

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
100 M	W 30	Gomes	Corne	12.73				
100 M	W 35	v.d. Burgh	M.	12.61				
100 M	W 40	Figland	Beverley	13.30		20111008		
100 M	W 45	de Wit	Yvonne	13.20				
100 M	W 50	de Wit	Yvonne	13.70				
100 M	W 55	Louw	Venessa	13.94		20210410	Parow	H
100 M	W 60	Wagener	O.	15.60				
100 M	W 65	Blair	R.	15.92				
100 M	W 70	Hofmeyr	Isabel	17.03				
100 M	W 75	Hofmeyr	Isabel	17.37				
100 M	W 80	Johnson	Magdalene	21.07		20170505	Green Point	
100 M	W 85	Johnson	Magdalene	21.05	-1.2	20230505	Green Point	
200 M	W 30	McKenzie	Anne	25.80				H
200 M	W 35	v.d. Burgh	M.	26.01				
200 M	W 40	Bellingan	Koba	26.50				
200 M	W 45	McKenzie	Anne	27.30				H
200 M	W 50	de Wit	Yvonne	28.30				
200 M	W 55	Louw	Venessa	29,54		20210410	Parow	H
200 M	W 60	de Wit	Yvonne	32.10				H
200 M	W 65	Hofmeyr	Isabel	34.00				H
200 M	W 70	Hofmeyr	Isabel	35.07				
200 M	W 75	Hofmeyr	Isabel	35.90				H
200 M	W 80	Johnson	Magdalene	49.15		20170505	Green Point	
200 M	W 85	Johnson	Magdalene	53.86	0	20220528	Green Point	
400 M	W 30	Griffiths	Kobie	58.25		20190406	Cape Town	
400 M	W 35	Griffiths	Kobie	58.47		20230114	Green Point	
400 M	W 40	McKenzie	Anne	56.50				H
400 M	W 45	McKenzie	Anne	1:00.5				H
400 M	W 50	McKenzie	Anne	1:03.2				H

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
400 M	W 55	de Wit	Yvonne	1:07.2				H
400 M	W 60	Hofmeyr	Isabel	1:15.2				H
400 M	W 65	Geldenhuis	Jane	1:17.2				H
400 M	W 70	Geldenhuis	Jane	1:28.30				
400 M	W 75	Hofmeyr	Isabel	1:30.73				
400 M	W 80							
800 M	W 30	Brandt	Mandie	2:04.2		20140411	Pretoria	
800 M	W 35	Griffiths	Kobie	2:11.06		20220426	Green Point	
800 M	W 40	McKenzie	Anne	2:09.6				H
800 M	W 45	McKenzie	Anne	2:19.2				H
800 M	W 50	McKenzie	Anne	2:23.1				H
800 M	W 55	Hamilton Russel	Brigid	2:43.80		20170518	Green Point	E
800 M	W 60	McKenzie	Anne	2:53.8				H
800 M	W 65	Geldenhuis	Jane	3:05.1				H
800 M	W 70	Geldenhuis	Jane	3:20.62				
800 M	W 75	Hofmeyr	Isabel	3:59.80				
800 M	W 80	Courau	J.	5:04.09				
1500 M	W 30	Mandie	Brandt	4:22.09		20160419	Port Elizabeth	
1500 M	W 35	Griffiths	Kobie	4:29.59		20220422	Green Point	
1500 M	W 40	van Beuge	Athalie	4:43.87				
1500 M	W 45	McKenzie	Anne	4:49.2				H
1500 M	W 50	McKenzie	Anne	4:54.5				H
1500 M	W 55	McKenzie	Anne	5:31.1				H
1500 M	W 60	Geldenhuis	Jane	6:43.26				
1500 M	W 65	Geldenhuis	Jane	6:28.3				H
1500 M	W 70	Geldenhuis	Jane	6:52.40				
1500 M	W 75							
1500 M	W 80							
5000 M	W 30	Roffey	Anneline	17:43.3		20150221	Stellenbosch	H

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
5000 M	W 35	Simae	Bulelwa	17:19.32		20150221	Parow	
5000 M	W 40	Simae	Bulelwa	18:14.70		20180310	Parow	
5000 M	W 45	Coetzee	Elmarie	18:50.50		20120322	Bellville	
5000 M	W 50	Hann	J.	18:55.9				H
5000 M	W 55	Coetzee	Elmarie	19:55.63		20210529	Green Point	
5000 M	W 60	Geldenhuis	Jane	23:00.0				H
5000 M	W 65	Will	Nancy	22:57.77		20220423	Green Point	
5000 M	W 70	Will	Nancy	24:15.85		20230422	Parow	
5000 M	W 75							
5000 M	W 80							
10000 M	W 30	Hardenburg	C	37:59.6				H
10000 M	W 35	Vermeulen	D.	38:03.0				H
10000 M	W 40	Esterhuyse	Mariette	40:04.00				
10000 M	W 45	Esterhuyse	Mariette	38:31.53		20100220	Bellville	
10000 M	W 50	Strauss	Mariette	40:36.47		20140315	Bellville	
10000 M	W 55	Strauss	Mariette	44:00.71		20180324	Parow	H
10000 M	W 60	Grove	Judith	47:50.02		20170315	Parow	H
10000 M	W 65	Geldenhuis	Jane	51:37.2				H
10000 M	W 70	Will	Nancy	49:15.12		20230505	Green Point	
10000 M	W 75							
100/80 M H	W 30	Walters	Marike	16.19		20170518	Green Point	E
100/80 M H	W 35							H
100/80 M H	W 40	Weideman	N.	13.70				H
100/80 M H	W 45	Weideman	N.	14.85				
100/80 M H	W 50	De Wit	Y.	15.50				H
100/80 M H	W 55	Van Wyk	M	15.40				H
100/80 M H	W 60	De Wit	Yvonne	17.10				H
100/80 M H	W 65	Hofmeyr	Isabel	18.33				
100/80 M H	W 70	Hofmeyr	Isabel	18.84				

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
100/80 M H	W 75							
400 M H	W 30	Walters	Marike	1:04.09		20190425	Germiston	
400 M H	W 35	Murray	M.	1:13.17				
400 M H	W 40	Enslin	Yvette	1:22.32		20141122	Bellville	
400 M H	W 45							H
300 M H	W 50	de Wit	Yvonne	50.88				
300 M H	W 55	de Wit	Yvonne	53.50				H
300 M H	W 60	Hofmeyr	Isabel	1:05.14				
300 M H	W 65	Hofmeyr	Isabel	1:05.67				
200 M H	W 70	Hofmeyr	Isabel	1:08.82				
200 M H	W 75							
2000 M STEEPLE	W 30	Jacobs	Mandy-Lee	8:15.27		20190502	Oudtshoorn	
2000 M STEEPLE	W 35	Curran	M.	7:49.4				H
2000 M STEEPLE	W 40	Esterhuyse	Mariette	7:56.84				
2000 M STEEPLE	W 45	Esterhuyse	Mariette	7:58.44				
2000 M STEEPLE	W 50	Strauss	Mariette	8:08.92		20140315	Bellville	
2000 M STEEPLE	W 55	Strauss	Mariette	8:27.10		20180324	Parow	
2000 M STEEPLE	W 60							
2000 M STEEPLE	W 65							
2000 M STEEPLE	W 70							
2000 M STEEPLE	W 75							
High Jump	W 30	Latulipe	C.	1.50				
High Jump	W 35	Jordaan	T.	1.46				
High Jump	W 40	Lotter	H	1.30				
High Jump	W 45	Basson	Jackie	1.33		20100220	Bellville	
High Jump	W 50	Basson	Jackie	1.28		20130426	Oudtshoorn	
High Jump	W 55	Deetlefs	Suretha	1.35		20220528	Green Point	
High Jump	W 60	Jonkers,Hofmeyr	Margaret,Isabel	1.16		20110319		
High Jump	W 65	Jonkers	Margaret	1.19		20160319	Parow	

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
High Jump	W 70	Hofmeyr	Isabel	1.07				
High Jump	W 75	Hofmeyr	Isabel	1.07				
High Jump	W 80							
High Jump	W 85							
Long Jump	W 30	Gomes	Corne	5.66				
Long Jump	W 35	Gomes	Corne	5.62				
Long Jump	W 40	Juries	Tania	4.71		20230505	Green Point	
Long Jump	W 45	Smit	Pat	4.27				
Long Jump	W 50	de Wit	Yvonne	4.42				
Long Jump	W 55	de Wit	Yvonne	4.14				
Long Jump	W 60	Jonkers	Margaret	3.86		20120114		
Long Jump	W 65	Wagener	O.	3.60				
Long Jump	W 70	Hofmeyr	Isabel	3.15				
Long Jump	W 75	Johnson	Magdalene	2.58		20121117		
Long Jump	W 80	Johnson	Magdalene	2.32		20170518	Green Point	
Triple Jump	W 30	Gomes	Corne	11.58				
Triple Jump	W 35	Gomes	Corne	11.57				
Triple Jump	W 40							
Triple Jump	W 45	Smit	Pat	10.31				
Triple Jump	W 50	Smit	Pat	7.55				
Triple Jump	W 55							
Triple Jump	W 60							
Triple Jump	W 65							
Triple Jump	W 70							
Triple Jump	W 75							
Pole Vault	W 30							
Pole Vault	W 35							
Pole Vault	W 40							
Pole Vault	W 45							

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
Pole Vault	W 50							
Pole Vault	W 55							
Pole Vault	W 60							
Pole Vault	W 65							
Pole Vault	W 70							
Pole Vault	W 75							
Shot Put	W 30	Engelbrecht	E.	12.84				
Shot Put	W 35	Gerstner	Juanita	12.03		20180310	Parow	
Shot Put	W 40	Uys	M	11.92				
Shot Put	W 45	Engelbrecht	Elize	9.89				
Shot Put	W 50	Stoffberg	Tertia	11.17				
Shot Put	W 55	Schoonwinkel	Hester	10.64				
Shot Put	W 60	Dramat	Farieda	9.43		20200111	Green Point	
Shot Put	W 65	Erasmus	Zelda	8.55		20190112	Parow	
Shot Put	W 70	Griesel	Ronel	7.78		20230506	Green Point	
Shot Put	W 75	Grobbelaar	Elize	6.33		20220507	Pretoria	
Shot Put	W 80							
Shot Put	W 85							
Discus	W 30	Gerstner	Juanita	39.89		20170316	Parow	
Discus	W 35	Gerstner	Juanita	38.26		20180217	Green Point	
Discus	W 40	Gerstner	Juanita	33.03		20230506	Green Point	
Discus	W 45	Engelbrecht	E.	30.08				
Discus	W 50	Engelbrecht	E.	26.80				
Discus	W 55	Schoonwinkel	Hester	27.42				
Discus	W 60	Dramat	Farieda	21.38		20230204	Parow	
Discus	W 65	Erasmus	Zelda	21.48		20190223	Parow	
Discus	W 70	Benade	Adrie	17.29		20150124	Parow	
Discus	W 75	Grobellaar	Elize	16.20		20220305	Parow	
Discus	W 80							

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
Discus	W 85							
Javelin	W 30	La Grange	Rachelle	38.07		20200201	Parow	
Javelin	W 35	Quelch	Dinky	38.70				
Javelin	W 40	Moolman	JC	38.22		20111008		
Javelin	W 45	Moolman	JC	37.80		20140315	Bellville	
Javelin	W 50	Basson	Jackie	30.02		20130426	Oudtshoorn	
Javelin	W 55	Malherbe	Susan	25.84				
Javelin	W 60	Malherbe	Susan	27.00				
Javelin	W 65	Ackermann	Aletta	22.24				
Javelin	W 70	Ackermann	Aletta	18.30				
Javelin	W 75	Hofmeyr	Isabel	13.93				
Javelin	W 80							
Javelin	W 85							
Hammer Throw	W 30	La Grange	Rachelle	32.79		20190503	Oudtshoorn	
Hammer Throw	W 35	Coetzee	Marilize	47.15		20130316	Bellville	
Hammer Throw	W 40	Coetzee	Marilize	41.92		20170518	Green Point	
Hammer Throw	W 45	Stoffberg	Tertia	25.18				
Hammer Throw	W 50	Schoonwinkel	Hester	37.62				
Hammer Throw	W 55	Schoonwinkel	Hester	32.88				
Hammer Throw	W 60	Dramat	Farieda	28.03		20220122	Parow	
Hammer Throw	W 65	Erasmus	Zelda	24.86		20200313	Port Elizabeth	
Hammer Throw	W 70	Grobellaar	Elize	23.03		20170316	Parow	
Hammer Throw	W 75	Grobellaar	Elize	26.04		20220305	Parow	
Hammer Throw	W 80							
Hammer Throw	W 85							
Weight Throw	W 30	La Grange	Rachelle	10.88		20200111	Green Point	
Weight Throw	W 35	Coetzee	Marilize	14.61		20120317		
Weight Throw	W 40	Coetzee	Marilize	13.32		20170518	Green Point	
Weight Throw	W 45	Aplon	Gloria	7.19		20171125	Parow	

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
Weight Throw	W 50	Stoffberg	Tertia	11.25				
Weight Throw	W 55	Schoonwinkel	Hester	11.85				
Weight Throw	W 60	Stofberg	Tertia	11.54		20150515	Port Elizabeth	
Weight Throw	W 65	Erasmus	Zelda	12.23		20190503	Oudtshoorn	
Weight Throw	W 70	Grobbelaar	Elize	8.96		20150725	Bloemfontein	
Weight Throw	W 75	Grobbelaar	Elize	10.73		20220409	Mosselbay	
Weight Throw	W 80							
Heptathlon	W 30							
Heptathlon	W 35							
Heptathlon	W 40							
Heptathlon	W 45							
Heptathlon	W 50							
Heptathlon	W 55							
Heptathlon	W 60							
Heptathlon	W 65	Hofmeyr	Isabel	4845				
Heptathlon	W 70	Hofmeyr	Isabel	5157				
Heptathlon	W 75	Hofmeyr	Isabel	5333				
Throws Pentathlon	W 30	La Grange	Rachelle	2398		20191207	Parow	
Throws Pentathlon	W 35	Coetzee	Marilize	2845		20131207	Bellville	
Throws Pentathlon	W 40	Albertyn	Este	2360		20230504	Green Point	
Throws Pentathlon	W 45	Engelbrecht	Elize	2628				
Throws Pentathlon	W 50	Stoffberg	Tertia	3022				
Throws Pentathlon	W 55	Schoonwinkel	H.	3729				
Throws Pentathlon	W 60	Malherbe	Susan	3307				
Throws Pentathlon	W 65	Erasmus	Zelda	3369		20191207	Parow	
Throws Pentathlon	W 70	Malherbe	Susan	3016				
Throws Pentathlon	W 75	Grobbelaar	Elize	2953		20220409	Parow	
Throws Pentathlon	W 80							
3000 M Walk	W 30	Smeeton	G.	16:46.0				H

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
3000 M Walk	W 35	Smeeton	G.	15:47.14				
3000 M Walk	W 40	Carstens	T.	15:55.48				
3000 M Walk	W 45	Burger	Erdine	16:45.1				H
3000 M Walk	W 50	Burger	Erdine	17:11.9				H
3000 M Walk	W 55	Cowley	J.	16:45.3				H
3000 M Walk	W 60	Rothman	H.	17:05.7				H
3000 M Walk	W 65	Nelson	M.	20:02.90				
3000 M Walk	W 70	Reid	P.	21:16.18				
3000 M Walk	W 75	Villet	A.	20:42.5				H
5000 M Walk	W 30	Smeeton	G.	27:04.05				
5000 M Walk	W 35	Smeeton	G.	26:08.70				
5000 M Walk	W 40	Carstens	T.	27:20.76				
5000 M Walk	W 45	Burger	Erdine	28:11.40		20120317		
5000 M Walk	W 50	Brand	E.	28:45.81				
5000 M Walk	W 55	Cowley	J.	28:43.53				
5000 M Walk	W 60	Hatz	Lindsay	28:45.21				
5000 M Walk	W 65	Rothman	H.	29:55.42				
5000 M Walk	W 70	Brand	Edna	30:13.08		20220528	Green Point	
5000 M Walk	W 75	Villet	A.	34:00.1				H
5000 M Walk	W 80	Vey	Hildegard	37:32.17		20220528	Green Point	
5000 M Walk	W 85	Reid	Peggy	43:07.14		20230504	Green Point	
10 Km Walk	W 30	Smeeton	G.	55:26				H
10 Km Walk	W 35	Smeeton	G.	55:31				H
10 Km Walk	W 40	Smeeton	G.	56:21				H
10 Km Walk	W 45	Lange	Cindy	57:47		20090705		H
10 Km Walk	W 50	Burger	E.	1:00:03				H
10 Km Walk	W 55	Cowley	J.	58:25				H
10 Km Walk	W 60	Hatz	Lindsay	56:56				H
10 Km Walk	W 65	Rothman	H.	60:04				H

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
10 Km Walk	W 70	Brand	Edna	1:03:22		20220326	Youngsfield	H
10 Km Walk	W 75	Villet	A.	1:07:55				H
10 Km Walk	W 80	Reid	Peggy	1:18:35		20170506	Cape Town	H
20 Km Walk	W 30	Smeeton	G.	2:00:45				H
20 Km Walk	W 35	Smeeton	G.	1:59:40				H
20 Km Walk	W 40	Carstens	T.	2:00:02		20100911		H
20 Km Walk	W 45	Lange	Cindy	2:01:04		20110319		H
20 Km Walk	W 50	Burger	Erdine	2:06:06				H
20 Km Walk	W 55	Hatz	Lindsay	2:04:52				H
20 Km Walk	W 60	Hatz	Lindsay	2:02:56				H
20 Km Walk	W 65	Rothman	H.	2:08:22				H
20 Km Walk	W 70	Stead	Ann	2:29:37				H
20 Km Walk	W 75	Vey	Hildegard	2:27:10		20161006	Youngsfield	H
30 Km Walk	W 45	Lange	C.	3:17:17		20110507	Youngsfield	H
30 Km Walk	W65	Blignaut	Frieda	3:35:06		20190907	Youngsfield	H
50 Km Walk	W65	Blignaut	Frieda	6:22:02		20181028	Green Point	

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
100 M	M 30	Engel	Roscoe	10.73	1.0	20230304	Parow	
100 M	M 35	Dreyer	Jonathan	10.95	0.3	20190323	Green Point	
100 M	M 40	Mentoor	Ricardo	11.13	0.8	20180427	Bloemfontein	
100 M	M 40	Dreyer	Jonathan	11.13	1.8	20220122	Parow	
100 M	M 45	Uys	Johan	11.51		20120331	Pretoria	
100 M	M 50	Jewaskievitz	Deon	12.03	-0.1	20230506	Green Point	
100 M	M 55	Warries	Joseph	12.06		20110409		
100 M	M 60	Myburgh	Johan	12.61	1.5	20220409	Parow	
100 M	M 65	Warries	Joseph	13.44		20210410	Parow	H
100 M	M 70	Cross	Ron	13.92				
100 M	M 75	Cross	Ron	14.00		20110226		
100 M	M 80	Cross	Ron	15.31		20140425	Rustenburg	
100 M	M 85	Ridge	Arthur	17.57	-1.2	20160903	Oudtshoorn	
100 M	M 90							
100 M	M 95							
100 M	M100	Rabinowitz	P.	30.86		20100720	Green Point	
200 M	M 30	Engel	Roscoe	21.64	1.7	20230304	Parow	
200 M	M 35	Dreyer	Jonathan	22.22	1.3	20171021	Parow	
200 M	M 40	Dreyer	Jonathan	22.55		20221029	Green Point	
200 M	M 45	Mentoor	Ricardo	23.55	0.8	20230211	Parow	
200 M	M 50	Basson	Marius	24.70	-0.2	20220422	Green Point	
200 M	M 55	Warries	Joseph	24.84		20110409		
200 M	M 60	Myburgh	Johan	26.01	0.4	20220409	Parow	
200 M	M 65	Warries	Joseph	27.78	0.7	20211120	Green Point	
200 M	M 70	Cross	R.	29.10				H
200 M	M 75	Van Zyl	Jakobus	30.90		20121006		
200 M	M 80	Cross	Ron	32.56		20140425	Rustenburg	
200 M	M 85	Ridge	Arthur	37.60	1.1	20161015	Parow	
200 M	M 90	Rabinowitz	P.	1:17.90		20041217	Parow	

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
200 M	M 95							
200 M	M100							
400 M	M 30	Beukes	Henk	50.49		20220326	Green Point	
400 M	M 35	Dixon	T.	51.61				
400 M	M 40	Abrahams	Shawn	50.38		20110409		
400 M	M 45	Basson	Marius	52.44		20170518	Green Point	
400 M	M 50	Swiegers	J.	55.70				
400 M	M 55	Warries	Joseph	57.58		20110409		
400 M	M 60	Warries	Joseph	1:01.41		20170518	Green Point	H
400 M	M 65	Warries	Joseph	1:03.44		20210410	Parow	H
400 M	M 70	Sharpley	N.	1:11.70				
400 M	M 75	Sharpley	N.	1:15.5				H
400 M	M 80	Van Zyl	Jakobus	1:26.8		20171007	Parow	H
400 M	M 85	Ridge	Arthur	1:35.86		20170518	Green Point	
400 M	M 90							
800 M	M 30	Claasens	Ashwyn	1:56.92		20170211	Parow	
800 M	M 35	Landsman	J.	1:53.78				
800 M	M 40	Brown	T.	1:56.52				
800 M	M 45	Brown	T.	1:59.09				
800 M	M 50	O'Donoghue	V.	2:09.45				
800 M	M 55	Philander	Tobias	2:12.72		20190502	Oudtshoorn	
800 M	M 60	Grendan	Anthony	2:15.48		20230126	Perth, Australia	
800 M	M 65	Lindsay	Robbie	2:38.65		20210227	Parow	
800 M	M 70	Osrin	Richard	2:52.93		20151114	Parow	H
800 M	M 75	Truter	R.	3:17.4				H
800 M	M 80	Geunter	Manfred	3:58.33		20210529	Green Point	
800 M	M 85							H
1500 M	M 30	Miller	P.	4:06.27				
1500 M	M 35	Landsman	J.	3:54.04				

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
1500 M	M 40	Brown	Terence	3:58.90				
1500 M	M 45	Brown	Terence	4:03.13				
1500 M	M 50	Philandr	Toby	4:23.75		20180217	Green Point	
1500 M	M 55	Mostert	Stefanus	4:32.4				H
1500 M	M 60	Grendan	Anthony	4:43.67		20230505	Green Point	
1500 M	M 65	Mostert	Stefanus	5:23.36				
1500 M	M 70	Grobbelaar	J.	5:57.2				H
1500 M	M 75	Grobbelaar	J.	6:46.6				H
1500 M	M 80	Evans	Bub	7:30.11		20170518	Green Point	
1500 M	M 85							
5000 M	M 30	Visser	W.	15:20.8				H
5000 M	M 35	September	J.	14:56.42				
5000 M	M 40	Mather	B.	15:06.3				H
5000 M	M 45	Hollier	S.	15:19.68				
5000 M	M 50	Hollier	S.	16:37.76				
5000 M	M 55	Mostert	Stefanus	16:54.6				H
5000 M	M 60	Mostert	Stefanus	19:03.08				
5000 M	M 65	Mostert	Stefanus	19:29.59				
5000 M	M 70	Donald	Peter	21:53.10		20131116	Parow	
5000 M	M 75	Evans	Bub	26:08.90		20130316	Bellville	
5000 M	M 80	Evans	Bub	27:45.13		20170518	Green Point	H
5000 M	M 85	Greeff	Casper	33:55.00		20210410	Parow	H
10000 M	M 30	Koegelenberg	J.	31:53.1				H
10000 M	M 35	September	J.	30:53.5				H
10000 M	M 40	Hollier	S.	31:45.3				H
10000 M	M 45	Bonzet	E.	32:24.89				
10000 M	M 50	Hollier	S.	34:21.0				H
10000 M	M 55	O'Brien	P.	35:12.9				H
10000 M	M 60	Lindsay	Robbie	40:36.00		20170316	Parow	

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
10000 M	M 65	Mostert	Stefanus	40:23.12				
10000 M	M 70	Grobbelaar	J.	44:57.30				
10000 M	M 75	Andrews	H.	1:22:40.8				
10000 M	M 80	Greeff	Caspar	59:13.00		20170316	Parow	
110/100/80 M H	M 30	Russouw	Nico	16.80		20120317		
110/100/80 M H	M 35	Truter	C.	15.70				H
110/100/80 M H	M 40	Truter	C.	15.30				H
110/100/80 M H	M 45	Hugo	Stephan	16.53		20110409		
110/100/80 M H	M 50	Truter	C.	14.75				
110/100/80 M H	M 55	Allers	J.	18.20				H
110/100/80 M H	M 60	Cross	R.	17.22				
110/100/80 M H	M 65	Cross	R.	18.20				H
110/100/80 M H	M 70	Cross	R.	14.55				
110/100/80 M H	M 75	Cross	Ron	14.46		20130316	Bellville	
110/100/80 M H	M 80							H
400 M H	M 30	Visser	T.	59.09				
400 M H	M 35	Daniels	N.	1:00.06				
400 M H	M 40	Brown	T.	58.53				
400 M H	M 45	Van Zyl	Oloff	1:02.62		20170518	Green Point	
400 M H	M 50	Swiegers	J.	1:01.29				
400 M H	M 55	Swiegers	J.	1:02.88				
300 M H	M 60	Benning	Leo	48.57		19931013	Miyazaki,Japan	
300 M H	M 65	Benning	Leo	51.10		19981201	Port Elizabeth	
300 M H	M 70	Benning	Leo	1:01.03				
300 M H	M 75							H
300 M H	M 80							H
3000 M STEEPLE	M 30	Soldaka	Sibonisa	8:56.33		20220528	Green Point	
3000 M STEEPLE	M 35	Matthews	B.	9:55.8				H
3000 M STEEPLE	M 40	Philander	Tobias	9:39.9				H

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
3000 M STEEPLE	M 45	Brown	T.	10:00.5				H
3000 M STEEPLE	M 50	Philander	Tobias	10:32.82		20160319	Parow	H
3000 M STEEPLE	M 55	Philander	Tobias	11:17.90		20190502	Oudtshoorn	H
2000 M STEEPLE	M 60	Brown	Terence	7:19.64		20150321	Parow	
2000 M STEEPLE	M 65							H
2000 M STEEPLE	M 70							H
2000 M STEEPLE	M 75							H
2000 M STEEPLE	M 80							H
2000 M STEEPLE	M 85							H
2000 M STEEPLE	M 90							H
High Jump	M 30	Louw	Stefan	1.85		20190309	Parow	
High Jump	M 35	September	A.	1.85				
High Jump	M 40	Elton	B.	1.83				
High Jump	M 45	Carl	C.	1.65				
High Jump	M 50	Benning	Leo	1.61		19841124	Wynberg	
High Jump	M 55	Bredeveldt	Neal	1.68		20191017	Paarl	
High Jump	M 60	Bredeveldt	Neal	1.67		20210529	Green Point	
High Jump	M 65	Benning	Leo	1.50		20000121	Bellville	
High Jump	M 70	Benning	Leo	1.44		20030706	San Juan,Puerto Rico	
High Jump	M 75	Benning	Leo	1.32		20100220	Bellville	
High Jump	M 80	Benning	Leo	1.10				
High Jump	M 85							
High Jump	M 90							
High Jump	M 95							
Long Jump	M 30	Mostert	T.	6.44				
Long Jump	M 35	Buck	Robin	6.64		20110409	Parow	
Long Jump	M 40	Buck	Robin	6.51		20161101	Perth	
Long Jump	M 45	Norkie	Denzil	5.87		20230506	Green Point	
Long Jump	M 50	Cross	R.	5.94				

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
Long Jump	M 55	Cross	R.	5.61				
Long Jump	M 60	Cross	R.	5.33				
Long Jump	M 65	Benning	Leo	4.20				
Long Jump	M 70	Benning	Leo	4.03				
Long Jump	M 75	Nel	C.	2.72				
Long Jump	M 80	Cross	Ron	3.49	0.9	20150811	Lyon	
Long Jump	M 85	Ridge	Arthur	2.86	1.3	20160319	Parow	
Triple Jump	M 30	Herbst	Chris	12.62				
Triple Jump	M 35	Sewanyana	Jason	13.69	0.6	20211211	Green Point	
Triple Jump	M 40	Sewanyana	Jason	13.57	1.6	20230114	Green Point	
Triple Jump	M 45	Mitchell	R.	12.17				
Triple Jump	M 50	McBride	Vincent	11.90		20130316	Bellville	
Triple Jump	M 55	McBride	Vincent	11.48	0.6	20180427	Bloemfontein	
Triple Jump	M 60	Cross	Ron	10.55				
Triple Jump	M 65	Benning	Leo	8.68				
Triple Jump	M 70	Benning	Leo	9.51				
Triple Jump	M 75	Holgate	Don	5.75	-1	20140315	Bellville	
Triple Jump	M 80	Benning	Leo	6.38	-0.1	20140315	Bellville	
Triple Jump	M 85							
Pole Vault	M 30	Preston	C.	4.45				
Pole Vault	M 35	Truter	C.	3.60				
Pole Vault	M 40	Truter	C.	3.70				
Pole Vault	M 45	Murdoch	G.	3.20		20120317		
Pole Vault	M 50	Murdoch	G.	3.90				
Pole Vault	M 55	Allers	Johan	2.85				
Pole Vault	M 60	Cross	Ron	2.30				
Pole Vault	M 65	Lunn	V.	2.40				
Pole Vault	M 70	Bruwer	J.	2.40				
Pole Vault	M 75							

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
Pole Vault	M 80							
Shot Put	M 30	Johnston	Steve	13.92		19720214	Bellville	
Shot Put	M 35	Lewies	Daniel	12.96		20171028	Oudtshoorn	
Shot Put	M 40	Geldenhuis	T.	14.01				
Shot Put	M 45	van der Westhuizen	Edwill	12.95		20230506	Green Point	
Shot Put	M 50	Barnard	Charl	13.09		20130316		
Shot Put	M 55	Wale	Anton	12.30		20110226		
Shot Put	M 60	Schirmer	Gunther	14.24				
Shot Put	M 65	Schirmer	Gunther	12.72				
Shot Put	M 70	Mitchell	Ron	12.15				
Shot Put	M 75	Stannius	Borg	11.92				
Shot Put	M 80	Stannius	Borg	12.84				
Shot Put	M 85	Stannius	Borg	10.80		20130605	Holstebro Denmark	
Shot Put	M 90	Stannius	Borg	8.94		20190413	Green Point	
Shot Put	M 95	Rabinowitz	Phillip	3.48				
Discus	M 30	Johnston	Steve	49.91		19720315	Pinelands UCT Track	
Discus	M 35	Johnston	Steve	50.39		19750227	Pinelands UCT Track	
Discus	M 40	Geldenhuis	Tiny	42.30				
Discus	M 45	van der Westhuizen	Edwill	40,02		20230505	Green Point	
Discus	M 50	Allers	Johan	45.90			Bellville	
Discus	M 55	Johnston	Steve	39.48		19941108	Green Point	
Discus	M 60	Johnston	Steve	45.46		19990528	Port Elizabeth	
Discus	M 65	Johnston	Steve	42.22		20040221	Parow	
Discus	M 70	Hough	Norman	35.49		20190503	Oudtshoorn	
Discus	M 75	Stannius	Borg	34.05				
Discus	M 80	Stannius	Borg	31.75		20100313	Bellville	
Discus	M 85	Frech	Philipp	27.71		20050825	San Sebastian	
Discus	M 90	Frech	Philipp	21.39		20110409		
Javelin	M 30	Vercuiel	Hein	48.54				

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
Javelin	M 35	Potgieter	Bertus	53.99		20180427	Bloemfontein	
Javelin	M 40	Joubert	R.	46.70				
Javelin	M 40	Young	Tyrone	46.70		20230114	Green Point	
Javelin	M 45	Cronje	Jacques	53.94		20160319	Parow	
Javelin	M 50	Smith	J C	45.84		20180310	Parow	
Javelin	M 55	Allers	Johan	41.85				
Javelin	M 60	English	C.	39.46				
Javelin	M 65	Venter	Peet	37.28		20190502	Oudtshoorn	
Javelin	M 70	Hough	Norman	36.30		20190413	Green Point	
Javelin	M 75	Stannius	Borg	36.09				
Javelin	M 80	Stannius	Borg	31.49				
Javelin	M 85	Stannius	Borg	25.32		20130605	Holstebro Denmark	
Javelin	M 90	Stannius	Borg	21.81		20190302	New Zealand	
Javelin	M 95							
Hammer Throw	M 30	Coetzee	B.	46.90				
Hammer Throw	M 35	Engelbrecht	Gert	40.50				
Hammer Throw	M 40	Geldenhuys	Tiny	59.18				
Hammer Throw	M 45	Potgieter	Gerhard	38.25		20160319	Parow	
Hammer Throw	M 50	Engelbrecht	Gert	35.49				
Hammer Throw	M 55	Engelbrecht	Gert	35.21				
Hammer Throw	M 60	Johnston	Steve	37.39		20010712	Brisbane World Chmps	
Hammer Throw	M 65	Johnston	Steve	38.82		20040124	Parow	
Hammer Throw	M 70	Hough	Norman	42.58		20190503	Oudtshoorn	
Hammer Throw	M 75	Stannius	Borg	34.99				
Hammer Throw	M 80	Stannius	Borg	40.07				
Hammer Throw	M 85	Stannius	Borg	31.71		20131022	Porto Alegre Brazil	
Hammer Throw	M 90	Stannius	Borg	24.41		20181208	Parow	
Hammer Throw	M 95							
Weight Throw	M 30	Coetzee	B.	13.58				

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
Weight Throw	M 35	Wiener	Shukri	13.60		20191207	Parow	
Weight Throw	M 40	Wiener	Shukri	13.97		20220506	Pretoria	
Weight Throw	M 45	van der Westhuizen	Edwill	10.81		20230505	Green Point	
Weight Throw	M 50	Smit	John	12.96		20111119		
Weight Throw	M 55	Wale	Anton	12.72				
Weight Throw	M 60	Johnston	Steve	15.11		20001021	Oudtshoorn	
Weight Throw	M 65	Johnston	Steve	14.64		20040403	Brisbane	
Weight Throw	M 70	Hough	Norman	16.49		20190413	Green Point	
Weight Throw	M 75	Stannius	Borg	14.31				
Weight Throw	M 80	Stannius	Borg	15.09				
Weight Throw	M 85	Stannius	Borg	14.50		20140612	Parow	
Weight Throw	M 90	Stannius	Borg	10.48		20190504	Oudtshoorn	
Decathlon	M 30	Herbst	C.	5081				
Decathlon	M 35	vd Burgh	A.	5575				
Decathlon	M 40	Allers	Johan	5665				
Decathlon	M 45	Allers	Johan	6110				
Decathlon	M 50	Allers	Johan	6817				
Decathlon	M 55	Hough	Norman	6387				
Decathlon	M 60	Cross	Ron	6524				
Decathlon	M 65							
Decathlon	M 70							
Decathlon	M 75							
Decathlon	M 80							
Decathlon	M 85							
Decathlon	M 90							
Throws Pentathlon	M 30	Coetzee	B.	2852				
Throws Pentathlon	M 35	Wiener	Shukri	2784		20191207	Parow	
Throws Pentathlon	M 40	van der Westhuizen	Edwill	3061		20221203	Parow	
Throws Pentathlon	M 45	Hough	Norman	3209				

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
Throws Pentathlon	M 50	Allers	Johan	3234				
Throws Pentathlon	M 55	Wale	Anton	3353				
Throws Pentathlon	M 60	Johnston	Steve	3904		20010712	Brisbane World Chmps	
Throws Pentathlon	M 65	Johnston	Steve	3975		20040508	Durban	
Throws Pentathlon	M 70	Hough	Norman	4079		20190502	Oudtshoorn	
Throws Pentathlon	M 75	Stannius	Borg	4633				
Throws Pentathlon	M 80	Stannius	Borg	4958		20100213	Bellville	
Throws Pentathlon	M 85	Stannius	Borg	4490		20141213	Parow	
Throws Pentathlon	M 90	Stannius	Borg	4099		20190502	Oudtshoorn	
3000 M Walk	M 30	McDonald	R.	12:40.1				H
3000 M Walk	M 35	McDonald	R.	13:13.40				
3000 M Walk	M 40	Nel	I.	12:38.68				
3000 M Walk	M 45	Esterhuizen	J.	14:13.1				H
3000 M Walk	M 50	van Zyl	J.	14:56.72				
3000 M Walk	M 55	Forbes	N.	13:52.3				H
3000 M Walk	M 60	Forbes	N.	14:07.3				H
3000 M Walk	M 65	Spencer	Jurgen	16:03.0				H
3000 M Walk	M 70	Spencer	Jurgen	16:26.2		20101016	Parow	H
3000 M Walk	M 75	Johnston	C.	17:40.8				H
3000 M Walk	M 80	Hallsall	S.	20:03.98		20100323	Bellville	
3000 M Walk	M 85							H
3000 M Walk	M 90							H
3000 M Walk	M 95							H
3000 M Walk	M100							H
5000 M Walk	M 30	Cillie	G.	21:48.37				
5000 M Walk	M 35	McDonald	Ross	22:13.96		20100430	BELLVILLE	
5000 M Walk	M 40	Nel	I.	21:51.58				
5000 M Walk	M 45	Esterhuizen	J.	23:37.4				H
5000 M Walk	M 50	Spencer	Jurgen	23:01.4				

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
5000 M Walk	M 55	Spencer	Jurgen	23:52.24				H
5000 M Walk	M 60	Spencer	Jurgen	26:50.7				H
5000 M Walk	M 65	Spencer	Jurgen	27:03.7		20051112	Parow	H
5000 M Walk	M 70	Spencer	Jurgen	27:55.3		20101112	Parow	H
5000 M Walk	M 75	Spencer	Jurgen	30:13.82		20160318	Parow	
5000 M Walk	M 80	Hallsall	S.	33:46.21		20091107	Bellville	
5000 M Walk	M 85	Johnston	C.	39:51.8				H
5000 M Walk	M 90	Rabinowitz	P.	43:08.9				H
5000 M Walk	M 95	Rabinowitz	P.	42:58.7				H
5000 M Walk	M100	Rabinowitz	P.	47:59.2				H
10 Km Walk	M 30							H
10 Km Walk	M 35							H
10 Km Walk	M 40	Nel	I.	45:56.75				
10 Km Walk	M 45	McDonald	Ross	54:25.0		20181027	Green Point	H
10 Km Walk	M 50	van Zyl	J.	53:29.64				
10 Km Walk	M 55	Hotston	J.	52:10				H
10 Km Walk	M 60	Hotston	J.	54:35				H
10 Km Walk	M 65	Spencer	Jurgen	56:57.2				H
10 Km Walk	M 70	Spencer	Jurgen	58:40		20110318	Youngsfield	
10 Km Walk	M 75	Spencer	Jurgen	1:03:45		20160625	Youngsfield	H
10 Km Walk	M 80	Kirby	David John	1:19:43		20170315	Parow	H
10 Km Walk	M 90	Rabinowitz	P.	1:32:29				H
10 Km Walk	M 95	Rabinowitz	P.	1:32:29				H
20 Km Walk	M 30	Cillie	G.	1:34:49		20100508	Youngsfield	H
20 Km Walk	M 35	McDonald	R.	1:34:25		20090314	Stellenbosch	H
20 Km Walk	M 40	Nel	I.	1:35:43				H
20 Km Walk	M 45	Morgan	E.	1:42:53				H
20 Km Walk	M 50	Spencer	Jurgen	1:41:20				H
20 Km Walk	M 55	Spencer	Jurgen	1:45:15				H

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
20 Km Walk	M 60	Spencer	Jurgen	1:55:42		20050716	Oudtshoorn	H
20 Km Walk	M 65	Spencer	Jurgen	1:58:18		2005126	Youngsfield	H
20 Km Walk	M 70	Spencer	Jurgen	2:03:04		20110430	Durban	H
20 Km Walk	M 75	Spencer	Jurgen	2:08:49		20151010	Youngsfield	H
20 Km Walk	M 80	Halsall	S.	2:24:43		20100807	Youngsfield	H
20 Km Walk	M 85							H
20 Km Walk	M 90	Rabinowitz	P.	3:00:10				H
20 Km Walk	M 95	Rabinowitz	P.	2:48:10				H
30 Km Walk	M 30	Fraser	A.	2:24:47				H
30 Km Walk	M 35	McDonald	R.	2:40:46				H
30 Km Walk	M 40	Nel	I.	2:36:41				H
30 Km Walk	M 45	Spencer	Jurgen	2:38:15		19881001	Port Elizabeth	H
30 Km Walk	M 50	van Zyl	J.	3:03:14				H
30 Km Walk	M 55	Hotston	J.	2:52:48				H
30 Km Walk	M 60	Hotston	J.	2:54:48				H
30 Km Walk	M 65	Spencer	Jurgen	3:07:10		20060715	Oudtshoorn	H
30 Km Walk	M 70	Spencer	Jurgen	3:10:23		20101010	Oudtshoorn	H
30 Km Walk	M 75	Spencer	Jurgen	3:24:57		20160903	Youngsfield	H
30 Km Walk	M 80							H