

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11

Parow North Athletics Track

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

W45 100 Meter Dash

45 SA Record: N 12,50	1994/10/15	Gail van Niekerk, CGA			
45 WP Record: P 13,20		Yvonne de Wit			
	13,80	45 SA Nat colours std			
	15,30	45 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading

Finals					
1 # 4406 Tregonning, Rushd	W49	HEWAT ATHLETIC CLUB	15,00 WPS	NWI	14,17 75,13%

W50 100 Meter Dash

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

1 # 890 Moosa, Deborah	W53	CELTIC HARRIERS	18,13	NWI	16,47 64,64%
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W85 100 Meter Dash

85 SA Record: N 21,95	2016/04/02	Christi du Plooy, CGA			
85 WP Record: P 21,05	2023/05/05	Magdalene Johnson			
	26,00	85 SA Nat colours std			
	29,00	85 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading

1 #12178 Johnson, Magdalin	W87	TYGERBERG AT	24,48 SA	NWI	16,14 65,97%
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M20-29 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Van Graan-T46, Wyn	M28	WCSAPD	12,08	NWI	12,09 79,30%	3

M30 100 Meter Dash

30 SA Record: N 10,50		Eric Essman, CGA			
30 WP Record: P 10,73	2023/03/04	Roscoe Engel			
	12,00	30 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading

1 Benjamine, Raydon	M30	VELOCITY ATH	11,59 WPS	NWI	11,60 82,66%
2 August, Bryan	M31	UNIVERSITY O	13,00	NWI	13,01 73,69%

M35 100 Meter Dash

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

1 # 279 Schutte, Marc	M36	BOLAND - MAT	12,24	NWI	12,24 78,27%
2 # 3125 Hassan, Qaasim	M39	ATLANTIC ATH	12,76	NWI	12,76 75,08%
3 #12381 August, Denzil	M38	BELLVILLE AT	13,67	NWI	13,67 70,08%

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 100 Meter Dash**

40 SA Record: N 10,70			Stan Wald, CGA			
40 WP Record: P 11,13	2018/04/27		Ricardo Mentoor			
	11,50	40 SA Nat	colours std			
	12,60	40 WPS WP	Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading	
1	Dreyer, Jonathan	M42 BRIMSTONE IT	11,54 WPS	NWI	11,16	85,88%

M45 100 Meter Dash

45 SA Record: N 11,10			Stan Wald, CGA			
45 WP Record: P 11,51	2012/03/31		Johan Uys			
	11,80	45 SA Nat	colours std			
	13,00	45 WPS WP	Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading	
1 # 5219	Mentoor, Ricardo	M46 BELLVILLE AT	11,71 SA	NWI	10,95	87,53%
2 # 9399	Norkie, Denzil	M47 PHOENIX ATHL	13,11	NWI	12,26	78,18%
3	Rhode, Angelo	M45 PINELANDS AT	13,57	NWI	12,69	75,53%

M50 100 Meter Dash

50 SA Record: N 11,70			Stan Wald, CGA			
50 WP Record: P 12,09	2022/05/07		John Cloete			
	12,10	50 SA Nat	colours std			
	13,40	50 WPS WP	Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading	
1 # 1269	Pick, Tony	M54 PINELANDS AT	13,42	NWI	12,12	79,06%
2 # 2509	Davids, Elton	M50 OMMIEDRAAI F	13,65	NWI	12,33	77,73%
3	February, Mark	M51 INDIVIDUAL	13,89	NWI	12,55	76,39%

M55 100 Meter Dash

55 SA Record: N 11,80			T. George			
55 WP Record: P 12,06	2011/04/09		Joseph Warriess			
	12,50	55 SA Nat	colours std			
	14,00	55 WPS WP	Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading	
1 #10603	Russell, Scott	M55 C.P.U.T ATHL	13,64 WPS	NWI	11,91	80,50%
2 # 6682	Toll, Michael	M59 BRIMSTONE IT	13,68 WPS	NWI	11,94	80,26%

M60 100 Meter Dash

60 SA Record: N 12,81	2022/01/22		Johan Myburgh, WPA			
60 WP Record: P 12,61	2022/04/09		Johan Myburgh			
	13,00	60 SA Nat	colours std			
	14,50	60 WPS WP	Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading	
1 # 5261	Myburgh, Johan	M62 BELLVILLE AT	13,11 WPS	NWI	11,06	86,73%
2 # 9511	Robinson, Ricky	M64 ATLANTIC ATH	16,04	NWI	13,53	70,89%
3 # 891	Moosa, Abdurahman	M62 CELTIC HARRIERS	17,40	NWI	14,67	65,34%

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
65 SA Record: N 13,10		A. van Zyl, KZN			
65 WP Record: P 13,44	2021/04/10	Joseph Warriess			
13,60		65 SA Nat colours std			
15,40		65 WPS WP Colours Standard			
1 # 9094 Warriess, Joseph	M67	UNIVERSITY O	14,00 WPS	NWI	11,40 84,07%

M75 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
75 SA Record: N 14,06		F.P. Reid, CGA			
75 WP Record: P 14,00	2011/02/26	Ron Cross			
15,90		75 SA Nat colours std			
17,80		75 WPS WP Colours Standard			
1 Van Rensburg, Koos	M76	INDIVIDUAL	20,53	NWI	15,57 61,52%

W30 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
30 SA Record: N 24,60		V.B. Kruger, CGA			
30 WP Record: P 25,80		Anne McKenzie			
29,00		30 WPS WP Colours Standard			
1 Da Rocha, Miche	W33	TYGERBERG AT	33,24	NWI	33,25 65,07%

W45 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
45 SA Record: N 25,41	2021/03/06	Shona Hutchinson, KZN			
45 WP Record: P 27,30		Anne McKenzie			
28,00		45 SA Nat colours std			
32,00		45 WPS WP Colours Standard			
1 # 4406 Tregonning, Rushd	W49	HEWAT ATHLETIC CLUB	31,16 WPS	NWI	29,33 73,75%
2 #10635 Miske, Mirjam	W45	TYGERBERG AT	32,38	NWI	30,48 70,97%

W50 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 26,95	2010/02/20	Ronel Beukes, BOL			
50 WP Record: P 28,30		Y de Witt			
29,60		50 SA Nat colours std			
33,50		50 WPS WP Colours Standard			
1 # 890 Moosa, Deborah	W53	CELTIC HARRIERS	40,91	NWI	36,99 58,49%

W85 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
85 SA Record: N 51,20	2006/04/02	Christi du Plooy, CGA			
85 WP Record: P 53,86	2022/05/28	Magdalene Johnson			
56,00		85 SA Nat colours std			
1:03,00		85 WPS WP Colours Standard			
1 #12178 Johnson, Magdalin	W87	TYGERBERG AT	1:02,98 WPS	NWI	40,15 53,87%

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Parow North Athletics Track

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

M30 200 Meter Dash

30 SA Record: N 21,20 E. Essman, CGA
 30 WP Record: P 21,64 2023/03/04 Roscoe Engel
 24,50 30 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading %
1 Benjamine, Raydon	M30	VELOCITY ATH	22,93 WPS	NWI	22,94 83,69%
2 August, Bryan	M31	UNIVERSITY O	26,94	NWI	26,95 71,23%

M35 200 Meter Dash

35 SA Record: N 21,20 E Jeffreys, KZN
 35 WP Record: P 22,22 2017/10/21 Jonathan Dreyer
 23,50 35 SA Nat colours std
 25,00 35 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading %
1 # 279 Schutte, Marc	M36	BOLAND - MAT	24,50 WPS	NWI	23,99 80,00%
2 # 3125 Hassan, Qaasim	M39	ATLANTIC ATH	25,70	NWI	25,17 76,26%
3 #12381 August, Denzil	M38	BELLVILLE AT	27,99	NWI	27,41 70,03%

M40 200 Meter Dash

40 SA Record: N 22,00 Stan Wald, CGA
 40 WP Record: P 22,55 2022/10/29 Jonathan Dreyer
 24,00 40 SA Nat colours std
 25,50 40 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading %
1 Dreyer, Jonathan	M42	BRIMSTONE IT	23,06 SA	NWI	21,87 87,77%

M50 200 Meter Dash

50 SA Record: N 23,29 Stan Wald, CGA
 50 WP Record: P 24,70 2022/04/22 Marius Basson
 24,80 50 SA Nat colours std
 27,50 50 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading %
1 # 3240 Van Zyl, Dana	M50	TOTALSPORTS	26,16 WPS	NWI	23,24 82,57%
2 # 1269 Pick, Tony	M54	PINELANDS AT	26,66 WPS	NWI	23,69 81,02%
3 # 2509 Davids, Elton	M50	OMMIEDRAAI F	27,89	NWI	24,78 77,45%
4 February, Mark	M51	INDIVIDUAL	28,38	NWI	25,21 76,11%

M55 200 Meter Dash

55 SA Record: N 24,71 Montey Hacker, CGA
 55 WP Record: P 24,84 2011/04/09 Joseph Warries
 26,20 55 SA Nat colours std
 28,90 55 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading %
1 #10646 Matthee, Giliomee	M55	TYGERBERG AT	27,00 WPS	NWI	23,21 82,70%

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 25,80		Miloje Grujic, CGA			
60 WP Record: P 26,01	2022/04/09	Johan Myburgh			
26,90		60 SA Nat colours std			
30,00		60 WPS WP Colours Standard			
1 # 5261 Myburgh, Johan	M62	BELLVILLE AT	26,68 SA	NWI	22,18 86,54%
-- #12396 Viola, Alex	M62	BELLVILLE AT	DNF	NWI	

M65 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
65 SA Record: N 26,99		Monty Hacker, CGA			
65 WP Record: P 27,78	2021/11/20	Joseph Warrires			
28,50		65 SA Nat colours std			
32,00		65 WPS WP Colours Standard			
1 # 9094 Warrires, Joseph	M67	UNIVERSITY O	28,84 WPS	NWI	23,18 82,80%

W50 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
50 SA Record: N 1:01,14	7/2011	Elaine Pretorius, AGN		
50 WP Record: P 1:03,20		Anne McKenzie		
1:09,00		50 SA Nat colours std		
1:18,00		50 WPS WP Colours Standard		
1 # 3679 Germishuizen, Sha	W53	STRAND ATHLE	1:30,73	1:19,04 60,91%
2 # 890 Moosa, Deborah	W53	CELTIC HARRIERS	1:44,06	1:30,65 53,10%

W55 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
55 SA Record: N 1:04,84	10/2016	Elaine Pretorius, AGN		
55 WP Record: P 1:07,20		Yvonne de Wit		
1:15,00		55 SA Nat colours std		
1:22,00		55 WPS WP Colours Standard		
1 # 718 Smit, Annelie	W56	BOLAND - STE	1:18,93 WPS	1:05,71 73,27%
2 #14014 Rabie, Angelique	W57	ATC RUNNING CLUB	1:20,57 WPS	1:07,07 71,78%

M20-29 400 Meter Dash

Name	Age	Team	Finals	Age-Grading H#
1 Briers-Louw-T12, D	M22	WCSAPD	55,41	55,42 77,66% 3

M30 400 Meter Dash

Name	Age	Team	Finals	Age-Grading H#
30 SA Record: N 48,53	2019/05/19	Willem de Beer, AGN		
30 WP Record: P 50,49		Henk Beukes		
56,00		30 WPS WP Colours Standard		
1 # 266 Du Plessis, Danie	M30	BOLAND - MAT	53,17 WPS	53,18 80,93% 3
2 # 1807 Saharin, Greg	M34	ATC RUNNING CLUB	1:00,01	1:00,02 71,70% 3
3 # 5234 Steenkamp, Theodo	M34	BELLVILLE AT	1:05,69	1:05,70 65,50% 3

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Parow North Athletics Track

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

M35 400 Meter Dash

35 SA Record: N 47,90		J. Cyrus			
35 WP Record: P 51,61		T. Dixon			
	51,00	35 SA Nat	colours std		
	57,00	35 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading H#	
1 # 3125 Hassan, Qaasim	M39	ATLANTIC ATH	57,72	56,71	75,88% 3

M40 400 Meter Dash

40 SA Record: N 49,70		Leon Hacker, CGA			
40 WP Record: P 50,38		2011/04/09 Shawn Abrahams			
	52,50	40 SA Nat	colours std		
	58,00	40 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading H#	
1 #12415 Mulumba, Patrick	M40	TYGERBERG AT	54,80 WPS	52,14	82,54% 2
2 # 5214 Le Grange, Jacobu	M43	BELLVILLE AT	55,62 WPS	52,92	81,32% 2

M45 400 Meter Dash

45 SA Record: N 51,07		9/2018 Spencer Moraope, NWN			
45 WP Record: P 52,44		2017/05/18 Marius Basson			
	54,00	45 SA Nat	colours std		
	1:00,00	45 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading H#	
1 # 713 Von Durckheim, Ch	M45	BOLAND - STE	54,71 WPS	50,38	85,41% 2
2 # 9399 Norkie, Denzil	M47	PHOENIX ATHL	1:00,16	55,40	77,68% 2
3 # 5238 Myburgh, Werner	M45	BELLVILLE AT	1:07,41	1:02,08	69,32% 2

M50 400 Meter Dash

50 SA Record: N 52,50		Miloje Crujic, CGA			
50 WP Record: P 55,70		J. Swiegers			
	56,00	50 SA Nat	colours std		
	1:02,00	50 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 1269 Pick, Tony	M54	PINELANDS AT	59,49 WPS	53,00	81,19%

M55 400 Meter Dash

55 SA Record: N 55,00		Miloje Crujic / Stan Immelman			
55 WP Record: P 57,58		2011/04/09 Joseph Warriies			
	59,00	55 SA Nat	colours std		
	1:05,00	55 WPS WP	Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 #10646 Matthee, Giliomee	M55	TYGERBERG AT	1:00,38 WPS	52,03	82,71%

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 400 Meter Dash**

Name	Age Team	Finals	Age-Grading
65 SA Record: N 59,52	A. van Zyl, KZN		
65 WP Record: P 1:03,44	2021/04/10 Joseph Warriies		
1:06,00	65 SA Nat colours std		
1:13,00	65 WPS WP Colours Standard		
1 # 9094 Warriies, Joseph	M67 UNIVERSITY O	1:06,27 WPS	53,33 80,69%
2 # 246 Omar, Nassar	M65 BOLAND - MAT	1:06,76 WPS	53,73 80,09%
-- #11585 Sylvester, David	M67 CAPRICORN AT	DNF	

M75 400 Meter Dash

Name	Age Team	Finals	Age-Grading
75 SA Record: N 1:06,88	Lucas Nel, KZN		
75 WP Record: P 1:15,50	N. Sharpley		
1:20,00	75 SA Nat colours std		
1:28,00	75 WPS WP Colours Standard		
1 # 5574 Cleophas, Henry	M75 NEDBANK A.C	1:20,22 WPS	59,69 72,10%

W40 800 Meter Run

Name	Age Team	Finals	Age-Grading
40 SA Record: N 2:06,50	1966/07/01 Anne McKenzie, CGA		
40 WP Record: P 2:09,60	Anne McKenzie		
2:29,00	40 SA Nat colours std		
2:47,00	40 WPS WP Colours Standard		
1 #12392 Basson, Sonja	W40 BELLVILLE AT	3:16,25	3:07,68 60,75%

W55 800 Meter Run

Name	Age Team	Finals	Age-Grading
55 SA Record: N 2:33,64	10/2016 Elaine Pretorius, AGN		
55 WP Record: P 2:43,80	2017/05/18 Bridgette Hamilton Russel		
2:52,00	55 SA Nat colours std		
3:13,00	55 WPS WP Colours Standard		
1 # 4497 Brink, Ester	W58 CARBINEERS W	2:48,61 SA	2:22,18 80,19%
2 #14014 Rabie, Angelique	W57 ATC RUNNING CLUB	2:57,13 WPS	2:29,36 76,33%

W60 800 Meter Run

Name	Age Team	Finals	Age-Grading
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 SA Nat colours std		
3:27,00	60 WPS WP Colours Standard		
1 Brink, Lucy	W61 BELLVILLE AT	3:19,64 WPS	2:40,60 70,99%

M30 800 Meter Run

Name	Age Team	Finals	Age-Grading H#
30 SA Record: N 1:49,60	Deon Brummer, AGN		
30 WP Record: P 1:56,92	2017/02/11 Ashwyn Claasens		
2:12,00	30 WPS WP Colours Standard		
1 # 1807 Saharin, Greg	M34 ATC RUNNING CLUB	2:08,39 WPS	2:08,40 78,60% 2

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****...M30 800 Meter Run**

2 # 5234 Steenkamp, Theodo M34 BELLVILLE AT 2:32,61 2:32,62 66,12% 2

M35 800 Meter Run

35 SA Record: N 1:49,40 Deon Brummer, AGN

35 WP Record: P 1:53,78 Johan Landsman

2:01,00 35 SA Nat colours std

2:14,00 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading	H#
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1 # 5632 Ndwangu, Sandile	M38 NEDBANK A.C	2:15,45	2:14,98 74,76%	2
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M45 800 Meter Run

45 SA Record: N 1:58,10 2019/11/09 Spence Moraope, NWN

45 WP Record: P 1:59,09 T. Brown

2:07,00 45 SA Nat colours std

2:22,00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading	H#
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1 # 8518 Gibson, Michael	M47 FISH HOEK A. C	2:07,79 WPS	1:57,64 85,79%	2
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2 #12399 Grové, Japie	M47 BELLVILLE AT	2:10,11 WPS	1:59,77 84,26%	2
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3 # 6475 Juries, Chubasco	M48 BRIMSTONE IT	2:35,76	2:23,38 70,38%	2
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M50 800 Meter Run

50 SA Record: N 2:01,86 Len Claassen, AGN

50 WP Record: P 2:09,45 Vince O'Donoghue

2:11,00 50 SA Nat colours std

2:27,00 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
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1 # 1269 Pick, Tony	M54 PINELANDS AT	2:21,55 WPS	2:05,16 80,63%
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2 # 9291 Mullins, Pheobius	M50 MULTI - SPOR	2:29,58	2:12,26 76,30%
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3 # 8380 Peacock, Michael	M50 BELLVILLE AT	2:32,13	2:14,52 75,02%
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4 # 4058 Hill, Theodore	M52 DURBANVILLE	2:43,37	2:24,46 69,86%
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5 # 1798 Bewee, Glenn	M53 STRANDLOPERS	2:45,33	2:26,19 69,03%
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6 # 864 Martin, Donavan	M53 CELTIC HARRIERS	2:56,07	2:35,69 64,82%
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M55 800 Meter Run

55 SA Record: N 2:03,70 2001/12/01 Stan Immelman, CGA

55 WP Record: P 2:12,72 2019/05/02 Thobias Philander

2:18,00 55 SA Nat colours std

2:35,00 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
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1 #12207 Swart, Dries	M58 ATC RUNNING CLUB	2:48,63	2:23,16 70,49%
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M75 800 Meter Run

75 SA Record: N 2:37,04 2010/04/30 Ken Nurden, AGN

75 WP Record: P 3:17,40 R. Truter

3:25,00 75 SA Nat colours std

3:44,00 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
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1 # 5574 Cleophas, Henry	M75 NEDBANK A.C	3:02,53PSA	2:10,86 77,12%
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Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 1500 Meter Run**

35 SA Record: N 4:32,37 2021/03/24 Kobie Griffiths, WPA
 35 WP Record: P 4:29,59 2022/04/22 Kobie Griffiths
 5:01,00 35 SA Nat colours std
 5:52,00 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5023 Booi, Xolisiwe	W38 EDGEMEAD RUNNERS	5:50,31 WPS	5:43,73 66,94%

W45 1500 Meter Run

45 SA Record: N 4:47,81 2013/04/27 Salome Vermeulen, AGN
 45 WP Record: P 4:49,21 Anne McKenzie
 5:13,00 45 SA Nat colours std
 6:06,00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #12394 Weir-T38, Kirsty	W45 WCSAPD	5:51,25 WPS	5:18,55 72,22%

W55 1500 Meter Run

55 SA Record: N 5:31,10 1980/12/10 Anne McKenzie, CGA
 55 WP Record: P 5:31,10 Anne McKenzie
 5:40,00 55 SA Nat colours std
 6:49,00 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4497 Brink, Ester	W58 CARBINEERS W	5:51,10 WPS	4:52,26 78,72%

W60 1500 Meter Run

60 SA Record: N 5:40,70 2016/01/29 M. Saunders, EPA
 60 WP Record: P 6:43,26 Jane Geldenhuys
 6:09,00 60 SA Nat colours std
 7:12,00 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Brink, Lucy	W61 BELLVILLE AT	7:13,02	5:44,30 66,82%

M30 1500 Meter Run

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

Name	Age Team	Finals	Age-Grading
1 # 1807 Saharin, Greg	M34 ATC RUNNING CLUB	4:41,42	4:41,43 73,20%

M35 1500 Meter Run

35 SA Record: N 3:54,04 Deon Brummer, AGN
 35 WP Record: P 3:54,04 Johan Landsman
 4:13,00 35 SA Nat colours std
 4:41,00 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2591 Kammies, Morne	M37 KUILS RIVER	4:27,17 WPS	4:23,14 78,29%

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 1500 Meter Run**

45 SA Record: N	4:03,13		Terence Brown, KZN		
45 WP Record: P	4:03,13		Terence Brown		
	4:23,00	45 SA Nat colours std			
	4:58,00	45 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 6475 Juries, Chubasco	M48	BRIMSTONE IT	5:11,74	4:46,99 71,78%	

M50 1500 Meter Run

50 SA Record: N	4:18,94	2004/02/20	Sean Rice, CGA		
50 WP Record: P	4:23,75	2018/02/17	Thobias Philander		
	4:30,00	50 SA Nat colours std			
	5:15,00	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 9291 Mullins, Pheobius	M50	MULTI - SPOR	5:11,96 WPS	4:36,74 74,44%	
2 # 1798 Bewee, Glenn	M53	STRANDLOPERS	5:41,32	5:02,79 68,04%	
3 # 5267 Roux, Francois	M52	BELLVILLE AT	5:42,53	5:03,86 67,80%	
4 # 864 Martin, Donavan	M53	CELTIC HARRIERS	6:38,94	5:53,90 58,21%	

M55 1500 Meter Run

55 SA Record: N	4:32,40		Sybrand Mostert, WPA		
55 WP Record: P	4:32,40		Stefanus Mostert		
	4:40,00	55 SA Nat colours std			
	5:29,00	55 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 #12207 Swart, Dries	M58	ATC RUNNING CLUB	6:00,77	5:07,63 66,97%	
2 # 945 Hughes, Brandon	M58	CELTIC HARRIERS	6:21,31	5:25,15 63,36%	

M65 1500 Meter Run

65 SA Record: N	4:59,97		GW Loedolff, AGN		
65 WP Record: P	5:23,36		Stefanus Mostert		
	5:15,00	65 SA Nat colours std			
	6:23,00	65 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 4158 De Nobrega, Celso	M65	EASTERNS KRA	7:13,02	5:38,37 60,88%	

W30 5000 Meter Run

30 SA Record: N	16:26,70	1994/11/19	A. Vermeulen		
30 WP Record: P	17:43,30	2015/02/21	Anneline Roffey		
	21:50,00	30 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 #10006 Scott, Tanya	W33	ATC RUNNING CLUB	18:43,28 WPS	18:43,29 75,77%	
2 # 5235 Burger, Elretha	W34	BELLVILLE AT	20:57,20 WPS	20:57,21 67,70%	

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 5000 Meter Run**

35 SA Record: N 16:12,87 1983/10/17 Sonja Laxton, CGA
 35 WP Record: P 17:19,32 2015/02/21 Simae Bulelwa
 18:58,00 35 SA Nat colours std
 22:10,00 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4720 Naidoo, Sydlyn	W39 CENTURY CITY	22:19,89	22:16,41 63,69%

W40 5000 Meter Run

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

Name	Age Team	Finals	Age-Grading
1 #10418 Mashanda, Preciou	W40 GOODWOOD HAR	25:51,61	24:51,88 57,05%

W45 5000 Meter Run

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

Name	Age Team	Finals	Age-Grading
1 # 5115 Vienings, Marlize	W48 EDGEMEAD RUNNERS	18:52,35 SA	17:26,18 81,36%
2 #12394 Weir-T38, Kirsty	W45 WCSAPD	20:54,37 WPS	19:18,92 73,44%

W50 5000 Meter Run

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

Name	Age Team	Finals	Age-Grading
1 # 4630 Zarraga De Philan	W54 ELSIES RIVER	25:01,25	22:08,16 64,09%

W55 5000 Meter Run

55 SA Record: N 19:51,10 2000/04/28 Jenny Allebone, KZN
 55 WP Record: P 19:55,62 2021/05/29 Elmarie Coetzee
 21:28,00 55 SA Nat colours std
 25:10,00 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #14014 Rabie, Angelique	W57 ATC RUNNING CLUB	21:14,97 SA	17:55,83 79,12%

M35 5000 Meter Run

35 SA Record: N 14:15,10 H. Lekgangane
 35 WP Record: P 14:56,42 J. September
 15:50,00 35 SA Nat colours std
 17:45,00 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2591 Kammies, Morne	M37 KUILS RIVER	15:58,62 WPS	15:58,63 79,00%
2 # 4880 Ockhuis, Garron	M38 EDGEMEAD RUNNERS	17:49,99	17:50,00 70,78%

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 5000 Meter Run**

40 SA Record: N	15:06,30		Brian Mather		
40 WP Record: P	15:06,30		B Mather		
	16:10,00	40 SA Nat	colours std		
	18:00,00	40 WPS WP	Colours Standard		
Name		Age Team		Finals	Age-Grading
1 # 9580 Broers, Neil		M42 ATLANTIC ATH		16:47,34 WPS	16:17,23 77,50%

M45 5000 Meter Run

45 SA Record: N	15:19,68		Steve Hollier, CGA		
45 WP Record: P	15:19,68		S. Hollier		
	16:30,00	45 SA Nat	colours std		
	18:50,00	45 WPS WP	Colours Standard		
Name		Age Team		Finals	Age-Grading
1 # 9578 Van Der Walt, Tja		M45 ATLANTIC ATH		16:48,54 WPS	15:37,85 80,75%
2 # 6475 Juries, Chubasco		M48 BRIMSTONE IT		18:05,62 WPS	16:49,52 75,02%
3 # 9796 Olivier, Tinus		M46 GOODWOOD HAR		18:20,96 WPS	17:03,79 73,98%

M50 5000 Meter Run

50 SA Record: N	16:01,50	2003	Sean Rice, CGA		
50 WP Record: P	16:37,76		S. Hollier		
	16:45,00	50 SA Nat	colours std		
	19:25,00	50 WPS WP	Colours Standard		
Name		Age Team		Finals	Age-Grading
1 # 9291 Mullins, Pheobius		M50 MULTI - SPOR		18:47,49 WPS	16:43,47 75,47%
2 # 4058 Hill, Theodore		M52 DURBANVILLE		19:33,68	17:24,58 72,50%
3 # 5267 Roux, Francois		M52 BELLVILLE AT		21:10,31	18:50,58 66,99%

M55 5000 Meter Run

55 SA Record: N	16:54,76		Sybrand Mostert, WPA		
55 WP Record: P	16:54,60		Stefanus Mostert		
	17:30,00	55 SA Nat	colours std		
	20:40,00	55 WPS WP	Colours Standard		
Name		Age Team		Finals	Age-Grading
1 # 5625 Cooper, Andrew		M55 NEDBANK A.C		19:17,28 WPS	16:23,92 76,97%
2 # 4629 Philander, Tobias		M59 ELSIES RIVER		19:31,34 WPS	16:35,88 76,05%
3 # 945 Hughes, Brandon		M58 CELTIC HARRIERS		22:26,98	19:05,21 66,13%

M60 5000 Meter Run

60 SA Record: N	17:50,60	1988/03/19	Willie Loedolff, AGN		
60 WP Record: P	19:03,08		Stefanus Mostert		
	18:30,00	60 SA Nat	colours std		
	21:30,00	60 WPS WP	Colours Standard		
Name		Age Team		Finals	Age-Grading
1 # 891 Moosa, Abdurahman		M62 CELTIC HARRIERS		23:05,61	18:43,18 67,43%

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11

Parow North Athletics Track

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

M65 5000 Meter Run

65 SA Record: N 18:25,70	1993/04/17	Willie Loedolff, AGN		
65 WP Record: P 19:29,59		Stefanus Mostert		
	20:00,00	65 SA Nat colours std		
	23:30,00	65 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 #10188 Wagenheim, Mark	M67	ATLANTIC ATH	21:16,75 WPS	16:24,76 76,91%
2 # 4158 De Nobrega, Celso	M65	EASTERNS KRA	29:07,77	22:28,06 56,18%

M75 5000 Meter Run

75 SA Record: N 21:30,10	2010/04/30	Ken Nurden, AGN		
75 WP Record: P 26:08,90	2013/03/16	Bub Evans		
	25:00,00	75 SA Nat colours std		
	29:30,00	75 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 5574 Cleophas, Henry	M75	NEDBANK A.C	23:52,94PSA	16:33,03 76,27%

M80 5000 Meter Run

80 SA Record: N 22:40,10	2016/04/06	Ken Nurden, AGN		
80 WP Record: P 27:45,13	2017/05/18	Bub Evans		
	30:30,00	80 SA Nat colours std		
	35:30,00	80 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 1943 Donald, Peter	M80	WEST COAST A	29:29,48 SA	19:17,42 65,43%

M55 100 Short Hurdles

55 SA Record: N 15,92	2014/11/08	Johan Gouws, AGN			
55 WP Record: P 18,20		J. Allers			
	18,00	55 SA Nat colours std			
	20,50	55 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading
1 #10603 Russell, Scott	M55	C.P.U.T ATHL	17,33PSA	NWI	17,34 74,50%

M45 3000 Meter Steeplechase

45 SA Record: N 9:49,70	2010/02/20	Tobias Philander, WPA		
45 WP Record: P 10:00,05		T. Brown		
	11:15,00	45 SA Nat colours std		
	12:50,00	45 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 6475 Juries, Chubasco	M48	BRIMSTONE IT	12:32,65 WPS	12:32,66 62,93%

M45 High Jump

45 SA Record: N 1,93m	2013/02/23	Johan Gutsche, CNW		
45 WP Record: P 1,63m		C. Carl		
Name	Age	Team	Finals	Age-Grading
1 # 9399 Norkie, Denzil	M47	PHOENIX ATHL	1,50mN	1,67m 68,18%

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 High Jump**

=====				
55 SA Record: N 1,70m	2016/03/12	Neal Bredeveltdt, BOL		
55 WP Record: P 1,68m	2019/10/17	Neal Bredeveltdt		
Name	Age	Team	Finals	Age-Grading
=====				
--	February,	Graeme	M55 INDIVIDUAL	NH

M60 High Jump

=====				
60 SA Record: N 1,67m	2021/05/29	Neal Bredeveltdt, WPA		
60 WP Record: P 1,67m	2021/05/29	Neal Bredeveltdt		
Name	Age	Team	Finals	Age-Grading
=====				
1 #10652 Bredeveltdt, Neal	M62	TYGERBERG AT	1,50mN	1,94m 79,37%

M35 Long Jump

=====					
35 SA Record: N 7,22m		Vic Hager, KZN			
35 WP Record: P 6,64m	2011/04/09	Robin Buck			
	6,20m	35 SA Nat colours std			
	5,30m	35 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading
=====					
1 #12807 Jacobs, Giovanni	M37	KUILS RIVER	5,37m WPS	NWI	5,57m 62,30%
2 # 3125 Hassan, Qaasim	M39	ATLANTIC ATH	4,86m	NWI	5,04m 56,38%

M45 Long Jump

=====					
45 SA Record: N 6,34m		Vic Hager, KZN			
45 WP Record: P 5,87m	2023/05/06	Denzil Norkie			
	5,70m	45 SA Nat colours std			
	4,85m	45 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading
=====					
1 # 9399 Norkie, Denzil	M47	PHOENIX ATHL	5,77mPSA	NWI	6,69m 74,84%

M50 Long Jump

=====					
50 SA Record: N 6,18m		J. van Rooyen			
50 WP Record: P 5,94m		R. Cross			
	5,40m	50 SA Nat colours std			
	4,60m	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading
=====					
1 # 3240 Van Zyl, Dana	M50	TOTALSPORTS	5,10mPWPS	NWI	6,27m 70,05%
2 # 2509 Davids, Elton	M50	OMMIEDRAAI F	3,93m	NWI	4,83m 53,98%

M60 Long Jump

=====					
60 SA Record: N 5,33m		Ron Cross, WPA			
60 WP Record: P 5,33m		R. Cross			
Name	Age	Team	Finals	Wind	Age-Grading
=====					
1 #10652 Bredeveltdt, Neal	M62	TYGERBERG AT	4,55m	NWI	6,31m 70,54%
2 # 5260 Mcbride, Vincent	M60	BELLVILLE AT	3,64m	NWI	5,05m 56,43%

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11

Parow North Athletics Track

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

M40 Triple Jump

=====					
40 SA Record:	N 14,40m		G. Swakala		
40 WP Record:	P 13,57m	2022/04/09	Jason Sewanayana		
	12,00m		40 SA Nat colours std		
	11,25m		40 WPS WP Colours Standard		
Name	Age	Team	Finals	Wind	Age-Grading
=====					
1 #10643	Sewanyana, Jason	M41 TYGERBERG AT	13,73mPSA	NWI	14,48m 79,18%

M50 Triple Jump

=====					
50 SA Record:	N 12,80m	10/2013	V. McBride, WPA		
50 WP Record:	P 11,90m	2013/03/16	Vincent McBride		
	11,40m		50 SA Nat colours std		
	10,00m		50 WPS WP Colours Standard		
Name	Age	Team	Finals	Wind	Age-Grading
=====					
1 # 3240	Van Zyl, Dana	M50 TOTALSPORTS	10,14m WPS	NWI	11,97m 65,46%

M55 Triple Jump

=====					
55 SA Record:	N 11,65m	2018/10/27	V. McBride, WPA		
55 WP Record:	P 11,48m	2018/04/27	Vincent McBride		
	10,50m		55 SA Nat colours std		
	9,50m		55 WPS WP Colours Standard		
Name	Age	Team	Finals	Wind	Age-Grading
=====					
1 #10646	Matthee, Giliomee	M55 TYGERBERG AT	10,02m WPS	NWI	12,57m 68,77%

M60 Triple Jump

=====					
60 SA Record:	N 10,55m		Ron Cross, WPA		
60 WP Record:	P 10,55m		Ron Cross		
	10,20m		60 SA Nat colours std		
	9,00m		60 WPS WP Colours Standard		
Name	Age	Team	Finals	Wind	Age-Grading
=====					
1 #10652	Bredeveltdt, Neal	M62 TYGERBERG AT	9,67m WPS	NWI	12,96m 70,89%
-- # 5260	Mcbride, Vincent	M60 BELLVILLE AT	ND	NWI	

W16-34 Shot Put

=====					
Name	Age	Team	Finals	Age-Grading H#	
=====					
1	Yonke-F57, Nokuthu	W22 WCSAPD	6,25m	6,25m	29,43% 2
2	Koch-F38, Carli	W23 WCSAPD	5,69m	5,69m	26,79% 1
3	Daniels, Sheniequa	W16 WCSAPD	4,57m	4,57m	21,52% 1

W35 Shot Put

=====					
35 SA Record:	N 13,25m	2023/04/21	Tanya Pubalakan, AGN		
35 WP Record:	P 12,03m	2018/03/10	Juanita Gerstner		
	10,48m		35 SA Nat colours std		
	8,20m		35 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
=====					
1 # 4720	Naidoo, Sydlyn	W39 CENTURY CITY	5,33m	5,52m 26,01%	

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Shot Put**

50 SA Record: N 13,24m 2019/03/30 Charmain Barnard, AGN

50 WP Record: P 11,17m Tertia Stofberg

11,10m 50 SA Nat colours std

8,20m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5253 Africa-F46, Donna	W52 WCSAPD	6,40m	7,25m 34,13%

W55 Shot Put

55 SA Record: N 11,13m M. van As

55 WP Record: P 10,64m Hester Schoonwinkel

Name	Age Team	Finals	Age-Grading
1 # 1087 Johnson, Maryanne	W55 PINELANDS AT	7,54m	9,30m 43,84%

W70 Shot Put

70 SA Record: N 8,51m 2019/04/13 Helena Fourie, AGN

70 WP Record: P 7,78m 2023/05/06 Ronel Griesel

Name	Age Team	Finals	Age-Grading
1 # 5225 Du Toit, Aletta	W72 BELLVILLE AT	5,13m	8,53m 40,17%

M20-34 Shot Put

20-34 WP Rec: P 12,92m 1972/02/14 Steve Johnston

Name	Age Team	Finals	Age-Grading	H#
1 Vallentine-F34, Do	M30 WCSAPD	8,71m	8,71m 38,02%	2
2 Van Staden-F41, Jo	M23 WCSAPD	7,56m	7,56m 33,00%	1

M35 Shot Put

35 SA Record: N 16,56m J Booysen Jr

35 WP Record: P 12,96m 2017/10/28 Daniel Lewies

14,00m 35 SA Nat colours std

10,90m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5399 Theron, Barend	M35 LWANDLE ATHL	11,46m WPS	11,98m 52,33%

M45 Shot Put

45 SA Record: N 18,29m 2018/04/27 Burger Lambrechts, AGN

45 WP Record: P 12,95m 2023/05/06 Edwil van der Westhuizen

12,20m 45 SA Nat colours std

9,50m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Willemse, Werner	M49 INDIVIDUAL	7,36m	8,73m 38,11%
2 Bosman, Dirk	M47 BELLVILLE AT	7,23m	8,57m 37,44%

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Shot Put**

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

Name	Age Team	Finals	Age-Grading	H#
1 # 5255 Nel, Chris	M54 BELLVILLE AT	11,27m WPS	13,01m 56,83%	1
2 # 2509 Davids, Elton	M50 OMMIEDRAAI F	8,79m	10,15m 44,33%	1
3 Johnson-F55, Shahi	M52 WCSAPD	6,89m	7,95m 34,75%	2

M55 Shot Put

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

Name	Age Team	Finals	Age-Grading
1 # 1065 Odendaal, Dirk	M58 BOLAND - PAARL AC	8,45m	10,49m 45,80%
2 # 103 Skinner, Mandy	M56 EASTERNS KRA	7,98m	9,91m 43,25%

M60 Shot Put

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

Name	Age Team	Finals	Age-Grading
1 # 5560 Simpson, Shaun	M60 NEDBANK A.C	12,17m WPS	14,91m 65,08%
2 # 5264 Lamara, Zain	M63 BELLVILLE AT	10,17m WPS	12,46m 54,39%

M70 Shot Put

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

Name	Age Team	Finals	Age-Grading
1 # 5227 Erasmus, Nick	M73 BELLVILLE AT	8,08m	10,53m 45,99%

M75 Shot Put

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

Name	Age Team	Finals	Age-Grading
1 # 5224 Hough, Norman	M76 BELLVILLE AT	10,30m SA	14,81m 64,66%

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11

Parow North Athletics Track

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

M85 Shot Put

Name	Age	Team	Finals	Age-Grading
85 SA Record: N 10,80m 2013/06/05 Borg Stannius, WPA				
85 WP Record: P 10,80m 2013/06/05 Borg Stannius				
7,50m 85 SA Nat colours std				
5,90m 85 WPS WP Colours Standard				
Name	Age	Team	Finals	Age-Grading
1 # 8659 Cross, Ronald	M89	FISH HOEK A. C	6,90m WPS	10,81m 47,20%

W20-34 Discus Throw

Name	Age	Team	Finals	Age-Grading	H#
20-34 WP Rec: P 39,89m 2017/03/16 Juanita Gerstner					
Name	Age	Team	Finals	Age-Grading	H#
1 Koch-F38, Carli	W23	WCSAPD	15,86m	15,86m 22,21%	1
2 Yonke-F57, Nokuthu	W22	WCSAPD	15,23m	15,23m 21,33%	2

W50 Discus Throw

Name	Age	Team	Finals	Age-Grading	H#
50 SA Record: N 38,97m 10/2013 Heleen Knobel, SWD					
50 WP Record: P 26,08m E. Engelbrecht					
Name	Age	Team	Finals	Age-Grading	H#
1 # 5253 Africa-F46, Donna	W52	WCSAPD	20,11m	26,04m 36,46%	1
2 Johnson-F52, Rushd	W53	WCSAPD	5,56m	7,19m 10,08%	2

W55 Discus Throw

Name	Age	Team	Finals	Age-Grading
55 SA Record: N 39,71m 2022/11/19 Antonette Jordaan, AGN				
55 WP Record: P 27,42m Hester Schoonwinkel				
Name	Age	Team	Finals	Age-Grading
1 # 1087 Johnson, Maryanne	W55	PINELANDS AT	19,40m	27,74m 38,85%

W70 Discus Throw

Name	Age	Team	Finals	Age-Grading
70 SA Record: N 23,26m Lena Grobler, AGN				
70 WP Record: P 17,29m 2015/01/14 Adrie Benade				
Name	Age	Team	Finals	Age-Grading
1 # 5225 Du Toit, Aletta	W72	BELLVILLE AT	12,23m	24,44m 34,23%

M35 Discus Throw

Name	Age	Team	Finals	Age-Grading
35 SA Record: N 54,46m 2009/10/24 G. Geldenhuys, FSA				
35 WP Record: P 50,39m 1975/02/27 Steve Johnston				
41,00m 35 SA Nat colours std				
32,00m 35 WPS WP Colours Standard				
Name	Age	Team	Finals	Age-Grading
1 # 5399 Theron, Barend	M35	LWANDLE ATHL	32,20m WPS	32,20m 44,81%

Leo Benning Meeting No 4 - 11 November 2023 - 2023/11/11

Parow North Athletics Track

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

M45 Discus Throw

=====
 45 SA Record: N 49,13m J.J. van Zyl, EPA
 45 WP Record: P 40,02m 2023/05/05 Edwil van der Westhuizen
 38,08m 45 SA Nat colours std
 30,00m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Bosman, Dirk	M47 BELLVILLE AT	24,15m	26,21m 36,49%
2 Willemse, Werner	M49 INDIVIDUAL	19,50m	21,16m 29,46%

M50 Discus Throw

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

Name	Age Team	Finals	Age-Grading	H#
1 # 5267 Roux, Francois	M52 BELLVILLE AT	24,16m	24,34m 33,88%	1
2 Johnson-F55, Shahi	M52 WCSAPD	16,32m	16,44m 22,89%	2

M55 Discus Throw

=====
 55 SA Record: N 53,79m 10/2016 Burton Haupt, AGN
 55 WP Record: P 39,48m 1994/11/08 Steve Johnston

Name	Age Team	Finals	Age-Grading
1 # 1065 Odendaal, Dirk	M58 BOLAND - PAARL AC	27,63m	30,04m 41,81%
2 # 103 Skinner, Mandy	M56 EASTERNS KRA	22,26m	24,20m 33,68%

M60 Discus Throw

=====
 60 SA Record: N 54,97m 2022/03/25 Burton Haupt, AGN
 60 WP Record: P 45,46m 1999/05/28 Steve Johnston

Name	Age Team	Finals	Age-Grading
1 # 5560 Simpson, Shaun	M60 NEDBANK A.C	33,90m	32,72m 45,54%
2 # 5264 Lamara, Zain	M63 BELLVILLE AT	27,75m	26,78m 37,28%

M70 Discus Throw

=====
 70 SA Record: N 41,12m 2019/04/13 Dereck Sterley, AGN
 70 WP Record: P 35,49m 2019/05/03 Norman Hough

Name	Age Team	Finals	Age-Grading
1 # 5227 Erasmus, Nick	M73 BELLVILLE AT	25,35m	29,77m 41,44%

M75 Discus Throw

=====
 75 SA Record: N 34,05m 2006/03/11 Borg Stannius, WPA
 75 WP Record: P 34,05m Borg Stannius

Name	Age Team	Finals	Age-Grading
1 # 5224 Hough, Norman	M76 BELLVILLE AT	29,08m	38,40m 53,44%

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85 SA Record: N 25,47m 2014/03/14 Borg Stannius, WPA

85 WP Record: P 27,71m 2005/08/25 Philipp Frech

Name	Age Team	Finals	Age-Grading
1 # 8659 Cross, Ronald	M89 FISH HOEK A. C	17,71m	31,29m 43,56%

W70 Hammer Throw

70 SA Record: N 25,76m Lena Grobler, AGN

70 WP Record: P 23,03m 2017/03/16 Elize Grobbelaar

22,00m 70 SA Nat colours std

15,60m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5225 Du Toit, Aletta	W72 BELLVILLE AT	18,88m WPS	36,20m 43,63%

M35 Hammer Throw

35 SA Record: N 76,39m 2012/05/18 Chris Harmse, FSA

35 WP Record: P 40,50m Gert Engelbrecht

45,00m 35 SA Nat colours std

35,00m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5399 Theron, Barend	M35 LWANDLE ATHL	32,77m	32,77m 38,62%

M45 Hammer Throw

45 SA Record: N 71,70m 2019/04/26 V Meiring, AGN

45 WP Record: P 38,25m 2016/03/19 Gerhard Potgieter

43,50m 45 SA Nat colours std

33,60m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Bosman, Dirk	M47 BELLVILLE AT	24,35m	27,24m 32,11%
2 Willemse, Werner	M49 INDIVIDUAL	15,79m	17,66m 20,82%

M55 Hammer Throw

55 SA Record: N 52,97m J. Roodt, KZN

55 WP Record: P 35,21m Gert Engelbrecht

43,00m 55 SA Nat colours std

32,80m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1065 Odendaal, Dirk	M58 BOLAND - PAARL AC	28,27m	33,31m 39,25%

M70 Hammer Throw

70 SA Record: N 49,42m 2009/03/14 Andrzej Rzepecki, AGN

70 WP Record: P 42,58m 2019/02/03 Norman Hough

38,00m 70 SA Nat colours std

27,30m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5227 Erasmus, Nick	M73 BELLVILLE AT	26,10m	33,36m 39,33%

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M75 Hammer Throw

Name	Age Team	Finals	Age-Grading
75 SA Record: N 46,68m 2012/04/14 Andrzej Rzepecki, AGN			
75 WP Record: P 34,99m Borg Stannius			
29,00m 75 SA Nat colours std			
21,00m 75 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading
1 # 5224 Hough, Norman	M76 BELLVILLE AT	34,14mPSA	49,17m 57,94%

W35 Javelin Throw

Name	Age Team	Finals	Age-Grading
35 WP Record: P 38,70m Dinky Quelch			
Name	Age Team	Finals	Age-Grading
1 # 4720 Naidoo, Sydlyn	W39 CENTURY CITY	7,70m	7,88m 10,90%

W50 Javelin Throw

Name	Age Team	Finals	Age-Grading
50 WP Record: P 30,02m 2013/04/26 Jackie Basson			
Name	Age Team	Finals	Age-Grading
1 #11583 Scholtz, Gloria	W54 CAPRICORN AT	19,72m	24,94m 34,51%

W60 Javelin Throw

Name	Age Team	Finals	Age-Grading
60 WP Record: P 27,00m Susan Malherbe			
Name	Age Team	Finals	Age-Grading
1 # 52 Pietersen, Aletta	W62 EASTERN PROV	20,97m	32,99m 45,65%

W70 Javelin Throw

Name	Age Team	Finals	Age-Grading
70 WP Record: P 18,30m Aletta Ackermann			
Name	Age Team	Finals	Age-Grading
1 # 5225 Du Toit, Aletta	W72 BELLVILLE AT	10,00m	20,00m 27,68%

M35 Javelin Throw

Name	Age Team	Finals	Age-Grading
35 SA Record: N 66,04m 2004/04/03 J. van Wyk			
35 WP Record: P 53,99m 2018/04/27 Bertus Potgieter			
Name	Age Team	Finals	Age-Grading
1 # 5399 Theron, Barend	M35 LWANDLE ATHL	28,48m	29,72m 30,19%

M50 Javelin Throw

Name	Age Team	Finals	Age-Grading	H#
50 SA Record: N 67,87m 9/2018 Wilhelm Pauer, CGA				
50 WP Record: P 45,84m 2018/03/10 JC Smith				
Name	Age Team	Finals	Age-Grading	H#
1 # 5267 Roux, Francois	M52 BELLVILLE AT	27,06m	33,26m 33,78%	1
-- Johnson-F55, Shahi	M52 WCSAPD	ND		2

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M55 Javelin Throw

Name	Age	Team	Finals	Age-Grading
55 SA Record: N 64,25m 2023/05/06 Wilhelm Pauer, CGA				
55 WP Record: P 41,85m Johan Allers				
1 # 103 Skinner, Mandy	M56	EASTERNS KRA	25,09m	33,68m 34,20%

M60 Javelin Throw

Name	Age	Team	Finals	Age-Grading
60 SA Record: N 54,84m 2001/05/04 P. Mulaudzi				
60 WP Record: P 39,46m C. English				
1 # 5264 Lamara, Zain	M63	BELLVILLE AT	29,82m	40,77m 41,41%

M70 Javelin Throw

Name	Age	Team	Finals	Age-Grading
70 SA Record: N 42,35m 2022/05/06 Dave Ludeke, AGN				
70 WP Record: P 36,30m 2019/04/13 Norman Hough				
1 #12420 Venter, Peet	M73	TYGERBERG AT	29,08m	45,26m 45,96%

M75 Javelin Throw

Name	Age	Team	Finals	Age-Grading
75 SA Record: N 36,09m 2006/04/28 Borg Stannius, WPA				
75 WP Record: P 36,09m Borg Stannius				
1 # 5224 Hough, Norman	M76	BELLVILLE AT	26,76m	47,44m 48,18%

W50 Weight Throw

Name	Age	Team	Finals	Age-Grading
50 SA Record: N 15,60m 2015/08/20 Heleen Knobel, SWD				
50 WP Record: P 11,25m Tertia Stoffberg				
12,10m 50 SA Nat colours std				
9,10m 50 WPS WP Colours Standard				
1 #11583 Scholtz, Gloria	W54	CAPRICORN AT	8,44m	9,74m 38,05%

W70 Weight Throw

Name	Age	Team	Finals	Age-Grading
70 SA Record: N 10,97m 2019/05/03 Susanna de Bruyn, KZN				
70 WP Record: P 8,96m 2015/07/25 Elize Grobbelaar				
9,00m 70 SA Nat colours std				
7,50m 70 WPS WP Colours Standard				
1 # 5225 Du Toit, Aletta	W72	BELLVILLE AT	7,79m WPS	11,35m 44,36%

M35 Weight Throw

Name	Age	Team	Finals	Age-Grading
35 SA Record: N 16,78m 2010/02/20 Martin Venter, AGN				
35 WP Record: P 13,60m 2018/12/07 Shukri Wiener				
13,50m 35 SA Nat colours std				
11,10m 35 WPS WP Colours Standard				
1 # 5399 Theron, Barend	M35	LWANDLE ATHL	12,46m WPS	12,46m 48,18%

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M70 Weight Throw

=====				
70 SA Record:	N 20,71m	9/2007	Andrzej Rzepecki, CGA	
70 WP Record:	P 16,49m	2019/04/13	Norman Hough	
	15,50m	70 SA Nat colours std		
	12,80m	70 WPS WP Colours Standard		
	Name	Age Team	Finals	Age-Grading
=====				
1 #	5227 Erasmus, Nick	M73 BELLVILLE AT	10,18m	10,44m 40,40%

M75 Weight Throw

=====				
75 SA Record:	N 19,53m	2013/04/13	Andrzej Rzepecki, KZN	
75 WP Record:	P 14,31m		Borg Stannius	
	12,50m	75 SA Nat colours std		
	10,00m	75 WPS WP Colours Standard		
	Name	Age Team	Finals	Age-Grading
=====				
1 #	5224 Hough, Norman	M76 BELLVILLE AT	13,53m SA	15,19m 58,77%

W35 5000 Meter Race Walk

=====				
35 SA Record:	N 25:10,20	1995/04/08	D. Beckley	
35 WP Record:	P 26:08,70		G. Smeeton	
	27:00,00	35 SA Nat colours std		
	31:35,00	35 WPS WP Colours Standard		
	Name	Age Team	Finals	Age-Grading
=====				
1 #	3161 Luscombe, Michell	W35 TOTALSPORTS	42:46,10	42:44,05 46,90%

W60 5000 Meter Race Walk

=====				
60 SA Record:	N 27:32,00	10/2016	Barbara Nell, CGA	
60 WP Record:	P 28:45,21		Lindsay Hatz	
	32:30,00	60 SA Nat colours std		
	38:48,00	60 WPS WP Colours Standard		
	Name	Age Team	Finals	Age-Grading
=====				
1 #	2685 Gilmour, Trish	W61 TOTALSPORTS	34:31,30 WPS	27:57,14 71,71%
2 #	2063 Sutherland, Joy	W63 WEST COAST A	37:31,40 WPS	30:22,96 65,97%

W65 5000 Meter Race Walk

=====				
65 SA Record:	N 29:28,70	2013/04/26	Elsa Meyer, AGN	
65 WP Record:	P 29:55,42		H. Rothman	
	34:50,00	65 SA Nat colours std		
	41:09,00	65 WPS WP Colours Standard		
	Name	Age Team	Finals	Age-Grading
=====				
1 #	2698 Collins, Judy	W69 TOTALSPORTS	37:00,10 WPS	28:25,49 70,51%

W70 5000 Meter Race Walk

=====				
70 SA Record:	N 30:13,08	2022/05/28	Edna Brand, WPA	
70 WP Record:	P 30:13,08	2022/05/28	Edna Brand	
	37:25,00	70 SA Nat colours std		
	43:47,00	70 WPS WP Colours Standard		
	Name	Age Team	Finals	Age-Grading
=====				
1 #	3665 Brand, Edna	W71 STRAND ATHLE	33:20,80 SA	24:12,19 82,81%

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W75 5000 Meter Race Walk

75 SA Record: N 32:36,62		2021/06/12	Annetjie Greyvenstein, AGN	
75 WP Record: P 34:00,10			A. Villet	
	40:00,00	75 SA Nat colours std		
	46:48,00	75 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 5905 Aver, Carol-Ann	W77	RUN / WALK FOR LIFE	39:23,00 SA	26:52,52 74,58%

W80 5000 Meter Race Walk

80 SA Record: N 37:32,17		2022/05/28	Hildegard Vey, WPA	
80 WP Record: P 37:32,17		2022/05/28	Hildegard Vey	
	44:40,00	80 SA Nat colours std		
	52:16,00	80 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 143 Brennan, Megan	W80	SPARTAN HARRIERS	45:37,00 WPS	29:06,49 68,86%

M30 5000 Meter Race Walk

30 SA Record: N 20:19,00			S. Valentine	
30 WP Record: P 21:48,37			G. Cillie	
	27:00,00	30 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 #10308 Goosen, Brandon	M34	EERSTE RIVER	27:04,60	27:04,61 66,82%

M55 5000 Meter Race Walk

55 SA Record: N 23:52,24			Jurgen Spencer, WPA	
55 WP Record: P 23:52,24			Jurgen Spencer	
	27:55,00	55 SA Nat colours std		
	32:40,00	55 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 3651 Hines, Denis	M56	STRAND ATHLE	34:26,20	29:39,83 60,99%

M60 5000 Meter Race Walk

60 SA Record: N 26:50,70			Jurgen Spencer, WPA	
60 WP Record: P 26:50,70			Jurgen Spencer	
	29:15,00	60 SA Nat colours std		
	34:13,00	60 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 #13289 Hector, Douglas	M63	VELOCITY ATH	32:06,50 WPS	26:25,71 68,45%

M70 5000 Meter Race Walk

70 SA Record: N 27:55,30		2010/11/12	Jurgen Spencer, WPA	
70 WP Record: P 27:55,30		2010/11/12	Jurgen Spencer	
	33:05,00	70 SA Nat colours std		
	38:42,00	70 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 5256 Pretorius, Piet	M73	BELLVILLE AT	31:57,30 SA	23:44,18 76,22%

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M75 5000 Meter Race Walk

=====
75 SA Record: N 30:13,82 2016/03/18 Jurgen Spencer, WPA

75 WP Record: P 30:13,82 2016/03/18 Jurgen Spencer

35:15,00 75 SA Nat colours std

41:15,00 75 WPS WP Colours Standard

Name

Age Team

Finals

Age-Grading

=====
1 # 2278 Diedericks, Len M78 CAPE MULTI-SPORT 34:58,20 SA 24:30,84 73,80%

2 # 5904 Aver, Brian M79 RUN / WALK FOR LIFE 40:31,20 WPS 28:24,28 63,69%