

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W30 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
Finals							
1 le Roux, Liandi	W31 Central Gauteng		12,34	0.9	12,35 85,34%	4	
2 Bronkhorst, Reandi	W33 Free State		13,27	0.9	13,28 79,37%	4	
3 Nel, Naomi	W31 Mpumalanga		13,83	0.9	13,84 76,16%	4	

**W35 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 du Toit, Leana	W37 Central Gauteng		12,93	0.9	12,94 81,45%	4	
2 Jili, Thabile	W35 Central Gauteng		17,06	0.9	17,07 61,75%	4	

**W40 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Walters, Elmarie	W40 SWD		12,85	1.0	12,61 83,58%	3	
2 Grobler, Sunette	W41 Western Province		13,68	1.0	13,43 78,48%	3	
3 Bradley, Lynn	W40 Gauteng North		13,69	1.0	13,43 78,48%	3	
4 Smit, Ascha-Alicia	W44 Gauteng North		14,10	0.5	13,84 76,16%	2	
5 Miske, Mirjam	W44 Western Province		15,38	0.5	15,09 69,85%	2	
6 Schuster, Elzette	W42 Gauteng North		15,45	0.5	15,16 69,53%	2	
7 Milfordt, Leandre	W41 Boland		18,90	1.0	18,55 56,82%	3	

**W45 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Beukes, Marisa	W45 Central Gauteng		13,86	1.4	13,09 80,52%	
2 Juries, Tanja	W45 Western Province		14,26	1.4	13,47 78,25%	
3 Durrheim, Corrin	W47 Central Gauteng		14,42	1.4	13,62 77,39%	
4 Joubert, Charnie	W49 Gauteng North		14,43	1.4	13,63 77,33%	
5 Coetzee, Victoria	W46 KwaZulu- Natal		15,07	1.4	14,23 74,07%	
6 Ristow, Christiena	W47 Central Gauteng		16,47	1.4	15,55 67,78%	

**W50 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Schoeman, Adri	W53 Gauteng North		12,83	1.8	11,65 90,47%	2	
2 Hutchinson, Shona	W50 KwaZulu- Natal		13,28	1.8	12,06 87,40%	2	

**W55 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Barnard, Charmain	W55 Gauteng North		13,99	1.8	12,21 86,32%	2	
2 Sims, Michelle	W57 KwaZulu- Natal		15,75	1.8	13,75 76,65%	2	
3 Bronn, Marthie	W57 Free State		15,81	1.8	13,80 76,38%	2	
4 Flattery, Ezna	W59 Central Gauteng		16,43	1.8	14,34 73,50%	2	
5 Masuku, Susan	W57 Central Gauteng		19,11	1.8	16,68 63,19%	2	

**W60 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Cotty, Esme	W63 Gauteng North		16,98	0.3	14,23 74,07%	

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W65 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Gey van Pittius, Kathlee	W69 Boland		15,98	0.3	12,85	82,02%
2 Alexander, Liz	W68 KwaZulu- Natal		17,54	0.3	14,10	74,75%
3 Scheffer, Catharina	W68 North West North		17,77	0.3	14,29	73,76%

**W70 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Van Huyssteen, Elmarie	W74 Boland		18,30	0.3	14,11	74,70%

**W75 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Visser, Maria Cornelia	W77 Central Gauteng		20,65	0.3	15,24	69,16%

**M30 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Ruiters, Curt	M32 Western Province		11,15	-1.2	11,16	85,84%	4
2 Benjamin, Raydon	M31 Western Province		11,33	-1.2	11,34	84,48%	4
3 Kitshoff, Jean-Pierre	M32 Gauteng North		11,73	-1.2	11,74	81,60%	4
4 Spies, Pierre	M34 Gauteng North		12,96	-1.2	12,97	73,86%	4

**M35 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Engel, Roscoe	M35 Western Province		10,84	1.1	10,84	88,38%	3
2 De Beer, Willem	M36 Gauteng North		11,16	1.1	11,16	85,84%	3
3 Vlok, Anton	M39 Central Gauteng		11,47	1.1	11,47	83,52%	3
4 Wickens, Lu-Jean	M37 Limpopo		12,12	1.1	12,12	79,04%	3
5 Olivier, Werner	M36 Free State		12,35	1.1	12,35	77,57%	3

**M40 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Marais, Wynand	M41 Vaal Triangle		12,03	0.9	11,64	82,30%	2
2 Lubbe, Shawn	M40 Central Gauteng		12,06	0.9	11,66	82,16%	2
3 Mulumba, Patrick	M41 Western Province		12,09	0.9	11,69	81,95%	2
4 Le Grange, Jacobus	M44 Western Province		12,30	0.9	11,90	80,50%	2
5 Verryn, Ruaan	M41 Gauteng North		12,55	0.9	12,14	78,91%	2
6 Hassan, Qaasim	M40 Western Province		12,69	0.9	12,27	78,08%	2

**M45 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Mentoer, Ricardo	M46 Western Province		11,81	1.1	11,04	86,78%
2 McClintock, Martin	M48 Gauteng North		11,83	1.1	11,06	86,62%
3 Fourie, Pierre	M46 Free State		12,31	1.1	11,51	83,23%
4 Bronkhorst, Eddie	M45 Free State		12,57	1.1	11,75	81,53%
5 Freeman, Stanton	M46 Eastern Province		12,86	1.1	12,02	79,70%
6 Rhode, Angelo	M45 Western Province		12,95	1.1	12,11	79,11%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Naidoo, Moses	M51 KwaZulu- Natal		11,79	1.3	10,65	89,95%	4
2 Putter, Danie	M52 Central Gauteng		12,73	1.3	11,50	83,30%	4
3 Rossouw, Hermie	M53 Vaal Triangle		12,95	1.3	11,70	81,88%	4
4 Kimmins, Ralph	M53 Central Gauteng		13,01	1.3	11,75	81,53%	4
5 Meyer, Ewald	M50 Gauteng North		13,31	1.3	12,03	79,63%	4

**M55 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Hacker, Ian	M59 Central Gauteng		12,54	1.6	10,95	87,49%	3
2 Scheepers, Anton	M55 SWD		13,01	1.6	11,36	84,33%	3
3 Russell, Scott	M55 Western Province		13,27	1.6	11,58	82,73%	3
4 Davids, Martin	M59 Eastern Province		13,66	1.6	11,92	80,37%	3
4 Van Niekerk, Riaan	M57 Central Gauteng		13,66	1.6	11,92	80,37%	3

**M60 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Smit, Winston	M62 Gauteng North		13,64	1.6	11,50	83,30%	3
2 Toll, Michael	M60 Western Province		13,79	1.6	11,63	82,37%	3

**M65 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Mhelo, Minaza	M65 Eastern Province		13,39	0.2	10,90	87,89%	2
2 Warriess, Joseph	M68 Western Province		13,71	0.2	11,16	85,84%	2
3 du Toit, Sarel	M69 Gauteng North		15,69	0.2	12,78	74,96%	2
4 John, Daryll Kevin	M65 KwaZulu- Natal		16,57	0.2	13,49	71,02%	2
5 De Bruyn, Egbert	M66 Mpumalanga		19,19	0.2	15,62	61,33%	2

**M70 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Deetlefs, Pietie	M71 Western Province		15,53	2.0	12,21	78,46%
2 Rall, Charles	M74 North West North		16,36	2.0	12,86	74,49%

**M75 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 De la Rey, Koos	M77 Free State		17,72	2.0	13,44	71,28%

**M80 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Stuart, Les	M81 SWD		17,95	2.0	13,14	72,91%
2 Kennedy, .patrick	M80 Central Gauteng		40,07	2.0	29,32	32,67%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M85 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Hacker, Monty	M89 Central Gauteng		18,86	2.0	13,11	73,07%
2 Penberthy, Douglas Pearc	M88 Gauteng North		21,37	2.0	14,85	64,51%

**M90 100 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Avidan, Hillel	M90 Central Gauteng		24,48	2.0	15,66	61,17%

**W30 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 le Roux, Liandi	W31 Central Gauteng		24,95	1.3	24,96	86,26%	3
2 Bronkhorst, Reandi	W33 Free State		27,51	1.3	27,52	78,23%	3

**W35 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 du Toit, Leana	W37 Central Gauteng		26,76	1.3	26,77	80,43%	3

**W40 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Walters, Elmarie	W40 SWD		26,94	2.3	26,37	81,65%	2
2 Grobler, Sunette	W41 Western Province		28,64	2.3	28,03	76,81%	2
3 Robertson, Tracey	W43 Western Province		29,31	2.3	28,69	75,04%	2
4 Miske, Mirjam	W44 Western Province		31,76	2.3	31,09	69,25%	2
5 Schuster, Elzette	W42 Gauteng North		32,61	2.3	31,92	67,45%	2

**W45 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Beukes, Marisa	W45 Central Gauteng		29,11	0.7	27,40	78,58%
2 Juries, Tanja	W45 Western Province		29,45	0.7	27,72	77,67%
3 Durrheim, Corrin	W47 Central Gauteng		31,06	0.7	29,24	73,63%
4 Coetzee, Victoria	W46 KwaZulu- Natal		31,07	0.7	29,24	73,63%

**W50 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Staal, Michelle	W51 Central Gauteng		30,00	2.0	27,13	79,36%	3
2 Vaz, Delia	W51 KwaZulu- Natal		31,16	2.0	28,17	76,43%	3
3 Cloete, Wendy	W52 SWD		31,86	2.0	28,81	74,73%	3
4 Da Silva, Carmen	W52 Free State		32,20	2.0	29,11	73,96%	3
5 Luthuli, Mpumi	W50 Central Gauteng		38,93	2.0	35,20	61,16%	3

**W55 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Barnard, Charmain	W55 Gauteng North		29,41	2.0	25,51	84,40%	2
2 Flattery, Ezna	W59 Central Gauteng		33,38	2.0	28,96	74,34%	2

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...W55 200 Meter Sprint**

3 Bronn, Marthie	W57 Free State	34,04	2.0	29,53	72,91%	2
4 Masuku, Susan	W57 Central Gauteng	40,88	2.0	35,46	60,72%	2

**W60 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Cotty, Esme	W63 Gauteng North	36,28	2.0	30,15	71,41%	

**W65 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Gey van Pittius, Kathlee	W69 Boland	33,36	2.0	26,53	81,15%	
2 Alexander, Liz	W68 KwaZulu- Natal	37,54	2.0	29,85	72,13%	
3 Scheffer, Catharina	W68 North West North	38,15	2.0	30,33	70,99%	

**W70 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Van Huyssteen, Elmarie	W74 Boland	39,37	2.0	29,90	72,01%	

**W75 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Visser, Maria Cornelia	W77 Central Gauteng	44,51	2.0	32,24	66,78%	

**M30 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Benjamin, Raydon	M31 Western Province	22,69	1.5	22,70	84,54%	4	
2 Ruiters, Curt	M32 Western Province	22,74	1.5	22,75	84,35%	4	
3 Kitshoff, Jean-Pierre	M32 Gauteng North	22,82	1.5	22,83	84,06%	4	

**M35 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 De Beer, Willem	M36 Gauteng North	22,38	2.0	21,92	87,55%	3	
2 Engel, Roscoe	M35 Western Province	22,51	1.5	22,04	87,07%	4	
3 Vlok, Anton	M39 Central Gauteng	23,06	2.0	22,58	84,99%	3	
4 Wickens, Lu-Jean	M37 Limpopo	24,73	2.0	24,22	79,23%	3	
5 Olivier, Werner	M36 Free State	25,50	2.0	24,97	76,85%	3	
6 Calitz, Pieter	M39 Free State	25,77	2.0	25,24	76,03%	3	

**M40 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Mulumba, Patrick	M41 Western Province	24,44	1.0	23,18	82,79%	2	
2 Verryyn, Ruan	M41 Gauteng North	24,69	1.0	23,42	81,94%	2	
3 Le Grange, Jacobus	M44 Western Province	25,03	1.0	23,74	80,83%	2	
4 Hassan, Qaasim	M40 Western Province	25,47	1.0	24,16	79,43%	2	
5 Ras, Martin	M42 North West North	26,13	1.0	24,78	77,44%	2	

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Mentoor, Ricardo	M46 Western Province		23,57	1.3	21,64	88,68%
2 Bronkhorst, Eddie	M45 Free State		25,32	1.3	23,25	82,54%
3 Fourie, Pierre	M46 Free State		25,52	1.3	23,43	81,90%
4 Freeman, Stanton	M46 Eastern Province		26,00	1.3	23,87	80,39%
5 Rhode, Angelo	M45 Western Province		27,18	1.3	24,95	76,91%

**M50 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Naidoo, Moses	M51 KwaZulu- Natal		23,67	1.9	21,03	91,25%	3
2 Rossouw, Hermie	M53 Vaal Triangle		25,78	1.9	22,91	83,76%	3
3 Kimmins, Ralph	M53 Central Gauteng		27,28	1.9	24,24	79,17%	3

**M55 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Fourie, David	M58 KwaZulu- Natal		25,46	1.9	21,89	87,67%	3
2 Scheepers, Anton	M55 SWD		27,97	1.9	24,04	79,83%	3
3 Davids, Martin	M59 Eastern Province		28,77	1.9	24,73	77,60%	3
4 Van Niekerk, Riaan	M57 Central Gauteng		29,49	1.9	25,35	75,70%	3
5 Lombard, Albertus Gerhar	M55 Gauteng North		33,20	1.9	28,54	67,24%	3

**M60 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Smit, Winston	M62 Gauteng North		28,24	1.5	23,48	81,73%	2
2 Toll, Michael	M60 Western Province		29,22	1.5	24,29	79,00%	2

**M65 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	H#	Points
1 Mhelo, Minaza	M65 Eastern Province		26,99	1.5	21,69	88,47%	2
2 Warriess, Joseph	M68 Western Province		28,07	1.5	22,56	85,06%	2
3 John, Daryll Kevin	M65 KwaZulu- Natal		35,69	1.5	28,68	66,91%	2

**M70 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Rall, Charles	M74 North West North		33,47	1.6	25,99	73,84%
2 Deetlefs, Pietie	M71 Western Province		34,34	1.6	26,67	71,95%

**M75 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 De la Rey, Koos	M77 Free State		37,94	1.6	28,46	67,43%

**M80 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Stuart, Les	M81 SWD		39,44	1.6	28,28	67,86%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M90 200 Meter Sprint**

Name	Age Team	Seed	Finals	Wind	Age-Grading	Points
1 Avidan, Hillel	M90 Central Gauteng		55,10	1.6	33,05	58,06%

**W30 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Nel, Naomi	W31 Mpumalanga		1:02,92	1:02,93	76,50%	2

**W35 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Louw, Ohna	W39 Gauteng North		59,27	57,99	83,01%	2
2 Griffiths, Kobie	W39 Western Province		59,78	58,49	82,30%	2
3 Breytenbach, Chantelle	W37 Gauteng North		1:00,87	59,55	80,84%	2
-- Jilli, Thabile	W35 Central Gauteng		DNF			2

**W40 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Robertson, Tracey	W43 Western Province		1:03,49	59,95	80,30%
2 Beytell, Elaine	W41 Central Gauteng		1:33,81	1:28,57	54,35%

**W45 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Venter, Melinda	W46 Eastern Province		1:00,33	54,81	87,83%
2 Rossouw, Rika	W46 Gauteng North		1:05,76	59,74	80,58%
3 Beukes, Marisa	W45 Central Gauteng		1:06,07	1:00,02	80,21%
4 Juries, Tanja	W45 Western Province		1:09,47	1:03,11	76,28%
5 Peens, Anquanette	W46 Central North West		1:21,60	1:14,13	64,94%

**W50 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Staal, Michelle	W51 Central Gauteng		1:06,63	58,05	82,93%	2
2 Cloete, Wendy	W52 SWD		1:10,55	1:01,46	78,33%	2
3 Vaz, Delia	W51 KwaZulu- Natal		1:11,16	1:01,99	77,66%	2
4 Da Silva, Carmen	W52 Free State		1:12,27	1:02,96	76,46%	2
5 Luthuli, Mpumi	W50 Central Gauteng		1:26,20	1:15,09	64,11%	2

**W55 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Flattery, Ezna	W59 Central Gauteng		1:14,36	1:01,90	77,77%	2

**W65 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Gey van Pittius, Kathlee	W69 Boland		1:17,88	58,49	82,30%
2 Scheffer, Catharina	W68 North West North		1:23,27	1:02,54	76,97%
3 Alexander, Liz	W68 KwaZulu- Natal		1:35,06	1:11,40	67,42%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W75 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Visser, Maria Cornelia	W77 Central Gauteng		1:51,02	1:13,80	65,23%

**M30 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Benjamin, Raydon	M31 Western Province		52,51	52,52	81,93%	3
2 Kitshoff, Jean-Pierre	M32 Gauteng North		52,57	52,58	81,84%	3
3 Spies, Pierre	M34 Gauteng North		57,45	57,46	74,89%	3

**M35 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 De Beer, Willem	M36 Gauteng North		49,44	48,57	88,59%	3
2 Wickens, Lu-Jean	M37 Limpopo		56,93	55,93	76,94%	3
3 Calitz, Pieter	M39 Free State		57,94	56,93	75,58%	3
4 Barnard, Christiaan	M37 Gauteng North		58,11	57,09	75,37%	3

**M40 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Mulumba, Patrick	M41 Western Province		54,08	51,45	83,63%	2
2 Smith, Randall	M40 Western Province		54,91	52,24	82,37%	2
3 Le Grange, Jacobus	M44 Western Province		55,29	52,60	81,81%	2
4 Sekgabebe, Johannes pogi	M40 Central Gauteng		56,54	53,79	80,00%	2
5 Hassan, Qaasim	M40 Western Province		57,87	55,06	78,15%	2
6 Ras, Martin	M42 North West North		58,27	55,44	77,62%	2
7 Dyubele, Melikhaya Milto	M44 Eastern Province		1:00,92	57,96	74,24%	2

**M45 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 von Durckheim, Christian	M45 Boland		54,93	50,58	85,07%
2 venter, Jannie	M48 Eastern Province		59,31	54,62	78,78%

**M50 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Naidoo, Moses	M51 KwaZulu- Natal		51,45	45,84	93,87%	3
2 Moraope, Spencer	M51 North West North		56,04	49,93	86,18%	3
3 Visser, Johan	M54 Central North West		1:00,72	54,10	79,54%	3

**M55 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Fourie, David	M58 KwaZulu- Natal		56,57	48,75	88,27%	3
2 Cupido, Clive	M58 Boland		58,49	50,40	85,38%	3
3 Coetzee, Pedri	M57 Gauteng North		1:01,11	52,66	81,71%	3



**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Smit, Winston	M62 Gauteng North		1:03,87	53,20 80,88%	2
2 Toll, Michael	M60 Western Province		1:13,86	1:01,52 69,94%	2
3 Gregan, Sydney	M62 Gauteng North		1:20,60	1:07,14 64,09%	2

**M65 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Mhelo, Minaza	M65 Eastern Province		1:03,19	50,85 84,62%	2
2 Warriess, Joseph	M68 Western Province		1:05,00	52,31 82,26%	2
3 Booyesen, Hendrik	M67 Central Gauteng		1:14,19	59,71 72,06%	2
4 Van Wyk, Hannes	M69 SWD		1:20,02	1:04,40 66,82%	2

**M70 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Rall, Charles	M74 North West North		1:13,20	56,88 75,65%	

**M75 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Cleophas, Henry	M75 Western Province		1:14,91	55,74 77,20%	

**M80 400 Meter Sprint**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Stuart, Les	M81 SWD		1:37,87	1:08,22 63,08%	

**W35 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Griffiths, Kobie	W39 Western Province		2:16,54	2:15,58 84,09%	3
2 Breytenbach, Chantelle	W37 Gauteng North		2:18,96	2:17,98 82,63%	3
3 Louw, Ohna	W39 Gauteng North		2:19,34	2:18,36 82,40%	3

**W40 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Maritz, Liza	W44 Boland		2:24,35	2:18,05 82,59%	3
2 Botha, Simoné	W42 Gauteng North		2:34,31	2:27,57 77,26%	3

**W45 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Venter, Melinda	W46 Eastern Province		2:18,71	2:07,51 89,41%	3
2 Rossouw, Rika	W46 Gauteng North		2:37,90	2:25,15 78,55%	3
3 Coetzee, Victoria	W46 KwaZulu- Natal		2:53,53	2:39,51 71,48%	3

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Blignaut, Tania	W51 Central Gauteng		2:42,92	2:23,60 79,39%	2	
2 Staal, Michelle	W51 Central Gauteng		2:44,88	2:25,33 78,45%	2	
3 Cloete, Wendy	W52 SWD		3:01,72	2:40,17 71,18%	2	
4 Vaz, Delia	W51 KwaZulu- Natal		3:04,35	2:42,49 70,16%	2	
5 Luthuli, Mpumi	W50 Central Gauteng		3:22,41	2:58,41 63,90%	2	
6 Hunter, Maaike	W54 Central Gauteng		3:43,92	3:17,37 57,76%	2	

**W55 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Sims, Michelle	W57 KwaZulu- Natal		2:46,15	2:20,10 81,38%	2	
2 Flattery, Ezna	W59 Central Gauteng		2:47,66	2:21,38 80,64%	2	
3 Sonnekus, Dalene	W58 Gauteng North		2:57,40	2:29,59 76,21%	2	
4 Zarraga de Philander, Al	W55 Western Province		3:27,73	2:55,16 65,09%	2	

**W60 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Pretorius, Riemke	W61 Central North West		5:21,36	4:18,51 44,10%	

**W65 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Fischer, Lynette	W65 Free State		3:06,73	2:22,87 79,80%	
2 Scheffer, Catharina	W68 North West North		3:12,37	2:27,19 77,46%	
3 Boesenberg, Martie	W67 Gauteng North		3:27,41	2:38,69 71,84%	
4 Scott, Teresa Rebecca	W66 KwaZulu- Natal		3:49,97	2:55,96 64,79%	

**M30 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Spies, Pierre	M34 Gauteng North		2:20,01	2:20,02 72,07%	3	

**M35 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 De Beer, Willem	M36 Gauteng North		1:57,45	1:57,04 86,22%	3	
2 Barnard, Christiaan	M37 Gauteng North		2:18,03	2:17,55 73,36%	3	

**M40 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Smith, Randall	M40 Western Province		2:06,48	2:01,17 83,28%	3	
2 Lephoto, Lefu	M40 Central Gauteng		2:07,91	2:02,54 82,35%	3	
3 Dyubele, Melikhaya Milto	M44 Eastern Province		2:13,72	2:08,11 78,77%	3	
4 Pule, Sartiel	M43 North West North		2:24,20	2:18,15 73,04%	3	

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04**

**K McArthur Athletic Stadium, Potchefstroom**

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

**M45 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Gibson, Michael	M47 Western Province		2:06,59	1:56,53 86,60%	3
2 Hunter, Clinton	M49 Central Gauteng		2:17,73	2:06,79 79,59%	3

**M50 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Moraope, Spencer	M51 North West North		2:06,11	1:51,51 90,49%	2
2 Bester, Phillip	M54 Gauteng North		2:09,84	1:54,81 87,89%	2
3 Stanley, Christopher	M51 Western Province		2:13,53	1:58,07 85,47%	2
4 Groenewald, Rupert	M50 Gauteng North		2:15,09	1:59,45 84,48%	2

**M55 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Coetzee, Pedri	M57 Gauteng North		2:15,61	1:55,12 87,66%	2
2 Cupido, Clive	M58 Boland		2:22,27	2:00,78 83,55%	2
3 Kelly, Percy	M59 Western Province		2:44,51	2:19,66 72,25%	2
4 Swart, Dries	M59 Western Province		2:47,17	2:21,92 71,10%	2

**M60 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Philander, Tobias	M60 Western Province		2:28,24	2:00,78 83,55%	1
2 Kotze, Dirk	M63 SWD		2:36,84	2:07,78 78,97%	1
3 Mvula, Bhekuyise	M61 KwaZulu- Natal		2:40,86	2:22,24 70,94%	2
4 Gregan, Sydney	M62 Gauteng North		3:00,45	2:27,02 68,64%	1

**M65 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Schmelzer, warren	M69 North West North		2:27,11	1:54,96 87,78%
2 Rathedi, Reuben	M66 Botswana		2:33,99	2:00,33 83,86%
3 Fernandes, Johnny	M67 Central Gauteng		3:25,20	2:40,35 62,93%

**M70 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Maphangulo, David	M70 Gauteng North		2:54,72	2:10,87 77,11%
2 Reed, Chris	M73 Central Gauteng		3:26,98	2:35,03 65,09%

**M75 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Cleophas, Henry	M75 Western Province		2:58,64	2:08,07 78,79%

**M80 800 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Stuart, Les	M81 SWD		3:41,46	2:29,20 67,63%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W30 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Shovhote, Lebogang	W34 Central Gauteng		6:36,43	6:36,44 58,03%	3	

**W35 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Griffiths, Kobie	W39 Western Province		4:57,44	4:51,85 78,83%	3	
2 Breytenbach, Chantelle	W37 Gauteng North		4:59,23	4:53,61 78,36%	3	
3 Memela, Nokukhanya	W37 KwaZulu- Natal		5:10,72	5:04,88 75,46%	3	

**W40 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Maritz, Liza	W44 Boland		5:00,36	4:43,57 81,13%	3	
2 Botha, Simoné	W42 Gauteng North		5:13,68	4:56,15 77,69%	3	
3 Robertson, Tracey	W43 Western Province		5:50,62	5:31,03 69,50%	3	
4 Beytell, Elaine	W41 Central Gauteng		6:56,91	6:33,61 58,45%	3	
5 Milfordt, Leandre	W41 Boland		7:48,86	7:22,66 51,97%	3	

**W45 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Rossouw, Rika	W46 Gauteng North		5:27,92	4:57,40 77,36%	2	
2 Dersley, Jacqueline	W45 Central Gauteng		5:29,05	4:58,42 77,10%	2	
3 Peens, Anquanette	W46 Central North West		6:41,28	6:03,93 63,22%	2	

**W50 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Munnik, Marili	W54 Gauteng North		5:22,56	4:40,54 82,01%	2	
2 Luthuli, Mpumi	W50 Central Gauteng		7:20,78	6:23,35 60,02%	2	
3 Hunter, Maaïke	W54 Central Gauteng		7:56,21	6:54,16 55,55%	2	

**W55 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	H#	Points
1 Vermeulen, Salomé	W57 Gauteng North		5:47,55	4:49,31 79,52%	2	
2 Sonnekus, Dalene	W58 Gauteng North		6:06,19	5:04,82 75,48%	2	
3 Zarraga de Philander, Al	W55 Western Province		6:55,18	5:45,60 66,57%	2	
4 De Bruyn, Linda	W58 Mpumalanga		8:27,17	7:02,17 54,50%	2	

**W60 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Geyer, Mariet	W64 Gauteng North		7:41,33	6:06,81 62,72%	
2 Pretorius, Riemke	W61 Central North West		10:33,59	8:23,77 45,67%	

**W65 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Fischer, Lynette	W65 Free State		6:29,28	4:54,92 78,01%	

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...W65 1500 Meter Run**

2 Scheffer, Catharina	W68 North West North	6:30,49	4:55,84	77,77%
3 Boesenberg, Martie	W67 Gauteng North	6:47,29	5:08,57	74,56%
4 Scott, Teresa Rebecca	W66 KwaZulu- Natal	7:44,06	5:51,58	65,44%
5 Coston, Linda	W66 Central Gauteng	8:24,92	6:22,53	60,14%

**W75 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
-- Greenblatt, Elaine	W75 Central Gauteng		DNF	

**M30 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Kamffer, Heinrich	M30 Gauteng North		4:23,61	4:23,62	78,14% 3

**M35 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Kretzinger, Dale	M37 Central Gauteng		4:16,84	4:12,97	81,43% 3
2 Bucarizza, Marko	M35 Central Gauteng		4:17,02	4:13,14	81,38% 3
3 Shuping, Johnny	M39 Central North West		4:48,34	4:43,99	72,54% 3

**M40 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Lephoto, Lefu	M40 Central Gauteng		4:22,37	4:10,10	82,37% 3
2 Smith, Randall	M40 Western Province		4:30,77	4:18,10	79,81% 3
3 Dyubele, Melikhaya Milto	M44 Eastern Province		4:41,83	4:28,65	76,68% 3
4 Pule, Sartiel	M43 North West North		4:59,93	4:45,90	72,05% 3

**M45 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Gibson, Michael	M47 Western Province		4:22,47	4:01,63	85,25% 3

**M50 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Bester, Phillip	M54 Gauteng North		4:25,79	3:55,79	87,37% 2
2 Moraope, Spencer	M51 North West North		4:34,28	4:03,32	84,66% 2
3 Stanley, Christopher	M51 Western Province		4:40,15	4:08,53	82,89% 2
4 Groenewald, Rupert	M50 Gauteng North		4:45,29	4:13,09	81,39% 2

**M55 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Coetzee, Pedri	M57 Gauteng North		4:47,42	4:05,09	84,05% 2
2 Jacobs, Phillip	M58 Western Province		5:09,69	4:24,08	78,01% 2
3 Kelly, Percy	M59 Western Province		5:44,15	4:53,46	70,20% 2
4 Swart, Dries	M59 Western Province		5:45,72	4:54,80	69,88% 2

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Philander, Tobias	M60 Western Province		5:19,55	4:21,21 78,86%
2 Tau, Thabo	M61 North West North		5:59,49	4:53,85 70,10%
3 Billingham, Willem	M64 Gauteng North		8:39,74	7:04,84 48,49%

**M65 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Leopeng, Sonny	M67 Central Gauteng		5:55,08	4:37,46 74,24%
2 Fernandes, Johnny	M67 Central Gauteng		6:43,53	5:15,32 65,33%
3 Booyesen, Hendrik	M67 Central Gauteng		7:07,65	5:34,17 61,65%
4 De Bruyn, Egbert	M66 Mpumalanga		7:08,33	5:34,70 61,55%

**M70 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Maphangulo, David	M70 Gauteng North		5:50,76	4:21,18 78,87%
2 Reed, Chris	M73 Central Gauteng		7:00,55	5:13,15 65,78%

**M75 1500 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Cleophas, Henry	M75 Western Province		6:22,27	4:30,27 76,22%

**W30 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Shovhote, Lebogang	W34 Central Gauteng		24:44,69	24:44,70 57,02%

**W35 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Memela, Nokukhanya	W37 KwaZulu- Natal		20:31,68	20:28,48 68,92%
2 Swanepoel, Maryna	W37 Free State		21:12,36	21:09,06 66,71%
3 van Heerden, Carolien	W39 Vaal Triangle		22:59,73	22:56,15 61,52%

**W40 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Botha, Simoné	W42 Gauteng North		19:51,79	19:05,91 73,88%
2 Hawkins, Chantelle	W43 Central Gauteng		20:45,75	19:57,79 70,68%
3 Beytell, Elaine	W41 Central Gauteng		22:59,26	22:06,16 63,84%

**W45 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Snyman, Taryn	W45 Gauteng North		20:04,06	18:32,44 76,10%
2 Rossouw, Rika	W46 Gauteng North		20:15,06	18:42,60 75,42%
3 Dersley, Jacqueline	W45 Central Gauteng		20:42,79	19:08,22 73,73%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Thomas, Ronel	W52 Gauteng North		20:29,05	18:07,35 77,86%
2 Eybers, Sunet	W51 Gauteng North		20:52,11	18:27,75 76,43%
3 Hitge, Mariette	W53 Central North West		24:00,49	21:14,41 66,43%

**W55 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Flattery, Ezna	W59 Central Gauteng		21:51,26	18:26,45 76,52%
2 Rabie, Angelique	W57 Western Province		21:51,40	18:26,56 76,51%
3 Sonnekus, Dalene	W58 Gauteng North		22:45,72	19:12,40 73,47%
4 Zarraga de Philander, Al	W55 Western Province		23:44,54	20:02,03 70,43%
5 De Bruyn, Linda	W58 Mpumalanga		24:50,42	20:57,62 67,32%
6 Venter, Laura	W58 Central Gauteng		26:35,73	22:26,48 62,88%

**W60 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Pretorius, Riemke	W61 Central North West		30:46,10	24:39,65 57,22%

**W65 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Ceronio, Marietjie	W66 Vaal Triangle		24:31,27	18:34,93 75,93%
2 Boesenberg, Martie	W67 Gauteng North		25:24,95	19:15,61 73,26%

**W75 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Greenblatt, Elaine	W75 Central Gauteng		33:26,10	22:17,07 63,32%

**M35 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Kretzinger, Dale	M37 Central Gauteng		16:33,98	16:33,99 75,99%
2 Shuping, Johnny	M39 Central North West		17:25,60	17:25,61 72,24%

**M40 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Mulder, Daryl	M44 Central Gauteng		19:15,43	18:40,89 67,39%
2 Sebe, Ntsikelelo	M41 Eastern Province		19:31,02	18:56,01 66,49%

**M45 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Mazungula, Richard	M47 Eastern Province		20:55,93	19:27,89 64,68%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Bester, Phillip	M54 Gauteng North		17:18,48	15:24,25 81,73%
2 Manyaka, Philimon	M51 Gauteng North		17:22,84	15:28,13 81,39%
3 Moraope, Spencer	M51 North West North		17:52,16	15:54,23 79,16%
4 van Heerden, Buks	M53 Vaal Triangle		21:20,37	18:59,53 66,29%

**M55 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 de Villiers, Dawie	M58 Gauteng North		18:58,22	16:07,72 78,06%
2 Jacobs, Phillip	M58 Western Province		19:01,34	16:10,37 77,84%
3 Kelly, Percy	M59 Western Province		19:01,54	16:10,54 77,83%
4 Kotze, Flippie	M55 Free State		20:48,27	17:41,28 71,17%

**M60 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Kotze, Dirk	M63 SWD		19:04,16	15:27,46 81,44%
2 Tau, Thabo	M61 North West North		19:20,01	15:40,31 80,33%
3 Gregan, Sydney	M62 Gauteng North		22:23,07	18:08,70 69,38%
4 Billingham, Willem	M64 Gauteng North		27:06,53	21:58,47 57,29%

**M65 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Martins, Eugene	M65 Free State		22:07,35	17:03,79 73,78%
2 Fernandes, Johnny	M67 Central Gauteng		23:49,71	18:22,74 68,50%
3 Kruger, Hansie	M68 Central North West		24:50,63	19:09,73 65,70%
4 De Bruyn, Egbert	M66 Mpumalanga		25:07,65	19:22,86 64,96%

**M70 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Maphangulo, David	M70 Gauteng North		19:23,98	14:12,15 88,64%
2 Reed, Chris	M73 Central Gauteng		22:31,07	16:29,12 76,37%

**M75 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Cleophas, Henry	M75 Western Province		21:24,94	14:50,47 84,83%

**W35 10000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Swanepoel, Maryna	W37 Free State		44:12,36	43:37,62 66,51%
2 van Heerden, Carolien	W39 Vaal Triangle		49:36,41	48:57,42 59,27%

**W50 10000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hitge, Mariette	W53 Central North West		54:05,24	47:26,08 61,17%



**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...W50 10000 Meter Run**

2 Britz, Louise	W54 Vaal Triangle	57:34,10	50:29,25	57,47%
-----------------	-------------------	----------	----------	--------

**W55 10000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Flattery, Ezna	W59 Central Gauteng	46:43,87	39:07,69	74,16%
2 Zarraga de Philander, Al	W55 Western Province	48:26,04	40:33,23	71,55%

**W75 10000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Greenblatt, Elaine	W75 Central Gauteng	1:15:30,81	50:13,45	57,78%

**M35 10000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Bucarizza, Marko	M35 Central Gauteng	31:23,89	31:04,49	84,26%

**M40 10000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Sebe, Ntsikelelo	M41 Eastern Province	38:48,39	36:57,33	70,85%

**M45 10000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Mazungula, Richard	M47 Eastern Province	51:22,48	47:02,02	55,67%

**M50 10000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Manyaka, Philimon	M51 Gauteng North	38:05,69	33:29,81	78,17%
2 Moraope, Spencer	M51 North West North	39:23,93	34:38,61	75,58%
3 van Heerden, Buks	M53 Vaal Triangle	44:26,13	39:04,33	67,01%

**M55 10000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Letlhaku, Moses	M59 Gauteng North	39:59,43	33:44,64	77,59%
2 Kelly, Percy	M59 Western Province	41:30,21	35:01,24	74,77%

**M60 10000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Tredrea, Dave	M60 Central Gauteng	40:41,34	32:54,81	79,55%
2 Kotze, Dirk	M63 SWD	41:55,20	33:54,55	77,22%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 10000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Leopeng, Sonny	M67 Central Gauteng		45:18,40	35:05,41 74,62%
2 Tatham, Allen	M69 Central Gauteng		48:42,86	37:43,76 69,40%
3 Van Wyk, Hannes	M69 SWD		49:33,71	38:23,14 68,21%
4 Kruger, Hansie	M68 Central North West		53:10,60	41:11,13 63,57%
-- Fernandes, Johnny	M67 Central Gauteng		DNF	

**M80 10000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Stuart, Les	M81 SWD		1:01:50,37	41:25,21 63,21%

**W40 80 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 Smit, Ascha-Alicia	W44 Gauteng North		14,20	0.3	14,21	85,93% 2
2 Du toit, Yolande	W41 Central North West		17,01	0.3	17,02	71,74% 2

**W45 80 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading H#	Points
1 de Villiers, Azel	W48 Central Gauteng		17,63	0.3	17,64	69,22% 2

**W50 80 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Hutchinson, Shona	W50 KwaZulu- Natal		13,13	0.2	13,14 92,92%
2 Staal, Michelle	W51 Central Gauteng		15,97	0.2	15,98 76,41%
3 Du Toit, Dorita	W52 Central North West		16,15	0.2	16,16 75,56%

**W55 80 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Barnard, Charmain	W55 Gauteng North		13,85	0.2	13,86 88,10%

**M70 80 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Smit, Christiaan	M72 Free State		20,26	0.2	20,27 63,69%

**M80 80 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Stuart, Les	M81 SWD		20,77	0.2	20,78 62,13%

**M55 100 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Scheepers, Anton	M55 SWD		16,00	0.2	16,01 80,64%
2 Russell, Scott	M55 Western Province		16,36	0.2	16,37 78,86%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04**

**K McArthur Athletic Stadium, Potchefstroom**

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

**...M55 100 Short Hurdles**

3	Horn, Christo	M59 Central Gauteng	20,99	0.2	21,00	61,48%
4	Bartleman, Andre	M58 Free State	21,13	0.2	21,14	61,07%

**M60 100 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Kotze, Wayne	M61 Central Gauteng		44,90	0.2	44,91 28,75%

**M65 100 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 du Toit, Sarel	M69 Gauteng North		22,09	0.2	22,10 58,42%

**M45 110 Short Hurdles**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Slabbert, Morne	M48 North West North		21,96	0.2	21,97 58,76%

**W50 300 Long Hurdles**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hutchinson, Shona	W50 KwaZulu- Natal		48,26	48,27108,43%
2 Staal, Michelle	W51 Central Gauteng		53,59	53,60 97,65%

**W55 300 Long Hurdles**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Munnik, Philna	W56 Central Gauteng		1:10,35	1:10,36 74,39%

**W60 300 Long Hurdles**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Pretorius, Riemke	W61 Central North West		1:55,11	1:55,12 45,47%

**M65 300 Long Hurdles**

Name	Age Team	Seed	Finals	Age-Grading Points
1 du Toit, Sarel	M69 Gauteng North		58,54	58,55 79,90%

**W40 400 Long Hurdles**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Du toit, Yolande	W41 Central North West		1:29,12	1:29,13 58,72%

**M30 400 Long Hurdles**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Kitshoff, Jean-Pierre	M32 Gauteng North		58,49	58,50 79,97%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 400 Long Hurdles**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Smith, Randall	M40 Western Province		1:07,37	1:07,38 69,43%

**M45 400 Long Hurdles**

Name	Age Team	Seed	Finals	Age-Grading Points
1 venter, Jannie	M48 Eastern Province		1:02,60	1:02,61 74,72%

**M55 400 Long Hurdles**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Fourie, David	M58 KwaZulu- Natal		1:05,28	1:05,29 71,65%
2 Scheepers, Anton	M55 SWD		1:11,98	1:11,99 64,98%
3 Bartleman, Andre	M58 Free State		1:30,68	1:30,69 51,58%

**W35 2000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 van Heerden, Carolien	W39 Vaal Triangle		9:52,73	9:52,74 91,37%
2 Scholtz, Annemarie	W38 Central North West		10:20,03	10:20,04 87,35%
-- Jili, Thabile	W35 Central Gauteng		DQ	

**W40 2000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Scheffer, Leilani	W40 Gauteng North		7:15,66	7:15,67 124,31%
2 Labuschagne, Amanda	W43 Free State		10:07,34	10:07,35 89,17%

**W50 2000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Blignaut, Tania	W51 Central Gauteng		9:13,83	9:13,84 97,79%

**W55 2000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Sonnekus, Dalene	W58 Gauteng North		9:47,77	9:47,78 92,14%
2 Venter, Laura	W58 Central Gauteng		11:17,79	11:17,80 79,90%
3 De Bruyn, Linda	W58 Mpumalanga		12:51,92	12:51,93 70,16%

**W60 2000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Geyer, Mariet	W64 Gauteng North		11:19,90	11:19,91 79,66%
2 le Roux, Teresa	W60 Gauteng North		12:37,72	12:37,73 71,48%
3 Pretorius, Riemke	W61 Central North West		15:51,86	15:51,87 56,90%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W65 2000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Fischer, Lynette	W65 Free State		10:42,71	10:42,72 84,27%
2 Boesenberg, Martie	W67 Gauteng North		11:25,91	11:25,92 78,96%
3 Mouton, Christa	W67 Gauteng North		16:10,77	16:10,78 55,79%

**W75 2000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Laker, Rita	W76 Gauteng North		16:04,11	16:04,12 56,17%

**M60 2000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Philander, Tobias	M60 Western Province		8:13,61	8:13,62 95,95%
2 Kotze, Dirk	M63 SWD		9:09,86	9:09,87 86,13%
3 Gregan, Sydney	M62 Gauteng North		9:37,92	9:37,93 81,95%
4 Billingham, Willem	M64 Gauteng North		13:32,22	13:32,23 58,31%

**M65 2000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Wyk, Hannes	M69 SWD		9:58,10	9:58,11 79,19%
2 Fernandes, Johnny	M67 Central Gauteng		11:03,47	11:03,48 71,39%
3 De Bruyn, Egbert	M66 Mpumalanga		11:56,94	11:56,95 66,06%

**M35 3000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Dintwa, Itumeleng	M39 North West North		10:57,12	10:57,13 72,08%
2 Barnard, Christiaan	M37 Gauteng North		13:32,68	13:32,69 58,28%

**M40 3000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Dyubele, Melikhaya Milto	M44 Eastern Province		11:56,70	11:56,71 66,08%
2 Pule, Sartiel	M43 North West North		12:25,99	12:26,00 63,49%
3 Sebe, Ntsikelelo	M41 Eastern Province		12:50,36	12:50,37 61,48%

**M45 3000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Mazungula, Richard	M47 Eastern Province		16:03,45	16:03,46 49,16%

**M50 3000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Moraope, Spencer	M51 North West North		12:00,45	12:00,46 65,74%
2 Moagi, Moeketsi	M54 Central Gauteng		12:15,63	12:15,64 64,38%
3 van Heerden, Buks	M53 Vaal Triangle		15:05,10	15:05,11 52,33%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 3000 Meter Steeplechase**

Name	Age Team	Seed	Finals	Age-Grading Points
1 de Villiers, Dawie	M58 Gauteng North		12:33,62	12:33,63 62,85%
2 Kotze, Flippie	M55 Free State		13:30,51	13:30,52 58,44%

**W95 4x100 Meter Relay**

Team	Seed	Finals	Points
1 Gauteng North 'A'		53,39	
1) Schoeman, Adri 53	2) Joubert, Charnie 49		
3) Rê, Biancá 37	4) Strydom, Ida-Marie 48		
2 Central Gauteng 'A'		55,68	
1) le Roux, Liandi 31	2) Blignaut, Tania 51		
3) Staal, Michelle 51	4) Durrheim, Corrin 47		
3 Western Province 'A'		58,62	
1) Miske, Mirjam 44	2) Juries, Tanja 45		
3) Deetlefs, Suretha 60	4) Grobler, Sunette 41		
4 Gauteng North 'B'		x58,70	
1) Bradley, Lynn 40	2) Breytenbach, Chantelle 37		
3) Rossouw, Rika 46	4) Sonnekus, Dalene 58		
5 Free State 'A'		1:00,53	
1) Da Silva, Carmen 52	2) Fischer, Lynette 65		
3) Van Aswegen, Suzaan 39	4) Bronn, Marthie 57		

**M95 4x100 Meter Relay**

Team	Seed	Finals	Points
1 Western Province 'B'		40,59	
1) Rhode, Angelo 45	2) Le Grange, Jacobus 44		
3) Deetlefs, Pietie 71	4) Ruiters, Curt 32		
2 Gauteng North 'B'		47,49	
1) du Toit, Sarel 69	2) Verryyn, Ruaan 41		
3) Spies, Pierre 34	4) McClintock, Martin 48		
3 Eastern Province 'A'		50,98	
1) Freeman, Stanton 46	2) Swekile, Simpiwe 46		
3) Davids, Martin 59	4) Mhelo, Minaza 65		
4 Western Province 'A'		x51,22	
1) Mentoer, Ricardo 46	2) Engel, Roscoe 35		
3) Warriess, Joseph 68	4) Mulumba, Patrick 41		
5 Gauteng North 'A'		x52,37	
1) Breytenbach, Eben 38	2) Smit, Winston 62		
3) De Beer, Willem 36	4) Gregan, Sydney 62		
6 Central Gauteng 'A'		53,12	
1) Vlok, Anton 39	2) Hacker, Ian 59		
3) Lubbe, Shawn 40	4) Kimmins, Ralph 53		

**M95 4x100 Meter Relay**

Team	Seed	Finals	Points
1 Central Gauteng 'A'		51,03	
1) Vlok, Anton 39	2) Beukes, Marisa 45		
3) Durrheim, Corrin 47	4) Hacker, Ian 59		
2 Gauteng North 'A'		51,15	
1) Smit, Winston 62	2) Schoeman, Adri 53		
3) Verryyn, Ruaan 41	4) Bradley, Lynn 40		
3 Gauteng North 'B'		x53,07	

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04**

**K McArthur Athletic Stadium, Potchefstroom**

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

**...M95 4x100 Meter Relay**

1) Gregan, Sydney 62	2) Rê, Biancá 37	
3) De Beer, Willem 36	4) Joubert, Charnie 49	
4 Free State 'A'		53,70
1) Bronkhorst, Reandi 33	2) Bronkhorst, Eddie 45	
3) Fischer, Lynette 65	4) Fourie, Pierre 46	
5 Gauteng North 'C'		x55,30
1) McClintock, Martin 48	2) Sonnekus, Dalene 58	
3) Breytenbach, Eben 38	4) Strydom, Ida-Marie 48	
6 South Western District 'A'		57,00
1) Scheepers, Anton 55	2) Walters, Elmarie 40	
3) Kotze, Dirk 63	4) Van Langelaar, Yolanda 48	
7 Central Gauteng 'B'		x57,60
1) Blignaut, Tania 51	2) Kimmins, Ralph 53	
3) Lubbe, Shawn 40	4) Masuku, Susan 57	

**X95 4x100 Meter Relay**

Team	Seed	Finals	Points
1 Central Gauteng 'A'		51,03	
1) Vlok, Anton 39	2) Beukes, Marisa 45		
3) Durrheim, Corrin 47	4) Hacker, Ian 59		
2 Gauteng North 'A'		51,15	
1) Smit, Winston 62	2) Schoeman, Adri 53		
3) Verryyn, Ruaan 41	4) Bradley, Lynn 40		
3 Gauteng North 'B'		x53,07	
1) Gregan, Sydney 62	2) Rê, Biancá 37		
3) De Beer, Willem 36	4) Joubert, Charnie 49		
4 Free State 'A'		53,70	
1) Bronkhorst, Reandi 33	2) Bronkhorst, Eddie 45		
3) Fischer, Lynette 65	4) Fourie, Pierre 46		
5 Gauteng North 'C'		x55,30	
1) McClintock, Martin 48	2) Sonnekus, Dalene 58		
3) Breytenbach, Eben 38	4) Strydom, Ida-Marie 48		
6 South Western District 'A'		57,00	
1) Scheepers, Anton 55	2) Walters, Elmarie 40		
3) Kotze, Dirk 63	4) Van Langelaar, Yolanda 48		
7 Central Gauteng 'B'		x57,60	
1) Blignaut, Tania 51	2) Kimmins, Ralph 53		
3) Lubbe, Shawn 40	4) Masuku, Susan 57		

**W95 4x100 Meter Relay**

Team	Seed	Finals	Points
1 Central Gauteng 'A'		51,03	
1) Vlok, Anton 39	2) Beukes, Marisa 45		
3) Durrheim, Corrin 47	4) Hacker, Ian 59		
2 Gauteng North 'A'		51,15	
1) Smit, Winston 62	2) Schoeman, Adri 53		
3) Verryyn, Ruaan 41	4) Bradley, Lynn 40		
3 Gauteng North 'B'		x53,07	
1) Gregan, Sydney 62	2) Rê, Biancá 37		
3) De Beer, Willem 36	4) Joubert, Charnie 49		
4 Free State 'A'		53,70	
1) Bronkhorst, Reandi 33	2) Bronkhorst, Eddie 45		
3) Fischer, Lynette 65	4) Fourie, Pierre 46		
5 Gauteng North 'C'		x55,30	
1) McClintock, Martin 48	2) Sonnekus, Dalene 58		

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...W95 4x100 Meter Relay**

3) Breytenbach, Eben 38	4) Strydom, Ida-Marie 48	
6 South Western District 'A'		57,00
1) Scheepers, Anton 55	2) Walters, Elmarie 40	
3) Kotze, Dirk 63	4) Van Langelaar, Yolanda 48	
7 Central Gauteng 'B'		x57,60
1) Blignaut, Tania 51	2) Kimmins, Ralph 53	
3) Lubbe, Shawn 40	4) Masuku, Susan 57	

**W40 High Jump**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Labuschagne, Amanda	W43 Free State		1,40m	1,50m 71,77%

**W45 High Jump**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Langelaar, Yolanda	W48 SWD		1,50m	1,68m 80,38%

**W50 High Jump**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Staal, Michelle	W51 Central Gauteng		1,26m	1,49m 71,29%

**W55 High Jump**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Heymans, Dinah	W57 Gauteng North		1,48m	1,83m 87,56%
2 Venter, Laura	W58 Central Gauteng		1,00m	1,24m 59,33%

**W60 High Jump**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Deetlefs, Suretha	W60 Western Province		1,38m	1,80m 86,12%

**M40 High Jump**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Lambrecht, Micheal	M43 Gauteng North		1,80m	1,91m 77,96%

**M45 High Jump**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Freeman, Stanton	M46 Eastern Province		1,55m	1,72m 70,20%

**M50 High Jump**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Putter, Danie	M52 Central Gauteng		1,47m	1,72m 70,20%



**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 High Jump**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Gutsche, Johann	M57 North West North		1,73m	2,13m 86,94%
2 Scheepers, Anton	M55 SWD		1,52m	1,87m 76,33%
3 Lombard, Albertus Gerhar	M55 Gauteng North		1,37m	1,68m 68,57%
3 Bartleman, Andre	M58 Free State		1,37m	1,68m 68,57%

**M65 High Jump**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Gouws, Johan	M65 Gauteng North		1,37m	1,87m 76,33%
2 du Toit, Sarel	M69 Gauteng North		1,32m	1,80m 73,47%

**M70 High Jump**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Smit, Christiaan	M72 Free State		1,22m	1,76m 71,84%

**W45 Pole Vault**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Strydom, Ida-Marie	W48 Gauteng North		3,10m	3,50m 69,17%

**W50 Pole Vault**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Du Toit, Dorita	W52 Central North West		2,60m	3,12m 61,66%

**M45 Pole Vault**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Freeman, Stanton	M46 Eastern Province		2,70m	3,06m 49,35%

**M55 Pole Vault**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Scheepers, Anton	M55 SWD		3,00m	3,86m 62,26%

**M70 Pole Vault**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Smit, Christiaan	M72 Free State		2,10m	3,37m 54,35%

**W30 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Nel, Naomi	W31 Mpumalanga		4,45m	0.1	4,45m 59,97%
2 Bronkhorst, Reandi	W33 Free State		4,37m	0.4	4,37m 58,89%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Smit, Ascha-Alicia	W44 Gauteng North		4,92m	0.2	5,36m 72,24%

**W45 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Beukes, Marisa	W45 Central Gauteng		4,57m	0.2	5,27m 71,02%
2 Juries, Tanja	W45 Western Province		4,45m	0.4	5,13m 69,14%
3 de Villiers, Azel	W48 Central Gauteng		3,93m	0.1	4,53m 61,05%

**W50 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Staal, Michelle	W51 Central Gauteng		3,96m	1.1	4,84m 65,23%
2 Du Toit, Dorita	W52 Central North West		3,80m	1.1	4,64m 62,53%

**W55 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Scholtz, Gloria	W55 Gauteng North		2,72m	1.2	3,53m 47,57%
2 Masuku, Susan	W57 Central Gauteng		2,66m	1.2	3,45m 46,50%

**W60 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Deetlefs, Suretha	W60 Western Province		3,84m	1.1	5,30m 71,43%
2 Gouws, Makkie	W62 Gauteng North		3,24m	1.2	4,47m 60,24%
3 Pretorius, Riemke	W61 Central North West		1,62m	1.1	2,23m 30,05%

**M35 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Vlok, Anton	M39 Central Gauteng		6,08m	0.3	6,31m 70,50%

**M40 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Lambrecht, Micheal	M43 Gauteng North		5,68m	0.2	6,23m 69,61%
2 Vorster, Ruaan	M41 Gauteng North		5,52m	0.1	6,05m 67,60%
3 Stroh, Johan	M43 Free State		5,45m	0.4	5,97m 66,70%
4 Verryyn, Ruaan	M41 Gauteng North		5,03m	0.2	5,51m 61,56%

**M45 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 McClintock, Martin	M48 Gauteng North		6,25m	0.3	7,25m 81,01%
2 Swekile, Simpiwe	M46 Eastern Province		5,86m	0.2	6,80m 75,98%
3 Slabbert, Morne	M48 North West North		5,80m	0.5	6,73m 75,20%
4 Freeman, Stanton	M46 Eastern Province		5,31m	0.4	6,16m 68,83%
5 Bronkhorst, Eddie	M45 Free State		4,85m	0.1	5,62m 62,79%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Putter, Danie	M52 Central Gauteng		5,20m	1.5	6,39m 71,40%
2 George, Darryl Winston	M52 North West North		4,96m	1.6	6,10m 68,16%
3 Kimmins, Ralph	M53 Central Gauteng		4,82m	1.7	5,92m 66,15%

**M55 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Scheepers, Anton	M55 SWD		4,71m	2.4	6,14m 68,60%
2 Davids, Martin	M59 Eastern Province		4,68m	1.3	6,10m 68,16%

**M60 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Barnard, Rex	M62 Central North West		4,70m	1.3	6,52m 72,85%

**M65 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 John, Daryll Kevin	M65 KwaZulu- Natal		4,02m	1.2	5,94m 66,37%
2 du Toit, Sarel	M69 Gauteng North		3,50m	1.6	5,17m 57,77%

**M80 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Kennedy, .patrick	M80 Central Gauteng		1,42m	2.2	2,61m 29,16%

**M85 Long Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Penberthy, Douglas Pearc	M88 Gauteng North		2,42m	1.9	5,00m 55,87%

**W45 Triple Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Juries, Tanja	W45 Western Province		9,45m	1.3	10,77m

**W50 Triple Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Staal, Michelle	W51 Central Gauteng		8,60m	1.1	10,46m
2 Du Toit, Dorita	W52 Central North West		8,05m	1.3	9,79m

**W60 Triple Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Deetlefs, Suretha	W60 Western Province		8,17m	1.2	11,35m
2 Gouws, Makkie	W62 Gauteng North		7,12m	1.2	9,89m

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Triple Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Sewanyana, Jason	M42 Western Province		13,87m	1.8	14,63m 79,99%

**M45 Triple Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Slabbert, Morne	M48 North West North		10,46m	2.4	11,65m 63,70%

**M50 Triple Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 George, Darryl Winston	M52 North West North		10,57m	0.9	12,47m 68,18%

**M55 Triple Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Scheepers, Anton	M55 SWD		10,49m	1.3	13,16m 71,95%

**M65 Triple Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 du Toit, Sarel	M69 Gauteng North		8,01m	0.8	11,52m 62,99%

**M80 Triple Jump**

Name	Age Team	Seed	Finals	Wind	Age-Grading Points
1 Kennedy, .patrick	M80 Central Gauteng		2,09m	0.5	3,84m 21,00%

**W35 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Aswegen, Suzaan	W39 Free State		12,49m	12,94m 60,92%
2 Killian, Ursula	W37 Central Gauteng		12,41m	12,86m 60,55%
3 Van Niekerk, Elandi	W35 Central North West		10,49m	10,87m 51,18%
4 Barnard, Christine	W36 Gauteng North		8,25m	8,55m 40,25%

**W40 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Pubalakan, Tanya	W40 Gauteng North		12,20m	13,62m 64,12%
2 Albertyn, Este	W41 Western Province		9,63m	10,75m 50,61%
3 Swart, Jurinda	W40 Free State		9,61m	10,72m 50,47%
4 Van Rhyn, Sonja	W44 North West North		5,71m	6,37m 29,99%
5 Milfordt, Leandre	W41 Boland		5,24m	5,84m 27,50%

**W45 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Strauss, Michelle	W49 Gauteng North		9,59m	11,56m 54,43%
2 de Villiers, Azel	W48 Central Gauteng		8,71m	10,50m 49,44%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Jordaan, Antonette	W52 Gauteng North		11,40m	12,91m 60,78%
2 Fleming, Daleen	W51 Gauteng North		10,11m	11,45m 53,91%
3 Staal, Michelle	W51 Central Gauteng		8,86m	10,03m 47,22%
4 Blaauw, Anja	W50 Gauteng North		8,83m	10,00m 47,08%
5 Messias, Louise	W54 Eastern Province		7,79m	8,82m 41,53%
6 Snyders, Margaret	W52 Western Province		6,96m	7,88m 37,10%
7 Maloney, Anneline	W54 Gauteng North		6,91m	7,82m 36,82%

**W55 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Barnard, Charmain	W55 Gauteng North		11,99m	14,80m 69,68%
2 Flynn, Judy	W58 Gauteng North		9,38m	11,58m 54,52%
3 Scholtz, Gloria	W55 Gauteng North		7,96m	9,82m 46,23%
4 Pretorius, Engelina	W59 Central North West		7,79m	9,61m 45,24%
5 De Bruyn, Sonja	W57 Western Province		7,63m	9,42m 44,35%
6 Vosloo, Susanna	W55 Eastern Province		7,55m	9,32m 43,88%
7 De Bruyn, Linda	W58 Mpumalanga		5,65m	6,97m 32,82%
8 Swartz, Rencia	W55 Boland		5,59m	6,90m 32,49%

**W60 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Smit, Jackie	W60 Boland		8,79m	11,89m 55,98%
2 Bruyns, Catharina	W64 SWD		7,73m	10,46m 49,25%
3 Claassen, Zelda	W64 Central Gauteng		6,19m	8,37m 39,41%

**W65 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Dramat, Farieda	W65 Western Province		8,51m	12,71m 59,84%
2 Gurtsieva, Olga	W66 North West North		7,83m	11,69m 55,04%
3 du toit, Gsp DU Toit (Ba	W67 Gauteng North		6,71m	10,02m 47,18%

**W70 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Griesel, Ronél	W71 Western Province		8,57m	14,25m 67,09%
2 Hessel, Laura	W71 Canada		8,19m	13,62m 64,12%
3 van der Walt, Miggie	W72 Gauteng North		5,87m	9,76m 45,95%
4 Van Eck, Suzi	W74 Gauteng North		5,44m	9,04m 42,56%

**W75 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Ferreira, Mercia	W75 Central Gauteng		8,72m	13,32m 62,71%
2 Fourie, Ena	W75 Gauteng North		8,04m	12,28m 57,82%
3 Laker, Rita	W76 Gauteng North		6,72m	10,26m 48,31%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W80 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Grobler, Babsie	W80 Gauteng North		5,61m	9,77m 46,00%

**M35 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Rosslee, Dirk	M37 Central Gauteng		11,08m	11,59m 49,59%

**M40 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Vorster, Ruan	M41 Gauteng North		10,63m	11,82m 50,58%
2 Smith, Randall	M40 Western Province		7,35m	8,17m 34,96%

**M45 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Lewies, Daniel	M45 Western Province		10,70m	12,69m 54,30%
2 Meintjes, Pieter	M46 Gauteng North		10,36m	12,29m 52,59%
3 Kirstein, Jaco	M46 Central North West		10,29m	12,21m 52,25%
4 van der Merwe, Kobus	M45 Gauteng North		9,88m	11,72m 50,15%
5 Nolte, Schalkwi	M48 Gauteng North		8,57m	10,17m 43,52%

**M50 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Potgieter, Willem	M50 Central Gauteng		14,50m	16,74m 71,63%
2 Venter, Martin	M53 Gauteng North		13,18m	15,22m 65,13%
3 Watson, Rowan	M54 Gauteng North		12,79m	14,77m 63,20%
4 Swanepoel, Jan	M53 Gauteng North		12,58m	14,53m 62,17%
5 Blaauw, David	M52 Gauteng North		11,20m	12,93m 55,33%

**M55 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Scheepers, Conradie	M56 Free State		14,06m	17,46m 74,71%
2 Gutsche, Johann	M57 North West North		10,97m	13,62m 58,28%
3 de Beer, Andre	M55 Central Gauteng		9,62m	11,94m 51,09%

**M60 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Haupt, Burton	M62 Gauteng North		13,90m	17,03m 72,87%
2 Bezuidenhout, Vic	M62 Gauteng North		12,32m	15,09m 64,57%
3 Simpson, Shaun	M61 Western Province		11,71m	14,34m 61,36%
4 de Nysschen, Tommie	M60 Free State		10,93m	13,39m 57,30%
5 Kotze, Wayne	M61 Central Gauteng		8,39m	10,27m 43,95%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Kichenbrand, Stephen	M66 Gauteng North		10,57m	14,07m 60,21%

**M70 Shot Put**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hessel, Patrick	M72 Canada		10,65m	13,88m 59,39%

**W35 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Killian, Ursula	W37 Central Gauteng		47,34m	47,34m 66,25%
2 Van Aswegen, Suzaan	W39 Free State		29,64m	29,64m 41,48%

**W40 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Pubalakan, Tanya	W40 Gauteng North		30,15m	32,36m 45,28%
2 Albertyn, Este	W41 Western Province		27,57m	29,59m 41,41%
3 Swart, Jurinda	W40 Free State		24,55m	26,34m 36,86%
4 Van Rhyne, Sonja	W44 North West North		13,83m	14,84m 20,77%
5 Milfordt, Leandre	W41 Boland		11,95m	12,82m 17,94%

**W45 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Strauss, Michelle	W49 Gauteng North		28,65m	33,72m 47,19%
2 de Villiers, Azel	W48 Central Gauteng		23,69m	27,88m 39,01%
3 Weber, Helga	W45 Gauteng North		20,59m	24,23m 33,91%

**W50 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Fleming, Daleen	W51 Gauteng North		36,71m	47,53m 66,51%
2 Jordaan, Antonette	W52 Gauteng North		30,39m	39,35m 55,07%
3 Blaauw, Anja	W50 Gauteng North		22,53m	29,17m 40,82%
4 Messias, Louise	W54 Eastern Province		20,99m	27,17m 38,02%
5 Maloney, Anneline	W54 Gauteng North		18,37m	23,78m 33,28%
6 Snyders, Margaret	W52 Western Province		14,79m	19,15m 26,80%

**W55 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Flynn, Judy	W58 Gauteng North		22,65m	32,38m 45,31%
2 Scholtz, Gloria	W55 Gauteng North		19,18m	27,42m 38,37%
3 Pretorius, Engelina	W59 Central North West		17,85m	25,52m 35,71%
4 De Bruyn, Sonja	W57 Western Province		17,54m	25,08m 35,10%
5 Vosloo, Susanna	W55 Eastern Province		16,79m	24,00m 33,59%
6 Swartz, Rencia	W55 Boland		12,69m	18,14m 25,38%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Smit, Jackie	W60 Boland		23,80m	37,77m 52,85%
2 Gouws, Makkie	W62 Gauteng North		18,35m	29,12m 40,75%
3 Bruyns, Catharina	W64 SWD		17,04m	27,04m 37,84%
4 Claassen, Zelda	W64 Central Gauteng		16,30m	25,87m 36,20%

**W65 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Gurtsieva, Olga	W66 North West North		25,68m	45,54m 63,73%
2 Dramat, Farieda	W65 Western Province		18,44m	32,70m 45,76%
3 du toit, Gsp DU Toit (Ba	W67 Gauteng North		17,48m	31,00m 43,38%
4 van Dyk, Annette	W69 Gauteng North		15,97m	28,32m 39,63%

**W70 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hessel, Laura	W71 Canada		24,15m	48,26m 67,53%
2 Griesel, Ronél	W71 Western Province		16,14m	32,25m 45,13%
3 van der Walt, Miggie	W72 Gauteng North		14,63m	29,23m 40,90%
4 Van Eck, Suzi	W74 Gauteng North		14,16m	28,29m 39,59%

**W75 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Ferreira, Mercia	W75 Central Gauteng		20,49m	40,40m 56,54%
2 Fourie, Ena	W75 Gauteng North		20,13m	39,69m 55,54%
3 Laker, Rita	W76 Gauteng North		12,13m	23,91m 33,46%

**W80 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Grobler, Babsie	W80 Gauteng North		15,25m	34,74m 48,61%

**M30 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Spies, Pierre	M34 Gauteng North		20,51m	20,51m 28,54%

**M35 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Rosslee, Dirk	M37 Central Gauteng		35,98m	35,98m 50,07%

**M40 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Walters, Willem	M41 SWD		32,78m	33,39m 46,47%
2 Vorster, Ruan	M41 Gauteng North		32,55m	33,15m 46,13%
3 Lambrecht, Micheal	M43 Gauteng North		31,06m	31,64m 44,03%



**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Lewies, Daniel	M45 Western Province		31,91m	34,64m 48,20%
2 Meintjes, Pieter	M46 Gauteng North		31,76m	34,47m 47,97%
3 van der Merwe, Kobus	M45 Gauteng North		28,67m	31,12m 43,31%
4 Nolte, Schalkwi	M48 Gauteng North		28,35m	30,77m 42,82%

**M50 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Swanepoel, Jan	M53 Gauteng North		46,86m	47,22m 65,71%
2 Potgieter, Willem	M50 Central Gauteng		46,83m	47,19m 65,67%
3 Watson, Rowan	M54 Gauteng North		41,96m	42,28m 58,84%
4 Venter, Martin	M53 Gauteng North		39,28m	39,58m 55,08%
5 Blaauw, David	M52 Gauteng North		37,43m	37,72m 52,49%
6 Schoeman, Gavin	M53 Western Province		36,45m	36,73m 51,11%

**M55 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Scheepers, Conradie	M56 Free State		36,47m	39,65m 55,18%
2 de Beer, Andre	M55 Central Gauteng		35,75m	38,87m 54,09%
3 Gutsche, Johann	M57 North West North		33,99m	36,95m 51,42%

**M60 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Haupt, Burton	M62 Gauteng North		49,36m	47,64m 66,30%
2 Simpson, Shaun	M61 Western Province		42,18m	40,71m 56,65%
3 Bezuidenhout, Vic	M62 Gauteng North		36,86m	35,58m 49,51%
4 Eybers, Marius	M61 Gauteng North		36,30m	35,04m 48,76%
5 Kotze, Wayne	M61 Central Gauteng		35,79m	34,54m 48,07%
6 de Nysschen, Tommie	M60 Free State		35,07m	33,85m 47,11%
7 Smit, Johan	M63 Boland		29,42m	28,39m 39,51%

**M65 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Kichenbrand, Stephen	M66 Gauteng North		38,44m	40,70m 56,64%
2 Aggouras, Nicky	M66 Gauteng North		23,40m	24,78m 34,48%

**M70 Discus Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hessel, Patrick	M72 Canada		32,08m	37,68m 52,44%
2 Smit, Christiaan	M72 Free State		20,99m	24,65m 34,30%

**W35 Hammer Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Killian, Ursula	W37 Central Gauteng		46,70m	49,37m 59,50%
2 Rê, Biancá	W37 Gauteng North		28,00m	29,60m 35,67%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Pubalakan, Tanya	W40	Gauteng North		40,78m	47,37m	57,09%
2 Albertyn, Este	W41	Western Province		34,91m	40,55m	48,87%

**W45 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Strauss, Michelle	W49	Gauteng North		33,43m	42,74m	51,51%
2 de Villiers, Azel	W48	Central Gauteng		29,20m	37,33m	44,99%

**W50 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Jordaan, Antonette	W52	Gauteng North		35,97m	43,97m	52,99%
2 Fleming, Daleen	W51	Gauteng North		33,78m	41,29m	49,76%
3 Blaauw, Anja	W50	Gauteng North		31,57m	38,59m	46,51%
4 Maloney, Anneline	W54	Gauteng North		22,66m	27,70m	33,38%
5 Messias, Louise	W54	Eastern Province		19,01m	23,23m	27,99%
6 Snyders, Margaret	W52	Western Province		17,15m	20,96m	25,26%

**W55 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Bezuidenhout, Elizabeth	W57	Gauteng North		23,85m	32,31m	38,94%
2 Scholtz, Gloria	W55	Gauteng North		20,82m	28,21m	34,00%
3 Pretorius, Engelina	W59	Central North West		20,81m	28,19m	33,97%
4 Vosloo, Susanna	W55	Eastern Province		20,11m	27,25m	32,84%
5 De Bruyn, Sonja	W57	Western Province		16,70m	22,63m	27,27%

**W60 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Smit, Jackie	W60	Boland		39,22m	59,21m	71,35%
2 Bruyns, Catharina	W64	SWD		22,80m	34,42m	41,48%
3 Claassen, Zelda	W64	Central Gauteng		22,63m	34,16m	41,17%
4 Hennop, Ansie	W61	Gauteng North		20,16m	30,43m	36,67%

**W65 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Gurtsieva, Olga	W66	North West North		33,15m	56,15m	67,67%
2 Dramat, Farieda	W65	Western Province		23,15m	39,21m	47,25%
3 du toit, Gsp DU Toit (Ba	W67	Gauteng North		22,47m	38,06m	45,87%
4 van Dyk, Annette	W69	Gauteng North		16,50m	27,95m	33,68%

**W70 Hammer Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Hessel, Laura	W71	Canada		27,42m	52,58m	63,36%
2 Griesel, Ronél	W71	Western Province		21,82m	41,84m	50,42%
3 Van Eck, Suzi	W74	Gauteng North		17,47m	33,50m	40,37%
4 van der Walt, Miggie	W72	Gauteng North		15,72m	30,14m	36,32%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W75 Hammer Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Fourie, Ena	W75 Gauteng North		25,35m	42,41m 51,11%
2 Ferreira, Mercia	W75 Central Gauteng		22,47m	37,59m 45,30%

**W80 Hammer Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Grobler, Babsie	W80 Gauteng North		18,75m	36,48m 43,96%

**M35 Hammer Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Rosslee, Dirk	M37 Central Gauteng		35,78m	35,78m 42,16%

**M45 Hammer Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Mahmoud, Yamen	M45 Gauteng North		51,31m	57,41m 67,65%
2 Nolte, Schalkwi	M48 Gauteng North		31,51m	35,25m 41,54%

**M50 Hammer Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Venter, Martin	M53 Gauteng North		50,51m	55,11m 64,94%
2 Schoeman, Gavin	M53 Western Province		40,61m	44,30m 52,20%
3 Swanepoel, Jan	M53 Gauteng North		39,06m	42,61m 50,21%
4 Watson, Rowan	M54 Gauteng North		38,75m	42,28m 49,82%
5 Blaauw, David	M52 Gauteng North		31,47m	34,33m 40,45%

**M55 Hammer Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Van Rensburg, Tone	M59 Central Gauteng		44,43m	52,35m 61,69%
2 de Beer, Andre	M55 Central Gauteng		39,21m	46,20m 54,44%

**M60 Hammer Throw**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Haupt, Burton	M62 Gauteng North		43,29m	50,68m	59,72% 1
2 Ras, Peter John	M61 Gauteng North		38,50m	45,07m	53,11% 2
3 Bezuidenhout, Vic	M62 Gauteng North		34,76m	40,70m	47,96% 1
4 Nel, Hannes	M64 Vaal Triangle		34,48m	40,37m	47,57% 1

**M65 Hammer Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Aggouras, Nicky	M66 Gauteng North		44,05m	56,67m 66,78%
2 Kichenbrand, Stephen	M66 Gauteng North		39,91m	51,34m 60,50%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Hammer Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hessel, Patrick	M72 Canada		34,52m	44,13m 52,00%
2 Smit, Christiaan	M72 Free State		23,27m	29,75m 35,06%

**M75 Hammer Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hough, Norman	M76 Western Province		27,37m	39,42m 46,45%

**W35 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 De Klerk, Gerlize	W35 Central North West		40,02m	40,96m 56,67%
2 Killian, Ursula	W37 Central Gauteng		36,80m	37,66m 52,10%
3 Van Aswegen, Suzaan	W39 Free State		34,10m	34,90m 48,28%

**W40 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Albertyn, Este	W41 Western Province		20,71m	23,39m 32,36%

**W45 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Henning, Zelna	W45 Free State		33,72m	42,13m 58,29%
2 Strauss, Michelle	W49 Gauteng North		25,26m	31,56m 43,66%
3 de Villiers, Azel	W48 Central Gauteng		20,48m	25,58m 35,39%

**W50 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Jordaan, Antonette	W52 Gauteng North		24,39m	30,85m 42,68%
2 Blaauw, Anja	W50 Gauteng North		24,27m	30,70m 42,47%
3 Staal, Michelle	W51 Central Gauteng		23,37m	29,56m 40,90%
4 De beer, Charmaine	W52 Central Gauteng		21,37m	27,03m 37,40%
5 Messias, Louise	W54 Eastern Province		17,44m	22,06m 30,52%
6 Snyders, Margaret	W52 Western Province		15,71m	19,87m 27,49%

**W55 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Scott, Agnesse	W56 Eastern Province		27,86m	39,21m 54,25%
2 Scholtz, Gloria	W55 Gauteng North		22,73m	31,99m 44,26%
3 Pretorius, Engelina	W59 Central North West		20,18m	28,40m 39,29%
4 De Bruyn, Sonja	W57 Western Province		15,67m	22,05m 30,51%
5 Vosloo, Susanna	W55 Eastern Province		13,47m	18,96m 26,23%

**W60 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Pietersen, Aletta	W63 Western Province		25,10m	39,48m 54,62%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...W60 Javelin Throw**

2 Dinkelmann, Olivia	W63	Gauteng North	20,32m	31,96m	44,22%
3 Gouws, Makkie	W62	Gauteng North	18,13m	28,52m	39,46%
4 Bruyns, Catharina	W64	SWD	12,27m	19,30m	26,70%
5 Claassen, Zelda	W64	Central Gauteng	9,90m	15,57m	21,54%

**W65 Javelin Throw**

Name	Age	Team	Seed	Finals	Age-Grading Points
1 Gurtsieva, Olga	W66	North West North		16,95m	29,96m 41,45%
2 van Dyk, Annette	W69	Gauteng North		16,55m	29,26m 40,48%
3 Dramat, Farieda	W65	Western Province		14,91m	26,36m 36,47%

**W70 Javelin Throw**

Name	Age	Team	Seed	Finals	Age-Grading Points
1 Hessel, Laura	W71	Canada		19,16m	38,33m 53,03%
2 Griesel, Ronél	W71	Western Province		15,64m	31,28m 43,28%
3 van der Walt, Miggie	W72	Gauteng North		11,76m	23,52m 32,54%

**W75 Javelin Throw**

Name	Age	Team	Seed	Finals	Age-Grading Points
1 Ferreira, Mercia	W75	Central Gauteng		17,76m	36,28m 50,19%

**W80 Javelin Throw**

Name	Age	Team	Seed	Finals	Age-Grading Points
1 Grobler, Babsie	W80	Gauteng North		9,58m	22,59m 31,25%

**M30 Javelin Throw**

Name	Age	Team	Seed	Finals	Age-Grading Points
1 Spies, Pierre	M34	Gauteng North		24,25m	24,25m 24,62%

**M35 Javelin Throw**

Name	Age	Team	Seed	Finals	Age-Grading Points
1 Liebenberg, Nico	M39	Gauteng North		59,38m	61,98m 62,94%
2 Rosslee, Dirk	M37	Central Gauteng		34,20m	35,69m 36,24%

**M40 Javelin Throw**

Name	Age	Team	Seed	Finals	Age-Grading Points
1 Marais, Wynand	M41	Vaal Triangle		49,30m	55,30m 56,15%

**M45 Javelin Throw**

Name	Age	Team	Seed	Finals	Age-Grading Points
1 Nolte, Schalkwi	M48	Gauteng North		34,42m	41,68m 42,32%
2 Slabbert, Morne	M48	North West North		33,73m	40,84m 41,47%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Venter, Phillip	M52 Gauteng North		40,02m	49,19m 49,95%
2 Blaauw, David	M52 Gauteng North		33,76m	41,50m 42,14%

**M55 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Pauer, Wilhelm	M56 Central Gauteng		47,02m	63,12m 64,09%
2 Horn, Christo	M59 Central Gauteng		32,13m	43,13m 43,80%
3 Bartleman, Andre	M58 Free State		26,40m	35,44m 35,99%

**M60 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Aspelung, John	M63 Gauteng North		39,00m	53,33m 54,15%
2 Bezuidenhout, Vic	M62 Gauteng North		37,03m	50,63m 51,41%
3 Toll, Michael	M60 Western Province		32,77m	44,81m 45,50%
4 de Nysschen, Tommie	M60 Free State		31,48m	43,04m 43,70%

**M65 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Kichenbrand, Stephen	M66 Gauteng North		45,68m	69,36m 70,43%

**M70 Javelin Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hessel, Patrick	M72 Canada		27,71m	43,13m 43,80%
2 Smit, Christiaan	M72 Free State		24,25m	37,74m 38,32%

**W35 Weight Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Killian, Ursula	W37 Central Gauteng		16,63m	17,22m 67,27%

**W40 Weight Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Pubalakan, Tanya	W40 Gauteng North		12,79m	14,30m 55,86%
2 Albertyn, Este	W41 Western Province		12,58m	14,07m 54,96%
3 Milfordt, Leandre	W41 Boland		3,76m	4,20m 16,41%

**W45 Weight Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Strauss, Michelle	W49 Gauteng North		11,37m	13,78m 53,83%
2 de Villiers, Azel	W48 Central Gauteng		10,10m	12,24m 47,81%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Weight Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Jordaan, Antonette	W52 Gauteng North		12,60m	14,54m 56,80%
2 Fleming, Daleen	W51 Gauteng North		12,47m	14,39m 56,21%
3 Blaauw, Anja	W50 Gauteng North		10,62m	12,25m 47,85%
4 Messias, Louise	W54 Eastern Province		6,96m	8,03m 31,37%
5 Snyders, Margaret	W52 Western Province		6,43m	7,42m 28,98%

**W55 Weight Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Flynn, Judy	W58 Gauteng North		9,35m	11,81m 46,13%
2 Bezuidenhout, Elizabeth	W57 Gauteng North		7,89m	9,96m 38,91%
3 Vosloo, Susanna	W55 Eastern Province		7,26m	9,17m 35,82%
4 De Bruyn, Sonja	W57 Western Province		6,57m	8,29m 32,38%
5 Scholtz, Gloria	W55 Gauteng North		5,99m	7,56m 29,53%
6 Swartz, Rencia	W55 Boland		4,82m	6,08m 23,75%

**W60 Weight Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Smit, Jackie	W60 Boland		14,82m	17,36m 67,81%
2 Claassen, Zelda	W64 Central Gauteng		9,44m	11,05m 43,16%
3 Bruyns, Catharina	W64 SWD		8,76m	10,26m 40,08%

**W65 Weight Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Gurtsieva, Olga	W66 North West North		11,65m	15,14m 59,14%
2 du toit, Gsp DU Toit (Ba	W67 Gauteng North		10,21m	13,27m 51,84%
3 Dramat, Farieda	W65 Western Province		10,10m	13,13m 51,29%
4 van Dyk, Annette	W69 Gauteng North		8,77m	11,40m 44,53%

**W70 Weight Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Hessel, Laura	W71 Canada		11,91m	17,36m 67,81%
2 Griesel, Ronél	W71 Western Province		8,29m	12,08m 47,19%
3 Van Eck, Suzi	W74 Gauteng North		7,61m	11,09m 43,32%
4 van der Walt, Miggie	W72 Gauteng North		6,82m	9,94m 38,83%

**W75 Weight Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Fourie, Ena	W75 Gauteng North		9,44m	12,97m 50,66%
2 Ferreira, Mercia	W75 Central Gauteng		8,67m	11,91m 46,52%

**W80 Weight Throw**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Grobler, Babsie	W80 Gauteng North		8,23m	13,04m 50,94%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M35 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Rosslee, Dirk	M37	Central Gauteng		12,47m	12,47m	48,22%

**M45 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Mahmoud, Yamen	M45	Gauteng North		14,55m	16,59m	64,15%
2 Meintjes, Pieter	M46	Gauteng North		11,02m	12,56m	48,57%
3 Kirstein, Jaco	M46	Central North West		10,62m	12,11m	46,83%
4 Nolte, Schalkwi	M48	Gauteng North		9,09m	10,36m	40,06%

**M50 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Venter, Martin	M53	Gauteng North		17,64m	17,60m	68,06%
2 Swanepoel, Jan	M53	Gauteng North		15,12m	15,08m	58,31%
3 Blaauw, David	M52	Gauteng North		13,93m	13,89m	53,71%
4 Watson, Rowan	M54	Gauteng North		13,74m	13,70m	52,98%

**M55 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Van Rensburg, Tone	M59	Central Gauteng		15,15m	16,21m	62,68%
2 de Beer, Andre	M55	Central Gauteng		13,03m	13,94m	53,91%
3 Du Toit, Izak	M58	Central North West		8,07m	8,63m	33,37%

**M60 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Haupt, Burton	M62	Gauteng North		17,70m	17,82m	68,91%
2 Ras, Peter John	M61	Gauteng North		15,38m	15,48m	59,86%
3 Bezuidenhout, Vic	M62	Gauteng North		14,45m	14,55m	56,26%
4 Nel, Hannes	M64	Vaal Triangle		13,10m	13,19m	51,01%
5 Toll, Michael	M60	Western Province		10,99m	11,06m	42,77%

**M65 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Aggouras, Nicky	M66	Gauteng North		17,59m	19,09m	73,82%
2 Kichenbrand, Stephen	M66	Gauteng North		15,57m	16,89m	65,31%

**M70 Weight Throw**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 Hessel, Patrick	M72	Canada		13,32m	13,67m	52,86%

**M35 100 Meter Sprint Decathlon**

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Breytenbach, Eben	M38	Gauteng North	12,22	0.1	12,22	78,40% 608



**SAMA Championship 2024 - 2024/05/02 to 2024/05/04**

**K McArthur Athletic Stadium, Potchefstroom**

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

**M55 100 Meter Sprint Decathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Scheepers, Anton	M55 SWD	12,89	0.1	11,25	85,16% 806
2 Horn, Christo	M59 Central Gauteng	15,47	0.1	13,50	70,96% 387
3 Bartleman, Andre	M58 Free State	15,65	0.1	13,66	70,13% 362

**W35 200 Meter Sprint Heptathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Rê, Biancá	W37 Gauteng North	26,68	0.1	26,69	80,67% 738

**W50 200 Meter Sprint Heptathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Staal, Michelle	W51 Central Gauteng	30,24	0.2	27,34	78,75% 684

**W55 200 Meter Sprint Heptathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Munnik, Philna	W56 Central Gauteng	34,18	0.2	29,65	72,61% 507

**W60 200 Meter Sprint Heptathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Pretorius, Riemke	W61 Central North West	57,84	0.2	48,06	44,80%

**M35 400 Meter Sprint Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Breytenbach, Eben	M38 Gauteng North	55,67	54,70	78,67% 611

**M55 400 Meter Sprint Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Scheepers, Anton	M55 SWD	59,05	50,88	84,57% 774
2 Horn, Christo	M59 Central Gauteng	1:23,15	1:11,65	60,06% 105
3 Bartleman, Andre	M58 Free State	1:25,22	1:13,43	58,60% 75

**W35 800 Meter Run Heptathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Rê, Biancá	W37 Gauteng North	2:21,84	2:20,84	80,95% 812

**W50 800 Meter Run Heptathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Staal, Michelle	W51 Central Gauteng	3:07,97	2:45,68	68,81% 509

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 800 Meter Run Heptathlon**

Name	Age Team	Finals	Age-Grading Points
1 Munnik, Philna	W56 Central Gauteng	3:34,67	3:01,01 62,99% 356

**W60 800 Meter Run Heptathlon**

Name	Age Team	Finals	Age-Grading Points
1 Pretorius, Riemke	W61 Central North West	5:31,09	4:26,33 42,81%

**M35 1500 Meter Run Decathlon**

Name	Age Team	Finals	Age-Grading Points
1 Breytenbach, Eben	M38 Gauteng North	4:59,51	4:54,99 69,83% 589

**M55 1500 Meter Run Decathlon**

Name	Age Team	Finals	Age-Grading Points
1 Scheepers, Anton	M55 SWD	5:40,80	4:50,61 70,89% 615
2 Bartleman, Andre	M58 Free State	6:51,92	5:51,25 58,65% 301
3 Horn, Christo	M59 Central Gauteng	7:37,24	6:29,89 52,84% 155

**W50 80 Short Hurdles Heptathlon**

Name	Age Team	Finals	Wind	Age-Grading Points
1 Staal, Michelle	W51 Central Gauteng	14,34	1.0	15,20 80,33% 815

**W55 80 Short Hurdles Heptathlon**

Name	Age Team	Finals	Wind	Age-Grading Points
1 Munnik, Philna	W56 Central Gauteng	18,58	1.0	18,93 64,50% 397

**W60 80 Short Hurdles Heptathlon**

Name	Age Team	Finals	Wind	Age-Grading Points
1 Pretorius, Riemke	W61 Central North West	38,01	1.0	37,16 32,86%

**W35 100 Short Hurdles Heptathlon**

Name	Age Team	Finals	Wind	Age-Grading Points
1 Rê, Biancá	W37 Gauteng North	18,31	0.1	18,19 67,12% 469

**M55 100 Short Hurdles Decathlon**

Name	Age Team	Finals	Wind	Age-Grading Points
1 Scheepers, Anton	M55 SWD	15,42	-0.3	15,43 83,67% 798
2 Horn, Christo	M59 Central Gauteng	21,50	-0.3	21,51 60,02% 240
3 Bartleman, Andre	M58 Free State	21,63	-0.3	21,64 59,66% 231

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M35 110 Short Hurdles Decathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Breytenbach, Eben	M38 Gauteng North	18,90	0.4	18,82 68,60%	448

**W35 High Jump Heptathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Rê, Biancá	W37 Gauteng North	1,39m	1,41m 67,46%	523

**W50 High Jump Heptathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Staal, Michelle	W51 Central Gauteng	1,25m	1,47m 70,33%	588

**M35 High Jump Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Breytenbach, Eben	M38 Gauteng North	1,61m	1,63m 66,53%	488

**M55 High Jump Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Scheepers, Anton	M55 SWD	1,55m	1,91m 77,96%	723
2 Bartleman, Andre	M58 Free State	1,36m	1,67m 68,16%	520
3 Horn, Christo	M59 Central Gauteng	1,25m	1,54m 62,86%	419

**M35 Pole Vault Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Breytenbach, Eben	M38 Gauteng North	3,20m	3,24m 52,26%	416

**M55 Pole Vault Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Scheepers, Anton	M55 SWD	3,00m	3,86m 62,26%	579
2 Horn, Christo	M59 Central Gauteng	2,10m	2,70m 43,55%	286
-- Bartleman, Andre	M58 Free State	DNF		

**W35 Long Jump Heptathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Rê, Biancá	W37 Gauteng North	4,62m	0.2	4,76m 64,15%	495

**W50 Long Jump Heptathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Staal, Michelle	W51 Central Gauteng	3,92m	0.3	4,79m 64,56%	503

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Long Jump Heptathlon**

Name	Age Team	Finals	Wind	Age-Grading Points
1 Munnik, Philna	W56 Central Gauteng	3,01m	0.2	3,90m 52,56% 285

**W60 Long Jump Heptathlon**

Name	Age Team	Finals	Wind	Age-Grading Points
1 Pretorius, Riemke	W61 Central North West	1,42m	0.3	1,96m 26,42%

**M35 Long Jump Decathlon**

Name	Age Team	Finals	Wind	Age-Grading Points
1 Breytenbach, Eben	M38 Gauteng North	6,02m	0.1	6,25m 69,83% 641

**M55 Long Jump Decathlon**

Name	Age Team	Finals	Wind	Age-Grading Points
1 Scheepers, Anton	M55 SWD	5,08m	0.2	6,62m 73,97% 725
2 Horn, Christo	M59 Central Gauteng	4,03m	0.2	5,25m 58,66% 431
3 Bartleman, Andre	M58 Free State	3,44m	0.1	4,48m 50,06% 287

**W35 Shot Put Heptathlon**

Name	Age Team	Finals	Age-Grading Points
1 Rê, Biancá	W37 Gauteng North	11,29m 11,70m	55,08% 641

**W35 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Killian, Ursula	W37 Central Gauteng	12,51m 12,97m	61,06% 725

**W40 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Pubalakan, Tanya	W40 Gauteng North	11,48m 12,81m	60,31% 715
2 Albertyn, Este	W41 Western Province	8,80m 9,82m	46,23% 518

**W45 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 de Villiers, Azel	W48 Central Gauteng	8,89m 10,72m	50,47% 577
2 Strauss, Michelle	W49 Gauteng North	8,54m 10,30m	48,49% 549

**W50 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Jordaan, Antonette	W52 Gauteng North	10,84m 12,28m	57,82% 680
2 Fleming, Daleen	W51 Gauteng North	10,10m 11,44m	53,86% 624
3 Blaauw, Anja	W50 Gauteng North	8,95m 10,14m	47,74% 539
4 Messias, Louise	W54 Eastern Province	7,61m 8,62m	40,58% 440

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Shot Put Heptathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Staal, Michelle	W51 Central Gauteng	9,00m	10,19m 47,98%	542

**W55 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Pretorius, Engelina	W59 Central North West	8,92m	11,01m 51,84%	596
2 Scholtz, Gloria	W55 Gauteng North	7,96m	9,82m 46,23%	518
3 De Bruyn, Sonja	W57 Western Province	7,69m	9,49m 44,68%	496
4 Vosloo, Susanna	W55 Eastern Province	7,28m	8,98m 42,28%	463
5 Bezuidenhout, Elizabeth	W57 Gauteng North	6,31m	7,79m 36,68%	386

**W55 Shot Put Heptathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Munnik, Philna	W56 Central Gauteng	6,02m	7,43m 34,98%	363

**W60 Shot Put Heptathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Pretorius, Riemke	W61 Central North West	4,99m	6,75m 31,78%	319

**W60 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Smit, Jackie	W60 Boland	9,02m	12,20m 57,44%	674
2 Bruyns, Catharina	W64 SWD	7,73m	10,46m 49,25%	560
3 Hennop, Ansie	W61 Gauteng North	6,78m	9,17m 43,17%	475
4 Claassen, Zelda	W64 Central Gauteng	5,92m	8,01m 37,71%	400

**W65 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Dramat, Farieda	W65 Western Province	8,58m	12,81m 60,31%	715
2 Gurtsieva, Olga	W66 North West North	7,38m	11,02m 51,88%	596
3 du toit, Gsp DU Toit (Ba	W67 Gauteng North	6,72m	10,03m 47,22%	531
4 van Dyk, Annette	W69 Gauteng North	6,40m	9,56m 45,01%	501

**W70 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hessel, Laura	W71 Canada	8,97m	14,91m 70,20%	855
2 Griesel, Ronél	W71 Western Province	7,44m	12,37m 58,24%	686
3 Van Eck, Suzi	W74 Gauteng North	5,91m	9,82m 46,23%	518
4 van der Walt, Miggie	W72 Gauteng North	5,67m	9,42m 44,35%	492

**W75 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Fourie, Ena	W75 Gauteng North	8,23m	12,57m 59,18%	699
2 Ferreira, Mercia	W75 Central Gauteng	8,07m	12,33m 58,05%	683

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W80 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Grobler, Babsie	W80 Gauteng North	5,01m	8,73m 41,10%	447

**M35 Shot Put Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Breytenbach, Eben	M38 Gauteng North	9,86m	10,31m 44,12%	504

**M35 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Rosslee, Dirk	M37 Central Gauteng	11,38m	11,90m 50,92%	600

**M45 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Nolte, Schalkwi	M48 Gauteng North	8,63m	10,24m 43,82%	500

**M50 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Watson, Rowan	M54 Gauteng North	14,07m	16,25m 69,53%	867
2 Venter, Martin	M53 Gauteng North	13,53m	15,62m 66,84%	828
3 Blaauw, David	M52 Gauteng North	12,58m	14,53m 62,17%	761
4 Swanepoel, Jan	M53 Gauteng North	11,53m	13,31m 56,95%	686

**M55 Shot Put Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Scheepers, Anton	M55 SWD	9,10m	11,30m 48,35%	564
2 Bartleman, Andre	M58 Free State	8,12m	10,08m 43,13%	490
3 Horn, Christo	M59 Central Gauteng	7,96m	9,88m 42,28%	478

**M55 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 de Beer, Andre	M55 Central Gauteng	9,90m	12,29m 52,59%	624

**M60 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M62 Gauteng North	14,14m	17,32m 74,11%	933
2 Bezuidenhout, Vic	M62 Gauteng North	11,81m	14,46m 61,87%	757
3 Ras, Peter John	M61 Gauteng North	9,49m	11,62m 49,72%	583

**M65 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M66 Gauteng North	10,15m	13,51m 57,81%	698

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hessel, Patrick	M72 Canada	10,62m	13,84m 59,22%	719

**M75 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hough, Norman	M76 Western Province	8,98m	12,91m 55,24%	662

**W35 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Killian, Ursula	W37 Central Gauteng	45,30m	45,30m 63,39%	758

**W40 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Pubalakan, Tanya	W40 Gauteng North	30,82m	33,07m 46,28%	521
2 Albertyn, Este	W41 Western Province	28,55m	30,64m 42,88%	475

**W45 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Strauss, Michelle	W49 Gauteng North	27,96m	32,91m 46,05%	518
2 de Villiers, Azel	W48 Central Gauteng	25,18m	29,64m 41,48%	456

**W50 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Fleming, Daleen	W51 Gauteng North	36,63m	47,43m 66,37%	800
2 Jordaan, Antonette	W52 Gauteng North	26,91m	34,84m 48,75%	554
3 Blaauw, Anja	W50 Gauteng North	23,98m	31,05m 43,45%	482
4 Messias, Louise	W54 Eastern Province	19,58m	25,35m 35,47%	376

**W55 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Scholtz, Gloria	W55 Gauteng North	19,77m	28,27m 39,56%	430
2 De Bruyn, Sonja	W57 Western Province	17,60m	25,16m 35,21%	372
3 Pretorius, Engelina	W59 Central North West	17,53m	25,06m 35,07%	370
4 Bezuidenhout, Elizabeth	W57 Gauteng North	16,88m	24,13m 33,77%	353
5 Vosloo, Susanna	W55 Eastern Province	15,37m	21,97m 30,74%	313

**W60 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Smit, Jackie	W60 Boland	22,23m	35,28m 49,37%	563
2 Hennop, Ansie	W61 Gauteng North	18,52m	29,39m 41,13%	451
3 Claassen, Zelda	W64 Central Gauteng	15,91m	25,25m 35,33%	374
4 Bruyns, Catharina	W64 SWD	15,69m	24,90m 34,84%	367

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W65 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Gurtsieva, Olga	W66 North West North	24,57m	43,57m 60,97%	724
2 du toit, Gsp DU Toit (Ba	W67 Gauteng North	18,99m	33,67m 47,12%	532
3 Dramat, Farieda	W65 Western Province	18,90m	33,51m 46,89%	529
4 van Dyk, Annette	W69 Gauteng North	15,92m	28,23m 39,50%	429

**W70 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hessel, Laura	W71 Canada	21,24m	42,44m 59,39%	702
2 Griesel, Ronél	W71 Western Province	15,23m	30,43m 42,58%	471
3 Van Eck, Suzi	W74 Gauteng North	14,33m	28,63m 40,06%	437
4 van der Walt, Miggie	W72 Gauteng North	14,13m	28,23m 39,50%	429

**W75 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Fourie, Ena	W75 Gauteng North	20,93m	41,26m 57,74%	679
2 Ferreira, Mercia	W75 Central Gauteng	18,63m	36,73m 51,40%	591

**W80 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Grobler, Babsie	W80 Gauteng North	14,48m	32,99m 46,17%	519

**M35 Discus Throw Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Breytenbach, Eben	M38 Gauteng North	36,64m	36,64m 50,99%	597

**M35 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Rosslee, Dirk	M37 Central Gauteng	33,82m	33,82m 47,06%	540

**M45 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Nolte, Schalkwi	M48 Gauteng North	27,96m	30,35m 42,23%	471

**M50 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Watson, Rowan	M54 Gauteng North	46,34m	46,70m 64,99%	802
2 Swanepoel, Jan	M53 Gauteng North	42,85m	43,18m 60,09%	729
3 Venter, Martin	M53 Gauteng North	36,98m	37,26m 51,85%	609
4 Blaauw, David	M52 Gauteng North	33,85m	34,11m 47,47%	546



**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 Discus Throw Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Scheepers, Anton	M55 SWD	30,13m	32,76m 45,59%	519
2 Bartleman, Andre	M58 Free State	24,73m	26,88m 37,41%	403
3 Horn, Christo	M59 Central Gauteng	21,47m	23,34m 32,48%	335

**M55 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 de Beer, Andre	M55 Central Gauteng	34,91m	37,95m 52,81%	623

**M60 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M62 Gauteng North	45,46m	43,88m 61,06%	744
2 Bezuidenhout, Vic	M62 Gauteng North	39,90m	38,51m 53,59%	634
3 Ras, Peter John	M61 Gauteng North	32,76m	31,62m 44,00%	496

**M65 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M66 Gauteng North	39,99m	42,34m 58,92%	712

**M70 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hessel, Patrick	M72 Canada	32,99m	38,75m 53,92%	639

**M75 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hough, Norman	M76 Western Province	26,94m	35,57m 49,50%	575

**W35 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Killian, Ursula	W37 Central Gauteng	41,87m	44,26m 53,34%	628

**W40 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Pubalakan, Tanya	W40 Gauteng North	40,75m	47,33m 57,04%	679
2 Albertyn, Este	W41 Western Province	33,45m	38,85m 46,82%	537

**W45 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Strauss, Michelle	W49 Gauteng North	32,49m	41,54m 50,06%	582
2 de Villiers, Azel	W48 Central Gauteng	26,92m	34,42m 41,48%	463

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Fleming, Daleen	W51 Gauteng North	33,40m	40,83m 49,20%	570
2 Jordaan, Antonette	W52 Gauteng North	33,31m	40,72m 49,07%	568
3 Blaauw, Anja	W50 Gauteng North	29,23m	35,73m 43,06%	485
4 Messias, Louise	W54 Eastern Province	19,54m	23,88m 28,78%	291

**W55 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Bezuidenhout, Elizabeth	W57 Gauteng North	23,33m	31,61m 38,09%	417
2 Pretorius, Engelina	W59 Central North West	21,50m	29,13m 35,10%	376
3 Vosloo, Susanna	W55 Eastern Province	21,17m	28,68m 34,56%	369
4 Scholtz, Gloria	W55 Gauteng North	20,20m	27,37m 32,98%	347
5 De Bruyn, Sonja	W57 Western Province	17,52m	23,74m 28,61%	288

**W60 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Smit, Jackie	W60 Boland	27,95m	42,20m 50,86%	593
2 Claassen, Zelda	W64 Central Gauteng	24,02m	36,26m 43,70%	494
3 Bruyns, Catharina	W64 SWD	22,95m	34,65m 41,76%	467
4 Hennop, Ansie	W61 Gauteng North	19,78m	29,86m 35,98%	388

**W65 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Gurtsieva, Olga	W66 North West North	30,35m	51,41m 61,95%	748
2 Dramat, Farieda	W65 Western Province	22,23m	37,65m 45,37%	517
3 du toit, Gsp DU Toit (Ba	W67 Gauteng North	19,16m	32,45m 39,11%	431
4 van Dyk, Annette	W69 Gauteng North	17,21m	29,15m 35,13%	377

**W70 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hessel, Laura	W71 Canada	24,91m	47,76m 57,56%	687
2 Griesel, Ronél	W71 Western Province	19,89m	38,14m 45,96%	525
3 van der Walt, Miggie	W72 Gauteng North	15,21m	29,16m 35,14%	377
4 Van Eck, Suzi	W74 Gauteng North	14,58m	27,95m 33,68%	357

**W75 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Fourie, Ena	W75 Gauteng North	23,78m	39,78m 47,94%	553
2 Ferreira, Mercia	W75 Central Gauteng	22,61m	37,82m 45,58%	520

**W80 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Grobler, Babsie	W80 Gauteng North	18,78m	36,54m 44,03%	499

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M35 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Rosslee, Dirk	M37 Central Gauteng	30,23m	30,23m 35,62%	380

**M45 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Nolte, Schalkwi	M48 Gauteng North	21,81m	24,40m 28,75%	286

**M50 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Venter, Martin	M53 Gauteng North	46,31m	50,52m 59,53%	713
2 Blaauw, David	M52 Gauteng North	40,34m	44,01m 51,86%	605
3 Watson, Rowan	M54 Gauteng North	37,79m	41,23m 48,59%	559
4 Swanepoel, Jan	M53 Gauteng North	37,75m	41,18m 48,53%	558

**M55 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 de Beer, Andre	M55 Central Gauteng	38,15m	44,95m 52,97%	620

**M60 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M62 Gauteng North	45,83m	53,66m 63,23%	765
2 Ras, Peter John	M61 Gauteng North	41,97m	49,14m 57,91%	690
3 Bezuidenhout, Vic	M62 Gauteng North	35,86m	41,98m 49,47%	571

**M65 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M66 Gauteng North	38,39m	49,38m 58,19%	694

**M70 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hessel, Patrick	M72 Canada	33,69m	43,07m 50,75%	589

**M75 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hough, Norman	M76 Western Province	29,85m	42,99m 50,66%	588

**W35 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Killian, Ursula	W37 Central Gauteng	34,31m	35,11m 48,57%	574

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 Javelin Throw Heptathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Rê, Biancá	W37 Gauteng North	33,32m	34,10m 47,18%	554

**W40 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Pubalakan, Tanya	W40 Gauteng North	23,91m	27,01m 37,37%	420
2 Albertyn, Este	W41 Western Province	21,64m	24,44m 33,81%	372

**W45 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Strauss, Michelle	W49 Gauteng North	22,77m	28,45m 39,36%	447
2 de Villiers, Azel	W48 Central Gauteng	18,12m	22,64m 31,32%	338

**W50 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Blaauw, Anja	W50 Gauteng North	22,02m	27,85m 38,53%	436
2 Jordaan, Antonette	W52 Gauteng North	21,16m	26,76m 37,02%	415
3 Fleming, Daleen	W51 Gauteng North	18,15m	22,95m 31,75%	344
4 Messias, Louise	W54 Eastern Province	16,78m	21,22m 29,36%	312

**W50 Javelin Throw Heptathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Staal, Michelle	W51 Central Gauteng	21,33m	26,98m 37,33%	420

**W55 Javelin Throw Heptathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Munnik, Philna	W56 Central Gauteng	10,87m	15,30m 21,17%	202

**W55 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Pretorius, Engelina	W59 Central North West	20,86m	29,36m 40,62%	464
2 Scholtz, Gloria	W55 Gauteng North	19,20m	27,02m 37,38%	420
3 De Bruyn, Sonja	W57 Western Province	15,24m	21,45m 29,68%	316
4 Bezuidenhout, Elizabeth	W57 Gauteng North	13,12m	18,46m 25,54%	260
5 Vosloo, Susanna	W55 Eastern Province	12,01m	16,90m 23,38%	232

**W60 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Smit, Jackie	W60 Boland	19,32m	30,39m 42,04%	484
2 Bruyns, Catharina	W64 SWD	12,78m	20,10m 27,81%	291
3 Hennop, Ansie	W61 Gauteng North	12,63m	19,86m 27,48%	286
4 Claassen, Zelda	W64 Central Gauteng	9,69m	15,24m 21,08%	201

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 Javelin Throw Heptathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Pretorius, Riemke	W61 Central North West	9,82m	15,44m 21,36%	205

**W65 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 van Dyk, Annette	W69 Gauteng North	16,40m	28,99m 40,11%	457
2 Gurtsieva, Olga	W66 North West North	15,43m	27,28m 37,74%	425
3 du toit, Gsp DU Toit (Ba	W67 Gauteng North	14,65m	25,90m 35,83%	399
4 Dramat, Farieda	W65 Western Province	12,94m	22,87m 31,64%	342

**W70 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hessel, Laura	W71 Canada	19,88m	39,77m 55,02%	663
2 Griesel, Ronél	W71 Western Province	14,39m	28,78m 39,82%	454
3 van der Walt, Miggie	W72 Gauteng North	11,05m	22,10m 30,58%	328
4 Van Eck, Suzi	W74 Gauteng North	10,61m	21,22m 29,36%	312

**W75 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Ferreira, Mercia	W75 Central Gauteng	15,01m	30,66m 42,42%	489
2 Fourie, Ena	W75 Gauteng North	11,55m	23,59m 32,64%	356

**W80 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Grobler, Babsie	W80 Gauteng North	8,82m	20,80m 28,78%	304

**M35 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Rosslee, Dirk	M37 Central Gauteng	37,75m	39,40m 40,01%	433

**M35 Javelin Throw Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Breytenbach, Eben	M38 Gauteng North	39,44m	41,16m 41,80%	459

**M45 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Nolte, Schalkwi	M48 Gauteng North	34,38m	41,63m 42,27%	466

**M50 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Venter, Martin	M53 Gauteng North	37,10m	45,60m 46,30%	524
2 Blaauw, David	M52 Gauteng North	36,12m	44,40m 45,09%	506

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...M50 Javelin Throw Throws Pentathlon**

3 Watson, Rowan	M54 Gauteng North	35,73m	43,92m	44,60%	499
4 Swanepoel, Jan	M53 Gauteng North	27,35m	33,62m	34,14%	350

**M55 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading		Points
1 de Beer, Andre	M55 Central Gauteng	18,69m	25,09m	25,48%	231

**M55 Javelin Throw Decathlon**

Name	Age Team	Finals	Age-Grading		Points
1 Horn, Christo	M59 Central Gauteng	32,41m	43,51m	44,18%	493
2 Scheepers, Anton	M55 SWD	27,05m	36,31m	36,87%	389
3 Bartleman, Andre	M58 Free State	24,11m	32,36m	32,86%	333

**M60 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading		Points
1 Bezuidenhout, Vic	M62 Gauteng North	38,27m	52,33m	53,14%	623
2 Haupt, Burton	M62 Gauteng North	35,14m	48,05m	48,79%	560
3 Ras, Peter John	M61 Gauteng North	26,90m	36,78m	37,35%	396

**M65 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading		Points
1 Kichenbrand, Stephen	M66 Gauteng North	44,93m	68,22m	69,27%	862

**M70 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading		Points
1 Hessel, Patrick	M72 Canada	26,04m	40,53m	41,16%	450

**M75 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading		Points
1 Hough, Norman	M76 Western Province	24,48m	43,40m	44,07%	492

**W35 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading		Points
1 Killian, Ursula	W37 Central Gauteng	15,80m	16,36m	63,91%	752

**W40 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading		Points
1 Pubalakan, Tanya	W40 Gauteng North	12,55m	14,03m	54,80%	629
2 Albertyn, Este	W41 Western Province	11,57m	12,94m	50,55%	571

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 de Villiers, Azel	W48 Central Gauteng	10,53m	12,76m 49,84%	562
2 Strauss, Michelle	W49 Gauteng North	10,34m	12,53m 48,95%	550

**W50 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Jordaan, Antonette	W52 Gauteng North	12,40m	14,31m 55,90%	644
2 Fleming, Daleen	W51 Gauteng North	12,36m	14,26m 55,70%	641
3 Blaauw, Anja	W50 Gauteng North	9,70m	11,19m 43,71%	480
4 Messias, Louise	W54 Eastern Province	7,23m	8,34m 32,58%	333

**W55 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Bezuidenhout, Elizabeth	W57 Gauteng North	7,65m	9,66m 37,73%	401
2 Scholtz, Gloria	W55 Gauteng North	7,40m	9,34m 36,48%	384
3 Pretorius, Engelina	W59 Central North West	6,86m	8,66m 33,83%	349
4 De Bruyn, Sonja	W57 Western Province	6,70m	8,46m 33,05%	339
5 Vosloo, Susanna	W55 Eastern Province	6,21m	7,84m 30,63%	307

**W60 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Smit, Jackie	W60 Boland	13,04m	15,27m 59,65%	694
2 Claassen, Zelda	W64 Central Gauteng	9,48m	11,10m 43,36%	475
3 Bruyns, Catharina	W64 SWD	8,38m	9,81m 38,32%	408
4 Hennop, Ansie	W61 Gauteng North	7,81m	9,14m 35,70%	374

**W65 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Gurtsieva, Olga	W66 North West North	11,45m	14,88m 58,13%	674
2 van Dyk, Annette	W69 Gauteng North	9,07m	11,79m 46,05%	511
3 Dramat, Farieda	W65 Western Province	9,02m	11,72m 45,78%	508
4 du toit, Gsp DU Toit (Ba	W67 Gauteng North	6,37m	8,28m 32,34%	330

**W70 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hessel, Laura	W71 Canada	11,90m	17,34m 67,73%	804
2 Griesel, Ronél	W71 Western Province	7,87m	11,47m 44,80%	495
3 Van Eck, Suzi	W74 Gauteng North	6,95m	10,13m 39,57%	425
4 van der Walt, Miggie	W72 Gauteng North	6,73m	9,81m 38,32%	408

**W75 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Fourie, Ena	W75 Gauteng North	10,16m	13,96m 54,53%	625
2 Ferreira, Mercia	W75 Central Gauteng	8,80m	12,09m 47,23%	527

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W80 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Grobler, Babsie	W80 Gauteng North	8,23m	13,04m 50,94%	577

**M35 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Rosslee, Dirk	M37 Central Gauteng	10,59m	10,59m 40,95%	485

**M45 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Nolte, Schalkwi	M48 Gauteng North	10,83m	12,35m 47,76%	584

**M50 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Venter, Martin	M53 Gauteng North	16,76m	16,72m 64,66%	834
2 Swanepoel, Jan	M53 Gauteng North	14,14m	14,10m 54,52%	684
3 Watson, Rowan	M54 Gauteng North	13,74m	13,70m 52,98%	661
4 Blaauw, David	M52 Gauteng North	13,57m	13,54m 52,36%	652

**M55 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 de Beer, Andre	M55 Central Gauteng	12,25m	13,11m 50,70%	627

**M60 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M62 Gauteng North	17,64m	17,76m 68,68%	894
2 Ras, Peter John	M61 Gauteng North	15,20m	15,30m 59,16%	752
3 Bezuidenhout, Vic	M62 Gauteng North	14,62m	14,72m 56,92%	719

**M65 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M66 Gauteng North	15,04m	16,32m 63,11%	811

**M70 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hessel, Patrick	M72 Canada	12,90m	13,23m 51,16%	634

**M75 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hough, Norman	M76 Western Province	12,38m	13,90m 53,75%	672



**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M35 Decathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Breytenbach, Eben	M38	Gauteng North		5361		

**M55 Decathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Scheepers, Anton	M55	SWD		6492		
2 Horn, Christo	M59	Central Gauteng		3329		
3 Bartleman, Andre	M58	Free State		3002		

**W35 Heptathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Rê, Biancá	W37	Gauteng North		4232		

**W50 Heptathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Staal, Michelle	W51	Central Gauteng		4061		

**W55 Heptathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Munnik, Philna	W56	Central Gauteng		2376		

**W60 Heptathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Pretorius, Riemke	W61	Central North West		883		

**W35 Throws Pentathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Killian, Ursula	W37	Central Gauteng		3437		

**W40 Throws Pentathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Pubalakan, Tanya	W40	Gauteng North		2964		
2 Albertyn, Este	W41	Western Province		2473		

**W45 Throws Pentathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Strauss, Michelle	W49	Gauteng North		2646		
2 de Villiers, Azel	W48	Central Gauteng		2396		

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Throws Pentathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Fleming, Daleen	W51	Gauteng North		2979		
2 Jordaan, Antonette	W52	Gauteng North		2861		
3 Blaauw, Anja	W50	Gauteng North		2422		
4 Messias, Louise	W54	Eastern Province		1752		

**W55 Throws Pentathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Pretorius, Engelina	W59	Central North West		2155		
2 Scholtz, Gloria	W55	Gauteng North		2099		
3 Bezuidenhout, Elizabeth	W57	Gauteng North		1817		
4 De Bruyn, Sonja	W57	Western Province		1811		
5 Vosloo, Susanna	W55	Eastern Province		1684		

**W60 Throws Pentathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Smit, Jackie	W60	Boland		3008		
2 Bruyns, Catharina	W64	SWD		2093		
3 Hennop, Ansie	W61	Gauteng North		1974		
4 Claassen, Zelda	W64	Central Gauteng		1944		

**W65 Throws Pentathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Gurtsieva, Olga	W66	North West North		3167		
2 Dramat, Farieda	W65	Western Province		2611		
3 van Dyk, Annette	W69	Gauteng North		2275		
4 du toit, Gsp DU Toit (Ba	W67	Gauteng North		2223		

**W70 Throws Pentathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Hessel, Laura	W71	Canada		3711		
2 Griesel, Ronél	W71	Western Province		2631		
3 Van Eck, Suzi	W74	Gauteng North		2049		
4 van der Walt, Miggie	W72	Gauteng North		2034		

**W75 Throws Pentathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Fourie, Ena	W75	Gauteng North		2912		
2 Ferreira, Mercia	W75	Central Gauteng		2810		

**W80 Throws Pentathlon**

Name	Age	Team	Seed	Finals	H#	Points
1 Grobler, Babsie	W80	Gauteng North		2346		

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M35 Throws Pentathlon**

Name	Age Team	Seed	Finals	H#	Points
1 Rosslee, Dirk	M37 Central Gauteng		2438		

**M45 Throws Pentathlon**

Name	Age Team	Seed	Finals	H#	Points
1 Nolte, Schalkwi	M48 Gauteng North		2307		

**M50 Throws Pentathlon**

Name	Age Team	Seed	Finals	H#	Points
1 Venter, Martin	M53 Gauteng North		3508		
2 Watson, Rowan	M54 Gauteng North		3388		
3 Blaauw, David	M52 Gauteng North		3070		
4 Swanepoel, Jan	M53 Gauteng North		3007		

**M55 Throws Pentathlon**

Name	Age Team	Seed	Finals	H#	Points
1 de Beer, Andre	M55 Central Gauteng		2725		

**M60 Throws Pentathlon**

Name	Age Team	Seed	Finals	H#	Points
1 Haupt, Burton	M62 Gauteng North		3896		
2 Bezuidenhout, Vic	M62 Gauteng North		3304		
3 Ras, Peter John	M61 Gauteng North		2917		

**M65 Throws Pentathlon**

Name	Age Team	Seed	Finals	H#	Points
1 Kichenbrand, Stephen	M66 Gauteng North		3777		

**M70 Throws Pentathlon**

Name	Age Team	Seed	Finals	H#	Points
1 Hessel, Patrick	M72 Canada		3031		

**M75 Throws Pentathlon**

Name	Age Team	Seed	Finals	H#	Points
1 Hough, Norman	M76 Western Province		2989		

**W35 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading	Points
1 Mphelane, Mpho	W36 Central Gauteng		32:44,59	32:43,02	61,22%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Radel, Janine	W43 Gauteng North		31:17,93	30:10,14 66,39%

**W50 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Padbury, Belinda	W50 KwaZulu- Natal		28:57,05	25:44,59 77,81%
2 Roussot, Bronwyn	W50 Central Gauteng		31:39,82	28:09,33 71,14%
3 Kirstein, Judy	W53 Central North West		36:48,29	32:43,62 61,20%

**W55 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Dos Santos, Leta	W59 Eastern Province		34:33,67	29:22,63 68,18%
2 Liebenberg, Ester	W59 Mpumalanga		34:34,28	29:23,14 68,16%
3 Kruger, Doret	W57 Central North West		34:49,90	29:36,42 67,65%
4 Merrick, Ilse	W59 Gauteng North		34:54,39	29:40,24 67,51%
5 Loudon, Caryn	W58 KwaZulu- Natal		36:35,84	31:06,47 64,39%

**W60 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Henning, Delmarie	W62 SWD		32:26,64	26:16,20 76,25%
2 Botha, Ronelle	W62 Central Gauteng		33:05,52	26:47,68 74,75%
3 Scheepers, Celeste	W64 Eastern Province		34:53,42	28:15,05 70,90%
4 Coetzee, Fia	W62 Gauteng North		36:02,49	29:10,97 68,64%
5 Sneddon, Elizabeth	W64 KwaZulu- Natal		36:26,72	29:30,59 67,88%

**W65 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Williams, Gail	W66 Western Province		34:59,35	26:52,73 74,52%
2 Willemse, Lucia	W69 Gauteng North		36:51,66	28:19,00 70,74%
3 James, Pam	W66 Western Province		36:52,43	28:19,59 70,71%

**W70 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Koekemoer, Winnie	W73 Gauteng North		33:01,15	23:57,92 83,58%
2 Bignaut, Frieda	W73 Western Province		33:54,59	24:36,71 81,38%
-- Brand, Edna	W72 Western Province		DNF	

**W75 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Meyer, Elsa	W77 Gauteng North		34:02,73	23:13,96 86,21%
2 Jansen van Vuuren, Elzab	W78 North West North		41:36,37	28:23,53 70,55%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04****K McArthur Athletic Stadium, Potchefstroom****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W80 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Centner, Anne	W80 Central Gauteng		34:55,33	22:17,04 89,89%
2 Tregenna, Gill	W82 KwaZulu- Natal		38:16,79	24:25,59 82,00%
3 Brennan, Megan	W80 Western Province		41:34,28	26:31,61 75,51%

**M30 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Goosen, Brandon	M34 Western Province		27:12,09	27:12,10 66,51%

**M45 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
-- Kirstein, Jaco	M46 Central North West		DNF	

**M50 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Appel, Joseph	M54 Gauteng North		29:36,42	26:35,76 68,02%

**M55 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Phillips, Kevin	M59 Central Gauteng		27:22,23	23:34,62 76,73%
2 Goliath, Daniel	M55 Eastern Province		29:44,32	25:37,02 70,62%

**M60 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Britz, Chris	M60 Gauteng North		28:31,95	23:29,11 77,03%
2 Jooste, Hennie	M63 Gauteng North		30:57,82	25:29,18 70,99%
3 hektor, Douglas	M64 Western Province		32:59,64	27:09,45 66,62%
4 Vosloo, Andre	M63 KwaZulu- Natal		34:05,79	28:03,90 64,46%

**M65 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Coetzee, Johann	M65 Gauteng North		30:21,04	23:46,97 76,07%
2 Willemse, Jaap	M67 Gauteng North		30:38,49	24:00,65 75,35%

**M70 5000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
1 Mundell, Oliver	M70 KwaZulu- Natal		33:17,81	24:43,98 73,15%
2 Williams, Les	M73 KwaZulu- Natal		34:05,92	25:19,71 71,43%
3 Smook, Hendry George	M74 Free State		39:58,56	29:41,66 60,93%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04**

**K McArthur Athletic Stadium, Potchefstroom**

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

**W35 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 35				
1 Jili, Thabile	W35 Central Gauteng		1:25:55,00 1:25:55,01	48,03%

**W50 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 50				
1 Padbury, Belinda	W50 KwaZulu- Natal		58:48,00 52:24,51	78,74%
2 Nel, Miemie	W52 Gauteng North		1:06:38,00 59:23,42	69,48%

**W55 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 55				
1 Liebenberg, Ester	W59 Mpumalanga		1:10:49,00 1:00:13,78	68,52%
2 Kruger, Doret	W57 Central North West		1:10:57,00 1:00:20,58	68,39%
3 Merrick, Ilse	W59 Gauteng North		1:12:31,00 1:01:40,53	66,91%
4 Loudon, Caryn	W58 KwaZulu- Natal		1:15:16,00 1:04:00,86	64,46%

**W60 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 60				
1 Henning, Delmarie	W62 SWD		1:06:11,00 53:31,35	77,10%
2 Botha, Ronelle	W62 Central Gauteng		1:07:36,00 54:40,09	75,49%
3 Scheepers, Celeste	W64 Eastern Province		1:09:44,00 56:23,61	73,18%
4 Sneddon, Elizabeth	W64 KwaZulu- Natal		1:17:16,00 1:02:29,14	66,04%

**W65 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 65				
1 Williams, Gail	W66 Western Province		1:13:18,00 56:07,99	73,52%
2 James, Pam	W66 Western Province		1:15:30,00 57:49,08	71,37%
3 Willemse, Lucia	W69 Gauteng North		1:16:35,00 58:38,86	70,36%

**W70 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 70				
1 Brand, Edna	W72 Western Province		1:08:10,00 49:13,39	83,84%

**W75 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 75				
1 Greyvenstein, Annatjie	W79 Gauteng North		1:09:32,00 47:06,12	87,61%
2 Jansen van Vuuren, Elzab	W78 North West North		1:38:08,00 1:06:28,54	62,08%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04**

**K McArthur Athletic Stadium, Potchefstroom**

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

**W80 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 80				
1 Centner, Anne	W80 Central Gauteng		1:14:16,00	46:56,20 87,92%
2 Tregenna, Gill	W82 KwaZulu- Natal		1:20:41,00	50:59,52 80,93%
3 Brennan, Megan	W80 Western Province		1:26:03,00	54:23,02 75,88%

**M40 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Men 40				
1 Kobue, Mzwakhe	M42 Gauteng North		53:50,00	51:48,56 71,77%

**M50 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Men 50				
1 Appel, Joseph	M54 Gauteng North		59:49,00	53:48,31 69,11%

**M55 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Men 55				
1 Goliath, Daniel	M55 Eastern Province		1:00:42,00	52:33,25 70,75%

**M60 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Men 60				
1 Britz, Chris	M60 Gauteng North		59:07,00	49:06,50 75,72%
2 Jooste, Hennie	M63 Gauteng North		1:06:45,00	55:26,96 67,06%
3 Vosloo, Andre	M63 KwaZulu- Natal		1:08:45,00	57:06,64 65,11%

**M65 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Men 65				
1 Coetzee, Johann	M65 Gauteng North		1:04:13,00	51:00,06 72,91%

**M70 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Men 70				
1 Mundell, Oliver	M70 KwaZulu- Natal		1:08:36,00	51:53,35 71,66%
2 Williams, Les	M73 KwaZulu- Natal		1:10:04,00	52:59,91 70,16%

**M75 10000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Men 75				
1 Redelinghuys, Wessel	M76 Gauteng North		1:16:47,00	55:04,61 67,51%

**SAMA Championship 2024 - 2024/05/02 to 2024/05/04**

**K McArthur Athletic Stadium, Potchefstroom**

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

**W50 20000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 50				
1 Roussot, Bronwyn	W50 Central Gauteng		2:14:45,00 1:58:34,81	70,68%

**W55 20000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 55				
1 Dos Santos, Leta	W59 Eastern Province		2:31:30,00 2:07:20,15	65,82%

**W60 20000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 60				
1 Steenkamp, Sandra	W63 Gauteng North		2:08:54,00 1:43:08,75	81,26%

**W70 20000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 70				
1 Koekemoer, Winnie	W73 Gauteng North		2:20:56,00 1:41:04,65	82,92%
2 Blijnaut, Frieda	W73 Western Province		2:24:46,00 1:43:49,60	80,73%

**W75 20000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Women 75				
1 Meyer, Elsa	W77 Gauteng North		2:21:37,00 1:35:08,29	88,10%

**M30 20000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Men 30				
1 Goosen, Brandon	M34 Western Province		1:56:08,00 1:56:08,01	65,96%

**M55 20000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Men 55				
1 Phillips, Kevin	M59 Central Gauteng		1:56:36,00 1:41:27,92	75,49%
2 Reynolds, Keith	M56 Gauteng North		2:09:02,00 1:52:17,09	68,22%
3 Eykenduyn, Ronald	M55 Central Gauteng		2:27:45,00 2:08:34,33	59,58%

**M60 20000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Men 60				
1 Scott, Wayne	M60 Central Gauteng		2:02:58,00 1:42:06,70	75,02%



**SAMA Championship 2024 - 2024/05/02 to 2024/05/04**

**K McArthur Athletic Stadium, Potchefstroom**

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

**M65 20000 Meter Race Walk**

Name	Age Team	Seed	Finals	Age-Grading Points
Results - Men 65				
1 Willemse, Jaap	M67 Gauteng North		2:09:06,00 1:41:50,05	75,22%

