

Leo Benning Meeting No 2 - 10 February 2024 - 2/10/2024**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W30 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
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	H#
Finals						
1 #10653 Da Rocha, Michè O	W33	TYGERBERG AT	15.21	2.8	15.22 69.95%	3
2 # 5404 Nyeka, Nangoxolo	W32	LWANDLE ATHL	17.37	2.8	17.38 61.26%	3

W35 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
35 SA Record: N 12.10 11/5/1988 V.B. Kruger, CGA						
35 WP Record: P 12.61 Marna vd Burgh						
13.16	35	SA Nat colours std				
14.50	35	WPS WP Colours Standard				
Name	Age	Team	Finals	Wind	Age-Grading	H#
1	Beukes, Lauren	W39 INDIVIDUAL	17.84	2.8	17.85 59.64%	3

W40 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
40 SA Record: N 11.94 4/24/2014 Adri Schoeman, AGN						
40 WP Record: P 13.30 10/8/2011 Beverley Figland						
13.37	40	SA Nat colours std				
14.80	40	WPS WP Colours Standard				
Name	Age	Team	Finals	Wind	Age-Grading	H#
1 #11844 Grobler, Sunette	W40	BELLVILLE AT	14.00 WPS	2.8	13.74 77.50%	3
2 # 9763 Juries, Tanja	W44	VELOCITY ATH	14.29 WPS	2.8	14.02 75.93%	3
3 #10635 Miske, Mirjam	W44	TYGERBERG AT	15.87	2.8	15.57 68.37%	3

W45 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
45 SA Record: N 12.50 10/15/1994 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	H#
1 # 3782 Robertson, Moira	W46	DURBANVILLE	13.71 SA	3.3	12.95 82.20%	2
2 # 4406 Tregonning, Rushd	W49	HEWAT ATHLETIC CLUB	14.55 WPS	3.3	13.74 77.46%	2
3 # 7842 Williams, Rosetta	W48	CAPRICORN AT	17.28	3.3	16.32 65.22%	2

W50 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
50 SA Record: N 12.31 4/30/2019 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	H#
1 # 1331 Vrey, Michaela	W51	NEDBANK A.C	14.68 WPS	3.3	13.33 79.84%	2
2 # 2706 Moosa, Deborah	W53	CELTIC HARRIERS	16.96	3.3	15.40 69.10%	2
3 #13351 Hayes, Sonette	W51	STRAND ATHLE	17.62	3.3	16.00 66.52%	2



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60 SA Record: N	14.81	5/6/2023	Ronel Beukes, BOL				
60 WP Record: P	14.78	2/10/2024	Ronél Beukes, STRANDLOPERS				
	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	14.78PSA	1.9	12.39 85.93%		

W65 100 Meter Dash

65 SA Record: N	14.93	4/2/2011	Toy Ungerer, SWD				
65 WP Record: P	15.92		R. Blair				
	16.58	65 SA Nat	colours std				
	18.80	65 WPS WP	Colours Standard				
Name	Age	Team	Finals	Wind	Age-Grading		
1 # 2495 Gey Van Pittius,	W69	TUKS GAUTENG	16.53 SA	1.9	13.29 80.10%		
2 # 770 Riviera, Joy	W69	SPARTAN HARRIERS	21.13	1.9	16.99 62.66%		

W70 100 Meter Dash

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 Hiyssteen, El	W74	STELLENBOSCH	18.32 WPS	1.9	14.12 75.38%		

W85 100 Meter Dash

85 SA Record: N	21.05	5/6/2023	Magdaline Johnson, WPA				
85 WP Record: P	21.05	5/5/2023	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	22.38 SA	1.9	14.75 72.16%		

M30 100 Meter Dash

30 SA Record: N	10.50		Eric Essman, CGA				
30 WP Record: P	10.73	3/4/2023	Roscoe Engel				
	12.00	30 WPS WP	Colours Standard				
Name	Age	Team	Finals	Wind	Age-Grading	H#	
1 Engel, Roscoe	M34	TYGERBERG AT	10.80 WPS	2.0	10.81 88.70%	4	
2 #10640 Ruiters, Curt	M32	TYGERBERG AT	10.99 WPS	2.0	11.00 87.17%	4	
3 # 1111 Benjamine, Raydon	M31	VELOCITY ATH	11.36 WPS	2.0	11.37 84.33%	4	
4 #10637 Cameron, Kurt	M31	TYGERBERG AT	11.73 WPS	2.0	11.74 81.67%	4	
5 #10650 Caesar, Jureaux	M30	TYGERBERG AT	11.76 WPS	2.0	11.77 81.46%	4	
6 #31720 Moses, Aneeb	M34	INDIVIDUAL	12.01	2.0	12.02 79.77%	4	



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35 SA Record: N 10.30 E. Jeffreys, KZN
 35 WP Record: P 10.95 3/23/2019 Jonathan Dreyer
 11.29 35 SA Nat colours std
 12.20 35 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Mcclinton, Warren	M36	INDIVIDUAL	12.31	2.3	12.31 77.82%	3
2 # 9007 Martin, Brent	M36	CASUARINA AC	13.93	2.3	13.93 68.77%	3

M40 100 Meter Dash

40 SA Record: N 10.70 Stan Wald, CGA
 40 WP Record: P 11.13 4/27/2018 Ricardo Mentoor
 11.52 40 SA Nat colours std
 12.60 40 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Dreyer, Jonathan	M42	BRIMSTONE IT	11.47 SA	2.3	11.09 86.40%	3
2 #12435 Hassan, Qaasim	M40	ATLANTIC ATH	12.51 WPS	2.3	12.10 79.22%	3

M45 100 Meter Dash

45 SA Record: N 11.10 Stan Wald, CGA
 45 WP Record: P 11.51 3/31/2012 Johan Uys
 11.82 45 SA Nat colours std
 13.00 45 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 # 5219 Mentoor, Ricardo	M46	BELLVILLE AT	11.75 SA	2.0	10.99 87.23%	2
2 Mcclinton, Steve	M46	INDIVIDUAL	12.39 WPS	2.3	11.58 82.73%	3
3 #13207 Rhode, Angelo	M45	PINELANDS AT	13.00 WPS	2.3	12.15 78.85%	3

M50 100 Meter Dash

50 SA Record: N 11.70 Stan Wald, CGA
 50 WP Record: P 12.09 5/7/2022 John Cloete
 12.12 50 SA Nat colours std
 13.40 50 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 #10651 Jewaskiewitz, Deo	M51	TYGERBERG AT	12.12 SA	2.0	10.95 87.54%	2
2 # 2269 Pick, Tony	M54	PINELANDS AT	13.34 WPS	2.0	12.05 79.54%	2
3 # 4902 Brinders, Lance	M51	EDGEMEAD RUNNERS	13.39 WPS	2.0	12.10 79.24%	2

M55 100 Meter Dash

55 SA Record: N 11.80 T. George
 55 WP Record: P 12.06 4/9/2011 Joseph Warriies
 12.50 55 SA Nat colours std
 14.00 55 WPS WP Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 # 1774 Christians, Alwyn	M57	STRANDLOPERS	13.21 WPS	2.0	11.53 83.12%	2
2 # 6682 Toll, Michael	M59	BRIMSTONE IT	13.63 WPS	2.9	11.90 80.56%	1



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3 # 1703 Cupido, Clive	M58 STRANDLOPERS	13.78 WPS	2.9	12.03	79.68%	1
4 #13569 Mouton, Jacques	M56 BELLVILLE AT	15.51	2.0	13.54	70.79%	2

M60 100 Meter Dash

60 SA Record: N 12.61	4/9/2022	Johan Myburgh, WPA
60 WP Record: P 12.61	4/9/2022	Johan Myburgh
12.98	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	13.16 WPS	2.9	11.10 86.40%
2 # 7841 Williams, Kenneth	M61 CAPRICORN AT	21.08	2.9	17.77 53.94%

M65 100 Meter Dash

65 SA Record: N 13.10		A. van Zyl, KZN
65 WP Record: P 13.44	4/10/2021	Joseph Warriies
13.54	65 SA Nat	colours std
15.40	65 WPS WP	Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 # 9094 Warriies, Joseph	M67 UNIVERSITY O	14.01 WPS	2.9	11.41 84.01%

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 # 5236 Deetlefs, Pietie	M71 BELLVILLE AT	15.68 WPS	2.9	12.33 77.74%
2 # 174 Dreyer, Patrick O	M74 SPARTAN HARRIERS	19.36	2.9	15.22 62.96%

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	H#	
1 # 6905 Burger, Elretha	W34 BELLVILLE AT	31.07	1.3	31.08	69.62%	3
2 # 5404 Nyeka, Nangoxolo	W32 LWANDLE ATHL	37.38	1.3	37.39	57.87%	3

W35 200 Meter Dash

35 SA Record: N 24.90		V.B Kruger, CGA
35 WP Record: P 26.01		Marna vd Burgh
26.95	35 SA Nat	colours std
30.00	35 WPS WP	Colours Standard

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 # 9290 Walters, Marike	W36 MULTI - SPOR	28.12 WPS	1.3	28.13	76.92%	3



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2	Beukes, Lauren	W39 INDIVIDUAL	40.89	1.3	40.90	52.90%	3
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W40 200 Meter Dash

40 SA Record: N	24.46	4/26/2014	Adri Schoeman, AGN
40 WP Record: P	26.50		Koba Bellingan
	27.36	40 SA Nat	colours std
	31.00	40 WPS WP	Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 #11844 Grobler, Sunette	W40	BELLVILLE AT	29.10 WPS	1.3	28.49 75.95%	3
2 # 9763 Juries, Tanja	W44	VELOCITY ATH	30.09 WPS	2.9	29.45 73.45%	2
3 #10635 Miske, Mirjam	W44	TYGERBERG AT	32.84	2.9	32.15 67.30%	2

W45 200 Meter Dash

45 SA Record: N	25.41	3/6/2021	Shona Hutchinson, KZN
45 WP Record: P	27.30		Anne McKenzie
	27.77	45 SA Nat	colours std
	32.00	45 WPS WP	Colours Standard

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 # 3782 Robertson, Moira	W46	DURBANVILLE	29.98 WPS	2.9	28.22 76.65%	2
2 # 4406 Tregonning, Rushd	W49	HEWAT ATHLETIC CLUB	31.15 WPS	2.9	29.32 73.77%	2
3 # 5568 Matiwane, Busisiw	W48	NEDBANK A.C	38.04	2.9	35.80 60.41%	2

W50 200 Meter Dash

50 SA Record: N	26.34	5/5/2023	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	H#
1 # 2706 Moosa, Deborah	W53	CELTIC HARRIERS	37.49	2.9	33.90 63.83%	2
2 #13351 Hayes, Sonette	W51	STRAND ATHLE	39.24	2.9	35.48 60.98%	2

W55 200 Meter Dash

55 SA Record: N	29.30	5/4/1996	Y. de Witt
55 WP Record: P	29.54	4/10/2021	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	34.56 WPS	1.8	29.98 72.16%



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Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 30.70	2/8/2003	Magdalena Tomlinson, KZN			
60 WP Record: P 31.51	2/10/2024	Ronél Beukes, STRANDLOPERS			
32.60	60 SA Nat colours std				
37.30	60 WPS WP Colours Standard				
1 # 1760 Beukes, Ronél	W64	STRANDLOPERS	31.51PSA	1.8	26.19 82.61%

W65 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
65 SA Record: N 30.92	3/31/2012	Toy Ungerer, SWD			
65 WP Record: P 34.00		Isabel Hofmeyr			
35.54	65 SA Nat colours std				
41.30	65 WPS WP Colours Standard				
1 # 2495 Gey Van Pittius,	W69	TUKS GAUTENG	34.84 SA	1.8	27.70 78.10%
2 # 770 Riviera, Joy	W69	SPARTAN HARRIERS	45.49	1.8	36.17 59.82%

W85 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
85 SA Record: N 51.20	4/2/2006	Christi du Plooy, CGA			
85 WP Record: P 53.86	5/28/2022	Magdalene Johnson			
55.38	85 SA Nat colours std				
1:03.00	85 WPS WP Colours Standard				
1 #12178 Johnson, Magdalin	W87	TYGERBERG AT	57.89 WPS	1.8	36.90 58.61%

M30 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
30 SA Record: N 21.20		E. Essman, CGA				
30 WP Record: P 21.64	3/4/2023	Roscoe Engel				
24.50	30 WPS WP Colours Standard					
1 Engel, Roscoe	M34	TYGERBERG AT	23.08 WPS	0.8	23.09 83.15%	3
2 # 1111 Benjamine, Raydon	M31	VELOCITY ATH	23.41 WPS	0.8	23.42 81.97%	3
3 #10650 Caesar, Jureaux	M30	TYGERBERG AT	26.33	0.8	26.34 72.88%	3
4 #10637 Cameron, Kurt	M31	TYGERBERG AT	26.71	0.8	26.72 71.85%	3

M40 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
40 SA Record: N 22.00		Stan Wald, CGA				
40 WP Record: P 22.55	10/29/2022	Jonathan Dreyer				
23.47	40 SA Nat colours std					
25.50	40 WPS WP Colours Standard					
1 Dreyer, Jonathan	M42	BRIMSTONE IT	23.54 WPS	0.7	22.33 85.98%	2
2 # 5214 Le Grange, Jacobu	M43	BELLVILLE AT	24.99 WPS	0.7	23.70 80.99%	2
3 #12435 Hassan, Qaasim	M40	ATLANTIC ATH	26.36	0.7	25.00 76.78%	2
4 # 1025 Brown, Ryan	M42	EDGEMEAD RUNNERS	26.56	0.7	25.19 76.20%	2



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Name	Age	Team	Finals	Wind	Age-Grading	H#
45 SA Record: N 22.90		Stan Wald, CGA				
45 WP Record: P 23.55	2/11/2023	Richardo Mentoor				
24.02	45 SA Nat	colours std				
26.50	45 WPS WP	Colours Standard				
1 # 5219 Mentoor, Ricardo	M46	BELLVILLE AT	24.05 WPS	0.7	22.08 86.94%	2

M50 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
50 SA Record: N 23.29		Stan Wald, CGA				
50 WP Record: P 24.70	4/22/2022	Marius Basson				
24.79	50 SA Nat	colours std				
27.50	50 WPS WP	Colours Standard				
1 #10651 Jewaskiewitz, Deo	M51	TYGERBERG AT	25.19 WPS	2.1	22.38 85.75%	1
2 # 4902 Brinders, Lance	M51	EDGEMEAD RUNNERS	27.23 WPS	0.7	24.19 79.32%	2

M55 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
55 SA Record: N 24.71		Montey Hacker, CGA			
55 WP Record: P 24.84	4/9/2011	Joseph Warrires			
25.85	55 SA Nat	colours std			
28.90	55 WPS WP	Colours Standard			
1 #10646 Matthee, Giliomee	M56	TYGERBERG AT	27.77 WPS	2.1	23.87 80.41%
2 # 1703 Cupido, Clive	M58	STRANDLOPERS	28.63 WPS	2.1	24.61 78.00%
3 #13569 Mouton, Jacques	M56	BELLVILLE AT	28.79 WPS	2.1	24.75 77.56%

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	4/9/2022	Johan Myburgh			
26.70	60 SA Nat	colours std			
30.00	60 WPS WP	Colours Standard			
1 # 5261 Myburgh, Johan	M62	BELLVILLE AT	27.64 WPS	2.1	22.98 83.54%
2 # 7841 Williams, Kenneth	M61	CAPRICORN AT	49.41	2.1	41.07 46.73%

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	11/20/2021	Joseph Warrires			
28.37	65 SA Nat	colours std			
32.00	65 WPS WP	Colours Standard			
1 # 9094 Warrires, Joseph	M67	UNIVERSITY O	29.51 WPS	2.1	23.72 80.92%



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70 SA Record: N 27.50	Fred Reid, CGA				
70 WP Record: P 29.10	Ron Cross				
	29.71	70 SA Nat colours std			
	34.00	70 WPS WP Colours Standard			
Name	Age	Team	Finals	Wind	Age-Grading
1 # 5236 Deetlefs, Pietie	M71	BELLVILLE AT	36.31	2.1	28.20 68.08%

W30 400 Meter Dash

30 SA Record: N 55.99	2/18/2005	S Hutchinson, KZN			
30 WP Record: P 58.25	4/5/2019	Kobie Griffiths			
	1:07.00	30 WPS WP Colours Standard			
Name	Age	Team	Finals		Age-Grading H#
1 # 5404 Nyeka, Nangoxolo	W32	LWANDLE ATHL	1:27.00	1:27.01	55.33% 2

W35 400 Meter Dash

35 SA Record: N 56.00	7/20/1965	Anne McKenzie, CGA			
35 WP Record: P 58.47	1/14/2023	Kobie Griffiths			
	1:00.92	35 SA Nat colours std			
	1:09.00	35 WPS WP Colours Standard			
Name	Age	Team	Finals		Age-Grading H#
1 # 9290 Walters, Marike	W36	MULTI - SPOR	1:04.37 WPS	1:02.98	76.45% 2

W40 400 Meter Dash

40 SA Record: N 56.30	10/28/1967	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	1:14.09	1:09.95	68.82% 2

W45 400 Meter Dash

45 SA Record: N 58.43	2/15/2020	S Hutchinson, KZN			
45 WP Record: P 1:00.50		Anne McKenzie			
	1:04.46	45 SA Nat colours std			
	1:15.00	45 WPS WP Colours Standard			
Name	Age	Team	Finals		Age-Grading H#
1 # 5115 Vienings, Marlize	W48	EDGEHEAD RUNNERS	1:17.20	1:10.13	68.64% 2



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Name	Age	Team	Finals	Age-Grading	H#
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			
1 # 3679	Germishuizen, Sha	W54 STRAND ATHLE	1:32.68	1:20.74 59.62%	2
2 # 2706	Moosa, Deborah	W53 CELTIC HARRIERS	1:38.30	1:25.63 56.22%	2

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	
	1:14.61	55 SA Nat colours std		
	1:22.00	55 WPS WP Colours Standard		
1 # 6766	Jenkinson, Tania	W57 BOXER ATHLET	1:17.68 WPS	1:04.67 74.45%

W60 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
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		
1 # 648	Van Tonder, Dalee	W61 STELLENBOSCH	1:24.31 WPS	1:06.81 72.06%
2 # 1753	Du Bruyn, Linda	W60 CAPE MULTI-SPORT	1:24.32 WPS	1:06.82 72.05%

W65 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
65 SA Record: N	1:12.80	7/2011	Toy Ungerer, SWD	
65 WP Record: P	1:17.20		Jane Geldenhuys	
	1:23.55	65 SA Nat colours std		
	1:35.00	65 WPS WP Colours Standard		
1 # 770	Riviera, Joy	W69 SPARTAN HARRIERS	1:48.42	1:21.43 59.12%
2	Van Der Mescht, Di	W69 STRAND ATHLE	2:06.45	1:34.97 50.69%

M30 400 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#
30 SA Record: N	48.53	5/19/2019	Willem de Beer, AGN		
30 WP Record: P	50.49		Henk Beukes		
	56.00	30 WPS WP Colours Standard			
1 # 1111	Benjamine, Raydon	M31 VELOCITY ATH	54.22 WPS	54.23 79.36%	3



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Parow North Athletics Track

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

M40 400 Meter Dash

40 SA Record: N 49.70		Leon Hacker, CGA					
40 WP Record: P 50.38		4/9/2011 Shawn Abrahams					
52.55		40 SA Nat colours std					
58.00		40 WPS WP Colours Standard					
Name	Age	Team	Finals	Age-Grading H#			
1 #12515 Mulumba, Patrick	M40	TYGERBERG AT	55.65 WPS	52.94	81.28%	3	
2 # 5214 Le Grange, Jacobu	M43	BELLVILLE AT	56.59 WPS	53.84	79.93%	3	
3 #12435 Hassan, Qaasim	M40	ATLANTIC ATH	59.43	56.54	76.11%	3	
4 # 1025 Brown, Ryan	M42	EDGEMEAD RUNNERS	1:01.86	58.85	73.12%	3	
5 # 4634 Ramoshaba, Alfred	M43	ELSIES RIVER	1:06.14	1:02.92	68.39%	3	

M45 400 Meter Dash

45 SA Record: N 51.07		9/2018 Spencer Moraope, NWN					
45 WP Record: P 52.44		5/18/2017 Marius Basson					
53.73		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	STELLENBOSCH	55.84 WPS	51.42	83.69%	2	

M50 400 Meter Dash

50 SA Record: N 51.93		3/4/2023 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 # 5549 Bezuidenhout, Rog	M50	NEDBANK A.C	1:00.03 WPS	53.49	80.46%	2	
2 # 1798 Bewee, Glenn	M53	STRANDLOPERS	1:03.39	56.48	76.19%	2	

M55 400 Meter Dash

55 SA Record: N 55.00		Miloje Crujic / Stan Immelman					
55 WP Record: P 57.58		4/9/2011 Joseph Warriies					
59.03		55 SA Nat colours std					
1:05.00		55 WPS WP Colours Standard					
Name	Age	Team	Finals	Age-Grading H#			
1 #10646 Matthee, Giliomee	M56	TYGERBERG AT	1:00.85 WPS	52.43	82.07%	2	
2 # 1703 Cupido, Clive	M58	STRANDLOPERS	1:01.35 WPS	52.86	81.40%	2	

M60 400 Meter Dash

60 SA Record: N 55.53		Miloje Crujic, CGA					
60 WP Record: P 1:01.41		5/18/2017 Joseph Warriies					
1:01.01		60 SA Nat colours std					
1:09.00		60 WPS WP Colours Standard					
Name	Age	Team	Finals	Age-Grading			
1 # 693 Groeneveld, Leon	M63	STELLENBOSCH	1:06.06 WPS	55.03	78.20%		
2 # 9511 Robinson, Ricky	M64	ATLANTIC ATH	1:09.64	58.01	74.18%		



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65 SA Record: N	59.52		A. van Zyl, KZN		
65 WP Record: P	1:03.44	4/10/2021	Joseph Warriess		
	1:05.33		65 SA Nat colours std		
	1:13.00		65 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 246 Omar, Nassar	M65	BOLAND - MAT	1:09.14 WPS	55.64	77.34%
2 #12141 Rhoda, Keith	M67	CARBINEERS W	1:16.20	1:01.32	70.17%

M75 400 Meter Dash

75 SA Record: N	1:06.88		Lucas Nel, KZN		
75 WP Record: P	1:15.50		N. Sharpley		
	1:19.71		75 SA Nat colours std		
	1:28.00		75 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 5574 Cleophas, Henry	M75	NEDBANK A.C	1:21.50 WPS	1:00.64	70.97%

W35 800 Meter Run

35 SA Record: N	2:08.00	7/15/1965	Anne McKenzie, CGA		
35 WP Record: P	2:11.06	4/26/2022	Kobie Griffiths		
	2:27.86		35 SA Nat colours std		
	2:45.00		35 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 #10655 Van Rensburg, Mar	W39	TYGERBERG AT	2:51.16	2:49.95	67.09%

W40 800 Meter Run

40 SA Record: N	2:06.50	7/1/1966	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		
Name	Age	Team	Finals	Age-Grading	
1 # 4631 Lepati, Emmeranth	W40	ELSIES RIVER	2:39.95 WPS	2:32.97	74.54%

M35 800 Meter Run

35 SA Record: N	1:49.40		Deon Brummer, AGN		
35 WP Record: P	1:53.78		Johan Landsman		
	2:00.51		35 SA Nat colours std		
	2:14.00		35 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading H#	
1 # 5632 Ndwangu, Sandile	M39	NEDBANK A.C	2:17.29	2:16.81	73.76% 2
2 # 9007 Martin, Brent	M36	CASUARINA AC	2:34.45	2:33.91	65.56% 2



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Name	Age Team	Finals	Age-Grading H#
40 SA Record: N 1:55.80	S. Ditsele		
40 WP Record: P 1:56.52	T. Brown		
2:02.12	40 SA Nat colours std		
2:16.00	40 WPS WP Colours Standard		
1 # 4634 Ramoshaba, Alfred	M43 ELSIES RIVER	2:24.75	2:18.68 72.77% 2

M45 800 Meter Run

Name	Age Team	Finals	Age-Grading H#
45 SA Record: N 1:58.10	11/9/2019 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		
1 # 8518 Gibson, Michael	M47 FISH HOEK A. C	2:10.74 WPS	2:00.35 83.85% 2
2 # 3696 Engelbrecht, Chri	M49 STRAND ATHLE	2:26.05	2:14.44 75.06% 2
3 # 6475 Juries, Chubasco	M48 BRIMSTONE IT	2:37.36	2:24.85 69.67% 2

M50 800 Meter Run

Name	Age Team	Finals	Age-Grading
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		
1 # 5051 Stanley, Christop	M51 BELLVILLE AT	2:18.59 WPS	2:02.55 82.35%
2 # 2269 Pick, Tony	M54 PINELANDS AT	2:20.97 WPS	2:04.65 80.96%
3 # 5549 Bezuidenhout, Rog	M50 NEDBANK A.C	2:25.68 WPS	2:08.82 78.34%
4 # 1798 Bewee, Glenn	M53 STRANDLOPERS	2:36.02	2:17.96 73.15%
5 # 8380 Peacock, Michael	M51 BELLVILLE AT	2:40.65	2:22.05 71.04%

M55 800 Meter Run

Name	Age Team	Finals	Age-Grading
55 SA Record: N 2:03.70	12/1/2001 Stan Immelman, CGA		
55 WP Record: P 2:12.72	5/2/2019 Thobias Philander		
2:14.95	55 SA Nat colours std		
2:35.00	55 WPS WP Colours Standard		
1 # 2794 Van Niekerk, Warr	M56 BOLAND - WHALERS AC	2:38.41	2:14.48 75.04%

M60 800 Meter Run

Name	Age Team	Finals	Age-Grading
60 SA Record: N 2:15.48	1/26/2023 Anthony Grendon, WPA		
60 WP Record: P 2:20.58	11/13/2021 Anthony Grendon		
2:23.33	60 SA Nat colours std		
2:44.00	60 WPS WP Colours Standard		
1 # 693 Groeneveld, Leon	M63 STELLENBOSCH	2:39.08 WPS	2:09.61 77.86%
2 # 9511 Robinson, Ricky	M64 ATLANTIC ATH	2:39.75 WPS	2:10.15 77.53%



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Parow North Athletics Track

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

M65 800 Meter Run

Name	Age Team	Finals	Age-Grading
65 SA Record: N 2:26.15	10/2016 Len Claassen, AGN		
65 WP Record: P 2:38.65	2/27/2021 Robbie Lindsay		
2:32.34	65 SA Nat colours std		
2:58.00	65 WPS WP Colours Standard		
1 #12141 Rhoda, Keith	M67 CARBINEERS W	2:55.14 WPS	2:16.86 73.74%

M75 800 Meter Run

Name	Age Team	Finals	Age-Grading
75 SA Record: N 2:37.04	4/30/2010 Ken Nurden, AGN		
75 WP Record: P 3:01.28	2/10/2024 Henry Cleophas, NEDBANK A.C		
3:22.14	75 SA Nat colours std		
3:44.00	75 WPS WP Colours Standard		
1 # 5574 Cleophas, Henry	M75 NEDBANK A.C	3:01.28PSA	2:09.96 77.65%

W30 1500 Meter Run

Name	Age Team	Finals	Age-Grading
30 SA Record: N 4:22.09	4/19/2016 Mandie Brandt, WPA		
30 WP Record: P 4:22.09	4/19/2016 Mandie Brandt		
5:47.00	30 WPS WP Colours Standard		
1 # 6905 Burger, Elretha	W34 BELLVILLE AT	5:51.63	5:51.64 65.43%

W40 1500 Meter Run

Name	Age Team	Finals	Age-Grading
40 SA Record: N 4:36.00	7/20/1967 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		
1 # 4631 Lepati, Emmeranth	W40 ELSIES RIVER	5:36.84 WPS	5:18.02 72.35%
2 #12442 Robertson, Tracey	W43 ATLANTIC ATH	5:59.76	5:39.65 67.74%

W45 1500 Meter Run

Name	Age Team	Finals	Age-Grading
45 SA Record: N 4:47.81	4/27/2013 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		
1 # 5115 Vienings, Marlize	W48 EDGEMEAD RUNNERS	5:41.45 WPS	5:09.67 74.30%
2 # 3701 Rossouw, Charmain	W49 STRAND ATHLE	5:58.88 WPS	5:25.47 70.69%
3 # 5568 Matiwane, Busisiw	W48 NEDBANK A.C	5:59.61 WPS	5:26.14 70.55%
4 # 697 Menyuko, Innocent	W49 CELTIC HARRIERS	6:50.54	6:12.32 61.79%



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55 SA Record: N 5:31.10 12/10/1980 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 # 3666 Van Der Watt, Mic	W57 STRAND ATHLE	6:12.47 WPS	5:10.05 74.20%
2 #13358 Ludick, Sonja	W57 STRAND ATHLE	6:12.53 WPS	5:10.10 74.19%

W70 1500 Meter Run

70 SA Record: N 6:52.40 7/17/1997 J. Geldenhuys, WPA

70 WP Record: P 6:52.40 Jane Geldenhuys

7:42.59 70 SA Nat colours std

9:04.00 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1252 Will, Nancy	W71 PINELANDS AT	7:14.20 SA	5:12.72 73.57%

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 # 4880 Ockhuis, Garron	M38 EDGEMEAD RUNNERS	4:46.81	4:42.48 72.93%
2 # 5632 Ndwangu, Sandile	M39 NEDBANK A.C	4:47.23	4:42.90 72.82%
3 # 5088 Starck, Simon	M35 EDGEMEAD RUNNERS	4:53.73	4:49.30 71.21%

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 # 4634 Ramoshaba, Alfred	M43 ELSIES RIVER	5:12.37	4:57.76 69.18%

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 # 9578 Van Der Walt, Tja	M46 ATLANTIC ATH	4:45.36 WPS	4:22.71 78.42%
2 # 9446 Van Rooyen, Chris	M46 BOXER ATHLET	4:52.29 WPS	4:29.09 76.56%
3 # 6475 Juries, Chubasco	M48 BRIMSTONE IT	5:14.73	4:49.75 71.10%



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50 SA Record: N 4:18.94 2/20/2004 Sean Rice, CGA
 50 WP Record: P 4:23.75 2/17/2018 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 # 4995 Almeida, Jose	M51 EDGEMEAD RUNNERS	4:57.84 WPS	4:24.22 77.97%
2 # 9291 Mullins, Pheobius	M50 MULTI - SPOR	5:09.08 WPS	4:34.19 75.13%
3 # 1798 Bewee, Glenn	M53 STRANDLOPERS	5:35.27	4:57.42 69.26%

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 # 3587 Ludick, Kobus Lud	M58 STRAND ATHLE	5:18.31 WPS	4:31.43 75.90%
2 # 2797 Hughes, Brandon	M58 CELTIC HARRIERS	6:17.00	5:21.47 64.08%

M60 1500 Meter Run

60 SA Record: N 4:43.67 5/5/2023 Anthony Grendon, WPA
 60 WP Record: P 4:44.34 7/5/2022 Anthony Grendan
 4:53.25 60 SA Nat colours std
 5:49.00 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 891 Moosa, Abdurahman	M62 CELTIC HARRIERS	6:00.35	4:54.56 69.94%

M65 1500 Meter Run

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

Name	Age Team	Finals	Age-Grading
1 # 246 Omar, Nassar	M65 BOLAND - MAT	5:48.35 WPS	4:32.21 75.68%

M70 1500 Meter Run

70 SA Record: N 5:11.59 3/25/2006 Ken Nurden, AGN
 70 WP Record: P 5:57.20 J Gorbelaar
 5:45.13 70 SA Nat colours std
 6:52.00 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1565 Mentoer, Sakkie	M71 BOLAND - SAL	6:17.31 WPS	4:40.95 73.32%



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

M75 1500 Meter Run

Name	Age Team	Finals	Age-Grading
75 SA Record: N 5:33.40	4/26/2013 Peter Brown, SWD		
75 WP Record: P 6:04.56	2/10/2024 Henry Cleophas, NEDBANK A.C		
6:29.47	75 SA Nat colours std		
7:57.00	75 WPS WP Colours Standard		
1 # 5574 Cleophas, Henry	M75 NEDBANK A.C	6:04.56PSA	4:17.75 79.92%

W30 5000 Meter Run

Name	Age Team	Finals	Age-Grading
30 SA Record: N 16:26.70	11/19/1994 A. Vermeulen		
30 WP Record: P 17:43.30	2/21/2015 Anneline Roffey		
21:50.00	30 WPS WP Colours Standard		
1 # 6905 Burger, Elretha	W34 BELLVILLE AT	20:48.77 WPS	20:48.78 68.16%

W40 5000 Meter Run

Name	Age Team	Finals	Age-Grading
40 SA Record: N 17:54.40	7/4/2001 D. Sandford, SWD		
40 WP Record: P 18:14.70	3/10/2018 Simae Bulelwa		
19:09.42	40 SA Nat colours std		
22:30.00	40 WPS WP Colours Standard		
1 # 4990 Africa, Carmelita	W42 EDGEMEAD RUNNERS	20:58.66 WPS	20:10.21 70.33%

W45 5000 Meter Run

Name	Age Team	Finals	Age-Grading
45 SA Record: N 18:27.36	7/17/1997 S. du Toit, AGN		
45 WP Record: P 18:50.50	3/22/2012 Elmarie Coetzee		
19:34.51	45 SA Nat colours std		
23:10.00	45 WPS WP Colours Standard		
1 # 5115 Vienings, Marlize	W48 EDGEMEAD RUNNERS	20:30.51 WPS	18:56.87 74.87%
2 # 3701 Rossouw, Charmain	W49 STRAND ATHLE	21:00.48 WPS	19:24.56 73.09%

W50 5000 Meter Run

Name	Age Team	Finals	Age-Grading
50 SA Record: N 18:55.90	5/7/1993 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		
1 # 9550 Janse Van Rensbur	W53 ATLANTIC ATH	21:11.61 WPS	18:45.00 75.66%
2 # 5630 Nel, Sharon	W51 NEDBANK A.C	21:20.24 WPS	18:52.63 75.15%
3 #13851 Smith, Ronel	W53 INDIVIDUAL	24:07.21	21:20.35 66.48%



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55 SA Record: N 19:51.10 4/28/2000 Jenny Allebone, KZN
 55 WP Record: P 19:55.62 5/29/2021 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 #14014 Rabie, Angelique	W57 ATC RUNNING CLUB	21:14.16 SA	17:55.14 79.17%
2 #13358 Ludick, Sonja	W57 STRAND ATHLE	21:14.50 SA	17:55.43 79.15%
3 # 9603 Davis, Lynn	W55 ATLANTIC ATH	21:24.13 WPS	18:03.55 78.55%
4 # 3666 Van Der Watt, Mic	W57 STRAND ATHLE	21:59.41 WPS	18:33.32 76.45%

M30 5000 Meter Run

30 SA Record: N 14:16.25 5/4/2002 M. Nobanda
 30 WP Record: P 15:20.80 W. Visser
 17:30.00 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 Steyn, Francis	M32 INDIVIDUAL	20:22.40	20:22.41 61.96%

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 # 9983 Wildschut, Riaan	M37 ATC RUNNING CLUB	15:18.60 SA	15:18.61 82.45%
2 # 4880 Ockhuis, Garron	M38 EDGEMEAD RUNNERS	17:14.40 WPS	17:14.41 73.22%
3 # 5088 Starck, Simon	M35 EDGEMEAD RUNNERS	17:48.10	17:48.11 70.91%
4 # 9007 Martin, Brent	M36 CASUARINA AC	20:16.27	20:16.28 62.27%

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	16:57.40 WPS	16:26.98 76.73%

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	16:54.80 WPS	15:43.67 80.26%
2 # 3696 Engelbrecht, Chri	M49 STRAND ATHLE	17:14.40 WPS	16:01.89 78.74%
3 # 9697 Olivier, Tinus	M46 GOODWOOD HAR	17:56.50 WPS	16:41.04 75.66%



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4 # 6475 Juries, Chubasco M48 BRIMSTONE IT 18:02.80 WPS 16:46.90 75.22%

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	18:09.19 WPS	16:09.38 78.13%
2 # 9291 Mullins, Pheobius	M50	MULTI - SPOR	19:26.20	17:17.92 72.97%
3 # 5557 Simons, Gary Simo	M50	NEDBANK A.C	20:02.30	17:50.05 70.78%

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 # 3587 Ludick, Kobus Lud	M58	STRAND ATHLE	19:08.14 WPS	16:16.15 77.59%
2 #13569 Mouton, Jacques	M56	BELLVILLE AT	20:11.43 WPS	17:09.96 73.53%
3 #10480 Abrahams, Denzil	M55	GOODWOOD HAR	21:01.78	17:52.77 70.60%
4 #12207 Swart, Dries	M59	ATC RUNNING CLUB	21:58.75	18:41.21 67.55%
5 # 2797 Hughes, Brandon	M58	CELTIC HARRIERS	22:47.65	19:22.78 65.13%
6 Faro, Rubin	M55	INDIVIDUAL	26:45.21	22:44.76 55.49%

M60 5000 Meter Run

60 SA Record: N 17:50.60 3/19/1988 Willie Loedolff, AGN

60 WP Record: P 19:03.08 Stefanus Mostert

18:26.11 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	22:02.05	17:51.66 70.67%

W55 High Jump

55 SA Record: N 1.46m 10/28/2023 Dinah Heymans, AGN

55 WP Record: P 1.35m 5/28/2022 Suretha Deetlefs

1.22m 55 SA Nat colours std

1.09m 55 WPS WP Colours Standard

Name	Age	Team	Finals	Age-Grading
1 # 6419 Heymans, Dinah	W57	PMSC - AGN	1.37mPSA	1.70m 81.55%



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Parow North Athletics Track

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

W60 High Jump

Name	Age	Team	Finals	Age-Grading
60 SA Record: N 1.43m	3/4/2023	Theresa Schmelzer, ANW		
60 WP Record: P 1.31m	2/10/2024	Suretha Deetlefs, BELLVILLE AT		
1.16m	60 SA Nat colours std			
1.03m	60 WPS WP Colours Standard			
1 # 8967 Deetlefs, Suretha	W60	BELLVILLE AT	1.31mPSA	1.71m 81.88%

M35 High Jump

Name	Age	Team	Finals	Age-Grading
35 SA Record: N 2.01m		J. Greyvenstein		
35 WP Record: P 1.85m		A. September		
1.82m	35 SA Nat colours std			
1.63m	35 WPS WP Colours Standard			
-- # 37 Rix, Andre	M37	MITCHELL'S P	NH	

M50 High Jump

Name	Age	Team	Finals	Age-Grading
50 SA Record: N 1.82m	5/3/2019	Johan Gutsche, CNW		
50 WP Record: P 1.61m	11/24/1984	Leo Benning		
1.61m	50 SA Nat colours std			
1.41m	50 WPS WP Colours Standard			
1 #10953 Davids, Jerome	M52	NEDBANK A.C	1.46m WPS	1.71m 69.86%
2 # 5251 Maree, Archibald	M52	BELLVILLE AT	1.40m	1.64m 66.99%

W40 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
40 SA Record: N 5.73m	3/31/2012	Charmain Barnard, AGN			
40 WP Record: P 4.81m	11/16/2023	Tanya Juries			
4.74m	40 SA Nat colours std				
3.95m	40 WPS WP Colours Standard				
1 # 9763 Juries, Tanja	W44	VELOCITY ATH	4.46m WPS	2.4	4.86m 65.59%

W45 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
45 SA Record: N 5.47m	4/4/2015	Charmain Barnard, AGN			
45 WP Record: P 4.27m		Pat Smit			
4.40m	45 SA Nat colours std				
3.65m	45 WPS WP Colours Standard				
1 # 7842 Williams, Rosetta	W48	CAPRICORN AT	3.17m	3.0	3.65m 49.30%



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Parow North Athletics Track

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

W50 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
50 SA Record: N 4.56m		Petra Pietersen, AGN			
50 WP Record: P 4.42m		Yvonne de Wit			
4.30m	50	SA Nat colours std			
3.45m	50	WPS WP Colours Standard			
1 #11583 Scholtz, Gloria	W54	CAPRICORN AT	2.78m	1.0	3.39m 45.80%

W60 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
60 SA Record: N 4.22m	5/1/2010	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			
1 # 8967 Deetlefs, Suretha	W60	BELLVILLE AT	3.43m WPS	1.7	4.73m 63.87%

M30 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
30 SA Record: N 7.64m		Angus Polh, AGN			
30 WP Record: P 6.44m		T. Mostert			
5.50m	30	WPS WP Colours Standard			
1 #31720 Moses, Aneeb	M34	INDIVIDUAL	5.49m	0.4	5.49m 61.34%

M35 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
35 SA Record: N 7.22m		Vic Hager, KZN			
35 WP Record: P 6.64m	4/9/2011	Robin Buck			
6.23m	35	SA Nat colours std			
5.30m	35	WPS WP Colours Standard			
1 #12807 Jacobs, Giovanni	M37	KUILS RIVER	5.40m WPS	2.0	5.60m 62.65%

M55 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
55 SA Record: N 5.70m		S. Hough/ A Redelinhys			
55 WP Record: P 5.61m		R. Cross			
5.17m	55	SA Nat colours std			
4.30m	55	WPS WP Colours Standard			
1 # 1774 Christians, Alwyn	M57	STRANDLOPERS	4.72m WPS	0.4	6.16m 68.80%
2 #10939 Isaacs, Duncan	M55	NEDBANK A.C	3.61m	3.4	4.71m 52.62%



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Leo Benning Meeting No 2 - 10 February 2024 - 2/10/2024**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****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	W41 BELLVILLE AT	8.96m WPS	10.00m 47.08%
2 # 8989 Kleynhans, Christ	W43 BELLVILLE AT	7.21m	8.04m 37.89%

W45 Shot Put

45 SA Record: N 11.80m Marie-Louise Uys, SWD
 45 WP Record: P 9.89m Elize Engelbrecht
 10.23m 45 SA Nat colours std
 7.70m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 7842 Williams, Rosetta	W48 CAPRICORN AT	7.17m	8.64m 40.72%

W50 Shot Put

50 SA Record: N 13.24m 3/30/2019 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 #11583 Scholtz, Gloria	W54 CAPRICORN AT	6.92m	7.84m 36.91%
2 # 9764 Snyders, Margaret	W52 VELOCITY ATH	6.61m	7.48m 35.25%

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 #11581 De Bruyn, Sonja	W57 CAPRICORN AT	7.53m	9.29m 43.78%
2 # 1087 Johnson, Mary-Ann	W56 PINELANDS AT	7.10m	8.76m 41.28%
3 # 1562 Mentoer, Patricia	W57 BOLAND - SAL	4.87m	6.01m 28.31%

W60 Shot Put

60 SA Record: N 11.74m M. van As
 60 WP Record: P 9.43m 1/11/2020 Farieda Dramat
 9.01m 60 SA Nat colours std
 7.00m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5223 Dramat, Farieda	W64 BELLVILLE AT	8.74m WPS	11.82m 55.70%
2 # 1021 Smit, Jackie	W60 BOLAND - PAARL AC	8.45m WPS	11.43m 53.86%



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Leo Benning Meeting No 2 - 10 February 2024 - 2/10/2024**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W70 Shot Put**

70 SA Record: N 8.51m 4/13/2019 Helena Fourie, AGN

70 WP Record: P 7.98m 1/13/2024 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	W71 BELLVILLE AT	7.44m SA	12.37m 58.26%
2 # 1564 Dokter, Welize	W72 BOLAND - SAL	4.84m	8.04m 37.90%

M35 Shot Put

35 SA Record: N 16.56m J Booysen Jr

35 WP Record: P 12.96m 10/28/2017 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	11.45m WPS	11.97m 52.28%
2 #12807 Jacobs, Giovanni	M37 KUILS RIVER	9.63m	10.07m 43.97%
3 # 1551 Gouws, Eugene	M37 BOLAND - SAL	7.77m	8.12m 35.48%

M40 Shot Put

40 SA Record: N 18.52m 2/3/2018 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 # 2231 Wiener, Shukri	M42 PINELANDS AT	11.26m WPS	12.52m 54.69%
2 #31854 Liebenberg, Altus	M42 INDIVIDUAL	9.87m	10.98m 47.94%
3 # 8949 Rainho, Mario	M41 BELLVILLE AT	9.01m	10.02m 43.76%

M45 Shot Put

45 SA Record: N 18.29m 4/27/2018 Burger Lambrechts, AGN

45 WP Record: P 12.95m 5/6/2023 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 #31719 Lewies, Daniel	M45 BELLVILLE AT	10.70m WPS	12.69m 55.41%
2 # 8941 Van Zyl, Chris	M47 BELLVILLE AT	8.89m	10.54m 46.04%
3 # 8946 Scheepers, Frans	M47 BELLVILLE AT	7.69m	9.12m 39.82%

M50 Shot Put

50 SA Record: N 17.09m 6/11/2016 Burton Haupt, AGN

50 WP Record: P 13.09m 3/16/2013 Charl Barnard

13.51m 50 SA Nat colours std

10.40m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5255 Nel, Chris	M54 BELLVILLE AT	10.98m WPS	12.68m 55.37%



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2 # 5254 Bezuidenhout, Ter M52 BELLVILLE AT 10.14m 11.71m 51.13%

M55 Shot Put

55 SA Record: N 15.84m 10/2016 Burton Haupt, AGN

55 WP Record: P 12.30m 2/26/2011 Anton Wale

12.52m 55 SA Nat colours std

9.70m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #31864 February, Graeme	M55 INDIVIDUAL	9.43m	11.71m 51.11%
2 # 5400 Van Der Walt, Ste	M55 LWANDLE ATHL	7.96m	9.88m 43.14%

M60 Shot Put

60 SA Record: N 15.60m 11/22/2022 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 # 7261 Simpson, Shaun	M61 NEDBANK A.C	11.58m WPS	14.18m 61.93%
2 # 5264 Lamara, Mogamat Z	M63 BELLVILLE AT	10.02m WPS	12.27m 53.58%
3 # 1022 Smit, Johan	M60 BOLAND - PAARL AC	8.81m	10.79m 47.11%

M70 Shot Put

70 SA Record: N 13.78m 3/30/2019 Derek Sterley, AGN

70 WP Record: P 12.15m Ron Mitchell

11.78m 70 SA Nat colours std

9.20m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1824 Harding, Jon	M70 BOLAND - LAN	9.54m WPS	12.43m 54.30%
2 # 1567 Basson, Hendrik	M74 BOLAND - SAL	6.66m	8.68m 37.91%

M90 Shot Put

90 SA Record: N 8.94m 4/19/2019 Borg Stannius, WPA

90 WP Record: P 8.94m 4/10/2019 Borg Stannius

6.06m 90 SA Nat colours std

4.70m 90 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 8659 Cross, Ronald	M90 FISH HOEK A. C	6.29m SA	11.30m 49.33%



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40 SA Record:	N 43.48m		R. Boshof, EPA		
40 WP Record:	P 33.03m	5/6/2023	Juanita Gerstner		
	34.80m		40 SA Nat colours std		
	25.60m		40 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 5240 Albertyn, Este	W41	BELLVILLE AT	27.87m WPS	29.91m	41.89%
2 # 8989 Kleynhans, Christ	W43	BELLVILLE AT	15.65m	16.79m	23.52%

W50 Discus Throw

50 SA Record:	N 39.71m	11/19/2022	Antonette Jordaan, AGN		
50 WP Record:	P 26.08m		E. Engelbrecht		
	29.79m		50 SA Nat colours std		
	21.60m		50 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 #11583 Scholtz, Gloria	W54	CAPRICORN AT	17.10m	22.14m	31.01%
2 # 9764 Snyders, Margaret	W52	VELOCITY ATH	14.59m	18.89m	26.46%

W55 Discus Throw

55 SA Record:	N 33.29m	12/11/2021	Heleen Knobel, SWD		
55 WP Record:	P 27.42m		Hester Schoonwinkel		
	25.58m		55 SA Nat colours std		
	19.90m		55 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 #11581 De Bruyn, Sonja	W57	CAPRICORN AT	17.00m	24.31m	34.04%
2 # 1087 Johnson, Mary-Ann	W56	PINELANDS AT	16.75m	23.95m	33.54%
3 # 1562 Mentoer, Patricia	W57	BOLAND - SAL	10.22m	14.61m	20.46%

W60 Discus Throw

60 SA Record:	N 28.78m	3/12/2005	J. Rzepcka, CGA		
60 WP Record:	P 21.38m	2/4/2023	Farieda Dramat		
	23.04m		60 SA Nat colours std		
	18.60m		60 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 1021 Smit, Jackie	W60	BOLAND - PAARL AC	23.50mPSA	37.30m	52.23%
2 # 5223 Dramat, Farieda	W64	BELLVILLE AT	17.69m	28.07m	39.32%
3 # 52 Pietersen, Aletta	W63	STRAND ATHLE	14.10m	22.38m	31.34%

W70 Discus Throw

70 SA Record:	N 23.26m		Lena Grobler, AGN		
70 WP Record:	P 17.29m	1/14/2015	Adrie Benade		
	19.03m		70 SA Nat colours std		
	14.80m		70 WPS WP Colours Standard		
Name	Age	Team	Finals	Age-Grading	
1 # 5228 Griesel, Ronél	W71	BELLVILLE AT	17.10m WPS	34.17m	47.86%
2 # 1564 Dokter, Welize	W72	BOLAND - SAL	14.23m	28.43m	39.83%



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35 SA Record: N 54.46m 10/24/2009 G. Geldenhuys, FSA
 35 WP Record: P 50.39m 2/27/1975 Steve Johnston
 42.97m 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	35.05m WPS	35.05m 48.78%
2 # 1551 Gouws, Eugene	M37 BOLAND - SAL	13.20m	13.20m 18.37%

M40 Discus Throw

40 SA Record: N 51.04m J.J. van Zyl, EPA
 40 WP Record: P 42.30m Tiny Geldenhuys
 42.11m 40 SA Nat colours std
 31.30m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2231 Wiener, Shukri	M42 PINELANDS AT	29.33m	29.87m 41.58%
2 # 8949 Rainho, Mario	M41 BELLVILLE AT	20.96m	21.35m 29.71%
3 #31854 Liebenberg, Altus	M42 INDIVIDUAL	18.95m	19.30m 26.86%

M45 Discus Throw

45 SA Record: N 49.13m J.J. van Zyl, EPA
 45 WP Record: P 40.02m 5/5/2023 Edwil van der Westhuizen
 39.39m 45 SA Nat colours std
 30.00m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #31719 Lewies, Daniel	M45 BELLVILLE AT	29.32m	31.82m 44.30%
2 # 8941 Van Zyl, Chris	M47 BELLVILLE AT	28.00m	30.39m 42.30%

M55 Discus Throw

55 SA Record: N 53.79m 10/2016 Burton Haupt, AGN
 55 WP Record: P 39.48m 11/8/1994 Steve Johnston
 40.84m 55 SA Nat colours std
 31.50m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #31864 February, Graeme	M55 INDIVIDUAL	23.00m	25.00m 34.80%
2 # 5400 Van Der Walt, Ste	M55 LWANDLE ATHL	22.85m	24.84m 34.57%
3 #10939 Isaacs, Duncan	M55 NEDBANK A.C	21.40m	23.26m 32.38%

M60 Discus Throw

60 SA Record: N 54.97m 3/25/2022 Burton Haupt, AGN
 60 WP Record: P 45.46m 5/28/1999 Steve Johnston
 44.37m 60 SA Nat colours std
 34.50m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 7261 Simpson, Shaun	M61 NEDBANK A.C	36.06m WPS	34.80m 48.44%
2 # 1022 Smit, Johan	M60 BOLAND - PAARL AC	28.43m	27.44m 38.19%



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3 # 5264 Lamara, Mogamat Z M63 BELLVILLE AT	28.12m	27.14m	37.78%
4 # 7841 Williams, Kenneth M61 CAPRICORN AT	18.44m	17.80m	24.77%

M70 Discus Throw

70 SA Record: N 41.12m	4/13/2019	Dereck Sterley, AGN
70 WP Record: P 35.49m	5/3/2019	Norman Hough
34.53m	70 SA Nat colours std	
25.90m	70 WPS WP Colours Standard	

Name	Age Team	Finals	Age-Grading
1 # 1565 Mentoor, Sakkie	M71 BOLAND - SAL	19.91m	23.38m 32.54%
2 # 1568 Dokter, Piet	M70 BOLAND - SAL	17.91m	21.03m 29.27%
3 # 1567 Basson, Hendrik	M74 BOLAND - SAL	16.97m	19.93m 27.74%

M90 Discus Throw

90 SA Record: N 20.67m	4/14/2019	Borg Stannius, WPA
90 WP Record: P 21.39m	4/9/2011	Philipp Frech
13.03m	90 SA Nat colours std	
10.00m	90 WPS WP Colours Standard	

Name	Age Team	Finals	Age-Grading
1 # 8659 Cross, Ronald	M90 FISH HOEK A. C	14.48m SA	30.90m 43.01%

W40 Javelin Throw

40 SA Record: N 41.20m	2/13/2016	Y. Beytell, AGN
40 WP Record: P 38.22m	10/8/2011	JC Moolman
32.52m	40 SA Nat colours std	
22.80m	40 WPS WP Colours Standard	

Name	Age Team	Finals	Age-Grading
1 # 5240 Albertyn, Este	W41 BELLVILLE AT	19.29m	21.79m 30.15%
2 # 8989 Kleynhans, Christ	W43 BELLVILLE AT	15.66m	17.69m 24.48%

W50 Javelin Throw

50 SA Record: N 34.44m	9/2018	Heleen Knobel, SWD
50 WP Record: P 30.02m	4/26/2013	Jackie Basson
29.33m	50 SA Nat colours std	
22.20m	50 WPS WP Colours Standard	

Name	Age Team	Finals	Age-Grading
1 #11583 Scholtz, Gloria	W54 CAPRICORN AT	18.37m	23.23m 32.15%
2 # 9764 Snyders, Margaret	W52 VELOCITY ATH	14.38m	18.19m 25.17%



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55 SA Record: N 29.76m 4/16/2022 Judy Flynn, AGN

55 WP Record: P 25.84m Susan Malherbe

25.12m 55 SA Nat colours std

19.50m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1087 Johnson, Mary-Ann	W56 PINELANDS AT	16.66m	23.45m 32.44%
2 #11581 De Bruyn, Sonja	W57 CAPRICORN AT	16.53m	23.26m 32.19%
3 # 1562 Mentoer, Patricia	W57 BOLAND - SAL	11.29m	15.89m 21.99%

W60 Javelin Throw

60 SA Record: N 26.93m 4/10/2022 Aletta Pieterse, SAPS

60 WP Record: P 27.00m Susan Malherbe

23.09m 60 SA Nat colours std

17.50m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 52 Pieterse, Aletta	W63 STRAND ATHLE	25.29m SA	39.78m 55.05%
2 # 5223 Dramat, Farieda	W64 BELLVILLE AT	11.83m	18.61m 25.75%

W70 Javelin Throw

70 SA Record: N 19.77m 5/3/2019 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	W71 BELLVILLE AT	14.73m WPS	29.46m 40.77%
2 # 1564 Dokter, Welize	W72 BOLAND - SAL	11.06m	22.12m 30.61%

M35 Javelin Throw

35 SA Record: N 66.04m 4/3/2004 J. van Wyk

35 WP Record: P 53.99m 4/27/2018 Bertus Potgieter

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	27.31m	28.50m 28.95%
2 # 37 Rix, Andre	M37 MITCHELL'S P	21.93m	22.89m 23.24%
3 # 1551 Gouws, Eugene	M37 BOLAND - SAL	21.44m	22.37m 22.72%

M40 Javelin Throw

40 SA Record: N 65.54m 1998 T. Liebenberg, CNW

40 WP Record: P 46.70m 1/14/2023 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 #31854 Liebenberg, Altus	M42 INDIVIDUAL	42.88m WPS	48.10m 48.84%
2 # 2231 Wiener, Shukri	M42 PINELANDS AT	35.30m	39.59m 40.21%



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3 # 8949 Rainho, Mario M41 BELLVILLE AT 30.07m 33.73m 34.25%

M45 Javelin Throw

45 SA Record: N 62.63m 5/7/2005 Gawie Louw, AGN

45 WP Record: P 53.94m 3/19/2016 Jacques Cronje

50.71m 45 SA Nat colours std

38.60m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 8941 Van Zyl, Chris	M47 BELLVILLE AT	28.49m	34.50m 35.03%
2 # 8946 Scheepers, Frans	M47 BELLVILLE AT	26.60m	32.21m 32.71%

M55 Javelin Throw

55 SA Record: N 64.25m 5/6/2023 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 # 5400 Van Der Walt, Ste	M55 LWANDLE ATHL	31.24m	41.93m 42.58%
2 #31864 February, Graeme	M55 INDIVIDUAL	16.00m	21.48m 21.81%

M60 Javelin Throw

60 SA Record: N 54.84m 5/4/2001 P. Mulaudzi

60 WP Record: P 39.46m C. English

41.30m 60 SA Nat colours std

32.20m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5264 Lamara, Mogamat Z	M63 BELLVILLE AT	28.48m	38.94m 39.55%
2 # 7261 Simpson, Shaun	M61 NEDBANK A.C	27.21m	37.20m 37.79%

M70 Javelin Throw

70 SA Record: N 42.35m 5/6/2022 Dave Ludeke, AGN

70 WP Record: P 36.30m 4/13/2019 Norman Hough

33.15m 70 SA Nat colours std

25.80m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #12420 Venter, Peet	M74 TYGERBERG AT	26.59m WPS	41.39m 42.03%
2 # 1568 Dokter, Piet	M70 BOLAND - SAL	22.22m	34.58m 35.12%



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Leo Benning Meeting No 2 - 10 February 2024 - 2/10/2024**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 Weight Throw**

40 SA Record: N 13.73m 4/26/2014 Janita Eva, AGN
 40 WP Record: P 13.32m 5/18/2017 Marilize Coetzee
 11.50m 40 SA Nat colours std
 9.50m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5240 Albertyn, Este	W41 BELLVILLE AT	12.04m SA	13.46m 52.60%
2 # 8989 Kleynhans, Christ	W43 BELLVILLE AT	4.86m	5.43m 21.23%

W50 Weight Throw

50 SA Record: N 15.60m 8/20/2015 Heleen Knobel, SWD
 50 WP Record: P 11.25m Tertia Stoffberg
 12.10m 50 SA Nat colours std
 9.10m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #11583 Scholtz, Gloria	W54 CAPRICORN AT	8.38m	9.67m 37.78%
2 # 9764 Snyders, Margaret	W52 VELOCITY ATH	6.49m	7.49m 29.26%

W55 Weight Throw

55 SA Record: N 14.50m 4/10/2021 Heleen Knobel, SWD
 55 WP Record: P 11.85m Hester Schoonwinkel
 10.80m 55 SA Nat colours std
 8.70m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #11581 De Bruyn, Sonja	W57 CAPRICORN AT	7.52m	9.50m 37.12%

W60 Weight Throw

60 SA Record: N 13.79m 4/30/2010 H. Schoonwinkel, WPA
 60 WP Record: P 11.54m 5/15/2015 Tertia Stoffberg
 11.40m 60 SA Nat colours std
 9.10m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1021 Smit, Jackie	W60 BOLAND - PAARL AC	14.48mNSA	16.96m 66.27%
2 # 5223 Dramat, Farieda	W64 BELLVILLE AT	8.16m	9.55m 37.35%
3 # 52 Pietersen, Aletta	W63 STRAND ATHLE	7.78m	9.11m 35.61%

W70 Weight Throw

70 SA Record: N 10.97m 5/3/2019 Susanna de Bruyn, KZN
 70 WP Record: P 8.96m 7/25/2015 Elize Grobbelaar
 9.00m 70 SA Nat colours std
 7.50m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5228 Griesel, Ronél	W71 BELLVILLE AT	7.74m WPS	11.28m 44.08%



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Leo Benning Meeting No 2 - 10 February 2024 - 2/10/2024**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M35 Weight Throw**

35 SA Record: N 16.78m 2/20/2010 Martin Venter, AGN

35 WP Record: P 13.60m 12/7/2018 Shukri Wiener

13.50m 35 SA Nat colours std

11.10m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5399 Theron, Barend	M35 LWANDLE ATHL	11.97m WPS	11.97m 46.29%

M40 Weight Throw

40 SA Record: N 21.66m 4/1/2017 Chris Harmse, FSA

40 WP Record: P 13.97m 5/6/2022 Shukri Wiener

13.20m 40 SA Nat colours std

10.80m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2231 Wiener, Shukri	M42 PINELANDS AT	11.41m WPS	12.17m 47.07%
-- #31854 Liebenberg, Altus	M42 INDIVIDUAL	ND	

M45 Weight Throw

45 SA Record: N 17.17m 5/13/2016 Martin Venter, AGN

45 WP Record: P 10.81m 5/5/2023 Edwil van der Westhuizen

13.00m 45 SA Nat colours std

10.40m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 8941 Van Zyl, Chris	M47 BELLVILLE AT	9.48m	10.81m 41.82%

M50 Weight Throw

50 SA Record: N 20.36m 5/15/2015 V. Meiring, AGN

50 WP Record: P 12.96m 11/19/2011 John Smit

15.50m 50 SA Nat colours std

13.00m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5255 Nel, Chris	M54 BELLVILLE AT	11.41m	11.38m 44.02%

M55 Weight Throw

55 SA Record: N 18.90m 10/2016 Burton Haupt, AGN

55 WP Record: P 12.72m Anton Wale

15.00m 55 SA Nat colours std

12.40m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 5400 Van Der Walt, Ste	M55 LWANDLE ATHL	9.37m	10.02m 38.78%
2 #31864 February, Graeme	M55 INDIVIDUAL	9.23m	9.87m 38.20%
3 #10939 Isaacs, Duncan	M55 NEDBANK A.C	8.08m	8.64m 33.44%



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Leo Benning Meeting No 2 - 10 February 2024 - 2/10/2024**Parow North Athletics Track****Results - Morning - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 Weight Throw**

60 SA Record: N 20.15m 11/11/2017 Nick Aggouras, AGN

60 WP Record: P 15.11m 10/21/2000 Steve Johnston

16.50m 60 SA Nat colours std

13.70m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 7261 Simpson, Shaun	M61 NEDBANK A.C	11.47m	11.55m 44.67%
2 # 1022 Smit, Johan	M60 BOLAND - PAARL AC	8.29m	8.34m 32.28%
3 # 7841 Williams, Kenneth	M61 CAPRICORN AT	7.41m	7.46m 28.86%

W50 5000 Meter Race Walk

50 SA Record: N 25:05.10 4/28/2006 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

Name	Age Team	Finals	Age-Grading
1 Akerman, Dolene	W52 INDIVIDUAL	34:58.97 WPS	31:06.41 64.43%
2 #12783 St Clair, Felicia	W54 IN TOUCH WALK / RUN	36:21.44	32:19.74 62.00%
3 # 334 Anders, Michelle	W51 SPARTAN HARRIERS	41:00.12	36:27.54 54.97%

W55 5000 Meter Race Walk

55 SA Record: N 26:19.66 4/29/2001 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

Name	Age Team	Finals	Age-Grading
1 # 2944 Horn-Botha, Debor	W58 TOTALSPORTS	31:45.65 WPS	26:59.81 74.24%
2 # 7044 Wellman, Megan Je	W56 TEAM VITALITY	32:47.59 WPS	27:52.46 71.91%
3 # 6607 Pick, Carol	W57 SPARTAN HARRIERS	36:02.24 WPS	30:37.91 65.43%
4 # 2680 Dick, Rene	W59 TOTALSPORTS	45:56.20	39:02.78 51.33%

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

32:53.80 60 SA Nat colours std

38:48.00 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 7043 Esterhuyse, Suzet	W62 TEAM VITALITY	33:19.14 WPS	26:58.71 74.29%
2 # 344 Scheepers, Celest	W63 EP DEFENCE	33:20.74 WPS	27:00.00 74.23%
3 # 5664 Sutherland, Joy	W63 WEST COAST A	38:21.42 WPS	31:03.47 64.54%
4 # 1735 Groepe, Toni	W64 IN TOUCH WALK / RUN	43:13.38	34:59.87 57.27%



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65 SA Record: N 29:28.70 4/26/2013 Elsa Meyer, AGN

65 WP Record: P 29:55.42 H. Rothman

35:06.90 65 SA Nat colours std

41:09.00 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 157 James, Pam	W66 SPARTAN HARRIERS	35:53.48 WPS	27:34.31 72.70%
2 # 258 Williams, Gail	W66 SPARTAN HARRIERS	36:04.66 WPS	27:42.90 72.32%
3 # 2698 Collins, Judy	W69 TOTALSPORTS	38:02.59 WPS	29:13.49 68.58%

W70 5000 Meter Race Walk

70 SA Record: N 30:13.08 5/28/2022 Edna Brand, WPA

70 WP Record: P 30:13.08 5/28/2022 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	33:48.82 SA	24:32.52 81.67%
2 # 5210 Rouw, Isabel	W71 BELLVILLE AT	41:04.11 WPS	29:48.46 67.24%
3 # 549 Nel, Elizabeth	W74 SPARTAN HARRIERS	41:21.38 WPS	30:00.99 66.77%
4 # 197 Joseph, Jackie	W74 SPARTAN HARRIERS	42:47.50 WPS	31:03.50 64.53%

W75 5000 Meter Race Walk

75 SA Record: N 32:36.62 6/12/2021 Annetjie Greyvenstein, AGN

75 WP Record: P 34:00.10 A. Villet

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	40:12.85 WPS	27:26.53 73.04%
2 # 51 Kettlewell, Charl	W76 TOTALSPORTS	46:56.59	32:02.05 62.57%

W80 5000 Meter Race Walk

80 SA Record: N 37:32.17 5/28/2022 Hildegard Vey, WPA

80 WP Record: P 37:32.17 5/28/2022 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 # 3580 Nelson, Marianne	W80 DURBANVILLE	39:26.23 SA	25:09.90 79.65%
2 # 185 Norton, Margaret	W84 SPARTAN HARRIERS	42:50.23 SA	27:20.07 73.33%

M35 5000 Meter Race Walk

35 SA Record: N 20:58.90 C. Britz, AGN

35 WP Record: P 22:13.90 4/30/2010 Ross Mc Donald

24:00.00 35 SA Nat colours std

28:05.00 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1551 Gouws, Eugene	M37 BOLAND - SAL	35:44.79	35:44.80 50.61%



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Name	Age Team	Finals	Age-Grading
40 SA Record: N 21:51.58	2/12/2005 I.Nel, BOL		
40 WP Record: P 21:51.58	I. Nel		
24:41.50	40 SA Nat colours std		
28:57.00	40 WPS WP Colours Standard		
1 # 8949 Rainho, Mario	M41 BELLVILLE AT	33:33.69	32:29.06 55.69%

M50 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
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		
1 # 5251 Maree, Archibald	M52 BELLVILLE AT	33:56.92	30:29.77 59.32%

M55 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
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		
1 # 1703 Cupido, Clive	M58 STRANDLOPERS	31:47.06 WPS	27:22.75 66.08%
2 # 5567 Figlan, Thembelan	M58 SA POLICE AT	32:29.48 WPS	27:59.29 64.64%
3 # 3651 Hines, Dennis	M56 STRAND ATHLE	32:50.68	28:17.55 63.94%

M60 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
60 SA Record: N 26:50.70	Jurgen Spencer, WPA		
60 WP Record: P 26:50.70	Jurgen Spencer		
28:56.80	60 SA Nat colours std		
34:13.00	60 WPS WP Colours Standard		
1 # 600 Donson, Hilton	M60 SPARTAN HARRIERS	34:57.27	28:46.27 62.88%

M70 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
70 SA Record: N 27:55.30	11/12/2010 Jurgen Spencer, WPA		
70 WP Record: P 27:55.30	11/12/2010 Jurgen Spencer		
32:57.60	70 SA Nat colours std		
38:42.00	70 WPS WP Colours Standard		
1 # 5256 Pretorius, Piet	M73 BELLVILLE AT	32:33.66 SA	24:11.18 74.80%
2 # 1071 Kotze, Frans	M71 BOLAND - PAARL AC	36:36.37 WPS	27:11.47 66.53%



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Parow North Athletics Track

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

M75 5000 Meter Race Walk

75 SA Record: N	30:13.82	3/18/2016	Jurgen Spencer, WPA		
75 WP Record: P	30:13.82	3/18/2016	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 # 2473 Diedericks, Len	M79	CAPE MULTI-SPORT	34:43.86 SA	24:20.79	74.31%



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