**M65 200 Meter Dash**

| 65 SA Record: N | 26.99                   |                      | Monty Hacker, CGA |      |              |  |  |
|-----------------|-------------------------|----------------------|-------------------|------|--------------|--|--|
| 65 WP Record: P | 27.78                   | 11/20/2021           | 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 | 28.78 WPS         | -1.9 | 23.15 83.50% |  |  |

**W35 400 Meter Dash**

| 35 SA Record: N | 56.00                   | 7/20/1965      | Anne McKenzie, CGA |              |  |  |  |
|-----------------|-------------------------|----------------|--------------------|--------------|--|--|--|
| 35 WP Record: P | 58.51                   | 3/16/2018      | Mandie Brandt      |              |  |  |  |
|                 | 1:01.00                 | 35 SA Nat      | colours std        |              |  |  |  |
|                 | 1:09.00                 | 35 WPS WP      | Colours Standard   |              |  |  |  |
| Name            | Age                     | Team           | Finals             | Age-Grading  |  |  |  |
| 1               | # 7170 Griffiths, Kobie | W37 NEDBANK WP | 58.47PSA           | 56.13 84.81% |  |  |  |



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|                            |                      |             |         |        |
|----------------------------|----------------------|-------------|---------|--------|
| 2 # 7279 Walters, Marike   | W35 MULTI SPORT MANI | 1:02.06 WPS | 1:00.28 | 78.97% |
| 3 # 5748 Van Rensburg, Mar | W38 TYGERBERG AT     | 1:09.93     | 1:06.72 | 71.36% |

**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 # 4756 Van Der Watt, Mic | W55 STRAND AC        | 1:23.49 | 1:09.96 68.04% |
| 2 #10986 Du Bruyn, Linda   | W59 ATHLANTIC TRIATH | 1:24.16 | 1:07.88 70.13% |

**M30 400 Meter Dash**

|                       |                            |                     |
|-----------------------|----------------------------|---------------------|
| 30 SA Record: N 48.53 | 5/19/2019                  | 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 Benjamine, Raydon | M30 VELOCITY ATH CLUB | 50.71 WPS | 50.72 85.15% | 3  |

**M35 400 Meter Dash**

|                       |                            |          |
|-----------------------|----------------------------|----------|
| 35 SA Record: N 47.90 |                            | J. Cyrus |
| 35 WP Record: P 51.61 |                            | T. Dixon |
| 51.00                 | 35 SA Nat colours std      |          |
| 57.00                 | 35 WPS WP Colours Standard |          |

| Name                      | Age Team             | Finals    | Age-Grading    | H# |
|---------------------------|----------------------|-----------|----------------|----|
| 1 # 5756 Mulumba, Patrick | M39 TYGERBERG AT     | 55.43 WPS | 53.13 81.27%   | 3  |
| 2 # 4602 Ndwangu, Sandile | M38 BRIMESTONE I     | 58.00     | 55.93 77.21%   | 3  |
| 3 # 3125 Hassan, Qaasim   | M39 CAPE PEN UNIVERS | 1:02.67   | 1:00.07 71.88% | 3  |

**M45 400 Meter Dash**

|                       |                            |                      |
|-----------------------|----------------------------|----------------------|
| 45 SA Record: N 51.07 | 9/2018                     | Spencer Moraope, NWN |
| 45 WP Record: P 52.44 | 5/18/2017                  | 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 # 1510 Gibson, Michael | M46 FISH HOEK AT | 57.77 WPS | 53.03 81.43%   | 2  |
| 2 # 8071 Mapukata, Sihle | M46 NEDBANK WP   | 1:08.11   | 1:02.52 69.06% | 2  |



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| Name                     | Age Team                   | Finals  | Age-Grading    | H# |
|--------------------------|----------------------------|---------|----------------|----|
| 50 SA Record: N 52.50    | Miloje Crujic, CGA         |         |                |    |
| 50 WP Record: P 55.70    | J. Swiegers                |         |                |    |
| 56.00                    | 50 SA Nat colours std      |         |                |    |
| 1:02.00                  | 50 WPS WP Colours Standard |         |                |    |
| 1 # 3075 Russell, Scott  | M54 CAPE PEN UNIVERS       | 1:02.68 | 54.62 79.05%   | 2  |
| 2 # 1018 Martin, Donavan | M52 CELTICS ATH CLUB       | 1:08.76 | 1:00.72 71.12% | 2  |

**M55 400 Meter Dash**

| Name                   | Age Team                      | Finals      | Age-Grading  |
|------------------------|-------------------------------|-------------|--------------|
| 55 SA Record: N 55.00  | Miloje Crujic / Stan Immelman |             |              |
| 55 WP Record: P 57.58  | 4/9/2011 Joseph Warrires      |             |              |
| 59.00                  | 55 SA Nat colours std         |             |              |
| 1:05.00                | 55 WPS WP Colours Standard    |             |              |
| 1 # 1791 Cupido, Clive | M57 LANGEBAAN STRAND          | 1:02.07 WPS | 53.00 81.47% |

**M60 400 Meter Dash**

| Name                      | Age Team                   | Finals      | Age-Grading    |
|---------------------------|----------------------------|-------------|----------------|
| 60 SA Record: N 55.53     | Miloje Crujic, CGA         |             |                |
| 60 WP Record: P 1:01.41   | 5/18/2017 Joseph Warrires  |             |                |
| 1:01.00                   | 60 SA Nat colours std      |             |                |
| 1:09.00                   | 60 WPS WP Colours Standard |             |                |
| 1 # 225 Omar, Nassar      | M64 STELLENBOSCH UNI AC    | 1:08.51 WPS | 55.68 77.55%   |
| 2 # 5758 Bredeveldt, Neal | M61 TYGERBERG AT           | 1:13.68     | 1:01.19 70.58% |
| 3 Robinson, Alaric        | M63 ATLANTIC ATHLETI       | 1:18.69     | 1:04.42 67.04% |

**M65 400 Meter Dash**

| Name                    | Age Team                   | Finals  | Age-Grading    | H# |
|-------------------------|----------------------------|---------|----------------|----|
| 65 SA Record: N 59.52   | A. van Zyl, KZN            |         |                |    |
| 65 WP Record: P 1:03.44 | 4/10/2021 Joseph Warrires  |         |                |    |
| 1:06.00                 | 65 SA Nat colours std      |         |                |    |
| 1:13.00                 | 65 WPS WP Colours Standard |         |                |    |
| 1 # 6281 Ganief, Fahldi | M69 CENTRAL ATHL           | 1:36.31 | 1:15.44 57.24% | 2  |

**M70 400 Meter Dash**

| Name                    | Age Team                   | Finals  | Age-Grading    |
|-------------------------|----------------------------|---------|----------------|
| 70 SA Record: N 1:04.16 | Lucas Nel, KZN             |         |                |
| 70 WP Record: P 1:11.70 | N. Sharpley                |         |                |
| 1:10.00                 | 70 SA Nat colours std      |         |                |
| 1:20.00                 | 70 WPS WP Colours Standard |         |                |
| 1 # 9677 April, Niklaas | M71 TITANS                 | 1:20.48 | 1:02.10 69.55% |



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2 #10154 Cleophas, Henry M74 NEDBANK WP 1:21.64 1:01.50 70.22%

**W30 800 Meter Run**

30 SA Record: N 2:09.81 5/15/2015 M. Brandt, BOL

30 WP Record: P 2:04.20 4/11/2014 Mandie Brandt

2:43.00 30 WPS WP Colours Standard

| Name              | Age Team             | Finals  | Age-Grading    |
|-------------------|----------------------|---------|----------------|
| 1 Cronje, Mareina | W32 INDIVIDUAL ENTRY | 2:59.40 | 2:59.41 63.14% |

**W35 800 Meter Run**

35 SA Record: N 2:08.00 7/15/1965 Anne McKenzie, CGA

35 WP Record: P 2:11.34 2/3/2018 Mandie Brandt

2:28.00 35 SA Nat colours std

2:45.00 35 WPS WP Colours Standard

| Name                       | Age Team             | Finals      | Age-Grading    |
|----------------------------|----------------------|-------------|----------------|
| 1 # 7170 Griffiths, Kobie  | W37 NEDBANK WP       | 2:14.37 SA  | 2:11.31 86.27% |
| 2 # 7279 Walters, Marike   | W35 MULTI SPORT MANI | 2:32.16 WPS | 2:30.64 75.20% |
| 3 # 7442 Lepati, Emmeranth | W39 ELSIESRIVIER RUN | 2:36.87 WPS | 2:31.23 74.91% |

**W55 800 Meter Run**

55 SA Record: N 2:33.64 10/2016 Elaine Pretorius, AGN

55 WP Record: P 2:43.80 5/18/2017 Bridgette Hamilton Russel

2:52.00 55 SA Nat colours std

3:13.00 55 WPS WP Colours Standard

| Name                       | Age Team      | Finals      | Age-Grading    |
|----------------------------|---------------|-------------|----------------|
| 1 # 4756 Van Der Watt, Mic | W55 STRAND AC | 3:05.94 WPS | 2:37.68 71.84% |

**M35 800 Meter Run**

35 SA Record: N 1:49.40 Deon Brummer, AGN

35 WP Record: P 1:53.78 Johan Landsman

2:01.00 35 SA Nat colours std

2:14.00 35 WPS WP Colours Standard

| Name                      | Age Team         | Finals      | Age-Grading    |
|---------------------------|------------------|-------------|----------------|
| 1 # 4602 Ndwangu, Sandile | M38 BRIMESTONE I | 2:13.54 WPS | 2:10.45 77.51% |



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45 SA Record: N 1:58.10 11/9/2019 Spence Moraope, NWN  
 45 WP Record: P 1:59.09 T. Brown  
 2:07.00 45 SA Nat colours std  
 2:22.00 45 WPS WP Colours Standard

| Name                       | Age Team             | Finals      | Age-Grading    |
|----------------------------|----------------------|-------------|----------------|
| 1 # 1510 Gibson, Michael   | M46 FISH HOEK AT     | 2:09.61 WPS | 1:59.18 84.84% |
| 2 # 9468 Bezuidenhout, Rog | M49 ATHLANTIC TRIATH | 2:19.52 WPS | 2:05.39 80.64% |
| 3 Oosthuizen, Marius       | M46 INDIVIDUAL ENTRY | 2:20.63 WPS | 2:09.31 78.19% |
| 4 # 4575 Juries, Chubasco  | M47 BRIMESTONE I     | 2:30.13     | 2:17.00 73.81% |
| 5 # 8071 Mapukata, Sihle   | M46 NEDBANK WP       | 2:33.03     | 2:20.72 71.86% |
| 6 # 2129 Mullins, Pheobius | M49 MULTI SPORT MANI | 2:34.90     | 2:19.21 72.63% |

**M55 800 Meter Run**

55 SA Record: N 2:03.70 12/1/2001 Stan Immelman, CGA  
 55 WP Record: P 2:12.72 5/2/2019 Thobias Philander  
 2:18.00 55 SA Nat colours std  
 2:35.00 55 WPS WP Colours Standard

| Name                       | Age Team             | Finals      | Age-Grading    |
|----------------------------|----------------------|-------------|----------------|
| 1 # 1791 Cupido, Clive     | M57 LANGEBAAN STRAND | 2:20.84 WPS | 1:59.01 84.96% |
| 2 # 7440 Philander, Tobias | M58 ELSIESRIVIER RUN | 2:24.83 WPS | 2:01.45 83.26% |

**M60 800 Meter Run**

60 SA Record: N 2:16.49 7/2011 Len Claassen, AGN  
 60 WP Record: P 2:20.58 11/13/2021 Anthony Grendon  
 2:25.00 60 SA Nat colours std  
 2:44.00 60 WPS WP Colours Standard

| Name                 | Age Team                | Finals  | Age-Grading    |
|----------------------|-------------------------|---------|----------------|
| 1 # 225 Omar, Nassar | M64 STELLENBOSCH UNI AC | 2:45.81 | 2:12.65 76.23% |

**M65 800 Meter Run**

65 SA Record: N 2:26.15 10/2016 Len Claassen, AGN  
 65 WP Record: P 2:38.65 2/27/2021 Robbie Lindsay  
 2:35.00 65 SA Nat colours std  
 2:58.00 65 WPS WP Colours Standard

| Name                  | Age Team          | Finals      | Age-Grading    |
|-----------------------|-------------------|-------------|----------------|
| 1 # 4982 Rhoda, Keith | M66 WP CARBINEERS | 2:56.07 WPS | 2:18.66 72.92% |



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30 SA Record: N 4:22.09 4/19/2016 Mandie Brandt, WPA  
 30 WP Record: P 4:22.09 4/19/2016 Mandie Brandt  
 5:47.00 30 WPS WP Colours Standard

| Name                     | Age Team         | Finals  | Age-Grading    |
|--------------------------|------------------|---------|----------------|
| 1 # 2454 Burger, Elretha | W33 BELLVILLE AT | 6:13.99 | 6:13.40 62.26% |

**W35 1500 Meter Run**

35 SA Record: N 4:32.37 3/24/2021 Kobie Griffiths, WPA  
 35 WP Record: P 4:32.37 3/24/2021 Kobie Griffiths  
 5:01.00 35 SA Nat colours std  
 5:52.00 35 WPS WP Colours Standard

| Name                       | Age Team             | Finals      | Age-Grading    |
|----------------------------|----------------------|-------------|----------------|
| 1 # 7442 Lepati, Emmeranth | W39 ELSIESRIVIER RUN | 5:40.45 WPS | 5:25.51 71.42% |

**W55 1500 Meter Run**

55 SA Record: N 5:31.10 12/10/1980 Anne McKenzie, CGA  
 55 WP Record: P 5:31.10 Anne McKenzie  
 5:40.00 55 SA Nat colours std  
 6:49.00 55 WPS WP Colours Standard

| Name                       | Age Team      | Finals      | Age-Grading    |
|----------------------------|---------------|-------------|----------------|
| 1 # 4756 Van Der Watt, Mic | W55 STRAND AC | 6:12.22 WPS | 5:11.70 74.58% |

**M35 1500 Meter Run**

35 SA Record: N 3:54.04 Deon Brummer, AGN  
 35 WP Record: P 3:54.04 Johan Landsman  
 4:13.00 35 SA Nat colours std  
 4:41.00 35 WPS WP Colours Standard

| Name                     | Age Team         | Finals  | Age-Grading    |
|--------------------------|------------------|---------|----------------|
| 1 # 6901 Ockhuis, Garron | M37 GOODWOOD HAR | 4:48.34 | 4:39.35 73.74% |
| 2 # 43 Rix, Andre        | M36 TITANS       | 5:19.74 | 5:11.62 66.11% |

**M40 1500 Meter Run**

40 SA Record: N 3:58.90 Terence Brown, KZN  
 40 WP Record: P 3:58.90 Terence Brown  
 4:15.00 40 SA Nat colours std  
 4:48.00 40 WPS WP Colours Standard

| Name                       | Age Team             | Finals  | Age-Grading    |
|----------------------------|----------------------|---------|----------------|
| 1 # 9883 Ramoshaba, Alfred | M42 ELSIESRIVIER RUN | 5:00.00 | 4:41.62 73.15% |
| 2 Steyn, Lorenzo           | M41 STRAND AC        | 6:03.50 | 5:43.48 59.98% |



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**Leo Benning Meeting No 1 - 14 January 2023 - 1/14/2023****Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 1500 Meter Run**

45 SA Record: N 4:03.13 Terence Brown, KZN  
 45 WP Record: P 4:03.13 Terence Brown  
 4:23.00 45 SA Nat colours std  
 4:58.00 45 WPS WP Colours Standard

| Name                       | Age Team             | Finals      | Age-Grading    |
|----------------------------|----------------------|-------------|----------------|
| 1 # 9692 Bailey, Jason     | M46 GROOT CONSTANTIA | 4:56.72 WPS | 4:31.06 76.00% |
| 2 # 4575 Juries, Chubasco  | M47 BRIMESTONE I     | 5:03.00     | 4:34.83 74.96% |
| 3 # 8071 Mapukata, Sihle   | M46 NEDBANK WP       | 5:17.17     | 4:49.74 71.10% |
| 4 # 2129 Mullins, Pheobius | M49 MULTI SPORT MANI | 5:20.44     | 4:46.45 71.92% |

**M55 1500 Meter Run**

55 SA Record: N 4:32.40 Sybrand Mostert, WPA  
 55 WP Record: P 4:32.40 Stefanus Mostert  
 4:40.00 55 SA Nat colours std  
 5:29.00 55 WPS WP Colours Standard

| Name                       | Age Team             | Finals      | Age-Grading    |
|----------------------------|----------------------|-------------|----------------|
| 1 # 7440 Philander, Tobias | M58 ELSIESRIVIER RUN | 4:51.00 WPS | 4:02.12 85.09% |

**W30 5000 Meter Run**

30 SA Record: N 16:26.70 11/19/1994 A. Vermeulen  
 30 WP Record: P 17:43.30 2/21/2015 Anneline Roffey  
 21:50.00 30 WPS WP Colours Standard

| Name                       | Age Team         | Finals   | Age-Grading     |
|----------------------------|------------------|----------|-----------------|
| 1 # 2454 Burger, Elretha   | W33 BELLVILLE AT | 23:37.52 | 23:37.53 61.00% |
| 2 # 2324 De Kock, Johandie | W34 BELLVILLE AT | 25:04.19 | 25:04.20 57.48% |

**W35 5000 Meter Run**

35 SA Record: N 16:12.87 10/17/1983 Sonja Laxton, CGA  
 35 WP Record: P 17:19.32 2/21/2015 Simae Bulelwa  
 18:58.00 35 SA Nat colours std  
 22:10.00 35 WPS WP Colours Standard

| Name                       | Age Team         | Finals   | Age-Grading     |
|----------------------------|------------------|----------|-----------------|
| 1 # 6789 Mashanda, Preciou | W39 GOODWOOD HAR | 25:25.26 | 24:51.71 57.97% |

**W40 5000 Meter Run**

40 SA Record: N 17:54.40 7/4/2001 D. Sandford, SWD  
 40 WP Record: P 18:14.70 3/10/2018 Simae Bulelwa  
 19:14.00 40 SA Nat colours std  
 22:30.00 40 WPS WP Colours Standard

| Name                | Age Team             | Finals       | Age-Grading     |
|---------------------|----------------------|--------------|-----------------|
| 1 Africa, Carmelita | W40 INDIVIDUAL ENTRY | 22:16.93 WPS | 21:38.43 66.59% |



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**Leo Benning Meeting No 1 - 14 January 2023 - 1/14/2023****Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 5000 Meter Run**

| 50 SA Record: N | 18:55.90      | 5/7/1993                   | 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 | W51 GOODWOOD HAR           | 23:04.83 WPS | 20:31.26    | 70.23% |

**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         | 33:19.06 SA | 20:20.23    | 70.86% |

**M30 5000 Meter Run**

| 30 SA Record: N | 14:16.25     | 5/4/2002                   | M. Nobanda |             |        |
|-----------------|--------------|----------------------------|------------|-------------|--------|
| 30 WP Record: P | 15:20.80     |                            | W. Visser  |             |        |
|                 | 17:30.00     | 30 WPS WP Colours Standard |            |             |        |
| Name            |              | Age Team                   | Finals     | Age-Grading |        |
| 1 #10732        | Bariis, Essa | M33 ATLANTIC ATHLETI       | 17:54.59   | 17:54.60    | 70.45% |

**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 # 5155        | Adriaanse, AJ   | M38 EERSTE RIVIE           | 17:21.10 WPS  | 17:09.76    | 73.51% |
| 2 # 6901        | Ockhuis, Garron | M37 GOODWOOD HAR           | 17:33.44 WPS  | 17:29.86    | 72.10% |
| 3 # 7444        | October, Faizel | M35 ELSIESRIVIER RUN       | 17:48.88      | 17:48.89    | 70.82% |

**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 # 9501        | Mokoatsi, Tumelo | M44 KUILSRIVER RUNNERS     | 16:28.74 WPS | 15:33.18    | 81.12% |
| 2 # 3901        | Broers, Neil     | M41 ATLANTIC ATHLETI       | 17:16.70 WPS | 16:42.08    | 75.54% |



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| 45 SA Record: N           | 15:19.68 |                            | Steve Hollier, CGA |             |        |
|---------------------------|----------|----------------------------|--------------------|-------------|--------|
| 45 WP Record: P           | 15:19.68 |                            | S. Hollier         |             |        |
|                           | 16:30.00 | 45 SA Nat colours std      |                    |             |        |
|                           | 18:50.00 | 45 WPS WP Colours Standard |                    |             |        |
| Name                      | Age      | Team                       | Finals             | Age-Grading |        |
| 1 # 4575 Juries, Chubasco | M47      | BRIMESTONE I               | 17:54.59 WPS       | 16:29.49    | 76.50% |
| 2 # 8071 Mapukata, Sihle  | M46      | NEDBANK WP                 | 18:31.69 WPS       | 17:12.21    | 73.34% |

**M50 5000 Meter Run**

| 50 SA Record: N           | 16:01.50 | 2003                       | Sean Rice, CGA |             |        |
|---------------------------|----------|----------------------------|----------------|-------------|--------|
| 50 WP Record: P           | 16:37.76 |                            | S. Hollier     |             |        |
|                           | 16:45.00 | 50 SA Nat colours std      |                |             |        |
|                           | 19:25.00 | 50 WPS WP Colours Standard |                |             |        |
| Name                      | Age      | Team                       | Finals         | Age-Grading |        |
| 1 # 2411 Peacock, Michael | M50      | BELLVILLE AT               | 21:11.09       | 19:00.94    | 66.35% |

**M55 5000 Meter Run**

| 55 SA Record: N          | 16:54.76 |                            | Sybrand Mostert, WPA |             |        |
|--------------------------|----------|----------------------------|----------------------|-------------|--------|
| 55 WP Record: P          | 16:54.60 |                            | Stefanus Mostert     |             |        |
|                          | 17:30.00 | 55 SA Nat colours std      |                      |             |        |
|                          | 20:40.00 | 55 WPS WP Colours Standard |                      |             |        |
| Name                     | Age      | Team                       | Finals               | Age-Grading |        |
| 1 # 434 Cranswick, Mason | M56      | VARSITY OLD BOYS AC        | 19:05.43 WPS         | 16:14.19    | 77.71% |
| 2 # 7718 Swart, Dries    | M57      | ATHLANTIC TRIATH           | 21:26.80             | 18:04.13    | 69.83% |

**M60 5000 Meter Run**

| 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 |                  |             |        |
| Name                     | Age      | Team                       | Finals           | Age-Grading |        |
| 1 # 1275 Grobbaar, Johan | M60      | NEDBANK SWD                | 19:29.63 WPS     | 15:57.46    | 79.06% |
| 2 # 7458 Isaacs, Kevin   | M63      | ELSIERIVIER RUN            | 21:24.51 WPS     | 17:00.55    | 74.18% |

**M65 5000 Meter Run**

| 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 |                  |             |        |
| Name                  | Age      | Team                       | Finals           | Age-Grading |        |
| 1 # 4982 Rhoda, Keith | M66      | WP CARBINEERS              | 21:36.61 WPS     | 16:38.52    | 75.81% |



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2 # 6281 Ganief, Fahldi M69 CENTRAL ATHL 28:37.31 21:20.43 59.12%

**M70 5000 Meter Run**

70 SA Record: N 19:40.94 3/25/2006 Ken Nurden, AGN

70 WP Record: P 21:53.10 11/16/2013 Peter Donald

22:00.00 70 SA Nat colours std

25:30.00 70 WPS WP Colours Standard

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

|                         |            |          |                 |
|-------------------------|------------|----------|-----------------|
| 1 # 9677 April, Niklaas | M71 TITANS | 27:46.13 | 20:14.95 62.31% |
|-------------------------|------------|----------|-----------------|

**M75 5000 Meter Run**

75 SA Record: N 21:30.10 4/30/2010 Ken Nurden, AGN

75 WP Record: P 26:08.90 3/16/2013 Bub Evans

25:00.00 75 SA Nat colours std

29:30.00 75 WPS WP Colours Standard

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

|                        |                   |              |                 |
|------------------------|-------------------|--------------|-----------------|
| 1 # 6692 Donald, Peter | M79 WEST COAST AC | 29:06.88 WPS | 19:17.49 65.40% |
|------------------------|-------------------|--------------|-----------------|

**M50 400 Long Hurdles**

50 SA Record: N 1:01.29 3/25/2004 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

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

|                         |                |         |                |
|-------------------------|----------------|---------|----------------|
| 1 # 1939 Isaacs, Duncan | M54 NEDBANK WP | 1:29.22 | 1:29.23 52.43% |
|-------------------------|----------------|---------|----------------|

**W50 High Jump**

50 SA Record: N 1.53m 4/1/2017 Dinah Heymans, FSA

50 WP Record: P 1.28m 4/26/2013 Jackie Basson

1.30m 50 SA Nat colours std

1.15m 50 WPS WP Colours Standard

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

|                      |                  |       |              |
|----------------------|------------------|-------|--------------|
| 1 # 38 Lategan, Jill | W51 GOODWOOD HAR | 1.13m | 1.34m 64.20% |
|----------------------|------------------|-------|--------------|



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| Name                       | Age       | Team               | Finals   | Age-Grading  |
|----------------------------|-----------|--------------------|----------|--------------|
| 55 SA Record: N 1.40m      | 3/26/2022 | Dinah Heymans, AGN |          |              |
| 55 WP Record: P 1.35m      | 5/28/2022 | Suretha Deetlefs   |          |              |
| 1.22m                      | 55 SA Nat | colours std        |          |              |
| 1.09m                      | 55 WPS WP | Colours Standard   |          |              |
| 1 # 2401 Deetlefs, Suretha | W59       | BELLVILLE AT       | 1.33m SA | 1.71m 82.10% |

**M45 High Jump**

| Name                  | Age       | Team                | Finals | Age-Grading  |
|-----------------------|-----------|---------------------|--------|--------------|
| 45 SA Record: N 1.93m | 2/23/2013 | Johann Gutsche, CNW |        |              |
| 45 WP Record: P 1.65m |           | C.Carl              |        |              |
| 1.68m                 | 45 SA Nat | colours std         |        |              |
| 1.48m                 | 45 WPS WP | Colours Standard    |        |              |
| 1 #42695 Holmes, Dean | M46       | INDIVIDUAL ENTRY    | 1.23m  | 1.37m 56.16% |

**M50 High Jump**

| Name                      | Age       | Team                | Finals    | Age-Grading  |
|---------------------------|-----------|---------------------|-----------|--------------|
| 50 SA Record: N 1.82m     | 5/3/2019  | Johann Gutsche, CNW |           |              |
| 50 WP Record: P 1.61m     |           | Leo Benning         |           |              |
| 1.60m                     | 50 SA Nat | colours std         |           |              |
| 1.41m                     | 50 WPS WP | Colours Standard    |           |              |
| 1 # 2404 Maree, Archibald | M50       | BELLVILLE AT        | 1.54m WPS | 1.79m 73.33% |

**M60 High Jump**

| Name                       | Age       | Team                  | Finals   | Age-Grading  |
|----------------------------|-----------|-----------------------|----------|--------------|
| 60 SA Record: N 1.67m      | 5/29/2021 | Neal Bredeveltdt, WPA |          |              |
| 60 WP Record: P 1.67m      | 5/29/2021 | Neal Bredeveltdt      |          |              |
| 1.45m                      | 60 SA Nat | colours std           |          |              |
| 1.27m                      | 60 WPS WP | Colours Standard      |          |              |
| 1 # 5758 Bredeveltdt, Neal | M61       | TYGERBERG AT          | 1.54m SA | 2.01m 81.91% |

**W40 Long Jump**

| Name                   | Age       | Team                  | Finals    | Wind | Age-Grading  |
|------------------------|-----------|-----------------------|-----------|------|--------------|
| 40 SA Record: N 5.73m  | 3/31/2012 | Charmain Barnard, AGN |           |      |              |
| 40 WP Record: P 4.55m  |           | N Weideman            |           |      |              |
| 4.72m                  | 40 SA Nat | colours std           |           |      |              |
| 3.95m                  | 40 WPS WP | Colours Standard      |           |      |              |
| 1 # 7543 Juries, Tanja | W43       | VELOCITY ATH CLUB     | 4.33m WPS | 1.7  | 4.91m 65.31% |



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**Leo Benning Meeting No 1 - 14 January 2023 - 1/14/2023****Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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 | 3.28m             | 1.6  | 4.17m 55.50% |  |  |

**M45 Long Jump**

| 45 SA Record: N       | 6.34m |                  | V. Häger, KZN    |      |              |  |  |
|-----------------------|-------|------------------|------------------|------|--------------|--|--|
| 45 WP Record: P       | 5.65m |                  | Basil Carnie     |      |              |  |  |
|                       | 5.70m | 45 SA Nat        | colours std      |      |              |  |  |
|                       | 4.85m | 45 WPS WP        | Colours Standard |      |              |  |  |
| Name                  | Age   | Team             | Finals           | Wind | Age-Grading  |  |  |
| 1 #42695 Holmes, Dean | M46   | INDIVIDUAL ENTRY | 3.79m            | 5.9  | 4.47m 50.00% |  |  |

**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 # 2404 Maree, Archibald | M50   | BELLVILLE AT | 4.68m WPS        | 1.4  | 5.78m 64.64% |  |  |
| 2 # 1939 Isaacs, Duncan   | M54   | NEDBANK WP   | 3.54m            | 1.0  | 4.58m 51.23% |  |  |

**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 | 3.43m WPS        | 1.8  | 5.64m 63.05% |  |  |

**M40 Triple Jump**

| 40 SA Record: N           | 14.40m |              | G. Swakala       |      |               |  |  |
|---------------------------|--------|--------------|------------------|------|---------------|--|--|
| 40 WP Record: P           | 13.57m | 4/9/2022     | Jason Sewanayana |      |               |  |  |
|                           | 12.00m | 40 SA Nat    | colours std      |      |               |  |  |
|                           | 11.25m | 40 WPS WP    | Colours Standard |      |               |  |  |
| Name                      | Age    | Team         | Finals           | Wind | Age-Grading   |  |  |
| 1 # 5760 Sewanyana, Jason | M41    | TYGERBERG AT | 13.57mPSA        | 1.6  | 14.41m 78.80% |  |  |



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50 SA Record: N 12.80m 10/2013 V. McBride, WPA  
 50 WP Record: P 11.90m 3/16/2013 Vincent McBride  
 11.40m 50 SA Nat colours std  
 10.00m 50 WPS WP Colours Standard

| Name                       | Age Team         | Finals | Wind | Age-Grading |
|----------------------------|------------------|--------|------|-------------|
| -- # 2404 Maree, Archibald | M50 BELLVILLE AT | ND     | NWI  |             |

**M55 Triple Jump**

55 SA Record: N 11.65m 10/27/2018 V. McBride, WPA  
 55 WP Record: P 11.48m 4/27/2018 Vincent McBride  
 10.50m 55 SA Nat colours std  
 9.50m 55 WPS WP Colours Standard

| Name                | Age Team         | Finals     | Wind | Age-Grading   |
|---------------------|------------------|------------|------|---------------|
| 1 Matthee, Giliomee | M55 TYGERBERG AT | 10.22m WPS | 0.3  | 12.73m 69.62% |

**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 Bredeveldt, Neal | M61 TYGERBERG AT | 9.38m WPS | 1.1  | 12.65m 69.17% |

**W35 Shot Put**

35 SA Record: N 12.27m 3/26/2022 Tanya Pubalakan, FSA  
 35 WP Record: P 12.03m 3/10/2018 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 | 9.06m 40.05% |

**W40 Shot Put**

40 SA Record: N 11.92m M-L Uys, SWD  
 40 WP Record: P 11.92m M. Uys  
 10.23m 40 SA Nat colours std  
 8.00m 40 WPS WP Colours Standard

| Name                   | Age Team                | Finals     | Age-Grading   |
|------------------------|-------------------------|------------|---------------|
| 1 # 503 Mallin, Ezette | W40 VARSITY OLD BOYS AC | 10.21m WPS | 11.41m 50.44% |



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**Leo Benning Meeting No 1 - 14 January 2023 - 1/14/2023****Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Shot Put**

50 SA Record: N 13.24m 3/30/2019 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 # 7542 Snyders, Margaret | W51 VELOCITY ATH CLUB | 6.12m  | 7.05m 31.18% |
| 2 # 114 Noordien, Mishka   | W52 BONTEHEUWEL       | 4.88m  | 5.72m 25.28% |

**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 # 3331 Johnson, Mary-Ann | W55 PINELANDS AC | 7.24m  | 8.94m 39.52% |

**W60 Shot Put**

60 SA Record: N 11.74m M van As  
 60 WP Record: P 9.43m 1/11/2020 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 | 8.10m WPS | 11.62m 51.36% |

**W65 Shot Put**

65 SA Record: N 10.63m M van As  
 65 WP Record: P 8.55m 1/12/2019 Zelda Erasmus  
 8.10m 65 SA Nat colours std  
 6.30m 65 WPS WP Colours Standard

| Name                       | Age Team         | Finals | Age-Grading  |
|----------------------------|------------------|--------|--------------|
| 1 # 2469 Stoffberg, Tertia | W68 BELLVILLE AT | 5.56m  | 8.84m 39.10% |

**W70 Shot Put**

70 SA Record: N 8.51m 4/13/2019 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 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 5.47m  | 9.30m 41.13% |
| 2 # 2429 Roos, Leonora   | W73 BELLVILLE AT | 5.10m  | 9.08m 40.16% |



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**Leo Benning Meeting No 1 - 14 January 2023 - 1/14/2023****Green Point Athletics Stadium****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W75 Shot Put**

| Name                       | Age   | Team                       | Finals             | Age-Grading  |
|----------------------------|-------|----------------------------|--------------------|--------------|
| 75 SA Record: N            | 8.07m | 5/13/2016                  | Penny England, AVT |              |
| 75 WP Record: P            | 6.33m | 5/7/2022                   | Elize Grobbelaar   |              |
|                            | 7.00m | 75 SA Nat colours std      |                    |              |
|                            | 5.10m | 75 WPS WP Colours Standard |                    |              |
| 1 # 2476 Grobbelaar, Elize | W77   | BELLVILLE AT               | 5.51m WPS          | 8.85m 39.13% |

**M30 Shot Put**

| Name                    | Age    | Team                       | Finals         | Age-Grading   |
|-------------------------|--------|----------------------------|----------------|---------------|
| 30 SA Record: N         | 16.28m |                            | C Scheepers    |               |
| 30 WP Record: P         | 13.92m | 2/14/1972                  | Steve Johnston |               |
|                         | 11.50m | 30 WPS WP Colours Standard |                |               |
| 1 # 9174 Theron, Barend | M34    | LWANDLE AC                 | 11.35m         | 11.48m 49.65% |

**M40 Shot Put**

| Name                       | Age    | Team                       | Finals                 | Age-Grading   |
|----------------------------|--------|----------------------------|------------------------|---------------|
| 40 SA Record: N            | 18.52m | 2/3/2018                   | Burger Lambrechts, AGN |               |
| 40 WP Record: P            | 14.01m |                            | T. Geldenhuys          |               |
|                            | 13.24m | 40 SA Nat colours std      |                        |               |
|                            | 10.40m | 40 WPS WP Colours Standard |                        |               |
| 1 # 3556 Wiener, Shukri    | M41    | PINELANDS AC               | 11.95m WPS             | 13.18m 57.01% |
| 2 #42715 Rautenbach, Corne | M44    | INDIVIDUAL ENTRY           | 9.53m                  | 10.93m 47.30% |
| 3 Meyer, Garth             | M43    | INDIVIDUAL ENTRY           | 8.98m                  | 10.16m 43.98% |

**M45 Shot Put**

| Name                    | Age    | Team                       | Finals                 | Age-Grading   |
|-------------------------|--------|----------------------------|------------------------|---------------|
| 45 SA Record: N         | 18.29m | 4/27/2018                  | Burger Lambrechts, AGN |               |
| 45 WP Record: P         | 12.58m | 3/21/2015                  | Gerhard Potgieter      |               |
|                         | 12.20m | 45 SA Nat colours std      |                        |               |
|                         | 9.50m  | 45 WPS WP Colours Standard |                        |               |
| 1 # 8780 Van Zyl, Chris | M46    | STRAND AC                  | 9.12m                  | 10.74m 46.48% |
| 2 #42695 Holmes, Dean   | M46    | INDIVIDUAL ENTRY           | 7.11m                  | 8.37m 36.24%  |

**M50 Shot Put**

| Name                       | Age    | Team                       | Finals            | Age-Grading  |
|----------------------------|--------|----------------------------|-------------------|--------------|
| 50 SA Record: N            | 17.09m | 6/11/2016                  | Burton Haupt, AGN |              |
| 50 WP Record: P            | 13.09m | 3/16/2013                  | Charl Barnard     |              |
|                            | 13.50m | 50 SA Nat colours std      |                   |              |
|                            | 10.40m | 50 WPS WP Colours Standard |                   |              |
| 1 # 9175 Van Der Walt, Ste | M54    | LWANDLE AC                 | 8.30m             | 9.95m 43.07% |
| 2 # 1939 Isaacs, Duncan    | M54    | NEDBANK WP                 | 6.62m             | 7.94m 34.35% |



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55 SA Record: N 15.84m 10/2016 Burton Haupt, AGN  
 55 WP Record: P 12.30m 2/26/2011 Anton Wale  
 12.50m 55 SA Nat colours std  
 9.70m 55 WPS WP Colours Standard

| Name                    | Age Team     | Finals | Age-Grading   |
|-------------------------|--------------|--------|---------------|
| 1 #42698 Odendaal, Dirk | M57 PAARL AC | 8.46m  | 10.62m 45.95% |

**M60 Shot Put**

60 SA Record: N 14.96m 11/13/2021 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 # 7171 Simpson, Shaun | M60 NEDBANK WP   | 10.64m WPS | 12.78m 55.33% |
| 2 # 2460 Lamara, Zain   | M62 BELLVILLE AT | 9.75m      | 12.10m 52.36% |

**M75 Shot Put**

75 SA Record: N 12.53m 4/14/2012 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 | 10.42m SA | 14.71m 63.65% |

**W35 Discus Throw**

35 SA Record: N 55.01m 4/25/2014 E. Naude, AGN  
 35 WP Record: P 38.26m 2/17/2018 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 | 28.22m WPS | 30.02m 39.09% |

**W40 Discus Throw**

40 SA Record: N 43.48m R. Boshoff  
 40 WP Record: P 31.61m E. Niemand  
 32.85m 40 SA Nat colours std  
 25.60m 40 WPS WP Colours Standard

| Name                   | Age Team                | Finals     | Age-Grading   |
|------------------------|-------------------------|------------|---------------|
| 1 # 503 Mallin, Ezette | W40 VARSITY OLD BOYS AC | 27.89m WPS | 30.15m 39.27% |



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50 SA Record: N 35.23m 4/27/2018 Heleen Knobel, SWD  
 50 WP Record: P 26.80m E. Engelbrecht  
 30.00m 50 SA Nat colours std  
 21.60m 50 WPS WP Colours Standard

| Name                       | Age Team              | Finals | Age-Grading   |
|----------------------------|-----------------------|--------|---------------|
| 1 # 7542 Snyders, Margaret | W51 VELOCITY ATH CLUB | 13.28m | 17.31m 22.54% |
| 2 # 114 Noordien, Mishka   | W52 BONTEHEUWEL       | 9.04m  | 11.99m 15.62% |

**W55 Discus Throw**

55 SA Record: N 33.29m 12/11/2021 Heleen Knobel  
 55 WP Record: P 27.42m Hester Schoonwinkel  
 25.50m 55 SA Nat colours std  
 19.90m 55 WPS WP Colours Standard

| Name                       | Age Team         | Finals | Age-Grading   |
|----------------------------|------------------|--------|---------------|
| 1 # 3331 Johnson, Mary-Ann | W55 PINELANDS AC | 16.13m | 22.63m 29.47% |

**W60 Discus Throw**

60 SA Record: N 28.78m 3/12/2005 J. Rzepecka, CGA  
 60 WP Record: P 21.09m 3/9/2019 Farieda Dramat  
 23.80m 60 SA Nat colours std  
 18.60m 60 WPS WP Colours Standard

| Name                     | Age Team         | Finals     | Age-Grading   |
|--------------------------|------------------|------------|---------------|
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 19.95m WPS | 32.84m 42.77% |

**W65 Discus Throw**

65 SA Record: N 24.84m M. van As  
 65 WP Record: P 21.48m 2/24/2019 Zelda Erasmus  
 21.00m 65 SA Nat colours std  
 16.40m 65 WPS WP Colours Standard

| Name                       | Age Team         | Finals | Age-Grading   |
|----------------------------|------------------|--------|---------------|
| 1 # 2469 Stoffberg, Tertia | W68 BELLVILLE AT | 10.90m | 20.04m 26.11% |

**W70 Discus Throw**

70 SA Record: N 23.26m L. Grobler, AGN  
 70 WP Record: P 17.29m 1/24/2015 Adrie Benade  
 19.00m 70 SA Nat colours std  
 14.80m 70 WPS WP Colours Standard

| Name                     | Age Team         | Finals | Age-Grading   |
|--------------------------|------------------|--------|---------------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 12.46m | 24.62m 32.06% |
| 2 # 2429 Roos, Leonora   | W73 BELLVILLE AT | 11.74m | 24.39m 31.76% |



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| Name                       | Age Team                     | Finals | Age-Grading   |
|----------------------------|------------------------------|--------|---------------|
| 75 SA Record: N 21.23m     | 5/13/2016 Penny England, AVT |        |               |
| 75 WP Record: P 16.20m     | 3/5/2022 Elize Grobellaar    |        |               |
| 17.00m                     | 75 SA Nat colours std        |        |               |
| 13.30m                     | 75 WPS WP Colours Standard   |        |               |
| 1 # 2476 Grobellaar, Elize | W77 BELLVILLE AT             | 12.19m | 24.43m 31.81% |

**M30 Discus Throw**

| Name                    | Age Team                   | Finals     | Age-Grading   |
|-------------------------|----------------------------|------------|---------------|
| 30 SA Record: N 48.50m  | P. Goosen                  |            |               |
| 30 WP Record: P 49.91m  | 3/15/1972 Steve Johnston   |            |               |
| 33.00m                  | 30 WPS WP Colours Standard |            |               |
| 1 # 9174 Theron, Barend | M34 LWANDLE AC             | 35.32m WPS | 35.32m 47.68% |

**M40 Discus Throw**

| Name                       | Age Team                   | Finals     | Age-Grading   |
|----------------------------|----------------------------|------------|---------------|
| 40 SA Record: N 51.04m     | J.J. van Zyl, EPA          |            |               |
| 40 WP Record: P 42.30m     | Tiny Geldenhuys            |            |               |
| 40.17m                     | 40 SA Nat colours std      |            |               |
| 31.30m                     | 40 WPS WP Colours Standard |            |               |
| 1 # 3556 Wiener, Shukri    | M41 PINELANDS AC           | 33.77m WPS | 34.55m 46.64% |
| 2 #42715 Rautenbach, Corne | M44 INDIVIDUAL ENTRY       | 29.56m     | 31.45m 42.47% |
| 3 Meyer, Garth             | M43 INDIVIDUAL ENTRY       | 21.05m     | 22.10m 29.84% |

**M45 Discus Throw**

| Name                    | Age Team                   | Finals | Age-Grading   |
|-------------------------|----------------------------|--------|---------------|
| 45 SA Record: N 49.13m  | J.J. van Zyl, EPA          |        |               |
| 45 WP Record: P 38.66m  | 11/9/1988 Steve Johnston   |        |               |
| 38.08m                  | 45 SA Nat colours std      |        |               |
| 30.00m                  | 45 WPS WP Colours Standard |        |               |
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC              | 28.08m | 30.70m 41.45% |

**M50 Discus Throw**

| Name                       | Age Team                    | Finals | Age-Grading   |
|----------------------------|-----------------------------|--------|---------------|
| 50 SA Record: N 52.06m     | 3/18/2009 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  |        |               |
| 1 # 9175 Van Der Walt, Ste | M54 LWANDLE AC              | 20.30m | 21.59m 29.15% |
| 2 # 1939 Isaacs, Duncan    | M54 NEDBANK WP              | 17.16m | 18.25m 24.64% |



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| Name                    | Age Team                   | Finals            | Age-Grading   |
|-------------------------|----------------------------|-------------------|---------------|
| 55 SA Record: N 53.79m  | 10/2016                    | Burton Haupt, AGN |               |
| 55 WP Record: P 39.48m  | 11/8/1994                  | Steve Johnston    |               |
| 40.50m                  | 55 SA Nat colours std      |                   |               |
| 31.50m                  | 55 WPS WP Colours Standard |                   |               |
| 1 #42698 Odendaal, Dirk | M57 PAARL AC               | 24.62m            | 27.45m 37.06% |

**M60 Discus Throw**

| Name                    | Age Team                   | Finals            | Age-Grading   |
|-------------------------|----------------------------|-------------------|---------------|
| 60 SA Record: N 54.58m  | 11/13/2021                 | Burton Haupt, AGN |               |
| 60 WP Record: P 45.46m  | 11/8/1999                  | Steve Johnston    |               |
| 44.26m                  | 60 SA Nat colours std      |                   |               |
| 34.50m                  | 60 WPS WP Colours Standard |                   |               |
| 1 # 7171 Simpson, Shaun | M60 NEDBANK WP             | 33.13m            | 31.69m 42.79% |
| 2 # 2460 Lamara, Zain   | M62 BELLVILLE AT           | 28.36m            | 28.08m 37.91% |

**M75 Discus Throw**

| Name                   | Age Team                   | Finals             | Age-Grading   |
|------------------------|----------------------------|--------------------|---------------|
| 75 SA Record: N 34.05m | 3/11/2006                  | 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 |                    |               |
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT           | 29.09m SA          | 37.31m 50.37% |

**W35 Hammer Throw**

| Name                    | Age Team                   | Finals               | Age-Grading   |
|-------------------------|----------------------------|----------------------|---------------|
| 35 SA Record: N 48.00m  | 3/26/2022                  | Tanya Pubalakan, AGN |               |
| 35 WP Record: P 47.15m  | 3/16/2013                  | Marilize Coetzee     |               |
| 36.00m                  | 35 SA Nat colours std      |                      |               |
| 27.70m                  | 35 WPS WP Colours Standard |                      |               |
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT           | 24.43m               | 28.26m 36.71% |

**W50 Hammer Throw**

| Name                     | Age Team                   | Finals              | Age-Grading   |
|--------------------------|----------------------------|---------------------|---------------|
| 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 |                     |               |
| 1 # 114 Noordien, Mishka | W52 BONTEHEUWEL            | 14.13m              | 18.27m 23.74% |



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60 SA Record: N 33.82m 2/20/2010 H Schoonwinkel, WPA  
 60 WP Record: P 28.03m 1/22/2022 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 | 23.24m WPS | 38.17m 49.58% |

**W65 Hammer Throw**

65 SA Record: N 30.10m 4/29/2006 A Olivier  
 65 WP Record: P 24.86m 3/13/2020 Zelda Erasmus  
 25.00m 65 SA Nat colours std  
 18.00m 65 WPS WP Colours Standard

| Name                       | Age Team         | Finals     | Age-Grading   |
|----------------------------|------------------|------------|---------------|
| 1 # 2469 Stoffberg, Tertia | W68 BELLVILLE AT | 18.34m WPS | 33.97m 44.13% |

**W70 Hammer Throw**

70 SA Record: N 25.76m L Grobler, AGN  
 70 WP Record: P 23.03m 3/16/2017 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 | 17.00m WPS | 34.00m 44.17% |

**W75 Hammer Throw**

75 SA Record: N 30.52m 5/13/2016 Penny England, AVT  
 75 WP Record: P 26.04m 3/5/2022 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 | 19.64m WPS | 35.38m 45.95% |

**M30 Hammer Throw**

30 SA Record: N 74.15m 4/25/2008 Chris Harmse, FSA  
 30 WP Record: P 46.90m B. Coetzee  
 36.00m 30 WPS WP Colours Standard

| Name                    | Age Team       | Finals | Age-Grading   |
|-------------------------|----------------|--------|---------------|
| 1 # 9174 Theron, Barend | M34 LWANDLE AC | 33.80m | 33.80m 38.97% |



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| Name                       | Age Team                    | Finals     | Age-Grading   |
|----------------------------|-----------------------------|------------|---------------|
| 40 SA Record: N 73.90m     | 8/13/2015 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  |            |               |
| 1 # 3556 Wiener, Shukri    | M41 PINELANDS AC            | 37.42m WPS | 39.61m 45.67% |
| 2 #42715 Rautenbach, Corne | M44 INDIVIDUAL ENTRY        | 25.36m     | 27.87m 32.13% |

**M45 Hammer Throw**

| Name                    | Age Team                    | Finals | Age-Grading   |
|-------------------------|-----------------------------|--------|---------------|
| 45 SA Record: N 71.70m  | 4/26/2019 V Meiring, AGN    |        |               |
| 45 WP Record: P 38.25m  | 3/19/2016 Gerhard Potgieter |        |               |
| 43.50m                  | 45 SA Nat colours std       |        |               |
| 33.60m                  | 45 WPS WP Colours Standard  |        |               |
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC               | 25.12m | 28.34m 32.67% |

**M50 Hammer Throw**

| Name                       | Age Team                   | Finals | Age-Grading   |
|----------------------------|----------------------------|--------|---------------|
| 50 SA Record: N 59.80m     | 3/25/2006 C Koen           |        |               |
| 50 WP Record: P 35.49m     | Gert Engelbrecht           |        |               |
| 44.50m                     | 50 SA Nat colours std      |        |               |
| 34.40m                     | 50 WPS WP Colours Standard |        |               |
| 1 # 9175 Van Der Walt, Ste | M54 LWANDLE AC             | 19.77m | 22.76m 26.24% |
| 2 # 1939 Isaacs, Duncan    | M54 NEDBANK WP             | 15.39m | 17.71m 20.43% |

**M55 Hammer Throw**

| Name                    | Age Team                   | Finals | Age-Grading   |
|-------------------------|----------------------------|--------|---------------|
| 55 SA Record: N 52.97m  | J. Roodt, KZN              |        |               |
| 55 WP Record: P 35.21m  | Gert Engelbrecht           |        |               |
| 43.00m                  | 55 SA Nat colours std      |        |               |
| 32.80m                  | 55 WPS WP Colours Standard |        |               |
| 1 #42698 Odendaal, Dirk | M57 PAARL AC               | 28.61m | 34.56m 39.85% |

**M75 Hammer Throw**

| Name                   | Age Team                        | Finals    | Age-Grading   |
|------------------------|---------------------------------|-----------|---------------|
| 75 SA Record: N 46.68m | 4/14/2012 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      |           |               |
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT                | 33.93m SA | 48.41m 55.82% |



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35 SA Record: N 46.11m 3/26/2022 Linda van Vreden, AGN  
 35 WP Record: P 38.70m Dinky Quelch  
 31.53m 35 SA Nat colours std  
 24.50m 35 WPS WP Colours Standard

| Name                    | Age Team         | Finals | Age-Grading   |
|-------------------------|------------------|--------|---------------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 18.44m | 20.44m 28.00% |

**W50 Javelin Throw**

50 SA Record: N 34.44m 9/2018 Heleen Knobel, SWD  
 50 WP Record: P 30.02m 4/26/2013 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       | W51 GOODWOOD HAR      | 19.83m | 25.45m 34.87% |
| 2 # 2425 Le Roux, Rentia   | W53 BELLVILLE AT      | 17.33m | 23.19m 31.77% |
| 3 # 114 Noordien, Mishka   | W52 BONTEHEUWEL       | 10.70m | 14.02m 19.21% |
| 4 # 7542 Snyders, Margaret | W51 VELOCITY ATH CLUB | 9.67m  | 12.41m 17.00% |

**W60 Javelin Throw**

60 SA Record: N 26.93m 4/10/2021 Aletta Pietersen, SAPS  
 60 WP Record: P 27.00m Susan Malherbe  
 23.00m 60 SA Nat colours std  
 17.50m 60 WPS WP Colours Standard

| Name                     | Age Team         | Finals    | Age-Grading   |
|--------------------------|------------------|-----------|---------------|
| 1 # 52 Pietersen, Aletta | W61 SAPS MARATHO | 25.91m SA | 41.31m 56.58% |
| 2 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 13.89m    | 23.19m 31.77% |

**W70 Javelin Throw**

70 SA Record: N 19.77m 5/3/2019 Mercia Ferreira, CGA  
 70 WP Record: P 18.30m Aletta Ackermann  
 18.00m 70 SA Nat colours std  
 14.00m 70 WPS WP Colours Standard

| Name                     | Age Team         | Finals | Age-Grading   |
|--------------------------|------------------|--------|---------------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 10.22m | 20.80m 28.50% |
| 2 # 2429 Roos, Leonora   | W73 BELLVILLE AT | 9.64m  | 20.70m 28.36% |



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75 SA Record: N 16.83m 5/15/2016 Penny England, AVT  
 75 WP Record: P 13.93m Isabel Hofmeyr  
 15.00m 75 SA Nat colours std  
 8.70m 75 WPS WP Colours Standard

| Name                       | Age Team         | Finals     | Age-Grading   |
|----------------------------|------------------|------------|---------------|
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 10.49m WPS | 22.56m 30.91% |

**M30 Javelin Throw**

30 SA Record: N 67.76m 11/12/2011 Frans Human, FSA  
 30 WP Record: P 48.54m Hein Vercueil  
 44.00m 30 WPS WP Colours Standard

| Name                    | Age Team       | Finals | Age-Grading   |
|-------------------------|----------------|--------|---------------|
| 1 # 9174 Theron, Barend | M34 LWANDLE AC | 31.97m | 32.90m 33.42% |

**M35 Javelin Throw**

35 SA Record: N 66.04m 4/3/2004 J. van Wyk  
 35 WP Record: P 53.99m 4/27/2018 Bertus Potgieter  
 54.00m 35 SA Nat colours std  
 42.00m 35 WPS WP Colours Standard

| Name              | Age Team   | Finals | Age-Grading   |
|-------------------|------------|--------|---------------|
| 1 # 43 Rix, Andre | M36 TITANS | 17.34m | 18.35m 18.64% |

**M40 Javelin Throw**

40 SA Record: N 65.54m 1998 T. Liebenberg, CNW  
 40 WP Record: P 46.70m R. Joubert  
 52.45m 40 SA Nat colours std  
 40.90m 40 WPS WP Colours Standard

| Name                       | Age Team             | Finals     | Age-Grading   |
|----------------------------|----------------------|------------|---------------|
| 1 # 7297 Young, Tyrone     | M40 PINELANDS AC     | 46.70mPWPS | 52.38m 53.20% |
| 2 # 3556 Wiener, Shukri    | M41 PINELANDS AC     | 40.63m     | 46.26m 46.98% |
| 3 #42715 Rautenbach, Corne | M44 INDIVIDUAL ENTRY | 18.17m     | 21.66m 21.99% |

**M45 Javelin Throw**

45 SA Record: N 62.63m 5/7/2005 Gawie Louw, AGN  
 45 WP Record: P 53.94m 3/9/2016 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 | 27.71m | 34.09m 34.62% |



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50 SA Record: N 67.87m 9/2018 Friedrich Pauer, CGA  
 50 WP Record: P 45.84m 3/10/2018 JC Smith  
 48.00m 50 SA Nat colours std  
 36.50m 50 WPS WP Colours Standard

| Name                       | Age Team       | Finals | Age-Grading   |
|----------------------------|----------------|--------|---------------|
| 1 # 9175 Van Der Walt, Ste | M54 LWANDLE AC | 33.20m | 43.76m 44.44% |
| 2 # 1939 Isaacs, Duncan    | M54 NEDBANK WP | 12.21m | 16.09m 16.35% |

**M60 Javelin Throw**

60 SA Record: N 54.84m 5/4/2001 P Mulaudzi  
 60 WP Record: P 39.46m C. English  
 41.30m 60 SA Nat colours std  
 32.20m 60 WPS WP Colours Standard

| Name                  | Age Team         | Finals | Age-Grading   |
|-----------------------|------------------|--------|---------------|
| 1 # 2460 Lamara, Zain | M62 BELLVILLE AT | 31.03m | 44.19m 44.88% |

**M70 Javelin Throw**

70 SA Record: N 41.43m 9/2018 Dereck Sterley, AGN  
 70 WP Record: P 36.30m 4/13/2019 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 AT | 26.48m WPS | 43.33m 44.01% |

**M75 Javelin Throw**

75 SA Record: N 36.09m 4/28/2006 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

| Name                   | Age Team         | Finals     | Age-Grading   |
|------------------------|------------------|------------|---------------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 25.76m WPS | 45.67m 46.38% |

**W35 Weight Throw**

35 SA Record: N 15.08m 3/26/2022 Tanya Pubalakan, WPA  
 35 WP Record: P 14.61m 3/17/2012 Marilize Coetzee  
 12.00m 35 SA Nat colours std  
 10.00m 35 WPS WP Colours Standard

| Name                    | Age Team         | Finals | Age-Grading  |
|-------------------------|------------------|--------|--------------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 8.72m  | 9.81m 41.58% |



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

**W40 Weight Throw**

| Name                   | Age Team                   | Finals | Age-Grading  |
|------------------------|----------------------------|--------|--------------|
| 40 SA Record: N 13.73m | 4/26/2014 Janita Eva, AGN  |        |              |
| 40 WP Record: P 13.32m | 5/18/2017 Marilize Coetzee |        |              |
| 11.50m                 | 40 SA Nat colours std      |        |              |
| 9.50m                  | 40 WPS WP Colours Standard |        |              |
| 1 # 7543 Juries, Tanja | W43 VELOCITY ATH CLUB      | 6.23m  | 7.44m 31.54% |

**W50 Weight Throw**

| Name                       | Age Team                     | Finals | Age-Grading  |
|----------------------------|------------------------------|--------|--------------|
| 50 SA Record: N 15.60m     | 8/20/2015 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 # 7542 Snyders, Margaret | W51 VELOCITY ATH CLUB        | 5.77m  | 6.85m 29.04% |
| 2 # 114 Noordien, Mishka   | W52 BONTEHEUWEL              | 5.07m  | 6.12m 25.96% |

**W60 Weight Throw**

| Name                     | Age Team                       | Finals     | Age-Grading   |
|--------------------------|--------------------------------|------------|---------------|
| 60 SA Record: N 13.79m   | 4/30/2010 H. Schoonwinkel, WPA |            |               |
| 60 WP Record: P 11.54m   | 5/15/2015 Tertia Stoffberg     |            |               |
| 11.40m                   | 60 SA Nat colours std          |            |               |
| 9.10m                    | 60 WPS WP Colours Standard     |            |               |
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT               | 10.17m WPS | 12.71m 53.87% |
| 2 # 52 Pietersen, Aletta | W61 SAPS MARATHO               | 8.82m      | 10.58m 44.86% |

**W65 Weight Throw**

| Name                        | Age Team                    | Finals | Age-Grading |
|-----------------------------|-----------------------------|--------|-------------|
| 65 SA Record: N 12.23m      | 5/3/2019 Zelda Erasmus, WPA |        |             |
| 65 WP Record: P 12.23m      | 5/3/2019 Zelda Erasmus      |        |             |
| 10.00m                      | 65 SA Nat colours std       |        |             |
| 8.30m                       | 65 WPS WP Colours Standard  |        |             |
| -- # 2469 Stoffberg, Tertia | W68 BELLVILLE AT            | ND     |             |

**W70 Weight Throw**

| Name                     | Age Team                       | Finals    | Age-Grading   |
|--------------------------|--------------------------------|-----------|---------------|
| 70 SA Record: N 10.97m   | 5/3/2019 Susanna de Bruyn, KZN |           |               |
| 70 WP Record: P 8.96m    | 7/25/2015 Elize Grobbelaar     |           |               |
| 9.00m                    | 70 SA Nat colours std          |           |               |
| 7.50m                    | 70 WPS WP Colours Standard     |           |               |
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT               | 8.94m WPS | 13.34m 56.51% |



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| Name                       | Age Team                    | Finals   | Age-Grading   |
|----------------------------|-----------------------------|----------|---------------|
| 75 SA Record: N 12.50m     | 7/8/2017 Penny England, AVT |          |               |
| 75 WP Record: P 10.71m     | 4/9/2022 Elize Grobbelaar   |          |               |
| 8.50m                      | 75 SA Nat colours std       |          |               |
| 7.10m                      | 75 WPS WP Colours Standard  |          |               |
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT            | 9.43m SA | 13.64m 57.82% |

**M30 Weight Throw**

| Name                    | Age Team                   | Finals     | Age-Grading   |
|-------------------------|----------------------------|------------|---------------|
| 30 SA Record: N 12.48m  | 4/29/2006 M. Ueckerman     |            |               |
| 30 WP Record: P 13.58m  | B. Coetzee                 |            |               |
| 11.50m                  | 30 WPS WP Colours Standard |            |               |
| 1 # 9174 Theron, Barend | M34 LWANDLE AC             | 11.53m WPS | 11.57m 44.74% |

**M40 Weight Throw**

| Name                       | Age Team                   | Finals     | Age-Grading   |
|----------------------------|----------------------------|------------|---------------|
| 40 SA Record: N 21.66m     | 4/1/2017 Chris Harmse, FSA |            |               |
| 40 WP Record: P 13.97m     | 5/6/2022 Shukri Wiener     |            |               |
| 13.20m                     | 40 SA Nat colours std      |            |               |
| 10.80m                     | 40 WPS WP Colours Standard |            |               |
| 1 # 3556 Wiener, Shukri    | M41 PINELANDS AC           | 11.80m WPS | 12.86m 49.77% |
| 2 #42715 Rautenbach, Corne | M44 INDIVIDUAL ENTRY       | 7.45m      | 8.43m 32.60%  |

**M45 Weight Throw**

| Name                    | Age Team                     | Finals | Age-Grading  |
|-------------------------|------------------------------|--------|--------------|
| 45 SA Record: N 17.17m  | 5/13/2016 Martin Venter, AGN |        |              |
| 45 WP Record: P 10.75m  | J. Allers                    |        |              |
| 13.00m                  | 45 SA Nat colours std        |        |              |
| 10.40m                  | 45 WPS WP Colours Standard   |        |              |
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC                | 7.45m  | 8.64m 33.44% |

**M50 Weight Throw**

| Name                       | Age Team                   | Finals | Age-Grading  |
|----------------------------|----------------------------|--------|--------------|
| 50 SA Record: N 20.36m     | 5/15/2015 V. Meiring, AGN  |        |              |
| 50 WP Record: P 12.96m     | 11/19/2011 John Smit       |        |              |
| 15.50m                     | 50 SA Nat colours std      |        |              |
| 13.00m                     | 50 WPS WP Colours Standard |        |              |
| 1 # 9175 Van Der Walt, Ste | M54 LWANDLE AC             | 7.92m  | 8.35m 32.29% |
| 2 # 1939 Isaacs, Duncan    | M54 NEDBANK WP             | 7.33m  | 7.72m 29.88% |



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75 SA Record: N 19.53m 4/13/2013 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 | 13.30m SA | 14.99m 57.98% |

**W35 Shot Put Throws Pentathlon**

| Name                    | Age Team         | Finals | Age-Grading  | Points |
|-------------------------|------------------|--------|--------------|--------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 8.23m  | 9.06m 40.05% | 468    |

**W50 Shot Put Throws Pentathlon**

| Name                     | Age Team        | Finals | Age-Grading  | Points |
|--------------------------|-----------------|--------|--------------|--------|
| 1 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 4.88m  | 5.72m 25.28% | 254    |

**W60 Shot Put Throws Pentathlon**

| Name                     | Age Team         | Finals | Age-Grading   | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 7.99m  | 11.46m 50.67% | 625    |

**W65 Shot Put Throws Pentathlon**

| Name                       | Age Team         | Finals | Age-Grading  | Points |
|----------------------------|------------------|--------|--------------|--------|
| 1 # 2469 Stoffberg, Tertia | W68 BELLVILLE AT | 5.56m  | 8.84m 39.10% | 454    |

**W70 Shot Put Throws Pentathlon**

| Name                     | Age Team         | Finals | Age-Grading  | Points |
|--------------------------|------------------|--------|--------------|--------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 5.47m  | 9.30m 41.13% | 484    |

**W75 Shot Put Throws Pentathlon**

| Name                       | Age Team         | Finals | Age-Grading  | Points |
|----------------------------|------------------|--------|--------------|--------|
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 5.51m  | 8.85m 39.13% | 454    |

**M30 Shot Put Throws Pentathlon**

| Name                    | Age Team       | Finals | Age-Grading   | Points |
|-------------------------|----------------|--------|---------------|--------|
| 1 # 9174 Theron, Barend | M34 LWANDLE AC | 11.03m | 11.15m 48.25% | 555    |



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| Name                       | Age Team             | Finals | Age-Grading   | Points |
|----------------------------|----------------------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri    | M41 PINELANDS AC     | 11.95m | 13.18m 57.01% | 678    |
| 2 #42715 Rautenbach, Corne | M44 INDIVIDUAL ENTRY | 9.53m  | 10.93m 47.30% | 542    |

**M45 Shot Put Throws Pentathlon**

| Name                    | Age Team             | Finals | Age-Grading   | Points |
|-------------------------|----------------------|--------|---------------|--------|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC        | 9.12m  | 10.74m 46.48% | 530    |
| 2 #42695 Holmes, Dean   | M46 INDIVIDUAL ENTRY | 6.72m  | 7.91m 34.25%  | 361    |

**M50 Shot Put Throws Pentathlon**

| Name                       | Age Team       | Finals | Age-Grading  | Points |
|----------------------------|----------------|--------|--------------|--------|
| 1 # 9175 Van Der Walt, Ste | M54 LWANDLE AC | 8.30m  | 9.95m 43.07% | 483    |
| 2 # 1939 Isaacs, Duncan    | M54 NEDBANK WP | 6.44m  | 7.72m 33.42% | 350    |

**M75 Shot Put Throws Pentathlon**

| Name                   | Age Team         | Finals | Age-Grading   | Points |
|------------------------|------------------|--------|---------------|--------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 10.42m | 14.71m 63.65% | 772    |

**W35 Discus Throw Throws Pentathlon**

| Name                    | Age Team         | Finals | Age-Grading   | Points |
|-------------------------|------------------|--------|---------------|--------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 28.22m | 30.02m 39.09% | 463    |

**W50 Discus Throw Throws Pentathlon**

| Name                     | Age Team        | Finals | Age-Grading   | Points |
|--------------------------|-----------------|--------|---------------|--------|
| 1 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 7.84m  | 10.40m 13.55% | 111    |

**W60 Discus Throw Throws Pentathlon**

| Name                     | Age Team         | Finals | Age-Grading   | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 19.95m | 32.84m 42.77% | 516    |

**W65 Discus Throw Throws Pentathlon**

| Name                       | Age Team         | Finals | Age-Grading   | Points |
|----------------------------|------------------|--------|---------------|--------|
| 1 # 2469 Stoffberg, Tertia | W68 BELLVILLE AT | 10.90m | 20.04m 26.11% | 279    |



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| Name                     | Age Team         | Finals | Age-Grading   | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 12.46m | 24.62m 32.06% | 362    |

**W75 Discus Throw Throws Pentathlon**

| Name                       | Age Team         | Finals | Age-Grading   | Points |
|----------------------------|------------------|--------|---------------|--------|
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 10.40m | 20.84m 27.14% | 293    |

**M30 Discus Throw Throws Pentathlon**

| Name                    | Age Team       | Finals | Age-Grading   | Points |
|-------------------------|----------------|--------|---------------|--------|
| 1 # 9174 Theron, Barend | M34 LWANDLE AC | 33.73m | 33.73m 45.53% | 538    |

**M40 Discus Throw Throws Pentathlon**

| Name                        | Age Team             | Finals | Age-Grading   | Points |
|-----------------------------|----------------------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri     | M41 PINELANDS AC     | 33.77m | 34.55m 46.64% | 555    |
| 2 # 42715 Rautenbach, Corne | M44 INDIVIDUAL ENTRY | 29.56m | 31.45m 42.47% | 493    |

**M45 Discus Throw Throws Pentathlon**

| Name                    | Age Team      | Finals | Age-Grading   | Points |
|-------------------------|---------------|--------|---------------|--------|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC | 27.00m | 29.52m 39.85% | 455    |

**M50 Discus Throw Throws Pentathlon**

| Name                       | Age Team       | Finals | Age-Grading   | Points |
|----------------------------|----------------|--------|---------------|--------|
| 1 # 9175 Van Der Walt, Ste | M54 LWANDLE AC | 20.30m | 21.59m 29.15% | 302    |
| 2 # 1939 Isaacs, Duncan    | M54 NEDBANK WP | 17.16m | 18.25m 24.64% | 239    |

**M75 Discus Throw Throws Pentathlon**

| Name                   | Age Team         | Finals | Age-Grading   | Points |
|------------------------|------------------|--------|---------------|--------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 29.09m | 37.31m 50.37% | 610    |

**W35 Hammer Throw Throws Pentathlon**

| Name                    | Age Team         | Finals | Age-Grading   | Points |
|-------------------------|------------------|--------|---------------|--------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 23.40m | 27.07m 35.16% | 430    |



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| Name                     | Age Team        | Finals | Age-Grading Points |
|--------------------------|-----------------|--------|--------------------|
| 1 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 14.13m | 18.27m 23.74% 244  |

**W60 Hammer Throw Throws Pentathlon**

| Name                     | Age Team         | Finals | Age-Grading Points |
|--------------------------|------------------|--------|--------------------|
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 23.24m | 38.17m 49.58% 671  |

**W65 Hammer Throw Throws Pentathlon**

| Name                        | Age Team         | Finals | Age-Grading Points |
|-----------------------------|------------------|--------|--------------------|
| -- # 2469 Stoffberg, Tertia | W68 BELLVILLE AT | ND     |                    |

**W70 Hammer Throw Throws Pentathlon**

| Name                     | Age Team         | Finals | Age-Grading Points |
|--------------------------|------------------|--------|--------------------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 16.35m | 32.70m 42.48% 552  |

**W75 Hammer Throw Throws Pentathlon**

| Name                        | Age Team         | Finals | Age-Grading Points |
|-----------------------------|------------------|--------|--------------------|
| -- # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | ND     |                    |

**M30 Hammer Throw Throws Pentathlon**

| Name                    | Age Team       | Finals | Age-Grading Points |
|-------------------------|----------------|--------|--------------------|
| 1 # 9174 Theron, Barend | M34 LWANDLE AC | 33.52m | 33.52m 38.64% 407  |

**M40 Hammer Throw Throws Pentathlon**

| Name                       | Age Team             | Finals | Age-Grading Points |
|----------------------------|----------------------|--------|--------------------|
| 1 # 3556 Wiener, Shukri    | M41 PINELANDS AC     | 37.42m | 39.61m 45.67% 506  |
| 2 #42715 Rautenbach, Corne | M44 INDIVIDUAL ENTRY | 25.36m | 27.87m 32.13% 316  |

**M45 Hammer Throw Throws Pentathlon**

| Name                    | Age Team      | Finals | Age-Grading Points |
|-------------------------|---------------|--------|--------------------|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC | 25.12m | 28.34m 32.67% 324  |



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| Name                       | Age Team       | Finals | Age-Grading   | Points |
|----------------------------|----------------|--------|---------------|--------|
| 1 # 9175 Van Der Walt, Ste | M54 LWANDLE AC | 18.61m | 21.42m 24.70% | 214    |
| 2 # 1939 Isaacs, Duncan    | M54 NEDBANK WP | 15.39m | 17.71m 20.43% | 157    |

**M75 Hammer Throw Throws Pentathlon**

| Name                   | Age Team         | Finals | Age-Grading   | Points |
|------------------------|------------------|--------|---------------|--------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 32.19m | 45.92m 52.95% | 609    |

**W35 Javelin Throw Throws Pentathlon**

| Name                    | Age Team         | Finals | Age-Grading   | Points |
|-------------------------|------------------|--------|---------------|--------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 18.44m | 20.44m 28.00% | 297    |

**W50 Javelin Throw Throws Pentathlon**

| Name                     | Age Team        | Finals | Age-Grading   | Points |
|--------------------------|-----------------|--------|---------------|--------|
| 1 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 10.70m | 14.02m 19.21% | 179    |

**W60 Javelin Throw Throws Pentathlon**

| Name                     | Age Team         | Finals | Age-Grading   | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 13.11m | 21.89m 29.99% | 324    |

**W70 Javelin Throw Throws Pentathlon**

| Name                     | Age Team         | Finals | Age-Grading   | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 10.22m | 20.80m 28.50% | 304    |

**W75 Javelin Throw Throws Pentathlon**

| Name                       | Age Team         | Finals | Age-Grading   | Points |
|----------------------------|------------------|--------|---------------|--------|
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 10.29m | 22.13m 30.32% | 329    |

**M30 Javelin Throw Throws Pentathlon**

| Name                    | Age Team       | Finals | Age-Grading   | Points |
|-------------------------|----------------|--------|---------------|--------|
| 1 # 9174 Theron, Barend | M34 LWANDLE AC | 31.97m | 32.90m 33.42% | 340    |



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| Name                       | Age Team             | Finals | Age-Grading   | Points |
|----------------------------|----------------------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri    | M41 PINELANDS AC     | 40.63m | 46.26m 46.98% | 533    |
| 2 #42715 Rautenbach, Corne | M44 INDIVIDUAL ENTRY | 18.17m | 21.66m 21.99% | 184    |

**M45 Javelin Throw Throws Pentathlon**

| Name                    | Age Team      | Finals | Age-Grading   | Points |
|-------------------------|---------------|--------|---------------|--------|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC | 27.71m | 34.09m 34.62% | 357    |

**M50 Javelin Throw Throws Pentathlon**

| Name                       | Age Team       | Finals | Age-Grading   | Points |
|----------------------------|----------------|--------|---------------|--------|
| 1 # 9175 Van Der Walt, Ste | M54 LWANDLE AC | 33.20m | 43.76m 44.44% | 497    |
| 2 # 1939 Isaacs, Duncan    | M54 NEDBANK WP | 12.21m | 16.09m 16.35% | 109    |

**M75 Javelin Throw Throws Pentathlon**

| Name                   | Age Team         | Finals | Age-Grading   | Points |
|------------------------|------------------|--------|---------------|--------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 25.76m | 45.67m 46.38% | 525    |

**W35 Weight Throw Throws Pentathlon**

| Name                    | Age Team         | Finals | Age-Grading  | Points |
|-------------------------|------------------|--------|--------------|--------|
| 1 # 2439 Albertyn, Este | W39 BELLVILLE AT | 8.72m  | 9.81m 41.58% | 481    |

**W50 Weight Throw Throws Pentathlon**

| Name                     | Age Team        | Finals | Age-Grading  | Points |
|--------------------------|-----------------|--------|--------------|--------|
| 1 # 114 Noordien, Mishka | W52 BONTEHEUWEL | 5.07m  | 6.12m 25.96% | 260    |

**W60 Weight Throw Throws Pentathlon**

| Name                     | Age Team         | Finals | Age-Grading   | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2414 Dramat, Farieda | W63 BELLVILLE AT | 9.84m  | 12.29m 52.12% | 633    |

**W65 Weight Throw Throws Pentathlon**

| Name                        | Age Team         | Finals | Age-Grading | Points |
|-----------------------------|------------------|--------|-------------|--------|
| -- # 2469 Stoffberg, Tertia | W68 BELLVILLE AT | ND     |             |        |



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| Name                     | Age Team         | Finals | Age-Grading   | Points |
|--------------------------|------------------|--------|---------------|--------|
| 1 # 2471 Du Toit, Aletta | W71 BELLVILLE AT | 8.94m  | 13.34m 56.51% | 698    |

**W75 Weight Throw Throws Pentathlon**

| Name                       | Age Team         | Finals | Age-Grading   | Points |
|----------------------------|------------------|--------|---------------|--------|
| 1 # 2476 Grobbelaar, Elize | W77 BELLVILLE AT | 9.43m  | 13.64m 57.82% | 717    |

**M30 Weight Throw Throws Pentathlon**

| Name                    | Age Team       | Finals | Age-Grading   | Points |
|-------------------------|----------------|--------|---------------|--------|
| 1 # 9174 Theron, Barend | M34 LWANDLE AC | 11.53m | 11.57m 44.74% | 540    |

**M40 Weight Throw Throws Pentathlon**

| Name                        | Age Team             | Finals | Age-Grading   | Points |
|-----------------------------|----------------------|--------|---------------|--------|
| 1 # 3556 Wiener, Shukri     | M41 PINELANDS AC     | 11.80m | 12.86m 49.77% | 613    |
| 2 # 42715 Rautenbach, Corne | M44 INDIVIDUAL ENTRY | 7.45m  | 8.43m 32.60%  | 365    |

**M45 Weight Throw Throws Pentathlon**

| Name                    | Age Team      | Finals | Age-Grading  | Points |
|-------------------------|---------------|--------|--------------|--------|
| 1 # 8780 Van Zyl, Chris | M46 STRAND AC | 7.27m  | 8.43m 32.63% | 365    |

**M50 Weight Throw Throws Pentathlon**

| Name                       | Age Team       | Finals | Age-Grading  | Points |
|----------------------------|----------------|--------|--------------|--------|
| 1 # 9175 Van Der Walt, Ste | M54 LWANDLE AC | 7.92m  | 8.35m 32.29% | 360    |
| 2 # 1939 Isaacs, Duncan    | M54 NEDBANK WP | 7.33m  | 7.72m 29.88% | 325    |

**M75 Weight Throw Throws Pentathlon**

| Name                   | Age Team         | Finals | Age-Grading   | Points |
|------------------------|------------------|--------|---------------|--------|
| 1 # 2474 Hough, Norman | M75 BELLVILLE AT | 13.30m | 14.99m 57.98% | 734    |

**W30 5000 Meter Race Walk**

| 30 SA Record: N 26:29.79   | 3/20/2016                  | 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     | Points |
| 1 # 8202 Luscombe, Michell | W34 VARSITY OLD BOYS AC    | 40:12.48     | 40:12.49 49.20% |        |



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| 50 SA Record: N | 25:05.10 | 4/28/2006                  | 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 | 40:21.92 | 36:09.80 | 54.71% |
|----------|-------------------|-----------------------|----------|----------|--------|

**W55 5000 Meter Race Walk**

| 55 SA Record: N | 26:19.66 | 4/29/2001                  | Barbara Nell, CGA |             |  |
|-----------------|----------|----------------------------|-------------------|-------------|--|
| 55 WP Record: P | 28:43.53 |                            | J. Cowley         |             |  |
|                 | 31:30.00 | 55 SA Nat colours std      |                   |             |  |
|                 | 36:57.00 | 55 WPS WP Colours Standard |                   |             |  |
| Name            | Age      | Team                       | Finals            | Age-Grading |  |

|          |                   |                         |              |          |        |
|----------|-------------------|-------------------------|--------------|----------|--------|
| 1 # 158  | Horn-Botha, Debor | W57 VARSITY OLD BOYS AC | 32:28.87 WPS | 27:39.08 | 71.55% |
| 2 # 8670 | Dunn, CJ          | W55 SPARTAN HARRIERS AC | 38:02.65     | 32:57.92 | 60.01% |

**W60 5000 Meter Race Walk**

| 60 SA Record: N | 27:32.00 | 10/2016                    | Barbara Nell, CGA |             |  |
|-----------------|----------|----------------------------|-------------------|-------------|--|
| 60 WP Record: P | 28:45.21 |                            | Lindsay Hatz      |             |  |
|                 | 32:30.00 | 60 SA Nat colours std      |                   |             |  |
|                 | 38:48.00 | 60 WPS WP Colours Standard |                   |             |  |
| Name            | Age      | Team                       | Finals            | Age-Grading |  |

|          |                 |                   |              |          |        |
|----------|-----------------|-------------------|--------------|----------|--------|
| 1 # 3326 | Sutherland, Joy | W62 WEST COAST AC | 36:17.75 WPS | 29:26.81 | 67.18% |
|----------|-----------------|-------------------|--------------|----------|--------|

**W65 5000 Meter Race Walk**

| 65 SA Record: N | 29:28.70 | 4/26/2013                  | Elsa Meyer, AGN |             |  |
|-----------------|----------|----------------------------|-----------------|-------------|--|
| 65 WP Record: P | 29:55.42 |                            | H. Rothman      |             |  |
|                 | 34:50.00 | 65 SA Nat colours std      |                 |             |  |
|                 | 41:09.00 | 65 WPS WP Colours Standard |                 |             |  |
| Name            | Age      | Team                       | Finals          | Age-Grading |  |

|         |                |                         |              |          |        |
|---------|----------------|-------------------------|--------------|----------|--------|
| 1 # 664 | Williams, Gail | W65 SPARTAN HARRIERS AC | 34:41.74 SA  | 27:16.88 | 72.52% |
| 2 # 656 | James, Pam     | W65 SPARTAN HARRIERS AC | 35:43.24 WPS | 28:05.24 | 70.44% |
| 3 # 754 | Riviera, Joy   | W68 SPARTAN HARRIERS AC | 41:23.69     | 31:28.60 | 62.85% |

**W70 5000 Meter Race Walk**

| 70 SA Record: N | 30:33.72 | 10/2016                    | Elsa Meyer, AGN |             |  |
|-----------------|----------|----------------------------|-----------------|-------------|--|
| 70 WP Record: P | 30:13.08 | 5/28/2022                  | Edna Brand      |             |  |
|                 | 37:25.00 | 70 SA Nat colours std      |                 |             |  |
|                 | 43:47.00 | 70 WPS WP Colours Standard |                 |             |  |
| Name            | Age      | Team                       | Finals          | Age-Grading |  |

|          |             |               |             |          |        |
|----------|-------------|---------------|-------------|----------|--------|
| 1 # 4733 | Brand, Edna | W71 STRAND AC | 31:14.03 SA | 22:54.98 | 86.33% |
|----------|-------------|---------------|-------------|----------|--------|



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|     |                    |                         |              |          |        |
|-----|--------------------|-------------------------|--------------|----------|--------|
| 2 # | 2430 Roux, Isabel  | W70 BELLVILLE AT        | 41:09.31 WPS | 30:33.96 | 64.72% |
| 3 # | 649 Nel, Elizabeth | W73 SPARTAN HARRIERS AC | 42:11.64 WPS | 30:11.39 | 65.53% |

**W75 5000 Meter Race Walk**

|                 |          |                            |                |
|-----------------|----------|----------------------------|----------------|
| 75 SA Record: N | 34:00.10 | 2/21/2003                  | A. Villet, WPA |
| 75 WP Record: P | 34:00.10 |                            | A. Villet      |
|                 | 40:00.00 | 75 SA Nat colours std      |                |
|                 | 46:48.00 | 75 WPS WP Colours Standard |                |

| Name                     | Age Team                | Finals      | Age-Grading     |
|--------------------------|-------------------------|-------------|-----------------|
| 1 # 4991 Aver, Carol-Ann | W77 RUN/WALK FOR LIFE   | 38:47.25 SA | 26:18.35 75.21% |
| 2 # 676 Botes, Helen     | W76 SPARTAN HARRIERS AC | 47:04.20    | 32:22.21 61.12% |

**W80 5000 Meter Race Walk**

|                 |          |                            |                 |
|-----------------|----------|----------------------------|-----------------|
| 80 SA Record: N | 38:08.75 | 4/28/2018                  | Peggy Reid, WPA |
| 80 WP Record: P | 37:32.17 | 5/28/2022                  | Hildegard Vey   |
|                 | 44:40.00 | 80 SA Nat colours std      |                 |
|                 | 52:16.00 | 80 WPS WP Colours Standard |                 |

| Name                     | Age Team                | Finals      | Age-Grading     |
|--------------------------|-------------------------|-------------|-----------------|
| 1 # 477 Vey, Hildegard   | W81 VARSITY OLD BOYS AC | 40:36.88 SA | 25:58.63 76.16% |
| 2 # 783 Norton, Margaret | W83 SPARTAN HARRIERS AC | 43:26.94 SA | 26:55.79 73.46% |

**W85 5000 Meter Race Walk**

|                 |          |                            |            |
|-----------------|----------|----------------------------|------------|
| 85 WP Record: P | 43:20.03 | 4/9/2022                   | Peggy Reid |
|                 | 50:00.00 | 85 SA Nat colours std      |            |
|                 | 58:30.00 | 85 WPS WP Colours Standard |            |

| Name                | Age Team                | Finals      | Age-Grading     |
|---------------------|-------------------------|-------------|-----------------|
| 1 # 685 Reid, Peggy | W85 SPARTAN HARRIERS AC | 46:14.90 SA | 27:44.39 71.32% |

**M30 5000 Meter Race Walk**

|                 |          |                            |              |
|-----------------|----------|----------------------------|--------------|
| 30 SA Record: N | 20:19.00 |                            | S. Valentine |
| 30 WP Record: P | 21:48.37 |                            | G. Cillie    |
|                 | 27:00.00 | 30 WPS WP Colours Standard |              |

| Name                   | Age Team         | Finals       | Age-Grading     |
|------------------------|------------------|--------------|-----------------|
| 1 # 6078 Rhodas, Envor | M30 EASTERNS KRA | 20:52.80PWPS | 20:52.81 86.01% |



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| 45 SA Record: N       | 22:54.80 |                            | M. Whitmore    |             |        |
|-----------------------|----------|----------------------------|----------------|-------------|--------|
| 45 WP Record: P       | 23:37.40 |                            | J. Esterhuizen |             |        |
|                       | 25:45.40 | 45 SA Nat colours std      |                |             |        |
|                       | 30:08.00 | 45 WPS WP Colours Standard |                |             |        |
| Name                  |          | Age Team                   | Finals         | Age-Grading |        |
| 1 # 1420 Nel, Jacob   |          | M45 BOLAND ATHLETICS       | 33:07.67       | 31:10.01    | 57.63% |
| 2 #42695 Holmes, Dean |          | M46 INDIVIDUAL ENTRY       | 38:17.38       | 35:46.68    | 50.20% |

**M50 5000 Meter Race Walk**

| 50 SA Record: N           | 23:01.40 |                            | Jurgen Spencer, WPA |             |  |
|---------------------------|----------|----------------------------|---------------------|-------------|--|
| 50 WP Record: P           | 23:01.40 |                            | Jurgen Spencer      |             |  |
|                           | 26:45.00 | 50 SA Nat colours std      |                     |             |  |
|                           | 31:18.00 | 50 WPS WP Colours Standard |                     |             |  |
| Name                      |          | Age Team                   | Finals              | Age-Grading |  |
| -- # 6076 Jefra, Nicholas |          | M54 EASTERNS KRA           | DNF                 |             |  |

**M55 5000 Meter Race Walk**

| 55 SA Record: N        | 23:52.24 |                            | Jurgen Spencer, WPA |             |        |
|------------------------|----------|----------------------------|---------------------|-------------|--------|
| 55 WP Record: P        | 23:52.24 |                            | Jurgen Spencer      |             |        |
|                        | 27:55.00 | 55 SA Nat colours std      |                     |             |        |
|                        | 32:40.00 | 55 WPS WP Colours Standard |                     |             |        |
| Name                   |          | Age Team                   | Finals              | Age-Grading |        |
| 1 # 700 Donson, Hilton |          | M59 SPARTAN HARRIERS AC    | 36:15.63            | 30:33.41    | 58.78% |

**M60 5000 Meter Race Walk**

| 60 SA Record: N       | 26:50.70 |                            | Jurgen Spencer, WPA |             |        |
|-----------------------|----------|----------------------------|---------------------|-------------|--------|
| 60 WP Record: P       | 26:50.70 |                            | Jurgen Spencer      |             |        |
|                       | 29:15.00 | 60 SA Nat colours std      |                     |             |        |
|                       | 34:13.00 | 60 WPS WP Colours Standard |                     |             |        |
| Name                  |          | Age Team                   | Finals              | Age-Grading |        |
| 1 # 1962 Papier, Adam |          | M60 OMMIDRAAI              | 30:58.07 WPS        | 25:51.68    | 69.45% |

**M65 5000 Meter Race Walk**

| 65 SA Record: N          | 27:03.70 | 11/12/2005                 | Jurgen Spencer, WPA |             |        |
|--------------------------|----------|----------------------------|---------------------|-------------|--------|
| 65 WP Record: P          | 27:03.70 | 11/12/2005                 | Jurgen Spencer      |             |        |
|                          | 30:50.00 | 65 SA Nat colours std      |                     |             |        |
|                          | 36:04.00 | 65 WPS WP Colours Standard |                     |             |        |
| Name                     |          | Age Team                   | Finals              | Age-Grading |        |
| 1 # 2308 Bosman, Marius  |          | M66 BELLVILLE AT           | 32:33.17 WPS        | 25:38.13    | 70.06% |
| 2 # 668 Thompson, Armond |          | M68 SPARTAN HARRIERS AC    | 35:10.03 WPS        | 27:06.84    | 66.24% |



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| Name                     | Age Team                       | Finals      | Age-Grading     |
|--------------------------|--------------------------------|-------------|-----------------|
| 70 SA Record: N 27:55.30 | 11/12/2010 Jurgen Spencer, WPA |             |                 |
| 70 WP Record: P 27:55.30 | 11/12/2010 Jurgen Spencer      |             |                 |
| 33:05.00                 | 70 SA Nat colours std          |             |                 |
| 38:42.00                 | 70 WPS WP Colours Standard     |             |                 |
| 1 # 2426 Pretorius, Piet | M72 BELLVILLE AT               | 31:39.26 SA | 23:20.14 76.96% |

**M75 5000 Meter Race Walk**

| Name                     | Age Team                      | Finals       | Age-Grading     |
|--------------------------|-------------------------------|--------------|-----------------|
| 75 SA Record: N 30:13.82 | 3/18/2016 Jurgen Spencer, WPA |              |                 |
| 75 WP Record: P 30:13.82 | 3/18/2016 Jurgen Spencer      |              |                 |
| 35:15.00                 | 75 SA Nat colours std         |              |                 |
| 41:15.00                 | 75 WPS WP Colours Standard    |              |                 |
| 1 # 2599 Diedericks, Len | M78 CAPE MULTI-SPORT          | 35:20.41 WPS | 24:11.00 74.27% |
| 2 # 4990 Aver, Brian     | M78 RUN/WALK FOR LIFE         | 37:02.40 WPS | 25:20.79 70.86% |



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