

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26**DE JAGERS STADIUM****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W30 100 Meter Sprint**

Name	Age Team	Finals	Age-Grading H#	Alternate
Finals				
1 Azura, Enronecia	W31 SA Police	14,25	14,26 73,61%	2
2 Du Toit, Renie	W30 Athletics South	16,72	16,73 62,74%	2

W35 100 Meter Sprint

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Truter, Maree	W36 Athletics South	16,39	16,23 64,67%	2

W45 100 Meter Sprint

Name	Age Team	Finals	Age-Grading	Alternate
1 Vrey, Micheala	W46 Athletics South	14,52	13,36 78,58%	
2 Viljoen, Ilze	W47 Athletics Wester	21,57	19,84 52,90%	

W55 100 Meter Sprint

Name	Age Team	Finals	Age-Grading	Alternate
1 Spang, Rika	W58 Athletics Wester	19,21	16,32 64,29%	

W60 100 Meter Sprint

Name	Age Team	Finals	Age-Grading	Alternate
1 Zimmerman, Hendrika	W62 SA Police	22,91	18,65 56,26%	

M30 100 Meter Sprint

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Zeelie, Jean-Pierre	M32 Gauteng North	11,50	11,51 85,13%	2
2 Wilkens, Andre	M33 Athletics Wester	12,25	12,26 79,92%	2
3 Deysel, Pyp	M30 Athletics Boland	12,81	12,82 76,42%	2

M35 100 Meter Sprint

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Myburgh, Albertus	M39 Athletics South	13,10	12,93 75,73%	2

M40 100 Meter Sprint

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Barnard, Hendrik	M41 Athletics South	13,02	12,48 78,49%	2

M45 100 Meter Sprint

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Du Toit, Johan	M49 Athletics South	14,58	13,55 72,29%	2

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26**DE JAGERS STADIUM****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 100 Meter Sprint**

Name	Age Team	Finals	Age-Grading Alternate
1 Toll, Michael	M54 Athletics Wester	13,25	11,92 82,11%
2 Isaacs, Duncan	M50 Athletics Wester	15,01	13,51 72,49%

M60 100 Meter Sprint

Name	Age Team	Finals	Age-Grading Alternate
1 Mehlo, Minazana	M60 Athletics Easter	13,46	11,33 86,48%

M65 100 Meter Sprint

Name	Age Team	Finals	Age-Grading Alternate
1 Xavier, Robert	M65 Athletics Easter	14,98	12,16 80,57%

M75 100 Meter Sprint

Name	Age Team	Finals	Age-Grading Alternate
1 Stuart, Les	M76 Athletics South	17,87	13,24 73,92%

M80 100 Meter Sprint

Name	Age Team	Finals	Age-Grading Alternate
1 Cross, Ron	M84 Athletics Wester	18,53	12,91 75,82%

W30 200 Meter Sprint

Name	Age Team	Finals	Age-Grading Alternate
1 Azura, Enronecia	W31 SA Police	30,21	30,22 70,64%

W45 200 Meter Sprint

Name	Age Team	Finals	Age-Grading Alternate
1 Viljoen, Ilze	W47 Athletics Wester	49,91	44,83 47,61%

W55 200 Meter Sprint

Name	Age Team	Finals	Age-Grading Alternate
1 Henning, Delmarie	W57 Athletics South	41,65	34,42 62,02%

M30 200 Meter Sprint

Name	Age Team	Finals	Age-Grading H# Alternate
1 Wilkens, Andre	M33 Athletics Wester	24,55	24,56 78,70% 3

M35 200 Meter Sprint

Name	Age Team	Finals	Age-Grading H# Alternate
1 Myburgh, Albertus	M39 Athletics South	26,93	26,50 72,93% 3

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26**DE JAGERS STADIUM****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 200 Meter Sprint**

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Russel, Scott	M50	Athletics Wester	27,15	24,26	79,67%	2
2 Toll, Michael	M54	Athletics Wester	27,50	24,57	78,65%	2
3 Isaacs, Duncan	M50	Athletics Wester	31,55	28,19	68,56%	2

M60 200 Meter Sprint

Name	Age	Team	Finals	Age-Grading	Alternate
1 Mehlo, Minazana	M60	Athletics Easter	28,03	23,36	82,73%

M65 200 Meter Sprint

Name	Age	Team	Finals	Age-Grading	Alternate
1 Windt, Johan	M65	Athletics South	30,80	24,67	78,34%
2 Naude, Alan	M69	Athletics Wester	42,61	34,12	56,63%
3 Xavier, Robert	M65	Athletics Easter	1:00,65	48,57	39,79%

M75 200 Meter Sprint

Name	Age	Team	Finals	Age-Grading	Alternate
1 Stuart, Les	M76	Athletics South	39,83	28,74	67,24%

W30 400 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Azura, Enronecia	W31	SA Police	1:08,11	1:08,12	69,89%

W45 400 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Theunnissen, Lana	W46	Athletics South	1:18,09	1:10,15	67,86%
2 Viljoen, Ilze	W47	Athletics Wester	1:52,50	1:41,06	47,10%

W55 400 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Spang, Rika	W58	Athletics Wester	1:36,34	1:18,69	60,49%

W60 400 Meter Run

Name	Age	Team	Finals	Age-Grading	Alternate
1 Botes, Annatjie	W61	Athletics South	1:19,42	1:01,28	77,69%

M35 400 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Alternate
1 Sethibang, Kabelo	M36	Athletics Wester	55,59	53,67	80,46%	2

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26**DE JAGERS STADIUM****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 400 Meter Run**

Name	Age Team	Finals	Age-Grading H#	Alternate
1 Toll, Michael	M54 Athletics Wester	1:05,74	57,55 75,04%	2
2 Isaacs, Duncan	M50 Athletics Wester	1:10,87	1:02,04 69,61%	2

M60 400 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Mehlo, Minazana	M60 Athletics Easter	1:04,89	52,92 81,62%	
2 Rawlins, Patrick	M61 Athletics South	1:08,38	55,76 77,45%	
3 Stiglingh, Sticks	M64 Athletics Easter	1:08,42	55,79 77,40%	

M65 400 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Windt, Johan	M65 Athletics South	1:08,63	53,78 80,29%	
2 Naude, Alan	M69 Athletics Wester	1:31,18	1:11,45 60,43%	

W45 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Philander, Aleida	W49 Athletics Wester	3:24,28	3:06,37 60,78%	

W55 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Henning, Delmarie	W57 Athletics South	3:49,18	3:10,11 59,59%	

W60 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Botes, Annatjie	W61 Athletics South	2:59,42	2:20,81 80,45%	

M35 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Sethibang, Kabelo	M36 Athletics Wester	2:15,08	2:13,96 75,48%	
2 Myburgh, Albertus	M39 Athletics South	2:22,07	2:20,90 71,77%	

M60 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Rawlins, Patrick	M61 Athletics South	2:43,58	2:13,04 76,00%	
2 Du Toit, Sarel	M63 Gauteng North	3:35,36	2:55,16 57,73%	

M65 800 Meter Run

Name	Age Team	Finals	Age-Grading	Alternate
1 Windt, Johan	M65 Athletics South	2:46,69	2:09,62 78,01%	
2 Naude, Alan	M69 Athletics Wester	3:25,54	2:39,83 63,26%	

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26**DE JAGERS STADIUM****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M75 800 Meter Run**

Name	Age Team	Finals	Age-Grading Alternate
1 Stuart, Les	M76 Athletics South	3:21,43	2:19,48 72,50%

W45 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Viljoen, Ilze	W47 Athletics Wester	8:23,44	7:35,22 51,07%

W55 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Henning, Delmarie	W57 Athletics South	7:28,22	6:08,08 63,16%
2 Spang, Rika	W58 Athletics Wester	8:39,53	7:06,64 54,49%

W60 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Zimmerman, Hendrika	W62 SA Police	8:44,92	6:47,29 57,08%

M35 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Myburgh, Albertus	M39 Athletics South	5:11,88	5:09,17 66,63%

M45 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Nell, Darelle	M46 Athletics Easter	6:35,99	6:01,35 57,01%

M60 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Rawlins, Patrick	M61 Athletics South	6:17,13	4:59,41 68,80%

M65 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Naude, Alan	M69 Athletics Wester	7:10,53	5:24,15 63,55%

M75 1500 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Stuart, Les	M76 Athletics South	6:58,66	4:34,48 75,05%

M65 5000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Naude, Alan	M69 Athletics Wester	25:10,81	19:52,34 63,49%

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26**DE JAGERS STADIUM****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 10000 Meter Run**

Name	Age Team	Finals	Age-Grading Alternate
1 Henning, Delmarie	W57 Athletics South	57:12,45	47:35,80 63,07%

W60 10000 Meter Run

Name	Age Team	Finals	Age-Grading Alternate
1 Zimmerman, Hendrika	W62 SA Police	59:09,76	46:35,09 64,44%

M50 100 Short Hurdles

Name	Age Team	Finals	Age-Grading Alternate
1 Russel, Scott	M50 Athletics Wester	15,63	15,02 85,99%

M60 100 Short Hurdles

Name	Age Team	Finals	Age-Grading Alternate
1 Du Toit, Sarel	M63 Gauteng North	24,41	22,00 58,71%

M60 300 Long Hurdles

Name	Age Team	Finals	Age-Grading Alternate
1 Du Toit, Sarel	M63 Gauteng North	1:06,54	1:06,55 70,30%

M50 400 Long Hurdles

Name	Age Team	Finals	Age-Grading Alternate
1 Isaacs, Duncan	M50 Athletics Wester	1:26,16	1:15,10 62,29%

M60 2000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading Alternate
1 Rawlins, Patrick	M61 Athletics South	8:35,12	10:25,31 75,74%
2 Stiglingh, Sticks	M64 Athletics Easter	8:39,34	10:30,43 75,13%
3 Du Toit, Sarel	M63 Gauteng North	12:15,50	14:52,83 53,05%

W40 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Van Langelaar, Yolanda	W42 Athletics South	1,60m	1,76m 84,66%
2 Brand, Riette	W42 Athletics South	1,35m	1,48m 71,43%

M30 High Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Deysel, Pyp	M30 Athletics Boland	1,70m	1,70m 69,39%

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26**DE JAGERS STADIUM****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 High Jump**

Name	Age Team	Finals	Age-Grading Alternate
1 Du Toit, Sarel	M63 Gauteng North	1,30m	1,69m 69,15%

W30 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Azura, Enronecia	W31 SA Police	4,52m	4,52m 60,11%

W40 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Brand, Riette	W42 Athletics South	4,27m	4,74m 63,07%

W45 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Vrey, Micheala	W46 Athletics South	4,87m	5,73m 76,21%

M30 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Deysel, Pyp	M30 Athletics Boland	5,15m	5,15m 57,54%

M35 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Berg, Stan	M37 Athletics South	4,75m	4,90m 54,72%

M40 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Barnard, Hendrik	M41 Athletics South	4,78m	5,20m 58,22%

M45 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Nell, Darelle	M46 Athletics Easter	4,88m	5,63m 62,97%

M50 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Isaacs, Duncan	M50 Athletics Wester	3,92m	4,81m 53,85%

M60 Long Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Du Toit, Sarel	M63 Gauteng North	3,79m	5,33m 59,59%

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26**DE JAGERS STADIUM****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 Long Jump**

Name	Age Team	Finals	Age-Grading Alternate
1 Xavier, Robert	M65 Athletics Easter	4,16m	6,31m 70,63%

W40 Triple Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Brand, Riette	W42 Athletics South	8,40m	9,05m 58,41%

M30 Triple Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Deysel, Pyp	M30 Athletics Boland	11,66m	11,66m 63,75%

M45 Triple Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Nell, Darelle	M46 Athletics Easter	9,75m	10,98m 60,07%

M55 Triple Jump

Name	Age Team	Finals	Age-Grading Alternate
1 Bredeveldt, Neal	M57 Athletics Wester	8,40m	10,74m 58,78%

W30 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Hattingsh, Olive	W31 Athletics South	5,30m	5,30m 23,42%

W35 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Campion, Maria	W37 Athletics Wester	9,41m	9,75m 43,11%
2 Abrahams, Delorene	W39 SA Police	7,36m	7,63m 33,72%

W40 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Marx, Thea	W43 Athletics Easter	9,23m	10,24m 45,27%
2 Muller, Joy	W42 SA Police	6,35m	7,04m 31,14%

W50 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Knobel, Heleen	W53 Athletics South	11,07m	13,95m 61,67%

W65 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Erasmus, Zelda	W66 Athletics Wester	8,12m	13,47m 59,57%

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26**DE JAGERS STADIUM****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...W65 Shot Put**

2 Du Rant, Marita	W65 Athletics Wester	7,12m	11,81m 52,24%
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M30 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Bailey, Sergio	M30 SA Police	8,53m	8,53m 36,89%

M35 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Berg, Stan	M37 Athletics South	9,70m	10,06m 43,52%

M45 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Heyns, Jady	M47 Athletics South	14,10m	16,95m 73,32%
2 Nell, Darelle	M46 Athletics Easter	7,60m	9,13m 39,52%

M50 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Isaacs, Duncan	M50 Athletics Wester	7,10m	8,32m 35,99%

M55 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Lamara, Mogamat	M58 Athletics Wester	9,96m	12,65m 54,73%
2 Van Der Westhuizen, Euge	M58 Athletics Boland	5,20m	6,60m 28,57%

M65 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Erasmus, Nick	M68 Athletics Wester	9,00m	12,24m 52,97%

M70 Shot Put

Name	Age Team	Finals	Age-Grading Alternate
1 Hough, Norman	M71 Athletics Wester	11,31m	14,48m 62,66%
2 Human, Nic	M74 Athletics Easter	9,68m	12,39m 53,63%

W30 Discus Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Hattingh, Olive	W31 Athletics South	13,08m	13,08m 17,03%

W35 Discus Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Campion, Maria	W37 Athletics Wester	23,29m	24,14m 31,44%
2 Abrahams, Delorene	W39 SA Police	18,18m	18,84m 24,54%

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26**DE JAGERS STADIUM****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 Discus Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Marx, Thea	W43 Athletics Easter	27,89m	31,09m	40,49%
2 Muller, Joy	W42 SA Police	7,69m	8,57m	11,16%

W50 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Knobel, Heleen	W53 Athletics South	31,27m	41,05m	53,45%

W55 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Pietersen, Aletta	W57 Athletics Easter	18,25m	26,29m	34,23%

W65 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Erasmus, Zelda	W66 Athletics Wester	18,98m	34,02m	44,30%
2 Du Rant, Marita	W65 Athletics Wester	15,93m	28,55m	37,18%

M60 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Coetzee, Johan	M64 Gauteng North	37,33m	39,67m	53,56%
2 Rawlins, Patrick	M61 Athletics South	27,01m	28,70m	38,75%

M65 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Erasmus, Nick	M68 Athletics Wester	28,79m	33,50m	45,22%

M70 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Hough, Norman	M71 Athletics Wester	33,14m	42,35m	57,18%
2 Human, Nic	M74 Athletics Easter	30,50m	38,98m	52,62%

M75 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Heunis, Dawie	M77 Athletics South	24,73m	35,44m	47,84%

M80 Discus Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Cross, Ron	M84 Athletics Wester	23,21m	38,15m	51,51%

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26**DE JAGERS STADIUM****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W30 Hammer Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Hattingh, Olive	W31 Athletics South	15,51m	15,51m	20,14%

W40 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Marx, Thea	W43 Athletics Easter	34,78m	40,91m	53,13%

W50 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Knobel, Heleen	W53 Athletics South	45,95m	58,99m	76,61%

W65 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Erasmus, Zelda	W66 Athletics Wester	22,78m	38,81m	50,41%
2 Du Rant, Marita	W65 Athletics Wester	20,33m	34,63m	44,99%

M70 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Hough, Norman	M71 Athletics Wester	36,62m	53,18m	61,32%

M75 Hammer Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Heunis, Dawie	M77 Athletics South	22,19m	36,59m	42,19%

W30 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Hattingh, Olive	W31 Athletics South	9,64m	9,64m	13,21%

W40 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Brand, Riette	W42 Athletics South	25,59m	29,36m	40,22%
2 Marx, Thea	W43 Athletics Easter	21,70m	24,90m	34,11%

W50 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Knobel, Heleen	W53 Athletics South	31,37m	41,24m	56,49%
2 Scott, Agnesse	W51 Athletics Easter	23,24m	30,55m	41,85%

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26**DE JAGERS STADIUM****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Javelin Throw**

Name	Age Team	Finals	Age-Grading	Alternate
1 Pietersen, Aletta	W57 Athletics Easter	26,49m	38,36m	52,55%

W65 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Erasmus, Zelda	W66 Athletics Wester	18,52m	33,65m	46,10%
2 Du Rant, Marita	W65 Athletics Wester	14,46m	26,27m	36,00%

M30 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Tromp, Riaan	M31 Athletics South	41,48m	41,48m	42,12%

M35 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Berg, Stan	M37 Athletics South	26,79m	27,12m	27,55%

M40 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Barnard, Hendrik	M41 Athletics South	46,66m	50,68m	51,47%

M45 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Nell, Darelle	M46 Athletics Easter	31,96m	37,44m	38,02%

M50 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Isaacs, Duncan	M50 Athletics Wester	17,16m	21,06m	21,39%

M55 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Lamara, Zain	M58 Athletics Wester	33,18m	44,39m	45,08%

M65 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Xavier, Robert	M65 Athletics Easter	22,47m	35,09m	35,64%

M70 Javelin Throw

Name	Age Team	Finals	Age-Grading	Alternate
1 Hough, Norman	M71 Athletics Wester	34,14m	57,35m	58,24%
2 Human, Nic	M74 Athletics Easter	29,80m	50,06m	50,84%

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26

DE JAGERS STADIUM

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

W30 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Hattingh, Olive	W31 Athletics South	5,97m	5,97m 25,30%

W35 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Abrahams, Delorene	W39 SA Police	6,99m	7,63m 32,35%

W50 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Knobel, Heleen	W53 Athletics South	13,80m	16,31m 69,14%

W65 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Erasmus, Zelda	W66 Athletics Wester	10,56m	14,00m 59,33%
2 Du Rant, Marita	W65 Athletics Wester	7,24m	9,60m 40,67%

M35 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Berg, Stan	M37 Athletics South	10,00m	10,20m 39,45%

M70 Weight Throw

Name	Age Team	Finals	Age-Grading Alternate
1 Hough, Norman	M71 Athletics Wester	14,73m	16,80m 64,98%
2 Human, Nic	M74 Athletics Easter	12,19m	13,90m 53,77%

W40 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Spies, Paula	W43 Athletics South	37:43,00	36:18,14 54,50%

W65 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Zemke, Lorriane	W68 Athletics South	39:29,00	29:43,39 66,56%
2 Barnes, Cynthia	W67 Athletics South	39:39,00	29:50,92 66,28%

W85 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Nayler, Doria	W85 Athletics South	38:49,00	20:36,94 95,96%

ASWD TALENT ID & MASTERS ATHLETICS MEETING - 2019/10/26

DE JAGERS STADIUM

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

M80 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Alternate
1 Smith, David-Morgan	M81 Athletics South	35:55,00	22:25,59 80,08%