

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 139 M18-19 High Jump**

Name	Age Team	Finals	Age-Grading
Finals			
1 Nyelele, Katleho	M18 Ufs	1.81m	1.81m 73.88%
1 Neels, Galin	M19 Ufs	1.81m	1.81m 73.88%

Event 140 M20-29 High Jump

Name	Age Team	Finals	Age-Grading
1 De Wee, Myron	M20 Sol Plaatji Univ	1.62m	1.62m 66.12%
2 Smith, Sylvan	M25 Sol Plaatji Univ	1.51m	1.51m 61.63%

Event 141 M35 High Jump

Name	Age Team	Finals	Age-Grading
1.85m 35 SA SA Colours			
1.63m 35 FS Free State Colours			
1 Phepheng, Stephen	M37 SA Police Services	1.81m FS	1.85m 75.73%

Event 142 M50 High Jump

Name	Age Team	Finals	Age-Grading
1.61m 50 SA SA Colours			
1.41m 50 FS Free State Colours			
1 Bartleman, Andre	M52 Fsma	1.46m FS	1.69m 69.19%

Event 142 M55 High Jump

Name	Age Team	Finals	Age-Grading
1.51m 55 SA SA Colours			
1.34m 55 FS Free State Colours			
1 Le Roux, Henk	M57 Fsma	1.16m	1.42m 58.00%

Event 142 M70 High Jump

Name	Age Team	Finals	Age-Grading
1.27m 70 SA SA Colours			
1.13m 70 FS Free State Colours			
1 Hough, Norman	M71 Boland MA	1.27m SA	1.88m 76.97%

Event 142 M80 High Jump

Name	Age Team	Finals	Age-Grading
1.07m 80 SA SA Colours			
0.98m 80 FS Free State Colours			
1 Miekautsch, Hans	M80 Central Gauteng MA	1.18m SA	2.03m 83.10%

Event 143 W15&U High Jump

Name	Age Team	Finals	Age-Grading
1 Troskie, Mage	W15 Oranje Meisieskool	1.53m	1.53m 73.21%

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 147 W40 High Jump**

Name	Age	Team	Finals	Age-Grading
	1.42m	40 SA SA Colours		
	1.27m	40 FS Free State Colours		
1 Strydom, Ida-Marie		W42 Gauteng North MA	1.30m FS	1.43m 68.78%

Event 147 W50 High Jump

Name	Age	Team	Finals	Age-Grading
	1.28m	50 SA SA Colours		
	1.15m	50 FS Free State Colours		
1 Heymans, Dinah		W51 Fsma	1.45m SA	1.77m 84.80%

Event 152 M55 Pole Vault

Name	Age	Team	Finals	Age-Grading
	3.10m	55 SA SA Colours		
	2.60m	55 FS Free State Colours		
1 Le Roux, Henk		M57 Fsma	1.50m	1.97m 32.19%

Event 152 M80 Pole Vault

Name	Age	Team	Finals	Age-Grading
	1.65m	80 SA SA Colours		
	1.45m	80 FS Free State Colours		
1 Miekautsch, Hans		M80 Central Gauteng MA	1.79m SA	3.74m 61.09%

Event 157 W40 Pole Vault

Name	Age	Team	Finals	Age-Grading
	2.33m	40 SA SA Colours		
	1.95m	40 FS Free State Colours		
1 Strydom, Ida-Marie		W42 Gauteng North MA	2.60m SA	2.97m 57.78%

Event 157 W45 Pole Vault

Name	Age	Team	Finals	Age-Grading
	2.20m	45 SA SA Colours		
	1.85m	45 FS Free State Colours		
1 Du Toit, Dorita		W47 Cnw MA	2.60m SA	3.16m 61.32%

Event 160 M18-19 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Nyelele, Katleho	M18	Ufs	5.76m	2.0	5.76m 64.36%

Event 161 M20-29 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 De Wee, Myron	M20	Sol Plaatji Univ	5.77m	2.0	5.77m 64.47%
2 Mongale, Joram	M23	Sol Plaatji Univ	5.48m	2.7	5.48m 61.23%
3 Smith, Sylvan	M25	Sol Plaatji Univ	4.86m	1.8	4.86m 54.30%

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 162 M35 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading
	6.40m	35 SA SA Colours			
	5.30m	35 FS Free State Colours			
1 Phepheng, Stephen	M37	SA Police Services	5.99m FS	0.4	6.17m 69.01%

Event 162 M40 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
	6.12m	40 SA SA Colours			
	5.10m	40 FS Free State Colours			
1 Saunderson, Edward	M42	Fsma	5.14m FS	1.9	5.60m 62.61%

Event 163 M50 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
	5.55m	50 SA SA Colours			
	4.60m	50 FS Free State Colours			
1 Bartleman, Andre	M52	Fsma	4.04m	1.4	4.96m 55.49%

Event 163 M55 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
	5.19m	55 SA SA Colours			
	4.30m	55 FS Free State Colours			
1 Le Roux, Henk	M57	Fsma	3.91m	1.4	5.13m 57.33%

Event 163 M80 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
	2.85m	80 SA SA Colours			
	2.35m	80 FS Free State Colours			
1 Miekautsch, Hans	M80	Central Gauteng MA	3.24m SA	2.0	6.43m 72.00%

Event 168 W40 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
	4.72m	40 SA SA Colours			
	3.95m	40 FS Free State Colours			
1 Strydom, Ida-Marie	W42	Gauteng North MA	4.51m FS	6.1	5.00m 66.62%
2 Bisschoff, Leobri	W44	Fsma	3.92m	2.8	4.35m 57.90%

Event 168 W45 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
	4.40m	45 SA SA Colours			
	3.65m	45 FS Free State Colours			
1 Du Toit, Dorita	W47	Cnw MA	4.09m FS	4.7	4.81m 64.01%

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 174 M55 Triple Jump**

Name	Age	Team	Finals	Wind	Age-Grading
10.80m	55	SA SA Colours			
9.50m	55	FS Free State Colours			
1 Le Roux, Henk	M57	Fsma	8.24m	2.3	10.54m 57.66%

Event 174 M80 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
6.00m	80	SA SA Colours			
5.30m	80	FS Free State Colours			
1 Miekautsch, Hans	M80	Central Gauteng MA	7.20m SA	4.7	13.98m 76.51%

Event 179 W45 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
9.00m	45	SA SA Colours			
7.90m	45	FS Free State Colours			
1 Du Toit, Dorita	W47	Cnw MA	8.59m FS	3.2	9.83m 63.44%

Event 180 M15&U Shot Put 4kg

Name	Age	Team	Finals	Age-Grading
1 Du Toit, Pieter-Jacq	M11	Athletics Cnw	8.72m	8.72m 37.72%

Event 183 M20-29 Shot Put 7,26kg

Name	Age	Team	Finals	Age-Grading
1 Clegg, Jarred	M20	Sol Plaatji Univ	11.98m	11.98m 51.82%

Event 184 M35 Shot Put 7,26kg

Name	Age	Team	Finals	Age-Grading
14.00m	35	SA SA Colours		
10.90m	35	FS Free State Colours		
1 Moller, Arno	M37	Fsma	10.20m	10.57m 45.76%

Event 184 M45 Shot Put 7,26kg

Name	Age	Team	Finals	Age-Grading
12.14m	45	SA SA Colours		
9.50m	45	FS Free State Colours		
1 Plews, Martin	M46	Gauteng North MA	13.11m SA	15.76m 68.17%

Event 185 M50 Shot Put 6kg

Name	Age	Team	Finals	Age-Grading
13.32m	50	SA SA Colours		
10.40m	50	FS Free State Colours		
1 Scheepers, Conradie	M50	Fsma	15.18m SA	17.79m 76.94%

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 185 M55 Shot Put 6kg**

12.38m 55 SA SA Colours

9.70m 55 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Aspeling, John	M57 Swd MA	9.91m FS	12.59m 54.45%

Event 187 M70 Shot Put 4kg

11.70m 70 SA SA Colours

9.20m 70 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Hough, Norman	M71 Boland MA	12.20m SA	15.62m 67.59%

Event 189 W15&U Shot Put 3kg

Name	Age Team	Finals	Age-Grading
1 Pretorius, Elaine	W14 P&H/S FP	11.22m	11.22m 49.58%

Event 190 W16-17 Shot Put 3kg

Name	Age Team	Finals	Age-Grading
1 Gouws, Su-Mari	W16 P&H/S FP	13.37m	13.37m 59.08%

Event 192 W20-29 Shot Put 4kg

Name	Age Team	Finals	Age-Grading
1 Crowie, Terri-Ann	W24 Sol Plaatji Univ	9.25m	9.25m 40.87%

Event 193 W40 Shot Put 4kg

10.23m 40 SA SA Colours

8.00m 40 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Strydom, Ida-Marie	W42 Gauteng North MA	7.15m	7.93m 35.07%
2 Bisschoff, Leobri	W44 Fsma	6.52m	7.23m 31.98%

Event 193 W45 Shot Put 4kg

9.90m 45 SA SA Colours

7.70m 45 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Jordaan, Antonette	W46 Gauteng North MA	10.30m SA	12.30m 54.35%
2 Pretorius, Mercia	W46 Fsma	7.62m	9.10m 40.21%

Event 194 W50 Shot Put 3kg

10.50m 50 SA SA Colours

8.20m 50 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Horn, Alta	W51 Fsma	7.53m	9.49m 41.95%

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 194 W55 Shot Put 3kg**

9.80m 55 SA SA Colours

7.60m 55 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Hennop, Ansie	W55 Gauteng North MA	9.15m FS	12.54m 55.42%
2 Claassen, Zeld	W58 Central Gauteng MA	6.80m	9.32m 41.19%

Event 195 W65 Shot Put 3kg

8.10m 65 SA SA Colours

6.30m 65 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Griesel, Ronel	W65 Boland MA	8.62m SA	14.30m 63.24%
2 Ferreira, Mercia	W69 Central Gauteng MA	8.51m SA	14.12m 62.44%
3 Van den Hever, Delina	W67 Fsma	5.42m	8.99m 39.77%

Event 196 W85 Shot Put 2kg

5.00m 85 SA SA Colours

3.90m 85 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Kruger, Aletta	W85 Fsma	6.08m SA	14.52m 64.20%

Event 197 M15&U Discus Throw 1kg

Name	Age Team	Finals	Age-Grading
1 Le Roux, Ruan	M14 H/S Diamantveld	39.69m	39.69m 53.58%
2 Pretorius, Tiaan	M13 P&H/S FP	24.24m	24.24m 32.72%

Event 200 M20-29 Discus Throw 2kg

Name	Age Team	Finals	Age-Grading
1 Clegg, Jarred	M20 Sol Plaatji Univ	28.42m	28.42m 38.36%

Event 201 M35 Discus Throw 2kg

41.00m 35 SA SA Colours

32.00m 35 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Moller, Arno	M37 Fsma	33.86m FS	34.34m 46.36%

Event 201 M45 Discus Throw 2kg

38.08m 45 SA SA Colours

30.00m 45 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Smith, Gys	M46 SA Police Services	35.82m FS	43.15m 58.26%
2 Pretorius, Chris	M46 Fsma	32.54m FS	39.20m 52.93%
3 Plews, Martin	M46 Gauteng North MA	31.60m FS	38.07m 51.40%

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 202 M50 Discus Throw 1,5kg**

Name	Age	Team	Finals	Age-Grading
43.92m	50	SA SA Colours		
34.50m	50	FS Free State Colours		
1 Scheepers, Conradie	M50	Fsma	44.98m SA	45.96m 62.04%

Event 202 M55 Discus Throw 1,5kg

Name	Age	Team	Finals	Age-Grading
40.34m	55	SA SA Colours		
31.50m	55	FS Free State Colours		
1 Aspeling, John	M57	Swd MA	28.27m	31.38m 42.37%

Event 204 M70 Discus Throw 1kg

Name	Age	Team	Finals	Age-Grading
33.22m	70	SA SA Colours		
25.90m	70	FS Free State Colours		
1 Hough, Norman	M71	Boland MA	33.34m SA	42.61m 57.52%

Event 205 W15&U Discus Throw 1kg

Name	Age	Team	Finals	Age-Grading
1 Vernooy, An-le	W15	NC Athletics	19.93m	19.93m 25.95%

Event 207 W18-19 Discus Throw 1kg

Name	Age	Team	Finals	Age-Grading
1 Smith, Mariaan	W18	NC Athletics	21.65m	21.65m 28.19%

Event 209 W45 Discus Throw 1kg

Name	Age	Team	Finals	Age-Grading
29.50m	45	SA SA Colours		
23.00m	45	FS Free State Colours		
1 Jordaan, Antonette	W46	Gauteng North MA	28.04m FS	33.81m 44.03%

Event 210 W50 Discus Throw 1kg

Name	Age	Team	Finals	Age-Grading
27.64m	50	SA SA Colours		
21.60m	50	FS Free State Colours		
1 Horn, Alta	W51	Fsma	18.80m	24.68m 32.14%

Event 210 W55 Discus Throw 1kg

Name	Age	Team	Finals	Age-Grading
25.50m	55	SA SA Colours		
19.90m	55	FS Free State Colours		
1 Hennop, Ansie	W55	Gauteng North MA	22.85m FS	32.91m 42.86%
2 Claassen, Zelda	W58	Central Gauteng MA	16.22m	23.36m 30.43%

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 211 W65 Discus Throw 1kg**

21.00m 65 SA SA Colours

16.40m 65 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Ferreira, Mercia	W69 Central Gauteng MA	19.05m FS	34.15m 44.47%
2 Van den Hever, Delina	W67 Fsma	13.34m	23.91m 31.14%

Event 213 M15&U Hammer Throw 4kg

Name	Age Team	Finals	Age-Grading
1 Richter, Barry	M15 P&H/S FP	41.41m	41.41m 47.74%
2 Le Roux, Ruan	M14 H/S Diamantveld	38.20m	38.20m 44.04%

Event 214 M16-17 Hammer Throw 5kg

Name	Age Team	Finals	Age-Grading
1 Le Roux, Stiaan	M17 H/S Diamantveld	58.56m	58.56m 67.51%

Event 215 M18-19 Hammer Throw 6kg

Name	Age Team	Finals	Age-Grading
1 Kobokoane, Cedric	M18 Hts Sasolburg	59.70m	59.70m 68.83%
2 Havinga, James	M18 P&H/S FP	58.31m	58.31m 67.22%

Event 216 M20-29 Hammer Throw 7,26kg

Name	Age Team	Finals	Age-Grading
1 Haasbroek, Carel	M20 Nwu	64.83m	64.83m 74.74%

Event 217 M35 Hammer Throw 7,26kg

45.00m 35 SA SA Colours

35.00m 35 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Moller, Arno	M37 Fsma	30.83m	31.75m 36.61%

Event 217 M45 Hammer Throw 7,26kg

43.09m 45 SA SA Colours

33.60m 45 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Smith, Gys	M46 SA Police Services	38.62m FS	47.87m 55.20%
2 Plews, Martin	M46 Gauteng North MA	31.35m	38.86m 44.80%

Event 220 M65 Hammer Throw 5kg

38.00m 65 SA SA Colours

29.60m 65 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Koen, Basie (G.)	M66 Fsma	36.75m FS	53.86m 62.10%

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 221 M70 Hammer Throw 4kg**

35.00m 70 SA SA Colours

27.30m 70 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Hough, Norman	M71 Boland MA	39.45m SA	57.29m 66.06%

Event 223 W15&U Hammer Throw 3kg

Name	Age Team	Finals	Age-Grading
1 Pretorius, Elaine	W14 P&H/S FP	52.80m	52.80m 68.57%
2 Jacobs, Amy	W14 P&H/S FP	36.88m	36.88m 47.90%
3 Van Aardt, Jolene	W14 P&H/S FP	33.92m	33.92m 44.05%
4 Vernooy, An-le	W15 NC Athletics	32.73m	32.73m 42.51%
5 Van Rensburg, Danelle	W15 P&H/S FP	31.80m	31.80m 41.30%

Event 224 W16-17 Hammer Throw 3kg

Name	Age Team	Finals	Age-Grading
1 Gouws, Su-Mari	W16 P&H/S FP	46.58m	46.58m 60.49%

Event 226 W20-29 Hammer Throw 4kg

Name	Age Team	Finals	Age-Grading
1 Janse van Vuuren, Letiti	W22 Nwu	55.46m	55.46m 72.03%
2 Havinga, Janel	W20 Ufs	42.63m	42.63m 55.36%
3 Crowie, Terri-Ann	W24 Sol Plaatji Univ	31.32m	31.32m 40.68%

Event 227 W45 Hammer Throw 4kg

29.00m 45 SA SA Colours

22.60m 45 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Jordaan, Antonette	W46 Gauteng North MA	25.13m FS	31.95m 41.50%

Event 228 W50 Hammer Throw 3kg

32.68m 50 SA SA Colours

25.50m 50 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Horn, Alta	W51 Fisma	16.50m	21.18m 27.51%

Event 228 W55 Hammer Throw 3kg

29.90m 55 SA SA Colours

23.30m 55 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Claassen, Zelda	W58 Central Gauteng MA	25.74m FS	35.99m 46.75%
2 Hennop, Ansie	W55 Gauteng North MA	25.57m FS	35.75m 46.44%

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 229 W65 Hammer Throw 3kg**

23.00m 65 SA SA Colours

18.00m 65 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Griesel, Ronel	W65 Boland MA	23.58m SA	40.17m 52.18%
2 Ferreira, Mercia	W69 Central Gauteng MA	20.41m FS	34.77m 45.16%

Event 234 M20-29 Javelin Throw 800g

Name	Age Team	Finals	Age-Grading
1 Mongale, Joram	M23 Sol Plaatji Univ	36.27m	36.27m 36.83%
2 Dladla, Sibusiso	M20 Sol Plaatji Univ	30.55m	30.55m 31.02%

Event 235 M35 Javelin Throw 800g

54.00m 35 SA SA Colours

42.00m 35 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Moller, Arno	M37 Fsma	40.77m	41.28m 41.92%

Event 235 M45 Javelin Throw 800g

49.49m 45 SA SA Colours

38.60m 45 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Pretorius, Chris	M46 Fsma	42.30m FS	49.55m 50.32%
2 Plews, Martin	M46 Gauteng North MA	35.24m	41.28m 41.92%

Event 236 M55 Javelin Throw 700g

42.64m 55 SA SA Colours

33.30m 55 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Aspeling, John	M57 Swd MA	35.11m FS	46.97m 47.70%

Event 237 M60 Javelin Throw 600g

41.30m 60 SA SA Colours

32.20m 60 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Kichenbrand, Stephen	M60 Gauteng North MA	50.36m SA	71.20m 72.30%

Event 239 M70 Javelin Throw 500g

33.00m 70 SA SA Colours

25.80m 70 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Hough, Norman	M71 Boland MA	35.23m SA	59.18m 60.10%

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 244 W20-29 Javelin Throw 600g**

Name	Age Team	Finals	Age-Grading
1 Crowie, Terri-Ann	W24 Sol Plaatji Univ	24.86m	24.86m 34.05%

Event 245 W35 Javelin Throw 600g

Name	Age Team	Finals	Age-Grading
31.53m	35 SA SA Colours		
24.50m	35 FS Free State Colours		
1 Henning, Zelna	W39 Fsma	35.91m SA	38.14m 52.25%

Event 245 W40 Javelin Throw 600g

Name	Age Team	Finals	Age-Grading
29.26m	40 SA SA Colours		
22.80m	40 FS Free State Colours		
1 Strydom, Ida-Marie	W42 Gauteng North MA	20.10m	23.06m 31.59%

Event 245 W45 Javelin Throw 600g

Name	Age Team	Finals	Age-Grading
28.13m	45 SA SA Colours		
21.90m	45 FS Free State Colours		
1 Jordaan, Antonette	W46 Gauteng North MA	23.91m FS	29.83m 40.87%

Event 246 W50 Javelin Throw 500g

Name	Age Team	Finals	Age-Grading
28.50m	50 SA SA Colours		
22.20m	50 FS Free State Colours		
1 Horn, Alta	W51 Fsma	24.72m FS	32.49m 44.52%

Event 247 W55 Javelin Throw 500g

Name	Age Team	Finals	Age-Grading
25.00m	55 SA SA Colours		
19.50m	55 FS Free State Colours		
1 Hennop, Ansie	W55 Gauteng North MA	18.80m	27.22m 37.29%
2 Claassen, Zelda	W58 Central Gauteng MA	14.12m	20.44m 28.01%

Event 247 W65 Javelin Throw 500g

Name	Age Team	Finals	Age-Grading
20.00m	65 SA SA Colours		
15.60m	65 FS Free State Colours		
1 Ferreira, Mercia	W69 Central Gauteng MA	18.85m FS	34.25m 46.93%
2 Van den Hever, Delina	W67 Fsma	11.23m	20.40m 27.96%

Event 250 M16-17 Weight Throw 9,08kg

Name	Age Team	Finals	Age-Grading
1 Le Roux, Stiaan	M17 H/S Diamantveld	21.83m	21.83m 84.42%

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8

Pellies Park Athletics Field

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

Event 251 M18-19 Weight Throw 11,34kg

Name	Age Team	Finals	Age-Grading
1 Kobokoane, Cedric	M18 Hts Sasolburg	21.12m	21.12m 81.67%

Event 252 M20-29 Weight Throw 15,88kg

Name	Age Team	Finals	Age-Grading
1 Haasbroek, Carel	M20 Nwu	19.49m	19.49m 75.37%

Event 253 M35 Weight Throw 15,88kg

Name	Age Team	Finals	Age-Grading
13.50m 35 SA SA Colours			
11.10m 35 FS Free State Colours			
1 Moller, Arno	M37 Fsma	9.98m	10.18m 39.37%

Event 253 M45 Weight Throw 15,88kg

Name	Age Team	Finals	Age-Grading
12.50m 45 SA SA Colours			
10.40m 45 FS Free State Colours			
1 Plews, Martin	M46 Gauteng North MA	10.39m	12.15m 46.99%

Event 254 M50 Weight Throw 11,34kg

Name	Age Team	Finals	Age-Grading
15.50m 50 SA SA Colours			
13.00m 50 FS Free State Colours			
1 Du Toit, Izak	M52 Cnw MA	10.92m	11.45m 44.28%

Event 256 M65 Weight Throw 9,08kg

Name	Age Team	Finals	Age-Grading
15.50m 65 SA SA Colours			
12.80m 65 FS Free State Colours			
1 Koen, Basie (G.)	M66 Fsma	14.85m FS	16.56m 64.04%

Event 257 M70 Weight Throw 7,26kg

Name	Age Team	Finals	Age-Grading
15.50m 70 SA SA Colours			
12.80m 70 FS Free State Colours			
1 Hough, Norman	M71 Boland MA	14.75m FS	16.82m 65.06%

Event 262 W20-29 Weight Throw 9,08kg

Name	Age Team	Finals	Age-Grading
1 Janse van Vuuren, Letiti	W22 Nwu	12.25m	12.25m 51.91%

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 263 W45 Weight Throw 9,08kg**

11.00m 45 SA SA Colours

9.10m 45 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Jordaan, Antonette	W46 Gauteng North MA	10.76m FS	13.93m 59.06%

Event 264 W50 Weight Throw 7,26kg

11.00m 50 SA SA Colours

9.10m 50 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Horn, Alta	W51 Fsma	7.62m	9.00m 38.18%

Event 264 W55 Weight Throw 7,26kg

10.50m 55 SA SA Colours

8.70m 55 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Hennop, Ansie	W55 Gauteng North MA	8.82m FS	11.39m 48.28%
2 Claassen, Zelda	W58 Central Gauteng MA	7.80m	10.07m 42.69%

Event 266 W65 Weight Throw 5,45kg

10.00m 65 SA SA Colours

8.30m 65 FS Free State Colours

Name	Age Team	Finals	Age-Grading
1 Ferreira, Mercia	W69 Central Gauteng MA	9.86m FS	13.07m 55.39%

Event 271 M20-29 Greek Discus 5kg

Name	Age Team	Finals	Age-Grading
1 Clegg, Jarred	M20 Sol Plaatji Univ	15.62m	

Event 272 M35 Greek Discus 5kg

Name	Age Team	Finals	Age-Grading
1 Moller, Arno	M37 Fsma	17.00m	

Event 272 M45 Greek Discus 5kg

Name	Age Team	Finals	Age-Grading
1 Plews, Martin	M46 Gauteng North MA	17.72m	
2 Smith, Gys	M46 SA Police Services	16.37m	

Event 273 M50 Greek Discus 3,75kg

Name	Age Team	Finals	Age-Grading
1 Scheepers, Conradie	M50 Fsma	24.73m	
2 Du Toit, Izak	M52 Cnw MA	13.63m	

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8

Pellies Park Athletics Field

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

Event 273 M55 Greek Discus 3,75kg

Name	Age Team	Finals	Age-Grading
1 Aspeling, John	M57 Swd MA	16.30m	

Event 274 M70 Greek Discus 2,5kg

Name	Age Team	Finals	Age-Grading
1 Hough, Norman	M71 Boland MA	21.06m	

Event 279 W45 Greek Discus 3,75kg

Name	Age Team	Finals	Age-Grading
1 Jordaan, Antonette	W46 Gauteng North MA	17.04m	

Event 280 W50 Greek Discus 2,5kg

Name	Age Team	Finals	Age-Grading
1 Horn, Alta	W51 Fsma	13.72m	

Event 280 W55 Greek Discus 2,5kg

Name	Age Team	Finals	Age-Grading
1 Hennop, Ansie	W55 Gauteng North MA	14.31m	
2 Claassen, Zelda	W58 Central Gauteng MA	11.52m	

Event 280 W65 Greek Discus 2,5kg

Name	Age Team	Finals	Age-Grading
1 Ferreira, Mercia	W69 Central Gauteng MA	12.73m	
2 Griesel, Ronel	W65 Boland MA	12.55m	

Event 282 M35 Throws Pentathlon

Name	Age Team	Finals
2800 35 SA SA Colours		
2180 35 FS Free State Colours		
1 Moller, Arno	M37 Fsma	2241.00 FS

Event 282 M45 Throws Pentathlon

Name	Age Team	Finals
3184 45 SA SA Colours		
2480 45 FS Free State Colours		
1 Plews, Martin	M46 Gauteng North MA	3054.00 FS

Event 282 M35 Hammer Throw 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Moller, Arno	M37 Fsma	31.27m 32.20m 37.13%	386

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 282 M45 Hammer Throw 7,26kg Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Plews, Martin	M46 Gauteng North MA	30.86m	38.25m 44.10% 484

Event 282 M35 Shot Put 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Moller, Arno	M37 Fsma	10.57m	10.96m 47.42% 543

Event 282 M45 Shot Put 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Plews, Martin	M46 Gauteng North MA	13.09m	15.73m 68.07% 835

Event 282 M35 Discus Throw 2kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Moller, Arno	M37 Fsma	33.06m	33.53m 45.26% 534

Event 282 M45 Discus Throw 2kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Plews, Martin	M46 Gauteng North MA	30.00m	36.14m 48.80% 587

Event 282 M35 Javelin Throw 800g Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Moller, Arno	M37 Fsma	31.75m	32.15m 32.65% 330

Event 282 M45 Javelin Throw 800g Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Plews, Martin	M46 Gauteng North MA	39.00m	45.69m 46.40% 525

Event 282 M35 Weight Throw 15,88kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Moller, Arno	M37 Fsma	9.74m	9.93m 38.42% 448

Event 282 M45 Weight Throw 15,88kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Plews, Martin	M46 Gauteng North MA	11.15m	13.04m 50.43% 623

Event 283 M55 Throws Pentathlon

Name	Age Team	Finals
3600	55 SA SA Colours	
2810	55 FS Free State Colours	
1 Haupt, Burton	M56 Gauteng North MA	4790.00 SA

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 283 M55 Hammer Throw 6kg Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M56 Gauteng North MA	51.61m	67.84m 78.21%	974

Event 283 M55 Shot Put 6kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M56 Gauteng North MA	15.36m	19.51m 84.40%	1069

Event 283 M55 Discus Throw 1,5kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M56 Gauteng North MA	50.30m	55.84m 75.39%	993

Event 283 M55 Javelin Throw 700g Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M56 Gauteng North MA	42.71m	57.14m 58.03%	695

Event 283 M55 Weight Throw 11,34kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M56 Gauteng North MA	18.37m	20.62m 79.73%	1059

Event 284 M60 Throws Pentathlon

Name	Age Team	Finals
3800 60 SA SA Colours		
2965 60 FS Free State Colours		
1 Kichenbrand, Stephen	M60 Gauteng North MA	3829.00 SA

Event 284 M60 Hammer Throw 5kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M60 Gauteng North MA	41.51m	54.30m 62.61%	748

Event 284 M60 Shot Put 5kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M60 Gauteng North MA	11.39m	14.21m 61.50%	741

Event 284 M60 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M60 Gauteng North MA	39.00m	41.44m 55.95%	694

Event 284 M60 Javelin Throw 600g Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M60 Gauteng North MA	46.30m	65.46m 66.48%	820

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 284 M60 Weight Throw 9,08kg Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Kichenbrand, Stephen	M60 Gauteng North MA	15.92m	16.59m 64.17% 826

Event 285 M70 Throws Pentathlon

Name	Age Team	Finals
3800 70 SA SA Colours		
2965 70 FS Free State Colours		
1 Sterley, Dereck	M71 Gauteng North MA	4116.00 SA

Event 285 M70 Hammer Throw 4kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Sterley, Dereck	M71 Gauteng North MA	37.94m	55.10m 63.53% 761

Event 285 M70 Shot Put 4kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Sterley, Dereck	M71 Gauteng North MA	13.01m	16.66m 72.08% 892

Event 285 M70 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Sterley, Dereck	M71 Gauteng North MA	35.96m	45.96m 62.04% 787

Event 285 M70 Javelin Throw 500g Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Sterley, Dereck	M71 Gauteng North MA	35.85m	60.23m 61.16% 741

Event 285 M70 Weight Throw 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Sterley, Dereck	M71 Gauteng North MA	16.20m	18.48m 71.46% 935

Event 287 W45 Throws Pentathlon

Name	Age Team	Finals
3700 45 SA SA Colours		
2880 45 FS Free State Colours		
1 Jordaan, Antonette	W46 Gauteng North MA	2792.00

Event 287 W45 Hammer Throw 4kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Jordaan, Antonette	W46 Gauteng North MA	24.54m	31.20m 40.53% 519

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 287 W45 Shot Put 4kg Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Jordaan, Antonette	W46 Gauteng North MA	9.43m	11.26m 49.76% 612

Event 287 W45 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Jordaan, Antonette	W46 Gauteng North MA	30.63m	36.93m 48.09% 595

Event 287 W45 Javelin Throw 600g Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Jordaan, Antonette	W46 Gauteng North MA	20.14m	25.13m 34.43% 385

Event 287 W45 Weight Throw 9,08kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Jordaan, Antonette	W46 Gauteng North MA	10.09m	13.07m 55.38% 681

Event 288 W50 Throws Pentathlon

Name	Age Team	Finals
3700 50 SA SA Colours		
2880 50 FS Free State Colours		
1 Horn, Alta	W51 Fsma	2045.00

Event 288 W55 Throws Pentathlon

Name	Age Team	Finals
3700 55 SA SA Colours		
2880 55 FS Free State Colours		
1 Hennop, Ansie	W55 Gauteng North MA	2439.00
2 Claassen, Zelda	W58 Central Gauteng MA	2295.00

Event 288 W50 Hammer Throw 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Horn, Alta	W51 Fsma	17.27m	22.17m 28.79% 326

Event 288 W55 Hammer Throw 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Claassen, Zelda	W58 Central Gauteng MA	25.50m	35.65m 46.31% 616
2 Hennop, Ansie	W55 Gauteng North MA	22.61m	31.61m 41.06% 528

Event 288 W50 Shot Put 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Horn, Alta	W51 Fsma	7.24m	9.12m 40.33% 472

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 288 W55 Shot Put 3kg Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hennop, Ansie	W55 Gauteng North MA	8.61m	11.80m 52.15%	648
2 Claassen, Zelda	W58 Central Gauteng MA	7.09m	9.71m 42.94%	510

Event 288 W50 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Horn, Alta	W51 Fsma	19.42m	25.49m 33.20%	378

Event 288 W55 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hennop, Ansie	W55 Gauteng North MA	22.70m	32.70m 42.58%	514
2 Claassen, Zelda	W58 Central Gauteng MA	17.12m	24.66m 32.11%	363

Event 288 W50 Javelin Throw 500g Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Horn, Alta	W51 Fsma	21.67m	28.48m 39.02%	448

Event 288 W55 Javelin Throw 500g Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hennop, Ansie	W55 Gauteng North MA	15.54m	22.50m 30.83%	335
2 Claassen, Zelda	W58 Central Gauteng MA	13.82m	20.01m 27.42%	289

Event 288 W50 Weight Throw 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Horn, Alta	W51 Fsma	7.46m	8.81m 37.37%	421

Event 288 W55 Weight Throw 7,26kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Claassen, Zelda	W58 Central Gauteng MA	8.05m	10.39m 44.06%	517
2 Hennop, Ansie	W55 Gauteng North MA	6.74m	8.70m 36.89%	414

Event 289 W65 Throws Pentathlon

Name	Age Team	Finals
3700 65 SA SA Colours		
2880 65 FS Free State Colours		
1 Ferreira, Mercia	W69 Central Gauteng MA	3127.00 FS

Event 289 W65 Hammer Throw 3kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Ferreira, Mercia	W69 Central Gauteng MA	19.55m	33.30m 43.26%	565

Free State Masters Athletics Throws Pentathlon, Throws & Jumps Competition - 8**Pellies Park Athletics Field****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 289 W65 Shot Put 3kg Throws Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Ferreira, Mercia	W69 Central Gauteng MA	8.40m	13.94m 61.63% 790

Event 289 W65 Discus Throw 1kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Ferreira, Mercia	W69 Central Gauteng MA	20.51m	36.76m 47.88% 591

Event 289 W65 Javelin Throw 500g Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Ferreira, Mercia	W69 Central Gauteng MA	18.27m	33.19m 45.48% 537

Event 289 W65 Weight Throw 5,45kg Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Ferreira, Mercia	W69 Central Gauteng MA	9.40m	12.46m 52.81% 644