

**Leo Benning Meeting No 3 - 12 Jan 2019 - 2019/01/12****Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 1 W30 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading
25.00m 30 WPS WP Colours Standard					
Finals					
1 #11500 Hattingh, Olive	W31	BELLVILLE AC		17.37m	17.37m 22.56%

**Event 1 W40 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading
34.00m 40 SA Nat colours std					
23.00m 40 WPS WP Colours Standard					
Finals					
1 # 9541 Kruger, Sanet	W42	BELLVILLE AC		27.30m WPS	32.11m 41.70%

**Event 1 W55 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading
29.90m 55 SA Nat colours std					
18.50m 55 WPS WP Colours Standard					
Finals					
1 #11004 Dramat, Farieda	W59	TYGERBERG AC		22.77m WPS	31.84m 41.35%

**Event 1 W60 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading
26.53m 60 SA Nat colours std					
18.00m 60 WPS WP Colours Standard					
Finals					
1 #15032 Stofberg, Tertia	W64	BELLVILLE AC		22.89m WPS	35.14m 45.64%

**Event 1 W65 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading
23.00m 65 SA Nat colours std					
17.00m 65 WPS WP Colours Standard					
Finals					
1 # 9046 Erasmus, Zelda	W66	BELLVILLE AC		24.47m SA	41.69m 54.15%

**Event 2 M30 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading
38.16m 30 WPS WP Colours Standard					
Finals					
1 # 150 Rix, Andre	M32	TITANS		13.02m	16.14m 18.61%

**Event 2 M35 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading
45.00m 35 SA Nat colours std					
32.00m 35 WPS WP Colours Standard					
Finals					
1 # 3692 Wiener, Shukri	M37	PINELANDS AC		33.34m WPS	34.34m 39.59%



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**Leo Benning Meeting No 3 - 12 Jan 2019 - 2019/01/12****Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 2 M50 Hammer Throw**

43.84m 50 SA Nat colours std  
26.00m 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #15552 Kaplan, Morris	M52 BELLVILLE AC		13.83m	16.40m 18.92%

**Event 2 M65 Hammer Throw**

38.00m 65 SA Nat colours std  
25.00m 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 3686 Wale, Anton	M66 PINELANDS AC		30.30m WPS	44.40m 51.20%
2 # 9047 Erasmus, Nick	M68 BELLVILLE AC		24.39m	35.74m 41.21%

**Event 2 M70 Hammer Throw**

35.00m 70 SA Nat colours std  
24.00m 70 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9048 Hough, Norman	M71 BELLVILLE AC		39.82m SA	57.83m 66.68%

**Event 2 M80 Hammer Throw**

28.00m 80 SA Nat colours std  
20.00m 80 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 4480 Johnston, Steve	M80 PINELANDS AC		27.14m WPS	50.62m 58.37%

**Event 2 M90 Hammer Throw**

20.00m 90 SA Nat colours std

Name	Age Team	Seed	Finals	Age-Grading
1 # 3728 Stannius, Borg	M90 PINELANDS AC		23.56m SA	65.06m 75.01%

**Event 6 M50 100 Short Hurdles**

16.50 50 SA Nat colours std  
21.24 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 9130 Russell, Scott	M50 CAPE PEN UNIVERS		15.48 SA	-1.0	14.87 86.82%

**Event 7 M15-19 110 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #20301 Field, Jamie	M17 ULTRA AC		16.81	3.1	16.82 76.80%



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Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #11408 Theunis, Elgar	M23 ULTRA AC		16.25	3.1	16.26 79.45%

**Event 8 W15-19 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
1 # 138 Donough, Ameera	W17 ULTRA AC		8.50m	8.50m 37.56%
2 #20584 Van der Westhuize	W17 BELLVILLE AC		8.18m	8.18m 36.15%

**Event 8 W20-29 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
1 #11411 Stevens, Tamsin	W24 ULTRA AC		9.04m	9.04m 39.95%

**Event 8 W30 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
8.03m 30 WPS WP Colours Standard				
1 #11500 Hattingh, Olive	W31 BELLVILLE AC		5.40m	5.40m 23.86%

**Event 8 W35 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
10.48m 35 SA Nat colours std				
8.75m 35 WPS WP Colours Standard				
1 Gerstner, Juanita	W35 TYGERBERG AC		10.83m SA	11.22m 49.61%
2 # 1298 Mallin, Ezette	W36 VARSITY OLD BOYS AC		9.76m WPS	10.11m 44.71%
3 # 8960 Compion, Maria	W37 CAPE MULTI-SPORT		8.98m WPS	9.31m 41.14%
-- #48341 Van Heerden, Elsa	W38 INDIVIDUAL ENTRY		ND	

**Event 8 W40 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
10.23m 40 SA Nat colours std				
8.60m 40 WPS WP Colours Standard				
1 # 9541 Kruger, Sanet	W42 BELLVILLE AC		9.26m WPS	10.27m 45.41%

**Event 8 W45 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
9.90m 45 SA Nat colours std				
8.10m 45 WPS WP Colours Standard				
1 #48339 Cronje, Liesl	W46 BELLVILLE AC		8.52m WPS	10.17m 44.96%



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9.80m 55 SA Nat colours std  
7.00m 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #11004 Dramat, Farieda	W59 TYGERBERG AC		8.16m WPS	11.18m 49.42%

**Event 8 W60 Shot Put**

9.00m 60 SA Nat colours std  
6.45m 60 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #15032 Stofberg, Tertia	W64 BELLVILLE AC		6.76m WPS	10.15m 44.86%

**Event 8 W65 Shot Put**

8.10m 65 SA Nat colours std  
6.00m 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9046 Erasmus, Zelda	W66 BELLVILLE AC		8.45m SA	14.02m 62.00%

**Event 9 M15-19 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
1 #20301 Field, Jamie	M17 ULTRA AC		7.92m	7.92m 34.26%

**Event 9 M20-29 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
1 #11408 Theunis, Elgar	M23 ULTRA AC		8.04m	8.04m 34.78%

**Event 9 M35 Shot Put**

14.00m 35 SA Nat colours std  
11.50m 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 3692 Wiener, Shukri	M37 PINELANDS AC		11.40m	11.82m 51.14%

**Event 9 M40 Shot Put**

13.24m 40 SA Nat colours std  
10.70m 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #48342 Ismail, Keyaam	M44 INDIVIDUAL ENTRY		8.05m	8.96m 38.78%



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12.14m 45 SA Nat colours std

10.00m 45 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 #48346 Van Zyl, Dana	M45	INDIVIDUAL ENTRY		8.27m	9.94m 43.01%

**Event 9 M50 Shot Put**

13.32m 50 SA Nat colours std

10.00m 50 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 #15552 Kaplan, Morris	M52	BELLVILLE AC		8.65m	10.13m 43.84%
2 # 4125 Isaacs, Duncan	M50	NEDBANK WP		6.00m	7.03m 30.41%

**Event 9 M55 Shot Put**

12.38m 55 SA Nat colours std

9.10m 55 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 #15985 Primo, Derick	M56	SA POLICE SER AC		6.24m	7.92m 34.29%

**Event 9 M65 Shot Put**

11.33m 65 SA Nat colours std

8.50m 65 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 3686 Wale, Anton	M66	PINELANDS AC		12.09m SA	16.45m 71.16%
2 # 9047 Erasmus, Nick	M68	BELLVILLE AC		8.66m WPS	11.78m 50.97%

**Event 9 M70 Shot Put**

11.70m 70 SA Nat colours std

8.00m 70 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 9048 Hough, Norman	M71	BELLVILLE AC		12.11m SA	15.50m 67.09%

**Event 9 M80 Shot Put**

9.30m 80 SA Nat colours std

7.00m 80 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 4480 Johnston, Steve	M80	PINELANDS AC		8.77m WPS	13.20m 57.10%
2 #14079 Roos, Johan	M80	BELLVILLE AC		7.69m WPS	11.57m 50.07%



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6.00m 90 SA Nat colours std						
Name	Age	Team	Seed	Finals	Age-Grading	
1 # 3728 Stannius, Borg	M90	PINELANDS AC		8.40m SA	16.40m 70.95%	

**Event 10 W20-29 200 Meter Dash 200M - WOMAN**

Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 #48344 Arendse, Caitlin	W23	UNIVERSITY OF CA		29.11	1.7	29.12 73.31%

**Event 10 W30 200 Meter Dash 200M - WOMAN**

28.14 30 WPS WP Colours Standard						
Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 # 9151 Walters, Marike	W31	CAPE PEN UNIVERS	26.92 WPS	1.7	26.93	79.27%
2 #11006 Van Rensburg, Mar	W34	TYGERBERG AC	28.84	1.7	28.85	73.99%

**Event 10 W35 200 Meter Dash 200M - WOMAN**

27.38 35 SA Nat colours std						
28.74 35 WPS WP Colours Standard						
Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 #13956 Petersen, Fadwah	W39	TITANS	36.43	1.7	35.35	60.39%
2 #12475 Mohamed, Fatima	W37	HEWAT ATH CLUB	36.70	1.7	35.61	59.95%

**Event 10 W45 200 Meter Dash 200M - WOMAN**

28.84 45 SA Nat colours std						
32.74 45 WPS WP Colours Standard						
Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 #12220 Figland, Beverley	W48	BELLVILLE AC	30.40 WPS	1.7	27.31	78.16%

**Event 10 W55 200 Meter Dash 200M - WOMAN**

31.32 55 SA Nat colours std						
36.24 55 WPS WP Colours Standard						
Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 # 3004 Ruppert, Annette	W55	STRAND AC	31.07 SA	1.7	25.68	83.13%

**Event 10 W65 200 Meter Dash 200M - WOMAN**

36.91 65 SA Nat colours std						
40.24 65 WPS WP Colours Standard						
Name	Age	Team	Seed	Finals	Wind	Age-Grading
1 #12865 Jonkers, Margaret	W68	NANTES ATH CLUB	40.99	1.7	30.92	69.02%



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**Northlink Tygerberg Stadium**

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

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

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #20033 Sochop, Keanan	M15 ULTRA AC		23.06	0.1	23.07 83.78%	4
2 #20035 Ismail, Tariq	M16 ITHEKO AC		23.62	0.1	23.63 81.80%	4
3 #20378 Barends, Ethan	M15 ULTRA AC		25.46	0.1	25.47 75.88%	4
4 #20485 Petersen, Ameen	M17 TITANS		25.88	0.1	25.89 74.65%	4

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

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 9968 Van der Merwe, Ke	M23 ITHEKO AC		21.67	0.1	21.68 89.16%	4
2 #48345 Monaila, Gavin	M23 BOTTELARY AC		22.74	0.1	22.75 84.96%	4
3 #48101 Arendse, Jody	M24 INDIVIDUAL ENTRY		23.65	0.1	23.66 81.69%	4

**Event 11 M35 200 Meter Dash 200M - MEN**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
22.90	35 SA Nat colours std					
24.44	35 WPS WP Colours Standard					
1 # 9967 Dreyer, Jonathan	M37 ITHEKO AC		22.61 SA	1.2	22.25 86.86%	3
2 # 7055 Le Grange, Jacobu	M38 BELLVILLE AC		25.40	1.2	24.99 77.32%	3

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

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
24.22	45 SA Nat colours std					
26.44	45 WPS WP Colours Standard					
1 # 8323 Basson, Marius	M46 ORANJERIVIER AK		24.53 WPS	2.7	22.66 85.28%	2
2 #15185 Cloete, John	M47 BELLVILLE AC		25.23 WPS	1.2	23.30 82.92%	3
3 # 9172 Van Zyl, Oloff	M49 CAPE PEN UNIVERS		25.83 WPS	2.7	23.86 80.99%	2
4 #48346 Van Zyl, Dana	M45 INDIVIDUAL ENTRY		26.30 WPS	2.7	24.29 79.54%	2
5 # 1457 Davidson, Terence	M45 SPARTAN HARRIERS AC		27.19	2.7	25.11 76.94%	2

**Event 11 M50 200 Meter Dash 200M - MEN**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
25.00	50 SA Nat colours std					
27.54	50 WPS WP Colours Standard					
1 # 9146 Green, Garry	M54 CAPE PEN UNIVERS		26.43 WPS	2.7	23.62 81.84%	2
2 # 9400 Doren, Pieter	M54 CORRECTIONAL SER		28.29	2.7	25.28 76.46%	2

**Event 11 M55 200 Meter Dash 200M - MEN**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
25.83	55 SA Nat colours std					
28.54	55 WPS WP Colours Standard					
1 #11507 Myburgh, Johan	M57 BELLVILLE AC		25.60 SA	2.7	22.11 87.42%	2



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

**Event 11 M65 200 Meter Dash 200M - MEN**

28.40 65 SA Nat colours std  
32.74 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 617 Deetlefs, Pietie	M65 BOLMA		28.47 WPS	2.7	22.80 84.76% 2

**Event 11 M80 200 Meter Dash 200M - MEN**

38.00 80 SA Nat colours std  
40.24 80 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 846 Van Zyl, Jakobus	M81 VARSITY OLD BOYS AC		35.39 SA	1.4	23.71 81.52%

**Event 11 M85 200 Meter Dash 200M - MEN**

44.00 85 SA Nat colours std  
46.65 85 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 9138 Ridge, Arthur	M87 CAPE PEN UNIVERS		39.11 SA	1.4	23.67 81.64%
2 # 2042 Van Den Berg, Jan	M85 STRAND AC		45.35 WPS	1.4	27.45 70.41%

**Event 12 W15-19 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 138 Donough, Ameera	W17 ULTRA AC		4.75m	-1.3	4.75m 63.16%

**Event 12 W35 Long Jump**

4.96m 35 SA Nat colours std  
4.30m 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #48341 Van Heerden, Elsa	W38 INDIVIDUAL ENTRY		4.52m WPS	2.2	4.74m 63.13%
2 #12475 Mohamed, Fatima	W37 HEWAT ATH CLUB		3.08m	1.3	3.23m 43.02%

**Event 12 W45 Long Jump**

4.40m 45 SA Nat colours std  
3.70m 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 285 Shaik, Carmila	W46 BOLMA		3.71m WPS	2.3	4.36m 58.06%

**Event 12 W65 Long Jump**

3.25m 65 SA Nat colours std  
2.30m 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #12865 Jonkers, Margaret	W68 NANTES ATH CLUB		2.83m WPS	0.1	4.40m 58.59%



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**Leo Benning Meeting No 3 - 12 Jan 2019 - 2019/01/12****Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 13 M15-19 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 22 Parker, Tashriq	M18 ULTRA AC		6.57m	1.7	6.57m 73.41%
2 #20307 Parker, Suhail	M17 ULTRA AC		5.96m	3.1	5.96m 66.59%
3 #14775 Matthee, Karl-Ott	M19 TYGERBERG AC		5.95m	0.4	5.95m 66.48%

**Event 13 M20-29 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 2156 Roberts, Chrissio	M20 EPMA		6.79m	-1.7	6.79m 75.87%

**Event 13 M40 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading
6.12m	40 SA Nat colours std				
5.25m	40 WPS WP Colours Standard				
1 # 2221 Smit, Aldrin	M43 STRAND AC	5.21m	0.5	5.67m	63.46%
2 # 3235 Juries, Chubasco	M43 ITHEKO AC	3.92m	0.7	4.27m	47.75%

**Event 13 M50 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading
5.55m	50 SA Nat colours std				
4.60m	50 WPS WP Colours Standard				
1 #13111 Matthee, Gilomee	M51 TYGERBERG AC	5.02m WPS	-1.2	6.16m	68.96%
2 #15355 Neff, Freddie	M50 CORRECTIONAL SER	4.53m	4.7	5.56m	62.23%

**Event 14 W30 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading
2:39.00	30 WPS WP Colours Standard			
1 #15760 Griffiths, Kobie	W33 NEDBANK WP		2:20.16 WPS	2:20.17 80.82%
2 # 4207 Jacobs, Mandy-Lee	W30 NEDBANK WP		2:30.95 WPS	2:30.96 75.04%
3 # 8609 Wessels, Twane	W33 CAPE MULTI-SPORT		2:41.86	2:41.87 69.99%

**Event 14 W35 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading
2:29.00	35 SA Nat colours std			
2:44.00	35 WPS WP Colours Standard			
1 # 4173 Roffey, Anneline	W37 NEDBANK WP		2:25.59 SA	2:24.88 78.19%
2 # 946 Du Plessis, Charl	W37 VARSITY OLD BOYS AC		3:17.29	3:16.33 57.70%



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## Northlink Tygerberg Stadium

## Results - Age Grading: 5 Yr Indiv &amp; 5 yr Multi

## Event 14 W50 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
2:42.00 50 SA Nat colours std				
3:10.00 50 WPS WP Colours Standard				
1 #48100 Graf, Barbara	W53 SWITZERLAND		2:48.92 WPS	2:27.12 77.00%

## Event 15 M12-19 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 #48340 Voster, Morgan	M17 WPA		2:00.45	2:00.46 83.94%
2 #1399 Van Niekerk, geo	M19 BOLMA		2:01.50	2:01.51 83.22%
3 #48343 Johnson, Kian	M15 MILNERTON AC		2:03.24	2:03.25 82.04%
4 #20321 Valentine, Malik	M19 ULTRA AC		2:14.65	2:14.66 75.09%

## Event 15 M20-29 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 #4174 Bestenbier, Oscar	M22 NEDBANK WP		1:59.51	1:59.52 84.60%
2 #13723 Shayamano, Star	M24 NEDBANK WP		2:02.78	2:02.79 82.35%
3 #15763 Bestenbier, Austi	M22 NEDBANK WP		2:09.57	2:09.58 78.04%
-- #48173 Stoffels, Cowin	M21 BOLMA		DNF	

## Event 15 M30 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
2:02.00 30 WPS WP Colours Standard				
1 #15622 Bekker, Renier	M34 BOXER WP ATH CLUB		2:37.13	2:37.14 64.35%

## Event 15 M40 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
2:01.00 40 SA Nat colours std				
2:14.00 40 WPS WP Colours Standard				
1 #3235 Juries, Chubasco	M43 ITHEKO AC		2:27.20	2:20.73 71.85%

## Event 15 M45 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
2:07.00 45 SA Nat colours std				
2:22.00 45 WPS WP Colours Standard				
1 Pick, Tony	M49 ATHLANTIC TRIATH		2:19.56 WPS	2:08.44 78.73%

## Event 15 M50 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
2:11.00 50 SA Nat colours std				
2:26.00 50 WPS WP Colours Standard				
1 #1704 cupido, Clive	M53 LANGEBAAN AC		2:21.52 WPS	2:05.21 80.76%



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Name	Age Team	Seed	Finals	Age-Grading
2:18.00	55 SA Nat colours std			
2:35.00	55 WPS WP Colours Standard			
1 #48347 Julie, Merlin	M58 SOUTH PENINSULA AC		2:30.35 WPS	2:07.65 79.21%
2 # 8159 Wrench, Peter	M59 CARBINEERS ATH CLUB		2:46.34	2:21.23 71.59%

**Event 21 W15-19 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading
1 #20584 Van der Westhuize	W17 BELLVILLE AC		37.78m	37.78m 49.19%

**Event 21 W30 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading
29.82m	30 WPS WP Colours Standard			
1 #11500 Hattingh, Olive	W31 BELLVILLE AC		14.20m	14.20m 18.49%

**Event 21 W35 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading
33.50m	35 SA Nat colours std			
29.50m	35 WPS WP Colours Standard			
1 Gerstner, Juanita	W35 TYGERBERG AC		36.20m SA	37.53m 48.87%
2 # 1298 Mallin, Ezette	W36 VARSITY OLD BOYS AC		26.08m	27.03m 35.21%
3 # 8960 Compion, Maria	W37 CAPE MULTI-SPORT		24.86m	25.77m 33.56%

**Event 21 W40 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading
32.85m	40 SA Nat colours std			
25.50m	40 WPS WP Colours Standard			
1 # 9541 Kruger, Sanet	W42 BELLVILLE AC		28.05m WPS	31.27m 40.72%

**Event 21 W45 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading
29.50m	45 SA Nat colours std			
24.00m	45 WPS WP Colours Standard			
1 #48339 Cronje, Liesl	W46 BELLVILLE AC		19.95m	24.05m 31.32%

**Event 21 W55 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading
25.50m	55 SA Nat colours std			
18.00m	55 WPS WP Colours Standard			
1 #11004 Dramat, Farieda	W59 TYGERBERG AC		19.52m WPS	28.12m 36.62%



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23.80m 60 SA Nat colours std

16.00m 60 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #15032 Stofberg, Tertia	W64 BELLVILLE AC		14.68m	23.43m 30.51%

**Event 21 W65 Discus Throw**

21.00m 65 SA Nat colours std

15.00m 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9046 Erasmus, Zelda	W66 BELLVILLE AC		20.44m WPS	36.64m 47.71%

**Event 22 M15-19 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading
1 #20301 Field, Jamie	M17 ULTRA AC		24.15m	24.15m 32.60%

**Event 22 M20-29 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading
1 #11408 Theunis, Elgar	M23 ULTRA AC		26.43m	26.43m 35.68%

**Event 22 M35 Discus Throw**

41.00m 35 SA Nat colours std

33.00m 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 3692 Wiener, Shukri	M37 PINELANDS AC		30.66m	31.09m 41.98%

**Event 22 M40 Discus Throw**

40.17m 40 SA Nat colours std

29.50m 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #48342 Ismail, Keyaam	M44 INDIVIDUAL ENTRY		21.05m	23.18m 31.30%

**Event 22 M45 Discus Throw**

38.08m 45 SA Nat colours std

28.00m 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #48172 Pool, Arne	M45 TYGERBERG AC		25.61m	30.85m 41.66%
2 #48346 Van Zyl, Dana	M45 INDIVIDUAL ENTRY		24.74m	29.80m 40.24%



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43.92m 50 SA Nat colours std		28.00m 50 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 #15552 Kaplan, Morris	M52 BELLVILLE AC		23.30m	23.80m 32.14%		

**Event 22 M55 Discus Throw**

40.34m 55 SA Nat colours std		26.00m 55 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 #15985 Primo, Derick	M56 SA POLICE SER AC		19.57m	21.72m 29.33%		

**Event 22 M65 Discus Throw**

39.79m 65 SA Nat colours std		28.00m 65 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 3686 Wale, Anton	M66 PINELANDS AC		37.88m WPS	44.08m 59.50%		
2 # 9047 Erasmus, Nick	M68 BELLVILLE AC		32.08m WPS	37.33m 50.39%		

**Event 22 M70 Discus Throw**

33.22m 70 SA Nat colours std		24.00m 70 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 9048 Hough, Norman	M71 BELLVILLE AC		33.02m WPS	42.20m 56.97%		

**Event 22 M80 Discus Throw**

22.00m 80 SA Nat colours std		19.00m 80 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 4480 Johnston, Steve	M80 PINELANDS AC		26.37m SA	43.35m 58.52%		
2 # 1777 Muller, John	M82 BOLMA		23.94m SA	39.35m 53.13%		
3 #14079 Roos, Johan	M80 BELLVILLE AC		20.75m WPS	34.11m 46.05%		

**Event 22 M85 Discus Throw**

18.00m 85 SA Nat colours std		16.96m 85 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 9138 Ridge, Arthur	M87 CAPE PEN UNIVERS		12.24m	23.87m 32.24%		



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## Event 22 M90 Discus Throw

13.00m 90 SA Nat colours std						
Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 3728 Stannius, Borg	M90 PINELANDS AC		18.62m SA		45.43m 61.33%	

## Event 23 W12-19 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 138 Donough, Ameera	W17 ULTRA AC	13.82	0.2	13.83	75.90%	3
2 #20314 Boltman, Jade	W14 ULTRA AC	14.51	0.2	14.52	72.29%	3

## Event 23 W20-29 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #11411 Stevens, Tamsin	W24 ULTRA AC	13.32	0.2	13.33	78.75%	3
2 #48344 Arendse, Caitlin	W23 UNIVERSITY OF CA	14.28	0.2	14.29	73.46%	3

## Event 23 W30 100 Meter Dash

13.64 30 WPS WP Colours Standard						
Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 9151 Walters, Marike	W31 CAPE PEN UNIVERS	13.31	WPS	0.8	13.32	78.81% 2
2 #11006 Van Rensburg, Mar	W34 TYGERBERG AC	14.43		0.8	14.44	72.70% 2

## Event 23 W35 100 Meter Dash

13.21 35 SA Nat colours std						
13.84 35 WPS WP Colours Standard						
Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #48341 Van Heerden, Elsa	W38 INDIVIDUAL ENTRY	15.10		0.8	14.95	70.20% 2
2 #13110 Miske, Mirjam	W39 TYGERBERG AC	15.46		0.8	15.31	68.56% 2
3 #13956 Petersen, Fadwah	W39 TITANS	16.93		0.8	16.77	62.61% 2
4 #12475 Mohamed, Fatima	W37 HEWAT ATH CLUB	17.10		0.8	16.93	61.99% 2

## Event 23 W40 100 Meter Dash

13.47 40 SA Nat colours std						
14.74 40 WPS WP Colours Standard						
Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #12476 Tregonning, Rushd	W44 HEWAT ATH CLUB	14.99		-1.5	14.32	73.32%
2 # 9140 Borchardt, Nadine	W44 CAPE PEN UNIVERS	15.28		-1.5	14.59	71.92%

## Event 23 W45 100 Meter Dash

13.83 45 SA Nat colours std						
15.74 45 WPS WP Colours Standard						
Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #12220 Figland, Beverley	W48 BELLVILLE AC	14.91	WPS	-1.5	13.72	76.53%



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**Event 23 W60 100 Meter Dash**

15.75 60 SA Nat colours std  
18.14 60 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 1360 Riviera, Joy	W64 SPARTAN HARRIERS AC		20.14	-1.5	16.40 64.00%

**Event 23 W65 100 Meter Dash**

16.83 65 SA Nat colours std  
18.74 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #12865 Jonkers, Margaret	W68 NANTES ATH CLUB		19.24	-1.5	14.99 70.01%

**Event 24 M12-19 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #20033 Sochop, Keanan	M15 ULTRA AC		11.52	-0.7	11.53 84.98%	5
2 # 22 Parker, Tashriq	M18 ULTRA AC		11.57	-0.7	11.58 84.62%	5
3 #21023 Kasenda, Patrick	M19 ULTRA AC		11.78	-0.3	11.79 83.11%	4
4 #20301 Field, Jamie	M17 ULTRA AC		11.93	-0.7	11.94 82.06%	5
5 #20035 Ismail, Tariq	M16 ITHEKO AC		12.04	-0.3	12.05 81.31%	4
6 #14775 Matthee, Karl-Ott	M19 TYGERBERG AC		12.53	-0.7	12.54 78.13%	5
6 #20307 Parker, Suhail	M17 ULTRA AC		12.53	-0.3	12.54 78.13%	4
8 #20378 Barends, Ethan	M15 ULTRA AC		12.71	-0.3	12.72 77.03%	4
9 #20485 Petersen, Ameen	M17 TITANS		12.81	-0.7	12.82 76.42%	5

**Event 24 M20-29 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 9968 Van der Merwe, Ke	M23 ITHEKO AC		11.33	-0.3	11.34 86.41%	4
2 #48345 Monaila, Gavin	M23 BOTTELARY AC		11.35	-0.3	11.36 86.26%	4
3 #11408 Theunis, Elgar	M23 ULTRA AC		12.49	-0.3	12.50 78.38%	4

**Event 24 M35 100 Meter Dash**

11.34 35 SA Nat colours std  
11.94 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 9967 Dreyer, Jonathan	M37 ITHEKO AC		11.20 SA	3.1	11.06 88.57%	3
2 # 7055 Le Grange, Jacobu	M38 BELLVILLE AC		12.85	3.1	12.69 77.20%	3

**Event 24 M45 100 Meter Dash**

12.05 45 SA Nat colours std  
13.04 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #15185 Cloete, John	M47 BELLVILLE AC		12.20 WPS	3.1	11.34 86.39%	3
2 # 8323 Basson, Marius	M46 ORANJERIVIER AK		12.39 WPS	3.1	11.51 85.07%	3
3 # 9172 Van Zyl, Oloff	M49 CAPE PEN UNIVERS		12.95 WPS	3.1	12.03 81.39%	3



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12.17 50 SA Nat colours std

13.54 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 3129 Toll, Michael	M54 ITHEKO AC		12.85 WPS	1.0	11.56 84.67%	2
2 #13111 Matthee, Gilomee	M51 TYGERBERG AC		13.26 WPS	1.0	11.93 82.05%	2
3 #15355 Neff, Freddie	M50 CORRECTIONAL SER		13.80	1.0	12.42 78.84%	2
4 # 4125 Isaacs, Duncan	M50 NEDBANK WP		15.18	1.0	13.66 71.67%	2

**Event 24 M65 100 Meter Dash**

13.73 65 SA Nat colours std

15.54 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 617 Deetlefs, Pietie	M65 BOLMA		13.90 WPS	1.0	11.28 86.83%	2

**Event 24 M80 100 Meter Dash**

17.50 80 SA Nat colours std

19.24 80 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 846 Van Zyl, Jakobus	M81 VARSITY OLD BOYS AC		16.79 SA	4.3	11.70 83.68%

**Event 24 M85 100 Meter Dash**

20.18 85 WPS WP Colours Standard

21.00 85 SA Nat colours std

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 9538 Cross, Ron	M85 BELLVILLE AC		17.20 WPS	4.3	11.05 88.60%
2 # 2042 Van Den Berg, Jan	M85 STRAND AC		17.46 WPS	4.3	11.22 87.29%
3 # 9138 Ridge, Arthur	M87 CAPE PEN UNIVERS		18.42 WPS	4.3	11.84 82.74%

**Event 25 W35 High Jump**

1.50m 35 SA Nat colours std

1.32m 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
-- #12475 Mohamed, Fatima	W37 HEWAT ATH CLUB		NH	

**Event 25 W45 High Jump**

1.36m 45 SA Nat colours std

1.20m 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 285 Shaik, Carmila	W46 BOLMA		1.29m WPS	1.49m 71.67%



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**Event 25 W65 High Jump**

1.07m 65 SA Nat colours std  
0.98m 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
-- #12865 Jonkers, Margaret	W68 NANTES ATH CLUB		NH	

**Event 26 M15-19 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1 # 22 Parker, Tashriq	M18 ULTRA AC		1.70m	1.70m 69.39%
2 #20307 Parker, Suhail	M17 ULTRA AC		1.65m	1.65m 67.35%

**Event 26 M40 High Jump**

1.78m 40 SA Nat colours std  
1.53m 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 2221 Smit, Aldrin	M43 STRAND AC		1.40m	1.46m 59.83%

**Event 27 W20-29 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading
1 # 4081 Van Deventer, Ica	W23 NEDBANK WP		5:19.38	5:19.39 72.79%

**Event 27 W35 1500 Meter Run**

5:01.00 35 SA Nat colours std  
5:30.00 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 946 Du Plessis, Charl	W37 VARSITY OLD BOYS AC		6:34.10	6:29.06 59.75%

**Event 27 W40 1500 Meter Run**

5:05.00 40 SA Nat colours std  
5:50.00 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 2874 Brink, Elizabeth	W44 DURBANVILLE AC		6:00.83	5:41.24 68.13%

**Event 27 W45 1500 Meter Run**

5:13.00 45 SA Nat colours std  
6:15.00 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 3432 Zarraga, Aleida	W49 ITHEKO AC		7:21.00	6:38.76 58.30%



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5:29.00 50 SA Nat colours std  
6:30.00 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #48100 Graf, Barbara	W53 SWITZERLAND		5:57.04 WPS	5:08.02 75.47%

**Event 28 M12-19 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading
1 #16709 Fortuin, Adiel	M16 ITHEKO AC		4:36.57	4:36.58 74.48%
2 #20511 Booysen, Curtis	M17 ITHEKO AC		4:38.18	4:38.19 74.05%
3 #20458 Barends, Tyllo	M15 WPA		4:58.49	4:58.50 69.01%
4 #48176 Flink, Gavin	M14 ITHEKO AC		5:01.67	5:01.68 68.29%
6 #16853 Mkungela, Buhlele	M14 CENTURY CITY AC		5:36.90	5:36.91 61.15%
-- #20512 Flink, Carlo	M18 ITHEKO AC		DNF	

**Event 28 M20-29 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading
1 # 3287 Wagener, Brandon	M20 ITHEKO AC		4:47.06	4:47.07 71.76%
5 #48177 Wagener, Bradley	M20 ITHEKO AC		5:23.39	5:23.40 63.70%

**Event 28 M45 1500 Meter Run**

4:15.00 45 SA Nat colours std  
5:00.00 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 6128 Clark, Adam	M47 BRACKENFELL ACC		4:47.55 WPS	4:22.39 78.51%

**Event 28 M50 1500 Meter Run**

4:29.00 50 SA Nat colours std  
5:12.00 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 3431 Philander, Tobias	M54 ITHEKO AC		4:56.69 WPS	4:19.05 79.52%
2 # 1704 cupido, Clive	M53 LANGEBAAN AC		5:15.48	4:35.45 74.79%

**Event 28 M55 1500 Meter Run**

4:41.00 55 SA Nat colours std  
5:30.00 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 8159 Wrensch, Peter	M59 CARBINEERS ATH CLUB		5:37.01	4:40.97 73.32%



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5:52.00 70 SA Nat colours std  
6:50.00 70 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #48102 Hunt, Joseph	M70 INDIVIDUAL ENTRY		7:27.18	5:16.56 65.07%

**Event 28 M80 1500 Meter Run**

7:54.00 80 SA Nat colours std  
8:00.00 80 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9481 Evans, Bub	M82 ATLANTIC ATHLETI		9:27.17	5:35.77 61.35%

**Event 30 M15-19 400 Meter Dash**

Name	Age Team	Seed	Finals	Age-Grading H#
1 #20321 Valentine, Malik	M19 ULTRA AC		55.17	55.18 78.27% 3

**Event 30 M20-29 400 Meter Dash**

Name	Age Team	Seed	Finals	Age-Grading H#
1 # 9968 Van der Merwe, Ke	M23 ITHEKO AC		48.49	48.50 89.05% 3
2 #48101 Arendse, Jody	M24 INDIVIDUAL ENTRY		53.56	53.57 80.62% 3

**Event 30 M45 400 Meter Dash**

54.44 45 SA Nat colours std  
58.64 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading H#
1 # 8323 Basson, Marius	M46 ORANJERIVIER AK	56.56 WPS	51.21	84.32% 2
2 # 9172 Van Zyl, Oloff	M49 CAPE PEN UNIVERS	58.18 WPS	52.68	81.97% 2
3 #15671 Peacock, Michael	M46 BOXER WP ATH CLUB	1:01.56	55.74	77.47% 2
4 # 1457 Davidson, Terence	M45 SPARTAN HARRIERS AC	1:01.66	55.83	77.34% 2
5 #48346 Van Zyl, Dana	M45 INDIVIDUAL ENTRY	1:02.64	56.72	76.13% 2

**Event 30 M50 400 Meter Dash**

56.36 50 SA Nat colours std  
1:03.44 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9146 Green, Garry	M54 CAPE PEN UNIVERS		58.89 WPS	51.56 83.77%
2 # 9400 Doren, Pieter	M54 CORRECTIONAL SER		59.07 WPS	51.71 83.51%
3 #13111 Matthee, Gilomee	M51 TYGERBERG AC		1:01.09 WPS	53.48 80.75%
4 # 9130 Russell, Scott	M50 CAPE PEN UNIVERS		1:01.62 WPS	53.95 80.06%



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Name	Age Team	Seed	Finals	Age-Grading
58.13	55 SA Nat colours std			
1:06.14	55 WPS WP Colours Standard			
1 #11507 Myburgh, Johan	M57 BELLVILLE AC		59.83 WPS	50.59 85.38%
2 #48347 Julie, Merlin	M58 SOUTH PENINSULA AC		1:03.23 WPS	53.46 80.78%

**Event 30 M80 400 Meter Dash**

Name	Age Team	Seed	Finals	Age-Grading
1:32.14	80 WPS WP Colours Standard			
1:33.00	80 SA Nat colours std			
1 # 846 Van Zyl, Jakobus	M81 VARSITY OLD BOYS AC		1:30.68 WPS	57.70 74.83%

**Event 30 M85 400 Meter Dash**

Name	Age Team	Seed	Finals	Age-Grading H#
1:48.00	85 SA Nat colours std			
1:50.70	85 WPS WP Colours Standard			
1 # 2042 Van Den Berg, Jan	M85 STRAND AC	1:55.03	1:03.82	67.66% 2

**Event 31 W15-19 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading
1 # 138 Donough, Ameera	W17 ULTRA AC		29.46m	29.46m 40.36%

**Event 31 W30 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading
28.34m	30 WPS WP Colours Standard			
1 #11500 Hattingh, Olive	W31 BELLVILLE AC		9.10m	9.10m 12.47%

**Event 31 W35 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading
31.53m	35 SA Nat colours std			
24.30m	35 WPS WP Colours Standard			
1 Gerstner, Juanita	W35 TYGERBERG AC		28.63m WPS	30.40m 41.66%
-- # 8960 Compion, Maria	W37 CAPE MULTI-SPORT		ND	

**Event 31 W40 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading
29.26m	40 SA Nat colours std			
24.00m	40 WPS WP Colours Standard			
1 # 9541 Kruger, Sanet	W42 BELLVILLE AC		14.65m	16.81m 23.03%



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25.00m 55 SA Nat colours std		20.00m 55 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 #11004 Dramat, Farieda	W59 TYGERBERG AC		18.31m	26.51m 36.32%		

**Event 31 W60 Javelin Throw**

22.50m 60 SA Nat colours std		19.00m 60 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 #15032 Stofberg, Tertia	W64 BELLVILLE AC		9.33m	15.03m 20.60%		

**Event 31 W65 Javelin Throw**

20.00m 65 SA Nat colours std		18.00m 65 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 9046 Erasmus, Zelda	W66 BELLVILLE AC		18.34m WPS	33.32m 45.66%		

**Event 32 M15-19 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading	
1 #20378 Barends, Ethan	M15 ULTRA AC		32.07m	32.07m	32.56%

**Event 32 M30 Javelin Throw**

50.84m 30 WPS WP Colours Standard					
Name	Age Team	Seed	Finals	Age-Grading	
4 # 150 Rix, Andre	M32 TITANS		17.72m	20.76m 21.08%	

**Event 32 M35 Javelin Throw**

54.00m 35 SA Nat colours std		43.50m 35 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 3692 Wiener, Shukri	M37 PINELANDS AC		38.75m	39.23m 39.85%		

**Event 32 M45 Javelin Throw**

49.49m 45 SA Nat colours std		37.50m 45 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 #13581 Du Bruyn, Japie	M49 BELLVILLE AC		39.70m WPS	46.51m 47.23%		
2 #48346 Van Zyl, Dana	M45 INDIVIDUAL ENTRY		30.86m	36.15m 36.71%		
3 #48172 Pool, Arne	M45 TYGERBERG AC		29.85m	34.97m 35.51%		



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46.49m 50 SA Nat colours std  
30.00m 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #15552 Kaplan, Morris	M52 BELLVILLE AC		13.07m	16.04m 16.29%

**Event 32 M65 Javelin Throw**

37.00m 65 SA Nat colours std  
26.00m 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 3686 Wale, Anton	M66 PINELANDS AC		31.47m WPS	49.15m 49.91%
2 #11002 Venter, Peet	M68 TYGERBERG AC		28.12m WPS	43.92m 44.60%
3 # 9047 Erasmus, Nick	M68 BELLVILLE AC		21.18m	33.08m 33.59%

**Event 32 M70 Javelin Throw**

33.00m 70 SA Nat colours std  
24.00m 70 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9048 Hough, Norman	M71 BELLVILLE AC		34.11m SA	57.30m 58.19%

**Event 32 M80 Javelin Throw**

24.92m 80 SA Nat colours std  
16.00m 80 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #14079 Roos, Johan	M80 BELLVILLE AC		19.82m WPS	41.52m 42.17%
2 # 4480 Johnston, Steve	M80 PINELANDS AC		18.70m WPS	39.18m 39.79%

**Event 32 M85 Javelin Throw**

20.00m 85 SA Nat colours std  
18.47m 85 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
-- # 9138 Ridge, Arthur	M87 CAPE PEN UNIVERS		ND	

**Event 32 M90 Javelin Throw**

15.00m 90 SA Nat colours std

Name	Age Team	Seed	Finals	Age-Grading
1 # 3728 Stannius, Borg	M90 PINELANDS AC		20.73m SA	60.40m 61.33%



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**Event 33 W50 5000 Meter Race Walk**

30:05.00 50 SA Nat colours std  
35:53.00 50 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 637 Horn-Botha, Debor	W53	VARSIY OLD BOYS AC		32:32.15 WPS	28:50.78 68.58%

**Event 33 W55 5000 Meter Race Walk**

31:35.00 55 SA Nat colours std  
38:15.00 55 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 655 Gilmour, Trish	W56	VARSIY OLD BOYS AC		34:01.47 WPS	28:45.25 68.80%
2 # 5583 Sutherland, Joy	W58	WEST COAST AC		34:51.99 WPS	29:27.95 67.14%

**Event 33 W60 5000 Meter Race Walk**

33:10.00 60 SA Nat colours std  
40:58.00 60 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 1558 Williams, Gail	W61	SPARTAN HARRIERS AC		33:28.83 WPS	26:48.07 73.82%
2 # 1578 James, Pamela	W61	SPARTAN HARRIERS AC		33:37.00 WPS	26:54.61 73.52%
3 # 9556 Burger, Erdine	W62	BELLVILLE AC		34:34.58 WPS	27:40.71 71.48%

**Event 33 W65 5000 Meter Race Walk**

35:10.00 65 SA Nat colours std  
45:27.00 65 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 8528 Bignaut, Frieda	W68	SANLAM AC		33:10.93 SA	24:58.78 79.20%
2 # 9552 Roux, Isabel	W66	BELLVILLE AC		39:38.43 WPS	29:50.49 66.30%

**Event 33 W70 5000 Meter Race Walk**

37:25.00 70 SA Nat colours std  
48:00.00 70 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 4021 Aver, Carol-Ann	W73	RUNWALK FOR LIFE AC		36:52.70 SA	25:53.32 76.42%
2 #10638 Schipper, Mary	W72	RUNWALK FOR LIFE AC		37:02.96 SA	26:00.52 76.06%
3 # 1480 Botes, Helen	W73	SPARTAN HARRIERS AC		42:04.78 WPS	29:32.40 66.97%

**Event 33 W75 5000 Meter Race Walk**

40:00.00 75 SA Nat colours std  
51:02.00 75 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 476 Vey, Hildegard	W77	VARSIY OLD BOYS AC		36:50.36 SA	23:52.76 82.85%
2 # 1514 Brennan, Megan	W75	SPARTAN HARRIERS AC		42:17.51 WPS	27:24.82 72.17%
3 # 1400 Norton, Margaret	W79	SPARTAN HARRIERS AC		43:41.35 WPS	28:19.16 69.86%



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**Event 33 W80 5000 Meter Race Walk**

Name	Age	Team	Seed	Finals	Age-Grading
44:40.00	80	SA Nat colours std			
1 # 1381 Reid, Peggy	W81	SPARTAN HARRIERS AC		43:12.13 SA	25:32.47 77.46%

**Event 34 M40 5000 Meter Race Walk**

Name	Age	Team	Seed	Finals	Age-Grading
24:45.00	40	SA Nat colours std			
27:35.00	40	WPS WP Colours Standard			
1 # 6662 Cillie, Gideon	M41	BELLVILLE AC		23:31.47 SA	22:20.48 80.39%

**Event 34 M45 5000 Meter Race Walk**

Name	Age	Team	Seed	Finals	Age-Grading
25:45.00	45	SA Nat colours std			
28:42.00	45	WPS WP Colours Standard			
1 # 610 Mc Donald, Ross	M45	VARSAITY OLD BOYS AC		28:31.07 WPS	26:01.87 68.99%
2 # 1749 Jacobs, Reon	M48	SPARTAN HARRIERS AC		33:25.22	30:30.37 58.87%

**Event 34 M50 5000 Meter Race Walk**

Name	Age	Team	Seed	Finals	Age-Grading
26:45.00	50	SA Nat colours std			
30:00.00	50	WPS WP Colours Standard			
1 # 9101 Fisher, Ebrahim	M52	ARD ATHLETIC CLUB		28:53.11 WPS	25:18.04 70.99%
2 # 2194 Hines, Dennis	M51	STRAND AC		33:43.54	29:32.42 60.80%

**Event 34 M55 5000 Meter Race Walk**

Name	Age	Team	Seed	Finals	Age-Grading
27:55.00	55	SA Nat colours std			
31:42.00	55	WPS WP Colours Standard			
1 # 5951 Papier, Adam	M56	BRACKENFELL ACC		28:49.19 WPS	24:10.80 74.28%

**Event 34 M60 5000 Meter Race Walk**

Name	Age	Team	Seed	Finals	Age-Grading
29:15.00	60	SA Nat colours std			
33:00.00	60	WPS WP Colours Standard			
1 # 1150 Fuller, Raymond	M61	VARSAITY OLD BOYS AC		31:23.10 WPS	25:07.62 71.48%
2 # 6466 Bosman, Marius	M62	BELLVILLE AC		32:25.86 WPS	25:57.86 69.17%
3 #13579 Walters, Schalk	M61	WPA		33:35.23	26:53.40 66.79%
4 # 1844 Van Rooi, Eddie	M61	SPARTAN HARRIERS AC		35:05.65	28:05.79 63.92%



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## Results - Age Grading: 5 Yr Indiv &amp; 5 yr Multi

## Event 34 M65 5000 Meter Race Walk

30:50.00 65 SA Nat colours std		35:45.00 65 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading	
1 # 8574 Van Zyl, Johan	M69 SANLAM AC		31:13.88 WPS	23:44.15	75.67%
2 # 275 Kotze, Frans	M66 BOLMA		37:52.21	28:46.89	62.40%

## Event 34 M70 5000 Meter Race Walk

33:05.00 70 SA Nat colours std		38:00.00 70 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading	
1 # 8844 Diedericks, Len	M74 WPA		34:15.94 WPS	24:34.11	73.10%
2 # 4020 Aver, Brian	M74 RUNWALK FOR LIFE AC		36:03.54 WPS	25:51.26	69.47%

## Event 34 M75 5000 Meter Race Walk

35:15.00 75 SA Nat colours std		41:36.00 75 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading	
1 # 9550 Spencer, Jurgen	M78 BELLVILLE AC		32:18.09 SA	21:42.01	82.76%

## Event 36 M15-19 Triple Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #14775 Matthee, Karl-Ott	M19 TYGERBERG AC		12.66m	NWI	12.66m 69.22%

## Event 36 M50 Triple Jump

11.43m 50 SA Nat colours std		10.00m 50 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #13111 Matthee, Gilomee	M51 TYGERBERG AC		10.15m WPS	NWI	12.16m 66.51%

## Event 37 W35 5000 Meter Run

18:58.00 35 SA Nat colours std		21:30.00 35 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading	
1 #11420 Mentoor, Sandra	W38 ULTRA AC		25:39.88	2:33.99	561.52%

## Event 37 W40 5000 Meter Run

19:14.00 40 SA Nat colours std		22:00.00 40 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading	
1 # 2874 Brink, Elizabeth	W44 DURBANVILLE AC		22:12.01	21:42.05	66.41%



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**Event 37 W45 5000 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
	19:45.00	45 SA Nat colours std			
	22:30.00	45 WPS WP Colours Standard			
1 # 4112 De Villiers, Cori		W47 NEDBANK WP		21:47.13 WPS	19:56.03 72.30%

**Event 37 W55 5000 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
	21:28.00	55 SA Nat colours std			
	26:00.00	55 WPS WP Colours Standard			
1 #13106 Du Bruyn, Linda		W55 TYGERBERG AC		23:37.77 WPS	19:36.75 73.48%

**Event 38 M15-19 5000 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
-- # 1399 Van Niekerk, geo		M19 BOLMA		DNF	

**Event 38 M20-29 5000 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
1 #48178 Benn, Allen		M28 WP CRICKET CLUB		20:08.64	20:08.65 62.63%
-- #48173 Stoffels, Cowin		M21 BOLMA		DNF	

**Event 38 M35 5000 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
	15:10.00	35 SA Nat colours std			
	17:15.00	35 WPS WP Colours Standard			
1 # 7533 Broers, Neil		M36 CAPE MULTI-SPORT		17:05.01 WPS	17:05.02 73.85%

**Event 38 M40 5000 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
	15:22.00	40 SA Nat colours std			
	18:00.00	40 WPS WP Colours Standard			
1 #15670 Van Rooyen, Chris		M41 BOXER WP ATH CLUB		16:54.97 WPS	16:19.55 77.28%
2 # 9619 Sinclair, Quinton		M42 UNIVERSITY WESTE		18:45.18	18:05.92 69.71%
3 # 3235 Juries, Chubasco		M43 ITHEKO AC		18:56.12	18:16.47 69.04%

**Event 38 M50 5000 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
	16:31.00	50 SA Nat colours std			
	19:00.00	50 WPS WP Colours Standard			
1 #13738 Swart, Dries		M53 ATHLANTIC TRIATH		20:50.20	18:39.31 67.63%



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Name	7.83m 30 WPS WP Colours Standard	Age Team	Seed	Finals	Age-Grading
1 #11500 Hattingh, Olive	W31 BELLVILLE AC			6.20m	6.20m 26.27%

**Event 39 W40 Weight Throw**

Name	11.50m 40 SA Nat colours std 9.40m 40 WPS WP Colours Standard	Age Team	Seed	Finals	Age-Grading
1 # 9541 Kruger, Sanet	W42 BELLVILLE AC			10.38m WPS	12.30m 52.13%

**Event 39 W45 Weight Throw**

Name	11.00m 45 SA Nat colours std 9.10m 45 WPS WP Colours Standard	Age Team	Seed	Finals	Age-Grading
1 #48339 Cronje, Liesl	W46 BELLVILLE AC			6.74m	8.73m 36.99%

**Event 39 W55 Weight Throw**

Name	10.50m 55 SA Nat colours std	Age Team	Seed	Finals	Age-Grading
1 #11004 Dramat, Farieda	W59 TYGERBERG AC			7.17m	9.26m 39.24%

**Event 39 W60 Weight Throw**

Name	11.00m 60 SA Nat colours std	Age Team	Seed	Finals	Age-Grading
1 #15032 Stofberg, Tertia	W64 BELLVILLE AC			9.68m	11.72m 49.67%

**Event 39 W65 Weight Throw**

Name	10.00m 65 SA Nat colours std	Age Team	Seed	Finals	Age-Grading
1 # 9046 Erasmus, Zelda	W66 BELLVILLE AC			11.63m SA	15.42m 65.34%

**Event 40 M35 Weight Throw**

Name	13.50m 35 SA Nat colours std 9.00m 35 WPS WP Colours Standard	Age Team	Seed	Finals	Age-Grading
-- # 3692 Wiener, Shukri	M37 PINELANDS AC			ND	



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15.50m 50 SA Nat colours std

9.30m 50 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 #15552 Kaplan, Morris	M52	BELLVILLE AC		6.90m	7.23m 27.98%

**Event 40 M65 Weight Throw**

15.50m 65 SA Nat colours std

9.60m 65 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 3686 Wale, Anton	M66	PINELANDS AC		12.94m WPS	14.43m 55.80%
2 # 9047 Erasmus, Nick	M68	BELLVILLE AC		11.25m WPS	12.54m 48.51%

**Event 40 M70 Weight Throw**

15.50m 70 SA Nat colours std

9.30m 70 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 9048 Hough, Norman	M71	BELLVILLE AC		16.03m SA	18.28m 70.71%

**Event 40 M80 Weight Throw**

11.00m 80 SA Nat colours std

Name	Age	Team	Seed	Finals	Age-Grading
1 # 4480 Johnston, Steve	M80	PINELANDS AC		12.93m SA	16.86m 65.20%

**Event 40 M90 Weight Throw**

8.00m 90 SA Nat colours std

Name	Age	Team	Seed	Finals	Age-Grading
1 # 3728 Stannius, Borg	M90	PINELANDS AC		10.59m SA	17.70m 68.46%



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