



## 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 | 8-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       | 8-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       | 5-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 | 3-May-96  |
| W60  | 14.90       | Toy Ungerer         | SWD | Oudtshoorn         | 6-Mar-10  |
| W65  | 14.93       | Toy Ungerer         | SWD | Pilditch, Pretoria | 2-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           | 2-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           | 4-May-96  |
| W60  | <b>30.7</b> | Magdalena Tomlinson | KZN |                    | 8-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             | 7-May-04  |
| W80  | 41.78       | Christi du Plooy    | CGA | Pilditch, Pretoria | 23-Feb-13 |
| W85  | 51.20       | Christi du Plooy    | CGA | Pretoria           | 2-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         | 9-Jul-01  |
| M50  | 2:01.86       | Len Claassen  | AGN |                  |           |
| M55  | <b>2:03.7</b> | Stan Immelman | CGA | Port Elizabeth   | 1-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  | 4-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   | 2-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           | 1-Jul-67  |
| W45  | 2:17.12       | Salome Vermeulen    | AGN | Porto Alegre     | 1-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         | 4-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   | 8-May-93  |
| W70   | <b>6:52.4</b> | J. Geldenhuys    | WPA | Durban           | 17-Jul-97 |
| W75   | 9:15.71       | J. Foster        | KZN | Bellville        | 4-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           | 4-Jul-01  |
| W45   | 18:27.36       | S. Du Toit   | AGN | Durban             | 17-Jul-97 |
| W50   | <b>18:55.9</b> | J. Hann      |     | Port Elizabeth     | 7-May-93  |
| W55   | 19:51.10       | J. Allebone  | KZN | Oudtshoorn         | 28-Apr-00 |
| W60   | 19:52.44       | J. Allebone  | KZN | Durban             | 6-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          | 4-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    |  | 1-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   |  | 2-Apr-16  |

| 100m H |             |                 |     |              |  |          |
|--------|-------------|-----------------|-----|--------------|--|----------|
| M50    | 14.75       | C. Truter       | WPA |              |  |          |
| M55    | 15.92       | Johan Gouws     | AGN | Bloemfontein |  | 8-Nov-14 |
| M60    | 17.37       | Hans Miekautsch | CGA |              |  |          |
| M65    | <b>16.4</b> | Johan Gouws     | AGN | Bloemfontein |  | 9-Nov-18 |
| M65    |             | 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 |  | 3-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 Oliviera   | KZN | Durban         |  | 17-Jul-97 |
| W40     | <b>38:00.3</b> | C.A. Louw        | EPA | Port Elizabeth |  | 3-Dec-94  |
| W45     | 36:39.79       | Sonja Laxton     | CGA |                |  |           |
| W50     | 39:34.50       | S. Du Toit       | AGN | Gateshead      |  | 1-Aug-99  |
| W55     | 41:07.70       | J. Allebone      | KZN | Oudtshoorn     |  | 28-Apr-00 |
| W60     | 41:34.20       | J. Allebone      | KZN | Durban         |  | 8-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 |  | 9-May-03  |
| W45   | 12.05 | Charmain Barnard    | AGN | Pilditch, Pretoria |  | 1-Apr-17  |
| W50   | 13.09 | Madelene v Rooyen   | AGN | Rustenburg         |  | 26-Apr-14 |
| W55   | 14.27 | Madelene v Rooyen   | AGN | Bloemfontein       |  | 9-Nov-18  |
| W60   | 14.75 | Magdalena Tomlinson | KZN | Carolina           |  | 11-Jul-03 |
| W65   | 15.45 | Magdalena Tomlinson | KZN | Pretoria           |  | 2-May-09  |
| W70   | 18.84 | I. Hofmeyr          | WPA | Brisbane           |  | 4-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  |  | 6-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     |  | 5-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    |  | 8-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 |  | 8-Aug-99  |

| High Jump |      |                 |     |                    |           |
|-----------|------|-----------------|-----|--------------------|-----------|
| M30       | 2.07 | Christo Vrey    | CGA |                    |           |
| M35       | 2.01 | J. Greyvenstein |     |                    |           |
| M40       | 2.00 | Phillip vd Walt | AGN | Pilditch, Pretoria | 1-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           | 4-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   | 4-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       | 2-Feb-01  |
| W35       | 1.82 | Dinah Heymans      | FSA | Nairobi, Kenya     | 26-Apr-02 |
| W40       | 1.70 | Dinah Heymans      | FSA | Pretoria           | 2-Feb-07  |
| W45       | 1.64 | Dinah Heymans      | FSA | Pilditch, Pretoria | 19-May-12 |
| W50       | 1.53 | Dinah Heymans      | FSA | Pilditch, Pretoria | 1-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          | 1-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 | 1-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     | 4-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    | 1-May-10  |
| W65       | 4.14 | Toy Ungerer      | SWD | Oudtshoorn   | 27-Apr-13 |
| W70       | 3.40 | S. Campbell      |     |              |           |
| W75       | 2.52 | I. Hofmeyr       | WPA | Germiston    | 7-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         | 11.65 | Vincent McBride | WPA | Oudtshoorn         | 27-Oct-18 |  |
| M60         | 10.55 | Ron Cross       | WPA |                    |           |  |
| M65         | 9.72  | A. Heine        |     |                    |           |  |
| M70         | 9.51  | Leo Benning     | WPA | Carolina           | 4-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 | 3-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          | 4-May-02  |  |
| M70      | 13.08 | Dereck Sterley    | AGN | Bloemfontein       | 9-Nov-18  |  |
| 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 | 5-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         | 4-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       | 4-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             | 8-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-Apr-12 |
| M80 | 44.09 | Andrzej Rzepecki | KZN | Bloemfontein       | 27-Apr-18 |
| M85 | 31.71 | Borg Stannius    | WPA | Porto Alegre       | Oct-13    |
| M90 | 24.41 | Borg Stannius    | WPA | Parow              | 8-Dec-18  |

**Javelin Throw**

|     |       |                |     |                |           |
|-----|-------|----------------|-----|----------------|-----------|
| M30 | 67.76 | Frans Human    | FSA | Bloemfontein   | 12-Nov-11 |
| M35 | 66.04 | J. van Wyk     |     | Pretoria       | 3-Apr-04  |
| M40 | 65.54 | T. Liebenberg  | CNW | Johannesburg   | 1998      |
| M45 | 62.63 | Gawie Louw     | AGN | Germiston      | 7-May-05  |
| M50 | 67.87 | Wilhelm Pauer  | CGA | Malaga, Spain  | Sep-18    |
| M55 | 55.09 | S. Kichenbrand | AGN | Port Elizabeth | 15-May-15 |
| M60 | 54.84 | P. Mulaudzi    |     | Sasolburg      | 4-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        | 5-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 | 1-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        | 4-May-17  |
| M85 | 14.50 | Borg Stannius    | WPA | Parow              | 6-Dec-14  |
| M90 | 10.32 | Borg Stannius    | WPA | Parow              | 8-Dec-18  |

**Hammer Throw**

|     |       |                  |     |                |           |
|-----|-------|------------------|-----|----------------|-----------|
| W30 | 55.73 | Tanya Pugalakan  | AGN | Germiston      | 7-Apr-18  |
| W35 | 47.15 | Marilize Coetzee | WPA | Bellville      | 16-Mar-14 |
| W40 | 41.92 | Marilize Coetzee | WPA | Green Point    | 4-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         | 8-May-04  |
|     |       |                  |     |                |           |
|     |       |                  |     |                |           |

**Javelin Throw**

|     |       |                   |     |                    |           |
|-----|-------|-------------------|-----|--------------------|-----------|
| W30 | 46.95 | Linda v Vreden    | CGA | Bloemfontein       | 27-Apr-18 |
| W35 | 40.01 | Y. Beytell        | AGN | Pilditch, Pretoria | 2-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    | 7-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    | 8-Apr-17  |
| W80 | 8.46  | Hannetjie Janeke | AVT | Pretoria     | 2-Apr-16  |
| W85 | 6.29  | Aletta Kruger    | FSA | Bloemfontein | 27-Apr-18 |
|     |       |                  |     |              |           |
|     |       |                  |     |              |           |

**Throws Pentathlon**

|     |      |                  |     |                  |           |
|-----|------|------------------|-----|------------------|-----------|
| M30 | 2696 | C. Scheepers     |     | Bellville        | 4-May-02  |
| M35 | 3456 | Martin Venter    | AGN | Lathi, Finland   | 6-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           | 8-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            | 5-Dec-14  |
| M90 | 4039 | Borg Stannius    | WPA | Parow            | 8-Dec-18  |

**Decathlon**

|     |      |                 |     |              |           |
|-----|------|-----------------|-----|--------------|-----------|
| M30 | 5226 | W. Bezuidenhout |     |              |           |
| M35 | 5575 | A. vd Burgh     |     |              |           |
| M40 | 5897 | P. Williams     |     |              |           |
| M45 | 6154 | J. Jacobs       |     |              |           |
| M50 | 6817 | Johan Allers    |     | Bellville    | 5-May-02  |
| M55 | 6387 | N. Hough        |     | Carolina     | 4-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   | 6-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         | 7-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 | 7-May-93  |
| W45 | 4930 | S. van Rooyen       | AGN |                |           |
| W50 | 4108 | Mercia Ferreira     | CGA | Oudtshoorn     | 29-Apr-00 |
| W55 | 4381 | Stephanie Claassen  | AGN | Bellville      | 1-May-10  |
| W60 | 5205 | Magdalena Tomlinson | KZN | Carolina       | 4-Jul-03  |
| W65 | 4977 | Stephanie Claassen  | AGN | Malaga, Spain  | Sep-18    |
| W70 | 5157 | I. Hofmeyr          | WPA |                |           |
| W75 | 5333 | I. Hofmeyr          | WPA | Carolina       | 4-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           | 8-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 | 6-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 | 1:03:45 | Jurgen Spencer  | WPA | Youngsfield | 25-Jun-16 |
| M80 | 1:09:03 | 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    | 4-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    | 7-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 | 7-Aug-10  |
| M40 | 2:36:41 | I. Nel         |     |             |           |
| M45 | 2:32:03 | M. Whitmore    |     |             |           |
| M50 | 2:52:05 | Kevin Phillips | CGA | Youngsfield | 5-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 | 3-Sep-16  |

**10 km Road Walk**

|     |         |                   |     |                  |           |
|-----|---------|-------------------|-----|------------------|-----------|
| W30 | 56:23   | G. Smeeton        |     | Sasolburg        | 4-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      | 4-May-02  |
| W50 | 52:26   | Lesley v Buuren   | CGA | Oudtshoorn       | 27-Apr-13 |
| W55 | 54:12.0 | Lesley v Buuren   | CGA | Youngsfield      | 6-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      | 6-May-17  |
| W90 | 1:35:28 | Cecily Rootenberg | CGA | Youngsfield      | 8-Oct-16  |

**20km Road Walk**

|     |         |                 |     |              |           |
|-----|---------|-----------------|-----|--------------|-----------|
| W30 | 1:43:59 | Natalie Le Roux | KZN | Youngsfield  | 6-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 |              | 2-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  | 8-Oct-16  |
| W75 | 2:27:10 | Hildegard Vey   | WPA | Youngsfield  | 6-Aug-16  |
|     |         |                 |     |              |           |
|     |         |                 |     |              |           |
|     |         |                 |     |              |           |

**50km Road Walk**

|     |         |                 |     |             |           |
|-----|---------|-----------------|-----|-------------|-----------|
| W35 | 4:54:33 | Natalie Le Roux | KZN | George      | 23-Oct-17 |
|     |         |                 |     |             |           |
|     |         |                 |     |             |           |
| W50 | 5:19:37 | S. Steenkamp    | AGN | Oudtshoorn  | 26-Oct-10 |
|     |         |                 |     |             |           |
| W65 | 6:22:02 | Frieda Blignaut | WPA | Green Point | 27-Oct-18 |