

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W30 100 Meter Sprint**

30 SA Record: N 11,80 Gail van Niekerk, CGA  
 30 WP Record: P 12,73 Corne Gomes  
 14,20 30 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
Finals					
1	Corbett, Melissa	W34 Western Province	13,25 M	0.2	2
2 #	890 Nel, Naomi Mathil	W30 Mpumalanga	13,53 M	0.2	2
3 #	1105 Bronkhorst, Reand	W32 Free State	13,54 M	0.2	2

**W35 100 Meter Sprint**

35 SA Record: N 12,10 1988/11/05 V.B. Kruger, CGA  
 35 WP Record: P 12,61 M. V.D. Burgh  
 13,21 35 S SAMA Colours  
 14,50 35 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
Finals					
1 #	1379 Walters, Elmarie	W39 South West D	12,81 S	0.2	2
2 #	2503 Bradley, Lynn	W39 Gauteng North	13,45 M	0.2	2
3	Shituula, Tresia	W36 Foreign Athlete	13,55 M	0.2	2

**W40 100 Meter Sprint**

40 SA Record: N 11,94 2014/04/24 Adri Schoeman, AGN  
 40 WP Record: P 13,30 2011/10/08 Beverley Figland  
 13,47 40 S SAMA Colours  
 14,80 40 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
Finals					
1 #	5209 Kotze, Retha	W43 Western Province	13,99 M	0.2	1
2 #	11124 Beukes, Marisa	W44 Central Gauteng	14,08 M	0.2	1
3 #	9763 Juries, Tanja	W44 Western Province	14,53 M	0.2	1
4 #	6018 Pretorius, Mareli	W40 Gauteng North	14,59 M	0.2	2
5 #	10635 Miske, Mirjam	W43 Western Province	15,20	0.2	1

**W45 100 Meter Sprint**

45 SA Record: N 12,50 1994/10/15 Gail van Niekerk, CGA  
 45 WP Record: P 13,20 Yvonne De Wit  
 13,80 45 S SAMA Colours  
 15,30 45 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
Finals					
1 #	4406 Tregonning, Rushd	W48 Western Province	14,49 M	0.2	
2 #	1940 De Villiers, Azel	W47 Central Gauteng	15,85	0.2	
3 #	746 Kaufmann, Dirkie	W46 Boland	16,05	0.2	

**W50 100 Meter Sprint**

50 SA Record: N 12,31 2019/03/30 Charmain Barnard, AGN  
 50 WP Record: P 13,70 Yvonne De Wit  
 14,20 50 S SAMA Colours  
 16,10 50 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
Finals					
1 #	2557 Schoeman, Adri	W52 Gauteng North	12,90PS	0.7	3
2 #	165 Bezuidenhout, Lie	W51 Vaal Triangle	14,57 M	0.7	3
3 #	9093 Figland, Beverley	W52 Western Province	14,88 M	0.7	3

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****....W50 100 Meter Sprint**

4 #	1848	Cloete, Wendy	W51	South West D	15,41	M	0.7	3
5 #	3120	Staal, Michelle	W50	Central Gauteng	15,54	M	0.7	3
6 #	58	Noordien, Mishka	W53	Western Province	22,62		0.7	3

**W55 100 Meter Sprint**

55 SA Record: N 14,06 2019/04/13 Ronel Beukes, WPA

55 WP Record: P 13,94 2021/04/10 Venessa Louw

14,89 55 S SAMA Colours

16,70 55 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 #12401	Louw, Venessa	W58 Western Province	14,31 S	0.6	2
2 # 1844	Willemse, Helene	W56 South West D	16,41 M	0.6	2
3 #10381	Flattery, Ezna	W58 Central Gauteng	16,58 M	0.6	2
4	Kimani, Wacango	W58 Central Gauteng	18,48	0.6	2

**W60 100 Meter Sprint**

60 SA Record: N 14,90 2010/03/06 Toy Ungerer, SWD

60 WP Record: P 15,60 O. Wagener

15,75 60 S SAMA Colours

17,70 60 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 1760	Beukes, Ronel	W63 Boland	14,81PS	-1.2
2 # 1272	Schmelzer, Tessa	W62 North West North	15,39 S	-1.2

**W65 100 Meter Sprint**

65 SA Record: N 14,93 2011/04/02 Toy Ungerer, SWD

65 WP Record: P 15,92 R. Blair

16,60 65 S SAMA Colours

18,80 65 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 2495	Gey Van Pittius,	W68 Gauteng North	15,92 S	-1.2
2 # 775	Scheffer, Cathari	W67 North West North	17,64 M	-1.2
3 # 2499	Franzsen, Sterna	W68 Gauteng North	17,70 M	-1.2
4 # 1175	Van Heerden, Rina	W66 Gauteng North	18,57 M	-1.2
5 # 254	Riviera, Joy	W68 Western Province	20,50	-1.2

**W70 100 Meter Sprint**

70 SA Record: N 15,57 10/2016 Toy Ungerer, SWD

70 WP Record: P 17,03 Isabel Hofmeyr

18,20 70 S SAMA Colours

20,60 70 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 2498	Claassen, Stephan	W71 Gauteng North	17,95 S	-1.2

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W75 100 Meter Sprint**

75 SA Record: N 17,19 2018/04/27 Magdalena Tomlinson, KZN

75 WP Record: P 17,37 Isabel Hofmeyr

20,20 75 S SAMA Colours

23,00 75 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 3588 Visser, Maria Cor	W76	Central Gauteng	20,12 S	-1.2

**W85 100 Meter Sprint**

85 SA Record: N 21,45 2022/10/08 Magdaline Johnson, WPA

85 WP Record: P 21,45 2022/10/08 Magdalene Johnson

26,00 85 S SAMA Colours

29,00 85 M SAMA Medal

Name	Age	Team	Finals	Wind
1 #12178 Johnson, Magdalin	W86	Western Province	21,05 S	-1.2

**M30 100 Meter Sprint**

30 SA Record: N 10,50 Erich Essman, CGA

30 WP Record: P 10,73 2023/03/04 Roscoe Engel

12,00 30 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 #10633 Engel, Roscoe	M34	Western Province	10,93 M	0.2	3
2 #10640 Ruiters, Curt	M31	Western Province	11,10 M	0.2	3
3 #10642 Clarke, Chevan	M33	Western Province	11,23 M	0.2	3
4 #10660 De Morny, Ryle	M34	Western Province	11,24 M	0.2	3
5 Benjamine, Raydon	M30	Western Province	11,37 M	0.2	3
6 #10650 Caesar, Jureaux	M30	Western Province	11,79 M	0.2	3
7 # 2529 Kitshoff, Jean-Pi	M31	Gauteng North	12,13	0.2	3
8 # 5234 Steenkamp, Theodo	M34	Western Province	13,28	0.2	3

**M35 100 Meter Sprint**

35 SA Record: N 10,30 E. Jefferys, KZN

35 WP Record: P 10,95 2019/03/23 Jonathan Dreyer

11,40 35 S SAMA Colours

12,20 35 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 6320 De Beer, Willem	M35	Gauteng North	11,33 S	0.2	2
2 #10641 Classens, Ashwyn	M36	Western Province	12,19 M	0.2	2
3 #12418 Steenberg, Bradle	M39	Western Province	12,29	0.2	2
4 #12435 Hassan, Qaasim	M39	Western Province	12,75	0.2	2
5 #12381 August, Denzil	M37	Western Province	12,86	0.2	2
6 # 1317 Walters, Willem	M39	South West D	13,23	0.2	2
7 # 989 Jansen, Morne	M38	Central North West	13,55	0.2	2

**M40 100 Meter Sprint**

40 SA Record: N 10,70 Stan Wald, CGA

40 WP Record: P 11,13 2018/04/27 Ricardo Mentoor

11,50 40 S SAMA Colours

12,60 40 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 6589 Dreyer, Jonathan	M41	Western Province	11,52 M	-0.4

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****....M40 100 Meter Sprint**

2 #	2560 Verryn, Ruaan	M40 Gauteng North	11,87 M	-0.4
3 #	5214 Le Grange, Jacobu	M43 Western Province	12,25 M	-0.4
4 #	10658 Africa, Virgil	M43 Western Province	13,57	-0.4

**M45 100 Meter Sprint**

45 SA Record: N 11,10 Stan Wald, CGA  
 45 WP Record: P 11,51 2012/03/31 Johan Uys  
 11,80 45 S SAMA Colours  
 13,00 45 M SAMA Medal

Name	Age	Team	Finals	Wind
1 #	5219 Ricardo, Mentoor	M45 Western Province	11,84 M	-0.4
2	Steyn, Johan	M46 Foreign Athlete	12,47 M	-0.4
3 #	1101 Fourie, Pierre	M45 Free State	12,52 M	-0.4
4 #	9399 Norkie, Denzil	M46 Western Province	13,16	-0.4

**M50 100 Meter Sprint**

50 SA Record: N 11,70 Stan Wald, CGA  
 50 WP Record: P 12,09 2022/05/07 John Cloete  
 12,10 50 S SAMA Colours  
 13,40 50 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 #	4551 Naidoo, Moses	M50 Kwa Zulu Natal	11,97PS	-0.1	4
2 #	10651 Jewaskiewitz, Deo	M50 Western Province	12,03 S	-0.1	4
3 #	955 Breedt, Kobus	M50 Gauteng North	12,57 M	-0.1	4
4 #	8212 Theunis, James	M54 Western Province	13,11 M	-0.1	4
4 #	2264 Basson, Marius	M51 Western Province	13,11 M	-0.1	4
6 #	1237 Solomons, Anthony	M52 Boland	13,14 M	-0.1	4
7 #	10603 Russell, Scott	M54 Western Province	13,41	-0.1	4
8 #	1240 Fortuin, Maurice	M52 Boland	13,51	-0.1	4

**M55 100 Meter Sprint**

55 SA Record: N 11,80 T. George  
 55 WP Record: P 12,06 2011/04/09 Joseph Warries  
 12,50 55 S SAMA Colours  
 14,00 55 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 #	1155 Van Der Vyver, Da	M58 Gauteng North	12,52 M	-1.4	3
2 #	1774 Christians, Alwyn	M56 Boland	13,21 M	-1.4	3
3 #	6682 Toll, Michael	M59 Western Province	13,61 M	-1.4	3
4 #	2265 Davids, Martin	M58 Eastern Province	14,10	-1.4	3
5	Vutu, Freeman	M58 Eastern Province	15,35	-1.4	3

**M60 100 Meter Sprint**

60 SA Record: N 12,61 2022/04/09 Johan Myburgh, WPA  
 60 WP Record: P 12,61 2022/04/09 Johan Myburgh  
 13,00 60 S SAMA Colours  
 14,50 60 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 #	5261 Myburgh, Johan	M61 Western Province	12,89 S	-0.5	2
2 #	58 Minazama, Mehlo	M64 Eastern Province	13,53 M	-0.5	2
3 #	2556 Smit, Winston	M61 Gauteng North	14,42 M	-0.5	2

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M65 100 Meter Sprint**

65 SA Record: N 13,10 Albertus v Zyl, KZN

65 WP Record: P 13,44 2021/04/10 Joseph Warriess

13,60 65 S SAMA Colours

15,40 65 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 9094 Warriess, Joseph	M67	Western Province	13,83 M	-0.5	2
2 # 1125 Du Toit, Sarel	M68	Gauteng North	15,73	-0.5	2
3 # 4067 Emslie, Richard	M65	Kwa Zulu Natal	16,31	-0.5	2

**M70 100 Meter Sprint**

70 SA Record: N 12,90 Fred Reid, CGA

70 WP Record: P 13,92 Ron Cross

14,30 70 S SAMA Colours

16,20 70 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 2497 Claassen, Len	M72	Gauteng North	14,54 M	-0.2	1
2 # 5236 Deetlefs, Pietie	M70	Western Province	15,01 M	-0.2	1
3 # 1929 Xavier, Robert	M70	Eastern Province	15,10 M	-0.2	1
4 # 1326 Windt, Johan	M70	South West D	15,16 M	-0.2	1
5 # 2676 Magnussen, Max	M70	Kwa Zulu Natal	15,57 M	-0.2	1
6 # 1565 Mentoer, Sakkie	M70	Boland	16,44	-0.5	2
7 # 174 Dreyer, Patrick	M73	Western Province	18,22	-0.2	1
8 # 4581 Motala, Yacoob	M74	Kwa Zulu Natal	18,36	-0.2	1

**M75 100 Meter Sprint**

75 SA Record: N 14,06 Fred Reid, CGA

75 WP Record: P 14,00 2011/02/26 Ron Cross

15,90 75 S SAMA Colours

17,80 75 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 9095 Figland, Edgar	M76	Western Province	18,48	-0.2
2 # 262 De Kock, Bobby	M78	Free State	23,72	-0.2

**M80 100 Meter Sprint**

80 SA Record: N 14,30 2003/11/08 Lucas Nel, KZN

80 WP Record: P 15,31 2014/04/25 Ron Cross

17,60 80 S SAMA Colours

19,50 80 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 930 Stuart, Les	M80	South West D	18,21 M	-0.2

**W30 200 Meter Sprint**

30 SA Record: N 24,60 V.B. Kruger, CGA

29,00 30 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 Corbett, Melissa	W34	Western Province	27,54 M	NWI	3
2 # 1105 Bronkhorst, Reand	W32	Free State	28,11 M	NWI	3

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W35 200 Meter Sprint**

35 SA Record: N 24,90 1990/03/31 V.B. Kruger, CGA

35 WP Record: P 26,01 M. V.D. Burgh

27,00 35 S SAMA Colours

30,00 35 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 1379 Walters, Elmarie	W39	South West D	27,13 M	+0.0	2
2 # 9290 Walters, Marike	W36	Western Province	27,79 M	NWI	3
3 # 2503 Bradley, Lynn	W39	Gauteng North	27,91 M	+0.0	2
4 # Shituula, Tresia	W36	Foreign Athlete	28,61 M	NWI	3
5 #10655 Van Rensburg, Mar	W39	Western Province	28,91 M	+0.0	2
6 #10740 De Kock-Dippenaar	W38	Western Province	36,10	NWI	3

**W40 200 Meter Sprint**

40 SA Record: N 24,46 2014/04/26 Adri Schoeman, AGN

40 WP Record: P 26,50 Koba Bellingan

27,50 40 S SAMA Colours

31,00 40 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 5209 Kotze, Retha	W43	Western Province	28,90 M	+0.0	2
2 #12442 Robertson, Tracey	W42	Western Province	29,55 M	+0.0	2
3 #11124 Beukes, Marisa	W44	Central Gauteng	29,67 M	-0.4	1
4 # 9763 Juries, Tanja	W44	Western Province	30,02 M	-0.4	1
5 # 6018 Pretorius, Mareli	W40	Gauteng North	30,59 M	+0.0	2
6 #10635 Miske, Mirjam	W43	Western Province	31,80	-0.4	1

**W45 200 Meter Sprint**

45 SA Record: N 25,41 2021/03/06 Shona Hutchinson, KZN

45 WP Record: P 27,30 Anne Mckenzie

28,00 45 S SAMA Colours

32,00 45 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 4406 Tregonning, Rushd	W48	Western Province	30,60 M	-0.4
2 # 746 Kaufmann, Dirkie	W46	Boland	34,39	-0.4

**W50 200 Meter Sprint**

50 SA Record: N 26,95 2010/02/20 Ronel Beukes, BOL

50 WP Record: P 28,30 Yvonne De Wit

29,60 50 S SAMA Colours

33,50 50 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 2557 Schoeman, Adri	W52	Gauteng North	26,34PS	NWI	3
2 # 165 Bezuidenhout, Lie	W51	Vaal Triangle	30,51 M	NWI	3
3 # 1848 Cloete, Wendy	W51	South West D	31,53 M	NWI	3
4 # 9093 Figland, Beverley	W52	Western Province	31,60 M	NWI	3
5 # 4550 Vaz, Delia	W50	Kwa Zulu Natal	31,85 M	NWI	3
6 # 2872 Van Niekerk, Cath	W54	Central Gauteng	38,70	NWI	3
7 # 5272 Hunter, Maaie	W53	Central Gauteng	43,86	NWI	3

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W55 200 Meter Sprint**

55 SA Record: N 29,30 1996/05/04 Yvonne De Wit, WPA

55 WP Record: P 29,54 2021/04/10 Venessa Louw

31,20 55 S SAMA Colours

35,00 55 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 #10381 Flattery, Ezna	W58	Central Gauteng	33,43 M	-0.3	2
2 # 1134 Human, Corinne	W58	Gauteng North	34,99 M	-0.3	2
3 # 1753 Du Bruyn, Linda	W59	Western Province	37,23	-0.3	2

**W60 200 Meter Sprint**

60 SA Record: N 30,70 2003/02/08 Magdalena Tomlinson, KZN

60 WP Record: P 32,10 Yvonne De Wit

33,30 60 S SAMA Colours

37,30 60 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 1760 Beukes, Ronél	W63	Boland	31,04PS	-0.3	2

**W65 200 Meter Sprint**

65 SA Record: N 30,92 2012/03/31 Toy Ungerer, SWD

65 WP Record: P 34,00 Isabel Hofmeyr

35,80 65 S SAMA Colours

41,30 65 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 2495 Gey Van Pittius,	W68	Gauteng North	33,14PS	-1.5
2 # 775 Scheffer, Cathari	W67	North West North	37,28 M	-1.5
3 # 2499 Franzsen, Sterna	W68	Gauteng North	38,45 M	-1.5
4 # 254 Riviera, Joy	W68	Western Province	44,27	-1.5

**W75 200 Meter Sprint**

75 SA Record: N 35,90 2004/05/07 Isabel Hofmeyr, WPA

75 WP Record: P 35,90 Isabel Hofmeyr

44,00 75 S SAMA Colours

50,00 75 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 3588 Visser, Maria Cor	W76	Central Gauteng	44,95 M	-1.5

**W85 200 Meter Sprint**

85 SA Record: N 51,20 2006/04/02 Christi du Plooy, CGA

85 WP Record: P 53,86 2022/05/28 Magdalene Johnson

56,00 85 S SAMA Colours

1:03,00 85 M SAMA Medal

Name	Age	Team	Finals	Wind
1 #12178 Johnson, Magdalin	W86	Western Province	56,08 M	-1.5

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M30 200 Meter Sprint**

30 SA Record: N 21,20 Erich Essman, CGA  
 30 WP Record: P 21,64 2023/03/04 Roscoe Engel  
 24,50 30 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 #10633 Engel, Roscoe	M34	Western Province	22,64 M	-2.0	4
2 #10660 De Morny, Ryle	M34	Western Province	22,85 M	-1.0	3
3 Benjamine, Raydon	M30	Western Province	22,89 M	-2.0	4
4 # 2529 Kitshoff, Jean-Pi	M31	Gauteng North	22,98 M	-2.0	4
5 #10640 Ruiters, Curt	M31	Western Province	23,12 M	-2.0	4
6 #10642 Clarke, Chevan	M33	Western Province	23,17 M	-2.0	4
7 #10962 Beukes, Henk	M32	Western Province	24,17 M	-2.0	4
8 #10650 Caesar, Jureaux	M30	Western Province	24,41 M	-2.0	4
9 # 5234 Steenkamp, Theodo	M34	Western Province	27,57	-2.0	4

**M35 200 Meter Sprint**

35 SA Record: N 21,20 E. Jefferys, KZN  
 35 WP Record: P 22,22 2017/10/21 Jonathan Dreyer  
 23,50 35 S SAMA Colours  
 25,00 35 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 6320 De Beer, Willem	M35	Gauteng North	22,49 S	-1.0	3
2 #10641 Classens, Ashwyn	M36	Western Province	25,03	-1.0	3
3 #12381 August, Denzil	M37	Western Province	26,38	-1.0	3
4 #12435 Hassan, Qaasim	M39	Western Province	26,48	-1.0	3
5 # 4257 Sekgabebe, Pogiso	M39	Central Gauteng	26,73	-1.0	3

**M40 200 Meter Sprint**

40 SA Record: N 22,00 Stan Wald, CGA  
 40 WP Record: P 22,55 2022/10/29 Jonathan Dreyer  
 24,00 40 S SAMA Colours  
 25,50 40 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 6589 Dreyer, Jonathan	M41	Western Province	23,31 S	-1.0	2
2 # 2560 Verryyn, Ruaan	M40	Gauteng North	24,11 M	-1.0	2
3 # 5214 Le Grange, Jacobu	M43	Western Province	24,48 M	-1.0	2
4 # 1104 Bronkhorst, Eddie	M44	Free State	25,25 M	-1.0	2
5 # 1355 Pule, Sartiel	M42	North West North	30,33	-1.0	2

**M45 200 Meter Sprint**

45 SA Record: N 22,90 Stan Wald, CGA  
 45 WP Record: P 23,89 2017/05/18 Marius Basson  
 24,20 45 S SAMA Colours  
 26,50 45 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 5219 Ricardo, Mentoor	M45	Western Province	24,43 M	-0.1	1
2 Steyn, Johan	M46	Foreign Athlete	25,30 M	-0.1	1
3 # 1822 Lemmetjies, Eusta	M45	Boland	25,50 M	-1.0	2
4 # 1185 Venter, Jannie	M47	Eastern Province	25,66 M	-0.1	1
5 # 1101 Fourie, Pierre	M45	Free State	26,00 M	-0.1	1



**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M50 200 Meter Sprint**

50 SA Record: N 23,29 Stan Wald, CGA

50 WP Record: P 24,70 2022/04/22 Marius Basson

12,10 50 S SAMA Colours

13,40 50 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 4551 Naidoo, Moses	M50	Kwa Zulu Natal	24,11	-0.3	4
2 #10651 Jewaskiewitz, Deo	M50	Western Province	24,90	-0.3	4
3 # 1423 Moraope, Spencer	M50	North West North	25,34	-0.3	4
4 # 2264 Basson, Marius	M51	Western Province	26,43	-0.3	4
5 # 1237 Solomons, Anthony	M52	Boland	27,09	-0.3	4
6 # 1306 Putter, Danie	M50	Central Gauteng	27,10	-0.3	4
7 # 1240 Fortuin, Maurice	M52	Boland	27,54	-0.3	4

**M55 200 Meter Sprint**

55 SA Record: N 24,71 Monty Hacker, CGA

55 WP Record: P 24,84 2011/04/09 Joseph Warriies

12,50 55 S SAMA Colours

14,00 55 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 4558 Fourie, David	M57	Kwa Zulu Natal	25,39	-0.6	3
2 # 1155 Van Der Vyver, Da	M58	Gauteng North	25,51	-0.6	3
3 # 1774 Christians, Alwyn	M56	Boland	26,62	-0.6	3
4 # 2265 Davids, Martin	M58	Eastern Province	29,46	-0.6	3
5 Vutu, Freeman	M58	Eastern Province	31,39	-0.6	3

**M60 200 Meter Sprint**

60 SA Record: N 25,80 Miloje Grujic, CGA

60 WP Record: P 26,01 2022/04/09 Johan Myburgh

13,00 60 S SAMA Colours

14,50 60 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 5261 Myburgh, Johan	M61	Western Province	26,20	-0.9	2
2 # 58 Minazama, Mehlo	M64	Eastern Province	27,42	-0.9	2
3 # 2556 Smit, Winston	M61	Gauteng North	28,18	-0.9	2

**M65 200 Meter Sprint**

65 SA Record: N 26,99 Monty Hacker, CGA

65 WP Record: P 27,78 2021/11/20 Joseph Warriies

13,60 65 S SAMA Colours

15,40 65 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 9094 Warriies, Joseph	M67	Western Province	28,50	-0.9	2
2 #16899 Booysen, Hendrik	M66	Central Gauteng	31,04	-0.9	2

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M70 200 Meter Sprint**

Name	Age	Team	Finals	Wind
70 SA Record: N 27,50 Fred Reid, CGA				
70 WP Record: P 29,10 R. Cross				
	14,30	70 S SAMA Colours		
	16,20	70 M SAMA Medal		
1 # 2497 Claassen, Len	M72	Gauteng North	29,97	-1.5
2 # 1326 Windt, Johan	M70	South West D	31,38	-1.5
3 # 1929 Xavier, Robert	M70	Eastern Province	32,52	-1.5
4 # 2676 Magnussen, Max	M70	Kwa Zulu Natal	32,66	-1.5
5 # 5236 Deetlefs, Pietie	M70	Western Province	32,95	-1.5

**M75 200 Meter Sprint**

Name	Age	Team	Finals	Wind
75 SA Record: N 29,40 Lucas Nel, KZN				
75 WP Record: P 30,90 2012/10/06 Jakobus Van Zyl				
	15,90	75 S SAMA Colours		
	17,80	75 M SAMA Medal		
1 # 9095 Figland, Edgar	M76	Western Province	39,24	-1.5
2 # 262 De Kock, Bobby	M78	Free State	49,42	-1.5

**M80 200 Meter Sprint**

Name	Age	Team	Finals	Wind
80 SA Record: N 31,82 8/2015 Monty Hacker, CGA				
80 WP Record: P 32,56 2014/04/25 Ron Cross				
	17,60	80 S SAMA Colours		
	19,50	80 M SAMA Medal		
1 # 930 Stuart, Les	M80	South West D	38,26	-1.5

**W30 400 Meter Sprint**

Name	Age	Team	Finals	H#
30 SA Record: N 1,00 2005/02/18 Shona Hutchinson, KZN				
30 WP Record: P 58,25 2019/04/06 Kobie Griffiths				
	1:07,00	30 M SAMA Medal		
1 # 890 Nel, Naomi Mathil	W30	Mpumalanga	1:02,04 M	2

**W35 400 Meter Sprint**

Name	Age	Team	Finals	H#
35 SA Record: N 55,99 1965/07/20 Anne McKenzie, CGA				
35 WP Record: P 58,47 2023/01/14 Kobie Griffiths				
	1:01,00	35 S SAMA Colours		
	1:09,00	35 M SAMA Medal		
1 # 9290 Walters, Marike	W36	Western Province	1:00,78 S	2
2 # 687 Louw, Ohna	W38	Gauteng North	1:01,27 M	2
3 # 2503 Bradley, Lynn	W39	Gauteng North	1:03,27 M	2
4 #10655 Van Rensburg, Mar	W39	Western Province	1:05,64 M	2

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W40 400 Meter Sprint**

40 SA Record: N 56,00 1967/10/28 Anne McKenzie, CGA

40 WP Record: P 56,50 Anne Mckenzie

1:02,00 40 S SAMA Colours

1:12,00 40 M SAMA Medal

Name	Age	Team	Finals
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1 # 9763	Juries, Tanja	W44 Western Province	1:11,49 M
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**W45 400 Meter Sprint**

45 SA Record: N 56,30 2020/02/15 Shona Hutchinson, KZN

45 WP Record: P 1:00,50 Anne Mckenzie

1:05,00 45 S SAMA Colours

1:15,00 45 M SAMA Medal

Name	Age	Team	Finals
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1 # 1137	Venter, Melinda	W45 Eastern Province	1:00,43 S
2 # 1148	Rossouw, Frederik	W45 Gauteng North	1:03,98 S
3 # 4406	Tregonning, Rushd	W48 Western Province	1:11,15 M
4	Matiwane, Busisiwe	W48 Western Province	1:21,35

**W50 400 Meter Sprint**

50 SA Record: N 58,43 7/2011 Elaine Pretorius, AGN

50 WP Record: P 1:03,20 Anne Mckenzie

1:09,00 50 S SAMA Colours

1:18,00 50 M SAMA Medal

Name	Age	Team	Finals	H#
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1 # 3120	Staal, Michelle	W50 Central Gauteng	1:07,75 S	3
2 # 1848	Cloete, Wendy	W51 South West D	1:10,33 M	3
3 # 4550	Vaz, Delia	W50 Kwa Zulu Natal	1:12,35 M	3
4 # 9093	Figland, Beverley	W52 Western Province	1:15,74 M	3
5 # 3679	Germishuizen, Sha	W53 Western Province	1:24,81	3
6 # 2872	Van Niekerk, Cath	W54 Central Gauteng	1:29,83	2
7 # 4630	Zarraga De Philan	W54 Western Province	1:30,75	2
8 # 5272	Hunter, Maaie	W53 Central Gauteng	1:35,73	2

**W55 400 Meter Sprint**

55 SA Record: N 1:01,14 10/2016 Elaine Pretorius, AGN

55 WP Record: P 1:07,20 Yvonne De Wit

1:15,00 55 S SAMA Colours

1:22,00 55 M SAMA Medal

Name	Age	Team	Finals	H#
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1 #10381	Flattery, Ezna	W58 Central Gauteng	1:16,31 M	2
2 # 1753	Du Bruyn, Linda	W59 Western Province	1:24,46	2

**W60 400 Meter Sprint**

60 SA Record: N 1:04,84 10/2016 Liz Alexander, KZN

60 WP Record: P 1:15,20 Isabel Hofmeyr

1:19,00 60 S SAMA Colours

1:28,00 60 M SAMA Medal

Name	Age	Team	Finals
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1 # 822	Fischer, Lynette	W64 Free State	1:19,55 M
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**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W65 400 Meter Sprint**

65 SA Record: N 1:10,26 7/2011 Toy Ungerer, SWD  
 65 WP Record: P 1:17,20 Jane Geldenhuys  
 1:24,00 65 S SAMA Colours  
 1:35,00 65 M SAMA Medal

Name	Age Team	Finals
1 # 2495 Gey Van Pittius,	W68 Gauteng North	1:16,68PS
2 # 775 Scheffer, Cathari	W67 North West North	1:22,43 S

**W75 400 Meter Sprint**

75 SA Record: N 1:13,97 2018/04/27 Magdalena Tomlinson, KZN  
 75 WP Record: P 1:30,73 Isabel Hofmeyr  
 1:55,00 75 S SAMA Colours  
 2:08,00 75 M SAMA Medal

Name	Age Team	Finals
1 # 3588 Visser, Maria Cor	W76 Central Gauteng	1:46,76 S

**M30 400 Meter Sprint**

30 SA Record: N 48,53 2019/05/03 Willem de Beer, AGN  
 30 WP Record: P 50,49 2022/03/26 Henk Beukes  
 56,00 30 M SAMA Medal

Name	Age Team	Finals	H#
1 #10640 Ruiters, Curt	M31 Western Province	51,62 M	4
2 # 2529 Kitshoff, Jean-Pi	M31 Gauteng North	51,91 M	4
3 Benjamine, Raydon	M30 Western Province	51,97 M	4
4 #10962 Beukes, Henk	M32 Western Province	52,21 M	4
5 # 5234 Steenkamp, Theodo	M34 Western Province	1:02,80	4

**M35 400 Meter Sprint**

35 SA Record: N 47,90 J. Cyrus  
 35 WP Record: P 51,61 T. Dixon  
 51,00 35 S SAMA Colours  
 57,00 35 M SAMA Medal

Name	Age Team	Finals	H#
1 # 6320 De Beer, Willem	M35 Gauteng North	49,38PS	3
2 #10641 Classens, Ashwyn	M36 Western Province	54,38 M	3
3 # 1355 Smith, Randall	M39 Boland	55,63 M	3
4 # 4257 Sekgabebe, Pogiso	M39 Central Gauteng	58,04	3
5 # 2500 Barnard, Christia	M36 Gauteng North	58,93	3
6 #12435 Hassan, Qaasim	M39 Western Province	1:00,62	3
7 # 1551 Gouws, Eugene	M36 Boland	1:08,94	3

**M40 400 Meter Sprint**

40 SA Record: N 49,70 Leon Hacker, CGA  
 40 WP Record: P 50,38 2011/04/09 Shawn Abrahams  
 52,50 40 S SAMA Colours  
 58,00 40 M SAMA Medal

Name	Age Team	Finals	H#
1 #12415 Mulumba, Patrick	M40 Western Province	53,66 M	2
2 # 5214 Le Grange, Jacobu	M43 Western Province	54,30 M	2
3 # 2560 Verryyn, Ruaan	M40 Gauteng North	55,75 M	2

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****....M40 400 Meter Sprint**

4 # 1355 Pule, Sartiel M42 North West North 1:02,70 2

**M45 400 Meter Sprint**

45 SA Record: N 51,07 9/2018 Spencer Moraope, NWN

45 WP Record: P 52,44 2017/05/18 Marius Basson

54,00 45 S SAMA Colours

1:00,00 45 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 1185 Venter, Jannie	M47	Eastern Province	56,17 M	1
2 # 5273 Hunter, Clinton	M48	Central Gauteng	56,71 M	1
3 # 9399 Norkie, Denzil	M46	Western Province	56,95 M	1
4 # 4485 Groenewald, Ruper	M49	Gauteng North	57,99 M	1
5 Steyn, Johan	M46	Foreign Athlete	58,76 M	1
6 # 1822 Lemmetjies, Eusta	M45	Boland	59,47 M	2
7 # 1619 Swartz, Quinton	M48	South West D	1:01,16	1

**M50 400 Meter Sprint**

50 SA Record: N 51,93 2023/03/04 Moses Naidoo, KZN

50 WP Record: P 55,70 J. Swiegers

56,00 50 S SAMA Colours

1:02,00 50 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 4551 Naidoo, Moses	M50	Kwa Zulu Natal	52,03PS	5
2 # 1423 Moraope, Spencer	M50	North West North	54,86PS	5
3 # 2264 Basson, Marius	M51	Western Province	58,10 M	5
4 # 5258 Cloete, John Aubr	M51	Western Province	59,71 M	5
5 # 1240 Fortuin, Maurice	M52	Boland	1:01,30 M	5
6 # 748 Jonker, Jaco	M50	North West North	1:02,19	5

**M55 400 Meter Sprint**

55 SA Record: N 55,00 Miloje Grujic, CGA

55 WP Record: P 57,58 2011/04/09 Joseph Warries

59,00 55 S SAMA Colours

1:05,00 55 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 4558 Fourie, David	M57	Kwa Zulu Natal	55,94PS	4
2 #10646 Matthee, Giliomee	M55	Western Province	58,81 S	4
3 # 1155 Van Der Vyver, Da	M58	Gauteng North	1:00,42 M	4
4 # 1703 Cupido, Clive	M57	Boland	1:04,26 M	4
5 # 4629 Philander, Tobias	M59	Western Province	1:05,22	3
6 Vutu, Freeman	M58	Eastern Province	1:07,72	4
7 # 6682 Toll, Michael	M59	Western Province	1:10,04	3
8 # 2794 Van Niekerk, Warr	M56	Central Gauteng	1:13,64	4

**M60 400 Meter Sprint**

60 SA Record: N 1,00 Miloje Grujic, CGA

60 WP Record: P 1:01,41 2017/05/18 Joseph Warries

1:01,00 60 S SAMA Colours

1:09,00 60 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 5261 Myburgh, Johan	M61	Western Province	1:01,64 M	3

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****....M60 400 Meter Sprint**

2 #	2556 Smit, Winston	M61 Gauteng North	1:01,79 M	3
3 #	58 Minazama, Mehlo	M64 Eastern Province	1:02,46 M	2
4 #	693 Groeneveld, Leon	M62 Boland	1:04,22 M	3
5 #	246 Omar, Nassar	M64 Boland	1:05,29 M	2
6 #	1708 Flack, Ian	M64 Boland	1:21,86	3

**M65 400 Meter Sprint**

65 SA Record: N 55,53 Albertus v Zyl, KZN  
 65 WP Record: P 1:03,44 2021/04/10 Joseph Warriess  
 1:06,00 65 S SAMA Colours  
 1:13,00 65 M SAMA Medal

Name	Age Team	Finals	H#
1 # 9094 Warriess, Joseph	M67 Western Province	1:04,78 S	2
2 # 57 Rawlins, Patrick	M65 South West D	1:09,10 M	2
3 #12141 Rhoda, Keith	M67 Western Province	1:10,18 M	2
4 #16899 Booysen, Hendrik	M66 Central Gauteng	1:10,74 M	2

**M70 400 Meter Sprint**

70 SA Record: N 59,52 Lucas Nel, KZN  
 70 WP Record: P 1:11,70 N. Sharpley  
 1:10,00 70 S SAMA Colours  
 1:20,00 70 M SAMA Medal

Name	Age Team	Finals
1 # 2497 Claassen, Len	M72 Gauteng North	1:05,96PS
2 # 1326 Windt, Johan	M70 South West D	1:08,46PS
3 # 512 Rall, Charles	M73 North West North	1:10,12PM

**M75 400 Meter Sprint**

75 SA Record: N 1:04,16 Lucas Nel, KZN  
 75 WP Record: P 1:15,50 N. Sharpley  
 1:20,00 75 S SAMA Colours  
 1:28,00 75 M SAMA Medal

Name	Age Team	Finals
1 # 262 De Kock, Bobby	M78 Free State	1:51,06

**M80 400 Meter Sprint**

80 SA Record: N 1:06,88 2003/11/08 Lucas Nel, KZN  
 80 WP Record: P 1:26,80 2017/10/07 Jakobus Van Zyl  
 1:38,00 80 S SAMA Colours  
 1:44,00 80 M SAMA Medal

Name	Age Team	Finals
1 # 930 Stuart, Les	M80 South West D	1:27,85 S

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W35 800 Meter Run**

35 SA Record: N 2:09,81 1965/07/15 Anne McKenzie, CGA

35 WP Record: P 2:11,06 2022/04/26 Kobie Griffiths

2:28,00 35 S SAMA Colours

2:45,00 35 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 6319 Breytenabach, Cha	W36	Gauteng North	2:19,74 S	3
2 # 687 Louw, Ohna	W38	Gauteng North	2:25,04 S	3
3 # 9290 Walters, Marike	W36	Western Province	2:27,91 S	3
4 # 4631 Lepati, Emmeranth	W39	Western Province	2:31,21 M	3
5 #10655 Van Rensburg, Mar	W39	Western Province	2:41,13 M	3

**W40 800 Meter Run**

40 SA Record: N 2:08,00 1967/07/01 Anne McKenzie, CGA

40 WP Record: P 2:09,60 Anne Mckenzie

2:29,00 40 S SAMA Colours

2:47,00 40 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 434 Maritz, Liza	W43	Boland	2:26,33 S	3
2 # 1587 Botha, Simoné	W41	Gauteng North	2:31,08 M	3
3 #12442 Robertson, Tracey	W42	Western Province	2:40,59 M	3
4 # 36 Mggqoboka, Nobuntu	W44	Western Province	3:38,95	3

**W45 800 Meter Run**

45 SA Record: N 2:06,50 2013/10/01 Salome Vermeulen, AGN

45 WP Record: P 2:19,20 Anne Mckenzie

2:33,00 45 S SAMA Colours

2:50,00 45 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 1137 Venter, Melinda	W45	Eastern Province	2:18,42PS	2
2 # 1148 Rossouw, Frederik	W45	Gauteng North	2:24,06 S	2

**W50 800 Meter Run**

50 SA Record: N 2:17,12 2022/04/21 Marili Munnik, AGN

50 WP Record: P 2:23,10 Anne Mckenzie

2:40,00 50 S SAMA Colours

3:00,00 50 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 693 Munnik, Marili	W53	Gauteng North	2:24,35 S	2
2 # 3120 Staal, Michelle	W50	Central Gauteng	2:41,98 M	2
3 # 558 Banfield, Jené	W52	Eastern Province	2:42,38 M	2
4 # 692 Eybers, Sunet	W50	Gauteng North	2:43,56 M	2
5 # 4550 Vaz, Delia	W50	Kwa Zulu Natal	2:52,43 M	2
6 # 2872 Van Niekerk, Cath	W54	Central Gauteng	3:37,44	2
7 # 487 Van Zyl, Esteme	W50	Central North West	3:45,60	2
8 # 5272 Hunter, Maaike	W53	Central Gauteng	3:58,14	2

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W55 800 Meter Run**

55 SA Record: N 2:00,30 10/2016 Elaine Pretorius, AGN  
 55 WP Record: P 2:43,80 2017/05/18 Brigid Hamilton Russel  
 2:52,00 55 S SAMA Colours  
 3:13,00 55 M SAMA Medal

Name	Age	Team	Finals
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1 # 4497 Brink, Ester	W57	Western Province	2:48,51 S
2 #10381 Flattery, Ezna	W58	Central Gauteng	2:48,77 S
3 # 8255 Coetzee, Elmarie	W59	Western Province	2:52,46 M
4 # 1753 Du Bruyn, Linda	W59	Western Province	3:14,64

**W60 800 Meter Run**

60 SA Record: N 2:33,64 10/2016 Liz Alexander, KZN  
 60 WP Record: P 2:53,80 Anne Mckenzie  
 3:05,00 60 S SAMA Colours  
 3:27,00 60 M SAMA Medal

Name	Age	Team	Finals
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1 # 6610 Frey, Jacqueline	W62	Central Gauteng	3:01,04 S
2 # 198 Van Den Berg, Ri	W60	North West North	3:01,09 S

**W65 800 Meter Run**

65 SA Record: N 2:44,96 Jane Geldenhuys, WPA  
 65 WP Record: P 3:05,10 Jane Geldenhuys  
 3:20,00 65 S SAMA Colours  
 3:55,00 65 M SAMA Medal

Name	Age	Team	Finals
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1 # 99 Ceronio, Marietji	W65	Vaal Triangle	3:00,56PS
2 # 775 Scheffer, Cathari	W67	North West North	3:09,26 S

**M30 800 Meter Run**

30 SA Record: N 1,00 Deon Brummer, AGN  
 30 WP Record: P 1:56,92 2017/02/11 Ashwyn Claasens  
 2:12,00 30 M SAMA Medal

Name	Age	Team	Finals	H#
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1 #10962 Beukes, Henk	M32	Western Province	2:02,81 M	6
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**M35 800 Meter Run**

35 SA Record: N 1:49,60 Deon Brummer, AGN  
 35 WP Record: P 1:53,78 J. Landsman  
 2:01,00 35 S SAMA Colours  
 2:14,00 35 M SAMA Medal

Name	Age	Team	Finals	H#
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1 # 6320 De Beer, Willem	M35	Gauteng North	1:57,78 S	6
2 # 1355 Smith, Randall	M39	Boland	2:06,11 M	6
3 # 4257 Sekgabebe, Pogiso	M39	Central Gauteng	2:09,94 M	6
4 # 2500 Barnard, Christia	M36	Gauteng North	2:17,16	6



**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M40 800 Meter Run**

Name	Age	Team	Finals	H#
40 SA Record: N	1:49,40	S. Ditsele		
40 WP Record: P	1:56,52	T. Brown		
	2:03,00	40 S SAMA Colours		
	2:16,00	40 M SAMA Medal		
1 # 9580 Broers, Neil	M42	Western Province	2:12,49 M	5
2 # 5541 Sakwe, Siyabonga	M41	Western Province	2:14,80 M	5
3 # 444 Dyubele, Melikhay	M43	Eastern Province	2:15,17 M	5
4 # 1847 Jakobus, Andre	M42	South West D	2:15,76 M	5
5 # 4634 Ramoshaba, Alfred	M42	Western Province	2:16,57	5
6 # 1355 Pule, Sartiel	M42	North West North	2:18,77	5
7 # 1436 Sebe, Ntsikelelo	M40	Eastern Province	2:36,16	5

**M45 800 Meter Run**

Name	Age	Team	Finals	H#
45 SA Record: N	1:55,80	2019/11/09 Spencer Moraope, NWN		
45 WP Record: P	1:59,09	T. Brown		
	2:07,00	45 S SAMA Colours		
	2:22,00	45 M SAMA Medal		
1 # 5273 Hunter, Clinton	M48	Central Gauteng	2:08,95 M	4
2 # 8518 Gibson, Michael	M46	Western Province	2:09,13 M	4
3 #12399 Grove, Japie	M47	Western Province	2:09,17 M	4
4 # 4485 Groenewald, Ruper	M49	Gauteng North	2:13,24 M	4
5 #12279 Van Zyl, Andrew	M48	Central Gauteng	2:29,83	4
6 # 1817 Bruintjies, Afrik	M47	Boland	2:37,35	4
7 # 5238 Myburgh, Werner	M45	Western Province	2:38,65	4
-- # 5549 Bezuidenhout, Rog	M49	Western Province	DNF	4

**M50 800 Meter Run**

Name	Age	Team	Finals	H#
50 SA Record: N	1:58,10	Len Claassen, AGN		
50 WP Record: P	2:09,45	V. O'Donoghue		
	2:11,00	50 S SAMA Colours		
	2:27,00	50 M SAMA Medal		
1 # 1423 Moraope, Spencer	M50	North West North	2:06,84PS	3
2 # 53 Bester, Phillip	M53	Gauteng North	2:09,03 S	3
3 # 5221 Stanley, Christop	M50	Western Province	2:12,57 M	3
4 # 748 Jonker, Jaco	M50	North West North	2:16,44 M	3
5 # 1240 Fortuin, Maurice	M52	Boland	2:29,35	3
6 # 48 Moloi, Tholang	M54	Western Province	2:29,90	3
7 # 8866 Groom, Fezile	M53	Western Province	2:51,82	3

**M55 800 Meter Run**

Name	Age	Team	Finals	H#
55 SA Record: N	2:01,86	2001/12/01 Stan Immelman, CGA		
55 WP Record: P	2:12,72	2019/05/02 Tobias Philander		
	2:18,00	55 S SAMA Colours		
	2:35,00	55 M SAMA Medal		
1 # 4629 Philander, Tobias	M59	Western Province	2:20,14 M	2
2 # 1703 Cupido, Clive	M57	Boland	2:20,81 M	2
3 # 7187 Letlhaku, Moses	M58	Gauteng North	2:37,91	2
4 # 492 Farmer, Bernard	M57	Free State	2:39,59	2

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****....M55 800 Meter Run**

5 # 2794 Van Niekerk, Warr M56 Central Gauteng 2:47,98 2

**M60 800 Meter Run**

60 SA Record: N 2:03,70 7/2011 Len Claassen, AGN

60 WP Record: P 2:20,58 2021/11/13 Anthony Grendan

2:25,00 60 S SAMA Colours

2:44,00 60 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 5637 Grendon, Anthony	M62	Western Province	2:17,66PS	2
2 # 1846 Kotze, Dirk	M62	South West D	2:30,63 M	2
3 # 2556 Smit, Winston	M61	Gauteng North	2:32,13 M	2
4 # 693 Groeneveld, Leon	M62	Boland	2:32,70 M	2
5 # 246 Omar, Nassar	M64	Boland	2:36,30 M	1
6 # 1411 Van Niekerk, Eldr	M63	Eastern Province	2:47,37	1
7 # 1708 Flack, Ian	M64	Boland	3:31,30	1

**M65 800 Meter Run**

65 SA Record: N 2:16,49 10/2016 Len Claassen, AGN

65 WP Record: P 2:38,65 2021/02/27 Robbie Lindsay

2:35,00 65 S SAMA Colours

2:58,00 65 M SAMA Medal

Name	Age	Team	Finals
1 # 1273 Schmelzer, Warren	M68	North West North	2:33,02PS
2 #12141 Rhoda, Keith	M67	Western Province	2:45,25 M
3 #16899 Booysen, Hendrik	M66	Central Gauteng	2:46,13 M

**M70 800 Meter Run**

70 SA Record: N 2:26,15 2008/04/25 Ken Nurden, AGN

70 WP Record: P 2:52,93 2015/11/14 Richard Osrin

2:51,00 70 S SAMA Colours

3:10,00 70 M SAMA Medal

Name	Age	Team	Finals
1 # 512 Rall, Charles	M73	North West North	2:54,86 M

**M75 800 Meter Run**

75 SA Record: N 2:31,71 2010/04/30 Ken Nurden, AGN

75 WP Record: P 3:17,40 R. Truter

3:25,00 75 S SAMA Colours

3:44,00 75 M SAMA Medal

Name	Age	Team	Finals
1 # 262 De Kock, Bobby	M78	Free State	4:45,11

**M80 800 Meter Run**

80 SA Record: N 2:37,04 2015/05/15 Ken Nurden, AGN

80 WP Record: P 3:58,33 2021/05/29 Manfred Geunter

4:20,00 80 S SAMA Colours

4:22,00 80 M SAMA Medal

Name	Age	Team	Finals
1 # 930 Stuart, Les	M80	South West D	3:25,61PS

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W30 1500 Meter Run**

30 SA Record: N 1,00 2016/04/19 Mandie Brandt, WPA  
 30 WP Record: P 4:22,09 2016/04/19 Brandt Mandie  
 5:47,00 30 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 8301 De Kock, Johandie	W34	Western Province	6:39,39	2

**W35 1500 Meter Run**

35 SA Record: N 4:22,09 2022/04/22 Kobie Griffiths, WPA  
 35 WP Record: P 4:29,59 2022/04/22 Kobie Griffiths  
 5:01,00 35 S SAMA Colours  
 5:52,00 35 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 6319 Breytenabach, Cha	W36	Gauteng North	4:53,63 S	2
2 # 4631 Lepati, Emmeranth	W39	Western Province	5:12,75 M	2

**W40 1500 Meter Run**

40 SA Record: N 4:29,59 1967/07/20 Anne McKenzie, CGA  
 40 WP Record: P 4:43,87 Athalie Van Beuge  
 5:05,00 40 S SAMA Colours  
 5:57,00 40 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 434 Maritz, Liza	W43	Boland	5:00,02 S	2
2 #16513 Kotze, Calinka	W42	Central Gauteng	5:10,00 M	2
3 # 1587 Botha, Simoné	W41	Gauteng North	5:15,46 M	2
4 # 36 Mggqoboka, Nobuntu	W44	Western Province	7:16,41	2

**W45 1500 Meter Run**

45 SA Record: N 4:36,00 2013/04/27 Salome Vermeulen, AGN  
 45 WP Record: P 4:49,20 Anne Mckenzie  
 5:13,00 45 S SAMA Colours  
 6:06,00 45 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 1148 Rossouw, Frederik	W45	Gauteng North	5:08,51 S	2
2 # 3701 Rossouw, Charmain	W49	Western Province	5:37,21 M	2
3 # 1139 Van Rooyen, Natal	W48	Central North West	5:52,40 M	2

**W50 1500 Meter Run**

50 SA Record: N 4:47,81 10/2016 Salome Vermeulen, AGN  
 50 WP Record: P 4:54,50 Anne Mckenzie  
 5:20,00 50 S SAMA Colours  
 6:25,00 50 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 693 Munnik, Marili	W53	Gauteng North	5:00,86 S	1
2 # 1594 Thomas, Ronel	W51	Gauteng North	5:27,25 M	1
3 # 692 Eybers, Sunet	W50	Gauteng North	5:33,05 M	2
4 # 558 Banfield, Jené	W52	Eastern Province	5:33,23 M	1
5 # 4630 Zarraga De Philan	W54	Western Province	6:50,36	1

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W55 1500 Meter Run**

55 SA Record: N 4:48,27 1980/12/10 Anne McKenzie, CGA  
 55 WP Record: P 5:31,10 Anne Mckenzie  
 5:40,00 55 S SAMA Colours  
 6:49,00 55 M SAMA Medal

Name	Age Team	Finals
1 # 4497 Brink, Ester	W57 Western Province	5:32,52 S
2 # 3666 Van Der Watt, Mic	W56 Western Province	6:00,18 M

**W60 1500 Meter Run**

60 SA Record: N 5:31,10 2016/01/29 M. Saunders, EPA  
 60 WP Record: P 6:43,26 Jane Geldenhuys  
 6:09,00 60 S SAMA Colours  
 7:12,00 60 M SAMA Medal

Name	Age Team	Finals
1 # 6610 Frey, Jacqueline	W62 Central Gauteng	6:03,89PS
2 # 393 Loots, Rita	W60 Central Gauteng	6:31,24PM

**W65 1500 Meter Run**

65 SA Record: N 5:40,70 2021/11/13 Catharina Scheffer, ANW  
 65 WP Record: P 6:28,30 Jane Geldenhuys  
 6:50,00 65 S SAMA Colours  
 8:00,00 65 M SAMA Medal

Name	Age Team	Finals
1 # 99 Ceronio, Marietji	W65 Vaal Triangle	6:02,61PS
2 # 775 Scheffer, Cathari	W67 North West North	6:20,72PS
3 # 4880 Boesenberg, Marti	W66 Gauteng North	6:38,29 S

**M30 1500 Meter Run**

30 SA Record: N 1,00 Johan Fourie  
 30 WP Record: P 4:06,27 P. Miller  
 4:34,00 30 M SAMA Medal

Name	Age Team	Finals	H#
1 # 8709 Rhodas, Envor	M30 Western Province	4:19,57 M	4
2 # 2592 Pienaar, Barry-Jo	M34 Western Province	4:37,83	4

**M35 1500 Meter Run**

35 SA Record: N 3:40,20 G. Brummer, AGN  
 35 WP Record: P 3:54,04 J. Landsman  
 4:13,00 35 S SAMA Colours  
 4:41,00 35 M SAMA Medal

Name	Age Team	Finals	H#
1 # 2591 Kammies, Morne	M36 Western Province	4:12,63 S	4
2 # 2594 Mokoatsi, Tumelo	M35 Western Province	4:13,35 M	4
3 # 9221 Kretzinger, Dale	M36 Central Gauteng	4:16,31 M	4
4 # 1355 Smith, Randall	M39 Boland	4:28,18 M	4
5 # 4257 Sekgabebe, Pogiso	M39 Central Gauteng	4:30,04 M	4
6 # 5632 Ndwangu, Sandile	M38 Western Province	4:33,22 M	4
7 # 4880 Ockhuis, Garron	M38 Western Province	4:53,49	4

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M40 1500 Meter Run**

40 SA Record: N 3:54,04 Terence Brown, KZN  
 40 WP Record: P 3:58,90 Terence Brown  
 4:15,00 40 S SAMA Colours  
 4:48,00 40 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 5541 Sakwe, Siyabonga	M41	Western Province	4:39,08 M	3
2 # 1355 Pule, Sartiel	M42	North West North	4:43,58 M	3
3 # 444 Dyubele, Melikhay	M43	Eastern Province	4:44,21 M	3
4 # 4634 Ramoshaba, Alfred	M42	Western Province	4:49,23	3
5 # 1692 Lenhoff, Michael	M43	Gauteng North	5:07,95	3
6 # 6416 Kobue, Mzwakhe	M41	Gauteng North	5:18,55	3
7 # 1436 Sebe, Ntsikelelo	M40	Eastern Province	5:27,01	3

**M45 1500 Meter Run**

45 SA Record: N 3:58,90 Terence Brown, KZN  
 45 WP Record: P 4:03,13 Terence Brown  
 4:23,00 45 S SAMA Colours  
 4:58,00 45 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 8518 Gibson, Michael	M46	Western Province	4:24,03 M	3
2 # 2060 Lotz, Corne	M48	Gauteng North	4:40,34 M	3
3 # 4485 Groenewald, Ruper	M49	Gauteng North	4:44,36 M	3
4 # 5998 Bailey, Jason	M46	Western Province	4:47,46 M	3
5 # 5549 Bezuidenhout, Rog	M49	Western Province	5:15,85	3
6 # 1817 Bruintjies, Afrik	M47	Boland	5:27,75	3
7 # 1457 Mazungula, Richar	M46	Eastern Province	5:32,25	3

**M50 1500 Meter Run**

50 SA Record: N 4:03,13 2004/02/20 Sean Rice, CGA  
 50 WP Record: P 4:23,75 2018/02/17 Toby Philandr  
 4:30,00 50 S SAMA Colours  
 5:15,00 50 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 1423 Moraope, Spencer	M50	North West North	4:23,98 S	2
2 # 53 Bester, Phillip	M53	Gauteng North	4:26,21 S	2
3 #13155 Moagi, Moeketsi	M53	Central Gauteng	5:04,65 M	2
4 # 48 Moloi, Tholang	M54	Western Province	5:14,91 M	2
5 # 8866 Groom, Fezile	M53	Western Province	5:43,84	2
6 # 63 Nell, Darelle	M50	Eastern Province	6:30,51	2

**M55 1500 Meter Run**

55 SA Record: N 4:18,94 Sybrandt Mostert, WPA  
 55 WP Record: P 4:32,40 Stefanus Mostert  
 4:40,00 55 S SAMA Colours  
 5:29,00 55 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 4629 Philander, Tobias	M59	Western Province	4:49,25 M	2
2 # 1558 Jacobs, Phillip	M57	Boland	5:15,60 M	2
3 # 492 Farmer, Bernard	M57	Free State	5:32,73	2
4 #12207 Swart, Andries	M58	Western Province	5:49,33	2
5 # 2794 Van Niekerk, Warr	M56	Central Gauteng	6:05,02	2

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M60 1500 Meter Run**

60 SA Record: N 4:32,40 2022/07/05 Anthony Grendon, WPA  
 60 WP Record: P 4:44,34 2022/07/05 Anthony Grendon  
 4:55,00 60 S SAMA Colours  
 5:49,00 60 M SAMA Medal

Name	Age	Team	Finals
1 # 5637 Grendon, Anthony	M62	Western Province	4:43,67PS
2 # 1846 Kotze, Dirk	M62	South West D	5:12,41 M
3 # 1411 Van Niekerk, Eldr	M63	Eastern Province	5:47,00 M
4 # 1113 Gregan, Sydney	M61	Gauteng North	5:56,28
5 # 1708 Flack, Ian	M64	Boland	7:19,81
-- # 1196 Du Plessis, Jan	M64	South West D	DNF

**M65 1500 Meter Run**

65 SA Record: N 4:44,34 1993/05/07 Willie Loedolff, AGN  
 65 WP Record: P 5:23,36 Stefanus Mostert  
 5:15,00 65 S SAMA Colours  
 6:23,00 65 M SAMA Medal

Name	Age	Team	Finals
1 # 57 Rawlins, Patrick	M65	South West D	5:35,01 M
2 #12141 Rhoda, Keith	M67	Western Province	6:07,50 M
3 # 1182 Nell, Eugene	M66	South West D	6:50,71

**M75 1500 Meter Run**

75 SA Record: N 5:11,59 2013/04/26 Peter Brown, SWD  
 75 WP Record: P 6:46,60 J. Grobbelaar  
 7:00,00 75 S SAMA Colours  
 7:57,00 75 M SAMA Medal

Name	Age	Team	Finals
1 # 262 De Kock, Bobby	M78	Free State	10:13,59

**M80 1500 Meter Run**

80 SA Record: N 5:33,40 2015/07/18 Ken Nurden, AGN  
 80 WP Record: P 7:30,11 2017/05/18 Bub Evans  
 9:00,00 80 S SAMA Colours  
 9:15,00 80 M SAMA Medal

Name	Age	Team	Finals
1 # 930 Stuart, Les	M80	South West D	7:21,40PS

**W30 5000 Meter Run**

30 SA Record: N 1,00 1994/11/19 A. Vermeulen  
 30 WP Record: P 17:43,30 2015/02/21 Anneline Roffey  
 21:50,00 30 M SAMA Medal

Name	Age	Team	Finals
1 # 1129 Friedenthal, Lean	W33	Gauteng North	20:50,60 M
2 # 5235 Burger, Elretha	W33	Western Province	22:13,16
3 # 8301 De Kock, Johandie	W34	Western Province	25:13,59

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W35 5000 Meter Run**

35 SA Record: N	16:26,70	1983/10/17	Sonja Laxton, CGA	
35 WP Record: P	17:19,32	2015/02/21	Bulelwa Simae	
	18:58,00	35 S SAMA Colours		
	22:10,00	35 M SAMA Medal		
Name	Age	Team		Finals
1 # 741 Swanepoel, Maryna	W36	Free State		20:40,09 M

**W40 5000 Meter Run**

40 SA Record: N	16:12,87	2022/03/25	Nicolene Hanekom, CGA	
40 WP Record: P	18:14,70	2018/03/10	Bulelwa Simae	
	19:14,00	40 S SAMA Colours		
	22:30,00	40 M SAMA Medal		
Name	Age	Team		Finals
1 #16513 Kotze, Calinka	W42	Central Gauteng		19:18,36 M
2 # 1587 Botha, Simoné	W41	Gauteng North		19:21,41 M
3 # 4990 Africa, Carmelita	W41	Western Province		20:46,41 M
4 #12442 Robertson, Tracey	W42	Western Province		21:17,23 M
5 # 2119 Labuschagne, Aman	W42	Free State		21:38,57 M
6 # 36 Mggqoboka, Nobuntu	W44	Western Province		26:41,36

**W45 5000 Meter Run**

45 SA Record: N	17:44,18	1997/07/17	S. Du Toit, AGN	
45 WP Record: P	18:50,50	2012/03/22	Elmarie Coetzee	
	19:45,00	45 S SAMA Colours		
	23:10,00	45 M SAMA Medal		
Name	Age	Team		Finals
1 # 1148 Rossouw, Frederik	W45	Gauteng North		19:49,40 M
2 # 3701 Rossouw, Charmain	W49	Western Province		20:48,83 M
3 # Matiwane, Busisiwe	W48	Western Province		21:28,04 M
4 # 5575 Pienaar, Lee-Anne	W46	Western Province		23:24,09

**W50 5000 Meter Run**

50 SA Record: N	18:27,36	1993/05/07	J. Hann	
50 WP Record: P	18:55,90		J. Hann	
	20:20,00	50 S SAMA Colours		
	24:00,00	50 M SAMA Medal		
Name	Age	Team		Finals
1 # 1594 Thomas, Ronel	W51	Gauteng North		19:33,91 S
2 # 692 Eybers, Sunet	W50	Gauteng North		20:49,63 M
3 # 558 Banfield, Jené	W52	Eastern Province		21:00,61 M
4 # 4630 Zarraga De Philan	W54	Western Province		23:11,11 M
5 # 38 Lategan, Jill	W51	Western Province		23:15,72 M
6 # 2872 Van Niekerk, Cath	W54	Central Gauteng		30:26,28
7 # 5272 Hunter, Maaike	W53	Central Gauteng		30:42,08

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W55 5000 Meter Run**

55 SA Record: N 18:55,90 2000/04/28 Jenny Allebone, KZN  
 55 WP Record: P 19:55,63 2021/05/29 Elmarie Coetzee  
                   21:28,00 55 S SAMA Colours  
                   25:10,00 55 M SAMA Medal

Name	Age	Team	Finals
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1 # 8255 Coetzee, Elmarie	W59	Western Province	21:08,56 S
2 #10381 Flattery, Ezna	W58	Central Gauteng	21:22,60 S
3 # 3666 Van Der Watt, Mic	W56	Western Province	21:53,03 M
4 # 4244 Venter, Laura	W57	Central Gauteng	36:41,38

**W60 5000 Meter Run**

60 SA Record: N 19:51,10 2004/05/06 Jenny Allebone, KZN  
 60 WP Record: P 23:00,00 Jane Geldenhuys  
                   23:14,00 60 S SAMA Colours  
                   27:10,00 60 M SAMA Medal

Name	Age	Team	Finals
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1 # 6610 Frey, Jacqueline	W62	Central Gauteng	22:25,97PS
2 # 822 Fischer, Lynette	W64	Free State	24:03,20 M
3 # 393 Loots, Rita	W60	Central Gauteng	24:29,23 M
4 # 3959 Rodseth, Lollos	W63	Western Province	25:11,28 M

**W65 5000 Meter Run**

65 SA Record: N 19:52,44 2014/04/26 L. Ruickbie, CGA  
 65 WP Record: P 22:57,77 2022/04/23 Nancy Will  
                   25:30,00 65 S SAMA Colours  
                   30:20,00 65 M SAMA Medal

Name	Age	Team	Finals
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1 # 99 Ceronio, Marietji	W65	Vaal Triangle	22:27,31PS
2 # 4880 Boesenberg, Marti	W66	Gauteng North	25:05,44 S

**W70 5000 Meter Run**

70 SA Record: N 22:43,00 2023/03/25 Nancy Will, WPA  
 70 WP Record: P 24:15,85 2023/04/22 Nancy Will  
                   28:43,00 70 S SAMA Colours  
                   33:40,00 70 M SAMA Medal

Name	Age	Team	Finals
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1 # 1252 Will, Nancy	W70	Western Province	24:18,46 S
2 # 1428 Koekemoer, Winnie	W72	Gauteng North	28:31,27 S

**W80 5000 Meter Run**

80 SA Record: N 36:03,05  
                   38:00,00 80 S SAMA Colours  
                   44:00,00 80 M SAMA Medal

Name	Age	Team	Finals
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1 # 3980 Joseph, Sheila	W81	Western Province	37:31,89 S
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**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M30 5000 Meter Run**

30 SA Record: N 1,00 2002/05/04 M. Nobanda  
 30 WP Record: P 15:20,80 W. Visser  
 17:30,00 30 M SAMA Medal

Name	Age	Team	Finals
1 # 1807 Saharin, Greg	M34	Western Province	16:48,95 M
2 # 2592 Pienaar, Barry-Jo	M34	Western Province	17:55,09

**M35 5000 Meter Run**

35 SA Record: N 14:16,25 H. LekGangane  
 35 WP Record: P 14:56,42 J. September  
 15:50,00 35 S SAMA Colours  
 17:45,00 35 M SAMA Medal

Name	Age	Team	Finals
1 # 2594 Mokoatsi, Tumelo	M35	Western Province	15:26,09 S
2 # 9983 Wildschut, Riaan	M36	Western Province	15:48,18 S
3 # 2591 Kammies, Morne	M36	Western Province	15:57,23 M
4 # 9221 Kretzinger, Dale	M36	Central Gauteng	16:26,71 M
5 # 4257 Sekgabebe, Pogiso	M39	Central Gauteng	17:25,41 M
6 # 4880 Ockhuis, Garron	M38	Western Province	17:39,82 M

**M40 5000 Meter Run**

40 SA Record: N 14:15,10 B. Mather  
 40 WP Record: P 15:06,30 B. Mather  
 16:10,00 40 S SAMA Colours  
 18:50,00 40 M SAMA Medal

Name	Age	Team	Finals
1 # 6534 Coetzee, Oscar	M40	Western Province	16:14,37 M
2 # 9580 Broers, Neil	M42	Western Province	16:41,36 M
3 # 4634 Ramoshaba, Alfred	M42	Western Province	18:23,75 M
4 # 1355 Pule, Sartiel	M42	North West North	18:34,39 M
5 # 1436 Sebe, Ntsikelelo	M40	Eastern Province	19:55,78

**M45 5000 Meter Run**

45 SA Record: N 15:06,30 Steve Hollier, CGA  
 45 WP Record: P 15:19,68 S. Hollier  
 16:30,00 45 S SAMA Colours  
 19:25,00 45 M SAMA Medal

Name	Age	Team	Finals
1 # 9578 Van Der Walt, Tja	M45	Western Province	16:46,84 M
2 # 9168 Sinclair, Quinton	M46	Western Province	16:55,87 M
3 # 2060 Lotz, Corne	M48	Gauteng North	17:26,90 M
4 # 6475 Juries, Chubasco	M47	Western Province	17:42,96 M
5 # 1619 Swartz, Quinton	M48	South West D	18:27,16 M
6 # 157 Freeman, Stanton	M45	Eastern Province	18:42,45 M
7 # 9857 Kanouni, Youssef	M49	Western Province	18:49,14 M
8 # 1817 Bruintjies, Afrik	M47	Boland	20:57,83
9 # 1457 Mazungula, Richar	M46	Eastern Province	21:12,33
10 # 1196 Modise, Norman	M49	Free State	21:25,42
11 # 5557 Simons, Gary	M49	Western Province	21:50,34

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M50 5000 Meter Run**

50 SA Record: N 15:19,68 1905/06/25 Sean Rice, CGA  
 50 WP Record: P 16:37,76 S. Hollier  
 16:45,00 50 S SAMA Colours  
 19:25,00 50 M SAMA Medal

Name	Age	Team	Finals
1 # 1423 Moraope, Spencer	M50	North West North	17:35,32 M
2 # 53 Bester, Phillip	M53	Gauteng North	17:47,64 M
3 # 48 Moloi, Tholang	M54	Western Province	18:51,17 M
4 # 8866 Groom, Fezile	M53	Western Province	20:06,07

**M55 5000 Meter Run**

55 SA Record: N 16:01,50 Sybrandt Mostert, WPA  
 55 WP Record: P 16:54,60 Stefanus Mostert  
 17:30,00 55 S SAMA Colours  
 20:40,00 55 M SAMA Medal

Name	Age	Team	Finals
1 # 6603 September, John	M57	Western Province	18:06,04 M
2 # 7187 Letlhaku, Moses	M58	Gauteng North	18:18,75 M
3 # 5625 Cooper, Andrew	M55	Western Province	18:29,54 M
4 # 1558 Jacobs, Phillip	M57	Boland	19:40,69 M
5 # 492 Farmer, Bernard	M57	Free State	20:27,26 M
6 #12207 Swart, Andries	M58	Western Province	21:43,29
7 # 2794 Van Niekerk, Warr	M56	Central Gauteng	22:27,93
-- # 9005 Kelly, Percy	M58	Western Province	DNF

**M60 5000 Meter Run**

60 SA Record: N 16:54,76 1988/03/19 Willie Loedolff, AGN  
 60 WP Record: P 19:03,08 Stefanus Mostert  
 18:30,00 60 S SAMA Colours  
 21:30,00 60 M SAMA Medal

Name	Age	Team	Finals
1 # 1846 Kotze, Dirk	M62	South West D	19:12,01 M
2 #15265 Jones, Rodney	M63	Central Gauteng	22:01,65
-- # 1113 Gregan, Sydney	M61	Gauteng North	DQ

**M65 5000 Meter Run**

65 SA Record: N 17:50,60 1993/04/17 Willie Loedolff, AGN  
 65 WP Record: P 19:29,59 Stefanus Mostert  
 20:00,00 65 S SAMA Colours  
 23:30,00 65 M SAMA Medal

Name	Age	Team	Finals
1 # 57 Rawlins, Patrick	M65	South West D	21:44,72 M
2 #10188 Wagenheim, Mark	M67	Western Province	22:45,46 M
3 #12141 Rhoda, Keith	M67	Western Province	22:58,03 M
4 # 1182 Nell, Eugene	M66	South West D	25:49,11
5 # 1466 Schoeman, At	M66	Eastern Province	28:47,70

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M75 5000 Meter Run**

Name	Age	Team	Finals
75 SA Record: N 19:40,94	2010/04/30	Ken Nurden, AGN	
75 WP Record: P 26:08,90	2013/03/16	Bub Evans	
25:00,00	75 S SAMA Colours		
29:30,00	75 M SAMA Medal		
1 # 262 De Kock, Bobby	M78	Free State	37:34,10

**M80 5000 Meter Run**

Name	Age	Team	Finals
80 SA Record: N 21:30,10	2016/04/02	Ken Nurden, AGN	
80 WP Record: P 27:45,13	2017/05/18	Bub Evans	
30:30,00	80 S SAMA Colours		
35:30,00	80 M SAMA Medal		
1 # 930 Stuart, Les	M80	South West D	27:59,41 S

**W30 10000 Meter Run**

Name	Age	Team	Finals
30 SA Record: N 1,00	1994/01/22	C. vd Westhuizen, AVT	
30 WP Record: P 37:59,60		C Hardenburg	
45:20,00	30 M SAMA Medal		
1 # 1129 Friedenthal, Lean	W33	Gauteng North	44:32,88 M

**W35 10000 Meter Run**

Name	Age	Team	Finals
35 SA Record: N 37:40,00	1997/07/17	G. De Oliviera, KZN	
35 WP Record: P 38:03,00		D. Vermeulen	
39:52,00	35 S SAMA Colours		
46:40,00	35 M SAMA Medal		
1 # 741 Swanepoel, Maryna	W36	Free State	43:00,25 M

**W50 10000 Meter Run**

Name	Age	Team	Finals
50 SA Record: N 36:39,79	1999/08/01	S. Du Toit, AGN	
50 WP Record: P 40:36,47	2014/03/15	Mariette Strauss	
44:00,00	50 S SAMA Colours		
51:30,00	50 M SAMA Medal		
1 # 4630 Zarraga De Philan	W54	Western Province	48:51,30 M

**W55 10000 Meter Run**

Name	Age	Team	Finals
55 SA Record: N 39:34,50	2000/04/28	Jenny Allebone, KZN	
55 WP Record: P 44:00,71	2018/03/24	Mariette Strauss	
48:00,00	55 S SAMA Colours		
56:00,00	55 M SAMA Medal		
1 #10381 Flattery, Ezna	W58	Central Gauteng	44:46,22 S

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W70 10000 Meter Run**

70 SA Record: N 44:50,18 2019/05/03 Elaine Greenblatt, CGA  
 1:03:00,00 70 S SAMA Colours  
 1:14:00,00 70 M SAMA Medal

Name	Age	Team	Finals
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1 # 1252 Will, Nancy	W70	Western Province	49:15,25 S
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**M35 10000 Meter Run**

35 SA Record: N 28:57,28 10/2013 M. Modise  
 35 WP Record: P 30:53,50 J. September  
 34:00,00 35 S SAMA Colours  
 37:30,00 35 M SAMA Medal

Name	Age	Team	Finals
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1 # 2594 Mokoatsi, Tumelo	M35	Western Province	32:05,90 S
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**M40 10000 Meter Run**

40 SA Record: N 29:34,00 G. Moseuw, CNW  
 40 WP Record: P 31:45,30 S. Hollier  
 34:30,00 40 S SAMA Colours  
 38:10,00 40 M SAMA Medal

Name	Age	Team	Finals
------	-----	------	--------

1 # 9580 Broers, Neil	M42	Western Province	34:37,85 M
2 # 5541 Sakwe, Siyabonga	M41	Western Province	35:09,76 M
3 # 1355 Pule, Sartiel	M42	North West North	36:53,25 M

**M45 10000 Meter Run**

45 SA Record: N 30:49,70 Ewaldt Bonzet, WPA  
 45 WP Record: P 32:24,89 E. Bonzet  
 35:00,00 45 S SAMA Colours  
 39:20,00 45 M SAMA Medal

Name	Age	Team	Finals
------	-----	------	--------

1 # 9168 Sinclair, Quinton	M46	Western Province	36:13,89 M
2 # 6475 Juries, Chubasco	M47	Western Province	37:02,33 M
3 # 1619 Swartz, Quinton	M48	South West D	38:34,26 M
4 # 9857 Kanouni, Youssef	M49	Western Province	39:09,50 M
5 # 1196 Modise, Norman	M49	Free State	40:52,01
6 # 1457 Mazungula, Richar	M46	Eastern Province	41:28,81

**M50 10000 Meter Run**

50 SA Record: N 32:24,89 1905/06/25 Sean Rice, CGA  
 50 WP Record: P 34:21,00 S. Hollier  
 36:00,00 50 S SAMA Colours  
 40:40,00 50 M SAMA Medal

Name	Age	Team	Finals
------	-----	------	--------

1 # 1423 Moraope, Spencer	M50	North West North	37:22,85 M
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**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M55 10000 Meter Run**

Name	Age	Team	Finals
=====			
55 SA Record: N	33:22,20	Pat O'Brien, WPA	
55 WP Record: P	35:12,90	P. O'Brien	
	38:00,00	55 S SAMA Colours	
	42:40,00	55 M SAMA Medal	
Name	Age	Team	Finals
=====			
1 # 6603 September, John	M57	Western Province	36:31,10 S
2 # 5625 Cooper, Andrew	M55	Western Province	36:36,90 S
3 # 7187 Letlhaku, Moses	M58	Gauteng North	37:45,21 S
4 # 492 Farmer, Bernard	M57	Free State	40:56,52 M

**M60 10000 Meter Run**

Name	Age	Team	Finals
=====			
60 SA Record: N	35:12,90	1988/03/19 Willie Loedolff, AGN	
60 WP Record: P	40:36,00	2017/03/16 Robbie Lindsay	
	40:00,00	60 S SAMA Colours	
	45:00,00	60 M SAMA Medal	
Name	Age	Team	Finals
=====			
1 # 1113 Gregan, Sydney	M61	Gauteng North	48:40,22

**W40 80 Short Hurdles**

Name	Age	Team	Finals	Wind
=====				
40 SA Record: N	14,70	2003/05/09 Madelene v Rooyen, AGN		
40 WP Record: P	13,70	N. Weideman		
	14,00	40 S SAMA Colours		
	15,70	40 M SAMA Medal		
Name	Age	Team	Finals	Wind
=====				
1 # 2494 Mare, Leoni	W43	Gauteng North	15,73	NWI
-- # 1144 Smit, Ascha-Alici	W43	Gauteng North	DNF	NWI

**W45 80 Short Hurdles**

Name	Age	Team	Finals	Wind
=====				
45 SA Record: N	11,89	2017/04/01 Charmain Barnard, AGN		
45 WP Record: P	14,85	N. Weideman		
	14,90	45 S SAMA Colours		
	16,80	45 M SAMA Medal		
Name	Age	Team	Finals	Wind
=====				
1 # 1940 De Villiers, Azel	W47	Central Gauteng	17,53	NWI

**W50 80 Short Hurdles**

Name	Age	Team	Finals	Wind
=====				
50 SA Record: N	12,05	2019/03/30 Charmain Barnard, AGN		
50 WP Record: P	15,50	Y. De Wit		
	15,00	50 S SAMA Colours		
	17,90	50 M SAMA Medal		
Name	Age	Team	Finals	Wind
=====				
1 # 3120 Staal, Michelle	W50	Central Gauteng	15,13 M	NWI

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W55 80 Short Hurdles**

55 SA Record: N 12,49 2018/11/09 Madelene v Rooyen, AGN

55 WP Record: P 15,40 M Van Wyk

16,30 55 S SAMA Colours

19,20 55 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 1134 Human, Corinne	W58	Gauteng North	17,42 M	NWI

**W60 80 Short Hurdles**

60 SA Record: N 14,27 2003/07/11 Magdalena Tomlinson, KZN

60 WP Record: P 17,10 Yvonne De Wit

17,00 60 S SAMA Colours

19,00 60 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 1272 Schmelzer, Tessa	W62	North West North	15,70PS	NWI

**W65 80 Short Hurdles**

65 SA Record: N 14,75 2009/05/02 Magdalena Tomlinson, KZN

65 WP Record: P 18,33 Isabel Hofmeyr

18,00 65 S SAMA Colours

20,20 65 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 1175 Van Heerden, Rina	W66	Gauteng North	17,65PS	NWI

**W70 80 Short Hurdles**

70 SA Record: N 15,45 2022/05/07 Stephanie Claassen, AGN

70 WP Record: P 18,84 Isabel Hofmeyr

20,00 70 S SAMA Colours

22,40 70 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 2498 Claassen, Stephan	W71	Gauteng North	18,93 S	NWI

**M70 80 Short Hurdles**

70 SA Record: N 16,40 Albertus v Zyl, KZN

70 WP Record: P 14,55 R. Cross

17,00 70 S SAMA Colours

18,80 70 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 2027 Smit, Christiaan	M71	Free State	21,74	NWI

**W35 100 Short Hurdles**

35 SA Record: N 14,60 Madelene v Rooyen, AGN

17,83 35 S SAMA Colours

20,00 35 M SAMA Medal

Name	Age	Team	Finals	Wind
1 #10740 De Kock-Dippenaar	W38	Western Province	31,96	NWI

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M50 100 Short Hurdles**

50 SA Record: N 14,38				C. Truter, WPA		
50 WP Record: P 14,75				C. Truter		
	17,00	50 S	SAMA Colours			
	19,30	50 M	SAMA Medal			
Name	Age	Team	Finals	Wind		
1 #10603 Russell, Scott	M54	Western Province	16,26 S	-0.3		
2 # 1851 Scheepers, Anton	M54	South West D	16,30 S	-0.3		
3 # 2264 Basson, Marius	M51	Western Province	22,68	-0.3		

**M55 100 Short Hurdles**

55 SA Record: N 14,75	2014/11/08	Johan Gouws, AGN		
55 WP Record: P 18,20		J. Allers		
	18,00	55 S	SAMA Colours	
	20,50	55 M	SAMA Medal	
Name	Age	Team	Finals	Wind
1 # 849 Bartleman, Andre	M57	Free State	21,78	-0.3

**M65 100 Short Hurdles**

65 SA Record: N 17,09				Albertus v Zyl, KZN
65 WP Record: P 18,20				R. Cross
	21,00	65 S	SAMA Colours	
	24,60	65 M	SAMA Medal	
Name	Age	Team	Finals	Wind
1 # 1125 Du Toit, Sarel	M68	Gauteng North	22,09 M	-0.3

**M45 110 Short Hurdles**

45 SA Record: N 14,44	2016/04/02	Shaune Bownes, AGN		
45 WP Record: P 16,53	2011/04/09	Stephan Hugo		
	19,00	45 S	SAMA Colours	
	21,00	45 M	SAMA Medal	
Name	Age	Team	Finals	Wind
1 Steyn, Johan	M46	Foreign Athlete	18,37 S	NWI

**W50 300 Long Hurdles**

50 SA Record: N 1:04,84	2007/04/27	A. du Plessis		
50 WP Record: P 50,88		Yvonne De Wit		
	57,92	50 S	SAMA Colours	
	1:05,00	50 M	SAMA Medal	
Name	Age	Team	Finals	
1 # 3120 Staal, Michelle	W50	Central Gauteng	52,75NS	

**W55 300 Long Hurdles**

55 SA Record: N 48,69	2018/04/27	Madelene v Rooyen, AGN		
55 WP Record: P 53,50		Yvonne De Wit		
	1:03,17	55 S	SAMA Colours	
	1:08,50	55 M	SAMA Medal	
Name	Age	Team	Finals	
1 # 1134 Human, Corinne	W58	Gauteng North	1:10,49	

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M65 300 Long Hurdles**

65 SA Record: N 47,37 Albertus v Zyl, KZN  
 65 WP Record: P 51,10 1998/12/01 Leo Benning  
 57,00 65 S SAMA Colours  
 1:01,00 65 M SAMA Medal

Name	Age	Team	Finals
1 # 1125 Du Toit, Sarel	M68	Gauteng North	1:01,21
2 # 1466 Schoeman, At	M66	Eastern Province	1:21,61

**M30 400 Long Hurdles**

30 SA Record: N 1,00 2016/05/13 Pieter Koekemoer, KZN  
 30 WP Record: P 59,09 T. Visser  
 1:05,50 30 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 2529 Kitshoff, Jean-Pi	M31	Gauteng North	57,38PM	2

**M45 400 Long Hurdles**

45 SA Record: N 54,08 D. Burger, WPA  
 45 WP Record: P 1:02,62 2017/05/18 Oloff Van Zyl  
 1:10,00 45 S SAMA Colours  
 1:12,50 45 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 1185 Venter, Jannie	M47	Eastern Province	1:03,67 S	2

**M50 400 Long Hurdles**

50 SA Record: N 57,02 2004/03/25 J. Swiegers  
 50 WP Record: P 1:01,29 J. Swiegers  
 1:10,00 50 S SAMA Colours  
 1:14,50 50 M SAMA Medal

Name	Age	Team	Finals
1 # 1851 Scheepers, Anton	M54	South West D	1:06,05 S
2 #10603 Russell, Scott	M54	Western Province	1:13,50 M

**M55 400 Long Hurdles**

55 SA Record: N 1:01,29 2022/07/05 David Fourie, KZN  
 55 WP Record: P 1:02,88 J. Swiegers  
 1:15,00 55 S SAMA Colours  
 1:17,50 55 M SAMA Medal

Name	Age	Team	Finals
1 # 4558 Fourie, David	M57	Kwa Zulu Natal	1:03,36 S
2 # 849 Bartleman, Andre	M57	Free State	1:25,18
3 #10939 Isaacs, Duncan	M55	Western Province	1:30,59

**W30 2000 Meter Steeplechase**

30 SA Record: N 1,00 2004/05/08 R. Thomas, AGN  
 30 WP Record: P 8:15,27 2019/05/02 Mandy-Lee Jacobs  
 9:00,00 30 M SAMA Medal

Name	Age	Team	Finals
1 # 9587 Jacobs, Mandy-Lee	W34	Western Province	9:06,81



**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W35 2000 Meter Steeplechase**

35 SA Record: N 7:10,00 2023/03/04 Leilani Scheffer, AGN  
 35 WP Record: P 7:49,40 M. Curran  
 8:15,00 35 S SAMA Colours  
 9:30,00 35 M SAMA Medal

Name	Age Team	Finals
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1 #11535 Scheffer, Leilani W39 Gauteng North	7:19,36PS
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**W45 2000 Meter Steeplechase**

45 SA Record: N 7:56,84 2008/04/26 M. Esterhuyse, WPA  
 45 WP Record: P 7:58,44 Mariette Esterhuyse  
 9:05,00 45 S SAMA Colours  
 10:45,00 45 M SAMA Medal

Name	Age Team	Finals
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1 # 1148 Rossouw, Frederik W45 Gauteng North	8:34,70 S
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**W55 2000 Meter Steeplechase**

55 SA Record: N 8:08,92 2018/03/24 Mariette Strauss, WPA  
 55 WP Record: P 8:27,10 2018/03/24 Mariette Strauss  
 10:55,00 55 S SAMA Colours  
 12:45,00 55 M SAMA Medal

Name	Age Team	Finals
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1 # 4244 Venter, Laura W57 Central Gauteng	12:11,26 M
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**M60 2000 Meter Steeplechase**

60 SA Record: N 11:17,90 2/2015 Terence Brown, WPA  
 60 WP Record: P 7:19,64 2015/03/21 Terence Brown  
 8:00,00 60 S SAMA Colours  
 9:50,00 60 M SAMA Medal

Name	Age Team	Finals
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1 # 1113 Gregan, Sydney M61 Gauteng North	9:09,51NM
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**M65 2000 Meter Steeplechase**

65 SA Record: N 7:19,64 2022/09/25 Warren Schmeltzer, NWN  
 9:00,00 65 S SAMA Colours  
 10:50,00 65 M SAMA Medal

Name	Age Team	Finals
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1 # 57 Rawlins, Patrick M65 South West D	8:40,04 S
2 # 1466 Schoeman, At M66 Eastern Province	11:43,47

**M75 2000 Meter Steeplechase**

75 SA Record: N 8:46,93 Lucas Nel, KZN  
 13:00,00 75 S SAMA Colours  
 14:00,00 75 M SAMA Medal

Name	Age Team	Finals
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1 # 262 De Kock, Bobby M78 Free State	16:49,54
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**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M35 3000 Meter Steeplechase**

35 SA Record: N	8:47,64		M. Wells	
35 WP Record: P	9:55,80		B. Matthews	
	11:05,00	35 S	SAMA Colours	
	11:40,00	35 M	SAMA Medal	
Name		Age	Team	Finals
1 #	9983 Wildschut, Riaan	M36	Western Province	9:55,91 S

**M40 3000 Meter Steeplechase**

40 SA Record: N	9:31,30		Willie Olivier	
40 WP Record: P	9:39,90		Tobias Philander	
	11:10,00	40 S	SAMA Colours	
	11:55,00	40 M	SAMA Medal	
Name		Age	Team	Finals
1 #	6534 Coetzee, Oscar	M40	Western Province	10:44,63 S
2 #	1355 Pule, Sartiel	M42	North West North	12:32,47

**M45 3000 Meter Steeplechase**

45 SA Record: N	9:23,80	2010/02/20	Tobias Philander, WPA	
45 WP Record: P	10:00,50		T. Brown	
	11:15,00	45 S	SAMA Colours	
	12:50,00	45 M	SAMA Medal	
Name		Age	Team	Finals
1 #	9578 Van Der Walt, Tja	M45	Western Province	11:04,99 S
2 #	1619 Swartz, Quinton	M48	South West D	12:14,63 M
3 #	6475 Juries, Chubasco	M47	Western Province	12:38,01 M
4 #	1196 Modise, Norman	M49	Free State	13:55,18

**M50 3000 Meter Steeplechase**

50 SA Record: N	9:49,70	2005/09/03	Sean Rice, CGA	
50 WP Record: P	10:32,82	2016/03/19	Tobias Philander	
	11:40,00	50 S	SAMA Colours	
	13:30,00	50 M	SAMA Medal	
Name		Age	Team	Finals
1 #	1423 Moraope, Spencer	M50	North West North	11:45,81 M
2 #	13155 Moagi, Moeketsi	M53	Central Gauteng	13:27,30 M

**M55 3000 Meter Steeplechase**

55 SA Record: N	10:29,10	2019/05/03	Tobias Philander, WPA	
55 WP Record: P	11:17,90	2019/05/02	Tobias Philander	
	12:30,00	55 S	SAMA Colours	
	14:30,00	55 M	SAMA Medal	
Name		Age	Team	Finals
1 #	4629 Philander, Tobias	M59	Western Province	11:53,84 S
2 #	2794 Van Niekerk, Warr	M56	Central Gauteng	15:45,47

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W40 High Jump**

40 SA Record: N	1,82m	2007/02/02	Dinah Heymans, FSA	
40 WP Record: P	1,30m		H Lotter	
	1,42m	40 S	SAMA Colours	
	1,27m	40 M	SAMA Medal	
Name	Age	Team		Finals
1 # 2119 Labuschagne, Aman	W42	Free State		1,30mNM

**W45 High Jump**

45 SA Record: N	1,70m	2012/05/19	Dinah Heymans, FSA	
45 WP Record: P	1,33m	2010/02/20	Jackie Basson	
	1,36m	45 S	SAMA Colours	
	1,21m	45 M	SAMA Medal	
Name	Age	Team		Finals
1 # 1026 Van Langelaar, Yo	W47	South West D		1,61mNS

**W50 High Jump**

50 SA Record: N	1,64m	2017/04/01	Dinah Heymans, FSA	
50 WP Record: P	1,28m	2013/04/26	Jackie Basson	
	1,30m	50 S	SAMA Colours	
	1,15m	50 M	SAMA Medal	
Name	Age	Team		Finals
1 Shaik, Carmila	W50	Boland		1,25mNM
2 # 38 Lategan, Jill	W51	Western Province		1,13mN

**W55 High Jump**

55 SA Record: N	1,53m	2022/03/26	Dinah Heymans, AGN	
55 WP Record: P	1,35m	2022/05/28	Suretha Deetlefs	
	1,22m	55 S	SAMA Colours	
	1,09m	55 M	SAMA Medal	
Name	Age	Team		Finals
1 # 6419 Heymans, Dinah	W56	Gauteng North		1,41mNS
2 # 5237 Deetlefs, Suretha	W59	Western Province		1,30mNS
3 # 4244 Venter, Laura	W57	Central Gauteng		1,00mN

**W60 High Jump**

60 SA Record: N	1,40m	2023/03/04	Theresa Schmelzer, ANW	
60 WP Record: P	1,16m	2011/03/19	Margaret Jonkers	
	1,16m	60 S	SAMA Colours	
	1,03m	60 M	SAMA Medal	
Name	Age	Team		Finals
1 # 1272 Schmelzer, Tessa	W62	North West North		1,36mNS
2 # 5263 Du Plessis, Dalen	W62	Western Province		1,00mN

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W75 High Jump**

75 WP Record: P	1,07m		Isabel Hofmeyr	
	0,93m	75 S	SAMA Colours	
	0,86m	75 M	SAMA Medal	
Name		Age	Team	Finals
-- # 5222	Grobbelaar, Elize	W77	Western Province	DNF

**M40 High Jump**

40 SA Record: N	2,01m	2017/04/01	Phillip vd Walt, AGN	
40 WP Record: P	1,83m		B. Elton	
	1,76m	40 S	SAMA Colours	
	1,56m	40 M	SAMA Medal	
Name		Age	Team	Finals
1 # 1167	Lamprecht, Michie	M42	Gauteng North	1,90mPS
2	Burger, Pieter	M44	Foreign Athlete	1,65mPM

**M45 High Jump**

45 SA Record: N	2,00m	2013/02/23	Johann Gutsche, CNW	
45 WP Record: P	1,65m		C. Carl	
	1,68m	45 S	SAMA Colours	
	1,48m	45 M	SAMA Medal	
Name		Age	Team	Finals
1	Steyn, Johan	M46	Foreign Athlete	1,40mP
1 # 1619	Swartz, Quinton	M48	South West D	1,40mP

**M50 High Jump**

50 SA Record: N	1,93m	2019/05/03	Johann Gutsche, CNW	
50 WP Record: P	1,61m	1984/11/24	Leo Benning	
	1,60m	50 S	SAMA Colours	
	1,41m	50 M	SAMA Medal	
Name		Age	Team	Finals
1 # 1306	Putter, Danie	M50	Central Gauteng	1,57mNM
2 # 1851	Scheepers, Anton	M54	South West D	1,54mNM
3 #10953	Davids, Jerome Ke	M52	Western Province	1,48mNM
3 # 5251	Maree, Archibald	M51	Western Province	1,48mNM

**M55 High Jump**

55 SA Record: N	1,82m	2016/03/12	Neal Bredeveltdt, BOL	
55 WP Record: P	1,68m	2019/10/17	Neal Bredeveltdt	
	1,53m	55 S	SAMA Colours	
	1,34m	55 M	SAMA Medal	
Name		Age	Team	Finals
1 # 849	Bartleman, Andre	M57	Free State	1,34mNM
2 # 1703	Cupido, Clive	M57	Boland	1,22mN

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M60 High Jump**

60 SA Record: N 1,70m 2021/05/29 Neal Bredeveltdt, WPA  
 60 WP Record: P 1,67m 2021/05/29 Neal Bredeveltdt  
 1,45m 60 S SAMA Colours  
 1,27m 60 M SAMA Medal

Name	Age	Team	Finals
1 #10652 Bredeveltdt, Neal	M62	Western Province	1,57mNS
2 # 1118 Bezuidenhout, Vic	M61	Gauteng North	1,40mNM

**M65 High Jump**

65 SA Record: N 1,67m 1/2000 Leo Benning, WPA  
 65 WP Record: P 1,50m 200/01/21 Leo Benning  
 1,39m 65 S SAMA Colours  
 1,20m 65 M SAMA Medal

Name	Age	Team	Finals
1 # 1125 Du Toit, Sarel	M68	Gauteng North	1,37mNM

**M70 High Jump**

70 SA Record: N 1,50m 2003/07/04 Leo Benning, WPA  
 70 WP Record: P 1,44m 203/07/06 Leo Benning  
 1,27m 70 S SAMA Colours  
 1,13m 70 M SAMA Medal

Name	Age	Team	Finals
1 # 2027 Smit, Christiaan	M71	Free State	1,10mN

**W45 Pole Vault**

45 SA Record: N 3,45m 2022/05/07 Ida-Marie Strydom, AGN  
 2,30m 45 S SAMA Colours  
 1,85m 45 M SAMA Medal

Name	Age	Team	Finals
1 # 2569 Strydom, Ida-Mari	W47	Gauteng North	3,21mNS

**M50 Pole Vault**

50 SA Record: N 4,20m 7/1997 Grant Murdoch, WPA  
 50 WP Record: P 3,90m G. Murdoch  
 3,40m 50 S SAMA Colours  
 2,80m 50 M SAMA Medal

Name	Age	Team	Finals
1 # 1851 Scheepers, Anton	M54	South West D	2,70m

**M70 Pole Vault**

70 SA Record: N 3,03m 2022/01/29 J-M De Senneville, CGA  
 70 WP Record: P 2,40m J. Bruwer  
 2,35m 70 S SAMA Colours  
 2,00m 70 M SAMA Medal

Name	Age	Team	Finals
-- # 2027 Smit, Christiaan	M71	Free State	DNF

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M75 Pole Vault**

75 SA Record: N 2,80m 2023/03/31 J.M. De Senneville, CGA  
 2,00m 75 S SAMA Colours  
 1,70m 75 M SAMA Medal

Name	Age	Team	Finals
1 #11066 De Senneville, A.	M75	Central Gauteng	2,50mNS

**W35 Long Jump**

35 SA Record: N 6,58m Maryna v Niekerk, CGA  
 35 WP Record: P 5,62m Corne Gomes  
 4,96m 35 S SAMA Colours  
 4,10m 35 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 225 Felix, Charne	W36	Boland	4,11m M	NWI

**W40 Long Jump**

40 SA Record: N 5,73m 2012/03/31 Charmain Barnard, AGN  
 40 WP Record: P 4,55m N. Weideman  
 4,72m 40 S SAMA Colours  
 3,95m 40 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 9763 Juries, Tanja	W44	Western Province	4,71mPM	NWI
2 # 1144 Smit, Ascha-Alici	W43	Gauteng North	4,61mPM	NWI
3 #11124 Beukes, Marisa	W44	Central Gauteng	4,59mPM	NWI
4 # 5209 Kotze, Retha	W43	Western Province	4,33mPM	NWI
5 # 2119 Labuschagne, Aman	W42	Free State	4,01mPM	NWI
6 # 1040 Van Heerden, Elsa	W42	Boland	4,00mPM	NWI
7 # 2494 Mare, Leoni	W43	Gauteng North	3,89m	NWI

**W45 Long Jump**

45 SA Record: N 5,47m 2015/04/04 Charmain Barnard, AGN  
 45 WP Record: P 4,27m Pat Smit  
 4,40m 45 S SAMA Colours  
 3,65m 45 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 1940 De Villiers, Azel	W47	Central Gauteng	3,88m M	NWI

**W50 Long Jump**

50 SA Record: N 4,56m Petra Pietersen, AGN  
 50 WP Record: P 4,42m Yvonne De Wit  
 4,20m 50 S SAMA Colours  
 3,45m 50 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 3120 Staal, Michelle	W50	Central Gauteng	3,96m M	NWI
2 Shaik, Carmila	W50	Boland	3,72m M	NWI

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W55 Long Jump**

55 SA Record: N 4,37m 2010/10/16 A. Steenkamp, SWD

55 WP Record: P 4,14m Yvonne De Wit

3,88m 55 S SAMA Colours

3,20m 55 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 5237 Deetlefs, Suretha	W59	Western Province	3,68m M	NWI
2 # 1844 Willemse, Helene	W56	South West D	3,63m M	NWI

**W60 Long Jump**

60 SA Record: N 4,22m 2010/05/01 Toy Ungerer, SWD

60 WP Record: P 3,86m 2012/01/14 Margaret Jonkers

3,60m 60 S SAMA Colours

3,00m 60 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 5263 Du Plessis, Dalen	W62	Western Province	1,65m	NWI

**W70 Long Jump**

70 SA Record: N 3,46m 2021/11/13 Stephanie Claassen, AGN

70 WP Record: P 3,15m Isabel Hofmeyr

2,75m 70 S SAMA Colours

2,30m 70 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 2498 Claassen, Stephan	W71	Gauteng North	3,13mNS	NWI

**M30 Long Jump**

30 SA Record: N 7,64m Angus Pohl, AGN

30 WP Record: P 6,44m T. Mostert

5,50m 30 M SAMA Medal

Name	Age	Team	Finals	Wind
1 #10308 Goosen, Brandon	M33	Western Province	4,68m	NWI
2 # 5234 Steenkamp, Theodo	M34	Western Province	4,45m	NWI

**M35 Long Jump**

35 SA Record: N 7,22m Vic HÅnger, KZN

35 WP Record: P 6,64m 2011/04/09 Robin Buck

6,20m 35 S SAMA Colours

5,30m 35 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 430 Deyssel, Pyp	M35	Boland	5,58m M	NWI
2 #12807 Jacobs, Giovanni	M36	Western Province	4,70m	NWI

**M40 Long Jump**

40 SA Record: N 7,14m Vic HÅnger, KZN

40 WP Record: P 6,51m 2016/11/01 Robin Buck

6,00m 40 S SAMA Colours

5,10m 40 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 5214 Le Grange, Jacobu	M43	Western Province	5,20m M	NWI

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****...M40 Long Jump**

2 # 1104 Bronkhorst, Eddie M44 Free State 4,92m NWI

**M45 Long Jump**

45 SA Record: N 6,34m Vic HÅnger, KZN

45 WP Record: P 5,65m B. Carnie

5,70m 45 S SAMA Colours

4,85m 45 M SAMA Medal

Name	Age	Team	Finals	Wind
1 # 9399 Norkie, Denzil	M46	Western Province	5,87mPS	NWI
2 # 1822 Lemmetjies, Eusta	M45	Boland	5,61mPM	NWI
3 # 593 Swekile, Simpiwe	M45	Eastern Province	5,55mPM	NWI
4 # 157 Freeman, Stanton	M45	Eastern Province	5,53mPM	NWI
5 #12377 Pool, Jaco	M46	Western Province	3,22m	NWI

**M50 Long Jump**

50 SA Record: N 6,18m J. van Rooyen

50 WP Record: P 5,94m R. Cross

5,40m 50 S SAMA Colours

4,60m 50 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 955 Breedt, Kobus	M50	Gauteng North	5,48mPS	NWI	2
2 # 1306 Putter, Danie	M50	Central Gauteng	4,86m M	NWI	2
3 # 2264 Basson, Marius	M51	Western Province	4,76m M	NWI	2
4 # 1851 Scheepers, Anton	M54	South West D	4,49m	NWI	2
5 # 63 Nell, Darelle	M50	Eastern Province	3,85m	NWI	2

**M55 Long Jump**

55 SA Record: N 5,70m S. Hough

55 WP Record: P 5,61m R. Cross

5,15m 55 S SAMA Colours

4,30m 55 M SAMA Medal

Name	Age	Team	Finals	Wind	H#
1 # 1774 Christians, Alwyn	M56	Boland	5,04mNM	NWI	2
2 #10646 Matthee, Giliomee	M55	Western Province	4,91m M	NWI	2
3 # 2265 Davids, Martin	M58	Eastern Province	4,34m M	NWI	2
4 # 9951 Scholtz, Gert	M57	Central Gauteng	4,16m	NWI	2
5 #10939 Isaacs, Duncan	M55	Western Province	3,89m	NWI	2

**M60 Long Jump**

60 SA Record: N 5,33m Ron Cross, WPA

60 WP Record: P 5,33m R. Cross

4,70m 60 S SAMA Colours

4,00m 60 M SAMA Medal

Name	Age	Team	Finals	Wind
1 #10652 Bredeveldt, Neal	M62	Western Province	4,30m M	NWI
2 #11147 Katzenellenbogen,	M63	Central Gauteng	1,53m	NWI



**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M65 Long Jump**

65 SA Record: N 4,97m		Albertus v Zyl, KZN			
65 WP Record: P 4,20m		Leo Benning			
	4,45m	65 S	SAMA Colours		
	3,75m	65 M	SAMA Medal		
Name	Age	Team	Finals	Wind	
1 # 1125 Du Toit, Sarel	M68	Gauteng North	3,59m	NWI	

**M70 Long Jump**

70 SA Record: N 4,66m		Albertus v Zyl, KZN			
70 WP Record: P 4,03m		Leo Benning			
	4,00m	70 S	SAMA Colours		
	3,30m	70 M	SAMA Medal		
Name	Age	Team	Finals	Wind	
1 # 1929 Xavier, Robert	M70	Eastern Province	3,98m M	NWI	
2 # 1565 Mentoor, Sakkie	M70	Boland	3,34m M	NWI	
3 # 174 Dreyer, Patrick	M73	Western Province	3,26m	NWI	
4 # 4581 Motala, Yacoob	M74	Kwa Zulu Natal	2,71m	NWI	

**W40 Triple Jump**

40 SA Record: N 12,18m		Jenny Kingwill, BOR			
	9,50m	40 S	SAMA Colours		
	8,40m	40 M	SAMA Medal		
Name	Age	Team	Finals	Wind	
1 # 1040 Van Heerden, Elsa	W42	Boland	8,61m M	NWI	

**W50 Triple Jump**

50 SA Record: N 9,09m		10/2016	Helene Willemse, SWD		
50 WP Record: P 7,55m		Pat Smit			
	8,30m	50 S	SAMA Colours		
	7,30m	50 M	SAMA Medal		
Name	Age	Team	Finals	Wind	
1 Shaik, Carmila	W50	Boland	7,68mPM	NWI	

**W55 Triple Jump**

55 SA Record: N 8,56m		2011/04/29	A. Steenkamp, SWD		
	7,73m	55 S	SAMA Colours		
	6,80m	55 M	SAMA Medal		
Name	Age	Team	Finals	Wind	
1 # 1844 Willemse, Helene	W56	South West D	7,89m S	NWI	

**M40 Triple Jump**

40 SA Record: N 14,40m		G. Swakala			
40 WP Record: P 13,57m		2023/01/14	Jason Sewanyana		
	12,00m	40 S	SAMA Colours		
	11,25m	40 M	SAMA Medal		
Name	Age	Team	Finals	Wind	
1 #10643 Sewanyana, Jason	M41	Western Province	13,40mPS	NWI	

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M45 Triple Jump**

45 SA Record:	N 12,73m	2016/05/13	W. Olivier, AVT		
45 WP Record:	P 12,17m		R. Mitchell		
	11,80m	45 S	SAMA Colours		
	10,40m	45 M	SAMA Medal		
Name	Age	Team	Finals	Wind	
1 # 1822 Lemmetjies, Eusta	M45	Boland	11,37m M	NWI	

**M50 Triple Jump**

50 SA Record:	N 12,80m	10/2013	Vincent McBride, WPA		
50 WP Record:	P 11,90m	2013/03/16	Vincent Mcbride		
	11,40m	50 S	SAMA Colours		
	10,00m	50 M	SAMA Medal		
Name	Age	Team	Finals	Wind	
1 # 955 Breedts, Kobus	M50	Gauteng North	10,62m M	NWI	
2 # 2264 Basson, Marius	M51	Western Province	9,46m	NWI	
3 # 63 Nell, Darelle	M50	Eastern Province	8,23m	NWI	

**M55 Triple Jump**

55 SA Record:	N 11,65m	2018/10/27	Vincent McBride, WPA		
55 WP Record:	P 11,48m	2018/04/27	Vincent Mcbride		
	10,50m	55 S	SAMA Colours		
	9,50m	55 M	SAMA Medal		
Name	Age	Team	Finals	Wind	
1 #10646 Matthee, Giliomee	M55	Western Province	10,46m M	NWI	
2 #10939 Isaacs, Duncan	M55	Western Province	8,20m	NWI	

**M60 Triple Jump**

60 SA Record:	N 10,55m		Ron Cross, WPA		
60 WP Record:	P 10,55m		Ron Cross		
	10,20m	60 S	SAMA Colours		
	9,00m	60 M	SAMA Medal		
Name	Age	Team	Finals	Wind	
1 #10652 Bredeveltdt, Neal	M62	Western Province	10,22mNS	NWI	

**M65 Triple Jump**

65 SA Record:	N 9,72m		Andy Heine, CGA		
65 WP Record:	P 8,68m		Leo Benning		
	9,00m	65 S	SAMA Colours		
	8,00m	65 M	SAMA Medal		
Name	Age	Team	Finals	Wind	
1 # 1125 Du Toit, Sarel	M68	Gauteng North	8,30mPM	NWI	

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W35 Shot Put**

35 SA Record: N 13,03m 2022/11/19 Ursula van Staden, AGN  
 35 WP Record: P 12,03m 2018/03/10 Juanita Gerstner  
 10,48m 35 S SAMA Colours  
 8,20m 35 M SAMA Medal

Name	Age	Team	Finals
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1 # 7690 Killian, Ursula	W36	Gauteng North	11,11m S
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**W40 Shot Put**

40 SA Record: N 11,92m Marie-Louise Uys, SWD  
 40 WP Record: P 11,92m M Uys  
 10,23m 40 S SAMA Colours  
 8,00m 40 M SAMA Medal

Name	Age	Team	Finals
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1 # 2751 Mallin, Ezette	W41	Western Province	10,33m S
2 #12400 Gerstner, Juanita	W40	Western Province	9,53m M
3 # 5244 Compion, Maria	W42	Western Province	8,74m M
4 # 5240 Albertyn, Este	W40	Western Province	8,50m M

**W45 Shot Put**

45 SA Record: N 11,80m Marie-Louise Uys, SWD  
 45 WP Record: P 9,89m Elize Engelbrecht  
 10,00m 45 S SAMA Colours  
 7,70m 45 M SAMA Medal

Name	Age	Team	Finals
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1 # 6435 Strauss, Michelle	W48	Gauteng North	9,00mPM
2 # 1940 De Villiers, Azel	W47	Central Gauteng	8,53m M
3 # 1153 Van Den Berg, Jea	W45	Gauteng North	8,38m M
4 # 1119 Blaauw, Anja	W49	Gauteng North	7,74m M
5 Matiwane, Busisiwe	W48	Western Province	5,46m

**W50 Shot Put**

50 SA Record: N 13,24m 2019/03/30 Charmain Barnard, AGN  
 50 WP Record: P 11,17m Tertia Stoffberg  
 11,10m 50 S SAMA Colours  
 8,20m 50 M SAMA Medal

Name	Age	Team	Finals
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1 # 1138 Jordaan, Antonett	W51	Gauteng North	11,34mPS
2 # 6411 Fleming, Daleen	W50	Gauteng North	9,84m M
3 # 68 Louw, Marisa	W53	Eastern Province	8,24m M
4 # 2073 Messias, Louise	W53	Eastern Province	7,39m
5 # 5253 Africa, Donna	W52	Western Province	7,17m
6 #11583 Scholtz, Gloria	W54	Western Province	7,04m
7 # 9764 Snyders, Margo	W51	Western Province	6,35m

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W55 Shot Put**

55 SA Record: N 11,13m M. van As  
 55 WP Record: P 10,64m Hester Schoonwinkel  
 9,80m 55 S SAMA Colours  
 7,60m 55 M SAMA Medal

Name	Age	Team	Finals
1 # 1841 Knobel, Heleen	W57	South West D	10,54mPS
2 # 1021 Smit, Jackie	W59	Boland	8,96m M
3 # 1134 Human, Corinne	W58	Gauteng North	8,61m M
4 #11581 De Bruyn, Sonja	W56	Western Province	7,50m

**W60 Shot Put**

60 SA Record: N 11,74m M. van As  
 60 WP Record: P 9,43m 2020/01/11 Farieda Dramat  
 9,00m 60 S SAMA Colours  
 7,00m 60 M SAMA Medal

Name	Age	Team	Finals
1 # 5223 Dramat, Farieda	W64	Western Province	8,84m M
2 # 1111 Hennop, Ansie	W60	Gauteng North	7,51m M
3 #19235 Claassen, Zelda	W63	Central Gauteng	6,68m
4 # 1561 Leroux, Veronica	W60	Boland	5,83m

**W65 Shot Put**

65 SA Record: N 10,63m M. van As  
 65 WP Record: P 8,55m 2019/01/12 Zelda Erasmus  
 8,10m 65 S SAMA Colours  
 6,30m 65 M SAMA Medal

Name	Age	Team	Finals
1 Gurtsieva, Olga	W65	Foreign Athlete	7,29m M
2 # 1175 Van Heerden, Rina	W66	Gauteng North	7,21m M
3 # 1160 Van Dyk, Anna Bar	W68	Gauteng North	6,17m

**W70 Shot Put**

70 SA Record: N 8,51m 2019/04/13 Helena Fourie, AGN  
 70 WP Record: P 7,52m 2023/02/04 Ronel Griesel  
 7,40m 70 S SAMA Colours  
 5,60m 70 M SAMA Medal

Name	Age	Team	Finals
1 # 5228 Griesel, Ronel	W70	Western Province	7,78mPS
2 # 2498 Claassen, Stephan	W71	Gauteng North	7,60mPS
3 # 1128 Fourie, Ena	W74	Gauteng North	7,06mPM
4 # 1157 Van Der Walt, Mig	W71	Gauteng North	5,61m M
5 # 1564 Dokter, Welize	W71	Boland	5,53m

**W75 Shot Put**

75 SA Record: N 8,07m 2016/05/13 Penny England, AVT  
 75 WP Record: P 6,33m 2022/05/07 Elize Grobbelaar  
 7,00m 75 S SAMA Colours  
 5,10m 75 M SAMA Medal

Name	Age	Team	Finals
1 # 1132 Grobler, Babsie	W79	Gauteng North	5,01m

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M30 Shot Put**

30 SA Record: N 16,28m C. Scheepers  
 30 WP Record: P 13,92m 1972/02/14 Steve Johnston  
 8,50m 30 M SAMA Medal

Name	Age Team	Finals
1 # 5399 Theron, Barend	M34 Western Province	11,61m M

**M35 Shot Put**

35 SA Record: N 16,56m J. Booysen Jr.  
 35 WP Record: P 12,96m 2017/10/28 Daniel Lewies  
 10,48m 35 S SAMA Colours  
 8,20m 35 M SAMA Medal

Name	Age Team	Finals
1 # 1355 Smith, Randall	M39 Boland	7,66m
2 # 1551 Gouws, Eugene	M36 Boland	7,58m

**M40 Shot Put**

40 SA Record: N 18,52m 2018/02/03 Burger Lambrechts, AGN  
 40 WP Record: P 14,01m T. Geldenhuys  
 10,23m 40 S SAMA Colours  
 8,00m 40 M SAMA Medal

Name	Age Team	Finals
1 # 1132 Wiener, Shukri	M41 Western Province	11,12m S
2 #12384 Rautenbach, Corne	M44 Western Province	9,61m M

**M45 Shot Put**

45 SA Record: N 18,29m 2018/04/27 Burger Lambrechts, AGN  
 45 WP Record: P 12,58m 2015/03/21 Gerhard Potgieter  
 10,00m 45 S SAMA Colours  
 7,70m 45 M SAMA Medal

Name	Age Team	Finals
1 # 5248 Van Der Westhuize	M45 Western Province	12,95mPS
2 # 1162 Van Zyl, Awie	M49 Gauteng North	12,36mPS
3 #12382 Van Zyl, Chris	M46 Western Province	10,05m S
4 # 355 Kirstein, Jaco	M45 Central North West	9,81m M
5 # 1245 De Wit, Leon	M49 Western Province	9,20m M

**M50 Shot Put**

50 SA Record: N 17,09m 2016/06/11 Burton Haupt, AGN  
 50 WP Record: P 13,09m 2013/03/16 Charl Barnard  
 13,50m 50 S SAMA Colours  
 10,40m 50 M SAMA Medal

Name	Age Team	Finals
1 # 1850 Heyns, Jady	M51 South West D	15,16mPS
2 # 2481 Watson, Rowan	M53 Gauteng North	14,01mPS
3 # 1163 Venter, Martin	M52 Gauteng North	13,58mPS
4 # 1112 Swanepoel, Jan	M52 Gauteng North	13,16mPM
5 #12378 Bester, David	M50 Western Province	11,11m M

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M55 Shot Put**

55 SA Record: N 15,84m 10/2016 Burton Haupt, AGN  
 55 WP Record: P 12,30m 2011/02/26 Anton Wale  
 12,50m 55 S SAMA Colours  
 9,70m 55 M SAMA Medal

Name	Age	Team	Finals
1 # 301 Scheepers, Conrad	M55	Free State	15,33mNS
2 #12625 Du Toit, Johann	M56	Central Gauteng	11,96m M
3 # 3135 Mulder, Francois	M56	Central Gauteng	11,12m M
4 # 5400 Van Der Walt, Ste	M55	Western Province	8,40m

**M60 Shot Put**

60 SA Record: N 15,60m 2022/11/22 Burton Haupt, AGN  
 60 WP Record: P 14,24m Gunther Schirmer  
 12,78m 60 S SAMA Colours  
 10,00m 60 M SAMA Medal

Name	Age	Team	Finals
1 # 1133 Haupt, Burton	M61	Gauteng North	15,27mNS
2 # 1118 Bezuidenhout, Vic	M61	Gauteng North	12,95m S
3 # 5560 Simpson, Shaun	M60	Western Province	12,26m M
4 # 1164 De Wit, Francois	M60	Gauteng North	11,86m M
5 # 97 Primo, Derick	M60	Western Province	7,14m

**M65 Shot Put**

65 SA Record: N 12,80m 2002/05/04 Andrzej Rzepecki, CGA  
 65 WP Record: P 12,72m Gunther Schirmer  
 11,50m 65 S SAMA Colours  
 8,90m 65 M SAMA Medal

Name	Age	Team	Finals
1 # 1140 Kichenbrand, Step	M65	Gauteng North	10,80m M
2 # 1824 Harding, Jon	M69	Boland	9,26m M
3 # 1845 Ferreira, Frik	M67	South West D	8,80m
4 # 94 James, Andy	M69	Western Province	7,38m
5 # 1568 Dokter, Piet	M69	Boland	5,98m

**M70 Shot Put**

70 SA Record: N 13,78m 2019/03/30 Dereck Sterley, AGN  
 70 WP Record: P 12,15m Ron Mitchell  
 11,70m 70 S SAMA Colours  
 9,20m 70 M SAMA Medal

Name	Age	Team	Finals
1 # 56 Lombard, Willie	M71	Eastern Province	10,22m M
2 # 5227 Erasmus, Nick	M72	Western Province	8,48m
3 # 1567 Basson, Hennie	M74	Boland	5,82m

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M75 Shot Put**

75 SA Record:	N 12,53m	2012/04/14	E. Skea, AGN	
75 WP Record:	P 11,92m		Borg Stannius	
	9,60m	75 S	SAMA Colours	
	7,25m	75 M	SAMA Medal	
Name	Age	Team		Finals
1 # 5224 Hough, Norman	M75	Western Province		10,18m S

**M85 Shot Put**

85 SA Record:	N 10,80m	2013/06/05	Borg Stannius, WPA	
85 WP Record:	P 10,80m	2013/06/05	Borg Stannius	
	7,50m	85 S	SAMA Colours	
	5,90m	85 M	SAMA Medal	
Name	Age	Team		Finals
1 # 8659 Cross, Ronald	M89	Western Province		7,75m S

**W35 Discus Throw**

35 SA Record:	N 55,01m	2014/04/25	E. Naude, FSA	
35 WP Record:	P 38,26m	2018/02/17	Juanita Gerstner	
	33,50m	35 S	SAMA Colours	
	26,10m	35 M	SAMA Medal	
Name	Age	Team		Finals
1 # 7690 Killian, Ursula	W36	Gauteng North		44,64mPS

**W40 Discus Throw**

40 SA Record:	N 43,48m		R. Boshoff, EPA	
40 WP Record:	P 32,59m	2023/04/21	Juanita Gerstner	
	32,85m	40 S	SAMA Colours	
	25,60m	40 M	SAMA Medal	
Name	Age	Team		Finals
1 #12400 Gerstner, Juanita	W40	Western Province		33,03mPS
2 # 5240 Albertyn, Este	W40	Western Province		30,21m M
3 # 2751 Mallin, Ezette	W41	Western Province		27,67m M
4 # 9763 Juries, Tanja	W44	Western Province		17,27m

**W45 Discus Throw**

45 SA Record:	N 38,97m	10/2013	Heleen Knobel, SWD		
45 WP Record:	P 30,08m		E. Engelbrecht		
	30,50m	45 S	SAMA Colours		
	23,00m	45 M	SAMA Medal		
Name	Age	Team		Finals	
1 # 6435 Strauss, Michelle	W48	Gauteng North		25,04m M	
2 # 1940 De Villiers, Azel	W47	Central Gauteng		24,21m M	
3 # 1153 Van Den Berg, Jea	W45	Gauteng North		22,81m	
4 # 1119 Blaauw, Anja	W49	Gauteng North		20,62m	
5 #		Matiwane, Busisiwe	W48	Western Province	15,81m

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W50 Discus Throw**

50 SA Record: N 39,71m 2022/11/19 Antonette Jordaan, AGN

50 WP Record: P 26,80m E. Engelbrecht

30,00m 50 S SAMA Colours

21,60m 50 M SAMA Medal

Name	Age	Team	Finals
1 # 6411 Fleming, Daleen	W50	Gauteng North	33,82mPS
2 # 1138 Jordaan, Antonett	W51	Gauteng North	32,72mPS
3 # 2073 Messias, Louise	W53	Eastern Province	20,97m
4 #11583 Scholtz, Gloria	W54	Western Province	19,97m
5 # 5253 Africa, Donna	W52	Western Province	19,65m
6 # 9764 Snyders, Margo	W51	Western Province	15,20m

**W55 Discus Throw**

55 SA Record: N 33,29m 2021/12/11 Heleen Knobel, SWD

55 WP Record: P 27,42m Hester Schoonwinkel

25,50m 55 S SAMA Colours

19,90m 55 M SAMA Medal

Name	Age	Team	Finals
1 # 1841 Knobel, Heleen	W57	South West D	30,10mPS
2 # 1021 Smit, Jackie	W59	Boland	25,40m M
3 #11581 De Bruyn, Sonja	W56	Western Province	18,06m
4 # 1562 Mentoor, Patricia	W56	Boland	9,31m

**W60 Discus Throw**

60 SA Record: N 28,78m 2005/03/12 J. Rzepecka, CGA

60 WP Record: P 21,38m 2023/02/04 Farieda Dramat

23,80m 60 S SAMA Colours

18,60m 60 M SAMA Medal

Name	Age	Team	Finals
1 # 5223 Dramat, Farieda	W64	Western Province	19,07m M
2 # 1111 Hennop, Ansie	W60	Gauteng North	18,67m M
3 #19235 Claassen, Zelda	W63	Central Gauteng	16,53m
4 # 1561 Leroux, Veronica	W60	Boland	12,07m

**W65 Discus Throw**

65 SA Record: N 24,84m M. van As

65 WP Record: P 21,48m 2019/02/23 Zelda Erasmus

21,00m 65 S SAMA Colours

16,40m 65 M SAMA Medal

Name	Age	Team	Finals
1 Gurtsieva, Olga	W65	Foreign Athlete	23,13mPS
2 # 1160 Van Dyk, Anna Bar	W68	Gauteng North	15,45m

**W70 Discus Throw**

70 SA Record: N 23,26m Lena Grobler, AGN

70 WP Record: P 17,29m 2015/01/24 Adrie Benade

19,00m 70 S SAMA Colours

14,80m 70 M SAMA Medal

Name	Age	Team	Finals
1 # 5228 Griesel, Ronél	W70	Western Province	16,53m M



**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****....W70 Discus Throw**

2 # 1128	Fourie, Ena	W74	Gauteng North	15,35m	M
3 # 1157	Van Der Walt, Mig	W71	Gauteng North	13,20m	
4 # 1199	Van Eck, Suzi	W73	Gauteng North	13,11m	
5 # 5225	Du Toit, Aletta	W71	Western Province	12,62m	
6 # 1564	Dokter, Welize	W71	Boland	12,21m	

**W75 Discus Throw**

75 SA Record: N 21,23m 2016/05/13 Penny England, AVT  
 75 WP Record: P 16,20m 2022/03/05 Elize Grobellaar  
 17,00m 75 S SAMA Colours  
 13,30m 75 M SAMA Medal

Name	Age	Team	Finals
1 # 5222	Grobellaar, Elize	W77 Western Province	14,64m M
2 # 1132	Grobler, Babsie	W79 Gauteng North	13,22m

**M30 Discus Throw**

30 SA Record: N 48,50m P. Goosen  
 30 WP Record: P 49,91m 1972/03/15 Steve Johnston  
 33,00m 30 M SAMA Medal

Name	Age	Team	Finals
1 # 5399	Theron, Barend	M34 Western Province	33,95m M

**M35 Discus Throw**

35 SA Record: N 54,46m 2009/10/24 G. Geldenhuys, FSA  
 35 WP Record: P 50,39m 1975/02/27 Steve Johnston  
 41,00m 35 S SAMA Colours  
 32,00m 35 M SAMA Medal

Name	Age	Team	Finals
1 # 1317	Walters, Willem	M39 South West D	32,95m M

**M40 Discus Throw**

40 SA Record: N 51,04m J.J. van Zyl, EPA  
 40 WP Record: P 42,30m Tiny Geldenhuys  
 40,17m 40 S SAMA Colours  
 31,30m 40 M SAMA Medal

Name	Age	Team	Finals
1 # 1132	Wiener, Shukri	M41 Western Province	35,06m M
2	Roux, Jacobus	M41 Foreign Athlete	20,94m

**M45 Discus Throw**

45 SA Record: N 49,13m J.J. van Zyl, EPA  
 45 WP Record: P 38,66m 1988/11/09 Steve Johnston  
 38,08m 45 S SAMA Colours  
 30,00m 45 M SAMA Medal

Name	Age	Team	Finals
1 # 5248	Van Der Westhuize	M45 Western Province	40,02mPS
2 # 1162	Van Zyl, Awie	M49 Gauteng North	37,60m M
3 #12382	Van Zyl, Chris	M46 Western Province	27,85m
4 # 355	Kirstein, Jaco	M45 Central North West	26,29m

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****....M45 Discus Throw**

5 # 1245 De Wit, Leon M49 Western Province 24,40m

**M50 Discus Throw**

50 SA Record: N 52,06m 2009/03/18 J.J. van Zyl, EPA

50 WP Record: P 45,90m Johan Allers

44,00m 50 S SAMA Colours

34,50m 50 M SAMA Medal

Name	Age	Team	Finals
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1 # 1112 Swanepoel, Jan	M52	Gauteng North	48,62mPS
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2 # 2481 Watson, Rowan	M53	Gauteng North	44,03m S
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3 #12383 Mostert, Henri	M50	Western Province	41,10m M
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4 # 1120 Blaauw, David	M51	Gauteng North	35,25m M
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5 #18773 De Beer, Andre	M54	Central Gauteng	34,88m M
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6 # 1237 Solomons, Anthony	M52	Boland	33,95m
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7 #12135 Schoeman, Gavin	M52	Western Province	28,96m
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**M55 Discus Throw**

55 SA Record: N 53,79m 10/2016 Burton Haupt, AGN

55 WP Record: P 39,48m 1994/11/08 Steve Johnston

40,50m 55 S SAMA Colours

31,50m 55 M SAMA Medal

Name	Age	Team	Finals
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1 #12625 Du Toit, Johann	M56	Central Gauteng	40,31mPM
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2 # 3135 Mulder, Francois	M56	Central Gauteng	33,91m M
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3 # 5400 Van Der Walt, Ste	M55	Western Province	22,13m
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4 #10939 Isaacs, Duncan	M55	Western Province	21,07m
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5 # 5249 Lobb, Wayne	M59	Western Province	19,82m
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**M60 Discus Throw**

60 SA Record: N 54,58m 2021/11/13 Burton Haupt, AGN

60 WP Record: P 45,46m 1999/05/28 Steve Johnston

44,26m 60 M SAMA Medal

34,50m 60 S SAMA Colours

Name	Age	Team	Finals
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1 # 1133 Haupt, Burton	M61	Gauteng North	52,06mPM
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2 # 5560 Simpson, Shaun	M60	Western Province	38,48m S
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3 # 1118 Bezuidenhout, Vic	M61	Gauteng North	37,42m S
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4 # 1022 Smit, Johan	M62	Boland	33,12m
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5 # 1164 De Wit, Francois	M60	Gauteng North	33,08m
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6 Solomon, Bruce	M60	Foreign Athlete	27,83m
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7 # 97 Primo, Derick	M60	Western Province	23,87m
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**M65 Discus Throw**

65 SA Record: N 42,91m Abraham Coetzee, WPA

65 WP Record: P 42,22m 204/02/21 Steve Johnston

40,50m 65 M SAMA Medal

31,00m 65 S SAMA Colours

Name	Age	Team	Finals
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1 # 1140 Kichenbrand, Step	M65	Gauteng North	36,83m S
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2 # 1845 Ferreira, Frik	M67	South West D	27,32m
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3 # 94 James, Andy	M69	Western Province	23,63m
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**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****....M65 Discus Throw**

4 # 1568 Dokter, Piet M69 Boland 17,88m

**M70 Discus Throw**

70 SA Record: N 41,12m 2019/04/13 Dereck Sterley, AGN

70 WP Record: P 35,49m 2019/05/03 Norman Hough

34,00m 70 S SAMA Colours

25,90m 70 M SAMA Medal

Name	Age	Team	Finals
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1 # 56 Lombard, Willie	M71	Eastern Province	28,67m M
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2 # 5227 Erasmus, Nick	M72	Western Province	25,64m
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3 # 2027 Smit, Christiaan	M71	Free State	23,65m
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4 # 1565 Mentoer, Sakkie	M70	Boland	19,15m
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5 # 1567 Basson, Hennie	M74	Boland	18,52m
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**M75 Discus Throw**

75 SA Record: N 34,05m 2006/03/11 Borg Stannius, WPA

75 WP Record: P 34,05m Borg Stannius

27,50m 75 S SAMA Colours

21,40m 75 M SAMA Medal

Name	Age	Team	Finals
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1 # 5224 Hough, Norman	M75	Western Province	28,58m S
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**M85 Discus Throw**

85 SA Record: N 25,47m 2014/03/14 Borg Stannius, WPA

85 WP Record: P 27,71m 205/08/25 Philipp Frech

18,00m 85 S SAMA Colours

14,00m 85 M SAMA Medal

Name	Age	Team	Finals
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1 # 8659 Cross, Ronald	M89	Western Province	19,54m S
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**W35 Hammer Throw**

35 SA Record: N 49,80m 2022/05/06 Tanya Pubalakan, AGN

35 WP Record: P 47,15m 2013/03/16 Marilize Coetzee

36,00m 35 S SAMA Colours

27,70m 35 M SAMA Medal

Name	Age	Team	Finals
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1 # 7690 Killian, Ursula	W36	Gauteng North	38,67m S
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2 #10740 De Kock-Dippenaar	W38	Western Province	10,65m
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**W40 Hammer Throw**

40 SA Record: N 41,92m 2017/05/04 Marilize Coetzee, WPA

40 WP Record: P 41,92m 2017/05/18 Marilize Coetzee

35,50m 40 S SAMA Colours

26,50m 40 M SAMA Medal

Name	Age	Team	Finals
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1 # 5240 Albertyn, Este	W40	Western Province	30,59m M
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2 #12400 Gerstner, Juanita	W40	Western Province	22,04m
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**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W45 Hammer Throw**

45 SA Record:	N 39,38m		H. Du Plessis	
45 WP Record:	P 25,18m		Tertia Stoffberg	
	33,00m	45 S	SAMA Colours	
	22,60m	45 M	SAMA Medal	
Name	Age	Team	Finals	
1 # 6435 Strauss, Michelle	W48	Gauteng North	32,30m	PM
2 # 1940 De Villiers, Azel	W47	Central Gauteng	25,31m	PM
3 # 1119 Blaauw, Anja	W49	Gauteng North	21,09m	

**W50 Hammer Throw**

50 SA Record:	N 49,23m	2023/08/15	Heleen Knobel, SWD	
50 WP Record:	P 37,62m		Hester Schoonwinkel	
	37,50m	50 S	SAMA Colours	
	25,50m	50 M	SAMA Medal	
Name	Age	Team	Finals	
1 # 68 Louw, Marisa	W53	Eastern Province	37,80m	PS
2 # 1138 Jordaan, Antonett	W51	Gauteng North	34,59m	M
3 # 6411 Fleming, Daleen	W50	Gauteng North	32,91m	M
4 #11583 Scholtz, Gloria	W54	Western Province	16,30m	

**W55 Hammer Throw**

55 SA Record:	N 44,96m	2021/11/11	Heleen Knobel, SWD	
55 WP Record:	P 32,88m		Hester Schoonwinkel	
	37,50m	55 S	SAMA Colours	
	23,30m	55 M	SAMA Medal	
Name	Age	Team	Finals	
1 # 1841 Knobel, Heleen	W57	South West D	40,44m	PS
2 # 1021 Smit, Jackie	W59	Boland	34,88m	PM
3 #11581 De Bruyn, Sonja	W56	Western Province	19,21m	

**W60 Hammer Throw**

60 SA Record:	N 33,82m	2010/02/20	Hester Schoonwinkel, WPA	
60 WP Record:	P 28,03m	2022/01/22	Farieda Dramat	
	28,00m	60 S	SAMA Colours	
	20,70m	60 M	SAMA Medal	
Name	Age	Team	Finals	
1 # 5223 Dramat, Farieda	W64	Western Province	25,55m	M
2 #19235 Claassen, Zelda	W63	Central Gauteng	24,32m	M
3 # 1111 Hennop, Ansie	W60	Gauteng North	22,26m	M

**W65 Hammer Throw**

65 SA Record:	N 30,10m	2006/04/29	A. Olivier	
65 WP Record:	P 24,86m	2020/03/13	Zelda Erasmus	
	25,00m	65 S	SAMA Colours	
	18,00m	65 M	SAMA Medal	
Name	Age	Team	Finals	
1 Gurtsieva, Olga	W65	Foreign Athlete	27,73m	PS
2 # 5268 Stoffberg, Tertia	W69	Western Province	16,76m	
3 # 1160 Van Dyk, Anna Bar	W68	Gauteng North	16,21m	

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W70 Hammer Throw**

Name	Age	Team	Finals
70 SA Record: N 25,76m		Lena Grobler, AGN	
70 WP Record: P 23,03m	2017/03/16	Elize Grobellaar	
22,00m	70 S	SAMA Colours	
15,60m	70 M	SAMA Medal	
1 # 1128 Fourie, Ena	W74	Gauteng North	21,04m M
2 # 5228 Griesel, Ronél	W70	Western Province	20,03m M
3 # 5225 Du Toit, Aletta	W71	Western Province	18,87m M
4 # 1199 Van Eck, Suzi	W73	Gauteng North	16,80m M
5 # 1157 Van Der Walt, Mig	W71	Gauteng North	15,77m M

**W75 Hammer Throw**

Name	Age	Team	Finals
75 SA Record: N 30,52m	2016/05/13	Penny England, AVT	
75 WP Record: P 26,04m	2022/03/05	Elize Grobellaar	
22,00m	75 S	SAMA Colours	
16,40m	75 M	SAMA Medal	
1 # 5222 Grobbelaar, Elize	W77	Western Province	20,84m M
2 # 1132 Grobler, Babsie	W79	Gauteng North	14,73m

**M30 Hammer Throw**

Name	Age	Team	Finals
30 SA Record: N 74,15m	2008/04/25	Chris Harmse, FSA	
30 WP Record: P 46,90m		B. Coetzee	
36,00m	30 M	SAMA Medal	
1 # 5399 Theron, Barend	M34	Western Province	32,26m

**M40 Hammer Throw**

Name	Age	Team	Finals
40 SA Record: N 73,90m	2015/08/13	Chris Harmse, FSA	
40 WP Record: P 59,18m		Tiny Geldenhuys	
44,00m	40 S	SAMA Colours	
34,20m	40 M	SAMA Medal	
1 #18664 Bekker, Kristiaan	M42	Central Gauteng	50,48m S
2 # 1132 Wiener, Shukri	M41	Western Province	35,11m M
3 #12384 Rautenbach, Corne	M44	Western Province	27,64m

**M45 Hammer Throw**

Name	Age	Team	Finals
45 SA Record: N 71,70m	2019/04/26	Chris Harmse, FSA	
45 WP Record: P 38,25m	2016/03/19	Gerhard Potgieter	
43,50m	45 S	SAMA Colours	
33,60m	45 M	SAMA Medal	
1 # 5248 Van Der Westhuize	M45	Western Province	37,66m M
2 # 1162 Van Zyl, Awie	M49	Gauteng North	35,62m M
3 #12382 Van Zyl, Chris	M46	Western Province	26,83m
4 #12377 Pool, Jaco	M46	Western Province	18,67m

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M50 Hammer Throw**

50 SA Record: N 59,80m 2006/03/25 Charlie Koen, EPA  
 50 WP Record: P 35,49m Gert Engelbrecht  
 44,50m 50 S SAMA Colours  
 34,40m 50 M SAMA Medal

Name	Age	Team	Finals
1 # 1163 Venter, Martin	M52	Gauteng North	45,78mPS
2 # 1112 Swanepoel, Jan	M52	Gauteng North	39,21mPM
3 #18773 De Beer, Andre	M54	Central Gauteng	37,69mPM
4 # 2481 Watson, Rowan	M53	Gauteng North	36,83mPM
5 # 1120 Blaauw, David	M51	Gauteng North	33,47m
6 # 5255 Nel, Chris	M53	Western Province	31,40m

**M55 Hammer Throw**

55 SA Record: N 52,97m Jan Roodt, KZN  
 55 WP Record: P 35,21m Gert Engelbrecht  
 43,00m 55 S SAMA Colours  
 32,80m 55 M SAMA Medal

Name	Age	Team	Finals
1 # 1183 Ras, Gerald Josep	M57	Gauteng North	28,35m
2 # 1065 Odendaal, Dirk	M57	Boland	27,94m
3 #10939 Isaacs, Duncan	M55	Western Province	18,70m
4 # 5400 Van Der Walt, Ste	M55	Western Province	16,79m

**M60 Hammer Throw**

60 SA Record: N 53,64m 2008/04/25 Jan Roodt, KZN  
 60 WP Record: P 37,39m 201/07/12 Steve Johnston  
 43,09m 60 S SAMA Colours  
 33,60m 60 M SAMA Medal

Name	Age	Team	Finals
1 # 1133 Haupt, Burton	M61	Gauteng North	43,59mPS
2 # 1118 Bezuidenhout, Vic	M61	Gauteng North	36,84m M
3 # 1174 Ras, Peter	M60	Gauteng North	36,24m M
4 # 97 Primo, Derick	M60	Western Province	21,59m

**M65 Hammer Throw**

65 SA Record: N 49,41m 2001 Andrzej Rzepecki, CGA  
 65 WP Record: P 38,82m 204/01/24 Steve Johnston  
 38,50m 65 S SAMA Colours  
 29,60m 65 M SAMA Medal

Name	Age	Team	Finals
1 # 1115 Aggouras, Nicky	M65	Gauteng North	41,78mPS
2 # 1140 Kichenbrand, Step	M65	Gauteng North	39,38mPS
3 # 94 James, Andy	M69	Western Province	20,37m

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M70 Hammer Throw**

Name	Age	Team	Finals
70 SA Record: N 49,42m	2009/03/14	Andrzej Rzepecki, AGN	
70 WP Record: P 42,58m	2019/05/03	Norman Hough	
38,00m	70 S	SAMA Colours	
27,30m	70 M	SAMA Medal	
1 # 56 Lombard, Willie	M71	Eastern Province	25,64m
2 # 2027 Smit, Christiaan	M71	Free State	25,39m
3 # 5227 Erasmus, Nick	M72	Western Province	24,74m

**M75 Hammer Throw**

Name	Age	Team	Finals
75 SA Record: N 46,68m	2012/04/14	Andrzej Rzepecki, AGN	
75 WP Record: P 34,99m		Borg Stannius	
29,00m	75 S	SAMA Colours	
21,00m	75 M	SAMA Medal	
1 # 5224 Hough, Norman	M75	Western Province	31,20m S

**W35 Javelin Throw**

Name	Age	Team	Finals
35 SA Record: N 46,93m	2023/03/04	Linda van Vreden, CGA	
35 WP Record: P 38,70m		Dinky Quelch	
31,53m	35 S	SAMA Colours	
24,50m	35 M	SAMA Medal	
1 # 7690 Killian, Ursula	W36	Gauteng North	33,24m S
2 #10740 De Kock-Dippenaar	W38	Western Province	14,10m

**W40 Javelin Throw**

Name	Age	Team	Finals
40 SA Record: N 41,20m	2016/02/13	Y. Beytell, AGN	
40 WP Record: P 38,22m	2011/10/08	Jc Moolman	
30,00m	40 S	SAMA Colours	
22,80m	40 M	SAMA Medal	
1 # 5240 Albertyn, Este	W40	Western Province	20,06m
2 #12400 Gerstner, Juanita	W40	Western Province	19,94m

**W45 Javelin Throw**

Name	Age	Team	Finals
45 SA Record: N 37,80m	2014/03/15	J.C. Moolman, WPA	
45 WP Record: P 37,80m	2014/03/15	Jc Moolman	
28,13m	45 S	SAMA Colours	
21,90m	45 M	SAMA Medal	
1 # 6435 Strauss, Michelle	W48	Gauteng North	22,70m M
2 # 1119 Blaauw, Anja	W49	Gauteng North	21,81m
3 # 1137 Venter, Melinda	W45	Eastern Province	17,67m
4 # 1940 De Villiers, Azel	W47	Central Gauteng	15,76m

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W50 Javelin Throw**

50 SA Record: N 34,44m 2023/09/18 Heleen Knobel, SWD  
 50 WP Record: P 30,02m 2013/04/26 Jackie Basson  
                   29,00m 50 S SAMA Colours  
                   22,20m 50 M SAMA Medal

Name	Age	Team	Finals
1 # 1138 Jordaan, Antonett	W51	Gauteng North	21,89m
2 #11583 Scholtz, Gloria	W54	Western Province	18,98m
3 # 38 Lategan, Jill	W51	Western Province	18,40m
4 # 2073 Messias, Louise	W53	Eastern Province	16,12m
5 # 6411 Fleming, Daleen	W50	Gauteng North	15,30m
6 # 9764 Snyders, Margo	W51	Western Province	13,48m
7 # 58 Noordien, Mishka	W53	Western Province	11,24m
8 # 1563 Swarts, Renzia	W54	Boland	7,91m

**W55 Javelin Throw**

55 SA Record: N 29,76m 2022/04/16 Judy Flynn, AGN  
 55 WP Record: P 25,84m Susan Malherbe  
                   25,00m 55 S SAMA Colours  
                   19,50m 55 M SAMA Medal

Name	Age	Team	Finals
1 # 1841 Knobel, Heleen	W57	South West D	29,10mNS
2 #11581 De Bruyn, Sonja	W56	Western Province	16,56m

**W60 Javelin Throw**

60 SA Record: N 26,93m 2021/04/10 Aletta Pietersen, SAPS  
 60 WP Record: P 27,00m Susan Malherbe  
                   23,00m 60 S SAMA Colours  
                   17,50m 60 M SAMA Medal

Name	Age	Team	Finals
1 # 52 Pietersen, Aletta	W62	Eastern Province	24,10m S
2 # 5223 Dramat, Farieda	W64	Western Province	14,94m
3 #19235 Claassen, Zelda	W63	Central Gauteng	10,96m
4 # 1561 Leroux, Veronica	W60	Boland	8,92m

**W65 Javelin Throw**

65 SA Record: N 22,20m 2015/05/15 Mercia Ferreira, CGA  
 65 WP Record: P 22,24m Aletta Ackermann  
                   20,00m 65 S SAMA Colours  
                   15,60m 65 M SAMA Medal

Name	Age	Team	Finals
1 # 1160 Van Dyk, Anna Bar	W68	Gauteng North	16,17m M
2 Gurtsieva, Olga	W65	Foreign Athlete	13,44m

**W70 Javelin Throw**

70 SA Record: N 19,77m 2019/05/03 Mercia Ferreira, CGA  
 70 WP Record: P 18,30m Aletta Ackermann  
                   18,00m 70 S SAMA Colours  
                   14,00m 70 M SAMA Medal

Name	Age	Team	Finals
1 # 5228 Griesel, Ronél	W70	Western Province	14,70m M



**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****....W70 Javelin Throw**

2 # 1157 Van Der Walt, Mig	W71 Gauteng North	12,54m
3 # 1564 Dokter, Welize	W71 Boland	11,55m
4 # 1199 Van Eck, Suzi	W73 Gauteng North	10,85m

**W75 Javelin Throw**

75 SA Record: N 16,83m 2016/05/13 Penny England, AVT  
 75 WP Record: P 13,93m Isabel Hofmeyr  
 15,00m 75 S SAMA Colours  
 8,70m 75 M SAMA Medal

Name	Age Team	Finals
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1 # 1132 Grobler, Babsie	W79 Gauteng North	8,10m
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**M30 Javelin Throw**

30 SA Record: N 67,76m 2011/11/12 Frans Human, FSA  
 30 WP Record: P 48,54m Hein Verduel  
 44,00m 30 M SAMA Medal

Name	Age Team	Finals
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1 # 5234 Steenkamp, Theodo	M34 Western Province	37,78m
2 # 5399 Theron, Barend	M34 Western Province	32,35m

**M35 Javelin Throw**

35 SA Record: N 66,04m 2004/04/03 J. van Wyk  
 35 WP Record: P 53,99m 2018/04/27 Bertus Potgieter  
 54,00m 35 S SAMA Colours  
 42,00m 35 M SAMA Medal

Name	Age Team	Finals
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1 # 1551 Gouws, Eugene	M36 Boland	22,04m
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**M40 Javelin Throw**

40 SA Record: N 65,54m 1998 T. Liebenberg, CNW  
 40 WP Record: P 46,70m 2023/01/14 Tyrone Young  
 52,45m 40 S SAMA Colours  
 40,90m 40 M SAMA Medal

Name	Age Team	Finals
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1 # 1135 Young, Tyrone	M40 Western Province	43,06m M
2 # 1132 Wiener, Shukri	M41 Western Province	40,20m

**M45 Javelin Throw**

45 SA Record: N 62,63m 2005/05/07 Gawie Louw, AGN  
 45 WP Record: P 53,94m 2016/03/19 Jacques Cronje  
 49,49m 45 S SAMA Colours  
 38,60m 45 M SAMA Medal

Name	Age Team	Finals
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1 # 5248 Van Der Westhuize	M45 Western Province	39,79m M
2 # 614 Moolman, Wessel	M45 Kwa Zulu Natal	34,24m
3 #12382 Van Zyl, Chris	M46 Western Province	32,31m
4 # 1245 De Wit, Leon	M49 Western Province	29,49m

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M50 Javelin Throw**

50 SA Record: N 67,87m 9/2018 Wilhelm Pauer, CGA  
 50 WP Record: P 45,84m 2018/03/10 J C Smith  
 48,00m 50 S SAMA Colours  
 36,50m 50 M SAMA Medal

Name	Age	Team	Finals
1 #12383 Mostert, Henri	M50	Western Province	40,38m M
2 # 2481 Watson, Rowan	M53	Gauteng North	33,53m
3 # 1120 Blaauw, David	M51	Gauteng North	33,41m
4 # 5258 Cloete, John Aubr	M51	Western Province	32,88m
5 # 63 Nell, Darelle	M50	Eastern Province	29,11m
6 # 1237 Solomons, Anthony	M52	Boland	29,08m

**M55 Javelin Throw**

55 SA Record: N 59,20m 2023/03/04 Wilhelm Pauer, CGA  
 55 WP Record: P 41,85m Johan Allers  
 43,00m 55 S SAMA Colours  
 33,30m 55 M SAMA Medal

Name	Age	Team	Finals
1 #10248 Pauer, Wilhelm	M55	Central Gauteng	64,25mNS
2 # 5400 Van Der Walt, Ste	M55	Western Province	33,92m M
3 # 849 Bartleman, Andre	M57	Free State	28,79m
4 # 5249 Lobb, Wayne	M59	Western Province	21,84m

**M60 Javelin Throw**

60 SA Record: N 54,84m 2001/05/04 P. Mulaudzi  
 60 WP Record: P 39,46m C. English  
 41,30m 60 S SAMA Colours  
 32,20m 60 M SAMA Medal

Name	Age	Team	Finals
1 # 1118 Bezuidenhout, Vic	M61	Gauteng North	40,53mPM
2 Solomon, Bruce	M60	Foreign Athlete	33,98m M
3 # 1164 De Wit, Francois	M60	Gauteng North	29,76m
4 # 97 Primo, Derick	M60	Western Province	17,28m

**M65 Javelin Throw**

65 SA Record: N 45,22m 2023/03/04 Stephen Kichenbrand, AGN  
 65 WP Record: P 37,28m 2019/05/02 Peet Venter  
 37,00m 65 S SAMA Colours  
 28,90m 65 M SAMA Medal

Name	Age	Team	Finals
1 # 1140 Kichenbrand, Step	M65	Gauteng North	43,40mPS
2 # 1845 Ferreira, Frik	M67	South West D	28,15m
3 # 94 James, Andy	M69	Western Province	19,76m
4 # 1568 Dokter, Piet	M69	Boland	16,26m

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M70 Javelin Throw**

70 SA Record: N 42,35m 2022/05/06 Dave Ludeke, AGN  
 70 WP Record: P 36,30m 2019/04/13 Norman Hough  
                   33,00m 70 S SAMA Colours  
                   25,80m 70 M SAMA Medal

Name	Age	Team	Finals
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1 #12420 Venter, Peet	M73	Western Province	29,91m M
2 # 56 Lombard, Willie	M71	Eastern Province	26,61m M
3 # 2027 Smit, Christiaan	M71	Free State	22,96m
4 # 1565 Mentoor, Sakkie	M70	Boland	19,61m

**M75 Javelin Throw**

75 SA Record: N 36,09m 2006/04/28 Borg Stannius, WPA  
 75 WP Record: P 36,09m Borg Stannius  
                   26,00m 75 S SAMA Colours  
                   20,30m 75 M SAMA Medal

Name	Age	Team	Finals
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1 # 5224 Hough, Norman	M75	Western Province	27,40m S
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**W35 Weight Throw**

35 SA Record: N 15,91m 2022/05/07 Tanya Pubalakan, AGN  
 35 WP Record: P 14,61m 2012/03/17 Marilize Coetzee  
                   12,00m 35 S SAMA Colours  
                   10,00m 35 M SAMA Medal

Name	Age	Team	Finals
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1 # 7690 Killian, Ursula	W36	Gauteng North	13,85m S
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**W40 Weight Throw**

40 SA Record: N 13,73m 2014/04/26 Janita Eva, AGN  
 40 WP Record: P 13,32m 2017/05/18 Marilize Coetzee  
                   11,50m 40 S SAMA Colours  
                   9,50m 40 M SAMA Medal

Name	Age	Team	Finals
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1 # 5240 Albertyn, Este	W40	Western Province	11,05m M
2 #12400 Gerstner, Juanita	W40	Western Province	9,90m M

**W45 Weight Throw**

45 SA Record: N 14,04m 2014/04/25 Heleen Knobel, SWD  
 45 WP Record: P 7,19m 2017/11/25 Gloria Aplon  
                   11,00m 45 S SAMA Colours  
                   9,10m 45 M SAMA Medal

Name	Age	Team	Finals
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1 # 6435 Strauss, Michelle	W48	Gauteng North	10,60mPM
2 # 1940 De Villiers, Azel	W47	Central Gauteng	9,10mPM
3 # 1119 Blaauw, Anja	W49	Gauteng North	7,18mP

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W50 Weight Throw**

50 SA Record: N 15,60m 2023/08/15 Heleen Knobel, SWD  
 50 WP Record: P 11,25m Tertia Stoffberg  
 12,10m 50 S SAMA Colours  
 9,10m 50 M SAMA Medal

Name	Age	Team	Finals
1 # 1138 Jordaan, Antonett	W51	Gauteng North	13,58mPS
2 # 68 Louw, Marisa	W53	Eastern Province	13,34mPS
3 # 6411 Fleming, Daleen	W50	Gauteng North	11,18mPM
4 #11583 Scholtz, Gloria	W54	Western Province	6,78m
5 # 9764 Snyders, Margo	W51	Western Province	6,68m
6 # 58 Noordien, Mishka	W53	Western Province	4,92m

**W55 Weight Throw**

55 SA Record: N 14,50m 2021/04/10 Heleen Knobel, SWD  
 55 WP Record: P 11,85m Hester Schoonwinkel  
 10,80m 55 S SAMA Colours  
 8,70m 55 M SAMA Medal

Name	Age	Team	Finals
1 # 1841 Knobel, Heleen	W57	South West D	13,81mPS
2 # 1021 Smit, Jackie	W59	Boland	12,62mPS

**W60 Weight Throw**

60 SA Record: N 13,79m 2010/04/30 Hester Schoonwinkel, WPA  
 60 WP Record: P 11,54m 2015/05/15 Tertia Stofberg  
 11,40m 60 S SAMA Colours  
 9,10m 60 M SAMA Medal

Name	Age	Team	Finals
1 #19235 Claassen, Zelda	W63	Central Gauteng	9,26m M
2 # 5223 Dramat, Farieda	W64	Western Province	8,79m
3 # 1111 Hennop, Ansie	W60	Gauteng North	7,56m
4 # 5263 Du Plessis, Dalen	W62	Western Province	5,69m

**W65 Weight Throw**

65 SA Record: N 12,23m 2019/05/03 Zelda Erasmus, WPA  
 65 WP Record: P 12,23m 2019/05/03 Zelda Erasmus  
 10,00m 65 S SAMA Colours  
 8,30m 65 M SAMA Medal

Name	Age	Team	Finals
1 Gurtsieva, Olga	W65	Foreign Athlete	10,28m S
2 # 1160 Van Dyk, Anna Bar	W68	Gauteng North	8,16m
3 # 5268 Stoffberg, Tertia	W69	Western Province	7,19m

**W70 Weight Throw**

70 SA Record: N 10,97m 2019/05/03 Susanna du Bruyn, KZN  
 70 WP Record: P 8,96m 2015/07/25 Elize Grobbelaar  
 9,00m 70 S SAMA Colours  
 7,50m 70 M SAMA Medal

Name	Age	Team	Finals
1 # 5228 Griesel, Ronél	W70	Western Province	8,18mPM
2 # 5225 Du Toit, Aletta	W71	Western Province	7,78m M

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****....W70 Weight Throw**

3 # 1128	Fourie, Ena	W74	Gauteng North	7,71m	M
4 # 1157	Van Der Walt, Mig	W71	Gauteng North	7,00m	
5 # 1199	Van Eck, Suzi	W73	Gauteng North	6,11m	

**W75 Weight Throw**

75 SA Record: N 12,50m 2017/04/08 Penny England, AVT  
 75 WP Record: P 10,71m 2022/04/09 Elize Grobbelaar  
                   8,50m 75 S SAMA Colours  
                   7,10m 75 M SAMA Medal

Name	Age	Team	Finals
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1 # 5222	Grobbelaar, Elize	W77	Western Province	9,45m	S
2 # 1132	Grobler, Babsie	W79	Gauteng North	7,75m	M

**M30 Weight Throw**

30 SA Record: N 12,48m 2006/04/29 M. Ueckermann  
 30 WP Record: P 13,58m B. Coetzee  
                   11,50m 30 M SAMA Medal

Name	Age	Team	Finals
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1 # 5399	Theron, Barend	M34	Western Province	11,42m	
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**M40 Weight Throw**

40 SA Record: N 21,66m 2017/04/01 Chris Harmse, FSA  
 40 WP Record: P 13,97m 2022/05/06 Shukri Wiener  
                   13,20m 40 S SAMA Colours  
                   10,80m 40 M SAMA Medal

Name	Age	Team	Finals
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1 #18664	Bekker, Kristiaan	M42	Central Gauteng	14,66m	PS
2 # 1132	Wiener, Shukri	M41	Western Province	13,07m	PM

**M45 Weight Throw**

45 SA Record: N 17,17m 2016/05/13 Martin Venter, AGN  
 45 WP Record: P 10,75m Johan Allers  
                   13,00m 45 S SAMA Colours  
                   10,40m 45 M SAMA Medal

Name	Age	Team	Finals
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1 # 1162	Van Zyl, Awie	M49	Gauteng North	11,52m	PM
2 # 5248	Van Der Westhuize	M45	Western Province	10,81m	PM
3 #12382	Van Zyl, Chris	M46	Western Province	9,26m	
4 #12377	Pool, Jaco	M46	Western Province	6,60m	

**M50 Weight Throw**

50 SA Record: N 20,36m 2015/05/15 V. Meiring, AGN  
 50 WP Record: P 12,96m 2011/11/19 John Smit  
                   15,50m 50 S SAMA Colours  
                   13,00m 50 M SAMA Medal

Name	Age	Team	Finals
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1 # 1163	Venter, Martin	M52	Gauteng North	17,77m	PS
2 # 1112	Swanepoel, Jan	M52	Gauteng North	15,28m	PM
3 # 2481	Watson, Rowan	M53	Gauteng North	13,73m	PM

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****....M50 Weight Throw**

4 #18773	De Beer, Andre	M54	Central Gauteng	13,48mPM
5 # 1120	Blaauw, David	M51	Gauteng North	13,10mPM
6 # 5255	Nel, Chris	M53	Western Province	11,85m

**M55 Weight Throw**

55 SA Record: N 18,90m 2023/10/16 Burton Haupt, AGN  
 55 WP Record: P 12,72m Anton Wale  
 15,00m 55 S SAMA Colours  
 12,40m 55 M SAMA Medal

Name	Age	Team	Finals
1 # 100	Botes, Braam	M57 Vaal Triangle	14,60mPM
2 # 1183	Ras, Gerald Josep	M57 Gauteng North	11,42m
3 # 1065	Odendaal, Dirk	M57 Boland	10,97m
4 # 6682	Toll, Michael	M59 Western Province	10,80m
5 #10939	Isaacs, Duncan	M55 Western Province	8,46m
6 # 5400	Van Der Walt, Ste	M55 Western Province	6,95m

**M60 Weight Throw**

60 SA Record: N 20,15m 2017/11/11 Nick Aggouras, AGN  
 60 WP Record: P 15,11m 200/10/21 Steve Johnston  
 16,50m 60 S SAMA Colours  
 13,70m 60 M SAMA Medal

Name	Age	Team	Finals
1 # 1133	Haupt, Burton	M61 Gauteng North	18,02mPS
2 # 1174	Ras, Peter	M60 Gauteng North	15,77mPM
3 # 1118	Bezuidenhout, Vic	M61 Gauteng North	14,97m M
4 # 97	Primo, Derick	M60 Western Province	5,73m

**M65 Weight Throw**

65 SA Record: N 18,75m 2004/11/20 Andrzej Rzepecki, CGA  
 65 WP Record: P 14,64m 204/04/03 Steve Johnston  
 15,50m 65 S SAMA Colours  
 12,80m 65 M SAMA Medal

Name	Age	Team	Finals
1 # 1115	Aggouras, Nicky	M65 Gauteng North	16,53mPS
2 # 1140	Kichenbrand, Step	M65 Gauteng North	15,58mPS
3 # 94	James, Andy	M69 Western Province	8,16m

**M70 Weight Throw**

70 SA Record: N 20,71m 2023/09/07 Andrzej Rzepecki, CGA  
 70 WP Record: P 16,49m 2019/04/13 Norman Hough  
 15,50m 70 S SAMA Colours  
 12,80m 70 M SAMA Medal

Name	Age	Team	Finals
1 # 56	Lombard, Willie	M71 Eastern Province	12,12m
2 # 5227	Erasmus, Nick	M72 Western Province	10,37m

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M75 Weight Throw**

75 SA Record: N 19,53m 2013/04/13 Andrzej Rzepecki, KZN

75 WP Record: P 14,31m Borg Stannius

12,50m 75 S SAMA Colours

10,00m 75 M SAMA Medal

Name	Age Team	Finals
1 # 5224 Hough, Norman	M75 Western Province	13,16m S

**M35 100 Meter Sprint Decathlon**

Name	Age Team	Finals	Wind	Points
1 # 6318 Breytenbach, Eben	M37 Gauteng North	12,23	NWI	606

**M50 100 Meter Sprint Decathlon**

Name	Age Team	Finals	Wind	Points
1 # 1851 Scheepers, Anton	M54 South West D	12,91	NWI	719
2 # 5252 Pool, Arne	M50 Western Province	15,65	NWI	293

**M55 100 Meter Sprint Decathlon**

Name	Age Team	Finals	Wind	Points
1 # 849 Bartleman, Andre	M57 Free State	15,94	NWI	325

**M60 100 Meter Sprint Decathlon**

Name	Age Team	Finals	Wind	Points
1 Solomon, Bruce	M60 Foreign Athlete	13,61	NWI	757

**W35 200 Meter Sprint Heptathlon**

Name	Age Team	Finals	Wind	Points
1 # 1161 Rê, Biancá	W36 Gauteng North	26,34	NWI	767

**W50 200 Meter Sprint Heptathlon**

Name	Age Team	Finals	Wind	Points
1 # 3120 Staal, Michelle	W50 Central Gauteng	31,16	NWI	617

**W60 200 Meter Sprint Heptathlon**

Name	Age Team	Finals	Wind	Points
1 # 5263 Du Plessis, Dalen	W62 Western Province	1:07,38	NWI	

**W70 200 Meter Sprint Heptathlon**

Name	Age Team	Finals	Wind	Points
1 # 2498 Claassen, Stephan	W71 Gauteng North	39,55	NWI	479

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M35 400 Meter Sprint Decathlon**

Name	Age	Team	Finals	Points
1 # 6318 Breytenbach, Eben	M37	Gauteng North	55,28	627

**M50 400 Meter Sprint Decathlon**

Name	Age	Team	Finals	Points
1 # 1851 Scheepers, Anton	M54	South West D	1:01,77	597

**M55 400 Meter Sprint Decathlon**

Name	Age	Team	Finals	Points
1 # 849 Bartleman, Andre	M57	Free State	1:20,70	147

**M60 400 Meter Sprint Decathlon**

Name	Age	Team	Finals	Points
1 Solomon, Bruce	M60	Foreign Athlete	1:09,69	482

**W35 800 Meter Run Heptathlon**

Name	Age	Team	Finals	Points
1 # 1161 Rê, Biancá	W36	Gauteng North	2:18,55	857

**W50 800 Meter Run Heptathlon**

Name	Age	Team	Finals	Points
1 # 3120 Staal, Michelle	W50	Central Gauteng	2:42,25	783

**W60 800 Meter Run Heptathlon**

Name	Age	Team	Finals	Points
1 # 5263 Du Plessis, Dalen	W62	Western Province	6:26,07	

**W70 800 Meter Run Heptathlon**

Name	Age	Team	Finals	Points
1 # 2498 Claassen, Stephan	W71	Gauteng North	3:50,85	490

**M35 1500 Meter Run Decathlon**

Name	Age	Team	Finals	Points
1 # 6318 Breytenbach, Eben	M37	Gauteng North	4:49,77	647

**M50 1500 Meter Run Decathlon**

Name	Age	Team	Finals	Points
1 # 1851 Scheepers, Anton	M54	South West D	6:32,60	314



**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M55 1500 Meter Run Decathlon**

Name	Age	Team	Finals	Points
1 # 849 Bartleman, Andre	M57	Free State	6:47,88	316

**M60 1500 Meter Run Decathlon**

Name	Age	Team	Finals	Points
1 Solomon, Bruce	M60	Foreign Athlete	7:00,94	333

**W50 80 Short Hurdles Heptathlon**

Name	Age	Team	Finals	Wind	Points
1 # 3120 Staal, Michelle	W50	Central Gauteng	14,67	0.2	884

**W60 80 Short Hurdles Heptathlon**

Name	Age	Team	Finals	Wind	Points
1 # 5263 Du Plessis, Dalen	W62	Western Province	39,72	0.2	

**W70 80 Short Hurdles Heptathlon**

Name	Age	Team	Finals	Wind	Points
1 # 2498 Claassen, Stephan	W71	Gauteng North	18,89	0.2	400

**W35 100 Short Hurdles Heptathlon**

Name	Age	Team	Finals	Wind	Points
1 # 1161 Rê, Biancá	W36	Gauteng North	18,05	-0.4	482
2 #10740 De Kock-Dippenaar	W38	Western Province	24,88	-0.4	27

**M50 100 Short Hurdles Decathlon**

Name	Age	Team	Finals	Wind	Points
1 # 1851 Scheepers, Anton	M54	South West D	16,22	NWI	707

**M55 100 Short Hurdles Decathlon**

Name	Age	Team	Finals	Wind	Points
1 # 849 Bartleman, Andre	M57	Free State	21,59	NWI	234

**M60 100 Short Hurdles Decathlon**

Name	Age	Team	Finals	Wind	Points
1 Solomon, Bruce	M60	Foreign Athlete	20,66	NWI	298

**M35 110 Short Hurdles Decathlon**

Name	Age	Team	Finals	Wind	Points
1 # 6318 Breytenbach, Eben	M37	Gauteng North	19,54	0.3	386

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W35 High Jump Heptathlon**

Name	Age	Team	Finals	Points
1 # 1161 Rê, Biancá	W36	Gauteng North	1,43m	566

**W50 High Jump Heptathlon**

Name	Age	Team	Finals	Points
1 # 3120 Staal, Michelle	W50	Central Gauteng	1,27m	621

**W70 High Jump Heptathlon**

Name	Age	Team	Finals	Points
1 # 2498 Claassen, Stephan	W71	Gauteng North	1,04m	621

**M35 High Jump Decathlon**

Name	Age	Team	Finals	Points
1 # 6318 Breytenbach, Eben	M37	Gauteng North	1,47m	374

**M50 High Jump Decathlon**

Name	Age	Team	Finals	Points
1 # 1851 Scheepers, Anton	M54	South West D	1,47m	560

**M55 High Jump Decathlon**

Name	Age	Team	Finals	Points
1 # 849 Bartleman, Andre	M57	Free State	1,29m	457

**M60 High Jump Decathlon**

Name	Age	Team	Finals	Points
1 Solomon, Bruce	M60	Foreign Athlete	1,26m	488

**M35 Pole Vault Decathlon**

Name	Age	Team	Finals	Points
1 # 6318 Breytenbach, Eben	M37	Gauteng North	3,10m	389

**M50 Pole Vault Decathlon**

Name	Age	Team	Finals	Points
1 # 1851 Scheepers, Anton	M54	South West D	2,80m	449

**M55 Pole Vault Decathlon**

Name	Age	Team	Finals	Points
-- # 849 Bartleman, Andre	M57	Free State	DNF	

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M60 Pole Vault Decathlon**

Name	Age	Team	Finals	Points
1		Solomon, Bruce	M60 Foreign Athlete	2,10m 331

**W35 Long Jump Heptathlon**

Name	Age	Team	Finals	Wind	Points
1 # 1161		Rê, Biancá	W36 Gauteng North	4,59m NWI	487

**W50 Long Jump Heptathlon**

Name	Age	Team	Finals	Wind	Points
1 # 3120		Staal, Michelle	W50 Central Gauteng	4,09m NWI	559

**W60 Long Jump Heptathlon**

Name	Age	Team	Finals	Wind	Points
1 # 5263		Du Plessis, Dalen	W62 Western Province	1,91m NWI	50

**W70 Long Jump Heptathlon**

Name	Age	Team	Finals	Wind	Points
1 # 2498		Claassen, Stephan	W71 Gauteng North	3,11m NWI	532

**M35 Long Jump Decathlon**

Name	Age	Team	Finals	Wind	Points
1 # 6318		Breytenbach, Eben	M37 Gauteng North	5,74m NWI	578

**M50 Long Jump Decathlon**

Name	Age	Team	Finals	Wind	Points
1 # 1851		Scheepers, Anton	M54 South West D	4,63m NWI	521
2 # 5252		Pool, Arne	M50 Western Province	4,06m NWI	380

**M55 Long Jump Decathlon**

Name	Age	Team	Finals	Wind	Points
1 # 849		Bartleman, Andre	M57 Free State	3,22m NWI	239

**M60 Long Jump Decathlon**

Name	Age	Team	Finals	Wind	Points
1		Solomon, Bruce	M60 Foreign Athlete	4,00m NWI	492

**W35 Shot Put Heptathlon**

Name	Age	Team	Finals	Points
1 # 1161		Rê, Biancá	W36 Gauteng North	10,30m 573

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W35 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 7690 Killian, Ursula	W36	Gauteng North	11,32m	643

**W40 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points
1 #12400 Gerstner, Juanita	W40	Western Province	9,83m	593
2 # 5240 Albertyn, Este	W40	Western Province	8,46m	493
3 # 5244 Compion, Maria	W42	Western Province	8,40m	488

**W45 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1940 De Villiers, Azel	W47	Central Gauteng	8,81m	570
2 # 6435 Strauss, Michelle	W48	Gauteng North	8,53m	548
3 # 1119 Blaauw, Anja	W49	Gauteng North	7,43m	462

**W50 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1138 Jordaan, Antonett	W51	Gauteng North	10,52m	655
2 # 6411 Fleming, Daleen	W50	Gauteng North	9,24m	560
3 # 68 Louw, Marisa	W53	Eastern Province	8,19m	482

**W50 Shot Put Heptathlon**

Name	Age	Team	Finals	Points
1 # 3120 Staal, Michelle	W50	Central Gauteng	7,60m	439

**W55 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1841 Knobel, Heleen	W57	South West D	10,35m	712
2 # 1021 Smit, Jackie	W59	Boland	8,57m	567
3 #11581 De Bruyn, Sonja	W56	Western Province	7,44m	476

**W60 Shot Put Heptathlon**

Name	Age	Team	Finals	Points
1 # 5263 Du Plessis, Dalen	W62	Western Province	4,53m	280

**W60 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 5223 Dramat, Farieda	W64	Western Province	8,81m	656
2 # 1111 Hennop, Ansie	W60	Gauteng North	7,22m	514
3 #19235 Claassen, Zelda	W63	Central Gauteng	6,87m	483

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W65 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points	
1		Gurtsieva, Olga	W65 Foreign Athlete	7,07m	566
2	# 1160	Van Dyk, Anna Bar	W68 Gauteng North	6,41m	501
3	# 5268	Stoffberg, Tertia	W69 Western Province	6,12m	473

**W70 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points	
1	# 5228	Griesel, Ronél	W70 Western Province	7,65m	709
2	# 1128	Fourie, Ena	W74 Gauteng North	7,07m	645
3	#18771	Ferreira, Mercia	W74 Central Gauteng	6,78m	613
4	# 1157	Van Der Walt, Mig	W71 Gauteng North	5,75m	501
5	# 1199	Van Eck, Suzi	W73 Gauteng North	5,39m	462
6	# 5225	Du Toit, Aletta	W71 Western Province	5,16m	437

**W70 Shot Put Heptathlon**

Name	Age	Team	Finals	Points	
1	# 2498	Claassen, Stephan	W71 Gauteng North	7,25m	664

**W75 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points	
1	# 5222	Grobbelaar, Elize	W77 Western Province	5,74m	449
2	# 1132	Grobler, Babsie	W79 Gauteng North	4,80m	356

**M30 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points	
1	# 5399	Theron, Barend	M34 Western Province	11,94m	603

**M35 Shot Put Decathlon**

Name	Age	Team	Finals	Points	
1	# 6318	Breytenbach, Eben	M37 Gauteng North	10,05m	516

**M40 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points	
1	# 1132	Wiener, Shukri	M41 Western Province	11,22m	636

**M45 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points	
1	# 5248	Van Der Westhuize	M45 Western Province	12,34m	768
2	# 1162	Van Zyl, Awie	M49 Gauteng North	12,25m	761
3	#12382	Van Zyl, Chris	M46 Western Province	9,57m	567
4	#12377	Pool, Jaco	M46 Western Province	7,50m	420

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M50 Shot Put Decathlon**

Name	Age	Team	Finals	Points
1 # 1851 Scheepers, Anton	M54	South West D	10,16m	590
2 # 5252 Pool, Arne	M50	Western Province	8,92m	504

**M50 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1163 Venter, Martin	M52	Gauteng North	13,28m	810
2 # 2481 Watson, Rowan	M53	Gauteng North	12,90m	784
3 # 1112 Swanepoel, Jan	M52	Gauteng North	12,63m	764
4 # 5255 Nel, Chris	M53	Western Province	11,37m	675
5 # 1120 Blaauw, David	M51	Gauteng North	10,05m	582
-- #18773 De Beer, Andre	M54	Central Gauteng	DNF	

**M55 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1183 Ras, Gerald Josep	M57	Gauteng North	9,25m	575
2 # 1065 Odendaal, Dirk	M57	Boland	8,91m	549
3 # 5400 Van Der Walt, Ste	M55	Western Province	8,55m	522

**M55 Shot Put Decathlon**

Name	Age	Team	Finals	Points
1 # 849 Bartleman, Andre	M57	Free State	8,08m	487

**M60 Shot Put Decathlon**

Name	Age	Team	Finals	Points
1 Solomon, Bruce	M60	Foreign Athlete	10,71m	675

**M60 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1133 Haupt, Burton	M61	Gauteng North	14,39m	952
2 # 1118 Bezuidenhout, Vic	M61	Gauteng North	12,98m	845
3 # 1174 Ras, Peter	M60	Gauteng North	10,48m	657

**M65 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1140 Kichenbrand, Step	M65	Gauteng North	10,66m	740
2 # 1845 Ferreira, Frik	M67	South West D	9,04m	608

**M70 Shot Put Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 56 Lombard, Willie	M71	Eastern Province	9,91m	662

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M75 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5224 Hough, Norman	M75 Western Province	9,82m	736

**W35 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 7690 Killian, Ursula	W36 Gauteng North	40,45m	663

**W40 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 #12400 Gerstner, Juanita	W40 Western Province	31,25m	530
2 # 5240 Albertyn, Este	W40 Western Province	28,97m	483
3 # 5244 Compion, Maria	W42 Western Province	22,99m	363

**W45 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 6435 Strauss, Michelle	W48 Gauteng North	21,80m	381
2 # 1119 Blaauw, Anja	W49 Gauteng North	21,33m	371
3 # 1940 De Villiers, Azel	W47 Central Gauteng	21,12m	366

**W50 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 6411 Fleming, Daleen	W50 Gauteng North	34,70m	751
2 # 1138 Jordaan, Antonett	W51 Gauteng North	29,08m	609
3 # 68 Louw, Marisa	W53 Eastern Province	19,83m	381

**W55 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1841 Knobel, Heleen	W57 South West D	31,27m	746
2 # 1021 Smit, Jackie	W59 Boland	25,72m	592
3 #11581 De Bruyn, Sonja	W56 Western Province	18,22m	388

**W60 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5223 Dramat, Farieda	W64 Western Province	19,07m	467
2 # 1111 Hennop, Ansie	W60 Gauteng North	17,89m	432
3 #19235 Claassen, Zelda	W63 Central Gauteng	16,93m	404

**W65 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 Gurtsieva, Olga	W65 Foreign Athlete	21,22m	608
2 # 1160 Van Dyk, Anna Bar	W68 Gauteng North	15,09m	402
3 # 5268 Stoffberg, Tertia	W69 Western Province	13,21m	340

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W70 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5228 Griesel, Ronél	W70 Western Province	17,42m	554
2 # 1128 Fourie, Ena	W74 Gauteng North	16,68m	526
3 #18771 Ferreira, Mercia	W74 Central Gauteng	16,08m	503
4 # 1199 Van Eck, Suzi	W73 Gauteng North	14,13m	429
5 # 5225 Du Toit, Aletta	W71 Western Province	13,35m	400
6 # 1157 Van Der Walt, Mig	W71 Gauteng North	12,71m	376

**W75 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5222 Grobbelaar, Elize	W77 Western Province	13,74m	408
2 # 1132 Grobler, Babsie	W79 Gauteng North	13,35m	394

**M30 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5399 Theron, Barend	M34 Western Province	34,31m	550

**M35 Discus Throw Decathlon**

Name	Age Team	Finals	Points
1 # 6318 Breytenbach, Eben	M37 Gauteng North	35,52m	574

**M40 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1132 Wiener, Shukri	M41 Western Province	31,27m	501

**M45 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1162 Van Zyl, Awie	M49 Gauteng North	36,45m	656
2 # 5248 Van Der Westhuize	M45 Western Province	36,00m	646
3 #12382 Van Zyl, Chris	M46 Western Province	24,83m	405
4 #12377 Pool, Jaco	M46 Western Province	17,42m	252

**M50 Discus Throw Decathlon**

Name	Age Team	Finals	Points
1 # 1851 Scheepers, Anton	M54 South West D	30,96m	488

**M50 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 2481 Watson, Rowan	M53 Gauteng North	44,28m	759
2 # 1112 Swanepoel, Jan	M52 Gauteng North	44,06m	754
3 # 1163 Venter, Martin	M52 Gauteng North	36,35m	596
4 # 5255 Nel, Chris	M53 Western Province	32,64m	522
5 #18773 De Beer, Andre	M54 Central Gauteng	31,60m	501
6 # 1120 Blaauw, David	M51 Gauteng North	30,82m	485



**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M55 Discus Throw Decathlon**

Name	Age Team	Finals	Points
1 # 849 Bartleman, Andre	M57 Free State	21,70m	340

**M55 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1065 Odendaal, Dirk	M57 Boland	22,37m	354
2 # 1183 Ras, Gerald Josep	M57 Gauteng North	20,78m	321
3 # 5400 Van Der Walt, Ste	M55 Western Province	20,41m	313

**M60 Discus Throw Decathlon**

Name	Age Team	Finals	Points
1 Solomon, Bruce	M60 Foreign Athlete	32,95m	500

**M60 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1133 Haupt, Burton	M61 Gauteng North	51,76m	870
2 # 1118 Bezuidenhout, Vic	M61 Gauteng North	37,55m	589
3 # 1174 Ras, Peter	M60 Gauteng North	35,42m	547

**M65 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1140 Kichenbrand, Step	M65 Gauteng North	37,50m	659
2 # 1845 Ferreira, Frik	M67 South West D	27,39m	445

**M70 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 56 Lombard, Willie	M71 Eastern Province	26,41m	485

**M75 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5224 Hough, Norman	M75 Western Province	29,16m	634

**W35 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 7690 Killian, Ursula	W36 Gauteng North	17,72m	208

**W40 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5240 Albertyn, Este	W40 Western Province	31,88m	507
2 #12400 Gerstner, Juanita	W40 Western Province	22,36m	325
3 # 5244 Compion, Maria	W42 Western Province	22,27m	323

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W45 Hammer Throw Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 6435 Strauss, Michelle	W48	Gauteng North	32,44m	581
2 # 1940 De Villiers, Azel	W47	Central Gauteng	24,01m	402
3 # 1119 Blaauw, Anja	W49	Gauteng North	21,50m	349

**W50 Hammer Throw Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1138 Jordaan, Antonett	W51	Gauteng North	34,32m	589
2 # 68 Louw, Marisa	W53	Eastern Province	31,81m	538
3 # 6411 Fleming, Daleen	W50	Gauteng North	30,11m	503

**W55 Hammer Throw Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1841 Knobel, Heleen	W57	South West D	39,85m	792
2 # 1021 Smit, Jackie	W59	Boland	35,67m	696
3 #11581 De Bruyn, Sonja	W56	Western Province	17,97m	298

**W60 Hammer Throw Throws Pentathlon**

Name	Age	Team	Finals	Points
1 #19235 Claassen, Zelda	W63	Central Gauteng	23,93m	492
2 # 5223 Dramat, Farieda	W64	Western Province	23,73m	487
3 # 1111 Hennop, Ansie	W60	Gauteng North	20,53m	407

**W65 Hammer Throw Throws Pentathlon**

Name	Age	Team	Finals	Points
1 Gurtsieva, Olga	W65	Foreign Athlete	27,85m	677
2 # 5268 Stoffberg, Tertia	W69	Western Province	19,83m	450
3 # 1160 Van Dyk, Anna Bar	W68	Gauteng North	17,57m	387

**W70 Hammer Throw Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1128 Fourie, Ena	W74	Gauteng North	20,77m	553
2 # 5228 Griesel, Ronél	W70	Western Province	20,73m	552
3 # 5225 Du Toit, Aletta	W71	Western Province	17,72m	456
4 #18771 Ferreira, Mercia	W74	Central Gauteng	16,61m	421
5 # 1199 Van Eck, Suzi	W73	Gauteng North	16,18m	407
6 # 1157 Van Der Walt, Mig	W71	Gauteng North	15,18m	376

**W75 Hammer Throw Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 5222 Grobbelaar, Elize	W77	Western Province	21,21m	481
2 # 1132 Grobler, Babsie	W79	Gauteng North	15,07m	312

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M30 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5399 Theron, Barend	M34 Western Province	32,34m	414

**M40 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1132 Wiener, Shukri	M41 Western Province	34,32m	474

**M45 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1162 Van Zyl, Awie	M49 Gauteng North	36,54m	553
2 # 5248 Van Der Westhuize	M45 Western Province	34,02m	507
3 #12382 Van Zyl, Chris	M46 Western Province	26,84m	376
4 #12377 Pool, Jaco	M46 Western Province	19,40m	243

**M50 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1163 Venter, Martin	M52 Gauteng North	45,48m	698
2 #18773 De Beer, Andre	M54 Central Gauteng	35,64m	520
3 # 5255 Nel, Chris	M53 Western Province	34,51m	500
4 # 2481 Watson, Rowan	M53 Gauteng North	34,50m	500
5 # 1112 Swanepoel, Jan	M52 Gauteng North	32,87m	471
6 # 1120 Blaauw, David	M51 Gauteng North	23,21m	301

**M55 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1065 Odendaal, Dirk	M57 Boland	28,32m	430
2 # 1183 Ras, Gerald Josep	M57 Gauteng North	28,21m	428
3 # 5400 Van Der Walt, Ste	M55 Western Province	15,17m	183

**M60 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1133 Haupt, Burton	M61 Gauteng North	43,13m	712
2 # 1118 Bezuidenhout, Vic	M61 Gauteng North	39,12m	634
3 # 1174 Ras, Peter	M60 Gauteng North	36,15m	577

**M65 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1140 Kichenbrand, Step	M65 Gauteng North	37,55m	676
2 # 1845 Ferreira, Frik	M67 South West D	24,58m	402

**M70 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 56 Lombard, Willie	M71 Eastern Province	28,40m	478

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M75 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5224 Hough, Norman	M75 Western Province	34,11m	689

**W35 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 7690 Killian, Ursula	W36 Gauteng North	34,92m	586

**W35 Javelin Throw Heptathlon**

Name	Age Team	Finals	Points
1 # 1161 Rê, Biancá	W36 Gauteng North	29,77m	486

**W40 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 #12400 Gerstner, Juanita	W40 Western Province	23,26m	406
2 # 5244 Compion, Maria	W42 Western Province	19,73m	332
3 # 5240 Albertyn, Este	W40 Western Province	19,31m	323

**W45 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 6435 Strauss, Michelle	W48 Gauteng North	23,57m	466
2 # 1119 Blaauw, Anja	W49 Gauteng North	22,43m	439
3 # 1940 De Villiers, Azel	W47 Central Gauteng	14,74m	259

**W50 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1138 Jordaan, Antonett	W51 Gauteng North	21,26m	418
2 # 68 Louw, Marisa	W53 Eastern Province	18,51m	352
3 # 6411 Fleming, Daleen	W50 Gauteng North	15,29m	277

**W50 Javelin Throw Heptathlon**

Name	Age Team	Finals	Points
1 # 3120 Staal, Michelle	W50 Central Gauteng	22,36m	444

**W55 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1841 Knobel, Heleen	W57 South West D	28,50m	669
2 #11581 De Bruyn, Sonja	W56 Western Province	17,75m	382
3 # 1021 Smit, Jackie	W59 Boland	17,31m	370

**W60 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5223 Dramat, Farieda	W64 Western Province	15,42m	368

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****...W60 Javelin Throw Throws Pentathlon**

2 # 1111 Hennop, Ansie	W60 Gauteng North	11,38m	250
3 #19235 Claassen, Zelda	W63 Central Gauteng	10,84m	234

**W60 Javelin Throw Heptathlon**

Name	Age Team	Finals	Points
1 # 5263 Du Plessis, Dalen	W62 Western Province	9,90m	207

**W65 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1160 Van Dyk, Anna Bar	W68 Gauteng North	14,78m	404
2 Gurtsieva, Olga	W65 Foreign Athlete	12,80m	338
3 # 5268 Stoffberg, Tertia	W69 Western Province	8,84m	208

**W70 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 #18771 Ferreira, Mercia	W74 Central Gauteng	14,83m	470
2 # 5228 Griesel, Ronél	W70 Western Province	14,18m	446
3 # 1128 Fourie, Ena	W74 Gauteng North	12,09m	367
4 # 1157 Van Der Walt, Mig	W71 Gauteng North	11,65m	350
5 # 1199 Van Eck, Suzi	W73 Gauteng North	10,21m	297
6 # 5225 Du Toit, Aletta	W71 Western Province	9,51m	271

**W70 Javelin Throw Heptathlon**

Name	Age Team	Finals	Points
1 # 2498 Claassen, Stephan	W71 Gauteng North	15,50m	496

**W75 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5222 Grobbelaar, Elize	W77 Western Province	10,85m	329
2 # 1132 Grobler, Babsie	W79 Gauteng North	7,98m	220

**M30 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5399 Theron, Barend	M34 Western Province	34,15m	358

**M35 Javelin Throw Decathlon**

Name	Age Team	Finals	Points
1 # 6318 Breytenbach, Eben	M37 Gauteng North	35,30m	397

**M40 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1132 Wiener, Shukri	M41 Western Province	37,75m	476

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M45 Javelin Throw Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 5248 Van Der Westhuizen	M45	Western Province	39,73m	561
2 # 1162 Van Zyl, Awie	M49	Gauteng North	35,21m	480
3 #12382 Van Zyl, Chris	M46	Western Province	33,20m	445
4 #12377 Pool, Jaco	M46	Western Province	18,40m	192

**M50 Javelin Throw Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1163 Venter, Martin	M52	Gauteng North	34,64m	480
2 # 2481 Watson, Rowan	M53	Gauteng North	32,10m	434
3 # 1120 Blaauw, David	M51	Gauteng North	29,22m	383
4 # 1112 Swanepoel, Jan	M52	Gauteng North	27,75m	357
5 # 5255 Nel, Chris	M53	Western Province	24,69m	304
6 #18773 De Beer, Andre	M54	Central Gauteng	22,80m	271

**M50 Javelin Throw Decathlon**

Name	Age	Team	Finals	Points
1 # 1851 Scheepers, Anton	M54	South West D	24,18m	295

**M55 Javelin Throw Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 5400 Van Der Walt, Ste	M55	Western Province	33,43m	513
2 # 1183 Ras, Gerald Josep	M57	Gauteng North	21,69m	287
3 # 1065 Odendaal, Dirk	M57	Boland	19,35m	243

**M55 Javelin Throw Decathlon**

Name	Age	Team	Finals	Points
1 # 849 Bartleman, Andre	M57	Free State	27,31m	394

**M60 Javelin Throw Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1118 Bezuidenhout, Vic	M61	Gauteng North	39,49m	648
2 # 1133 Haupt, Burton	M61	Gauteng North	35,08m	559
3 # 1174 Ras, Peter	M60	Gauteng North	24,27m	344

**M60 Javelin Throw Decathlon**

Name	Age	Team	Finals	Points
1 Solomon, Bruce	M60	Foreign Athlete	37,29m	603

**M65 Javelin Throw Throws Pentathlon**

Name	Age	Team	Finals	Points
1 # 1140 Kichenbrand, Step	M65	Gauteng North	44,40m	850
2 # 1845 Ferreira, Frik	M67	South West D	29,02m	501

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M70 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 56 Lombard, Willie	M71 Eastern Province	23,00m	382

**M75 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5224 Hough, Norman	M75 Western Province	27,43m	568

**W35 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 7690 Killian, Ursula	W36 Gauteng North	13,31m	616

**W40 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5240 Albertyn, Este	W40 Western Province	11,28m	554
2 #12400 Gerstner, Juanita	W40 Western Province	8,99m	421
3 # 5244 Compion, Maria	W42 Western Province	7,27m	322

**W45 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 6435 Strauss, Michelle	W48 Gauteng North	10,24m	544
2 # 1940 De Villiers, Azel	W47 Central Gauteng	8,20m	415
3 # 1119 Blaauw, Anja	W49 Gauteng North	6,83m	330

**W50 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 68 Louw, Marisa	W53 Eastern Province	13,60m	717
2 # 1138 Jordaan, Antonett	W51 Gauteng North	11,32m	578
3 # 6411 Fleming, Daleen	W50 Gauteng North	10,87m	550

**W55 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1841 Knobel, Heleen	W57 South West D	13,76m	807
2 # 1021 Smit, Jackie	W59 Boland	8,85m	479
3 #11581 De Bruyn, Sonja	W56 Western Province	7,45m	388

**W60 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 #19235 Claassen, Zelda	W63 Central Gauteng	9,58m	482
2 # 5223 Dramat, Farieda	W64 Western Province	9,30m	464
3 # 1111 Hennop, Ansie	W60 Gauteng North	8,15m	394

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W65 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 Gurtsieva, Olga	W65 Foreign Athlete	11,32m	665
2 # 1160 Van Dyk, Anna Bar	W68 Gauteng North	8,25m	456
3 # 5268 Stoffberg, Tertia	W69 Western Province	7,16m	383

**W70 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1128 Fourie, Ena	W74 Gauteng North	8,31m	528
2 # 5225 Du Toit, Aletta	W71 Western Province	7,88m	495
3 # 5228 Griesel, Ronél	W70 Western Province	7,84m	492
4 #18771 Ferreira, Mercia	W74 Central Gauteng	7,06m	433
5 # 1157 Van Der Walt, Mig	W71 Gauteng North	6,88m	419
6 # 1199 Van Eck, Suzi	W73 Gauteng North	6,78m	412

**W75 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5222 Grobbelaar, Elize	W77 Western Province	9,74m	595
2 # 1132 Grobler, Babsie	W79 Gauteng North	7,62m	443

**M30 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5399 Theron, Barend	M34 Western Province	11,83m	555

**M40 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1132 Wiener, Shukri	M41 Western Province	12,30m	628

**M45 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5248 Van Der Westhuizen	M45 Western Province	11,17m	606
2 # 1162 Van Zyl, Awie	M49 Gauteng North	10,65m	572
3 #12382 Van Zyl, Chris	M46 Western Province	9,29m	485
4 #12377 Pool, Jaco	M46 Western Province	6,33m	297

**M50 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1163 Venter, Martin	M52 Gauteng North	16,34m	810
2 # 1112 Swanepoel, Jan	M52 Gauteng North	14,65m	713
3 # 2481 Watson, Rowan	M53 Gauteng North	13,94m	672
4 #18773 De Beer, Andre	M54 Central Gauteng	12,40m	585
5 # 5255 Nel, Chris	M53 Western Province	11,63m	542
6 # 1120 Blaauw, David	M51 Gauteng North	10,97m	505



**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M55 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1065 Odendaal, Dirk	M57 Boland	10,22m	504
2 # 1183 Ras, Gerald Josep	M57 Gauteng North	9,99m	491
3 # 5400 Van Der Walt, Ste	M55 Western Province	8,23m	385

**M60 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1133 Haupt, Burton	M61 Gauteng North	18,15m	923
2 # 1118 Bezuidenhout, Vic	M61 Gauteng North	15,40m	764
3 # 1174 Ras, Peter	M60 Gauteng North	14,45m	709

**M65 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 1140 Kichenbrand, Step	M65 Gauteng North	15,33m	829
2 # 1845 Ferreira, Frik	M67 South West D	9,52m	470

**M70 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 56 Lombard, Willie	M71 Eastern Province	12,66m	620

**M75 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Points
1 # 5224 Hough, Norman	M75 Western Province	13,19m	724

**M35 Decathlon**

35 SA Record: N	5575	A. vd Burgh	
35 WP Record: P	5575	A. Vd Burgh	
	5300	35 S SAMA Colours	
	4400	35 M SAMA Medal	
Name	Age Team	Finals	H#
1 # 6318 Breytenbach, Eben	M37 Gauteng North	5094,00 M	

**M50 Decathlon**

50 SA Record: N	6817	2002/05/05 Johan Allers, WPA	
50 WP Record: P	6817	Johan Allers	
	5700	50 S SAMA Colours	
	4730	50 M SAMA Medal	
Name	Age Team	Finals	H#
1 # 1851 Scheepers, Anton	M54 South West D	5240,00 M	

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M55 Decathlon**

55 SA Record: N	6387	2003/07/04	N. Hough		
55 WP Record: P	6387		Norman Hough		
	5800	55 S	SAMA Colours		
	4800	55 M	SAMA Medal		
Name	Age	Team	Finals	H#	
1 # 849 Bartleman, Andre	M57	Free State	2939,00		

**M60 Decathlon**

60 SA Record: N	6524		Ron Cross, WPA		
60 WP Record: P	6524		Ron Cross		
	5800	60 S	SAMA Colours		
	4800	60 M	SAMA Medal		
Name	Age	Team	Finals	H#	
1 Solomon, Bruce	M60	Foreign Athlete	4959,00 M		

**W35 Heptathlon**

35 SA Record: N	3912	2011/04/30	Marlett Watson, SWD		
	3000	35 S	SAMA Colours		
	2490	35 M	SAMA Medal		
Name	Age	Team	Finals	H#	
1 # 1161 Rê, Biancá	W36	Gauteng North	4218,00NS		

**W50 Heptathlon**

50 SA Record: N	4108	2000/04/29	Mercia Ferreira, CGA		
	4000	50 S	SAMA Colours		
	3320	50 M	SAMA Medal		
Name	Age	Team	Finals	H#	
1 # 3120 Staal, Michelle	W50	Central Gauteng	4347,00NS		

**W60 Heptathlon**

60 SA Record: N	5205	2003/07/04	Magdalena Tomlinson, KZN		
	3700	60 S	SAMA Colours		
	3070	60 M	SAMA Medal		
Name	Age	Team	Finals	H#	
1 # 5263 Du Plessis, Dalen	W62	Western Province	812,00		

**W70 Heptathlon**

70 SA Record: N	5447	2021/11/13	Stephanie Claassen, AGN		
70 WP Record: P	5157		Isabel Hofmeyr		
	3000	70 S	SAMA Colours		
	2490	70 M	SAMA Medal		
Name	Age	Team	Finals	H#	
1 # 2498 Claassen, Stephan	W71	Gauteng North	3682,00 S		

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W35 Throws Pentathlon**

35 SA Record: N 3642 2022/05/05 Tanya Pubalakan, AGN  
 35 WP Record: P 2845 2013/12/07 Marilize Coetzee  
 2800 35 S SAMA Colours  
 2500 35 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 7690 Killian, Ursula	W36	Gauteng North	2716,00	M

**W40 Throws Pentathlon**

40 SA Record: N 3148 2013/04/26 Janita Eva, AGN  
 40 WP Record: P 2274 2017/12/02 Sanet Kruger  
 3100 40 S SAMA Colours  
 2650 40 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 5240 Albertyn, Este	W40	Western Province	2360,00	P
2 #12400 Gerstner, Juanita	W40	Western Province	2275,00	P
3 # 5244 Compion, Maria	W42	Western Province	1828,00	

**W45 Throws Pentathlon**

45 SA Record: N 3897 2014/04/26 Heleen Knobel, SWD  
 45 WP Record: P 2628 Elize Engelbrecht  
 3300 45 S SAMA Colours  
 2880 45 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 6435 Strauss, Michelle	W48	Gauteng North	2520,00	
2 # 1940 De Villiers, Azel	W47	Central Gauteng	2012,00	
3 # 1119 Blaauw, Anja	W49	Gauteng North	1951,00	

**W50 Throws Pentathlon**

50 SA Record: N 4346 2018/04/27 Heleen Knobel, SWD  
 50 WP Record: P 3022 Tertia Stoffberg  
 3400 50 S SAMA Colours  
 2880 50 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 1138 Jordaan, Antonett	W51	Gauteng North	2849,00	
2 # 6411 Fleming, Daleen	W50	Gauteng North	2641,00	
3 # 68 Louw, Marisa	W53	Eastern Province	2470,00	

**W55 Throws Pentathlon**

55 SA Record: N 4457 2021/11/17 Heleen Knobel, SWD  
 55 WP Record: P 3729 H. Schoonwinkel  
 3500 55 S SAMA Colours  
 2880 55 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 1841 Knobel, Heleen	W57	South West D	3726,00	S
2 # 1021 Smit, Jackie	W59	Boland	2704,00	
3 #11581 De Bruyn, Sonja	W56	Western Province	1932,00	

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W60 Throws Pentathlon**

60 SA Record: N 4036 2010/04/30 Hester Schoonwinkel, WPA  
 60 WP Record: P 3307 Susan Malherbe  
 3400 60 S SAMA Colours  
 2880 60 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 5223 Dramat, Farieda	W64	Western Province	2442,00	
2 #19235 Claassen, Zelda	W63	Central Gauteng	2095,00	
3 # 1111 Hennop, Ansie	W60	Gauteng North	1997,00	

**W65 Throws Pentathlon**

65 SA Record: N 3632 2006/04/28 A. Olivier  
 65 WP Record: P 3369 2019/12/07 Zelda Erasmus  
 3400 65 S SAMA Colours  
 2880 65 M SAMA Medal

Name	Age	Team	Finals	H#
1 Gurtsieva, Olga	W65	Foreign Athlete	2854,00	
2 # 1160 Van Dyk, Anna Bar	W68	Gauteng North	2150,00	
3 # 5268 Stoffberg, Tertia	W69	Western Province	1854,00	

**W70 Throws Pentathlon**

70 SA Record: N 3727 2019/03/30 Mercia Ferreira, CGA  
 70 WP Record: P 3016 Susan Malherbe  
 3100 70 S SAMA Colours  
 2350 70 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 5228 Griesel, Ronél	W70	Western Province	2753,00 M	
2 # 1128 Fourie, Ena	W74	Gauteng North	2619,00 M	
3 #18771 Ferreira, Mercia	W74	Central Gauteng	2440,00 M	
4 # 5225 Du Toit, Aletta	W71	Western Province	2059,00	
5 # 1157 Van Der Walt, Mig	W71	Gauteng North	2022,00	
6 # 1199 Van Eck, Suzi	W73	Gauteng North	2007,00	

**W75 Throws Pentathlon**

75 SA Record: N 4203 2016/05/13 Penny England, AVT  
 75 WP Record: P 2953 2022/04/09 Elize Grobbelaar  
 3000 75 S SAMA Colours  
 2350 75 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 5222 Grobbelaar, Elize	W77	Western Province	2262,00	
2 # 1132 Grobler, Babsie	W79	Gauteng North	1725,00	

**M30 Throws Pentathlon**

30 SA Record: N 2696 2002/05/04 C. Scheepers  
 30 WP Record: P 2852 B. Coetzee  
 2100 30 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 5399 Theron, Barend	M34	Western Province	2480,00 M	

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M40 Throws Pentathlon**

40 SA Record:	N	4851	2015/05/15	Chris Harmse, FSA		
40 WP Record:	P	3061	2022/12/03	Edwill Van Der Westhuizen		
		2900	40 S	SAMA Colours		
		2250	40 M	SAMA Medal		
Name		Age	Team	Finals	H#	
1 # 1132	Wiener, Shukri	M41	Western Province	2715,00	M	

**M45 Throws Pentathlon**

45 SA Record:	N	3965	2018/04/27	Martin Venter, AGN		
45 WP Record:	P	3209		Norman Hough		
		3200	45 S	SAMA Colours		
		2480	45 M	SAMA Medal		
Name		Age	Team	Finals	H#	
1 # 5248	Van Der Westhuize	M45	Western Province	3088,00	M	
2 # 1162	Van Zyl, Awie	M49	Gauteng North	3022,00	M	
3 #12382	Van Zyl, Chris	M46	Western Province	2278,00		
4 #12377	Pool, Jaco	M46	Western Province	1404,00		

**M50 Throws Pentathlon**

50 SA Record:	N	4258	2014/04/26	Burton Haupt, AGN		
50 WP Record:	P	3234		Johan Allers		
		3400	50 S	SAMA Colours		
		2800	50 M	SAMA Medal		
Name		Age	Team	Finals	H#	
1 # 1163	Venter, Martin	M52	Gauteng North	3394,00	PM	
2 # 2481	Watson, Rowan	M53	Gauteng North	3149,00	M	
3 # 1112	Swanepoel, Jan	M52	Gauteng North	3059,00	M	
4 # 5255	Nel, Chris	M53	Western Province	2543,00		
5 # 1120	Blaauw, David	M51	Gauteng North	2256,00		
6 #18773	De Beer, Andre	M54	Central Gauteng	1877,00		

**M55 Throws Pentathlon**

55 SA Record:	N	4800	2023/10/16	Burton Haupt, AGN		
55 WP Record:	P	3353		Anton Wale		
		3500	55 S	SAMA Colours		
		2810	55 M	SAMA Medal		
Name		Age	Team	Finals	H#	
1 # 1183	Ras, Gerald Josep	M57	Gauteng North	2102,00		
2 # 1065	Odendaal, Dirk	M57	Boland	2080,00		
3 # 5400	Van Der Walt, Ste	M55	Western Province	1916,00		

**M60 Throws Pentathlon**

60 SA Record:	N	4607	2022/05/05	Burton Haupt, AGN		
60 WP Record:	P	3904	201/07/12	Steve Johnston		
		3600	60 S	SAMA Colours		
		2965	60 M	SAMA Medal		
Name		Age	Team	Finals	H#	
1 # 1133	Haupt, Burton	M61	Gauteng North	4016,00	PS	
2 # 1118	Bezuidenhout, Vic	M61	Gauteng North	3480,00	M	
3 # 1174	Ras, Peter	M60	Gauteng North	2834,00		

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M65 Throws Pentathlon**

65 SA Record: N 4623 2004/05/08 Andrzej Rzepecki, CGA  
 65 WP Record: P 3975 204/05/08 Steve Johnston  
 3600 65 S SAMA Colours  
 2965 65 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 1140 Kichenbrand, Step	M65	Gauteng North	3754,00	S
2 # 1845 Ferreira, Frik	M67	South West D	2426,00	

**M70 Throws Pentathlon**

70 SA Record: N 4768 2023/09/07 Andrzej Rzepecki, CGA  
 70 WP Record: P 4079 2019/05/02 Norman Hough  
 3600 70 S SAMA Colours  
 2965 70 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 56 Lombard, Willie	M71	Eastern Province	2627,00	

**M75 Throws Pentathlon**

75 SA Record: N 4633 2005/02/26 Borg Stannius, WPA  
 75 WP Record: P 4633 Borg Stannius  
 3200 75 S SAMA Colours  
 2575 75 M SAMA Medal

Name	Age	Team	Finals	H#
1 # 5224 Hough, Norman	M75	Western Province	3351,00	S

**W40 5000 Meter Race Walk**

40 SA Record: N 23:44,10 1999/05/28 Barbara Nell, CGA  
 40 WP Record: P 27:20,76 T. Carstens  
 27:50,00 40 S SAMA Colours  
 32:34,00 40 M SAMA Medal

Name	Age	Team	Finals
1 # 531 Van Deventer, Ann	W43	Boland	30:14,08 M
2 # 3243 Radel, Janine	W42	Gauteng North	33:55,69
3 # 1189 Isabel, Jansen	W40	Central North West	35:26,39

**W45 5000 Meter Race Walk**

45 SA Record: N 24:14,80 2000/04/28 Barbara Nell, CGA  
 45 WP Record: P 28:11,40 2012/03/17 Erdine Burger  
 28:45,00 45 S SAMA Colours  
 33:38,00 45 M SAMA Medal

Name	Age	Team	Finals
1 # 1536 Padbury, Belinda	W49	Kwa Zulu Natal	28:59,05 M
2 # 4964 Roussot, Bronwyn	W49	Central Gauteng	30:07,97 M

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W50 5000 Meter Race Walk**

50 SA Record: N 25:05,10 2006/04/28 Barbara Nell, CGA

50 WP Record: P 28:45,81 E. Brand

30:05,00 50 S SAMA Colours

35:12,00 50 M SAMA Medal

Name	Age	Team	Finals
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1 # 388 Kirstein, Judy W52 Central North West 36:51,71

2 # 9764 Snyders, Margo W51 Western Province 44:06,44

**W55 5000 Meter Race Walk**

55 SA Record: N 26:19,66 2011/04/29 Barbara Nell, CGA

55 WP Record: P 28:43,53 J. Cowley

31:30,00 55 S SAMA Colours

36:57,00 55 M SAMA Medal

Name	Age	Team	Finals
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1 # 2944 Horn-Botha, Debor W57 Western Province 31:10,71 S

2 # 82 Dos Santos, Leta W58 Eastern Province 35:03,61 M

3 # 4951 Loudon, Caryn W57 Kwa Zulu Natal 35:39,11 M

4 # 200 Dunn, Cj W56 Western Province 36:37,33 M

**W60 5000 Meter Race Walk**

60 SA Record: N 27:32,00 2016/10/01 Barbara Nell, CGA

60 WP Record: P 28:45,21 Lindsay Hatz

32:30,00 60 S SAMA Colours

38:48,00 60 M SAMA Medal

Name	Age	Team	Finals
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1 # 5721 Botha, Ronelle W61 Central Gauteng 30:40,86 S

2 # 3090 Van Wyngaard, Chr W62 Gauteng North 31:24,15 S

3 # 3911 Goosen, Jackie W61 Western Province 33:08,88 M

4 # 344 Scheepers, Celést W63 Eastern Province 33:47,26 M

5 # 2685 Gilmour, Trish W60 Western Province 34:21,14 M

6 # 2063 Sutherland, Joy W63 Western Province 37:32,58 M

**W65 5000 Meter Race Walk**

65 SA Record: N 29:28,70 2013/04/26 Elsa Meyer, AGN

65 WP Record: P 29:55,42 H. Rothman

34:50,00 65 S SAMA Colours

41:09,00 65 M SAMA Medal

Name	Age	Team	Finals
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1 # 157 James, Pam W65 Western Province 35:10,59 M

2 # 3001 Willemse, Lucia W68 Gauteng North 38:06,73 M

3 #12081 Domingo, Cecilia W67 Western Province 39:22,14 M

4 # 254 Riviera, Joy W68 Western Province 39:28,22 M

-- # 1728 Mackintosh, There W65 Boland DNF

-- # 3080 Knoetze, Magareth W68 Gauteng North DNF

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W70 5000 Meter Race Walk**

70 SA Record: N 30:13,00 2022/05/28 Edna Barnard, WPA

70 WP Record: P 30:13,08 2022/05/28 Edna Brand

37:25,00 70 S SAMA Colours

43:47,00 70 M SAMA Medal

Name	Age	Team	Finals
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1 # 3665 Brand, Edna	W71	Western Province	31:04,07 S
2 # 1428 Koekemoer, Winnie	W72	Gauteng North	32:05,03 S
3 # 8171 Blignaut, Frieda	W72	Western Province	33:05,45 S
4 # 2033 Smook, Manda	W73	Free State	37:07,26 S
5 # 5210 Roux, Isabel	W70	Western Province	38:56,89 M
6 # 549 Nel, Elizabeth	W73	Western Province	40:19,50 M

**W75 5000 Meter Race Walk**

75 SA Record: N 32:36,62 2021/06/12 Annetjie Greyvenstein, AGN

75 WP Record: P 34:00,10 A. Villet

40:00,00 75 S SAMA Colours

46:48,00 75 M SAMA Medal

Name	Age	Team	Finals
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1 Meyer, Elsa	W76	Gauteng North	35:15,94 S
2 # 5905 Aver, Carol-Ann	W77	Western Province	40:38,92 M
3 # 859 Jansen Van Vuuren	W77	Central North West	42:56,91 M

**W80 5000 Meter Race Walk**

80 SA Record: N 37:32,17 2022/05/28 Hildegard Vey, WPA

80 WP Record: P 37:32,17 2022/05/28 Hildegard Vey

44:40,00 80 S SAMA Colours

52:16,00 80 M SAMA Medal

Name	Age	Team	Finals
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1 # 183 Norton, Margaret	W83	Western Province	40:40,82 S
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**W85 5000 Meter Race Walk**

85 SA Record: N 1,00

85 WP Record: P 43:20,03 2022/04/09 Peggy Reid

50:00,00 85 S SAMA Colours

58:30,00 85 M SAMA Medal

Name	Age	Team	Finals
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1 # 186 Reid, Peggy	W86	Western Province	43:07,14PS
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**M30 5000 Meter Race Walk**

30 SA Record: N 20:19,00 S. Valentine

30 WP Record: P 21:48,37 G. Cillie

27:00,00 30 M SAMA Medal

Name	Age	Team	Finals
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1 # 8709 Rhodas, Envor	M30	Western Province	22:45,31 M
2 #10308 Goosen, Brandon	M33	Western Province	26:52,56 M



**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M40 5000 Meter Race Walk**

40 SA Record: N	21:58,51	2005/02/12	Izak Nel, BOL	
40 WP Record: P	21:51,58		I. Nel	
	24:45,00	40 S	SAMA Colours	
	28:57,00	40 M	SAMA Medal	
Name		Age	Team	Finals
1 # 6416	Kobue, Mzwakhe	M41	Gauteng North	24:34,84 S

**M45 5000 Meter Race Walk**

45 SA Record: N	22:54,80		M. Whitmore	
45 WP Record: P	23:37,40		J. Esterhuizen	
	25:45,40	45 S	SAMA Colours	
	30:08,00	45 M	SAMA Medal	
Name		Age	Team	Finals
1 # 355	Kirstein, Jaco	M45	Central North West	33:19,90
-- #12377	Pool, Jaco	M46	Western Province	DNF

**M50 5000 Meter Race Walk**

50 SA Record: N	23:01,40		Jurgen Spencer, WPA	
50 WP Record: P	23:01,40		Jurgen Spencer	
	26:45,00	50 S	SAMA Colours	
	31:18,00	50 M	SAMA Medal	
Name		Age	Team	Finals
1 # 8712	Jefra, Nicholas	M54	Western Province	33:20,13

**M55 5000 Meter Race Walk**

55 SA Record: N	23:52,24		Jurgen Spencer, WPA	
55 WP Record: P	23:52,24		Jurgen Spencer	
	27:55,00	55 S	SAMA Colours	
	32:40,00	55 M	SAMA Medal	
Name		Age	Team	Finals
1 # 1703	Cupido, Clive	M57	Boland	29:51,32 M

**M60 5000 Meter Race Walk**

60 SA Record: N	26:50,70		Jurgen Spencer, WPA	
60 WP Record: P	26:50,70		Jurgen Spencer	
	29:15,00	60 S	SAMA Colours	
	34:13,00	60 M	SAMA Medal	
Name		Age	Team	Finals
1 # 3086	Coetzee, Johann	M64	Gauteng North	29:12,03 S
2 # 2483	Papier, Adam	M60	Western Province	29:50,10 M
3 # 1775	Hector, Douglas	M63	Boland	31:31,36 M
4 # 2612	Van Zyl, Petrus	M63	Western Province	32:54,16 M
5 # 600	Donson, Hilton	M60	Western Province	35:56,26

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M65 5000 Meter Race Walk**

65 SA Record: N 27:03,70 2005/11/12 Jurgen Spencer, WPA  
 65 WP Record: P 27:03,70 205/11/12 Jurgen Spencer  
 30:50,00 65 S SAMA Colours  
 36:04,00 65 M SAMA Medal

Name	Age	Team	Finals
1 #23169 Meyer, Carl	M65	Central Gauteng	27:35,35 S
2 # 3000 Willemse, Jaap	M66	Gauteng North	29:47,43 S
3 # 8478 Bosman, Marius	M66	Western Province	32:10,55 M
4 # 8556 Mundell, Oliver	M69	Kwa Zulu Natal	32:34,86 M
5 # 6270 Callaghan, Christ	M69	Gauteng North	33:44,00 M
6 # 313 Thompson, Armond	M69	Western Province	33:51,89 M
7 # 1466 Schoeman, At	M66	Eastern Province	34:37,25 M

**M70 5000 Meter Race Walk**

70 SA Record: N 27:55,30 2010/11/12 Jurgen Spencer, WPA  
 70 WP Record: P 27:55,30 2010/11/12 Jurgen Spencer  
 33:05,00 70 S SAMA Colours  
 38:42,00 70 M SAMA Medal

Name	Age	Team	Finals
1 # 5256 Pretorius, Piet	M72	Western Province	31:03,41 S
2 # 2032 Smook, Hendry Geo	M73	Free State	36:47,22 M

**M75 5000 Meter Race Walk**

75 SA Record: N 30:13,82 2016/03/18 Jurgen Spencer, WPA  
 75 WP Record: P 30:13,82 2016/03/18 Jurgen Spencer  
 35:15,00 75 S SAMA Colours  
 41:15,00 75 M SAMA Medal

Name	Age	Team	Finals
1 # 2278 Diedericks, Leona	M78	Western Province	34:50,68 S
-- # 5904 Aver, Brian	M79	Western Province	DQ

**M85 5000 Meter Race Walk**

85 SA Record: N 38:26,40 Ben Moodie, SWD  
 85 WP Record: P 39:51,80 C. Johnston  
 43:00,00 85 S SAMA Colours  
 50:19,00 85 M SAMA Medal

Name	Age	Team	Finals
1 # 630 Morgan-Smith, Dav	M85	South West D	35:32,65NS

**W40 10000 Meter Race Walk**

40 SA Record: N 47:53,50 1999/05/29 Barbara Nell, CGA  
 40 WP Record: P 56:21,00 G. Smeeton  
 56:20,00 40 S SAMA Colours  
 1:05:55,00 40 M SAMA Medal

Name	Age	Team	Finals
1 # 531 Van Deventer, Ann	W43	Boland	1:00:48,00 M
2 # 1189 Isabel, Jansen	W40	Central North West	1:10:20,69

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W45 10000 Meter Race Walk**

45 SA Record: N	50:30,00	2002/05/04	Barbara Nell, CGA	
45 WP Record: P	57:47,00	209/07/05	Cindy Lange	
	58:38,00	45 S SAMA Colours		
	1:08:36,00	45 M SAMA Medal		
Name		Age Team		Finals
1 #	1536 Padbury, Belinda	W49 Kwa Zulu Natal		59:01,70 M

**W55 10000 Meter Race Walk**

55 SA Record: N	54:12,00	2017/05/06	Lesley v Buuren, CGA	
55 WP Record: P	58:25,00		J. Cowley	
	1:04:00,00	55 S SAMA Colours		
	1:15:10,00	55 M SAMA Medal		
Name		Age Team		Finals
1 #	110 Race, Anne	W55 Western Province		1:12:55,06 M
2 #	4951 Loudon, Caryn	W57 Kwa Zulu Natal		1:13:04,61 M

**W60 10000 Meter Race Walk**

60 SA Record: N	56:56,00	1999/05/29	Lyndsay Hatz, WPA	
60 WP Record: P	56:56,00		Lindsay Hatz	
	1:05:00,00	60 S SAMA Colours		
	1:19:04,00	60 M SAMA Medal		
Name		Age Team		Finals
1 #	5721 Botha, Ronelle	W61 Central Gauteng		1:04:17,15 S
2 #	3090 Van Wyngaard, Chr	W62 Gauteng North		1:05:44,36 M
3 #	344 Scheepers, Celést	W63 Eastern Province		1:08:53,77 M
4 #	2685 Gilmour, Trish	W60 Western Province		1:10:00,90 M

**W65 10000 Meter Race Walk**

65 SA Record: N	59:07,00	2013/04/27	Elsa Meyer, AGN	
65 WP Record: P	1:00:04,00		H. Rothman	
	1:11:00,00	65 S SAMA Colours		
	1:23:22,00	65 M SAMA Medal		
Name		Age Team		Finals
1 #	157 James, Pam	W65 Western Province		1:13:09,50 M
2 #	3001 Willemse, Lucia	W68 Gauteng North		1:13:23,95 M

**W70 10000 Meter Race Walk**

70 SA Record: N	1:02:22,00	2016/10/01	Elsa Meyer, AGN	
70 WP Record: P	1:03:22,00	2022/03/26	Edna Brand	
	1:17:30,00	70 S SAMA Colours		
	1:31:10,00	70 M SAMA Medal		
Name		Age Team		Finals
1 #	3665 Brand, Edna	W71 Western Province		1:01:05,52NS
2 #	1428 Koekemoer, Winnie	W72 Gauteng North		1:06:11,52 S
3 #	5210 Roux, Isabel	W70 Western Province		1:15:11,37 S

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W75 10000 Meter Race Walk**

75 SA Record: N	1:06:13,00	2022/05/07	Elsa Meyer, AGN	
75 WP Record: P	1:07:55,00		A. Villet	
	1:22:00,00	75 S	SAMA Colours	
	1:35:56,00	75 M	SAMA Medal	
Name		Age Team		Finals

-- #	859	Jansen Van Vuuren	W77 Central North West	DNF
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**M30 10000 Meter Race Walk**

30 SA Record: N	1,00			
	57:30,00	30 M	SAMA Medal	
Name		Age Team		Finals

1 #	8709	Rhodas, Envor	M30 Western Province	48:12,51 M
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**M40 10000 Meter Race Walk**

40 SA Record: N	48:45,00	2014/03/15	Ross McDonald, WPA	
40 WP Record: P	45:56,75		I. Nel	
	51:00,00	40 S	SAMA Colours	
	59:40,00	40 M	SAMA Medal	
Name		Age Team		Finals

1 #	6416	Kobue, Mzwakhe	M41 Gauteng North	56:23,61 M
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**M45 10000 Meter Race Walk**

45 SA Record: N	51:26,00	2023/07/11	H. Swanepoel	
45 WP Record: P	54:25,00	2018/10/27	Ross Mcdonald	
	52:30,00	45 S	SAMA Colours	
	1:01:26,00	45 M	SAMA Medal	
Name		Age Team		Finals

1 #	897	Pellissier, Mark	M49 Eastern Province	50:56,90NS
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2 #	9947	Gideon, Cillie	M45 Western Province	55:38,46 M
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**M50 10000 Meter Race Walk**

50 SA Record: N	49:08,00	2023/09/07	Carl Meyer, CGA	
50 WP Record: P	53:29,64		J. Van Zyl	
	54:00,00	50 S	SAMA Colours	
	1:03:11,00	50 M	SAMA Medal	
Name		Age Team		Finals

1 #	172	Goliath, Daniel	M54 Eastern Province	1:01:12,65 M
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**M55 10000 Meter Race Walk**

55 SA Record: N	53:19,00	2019/07/13	Kevin Phillips, CGA	
55 WP Record: P	52:10,00		J. Hotston	
	56:00,00	55 S	SAMA Colours	
	1:05:31,00	55 M	SAMA Medal	
Name		Age Team		Finals

1 #	5	Britz, Chris	M59 Gauteng North	59:23,50 M
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**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M60 10000 Meter Race Walk**

60 SA Record: N 56:01,00 2017/10/21 Carl Meyer, CGA  
 60 WP Record: P 54:35,00 J. Hotston  
 59:00,00 60 S SAMA Colours  
 1:09:02,00 60 M SAMA Medal

Name	Age	Team	Finals
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1 # 3086 Coetzee, Johann	M64	Gauteng North	1:02:57,76 M
2 # 1775 Hector, Douglas	M63	Boland	1:05:04,22 M
3 # 2612 Van Zyl, Petrus	M63	Western Province	1:06:24,08 M
4 # 600 Donson, Hilton	M60	Western Province	1:15:11,07

**M65 10000 Meter Race Walk**

65 SA Record: N 57:04,00 2010/04/30 Jurgen Spencer, WPA  
 65 WP Record: P 56:57,20 Jurgen Spencer  
 1:02:00,00 65 S SAMA Colours  
 1:12:32,00 65 M SAMA Medal

Name	Age	Team	Finals
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1 #23169 Meyer, Carl	M65	Central Gauteng	56:27,86PS
2 # 3000 Willemse, Jaap	M66	Gauteng North	1:01:22,47 S
3 # 8556 Mundell, Oliver	M69	Kwa Zulu Natal	1:06:32,81 M
4 # 6270 Callaghan, Christ	M69	Gauteng North	1:08:52,93 M
5 # 1466 Schoeman, At	M66	Eastern Province	1:09:41,00 M

**M70 10000 Meter Race Walk**

70 SA Record: N 58:40,00 2011/03/18 Jurgen Spencer, WPA  
 70 WP Record: P 58:40,00 2011/03/18 Jurgen Spencer  
 1:07:00,00 70 S SAMA Colours  
 1:18:23,00 70 M SAMA Medal

Name	Age	Team	Finals
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1 # 5256 Pretorius, Piet	M72	Western Province	1:11:21,40 M
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**M75 10000 Meter Race Walk**

75 SA Record: N 1:03:45,00 2016/06/25 Jurgen Spencer, WPA  
 75 WP Record: P 1:03:45,00 2016/06/25 Jurgen Spencer  
 1:12:00,00 75 S SAMA Colours  
 1:24:14,00 75 M SAMA Medal

Name	Age	Team	Finals
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1 # 5904 Aver, Brian	M79	Western Province	1:18:57,05 M
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**M85 10000 Meter Race Walk**

85 SA Record: N 1,00  
 1:30:00,00 85 S SAMA Colours  
 1:45:18,00 85 M SAMA Medal

Name	Age	Team	Finals
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1 # 630 Morgan-Smith, Dav	M85	South West D	1:12:36,14 S
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**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****W45 20000 Meter Race Walk**

45 SA Record:	N 1:46:19,00	2002/06/02	Barbara Nell, CGA	
45 WP Record:	P 2:01:04,00	2011/03/19	Cindy Lange	
	2:00:00,00	45 S	SAMA Colours	
	2:20:24,00	45 M	SAMA Medal	
Name		Age	Team	Finals
1 #	4964 Roussot, Bronwyn	W49	Central Gauteng	2:12:15,24 M
2 #	2604 Van Jaarsveld, Pe	W49	Western Province	2:15:01,14 M

**W55 20000 Meter Race Walk**

55 SA Record:	N 1:54:31,00	2011/03/19	Brenda Nooy, CGA	
55 WP Record:	P 2:04:52,00		Lindsay Hatz	
	2:12:00,00	55 S	SAMA Colours	
	2:34:26,00	55 M	SAMA Medal	
Name		Age	Team	Finals
1 #	2944 Horn-Botha, Debor	W57	Western Province	2:14:23,54 M
2 #	82 Dos Santos, Leta	W58	Eastern Province	2:26:28,44 M
-- #	200 Dunn, Cj	W56	Western Province	DNF

**W70 20000 Meter Race Walk**

70 SA Record:	N 2:07:57,00	2016/10/08	Elsa Meyer, AGN	
70 WP Record:	P 2:29:37,00		Ann Stead	
	2:45:00,00	70 S	SAMA Colours	
	3:13:03,00	70 M	SAMA Medal	
Name		Age	Team	Finals
1 #	8171 Blignaut, Frieda	W72	Western Province	2:24:56,34PS

**W75 20000 Meter Race Walk**

75 SA Record:	N 2:21:23,00	2022/05/07	Elsa Meyer, AGN	
75 WP Record:	P 2:27:10,00	2016/10/06	Hildegard Vey	
	3:00:00,00	75 S	SAMA Colours	
	3:30:36,00	75 M	SAMA Medal	
Name		Age	Team	Finals
1	Meyer, Elsa	W76	Gauteng North	2:16:27,34NS

**M50 20000 Meter Race Walk**

50 SA Record:	N 1:41:20,00		Jurgen Spencer, WPA	
50 WP Record:	P 1:41:20,00		Jurgen Spencer	
	54:00,00	50 S	SAMA Colours	
	1:03:11,00	50 M	SAMA Medal	
Name		Age	Team	Finals
1 #	8712 Jefra, Nicholas	M54	Western Province	2:17:28,34

**46th SA Masters Athletics Championships - 2023/05/04 to 2023/05/06****Green Point Athletics Stadium****Results****M55 20000 Meter Race Walk**

55 SA Record: N	1:44:16,00	2019/09/07	Kevin Phillips, CGA
55 WP Record: P	1:45:15,00		Jurgen Spencer
	56:00,00	55 S	SAMA Colours
	1:05:31,00	55 M	SAMA Medal
Name		Age Team	Finals
1 #	3651 Hines, Dennis	M55 Western Province	2:27:01,94

**M60 20000 Meter Race Walk**

60 SA Record: N	1:55:42,00	2005/07/16	Jurgen Spencer, WPA
60 WP Record: P	1:55:42,00	205/07/16	Jurgen Spencer
	59:00,00	60 S	SAMA Colours
	1:09:02,00	60 M	SAMA Medal
Name		Age Team	Finals
1 #	2483 Papier, Adam	M60 Western Province	2:06:55,24

**M65 20000 Meter Race Walk**

65 SA Record: N	1:58:18,00	2005/11/26	Jurgen Spencer, WPA
65 WP Record: P	1:58:18,00	205/12/06	Jurgen Spencer
	1:02:00,00	65 S	SAMA Colours
	1:12:32,00	65 M	SAMA Medal
Name		Age Team	Finals
1 #	8478 Bosman, Marius	M66 Western Province	2:17:46,64
2 #	313 Thompson, Armond	M69 Western Province	2:23:17,14

**M75 20000 Meter Race Walk**

75 SA Record: N	2:08:49,00	2015/10/10	Jurgen Spencer, WPA
75 WP Record: P	2:08:49,00	2015/10/10	Jurgen Spencer
	1:12:00,00	75 S	SAMA Colours
	1:24:14,00	75 M	SAMA Medal
Name		Age Team	Finals
1 #	2278 Diedericks, Leona	M78 Western Province	2:24:34,44