

Leo Benning Meeting No 1 - 19 October 2019 - 2019/10/19**Nothlink Parow Athletic Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 5 W15-19 100 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading
Finals					
1 #20038 Boltman, Jade	W15 ULTRA AC		16.42	3.9	16.43 74.36%

Event 6 M50 100 Short Hurdles

16.50	50 SA Nat colours std				
19.30	50 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 6869 Russell, Scott	M51 CAPE PEN UNIVERS		15.23 SA	3.9	14.63 88.25%

Event 7 M15-19 110 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #55629 Pieterse, Angelo	M17 JAN VAN RIEBEECK		14.99	2.8	15.00 86.12%
2 # 22 Parker, Tashriq	M19 ULTRA AC		15.47	2.8	15.48 83.45%
3 #12354 Field, Jamie	M18 ULTRA AC		16.26	2.8	16.27 79.40%

Event 7 M20-29 110 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #17513 Elliot, Darren	M20 BELLVILLE AC		15.05	2.8	15.06 85.78%
2 #20071 Majiet, Abdul-Maa	M20 ULTRA AC		17.13	2.8	17.14 75.36%

Event 8 W15-19 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 #20106 Jordaan, Zoe	W17 BELLVILLE AC		10.29m	10.29m 45.47%
2 #55680 Ngubo, Lutho	W17 INDIVIDUAL ENTRY		6.49m	6.49m 28.68%

Event 8 W30 Shot Put

8.50m	30 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading
1 #13007 La Grange, Rachel	W31 BELLVILLE AC		11.07m WPS	11.07m 48.92%

Event 8 W35 Shot Put

10.48m	35 SA Nat colours std			
8.20m	35 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading
1 # 9961 Gerstner, Juanita	W36 TYGERBERG AC		10.90m SA	11.30m 49.93%
2 #15574 Van Deventer, Hes	W37 BELLVILLE AC		9.69m WPS	10.04m 44.39%
3 # 8960 Compion, Maria	W38 CAPE MULTI-SPORT		9.58m WPS	9.93m 43.88%



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Event 8 W40 Shot Put

10.23m 40 SA Nat colours std
8.00m 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 118 Kruger, Sanet	W43 BELLVILLE AC		8.82m WPS	9.79m 43.26%
2 # 104 Carolus, Carmen	W42 BELLVILLE AC		6.75m	7.49m 33.10%

Event 8 W50 Shot Put

10.50m 50 SA Nat colours std
8.20m 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #20876 Scholtz, Gloria	W50 CAPRICORN AC		7.49m	9.44m 41.73%

Event 8 W55 Shot Put

9.80m 55 SA Nat colours std
7.60m 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 Smith, Jackie	W56 BOLMA		8.84m WPS	12.11m 53.54%
2 #55648 Thomas, Sheila	W56 CAPRICORN AC		5.78m	7.92m 35.01%
3 #55631 De Lange, Patrici	W59 CAPRICORN AC		4.44m	6.08m 26.89%

Event 8 W60 Shot Put

9.00m 60 SA Nat colours std
7.00m 60 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC		8.63m WPS	12.95m 57.27%

Event 8 W65 Shot Put

8.10m 65 SA Nat colours std
6.30m 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
-- #11112 Du Toit, Aletta	W68 BELLVILLE AC		ND	

Event 9 M15-19 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 #20044 Arendse, Jarred	M15 ULTRA AC		9.72m	9.72m 42.04%

Event 9 M20-29 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
1 #55630 Weir, Zane	M24 UJ		18.87m	18.87m 81.62%



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11.50m 30 WPS WP Colours Standard							
Name	Age	Team	Seed	Finals	Age-Grading		
1 #16794 Theron, Barend	M30	LWANDLE ATH CLUB		12.61m WPS	12.61m	54.54%	
2 # 7048 Sheldon, Lee-Roy	M34	BELLVILLE AC		9.61m	9.61m	41.57%	
3 #15573 Hiebner, Gareth	M33	BELLVILLE AC		9.53m	9.53m	41.22%	

Event 9 M40 Shot Put

13.24m 40 SA Nat colours std							
10.40m 40 WPS WP Colours Standard							
Name	Age	Team	Seed	Finals	Age-Grading		
1 #13375 Juries, Chubasco	M44	ITHEKO AC		7.02m	7.81m	33.82%	

Event 9 M45 Shot Put

12.14m 45 SA Nat colours std							
9.50m 45 WPS WP Colours Standard							
Name	Age	Team	Seed	Finals	Age-Grading		
1 # 8063 Tregonning, Carde	M48	HEWAT ATH CLUB		7.71m	9.26m	40.09%	

Event 9 M50 Shot Put

13.32m 50 SA Nat colours std							
10.40m 50 WPS WP Colours Standard							
Name	Age	Team	Seed	Finals	Age-Grading		
1 #16793 Van der Walt, Ste	M51	LWANDLE ATH CLUB		9.54m	11.18m	48.35%	
2 # 2142 Isaacs, Duncan	M51	NEDBANK WP		6.68m	7.82m	33.86%	

Event 9 M55 Shot Put

12.38m 55 SA Nat colours std							
9.70m 55 WPS WP Colours Standard							
Name	Age	Team	Seed	Finals	Age-Grading		
1 Lamara, Zain	M59	BELLVILLE AC		9.36m	11.89m	51.43%	

Event 9 M65 Shot Put

11.33m 65 SA Nat colours std							
8.90m 65 WPS WP Colours Standard							
Name	Age	Team	Seed	Finals	Age-Grading		
1 # 4166 Wale, Anton	M67	PINELANDS AC		10.19m WPS	13.86m	59.98%	
2 # 107 Carolus, John	M66	BELLVILLE AC		8.24m	11.21m	48.50%	



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11.70m 70 SA Nat colours std
 9.20m 70 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9048 Hough, Norman	M72 BELLVILLE AC		11.44m WPS	14.65m 63.38%

Event 9 M80 Shot Put

9.30m 80 SA Nat colours std
 7.25m 80 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 4480 Johnston, Steve	M80 PINELANDS AC		8.53m WPS	12.84m 55.53%

Event 10 W12-19 200 Meter Dash 200M - WOMEN

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #20091 du Plessis, Stefa	W16 BELLVILLE AC		26.80	3.9	26.81 79.63%
2 #55662 Johnson, Emma	W15 INDIVIDUAL ENTRY		27.29	3.9	27.30 78.20%
3 # 35 Donough, Ameera	W18 UNIVERSITY WESTE		28.17	3.9	28.18 75.75%
4 #55626 Botha, Jeanni	W18 HUGENOTE HOËRSKOOL		29.45	3.9	29.46 72.46%

Event 10 W20-29 200 Meter Dash 200M - WOMEN

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #55664 Jonathan, Lauren	W22 INDIVIDUAL ENTRY		25.77	3.9	25.78 82.81%

Event 10 W30 200 Meter Dash 200M - WOMEN

29.00 30 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 6864 Eken, Maaike	W30 CAPE PEN UNIVERS		27.40 WPS	3.9	27.41 77.88%

Event 10 W40 200 Meter Dash 200M - WOMEN

27.72 40 SA Nat colours std
 31.00 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	
1 #13011 Kotze, Retha	W40 BELLVILLE AC		29.78 WPS	1.9	27.83	76.70%	2
2 #12476 Tregonning, Rushd	W44 HEWAT ATH CLUB		30.39 WPS	1.9	28.40	75.16%	2
3 # 9940 Miske, Mirjam	W40 TYGERBERG AC		31.64	1.9	29.56	72.19%	2
4 #15199 Petersen, Fawwah	W40 ITHEKO AC		32.66	1.9	30.52	69.93%	2
5 #55627 Sutton, Natasha	W42 INDIVIDUAL ENTRY		32.86	1.9	30.70	69.51%	2



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28.84 45 SA Nat colours std

32.00 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 7222 Figland, Beverley	W49 UNIVERSITY WESTE		30.28 WPS	1.9	27.20 78.47%	2

Event 10 W55 200 Meter Dash 200M - WOMEN

31.32 55 SA Nat colours std

35.00 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 3004 Ruppert, Annette	W56 STRAND AC		31.78 WPS	1.9	26.26 81.28%	2

Event 11 M12-19 200 Meter Dash 200M - MEN

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #20938 Daniels, Gordon	M18 LANGA ATHLETIC C		22.93	3.0	22.94 84.26%	6
2 #20496 Wyngaard, D	M15 BELLVILLE AC		22.94	2.7	22.95 84.22%	5
3 #55679 Cheme, Simamkele	M17 INDIVIDUAL ENTRY		23.74	3.0	23.75 81.38%	6
4 #17342 Koopman, Keanu	M16 CAMISSA AC		23.96	2.7	23.97 80.63%	5
5 #21395 Hadjie, Chadley	M18 LANGA ATHLETIC C		24.66	3.0	24.67 78.35%	6
6 Ariefdien, Abdul-M	M19 VELOCITY ATH CLUB		24.67	2.8	24.68 78.31%	7
7 #14427 Ketsekile, Ephrai	M16 KHAYALITSHA AC		24.70	3.0	24.71 78.22%	6
8 #20944 Levin, Casey	M17 LANGA ATHLETIC C		24.96	2.7	24.97 77.40%	5
9 #55656 Carolus, Andrew	M17 INDIVIDUAL ENTRY		25.11	2.8	25.12 76.94%	7
10 #20045 Arendse, Jaden	M15 ULTRA AC		25.34	3.0	25.35 76.24%	6
11 #20069 Kamrodien, Zamaan	M14 ULTRA AC		25.38	3.0	25.39 76.12%	6
12 #21127 Mageza, Luklanga	M15 INDIVIDUAL ENTRY		25.60	2.8	25.61 75.47%	7
13 #16955 Mgikela, Kuhle	M15 KHAYALITSHA AC		25.91	2.7	25.92 74.57%	5
14 #55654 Daniels, Caleb	M17 VARSITY OLD BOYS AC		26.71	2.8	26.72 72.33%	7
15 #14713 Manikivana, Sayam	M15 KHAYALITSHA AC		26.83	2.8	26.84 72.01%	7
16 #20070 Isaacs, Zaid	M13 ULTRA AC		27.70	3.0	27.71 69.75%	6

Event 11 M20-29 200 Meter Dash 200M - MEN

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 225 Ruiters, Curt	M28 PAARL AC		22.88	2.5	22.89 84.44%	4
2 #55625 Bergstedt, Ashwyn	M29 STELLENBOSCH AC		23.00	2.5	23.01 84.00%	4
3 #17513 Elliot, Darren	M20 BELLVILLE AC		23.29	2.7	23.30 82.95%	5
4 #55660 Kohl, Dominge	M21 BELLVILLE AC		23.65	2.7	23.66 81.69%	5
5 #17343 Siko, Avugile	M20 CAMISSA AC		24.36	2.7	24.37 79.31%	5

Event 11 M30 200 Meter Dash 200M - MEN

24.50 30 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #15573 Hiebner, Gareth	M33 BELLVILLE AC		24.81	2.5	24.82 77.87%	4
2 #55658 Steenkamp, Theodo	M30 PAROW AC		28.34	2.5	28.35 68.17%	4



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Event 11 M35 200 Meter Dash 200M - MEN

22.90 35 SA Nat colours std
25.00 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 7055 Le Grange, Jacobu	M39 BELLVILLE AC		25.31	2.5	24.90 77.60% 4

Event 11 M40 200 Meter Dash 200M - MEN

23.42 40 SA Nat colours std
25.50 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 2839 Roopnarain, Junai	M40 STRAND AC		28.97	2.4	27.63 69.93% 3

Event 11 M45 200 Meter Dash 200M - MEN

24.22 45 SA Nat colours std
26.50 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 #13836 Basson, Marius	M47 ORANJERIVIER AK		24.99 WPS	2.4	23.08 83.71% 3
2 #15571 Cloete, John	M48 BELLVILLE AC		25.61 WPS	2.4	23.66 81.69% 3
3 #17499 Home, James	M48 TYGERBERG AC		26.30 WPS	2.4	24.29 79.54% 3
4 # 6871 Cottee, Alistair	M49 CAPE PEN UNIVERS		27.14	2.4	25.07 77.08% 3
5 #55657 Hollenbach, Lione	M48 PAROW AC		27.43	2.4	25.34 76.27% 3
6 #16127 Louw, Pieter	M45 CAPE MULTI-SPORT		28.57	2.4	26.39 73.22% 3

Event 11 M50 200 Meter Dash 200M - MEN

25.00 50 SA Nat colours std
27.50 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 #55677 Botha, Marthinus	M51 INDIVIDUAL ENTRY		28.79	2.2	25.73 75.13% 2
2 # 2142 Isaacs, Duncan	M51 NEDBANK WP		30.89	2.2	27.60 70.02% 2
3 #55628 Abrahams, Edward	M51 INDIVIDUAL ENTRY		34.08	2.2	30.45 63.47% 2

Event 11 M55 200 Meter Dash 200M - MEN

25.83 55 SA Nat colours std
28.90 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 3314 Toll, Michael	M55 ITHEKO AC		27.38 WPS	2.2	23.64 81.74% 2
2 Ruiters, Denver	M55 BOLMA		28.12 WPS	2.2	24.28 79.59% 2

Event 11 M60 200 Meter Dash 200M - MEN

26.76 60 SA Nat colours std
30.00 60 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 7263 Warriess, Joseph	M63 UNIVERSITY WESTE		28.69 WPS	0.7	23.91 80.83%
2 Henkeman, Stan	M61 BELLVILLE AC		32.74	0.7	27.28 70.83%



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28.40 65 SA Nat colours std

32.00 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 617 Deetlefs, Pietie	M66 BOLMA		29.50 WPS	0.7	23.63 81.80%

Event 11 M85 200 Meter Dash 200M - MEN

44.00 85 SA Nat colours std

49.00 85 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 6872 Ridge, Arthur	M88 CAPE PEN UNIVERS		42.51 SA	0.7	25.73 75.11%

Event 12 W15-19 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #20091 du Plessis, Stefa	W16 BELLVILLE AC		4.88m	3.5	4.88m 64.89%
2 #20955 Jacobs, Vernolene	W16 LANGA ATHLETIC C		4.27m	2.6	4.27m 56.78%
3 #21579 Snyman, Fatima	W18 LANGA ATHLETIC C		4.00m	0.9	4.00m 53.19%

Event 12 W20-29 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 7044 Haupt, Aneesah	W23 BELLVILLE AC		4.77m	2.0	4.77m 63.43%

Event 12 W40 Long Jump

4.72m 40 SA Nat colours std

3.95m 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #16106 Genis, Tanya	W40 TYGERBERG AC		3.78m	2.5	4.19m 55.83%
2 #55627 Sutton, Natasha	W42 INDIVIDUAL ENTRY		3.37m	1.4	3.74m 49.78%

Event 12 W50 Long Jump

4.13m 50 SA Nat colours std

3.45m 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 7035 Le Roux, Rentia	W50 BELLVILLE AC		3.53m WPS	2.4	4.42m 58.83%
-- #20876 Scholtz, Gloria	W50 CAPRICORN AC		ND	NWI	

Event 12 W55 Long Jump

3.88m 55 SA Nat colours std

3.20m 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #55631 De Lange, Patrici	W59 CAPRICORN AC		2.28m	3.3	3.05m 40.64%
2 #55648 Thomas, Sheila	W56 CAPRICORN AC		1.64m	1.6	2.19m 29.23%



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Event 13 M15-19 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #55684 Van Staden, Pierr	M16 PAARL AC		5.77m	3.1	5.77m 64.47%

Event 13 M40 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading
6.12m	40 SA Nat colours std				
5.10m	40 WPS WP Colours Standard				
1 #13375 Juries, Chubasco	M44 ITHEKO AC		3.95m	0.7	4.30m 48.11%

Event 13 M55 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading
5.19m	55 SA Nat colours std				
4.30m	55 WPS WP Colours Standard				
1 # 9945 Bredeveltdt, Neal	M58 TYGERBERG AC		4.59m WPS	2.1	6.02m 67.30%
2 #13263 Van Daalen, Dirk	M56 SA POLICE SER AC		4.50m WPS	4.3	5.90m 65.98%

Event 14 W12-19 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 #20815 Mabentsela, Siwap	W15 GUGULETHU AC		2:39.22	2:39.23 71.15%
2 #55666 Maniniwa, Samkaii	W14 INDIVIDUAL ENTRY		2:50.14	2:50.15 66.58%
3 #21393 Dumezweni, Sinesi	W14 VARSITY OLD BOYS AC		2:55.34	2:55.35 64.61%

Event 14 W30 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
2:43.00	30 WPS WP Colours Standard			
1 # 1789 Snyders, Juanita	W30 SPARTAN HARRIERS AC		2:55.15	2:55.16 64.68%

Event 14 W35 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
2:29.00	35 SA Nat colours std			
2:45.00	35 WPS WP Colours Standard			
1 # 3573 Lepati, Emmarenti	W36 ITHEKO AC		2:40.56 WPS	2:39.78 70.90%

Event 15 M12-19 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	H#	
1 #21109 Elloutfi, Aghmad	M18 TITANS		2:01.98	2:01.99	82.89%	2
2 #20465 Ncapayi, Zubenath	M17 CENTRAL AC		2:05.19	2:05.20	80.77%	2
3 #20933 Metu, Busisani	M17 LANGA ATHLETIC C		2:07.15	2:07.16	79.52%	2
4 #21104 Newton, Liam	M15 INDIVIDUAL ENTRY		2:10.66	2:10.67	77.38%	2
5 #12356 Valentine, Malik	M19 ULTRA AC		2:12.59	2:12.60	76.26%	2
6 #55678 Jali, Lababalo	M16 INDIVIDUAL ENTRY		2:15.79	2:15.80	74.46%	2



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....Event 15 M12-19 800 Meter Run

7	#20685 Morrison, Jaydin	M15	INDIVIDUAL ENTRY		2:20.65	2:20.66	71.89%	2
8	#55667 Titus, Charlton	M14	BELLVILLE AC		2:22.04	2:22.05	71.18%	2
9	#55668 Mabuto, Ntando	M14	INDIVIDUAL ENTRY		2:23.69	2:23.70	70.37%	2
10	# 9480 Moilo, Sinebhongo	M16	KHAYALITSHA AC		2:25.71	2:25.72	69.39%	2
--	#55679 Cheme, Simamkele	M17	INDIVIDUAL ENTRY		DNF			2

Event 15 M20-29 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	H#	
1 #55673 Brink, Lambert	M22	STELLENBOSCH AC		2:02.50	2:02.51	82.54%	2

Event 15 M30 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
2:12.00 30 WPS WP Colours Standard					
1 # 126 Rix, Andre	M33	TITANS		2:34.52	2:34.53 65.43%

Event 15 M35 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
2:00.00 35 SA Nat colours std					
2:14.00 35 WPS WP Colours Standard					
1 #11283 Basson, Jacques	M39	NAMAQUA		2:14.47	2:13.36 75.82%
2 #16060 Sethibang, Kabelo	M37	SA POLICE SER AC		2:16.81	2:15.68 74.53%

Event 15 M40 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
2:01.00 40 SA Nat colours std					
2:16.00 40 WPS WP Colours Standard					
1 # 1381 Von Durckheim, Ch	M41	STELLENBOSCH AC		2:14.36 WPS	2:08.45 78.71%
2 #13375 Juries, Chubasco	M44	ITHEKO AC		2:38.60	2:31.63 66.68%

Event 15 M45 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
2:07.00 45 SA Nat colours std					
2:22.00 45 WPS WP Colours Standard					
1 #11943 Peacock, Michael	M46	CAPE PEN UNIVERS		2:30.65	2:18.65 72.93%
2 # 6899 Bezuidenhout, Rog	M46	CAPE PEN UNIVERS		2:32.86	2:20.68 71.88%

Event 15 M55 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
2:18.00 55 SA Nat colours std					
2:35.00 55 WPS WP Colours Standard					
1 #55661 Williams, Alan	M55	INDIVIDUAL ENTRY		2:29.21 WPS	2:06.68 79.81%



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Leo Benning Meeting No 1 - 19 October 2019 - 2019/10/19**Nothlink Parow Athletic Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 15 M70 800 Meter Run**

2:50.00 70 SA Nat colours std
3:10.00 70 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 2148 Cleophas, Henry	M70 NEDBANK WP		2:56.33 WPS	2:10.84 77.28%

Event 23 W12-19 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #21579 Snyman, Fatima	W18 LANGA ATHLETIC C		13.40	2.7	13.41 78.28%
2 # 35 Donough, Ameera	W18 UNIVERSITY WESTE		13.44	2.7	13.45 78.05%
3 #20038 Boltman, Jade	W15 ULTRA AC		13.46	2.7	13.47 77.93%
4 #20955 Jacobs, Vernolene	W16 LANGA ATHLETIC C		13.95	2.7	13.96 75.20%
5 #55626 Botha, Jeanni	W18 HUGENOTE HOËRSKOOL		14.06	2.7	14.07 74.61%
6 #55652 Ngolo, Sinesipho	W15 LANGA ATHLETIC C		14.90	2.7	14.91 70.40%
7 #21055 Cox Akongo, Milka	W16 MIDAS SPARTANS		16.34	2.7	16.35 64.20%

Event 23 W20-29 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #13295 du Plessis, Keles	W20 BELLVILLE AC	12.75	2.3	12.76	82.27%	2
2 #55664 Jonathan, Lauren	W22 INDIVIDUAL ENTRY	12.79	2.3	12.80	82.02%	2
3 # 7044 Haupt, Aneesah	W23 BELLVILLE AC	13.12	2.3	13.13	79.95%	2

Event 23 W30 100 Meter Dash

14.20 30 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 6864 Eken, Maaik	W30 CAPE PEN UNIVERS	13.39	WPS	2.3	13.40	78.34% 2

Event 23 W40 100 Meter Dash

13.47 40 SA Nat colours std
14.80 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #12476 Tregonning, Rushd	W44 HEWAT ATH CLUB	14.25	WPS	2.1	13.61	77.12% 3
1 #13011 Kotze, Retha	W40 BELLVILLE AC	14.25	WPS	2.1	13.61	77.12% 3
3 #55627 Sutton, Natasha	W42 INDIVIDUAL ENTRY	15.13		2.1	14.45	72.64% 3
4 # 9940 Miske, Mirjam	W40 TYGERBERG AC	15.24		2.1	14.56	72.11% 3
5 #15199 Petersen, Fadwah	W40 ITHEKO AC	15.31		2.1	14.62	71.78% 3
6 #16106 Genis, Tanya	W40 TYGERBERG AC	16.41		2.1	15.67	66.97% 3

Event 23 W45 100 Meter Dash

13.83 45 SA Nat colours std
15.30 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 7222 Figland, Beverley	W49 UNIVERSITY WESTE	14.13	WPS	2.1	13.00	80.75% 3
2 # 6868 Borcharadt, Nadine	W45 CAPE PEN UNIVERS	14.55	WPS	2.1	13.39	78.42% 3



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

Event 24 M12-19 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 22 Parker, Tashriq	M19 ULTRA AC		11.13	3.3	11.14 87.96%	5
2 #20496 Wyngaard, D	M15 BELLVILLE AC		11.19	3.1	11.20 87.49%	6
3 #20938 Daniels, Gordon	M18 LANGA ATHLETIC C		11.33	3.3	11.34 86.41%	5
4 #20110 Aldana, Alejandro	M17 BELLVILLE AC		11.38	3.1	11.39 86.03%	6
5 #12354 Field, Jamie	M18 ULTRA AC		11.49	3.3	11.50 85.20%	5
6 #55629 Pieterse, Angelo	M17 JAN VAN RIEBEECK		11.62	3.1	11.63 84.25%	6
7 #14427 Ketsekile, Ephrai	M16 KHAYALITSHA AC		11.99	3.1	12.00 81.65%	6
8 #20944 Levin, Casey	M17 LANGA ATHLETIC C		12.07	3.1	12.08 81.11%	6
9 #55656 Carolus, Andrew	M17 INDIVIDUAL ENTRY		12.17	3.1	12.18 80.44%	6
10 #21395 Hadjie, Chadley	M18 LANGA ATHLETIC C		12.22	3.3	12.23 80.11%	5
11 #20069 Kamrodien, Zamaan	M14 ULTRA AC		12.37	2.1	12.38 79.14%	7
12 #16955 Mgikela, Kuhle	M15 KHAYALITSHA AC		12.41	2.1	12.42 78.89%	7
13 #21127 Mageza, Luklanga	M15 INDIVIDUAL ENTRY		12.46	3.1	12.47 78.57%	6
14 #20045 Arendse, Jaden	M15 ULTRA AC		12.47	2.1	12.48 78.51%	7
15 #55654 Daniels, Caleb	M17 VARSITY OLD BOYS AC		12.86	3.1	12.87 76.13%	6
16 #14713 Manikivana, Sayam	M15 KHAYALITSHA AC		13.10	2.1	13.11 74.73%	7
17 #20070 Isaacs, Zaid	M13 ULTRA AC		13.27	2.1	13.28 73.78%	7

Event 24 M20-29 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 225 Ruiters, Curt	M28 PAARL AC		10.92	0.9	10.93 89.65%	4
2 #55660 Kohl, Dominge	M21 BELLVILLE AC		11.61	3.3	11.62 84.32%	5
3 #20071 Majiet, Abdul-Maa	M20 ULTRA AC		11.62	3.3	11.63 84.25%	5

Event 24 M30 100 Meter Dash

12.00 30 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 Wilkens, Andre	M34 CAPE PEN UNIVERS		12.18	0.9	12.19 80.38%	4
2 #41570 Mawinbo, John	M34 PINELANDS AC		12.69	0.9	12.70 77.15%	4
3 #55658 Steenkamp, Theodo	M30 PAROW AC		13.38	0.9	13.39 73.17%	4

Event 24 M40 100 Meter Dash

11.70 40 SA Nat colours std
12.60 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 2839 Roopnarain, Junai	M40 STRAND AC		13.72	1.6	13.15 74.49%	3
2 #55671 Marquard, Eugene	M42 INDIVIDUAL ENTRY		14.15	1.6	13.56 72.23%	3

Event 24 M45 100 Meter Dash

12.05 45 SA Nat colours std
13.00 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #15571 Cloete, John	M48 BELLVILLE AC		12.08 WPS	1.6	11.22 87.25%	3
2 #17499 Home, James	M48 TYGERBERG AC		12.67 WPS	1.6	11.77 83.19%	3



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3	#55657	Hollenbach, Lione	M48	PAROW AC	12.93	WPS	1.6	12.01	81.52%	3	
3	#	6871	Cottee, Alistair	M49	CAPE PEN UNIVERS	12.93	WPS	1.6	12.01	81.52%	3
5	#16127	Louw, Pieter	M45	CAPE MULTI-SPORT	13.64		1.6	12.67	77.27%	3	

Event 24 M50 100 Meter Dash

12.17 50 SA Nat colours std
13.40 50 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Wind	Age-Grading	H#	
1 # 6869	Russell, Scott	M51	CAPE PEN UNIVERS	12.80	WPS	2.8	11.52 85.00%	2

Event 24 M55 100 Meter Dash

12.52 55 SA Nat colours std
14.00 55 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Wind	Age-Grading	H#	
1 # 3314	Toll, Michael	M55	ITHEKO AC	12.96	WPS	2.8	11.29 86.81%	2
2	Ruiters, Denver	M55	BOLMA	13.43	WPS	2.8	11.70 83.77%	2

Event 24 M60 100 Meter Dash

12.92 60 SA Nat colours std
14.50 60 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Wind	Age-Grading	H#	
1 # 7263	Warries, Joseph	M63	UNIVERSITY WESTE	13.50	WPS	2.8	11.36 86.22%	2
2	Henkeman, Stan	M61	BELLVILLE AC	14.29	WPS	2.8	12.03 81.46%	2

Event 24 M65 100 Meter Dash

13.73 65 SA Nat colours std
15.40 65 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Wind	Age-Grading	H#	
1 # 617	Deetlefs, Pietie	M66	BOLMA	13.52	SA	2.8	10.97 89.28%	2

Event 24 M85 100 Meter Dash

21.00 85 SA Nat colours std
23.50 85 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Wind	Age-Grading	
1 # 7040	Cross, Ronald	M85	BELLVILLE AC	18.57	SA	0.7	11.93 82.07%
2 # 6872	Ridge, Arthur	M88	CAPE PEN UNIVERS	19.54	SA	0.7	12.56 77.99%

Event 25 W15-19 High Jump

Name	Age	Team	Seed	Finals	Age-Grading
1 #20091	du Plessis, Stefa	W16	BELLVILLE AC	1.25m	1.25m 59.81%



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Name	1.38m 30 WPS WP Colours Standard	Age Team	Seed	Finals	Age-Grading
1	Deetlefs, Suretha	W30 INDIVIDUAL ENTRY		1.35m	1.35m 64.59%

Event 25 W40 High Jump

Name	1.42m 40 SA Nat colours std 1.27m 40 WPS WP Colours Standard	Age Team	Seed	Finals	Age-Grading
1 #16106	Genis, Tanya	W40 TYGERBERG AC		1.20m	1.32m 63.49%

Event 25 W45 High Jump

Name	1.36m 45 SA Nat colours std 1.21m 45 WPS WP Colours Standard	Age Team	Seed	Finals	Age-Grading
1 # 6647	Lategan, Jill	W47 GOODWOOD HARRIERS		1.25m WPS	1.45m 69.44%

Event 25 W50 High Jump

Name	1.28m 50 SA Nat colours std 1.15m 50 WPS WP Colours Standard	Age Team	Seed	Finals	Age-Grading
-- #20876	Scholtz, Gloria	W50 CAPRICORN AC		NH	

Event 25 W55 High Jump

Name	1.22m 55 SA Nat colours std 1.09m 55 WPS WP Colours Standard	Age Team	Seed	Finals	Age-Grading
-- #55631	De Lange, Patrici	W59 CAPRICORN AC		NH	

Event 26 M40 High Jump

Name	1.78m 40 SA Nat colours std 1.56m 40 WPS WP Colours Standard	Age Team	Seed	Finals	Age-Grading
1 #13375	Juries, Chubasco	M44 ITHEKO AC		1.25m	1.31m 53.42%

Event 26 M55 High Jump

Name	1.51m 55 SA Nat colours std 1.34m 55 WPS WP Colours Standard	Age Team	Seed	Finals	Age-Grading
1 # 9945	Bredeveltdt, Neal	M58 TYGERBERG AC		1.65m SA	2.02m 82.50%
2 #13263	Van Daalen, Dirk	M56 SA POLICE SER AC		1.35m WPS	1.65m 67.50%



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1.27m 70 SA Nat colours std
1.13m 70 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
-- # 9048 Hough, Norman	M72 BELLVILLE AC		NH	

Event 27 W12-19 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 #20256 Abouzaid, Laila	W17 GOODWOOD HARRIERS		5:15.64	5:15.65 73.65%
2 #20815 Mabentsela, Siwap	W15 GUGULETHU AC		5:49.68	5:49.69 66.48%
3 #55650 Pangalele, Bulelw	W17 LANGA ATHLETIC C		8:07.16	8:07.17 47.72%
4 #21055 Cox Akongo, Milka	W16 MIDAS SPARTANS		10:05.92	10:05.93 38.37%

Event 27 W45 1500 Meter Run

5:13.00 45 SA Nat colours std
6:06.00 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 2300 Nel-Sunderland, S	W47 NEDBANK WP		5:50.09 WPS	5:16.56 73.44%
2 # 5971 De Klerk, Daleen	W48 WP CRICKET CLUB		5:53.71 WPS	5:19.83 72.69%

Event 27 W50 1500 Meter Run

5:29.00 50 SA Nat colours std
6:25.00 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 8975 Brink, Ester	W54 CARBINEERS ATH CLUB		5:50.46 WPS	5:02.35 76.89%

Event 27 W55 1500 Meter Run

5:50.00 55 SA Nat colours std
6:49.00 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9937 Du Bruyn, Linda	W56 TYGERBERG AC		6:27.54 WPS	5:18.25 73.05%

Event 28 M12-19 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	H#
1 #21109 Elloutfi, Aghmad	M18 TITANS		4:25.50	4:25.51 77.59%	2
2 #20933 Metu, Busisani	M17 LANGA ATHLETIC C		4:29.27	4:29.28 76.50%	2
3 #20465 Ncapayi, Zubenath	M17 CENTRAL AC		4:31.53	4:31.54 75.87%	2
4 #20932 Gordon, Luke	M18 LANGA ATHLETIC C		4:47.38	4:47.39 71.68%	2
5 #20685 Morrison, Jaydin	M15 INDIVIDUAL ENTRY		4:49.40	4:49.41 71.18%	2
6 #55668 Mabuto, Ntando	M14 INDIVIDUAL ENTRY		4:57.82	4:57.83 69.17%	2
7 #55678 Jali, Lababalo	M16 INDIVIDUAL ENTRY		4:59.25	4:59.26 68.84%	2
8 #55667 Titus, Charlton	M14 BELLVILLE AC		5:00.26	5:00.27 68.61%	2
9 #20941 Waldien, Xavier	M16 LANGA ATHLETIC C		5:13.42	5:13.43 65.73%	2
10 #55651 Len, Keenan	M17 LANGA ATHLETIC C		5:20.96	5:20.97 64.18%	2



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11	#20310	Sassman, Cameron	M14	TITANS	5:37.28	5:37.29	61.08%	2
12	#20946	Mgobozi, Mzimkhul	M14	LANGA ATHLETIC C	5:53.35	5:53.36	58.30%	2
13	#20952	Mabentsela, Imang	M13	LANGA ATHLETIC C	5:58.74	5:58.75	57.42%	2
14	#20935	Langa, Masimbonge	M14	LANGA ATHLETIC C	5:59.09	5:59.10	57.37%	2

Event 28 M20-29 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
1 # 6082	Shayamano, Star	M25 NEDBANK WP		4:12.27	4:12.28 81.66%
2 #21010	Bestenbier, Oscar	M23 NEDBANK WP		4:12.30	4:12.31 81.65%
3 # 2102	Bestenbier, Austi	M23 NEDBANK WP		4:28.48	4:28.49 76.73%
4 #13598	Zana, Fabian	M21 LANGA ATHLETIC C		5:14.02	5:14.03 65.60%

Event 28 M35 1500 Meter Run

4:00.00	35	SA Nat colours std			
4:41.00	35	WPS WP Colours Standard			
Name	Age	Team	Seed	Finals	Age-Grading
1 # 8820	Boyisi, Aaron	M37 EASTERNS AC		5:31.89	5:29.01 62.61%

Event 28 M40 1500 Meter Run

4:06.00	40	SA Nat colours std			
4:48.00	40	WPS WP Colours Standard			
Name	Age	Team	Seed	Finals	Age-Grading
1 # 7522	Van Der Walt, Tja	M41 CAPE MULTI-SPORT		4:32.15 WPS	4:19.06 79.52%
2 #11977	Van Rooyen, Chris	M42 BOXER WP ATH CLUB		4:36.37 WPS	4:23.08 78.30%
3 # 7218	Sinclair, Quinton	M43 UNIVERSITY WESTE		4:39.24 WPS	4:25.81 77.50%

Event 28 M45 1500 Meter Run

4:15.00	45	SA Nat colours std			
4:58.00	45	WPS WP Colours Standard			
Name	Age	Team	Seed	Finals	Age-Grading
1 #55687	Stanley, Chris	M46 INDIVIDUAL ENTRY		4:49.19 WPS	4:23.89 78.06%

Event 28 M50 1500 Meter Run

4:29.00	50	SA Nat colours std			
5:15.00	50	WPS WP Colours Standard			
Name	Age	Team	Seed	Finals	Age-Grading
1 #55628	Abrahams, Edward	M51 INDIVIDUAL ENTRY		7:13.08	6:18.13 54.48%
2 #13867	McCree, Edward	M50 HEWAT ATH CLUB		8:41.56	7:35.38 45.24%



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Name	Age	Team	Seed	Finals	Age-Grading
	4:41.00	55 SA Nat colours std			
	5:29.00	55 WPS WP Colours Standard			
1 # 139 Philander, Tobias	M55	ITHEKO AC		4:50.49 WPS	4:02.19 85.06%

Event 28 M60 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
	4:58.00	60 SA Nat colours std			
	5:49.00	60 WPS WP Colours Standard			
1 # 8081 Emeraan, Riedwaan	M63	HEWAT ATH CLUB		8:41.83	6:54.29 49.73%

Event 28 M70 1500 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
	5:52.00	70 SA Nat colours std			
	6:52.00	70 WPS WP Colours Standard			
1 # 3110 Naude, Alan	M70	STRAND AC		6:35.64 WPS	4:40.08 73.55%

Event 29 W14-19 400 Meter Dash

Name	Age	Team	Seed	Finals	Age-Grading
1 #20116 Sylvester, Elitha	W18	BELLVILLE AC		1:02.21	1:02.22 76.52%
2 #20957 Snee, Daisy-Lee	W16	LANGA ATHLETIC C		1:11.88	1:11.89 66.22%
3 #55665 Mbali, Liyema	W14	INDIVIDUAL ENTRY		1:14.40	1:14.41 63.98%

Event 29 W30 400 Meter Dash

Name	Age	Team	Seed	Finals	Age-Grading
	1:07.00	30 WPS WP Colours Standard			
1 # 1789 Snyders, Juanita	W30	SPARTAN HARRIERS AC		1:16.79	1:16.80 61.99%

Event 29 W40 400 Meter Dash

Name	Age	Team	Seed	Finals	Age-Grading
	1:04.00	40 SA Nat colours std			
	1:12.00	40 WPS WP Colours Standard			
1 #13011 Kotze, Retha	W40	BELLVILLE AC		1:09.90 WPS	1:05.65 72.52%

Event 30 M14-19 400 Meter Dash

Name	Age	Team	Seed	Finals	Age-Grading	H#	
1 #20441 Schippers, Joshua	M18	BELLVILLE AC		49.99	50.00	86.38%	4
2 #55683 Van Niekerk, Ryan	M18	BELLVILLE AC		51.24	51.25	84.27%	4
3 #17342 Koopman, Keanu	M16	CAMISSA AC		52.22	52.23	82.69%	5
4 #20680 Steyn, Eugene	M17	VARSITY OLD BOYS AC		54.74	54.75	78.88%	5
5 #55684 Van Staden, Pierr	M16	PAARL AC		54.75	54.76	78.87%	3



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....Event 30 M14-19 400 Meter Dash

6 # 1796	Gouws, Leonard	M19 PAARL AC	55.61	55.62	77.65%	4
7 #20681	Wilson, Ashwin	M15 VARSITY OLD BOYS AC	55.77	55.78	77.43%	5
8 #21104	Newton, Liam	M15 INDIVIDUAL ENTRY	57.94	57.95	74.53%	5
9	Ariefdien, Abdul-M	M19 VELOCITY ATH CLUB	59.36	59.37	72.74%	4
10 #55654	Daniels, Caleb	M17 VARSITY OLD BOYS AC	59.41	59.42	72.68%	5

Event 30 M20-29 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#
1 #55673	Brink, Lambert	M22 STELLENBOSCH AC	51.44	51.45 83.94% 4
2 #17338	Udu, Pascal	M29 CAMISSA AC	54.86	54.87 78.71% 4
3 #17343	Siko, Avugile	M20 CAMISSA AC	56.72	56.73 76.13% 4

Event 30 M30 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#
56.00	30 WPS WP Colours Standard			
1	Wilkens, Andre	M34 CAPE PEN UNIVERS	56.34	56.35 76.64% 3

Event 30 M35 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#
51.00	35 SA Nat colours std			
57.00	35 WPS WP Colours Standard			
1 #13348	Dreyer, Jonathan	M38 ITHEKO AC	52.77 WPS	50.95 84.76% 3
2 #16060	Sethibang, Kabelo	M37 SA POLICE SER AC	55.31 WPS	53.40 80.87% 3
3 # 7055	Le Grange, Jacobu	M39 BELLVILLE AC	56.62 WPS	54.67 79.00% 3
4 #11283	Basson, Jacques	M39 NAMAQUA	58.14	56.13 76.93% 3

Event 30 M40 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#
52.41	40 SA Nat colours std			
58.00	40 WPS WP Colours Standard			
1 # 2839	Roopnarain, Junai	M40 STRAND AC	1:07.92	1:03.54 67.96% 2

Event 30 M45 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#
54.44	45 SA Nat colours std			
1:00.00	45 WPS WP Colours Standard			
1 #13836	Basson, Marius	M47 ORANJERIVIER AK	57.47 WPS	52.04 82.98% 2



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Event 30 M50 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#
56.36 50 SA Nat colours std				
1:02.00 50 WPS WP Colours Standard				
1 # 6869 Russell, Scott	M51 CAPE PEN UNIVERS		1:02.80	54.98 78.55% 2

Event 30 M55 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#
58.13 55 SA Nat colours std				
1:05.00 55 WPS WP Colours Standard				
1 # 6892 Green, Garry	M55 CAPE PEN UNIVERS		1:02.37 WPS	52.73 81.90% 2
-- Ruiters, Denver	M55 BOLMA		DNF	2

Event 30 M60 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading
1:01.66 60 SA Nat colours std				
1:09.00 60 WPS WP Colours Standard				
1 # 7263 Warriess, Joseph	M63 UNIVERSITY WESTE		1:05.64 WPS	53.53 80.68%

Event 30 M65 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading
1:05.36 65 SA Nat colours std				
1:13.00 65 WPS WP Colours Standard				
1 # 617 Deetlefs, Pietie	M66 BOLMA		1:23.85	1:05.71 65.71%

Event 30 M70 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading
1:11.06 70 SA Nat colours std				
1:20.00 70 WPS WP Colours Standard				
1 # 2148 Cleophas, Henry	M70 NEDBANK WP		1:15.80 WPS	56.55 76.36%

Event 31 W15-19 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading
1 #55680 Ngubo, Lutho	W17 INDIVIDUAL ENTRY		18.73m	18.73m 25.66%

Event 31 W30 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading
26.00m 30 WPS WP Colours Standard				
1 #13007 La Grange, Rachel	W31 BELLVILLE AC		31.54m WPS	31.54m 43.21%



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31.53m 35 SA Nat colours std
24.50m 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9961 Gerstner, Juanita	W36 TYGERBERG AC		27.45m WPS	29.15m 39.94%
2 #15574 Van Deventer, Hes	W37 BELLVILLE AC		23.10m	24.53m 33.61%

Event 31 W40 Javelin Throw

29.26m 40 SA Nat colours std
22.80m 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 104 Carolus, Carmen	W42 BELLVILLE AC		18.26m	20.95m 28.70%
2 # 118 Kruger, Sanet	W43 BELLVILLE AC		15.35m	17.61m 24.13%

Event 31 W50 Javelin Throw

28.50m 50 SA Nat colours std
22.20m 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 7035 Le Roux, Rentia	W50 BELLVILLE AC		20.70m	27.21m 37.28%
2 #20876 Scholtz, Gloria	W50 CAPRICORN AC		14.67m	19.28m 26.42%

Event 31 W55 Javelin Throw

25.00m 55 SA Nat colours std
19.50m 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #55648 Thomas, Sheila	W56 CAPRICORN AC		11.20m	16.21m 22.22%
-- #55631 De Lange, Patrici	W59 CAPRICORN AC		ND	

Event 31 W60 Javelin Throw

22.50m 60 SA Nat colours std
17.50m 60 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC		18.22m WPS	29.36m 40.23%

Event 32 M15-19 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading
1 #55682 Van Tonder, Hanje	M17 INDIVIDUAL ENTRY		45.90m	45.90m 46.61%
2 #55624 Neethling, Rickus	M19 INDIVIDUAL ENTRY		44.95m	44.95m 45.64%
3 #55684 Van Staden, Pierr	M16 PAARL AC		40.77m	40.77m 41.40%
4 #20044 Arendse, Jarred	M15 ULTRA AC		19.73m	19.73m 20.03%



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44.00m 30 WPS WP Colours Standard					
Name	Age Team	Seed	Finals	Age-Grading	
1 #16794 Theron, Barend	M30 LWANDLE ATH CLUB		38.79m	38.79m 39.39%	
2 # 7048 Sheldon, Lee-Roy	M34 BELLVILLE AC		33.51m	33.51m 34.03%	

Event 32 M35 Javelin Throw

54.00m 35 SA Nat colours std					
42.00m 35 WPS WP Colours Standard					
Name	Age Team	Seed	Finals	Age-Grading	
1 #55685 Young, Tyrone	M37 INDIVIDUAL ENTRY		44.44m WPS	44.99m 45.70%	

Event 32 M40 Javelin Throw

52.45m 40 SA Nat colours std					
40.90m 40 WPS WP Colours Standard					
Name	Age Team	Seed	Finals	Age-Grading	
1 #15572 Gates, Johan	M42 BELLVILLE AC		46.25m WPS	50.23m 51.01%	

Event 32 M45 Javelin Throw

49.49m 45 SA Nat colours std					
38.60m 45 WPS WP Colours Standard					
Name	Age Team	Seed	Finals	Age-Grading	
1 # 8063 Tregonning, Carde	M48 HEWAT ATH CLUB		28.34m	33.20m 33.71%	

Event 32 M50 Javelin Throw

46.49m 50 SA Nat colours std					
36.50m 50 WPS WP Colours Standard					
Name	Age Team	Seed	Finals	Age-Grading	
1 #16793 Van der Walt, Ste	M51 LWANDLE ATH CLUB		31.39m	38.54m 39.13%	

Event 32 M55 Javelin Throw

42.64m 55 SA Nat colours std					
33.30m 55 WPS WP Colours Standard					
Name	Age Team	Seed	Finals	Age-Grading	
1 Lamara, Zain	M59 BELLVILLE AC		31.33m	41.91m 42.57%	

Event 32 M65 Javelin Throw

37.00m 65 SA Nat colours std					
28.90m 65 WPS WP Colours Standard					
Name	Age Team	Seed	Finals	Age-Grading	
1 # 4166 Wale, Anton	M67 PINELANDS AC		30.04m WPS	46.92m 47.64%	
2 # 107 Carolus, John	M66 BELLVILLE AC		17.44m	27.24m 27.66%	



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33.00m 70 SA Nat colours std
25.80m 70 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9048 Hough, Norman	M72 BELLVILLE AC		33.60m SA	56.45m 57.32%
2 #55670 Miller, Garth	M70 VARSITY OLD BOYS AC		24.56m	41.26m 41.90%
3 #55688 Kruger, Dick	M71 BELLVILLE AC		17.37m	29.18m 29.63%

Event 32 M80 Javelin Throw

24.92m 80 SA Nat colours std
19.50m 80 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 4480 Johnston, Steve	M80 PINELANDS AC		18.16m	38.04m 38.64%

Event 33 W35 5000 Meter Race Walk

27:00.00 35 SA Nat colours std
31:35.00 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #10020 Sandi, Fundiswa	W38 RAVENSMEAD AC		31:26.61 WPS	31:08.88 63.51%

Event 33 W40 5000 Meter Race Walk

27:50.00 40 SA Nat colours std
32:34.00 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 2125 Sikunana, Norooi	W43 NEDBANK WP		33:24.41	32:09.25 61.53%

Event 33 W50 5000 Meter Race Walk

30:05.00 50 SA Nat colours std
35:12.00 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 637 Horn-Botha, Debor	W53 VARSITY OLD BOYS AC		32:11.87 WPS	28:32.80 69.30%
2 # 1967 Dunn, Chandra-Jay	W52 SPARTAN HARRIERS AC		34:31.80 WPS	30:36.86 64.62%
3 # 2000 Race, Anne	W51 SPARTAN HARRIERS AC		36:19.65	32:12.48 61.42%

Event 33 W55 5000 Meter Race Walk

31:35.00 55 SA Nat colours std
36:57.00 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 655 Gilmour, Trish	W57 VARSITY OLD BOYS AC		33:05.01 WPS	27:57.54 70.76%
2 # 5783 Sutherland, Joy	W59 WEST COAST AC		36:22.33 WPS	30:44.29 64.36%
3 #55648 Thomas, Sheila	W56 CAPRICORN AC		49:18.25	41:40.02 47.48%



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33:10.00 60 SA Nat colours std

38:48.00 60 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 1957 James, Pamela	W62 SPARTAN HARRIERS AC		33:27.67 WPS	26:47.15 73.86%

Event 33 W65 5000 Meter Race Walk

35:10.00 65 SA Nat colours std

41:09.00 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 3044 Brand, Edna	W67 STRAND AC		32:50.82 SA	24:43.64 80.01%
2 # 4573 Bignon, Frieda	W69 SANLAM AC		33:37.20 SA	25:18.55 78.17%

Event 33 W70 5000 Meter Race Walk

37:25.00 70 SA Nat colours std

43:47.00 70 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 1607 Pearson, Birdie	W70 SPARTAN HARRIERS AC		34:47.20 SA	24:25.22 81.01%
2 # 10045 Aver, Carol-Ann	W73 RUNWALK FOR LIFE AC		35:53.75 SA	25:11.94 78.51%
3 # 2070 Nel, Elizabeth	W70 SPARTAN HARRIERS AC		36:51.81 SA	25:52.70 76.45%
4 # 1949 Joseph, Jacquelin	W70 SPARTAN HARRIERS AC		41:25.63 WPS	29:04.92 68.03%
5 # 1778 Botes, Helen	W74 SPARTAN HARRIERS AC		44:03.82	30:55.97 63.96%

Event 33 W75 5000 Meter Race Walk

40:00.00 75 SA Nat colours std

46:48.00 75 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 1374 Vey, Hildegard	W78 VARSITY OLD BOYS AC		37:31.39 SA	24:19.36 81.34%
2 # 1939 Norton, Margaret	W79 SPARTAN HARRIERS AC		41:24.87 WPS	26:50.70 73.70%

Event 33 W80 5000 Meter Race Walk

44:40.00 80 SA Nat colours std

52:16.00 80 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 1937 Reid, Peggy	W82 SPARTAN HARRIERS AC		43:32.80 SA	25:44.69 76.84%

Event 34 M45 5000 Meter Race Walk

25:45.00 45 SA Nat colours std

30:08.00 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 772 Mc Donald, Ross	M46 VARSITY OLD BOYS AC		30:16.43	27:38.04 64.99%
2 Dippenaar, Andries	M48 STRAND AC		39:38.18	36:10.81 49.64%



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26:45.00 50 SA Nat colours std		31:18.00 50 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading	
1 # 2194 Hines, Dennis	M52 STRAND AC		31:39.52	27:43.80	64.77%
2 # 8804 Jefra, Nicholas	M51 EASTERNS AC		33:11.01	29:03.93	61.79%

Event 34 M55 5000 Meter Race Walk

27:55.00 55 SA Nat colours std		32:40.00 55 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading	
1 # 9761 Papier, Adam	M57 OMMIDRAAI		30:41.37 WPS	25:44.91	69.75%
2 # 7199 Hector, Douglas	M59 LANGEBAAN AC		32:08.74 WPS	26:58.22	66.59%

Event 34 M60 5000 Meter Race Walk

29:15.00 60 SA Nat colours std		34:13.00 60 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading	
1 # 5073 Bosman, Marius	M63 BELLVILLE AC		31:19.15 WPS	25:04.45	71.63%
2 # 1844 Van Rooi, Eddie	M62 SPARTAN HARRIERS AC		35:17.50	28:15.28	63.56%

Event 34 M65 5000 Meter Race Walk

30:50.00 65 SA Nat colours std		36:04.00 65 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading	
1 # 275 Kotze, Frans	M67 PAARL AC		38:42.40	29:25.03	61.05%

Event 34 M70 5000 Meter Race Walk

33:05.00 70 SA Nat colours std		38:42.00 70 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading	
1 # 4647 Van Zyl, Johan	M70 SANLAM AC		31:36.90 SA	22:40.08	79.23%

Event 34 M80 5000 Meter Race Walk

37:25.00 80 SA Nat colours std		43:47.00 80 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading	
1 # 1800 Adams, Ronald	M80 SPARTAN HARRIERS AC		46:14.40	28:52.34	62.20%



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Name	Age Team	Seed	Finals	Age-Grading
21:50.00 30 WPS WP Colours Standard				
1 # 2292 Jacobs, Mandy-Lee	W30 NEDBANK WP		20:15.43 WPS	20:15.44 71.14%

Event 37 W50 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
20:39.00 50 SA Nat colours std				
24:00.00 50 WPS WP Colours Standard				
1 # 3131 Marais, Suzaan	W54 STRAND AC		20:40.75 WPS	18:02.56 79.87%

Event 38 M14-19 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 # 28 Stewart, Oliver	M18 ATLANTIC ATHLETI		15:21.85	15:21.86 82.12%
2 #20015 Visser, Ricco	M17 PINELANDS AC		19:31.11	19:31.12 64.64%
3 #55672 Boyisi, Kamua	M14 EASTERNS AC		19:59.36	19:59.37 63.12%
4 #55674 Centane, Siyambon	M14 INDIVIDUAL ENTRY		21:46.32	21:46.33 57.95%

Event 38 M20-29 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 # 1405 Solomons, Dullan	M21 STELLENBOSCH AC		16:03.75	16:03.76 78.55%
2 #11983 Swartz, Godwin	M27 BOXER WP ATH CLUB		16:05.91	16:05.92 78.37%

Event 38 M35 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
15:10.00 35 SA Nat colours std				
17:45.00 35 WPS WP Colours Standard				
1 #11946 Blaauw, Ricardo	M38 BOXER WP ATH CLUB		15:55.01 WPS	15:55.02 79.27%
2 #11979 Swartz, Marshall	M39 BOXER WP ATH CLUB		19:28.97	19:28.98 64.76%
3 # 8820 Boyisi, Aaron	M37 EASTERNS AC		20:38.64	20:38.65 61.12%

Event 38 M40 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
15:22.00 40 SA Nat colours std				
18:00.00 40 WPS WP Colours Standard				
1 # 7522 Van Der Walt, Tja	M41 CAPE MULTI-SPORT		17:16.34 WPS	16:40.18 75.69%
2 # 7218 Sinclair, Quinton	M43 UNIVERSITY WESTE		17:30.19 WPS	16:53.54 74.69%
3 #13578 Bailey, Jason	M42 GROOT CONSTANTIA		19:08.66	18:28.58 68.29%
4 #13375 Juries, Chubasco	M44 ITHEKO AC		21:54.66	21:08.78 59.66%
-- #11977 Van Rooyen, Chris	M42 BOXER WP ATH CLUB		DNF	



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Name	Age	Team	Seed	Finals	Age-Grading
16:07.00	45	SA Nat colours std			
18:50.00	45	WPS WP Colours Standard			
1 #11587 Ngcwama, Sabelo	M46	GUGULETHU AC		19:04.57	17:44.68 71.10%
2 # 5406 Hill, Theodore	M48	EDGE MEAD AC		19:11.09	17:50.75 70.70%
3 #11943 Peacock, Michael	M46	CAPE PEN UNIVERS		22:00.28	20:28.13 61.64%

Event 38 M50 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
16:31.00	50	SA Nat colours std			
19:25.00	50	WPS WP Colours Standard			
1 #55628 Abrahams, Edward	M51	INDIVIDUAL ENTRY		29:01.89	25:59.52 48.54%

Event 39 W30 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
10.30m	30	WPS WP Colours Standard			
1 #13007 La Grange, Rachel	W31	BELLVILLE AC		10.49m WPS	10.49m 44.45%

Event 39 W35 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
12.00m	35	SA Nat colours std			
10.00m	35	WPS WP Colours Standard			
1 # 9961 Gerstner, Juanita	W36	TYGERBERG AC		10.45m WPS	11.41m 48.36%
2 #15574 Van Deventer, Hes	W37	BELLVILLE AC		8.74m	9.54m 40.44%

Event 39 W40 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
11.50m	40	SA Nat colours std			
9.50m	40	WPS WP Colours Standard			
1 # 118 Kruger, Sanet	W43	BELLVILLE AC		9.90m WPS	11.73m 49.72%
2 # 104 Carolus, Carmen	W42	BELLVILLE AC		5.73m	6.79m 28.78%

Event 39 W55 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading
10.50m	55	SA Nat colours std			
8.70m	55	WPS WP Colours Standard			
1 Smith, Jackie	W56	BOLMA		11.84m SA	15.29m 64.81%



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11.00m 60 SA Nat colours std		9.10m 60 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC		9.10m WPS	11.01m 46.69%		

Event 39 W65 Weight Throw

10.00m 65 SA Nat colours std		8.30m 65 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 #11112 Du Toit, Aletta	W68 BELLVILLE AC		7.94m	10.52m 44.61%		

Event 39 W70 Weight Throw

9.00m 70 SA Nat colours std		7.50m 70 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 #11111 Grobbelaar, Elize	W74 BELLVILLE AC		8.12m WPS	11.90m 50.47%		

Event 40 M30 Weight Throw

11.50m 30 WPS WP Colours Standard					
Name	Age Team	Seed	Finals	Age-Grading	
1 #16794 Theron, Barend	M30 LWANDLE ATH CLUB		11.25m	11.25m 43.50%	

Event 40 M65 Weight Throw

15.50m 65 SA Nat colours std		12.80m 65 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 4166 Wale, Anton	M67 PINELANDS AC		11.83m	13.19m 51.01%		
2 # 107 Carolus, John	M66 BELLVILLE AC		8.77m	9.78m 37.82%		

Event 40 M70 Weight Throw

15.50m 70 SA Nat colours std		12.80m 70 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 9048 Hough, Norman	M72 BELLVILLE AC		15.59m SA	17.78m 68.77%		

Event 40 M80 Weight Throw

11.00m 80 SA Nat colours std		9.00m 80 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 4480 Johnston, Steve	M80 PINELANDS AC		11.77m SA	15.35m 59.35%		



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