

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13**

**Parow North Athletics Track**

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

**W20-29 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading H#
<b>Finals</b>				
1 #63186 Stevens, Tamsin	W29 ULTRA-ATHLETIC CLUB	13,68	2.3	13,69 77,78% 3

**W30 100 Meter Dash**

30 SA Record: N 11,80	Gail van Niekerk, CGA			
30 WP Record: P 12,73	Corne Gomes			
14,20	30 WPS WP Colours Standard			
Name	Age Team	Finals	Wind	Age-Grading %
1 #10653 Da Rocha, Miche O	W33 TYGERBERG AT	14,77	2.3	14,78 72,04%
2 # 1203 Visagie, Nicholiz	W34 BOLAND - BOL	15,83	2.3	15,84 67,21%
3 # 5404 Nyeka, Nangoxolo	W32 LWANDLE ATHL	17,04	2.3	17,05 62,44%

**W40 100 Meter Dash**

40 SA Record: N 11,94	2014/04/24	Adri Schoeman, AGN		
40 WP Record: P 13,30	2011/10/08	Beverley Figland		
13,37	40 SA Nat colours std			
14,80	40 WPS WP Colours Standard			
Name	Age Team	Finals	Wind	Age-Grading %
1 #11844 Grobler, Sunette	W40 BELLVILLE AT	13,57 WPS	2.8	13,32 79,96%
2 # 9763 Juries, Tanja	W44 VELOCITY ATH	14,07 WPS	2.8	13,81 77,11%
3 # 1566 Milford, Lee	W41 BOLAND - SAL	18,66	2.8	18,31 58,15%

**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		
13,72	45 SA Nat colours std			
15,30	45 WPS WP Colours Standard			
Name	Age Team	Finals	Wind	Age-Grading %
1 # 3782 Robertson, Moira	W46 DURBANVILLE	13,76 WPS	2.8	13,00 81,90%
2 #11584 Abrahams, Shihaam	W48 CAPRICORN AT	18,64	2.8	17,60 60,46%

**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		
14,12	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	17,41	2.5	15,81 67,32%

**W55 100 Meter Dash**

55 SA Record: N 14,06	2019/04/13	Ronel Beukes, WPA		
55 WP Record: P 13,94	2021/04/10	Venessa Louw		
14,82	55 SA Nat colours std			
16,70	55 WPS WP Colours Standard			
Name	Age Team	Finals	Wind	Age-Grading %
1 #14014 Rabie, Angelique	W57 ATC RUNNING CLUB	17,95	2.5	15,67 67,91%

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**Parow North Athletics Track**

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

**W60 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 14,81 2023/05/06 Ronel Beukes, BOL					
60 WP Record: P 15,60 O. Wagener					
15,75 60 SA Nat colours std					
17,70 60 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 1760 Beukes, Ronél	W64	STRANDLOPERS	14,31 SA	2.5	12,00 88,75%

**W70 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
70 SA Record: N 15,57 10/2016 Toy Ungerer, SWD					
70 WP Record: P 17,03 Isabel Hofmeyr					
18,16 70 SA Nat colours std					
20,60 70 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 # 250 Van Huyssteen, El	W74	MATES MOUNTA	18,49 WPS	2.5	14,25 74,69%

**W85 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
85 SA Record: N 21,05 2023/05/06 Magdaline Johnson, WPA					
85 WP Record: P 21,05 2023/05/05 Magdalene Johnson					
25,55 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	24,98 SA	2.5	16,47 64,65%

**M30 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
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 #10633 Engel, Roscoe	M34	TYGERBERG AT	10,57 WPS	2.5	10,58 90,63%
2 #10640 Ruiters, Curt	M32	TYGERBERG AT	10,79 WPS	2.5	10,80 88,79%
3 # 9769 Benjamine, Raydon	M31	VELOCITY ATH	11,50 WPS	2.5	11,51 83,30%

**M35 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading
35 SA Record: N 10,30 E. Jeffreys, KZN					
35 WP Record: P 10,95 2019/03/23 Jonathan Dreyer					
11,29 35 SA Nat colours std					
12,20 35 WPS WP Colours Standard					
Name	Age	Team	Finals	Wind	Age-Grading
1 #63185 Mc Clinton, Warre	M36	INDIVIDUAL	12,20 WPS	2.5	12,20 78,52%
2 #12381 August, Denzil	M38	BELLVILLE AT	13,06	2.5	13,06 73,35%
3 #63183 Vena, Thobile	M39	BOLAND - MAT	13,16	2.5	13,16 72,80%

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading %
40 SA Record: N 10,70		Stan Wald, CGA			
40 WP Record: P 11,13	2018/04/27	Ricardo Mentoor			
11,52	40 SA Nat colours std				
12,60	40 WPS WP Colours Standard				
1 #12435 Hassan, Qaasim	M40	ATLANTIC ATH	12,26 WPS	2.5	11,86 80,83%
2 # 2401 Nune, Angelo	M44	OMMIEDRAAI F	12,45 WPS	2.0	12,04 79,60%
3 # 4180 Jooste, Charl	M43	DURBANVILLE	12,88	2.0	12,46 76,94%

**M45 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading %
45 SA Record: N 11,10		Stan Wald, CGA			
45 WP Record: P 11,51	2012/03/31	Johan Uys			
11,82	45 SA Nat colours std				
13,00	45 WPS WP Colours Standard				
1 Mc Clinton, Steve	M46	INDIVIDUAL	12,23 WPS	2.0	11,43 83,81%
2 #13207 Rhode, Angelo	M45	PINELANDS AT	12,90 WPS	2.0	12,06 79,46%
3 # 9399 Norkie, Denzil	M47	PHOENIX ATHL	12,96 WPS	2.0	12,12 79,09%
4 # 5540 Mapukata, Sihle	M47	NEDBANK A.C	15,27	2.0	14,27 67,13%

**M50 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading %
50 SA Record: N 11,70		Stan Wald, CGA			
50 WP Record: P 12,09	2022/05/07	John Cloete			
12,12	50 SA Nat colours std				
13,40	50 WPS WP Colours Standard				
1 # 4902 Brinders, Lance	M51	EDGEMEAD RUNNERS	13,15 WPS	2.3	11,88 80,68%
2 #14133 Williams, Samuel	M52	CAPRICORN AT	21,43	2.3	19,36 49,51%

**M55 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading %
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				
1 # 1703 Cupido, Clive	M58	STRANDLOPERS	13,53 WPS	2.3	11,81 81,15%

**M60 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading %
60 SA Record: N 12,61	2022/04/09	Johan Myburgh, WPA			
60 WP Record: P 12,61	2022/04/09	Johan Myburgh			
12,98	60 SA Nat colours std				
14,50	60 WPS WP Colours Standard				
1 # 5261 Myburgh, Johan	M62	BELLVILLE AT	13,33 WPS	2.3	11,24 85,30%
2 #63181 Williams, Kenneth	M61	INDIVIDUAL	25,32	2.3	21,35 44,91%

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**Parow North Athletics Track**

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

**M65 100 Meter Dash**

65 SA Record: N 13,10 A. van Zyl, KZN  
 65 WP Record: P 13,44 2021/04/10 Joseph Warriess  
 13,54 65 SA Nat colours std  
 15,40 65 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 9094 Warriess, Joseph	M67	UNIVERSITY O	13,61 WPS	2.5	11,08 86,48%
2 #11585 Sylvester, David	M67	CAPRICORN AT	16,79	2.5	13,67 70,10%

**M70 100 Meter Dash**

70 SA Record: N 12,90 F.P. Reid, CGA  
 70 WP Record: P 13,92 Ron Cross  
 14,26 70 SA Nat colours std  
 16,20 70 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 2402 Deetlefs, Pietie	M70	BELLVILLE AT	15,01 WPS	2.5	11,80 81,21%
2 # 174 Dreyer, Patrick	M74	SPARTAN HARRIERS	19,62	2.5	15,42 62,13%

**W30 200 Meter Dash**

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

Name	Age	Team	Finals	Wind	Age-Grading
1 #10653 Da Rocha, Miche O	W33	TYGERBERG AT	32,34	0.7	32,35 66,88%
2 # 8276 Oosthuizen, Queni	W30	BOXER ATHLET	34,09	0.7	34,10 63,45%
3 # 1203 Visagie, Nicholiz	W34	BOLAND - BOL	34,79	0.7	34,80 62,17%
4 # 5404 Nyeka, Nangoxolo	W32	LWANDLE ATHL	37,62	0.7	37,63 57,50%
5 # 303 Visagie, Frances	W31	BOLAND - BOL	41,54	0.7	41,55 52,07%

**W40 200 Meter Dash**

40 SA Record: N 24,46 2014/04/26 Adri Schoeman, AGN  
 40 WP Record: P 26,50 Koba Bellingan  
 27,36 40 SA Nat colours std  
 31,00 40 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 #11844 Grobler, Sunette	W40	BELLVILLE AT	29,06 WPS	0.7	28,45 76,05%
2 # 9763 Juries, Tanja	W44	VELOCITY ATH	30,10 WPS	0.7	29,46 73,42%
3 Potgieter, Söretha	W42	TYGERBERG AT	45,17	0.7	44,21 48,93%

**W50 200 Meter Dash**

50 SA Record: N 26,34 2023/05/05 Adri Schoeman, AGN  
 50 WP Record: P 28,30 Y de Witt  
 29,43 50 SA Nat colours std  
 33,50 50 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 890 Moosa, Deborah	W53	CELTIC HARRIERS	40,65	2.6	36,75 58,87%

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**Parow North Athletics Track**

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

**W55 200 Meter Dash**

55 SA Record: N 29,30 1996/05/04 Y. de Witt  
 55 WP Record: P 29,54 2021/04/10 Venessa Louw  
 30,78 55 SA Nat colours std  
 35,00 55 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 6766 Jenkinson, Tania	W57	BOXER ATHLET	34,65 WPS	2.6	30,06 71,98%
2 #14014 Rabie, Angelique	W57	ATC RUNNING CLUB	35,61	2.6	30,89 70,04%

**W60 200 Meter Dash**

60 SA Record: N 30,70 2003/02/08 Magdalena Tomlinson, KZN  
 60 WP Record: P 32,10 Yvonne de Wit  
 32,60 60 SA Nat colours std  
 37,30 60 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 1760 Beukes, Ronél	W64	STRANDLOPERS	30,94 SA	2.6	25,71 84,13%
2 # 1753 Du Bruyn, Linda	W60	CAPE MULTI-SPORT	37,36	2.6	31,05 69,67%

**W85 200 Meter Dash**

85 SA Record: N 51,20 2006/04/02 Christi du Plooy, CGA  
 85 WP Record: P 53,86 2022/05/28 Magdalene Johnson  
 55,38 85 SA Nat colours std  
 1:03,00 85 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 #12178 Johnson, Magdalin	W87	TYGERBERG AT	58,81 WPS	2.6	37,49 57,69%

**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 #10633 Engel, Roscoe	M34	TYGERBERG AT	22,30 WPS	3.3	22,31 86,05%
2 #10640 Ruiters, Curt	M32	TYGERBERG AT	22,86 WPS	3.3	22,87 83,95%
3 # 9769 Benjamine, Raydon	M31	VELOCITY ATH	23,29 WPS	3.3	23,30 82,40%

**M40 200 Meter Dash**

40 SA Record: N 22,00 Stan Wald, CGA  
 40 WP Record: P 22,55 2022/10/29 Jonathan Dreyer  
 23,47 40 SA Nat colours std  
 25,50 40 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
1 # 2401 Nune, Angelo	M44	OMMIEDRAAI F	24,90 WPS	NWI	23,62 81,29%
2 #12435 Hassan, Qaasim	M40	ATLANTIC ATH	25,66	NWI	24,34 78,88%

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**Parow North Athletics Track**

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

**M45 200 Meter Dash**

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45 SA Record:	N 22,90		Stan Wald, CGA		
45 WP Record:	P 23,89	2017/05/18	Marius Basson		
	24,02		45 SA Nat colours std		
	26,50		45 WPS WP Colours Standard		
Name	Age	Team	Finals	Wind	Age-Grading
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1 #	5540	Mapukata, Sihle	M47 NEDBANK A.C	30,02	NWI 27,56 69,65%

**M50 200 Meter Dash**

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50 SA Record:	N 23,29		Stan Wald, CGA		
50 WP Record:	P 24,70	2022/04/22	Marius Basson		
	24,79		50 SA Nat colours std		
	27,50		50 WPS WP Colours Standard		
Name	Age	Team	Finals	Wind	Age-Grading
=====					
1 #	4902	Brinders, Lance	M51 EDGEMEAD RUNNERS	26,70 WPS	1.5 23,72 80,90%
2 #	1240	Fortuin, Maurice	M53 BOLAND - BOL	27,16 WPS	1.5 24,13 79,53%

**M55 200 Meter Dash**

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55 SA Record:	N 24,71		Montey Hacker, CGA		
55 WP Record:	P 24,84	2011/04/09	Joseph Warriies		
	25,85		55 SA Nat colours std		
	28,90		55 WPS WP Colours Standard		
Name	Age	Team	Finals	Wind	Age-Grading
=====					
1 #	1703	Cupido, Clive	M58 STRANDLOPERS	27,78 WPS	1.5 23,88 80,38%
2		Van Der Merwe, Chr	M58 BELLVILLE AT	37,34	1.5 32,09 59,80%

**M60 200 Meter Dash**

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60 SA Record:	N 25,80		Miloje Grujic, CGA		
60 WP Record:	P 26,01	2022/04/09	Johan Myburgh		
	26,70		60 SA Nat colours std		
	30,00		60 WPS WP Colours Standard		
Name	Age	Team	Finals	Wind	Age-Grading
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1 #	5261	Myburgh, Johan	M62 BELLVILLE AT	27,35 WPS	1.5 22,74 84,42%

**M65 200 Meter Dash**

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65 SA Record:	N 26,99		Monty Hacker, CGA		
65 WP Record:	P 27,78	2021/11/20	Joseph Warriies		
	28,37		65 SA Nat colours std		
	32,00		65 WPS WP Colours Standard		
Name	Age	Team	Finals	Wind	Age-Grading
=====					
1 #	9094	Warriies, Joseph	M67 UNIVERSITY O	28,61 WPS	1.5 22,99 83,47%

**W30 400 Meter Dash**

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30 SA Record:	N 55,99	2005/02/18	S Hutchinson, KZN		
30 WP Record:	P 58,25	2019/04/05	Kobie Griffiths		
	1:07,00		30 WPS WP Colours Standard		
Name	Age	Team	Finals		Age-Grading H#
=====					
1 #	8276	Oosthuizen, Queni	W30 BOXER ATHLET	1:22,64	1:22,65 58,25% 2
2 #	5404	Nyeka, Nangoxolo	W32 LWANDLE ATHL	1:27,15	1:27,16 55,24% 2

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**....W30 400 Meter Dash**

3 # 303 Visagie, Frances W31 BOLAND - BOL 1:42,82 1:42,83 46,82% 2

**W35 400 Meter Dash**

35 SA Record: N 56,00 1965/07/20 Anne McKenzie, CGA

35 WP Record: P 58,47 2023/01/14 Kobie Griffiths

1:00,92 35 SA Nat colours std

1:09,00 35 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading	H#
1 # 5616 Griffiths, Kobie	W38	NEDBANK A.C	1:00,40 SA	59,09	81,47% 2

**W40 400 Meter Dash**

40 SA Record: N 56,30 1967/10/28 Anne McKenzie, CGA

40 WP Record: P 56,50 Anne McKenzie

1:01,90 40 SA Nat colours std

1:12,00 40 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading	H#
1 # 9763 Juries, Tanja	W44	VELOCITY ATH	1:18,18	1:13,81	65,22% 2

**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

1:08,55 50 SA Nat colours std

1:18,00 50 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 3679 Germishuizen, Sha	W53	STRAND ATHLE	1:30,78	1:19,08 60,87%
2 # 890 Moosa, Deborah	W53	CELTIC HARRIERS	1:43,29	1:29,98 53,50%

**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

1:14,61 55 SA Nat colours std

1:22,00 55 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 6766 Jenkinson, Tania	W57	BOXER ATHLET	1:16,59 WPS	1:03,76 75,51%
2 #14014 Rabie, Angelique	W57	ATC RUNNING CLUB	1:18,37 WPS	1:05,24 73,79%

**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

1:17,43 60 SA Nat colours std

1:28,00 60 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 1753 Du Bruyn, Linda	W60	CAPE MULTI-SPORT	1:25,75 WPS	1:07,95 70,85%

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M30 400 Meter Dash**

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

Name	Age	Team	Finals	Age-Grading	H#
1 # 9769 Benjamine, Raydon	M31	VELOCITY ATH	53,04 WPS	53,05 81,13%	3

**M35 400 Meter Dash**

35 SA Record: N 47,90 J. Cyrus

35 WP Record: P 51,61 T. Dixon

51,04 35 SA Nat colours std

57,00 35 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading	H#
1 # 5088 Starck, Simon	M35	EDGEMEAD RUNNERS	1:02,90	1:01,80 69,63%	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

52,55 40 SA Nat colours std

58,00 40 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading	H#
1 Dreyer, Jonathan	M42	BRIMSTONE IT	53,02 WPS	50,44 85,31%	3
2 # 5214 Le Grange, Jacobu	M43	BELLVILLE AT	57,37 WPS	54,58 78,84%	3
3 #12435 Hassan, Qaasim	M40	ATLANTIC ATH	57,53 WPS	54,73 78,62%	3
4 # 4180 Jooste, Charl	M43	DURBANVILLE	1:01,63	58,63 73,39%	3

**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

53,73 45 SA Nat colours std

1:00,00 45 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading	H#
1 # 5219 Mentoor, Ricardo	M46	BELLVILLE AT	53,67 SA	49,42 87,07%	2
2 # 9399 Norkie, Denzil	M47	PHOENIX ATHL	58,49 WPS	53,86 79,89%	2
3 # 5540 Mapukata, Sihle	M47	NEDBANK A.C	1:08,98	1:03,52 67,74%	2

**M50 400 Meter Dash**

50 SA Record: N 51,93 2023/03/04 Moses Naidoo, KZN

50 WP Record: P 55,70 J. Swiegers

55,97 50 SA Nat colours std

1:02,00 50 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading	H#
1 # 1269 Pick, Tony	M54	PINELANDS AT	59,32 WPS	52,85 81,42%	2
2 # 1240 Fortuin, Maurice	M53	BOLAND - BOL	1:04,86	57,79 74,47%	2



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Name	Age Team	Finals	Age-Grading
55 SA Record: N 55,00	Miloje Crujic / Stan Immelman		
55 WP Record: P 57,58	2011/04/09 Joseph Warriies		
59,03	55 SA Nat colours std		
1:05,00	55 WPS WP Colours Standard		
1 # 1703 Cupido, Clive	M58 STRANDLOPERS	1:00,40 WPS	52,05 82,68%
2 Van Der Merwe, Chr	M58 BELLVILLE AT	1:41,30	1:27,29 49,30%

**M60 400 Meter Dash**

Name	Age Team	Finals	Age-Grading
60 SA Record: N 55,53	Miloje Crujic, CGA		
60 WP Record: P 1:01,41	2017/05/18 Joseph Warriies		
1:01,01	60 SA Nat colours std		
1:09,00	60 WPS WP Colours Standard		
1 # 9511 Robinson, Ricky	M64 ATLANTIC ATH	1:13,40	1:01,14 70,38%

**W30 800 Meter Run**

Name	Age Team	Finals	Age-Grading
30 SA Record: N 2:09,81	2015/05/15 M. Brandt, BOL		
30 WP Record: P 2:04,20	2014/04/11 Mandie Brandt		
2:43,00	30 WPS WP Colours Standard		
1 # 8276 Oosthuizen, Queni	W30 BOXER ATHLET	3:01,08	3:01,09 62,96%

**W35 800 Meter Run**

Name	Age Team	Finals	Age-Grading
35 SA Record: N 2:08,00	1965/07/15 Anne McKenzie, CGA		
35 WP Record: P 2:11,06	2022/04/26 Kobie Griffiths		
2:27,86	35 SA Nat colours std		
2:45,00	35 WPS WP Colours Standard		
1 # 5616 Griffiths, Kobie	W38 NEDBANK A.C	2:16,23 SA	2:15,27 84,29%

**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		
2:28,83	40 SA Nat colours std		
2:47,00	40 WPS WP Colours Standard		
1 # 4631 Lepati, Emmeranth	W40 ELSIES RIVER	2:39,53 WPS	2:32,56 74,73%

**W50 800 Meter Run**

Name	Age Team	Finals	Age-Grading
50 SA Record: N 2:20,30	2022/04/21 Marili Munnik, AGN		
50 WP Record: P 2:23,10	Anne McKenzie		
2:38,79	50 SA Nat colours std		
3:00,00	50 WPS WP Colours Standard		
-- # 890 Moosa, Deborah	W53 CELTIC HARRIERS	DNF	

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13**

**Parow North Athletics Track**

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

**W55 800 Meter Run**

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		
	2:49,61	55 SA Nat colours std			
	3:13,00	55 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 #14014 Rabie, Angelique	W57	ATC RUNNING CLUB	2:58,95 WPS	2:30,90	75,56%
2 # 6766 Jenkinson, Tania	W57	BOXER ATHLET	3:15,71	2:45,03	69,09%

**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		
	2:04,96	45 SA Nat colours std			
	2:22,00	45 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 3696 Engelbrecht, Chri	M49	STRAND ATHLE	2:19,25 WPS	2:08,18	78,73%
2 # 5540 Mapukata, Sihle	M47	NEDBANK A.C	2:26,73	2:15,07	74,72%
3 # 6475 Juries, Chubasco	M48	BRIMSTONE IT	2:34,09	2:21,84	71,15%

**M50 800 Meter Run**

50 SA Record: N	2:01,86		Len Claassen, AGN		
50 WP Record: P	2:09,45		Vince O'Donoghue		
	2:08,02	50 SA Nat colours std			
	2:27,00	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 1269 Pick, Tony	M54	PINELANDS AT	2:15,42 WPS	1:59,74	84,28%
2 # 9291 Mullins, Pheobius	M50	MULTI - SPOR	2:38,99	2:20,58	71,78%
3 # 2264 Basson, Marius	M51	CAPE MULTI-SPORT	2:42,64	2:23,81	70,17%

**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		
	2:14,95	55 SA Nat colours std			
	2:35,00	55 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 2974 Van Niekerk, Warr	M56	MIDRAND STRIDERS	2:43,25	2:18,59	72,81%
2 #12207 Swart, Dries	M58	ATC RUNNING CLUB	2:44,46	2:19,62	72,28%

**M60 800 Meter Run**

60 SA Record: N	2:15,48	2023/01/26	Anthony Grendon, WPA		
60 WP Record: P	2:20,58	2021/11/13	Anthony Grendon		
	2:23,33	60 SA Nat colours std			
	2:44,00	60 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 9511 Robinson, Ricky	M64	ATLANTIC ATH	2:43,92 WPS	2:13,55	75,56%

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13**

**Parow North Athletics Track**

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

**M65 800 Meter Run**

65 SA Record: N	2:26,15	10/2016	Len Claassen, AGN		
65 WP Record: P	2:38,65	2021/02/27	Robbie Lindsay		
	2:32,34	65 SA Nat colours std			
	2:58,00	65 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 4989 Hansby, Walter	M67	EDGEMEAD RUNNERS	3:28,78	2:43,15	61,85%

**M75 800 Meter Run**

75 SA Record: N	2:37,04	2010/04/30	Ken Nurden, AGN		
75 WP Record: P	3:02,53	2023/11/11	Henry Cleophas, NEDBANK A.C		
	3:22,14	75 SA Nat colours std			
	3:44,00	75 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 5574 Cleophas, Henry	M75	NEDBANK A.C	3:02,60 SA	2:10,91	77,09%

**W30 1500 Meter Run**

30 SA Record: N	4:22,09	2016/04/19	Mandie Brandt, WPA		
30 WP Record: P	4:22,09	2016/04/19	Mandie Brandt		
	5:47,00	30 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 5235 Burger, Elretha	W34	BELLVILLE AT	5:56,70	5:56,71	64,50%
2 # 8276 Oosthuizen, Queni	W30	BOXER ATHLET	6:15,80	6:15,81	61,22%

**W40 1500 Meter Run**

40 SA Record: N	4:36,00	1967/07/20	Anne McKenzie, CGA		
40 WP Record: P	4:43,87		Athalie van Beuge		
	5:03,89	40 SA Nat colours std			
	5:57,00	40 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 4631 Lepati, Emmeranth	W40	ELSIES RIVER	5:44,90 WPS	5:25,63	70,66%
2 # 1566 Milford, Lee	W41	BOLAND - SAL	8:14,10	7:46,48	49,32%

**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		
	5:12,51	45 SA Nat colours std			
	6:06,00	45 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 5115 Vienings, Marlize	W48	EDGEMEAD RUNNERS	5:47,90 WPS	5:15,52	72,92%
2 #11584 Abrahams, Shihaam	W48	CAPRICORN AT	9:26,10	8:33,40	44,81%

**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		
	5:37,44	55 SA Nat colours std			
	6:49,00	55 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 #14014 Rabie, Angelique	W57	ATC RUNNING CLUB	5:59,30 WPS	4:59,09	76,92%

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13**

**Parow North Athletics Track**

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

**M35 1500 Meter Run**

35 SA Record: N 3:54,04	Deon Brummer, AGN			
35 WP Record: P 3:54,04	Johan Landsman			
	4:12,78	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	4:26,30 WPS	4:22,28 78,54%
2 # 4880 Ockhuis, Garron	M38	EDGEMEAD RUNNERS	4:50,90	4:46,51 71,90%
3 # 5088 Starck, Simon	M35	EDGEMEAD RUNNERS	4:53,50	4:49,07 71,26%
4 # 2592 Pienaar, Barry-Jo	M35	KUILS RIVER	5:12,10	5:07,39 67,02%
5 # 9007 Martin, Brent	M36	CASUARINA AC	5:33,80	5:28,76 62,66%

**M40 1500 Meter Run**

40 SA Record: N 3:58,90	Terence Brown, KZN			
40 WP Record: P 3:58,90	Terence Brown			
	4:14,95	40 SA Nat colours std		
	4:48,00	40 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 9580 Broers, Neil	M42	ATLANTIC ATH	4:33,40 WPS	4:20,61 79,05%

**M45 1500 Meter Run**

45 SA Record: N 4:03,13	Terence Brown, KZN			
45 WP Record: P 4:03,13	Terence Brown			
	4:20,66	45 SA Nat colours std		
	4:58,00	45 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 8518 Gibson, Michael	M47	FISH HOEK A. C	4:27,30 WPS	4:06,08 83,71%
2 # 3696 Engelbrecht, Chri	M49	STRAND ATHLE	4:48,90 WPS	4:25,97 77,46%
3 # 5540 Mapukata, Sihle	M47	NEDBANK A.C	5:01,50	4:37,57 74,22%
4 # 5998 Bailey, Jason	M47	GROOT CONSTANTIA	5:08,90	4:44,38 72,44%
5 # 6475 Juries, Chubasco	M48	BRIMSTONE IT	5:17,00	4:51,84 70,59%

**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		
	4:29,73	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	5:07,00 WPS	4:32,34 75,64%
2 # 1798 Bewee, Glenn	M53	STRANDLOPERS	5:46,30	5:07,21 67,06%
3 #14133 Williams, Samuel	M52	CAPRICORN AT	10:44,00	9:31,30 36,06%

**M55 1500 Meter Run**

55 SA Record: N 4:32,40	Sybrand Mostert, WPA			
55 WP Record: P 4:32,40	Stefanus Mostert			
	4:37,18	55 SA Nat colours std		
	5:29,00	55 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading
1 # 4629 Philander, Tobias	M59	ELSIES RIVER	5:05,80 WPS	4:20,76 79,00%
2 #12207 Swart, Dries	M58	ATC RUNNING CLUB	5:47,20	4:56,06 69,58%

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13**

**Parow North Athletics Track**

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

**M60 1500 Meter Run**

Name	Age	Team	Finals	Age-Grading
60 SA Record: N 4:43,67	2023/05/05	Anthony Grendon, WPA		
60 WP Record: P 4:44,34	2022/07/05	Anthony Grendan		
4:53,25	60 SA Nat colours std			
5:49,00	60 WPS WP Colours Standard			
1 # 891 Moosa, Abdurahman	M62	CELTIC HARRIERS	6:16,00	5:07,35 67,03%

**M65 1500 Meter Run**

Name	Age	Team	Finals	Age-Grading
65 SA Record: N 4:59,97		GW Loedolff, AGN		
65 WP Record: P 5:23,36		Stefanus Mostert		
5:14,97	65 SA Nat colours std			
6:23,00	65 WPS WP Colours Standard			
1 # 212 Van Wyk, Hannes	M68	OUTENIQUA HARRIERS	6:08,40 WPS	4:47,87 71,56%

**W29 5000 Meter Run**

Name	Age	Team	Finals	Age-Grading
1 Du Bruyn, Leanda	W29	CAPE MULTI-SPORT	18:18,50	18:18,51 77,48%

**W30 5000 Meter Run**

Name	Age	Team	Finals	Age-Grading
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			
1 # 5235 Burger, Elretha	W34	BELLVILLE AT	21:43,62 WPS	21:43,63 65,29%

**W35 5000 Meter Run**

Name	Age	Team	Finals	Age-Grading
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		
18:56,16	35 SA Nat colours std			
22:10,00	35 WPS WP Colours Standard			
1 # 5580 Du Plessis, Madel	W35	EDGEMEAD RUNNERS	19:22,39 WPS	19:19,37 73,42%

**W40 5000 Meter Run**

Name	Age	Team	Finals	Age-Grading
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		
19:09,42	40 SA Nat colours std			
22:30,00	40 WPS WP Colours Standard			
1 #10966 Roffey, Anneline	W42	TYGERBERG AT	19:45,49 WPS	18:59,85 74,67%
2 # 4990 Africa, Carmelita	W41	EDGEMEAD RUNNERS	21:23,75 WPS	20:34,33 68,96%

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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  
 19:34,51 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	20:29,48 WPS	18:55,92 74,93%

**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  
 20:15,23 50 SA Nat colours std  
 24:00,00 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 890 Moosa, Deborah	W53 CELTIC HARRIERS	28:52,00	25:32,31 55,55%

**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  
 21:20,68 55 SA Nat colours std  
 25:10,00 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 9603 Davis, Lynn	W55 ATLANTIC ATH	21:26,20 WPS	18:05,30 78,43%
2 #13358 Ludick, Sonja	W57 STRAND ATHLE	21:49,54 WPS	18:25,00 77,03%

**W65 5000 Meter Run**

65 SA Record: N 22:27,31 2023/05/04 Marietjie Ceronio, AVT  
 65 WP Record: P 22:57,77 2022/04/23 Nancy Will  
 25:13,35 65 SA Nat colours std  
 30:20,00 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 254 Riviera, Joy	W69 SPARTAN HARRIERS	35:25,76	26:50,91 52,84%

**M35 5000 Meter Run**

35 SA Record: N 14:15,10 H. Lekgangane  
 35 WP Record: P 14:56,42 J. September  
 15:49,35 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	15:59,47 WPS	15:59,48 78,93%
2 #10310 Adriaanse, André-	M39 EERSTE RIVER	16:44,89 WPS	16:44,90 75,37%
3 # 4880 Ockhuis, Garron	M38 EDGEMEAD RUNNERS	17:47,89	17:47,90 70,92%
4 # 5088 Starck, Simon	M35 EDGEMEAD RUNNERS	18:18,50	18:18,51 68,94%
5 # 9007 Martin, Brent	M36 CASUARINA AC	20:58,38	20:58,39 60,18%

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13**

**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		
16:06,12	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	16:53,52 WPS	16:23,22 77,03%
2 # 9444 Swartz, Marshall	M44 BOXER ATHLET	21:30,14	20:51,57 60,51%
3 # 7280 Smit, Pierre	M42 GOODWOOD HAR	22:37,37	21:56,79 57,51%

**M45 5000 Meter Run**

45 SA Record: N 15:19,68	Steve Hollier, CGA		
45 WP Record: P 15:19,68	S. Hollier		
16:28,27	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	M46 ATLANTIC ATH	16:54,51 WPS	15:43,40 80,28%
2 # 5540 Mapukata, Sihle	M47 NEDBANK A.C	17:59,43 WPS	16:43,77 75,45%
3 # 9796 Olivier, Tinus	M46 GOODWOOD HAR	18:08,23 WPS	16:51,95 74,84%
4 # 6475 Juries, Chubasco	M48 BRIMSTONE IT	18:36,22 WPS	17:17,98 72,96%

**M50 5000 Meter Run**

50 SA Record: N 16:01,50	2003	Sean Rice, CGA	
50 WP Record: P 16:37,76		S. Hollier	
16:42,80	50 SA Nat colours std		
19:25,00	50 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading
1 # 4995 Almeida, Jose	M51 EDGEMEAD RUNNERS	18:42,31 WPS	16:38,86 75,82%
2 # 9291 Mullins, Pheobius	M50 MULTI - SPOR	19:01,37 WPS	16:55,82 74,56%
3 # 690 Askew, Dave	M50 CELTIC HARRIERS	20:14,56	18:00,96 70,06%
4 # 5557 Simons, Gary	M50 NEDBANK A.C	20:29,40	18:14,17 69,22%
5 # 1798 Bewee, Glenn	M53 STRANDLOPERS	21:45,84	19:22,20 65,17%

**M55 5000 Meter Run**

55 SA Record: N 16:54,76	Sybrand Mostert, WPA		
55 WP Record: P 16:54,60	Stefanus Mostert		
17:28,54	55 SA Nat colours std		
20:40,00	55 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading
1 # 4629 Philander, Tobias	M59 ELSIES RIVER	18:42,97 WPS	15:54,75 79,32%
2 # 3587 Ludick, Kobus	M58 STRAND ATHLE	19:17,18 WPS	16:23,84 76,98%
3 #10480 Abrahams, Denzil	M55 GOODWOOD HAR	21:33,14	18:19,43 68,89%
4 # 945 Hughes, Brandon	M58 CELTIC HARRIERS	23:10,45	19:42,17 64,06%

**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	
18:26,11	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	21:56,27	17:46,97 70,98%

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13**

**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		
	19:51,06	65 SA Nat colours std			
	23:30,00	65 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 212 Van Wyk, Hannes	M68	OUTENIQUA HARRIERS	23:09,32 WPS	17:51,59	70,68%
2 #12141 Rhoda, Keith	M67	CARBINEERS W	23:59,88	18:30,58	68,19%
3 # 4989 Hansby, Walter	M67	EDGEMEAD RUNNERS	24:13,82	18:41,34	67,54%

**M75 5000 Meter Run**

75 SA Record: N	21:30,10	2010/04/30	Ken Nurden, AGN		
75 WP Record: P	23:52,94	2023/11/11	Henry Cleophas		
	24:54,62	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	22:42,53PSA	15:44,24	80,21%

**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		
	29:47,87	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	26:12,79PSA	17:08,77	73,62%

**W60 High Jump**

60 SA Record: N	1,43m	2023/03/04	Theresa Schmelzer, ANW		
60 WP Record: P	1,16m	2011/03/19	M. Jonkers / I Hofmeyr		
	1,16m	60 SA Nat colours std			
	1,03m	60 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 2401 Deetlefs, Suretha	W60	BELLVILLE AT	1,25mNSA	1,63m	78,13%

**M45 High Jump**

45 SA Record: N	1,93m	2013/02/23	Johan Gutsche, CNW		
45 WP Record: P	1,63m		C. Carl		
	1,68m	45 SA Nat colours std			
	1,48m	45 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 # 9399 Norkie, Denzil	M47	PHOENIX ATHL	1,38mN	1,53m	62,73%

**M50 High Jump**

50 SA Record: N	1,82m	2019/05/03	Johan Gutsche, CNW		
50 WP Record: P	1,61m	1984/11/24	Leo Benning		
	1,61m	50 SA Nat colours std			
	1,41m	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
1 #10953 Davids, Jerome	M52	NEDBANK A.C	1,53mNWPS	1,79m	73,21%



**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****....M50 High Jump**

2 # 5251 Maree, Archibald M51 BELLVILLE AT 1,41mNWPS 1,65m 67,46%

**W35 Long Jump**

35 SA Record: N 6,58m Maryna v Niekerk, CGA

35 WP Record: P 5,62m Corne Gomes

4,96m 35 SA Nat colours std

4,10m 35 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
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1 # 225 Felix, Charne	W37	BOLAND - MAT	4,03m	NWI	4,16m 56,05%
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**W40 Long Jump**

40 SA Record: N 5,73m 2012/03/31 Charmain Barnard, AGN

40 WP Record: P 4,71m 2023/05/05 Tanya Juries

4,74m 40 SA Nat colours std

3,95m 40 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
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1 # 9763 Juries, Tanja	W44	VELOCITY ATH	4,48mPWPS	NWI	4,88m 65,88%
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2 Potgieter, Söretha	W42	TYGERBERG AT	2,73m	NWI	2,97m 40,15%
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**W55 Long Jump**

55 SA Record: N 4,37m 2010/10/16 A. Steenkamp, SWD

55 WP Record: P 3,86m Margaret Jonkers

3,98m 55 SA Nat colours std

3,20m 55 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
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-- # 2000 Dunn, CJ	W56	SPARTAN HARRIERS	ND	NWI	
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**W60 Long Jump**

60 SA Record: N 4,22m 2010/05/01 Toy Ungerer, SWD

60 WP Record: P 3,60m O. Wagener

3,62m 60 SA Nat colours std

3,00m 60 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
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1 # 2401 Deetlefs, Suretha	W60	BELLVILLE AT	3,56mPWPS	NWI	4,91m 66,29%
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**M35 Long Jump**

35 SA Record: N 7,22m Vic Hager, KZN

35 WP Record: P 6,64m 2011/04/09 Robin Buck

6,23m 35 SA Nat colours std

5,30m 35 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading
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1 #63183 Vena, Thobile	M39	BOLAND - MAT	3,96m	NWI	4,11m 45,94%
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**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Long Jump**

40 SA Record: N	7,14m		Vic Hager, KZN			
40 WP Record: P	6,51m	2016/11/01	Robin Buck			
	6,02m		40 SA Nat colours std			
	5,10m		40 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading	
1 #12435 Hassan, Qaasim	M40	ATLANTIC ATH	4,43m	NWI	4,86m 54,29%	

**M45 Long Jump**

45 SA Record: N	6,34m		Vic Hager, KZN			
45 WP Record: P	5,87m	2023/05/06	Denzil Norkie			
	5,77m		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	5,62mPWPS	NWI	6,52m 72,89%	
-- # 5540 Mapukata, Sihle	M47	NEDBANK A.C	ND	NWI		

**M50 Long Jump**

50 SA Record: N	6,18m		J. van Rooyen			
50 WP Record: P	5,94m		R. Cross			
	5,42m		50 SA Nat colours std			
	4,60m		50 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading	
1 # 2264 Basson, Marius	M51	CAPE MULTI-SPORT	4,80m WPS	NWI	5,90m 65,93%	

**M60 Long Jump**

60 SA Record: N	5,33m		Ron Cross, WPA			
60 WP Record: P	5,33m		R. Cross			
	4,79m		60 SA Nat colours std			
	4,00m		60 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading	
1 #63181 Williams, Kenneth	M61	INDIVIDUAL	2,31m	NWI	3,20m 35,81%	

**M70 Long Jump**

70 SA Record: N	4,66m		Albertus van Zyl, KZN			
70 WP Record: P	4,03m		Leo Benning			
	4,04m		70 SA Nat colours std			
	3,30m		70 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading	
1 # 174 Dreyer, Patrick	M74	SPARTAN HARRIERS	3,18m	NWI	5,02m 56,08%	

**W60 Triple Jump**

60 SA Record: N	7,67m		Christi du Plooy, CGA			
	7,14m		60 SA Nat colours std			
	6,25m		60 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading	
1 # 2401 Deetlefs, Suretha	W60	BELLVILLE AT	7,58mNSA	NWI	10,53m 67,98%	

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13****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 13,89m	2023/05/06	Jason Sewanyana,	TYGERBERG AT		
	12,03m		40 SA Nat colours	std		
	11,25m		40 WPS WP Colours	Standard		
Name	Age	Team	Finals	Wind	Age-Grading	
1 #10643 Sewanyana, Jason	M42	TYGERBERG AT	13,50mPSA	NWI	14,24m	77,85%

**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			
	11,48m		50 SA Nat colours	std		
	10,00m		50 WPS WP Colours	Standard		
Name	Age	Team	Finals	Wind	Age-Grading	
1 # 2264 Basson, Marius	M51	CAPE MULTI-SPORT	8,79m	NWI	10,37m	56,75%

**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			
	12,01m		35 SA Nat colours	std		
	8,20m		35 WPS WP Colours	Standard		
Name	Age	Team	Finals	Age-Grading		
1 # 8987 Cupido, Joanne	W36	ADVENTIST AT	6,59m	6,83m	32,16%	

**W40 Shot Put**

40 SA Record:	N 11,92m		Marie-Louise Uys,	SWD		
40 WP Record:	P 11,92m		M. Uys			
	10,61m		40 SA Nat colours	std		
	8,00m		40 WPS WP Colours	Standard		
Name	Age	Team	Finals	Age-Grading		
1 # 5240 Albertyn, Este	W40	BELLVILLE AT	8,95m WPS	9,99m	47,03%	

**W50 Shot Put**

50 SA Record:	N 13,24m	2019/03/30	Charmain Barnard,	AGN		
50 WP Record:	P 11,17m		Tertia Stofberg			
	11,11m		50 SA Nat colours	std		
	8,20m		50 WPS WP Colours	Standard		
Name	Age	Team	Finals	Age-Grading		
1 # 2073 Messias, Louise	W54	HEAT ATHLETICS CLUB	7,57m	8,57m	40,37%	
2 # 9764 Snyders, Margaret	W52	VELOCITY ATH	6,63m	7,51m	35,36%	

**W55 Shot Put**

55 SA Record:	N 11,13m		M. van As			
55 WP Record:	P 10,64m		Hester Schoonwinkel			
	9,83m		55 SA Nat colours	std		
	7,60m		55 WPS WP Colours	Standard		
Name	Age	Team	Finals	Age-Grading		
1 # 1087 Johnson, Mary-Ann	W56	PINELANDS AT	7,77m WPS	9,59m	45,17%	

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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

7,40m 70 SA Nat colours std

5,60m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5228 Griesel, Ronel	W70 BELLVILLE AT	7,98mPSA	13,27m 62,49%
2 # 1564 Dokter, Welize	W72 INDIVIDUAL	5,55m	9,23m 43,46%

**M35 Shot Put**

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

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

14,29m 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	12,31mPWPS	12,87m 56,21%
2 # 1551 Gouws, Eugene	M36 BOLAND - SAL	7,71m	8,06m 35,21%

**M40 Shot Put**

40 SA Record: N 18,52m 2018/02/03 Burger Lambrechts, AGN

40 WP Record: P 14,01m T. Geldenhuys

13,90m 40 SA Nat colours std

10,40m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1132 Wiener, Shukri	M42 PINELANDS AT	10,64m WPS	11,83m 51,68%
2 #63177 Lambrechts, Anton	M42 BELLVILLE AT	9,72m	10,81m 47,21%

**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

12,38m 45 SA Nat colours std

9,50m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #63176 Scheepers, Frans	M47 BELLVILLE AT	7,86m	9,32m 40,70%

**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

13,51m 50 SA Nat colours std

10,40m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1245 De Wit, Leon	M50 PINELANDS AT	9,74m	11,25m 49,12%

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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  
 12,52m 55 SA Nat colours std  
 9,70m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #63179 February, Graeme	M55 INDIVIDUAL	9,51m	11,81m 51,54%
2 # 103 Skinner, Mandy	M56 EASTERNS KRA	7,98m	9,91m 43,25%

**M60 Shot Put**

60 SA Record: N 15,60m 2022/11/22 Burton Haupt, AGN  
 60 WP Record: P 14,24m Gunther Schirmer  
 12,80m 60 SA Nat colours std  
 10,00m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5264 Lamara, Mogamat Z	M63 BELLVILLE AT	9,90m	12,12m 52,94%
2 #63181 Williams, Kenneth	M61 INDIVIDUAL	7,51m	9,20m 40,16%

**W40 Javelin Throw**

40 SA Record: N 41,20m 2016/02/13 Y. Beytell, AGN  
 40 WP Record: P 38,22m 2011/10/08 JC Moolman  
 32,52m 40 SA Nat colours std  
 22,80m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5240 Albertyn, Este	W40 BELLVILLE AT	20,82m	23,52m 32,54%

**W50 Javelin Throw**

50 SA Record: N 34,44m 9/2018 Heleen Knobel, SWD  
 50 WP Record: P 30,02m 2013/04/26 Jackie Basson  
 29,33m 50 SA Nat colours std  
 22,20m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2073 Messias, Louise	W54 HEAT ATHLETICS CLUB	15,94m	20,16m 27,90%
2 # 9764 Snyders, Margaret	W52 VELOCITY ATH	14,24m	18,01m 24,92%

**W70 Javelin Throw**

70 SA Record: N 19,77m 2019/05/03 Mercia Ferriera, CGA  
 70 WP Record: P 18,30m Aletta Ackermann  
 18,13m 70 SA Nat colours std  
 14,00m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5228 Griesel, Ronél	W70 BELLVILLE AT	14,52m WPS	29,04m 40,19%
2 # 1564 Dokter, Welize	W72 INDIVIDUAL	11,18m	22,36m 30,94%

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13****Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M35 Javelin Throw**

35 SA Record: N 66,04m 2004/04/03 J. van Wyk  
 35 WP Record: P 53,99m 2018/04/27 Bertus Potgieter  
 57,20m 35 SA Nat colours std  
 42,00m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5399 Theron, Barend	M35 LWANDLE ATHL	32,45m	33,87m 34,39%
2 # 1551 Gouws, Eugene	M36 BOLAND - SAL	25,13m	26,23m 26,63%

**M40 Javelin Throw**

40 SA Record: N 65,54m 1998 T. Liebenberg, CNW  
 40 WP Record: P 46,70m 2023/01/14 R. Joubert/Tyrone Young  
 53,89m 40 SA Nat colours std  
 40,90m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1132 Wiener, Shukri	M42 PINELANDS AT	34,93m	39,18m 39,79%
2 #63177 Lambrechts, Anton	M42 BELLVILLE AT	29,01m	32,54m 33,04%

**M45 Javelin Throw**

45 SA Record: N 62,63m 2005/05/07 Gawie Louw, AGN  
 45 WP Record: P 53,94m 2016/03/19 Jacques Cronje  
 50,71m 45 SA Nat colours std  
 38,60m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #63176 Scheepers, Frans	M47 BELLVILLE AT	26,82m	32,47m 32,98%

**M50 Javelin Throw**

50 SA Record: N 67,87m 9/2018 Wilhelm Pauer, CGA  
 50 WP Record: P 45,84m 2018/03/10 JC Smith  
 48,33m 50 SA Nat colours std  
 36,50m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1245 De Wit, Leon	M50 PINELANDS AT	30,98m	38,08m 38,67%

**M55 Javelin Throw**

55 SA Record: N 64,25m 2023/05/06 Wilhelm Pauer, CGA  
 55 WP Record: P 41,85m Johan Allers  
 43,47m 55 SA Nat colours std  
 33,30m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #63179 February, Graeme	M55 INDIVIDUAL	28,63m	38,43m 39,03%
2 # 103 Skinner, Mandy	M56 EASTERNS KRA	24,78m	33,26m 33,78%

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13**

**Parow North Athletics Track**

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

**M60 Javelin Throw**

Name	Age Team	Finals	Age-Grading
60 SA Record: N 54,84m	2001/05/04 P. Mulaudzi		
60 WP Record: P 39,46m	C. English		
	41,30m 60 SA Nat colours std		
	32,20m 60 WPS WP Colours Standard		
1 # 5264 Lamara, Mogamat Z	M63 BELLVILLE AT	30,30m	41,43m 42,08%
2 #63181 Williams, Kenneth	M61 INDIVIDUAL	22,30m	30,49m 30,97%

**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		
	33,15m 70 SA Nat colours std		
	25,80m 70 WPS WP Colours Standard		
1 #12420 Venter, Peet	M73 TYGERBERG AT	25,90m WPS	40,31m 40,94%
2 # 1568 Dokter, Piet	M70 INDIVIDUAL	24,24m	37,73m 38,31%

**W50 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
50 SA Record: N 25:05,10	2006/04/28 Barbara Nell, CGA		
50 WP Record: P 28:45,81	E Brandt		
	30:04,40 50 SA Nat colours std		
	35:12,00 50 WPS WP Colours Standard		
1 # 334 Anders, Michelle	W51 SPARTAN HARRIERS	41:14,43	36:40,27 54,66%
2 # 9764 Snyders, Margaret	W52 VELOCITY ATH	44:02,00	39:09,27 51,19%

**W55 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
55 SA Record: N 26:19,66	2001/04/29 Barbara Nell, CGA		
55 WP Record: P 28:43,53	J. Cowley		
	31:33,50 55 SA Nat colours std		
	36:57,00 55 WPS WP Colours Standard		
1 # 7044 Wellman, Megan Je	W56 TEAM VITALITY	34:01,38 WPS	28:55,18 69,31%

**W60 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
60 SA Record: N 27:32,00	10/2016 Barbara Nell, CGA		
60 WP Record: P 28:45,21	Lindsay Hatz		
	32:53,80 60 SA Nat colours std		
	38:48,00 60 WPS WP Colours Standard		
1 # 7043 Esterhuyse, Suzet	W62 TEAM VITALITY	34:07,16 WPS	27:37,59 72,55%
2 #14232 Willuams, Susan	W61 CAPRICORN AT	45:53,76	37:09,72 53,93%

**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13**

**Parow North Athletics Track**

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

**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  
 37:23,90 70 SA Nat colours std  
 43:47,00 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 3665 Brand, Edna	W72 STRAND ATHLE	34:56,29 SA	25:21,49 79,04%
2 # 5210 Roux, Isabel	W71 BELLVILLE AT	42:02,68 WPS	30:30,97 65,68%
3 # 197 Joseph, Jackie	W74 SPARTAN HARRIERS	44:07,37	32:01,47 62,59%
4 # 549 Nel, Elizabeth	W74 SPARTAN HARRIERS	44:13,83	32:06,16 62,44%

**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  
 39:57,70 75 SA Nat colours std  
 46:48,00 75 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5905 Aver, Carol-Ann	W78 RUN / WALK FOR LIFE	40:13,44 WPS	27:26,94 73,02%
2 # 5250 Schipper, Mary	W77 BELLVILLE AT	45:53,76 WPS	31:19,17 64,00%

**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  
 44:02,90 80 SA Nat colours std  
 52:16,00 80 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4079 Nelson, Marianne	W80 DURBANVILLE	40:47,20 SA	26:01,56 77,01%
2 # 143 Brennan, Megan	W80 SPARTAN HARRIERS	42:15,47 SA	26:57,89 74,33%

**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	27:45,72	27:45,73 65,17%

**M50 5000 Meter Race Walk**

50 SA Record: N 23:01,40 Jurgen Spencer, WPA  
 50 WP Record: P 23:01,40 Jurgen Spencer  
 26:32,00 50 SA Nat colours std  
 31:18,00 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 573 Jacobs, Reon	M53 SPARTAN HARRIERS	33:10,24	29:47,84 60,72%
2 # 5251 Maree, Archibald	M51 BELLVILLE AT	36:39,70	32:56,00 54,93%
3 #14133 Williams, Samual	M52 CAPRICORN AT	43:11,76	38:48,18 46,62%



**Leo Benning Meeting No 1 - 13 January 2024 - 2024/01/13**

**Parow North Athletics Track**

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

**M55 5000 Meter Race Walk**

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55 SA Record: N	23:52,24	Jurgen Spencer, WPA		
55 WP Record: P	23:52,24	Jurgen Spencer		
	27:54,40	55 SA Nat colours std		
	32:40,00	55 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading	
=====				
1 #	1703 Cupido, Clive	M58 STRANDLOPERS	33:10,18	28:34,35 63,32%
2 #	3651 Hines, Dennis	M56 STRAND ATHLE	33:22,97	28:45,36 62,91%

**M65 5000 Meter Race Walk**

=====				
65 SA Record: N	27:03,70	2005/11/12	Jurgen Spencer, WPA	
65 WP Record: P	27:03,70	2005/11/12	Jurgen Spencer	
	29:54,40	65 SA Nat colours std		
	36:04,00	65 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading	
=====				
1 #	313 Thompson, Armond	M69 SPARTAN HARRIERS	36:49,09	28:51,05 62,71%

**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	
	35:09,80	75 SA Nat colours std		
	41:15,00	75 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading	
=====				
1 #	2278 Diedericks, Len	M79 CAPE MULTI-SPORT	36:34,95 WPS	25:38,67 70,55%