

Leo Benning Meeting No 3 - 25 March 2023 - 2023/03/25**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 100 Meter Dash**

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

Name	Age	Team	Finals	Wind	Age-Grading
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Finals

1 # 5209 Kotze, Retha	W43	BELLVILLE AT	14,73 WPS	NWI	14,46 73,66%
2 # 9763 Juries, Tanja	W44	VELOCITY ATH	15,41	NWI	15,12 70,41%
3 #12322 Memziwe, Chantel	W43	AIRPORTS ATH	18,17	NWI	17,83 59,71%
4 Mggqoboka, Nobuntu	W44	RCS GUGULETHU A.C	23,37	NWI	22,93 46,43%

W50 100 Meter Dash

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

Name	Age	Team	Finals	Wind	Age-Grading
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1 # 9093 Figland, Beverley	W52	UNIVERSITY O	16,01 WPS	NWI	14,54 73,20%
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W55 100 Meter Dash

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

Name	Age	Team	Finals	Wind	Age-Grading
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1 # 6699 Louw, Venessa	W58	TYGERBERG AT	14,87 SA	NWI	12,98 81,98%
2 # 1313 De Koker, Amelia	W55	NEDBANK SWD	19,41	NWI	16,94 62,80%

W60 100 Meter Dash

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

Name	Age	Team	Finals	Wind	Age-Grading
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1 # 1262 Spang, Rika	W62	NEDBANK SWD	18,37	NWI	15,40 69,13%
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W85 100 Meter Dash

85 SA Record: N 21,95 2016/04/02 Christi du Plooy, CGA
 85 WP Record: P 21,45 2022/10/08 Magdalene Johnson
 26,00 85 SA Nat colours std
 29,00 85 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
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1 #12178 Johnson, Magdalin	W86	TYGERBERG AT	24,86 SA	NWI	16,39 64,96%
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Name	Age Team	Finals	Wind	Age-Grading H#
1 #10650 Caesar, Jureaux	M29 TYGERBERG AT	12,19	+0.0	12,20 78,59% 5

M30 100 Meter Dash

30 SA Record: N 10,50 Eric Essman, CGA
 30 WP Record: P 10,73 2023/03/04 Roscoe Engel
 12,00 30 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading H#
1 Clarke, Chevan	M33 TYGERBERG AT	11,43 WPS	+0.0	11,44 83,81%
2 #10660 De Morny, Ryle	M34 TYGERBERG AT	11,59 WPS	+0.0	11,60 82,66%
3 # 5234 Steenkamp, Theodo	M34 BELLVILLE AT	14,04	+0.0	14,05 68,23%

M35 100 Meter Dash

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

Name	Age Team	Finals	Wind	Age-Grading H#
1 # 2468 August, Denzil	M38 BELLVILLE AT	13,26	NWI	13,26 72,25%
2 # 3125 Hassan, Qaasim	M39 C.P.U.T ATHL	13,47	NWI	13,47 71,12%

M40 100 Meter Dash

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

Name	Age Team	Finals	Wind	Age-Grading H#
1 Dreyer, Jonathan	M41 BRIMSTONE IT	11,83 WPS	NWI	11,44 83,77%

M45 100 Meter Dash

45 SA Record: N 11,10 Stan Wald, CGA
 45 WP Record: P 11,51 2012/03/31 Johan Uys
 11,80 45 SA Nat colours std
 13,00 45 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading H#
1 # 9399 Norkie, Denzil	M46 PHOENIX ATHL	13,21	-1.3	12,35 77,59%
2 # 5048 Mapukata, Sihle	M46 NEDBANK A.C	16,44	-1.3	15,37 62,35%



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50 SA Record: N 11,70 Stan Wald, CGA
 50 WP Record: P 12,09 2022/05/07 John Cloete
 12,10 50 SA Nat colours std
 13,40 50 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 #10651 Jewaskiewitz, Deo	M50	TYGERBERG AT	12,28 WPS	-1.3	11,10 86,40%
2 # 5258 Cloete, John Aubr	M51	BELLVILLE AT	12,92 WPS	-1.3	11,67 82,12%
3 # 1237 Solomons, Anthony	M52	BOLAND - BOL	13,56	-1.3	12,25 78,24%
4 #10603 Scott, Russel	M54	C.P.U.T ATHL	13,84	-1.3	12,50 76,66%

M55 100 Meter Dash

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

Name	Age	Team	Finals	Wind	Age-Grading
1 # 1774 Alwyn, Christian	M56	STRANDLOPERS	13,51 WPS	-1.3	11,79 81,27%
2 # 6682 Toll, Michael	M58	BRIMSTONE IT	14,26	-1.3	12,45 77,00%
3 Cloete, Simon Petr	M55	INDIVIDUAL	14,43	-1.3	12,60 76,09%
4 # 4422 Mc Cree, Edward J	M55	HEWAT ATHLETIC CLUB	18,41	-1.3	16,07 59,64%

M60 100 Meter Dash

60 SA Record: N 12,81 2022/01/22 Johan Myburgh, WPA
 60 WP Record: P 12,61 2022/04/09 Johan Myburgh
 13,00 60 SA Nat colours std
 14,50 60 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 5261 Myburgh, Johan	M61	BELLVILLE AT	13,19 WPS	-1.3	11,12 86,20%
-- # 3671 De Kock, Robert	M62	STRAND ATHLE	DNF	-1.3	

M65 100 Meter Dash

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

Name	Age	Team	Finals	Wind	Age-Grading
1 # 9094 Warrires, Joseph	M67	UNIVERSITY O	14,07 WPS	-1.3	11,46 83,65%
2 # 5236 Deetlefs, Pietie	M69	BELLVILLE AT	15,77	-1.3	12,84 74,64%



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M70 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
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			
1 # 174 Dreyer, Patrick	M73	SPARTAN HARRIERS	18,98	-1.3	14,92 64,23%

M80 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
80 SA Record: N 14,30	2003/11/08	Lucas Nel, KZN			
80 WP Record: P 15,31	2014/04/25	Ron Cross			
17,60	80 SA Nat	colours std			
19,50	80 WPS WP	Colours Standard			
1 # 930 Stuart, Les	M80	HARTENBOS DR	18,32 WPS	-1.3	13,41 71,45%

W35 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
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			
1 #10655 Van Rensburg, Mar	W39	TYGERBERG AT	30,19	-2.6	30,20 71,65%

W40 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
40 SA Record: N 24,46	2014/04/26	Adri Schoeman, AGN			
40 WP Record: P 26,50		Koba Bellingan			
27,50	40 SA Nat	colours std			
31,00	40 WPS WP	Colours Standard			
1 # 5209 Kotze, Retha	W43	BELLVILLE AT	30,42 WPS	-2.6	29,78 72,65%
2 # 9763 Juries, Tanja	W44	VELOCITY ATH	32,05	-2.6	31,37 68,95%
3 Mggqoboka, Nobuntu	W44	RCS GUGULETHU A.C	45,66	-2.6	44,69 48,40%

W50 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 26,95	2010/02/20	Ronel Beukes, BOL			
50 WP Record: P 28,30		Y de Witt			
29,60	50 SA Nat	colours std			
33,50	50 WPS WP	Colours Standard			
1 # 9093 Figland, Beverley	W52	UNIVERSITY O	33,14 WPS	-3.0	29,96 72,21%



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W55 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
55 SA Record: N 29,30	1996/05/04	Y. de Witt			
55 WP Record: P 29,54	2021/04/10	Venessa Louw			
31,20	55 SA Nat colours std				
35,00	55 WPS WP Colours Standard				
1 # 1313 De Koker, Amelia	W55	NEDBANK SWD	42,72	-3.0	37,06 58,38%

W60 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 30,70	2003/02/08	Magdalena Tomlinson, KZN			
60 WP Record: P 32,10		Yvonne de Wit			
33,30	60 SA Nat colours std				
37,30	60 WPS WP Colours Standard				
1 # 1262 Spang, Rika	W62	NEDBANK SWD	38,46	-3.0	31,96 67,68%

W85 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
85 SA Record: N 51,20	2006/04/02	Christi du Plooy, CGA			
85 WP Record: P 53,86	2022/05/28	Magdalene Johnson			
56,00	85 SA Nat colours std				
1:03,00	85 WPS WP Colours Standard				
1 #12178 Johnson, Magdalin	W86	TYGERBERG AT	1:00,65 WPS	-3.0	38,66 55,94%

M30 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
30 SA Record: N 21,20		E. Essman, CGA			
30 WP Record: P 21,64	2023/03/04	Roscoe Engel			
24,50	30 WPS WP Colours Standard				
1 #10660 De Morny, Ryle	M34	TYGERBERG AT	23,44 WPS	-1.3	23,45 81,87%
2 Beukes, Henk	M32	NEDBANK A.C	24,55	-1.3	24,56 78,17%
3 # 5234 Steenkamp, Theodo	M34	BELLVILLE AT	29,07	-1.3	29,08 66,01%

M35 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
35 SA Record: N 21,20		E Jeffreys, KZN			
35 WP Record: P 22,22	2017/10/21	Jonathan Dreyer			
23,50	35 SA Nat colours std				
25,00	35 WPS WP Colours Standard				
1 # 2468 August, Denzil	M38	BELLVILLE AT	27,42	-4.5	26,85 71,48%
2 # 3125 Hassan, Qaasim	M39	C.P.U.T ATHL	27,84	-4.5	27,26 70,40%



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M40 200 Meter Dash

40 SA Record: N 22,00		Stan Wald, CGA				
40 WP Record: P 22,55		2022/10/29 Jonathan Dreyer				
24,00		40 SA Nat colours std				
25,50		40 WPS WP Colours Standard				
Name	Age	Team	Finals	Wind	Age-Grading %	
1		Dreyer, Jonathan M41	BRIMSTONE IT 23,45 SA	-4.5	22,24	86,31%
2	# 5214	Le Grange, Jacobu M42	BELLVILLE AT 25,24 WPS	-4.5	23,94	80,19%

M45 200 Meter Dash

45 SA Record: N 22,90		Stan Wald, CGA				
45 WP Record: P 23,89		2017/05/18 Marius Basson				
24,20		45 SA Nat colours std				
26,50		45 WPS WP Colours Standard				
Name	Age	Team	Finals	Wind	Age-Grading %	
1	# 1822	Lemmetjies, Eusta M45	BOLAND - LAN 25,17 WPS	-1.2	23,11	83,08%
2	# 5265	Bothma, Rupert M48	BELLVILLE AT 28,51	-1.2	26,17	73,34%
3	# 5238	Myburgh, Werner M45	BELLVILLE AT 29,15	-1.2	26,76	71,73%
4	# 5048	Mapukata, Sihle M46	NEDBANK A.C 33,01	-1.2	30,30	63,34%
--		Gilbert, Mark M46	INDIVIDUAL DNF	-1.2		

M50 200 Meter Dash

50 SA Record: N 23,29		Stan Wald, CGA				
50 WP Record: P 24,70		2022/04/22 Marius Basson				
24,80		50 SA Nat colours std				
27,50		50 WPS WP Colours Standard				
Name	Age	Team	Finals	Wind	Age-Grading %	
1	#10651	Jewaskiewitz, Deo M50	TYGERBERG AT 24,90 WPS	-1.2	22,12	86,75%
2	# 5258	Cloete, John Aubr M51	BELLVILLE AT 26,13 WPS	-1.9	23,22	82,66%
3	# 2264	Basson, Marius M50	CAPE MULTI-SPORT 26,94 WPS	-1.2	23,94	80,18%
4	# 1269	Pick, Tony M53	PINELANDS AT 27,13 WPS	-1.9	24,10	79,62%
5	#10646	Matthee, Giliomee M54	TYGERBERG AT 27,39 WPS	-1.9	24,34	78,86%
6	# 1237	Solomons, Anthony M52	BOLAND - BOL 27,84	-1.9	24,74	77,59%
7	# 1018	Martin, Donavan M52	CELTIC HARRIERS 28,64	-1.9	25,45	75,42%
8		Hollenbach, Lionel M51	INDIVIDUAL 36,36	-1.9	32,30	59,41%

M55 200 Meter Dash

55 SA Record: N 24,71		Montey Hacker, CGA				
55 WP Record: P 24,84		2011/04/09 Joseph Warriies				
26,20		55 SA Nat colours std				
28,90		55 WPS WP Colours Standard				
Name	Age	Team	Finals	Wind	Age-Grading %	
1	# 1774	Alwyn, Christian M56	STRANDLOPERS 27,33 WPS	-0.2	23,49	81,71%
2	# 6682	Toll, Michael M58	BRIMSTONE IT 29,38	-0.2	25,25	76,00%
3		Cloete, Simon Petr M55	INDIVIDUAL 30,37	-1.9	26,10	73,53%
4	# 4422	Mc Cree, Edward J M55	HEWAT ATHLETIC CLUB 36,86	-1.9	31,68	60,58%



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M60 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 25,80		Miloje Grujic, CGA			
60 WP Record: P 26,01	2022/04/09	Johan Myburgh			
26,90		60 SA Nat colours std			
30,00		60 WPS WP Colours Standard			
1 # 5261 Myburgh, Johan	M61	BELLVILLE AT	26,56 SA	-0.2	22,08 86,94%

M65 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
65 SA Record: N 26,99		Monty Hacker, CGA			
65 WP Record: P 27,78	2021/11/20	Joseph Warriess			
28,50		65 SA Nat colours std			
32,00		65 WPS WP Colours Standard			
1 # 9094 Warriess, Joseph	M67	UNIVERSITY O	28,77 WPS	-0.2	23,12 83,00%
2 # 5236 Deetlefs, Pietie	M69	BELLVILLE AT	34,27	-0.2	27,54 69,68%

M80 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
80 SA Record: N 31,82	8/2015	Monty Hacker, CGA			
80 WP Record: P 32,56	2014/04/25	Ron Cross			
38,00		80 SA Nat colours std			
43,00		80 WPS WP Colours Standard			
1 # 930 Stuart, Les	M80	HARTENBOS DR	38,39 WPS	-0.2	27,53 69,71%

W35 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
35 SA Record: N 56,00	1965/07/20	Anne McKenzie, CGA		
35 WP Record: P 58,47	2023/01/14	Kobie Griffiths		
1:01,00		35 SA Nat colours std		
1:09,00		35 WPS WP Colours Standard		
1 #10655 Van Rensburg, Mar	W39	TYGERBERG AT	1:08,24 WPS	1:06,76 72,11%

W40 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
40 SA Record: N 56,30	1967/10/28	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		
1 Mgqoboka, Nobuntu	W44	RCS GUGULETHU A.C	1:55,90	1:49,43 43,99%



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W50 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
50 SA Record: N	1:01,14	7/2011	Elaine Pretorius, AGN	
50 WP Record: P	1:03,20		Anne McKenzie	
	1:09,00	50 SA Nat colours std		
	1:18,00	50 WPS WP Colours Standard		
1 # 9093 Figland, Beverley	W52	UNIVERSITY O	1:18,79	1:08,64 70,14%
2 # Germishuizen, Shar	W53	STRAND ATHLE	1:30,41	1:18,76 61,12%
3 # 890 Moosa, Deborah	W52	CELTIC HARRIERS	1:50,25	1:36,04 50,12%

W55 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
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		
1 # 1753 Du Bruyn, Linda	W59	ATC RUNNING CLUB	1:26,61	1:12,10 66,77%

W70 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
70 SA Record: N	1:13,97	10/2016	Toy Ungerer, SWD	
70 WP Record: P	1:28,30		Jane Geldenhuys	
	1:35,00	70 SA Nat colours std		
	1:52,00	70 WPS WP Colours Standard		
1 # 1252 Will, Nancy	W70	PINELANDS AT	1:44,17 WPS	1:13,80 65,24%

M35 400 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#
35 SA Record: N	47,90		J. Cyrus		
35 WP Record: P	51,61		T. Dixon		
	51,00	35 SA Nat colours std			
	57,00	35 WPS WP Colours Standard			
1 # 5632 Ndwangu, Sandile	M38	NEDBANK A.C	1:01,39	1:00,31 71,35%	4
2 # 3125 Hassan, Qasim	M39	C.P.U.T ATHL	1:02,28	1:01,19 70,33%	4

M40 400 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#
40 SA Record: N	49,70		Leon Hacker, CGA		
40 WP Record: P	50,38	2011/04/09	Shawn Abrahams		
	52,50	40 SA Nat colours std			
	58,00	40 WPS WP Colours Standard			
1 # 713 Von Durckheim, Ch	M44	BOLAND - STE	55,27 WPS	52,58 81,83%	3
2 # 5756 Mulumba, Patrick	M40	TYGERBERG AT	56,30 WPS	53,56 80,34%	3
3 # 5214 Le Grange, Jacobu	M42	BELLVILLE AT	56,62 WPS	53,87 79,88%	3



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

Name	Age	Team	Finals	Age-Grading	H#
1 # 8518 Gibson, Michael	M46	FISH HOEK A. C	59,39 WPS	54,69 78,68%	2
2 # 9399 Norkie, Denzil	M46	PHOENIX ATHL	59,53 WPS	54,82 78,50%	2
3 # 5238 Myburgh, Werner	M45	BELLVILLE AT	1:11,23	1:05,59 65,60%	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 #10603 Scott, Russel	M54	C.P.U.T ATHL	1:04,23	57,23 75,20%	1
2 # 2264 Basson, Marius	M50	CAPE MULTI-SPORT	1:04,57	57,53 74,80%	2
3 # 1018 Martin, Donavan	M52	CELTIC HARRIERS	1:08,74	1:01,25 70,26%	2
4 # 5254 Bezuidenhout, Ter	M51	BELLVILLE AT	1:37,77	1:27,11 49,40%	2

M60 400 Meter Dash

60 SA Record: N 55,53 Miloje Crujic, CGA
 60 WP Record: P 1:01,41 2017/05/18 Joseph Warrires
 1:01,00 60 SA Nat colours std
 1:09,00 60 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 #10652 Bredeveltdt, Neal	M62	TYGERBERG AT	1:16,29	1:03,55 67,72%
2 # 3671 De Kock, Robert	M62	STRAND ATHLE	1:16,41	1:03,65 67,61%

M65 400 Meter Dash

65 SA Record: N 59,52 A. van Zyl, KZN
 65 WP Record: P 1:03,44 2021/04/10 Joseph Warrires
 1:06,00 65 SA Nat colours std
 1:13,00 65 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 9094 Warrires, Joseph	M67	UNIVERSITY O	1:08,28 WPS	54,95 78,31%
2 #12141 Rhoda, Keith	M66	CARBINEERS W	1:15,92	1:01,10 70,43%

W40 800 Meter Run

40 SA Record: N 2:06,50 1966/07/01 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 Mgqoboka, Nobuntu	W44	RCS GUGULETHU A.C	3:52,34	3:42,19 51,31%



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

W50 800 Meter Run

50 SA Record: N	2:21,43	9/2018	Salome Vermeulen, AGN		
50 WP Record: P	2:23,10		Anne McKenzie		
	2:40,00	50 SA Nat colours std			
	3:00,00	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 890 Moosa, Deborah	W52	CELTIC HARRIERS	4:10,93	3:41,17	51,55%

W70 800 Meter Run

70 SA Record: N	3:19,67	2014/03/21	Magdalena Tomlinson, KZN		
70 WP Record: P	3:20,62		Jane Geldenhuys		
	3:50,00	70 SA Nat colours std			
	4:18,00	70 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 1252 Will, Nancy	W70	PINELANDS AT	3:47,64 SA	2:45,14	69,04%

M30 800 Meter Run

30 SA Record: N	1:49,60		Deon Brummer, AGN		
30 WP Record: P	1:56,92	2017/02/11	Ashwyn Claasens		
	2:12,00	30 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	H#
1 Beukes, Henk	M32	NEDBANK A.C	2:11,38 WPS	2:11,39	76,81% 2

M35 800 Meter Run

35 SA Record: N	1:49,40		Deon Brummer, AGN		
35 WP Record: P	1:53,78		Johan Landsman		
	2:01,00	35 SA Nat colours std			
	2:14,00	35 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	H#
1 # 5632 Ndwangu, Sandile	M38	NEDBANK A.C	2:14,86	2:14,39	75,09% 2
2 # 4632 Titus, Brandon	M37	ELSIES RIVER	2:37,10	2:36,56	64,46% 2
3 # 1551 Gouws, Eugene	M35	BOLAND - SAL	2:55,01	2:54,40	57,86% 2

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	H#
1 Jakobus, Andre	M42	SWD MASTERS	2:13,49 WPS	2:07,89	78,90% 2
2 # 4634 Ramoshaba, Alfred	M42	ELSIES RIVER	2:23,64	2:17,61	73,33% 2
3 Oelofse, Ettienne	M44	INDIVIDUAL	2:24,12	2:18,07	73,08% 2



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

M45 800 Meter Run

45 SA Record: N 1:58,10 2019/11/09 Spence Moraope, NWN
 45 WP Record: P 1:59,09 T. Brown
 2:07,00 45 SA Nat colours std
 2:22,00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading	H#
1 # 8518 Gibson, Michael	M46 FISH HOEK A. C	2:09,38 WPS	1:59,10 84,73%	2
2 Marais, Rowan	M46 INDIVIDUAL	2:19,66 WPS	2:08,56 78,50%	2
3 # 3696 Engelbrecht, Chri	M48 STRAND ATHLE	2:28,16	2:16,39 73,99%	1
4 # 6475 Juries, Chubasco	M47 BRIMSTONE IT	2:31,58	2:19,53 72,32%	1
5 # 5048 Mapukata, Sihle	M46 NEDBANK A.C	2:40,33	2:27,59 68,38%	2
-- # 5238 Myburgh, Werner	M45 BELLVILLE AT	DNF		2

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 # 5221 Stanley, Christop	M50 BELLVILLE AT	2:19,19 WPS	2:03,08 82,00%
2 # 48 Moloi, Tholang	M54 SANDF-WP	2:42,13	2:23,36 70,39%

M60 800 Meter Run

60 SA Record: N 2:16,49 7/2011 Len Claassen, AGN
 60 WP Record: P 2:20,58 2021/11/13 Anthony Grendon
 2:25,00 60 SA Nat colours std
 2:44,00 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
-- # 9511 Robinson, Ricky	M63 ATLANTIC ATH	DNF	

M65 800 Meter Run

65 SA Record: N 2:26,15 10/2016 Len Claassen, AGN
 65 WP Record: P 2:38,65 2021/02/27 Robbie Lindsay
 2:35,00 65 SA Nat colours std
 2:58,00 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #12141 Rhoda, Keith	M66 CARBINEERS W	2:58,40	2:19,41 72,39%

W30 1500 Meter Run

30 SA Record: N 4:22,09 2016/04/19 Mandie Brandt, WPA
 30 WP Record: P 4:22,09 2016/04/19 Mandie Brandt
 5:47,00 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 8301 De Kock, Johandie	W34 BELLVILLE AT	6:39,26	6:39,27 57,62%



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W40 1500 Meter Run

40 SA Record: N 4:36,00 1967/07/20 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 Mggqoboka, Nobuntu	W44 RCS GUGULETHU A.C	7:57,08	7:30,42 51,08%

W50 1500 Meter Run

50 SA Record: N 4:48,27 10/2016 Salome Vermeulen, AGN
 50 WP Record: P 4:54,50 Anne McKenzie
 5:20,00 50 SA Nat colours std
 6:25,00 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 890 Moosa, Deborah	W52 CELTIC HARRIERS	8:43,00	7:34,86 50,58%
2 Aploon, Gloria	W53 CAPRICORN AT	9:14,92	8:02,62 47,67%

W70 1500 Meter Run

70 SA Record: N 6:52,40 1997/07/17 J. Geldenhuys, WPA
 70 WP Record: P 6:52,40 Jane Geldenhuys
 7:45,00 70 SA Nat colours std
 9:04,00 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1252 Will, Nancy	W70 PINELANDS AT	7:14,75 SA	5:13,11 73,48%

M30 1500 Meter Run

30 SA Record: N 3:40,20 Johan Fourie, AGN
 30 WP Record: P 4:06,27 P Miller
 4:34,00 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading	H#
1 # 2592 Pienaar, Barry-Jo	M34 KUILS RIVER	4:56,95	4:56,96 69,37%	3

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	H#
1 # 819 Jones, Gurswin	M36 SWD MASTERS	4:11,60 SA	4:07,81 83,13%	2
2 # 2591 Kammies, Morne	M36 KUILS RIVER	4:14,05 WPS	4:10,22 82,33%	2
3 # 2594 Mokoatsi, Tumelo	M35 KUILS RIVER	4:29,97 WPS	4:25,90 77,48%	2
4 # 9007 Martin, Brent	M35 INDIVIDUAL	5:44,63	5:39,43 60,69%	3



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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	H#
1 # 5544 Blauw, Ricardo	M41	NEDBANK A.C	4:18,08 WPS	4:06,01 83,74%	2
2 # 4634 Ramoshaba, Alfred	M42	ELSIES RIVER	4:57,37	4:43,46 72,67%	2

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	H#
1 # 3696 Engelbrecht, Chri	M48	STRAND ATHLE	4:51,84 WPS	4:28,67 76,68%	1
2 # 9168 Sinclair, Quinton	M46	UNIVERSITY O	4:58,97	4:35,24 74,85%	2
3 # 6475 Juries, Chubasco	M47	BRIMSTONE IT	5:02,41	4:38,40 74,00%	1

M50 1500 Meter Run

50 SA Record: N	4:18,94	2004/02/20	Sean Rice, CGA		
50 WP Record: P	4:23,75	2018/02/17	Thobias Philander		
	4:30,00	50 SA Nat colours std			
	5:15,00	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 5267 Roux, Francois	M51	BELLVILLE AT	5:57,14	5:16,82 65,02%	

M80 1500 Meter Run

80 SA Record: N	6:27,52	2015/07/18	Ken Nurden, AGN		
80 WP Record: P	7:30,11	2017/05/18	Bub Evans		
	9:00,00	80 SA Nat colours std			
	9:15,00	80 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 930 Stuart, Les	M80	HARTENBOS DR	8:09,75 SA	5:25,74 63,24%	

W30 5000 Meter Run

30 SA Record: N	16:26,70	1994/11/19	A. Vermeulen		
30 WP Record: P	17:43,30	2015/02/21	Anneline Roffey		
	21:50,00	30 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 5235 Burger, Elretha	W33	BELLVILLE AT	23:46,90	23:46,91 59,65%	
2 # 8301 De Kock, Johandie	W34	BELLVILLE AT	24:38,60	24:38,61 57,56%	



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40 SA Record: N 17:54,40 2001/07/04 D. Sandford, SWD
 40 WP Record: P 18:14,70 2018/03/10 Simae Bulelwa
 19:14,00 40 SA Nat colours std
 22:30,00 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4990 Africa, Carmelita	W41 EDGEMEAD RUNNERS	21:17,40 WPS	20:28,23 69,30%
2 Mqgoboka, Nobuntu	W44 RCS GUGULETHU A.C	28:26,90	27:21,19 51,86%

W45 5000 Meter Run

45 SA Record: N 18:27,36 1997/07/17 S. du Toit, AGN
 45 WP Record: P 18:50,50 2012/03/22 Elmarie Coetzee
 19:45,00 45 SA Nat colours std
 23:10,00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5568 Matiwane, Busisiw	W47 NEDBANK A.C	22:17,40 WPS	20:35,63 68,88%

W50 5000 Meter Run

50 SA Record: N 18:55,90 1993/05/07 J. Hann
 50 WP Record: P 18:55,90 J. Hann
 20:20,00 50 SA Nat colours std
 24:00,00 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 38 Lategan, Jill	W50 EDGEMEAD RUNNERS	22:55,50 WPS	20:16,91 69,94%
2 # 890 Moosa, Deborah	W52 CELTIC HARRIERS	31:05,70	27:30,59 51,57%

W60 5000 Meter Run

60 SA Record: N 19:52,44 2004/05/06 Jenny Allebone, KZN
 60 WP Record: P 23:00,00 Jane Geldenhuys
 23:14,00 60 SA Nat colours std
 27:10,00 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 3959 Rodseth, Lollos	W63 DURBANVILLE	24:57,60 WPS	20:00,33 70,91%

W70 5000 Meter Run

70 SA Record: N 25:11,26 2012/05/18 W. Smuts, FSA
 70 WP Record: P 26:04,93 Jane Geldenhuys
 28:43,00 70 SA Nat colours std
 33:40,00 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1252 Will, Nancy	W70 PINELANDS AT	24:38,80NSA	17:34,09 80,75%



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W80 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
	38:00,00	80 SA Nat colours std		
	44:00,00	80 WPS WP Colours Standard		
1 # 3980 Joseph, Sheila	W81	DURBANVILLE	38:24,30 WPS	23:46,37 59,67%

M35 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
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		
1 # 819 Jones, Gurswin	M36	SWD MASTERS	19:02,58	19:02,59 66,28%
2 # 2594 Mokoatsi, Tumelo	M35	KUILS RIVER	19:08,33	19:08,34 65,95%
3 # 9221 Kretzinger, Dale	M36	EE BORN2RUN CGA	21:05,17	21:05,18 59,86%
4 #10310 Adriaanse, Andre-	M38	EERSTE RIVER	21:53,56	21:53,57 57,66%
5 # 9983 Wildschut, Riaan	M36	ATC RUNNING CLUB	22:16,70	22:16,71 56,66%
6 # 4880 Ockhuis, Garron	M38	EDGEMEAD RUNNERS	22:27,30	22:27,31 56,21%
7 # 9007 Martin, Brent	M35	INDIVIDUAL	24:27,08	24:27,09 51,62%
-- # 2591 Kammies, Morne	M36	KUILS RIVER	DNF	

M45 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
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		
1 # 6475 Juries, Chubasco	M47	BRIMSTONE IT	22:55,65	21:19,22 59,20%
2 # 9168 Sinclair, Quinton	M46	UNIVERSITY O	23:37,12	21:57,79 57,47%
3 # 9798 Olivier, Tinus	M46	GOODWOOD HAR	24:33,94	22:50,62 55,26%

M50 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
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		
1 # 48 Moloi, Tholang	M54	SANDB-WP	19:10,20 WPS	17:03,68 73,98%
2 # 5267 Roux, Francois	M51	BELLVILLE AT	21:19,65	18:58,89 66,50%



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M55 5000 Meter Run

55 SA Record: N 16:54,76		Sybrand Mostert, WPA		
55 WP Record: P 16:54,60		Stefanus Mostert		
	17:30,00	55 SA Nat colours std		
	20:40,00	55 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 5625 Cooper, Andrew	M55	NEDBANK A.C	19:02,74 WPS	16:11,56 77,95%
2 # 7718 Swart, Dries	M58	ATC RUNNING CLUB	20:00,83 WPS	17:00,95 74,18%
3 # 945 Hughes, Brandon	M58	CELTIC HARRIERS	22:04,71	18:46,27 67,24%

M60 5000 Meter Run

60 SA Record: N 17:50,60	1988/03/19	Willie 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 # 4636 Isaacs, Kevin	M63	ELSIES RIVER	19:52,04 WPS	16:06,27 78,38%
-- # 1196 Du Plessis, Jan	M64	NEDBANK SWD	DNF	

M65 5000 Meter Run

65 SA Record: N 18:25,70	1993/04/17	Willie 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 #10188 Wagenheim, Mark	M66	ATLANTIC ATH	21:19,56 WPS	16:26,93 76,74%

M70 5000 Meter Run

70 SA Record: N 19:40,94	2006/03/25	Ken Nurden, AGN		
70 WP Record: P 21:53,10	2013/11/16	Donald Peter		
	22:00,00	70 SA Nat colours std		
	25:30,00	70 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 5574 Cleophas, Henry	M74	NEDBANK A.C	22:05,06 WPS	16:10,08 78,07%

M80 5000 Meter Run

80 SA Record: N 22:40,10	2016/04/06	Ken Nurden, AGN		
80 WP Record: P 27:45,13	2017/05/18	Bub Evans		
	30:30,00	80 SA Nat colours std		
	35:30,00	80 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 1943 Donald, Peter	M80	WEST COAST A	25:55,48PSA	16:57,44 74,44%



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30 SA Record: N 7:10,00 2004/05/08 R. Thomas, AGN
 30 WP Record: P 8:15,27 2019/05/02 Mandy-Lee Jacobs
 9:00,00 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 9587 Jacobs, Mandy-Lee	W34 ATLANTIC ATH	9:28,82	9:28,83 95,21%

M35 3000 Meter Steeplechase

35 SA Record: N 9:31,00 M. Wells
 35 WP Record: P 9:55,80 B. Matthews
 11:05,00 35 SA Nat colours std
 11:40,00 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 9983 Wildschut, Riaan	M36 ATC RUNNING CLUB	10:41,12 SA	10:41,13 73,88%

M40 3000 Meter Steeplechase

40 SA Record: N 9:23,80 Willie Olivier
 40 WP Record: P 9:39,90 Tobias Philander
 11:10,00 40 SA Nat colours std
 11:55,00 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 6534 Coetzee, Oscar	M40 BRIMSTONE IT	11:19,05 WPS	11:19,06 69,75%

M45 3000 Meter Steeplechase

45 SA Record: N 9:49,70 2010/02/20 Tobias Philander, WPA
 45 WP Record: P 10:00,05 T. Brown
 11:15,00 45 SA Nat colours std
 12:50,00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5978 Van Der Walt, Tja	M45 ATLANTIC ATH	11:50,88 WPS	11:50,89 66,63%
2 # 6475 Juries, Chubasco	M47 BRIMSTONE IT	12:33,89 WPS	12:33,90 62,82%

W45 High Jump

45 SA Record: N 1,64m 2012/05/19 Dinah Heymans, FSA
 45 WP Record: P 1,33m 2010/02/20 Jackie Basson
 1,36m 45 SA Nat colours std
 1,21m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1026 Van Langelaar, Yo	W47 HARTENBOS DR	1,51mNSA	1,69m 81,18%



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W50 High Jump

50 SA Record: N	1,53m	2017/04/01	Dinah Heymans, FSA		
50 WP Record: P	1,28m	2013/04/26	Jackie Basson		
	1,30m	50 SA Nat	colours std		
	1,15m	50 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 1045 Shaik, Carmila	W50	BOLAND - PAARL AC	1,15mNWPS	1,35m	64,97%

W55 High Jump

55 SA Record: N	1,40m	2022/03/26	Dinah Heymans, AGN		
55 WP Record: P	1,35m	2022/05/28	Suretha Deetlefs		
	1,22m	55 SA Nat	colours std		
	1,09m	55 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 5237 Deetlefs, Suretha	W59	BELLVILLE AT	1,29mNSA	1,60m	76,79%

M40 High Jump

40 SA Record: N	2,00m	2017/04/01	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 # 5243 Venter, Pierre	M43	BELLVILLE AT	1,40mP	1,48m	60,87%

M50 High Jump

50 SA Record: N	1,82m	2019/05/03	Johann Gutsche, CNW		
50 WP Record: P	1,61m		Leo Benning		
	1,60m	50 SA Nat	colours std		
	1,41m	50 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 5251 Maree, Archibald	M51	BELLVILLE AT	1,46mNWPS	1,71m	69,86%
2 #10953 Davids, Jerome	M51	NEDBANK A.C	1,40mN	1,64m	66,99%
3 # 5254 Bezuidenhout, Ter	M51	BELLVILLE AT	1,35mN	1,58m	64,59%

M60 High Jump

60 SA Record: N	1,67m	2021/05/29	Neal Bredeveltdt, WPA		
60 WP Record: P	1,67m	2021/05/29	Neal Bredeveltdt		
	1,45m	60 SA Nat	colours std		
	1,27m	60 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 #10652 Bredeveltdt, Neal	M62	TYGERBERG AT	1,55mNSA	2,01m	82,01%



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W30 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
30 SA Record: N 6,59m 2018/04/27 Karin May, AGN					
30 WP Record: P 5,66m Corne Gomes					
4,25m 30 WPS WP Colours Standard					
1 # 8301 De Kock, Johandie	W34	BELLVILLE AT	2,74m	-2.0	2,74m 36,93%

W40 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
40 SA Record: N 5,73m 2012/03/31 Charmain Barnard, AGN					
40 WP Record: P 4,55m N Weideman					
4,72m 40 SA Nat colours std					
3,95m 40 WPS WP Colours Standard					
1 # 5209 Kotze, Retha	W43	BELLVILLE AT	4,52mPWPS	-2.0	4,92m 66,47%
2 # 9763 Juries, Tanja	W44	VELOCITY ATH	4,18mPWPS	-2.0	4,55m 61,47%
3 # 1040 Van Heerden, Elsa	W42	BOLAND - PAARL AC	3,94m	-1.3	4,29m 57,94%

W50 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 4,56m P. Pietersen, AGN					
50 WP Record: P 4,42m Yvonne de Witt					
4,20m 50 SA Nat colours std					
3,45m 50 WPS WP Colours Standard					
1 # 1045 Shaik, Carmila	W50	BOLAND - PAARL AC	3,60m WPS	-1.1	4,40m 59,31%

W55 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
55 SA Record: N 4,37m 2010/10/16 A. Steenkamp, SWD					
55 WP Record: P 4,14m Yvonne de Witt					
3,88m 55 SA Nat colours std					
3,20m 55 WPS WP Colours Standard					
1 # 5237 Deetlefs, Suretha	W59	BELLVILLE AT	3,65m WPS	-2.4	4,73m 63,81%

M35 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
35 SA Record: N 7,22m Vic Hager, KZN					
35 WP Record: P 6,64m 2011/04/09 Robin Buck					
6,20m 35 SA Nat colours std					
5,30m 35 WPS WP Colours Standard					
1	Jacobs, Giovanni	M36 INDIVIDUAL	5,28m	-3.1	5,48m 61,25%



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M40 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
40 SA Record: N 7,14m		Vic Hager, KZN			
40 WP Record: P 6,51m	2016/11/01	Robin Buck			
6,00m	40 SA Nat	colours std			
5,10m	40 WPS WP	Colours Standard			
1 # 5243 Venter, Pierre	M43	BELLVILLE AT	4,51m	-2.0	4,94m 55,27%

M50 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 6,18m		J. van Rooyen			
50 WP Record: P 5,94m		R. Cross			
5,40m	50 SA Nat	colours std			
4,60m	50 WPS WP	Colours Standard			
1 #10646 Matthee, Giliomee	M54	TYGERBERG AT	4,42m	-2.3	5,43m 60,71%
2 # 5254 Bezuidenhout, Ter	M51	BELLVILLE AT	4,12m	-3.8	5,06m 56,59%
3 # 5251 Maree, Archibald	M51	BELLVILLE AT	3,76m	-3.1	4,62m 51,65%

M55 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
55 SA Record: N 5,70m		S Hough / A Redelinghuys			
55 WP Record: P 5,61m		Ron Cross			
5,15m	55 SA Nat	colours std			
4,30m	55 WPS WP	Colours Standard			
1 # 1774 Alwyn, Christian	M56	STRANDLOPERS	4,32m WPS	-3.6	5,63m 62,97%
2 Isaacs, Duncan	M55	NEDBANK A.C	3,75m	0.7	4,89m 54,66%

M60 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
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			
1 #10652 Bredevelde, Neal	M62	TYGERBERG AT	4,70m SA	0.3	6,52m 72,87%
2 # 5260 Mcbride, Vincent	M60	BELLVILLE AT	4,10m WPS	-2.4	5,68m 63,57%

M70 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
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			
1 # 1565 Mentoor, Sakkie	M70	BOLAND - SAL	2,84m	-3.4	4,48m 50,09%
2 # 174 Dreyer, Patrick	M73	SPARTAN HARRIERS	2,71m	-2.4	4,27m 47,80%
3 # 1567 Basson, Hendrick	M73	BOLAND - SAL	1,78m	-0.2	2,81m 31,39%



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W40 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
40 SA Record: N 12,18m	J. Kingwill			
9,50m	40 SA Nat colours std			
8,40m	40 WPS WP Colours Standard			
1 # 1040 Van Heerden, Elsa	W42 BOLAND - PAARL AC	8,42m WPS	-5.3	9,00m 58,11%

W50 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
50 SA Record: N 9,09m	10/2016 Helene Willemse, SWD			
50 WP Record: P 7,55m	Pat Smit			
8,30m	50 SA Nat colours std			
7,30m	50 WPS WP Colours Standard			
-- # 1045 Shaik, Carmila	W50 BOLAND - PAARL AC	ND	NWI	

M40 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
40 SA Record: N 14,40m	G. Swakala			
40 WP Record: P 13,57m	2022/04/09 Jason Sewanayana			
12,00m	40 SA Nat colours std			
11,25m	40 WPS WP Colours Standard			
1 #10643 Sewanyana, Jason	M41 TYGERBERG AT	13,19mPSA	-2.7	13,91m 76,07%

M45 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
45 SA Record: N 12,73m	2016/05/13 W. Olivier, AVT			
45 WP Record: P 12,17m	R. Mitchell			
11,80m	45 SA Nat colours std			
10,40m	45 WPS WP Colours Standard			
1 # 1822 Lemmetjies, Eusta	M45 BOLAND - LAN	10,99m WPS	-1.1	12,24m 66,93%

M50 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
50 SA Record: N 12,80m	10/2013 V. McBride, WPA			
50 WP Record: P 11,90m	2013/03/16 Vincent McBride			
11,40m	50 SA Nat colours std			
10,00m	50 WPS WP Colours Standard			
1 #10646 Matthee, Giliomee	M54 TYGERBERG AT	9,79m	-3.9	11,55m 63,20%



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M60 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading
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			
1 # 5260 McBride, Vincent	M60 BELLVILLE AT	9,55m WPS	-1.2	12,80m 70,01%
-- #10652 Bredeveldt, Neal	M62 TYGERBERG AT	ND	NWI	

W40 Shot Put

Name	Age Team	Finals	Age-Grading
40 SA Record: N 11,92m	Marie-Louise Uys, SWD		
40 WP Record: P 11,92m	M. Uys		
10,23m	40 SA Nat colours std		
8,00m	40 WPS WP Colours Standard		
1 # 5240 Albertyn, Este	W40 BELLVILLE AT	9,03m WPS	10,08m 47,45%
2 # 5244 Compion, Maria	W42 BELLVILLE AT	8,41m WPS	9,38m 44,19%

W45 Shot Put

Name	Age Team	Finals	Age-Grading
45 SA Record: N 11,80m	Marie-Louise Uys, SWD		
45 WP Record: P 9,89m	Elize Engelbrecht		
10,00m	45 SA Nat colours std		
7,70m	45 WPS WP Colours Standard		
1 # 5568 Matiwane, Busisiw	W47 NEDBANK A.C	5,66m	6,82m 32,14%

W50 Shot Put

Name	Age Team	Finals	Age-Grading
50 SA Record: N 13,24m	2019/03/30 Charmain Barnard, AGN		
50 WP Record: P 11,17m	Tertia Stofberg		
11,10m	50 SA Nat colours std		
8,20m	50 WPS WP Colours Standard		
1 # Aploon, Gloria	W53 CAPRICORN AT	7,75m	8,78m 41,33%
2 # 5253 Africa, Donna	W51 BELLVILLE AT	7,38m	8,36m 39,36%
3 # 9764 Snyders, Margo	W51 VELOCITY ATH	6,36m	7,20m 33,92%
4 # 58 Noordien, Mishka	W53 BONTEHEUWEL	5,28m	5,98m 28,16%

W55 Shot Put

Name	Age Team	Finals	Age-Grading
55 SA Record: N 11,13m	M van As		
55 WP Record: P 10,64m	Hester Schoonwinkel		
9,80m	55 SA Nat colours std		
7,60m	55 WPS WP Colours Standard		
1 # 1841 Knobel, Heleen	W57 SWD MASTERS	9,87m SA	12,18m 57,38%
2 # 1087 Johnson, Mary-Ann	W55 PINELANDS AT	7,59m	9,37m 44,13%
3 #11581 De Bruyn, Sonja	W56 CAPRICORN AT	7,40m	9,13m 43,02%



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....W55 Shot Put

4 # 1562 Mentoor, Patricia W56 BOLAND - SAL 4,78m 5,90m 27,79%

W60 Shot Put

60 SA Record: N 11,74m M van As
 60 WP Record: P 9,43m 2020/01/11 Farieda Dramat
 9,00m 60 SA Nat colours std
 7,00m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5223 Dramat, Farieda	W64 BELLVILLE AT	8,61m WPS	11,65m 54,88%
2 # 3959 Rodseth, Lollos	W63 DURBANVILLE	7,29m WPS	9,86m 46,46%

W70 Shot Put

70 SA Record: N 8,51m 2019/04/13 Helena Fourie, AGN
 70 WP Record: P 7,52m 2023/02/04 Ronel Griesel
 7,40m 70 SA Nat colours std
 5,60m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1564 Dokter, Welize	W71 BOLAND - SAL	5,74m WPS	9,54m 44,95%
2 # 5252 Du Toit, Aletta	W71 BELLVILLE AT	5,21m	8,66m 40,80%

W75 Shot Put

75 SA Record: N 8,07m 2016/05/13 Penny England, AVT
 75 WP Record: P 6,33m 2022/05/07 Elize Grobbelaar
 7,00m 75 SA Nat colours std
 5,10m 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5222 Grobbelaar, Elize	W77 BELLVILLE AT	5,56m WPS	8,49m 40,00%

M25-29 Shot Put

Name	Age Team	Finals	Age-Grading H#
1 Vallentine F34, Do	M29 BOLAND - MAT	7,64m	7,64m 33,35% 2

M35 Shot Put

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

Name	Age Team	Finals	Age-Grading
1 # 2468 August, Denzil	M38 BELLVILLE AT	7,94m	8,30m 36,26%



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M40 Shot Put

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

Name	Age Team	Finals	Age-Grading
1 # 1132 Wiener, Shukri	M41 PINELANDS AT	11,67m WPS	12,98m 56,68%
2 Rainho, Mario	M41 BELLVILLE AT	9,30m	10,34m 45,17%

M45 Shot Put

45 SA Record: N 18,29m 2018/04/27 Burger Lambrechts, AGN
 45 WP Record: P 12,58m 2015/03/21 Gerhard Potgieter
 12,20m 45 SA Nat colours std
 9,50m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Van Der Westhuizen	M45 BELLVILLE AT	12,66mPSA	15,02m 65,56%
2 # 8780 Van Zyl, Chris	M46 BELLVILLE AT	9,32m	11,06m 48,27%

M50 Shot Put

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

Name	Age Team	Finals	Age-Grading
1 Nel, Chris	M53 BELLVILLE AT	11,04m WPS	12,75m 55,67%
2 Bester, David	M51 BELLVILLE AT	10,20m	11,78m 51,44%
3 # 5254 Bezuidenhout, Ter	M51 BELLVILLE AT	10,16m	11,73m 51,24%
4 #10953 Davids, Jerome	M51 NEDBANK A.C	8,41m	9,71m 42,41%
5 # 2617 Marais, Clifton	M52 KUILS RIVER	7,95m	9,18m 40,09%

M55 Shot Put

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

Name	Age Team	Finals	Age-Grading
1 Isaacs, Duncan	M55 NEDBANK A.C	6,85m	8,50m 37,13%

M60 Shot Put

60 SA Record: N 14,96m 2021/11/13 Burton Haupt, AGN
 60 WP Record: P 14,24m Gunther Schirmer
 12,78m 60 SA Nat colours std
 10,00m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5560 Simpson, Shaun	M60 NEDBANK A.C	10,91m WPS	13,36m 58,34%
2 # 5264 Lamara, Zain	M62 BELLVILLE AT	9,88m	12,10m 52,83%



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65 SA Record: N 12,80m 2002/05/02 Andrzej Rzepecki, CGA
 65 WP Record: P 12,72m Gunther Schirmer
 11,50m 65 SA Nat colours std
 8,90m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1824 Harding, Jon	M69 BOLAND - LAN	8,64m	11,50m 50,23%
2 Ferreira, Frik	M67 SWD MASTERS	8,55m	11,38m 49,71%
3 # 94 James, Andy	M69 BONTEHEUWEL	7,84m	10,44m 45,58%
4 #10770 Harris, Jeffrey	M65 BRACKENFELL ATHL	7,25m	9,65m 42,15%
5 # 1568 Dokter, Piet	M69 BOLAND - SAL	6,10m	8,12m 35,47%

M70 Shot Put

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

Name	Age Team	Finals	Age-Grading
1 # 5267 Erasmus, Nick	M72 BELLVILLE AT	8,32m	10,84m 47,35%
2 # 1567 Basson, Hendrick	M73 BOLAND - SAL	5,78m	7,53m 32,90%

M75 Shot Put

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

Name	Age Team	Finals	Age-Grading
1 # 5224 Hough, Norman	M75 BELLVILLE AT	9,24m WPS	13,29m 58,00%

W40 Discus Throw

40 SA Record: N 43,48m R. Boshoff, EPA
 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 # 5240 Albertyn, Este	W40 BELLVILLE AT	29,16m WPS	31,29m 43,83%
2 # 5244 Compion, Maria	W42 BELLVILLE AT	21,93m	23,53m 32,96%

W45 Discus Throw

45 SA Record: N 38,97m 10/2013 Heleen Knobel, SWD
 45 WP Record: P 30,08m E. Engelbrecht
 30,50m 45 SA Nat colours std
 23,00m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5568 Matiwane, Busisiw	W47 NEDBANK A.C	12,80m	15,06m 21,10%



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W50 Discus Throw

50 SA Record: N 39,71m 2022/11/19 Antonette Jordaan, AGN
 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 # 5253 Africa, Donna	W51 BELLVILLE AT	20,93m	27,10m 37,95%
2 Aploon, Gloria	W53 CAPRICORN AT	20,09m	26,01m 36,43%
3 # 9764 Snyders, Margo	W51 VELOCITY ATH	14,74m	19,08m 26,73%
4 # 58 Noordien, Mishka	W53 BONTEHEUWEL	9,28m	12,01m 16,83%

W55 Discus Throw

55 SA Record: N 33,29m 2021/12/11 Heleen Knobel
 55 WP Record: P 27,42m Hester Schoonwinkel
 25,50m 55 SA Nat colours std
 19,90m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1087 Johnson, Mary-Ann	W55 PINELANDS AT	19,18m	27,42m 38,41%
2 #11581 De Bruyn, Sonja	W56 CAPRICORN AT	18,52m	26,48m 37,08%
3 # 1562 Mentoer, Patricia	W56 BOLAND - SAL	9,63m	13,77m 19,28%

W60 Discus Throw

60 SA Record: N 28,78m 2005/03/12 J. Rzepecka, CGA
 60 WP Record: P 21,38m 2023/02/04 Farieda Dramat
 23,80m 60 SA Nat colours std
 18,60m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5223 Dramat, Farieda	W64 BELLVILLE AT	19,39m WPS	30,77m 43,10%

W70 Discus Throw

70 SA Record: N 23,26m L. Grobler, AGN
 70 WP Record: P 17,29m 2015/01/24 Adrie Benade
 19,00m 70 SA Nat colours std
 14,80m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5252 Du Toit, Aletta	W71 BELLVILLE AT	12,65m	25,28m 35,40%
2 # 1564 Dokter, Welize	W71 BOLAND - SAL	10,11m	20,20m 28,30%

W75 Discus Throw

75 SA Record: N 21,23m 2016/05/13 Penny England, AVT
 75 WP Record: P 16,20m 2022/03/05 Elize Grobellaar
 17,00m 75 SA Nat colours std
 13,30m 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5222 Grobbelaar, Elize	W77 BELLVILLE AT	13,95m WPS	27,50m 38,51%



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Name	Age Team	Finals	Age-Grading	H#
1	Vallentine F34, Do M29 BOLAND - MAT	21,09m	21,09m 29,35%	2

M35 Discus Throw

35 SA Record: N 54,46m 2009/10/24 G. Geldenhuys, FSA
 35 WP Record: P 50,39m 1975/02/27 Steve Johnston
 41,00m 35 SA Nat colours std
 32,00m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1	Riley, Jared M35 INDIVIDUAL	9,74m	9,74m 13,55%

M40 Discus Throw

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

Name	Age Team	Finals	Age-Grading
1 # 1132	Wiener, Shukri M41 PINELANDS AT	31,69m WPS	32,28m 44,92%
2	Rainho, Mario M41 BELLVILLE AT	28,11m	28,63m 39,85%

M45 Discus Throw

45 SA Record: N 49,13m J.J. van Zyl, EPA
 45 WP Record: P 38,66m 1988/11/09 Steve Johnston
 38,08m 45 SA Nat colours std
 30,00m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1	Van Der Westhuizen M45 BELLVILLE AT	34,58m WPS	37,54m 52,24%
2 # 8780	Van Zyl, Chris M46 BELLVILLE AT	27,49m	29,84m 41,53%
3 # 1245	De Wit, Leon M49 PINELANDS AT	26,01m	28,23m 39,30%

M50 Discus Throw

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

Name	Age Team	Finals	Age-Grading
1 # 2427	Mostert, Henri M50 BELLVILLE AT	38,68m WPS	38,98m 54,25%
2 # 1237	Solomons, Anthony M52 BOLAND - BOL	36,02m WPS	36,30m 50,52%
3	Nel, Chris M53 BELLVILLE AT	33,51m	33,77m 47,00%
4 # 2617	Marais, Clifton M52 KUILS RIVER	19,05m	19,19m 26,72%



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M55 Discus Throw

Name	Age Team	Finals	Age-Grading
55 SA Record: N 53,79m	10/2016	Burton Haupt, AGN	
55 WP Record: P 39,48m	1994/11/08	Steve Johnston	
	40,50m	55 SA Nat colours std	
	31,50m	55 WPS WP Colours Standard	
1	Isaacs, Duncan	M55 NEDBANK A.C	21,75m 23,64m 32,91%
2 #	5249 Lobb, Wayne	M58 BELLVILLE AT	19,05m 20,71m 28,82%

M60 Discus Throw

Name	Age Team	Finals	Age-Grading
60 SA Record: N 54,58m	2021/11/13	Burton Haupt, AGN	
60 WP Record: P 45,46m	1999/11/08	Steve Johnston	
	44,26m	60 SA Nat colours std	
	34,50m	60 WPS WP Colours Standard	
1 #	5560 Simpson, Shaun	M60 NEDBANK A.C	38,07m WPS 36,74m 51,14%
-- #	5264 Lamara, Zain	M62 BELLVILLE AT	ND

M65 Discus Throw

Name	Age Team	Finals	Age-Grading
65 SA Record: N 42,91m		A. Coetzee	
65 WP Record: P 42,22m	2004/02/21	Steve Johnston	
	40,50m	65 SA Nat colours std	
	31,00m	65 WPS WP Colours Standard	
1	Ferreira, Frik	M67 SWD MASTERS	27,96m 29,60m 41,20%
2 #	94 James, Andy	M69 BONTEHEUWEL	21,79m 23,07m 32,11%
3 #	1568 Dokter, Piet	M69 BOLAND - SAL	18,34m 19,42m 27,03%

M70 Discus Throw

Name	Age Team	Finals	Age-Grading
70 SA Record: N 41,12m	2019/04/13	Dereck Sterley, AGN	
70 WP Record: P 35,49m	2019/05/03	Norman Hough	
	34,00m	70 SA Nat colours std	
	25,90m	70 WPS WP Colours Standard	
1 #	5267 Erasmus, Nick	M72 BELLVILLE AT	28,15m WPS 33,06m 46,01%
2 #	1565 Mentoor, Sakkie	M70 BOLAND - SAL	19,91m 23,38m 32,54%
3 #	1567 Basson, Hendrick	M73 BOLAND - SAL	16,85m 19,79m 27,54%

M75 Discus Throw

Name	Age Team	Finals	Age-Grading
75 SA Record: N 34,05m	2006/03/11	Borg Stannius, WPA	
75 WP Record: P 34,05m		Borg Stannius	
	27,50m	75 SA Nat colours std	
	21,40m	75 WPS WP Colours Standard	
1 #	5224 Hough, Norman	M75 BELLVILLE AT	28,19m SA 37,22m 51,80%



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W40 Hammer Throw

40 SA Record: N 41,92m 2017/05/04 Marilize Coetzee, WPA
 40 WP Record: P 41,92m 2017/05/18 Marilize Coetzee
 35,50m 40 SA Nat colours std
 26,50m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5240 Albertyn, Este	W40 BELLVILLE AT	28,51m WPS	33,11m 39,91%

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 Aploon, Gloria	W53 CAPRICORN AT	21,47m	26,24m 31,63%
2 # 58 Noordien, Mishka	W53 BONTEHEUWEL	12,00m	14,67m 17,68%
3 # 9764 Snyders, Margo	W51 VELOCITY ATH	9,06m	11,07m 13,35%

W55 Hammer Throw

55 SA Record: N 37,36m 2021/05/29 Heleen Knobel, SWD
 55 WP Record: P 32,88m Hester Schoonwinkel
 32,00m 55 SA Nat colours std
 23,30m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1841 Knobel, Heleen	W57 SWD MASTERS	37,90mNSA	51,35m 61,89%
2 #11581 De Bruyn, Sonja	W56 CAPRICORN AT	16,03m	21,72m 26,18%

W60 Hammer Throw

60 SA Record: N 33,82m 2010/02/20 H Schoonwinkel, WPA
 60 WP Record: P 28,03m 2022/01/22 Farieda Dramat
 28,00m 60 SA Nat colours std
 20,70m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5223 Dramat, Farieda	W64 BELLVILLE AT	25,64m WPS	38,71m 46,65%

W70 Hammer Throw

70 SA Record: N 25,76m L Grobler, AGN
 70 WP Record: P 23,03m 2017/03/16 Elize Grobbelaar
 22,00m 70 SA Nat colours std
 15,60m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5252 Du Toit, Aletta	W71 BELLVILLE AT	17,25m WPS	33,07m 39,87%



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W75 Hammer Throw

Name	Age Team	Finals	Age-Grading
75 SA Record: N 30,52m 2016/05/13 Penny England, AVT			
75 WP Record: P 26,04m 2022/03/05 Elize Grobbelaar			
22,00m 75 SA Nat colours std			
16,40m 75 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading
1 # 5222 Grobbelaar, Elize	W77 BELLVILLE AT	22,13m SA	37,02m 44,62%

M35 Hammer Throw

Name	Age Team	Finals	Age-Grading
35 SA Record: N 76,39m 2012/05/18 Chris Harmse, FSA			
35 WP Record: P 40,50m Gert Engelbrecht			
45,00m 35 SA Nat colours std			
35,00m 35 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading
1 Riley, Jared	M35 INDIVIDUAL	17,94m	17,94m 21,14%

M40 Hammer Throw

Name	Age Team	Finals	Age-Grading
40 SA Record: N 73,90m 2015/08/13 Chris Harmse, FSA			
40 WP Record: P 59,18m Tiny Geldenhuys			
44,00m 40 SA Nat colours std			
34,20m 40 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading
1 # 1132 Wiener, Shukri	M41 PINELANDS AT	38,77m WPS	40,69m 47,95%
2 Rainho, Mario	M41 BELLVILLE AT	18,99m	19,93m 23,49%

M45 Hammer Throw

Name	Age Team	Finals	Age-Grading
45 SA Record: N 71,70m 2019/04/26 V Meiring, AGN			
45 WP Record: P 38,25m 2016/03/19 Gerhard Potgieter			
43,50m 45 SA Nat colours std			
33,60m 45 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading
1 # 8780 Van Zyl, Chris	M46 BELLVILLE AT	24,74m	27,68m 32,62%

M50 Hammer Throw

Name	Age Team	Finals	Age-Grading
50 SA Record: N 59,80m 2006/03/25 C Koen			
50 WP Record: P 35,49m Gert Engelbrecht			
44,50m 50 SA Nat colours std			
34,40m 50 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading
1 Nel, Chris	M53 BELLVILLE AT	32,73m	35,71m 42,09%



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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 BOLAND - PAARL AC	28,58m	33,67m 39,68%
2	Isaacs, Duncan	M55 NEDBANK A.C	19,11m	22,51m 26,53%

M65 Hammer Throw

65 SA Record: N 49,41m		2001	Andrzej Rzepecki, CGA	
65 WP Record: P 38,82m		2004/01/24	Steve Johnston	
	38,50m	65 SA Nat colours std		
	29,60m	65 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading	
1 #	94 James, Andy	M69 BONTEHEUWEL	20,16m	25,93m 30,56%

M70 Hammer Throw

70 SA Record: N 49,42m		2009/03/14	Andrzej Rzepecki, AGN	
70 WP Record: P 42,58m		2019/02/03	Norman Hough	
	38,00m	70 SA Nat colours std		
	27,30m	70 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading	
1 #	5267 Erasmus, Nick	M72 BELLVILLE AT	21,69m	27,73m 32,68%

M75 Hammer Throw

75 SA Record: N 46,68m		2012/04/14	Andrzej Rzepecki, AGN	
75 WP Record: P 34,99m			Borg Stannius	
	29,00m	75 SA Nat colours std		
	21,00m	75 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading	
1 #	5224 Hough, Norman	M75 BELLVILLE AT	33,06m SA	47,61m 56,11%

W40 Javelin Throw

40 SA Record: N 41,20m		2016/02/13	Y. Beytell, AGN	
40 WP Record: P 38,22m		2011/10/08	JC Moolman	
	30,00m	40 SA Nat colours std		
	22,80m	40 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading	
1 #	5240 Albertyn, Este	W40 BELLVILLE AT	20,59m	23,26m 32,18%



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W50 Javelin Throw

50 SA Record: N 34,44m 9/2018 Heleen Knobel, SWD
 50 WP Record: P 30,02m 2013/04/26 Jackie Basson
 29,00m 50 SA Nat colours std
 22,20m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Aploon, Gloria	W53 CAPRICORN AT	18,03m	22,80m 31,55%
2 # 38 Lategan, Jill	W50 EDGEMEAD RUNNERS	17,33m	21,92m 30,33%
3 # 9764 Snyders, Margo	W51 VELOCITY ATH	12,60m	15,93m 22,05%
4 # 58 Noordien, Mishka	W53 BONTEHEUWEL	9,82m	12,42m 17,19%

W55 Javelin Throw

55 SA Record: N 29,76m 2022/04/16 Judy Flynn, AGN
 55 WP Record: P 25,84m Susan Malherbe
 25,00m 55 SA Nat colours std
 19,50m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1841 Knobel, Heleen	W57 SWD MASTERS	26,85mPSA	37,79m 52,29%
2 #11581 De Bruyn, Sonja	W56 CAPRICORN AT	16,66m	23,45m 32,44%
3 # 1562 Mentoer, Patricia	W56 BOLAND - SAL	8,40m	11,82m 16,36%

W60 Javelin Throw

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

Name	Age Team	Finals	Age-Grading
1 # 5223 Dramat, Farieda	W64 BELLVILLE AT	13,61m	21,41m 29,63%

W70 Javelin Throw

70 SA Record: N 19,77m 2019/05/03 Mercia Ferreira, CGA
 70 WP Record: P 18,30m Aletta Ackermann
 18,00m 70 SA Nat colours std
 14,00m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1564 Dokter, Welize	W71 BOLAND - SAL	10,31m	20,62m 28,54%
2 # 5252 Du Toit, Aletta	W71 BELLVILLE AT	8,07m	16,14m 22,34%

W75 Javelin Throw

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

Name	Age Team	Finals	Age-Grading
1 # 5222 Grobbelaar, Elize	W77 BELLVILLE AT	9,60m WPS	19,61m 27,13%



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M35 Javelin Throw

Name	Age Team	Finals	Age-Grading
35 SA Record: N 66,04m	2004/04/02 J. van Wyk		
35 WP Record: P 53,99m	2018/04/27 Bertus Potgieter		
	54,00m 35 SA Nat colours std		
	42,00m 35 WPS WP Colours Standard		
1 # 1551 Gouws, Eugene	M35 BOLAND - SAL	19,88m	20,75m 21,07%

M40 Javelin Throw

Name	Age Team	Finals	Age-Grading
40 SA Record: N 65,54m	1998 T. Liebenberg, CNW		
40 WP Record: P 46,70m	2018/01/14 Tyrone Young		
	52,45m 40 SA Nat colours std		
	40,90m 40 WPS WP Colours Standard		
1 # 1132 Wiener, Shukri	M41 PINELANDS AT	42,98m WPS	48,21m 48,96%
2 Rainho, Mario	M41 BELLVILLE AT	29,25m	32,81m 33,32%

M45 Javelin Throw

Name	Age Team	Finals	Age-Grading
45 SA Record: N 62,63m	2005/05/07 Gawie Louw, AGN		
45 WP Record: P 53,94m	2016/03/19 Jacques Cronje		
	49,49m 45 SA Nat colours std		
	38,60m 45 WPS WP Colours Standard		
1 # 8780 Van Zyl, Chris	M46 BELLVILLE AT	31,37m	37,98m 38,58%

M50 Javelin Throw

Name	Age Team	Finals	Age-Grading
50 SA Record: N 67,87m	9/2018 Wilhelm Pauer, CGA		
50 WP Record: P 45,84m	2018/03/10 JC Smith		
	48,00m 50 SA Nat colours std		
	36,50m 50 WPS WP Colours Standard		
1 # 5267 Roux, Francois	M51 BELLVILLE AT	29,64m	36,43m 37,00%

M55 Javelin Throw

Name	Age Team	Finals	Age-Grading
55 SA Record: N 55,09m	2015/05/15 S. Kichenbrand, AGN		
55 WP Record: P 41,85m	J. Allers		
	43,00m 55 SA Nat colours std		
	33,30m 55 WPS WP Colours Standard		
1 Odendaal, Dirk	M57 BOLAND - PAARL AC	17,98m	24,13m 24,51%
2 Isaacs, Duncan	M55 NEDBANK A.C	17,41m	23,37m 23,73%



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M60 Javelin Throw

Name	Age Team	Finals	Age-Grading
60 SA Record: N 54,84m	2001/05/04 P Mulaudzi		
60 WP Record: P 39,46m	C. English		
41,30m	60 SA Nat colours std		
32,20m	60 WPS WP Colours Standard		
1 # 5264 Lamara, Zain	M62 BELLVILLE AT	27,48m	37,57m 38,16%

M65 Javelin Throw

Name	Age Team	Finals	Age-Grading
65 SA Record: N 44,28m	2019/03/30 Dave Ludeke, AGN		
65 WP Record: P 37,28m	2019/05/02 Peet Venter		
37,00m	65 SA Nat colours std		
28,90m	65 WPS WP Colours Standard		
1 # 94 James, Andy	M69 BONTEHEUWEL	17,79m	27,01m 27,43%
2 # 1568 Dokter, Piet	M69 BOLAND - SAL	17,07m	25,91m 26,32%
3 #10770 Harris, Jeffrey	M65 BRACKENFELL ATHL	10,92m	16,58m 16,84%

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	2019/04/13 Norman Hough		
33,00m	70 SA Nat colours std		
25,80m	70 WPS WP Colours Standard		
1 #10187 Venter, Peet	M73 TYGERBERG AT	26,29m WPS	40,92m 41,55%
2 # 1565 Mentoor, Sakkie	M70 BOLAND - SAL	17,48m	27,20m 27,63%

M75 Javelin Throw

Name	Age Team	Finals	Age-Grading
75 SA Record: N 36,09m	2006/04/28 Borg Stannius, WPA		
75 WP Record: P 36,09m	Borg Stannius		
26,00m	75 SA Nat colours std		
20,30m	75 WPS WP Colours Standard		
1 # 5224 Hough, Norman	M75 BELLVILLE AT	25,14m WPS	44,57m 45,26%

W40 Weight Throw

Name	Age Team	Finals	Age-Grading
40 SA Record: N 13,73m	2014/04/26 Janita Eva, AGN		
40 WP Record: P 13,32m	2017/05/18 Marilize Coetzee		
11,50m	40 SA Nat colours std		
9,50m	40 WPS WP Colours Standard		
1 # 5240 Albertyn, Este	W40 BELLVILLE AT	10,12m WPS	11,32m 44,21%



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

Name	Age Team	Finals	Age-Grading
1 Aploon, Gloria	W53 CAPRICORN AT	8,78m	10,13m 39,59%
2 # 58 Noordien, Mishka	W53 BONTEHEUWEL	5,15m	5,94m 23,22%

W55 Weight Throw

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

Name	Age Team	Finals	Age-Grading
1 #11581 De Bruyn, Sonja	W56 CAPRICORN AT	8,30m	10,48m 40,97%

W60 Weight Throw

60 SA Record: N 13,79m 2010/04/30 H. Schoonwinkel, WPA
 60 WP Record: P 11,54m 2015/05/15 Tertia Stoffberg
 11,40m 60 SA Nat colours std
 9,10m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5223 Dramat, Farieda	W64 BELLVILLE AT	9,65m WPS	11,30m 44,16%

W70 Weight Throw

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

Name	Age Team	Finals	Age-Grading
1 # 5252 Du Toit, Aletta	W71 BELLVILLE AT	7,24m	10,55m 41,23%

W75 Weight Throw

75 SA Record: N 12,50m 2017/07/08 Penny England, AVT
 75 WP Record: P 10,71m 2022/04/09 Elize Grobbelaar
 8,50m 75 SA Nat colours std
 7,10m 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5222 Grobbelaar, Elize	W77 BELLVILLE AT	9,04m SA	12,42m 48,52%



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M40 Weight Throw

Name	Age Team	Finals	Age-Grading
40 SA Record: N 21,66m	2017/04/01 Chris Harmse, FSA		
40 WP Record: P 13,97m	2022/05/06 Shukri Wiener		
	13,20m 40 SA Nat colours std		
	10,80m 40 WPS WP Colours Standard		
1 # 1132 Wiener, Shukri	M41 PINELANDS AT	11,93m WPS	12,72m 49,22%
-- Rainho, Mario	M41 BELLVILLE AT	ND	

M45 Weight Throw

Name	Age Team	Finals	Age-Grading
45 SA Record: N 17,17m	2016/05/13 Martin Venter, AGN		
45 WP Record: P 10,75m	J. Allers		
	13,00m 45 SA Nat colours std		
	10,40m 45 WPS WP Colours Standard		
1 Van Der Westhuizen	M45 BELLVILLE AT	11,13mPWPS	12,69m 49,10%
2 # 8780 Van Zyl, Chris	M46 BELLVILLE AT	9,67m	11,02m 42,66%

M50 Weight Throw

Name	Age Team	Finals	Age-Grading
50 SA Record: N 20,36m	2015/05/15 V. Meiring, AGN		
50 WP Record: P 12,96m	2011/11/19 John Smit		
	15,50m 50 SA Nat colours std		
	13,00m 50 WPS WP Colours Standard		
1 Nel, Chris	M53 BELLVILLE AT	12,49mP	12,46m 48,19%

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 Isaacs, Duncan	M55 NEDBANK A.C	8,19m	8,76m 33,90%

W35 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
35 SA Record: N 25:10,20	1995/04/08 D. Beckley		
35 WP Record: P 26:08,70	G. Smeeton		
	27:00,00 35 SA Nat colours std		
	31:35,00 35 WPS WP Colours Standard		
-- Schaap, Katrien	W38 TYGERBERG AT	DNF	



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Name	Age	Team	Finals	Age-Grading
45 SA Record: N 24:14,80	2000/04/28	Barbara Nell, CGA		
45 WP Record: P 28:11,40	2012/03/17	Erdine Burger		
28:45,00	45 SA Nat colours std			
33:38,00	45 WPS WP Colours Standard			
1 # 2604 Van Jaarsveld, Pe	W49	KUILS RIVER	33:52,48	31:24,52 63,81%

W50 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
50 SA Record: N 25:05,10	2006/04/28	Barbara Nell, CGA		
50 WP Record: P 28:45,81		E Brandt		
30:05,00	50 SA Nat colours std			
35:12,00	50 WPS WP Colours Standard			
1 # 9764 Snyders, Margo	W51	VELOCITY ATH	39:44,41	35:20,22 56,72%
2 # 1699 Bougardt, Jacquiel	W53	IN TOUCH WALK / RUN	44:34,84	39:38,47 50,56%

W55 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
55 SA Record: N 26:19,66	2001/04/29	Barbara Nell, CGA		
55 WP Record: P 28:43,53		J. Cowley		
31:30,00	55 SA Nat colours std			
36:57,00	55 WPS WP Colours Standard			
1 # 2944 Horn-Botha, Debor	W57	TOTALSPORTS	32:23,75 WPS	27:32,19 72,79%
2 # 110 Race, Anne	W55	SPARTAN HARRIERS	35:41,52 WPS	30:20,30 66,07%

W60 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
60 SA Record: N 27:32,00	10/2016	Barbara Nell, CGA		
60 WP Record: P 28:45,21		Lindsay Hatz		
32:30,00	60 SA Nat colours std			
38:48,00	60 WPS WP Colours Standard			
1 # 2063 Sutherland, Joy	W62	WEST COAST A	34:59,13 WPS	28:19,67 70,76%

W65 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
65 SA Record: N 29:28,70	2013/04/26	Elsa Meyer, AGN		
65 WP Record: P 29:55,42		H. Rothman		
34:50,00	65 SA Nat colours std			
41:09,00	65 WPS WP Colours Standard			
1 # 258 Williams, Gail	W65	SPARTAN HARRIERS	34:48,12 SA	26:44,10 74,97%
2 # 157 James, Pam	W65	SPARTAN HARRIERS	34:55,97 WPS	26:50,13 74,69%
3 # 254 Riviera, Joy	W68	SPARTAN HARRIERS	39:39,42 WPS	30:27,88 65,79%
4 Domingo, Cecilia	W67	INDIVIDUAL	40:39,00 WPS	31:13,65 64,19%



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W70 5000 Meter Race Walk

70 SA Record: N	30:33,72	10/2016	Elsa Meyer, AGN		
70 WP Record: P	30:13,08	2022/05/28	Edna Brand		
	37:25,00	70 SA Nat	colours std		
	43:47,00	70 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 5210 Roux, Isabel	W71	BELLVILLE AT	39:36,56 WPS	28:44,91	69,72%
2 # 549 Nel, Elizabeth	W73	SPARTAN HARRIERS	40:31,11 WPS	29:24,51	68,16%

W75 5000 Meter Race Walk

75 SA Record: N	34:00,10	2003/02/21	A. Villet, WPA		
75 WP Record: P	34:00,10		A. Villet		
	40:00,00	75 SA Nat	colours std		
	46:48,00	75 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 5905 Aver, Carol-Ann	W77	RUN / WALK FOR LIFE	38:56,25 SA	26:34,26	75,43%

W85 5000 Meter Race Walk

85 WP Record: P	43:20,03	2022/04/09	Peggy Reid		
	50:00,00	85 SA Nat	colours std		
	58:30,00	85 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 186 Reid, Peggy	W86	SPARTAN HARRIERS	45:43,71 SA	27:06,75	73,93%

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 #10308 Goosen, Brandon	M33	EERSTE RIVER	28:47,13	28:47,14	62,85%

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 # 600 Donson, Hilton	M59	SPARTAN HARRIERS	34:57,58	30:06,86	60,08%
2 # 8115 Jacobs, Martin	M59	BRACKENFELL ATHL	40:39,26	35:01,18	51,66%



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M60 5000 Meter Race Walk

60 SA Record: N 26:50,70 Jorgen Spencer, WPA
 60 WP Record: P 26:50,70 Jorgen Spencer
 29:15,00 60 SA Nat colours std
 34:13,00 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2612 Van Zyl, Petrus	M63 KUILS RIVER	33:51,53 WPS	27:52,16 64,92%

M65 5000 Meter Race Walk

65 SA Record: N 27:03,70 2005/11/12 Jorgen Spencer, WPA
 65 WP Record: P 27:03,70 2005/11/12 Jorgen Spencer
 30:50,00 65 SA Nat colours std
 36:04,00 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 8478 Bosman, Marius	M66 BELLVILLE AT	31:49,40 WPS	24:56,21 72,55%
2 # 313 Thompson, Armand	M68 SPARTAN HARRIERS	34:38,50 WPS	27:08,72 66,65%

M70 5000 Meter Race Walk

70 SA Record: N 27:55,30 2010/11/12 Jorgen Spencer, WPA
 70 WP Record: P 27:55,30 2010/11/12 Jorgen Spencer
 33:05,00 70 SA Nat colours std
 38:42,00 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5256 Pretorius, Piet	M72 BELLVILLE AT	31:31,95 SA	23:25,35 77,24%

M75 5000 Meter Race Walk

75 SA Record: N 30:13,82 2016/03/18 Jorgen Spencer, WPA
 75 WP Record: P 30:13,82 2016/03/18 Jorgen Spencer
 35:15,00 75 SA Nat colours std
 41:15,00 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2278 Diedericks, Len	M78 CAPE MULTI-SPORT	34:57,96 SA	24:30,68 73,81%
2 # 5904 Aver, Brian	M78 RUN / WALK FOR LIFE	39:32,12 WPS	27:42,86 65,28%



**WESTERN PROVINCE MASTERS
 ATHLETICS ASSOCIATION**