

**Leo Benning Meeting No 5 - 9 March 2019 - 2019/03/09****Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 1 W20-29 Hammer Throw**

Name	Age Team	Seed	Finals	Age-Grading
Finals				
1 # 1343 Clair, Juliane	W20 INDIVIDUAL ENTRY		45.30m	45.30m 58.83%

**Event 1 W30 Hammer Throw**

25.00m 30 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading
1 # 7038 Hattingh, Olive	W32 BELLVILLE AC		18.78m	18.78m 24.39%

**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		29.66m WPS	34.88m 45.31%

**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 # 9935 Dramat, Farieda	W60 TYGERBERG AC		21.60m WPS	33.16m 43.07%

**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		24.13m SA	41.11m 53.40%
-- #11112 Du Toit, Aletta	W67 BELLVILLE AC		ND	

**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
-- #11111 Grobbelaar, Elize	W73 BELLVILLE AC		ND	

**Event 2 M30 Hammer Throw**

38.16m 30 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading
1 # 126 Rix, Andre	M32 TITANS		13.93m	13.93m 16.06%



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**Leo Benning Meeting No 5 - 9 March 2019 - 2019/03/09****Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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		32.83m WPS	33.81m 38.99%

**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 # 9047 Erasmus, Nick	M68 BELLVILLE AC		24.90m	36.49m 42.08%

**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		32.83m WPS	47.68m 54.97%

**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		30.56m SA	57.00m 65.72%

**Event 3 W65 80 Short Hurdles**

18.00 65 SA Nat colours std  
19.94 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #14619 Jonkers, Margaret	W69 NANTES ATH CLUB		15.79 SA	4.8	14.22 85.88%

**Event 5 W15-19 100 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #20091 du Plessis, Stefa	W16 BELLVILLE AC		15.79	4.8	15.80 77.33%

**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		15.45 SA	6.1	14.84 86.99%
2 # 7882 Christians, Alwyn	M52 SA DEFENCE FORCE AC		20.54 WPS	6.1	19.73 65.43%



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

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

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 19 Madini, Azile	M19 UNIVERSITY WESTE		14.91	3.3	14.92 86.59%
2 #20972 Ryan, Ashton	M18 UNIVERSITY WESTE		14.98	3.3	14.99 86.18%
3 #20107 Grunewald, Jarrod	M18 BELLVILLE AC		15.33	3.3	15.34 84.21%
4 #20438 Van Ster, Hubeid	M17 BELLVILLE AC		15.37	3.3	15.38 83.99%
5 #12354 Field, Jamie	M17 ULTRA AC		16.71	3.3	16.72 77.26%
6 #20498 Kandaya, Hanif	M16 BELLVILLE AC		19.69	3.3	19.70 65.57%

**Event 7 M20-29 110 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #15411 Riddles, Darren	M20 BELLVILLE AC		14.81	3.3	14.82 87.17%
2 # 146 Theunis, Elgar	M23 ULTRA AC		16.33	3.3	16.34 79.06%

**Event 8 W15-19 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
1 #20813 Sophile, Sibongil	W15 GUGULETHU AC		8.17m	8.17m 36.10%

**Event 8 W30 Shot Put**

8.03m 30 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading
1 # 7038 Hattingh, Olive	W32 BELLVILLE AC		5.57m	5.57m 24.61%

**Event 8 W40 Shot Put**

10.23m 40 SA Nat colours std				
8.60m 40 WPS WP Colours Standard				
Name	Age Team	Seed	Finals	Age-Grading
1 # 118 Kruger, Sanet	W42 BELLVILLE AC		9.37m WPS	10.40m 45.95%
2 #13117 Steenkamp, Ramona	W40 EERSTERIVIER AC		6.96m	7.72m 34.13%

**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 # 9935 Dramat, Farieda	W60 TYGERBERG AC		8.38m WPS	12.58m 55.61%
2 #13286 Stoffberg, Tertia	W64 BELLVILLE AC		6.82m WPS	10.24m 45.26%

**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		8.33m SA	13.82m 61.12%



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-- #11112 Du Toit, Aletta W67 BELLVILLE AC ND

**Event 9 M15-19 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
1 #20498 Kandaya, Hanif	M16 BELLVILLE AC		10.18m	10.18m 44.03%

**Event 9 M20-29 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
1 # 2103 Weir, Zane	M23 INDIVIDUAL ENTRY		17.80m	17.80m 76.99%

**Event 9 M30 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
12.10m 30 WPS WP Colours Standard				
1 # 7048 Sheldon, Lee-Roy	M33 BELLVILLE AC		9.39m	9.39m 40.61%
2 # 126 Rix, Andre	M32 TITANS		6.72m	6.72m 29.07%

**Event 9 M35 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
14.00m 35 SA Nat colours std				
11.50m 35 WPS WP Colours Standard				
1 # 4342 Wiener, Shukri	M37 PINELANDS AC		11.37m	11.79m 51.01%

**Event 9 M40 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
13.24m 40 SA Nat colours std				
10.70m 40 WPS WP Colours Standard				
1 #13288 Lewies, Daniel	M40 BELLVILLE AC		11.84m WPS	13.18m 57.03%
2 # 3490 Ismail, Keyaam	M44 ITHEKO AC		8.17m	9.09m 39.35%

**Event 9 M50 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
13.32m 50 SA Nat colours std				
10.00m 50 WPS WP Colours Standard				
1 # 2142 Isaacs, Duncan	M50 NEDBANK WP		7.07m	8.28m 35.83%

**Event 9 M65 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading
11.33m 65 SA Nat colours std				
8.50m 65 WPS WP Colours Standard				
1 # 9047 Erasmus, Nick	M68 BELLVILLE AC		8.76m WPS	11.91m 51.56%



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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		11.67m WPS	14.94m 64.65%

**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		9.05m WPS	13.62m 58.92%

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

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #20091 du Plessis, Stefa	W16 BELLVILLE AC		27.03	5.0	27.04 78.95%
2 # 1345 Genis, Marsune	W15 INDIVIDUAL ENTRY		29.74	5.0	29.75 71.76%

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

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 7260 King, Geraldine	W21 UNIVERSITY WESTE		27.09	5.0	27.10 78.77%
2 #10597 Arendse, Caitlin	W23 UNIVERSITY OF CA		27.95	5.0	27.96 76.35%

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

28.14 30 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 6880 Walters, Marike	W32 CAPE PEN UNIVERS		26.98 WPS	5.0	26.99 79.10%
2 # 9932 Van Rensburg, Mar	W34 TYGERBERG AC		29.65	5.0	29.66 71.97%

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

27.38 35 SA Nat colours std

28.74 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 #13011 Kotze, Retha	W39 BELLVILLE AC		29.12	3.7	28.26 75.55% 2

**Event 10 W40 200 Meter Dash 200M - WOMEN**

27.72 40 SA Nat colours std

30.24 40 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 8062 Tregonning, Rushd	W44 HEWAT ATH CLUB		31.11	3.7	29.07 73.42% 2



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**Leo Benning Meeting No 5 - 9 March 2019 - 2019/03/09****Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 10 W55 200 Meter Dash 200M - WOMEN**

31.32 55 SA Nat colours std

36.24 55 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 7214 Beukes, Ronel	W59 LANGEBAAN AC		30.08 SA	3.7	24.86 85.87% 2

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

36.91 65 SA Nat colours std

40.24 65 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 #14619 Jonkers, Margaret	W69 NANTES ATH CLUB		41.63	3.7	31.40 67.96% 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		53.65	3.7	31.43 67.92% 2

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

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 #20101 De Vos, Mc Donald	M19 UNIVERSITY WESTE		23.55	3.6	23.56 82.04% 4
2 #20035 Ismail, Tauriq	M16 ITHEKO AC		23.65	3.6	23.66 81.69% 4
3 #20969 Correia, Jayden	M16 UNIVERSITY WESTE		25.30	3.6	25.31 76.36% 4
4 #20303 Petersen, Ameen	M18 TITANS		26.07	3.6	26.08 74.11% 4

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

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 #13296 Appel, Kyle	M20 BELLVILLE AC		21.78	3.6	21.79 88.71% 4
2 # 7254 Van der Merwe, Ke	M23 ITHEKO AC		22.27	3.0	22.28 86.75% 3
3 Flagg, Jaden	M24 STRAND AC		22.44	3.6	22.45 86.10% 4
4 # 7295 Scheepers, Dyllon	M21 UNIVERSITY WESTE		22.96	3.0	22.97 84.15% 3
5 # 6863 Arendse, Jody	M24 CAPE PEN UNIVERSE		23.53	3.0	23.54 82.11% 3
6 # 9946 Cameron, Kurt	M26 TYGERBERG AC		24.09	3.0	24.10 80.20% 3
7 #10495 Jambawu, Munashe	M22 UNIVERSITY OF CA		24.16	3.0	24.17 79.97% 3
8 # 2123 Udu, Pascal	M29 TYGERBERG AC		24.54	3.6	24.55 78.73% 4
9 # 9965 Nare, Kabo	M25 TYGERBERG AC		24.55	3.0	24.56 78.70% 3
10 # 2101 Mfoutou, Edgar	M22 TYGERBERG AC		25.40	3.0	25.41 76.06% 3

**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 # 1350 Engel, Roscoe	M30 TYGERBERG AC		21.53 WPS	3.0	21.54 89.74% 3



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22.90 35 SA Nat colours std

24.44 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 #13348 Dreyer, Jonathan	M37 ITHEKO AC		22.70 SA	2.6	22.33 86.52%	2
2 # 7055 Le Grange, Jacobu	M38 BELLVILLE AC		25.79	2.6	25.37 76.15%	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 Mentoor, Ricardo	M41 WPA		23.54 WPS	2.6	22.45 86.07%	2

**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		24.64 WPS	2.6	22.76 84.90%	2
2 # 1329 Cloete, John	M47 BELLVILLE AC		25.64 WPS	2.6	23.68 81.59%	2
3 # 1347 Home, James	M47 INDIVIDUAL ENTRY		26.89	2.6	24.84 77.80%	2
4 # 6871 Cottee, Alistair	M49 CAPE PEN UNIVERS		27.36	2.6	25.27 76.46%	2
5 # 1314 Adendorff, Winsto	M48 INDIVIDUAL ENTRY		28.43	2.6	26.26 73.58%	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
1 # 3314 Toll, Michael	M54 ITHEKO AC		27.13 WPS	2.6	24.24 79.73%
2 # 2142 Isaacs, Duncan	M50 NEDBANK WP		31.92	2.6	28.52 67.76%
3 # 9938 Moors, Reinhard	M50 TYGERBERG AC		32.32	2.6	28.88 66.92%

**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
1 # 7263 Warriess, Joseph	M63 UNIVERSITY WESTE		28.60 WPS	2.6	23.83 81.08%

**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
1 # 617 Deetlefs, Pietie	M66 BOLMA		30.05 WPS	2.6	24.07 80.30%



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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		37.05 SA	2.6	24.82 77.87%

**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 # 6872 Ridge, Arthur	M88 CAPE PEN UNIVERS		40.89 SA	2.6	24.75 78.09%

**Event 12 W15-19 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 24 Duncan, Lene	W19 TYGERBERG AC		5.19m	2.9	5.19m 69.02%
2 # 35 Donough, Ameera	W18 ULTRA AC		4.79m	5.3	4.79m 63.70%
3 # 9964 Hartzenberg, Cour	W19 TYGERBERG AC		3.58m	5.1	3.58m 47.61%
-- # 1345 Genis, Marsune	W15 INDIVIDUAL ENTRY		ND	NWI	

**Event 12 W20-29 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 365 Chevalier, Micael	W22 MADIBAZ		5.00m	5.0	5.00m 66.49%
2 Samuel, Nadia	W21 PAROW AC		3.98m	4.9	3.98m 52.93%

**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
-- # 1346 Genis, Tanya	W39 INDIVIDUAL ENTRY		ND	NWI	

**Event 13 M15-19 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 22 Parker, Tashriq	M18 ULTRA AC		6.61m	6.4	6.61m 73.85%
2 #12354 Field, Jamie	M17 ULTRA AC		5.65m	3.1	5.65m 63.13%
3 Isaacs, Keanu	M17 BELLVILLE AC		5.56m	4.9	5.56m 62.12%

**Event 13 M20-29 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #10465 Babyi, Neo	M20 UNIVERSITY OF CA		6.68m	2.7	6.68m 74.64%



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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		4.36m	2.5	4.75m 53.11%

**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 # 7882 Christians, Alwyn	M52 SA DEFENCE FORCE AC		4.99m WPS	4.5	6.13m 68.54%
2 # 9959 Matthee, Gilomee	M51 TYGERBERG AC		4.98m WPS	1.8	6.11m 68.41%
3 #13330 Neff, Freddie	M50 CORRECTIONAL SER		4.62m WPS	4.4	5.67m 63.46%

**Event 14 W30 800 Meter Run**

2:39.00 30 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 2234 Griffiths, Kobie	W34 NEDBANK WP		2:24.73 WPS	2:24.74 78.27%
2 # 2292 Jacobs, Mandy-Lee	W30 NEDBANK WP		2:36.19 WPS	2:36.20 72.53%

**Event 14 W35 800 Meter Run**

2:29.00 35 SA Nat colours std

2:44.00 35 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Age-Grading
1 # 6866 Loock-Bezuidenhou	W36 CAPE PEN UNIVERS		2:43.37 WPS	2:42.57 69.68%

**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 # 1348 Graf, Barbara	W53 SWITZERLAND		2:59.41 WPS	2:36.25 72.50%

**Event 15 M12-19 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#
1 Johnson, Kian	M15 MILNERTON AC		2:03.60	2:03.61 81.80%	2
2 # 2107 Anema, Nicolas	M16 INDIVIDUAL ENTRY		2:09.02	2:09.03 78.37%	2
3 #20835 Dodi, Lutho	M15 GUGULETHU AC		2:40.93	2:40.94 62.83%	2
-- # 7283 Lindt, Darryl	M19 UNIVERSITY WESTE		DNF		2

**Event 15 M20-29 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#
1 # 4174 Bestenbier, Oscar	M22 NEDBANK WP		1:59.01	1:59.02 84.96%	2



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2	#10449	Dean-Brown, Julia	M21	UNIVERSITY OF CA		2:03.84	2:03.85	81.65%	2
3	# 2102	Bestenbier, Austi	M22	NEDBANK WP		2:08.67	2:08.68	78.58%	2
4		Maqetuka, Sipho	M24	MADIBAZ		2:08.86	2:08.87	78.47%	2
5	#10496	Ackermann, Jordan	M20	UNIVERSITY OF CA		2:17.50	2:17.51	73.53%	2
6	#10495	Jambawu, Munashe	M22	UNIVERSITY OF CA		2:31.15	2:31.16	66.89%	2
--	#10473	Uukuna, Marco	M20	UNIVERSITY OF CA		DNF			2
--	# 2109	Steele, Nolan	M26	INDIVIDUAL ENTRY		DNF			2

**Event 15 M30 800 Meter Run**

=====									
		2:02.00	30	WPS WP	Colours Standard				
Name	Age	Team	Seed	Finals	Age-Grading				
=====									
1	# 2111	Classens, Ashwyn	M32	CAPE MULTI-SPORT		2:07.92		2:07.93	79.04%

**Event 15 M40 800 Meter Run**

=====									
		2:01.00	40	SA Nat	colours std				
		2:14.00	40	WPS WP	Colours Standard				
Name	Age	Team	Seed	Finals	Age-Grading				
=====									
1	#13375	Juries, Chubasco	M43	ITHEKO AC		2:28.40		2:21.88	71.27%

**Event 15 M45 800 Meter Run**

=====									
		2:07.00	45	SA Nat	colours std				
		2:22.00	45	WPS WP	Colours Standard				
Name	Age	Team	Seed	Finals	Age-Grading				
=====									
1	# 6899	Bezuidenhout, Rog	M45	CAPE PEN UNIVERS		2:26.39		2:14.73	75.05%
2	# 2115	Rangasamy, Endhra	M49	INDIVIDUAL ENTRY		3:16.30		3:00.66	55.97%

**Event 15 M50 800 Meter Run**

=====									
		2:11.00	50	SA Nat	colours std				
		2:26.00	50	WPS WP	Colours Standard				
Name	Age	Team	Seed	Finals	Age-Grading				
=====									
1	#10224	Swart, Dries	M54	ATHLANTIC TRIATH		2:46.68		2:27.47	68.57%

**Event 20 M20-29 400 Long Hurdles**

=====									
Name	Age	Team	Seed	Finals	Age-Grading				
=====									
1	#13284	Joshua, Nurdeen	M20	BELLVILLE AC		58.48		58.49	79.99%

**Event 21 W15-19 Discus Throw**

=====									
Name	Age	Team	Seed	Finals	Age-Grading				
=====									
1	# 1898	Stassen, Heidie	W18	STELLENBOSCH UNI AC		37.20m		37.20m	48.44%
2	#20813	Sophile, Sibongil	W15	GUGULETHU AC		17.35m		17.35m	22.59%



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Name	Age Team	Seed	Finals	Age-Grading
1 # 921 Coetzee, Chane	W21 PAARL AC		42.69m	42.69m 55.59%

**Event 21 W30 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading
29.82m 30 WPS WP Colours Standard				
1 # 7038 Hattingh, Olive	W32 BELLVILLE AC		11.58m	11.58m 15.08%

**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 # 118 Kruger, Sanet	W42 BELLVILLE AC		27.25m WPS	30.38m 39.56%
2 #13117 Steenkamp, Ramona	W40 EERSTERIVIER AC		14.00m	15.61m 20.33%

**Event 21 W60 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading
23.80m 60 SA Nat colours std				
16.00m 60 WPS WP Colours Standard				
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC		21.09m WPS	33.66m 43.83%
2 #13286 Stoffberg, Tertia	W64 BELLVILLE AC		15.98m	25.50m 33.21%

**Event 21 W65 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading
21.00m 65 SA Nat colours std				
15.00m 65 WPS WP Colours Standard				
1 # 9046 Erasmus, Zelda	W66 BELLVILLE AC		19.72m WPS	35.35m 46.03%
-- #11112 Du Toit, Aletta	W67 BELLVILLE AC		ND	

**Event 21 W70 Discus Throw**

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

**Event 22 M15-19 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading
-- #20498 Kandaya, Hanif	M16 BELLVILLE AC		ND	



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34.48m 30 WPS WP Colours Standard							
Name	Age	Team	Seed	Finals	Age-Grading		
1 # 7048 Sheldon, Lee-Roy	M33	BELLVILLE AC		29.86m	29.86m	40.31%	
2 # 126 Rix, Andre	M32	TITANS		14.87m	14.87m	20.07%	

**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		36.70m WPS	37.22m	50.25%	

**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 #13288 Lewies, Daniel	M40	BELLVILLE AC		33.66m WPS	37.07m	50.04%	
2 # 3490 Ismail, Keyaam	M44	ITHEKO AC		20.82m	22.93m	30.95%	

**Event 22 M50 Discus Throw**

43.92m 50 SA Nat colours std							
28.00m 50 WPS WP Colours Standard							
Name	Age	Team	Seed	Finals	Age-Grading		
1 # 2142 Isaacs, Duncan	M50	NEDBANK WP		20.72m	21.17m	28.58%	

**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 # 9047 Erasmus, Nick	M68	BELLVILLE AC		27.41m	31.89m	43.06%	

**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		32.63m WPS	41.70m	56.30%	

**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		28.46m SA	46.79m	63.16%	



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Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #20091 du Plessis, Stefa	W16 BELLVILLE AC		12.68	3.6	12.69 82.73%
2 #13295 du Plessis, Keles	W19 BELLVILLE AC		12.88	3.6	12.89 81.44%

**Event 23 W20-29 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 # 7294 Haupt, Robyn	W23 UNIVERSITY WESTE		12.10	3.6	12.11 86.69%
2 # 7049 Adelou, Alice	W22 BELLVILLE AC		12.29	3.6	12.30 85.35%

**Event 23 W30 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
13.64 30 WPS WP Colours Standard					
1 # 6880 Walters, Marike	W32 CAPE PEN UNIVERS	12.88 WPS	3.9	12.89	81.44% 2

**Event 23 W35 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
13.21 35 SA Nat colours std					
13.84 35 WPS WP Colours Standard					
1 #13011 Kotze, Retha	W39 BELLVILLE AC	14.04	3.9	13.90	75.50% 2
2 # 2117 Grimwood, Kim	W37 UNIVERSITY OF CA	15.17	3.9	15.02	69.87% 2
3 #13956 Petersen, Fadwah	W39 TITANS	16.33	3.9	16.17	64.91% 2
4 # 1346 Genis, Tanya	W39 INDIVIDUAL ENTRY	16.35	3.9	16.19	64.83% 2

**Event 23 W40 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
13.47 40 SA Nat colours std					
14.74 40 WPS WP Colours Standard					
1 # 8062 Tregonning, Rushd	W44 HEWAT ATH CLUB	14.15 WPS	3.8	13.52	77.67% 3
2 # 6868 Borchartd, Nadine	W44 CAPE PEN UNIVERS	14.26 WPS	3.8	13.62	77.07% 3
3 #13117 Steenkamp, Ramona	W40 EERSTERIVIER AC	18.76	3.8	17.92	58.58% 3

**Event 23 W45 100 Meter Dash**

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
13.83 45 SA Nat colours std					
15.74 45 WPS WP Colours Standard					
1 # 7222 Figland, Beverley	W48 UNIVERSITY WESTE	13.82 SA	3.8	12.71	82.56% 3



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**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		13.76 SA	3.8	11.69 89.75% 3

**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 #14619 Jonkers, Margaret	W69 NANTES ATH CLUB		18.07 WPS	3.8	14.08 74.54% 3

**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		23.24	3.8	14.93 70.31% 3

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

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 18 Weber, Jason	M18 BELLVILLE AC		10.78	4.2	10.79 90.82% 2
2 #20500 Jacobs, Jodi	M18 BELLVILLE AC		11.14	4.2	11.15 87.88% 2
3 #24995 Rose, Jody	M15 BELLVILLE AC		11.35	4.6	11.36 86.26% 1
4 # 22 Parker, Tashriq	M18 ULTRA AC		11.37	4.2	11.38 86.10% 2
5 Soggop, Keanan	M15 ULTRA AC		11.54	4.6	11.55 84.84% 1
6 #10505 Hendricks, Shahee	M18 UNIVERSITY OF CA		11.58	4.2	11.59 84.54% 2
7 #20107 Grunewald, Jarrod	M18 BELLVILLE AC		11.67	4.2	11.68 83.89% 2
8 Isaacs, Keanu	M17 BELLVILLE AC		11.68	4.6	11.69 83.82% 1
9 #10543 Hoedemaker, Jaden	M19 UNIVERSITY OF CA		11.71	4.2	11.72 83.60% 2
10 #20969 Correia, Jayden	M16 UNIVERSITY WESTE		12.09	4.6	12.10 80.98% 1
11 #20303 Petersen, Ameen	M18 TITANS		12.43	4.2	12.44 78.76% 2

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

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 7231 Linnen, Tyler	M23 UNIVERSITY WESTE		10.56	2.0	10.57 92.71% 3
2 #13296 Appel, Kyle	M20 BELLVILLE AC		10.75	3.5	10.76 91.07% 4
3 # 2120 Robertson, Ashwin	M20 INDIVIDUAL ENTRY		10.84	3.5	10.85 90.31% 4
4 # 7254 Van der Merwe, Ke	M23 ITHEKO AC		10.86	3.5	10.87 90.15% 4
5 # 2108 Parrish, Sherman	M21 BELLVILLE AC		11.02	2.0	11.03 88.84% 3
6 # 2113 Fadzi, Luckmore	M23 TYGERBERG AC		11.07	3.5	11.08 88.44% 4
7 # 9946 Cameron, Kurt	M26 TYGERBERG AC		11.28	2.0	11.29 86.79% 3
8 #10465 Babyi, Neo	M20 UNIVERSITY OF CA		11.35	3.5	11.36 86.26% 4
9 # 9965 Nare, Kabo	M25 TYGERBERG AC		11.60	3.5	11.61 84.40% 4
10 # 2123 Udu, Pascal	M29 TYGERBERG AC		11.73	2.0	11.74 83.46% 3
11 # 2101 Mfoutou, Edgar	M22 TYGERBERG AC		11.84	3.5	11.85 82.69% 4
12 # 146 Theunis, Elgar	M23 ULTRA AC		12.30	2.0	12.31 79.59% 3
13 # 2118 Engelbrecht, Abra	M24 TYGERBERG AC		13.26	2.0	13.27 73.83% 3



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11.84 30 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#
1 # 1350 Engel, Roscoe	M30 TYGERBERG AC		10.39 WPS	2.5	10.40 94.23%	5
2 # 2114 Jakubzyk, Lucas	M30 GERMANY		10.73 WPS	2.5	10.74 91.24%	5
3 # 2116 Hiebner, Gareth	M32 INDIVIDUAL ENTRY		11.95	2.5	11.96 81.92%	5
4 # 1349 Louw, Stefan	M31 INDIVIDUAL ENTRY		12.14	2.5	12.15 80.64%	5

**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		11.09 SA	2.5	10.95 89.45%	5
2 #13292 Venter, Pierre	M39 BELLVILLE AC		12.21	2.5	12.06 81.24%	5

**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 Mentoer, Ricardo	M41 WPA		11.72 WPS	1.6	11.23 87.20%	6
2 #13375 Juries, Chubasco	M43 ITHEKO AC		14.82	1.6	14.20 68.96%	6

**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 # 1329 Cloete, John	M47 BELLVILLE AC		12.28 WPS	1.6	11.41 85.83%	6
2 # 1347 Home, James	M47 INDIVIDUAL ENTRY		12.95 WPS	1.6	12.03 81.39%	6
3 # 1314 Adendorff, Winsto	M48 INDIVIDUAL ENTRY		13.57	1.6	12.61 77.67%	6
-- #13836 Basson, Marius	M46 ORANJERIVIER AK		DNF	1.6		6

**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		12.84 WPS	3.7	11.56 84.74%	7
2 # 3314 Toll, Michael	M54 ITHEKO AC		12.85 WPS	3.7	11.56 84.67%	7
3 # 6869 Russell, Scott	M50 CAPE PEN UNIVERS		13.04 WPS	3.7	11.74 83.44%	7
4 # 9959 Matthee, Gilomee	M51 TYGERBERG AC		13.07 WPS	3.7	11.76 83.24%	7
5 #13330 Neff, Freddie	M50 CORRECTIONAL SER		14.18	3.7	12.76 76.73%	7
6 # 9938 Moors, Reinhard	M50 TYGERBERG AC		14.90	1.6	13.41 73.02%	6
7 # 2142 Isaacs, Duncan	M50 NEDBANK WP		15.01	1.6	13.51 72.49%	6



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**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 # 7047 Myburgh, Johan	M57 BELLVILLE AC		12.54 WPS	3.7	10.92 89.71% 7

**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	M63 UNIVERSITY WESTE		13.42 WPS	3.7	11.30 86.74% 7

**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	M66 BOLMA		13.90 WPS	3.7	11.28 86.83% 7

**Event 24 M80 100 Meter Dash**

17.50 80 SA Nat colours std  
19.50 80 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 846 Van Zyl, Jakobus	M81 VARSITY OLD BOYS AC		16.90 SA	2.9	11.78 83.14% 8

**Event 24 M85 100 Meter Dash**

21.00 85 SA Nat colours std  
22.00 85 WPS WP Colours Standard

Name	Age Team	Seed	Finals	Wind	Age-Grading H#
1 # 7040 Cross, Ronald	M85 BELLVILLE AC		17.17 SA	2.9	11.03 88.76% 8
2 # 6872 Ridge, Arthur	M88 CAPE PEN UNIVERS		18.66 SA	2.9	11.99 81.67% 8

**Event 25 W20-29 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
-- # 7265 Uys, Brittany	W22 UNIVERSITY WESTE		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 # 6647 Lategan, Jill	W47 GOODWOOD HARRIERS		1.21m WPS	1.40m 67.22%



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**Leo Benning Meeting No 5 - 9 March 2019 - 2019/03/09****Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 26 M15-19 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1 # 194 Rogers, Jamiel	M17 PAARL AC		1.85m	1.85m 75.51%

**Event 26 M30 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1.63m 30 WPS WP Colours Standard				
1 # 1349 Louw, Stefan	M31 INDIVIDUAL ENTRY		1.85m WPS	1.85m 75.51%

**Event 26 M35 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1.85m 35 SA Nat colours std				
1.58m 35 WPS WP Colours Standard				
1 #13292 Venter, Pierre	M39 BELLVILLE AC		1.55m	1.59m 64.85%

**Event 26 M55 High Jump**

Name	Age Team	Seed	Finals	Age-Grading
1.51m 55 SA Nat colours std				
1.33m 55 WPS WP Colours Standard				
1 # 9945 Bredeveltdt, Neal	M58 BOLMA		1.50m WPS	1.84m 75.00%

**Event 27 W30 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading
5:16.00 30 WPS WP Colours Standard				
1 # 2088 Du Plessis, Madel	W30 NEDBANK WP		5:26.60	5:26.61 71.18%

**Event 27 W45 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading
5:13.00 45 SA Nat colours std				
6:15.00 45 WPS WP Colours Standard				
1 # 2804 Brink, Elizabeth	W45 DURBANVILLE AC		6:19.52	5:43.17 67.74%

**Event 27 W60 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading
6:09.00 60 SA Nat colours std				
7:10.00 60 WPS WP Colours Standard				
1 # 1957 James, Pamela	W61 SPARTAN HARRIERS AC		8:07.83	6:18.51 61.42%



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Name	Age Team	Seed	Finals	Age-Grading
1 #20506 Fortuin, Adiel	M16 ITHEKO AC		4:36.43	4:36.44 74.52%
2 #20505 Booysen, Curtis	M17 ITHEKO AC		4:45.69	4:45.70 72.11%
3 # 7283 Lindt, Darryl	M19 UNIVERSITY WESTE		4:46.30	4:46.31 71.95%
4 #20507 Flink, Gavin	M14 ITHEKO AC		5:14.15	5:14.16 65.57%
5 #20835 Dodi, Lutho	M15 GUGULETHU AC		5:46.00	5:46.01 59.54%

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

Name	Age Team	Seed	Finals	Age-Grading
1 Maqetuka, Siphon	M24 MADIBAZ		4:36.62	4:36.63 74.47%

**Event 28 M40 1500 Meter Run**

4:06.00	40 SA Nat colours std			
4:43.00	40 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading
1 #11977 Van Rooyen, Chris	M42 BOXER WP ATH CLUB		4:19.14 WPS	4:06.68 83.51%
2 # 7522 Van Der Walt, Tja	M41 CAPE MULTI-SPORT		4:50.99	4:37.00 74.37%

**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 # 139 Philander, Tobias	M54 ITHEKO AC		4:47.36 WPS	4:10.90 82.11%
-- #10224 Swart, Dries	M54 ATHLANTIC TRIATH		DNF	

**Event 29 W20-29 400 Meter Dash**

Name	Age Team	Seed	Finals	Age-Grading
1 #10597 Arendse, Caitlin	W23 UNIVERSITY OF CA		1:05.10	1:05.11 73.12%

**Event 29 W50 400 Meter Dash**

1:09.52	50 SA Nat colours std			
1:20.14	50 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading
1 # 1348 Graf, Barbara	W53 SWITZERLAND		1:17.45 WPS	1:06.42 71.67%

**Event 29 W55 400 Meter Dash**

1:14.70	55 SA Nat colours std			
1:24.14	55 WPS WP Colours Standard			
Name	Age Team	Seed	Finals	Age-Grading
1 # 3004 Ruppert, Annette	W55 STRAND AC		1:16.88 WPS	1:02.79 75.81%
2 # 1337 Brink, Lucy	W56 BELLVILLE AC		1:27.53	1:11.49 66.58%



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Name	Age Team	Seed	Finals	Age-Grading	H#
1 #12354 Field, Jamie	M17 ULTRA AC		53.59	53.60 80.57%	4
2 #21088 Valensky, Tyrique	M17 PAROW AC		55.77	55.78 77.43%	4
3 #10505 Hendricks, Shahee	M18 UNIVERSITY OF CA		59.01	59.02 73.17%	4
4 #20498 Kandaya, Hanif	M16 BELLVILLE AC		1:03.44	1:03.45 68.06%	4

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

Name	Age Team	Seed	Finals	Age-Grading	H#
1 # 7254 Van der Merwe, Ke	M23 ITHEKO AC		50.19	50.20 86.03%	3
2 Flag, Jaden	M24 STRAND AC		51.17	51.18 84.39%	3
3 # 7281 Burgess, Rheece	M20 UNIVERSITY WESTE		52.38	52.39 82.44%	3
4 # 6863 Arendse, Jody	M24 CAPE PEN UNIVERS		52.41	52.42 82.39%	3
5 #10473 Uukuna, Marco	M20 UNIVERSITY OF CA		1:00.03	1:00.04 71.93%	3

**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	57.09	53.41	80.85%	2
2 #15410 Bothma, Rupert	M44 BELLVILLE AC	1:00.73	56.81	76.01%	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	55.61 WPS	50.35	85.76%	2
2 #11943 Peacock, Michael	M46 BOXER WP ATH CLUB	1:01.26	55.47	77.85%	2

**Event 30 M50 400 Meter Dash**

Name	Age Team	Seed	Finals	Age-Grading
56.36	50 SA Nat colours std			
1:03.44	50 WPS WP Colours Standard			
1 # 9959 Matthee, Gilomee	M51 TYGERBERG AC		1:05.48	57.33 75.34%

**Event 30 M55 400 Meter Dash**

Name	Age Team	Seed	Finals	Age-Grading
58.13	55 SA Nat colours std			
1:06.14	55 WPS WP Colours Standard			
1 # 7047 Myburgh, Johan	M57 BELLVILLE AC		1:00.84 WPS	51.44 83.96%



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**Leo Benning Meeting No 5 - 9 March 2019 - 2019/03/09****Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 31 W20-29 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading
1 # 1344 Rosun, Jessika	W27 INDIVIDUAL ENTRY		49.73m	49.73m 68.12%
2 # 1342 Collin, Vanessa	W29 INDIVIDUAL ENTRY		45.37m	45.37m 62.15%

**Event 31 W30 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading
28.34m 30 WPS WP Colours Standard				
1 # 7038 Hattingh, Olive	W32 BELLVILLE AC		9.52m	9.52m 13.04%

**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 # 118 Kruger, Sanet	W42 BELLVILLE AC		14.62m	16.77m 22.98%

**Event 31 W60 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading
22.50m 60 SA Nat colours std				
19.00m 60 WPS WP Colours Standard				
1 # 9935 Dramat, Farieda	W60 TYGERBERG AC		18.63m	30.02m 41.13%
2 #13286 Stoffberg, Tertia	W64 BELLVILLE AC		10.73m	17.29m 23.69%

**Event 31 W65 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading
20.00m 65 SA Nat colours std				
18.00m 65 WPS WP Colours Standard				
1 # 9046 Erasmus, Zelda	W66 BELLVILLE AC		18.64m WPS	33.87m 46.40%

**Event 32 M15-19 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading
1 #20498 Kandaya, Hanif	M16 BELLVILLE AC		37.75m	37.75m 38.33%

**Event 32 M20-29 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading
1 # 146 Theunis, Elgar	M23 ULTRA AC		21.79m	21.79m 22.13%



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50.84m 30 WPS WP Colours Standard					
Name	Age Team	Seed	Finals	Age-Grading	
1 # 7048 Sheldon, Lee-Roy	M33 BELLVILLE AC		30.74m	30.74m	31.21%
2 # 126 Rix, Andre	M32 TITANS		17.39m	17.39m	17.66%

**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		37.00m	37.46m	38.05%

**Event 32 M40 Javelin Throw**

52.45m 40 SA Nat colours std					
40.00m 40 WPS WP Colours Standard					
Name	Age Team	Seed	Finals	Age-Grading	
1 # 2119 Gates, Johan	M41 INDIVIDUAL ENTRY		41.36m WPS	44.92m	45.62%

**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 # 9049 Du Bruyn, Japie	M50 BELLVILLE AC		40.76m WPS	50.04m	50.82%
2 # 2121 Smith, JC	M51 BELLVILLE AC		38.35m WPS	47.08m	47.81%
3 # 2142 Isaacs, Duncan	M50 NEDBANK WP		14.65m	17.98m	18.26%

**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 # 9047 Erasmus, Nick	M68 BELLVILLE AC		20.11m	31.41m	31.90%

**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		33.73m SA	56.66m	57.54%



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**Leo Benning Meeting No 5 - 9 March 2019 - 2019/03/09****Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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		17.72m WPS	37.12m 37.70%

**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 # 5783 Sutherland, Joy	W58	WEST COAST AC		34:48.45 WPS	29:24.95 67.25%

**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 # 4573 Blignaut, Frieda	W68	SANLAM AC		33:03.19 SA	24:52.95 79.51%
2 # 2070 Nel, Elizabeth	W69	SPARTAN HARRIERS AC		37:35.96 WPS	28:18.29 69.89%

**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	RUNWALK FOR LIFE AC		37:03.73 SA	26:01.06 76.04%

**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 # 7196 Kidson, Cecile	W77	LANGEBAAAN AC		38:58.45 SA	25:15.79 78.31%
2 # 1658 Brennan, Megan	W75	SPARTAN HARRIERS AC		42:10.07 WPS	27:20.00 72.38%

**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		42:36.36 SA	25:11.33 78.54%

**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 # 1749 Jacobs, Reon	M48	SPARTAN HARRIERS AC		31:56.27	29:09.18 61.61%



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**Leo Benning Meeting No 5 - 9 March 2019 - 2019/03/09****Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 # 8804	Jefta, Nicholas	M50 EASTERNS AC		32:49.76	28:45.32	62.46%

**Event 34 M55 5000 Meter Race Walk**

=====						
	27:55.00	55 SA Nat	colours std			
	31:42.00	55 WPS WP	Colours Standard			
Name	Age	Team	Seed	Finals	Age-Grading	
=====						
1 # 7199	Hector, Douglas	M59 LANGEBAAN AC		32:16.61	27:04.82	66.32%

**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		31:44.47 WPS	25:24.72	70.67%

**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		30:59.83 SA	22:13.50	80.81%

**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		33:11.64 SA	22:17.99	80.54%

**Event 35 W15-19 Triple Jump**

=====						
Name	Age	Team	Seed	Finals	Wind	Age-Grading
=====						
-- # 35	Donough, Ameera	W18 ULTRA AC		ND	NWI	

**Event 35 W20-29 Triple Jump**

=====						
Name	Age	Team	Seed	Finals	Wind	Age-Grading
=====						
1 # 1341	Potiron, Liliane	W20 INDIVIDUAL ENTRY		12.18m	3.5	12.18m 78.58%



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**Leo Benning Meeting No 5 - 9 March 2019 - 2019/03/09****Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 36 M15-19 Triple Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading
1 #20179 Fisher, Jesse	M18 TYGERBERG AC		14.50m	5.0	14.50m 79.28%
-- Isaacs, Keanu	M17 BELLVILLE AC		ND	NWI	

**Event 36 M50 Triple Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading
11.43m	50 SA Nat colours std				
10.00m	50 WPS WP Colours Standard				
1 # 9959 Matthee, Gilomee	M51 TYGERBERG AC		10.51m WPS	1.4	12.59m 68.87%

**Event 36 M55 Triple Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading
10.80m	55 SA Nat colours std				
9.20m	55 WPS WP Colours Standard				
-- # 9945 Bredeveltdt, Neal	M58 BOLMA		ND	NWI	

**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 # 2804 Brink, Elizabeth	W45 DURBANVILLE AC		22:25.34 WPS	20:30.99 70.24%

**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		23:25.16 WPS	19:26.29 74.14%

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

Name	Age Team	Seed	Finals	Age-Grading
1 # 8808 Van Staden, Gersh	M22 EASTERNS AC		15:55.40	15:55.41 79.23%
2 Maqetuka, Siph	M24 MADIBAZ		17:40.73	17:40.74 71.37%

**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 #11946 Blaauw, Ricardo	M37 BOXER WP ATH CLUB		15:56.03 WPS	15:56.04 79.18%
2 # 7533 Broers, Neil	M36 CAPE MULTI-SPORT		16:51.04 WPS	16:51.05 74.87%



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**Leo Benning Meeting No 5 - 9 March 2019 - 2019/03/09****Northlink Tygerberg Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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 #13375 Juries, Chubasco	M43	ITHEKO AC		20:10.47	19:28.23 64.80%

**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			
-- # 2112 Williams, Alan	M54	INDIVIDUAL ENTRY		DNF	

**Event 38 M70 5000 Meter Run**

Name	Age	Team	Seed	Finals	Age-Grading
	21:43.00	70 SA Nat colours std			
	27:00.00	70 WPS WP Colours Standard			
1 # 958 Kotze, Johann	M71	WHALERS AC		26:29.19 WPS	19:48.72 63.68%

**Event 39 W30 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading
	7.83m	30 WPS WP Colours Standard			
1 # 7038 Hattingh, Olive	W32	BELLVILLE AC		5.57m	5.57m 23.60%

**Event 39 W40 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading
	11.50m	40 SA Nat colours std			
	9.40m	40 WPS WP Colours Standard			
1 # 118 Kruger, Sanet	W42	BELLVILLE AC		10.94m WPS	12.96m 54.95%

**Event 39 W60 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading
	11.00m	60 SA Nat colours std			
1 #13286 Stoffberg, Tertia	W64	BELLVILLE AC		8.93m	10.81m 45.82%
2 # 9935 Dramat, Farieda	W60	TYGERBERG AC		8.44m	10.21m 43.30%

**Event 39 W65 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading
	10.00m	65 SA Nat colours std			
1 # 9046 Erasmus, Zelda	W66	BELLVILLE AC		11.07m SA	14.67m 62.19%
2 #11112 Du Toit, Aletta	W67	BELLVILLE AC		7.90m	10.47m 44.38%



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**Northlink Tygerberg Stadium**

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

**Event 39 W70 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading
9.00m 70 SA Nat colours std					
-- #11111 Grobbelaar, Elize	W73	BELLVILLE AC		ND	

**Event 40 M30 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading
8.15m 30 WPS WP Colours Standard					
1 # 7048 Sheldon, Lee-Roy	M33	BELLVILLE AC		6.36m	6.36m 24.59%

**Event 40 M35 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading
13.50m 35 SA Nat colours std					
9.00m 35 WPS WP Colours Standard					
1 # 4342 Wiener, Shukri	M37	PINELANDS AC		10.93m WPS	11.15m 43.12%

**Event 40 M65 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading
15.50m 65 SA Nat colours std					
9.60m 65 WPS WP Colours Standard					
1 # 9047 Erasmus, Nick	M68	BELLVILLE AC		10.54m WPS	11.75m 45.45%

**Event 40 M70 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading
15.50m 70 SA Nat colours std					
9.30m 70 WPS WP Colours Standard					
1 # 9048 Hough, Norman	M71	BELLVILLE AC		15.99m SA	18.24m 70.53%

**Event 40 M80 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading
11.00m 80 SA Nat colours std					
1 # 4480 Johnston, Steve	M80	PINELANDS AC		13.31m SA	17.36m 67.12%



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