

Leo Benning Meeting No 4 - 23 Feb 2019 - 2019/02/23**Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 1 W30 Hammer Throw**

25.00m 30 WPS WP Colours Standard						
Name	Age	Team	Seed	Finals	Age-Grading	
Finals						
1 #13007 La Grange, Rachel	W30	BELLVILLE AC		25.57m WPS	25.57m	33.21%
2 # 7038 Hattingh, Olive	W32	BELLVILLE AC		16.25m	16.25m	21.10%

Event 1 W35 Hammer Throw

35.50m 35 SA Nat colours std						
24.00m 35 WPS WP Colours Standard						
Name	Age	Team	Seed	Finals	Age-Grading	
1 # 9961 Gerstner, Juanita	W36	TYGERBERG AC		27.36m WPS	29.93m	38.88%

Event 1 W40 Hammer Throw

34.00m 40 SA Nat colours std						
23.00m 40 WPS WP Colours Standard						
Name	Age	Team	Seed	Finals	Age-Grading	
1 # 118 Kruger, Sanet	W42	BELLVILLE AC		29.77m WPS	35.01m	45.48%

Event 1 W55 Hammer Throw

29.90m 55 SA Nat colours std						
18.50m 55 WPS WP Colours Standard						
Name	Age	Team	Seed	Finals	Age-Grading	
1 # 9935 Dramat, Farieda	W59	TYGERBERG AC		19.98m WPS	27.94m	36.29%

Event 1 W60 Hammer Throw

26.53m 60 SA Nat colours std						
18.00m 60 WPS WP Colours Standard						
Name	Age	Team	Seed	Finals	Age-Grading	
1 #13286 Stofberg, Tertia	W64	BELLVILLE AC		22.78m WPS	34.97m	45.42%

Event 1 W65 Hammer Throw

23.00m 65 SA Nat colours std						
17.00m 65 WPS WP Colours Standard						
Name	Age	Team	Seed	Finals	Age-Grading	
1 # 9046 Erasmus, Zelda	W66	BELLVILLE AC		24.45m SA	41.65m	54.10%
2 # 954 Griesel, Ronel	W66	BOLMA		22.02m WPS	37.51m	48.73%
3 #11112 Du Toit, Aletta	W67	BELLVILLE AC		19.93m WPS	33.95m	44.10%



Leo Benning Meeting No 4 - 23 Feb 2019 - 2019/02/23**Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 1 W70 Hammer Throw**

20.00m 70 SA Nat colours std

14.00m 70 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #11111 Grobbelaar, Elize	W73 BELLVILLE AC		20.87m SA	39.98m 51.93%

Event 2 M35 Hammer Throw

45.00m 35 SA Nat colours std

32.00m 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 4342 Wiener, Shukri	M37 PINELANDS AC		29.94m	30.83m 35.55%

Event 2 M55 Hammer Throw

42.00m 55 SA Nat colours std

22.00m 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 125 Primo, Derick	M56 SA POLICE SER AC		14.65m	19.25m 22.20%

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 # 4166 Wale, Anton	M66 PINELANDS AC		33.86m WPS	49.62m 57.22%
2 # 9047 Erasmus, Nick	M68 BELLVILLE AC		23.12m	33.88m 39.07%

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		41.05m SA	59.62m 68.74%

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		30.45m SA	56.80m 65.48%

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 # 6869 Russell, Scott	M50 CAPE PEN UNIVERS	15.89 SA		-1.0	15.27 84.58%



Leo Benning Meeting No 4 - 23 Feb 2019 - 2019/02/23**Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 8 W15-19 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
1 #20771 Adams, Amy Jade	W15 SOUTH PENINSULA AC		6.49m	6.49m 28.68%

Event 8 W30 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
8.03m 30 WPS WP Colours Standard				
1 #13007 La Grange, Rachel	W30 BELLVILLE AC		9.93m WPS	9.93m 43.88%
2 # 7038 Hattingh, Olive	W32 BELLVILLE AC		5.19m	5.19m 22.93%

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 # 9961 Gerstner, Juanita	W36 TYGERBERG AC		11.04m SA	11.44m 50.57%
2 # 1298 Mallin, Ezette	W37 VARSITY OLD BOYS AC		9.87m WPS	10.23m 45.21%

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 # 118 Kruger, Sanet	W42 BELLVILLE AC		8.97m WPS	9.95m 43.99%

Event 8 W55 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
9.80m 55 SA Nat colours std				
7.00m 55 WPS WP Colours Standard				
1 # 9935 Dramat, Farieda	W59 TYGERBERG AC		8.68m WPS	11.89m 52.57%

Event 8 W60 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
9.00m 60 SA Nat colours std				
6.45m 60 WPS WP Colours Standard				
1 #13286 Stofberg, Tertia	W64 BELLVILLE AC		6.61m WPS	9.92m 43.86%

Event 8 W65 Shot Put

Name	Age Team	Seed	Finals	Age-Grading
8.10m 65 SA Nat colours std				
6.00m 65 WPS WP Colours Standard				
1 # 954 Griesel, Ronel	W66 BOLMA		8.51m SA	14.12m 62.44%
2 # 9046 Erasmus, Zelda	W66 BELLVILLE AC		7.82m WPS	12.98m 57.37%
3 #11112 Du Toit, Aletta	W67 BELLVILLE AC		6.11m WPS	10.14m 44.83%



Leo Benning Meeting No 4 - 23 Feb 2019 - 2019/02/23**Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 4342 Wiener, Shukri	M37 PINELANDS AC		11.81m WPS	12.24m 52.98%		

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 # 2142 Isaacs, Duncan	M50 NEDBANK WP		7.22m	8.46m 36.59%		

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 # 125 Primo, Derick	M56 SA POLICE SER AC		7.12m	9.04m 39.12%		

Event 9 M60 Shot Put

12.78m 60 SA Nat colours std		9.00m 60 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 763 Loots, Joep	M62 STELLENBOSCH UNI AC		11.64m WPS	14.52m 62.85%		

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 # 4166 Wale, Anton	M66 PINELANDS AC		11.20m WPS	15.23m 65.92%		
2 # 9047 Erasmus, Nick	M68 BELLVILLE AC		8.81m WPS	11.98m 51.85%		

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		11.94m SA	15.29m 66.15%		

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		9.15m WPS	13.77m 59.57%		



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Northlink Tygerberg Stadium

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

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

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 1310 Genis, Marsune	W13 TYGERBERG AC		29.10	-1.4	29.11 73.33%

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

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #10556 Mbonambi, Zanegug	W20 UNIVERSITY OF CA		28.21	-1.4	28.22 75.65%

Event 10 W30 200 Meter Dash 200M - WOMEN

Name	Age Team	Seed	Finals	Wind	Age-Grading
28.14 30 WPS WP Colours Standard					
1 # 404 Malan, Liandri	W34 BOLMA	27.54 WPS		-1.4	27.55 77.49%
2 # 9932 Van Rensburg, Mar	W34 TYGERBERG AC	29.23		-1.4	29.24 73.01%

Event 10 W35 200 Meter Dash 200M - WOMEN

Name	Age Team	Seed	Finals	Wind	Age-Grading
27.38 35 SA Nat colours std					
28.74 35 WPS WP Colours Standard					
1 #13011 Kotze, Retha	W39 BELLVILLE AC	28.88		-1.4	28.02 76.18%
2 # 9940 Miske, Mirjam	W39 TYGERBERG AC	31.76		-1.4	30.82 69.27%

Event 10 W40 200 Meter Dash 200M - WOMEN

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
27.72 40 SA Nat colours std					
30.24 40 WPS WP Colours Standard					
1 # 765 Moira, Robertson	W41 STELLENBOSCH UNI AC	28.18 WPS		-1.6	26.33 81.05% 2

Event 10 W45 200 Meter Dash 200M - WOMEN

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
28.84 45 SA Nat colours std					
32.74 45 WPS WP Colours Standard					
1 # 7222 Figland, Beverley	W48 UNIVERSITY WESTE	30.28 WPS		-1.6	27.20 78.47% 2

Event 10 W55 200 Meter Dash 200M - WOMEN

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
31.32 55 SA Nat colours std					
36.24 55 WPS WP Colours Standard					
1 # 7214 Beukes, Ronel	W59 LANGEBAAN AC	29.21 SA		-1.6	24.14 88.43% 2
2 # 3004 Ruppert, Annette	W55 STRAND AC	31.16 SA		-1.6	25.75 82.89% 2



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36.91 65 SA Nat colours std

40.24 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 1331 Jonkers, Margaret	W69 NANTES ATH CLUB		42.29	-1.6	31.90 66.90%	2

Event 10 W80 200 Meter Dash 200M - WOMEN

50.00 80 SA Nat colours std

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #13729 Johnson, Maggie	W82 TYGERBERG AC		1:11.56	-1.6	41.92 50.92%	2

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

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #10543 Hoedemaker, Jaden	M19 UNIVERSITY OF CA		23.83	0.3	23.84 81.07%
2 #20303 Petersen, Ameen	M17 TITANS		25.60	0.3	25.61 75.47%

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

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 6863 Arendse, Jody	M24 CAPE PEN UNIVERS		23.34	0.3	23.35 82.78%
2 # 1332 Maikela, Ayabonga	M27 UNIVERSITY WESTE		23.98	0.3	23.99 80.57%
3 #10523 Sande, Heritier	M23 UNIVERSITY OF CA		24.10	0.3	24.11 80.17%

Event 11 M30 200 Meter Dash 200M - MEN

24.24 30 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 Hiebner, Gareth	M32 INDIVIDUAL ENTRY		24.93	-1.5	24.94 77.50%	2

Event 11 M35 200 Meter Dash 200M - MEN

22.90 35 SA Nat colours std

24.44 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 7055 Le Grange, Jacobu	M38 BELLVILLE AC		25.13	-1.5	24.73 78.15%	2
2 # 1311 Harris, Randall	M35 INDIVIDUAL ENTRY		28.50	-1.5	28.04 68.91%	2

Event 11 M40 200 Meter Dash 200M - MEN

23.42 40 SA Nat colours std

25.44 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 1330 Louw, Pieter	M44 CAPE MULTI-SPORT		28.94	-1.5	27.60 70.01%	2



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Event 11 M45 200 Meter Dash 200M - MEN

24.22 45 SA Nat colours std
26.44 45 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #13836 Basson, Marius	M46 ORANJERIVIER AK		24.62 WPS	-1.5	22.74 84.97%	2
2 # 1329 Cloete, John	M47 BELLVILLE AC		25.25 WPS	-1.5	23.32 82.85%	2

Event 11 M50 200 Meter Dash 200M - MEN

25.00 50 SA Nat colours std
27.54 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 3319 Toll, Michael	M54 ITHEKO AC		26.90 WPS	1.4	24.04 80.41%	3
2 # 2142 Isaacs, Duncan	M50 NEDBANK WP		31.02	1.4	27.72 69.73%	3

Event 11 M55 200 Meter Dash 200M - MEN

25.83 55 SA Nat colours std
28.54 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 7047 Myburgh, Johan	M57 BELLVILLE AC		25.65 SA	1.4	22.15 87.25%	3
2 #13140 Damonze, Reginald	M58 EERSTERIVIER AC		37.30	1.4	32.21 60.00%	3

Event 11 M60 200 Meter Dash 200M - MEN

26.76 60 SA Nat colours std
30.64 60 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 7263 Warriess, Joseph	M62 UNIVERSITY WESTE		27.96 WPS	1.4	23.30 82.94%	3

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	H#
1 # 6872 Ridge, Arthur	M88 CAPE PEN UNIVER		40.65 SA	1.4	24.60 78.55%	3
2 # 2949 Van Den Berg, Jan	M85 STRAND AC		46.43 WPS	1.4	28.10 68.77%	3

Event 12 W15-19 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 35 Donough, Ameera	W18 ULTRA AC		4.98m	-2.3	4.98m 66.22%
2 #20771 Adams, Amy Jade	W15 SOUTH PENINSULA AC		4.66m	-1.0	4.66m 61.97%

Event 12 W20-29 Long Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 Samuel, Nadia	W21 PAROW AC		4.01m	-0.3	4.01m 53.32%



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

Event 13 M40 Long Jump

6.12m 40 SA Nat colours std
5.25m 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #13375 Juries, Chubasco	M43 ITHEKO AC		3.99m	-1.2	4.34m 48.60%

Event 13 M50 Long Jump

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

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 9959 Matthee, Gilomee	M51 TYGERBERG AC		4.95m WPS	+0.0	6.08m 67.99%
2 # 7882 Christians, Alwyn	M52 SA DEFENCE FORCE AC		4.91m WPS	0.4	6.03m 67.45%
3 #13330 Neff, Freddie	M50 CORRECTIONAL SER		4.43m	-0.5	5.44m 60.85%

Event 13 M60 Long Jump

4.85m 60 SA Nat colours std
4.00m 60 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 763 Loots, Joep	M62 STELLENBOSCH UNI AC		3.57m	-0.5	5.02m 56.13%

Event 14 W20-29 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 #10559 Fleming, Laura	W20 UNIVERSITY OF CA		2:29.91	2:29.92 75.57%

Event 14 W30 800 Meter Run

2:39.00 30 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 2292 Jacobs, Mandy-Lee	W30 NEDBANK WP		2:28.25 WPS	2:28.26 76.41%

Event 14 W50 800 Meter Run

2:42.00 50 SA Nat colours std
3:10.00 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 1312 Graf, Barbara	W53 SWITZERLAND		2:46.81 WPS	2:25.28 77.97%
-- # 764 Theron, Elanza	W51 STELLENBOSCH UNI AC		DNF	

Event 15 M12-19 800 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
1 #12356 Valentine, Malik	M19 ULTRA AC		2:09.10	2:09.11 78.32%



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Event 15 M30 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
2:02.00 30 WPS WP Colours Standard					
1 # 7264 Moorries, Dewayne	M30	UNIVERSITY WESTE		2:04.61	2:04.62 81.14%

Event 15 M35 800 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
2:00.00 35 SA Nat colours std					
2:06.00 35 WPS WP Colours Standard					
1 # 7533 Broers, Neil	M36	CAPE MULTI-SPORT		2:11.23	2:10.15 77.70%

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 #11977 Van Rooyen, Chris	M42	BOXER WP ATH CLUB		2:10.68 WPS	2:04.94 80.93%
2 #13375 Juries, Chubasco	M43	ITHEKO AC		2:25.84	2:19.43 72.52%

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 # 139 Philander, Tobias	M54	ITHEKO AC		2:24.47 WPS	2:07.82 79.11%

Event 21 W15-19 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
1 #20196 Van der Westhuize	W17	BELLVILLE AC		36.10m	36.10m 47.01%

Event 21 W30 Discus Throw

Name	Age	Team	Seed	Finals	Age-Grading
29.82m 30 WPS WP Colours Standard					
1 #13007 La Grange, Rachel	W30	BELLVILLE AC		22.78m	22.78m 29.66%
2 # 7038 Hattingh, Olive	W32	BELLVILLE AC		14.58m	14.58m 18.98%

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 # 9961 Gerstner, Juanita	W36	TYGERBERG AC		38.00m SA	39.39m 51.30%
2 # 1298 Mallin, Ezette	W37	VARSITY OLD BOYS AC		25.22m	26.14m 34.05%



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

Event 21 W40 Discus Throw

32.85m 40 SA Nat colours std		25.50m 40 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 118 Kruger, Sanet	W42 BELLVILLE AC		30.23m WPS	33.70m 43.89%		

Event 21 W55 Discus Throw

25.50m 55 SA Nat colours std		18.00m 55 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 9935 Dramat, Farieda	W59 TYGERBERG AC		18.78m WPS	27.05m 35.23%		

Event 21 W60 Discus Throw

23.80m 60 SA Nat colours std		16.00m 60 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
-- #13286 Stofberg, Tertia	W64 BELLVILLE AC		ND			

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		21.48m SA	38.50m 50.14%		
2 # 954 Griesel, Ronel	W66 BOLMA		16.70m WPS	29.93m 38.98%		
3 #11112 Du Toit, Aletta	W67 BELLVILLE AC		14.10m	25.27m 32.91%		

Event 21 W70 Discus Throw

19.00m 70 SA Nat colours std		14.00m 70 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 #11111 Grobbelaar, Elize	W73 BELLVILLE AC		13.45m	27.62m 35.97%		

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 # 4342 Wiener, Shukri	M37 PINELANDS AC		34.04m WPS	34.52m 46.60%		

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 # 125 Primo, Derick	M56 SA POLICE SER AC		19.38m	21.51m 29.05%		



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Event 22 M60 Discus Throw

44.26m 60 SA Nat colours std
30.00m 60 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 763 Loots, Joep	M62 STELLENBOSCH UNI AC		36.52m WPS	38.81m 52.40%

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 # 4166 Wale, Anton	M66 PINELANDS AC		39.15m WPS	45.55m 61.50%
2 # 9047 Erasmus, Nick	M68 BELLVILLE AC		29.05m WPS	33.80m 45.63%

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		32.52m WPS	41.56m 56.11%

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		27.61m SA	45.39m 61.27%

Event 23 W20-29 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #10556 Mbonambi, Zanegug	W20 UNIVERSITY OF CA		13.43	1.4	13.44 78.11%

Event 23 W30 100 Meter Dash

13.64 30 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 404 Malan, Liandri	W34 BOLMA		13.26 WPS	1.4	13.27 79.11%

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
1 #13011 Kotze, Retha	W39 BELLVILLE AC		14.05	1.4	13.91 75.44%
2 # 9940 Miske, Mirjam	W39 TYGERBERG AC		15.36	1.4	15.21 69.01%
3 # 1336 Grimwood, Kim	W37 UNIVERSITY OF CA		15.52	1.4	15.37 68.30%



Leo Benning Meeting No 4 - 23 Feb 2019 - 2019/02/23**Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 765 Moira, Robertson	W41 STELLENBOSCH UNI AC		13.41 SA	2.3	12.81 81.95%	2
2 # 6868 Borchardt, Nadine	W44 CAPE PEN UNIVERS		14.37 WPS	2.3	13.73 76.48%	2
3 # 8062 Tregonning, Rushd	W44 HEWAT ATH CLUB		14.49 WPS	2.3	13.84 75.85%	2

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 # 7222 Figland, Beverley	W48 UNIVERSITY WESTE		14.11 WPS	2.3	12.98 80.86%	2

Event 23 W55 100 Meter Dash

14.89 55 SA Nat colours std

17.64 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 7214 Beukes, Ronel	W59 LANGEBAAN AC		13.90 SA	2.3	11.81 88.85%	2

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	H#
1 # 1331 Jonkers, Margaret	W69 NANTES ATH CLUB		18.51 WPS	2.3	14.42 72.77%	2

Event 23 W80 100 Meter Dash

23.00 80 SA Nat colours std

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #13729 Johnson, Maggie	W82 TYGERBERG AC		26.43	2.3	16.97 61.82%	2

Event 24 M12-19 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #10543 Hoedemaker, Jaden	M19 UNIVERSITY OF CA		11.64	1.2	11.65 84.11%
2 #10505 Hendricks, Shahee	M18 UNIVERSITY OF CA		11.87	1.2	11.88 82.48%
3 #20303 Petersen, Ameen	M17 TITANS		12.48	1.2	12.49 78.45%

Event 24 M20-29 100 Meter Dash

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 1334 Engel, Roscoe	M29 TYGERBERG AC		10.80	1.2	10.81 90.65%
2 # 1335 Luckmore, Fadzi	M23 TYGERBERG AC		11.27	1.2	11.28 86.87%
3 # 1332 Maikela, Ayabonga	M27 UNIVERSITY WESTE		12.26	1.2	12.27 79.85%
4 #10523 Sande, Heritier	M23 UNIVERSITY OF CA		14.34	1.2	14.35 68.27%



Leo Benning Meeting No 4 - 23 Feb 2019 - 2019/02/23**Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 24 M30 100 Meter Dash**

11.84 30 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 Hiebner, Gareth	M32 INDIVIDUAL ENTRY		11.83 WPS	3.1	11.84 82.76% 2
2 # 4157 Mawindo, John	M33 PINELANDS AC		13.05	3.1	13.06 75.02% 2

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 #13348 Dreyer, Jonathan	M37 ITHEKO AC		11.10 SA	3.1	10.96 89.37% 2
2 #13292 Venter, Pierre	M39 BELLVILLE AC		12.05	3.1	11.90 82.32% 2
3 # 7055 Le Grange, Jacobu	M38 BELLVILLE AC		12.43	3.1	12.27 79.81% 2
4 # 1311 Harris, Randall	M35 INDIVIDUAL ENTRY		13.51	3.1	13.34 73.43% 2

Event 24 M40 100 Meter Dash

11.70 40 SA Nat colours std

12.24 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 1330 Louw, Pieter	M44 CAPE MULTI-SPORT		13.94	3.9	13.36 73.31% 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 # 7883 Geldenhuys, Andre	M47 SA DEFENCE FORCE AC		11.66 SA	3.9	10.83 90.39% 3
2 # 1329 Cloete, John	M47 BELLVILLE AC		12.01 SA	3.9	11.16 87.76% 3
3 #13836 Basson, Marius	M46 ORANJERIVIER AK		12.16 WPS	3.9	11.30 86.68% 3
4 # 6871 Cottee, Alistair	M49 CAPE PEN UNIVERS		12.85 WPS	3.9	11.94 82.02% 3

Event 24 M50 100 Meter Dash

12.17 50 SA Nat colours std

13.54 50 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 7882 Christians, Alwyn	M52 SA DEFENCE FORCE AC		12.64 WPS	3.9	11.38 86.08% 3
2 # 3319 Toll, Michael	M54 ITHEKO AC		12.93 WPS	3.5	11.64 84.15% 4
3 # 6892 Green, Garry	M54 CAPE PEN UNIVERS		13.11 WPS	3.5	11.80 82.99% 4
4 # 6869 Russell, Scott	M50 CAPE PEN UNIVERS		13.19 WPS	3.5	11.87 82.49% 4
5 # 9959 Matthee, Gilomee	M51 TYGERBERG AC		13.23 WPS	3.5	11.91 82.24% 4
6 #13330 Neff, Freddie	M50 CORRECTIONAL SER		13.49 WPS	3.5	12.14 80.65% 4
7 # 2142 Isaacs, Duncan	M50 NEDBANK WP		14.91	3.5	13.42 72.97% 4



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

Event 24 M55 100 Meter Dash

12.52 55 SA Nat colours std
14.24 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 #13140 Damonze, Reginald	M58 EERSTERIVIER AC		16.96	3.5	14.77 66.33% 4

Event 24 M60 100 Meter Dash

12.92 60 SA Nat colours std
14.74 60 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 7263 Warriess, Joseph	M62 UNIVERSITY WESTE		13.47 WPS	3.5	11.34 86.41% 4

Event 24 M70 100 Meter Dash

14.43 70 SA Nat colours std
17.24 70 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 7221 Figland, Edgar	M72 UNIVERSITY WESTE		16.70 WPS	1.0	13.00 75.33% 5

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 H#
1 # 9538 Cross, Ronald	M85 BELLVILLE AC		17.09 WPS	1.0	10.98 89.17% 5
2 # 6872 Ridge, Arthur	M88 CAPE PEN UNIVER		18.82 WPS	1.0	12.09 80.98% 5
3 # 2949 Van Den Berg, Jan	M85 STRAND AC		20.82 SA	1.0	13.38 73.20% 5

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 # 6647 Lategan, Jill	W47 GOODWOOD HARRIERS		1.21m WPS	1.40m 67.22%

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
1 # 1331 Jonkers, Margaret	W69 NANTES ATH CLUB		1.03m WPS	1.51m 72.54%

Event 26 M35 High Jump

1.85m 35 SA Nat colours std
1.58m 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 #13292 Venter, Pierre	M39 BELLVILLE AC		1.63m WPS	1.67m 68.20%



Leo Benning Meeting No 4 - 23 Feb 2019 - 2019/02/23**Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 27 W12-19 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading
1 # 1338 Du Plessis, Lize	W15 INDIVIDUAL ENTRY		5:35.63	5:35.64 69.26%

Event 27 W50 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
5:29.00	50 SA Nat colours std			
6:30.00	50 WPS WP Colours Standard			
1 # 1312 Graf, Barbara	W53 SWITZERLAND		5:54.90 WPS	5:06.18 75.93%

Event 28 M35 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
4:00.00	35 SA Nat colours std			
4:30.00	35 WPS WP Colours Standard			
1 #11946 Blaauw, Ricardo	M37 BOXER WP ATH CLUB		4:14.34 WPS	4:12.13 81.71%
2 # 7533 Broers, Neil	M36 CAPE MULTI-SPORT		4:27.11 WPS	4:24.79 77.80%

Event 28 M50 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
4:29.00	50 SA Nat colours std			
5:12.00	50 WPS WP Colours Standard			
1 # 139 Philander, Tobias	M54 ITHEKO AC		4:56.36 WPS	4:18.76 79.61%

Event 28 M55 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading
4:41.00	55 SA Nat colours std			
5:30.00	55 WPS WP Colours Standard			
1 #12100 Wrensch, Peter	M59 WP CRICKET CLUB		5:35.24	4:39.49 73.71%

Event 29 W20-29 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading
1 #12355 Stevens, Tamsin	W24 ULTRA AC		1:02.32	1:02.33 76.38%
2 #10559 Fleming, Laura	W20 UNIVERSITY OF CA		1:08.19	1:08.20 69.80%

Event 29 W30 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading
1:02.94	30 WPS WP Colours Standard			
1 # 6880 Walters, Marike	W32 CAPE PEN UNIVERS		1:00.65 WPS	1:00.66 78.48%
2 # 9932 Van Rensburg, Mar	W34 TYGERBERG AC		1:07.46	1:07.47 70.56%



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

Event 29 W55 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading
1:14.70	55 SA Nat colours std			
1:24.14	55 WPS WP Colours Standard			
1 # 1337 Brink, Lucy	W56 BELLVILLE AC		1:25.95	1:10.20 67.81%

Event 29 W75 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading
1:55.00	75 SA Nat colours std			
1 # 2775 Nelson, Marianne	W75 DURBANVILLE AC		1:54.34 SA	1:07.34 70.69%

Event 30 M15-19 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading	H#
1 #12356 Valentine, Malik	M19 ULTRA AC		54.67	54.68 78.98%	3
2 # 22 Parker, Tashriq	M18 ULTRA AC		54.71	54.72 78.93%	3
3 #10505 Hendricks, Shahee	M18 UNIVERSITY OF CA		54.76	54.77 78.85%	3

Event 30 M20-29 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading	H#
1 # 711 Brink, Lambert	M21 STELLENBOSCH AC		51.23	51.24 84.29%	3
2 # 6863 Arendse, Jody	M24 CAPE PEN UNIVERS		51.28	51.29 84.20%	3

Event 30 M35 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading	H#
51.00	35 SA Nat colours std				
54.94	35 WPS WP Colours Standard				
1 # 7055 Le Grange, Jacobu	M38 BELLVILLE AC		56.32	54.38 79.42%	2

Event 30 M40 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading	H#
52.41	40 SA Nat colours std				
56.64	40 WPS WP Colours Standard				
1 # 1381 Von Durckheim, Ch	M40 BOLMA		55.33 WPS	51.76 83.43%	2

Event 30 M45 400 Meter Dash

Name	Age Team	Seed	Finals	Age-Grading	H#
54.44	45 SA Nat colours std				
58.64	45 WPS WP Colours Standard				
1 #13836 Basson, Marius	M46 ORANJERIVIER AK		55.77 WPS	50.50 85.51%	2
2 #11943 Peacock, Michael	M46 BOXER WP ATH CLUB		1:04.02	57.97 74.49%	2



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

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 # 6892 Green, Garry	M54 CAPE PEN UNIVERS		58.63 WPS	51.33	84.14%	
2 # 9959 Matthee, Gilomee	M51 TYGERBERG AC		59.64 WPS	52.21	82.71%	
3 # 6869 Russell, Scott	M50 CAPE PEN UNIVERS		1:02.56 WPS	54.77	78.85%	

Event 30 M55 400 Meter Dash

58.13 55 SA Nat colours std		1:06.14 55 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 7047 Myburgh, Johan	M57 BELLVILLE AC		58.84 WPS	49.75	86.81%	

Event 30 M85 400 Meter Dash

1:48.00 85 SA Nat colours std		1:50.70 85 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 6872 Ridge, Arthur	M88 CAPE PEN UNIVERS		1:55.11	1:03.87	67.61%	
2 # 2949 Van Den Berg, Jan	M85 STRAND AC		2:03.04	1:08.27	63.26%	

Event 31 W15-19 Javelin Throw

Name	Age Team	Seed	Finals	Age-Grading		
1 #20771 Adams, Amy Jade	W15 SOUTH PENINSULA AC		12.64m	12.64m	17.32%	

Event 31 W30 Javelin Throw

28.34m 30 WPS WP Colours Standard						
Name	Age Team	Seed	Finals	Age-Grading		
1 #13007 La Grange, Rachel	W30 BELLVILLE AC		34.38m WPS	34.38m	47.10%	
2 # 7038 Hattingh, Olive	W32 BELLVILLE AC		8.02m	8.02m	10.99%	

Event 31 W35 Javelin Throw

31.53m 35 SA Nat colours std		24.30m 35 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 9961 Gerstner, Juanita	W36 TYGERBERG AC		29.61m WPS	31.44m	43.08%	

Event 31 W40 Javelin Throw

29.26m 40 SA Nat colours std		24.00m 40 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 118 Kruger, Sanet	W42 BELLVILLE AC		15.17m	17.40m	23.84%	



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Event 31 W55 Javelin Throw

25.00m 55 SA Nat colours std		20.00m 55 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 9935 Dramat, Farieda	W59 TYGERBERG AC		16.36m	23.69m 32.45%		

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		17.49m	31.78m 43.54%		
2 # 954 Griesel, Ronel	W66 BOLMA		14.31m	26.00m 35.62%		
-- #11112 Du Toit, Aletta	W67 BELLVILLE AC		ND			

Event 31 W70 Javelin Throw

18.00m 70 SA Nat colours std		16.00m 70 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
-- #11111 Grobbelaar, Elize	W73 BELLVILLE AC		ND			

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 # 4342 Wiener, Shukri	M37 PINELANDS AC		41.91m	42.43m 43.10%		

Event 32 M50 Javelin Throw

46.49m 50 SA Nat colours std		30.00m 50 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 206 Cronje, Jacques	M50 BOLMA		46.81m SA	57.47m 58.36%		
2 # 1339 Smith, JC	M51 BELLVILLE AC		41.26m WPS	50.65m 51.44%		

Event 32 M55 Javelin Throw

42.64m 55 SA Nat colours std		27.00m 55 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading		
1 # 125 Primo, Derick	M56 SA POLICE SER AC		24.17m	32.33m 32.84%		



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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 # 4166 Wale, Anton	M66 PINELANDS AC		32.94m WPS	51.45m 52.24%
2 #11002 Venter, Peet	M69 TYGERBERG AC		29.95m WPS	46.78m 47.50%
3 # 9047 Erasmus, Nick	M68 BELLVILLE AC		21.25m	33.19m 33.70%

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		34.86m SA	58.56m 59.47%

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 # 4480 Johnston, Steve	M80 PINELANDS AC		20.55m WPS	43.05m 43.72%

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 VARSITY OLD BOYS AC		34:06.51 WPS	30:14.44 65.42%

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 VARSITY OLD BOYS AC		33:07.53 WPS	27:59.67 70.67%
2 # 5783 Sutherland, Joy	W58 WEST COAST AC		35:23.29 WPS	29:54.40 66.15%

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 # 1957 James, Pamela	W61 SPARTAN HARRIERS AC		32:59.10 SA	26:24.28 74.92%
2 # 1958 Williams, Gail	W61 SPARTAN HARRIERS AC		34:10.85 WPS	27:21.71 72.30%
3 # 7052 Burger, Erdine	W62 BELLVILLE AC		34:20.05 WPS	27:29.08 71.98%



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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 # 3044 Brand, Edna	W67	STRAND AC		32:55.02 SA	24:46.80 79.84%
2 # 4573 Blignaut, Frieda	W68	SANLAM AC		33:29.21 SA	25:12.54 78.48%
3 # 9552 Roux, Isabel	W66	BELLVILLE AC		38:02.62 WPS	28:38.36 69.08%
4 # 2070 Nel, Elizabeth	W69	SPARTAN HARRIERS AC		38:53.46 WPS	29:16.63 67.57%
5 # 5570 Tepper, Rene	W69	TYGERBERG AC		41:48.83 WPS	31:28.65 62.85%

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 #10940 Josephs, Wendy	W70	SPARTAN HARRIERS AC		35:38.60 SA	25:01.30 79.06%
2 #10045 Aver, Carol-Ann	W73	RUNWALK FOR LIFE AC		36:28.26 SA	25:36.16 77.27%
3 #10948 Schipper, Mary	W72	RUNWALK FOR LIFE AC		38:49.88 WPS	27:15.58 72.57%
4 # 1778 Botes, Helen	W73	SPARTAN HARRIERS AC		46:38.04 WPS	32:44.23 60.43%

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 # 1374 Vey, Hildegard	W77	VARSITY OLD BOYS AC		36:59.90 SA	23:58.94 82.49%
2 # 7196 Kidson, Cecile	W77	LANGEBAAAN AC		39:58.88 SA	25:54.96 76.34%
3 # 1658 Brennan, Megan	W75	SPARTAN HARRIERS AC		41:54.88 WPS	27:10.15 72.82%

Event 33 W80 5000 Meter Race Walk

44:40.00 80 SA Nat colours std

Name	Age	Team	Seed	Finals	Age-Grading
1 # 1937 Reid, Peggy	W82	SPARTAN HARRIERS AC		43:16.33 SA	25:34.96 77.33%

Event 34 M45 5000 Meter Race Walk

25:45.00 45 SA Nat colours std
28:42.00 45 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 772 Mc Donald, Ross	M45	VARSITY OLD BOYS AC		28:15.47 WPS	25:47.63 69.63%

Event 34 M50 5000 Meter Race Walk

26:45.00 50 SA Nat colours std
30:00.00 50 WPS WP Colours Standard

Name	Age	Team	Seed	Finals	Age-Grading
1 # 476 Philips, Kevin	M54	RUNWALK FOR LIFE AC		26:19.38 SA	23:03.38 77.90%
2 #10712 Fisher, Ebrahima	M52	ARD ATHLETIC CLUB		29:16.22 WPS	25:38.28 70.05%
3 # 8804 Nicholas, Jefrd	M50	EASTERNS AC		33:19.55	29:11.41 61.53%



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27:55.00 55 SA Nat colours std
31:42.00 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 9761 Papier, Adam	M56 BRACKENFELL ACC		29:11.58 WPS	24:29.58 73.33%
2 # 7199 Hector, Douglas	M59 LANGEBAAN AC		32:44.77	27:28.45 65.37%
3 # 1805 Donson, Hilton	M55 SPARTAN HARRIERS AC		35:24.85	29:42.75 60.45%

Event 34 M60 5000 Meter Race Walk

29:15.00 60 SA Nat colours std
33:00.00 60 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 5073 Bosman, Marius	M62 BELLVILLE AC		31:32.17 WPS	25:14.88 71.13%
2 # 1150 Fuller, Raymond	M61 VARSITY OLD BOYS AC		31:38.07 WPS	25:19.60 70.91%

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 # 4647 Van Zyl, Johan	M70 SANLAM AC		31:04.46 SA	23:37.00 76.05%
1 # 7546 Diedericks, Len	M74 CAPE MULTI-SPORT		33:44.68 WPS	24:11.70 74.23%

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 # 7054 Spencer, Jurgen	M78 BELLVILLE AC		32:29.54 SA	21:49.71 82.28%

Event 35 W15-19 Triple Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 35 Donough, Ameera	W18 ULTRA AC		11.08m	1.2	11.08m 71.48%

Event 36 M15-19 Triple Jump

Name	Age Team	Seed	Finals	Wind	Age-Grading
-- # 9960 Matthee, Karl-Ott	M19 TYGERBERG AC		ND	NWI	

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 # 9959 Matthee, Gilomee	M51 TYGERBERG AC		10.24m WPS	1.8	12.27m 67.10%



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

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 # 8019 Marais-Cupido, Me	W45	INTOUCH AC		21:01.94 WPS	19:14.68 74.89%
2 # 2110 De Villiers, Cori	W47	NEDBANK WP		21:48.19 WPS	19:57.00 72.24%

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 # 9937 Du Bruyn, Linda	W55	TYGERBERG AC		23:42.32 WPS	19:40.53 73.25%

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		17:09.82 WPS	17:09.83 73.51%

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 #11977 Van Rooyen, Chris	M42	BOXER WP ATH CLUB		16:38.67 WPS	16:03.82 78.54%
2 # 7522 Van Der Walt, Tja	M41	CAPE MULTI-SPORT		17:14.23 WPS	16:38.14 75.84%
3 #13375 Juries, Chubasco	M43	ITHEKO AC		20:21.76	19:39.13 64.20%

Event 38 M45 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
	16:07.00	45 SA Nat colours std			
	18:45.00	45 WPS WP Colours Standard			
1 # 5406 Hill, Theodore	M48	EDGEHEAD AC		21:15.87	19:46.82 63.78%

Event 38 M55 5000 Meter Run

Name	Age	Team	Seed	Finals	Age-Grading
	17:33.00	55 SA Nat colours std			
	20:00.00	55 WPS WP Colours Standard			
1 # 2655 Martinesen, Selwy	M55	DURBANVILLE AC		23:04.87	19:51.55 63.53%
2 # 6252 Orione, Massimo	M56	HOUTBAAI		26:59.73	23:13.62 54.32%



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

Event 39 W30 Weight Throw

7.83m 30 WPS WP Colours Standard							
Name	Age Team	Seed	Finals	Age-Grading			
1 #13007 La Grange, Rachel	W30 BELLVILLE AC		8.07m WPS	8.07m	34.19%		
2 # 7038 Hattingh, Olive	W32 BELLVILLE AC		5.68m	5.68m	24.07%		

Event 39 W35 Weight Throw

12.00m 35 SA Nat colours std							
9.52m 35 WPS WP Colours Standard							
Name	Age Team	Seed	Finals	Age-Grading			
1 # 9961 Gerstner, Juanita	W36 TYGERBERG AC		10.03m WPS	10.95m	46.41%		

Event 39 W40 Weight Throw

11.50m 40 SA Nat colours std							
9.40m 40 WPS WP Colours Standard							
Name	Age Team	Seed	Finals	Age-Grading			
1 # 118 Kruger, Sanet	W42 BELLVILLE AC		10.04m WPS	11.89m	50.43%		

Event 39 W55 Weight Throw

10.50m 55 SA Nat colours std							
Name	Age Team	Seed	Finals	Age-Grading			
1 # 9935 Dramat, Farieda	W59 TYGERBERG AC		7.36m	9.50m	40.28%		

Event 39 W60 Weight Throw

11.00m 60 SA Nat colours std							
Name	Age Team	Seed	Finals	Age-Grading			
1 #13286 Stofberg, Tertia	W64 BELLVILLE AC		9.15m	11.07m	46.95%		

Event 39 W65 Weight Throw

10.00m 65 SA Nat colours std							
Name	Age Team	Seed	Finals	Age-Grading			
1 # 9046 Erasmus, Zelda	W66 BELLVILLE AC		11.21m SA	14.86m	62.98%		
2 # 954 Griesel, Ronel	W66 BOLMA		9.15m	12.13m	51.40%		
3 #11112 Du Toit, Aletta	W67 BELLVILLE AC		7.62m	10.10m	42.81%		

Event 39 W70 Weight Throw

9.00m 70 SA Nat colours std							
Name	Age Team	Seed	Finals	Age-Grading			
1 #11111 Grobbelaar, Elize	W73 BELLVILLE AC		7.37m	10.80m	45.80%		



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

Event 40 M35 Weight Throw

=====						
13.50m		35 SA Nat	colours std			
9.00m		35 WPS WP	Colours Standard			
Name	Age	Team	Seed	Finals	Age-Grading	
=====						
1 # 4342	Wiener, Shukri	M37	PINELANDS AC	10.29m WPS	10.49m 40.59%	

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 # 4166	Wale, Anton	M66	PINELANDS AC	14.05m WPS	15.66m 60.59%	
2 # 9047	Erasmus, Nick	M68	BELLVILLE AC	10.25m WPS	11.43m 44.20%	

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	16.20m SA	18.48m 71.46%	

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	12.58m SA	16.40m 63.44%	

