

**SOUTH AFRICAN MASTERS ATHLETICS
MEN**

SOUTH AFRICAN RECORDS											
MAY						JUNE 2016					
Age	100 M	Name	Prov	Venue	Date	Age	200 M	Name	Prov	Venue	Date
30-34	10,5	E.Essman				30-34	21,2	E.Essman			
35-39	10,3	E.Jefferys				35-39	21,2	E.Jefferys			
40-44	10,7	S.Wald	CGA			40-44	22,0	S.Wald	CGA		
45-49	11,1	S.Wald	CGA			45-49	22,9	S.Wald	CGA		
50-54	11,65	S.Wald	CGA			50-54	23,29	S.Wald	CGA		
55-59	11,8	T.George				55-59	24,71	M.Hacker	CGA		
60-64	12,91	M.Hacker	CGA			60-64	25,80	M.Grujic	CGA		
65-69	13,1	A.van Zyl				65-69	26,99	M.Hacker	CGA		
70-74	12,9	F.Reid				70-74	27,5	F.Reid			
75-79	14,06	F.Reid				75-79	29,4	L.A. Nel	KZN		
80-84	14,3	L.Nel	KZN	Bloemfont.	08.11.03	80-84	31,82	M Hacker	CGA	Lyon	Aug-15
85-89	16,29	Lucas Nel	KZN	Sydney	Oct 2010	85-89	34,37	Lucas Nel	KZN	Sydney	Oct 2010
90-94	17,8	L Nel	KZN	Porto Alegre	Oct-13	90-94	38,04	L Nel	KZN	Porto Alegre	Oct-13
100+	30,86	P. Rabinowitz		Cape Town	10.07.04	100+	77,59	P. Rabinowitz		Parow	17.12.04
Age	400 M	Name	Prov	Venue	Date	Age	800 M	Name	Prov	Venue	Date
30-34	48,95	C.Brown				30-34	1:49.60	D.Brummer	AGN		
35-39	47,9	J.Cyrus				35-39	1:49.40	D.Brummer	AGN		
40-44	49,7	L.Hacker	CGA			40-44	1:55.80	S.Ditsele			
45-49	51,2	M.Grujic				45-49	1:59.09	T.Brown	KZN	Brisbane	09.07.01
50-54	52,50	M. Grujic				50-54	2:01.86	L.Claassen	AGN		
55-59	55,0	M.Grujic				55-59	2:03.70	S.Immelmman	CGA	P.E.	01.12.01
		S.Immelmman	CGA								
60-64	55,53	M.Grujic	CGA			60-64	2:16.49	L Claassen	AGN	Sacramento	Jul-11
65-69	59,52	A.van Zyl				65-69	2:28.60	L Claassen	AGN	Pilditch	13.05.16
70-74	64,16	L.A. Nel	KZN			70-74	2:31.71	K Nurden	AGN	Sasolburg	25.04.08
75-79	66,88	L.A. Nel	KZN			75-79	2:37.04	Ken Nurden	AGN	Bellville	30.04.10
80-84	1:12.8	L.A. Nel	KZN	Bloemfont.	08.11.03	80-84	2:58.64	Ken Nurden	AGN	Port Elizabeth	15.05.15
85-89	1:20.47	Lucas Nel	KZN	Sydney	Oct-10	85-89	3:37.34	Lucas Nel	KZN	Sydney	Oct-10
90-94	1:35.64	L A Nel	KZN	Porto Alegre	Oct-13	90-94	4:20.97	L A Nel	KZN	Porto Alegre	Oct-13
Age	1500 M	Name	Prov	Venue	Date	Age	5000 M	Name	Prov	Venue	Date
30-34	3:40.20	J.Fourie				30-34	14:16.25	M.Nobanda		Bellville	04.05.02
35-39	3:54.04	G.Brummer	AGN			35-39	14:15.10	H.LekGangane			
40-44	3:58.90	T.Brown	KZN			40-44	15:06.30	B.Mather			
45-49	4:03.13	T.Brown	KZN			45-49	15:19.68	S.Hollier	CGA		
50-54	4:18.94	S. Rice	CGA	Pretoria	20.02.04	50-54	16:01.50	S.Rice	CGA		
55-59	4:32.40	S.Mostert				55-59	16:54.76	S.Mostert			
60-64	4:55.04	T Brown	WP	Belville	Feb-15	60-64	17:50.60	G.W.Loedolff	AGN		
65-69	4:59.97	G.W.Loedolff	AGN			65-69	18:25.70	G.W.Loedolff	AGN		
70-74	5:11.59	K. Nurden	AGN	Pretoria	25.03.06	70-74	19:40.94	K. Nurden	AGN	Pretoria	25.03.06
75-79	5:33.40	Peter Brown	SWD	Oudtshoorn	26.04.13	75-79	21:30.10	K Nurden	AGN	Bellville	30.04.10
80-84	6:27.52	K Nurden	AGN	Pretoria	18.07.15	80-84	22:44.1	K Nurden	AGN	Pretoria	02.04.16
85-89	7:27.11	Lucas Nel	KZN	Sydney	Oct 2010	85-89	39:11.84	A. Furguson	CGA	Sasolburg	26.04.08
90-94	08:51,3	L A Nel	KZN	Porto Alegre	Oct-13	90-94					

MEN		SOUTH AFRICAN RECORDS							June 2016		
Shot Put		Name	Prov	Venue	Date	Discus Throw			Prov	Venue	Date
30-34	16,28	C. Scheepers				30-34	48,50	P. Goosen			
35-39	16,56	J. Booysen Jr.				35-39	54,46	G Geldenhuys	OFS	Oudtshoorn	24.10.09
40-44	16,50	C. Scheepers	OFS	Pretoria	30.03.08	40-44	51,04	J.J. van Zyl			
45-49	15,76	J.J. van Zyl				45-49	49,13	J.J. van Zyl			
50-54	16,25	J. van Zyl		Germiston	07.05.05	50-54	52,06	J. van Zyl	EP	P. Elizabeth	18.03.09
55-59	14,31	G. Schirmer				55-59	48,78	J J van Zyl	EP	P Elizabeth	16.01.10
60-64	14,24	G. Schirmer				60-64	47,24	A. Rzepecki	CGA		
65-69	12,80	A. Rzepecki	CGA	Bellville	04.05.02	65-69	42,91	A. Coetzee			
70-74	13,01	A.Rzepecki	CGA	Ricc. Italy	9/2007	70-74	38,43	A. Rzepecki	CGA	Ricc.Italy	9/2007
75-79	12,53	E Skea	AGN	Germiston	14.04.12	75-79	34,05	B. Stannius	WP	Parow	11.03.06
80-84	12,84	B Stannius	WP	Bellville	23.02.08	80-84	31,75	B. Stannius	WP	Bellville	13.03.10
85-89	10,66	B Stannius	WP	Porto Alegre	Oct-13	85-89	27,71	P. Frech		S Sebastian	25.08.05
90-94	7,75	L Wale	WP	Sasolburg	/04/08	90-94	16,19	L.Wale		Ricc.Italy	9/2007
95-99	3,48	P. Rabinowitz				95-99					
Hammer Throw		Name	Prov	Venue	Date	Weight Throw			Prov	Venue	Date
30-34	74,15	C Harmse	OFS	Sasolburg	25.04.08	30-34	12.48m	M. Ueckermann		P. Elizabeth	29.04.06
35-39	76,39	C Harmse	OFS	Pilditch	18.05.12	35-39	16.78m	M Venter	AGN	Rustenburg	20.02.10
40-44	73.90m	C Harmse	OFS	Marrakesh	13.08.15	40-44	19.90m	C Harmse	OFS	Parrow	06.12.14
45-49	53,42	V Meiring	AGN	Bellville	30.04.10	45-49	17.17m	M Venter	AGN	Pilditch	13.05.16
50-54	59,80	C. Koen		Pretoria	25.03.06	50-54	20.36m	V Meiring	AGN	P. Elizabeth	15.05.15
55-59	52,97	J. Roodt	KZN			55-59	18.28m	N Aggouras	AGN	Pilditch	13.05.16
60-64	53,64	J. Roodt	KZN	Sasolburg	25.04.08	60-64	20.01m	J. Roodt	KZN	Ricc. Italy	9/2007
65-69	49,41	A. Rzepecki	CGA			65-69	18.75m	A. Rzepecki	CGA	B'fontein	20.11.04
70-74	49,42	A Rzepecki	AGN	Pretoria	14.03.09	70-74	20.71m	A. Rzepecki	CGA	Ricc. Italy	9/2007
75-79	46,68	A Rzepecki	AGN	Germiston	14.04.12	75-79	19.53m	A Rzepecki	KZN	Germiston	13.04.13
80-84 3kg	29,24	C. Sterley	AGN			80-84	15.41m	B Stannius	WP	Belville	13.03.10
	40,07	B Stannius	WP	Parow	24.01.09						
85-89	31.71m	B Stannius	WP	Porto Alegre	Oct-13	85-89	14.50m	B Stannius	WP	Parrow	06.12.14
90-94	18,97	C. Sterley	AGN			90-94	9.71m	C. Sterley	AGN	Potch	30.10.04
Javelin Throw		Name	Prov	Venue	Date	Decathlon			Prov	Venue	Date
30-34	67.76m	F Human	OFS	Bloemfontein	12.11.11	30-34	5226	W.Bezuidenhout			
35-39	66.04m	J. van Wyk		Pretoria	3.04.04	35-39	5575	A. vd Burgh			
40-44	65.54m	T. Liebenberg	CNW	Johannesburg	1998	40-44	5897	P. Williams			
45-49	62.63m	G. Louw	AGN	Germiston	07.05.05	45-49	6154	J. Jacobs			
50-54	60.03m	G Louw	AGN	Pretoria	31.03.12	50-54	6817	J. Allers		Bellville	05.05.02
55-59	55.09m	S Kichenbrand	AGN	Port Elizabeth	15.05.15	55-59	6387	N. Hough		Carolina	04.07.03
60-64	54.84m	P. Mulaudzi		Sasolburg	04.05.01	60-64	6524	R. Cross	WP		
65-69	40.91m	D Sterley	AGN	Lyon	Aug-15	65-69	6580	A. Heine	OFS		
70-74	34.65m	B. Stannius	WP	Sasolburg	04.05.01	70-74	8098	A. van Zyl			
75-79	36.09m	B. Stannius	WP	P. Elizabeth	28.04.06	75-79	1727	F Meaker	AGN	Pilditch	15.05.16
80-84	31.49m	B. Stannius	WP	Sasolburg	25.04.08	80-84					
85-89	25.32m	B Stannius	WP	Denmark	05.06.13	85-89					
90-94	17.47m	L Wale	WP	Sasolburg	28.04.08	90-94					

MEN		SOUTH AFRICAN RECORDS							June 2016		
Weight Pent.	1994 factors	Prov	Venue	Date		Throws Pent.		2002 factors			
30-34	3201	J. Pretorius				30-34	2696	C. Scheepers		Bellville	04.05.02
35-39	3630	T. Liebenberg	CNW			35-39	3456	M Venter	AGN	Lathi, Finland	06.08.09
40-44	3285	T. Liebenberg	CNW			40-44	4851	C Harmse	OFS	Port Elizabeth	15.05.15
45-49	3782	J. Roodt	KZN			45-49	3932	M Venter	AGN	Pretoria	14.05.16
50-54	4314	J. Roodt	KZN			50-54	4258	B Haupt	AGN	AGN	26.04.14
55-59	4531	J. Roodt	KZN			55-59	4191	J. Roodt	KZN	Pretoria	09.05.03
60-64	4499	A. Rzepecki	CGA			60-64	4496	J Roodt	KZN	Sasolburg	26.04.08
65-69	4623	A. Rzepecki	CGA	Durban	8.05.04	65-69	4623	A. Rzepecki	CGA	Durban	08.05.04
70-74	3969	B. Stannius	WP			70-74	4768	A.Rzepecki	CGA	Ricc. Italy	9/2007
75-79	4633	B. Stannius	WP	Parow	26.02.05	75-79	4633	B. Stannius	WP	Parow	26.02.05
80-84	3852	C. Sterley	AGN			80-84	4958	B. Stannius	WP	Belville	13.02.10
85-89	4126	L. Botha	AGN	Germiston	07.05.05	85-89	4583	B Stannius	WP	Parrow	05.12.14
90-94	3353	C. Sterley	AGN	Pretoria	10.05.03	90-94	4178	L Wale		Sasolburg	26.04.08
5000 M Walk	Name	Prov	Venue	Date		20 km Road Walk		Prov	Venue	Date	
30-34	20:19.0	S. Valentine				30-34	1:36.33	R. McDonald		Bellville	24.02.07
35-39	20:58.9	C. Britz	AGN			35-39	1:38:24	I. Nel		Y. Field	04.05.02
40-44	21:51:58	I. Nel		Green Point	12.02.05	40-44	1:35:34	I. Nel		Y. Field	14.01.06
45-49	22:54.8	M. Whitmore				45-49	1:34.35	I von Benecke	CGA	Oudtshoorn	23.10.10
50-54	23:01.4	J. Spencer	WP			50-54	1:41:20	J. Spencer	WP		
55-59	23:52.24	J. Spencer	WP			55-59	1:45:15	J. Spencer	WP		
60-64	26:50.7	J. Spencer	WP			60-64	1:55:42	J. Spencer	WP	Oudtshoorn	16.07.05
65-69	27:03.7	J. Spencer	WP	Parow	12.11.05	65-69	1:58:18	J. Spencer	WP	Youngsfield	26.11.05
70-74	27:55.3	J Spencer	WP	Parow	12.11.10	70-74	2:03:04	J Spencer	WP	Durban	30.04.11
75-79	30:23.9	J Spencer	WP	Parow	14.11.15	75-79	2:08.49	J Spencer	WP	Youngsfield	10.10.15
80-84	33:50.1	G. Hazle	CGA	Germiston	06.05.05	80-84	2:24:43	S. Halsall	WP	Youngsfield	07.08.10
85-89	38:26.4	B. Moodie				85-89	2:45:20	B. Moodie			
90-94	41:51.4	B. Moodie				90-94	2:57:25	B. Moodie			
95-99	42:58.7	P. Rabinowitz				95-99	2:48:19	P. Rabinowitz		P.E.	29.05.99
100	47:59.2	P. Rabinowitz		Parow	13.11.04	100					
30 km Road Walk	Prov	Venue	Date		*10 km Road Walk		Prov	Venue	Date		
30-34	2:24:47	A. Fraser			30-34						
35-39	2:40:46	R McDonald	WP	Youngsfield	07.08.10	35-39					
40-44	2:36:41	I. Nel			40-44	48.45	R McDonald	WP	Youngsfield	15.03.14	
45-49	2:32:03	M. Whitmore			45-49	51.26	H Swanepoel		Sacramento	Jul-11	
50-54	3:03:14	J. van Zyl			50-54	49.08	C. Meyer	CGA	Ricc. Italy	Sep-07	
55-59	2:52:48	J. Hotston			55-59	55.57	R Paterson	CGA	Youngsfield	23.10.10	
60-64	2:54:48	J. Hotston			60-64	57:10	R Patterson	CGA	Oudtshoorn	27.04.13	
65-69	3:07:10	J. Spencer	WP	Oudtshoorn	15.07.06	65-69	01:00:31	J van Zyl	WP	Youngsfield	11.10.14
70-74	3:10:23	J Spencer	WP	Oudtshoorn	23.10.10	70-74	58,40	J Spencer	WP	Youngsfield	18.03.11
75-79	4:07:07	J. Rogers	KZN			75-79	01:09:27	D Morgan-Smith	SWD	Oudtshoorn	27.04.13
80-84						80-84	01:09:03	Stuart Halsall	WP	Youngsfield	20.02.10
50 km Road Walk	Prov	Venue	Date		*New Event						
30-34											
35-39											
40-44											
45-49											
50-54											
55-59											
60-64											
65-69											
70-74											
75-79											
80-84											

