

SOUTH AFRICAN MASTERS ATHLETICS

WOMEN		SOUTH AFRICAN RECORDS									June 2016	
Age	100 M	Name	Prov	Venue	Date	Age	200 M	Name	Prov	Venue	Date	
30-34	11,80	G. van Niekerk	CGA			30-34	24,60	V. Kruger		G'miston		
35-39	12,10	V. Kruger		Bloemf.	05.11.88	35-39	24,90	V. Kruger		Secunda	31.03.90	
40-44	11,94	A Schoeman	AGN	Rustenburg	24.04.14	40-44	24,46	A Schoeman	AGN	Rustenburg	26.04.14	
45-49	12,50	G. van Niekerk	CGA	RAU	15.10.94	45-49	25,71	A Schoeman	AGN	Pilditch	13.05.16	
50-54	13,17	G. van Niekerk	CGA			50-54	26,95	Ronel Beukes	BOL	Bellville	20.02.10	
55-59	14,29	Y. De Wit		Pilditch	03.05.96	55-59	29,30	Y. De Wit		Pretoria	04.05.96	
60-64	14,90	A Ungerer	SWD	Oudtshoorn	06.03.10	60-64	30,70	M. Tomlinson	KZN		08.02.03	
65-69	14,93	A Ungerer	SWD	Pilditch	02.04.11	65-69	30,92	A Ungerer	SWD	Pretoria	31.03.12	
70-74	15,66	T Ungerer	SWD	Pilditch	14.05.16	70-74	32,26	T Ungerer	SWD	Pilditch	13.05.16	
75-79	17,37	I. Hofmeyr	WP	S Sebastian	26.08.05	75-79	35,90	I. Hofmeyr	WP	Durban	07.05.04	
80-84	18,73	C du Plooy	CGA	Pilditch	23.02.13	80-84	41,78	C du Plooy	CGA	Pilditch	23.02.13	
85-89	21,95	C du Plooy	CGA	Pretoria	02.04.16	85-89	51,2	C du Plooy	CGA	Pretoria	02.04.06	
Age	400 M	Name	Prov	Venue	Date	Age	800 M	Name	Prov	Venue	Date	
30-34	55,99	S. Hutchinson	KZN	Durban	18.02.05	30-34	2:09.81	M Brandt	BOL	Port Elizabeth	15.05.15	
35-39	56,00	A. McKenzie		Mainz	20.07.65	35-39	2:08.0	A. McKenzie		Neurenberg	15.07.65	
40-44	56,30	A. McKenzie		P,strom	28.10.67	40-44	2:06.5	A. McKenzie		London	01.07.67	
45-49	58,90	E. Pretorius	AGN	Secunda	18.03.06	45-49	2:17.12	S Vermeulen	AGN	Port Allegro	1.10.13	
50-54	61,14	E Pretorius	AGN	Sacramento	Jul-11	50-54	2:21.84	L. Alexander		S Sebastian	29.08.05	
55-59	67,40	P. Immelman	CGA	Oudtshoorn	16.10.04	55-59	2:41.3	P. Immelman	CGA	Oudtshoorn	16.10.04	
60-64	70,73	M. Tomlinson	KZN	Carolina	04.07.03	60-64	2:48.92	M. Tomlinson	KZN	Carolina	04.07.03	
65-69	72,80	A Ungerer	SWD	Sacramento	Jul-11	65-69	3:05.1	J. Geldenhuys	WP	G. Point		
70-74	76,70	T Ungerer	SWD	Pretoria	02.04.16	70-74	3:19.67	M Tomlinson	KZN	Durban	21.03.14	
75-79	90,73	I. Hofmeyr	WP	Ricc. Italy	9/2007	75-79	3:59.80	I. Hofmeyr	WP	Carolina	04.07.03	
80-84	1:46,33	C du Plooy	CGA	Pilditch	23.02.13	80-84	4:34.13	M. Hutchison		S Sebastian	29.08.05	
Age	1500 M	Name	Prov	Venue	Date	Age	5000 M	Name	Prov	Venue	Date	
30-34	4:28.1	A. vd Berg		Bloemf.	16.11.85	30-34	16:26.7	A. Vermeulen		Bethlehem	19.11.94	
35-39	4:32.61	S. Laxton	CGA			35-39	16:12.87	S. Laxton	CGA		17.10.83	
40-44	4:36.0	A. McKenzie		Solingen	20.07.67	40-44	17:54.40	D. Sandford	SWD	Brisbane	04.07.01	
45-49	4:47,81	S Vermeulen	AGN	Oudtshoorn	27.04.13	45-49	18:27.36	S. Du Toit	AGN	Durban	17.07.97	
50-54	4:54.5	A. McKenzie		G.point	18.10.75	50-54	18:55.9	J. Hann		P.E.	07.05.93	
55-59	5:31.1	A. McKenzie		G.point	10.12.80	55-59	19:51.1	J. Allebone	KZN	Oudtshoorn	28.04.00	
60-64	5:40.7	M Saunders	EP	P E	29.01.16	60-64	19:52.44	J. Allebone	KZN	Durban	06.05.04	
65-69	6:16.69	J. Geldenhuys	WP	P. E.	08.05.93	65-69	22:43.0	L Ruickbie	CGA	Rustenburg.	26.04.14	
70-74	6:52.40	J. Geldenhuys	WP	Durban	17.07.97	70-74	25.11.26	W Smuts	OFS	Pilditch	18.05.12	
75-79	9:15.71	J. Foster	KZN	Bellville	04.05.02	75-79	36:03.05	J. Foster	KZN	Sasolburg	04.05.01	
80-84	9:56.99	J. Foster	KZN	Durban	24.03.06	80-84						
10 000 M		Name	Prov	Venue	Date	Age	100 / 80 M H		Prov	Venue	Date	
30-34	37:40.0	C.vd Westhuizen	AVT	Secunda	22.01.94	30-34	14.6	M. van Niekerk	CGA	Pretoria	23.02.85	
35-39	35:07.0	G. De Oliviera	KZN	Durban	17.07.97	35-39	14.7	M. van Rooyen	AGN			
40-44	38:00.3	C.A. Louw	EP	P.E.	03.12.94	40-44	11.89	M. van Rooyen	AGN	Pilditch	09.05.03	
45-49	36:39.79	S. Laxton	CGA			45-49	12.3	E. Taljaard	AGN	Pilditch	09.05.03	
50-54	39:34.5	S. Du Toit	AGN	Gateshead	01.08.99	50-54	13,09	M v Rooyen	AGN	Rustenburg	26.04.14	
55-59	41:07.7	J. Allebone	KZN	Oudtshoorn	28.04.00	55-59	14,56	R v Heerden	AGN	Porto Allegro	Oct-13	
60-64	41:34.2	J. Allebone	KZN	Durban	08.05.04	60-64	14.75	M. Tomlinson	KZN	Carolina	11.07.03	
65-69	44:50.18	L Ruickbie	CGA	Rustenburg	26.04.14	65-69	15.45	M Thomlinson	KZN	Pretoria	02.05.09	
70-74						70-74	18.84	I. Hofmeyr	WP	Brisbane	04.07.01	
75-79						75-79	20.04	I. Hofmeyr	WP	Carolina	11.07.03	
80-84						80-84						

WOMEN		SOUTH AFRICAN RECORDS								June 2016	
400/300/200mH		Name	Prov	Venue	Date	Age	2000 M S/Chase		Prov	Venue	Date
30-34	58,79	S. Hutchinson	OFS	P. Elizabeth	11.02.06	30-34	7:10.0	R. Thomas	AGN	Durban	08.05.04
35-39	62,10	M. van Rooyen	CGA	P'stroom	06.10.99	35-39	7:31.49	A. James	CGA	Durban	17.07.97
40-44	66,00	M. van Rooyen	CGA			40-44	7:56.84	M. Esterhuysen	WP	Bellville	24.02.07
45-49	68,70	S. van Rooyen	AGN			45-49	7:58.23	M Esterhuysen	WP	Sasolburg	26.04.08
50-54	48,69	A. du Plessis		Bloemf.	27.04.07	50-54	8:08.92	M Strauss	WP	Belville	13.03.14
55-59	53,50	Y. De Wit		G. Point	23.09.95	55-59	9:17.02	M. Tomlinson	KZN	Gateshead	08.08.99
60-64	54,25	M. Tomlinson	KZN	Carolina	05.07.03	60-64	10:00.84	M. Tomlinson	KZN	Carolina	13.07.03
65-69	60,31	M Tomlinson	KZN	Bloemfontein	19.09.09	65-69	11:52.25	A. ten Tusscher	CGA	Gateshead	08.08.99
70-74	68.82* 39.50	I. Hofmeyr M Tomlinson	WP KZN	Gateshead Porto Alegre	01.08.99 Oct 2013	70-74					
75-79						75-79					
80-84						80-84					
High Jump		Name	Prov	Venue	Date	Age	Long Jump		Prov	Venue	Date
30-34	1,75	D. Heymans	OFS			30-34	6,18	M. van Niekerk	CGA		
35-39	1,82	D. Heymans	OFS			35-39	6,58	M. van Niekerk	CGA		
40-44	1,70	D. Heymans	OFS	Pretoria	01 02 07	40-44	5,73	C Barnard	AGN	Pretoria	31.03.12
45-49	1,64	D Heymans	OFS	Pilditch	19.05.12	45-49	5,47	C Barnard	AGN	Pretoria	04.04.15
50-54	1,35	J Viljoen	AGN	Pretoria	04.04.15	50-54	4,56	P. Pietersen	AGN		
55-59	1,27	A.L. Kruger	OFS			55-59	4,37	A Steenkamp	SWD	Oudsthoorn	16.10.10
60-64	1,21 1,21	K. vd Merwe S Claassen	OFS AGN	S'burg Sacramento	18.01.03 July 2011	60-64	4,22	A Ungerer	SWD	Bellville	01.05.10
65-69	1,19	A Kruger M Jonkers	OFS WP	Parow	19.03.16	65-69	4.14m	A Ungerer	SWD	Oudsthoorn	27.04.13
70-74	1,08	A Kruger		Pretoria	10.05.03	70-74	3,40	S Campbell			
75-79	1,07	I. Hofmeyr	WP	Parow	19.03.05	75-79	2,52	I. Hofmeyr	WP	Germiston	07.05.05
80-84						80-84	2,11	E. Paveley	CGA		
Triple Jump		Name	Prov	Venue	Date	Age	Pole Vault		Prov	Venue	Date
30-34	11,58	C. Gomes				30-34	3,40	E. Thornton		Bellville	01.02.03
35-39	12,15	M. van Niekerk	CGA			35-39	3,45	E. Thornton		P. Elizabeth	29.04.06
40-44	12,18	J. Kingwill				40-44	2,80	D du Toit	AVT	Potchefstroom	09.02.14
45-49	11,28	C Barnard	AGN	Pretoria	04.04.15	45-49	2,52	P. Pietersen	AGN		
50-54	9,00	P. Pietersen	AGN			50-54	2,73	P. Pietersen	AGN		
55-59	8.56m	A Steenkamp	SWD	Durban	29.04.11	55-59	2,20	P. Pietersen	AGN		
60-64	7,67	A.C. Du Plooy	CGA			60-64	2,21	P. Pietersen	AGN	Pretoria	23.04.05
65-69	7,64	A.C. Du Plooy	CGA			65-69	1,78	P Pietersen	AGN	Belville	20.02.10
70-74	6,85	S. Campbell				70-74					
75-79						75-79					
Shot Put		Name	Prov	Venue	Date	Age	Discus Throw		Prov	Venue	Date
30-34	13,26	R. White				30-34	53,73	E Naude	AGN	Oudsthoorn	27.04.13
35-39	11,67	E Naude	OFS	Rustenburg	25.04.14	35-39	55,01	E Naude	OFS	Rustenburg	25.04.14
40-44	11,92	M-L. Uys				40-44	43,48	R. Boshoff			
45-49	11,80	M-L. Uys				45-49	38,97	H Knobel	SWD	Port Allegro	Oct-13
50-54	12,25	H. Schoonwinkel	WP			50-54	34,50	L. Zimmerman			
55-59	11,13	M. van As				55-59	31,56	L. Zimmerman			
60-64	11,74	M. van As				60-64	28,78	J. Rzepecka	CGA	Germiston	12.03.05
65-69	10,63	M. van As				65-69	24,84	M. van As			
70-74	8,44	L. Grobler	AGN			70-74	23,26	L. Grobler	AGN		
75-79	7.30 8.07	L. Grobler P England	AGN AVT	Pretoria	13.05.16	75-79	21,23	P England	AVT	Pilditch	13.05.16
80-84	6.30 6.44*	L. Grobler A Kruger	AGN OFS	Durban Rustenburg	08.05.04 25.04.14	80-84	15,65	L. Grobler	AGN	Durban	08.05.04
85-89	5.42m*	M Hutchison	OFS	S'burg	16.01.10	85-89	10,65	M Hutchinson	WP	Port Allegro	Oct-13

* NEW IMPLEMENT WEIGHT

WOMEN		SOUTH AFRICAN RECORDS							June 2016		
Hammer Throw		Name	Prov	Venue	Date	Age	Weight Throw		Prov	Venue	Date
30-34	49.27m	T Pubalakan	AGN	Pretoria	02.04.16	30-34	16.35m	T Pubalakan	AGN	Pretoria	02.04.16
35-39	49.27m	T Pabalakan	AGN	Pretoria	02.04.16	35-39	14.83m	M Coetzee	WP	Rustenburg	
40-44	38.75m	Janita Eva	AGN	Oudtshoorn	26.04.13	40-44	13.73m	Janita Eva	AGN	Rustenburg	26.04.14
45-49	39,38	H. Du Plessis				45-49	12.75m	Heleen Knobel	SWD	Port Allegro	01.10.13
50-54	49.23m	H Knobel	SWD	Lyon	Aug-15	50-54	15.60m	Heleen Knobel	SWD	Lyon	Aug-15
55-59	32,88	H Schoonwinkel	WP	Sasolburg	26.04.08	55-59	11,85	H Schoonwinkel	WP	Sasolburg	25.04.08
60-64	33,82	H Schoonwinkel	WP	Bellville	20.02.10	60-64	13,79	H Schoonwinkel	WP	Bellville	30.04.10
65-69	30,10	A. Olivier		P.E.	29.04.06	65-69	11,56	A Olivier	OFS	Bloenfontein	10.11.07
70-74	25,76	L. Grobler	AGN			70-74	9.35 9.58*	K. Stander P England	AVT	Bloenfontein Plditch	20.11.04 18.05.12
75-79	30,52	P England	AVT	Pretoria	13.05.16	75-79	5.56 11.74	L. Grobler P England	AGN AVT	Bellville Pretoria	04.05.02 13.05.16
80-84	17,04	L. Grobler	AGN	Durban	08.05.04	80-84	5.60 8.46	L. Grobler H Janeke	AGN AVT	Durban Pretoria	07.05.04 02.04.16
							Previous record with old weight *new weight W70+				
Javelin Throw		Name	Prov	Venue	Date	Age	Heptathlon		Prov	Venue	Date
30-34	40,58	V. vd Walt				30-34					
35-39	40.01m	Y Beytell	AGN	Plditch	02.10.10	35-39	3912	M Watson	SWD	Durban	30.04.11
40-44	41.20m	Y Beytell	AGN	Pretoria	13.02.16	40-44	4516	M. Ferreira	CGA	Port Elizabeth	7 .05.93
45-49	37,8	JC Moolman	WP	Belville	15.03.14	45-49	4930	S. van Rooyen	AGN		
50-54	36.36m	H Knobel	SWD	Pretoria	13.05.16	50-54	4108	M. Ferreira	CGA	Oudtshoorn	29/04/00
55-59	26,48	M. Fereira	CGA	B'fontein	20.11.04	55-59	4381	S Claassen	AGN	Bellville	01.05.10
60-64	23.47 20.88*	P. England M de Villiers	AVT CGA	Sasolburg Germiston	04.05.01 12.04.14	60-64	5205	M. Tomlinson	KZN	Carolina	04.07.03
65-69	19.76m 22.20m*	P England M Ferreira	AVT CGA	Sasolburg Port Elizabeth	25.04.08 15.05.15	65-69	4650	I. Hofmeyr	WP		
70-74	19.36 12.22	A. Olivier E Grobbelaar		P.E. Oudtshoorn	28.04.06 31.10.15	70-74	5157	I. Hofmeyr	WP		
75-79	13.93 16.83	I. Hofmeyr J. Nel P Engeland	WP AVT	B'fontein Plditch	19.11.05 13.05.16	75-79	5333	I. Hofmeyr	WP	Carolina	04.07.03
80-84	11,78	M. Hutchison	OFS	Sasolburg	14.01.06	80-84					
85-89	11.33m	M Hutchison	OFS	Sasolburg	16.01.10	85-89					
previous implement							*new weight W60-74 400grm				
Weight Pent.		1994 factors	Prov	Venue	Date	Age	Throws Pent. 2002 factors		Prov	Venue	Date
30-34	3734	R. White				30-34	3413	T Pubalakan	AGN	Pretoria	13.05.16
35-39	4065	R. White				35-39	2845	M Coetzee	WP	Oudtshoorn	26.04.13
40-44	3613	H. Schoonwinkel	WP			40-44	3148	Janita Eva	AGN	Oudtshoorn	26.04.13
45-49	4315	H. Schoonwinkel	WP			45-49	3897	Heleen Knobel	SWD	Rustenburg	26.04.14
50-54	4266	H Knobel	SWD	Lyon	Aug-15	50-54	4102	H Knobel	SWD	Pretoria	13.05.16
55-59	4009	M. Tomlinson	KZN	Oudtshoorn	28.04.00	55-59	3369	H Schoonwinkel	WP	Sasolburg	25.04.08
60-64	3350	A. Olivier		Germiston	06.05.05	60-64	4036	H Schoonwinkel	WP	Bellville	30.04.10
65-69	3566	L. Grobler	AGN			65-69	3632	A. Olivier		P.E.	28.04.06
70-74	4118	L. Grobler	AGN			70-74	2967	S. Malherbe		Bellville	03.05.02
75-79	3625	L. Grobler	AGN			75-79	2923 4203*	L. Grobler P England	AGN AVT	Pretoria Pretoria	09.05.03 13.05.16
80-84	3776	L. Grobler	AGN	Durban	07.05.04	80-84	3776	L. Grobler	AGN	Durban	07.05.04
							Previous record with old weight *new weight W70+				

WOMEN		SOUTH AFRICAN RECORDS							June 2016		
5000 M Walk		Name	Prov	Venue	Date	Age	10 km Road Walk		Prov	Venue	Date
30-34	26:29.79	N Roux	KZN	Durban	20.03.16	30-34	56:23	G. Smeeton		Sasolburg	04.05.01
35-39	25:10.2	D. Beckley		Durban	08.04.95	35-39	55:31	G. Smeeton		Oudtshoorn	16.07.05
40-44	23:44.1	B. Nell	CGA	UPE	28.05.99	40-44	47:53.5	B. Nell	CGA	UPE	29.05.99
45-49	24:14.8	B. Nell	CGA	Oudtshoorn	28.04.00	45-49	50:30	B. Nell	CGA	Y'field	04.05.02
50-54	25:05.1	B. Nell	CGA	P.E.	28.04.06	50-54	52.26	L v Buuren	CGA	Oudtshoorn	27.04.13
55-59	26:19.66	B Nell	CGA	Durban	29.04.11	55-59	54:58	B Nell	CGA	Sacramento	Jul-11
60-64	28:25.10	B Nell	CGA	Lyon	Aug-15	60-64	56:56	L. Hatz		UPE	29.05.99
65-69	29:28.70	E Meyer	AGN	Oudtshoorn	26.04.13	65-69	59.07	E Meyer	AGN	Oudtshoorn	27.04.13
70-74	31:26.25	A Greyvenstein	AGN	Germiston	11.04.15	70-74	62:38	A Greyvenstein	AGN	Youngsfield	10.10.15
75-79	34:00.1	A. Villet	WP	Bellville	21.02.03	75-79	67:55	A. Villet	WP	Y'field	22.03.03
80-84	41:00.66	M. Hutchinson	OFS	Pretoria	23.04.05	80-84	1:28:14	M. Hutchinson	OFS	Germiston	07.05.05

WOMEN		SOUTH AFRICAN RECORDS							June 2016		
20km Road Walk		Name	Prov	Venue	Date	Age	50km Road Walk		Prov	Venue	Date
30-34	1:49:23	E. Viljoen				30-34					
35-39	2:01:07	G. Smeeton				35-39					
40-44	1:43:32	B. Nell	CGA		12.05.98	40-44					
45-49	1:46:19	B. Nell	CGA		02.06.02	45-49					
50-54	1:45:57	L van Buuren	CGA	Stellenbosch	11.04.13	50-54	05:19,37	S Steenkamp	AGN	Oudtshoorn	26.10.10
55-59	1:54:31	B Nooy	CGA	Youngsfield	19.03.11	55-59					
60-64	2:02:39	E Meyer	AGN	Oudtshoorn	26.10.10	60-64					
65-69	2:03:18	E Meyer	AGN	Y'field	12.10.13	65-69					
70-74	2:15:42	H Vey	CGA	Sacramento	Jul-11	70-74					
75-79	02:30:32	Peggy Reid	WP	Youngsfield	13.10.12	75-79					