

SAMA RECORDS - MEN					
<b>100m</b>					
30-34	<b>10.5</b>	E. Essman			
35-39	<b>10.3</b>	E. Jefferys			
40-44	<b>10.7</b>	Stan Wald	CGA		
45-49	<b>11.1</b>	Stan Wald	CGA		
50-54	<b>11.7</b>	Stan Wald	CGA		
55-59	<b>11.8</b>	T. George			
60-64	12.91	Monty Hacker	CGA		
65-69	<b>13.1</b>	A. van Zyl			
70-74	<b>12.9</b>	F. Reid			
75-79	14.06	F. Reid			
80-84	<b>14.3</b>	Lucas Nel	KZN	Bloemfontein	08-Nov-03
85-89	16.29	Lucas Nel	KZN	Sydney	Oct-10
90-99	17.76	Lucas Nel	KZN	Porto Alegre	Oct-13
100+	30.86	P. Rabinowitz		Cape Town	10-Jul-04
<b>200m</b>					
30-34	<b>21.2</b>	E. Essman			
35-39	<b>21.2</b>	E. Jefferys			
40-44	<b>22.0</b>	Stan Wald	CGA		
45-49	<b>22.9</b>	Stan Wald	CGA		
50-54	23.29	Stan Wald	CGA		
55-59	24.71	Monty Hacker	CGA		
60-64	<b>25.8</b>	M. Grujic	CGA		
65-69	26.99	Monty Hacker	CGA		
70-74	<b>27.5</b>	F. Reid			
75-79	<b>29.4</b>	Lucas Nel	KZN		
80-84	31.82	Monty Hacker	CGA	Lyon	Aug-15
85-89	34.37	Lucas Nel	KZN	Sydney	Oct-10
90-99	38.04	Lucas Nel	KZN	Porto Alegre	Oct-13
100+	77.59	P. Rabinowitz		Parow	17-Dec-04
<b>400m</b>					
30-34	48.95	C. Brown			
35-39	<b>47.9</b>	J. Cyrus			
40-44	<b>49.7</b>	L. Hacker	CGA		
45-49	<b>51.2</b>	M. Grujic			
50-54	<b>52.5</b>	M. Grujic			
55-59	<b>55.0</b>	M. Grujic			
		Stan Immelman	CGA		
60-64	55.53	M. Grujic	CGA		
65-69	59.52	A. van Zyl			
70-74	64.16	Lucas Nel	KZN		
75-79	66.88	Lucas Nel	KZN		
80-84	<b>1:12.8</b>	Lucas Nel	KZN	Bloemfontein	08-Nov-03
85-89	1:20.47	Lucas Nel	KZN	Sydney	Oct-10
90-99	1:35.64	Lucas Nel	KZN	Porto Alegre	Oct-13

SAMA RECORDS - WOMEN					
<b>100m</b>					
30-34	<b>11.8</b>	Gail van Niekerk	CGA		
35-39	<b>12.1</b>	V. Kruger		Bloemfontein	05-Nov-88
40-44	11.94	A. Schoeman	AGN	Rustenburg	24-Apr-14
45-49	<b>12.5</b>	Gail van Niekerk	CGA	RAU	15-Oct-94
50-54	13.17	Gail van Niekerk	CGA		
55-59	14.29	Y. De Wit		Pilditch, Pretoria	03-May-96
60-64	14.90	Toy Ungerer	SWD	Oudtshoorn	06-Mar-10
65-69	14.93	Toy Ungerer	SWD	Pilditch, Pretoria	02-Apr-11
70-74	15.57	Toy Ungerer	SWD	Perth, Australia	Oct-16
75-79	17.37	I. Hofmeyr	WPA	San Sebastian	26-Aug-05
80-84	18.73	Christi du Plooy	CGA	Pilditch, Pretoria	23-Feb-13
85-89	21.95	Christi du Plooy	CGA	Pretoria	02-Apr-16
<b>200m</b>					
30-34	<b>24.6</b>	V. Kruger		Germiston	
35-39	<b>24.9</b>	V. Kruger		Secunda	31-Mar-90
40-44	24.46	A. Schoeman	AGN	Rustenburg	26-Apr-14
45-49	25.71	A. Schoeman	AGN	Pilditch, Pretoria	13-May-16
50-54	26.95	Ronel Beukes	BOL	Bellville	20-Feb-10
55-59	<b>29.3</b>	Y. De Wit		Pretoria	04-May-96
60-64	<b>30.7</b>	M. Tomlinson	KZN		08-Feb-03
65-69	30.92	Toy Ungerer	SWD	Pretoria	31-Mar-12
70-74	32.26	Toy Ungerer	SWD	Pilditch, Pretoria	13-May-16
75-79	35.90	I. Hofmeyr	WPA	Durban	07-May-04
80-84	41.78	Christi du Plooy	CGA	Pilditch, Pretoria	23-Feb-13
85-89	51.20	Christi du Plooy	CGA	Pretoria	02-Apr-06
<b>400m</b>					
30-34	55.99	S. Hutchinson	KZN	Durban	18-Feb-05
35-39	<b>56.0</b>	Anne McKenzie		Mainz	20-Jul-65
40-44	<b>56.3</b>	Anne McKenzie		Potchefstroom	28-Oct-67
45-49	58.90	Elaine Pretorius	AGN	Secunda	18-Mar-06
50-54	61.14	Elaine Pretorius	AGN	Sacramento	Jul-11
55-59	64.84	Elaine Pretorius	AGN	Perth, Australia	Oct-16
60-64	70.26	Liz Alexander	KZN	Perth, Australia	Oct-16
65-69	72.80	Toy Ungerer	SWD	Sacramento	Jul-11
70-74	73.97	Toy Ungerer	SWD	Perth, Australia	Oct-16
75-79	90.73	I. Hofmeyr	WPA	Riccione, Italy	Sep-07
80-84	1:46.33	Christi du Plooy	CGA	Pilditch, Pretoria	23-Feb-13
85-90	2:15.84	Christi du Plooy	CGA	Perth, Australia	Oct-16

<b>800m</b>					
30-34	<b>1:49.6</b>	Deon Brummer	AGN		
35-39	<b>1:49.4</b>	Deon Brummer	AGN		
40-44	<b>1:55.8</b>	S. Ditsele			
45-49	1:59.09	Terence Brown	KZN	Brisbane	09-Jul-01
50-54	2:01.86	Len Claassen	AGN		
55-59	<b>2:03.7</b>	Stan Immelman	CGA	Port Elizabeth	01-Dec-01
60-64	2:16.49	Len Claassen	AGN	Sacramento	Jul-11
65-69	2:26.15	Len Claassen	AGN	Perth, Australia	Oct-16
70-74	2:31.71	Ken Nurden	AGN	Sasolburg	25-Apr-08
75-79	2:37.04	Ken Nurden	AGN	Bellville	30-Apr-10
80-84	2:58.64	Ken Nurden	AGN	Port Elizabeth	15-May-15
85-89	3:37.34	Lucas Nel	KZN	Sydney	Oct-10
90-99	4:20.97	Lucas Nel	KZN	Porto Alegre	Oct-13
<b>1500m</b>					
30-34	<b>3:40.2</b>	Johan Fourie			
35-39	3:54.04	G. Brummer	AGN		
40-44	<b>3:58.9</b>	Terence Brown	KZN		
45-49	4:03.13	Terence Brown	KZN		
50-54	4:18.94	Sean Rice	CGA	Pretoria	20-Feb-04
55-59	<b>4:32.4</b>	S. Mostert			
60-64	4:55.04	Terence Brown	WPA	Bellville	Feb-15
65-69	4:59.97	G.W. Loedolff	AGN		
70-74	5:11.59	Ken Nurden	AGN	Pretoria	25-Mar-06
75-79	5:33.40	Peter Brown	SWD	Oudtshoorn	26-Apr-13
80-84	6:27.52	Ken Nurden	AGN	Pretoria	18-Jul-15
85-89	7:27.11	Lucas Nel	KZN	Sydney	Oct-10
90-99	8:51.30	Lucas Nel	KZN	Porto Alegre	Oct-13
<b>5000m</b>					
30-34	14:16.25	M. Nobanda		Bellville	04-May-02
35-39	<b>14:15.1</b>	H. LekGangane			
40-44	<b>15:06.3</b>	B. Mather			
45-49	15:19.68	Steve Hollier	CGA		
50-54	<b>16:01.5</b>	Sean Rice	CGA		
55-59	16:54.76	S. Mostert			
60-64	<b>17:50.6</b>	G.W. Loedolff	AGN		
65-69	<b>18:25.7</b>	G.W. Loedolff	AGN		
70-74	19:40.94	Ken Nurden	AGN	Pretoria	25-Mar-06
75-79	21:30.10	Ken Nurden	AGN	Bellville	30-Apr-10
80-84	22:44.10	Ken Nurden	AGN	Pretoria	02-Apr-16
85-89	39:11.84	A. Furguson	CGA	Sasolburg	26-Apr-08

<b>800m</b>					
30-34	2:09.81	M. Brandt	BOL	Port Elizabeth	15-May-15
35-39	<b>2:08.0</b>	Anne McKenzie		Neurenberg	15-Jul-65
40-44	<b>2:06.5</b>	Anne McKenzie		London	01-Jul-67
45-49	2:17.12	Salome Vermeulen	AGN	Porto Alegre	01-Oct-13
50-54	2:21.84	Liz Alexander		San Sebastian	29-Aug-05
55-59	2:33.64	Elaine Pretorius	AGN	Perth, Australia	Oct-16
60-64	2:44.96	Liz Alexander	KZN	Perth, Australia	Oct-16
65-69	<b>3:05.1</b>	J. Geldenhuys	WPA	Green Point	
70-74	3:19.67	M. Tomlinson	KZN	Durban	21-Mar-14
75-79	3:59.80	I. Hofmeyr	WPA	Carolina	04-Jul-03
80-84	4:34.13	M. Hutchison		San Sebastian	29-Aug-05
<b>1500m</b>					
30-34	<b>4:28.1</b>	A. vd Berg		Bloemfontein	16-Nov-85
35-39	4:32.61	Sonja Laxton	CGA		
40-44	<b>4:36.0</b>	Anne McKenzie		Solingen	20-Jul-67
45-49	4:47.81	Salome Vermeulen	AGN	Oudtshoorn	27-Apr-13
50-54	4:48.27	Salome Vermeulen	AGN	Perth, Australia	Oct-16
55-59	<b>5:31.1</b>	Anne McKenzie		Green Point	10-Dec-80
60-64	<b>5:40.7</b>	M. Saunders	EPA	Port Elizabeth	29-Jan-16
65-69	<b>6:16.7</b>	J. Geldenhuys	WPA	Port Elizabeth	08-May-93
70-74	<b>6:52.4</b>	J. Geldenhuys	WPA	Durban	17-Jul-97
75-79	9:15.71	J. Foster	KZN	Bellville	04-May-02
80-84	9:56.99	J. Foster	KZN	Durban	24-Mar-06
<b>5000m</b>					
30-34	<b>16:26.7</b>	A. Vermeulen		Bethlehem	19-Nov-94
35-39	16:12.87	Sonja Laxton	CGA		17-Oct-83
40-44	17:54.40	D. Sandford	SWD	Brisbane	04-Jul-01
45-49	18:27.36	S. Du Toit	AGN	Durban	17-Jul-97
50-54	<b>18:55.9</b>	J. Hann		Port Elizabeth	07-May-93
55-59	19:51.10	J. Allebone	KZN	Oudtshoorn	28-Apr-00
60-64	19:52.44	J. Allebone	KZN	Durban	06-May-04
65-69	22:43.00	L. Ruickbie	CGA	Rustenburg	26-Apr-14
70-74	25:11.26	W. Smuts	FSA	Pilditch, Pretoria	18-May-12
75-79	36:03.05	J. Foster	KZN	Sasolburg	04-May-01

10 000m					
30-34	28:57.28	M. Nobanda		Pretoria	10-May-03
35-39	29:34.00	M. Modise		Porto Alegre	Oct-13
40-44	<b>30:49.7</b>	G. Moseuw	CNW		
45-49	32:24.89	E. Bonzet			
50-54	<b>33:22.2</b>	Sean Rice	CGA		
55-59	<b>35:12.9</b>	P. O'Brien			
60-64	<b>38:07.9</b>	G.W. Loedolff			
65-69	39:07.98	G.W. Loedolff			
70-74	41:09.22	Ken Nurden	AGN	Pretoria	23-Apr-05
75-79	45:03.00	Ken Nurden	AGN	Bellville	01-May-10
80-84	51:03.88	Ken Nurden	AGN	Bloemfontein	14-Nov-15
110m Hurdles					
30-34	<b>13.7</b>	Wessel Bosman	AGN		
35-39	13.57	Shaune Bownes	CNW		
40-44	14.44	Shaune Bownes	AGN	Rustenburg	26-Apr-14
45-49	14.38	Shaune Bownes	AGN	Pretoria	02-Apr-16
100m Hurdles					
50-54	14.75	C. Truter	WPA		
55-59	15.92	Johan Gouws	AGN	Bloemfontein	08-Nov-14
60-64	17.37	Hans Miekautsch	CGA		
65-69	<b>16.4</b>	A. van Zyl			
80m Hurdles					
70-74	<b>13.2</b>	A. van Zyl			
75-79	15.02	A. van Zyl			
400m Hurdles					
30-34	53.46	P. Koekemoer	KZN	Pilditch, Pretoria	13-May-16
35-39	56.32	Richard Ingram	KZN	Perth, Australia	Oct-16
40-44	54.08	L. Hacker	CGA		
45-49	57.02	D. Burger	WPA		
50-54	61.29	J. Swiegers		Green Point	25-Mar-04
55-59	62.88	J. Swiegers		Bloemfontein	11-Nov-06
300m Hurdles					
60-64	47.37	Len Claassen	AGN	Porto Alegre	Oct-13
65-69	<b>48.0</b>	A. van Zyl			
70-74	<b>50.4</b>	A. van Zyl			
75-79	<b>54.7</b>	A. van Zyl			
3000m/2000m Steeplechase					
30-34	<b>9:17.2</b>	P. Bezuidenhout			
35-39	<b>9:31.3</b>	M. Wells			
40-44	<b>9:23.8</b>	W. Olivier			
45-49	09:49.70	T. Philander	WPA	Bellville	20-Feb-10
50-54	10:29.10	Sean Rice	CGA	San Sebastian	03-Sep-05
55-59	11:27.40	Sean Rice	CGA	Bloemfontein	19-Sep-09
60-64	7:19.64	Terence Brown	WPA	Bellville	Feb-15
65-69	8:31.72	G.W. Loedolff			
70-74	8:46.93	G.W. Loedolff			
75-79	9:38.31	Lucas Nel			

10 000m					
30-34	<b>37:40.0</b>	C. vd Westhuizen	AVT	Secunda	22-Jan-94
35-39	<b>35:07.0</b>	G. De Oliviera	KZN	Durban	17-Jul-97
40-44	<b>38:00.3</b>	C.A. Louw	EPA	Port Elizabeth	03-Dec-94
45-49	36:39.79	Sonja Laxton	CGA		
50-54	39:34.50	S. Du Toit	AGN	Gateshead	01-Aug-99
55-59	41:07.70	J. Allebone	KZN	Oudtshoorn	28-Apr-00
60-64	41:34.20	J. Allebone	KZN	Durban	08-May-04
65-69	44:50.18	L. Ruickbie	CGA	Rustenburg	26-Apr-14
100m Hurdles					
30-34	<b>14.6</b>	M. van Niekerk	CGA	Pretoria	23-Feb-85
35-39	<b>14.7</b>	M. van Rooyen	AGN		
80m Hurdles					
40-44	11.89	M. van Rooyen	AGN	Pilditch, Pretoria	09-May-03
45-49	12.30	Esca Taljaard	AGN	Pilditch, Pretoria	09-May-03
50-54	13.09	M. van Rooyen	AGN	Rustenburg	26-Apr-14
55-59	14.56	R. van Heerden	AGN	Porto Alegre	
60-64	14.75	M. Tomlinson	KZN	Carolina	11-Jul-03
65-69	15.45	M. Tomlinson	KZN	Pretoria	02-May-09
70-74	18.84	I. Hofmeyr	WPA	Brisbane	04-Jul-01
75-79	20.04	I. Hofmeyr	WPA	Carolina	11-Jul-03
400m Hurdles					
30-34	58.79	S. Hutchinson	KZN	Port Elizabeth	11-Feb-06
35-39	<b>62.1</b>	M. van Rooyen	CGA	Potchefstroom	06-Oct-99
40-44	<b>66.0</b>	M. van Rooyen	CGA		
45-49	<b>68.7</b>	S. van Rooyen	AGN		
300m Hurdles					
50-54	48.69	A. du Plessis		Bloemfontein	27-Apr-07
55-59	<b>53.5</b>	Y. De Wit		Green Point	23-Sep-95
60-64	54.25	M. Tomlinson	KZN	Carolina	05-Jul-03
65-69	60.31	M. Tomlinson	KZN	Bloemfontein	19-Sep-09
200m Hurdles					
70-74	39.50	M. Tomlinson	KZN	Porto Alegre	Oct-13
2000m Steeplechase					
30-34	7:10.00	R. Thomas	AGN	Durban	08-May-04
35-39	7:31.49	A. James	CGA	Durban	17-Jul-97
40-44	7:56.84	M. Esterhuysen	WPA	Bellville	24-Feb-07
45-49	7:58.23	M. Esterhuysen	WPA	Sasolburg	26-Apr-08
50-54	8:08.92	M. Strauss	WPA	Bellville	13-Mar-14
55-59	9:17.02	M. Tomlinson	KZN	Gateshead	08-Aug-99
60-64	10:00.84	M. Tomlinson	KZN	Carolina	13-Jul-03
65-69	11:52.25	A. ten Tusscher	CGA	Gateshead	08-Aug-99

<b>High Jump</b>					
30-34	2.07	Christo Vrey	CGA		
35-39	2.01	J. Greyvenstein			
40-44	2.00	Phillip vd Walt	AGN	Pilditch, Pretoria	01-Apr-17
45-49	1.93	Johann Gutsche	NW	Pretoria	23-Feb-13
50-54	1.72	Neal Bredeveldt	BOL	Parow	20-Feb-16
55-59	1.70	Neal Bredeveldt	BOL	Stellenbosch	12-Mar-16
60-64	1.55	Piet Kruger	CGA	Potchefstroom	28-Oct-05
65-69	1.50	Leo Benning	WPA	Bellville	Jan-00
70-74	1.44	Leo Benning	WPA	Carolina	04-Jul-03
75-79	1.37	Hans Miekautsch	CGA	Rustenburg	26-Apr-14
80-84	1.20	Leo Benning	BOL	Porto Alegre	Oct-13
<b>Pole Vault</b>					
30-34	4.45	C. Preston			
35-39	4.30	Pieter Brits	AGN	Rustenburg	26-Apr-14
40-44	4.20	Louis Nienaber		Pretoria	22-Feb-03
45-49	3.85	S.A. Herbst			
50-54	3.90	Grant Murdoch	WPA	Durban	Jul-97
55-59	3.15	Thomas Endrody	CGA	Tuks, Pretoria	28-Feb-15
60-64	3.03	C. Colyn			
65-69	2.80	A.S. Du Plessis			
70-74	2.40	A. van Zyl			
75-79	2.09	A. van Zyl			
<b>Long Jump</b>					
30-34	7.64	Angus Pohl	AGN		
35-39	7.22	V. Häger			
40-44	7.14	V. Häger			
45-49	6.34	V. Häger			
50-54	6.18	J. van Rooyen			
55-59	5.70	S. Hough A. Redelinhhuys			
60-64	5.33	Ron Cross	WPA		
65-69	4.97	A. van Zyl			
70-74	4.66	A. van Zyl			
75-79	4.34	Hans Miekautsch	AGN	Oudtshoorn	26-Apr-13
80-84	3.49	Ron Cross	WPA	Lyon	Aug-15

<b>High Jump</b>					
30-34	1.75	Dinah Heymans	FSA	Bloemfontein	02-Feb-01
35-39	1.82	Dinah Heymans	FSA	Nairobi, Kenya	26-Apr-02
40-44	1.70	Dinah Heymans	FSA	Pretoria	02-Feb-07
45-49	1.64	Dinah Heymans	FSA	Pilditch, Pretoria	19-May-12
50-54	1.53	Dinah Heymans	FSA	Pilditch, Pretoria	01-Apr-17
55-59	1.27	A.L. Kruger	FSA		
60-64	1.21	K. vd Merwe	FSA	Sasolburg	18-Jan-03
		S. Claassen	AGN	Sacramento	Jul-11
65-69	1.19	A. Kruger	FSA		
		M. Jonkers	WPA	Parow	19-Mar-16
70-74	1.08	A. Kruger		Pretoria	10-May-03
75-79	1.07	I. Hofmeyr	WPA	Parow	19-Mar-05
<b>Pole Vault</b>					
30-34	3.40	E. Thornton		Bellville	01-Feb-03
35-39	3.45	E. Thornton		Port Elizabeth	29-Apr-06
40-44	3.00	I-M. Strydom	AGN	Pilditch, Pretoria	01-Apr-17
45-49	2.80	Dorita du Toit	CNW	Pilditch, Pretoria	01-Apr-17
50-54	2.73	P. Pietersen	AGN		
55-59	2.20	P. Pietersen	AGN		
60-64	2.21	P. Pietersen	AGN	Pretoria	23-Apr-05
65-69	1.78	P. Pietersen	AGN	Bellville	20-Feb-10
<b>Long Jump</b>					
30-34	6.18	Maryna v Niekerk	CGA		
35-39	6.58	Maryna v Niekerk	CGA		
40-44	5.73	C. Barnard	AGN	Pretoria	31-Mar-12
45-49	5.47	C. Barnard	AGN	Pretoria	04-Apr-15
50-54	4.56	P. Pietersen	AGN		
55-59	4.37	A. Steenkamp	SWD	Oudtshoorn	16-Oct-10
60-64	4.22	Toy Ungerer	SWD	Bellville	01-May-10
65-69	4.14	Toy Ungerer	SWD	Oudtshoorn	27-Apr-13
70-74	3.40	S. Campbell			
75-79	2.52	I. Hofmeyr	WPA	Germiston	07-May-05
80-84	2.11	E. Paveley	CGA		

Triple Jump						
30-34	13.94	A. Labuschagne				
35-39	13.64	V. Häger				
40-44	14.40	G. Swakala				
45-49	12.73	W. Olivier	AVT	Pilditch, Pretoria		13-May-16
50-54	12.80	V. McBride	WPA	Porto Alegre		Oct-13
55-59	10.95	G. Pistorius				
		Ron Cross	WPA			
60-64	10.55	Ron Cross	WPA			
65-69	9.72	A. Heine				
70-74	9.51	Leo Benning	WPA	Carolina		04-Jul-03
75-79	7.83	A. van Zyl				
80-84	6.37	Leo Benning	BOL	Bellville		15-Mar-14

Shot Put						
30-34	16.28	C. Scheepers				
35-39	16.56	J. Booysen Jr.				
40-44	16.50	C. Scheepers	FSA	Pretoria		30-Mar-08
45-49	15.76	J.J. van Zyl				
50-54	17.09	Burton Haupt	AGN	Tuks, Pretoria		11-Jun-16
55-59	15.84	Burton Haupt	AGN	Perth, Australia		Oct-16
60-64	14.24	G. Schirmer				
65-69	12.80	Andrzej Rzepecki	CGA	Bellville		04-May-02
70-74	13.01	Andrzej Rzepecki	CGA	Riccione, Italy		Sep-07
75-79	12.53	E. Skea	AGN	Germiston		14-Apr-12
80-84	12.84	Borg Stannius	WPA	Bellville		23-Feb-08
85-89	10.80	Borg Stannius	WPA	Holstebro, Denmark		05-Jun-13
90-94	7.75	L. Wale	WPA	Sasolburg		Apr-08
95-99	3.48	P. Rabinowitz				

Discus Throw						
30-34	48.50	P. Goosen				
35-39	54.46	G. Geldenhuys	FSA	Oudtshoorn		24-Oct-09
40-44	51.04	J.J. van Zyl				
45-49	49.13	J.J. van Zyl				
50-54	52.06	J.J. van Zyl	EPA	Port Elizabeth		18-Mar-09
55-59	53.79	Burton Haupt	AGN	Perth, Australia		Oct-16
60-64	47.24	Andrzej Rzepecki	CGA			
65-69	42.91	A. Coetzee				
70-74	38.43	Andrzej Rzepecki	CGA	Riccione, Italy		Sep-07
75-79	34.05	Borg Stannius	WPA	Parow		11-Mar-06
80-84	31.75	Borg Stannius	WPA	Bellville		13-Mar-10
85-89	25.47	Borg Stannius	WPA	Bellville		14-Mar-14
90-94	16.19	L. Wale		Riccione, Italy		Sep-07

Triple Jump						
30-34	11.58	C. Gomes				
35-39	12.15	Maryna v Niekerk	CGA			
40-44	12.18	J. Kingwill				
45-49	11.28	C. Barnard	AGN	Pretoria		04-Apr-15
50-54	9.09	Helene Willemse	SWD	Perth, Australia		Oct-16
55-59	8.56	A. Steenkamp	SWD	Durban		29-Apr-11
60-64	7.67	A.C. Du Plooy	CGA			
65-69	7.64	A.C. Du Plooy	CGA			
70-74	6.85	S. Campbell				

Shot Put						
30-34	13.32	T. Pubalakan	AGN	Pilditch, Pretoria		01-Apr-17
35-39	11.67	E. Naude	FSA	Rustenburg		25-Apr-14
40-44	11.92	M-L. Uys				
45-49	11.80	M-L. Uys				
50-54	12.25	H. Schoonwinkel	WPA			
55-59	11.13	M. van As				
60-64	11.74	M. van As				
65-69	10.63	M. van As				
70-74	8.44	L. Grobler	AGN			
75-79	8.07	Penny England	AVT	Pretoria		13-May-16
80-84	6.44	A. Kruger	FSA	Rustenburg		25-Apr-14
85-89	5.42	Mavis Hutchison	FSA	Sasolburg		16-Jan-10

Discus Throw						
30-34	53.73	E. Naude	AGN	Oudtshoorn		27-Apr-13
35-39	55.01	E. Naude	FSA	Rustenburg		25-Apr-14
40-44	43.48	R. Boshoff				
45-49	38.97	Heleen Knobel	SWD	Porto Alegre		Oct-13
50-54	34.50	L. Zimmerman				
55-59	31.56	L. Zimmerman				
60-64	28.78	J. Rzepecka	CGA	Germiston		12-Mar-05
65-69	24.84	M. van As				
70-74	23.26	L. Grobler	AGN			
75-79	21.23	Penny England	AVT	Pilditch, Pretoria		13-May-16
80-84	15.65	L. Grobler	AGN	Durban		08-May-04
85-89	10.65	Mavis Hutchison	WPA	Porto Alegre		Oct-13

Hammer Throw					
30-34	74.15	Chris Harmse	FSA	Sasolburg	25-Apr-08
35-39	76.39	Chris Harmse	FSA	Pilditch, Pretoria	18-May-12
40-44	73.90	Chris Harmse	FSA	Marrakesh	13-Aug-15
45-49	53.42	V. Meiring	AGN	Bellville	30-Apr-10
50-54	59.80	C. Koen		Pretoria	25-Mar-06
55-59	52.97	J. Roodt	KZN		
60-64	53.64	J. Roodt	KZN	Sasolburg	25-Apr-08
65-69	49.41	Andrzej Rzepecki	CGA		
70-74	49.42	Andrzej Rzepecki	AGN	Pretoria	14-Mar-09
75-79	46.68	Andrzej Rzepecki	AGN	Germiston	14-Apr-12
80-84	44.05	Andrzej Rzepecki	KZN	Perth, Australia	Oct-16
85-89	31.71	Borg Stannius	WPA	Porto Alegre	Oct-13
90-94	18.97	Claude Sterley	AGN		
Javelin Throw					
30-34	67.76	Frans Human	FSA	Bloemfontein	12-Nov-11
35-39	66.04	J. van Wyk		Pretoria	03-Apr-04
40-44	65.54	T. Liebenberg	CNW	Johannesburg	1998
45-49	62.63	Gawie Louw	AGN	Germiston	07-May-05
50-54	60.03	Gawie Louw	AGN	Pretoria	31-Mar-12
55-59	55.09	S. Kichenbrand	AGN	Port Elizabeth	15-May-15
60-64	54.84	P. Mulaudzi		Sasolburg	04-May-01
65-69	40.91	D. Sterley	AGN	Lyon	Aug-15
70-74	34.65	Borg Stannius	WPA	Sasolburg	04-May-01
75-79	36.09	Borg Stannius	WPA	Port Elizabeth	28-Apr-06
80-84	31.49	Borg Stannius	WPA	Sasolburg	25-Apr-08
85-89	25.32	Borg Stannius	WPA	Denmark	05-Jun-13
90-94	17.47	L. Wale	WPA	Sasolburg	28-Apr-08
Weight Throw					
30-34	12.48	M. Ueckermann		Port Elizabeth	29-Apr-06
35-39	16.78	M. Venter	AGN	Rustenburg	20-Feb-10
40-44	21.66	Chris Harmse	FSA	Pilditch, Pretoria	01-Apr-17
45-49	17.17	M. Venter	AGN	Pilditch, Pretoria	13-May-16
50-54	20.36	V. Meiring	AGN	Port Elizabeth	15-May-15
55-59	18.90	Burton Haupt	AGN	Perth, Australia	Oct-16
60-64	20.01	J. Roodt	KZN	Riccione, Italy	Sep-07
65-69	18.75	Andrzej Rzepecki	CGA	Bloemfontein	20-Nov-04
70-74	20.71	Andrzej Rzepecki	CGA	Riccione, Italy	Sep-07
75-79	19.53	Andrzej Rzepecki	KZN	Germiston	13-Apr-13
80-84	19.06	Andrzej Rzepecki	KZN	Perth, Australia	Oct-16
85-89	14.50	Borg Stannius	WPA	Parow	06-Dec-14
90-94	9.71	Claude Sterley	AGN	Potchefstroom	30-Oct-04

Hammer Throw					
30-34	49.27	T. Pubalakan	AGN	Pretoria	02-Apr-16
35-39	47.15	M Coetzee	WPA	Bellville	16-Mar-14
40-44	38.75	Janita Eva	AGN	Oudtshoorn	26-Apr-13
45-49	39.38	H. Du Plessis			
50-54	49.23	Heleen Knobel	SWD	Lyon, France	Aug-15
55-59	32.88	H. Schoonwinkel	WPA	Sasolburg	26-Apr-08
60-64	33.82	H. Schoonwinkel	WPA	Bellville	20-Feb-10
65-69	30.10	A. Olivier		Port Elizabeth	29-Apr-06
70-74	25.76	L. Grobler	AGN		
75-79	30.52	Penny England	AVT	Pretoria	13-May-16
80-84	17.04	L. Grobler	AGN	Durban	08-May-04
Javelin Throw					
30-34	40.58	V. vd Walt			
35-39	40.01	Y. Beytell	AGN	Pilditch, Pretoria	02-Oct-10
40-44	41.20	Y. Beytell	AGN	Pretoria	13-Feb-16
45-49	37.80	J.C. Moolman	WPA	Bellville	15-Mar-14
50-54	32.51	Heleen Knobel	SWD	Bloemfontein	12-Nov-16
55-59	27.91	Aletta Pietersen	EPA	Bloemfontein	12-Nov-16
60-64	19.24	Zelda Erasmus	BOL	Pilditch, Pretoria	13-May-16
65-69	22.20	Mercia Ferreira	CGA	Port Elizabeth	15-May-15
70-74	18.11	M. Coetzee	FSA	Pilditch, Pretoria	01-Apr-17
75-79	16.83	Penny England	AVT	Pilditch, Pretoria	13-May-16
80-84	11.78	Mavis Hutchison	FSA	Sasolburg	14-Jan-06
85-89	11.33	Mavis Hutchison	FSA	Sasolburg	16-Jan-10
Weight Throw					
30-34	16.35	T. Pubalakan	AGN	Pretoria	02-Apr-16
35-39	14.83	M. Coetzee	WPA	Rustenburg	
40-44	13.73	Janita Eva	AGN	Rustenburg	26-Apr-14
45-49	14.04	Heleen Knobel	SWD	Pretoria	25-Apr-14
50-54	15.6	Heleen Knobel	SWD	Lyon, France	Aug-15
55-59	11.85	H. Schoonwinkel	WPA	Sasolburg	25-Apr-08
60-64	13.79	H. Schoonwinkel	WPA	Bellville	30-Apr-10
65-69	11.56	A. Olivier	FSA	Bloemfontein	10-Nov-07
70-74	9.58	Penny England	AVT	Pilditch, Pretoria	18-May-12
75-79	12.50	Penny England	AVT	Germiston	08-Apr-17
80-84	8.46	Hannetjie Janeke	AVT	Pretoria	02-Apr-16

Throws Pentathlon (2002 factors)						
30-34	2696	C. Scheepers		Bellville		04-May-02
35-39	3456	M. Venter	AGN	Lathi, Finland		06-Aug-09
40-44	4851	Chris Harmse	FSA	Port Elizabeth		15-May-15
45-49	3932	M. Venter	AGN	Pretoria		14-May-16
50-54	4258	Burton Haupt	AGN	Pretoria		26-Apr-14
55-59	4800	Burton Haupt	AGN	Perth, Australia		Oct-16
60-64	4496	J. Roodt	KZN	Sasolburg		26-Apr-08
65-69	4623	Andrzej Rzepecki	CGA	Durban		08-May-04
70-74	4768	Andrzej Rzepecki	CGA	Riccione, Italy		Sep-07
75-79	4633	Borg Stannius	WPA	Parow		26-Feb-05
80-84	4958	Borg Stannius	WPA	Bellville		13-Feb-10
85-89	4583	Borg Stannius	WPA	Parow		05-Dec-14
90-94	4178	L. Wale		Sasolburg		26-Apr-08

Decathlon						
30-34	5226	W. Bezuidenhout				
35-39	5575	A. vd Burgh				
40-44	5897	P. Williams				
45-49	6154	J. Jacobs				
50-54	6817	Johan Allers		Bellville		05-May-02
55-59	6387	N. Hough		Carolina		04-Jul-03
60-64	6524	Ron Cross	WPA			
65-69	6580	A. Heine	FSA			
70-74	8098	A. van Zyl				
75-79	6304	Hans Miekautsch	CGA	Oudtshoorn		27-Apr-13

5000m Walk						
30-34	<b>20:19.0</b>	S. Valentine				
35-39	<b>20:58.9</b>	C. Britz	AGN			
40-44	21:51:58	I. Nel		Green Point		12-Feb-05
45-49	<b>22:54.8</b>	M. Whitmore				
50-54	<b>23:01.4</b>	Jurgen Spencer	WPA			
55-59	23:52.24	Jurgen Spencer	WPA			
60-64	26:50.70	Jurgen Spencer	WPA			
65-69	27:03.70	Jurgen Spencer	WPA	Parow		12-Nov-05
70-74	27:55.30	Jurgen Spencer	WPA	Parow		12-Nov-10
75-79	30:13.82	Jurgen Spencer	WPA	Parow		18-Mar-16
80-84	33:50.10	G. Hazle	CGA	Germiston		06-May-05
85-89	<b>38:26.4</b>	B. Moodie				
90-94	<b>41:51.4</b>	B. Moodie				
95-99	<b>42:58.7</b>	P. Rabinowitz				
100+	47:59.20	P. Rabinowitz		Parow		13-Nov-04

Throws Pentathlon (2002 factors)						
30-34	3413	T. Pubalakan	AGN	Pretoria		13-May-16
35-39	2845	M. Coetzee	WPA	Oudtshoorn		26-Apr-13
40-44	3148	Janita Eva	AGN	Oudtshoorn		26-Apr-13
45-49	3897	Heleen Knobel	SWD	Rustenburg		26-Apr-14
50-54	4266	Heleen Knobel	SWD	Lyon, France		Aug-15
55-59	3369	H. Schoonwinkel	WPA	Sasolburg		25-Apr-08
60-64	4036	H. Schoonwinkel	WPA	Bellville		30-Apr-10
65-69	3632	A. Olivier		Port Elizabeth		28-Apr-06
70-74	2967	S. Malherbe		Bellville		03-May-02
75-79	4203	Penny England	AVT	Pretoria		13-May-16
80-84	3776	L. Grobler	AGN	Durban		07-May-04

Heptathlon						
30-34						
35-39	3912	M. Watson	SWD	Durban		30-Apr-11
40-44	4516	M. Ferreira	CGA	Port Elizabeth		07-May-93
45-49	4930	S. van Rooyen	AGN			
50-54	4108	M. Ferreira	CGA	Oudtshoorn		29-Apr-00
55-59	4381	S. Claassen	AGN	Bellville		01-May-10
60-64	5205	M. Tomlinson	KZN	Carolina		04-Jul-03
65-69	4826	S. Claassen	AGN	Perth, Australia		Oct-16
70-74	5157	I. Hofmeyr	WPA			
75-79	5333	I. Hofmeyr	WPA	Carolina		04-Jul-03

5000 M Walk						
30-34	26:29.79	N. Roux	KZN	Durban		20-Mar-16
35-39	<b>25:10.2</b>	D. Beckley		Durban		08-Apr-95
40-44	<b>23:44.1</b>	Barbara Nell	CGA	Port Elizabeth		28-May-99
45-49	24:14.80	Barbara Nell	CGA	Oudtshoorn		28-Apr-00
50-54	25:05.10	Barbara Nell	CGA	Port Elizabeth		28-Apr-06
55-59	26:19.66	Barbara Nell	CGA	Durban		29-Apr-11
60-64	27:32.00	Barbara Nell	CGA	Perth, Australia		Oct-16
65-69	29:28.70	Elsa Meyer	AGN	Oudtshoorn		26-Apr-13
70-74	30:33.72	Elsa Meyer	AGN	Perth, Australia		Oct-16
75-79	34:00.10	A. Villet	WPA	Bellville		21-Feb-03
80-84	41:00.66	M. Hutchinson	FSA	Pretoria		23-Apr-05

10 km Road Walk					
30-34					
35-39					
40-44	48:45	R. McDonald	WPA	Youngsfield	15-Mar-14
45-49	51:26	H. Swanepoel		Sacramento	Jul-11
50-54	49:08	Carl Meyer	CGA	Ricc. Italy	Sep-07
55-59	54:43	Johannes Bester	AGN	Youngsfield	08-Oct-16
60-64	57:10	R. Patterson	CGA	Oudtshoorn	27-Apr-13
65-69	58:08	Johan van Zyl	WPA	Youngsfield	06-Aug-16
70-74	58:40	Jurgen Spencer	WPA	Youngsfield	18-Mar-11
75-79	01:03:45	Jurgen Spencer	WPA	Youngsfield	25-Jun-16
80-84	01:09:03	Stuart Halsall	WPA	Youngsfield	20-Feb-10

20 km Road Walk					
30-34	1:36:33	R. McDonald		Bellville	24-Feb-07
35-39	1:38:24	I. Nel		Youngsfield	04-May-02
40-44	1:35:34	I. Nel		Youngsfield	14-Jan-06
45-49	1:34:35	I. von Benecke	CGA	Oudtshoorn	
50-54	1:41:20	Jurgen Spencer	WPA		
55-59	1:45:15	Jurgen Spencer	WPA		
60-64	1:55:42	Jurgen Spencer	WPA	Oudtshoorn	16-Jul-05
65-69	1:58:18	Jurgen Spencer	WPA	Youngsfield	26-Nov-05
70-74	2:03:04	Jurgen Spencer	WPA	Durban	30-Apr-11
75-79	2:08:49	Jurgen Spencer	WPA	Youngsfield	10-Oct-15
80-84	2:24:43	S. Halsall	WPA	Youngsfield	07-Aug-10
85-89	2:45:20	B. Moodie			
90-94	2:57:25	B. Moodie			
95-99	2:48:19	P. Rabinowitz		Port Elizabeth	29-May-99

30 km Road Walk					
30-34	2:24:47	A. Fraser			
35-39	2:40:46	R. McDonald	WPA	Youngsfield	07-Aug-10
40-44	2:36:41	I. Nel			
45-49	2:32:03	M. Whitmore			
50-54	3:03:14	J. van Zyl			
55-59	2:52:48	J. Hotston			
60-64	2:54:48	J. Hotston			
65-69	3:07:10	Jurgen Spencer	WPA	Oudtshoorn	15-Jul-06
70-74	3:10:23	Jurgen Spencer	WPA	Oudtshoorn	23-Oct-10
75-79	3:24:57	Jurgen Spencer	WPA	Youngsfield	03-Sep-16

10 km Road Walk					
30-34	56:23	G. Smeeton		Sasolburg	04-May-01
35-39	55:31	G. Smeeton		Oudtshoorn	16-Jul-05
40-44	47:53.5	Barbara Nell	CGA	Port Elizabeth	29-May-99
45-49	50:30	Barbara Nell	CGA	Youngsfield	04-May-02
50-54	52:26	Leslie v Buuren	CGA	Oudtshoorn	27-Apr-13
55-59	54:58	Barbara Nell	CGA	Sacramento	Jul-11
60-64	56:56	L. Hatz		Port Elizabeth	29-May-99
65-69	59:07	Elsa Meyer	AGN	Oudtshoorn	27-Apr-13
70-74	1:02:22	Elsa Meyer	AGN	Perth, Australia	Oct-16
75-79	1:07:55	A. Villet	WPA	Youngsfield	22-Mar-03
80-84	1:28:14	M. Hutchinson	FSA	Germiston	07-May-05
90-94	1:35:28	Cecily Rootenberg	CGA	Youngsfield	08-Oct-16

20km Road Walk					
30-34	1:49:23	E. Viljoen			
35-39	2:01:07	G. Smeeton			
40-44	1:43:32	Barbara Nell	CGA		12-May-98
45-49	1:46:19	Barbara Nell	CGA		02-Jun-02
50-54	1:45:57	Leslie v Buuren	CGA	Stellenbosch	11-Apr-13
55-59	1:54:31	Brenda Nooy	CGA	Youngsfield	19-Mar-11
60-64	2:02:39	Elsa Meyer	AGN	Oudtshoorn	26-Oct-10
65-69	2:03:18	Elsa Meyer	AGN	Youngsfield	12-Oct-13
70-74	2:07:57	Elsa Meyer	AGN	Youngsfield	08-Oct-16
75-79	2:27:10	Hildegard Vey	WPA	Youngsfield	06-Aug-16

50km Road Walk					
50-54	05:19.37	S. Steenkamp	AGN	Oudtshoorn	26-Oct-10