

AFMA Records - MEN

AFMA Records - MEN					
100m					
35-39	10.40	Monzavous Edwards	NGA	Sapele, Nigeria	07-Jul-16
40-44	10.7	Stan Wald	RSA		
45-49	10.9	Micheal Monyei	NGA	Calabar, Nigeria	21-Jun-12
50-54	11.7	Stan Wald	RSA		
55-59	11.8	T. George	RSA		
60-64	12.91	Monty Hacker	RSA		
65-69	13.1	A. van Zyl	RSA		
70-74	12.9	F. Reid	RSA		
75-79	14.06	F. Reid	RSA		
80-84	14.3	Lucas Nel	RSA	Bloemfontein	08-Nov-03
85-89	16.29	Lucas Nel	RSA	Sydney	Oct-10
90-99	17.76	Lucas Nel	RSA	Porto Alegre	Oct-13
100+	30.86	P. Rabinowitz	RSA	Cape Town	10-Jul-04
200m					
35-39	20.98	Richard Ogunleye	NGA	Niameh, Niger	2004
40-44	22.0	Stan Wald	RSA		
45-49	22.9	Stan Wald	RSA		
50-54	23.29	Stan Wald	RSA		
55-59	24.71	Monty Hacker	RSA		
60-64	25.8	M. Grujic	RSA		
65-69	26.99	Monty Hacker	RSA		
70-74	27.5	F. Reid	RSA		
75-79	29.4	Lucas Nel	RSA		
80-84	31.82	Monty Hacker	RSA	Lyon	Aug-15
85-89	34.37	Lucas Nel	RSA	Sydney	Oct-10
90-99	38.04	Lucas Nel	RSA	Porto Alegre	Oct-13
100+	77.59	P. Rabinowitz	RSA	Parow	17-Dec-04
400m					
35-39	47.49	Bola Lawal	NGA	Calabar, Nigeria	10-Jun-12
40-44	49.7	L. Hacker	RSA		
45-49	51.2	M. Grujic	RSA		
50-54	52.5	M. Grujic	RSA		
55-59	55.0	M. Grujic Stan Immelman	RSA RSA		
60-64	55.53	M. Grujic	RSA		
65-69	59.52	A. van Zyl	RSA		
70-74	64.16	Lucas Nel	RSA		
75-79	66.88	Lucas Nel	RSA		
80-84	1:12.8	Lucas Nel	RSA	Bloemfontein	08-Nov-03
85-89	1:20.47	Lucas Nel	RSA	Sydney	Oct-10
90-99	1:35.64	Lucas Nel	RSA	Porto Alegre	Oct-13

AFMA Records - WOMEN

AFMA Records - WOMEN					
100m					
35-39	12.1	V. Kruger	RSA	Bloemfontein	05-Nov-88
40-44	11.94	A. Schoeman	RSA	Rustenburg	24-Apr-14
45-49	12.5	Gail van Niekerk	RSA	RAU	15-Oct-94
50-54	13.17	Gail van Niekerk	RSA		
55-59	14.29	Y. De Wit	RSA	Pilditch, Pretoria	03-May-96
60-64	14.90	Toy Ungerer	RSA	Oudtshoorn	06-Mar-10
65-69	14.93	Toy Ungerer	RSA	Pilditch, Pretoria	02-Apr-11
70-74	15.57	Toy Ungerer	RSA	Perth, Australia	Oct-16
75-79	17.37	I. Hofmeyr	RSA	San Sebastian	26-Aug-05
80-84	18.73	Christi du Plooy	RSA	Pilditch, Pretoria	23-Feb-13
85-89	21.95	Christi du Plooy	RSA	Pretoria	02-Apr-16
200m					
35-39	24.9	V. Kruger	RSA	Secunda	31-Mar-90
40-44	24.46	A. Schoeman	RSA	Rustenburg	26-Apr-14
45-49	25.71	A. Schoeman	RSA	Pilditch, Pretoria	13-May-16
50-54	26.95	Ronel Beukes	RSA	Bellville	20-Feb-10
55-59	29.3	Y. De Wit	RSA	Pretoria	04-May-96
60-64	30.7	M. Tomlinson	RSA		08-Feb-03
65-69	30.92	Toy Ungerer	RSA	Pretoria	31-Mar-12
70-74	32.26	Toy Ungerer	RSA	Pilditch, Pretoria	13-May-16
75-79	35.90	I. Hofmeyr	RSA	Durban	07-May-04
80-84	41.78	Christi du Plooy	RSA	Pilditch, Pretoria	23-Feb-13
85-89	51.2	Christi du Plooy	RSA	Pretoria	02-Apr-06
400m					
35-39	56.0	Anne McKenzie	RSA	Mainz	20-Jul-65
40-44	56.3	Anne McKenzie	RSA	Potchefstroom	28-Oct-67
45-49	58.90	Elaine Pretorius	RSA	Secunda	18-Mar-06
50-54	61.14	Elaine Pretorius	RSA	Sacramento	Jul-11
55-59	64.84	Elaine Pretorius	RSA	Perth, Australia	Oct-16
60-64	70.26	Liz Alexander	RSA	Perth, Australia	Oct-16
65-69	72.80	Toy Ungerer	RSA	Sacramento	Jul-11
70-74	73.97	Toy Ungerer	RSA	Perth, Australia	Oct-16
75-79	90.73	I. Hofmeyr	RSA	Riccione, Italy	Sep-07
80-84	1:46.33	Christi du Plooy	RSA	Pilditch, Pretoria	23-Feb-13
85-90	2:15.84	Christi du Plooy	RSA	Perth, Australia	Oct-16

800m					
35-39	1:49.4	Deon Brummer	RSA		
40-44	1:55.8	S. Ditsele	RSA		
45-49	1:59.09	Terence Brown	RSA	Brisbane	09-Jul-01
50-54	2:01.86	Len Claassen	RSA		
55-59	2:03.7	Stan Immelman	RSA	Port Elizabeth	01-Dec-01
60-64	2:16.49	Len Claassen	RSA	Sacramento	Jul-11
65-69	2:26.15	Len Claassen	RSA	Perth, Australia	Oct-16
70-74	2:31.71	Ken Nurden	RSA	Sasolburg	25-Apr-08
75-79	2:37.04	Ken Nurden	RSA	Bellville	30-Apr-10
80-84	2:58.64	Ken Nurden	RSA	Port Elizabeth	15-May-15
85-89	3:37.34	Lucas Nel	RSA	Sydney	Oct-10
90-99	4:20.97	Lucas Nel	RSA	Porto Alegre	Oct-13
1500m					
35-39	3:54.04	G. Brummer	RSA		
40-44	3:55.71	R. Rathedi	BOT	Durban	Jul-97
45-49	4:03.13	Terence Brown	RSA		
50-54	4:18.94	Sean Rice	RSA	Pretoria	20-Feb-04
55-59	4:32.4	S. Mostert	RSA		
60-64	4:55.04	Terence Brown	RSA	Bellville	Feb-15
65-69	4:59.97	G.W. Loedolff	RSA		
70-74	5:11.59	Ken Nurden	RSA	Pretoria	25-Mar-06
75-79	5:33.40	Peter Brown	RSA	Oudtshoorn	26-Apr-13
80-84	6:27.52	Ken Nurden	RSA	Pretoria	18-Jul-15
85-89	7:27.11	Lucas Nel	RSA	Sydney	Oct-10
90-99	08:51.3	Lucas Nel	RSA	Porto Alegre	Oct-13
5000m					
35-39	14:15.1	H. LekGangane	RSA		
40-44	15:06.3	B. Mather	RSA		
45-49	15:19.68	Steve Hollier	RSA		
50-54	16:01.5	Sean Rice	RSA		
55-59	16:54.76	S. Mostert	RSA		
60-64	17:50.6	G.W. Loedolff	RSA		
65-69	18:25.7	G.W. Loedolff	RSA		
70-74	19:40.94	Ken Nurden	RSA	Pretoria	25-Mar-06
75-79	21:30.10	Ken Nurden	RSA	Bellville	30-Apr-10
80-84	22:44.1	Ken Nurden	RSA	Pretoria	02-Apr-16
85-89	39:11.84	A. Furguson	RSA	Sasolburg	26-Apr-08

800m					
35-39	2:08.0	Anne McKenzie	RSA	Neurenberg	15-Jul-65
40-44	2:06.5	Anne McKenzie	RSA	London	01-Jul-67
45-49	2:17.12	Salome Vermeulen	RSA	Porto Alegre	01-Oct-13
50-54	2:21.84	Liz Alexander	RSA	San Sebastian	29-Aug-05
55-59	2:33.64	Elaine Pretorius	RSA	Perth, Australia	Oct-16
60-64	2:44.96	Liz Alexander	RSA	Perth, Australia	Oct-16
65-69	3:05.1	J. Geldenhuys	RSA	Green Point	
70-74	3:19.67	M. Tomlinson	RSA	Durban	21-Mar-14
75-79	3:59.80	I. Hofmeyr	RSA	Carolina	04-Jul-03
80-84	4:34.13	M. Hutchison	RSA	San Sebastian	29-Aug-05
1500m					
35-39	4:32.61	Sonja Laxton	RSA		
40-44	4:36.0	Anne McKenzie	RSA	Solingen	20-Jul-67
45-49	4:47.81	Salome Vermeulen	RSA	Oudtshoorn	27-Apr-13
50-54	4:48.27	Salome Vermeulen	RSA	Perth, Australia	Oct-16
55-59	5:31.1	Anne McKenzie	RSA	Green Point	10-Dec-80
60-64	5:40.7	M. Saunders	RSA	Port Elizabeth	29-Jan-16
65-69	6:16.7	J. Geldenhuys	RSA	Port Elizabeth	08-May-93
70-74	6:52.4	J. Geldenhuys	RSA	Durban	17-Jul-97
75-79	9:15.71	J. Foster	RSA	Bellville	04-May-02
80-84	9:56.99	J. Foster	RSA	Durban	24-Mar-06
5000m					
35-39	16:12.87	Sonja Laxton	RSA		17-Oct-83
40-44	17:54.40	D. Sandford	RSA	Brisbane	04-Jul-01
45-49	18:27.36	S. Du Toit	RSA	Durban	17-Jul-97
50-54	18:55.9	J. Hann	RSA	Port Elizabeth	07-May-93
55-59	19:51.10	J. Allebone	RSA	Oudtshoorn	28-Apr-00
60-64	19:52.44	J. Allebone	RSA	Durban	06-May-04
65-69	22:43.00	L. Ruickbie	RSA	Rustenburg	26-Apr-14
70-74	25:11.26	W. Smuts	RSA	Pilditch, Pretoria	18-May-12
75-79	36:03.05	J. Foster	RSA	Sasolburg	04-May-01

10 000m						
35-39	29:34.00	M. Modise	RSA	Porto Alegre	Oct-13	
40-44	30:49.7	G. Moseuw	RSA			
45-49	32:24.89	E. Bonzet	RSA			
50-54	33:22.2	Sean Rice	RSA			
55-59	35:12.9	P. O'Brien	RSA			
60-64	38:07.9	G.W. Loedolff	RSA			
65-69	39:07.98	G.W. Loedolff	RSA			
70-74	41:09.22	Ken Nurden	RSA	Pretoria	23-Apr-05	
75-79	45:03.00	Ken Nurden	RSA	Bellville	01-May-10	
80-84	51:03.88	Ken Nurden	RSA	Bloemfontein	14-Nov-15	
110m Hurdles						
35-39	13.57	Shaune Bownes	RSA			
40-44	14.44	Shaune Bownes	RSA	Rustenburg	26-Apr-14	
45-49	14.38	Shaune Bownes	RSA	Pretoria	02-Apr-16	
100m Hurdles						
50-54	14.75	C. Truter	RSA			
55-59	15.92	Johan Gouws	RSA	Bloemfontein	08-Nov-14	
60-64	17.37	Hans Miekautsch	RSA			
65-69	16.4	A. van Zyl	RSA			
80m Hurdles						
70-74	13.2	A. van Zyl	RSA			
75-79	15.02	A. van Zyl	RSA			
400m Hurdles						
35-39	54.55	Deinma Afiesimama	NGA	Calabar, Nigeria	10-Jun-12	
40-44	54.08	L. Hacker	RSA			
45-49	57.02	D. Burger	RSA			
50-54	61.29	J. Swiegers	RSA	Green Point	25-Mar-04	
55-59	62.88	J. Swiegers	RSA	Bloemfontein	11-Nov-06	
300m Hurdles						
60-64	47.37	Len Claassen	RSA	Porto Alegre	Oct-13	
65-69	48.0	A. van Zyl	RSA			
70-74	50.4	A. van Zyl	RSA			
75-79	54.7	A. van Zyl	RSA			
3000m/2000m Steeplechase						
35-39	9:31.3	M. Wells	RSA			
40-44	9:23.8	W. Olivier	RSA			
45-49	09:49.7	T. Philander	RSA	Bellville	20-Feb-10	
50-54	10:29.1	Sean Rice	RSA	San Sebastian	03-Sep-05	
55-59	11:27.40	Sean Rice	RSA	Bloemfontein	19-Sep-09	
60-64	7:19.64	Terence Brown	RSA	Bellville	Feb-15	
65-69	8:31.72	G.W. Loedolff	RSA			
70-74	8:46.93	G.W. Loedolff	RSA			
75-79	9:38.31	Lucas Nel	RSA			

10 000m						
35-39	35:07.0	G. De Oliviera	RSA	Durban	17-Jul-97	
40-44	38:00.3	C.A. Louw	RSA	Port Elizabeth	03-Dec-94	
45-49	36:39.79	Sonja Laxton	RSA			
50-54	39:34.50	S. Du Toit	RSA	Gateshead	01-Aug-99	
55-59	41:07.70	J. Allebone	RSA	Oudtshoorn	28-Apr-00	
60-64	41:34.20	J. Allebone	RSA	Durban	08-May-04	
65-69	44:50.18	L. Ruickbie	RSA	Rustenburg	26-Apr-14	
100m Hurdles						
35-39	13.35	Olutoyin Augustus	NGA	Phoenix, USA	21-May-16	
80m Hurdles						
40-44	11.89	M. van Rooyen	RSA	Pilditch, Pretoria	09-May-03	
45-49	12.30	Esca Taljaard	RSA	Pilditch, Pretoria	09-May-03	
50-54	13.09	M. van Rooyen	RSA	Rustenburg	26-Apr-14	
55-59	14.55	Hella Kuppe	NAM	Windhoek		
60-64	14.75	M. Tomlinson	RSA	Carolina	11-Jul-03	
65-69	15.45	M. Tomlinson	RSA	Pretoria	02-May-09	
70-74	18.84	I. Hofmeyr	RSA	Brisbane	04-Jul-01	
75-79	20.04	I. Hofmeyr	RSA	Carolina	11-Jul-03	
400m Hurdles						
35-39	62.1	M. van Rooyen	RSA	Potchefstroom	06-Oct-99	
40-44	66.0	M. van Rooyen	RSA			
45-49	68.7	S. van Rooyen	RSA			
300m Hurdles						
50-54	48.69	A. du Plessis	RSA	Bloemfontein	27-Apr-07	
55-59	53.5	Y. De Wit	RSA	Green Point	23-Sep-95	
60-64	54.25	M. Tomlinson	RSA	Carolina	05-Jul-03	
65-69	60.31	M. Tomlinson	RSA	Bloemfontein	19-Sep-09	
200m Hurdles						
70-74	39.50	M. Tomlinson	RSA	Porto Alegre	Oct-13	
2000m Steeplechase						
35-39	7:31.49	A. James	RSA	Durban	17-Jul-97	
40-44	7:56.84	M. Esterhuyse	RSA	Bellville	24-Feb-07	
45-49	7:58.23	M. Esterhuyse	RSA	Sasolburg	26-Apr-08	
50-54	8:08.92	M. Strauss	RSA	Bellville	13-Mar-14	
55-59	9:17.02	M. Tomlinson	RSA	Gateshead	08-Aug-99	
60-64	10:00.84	M. Tomlinson	RSA	Carolina	13-Jul-03	
65-69	11:52.25	A. ten Tusscher	RSA	Gateshead	08-Aug-99	

High Jump					
35-39	2.01	J. Greyvenstein	RSA		
40-44	1.87	Johan Mans	RSA	Pretoria	08-Mar-14
45-49	1.93	Johann Gutsche	RSA	Pretoria	23-Feb-13
50-54	1.72	Neal Bredeveldt	RSA	Parow	20-Feb-16
55-59	1.70	Neal Bredeveldt	RSA	Stellenbosch	12-Mar-16
60-64	1.55	Piet Kruger	RSA	Potchefstroom	28-Oct-05
65-69	1.50	Leo Benning	RSA	Bellville	Jan-00
70-74	1.44	Leo Benning	RSA	Carolina	04-Jul-03
75-79	1.37	Hans Miekautsch	RSA	Rustenburg	26-Apr-14
80-84	1.20	Leo Benning	RSA	Porto Alegre	Oct-13
Pole Vault					
35-39	4.30	Pieter Brits	RSA	Rustenburg	26-Apr-14
40-44	4.20	Louis Nienaber	RSA	Pretoria	22-Feb-03
45-49	3.85	S.A. Herbst	RSA		
50-54	3.90	Grant Murdoch	RSA	Durban	Jul-97
55-59	3.15	Thomas Endrody	RSA	Tuks, Pretoria	28-Feb-15
60-64	3.03	C. Colyn	RSA		
65-69	2.80	A.S. Du Plessis	RSA		
70-74	2.40	A. van Zyl	RSA		
75-79	2.09	A. van Zyl	RSA		
Long Jump					
35-39	7.22	V. Häger	RSA		
40-44	7.14	V. Häger	RSA		
45-49	6.47	Micheal Monyei	NGA	Calabar, Nigeria	21-Jun-12
50-54	6.18	J. van Rooyen	RSA		
55-59	5.70	S. Hough	RSA		
		A. Redelinhhuys	RSA		
60-64	5.33	Ron Cross	RSA		
65-69	4.97	A. van Zyl	RSA		
70-74	4.66	A. van Zyl	RSA		
75-79	4.34	Hans Miekautsch	RSA	Oudtshoorn	26-Apr-13
80-84	3.49	Ron Cross	RSA	Lyon	Aug-15

High Jump					
35-39	1.82	Dinah Heymans	RSA	Nairobi, Kenya	26-Apr-02
40-44	1.70	Dinah Heymans	RSA	Pretoria	01-Feb-07
45-49	1.64	Dinah Heymans	RSA	Pilditch, Pretoria	19-May-12
50-54	1.42	Hella Kuppe	NAM	Windhoek	Jun-91
55-59	1.40	Hella Kuppe	NAM	Buffalo, USA	Jul-95
60-64	1.33	Hella Kuppe	NAM	Pretoria	Oct-01
65-69	1.19	A. Kruger	RSA		
		M. Jonkers	RSA	Parow	19-Mar-16
70-74	1.08	A. Kruger	RSA	Pretoria	10-May-03
75-79	1.07	I. Hofmeyr	RSA	Parow	19-Mar-05
Pole Vault					
35-39	3.45	E. Thornton	RSA	Port Elizabeth	29-Apr-06
40-44	2.80	Dorita du Toit	RSA	Potchefstroom	09-Feb-14
45-49	2.70	Dorita du Toit	RSA	Perth, Australia	Oct-16
50-54	2.73	P. Pietersen	RSA		
55-59	2.20	P. Pietersen	RSA		
60-64	2.21	P. Pietersen	RSA	Pretoria	23-Apr-05
65-69	1.78	P. Pietersen	RSA	Bellville	20-Feb-10
Long Jump					
35-39	6.58	Maryna v Niekerk	RSA		
40-44	5.73	C. Barnard	RSA	Pretoria	31-Mar-12
45-49	5.47	C. Barnard	RSA	Pretoria	04-Apr-15
50-54	4.69	Hella Kuppe	NAM	Windhoek	Jun-91
55-59	4.43	Hella Kuppe	NAM	Windhoek	
60-64	4.34	Hella Kuppe	NAM	Pretoria	Oct-01
65-69	4.14	Toy Ungerer	RSA	Oudtshoorn	27-Apr-13
70-74	3.40	S. Campbell	RSA		
75-79	2.52	I. Hofmeyr	RSA	Germiston	07-May-05
80-84	2.11	E. Paveley	RSA		

Triple Jump						
35-39	16.47	Tosin Oke	NGA	Rio, Brazil	Aug-16	
40-44	14.40	G. Swakala	RSA			
45-49	12.73	W. Olivier	RSA	Pilditch, Pretoria	13-May-16	
50-54	12.80	V. McBride	RSA	Porto Alegre	Oct-13	
55-59	10.95	G. Pistorius	RSA			
		Ron Cross	RSA			
60-64	10.55	Ron Cross	RSA			
65-69	9.72	A. Heine	RSA			
70-74	9.51	Leo Benning	RSA	Carolina	04-Jul-03	
75-79	7.83	A. van Zyl	RSA			
80-84	6.37	Leo Benning	RSA	Bellville	15-Mar-14	
Shot Put						
35-39	16.56	J. Booysen Jr.	RSA			
40-44	16.50	C. Scheepers	RSA	Pretoria	30-Mar-08	
45-49	15.76	J.J. van Zyl	RSA			
50-54	17.09	Burton Haupt	RSA	Tuks, Pretoria	11-Jun-16	
55-59	15.84	Burton Haupt	RSA	Perth, Australia	Oct-16	
60-64	14.24	G. Schirmer	RSA			
65-69	12.80	Andrzej Rzepecki	RSA	Bellville	04-May-02	
70-74	13.01	Andrzej Rzepecki	RSA	Riccione, Italy	Sep-07	
75-79	12.53	E. Skea	RSA	Germiston	14-Apr-12	
80-84	12.84	Borg Stannius	RSA	Bellville	23-Feb-08	
85-89	10.80	Borg Stannius	RSA	Holstebro, Denmark	05-Jun-13	
90-94	7.75	L. Wale	RSA	Sasolburg	Apr-08	
95-99	3.48	P. Rabinowitz	RSA			
Discus Throw						
35-39	54.46	G. Geldenhuys	RSA	Oudtshoorn	24-Oct-09	
40-44	51.04	J.J. van Zyl	RSA			
45-49	49.13	J.J. van Zyl	RSA			
50-54	52.06	J.J. van Zyl	RSA	Port Elizabeth	18-Mar-09	
55-59	53.79	Burton Haupt	RSA	Perth, Australia	Oct-16	
60-64	47.24	Andrzej Rzepecki	RSA			
65-69	42.91	A. Coetzee	RSA			
70-74	38.43	Andrzej Rzepecki	RSA	Riccione, Italy	Sep-07	
75-79	34.05	Borg Stannius	RSA	Parow	11-Mar-06	
80-84	31.75	Borg Stannius	RSA	Bellville	13-Mar-10	
85-89	25.47	Borg Stannius	RSA	Bellville	14-Mar-14	
90-94	16.19	L. Wale	RSA	Riccione, Italy	Sep-07	

Triple Jump						
35-39	12.15	Maryna v Niekerk	RSA			
40-44	12.18	J. Kingwill	RSA			
45-49	11.28	C. Barnard	RSA	Pretoria	04-Apr-15	
50-54	9.87	Hella Kuppe	NAM	Windhoek	Jun-91	
55-59	9.57	Hella Kuppe	NAM	Windhoek	1995	
60-64	8.58	Hella Kuppe	NAM	Windhoek	2001	
65-69	7.64	A.C. Du Plooy	RSA			
70-74	6.85	S. Campbell	RSA			
Shot Put						
35-39	14.32	Uju Anoliefo	NGA	Lagos, Nigeria	04-May-15	
40-44	13.25	E. Anjala	KEN			
45-49	11.80	M-L. Uys	RSA			
50-54	12.25	H. Schoonwinkel	RSA			
55-59	11.13	M. van As	RSA			
60-64	11.74	M. van As	RSA			
65-69	10.63	M. van As	RSA			
70-74	8.44	L. Grobler	RSA			
75-79	8.07	Penny England	RSA	Pretoria	13-May-16	
80-84	6.44	A. Kruger	RSA	Rustenburg	25-Apr-14	
85-89	5.42	Mavis Hutchison	RSA	Sasolburg	16-Jan-10	
Discus Throw						
35-39	55.01	E. Naude	RSA	Rustenburg	25-Apr-14	
40-44	43.48	R. Boshoff	RSA			
45-49	38.97	Heleen Knobel	RSA	Porto Alegre	Oct-13	
50-54	34.50	L. Zimmerman	RSA			
55-59	31.56	L. Zimmerman	RSA			
60-64	28.78	J. Rzepecka	RSA	Germiston	12-Mar-05	
65-69	24.84	M. van As	RSA			
70-74	23.26	L. Grobler	RSA			
75-79	21.23	Penny England	RSA	Pilditch, Pretoria	13-May-16	
80-84	15.65	L. Grobler	RSA	Durban	08-May-04	
85-89	10.65	Mavis Hutchison	RSA	Porto Alegre	Oct-13	

Hammer Throw					
35-39	76.39	Chris Harmse	RSA	Pilditch, Pretoria	18-May-12
40-44	73.90	Chris Harmse	RSA	Marrakesh	13-Aug-15
45-49	53.42	V. Meiring	RSA	Bellville	30-Apr-10
50-54	59.80	C. Koen	RSA	Pretoria	25-Mar-06
55-59	52.97	J. Roodt	RSA		
60-64	53.64	J. Roodt	RSA	Sasolburg	25-Apr-08
65-69	49.41	Andrzej Rzepecki	RSA		
70-74	49.42	Andrzej Rzepecki	RSA	Pretoria	14-Mar-09
75-79	46.68	Andrzej Rzepecki	RSA	Germiston	14-Apr-12
80-84	44.05	Andrzej Rzepecki	RSA	Perth, Australia	Oct-16
85-89	31.71	Borg Stannius	RSA	Porto Alegre	Oct-13
90-94	18.97	Claude Sterley	RSA		
Javelin Throw					
35-39	66.04	J. van Wyk	RSA	Pretoria	03-Apr-04
40-44	65.54	T. Liebenberg	RSA	Johannesburg	1998
45-49	62.63	Gawie Louw	RSA	Germiston	07-May-05
50-54	60.03	Gawie Louw	RSA	Pretoria	31-Mar-12
55-59	55.09	S. Kichenbrand	RSA	Port Elizabeth	15-May-15
60-64	54.84	P. Mulaudzi	RSA	Sasolburg	04-May-01
65-69	40.91	D. Sterley	RSA	Lyon	Aug-15
70-74	34.65	Borg Stannius	RSA	Sasolburg	04-May-01
75-79	36.09	Borg Stannius	RSA	Port Elizabeth	28-Apr-06
80-84	31.49	Borg Stannius	RSA	Sasolburg	25-Apr-08
85-89	25.32	Borg Stannius	RSA	Denmark	05-Jun-13
90-94	17.47	L. Wale	RSA	Sasolburg	28-Apr-08
Weight Throw					
35-39	16.78	M. Venter	RSA	Rustenburg	20-Feb-10
40-44	19.90	Chris Harmse	RSA	Parow	06-Dec-14
45-49	17.17	M. Venter	RSA	Pilditch, Pretoria	13-May-16
50-54	20.36	V. Meiring	RSA	Port Elizabeth	15-May-15
55-59	18.90	Burton Haupt	RSA	Perth, Australia	Oct-16
60-64	20.01	J. Roodt	RSA	Riccione, Italy	Sep-07
65-69	18.75	Andrzej Rzepecki	RSA	Bloemfontein	20-Nov-04
70-74	20.71	Andrzej Rzepecki	RSA	Riccione, Italy	Sep-07
75-79	19.53	Andrzej Rzepecki	RSA	Germiston	13-Apr-13
80-84	19.06	Andrzej Rzepecki	RSA	Perth, Australia	Oct-16
85-89	14.50	Borg Stannius	RSA	Parow	06-Dec-14
90-94	9.71	Claude Sterley	RSA	Potchefstroom	30-Oct-04

Hammer Throw					
35-39	49.06	D. Feyisayo	NGA	Sapele, Nigeria	08-Jul-16
40-44	38.75	Janita Eva	RSA	Oudtshoorn	26-Apr-13
45-49	39.38	H. Du Plessis	RSA		
50-54	49.23	Heleen Knobel	RSA	Lyon, France	Aug-15
55-59	32.88	H. Schoonwinkel	RSA	Sasolburg	26-Apr-08
60-64	33.82	H. Schoonwinkel	RSA	Bellville	20-Feb-10
65-69	30.10	A. Olivier	RSA	Port Elizabeth	29-Apr-06
70-74	25.76	L. Grobler	RSA		
75-79	30.52	Penny England	RSA	Pretoria	13-May-16
80-84	17.04	L. Grobler	RSA	Durban	08-May-04
Javelin Throw					
35-39	40.01	Y. Beytell	RSA	Pilditch, Pretoria	02-Oct-10
40-44	41.20	Y. Beytell	RSA	Pretoria	13-Feb-16
45-49	37.80	J.C. Moolman	RSA	Bellville	15-Mar-14
50-54	32.51	Heleen Knobel	RSA	Bloemfontein	12-Nov-16
55-59	27.91	Aletta Pietersen	RSA	Bloemfontein	12-Nov-16
60-64	20.88	M. de Villiers	RSA	Germiston	12-Apr-14
65-69	22.20	Mercia Ferreira	RSA	Port Elizabeth	15-May-15
70-74	18.70	Hella Kuppe	NAM	Bellville	16-Mar-13
75-79	18.85	Hella Kuppe	NAM	Windhoek	24-Oct-15
80-84	11.78	Mavis Hutchison	RSA	Sasolburg	14-Jan-06
85-89	11.33	Mavis Hutchison	RSA	Sasolburg	16-Jan-10
Weight Throw					
35-39	14.83	M. Coetzee	RSA	Rustenburg	
40-44	13.73	Janita Eva	RSA	Rustenburg	26-Apr-14
45-49	14.04	Heleen Knobel	RSA	Pretoria	25-Apr-14
50-54	15.6	Heleen Knobel	RSA	Lyon, France	Aug-15
55-59	11.85	H. Schoonwinkel	RSA	Sasolburg	25-Apr-08
60-64	13.79	H. Schoonwinkel	RSA	Bellville	30-Apr-10
65-69	11.56	A. Olivier	RSA	Bloemfontein	10-Nov-07
70-74	9.58	Penny England	RSA	Pilditch, Pretoria	18-May-12
75-79	11.74	Penny England	RSA	Pretoria	13-May-16
80-84	8.46	Hannetjie Janeke	RSA	Pretoria	02-Apr-16

Throws Pentathlon (2002 factors)					
35-39	3456	M. Venter	RSA	Lathi, Finland	06-Aug-09
40-44	4851	Chris Harmse	RSA	Port Elizabeth	15-May-15
45-49	3932	M. Venter	RSA	Pretoria	14-May-16
50-54	4258	Burton Haupt	RSA	Pretoria	26-Apr-14
55-59	4800	Burton Haupt	RSA	Perth, Australia	Oct-16
60-64	4496	J. Roodt	RSA	Sasolburg	26-Apr-08
65-69	4623	Andrzej Rzepecki	RSA	Durban	08-May-04
70-74	4768	Andrzej Rzepecki	RSA	Riccione, Italy	Sep-07
75-79	4633	Borg Stannius	RSA	Parow	26-Feb-05
80-84	4958	Borg Stannius	RSA	Bellville	13-Feb-10
85-89	4583	Borg Stannius	RSA	Parow	05-Dec-14
90-94	4178	L. Wale	RSA	Sasolburg	26-Apr-08

Decathlon					
35-39	5575	A. vd Burgh	RSA		
40-44	6080	Rory McWade	ZIM	San Sebastian	Aug-05
45-49	6154	J. Jacobs	RSA		
50-54	6817	Johan Allers	RSA	Bellville	05-May-02
55-59	6387	N. Hough	RSA	Carolina	04-Jul-03
60-64	6524	Ron Cross	RSA		
65-69	6580	A. Heine	RSA		
70-74	8098	A. van Zyl	RSA		
75-79	1727	Frank Meaker	RSA	Pilditch, Pretoria	15-May-16

5000m Walk					
35-39	20:58.9	C. Britz	RSA		
40-44	21:51:58	I. Nel	RSA	Green Point	12-Feb-05
45-49	22:54.8	M. Whitmore	RSA		
50-54	23:01.4	Jurgen Spencer	RSA		
55-59	23:52.24	Jurgen Spencer	RSA		
60-64	26:50.70	Jurgen Spencer	RSA		
65-69	27:03.70	Jurgen Spencer	RSA	Parow	12-Nov-05
70-74	27:55.30	Jurgen Spencer	RSA	Parow	12-Nov-10
75-79	30:13.82	Jurgen Spencer	RSA	Parow	18-Mar-16
80-84	33:50.10	G. Hazle	RSA	Germiston	06-May-05
85-89	38:26.4	B. Moodie	RSA		
90-94	41:51.4	B. Moodie	RSA		
95-99	42:58.7	P. Rabinowitz	RSA		
100+	47:59.20	P. Rabinowitz	RSA	Parow	13-Nov-04

Throws Pentathlon (2002 factors)					
35-39	2845	M. Coetzee	RSA	Oudtshoorn	26-Apr-13
40-44	3148	Janita Eva	RSA	Oudtshoorn	26-Apr-13
45-49	3897	Heleen Knobel	RSA	Rustenburg	26-Apr-14
50-54	4266	Heleen Knobel	RSA	Lyon, France	Aug-15
55-59	3369	H. Schoonwinkel	RSA	Sasolburg	25-Apr-08
60-64	4036	H. Schoonwinkel	RSA	Bellville	30-Apr-10
65-69	3632	A. Olivier	RSA	Port Elizabeth	28-Apr-06
70-74	2967	S. Malherbe	RSA	Bellville	03-May-02
75-79	4203	Penny England	RSA	Pretoria	13-May-16
80-84	3776	L. Grobler	RSA	Durban	07-May-04

Heptathlon					
35-39	3912	M. Watson	RSA	Durban	30-Apr-11
40-44	4516	M. Ferreira	RSA	Port Elizabeth	07-May-93
45-49	4930	S. van Rooyen	RSA		
50-54	5142	Hella Kuppe	NAM	Turku, Finland	1991
55-59	5281	Hella Kuppe	NAM	Buffalo, USA	Jul-95
60-64	5205	M. Tomlinson	RSA	Carolina	04-Jul-03
65-69	4826	S. Claassen	RSA	Perth, Australia	Oct-16
70-74	5157	I. Hofmeyr	RSA		
75-79	5333	I. Hofmeyr	RSA	Carolina	04-Jul-03

5000 M Walk					
35-39	25:10.2	D. Beckley	RSA	Durban	08-Apr-95
40-44	23:44.1	Barbara Nell	RSA	Port Elizabeth	28-May-99
45-49	24:14.80	Barbara Nell	RSA	Oudtshoorn	28-Apr-00
50-54	25:05.10	Barbara Nell	RSA	Port Elizabeth	28-Apr-06
55-59	26:19.66	Barbara Nell	RSA	Durban	29-Apr-11
60-64	27:32.00	Barbara Nell	RSA	Perth, Australia	Oct-16
65-69	29:28.70	Elsa Meyer	RSA	Oudtshoorn	26-Apr-13
70-74	30:33.72	Elsa Meyer	RSA	Perth, Australia	Oct-16
75-79	34:00.10	A. Villet	RSA	Bellville	21-Feb-03
80-84	41:00.66	M. Hutchinson	RSA	Pretoria	23-Apr-05

10 km Road Walk					
35-39					
40-44	48:45	R. McDonald	RSA	Youngsfield	15-Mar-14
45-49	51:26	H. Swanepoel	RSA	Sacramento	Jul-11
50-54	49:08	Carl Meyer	RSA	Ricc. Italy	Sep-07
55-59	54:43	Johannes Bester	RSA	Youngsfield	08-Oct-16
60-64	57:10	R. Patterson	RSA	Oudtshoorn	27-Apr-13
65-69	58:08	Johan van Zyl	RSA	Youngsfield	06-Aug-16
70-74	58:40	Jurgen Spencer	RSA	Youngsfield	18-Mar-11
75-79	01:03:45	Jurgen Spencer	RSA	Youngsfield	25-Jun-16
80-84	01:09:03	Stuart Halsall	RSA	Youngsfield	20-Feb-10

20 km Road Walk					
35-39	1:38:24	I. Nel	RSA	Youngsfield	04-May-02
40-44	1:35:34	I. Nel	RSA	Youngsfield	14-Jan-06
45-49	1:34:35	I. von Benecke	RSA	Oudtshoorn	
50-54	1:41:20	Jurgen Spencer	RSA		
55-59	1:45:15	Jurgen Spencer	RSA		
60-64	1:55:42	Jurgen Spencer	RSA	Oudtshoorn	16-Jul-05
65-69	1:58:18	Jurgen Spencer	RSA	Youngsfield	26-Nov-05
70-74	2:03:04	Jurgen Spencer	RSA	Durban	30-Apr-11
75-79	2:08:49	Jurgen Spencer	RSA	Youngsfield	10-Oct-15
80-84	2:24:43	S. Halsall	RSA	Youngsfield	07-Aug-10
85-89	2:45:20	B. Moodie	RSA		
90-94	2:57:25	B. Moodie	RSA		
95-99	2:48:19	P. Rabinowitz	RSA	Port Elizabeth	29-May-99

30 km Road Walk					
35-39	2:40:46	R. McDonald	RSA	Youngsfield	07-Aug-10
40-44	2:36:41	I. Nel	RSA		
45-49	2:32:03	M. Whitmore	RSA		
50-54	3:03:14	J. van Zyl	RSA		
55-59	2:52:48	J. Hotston	RSA		
60-64	2:54:48	J. Hotston	RSA		
65-69	3:07:10	Jurgen Spencer	RSA	Oudtshoorn	15-Jul-06
70-74	3:10:23	Jurgen Spencer	RSA	Oudtshoorn	23-Oct-10
75-79	3:24:57	Jurgen Spencer	RSA	Youngsfield	03-Sep-16

10 km Road Walk					
35-39	55:31	G. Smeeton	RSA	Oudtshoorn	16-Jul-05
40-44	47:53.5	Barbara Nell	RSA	Port Elizabeth	29-May-99
45-49	50:30	Barbara Nell	RSA	Youngsfield	04-May-02
50-54	52:26	Leslie v Buuren	RSA	Oudtshoorn	27-Apr-13
55-59	54:58	Barbara Nell	RSA	Sacramento	Jul-11
60-64	56:56	L. Hatz	RSA	Port Elizabeth	29-May-99
65-69	59:07	Elsa Meyer	RSA	Oudtshoorn	27-Apr-13
70-74	1:02:22	Elsa Meyer	RSA	Perth, Australia	Oct-16
75-79	1:07:55	A. Villet	RSA	Youngsfield	22-Mar-03
80-84	1:28:14	M. Hutchinson	RSA	Germiston	07-May-05
90-94	1:35:28	Cecily Rootenberg	RSA	Youngsfield	08-Oct-16

20km Road Walk					
35-39	2:01:07	G. Smeeton	RSA		
40-44	1:43:32	Barbara Nell	RSA		12-May-98
45-49	1:46:19	Barbara Nell	RSA		02-Jun-02
50-54	1:45:57	Leslie v Buuren	RSA	Stellenbosch	11-Apr-13
55-59	1:54:31	Brenda Nooy	RSA	Youngsfield	19-Mar-11
60-64	2:02:39	Elsa Meyer	RSA	Oudtshoorn	26-Oct-10
65-69	2:03:18	Elsa Meyer	RSA	Youngsfield	12-Oct-13
70-74	2:07:57	Elsa Meyer	RSA	Youngsfield	08-Oct-16
75-79	2:27:10	Hildegard Vey	RSA	Youngsfield	06-Aug-16

50km Road Walk					
50-54	05:19.37	S. Steenkamp	RSA	Oudtshoorn	26-Oct-10