

Leo Benning Meeting No 3 - 11 Jan 2020 - 2020/01/11**Greenpoint Athletic Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 1 W30 Hammer Throw**

Name	Age Team	Finals	Age-Grading
29.00m 30 WPS WP Colours Standard			
Finals			
1 #13007 La Grange, Rachel	W31 BELLVILLE AC	31.64m WPS	31.64m 41.09%

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			
Finals			
1 #15574 Van Deventer, Hes	W37 BELLVILLE AC	27.44m	30.02m 38.99%
2 # 1298 Mallin, Ezette	W37 VARSITY OLD BOYS AC	25.06m	27.42m 35.61%
3 # 9961 Gerstner, Juanita	W36 TYGERBERG AC	23.30m	25.49m 33.11%

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			
Finals			
1 # 118 Kruger, Sanet	W43 BELLVILLE AC	29.99m WPS	35.27m 45.81%

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			
Finals			
1 # 136 Smith, Jackie	W56 BOLMA	24.99m WPS	34.94m 45.39%
2 Du Plessis, Dalene	W59 BELLVILLE AC	13.60m	20.88m 27.12%

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			
Finals			
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC	22.96m WPS	35.25m 45.78%

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			
Finals			
1 # 954 Griesel, Ronel	W66 BOLMA	23.35m SA	39.78m 51.67%
2 #11027 Erasmus, Zelda	W67 BELLVILLE AC	23.30m SA	39.69m 51.56%
3 #11112 Du Toit, Aletta	W68 BELLVILLE AC	19.64m WPS	33.46m 43.46%



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20.00m 70 SA Nat colours std

15.60m 70 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
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1 #11111 Grobbelaar, Elize	W74 BELLVILLE AC	20.33m SA	38.95m 50.58%
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Event 2 M30 Hammer Throw

36.00m 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
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1 #16794 Theron, Barend	M31 LWANDLE ATH CLUB	31.47m	31.47m 36.28%
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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
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1 # 4342 Wiener, Shukri	M38 PINELANDS AC	34.31m	35.33m 40.74%
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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
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1 # 8890 Van der Westhuize	M42 NEW ZEALAND	50.85m SA	57.21m 65.96%
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2 #15412 Van der Westhuize	M42 BELLVILLE AC	28.91m	32.52m 37.50%
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3 #13375 Juries, Chubasco	M44 ITHEKO AC	13.16m	14.80m 17.07%
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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
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1 #16793 Van der Walt, Ste	M51 LWANDLE ATH CLUB	19.81m	23.50m 27.10%
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2 # 2142 Isaacs, Duncan	M51 NEDBANK WP	12.60m	14.94m 17.23%
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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
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1 # 222 Smit, Johan	M59 BOLMA	28.11m	36.95m 42.60%
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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 # 4166 Wale, Anton	M67 PINELANDS AC	30.20m WPS	44.26m 51.03%
2 #11028 Erasmus, Nick	M69 BELLVILLE AC	26.64m	39.04m 45.02%

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 #11029 Hough, Norman	M72 BELLVILLE AC	37.52m SA	54.49m 62.83%

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	16.45 SA	-1.4	15.80 81.70%

Event 7 M20-29 110 Short Hurdles

Name	Age Team	Finals	Wind	Age-Grading
1 #17513 Elliot, Darren	M20 BELLVILLE AC	15.56	-3.8	15.57 82.97%

Event 8 W15-19 Shot Put

Name	Age Team	Finals	Age-Grading
1 #20106 Jordaan, Zoe	W17 BELLVILLE AC	10.51m	10.51m 46.44%

Event 8 W30 Shot Put

Name	Age Team	Finals	Age-Grading
1 #13007 La Grange, Rachel	W31 BELLVILLE AC	10.81m WPS	10.81m 47.77%

Event 8 W35 Shot Put

10.48m 35 SA Nat colours std
 8.20m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 9961 Gerstner, Juanita	W36 TYGERBERG AC	10.95m SA	11.35m 50.16%
2 # 1298 Mallin, Ezette	W37 VARSITY OLD BOYS AC	10.15m WPS	10.52m 46.50%
3 #15574 Van Deventer, Hes	W37 BELLVILLE AC	9.71m WPS	10.06m 44.48%



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10.23m 40 SA Nat colours std

8.00m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 8892 Theart, Karin	W42 BOLMA	8.68m WPS	9.63m 42.57%
2 # 118 Kruger, Sanet	W43 BELLVILLE AC	8.58m WPS	9.52m 42.08%

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	8.52m WPS	11.67m 51.61%
2 Du Plessis, Dalene	W59 BELLVILLE AC	5.00m	6.85m 30.28%

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	9.43m SA	14.15m 62.57%
2 # 2559 Rodseth, Lollos	W60 DURBANVILLE AC	8.66m WPS	13.00m 57.47%

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	8.44m SA	14.01m 61.92%
2 #11027 Erasmus, Zelda	W67 BELLVILLE AC	7.89m WPS	13.09m 57.89%
3 #11112 Du Toit, Aletta	W68 BELLVILLE AC	5.86m	9.72m 42.99%

Event 9 M30 Shot Put

11.50m 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #16794 Theron, Barend	M31 LWANDLE ATH CLUB	12.75m WPS	12.75m 55.15%

Event 9 M35 Shot Put

14.00m 35 SA Nat colours std

10.90m 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4342 Wiener, Shukri	M38 PINELANDS AC	11.20m WPS	11.61m 50.25%



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13.24m 40 SA Nat colours std
 10.40m 40 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 8890 Van der Westhuize	M42 NEW ZEALAND	13.72m SA	15.27m 66.09%
2 #15412 Van der Westhuize	M42 BELLVILLE AC	13.36m SA	14.87m 64.35%
3 #13288 Lewies, Daniel	M40 BELLVILLE AC	11.69m WPS	13.01m 56.31%
4 #13375 Juries, Chubasco	M44 ITHEKO AC	6.78m	7.55m 32.66%

Event 9 M45 Shot Put

12.14m 45 SA Nat colours std
 9.50m 45 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 3490 Ismail, Keyaam	M45 ITHEKO AC	8.16m	9.81m 42.43%

Event 9 M50 Shot Put

13.32m 50 SA Nat colours std
 10.40m 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #16793 Van der Walt, Ste	M51 LWANDLE ATH CLUB	9.53m	11.17m 48.30%
2 # 8828 Johnson, Ashley	M54 EASTERNS AC	7.56m	8.86m 38.32%
3 # 2142 Isaacs, Duncan	M51 NEDBANK WP	6.98m	8.18m 35.38%
4 # 8897 Bester, Paul	M50 CAPE PEN UNIVERS	5.64m	6.61m 28.59%

Event 9 M55 Shot Put

12.38m 55 SA Nat colours std
 9.70m 55 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 222 Smit, Johan	M59 BOLMA	9.84m WPS	12.50m 54.07%

Event 9 M65 Shot Put

11.33m 65 SA Nat colours std
 8.90m 65 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 4166 Wale, Anton	M67 PINELANDS AC	10.63m WPS	14.46m 62.57%
2 #11028 Erasmus, Nick	M69 BELLVILLE AC	8.85m	12.04m 52.09%

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 #11029 Hough, Norman	M72 BELLVILLE AC	11.09m WPS	14.20m 61.44%



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

Name	Age Team	Finals	Age-Grading
1 #14079 Roos, Johan	M81 BELLVILLE AC	7.92m WPS	11.92m 51.56%

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

Name	Age Team	Finals	Wind	Age-Grading	H#
1 # 8891 Barnard, Danielle	W17 BELLVILLE AC	28.52	-2.9	28.53 74.82%	2
2 Pasha, Kelsey	W15 UNIVERSITY WESTE	30.08	-2.9	30.09 70.94%	2

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	27.52	-2.9	27.53 77.54%	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 # 6880 Walters, Marike	W32 CAPE PEN UNIVERS	27.19 WPS	-2.9	27.20 78.48%	2
2 # 6864 Eken, Maaike	W30 CAPE PEN UNIVERS	28.01 WPS	-2.9	28.02 76.19%	2
3 # 7849 Hartnick, Eliza	W31 SA DEFENCE FORCE AC	30.25	-1.8	30.26 70.55%	1

Event 10 W35 200 Meter Dash 200M - WOMEN

27.38 35 SA Nat colours std
30.00 35 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 # 9932 Van Rensburg, Mar	W35 TYGERBERG AC	30.10	-1.8	29.21 73.09%
2 # 5795 Tandy, Felicia	W39 WEST COAST AC	34.95	-1.8	33.91 62.95%

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 # 8892 Theart, Karin	W42 BOLMA	33.17	-1.8	30.99 68.86%

Event 10 W45 200 Meter Dash 200M - WOMEN

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

Name	Age Team	Finals	Wind	Age-Grading
1 # 1371 Davids, Avril	W46 NEDBANK WP	41.28	-1.8	37.08 57.56%



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Event 10 W50 200 Meter Dash 200M - WOMEN

Name	Age	Team	Finals	Wind	Age-Grading
30.27	50	SA Nat colours std			
33.50	50	WPS WP Colours Standard			
1 # 4204 Moodley, Sumanthr	W51	PINELANDS AC	40.25	-1.8	34.71 61.49%

Event 10 W55 200 Meter Dash 200M - WOMEN

Name	Age	Team	Finals	Wind	Age-Grading
31.32	55	SA Nat colours std			
35.00	55	WPS WP Colours Standard			
1 # 957 Spang, Rika	W59	SWD	39.10	-1.8	32.31 66.06%

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

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 #20513 Ismail, Tauriq	M17	ITHEKO AC	24.06	-2.7	24.07 80.30%	3
2 Hoon, Flippie	M15	EPMA	25.59	-2.7	25.60 75.50%	3

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

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 # 7254 Van der Merwe, Ke	M24	ITHEKO AC	22.22	-2.7	22.23 86.95%	3
2 # 2307 Beukes, Henk	M29	NEDBANK WP	23.68	-2.7	23.69 81.59%	3
3 # 8907 Walker, Jean-Paul	M28	SPARTAN HARRIERS AC	29.63	-2.7	29.64 65.20%	3

Event 11 M30 200 Meter Dash 200M - MEN

Name	Age	Team	Finals	Wind	Age-Grading	H#
24.50	30	WPS WP Colours Standard				
1 #55658 Steenkamp, Theodo	M30	EPMA	27.59	-2.7	27.60 70.03%	3

Event 11 M35 200 Meter Dash 200M - MEN

Name	Age	Team	Finals	Wind	Age-Grading	H#
22.90	35	SA Nat colours std				
25.00	35	WPS WP Colours Standard				
1 #16060 Sethibang, Kabelo	M37	SA POLICE SER AC	25.27	-3.1	24.86 77.72%	2

Event 11 M45 200 Meter Dash 200M - MEN

Name	Age	Team	Finals	Wind	Age-Grading	H#
24.22	45	SA Nat colours std				
26.50	45	WPS WP Colours Standard				
1 #13836 Basson, Marius	M47	ORANJERIVIER AK	24.98	WPS -3.1	23.07 83.75%	2
2 #15571 Cloete, John	M48	BELLVILLE AC	25.68	WPS -3.1	23.72 81.46%	2
3 #17398 Vermeulen, Pieter	M48	BELLVILLE AC	26.50	WPS -1.8	24.48 78.94%	1
4 #15410 Bothma, Rupert	M45	BELLVILLE AC	26.90	-3.1	24.85 77.77%	2



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....Event 11 M45 200 Meter Dash 200M - MEN

5	#11237	Pasha, Bernard	M49	UNIVERSITY WESTE	27.57	-3.1	25.47	75.88%	2
6	#55657	Hollenbach, Lione	M48	EPMA	27.79	-3.1	25.67	75.28%	2
7	#16137	Louw, Pieter	M45	CAPE MULTI-SPORT	30.10	-3.1	27.80	69.50%	2
8	# 5167	Neethling, F	M49	BELLVILLE AC	30.75	-1.8	28.40	68.03%	1

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 # 5707 Christians, Alwyn	M53	SA DEFENCE FORCE AC	26.46 WPS	-1.8	23.64 81.75%
2 # 8900 Adendorff, Winsto	M50	INDIVIDUAL ENTRY	28.71	-1.8	25.65 75.34%
3 # 2142 Isaacs, Duncan	M51	NEDBANK WP	30.70	-1.8	27.43 70.46%

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	-1.8	24.55 78.72%

Event 11 M60 200 Meter Dash 200M - MEN

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

Name	Age	Team	Finals	Wind	Age-Grading
1 #11236 Warriess, Joseph	M63	UNIVERSITY WESTE	28.60 WPS	-1.8	23.83 81.08%

Event 11 M65 200 Meter Dash 200M - MEN

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	28.98 WPS	-1.8	23.21 83.26%

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	3.88m	1.0	4.30m 57.31%
2 # 8899 Sutton, Natasha	W42	INDIVIDUAL ENTRY	3.78m	0.3	4.19m 55.83%



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

Name	Age Team	Finals	Wind	Age-Grading
1 # 1834 Deetlefs, Suretha	W56 INDIVIDUAL ENTRY	3.79m WPS	1.4	5.08m 67.56%

Event 13 M15-19 Long Jump

Name	Age Team	Finals	Wind	Age-Grading
1 #20685 Morrison, Jaydin	M16 TITANS	4.88m	2.5	4.88m 54.53%

Event 13 M40 Long Jump

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

Name	Age Team	Finals	Wind	Age-Grading
1 # 8911 Moses, Peter-John	M42 INDIVIDUAL ENTRY	4.33m	2.7	4.71m 52.74%

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 # 5707 Christians, Alwyn	M53 SA DEFENCE FORCE AC	5.10m WPS	3.3	6.26m 70.05%

Event 14 W12-19 800 Meter Run

Name	Age Team	Finals	Age-Grading
1 #20690 Lund, Robin	W18 NEDBANK WP	2:48.90	2:48.91 67.07%

Event 14 W30 800 Meter Run

2:43.00 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 7404 Wessels, Twane	W34 CAPE MULTI-SPORT	2:41.70 WPS	2:41.71 70.06%

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
-- # 3573 Lepati, Emmarenti	W36 ITHEKO AC	DNF	



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2:42.00 50 SA Nat colours std
3:00.00 50 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 8975 Brink, Ester	W54 CARBINEERS ATH CLUB	2:54.44 WPS	2:31.92 74.56%

Event 15 M12-19 800 Meter Run

Name	Age Team	Finals	Age-Grading H#
1 #20647 Johnson, Kian	M16 NEDBANK WP	1:59.77	1:59.78 84.42% 2
2 #20570 Steyn, Joshua	M16 CARBINEERS ATH CLUB	2:17.11	2:17.12 73.74% 2

Event 15 M20-29 800 Meter Run

Name	Age Team	Finals	Age-Grading H#
1 #21010 Bestenbier, Oscar	M23 NEDBANK WP	2:00.55	2:00.56 83.87% 2
2 # 8909 Shayamano, Star	M25 NEDBANK WP	2:02.73	2:02.74 82.38% 1
3 # 2102 Bestenbier, Austi	M23 NEDBANK WP	2:05.43	2:05.44 80.61% 2
4 #12500 Bruiners, Jason	M24 METROPOLITAN	2:08.02	2:08.03 78.98% 2
5 # 2307 Beukes, Henk	M29 NEDBANK WP	2:09.21	2:09.22 78.25% 2

Event 15 M30 800 Meter Run

2:12.00 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 9111 Krieger, Charl	M32 CENTRAL AC	2:16.66	2:16.67 73.99%
2 # 8910 Martin, Brent	M32 INDIVIDUAL ENTRY	2:54.11	2:54.12 58.07%

Event 15 M35 800 Meter Run

2:00.00 35 SA Nat colours std
2:14.00 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #11946 Blaauw, Ricardo	M38 BOXER WP ATH CLUB	2:03.55 WPS	2:02.53 82.53%
2 #11283 Basson, Jacques	M39 NAMAQUA	2:12.93 WPS	2:11.83 76.70%

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 # 8908 Arbothnot, Michae	M43 VARSITY OLD BOYS AC	2:16.93	2:10.91 77.24%
2 # 8911 Moses, Peter-John	M42 INDIVIDUAL ENTRY	2:36.69	2:29.80 67.50%
3 #13375 Juries, Chubasco	M44 ITHEKO AC	2:36.90	2:30.00 67.41%



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2:07.00 45 SA Nat colours std					
2:22.00 45 WPS WP Colours Standard					
Name	Age Team	Finals	Age-Grading		
1 # 6405 Ollis, Dean	M46 FISHHOEK AC	2:31.32	2:19.26 72.61%		
2 # 5167 Neethling, F	M49 BELLVILLE AC	2:40.93	2:28.11 68.27%		
3 # 8902 Masirori, Vincent	M45 INDIVIDUAL ENTRY	3:14.33	2:58.85 56.54%		

Event 15 M60 800 Meter Run

2:26.00 60 SA Nat colours std					
2:44.00 60 WPS WP Colours Standard					
Name	Age Team	Finals	Age-Grading		
1 # 2160 Lindsay, Robbie	M64 NEDBANK WP	2:38.51 WPS	2:08.92 78.43%		

Event 20 M15-19 400 Long Hurdles

Name	Age Team	Finals	Age-Grading	
1 # 8906 Al Khater, Sulaim	M17 QUATAR	1:00.30	1:00.31	77.58%
2 # 8904 Al Abdulla, Abdul	M16 QUATAR	1:06.58	1:06.59	70.26%

Event 21 W15-19 Discus Throw

Name	Age Team	Finals	Age-Grading	
1 #20106 Jordaan, Zoe	W17 BELLVILLE AC	24.61m	24.61m	32.04%

Event 21 W30 Discus Throw

27.00m 30 WPS WP Colours Standard					
Name	Age Team	Finals	Age-Grading		
1 #13007 La Grange, Rachel	W31 BELLVILLE AC	29.05m WPS	29.05m 37.83%		

Event 21 W35 Discus Throw

33.50m 35 SA Nat colours std					
26.10m 35 WPS WP Colours Standard					
Name	Age Team	Finals	Age-Grading		
1 # 9961 Gerstner, Juanita	W36 TYGERBERG AC	34.76m SA	36.03m 46.93%		
2 # 1298 Mallin, Ezette	W37 VARSITY OLD BOYS AC	29.51m WPS	30.59m 39.84%		
3 #15574 Van Deventer, Hes	W37 BELLVILLE AC	27.58m WPS	28.59m 37.24%		

Event 21 W40 Discus Throw

32.85m 40 SA Nat colours std					
25.60m 40 WPS WP Colours Standard					
Name	Age Team	Finals	Age-Grading		
1 # 118 Kruger, Sanet	W43 BELLVILLE AC	28.57m WPS	31.85m 41.48%		



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29.50m 45 SA Nat colours std		23.00m 45 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 #16138 Louw, Annelize	W45 CAPE MULTI-SPORT	20.93m	25.23m 32.86%		

Event 21 W55 Discus Throw

25.50m 55 SA Nat colours std		19.90m 55 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 136 Smith, Jackie	W56 BOLMA	27.03m SA	38.94m 50.70%		
2 Du Plessis, Dalene	W59 BELLVILLE AC	12.41m	17.87m 23.28%		

Event 21 W60 Discus Throw

23.80m 60 SA Nat colours std		18.60m 60 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC	18.14m	28.95m 37.70%		

Event 21 W65 Discus Throw

21.00m 65 SA Nat colours std		16.40m 65 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 #11027 Erasmus, Zelda	W67 BELLVILLE AC	19.77m WPS	35.44m 46.15%		
2 # 954 Griesel, Ronel	W66 BOLMA	17.24m WPS	30.90m 40.24%		
3 #11112 Du Toit, Aletta	W68 BELLVILLE AC	11.68m	20.93m 27.26%		

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	38.96m WPS	38.96m 52.59%

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	M38 PINELANDS AC	33.89m WPS	34.37m 46.40%		



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40.17m 40 SA Nat colours std		31.30m 40 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 #15412 Van der Westhuize	M42 BELLVILLE AC	37.87m WPS	41.71m	56.30%	
2 #13288 Lewies, Daniel	M40 BELLVILLE AC	28.22m	31.08m	41.96%	

Event 22 M45 Discus Throw

38.08m 45 SA Nat colours std		30.00m 45 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 3490 Ismail, Keyaam	M45 ITHEKO AC	19.11m	23.02m	31.08%	

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	22.41m	22.89m	30.91%	
2 # 8828 Johnson, Ashley	M54 EASTERNS AC	17.32m	17.69m	23.89%	

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 # 222 Smit, Johan	M59 BOLMA	30.35m	33.69m	45.49%	

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 # 4166 Wale, Anton	M67 PINELANDS AC	30.15m	35.08m	47.36%	
2 #11028 Erasmus, Nick	M69 BELLVILLE AC	27.75m	32.29m	43.59%	

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 #11029 Hough, Norman	M72 BELLVILLE AC	29.73m WPS	37.99m	51.29%	



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22.00m 80 SA Nat colours std
17.20m 80 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 #14079 Roos, Johan	M81 BELLVILLE AC	20.61m WPS	33.88m 45.74%

Event 23 W12-19 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Pasha, Kelsey	W15 UNIVERSITY WESTE	14.99	-2.2	15.00 69.98%	2

Event 23 W20-29 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
1 # 7826 Kalenga, Luisa	W29 SA DEFENCE FORCE AC	13.73	-2.2	13.74 76.40%	2

Event 23 W30 100 Meter Dash

14.20 30 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading	H#
1 # 6880 Walters, Marike	W32 CAPE PEN UNIVERS	13.49 WPS	-2.2	13.50 77.76%	2
2 # 6864 Eken, Maaiké	W30 CAPE PEN UNIVERS	14.08 WPS	-2.2	14.09 74.50%	2
3 # 7849 Hartnick, Eliza	W31 SA DEFENCE FORCE AC	14.56	-2.2	14.57 72.05%	2

Event 23 W35 100 Meter Dash

13.21 35 SA Nat colours std
14.50 35 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading	H#
1 # 9932 Van Rensburg, Mar	W35 TYGERBERG AC	14.89	-2.2	14.75 71.19%	2
2 # 5795 Tandy, Felicia	W39 WEST COAST AC	16.49	-2.2	16.33 64.28%	2
3 # 8912 Goliath, Roxane	W36 INDIVIDUAL ENTRY	17.07	-2.2	16.90 62.10%	2

Event 23 W40 100 Meter Dash

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

Name	Age Team	Finals	Wind	Age-Grading
1 # 9940 Miske, Mirjam	W40 TYGERBERG AC	15.94	-2.2	15.22 68.95%
1 # 8892 Theart, Karin	W42 BOLMA	15.94	-2.2	15.22 68.95%
3 # 8899 Sutton, Natasha	W42 INDIVIDUAL ENTRY	16.46	-2.2	15.72 66.77%

Event 23 W45 100 Meter Dash

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

Name	Age Team	Finals	Wind	Age-Grading
1 # 8062 Tregonning, Rushd	W45 HEWAT ATH CLUB	14.40 WPS	-2.2	13.25 79.24%



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2 # 6868 Borchardt, Nadine	W45 CAPE PEN UNIVERS	15.51	-2.2	14.27	73.57%
3 # 1371 Davids, Avril	W46 NEDBANK WP	18.80	-2.2	17.29	60.69%

Event 23 W50 100 Meter Dash

14.40 50 SA Nat colours std
16.10 50 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 # 4204 Moodley, Sumanthr	W51 PINELANDS AC	19.43	-2.2	17.19 61.04%

Event 23 W55 100 Meter Dash

14.89 55 SA Nat colours std
16.70 55 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading
1 # 957 Spang, Rika	W59 SWD	18.96	-2.2	16.11 65.14%

Event 24 M12-19 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 # 8903 Al Abdulla, Hamad	M17 QUATAR	11.19	-0.1	11.20	87.49%	3
2 #20495 Rose, Jody	M16 BELLVILLE AC	11.45	-0.1	11.46	85.50%	3
3 # 8905 Alabsi, Hassan	M16 QUATAR	11.51	-0.1	11.52	85.06%	3
4 Hoon, Flippie	M15 EPMA	12.85	-0.1	12.86	76.19%	3

Event 24 M20-29 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 # 7254 Van der Merwe, Ke	M24 ITHEKO AC	10.99	-0.1	11.00	89.08%	3
2 # 2307 Beukes, Henk	M29 NEDBANK WP	12.31	-3.5	12.32	79.53%	2
3 # 8907 Walker, Jean-Paul	M28 SPARTAN HARRIERS AC	13.52	-0.1	13.53	72.41%	3

Event 24 M30 100 Meter Dash

12.00 30 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 #55658 Steenkamp, Theodo	M30 EPMA	13.41	-3.5	13.42	73.01%	2

Event 24 M35 100 Meter Dash

11.34 35 SA Nat colours std
12.20 35 WPS WP Colours Standard

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 #13348 Dreyer, Jonathan	M38 ITHEKO AC	11.44	WPS -3.5	11.30	86.71%	2



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

Name	Age Team	Finals	Wind	Age-Grading	H#
1 # 8898 Marquard, Eugene	M42 TITANS	14.08	-3.5	13.49 72.59%	2

Event 24 M45 100 Meter Dash

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

Name	Age Team	Finals	Wind	Age-Grading	H#
1 #13836 Basson, Marius	M47 ORANJERIVIER AK	12.49 WPS	-3.5	11.60 84.39%	2
2 #15571 Cloete, John	M48 BELLVILLE AC	12.59 WPS	-3.5	11.70 83.72%	2
3 #17398 Vermeulen, Pieter	M48 BELLVILLE AC	13.20	-0.1	12.26 79.85%	3
4 #55657 Hollenbach, Lione	M48 EPMA	13.24	-3.5	12.30 79.61%	2
5 #16137 Louw, Pieter	M45 CAPE MULTI-SPORT	14.09	-3.5	13.09 74.80%	2

Event 24 M50 100 Meter Dash

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

Name	Age Team	Finals	Wind	Age-Grading
1 # 5707 Christians, Alwyn	M53 SA DEFENCE FORCE AC	13.09 WPS	-2.7	11.78 83.12%
2 # 6869 Russell, Scott	M51 CAPE PEN UNIVERS	13.40 WPS	-2.7	12.06 81.19%
3 # 9959 Matthee, Gilomee	M52 TYGERBERG AC	13.64	-2.7	12.28 79.77%
4 # 8900 Adendorff, Winsto	M50 INDIVIDUAL ENTRY	14.27	-2.7	12.84 76.24%

Event 24 M55 100 Meter Dash

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

Name	Age Team	Finals	Wind	Age-Grading
1 #19450 Toll, Michael	M55 ITHEKO AC	13.05 WPS	-2.7	11.37 86.21%
2 # 1240 Ruiters, Denver	M55 BOLMA	15.50	-2.7	13.50 72.58%

Event 24 M60 100 Meter Dash

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

Name	Age Team	Finals	Wind	Age-Grading
1 #11236 Warriess, Joseph	M63 UNIVERSITY WESTE	13.94 WPS	-2.7	11.73 83.50%

Event 24 M65 100 Meter Dash

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

Name	Age Team	Finals	Wind	Age-Grading
1 # 617 Deetlefs, Pietie	M66 BOLMA	13.94 WPS	-2.7	11.31 86.59%



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Name	Age Team	Finals	Age-Grading
1 # 8913 Afrika, Miclynn	W14 INDIVIDUAL ENTRY	1.51m	1.51m 72.25%

Event 25 W35 High Jump

Name	Age Team	Finals	Age-Grading
1.50m 35 SA Nat colours std			
1.33m 35 WPS WP Colours Standard			
1 #15574 Van Deventer, Hes	W37 BELLVILLE AC	1.27m	1.33m 63.82%

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 # 8892 Theart, Karin	W42 BOLMA	1.33m WPS	1.46m 70.37%
2 #16106 Genis, Tanya	W40 TYGERBERG AC	1.27m WPS	1.40m 67.20%

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	W48 GOODWOOD HARRIERS	1.24m WPS	1.44m 68.89%

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 # 1834 Deetlefs, Suretha	W56 INDIVIDUAL ENTRY	1.30m SA	1.68m 80.75%

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 # 8911 Moses, Peter-John	M42 INDIVIDUAL ENTRY	1.27m	1.33m 54.27%
2 # 8898 Marquard, Eugene	M42 TITANS	1.21m	1.26m 51.71%

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 # 9945 Bredeveltdt, Neal	M58 TYGERBERG AC	1.67m SA	2.05m 83.50%



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

Name	Age Team	Finals	Age-Grading
1 #11029 Hough, Norman	M72 BELLVILLE AC	1.18m WPS	1.75m 71.52%

Event 27 W30 1500 Meter Run

5:47.00 30 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 2234 Griffiths, Kobie	W34 NEDBANK WP	4:42.67 WPS	4:42.68 82.24%
2 # 7404 Wessels, Twane	W34 CAPE MULTI-SPORT	5:35.74 WPS	5:35.75 69.24%

Event 27 W35 1500 Meter Run

5:01.00 35 SA Nat colours std
5:52.00 35 WPS WP Colours Standard

Name	Age Team	Finals	Age-Grading
1 # 946 Du Plessis, Charl	W38 VARSITY OLD BOYS AC	5:39.19 WPS	5:34.85 69.42%

Event 27 W45 1500 Meter Run

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

Name	Age Team	Finals	Age-Grading
1 # 2300 Nel-Sunderland, S	W47 NEDBANK WP	5:40.83 WPS	5:08.18 75.43%

Event 27 W50 1500 Meter Run

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

Name	Age Team	Finals	Age-Grading
1 # 8975 Brink, Ester	W54 CARBINEERS ATH CLUB	5:36.85 WPS	4:50.61 80.00%

Event 28 M12-19 1500 Meter Run

Name	Age Team	Finals	Age-Grading
1 #20685 Morrison, Jaydin	M16 TITANS	4:44.03	4:44.04 72.53%
2 #20570 Steyn, Joshua	M16 CARBINEERS ATH CLUB	4:50.34	4:50.35 70.95%

Event 28 M20-29 1500 Meter Run

Name	Age Team	Finals	Age-Grading
1 # 8907 Walker, Jean-Paul	M28 SPARTAN HARRIERS AC	6:18.39	6:18.40 54.44%
2 #16616 Smith, Ethan	M23 METROPOLITAN	6:22.84	6:22.85 53.81%



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=====						
4:34.00 30 WPS WP Colours Standard						
Name	Age	Team	Finals	Age-Grading		
=====						
1 #16369 Ockhuis, Garron	M34	GOODWOOD HARRIERS	4:36.31	4:36.32	74.55%	
2 # 8910 Martin, Brent	M32	INDIVIDUAL ENTRY	5:55.93	5:55.94	57.88%	

Event 28 M35 1500 Meter Run

=====						
4:00.00 35 SA Nat colours std						
4:41.00 35 WPS WP Colours Standard						
Name	Age	Team	Finals	Age-Grading		
=====						
1 #11946 Blaauw, Ricardo	M38	BOXER WP ATH CLUB	4:08.54 WPS	4:06.38	83.61%	

Event 28 M40 1500 Meter Run

=====						
4:06.00 40 SA Nat colours std						
4:48.00 40 WPS WP Colours Standard						
Name	Age	Team	Finals	Age-Grading		
=====						
1 #11977 Van Rooyen, Chris	M42	BOXER WP ATH CLUB	4:31.48 WPS	4:18.43	79.71%	
2 # 7522 Van Der Walt, Tja	M42	CAPE MULTI-SPORT	4:33.87 WPS	4:20.70	79.02%	

Event 28 M45 1500 Meter Run

=====						
4:15.00 45 SA Nat colours std						
4:58.00 45 WPS WP Colours Standard						
Name	Age	Team	Finals	Age-Grading		
=====						
1 # 6405 Ollis, Dean	M46	FISHHOEK AC	5:17.06	4:49.32	71.20%	
2 #12501 Bruiners, Hein	M46	METROPOLITAN	5:18.95	4:51.05	70.78%	
3 # 5167 Neethling, F	M49	BELLVILLE AC	5:40.61	5:10.81	66.28%	
4 # 8902 Masirori, Vincent	M45	INDIVIDUAL ENTRY	7:53.64	7:12.20	47.66%	

Event 28 M50 1500 Meter Run

=====						
4:29.00 50 SA Nat colours std						
5:15.00 50 WPS WP Colours Standard						
Name	Age	Team	Finals	Age-Grading		
=====						
1 #58800 Nez, Marius	M51	WEST COAST AC	5:27.74	4:46.15	71.99%	

Event 28 M55 1500 Meter Run

=====						
4:41.00 55 SA Nat colours std						
5:29.00 55 WPS WP Colours Standard						
Name	Age	Team	Finals	Age-Grading		
=====						
1 # 139 Philander, Tobias	M55	ITHEKO AC	4:49.26 WPS	4:01.16	85.42%	
-- # 8895 Snyders, Neville	M55	INDIVIDUAL ENTRY	DNF			



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Name	Age Team	Finals	Age-Grading
		4:58.00	60 SA Nat colours std
		5:49.00	60 WPS WP Colours Standard
1 #12100 Wrensch, Peter	M60 WP CRICKET CLUB	5:44.03 WPS	4:33.13 75.42%

Event 29 W20-29 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#
1 # 2238 Van Deventer, Ica	W24 NEDBANK WP	1:01.13	1:01.14 77.87% 2

Event 29 W30 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#
		1:07.00	30 WPS WP Colours Standard
1 # 6880 Walters, Marike	W32 CAPE PEN UNIVERS	1:01.53 WPS	1:01.54 77.36% 2
2 # 6864 Eken, Maaike	W30 CAPE PEN UNIVERS	1:03.69 WPS	1:03.70 74.74% 2

Event 29 W35 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#
		1:02.08	35 SA Nat colours std
		1:09.00	35 WPS WP Colours Standard
1 # 9932 Van Rensburg, Mar	W35 TYGERBERG AC	1:07.63 WPS	1:06.28 71.83% 1
2 # 5795 Tandy, Felicia	W39 WEST COAST AC	1:27.67	1:25.91 55.41% 2

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 # 8062 Tregonning, Rushd	W45 HEWAT ATH CLUB	1:08.90 WPS	1:01.90 76.91%
2 # 1371 Davids, Avril	W46 NEDBANK WP	1:41.06	1:30.79 52.43%

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	1:32.84	1:19.62 59.79%

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 # 3004 Ruppert, Annette	W56 STRAND AC	1:18.58 WPS	1:04.18 74.17%
2 # 957 Spang, Rika	W59 SWD	1:35.68	1:18.15 60.91%



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Name	Age Team	Finals	Age-Grading H#
1 #20033 Sochop, Keanan	M16 ULTRA AC	51.65	51.66 83.60% 4
2 #20513 Ismail, Tauriq	M17 ITHEKO AC	54.01	54.02 79.95% 4
3 # 6898 Bosch, Damian	M14 CAPE PEN UNIVERS	55.85	55.86 77.31% 4
4 Hoon, Flippie	M15 EPMA	58.80	58.81 73.44% 4
-- #20647 Johnson, Kian	M16 NEDBANK WP	NT	4

Event 30 M20-29 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#
1 # 2307 Beukes, Henk	M29 NEDBANK WP	53.56	53.57 80.62% 3

Event 30 M30 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#
56.00 30 WPS WP Colours Standard			
1 #55658 Steenkamp, Theodo	M30 EPMA	1:05.13	1:05.14 66.30% 3

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 #11283 Basson, Jacques	M39 NAMAQUA	57.09	55.12 78.35% 3

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 # 8911 Moses, Peter-John	M42 INDIVIDUAL ENTRY	1:05.29	1:01.08 70.70% 2

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	56.20 WPS	50.89 84.86% 2
2 #15571 Cloete, John	M48 BELLVILLE AC	58.96 WPS	53.39 80.89% 1
3 #55657 Hollenbach, Lione	M48 EPMA	1:01.69	55.86 77.31% 2
4 #11943 Peacock, Michael	M47 CAPE PEN UNIVERS	1:02.15	56.28 76.73% 2
5 # 6405 Ollis, Dean	M46 FISHHOEK AC	1:04.22	58.15 74.26% 2
6 #17398 Vermeulen, Pieter	M48 BELLVILLE AC	1:04.81	58.68 73.58% 2
7 #16137 Louw, Pieter	M45 CAPE MULTI-SPORT	1:09.95	1:03.34 68.18% 2



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Leo Benning Meeting No 3 - 11 Jan 2020 - 2020/01/11**Greenpoint Athletic Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 30 M50 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading
56.36	50	SA Nat colours std		
1:02.00	50	WPS WP Colours Standard		
1 # 9959 Matthee, Gilomee	M52	TYGERBERG AC	59.40 WPS	52.00 83.05%
2 # 6869 Russell, Scott	M51	CAPE PEN UNIVERS	1:01.67 WPS	53.99 79.99%

Event 30 M55 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
58.13	55	SA Nat colours std		
1:05.00	55	WPS WP Colours Standard		
1 # 6892 Green, Garry	M55	CAPE PEN UNIVERS	1:01.38 WPS	51.90 83.22%

Event 30 M60 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
1:01.66	60	SA Nat colours std		
1:09.00	60	WPS WP Colours Standard		
1 #11236 Warriess, Joseph	M63	UNIVERSITY WESTE	1:04.42 WPS	52.53 82.21%

Event 31 W30 Javelin Throw

Name	Age	Team	Finals	Age-Grading
26.00m	30	WPS WP Colours Standard		
1 #13007 La Grange, Rachel	W31	BELLVILLE AC	30.89m WPS	30.89m 42.32%

Event 31 W35 Javelin Throw

Name	Age	Team	Finals	Age-Grading
31.53m	35	SA Nat colours std		
24.50m	35	WPS WP Colours Standard		
1 #15574 Van Deventer, Hes	W37	BELLVILLE AC	25.28m WPS	26.84m 36.78%
2 # 9961 Gerstner, Juanita	W36	TYGERBERG AC	24.39m	25.90m 35.49%

Event 31 W40 Javelin Throw

Name	Age	Team	Finals	Age-Grading
29.26m	40	SA Nat colours std		
22.80m	40	WPS WP Colours Standard		
1 # 118 Kruger, Sanet	W43	BELLVILLE AC	13.52m	15.51m 21.25%

Event 31 W55 Javelin Throw

Name	Age	Team	Finals	Age-Grading
25.00m	55	SA Nat colours std		
19.50m	55	WPS WP Colours Standard		
1 # 136 Smith, Jackie	W56	BOLMA	17.62m	25.51m 34.95%



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2	Du Plessis, Dalene	W59 BELLVILLE AC	10.47m	15.16m	20.77%
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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
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1 # 9935	Dramat, Farieda	W60 TYGERBERG AC	16.39m	26.41m	36.19%
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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
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1 #11027	Erasmus, Zelda	W67 BELLVILLE AC	16.77m WPS	30.47m	41.75%
2 # 954	Griesel, Ronel	W66 BOLMA	14.19m	25.78m	35.32%
3 #11112	Du Toit, Aletta	W68 BELLVILLE AC	9.94m	18.06m	24.74%

Event 32 M30 Javelin Throw

44.00m	30 WPS WP Colours Standard
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Name	Age Team	Finals	Age-Grading
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1 #16794	Theron, Barend	M31 LWANDLE ATH CLUB	31.64m	31.64m	32.13%
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Event 32 M35 Javelin Throw

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

Name	Age Team	Finals	Age-Grading
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1 #23242	Young, Tyrone	M37 INDIVIDUAL ENTRY	47.23m WPS	47.82m	48.57%
2 # 4342	Wiener, Shukri	M38 PINELANDS AC	39.14m	39.63m	40.25%

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
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1 #15572	Gates, Johan	M42 BELLVILLE AC	42.24m WPS	45.88m	46.59%
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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
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1 #16793	Van der Walt, Ste	M51 LWANDLE ATH CLUB	36.96m WPS	45.37m	46.08%
2 # 8828	Johnson, Ashley	M54 EASTERNS AC	25.33m	31.10m	31.58%



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37.00m 65 SA Nat colours std		28.90m 65 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 4166 Wale, Anton	M67 PINELANDS AC	31.24m WPS	48.79m	49.55%	

Event 32 M70 Javelin Throw

33.00m 70 SA Nat colours std		25.80m 70 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 #11029 Hough, Norman	M72 BELLVILLE AC	31.81m WPS	53.44m	54.26%	

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 #14079 Roos, Johan	M81 BELLVILLE AC	20.13m WPS	42.17m	42.83%	

Event 33 W35 5000 Meter Race Walk

27:00.00 35 SA Nat colours std		31:35.00 35 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 #10020 Sandi, Fundiswa	W39 RAVENSMEAD AC	30:45.80 WPS	30:28.45	64.92%	

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 # 2125 Sikunana, Norooi	W43 NEDBANK WP	35:27.93	34:08.14	57.96%	
-- # 2722 Buckle, Leza	W44 DURBANVILLE 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 # 655 Gilmour, Trish	W57 VARSITY OLD BOYS AC	34:03.24 WPS	28:46.75	68.74%	
2 # 5783 Sutherland, Joy	W59 WEST COAST AC	36:44.23 WPS	31:02.80	63.72%	



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

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 # 1957 James, Pamela	W62 SPARTAN HARRIERS AC	33:52.88 WPS	27:07.33 72.94%		

Event 33 W65 5000 Meter Race Walk

35:10.00 65 SA Nat colours std		41:09.00 65 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 3044 Brand, Edna	W68 STRAND AC	33:07.84 SA	24:56.45 79.32%		

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 # 2249 Pearson, Birdie	W70 SPARTAN HARRIERS AC	34:26.73 SA	24:10.85 81.81%		
2 # 9423 Aver, Carol-Ann	W74 RUNWALK FOR LIFE AC	36:28.71 SA	25:36.48 77.25%		
3 #10948 Schipper, Mary	W73 BELLVILLE AC	38:59.90 WPS	27:22.62 72.26%		
4 # 2070 Nel, Elizabeth	W70 SPARTAN HARRIERS AC	39:32.64 WPS	27:45.60 71.27%		

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	37:06.78 SA	24:03.40 82.24%		

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 # 2222 Norton, Margaret	W80 SPARTAN HARRIERS AC	42:26.77 SA	25:05.66 78.84%		
2 # 2223 Reid, Peggy	W82 SPARTAN HARRIERS AC	45:12.65 WPS	26:43.72 74.02%		

Event 34 M40 5000 Meter Race Walk

24:45.00 40 SA Nat colours std		28:57.00 40 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 1286 Nel, Jacob	M42 BOLMA	30:58.16	29:24.70 61.06%		



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25:45.00 45 SA Nat colours std		30:08.00 45 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 1749 Jacobs, Reon	M49 SPARTAN HARRIERS AC	33:50.48	30:53.43 58.14%		

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 # 3067 Hines, Dennis	M52 STRAND AC	32:27.96	28:26.22 63.16%		
2 # 8804 Jefra, Nicholas	M51 EASTERNS AC	33:35.60	29:25.47 61.04%		

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 # 6448 Bosman, Marius	M63 BELLVILLE AC	32:45.26 WPS	26:13.39 68.49%		

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 # 2231 Thompson, Armond	M65 SPARTAN HARRIERS AC	34:26.00 WPS	26:10.17 68.63%		
2 # 275 Kotze, Frans	M67 PAARL AC	36:05.76	27:25.98 65.47%		

Event 34 M70 5000 Meter Race Walk

33:05.00 70 SA Nat colours std		38:42.00 70 WPS WP Colours Standard			
Name	Age Team	Finals	Age-Grading		
1 # 4647 Van Zyl, Johan	M70 SANLAM AC	32:53.47 SA	23:34.98 76.16%		

Event 36 M50 Triple Jump

11.43m 50 SA Nat colours std		10.00m 50 WPS WP Colours Standard			
Name	Age Team	Finals	Wind	Age-Grading	
1 # 9959 Matthee, Gilomee	M52 TYGERBERG AC	9.70m	0.5	11.62m 63.56%	

Event 37 W20-29 5000 Meter Run

Name	Age Team	Finals	Age-Grading	
1 #10326 Du Bryun, Lenda	W25 ATLANTIC ATHLETI	17:13.85	17:13.86 83.64%	



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Name	Age Team	Finals	Age-Grading
21:50.00 30 WPS WP Colours Standard			
1 # 2234 Griffiths, Kobie W34 NEDBANK WP		19:08.39 WPS	19:08.40 75.29%

Event 37 W35 5000 Meter Run

Name	Age Team	Finals	Age-Grading
18:58.00 35 SA Nat colours std			
22:10.00 35 WPS WP Colours Standard			
1 # 5906 Schute, Rolandi W39 NEDBANK WP		22:39.08	2:15.91636.22%

Event 37 W45 5000 Meter Run

Name	Age Team	Finals	Age-Grading
19:45.00 45 SA Nat colours std			
23:10.00 45 WPS WP Colours Standard			
1 # 2300 Nel-Sunderland, S W47 NEDBANK WP		22:11.30 WPS	20:18.15 70.98%

Event 37 W50 5000 Meter Run

Name	Age Team	Finals	Age-Grading
20:39.00 50 SA Nat colours std			
24:00.00 50 WPS WP Colours Standard			
1 # 8829 Johnson, Mershell W53 EASTERNS AC		26:21.11	22:59.52 62.68%

Event 38 M14-19 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 #20002 Cooper, Miguel M19 NEDBANK WP		19:25.81	19:25.82 64.93%

Event 38 M20-29 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 #12500 Bruiners, Jason M24 METROPOLITAN		16:55.70	16:55.71 74.53%
2 # 5758 Makhubo, Aubrey M29 WEST COAST AC		22:35.39	22:35.40 55.85%

Event 38 M30 5000 Meter Run

Name	Age Team	Finals	Age-Grading
17:30.00 30 WPS WP Colours Standard			
1 #16369 Ockhuis, Garron M34 GOODWOOD HARRIERS		17:25.32 WPS	17:25.33 72.42%



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Event 38 M35 5000 Meter Run

15:10.00 35 SA Nat colours std					
17:45.00 35 WPS WP Colours Standard					
Name	Age Team	Finals		Age-Grading	
1 # 2082 Sakwe, Siyabongi	M38 NEDBANK WP	16:15.56 WPS		16:15.57	77.60%
2 # 8806 Geduld, Simon	M36 EASTERNS AC	18:08.31		18:08.32	69.56%
-- #11946 Blaauw, Ricardo	M38 BOXER WP ATH CLUB	DNF			

Event 38 M40 5000 Meter Run

15:22.00 40 SA Nat colours std					
18:00.00 40 WPS WP Colours Standard					
Name	Age Team	Finals		Age-Grading	
1 # 7218 Sinclair, Quinton	M43 UNIVERSITY WESTE	17:01.38 WPS		16:25.74	76.80%
2 # 7522 Van Der Walt, Tja	M42 CAPE MULTI-SPORT	17:13.28 WPS		16:37.22	75.91%
3 #13578 Bailey, Jason	M43 GROOT CONSTANTIA	19:10.39		18:30.25	68.18%

Event 38 M45 5000 Meter Run

16:07.00 45 SA Nat colours std					
18:50.00 45 WPS WP Colours Standard					
Name	Age Team	Finals		Age-Grading	
1 #12501 Bruiners, Hein	M46 METROPOLITAN	20:08.42		18:44.08	67.34%
2 # 5167 Neethling, F	M49 BELLVILLE AC	22:30.41		20:56.16	60.26%

Event 38 M50 5000 Meter Run

16:31.00 50 SA Nat colours std					
19:25.00 50 WPS WP Colours Standard					
Name	Age Team	Finals		Age-Grading	
1 # 2105 Cooper, Andrew	M52 NEDBANK WP	18:33.34 WPS		16:36.78	75.95%
2 #58800 Nez, Marius	M51 WEST COAST AC	21:31.08		19:15.91	65.49%
3 # 8828 Johnson, Ashley	M54 EASTERNS AC	24:08.27		21:36.64	58.38%

Event 38 M55 5000 Meter Run

17:33.00 55 SA Nat colours std					
20:40.00 55 WPS WP Colours Standard					
Name	Age Team	Finals		Age-Grading	
1 Ruppert, Max	M58 STRAND AC	20:02.21 WPS		17:14.39	73.18%
2 # 3575 Kelly, Percy	M55 ATLANTIC ATHLETI	20:35.68 WPS		17:43.18	71.20%

Event 38 M60 5000 Meter Run

18:21.00 60 SA Nat colours std					
21:30.00 60 WPS WP Colours Standard					
Name	Age Team	Finals		Age-Grading	
1 # 2160 Lindsay, Robbie	M64 NEDBANK WP	20:46.69 WPS		17:09.15	73.56%



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Name	Age Team	Finals	Age-Grading
25:02.00 75 SA Nat colours std			
29:30.00 75 WPS WP Colours Standard			
1 #15737 Donald, Peter	M76 WEST COAST AC	27:28.62 WPS	19:10.41 65.80%

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	10.88m WPS	10.88m 46.10%

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 # 9961 Gerstner, Juanita	W36 TYGERBERG AC	9.74m	10.63m 45.07%
2 #15574 Van Deventer, Hes	W37 BELLVILLE AC	9.23m	10.08m 42.71%

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	9.69m WPS	11.48m 48.67%

Event 39 W55 Weight Throw

Name	Age Team	Finals	Age-Grading
10.50m 55 SA Nat colours std			
8.70m 55 WPS WP Colours Standard			
1 # 136 Smith, Jackie	W56 BOLMA	9.72m WPS	12.55m 53.20%
2 Du Plessis, Dalene	W59 BELLVILLE AC	5.06m	6.53m 27.70%

Event 39 W60 Weight Throw

Name	Age Team	Finals	Age-Grading
11.00m 60 SA Nat colours std			
9.10m 60 WPS WP Colours Standard			
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC	8.95m	10.83m 45.92%

Event 39 W65 Weight Throw

Name	Age Team	Finals	Age-Grading
10.00m 65 SA Nat colours std			
8.30m 65 WPS WP Colours Standard			
1 #11027 Erasmus, Zelda	W67 BELLVILLE AC	11.02m SA	14.61m 61.91%



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2 #	954	Griesel, Ronel	W66	BOLMA	9.44m	WPS	12.51m	53.03%
3 #	11112	Du Toit, Aletta	W68	BELLVILLE AC	9.31m	WPS	12.34m	52.30%

Event 40 M30 Weight Throw

=====								
	11.50m	30	WPS	WP	Colours	Standard		
Name							Finals	Age-Grading
=====								
1 #	16794	Theron, Barend	M31	LWANDLE	ATH	CLUB	10.77m	10.77m 41.65%

Event 40 M35 Weight Throw

=====								
	13.50m	35	SA	Nat	colours	std		
	11.10m	35	WPS	WP	Colours	Standard		
Name							Finals	Age-Grading
=====								
1 #	4342	Wiener, Shukri	M38	PINELANDS	AC		11.41m	WPS 11.64m 45.01%

Event 40 M50 Weight Throw

=====								
	15.50m	50	SA	Nat	colours	std		
	13.00m	50	WPS	WP	Colours	Standard		
Name							Finals	Age-Grading
=====								
1 #	16793	Van der Walt, Ste	M51	LWANDLE	ATH	CLUB	8.88m	9.31m 36.01%

Event 40 M55 Weight Throw

=====								
	15.00m	55	SA	Nat	colours	std		
	12.40m	55	WPS	WP	Colours	Standard		
Name							Finals	Age-Grading
=====								
1 #	222	Smit, Johan	M59	BOLMA			10.91m	12.24m 47.35%

Event 40 M65 Weight Throw

=====								
	15.50m	65	SA	Nat	colours	std		
	12.80m	65	WPS	WP	Colours	Standard		
Name							Finals	Age-Grading
=====								
1 #	4166	Wale, Anton	M67	PINELANDS	AC		12.85m	WPS 14.33m 55.41%
2 #	11028	Erasmus, Nick	M69	BELLVILLE	AC		10.68m	11.91m 46.05%

Event 40 M70 Weight Throw

=====								
	15.50m	70	SA	Nat	colours	std		
	12.80m	70	WPS	WP	Colours	Standard		
Name							Finals	Age-Grading
=====								
1 #	11029	Hough, Norman	M72	BELLVILLE	AC		14.96m	WPS 17.06m 65.99%



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