

.RECORDS WP MASTERS MEN AND WOMEN-

EVENT	AGE GRP	SURNAME	FIRST NAME	PERFORMANCE	WIND	DATE	PLACE	E H
100 M	W 30	Gomes	Corne	12.73				
100 M	W 35	v.d. Burgh	M.	12.61				
100 M	W 40	Figland	Beverley	13.3		20111008		
100 M	W 45	de Wit	Yvonne	13.2				
100 M	W 50	de Wit	Yvonne	13.7				
100 M	W 55	de Wit	Yvonne	14.29				
100 M	W 60	Wagener	O.	15.6				
100 M	W 65	Blair	R.	15.92				
100 M	W 70	Hofmeyr	Isabel	17.03				
100 M	W 75	Hofmeyr	Isabel	17.37				
100 M	W 80							
100 M	W 85							
200 M	W 30	McKenzie	Anne	25.8				H
200 M	W 35	v.d. Burgh	M.	26.01				
200 M	W 40	Bellingan	Koba	26.5				
200 M	W 45	McKenzie	Anne	27.3				H
200 M	W 50	de Wit	Yvonne	28.3				
200 M	W 55	de Wit	Yvonne	30.2				H
200 M	W 60	de Wit	Yvonne	32.1				H
200 M	W 65	Hofmeyr	Isabel	34				H
200 M	W 70	Hofmeyr	Isabel	35.07				
200 M	W 75	Hofmeyr	Isabel	35.9				H
200 M	W 80							
400 M	W 30	Pienaar	D.	59.03				
400 M	W 35	Bellingan	Koba	58.9				H
400 M	W 40	McKenzie	Anne	56.5				H
400 M	W 45	McKenzie	Anne	1:00.5				H
400 M	W 50	McKenzie	Anne	1:03.2				H
400 M	W 55	de Wit	Yvonne	1:07.2				H

400 M	W 60	Hofmeyr	Isabel	1:15.2		H
400 M	W 65	Geldenhuys	Jane	1:17.2		H
400 M	W 70	Geldenhuys	Jane	1:28.30		
400 M	W 75	Hofmeyr	Isabel	1:30.73		
400 M	W 80					
800 M	W 30	Ford	V.	2:16.47		
800 M	W 35	McKenzie	Anne	2:12.5		H
800 M	W 40	McKenzie	Anne	2:09.6		H
800 M	W 45	McKenzie	Anne	2:19.2		H
800 M	W 50	McKenzie	Anne	2:23.1		H
800 M	W 55	Hamilton Russel	Brigid	2:43.80	20170518 Green Point	E
800 M	W 60	McKenzie	Anne	2:53.8		H
800 M	W 65	Geldenhuys	Jane	3:05.1		H
800 M	W 70	Geldenhuys	Jane	3:20.62		
800 M	W 75	Hofmeyr	Isabel	3:59.80		
800 M	W 80	Courau	J.	5:04.09		
1500 M	W 30	Brandt	Mandie	4:34.54	20170518 Green Point	
1500 M	W 35	Bellingan	Koba	4:39.04		
1500 M	W 40	van Beuge	Athalie	4:43.87		
1500 M	W 45	McKenzie	Anne	4:49.2		H
1500 M	W 50	McKenzie	Anne	4:54.5		H
1500 M	W 55	McKenzie	Anne	5:31.1		H
1500 M	W 60	Geldenhuys	Jane	6:43.26		
1500 M	W 65	Geldenhuys	Jane	6:28.3		H
1500 M	W 70	Geldenhuys	Jane	6:52.40		
1500 M	W 75					
1500 M	W 80					
5000 M	W 30	Roffey	Anneline	17:43.3	20150221 Stellenbosch	H
5000 M	W 35	Simae	Bulelwa	17:19.32	20150221 Parow	
5000 M	W 40	Cupido	Charmaine	18:48.49		
5000 M	W 45	Coetzee	Elmarie	18:50.50	20120322 Bellville	
5000 M	W 50	Hann	J.	18:55.9		H
5000 M	W 55	Hann	J.	20:07.69		

5000 M	W 60	Geldenhuis	Jane	23:00.0		H
5000 M	W 65	Geldenhuis	Jane	23:38.5		H
5000 M	W 70	Geldenhuis	Jane	26:04.93		
5000 M	W 75					
5000 M	W 80					
10000 M	W 30	Hardenburg	C	37:59.6		H
10000 M	W 35	Vermeulen	D.	38:03.0		H
10000 M	W 40	Esterhuysen	Mariette	40:04.00		
10000 M	W 45	Esterhuysen	Mariette	38:31.53	20100220 Bellville	
10000 M	W 50	Strauss	Mariette	40:36.47	20140315 Bellville	
10000 M	W 55	West	M.	46:52.0		H
10000 M	W 60	Grove	Judith	47:50.02	20170315 Parow	H
10000 M	W 65	Geldenhuis	Jane	51:37.2		H
10000 M	W 70					
10000 M	W 75					
100/80 M H	W 30	Walters	Marika	16.19	20170518 Green Point	E
100/80 M H	W 35	None				H
100/80 M H	W 40	Weideman	N.	13.7		H
100/80 M H	W 45	Weideman	N.	14.85		
100/80 M H	W 50	De Wit	Y.	15.5		H
100/80 M H	W 55	Van Wyk	M	15.4		H
100/80 M H	W 60	De Wit	Yvonne	17.1		H
100/80 M H	W 65	Hofmeyr	Isabel	18.33		
100/80 M H	W 70	Hofmeyr	Isabel	18.84		
100/80 M H	W 75					
400/300 M H	W 30					
400/300 M H	W 35	Murray	M.	1:13.17		
400/300 M H	W 40	Enslin	Yvette	1:22.32	20141122 Bellville	
400/300 M H	W 45					H
400/300 M H	W 50	de Wit	Yvonne	50.88		
400/300 M H	W 55	de Wit	Yvonne	53.5		H
400/300 M H	W 60	Hofmeyr	Isabel	1:05.14		
400/300 M H	W 65	Hofmeyr	Isabel	1:05.67		

400/300 M H	W 70	Hofmeyr	Isabel	1:08.82	
400/300 M H	W 75				
2000 M STEEPLE	W 30	Latilupe	C.	9:11.3	H
2000 M STEEPLE	W 35	Curran	M.	7:49.4	H
2000 M STEEPLE	W 40	Esterhuyse	Mariette	7:56.84	
2000 M STEEPLE	W 45	Esterhuyse	Mariette	7:58.44	
2000 M STEEPLE	W 50	Strauss(Esterhuyse)	Mariette	8:08.92	20140315 Bellville
2000 M STEEPLE	W 55				
2000 M STEEPLE	W 60				
2000 M STEEPLE	W 65				
2000 M STEEPLE	W 70				
2000 M STEEPLE	W 75				
High Jump	W 30	Latulipe	C.	1.5	
High Jump	W 35	Jordaan	T.	1.46	
High Jump	W 40	Lotter	H	1.3	
High Jump	W 45	Basson	Jackie	1.33	20100220 Bellville
High Jump	W 50	Basson	Jackie	1.28	20130426 Oudtshoorn
High Jump	W 55	Jonkers	Margaret	1.18	
High Jump	W 60	Jonkers,Hofmeyr	Margaret,Isabel	1.16	20110319
High Jump	W 65	Jonkers	Margaret	1.19	20160319 Parow
High Jump	W 70	Hofmeyr	Isabel	1.07	
High Jump	W 75	Hofmeyr	Isabel	1.07	
High Jump	W 80				
High Jump	W 85				
Long Jump	W 30	Gomes	Corne	5.66	
Long Jump	W 35	Gomes	Corne	5.62	
Long Jump	W 40	Weideman	N.	4.55	
Long Jump	W 45	Smit	Pat	4.27	
Long Jump	W 50	de Wit	Yvonne	4.42	
Long Jump	W 55	de Wit	Yvonne	4.14	
Long Jump	W 60	Jonkers	Margaret	3.86	20120114
Long Jump	W 65	Wagener	O.	3.6	
Long Jump	W 70	Hofmeyr	Isabel	3.15	

Long Jump	W 75	Johnson	Magdalene	2.58	20121117	
Long Jump	W 80	Johnson	Magdalene	2.32	20170518	Green Point
Triple Jump	W 30	Gomes	Corne	11.58		
Triple Jump	W 35	Gomes	Corne	11.57		
Triple Jump	W 40					
Triple Jump	W 45	Smit	Pat	10.31		
Triple Jump	W 50	Smit	Pat	7.55		
Triple Jump	W 55					
Triple Jump	W 60					H
Triple Jump	W 65					H
Triple Jump	W 70					H
Triple Jump	W 75					H
POLE VAULT	W 30					H
POLE VAULT	W 35					H
POLE VAULT	W 40					H
POLE VAULT	W 45					H
POLE VAULT	W 50					H
POLE VAULT	W 55					H
POLE VAULT	W 60					H
POLE VAULT	W 65					H
POLE VAULT	W 70					H
POLE VAULT	W 75					H
Shot Put	W 30	Engelbrecht	E.	12.84		
Shot Put	W 35	Coetzee	Marilize	10.68	20130427	Oudtshoorn
Shot Put	W 40	Uys	M	11.92		
Shot Put	W 45	Engelbrecht	Elize	9.89		
Shot Put	W 50	Stoffberg	Tertia	11.17		
Shot Put	W 55	Schoonwinkel	Hester	10.64		
Shot Put	W 60	Malherbe	Susan	8.37		
Shot Put	W 65	Malherbe	Susan	8.3		
Shot Put	W 70	Malherbe	Susan	7.27		
Shot Put	W 75	Van Zyl	Rhentia	5.65	20141011	Parow
Shot Put	W 80					

Shot Put	W 85					
Discus	W 30	Gerstner	Juanita	39.89	20170316 Parow	
Discus	W 35	Olivier	J.	31.1		
Discus	W 40	Niemand	E.	31.61		
Discus	W 45	Engelbrecht	E.	30.08		
Discus	W 50	Engelbrecht	E.	26.8		
Discus	W 55	Schoonwinkel	Hester	27.42		
Discus	W 60	Malherbe	Susan	18.18		
Discus	W 65	Malherbe	Susan	17.8		
Discus	W 70	Benade	Adrie	17.29	20150124 Parow	
Discus	W 75					
Discus	W 80					
Discus	W 85					
Javelin	W 30	McKenzie	Anne	33.66		
Javelin	W 35	Quelch	Dinky	38.7		
Javelin	W 40	Moolman	JC	38.22	20111008	
Javelin	W 45	Moolman	JC	37.8	20140315 Bellville	
Javelin	W 50	Basson	Jackie	30.02	20130426 Oudtshoorn	
Javelin	W 55	Malherbe	Susan	25.84		
Javelin	W 60	Malherbe	Susan	27		
Javelin	W 65	Ackermann	Aletta	22.24		
Javelin	W 70	Ackermann	Aletta	18.3		
Javelin	W 75	Hofmeyr	Isabel	13.93		
Javelin	W 80					H
Javelin	W 85					H
Hammer Throw	W 30					H
Hammer Throw	W 35	Coetzee	Marilize	47.15	20130316 Bellville	
Hammer Throw	W 40	Coetzee	Marilize	41.92	20170518 Green Point	
Hammer Throw	W 45	Stoffberg	Tertia	25.18		
Hammer Throw	W 50	Schoonwinkel	Hester	37.62		
Hammer Throw	W 55	Schoonwinkel	Hester	32.88		
Hammer Throw	W 60	Stofberg	Tertia	25.24	20170316 Parow	
Hammer Throw	W 65	Malherbe	Susan	24.78		

Hammer Throw	W 70	Grobellaar	Elize	23.03	20170316 Parow
Hammer Throw	W 75				
Hammer Throw	W 80				
Hammer Throw	W 85				
Weight Throw	W 30				
Weight Throw	W 35	Coetzee	Marilize	14.61	20120317
Weight Throw	W 40	Coetzee	Marilize	13.32	20170518 Green Point
Weight Throw	W 45	Smit	P.	6.49	
Weight Throw	W 50	Stoffberg	Tertia	11.25	
Weight Throw	W 55	Schoonwinkel	Hester	11.85	
Weight Throw	W 60	Stofberg	Tertia	11.54	20150515 Port Elizabeth
Weight Throw	W 65	Grobbelaar	Elize	9.38	20120114 Parow
Weight Throw	W 70	Grobbelaar	Elize	8.96	20150725 Bloemfontein
Weight Throw	W 75				
Weight Throw	W 80				
Heptathlon	W 30				
Heptathlon	W 35				
Heptathlon	W 40				
Heptathlon	W 45				
Heptathlon	W 50				
Heptathlon	W 55				
Heptathlon	W 60				
Heptathlon	W 65	Hofmeyr	Isabel	4845	
Heptathlon	W 70	Hofmeyr	Isabel	5157	
Heptathlon	W 75	Hofmeyr	Isabel	5333	
Weights Pent	W 30				
Weights Pent	W 35	Coetzee	Marilize	2845	20131207 Bellville
Weights Pent	W 40	Starke	M.	1872	
Weights Pent	W 45	Engelbrecht	Elize	2628	
Weights Pent	W 50	Stoffberg	Tertia	3022	
Weights Pent	W 55	Schoonwinkel	H.	3729	
Weights Pent	W 60	Malherbe	Susan	3307	
Weights Pent	W 70	Malherbe	Susan	3016	

Weights Pent	W 75					
Weights Pent	W 80					
3000 M Walk	W 30	Smeeton	G.	16:46.0		H
3000 M Walk	W 35	Smeeton	G.	15:47.14		
3000 M Walk	W 40	Carstens	T.	15:55.48		
3000 M Walk	W 45	Burger	Erdine	16:45.1		H
3000 M Walk	W 50	Burger	Erdine	17:11.9		H
3000 M Walk	W 55	Cowley	J.	16:45.3		H
3000 M Walk	W 60	Rothman	H.	17:05.7		H
3000 M Walk	W 65	Nelson	M.	20:02.90		
3000 M Walk	W 70	Reid	P.	21:16.18		
3000 M Walk	W 75	Villet	A.	20:42.5		H
5000 M Walk	W 30	Smeeton	G.	27:04.05		
5000 M Walk	W 35	Smeeton	G.	26:08.70		
5000 M Walk	W 40	Carstens	T.	27:20.76		
5000 M Walk	W 45	Burger	Erdine	28:11.40	20120317	
5000 M Walk	W 50	Brand	E.	28:45.81		
5000 M Walk	W 55	Cowley	J.	28:43.53		
5000 M Walk	W 60	Hatz	Lindsay	28:45.21		
5000 M Walk	W 65	Rothman	H.	29:55.42		
5000 M Walk	W 70	Rothman	H.	33:21.35		
5000 M Walk	W 75	Villet	A.	34:00.1		H
5000 M Walk	W 80	Reid	Peggy	39:01.19	20170211 Parow	H
10 Km Walk	W 30	Smeeton	G.	55:26		H
10 Km Walk	W 35	Smeeton	G.	55:31		H
10 Km Walk	W 40	Smeeton	G.	56:21		H
10 Km Walk	W 45	Van Buuren	Lesley	54:56.00	20120317	
10 Km Walk	W 50	Burger	E.	1:00:03		H
10 Km Walk	W 55	Cowley	J.	58:25		H
10 Km Walk	W 60	Hatz	Lindsay	56:56		H
10 Km Walk	W 65	Rothman	H.	60:04		H
10 Km Walk	W 70	Villet	A.	1:06:06		H
10 Km Walk	W 75	Villet	A.	1:07:55		H

10 Km Walk	W 80							H
20 Km Walk	W 30	Smeeton	G.	2:00:45				H
20 Km Walk	W 35	Smeeton	G.	1:59:40				H
20 Km Walk	W 40	Carstens	T.	2:00:02				H
20 Km Walk	W 45	Van Buuren	Lesley	1:53:48.00	20110319			
20 Km Walk	W 50	Burger	Erdine	2:06:06				H
20 Km Walk	W 55	Hatz	Lindsay	2:04:52				H
20 Km Walk	W 60	Hatz	Lindsay	2:02:56				H
20 Km Walk	W 65	Rothman	H.	2:08:22				H
20 Km Walk	W 70	Stead	Ann	2:29:37				H
20 Km Walk	W 75	Vey	Hildegard	2:27:10	20161006	Youngsfield		H
30 Km WALK	W 45	Lange	C.	3:17:17	20110507	Youngsfield		H
100 M	M 30	Dreyer	Jonathan	11.09	1.5	20160116	Parow	
100 M	M 35	Dreyer	Jonathan	11.18	-0.1	20170518	Green Point	
100 M	M 40	Heyns	D.	11.16				
100 M	M 45	Uys	Johan	11.51		20120331	Pretoria	
100 M	M 50	Carnie	B.	12.16				
100 M	M 55	Warries	Joseph	12.06		20110409		
100 M	M 60	Warries	Joseph	13.15	-0.7	20170518	Green Point	
100 M	M 65	Figland	Edgar	13.6		20111119		
100 M	M 70	Cross	Ron	13.92				
100 M	M 75	Cross	Ron	14		20110226		
100 M	M 80	Cross	Ron	15.31		20140425	Rustenburg	
100 M	M 85	Ridge	Arthur	17.57	-1.2	20160903	Oudtshoorn	
100 M	M 90							
100 M	M 95							
100 M	M100	Rabinowitz	P.	30.86		20100720	Green Point	
200 M	M 30	Dreyer	Jonathan	22.39	1.4	20170518	Green Point	E
200 M	M 35	Dreyer	Jonathan	22.22	1.3	20171021	Parow	E
200 M	M 40	Heyns	D	23.27				
200 M	M 45	Basson	Marius	23.89	-0.6	20170518	Green Point	
200 M	M 50	Carnie	B.	24.79				
200 M	M 55	Warries	Joseph	24.84		20110409		

200 M	M 60	Cross	R.	27.19		
200 M	M 65	Cross	R.	28.35		
200 M	M 70	Cross	R.	29.1		H
200 M	M 75	Van Zyl	Jakobus	30.9	20121006	
200 M	M 80	Cross	Ron	32.56	20140425 Rustenburg	
200 M	M 85	Ridge	Arthur	37.6	1.1 20161015 Parow	E
200 M	M 90	Rabinowitz	P.	1:17.90	20041217 Parow	
200 M	M 95					
200 M	M100					
400 M	M 30	Peacock	M.	50.61		
400 M	M 35	Dixon	T.	51.61		
400 M	M 40	Abrahams	Shawn	50.38	20110409	
400 M	M 45	Basson	Marius	52.44	20170518 Green Point	
400 M	M 50	Swiegers	J.	55.7		
400 M	M 55	Warries	Joseph	57.58	20110409	
400 M	M 60	Warries	Joseph	1:01.41	20170518 Green Point	H
400 M	M 65	Sharpley	N.	1:08.21		
400 M	M 70	Sharpley	N.	1:11.70		
400 M	M 75	Sharpley	N.	1:15.5		H
400 M	M 80	Van Zyl	Jakobus	1:26.8	20171007 Parow	H
400 M	M 85	Ridge	Arthur	1:35.86	20170518 Green Point	
400 M	M 90					
800 M	M 30	Claasens	Ashwyn	1:56.92	20170211 Parow	
800 M	M 35	Landsman	J.	1:53.78		
800 M	M 40	Brown	T.	1:56.52		
800 M	M 45	Brown	T.	1:59.09		
800 M	M 50	O'Donoghue	V.	2:09.45		
800 M	M 55	O'Donoghue	V.	2:18.72		
800 M	M 60	Hugo	R.	2:29.55		
800 M	M 65	Jones	A.	2:42.0		H
800 M	M 70	Osrin	Richard	2:52.93	20151114 Parow	H
800 M	M 75	Truter	R.	3:17.4		H
800 M	M 80	Andrews	H.	5:34.7		H

800 M	M 85						H
1500 M	M 30	Miller	P.	4:06.27			
1500 M	M 35	Landsman	J.	3:54.04			
1500 M	M 40	Brown	T.	3:58.90			
1500 M	M 45	Brown	T.	4:03.13			
1500 M	M 50	Roffey	J.	4:29.13			
1500 M	M 55	Mostert	S.	4:32.4			H
1500 M	M 60	Brown	Terence	4:53.20	20150124	Parow	
1500 M	M 65	Mostert	S.	5:23.36			
1500 M	M 70	Grobbelaar	J.	5:57.2			H
1500 M	M 75	Grobbelaar	J.	6:46.6			H
1500 M	M 80	Evans	Bub	7:30.11	20170518	Green Point	
1500 M	M 85	Nel	L.	7:27.11			
5000 M	M 30	Visser	W.	15:20.8			H
5000 M	M 35	September	J.	14:56.42			
5000 M	M 40	Mather	B.	15:06.3			H
5000 M	M 45	Hollier	S.	15:19.68			
5000 M	M 50	Hollier	S.	16:37.76			
5000 M	M 55	Mostert	S.	16:54.6			H
5000 M	M 60	Mostert	S.	19:03.08			
5000 M	M 65	Mostert	S.	19:29.59			
5000 M	M 70	Donald	Peter	21:53.10	20131116	Parow	
5000 M	M 75	Evans	Bub	26:08.90	20130316	Bellville	
5000 M	M 80	Evans	Bub	27:45.13	20170518	Green Point	H
5000 M	M 85						H
10000 M	M 30	Koegelenberg	J.	31:53.1			H
10000 M	M 35	September	J.	30:53.5			H
10000 M	M 40	Hollier	S.	31:45.3			H
10000 M	M 45	Bonzet	E.	32:24.89			
10000 M	M 50	Hollier	S.	34:21.0			H
10000 M	M 55	O'Brien	P.	35:12.9			H
10000 M	M 60	Lindsay	Robbie	40:36.00	20170316	Parow	
10000 M	M 65	Mostert	S.	40:23.12			

10000 M	M 70	Grobbelaar	J.	44:57.30		
10000 M	M 75	Andrews	H.	1:22:40.8		
10000 M	M 80	Heeley	Roy	1:15:32.76	20160319	Parow
110/100/80 M H	M 30	Russouw	Nico	16.8	20120317	
110/100/80 M H	M 35	Truter	C.	15.7		H
110/100/80 M H	M 40	Truter	C.	15.3		H
110/100/80 M H	M 45	Hugo	Stephan	16.53	20110409	
110/100/80 M H	M 50	Truter	C.	14.75		
110/100/80 M H	M 55	Allers	J.	18.2		H
110/100/80 M H	M 60	Cross	R.	17.22		
110/100/80 M H	M 65	Cross	R.	18.2		H
110/100/80 M H	M 70	Cross	R.	14.55		
110/100/80 M H	M 75	Cross	Ron	14.46	20130316	Bellville
110/100/80 M H	M 80					H
400/300 M H	M 30	Visser	T.	59.09		
400/300 M H	M 35	Daniels	N.	1:00.06		
400/300 M H	M 40	Brown	T.	58.53		
400/300 M H	M 45	Van Zyl	Oloff	1:02.62	20170518	Green Point
400/300 M H	M 50	Swiegers	J.	1:01.29		300)Benning 47.0
400/300 M H	M 55	Swiegers	J.	1:02.88		300)Benning 47.3
400/300 M H	M 60	Benning	Leo	48.57	19931013	Miyazaki,Japan
400/300 M H	M 65	Benning	Leo	51.33	19981212	Mauritius
400/300 M H	M 70	Benning	Leo	1:01.03		
400/300 M H	M 75					H
400/300 M H	M 80					H
2/3K M STEEPLE	M 30	Ruppert	M.	9:58.7		H
2/3K M STEEPLE	M 35	Matthews	B.	9:55.8		H
2/3K M STEEPLE	M 40	Philander	Tobias	9:39.9		H
2/3K M STEEPLE	M 45	Brown	T.	10:00.5		H
2/3K M STEEPLE	M 50	Philander	Tobias	10:32.82	20160319	Parow
2/3K M STEEPLE	M 55	Ruppert	Max	12:28.98	20170518	Green Point
2/3K M STEEPLE	M 60	Brown	Terence	7:19.64	20150321	Parow
2/3K M STEEPLE	M 65					H

2/3K M STEEPLE	M 70					H
2/3K M STEEPLE	M 75					H
2/3K M STEEPLE	M 80					H
2/3K M STEEPLE	M 85					H
2/3K M STEEPLE	M 90					H
High Jump	M 30	Paskin	N.	1.75		
High Jump	M 35	September	A.	1.85		
High Jump	M 40	Elton	B.	1.83		
High Jump	M 45	Carl	C.	1.65		
High Jump	M 50	Benning	Leo	1.61	19841124	Wynberg
High Jump	M 55	Benning	Leo	1.57	19890716	Los Angeles
High Jump	M 60	Benning	Leo	1.54	19970701	Durban
High Jump	M 65	Benning	Leo	1.5	20000121	Bellville
High Jump	M 70	Benning	Leo	1.44	20030706	San Juan,Puerto Ricc
High Jump	M 75	Benning	Leo	1.32	20100220	Bellville
High Jump	M 80	Benning	Leo	1.1		
High Jump	M 85					
High Jump	M 90					
High Jump	M 95					
Long Jump	M 30	Mostert	T.	6.44		
Long Jump	M 35	Buck	Robin	6.64	20110409	Parow
Long Jump	M 40	Buck	Robin	6.51	20161101	Perth
Long Jump	M 45	Carnie	B.	5.65		
Long Jump	M 50	Cross	R.	5.94		
Long Jump	M 55	Cross	R.	5.61		
Long Jump	M 60	Cross	R.	5.33		
Long Jump	M 65	Benning	Leo	4.2		
Long Jump	M 70	Benning	Leo	4.03		
Long Jump	M 75	Nel	C.	2.72		
Long Jump	M 80	Cross	Ron	3.49	0.9 20150811	Lyon
Long Jump	M 85	Ridge	Arthur	2.86	1.3 20160319	Parow
Triple Jump	M 30	Herbst	Chris	12.62		
Triple Jump	M 35	September	A.	12.41		

Triple Jump	M 40	September	A.	11.83	
Triple Jump	M 45	Mitchell	R.	12.17	
Triple Jump	M 50	McBride	Vincent	11.9	20130316 Bellville
Triple Jump	M 55	Cross	Ron	10.95	
Triple Jump	M 60	Cross	Ron	10.55	
Triple Jump	M 65	Benning	Leo	8.68	
Triple Jump	M 70	Benning	Leo	9.51	
Triple Jump	M 75	Holgate	Don	5.75	-1 20140315 Bellville
Triple Jump	M 80	Benning	Leo	6.38	-0.1 20140315 Bellville
Triple Jump	M 85				
Pole Vault	M 30	Preston	C.	4.45	
Pole Vault	M 35	Truter	C.	3.6	
Pole Vault	M 40	Truter	C.	3.7	
Pole Vault	M 45	Murdoch	G.	3.2	20120317
Pole Vault	M 50	Murdoch	G.	3.9	
Pole Vault	M 55	Allers	Johan	2.85	
Pole Vault	M 60	Cross	Ron	2.3	
Pole Vault	M 65	Lunn	V.	2.4	
Pole Vault	M 70	Bruwer	J.	2.4	
Pole Vault	M 75				
Pole Vault	M 80				
Shot Put	M 30	Johnston	Steve	13.92	19720214 Bellville
Shot Put	M 35	Lewies	Daniel	12.96	20171028 Oudtshoorn
Shot Put	M 40	Geldenuys	T.	14.01	
Shot Put	M 45	Potgieter	Gerhard	12.58	20150321 Parow
Shot Put	M 50	Barnard	Charl	13.09	20130316
Shot Put	M 55	Wale	Anton	12.3	20110226
Shot Put	M 60	Schirmer	Gunther	14.24	
Shot Put	M 65	Schirmer	Gunther	12.72	
Shot Put	M 70	Mitchell	Ron	12.15	
Shot Put	M 75	Stannius	Borg	11.92	
Shot Put	M 80	Stannius	Borg	12.84	
Shot Put	M 85	Stannius	Borg	10.8	20130605 Holstebro Denmark

Shot Put	M 90	Wale	Laurie	7.75	
Shot Put	M 95	Rabinowitz	Phillip	3.48	
Discus	M 30	Johnston	Steve	49.91	19720315 Pinelands UCT Track
Discus	M 35	Johnston	Steve	50.39	19750227 Pinelands UCT Track
Discus	M 40	Geldenhuis	Tiny	42.3	
Discus	M 45	Johnston	Steve	38.66	
Discus	M 50	Allers	Johan	45.9	
Discus	M 55	Johnston	Steve	39.48	
Discus	M 60	Johnston	Steve	45.46	
Discus	M 65	Johnston	Steve	42.22	
Discus	M 70	Stannius	Borg	35.3	
Discus	M 75	Stannius	Borg	34.05	
Discus	M 80	Stannius	Borg	30.24	
Discus	M 85	Frech	Philipp	27.71	20050825 San Sebastian
Discus	M 90	Frech	Philipp	21.39	20110409
Javelin	M 30	Vercuiel	Hein	48.54	
Javelin	M 35	Potgieter	Bertus	53.03	20161119 Green Point
Javelin	M 40	Joubert	R.	46.7	
Javelin	M 45	Cronje	Jacques	53.94	20160319 Parow
Javelin	M 50	Vercuiel	Hein	42.42	
Javelin	M 55	Allers	J.	41.85	
Javelin	M 60	English	C.	39.46	
Javelin	M 65	Stannius	Borg	36.6	
Javelin	M 70	Stannius	Borg	35.45	
Javelin	M 75	Stannius	Borg	36.09	
Javelin	M 80	Stannius	Borg	31.49	
Javelin	M 85	Stannius	Borg	25.32	20130605 Holstebro Denmark
Javelin	M 90	Wale	Laurie	16.98	
Javelin	M 95				
Hammer Throw	M 30	Coetzee	B.	46.9	
Hammer Throw	M 35	Engelbrecht	G.	40.5	
Hammer Throw	M 40	Geldenhuis	T.	59.18	
Hammer Throw	M 45	Potgieter	Gerhard	38.25	20160319 Parow

Hammer Throw	M 50	Engelbrecht	Gert	35.49	
Hammer Throw	M 55	Engelbrecht	G.	35.21	
Hammer Throw	M 60	Johnston	Steve	37.16	
Hammer Throw	M 65	Johnston	Steve	38.82	
Hammer Throw	M 70	Johnston	Steve	37.65	20090124 Parow
Hammer Throw	M 75	Stannius	Borg	34.99	
Hammer Throw	M 80	Stannius	Borg	40.07	
Hammer Throw	M 85	Stannius	Borg	31.71	20131022 Porto Alegre Brazil
Hammer Throw	M 90	Frech	Philipp	19.19	20121117
Hammer Throw	M 95				
Weight Throw	M 30	Coetzee	B.	13.58	
Weight Throw	M 35	Barnard	Nicho	12.66	20110115
Weight Throw	M 40	Mathewson	Johannes	11.48	20130112
Weight Throw	M 45	Allers	J.	10.75	
Weight Throw	M 50	Smit	John	12.96	20111119
Weight Throw	M 55	Wale	Anton	12.72	
Weight Throw	M 60	Johnston	Steve	15.11	
Weight Throw	M 65	Johnston	Steve	14.64	
Weight Throw	M 70	Johnston	Steve	14.98	
Weight Throw	M 75	Stannius	Borg	14.31	
Weight Throw	M 80	Stannius	Borg	15.09	
Weight Throw	M 85	Stannius	Borg	14.5	20140612 Parow
Weight Throw	M 90	Frech	Philipp	8.43	20110226
Decathlon	M 30	Herbst	C.	5081	
Decathlon	M 35	vd Burgh	A.	5575	
Decathlon	M 40	Allers	Johan	5665	
Decathlon	M 45	Allers	Johan	6110	
Decathlon	M 50	Allers	Johan	6817	
Decathlon	M 55	Hough	Norman	6387	
Decathlon	M 60	Cross	Ron	6524	
Decathlon	M 65				
Decathlon	M 70				
Decathlon	M 75				

Decathlon	M 80					
Decathlon	M 85					
Decathlon	M 90					
Weights Pent	M 30	Coetzee	B.	2852		
Weights Pent	M 35	Odendaal	D.	2473		
Weights Pent	M 40	Pauw	Johan	2951		
Weights Pent	M 45	Hough	Norman	3209		
Weights Pent	M 50	Allers	Johan	3234		
Weights Pent	M 55	Wale	Anton	3353		
Weights Pent	M 60	Johnston	Steve	3904	20010712 Brisbane	
Weights Pent	M 65	Johnston	Steve	3975	20040508 Durban	
Weights Pent	M 70	Stannius	Borg	3969		
Weights Pent	M 75	Stannius	Borg	4633		
Weights Pent	M 80	Stannius	Borg	4958	20100213 Bellville	
Weights Pent	M 85	Stannius	Borg	4490	20141213 Parow	
Weights Pent	M 90	Wale	Laurie	3764		
3000 M Walk	M 30	McDonald	R.	12:40.1		H
3000 M Walk	M 35	McDonald	R.	13:13.40		
3000 M Walk	M 40	Nel	I.	12:38.68		
3000 M Walk	M 45	Esterhuizen	J.	14:13.1		H
3000 M Walk	M 50	van Zyl	J.	14:56.72		
3000 M Walk	M 55	Forbes	N.	13:52.3		H
3000 M Walk	M 60	Forbes	N.	14:07.3		H
3000 M Walk	M 65	Spencer	Jurgen	16:03.0		H
3000 M Walk	M 70	Spencer	Jurgen	16:26.2	20101016 Parow	H
3000 M Walk	M 75	Johnston	C.	17:40.8		H
3000 M Walk	M 80	Halsall	S.	20:03.98	20100323 Bellville	
3000 M Walk	M 85					H
3000 M Walk	M 90					H
3000 M Walk	M 95					H
3000 M Walk	M100					H
5000 M Walk	M 30	Cillie	G.	21:48.37		
5000 M Walk	M 35	McDonald	R.	22:13.96	20100430 BELLVILLE	

5000 M Walk	M 40	Nel	I.	21:51.58		
5000 M Walk	M 45	Esterhuizen	J.	23:37.4		H
5000 M Walk	M 50	Spencer	Jurgen	23:01.4		
5000 M Walk	M 55	Spencer	Jurgen	23:52.24		H
5000 M Walk	M 60	Spencer	Jurgen	26:50.7		H
5000 M Walk	M 65	Spencer	Jurgen	27:03.7	20051112 Parow	H
5000 M Walk	M 70	Spencer	Jurgen	27:55.3	20101112 Parow	H
5000 M Walk	M 75	Spencer	Jurgen	30:23.9	20151114 Parow	
5000 M Walk	M 80	Halsall	S.	33:46.21	20091107 Bellville	
5000 M Walk	M 85	Johnston	C.	39:51.8		H
5000 M Walk	M 90	Rabinowitz	P.	43:08.9		H
5000 M Walk	M 95	Rabinowitz	P.	42:58.7		H
5000 M Walk	M100	Rabinowitz	P.	47:59.2		H
10 Km Walk	M 30					H
10 Km Walk	M 35					H
10 Km Walk	M 40	Nel	I.	45:56.75		
10 Km Walk	M 45	Esterhuizen	J.	1:01:08		H
10 Km Walk	M 50	van Zyl	J.	53:29.64		
10 Km Walk	M 55	Hotston	J.	52:10		H
10 Km Walk	M 60	Hotston	J.	54:35		H
10 Km Walk	M 65	Spencer	Jurgen	56:57.2		H
10 Km Walk	M 70	Spencer	Jurgen	58:40	20110318 Youngsfield	
10 Km Walk	M 75	Spencer	Jurgen	1:03:45	20160625 Youngsfield	H
10 Km Walk	M 80	Kirby	David John	1:19:43	20170315 Parow	H
10 Km Walk	M 90	Rabinowitz	P.	1:32:29		H
10 Km Walk	M 95	Rabinowitz	P.	1:32:29		H
20 Km Walk	M 30	Cillie	G.	1:34:49	20100508 Youngsfield	H
20 Km Walk	M 35	McDonald	R.	1:34:25	20090314 Stellenbosch	H
20 Km Walk	M 40	Nel	I.	1:35:43		H
20 Km Walk	M 45	Morgan	E.	1:42:53		H
20 Km Walk	M 50	Spencer	Jurgen	1:41:20		H
20 Km Walk	M 55	Spencer	Jurgen	1:45:15		H
20 Km Walk	M 60	Spencer	Jurgen	1:55:42	20050716 Oudtshoorn	H

20 Km Walk	M 65	Spencer	Jurgen	1:58:18	2005126 Youngsfield	H
20 Km Walk	M 70	Spencer	Jurgen	2:03:04	20110430 Durban	H
20 Km Walk	M 75	Spencer	Jurgen	2:08:49	20151010 Youngsfield	H
20 Km Walk	M 80	Halsall	S.	2:24:43	20100807 Youngsfield	H
20 Km Walk	M 85					H
20 Km Walk	M 90	Rabinowitz	P.	3:00:10		H
20 Km Walk	M 95	Rabinowitz	P.	2:48:10		H
30 Km Walk	M 30	Fraser	A.	2:24:47		H
30 Km Walk	M 35	McDonald	R.	2:40:46		H
30 Km Walk	M 40	Nel	I.	2:36:41		H
30 Km Walk	M 45	Swanepoel	H.	2:52:32	20110507 Youngsfield	H
30 Km Walk	M 50	van Zyl	J.	3:03:14		H
30 Km Walk	M 55	Hotston	J.	2:52:48		H
30 Km Walk	M 60	Hotston	J.	2:54:48		H
30 Km Walk	M 65	Spencer	Jurgen	3:07:10	20060715 Oudtshoorn	H
30 Km Walk	M 70	Spencer	Jurgen	3:10:23	20101010 Oudtshoorn	H
30 Km Walk	M 75	Spencer	Jurgen	3:24:57	20160903 Youngsfield	H
30 Km Walk	M 80					H