

Leo Benning Meeting No 2 - 16 November 2019 - 2019/11/16**Greenpoint Athletic Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 1 W15-19 Hammer Throw**

Name	Age Team	Finals	Age-Grading
Finals			
1 # 26 Smit, Kayla	W18 BELLVILLE AC	40.89m	40.89m 53.10%

Event 1 W30 Hammer Throw

Name	Age Team	Finals	Age-Grading
29.00m 30 WPS WP Colours Standard			
1 #13007 La Grange, Rachel	W31 BELLVILLE AC	29.11m WPS	29.11m 37.81%

Event 1 W35 Hammer Throw

Name	Age Team	Finals	Age-Grading
35.50m 35 SA Nat colours std			
27.70m 35 WPS WP Colours Standard			
1 #15574 Van Deventer, Hes	W37 BELLVILLE AC	23.12m	25.29m 32.85%

Event 1 W40 Hammer Throw

Name	Age Team	Finals	Age-Grading
34.00m 40 SA Nat colours std			
26.50m 40 WPS WP Colours Standard			
1 # 118 Kruger, Sanet	W43 BELLVILLE AC	28.41m WPS	33.41m 43.40%

Event 1 W55 Hammer Throw

Name	Age Team	Finals	Age-Grading
29.90m 55 SA Nat colours std			
23.30m 55 WPS WP Colours Standard			
1 # 136 Smith, Jackie	W56 BOLMA	30.34m SA	42.42m 55.10%

Event 1 W60 Hammer Throw

Name	Age Team	Finals	Age-Grading
26.53m 60 SA Nat colours std			
20.70m 60 WPS WP Colours Standard			
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC	22.63m WPS	34.74m 45.12%

Event 1 W65 Hammer Throw

Name	Age Team	Finals	Age-Grading
23.00m 65 SA Nat colours std			
18.00m 65 WPS WP Colours Standard			
1 # 954 Griesel, Ronel	W66 BOLMA	22.65m WPS	38.59m 50.12%
2 # 9046 Erasmus, Zelda	W67 BELLVILLE AC	22.03m WPS	37.53m 48.75%
3 #11112 Du Toit, Aletta	W68 BELLVILLE AC	18.07m WPS	30.78m 39.99%



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20.00m 70 SA Nat colours std
15.60m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #11111 Grobbelaar, Elize	W74 BELLVILLE AC	20.12m SA	38.54m 50.06%

Event 2 M15-19 Hammer Throw

Name	Age Team	Finals	Age-Grading
1 # 218 Olivier, Jaunu	M18 PAARL AC	56.89m	56.89m 65.59%

Event 2 M30 Hammer Throw

36.00m 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #16794 Theron, Barend	M31 LWANDLE ATH CLUB	32.57m	32.57m 37.55%

Event 2 M35 Hammer Throw

45.00m 35 SA Nat colours std
35.00m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4342 Wiener, Shukri	M37 PINELANDS AC	35.12m WPS	36.17m 41.71%

Event 2 M40 Hammer Throw

44.00m 40 SA Nat colours std
34.20m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
-- #13375 Juries, Chubasco	M44 ITHEKO AC	ND	

Event 2 M50 Hammer Throw

43.84m 50 SA Nat colours std
34.40m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #16793 Van der Walt, Ste	M51 LWANDLE ATH CLUB	18.30m	21.71m 25.03%

Event 2 M55 Hammer Throw

42.00m 55 SA Nat colours std
32.80m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 125 Primo, Derick	M57 SA POLICE SER AC	14.87m	19.54m 22.53%



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38.00m 65 SA Nat colours std
29.60m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 9047 Erasmus, Nick	M69 BELLVILLE AC	24.44m	35.81m 41.30%
2 # 9934 Venter, Peet	M69 TYGERBERG AC	20.19m	29.59m 34.12%
3 # 107 Carolus, John	M66 BELLVILLE AC	18.98m	27.81m 32.07%

Event 2 M70 Hammer Throw

35.00m 70 SA Nat colours std
27.30m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 9048 Hough, Norman	M72 BELLVILLE AC	40.13m SA	58.28m 67.20%

Event 2 M80 Hammer Throw

28.00m 80 SA Nat colours std
21.80m 80 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4480 Johnston, Steve	M80 PINELANDS AC	27.74m WPS	51.74m 59.66%

Event 2 M90 Hammer Throw

20.00m 90 SA Nat colours std
15.60m 90 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4491 Stannius, Borg	M90 PINELANDS AC	22.14m SA	61.14m 70.49%

Event 6 M50 100 Short Hurdles

16.50 50 SA Nat colours std
19.30 50 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 # 6869 Russell, Scott	M51 CAPE PEN UNIVERS	16.34 SA	-2.8	15.70 82.25%

Event 8 W15-19 Shot Put

Name	Age Team	Finals	Age-Grading
1 # 26 Smit, Kayla	W18 BELLVILLE AC	10.12m	10.12m 44.72%
2 # 35 Donough, Ameera	W18 UNIVERSITY WESTE	8.72m	8.72m 38.53%

Event 8 W30 Shot Put

8.50m 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #13007 La Grange, Rachel	W31 BELLVILLE AC	10.69m WPS	10.69m 47.24%



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10.48m 35 SA Nat colours std

8.20m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #15574 Van Deventer, Hes	W37 BELLVILLE AC	9.62m WPS	9.97m 44.07%
2 # 9466 Compion, Maria	W38 CAPE MULTI-SPORT	9.60m WPS	9.95m 43.98%

Event 8 W40 Shot Put

10.23m 40 SA Nat colours std

8.00m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 118 Kruger, Sanet	W43 BELLVILLE AC	8.75m WPS	9.71m 42.91%
2 # 104 Carolus, Carmen	W42 BELLVILLE AC	6.79m	7.53m 33.30%

Event 8 W55 Shot Put

9.80m 55 SA Nat colours std

7.60m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 136 Smith, Jackie	W56 BOLMA	8.68m WPS	11.89m 52.57%

Event 8 W60 Shot Put

9.00m 60 SA Nat colours std

7.00m 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC	8.27m WPS	12.41m 54.88%
2 # 2559 Rodseth, Lollos	W60 DURBANVILLE AC	7.95m WPS	11.93m 52.75%

Event 8 W65 Shot Put

8.10m 65 SA Nat colours std

6.30m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 954 Griesel, Ronel	W66 BOLMA	8.29m SA	13.76m 60.82%
2 # 9046 Erasmus, Zelda	W67 BELLVILLE AC	8.02m WPS	13.31m 58.84%
3 #11112 Du Toit, Aletta	W68 BELLVILLE AC	5.81m	9.64m 42.63%

Event 8 W70 Shot Put

7.20m 70 SA Nat colours std

5.60m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
-- #11111 Grobbelaar, Elize	W74 BELLVILLE AC	ND	



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Name	Age Team	Finals	Age-Grading
1 # 218 Olivier, Jaunu	M18 PAARL AC	11.16m	11.16m 48.27%
2 # 22 Parker, Tashriq	M19 ULTRA AC	9.91m	9.91m 42.86%
3 #12354 Field, Jamie	M18 ULTRA AC	8.33m	8.33m 36.03%

Event 9 M30 Shot Put

Name	Age Team	Finals	Age-Grading
11.50m 30 WPS WP Colours Standard			
1 #16794 Theron, Barend	M31 LWANDLE ATH CLUB	12.71m WPS	12.71m 54.97%

Event 9 M35 Shot Put

Name	Age Team	Finals	Age-Grading
14.00m 35 SA Nat colours std			
10.90m 35 WPS WP Colours Standard			
1 # 4342 Wiener, Shukri	M37 PINELANDS AC	11.99m WPS	12.43m 53.79%

Event 9 M40 Shot Put

Name	Age Team	Finals	Age-Grading
13.24m 40 SA Nat colours std			
10.40m 40 WPS WP Colours Standard			
1 #13288 Lewies, Daniel	M40 BELLVILLE AC	11.59m WPS	12.90m 55.83%
2 #13375 Juries, Chubasco	M44 ITHEKO AC	7.03m	7.82m 33.86%

Event 9 M45 Shot Put

Name	Age Team	Finals	Age-Grading
12.14m 45 SA Nat colours std			
9.50m 45 WPS WP Colours Standard			
1 # 8063 Tregonning, Carde	M48 HEWAT ATH CLUB	7.97m	9.58m 41.45%

Event 9 M50 Shot Put

Name	Age Team	Finals	Age-Grading
13.32m 50 SA Nat colours std			
10.40m 50 WPS WP Colours Standard			
1 #16793 Van der Walt, Ste	M51 LWANDLE ATH CLUB	9.15m	10.72m 46.38%
2 # 2142 Isaacs, Duncan	M51 NEDBANK WP	6.95m	8.14m 35.23%

Event 9 M55 Shot Put

Name	Age Team	Finals	Age-Grading
12.38m 55 SA Nat colours std			
9.70m 55 WPS WP Colours Standard			
1 # 125 Primo, Derick	M57 SA POLICE SER AC	6.90m	8.76m 37.91%



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11.33m 65 SA Nat colours std

8.90m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 9047 Erasmus, Nick	M69 BELLVILLE AC	8.46m	11.51m 49.79%
2 # 107 Carolus, John	M66 BELLVILLE AC	7.96m	10.83m 46.85%
3 # 9934 Venter, Peet	M69 TYGERBERG AC	7.01m	9.53m 41.26%

Event 9 M70 Shot Put

11.70m 70 SA Nat colours std

9.20m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 9048 Hough, Norman	M72 BELLVILLE AC	11.17m WPS	14.30m 61.88%

Event 9 M80 Shot Put

9.30m 80 SA Nat colours std

7.25m 80 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4480 Johnston, Steve	M80 PINELANDS AC	8.34m WPS	12.55m 54.30%

Event 9 M90 Shot Put

6.00m 90 SA Nat colours std

4.70m 90 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4491 Stannius, Borg	M90 PINELANDS AC	7.86m SA	15.35m 66.39%

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

Name	Age Team	Finals	Wind	Age-Grading	H#
1 # 7826 Kalenga, Luisa	W29 SA DEFENCE FORCE AC	27.39	-0.8	27.40 77.91%	2

Event 10 W30 200 Meter Dash 200M - WOMEN

29.00 30 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading	H#
1 #21370 Corbett, Melissa	W30 INDIVIDUAL ENTRY	27.66 WPS	-0.8	27.67 77.15%	2

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	Finals	Wind	Age-Grading
1 # 9940 Miske, Mirjam	W40 TYGERBERG AC	31.79	-0.9	29.70 71.85%
2 #15199 Petersen, Fadwah	W40 ITHEKO AC	33.18	-0.9	31.00 68.84%



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28.84 45 SA Nat colours std
32.00 45 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 #12476 Tregonning, Rushd	W45 HEWAT ATH CLUB	29.72 WPS	-0.9	26.70 79.95%
2 # 7222 Figland, Beverley	W49 UNIVERSITY WESTE	31.32 WPS	-0.9	28.14 75.86%
3 # 1010 Viljoen, Ilze	W48 SWD	49.95	-0.9	44.87 47.57%

Event 10 W50 200 Meter Dash 200M - WOMEN

30.27 50 SA Nat colours std
33.50 50 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 # 4204 Moodley, Sumanthr	W51 PINELANDS AC	40.62	-0.9	35.03 60.93%

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	Finals	Wind	Age-Grading
1 # 957 Spang, Rika	W59 SWD	39.34	-0.9	32.51 65.66%

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

Name	Age Team	Finals	Wind	Age-Grading	H#
1 #20715 Karriem, Abduragh	M15 ITHEKO AC	22.73	3.2	22.74 85.00%	4
2 #20510 Gabier, Luqmaan	M15 ITHEKO AC	23.07	3.2	23.08 83.75%	4
3 #20303 Petersen, Ameen	M18 TITANS	25.96	3.2	25.97 74.42%	4
4 #22683 Walker, Enrico	M18 SPARTAN HARRIERS AC	29.94	3.2	29.95 64.53%	4

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

Name	Age Team	Finals	Wind	Age-Grading	H#
1 # 9946 Cameron, Kurt	M26 TYGERBERG AC	23.93	3.2	23.94 80.74%	4
2 #22689 Walker, Jean-Paul	M27 SPARTAN HARRIERS AC	29.47	3.2	29.48 65.56%	4
3 #99650 Nare, Kabo	M25 TYGERBERG AC	31.34	3.2	31.35 61.65%	4

Event 11 M30 200 Meter Dash 200M - MEN

24.50 30 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading	H#
1 #55658 Steenkamp, Theodo	M30 EPMA	28.26	2.1	28.27 68.37%	3



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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	Finals	Wind	Age-Grading	H#
1 #16060 Sethibang, Kabelo	M37 SA POLICE SER AC	24.71 WPS	2.1	24.31 79.48%	3
2 # 7055 Le Grange, Jacobu	M39 BELLVILLE AC	24.92 WPS	2.1	24.52 78.81%	3

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	Finals	Wind	Age-Grading	H#
1 #16137 Louw, Pieter	M44 CAPE MULTI-SPORT	28.42	2.1	27.11 71.29%	3
2 # 2839 Roopnarain, Junai	M40 STRAND AC	28.43	2.1	27.12 71.26%	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	Finals	Wind	Age-Grading	H#
1 #13836 Basson, Marius	M47 ORANJERIVIER AK	25.13 WPS	-1.1	23.21 83.25%	2
2 #15571 Cloete, John	M48 BELLVILLE AC	25.72 WPS	-1.1	23.76 81.34%	2
3 # 1247 Solomons, Anthony	M49 BOLMA	25.90 WPS	-1.1	23.92 80.77%	2
4 # 1261 Fortuin, Maurice	M49 BOLMA	26.47 WPS	-1.1	24.45 79.03%	2
5 #15410 Bothma, Rupert	M45 BELLVILLE AC	26.83	-1.1	24.78 77.97%	2
6 #55657 Hollenbach, Lione	M48 EPMA	28.19	-1.1	26.04 74.21%	2
7 # 1630 Pelton, Rory	M46 SPARTAN HARRIERS AC	28.53	-1.1	26.35 73.33%	2

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	Finals	Wind	Age-Grading
1 # 6854 Van Zyl, Oloff	M50 CAPE PEN UNIVERS	26.69 WPS	-6.2	23.85 81.04%
2 # 7882 Christians, Alwyn	M53 SA DEFENCE FORCE AC	27.31 WPS	-6.2	24.40 79.20%
3 #55677 Botha, Marthinus	M51 INDIVIDUAL ENTRY	29.24	-6.2	26.13 73.97%
4 # 2142 Isaacs, Duncan	M51 NEDBANK WP	31.27	-6.2	27.94 69.17%

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	Finals	Wind	Age-Grading
1 # 1240 Ruiters, Denver	M55 BOLMA	28.43 WPS	-6.2	24.55 78.72%



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28.40 65 SA Nat colours std
 32.00 65 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 # 617 Deetlefs, Pietie	M66 BOLMA	30.02 WPS	-6.2	24.04 80.38%
2 #21342 Windt, Johan	M66 SWD	30.88 WPS	-6.2	24.73 78.14%

Event 12 W40 Long Jump

4.72m 40 SA Nat colours std
 3.95m 40 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 #16106 Genis, Tanya	W40 TYGERBERG AC	3.60m	0.6	3.99m 53.18%
2 #55627 Sutton, Natasha	W42 INDIVIDUAL ENTRY	3.55m	-3.0	3.94m 52.44%

Event 12 W45 Long Jump

4.40m 45 SA Nat colours std
 3.65m 45 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 #16245 Duze, Thuleka	W45 GUGULETHU AC	2.59m	-2.0	3.04m 40.53%

Event 12 W50 Long Jump

4.13m 50 SA Nat colours std
 3.45m 50 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 # 7035 Le Roux, Rentia	W50 BELLVILLE AC	3.43m	1.1	4.30m 57.17%

Event 12 W55 Long Jump

3.88m 55 SA Nat colours std
 3.20m 55 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 #55659 Deetlefs, Suretha	W55 INDIVIDUAL ENTRY	3.47m WPS	0.3	4.65m 61.85%

Event 13 M15-19 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 #20308 Duckett, Caleb	M17 TITANS	4.74m	-0.9	4.74m 52.96%

Event 13 M20-29 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 #21331 Prince, Faya	M22 INDIVIDUAL ENTRY	5.75m	-3.5	5.75m 64.25%



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6.12m 40 SA Nat colours std
5.10m 40 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 #22731 Moses, Peter-John	M42 INDIVIDUAL ENTRY	4.09m	-1.1	4.45m 49.82%

Event 13 M50 Long Jump

5.55m 50 SA Nat colours std
4.60m 50 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 # 7882 Christians, Alwyn	M53 SA DEFENCE FORCE AC	5.11m WPS	5.4	6.27m 70.19%

Event 13 M55 Long Jump

5.19m 55 SA Nat colours std
4.30m 55 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 #13263 Van Daalen, Dirk	M56 SA POLICE SER AC	4.37m WPS	-0.8	5.73m 64.08%

Event 14 W12-19 800 Meter Run

Name	Age Team	Finals	Age-Grading
1 # 851 Brugmann, Ilse	W16 STELLENBOSCH AC	2:29.51	2:29.52 75.77%
2 # 651 Brugman, Karla	W16 STELLENBOSCH AC	2:31.30	2:31.31 74.87%
3 # 35 Donough, Ameera	W18 UNIVERSITY WESTE	2:43.33	2:43.34 69.36%

Event 14 W20-29 800 Meter Run

Name	Age Team	Finals	Age-Grading
1 # 4081 Van Deventer, Ica	W24 NEDBANK WP	2:23.15	2:23.16 79.13%

Event 14 W30 800 Meter Run

2:43.00 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2292 Jacobs, Mandy-Lee	W30 NEDBANK WP	2:24.65 WPS	2:24.66 78.31%

Event 14 W35 800 Meter Run

2:29.00 35 SA Nat colours std
2:45.00 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #68660 Bezuidenhout, Esr	W37 CAPE PEN UNIVERS	2:45.35	2:44.54 68.85%



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2:53.00 55 SA Nat colours std
3:13.00 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #15408 Brink, Lucy	W57 BELLVILLE AC	3:10.99 WPS	2:38.43 71.50%

Event 15 M20-29 800 Meter Run

Name	Age Team	Finals	Age-Grading
1 #23024 Brink, Lambert	M22 STELLENBOSCH AC	2:03.61	2:03.62 81.80%

Event 15 M30 800 Meter Run

2:12.00 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #22929 Prinsloo, Rylan	M31 INDIVIDUAL ENTRY	2:27.80	2:27.81 68.41%

Event 15 M40 800 Meter Run

2:01.00 40 SA Nat colours std
2:16.00 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #13375 Juries, Chubasco	M44 ITHEKO AC	2:40.68	2:33.62 65.82%
2 #22731 Moses, Peter-John	M42 INDIVIDUAL ENTRY	2:43.57	2:36.38 64.66%

Event 15 M45 800 Meter Run

2:07.00 45 SA Nat colours std
2:22.00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #11117 Swartz, Quintin	M45 TITANS	2:20.73 WPS	2:09.52 78.07%
2 # 6899 Bezuidenhout, Rog	M46 CAPE PEN UNIVERS	2:34.52	2:22.21 71.10%
3 #11943 Peacock, Michael	M46 CAPE PEN UNIVERS	2:34.86	2:22.52 70.95%

Event 19 W45 400 Long Hurdles

1:17.59 45 SA Nat colours std
1:27.00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #16245 Duze, Thuleka	W45 GUGULETHU AC	2:28.96	2:07.63 41.01%

Event 20 M15-19 400 Long Hurdles

Name	Age Team	Finals	Age-Grading
1 #22913 Pretorius, Luca	M16 INDIVIDUAL ENTRY	1:11.25	1:11.26 65.66%



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Name	Age Team	Finals	Age-Grading
1 # 26 Smit, Kayla	W18 BELLVILLE AC	22.64m	22.64m 29.48%

Event 21 W30 Discus Throw

Name	Age Team	Finals	Age-Grading
27.00m 30 WPS WP Colours Standard			
1 #13007 La Grange, Rachel	W31 BELLVILLE AC	20.85m	20.85m 27.15%

Event 21 W35 Discus Throw

Name	Age Team	Finals	Age-Grading
33.50m 35 SA Nat colours std			
26.10m 35 WPS WP Colours Standard			
1 #15574 Van Deventer, Hes	W37 BELLVILLE AC	27.44m WPS	28.44m 37.05%
2 # 9466 Compion, Maria	W38 CAPE MULTI-SPORT	24.27m	25.16m 32.77%

Event 21 W40 Discus Throw

Name	Age Team	Finals	Age-Grading
32.85m 40 SA Nat colours std			
25.60m 40 WPS WP Colours Standard			
1 # 118 Kruger, Sanet	W43 BELLVILLE AC	28.19m WPS	31.43m 40.93%
2 # 104 Carolus, Carmen	W42 BELLVILLE AC	16.05m	17.89m 23.30%

Event 21 W45 Discus Throw

Name	Age Team	Finals	Age-Grading
29.50m 45 SA Nat colours std			
23.00m 45 WPS WP Colours Standard			
1 #16138 Louw, Annelize	W45 CAPE MULTI-SPORT	18.28m	22.04m 28.70%

Event 21 W55 Discus Throw

Name	Age Team	Finals	Age-Grading
25.50m 55 SA Nat colours std			
19.90m 55 WPS WP Colours Standard			
1 # 136 Smith, Jackie	W56 BOLMA	27.38m SA	39.44m 51.36%

Event 21 W60 Discus Throw

Name	Age Team	Finals	Age-Grading
23.80m 60 SA Nat colours std			
18.60m 60 WPS WP Colours Standard			
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC	18.24m	29.11m 37.91%



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21.00m 65 SA Nat colours std
16.40m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 9046 Erasmus, Zelda	W67 BELLVILLE AC	18.95m WPS	33.97m 44.23%
2 # 954 Griesel, Ronel	W66 BOLMA	14.95m	26.80m 34.90%
3 #11112 Du Toit, Aletta	W68 BELLVILLE AC	12.42m	22.26m 28.99%

Event 21 W70 Discus Throw

19.00m 70 SA Nat colours std
14.80m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
-- #11111 Grobbelaar, Elize	W74 BELLVILLE AC	ND	

Event 22 M15-19 Discus Throw

Name	Age Team	Finals	Age-Grading
1 # 218 Olivier, Jaunu	M18 PAARL AC	40.67m	40.67m 54.90%

Event 22 M20-29 Discus Throw

Name	Age Team	Finals	Age-Grading
1 # 897 Van Rensburg, Lle	M22 PAARL AC	38.06m	38.06m 51.38%

Event 22 M30 Discus Throw

33.00m 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #16794 Theron, Barend	M31 LWANDLE ATH CLUB	31.90m	31.90m 43.06%

Event 22 M35 Discus Throw

41.00m 35 SA Nat colours std
32.00m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4342 Wiener, Shukri	M37 PINELANDS AC	38.21m WPS	38.75m 52.31%

Event 22 M40 Discus Throw

40.17m 40 SA Nat colours std
31.30m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #13288 Lewies, Daniel	M40 BELLVILLE AC	28.83m	31.75m 42.86%
2 #13375 Juries, Chubasco	M44 ITHEKO AC	16.47m	18.14m 24.49%



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38.08m 45 SA Nat colours std		30.00m 45 WPS WP Colours Standard	
Name	Age Team	Finals	Age-Grading
1 # 8063 Tregonning, Carde	M48 HEWAT ATH CLUB	17.64m	21.25m 28.69%

Event 22 M50 Discus Throw

43.92m 50 SA Nat colours std		34.50m 50 WPS WP Colours Standard	
Name	Age Team	Finals	Age-Grading
1 #16793 Van der Walt, Ste	M51 LWANDLE ATH CLUB	20.01m	20.44m 27.60%

Event 22 M55 Discus Throw

40.34m 55 SA Nat colours std		31.50m 55 WPS WP Colours Standard	
Name	Age Team	Finals	Age-Grading
1 # 125 Primo, Derick	M57 SA POLICE SER AC	21.98m	24.40m 32.94%

Event 22 M65 Discus Throw

39.79m 65 SA Nat colours std		31.00m 65 WPS WP Colours Standard	
Name	Age Team	Finals	Age-Grading
1 # 9047 Erasmus, Nick	M69 BELLVILLE AC	26.33m	30.64m 41.36%
2 # 107 Carolus, John	M66 BELLVILLE AC	22.41m	26.07m 35.20%
3 # 9934 Venter, Peet	M69 TYGERBERG AC	19.65m	22.86m 30.87%

Event 22 M70 Discus Throw

33.22m 70 SA Nat colours std		25.90m 70 WPS WP Colours Standard	
Name	Age Team	Finals	Age-Grading
1 # 9048 Hough, Norman	M72 BELLVILLE AC	30.99m WPS	39.60m 53.47%

Event 22 M80 Discus Throw

22.00m 80 SA Nat colours std		17.20m 80 WPS WP Colours Standard	
Name	Age Team	Finals	Age-Grading
1 # 4480 Johnston, Steve	M80 PINELANDS AC	23.39m SA	38.45m 51.91%
2 # 459 Muller, John	M82 WHALERS AC	20.42m WPS	33.57m 45.32%

Event 23 W20-29 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
1 # 7826 Kalenga, Luisa	W29 SA DEFENCE FORCE AC	13.71	-1.8	13.72 76.51%	3



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2	#10552	Yaze, Zandile	W20	UNIVERSITY OF CA	13.76	-1.8	13.77	76.24%	3
3	#10556	Mbonambi, Zanegug	W21	UNIVERSITY OF CA	13.97	-1.8	13.98	75.09%	3

Event 23 W40 100 Meter Dash

					13.47				
			40	SA Nat colours std					
			40	WPS WP Colours Standard					
Name			Age	Team	Finals	Wind		Age-Grading	
1	#55627	Sutton, Natasha	W42	INDIVIDUAL ENTRY	15.11	0.9	14.43	72.73%	
2	#15199	Petersen, Fadwah	W40	ITHEKO AC	15.65	0.9	14.95	70.22%	

Event 23 W45 100 Meter Dash

					13.83				
			45	SA Nat colours std					
			45	WPS WP Colours Standard					
Name			Age	Team	Finals	Wind		Age-Grading	
1	#12476	Tregonning, Rushd	W45	HEWAT ATH CLUB	14.26	WPS 0.9	13.12	80.01%	
2	# 7222	Figland, Beverley	W49	UNIVERSITY WESTE	14.83	WPS 0.9	13.64	76.94%	

Event 23 W50 100 Meter Dash

					14.40				
			50	SA Nat colours std					
			50	WPS WP Colours Standard					
Name			Age	Team	Finals	Wind		Age-Grading	
1	# 4204	Moodley, Sumanthr	W51	PINELANDS AC	19.07	0.9	16.87	62.19%	

Event 23 W55 100 Meter Dash

					14.89				
			55	SA Nat colours std					
			55	WPS WP Colours Standard					
Name			Age	Team	Finals	Wind		Age-Grading	
1	# 957	Spang, Rika	W59	SWD	18.61	0.9	15.81	66.36%	

Event 23 W65 100 Meter Dash

					16.83				
			65	SA Nat colours std					
			65	WPS WP Colours Standard					
Name			Age	Team	Finals	Wind		Age-Grading	
1	# 1660	Riviera, Joy	W65	SPARTAN HARRIERS AC	19.75	0.9	15.39	68.20%	

Event 23 W80 100 Meter Dash

					23.00				
			80	SA Nat colours std					
			80	WPS WP Colours Standard					
Name			Age	Team	Finals	Wind		Age-Grading	
1	#13729	Johnson, Maggie	W83	TYGERBERG AC	21.66	SA 0.9	13.91	75.44%	



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Event 24 M12-19 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
1 #21349 Salie, Imtiyaaz	M15 INDIVIDUAL ENTRY	12.19	-2.0	12.20 80.31%	5
2 #20303 Petersen, Ameen	M18 TITANS	12.90	-2.0	12.91 75.89%	5
3 #22683 Walker, Enrico	M18 SPARTAN HARRIERS AC	14.61	-2.0	14.62 67.01%	5

Event 24 M20-29 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
1 #23018 Ismail, Yusuf	M25 UNIVERSITY WESTE	10.96	-0.1	10.97 89.32%	4
2 # 7282 Palmieri, Fabio	M20 UNIVERSITY WESTE	11.14	-0.1	11.15 87.88%	4
3 #54508 Ewers, Joshua	M23 ITHEKO AC	11.23	-0.1	11.24 87.18%	4
4 # 7254 Van der Merwe, Ke	M24 ITHEKO AC	11.59	-0.1	11.60 84.47%	4
5 #22689 Walker, Jean-Paul	M27 SPARTAN HARRIERS AC	14.04	-0.1	14.05 69.73%	4

Event 24 M30 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
12.00 30 WPS WP Colours Standard					
1 #55658 Steenkamp, Theodo	M30 EPMA	13.78	0.8	13.79 71.05%	3

Event 24 M35 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
11.34 35 SA Nat colours std					
12.20 35 WPS WP Colours Standard					
1 # 7055 Le Grange, Jacobu	M39 BELLVILLE AC	12.76	0.8	12.60 77.74%	3

Event 24 M40 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
11.70 40 SA Nat colours std					
12.60 40 WPS WP Colours Standard					
1 #16137 Louw, Pieter	M44 CAPE MULTI-SPORT	13.73	0.8	13.16 74.44%	3
2 #23017 Marquard, Eugene	M42 TITANS	13.99	0.8	13.40 73.05%	3
3 # 2839 Roopnarain, Junai	M40 STRAND AC	15.12	0.8	14.49 67.59%	3

Event 24 M45 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
12.05 45 SA Nat colours std					
13.00 45 WPS WP Colours Standard					
1 #15571 Cloete, John	M48 BELLVILLE AC	12.25 WPS	-1.2	11.38 86.04%	2
2 #13836 Basson, Marius	M47 ORANJERIVIER AK	12.58 WPS	-1.2	11.69 83.78%	2
3 # 1247 Solomons, Anthony	M49 BOLMA	12.64 WPS	-1.2	11.74 83.39%	2
4 #17398 Vermeulen, Pieter	M48 BELLVILLE AC	13.14	-1.2	12.21 80.21%	2
5 #55657 Hollenbach, Lione	M48 EPMA	13.40	-1.2	12.45 78.66%	2
6 # 1630 Pelton, Rory	M46 SPARTAN HARRIERS AC	13.97	-1.2	12.98 75.45%	2



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Name	Age	Team	Finals	Wind	Age-Grading
12.17	50	SA Nat colours std			
13.40	50	WPS WP Colours Standard			
1 # 7882 Christians, Alwyn	M53	SA DEFENCE FORCE AC	13.43	-1.4	12.09 81.01%
2 # 6854 Van Zyl, Oloff	M50	CAPE PEN UNIVERS	13.68	-1.4	12.31 79.53%
3 # 6869 Russell, Scott	M51	CAPE PEN UNIVERS	13.87	-1.4	12.48 78.44%
4 #55677 Botha, Marthinus	M51	INDIVIDUAL ENTRY	14.31	-1.4	12.88 76.03%
5 # 2142 Isaacs, Duncan	M51	NEDBANK WP	15.72	-1.4	14.15 69.21%

Event 24 M55 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
12.52	55	SA Nat colours std			
14.00	55	WPS WP Colours Standard			
1 # 1240 Ruiters, Denver	M55	BOLMA	14.21	-1.4	12.37 79.17%

Event 24 M65 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
13.73	65	SA Nat colours std			
15.40	65	WPS WP Colours Standard			
1 # 617 Deetlefs, Pietie	M66	BOLMA	14.54 WPS	-1.4	11.80 83.01%
2 #21342 Windt, Johan	M66	SWD	15.44	-1.4	12.53 78.17%

Event 25 W40 High Jump

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

Event 25 W45 High Jump

Name	Age	Team	Finals	Age-Grading
1.36m	45	SA Nat colours std		
1.21m	45	WPS WP Colours Standard		
1 # 6647 Lategan, Jill	W47	GOODWOOD HARRIERS	1.20m	1.39m 66.67%

Event 25 W55 High Jump

Name	Age	Team	Finals	Age-Grading
1.22m	55	SA Nat colours std		
1.09m	55	WPS WP Colours Standard		
1 #55659 Deetlefs, Suretha	W55	INDIVIDUAL ENTRY	1.34m SA	1.73m 83.23%



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Name	Age Team	Finals	Age-Grading
1 #20308 Duckett, Caleb	M17 TITANS	1.49m	1.49m 60.82%

Event 26 M30 High Jump

Name	Age Team	Finals	Age-Grading
1.68m 30 WPS WP Colours Standard			
1 # 126 Rix, Andre	M33 TITANS	1.40m	1.40m 57.14%

Event 26 M40 High Jump

Name	Age Team	Finals	Age-Grading
1.78m 40 SA Nat colours std			
1.56m 40 WPS WP Colours Standard			
1 #22731 Moses, Peter-John	M42 INDIVIDUAL ENTRY	1.31m	1.37m 55.98%
2 #13375 Juries, Chubasco	M44 ITHEKO AC	1.15m	1.20m 49.15%

Event 26 M55 High Jump

Name	Age Team	Finals	Age-Grading
1.51m 55 SA Nat colours std			
1.34m 55 WPS WP Colours Standard			
1 #13263 Van Daalen, Dirk	M56 SA POLICE SER AC	1.34m WPS	1.64m 67.00%

Event 27 W30 1500 Meter Run

Name	Age Team	Finals	Age-Grading
5:47.00 30 WPS WP Colours Standard			
1 # 2234 Griffiths, Kobie	W34 NEDBANK WP	4:48.36 WPS	4:48.37 80.62%

Event 27 W35 1500 Meter Run

Name	Age Team	Finals	Age-Grading
5:01.00 35 SA Nat colours std			
5:52.00 35 WPS WP Colours Standard			
1 # 946 Du Plessis, Charl	W38 VARSITY OLD BOYS AC	5:54.41	5:49.88 66.44%

Event 27 W45 1500 Meter Run

Name	Age Team	Finals	Age-Grading
5:13.00 45 SA Nat colours std			
6:06.00 45 WPS WP Colours Standard			
1 #16245 Duze, Thuleka	W45 GUGULETHU AC	8:00.70	7:14.65 53.48%
2 # 1010 Viljoen, Ilze	W48 SWD	9:02.73	8:10.74 47.37%



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Event 28 M12-19 1500 Meter Run

Name	Age Team	Finals	Age-Grading
1 #20963 Arendse, Daniel	M19 ATHLANTIC TRIATH	4:28.24	4:28.25 76.80%
2 #20308 Duckett, Caleb	M17 TITANS	5:06.06	5:06.07 67.31%
3 #12354 Field, Jamie	M18 ULTRA AC	5:16.02	5:16.03 65.19%
4 # 22 Parker, Tashriq	M19 ULTRA AC	5:17.54	5:17.55 64.87%
5 #22913 Pretorius, Luca	M16 INDIVIDUAL ENTRY	5:32.20	5:32.21 62.01%

Event 28 M20-29 1500 Meter Run

Name	Age Team	Finals	Age-Grading
1 #21345 Van der Merwe, Br	M20 INDIVIDUAL ENTRY	5:06.27	5:06.28 67.26%

Event 28 M30 1500 Meter Run

Name	Age Team	Finals	Age-Grading
4:34.00 30 WPS WP Colours Standard			
1 #16369 Ockhuis, Garron	M34 GOODWOOD HARRIERS	4:47.87	4:47.88 71.56%

Event 28 M40 1500 Meter Run

Name	Age Team	Finals	Age-Grading
4:06.00 40 SA Nat colours std			
4:48.00 40 WPS WP Colours Standard			
1 # 7218 Sinclair, Quinton	M43 UNIVERSITY WESTE	4:30.63 WPS	4:17.62 79.97%

Event 28 M45 1500 Meter Run

Name	Age Team	Finals	Age-Grading
4:15.00 45 SA Nat colours std			
4:58.00 45 WPS WP Colours Standard			
1 #23031 Stanley, Chris	M46 INDIVIDUAL ENTRY	4:41.66 WPS	4:17.02 80.15%
2 #12501 Bruiners, Hein	M46 METROPOLITAN	5:15.08	4:47.52 71.65%
3 #11117 Swartz, Quintin	M45 TITANS	5:54.50	5:23.49 63.68%

Event 28 M50 1500 Meter Run

Name	Age Team	Finals	Age-Grading
4:29.00 50 SA Nat colours std			
5:15.00 50 WPS WP Colours Standard			
1 #13867 McCree, Edward	M50 HEWAT ATH CLUB	6:30.44	5:40.90 60.43%

Event 29 W45 400 Meter Dash

Name	Age Team	Finals	Age-Grading
1:06.50 45 SA Nat colours std			
1:15.00 45 WPS WP Colours Standard			
1 #12476 Tregonning, Rushd	W45 HEWAT ATH CLUB	1:20.33	1:12.17 65.97%



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Event 29 W50 400 Meter Dash

Name	Age Team	Finals	Age-Grading
1:09.52 50 SA Nat colours std			
1:18.00 50 WPS WP Colours Standard			
1 # 4204 Moodley, Sumanthr	W51 PINELANDS AC	1:32.12	1:19.00 60.26%

Event 29 W55 400 Meter Dash

Name	Age Team	Finals	Age-Grading
1:14.70 55 SA Nat colours std			
1:22.00 55 WPS WP Colours Standard			
1 # 957 Spang, Rika	W59 SWD	1:34.43	1:17.13 61.72%

Event 30 M20-29 400 Meter Dash

Name	Age Team	Finals	Age-Grading
1 # 7254 Van der Merwe, Ke	M24 ITHEKO AC	51.90	51.91 83.20%
2 #14503 Fillies, Jesse	M22 ITHEKO AC	52.11	52.12 82.86%
3 #23024 Brink, Lambert	M22 STELLENBOSCH AC	52.99	53.00 81.49%
4 #23105 Kohl, Dominge	M21 BELLVILLE AC	54.24	54.25 79.61%

Event 30 M30 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#
56.00 30 WPS WP Colours Standard				
1 #23069 Simpson, Kofi	M33 STELLENBOSCH UNI AC	1:17.39	1:17.40 55.80%	2

Event 30 M35 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#
51.00 35 SA Nat colours std				
57.00 35 WPS WP Colours Standard				
1 #16060 Sethibang, Kabelo	M37 SA POLICE SER AC	55.21 WPS	53.30 81.02%	2

Event 30 M40 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#
52.41 40 SA Nat colours std				
58.00 40 WPS WP Colours Standard				
1 #16137 Louw, Pieter	M44 CAPE MULTI-SPORT	1:11.83	1:07.19 64.26%	3

Event 30 M45 400 Meter Dash

Name	Age Team	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	57.54 WPS	52.10 82.88%	3
2 # 1261 Fortuin, Maurice	M49 BOLMA	59.71 WPS	54.07 79.87%	4



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....Event 30 M45 400 Meter Dash

3 # 1247 Solomons, Anthony	M49 BOLMA	1:02.90	56.95	75.82%	3
4 # 1630 Pelton, Rory	M46 SPARTAN HARRIERS AC	1:05.11	58.96	73.25%	3

Event 30 M50 400 Meter Dash

=====					
	56.36	50 SA Nat colours std			
	1:02.00	50 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	H#
=====					
1 # 6854 Van Zyl, Oloff	M50	CAPE PEN UNIVERS	59.51 WPS	52.10	82.89% 4
2 # 6869 Russell, Scott	M51	CAPE PEN UNIVERS	1:03.87	55.92	77.24% 4

Event 30 M55 400 Meter Dash

=====					
	58.13	55 SA Nat colours std			
	1:05.00	55 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	H#
=====					
1 # 6892 Green, Garry	M55	CAPE PEN UNIVERS	1:04.17 WPS	54.25	79.60% 4

Event 30 M65 400 Meter Dash

=====					
	1:05.36	65 SA Nat colours std			
	1:13.00	65 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	H#
=====					
1 #21342 Windt, Johan	M66	SWD	1:11.00 WPS	55.64	77.61% 4

Event 31 W15-19 Javelin Throw

=====					
Name	Age	Team	Finals	Age-Grading	
=====					
1 # 26 Smit, Kayla	W18	BELLVILLE AC	31.50m	31.50m	43.15%

Event 31 W30 Javelin Throw

=====					
	26.00m	30 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
=====					
1 #13007 La Grange, Rachel	W31	BELLVILLE AC	30.04m WPS	30.04m	41.15%

Event 31 W35 Javelin Throw

=====					
	31.53m	35 SA Nat colours std			
	24.50m	35 WPS WP Colours Standard			
Name	Age	Team	Finals	Age-Grading	
=====					
1 #15574 Van Deventer, Hes	W37	BELLVILLE AC	23.11m	24.54m	33.62%



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		29.26m	40 SA Nat colours std		
		22.80m	40 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading		
1 # 104 Carolus, Carmen	W42 BELLVILLE AC	19.17m	21.99m	30.13%	
2 # 118 Kruger, Sanet	W43 BELLVILLE AC	14.57m	16.71m	22.90%	

Event 31 W50 Javelin Throw

		28.50m	50 SA Nat colours std		
		22.20m	50 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading		
1 # 7035 Le Roux, Rentia	W50 BELLVILLE AC	20.20m	26.55m	36.38%	

Event 31 W55 Javelin Throw

		25.00m	55 SA Nat colours std		
		19.50m	55 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading		
1 # 136 Smith, Jackie	W56 BOLMA	17.91m	25.93m	35.53%	

Event 31 W60 Javelin Throw

		22.50m	60 SA Nat colours std		
		17.50m	60 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading		
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC	16.56m	26.69m	36.56%	

Event 31 W65 Javelin Throw

		20.00m	65 SA Nat colours std		
		15.60m	65 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading		
1 # 9046 Erasmus, Zelda	W67 BELLVILLE AC	17.56m WPS	31.90m	43.71%	
2 # 954 Griesel, Ronel	W66 BOLMA	13.74m	24.96m	34.20%	

Event 32 M15-19 Javelin Throw

Name	Age Team	Finals	Age-Grading	
1 # 218 Olivier, Jaunu	M18 PAARL AC	29.79m	29.79m	30.25%

Event 32 M30 Javelin Throw

		44.00m	30 WPS WP Colours Standard		
Name	Age Team	Finals	Age-Grading		
1 #16794 Theron, Barend	M31 LWANDLE ATH CLUB	31.09m	31.09m	31.57%	
-- # 126 Rix, Andre	M33 TITANS	ND			



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54.00m 35 SA Nat colours std
42.00m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #23242 Young, Tyrone	M37 INDIVIDUAL ENTRY	44.90m WPS	45.46m 46.17%
2 # 4342 Wiener, Shukri	M37 PINELANDS AC	41.67m	42.19m 42.85%

Event 32 M40 Javelin Throw

52.45m 40 SA Nat colours std
40.90m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #15572 Gates, Johan	M42 BELLVILLE AC	42.84m WPS	46.53m 47.25%
2 #32248 Scheepers, Gerrie	M43 INDIVIDUAL ENTRY	41.32m WPS	44.88m 45.58%

Event 32 M45 Javelin Throw

49.49m 45 SA Nat colours std
38.60m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 8063 Tregonning, Carde	M48 HEWAT ATH CLUB	25.20m	29.52m 29.98%

Event 32 M50 Javelin Throw

46.49m 50 SA Nat colours std
36.50m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #16793 Van der Walt, Ste	M51 LWANDLE ATH CLUB	31.27m	38.39m 38.99%

Event 32 M55 Javelin Throw

42.64m 55 SA Nat colours std
33.30m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 125 Primo, Derick	M57 SA POLICE SER AC	21.11m	28.24m 28.68%

Event 32 M65 Javelin Throw

37.00m 65 SA Nat colours std
28.90m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 9934 Venter, Peet	M69 TYGERBERG AC	28.12m	43.92m 44.60%
2 # 9047 Erasmus, Nick	M69 BELLVILLE AC	20.42m	31.89m 32.39%



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

Name	Age Team	Finals	Age-Grading
1 # 9048 Hough, Norman	M72 BELLVILLE AC	30.45m WPS	51.15m 51.94%

Event 32 M80 Javelin Throw

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

Name	Age Team	Finals	Age-Grading
1 # 4480 Johnston, Steve	M80 PINELANDS AC	16.59m	34.75m 35.30%

Event 33 W15-19 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 #20550 Bester, Leverne	W15 LANGEBAAN AC	35:09.63	35:09.64 56.27%
2 #20131 Coetzee, Yunisha	W17 LANGEBAAN AC	35:09.65	35:09.66 56.27%
3 #20125 Schlehmeier, Nikk	W19 LANGEBAAN AC	36:35.17	36:35.18 54.07%
4 #20124 Schlehmeier, Cait	W19 LANGEBAAN AC	37:38.70	37:38.71 52.55%

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	Finals	Age-Grading
1 #20548 Smith, Luanne	W40 LANGEBAAN AC	42:36.52	41:00.66 48.24%

Event 33 W45 5000 Meter Race Walk

28:45.00 45 SA Nat colours std
33:38.00 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
-- Hector, Sandra	W46 LANGEBAAN AC	DNF	

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	Finals	Age-Grading
1 # 5783 Sutherland, Joy	W59 WEST COAST AC	35:23.70 WPS	29:54.74 66.14%

Event 33 W60 5000 Meter Race Walk

33:10.00 60 SA Nat colours std
38:48.00 60 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 1958 Williams, Gail	W61 SPARTAN HARRIERS AC	35:40.23 WPS	28:33.26 69.28%



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35:10.00 65 SA Nat colours std

41:09.00 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 3044 Brand, Edna	W67 STRAND AC	32:40.18 SA	24:35.63 80.44%

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	Finals	Age-Grading
1 #10045 Aver, Carol-Ann	W73 RUNWALK FOR LIFE AC	35:54.34 SA	25:12.35 78.49%
2 #10940 Josephs, Wendy	W71 RUNWALK FOR LIFE AC	36:40.51 SA	25:44.76 76.84%
3 # 2070 Nel, Elizabeth	W70 SPARTAN HARRIERS AC	38:21.24 WPS	26:55.48 73.48%
4 # 1949 Joseph, Jacquelin	W70 SPARTAN HARRIERS AC	40:44.61 WPS	28:36.12 69.17%
5 #10948 Schipper, Mary	W73 BELLVILLE AC	42:00.67 WPS	29:29.52 67.08%
6 #55700 Tepper, Rene	W70 TYGERBERG AC	42:24.79 WPS	29:46.45 66.44%
7 # 1778 Botes, Helen	W74 SPARTAN HARRIERS AC	42:51.53 WPS	30:05.22 65.75%

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	Finals	Age-Grading
1 # 1374 Vey, Hildegard	W78 VARSITY OLD BOYS AC	36:47.71 SA	23:51.04 82.95%
2 # 1939 Norton, Margaret	W79 SPARTAN HARRIERS AC	41:31.59 WPS	26:55.05 73.50%
3 # 7196 Kidson, Cecile	W78 LANGEBAAN AC	42:09.28 WPS	27:19.48 72.40%

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	Finals	Age-Grading
1 # 1937 Reid, Peggy	W82 SPARTAN HARRIERS AC	45:10.50 WPS	26:42.45 74.07%

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	Finals	Age-Grading
1 # 772 Mc Donald, Ross	M46 VARSITY OLD BOYS AC	29:10.44 WPS	26:37.81 67.44%
2 #20122 Schlehmeier, Wimp	M48 LANGEBAAN AC	41:18.73	37:42.59 47.63%

Event 34 M50 5000 Meter Race Walk

26:45.00 50 SA Nat colours std

31:18.00 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 8804 Jefra, Nicholas	M51 EASTERNS AC	32:53.37	28:48.48 62.34%



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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	Finals	Age-Grading		
1 # 7199 Hector, Douglas	M59 LANGEBAAN AC	31:02.24 WPS	26:02.42	68.97%	
2 # 1805 Donson, Hilton	M56 SPARTAN HARRIERS AC	36:31.05	30:38.30	58.62%	

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	Finals	Age-Grading		
1 # 1844 Van Rooi, Eddie	M62 SPARTAN HARRIERS AC	35:45.75	28:37.89	62.73%	

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	Finals	Age-Grading		
1 # 275 Kotze, Frans	M67 PAARL AC	38:49.32	29:30.29	60.87%	

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	Finals	Age-Grading		
1 # 1800 Adams, Ronald	M80 SPARTAN HARRIERS AC	46:09.39	28:49.21	62.32%	

Event 37 W30 5000 Meter Run

21:50.00 30 WPS WP Colours Standard					
Name	Age Team	Finals	Age-Grading		
1 # 2234 Griffiths, Kobie	W34 NEDBANK WP	19:02.66 WPS	19:02.67	75.67%	

Event 37 W40 5000 Meter Run

19:14.00 40 SA Nat colours std		22:30.00 40 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 2122 Kohler, Jaenetta	W41 NEDBANK WP	20:18.46 WPS	19:51.05	72.60%	

Event 37 W50 5000 Meter Run

20:39.00 50 SA Nat colours std		24:00.00 50 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 3131 Marais, Suzaan	W54 STRAND AC	21:02.84 WPS	18:21.83	78.48%	



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Name	Age Team	Finals	Age-Grading
1 #22683 Walker, Enrico	M18 SPARTAN HARRIERS AC	20:52.24	20:52.25 60.45%

Event 38 M20-29 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 #11983 Swartz, Godwin	M27 BOXER WP ATH CLUB	16:10.14	16:10.15 78.03%
2 Reed, Clemence	M21 EASTERNS AC	16:29.32	16:29.33 76.52%
-- #22689 Walker, Jean-Paul	M27 SPARTAN HARRIERS AC	DNF	

Event 38 M35 5000 Meter Run

Name	Age Team	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	16:04.94 WPS	16:04.95 78.45%

Event 38 M45 5000 Meter Run

Name	Age Team	Finals	Age-Grading
16:07.00	45 SA Nat colours std		
18:50.00	45 WPS WP Colours Standard		
1 #11117 Swartz, Quintin	M45 TITANS	18:52.32	17:33.29 71.87%
2 # 5406 Hill, Theodore	M48 EDGEMEAD AC	19:10.41	17:50.12 70.74%

Event 39 W30 Weight Throw

Name	Age Team	Finals	Age-Grading
10.30m	30 WPS WP Colours Standard		
1 #13007 La Grange, Rachel	W31 BELLVILLE AC	9.85m	9.85m 41.74%

Event 39 W35 Weight Throw

Name	Age Team	Finals	Age-Grading
12.00m	35 SA Nat colours std		
10.00m	35 WPS WP Colours Standard		
1 #15574 Van Deventer, Hes	W37 BELLVILLE AC	8.15m	8.90m 37.71%

Event 39 W40 Weight Throw

Name	Age Team	Finals	Age-Grading
11.50m	40 SA Nat colours std		
9.50m	40 WPS WP Colours Standard		
1 # 118 Kruger, Sanet	W43 BELLVILLE AC	7.88m	9.33m 39.58%



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10.50m 55 SA Nat colours std		8.70m 55 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 136 Smith, Jackie	W56 BOLMA	10.21m WPS	13.18m 55.88%		

Event 39 W60 Weight Throw

11.00m 60 SA Nat colours std		9.10m 60 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC	8.90m	10.77m 45.66%		

Event 39 W65 Weight Throw

10.00m 65 SA Nat colours std		8.30m 65 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 9046 Erasmus, Zelda	W67 BELLVILLE AC	10.93m SA	14.49m 61.40%		
2 # 954 Griesel, Ronel	W66 BOLMA	8.81m WPS	11.68m 49.49%		
3 #11112 Du Toit, Aletta	W68 BELLVILLE AC	8.49m WPS	11.25m 47.70%		

Event 39 W70 Weight Throw

9.00m 70 SA Nat colours std		7.50m 70 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 #11111 Grobbelaar, Elize	W74 BELLVILLE AC	7.82m WPS	11.46m 48.60%		

Event 40 M30 Weight Throw

11.50m 30 WPS WP Colours Standard					
Name	Age Team	Finals	Age-Grading		
1 #16794 Theron, Barend	M31 LWANDLE ATH CLUB	10.79m	10.79m 41.72%		

Event 40 M35 Weight Throw

13.50m 35 SA Nat colours std		11.10m 35 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 4342 Wiener, Shukri	M37 PINELANDS AC	13.26m WPS	13.52m 52.31%		

Event 40 M50 Weight Throw

15.50m 50 SA Nat colours std		13.00m 50 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 #16793 Van der Walt, Ste	M51 LWANDLE ATH CLUB	8.87m	9.30m 35.97%		



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		15.00m	55 SA Nat colours std				
		12.40m	55 WPS WP Colours Standard				
Name	Age	Team	Finals	Age-Grading			
1 # 125	Primo, Derick	M57 SA POLICE SER AC	5.64m	6.33m	24.48%		

Event 40 M65 Weight Throw

		15.50m	65 SA Nat colours std				
		12.80m	65 WPS WP Colours Standard				
Name	Age	Team	Finals	Age-Grading			
1 # 9047	Erasmus, Nick	M69 BELLVILLE AC	8.83m	9.84m	38.08%		
2 # 107	Carolus, John	M66 BELLVILLE AC	8.62m	9.61m	37.17%		
3 # 9934	Venter, Peet	M69 TYGERBERG AC	7.31m	8.15m	31.52%		

Event 40 M70 Weight Throw

		15.50m	70 SA Nat colours std				
		12.80m	70 WPS WP Colours Standard				
Name	Age	Team	Finals	Age-Grading			
1 # 9048	Hough, Norman	M72 BELLVILLE AC	15.36m WPS	17.52m	67.75%		

Event 40 M80 Weight Throw

		11.00m	80 SA Nat colours std				
		9.00m	80 WPS WP Colours Standard				
Name	Age	Team	Finals	Age-Grading			
1 # 4480	Johnston, Steve	M80 PINELANDS AC	12.88m SA	16.79m	64.95%		



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