

SAMA RECORDS

100m					
M30	<b>10.5</b>	E. Essman	CGA		
M35	<b>10.3</b>	E. Jefferys			
M40	<b>10.7</b>	Stan Wald	CGA		
M45	<b>11.1</b>	Stan Wald	CGA		
M50	<b>11.7</b>	Stan Wald	CGA		
M55	<b>11.8</b>	T. George			
M60	12.91	Monty Hacker	CGA		
M65	<b>13.1</b>	A. van Zyl			
M70	<b>12.9</b>	F.P. Reid	CGA		
M75	14.06	F.P. Reid	CGA		
M80	<b>14.3</b>	Lucas Nel	KZN	Bloemfontein	08-Nov-03
M85	16.29	Lucas Nel	KZN	Sydney	Oct-10
M90	17.76	Lucas Nel	KZN	Porto Alegre	Oct-13
M100	30.86	P. Rabinowitz		Cape Town	10-Jul-04

200m					
M30	<b>21.2</b>	E. Essman	CGA		
M35	<b>21.2</b>	E. Jefferys			
M40	<b>22.0</b>	Stan Wald	CGA		
M45	<b>22.9</b>	Stan Wald	CGA		
M50	23.29	Stan Wald	CGA		
M55	24.71	Monty Hacker	CGA		
M60	<b>25.8</b>	Miloje Grujic	CGA		
M65	26.99	Monty Hacker	CGA		
M70	<b>27.5</b>	F.P. Reid	CGA		
M75	<b>29.4</b>	Lucas Nel	KZN		
M80	31.82	Monty Hacker	CGA	Lyon	Aug-15
M85	34.37	Lucas Nel	KZN	Sydney	Oct-10
M90	38.04	Lucas Nel	KZN	Porto Alegre	Oct-13
M100	77.59	P. Rabinowitz		Parow	17-Dec-04

400m					
M30	48.89	Willem de Beer	AGN	Bloemfontein	27-Apr-18
M35	<b>47.9</b>	J. Cyrus			
M40	<b>49.7</b>	Leon Hacker	CGA		
M45	51.07	Spencer Moraope	NWN	Malaga, Spain	Sep-18
M50	<b>52.5</b>	Miloje Grujic	CGA		
M55	<b>55.0</b>	Miloje Grujic	CGA		
		Stan Immelman	CGA	Pilditch, Pretoria	2001
M60	55.53	Miloje Grujic	CGA		
M65	59.52	A. van Zyl			
M70	64.16	Lucas Nel	KZN		
M75	66.88	Lucas Nel	KZN		
M80	<b>1:12.8</b>	Lucas Nel	KZN	Bloemfontein	08-Nov-03
M85	1:20.47	Lucas Nel	KZN	Sydney	Oct-10
M90	1:35.64	Lucas Nel	KZN	Porto Alegre	Oct-13

100m					
W30	<b>11.8</b>	Gail van Niekerk	CGA		
W35	<b>12.1</b>	V.B. Kruger	CGA	Bloemfontein	05-Nov-88
W40	11.94	Adri Schoeman	AGN	Rustenburg	24-Apr-14
W45	<b>12.5</b>	Gail van Niekerk	CGA	RAU	15-Oct-94
W50	13.16	Winnie de Winnaar	CGA	Bloemfontein	27-Apr-18
W55	14.29	Y. De Wit		Pilditch, Pretoria	03-May-96
W60	14.90	Toy Ungerer	SWD	Oudtshoorn	06-Mar-10
W65	14.93	Toy Ungerer	SWD	Pilditch, Pretoria	02-Apr-11
W70	15.57	Toy Ungerer	SWD	Perth, Australia	Oct-16
W75	17.19	Magdalena Tomlinson	KZN	Bloemfontein	27-Apr-18
W80	18.73	Christi du Plooy	CGA	Pilditch, Pretoria	23-Feb-13
W85	21.95	Christi du Plooy	CGA	Pretoria	02-Apr-16

200m					
W30	<b>24.6</b>	V.B. Kruger	CGA	Germiston	
W35	<b>24.9</b>	V.B. Kruger	CGA	Secunda	31-Mar-90
W40	24.46	Adri Schoeman	AGN	Rustenburg	26-Apr-14
W45	25.43	Adri Schoeman	AGN	Bloemfontein	27-Apr-18
W50	26.95	Ronel Beukes	BOL	Bellville	20-Feb-10
W55	<b>29.3</b>	Y. De Wit		Pretoria	04-May-96
W60	<b>30.7</b>	Magdalena Tomlinson	KZN		08-Feb-03
W65	30.92	Toy Ungerer	SWD	Pretoria	31-Mar-12
W70	32.26	Toy Ungerer	SWD	Pilditch, Pretoria	13-May-16
W75	35.90	I. Hofmeyr	WPA	Durban	07-May-04
W80	41.78	Christi du Plooy	CGA	Pilditch, Pretoria	23-Feb-13
W85	51.20	Christi du Plooy	CGA	Pretoria	02-Apr-06

400m					
W30	55.99	S. Hutchinson	KZN	Durban	18-Feb-05
W35	<b>56.0</b>	Anne McKenzie		Mainz	20-Jul-65
W40	<b>56.3</b>	Anne McKenzie		Potchefstroom	28-Oct-67
W45	58.90	Elaine Pretorius	AGN	Secunda	18-Mar-06
W50	61.14	Elaine Pretorius	AGN	Sacramento	Jul-11
W55	64.84	Elaine Pretorius	AGN	Perth, Australia	Oct-16
W60	70.26	Liz Alexander	KZN	Perth, Australia	Oct-16
W65	72.80	Toy Ungerer	SWD	Sacramento	Jul-11
W70	73.97	Toy Ungerer	SWD	Perth, Australia	Oct-16
W75	1:22.97	Magdalena Tomlinson	KZN	Bloemfontein	27-Apr-18
W80	1:46.33	Christi du Plooy	CGA	Pilditch, Pretoria	23-Feb-13
W85	2:15.84	Christi du Plooy	CGA	Perth, Australia	Oct-16

800m					
M30	<b>1:49.6</b>	Deon Brummer	AGN		
M35	<b>1:49.4</b>	Deon Brummer	AGN		
M40	<b>1:55.8</b>	S. Ditsele			
M45	1:59.09	Terence Brown	KZN	Brisbane	09-Jul-01
M50	2:01.86	Len Claassen	AGN		
M55	<b>2:03.7</b>	Stan Immelman	CGA	Port Elizabeth	01-Dec-01
M60	2:16.49	Len Claassen	AGN	Sacramento	Jul-11
M65	2:26.15	Len Claassen	AGN	Perth, Australia	Oct-16
M70	2:31.71	Ken Nurden	AGN	Sasolburg	25-Apr-08
M75	2:37.04	Ken Nurden	AGN	Bellville	30-Apr-10
M80	2:58.64	Ken Nurden	AGN	Port Elizabeth	15-May-15
M85	3:37.34	Lucas Nel	KZN	Sydney	Oct-10
M90	4:20.97	Lucas Nel	KZN	Porto Alegre	Oct-13

1500m					
M30	<b>3:40.2</b>	Johan Fourie			
M35	3:54.04	G. Brummer	AGN		
M40	<b>3:58.9</b>	Terence Brown	KZN		
M45	4:03.13	Terence Brown	KZN		
M50	4:18.94	Sean Rice	CGA	Pretoria	20-Feb-04
M55	<b>4:32.4</b>	S. Mostert			
M60	4:55.04	Terence Brown	WPA	Bellville	Feb-15
M65	4:59.97	G.W. Loedolff	AGN		
M70	5:11.59	Ken Nurden	AGN	Pretoria	25-Mar-06
M75	5:33.40	Peter Brown	SWD	Oudtshoorn	26-Apr-13
M80	6:27.52	Ken Nurden	AGN	Pretoria	18-Jul-15
M85	7:27.11	Lucas Nel	KZN	Sydney	Oct-10
M90	8:51.30	Lucas Nel	KZN	Porto Alegre	Oct-13

5000m					
M30	14:16.25	M. Nobanda		Bellville	04-May-02
M35	<b>14:15.1</b>	H. LekGangane			
M40	<b>15:06.3</b>	B. Mather			
M45	15:19.68	Steve Hollier	CGA		
M50	16:01.50	Sean Rice	CGA	Kings Park	2003
M55	16:54.76	S. Mostert			
M60	<b>17:50.6</b>	G.W. Loedolff	AGN		
M65	<b>18:25.7</b>	G.W. Loedolff	AGN		
M70	19:40.94	Ken Nurden	AGN	Pretoria	25-Mar-06
M75	21:30.10	Ken Nurden	AGN	Bellville	30-Apr-10
M80	22:44.10	Ken Nurden	AGN	Pretoria	02-Apr-16
M85	39:11.84	Alan Furguson	CGA	Sasolburg	26-Apr-08

800m						
W30	2:09.81	M. Brandt	BOL	Port Elizabeth	15-May-15	
W35	<b>2:08.0</b>	Anne McKenzie		Neurenberg	15-Jul-65	
W40	<b>2:06.5</b>	Anne McKenzie		London	01-Jul-67	
W45	2:17.12	Salome Vermeulen	AGN	Porto Alegre	01-Oct-13	
W50	2:21.43	Salome Vermeulen	AGN	Malaga, Spain	Sep-18	
W55	2:33.64	Elaine Pretorius	AGN	Perth, Australia	Oct-16	
W60	2:44.96	Liz Alexander	KZN	Perth, Australia	Oct-16	
W65	<b>3:05.1</b>	J. Geldenhuys	WPA	Green Point		
W70	3:19.67	Magdalena Tomlinson	KZN	Durban	21-Mar-14	
W75	3:59.80	I. Hofmeyr	WPA	Carolina	04-Jul-03	
W80	4:34.13	Mavis Hutchison		San Sebastian	29-Aug-05	

1500m						
W30	<b>4:28.1</b>	A. vd Berg		Bloemfontein	16-Nov-85	
W35	4:32.61	Sonja Laxton	CGA			
W40	<b>4:36.0</b>	Anne McKenzie		Solingen	20-Jul-67	
W45	4:47.81	Salome Vermeulen	AGN	Oudtshoorn	27-Apr-13	
W50	4:48.27	Salome Vermeulen	AGN	Perth, Australia	Oct-16	
W55	<b>5:31.1</b>	Anne McKenzie		Green Point	10-Dec-80	
W60	<b>5:40.7</b>	M. Saunders	EPA	Port Elizabeth	29-Jan-16	
W65	<b>6:16.7</b>	J. Geldenhuys	WPA	Port Elizabeth	08-May-93	
W70	<b>6:52.4</b>	J. Geldenhuys	WPA	Durban	17-Jul-97	
W75	9:15.71	J. Foster	KZN	Bellville	04-May-02	
W80	9:56.99	J. Foster	KZN	Durban	24-Mar-06	

5000m						
W30	<b>16:26.7</b>	A. Vermeulen		Bethlehem	19-Nov-94	
W35	16:12.87	Sonja Laxton	CGA		17-Oct-83	
W40	17:54.40	D. Sandford	SWD	Brisbane	04-Jul-01	
W45	18:27.36	S. Du Toit	AGN	Durban	17-Jul-97	
W50	<b>18:55.9</b>	J. Hann		Port Elizabeth	07-May-93	
W55	19:51.10	J. Allebone	KZN	Oudtshoorn	28-Apr-00	
W60	19:52.44	J. Allebone	KZN	Durban	06-May-04	
W65	22:43.00	L. Ruickbie	CGA	Rustenburg	26-Apr-14	
W70	25:11.26	W. Smuts	FSA	Pilditch, Pretoria	18-May-12	
W75	36:03.05	J. Foster	KZN	Sasolburg	04-May-01	

10 000m						
M30	28:57.28	M. Nobanda		Pretoria		10-May-03
M35	29:34.00	M. Modise		Porto Alegre		Oct-13
M40	<b>30:49.7</b>	G. Moseuw	CNW			
M45	32:24.89	E. Bonzet				
M50	33:22.20	Sean Rice	CGA	Kings Park		2003
M55	<b>35:12.9</b>	P. O'Brien				
M60	<b>38:07.9</b>	G.W. Loedolff				
M65	39:07.98	G.W. Loedolff				
M70	41:09.22	Ken Nurden	AGN	Pretoria		23-Apr-05
M75	45:03:00	Ken Nurden	AGN	Bellville		01-May-10
M80	51:03.88	Ken Nurden	AGN	Bloemfontein		14-Nov-15

110m H						
M30	<b>13.7</b>	Wessel Bosman	AGN			
M35	13.57	Shaune Bownes	CNW			
M40	14.44	Shaune Bownes	AGN	Rustenburg		26-Apr-14
M45	14.38	Shaune Bownes	AGN	Pretoria		02-Apr-16

100m H						
M50	14.75	C. Truter	WPA			
M55	15.92	Johan Gouws	AGN	Bloemfontein		08-Nov-14
M60	17.37	Hans Miekautsch	CGA			
M65	<b>16.4</b>	A. van Zyl				

80m H						
M70	<b>13.2</b>	A. van Zyl				
M75	15.02	A. van Zyl				
M80	20.54	Hans Miekautsch	CGA	Bloemfontein		27-Apr-18

400m H						
M30	53.46	Pieter Koekemoer	KZN	Pilditch, Pretoria		13-May-16
M35	52.93	Pieter Koekemoer	KZN	Malaga, Spain		Sep-18
M40	54.08	Leon Hacker	CGA			
M45	57.02	D. Burger	WPA			
M50	61.29	J. Swiegers		Green Point		25-Mar-04
M55	62.88	J. Swiegers		Bloemfontein		11-Nov-06

300m H						
M60	47.37	Len Claassen	AGN	Porto Alegre		Oct-13
M65	<b>48.0</b>	A. van Zyl				
M70	<b>50.4</b>	A. van Zyl				
M75	<b>54.7</b>	A. van Zyl				

3000m/2000m SC						
M30	<b>9:17.2</b>	P. Bezuidenhout				
M35	<b>9:31.3</b>	M. Wells				
M40	<b>9:23.8</b>	Willie Olivier				
M45	09:49.70	T. Philander	WPA	Bellville		20-Feb-10
M50	10:29.10	Sean Rice	CGA	San Sebastian		03-Sep-05
M55	11:27.40	Sean Rice	CGA	Bloemfontein		19-Sep-09
M60	7:19.64	Terence Brown	WPA	Bellville		Feb-15
M65	8:31.72	G.W. Loedolff				
M70	8:46.93	G.W. Loedolff				
M75	9:38.31	Lucas Nel				

10 000m						
W30	<b>37:40.0</b>	C. vd Westhuizen	AVT	Secunda		22-Jan-94
W35	<b>35:07.0</b>	G. De Oliveira	KZN	Durban		17-Jul-97
W40	<b>38:00.3</b>	C.A. Louw	EPA	Port Elizabeth		03-Dec-94
W45	36:39.79	Sonja Laxton	CGA			
W50	39:34.50	S. Du Toit	AGN	Gateshead		01-Aug-99
W55	41:07.70	J. Allebone	KZN	Oudtshoorn		28-Apr-00
W60	41:34.20	J. Allebone	KZN	Durban		08-May-04
W65	44:50.18	L. Ruickbie	CGA	Rustenburg		26-Apr-14

100m H						
W30	<b>14.6</b>	Maryna v Niekerk	CGA	Pretoria		23-Feb-85
W35	<b>14.7</b>	Madelene v Rooyen	AGN			

80m H						
W40	11.89	Madelene v Rooyen	AGN	Pilditch, Pretoria		09-May-03
W45	12.05	Charmain Barnard	AGN	Pilditch, Pretoria		01-Apr-17
W50	13.09	Madelene v Rooyen	AGN	Rustenburg		26-Apr-14
W55	14.32	Madelene v Rooyen	AGN	Bloemfontein		27-Apr-18
W60	14.75	Magdalena Tomlinson	KZN	Carolina		11-Jul-03
W65	15.45	Magdalena Tomlinson	KZN	Pretoria		02-May-09
W70	18.84	I. Hofmeyr	WPA	Brisbane		04-Jul-01
W75	20.04	I. Hofmeyr	WPA	Carolina		11-Jul-03

400m H						
W30	58.79	S. Hutchinson	KZN	Port Elizabeth		11-Feb-06
W35	<b>62.1</b>	Madelene v Rooyen	CGA	Potchefstroom		06-Oct-99
W40	<b>66.0</b>	Madelene v Rooyen	CGA			
W45	<b>68.7</b>	S. van Rooyen	AGN			

300m H						
W50	48.69	A. du Plessis		Bloemfontein		27-Apr-07
W55	53.41	Madelene v Rooyen	AGN	Bloemfontein		27-Apr-18
W60	54.25	Magdalena Tomlinson	KZN	Carolina		05-Jul-03
W65	60.31	Magdalena Tomlinson	KZN	Bloemfontein		19-Sep-09

200m H						
W70	39.50	Magdalena Tomlinson	KZN	Porto Alegre		Oct-13
W75	40.60	Magdalena Tomlinson	KZN	Bloemfontein		27-Apr-18

2000m SC						
W30	7:10.00	R. Thomas	AGN	Durban		08-May-04
W35	7:31.49	A. James	CGA	Durban		17-Jul-97
W40	7:56.84	M. Esterhuysen	WPA	Bellville		24-Feb-07
W45	7:58.23	M. Esterhuysen	WPA	Sasolburg		26-Apr-08
W50	8:08.92	Mariette Strauss	WPA	Bellville		13-Mar-14
W55	8:27.01	Mariette Strauss	WPA	Parow		24-Mar-18
W60	10:00.84	Magdalena Tomlinson	KZN	Carolina		13-Jul-03
W65	11:52.25	Alet Ten Tusscher	CGA	Gateshead		08-Aug-99

High Jump					
M30	2.07	Christo Vrey	CGA		
M35	2.01	J. Greyvenstein			
M40	2.00	Phillip vd Walt	AGN	Pilditch, Pretoria	01-Apr-17
M45	1.93	Johann Gutsche	CNW	Pretoria	23-Feb-13
M50	1.74	Johann Gutsche	CNW	Bloemfontein	27-Apr-18
M55	1.70	Neal Bredeveldt	BOL	Stellenbosch	12-Mar-16
M60	1.55	Piet Kruger	CGA	Potchefstroom	28-Oct-05
M65	1.50	Leo Benning	WPA	Bellville	Jan-00
M70	1.44	Leo Benning	WPA	Carolina	04-Jul-03
M75	1.37	Hans Miekautsch	CGA	Rustenburg	26-Apr-14
M80	1.20	Leo Benning	BOL	Porto Alegre	Oct-13

Pole Vault					
M30	4.45	C. Preston			
M35	4.30	Pieter Brits	AGN	Rustenburg	26-Apr-14
M40	4.20	Louis Nienaber		Pretoria	22-Feb-03
M45	3.85	S.A. Herbst			
M50	3.90	Grant Murdoch	WPA	Durban	Jul-97
M55	3.15	Thomas Endrody	CGA	Tuks, Pretoria	28-Feb-15
M60	3.03	C. Colyn			
M65	2.80	A.S. Du Plessis			
M70	2.40	A. van Zyl			
M75	2.09	A. van Zyl			
M80	1.79	Hans Miekautsch	CGA	Bloemfontein	04-Aug-18

Long Jump					
M30	7.64	Angus Pohl	AGN		
M35	7.22	V. Häger			
M40	7.14	V. Häger			
M45	6.34	V. Häger			
M50	6.18	J. van Rooyen			
M55	5.70	S. Hough			
		A. Redelinhhuys			
M60	5.33	Ron Cross	WPA		
M65	4.97	A. van Zyl			
M70	4.66	A. van Zyl			
M75	4.34	Hans Miekautsch	AGN	Oudtshoorn	26-Apr-13
M80	3.49	Ron Cross	WPA	Lyon	Aug-15
M85	2.43	Ron Strydom	WPA	Bloemfontein	27-Apr-18

High Jump					
W30	1.75	Dinah Heymans	FSA	Bloemfontein	02-Feb-01
W35	1.82	Dinah Heymans	FSA	Nairobi, Kenya	26-Apr-02
W40	1.70	Dinah Heymans	FSA	Pretoria	02-Feb-07
W45	1.64	Dinah Heymans	FSA	Pilditch, Pretoria	19-May-12
W50	1.53	Dinah Heymans	FSA	Pilditch, Pretoria	01-Apr-17
W55	1.27	Aletta Kruger	FSA	Durban	
W60	1.21	K. vd Merwe	FSA	Sasolburg	18-Jan-03
		Stephanie Claassen	AGN	Sacramento	Jul-11
W65	1.19	Aletta Kruger	FSA		
		M. Jonkers	WPA	Parow	19-Mar-16
W70	1.08	Aletta Kruger	FSA	Pretoria	10-May-03
W75	1.07	I. Hofmeyr	WPA	Parow	19-Mar-05

Pole Vault					
W30	3.40	E. Thornton		Bellville	01-Feb-03
W35	3.45	E. Thornton		Port Elizabeth	29-Apr-06
W40	3.10	Ida-Marie Strydom	AGN	Malaga, Spain	Sep-18
W45	2.80	Dorita du Toit	CNW	Pilditch, Pretoria	01-Apr-17
W50	2.73	P. Pietersen	AGN		
W55	2.20	P. Pietersen	AGN		
W60	2.21	P. Pietersen	AGN	Pretoria	23-Apr-05
W65	1.78	P. Pietersen	AGN	Bellville	20-Feb-10

Long Jump					
W30	6.59	Karin Mey	AGN	Bloemfontein	27-Apr-18
W35	6.58	Maryna v Niekerk	CGA		
W40	5.73	Charmain Barnard	AGN	Pretoria	31-Mar-12
W45	5.47	Charmain Barnard	AGN	Pretoria	04-Apr-15
W50	4.56	P. Pietersen	AGN		
W55	4.37	A. Steenkamp	SWD	Oudtshoorn	16-Oct-10
W60	4.22	Toy Ungerer	SWD	Bellville	01-May-10
W65	4.14	Toy Ungerer	SWD	Oudtshoorn	27-Apr-13
W70	3.40	S. Campbell			
W75	2.52	I. Hofmeyr	WPA	Germiston	07-May-05
W80	2.11	E. Paveley	CGA		

**Triple Jump**

M30	13.94	A. Labuschagne			
M35	13.64	V. Häger			
M40	14.40	G. Swakala			
M45	12.73	W. Olivier	AVT	Pilditch, Pretoria	13-May-16
M50	12.80	Vincent McBride	WPA	Porto Alegre	Oct-13
M55	11.48	Vincent McBride	WPA	Bloemfontein	27-Apr-18
M60	10.55	Ron Cross	WPA		
M65	9.72	A. Heine			
M70	9.51	Leo Benning	WPA	Carolina	04-Jul-03
M75	7.83	A. van Zyl			
M80	6.37	Leo Benning	BOL	Bellville	15-Mar-14

**Shot Put**

M30	16.28	C. Scheepers			
M35	16.56	J. Booysen Jr.			
M40	18.52	Burger Lambrechts	AGN	Pilditch, Pretoria	03-Feb-18
M45	18.29	Burger Lambrechts	AGN	Bloemfontein	27-Apr-18
M50	17.09	Burton Haupt	AGN	Tuks, Pretoria	11-Jun-16
M55	15.84	Burton Haupt	AGN	Perth, Australia	Oct-16
M60	14.24	G. Schirmer			
M65	12.80	Andrzej Rzepecki	CGA	Bellville	04-May-02
M70	13.04	Dereck Sterley	AGN	Oudtshoorn	28-Oct-17
M75	12.53	E. Skea	AGN	Germiston	14-Apr-12
M80	12.84	Borg Stannius	WPA	Bellville	23-Feb-08
M85	10.80	Borg Stannius	WPA	Holstebro, Denmark	05-Jun-13
M90	8.55	Borg Stannius	WPA	Parow	10-Mar-18
M95	3.48	P. Rabinowitz			

**Discus Throw**

M30	48.50	P. Goosen			
M35	54.46	G. Geldenhuys	FSA	Oudtshoorn	24-Oct-09
M40	51.04	J.J. van Zyl			
M45	49.13	J.J. van Zyl			
M50	52.06	J.J. van Zyl	EPA	Port Elizabeth	18-Mar-09
M55	53.79	Burton Haupt	AGN	Perth, Australia	Oct-16
M60	47.24	Andrzej Rzepecki	CGA		
M65	42.91	A. Coetzee			
M70	38.43	Andrzej Rzepecki	CGA	Riccione, Italy	Sep-07
M75	34.05	Borg Stannius	WPA	Parow	11-Mar-06
M80	31.75	Borg Stannius	WPA	Bellville	13-Mar-10
M85	25.47	Borg Stannius	WPA	Bellville	14-Mar-14
M90	20.67	Borg Stannius	WPA	Parow	14-Apr-18

**Triple Jump**

W30	11.58	C. Gomes			
W35	12.15	Maryna v Niekerk	CGA		
W40	12.18	J. Kingwill			
W45	11.28	Charmain Barnard	AGN	Pretoria	04-Apr-15
W50	9.09	Helene Willemse	SWD	Perth, Australia	Oct-16
W55	8.56	A. Steenkamp	SWD	Durban	29-Apr-11
W60	7.67	Christi du Plooy	CGA		
W65	7.64	Christi du Plooy	CGA		
W70	6.85	S. Campbell			

**Shot Put**

W30	13.86	Tanya Pubalakan	AGN	Pilditch, Pretoria	24-Mar-18
W35	11.67	E. Naude	FSA	Rustenburg	25-Apr-14
W40	11.92	M-L. Uys			
W45	11.80	M-L. Uys			
W50	12.25	H. Schoonwinkel	WPA		
W55	11.13	M. van As			
W60	11.74	M. van As			
W65	10.63	M. van As			
W70	8.44	L. Grobler	AGN		
W75	8.07	Penny England	AVT	Pretoria	13-May-16
W80	6.44	Aletta Kruger	FSA	Rustenburg	25-Apr-14
W85	6.08	Aletta Kruger	FSA	Bloemfontein	04-Aug-18

**Discus Throw**

W30	53.73	E. Naude	AGN	Oudtshoorn	27-Apr-13
W35	55.01	E. Naude	FSA	Rustenburg	25-Apr-14
W40	43.48	R. Boshoff			
W45	38.97	Heleen Knobel	SWD	Porto Alegre	Oct-13
W50	35.23	Heleen Knobel	SWD	Bloemfontein	27-Apr-18
W55	31.56	L. Zimmerman			
W60	28.78	J. Rzepecka	CGA	Germiston	12-Mar-05
W65	24.84	M. van As			
W70	23.26	L. Grobler	AGN		
W75	21.23	Penny England	AVT	Pilditch, Pretoria	13-May-16
W80	15.65	L. Grobler	AGN	Durban	08-May-04
W85	10.65	Mavis Hutchison	WPA	Porto Alegre	Oct-13

**Hammer Throw**

M30	74.15	Chris Harmse	FSA	Sasolburg	25-Apr-08
M35	76.39	Chris Harmse	FSA	Pilditch, Pretoria	18-May-12
M40	73.90	Chris Harmse	FSA	Marrakesh	13-Aug-15
M45	53.42	V. Meiring	AGN	Bellville	30-Apr-10
M50	59.80	C. Koen		Pretoria	25-Mar-06
M55	52.97	J. Roodt	KZN		
M60	53.64	J. Roodt	KZN	Sasolburg	25-Apr-08
M65	49.41	Andrzej Rzepecki	CGA	Pilditch, Pretoria	2001
M70	49.42	Andrzej Rzepecki	AGN	Pretoria	14-Mar-09
M75	46.68	Andrzej Rzepecki	AGN	Germiston	14-Mar-12
M80	44.09	Andrzej Rzepecki	KZN	Bloemfontein	27-Apr-18
M85	31.71	Borg Stannius	WPA	Porto Alegre	Oct-13
M90	23.80	Borg Stannius	WPA	Parow	10-Mar-18

**Javelin Throw**

M30	67.76	Frans Human	FSA	Bloemfontein	12-Nov-11
M35	66.04	J. van Wyk		Pretoria	03-Apr-04
M40	65.54	T. Liebenberg	CNW	Johannesburg	1998
M45	62.63	Gawie Louw	AGN	Germiston	07-May-05
M50	67.87	Friedrich Pauer	CGA	Malaga, Spain	Sep-18
M55	55.09	S. Kichenbrand	AGN	Port Elizabeth	15-May-15
M60	54.84	P. Mulaudzi		Sasolburg	04-May-01
M65	40.91	Dereck Sterley	AGN	Lyon	Aug-15
M70	41.43	Dereck Sterley	AGN	Malaga, Spain	Sep-18
M75	36.09	Borg Stannius	WPA	Port Elizabeth	28-Apr-06
M80	31.49	Borg Stannius	WPA	Sasolburg	25-Apr-08
M85	25.32	Borg Stannius	WPA	Denmark	05-Jun-13
M90	17.47	L. Wale	WPA	Sasolburg	28-Apr-08

**Weight Throw**

M30	12.48	M. Ueckermann		Port Elizabeth	29-Apr-06
M35	16.78	Martin Venter	AGN	Rustenburg	20-Feb-10
M40	21.66	Chris Harmse	FSA	Pilditch, Pretoria	01-Apr-17
M45	17.17	Martin Venter	AGN	Pilditch, Pretoria	13-May-16
M50	20.36	V. Meiring	AGN	Port Elizabeth	15-May-15
M55	18.90	Burton Haupt	AGN	Perth, Australia	Oct-16
M60	20.15	Nick Aggouras	AGN	Bloemfontein	11-Nov-17
M65	18.75	Andrzej Rzepecki	CGA	Bloemfontein	20-Nov-04
M70	20.71	Andrzej Rzepecki	CGA	Riccione, Italy	Sep-07
M75	19.53	Andrzej Rzepecki	KZN	Germiston	13-Apr-13
M80	19.32	Andrzej Rzepecki	KZN	Green Point	04-May-17
M85	14.50	Borg Stannius	WPA	Parow	06-Dec-14
M90	9.71	Claude Sterley	AGN	Potchefstroom	30-Oct-04

**Hammer Throw**

W30	55.73	Tanya Pubalakan	AGN	Germiston	07-Apr-18
W35	47.15	Marilize Coetzee	WPA	Bellville	16-Mar-14
W40	41.92	Marilize Coetzee	WPA	Green Point	04-May-17
W45	39.38	H. Du Plessis			
W50	49.23	Heleen Knobel	SWD	Lyon, France	Aug-15
W55	32.88	H. Schoonwinkel	WPA	Sasolburg	26-Apr-08
W60	33.82	H. Schoonwinkel	WPA	Bellville	20-Feb-10
W65	30.10	A. Olivier		Port Elizabeth	29-Apr-06
W70	25.76	L. Grobler	AGN		
W75	30.52	Penny England	AVT	Pretoria	13-May-16
W80	17.04	L. Grobler	AGN	Durban	08-May-04

**Javelin Throw**

W30	46.95	Linda v Vreden	CGA	Bloemfontein	27-Apr-18
W35	40.01	Y. Beytell	AGN	Pilditch, Pretoria	02-Oct-10
W40	41.20	Y. Beytell	AGN	Pretoria	13-Feb-16
W45	37.80	J.C. Moolman	WPA	Bellville	15-Mar-14
W50	34.44	Heleen Knobel	SWD	Malaga, Spain	Sep-18
W55	28.65	Aletta Pietersen	EPA	Bloemfontein	27-Apr-18
W60	19.24	Zelda Erasmus	BOL	Pilditch, Pretoria	13-May-16
W65	22.20	Mercia Ferreira	CGA	Port Elizabeth	15-May-15
W70	18.67	Madeleine Coetzee	FSA	Bloemfontein	27-Apr-18
W75	16.83	Penny England	AVT	Pilditch, Pretoria	13-May-16
W80	11.78	Mavis Hutchison	FSA	Sasolburg	14-Jan-06
W85	11.33	Mavis Hutchison	FSA	Sasolburg	16-Jan-10

**Weight Throw**

W30	17.03	Karin Snyman	AGN	Germiston	07-Apr-18
W35	14.83	Marilize Coetzee	WPA	Rustenburg	
W40	13.73	Janita Eva	AGN	Rustenburg	26-Apr-14
W45	14.04	Heleen Knobel	SWD	Pretoria	25-Apr-14
W50	15.6	Heleen Knobel	SWD	Lyon, France	Aug-15
W55	11.85	H. Schoonwinkel	WPA	Sasolburg	25-Apr-08
W60	13.79	H. Schoonwinkel	WPA	Bellville	30-Apr-10
W65	11.97	Zelda Erasmus	BOL	Bloemfontein	27-Apr-18
W70	10.38	Susanna du Bruyn	KZN	Bloemfontein	27-Apr-18
W75	12.50	Penny England	AVT	Germiston	08-Apr-17
W80	8.46	Hannetjie Janeke	AVT	Pretoria	02-Apr-16
W85	6.29	Aletta Kruger	FSA	Bloemfontein	27-Apr-18

**Throws Pentathlon**

M30	2696	C. Scheepers		Bellville	04-May-02
M35	3456	Martin Venter	AGN	Lathi, Finland	06-Aug-09
M40	4851	Chris Harmse	FSA	Port Elizabeth	15-May-15
M45	3965	Martin Venter	AGN	Bloemfontein	27-Apr-18
M50	4258	Burton Haupt	AGN	Pretoria	26-Apr-14
M55	4800	Burton Haupt	AGN	Perth, Australia	Oct-16
M60	4496	J. Roodt	KZN	Sasolburg	26-Apr-08
M65	4623	Andrzej Rzepecki	CGA	Durban	08-May-04
M70	4768	Andrzej Rzepecki	CGA	Riccione, Italy	Sep-07
M75	4633	Borg Stannius	WPA	Parow	26-Feb-05
M80	4958	Borg Stannius	WPA	Bellville	13-Feb-10
M85	4583	Borg Stannius	WPA	Parow	05-Dec-14
M90	4178	L. Wale		Sasolburg	26-Apr-08

**Decathlon**

M30	5226	W. Bezuidenhout			
M35	5575	A. vd Burgh			
M40	5897	P. Williams			
M45	6154	J. Jacobs			
M50	6817	Johan Allers		Bellville	05-May-02
M55	6387	N. Hough		Carolina	04-Jul-03
M60	6524	Ron Cross	WPA		
M65	6580	A. Heine	FSA		
M70	8098	A. van Zyl			
M75	6304	Hans Miekautsch	CGA	Oudtshoorn	27-Apr-13
M80	5133	Hans Miekautsch	CGA	Bloemfontein	27-Apr-18

**5000m Walk**

M30	<b>20:19.0</b>	S. Valentine			
M35	<b>20:58.9</b>	C. Britz	AGN		
M40	21:51:58	I. Nel		Green Point	12-Feb-05
M45	<b>22:54.8</b>	M. Whitmore			
M50	<b>23:01.4</b>	Jurgen Spencer	WPA		
M55	23:52.24	Jurgen Spencer	WPA		
M60	26:50.70	Jurgen Spencer	WPA		
M65	27:03.70	Jurgen Spencer	WPA	Parow	12-Nov-05
M70	27:55.30	Jurgen Spencer	WPA	Parow	12-Nov-10
M75	30:13.82	Jurgen Spencer	WPA	Parow	18-Mar-16
M80	33:50.10	G. Hazle	CGA	Germiston	06-May-05
M85	<b>38:26.4</b>	B. Moodie			
M90	<b>41:51.4</b>	B. Moodie			
M95	<b>42:58.7</b>	P. Rabinowitz			
M100	47:59.20	P. Rabinowitz		Parow	13-Nov-04

**Throws Pentathlon**

W30	3413	Tanya Pubalakan	AGN	Pretoria	13-May-16
W35	2845	Marilize Coetzee	WPA	Oudtshoorn	26-Apr-13
W40	3148	Janita Eva	AGN	Oudtshoorn	26-Apr-13
W45	3897	Heleen Knobel	SWD	Rustenburg	26-Apr-14
W50	4346	Heleen Knobel	SWD	Bloemfontein	27-Apr-18
W55	3369	H. Schoonwinkel	WPA	Sasolburg	25-Apr-08
W60	4036	H. Schoonwinkel	WPA	Bellville	30-Apr-10
W65	3632	A. Olivier		Port Elizabeth	28-Apr-06
W70	3541	Susanna du Bruyn	KZN	Bloemfontein	27-Apr-18
W75	4203	Penny England	AVT	Pretoria	13-May-16
W80	3776	L. Grobler	AGN	Durban	07-May-04

**Heptathlon**

W30	3501	Shona vd Merwe	AGN	Bloemfontein	27-Apr-18
W35	3912	M. Watson	SWD	Durban	30-Apr-11
W40	4516	Mercia Ferreira	CGA	Port Elizabeth	07-May-93
W45	4930	S. van Rooyen	AGN		
W50	4108	Mercia Ferreira	CGA	Oudtshoorn	29-Apr-00
W55	4381	Stephanie Claassen	AGN	Bellville	01-May-10
W60	5205	Magdalena Tomlinson	KZN	Carolina	04-Jul-03
W65	4977	Stephanie Claassen	AGN	Malaga, Spain	Sep-18
W70	5157	I. Hofmeyr	WPA		
W75	5333	I. Hofmeyr	WPA	Carolina	04-Jul-03

**5000 M Walk**

W30	26:29.79	N. Roux	KZN	Durban	20-Mar-16
W35	<b>25:10.2</b>	D. Beckley		Durban	08-Apr-95
W40	<b>23:44.1</b>	Barbara Nell	CGA	Port Elizabeth	28-May-99
W45	24:14.80	Barbara Nell	CGA	Oudtshoorn	28-Apr-00
W50	25:05.10	Barbara Nell	CGA	Port Elizabeth	28-Apr-06
W55	26:19.66	Barbara Nell	CGA	Durban	29-Apr-11
W60	27:32.00	Barbara Nell	CGA	Perth, Australia	Oct-16
W65	29:28.70	Elsa Meyer	AGN	Oudtshoorn	26-Apr-13
W70	30:33.72	Elsa Meyer	AGN	Perth, Australia	Oct-16
W75	34:00.10	A. Villet	WPA	Bellville	21-Feb-03
W80	38:08.75	Peggy Reid	WPA	Bloemfontein	27-Apr-18

**10 km Road Walk**

M30					
M35					
M40	48:45	R. McDonald	WPA	Youngsfield	15-Mar-14
M45	51:26	H. Swanepoel		Sacramento	Jul-11
M50	49:08	Carl Meyer	CGA	Ricc. Italy	Sep-07
M55	54:09.0	Johannes Bester	AGN	Youngsfield	06-May-17
M60	56:01	Carl Meyer	CGA	George	21-Oct-17
M65	57:04.0	Jurgen Spencer	WPA	Youngsfield	30-Apr-10
M70	58:40	Jurgen Spencer	WPA	Youngsfield	18-Mar-11
M75	01:03:45	Jurgen Spencer	WPA	Youngsfield	25-Jun-16
M80	01:09:03	Stuart Halsall	WPA	Youngsfield	20-Feb-10

**20 km Road Walk**

M30	1:36:33	R. McDonald		Bellville	24-Feb-07
M35	1:38:24	I. Nel		Youngsfield	04-May-02
M40	1:35:34	I. Nel		Youngsfield	14-Jan-06
M45	1:34:35	Lebeauf von Benecke	CGA	Oudtshoorn	23-Oct-10
M50	1:41:20	Jurgen Spencer	WPA		
M55	1:45:15	Jurgen Spencer	WPA		
M60	1:55:42	Jurgen Spencer	WPA	Oudtshoorn	16-Jul-05
M65	1:58:18	Jurgen Spencer	WPA	Youngsfield	26-Nov-05
M70	2:03:04	Jurgen Spencer	WPA	Durban	30-Apr-11
M75	2:08:49	Jurgen Spencer	WPA	Youngsfield	10-Oct-15
M80	2:24:43	S. Halsall	WPA	Youngsfield	07-Aug-10
M85	2:45:20	B. Moodie			
M90	2:57:25	B. Moodie			
M95	2:48:19	P. Rabinowitz		Port Elizabeth	29-May-99

**30 km Road Walk**

M30	2:24:47	A. Fraser			
M35	2:40:46	R. McDonald	WPA	Youngsfield	07-Aug-10
M40	2:36:41	I. Nel			
M45	2:32:03	M. Whitmore			
M50	2:52:05	Kevin Phillips	CGA	Youngsfield	05-Aug-17
M55	2:52:48	J. Hotston			
M60	2:54:48	J. Hotston			
M65	3:07:10	Jurgen Spencer	WPA	Oudtshoorn	15-Jul-06
M70	3:10:23	Jurgen Spencer	WPA	Oudtshoorn	23-Oct-10
M75	3:24:57	Jurgen Spencer	WPA	Youngsfield	03-Sep-16

**10 km Road Walk**

W30	56:23	G. Smeeton		Sasolburg	04-May-01
W35	54:36	Ronel Viljoen	AGN	Pretoria	26-May-18
W40	47:53.5	Barbara Nell	CGA	Port Elizabeth	29-May-99
W45	50:30	Barbara Nell	CGA	Youngsfield	04-May-02
W50	52:26	Lesley v Buuren	CGA	Oudtshoorn	27-Apr-13
W55	54:12.0	Lesley v Buuren	CGA	Youngsfield	06-May-17
W60	56:56	L. Hatz		Port Elizabeth	29-May-99
W65	59:07	Elsa Meyer	AGN	Oudtshoorn	27-Apr-13
W70	1:02:22	Elsa Meyer	AGN	Perth, Australia	Oct-16
W75	1:07:55	A. Villet	WPA	Youngsfield	22-Mar-03
W80	1:18:35	Peggy Reid	WPA	Green Point	06-May-17
W90	1:35:28	Cecily Rootenberg	CGA	Youngsfield	08-Oct-16

**20km Road Walk**

W30	1:43:59	Natalie Le Roux	KZN	Youngsfield	06-May-17
W35	2:01:07	G. Smeeton			
W40	1:43:32	Barbara Nell	CGA		12-May-98
W45	1:46:19	Barbara Nell	CGA		02-Jun-02
W50	1:45:57	Lesley v Buuren	CGA	Stellenbosch	11-Apr-13
W55	1:54:31	Brenda Nooy	CGA	Youngsfield	19-Mar-11
W60	2:02:39	Elsa Meyer	AGN	Oudtshoorn	26-Oct-10
W65	2:03:18	Elsa Meyer	AGN	Youngsfield	12-Oct-13
W70	2:07:57	Elsa Meyer	AGN	Youngsfield	08-Oct-16
W75	2:27:10	Hildegard Vey	WPA	Youngsfield	06-Aug-16

**50km Road Walk**

W35	4:54:33	Natalie Le Roux	KZN	George	23-Oct-17
W50	05:19:37	S. Steenkamp	AGN	Oudtshoorn	26-Oct-10