

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W20-29 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
Finals					
1	Gosh, Shanice W29 INDIVIDUAL ENTRY	15.69	-0.5	15.70 66.86%	3

W30 100 Meter Dash

30 SA Record: N 11.80	Gail van Niekerk, CGA				
30 WP Record: P 12.73	Corne Gomes				
14.20	30 WPS WP Colours Standard				
Name	Age Team	Finals	Wind	Age-Grading	H#
1	Da Rocha, Miche W32 INDIVIDUAL ENTRY	16.33	-0.5	16.34 64.24%	3

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#
1 # 7543	Juries, Tanja W43 VELOCITY ATH CLUB	14.71 WPS	-0.5	14.26 73.62%	3
2 # 2453	Kotze, Retha W43 BELLVILLE AT	14.73 WPS	-0.5	14.28 73.52%	3
3 # 5742	Miske, Mirjam W43 TYGERBERG AT	15.57	-0.5	15.09 69.56%	3
4 # 9151	Memziwe, Chantel W43 AIRPORTS ATH	17.27	-0.5	16.74 62.71%	3
5 # 36	Mgqoboka, Nobuntu W44 GUGULETHU AT	20.24	-0.5	19.46 53.90%	3

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 # 2678	Tregonning, Rushd W48 HEWAT ATH CLUB	14.20 WPS	0.2	13.24 79.23%	2
2	Kaufmann, Dirkie W46 STELLENBOSCH	15.98	0.2	15.13 69.34%	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 # 1331	Vrey, Michaela W50 NEDBANK WP	14.92 WPS	0.2	13.70 76.61%	2
2 # 6209	Figland, Beverley W52 UNIVERSITY WESTE	15.41 WPS	0.2	13.92 75.34%	2
3 # 2425	Le Roux, Rentia W54 BELLVILLE AT	16.45	-0.2	14.62 71.73%	1



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

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4 #	9072 Hugo, Felicia	W50 NANTES AC	17.89	0.2	16.42	63.89%	2
5	Venter, Rechelle	W54 INDIVIDUAL ENTRY	21.64	0.2	19.24	54.53%	2

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	14.29 SA	0.2	12.29 85.37%	2
2 # 1313 De Koker, Amelia	W55	NEDBANK SWD	18.85	-0.2	16.62 63.13%	1
3 # 79 Joseph, Michelle	W55	SANLAM ROAD	21.31	-0.2	18.79 55.84%	1

W60 100 Meter Dash

60 SA Record:	N 14.90	3/6/2010	Toy Ungerer, SWD
60 WP Record:	P 15.60		O. Wagener
	15.75	60 SA Nat	colours std
	17.70	60 WPS WP	Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 1756 Beukes, Ronel	W63	LANGEBAAAN STRAND	15.00PSA	-0.2	12.37 84.87%
2 # 1262 Spang, Rika	W62	NEDBANK SWD	18.17	-0.2	15.11 69.46%

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
1 # 8808 Johnson, Magdalin	W86	TYGERBERG AT	22.77 SA	-0.2	14.40 72.86%

M20-29 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 # 5257 Caesar, Jureaux	M29	TYGERBERG AT	12.00	-0.2	12.01 81.58%	4

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 Engel, Roscoe	M33	TYGERBERG AT	10.78PWPS	-0.2	10.79 90.82%	4



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****....M30 100 Meter Dash**

2 #10798	Benjamine, Raydon	M30	VELOCITY ATH CLUB	10.99	WPS	-0.2	11.00	89.08%	4
3 # 5741	Ruiters, Curt	M31	TYGERBERG AT	11.14	WPS	-0.2	11.15	87.88%	4
4 # 5755	Clarke, Chevan	M33	TYGERBERG AT	11.58	WPS	-0.2	11.59	84.54%	4

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 # 5765	Steenberg, Bradle	M38 TYGERBERG AT	12.35	0.5	12.11	80.89% 3
2 # 3125	Hassan, Qaasim	M39 CAPE PEN UNIVERS	13.02	0.5	12.69	77.19% 3
3 # 2468	August, Denzil	M37 BELLVILLE AT	13.13	-0.2	12.94	75.70% 4
4 # 5767	Classens, Ashwyn	M36 TYGERBERG AT	14.30	-0.2	14.17	69.09% 4

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	Venter, Pierre	M43 BELLVILLE AT	13.05	0.5	12.43	78.77% 3

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 #10676	Norkie, Denzil	M46 PHOENIX AC	12.64 WPS	0.3	11.83	82.83% 2
2 # 6348	Davids, Elton	M49 OMMIDRAAI	13.66	0.3	12.55	78.04% 2
3 #10474	Louw, Pieter	M48 CAPE MULTI-SPORT	14.46	0.3	13.36	73.31% 2
4 # 8071	Mapukata, Sihle	M46 NEDBANK WP	15.44	0.3	14.44	67.81% 2

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	H#
1 # 7337	Theunis, James	M54 LWANDLE AC	13.11 WPS	0.3	11.67	83.98% 2
2 # 3075	Russel, Scott	M54 CAPE PEN UNIVERS	13.72	-0.2	12.21	80.25% 1



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

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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	13.16 WPS	-0.2	11.17 87.69%
2 # 225 Omar, Nassar	M64	STELLENBOSCH UNI AC	14.97	-0.2	12.44 78.69%

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	13.72 WPS	-0.2	11.24 87.17%

M70 100 Meter Dash

70 SA Record: N 12.90 F.P. Reid, CGA
 70 WP Record: P 13.92 Ron Cross
 14.30 70 SA Nat colours std
 16.20 70 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 2402 Deetlefs, Pietie	M70	BELLVILLE AT	16.31	-0.2	12.97 75.54%
2 # 673 Dreyer, Patrick	M73	SPARTAN HARRIERS AC	19.02	-0.2	14.78 66.30%

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 # 7279 Walters, Marike	W35	MULTI SPORT MANI	28.17 WPS	1.4	28.18 75.75%	2

W40 200 Meter Dash

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

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 # 7543 Juries, Tanja	W43	VELOCITY ATH CLUB	30.19 WPS	1.4	29.10 73.34%	2
2 # 2453 Kotze, Retha	W43	BELLVILLE AT	30.32 WPS	1.4	29.22 73.02%	2



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

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3 # 5742 Miske, Mirjam W43 TYGERBERG AT 32.34 1.4 31.17 68.46% 2

W45 200 Meter Dash

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

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 # 2678 Tregonning, Rushd	W48	HEWAT ATH CLUB	30.08 WPS	1.4	27.84 76.66%	2
2 Kaufmann, Dirkie	W46	STELLENBOSCH	33.56	1.4	31.57 67.61%	2

W50 200 Meter Dash

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

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 # 6209 Figland, Beverley	W52	UNIVERSITY WESTE	31.92 WPS	2.0	28.57 74.72%	1
2 # 2425 Le Roux, Rentia	W54	BELLVILLE AT	35.19	2.0	30.96 68.94%	1
3 # 9072 Hugo, Felicia	W50	NANTES AC	37.64	1.4	34.26 62.30%	2
4 Venter, Rechelle	W54	INDIVIDUAL ENTRY	44.91	2.0	39.51 54.02%	1

W55 200 Meter Dash

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

Name	Age	Team	Finals	Wind	Age-Grading
1 # 1313 De Koker, Amelia	W55	NEDBANK SWD	40.89	2.0	35.67 59.84%
2 # 79 Joseph, Michelle	W55	SANLAM ROAD	46.74	2.0	40.77 52.35%

W60 200 Meter Dash

60 SA Record: N 30.70 2/8/2003 Magdalena Tomlinson, KZN

60 WP Record: P 32.10 Y de Witt

33.30 60 SA Nat colours std

37.30 60 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 1756 Beukes, Ronel	W63	LANGEBAAAN STRAND	31.05PSA	2.0	25.21 84.64%
2 # 1262 Spang, Rika	W62	NEDBANK SWD	37.55	2.0	30.77 69.35%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

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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

Name	Age	Team	Finals	Wind	Age-Grading
1 # 8808 Johnson, Magdalin	W86	TYGERBERG AT	59.52 WPS	2.0	35.86 59.51%

M20-29 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 # 5257 Caesar, Jureaux	M29	TYGERBERG AT	24.61	-1.0	24.62	78.50% 4

M30 200 Meter Dash

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 Engel, Roscoe	M33	TYGERBERG AT	21.78PWPS	-1.0	21.49	89.90% 4
2 #10798 Benjamine, Raydon	M30	VELOCITY ATH CLUB	22.29 WPS	-1.0	22.30	86.68% 4

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 Ntutu, Jonathan	M37	PAARL AC	23.28 SA	-1.0	22.49	85.91% 4
2 # 357 Smith, Randall	M38	BREDASDORP AC	26.50	1.5	25.46	75.89% 3
3 # 2468 August, Denzil	M37	BELLVILLE AT	27.69	-1.0	26.75	72.23% 4
4 # 3125 Hassan, Qaasim	M39	CAPE PEN UNIVERS	28.35	1.5	27.09	71.32% 3
5 # 2866 Blaauw, Granwell	M37	TITANS	33.99	-1.0	32.84	58.84% 4

M40 200 Meter Dash

40 SA Record: N 22.00 Stan Wald, CGA

40 WP Record: P 22.55 10/29/2022 Jonathan Dreyer

24.00 40 SA Nat colours std

25.50 40 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 # 2428 Le Grange, Jacobu	M42	BELLVILLE AT	25.00 WPS	1.5	23.49	82.24% 3
2 # 731 Von Durckheim, Ch	M44	STELLENBOSCH	25.50 WPS	1.1	23.69	81.57% 2
3 # 2993 Roopnarain, Junai	M43	STRAND AC	30.45	1.1	28.45	67.91% 2



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

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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 # 2479 Mentoor, Ricardo	M45	BELLVILLE AT	24.22 WPS	1.1	22.37 86.37%	2
2 # 6348 Davids, Elton	M49	OMMIDRAAI	28.45	1.1	25.65 75.33%	2
3 #10474 Louw, Pieter	M48	CAPE MULTI-SPORT	29.76	1.1	26.99 71.57%	2
4 # 8071 Mapukata, Sihle	M46	NEDBANK WP	30.53	1.1	28.03 68.95%	2

M50 200 Meter Dash

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
1 # 1018 Martin, Donavan	M52	CELTICS ATH CLUB	29.29	0.7	25.92 74.56%

M55 200 Meter Dash

55 SA Record: N 24.71 Montey Hacker, CGA
 55 WP Record: P 24.84 4/9/2011 Joseph Warriies
 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	27.05 WPS	0.7	23.48 82.29%

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	26.36 SA	0.7	21.97 87.94%

M65 200 Meter Dash

65 SA Record: N 26.99 Monty Hacker, CGA
 65 WP Record: P 27.78 11/20/2021 Joseph Warriies
 28.50 65 SA Nat colours std
 32.00 65 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 6214 Warriies, Joseph	M66	UNIVERSITY WESTE	28.24 SA	0.7	22.71 85.09%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 200 Meter Dash**

70 SA Record: N 27.50	Fred Reid, CGA				
70 WP Record: P 29.10	Ron Cross				
	30.00	70 SA Nat colours std			
	34.00	70 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading
1 # 2402 Deetlefs, Pietie	M70	BELLVILLE AT	34.28	0.7	26.75 72.23%
2 # 9677 April, Niklaas	M71	TITANS	34.63	0.7	26.82 72.05%

W35 400 Meter Dash

35 SA Record: N 56.00	7/20/1965	Anne McKenzie, CGA			
35 WP Record: P 58.47	1/14/2023	Kobie Griffiths			
	1:01.00	35 SA Nat colours std			
	1:09.00	35 WPS WP Colours Standard			
Name	Age	Team	Finals		Age-Grading
1 # 7279 Walters, Marike	W35	MULTI SPORT MANI	1:03.37 WPS	1:01.56	77.34%

W40 400 Meter Dash

40 SA Record: N 56.30	10/28/1967	Anne McKenzie, CGA			
40 WP Record: P 56.50		Anne McKenzie			
	1:02.00	40 SA Nat colours std			
	1:12.00	40 WPS WP Colours Standard			
Name	Age	Team	Finals		Age-Grading
1 # 36 Mqgoboka, Nobuntu	W44	GUGULETHU AT	1:43.09	1:34.48	50.38%

W45 400 Meter Dash

45 SA Record: N 58.43	2/15/2020	S Hutchinson, KZN			
45 WP Record: P 1:00.50		Anne McKenzie			
	1:05.00	45 SA Nat colours std			
	1:15.00	45 WPS WP Colours Standard			
Name	Age	Team	Finals		Age-Grading
1 # 2678 Tregonning, Rushd	W48	HEWAT ATH CLUB	1:14.53 WPS	1:06.28	71.82%

W50 400 Meter Dash

50 SA Record: N 1:01.14	7/2011	Elaine Pretorius, AGN			
50 WP Record: P 1:03.20		Anne McKenzie			
	1:09.00	50 SA Nat colours std			
	1:18.00	50 WPS WP Colours Standard			
Name	Age	Team	Finals		Age-Grading
1 # 6209 Figland, Beverley	W52	UNIVERSITY WESTE	1:18.45	1:07.51	70.52%
2 # 9072 Hugo, Felicia	W50	NANTES AC	1:32.92	1:21.32	58.53%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

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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	1:22.04	1:08.75	69.25%
2 # 1313 De Koker, Amelia	W55	NEDBANK SWD	1:52.11	1:33.94	50.67%

W60 400 Meter Dash

60 SA Record: N	1:10.26	10/2016	Liz Alexander, KZN		
60 WP Record: P	1:15.20		Isabel Hofmeyr		
	1:19.00	60 SA Nat colours std			
	1:28.00	60 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 1262 Spang, Rika	W62	NEDBANK SWD	1:39.74	1:18.00	61.03%

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	55.57 WPS	53.27	81.07% 4
2 # 357 Smith, Randall	M38	BREDASDORP AC	57.12	55.09	78.40% 4
3 # 4507 Ndwangu, Sandile	M38	NEDBANK WP	58.10	56.03	77.07% 4
4 # 3125 Hassan, Qaasim	M39	CAPE PEN UNIVERS	1:03.75	1:01.11	70.67% 4
5 # 2468 August, Denzil	M37	BELLVILLE AT	1:10.94	1:08.82	62.76% 4
6 # 2866 Blaauw, Granwell	M37	TITANS	1:26.53	1:23.94	51.45% 4

M40 400 Meter Dash

40 SA Record: N	49.70		Leon Hacker, CGA		
40 WP Record: P	50.38	4/9/2011	Shawn Abrahams		
	52.50	40 SA Nat colours std			
	58.00	40 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading H#	
1 # 2428 Le Grange, Jacobu	M42	BELLVILLE AT	57.65 WPS	54.26	79.58% 3
2 # 2993 Roopnarain, Junai	M43	STRAND AC	1:10.76	1:06.19	65.25% 3



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

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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 #10676 Norkie, Denzil	M46	PHOENIX AC	59.26 WPS	54.40 79.38%	3
2 # 8071 Mapukata, Sihle	M46	NEDBANK WP	1:07.99	1:02.41 69.19%	3
3 Cooper, Llewellyn	M47	INDIVIDUAL ENTRY	1:23.59	1:16.25 56.63%	3

M50 400 Meter Dash

50 SA Record: N 52.50 Miloje Crujic, CGA

50 WP Record: P 55.70 J. Swiegers

56.00 50 SA Nat colours std

1:02.00 50 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading	H#
1 Pick, Tony	M53	PINELANDS AC	59.10 WPS	51.85 83.28%	2
2 # 3075 Russel, Scott	M54	CAPE PEN UNIVERS	1:02.30	54.29 79.53%	2
3 # 2404 Maree, Archibald	M51	BELLVILLE AT	1:16.43	1:07.94 63.56%	3

M55 400 Meter Dash

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

Name	Age	Team	Finals	Age-Grading	H#
1 # 1949 Cooper, Andrew	M55	NEDBANK WP	1:08.16	59.00 73.20%	2

M60 400 Meter Dash

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

Name	Age	Team	Finals	Age-Grading	H#
1 # 693 Groeneveld, Leon	M62	STELLENBOSCH	1:04.41 WPS	53.11 81.31%	1
2 # 225 Omar, Nassar	M64	STELLENBOSCH UNI AC	1:07.78 WPS	55.09 78.39%	1
3 # 5758 Bredeveltd, Neal	M61	TYGERBERG AT	1:08.91 WPS	57.23 75.46%	2



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 400 Meter Dash**

65 SA Record: N	59.52		A. van Zyl, KZN		
65 WP Record: P	1:03.44	4/10/2021	Joseph Warriess		
	1:06.00		65 SA Nat colours std		
	1:13.00		65 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 6214 Warriess, Joseph	M66	UNIVERSITY WESTE	1:04.72 SA	51.85 83.30%	

M70 400 Meter Dash

70 SA Record: N	1:04.16		Lucas Nel, KZN		
70 WP Record: P	1:11.70		N. Sharpley		
	1:10.00		70 SA Nat colours std		
	1:20.00		70 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 9677 April, Niklaas	M71	TITANS	1:30.38	1:09.73 61.93%	

W35 800 Meter Run

35 SA Record: N	2:08.00	7/15/1965	Anne McKenzie, CGA		
35 WP Record: P	2:11.06	4/26/2022	Kobie Griffiths		
	2:28.00		35 SA Nat colours std		
	2:45.00		35 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 7442 Lepati, Emmeranth	W39	ELSIERSRIVIER RUN	2:34.95 WPS	2:29.38 75.84%	
2 # 5748 Van Rensburg, Mar	W38	TYGERBERG AT	2:46.07	2:41.19 70.28%	

W40 800 Meter Run

40 SA Record: N	2:06.50	7/1/1966	Anne McKenzie, CGA		
40 WP Record: P	2:09.60		Anne McKenzie		
	2:29.00		40 SA Nat colours std		
	2:47.00		40 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 36 Mqgoboka, Nobuntu	W44	GUGULETHU AT	3:36.71	3:21.50 56.22%	

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	3:07.83 WPS	2:39.28 71.12%	



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 357 Smith, Randall	M38 BREDASDORP AC	2:13.66 WPS	2:10.56 77.44%
2 # 4507 Ndwangu, Sandile	M38 NEDBANK WP	2:14.08	2:10.97 77.20%
3 # 7443 Titus, Brandon	M36 ELSIESRIVIER RUN	2:28.87	2:27.62 68.50%

M40 800 Meter Run

40 SA Record: N 1:55.80 S. Ditsele

40 WP Record: P 1:56.52 T. Brown

2:03.00 40 SA Nat colours std

2:16.00 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1831 Jakobus, Andre	M42 SWD MASTERS	2:17.38	2:10.21 77.65%
2 # 9883 Ramoshaba, Alfred	M42 ELSIESRIVIER RUN	2:21.03	2:13.67 75.64%
3 # 2993 Roopnarain, Junai	M43 STRAND AC	2:52.20	2:41.99 62.42%

M45 800 Meter Run

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 # 2874 Swartz, Quinton	M48 PETRO SA RUN	2:19.07 WPS	2:05.95 80.28%
2 # 4575 Juries, Chubasco	M47 BRIMESTONE I	2:29.92	2:16.81 73.91%
3 # 8071 Mapukata, Sihle	M46 NEDBANK WP	2:39.29	2:26.47 69.03%

M50 800 Meter Run

50 SA Record: N 2:01.86 Len Claassen, AGN

50 WP Record: P 2:09.45 Vince O'Donoghue

2:11.00 50 SA Nat colours std

2:27.00 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2473 Stanley, Christop	M50 BELLVILLE AT	2:19.70 WPS	2:04.60 81.15%
2 # 48 Moloi, Tholang	M54 DEFENCE ATHL	2:41.84	2:19.98 72.23%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 1949 Cooper, Andrew	M55 NEDBANK WP	2:32.78 WPS	2:11.12 77.12%
2 # 8426 Jacobs, Martin	M58 BRACKENFELL ACC	3:59.41	3:20.75 50.37%

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 # 693 Groeneveld, Leon	M62 STELLENBOSCH	2:34.16 WPS	2:05.29 80.70%
-- Robinson, Ricky	M63 ATLANTIC ATHLETI	DNF	

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 Thiem, Freddie	M65 STRAND AC	3:10.70	2:31.36 66.80%

M80 800 Meter Run

80 SA Record: N 2:58.64 5/15/2015 Ken Nurden, AGN

80 WP Record: P 3:58.33 5/29/2021 Manfred Geunter

4:20.00 80 SA Nat colours std

4:22.00 80 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 202 Geutner, Manfred	M81 PINELANDS AC	4:16.11 SA	2:50.01 59.47%

W30 1500 Meter Run

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 # 2324 De Kock, Johandie	W34 BELLVILLE AT	6:23.43	6:20.18 61.15%



WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 1500 Meter Run**

35 SA Record: N 4:32.37 3/24/2021 Kobie Griffiths, WPA
 35 WP Record: P 4:29.59 4/22/2022 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	5:29.72 WPS	5:15.25 73.74%

W40 1500 Meter Run

40 SA Record: N 4:36.00 7/20/1967 Anne McKenzie, CGA
 40 WP Record: P 4:43.87 Athalie van Beuge
 5:05.00 40 SA Nat colours std
 5:57.00 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 36 Mggqoboka, Nobuntu	W44 GUGULETHU AT	7:02.18	6:28.37 59.86%

W45 1500 Meter Run

45 SA Record: N 4:47.81 4/27/2013 Salome Vermeulen, AGN
 45 WP Record: P 4:49.21 Anne McKenzie
 5:13.00 45 SA Nat colours std
 6:06.00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4748 Rossouw, Charmain	W48 STRAND AC	6:00.25 WPS	5:20.77 72.47%

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 # 2221 Kammies, Morne	M36 KUILSRIVER RUNNERS	4:21.74 WPS	4:15.10 80.76%
2 # 6901 Ockhuis, Garron	M37 EDGEMEAD AC	4:42.02	4:33.23 75.40%
3 # 7443 Titus, Brandon	M36 ELSIESRIVIER RUN	5:19.40	5:11.29 66.18%

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 # 4842 Lenhoff, Michael	M43 NEDBANK GN	5:08.98	4:48.13 71.50%
2 # 9883 Ramoshaba, Alfred	M42 ELSIESRIVIER RUN	5:15.08	4:55.77 69.65%



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****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 # 1510 Gibson, Michael	M46 FISH HOEK AT	4:26.13 WPS	4:03.11 84.74%
2 # 2874 Swartz, Quinton	M48 PETRO SA RUN	4:58.76	4:29.04 76.57%
3 # 4575 Juries, Chubasco	M47 BRIMESTONE I	5:03.59	4:35.36 74.81%
4 # 8071 Mapukata, Sihle	M46 NEDBANK WP	5:18.06	4:50.55 70.90%

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	4:44.17 WPS	3:56.43 87.13%
2 # 1949 Cooper, Andrew	M55 NEDBANK WP	5:01.62 WPS	4:17.32 80.06%
3 # 945 Hughes, Brandon	M57 CELTICS ATH CLUB	6:13.55	5:13.45 65.72%
4 # 8426 Jacobs, Martin	M58 BRACKENFELL ACC	7:31.15	6:15.36 54.88%

M65 1500 Meter Run

65 SA Record: N 4:59.97 GW Loedolff, AGN
 65 WP Record: P 5:23.36 Stefanus Mostert
 5:15.00 65 SA Nat colours std
 6:23.00 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Thiem, Freddie	M65 STRAND AC	6:07.83 WPS	4:47.17 71.74%
2 # 4982 Rhoda, Keith	M66 WP CARBINEERS	6:10.55 WPS	4:46.48 71.91%
3 # 1182 Nell, Eugene	M67 SWD MASTERS	6:34.57	5:02.05 68.20%

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 # 4009 Claassen, Anene	W32 ATLANTIC ATHLETI	18:28.96 WPS	18:28.97 77.97%
2 # 2454 Burger, Elretha	W33 BELLVILLE AT	23:52.15	23:52.16 60.38%
3 # 2324 De Kock, Johandie	W34 BELLVILLE AT	26:06.69	26:06.70 55.19%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 125 Africa, Carmelita	W41 EDGEMEAD AC	20:55.22 WPS	20:10.29 71.44%
2 # 36 Mqqoboka, Nobuntu	W44 GUGULETHU AT	29:28.57	27:47.24 51.86%

W45 5000 Meter Run

45 SA Record: N 18:27.36 7/17/1997 S. du Toit, AGN
 45 WP Record: P 18:50.50 3/22/2012 Elmarie Coetzee
 19:45.00 45 SA Nat colours std
 23:10.00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4748 Rossouw, Charmain	W48 STRAND AC	21:18.11 WPS	19:26.41 74.13%
2 # 1947 Matiwane, Busisiw	W47 NEDBANK WP	21:19.26 WPS	19:37.31 73.45%
3 # 6240 Simae, Bulelwa	W45 BOXER WP ATH CLUB	22:05.24 WPS	20:39.50 69.76%
4 # 1176 Pienaar, Lee-Anne	W46 NEDBANK WP	24:36.66	22:50.20 63.11%

W50 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 # 38 Lategan, Jill	W51 EDGEMEAD AC	23:17.09	20:42.16 69.61%

W55 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 # 4756 Van Der Watt, Mic	W55 STRAND AC	22:58.09	19:40.34 73.26%

W60 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 # 6462 Rodseth, Lollos	W63 DURBANVILLE AC	25:12.00	19:50.10 72.66%

W80 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 # 7958 Joseph, Sheila	W81 DURBANVILLE AC	37:00.45	22:35.37 63.80%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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 #10372 Bariis, Essa	M33 ATLANTIC ATHLETI	18:22.72	18:22.73	68.65%

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 # 9501 Mokoatsi, Tumelo	M35 KUILSRIVER RUNNERS	15:07.99 SA	15:08.00	83.37%
2 # 2221 Kammies, Morne	M36 KUILSRIVER RUNNERS	15:16.24 SA	15:16.25	82.62%
3 # 1559 Jones, Gurswin	M36 INDIVIDUAL ENTRY	15:21.94 SA	15:21.95	82.11%
4 # 5155 Adriaanse, AJ	M38 EERSTE RIVIE	16:32.76 WPS	16:21.94	77.09%
5 # 5622 Wildschut, Riaan	M36 ATHLANTIC TRIATH	17:09.62 WPS	17:09.63	73.52%
6 # 6901 Ockhuis, Garron	M37 EDGEMEAD AC	17:10.33 WPS	17:06.83	73.72%
7 # 7444 October, Faizel	M35 ELSIESRIVIER RUN	17:25.55 WPS	17:25.56	72.40%
8 # 2866 Blaauw, Granwell	M37 TITANS	26:56.88	26:51.39	46.98%

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 # 1831 Jakobus, Andre	M42 SWD MASTERS	18:55.97	18:09.40	69.49%

M45 5000 Meter Run

45 SA Record: N 15:19.68		Steve Hollier, CGA		
45 WP Record: P 15:19.68		S. Hollier		
16:30.00	45 SA Nat colours std			
18:50.00	45 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading	
1 # 6139 Sinclair, Quinton	M46 UNIVERSITY WESTE	17:03.97 WPS	15:50.76	79.62%
2 # 3900 Van Der Walt, Tja	M45 ATLANTIC ATHLETI	17:23.34 WPS	16:16.78	77.50%
3 # 4575 Juries, Chubasco	M47 BRIMESTONE I	17:52.84 WPS	16:27.88	76.63%
4 # 6877 Olivier, Tinus	M45 GOODWOOD HAR	18:32.04 WPS	17:21.10	72.71%
5 # 8071 Mapukata, Sihle	M46 NEDBANK WP	18:52.90	17:31.90	71.96%
6 # 8053 Simons, Gary	M49 NEDBANK WP	19:12.66	17:23.62	72.54%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 # 48 Moloi, Tholang	M54 DEFENCE ATHL	20:30.36	17:45.87 71.02%

M55 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 # 7718 Swart, Dries	M57 ATHLANTIC TRIATH	22:20.11	18:49.05 67.05%
2 # 945 Hughes, Brandon	M57 CELTICS ATH CLUB	23:24.30	19:43.13 63.98%
3 Abrahams, Anthony	M55 CASUARINA AT	26:01.33	22:20.25 56.48%

M60 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 # 7458 Isaacs, Kevin	M63 ELSIESRIVIER RUN	21:25.17	17:01.07 74.14%

M65 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Thiem, Freddie	M65 STRAND AC	21:58.44	17:06.15 73.77%
2 # 3771 Wagenheim, Mark	M66 ATLANTIC ATHLETI	22:39.18	17:26.71 72.32%
3 # 1182 Nell, Eugene	M67 SWD MASTERS	25:01.00	19:03.77 66.19%

M70 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 # 9677 April, Niklaas	M71 TITANS	27:01.50	19:42.40 64.02%

M50 100 Short Hurdles

50 SA Record: N 14.75 C Truter, WPA
 50 WP Record: P 14.75 C. Truter
 17.00 50 SA Nat colours std
 19.30 50 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 # 3075 Russel, Scott	M54 CAPE PEN UNIVERS	16.95 SA	NWI	16.96 76.17%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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	1:26.46	1:26.47	54.11%

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	EDGEHEAD AC	1.13m	1.34m	64.20%

W55 High Jump

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		
Name	Age	Team	Finals	Age-Grading	
1 # 2401 Deetlefs, Suretha	W59	BELLVILLE AT	1.28m SA	1.64m	79.01%

M40 High Jump

40 SA Record: N	2.00m	4/1/2017	Phillip vd Walt, AGN		
40 WP Record: P	1.83m		B. Elton		
	1.76m	40 SA Nat	colours std		
	1.56m	40 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 Venter, Pierre	M43	BELLVILLE AT	1.52m	1.65m	67.56%

M45 High Jump

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		
Name	Age	Team	Finals	Age-Grading	
1 Holmes, Dean	M46	INDIVIDUAL ENTRY	1.37m	1.53m	62.56%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 High Jump**

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

Name	Age	Team	Finals	Age-Grading
1 Davids, Jerome	M51	NEDBANK WP	1.46m WPS	1.71m 70.19%
2 # 2404 Maree, Archibald	M51	BELLVILLE AT	1.43m WPS	1.68m 68.75%

M60 High Jump

60 SA Record: N 1.67m 5/29/2021 Neal Bredeveltd, WPA

60 WP Record: P 1.67m 5/29/2021 Neal Bredeveltd

1.45m 60 SA Nat colours std

1.27m 60 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 5758 Bredeveltd, Neal	M61	TYGERBERG AT	1.55m SA	2.02m 82.45%

W40 Long Jump

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

Name	Age	Team	Finals	Wind	Age-Grading
1 # 7543 Juries, Tanja	W43	VELOCITY ATH CLUB	4.13m WPS	NWI	4.68m 62.29%

W45 Long Jump

45 SA Record: N 5.47m 4/4/2015 Charmain Barnard, AGN

45 WP Record: P 4.27m Pat Smit

4.40m 45 SA Nat colours std

3.65m 45 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 Kaufmann, Dirkie	W46	STELLENBOSCH	3.26m	NWI	3.82m 50.86%

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 Holmes, Dean	M46	INDIVIDUAL ENTRY	3.65m	NWI	4.30m 48.15%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Long Jump**

50 SA Record: N 6.18m		J. van Rooyen					
50 WP Record: P 5.94m		Ron Cross					
5.40m		50 SA Nat colours std					
4.60m		50 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading		
1 # 2404 Maree, Archibald	M51	BELLVILLE AT	4.21m	NWI	5.26m	58.80%	
2 # 1939 Isaacs, Duncan	M54	NEDBANK WP	3.04m	NWI	3.93m	43.99%	

M60 Long Jump

60 SA Record: N 5.33m		Ron Cross, WPA					
60 WP Record: P 5.33m		Ron Cross					
4.70m		60 SA Nat colours std					
4.00m		60 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading		
1 # 2443 Mcbride, Vincent	M60	BELLVILLE AT	4.04m WPS	NWI	5.62m	62.83%	

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	3.50m WPS	NWI	5.75m	64.34%	

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	9.88m WPS	NWI	12.31m	67.30%	

M60 Triple Jump

60 SA Record: N 10.55m		Ron Cross, WPA					
60 WP Record: P 10.55m		Ron Cross					
10.20m		60 SA Nat colours std					
9.00m		60 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading		
1 # 5758 Bredeveltdt, Neal	M61	TYGERBERG AT	9.84m WPS	NWI	13.27m	72.57%	
2 # 2443 Mcbride, Vincent	M60	BELLVILLE AT	9.65m WPS	NWI	12.83m	70.18%	



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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	8.26m WPS	9.09m 40.19%

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	W41 VARSITY OLD BOYS AC	10.48m SA	11.89m 52.56%

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	6.49m	7.48m 33.06%

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 Oosthuizen, Engela	W55 BELLVILLE AT	5.85m	7.22m 31.93%

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	9.02m SA	12.94m 57.20%
2 # 6462 Rodseth, Lollo	W63 DURBANVILLE AC	7.72m WPS	11.07m 48.95%
3 Du Plessis, Delene	W62 BELLVILLE AT	4.77m	6.71m 29.65%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 368 Griesel, Ronel	W70	BELLVILLE AT	7.52mPSA	12.50m 55.25%
2 # 2471 Du Toit, Aletta	W71	BELLVILLE AT	5.44m	9.25m 40.90%

W75 Shot Put

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

Name	Age	Team	Finals	Age-Grading
1 # 2476 Grobbelaar, Elize	W77	BELLVILLE AT	6.17m WPS	9.91m 43.82%

M30 Shot Put

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

Name	Age	Team	Finals	Age-Grading
1 # 9174 Theron, Barend	M34	LWANDLE AC	11.80m WPS	11.93m 51.62%

M35 Shot Put

35 SA Record: N 16.56m J Booysen Jr

35 WP Record: P 12.96m 10/28/2017 Daniel Lewies

14.00m 35 SA Nat colours std

10.90m 35 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 2866 Blaauw, Granwell	M37	TITANS	6.75m	7.08m 30.63%

M40 Shot Put

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

Name	Age	Team	Finals	Age-Grading
1 # 3556 Wiener, Shukri	M41	PINELANDS AC	12.02m WPS	13.26m 57.35%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 Shot Put**

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

Name	Age Team	Finals	Age-Grading
1 # 8780 Van Zyl, Chris	M46 BELLVILLE AT	9.69m WPS	11.41m 49.39%
2 Holmes, Dean	M46 INDIVIDUAL ENTRY	7.01m	8.25m 35.73%

M50 Shot Put

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

Name	Age Team	Finals	Age-Grading
1 Nel, Chris	M53 BELLVILLE AT	10.80m WPS	12.76m 55.21%
2 Davids, Jerome	M51 NEDBANK WP	9.15m	10.50m 45.45%
3 # 9175 Van Der Walt, Ste	M54 LWANDLE AC	8.54m	10.24m 44.32%
4 Le Roux, Gabriel	M53 INDIVIDUAL ENTRY	7.25m	8.57m 37.07%
5 # 1939 Isaacs, Duncan	M54 NEDBANK WP	6.80m	8.15m 35.29%

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	11.30m WPS	13.58m 58.76%
2 # 2460 Lamara, Zain	M62 BELLVILLE AT	10.71m WPS	13.30m 57.52%
3 # 111 James, Arthur	M62 BONTEHEUWEL	6.76m	8.39m 36.31%

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	10.45m SA	14.76m 63.84%



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 Discus Throw**

Name	Age Team	Finals	Age-Grading
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		
1 # 2439 Albertyn, Este	W39 BELLVILLE AT	27.87m WPS	29.65m 38.61%

W40 Discus Throw

Name	Age Team	Finals	Age-Grading
40 SA Record: N 43.48m	R. Boshoff		
40 WP Record: P 31.61m	E. Niemand		
32.85m	40 SA Nat colours std		
25.60m	40 WPS WP Colours Standard		
1 # 503 Mallin, Ezette	W41 VARSITY OLD BOYS AC	29.23m WPS	32.12m 41.82%

W50 Discus Throw

Name	Age Team	Finals	Age-Grading
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		
1 # 7542 Snyders, Margaret	W51 VELOCITY ATH CLUB	13.20m	17.20m 22.40%

W55 Discus Throw

Name	Age Team	Finals	Age-Grading
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		
1 # 1021 Smit, Jackie	W59 PAARL AC	24.30m WPS	36.84m 47.98%

W60 Discus Throw

Name	Age Team	Finals	Age-Grading
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		
1 # 2414 Dramat, Farieda	W63 BELLVILLE AT	21.38mPWPS	35.19m 45.83%
2 Du Plessis, Delene	W62 BELLVILLE AT	11.99m	19.32m 25.17%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 368 Griesel, Ronel	W70	BELLVILLE AT	17.25m WPS	33.26m	43.32%
2 # 2471 Du Toit, Aletta	W71	BELLVILLE AT	13.21m	26.10m	33.99%

W75 Discus Throw

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		
Name	Age	Team	Finals	Age-Grading	
1 # 2476 Grobbelaar, Elize	W77	BELLVILLE AT	14.06m WPS	28.18m	36.69%

M30 Discus Throw

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		
Name	Age	Team	Finals	Age-Grading	
1 # 9174 Theron, Barend	M34	LWANDLE AC	33.28m WPS	33.28m	44.92%

M40 Discus Throw

40 SA Record:	N 51.04m		J.J. van Zyl, EPA		
40 WP Record:	P 42.30m		Tiny Geldenhuis		
	40.17m		40 SA Nat colours std		
	31.30m		40 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 3556 Wiener, Shukri	M41	PINELANDS AC	32.11m WPS	32.85m	44.35%

M45 Discus Throw

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		
Name	Age	Team	Finals	Age-Grading	
1 # 8780 Van Zyl, Chris	M46	BELLVILLE AT	29.49m	32.24m	43.53%
2 Holmes, Dean	M46	INDIVIDUAL ENTRY	20.89m	22.84m	30.83%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Discus Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 2427 Mostert, Henri	M50 BELLVILLE AT	37.38m WPS	37.45m 50.55%
2 Nel, Chris	M53 BELLVILLE AT	31.78m	33.28m 44.94%
3 Le Roux, Gabriel	M53 INDIVIDUAL ENTRY	22.19m	23.24m 31.38%
4 # 9175 Van Der Walt, Ste	M54 LWANDLE AC	21.41m	22.77m 30.74%
5 Davids, Jerome	M51 NEDBANK WP	21.04m	21.38m 28.87%
6 # 1939 Isaacs, Duncan	M54 NEDBANK WP	20.93m	22.26m 30.05%

M55 Discus Throw

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

Name	Age Team	Finals	Age-Grading
1 Odendaal, Dirk	M57 PAARL AC	26.14m	29.14m 39.35%

M60 Discus Throw

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

Name	Age Team	Finals	Age-Grading
1 # 7171 Simpson, Shaun	M60 NEDBANK WP	36.60m WPS	35.01m 47.27%
2 # 2460 Lamara, Zain	M62 BELLVILLE AT	29.07m	28.78m 38.86%
3 # 111 James, Arthur	M62 BONTEHEUWEL	14.95m	14.80m 19.98%

M75 Discus Throw

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

Name	Age Team	Finals	Age-Grading
1 # 2474 Hough, Norman	M75 BELLVILLE AT	29.76m SA	38.17m 51.53%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 Hammer Throw**

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

Name	Age Team	Finals	Age-Grading
1 # 2439 Albertyn, Este	W39 BELLVILLE AT	24.21m	28.01m 36.38%

W50 Hammer Throw

50 SA Record: N 49.23m 8/2015 Heleen Knobel, SWD
 50 WP Record: P 37.62m Hester Schoonwinkel
 37.50m 50 SA Nat colours std
 25.50m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 7542 Snyders, Margaret	W51 VELOCITY ATH CLUB	10.57m	13.39m 17.40%

W55 Hammer Throw

55 SA Record: N 37.36m 5/29/2021 Heleen Knobel, SWD
 55 WP Record: P 32.88m Hester Schoonwinkel
 32.00m 55 SA Nat colours std
 23.30m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1021 Smit, Jackie	W59 PAARL AC	25.56m WPS	38.36m 49.82%
2 Oosthuizen, Engela	W55 BELLVILLE AT	22.58m	31.09m 40.38%

W60 Hammer Throw

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	25.35m WPS	41.64m 54.09%
2 Du Plessis, Delene	W62 BELLVILLE AT	12.13m	19.47m 25.29%

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 # 368 Griesel, Ronel	W70 BELLVILLE AT	21.13m WPS	41.18m 53.48%
2 # 2471 Du Toit, Aletta	W71 BELLVILLE AT	17.95m WPS	35.90m 46.64%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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	22.19m SA	39.98m 51.92%

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	31.08m	31.08m 35.83%

M40 Hammer Throw

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

Name	Age Team	Finals	Age-Grading
1 # 3556 Wiener, Shukri	M41 PINELANDS AC	35.77m WPS	37.86m 43.65%

M45 Hammer Throw

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

Name	Age Team	Finals	Age-Grading
1 # 8780 Van Zyl, Chris	M46 BELLVILLE AT	23.28m	26.26m 30.28%
2 Holmes, Dean	M46 INDIVIDUAL ENTRY	11.12m	12.54m 14.46%

M50 Hammer Throw

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

Name	Age Team	Finals	Age-Grading
1 Nel, Chris	M53 BELLVILLE AT	33.17m	37.60m 43.35%
2 # 9175 Van Der Walt, Ste	M54 LWANDLE AC	19.63m	22.60m 26.06%
3 # 1939 Isaacs, Duncan	M54 NEDBANK WP	15.63m	17.99m 20.75%



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 Hammer Throw**

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			
Name	Age	Team	Finals	Age-Grading	
1	Odendaal, Dirk	M57 PAARL AC	29.33m	35.43m	40.86%

M60 Hammer Throw

60 SA Record: N	53.64m	4/25/2008	J. Roodt, KZN		
60 WP Record: P	37.39m	7/12/2001	Steve Johnston		
	43.09m	60 SA Nat colours std			
	33.60m	60 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 #	111 James, Arthur	M62 BONTEHEUWEL	12.47m	15.01m	17.31%

M75 Hammer Throw

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			
Name	Age	Team	Finals	Age-Grading	
1 #	2474 Hough, Norman	M75 BELLVILLE AT	33.32m SA	47.54m	54.81%

W35 Javelin Throw

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	19.45m	21.56m	29.54%

W45 Javelin Throw

45 SA Record: N	37.80m	3/15/2014	JC Moolman, WPA		
45 WP Record: P	37.80m	3/15/2014	JC Moolman		
	28.13m	45 SA Nat colours std			
	21.90m	45 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1	Kaufmann, Dirkie	W46 STELLENBOSCH	19.71m	25.04m	34.30%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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 EDGEMEAD AC	20.10m	25.80m 35.34%
2 # 7542 Snyders, Margaret	W51 VELOCITY ATH CLUB	10.99m	14.10m 19.32%

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 # 2414 Dramat, Farieda	W63 BELLVILLE AT	14.93m	24.93m 34.15%
2 Du Plessis, Delene	W62 BELLVILLE AT	9.80m	15.98m 21.90%

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 # 368 Griesel, Ronel	W70 BELLVILLE AT	13.14m	26.06m 35.70%
2 # 2471 Du Toit, Aletta	W71 BELLVILLE AT	10.87m	22.12m 30.31%

W75 Javelin Throw

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	10.82m WPS	23.27m 31.88%

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	28.00m	28.82m 29.27%



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Javelin Throw**

40 SA Record: N	65.54m	1998	T. Liebenberg, CNW		
40 WP Record: P	46.70m		R. Joubert/T. Young		
	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	43.90m WPS	49.24m	50.01%
2 # 3556 Wiener, Shukri	M41	PINELANDS AC	36.72m	41.80m	42.46%

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	BELLVILLE AT	28.71m	35.32m	35.87%
2 Holmes, Dean	M46	INDIVIDUAL ENTRY	20.11m	24.74m	25.12%
3 Cooper, Llewellyn	M47	INDIVIDUAL ENTRY	14.32m	17.90m	18.18%

M50 Javelin Throw

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 # 2427 Mostert, Henri	M50	BELLVILLE AT	38.34m WPS	47.13m	47.86%
2 # 9175 Van Der Walt, Ste	M54	LWANDLE AC	34.05m	44.88m	45.58%
3 # 1939 Isaacs, Duncan	M54	NEDBANK WP	14.34m	18.90m	19.20%

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	29.66m	42.24m	42.90%
2 # 111 James, Arthur	M62	BONTEHEUWEL	18.23m	25.96m	26.37%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Javelin Throw**

Name	Age Team	Finals	Age-Grading
70 SA Record: N 41.43m	9/2018 Dereck Sterley, AGN		
70 WP Record: P 36.30m	4/13/2019 Norman Hough		
33.00m	70 SA Nat colours std		
25.80m	70 WPS WP Colours Standard		
1 #10187 Venter, Peet	M72 TYGERBERG AT	28.37m WPS	46.43m 47.15%

M75 Javelin Throw

Name	Age Team	Finals	Age-Grading
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		
1 # 2474 Hough, Norman	M75 BELLVILLE AT	27.24m SA	48.29m 49.05%

W35 Weight Throw

Name	Age Team	Finals	Age-Grading
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		
1 # 2439 Albertyn, Este	W39 BELLVILLE AT	10.03m WPS	11.28m 47.83%

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	6.02m	7.19m 30.48%

W45 Weight Throw

Name	Age Team	Finals	Age-Grading
45 SA Record: N 14.04m	4/25/2014 Heleen Knobel, SWD		
45 WP Record: P 7.19m	11/25/2017 Gloria Aplon		
11.00m	45 SA Nat colours std		
9.10m	45 WPS WP Colours Standard		
1 Kaufmann, Dirkie	W46 STELLENBOSCH	5.05m	6.32m 26.79%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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	5.97m	7.09m 30.05%

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	9.72m WPS	12.14m 51.48%
2 Du Plessis, Delene	W62 BELLVILLE AT	5.57m	6.82m 28.91%

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 # 368 Griesel, Ronel	W70 BELLVILLE AT	8.35m WPS	12.16m 51.54%
2 # 2471 Du Toit, Aletta	W71 BELLVILLE AT	7.93m WPS	11.83m 50.13%

W75 Weight Throw

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	10.11m SA	14.63m 61.99%

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	11.94m WPS	11.98m 46.33%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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	13.09m WPS	14.27m 55.21%

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 BELLVILLE AT	9.16m	10.63m 41.11%

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	8.36m	8.81m 34.08%
2 # 1939 Isaacs, Duncan	M54 NEDBANK WP	8.12m	8.56m 33.10%

M55 Weight Throw

Name	Age Team	Finals	Age-Grading
55 SA Record: N 18.90m	10/2016 Burton Haupt, AGN		
55 WP Record: P 12.72m	Anton Wale		
15.00m	55 SA Nat colours std		
12.40m	55 WPS WP Colours Standard		
1 Odendaal, Dirk	M57 PAARL AC	10.92m	12.00m 46.43%

M60 Weight Throw

Name	Age Team	Finals	Age-Grading
60 SA Record: N 20.15m	11/11/2017 Nick Aggouras, AGN		
60 WP Record: P 15.11m	10/21/2000 Steve Johnston		
16.50m	60 SA Nat colours std		
13.70m	60 WPS WP Colours Standard		
1 # 111 James, Arthur	M62 BONTEHEUWEL	7.31m	7.56m 29.25%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M75 Weight Throw**

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	13.15m SA	14.82m 57.32%

W35 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2439 Albertyn, Este	W39 BELLVILLE AT	8.26m	9.09m 40.19%	470

W50 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 7542 Snyders, Margaret	W51 VELOCITY ATH CLUB	6.49m	7.48m 33.06%	366

W60 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2414 Dramat, Farieda	W63 BELLVILLE AT	9.02m	12.94m 57.20%	723
2 Du Plessis, Delene	W62 BELLVILLE AT	4.77m	6.71m 29.65%	316

W70 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 368 Griesel, Ronel	W70 BELLVILLE AT	7.52m	12.50m 55.25%	694
2 # 2471 Du Toit, Aletta	W71 BELLVILLE AT	5.44m	9.25m 40.90%	480

W75 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W77 BELLVILLE AT	6.06m	9.73m 43.04%	512

M30 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 9174 Theron, Barend	M34 LWANDLE AC	11.80m	11.93m 51.62%	602



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 3556 Wiener, Shukri	M41 PINELANDS AC	11.86m	13.08m 56.58%	672

M45 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 8780 Van Zyl, Chris	M46 BELLVILLE AT	9.32m	10.98m 47.50%	545
2 # Holmes, Dean	M46 INDIVIDUAL ENTRY	6.54m	7.70m 33.33%	349

M50 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 9175 Van Der Walt, Ste	M54 LWANDLE AC	8.45m	10.13m 43.85%	493
2 # 1939 Isaacs, Duncan	M54 NEDBANK WP	6.80m	8.15m 35.29%	375

M60 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2460 Lamara, Zain	M62 BELLVILLE AT	10.71m	13.30m 57.52%	686
2 # 111 James, Arthur	M62 BONTEHEUWEL	6.62m	8.22m 35.55%	379

M75 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2474 Hough, Norman	M75 BELLVILLE AT	10.45m	14.76m 63.84%	775

W35 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2439 Albertyn, Este	W39 BELLVILLE AT	27.87m	29.65m 38.61%	456

W50 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 7542 Snyders, Margaret	W51 VELOCITY ATH CLUB	13.20m	17.20m 22.40%	228

W55 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 1021 Smit, Jackie	W59 PAARL AC	22.03m	33.40m 43.49%	527



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2414 Dramat, Farieda	W63 BELLVILLE AT	21.38m	35.19m 45.83%	561
2 Du Plessis, Delene	W62 BELLVILLE AT	11.99m	19.32m 25.17%	266

W70 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 368 Griesel, Ronel	W70 BELLVILLE AT	17.25m	33.26m 43.32%	524
2 # 2471 Du Toit, Aletta	W71 BELLVILLE AT	13.21m	26.10m 33.99%	389

W75 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W77 BELLVILLE AT	14.06m	28.18m 36.69%	428

M30 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 9174 Theron, Barend	M34 LWANDLE AC	33.28m	33.28m 44.92%	529

M40 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 3556 Wiener, Shukri	M41 PINELANDS AC	32.11m	32.85m 44.35%	521

M45 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 8780 Van Zyl, Chris	M46 BELLVILLE AT	29.49m	32.24m 43.53%	509
2 Holmes, Dean	M46 INDIVIDUAL ENTRY	20.89m	22.84m 30.83%	326

M50 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 9175 Van Der Walt, Ste	M54 LWANDLE AC	20.25m	21.53m 29.07%	301
2 # 1939 Isaacs, Duncan	M54 NEDBANK WP	19.49m	20.72m 27.98%	286

M60 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2460 Lamara, Zain	M62 BELLVILLE AT	27.87m	27.59m 37.25%	417
2 # 111 James, Arthur	M62 BONTEHEUWEL	14.46m	14.31m 19.33%	168



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M75 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2474 Hough, Norman	M75 BELLVILLE AT	29.04m	37.24m 50.29%	609

W35 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2439 Albertyn, Este	W39 BELLVILLE AT	23.97m	27.73m 36.02%	444

W50 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 7542 Snyders, Margaret	W51 VELOCITY ATH CLUB	10.57m	13.39m 17.40%	143

W55 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
-- # 1021 Smit, Jackie	W59 PAARL AC	ND		

W60 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2414 Dramat, Farieda	W63 BELLVILLE AT	25.35m	41.64m 54.09%	747
2 # Du Plessis, Delene	W62 BELLVILLE AT	12.03m	19.31m 25.08%	265

W70 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 368 Griesel, Ronel	W70 BELLVILLE AT	21.13m	41.18m 53.48%	737
2 # 2471 Du Toit, Aletta	W71 BELLVILLE AT	17.95m	35.90m 46.64%	621

W75 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W77 BELLVILLE AT	22.19m	39.98m 51.92%	711

M30 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 9174 Theron, Barend	M34 LWANDLE AC	31.08m	31.08m 35.83%	368



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 3556 Wiener, Shukri	M41 PINELANDS AC	35.57m	37.65m 43.41%	474

M45 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 8780 Van Zyl, Chris	M46 BELLVILLE AT	23.28m	26.26m 30.28%	291
-- Holmes, Dean	M46 INDIVIDUAL ENTRY	ND		

M50 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 9175 Van Der Walt, Ste	M54 LWANDLE AC	19.23m	22.13m 25.52%	226
2 # 1939 Isaacs, Duncan	M54 NEDBANK WP	15.63m	17.99m 20.75%	161

M60 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 111 James, Arthur	M62 BONTEHEUWEL	12.47m	15.01m 17.31%	115

M75 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2474 Hough, Norman	M75 BELLVILLE AT	33.32m	47.54m 54.81%	636

W35 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2439 Albertyn, Este	W39 BELLVILLE AT	19.45m	21.56m 29.54%	318

W50 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 7542 Snyders, Margaret	W51 VELOCITY ATH CLUB	10.99m	14.10m 19.32%	180

W60 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2414 Dramat, Farieda	W63 BELLVILLE AT	14.93m	24.93m 34.15%	381
2 Du Plessis, Delene	W62 BELLVILLE AT	9.80m	15.98m 21.90%	215



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W70 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 368 Griesel, Ronel	W70 BELLVILLE AT	13.14m	26.06m 35.70%	402
2 # 2471 Du Toit, Aletta	W71 BELLVILLE AT	10.87m	22.12m 30.31%	328

W75 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W77 BELLVILLE AT	10.82m	23.27m 31.88%	350

M30 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 9174 Theron, Barend	M34 LWANDLE AC	28.00m	28.82m 29.27%	283

M40 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 3556 Wiener, Shukri	M41 PINELANDS AC	35.70m	40.64m 41.28%	451

M45 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 8780 Van Zyl, Chris	M46 BELLVILLE AT	28.55m	35.12m 35.67%	372
2 # Holmes, Dean	M46 INDIVIDUAL ENTRY	18.89m	23.24m 23.60%	205

M50 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 9175 Van Der Walt, Ste	M54 LWANDLE AC	34.05m	44.88m 45.58%	513
2 # 1939 Isaacs, Duncan	M54 NEDBANK WP	14.30m	18.85m 19.14%	146

M60 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2460 Lamara, Zain	M62 BELLVILLE AT	29.66m	42.24m 42.90%	475
2 # 111 James, Arthur	M62 BONTEHEUWEL	17.43m	24.82m 25.21%	227

M75 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2474 Hough, Norman	M75 BELLVILLE AT	27.24m	48.29m 49.05%	563



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 2439 Albertyn, Este	W39 BELLVILLE AT	10.00m	11.25m 47.69%	569

W50 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 7542 Snyders, Margaret	W51 VELOCITY ATH CLUB	5.97m	7.09m 30.05%	317

W60 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2414 Dramat, Farieda	W63 BELLVILLE AT	9.11m	11.38m 48.25%	577
2 Du Plessis, Delene	W62 BELLVILLE AT	5.57m	6.82m 28.91%	301

W70 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 368 Griesel, Ronel	W70 BELLVILLE AT	8.32m	12.12m 51.36%	623
2 # 2471 Du Toit, Aletta	W71 BELLVILLE AT	7.93m	11.83m 50.13%	605

W75 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2476 Grobbelaar, Elize	W77 BELLVILLE AT	10.11m	14.63m 61.99%	778

M30 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 9174 Theron, Barend	M34 LWANDLE AC	11.94m	11.98m 46.33%	563

M40 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 3556 Wiener, Shukri	M41 PINELANDS AC	13.09m	14.27m 55.21%	693

M45 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 8780 Van Zyl, Chris	M46 BELLVILLE AT	9.16m	10.63m 41.11%	487



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 # 9175 Van Der Walt, Ste	M54 LWANDLE AC	8.36m	8.81m 34.08%	386
2 # 1939 Isaacs, Duncan	M54 NEDBANK WP	8.12m	8.56m 33.10%	372

M60 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 111 James, Arthur	M62 BONTEHEUWEL	7.03m	7.27m 28.13%	301

M75 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 # 2474 Hough, Norman	M75 BELLVILLE AT	13.10m	14.76m 57.11%	721

W45 5000 Meter Race Walk

45 SA Record: N 24:14.80	4/28/2000	Barbara Nell, CGA
45 WP Record: P 28:11.40	3/17/2012	Erdine Burger
28:45.00	45 SA Nat colours std	
33:38.00	45 WPS WP Colours Standard	

Name	Age Team	Finals	Age-Grading
1 Van Jaarsveld, Pet	W49 KUILSRIVER RUNNERS	33:40.40	30:38.57 64.56%

W50 5000 Meter Race Walk

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	40:00.81	35:50.89 55.19%

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	38:11.92 WPS	30:59.44 63.84%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 656 James, Pam	W65 SPARTAN HARRIERS AC	34:42.58 SA	27:17.54 72.49%
2 # 754 Riviera, Joy	W68 SPARTAN HARRIERS AC	40:25.74 WPS	30:44.54 64.35%

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 # 2205 Blignaut, Frieda	W72 BRACKENFELL ACC	34:08.08 SA	24:44.25 79.97%
2 # 2430 Roux, Isabel	W70 BELLVILLE AT	41:28.62 WPS	30:48.30 64.22%
3 # 649 Nel, Elizabeth	W73 SPARTAN HARRIERS AC	43:39.84 WPS	31:14.50 63.32%

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	39:34.81 SA	26:50.60 73.70%
2 # 843 Brennan, Megan	W79 SPARTAN HARRIERS AC	43:06.52 WPS	28:24.52 69.64%
-- # 676 Botes, Helen	W76 SPARTAN HARRIERS AC	DNF	

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	46:58.02 SA	28:10.25 70.23%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 5000 Meter Race Walk**

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		33:05.31	31:07.79 57.69%

M50 5000 Meter Race Walk

50 SA Record: N	23:01.40		Jurgen Spencer, WPA		
50 WP Record: P	23:01.40		Jurgen Spencer		
	26:45.00	50 SA Nat colours std			
	31:18.00	50 WPS WP Colours Standard			
Name		Age Team		Finals	Age-Grading
1 # 6076 Jefra, Nicholas		M54 EASTERNS KRA		35:33.35	31:16.93 57.41%

M60 5000 Meter Race Walk

60 SA Record: N	26:50.70		Jurgen Spencer, WPA		
60 WP Record: P	26:50.70		Jurgen Spencer		
	29:15.00	60 SA Nat colours std			
	34:13.00	60 WPS WP Colours Standard			
Name		Age Team		Finals	Age-Grading
1 # 1760 Hector, Douglas		M63 LANGEBAAN STRAND		32:50.48 WPS	26:39.44 67.37%
2 Van Zyl, Petrus		M63 KUILSRIVER RUNNERS		34:37.57	28:06.37 63.90%

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		32:07.27 WPS	25:17.73 71.00%

M70 5000 Meter Race Walk

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			
Name		Age Team		Finals	Age-Grading
1 # 2426 Pretorius, Piet		M72 BELLVILLE AT		32:08.78 SA	23:41.90 75.79%



**WESTERN PROVINCE MASTERS
ATHLETICS ASSOCIATION**

Leo Benning Meeting No 2 - 4 February 2023 - 2/4/2023

Parow North Athletics Track

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

M75 5000 Meter Race Walk

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

Name	Age	Team	Finals	Age-Grading
1 # 2599 Diedericks, Leona	M78	CAPE MULTI-SPORT	35:20.67 WPS	24:11.18 74.26%
2 # 4990 Aver, Brian	M78	RUN/WALK FOR LIFE	40:20.12 WPS	27:36.09 65.07%



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