

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W30 100 Meter Sprint**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
Finals						
1 Walters, Marike	W32 Western Province MA	13,13	-2.0	13,14 79,89%	7	
2 Malan, Liandri	W34 Boland MA	13,46	-2.0	13,47 77,93%	7	
3 Fourie, Nadine	W30 Cnw MA	13,63	-2.0	13,64 76,96%	7	
4 Eken, Maaike	W33 Foreign	13,65	-2.0	13,66 76,85%	7	
5 Olivier, Louisa	W30 Central Gauteng MA	13,92	-2.0	13,93 75,36%	7	

W35 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Potgieter, Fiona	W38 Gauteng North MA	13,08	-1.6	12,95 81,04%	6	
2 Walters, Elmarie	W35 Fsma	13,25	-1.6	13,12 80,00%	6	
3 Mare, Leoni	W39 Gauteng North MA	14,15	-1.6	14,01 74,91%	6	
4 Kotze, Retha	W39 Western Province MA	14,23	-1.6	14,09 74,49%	6	
5 Smit, Ascha	W39 Gauteng North MA	14,29	-1.6	14,15 74,18%	6	
6 Miske, Mirjam	W39 Western Province MA	15,48	-1.6	15,33 68,48%	6	
7 Genis, Tanya	W39 Western Province MA	15,81	-1.6	15,66 67,05%	6	

W40 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Vermaak, Lizelle	W43 Eastern Province MA	13,20	-1.8	12,61 83,26%	5	
2 Robertson, Moira	W41 Boland MA	13,65	-1.8	13,04 80,51%	5	
3 Olivier, Christa	W44 North West North MA	13,67	-1.8	13,06 80,40%	5	
4 Jaray-Venter, Melinda	W41 Eastern Province MA	13,70	-1.8	13,09 80,22%	5	
4 Joubert, Charnie	W44 Gauteng North MA	13,70	-1.8	13,09 80,22%	5	
6 Tregonning, Rushdah	W44 Western Province MA	14,74	-1.8	14,08 74,56%	5	

W45 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Young, Elme	W48 Gauteng North MA	13,73	-2.0	12,63 83,10%	4	
2 Figland, Beverley	W48 Western Province MA	14,38	-2.0	13,23 79,35%	4	
3 Borchardt, Nadine	W45 Western Province MA	14,54	-2.0	13,38 78,47%	4	
4 Very, Michaela	W46 Swd MA	14,95	-2.0	13,75 76,32%	4	
5 Cloete, Wendy	W47 Gauteng North MA	15,26	-2.0	14,04 74,77%	4	

W50 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 De Winnaar, Winnie	W52 Central Gauteng MA	13,61	-1.8	12,04 87,14%	3	
2 Smit, Elmarie	W50 Mpumalanga MA	16,20	-1.8	14,33 73,21%	3	
3 Willemse, Guste	W52 Swd MA	16,43	-1.8	14,54 72,19%	3	

W55 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Gouws, Makkie	W57 Gauteng North MA	18,16	-1.8	15,43 68,01%	3	
-- Beukes, Ronel	W59 Western Province MA	DNF	-1.8		3	
-- Spang, Rika	W58 Swd MA	DNF	-1.8		3	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 100 Meter Sprint**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Moshoeunyane, Margaret	W64 Fsma	18,49	-1.6	15,06	69,71%	2
2 Maree, Kitty	W64 Mpumalanga MA	20,03	-1.6	16,31	64,35%	2
3 Diba, Kedibone	W63 Fsma	20,31	-1.6	16,54	63,47%	2
4 Motumi, Kenole	W61 Fsma	21,43	-1.6	17,45	60,15%	2

W65 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Jacobs, Marlene	W67 Kwa-Zulu Natal MA	18,44	-1.6	14,37	73,05%	2
2 Jonkers, Margaret	W69 Western Province MA	19,09	-1.6	14,87	70,56%	2
3 Monyetsane, Cecilia	W68 Fsma	20,12	-1.6	15,67	66,95%	2

W70 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Ungerer, Toy (Aletta)	W73 Swd MA	16,79	-1.2	12,42	84,46%
2 Sebitlwane, Litta	W71 Fsma	22,59	-1.2	16,71	62,77%
3 Seleke, Mmoni	W70 Fsma	26,20	-1.2	19,38	54,12%

W80 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Johnson, Magdaline	W82 Western Province MA	21,99	-1.2	14,12	74,31%

M30 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 De Beer, Willem	M31 Gauteng North MA	11,30	1.8	11,31	86,64%	10
2 Nnanna, Udu Pascal	M33 Foreign	11,61	1.8	11,62	84,32%	10
3 Prinsloo, Snyman	M34 Vaal Triangle MA	11,78	1.8	11,79	83,11%	10
4 Hebner, Gareth	M32 Western Province MA	12,05	1.8	12,06	81,24%	10
5 Zeelie, Jean-Pierre	M33 Gauteng North MA	13,85	1.8	13,86	70,69%	10

M35 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 James, Rouen R	M39 Ecma	12,53	2.1	12,37	79,17%	9

M40 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Mentoor, Ricardo	M41 Western Province MA	12,18	2.1	11,67	83,91%	9
2 Bothma, Rupert	M44 Western Province MA	12,85	2.1	12,31	79,53%	9

M45 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Geldenhuys, Andre	M47 Western Province MA	12,04	1.8	11,19	87,54%	8
2 Potgieter, Thys	M47 Gauteng North MA	12,20	1.8	11,34	86,39%	8
3 Dorn-Schniring, Walther	M45 Namibia MA	12,25	1.8	11,38	86,04%	8

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

...M45 100 Meter Sprint

4 Cloete, John	M47 Western Province MA	12,35	-1.8	11,47	85,34%	7
5 Basson, Marius	M47 Western Province MA	12,49	1.8	11,60	84,39%	8
6 Solomons, Anthony	M48 Boland MA	12,67	-1.8	11,77	83,19%	7
7 Viljoen, Joe	M48 North West North MA	12,72	-1.8	11,82	82,86%	7
8 Coetzee, Alistair	M49 Western Province MA	13,18	-1.8	12,25	79,97%	7
9 Viviers, Ernest	M46 Swd MA	16,09	1.8	14,95	65,51%	8

M50 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Hacker, Ian	M54 Central Gauteng MA	12,59	-2.1	11,33	86,42%	6
2 Mngomezulu, George	M51 Cnw MA	12,78	-2.1	11,50	85,13%	6
3 Christians, Alwyn	M52 Western Province MA	12,95	-2.1	11,65	84,02%	6
4 Van Wyk, Roelof	M54 Western Province MA	13,03	-2.1	11,73	83,50%	6
5 Neff, Freddie	M50 Western Province MA	14,14	-2.1	12,73	76,94%	6
6 Claasen, Nico	M50 North West North MA	16,60	-2.1	14,94	65,54%	6

M55 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Myburgh, Johan	M57 Western Province MA	12,85	-2.1	11,19	87,55%	5
2 Toll, Michael	M55 Western Province MA	13,08	-2.1	11,39	86,01%	5
3 Malgas, Neville	M57 Swd MA	15,45	-2.1	13,45	72,82%	5

M60 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Mehlo, Minazana	M60 Ecma	12,95	2.1	10,90	89,88%	4
2 Warriess, Joseph	M63 Western Province MA	13,16	2.1	11,08	88,45%	4
3 Jefthas, Christo	M63 Boland MA	13,99	2.1	11,78	83,20%	4
4 Gouws, Johan	M60 Gauteng North MA	14,14	2.1	11,90	82,32%	4

M65 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Deetlefs, Pietie	M66 Boland MA	13,97	-1.3	11,34	86,40%	3
2 Xavier, Robert	M66 Ecma	14,03	-1.3	11,38	86,03%	3
3 Magnussen, Max	M66 Kwa-Zulu Natal MA	15,32	-1.3	12,43	78,79%	3
4 Rikhotso, Freddy	M67 Gauteng North MA	15,74	-1.3	12,77	76,68%	3
5 Mokolopo, Andrew	M66 Fsma	16,68	-1.3	13,53	72,36%	3

M70 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Motala, Yacoob	M70 Kwa-Zulu Natal MA	16,73	-1.8	13,02	75,19%	2
2 Figland, Edgar	M72 Western Province MA	17,24	-1.8	13,42	72,97%	2
3 Stoltz, Conrad	M72 Mpumalanga MA	18,94	-1.8	14,74	66,42%	2
4 De Kock, Johannes (Bobby)	M74 Fsma	21,52	-1.8	16,75	58,46%	2

M75 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Stuart, Les	M76 Swd MA	21,29	-1.1	15,78	62,05%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M80 100 Meter Sprint**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Van Zyl, Jakobus	M81 Western Province MA	17,17	-1.1	11,97	81,83%

M85 100 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Cross, Ron	M85 Western Province MA	18,68	-1.1	12,00	81,58%

W30 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Walters, Marike	W32 Western Province MA	26,72	-1.9	26,73	79,87%	1
2 Eken, Maaike	W33 Foreign	27,73	-2.0	27,74	76,96%	4
3 Fourie, Nadine	W30 Cnw MA	27,80	-2.2	27,81	76,76%	2
4 Malan, Liandri	W34 Boland MA	27,84	-1.9	27,85	76,65%	1
5 Olivier, Louisa	W30 Central Gauteng MA	28,16	-2.0	28,17	75,78%	3

W35 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Walters, Elmarie	W35 Fsma	27,38	-2.0	26,57	80,35%	4
2 Botha, Mariette	W35 Central Gauteng MA	27,56	-1.9	26,74	79,83%	5
3 Kotze, Retha	W39 Western Province MA	28,83	-2.0	27,98	76,31%	3
4 Mare, Leoni	W39 Gauteng North MA	29,21	-2.0	28,34	75,32%	3
5 Miske, Mirjam	W39 Western Province MA	31,88	-2.0	30,93	69,01%	4

W40 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Vermaak, Lizelle	W43 Eastern Province MA	27,10	-2.2	25,32	84,28%	2
2 Jaray-Venter, Melinda	W41 Eastern Province MA	27,33	-2.0	25,54	83,57%	4
3 Olivier, Christa	W44 North West North MA	27,76	-2.0	25,94	82,28%	3
4 Robertson, Moira	W41 Boland MA	27,97	-2.0	26,13	81,66%	4
5 Joubert, Charnie	W44 Gauteng North MA	28,11	-1.9	26,27	81,25%	5
6 Tregonning, Rushdah	W44 Western Province MA	30,37	-1.9	28,38	75,21%	5

W45 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Young, Elme	W48 Gauteng North MA	28,45	-1.9	25,56	83,51%	1
2 Figland, Beverley	W48 Western Province MA	30,17	-2.0	27,10	78,75%	4
3 Borchardt, Nadine	W45 Western Province MA	30,66	-2.2	27,54	77,50%	2
4 Lubbe, Elsabe	W45 North West North MA	30,88	-2.2	27,74	76,94%	2
5 Cloete, Wendy	W47 Gauteng North MA	31,27	-2.2	28,09	75,98%	2

W50 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 De Winnaar, Winnie	W52 Central Gauteng MA	28,06	-2.0	24,20	88,20%	3

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 200 Meter Sprint**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Ruppert, Annette	W55 Western Province MA	31,31	-1.9	25,87	82,50%

W60 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Alexander, Liz	W63 Kwa-Zulu Natal MA	32,91	-2.0	26,01	82,07%	3
2 Moshoeunyane, Margaret	W64 Fsma	38,52	-1.9	30,44	70,12%	1
3 Maree, Kitty	W64 Mpumalanga MA	42,23	-2.0	33,38	63,96%	4
4 Diba, Kedibone	W63 Fsma	42,31	-1.9	33,44	63,84%	5

W65 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Jacobs, Marlene	W67 Kwa-Zulu Natal MA	39,09	-2.0	29,49	72,37%	3
2 Jonkers, Margaret	W69 Western Province MA	49,36	-2.2	37,23	57,31%	2

W70 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Ungerer, Toy (Aletta)	W73 Swd MA	35,04	-2.0	24,77	86,16%	3
2 Sebitlwane, Litta	W71 Fsma	40,12	-2.0	28,36	75,25%	4

W80 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Johnson, Magdaline	W82 Western Province MA	54,31	-2.2	31,81	67,10%	2

M30 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 De Beer, Willem	M31 Gauteng North MA	22,19	-1.8	22,20	87,07%	11
2 Nnanna, Udu Pascal	M33 Foreign	23,58	-1.8	23,59	81,93%	11
3 Hebner, Gareth	M32 Western Province MA	24,24	-1.8	24,25	79,70%	11

M35 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Le Grange, Jacobus	M39 Western Province MA	25,12	-1.9	24,72	78,18%	10
2 Venter, Pierre	M39 Western Province MA	25,30	-1.9	24,89	77,63%	10
3 James, Rouen R	M39 Ecma	25,46	-1.9	25,05	77,14%	10

M40 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Mentoor, Ricardo	M41 Western Province MA	24,95	-2.1	23,80	81,20%	9
2 Bothma, Rupert	M44 Western Province MA	26,01	-2.1	24,81	77,89%	9
3 Gravel, Xola	M44 Western Province MA	26,07	-2.1	24,87	77,71%	9

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 200 Meter Sprint**

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Geldenhuys, Andre	M47 Western Province MA	24,42	-1.9	22,56	85,67%	7
2 Dorn-Schniring, Walther	M45 Namibia MA	24,71	-2.0	22,82	84,66%	8
3 Basson, Marius	M47 Western Province MA	24,72	-2.0	22,83	84,63%	8
4 Cloete, John	M47 Western Province MA	24,85	-2.0	22,95	84,19%	8
5 Viljoen, Joe	M48 North West North MA	24,99	-1.9	23,08	83,71%	7
6 Solomons, Anthony	M48 Boland MA	25,49	-1.9	23,55	82,07%	7
7 Naidoo, Moses	M46 Kwa-Zulu Natal MA	26,20	-2.0	24,20	79,85%	8
8 Cottee, Alistair	M49 Western Province MA	26,70	-1.9	24,66	78,35%	7
9 Viviers, Ernest	M46 Swd MA	35,51	-2.0	32,80	58,91%	8

M50 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Mngomezulu, George	M51 Cnw MA	25,84	-1.8	23,09	83,71%	6
1 Christians, Alwyn	M52 Western Province MA	25,84	-1.8	23,09	83,71%	6
3 Van Tonder, Immanuel	M51 Gauteng North MA	26,63	-1.8	23,80	81,22%	6

M55 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Myburgh, Johan	M57 Western Province MA	25,93	-1.8	22,39	86,31%	5
2 Toll, Michael	M55 Western Province MA	28,54	-1.8	24,64	78,42%	5
3 Malgas, Neville	M57 Swd MA	31,74	-1.8	27,41	70,51%	5

M60 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Mehlo, Minazana	M60 Ecma	26,55	1.9	22,13	87,34%	4
2 Warriess, Joseph	M63 Western Province MA	27,22	1.9	22,68	85,19%	4
3 Coetzer, Johann	M60 Swd MA	29,01	1.9	24,18	79,94%	4

M65 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Deetlefs, Pietie	M66 Boland MA	28,18	-2.1	22,57	85,63%	3
2 Xavier, Robert	M66 Ecma	28,81	-2.1	23,07	83,76%	3
3 Magnussen, Max	M66 Kwa-Zulu Natal MA	31,61	-2.1	25,32	76,34%	3
4 Rikhotso, Freddy	M67 Gauteng North MA	33,63	-2.1	26,93	71,75%	3

M70 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	H#	Alternate
1 Motala, Yacoob	M70 Kwa-Zulu Natal MA	35,40	-1.9	27,06	71,41%	2
2 Stoltz, Conrad	M72 Mpumalanga MA	40,80	-1.9	31,18	61,96%	2
3 De Kock, Johannes (Bobby)	M74 Fsma	44,89	-1.9	34,31	56,32%	2

M75 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Maputle, John	M76 Fsma	38,21	-2.0	27,57	70,09%
2 Stuart, Les	M76 Swd MA	39,91	-2.0	28,80	67,10%

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

M80 200 Meter Sprint

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Van Zyl, Jakobus	M81 Western Province MA	36,59	-2.0	24,51 78,85%	

W30 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Walters, Marike	W32 Western Province MA	59,90	59,91	79,47%	5
2 Griffiths, Kobie	W34 Western Province MA	1:00,21	1:00,22	79,06%	5
3 Eken, Maaike	W33 Foreign	1:02,88	1:02,89	75,70%	5

W35 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Looek-Bezuidenhout, Esri	W36 Western Province MA	1:05,67	1:04,36	73,98%	4
2 Sloan, Susan	W37 Central Gauteng MA	1:08,03	1:06,67	71,41%	4

W40 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Jaray-Venter, Melinda	W41 Eastern Province MA	59,96	56,31	84,54%	3

W45 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Young, Elme	W48 Gauteng North MA	1:04,29	57,76	82,42%	3
2 Cloete, Wendy	W47 Gauteng North MA	1:08,18	1:01,25	77,72%	3
3 Lubbe, Elsabe	W45 North West North MA	1:09,29	1:02,25	76,48%	3
4 Strydom, Debbie	W45 Swd MA	1:21,07	1:12,83	65,36%	3

W50 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 De Winnaar, Winnie	W52 Central Gauteng MA	1:05,04	55,78	85,35%	2
2 Vermeulen, Salome	W52 Gauteng North MA	1:06,23	56,80	83,81%	2

W55 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Theunissen, Emmarie	W58 Gauteng North MA	1:12,74	59,41	80,12%	2
2 Ruppert, Annette	W55 Western Province MA	1:14,50	1:00,85	78,23%	2
3 Brink, Lucy	W56 Western Province MA	1:24,12	1:08,71	69,28%	2

W60 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	Alternate
1 Alexander, Liz	W63 Kwa-Zulu Natal MA	1:15,05	57,91	82,21%
2 Maree, Kitty	W64 Mpumalanga MA	1:37,58	1:15,29	63,23%
3 Diba, Kedibone	W63 Fsma	1:58,43	1:31,37	52,10%

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Name	Age Team	Finals	Age-Grading	Alternate
1 Ungerer, Toy (Aletta)	W73 Swd MA	1:23,58	55,18	86,26%
2 Visser, Maria	W72 Central Gauteng MA	1:44,18	1:08,78	69,21%

M30 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 De Beer, Willem	M31 Gauteng North MA	48,53	48,54	88,98%	7
2 Classens, Ashwin	M32 Western Province MA	56,51	56,52	76,41%	7

M35 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Sethibang, Kabelo	M37 Western Province MA	55,17	53,27	81,08%	7
1 Le Grange, Jacobus	M39 Western Province MA	55,17	53,27	81,08%	7

M40 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Vosloo, Riaan	M44 Kwa-Zulu Natal MA	56,45	52,81	81,77%	6
2 Odendaal, Willem	M44 North West North MA	58,03	54,29	79,55%	6
3 De Klerk, Frans	M41 Gauteng North MA	58,04	54,30	79,53%	6
4 Gravel, Xola	M44 Western Province MA	59,14	55,32	78,05%	6
5 Van Zyl, Andrew	M44 Central Gauteng MA	1:01,06	57,12	75,60%	6

M45 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Moraope, Spencer	M46 North West North MA	52,55	47,58	90,75%	5
2 Viljoen, Joe	M48 North West North MA	54,22	49,10	87,96%	5
3 Basson, Marius	M47 Western Province MA	55,27	50,05	86,29%	5
4 Fortuin, Maurice	M48 Boland MA	57,41	51,98	83,07%	5
5 Solomons, Anthony	M48 Boland MA	58,69	53,14	81,26%	5
6 Viviers, Ernest	M46 Swd MA	58,86	53,30	81,02%	5

M50 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Du Plooy, Anton	M53 Central Gauteng MA	58,16	50,92	84,82%	4
2 Cupido, Clive	M53 Boland MA	59,75	52,31	82,56%	4
3 Nel, Marius	M50 Western Province MA	1:00,24	52,74	81,89%	4
4 Russell, Scott	M50 Western Province MA	1:01,85	54,15	79,76%	4

M55 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Myburgh, Johan	M57 Western Province MA	1:00,46	51,12	84,49%	3
2 Toll, Michael	M55 Western Province MA	1:02,57	52,90	81,64%	3
3 Kalp, Frans	M59 Swd MA	1:03,96	54,08	79,86%	3
4 Visser, Paul	M56 Fsma	1:09,00	58,34	74,03%	3

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 400 Meter Sprint**

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Mehlo, Minazana	M60 Ecma	1:00,32	49,19 87,80%	2
2 Warriess, Joseph	M63 Western Province MA	1:01,65	50,27 85,90%	2
3 Jefthas, Christo	M63 Boland MA	1:11,50	58,31 74,07%	2

M75 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	Alternate
1 Maputle, John	M76 Fsma	1:24,19	58,80 73,44%	
2 Stuart, Les	M76 Swd MA	1:32,68	1:04,73 66,71%	

M80 400 Meter Sprint

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Zyl, Jakobus	M81 Western Province MA	1:28,56	56,36 76,63%	

W30 800 Meter Run

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Griffiths, Kobie	W34 Western Province MA	2:27,78	2:27,79 76,65%	2
2 Jacobs, Mandy - Lee	W30 Western Province MA	2:30,16	2:30,17 75,44%	2
3 Van der Merwe, Mercia	W34 Border MA	5:00,26	5:00,27 37,73%	2

W35 800 Meter Run

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Sloan, Susan	W37 Central Gauteng MA	2:31,77	2:31,03 75,01%	2
2 Looek-Bezuidenhout, Esri	W36 Western Province MA	2:35,42	2:34,66 73,25%	2

W40 800 Meter Run

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Jaray-Venter, Melinda	W41 Eastern Province MA	2:21,22	2:14,69 84,11%	2
2 Rossouw, Rika	W41 Gauteng North MA	2:26,09	2:19,33 81,31%	2

W45 800 Meter Run

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Lubbe, Elsabe	W45 North West North MA	2:37,62	2:23,80 78,78%	2
2 Nel - Sutherland, Sharon	W46 Western Province MA	2:51,94	2:36,87 72,22%	2

W50 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Vermeulen, Salome	W52 Gauteng North MA	2:25,87	2:07,04 89,17%	
2 Philander, Aleida	W50 Western Province MA	3:16,30	2:50,96 66,26%	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 800 Meter Run**

Name	Age Team	Finals	Age-Grading	Alternate
1 Theunissen, Emmarie	W58 Gauteng North MA	2:46,29	2:17,94	82,12%
2 Frey, Jacqueline	W58 Central Gauteng MA	2:58,95	2:28,44	76,31%
3 Brink, Lucy	W56 Western Province MA	3:17,41	2:43,76	69,18%
4 Henning, Delmarie	W57 Swd MA	3:20,42	2:46,25	68,14%

W60 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Botes, Annatjie	W61 Swd MA	2:54,62	2:17,05	82,66%
2 Scheffer, Irene	W63 North West North MA	2:55,09	2:17,42	82,44%

W70 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Visser, Maria	W72 Central Gauteng MA	4:03,61	2:44,49	68,87%

M30 800 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 De Beer, Willem	M31 Gauteng North MA	2:05,34	2:05,35	80,67%	2
2 Mouries, Dewayne	M31 SA Police Services	2:05,46	2:05,47	80,59%	2
3 Classens, Ashwin	M32 Western Province MA	2:11,42	2:11,43	76,94%	2
4 Rix, Andre	M32 Western Province MA	2:31,30	2:31,31	66,83%	2

M35 800 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Sethibang, Kabelo	M37 Western Province MA	2:13,62	2:12,52	76,31%	2

M40 800 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Odendaal, Willem	M44 North West North MA	2:11,63	2:05,84	80,35%	2
2 Van Zyl, Andrew	M44 Central Gauteng MA	2:18,70	2:12,60	76,25%	2
3 Jonas, Lungani	M41 Boland MA	2:39,99	2:32,96	66,10%	2

M45 800 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Moraope, Spencer	M46 North West North MA	2:03,13	1:53,32	89,23%	2
2 Viljoen, Joe	M48 North West North MA	2:04,06	1:54,18	88,56%	2
3 Fortuin, Maurice	M48 Boland MA	2:19,53	2:08,41	78,74%	2
4 Bezuidenhout, Roger	M45 Western Province MA	2:26,85	2:15,15	74,82%	2

M50 800 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Du Plooy, Anton	M53 Central Gauteng MA	2:12,35	1:57,10	86,35%	1
2 Cupido, Clive	M53 Boland MA	2:14,46	1:58,96	85,00%	1
3 Nel, Marius	M50 Western Province MA	2:25,89	2:09,07	78,34%	2

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...M50 800 Meter Run**

4 Kelly, Percy	M54 Western Province MA	2:45,67	2:26,57	68,99%	1
5 Poole, Albert	M54 Boland MA	3:02,42	2:41,39	62,65%	1

M55 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Philander, Tobias	M55 Western Province MA	2:12,72	1:52,68	89,73%
2 Visser, Paul	M56 Fsma	2:38,58	2:14,64	75,10%

M60 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Rawlins, Patrick	M61 Swd MA	2:36,10	2:06,96	79,64%
2 Wrensch, Peter	M60 Western Province MA	2:42,76	2:12,38	76,38%
3 Jefthas, Christo	M63 Boland MA	2:53,25	2:20,91	71,76%

M70 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 De Kock, Johannes (Bobby)	M74 Fsma	3:53,68	2:53,40	58,31%
2 Strdom, Trompie	M73 Kwa-Zulu Natal MA	4:01,25	2:59,01	56,48%

M75 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Maputle, John	M76 Fsma	3:20,40	2:18,76	72,87%
2 Stuart, Les	M76 Swd MA	3:29,14	2:24,81	69,82%

W30 1500 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Jacobs, Mandy - Lee	W30 Western Province MA	5:13,91	5:13,92	74,06%	2
2 Van der Merwe, Mercia	W34 Border MA	10:10,96	10:10,97	38,05%	2

W40 1500 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Rossouw, Rika	W41 Gauteng North MA	5:12,39	4:55,43	78,69%	2

W45 1500 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Blignaut, Tania	W46 Gauteng North MA	5:32,21	5:00,39	77,39%	2
2 Eybers, Sunet	W46 Gauteng North MA	5:34,30	5:02,28	76,91%	2
3 Nel - Sutherland, Sharon	W46 Western Province MA	5:34,89	5:02,81	76,77%	2

W50 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Vermeulen, Salome	W52 Gauteng North MA	5:16,51	4:33,06	85,14%
2 Cloete, Rozelle	W50 Fsma	5:45,79	4:58,32	77,93%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201

De Jagers Athletics Stadium

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

...W50 1500 Meter Run

3 Philander, Aleida	W50 Western Province MA	6:42,14	5:46,93	67,01%
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W55 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Theunissen, Emmarie	W58 Gauteng North MA	5:59,41	4:55,15	78,77%
2 Frey, Jacqueline	W58 Central Gauteng MA	6:04,48	4:59,32	77,67%
3 De Bruyn, Linda	W55 Western Province MA	6:21,79	5:13,53	74,15%
4 Henning, Delmarie	W57 Swd MA	6:46,89	5:34,14	69,57%

W60 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Fischer, Lynette	W60 Gauteng North MA	5:51,29	4:32,57	85,29%
2 Scheffer, Irene	W63 North West North MA	6:08,09	4:45,61	81,40%
3 Maree, Kitty	W64 Mpumalanga MA	7:54,39	6:08,08	63,16%

W70 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Greenblatt, Elaine	W70 Central Gauteng MA	8:10,80	5:25,65	71,39%

M30 1500 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Mouries, Dewayne	M31 SA Police Services	4:13,23	4:13,24	81,35%	3
2 Rix, Andre	M32 Western Province MA	5:32,14	5:32,15	62,02%	3

M35 1500 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Blauw, Ricardo	M37 Western Province MA	4:10,91	4:08,73	82,82%	3
2 Broers, Neil	M38 Western Province MA	4:32,65	4:30,28	76,22%	3
3 Swart, Friedrich	M38 Gauteng North MA	4:38,05	4:35,64	74,74%	3

M40 1500 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Van Rooyen, Christo	M42 Western Province MA	4:29,92	4:16,94	80,18%	2
2 Van der Walt, Tjaart	M41 Western Province MA	4:31,31	4:18,27	79,76%	2
3 Odendaal, Willem	M44 North West North MA	4:38,77	4:25,37	77,63%	2
4 Jonas, Lungani	M41 Boland MA	5:34,86	5:18,76	64,63%	2

M45 1500 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Moraope, Spencer	M46 North West North MA	4:32,65	4:08,80	82,80%	2
2 Fortuin, Maurice	M48 Boland MA	5:09,31	4:42,25	72,99%	2
3 Bezuidenhout, Roger	M45 Western Province MA	5:16,34	4:48,67	71,36%	2

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 1500 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Du Plooy, Anton	M53	Central Gauteng MA	4:41,79	4:06,04	83,73%	2
2 Cupido, Clive	M53	Boland MA	4:48,27	4:11,69	81,85%	2
3 De Villiers, Dawie	M53	Gauteng North MA	5:00,95	4:22,76	78,40%	2
4 Cleophas, Tony	M53	Swd MA	5:25,61	4:44,30	72,46%	2
5 Nel, Marius	M50	Western Province MA	5:27,79	4:46,20	71,98%	2
6 Farmer, Bernard	M53	Fsma	5:32,36	4:50,19	70,99%	2
7 Kelly, Percy	M54	Western Province MA	5:38,28	4:55,36	69,75%	1

M55 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Philander, Tobias	M55	Western Province MA	4:39,29	3:52,85	88,47%
2 Ruppert, Max	M58	Western Province MA	5:14,09	4:21,86	78,67%
3 Visser, Paul	M56	Fsma	5:38,16	4:41,93	73,07%

M60 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Forbes, Michael	M63	Border MA	5:17,13	4:11,77	81,82%
2 Rawlins, Patrick	M61	Swd MA	5:31,41	4:23,11	78,30%
3 Wrensch, Peter	M60	Western Province MA	5:34,62	4:25,66	77,54%
4 Jefthas, Christo	M63	Boland MA	6:19,70	5:01,45	68,34%
5 Cloete, Fanie	M61	Gauteng North MA	7:37,64	6:03,33	56,70%

M65 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Naude, Alan	M69	Western Province MA	6:13,11	4:40,92	73,33%

M70 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 De Kock, Johannes (Bobby)	M74	Fsma	8:05,38	5:43,61	59,95%
2 Strdom, Trompie	M73	Kwa-Zulu Natal MA	8:12,50	5:48,65	59,09%

M75 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Stuart, Les	M76	Swd MA	8:00,92	5:15,30	65,34%

W30 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van der Merwe, Mercia	W34	Border MA	37:34,61	37:34,62	38,35%

W40 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Rossouw, Rika	W41	Gauteng North MA	20:22,15	19:54,66	72,38%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201

De Jagers Athletics Stadium

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

W45 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Eybers, Sunet	W46	Gauteng North MA	20:47,43	19:01,40	75,76%
2 Blignaut, Tania	W46	Gauteng North MA	22:48,22	20:51,93	69,07%

W50 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Cloete, Rozelle	W50	Fsma	21:52,77	19:05,40	75,49%
2 Philander, Aleida	W50	Western Province MA	26:36,32	23:12,79	62,08%
3 Venter, Laura	W53	Central Gauteng MA	26:41,01	23:16,89	61,90%

W55 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Frey, Jacqueline	W58	Central Gauteng MA	23:01,25	19:06,44	75,42%
2 De Bruyn, Linda	W55	Western Province MA	23:24,26	19:25,54	74,19%

W60 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Fischer, Lynette	W60	Gauteng North MA	21:34,04	16:55,57	85,14%
2 Botes, Annatjie	W61	Swd MA	21:44,10	17:03,46	84,49%
3 Maree, Kitty	W64	Mpumalanga MA	26:46,06	21:00,44	68,60%

W70 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Greenblatt, Elaine	W70	Central Gauteng MA	26:55,32	18:17,94	78,76%

M35 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Blauw, Ricardo	M37	Western Province MA	15:03,59	15:03,60	83,78%	3
2 Broers, Neil	M38	Western Province MA	16:54,91	16:54,92	74,59%	3

M40 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Van Rooyen, Christo	M42	Western Province MA	15:24,59	14:52,33	84,83%	2
2 Van der Walt, Tjaart	M41	Western Province MA	16:59,94	16:24,35	76,90%	2
3 Kingwill, Alistair	M42	Fsma	17:08,49	16:32,60	76,26%	2
4 Stones, Tim	M40	Border MA	18:31,74	17:52,95	70,55%	3

M45 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Locker, Trevor	M48	Central Gauteng MA	18:08,61	16:52,63	74,76%	2
2 Modise, Norman	M45	Fsma	18:39,57	17:21,43	72,69%	2

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 5000 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Opperman, Isaac	M52	Boland MA	16:08,33	14:26,95	87,32%	2
2 De Villiers, Dawie	M53	Gauteng North MA	18:03,23	16:09,82	78,06%	2
3 Kelly, Percy	M54	Western Province MA	18:44,19	16:46,49	75,21%	2
4 Farmer, Bernard	M53	Fsma	18:54,28	16:55,53	74,54%	2
5 Cleophas, Tony	M53	Swd MA	19:15,48	17:14,51	73,18%	2
6 Swart, Dries	M54	Western Province MA	19:57,53	17:52,15	70,61%	2

M55 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Ruppert, Max	M58	Western Province MA	18:06,35	15:34,70	80,99%
2 Visser, Paul	M56	Fsma	20:19,39	17:29,17	72,15%

M60 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Wrensch, Peter	M60	Western Province MA	20:26,24	16:52,27	74,78%
2 Rawlins, Patrick	M61	Swd MA	21:02,41	17:22,12	72,64%
3 Archer, Michael	M63	Western Province MA	22:36,44	18:39,75	67,60%
4 Cloete, Fanie	M61	Gauteng North MA	25:47,01	21:17,06	59,28%
5 Schoeman, At	M62	Ecma	25:50,65	21:20,07	59,14%

M65 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Els, Hannes	M69	Eastern Province MA	20:30,50	16:11,12	77,95%
2 Naude, Alan	M69	Western Province MA	25:30,20	20:07,64	62,68%

M70 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Connolly, Phil	M70	Central Gauteng MA	24:47,25	18:32,47	68,05%
2 De Kock, Johannes (Bobby)	M74	Fsma	33:18,46	24:54,85	50,64%

W40 10000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Rossouw, Rika	W41	Gauteng North MA	44:26,35	42:36,77	70,44%

W45 10000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Eybers, Sunet	W46	Gauteng North MA	43:17,34	39:39,17	75,70%
2 Nel - Sutherland, Sharon	W46	Western Province MA	43:26,11	39:47,20	75,45%
3 Blignaut, Tania	W46	Gauteng North MA	46:35,26	42:40,46	70,34%

W50 10000 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Philander, Aleida	W50	Western Province MA	48:39,62	42:31,75	70,58%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201

De Jagers Athletics Stadium

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

...W50 10000 Meter Run

2	Venter, Laura	W53 Central Gauteng MA	51:21,54	44:53,27	66,87%
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W55 10000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Henning, Delmarie	W57 Swd MA	53:16,01	44:19,09	67,73%
2 Geyer, Mariet	W59 Gauteng North MA	58:15,18	48:28,00	61,94%

W60 10000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Fischer, Lynette	W60 Gauteng North MA	45:31,23	35:50,58	83,75%

W70 10000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Greenblatt, Elaine	W70 Central Gauteng MA	58:54,79	40:11,44	74,69%

M35 10000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Broers, Neil	M38 Western Province MA	35:02,38	35:02,39	75,15%

M40 10000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Kingwill, Alistair	M42 Fsma	35:44,41	34:28,93	76,37%
2 Van der Walt, Tjaart	M41 Western Province MA	35:47,68	34:32,09	76,25%
3 Van Rooyen, Christo	M42 Western Province MA	37:14,18	35:55,54	73,30%
4 Stones, Tim	M40 Border MA	40:32,45	39:06,83	67,33%

M45 10000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Locker, Trevor	M48 Central Gauteng MA	38:28,82	35:46,28	73,62%
2 Modise, Norman	M45 Fsma	44:02,33	40:56,32	64,32%

M50 10000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Opperman, Isaac	M52 Boland MA	36:17,50	32:27,56	81,13%
2 De Villiers, Dawie	M53 Gauteng North MA	37:20,73	33:24,11	78,84%
3 Kelly, Percy	M54 Western Province MA	41:40,49	37:16,44	70,65%
4 Farmer, Bernard	M53 Fsma	42:48,58	38:17,34	68,78%

M60 10000 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Wrench, Peter	M60 Western Province MA	43:23,38	35:45,19	73,65%
2 Schoeman, At	M62 Ecma	48:09,06	39:40,59	66,37%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 80 Short Hurdles 76,2cm**

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Vermaak, Lizelle	W43	Eastern Province MA	12,53	-1.0	14,83	82,36%
2 Olivier, Christa	W44	North West North MA	14,07	-1.0	16,66	73,35%

M50 100 Short Hurdles 91,4cm

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Russell, Scott	M50	Western Province MA	16,35	-0.9	15,71	82,20%

M60 100 Short Hurdles 83,8cm

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Gouws, Johan	M60	Gauteng North MA	17,09	-1.0	15,41	83,85%
2 Schoeman, At	M62	Ecma	25,16	-1.0	22,68	56,96%

M65 100 Short Hurdles 83,8cm

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Smit, Christiaan	M67	Fsma	23,81	-1.0	20,57	62,79%

M45 110 Short Hurdles 99,1cm

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Van Zyl, Oloff	M49	Western Province MA	19,30	-0.8	17,67	73,11%

M60 300 Long Hurdles 76,2cm

Name	Age	Team	Finals	Age-Grading	Alternate
1 Schoeman, At	M62	Ecma	1:10,68	1:10,69	66,19%

W30 400 Long Hurdles 76,2cm

Name	Age	Team	Finals	Age-Grading	Alternate
1 Walters, Marike	W32	Western Province MA	1:04,87	1:04,88	80,68%

M40 400 Long Hurdles 91,4cm

Name	Age	Team	Finals	Age-Grading	Alternate
1 Vosloo, Riaan	M44	Kwa-Zulu Natal MA	1:00,14	57,57	81,26%

M45 400 Long Hurdles 91,4cm

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van Zyl, Oloff	M49	Western Province MA	1:04,10	58,62	79,81%

M50 400 Long Hurdles 83,8cm

Name	Age	Team	Finals	Age-Grading	Alternate
1 Scheepers, Anton	M50	Gauteng North MA	1:08,52	59,73	78,33%

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...M50 400 Long Hurdles 83,8cm

2 Isaacs, Duncan	M51 Western Province MA	1:23,68	1:12,94	64,14%
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M55 400 Long Hurdles 83,8cm

Name	Age Team	Finals	Age-Grading	Alternate
1 Le Roux, Henk	M57 Fsma	1:29,54	1:14,22	63,03%

W30 2000 Meter Steeplechase 76,2cm

Name	Age Team	Finals	Age-Grading	Alternate
1 Jacobs, Mandy - Lee	W30 Western Province MA	8:15,27	8:15,28	109,35%

W35 2000 Meter Steeplechase 76,2cm

Name	Age Team	Finals	Age-Grading	Alternate
1 Sloan, Susan	W37 Central Gauteng MA	9:16,44	12:52,12	70,14%

W40 2000 Meter Steeplechase 76,2cm

Name	Age Team	Finals	Age-Grading	Alternate
1 Rossouw, Rika	W41 Gauteng North MA	8:10,27	10:53,29	82,90%

W50 2000 Meter Steeplechase 76,2cm

Name	Age Team	Finals	Age-Grading	Alternate
1 Venter, Laura	W53 Central Gauteng MA	10:47,95	13:19,96	67,70%

W60 2000 Meter Steeplechase 76,2cm

Name	Age Team	Finals	Age-Grading	Alternate
1 Fischer, Lynette	W60 Gauteng North MA	9:12,60	10:04,60	89,58%

M60 2000 Meter Steeplechase 76,2cm

Name	Age Team	Finals	Age-Grading	Alternate
1 Rawlins, Patrick	M61 Swd MA	8:31,16	10:20,50	76,33%
2 Wensch, Peter	M60 Western Province MA	8:58,89	10:54,16	72,40%
3 Schoeman, At	M62 Ecma	10:21,77	12:34,77	62,75%
4 Cloete, Fanie	M61 Gauteng North MA	11:45,10	14:15,93	55,34%

M65 2000 Meter Steeplechase 76,2cm

Name	Age Team	Finals	Age-Grading	Alternate
1 Els, Hannes	M69 Eastern Province MA	8:51,80	9:38,34	81,90%

M70 2000 Meter Steeplechase 76,2cm

Name	Age Team	Finals	Age-Grading	Alternate
1 Connolly, Phil	M70 Central Gauteng MA	10:30,65	10:21,20	76,25%
2 De Kock, Johannes (Bobby)	M74 Fsma	14:21,13	14:08,22	55,84%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M30 3000 Meter Steeplechase 91,4cm**

Name	Age Team	Finals	Age-Grading Alternate
1 Rix, Andre	M32 Western Province MA	14:31,73	14:31,74 54,33%

M40 3000 Meter Steeplechase 91,4cm

Name	Age Team	Finals	Age-Grading Alternate
1 Van Rooyen, Christo	M42 Western Province MA	10:58,64	10:02,92 78,56%
2 Odendaal, Willem	M44 North West North MA	12:01,13	11:00,13 71,75%
3 Jonas, Lungani	M41 Boland MA	14:30,45	13:16,81 59,44%

M45 3000 Meter Steeplechase 91,4cm

Name	Age Team	Finals	Age-Grading Alternate
1 Modise, Norman	M45 Fsma	12:50,78	11:13,98 70,27%

M55 3000 Meter Steeplechase 91,4cm

Name	Age Team	Finals	Age-Grading Alternate
1 Philander, Tobias	M55 Western Province MA	11:17,90	9:04,02 87,06%
2 Visser, Paul	M56 Fsma	14:20,46	11:30,52 68,59%

W30-99 4x100 Meter Relay

Team	Finals	Alternate
1 Gauteng North MA 'A'	52,83	
2 Western Province MA 'A'	57,56	
3 Western Province MA 'B'	58,43	

M30-99 4x100 Meter Relay

Team	Finals	H#	Alternate
1 Western Province MA 'B'	46,85	1	
2 Western Province MA 'A'	47,39	1	
3 Western Province MA 'C'	49,83	2	
4 Western Province MA 'D'	53,32	2	
5 Gauteng North MA 'A'	53,94	1	
6 Boland Masters Athletics 'A'	53,97	2	
7 Western Province MA 'E'	56,57	2	

W30 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Krugell, Berne	W31 Central Gauteng MA	1,59m	1,59m 76,08%

W35 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Botha, Mariette	W35 Central Gauteng MA	1,71m	1,79m 85,93%
2 Mare, Leoni	W39 Gauteng North MA	1,27m	1,33m 63,82%
3 Genis, Tanya	W39 Western Province MA	1,24m	1,30m 62,31%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 High Jump**

Name	Age Team	Finals	Age-Grading Alternate
1 Van Langelaar, Yolanda	W43 Swd MA	1,55m	1,71m 82,01%

W45 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Lategan, Jill	W47 Western Province MA	1,30m	1,50m 72,22%
2 Shaik, Carmila	W46 Boland MA	1,27m	1,47m 70,56%

W50 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Heymans, Dinah	W52 Fsma	1,50m	1,83m 87,72%
2 Venter, Laura	W53 Central Gauteng MA	1,12m	1,37m 65,50%

W65 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Jonkers, Margaret	W69 Western Province MA	1,12m	1,64m 78,87%

M30 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Deysel, Pyp	M31 Boland MA	1,75m	1,75m 71,43%

M35 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Venter, Pierre	M39 Western Province MA	1,61m	1,65m 67,36%

M40 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Roos, Mihan	M40 SA Police Services	1,56m	1,63m 66,67%

M45 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Van Zyl, Oloff	M49 Western Province MA	1,51m	1,66m 68,02%

M50 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Gutsche, Johann	M52 Cnw MA	1,82m	2,11m 86,26%
2 Lombard, Albertus	M50 Gauteng North MA	1,41m	1,63m 66,82%
3 Neff, Freddie	M50 Western Province MA	1,30m	1,51m 61,61%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 High Jump**

Name	Age Team	Finals	Age-Grading Alternate
1 Bredevelde, Neal	M58 Western Province MA	1,65m	2,02m 82,50%
2 Bezuidenhout, Vic	M57 Gauteng North MA	1,45m	1,78m 72,50%
3 van Dyk, Juan Pierre	M56 Ecma	1,41m	1,73m 70,50%

M60 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Gouws, Johan	M60 Gauteng North MA	1,50m	1,95m 79,79%
2 Coetzer, Johann	M60 Swd MA	1,45m	1,88m 77,13%
3 Du Toit, Sarel	M64 Gauteng North MA	1,38m	1,79m 73,40%

M65 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Smit, Christiaan	M67 Fsma	1,20m	1,66m 67,80%

M70 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Hough, Norman	M71 Western Province MA	1,25m	1,85m 75,76%

W40 Pole Vault

Name	Age Team	Finals	Age-Grading Alternate
1 Strydom, Ida-Marie	W43 Gauteng North MA	3,15m	3,60m 70,00%

M30 Pole Vault

Name	Age Team	Finals	Age-Grading Alternate
1 Rix, Andre	M32 Western Province MA	1,60m	1,60m 26,06%

M40 Pole Vault

Name	Age Team	Finals	Age-Grading Alternate
1 Roos, Mihan	M40 SA Police Services	3,00m	3,23m 52,63%

M45 Pole Vault

Name	Age Team	Finals	Age-Grading Alternate
1 Van Zyl, Oloff	M49 Western Province MA	2,90m	3,32m 54,21%

M55 Pole Vault

Name	Age Team	Finals	Age-Grading Alternate
1 van Dyk, Juan Pierre	M56 Ecma	2,80m	3,69m 60,09%

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

W30 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Van der Merwe, Rochelle	W32 Ecma	4,74m	2.4	4,74m	63,03%
2 Prinsloo, Mariska	W33 Vaal Triangle MA	4,58m	3.2	4,58m	60,90%

W35 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Smit, Ascha	W39 Gauteng North MA	5,16m	2.4	5,41m	72,07%
2 Mare, Leoni	W39 Gauteng North MA	4,46m	2.2	4,68m	62,29%
3 Genis, Tanya	W39 Western Province MA	4,09m	2.1	4,29m	57,12%

W40 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Strydom, Ida-Marie	W43 Gauteng North MA	5,04m	2.0	5,59m	74,45%
2 Kruger, Petro	W40 Gauteng North MA	4,62m	2.2	5,12m	68,24%
3 Paxton, Mariska	W40 Gauteng North MA	4,23m	3.2	4,69m	62,48%

W45 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Shaik, Carmila	W46 Boland MA	3,92m	1.8	4,61m	61,35%

W50 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Willemse, Guste	W52 Swd MA	4,00m	0.3	5,01m	66,67%

W55 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Gouws, Makkie	W57 Gauteng North MA	3,39m	0.3	4,54m	60,43%

W60 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Botes, Annatjie	W61 Swd MA	3,68m	0.5	5,29m	70,50%

M40 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Swekile, Simphiwe	M41 Ecma	6,08m	0.9	6,62m	74,06%

M45 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Naidoo, Moses	M46 Kwa-Zulu Natal MA	6,12m	0.9	7,06m	78,97%
2 Van Zyl, Oloff	M49 Western Province MA	5,33m	0.8	6,15m	68,77%
3 Nell, Darelle	M46 Eastern Province MA	4,89m	0.8	5,64m	63,10%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Hacker, Ian	M54	Central Gauteng MA	5,36m	1.6	6,58m	73,63%
2 Christians, Alwyn	M52	Western Province MA	5,33m	1.5	6,54m	73,21%
3 Neff, Freddie	M50	Western Province MA	4,93m	1.4	6,05m	67,72%
4 Van Tonder, Immanuel	M51	Gauteng North MA	4,84m	1.7	5,94m	66,48%
5 Cleophas, Tony	M53	Swd MA	4,35m	1.6	5,34m	59,75%

M55 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Bezuidenhout, Vic	M57	Gauteng North MA	4,69m	1.4	6,15m	68,77%
2 Malgas, Neville	M57	Swd MA	4,45m	1.4	5,83m	65,25%
3 van Dyk, Juan Pierre	M56	Ecma	4,11m	1.7	5,39m	60,26%

M60 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Coetzer, Johann	M60	Swd MA	5,16m	1.6	7,26m	81,13%
2 Gouws, Johan	M60	Gauteng North MA	4,71m	1.5	6,63m	74,06%
3 Du Toit, Sarel	M64	Gauteng North MA	4,03m	1.6	5,67m	63,36%

M65 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Xavier, Robert	M66	Ecma	4,55m	1.5	6,90m	77,25%

M70 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Stoltz, Conrad	M72	Mpumalanga MA	3,23m	1.3	5,32m	59,48%
2 De Kock, Johannes (Bobby)	M74	Fsma	2,47m	1.3	4,07m	45,49%

W30 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Van der Merwe, Rochelle	W32	Ecma	10,32m	1.5	10,32m	66,58%

W35 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Smit, Ascha	W39	Gauteng North MA	10,54m	1.6	10,73m	69,25%

W45 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading	Alternate
1 Shaik, Carmila	W46	Boland MA	8,01m	1.3	9,16m	59,16%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Willemse, Guste	W52 Swd MA	7,50m	1.6	9,15m	59,06%

M40 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Swekile, Simphiwe	M41 Ecma	11,73m	0.5	12,47m	68,20%

M45 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Venter, Eugene	M47 Namibia MA	11,30m	0.4	12,73m	69,62%
2 Nell, Darelle	M46 Eastern Province MA	9,82m	0.7	11,06m	60,51%

M55 Triple Jump

Name	Age Team	Finals	Wind	Age-Grading	Alternate
1 Bredeveldt, Neal	M58 Western Province MA	10,34m	0.6	13,23m	72,36%

W30 Shot Put 4kg

Name	Age Team	Finals	Age-Grading	Alternate
1 La Grange, Rachelle	W30 Western Province MA	10,83m	10,83m	47,86%

W35 Shot Put 4kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Gerstner, Juanita	W36 Western Province MA	11,55m	11,97m	52,91%
2 Mallin, Ezette	W37 Western Province MA	10,32m	10,69m	47,27%
3 Compion, Maria	W38 Western Province MA	9,19m	9,52m	42,10%
4 Mare, Leoni	W39 Gauteng North MA	6,75m	6,99m	30,92%

W40 Shot Put 4kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Kruger, Sanet	W42 Western Province MA	9,36m	10,38m	45,90%
2 Strauss, Michelle	W44 Gauteng North MA	8,83m	9,80m	43,31%
3 Senaya, Thembisile	W41 Western Province MA	7,16m	7,94m	35,12%

W45 Shot Put 4kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Jordaan, Antonette	W47 Gauteng North MA	10,48m	12,51m	55,30%

W50 Shot Put 3kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Flynn, Judy	W53 Gauteng North MA	10,34m	13,03m	57,60%
2 Smit, Elmarie	W50 Mpumalanga MA	9,37m	11,81m	52,20%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Shot Put 3kg**

Name	Age Team	Finals	Age-Grading	Alternate
1 Smit, Jacqueline	W55 Boland MA	9,00m	12,33m	54,51%
2 Minnie, Valerie	W59 Gauteng North MA	8,54m	11,70m	51,73%
3 Hennop, Ansie	W56 Gauteng North MA	7,99m	10,95m	48,39%
4 Bowers, Cecelia	W57 Boland MA	7,94m	10,88m	48,09%
5 Pietersen, Aletta	W58 Eastern Province MA	7,46m	10,22m	45,18%
6 Claassen, Zelda	W59 Central Gauteng MA	7,24m	9,92m	43,85%

W60 Shot Put 3kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Dramat, Farieda	W60 Western Province MA	8,60m	12,91m	57,07%
2 Van Dyk, Annette	W64 Gauteng North MA	7,39m	11,09m	49,04%

W65 Shot Put 3kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Griesel, Ronel	W66 Boland MA	8,28m	13,74m	60,75%
2 Erasmus, Zelda	W66 Western Province MA	8,09m	13,42m	59,35%
3 Du Toit, Aletta	W67 Western Province MA	6,34m	10,52m	46,52%
4 Van Eck, Suzi	W69 Gauteng North MA	6,29m	10,44m	46,15%
5 Uys, Heilie	W66 Ecma	5,75m	9,54m	42,19%

W70 Shot Put 3kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Fourie, Ena	W70 Gauteng North MA	8,64m	16,03m	70,88%
2 Ferreira, Mercia	W70 Central Gauteng MA	8,35m	15,49m	68,50%
3 Du Bruyn, Susanna	W71 Kwa-Zulu Natal MA	7,28m	13,51m	59,72%

W75 Shot Put 2kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Rzepecka, Jana	W75 Kwa-Zulu Natal MA	6,18m	11,32m	50,04%
2 Grobler, Babsie	W75 Gauteng North MA	5,82m	10,66m	47,13%

M30 Shot Put 7,26kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Hebner, Gareth	M32 Western Province MA	9,83m	9,83m	42,52%

M35 Shot Put 7,26kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Wiener, Shukri	M37 Western Province MA	11,88m	12,32m	53,30%
2 Van Vreden, Hendrik-Juan	M37 Central Gauteng MA	11,12m	11,53m	49,89%
3 Moller, Arno	M38 Fsma	9,59m	9,94m	43,02%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Shot Put 7,26kg**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van der Westhuizen, Edwi	M41	Western Province MA	12,78m	14,23m	61,56%
2 Lewies, Daniel	M40	Western Province MA	12,32m	13,72m	59,34%
3 Botha, Bennie	M40	Central Gauteng MA	8,92m	9,93m	42,97%
-- Nolte, Schalkwi	M43	Gauteng North MA	DNF		

M45 Shot Put 7,26kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Heyns, JD	M47	Swd MA	14,33m	17,22m	74,52%
2 Swanepoel, Jan	M48	Gauteng North MA	13,59m	16,33m	70,67%
3 Venter, Martin	M48	Gauteng North MA	13,16m	15,82m	68,43%
4 Watson, Rowan	M49	Gauteng North MA	12,53m	15,06m	65,16%
5 Roode, Eurard	M45	Central Gauteng MA	8,91m	10,71m	46,33%

M50 Shot Put 6kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Scheepers, Conradie	M51	Fsma	16,02m	18,77m	81,20%
2 Gutsche, Johann	M52	Cnw MA	11,48m	13,45m	58,19%
3 De Beer, Andre	M50	Central Gauteng MA	10,56m	12,37m	53,52%
4 Ras, Gerald	M53	Gauteng North MA	9,61m	11,26m	48,71%
5 Neff, Freddie	M50	Western Province MA	6,49m	7,60m	32,89%
6 Isaacs, Duncan	M51	Western Province MA	6,32m	7,40m	32,03%

M55 Shot Put 6kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M57	Gauteng North MA	14,80m	18,80m	81,32%
2 Barnard, Charl	M58	Boland MA	13,02m	16,54m	71,54%
3 Bezuidenhout, Vic	M57	Gauteng North MA	11,94m	15,17m	65,60%
4 Smit, Johan	M58	Boland MA	9,76m	12,40m	53,63%
5 Dorfling, Theo	M55	Eastern Province MA	9,21m	11,70m	50,60%
6 Primo, Derick	M56	Western Province MA	6,83m	8,67m	37,53%
7 Van der Westhuizen, Euge	M59	Boland MA	5,35m	6,79m	29,40%

M60 Shot Put 5kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Kichenbrand, Stephen	M61	Gauteng North MA	11,33m	14,14m	61,18%
2 Gouws, Johan	M60	Gauteng North MA	11,25m	14,04m	60,75%

M65 Shot Put 5kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Wale, Anton	M66	Western Province MA	11,40m	15,51m	67,10%
2 Harding, Jon	M65	Central Gauteng MA	10,68m	14,53m	62,86%
3 Erasmus, Nick	M68	Western Province MA	8,19m	11,14m	48,20%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Shot Put 4kg**

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M71 Gauteng North MA	12,96m	16,59m	71,80%
2 Hough, Norman	M71 Western Province MA	11,52m	14,75m	63,82%
3 Human, Nic	M74 Eastern Province MA	10,26m	13,13m	56,84%

M80 Shot Put 3kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Rzepecki, Andrzej	M82 Kwa-Zulu Natal MA	10,04m	15,11m	65,36%
2 Johnston, Steve	M80 Western Province MA	8,67m	13,05m	56,45%

M90 Shot Put 3kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Stannius, Borg	M91 Western Province MA	8,35m	16,31m	70,52%

W30 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Vreden, Linda	W33 Central Gauteng MA	35,92m	35,92m	46,77%
2 La Grange, Rachelle	W30 Western Province MA	25,78m	25,78m	33,57%

W35 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Gerstner, Juanita	W36 Western Province MA	36,68m	38,02m	49,52%
2 Mallin, Ezette	W37 Western Province MA	28,39m	29,43m	38,33%
3 Compion, Maria	W38 Western Province MA	24,11m	24,99m	32,55%

W40 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Kruger, Sanet	W42 Western Province MA	30,73m	34,26m	44,61%
2 Strauss, Michelle	W44 Gauteng North MA	25,00m	27,87m	36,30%

W45 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Jordaan, Antonette	W47 Gauteng North MA	34,55m	41,66m	54,25%
2 Maloney, Anneline	W49 Gauteng North MA	20,02m	24,14m	31,43%

W50 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Knobel, Heleen	W53 Swd MA	33,17m	43,54m	56,70%
2 Flynn, Judy	W53 Gauteng North MA	28,86m	37,88m	49,33%
3 Smit, Elmarie	W50 Mpumalanga MA	24,41m	32,04m	41,73%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Discus Throw 1kg**

Name	Age Team	Finals	Age-Grading	Alternate
1 Minnie, Valerie	W59 Gauteng North MA	25,60m	36,88m	48,02%
2 Smit, Jacqueline	W55 Boland MA	24,02m	34,60m	45,06%
3 Claassen, Zelda	W59 Central Gauteng MA	18,96m	27,31m	35,57%
4 Gouws, Makkie	W57 Gauteng North MA	18,89m	27,21m	35,43%
5 Pietersen, Aletta	W58 Eastern Province MA	18,48m	26,62m	34,67%

W60 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Dramat, Farieda	W60 Western Province MA	19,56m	31,21m	40,65%
2 Van Dyk, Annette	W64 Gauteng North MA	16,38m	26,14m	34,04%

W65 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Erasmus, Zelda	W66 Western Province MA	20,47m	36,69m	47,78%
2 Griesel, Ronel	W66 Boland MA	19,18m	34,38m	44,77%
3 Van Eck, Suzi	W69 Gauteng North MA	17,80m	31,91m	41,55%
4 Jacobs, Marlene	W67 Kwa-Zulu Natal MA	17,60m	31,55m	41,08%
5 Uys, Heilie	W66 Ecma	16,27m	29,16m	37,98%
6 Du Toit, Aletta	W67 Western Province MA	13,19m	23,64m	30,79%
7 Nko, Mangaka	W69 Fsma	10,09m	18,08m	23,55%

W70 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Ferreira, Mercia	W70 Central Gauteng MA	20,43m	41,96m	54,64%
2 Du Bruyn, Susanna	W71 Kwa-Zulu Natal MA	20,27m	41,63m	54,21%
3 Fourie, Ena	W70 Gauteng North MA	18,74m	38,49m	50,12%
4 Grobbelaar, Elize	W73 Western Province MA	14,25m	29,27m	38,11%

W75 Discus Throw 0,75kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Rzepecka, Jana	W75 Kwa-Zulu Natal MA	18,74m	40,37m	52,58%
2 Grobler, Babsie	W75 Gauteng North MA	14,77m	31,82m	41,44%

M35 Discus Throw 2kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Moller, Arno	M38 Fsma	34,49m	34,98m	47,22%
2 Wiener, Shukri	M37 Western Province MA	33,43m	33,90m	45,77%
3 Van Vreden, Hendrik-Juan	M37 Central Gauteng MA	30,40m	30,83m	41,62%

M40 Discus Throw 2kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Van der Westhuizen, Edwi	M41 Western Province MA	36,56m	40,26m	54,36%
2 Lewies, Daniel	M40 Western Province MA	35,20m	38,76m	52,33%
3 Botha, Bennie	M40 Central Gauteng MA	29,11m	32,06m	43,28%
4 Nolte, Schalkwi	M43 Gauteng North MA	28,43m	31,31m	42,27%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...M40 Discus Throw 2kg**

5 Roos, Mihan	M40 SA Police Services	26,67m	29,37m	39,65%
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M45 Discus Throw 2kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Swanepoel, Jan	M48 Gauteng North MA	48,36m	58,26m	78,66%
2 Venter, Martin	M48 Gauteng North MA	37,35m	45,00m	60,75%
3 Watson, Rowan	M49 Gauteng North MA	36,91m	44,47m	60,04%
4 Solomons, Anthony	M48 Boland MA	32,00m	38,55m	52,05%
5 Roode, Eurard	M45 Central Gauteng MA	28,99m	34,93m	47,15%

M50 Discus Throw 1,5kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Scheepers, Conradie	M51 Fsma	41,62m	42,52m	57,41%
2 De Beer, Andre	M50 Central Gauteng MA	38,90m	39,74m	53,66%
3 Gutsche, Johann	M52 Cnw MA	34,65m	35,40m	47,79%
4 Ras, Gerald	M53 Gauteng North MA	31,71m	32,40m	43,74%
5 Isaacs, Duncan	M51 Western Province MA	19,77m	20,20m	27,27%

M55 Discus Throw 1,5kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M57 Gauteng North MA	49,50m	54,95m	74,19%
2 Bezuidenhout, Vic	M57 Gauteng North MA	37,58m	41,72m	56,32%
3 Barnard, Charl	M58 Boland MA	33,54m	37,23m	50,27%
4 Ras, Peter	M56 Gauteng North MA	32,94m	36,57m	49,37%
5 Smit, Johan	M58 Boland MA	30,80m	34,19m	46,16%
6 Dorfling, Theo	M55 Eastern Province MA	25,78m	28,62m	38,64%
7 Primo, Derick	M56 Western Province MA	22,32m	24,78m	33,45%
8 Van der Westhuizen, Euge	M59 Boland MA	14,80m	16,43m	22,18%

M60 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Kichenbrand, Stephen	M61 Gauteng North MA	36,30m	38,57m	52,08%
2 Aggouras, Nicky	M61 Gauteng North MA	31,13m	33,08m	44,66%

M65 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Wale, Anton	M66 Western Province MA	37,15m	43,23m	58,36%
2 Coetzee, Johan	M65 Gauteng North MA	35,67m	41,50m	56,03%
3 Harding, Jon	M65 Central Gauteng MA	34,59m	40,25m	54,34%
4 Erasmus, Nick	M68 Western Province MA	29,06m	33,81m	45,65%
5 Smit, Christiaan	M67 Fsma	25,54m	29,72m	40,12%

M70 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M71 Gauteng North MA	39,54m	50,53m	68,22%
2 Hough, Norman	M71 Western Province MA	29,83m	38,12m	51,47%
3 Human, Nic	M74 Eastern Province MA	29,47m	37,66m	50,85%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201

De Jagers Athletics Stadium

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

M75 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Heunis, Dawie	M77 Swd MA	24,46m	35,05m	47,32%

M80 Discus Throw 1kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Johnston, Steve	M80 Western Province MA	25,81m	42,43m	57,28%

W30 Hammer Throw 4kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Vreden, Linda	W33 Central Gauteng MA	33,34m	33,34m	43,30%
2 La Grange, Rachelle	W30 Western Province MA	31,21m	31,21m	40,53%

W35 Hammer Throw 4kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Gerstner, Juanita	W36 Western Province MA	27,08m	29,63m	38,48%
2 Compion, Maria	W38 Western Province MA	23,77m	26,00m	33,78%

W40 Hammer Throw 4kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Kruger, Sanet	W42 Western Province MA	29,15m	34,28m	44,53%
2 Strauss, Michelle	W44 Gauteng North MA	28,01m	32,94m	42,79%

W45 Hammer Throw 4kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Jordaan, Antonette	W47 Gauteng North MA	32,38m	41,17m	53,48%
2 Maloney, Anneline	W49 Gauteng North MA	20,63m	26,23m	34,07%

W50 Hammer Throw 3kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Knobel, Heleen	W53 Swd MA	42,58m	54,66m	70,99%
2 Flynn, Judy	W53 Gauteng North MA	30,02m	38,53m	50,05%

W55 Hammer Throw 3kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Claassen, Zelda	W59 Central Gauteng MA	30,56m	42,73m	55,50%
2 Smit, Jacqueline	W55 Boland MA	29,18m	40,80m	53,00%
3 Hennop, Ansie	W56 Gauteng North MA	25,17m	35,19m	45,71%
4 Minnie, Valerie	W59 Gauteng North MA	10,72m	14,99m	19,47%

W60 Hammer Throw 3kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Dramat, Farieda	W60 Western Province MA	20,82m	31,96m	41,52%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201

De Jagers Athletics Stadium

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

...W60 Hammer Throw 3kg

2	Van Dyk, Annette	W64	Gauteng North MA	17,12m	26,28m	34,14%
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W65 Hammer Throw 3kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van Eck, Suzi	W69	Gauteng North MA	23,75m	40,46m	52,56%
2 Erasmus, Zelda	W66	Western Province MA	23,67m	40,32m	52,38%
3 Stofberg, Tertia	W65	Western Province MA	23,58m	40,17m	52,18%
4 Griesel, Ronel	W66	Boland MA	23,32m	39,73m	51,60%
5 Du Toit, Aletta	W67	Western Province MA	20,51m	34,94m	45,39%
6 Jacobs, Marlene	W67	Kwa-Zulu Natal MA	19,88m	33,87m	43,99%

W70 Hammer Throw 3kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Fourie, Ena	W70	Gauteng North MA	23,54m	45,10m	58,57%
2 Du Bruyn, Susanna	W71	Kwa-Zulu Natal MA	21,51m	41,21m	53,52%
3 Grobbelaar, Elize	W73	Western Province MA	21,09m	40,40m	52,48%
4 Ferreira, Mercia	W70	Central Gauteng MA	20,95m	40,14m	52,13%

M30 Hammer Throw 7,26kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Rix, Andre	M32	Western Province MA	16,28m	16,28m	18,77%

M35 Hammer Throw 7,26kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van Vreden, Hendrik-Juan	M37	Central Gauteng MA	34,32m	35,34m	40,76%
2 Wiener, Shukri	M37	Western Province MA	32,45m	33,42m	38,53%
3 Moller, Arno	M38	Fsma	31,30m	32,23m	37,17%

M40 Hammer Throw 7,26kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Botha, Bennie	M40	Central Gauteng MA	30,78m	34,63m	39,93%
2 Nolte, Schalkwi	M43	Gauteng North MA	26,96m	30,33m	34,97%

M45 Hammer Throw 7,26kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Venter, Martin	M48	Gauteng North MA	50,82m	63,00m	72,63%
2 Roode, Eurard	M45	Central Gauteng MA	33,08m	41,00m	47,28%
3 Watson, Rowan	M49	Gauteng North MA	30,39m	37,67m	43,43%

M50 Hammer Throw 6kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 De Beer, Andre	M50	Central Gauteng MA	38,05m	45,14m	52,04%
2 Ras, Gerald	M53	Gauteng North MA	31,66m	37,56m	43,30%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 Hammer Throw 6kg**

Name	Age Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M57 Gauteng North MA	47,50m	62,43m	71,98%
2 Ras, Peter	M56 Gauteng North MA	35,46m	46,61m	53,74%
3 Bezuidenhout, Vic	M57 Gauteng North MA	32,22m	42,35m	48,83%
4 Smit, Johan	M58 Boland MA	28,49m	37,45m	43,17%
5 Primo, Derick	M56 Western Province MA	14,43m	18,96m	21,87%

M60 Hammer Throw 5kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Aggouras, Nicky	M61 Gauteng North MA	47,81m	62,54m	72,11%
2 Kichenbrand, Stephen	M61 Gauteng North MA	43,21m	56,52m	65,17%

M65 Hammer Throw 5kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Erasmus, Nick	M68 Western Province MA	22,97m	33,66m	38,81%

M70 Hammer Throw 4kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M71 Gauteng North MA	42,71m	62,03m	71,52%
2 Hough, Norman	M71 Western Province MA	41,39m	60,11m	69,31%
3 Human, Nic	M74 Eastern Province MA	29,07m	42,22m	48,68%

M75 Hammer Throw 4kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Heunis, Dawie	M77 Swd MA	29,05m	47,90m	55,23%

M80 Hammer Throw 3kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Rzepecki, Andrzej	M82 Kwa-Zulu Natal MA	39,55m	73,77m	85,05%
2 Johnston, Steve	M80 Western Province MA	29,58m	55,17m	63,61%

M90 Hammer Throw 3kg

Name	Age Team	Finals	Age-Grading	Alternate
1 Stannius, Borg	M91 Western Province MA	22,99m	63,48m	73,19%

W30 Javelin Throw 600g

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Vreden, Linda	W33 Central Gauteng MA	44,79m	44,79m	61,36%
2 La Grange, Rachelle	W30 Western Province MA	31,36m	31,36m	42,96%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201

De Jagers Athletics Stadium

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

W35 Javelin Throw 600g

Name	Age	Team	Finals	Age-Grading	Alternate
1 Gerstner, Juanita	W36	Western Province MA	28,24m	29,99m	41,09%
2 Mare, Leoni	W39	Gauteng North MA	19,85m	21,08m	28,88%

W40 Javelin Throw 600g

Name	Age	Team	Finals	Age-Grading	Alternate
1 Senaya, Thembisile	W41	Western Province MA	23,74m	27,24m	37,32%
2 Strauss, Michelle	W44	Gauteng North MA	23,54m	27,01m	37,00%
3 Kruger, Sanet	W42	Western Province MA	16,05m	18,41m	25,23%

W45 Javelin Throw 600g

Name	Age	Team	Finals	Age-Grading	Alternate
1 Jordaan, Antonette	W47	Gauteng North MA	23,44m	29,25m	40,07%
2 Maloney, Anneline	W49	Gauteng North MA	15,19m	18,95m	25,97%

W50 Javelin Throw 500g

Name	Age	Team	Finals	Age-Grading	Alternate
1 Flynn, Judy	W53	Gauteng North MA	29,84m	39,23m	53,74%

W55 Javelin Throw 500g

Name	Age	Team	Finals	Age-Grading	Alternate
1 Pietersen, Aletta	W58	Eastern Province MA	26,74m	38,72m	53,05%
2 Minnie, Valerie	W59	Gauteng North MA	22,38m	32,41m	44,40%
3 Smit, Jacqueline	W55	Boland MA	19,86m	28,76m	39,40%
4 Gouws, Makkie	W57	Gauteng North MA	17,87m	25,87m	35,45%
5 Bowers, Cecelia	W57	Boland MA	15,45m	22,37m	30,65%
6 Claassen, Zelda	W59	Central Gauteng MA	12,85m	18,60m	25,49%

W60 Javelin Throw 500g

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van Dyk, Annette	W64	Gauteng North MA	19,22m	30,97m	42,44%
2 Dramat, Farieda	W60	Western Province MA	15,06m	24,27m	33,25%

W65 Javelin Throw 500g

Name	Age	Team	Finals	Age-Grading	Alternate
1 Erasmus, Zelda	W66	Western Province MA	17,14m	31,14m	42,67%
2 Griesel, Ronel	W66	Boland MA	15,11m	27,45m	37,62%
3 Uys, Heilie	W66	Ecma	12,15m	22,07m	30,25%
4 Van Eck, Suzi	W69	Gauteng North MA	11,32m	20,56m	28,18%

W70 Javelin Throw 500g

Name	Age	Team	Finals	Age-Grading	Alternate
1 Ferreira, Mercia	W70	Central Gauteng MA	19,77m	41,50m	56,84%
2 Grobbelaar, Elize	W73	Western Province MA	11,19m	23,49m	32,17%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W75 Javelin Throw 400g**

Name	Age Team	Finals	Age-Grading	Alternate
1 Grobler, Babsie	W75 Gauteng North MA	8,47m	19,30m	26,44%

M30 Javelin Throw 800g

Name	Age Team	Finals	Age-Grading	Alternate
1 Rix, Andre	M32 Western Province MA	25,35m	25,35m	25,74%

M35 Javelin Throw 800g

Name	Age Team	Finals	Age-Grading	Alternate
1 Van Vreden, Hendrik-Juan	M37 Central Gauteng MA	39,29m	39,78m	40,40%
2 Wiener, Shukri	M37 Western Province MA	36,96m	37,42m	38,01%
3 Moller, Arno	M38 Fsma	33,62m	34,04m	34,57%

M40 Javelin Throw 800g

Name	Age Team	Finals	Age-Grading	Alternate
1 Roos, Mihan	M40 SA Police Services	34,60m	37,58m	38,16%
2 Nolte, Schalkwi	M43 Gauteng North MA	31,77m	34,50m	35,04%
3 Van der Westhuizen, Edwi	M41 Western Province MA	31,13m	33,81m	34,34%
4 Botha, Bennie	M40 Central Gauteng MA	26,15m	28,40m	28,84%

M45 Javelin Throw 800g

Name	Age Team	Finals	Age-Grading	Alternate
1 Nell, Darelle	M46 Eastern Province MA	33,08m	38,75m	39,35%
2 Roode, Eurard	M45 Central Gauteng MA	30,69m	35,95m	36,51%

M50 Javelin Throw 700g

Name	Age Team	Finals	Age-Grading	Alternate
1 Cronje, Jacques	M50 Boland MA	51,11m	62,75m	63,72%
2 Poole, Albert	M54 Boland MA	26,91m	33,04m	33,55%

M55 Javelin Throw 700g

Name	Age Team	Finals	Age-Grading	Alternate
1 Bezuidenhout, Vic	M57 Gauteng North MA	45,71m	61,15m	62,11%
2 Haupt, Burton	M57 Gauteng North MA	41,13m	55,03m	55,88%
3 Dorfling, Theo	M55 Eastern Province MA	31,77m	42,50m	43,17%
4 Lamara, Zain	M58 Western Province MA	31,73m	42,45m	43,11%
5 Smit, Johan	M58 Boland MA	25,81m	34,53m	35,07%
6 Primo, Derick	M56 Western Province MA	20,51m	27,44m	27,87%

M60 Javelin Throw 600g

Name	Age Team	Finals	Age-Grading	Alternate
1 Kichenbrand, Stephen	M61 Gauteng North MA	49,90m	70,55m	71,64%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 Javelin Throw 600g**

Name	Age	Team	Finals	Age-Grading	Alternate
1 Venter, Peet	M69	Western Province MA	37,28m	58,23m	59,13%
2 Xavier, Robert	M66	Ecma	22,74m	35,51m	36,07%

M70 Javelin Throw 500g

Name	Age	Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M71	Gauteng North MA	37,35m	62,75m	63,72%
2 Hough, Norman	M71	Western Province MA	30,89m	51,89m	52,70%
3 Human, Nic	M74	Eastern Province MA	25,39m	42,65m	43,31%

M80 Javelin Throw 400g

Name	Age	Team	Finals	Age-Grading	Alternate
1 Rzepecki, Andrzej	M82	Kwa-Zulu Natal MA	27,69m	58,01m	58,91%

W30 Weight Throw 9,08kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van Vreden, Linda	W33	Central Gauteng MA	12,90m	12,90m	54,66%
2 La Grange, Rachelle	W30	Western Province MA	10,41m	10,41m	44,11%

W35 Weight Throw 9,08kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Gerstner, Juanita	W36	Western Province MA	9,29m	10,14m	42,99%

W40 Weight Throw 9,08kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Kruger, Sanet	W42	Western Province MA	10,50m	12,44m	52,74%
2 Strauss, Michelle	W44	Gauteng North MA	10,00m	11,85m	50,23%

W45 Weight Throw 9,08kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Jordaan, Antonette	W47	Gauteng North MA	11,60m	15,02m	63,67%
2 Maloney, Anneline	W49	Gauteng North MA	5,30m	6,86m	29,09%

W50 Weight Throw 7,26kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Knobel, Heleen	W53	Swd MA	14,79m	17,48m	74,10%
2 Flynn, Judy	W53	Gauteng North MA	12,49m	14,76m	62,58%

W55 Weight Throw 7,26kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Smit, Jacqueline	W55	Boland MA	9,82m	12,68m	53,75%
2 Hennop, Ansie	W56	Gauteng North MA	9,22m	11,91m	50,47%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...W55 Weight Throw 7,26kg**

3 Claassen, Zelda	W59	Central Gauteng MA	9,12m	11,78m	49,92%
4 Minnie, Valerie	W59	Gauteng North MA	7,25m	9,36m	39,68%

W60 Weight Throw 5,45kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Dramat, Farieda	W60	Western Province MA	9,06m	10,96m	46,49%
2 Van Dyk, Annette	W64	Gauteng North MA	8,79m	10,64m	45,10%

W65 Weight Throw 5,45kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Erasmus, Zelda	W66	Western Province MA	12,23m	16,21m	68,71%
2 Stofberg, Tertia	W65	Western Province MA	10,36m	13,73m	58,20%
3 Van Eck, Suzi	W69	Gauteng North MA	9,75m	12,92m	54,78%
4 Griesel, Ronel	W66	Boland MA	9,73m	12,90m	54,66%
5 Jacobs, Marlene	W67	Kwa-Zulu Natal MA	8,91m	11,81m	50,06%
6 Du Toit, Aletta	W67	Western Province MA	8,61m	11,41m	48,37%

W70 Weight Throw 5,45kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Du Bruyn, Susanna	W71	Kwa-Zulu Natal MA	10,97m	16,08m	68,18%
2 Ferreira, Mercia	W70	Central Gauteng MA	10,37m	15,20m	64,45%
3 Grobbelaar, Elize	W73	Western Province MA	8,16m	11,96m	50,71%

W75 Weight Throw 4kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Grobler, Babsie	W75	Gauteng North MA	9,01m	12,57m	53,28%

M35 Weight Throw 15,88kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Wiener, Shukri	M37	Western Province MA	12,92m	13,18m	50,97%
2 Van Vreden, Hendrik-Juan	M37	Central Gauteng MA	11,39m	11,62m	44,93%
3 Moller, Arno	M38	Fsma	9,53m	9,72m	37,59%

M40 Weight Throw 15,88kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Botha, Bennie	M40	Central Gauteng MA	9,94m	10,83m	41,89%
2 Roos, Mihan	M40	SA Police Services	8,77m	9,55m	36,96%
3 Nolte, Schalkwi	M43	Gauteng North MA	8,32m	9,06m	35,06%

M45 Weight Throw 15,88kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Venter, Martin	M48	Gauteng North MA	14,12m	16,51m	63,86%
2 Swanepoel, Jan	M48	Gauteng North MA	12,99m	15,19m	58,75%
3 Watson, Rowan	M49	Gauteng North MA	11,10m	12,98m	50,20%
4 Roode, Eurard	M45	Central Gauteng MA	9,90m	11,58m	44,78%

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Weight Throw 11,34kg**

Name	Age	Team	Finals	Age-Grading	Alternate
1 De Beer, Andre	M50	Central Gauteng MA	13,15m	13,79m	53,33%
2 Ras, Gerald	M53	Gauteng North MA	12,13m	12,72m	49,19%
3 Odendaal, Dirk	M53	Gauteng North MA	11,67m	12,23m	47,32%

M55 Weight Throw 11,34kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Haupt, Burton	M57	Gauteng North MA	16,54m	18,56m	71,79%
2 Bezuidenhout, Vic	M57	Gauteng North MA	14,13m	15,86m	61,33%
3 Ras, Peter	M56	Gauteng North MA	13,52m	15,17m	58,68%
4 Barnard, Charl	M58	Boland MA	12,85m	14,42m	55,77%
5 Smit, Johan	M58	Boland MA	10,40m	11,67m	45,14%
6 Primo, Derick	M56	Western Province MA	6,41m	7,19m	27,82%

M60 Weight Throw 9,08kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Aggouras, Nicky	M61	Gauteng North MA	18,47m	19,25m	74,45%
2 Kichenbrand, Stephen	M61	Gauteng North MA	16,59m	17,29m	66,87%

M65 Weight Throw 9,08kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Wale, Anton	M66	Western Province MA	13,66m	15,23m	58,90%
2 Erasmus, Nick	M68	Western Province MA	9,41m	10,49m	40,58%

M70 Weight Throw 7,26kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Sterley, Dereck	M71	Gauteng North MA	16,66m	19,00m	73,49%
2 Hough, Norman	M71	Western Province MA	15,40m	17,56m	67,93%

M80 Weight Throw 5,45kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Rzepecki, Andrzej	M82	Kwa-Zulu Natal MA	18,64m	24,31m	94,00%
2 Johnston, Steve	M80	Western Province MA	13,16m	17,16m	66,36%

M90 Weight Throw 5,45kg

Name	Age	Team	Finals	Age-Grading	Alternate
1 Stannius, Borg	M91	Western Province MA	10,48m	17,51m	67,74%

M40 100 Meter Sprint Decathlon

Name	Age	Team	Finals	Wind	Age-Grading	Points	Alternate
1 Venter, Jannie	M43	Eastern Province MA	12,52	-1.1	12,00	81,63%	651
2 Ndandani, Mazu	M41	Central Gauteng MA	14,33	-1.1	13,73	71,32%	351

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 100 Meter Sprint Decathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points	Alternate
1 Van Zyl, Dana	M45 Western Province MA	12,59	-1.1	11,70	83,72%	711
2 Pool, Arne	M46 Western Province MA	13,07	-1.1	12,14	80,64%	624

M60 100 Meter Sprint Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points	Alternate
1 Williams, Pieter	M62 Gauteng North MA	15,04	1.2	12,66	77,39%	527
2 Graham, Martin	M62 Fsma	17,37	1.2	14,62	67,01%	230

M40 400 Meter Sprint Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Ndandani, Mazu	M41 Central Gauteng MA	1:04,32	1:00,17	71,77%	407
2 Venter, Jannie	M43 Eastern Province MA	1:05,49	1:01,26	70,48%	371

M45 400 Meter Sprint Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Van Zyl, Dana	M45 Western Province MA	1:02,58	56,66	76,21%	534
-- Pool, Arne	M46 Western Province MA	DNF			

M60 400 Meter Sprint Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Williams, Pieter	M62 Gauteng North MA	1:14,66	1:00,88	70,93%	384
-- Graham, Martin	M62 Fsma	DNF			

M40 1500 Meter Run Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Venter, Jannie	M43 Eastern Province MA	5:18,51	5:03,19	67,94%	541
2 Ndandani, Mazu	M41 Central Gauteng MA	5:18,90	5:03,57	67,86%	539

M45 1500 Meter Run Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Van Zyl, Dana	M45 Western Province MA	5:38,44	5:08,83	66,70%	510
-- Pool, Arne	M46 Western Province MA	DNF			

M60 1500 Meter Run Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Williams, Pieter	M62 Gauteng North MA	6:36,34	5:14,66	65,47%	478
2 Graham, Martin	M62 Fsma	9:36,80	7:37,93	44,99%	11

M60 100 Short Hurdles Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points	Alternate
1 Williams, Pieter	M62 Gauteng North MA	21,67	0.2	19,53	66,13%	387

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 110 Short Hurdles Decathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points	Alternate
1 Venter, Jannie	M43 Eastern Province MA	19,60	0.2	18,68	69,13%	461

M45 110 Short Hurdles Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points	Alternate
1 Van Zyl, Dana	M45 Western Province MA	19,72	0.2	18,05	71,55%	519

M40 High Jump Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Venter, Jannie	M43 Eastern Province MA	1,46m	1,53m	62,39%	411
2 Ndandani, Mazu	M41 Central Gauteng MA	1,30m	1,36m	55,56%	290

M45 High Jump Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Van Zyl, Dana	M45 Western Province MA	1,51m	1,66m	68,02%	512
2 Pool, Arne	M46 Western Province MA	1,40m	1,54m	63,06%	419

M60 High Jump Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Williams, Pieter	M62 Gauteng North MA	1,43m	1,86m	76,06%	679
2 Graham, Martin	M62 Fsma	1,10m	1,43m	58,51%	338

M40 Pole Vault Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Venter, Jannie	M43 Eastern Province MA	2,70m	2,90m	47,37%	333

M45 Pole Vault Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Van Zyl, Dana	M45 Western Province MA	2,60m	2,98m	48,60%	352

M60 Pole Vault Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Williams, Pieter	M62 Gauteng North MA	2,40m	3,41m	55,68%	459

M40 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points	Alternate
1 Venter, Jannie	M43 Eastern Province MA	5,64m	1.5	6,14m	68,70%	617
2 Ndandani, Mazu	M41 Central Gauteng MA	4,53m	1.3	4,93m	55,18%	369

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

M45 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points	Alternate
1 Van Zyl, Dana	M45 Western Province MA	5,52m	1.2	6,37m 71,23%	668	
2 Pool, Arne	M46 Western Province MA	4,65m	1.1	5,37m 60,00%	455	

M60 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points	Alternate
1 Williams, Pieter	M62 Gauteng North MA	3,85m	1.2	5,42m 60,53%	465	
2 Graham, Martin	M62 Fsma	3,26m	0.4	4,58m 51,26%	304	

W30 Shot Put 4kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 La Grange, Rachelle	W30 Western Province MA	10,33m	10,33m 45,65%	551	
2 Van Vreden, Linda	W33 Central Gauteng MA	10,01m	10,01m 44,23%	530	

W35 Shot Put 4kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Gerstner, Juanita	W36 Western Province MA	11,20m	11,61m 51,31%	635	

W40 Shot Put 4kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Kruger, Sanet	W42 Western Province MA	9,56m	10,61m 46,89%	569	
2 Strauss, Michelle	W44 Gauteng North MA	9,24m	10,25m 45,32%	546	

W45 Shot Put 4kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Jordaan, Antonette	W47 Gauteng North MA	11,12m	13,28m 58,68%	746	

W50 Shot Put 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Knobel, Heleen	W53 Swd MA	10,79m	13,60m 60,11%	767	
2 Flynn, Judy	W53 Gauteng North MA	9,12m	11,49m 50,81%	627	
3 Smit, Elmarie	W50 Mpumalanga MA	8,95m	11,28m 49,86%	614	

W55 Shot Put 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Smit, Jacqueline	W55 Boland MA	8,86m	12,14m 53,66%	670	
2 Hennop, Ansie	W56 Gauteng North MA	7,95m	10,89m 48,15%	588	
3 Claassen, Zelda	W59 Central Gauteng MA	6,98m	9,56m 42,28%	501	

W60 Shot Put 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Dramat, Farieda	W60 Western Province MA	8,27m	12,41m 54,88%	688	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W65 Shot Put 3kg Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Griesel, Ronel	W66 Boland MA	8,51m	14,12m 62,44%	802	
2 Erasmus, Zelda	W66 Western Province MA	7,78m	12,91m 57,08%	721	
3 Jacobs, Marlene	W67 Kwa-Zulu Natal MA	6,56m	10,88m 48,13%	587	
4 Van Eck, Suzi	W69 Gauteng North MA	6,13m	10,17m 44,97%	541	
5 Du Toit, Aletta	W67 Western Province MA	5,88m	9,76m 43,14%	514	

W70 Shot Put 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Fourie, Ena	W70 Gauteng North MA	8,23m	15,27m 67,51%	879	
2 Ferreira, Mercia	W70 Central Gauteng MA	7,87m	14,60m 64,56%	834	
3 Du Bruyn, Susanna	W71 Kwa-Zulu Natal MA	6,57m	12,19m 53,90%	674	
4 Grobbelaar, Elize	W73 Western Province MA	5,05m	9,37m 41,43%	488	

M30 Shot Put 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Rix, Andre	M32 Western Province MA	6,11m	6,11m 26,43%	255	

M35 Shot Put 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Wiener, Shukri	M37 Western Province MA	11,55m	11,97m 51,82%	605	
2 Van Vreden, Hendrik-Juan	M37 Central Gauteng MA	10,20m	10,57m 45,76%	520	
3 Moller, Arno	M38 Fsma	9,30m	9,64m 41,72%	464	

M40 Shot Put 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Van der Westhuizen, Edwi	M41 Western Province MA	12,20m	13,58m 58,77%	703	
2 Roos, Mihan	M40 SA Police Services	10,18m	11,33m 49,04%	566	
3 Nolte, Schalkwi	M43 Gauteng North MA	9,00m	10,02m 43,35%	487	
4 Botha, Bennie	M40 Central Gauteng MA	8,97m	9,98m 43,21%	484	

M40 Shot Put Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Venter, Jannie	M43 Eastern Province MA	8,97m	9,98m 43,21%	484	
2 Ndandani, Mazu	M41 Central Gauteng MA	7,86m	8,75m 37,86%	411	

M45 Shot Put Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Van Zyl, Dana	M45 Western Province MA	8,45m	10,15m 43,94%	495	
-- Pool, Arne	M46 Western Province MA	X8,71m	10,47m 45,29%	514	

M45 Shot Put 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Swanepoel, Jan	M48 Gauteng North MA	13,40m	16,11m 69,68%	858	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...M45 Shot Put 7,26kg Throws Pentathlon**

2 Venter, Martin	M48 Gauteng North MA	12,85m	15,44m	66,82%	817
3 Watson, Rowan	M49 Gauteng North MA	12,36m	14,86m	64,27%	781
4 Roode, Eurard	M45 Central Gauteng MA	8,85m	10,64m	46,02%	524

M50 Shot Put 6kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Ras, Gerald	M53 Gauteng North MA	10,71m	12,55m	54,28%	640
2 De Beer, Andre	M50 Central Gauteng MA	10,54m	12,35m	53,42%	628
3 Odendaal, Dirk	M53 Gauteng North MA	9,58m	11,22m	48,56%	559

M55 Shot Put 6kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Haupt, Burton	M57 Gauteng North MA	14,41m	18,30m	79,18%	994
2 Bezuidenhout, Vic	M57 Gauteng North MA	11,64m	14,78m	63,96%	776
3 Lamara, Zain	M58 Western Province MA	9,90m	12,57m	54,40%	641
4 Ras, Peter	M56 Gauteng North MA	9,86m	12,52m	54,18%	638
5 Smit, Johan	M58 Boland MA	9,56m	12,14m	52,53%	615

M60 Shot Put Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Williams, Pieter	M62 Gauteng North MA	9,73m	12,14m	52,54%	615
2 Graham, Martin	M62 Fsma	8,69m	10,84m	46,92%	536

M60 Shot Put 5kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Kichenbrand, Stephen	M61 Gauteng North MA	11,07m	13,81m	59,77%	717

M65 Shot Put 5kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Carolus, John	M65 Western Province MA	8,73m	11,87m	51,38%	599
2 Erasmus, Nick	M68 Western Province MA	7,80m	10,61m	45,91%	522

M70 Shot Put 4kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Sterley, Dereck	M71 Gauteng North MA	13,01m	16,66m	72,08%	892
2 Hough, Norman	M71 Western Province MA	11,67m	14,94m	64,65%	786

M80 Shot Put 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Rzepecki, Andrzej	M82 Kwa-Zulu Natal MA	9,94m	14,96m	64,71%	787
2 Johnston, Steve	M80 Western Province MA	8,52m	12,82m	55,47%	656

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

M90 Shot Put 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Stannius, Borg	M91 Western Province MA	8,25m	16,11m 69,68%	858	

W30 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 La Grange, Rachelle	W30 Western Province MA	30,44m	30,44m 39,64%	471	
2 Van Vreden, Linda	W33 Central Gauteng MA	30,06m	30,06m 39,14%	464	

W35 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Gerstner, Juanita	W36 Western Province MA	35,15m	36,44m 47,46%	585	

W40 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Kruger, Sanet	W42 Western Province MA	28,69m	31,98m 41,65%	500	
2 Strauss, Michelle	W44 Gauteng North MA	23,57m	26,28m 34,22%	393	

W45 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Jordaan, Antonette	W47 Gauteng North MA	34,49m	41,58m 54,15%	685	

W50 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Knobel, Heleen	W53 Swd MA	32,84m	43,11m 56,14%	715	
2 Flynn, Judy	W53 Gauteng North MA	28,65m	37,61m 48,97%	608	
3 Smit, Elmarie	W50 Mpumalanga MA	22,51m	29,55m 38,48%	454	

W55 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Smit, Jacqueline	W55 Boland MA	22,90m	32,99m 42,96%	519	
2 Hennop, Ansie	W56 Gauteng North MA	22,19m	31,96m 41,62%	500	
3 Claassen, Zelda	W59 Central Gauteng MA	18,83m	27,12m 35,32%	408	

W60 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Dramat, Farieda	W60 Western Province MA	19,08m	30,45m 39,65%	471	

W65 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Erasmus, Zelda	W66 Western Province MA	18,44m	33,05m 43,04%	520	
2 Van Eck, Suzi	W69 Gauteng North MA	17,71m	31,74m 41,34%	495	
3 Jacobs, Marlene	W67 Kwa-Zulu Natal MA	17,28m	30,97m 40,34%	481	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...W65 Discus Throw 1kg Throws Pentathlon**

4 Griesel, Ronel	W66 Boland MA	16,98m	30,44m	39,64%	471
5 Du Toit, Aletta	W67 Western Province MA	13,51m	24,21m	31,54%	354

W70 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Fourie, Ena	W70 Gauteng North MA	20,39m	41,88m 54,53%	691	
2 Ferreira, Mercia	W70 Central Gauteng MA	20,17m	41,43m 53,94%	682	
3 Du Bruyn, Susanna	W71 Kwa-Zulu Natal MA	16,40m	33,68m 43,86%	532	
4 Grobelaar, Elize	W73 Western Province MA	14,83m	30,46m 39,66%	471	

M30 Discus Throw 2kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Rix, Andre	M32 Western Province MA	17,91m	17,91m 24,18%	233	

M35 Discus Throw 2kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Moller, Arno	M38 Fsma	34,13m	34,61m 46,73%	556	
2 Wiener, Shukri	M37 Western Province MA	32,49m	32,95m 44,48%	523	
3 Van Vreden, Hendrik-Juan	M37 Central Gauteng MA	29,53m	29,95m 40,43%	463	

M40 Discus Throw 2kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Van der Westhuizen, Edwi	M41 Western Province MA	37,08m	40,83m 55,13%	681	
2 Roos, Mihan	M40 SA Police Services	28,76m	31,67m 42,76%	497	
3 Botha, Bennie	M40 Central Gauteng MA	28,00m	30,83m 41,63%	481	
4 Nolte, Schalkwi	M43 Gauteng North MA	24,16m	26,60m 35,92%	398	

M40 Discus Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Venter, Jannie	M43 Eastern Province MA	22,02m	24,25m 32,74%	353	
2 Ndandani, Mazu	M41 Central Gauteng MA	16,59m	18,27m 24,67%	240	

M45 Discus Throw 2kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Swanepoel, Jan	M48 Gauteng North MA	46,11m	55,55m 75,00%	987	
2 Watson, Rowan	M49 Gauteng North MA	38,18m	46,00m 62,10%	787	
3 Venter, Martin	M48 Gauteng North MA	36,60m	44,09m 59,53%	748	
4 Roode, Eurard	M45 Central Gauteng MA	31,75m	38,25m 51,64%	629	

M45 Discus Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Pool, Arne	M46 Western Province MA	29,98m	36,12m 48,76%	586	
2 Van Zyl, Dana	M45 Western Province MA	24,68m	29,73m 40,14%	459	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Discus Throw 1,5kg Throws Pentathlon**

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 De Beer, Andre	M50	Central Gauteng MA	39,41m	40,26m 54,36%	670	
2 Ras, Gerald	M53	Gauteng North MA	30,42m	31,08m 41,96%	486	
3 Odendaal, Dirk	M53	Gauteng North MA	29,58m	30,22m 40,80%	469	

M55 Discus Throw 1,5kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Haupt, Burton	M57	Gauteng North MA	48,40m	53,73m 72,54%	948	
2 Bezuidenhout, Vic	M57	Gauteng North MA	33,37m	37,05m 50,01%	605	
3 Ras, Peter	M56	Gauteng North MA	30,54m	33,90m 45,77%	542	
4 Smit, Johan	M58	Boland MA	30,19m	33,51m 45,25%	534	
4 Smith, Johan	M58	Boland MA	30,19m	33,51m 45,25%	534	
6 Lamara, Zain	M58	Western Province MA	27,54m	30,57m 41,28%	476	

M60 Discus Throw Decathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Williams, Pieter	M62	Gauteng North MA	27,28m	28,99m 39,14%	445	
2 Graham, Martin	M62	Fsma	26,70m	28,37m 38,31%	432	

M60 Discus Throw 1kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Kichenbrand, Stephen	M61	Gauteng North MA	36,70m	39,00m 52,65%	644	

M65 Discus Throw 1kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Erasmus, Nick	M68	Western Province MA	25,51m	29,68m 40,07%	458	
2 Carolus, John	M65	Western Province MA	19,68m	22,90m 30,91%	327	

M70 Discus Throw 1kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Hough, Norman	M71	Western Province MA	35,49m	45,35m 61,23%	774	
2 Sterley, Dereck	M71	Gauteng North MA	35,31m	45,12m 60,92%	769	

M80 Discus Throw 1kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Rzepecki, Andrzej	M82	Kwa-Zulu Natal MA	25,16m	41,36m 55,84%	692	
2 Johnston, Steve	M80	Western Province MA	24,93m	40,98m 55,33%	684	

M90 Discus Throw 1kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Stannius, Borg	M91	Western Province MA	19,71m	48,09m 64,92%	831	

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

W30 Hammer Throw 4kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 La Grange, Rachelle	W30 Western Province MA	32,79m	32,79m 42,58%	554	
2 Van Vreden, Linda	W33 Central Gauteng MA	29,84m	29,84m 38,75%	490	

W35 Hammer Throw 4kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Gerstner, Juanita	W36 Western Province MA	26,96m	29,49m 38,31%	482	

W40 Hammer Throw 4kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Kruger, Sanet	W42 Western Province MA	27,43m	32,26m 41,90%	542	
2 Strauss, Michelle	W44 Gauteng North MA	25,95m	30,52m 39,64%	504	

W45 Hammer Throw 4kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Jordaan, Antonette	W47 Gauteng North MA	33,75m	42,91m 55,74%	775	

W50 Hammer Throw 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Knobel, Heleen	W53 Swd MA	43,55m	55,90m 72,61%	1064	
2 Flynn, Judy	W53 Gauteng North MA	33,26m	42,69m 55,45%	770	
3 Smit, Elmarie	W50 Mpumalanga MA	23,27m	29,87m 38,80%	490	

W55 Hammer Throw 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Smit, Jacqueline	W55 Boland MA	29,46m	41,19m 53,51%	737	
2 Claassen, Zelda	W59 Central Gauteng MA	27,59m	38,58m 50,11%	680	
3 Hennop, Ansie	W56 Gauteng North MA	24,67m	34,49m 44,81%	591	

W60 Hammer Throw 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Dramat, Farieda	W60 Western Province MA	21,55m	33,08m 42,97%	560	

W65 Hammer Throw 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Erasmus, Zelda	W66 Western Province MA	22,99m	39,17m 50,87%	693	
2 Griesel, Ronel	W66 Boland MA	22,13m	37,70m 48,97%	661	
3 Van Eck, Suzi	W69 Gauteng North MA	21,14m	36,01m 46,78%	624	
4 Jacobs, Marlene	W67 Kwa-Zulu Natal MA	19,73m	33,61m 43,66%	571	
5 Du Toit, Aletta	W67 Western Province MA	18,84m	32,09m 41,69%	538	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W70 Hammer Throw 3kg Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Du Bruyn, Susanna	W71 Kwa-Zulu Natal MA	23,86m	45,71m 59,37%	837	
2 Fourie, Ena	W70 Gauteng North MA	23,68m	45,37m 58,92%	830	
3 Ferreira, Mercia	W70 Central Gauteng MA	20,02m	38,35m 49,81%	675	
3 Grobbelaar, Elize	W73 Western Province MA	20,02m	38,35m 49,81%	675	

M30 Hammer Throw 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Rix, Andre	M32 Western Province MA	17,49m	17,49m 20,16%	153	

M35 Hammer Throw 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Wiener, Shukri	M37 Western Province MA	36,08m	37,16m 42,85%	466	
2 Van Vreden, Hendrik-Juan	M37 Central Gauteng MA	32,95m	33,93m 39,13%	414	
3 Moller, Arno	M38 Fsma	31,16m	32,09m 37,00%	384	

M40 Hammer Throw 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Botha, Bennie	M40 Central Gauteng MA	32,98m	37,10m 42,78%	465	
2 Van der Westhuizen, Edwi	M41 Western Province MA	29,84m	33,57m 38,71%	408	
3 Nolte, Schalkwi	M43 Gauteng North MA	27,68m	31,14m 35,91%	369	
4 Roos, Mihan	M40 SA Police Services	20,75m	23,34m 26,92%	245	

M45 Hammer Throw 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Venter, Martin	M48 Gauteng North MA	44,97m	55,74m 64,27%	772	
2 Swanepoel, Jan	M48 Gauteng North MA	39,14m	48,52m 55,94%	652	
3 Watson, Rowan	M49 Gauteng North MA	38,76m	48,05m 55,40%	644	
4 Roode, Eurard	M45 Central Gauteng MA	32,24m	39,96m 46,08%	512	

M50 Hammer Throw 6kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 De Beer, Andre	M50 Central Gauteng MA	35,57m	42,20m 48,65%	548	
2 Odendaal, Dirk	M53 Gauteng North MA	35,14m	41,69m 48,06%	540	
3 Ras, Gerald	M53 Gauteng North MA	31,49m	37,35m 43,07%	469	

M55 Hammer Throw 6kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Haupt, Burton	M57 Gauteng North MA	46,97m	61,74m 71,18%	872	
2 Bezuidenhout, Vic	M57 Gauteng North MA	31,62m	41,56m 47,92%	538	
3 Ras, Peter	M56 Gauteng North MA	31,00m	40,74m 46,98%	524	
4 Smit, Johan	M58 Boland MA	28,44m	37,38m 43,10%	470	
5 Lamara, Zain	M58 Western Province MA	23,53m	30,93m 35,66%	365	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 Hammer Throw 5kg Throws Pentathlon**

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Kichenbrand, Stephen	M61	Gauteng North MA	39,90m	52,19m 60,18%	713	

M65 Hammer Throw 5kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Erasmus, Nick	M68	Western Province MA	22,17m	32,49m 37,46%	390	
2 Carolus, John	M65	Western Province MA	20,88m	30,60m 35,28%	360	

M70 Hammer Throw 4kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Hough, Norman	M71	Western Province MA	42,58m	61,84m 71,30%	873	
2 Sterley, Dereck	M71	Gauteng North MA	39,14m	56,84m 65,54%	790	

M80 Hammer Throw 3kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Rzepecki, Andrzej	M82	Kwa-Zulu Natal MA	37,02m	69,05m 79,61%	994	
2 Johnston, Steve	M80	Western Province MA	29,65m	55,30m 63,76%	764	

M90 Hammer Throw 3kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Stannius, Borg	M91	Western Province MA	24,32m	67,16m 77,43%	963	

W30 Javelin Throw 600g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Van Vreden, Linda	W33	Central Gauteng MA	42,39m	42,39m 58,07%	713	
2 La Grange, Rachelle	W30	Western Province MA	33,74m	33,74m 46,22%	548	

W35 Javelin Throw 600g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Gerstner, Juanita	W36	Western Province MA	29,18m	30,99m 42,46%	495	

W40 Javelin Throw 600g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Strauss, Michelle	W44	Gauteng North MA	25,32m	29,05m 39,80%	459	
2 Kruger, Sanet	W42	Western Province MA	16,09m	18,46m 25,29%	260	

W45 Javelin Throw 600g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Jordaan, Antonette	W47	Gauteng North MA	21,75m	27,14m 37,18%	423	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Javelin Throw 500g Throws Pentathlon**

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Knobel, Heleen	W53	Swd MA	30,37m	39,92m 54,69%	666	
2 Flynn, Judy	W53	Gauteng North MA	29,83m	39,21m 53,72%	652	
3 Smit, Elmarie	W50	Mpumalanga MA	17,41m	22,88m 31,35%	343	

W55 Javelin Throw 500g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Smit, Jacqueline	W55	Boland MA	18,86m	27,31m 37,41%	426	
2 Hennop, Ansie	W56	Gauteng North MA	18,18m	26,32m 36,06%	407	
3 Claassen, Zelda	W59	Central Gauteng MA	17,06m	24,70m 33,84%	377	

W60 Javelin Throw 500g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Dramat, Farieda	W60	Western Province MA	19,48m	31,39m 43,01%	503	

W65 Javelin Throw 500g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Erasmus, Zelda	W66	Western Province MA	18,19m	33,05m 45,28%	535	
2 Griesel, Ronel	W66	Boland MA	15,31m	27,81m 38,11%	435	
3 Van Eck, Suzi	W69	Gauteng North MA	11,19m	20,33m 27,86%	295	
4 Du Toit, Aletta	W67	Western Province MA	9,76m	17,73m 24,30%	247	
5 Jacobs, Marlene	W67	Kwa-Zulu Natal MA	9,69m	17,60m 24,12%	244	

W70 Javelin Throw 500g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Ferreira, Mercia	W70	Central Gauteng MA	19,11m	40,11m 54,95%	669	
2 Fourie, Ena	W70	Gauteng North MA	15,21m	31,92m 43,73%	513	
3 Du Bruyn, Susanna	W71	Kwa-Zulu Natal MA	11,73m	24,62m 33,73%	375	
4 Grobbelaar, Elize	W73	Western Province MA	10,44m	21,91m 30,02%	324	

M30 Javelin Throw 800g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Rix, Andre	M32	Western Province MA	25,23m	25,23m 25,62%	233	

M35 Javelin Throw 800g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Van Vreden, Hendrik-Juan	M37	Central Gauteng MA	37,90m	38,37m 38,97%	419	
2 Wiener, Shukri	M37	Western Province MA	35,37m	35,81m 36,37%	382	
3 Moller, Arno	M38	Fsma	33,21m	33,62m 34,15%	350	

M40 Javelin Throw Decathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Venter, Jannie	M43	Eastern Province MA	29,67m	32,22m 32,73%	331	
2 Ndandani, Mazu	M41	Central Gauteng MA	23,87m	25,92m 26,33%	242	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Javelin Throw 800g Throws Pentathlon**

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Van der Westhuizen, Edwi	M41	Western Province MA	41,22m	44,77m 45,47%	512	
2 Roos, Mihan	M40	SA Police Services	39,05m	42,41m 43,07%	477	
3 Nolte, Schalkwi	M43	Gauteng North MA	30,95m	33,61m 34,14%	350	
4 Botha, Bennie	M40	Central Gauteng MA	26,97m	29,29m 29,75%	289	

M45 Javelin Throw 800g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Venter, Martin	M48	Gauteng North MA	40,25m	47,15m 47,88%	547	
2 Watson, Rowan	M49	Gauteng North MA	31,45m	36,84m 37,41%	397	
3 Roode, Eurard	M45	Central Gauteng MA	31,08m	36,41m 36,97%	390	
4 Swanepoel, Jan	M48	Gauteng North MA	29,37m	34,40m 34,94%	362	

M45 Javelin Throw Decathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Van Zyl, Dana	M45	Western Province MA	29,40m	34,44m 34,98%	362	
2 Pool, Arne	M46	Western Province MA	25,88m	30,32m 30,79%	304	

M50 Javelin Throw 700g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Ras, Gerald	M53	Gauteng North MA	27,93m	34,29m 34,82%	360	
2 Odendaal, Dirk	M53	Gauteng North MA	25,47m	31,27m 31,75%	317	
3 De Beer, Andre	M50	Central Gauteng MA	22,83m	28,03m 28,46%	272	

M55 Javelin Throw 700g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Bezuidenhout, Vic	M57	Gauteng North MA	43,78m	58,57m 59,48%	716	
2 Haupt, Burton	M57	Gauteng North MA	41,47m	55,48m 56,35%	670	
3 Lamara, Zain	M58	Western Province MA	29,83m	39,91m 40,53%	441	
4 Smit, Johan	M58	Boland MA	27,78m	37,16m 37,74%	401	
5 Ras, Peter	M56	Gauteng North MA	25,50m	34,11m 34,65%	357	

M60 Javelin Throw Decathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Williams, Pieter	M62	Gauteng North MA	30,54m	43,18m 43,85%	488	
2 Graham, Martin	M62	Fsma	17,55m	24,81m 25,20%	227	

M60 Javelin Throw 600g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Kichenbrand, Stephen	M61	Gauteng North MA	49,43m	69,89m 70,97%	888	

M65 Javelin Throw 600g Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Erasmus, Nick	M68	Western Province MA	17,52m	27,36m 27,79%	262	

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De Jagers Athletics Stadium

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

...M65 Javelin Throw 600g Throws Pentathlon

2 Carolus, John	M65 Western Province MA	16,42m	25,64m	26,04%	238
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M70 Javelin Throw 500g Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Sterley, Dereck	M71 Gauteng North MA	37,40m	62,83m 63,80%	781	
2 Hough, Norman	M71 Western Province MA	34,43m	57,84m 58,73%	705	

M80 Javelin Throw 400g Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Rzepecki, Andrzej	M82 Kwa-Zulu Natal MA	25,14m	52,67m 53,49%	628	
2 Johnston, Steve	M80 Western Province MA	20,34m	42,61m 43,28%	480	

M90 Javelin Throw 400g Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Stannius, Borg	M91 Western Province MA	19,38m	56,46m 57,34%	685	

W30 Weight Throw 9,08kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 La Grange, Rachelle	W30 Western Province MA	10,27m	10,27m 43,52%	509	
-- Van Vreden, Linda	W33 Central Gauteng MA	DQ			

W35 Weight Throw 9,08kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Gerstner, Juanita	W36 Western Province MA	10,06m	10,98m 46,55%	553	

W40 Weight Throw 9,08kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Strauss, Michelle	W44 Gauteng North MA	10,11m	11,98m 50,78%	614	
2 Kruger, Sanet	W42 Western Province MA	9,56m	11,33m 48,02%	574	

W45 Weight Throw 9,08kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Jordaan, Antonette	W47 Gauteng North MA	10,46m	13,55m 57,41%	711	

W50 Weight Throw 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Knobel, Heleen	W53 Swd MA	13,30m	15,72m 66,63%	846	
2 Flynn, Judy	W53 Gauteng North MA	10,97m	12,96m 54,96%	675	
3 Smit, Elmarie	W50 Mpumalanga MA	7,43m	8,78m 37,22%	419	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Weight Throw 7,26kg Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Smit, Jacqueline	W55 Boland MA	9,31m	12,02m 50,96%	617	
2 Hennop, Ansie	W56 Gauteng North MA	8,85m	11,43m 48,44%	580	
3 Claassen, Zelda	W59 Central Gauteng MA	7,90m	10,20m 43,24%	505	

W60 Weight Throw 5,45kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Dramat, Farieda	W60 Western Province MA	9,52m	11,52m 48,85%	586	

W65 Weight Throw 5,45kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Erasmus, Zelda	W66 Western Province MA	11,78m	15,62m 66,18%	840	
2 Griesel, Ronel	W66 Boland MA	9,89m	13,11m 55,56%	684	
3 Van Eck, Suzi	W69 Gauteng North MA	9,14m	12,11m 51,35%	622	
4 Jacobs, Marlene	W67 Kwa-Zulu Natal MA	8,93m	11,84m 50,17%	605	
5 Du Toit, Aletta	W67 Western Province MA	8,76m	11,61m 49,21%	591	

W70 Weight Throw 5,45kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Du Bruyn, Susanna	W71 Kwa-Zulu Natal MA	10,79m	15,82m 67,06%	852	
2 Ferreira, Mercia	W70 Central Gauteng MA	10,01m	14,68m 62,21%	781	
3 Fourie, Ena	W70 Gauteng North MA	9,15m	13,42m 56,87%	703	
4 Grobbelaar, Elize	W73 Western Province MA	8,16m	11,96m 50,71%	613	

M30 Weight Throw 15,88kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Rix, Andre	M32 Western Province MA	3,88m	3,88m 15,00%	118	

M35 Weight Throw 15,88kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Wiener, Shukri	M37 Western Province MA	13,16m	13,42m 51,91%	645	
2 Van Vreden, Hendrik-Juan	M37 Central Gauteng MA	11,26m	11,48m 44,42%	535	
3 Moller, Arno	M38 Fsma	9,03m	9,21m 35,62%	408	

M40 Weight Throw 15,88kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Botha, Bennie	M40 Central Gauteng MA	10,49m	11,43m 44,21%	532	
2 Van der Westhuizen, Edwi	M41 Western Province MA	10,00m	10,89m 42,14%	502	
3 Roos, Mihan	M40 SA Police Services	8,63m	9,40m 36,37%	419	
4 Nolte, Schalkwi	M43 Gauteng North MA	7,14m	7,78m 30,09%	329	

M45 Weight Throw 15,88kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Venter, Martin	M48 Gauteng North MA	13,13m	15,35m 59,38%	755	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...M45 Weight Throw 15,88kg Throws Pentathlon**

2	Watson, Rowan	M49	Gauteng North MA	10,78m	12,60m	48,76%	598
3	Roode, Eurard	M45	Central Gauteng MA	10,51m	12,29m	47,54%	581

M50 Weight Throw 11,34kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate	
1	Ras, Gerald	M53	Gauteng North MA	12,38m	12,98m	50,20%	620
2	De Beer, Andre	M50	Central Gauteng MA	12,12m	12,71m	49,15%	605
3	Odendaal, Dirk	M53	Gauteng North MA	10,45m	10,95m	42,38%	505

M55 Weight Throw 11,34kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate	
1	Haupt, Burton	M57	Gauteng North MA	17,59m	19,74m	76,35%	1008
2	Bezuidenhout, Vic	M57	Gauteng North MA	13,81m	15,50m	59,94%	764
3	Ras, Peter	M56	Gauteng North MA	13,26m	14,88m	57,55%	728
4	Smit, Johan	M58	Boland MA	10,65m	11,95m	46,22%	562
4	Smith, Johan	M58	Boland MA	10,65m	11,95m	46,22%	562
6	Lamara, Zain	M58	Western Province MA	8,78m	9,85m	38,11%	444

M60 Weight Throw 9,08kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate	
1	Kichenbrand, Stephen	M61	Gauteng North MA	14,91m	15,54m	60,10%	766

M65 Weight Throw 9,08kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate	
1	Erasmus, Nick	M68	Western Province MA	9,09m	10,13m	39,20%	459
2	Carolus, John	M65	Western Province MA	8,88m	9,90m	38,29%	446

M70 Weight Throw 7,26kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate	
1	Hough, Norman	M71	Western Province MA	16,29m	18,58m	71,86%	941
2	Sterley, Dereck	M71	Gauteng North MA	14,79m	16,87m	65,24%	842

M80 Weight Throw 5,45kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate	
1	Rzepecki, Andrzej	M82	Kwa-Zulu Natal MA	17,94m	23,39m	90,47%	1221
2	Johnston, Steve	M80	Western Province MA	12,22m	15,93m	61,62%	788

M90 Weight Throw 5,45kg Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points	Alternate	
1	Stannius, Borg	M91	Western Province MA	9,26m	15,47m	59,86%	762

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Decathlon**

Name	Age Team	Finals	Alternate
1 Venter, Jannie	M43 Eastern Province MA	4553	

M45 Decathlon

Name	Age Team	Finals	Alternate
1 Van Zyl, Dana	M45 Western Province MA	5122	

M60 Decathlon

Name	Age Team	Finals	Alternate
1 Williams, Pieter	M62 Gauteng North MA	4927	

W30 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 La Grange, Rachelle	W30 Western Province MA	2633	
2 Van Vreden, Linda	W33 Central Gauteng MA	2197	

W35 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 Gerstner, Juanita	W36 Western Province MA	2750	

W40 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 Strauss, Michelle	W44 Gauteng North MA	2516	
2 Kruger, Sanet	W42 Western Province MA	2445	

W45 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 Jordaan, Antonette	W47 Gauteng North MA	3340	

W50 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 Knobel, Heleen	W53 Swd MA	4058	
2 Flynn, Judy	W53 Gauteng North MA	3332	
3 Smit, Elmarie	W50 Mpumalanga MA	2320	

W55 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 Smit, Jacqueline	W55 Boland MA	2969	
2 Hennop, Ansie	W56 Gauteng North MA	2666	
3 Claassen, Zelda	W59 Central Gauteng MA	2471	

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Name	Age Team	Finals	Alternate
1 Dramat, Farieda	W60 Western Province MA	2808	

W65 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 Erasmus, Zelda	W66 Western Province MA	3309	
2 Griesel, Ronel	W66 Boland MA	3053	
3 Van Eck, Suzi	W69 Gauteng North MA	2577	
4 Jacobs, Marlene	W67 Kwa-Zulu Natal MA	2488	
5 Du Toit, Aletta	W67 Western Province MA	2244	

W70 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 Ferreira, Mercia	W70 Central Gauteng MA	3641	
2 Fourie, Ena	W70 Gauteng North MA	3616	
3 Du Bruyn, Susanna	W71 Kwa-Zulu Natal MA	3270	
4 Grobbelaar, Elize	W73 Western Province MA	2571	

M30 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 Rix, Andre	M32 Western Province MA	992	

M35 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 Wiener, Shukri	M37 Western Province MA	2621	
2 Van Vreden, Hendrik-Juan	M37 Central Gauteng MA	2351	
3 Moller, Arno	M38 Fsma	2162	

M40 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 Van der Westhuizen, Edwi	M41 Western Province MA	2806	
2 Botha, Bennie	M40 Central Gauteng MA	2251	
3 Roos, Mihan	M40 SA Police Services	2204	
4 Nolte, Schalkwi	M43 Gauteng North MA	1933	

M45 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 Venter, Martin	M48 Gauteng North MA	3639	
2 Watson, Rowan	M49 Gauteng North MA	3207	
3 Roode, Eurard	M45 Central Gauteng MA	2636	

M50 Throws Pentathlon

Name	Age Team	Finals	Alternate
1 De Beer, Andre	M50 Central Gauteng MA	2723	

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...M50 Throws Pentathlon

2	Ras, Gerald	M53	Gauteng	North MA	2575
3	Odendaal, Dirk	M53	Gauteng	North MA	2390

M55 Throws Pentathlon

Name	Age	Team	Finals	Alternate
1 Haupt, Burton	M57	Gauteng	North MA	4492
2 Bezuidenhout, Vic	M57	Gauteng	North MA	3399
3 Ras, Peter	M56	Gauteng	North MA	2789
4 Smit, Johan	M58	Boland	MA	2582
5 Lamara, Zain	M58	Western Province	MA	2367

M60 Throws Pentathlon

Name	Age	Team	Finals	Alternate
1 Kichenbrand, Stephen	M61	Gauteng	North MA	3728

M65 Throws Pentathlon

Name	Age	Team	Finals	Alternate
1 Erasmus, Nick	M68	Western Province	MA	2091
2 Carolus, John	M65	Western Province	MA	1970

M70 Throws Pentathlon

Name	Age	Team	Finals	Alternate
1 Hough, Norman	M71	Western Province	MA	4079
2 Sterley, Dereck	M71	Gauteng	North MA	4074

M80 Throws Pentathlon

Name	Age	Team	Finals	Alternate
1 Rzepecki, Andrzej	M82	Kwa-Zulu Natal	MA	4322
2 Johnston, Steve	M80	Western Province	MA	3372

M90 Throws Pentathlon

Name	Age	Team	Finals	Alternate
1 Stannius, Borg	M91	Western Province	MA	4099

W40 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading Alternate
1 Viljoen, Ronel	W40	Gauteng	North MA	27,08 26,07554,10%

W45 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading Alternate
1 Serdyn, Mariaan	W48	Gauteng	North MA	28,43 26,30513,68%
2 Cleophas, Sandra	W45	Western Province	MA	40,43 37,40173,98%

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W50 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van der Schyf, Isabelle	W52	Gauteng North MA	30,55	27,09382,39%	
2 Ruck, Celeste	W54	Gauteng North MA	31,43	27,87259,69%	

W55 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading	Alternate
1 Van Buuren, Lesley	W57	Central Gauteng MA	27,33	23,10139,30%	
2 Kichenbrand, Frances	W57	Gauteng North MA	30,44	25,73614,22%	
3 Coetzee, Fia	W57	Gauteng North MA	32,42	27,40332,42%	
4 Goosen, Jacqueline	W57	Western Province MA	33,27	28,12221,73%	
5 Nortmann, Tinkie	W58	Gauteng North MA	33,33	28,17214,13%	
6 Botha, Ronelle	W57	Central Gauteng MA	34,02	28,76128,66%	

W60 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading	Alternate
1 Willemse, Lucia	W64	Gauteng North MA	38,43	30,77858,50%	

W65 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading	Alternate
1 Koekemoer, Winnie	W68	Gauteng North MA	30:39,88	23:05,07 85,70%	
2 Blignaut, Frieda	W68	Western Province MA	32:23,90	24:23,37 81,11%	
3 Els, Jos	W67	Eastern Province MA	33:29,08	25:12,44 78,48%	
4 Smook, Manda	W69	Central Gauteng MA	34:31,02	25:59,07 76,14%	
5 Roux, Isabel	W66	Western Province MA	34:41,03	26:06,60 75,77%	
6 Shuping, Cholohelo	W67	Fsma	36:51,97	27:45,18 71,28%	

W70 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading	Alternate
1 Pearson, Birdie	W70	Western Province MA	37:19,22	26:11,94 75,51%	

M45 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Appel, Joseph	M49	Gauteng North MA	27:17,41	24:54,63 72,10%	2	

M50 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading	Alternate
1 Phillips, Kevin	M54	Central Gauteng MA	24:51,43	21:46,35 82,49%	

M55 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading	Alternate
1 Britz, Chris	M55	Gauteng North MA	27:20,42	22:56,32 78,30%	
2 Hector, Douglas	M59	Western Province MA	29:55,35	25:06,30 71,54%	
3 Small, Klaus	M55	Boland MA	31:33,59	26:28,73 67,83%	

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M60 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Meyer, Carl	M61 Central Gauteng MA	27:33,37	22:03,69 81,41%
2 Coetzee, Johann	M60 Gauteng North MA	29:26,52	23:34,28 76,19%
3 Labuschagne, Daniel	M63 Gauteng North MA	30:02,86	24:03,38 74,66%
4 Willemse, Jaap	M62 Gauteng North MA	30:21,39	24:18,21 73,90%

M65 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Challagan, Chris	M65 Gauteng North MA	31:46,31	24:08,80 74,38%
2 Smook, Hendry	M69 Central Gauteng MA	34:45,82	26:25,23 67,98%
3 Mokolopo, Andrew	M66 Fsma	38:32,85	29:17,77 61,30%

M70 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Van Zyl, Johannes	M70 Western Province MA	30:45,49	22:03,22 81,44%
2 Diedericks, Len	M74 Western Province MA	33:11,53	23:47,93 75,47%

M75 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Spencer, Jurgen	M78 Western Province MA	31:59,38	21:29,44 83,57%

M80 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Morgan-Smith, David	M81 Swd MA	34:58,62	21:50,38 82,23%
2 Mabilo, Mojaki	M82 Central Gauteng MA	38:28,45	24:01,40 74,76%

W45 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
1 Serdyn, Mariaan	W48 Gauteng North MA	59,08	54,60500,34%

Results - Women 45

W50 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
1 Van der Schyf, Isabelle	W52 Gauteng North MA	1:02,31	55,01467,20%
2 Ruck, Celeste	W54 Gauteng North MA	1:05,77	58,06232,19%

Results - Women 50

W55 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
1 Van Buuren, Lesley	W57 Central Gauteng MA	54,21	45,45406,62%
2 Kichenbrand, Frances	W57 Gauteng North MA	1:02,03	52,00725,02%
3 Coetzee, Fia	W57 Gauteng North MA	1:06,16	55,47430,06%
4 Botha, Ronelle	W57 Central Gauteng MA	1:09,02	57,86246,49%

Results - Women 55

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Name	Age Team	Finals	Age-Grading Points	Alternate
Results - Women 65				
1 Koekemoer, Winnie	W68 Gauteng North MA	1:02,46	46,23315,83%	
2 Els, Jos	W67 Eastern Province MA	1:06,26	49,04010,97%	
3 Roux, Isabel	W66 Western Province MA	1:13,35	54,28526,61%	
4 Maputle, Martha	W68 Fsma	1:27,41	1:04,69798,50%	

W70 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points	Alternate
Results - Women 70				
1 Josephs, Wendy	W70 Western Province MA	1:09,22	47,50172,77%	
2 Pearson, Birdie	W70 Western Province MA	1:12,00	49,41973,04%	

W80 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points	Alternate
Results - Women 80				
1 Pastorino, Jodi	W82 Kwa-Zulu Natal MA	1:21,40	46,35301,07%	

M40 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points	Alternate
Results - Men 40				
1 Mentoor, Nicholas	M40 Western Province MA	1:17,06	1:13,61030,94%	

M45 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points	Alternate
Results - Men 45				
1 Pellissier, Mark	M45 Ecma	49,50	45,48906,47%	
2 Appel, Joseph	M49 Gauteng North MA	54,45	50,02460,42%	

M50 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points	Alternate
Results - Men 50				
1 Phillips, Kevin	M54 Central Gauteng MA	49,58	43,73102,40%	
2 De Klerk, Bennet	M52 North West North MA	1:00,27	53,16197,40%	

M55 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points	Alternate
Results - Men 55				
1 Britz, Chris	M55 Gauteng North MA	57,39	48,52598,89%	
2 Hector, Douglas	M59 Western Province MA	1:04,12	54,21116,19%	
3 Small, Klaus	M55 Boland MA	1:10,38	59,50750,07%	

South African Masters Athletics Track & Field Championship - 2019/05/02 to 201**De Jagers Athletics Stadium****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 10000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading Points Alternate
Results - Men 60			
1 Labuschagne, Daniel	M63 Gauteng North MA	1:00,13	48,54596,51%
2 Coetzee, Johann	M60 Gauteng North MA	1:00,40	48,76575,96%

M65 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
Results - Men 65			
1 Challagan, Chris	M65 Gauteng North MA	1:06,46	50,93380,67%
2 Smook, Hendry	M69 Central Gauteng MA	1:10,49	54,02130,22%

M70 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
Results - Men 70			
1 Van Zyl, Johannes	M70 Western Province MA	1:02,34	45,05953,31%

M75 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
Results - Men 75			
1 Spencer, Jurgen	M78 Western Province MA	1:06,50	44,95964,32%

M80 10000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
Results - Men 80			
1 Morgan-Smith, David	M81 Swd MA	1:11,23	44,62000,17%

W45 20000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
Results - Women 45			
1 Maloney, Anneline	W49 Gauteng North MA	2:37,10	2:24,60519,41%

W55 20000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
Results - Women 55			
1 Goosen, Jacqueline	W57 Western Province MA	2:18,26	1:54,57442,36%
2 Nortmann, Tinkie	W58 Gauteng North MA	2:21,33	1:57,11345,86%

W60 20000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
Results - Women 60			
1 Burger, Erdine	W62 Western Province MA	2:23,46	1:51,62559,46%
2 Willemse, Lucia	W64 Gauteng North MA	2:25,01	1:52,82510,72%

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M50 20000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
Results - Men 50			
1 Hines, Dennis	M51 Western Province MA	2:06,03	1:52,65119,65%

M60 20000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
Results - Men 60			
1 Willemse, Jaap	M62 Gauteng North MA	2:10,48	1:47,06334,76%

M70 20000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points Alternate
Results - Men 70			
1 Diedericks, Len	M74 Western Province MA	2:18,33	1:41,58568,79%