

SWD Meesters Mans Rekords 30/1/2024

Mans	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85 - 89
100m	H. Baybut 11.7 91	R. Second 11.64 96	J. Breytenbach 11.1 90	F Kalp 11.7	A. Claassen 12.0 00	F Kalp 12.69 '14	A. Smit 13.7 97	F. Nel 14.6	T. Kruger 14.6 05	T. Kruger 16.87 11	Les Stuart 17.18 '22	
200m	T. Morolo 24.01 10	T Morolo 23.53 '12	J. Breytenbach 22.7 90	F Kalp 24.7	A. Claassen 25.4 00	F Kalp 25.42 '14	Johan Windt 27.98 '14	F. Nel 30.64 96	J. Visser 30.0 95	Les Stuart 35.18 '18	Les Stuart 32.85 '22	
400m	T. Morolo 53.46 11	T Morolo 53.23 '14	A. Voigt 52.7 94	A. Voigt 53.64 96	F Kalp 55.80 11	F. Kalp 57.43 '14	J Windt 1:03.87 '14	J Windt 1:08.63 '19	F. Nel 78.50 01	P Brown 1:17.30 '13	Les Stuart 1:27.85 '23	
800m	Mihan Roos 2:05.84 '13	Andre Jakobus 2:03,13 16	S. Losper 2.03 05	A. Voigt 2:05.93 98	Marius S Hugo 2:15.82 '15	D Kotze 2:24.66 '18	J Windt 2:24.31 '15	F. Nel 2:43.08 97	L Stuart 2:54.71 '15	P Brown 3:00.67 '13	Les Stuart 3:25.61 '23	
1500m	Marsel Roos 4:22.29 '13	B Salman 04:13:84 10	S. Losper 4.28.8 05	M. Schlechter Hu 04:30.40 '14	Marius S Hugo 4:29.00 '15	J. Zwiegelaar 4.56.5 05	Dirk Kotze 05:12.41 '23	P Rawlins 5:35.01 '23	Les Stuart 6:06.5 '13	P Brown 5:33.60 '13	Les Stuart 7:21.40 '23	
3000/2000m Hindernis	C. Knottenbelt 11.34.6 95	B. Stadler 10.45.59 02	B. Stadler 10.31.37 03	H. Hill 11.14.20 02	A. Botha 12.59.93 10	Patrick Rawlins 14:02:33 '17	Patrick Rawlins 8:31.16 '19	Patrick Rawlins 8:36.99 '23				
5000m	J. Nieuwenhuys 16.02 93	Andre Jakobus 16.32.85 '16	S. Losper 16.2 05	M. Schlechter Hu 17:13.35 11	J. Zwiegelaar 17.04.26 99	D. Griffiths 18.32.85 00	D Kotze 19:12.01 '23	P.Rawlins 21:44.72 '23	L. Naylor 23.08.04 02	Les Stuart 28:45.49 '22	Les Stuart 26.07.40 '22	
10 000m	J. Nieuwenhuys 32.14.7 93	L. Leonard 36.37.9 91	J. Zwiegelaar 34.43 97	J. Zwiegelaar 33.37 97	J. Zwiegelaar 34.45.18 99	D. Griffiths 38.33.34 00	D. Edge 45.36.9 03	L Lamprecht 51:49.60 '15	L. Naylor 44.33.74 02			
110/100/80 m Hekkies	D. Kruger 21.2 86	Mihan Roos 21.67 '15	L. Heins 21.2 04	J. Jacobs 19.16 93	A. Scheepers 15.69 '22	D. Heunis 19.21 99	A. Smith 19.8 97	A. Smith 23.24 03	A Smith 17.44 07			
400/300m Hekkies	V. Louw 58,91 '15	V.Louw 57.58 '22		H. Campher 66.14 00	A Scheepers 63.30 '22	P. v Rensburg 68.6 99	P. v Rensburg 55.7 04	Patrick Rawlins 62.99 '23				
Hoogspring	Jaco van Zyl 1.75 09	P. Thiant 1.72 08	P Thiant 1.66 '12	J. Jacobs 1.58 93	A Scheepers 1.58 '22	J. Coetzer 1.44 '16	Johan Coetzer 1.45 19	D Heunis 1.33 11	D Heunis 1.30 '13			
Verspring	Altus Coetzee 5.58 87	H. Fortuin 5.74 01	J. Breytenbach 6.20 90	J. Jacobs 5.29 93	A Scheepers 5.12 '22	J. Coetzer 4.87 '17	Johan Coetzer 5.16 '19	A. Smith 3.64 01	Les Stuart 3.61 '13	Les Stuart 3.42 '22	Les Stuart 3.17 '22	
Driesprong	Jaco van Zyl 11.53 09		JJ Coetzer 11.43 00	H. Campher 10.93 01	A Scheepers 10.96 '22	J. Coetzer 9.76 '18	Johan Coetzer 9.03 '22	P. V Rensburg 8.19 10	A Smith 6.66 07			
Paalspring	Marsel Roos 2.90 '15	Mihan Roos 3.30 '15	Mihan Roos 3,00 '19	J. Jacobs 2.60 93	A. Scheepers 2.50 '22		C. Colyn 3.03 93	A. Smith 2.6 05	A Smith 2,1			
Gewig	D. Boshoff 12.96 89	D. Boshoff 12.65 91	JD Heyns 14.04 '15	JD Heyns 15,30 '18	JD Heyns 16.24 '22	J. Eloff 10.95 94	J. Eloff 12.09 98	H Naude 10.18 99	J. Visser 10.54 94	J. Visser 9.89 00		
Diskus	D. Boshoff 39.06 89	A. Marais 41.12 05	A. Marais 41.72 10	A Marais 41'76 '15	D. Heunis 35.64 93	FJ Heyneman 39.34 15	D. Heunis 41.19 01	J. Visser 38.06 89	J. Visser 34.60 94	J. Visser 32.87 00		
Spies	Marsel Roos 52.76 '15	Marsel Roos 51,20 '16	L. Potgieter 47.20 93	L. Potgieter 43.53 98	J. Eloff 35.24 87	J. Eloff 37.82 94	C. Scheepers 39.90 95	C. Scheepers 35.85 00	A Smith 33,8	J. Visser 29.08 01	Les Stuart 13.77 '23	
Hammer	D. Boshoff 34.48 90	D. Boshoff 36.06 91	A. Marais 30.01 11	Chris Willemse 29.34 '13	Chris Willemse 28.40 '14	B. Oosthuizen 31.28 00	D. Heunis 35.37 01	J. Visser 36.58 92	J. Visser 38.14 95	J. Visser 34,54		
5 Kamp Worpe	D. Boshoff 2949 90	D. Boshoff 2634 93	J. Jacobs 2859 89	J. Jacobs 5886 93	B. Oosthuizen 2284 00	J. Eloff 2797 95	J. Visser 3298 89	J. Visser 3690 93	J. Visser 3959 95	J. Visser 3681 00		
Tienkamp		Mihan Roos 4975 '15		J. Jacobs 6154 93	A. Scheepers 5809 '22	P.v. Rensburg 4706 00	A. Smith 5575 98					
5000m Stap	D. Sundstrom 35.29.3 96	H. Booyesen 23.38.30 03	H Boosen 24.26.83 07	J. Spencer 23.20 88	J. Spencer 23.00 '91	A. Zietsman 26.12.31 99	A. Zietsman 29.05.2	D. Taljaard 32.17.78 04	L. Naylor 29.56.38 01	D MorganSmith 30:46.55 '15	D MorganSmith 34:56.06 '18	D MorganSmith 35:23.00 '22
20km Stap		H. Booyesen 1.49.20 03	Theo Kluits 2.37.01 07	J. Spencer 1.44.25 90	W. Ward 2.05.18 99			D. Taljaard 2.15.39 99	D. Taljaard 2.18.60 01			
10 km stap									L. Naylor 1:07.26 05	D MorganSmith 1:09.01 '14	D MorganSmith 1,11,23 '19	
Massa	Mihan Roos 9.31 09	Mihan Roos 9.85 '15	S Truter 8.94 09	L Brown 5.40 '12		H v Niekerk 9.99 '12	I. Hildebrand 11.04 08	I Hildebrand 11.21 '11	R Bosch 11.43 '13	H. Naude 11.53 09		
Griekse Diskus	Marsel Roos 17.18 '14			C. Willemse 14.09 '12		I Hildebrand 20.58 '02	H v Niekerk 21,27 15	D Heunis 21.49 08	D Heunis 22.31 '11	Peter Brown 10.76 '13		