



## SAMA RECORDS

100m					
M30	<b>10,5</b>	Erich Essman	CGA		
M35	<b>10,3</b>	E. Jefferys	KZN		
M40	<b>10,7</b>	Stan Wald	CGA		
M45	<b>11,1</b>	Stan Wald	CGA		
M50	<b>11,7</b>	Stan Wald	CGA		
M55	<b>11,8</b>	T. George			
M60	12,91	Monty Hacker	CGA		
M65	<b>13,1</b>	Albertus v Zyl	KZN		
M70	<b>12,9</b>	Fred Reid	CGA		
M75	14,06	Fred Reid	CGA		
M80	<b>14,3</b>	Lucas Nel	KZN	Bloemfontein	08-Nov-03
M85	16,29	Lucas Nel	KZN	Sydney	Oct-10
M90	17,76	Lucas Nel	KZN	Porto Alegre	Oct-13
M100	30,86	Philip Rabinowitz	WPA	Cape Town	10-Jul-04

200m					
M30	<b>21,2</b>	Erich Essman	CGA		
M35	<b>21,2</b>	E. Jefferys	KZN		
M40	<b>22,0</b>	Stan Wald	CGA		
M45	<b>22,9</b>	Stan Wald	CGA		
M50	23,29	Stan Wald	CGA		
M55	24,71	Monty Hacker	CGA		
M60	<b>25,8</b>	Miloje Grujic	CGA		
M65	26,99	Monty Hacker	CGA		
M70	<b>27,5</b>	Fred Reid	CGA		
M75	<b>29,4</b>	Lucas Nel	KZN		
M80	31,82	Monty Hacker	CGA	Lyon	Aug-15
M85	34,37	Lucas Nel	KZN	Sydney	Oct-10
M90	38,04	Lucas Nel	KZN	Porto Alegre	Oct-13
M100	77,59	Philip Rabinowitz	WPA	Parow	17-Dec-04

400m					
M30	48,53	Willem de Beer	AGN	Oudtshoorn	03-May-19
M35	<b>47,9</b>	J. Cyrus			
M40	<b>49,7</b>	Leon Hacker	CGA		
M45	51,07	Spencer Moraope	NWN	Malaga, Spain	Sep-18
M50	<b>52,5</b>	Miloje Grujic	CGA		
M55	<b>55,0</b>	Miloje Grujic	CGA		
		Stan Immelman	CGA	Pilditch, Pretoria	2001
M60	55,53	Miloje Grujic	CGA		
M65	59,52	Albertus v Zyl	KZN		
M70	64,16	Lucas Nel	KZN		
M75	66,88	Lucas Nel	KZN		
M80	<b>1:12,8</b>	Lucas Nel	KZN	Bloemfontein	08-Nov-03
M85	1:20,47	Lucas Nel	KZN	Sydney	Oct-10
M90	1:35,64	Lucas Nel	KZN	Porto Alegre	Oct-13

100m					
W30	<b>11,8</b>	Gail van Niekerk	CGA		
W35	<b>12,1</b>	V.B. Kruger	CGA	Bloemfontein	05-Nov-88
W40	11,94	Adri Schoeman	AGN	Rustenburg	24-Apr-14
W45	<b>12,5</b>	Gail van Niekerk	CGA	RAU	15-Oct-94
W50	12,31	Charmain Barnard	AGN	Pilditch, Pretoria	30-Mar-19
W55	14,06	Ronel Beukes	WPA	Green Point	13-Apr-19
W60	14,90	Toy Ungerer	SWD	Oudtshoorn	06-Mar-10
W65	14,93	Toy Ungerer	SWD	Pilditch, Pretoria	02-Apr-11
W70	15,57	Toy Ungerer	SWD	Perth, Australia	Oct-16
W75	17,19	Magdalena Tomlinson	KZN	Bloemfontein	27-Apr-18
W80	18,73	Christi du Plooy	CGA	Pilditch, Pretoria	23-Feb-13
W85	21,95	Christi du Plooy	CGA	Pretoria	02-Apr-16

200m					
W30	<b>24,6</b>	V.B. Kruger	CGA	Germiston	
W35	<b>24,9</b>	V.B. Kruger	CGA	Secunda	31-Mar-90
W40	24,46	Adri Schoeman	AGN	Rustenburg	26-Apr-14
W45	25,43	Adri Schoeman	AGN	Bloemfontein	27-Apr-18
W50	26,95	Ronel Beukes	BOL	Bellville	20-Feb-10
W55	<b>29,3</b>	Yvonne De Wit	WPA	Pretoria	04-May-96
W60	<b>30,7</b>	Magdalena Tomlinson	KZN		08-Feb-03
W65	30,92	Toy Ungerer	SWD	Pretoria	31-Mar-12
W70	32,26	Toy Ungerer	SWD	Pilditch, Pretoria	13-May-16
W75	35,90	Isabel Hofmeyr	WPA	Durban	07-May-04
W80	41,78	Christi du Plooy	CGA	Pilditch, Pretoria	23-Feb-13
W85	51,20	Christi du Plooy	CGA	Pretoria	02-Apr-06

400m					
W30	55,99	S. Hutchinson	KZN	Durban	18-Feb-05
W35	<b>56,0</b>	Anne McKenzie	CGA	Mainz	20-Jul-65
W40	<b>56,3</b>	Anne McKenzie	CGA	Potchefstroom	28-Oct-67
W45	<b>58,9</b>	Elaine Pretorius	AGN	Secunda	18-Mar-06
W50	61,14	Elaine Pretorius	AGN	Sacramento	Jul-11
W55	64,84	Elaine Pretorius	AGN	Perth, Australia	Oct-16
W60	70,26	Liz Alexander	KZN	Perth, Australia	Oct-16
W65	72,80	Toy Ungerer	SWD	Sacramento	Jul-11
W70	73,97	Toy Ungerer	SWD	Perth, Australia	Oct-16
W75	1:22,97	Magdalena Tomlinson	KZN	Bloemfontein	27-Apr-18
W80	1:46,33	Christi du Plooy	CGA	Pilditch, Pretoria	23-Feb-13
W85	2:15,84	Christi du Plooy	CGA	Perth, Australia	Oct-16

800m						
M30	<b>1:49.6</b>	Deon Brummer	AGN			
M35	<b>1:49.4</b>	Deon Brummer	AGN			
M40	<b>1:55.8</b>	S. Ditsele				
M45	1:58.10	Spencer Moraope	NWN	Bloemfontein	09-Nov-19	
M50	2:01.86	Len Claassen	AGN			
M55	<b>2:03.7</b>	Stan Immelman	CGA	Port Elizabeth	01-Dec-01	
M60	2:16.49	Len Claassen	AGN	Sacramento	Jul-11	
M65	2:26.15	Len Claassen	AGN	Perth, Australia	Oct-16	
M70	2:31.71	Ken Nurden	AGN	Sasolburg	25-Apr-08	
M75	2:37.04	Ken Nurden	AGN	Bellville	30-Apr-10	
M80	2:58.64	Ken Nurden	AGN	Port Elizabeth	15-May-15	
M85	3:37.34	Lucas Nel	KZN	Sydney	Oct-10	
M90	4:20.97	Lucas Nel	KZN	Porto Alegre	Oct-13	

1500m						
M30	<b>3:40.2</b>	Johan Fourie				
M35	3:54.04	G. Brummer	AGN			
M40	<b>3:58.9</b>	Terence Brown	KZN			
M45	4:03.13	Terence Brown	KZN			
M50	4:18.94	Sean Rice	CGA	Pretoria	20-Feb-04	
M55	<b>4:32.4</b>	Sybrandt Mostert	WPA			
M60	4:55.04	Terence Brown	WPA	Bellville	Feb-15	
M65	4:59.97	Willie Loedolff	AGN	Port Elizabeth	07-May-93	
M70	5:11.59	Ken Nurden	AGN	Pretoria	25-Mar-06	
M75	5:33.40	Peter Brown	SWD	Oudtshoorn	26-Apr-13	
M80	6:27.52	Ken Nurden	AGN	Pretoria	18-Jul-15	
M85	7:27.11	Lucas Nel	KZN	Sydney	Oct-10	
M90	8:51.30	Lucas Nel	KZN	Porto Alegre	Oct-13	

5000m						
M30	14:16.25	M. Nobanda		Bellville	04-May-02	
M35	<b>14:15.1</b>	H. LekGangane				
M40	<b>15:06.3</b>	B. Mather				
M45	15:19.68	Steve Hollier	CGA			
M50	<b>16:01.5</b>	Sean Rice	CGA	Kings Park	2003	
M55	16:54.76	Sybrandt Mostert	WPA			
M60	<b>17:50.6</b>	Willie Loedolff	AGN	Green Point	19-Mar-88	
M65	<b>18:25.7</b>	Willie Loedolff	AGN	Durban	17-Apr-93	
M70	19:40.94	Ken Nurden	AGN	Pretoria	25-Mar-06	
M75	21:30.10	Ken Nurden	AGN	Bellville	30-Apr-10	
M80	22:44.10	Ken Nurden	AGN	Pretoria	02-Apr-16	
M85	39:11.84	Alan Furguson	CGA	Sasolburg	26-Apr-08	

800m						
W30	2:09.81	M. Brandt	BOL	Port Elizabeth	15-May-15	
W35	<b>2:08.0</b>	Anne McKenzie	CGA	Neurenberg	15-Jul-65	
W40	<b>2:06.5</b>	Anne McKenzie	CGA	London	01-Jul-67	
W45	2:17.12	Salome Vermeulen	AGN	Porto Alegre	01-Oct-13	
W50	2:21.43	Salome Vermeulen	AGN	Malaga, Spain	Sep-18	
W55	2:33.64	Elaine Pretorius	AGN	Perth, Australia	Oct-16	
W60	2:44.96	Liz Alexander	KZN	Perth, Australia	Oct-16	
W65	<b>3:05.1</b>	Jane Geldenhuys	WPA	Green Point		
W70	3:19.67	Magdalena Tomlinson	KZN	Durban	21-Mar-14	
W75	3:59.80	Isabel Hofmeyr	WPA	Carolina	04-Jul-03	
W80	4:34.13	Mavis Hutchison		San Sebastian	29-Aug-05	

1500m						
W30	<b>4:28.1</b>	A. vd Berg		Bloemfontein	16-Nov-85	
W35	4:32.61	Sonja Laxton	CGA			
W40	<b>4:36.0</b>	Anne McKenzie	CGA	Solingen	20-Jul-67	
W45	4:47.81	Salome Vermeulen	AGN	Oudtshoorn	27-Apr-13	
W50	4:48.27	Salome Vermeulen	AGN	Perth, Australia	Oct-16	
W55	<b>5:31.1</b>	Anne McKenzie	CGA	Green Point	10-Dec-80	
W60	<b>5:40.7</b>	M. Saunders	EPA	Port Elizabeth	29-Jan-16	
W65	<b>6:16.7</b>	Jane Geldenhuys	WPA	Port Elizabeth	08-May-93	
W70	<b>6:52.4</b>	Jane Geldenhuys	WPA	Durban	17-Jul-97	
W75	9:15.71	Jean Foster	KZN	Bellville	04-May-02	
W80	9:56.99	Jean Foster	KZN	Durban	24-Mar-06	

5000m						
W30	<b>16:26.7</b>	A. Vermeulen		Bethlehem	19-Nov-94	
W35	16:12.87	Sonja Laxton	CGA		17-Oct-83	
W40	17:54.40	D. Sandford	SWD	Brisbane	04-Jul-01	
W45	18:27.36	S. Du Toit	AGN	Durban	17-Jul-97	
W50	<b>18:55.9</b>	J. Hann		Port Elizabeth	07-May-93	
W55	19:51.10	Jenny Allebone	KZN	Oudtshoorn	28-Apr-00	
W60	19:52.44	Jenny Allebone	KZN	Durban	06-May-04	
W65	22:43.00	L. Ruickbie	CGA	Rustenburg	26-Apr-14	
W70	25:11.26	W. Smuts	FSA	Pilditch, Pretoria	18-May-12	
W75	36:03.05	Jean Foster	KZN	Sasolburg	04-May-01	

10 000m						
M30	28:57.28	M. Nobanda		Pretoria	10-May-03	
M35	29:34.00	M. Modise		Porto Alegre	Oct-13	
M40	<b>30:49.7</b>	G. Moseuw	CNW			
M45	32:24.89	Ewaldt Bonzet	WPA			
M50	<b>33:22.2</b>	Sean Rice	CGA	Kings Park	2003	
M55	<b>35:12.9</b>	Pat O'Brien	WPA			
M60	<b>38:07.9</b>	Willie Loedolff	AGN	Green Point	19-Mar-88	
M65	39:07.98	Willie Loedolff	AGN	Port Elizabeth	07-May-93	
M70	41:09.22	Ken Nurden	AGN	Pretoria	23-Apr-05	
M75	45:03:00	Ken Nurden	AGN	Bellville	01-May-10	
M80	51:03.88	Ken Nurden	AGN	Bloemfontein	14-Nov-15	

110m H						
M30	<b>13,7</b>	Wessel Bosman	AGN			
M35	13,57	Shaune Bownes	CNW			
M40	14,44	Shaune Bownes	AGN	Rustenburg	26-Apr-14	
M45	14,38	Shaune Bownes	AGN	Pretoria	02-Apr-16	

100m H						
M50	14,75	C. Truter	WPA			
M55	15,92	Johan Gouws	AGN	Bloemfontein	08-Nov-14	
M60	17,09	Johan Gouws	AGN	Oudtshoorn	03-May-19	
M65	<b>16,4</b>	Albertus v Zyl	KZN			

80m H						
M70	<b>13,2</b>	Albertus v Zyl	KZN			
M75	15,02	Albertus v Zyl	KZN			
M80	20,54	Hans Miekautsch	CGA	Bloemfontein	27-Apr-18	

400m H						
M30	53,46	Pieter Koekemoer	KZN	Pilditch, Pretoria	13-May-16	
M35	52,93	Pieter Koekemoer	KZN	Malaga, Spain	Sep-18	
M40	54,08	Leon Hacker	CGA			
M45	57,02	D. Burger	WPA			
M50	61,29	J. Swiegers		Green Point	25-Mar-04	
M55	62,88	J. Swiegers		Bloemfontein	11-Nov-06	

300m H						
M60	47,37	Len Claassen	AGN	Porto Alegre	Oct-13	
M65	<b>48,0</b>	Albertus v Zyl	KZN			
M70	<b>50,4</b>	Albertus v Zyl	KZN			
M75	<b>54,7</b>	Albertus v Zyl	KZN			

3000m/2000m SC						
M30	<b>9:17.2</b>	P. Bezuidenhout				
M35	<b>9:31.3</b>	M. Wells				
M40	<b>9:23.8</b>	Willie Olivier				
M45	09:49.70	Tobias Philander	WPA	Bellville	20-Feb-10	
M50	10:29.10	Sean Rice	CGA	San Sebastian	03-Sep-05	
M55	11:17.90	Tobias Philander	WPA	Oudtshoorn	03-May-19	
M60	7:19.64	Terence Brown	WPA	Bellville	Feb-15	
M65	8:31.72	Willie Loedolff	AGN	Port Elizabeth	07-May-93	
M70	8:46.93	Willie Loedolff	AGN	Pretoria	14-Mar-98	
M75	9:38.31	Lucas Nel	KZN			

10 000m						
W30	<b>37:40.0</b>	C. vd Westhuizen	AVT	Secunda	22-Jan-94	
W35	<b>35:07.0</b>	G. De Oliviera	KZN	Durban	17-Jul-97	
W40	<b>38:00.3</b>	C.A. Louw	EPA	Port Elizabeth	03-Dec-94	
W45	36:39.79	Sonja Laxton	CGA			
W50	39:34.50	S. Du Toit	AGN	Gateshead	01-Aug-99	
W55	41:07.70	Jenny Allebone	KZN	Oudtshoorn	28-Apr-00	
W60	41:34.20	Jenny Allebone	KZN	Durban	08-May-04	
W65	44:50.18	L. Ruickbie	CGA	Rustenburg	26-Apr-14	
W70	58:54.79	Elaine Greenblatt	CGA	Oudtshoorn	03-May-19	

100m H						
W30	<b>14,6</b>	Maryna v Niekerk	CGA	Pretoria	23-Feb-85	
W35	<b>14,7</b>	Madelene v Rooyen	AGN			

80m H						
W40	11,89	Madelene v Rooyen	AGN	Pilditch, Pretoria	09-May-03	
W45	12,05	Charmain Barnard	AGN	Pilditch, Pretoria	01-Apr-17	
W50	12,49	Charmain Barnard	AGN	Pilditch, Pretoria	30-Mar-19	
W55	14,27	Madelene v Rooyen	AGN	Bloemfontein	09-Nov-18	
W60	14,75	Magdalena Tomlinson	KZN	Carolina	11-Jul-03	
W65	15,45	Magdalena Tomlinson	KZN	Pretoria	02-May-09	
W70	18,84	Isabel Hofmeyr	WPA	Brisbane	04-Jul-01	
W75	20,04	Isabel Hofmeyr	WPA	Carolina	11-Jul-03	

400m H						
W30	58,79	S. Hutchinson	KZN	Port Elizabeth	11-Feb-06	
W35	<b>62,1</b>	Madelene v Rooyen	CGA	Potchefstroom	06-Oct-99	
W40	<b>66,0</b>	Madelene v Rooyen	CGA			
W45	<b>68,7</b>	Stefanie v Rooyen	AGN			

300m H						
W50	48,69	A. du Plessis		Bloemfontein	27-Apr-07	
W55	53,41	Madelene v Rooyen	AGN	Bloemfontein	27-Apr-18	
W60	54,25	Magdalena Tomlinson	KZN	Carolina	05-Jul-03	
W65	60,31	Magdalena Tomlinson	KZN	Bloemfontein	19-Sep-09	

200m H						
W70	39,50	Magdalena Tomlinson	KZN	Porto Alegre	Oct-13	
W75	40,60	Magdalena Tomlinson	KZN	Bloemfontein	27-Apr-18	

2000m SC						
W30	7:10.00	R. Thomas	AGN	Durban	08-May-04	
W35	7:31.49	A. James	CGA	Durban	17-Jul-97	
W40	7:56.84	M. Esterhuyse	WPA	Bellville	24-Feb-07	
W45	7:58.23	M. Esterhuyse	WPA	Sasolburg	26-Apr-08	
W50	8:08.92	Mariette Strauss	WPA	Bellville	13-Mar-14	
W55	8:27.01	Mariette Strauss	WPA	Parow	24-Mar-18	
W60	9:12.60	Lynette Fischer	AGN	Oudtshoorn	03-May-19	
W65	11:52.25	Alet Ten Tusscher	CGA	Gateshead	08-Aug-99	

High Jump						
M30	2,07	Christo Vrey	CGA			
M35	2,01	J. Greyvenstein				
M40	2,00	Phillip vd Walt	AGN	Pilditch, Pretoria	01-Apr-17	
M45	1,93	Johann Gutsche	CNW	Pretoria	23-Feb-13	
M50	1,82	Johann Gutsche	CNW	Oudtshoorn	03-May-19	
M55	1,70	Neal Bredeveldt	BOL	Stellenbosch	12-Mar-16	
M60	1,55	Piet Kruger	CGA	Potchefstroom	28-Oct-05	
M65	1,50	Leo Benning	WPA	Bellville	Jan-00	
M70	1,44	Leo Benning	WPA	Carolina	04-Jul-03	
M75	1,37	Hans Miekautsch	CGA	Rustenburg	26-Apr-14	
M80	1,22	Hans Miekautsch	CGA	Pilditch, Pretoria	30-Mar-19	

Pole Vault						
M30	4,45	C. Preston				
M35	4,30	Pieter Brits	AGN	Rustenburg	26-Apr-14	
M40	4,20	Louis Nienaber		Pretoria	22-Feb-03	
M45	3,85	S.A. Herbst	WPA			
M50	3,90	Grant Murdoch	WPA	Durban	Jul-97	
M55	3,15	Thomas Endrody	CGA	Tuks, Pretoria	28-Feb-15	
M60	3,03	C. Colyn				
M65	2,80	A.S. Du Plessis				
M70	2,70	J-M De Senneville	CGA	Germiston	13-Apr-19	
M75	2,09	Albertus v Zyl	KZN			
M80	1,79	Hans Miekautsch	CGA	Bloemfontein	04-Aug-18	

Long Jump						
M30	7,64	Angus Pohl	AGN			
M35	7,22	Vic Häger	KZN			
M40	7,14	Vic Häger	KZN			
M45	6,34	Vic Häger	KZN			
M50	6,18	J. van Rooyen				
M55	5,70	S. Hough				
		A. Redelinhhuys				
M60	5,33	Ron Cross	WPA			
M65	4,97	Albertus v Zyl	KZN			
M70	4,66	Albertus v Zyl	KZN			
M75	4,34	Hans Miekautsch	AGN	Oudtshoorn	26-Apr-13	
M80	3,49	Ron Cross	WPA	Lyon	Aug-15	
M85	2,43	Ron Strydom	WPA	Bloemfontein	27-Apr-18	

High Jump					
W30	1,75	Dinah Heymans	FSA	Bloemfontein	02-Feb-01
W35	1,82	Dinah Heymans	FSA	Nairobi, Kenya	26-Apr-02
W40	1,70	Dinah Heymans	FSA	Pretoria	02-Feb-07
W45	1,64	Dinah Heymans	FSA	Pilditch, Pretoria	19-May-12
W50	1,53	Dinah Heymans	FSA	Pilditch, Pretoria	01-Apr-17
W55	1,27	Aletta Kruger	FSA	Durban	
W60	1,21	K. vd Merwe	FSA	Sasolburg	18-Jan-03
		Stephanie Claassen	AGN	Sacramento	Jul-11
W65	1,19	Aletta Kruger	FSA		
		Margaret Jonkers	WPA	Parow	19-Mar-16
W70	1,08	Aletta Kruger	FSA	Pretoria	10-May-03
W75	1,07	Isabel Hofmeyr	WPA	Parow	19-Mar-05

Pole Vault					
W30	3,40	Eva Thornton	EPA	Bellville	01-Feb-03
W35	3,45	Eva Thornton	EPA	Port Elizabeth	29-Apr-06
W40	3,30	Ida-Marie Strydom	AGN	Germiston	13-Apr-19
W45	2,80	Dorita du Toit	CNW	Pilditch, Pretoria	01-Apr-17
W50	2,73	Petra Pietersen	AGN		
W55	2,20	Petra Pietersen	AGN		
W60	2,21	Petra Pietersen	AGN	Pretoria	23-Apr-05
W65	1,78	Petra Pietersen	AGN	Bellville	20-Feb-10

Long Jump					
W30	6,59	Karin Mey	AGN	Bloemfontein	27-Apr-18
W35	6,58	Maryna v Niekerk	CGA		
W40	5,73	Charmain Barnard	AGN	Pretoria	31-Mar-12
W45	5,47	Charmain Barnard	AGN	Pretoria	04-Apr-15
W50	4,56	Petra Pietersen	AGN		
W55	4,37	A. Steenkamp	SWD	Oudtshoorn	16-Oct-10
W60	4,22	Toy Ungerer	SWD	Bellville	01-May-10
W65	4,14	Toy Ungerer	SWD	Oudtshoorn	27-Apr-13
W70	3,40	Sheila Campbell	BOR		
W75	2,52	Isabel Hofmeyr	WPA	Germiston	07-May-05
W80	2,11	E. Paveley	CGA		

Triple Jump						
M30	13,94	A. Labuschagne				
M35	13,64	Vic Häger	KZN			
M40	14,40	G. Swakala				
M45	12,73	W. Olivier	AVT	Pilditch, Pretoria	13-May-16	
M50	12,80	Vincent McBride	WPA	Porto Alegre	Oct-13	
M55	11,65	Vincent McBride	WPA	Oudtshoorn	27-Oct-18	
M60	10,55	Ron Cross	WPA			
M65	9,72	Andy Heine	CGA			
M70	9,51	Leo Benning	WPA	Carolina	04-Jul-03	
M75	7,83	Albertus v Zyl	KZN			
M80	6,37	Leo Benning	BOL	Bellville	15-Mar-14	

Shot Put						
M30	16,28	C. Scheepers				
M35	16,56	J. Booysen Jr.				
M40	18,52	Burger Lambrechts	AGN	Pilditch, Pretoria	03-Feb-18	
M45	18,29	Burger Lambrechts	AGN	Bloemfontein	27-Apr-18	
M50	17,09	Burton Haupt	AGN	Tuks, Pretoria	11-Jun-16	
M55	15,84	Burton Haupt	AGN	Perth, Australia	Oct-16	
M60	14,24	G. Schirmer	BOL			
M65	12,80	Andrzej Rzepecki	CGA	Bellville	04-May-02	
M70	13,78	Dereck Sterley	AGN	Pilditch, Pretoria	30-Mar-19	
M75	12,53	E. Skea	AGN	Germiston	14-Apr-12	
M80	12,84	Borg Stannius	WPA	Bellville	23-Feb-08	
M85	10,80	Borg Stannius	WPA	Holstebro, Denmark	05-Jun-13	
M90	8,94	Borg Stannius	WPA	Green Point	13-Apr-19	
M95	3,48	Philip Rabinowitz	WPA	Oudtshoorn	Apr-00	

Discus Throw						
M30	48,50	P. Goosen				
M35	54,46	G. Geldenhuys	FSA	Oudtshoorn	24-Oct-09	
M40	51,04	J.J. van Zyl	EPA			
M45	49,13	J.J. van Zyl	EPA			
M50	52,06	J.J. van Zyl	EPA	Port Elizabeth	18-Mar-09	
M55	53,79	Burton Haupt	AGN	Perth, Australia	Oct-16	
M60	47,24	Andrzej Rzepecki	CGA			
M65	42,91	Abraham Coetzee	WPA			
M70	41,12	Dereck Sterley	AGN	Germiston	13-Apr-19	
M75	34,05	Borg Stannius	WPA	Parow	11-Mar-06	
M80	31,75	Borg Stannius	WPA	Bellville	13-Mar-10	
M85	25,47	Borg Stannius	WPA	Bellville	14-Mar-14	
M90	20,67	Borg Stannius	WPA	Parow	14-Apr-18	

Triple Jump						
W30	11,58	Corne Gomes	WPA			
W35	12,15	Maryna v Niekerk	CGA			
W40	12,18	Jenny Kingwill	BOR			
W45	11,28	Charmain Barnard	AGN	Pretoria	04-Apr-15	
W50	9,09	Helene Willemse	SWD	Perth, Australia	Oct-16	
W55	8,56	A. Steenkamp	SWD	Durban	29-Apr-11	
W60	7,67	Christi du Plooy	CGA			
W65	7,64	Christi du Plooy	CGA			
W70	6,85	Sheila Campbell	BOR			

Shot Put						
W30	13,86	Tanya Pubalakan	AGN	Pilditch, Pretoria	24-Mar-18	
W35	11,67	E. Naude	FSA	Rustenburg	25-Apr-14	
W40	11,92	Marie-Louise Uys	SWD			
W45	11,80	Marie-Louise Uys	SWD			
W50	13,24	Charmain Barnard	AGN	Pilditch, Pretoria	30-Mar-19	
W55	11,13	M. van As				
W60	11,74	M. van As				
W65	10,63	M. van As				
W70	8,51	Helena Fourie	AGN	Germiston	13-Apr-19	
W75	8,07	Penny England	AVT	Pretoria	13-May-16	
W80	6,44	Aletta Kruger	FSA	Rustenburg	25-Apr-14	
W85	6,08	Aletta Kruger	FSA	Bloemfontein	04-Aug-18	

Discus Throw						
W30	53,73	E. Naude	AGN	Oudtshoorn	27-Apr-13	
W35	55,01	E. Naude	FSA	Rustenburg	25-Apr-14	
W40	43,48	R. Boshoff	EPA			
W45	38,97	Heleen Knobel	SWD	Porto Alegre	Oct-13	
W50	35,23	Heleen Knobel	SWD	Bloemfontein	27-Apr-18	
W55	31,56	Louise Zimmerman	EPA			
W60	28,78	J. Rzepecka	CGA	Germiston	12-Mar-05	
W65	24,84	M. van As				
W70	23,26	Lena Grobler	AGN			
W75	21,23	Penny England	AVT	Pilditch, Pretoria	13-May-16	
W80	15,65	Lena Grobler	AGN	Durban	08-May-04	
W85	10,65	Mavis Hutchison	WPA	Porto Alegre	Oct-13	

**Hammer Throw**

M30	74,15	Chris Harmse	FSA	Sasolburg	25-Apr-08
M35	76,39	Chris Harmse	FSA	Pilditch, Pretoria	18-May-12
M40	73,90	Chris Harmse	FSA	Marrakesh	13-Aug-15
M45	71,70	Chris Harmse	FSA	ASA senior champs	26-Apr-19
M50	59,80	Charlie Koen	EPA	Pretoria	25-Mar-06
M55	52,97	Jan Roodt	KZN		
M60	53,64	Jan Roodt	KZN	Sasolburg	25-Apr-08
M65	49,41	Andrzej Rzepecki	CGA	Pilditch, Pretoria	2001
M70	49,42	Andrzej Rzepecki	AGN	Pretoria	14-Mar-09
M75	46,68	Andrzej Rzepecki	AGN	Germiston	14-Apr-12
M80	44,09	Andrzej Rzepecki	KZN	Bloemfontein	27-Apr-18
M85	31,71	Borg Stannius	WPA	Porto Alegre	Oct-13
M90	24,41	Borg Stannius	WPA	Parow	08-Dec-18

**Javelin Throw**

M30	67,76	Frans Human	FSA	Bloemfontein	12-Nov-11
M35	66,04	J. van Wyk		Pretoria	03-Apr-04
M40	65,54	T. Liebenberg	CNW	Johannesburg	1998
M45	62,63	Gawie Louw	AGN	Germiston	07-May-05
M50	67,87	Wilhelm Pauer	CGA	Malaga, Spain	Sep-18
M55	55,09	S. Kichenbrand	AGN	Port Elizabeth	15-May-15
M60	54,84	P. Mulaudzi		Sasolburg	04-May-01
M65	44,28	Dave Ludeke	AGN	Pilditch, Pretoria	30-Mar-19
M70	41,43	Dereck Sterley	AGN	Malaga, Spain	Sep-18
M75	36,09	Borg Stannius	WPA	Port Elizabeth	28-Apr-06
M80	31,49	Borg Stannius	WPA	Sasolburg	25-Apr-08
M85	25,32	Borg Stannius	WPA	Denmark	05-Jun-13
M90	21,81	Borg Stannius	WPA	Canterbury, NZ	02-Mar-19

**Weight Throw**

M30	12,48	M. Ueckermann		Port Elizabeth	29-Apr-06
M35	16,78	Martin Venter	AGN	Rustenburg	20-Feb-10
M40	21,66	Chris Harmse	FSA	Pilditch, Pretoria	01-Apr-17
M45	17,17	Martin Venter	AGN	Pilditch, Pretoria	13-May-16
M50	20,36	V. Meiring	AGN	Port Elizabeth	15-May-15
M55	18,90	Burton Haupt	AGN	Perth, Australia	Oct-16
M60	20,15	Nick Aggouras	AGN	Bloemfontein	11-Nov-17
M65	18,75	Andrzej Rzepecki	CGA	Bloemfontein	20-Nov-04
M70	20,71	Andrzej Rzepecki	CGA	Riccione, Italy	Sep-07
M75	19,53	Andrzej Rzepecki	KZN	Germiston	13-Apr-13
M80	19,32	Andrzej Rzepecki	KZN	Green Point	04-May-17
M85	14,50	Borg Stannius	WPA	Parow	06-Dec-14
M90	10,32	Borg Stannius	WPA	Parow	08-Dec-18

**Hammer Throw**

W30	55,73	Tanya Pubalakan	AGN	Germiston	07-Apr-18
W35	47,15	Marilize Coetzee	WPA	Bellville	16-Mar-14
W40	41,92	Marilize Coetzee	WPA	Green Point	04-May-17
W45	39,38	H. Du Plessis			
W50	49,23	Heleen Knobel	SWD	Lyon, France	Aug-15
W55	32,88	Hester Schoonwinkel	WPA	Sasolburg	26-Apr-08
W60	33,82	Hester Schoonwinkel	WPA	Bellville	20-Feb-10
W65	30,10	A. Olivier		Port Elizabeth	29-Apr-06
W70	25,76	Lena Grobler	AGN		
W75	30,52	Penny England	AVT	Pretoria	13-May-16
W80	17,04	Lena Grobler	AGN	Durban	08-May-04

**Javelin Throw**

W30	50,17	Linda v Vreden	CGA	Pilditch, Pretoria	30-Mar-19
W35	40,01	Y. Beytell	AGN	Pilditch, Pretoria	02-Oct-10
W40	41,20	Y. Beytell	AGN	Pretoria	13-Feb-16
W45	37,80	J.C. Moolman	WPA	Bellville	15-Mar-14
W50	34,44	Heleen Knobel	SWD	Malaga, Spain	Sep-18
W55	28,65	Aletta Pietersen	EPA	Bloemfontein	27-Apr-18
W60	19,36	Annette Van Dyk	AGN	Pilditch, Pretoria	30-Mar-19
W65	22,20	Mercia Ferreira	CGA	Port Elizabeth	15-May-15
W70	19,77	Mercia Ferreira	CGA	Oudtshoorn	03-May-19
W75	16,83	Penny England	AVT	Pilditch, Pretoria	13-May-16
W80	11,78	Mavis Hutchison	FSA	Sasolburg	14-Jan-06
W85	11,33	Mavis Hutchison	FSA	Sasolburg	16-Jan-10

**Weight Throw**

W30	17,03	Karin Snyman	AGN	Germiston	07-Apr-18
W35	14,83	Marilize Coetzee	WPA	Rustenburg	
W40	13,73	Janita Eva	AGN	Rustenburg	26-Apr-14
W45	14,04	Heleen Knobel	SWD	Pretoria	25-Apr-14
W50	15,60	Heleen Knobel	SWD	Lyon, France	Aug-15
W55	11,85	Hester Schoonwinkel	WPA	Sasolburg	25-Apr-08
W60	13,79	Hester Schoonwinkel	WPA	Bellville	30-Apr-10
W65	12,23	Zelda Erasmus	WPA	Oudtshoorn	03-May-19
W70	10,97	Susanna du Bruyn	KZN	Oudtshoorn	03-May-19
W75	12,50	Penny England	AVT	Germiston	08-Apr-17
W80	8,46	Hannetjie Janeke	AVT	Pretoria	02-Apr-16
W85	6,29	Aletta Kruger	FSA	Bloemfontein	27-Apr-18

**Throws Pentathlon**

M30	2696	C. Scheepers		Bellville	04-May-02
M35	3456	Martin Venter	AGN	Lathi, Finland	06-Aug-09
M40	4851	Chris Harmse	FSA	Port Elizabeth	15-May-15
M45	3965	Martin Venter	AGN	Bloemfontein	27-Apr-18
M50	4258	Burton Haupt	AGN	Pretoria	26-Apr-14
M55	4800	Burton Haupt	AGN	Perth, Australia	Oct-16
M60	4496	Jan Roodt	KZN	Sasolburg	26-Apr-08
M65	4623	Andrzej Rzepecki	CGA	Durban	08-May-04
M70	4768	Andrzej Rzepecki	CGA	Riccione, Italy	Sep-07
M75	4633	Borg Stannius	WPA	Parow	26-Feb-05
M80	4958	Borg Stannius	WPA	Bellville	13-Feb-10
M85	4583	Borg Stannius	WPA	Parow	05-Dec-14
M90	4099	Borg Stannius	WPA	Oudtshoorn	03-May-19

**Decathlon**

M30	5226	W. Bezuidenhout			
M35	5575	A. vd Burgh			
M40	5897	P. Williams			
M45	6154	J. Jacobs			
M50	6817	Johan Allers	WPA	Bellville	05-May-02
M55	6387	N. Hough		Carolina	04-Jul-03
M60	6524	Ron Cross	WPA		
M65	6580	Andy Heine	CGA		
M70	8098	Albertus v Zyl	KZN		
M75	6304	Hans Miekautsch	CGA	Oudtshoorn	27-Apr-13
M80	5133	Hans Miekautsch	CGA	Bloemfontein	27-Apr-18

**5000m Walk**

M30	<b>20:19.0</b>	S. Valentine			
M35	<b>20:58.9</b>	C. Britz	AGN		
M40	21:51:58	Izak Nel	BOL	Green Point	12-Feb-05
M45	<b>22:54.8</b>	M. Whitmore			
M50	<b>23:01.4</b>	Jurgen Spencer	WPA	Port Elizabeth	
M55	23:52.24	Jurgen Spencer	WPA		
M60	26:50.70	Jurgen Spencer	WPA		
M65	27:03.70	Jurgen Spencer	WPA	Parow	12-Nov-05
M70	27:55.30	Jurgen Spencer	WPA	Parow	12-Nov-10
M75	30:13.82	Jurgen Spencer	WPA	Parow	18-Mar-16
M80	33:50.10	George Hazle	CGA	Germiston	06-May-05
M85	<b>38:26.4</b>	Ben Moodie	SWD		
M90	<b>41:51.4</b>	Ben Moodie	SWD		
M95	<b>42:58.7</b>	Philip Rabinowitz	WPA		
M100	47:59.20	Philip Rabinowitz	WPA	Parow	13-Nov-04

**Throws Pentathlon**

W30	3413	Tanya Pubalakan	AGN	Pretoria	13-May-16
W35	2845	Marilize Coetzee	WPA	Oudtshoorn	26-Apr-13
W40	3148	Janita Eva	AGN	Oudtshoorn	26-Apr-13
W45	3897	Heleen Knobel	SWD	Rustenburg	26-Apr-14
W50	4346	Heleen Knobel	SWD	Bloemfontein	27-Apr-18
W55	3369	Hester Schoonwinkel	WPA	Sasolburg	25-Apr-08
W60	4036	Hester Schoonwinkel	WPA	Bellville	30-Apr-10
W65	3632	A. Olivier		Port Elizabeth	28-Apr-06
W70	3727	Mercia Ferreira	CGA	Pilditch, Pretoria	30-Mar-19
W75	4203	Penny England	AVT	Pretoria	13-May-16
W80	3776	Lena Grobler	AGN	Durban	07-May-04

**Heptathlon**

W30	3501	Shona vd Merwe	AGN	Bloemfontein	27-Apr-18
W35	3912	Marlett Watson	SWD	Durban	30-Apr-11
W40	4516	Mercia Ferreira	CGA	Port Elizabeth	07-May-93
W45	4930	Stefanie v Rooyen	AGN		
W50	4108	Mercia Ferreira	CGA	Oudtshoorn	29-Apr-00
W55	4381	Stephanie Claassen	AGN	Bellville	01-May-10
W60	5205	Magdalena Tomlinson	KZN	Carolina	04-Jul-03
W65	4977	Stephanie Claassen	AGN	Malaga, Spain	Sep-18
W70	5157	Isabel Hofmeyr	WPA		
W75	5333	Isabel Hofmeyr	WPA	Carolina	04-Jul-03

**5000 M Walk**

W30	26:29.79	N. Roux	KZN	Durban	20-Mar-16
W35	<b>25:10.2</b>	D. Beckley		Durban	08-Apr-95
W40	<b>23:44.1</b>	Barbara Nell	CGA	Port Elizabeth	28-May-99
W45	24:14.80	Barbara Nell	CGA	Oudtshoorn	28-Apr-00
W50	25:05.10	Barbara Nell	CGA	Port Elizabeth	28-Apr-06
W55	26:19.66	Barbara Nell	CGA	Durban	29-Apr-11
W60	27:32.00	Barbara Nell	CGA	Perth, Australia	Oct-16
W65	29:28.70	Elsa Meyer	AGN	Oudtshoorn	26-Apr-13
W70	30:33.72	Elsa Meyer	AGN	Perth, Australia	Oct-16
W75	34:00.10	Anna Villet	WPA	Bellville	21-Feb-03
W80	38:08.75	Peggy Reid	WPA	Bloemfontein	27-Apr-18

**10km Road Walk**

M30					
M35					
M40	48:45	Ross McDonald	WPA	Youngsfield	15-Mar-14
M45	51:26	H. Swanepoel		Sacramento	Jul-11
M50	49:08	Carl Meyer	CGA	Ricc. Italy	Sep-07
M55	53:19	Kevin Phillips	CGA	Irene GP racewalking	13-Jul-19
M60	56:01	Carl Meyer	CGA	George	21-Oct-17
M65	57:04	Jurgen Spencer	WPA	Youngsfield	30-Apr-10
M70	58:40	Jurgen Spencer	WPA	Youngsfield	18-Mar-11
M75	01:03:45	Jurgen Spencer	WPA	Youngsfield	25-Jun-16
M80	01:09:03	Stuart Halsall	WPA	Youngsfield	20-Feb-10

**20km Road Walk**

M30	1:36:33	Ross McDonald		Bellville	24-Feb-07
M35	1:38:24	Izak Nel	BOL	Youngsfield	04-May-02
M40	1:35:34	Izak Nel	BOL	Youngsfield	14-Jan-06
M45	1:34:35	Lebeauf von Benecke	CGA	Oudtshoorn	23-Oct-10
M50	1:41:20	Jurgen Spencer	WPA		
M55	1:44:16	Kevin Phillips	CGA	Youngsfield	07-Sep-19
M60	1:55:42	Jurgen Spencer	WPA	Oudtshoorn	16-Jul-05
M65	1:58:18	Jurgen Spencer	WPA	Youngsfield	26-Nov-05
M70	2:03:04	Jurgen Spencer	WPA	Durban	30-Apr-11
M75	2:08:49	Jurgen Spencer	WPA	Youngsfield	10-Oct-15
M80	2:24:43	S. Halsall	WPA	Youngsfield	07-Aug-10
M85	2:45:20	Ben Moodie	SWD		
M90	2:57:25	Ben Moodie	SWD		
M95	2:48:19	Philip Rabinowitz	WPA	Port Elizabeth	29-May-99

**30km Road Walk**

M30	2:24:47	A. Fraser			
M35	2:40:46	Ross McDonald	WPA	Youngsfield	07-Aug-10
M40	2:36:41	Izak Nel	BOL		
M45	2:32:03	M. Whitmore			
M50	2:52:05	Kevin Phillips	CGA	Youngsfield	05-Aug-17
M55	2:52:48	John Hotston	WPA		
M60	2:54:48	John Hotston	WPA		
M65	3:07:10	Jurgen Spencer	WPA	Oudtshoorn	15-Jul-06
M70	3:10:23	Jurgen Spencer	WPA	Oudtshoorn	23-Oct-10
M75	3:24:57	Jurgen Spencer	WPA	Youngsfield	03-Sep-16

**10km Road Walk**

W30	56:23	Gwen Smeeton	WPA	Sasolburg	04-May-01
W35	54:36	Ronel Viljoen	AGN	Pretoria	26-May-18
W40	47:53.5	Barbara Nell	CGA	Port Elizabeth	29-May-99
W45	50:30	Barbara Nell	CGA	Youngsfield	04-May-02
W50	52:26	Lesley v Buuren	CGA	Oudtshoorn	27-Apr-13
W55	54:12	Lesley v Buuren	CGA	Youngsfield	06-May-17
W60	56:56	Lyndsay Hatz	WPA	Port Elizabeth	29-May-99
W65	59:07	Elsa Meyer	AGN	Oudtshoorn	27-Apr-13
W70	1:02:22	Elsa Meyer	AGN	Perth, Australia	Oct-16
W75	1:07:55	Anna Villet	WPA	Youngsfield	22-Mar-03
W80	1:18:35	Peggy Reid	WPA	Green Point	06-May-17
W90	1:35:28	Cecily Rootenberg	CGA	Youngsfield	08-Oct-16

**20km Road Walk**

W30	1:43:59	Natalie Le Roux	KZN	Youngsfield	06-May-17
W35	2:01:07	Gwen Smeeton	WPA		
W40	1:43:32	Barbara Nell	CGA		12-May-98
W45	1:46:19	Barbara Nell	CGA		02-Jun-02
W50	1:45:57	Lesley v Buuren	CGA	Stellenbosch	11-Apr-13
W55	1:54:31	Brenda Nooy	CGA	Youngsfield	19-Mar-11
W60	2:02:39	Elsa Meyer	AGN	Oudtshoorn	26-Oct-10
W65	2:03:18	Elsa Meyer	AGN	Youngsfield	12-Oct-13
W70	2:07:57	Elsa Meyer	AGN	Youngsfield	08-Oct-16
W75	2:27:10	Hildegard Vey	WPA	Youngsfield	06-Aug-16

**50km Road Walk**

W35	4:54:33	Natalie Le Roux	KZN	George	23-Oct-17
W50	05:19:37	S. Steenkamp	AGN	Oudtshoorn	26-Oct-10
W65	06:22:02	Frieda Bignaut	WPA	Green Point	27-Oct-18