

WP Masters Athletics Championships - 4/21/2023 to 4/22/2023**Parow Athletics Track****Results****W35 100 Meter Dash**

35 SA Record: N 12.10 11/5/1988 V.B. Kruger, CGA

35 WP Record: P 12.61 M. v.d. Burgh

13.21 35 S SA Colours

14.50 35 W WP Colours

Name	Age Team	Finals	Wind H#
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Finals

1 # 1379 Walters, Elmarie W39 South Wester 14.03 W -4.2 3

2 #11844 Grobler, Sunette W39 Western Province 16.70 -4.2 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 S SA Colours

14.80 40 W WP Colours

Name	Age Team	Finals	Wind H#
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1 # 5209 Kotze, Retha W43 Western Province 15.16 -4.2 3

2 # 9763 Juries, Tanja W44 Western Province 15.44 -2.8 2

3 #10635 Miske, Mirjam W43 Western Province 16.13 -4.2 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 S SA Colours

15.30 45 W WP Colours

Name	Age Team	Finals	Wind H#
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1 # 746 Kaufmann, Dirkie W46 Western Province 22.16 -2.8 2

W50 100 Meter Dash

50 SA Record: N 12.31 3/30/2019 Charmain Barnard, AGN

50 WP Record: P 13.70 Yvonne de Wit

14.20 50 S SA Colours

16.10 50 W WP Colours

Name	Age Team	Finals	Wind H#
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1 # 9093 Figland, Beverley W52 Western Province 15.81 W -2.8 2



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WP Masters Athletics Championships - 4/21/2023 to 4/22/2023**Parow Athletics Track****Results****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 S SA Colours

16.70 55 W WP Colours

Name	Age	Team	Finals	Wind	H#
1 #12401 Louw, Venessa	W58	Western Province	15.03 W	-2.8	2
2 # 1313 De Koker, Amelia	W55	South Wester	20.77	-3.9	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 S SA Colours

17.70 60 W WP Colours

Name	Age	Team	Finals	Wind
1 # 1760 Beukes, Ronel	W63	Boland	16.12 W	-3.9
2 # 1262 Spang, Rika	W62	South Wester	18.68	-3.9

W65 100 Meter Dash

65 SA Record: N 14.93 4/2/2011 Toy Ungerer, SWD

65 WP Record: P 15.92 R. Blair

16.60 65 S SA Colours

18.80 65 W WP Colours

Name	Age	Team	Finals	Wind
1 # 254 Riviera, Joy	W68	Western Province	23.22	-3.9

W85 100 Meter Dash

85 SA Record: N 21.45 10/8/2022 Magdaline Johnson, WPA

85 WP Record: P 21.45 10/8/2022 Magdalene Johnson

26.00 85 S SA Colours

29.00 85 W WP Colours

Name	Age	Team	Finals	Wind
1 #12178 Johnson, Magdalin	W86	Western Province	23.13 S	-3.9

M30 100 Meter Dash

30 SA Record: N 10.50 Erich Essman, CGA

30 WP Record: P 10.73 3/4/2023 Roscoe Engel

12.00 30 W WP Colours

Name	Age	Team	Finals	Wind	H#
1 #10633 Engel, Roscoe	M34	Western Province	11.14 W	-2.9	5
2 #10640 Ruiters, Curt	M31	Western Province	11.45 W	-2.9	5
3 #10642 Clarke, Chevan	M33	Western Province	11.51 W	-2.9	5



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4	#10660	De Morny, Ryle	M34	Western Province	11.60	W	-2.9	5
5	#9769	Benjamine, Raydon	M30	Western Province	11.68	W	-2.9	5
6	#10650	Caesar, Jureaux	M30	Western Province	12.17		-2.9	5
7	#1827	Hutchinson, John	M30	Boland	12.70		-2.9	5
8	#5234	Steenkamp, Theodo	M34	Western Province	13.64		-2.9	5

M35 100 Meter Dash

35 SA Record: N 10.30 E. Jefferys, KZN
 35 WP Record: P 10.95 3/23/2019 Jonathan Dreyer
 11.40 35 S SA Colours
 12.20 35 W WP Colours

Name	Age	Team	Finals	Wind	H#
1 #10641	Classens, Ashwyn	M36 Western Province	12.60	-3.3	4
2 #12418	Steenberg, Bradle	M39 Western Province	12.61	-3.3	4
3 #12381	August, Denzil	M37 Western Province	13.15	-3.3	4
4 #171	Vetshilo, Sinethe	M35 Eastern Cape	13.26	-3.3	4
5 #12435	Hassan, Qaasim	M39 Western Province	13.50	-3.3	4
6 #1317	Walters, Willem	M39 South Wester	13.73	-3.3	4
7 #1355	Smith, Randall	M38 Boland	13.75	-3.3	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 S SA Colours
 12.60 40 W WP Colours

Name	Age	Team	Finals	Wind	H#
1 #6589	Dreyer, Jonathan	M41 Western Province	11.93 W	-5.5	3
2 #10658	Africa, Virgil	M43 Western Province	14.03	-5.5	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 S SA Colours
 13.00 45 W WP Colours

Name	Age	Team	Finals	Wind	H#
1 #5219	Mentoor, Ricardo	M45 Western Province	12.56 W	-5.5	3



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50 SA Record: N 11.70 Stan Wald, CGA
 50 WP Record: P 12.09 5/7/2022 John Cloete
 12.10 50 S SA Colours
 13.40 50 W WP Colours

Name	Age	Team	Finals	Wind	H#
1 #10651 Jewaskiewitz, Deo	M50	Western Province	12.54 W	-5.5	3
2 # 5258 Cloete, John	M51	Western Province	12.95 W	-5.5	3
3 # 1237 Solomons, Anthony	M52	Western Province	13.68	-4.2	2
4 # 8212 Theunis, James	M54	Western Province	13.71	-4.2	2
5 #10603 Russell, Scott	M54	Western Province	14.23	-4.2	2

M55 100 Meter Dash

55 SA Record: N 11.80 T. George
 55 WP Record: P 12.06 4/9/2011 Joseph Warrires
 12.50 55 S SA Colours
 14.00 55 W WP Colours

Name	Age	Team	Finals	Wind	H#
1 # 1774 Christians, Alwyn	M56	Boland	13.82 W	-4.2	2
2 #10646 Matthee, Giliomee	M55	Western Province	14.12	-4.2	2

M60 100 Meter Dash

60 SA Record: N 12.61 4/9/2022 Johan Myburgh, WPA
 60 WP Record: P 12.61 4/9/2022 Johan Myburgh
 13.00 60 S SA Colours
 14.50 60 W WP Colours

Name	Age	Team	Finals	Wind
1 # 246 Omar, Nassar	M64	Boland	15.73	-2.9

M65 100 Meter Dash

65 SA Record: N 13.10 Albertus v Zyl, KZN
 65 WP Record: P 13.44 4/10/2021 Joseph Warrires
 13.60 65 S SA Colours
 15.40 65 W WP Colours

Name	Age	Team	Finals	Wind
1 # 9094 Warrires, Joseph	M66	Western Province	14.45 W	-2.9



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70 SA Record: N 12.90		Fred Reid, CGA		
70 WP Record: P 13.92		Ron Cross		
	14.30	70 S SA Colours		
	16.20	70 W WP Colours		
Name	Age	Team	Finals	Wind
1 # 5236 Deetlefs, Pietie	M70	Western Province	15.80 W	-2.9
2 # 174 Dreyer, Patrick	M73	Western Province	19.53	-2.9

M75 100 Meter Dash

75 SA Record: N 14.06		Fred Reid, CGA		
75 WP Record: P 14.00	2/26/2011	Ron Cross		
	15.90	75 S SA Colours		
	17.80	75 W WP Colours		
Name	Age	Team	Finals	Wind
1 # 9095 Figland, Edgar	M76	Western Province	19.66	-2.9

W35 200 Meter Dash

35 SA Record: N 24.90	3/31/1990	V.B. Kruger, CGA		
35 WP Record: P 26.01		M. v.d. Burgh		
	27.00	35 S SA Colours		
	30.00	35 W WP Colours		
Name	Age	Team	Finals	Wind H#
1 # 1379 Walters, Elmarie	W39	South Wester	28.29 W	-2.6 2
2 # 5616 Griffiths, Kobie	W38	Western Province	28.39 W	-2.6 2
3 # 9290 Walters, Marike	W35	Western Province	29.12 W	-2.6 2
4 #10655 Van Rensburg, Mar	W39	Western Province	30.01	-2.6 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 S SA Colours		
	31.00	40 W WP Colours		
Name	Age	Team	Finals	Wind H#
1 # 5209 Kotze, Retha	W43	Western Province	30.57 W	-2.6 2
2 # 9763 Juries, Tanja	W44	Western Province	31.76	-2.6 2
3 #10635 Miske, Mirjam	W43	Western Province	33.19	-2.6 2



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50 SA Record: N 26.95 2/20/2010 Ronel Beukes, BOL

50 WP Record: P 28.30 Yvonne de Wit

29.60 50 S SA Colours

33.50 50 W WP Colours

Name	Age Team	Finals	Wind
1 # 9093 Figland, Beverley	W52 Western Province	32.77 W	-1.9
2 # 1699 Bougardt, Jacquel	W53 Western Province	48.81	-1.9

W55 200 Meter Dash

55 SA Record: N 29.30 5/4/1996 Yvonne De Wit, WPA

55 WP Record: P 29.54 4/10/2021 Venessa Louw

31.20 55 S SA Colours

35.00 55 W WP Colours

Name	Age Team	Finals	Wind
1 # 1313 De Koker, Amelia	W55 South Wester	40.54	-1.9

W60 200 Meter Dash

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

60 WP Record: P 32.10 Yvonne de Wit

33.30 60 S SA Colours

37.30 60 W WP Colours

Name	Age Team	Finals	Wind
1 # 1760 Beukes, Ronél	W63 Boland	32.15 S	-1.9
2 # 1262 Spang, Rika	W62 South Wester	38.04	-1.9

W85 200 Meter Dash

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 S SA Colours

1:03.00 85 W WP Colours

Name	Age Team	Finals	Wind
1 #12178 Johnson, Magdalin	W86 Western Province	56.58 W	-1.9

M30 200 Meter Dash

30 SA Record: N 21.20 Erich Essman, CGA

30 WP Record: P 21.64 3/4/2023 Roscoe Engel

24.50 30 W WP Colours

Name	Age Team	Finals	Wind	H#
1 #10633 Engel, Roscoe	M34 Western Province	22.75 W	-2.4	5
2 #10640 Ruiters, Curt	M31 Western Province	23.23 W	-2.4	5
3 #10642 Clarke, Chevan	M33 Western Province	23.57 W	-2.4	5



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4	#10660	De Morny, Ryle	M34	Western Province	23.77	W	-4.0	4
5	#9769	Benjamine, Raydon	M30	Western Province	23.81	W	-2.4	5
6	#10650	Caesar, Jureaux	M30	Western Province	24.97		-2.4	5
7	#1827	Hutchinson, John	M30	Boland	25.19		-2.4	5

M35 200 Meter Dash

35 SA Record: N 21.20 E. Jefferys, KZN
 35 WP Record: P 22.22 10/21/2017 Jonathan Dreyer
 23.50 35 S SA Colours
 25.00 35 W WP Colours

Name	Age	Team	Finals	Wind	H#
1 #10641	Classes, Ashwyn	M36 Western Province	25.55	-4.0	4
2 #12418	Steenberg, Bradle	M39 Western Province	26.27	-4.0	4
3 #12381	August, Denzil	M37 Western Province	27.27	-4.0	4
4 #171	Vetshilo, Sinethe	M35 Eastern Cape	27.83	-4.0	4
5 #12435	Hassan, Qaasim	M39 Western Province	28.19	-4.0	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 S SA Colours
 25.50 40 W WP Colours

Name	Age	Team	Finals	Wind	H#
1 #6589	Dreyer, Jonathan	M41 Western Province	23.38	S	-2.3 3
2 #5214	Le Grange, Jacobu	M43 Western Province	24.67	W	-2.3 3
3 #10658	Africa, Virgil	M43 Western Province	29.82		-2.3 3

M45 200 Meter Dash

45 SA Record: N 22.90 Stan Wald, CGA
 45 WP Record: P 23.89 5/18/2017 Marius Basson
 24.20 45 S SA Colours
 26.50 45 W WP Colours

Name	Age	Team	Finals	Wind	H#
1 #9160	Msipha, Aldrin	M48 Western Province	27.11		-2.3 3
2 #2509	Dauids, Elton	M49 Western Province	29.14		-2.3 3



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50 SA Record: N 23.29 Stan Wald, CGA
 50 WP Record: P 24.70 4/22/2022 Marius Basson
 24.80 50 S SA Colours
 27.50 50 W WP Colours

Name	Age	Team	Finals	Wind	H#
1 #10651 Jewaskiewitz, Deo	M50	Western Province	25.05 W	-2.4	2
2 # 5258 Cloete, John	M51	Western Province	25.95 W	-2.4	2
3 # 2264 Basson, Marius	M51	Western Province	26.81 W	-2.4	2
4 # 1237 Solomons, Anthony	M52	Western Province	28.04	-1.6	1
5 # 864 Martin, Donavan	M52	Western Province	29.12	-2.4	2

M55 200 Meter Dash

55 SA Record: N 24.71 Monty Hacker, CGA
 55 WP Record: P 24.84 4/9/2011 Joseph Warrires
 26.20 55 S SA Colours
 28.90 55 W WP Colours

Name	Age	Team	Finals	Wind	H#
1 # 1774 Christians, Alwyn	M56	Boland	27.36 W	-2.4	2
2 #10646 Matthee, Giliomee	M55	Western Province	27.59 W	-2.4	2

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 S SA Colours
 30.00 60 W WP Colours

Name	Age	Team	Finals	Wind
1 # 246 Omar, Nassar	M64	Boland	30.42	-1.6

M65 200 Meter Dash

65 SA Record: N 26.99 Monty Hacker, CGA
 65 WP Record: P 27.78 11/20/2021 Joseph Warrires
 28.50 65 S SA Colours
 32.00 65 W WP Colours

Name	Age	Team	Finals	Wind
1 # 9094 Warrires, Joseph	M66	Western Province	29.16 W	-1.6



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70 SA Record: N 27.50		Fred Reid, CGA		
70 WP Record: P 29.10		R. Cross		
	30.00	70 S SA Colours		
	34.00	70 W WP Colours		
Name	Age	Team	Finals	Wind
1 # 5236 Deetlefs, Pietie	M70	Western Province	34.85	-1.6

M75 200 Meter Dash

75 SA Record: N 29.40		Lucas Nel, KZN		
75 WP Record: P 30.90	10/6/2012	Jakobus Van Zyl		
	33.20	75 S SA Colours		
	37.00	75 W WP Colours		
Name	Age	Team	Finals	Wind
1 # 9095 Figland, Edgar	M76	Western Province	42.70	-1.6

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 S SA Colours		
	1:09.00	35 W WP Colours		
Name	Age	Team	Finals	H#
1 # 5616 Griffiths, Kobie	W38	Western Province	1:02.91 W	2
2 # 9290 Walters, Marike	W35	Western Province	1:04.60 W	2
3 #11844 Grobler, Sunette	W39	Western Province	1:09.81	2
4 # 1813 Jantjies, Natasha	W35	Boland	1:20.58	2

W45 400 Meter Dash

45 SA Record: N 58.43	2/15/2020	Shona Hutchinson, KZN		
45 WP Record: P 1:00.50		Anne McKenzie		
	1:05.00	45 S SA Colours		
	1:15.00	45 W WP Colours		
Name	Age	Team	Finals	
1 # 5568 Matiwane, Busisiw	W47	Western Province	1:25.18	

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 S SA Colours		
	1:18.00	50 W WP Colours		
Name	Age	Team	Finals	
1 # 9093 Figland, Beverley	W52	Western Province	1:18.60	



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....W50 400 Meter Dash

2 # 3679 Germishuizen, Sha W53 Western Province 1:25.58

W55 400 Meter Dash

55 SA Record: N 1:04.84 10/2016 Elaine Pretorius, AGN
 55 WP Record: P 1:07.20 Yvonne de Wit
 1:15.00 55 S SA Colours
 1:22.00 55 W WP Colours

Name	Age	Team	Finals
1 # 1753 Du Bruyn, Linda	W59	Western Province	1:26.86
2 # 1313 De Koker, Amelia	W55	South Wester	1:47.58

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 S SA Colours
 1:28.00 60 W WP Colours

Name	Age	Team	Finals
1 # 1262 Spang, Rika	W62	South Wester	1:42.94

M30 400 Meter Dash

30 SA Record: N 48.53 5/3/2019 Willem de Beer, AGN
 30 WP Record: P 50.49 3/26/2022 Henk Beukes
 56.00 30 W WP Colours

Name	Age	Team	Finals	H#
1 # 9769 Benjamine, Raydon	M30	Western Province	54.26 W	5
2 # 1827 Hutchinson, John	M30	Boland	58.28	5
3 #10650 Caesar, Jureaux	M30	Western Province	58.58	5
4 # 5234 Steenkamp, Theodo	M34	Western Province	1:05.16	5

M35 400 Meter Dash

35 SA Record: N 47.90 J. Cyrus
 35 WP Record: P 51.61 T. Dixon
 51.00 35 S SA Colours
 57.00 35 W WP Colours

Name	Age	Team	Finals	H#
1 #10641 Classens, Ashwyn	M36	Western Province	55.64 W	4
2 # 1355 Smith, Randall	M38	Boland	58.89	4
3 # 4632 Titus, Brandon	M37	Western Province	59.48	4
4 # 5607 Ndwangu, Sandile	M38	Western Province	1:05.45	4



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40 SA Record: N 49.70 Leon Hacker, CGA
 40 WP Record: P 50.38 4/9/2011 Shawn Abrahams
 52.50 40 S SA Colours
 58.00 40 W WP Colours

Name	Age Team	Finals	H#
1 # 713 Von Durckheim, Ch	M44 Boland	54.64 W	3
2 #12415 Mulumba, Patrick	M40 Western Province	56.23 W	4
3 # 5214 Le Grange, Jacobu	M43 Western Province	56.26 W	4
4 # 1847 Jakobus, Andre	M42 South Wester	58.41	4

M45 400 Meter Dash

45 SA Record: N 51.07 9/2018 Spencer Moraope, NWN
 45 WP Record: P 52.44 5/18/2017 Marius Basson
 54.00 45 S SA Colours
 1:00.00 45 W WP Colours

Name	Age Team	Finals	H#
1 # 9160 Msipha, Aldrin	M48 Western Province	55.43 W	3
2 # 5549 Bezuidenhout, Rog	M49 Western Province	59.68 W	3
3 Van Zyl, Dana	M49 Western Province	1:01.16	3

M50 400 Meter Dash

50 SA Record: N 51.93 3/4/2023 Moses Naidoo, KZN
 50 WP Record: P 55.70 J. Swiegers
 56.00 50 S SA Colours
 1:02.00 50 W WP Colours

Name	Age Team	Finals	H#
1 # 1269 Pick, Tony	M54 Western Province	1:00.42 W	2
2 # 5258 Cloete, John	M51 Western Province	1:00.93 W	3
3 # 2264 Basson, Marius	M51 Western Province	1:01.26 W	3
4 #10603 Russell, Scott	M54 Western Province	1:03.48	2
5 # 1240 Fortuin, Maurice	M52 Boland	1:04.27	3

M55 400 Meter Dash

55 SA Record: N 55.00 Miloje Grujic, CGA
 55 WP Record: P 57.58 4/9/2011 Joseph Warriies
 59.00 55 S SA Colours
 1:05.00 55 W WP Colours

Name	Age Team	Finals	H#
1 #10646 Matthee, Giliomee	M55 Western Province	1:01.00 W	2
2 # 1703 Cupido, Clive	M57 Boland	1:04.53 W	2



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M60 400 Meter Dash

60 SA Record: N 55.53 Miloje Grujic, CGA
 60 WP Record: P 1:01.41 5/18/2017 Joseph Warriess
 1:01.00 60 S SA Colours
 1:09.00 60 W WP Colours

Name	Age	Team	Finals
1 # 246 Omar, Nassar	M64	Boland	1:17.24
2 # 1708 Flack, Ian	M64	Boland	1:30.35

M65 400 Meter Dash

65 SA Record: N 59.52 Albertus v Zyl, KZN
 65 WP Record: P 1:03.44 4/10/2021 Joseph Warriess
 1:06.00 65 S SA Colours
 1:13.00 65 W WP Colours

Name	Age	Team	Finals
1 # 9094 Warriess, Joseph	M66	Western Province	1:07.39 W
2 # 12141 Rhoda, Keith	M66	Western Province	1:15.61

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 S SA Colours
 1:20.00 70 W WP Colours

Name	Age	Team	Finals
1 # 5574 Cleophas, Henry	M74	Western Province	1:22.35

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 S SA Colours
 2:45.00 35 W WP Colours

Name	Age	Team	Finals
1 # 5616 Griffiths, Kobie	W38	Western Province	2:22.98 S
2 # 4631 Lepati, Emmeranth	W39	Western Province	2:35.80 W

W40 800 Meter Run

40 SA Record: N 2:06.50 7/1/1967 Anne McKenzie, CGA
 40 WP Record: P 2:09.60 Anne McKenzie
 2:29.00 40 S SA Colours
 2:47.00 40 W WP Colours

Name	Age	Team	Finals
1 # 36 Mgqoboka, Nobuntu	W44	Western Province	3:39.10



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W50 800 Meter Run

Name	Age	Team	Finals
50 SA Record: N	2:00.30	4/21/2022	Marili Munnik, AGN
50 WP Record: P	2:23.10		Anne McKenzie
	2:40.00	50 S SA Colours	
	3:00.00	50 W WP Colours	
1 # 4630 Zarraga De Philan	W54	Western Province	3:25.31

W55 800 Meter Run

Name	Age	Team	Finals
55 SA Record: N	2:33.64	10/2016	Elaine Pretorius, AGN
55 WP Record: P	2:43.80	5/18/2017	Brigid Hamilton Russel
	2:52.00	55 S SA Colours	
	3:13.00	55 W WP Colours	
1 # 8255 Coetzee, Elmarie	W59	Western Province	2:55.53 W

W60 800 Meter Run

Name	Age	Team	Finals
60 SA Record: N	2:44.96	10/2016	Liz Alexander, KZN
60 WP Record: P	2:53.80		Anne McKenzie
	3:05.00	60 S SA Colours	
	3:27.00	60 W WP Colours	
1 # 1018 Henning, Delmarie	W61	South Wester	3:57.14

M30 800 Meter Run

Name	Age	Team	Finals	H#
30 SA Record: N	1:49.60		Deon Brummer, AGN	
30 WP Record: P	1:56.92	2/11/2017	Ashwyn Claasens	
	2:12.00	30 W WP Colours		
1 # 9435 Swartz, Godwin	M31	Western Province	2:13.48	4
2 # 430 Deysel, Pyp	M34	Western Province	2:33.16	4

M35 800 Meter Run

Name	Age	Team	Finals	H#
35 SA Record: N	1:49.40		Deon Brummer, AGN	
35 WP Record: P	1:53.78		J. Landsman	
	2:01.00	35 S SA Colours		
	2:14.00	35 W WP Colours		
1 # 1355 Smith, Randall	M38	Boland	2:14.05	4
2 # 4632 Titus, Brandon	M37	Western Province	2:40.01	4



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Name	Age	Team	Finals	H#
40 SA Record: N 1:55.80		S. Ditsele		
40 WP Record: P 1:56.52		T. Brown		
2:03.00	40 S	SA Colours		
2:16.00	40 W	WP Colours		
1 # 1847 Jakobus, Andre	M42	South Wester	2:18.79	4
2 # 9580 Broers, Neil	M42	Western Province	2:19.17	3
3 # 4634 Ramoshaba, Alfred	M42	Western Province	2:24.53	3

M45 800 Meter Run

Name	Age	Team	Finals	H#
45 SA Record: N 1:58.10	11/9/2019	Spencer Moraope, NWN		
45 WP Record: P 1:59.09		T. Brown		
2:07.00	45 S	SA Colours		
2:22.00	45 W	WP Colours		
1 #12399 Grové, Jacob	M47	Western Province	2:15.11 W	3
2 # 5549 Bezuidenhout, Rog	M49	Western Province	2:18.08 W	2
3 # 1619 Swartz, Quinton	M48	South Wester	2:23.62	3
4 # 3696 Engelbrecht, Chri	M48	Western Province	2:25.91	3
5 # 9291 Mullins, Pheobius	M49	Western Province	2:36.12	2
6 # 6475 Juries, Chubasco	M47	Western Province	2:38.01	3
7 # 1817 Bruintjies, Afrik	M47	Boland	2:38.26	3
8 # 5238 Myburgh, Werner	M45	Western Province	2:44.42	3

M50 800 Meter Run

Name	Age	Team	Finals	H#
50 SA Record: N 2:01.86		Len Claassen, AGN		
50 WP Record: P 2:09.45		V. O'Donoghue		
2:11.00	50 S	SA Colours		
2:27.00	50 W	WP Colours		
1 # 5221 Stanley, Christop	M50	Western Province	2:18.01 W	2
2 # 1269 Pick, Tony	M54	Western Province	2:21.96 W	2
3 # 1240 Fortuin, Maurice	M52	Boland	2:34.37	2
4 # 48 Moloi, Tholang	M54	Western Province	2:40.14	2
5 # 8865 Groom, Fezile	M53	Western Province	2:58.49	2

M55 800 Meter Run

Name	Age	Team	Finals	H#
55 SA Record: N 2:03.70	12/1/2001	Stan Immelman, CGA		
55 WP Record: P 2:12.72	5/2/2019	Tobias Philander		
2:18.00	55 S	SA Colours		
2:35.00	55 W	WP Colours		
1 # 4629 Philander, Tobias	M59	Western Province	2:20.48 W	2



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....M55 800 Meter Run

2 # 1703 Cupido, Clive	M57 Boland	2:29.05 W	2
3 #12207 Swart, Dries	M58 Western Province	3:01.94	2

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 Grendan
2:25.00	60 S SA Colours	
2:44.00	60 W WP Colours	

Name	Age Team	Finals
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1 # 1846 Kotze, Dirk	M62 South Wester	2:35.29 W
2 # 246 Omar, Nassar	M64 Boland	2:44.63
3 # 1708 Flack, Ian	M64 Boland	3:30.25

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 S SA Colours	
2:58.00	65 W WP Colours	

Name	Age Team	Finals
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1 #12141 Rhoda, Keith	M66 Western Province	3:02.54
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M70 800 Meter Run

70 SA Record: N 2:31.71	4/25/2008	Ken Nurden, AGN
70 WP Record: P 2:52.93	11/14/2015	Richard Osrin
2:51.00	70 S SA Colours	
3:10.00	70 W WP Colours	

Name	Age Team	Finals
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1 # 5574 Cleophas, Henry	M74 Western Province	3:12.86
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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 S SA Colours	
4:22.00	80 W WP Colours	

Name	Age Team	Finals
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1 # 1041 Geutner, Manfred	M81 Western Province	4:33.38
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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 Brandt Mandie
 5:47.00 30 W WP Colours

Name	Age	Team	Finals
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1 # 8301 De Kock, Johandie	W34	Western Province	6:42.81
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W35 1500 Meter Run

35 SA Record: N 4:29.59 4/22/2022 Kobie Griffiths, WPA
 35 WP Record: P 4:29.59 4/22/2022 Kobie Griffiths
 5:01.00 35 S SA Colours
 5:52.00 35 W WP Colours

Name	Age	Team	Finals
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1 # 5616 Griffiths, Kobie	W38	Western Province	4:57.18 S
2 # 4631 Lepati, Emmeranth	W39	Western Province	5:36.75 W
3 # 1813 Jantjies, Natasha	W35	Boland	6:06.11

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 S SA Colours
 5:57.00 40 W WP Colours

Name	Age	Team	Finals
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1 # 36 Mggoboka, Nobuntu	W44	Western Province	7:34.41
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W45 1500 Meter Run

45 SA Record: N 4:47.81 4/27/2013 Salome Vermeulen, AGN
 45 WP Record: P 4:49.20 Anne McKenzie
 5:13.00 45 S SA Colours
 6:06.00 45 W WP Colours

Name	Age	Team	Finals
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1 # 3701 Rossouw, Charmain	W49	Western Province	5:59.88 W
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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 S SA Colours
 6:25.00 50 W WP Colours

Name	Age	Team	Finals
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1 # 4630 Zarraga De Philan	W54	Western Province	6:51.39
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W55 1500 Meter Run

55 SA Record: N	5:31.10	12/10/1980	Anne McKenzie, CGA	
55 WP Record: P	5:31.10		Anne McKenzie	
	5:40.00	55 S	SA Colours	
	6:49.00	55 W	WP Colours	
Name	Age	Team	Finals	
1 # 3666 Van Der Watt, Mic	W56	Western Province	6:11.52	W

M30 1500 Meter Run

30 SA Record: N	3:40.20		Johan Fourie	
30 WP Record: P	4:06.27		P. Miller	
	4:34.00	30 W	WP Colours	
Name	Age	Team	Finals	H#
1 # 8709 Rhodas, Envor	M30	Western Province	4:20.88	W 2
2 # 2592 Pienaar, Barry-Jo	M34	Western Province	4:49.76	2

M35 1500 Meter Run

35 SA Record: N	3:54.04		G. Brummer, AGN	
35 WP Record: P	3:54.04		J. Landsman	
	4:13.00	35 S	SA Colours	
	4:41.00	35 W	WP Colours	
Name	Age	Team	Finals	H#
1 # 2591 Kammies, Morne	M36	Western Province	4:20.28	W 2
2 # 2594 Mokoatsi, Tumelo	M35	Western Province	4:20.72	W 2
3 # 634 Volmoer, Jakob	M39	Boland	5:01.29	2
4 # 4880 Ockhuis, Garron	M38	Western Province	5:02.46	2

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 S	SA Colours	
	4:48.00	40 W	WP Colours	
Name	Age	Team	Finals	H#
1 # 5541 Sakwe, Siyabonga	M41	Western Province	4:39.02	W 2
2 # 9580 Broers, Neil	M42	Western Province	4:39.56	W 2
3 # 4634 Ramoshaba, Alfred	M42	Western Province	5:03.96	2



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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 S SA Colours
 4:58.00 45 W WP Colours

Name	Age	Team	Finals	H#
1 # 9578 Van Der Walt, Tja	M45	Western Province	4:42.31 W	2
2 # 9168 Sinclair, Quinton	M46	Western Province	4:43.86 W	2
3 #12399 Grové, Jacob	M47	Western Province	4:52.06 W	1
4 # 5998 Bailey, Jason	M46	Western Province	4:55.85 W	2
5 # 3696 Engelbrecht, Chri	M48	Western Province	5:00.62	1
6 # 9291 Mullins, Pheobius	M49	Western Province	5:16.69	1
7 # 6475 Juries, Chubasco	M47	Western Province	5:21.82	1
8 # 1817 Bruintjies, Afrik	M47	Boland	5:27.82	1

M50 1500 Meter Run

50 SA Record: N 4:18.94 2/20/2004 Sean Rice, CGA
 50 WP Record: P 4:23.75 2/17/2018 Toby Philandr
 4:30.00 50 S SA Colours
 5:15.00 50 W WP Colours

Name	Age	Team	Finals
1 # 48 Moloi, Tholang	M54	Western Province	5:29.19
2 # 8865 Groom, Fezile	M53	Western Province	5:49.57
3 # 864 Martin, Donavan	M52	Western Province	5:59.49

M55 1500 Meter Run

55 SA Record: N 4:32.40 Sybrandt Mostert, WPA
 55 WP Record: P 4:32.40 Stefanus Mostert
 4:40.00 55 S SA Colours
 5:29.00 55 W WP Colours

Name	Age	Team	Finals
1 # 4629 Philander, Tobias	M59	Western Province	4:50.75 W
2 # 1558 Jacobs, Phillip	M57	Boland	5:25.51 W
3 # 945 Hughes, Brandon	M58	Western Province	6:28.87
-- # 9005 Kelly, Percy	M58	Western Province	DNF

M60 1500 Meter Run

60 SA Record: N 4:44.34 7/5/2022 Anthony Grendon, WPA
 60 WP Record: P 4:44.34 7/5/2022 Anthony Grendan
 4:55.00 60 S SA Colours
 5:49.00 60 W WP Colours

Name	Age	Team	Finals
1 # 1846 Kotze, Dirk	M62	South Wester	5:27.27 W
2 # 1708 Flack, Ian	M64	Boland	7:41.92



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M65 1500 Meter Run

Name	Age	Team	Finals
65 SA Record: N 4:59.97	5/7/1993	Willie Loedolff, AGN	
65 WP Record: P 5:23.36		Stefanus Mostert	
5:15.00	65 S	SA Colours	
6:23.00	65 W	WP Colours	
1 # 1182 Nell, Eugene	M67	South Wester	7:18.63

W30 5000 Meter Run

Name	Age	Team	Finals
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 W	WP Colours	
1 # 5235 Burger, Elretha	W33	Western Province	22:50.09
2 # 9587 Jacobs, Mandy-Lee	W34	Western Province	23:23.64
3 # 8301 De Kock, Johandie	W34	Western Province	24:03.88

W35 5000 Meter Run

Name	Age	Team	Finals
35 SA Record: N 16:12.87	10/17/1983	Sonja Laxton, CGA	
35 WP Record: P 17:19.32	2/21/2015	Bulelwa Simae	
18:58.00	35 S	SA Colours	
22:10.00	35 W	WP Colours	
1 #10418 Mashanda, Preciou	W39	Western Province	25:22.94

W40 5000 Meter Run

Name	Age	Team	Finals
40 SA Record: N 17:44.18	3/25/2022	Nicolene Hanekom, CGA	
40 WP Record: P 18:14.70	3/10/2018	Bulelwa Simae	
19:14.00	40 S	SA Colours	
22:30.00	40 W	WP Colours	
1 # 4990 Africa, Carmelita	W41	Western Province	20:28.05 W
2 #12442 Robertson, Tracey	W42	Western Province	21:38.54 W
3 # 36 Mggqoboka, Nobuntu	W44	Western Province	27:04.64

W45 5000 Meter Run

Name	Age	Team	Finals
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 S	SA Colours	
23:10.00	45 W	WP Colours	
1 # 3701 Rossouw, Charmain	W49	Western Province	21:15.78 W



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....W45 5000 Meter Run

2 # 5568 Matiwane, Busisiw W47 Western Province 21:19.38 W
 3 # 5575 Pienaar, Lee-Anne W46 Western Province 23:36.53

W50 5000 Meter Run

50 SA Record: N 18:55.90 5/7/1993 J. Hann
 50 WP Record: P 18:55.90 J. Hann
 20:20.00 50 S SA Colours
 24:00.00 50 W WP Colours

Name	Age Team	Finals
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1 # 38 Lategan, Jill	W51 Western Province	23:53.19 W
2 # 4630 Zarraga De Philan	W54 Western Province	23:58.54 W

W55 5000 Meter Run

55 SA Record: N 19:51.10 4/28/2000 Jenny Allebone, KZN
 55 WP Record: P 19:55.63 5/29/2021 Elmarie Coetzee
 21:28.00 55 S SA Colours
 25:10.00 55 W WP Colours

Name	Age Team	Finals
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1 # 8255 Coetzee, Elmarie	W59 Western Province	20:57.32 S
2 # 4497 Brink, Ester	W57 Western Province	20:57.57 S
3 # 3666 Van Der Watt, Mic	W56 Western Province	21:45.85 W

W60 5000 Meter Run

60 SA Record: N 19:52.44 5/6/2004 Jenny Allebone, KZN
 60 WP Record: P 23:00.00 Jane Geldenhuys
 23:14.00 60 S SA Colours
 27:10.00 60 W WP Colours

Name	Age Team	Finals
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1 # 3969 Rodseth, Lollos	W63 Western Province	25:51.44 W
2 # 1018 Henning, Delmarie	W61 South Wester	27:49.53

W70 5000 Meter Run

70 SA Record: N 24:38.80 3/25/2023 Nancy Will, WPA
 70 WP Record: P 26:04.93 Jane Geldenhuys
 28:43.00 70 S SA Colours
 33:40.00 70 W WP Colours

Name	Age Team	Finals
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1 # 1252 Will, Nancy	W70 Western Province	24:15.85NS
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W80 5000 Meter Run

80 SA Record: N 1.00
 80 WP Record: P 1.00
 38:00.00 80 S SA Colours
 44:00.00 80 W WP Colours

Name	Age	Team	Finals
1 # 3980 Joseph, Sheila	W81	Western Province	33:44.09 S

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 W WP Colours

Name	Age	Team	Finals
1 # 9435 Swartz, Godwin	M31	Western Province	15:27.84 W
2 # 1807 Saharin, Greg	M34	Western Province	16:49.08 W

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 S SA Colours
 17:45.00 35 W WP Colours

Name	Age	Team	Finals
1 # 2594 Mokoatsi, Tumelo	M35	Western Province	15:31.30 S
2 # 2591 Kammies, Morne	M36	Western Province	15:32.69 S
3 # 9983 Wildschut, Riaan	M36	Western Province	15:58.85 W
4 #10310 Adriaanse, Andréj	M38	Western Province	16:16.62 W
5 # 4880 Ockhuis, Garron	M38	Western Province	18:10.06

M40 5000 Meter Run

40 SA Record: N 15:06.30 B. Mather
 40 WP Record: P 15:06.30 B. Mather
 16:10.00 40 S SA Colours
 18:00.00 40 W WP Colours

Name	Age	Team	Finals
1 # 5541 Sakwe, Siyabonga	M41	Western Province	16:28.59 W
2 # 9580 Broers, Neil	M42	Western Province	16:58.99 W
3 # 4634 Ramoshaba, Alfred	M42	Western Province	18:08.36



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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 S SA Colours
 18:50.00 45 W WP Colours

Name	Age Team	Finals
1 # 9578 Van Der Walt, Tja	M45 Western Province	16:58.65 W
2 # 9168 Sinclair, Quinton	M46 Western Province	17:20.21 W
3 # 1619 Swartz, Quinton	M48 South Wester	18:07.73 W
4 # 6475 Juries, Chubasco	M47 Western Province	18:10.36 W
5 # 1817 Bruintjies, Afrik	M47 Boland	21:19.84

M50 5000 Meter Run

50 SA Record: N 16:01.50 6/25/1905 Sean Rice, CGA
 50 WP Record: P 16:37.76 S. Hollier
 16:45.00 50 S SA Colours
 19:25.00 50 W WP Colours

Name	Age Team	Finals
1 # 48 Moloi, Tholang	M54 Western Province	19:01.54 W
2 # 8865 Groom, Fezile	M53 Western Province	20:47.26

M55 5000 Meter Run

55 SA Record: N 16:54.76 Sybrandt Mostert, WPA
 55 WP Record: P 16:54.60 Stefanus Mostert
 17:30.00 55 S SA Colours
 20:40.00 55 W WP Colours

Name	Age Team	Finals
1 # 5625 Cooper, Andrew	M55 Western Province	18:48.77 W
2 # 1558 Jacobs, Phillip	M57 Boland	20:33.50 W
3 # 9005 Kelly, Percy	M58 Western Province	20:34.39 W
4 #12207 Swart, Dries	M58 Western Province	21:34.07
5 # 945 Hughes, Brandon	M58 Western Province	22:58.09

M60 5000 Meter Run

60 SA Record: N 17:50.60 3/19/1988 Willie Loedolff, AGN
 60 WP Record: P 19:03.08 Stefanus Mostert
 18:30.00 60 S SA Colours
 21:30.00 60 W WP Colours

Name	Age Team	Finals
1 # 4158 De Nobrega, Celso	M64 Western Province	25:55.64



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M65 5000 Meter Run

65 SA Record: N	18:25.70	4/17/1993	Willie Loedolff, AGN	
65 WP Record: P	19:29.59		Stefanus Mostert	
	20:00.00	65 S	SA Colours	
	23:30.00	65 W	WP Colours	
Name		Age	Team	Finals
1 #10188	Wagenheim, Mark	M67	Western Province	21:41.36 W

M70 5000 Meter Run

70 SA Record: N	19:40.94	3/25/2006	Ken Nurden, AGN	
70 WP Record: P	21:53.10	11/16/2013	Peter Donald	
	22:00.00	70 S	SA Colours	
	25:30.00	70 W	WP Colours	
Name		Age	Team	Finals
1 # 5574	Cleophas, Henry	M74	Western Province	24:49.60 W

M50 100 Short Hurdles

50 SA Record: N	14.75		C. Truter, WPA		
50 WP Record: P	14.75		C. Truter		
	17.00	50 S	SA Colours		
	19.30	50 W	WP Colours		
Name		Age	Team	Finals	Wind
1 #10603	Russell, Scott	M54	Western Province	17.02 W	NWI

M35 400 Long Hurdles

35 WP Record: P	1:00.06		N. Daniels	
	1:02.00	35 S	SA Colours	
	1:07.00	35 W	WP Colours	
Name		Age	Team	Finals
1 # 43	Rix, Andre	M36	Western Province	1:28.48

M50 400 Long Hurdles

50 WP Record: P	1:01.29		J. Swiegers	
	1:10.00	50 S	SA Colours	
	1:14.50	50 W	WP Colours	
Name		Age	Team	Finals
1 #10603	Russell, Scott	M54	Western Province	1:20.08



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M55 400 Long Hurdles

55 WP Record: P 1:02.88 J. Swiegers
 1:15.00 55 S SA Colours
 1:17.50 55 W WP Colours

Name	Age	Team	Finals
1 # 5625 Cooper, Andrew	M55	Western Province	1:27.59
2 #10939 Isaacs, Duncan	M55	Western Province	1:33.51

M35 3000 Meter Steeplechase

35 SA Record: N 9:31.30 M. Wells
 35 WP Record: P 9:55.80 B. Matthews
 11:05.00 35 S SA Colours
 11:40.00 35 W WP Colours

Name	Age	Team	Finals
1 # 9983 Wildschut, Riaan	M36	Western Province	10:22.42 S
2 # 2594 Mokoatsi, Tumelo	M35	Western Province	10:32.25 S
3 #10310 Adriaanse, Andréj	M38	Western Province	10:48.62 S

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 S SA Colours
 11:55.00 40 W WP Colours

Name	Age	Team	Finals
1 # 6534 Coetzee, Oscar	M40	Western Province	11:05.51 S

M45 3000 Meter Steeplechase

45 SA Record: N 9:49.70 2/20/2010 Tobias Philander, WPA
 45 WP Record: P 10:00.50 T. Brown
 11:15.00 45 S SA Colours
 12:50.00 45 W WP Colours

Name	Age	Team	Finals
1 # 1619 Swartz, Quinton	M48	South Wester	12:41.24 W
2 # 6475 Juries, Chubasco	M47	Western Province	14:21.22

W45 High Jump

45 SA Record: N 1.64m 5/19/2012 Dinah Heymans, FSA
 45 WP Record: P 1.33m 2/20/2010 Jackie Basson
 1.36m 45 S SA Colours
 1.21m 45 W WP Colours

Name	Age	Team	Finals
1 # 1026 Van Langelaar, Yo	W47	South Wester	1.51mPS



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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 S SA Colours
 1.15m 50 W WP Colours

Name	Age	Team	Finals
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1 # 38	Lategan, Jill	W51 Western Province	1.10m
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M30 High Jump

30 SA Record: N 2.07m Christo Vrey, CGA
 30 WP Record: P 1.85m 3/9/2019 Stefan Louw
 1.68m 30 W WP Colours

Name	Age	Team	Finals
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1 # 430	Deysel, Pyp	M34 Western Province	1.60m
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M35 High Jump

35 SA Record: N 2.01m J. Greyvenstein
 35 WP Record: P 1.85m A. September
 1.82m 35 S SA Colours
 1.63m 35 W WP Colours

Name	Age	Team	Finals
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1 # 43	Rix, Andre	M36 Western Province	1.30m
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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 S SA Colours
 1.48m 45 W WP Colours

Name	Age	Team	Finals
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1 # 6475	Juries, Chubasco	M47 Western Province	1.10m
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M50 High Jump

50 SA Record: N 1.82m 5/3/2019 Johann Gutsche, CNW
 50 WP Record: P 1.61m 11/24/1984 Leo Benning
 1.60m 50 S SA Colours
 1.41m 50 W WP Colours

Name	Age	Team	Finals
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1 # 5251	Maree, Archibald	M51 Western Province	1.45m W
2 #10953	Davids, Jerome	M52 Western Province	1.42m W



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M55 High Jump

Name	Age	Team	Finals
55 SA Record: N 1.70m	3/12/2016	Neal Bredeveltdt, BOL	
55 WP Record: P 1.68m	10/17/2019	Neal Bredeveltdt	
1.53m	55 S	SA Colours	
1.34m	55 W	WP Colours	
1 # 1703 Cupido, Clive	M57	Boland	1.22m

M60 High Jump

Name	Age	Team	Finals
60 SA Record: N 1.67m	5/29/2021	Neal Bredeveltdt, WPA	
60 WP Record: P 1.67m	5/29/2021	Neal Bredeveltdt	
1.45m	60 S	SA Colours	
1.27m	60 W	WP Colours	
1 #10652 Bredeveltdt, Neal	M62	Western Province	1.55m S

M35 Pole Vault

Name	Age	Team	Finals
35 SA Record: N 4.30m	4/26/2014	Pieter Brits, AGN	
35 WP Record: P 3.60m		C. Truter	
4.00m	35 S	SA Colours	
3.30m	35 W	WP Colours	
1 # 43 Rix, Andre	M36	Western Province	2.00m

W35 Long Jump

Name	Age	Team	Finals	Wind
35 SA Record: N 6.58m		Maryna v Niekerk, CGA		
35 WP Record: P 5.62m		Corne Gomes		
4.96m	35 S	SA Colours		
4.10m	35 W	WP Colours		
-- # 225 Felix, Charné	W36	Boland	ND	NWI

W40 Long Jump

Name	Age	Team	Finals	Wind
40 SA Record: N 5.73m	3/31/2012	Charmain Barnard, AGN		
40 WP Record: P 4.55m		N. Weideman		
4.72m	40 S	SA Colours		
3.95m	40 W	WP Colours		
1 # 5209 Kotze, Retha	W43	Western Province	4.53m W	NWI
2 # 9763 Juries, Tanja	W44	Western Province	4.52m W	NWI



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M30 Long Jump

30 SA Record: N 7.64m Angus Pohl, AGN
 30 WP Record: P 6.44m T. Mostert
 5.50m 30 W WP Colours

Name	Age Team	Finals	Wind H#
1 # 430 Deysel, Pyp	M34 Western Province	5.39m	-3.2 2
2 #10308 Goosen, Brandon	M33 Western Province	4.67m	-2.6 2

M35 Long Jump

35 SA Record: N 7.22m Vic Häger, KZN
 35 WP Record: P 6.64m 4/9/2011 Robin Buck
 6.20m 35 S SA Colours
 5.30m 35 W WP Colours

Name	Age Team	Finals	Wind H#
1 #12807 Jacobs, Giovanni	M36 Western Province	5.29m	-2.9 2
2 #12435 Hassan, Qaasim	M39 Western Province	4.94m	NWI 2
3 # 43 Rix, Andre	M36 Western Province	3.14m	-2.6 2

M45 Long Jump

45 SA Record: N 6.34m Vic Häger, KZN
 45 WP Record: P 5.65m B. Carnie
 5.70m 45 S SA Colours
 4.85m 45 W WP Colours

Name	Age Team	Finals	Wind H#
1 # 2509 Davids, Elton	M49 Western Province	3.05m	-4.3 2

M50 Long Jump

50 SA Record: N 6.18m J. van Rooyen
 50 WP Record: P 5.94m R. Cross
 5.40m 50 S SA Colours
 4.60m 50 W WP Colours

Name	Age Team	Finals	Wind
1 # 2264 Basson, Marius	M51 Western Province	4.93m W	-2.3

M55 Long Jump

55 SA Record: N 5.70m S. Hough
 55 WP Record: P 5.61m R. Cross
 5.15m 55 S SA Colours
 4.30m 55 W WP Colours

Name	Age Team	Finals	Wind
1 # 1774 Christians, Alwyn	M56 Boland	4.66m W	-2.2
2 #10939 Isaacs, Duncan	M55 Western Province	4.02m	-3.1



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M60 Long Jump

60 SA Record: N 5.33m	Ron Cross, WPA				
60 WP Record: P 5.33m	R. Cross				
	4.70m	60 S	SA Colours		
	4.00m	60 W	WP Colours		
Name	Age	Team	Finals	Wind	
1 #10652 Bredeveltdt, Neal	M62	Western Province	4.25m W	-2.6	

M70 Long Jump

70 SA Record: N 4.66m	Albertus v Zyl, KZN				
70 WP Record: P 4.03m	Leo Benning				
	4.00m	70 S	SA Colours		
	3.30m	70 W	WP Colours		
Name	Age	Team	Finals	Wind	
1 # 174 Dreyer, Patrick	M73	Western Province	3.28m	-2.6	

M30 Triple Jump

30 SA Record: N 13.94m	A. Labuschagne				
30 WP Record: P 12.62m	Chris Herbst				
	12.00m	30 W	WP Colours		
Name	Age	Team	Finals	Wind	
1 # 430 Deysel, Pyp	M34	Western Province	10.99m	-4.1	

M40 Triple Jump

40 SA Record: N 14.40m	G. Swakala				
40 WP Record: P 13.57m	1/14/2023	Jason Sewanyana			
	12.00m	40 S	SA Colours		
	11.25m	40 W	WP Colours		
Name	Age	Team	Finals	Wind	
1 #10643 Sewanyana, Jason	M41	Western Province	13.19m S	-2.1	

M55 Triple Jump

55 SA Record: N 11.65m	10/27/2018	Vincent McBride, WPA			
55 WP Record: P 11.48m	4/27/2018	Vincent McBride			
	10.50m	55 S	SA Colours		
	9.50m	55 W	WP Colours		
Name	Age	Team	Finals	Wind	
1 #10646 Matthee, Giliomee	M55	Western Province	10.27m W	-6.2	
2 #10939 Isaacs, Duncan	M55	Western Province	8.24m	-2.5	



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M60 Triple Jump

60 SA Record: N 10.55m			Ron Cross, WPA		
60 WP Record: P 10.55m			Ron Cross		
	10.20m	60 S	SA Colours		
	9.00m	60 W	WP Colours		
Name		Age	Team	Finals	Wind
1 #10652 Bredeveltdt, Neal		M62	Western Province	9.58m W	-1.8

W40 Shot Put

40 SA Record: N 11.92m			Marie-Louise Uys, SWD		
40 WP Record: P 11.92m			M Uys		
	10.23m	40 S	SA Colours		
	8.00m	40 W	WP Colours		
Name		Age	Team	Finals	H#
1 #12400 Gerstner, Juanita		W40	Western Province	10.29m S	2
2 # 2751 Mallin, Ezette		W41	Western Province	10.21m W	2
3 # 5240 Albertyn, Esté		W40	Western Province	8.16m W	2

W45 Shot Put

45 SA Record: N 11.80m			Marie-Louise Uys, SWD		
45 WP Record: P 9.89m			Elize Engelbrecht		
	10.00m	45 S	SA Colours		
	7.70m	45 W	WP Colours		
Name		Age	Team	Finals	H#
1 # 5568 Matiwane, Busisiw		W47	Western Province	5.59m	2

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 S	SA Colours		
	8.20m	50 W	WP Colours		
Name		Age	Team	Finals	H#
1 # 5253 Africa, Donna		W52	Western Province	7.10m	2
2 #11583 Scholtz, Gloria		W54	Western Province	6.88m	2
3 # 9764 Snyders, Margo		W51	Western Province	5.95m	2



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W55 Shot Put

55 SA Record: N 11.13m	M. van As		
55 WP Record: P 10.64m	Hester Schoonwinkel		
9.80m	55 S SA Colours		
7.60m	55 W WP Colours		
Name	Age Team		Finals
1 # 1841 Knobel, Heleen	W57 South Wester		10.00m S
2 #11581 De Bruyn, Sonja	W56 Western Province		7.33m

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 S SA Colours		
7.00m	60 W WP Colours		
Name	Age Team		Finals
1 # 3969 Rodseth, Lollos	W63 Western Province		7.30m W
2 # 5263 Du Plessis, Delen	W62 Western Province		4.34m

W70 Shot Put

70 SA Record: N 8.51m	4/13/2019 Helena Fourie, AGN		
70 WP Record: P 7.52m	2/4/2023 Ronel Griesel		
7.40m	70 S SA Colours		
5.60m	70 W WP Colours		
Name	Age Team		Finals
1 # 5228 Griesel, Ronel	W71 Western Province		7.14m W
2 # 1849 Durant, Marita	W72 Western Province		6.67m W
3 # 5225 Du Toit, Aletta	W71 Western Province		4.99m

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 S SA Colours		
5.10m	75 W WP Colours		
Name	Age Team		Finals
1 # 5222 Grobbelaar, Elize	W77 Western Province		5.26m W

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 W WP Colours		
Name	Age Team	Finals	H#
1 # 5399 Theron, Barend	M34 Western Province	11.56m W	2



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M35 Shot Put

Name	Age	Team	Finals	H#
35 SA Record: N 16.56m		J. Booysen Jr.		
35 WP Record: P 12.96m	10/28/2017	Daniel Lewies		
14.00m	35 S	SA Colours		
10.90m	35 W	WP Colours		
1 # 43 Rix, Andre	M36	Western Province	6.71m	2

M40 Shot Put

Name	Age	Team	Finals	H#
40 SA Record: N 18.52m	2/3/2018	Burger Lambrechts, AGN		
40 WP Record: P 14.01m		T. Geldenhuys		
13.24m	40 S	SA Colours		
10.40m	40 W	WP Colours		
1 #12384 Rautenbach, Corne	M44	Western Province	9.42m	2

M45 Shot Put

Name	Age	Team	Finals	H#
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 S	SA Colours		
9.50m	45 W	WP Colours		
1 # 5248 Van Der Westhuize	M45	Western Province	11.05m W	2
2 #12382 Van Zyl, Chris	M46	Western Province	9.52m W	2
3 # 2509 Davids, Elton	M49	Western Province	8.78m	2
4 #12377 Pool, Jaco	M46	Western Province	8.02m	2
5 # 1245 De Wit, Leon	M49	Western Province	7.75m	2

M50 Shot Put

Name	Age	Team	Finals	H#
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 S	SA Colours		
10.40m	50 W	WP Colours		
1 #12378 Bester, David	M50	Western Province	11.16m W	2
2 # 5255 Nel, Chris	M53	Western Province	10.61m W	2
3 # 2617 Marais, Clifton	M52	Western Province	7.81m	2



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M55 Shot Put

55 SA Record: N 15.84m 10/2016 Burton Haupt, AGN
 55 WP Record: P 12.30m 2/26/2011 Anton Wale
 12.50m 55 S SA Colours
 9.70m 55 W WP Colours

Name	Age	Team	Finals
1 # 1065 Odendaal, Dirk	M57	Boland	8.70m
2 # 5400 Van Der Walt, Ste	M55	Western Province	7.80m
3 #10939 Isaacs, Duncan	M55	Western Province	5.89m

M60 Shot Put

60 SA Record: N 15.60m 11/22/2022 Burton Haupt, AGN
 60 WP Record: P 14.24m Gunther Schirmer
 12.78m 60 S SA Colours
 10.00m 60 W WP Colours

Name	Age	Team	Finals
1 # 5560 Simpson, Shaun	M60	Western Province	11.37m W
2 # 1022 Smit, Johan	M62	Boland	9.30m

M65 Shot Put

65 SA Record: N 12.80m 5/4/2002 Andrzej Rzepecki, CGA
 65 WP Record: P 12.72m Gunther Schirmer
 11.50m 65 S SA Colours
 8.90m 65 W WP Colours

Name	Age	Team	Finals
1 # 1824 Harding, Jon	M69	Boland	8.45m
2 # 94 James, Andy	M69	Western Province	7.64m
3 #10770 Harris, Jeffrey	M65	Western Province	7.49m

M70 Shot Put

70 SA Record: N 13.78m 3/30/2019 Dereck Sterley, AGN
 70 WP Record: P 12.15m Ron Mitchell
 11.70m 70 S SA Colours
 9.20m 70 W WP Colours

Name	Age	Team	Finals
1 # 5227 Erasmus, Nick	M72	Western Province	8.18m



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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 S SA Colours
 7.25m 75 W WP Colours

Name	Age	Team	Finals
1 # 5224 Hough, Norman	M75	Western Province	9.31m W

W40 Discus Throw

40 SA Record: N 43.48m R. Boshoff, EPA
 40 WP Record: P 31.61m E. Niemand
 32.85m 40 S SA Colours
 25.60m 40 W WP Colours

Name	Age	Team	Finals	H#
1 #12400 Gerstner, Juanita	W40	Western Province	31.26m W	2
2 # 5240 Albertyn, Esté	W40	Western Province	28.00m W	2
3 # 2751 Mallin, Ezette	W41	Western Province	27.21m W	2

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 S SA Colours
 23.00m 45 W WP Colours

Name	Age	Team	Finals	H#
1 # 5568 Matiwane, Busisiw	W47	Western Province	16.04m	2

W50 Discus Throw

50 SA Record: N 39.71m 11/19/2022 Antonette Jordaan, AGN
 50 WP Record: P 26.80m E. Engelbrecht
 30.00m 50 S SA Colours
 21.60m 50 W WP Colours

Name	Age	Team	Finals	H#
1 #11583 Scholtz, Gloria	W54	Western Province	20.69m	2
2 # 5253 Africa, Donna	W52	Western Province	20.61m	2
3 # 9764 Snyders, Margo	W51	Western Province	13.73m	2



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W55 Discus Throw

Name	Age	Team	Finals
55 SA Record: N 33.29m	12/11/2021	Heleen Knobel, SWD	
55 WP Record: P 27.42m		Hester Schoonwinkel	
25.50m	55 S	SA Colours	
19.90m	55 W	WP Colours	
1 # 1841 Knobel, Heleen	W57	South Wester	29.41mPS
2 #11581 De Bruyn, Sonja	W56	Western Province	18.41m

W60 Discus Throw

Name	Age	Team	Finals
60 SA Record: N 28.78m	3/12/2005	J. Rzepecka, CGA	
60 WP Record: P 21.38m	2/4/2023	Farieda Dramat	
23.80m	60 S	SA Colours	
18.60m	60 W	WP Colours	
1 # 5263 Du Plessis, Delen	W62	Western Province	12.45m

W70 Discus Throw

Name	Age	Team	Finals
70 SA Record: N 23.26m		Lena Grobler, AGN	
70 WP Record: P 17.29m	1/24/2015	Adrie Benade	
19.00m	70 S	SA Colours	
14.80m	70 W	WP Colours	
1 # 5228 Griesel, Ronel	W71	Western Province	16.47m W
2 # 1849 Durant, Marita	W72	Western Province	12.97m
3 # 5225 Du Toit, Aletta	W71	Western Province	12.65m

W75 Discus Throw

Name	Age	Team	Finals
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 S	SA Colours	
13.30m	75 W	WP Colours	
1 # 5222 Grobbelaar, Elize	W77	Western Province	13.90m W

M30 Discus Throw

Name	Age	Team	Finals	H#
30 SA Record: N 48.50m		P. Goosen		
30 WP Record: P 49.91m	3/15/1972	Steve Johnston		
33.00m	30 W	WP Colours		
1 # 5399 Theron, Barend	M34	Western Province	31.05m	2



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M35 Discus Throw

35 SA Record: N 54.46m 10/24/2009 G. Geldenhuys, FSA				
35 WP Record: P 50.39m 2/27/1975 Steve Johnston				
41.00m 35 S SA Colours				
32.00m 35 W WP Colours				
Name	Age	Team	Finals	H#
1 # 43 Rix, Andre	M36	Western Province	17.55m	2

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 S SA Colours				
31.30m 40 W WP Colours				
Name	Age	Team	Finals	H#
1 #12384 Rautenbach, Corne	M44	Western Province	26.74m	2

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 S SA Colours				
30.00m 45 W WP Colours				
Name	Age	Team	Finals	H#
1 # 5248 Van Der Westhuize	M45	Western Province	36.63m W	2
2 #12382 Van Zyl, Chris	M46	Western Province	26.72m	2
3 # 1245 De Wit, Leon	M49	Western Province	23.46m	2
4 #12377 Pool, Jaco	M46	Western Province	21.37m	2

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 S SA Colours				
34.50m 50 W WP Colours				
Name	Age	Team	Finals	H#
1 #12383 Mostert, Henri	M50	Western Province	37.81m W	2
2 # 1237 Solomons, Anthony	M52	Western Province	37.37m W	2
3 # 5255 Nel, Chris	M53	Western Province	30.00m	2
4 #12378 Bester, David	M50	Western Province	29.96m	2



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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 S SA Colours
 31.50m 55 W WP Colours

Name	Age	Team	Finals
1 # 1065 Odendaal, Dirk	M57	Boland	27.36m
2 #10939 Isaacs, Duncan	M55	Western Province	22.71m
3 # 5400 Van Der Walt, Ste	M55	Western Province	21.83m
4 # 5249 Lobb, Wayne	M58	Western Province	20.91m

M60 Discus Throw

60 SA Record: N 54.58m 11/13/2021 Burton Haupt, AGN
 60 WP Record: P 45.46m 5/28/1999 Steve Johnston
 44.26m 60 S SA Colours
 34.50m 60 W WP Colours

Name	Age	Team	Finals
1 # 5560 Simpson, Shaun	M60	Western Province	35.50m W
2 # 1022 Smit, Johan	M62	Boland	25.41m

M65 Discus Throw

65 SA Record: N 42.91m Abraham Coetzee, WPA
 65 WP Record: P 42.22m 2/21/204 Steve Johnston
 40.50m 65 S SA Colours
 31.00m 65 W WP Colours

Name	Age	Team	Finals
1 # 1824 Harding, Jon	M69	Boland	23.52m
2 # 94 James, Andy	M69	Western Province	23.49m
3 #10770 Harris, Jeffrey	M65	Western Province	21.06m

M70 Discus Throw

70 SA Record: N 41.12m 4/13/2019 Dereck Sterley, AGN
 70 WP Record: P 35.49m 5/3/2019 Norman Hough
 34.00m 70 S SA Colours
 25.90m 70 W WP Colours

Name	Age	Team	Finals
1 # 5227 Erasmus, Nick	M72	Western Province	25.17m



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M75 Discus Throw

Name	Age	Team	Finals
75 SA Record: N 34.05m	3/11/2006	Borg Stannius, WPA	
75 WP Record: P 34.05m		Borg Stannius	
27.50m	75 S	SA Colours	
21.40m	75 W	WP Colours	
1 # 5224 Hough, Norman	M75	Western Province	26.09m W

W40 Hammer Throw

Name	Age	Team	Finals
40 SA Record: N 41.92m	5/4/2017	Marilize Coetzee, WPA	
40 WP Record: P 41.92m	5/18/2017	Marilize Coetzee	
35.50m	40 S	SA Colours	
26.50m	40 W	WP Colours	
1 # 5240 Albertyn, Esté	W40	Western Province	27.52m W
2 #12400 Gerstner, Juanita	W40	Western Province	19.76m

W50 Hammer Throw

Name	Age	Team	Finals
50 SA Record: N 49.23m	8/15/2023	Heleen Knobel, SWD	
50 WP Record: P 37.62m		Hester Schoonwinkel	
37.50m	50 S	SA Colours	
25.50m	50 W	WP Colours	
1 #11583 Scholtz, Gloria	W54	Western Province	17.92m

W55 Hammer Throw

Name	Age	Team	Finals
55 SA Record: N 44.96m	11/11/2021	Heleen Knobel, SWD	
55 WP Record: P 32.88m		Hester Schoonwinkel	
32.00m	55 S	SA Colours	
23.30m	55 W	WP Colours	
1 # 1841 Knobel, Heleen	W57	South Wester	39.88mPS
-- # 1021 Smit, Jackie	W59	Boland	ND

W60 Hammer Throw

Name	Age	Team	Finals
60 SA Record: N 33.82m	2/20/2010	Hester Schoonwinkel, WPA	
60 WP Record: P 28.03m	1/22/2022	Farieda Dramat	
28.00m	60 S	SA Colours	
20.70m	60 W	WP Colours	
1 # 5263 Du Plessis, Delen	W62	Western Province	11.67m



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W65 Hammer Throw

Name	Age	Team	Finals
65 SA Record: N 30.10m	4/29/2006	A. Olivier	
65 WP Record: P 24.86m	3/13/2020	Zelda Erasmus	
25.00m	65 S SA Colours		
18.00m	65 W WP Colours		
1 # 5268 Stoffberg, Tertia	W69	Western Province	19.64m W

W70 Hammer Throw

Name	Age	Team	Finals
70 SA Record: N 25.76m		Lena Grobler, AGN	
70 WP Record: P 23.03m	3/16/2017	Elize Grobellaar	
22.00m	70 S SA Colours		
15.60m	70 W WP Colours		
1 # 5228 Griesel, Ronel	W71	Western Province	20.92m W
2 # 5225 Du Toit, Aletta	W71	Western Province	18.36m W
3 # 1849 Durant, Marita	W72	Western Province	17.67m W

W75 Hammer Throw

Name	Age	Team	Finals
75 SA Record: N 30.52m	5/13/2016	Penny England, AVT	
75 WP Record: P 26.04m	3/5/2022	Elize Grobellaar	
22.00m	75 S SA Colours		
16.40m	75 W WP Colours		
1 # 5222 Grobbelaar, Elize	W77	Western Province	19.21m W

M30 Hammer Throw

Name	Age	Team	Finals
30 SA Record: N 74.15m	4/25/2008	Chris Harmse, FSA	
30 WP Record: P 46.90m		B. Coetzee	
36.00m	30 W WP Colours		
1 # 5399 Theron, Barend	M34	Western Province	30.85m

M35 Hammer Throw

Name	Age	Team	Finals
35 SA Record: N 76.39m	5/18/2012	Chris Harmse, FSA	
35 WP Record: P 40.50m		Gert Engelbrecht	
45.00m	35 S SA Colours		
35.00m	35 W WP Colours		
1 # 43 Rix, Andre	M36	Western Province	10.17m



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M40 Hammer Throw

40 SA Record: N	73.90m	8/13/2015	Chris Harmse, FSA	
40 WP Record: P	59.18m		Tiny Geldenhuis	
	44.00m	40 S	SA Colours	
	34.20m	40 W	WP Colours	
Name		Age	Team	Finals
1 #12384	Rautenbach, Corne	M44	Western Province	25.98m

M45 Hammer Throw

45 SA Record: N	71.70m	4/26/2019	Chris Harmse, FSA	
45 WP Record: P	38.25m	3/19/2016	Gerhard Potgieter	
	43.50m	45 S	SA Colours	
	33.60m	45 W	WP Colours	
Name		Age	Team	Finals
1 #12382	Van Zyl, Chris	M46	Western Province	27.15m
2 # 5248	Van Der Westhuize	M45	Western Province	26.88m
3 #12377	Pool, Jaco	M46	Western Province	17.36m

M50 Hammer Throw

50 SA Record: N	59.80m	3/25/2006	Charlie Koen, EPA	
50 WP Record: P	35.49m		Gert Engelbrecht	
	44.50m	50 S	SA Colours	
	34.40m	50 W	WP Colours	
Name		Age	Team	Finals
1 # 5255	Nel, Chris	M53	Western Province	31.20m

M55 Hammer Throw

55 SA Record: N	52.97m		Jan Roodt, KZN	
55 WP Record: P	35.21m		Gert Engelbrecht	
	43.00m	55 S	SA Colours	
	32.80m	55 W	WP Colours	
Name		Age	Team	Finals
1 # 1065	Odendaal, Dirk	M57	Boland	29.92m
2 # 5400	Van Der Walt, Ste	M55	Western Province	19.24m
3 #10939	Isaacs, Duncan	M55	Western Province	17.47m



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M60 Hammer Throw

60 SA Record: N	53.64m	4/25/2008	Jan Roodt, KZN	
60 WP Record: P	37.39m	7/12/201	Steve Johnston	
	43.09m	60 S	SA Colours	
	33.60m	60 W	WP Colours	
Name		Age	Team	Finals
1 # 1022 Smit, Johan		M62	Boland	26.27m

M65 Hammer Throw

65 SA Record: N	49.41m	2001	Andrzej Rzepecki, CGA	
65 WP Record: P	38.82m	1/24/204	Steve Johnston	
	38.50m	65 S	SA Colours	
	29.60m	65 W	WP Colours	
Name		Age	Team	Finals
1 # 94 James, Andy		M69	Western Province	19.77m

M70 Hammer Throw

70 SA Record: N	49.42m	3/14/2009	Andrzej Rzepecki, AGN	
70 WP Record: P	42.58m	5/3/2019	Norman Hough	
	38.00m	70 S	SA Colours	
	27.30m	70 W	WP Colours	
Name		Age	Team	Finals
1 # 5227 Erasmus, Nick		M72	Western Province	24.23m

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 S	SA Colours	
	21.00m	75 W	WP Colours	
Name		Age	Team	Finals
1 # 5224 Hough, Norman		M75	Western Province	30.09m S

W40 Javelin Throw

40 SA Record: N	41.20m	2/13/2016	Y. Beytell, AGN	
40 WP Record: P	38.22m	10/8/2011	JC Moolman	
	30.00m	40 S	SA Colours	
	22.80m	40 W	WP Colours	
Name		Age	Team	Finals
1 #12400 Gerstner, Juanita		W40	Western Province	20.96m
2 # 5240 Albertyn, Esté		W40	Western Province	18.53m



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W50 Javelin Throw

Name	Age	Team	Finals
50 SA Record: N 34.44m	9/18/2023	Heleen Knobel, SWD	
50 WP Record: P 30.02m	4/26/2013	Jackie Basson	
29.00m	50 S	SA Colours	
22.20m	50 W	WP Colours	
1 # 38 Lategan, Jill	W51	Western Province	17.38m
2 # 9764 Snyders, Margo	W51	Western Province	10.40m

W55 Javelin Throw

Name	Age	Team	Finals
55 SA Record: N 29.76m	4/16/2022	Judy Flynn, AGN	
55 WP Record: P 25.84m		Susan Malherbe	
25.00m	55 S	SA Colours	
19.50m	55 W	WP Colours	
1 #11581 De Bruyn, Sonja	W56	Western Province	15.30m

W60 Javelin Throw

Name	Age	Team	Finals
60 SA Record: N 26.93m	4/10/2021	Aletta Pietersen, SAPS	
60 WP Record: P 27.00m		Susan Malherbe	
23.00m	60 S	SA Colours	
17.50m	60 W	WP Colours	
1 # 5263 Du Plessis, Delen	W62	Western Province	9.80m

W70 Javelin Throw

Name	Age	Team	Finals
70 SA Record: N 19.77m	5/3/2019	Mercia Ferreira, CGA	
70 WP Record: P 18.30m		Aletta Ackermann	
18.00m	70 S	SA Colours	
14.00m	70 W	WP Colours	
1 # 5228 Griesel, Ronel	W71	Western Province	13.43m

W75 Javelin Throw

Name	Age	Team	Finals
75 SA Record: N 16.83m	5/13/2016	Penny England, AVT	
75 WP Record: P 13.93m		Isabel Hofmeyr	
15.00m	75 S	SA Colours	
8.70m	75 W	WP Colours	
1 # 5222 Grobbelaar, Elize	W77	Western Province	9.50m W



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M30 Javelin Throw

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

Name	Age	Team	Finals	H#
1 # 5399 Theron, Barend	M34	Western Province	27.82m	2

M35 Javelin Throw

35 SA Record: N 66.04m 4/3/2004 J. van Wyk
 35 WP Record: P 53.99m 4/27/2018 Bertus Potgieter
 54.00m 35 S SA Colours
 42.00m 35 W WP Colours

Name	Age	Team	Finals	H#
1 #12435 Hassan, Qaasim	M39	Western Province	20.23m	2
2 # 43 Rix, Andre	M36	Western Province	20.17m	2

M40 Javelin Throw

40 SA Record: N 65.54m 1998 T. Liebenberg, CNW
 40 WP Record: P 46.70m R. Joubert
 52.45m 40 S SA Colours
 40.90m 40 W WP Colours

Name	Age	Team	Finals	H#
1 # 1135 Young, Tyrone	M40	Western Province	41.16m W	2

M45 Javelin Throw

45 SA Record: N 62.63m 5/7/2005 Gawie Louw, AGN
 45 WP Record: P 53.94m 3/19/2016 Jacques Cronje
 49.49m 45 S SA Colours
 38.60m 45 W WP Colours

Name	Age	Team	Finals	H#
1 # 5248 Van Der Westhuize	M45	Western Province	36.51m	2
2 #12382 Van Zyl, Chris	M46	Western Province	31.33m	2
3 # 1245 De Wit, Leon	M49	Western Province	28.35m	2
4 #12377 Pool, Jaco	M46	Western Province	14.37m	2

M50 Javelin Throw

50 SA Record: N 67.87m 9/2018 Wilhelm Pauer, CGA
 50 WP Record: P 45.84m 3/10/2018 J C Smith
 48.00m 50 S SA Colours
 36.50m 50 W WP Colours

Name	Age	Team	Finals	H#
1 #12383 Mostert, Henri	M50	Western Province	39.29m W	



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M55 Javelin Throw

Name	Age	Team	Finals
55 SA Record: N 59.20m	3/4/2023	Wilhelm Pauer, CGA	
55 WP Record: P 41.85m		Johan Allers	
43.00m	55 S	SA Colours	
33.30m	55 W	WP Colours	
1 # 5400 Van Der Walt, Ste	M55	Western Province	30.87m
2 # 5249 Lobb, Wayne	M58	Western Province	23.17m
3 #10939 Isaacs, Duncan	M55	Western Province	14.07m

M65 Javelin Throw

Name	Age	Team	Finals
65 SA Record: N 45.22m	3/4/2023	Stephen Kichenbrand, AGN	
65 WP Record: P 37.28m	5/2/2019	Peet Venter	
37.00m	65 S	SA Colours	
28.90m	65 W	WP Colours	
1 # 94 James, Andy	M69	Western Province	17.36m
2 #10770 Harris, Jeffrey	M65	Western Province	13.74m

M70 Javelin Throw

Name	Age	Team	Finals
70 SA Record: N 42.35m	5/6/2022	Dave Ludeke, AGN	
70 WP Record: P 36.30m	4/13/2019	Norman Hough	
33.00m	70 S	SA Colours	
25.80m	70 W	WP Colours	
1 #12420 Venter, Peet	M73	Western Province	25.85m W

M75 Javelin Throw

Name	Age	Team	Finals
75 SA Record: N 36.09m	4/28/2006	Borg Stannius, WPA	
75 WP Record: P 36.09m		Borg Stannius	
26.00m	75 S	SA Colours	
20.30m	75 W	WP Colours	
1 # 5224 Hough, Norman	M75	Western Province	25.09m W

W40 Weight Throw

Name	Age	Team	Finals
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 S	SA Colours	
9.50m	40 W	WP Colours	
1 # 5240 Albertyn, Esté	W40	Western Province	11.05m W



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....W40 Weight Throw

2 #12400 Gerstner, Juanita W40 Western Province 8.77m

W50 Weight Throw

50 SA Record: N 15.60m 8/15/2023 Heleen Knobel, SWD

50 WP Record: P 11.25m Tertia Stoffberg

12.10m 50 S SA Colours

9.10m 50 W WP Colours

Name	Age	Team	Finals
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1 #11583 Scholtz, Gloria	W54	Western Province	7.99m
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W60 Weight Throw

60 SA Record: N 13.79m 4/30/2010 Hester Schoonwinkel, WPA

60 WP Record: P 11.54m 5/15/2015 Tertia Stofberg

11.40m 60 S SA Colours

9.10m 60 W WP Colours

Name	Age	Team	Finals
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1 # 5263 Du Plessis, Delen	W62	Western Province	5.61m
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W70 Weight Throw

70 SA Record: N 10.97m 5/3/2019 Susanna du Bruyn, KZN

70 WP Record: P 8.96m 7/25/2015 Elize Grobbelaar

9.00m 70 S SA Colours

7.50m 70 W WP Colours

Name	Age	Team	Finals
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1 # 5228 Griesel, Ronel	W71	Western Province	7.78m W
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2 # 5225 Du Toit, Aletta	W71	Western Province	6.83m
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W75 Weight Throw

75 SA Record: N 12.50m 4/8/2017 Penny England, AVT

75 WP Record: P 10.71m 4/9/2022 Elize Grobbelaar

8.50m 75 S SA Colours

7.10m 75 W WP Colours

Name	Age	Team	Finals
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1 # 5222 Grobbelaar, Elize	W77	Western Province	9.16m S
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Name	Age	Team	Finals	H#
30 SA Record: N 12.48m	4/29/2006	M. Ueckermann		
30 WP Record: P 13.58m		B. Coetzee		
11.50m	30 W	WP Colours		
1 # 5399 Theron, Barend	M34	Western Province	11.01m	2

M35 Weight Throw

Name	Age	Team	Finals	H#
35 SA Record: N 16.78m	2/20/2010	Martin Venter, AGN		
35 WP Record: P 13.60m	12/7/2019	Shukri Wiener		
13.50m	35 S	SA Colours		
11.10m	35 W	WP Colours		
1 # 43 Rix, Andre	M36	Western Province	4.52m	2

M45 Weight Throw

Name	Age	Team	Finals	H#
45 SA Record: N 17.17m	5/13/2016	Martin Venter, AGN		
45 WP Record: P 10.75m		Johan Allers		
13.00m	45 S	SA Colours		
10.40m	45 W	WP Colours		
1 # 5248 Van Der Westhuize	M45	Western Province	10.55m W	2
2 #12382 Van Zyl, Chris	M46	Western Province	9.52m	2
3 #12377 Pool, Jaco	M46	Western Province	6.42m	2

M50 Weight Throw

Name	Age	Team	Finals	H#
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 S	SA Colours		
13.00m	50 W	WP Colours		
1 # 5255 Nel, Chris	M53	Western Province	12.07m	2

M55 Weight Throw

Name	Age	Team	Finals	H#
55 SA Record: N 18.90m	10/16/2023	Burton Haupt, AGN		
55 WP Record: P 12.72m		Anton Wale		
15.00m	55 S	SA Colours		
12.40m	55 W	WP Colours		
1 # 1065 Odendaal, Dirk	M57	Boland	9.82m	
2 # 5400 Van Der Walt, Ste	M55	Western Province	8.24m	
3 #10939 Isaacs, Duncan	M55	Western Province	7.46m	



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....M55 Weight Throw

4 # 5249 Lobb, Wayne M58 Western Province 5.79m

M65 Weight Throw

65 SA Record: N 18.75m 11/20/2004 Andrzej Rzepecki, CGA

65 WP Record: P 14.64m 4/3/204 Steve Johnston

15.50m 65 S SA Colours

12.80m 65 W WP Colours

Name	Age	Team	Finals
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1 # 94 James, Andy	M69	Western Province	7.51m
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M70 Weight Throw

70 SA Record: N 20.71m 9/7/2023 Andrzej Rzepecki, CGA

70 WP Record: P 16.49m 4/13/2019 Norman Hough

15.50m 70 S SA Colours

12.80m 70 W WP Colours

Name	Age	Team	Finals
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1 # 5227 Erasmus, Nick	M72	Western Province	10.33m
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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 S SA Colours

10.00m 75 W WP Colours

Name	Age	Team	Finals
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1 # 5224 Hough, Norman	M75	Western Province	12.72m S
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M30 200 Meter Dash Outdoor Pentathlon

Name	Age	Team	Finals	Wind	H#	Points
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1 # 5234 Steenkamp, Theodo	M34	Western Province	27.44	NWI	2	415
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M35 200 Meter Dash Outdoor Pentathlon

Name	Age	Team	Finals	Wind	H#	Points
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1 # 634 Volmoer, Jakob	M39	Boland	26.64	NWI	2	517
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2 #12435 Hassan, Qaasim	M39	Western Province	26.84	NWI	2	502
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3 # 43 Rix, Andre	M36	Western Province	28.54	NWI	2	380
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Name	Age Team	Finals	Wind	Points
1 # 6475 Juries, Chubasco	M47 Western Province	32.24	NWI	275

M50 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 5252 Pool, Arne	M50 Western Province	30.64	NWI	432

M55 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 5625 Cooper, Andrew	M55 Western Province	30.14	NWI	531
2 #10939 Isaacs, Duncan	M55 Western Province	31.44	NWI	446
3 # 5249 Lobb, Wayne	M58 Western Province	39.54	NWI	72

W60 800 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5263 Du Plessis, Delen	W62 Western Province	6:15.50	

W70 800 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5225 Du Toit, Aletta	W71 Western Province	6:58.00	

W75 800 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5222 Grobbelaar, Elize	W77 Western Province	6:32.50	

M30 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5234 Steenkamp, Theodo	M34 Western Province	5:57.60	274

M35 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 634 Volmoer, Jakob	M39 Boland	5:16.40	495
2 # 43 Rix, Andre	M36 Western Province	5:47.60	341
3 #12435 Hassan, Qaasim	M39 Western Province	6:45.20	127



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M45 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 6475 Juries, Chubasco	M47 Western Province	5:03.60	683

M50 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5252 Pool, Arne	M50 Western Province	9:02.00	

M55 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5625 Cooper, Andrew	M55 Western Province	5:12.60	767
2 #10939 Isaacs, Duncan	M55 Western Province	7:20.00	205
3 # 5249 Lobb, Wayne	M58 Western Province	8:54.20	13

W60 80 Short Hurdles Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 5263 Du Plessis, Delen	W62 Western Province	41.64	NWI	

W70 80 Short Hurdles Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 5225 Du Toit, Aletta	W71 Western Province	47.24	NWI	

W75 80 Short Hurdles Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 5222 Grobbelaar, Elize	W77 Western Province	46.44	NWI	

W60 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 5263 Du Plessis, Delen	W62 Western Province	1.72m	NWI	19

W70 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 5225 Du Toit, Aletta	W71 Western Province	1.31m	NWI	



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W75 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 5222 Grobbelaar, Elize	W77 Western Province	1.51m	NWI	40

M30 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 5234 Steenkamp, Theodo	M34 Western Province	4.67m	NWI	321

M35 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 43 Rix, Andre	M36 Western Province	4.57m	NWI	333
1 # 634 Volmoer, Jakob	M39 Boland	4.57m	NWI	333
3 #12435 Hassan, Qaasim	M39 Western Province	4.47m	NWI	315

M45 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 6475 Juries, Chubasco	M47 Western Province	3.78m	NWI	269

M50 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 5252 Pool, Arne	M50 Western Province	4.89m	NWI	589

M55 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Points
1 # 5625 Cooper, Andrew	M55 Western Province	3.99m	NWI	421
2 #10939 Isaacs, Duncan	M55 Western Province	3.91m	NWI	402
3 # 5249 Lobb, Wayne	M58 Western Province	3.36m	NWI	269

W40 Shot Put Throws Pentathlon

Name	Age Team	Finals	Points
1 #12400 Gerstner, Juanita	W40 Western Province	9.85m	594
2 # 5240 Albertyn, Esté	W40 Western Province	8.00m	460
3 # 5244 Compion, Maria	W42 Western Province	7.97m	457



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Name	Age Team	Finals	Points
1 #11583 Scholtz, Gloria	W54 Western Province	7.06m	399
2 # 58 Noordien, Mishka	W53 Western Province	4.86m	240

W55 Shot Put Throws Pentathlon

Name	Age Team	Finals	Points
1 # 1841 Knobel, Heleen	W57 South Wester	10.04m	687
2 # 1021 Smit, Jackie	W59 Boland	8.53m	564
3 #11581 De Bruyn, Sonja	W56 Western Province	7.41m	473

W60 Shot Put Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5223 Dramat, Farieda	W64 Western Province	8.52m	630
2 # 5263 Du Plessis, Delen	W62 Western Province	4.41m	269

W60 Shot Put Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5263 Du Plessis, Delen	W62 Western Province	4.84m	306

W70 Shot Put Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5225 Du Toit, Aletta	W71 Western Province	5.33m	455

W70 Shot Put Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5228 Griesel, Ronel	W71 Western Province	7.24m	664
2 # 1849 Durant, Marita	W72 Western Province	6.55m	588
3 # 5225 Du Toit, Aletta	W71 Western Province	5.38m	460

W75 Shot Put Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5222 Grobbelaar, Elize	W77 Western Province	5.76m	451



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WP Masters Athletics Championships - 4/21/2023 to 4/22/2023**Parow Athletics Track****Results****W75 Shot Put Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 # 5222 Grobbelaar, Elize	W77 Western Province	6.20m	495

M40 Shot Put Throws Pentathlon

Name	Age Team	Finals	Points
1 #12384 Rautenbach, Corne	M44 Western Province	9.61m	527

M45 Shot Put Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5248 Van Der Westhuizen	M45 Western Province	11.21m	686
2 #12382 Van Zyl, Chris	M46 Western Province	9.24m	543
3 #12377 Pool, Jaco	M46 Western Province	7.45m	416

M50 Shot Put Throws Pentathlon

Name	Age Team	Finals	Points
1 #12378 Bester, David	M50 Western Province	11.37m	675
2 # 5255 Nel, Chris	M53 Western Province	11.07m	654

M55 Shot Put Throws Pentathlon

Name	Age Team	Finals	Points
1 #10939 Isaacs, Duncan	M55 Western Province	6.37m	361

M60 Shot Put Throws Pentathlon

Name	Age Team	Finals	Points
1 # 1022 Smit, Johan	M62 Boland	9.44m	580

M70 Shot Put Throws Pentathlon

Name	Age Team	Finals	Points
1 #12420 Venter, Peet	M73 Western Province	8.22m	528

M75 Shot Put Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5224 Hough, Norman	M75 Western Province	9.87m	740



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WP Masters Athletics Championships - 4/21/2023 to 4/22/2023**Parow Athletics Track****Results****W40 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 #12400 Gerstner, Juanita	W40 Western Province	32.59m	557
2 # 5240 Albertyn, Esté	W40 Western Province	28.98m	483
3 # 5244 Compion, Maria	W42 Western Province	21.39m	331

W50 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #11583 Scholtz, Gloria	W54 Western Province	18.06m	339
2 # 58 Noordien, Mishka	W53 Western Province	9.19m	136

W55 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 1841 Knobel, Heleen	W57 South Wester	30.40m	722
2 # 1021 Smit, Jackie	W59 Boland	23.67m	535
3 #11581 De Bruyn, Sonja	W56 Western Province	16.43m	341

W60 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5223 Dramat, Farieda	W64 Western Province	17.11m	409
2 # 5263 Du Plessis, Delen	W62 Western Province	12.00m	261

W70 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5228 Griesel, Ronel	W71 Western Province	16.23m	508
2 # 1849 Durant, Marita	W72 Western Province	14.14m	430
3 # 5225 Du Toit, Aletta	W71 Western Province	12.78m	379

W75 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5222 Grobbelaar, Elize	W77 Western Province	11.87m	340

M30 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5234 Steenkamp, Theodo	M34 Western Province	17.45m	225



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WP Masters Athletics Championships - 4/21/2023 to 4/22/2023**Parow Athletics Track****Results****M35 Discus Throw Outdoor Pentathlon**

Name	Age Team	Finals	Points
1 # 43 Rix, Andre	M36 Western Province	19.50m	263
2 # 634 Volmoer, Jakob	M39 Boland	14.97m	179
3 #12435 Hassan, Qaasim	M39 Western Province	14.17m	165

M40 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #12384 Rautenbach, Corne	M44 Western Province	30.80m	491

M45 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5248 Van Der Westhuizen	M45 Western Province	36.84m	664
2 #12382 Van Zyl, Chris	M46 Western Province	28.84m	490
3 #12377 Pool, Jaco	M46 Western Province	17.46m	252

M45 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 6475 Juries, Chubasco	M47 Western Province	14.29m	189

M50 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5255 Nel, Chris	M53 Western Province	32.18m	512
2 #12378 Bester, David	M50 Western Province	29.54m	460

M50 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5252 Pool, Arne	M50 Western Province	29.29m	455

M55 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #10939 Isaacs, Duncan	M55 Western Province	24.55m	400

M55 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Points
1 #10939 Isaacs, Duncan	M55 Western Province	22.53m	357



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WP Masters Athletics Championships - 4/21/2023 to 4/22/2023**Parow Athletics Track****Results****...M55 Discus Throw Outdoor Pentathlon**

2 # 5249 Lobb, Wayne	M58 Western Province	18.49m	274
3 # 5625 Cooper, Andrew	M55 Western Province	16.23m	228

M60 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 1022 Smit, Johan	M62 Boland	32.82m	498

M70 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #12420 Venter, Peet	M73 Western Province	20.22m	343

M75 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5224 Hough, Norman	M75 Western Province	27.74m	596

W40 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5244 Compion, Maria	W42 Western Province	23.07m	338
2 #12400 Gerstner, Juanita	W40 Western Province	20.77m	295
-- # 5240 Albertyn, Esté	W40 Western Province	ND	

W50 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #11583 Scholtz, Gloria	W54 Western Province	19.99m	300
2 # 58 Noordien, Mishka	W53 Western Province	12.18m	147

W55 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 1841 Knobel, Heleen	W57 South Wester	41.07m	820
2 # 1021 Smit, Jackie	W59 Boland	34.15m	661
3 #11581 De Bruyn, Sonja	W56 Western Province	6.93m	62

W60 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5223 Dramat, Farieda	W64 Western Province	21.90m	441
2 # 5263 Du Plessis, Delen	W62 Western Province	12.59m	212



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WP Masters Athletics Championships - 4/21/2023 to 4/22/2023**Parow Athletics Track****Results****W70 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5228 Griesel, Ronel	W71 Western Province	20.02m	529
2 # 1849 Durant, Marita	W72 Western Province	18.33m	475
3 # 5225 Du Toit, Aletta	W71 Western Province	18.29m	474

W75 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5222 Grobbelaar, Elize	W77 Western Province	21.04m	476

M40 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #12384 Rautenbach, Corne	M44 Western Province	26.50m	341

M45 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #12382 Van Zyl, Chris	M46 Western Province	27.65m	391
2 # 5248 Van Der Westhuizen	M45 Western Province	26.98m	379
3 #12377 Pool, Jaco	M46 Western Province	17.99m	219

M50 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5255 Nel, Chris	M53 Western Province	31.95m	455
2 #12378 Bester, David	M50 Western Province	24.31m	320

M55 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #10939 Isaacs, Duncan	M55 Western Province	17.54m	227

M60 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 1022 Smit, Johan	M62 Boland	28.72m	435

M70 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #12420 Venter, Peet	M73 Western Province	23.65m	380



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WP Masters Athletics Championships - 4/21/2023 to 4/22/2023**Parow Athletics Track****Results****M75 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5224 Hough, Norman	M75 Western Province	32.40m	649

W40 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #12400 Gerstner, Juanita	W40 Western Province	20.71m	352
2 # 5240 Albertyn, Esté	W40 Western Province	19.26m	321
3 # 5244 Compion, Maria	W42 Western Province	18.83m	313

W50 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #11583 Scholtz, Gloria	W54 Western Province	15.68m	286
2 # 58 Noordien, Mishka	W53 Western Province	9.00m	131

W55 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 1841 Knobel, Heleen	W57 South Wester	26.94m	627
2 # 1021 Smit, Jackie	W59 Boland	16.73m	355
3 #11581 De Bruyn, Sonja	W56 Western Province	15.14m	313

W60 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5223 Dramat, Farieda	W64 Western Province	13.74m	319
2 # 5263 Du Plessis, Delen	W62 Western Province	10.20m	216

W70 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5228 Griesel, Ronel	W71 Western Province	13.61m	424
2 # 1849 Durant, Marita	W72 Western Province	11.87m	359
3 # 5225 Du Toit, Aletta	W71 Western Province	9.22m	260

W75 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5222 Grobbelaar, Elize	W77 Western Province	10.43m	313



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M30 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5234 Steenkamp, Theodo	M34 Western Province	33.66m	351

M35 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 634 Volmoer, Jakob	M39 Boland	23.75m	227
2 # 43 Rix, Andre	M36 Western Province	20.52m	180
3 #12435 Hassan, Qaasim	M39 Western Province	19.55m	167

M40 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #12384 Rautenbach, Corne	M44 Western Province	17.31m	153

M45 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5248 Van Der Westhuizen	M45 Western Province	44.49m	646
2 #12382 Van Zyl, Chris	M46 Western Province	30.60m	400
3 #12377 Pool, Jaco	M46 Western Province	18.46m	193

M45 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 6475 Juries, Chubasco	M47 Western Province	16.77m	165

M50 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #12378 Bester, David	M50 Western Province	27.80m	358
2 # 5255 Nel, Chris	M53 Western Province	21.40m	247

M50 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5252 Pool, Arne	M50 Western Province	33.75m	464

M55 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Points
1 # 5625 Cooper, Andrew	M55 Western Province	21.28m	279



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...M55 Javelin Throw Outdoor Pentathlon

2 # 5249 Lobb, Wayne	M58 Western Province	21.19m	277
3 #10939 Isaacs, Duncan	M55 Western Province	17.20m	203

M55 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #10939 Isaacs, Duncan	M55 Western Province	15.10m	165

M60 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 1022 Smit, Johan	M62 Boland	23.21m	324

M70 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #12420 Venter, Peet	M73 Western Province	27.84m	491

M75 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5224 Hough, Norman	M75 Western Province	27.48m	570

W40 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5240 Albertyn, Esté	W40 Western Province	10.48m	508
2 #12400 Gerstner, Juanita	W40 Western Province	9.78m	466
3 # 5244 Compion, Maria	W42 Western Province	7.63m	343

W50 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #11583 Scholtz, Gloria	W54 Western Province	7.75m	364
2 # 58 Noordien, Mishka	W53 Western Province	4.48m	173

W55 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 1841 Knobel, Heleen	W57 South Wester	13.34m	778
2 # 1021 Smit, Jackie	W59 Boland	10.49m	588
3 #11581 De Bruyn, Sonja	W56 Western Province	6.28m	312



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WP Masters Athletics Championships - 4/21/2023 to 4/22/2023**Parow Athletics Track****Results****W60 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5223 Dramat, Farieda	W64 Western Province	8.23m	400
2 # 5263 Du Plessis, Delen	W62 Western Province	5.67m	246

W70 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5225 Du Toit, Aletta	W71 Western Province	8.07m	510
1 # 5228 Griesel, Ronel	W71 Western Province	8.07m	510
3 # 1849 Durant, Marita	W72 Western Province	7.25m	447

W75 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5222 Grobbelaar, Elize	W77 Western Province	9.66m	589

M40 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #12384 Rautenbach, Corne	M44 Western Province	6.53m	284

M45 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5248 Van Der Westhuizen	M45 Western Province	11.61m	635
2 #12382 Van Zyl, Chris	M46 Western Province	9.20m	479
3 #12377 Pool, Jaco	M46 Western Province	6.56m	312

M50 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5255 Nel, Chris	M53 Western Province	11.65m	543
2 #12378 Bester, David	M50 Western Province	10.10m	456

M55 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #10939 Isaacs, Duncan	M55 Western Province	8.25m	387



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M60 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 1022 Smit, Johan	M62 Boland	10.36m	476

M70 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 #12420 Venter, Peet	M73 Western Province	8.66m	390

M75 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Points
1 # 5224 Hough, Norman	M75 Western Province	13.17m	723

W60 Outdoor Pentathlon

60 WP Record: P 1

Name	Age Team	Finals	H#
1 # 5263 Du Plessis, Delen	W62 Western Province	600P	

W70 Outdoor Pentathlon

70 WP Record: P 1

Name	Age Team	Finals	H#
1 # 5225 Du Toit, Aletta	W71 Western Province	660P	

W75 Outdoor Pentathlon

75 WP Record: P 1

Name	Age Team	Finals	H#
1 # 5222 Grobbelaar, Elize	W77 Western Province	875P	

M30 Outdoor Pentathlon

30 WP Record: P 1

Name	Age Team	Finals	H#
1 # 5234 Steenkamp, Theodo	M34 Western Province	1586P	

M35 Outdoor Pentathlon

35 WP Record: P 1

Name	Age Team	Finals	H#
1 # 634 Volmoer, Jakob	M39 Boland	1751P	



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....M35 Outdoor Pentathlon

2 #	43 Rix, Andre	M36 Western Province	1497P
3 #	12435 Hassan, Qaasim	M39 Western Province	1276P

M45 Outdoor Pentathlon

45 WP Record: P	1			
Name	Age	Team	Finals	H#
1 #	6475 Juries, Chubasco	M47 Western Province	1581P	

M50 Outdoor Pentathlon

50 WP Record: P	1			
Name	Age	Team	Finals	H#
1 #	5252 Pool, Arne	M50 Western Province	1940P	

M55 Outdoor Pentathlon

55 WP Record: P	1			
Name	Age	Team	Finals	H#
1 #	5625 Cooper, Andrew	M55 Western Province	2226P	
2 #	10939 Isaacs, Duncan	M55 Western Province	1613P	
3 #	5249 Lobb, Wayne	M58 Western Province	905P	

W40 Throws Pentathlon

40 SA Record: N	3148	4/26/2013	Janita Eva, AGN	
40 WP Record: P	2274	12/2/2017	Sanet Kruger	
	3100	40 S SA Colours		
	2650	40 W WP Colours		
Name	Age	Team	Finals	H#
1 #	12400 Gerstner, Juanita	W40 Western Province	2264.00	
2 #	5244 Compion, Maria	W42 Western Province	1782.00	
3 #	5240 Albertyn, Esté	W40 Western Province	1772.00	

W50 Throws Pentathlon

50 SA Record: N	4346	4/27/2018	Heleen Knobel, SWD	
50 WP Record: P	3022		Tertia Stoffberg	
	3400	50 S SA Colours		
	2880	50 W WP Colours		
Name	Age	Team	Finals	H#
1 #	11583 Scholtz, Gloria	W54 Western Province	1688.00	
2 #	58 Noordien, Mishka	W53 Western Province	827.00	



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W55 Throws Pentathlon

55 SA Record: N 4457 11/17/2021 Heleen Knobel, SWD
 55 WP Record: P 3729 H. Schoonwinkel
 3500 55 S SA Colours
 2880 55 W WP Colours

Name	Age	Team	Finals	H#
1 # 1841 Knobel, Heleen	W57	South Wester	3634.00	S
2 # 1021 Smit, Jackie	W59	Boland	2703.00	
3 #11581 De Bruyn, Sonja	W56	Western Province	1501.00	

W60 Throws Pentathlon

60 SA Record: N 4036 4/30/2010 Hester Schoonwinkel, WPA
 60 WP Record: P 3307 Susan Malherbe
 3400 60 S SA Colours
 2880 60 W WP Colours

Name	Age	Team	Finals	H#
1 # 5223 Dramat, Farieda	W64	Western Province	2199.00	
2 # 5263 Du Plessis, Delen	W62	Western Province	1204.00	

W70 Throws Pentathlon

70 SA Record: N 3727 3/30/2019 Mercia Ferreira, CGA
 70 WP Record: P 3016 Susan Malherbe
 3100 70 S SA Colours
 2350 70 W WP Colours

Name	Age	Team	Finals	H#
1 # 5228 Griesel, Ronel	W71	Western Province	2635.00	W
2 # 1849 Durant, Marita	W72	Western Province	2299.00	
3 # 5225 Du Toit, Aletta	W71	Western Province	2083.00	

W75 Throws Pentathlon

75 SA Record: N 4203 5/13/2016 Penny England, AVT
 75 WP Record: P 2953 4/9/2022 Elize Grobbelaar
 3000 75 S SA Colours
 2350 75 W WP Colours

Name	Age	Team	Finals	H#
1 # 5222 Grobbelaar, Elize	W77	Western Province	2169.00	



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M40 Throws Pentathlon

40 SA Record: N	4851	5/15/2015	Chris Harmse, FSA		
40 WP Record: P	3061	12/3/2022	Edwill van der Westhuizen		
	2900	40 S	SA Colours		
	2250	40 W	WP Colours		
Name	Age	Team	Finals	H#	
1 #12384 Rautenbach, Corne	M44	Western Province	1796.00		

M45 Throws Pentathlon

45 SA Record: N	3965	4/27/2018	Martin Venter, AGN		
45 WP Record: P	3209		Norman Hough		
	3200	45 S	SA Colours		
	2480	45 W	WP Colours		
Name	Age	Team	Finals	H#	
1 # 5248 Van Der Westhuize	M45	Western Province	3010.00	W	
2 #12382 Van Zyl, Chris	M46	Western Province	2303.00		
3 #12377 Pool, Jaco	M46	Western Province	1392.00		

M50 Throws Pentathlon

50 SA Record: N	4258	4/26/2014	Burton Haupt, AGN		
50 WP Record: P	3234		Johan Allers		
	3400	50 S	SA Colours		
	2800	50 W	WP Colours		
Name	Age	Team	Finals	H#	
1 # 5255 Nel, Chris	M53	Western Province	2411.00		
2 #12378 Bester, David	M50	Western Province	2269.00		

M55 Throws Pentathlon

55 SA Record: N	4800	10/16/2023	Burton Haupt, AGN		
55 WP Record: P	3353		Anton Wale		
	3500	55 S	SA Colours		
	2810	55 W	WP Colours		
Name	Age	Team	Finals	H#	
1 #10939 Isaacs, Duncan	M55	Western Province	1540.00		

M60 Throws Pentathlon

60 SA Record: N	4607	5/5/2022	Burton Haupt, AGN		
60 WP Record: P	3904	7/12/201	Steve Johnston		
	3600	60 S	SA Colours		
	2965	60 W	WP Colours		
Name	Age	Team	Finals	H#	
1 # 1022 Smit, Johan	M62	Boland	2313.00		



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M70 Throws Pentathlon

Name	Age	Team	Finals	H#
70 SA Record: N 4768	9/7/2023	Andrzej Rzepecki, CGA		
70 WP Record: P 4079	5/2/2019	Norman Hough		
3600	70 S	SA Colours		
2965	70 W	WP Colours		
1 #12420 Venter, Peet	M73	Western Province	2132.00	

M75 Throws Pentathlon

Name	Age	Team	Finals	H#
75 SA Record: N 4633	2/26/2005	Borg Stannius, WPA		
75 WP Record: P 4633		Borg Stannius		
3200	75 S	SA Colours		
2575	75 W	WP Colours		
1 # 5224 Hough, Norman	M75	Western Province	3278.00 S	

W40 5000 Meter Race Walk

Name	Age	Team	Finals	H#
40 SA Record: N 23:44.10	5/28/1999	Barbara Nell, CGA		
40 WP Record: P 27:20.76		T. Carstens		
27:50.00	40 S	SA Colours		
32:34.00	40 W	WP Colours		
1 # 531 Van Deventer, Ann	W43	Boland	31:01.20 W	

W45 5000 Meter Race Walk

Name	Age	Team	Finals	H#
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 S	SA Colours		
33:38.00	45 W	WP Colours		
1 # 2604 Van Jaarsveld, Pe	W49	Western Province	32:37.80 W	

W50 5000 Meter Race Walk

Name	Age	Team	Finals	H#
50 SA Record: N 25:05.10	4/28/2006	Barbara Nell, CGA		
50 WP Record: P 28:45.81		E. Brand		
30:05.00	50 S	SA Colours		
35:12.00	50 W	WP Colours		
1 # 9764 Snyders, Margo	W51	Western Province	41:33.38	



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55 SA Record: N 26:19.66 4/29/2011 Barbara Nell, CGA

55 WP Record: P 28:43.53 J. Cowley

31:30.00 55 S SA Colours

36:57.00 55 W WP Colours

Name	Age	Team	Finals
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1 # 2944	Horn-Botha, Debor	W57 Western Province	31:59.21 W
2 # 82	Dos Santos, Leta	W58 Eastern Cape	33:44.54 W
3 # 110	Race, Anne	W55 Western Province	35:32.14 W
4 # 200	Dunn, Cj	W56 Western Province	37:03.45

W60 5000 Meter Race Walk

60 SA Record: N 27:32.00 10/1/2016 Barbara Nell, CGA

60 WP Record: P 28:45.21 Lindsay Hatz

32:30.00 60 S SA Colours

38:48.00 60 W WP Colours

Name	Age	Team	Finals
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1 # 3911	Goosen, Jackie	W61 Western Province	32:39.55 W
2 # 2685	Gilmour, Trish	W60 Western Province	33:33.83 W
3 # 1018	Henning, Delmarie	W61 South Wester	35:27.06 W
4 # 2063	Sutherland, Joy	W62 Western Province	35:32.14 W

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 S SA Colours

41:09.00 65 W WP Colours

Name	Age	Team	Finals
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1 # 254	Riviera, Joy	W68 Western Province	39:24.61 W
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W70 5000 Meter Race Walk

70 SA Record: N 30:13.00 5/28/2022 Edna Barnard, WPA

70 WP Record: P 30:13.08 5/28/2022 Edna Brand

37:25.00 70 S SA Colours

43:47.00 70 W WP Colours

Name	Age	Team	Finals
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1 # 3665	Brand, Edna	W71 Western Province	30:50.73 S
2 # 8171	Blignaut, Frieda	W72 Western Province	33:28.87 S
3 # 5210	Roux, Isabel	W70 Western Province	39:32.67 W
4 # 549	Nel, Elizabeth	W73 Western Province	40:14.64 W



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W75 5000 Meter Race Walk

75 SA Record: N 32:36.62 6/12/2021 Annetjie Greyvenstein, AGN
 75 WP Record: P 34:00.10 A. Villet
 40:00.00 75 S SA Colours
 46:48.00 75 W WP Colours

Name	Age Team	Finals
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1 # 5905 Aver, Carol-Ann	W77 Western Province	39:30.31 S
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W85 5000 Meter Race Walk

85 SA Record: N 1.00
 85 WP Record: P 43:20.03 4/9/2022 Peggy Reid
 50:00.00 85 S SA Colours
 58:30.00 85 W WP Colours

Name	Age Team	Finals
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1 # 186 Reid, Peggy	W86 Western Province	44:38.50 S
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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 W WP Colours

Name	Age Team	Finals
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1 # 8709 Rhodas, Envor	M30 Western Province	22:57.41 W
2 #10308 Goosen, Brandon	M33 Western Province	27:16.04

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 S SA Colours
 31:18.00 50 W WP Colours

Name	Age Team	Finals
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1 # 573 Jacobs, Reon	M52 Western Province	31:48.90
2 # 8712 Jefra, Nicholas	M54 Western Province	33:00.90

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 S SA Colours
 32:40.00 55 W WP Colours

Name	Age Team	Finals
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1 # 3651 Hines, Dennis	M55 Western Province	35:21.52
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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 S SA Colours
 34:13.00 60 W WP Colours

Name	Age	Team	Finals
1 # 2483 Papier, Adam	M60	Western Province	30:07.73 W
2 # 1775 Hector, Douglas	M63	Boland	31:26.22 W
3 # 2612 Van Zyl, Petrus	M63	Western Province	33:29.72 W
4 # 600 Donson, Hilton	M60	Western Province	35:07.12

M65 5000 Meter Race Walk

65 SA Record: N 27:03.70 11/12/2005 Jorgen Spencer, WPA
 65 WP Record: P 27:03.70 11/12/2005 Jorgen Spencer
 30:50.00 65 S SA Colours
 36:04.00 65 W WP Colours

Name	Age	Team	Finals
1 # 8478 Bosman, Marius	M66	Western Province	31:19.21 W
2 # 313 Thompson, Armond	M69	Western Province	33:28.32 W

M70 5000 Meter Race Walk

70 SA Record: N 27:55.30 11/12/2010 Jorgen Spencer, WPA
 70 WP Record: P 27:55.30 11/12/2010 Jorgen Spencer
 33:05.00 70 S SA Colours
 38:42.00 70 W WP Colours

Name	Age	Team	Finals
1 # 5256 Pretorius, Piet	M72	Western Province	31:00.43 S
2 # 333 Child, John	M72	Western Province	39:43.49

M75 5000 Meter Race Walk

75 SA Record: N 30:13.82 3/18/2016 Jorgen Spencer, WPA
 75 WP Record: P 30:13.82 3/18/2016 Jorgen Spencer
 35:15.00 75 S SA Colours
 41:15.00 75 W WP Colours

Name	Age	Team	Finals
1 # 2278 Diedericks, Leona	M78	Western Province	34:42.78 S
2 # 5904 Aver, Brian	M78	Western Province	39:26.62 W



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