

Leo Benning Meeting No 1 - 6 Oct 2018 - 2018/10/06**Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 1 W30 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Finals				
1	Nqayi, Mandisa	W32 GUGULETHU AC	32:28.33	32:28.34 60.92%

Event 1 W35 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 #10749	Van Jaarsveld, Pe	W38 RUNWALK FOR LIFE AC	33:03.82	32:45.18 60.40%

Event 1 W50 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1	Race, Anne	W50 SPARTAN HARRIERS AC	38:45.47	34:21.77 57.57%

Event 1 W55 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 655	Gilmour, Trish	W56 VARSITY OLD BOYS AC	32:48.64	27:43.70 71.35%
2	Goosen, Jackie	W56 BRACKENFELL ACC	33:00.78	27:53.96 70.91%
3	Dick, Rene	W55 VARSITY OLD BOYS AC	38:44.41	32:44.36 60.43%

Event 1 W60 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 1558	Williams, Gail	W60 SPARTAN HARRIERS AC	33:29.95	26:48.97 73.77%
2 # 9556	Burger, Erdine	W61 BELLVILLE AC	35:39.68	28:32.82 69.30%

Event 1 W65 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1	Pearson, Birdie	W69 SPARTAN HARRIERS AC	33:33.51	25:15.78 78.31%
2 # 8528	Blignaut, Frieda	W68 SANLAM AC	33:58.22	25:34.38 77.36%
3 # 1369	Nel, Elizabeth	W69 SPARTAN HARRIERS AC	36:26.38	27:25.91 72.12%
4 # 9552	Roux, Isabel	W65 BELLVILLE AC	39:45.95	29:56.15 66.09%

Event 1 W70 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1	Aver, Carol-Ann	W72 RUNWALK FOR LIFE AC	36:50.13	25:51.52 76.51%
2 #10638	Schipper, Mary	W72 RUNWALK FOR LIFE AC	38:36.28	27:06.03 73.00%
3 # 1480	Botes, Helen	W73 SPARTAN HARRIERS AC	42:16.62	29:40.71 66.66%

Event 1 W75 5000 Meter Race Walk

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 1514	Brennan, Megan	W75 SPARTAN HARRIERS AC	41:46.75	27:04.88 73.05%



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....Event 1 W75 5000 Meter Race Walk

2 # 1400 Norton, Margaret W78 SPARTAN HARRIERS AC 43:20.40 28:05.58 70.42%

Event 2 M35 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 # 1900 Anthony, Kenneth	M38	SPARTAN HARRIERS AC		34:53.35	34:14.21	52.46%

Event 2 M45 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Mc Donald, Ross	M45	VARSITY OLD BOYS AC		27:26.39	25:02.83	71.70%

Event 2 M55 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 # 5951 Papier, Adam	M56	BRACKENFELL ACC		29:06.92	24:25.67	73.52%

Event 2 M60 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Fuller, Raymond	M60	VARSITY OLD BOYS AC		31:20.08	25:05.20	71.59%
2 Van Rooi, Eddie	M61	SPARTAN HARRIERS AC		36:10.67	28:57.84	62.01%

Event 2 M65 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 # 8574 Van Zyl, Johan	M69	SANLAM AC		31:17.81	23:47.14	75.51%

Event 2 M70 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 # 1845 Wonfor, Patrick	M72	SPARTAN HARRIERS AC		35:24.63	25:23.37	70.74%
2 Aver, Brian	M74	RUNWALK FOR LIFE AC		38:51.16	27:51.45	64.47%

Event 2 M75 5000 Meter Race Walk

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 # 4647 Spencer, Jurgen	M78	BELLVILLE AC		32:30.93	21:50.64	82.22%

Event 3 W30 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Du Plessis, Madelè	W31	NEDBANK WP		19:26.08	19:26.09	74.15%



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Name	Age Team	Seed	Finals	Age-Grading Points
1	Jadase, Malusi	M28 SANTORI	15:23.30	15:23.31 81.99%

Event 4 M35 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1	Broers, Neil	M36 VARSITY OLD BOYS AC	16:54.46	16:54.47 74.62%

Event 4 M40 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 8980	Van Der Walt, Tja	M40 CAPE MULTI-SPORT	17:25.50	16:49.02 75.02%
2 # 3237	Juries, Chubasco	M43 ITHEKO AC	21:40.14	20:54.77 60.33%

Event 4 M50 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 9912	Kelly, Percy	M53 ITHEKO AC	19:46.34	17:42.14 71.27%
2 #13738	Swart, Dries	M53 ATHLANTIC TRIATH	20:39.70	18:29.91 68.20%
3	Olckers, Vaughn	M51 ATHLANTIC TRIATH	21:40.84	19:24.65 65.00%

Event 5 W12-19 200 Meter Dash 200M - WOMAN

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1	Nero, Zaheera	W18 OVAL NORTH ATH CLUB	28.56	0.2	28.57	74.72% 2
2	Bowers, Nazeema	W18 OVAL NORTH ATH CLUB	28.90	0.2	28.91	73.84% 2
3	West, Linzi	W18 OVAL NORTH ATH CLUB	29.68	0.2	29.69	71.90% 2

Event 5 W35 200 Meter Dash 200M - WOMAN

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 #12475	Mohamed, Fatima	W37 HEWAT ATH CLUB	37.24	-0.5	36.14 59.08%

Event 5 W45 200 Meter Dash 200M - WOMAN

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 # 9548	Figland, Beverley	W47 BELLVILLE AC	30.50	-0.5	27.40 77.90%

Event 5 W60 200 Meter Dash 200M - WOMAN

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1	Beukes, Ronel	W60 LANGEBAAN AC	30.11	-0.5	23.80 89.70%



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Event 5 W80 200 Meter Dash 200M - WOMAN

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Johnson, Maggie	W82 TYGERBERG AC		57.82	-0.5	33.87	63.02%

Event 6 M12-19 200 Meter Dash 200M - MEN

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Jantjies, Millano	M15 WPA		23.26	0.1	23.27	83.06%	5
2 Griffith, Arnold	M17 BONTEHEUWEL		23.80	NWI	23.81	81.18%	4
2 #66733 Abrahams, Shakier	M18 OVAL NORTH ATH CLUB		23.90	0.1	23.91	80.84%	5
3 Ariefdien, Abdul-M	M18 VELOCITY ATH CLUB		23.94	NWI	23.95	80.70%	4
4 Melane, Avyiya	M15 MIT PLAIN TITANS AC		24.34	0.1	24.35	79.38%	5
5 Van Ster, Hubeid	M19 ROCKLANDS ATH CLUB		24.73	NWI	24.74	78.12%	4
6 Kandaya, Hanif	M16 MIT PLAIN TITANS AC		27.82	0.1	27.83	69.45%	5
-- Orange, Dylan	M18 OVAL NORTH ATH CLUB		DNF	NWI			4
-- Tini, Luthako	M18 GUGULETHU AC		DNF	0.1			5

Event 6 M20-29 200 Meter Dash 200M - MEN

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Van der Merwe, Kee	M25 ITHEKO AC		22.07	NWI	22.08	87.54%	4

Event 6 M35 200 Meter Dash 200M - MEN

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Dreyer, Jonathan	M37 ITHEKO AC		22.69	-0.1	22.33	86.56%	3
2 Atkins, Eugene	M36 BELLVILLE AC		27.59	-0.1	27.15	71.19%	3

Event 6 M40 200 Meter Dash 200M - MEN

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Bothma, Rupert	M44 BELLVILLE AC		25.94	-0.1	24.74	78.10%	3
2 #13147 Louw, Pieter	M43 CAPE MULTI-SPORT		28.12	-0.1	26.82	72.05%	3
3 # 3237 Juries, Chubasco	M43 ITHEKO AC		30.23	-0.1	28.83	67.02%	3

Event 6 M45 200 Meter Dash 200M - MEN

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 # 8323 Basson, Marius	M46 ORANJERIVIER AK		24.76	1.5	22.87	84.49%	2
2 Cloete, John	M47 BELLVILLE AC		25.80	1.5	23.83	81.09%	2
3 # 9156 Cottee, Alistair	M48 CAPE PEN UNIVERS		27.53	1.5	25.43	75.99%	2

Event 6 M50 200 Meter Dash 200M - MEN

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 #12674 Doren, Peter	M54 CORRECTIONAL SER		27.28	1.5	24.38	79.29%	2
2 Olckers, Vaughn	M51 ATHLANTIC TRIATH		32.86	1.5	29.36	65.82%	2



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Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 #11507 Myburgh, Johan	M57 BELLVILLE AC		25.46	1.5	21.98	87.90% 2

Event 6 M60 200 Meter Dash 200M - MEN

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Warries, Joseph	M62 UNIVERSITY WESTE		27.10	NWI	22.58	85.57%

Event 6 M65 200 Meter Dash 200M - MEN

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Deetlefs, Pietie	M65 BOLMA		27.63	NWI	22.13	87.33%

Event 6 M80 200 Meter Dash 200M - MEN

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Van Zyl, Jakobus	M81 VARSITY OLD BOYS AC		36.34	NWI	24.34	79.39%

Event 6 M85 200 Meter Dash 200M - MEN

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Ridge, Arthur	M87 CAPE PEN UNIVERS		41.02	NWI	24.83	77.84%

Event 7 W30 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 #11006 Van Rensburg, Mar	W31 TYGERBERG AC		2:45.45	2:45.46	68.47%

Event 8 M20-29 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Siboya, Luthando	M22 STELLENBOSCH UNI AC		1:56.89	1:56.90	86.50% 2

Event 8 M35 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Khaile, Phillip	M36 LWANDLE ATH CLUB		2:24.94	2:23.74	70.35%

Event 8 M40 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading	Points
1 # 3237 Juries, Chubasco	M43 ITHEKO AC		2:40.57	2:33.51	65.87%



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Event 8 M45 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Nel, Marius	M47 WEST COAST AC		2:19.59	2:08.47 78.71%
2 #15671 Peacock, Michael	M45 BOXER WP ATH CLUB		2:39.94	2:27.20 68.69%
3 Martins, Donovan	M47 CELTICS ATH CLUB		2:48.87	2:35.42 65.06%

Event 8 M55 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Wrench, Peter	M57 CARBINEERS ATH CLUB		2:36.49	2:12.87 76.10%

Event 8 M65 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Cleophas, Henry	M66 NEDBANK WP		2:50.31	2:12.44 76.35%

Event 8 M75 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Geutner, Manfred	M77 PINELANDS AC		3:46.69	2:36.97 64.42%

Event 12 M50 100 Short Hurdles

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 #14077 Wyngaard, Adnaan	M51 BELLVILLE AC		19.17	NWI	18.42 70.11%

Event 14 W12-19 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Nero, Zaheera	W18 OVAL NORTH ATH CLUB		13.96	NWI	13.97	75.14% 2
2 Bowers, Nazeema	W18 OVAL NORTH ATH CLUB		14.09	NWI	14.10	74.45% 2
3 West, Linzi	W18 OVAL NORTH ATH CLUB		14.12	NWI	14.13	74.29% 2

Event 14 W35 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 #12475 Mohamed, Fatima	W37 HEWAT ATH CLUB		17.86	NWI	17.69 59.35%

Event 14 W40 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Borchardt, Nadine	W44 CAPE PEN UNIVERS		14.39	NWI	13.74 76.37%



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Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 # 9548 Figland, Beverley	W47 BELLVILLE AC		14.36	NWI	13.21	79.46%

Event 14 W50 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Pakulski, Theresa	W50 BELLVILLE AC		14.79	NWI	13.09	80.19%

Event 14 W60 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Beukes, Ronel	W60 LANGEBAAN AC		14.24	NWI	11.60	90.52%
2 # 1360 Riviera, Joy	W64 SPARTAN HARRIERS AC		19.67	NWI	16.02	65.53%

Event 14 W65 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 #12865 Jonkers, Margaret	W68 NANTES ATH CLUB		18.12	NWI	14.12	74.34%

Event 14 W80 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Johnson, Maggie	W82 TYGERBERG AC		23.27	NWI	14.94	70.22%

Event 15 M12-19 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Jantjies, Millano	M15 WPA		11.37	-0.5	11.38	86.10%	5
2 Van Ster, Hubeid	M19 ROCKLANDS ATH CLUB		11.58	-0.5	11.59	84.54%	4
2 #20984 Isaacs, Keanu	M17 BONTEHEUWEL		11.80	-0.5	11.81	82.97%	4
3 #66733 Abrahams, Shakier	M18 OVAL NORTH ATH CLUB		11.68	-0.5	11.69	83.82%	4
3 Griffith, Arnold	M17 BONTEHEUWEL		12.03	-0.5	12.04	81.38%	4
4 Wyngaard, D	M18 BELLVILLE AC		11.83	-0.5	11.84	82.76%	4
5 Ariefdien, Abdul-M	M18 VELOCITY ATH CLUB		11.94	-0.5	11.95	81.99%	4
6 Orange, Dylan	M18 OVAL NORTH ATH CLUB		12.57	-0.5	12.58	77.88%	4

Event 15 M20-29 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Van der Merwe, Kee	M25 ITHEKO AC		11.07	-0.5	11.08	88.44%	4

Event 15 M35 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Dreyer, Jonathan	M37 ITHEKO AC		11.34	-1.0	11.20	87.48%	3



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Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 #13147 Louw, Pieter	M43 CAPE MULTI-SPORT		13.99	-1.0	13.40 73.05%	3	
2 # 3237 Juries, Chubasco	M43 ITHEKO AC		15.28	-1.0	14.64 66.88%	3	

Event 15 M45 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Gelndenhuis, Andre	M47 WPA		12.11	-1.0	11.25 87.04%	3	
2 # 9156 Cottee, Alistair	M48 CAPE PEN UNIVERS		13.43	-1.0	12.48 78.48%	3	
3 Martins, Donovan	M47 CELTICS ATH CLUB		14.51	-1.0	13.48 72.64%	3	
-- Cloete, John	M47 BELLVILLE AC		DQ	-1.0		3	

Event 15 M50 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 # 5448 Christiaans, Alwy	M52 SA DEFENCE FORCE AC		12.61	1.2	11.35 86.28%	2	
2 # 3129 Toll, Michael	M54 ITHEKO AC		12.78	1.2	11.50 85.13%	2	
3 #14077 Wyngaard, Adnaan	M51 BELLVILLE AC		13.71	1.2	12.34 79.36%	2	
4 #48866 Moors, Reinhard	M50 INDIVIDUAL ENTRY		14.82	1.2	13.34 73.41%	2	
5 Olckers, Vaughn	M51 ATHLANTIC TRIATH		14.88	1.2	13.39 73.12%	2	

Event 15 M55 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 #11507 Myburgh, Johan	M57 BELLVILLE AC		12.41	1.2	10.81 90.65%	2	

Event 15 M60 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Warriess, Joseph	M62 UNIVERSITY WESTE		13.26	0.6	11.16 87.78%	

Event 15 M65 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Deetlefs, Pietie	M65 BOLMA		13.37	0.6	10.85 90.28%	

Event 15 M70 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 # 9549 Figland, Edgar	M72 BELLVILLE AC		16.37	0.6	12.74 76.85%	

Event 15 M80 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Van Zyl, Jakobus	M81 VARSITY OLD BOYS AC		16.77	0.6	11.69 83.78%	
2 # 9538 Cross, Ron	M84 BELLVILLE AC		16.98	0.6	11.83 82.74%	



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Event 15 M85 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Ridge, Arthur	M87 CAPE PEN UNIVERS		18.76	0.6	12.05 81.24%

Event 21 W12-19 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 October, Zenande	W15 LWANDLE ATH CLUB		5:13.60	5:13.61 74.13%

Event 22 M12-19 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Ngwenduna, Inga	M18 SANTORI		4:16.94	4:16.95 80.17%	2

Event 22 M20-29 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Jadase, Malusi	M28 SANTORI		4:22.58	4:22.59 78.45%	2

Event 22 M35 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 #15623 Blaauw, Ricardo	M37 BOXER WP ATH CLUB		4:21.68	4:19.41 79.41%
2 Khaile, Phillip	M36 LWANDLE ATH CLUB		5:14.38	5:11.65 66.10%

Event 22 M40 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 #15670 Van Rooyen, Chris	M41 BOXER WP ATH CLUB		4:30.04	4:17.06 80.14%
2 # 3237 Juries, Chubasco	M43 ITHEKO AC		5:44.06	5:27.52 62.90%

Event 22 M45 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Martins, Donovan	M47 CELTICS ATH CLUB		6:01.72	5:30.07 62.41%

Event 22 M55 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Wrench, Peter	M57 CARBINEERS ATH CLUB		5:22.93	4:29.23 76.52%

Event 22 M75 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Kane-Smith, George	M76 VARSITY OLD BOYS AC		8:00.44	5:14.98 65.40%



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Event 23 W15-19 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading Points
1 Bowers, Nazeema	W18 OVAL NORTH ATH CLUB		1:04.69	1:04.70 73.58%
2 Nero, Zaheera	W18 OVAL NORTH ATH CLUB		1:07.30	1:07.31 70.73%
3 West, Linzi	W18 OVAL NORTH ATH CLUB		1:14.84	1:14.85 63.60%

Event 23 W35 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading Points
1 Mqgoboka, Nobuntu	W36 GUGULETHU AC		1:32.57	1:30.71 52.48%

Event 23 W50 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading Points
1 #10419 Alexander, Glenda	W51 MITCHELLSPLEIN AC		1:28.83	1:16.18 62.49%

Event 23 W55 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 2223 Ruppert, Annette	W55 STRAND AC		1:15.74	1:01.86 76.95%

Event 24 M15-19 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 #66733 Abrahams, Shakier	M18 OVAL NORTH ATH CLUB		53.59	53.60	80.57% 3
2 #20984 Isaacs, Keanu	M17 BONTEHEUWEL		55.34	55.35	78.03% 3
2 Orange, Dylan	M18 OVAL NORTH ATH CLUB		55.41	55.42	77.93% 3
3 Melane, Avyiya	M15 MIT PLAIN TITANS AC		55.82	55.83	77.36% 4
4 Jantjies, Millano	M15 WPA		56.89	56.90	75.90% 4
5 Kandaya, Hanif	M16 MIT PLAIN TITANS AC		1:02.43	1:02.44	69.17% 4
6 Tini, Luthako	M18 GUGULETHU AC		1:09.56	1:09.57	62.08% 4

Event 24 M20-29 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Van der Merwe, Kee	M25 ITHEKO AC		52.17	52.18	82.77% 3

Event 24 M40 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 # 3237 Juries, Chubasco	M43 ITHEKO AC		1:09.95	1:05.44	65.99% 2

Event 24 M45 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 # 8323 Basson, Marius	M46 ORANJERIVIER AK		55.07	49.87	86.60% 2



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Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 #12674 Doren, Peter	M54 CORRECTIONAL SER		1:00.06	52.58 82.13%	2
2 Russell, Scott	M50 CAPE PEN UNIVERS		1:00.08	52.60 82.11%	2

Event 24 M60 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Warries, Joseph	M62 UNIVERSITY WESTE		1:02.06	50.61 85.34%	

Event 24 M65 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Cleophas, Henry	M66 NEDBANK WP		1:12.85	57.09 75.63%	

Event 24 M80 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Van Zyl, Jakobus	M81 VARSITY OLD BOYS AC		1:28.69	56.44 76.51%	

Event 25 M35 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading	Points
1 # 3692 Wiener, Shukri	M36 PINELANDS AC		23.30m	23.99m 27.67%	

Event 25 M40 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Van der Westhuizen	M41 BELLVILLE AC		32.46m	36.52m 42.11%	

Event 25 M55 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Lamara, Zain	M58 BELLVILLE AC		28.46m	37.41m 43.13%	

Event 25 M65 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading	Points
1 # 3686 Wale, Anton	M66 PINELANDS AC		31.92m	46.78m 53.94%	

Event 25 M70 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading	Points
1 # 1781 Hough, Norman	M71 BOLMA		36.30m	52.72m 60.78%	



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Leo Benning Meeting No 1 - 6 Oct 2018 - 2018/10/06**Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 26 M40 High Jump**

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 3237 Juries, Chubasco	M43 ITHEKO AC		1.00m	1.04m 42.74%

Event 26 M45 High Jump

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Zyl, Dana	M45 WPA		1.55m	1.70m 69.82%

Event 27 W65 High Jump

Name	Age Team	Seed	Finals	Age-Grading Points
1 #12865 Jonkers, Margaret	W68 NANTES ATH CLUB		1.03m	1.51m 72.54%
-- # 1894 Durandt, Marita	W66 SWD		NH	

Event 28 W40 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 9541 Kruger, Sanet	W42 BELLVILLE AC		28.64m	33.68m 43.75%

Event 28 W60 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Stofberg, Tertia	W64 BELLVILLE AC		24.77m	38.02m 49.39%

Event 28 W65 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 1596 Griesel, Ronel	W66 BOLMA		22.33m	38.04m 49.41%
2 # 1894 Durandt, Marita	W66 SWD		19.75m	33.65m 43.70%
3 #13023 Du Toit, Aletta	W67 BELLVILLE AC		19.55m	33.30m 43.26%

Event 28 W70 Hammer Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 #14000 Grobbelaar, Elize	W73 BELLVILLE AC		19.74m	37.82m 49.12%

Event 29 M15-19 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Cutlings, Riyan	M18 CELTICS ATH CLUB		10.86m	10.86m 46.97%

Event 29 M35 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 3692 Wiener, Shukri	M36 PINELANDS AC		12.13m	12.58m 54.42%



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Name	Age Team	Seed	Finals	Age-Grading Points
1 Van der Westhuizen	M41 BELLVILLE AC		11.12m	12.38m 53.56%

Event 29 M50 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 #14078 Smith, JC	M50 BELLVILLE AC		10.01m	11.73m 50.73%

Event 29 M55 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Lamara, Zain	M58 BELLVILLE AC		10.93m	13.88m 60.05%

Event 29 M65 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 3686 Wale, Anton	M66 PINELANDS AC		10.87m	14.79m 63.98%

Event 29 M70 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 1781 Hough, Norman	M71 BOLMA		11.48m	14.70m 63.60%

Event 29 M80 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Roos, Johan	M81 BELLVILLE AC		7.82m	11.77m 50.91%

Event 32 M15-19 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Cutlings, Riyan	M18 CELTICS ATH CLUB		23.43m	23.43m 31.63%

Event 32 M35 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 3692 Wiener, Shukri	M36 PINELANDS AC		29.17m	29.58m 39.94%

Event 32 M40 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van der Westhuizen	M41 BELLVILLE AC		33.84m	37.27m 50.31%



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Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Zyl, Dana	M45 WPA		23.65m	28.49m 38.47%

Event 32 M50 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 #14078 Smith, JC	M50 BELLVILLE AC		38.11m	38.94m 52.57%

Event 32 M55 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Lamara, Zain	M58 BELLVILLE AC		26.96m	29.93m 40.41%

Event 32 M65 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 3686 Wale, Anton	M66 PINELANDS AC		34.35m	39.97m 53.96%

Event 32 M70 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 1781 Hough, Norman	M71 BOLMA		33.23m	42.47m 57.33%

Event 32 M80 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 1777 Muller, John	M81 BOLMA		25.28m	41.56m 56.10%
2 Roos, Johan	M81 BELLVILLE AC		20.15m	33.12m 44.72%

Event 33 W35 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Gerstner, Juanita	W35 TYGERBERG AC		11.09m	11.49m 50.80%
2 #12475 Mohamed, Fatima	W37 HEWAT ATH CLUB		6.02m	6.24m 27.58%

Event 33 W40 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 9541 Kruger, Sanet	W42 BELLVILLE AC		9.24m	10.25m 45.32%

Event 33 W55 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 #48868 Smith, Jackie	W56 BOLMA		9.01m	12.34m 54.57%



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Leo Benning Meeting No 1 - 6 Oct 2018 - 2018/10/06**Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 33 W60 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Stofberg, Tertia	W64 BELLVILLE AC		7.09m	10.64m 47.05%

Event 33 W65 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 1596 Griesel, Ronel	W66 BOLMA		8.61m	14.29m 63.17%
2 # 1894 Durandt, Marita	W66 SWD		7.63m	12.66m 55.98%
3 #13023 Du Toit, Aletta	W67 BELLVILLE AC		6.05m	10.04m 44.39%

Event 33 W70 Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 #14000 Grobbelaar, Elize	W73 BELLVILLE AC		5.42m	10.05m 44.46%

Event 36 M15-19 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Griffith, Arnold	M17 BONTEHEUWEL		6.38m	NWI	6.38m 71.28%
1 Wyngaard, D	M18 BELLVILLE AC		6.33m	NWI	6.33m 70.73%

Event 36 M40 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 # 3237 Juries, Chubasco	M43 ITHEKO AC		3.93m	NWI	4.28m 47.87%

Event 36 M45 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
-- Martins, Donovan	M47 CELTICS ATH CLUB		ND	NWI	

Event 36 M50 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 # 5448 Christiaans, Alwy	M52 SA DEFENCE FORCE AC		4.78m	NWI	5.87m 65.66%

Event 37 W20-29 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Gerstner, Anneline	W25 TYGERBERG AC		34.05m	34.05m 44.34%

Event 37 W35 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Gerstner, Juanita	W35 TYGERBERG AC		36.93m	38.28m 49.86%



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Name	Age Team	Seed	Finals	Age-Grading Points
1 # 9541 Kruger, Sanet	W42 BELLVILLE AC		28.47m	31.74m 41.33%

Event 37 W55 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 #48868 Smith, Jackie	W56 BOLMA		22.37m	32.22m 41.96%

Event 37 W60 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Stofberg, Tertia	W64 BELLVILLE AC		15.64m	24.96m 32.50%

Event 37 W65 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 1596 Griesel, Ronel	W66 BOLMA		17.90m	32.08m 41.78%
2 # 1894 Durandt, Marita	W66 SWD		16.46m	29.50m 38.42%
3 #13023 Du Toit, Aletta	W67 BELLVILLE AC		13.65m	24.47m 31.86%

Event 37 W70 Discus Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 #14000 Grobbelaar, Elize	W73 BELLVILLE AC		14.03m	28.82m 37.52%

Event 38 W35 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 #12475 Mohamed, Fatima	W37 HEWAT ATH CLUB		2.98m	NWI	3.12m 41.62%

Event 38 W65 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 #12865 Jonkers, Margaret	W68 NANTES ATH CLUB		2.85m	NWI	4.43m 59.01%

Event 39 M35 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 3692 Wiener, Shukri	M36 PINELANDS AC		32.09m	32.49m 33.00%

Event 39 M45 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Du Bruyn, Japie	M49 BELLVILLE AC		39.82m	46.65m 47.37%
2 Van Zyl, Dana	M45 WPA		30.00m	35.14m 35.69%



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Name	Age	Team	Seed	Finals	Age-Grading Points
1 #14078 Smith, JC	M50	BELLVILLE AC		42.40m	52.05m 52.86%

Event 39 M55 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading Points
1 Lamara, Zain	M58	BELLVILLE AC		30.24m	40.46m 41.09%

Event 39 M60 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading Points
1 Vercuiel, Hein	M60	BELLVILLE AC		31.28m	44.22m 44.91%

Event 39 M65 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading Points
1 # 3686 Wale, Anton	M66	PINELANDS AC		30.90m	48.26m 49.01%

Event 39 M70 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading Points
1 # 1781 Hough, Norman	M71	BOLMA		33.87m	56.90m 57.78%

Event 39 M80 Javelin Throw

Name	Age	Team	Seed	Finals	Age-Grading Points
1 Roos, Johan	M81	BELLVILLE AC		20.69m	43.34m 44.02%

Event 40 W35 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading Points
1 Gerstner, Juanita	W35	TYGERBERG AC		10.83m	11.82m 50.12%

Event 40 W40 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading Points
1 # 9541 Kruger, Sanet	W42	BELLVILLE AC		8.89m	10.53m 44.65%

Event 40 W55 Weight Throw

Name	Age	Team	Seed	Finals	Age-Grading Points
1 #48868 Smith, Jackie	W56	BOLMA		7.61m	9.83m 41.65%



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Northlink Tygerberg Stadium

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

Event 40 W60 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Stofberg, Tertia	W64 BELLVILLE AC		9.49m	11.49m 48.69%

Event 40 W65 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 1596 Griesel, Ronel	W66 BOLMA		9.14m	12.11m 51.35%
2 # 1894 Durandt, Marita	W66 SWD		8.78m	11.64m 49.33%
3 #13023 Du Toit, Aletta	W67 BELLVILLE AC		7.78m	10.31m 43.71%

Event 40 W70 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 #14000 Grobbelaar, Elize	W73 BELLVILLE AC		8.15m	11.95m 50.65%

Event 41 M35 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 3692 Wiener, Shukri	M36 PINELANDS AC		9.08m	9.26m 35.82%

Event 41 M40 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van der Westhuizen	M41 BELLVILLE AC		11.26m	12.27m 47.45%

Event 41 M65 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 3686 Wale, Anton	M66 PINELANDS AC		13.31m	14.84m 57.40%

Event 41 M70 Weight Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 1781 Hough, Norman	M71 BOLMA		15.82m	18.04m 69.78%

Event 49 W40 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 9541 Kruger, Sanet	W42 BELLVILLE AC		14.45m	16.58m 22.71%

Event 49 W55 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 #48868 Smith, Jackie	W56 BOLMA		19.21m	27.81m 38.11%



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Northlink Tygerberg Stadium

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

Event 49 W60 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Stofberg, Tertia	W64 BELLVILLE AC		11.23m	18.10m 24.80%

Event 49 W65 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 # 1596 Griesel, Ronel	W66 BOLMA		14.54m	26.42m 36.20%
2 # 1894 Durandt, Marita	W66 SWD		13.77m	25.02m 34.28%



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