

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
Finals					
1 Du Toit, Leana	W36 South Africa	12,80	1.7	12,81 83,13%	3
2 Bradley, Lynn	W39 South Africa	13,65	1.7	13,66 77,95%	3

W40 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Walters, Elmarie	W40 South Africa	12,75	-0.3	12,51 85,10%	2
2 Smit, Ascha-Alicia	W44 South Africa	13,80	-0.3	13,54 78,62%	2
3 Du Toit, Yolande	W41 South Africa	13,96	-0.3	13,70 77,72%	2
4 Beukes, Marissa	W44 South Africa	14,00	-0.3	13,74 77,50%	2
5 Pretorius, Mareli	W41 South Africa	14,12	-0.3	13,86 76,84%	2
6 Juries, Tanja	W44 South Africa	14,29	-0.3	14,02 75,93%	2

W45 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Hutchinson, Shona	W49 South Africa	13,12	2.3	12,39 85,90%	
2 Gnahore, Gertrude	W47 Ivory Coast	14,27	2.3	13,48 78,98%	
3 De Villiers, Azel	W48 South Africa	15,91	2.3	15,03 70,84%	

W50 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Schoeman, Adri	W53 South Africa	12,83	0.5	11,65 91,35%	4
2 Saina, Linda	W51 Ken	14,69	0.5	13,34 79,78%	4
3 Bezuidenhout, Liesl	W52 South Africa	14,81	0.5	13,45 79,14%	4

W55 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Barnard, Charmain	W55 South Africa	14,03	1.1	12,25 86,89%	3
2 Viiklaid, Erge	W55 Estonia	14,79	1.1	12,91 82,42%	3
3 Ruck, Celeste	W58 South Africa	15,67	1.1	13,68 77,79%	3
4 Bronn, Marthie	W56 South Africa	15,76	1.1	13,76 77,35%	3
5 Flattery, Ezna	W58 South Africa	16,16	1.1	14,11 75,43%	3
6 Kimani, Wacango	W59 South Africa	17,18	1.1	15,00 70,95%	3

W60 100 Meter Dash

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Spang, Rika	W63 South Africa	17,54	1.1	14,70 72,41%	2
2 Jordan, Merle	W62 West Indies	18,86	1.1	15,81 67,34%	2
3 Smit-Harmse, Corne	W61 Namibia	20,37	1.1	17,07 62,35%	2

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W65 100 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Scheffer, Catharina	W67	South Africa	17,79	1.1	14,30 74,42%	2
2 Franzsen, Sterna	W69	South Africa	18,52	1.1	14,89 71,49%	2
3 Du Toit, Baby	W66	South Africa	20,40	1.1	16,40 64,90%	2
4 van Blerk, Frances	W68	South Africa	23,68	1.1	19,04 55,91%	2

W70 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
1 Ertl, Marion	W71	Germany	18,17	1.8	14,00 76,00%
2 Immelman, Pam	W74	South Africa	20,04	1.8	15,45 68,91%

W75 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
1 Visser, MC	W77	South Africa	19,05	1.8	14,06 75,70%

M35 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Vlok, Anton	M39	South Africa	11,22	1.0	11,22 85,38%	2
2 De Beer, Willem	M35	South Africa	11,27	1.0	11,27 85,00%	2
3 Hassan, Qaasim	M39	South Africa	12,17	1.0	12,17 78,72%	2
4 Classens, Ashwyn	M37	South Africa	14,99	1.0	14,99 63,91%	2

M40 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
1 Verryn, Ruaan	M41	South Africa	11,82	1.0	11,43 83,84%
2 Mulumba, Patrick	M40	South Africa	12,18	1.0	11,78 81,36%
3 Steciuk, Damien	M41	Mauritius	12,73	1.0	12,31 77,85%

M45 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
1 McClintock, Martin	M48	South Africa	12,01	1.0	11,16 87,76%
2 Lemmetjies, Eustace	M46	South Africa	12,05	1.0	11,27 85,06%
3 Fourie, Pierre	M45	South Africa	12,21	1.0	11,42 83,95%
4 Coldberg, Abram	M46	South Africa	12,35	1.0	11,55 83,00%

M50 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Naidoo, Moses	M50	South Africa	11,79	1.0	10,65 89,99%	4
2 Jewaskiewitz, Deon	M51	South Africa	11,92	1.0	10,77 89,01%	4
3 Putter, Danie	M51	South Africa	12,63	1.0	11,41 84,01%	4
4 Truter, Andre	M50	South Africa	12,65	1.0	11,43 83,87%	4

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....M50 100 Meter Dash**

5	Kimmins, Ralph	M52	South Africa	13,10	1.0	11,84	80,99%	4
6	Solomons, Anthony	M53	South Africa	13,19	1.0	11,92	80,44%	4
7	Davids, Elton	M50	South Africa	13,51	1.0	12,21	78,53%	4
8	Olivier, Ferdie	M52	South Africa	14,67	1.0	13,25	72,32%	4

M55 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#		
1	Hacker, Ian	M58	South Africa	12,44	1.0	10,86	88,26%	3
2	Van der Vyver, Daniel	M58	South Africa	12,84	1.0	11,21	85,51%	3
3	Russell, Scott	M55	South Africa	13,34	1.0	11,65	82,31%	3
4	Davids, Martin	M58	South Africa	13,64	1.0	11,91	80,50%	3
5	Toll, Michael	M59	South Africa	13,94	1.0	12,17	78,77%	3
6	Van Niekerk, Riaan	M57	South Africa	14,34	1.0	12,52	76,57%	3
7	Lorrick, Neren	M56	South Africa	15,04	1.0	13,13	73,01%	3

M60 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#		
1	Randaru, Ulo	M62	Estonia	12,73	-0.1	10,74	89,32%	2
2	Mehlo, Minazama	M64	South Africa	13,41	-0.1	11,31	84,79%	2

M65 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#		
1	Warries, Joseph	M67	South Africa	13,75	-0.1	11,20	85,60%	2
2	Gouws, Johan	M65	South Africa	14,94	-0.1	12,16	78,78%	2
3	Du Toit, Sarel	M68	South Africa	15,96	-0.1	12,99	73,75%	2
4	Emslie, Richard	M66	South Africa	20,24	-0.1	16,48	58,15%	2
5	Tlapu, Bobie	M67	South Africa	34,47	-0.1	28,06	34,15%	2

M70 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading		
1	Claassen, Leonard	M72	South Africa	14,68	1.8	11,54	83,04%
2	Windt, Johan	M70	South Africa	15,18	1.8	11,93	80,30%
3	Heckner, Winfried	M73	Germany	16,19	1.8	12,73	75,29%
4	Dreyer, Patrick	M74	South Africa	18,90	1.8	14,86	64,50%
5	Scheepers, Johan	M73	South Africa	19,23	1.8	15,12	63,39%

M85 100 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading		
1	Miekautsch, Hans	M85	South Africa	18,90	1.8	13,13	72,96%
2	Hacker, Monty	M89	South Africa	19,12	1.8	13,29	72,12%
3	Penberthy, Pearce	M87	South Africa	22,53	1.8	15,65	61,21%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 200 Meter Dash**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Meyer, Soandri	W35	South Africa	25,62	0.2	25,63 84,43%	2
2 Du Toit, Leana	W36	South Africa	26,88	0.2	26,89 80,47%	2
3 Botha, Mariette	W39	South Africa	27,91	0.2	27,92 77,50%	2
4 Bradley, Lynn	W39	South Africa	28,40	0.2	28,41 76,16%	2
5 Steciuk, Johanna	W36	Mauritius	31,51	0.2	31,52 68,64%	2

W40 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
1 Walters, Elmarie	W40	South Africa	26,71	0.8	26,15 82,74%
2 De Klerk, Charmaine	W42	South Africa	27,65	0.8	27,07 79,93%
3 Juries, Tanja	W44	South Africa	29,80	0.8	29,17 74,16%
4 Pretorius, Mareli	W41	South Africa	30,38	0.8	29,74 72,75%

W45 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
1 Hutchinson, Shona	W49	South Africa	26,69	0.8	25,12 86,10%
2 Munyamasye, Elizabeth	W49	Ken	27,18	0.8	25,58 84,55%
3 Gnahore, Gertrude	W47	Ivory Coast	31,71	0.8	29,85 72,47%

W50 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Vaz, Delia	W51	South Africa	31,20	0.7	28,21 76,70%	2
2 Saina, Linda	W51	Ken	31,26	0.7	28,26 76,55%	2
3 Da Silva, Carmen	W51	South Africa	32,73	0.7	29,59 73,11%	2

W55 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Viiklaid, Erge	W55	Estonia	30,32	0.7	26,30 82,26%	2
2 Ruck, Celeste	W58	South Africa	33,23	0.7	28,83 75,05%	2
3 Bronn, Marthie	W56	South Africa	33,68	0.7	29,22 74,05%	2
4 Flattery, Ezna	W58	South Africa	33,86	0.7	29,37 73,66%	2

W60 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Spang, Rika	W63	South Africa	38,81	0.3	32,25 67,07%	1
2 Jordan, Merle	W62	West Indies	42,89	0.7	35,64 60,69%	2

W65 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
1 Alexander, Liz	W68	South Africa	36,74	0.3	29,21 74,06%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....W65 200 Meter Dash**

2	Franzsen, Sterna	W69	South Africa	39,43	0.3	31,35	69,01%
3	van Blerk, Frances	W68	South Africa	51,29	0.3	40,78	53,05%

W70 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
1 Ertl, Marion	W71	Germany	41,68	0.3	31,66 68,33%

W75 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
1 Visser, MC	W77	South Africa	43,35	0.3	31,40 68,90%

M35 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 De Beer, Willem	M35	South Africa	22,83	1.0	22,36 85,85%	3
2 Vlok, Anton	M39	South Africa	22,90	1.0	22,43 85,59%	3
3 Hassan, Qaasim	M39	South Africa	25,92	1.0	25,38 75,62%	3
4 Classens, Ashwyn	M37	South Africa	31,07	1.0	30,43 63,08%	3

M40 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Koekemoer, Pieter	M41	South Africa	23,68	0.8	22,46 85,47%	2
2 Verryyn, Ruaan	M41	South Africa	24,12	0.8	22,88 83,91%	2
3 Mulumba, Patrick	M40	South Africa	24,75	0.8	23,47 81,78%	2

M45 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
1 Lemmetjies, Eustace	M46	South Africa	24,95	0.3	22,91 83,81%
2 Von Durckheim, Christian	M45	South Africa	24,99	0.3	22,94 83,67%
3 Steyn, Johan	M47	Namibia	25,28	0.3	23,21 82,71%
4 Fourie, Pierre	M45	South Africa	25,37	0.3	23,29 82,42%
5 Coldberg, Abram	M46	South Africa	26,79	0.3	24,60 78,05%

M50 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Naidoo, Moses	M50	South Africa	23,93	1.9	21,26 90,26%	5
2 Jewaskiewitz, Deon	M51	South Africa	24,19	1.5	21,49 89,29%	4
3 Dmitry, Yakhin	M53	Other Country	25,27	1.5	22,45 85,48%	4
4 Viljoen, Joe	M53	South Africa	25,52	1.5	22,67 84,64%	4
5 Putter, Danie	M51	South Africa	26,08	1.5	23,17 82,82%	4
6 Truter, Andre	M50	South Africa	26,15	1.9	23,23 82,60%	5
7 Fortuin, Maurice	M53	South Africa	26,72	1.5	23,74 80,84%	4
8 Solomons, Anthony	M53	South Africa	27,07	1.5	24,05 79,79%	4

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....M50 200 Meter Dash**

9	Kimmins, Ralph	M52	South Africa	27,18	1.5	24,15	79,47%	4
10	Davids, Elton	M50	South Africa	27,78	1.9	24,68	77,75%	5

M55 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Van der Vyver, Daniel	M58	South Africa	26,15	0.7	22,48 85,39%	3
2 Davids, Martin	M58	South Africa	28,29	0.7	24,32 78,93%	3
3 Toll, Michael	M59	South Africa	28,36	0.7	24,38 78,74%	3
4 Van Niekerk, Riaan	M57	South Africa	29,25	0.7	25,14 76,34%	3
5 Lorricks, Neren	M56	South Africa	31,35	0.7	26,95 71,23%	3

M60 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Randaru, Ulo	M62	Estonia	26,02	1.4	21,63 88,74%	2
2 Mehlo, Minazama	M64	South Africa	27,33	1.4	22,72 84,49%	2
3 Groeneveld, Leon	M63	South Africa	27,81	1.4	23,12 83,03%	2
4 Smit, Winston	M61	South Africa	27,91	1.4	23,20 82,73%	2

M65 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
1 Tlapu, Bobie	M67	South Africa	28,60	1.3	22,99 83,50%
2 Warriess, Joseph	M67	South Africa	28,62	1.3	23,00 83,44%
3 Emslie, Richard	M66	South Africa	32,38	1.3	26,02 73,75%

M70 200 Meter Dash

Name	Age	Team	Finals	Wind	Age-Grading
1 Claassen, Leonard	M72	South Africa	30,02	1.3	23,31 82,35%
2 Windt, Johan	M70	South Africa	30,76	1.3	23,89 80,36%
3 Rall, Charles	M74	South Africa	32,68	1.3	25,38 75,64%
4 Scheepers, Johan	M73	South Africa	41,61	1.3	32,31 59,41%

W35 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
1 Chesebe, Sylvia	W36	Ken	56,18	54,97 87,59%
2 Breytenbach, Chantelle	W36	South Africa	1:00,61	59,30 81,19%
3 Botha, Mariette	W39	South Africa	1:02,69	1:01,33 78,50%
4 Du Toit, Leana	W36	South Africa	1:02,78	1:01,42 78,38%
5 Bradley, Lynn	W39	South Africa	1:04,53	1:03,13 76,26%

W40 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
1 De Klerk, Charmaine	W42	South Africa	1:04,26	1:00,67 79,35%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....W40 400 Meter Dash**

2	Juries, Tanja	W44 South Africa	1:14,22	1:10,08	68,70%
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W45 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
1 Munyamasye, Elizabeth	W49	Ken	1:03,01	57,24 84,10%

W50 400 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#
1 Vaz, Delia	W51	South Africa	1:11,34	1:02,15 77,46%	2
2 Da Silva, Carmen	W51	South Africa	1:15,15	1:05,47 73,53%	2

W55 400 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#
1 Viiklaid, Erge	W55	Estonia	1:10,13	58,38 82,46%	2
2 Flattery, Ezna	W58	South Africa	1:13,88	1:01,50 78,28%	2
3 Smit, Annelie	W56	South Africa	1:16,13	1:03,38 75,96%	2
4 Ruck, Celeste	W58	South Africa	1:23,04	1:09,13 69,64%	2

W60 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
1 Spang, Rika	W63	South Africa	1:35,51	1:15,69 63,61%
2 Jordan, Merle	W62	West Indies	1:39,66	1:18,98 60,96%

W65 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
1 Scheffer, Catharina	W67	South Africa	1:21,28	1:01,05 78,86%
2 Alexander, Liz	W68	South Africa	1:29,23	1:07,02 71,84%
3 van Blerk, Frances	W68	South Africa	1:32,78	1:09,68 69,09%

W75 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
1 Visser, MC	W77	South Africa	1:45,24	1:09,96 68,81%

M35 400 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#
1 De Beer, Willem	M35	South Africa	49,90	49,03 87,78%	3
2 Smith, Randall	M39	South Africa	54,96	54,00 79,69%	3
3 Sekgabebe, Pogeso	M39	South Africa	56,29	55,30 77,81%	3
4 Barnard, Christiaan	M37	South Africa	57,69	56,68 75,92%	3
5 Hassan, Qaasim	M39	South Africa	58,38	57,36 75,03%	3

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....M35 400 Meter Dash**

6 Classens, Ashwyn	M37	South Africa	1:23,10	1:21,64	52,71%	3
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M40 400 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#
1 Miti, Abednego	M41	Ken	52,98	50,40 85,37%	2
2 Mulumba, Patrick	M40	South Africa	54,63	51,97 82,79%	2
3 Lepphoto, Lefu	M40	South Africa	55,45	52,75 81,57%	2
4 Verryn, Ruan	M41	South Africa	56,65	53,90 79,84%	2
5 Nangu, Buzwe	M43	South Africa	1:01,64	58,64 73,38%	2

M45 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
1 Von Durckheim, Christian	M45	South Africa	54,04	49,77 86,47%
2 Venter, Jannie	M47	South Africa	57,64	53,08 81,07%
3 Brummer, Paul	M46	South Africa	1:00,70	55,90 76,99%
4 Van Zyl, Andrew	M48	South Africa	1:04,33	59,24 72,64%

M50 400 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#
1 Naidoo, Moses	M50	South Africa	52,32	46,62 92,32%	4
2 Moraope, Spencer	M51	South Africa	55,22	49,20 87,47%	4
3 Viljoen, Joe	M53	South Africa	55,65	49,58 86,79%	4
4 Dmitry, Yakhin	M53	Other Country	58,03	51,70 83,23%	4
5 Van Zyl, Dana	M50	South Africa	58,88	52,46 82,03%	4
6 Fortuin, Maurice	M53	South Africa	1:00,55	53,95 79,77%	4

M55 400 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#
1 Fourie, David	M57	South Africa	56,50	48,69 88,39%	3
2 Van der Vyver, Daniel	M58	South Africa	1:00,32	51,98 82,79%	3
3 Cupido, Clive	M58	South Africa	1:02,61	53,95 79,76%	3
4 Mngomezulu, George	M55	South Africa	1:08,27	58,83 73,15%	3

M60 400 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#
1 Mehlo, Minazama	M64	South Africa	1:03,43	52,84 81,44%	2
2 Groeneveld, Leon	M63	South Africa	1:04,46	53,69 80,14%	2
3 Smit, Winston	M61	South Africa	1:06,19	55,13 78,05%	2

M65 400 Meter Dash

Name	Age	Team	Finals	Age-Grading	H#
1 Warriess, Joseph	M67	South Africa	1:04,55	51,95 82,84%	2

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....M65 400 Meter Dash**

2	Schmelzer, Warren	M69	South Africa	1:07,18	54,06	79,59%	2
3	Rawlins, Patrick	M66	South Africa	1:10,51	56,74	75,83%	2
4	Prinsloo, Hennie	M68	South Africa	2:10,33	1:44,88	41,03%	2

M70 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
1 Claassen, Leonard	M72	South Africa	1:08,62	53,32 80,71%
2 Windt, Johan	M70	South Africa	1:09,31	53,86 79,90%
3 Rall, Charles	M74	South Africa	1:12,88	56,63 75,99%
4 Van Wyk, Wessel	M70	South Africa	1:24,07	1:05,33 65,87%

M80 400 Meter Dash

Name	Age	Team	Finals	Age-Grading
1 Stuart, Les	M81	South Africa	1:27,17	1:00,76 70,83%

W35 800 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Chesebe, Sylvia	W36	Ken	2:07,54	2:06,64 90,03%	3
2 Griffiths, Kobie	W37	South Africa	2:16,52	2:15,56 84,11%	3
3 Breytenbach, Chantelle	W36	South Africa	2:18,19	2:17,21 83,10%	3

W45 800 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Rossouw, Rika	W46	South Africa	2:31,87	2:19,60 81,67%	2
2 Oberholzer, Helena	W46	South Africa	2:59,33	2:44,85 69,16%	2

W50 800 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Munnik, Marili	W54	South Africa	2:28,14	2:10,58 87,32%	2
2 Staal, Michelle	W51	South Africa	2:42,26	2:23,02 79,72%	2
3 Banfield, Jene	W53	South Africa	2:48,07	2:28,14 76,96%	2
4 Vaz, Delia	W51	South Africa	2:53,66	2:33,07 74,48%	2

W65 800 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Botes, Annatjie	W65	South Africa	3:03,36	2:20,29 81,27%
2 Fischer, Lynette	W65	South Africa	3:09,42	2:24,93 78,67%
3 Scheffer, Catharina	W67	South Africa	3:14,41	2:28,75 76,65%
4 van Blerk, Frances	W68	South Africa	4:05,16	3:07,58 60,78%
5 Coston, Linda	W65	South Africa	4:40,62	3:34,71 53,10%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W70 800 Meter Run**

Name	Age	Team	Finals	Age-Grading
1 Von Gordon, Veronica	W71	South Africa	4:17,30	3:06,65 61,08%

M35 800 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 De Beer, Willem	M35	South Africa	1:59,55	1:59,14 84,70%	4
2 Smith, Randall	M39	South Africa	2:08,52	2:08,08 78,79%	3
3 Sekgabebe, Pogeso	M39	South Africa	2:12,17	2:11,71 76,61%	3
4 Folster, Ryan	M37	South Africa	2:14,96	2:14,49 75,03%	4
5 Barnard, Christiaan	M37	South Africa	2:15,33	2:14,86 74,82%	4
6 Suping, Johnny	M39	South Africa	2:15,39	2:14,92 74,79%	3

M40 800 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Miti, Abednego	M41	Ken	1:57,04	1:52,13 89,99%	3
2 Lephoto, Lefu	M40	South Africa	2:07,73	2:02,37 82,46%	3
3 Dyubele, Melikhaya	M43	South Africa	2:17,39	2:11,62 76,66%	3
4 Broers, Neil	M42	South Africa	2:17,72	2:11,94 76,48%	3
5 Fune, Olivier	M43	Burundi	2:25,02	2:18,93 72,63%	2
6 Sebe, Ntsikelelo	M41	South Africa	2:37,60	2:30,99 66,83%	3

M45 800 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Terer, Geoffrey	M46	Ken	2:01,84	1:52,16 89,98%	2
2 Gibson, Michael	M47	South Africa	2:06,60	1:56,54 86,60%	2
3 Hunter, Clinton	M48	South Africa	2:18,63	2:07,61 79,08%	2
4 Van Zyl, Andrew	M48	South Africa	2:33,39	2:21,20 71,47%	2

M50 800 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Moraope, Spencer	M51	South Africa	2:03,95	1:49,60 92,08%	2
2 Bester, Phillip	M53	South Africa	2:06,01	1:51,42 90,57%	2
3 Viljoen, Joe	M53	South Africa	2:09,18	1:54,23 88,35%	2
4 Groenewald, Rupert	M50	South Africa	2:21,64	2:05,24 80,58%	2
5 Fortuin, Maurice	M53	South Africa	2:23,31	2:06,72 79,64%	2

M55 800 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Cupido, Clive	M58	South Africa	2:23,35	2:01,69 82,92%	1
2 Van Niekerk, Warren	M56	South Africa	2:43,59	2:18,88 72,66%	2
3 Swart, Dries	M58	South Africa	2:47,45	2:22,15 70,99%	1

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 800 Meter Run**

Name	Age	Team	Finals	Age-Grading
1 Groeneveld, Leon	M63	South Africa	2:36,10	2:07,18 79,35%
2 Smit, Winston	M61	South Africa	2:42,56	2:12,44 76,19%

M65 800 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Booysen, Hendrik	M67	South Africa	2:52,60	2:14,87 74,82%
2 Nell, Eugene	M67	South Africa	3:26,06	2:41,02 62,67%
3 Prinsloo, Hennie	M68	South Africa	4:11,99	3:16,91 51,25%

M70 800 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Raig, Ivar	M70	Estonia	3:04,58	2:18,26 72,99%
2 Reed, Chris	M72	South Africa	3:29,60	2:37,00 64,28%

M75 800 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Strydom, Trompie	M77	South Africa	5:10,00	3:42,24 45,41%

M80 800 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Stuart, Les	M81	South Africa	3:39,63	2:27,97 68,20%

W35 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Griffiths, Kobie	W37	South Africa	4:51,48	4:46,01 80,44%	3
2 Breytenbach, Chantelle	W36	South Africa	4:53,43	4:47,92 79,91%	3

W40 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Kotze, Calinka	W42	South Africa	5:16,94	4:59,23 76,89%	3

W45 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Claassen, Leandri	W46	South Africa	5:06,37	4:37,85 82,81%	3
2 Rossouw, Rika	W46	South Africa	5:12,41	4:43,33 81,20%	3
3 Prinsloo, Corne	W47	South Africa	5:26,46	4:56,07 77,71%	3

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 1500 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#
1 Munnik, Marili	W54	South Africa	5:07,33	4:27,29 86,08%	2
2 Blignaut, Tania	W51	South Africa	5:38,13	4:54,08 78,24%	2
3 Banfield, Jene	W53	South Africa	5:41,26	4:56,80 77,52%	2
4 Hunter, Maaike	W53	South Africa	8:10,30	7:06,42 53,95%	2

W55 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Sonnekus, Daleen	W58	South Africa	6:06,03	5:04,69 75,51%	2
2 Venter, Laura	W58	South Africa	7:00,03	5:49,64 65,80%	2

W60 1500 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Loots, Rita	W60	South Africa	6:57,78	5:32,18 69,26%

W65 1500 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Botes, Annatjie	W65	South Africa	6:18,68	4:46,89 80,19%
2 Scheffer, Catharina	W67	South Africa	6:19,12	4:47,23 80,10%
3 Boesenberg, Martie	W66	South Africa	7:02,94	5:20,42 71,80%

W70 1500 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Von Gordon, Veronica	W71	South Africa	8:26,33	6:04,66 63,09%
2 Greenblatt, Elaine	W74	South Africa	9:34,29	6:53,61 55,63%

M35 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Smith, Randall	M39	South Africa	4:29,48	4:25,42 77,62%	3
2 Sekgabebe, Pogeso	M39	South Africa	4:29,61	4:25,54 77,58%	3

M40 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Lephoto, Lefu	M40	South Africa	4:28,70	4:16,13 80,43%	3
2 Tjaoana, Pule	M41	South Africa	4:41,90	4:28,71 76,66%	3
3 Sebe, Ntsikelelo	M41	South Africa	5:11,68	4:57,10 69,34%	3
4 Lenhoff, Michael	M44	South Africa	5:34,80	5:19,14 64,55%	3

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 1500 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#
1 Terer, Geoffrey	M46	Ken	4:19,12	3:58,55 86,36%	3
2 Gibson, Michael	M47	South Africa	4:23,47	4:02,56 84,93%	3
3 Lotz, Corne	M49	South Africa	4:39,40	4:17,22 80,09%	3
4 Van Vuuren, Rupert	M49	South Africa	4:56,65	4:33,10 75,43%	3
5 Brummer, Paul	M46	South Africa	5:12,56	4:47,75 71,59%	3
6 Ndakoze, Remi	M47	Burundi	5:25,20	4:59,38 68,81%	3

M50 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Bester, Phillip	M53	South Africa	4:22,27	3:52,66 88,54%	2
2 Moraope, Spencer	M51	South Africa	4:28,39	3:58,09 86,52%	2
3 Moagi, Moeketsi	M54	South Africa	4:56,07	4:22,65 78,43%	2
4 Joubert, Johan	M51	South Africa	5:30,27	4:52,99 70,31%	2

M55 1500 Meter Run

Name	Age	Team	Finals	Age-Grading	H#
1 Roets, Kobus	M57	South Africa	5:07,15	4:21,91 78,66%	2
2 Jacobs, Phillip	M58	South Africa	5:14,18	4:27,91 76,90%	2
3 Cupido, Clive	M58	South Africa	5:17,59	4:30,81 76,07%	2
4 Swart, Dries	M58	South Africa	5:42,71	4:52,23 70,49%	2
5 Van Niekerk, Warren	M56	South Africa	5:53,04	5:01,04 68,43%	2

M65 1500 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Rawlins, Patrick	M66	South Africa	5:49,25	4:32,91 75,48%
2 Nell, Eugene	M67	South Africa	6:44,37	5:15,98 65,20%
3 Prinsloo, Hennie	M68	South Africa	8:34,47	6:42,01 51,24%

M70 1500 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Maphangulo, David	M70	South Africa	5:53,03	4:22,87 78,37%
2 Van Niekerk, Machiel	M72	South Africa	6:59,93	5:12,68 65,88%
3 Reed, Chris	M72	South Africa	7:04,26	5:15,91 65,21%

M80 1500 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Stuart, Les	M81	South Africa	7:32,22	5:00,78 68,49%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M85 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Wraight, Dennis	M86 Other Country	8:12,95	4:59,52 68,78%

W35 4000 Meter Run 4km XC

Name	Age Team	Finals	Age-Grading Points
Results - Women 35			
1 Kiptoo, Mercy	W39 Ken	15:26	15:25,43 73,80%

W40 4000 Meter Run 4km XC

Name	Age Team	Finals	Age-Grading Points
Results - Women 40			
1 Kotze, Calinka	W42 South Africa	17:10	17:09,23 66,36%
2 Labuschagne, Amanda	W43 South Africa	20:01	20:00,77 56,88%

W45 4000 Meter Run 4km XC

Name	Age Team	Finals	Age-Grading Points
Results - Women 45			
1 Claassen, Leandri	W46 South Africa	16:40	16:39,47 68,34%

W50 4000 Meter Run 4km XC

Name	Age Team	Finals	Age-Grading Points
Results - Women 50			
1 Britz, Louise	W54 South Africa	23:00	22:59,29 49,52%

W55 4000 Meter Run 4km XC

Name	Age Team	Finals	Age-Grading Points
Results - Women 55			
1 Biwott, Priscilla	W58 Ken	19:31	19:30,36 58,36%
2 Venter, Laura	W58 South Africa	24:40	24:39,17 46,17%

W60 4000 Meter Run 4km XC

Name	Age Team	Finals	Age-Grading Points
Results - Women 60			
1 Geyer, Mariet	W64 South Africa	21:59	21:58,57 51,80%
2 Henning, Delmarie	W62 South Africa	22:52	22:51,57 49,80%
3 Le Roux, Teresa	W60 South Africa	24:04	24:03,64 47,31%
4 Pretorius, Riemke	W60 South Africa	31:15	31:14,47 36,44%

AFMA Championship - 2023/11/16 to 2023/11/18

AFMA

Pilditch

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

W65 4000 Meter Run 4km XC

Name	Age Team	Finals	Age-Grading Points
Results - Women 65			
1 Scheffer, Catharina	W67 South Africa	20:32	20:31,46 55,46%
2 Boesenberg, Martie	W66 South Africa	22:52	22:51,63 49,80%
3 van Blerk, Frances	W68 South Africa	24:59	24:58,13 45,59%

W70 4000 Meter Run 4km XC

Name	Age Team	Finals	Age-Grading Points
Results - Women 70			
1 Von Gordon, Veronica	W71 South Africa	25:41	25:40,87 44,33%
2 Greenblatt, Elaine	W74 South Africa	28:13	28:12,33 40,36%
3 Du Toit, Aletta	W72 South Africa	48:19	48:18,07 23,57%

W75 4000 Meter Run 4km XC

Name	Age Team	Finals	Age-Grading Points
Results - Women 75			
1 Grobbelaar, Elize	W78 South Africa	48:20	48:19,95 23,55%

M70 4000 Meter Run 4km XC

Name	Age Team	Finals	Age-Grading Points
Results - Men 70			
1 Maphangulo, David	M70 South Africa	17:45	17:44,33 56,19%
2 Van Niekerk, Machiel	M72 South Africa	25:00	25:00,01 39,87%

M80 4000 Meter Run 4km XC

Name	Age Team	Finals	Age-Grading Points
Results - Men 80			
1 Schickert, Bob	M82 Australia	34:45	34:44,83 28,68%

W35 5000 Meter Run

Name	Age Team	Finals	Age-Grading
Finals			
1 Kiptoo, Mercy	W39 Ken	18:25,68	18:22,81 77,18%
2 Swanepoel, Maryna	W37 South Africa	21:47,37	21:43,98 65,27%

W40 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Kotze, Calinka	W42 South Africa	20:33,54	19:46,05 71,76%
2 Boyise, Ongeziwe	W40 South Africa	22:41,27	21:48,87 65,03%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 5000 Meter Run**

Name	Age	Team	Finals	Age-Grading
1 Rossouw, Rika	W46	South Africa	20:47,56	19:12,63 73,84%
2 Prinsloo, Corne	W47	South Africa	21:04,95	19:28,69 72,83%
3 Oberholzer, Helena	W46	South Africa	22:08,84	20:27,72 69,33%

W50 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Eybers, Sunet	W50	South Africa	21:29,77	19:01,06 74,59%
2 Banfield, Jene	W53	South Africa	21:35,42	19:06,06 74,27%
3 J Van Rensburg, Tana	W53	South Africa	21:48,86	19:17,95 73,51%
4 Thomas, Ronel	W51	South Africa	21:54,61	19:23,04 73,18%
5 Blignaut, Tania	W51	South Africa	22:14,57	19:40,70 72,09%
6 Britz, Louise	W54	South Africa	27:47,74	24:35,46 57,69%

W55 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Biwott, Priscilla	W58	Ken	21:15,88	17:56,59 79,06%
2 Pretorius, Elmarie	W57	South Africa	21:23,25	18:02,81 78,61%
3 Sonnekus, Daleen	W58	South Africa	23:15,12	19:37,21 72,30%

W60 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Frey, Jacqueline	W62	South Africa	24:54,41	19:57,78 71,06%
2 Loots, Rita	W60	South Africa	25:57,03	20:47,97 68,20%
3 Geyer, Mariet	W64	South Africa	26:35,85	21:19,08 66,54%
4 Le Roux, Teresa	W60	South Africa	28:43,36	23:01,28 61,62%
5 Pretorius, Riemke	W60	South Africa	32:18,27	25:53,53 54,79%

W65 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Boesenberg, Martie	W66	South Africa	26:01,58	19:43,37 71,93%
-- Ceronio, Marietjie	W66	South Africa	DNF	

W70 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Greenblatt, Elaine	W74	South Africa	31:58,38	22:47,43 62,24%

M35 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Suping, Johnny	M39	South Africa	18:02,75	18:02,76 69,95%
2 Ndwangu, Sandile	M39	South Africa	18:44,87	18:44,88 67,33%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 5000 Meter Run**

Name	Age	Team	Finals	Age-Grading
1 Broers, Neil	M42	South Africa	17:46,58	17:14,69 73,20%
2 Sebe, Ntsikelelo	M41	South Africa	20:01,69	19:25,76 64,97%

M45 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Van der Walt, Tjaart	M45	South Africa	17:51,82	16:36,69 75,99%
2 Lotz, Corne	M49	South Africa	18:27,43	17:09,80 73,54%
3 Mazungula, Richard	M46	South Africa	22:24,23	20:50,01 60,59%

M50 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Manyaka, Philimon	M50	South Africa	18:02,13	16:03,10 78,64%
2 Locker, Trevor	M53	South Africa	19:54,52	17:43,13 71,24%
3 Joubert, Johan	M51	South Africa	20:32,93	18:17,31 69,02%
4 Modise, Norman	M50	South Africa	22:41,97	20:12,16 62,48%
5 Verster, Ronnie	M54	South Africa	25:17,21	22:30,32 56,09%
-- Kanouni, Youssef	M50	South Africa	DNF	

M55 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Roets, Kobus	M57	South Africa	19:34,29	16:38,39 75,86%
2 Letlhaku, Moses	M59	South Africa	20:16,32	17:14,12 73,24%
3 Kelly, Percy	M58	South Africa	20:37,38	17:32,03 71,99%
4 Van Niekerk, Warren	M56	South Africa	23:07,76	19:39,88 64,19%
5 Van Huyssteen, Hennie	M57	South Africa	27:23,61	23:17,40 54,20%

M60 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Ndlovu, Reform	M61	South Africa	19:23,84	15:43,41 80,28%
2 Letlape, Elias	M64	South Africa	23:09,92	18:46,67 67,22%
3 Gregan, Sydney	M61	South Africa	23:24,64	18:58,61 66,52%

M65 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Nell, Eugene	M67	South Africa	24:04,82	18:34,40 67,96%

M70 5000 Meter Run

Name	Age	Team	Finals	Age-Grading
1 Maphangulo, David	M70	South Africa	21:20,44	15:37,42 80,79%
2 Reed, Chris	M72	South Africa	27:50,32	20:22,85 61,93%

AFMA Championship - 2023/11/16 to 2023/11/18

AFMA

Pilditch

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

M75 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Smith, Barrie	M77 South Africa	23:47,49	16:29,26 76,56%

M80 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Schickert, Bob	M82 Australia	40:47,37	26:40,83 47,31%

M85 5000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Wraight, Dennis	M86 Other Country	29:38,14	17:52,94 70,59%

M40 6000 Meter Run 6km XC

Name	Age Team	Finals	Age-Grading	Points
Results - Men 40				
1 Fune, Olivier	M43 Burundi	25:55	25:54,21	60,61%

M45 6000 Meter Run 6km XC

Name	Age Team	Finals	Age-Grading	Points
Results - Men 45				
1 Mazungula, Richard	M46 South Africa	32:11	32:10,91	48,79%

M50 6000 Meter Run 6km XC

Name	Age Team	Finals	Age-Grading	Points
Results - Men 50				
1 Mburu, Keneth	M50 Ken	21:15	21:14,61	73,91%
2 Manyaka, Philimon	M50 South Africa	22:39	22:38,81	69,33%
3 Moraope, Spencer	M51 South Africa	23:18	23:17,31	67,42%
4 Locker, Trevor	M53 South Africa	25:30	25:29,71	61,58%
5 Modise, Norman	M50 South Africa	26:23	26:22,81	59,51%
6 Verster, Ronnie	M54 South Africa	30:48	30:47,51	50,99%

M55 6000 Meter Run 6km XC

Name	Age Team	Finals	Age-Grading	Points
Results - Men 55				
1 Coetzee, Pedri	M56 South Africa	24:11	24:10,91	64,93%
2 Jacobs, Phillip	M58 South Africa	24:12	24:11,11	64,92%
3 Cupido, Clive	M58 South Africa	28:53	28:52,91	54,36%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 6000 Meter Run 6km XC**

Name	Age Team	Finals	Age-Grading Points
Results - Men 60			
1 Letlape, Elias	M64 South Africa	28:32	28:31,11 55,05%

M65 6000 Meter Run 6km XC

Name	Age Team	Finals	Age-Grading Points
Results - Men 65			
1 Martins, Eugene	M65 South Africa	29:04	29:03,91 54,02%
2 Stiglingh, Sticks	M69 South Africa	29:50	29:49,31 52,65%
3 Coetzee, Johann	M65 South Africa	34:10	34:10,01 45,95%

W35 10000 Meter Run

Name	Age Team	Finals	Age-Grading
Finals			
1 Robberts, Chrizzell	W36 South Africa	40:13,14	39:41,53 73,80%
2 Swanepoel, Maryna	W37 South Africa	44:07,80	43:33,12 67,26%

W40 10000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Boyise, Ongeziwe	W40 South Africa	47:21,77	45:05,09 64,97%

W55 10000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Pretorius, Elmarie	W57 South Africa	44:59,11	37:39,97 77,76%
2 Flattery, Ezna	W58 South Africa	45:36,70	38:11,44 76,70%

W65 10000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Botes, Annatjie	W65 South Africa	47:50,48	36:03,49 81,23%
2 Mouton, Christa	W66 South Africa	1:17:18,10	58:15,74 50,27%

M40 10000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Tjaoana, Pule	M41 South Africa	35:13,32	33:32,52 78,39%
2 Broers, Neil	M42 South Africa	36:25,07	34:40,85 75,81%

M45 10000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Mazungula, Richard	M46 South Africa	51:13,34	46:53,65 56,07%

AFMA Championship - 2023/11/16 to 2023/11/18

AFMA

Pilditch

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

M50 10000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Mburu, Keneth	M50 Ken	32:46,13	28:48,82 91,25%
2 Kanouni, Youssef	M50 South Africa	44:57,83	39:32,21 66,50%

M55 10000 Meter Run

Name	Age Team	Finals	Age-Grading
1 De Villiers, Dawie	M57 South Africa	40:24,07	34:05,44 77,12%
2 Kelly, Percy	M58 South Africa	44:23,81	37:27,73 70,18%
3 Letlhaku, Moses	M59 South Africa	44:25,39	37:29,06 70,14%

M60 10000 Meter Run

Name	Age Team	Finals	Age-Grading
1 Ndlovu, Reform	M61 South Africa	40:19,96	32:37,51 80,59%
2 Tredrea, Dave	M60 South Africa	44:13,80	35:46,66 73,49%

W35 10000 Meter Run RR M & W

Name	Age Team	Finals	Age-Grading	Points
Results - Women 35				
1 Robberts, Chrizzell	W36 South Africa	43:19	43:00,81	70,53%

M40 10000 Meter Run RR M & W

Name	Age Team	Finals	Age-Grading	Points
Results - Men 40				
1 Mulder, Daryl	M43 South Africa	44:55	43:17,99	61,71%

W45 10000 Meter Run RR M & W

Name	Age Team	Finals	Age-Grading	Points
Results - Women 45				
1 Prinsloo, Corne	W47 South Africa	45:11	42:14,52	71,82%
2 Oberholzer, Helena	W46 South Africa	47:10	44:05,77	68,80%
3 Dersley, Jacqueline	W45 South Africa	47:33	44:27,28	68,24%
4 Ware, Kutre Dulecha	W45 Ethiopia	50:48	47:29,58	63,88%

W50 10000 Meter Run RR M & W

Name	Age Team	Finals	Age-Grading	Points
Results - Women 50				
1 Thomas, Ronel	W51 South Africa	45:16	40:03,67	75,74%
2 Eybers, Sunet	W50 South Africa	47:39	42:10,22	71,95%

AFMA Championship - 2023/11/16 to 2023/11/18

AFMA

Pilditch

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

M50 10000 Meter Run RR M & W

Name	Age Team	Finals	Age-Grading Points
Results - Men 50			
1 Joubert, Johan	M51 South Africa	44:59	40:00,23 66,80%
2 Verster, Ronnie	M54 South Africa	50:57	45:18,60 58,98%
3 Kanouni, Youssef	M50 South Africa	55:30	49:21,37 54,14%

M55 10000 Meter Run RR M & W

Name	Age Team	Finals	Age-Grading Points
Results - Men 55			
1 Kelly, Percy	M58 South Africa	42:11	35:56,16 74,36%

M60 10000 Meter Run RR M & W

Name	Age Team	Finals	Age-Grading Points
Results - Men 60			
1 Gregan, Sydney	M61 South Africa	50:48	41:22,60 64,57%

W65 10000 Meter Run RR M & W

Name	Age Team	Finals	Age-Grading Points
Results - Women 65			
1 Boesenberg, Martie	W66 South Africa	59:41	43:25,18 69,87%

M70 10000 Meter Run RR M & W

Name	Age Team	Finals	Age-Grading Points
Results - Men 70			
1 Maphangulo, David	M70 South Africa	45:37	33:42,92 79,25%

W70 10000 Meter Run RR M & W

Name	Age Team	Finals	Age-Grading Points
Results - Women 70			
1 Greenblatt, Elaine	W74 South Africa	1:13:50	49:50,26 60,86%

M35 Half Marathon Men & Women

Name	Age Team	Finals	Age-Grading Points
Results - Men 35			
1 Sekgabebe, Pogeso	M39 South Africa	1:36:00	1:35:31,21 61,13%
2 Ndwangu, Sandile	M39 South Africa	1:39:30	1:39:00,16 58,98%

AFMA Championship - 2023/11/16 to 2023/11/18

AFMA

Pilditch

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

W35 Half Marathon Men & Women

Name	Age Team	Finals	Age-Grading Points
Results - Women 35			
1 Swanepoel, Maryna	W37 South Africa	1:52:06	1:50:59,42 58,74%

M40 Half Marathon Men & Women

Name	Age Team	Finals	Age-Grading Points
Results - Men 40			
1 Broers, Neil	M42 South Africa	1:25:30	1:23:08,93 70,21%

W40 Half Marathon Men & Women

Name	Age Team	Finals	Age-Grading Points
Results - Women 40			
1 Boyise, Ongeziwe	W40 South Africa	1:59:24	1:55:24,73 56,49%

M45 Half Marathon Men & Women

Name	Age Team	Finals	Age-Grading Points
Results - Men 45			
1 Van Vuuren, Rupert	M49 South Africa	1:32:50	1:26:47,96 67,27%

M50 Half Marathon Men & Women

Name	Age Team	Finals	Age-Grading Points
Results - Men 50			
1 Manyaka, Philimon	M50 South Africa	1:25:45	1:16:50,44 75,98%
2 Locker, Trevor	M53 South Africa	1:40:12	1:29:47,36 65,02%
3 Modise, Norman	M50 South Africa	1:48:34	1:37:17,20 60,01%

M55 Half Marathon Men & Women

Name	Age Team	Finals	Age-Grading Points
Results - Men 55			
1 Roets, Kobus	M57 South Africa	1:35:33	1:21:54,33 71,29%

W55 Half Marathon Men & Women

Name	Age Team	Finals	Age-Grading Points
Results - Women 55			
1 Pretorius, Elmarie	W57 South Africa	1:48:28	1:29:40,82 72,71%

AFMA Championship - 2023/11/16 to 2023/11/18

AFMA

Pilditch

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

M60 Half Marathon Men & Women

Name	Age Team	Finals	Age-Grading Points
Results - Men 60			
1 Letlape, Elias	M64 South Africa	1:49:27 1:29:33,78	65,19%

W60 Half Marathon Men & Women

Name	Age Team	Finals	Age-Grading Points
Results - Women 60			
1 Geyer, Mariet	W64 South Africa	2:17:00 1:46:04,75	61,46%

W65 Half Marathon Men & Women

Name	Age Team	Finals	Age-Grading Points
Results - Women 65			
1 Mouton, Christa	W66 South Africa	3:11:08 2:17:57,61	47,26%

W40 80 Short Hurdles

Name	Age Team	Finals	Wind	Age-Grading
Finals				
1 Smit, Ascha-Alicia	W44 South Africa	13,69	-0.4	13,70 89,19%
2 Du Toit, Yolande	W41 South Africa	14,02	-0.4	14,03 87,09%

W45 80 Short Hurdles

Name	Age Team	Finals	Wind	Age-Grading
1 Hutchinson, Shona	W49 South Africa	13,37	-0.4	13,38 91,32%
2 De Villiers, Azel	W48 South Africa	17,50	-0.4	17,51 69,77%

W50 80 Short Hurdles

Name	Age Team	Finals	Wind	Age-Grading
1 Staal, Michelle	W51 South Africa	14,48	-0.4	14,49 84,32%
2 Labuschagne, Celeste	W52 South Africa	14,98	-0.4	14,99 81,51%

W55 80 Short Hurdles

Name	Age Team	Finals	Wind	Age-Grading
1 Barnard, Charmain	W55 South Africa	13,87	-0.4	13,88 88,03%

W60 80 Short Hurdles

Name	Age Team	Finals	Wind	Age-Grading
1 Schmelzer, Tessa	W63 South Africa	16,01	-0.4	16,02 76,26%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M80 80 Short Hurdles**

Name	Age	Team	Finals	Wind	Age-Grading
1 Stuart, Les	M81	South Africa	20,19	1.5	20,20 63,94%

M85 80 Short Hurdles

Name	Age	Team	Finals	Wind	Age-Grading
1 Miekautsch, Hans	M85	South Africa	24,80	1.5	24,81 52,06%

M55 100 Short Hurdles

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Russell, Scott	M55	South Africa	17,38	1.0	17,39 74,28%	2
2 Bartleman, Andre	M57	South Africa	21,69	1.0	21,70 59,52%	2

M60 100 Short Hurdles

Name	Age	Team	Finals	Wind	Age-Grading
1 Randaru, Ulo	M62	Estonia	19,31	1.7	19,32 66,86%
2 Baranzke, Martin	M60	Germany	21,97	1.7	21,98 58,76%

M65 100 Short Hurdles

Name	Age	Team	Finals	Wind	Age-Grading
1 Gouws, Johan	M65	South Africa	20,71	1.7	20,72 62,34%
2 Du Toit, Sarel	M68	South Africa	22,59	1.7	19,52 66,18%
3 Schoeman, At	M67	South Africa	31,56	1.7	31,57 40,91%

M45 110 Short Hurdles

Name	Age	Team	Finals	Wind	Age-Grading
1 Steyn, Johan	M47	Namibia	18,65	1.3	18,66 69,22%
2 Vosloo, Riaan	M48	South Africa	20,12	1.3	20,13 64,17%

W50 300 Long Hurdles

Name	Age	Team	Finals	Age-Grading
1 Staal, Michelle	W51	South Africa	53,29	53,30 98,22%
2 Labuschagne, Celeste	W52	South Africa	57,92	57,93 90,37%

M60 300 Long Hurdles

Name	Age	Team	Finals	Age-Grading
1 Randaru, Ulo	M62	Estonia	53,90	53,91 86,79%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 300 Long Hurdles**

Name	Age	Team	Finals	Age-Grading
1 Du Toit, Sarel	M68	South Africa	56,45	56,46 82,87%
2 Rawlins, Patrick	M66	South Africa	1:02,98	1:02,99 74,28%
3 Williams, Pieter	M66	South Africa	1:05,30	1:05,31 71,64%

M40 400 Long Hurdles

Name	Age	Team	Finals	Age-Grading
1 Koekemoer, Pieter	M41	South Africa	55,25	55,26 84,67%

M45 400 Long Hurdles

Name	Age	Team	Finals	Age-Grading
1 Venter, Jannie	M47	South Africa	1:03,17	1:03,18 74,05%
2 Vosloo, Riaan	M48	South Africa	1:08,82	1:08,83 67,97%

M50 400 Long Hurdles

Name	Age	Team	Finals	Age-Grading
1 Van Zyl, Dana	M50	South Africa	1:07,12	1:07,13 69,70%
2 Dmitry, Yakhin	M53	Other Country	1:07,28	1:07,29 69,53%

M55 400 Long Hurdles

Name	Age	Team	Finals	Age-Grading
1 Fourie, David	M57	South Africa	1:03,67	1:03,68 73,47%
2 Bartleman, Andre	M57	South Africa	1:28,76	1:28,77 52,70%

W40 2000 Meter Steeplechase

Name	Age	Team	Finals	Age-Grading
1 Scheffer, Leilani	W40	South Africa	7:22,06	7:22,07 122,52%
2 Labuschagne, Amanda	W43	South Africa	9:58,89	9:58,90 90,43%

W50 2000 Meter Steeplechase

Name	Age	Team	Finals	Age-Grading
1 Blignaut, Tania	W51	South Africa	9:17,82	9:17,83 97,09%

W55 2000 Meter Steeplechase

Name	Age	Team	Finals	Age-Grading
1 Venter, Laura	W58	South Africa	11:50,30	11:50,31 76,25%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 2000 Meter Steeplechase**

Name	Age	Team	Finals	Age-Grading
1 Le Roux, Teresa	W60	South Africa	12:13,60	12:13,61 73,83%
2 Pretorius, Riemke	W60	South Africa	14:54,26	14:54,27 60,56%

W65 2000 Meter Steeplechase

Name	Age	Team	Finals	Age-Grading
1 Fischer, Lynette	W65	South Africa	10:32,24	10:32,25 85,66%
2 Mouton, Christa	W66	South Africa	15:31,30	15:31,31 58,15%

M60 2000 Meter Steeplechase

Name	Age	Team	Finals	Age-Grading
1 Gregan, Sydney	M61	South Africa	11:21,64	11:21,65 69,48%

M65 2000 Meter Steeplechase

Name	Age	Team	Finals	Age-Grading
1 Schmelzer, Warren	M69	South Africa	8:05,84	8:05,85 97,49%
2 Stiglingh, Sticks	M69	South Africa	9:35,63	9:35,64 82,28%
3 Rawlins, Patrick	M66	South Africa	9:55,55	9:55,56 79,53%
4 Schoeman, At	M67	South Africa	12:30,17	12:30,18 63,14%

M70 2000 Meter Steeplechase

Name	Age	Team	Finals	Age-Grading
1 Van Niekerk, Machiel	M72	South Africa	11:50,31	11:50,32 66,68%

M80 2000 Meter Steeplechase

Name	Age	Team	Finals	Age-Grading
1 Schickert, Bob	M82	Australia	16:35,53	16:35,54 47,58%

M35 3000 Meter Steeplechase

Name	Age	Team	Finals	Age-Grading
1 Barnard, Christiaan	M37	South Africa	13:51,30	13:51,31 56,97%

M40 3000 Meter Steeplechase

Name	Age	Team	Finals	Age-Grading
1 Dyubele, Melikhaya	M43	South Africa	12:45,03	12:45,04 61,91%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 3000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading
1 Van der Walt, Tjaart	M45 South Africa	11:39,15	11:39,16 67,74%
2 Van Vuuren, Rupert	M49 South Africa	12:53,24	12:53,25 61,25%

M50 3000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading
1 Moagi, Moeketsi	M54 South Africa	11:35,67	11:35,68 68,08%
2 Kanouni, Youssef	M50 South Africa	14:22,83	14:22,84 54,89%

M55 3000 Meter Steeplechase

Name	Age Team	Finals	Age-Grading
1 De Villiers, Dawie	M57 South Africa	12:55,08	12:55,09 61,11%
2 De Beer, Solomon	M57 South Africa	14:59,62	14:59,63 52,65%

W40 4x100 Meter Relay

Team	Finals
1 South Africa 'A'	52,70
1) Walters, Elmarie 40	2) Smit, Ascha-Alicia 44
3) Barnard, Charmain 55	4) Du Toit, Yolande 41
2 Ken 'A'	53,40
1) Mulatya, Regina 47	2) Munyamasye, Elizabeth 49
3) Chesebe, Sylvia 36	4) Saina, Linda 51
3 South Africa 'C'	x59,60
1) Fischer, Lynette 65	2) Beukes, Marissa 44
3) Banfield, Jene 53	4) Re, Bianca 36
4 South Africa 'B'	x1:16,90
1) Spang, Rika 63	2) Bradley, Lynn 39
3) Du Toit, Leana 36	4)

M40 4x100 Meter Relay

Team	Finals
1 South Africa 'A'	47,07
1) Warriess, Joseph 67	2) De Beer, Willem 35
3) Mehlo, Minazama 64	4) Vlok, Anton 39
2 South Africa 'C'	x48,81
1) Coldberg, Abram 46	2) Hassan, Qaasim 39
3) Solomons, Anthony 53	4) Fortuin, Maurice 53
3 South Africa 'D'	x49,38
1) Classens, Ashwyn 37	2) Scheepers, Anton 55
3) Putter, Danie 51	4) Kimmins, Ralph 52
4 South Africa 'B'	x52,23
1) Hacker, Ian 58	2) Russell, Scott 55
3) Van der Vyver, Daniel 58	4) Toll, Michael 59

AFMA Championship - 2023/11/16 to 2023/11/18

AFMA

Pilditch

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

X40 4x100 Meter Relay Mixed

Team	Finals
1 South Africa 'C'	51,10
1) Walters, Elmarie 40	2) Spang, Rika 63
3) Scheepers, Anton 55	4) Classens, Ashwyn 37
2 Ken 'A'	52,50
1) Mulatya, Regina 47	2) Munyamasye, Elizabeth 49
3) Miti, Abednego 41	4) Terer, Georfrey 46
3 South Africa 'B'	x52,80
1) De Beer, Willem 35	2) Claassen, Leonard 72
3) Bradley, Lynn 39	4) Du Toit, Yolande 41
4 South Africa 'D'	x53,60
1) Re, Bianca 36	2) Hassan, Qaasim 39
3) Strydom, Ida-Marie 48	4) Hacker, Ian 58
5 South Africa 'A'	x55,30
1) Fischer, Lynette 65	2) Beukes, Marissa 44
3) Vlok, Anton 39	4) Kimmins, Ralph 52
6 Estonia 'A'	57,80
1) Raig, Ivar 70	2) Randaru, Ulo 62
3) Viiklaid, Erge 55	4)

X40 4x400 Meter Relay Mixed

Team	Finals
1 South Africa 'B'	3:43,70
1) Verry, Ruan 41	2) De Beer, Willem 35
3) Re, Bianca 36	4) Breytenbach, Chantelle 36
2 Ken 'A'	3:52,10
1) Terer, Georfrey 46	2) Mburu, Keneth 50
3) Munyamasye, Elizabeth 49	4) Chesebe, Sylvia 36
3 South Africa 'A'	x4:16,90
1) Classens, Ashwyn 37	2) Juries, Tanja 44
3) Bradley, Lynn 39	4) Mulumba, Patrick 40

W35 High Jump

Name	Age Team	Finals	Age-Grading
1 Botha, Mariette	W39 South Africa	1,50m	1,57m 75,38%
2 Krugell, Berne	W36 South Africa	1,50m	1,57m 75,38%

W40 High Jump

Name	Age Team	Finals	Age-Grading
1 Labuschagne, Amanda	W43 South Africa	1,35m	1,48m 71,43%

W45 High Jump

Name	Age Team	Finals	Age-Grading
1 Van Langelaar, Yolanda	W47 South Africa	1,50m	1,74m 83,33%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 High Jump**

Name	Age Team	Finals	Age-Grading
1 Staal, Michelle	W51 South Africa	1,35m	1,65m 78,95%
2 Shaik, Carmila	W50 South Africa	1,20m	1,47m 70,18%

W55 High Jump

Name	Age Team	Finals	Age-Grading
1 Heymans, Dinah	W56 South Africa	1,49m	1,93m 92,55%

W60 High Jump

Name	Age Team	Finals	Age-Grading
1 Schmelzer, Tessa	W63 South Africa	1,30m	1,79m 85,53%
2 J van Rensburg, Leoni	W61 Namibia	1,05m	1,44m 69,08%

M40 High Jump

Name	Age Team	Finals	Age-Grading
1 Fletcher, Raymond	M43 South Africa	1,95m	2,07m 84,78%
1 Lamprecht, Mihciel	M42 South Africa	1,95m	2,07m 84,78%

M45 High Jump

Name	Age Team	Finals	Age-Grading
1 Van der Walt, Phillip	M47 South Africa	1,90m	2,12m 86,36%
2 Burger, Pieter	M45 Namibia	1,65m	1,84m 75,00%

M50 High Jump

Name	Age Team	Finals	Age-Grading
1 Putter, Danie	M51 South Africa	1,57m	1,84m 75,12%

M55 High Jump

Name	Age Team	Finals	Age-Grading
1 Gutsche, Johan	M57 South Africa	1,72m	2,12m 86,43%
2 Scheepers, Anton	M55 South Africa	1,51m	1,86m 75,88%
3 Lombard, Bertus	M55 South Africa	1,43m	1,76m 71,86%
4 Bartleman, Andre	M57 South Africa	1,37m	1,68m 68,84%

M60 High Jump

Name	Age Team	Finals	Age-Grading
1 Bredeveltdt, Neal	M62 South Africa	1,61m	2,08m 85,19%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 High Jump**

Name	Age Team	Finals	Age-Grading
1 Gouws, Johan	M65 South Africa	1,51m	2,06m 84,36%
2 Du Toit, Sarel	M68 South Africa	1,46m	1,99m 81,56%
3 Mourali, Said	M65 Tunisia	1,31m	1,79m 73,18%

M70 High Jump

Name	Age Team	Finals	Age-Grading
1 Raig, Ivar	M70 Estonia	1,28m	1,84m 75,29%

W35 Pole Vault

Name	Age Team	Finals	Age-Grading
1 Meyer, Soandri	W35 South Africa	3,50m	3,50m 69,31%
2 Steciuk, Johanna	W36 Mauritius	2,20m	2,20m 43,56%

W45 Pole Vault

Name	Age Team	Finals	Age-Grading
1 Strydom, Ida-Marie	W48 South Africa	3,00m	3,39m 66,96%

W50 Pole Vault

Name	Age Team	Finals	Age-Grading
1 Du Toit, Dorita	W52 South Africa	2,70m	3,24m 64,29%

M40 Pole Vault

Name	Age Team	Finals	Age-Grading
1 Steciuk, Damien	M41 Mauritius	3,50m	3,74m 60,66%

M55 Pole Vault

Name	Age Team	Finals	Age-Grading
1 Scheepers, Anton	M55 South Africa	2,80m	3,60m 58,33%

M65 Pole Vault

Name	Age Team	Finals	Age-Grading
1 Mourali, Said	M65 Tunisia	2,10m	3,11m 50,48%

M75 Pole Vault

Name	Age Team	Finals	Age-Grading
1 de Senneville, Jean-Mich	M75 South Africa	2,70m	4,72m 76,49%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading
1 Smit, Ascha-Alicia	W44	South Africa	5,03m	1.4	5,48m 73,97%
2 Juries, Tanja	W44	South Africa	4,81m	0.1	5,24m 70,74%
3 Beukes, Marissa	W44	South Africa	4,63m	1.7	5,04m 68,09%
4 Pretorius, Mareli	W41	South Africa	4,30m	2.0	4,68m 63,24%
5 Van Heerden, Elsabe	W42	South Africa	4,09m	0.3	4,46m 60,15%

W45 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Mulatya, Regina	W47	Ken	5,60m	2.2	6,46m 87,09%
2 De Villiers, Azel	W48	South Africa	3,91m	0.4	4,51m 60,81%

W50 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Shaik, Carmila	W50	South Africa	4,28m	0.9	5,23m 70,51%
2 Staal, Michelle	W51	South Africa	4,10m	1.4	5,01m 67,55%

W55 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Munnik, Philna	W55	South Africa	3,56m	0.1	4,62m 62,24%

W60 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Gouws, Makkie	W62	South Africa	3,32m	0.4	4,58m 61,82%
2 J van Rensburg, Leoni	W61	Namibia	2,56m	+0.0	3,53m 47,67%

W70 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Ertl, Marion	W71	Germany	3,24m	0.9	5,48m 72,97%

M35 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Vlok, Anton	M39	South Africa	5,90m	0.1	6,12m 68,45%
2 Hassan, Qaasim	M39	South Africa	4,92m	-1.0	5,10m 57,08%

M45 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 McClintock, Martin	M48	South Africa	6,25m	-0.1	7,25m 81,06%
2 Lemmetjies, Eustace	M46	South Africa	5,91m	1.0	6,86m 76,65%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...M45 Long Jump**

2 Cloete, Lester	M46 South Africa	5,91m	0.7	6,86m	76,65%
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M50 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Carolan, Adrian	M50 South Africa	5,90m	-0.4	7,25m 81,04%	3
2 Putter, Danie	M51 South Africa	5,34m	0.1	6,56m 73,35%	3
3 Van Zyl, Dana	M50 South Africa	5,28m	2.0	6,49m 72,53%	3
4 Breedt, Kobus	M51 South Africa	4,85m	1.3	5,95m 66,62%	3
5 Davids, Elton	M50 South Africa	3,93m	0.5	4,83m 53,98%	3
-- Van Niekerk, Jannie	M54 South Africa	ND	NWI		3
-- Kimmins, Ralph	M52 South Africa	ND	NWI		3

M55 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Scheepers, Anton	M55 South Africa	5,01m	0.3	6,57m 73,46%	3
2 Davids, Martin	M58 South Africa	4,60m	0.3	6,03m 67,45%	3
3 Lorricks, Neren	M56 South Africa	4,26m	1.1	5,58m 62,46%	3

M60 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Bredeveltdt, Neal	M62 South Africa	4,88m	0.6	6,77m 75,66%	2
2 Coetzer, Johann	M64 South Africa	4,75m	1.6	6,59m 73,64%	2
3 Baranzke, Martin	M60 Germany	4,52m	0.3	6,27m 70,08%	2
4 McBride, Vincent	M60 South Africa	3,63m	+0.0	5,03m 56,28%	2

M65 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Gouws, Johan	M65 South Africa	4,14m	-1.1	6,12m 68,43%	2

M70 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Raig, Ivar	M70 Estonia	4,20m	1.6	6,63m 74,07%	
2 Mentoor, Sakkie	M71 South Africa	3,63m	1.0	5,73m 64,02%	
3 Heckner, Winfried	M73 Germany	3,41m	0.7	5,38m 60,14%	
4 Dreyer, Patrick	M74 South Africa	3,35m	2.5	5,28m 59,08%	

M75 Long Jump

Name	Age Team	Finals	Wind	Age-Grading	H#
-- Crafford, Tiaan	M77 South Africa	ND	NWI		

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M80 Long Jump**

Name	Age	Team	Finals	Wind	Age-Grading
1 Stuart, Les	M81	South Africa	3,10m	-0.4	5,71m 63,92%

M85 Long Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Penberthy, Pearce	M87	South Africa	2,59m	2.3	5,73m 64,11%

W35 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Steciuk, Johanna	W36	Mauritius	7,77m	-1.7	7,80m 50,32%

W40 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Van Heerden, Elsabe	W42	South Africa	8,39m	-1.4	8,97m 57,90%

W45 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Mulatya, Regina	W47	Ken	11,58m	-0.3	13,20m 85,21%

W50 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Shaik, Carmila	W50	South Africa	7,87m	-0.3	9,57m 61,82%
2 Du Toit, Dorita	W52	South Africa	7,86m	2.7	9,56m 61,74%

W55 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Willemse, Helene	W57	South Africa	7,51m	0.2	9,76m 63,00%

W60 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Gouws, Makkie	W62	South Africa	7,20m	-2.5	10,00m 64,57%

M40 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Sewanyane, Jason	M41	South Africa	13,89m	2.0	14,65m 80,10%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 Triple Jump**

Name	Age	Team	Finals	Wind	Age-Grading
1 Lemmetjies, Eustace	M46	South Africa	11,19m	1.1	12,46m 68,15%

M50 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Van Zyl, Dana	M50	South Africa	10,13m	0.7	11,95m 65,40%
2 Breedt, Kobus	M51	South Africa	8,83m	0.3	10,42m 57,00%

M55 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Lorrick, Neren	M56	South Africa	8,33m	-0.3	10,45m 57,17%

M60 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Smith, Christopher	M61	USA	10,88m	1.4	14,58m 79,77%
2 Bredeveltdt, Neal	M62	South Africa	10,28m	-0.3	13,78m 75,37%
3 Baranzke, Martin	M60	Germany	9,36m	-0.3	12,54m 68,62%
4 McBride, Vincent	M60	South Africa	8,30m	2.0	11,12m 60,85%

M65 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Murali, Said	M65	Tunisia	6,91m	1.7	9,93m 54,32%

M85 Triple Jump

Name	Age	Team	Finals	Wind	Age-Grading
1 Penberthy, Pearce	M87	South Africa	5,43m	1.1	11,93m 65,26%
-- Miekautsch, Hans	M85	South Africa	ND	NWI	

W35 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Pubalakan, Tanya	W39	South Africa	12,75m	13,21m 62,23%
2 Killian, Ursula	W36	South Africa	11,44m	11,86m 55,83%
3 Barnard, Christine	W35	South Africa	8,84m	9,16m 43,14%
4 Fourie, Nadine	W35	South Africa	6,99m	7,24m 34,11%

W40 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Gerstner, Juanita	W40	South Africa	10,19m	11,37m 53,55%
2 Kerubo, Rebecca	W41	Ken	9,38m	10,47m 49,29%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....W40 Shot Put**

3	Albertyn, Este	W40	South Africa	9,02m	10,06m	47,40%
4	Compion, Maria	W42	South Africa	8,66m	9,66m	45,51%

W45 Shot Put

Name	Age	Team	Finals	Age-Grading
1 De Villiers, Azel	W48	South Africa	9,22m	11,12m 52,36%
2 Strauss, Michelle	W49	South Africa	8,71m	10,50m 49,46%
3 Blaauw, Anja	W49	South Africa	7,91m	9,54m 44,92%
4 Oberholzer, Helena	W46	South Africa	6,74m	8,12m 38,27%

W50 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Jordaan, Antonette	W51	South Africa	11,18m	12,66m 59,63%
2 Fleming, Daleen	W51	South Africa	9,90m	11,21m 52,80%
3 Cilliers, Angela	W54	South Africa	8,94m	10,12m 47,68%
4 Louw, Marisa	W53	South Africa	8,53m	9,66m 45,49%
5 Scholtz, Gloria	W54	South Africa	8,48m	9,60m 45,23%
6 Messias, Louise	W54	South Africa	8,20m	9,29m 43,73%
7 Snyders, Margaret	W52	South Africa	6,67m	7,55m 35,57%

W55 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Barnard, Charmain	W55	South Africa	11,57m	14,28m 67,27%
2 Knobel, Heleen	W58	South Africa	10,60m	13,08m 61,63%
3 Petrenko, Svetlana	W57	Other Country	10,22m	12,61m 59,42%
4 Flynn, Judy	W57	South Africa	9,41m	11,61m 54,71%
5 De Bryun, Sonja	W56	South Africa	8,03m	9,91m 46,69%
6 Pretorius, Engelina	W58	South Africa	8,02m	9,90m 46,63%
7 Ruck, Celeste	W58	South Africa	7,91m	9,76m 45,99%
8 Bezuidenhout, Elize	W57	South Africa	5,99m	7,39m 34,83%
9 Swartz, Rentia	W55	South Africa	5,62m	6,93m 32,67%

W60 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Dramat, Farieda	W64	South Africa	8,77m	11,86m 55,90%
2 Smit, Jackie	W60	South Africa	8,30m	11,23m 52,90%
3 Bratkina, Tatiana	W60	Other Country	7,31m	9,89m 46,59%
4 Claassen, Zelda	W63	South Africa	6,65m	9,00m 42,38%

W65 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Cloete, Joey	W66	South Africa	7,76m	11,59m 54,57%
2 Gurtsieva, Olga	W65	Other Country	7,07m	10,56m 49,72%
3 Du Toit, Baby	W66	South Africa	6,64m	9,91m 46,69%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W70 Shot Put**

Name	Age	Team	Finals	Age-Grading
1 Griesel, Ronel	W70	South Africa	7,74m	12,87m 60,61%
2 Ferreira, Mercia	W74	South Africa	7,39m	12,29m 57,87%
3 Durant, Marita	W72	South Africa	6,79m	11,29m 53,17%
4 Van Eck, Suzi	W74	South Africa	5,97m	9,92m 46,75%

W75 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Fourie, Ena	W75	South Africa	8,86m	13,53m 63,74%
2 Ludick, Ria	W76	South Africa	7,33m	11,20m 52,73%

W80 Shot Put

Name	Age	Team	Finals	Age-Grading
1 England, Penelope	W82	South Africa	7,00m	12,20m 57,47%

M35 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Theron, Barend	M35	South Africa	11,58m	12,11m 52,88%

M45 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Potgieter, Willem	M49	South Africa	12,91m	15,32m 66,86%
2 Kirstein, Jaco	M45	South Africa	9,59m	11,38m 49,66%
3 Nolte, Schalkwi	M48	South Africa	8,17m	9,69m 42,31%
4 Pool, Jaco	M46	South Africa	7,29m	8,65m 37,75%

M50 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Heyns, JD	M52	South Africa	15,75m	18,19m 79,43%
2 Van Zyl, Awie	M50	South Africa	14,40m	16,63m 72,62%
3 Venter, Martin	M53	South Africa	14,24m	16,44m 71,81%
4 Watson, Rowan	M53	South Africa	13,65m	15,76m 68,84%
5 Swanepoel, Jan	M52	South Africa	12,70m	14,66m 64,04%
6 Davids, Elton	M50	South Africa	8,32m	9,61m 41,96%

M55 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Scheepers, Conradie	M56	South Africa	14,40m	17,88m 78,05%
2 Du Toit, Johann	M56	South Africa	12,67m	15,73m 68,67%
3 Mulder, Francois	M56	South Africa	11,14m	13,83m 60,38%
4 Van der Walt, Stephen-Jo	M55	South Africa	8,22m	10,20m 44,55%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 Shot Put**

Name	Age	Team	Finals	Age-Grading
1 Haupt, Burton	M62	South Africa	13,89m	17,01m 74,28%
2 Bezuidenhout, Vic	M61	South Africa	11,83m	14,49m 63,26%
3 Baranzke, Martin	M60	Germany	10,47m	12,82m 55,99%
4 Van der Westhuizen, Euge	M63	South Africa	5,42m	6,64m 28,98%

M65 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Kichenbrand, Stephen	M66	South Africa	10,94m	14,56m 63,60%
2 Myburgh, Buks	M68	Namibia	9,01m	11,99m 52,38%

M70 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Lombard, Willie	M72	South Africa	10,39m	13,54m 59,13%
2 Heckner, Winfried	M73	Germany	7,71m	10,05m 43,88%
3 Basson, Hendrick	M74	South Africa	6,27m	8,17m 35,69%

M75 Shot Put

Name	Age	Team	Finals	Age-Grading
1 Markotter, Hein	M77	South Africa	8,92m	12,83m 55,99%

W35 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Killian, Ursula	W36	South Africa	42,18m	42,18m 59,07%
2 Pubalakan, Tanya	W39	South Africa	33,23m	33,23m 46,53%
3 Steciuk, Johanna	W36	Mauritius	20,02m	20,02m 28,04%

W40 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Gerstner, Juanita	W40	South Africa	30,74m	32,99m 46,20%
2 Albertyn, Este	W40	South Africa	26,43m	28,36m 39,73%

W45 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Strauss, Michelle	W49	South Africa	26,98m	31,76m 44,48%
2 De Villiers, Azel	W48	South Africa	24,60m	28,95m 40,55%
3 Blaauw, Anja	W49	South Africa	22,58m	26,58m 37,22%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Fleming, Daleen	W51	South Africa	33,40m	43,24m 60,56%
2 Jordaan, Antonette	W51	South Africa	31,70m	41,04m 57,48%
3 Cilliers, Angela	W54	South Africa	25,30m	32,76m 45,87%
4 Scholtz, Gloria	W54	South Africa	21,55m	27,90m 39,08%
5 Messias, Louise	W54	South Africa	18,73m	24,25m 33,96%
6 Snyders, Margaret	W52	South Africa	14,77m	19,12m 26,78%

W55 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Knobel, Heleen	W58	South Africa	31,05m	44,40m 62,17%
2 Petrenko, Svetlana	W57	Other Country	22,40m	32,03m 44,85%
3 Vosloo, Susanna	W55	South Africa	17,94m	25,65m 35,92%
4 De Bryun, Sonja	W56	South Africa	17,40m	24,88m 34,84%
5 Bezuidenhout, Elize	W57	South Africa	16,92m	24,19m 33,88%
6 Pretorius, Engelina	W58	South Africa	15,83m	22,63m 31,70%
7 Swartz, Rentia	W55	South Africa	11,63m	16,63m 23,29%
8 Mentoor, Patricia	W56	South Africa	10,21m	14,60m 20,44%

W60 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Smit, Jackie	W60	South Africa	23,40m	37,14m 52,01%
2 Smit-Harmse, Corne	W61	Namibia	22,84m	36,25m 50,77%
3 Dramat, Farieda	W64	South Africa	21,10m	33,49m 46,90%
4 Claassen, Zelda	W63	South Africa	16,70m	26,50m 37,12%
5 Le Roux, Veronica	W61	South Africa	13,34m	21,17m 29,65%

W65 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Gurtsieva, Olga	W65	Other Country	24,61m	43,64m 61,11%
2 Du Toit, Baby	W66	South Africa	19,05m	33,78m 47,31%
3 Cloete, Joey	W66	South Africa	16,78m	29,75m 41,67%

W70 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Ferreira, Mercia	W74	South Africa	17,66m	35,29m 49,43%
2 Griesel, Ronel	W70	South Africa	16,88m	33,73m 47,24%
3 Ertl, Marion	W71	Germany	15,00m	29,97m 41,98%
4 Van Eck, Suzi	W74	South Africa	14,54m	29,05m 40,69%
5 Van der Walt, Miggie	W72	South Africa	14,12m	28,21m 39,52%
6 Durant, Marita	W72	South Africa	14,09m	28,15m 39,43%
7 Du Toit, Aletta	W72	South Africa	12,85m	25,68m 35,96%
8 Dokter, Welize	W72	South Africa	11,46m	22,90m 32,07%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W75 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Fourie, Ena	W75	South Africa	17,11m	33,73m 47,24%
2 Ludick, Ria	W76	South Africa	16,44m	32,41m 45,39%
3 Grobler, Babsie	W79	South Africa	14,35m	28,29m 39,62%
4 Grobbelaar, Elize	W78	South Africa	13,30m	26,22m 36,72%

W80 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 England, Penelope	W82	South Africa	16,52m	37,64m 52,71%

M35 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Theron, Barend	M35	South Africa	32,48m	32,48m 45,20%
2 Van Wyk, William	M38	Namibia	29,36m	29,36m 40,86%

M40 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Walters, Willem	M40	South Africa	39,33m	40,06m 55,76%
2 Steciuk, Damien	M41	Mauritius	23,58m	24,02m 33,43%
3 Roux, Jacobus	M42	Namibia	22,37m	22,78m 31,71%

M45 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Potgieter, Willem	M49	South Africa	39,23m	42,58m 59,27%
2 Botha, Bennie	M45	South Africa	29,61m	32,14m 44,73%
3 Nolte, Schalkwi	M48	South Africa	28,37m	30,79m 42,86%
4 Pool, Jaco	M46	South Africa	17,56m	19,06m 26,53%

M50 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Swanepoel, Jan	M52	South Africa	47,59m	47,96m 66,75%
2 Van Zyl, Awie	M50	South Africa	45,20m	45,55m 63,39%
3 Watson, Rowan	M53	South Africa	44,28m	44,62m 62,10%
4 Venter, Martin	M53	South Africa	39,76m	40,07m 55,76%
5 Mostert, Henri	M50	South Africa	38,45m	38,74m 53,93%
6 Solomons, Anthony	M53	South Africa	35,67m	35,94m 50,03%

M55 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Du Toit, Johann	M56	South Africa	42,78m	46,51m 64,73%
2 Mulder, Francois	M56	South Africa	37,35m	40,61m 56,51%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 Discus Throw**

Name	Age	Team	Finals	Age-Grading
1 Haupt, Burton	M62	South Africa	46,97m	45,34m 63,10%
2 Bezuidenhout, Vic	M61	South Africa	39,48m	38,11m 53,04%
3 Ras, Peter	M61	South Africa	36,34m	35,07m 48,82%
4 Smit, Johan	M63	South Africa	34,60m	33,39m 46,48%
5 Baranzke, Martin	M60	Germany	27,56m	26,60m 37,02%

M65 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Kichenbrand, Stephen	M66	South Africa	39,19m	41,50m 57,75%
2 Myburgh, Buks	M68	Namibia	30,23m	32,01m 44,55%
3 Williams, Pieter	M66	South Africa	25,28m	26,77m 37,25%

M70 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Lombard, Willie	M72	South Africa	29,42m	34,55m 48,09%
2 Dokter, Piet	M70	South Africa	23,17m	27,21m 37,87%
3 Basson, Hendrick	M74	South Africa	18,32m	21,51m 29,94%

M75 Discus Throw

Name	Age	Team	Finals	Age-Grading
1 Markotter, Hein	M77	South Africa	26,45m	34,92m 48,60%

W35 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Pubalakan, Tanya	W39	South Africa	46,88m	49,56m 59,73%
2 Killian, Ursula	W36	South Africa	40,80m	43,13m 51,99%

W40 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Kerubo, Rebecca	W41	Ken	45,47m	52,81m 63,65%
2 Albertyn, Este	W40	South Africa	31,14m	36,17m 43,59%

W45 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Strauss, Michelle	W49	South Africa	34,43m	44,02m 53,06%
2 De Villiers, Azel	W48	South Africa	29,09m	37,19m 44,83%
3 Blaauw, Anja	W49	South Africa	21,15m	27,04m 32,59%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 Fleming, Daleen	W51	South Africa	37,06m	45,30m 54,60%
2 Jordaan, Antonette	W51	South Africa	35,55m	43,45m 52,37%
3 Louw, Marisa	W53	South Africa	35,38m	43,25m 52,12%
4 Cilliers, Angela	W54	South Africa	28,60m	34,96m 42,13%

W55 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Knobel, Heleen	W58	South Africa	40,76m	55,23m 66,56%
2 Petrenko, Svetlana	W57	Other Country	29,21m	39,58m 47,70%
3 Bezuidenhout, Elize	W57	South Africa	24,64m	33,38m 40,24%
4 Vosloo, Susanna	W55	South Africa	20,43m	27,68m 33,36%
5 Pretorius, Engelina	W58	South Africa	20,41m	27,65m 33,33%

W60 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Dramat, Farieda	W64	South Africa	27,59m	41,65m 50,20%
2 Claassen, Zelda	W63	South Africa	27,48m	41,49m 50,00%
3 Smit-Harmse, Corne	W61	Namibia	22,68m	34,24m 41,27%
4 Bratkina, Tatiana	W60	Other Country	16,71m	25,23m 30,40%

W65 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Gurtsieva, Olga	W65	Other Country	29,34m	49,70m 59,90%
2 Du Toit, Baby	W66	South Africa	22,29m	37,75m 45,51%

W70 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Griesel, Ronel	W70	South Africa	21,49m	41,20m 49,66%
2 Durant, Marita	W72	South Africa	19,14m	36,70m 44,23%
3 Van Eck, Suzi	W74	South Africa	17,82m	34,17m 41,18%
4 Du Toit, Aletta	W72	South Africa	17,45m	33,46m 40,33%
5 Ferreira, Mercia	W74	South Africa	17,41m	33,38m 40,24%

W75 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Fourie, Ena	W75	South Africa	28,32m	47,37m 57,10%
2 Grobbelaar, Elize	W78	South Africa	20,28m	33,92m 40,89%
3 Ludick, Ria	W76	South Africa	16,88m	28,24m 34,03%
4 Grobler, Babsie	W79	South Africa	15,18m	25,39m 30,60%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W80 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 England, Penelope	W82	South Africa	25,45m	49,52m 59,67%

M35 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Theron, Barend	M35	South Africa	32,05m	32,05m 37,77%
2 Van Wyk, William	M38	Namibia	28,51m	28,51m 33,60%

M40 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Bekker, Kristiaan	M43	South Africa	51,93m	54,50m 64,23%

M45 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Botha, Bennie	M45	South Africa	31,95m	35,75m 42,13%
2 Nolte, Schalkwi	M48	South Africa	30,55m	34,18m 40,28%
3 Pool, Jaco	M46	South Africa	15,68m	17,54m 20,68%

M50 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Venter, Martin	M53	South Africa	52,24m	56,99m 67,17%
2 Van Zyl, Awie	M50	South Africa	45,03m	49,13m 57,90%
3 Watson, Rowan	M53	South Africa	40,22m	43,88m 51,72%
4 Swanepoel, Jan	M52	South Africa	37,98m	41,43m 48,84%
5 De Beer, Andre	M54	South Africa	36,29m	39,59m 46,66%

M55 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Van Rensburg, Tone	M58	South Africa	42,91m	50,56m 59,58%
2 Van der Walt, Stephen-Jo	M55	South Africa	18,34m	21,61m 25,47%

M60 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Ras, Peter	M61	South Africa	41,66m	48,77m 57,49%
2 Baranzke, Martin	M60	Germany	36,68m	42,94m 50,61%
3 Bezuidenhout, Vic	M61	South Africa	36,31m	42,51m 50,10%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 Hammer Throw**

Name	Age	Team	Finals	Age-Grading
1 Kichenbrand, Stephen	M66	South Africa	41,79m	53,76m 63,36%

M70 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Lombard, Willie	M72	South Africa	26,27m	33,58m 39,58%

M75 Hammer Throw

Name	Age	Team	Finals	Age-Grading
1 Markotter, Hein	M77	South Africa	24,88m	35,83m 42,23%

W35 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Killian, Ursula	W36	South Africa	33,60m	34,39m 47,59%
2 Steciuk, Johanna	W36	Mauritius	21,93m	22,44m 31,06%

W40 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Albertyn, Este	W40	South Africa	21,86m	24,69m 34,17%
2 Compion, Maria	W42	South Africa	20,60m	23,27m 32,20%

W45 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Strauss, Michelle	W49	South Africa	24,80m	30,98m 42,87%
2 Blaauw, Anja	W49	South Africa	23,58m	29,46m 40,76%
3 De Villiers, Azel	W48	South Africa	16,98m	21,21m 29,35%

W50 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Jordaan, Antonette	W51	South Africa	23,00m	29,09m 40,25%
2 Scholtz, Gloria	W54	South Africa	19,04m	24,08m 33,32%
3 Messias, Louise	W54	South Africa	17,09m	21,61m 29,91%
4 Snyders, Margaret	W52	South Africa	12,89m	16,30m 22,56%

W55 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Petrenko, Svetlana	W57	Other Country	28,35m	39,90m 55,21%
2 Knobel, Heleen	W58	South Africa	28,16m	39,64m 54,84%
3 Pretorius, Engelina	W58	South Africa	18,79m	26,45m 36,59%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....W55 Javelin Throw**

4 De Bryun, Sonja	W56	South Africa	16,71m	23,52m	32,54%
5 Bezuidenhout, Elize	W57	South Africa	13,56m	19,08m	26,41%
6 Mentoor, Patricia	W56	South Africa	10,15m	14,28m	19,77%

W60 Javelin Throw

Name	Age	Team	Finals	Age-Grading	
1 Pietersen, Alet	W62	South Africa	24,00m	37,75m	52,24%
2 Bratkina, Tatiana	W60	Other Country	19,78m	31,11m	43,06%
3 Gouws, Makkie	W62	South Africa	17,22m	27,09m	37,48%
4 Dramat, Farieda	W64	South Africa	13,28m	20,89m	28,91%
5 Claassen, Zelda	W63	South Africa	11,62m	18,28m	25,29%
6 Le Roux, Veronica	W61	South Africa	9,30m	14,63m	20,24%

W65 Javelin Throw

Name	Age	Team	Finals	Age-Grading	
1 Du Toit, Baby	W66	South Africa	16,58m	29,31m	40,56%
2 Cloete, Joey	W66	South Africa	14,48m	25,60m	35,42%

W70 Javelin Throw

Name	Age	Team	Finals	Age-Grading	
1 Ferreira, Mercia	W74	South Africa	15,70m	31,40m	43,45%
2 Griesel, Ronel	W70	South Africa	14,64m	29,28m	40,52%
3 Durant, Marita	W72	South Africa	12,60m	25,20m	34,87%
4 Van der Walt, Miggie	W72	South Africa	12,12m	24,24m	33,55%
5 Van Eck, Suzi	W74	South Africa	11,40m	22,80m	31,55%
6 Dokter, Welize	W72	South Africa	11,32m	22,64m	31,33%

W75 Javelin Throw

Name	Age	Team	Finals	Age-Grading	
1 Ludick, Ria	W76	South Africa	13,45m	27,47m	38,02%
2 Fourie, Ena	W75	South Africa	11,23m	22,94m	31,74%
3 Grobler, Babsie	W79	South Africa	8,27m	16,89m	23,37%

W80 Javelin Throw

Name	Age	Team	Finals	Age-Grading	
1 England, Penelope	W82	South Africa	13,29m	31,34m	43,37%

M35 Javelin Throw

Name	Age	Team	Finals	Age-Grading	
1 Liebenberg, Nico	M39	South Africa	55,64m	58,07m	58,97%
2 Van Wyk, William	M38	Namibia	46,61m	48,65m	49,40%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Greeff, John	M42	South Africa	46,97m	52,69m 53,50%
1 Young, Tyrone	M41	South Africa	42,99m	48,22m 48,97%

M45 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Moolman, Wessel	M46	South Africa	36,21m	43,85m 44,53%
2 Nolte, Schalkwi	M48	South Africa	32,54m	39,40m 40,01%
3 Michel, Mbah	M45	Cameroon	31,23m	37,81m 38,40%
4 Pool, Jaco	M46	South Africa	17,66m	21,38m 21,72%

M50 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Mostert, Henri	M50	South Africa	41,29m	50,75m 51,54%
2 Venter, Phillip	M51	South Africa	38,27m	47,04m 47,77%
3 Venter, Martin	M53	South Africa	38,21m	46,97m 47,70%

M55 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Pauer, Wilhelm	M56	South Africa	60,13m	80,72m 81,97%
2 Toll, Michael	M59	South Africa	33,88m	45,48m 46,18%
3 Van der Walt, Stephen-Jo	M55	South Africa	31,10m	41,75m 42,39%
4 Bartleman, Andre	M57	South Africa	28,46m	38,20m 38,79%

M60 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Bezuidenhout, Vic	M61	South Africa	36,30m	49,64m 50,41%
2 Aspeling, John	M62	South Africa	34,22m	46,79m 47,52%

M65 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Kichenbrand, Stephen	M66	South Africa	44,12m	66,99m 68,02%
2 Myburgh, Buks	M68	Namibia	31,55m	47,90m 48,64%

M70 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Lombard, Willie	M72	South Africa	29,89m	46,52m 47,24%
2 Dokter, Piet	M70	South Africa	28,00m	43,58m 44,25%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M75 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Markotter, Hein	M77	South Africa	20,90m	37,05m 37,63%

M80 Javelin Throw

Name	Age	Team	Finals	Age-Grading
1 Stuart, Les	M81	South Africa	13,77m	25,33m 25,73%

W35 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Pubalakan, Tanya	W39	South Africa	15,02m	15,55m 60,76%
2 Killian, Ursula	W36	South Africa	14,53m	15,04m 58,78%

W40 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Kerubo, Rebecca	W41	Ken	15,24m	17,04m 66,58%
2 Albertyn, Este	W40	South Africa	10,93m	12,22m 47,75%

W45 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Strauss, Michelle	W49	South Africa	11,92m	14,45m 56,47%
2 De Villiers, Azel	W48	South Africa	11,60m	14,06m 54,95%
3 Blaauw, Anja	W49	South Africa	7,26m	8,80m 34,39%

W50 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Louw, Marisa	W53	South Africa	14,47m	16,70m 65,24%
2 Fleming, Daleen	W51	South Africa	13,07m	15,08m 58,93%
3 Jordaan, Antonette	W51	South Africa	12,36m	14,26m 55,73%
4 Cilliers, Angela	W54	South Africa	10,06m	11,61m 45,36%
5 Scholtz, Gloria	W54	South Africa	8,31m	9,59m 37,47%
6 Messias, Louise	W54	South Africa	8,28m	9,55m 37,33%

W55 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Knobel, Heleen	W58	South Africa	12,51m	15,80m 61,75%
2 Petrenko, Svetlana	W57	Other Country	9,75m	12,31m 48,12%
2 Flynn, Judy	W57	South Africa	9,75m	12,31m 48,12%
4 Vosloo, Susanna	W55	South Africa	8,92m	11,26m 44,03%
5 Bezuidenhout, Elize	W57	South Africa	7,98m	10,08m 39,39%
6 Pretorius, Engelina	W58	South Africa	6,79m	8,57m 33,51%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 Weight Throw**

Name	Age	Team	Finals	Age-Grading
1 Claassen, Zelda	W63	South Africa	10,98m	12,86m 50,25%
2 Dramat, Farieda	W64	South Africa	10,49m	12,28m 48,01%
3 Bratkina, Tatiana	W60	Other Country	8,48m	9,93m 38,81%

W65 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Gurtsieva, Olga	W65	Other Country	11,90m	15,47m 60,44%
2 Du Toit, Baby	W66	South Africa	10,28m	13,36m 52,21%

W70 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Griesel, Ronel	W70	South Africa	8,73m	12,72m 49,72%
2 Ferreira, Mercia	W74	South Africa	8,38m	12,21m 47,72%
3 Du Toit, Aletta	W72	South Africa	8,06m	11,74m 45,90%
4 Van Eck, Suzi	W74	South Africa	7,33m	10,68m 41,74%
5 Durant, Marita	W72	South Africa	7,28m	10,61m 41,46%

W75 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Fourie, Ena	W75	South Africa	11,39m	15,65m 61,14%
2 Grobbelaar, Elize	W78	South Africa	9,25m	12,71m 49,65%
3 Grobler, Babsie	W79	South Africa	8,21m	11,28m 44,07%

W80 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 England, Penelope	W82	South Africa	10,67m	16,90m 66,03%

M35 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Theron, Barend	M35	South Africa	12,93m	12,93m 50,00%

M40 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Bekker, Kristiaan	M43	South Africa	15,92m	16,98m 65,68%

M45 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Botha, Bennie	M45	South Africa	11,47m	13,08m 50,60%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....M45 Weight Throw**

2 Nolte, Schalkwi	M48	South Africa	11,00m	12,54m	48,52%
3 Pool, Jaco	M46	South Africa	6,42m	7,32m	28,32%

M50 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Venter, Martin	M53	South Africa	18,41m	18,36m 71,03%
2 Van Zyl, Awie	M50	South Africa	17,17m	17,13m 66,24%
3 Swanepoel, Jan	M52	South Africa	16,13m	16,09m 62,23%
4 Watson, Rowan	M53	South Africa	15,99m	15,95m 61,69%

M55 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Van Rensburg, Tone	M58	South Africa	14,85m	15,89m 61,47%
2 Van der Walt, Stephen-Jo	M55	South Africa	8,62m	9,22m 35,68%

M60 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Ras, Peter	M61	South Africa	16,44m	16,55m 64,02%
2 Bezuidenhout, Vic	M61	South Africa	15,51m	15,62m 60,40%
3 Baranzke, Martin	M60	Germany	13,50m	13,59m 52,57%

M65 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Kichenbrand, Stephen	M66	South Africa	16,12m	17,49m 67,65%

M70 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Lombard, Willie	M72	South Africa	13,46m	13,81m 53,41%

M75 Weight Throw

Name	Age	Team	Finals	Age-Grading
1 Markotter, Hein	M77	South Africa	8,32m	9,34m 36,14%

M35 100 Meter Dash Decathlon

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Breytenbach, Eben	M38	South Africa	12,34	1.6	12,34 77,63%	586

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 100 Meter Dash Decathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Scheepers, Anton	M55 South Africa	12,97	1.6	11,32 84,66%	791
2 Bartleman, Andre	M57 South Africa	15,74	1.6	13,74 69,76%	350

M70 100 Meter Dash Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Raig, Ivar	M70 Estonia	15,10	1.6	11,87 80,73%	677

W35 200 Meter Dash Heptathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Re, Bianca	W36 South Africa	26,81	-2.1	26,82 80,68%	727

W50 200 Meter Dash Heptathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Staal, Michelle	W51 South Africa	30,97	-2.1	28,00 77,27%	631

W55 200 Meter Dash Heptathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Munnik, Philna	W55 South Africa	34,46	-2.1	29,89 72,37%	490

M35 400 Meter Dash Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Breytenbach, Eben	M38 South Africa	55,88	54,90 78,38%	603

M55 400 Meter Dash Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Scheepers, Anton	M55 South Africa	1:03,13	54,40 79,11%	623
2 Bartleman, Andre	M57 South Africa	1:26,08	1:14,17 58,02%	63

M70 400 Meter Dash Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Raig, Ivar	M70 Estonia	1:10,38	54,69 78,69%	611

W35 800 Meter Dash Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Re, Bianca	W36 South Africa	2:21,36	2:20,36 81,23%	819

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W50 800 Meter Dash Heptathlon**

Name	Age Team	Finals	Age-Grading Points
1 Staal, Michelle	W51 South Africa	2:40,77	2:21,71 80,46% 800

W55 800 Meter Dash Heptathlon

Name	Age Team	Finals	Age-Grading Points
1 Munnik, Philna	W55 South Africa	3:17,71	2:46,71 68,39% 498

M35 1500 Meter Run Decathlon

Name	Age Team	Finals	Age-Grading Points
1 Breytenbach, Eben	M38 South Africa	5:16,22	5:11,45 66,14% 496

M55 1500 Meter Run Decathlon

Name	Age Team	Finals	Age-Grading Points
1 Scheepers, Anton	M55 South Africa	5:19,89	4:32,78 75,52% 726
2 Bartleman, Andre	M57 South Africa	7:02,53	6:00,30 57,18% 263

M70 1500 Meter Run Decathlon

Name	Age Team	Finals	Age-Grading Points
1 Raig, Ivar	M70 Estonia	6:18,64	4:41,94 73,07% 668

W50 80 Short Hurdles Heptathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Staal, Michelle	W51 South Africa	14,66	-1.9	14,67 83,29% 886

W55 80 Short Hurdles Heptathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Munnik, Philna	W55 South Africa	19,25	-1.9	19,26 63,43% 366

M70 80 Short Hurdles Decathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Raig, Ivar	M70 Estonia	16,47	0.8	16,48 78,38% 680

W35 100 Short Hurdles Heptathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Re, Bianca	W36 South Africa	20,92	-1.0	20,93 58,37% 230

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 100 Short Hurdles Decathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Scheepers, Anton	M55 South Africa	16,41	0.2	16,42 78,67%	686
2 Bartleman, Andre	M57 South Africa	21,50	0.2	21,51 60,05%	240

M35 110 Short Hurdles Decathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Breytenbach, Eben	M38 South Africa	19,69	0.1	19,70 65,57%	373

W35 High Jump Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Re, Bianca	W36 South Africa	1,45m	1,47m 70,73%	588

W50 High Jump Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Staal, Michelle	W51 South Africa	1,39m	1,64m 78,53%	783

W55 High Jump Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Munnik, Philna	W55 South Africa	1,10m	1,36m 65,48%	470

M35 High Jump Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Breytenbach, Eben	M38 South Africa	1,58m	1,60m 65,29%	464

M55 High Jump Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Scheepers, Anton	M55 South Africa	1,46m	1,80m 73,37%	627
2 Bartleman, Andre	M57 South Africa	1,40m	1,72m 70,35%	560

M70 High Jump Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Raig, Ivar	M70 Estonia	1,37m	1,97m 80,59%	776

M35 Pole Vault Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Breytenbach, Eben	M38 South Africa	3,00m	3,03m 49,18%	364

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 Pole Vault Decathlon**

Name	Age Team	Finals	Age-Grading Points
1 Scheepers, Anton	M55 South Africa	3,00m	3,86m 62,50% 579
-- Bartleman, Andre	M57 South Africa	NH	

M70 Pole Vault Decathlon

Name	Age Team	Finals	Age-Grading Points
1 Raig, Ivar	M70 Estonia	2,10m	3,37m 54,69% 449

W35 Long Jump Heptathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Re, Bianca	W36 South Africa	4,54m	1.2	4,68m 63,14% 474

W50 Long Jump Heptathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Staal, Michelle	W51 South Africa	4,43m	1.2	5,41m 72,98% 674

W55 Long Jump Heptathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Munnik, Philna	W55 South Africa	3,68m	1.1	4,77m 64,34% 498

M35 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Breytenbach, Eben	M38 South Africa	5,99m	+0.0	6,17m 69,01% 624

M55 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Scheepers, Anton	M55 South Africa	5,22m	+0.0	6,81m 76,09% 769
2 Bartleman, Andre	M57 South Africa	3,70m	+0.0	4,82m 53,94% 348

M70 Long Jump Decathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Raig, Ivar	M70 Estonia	4,23m	+0.0	6,97m 77,90% 807

W35 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Killian, Ursula	W36 South Africa	11,42m	11,84m 55,73% 651

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 Shot Put Heptathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Re, Bianca	W36 South Africa	11,45m	11,87m 55,88%	653

W40 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Gerstner, Juanita	W40 South Africa	9,88m	11,03m 51,92%	597
2 Albertyn, Este	W40 South Africa	9,09m	10,14m 47,77%	539

W45 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Strauss, Michelle	W49 South Africa	9,50m	11,45m 53,95%	625
2 De Villiers, Azel	W48 South Africa	9,31m	11,22m 52,87%	610
3 Blaauw, Anja	W49 South Africa	7,85m	9,46m 44,58%	494

W50 Shot Put Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Staal, Michelle	W51 South Africa	8,48m	9,60m 45,23%	503

W50 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jordaan, Antonette	W51 South Africa	10,70m	12,12m 57,07%	669
2 Fleming, Daleen	W51 South Africa	10,05m	11,38m 53,60%	620
3 Cilliers, Angela	W54 South Africa	8,50m	9,63m 45,33%	505
4 Messias, Louise	W54 South Africa	8,40m	9,51m 44,80%	497
5 Scholtz, Gloria	W54 South Africa	7,48m	8,47m 39,89%	430

W55 Shot Put Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Munnik, Philna	W55 South Africa	5,44m	6,71m 31,63%	316

W55 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Petrenko, Svetlana	W57 Other Country	10,72m	13,23m 62,33%	743
2 Knobel, Heleen	W58 South Africa	10,36m	12,79m 60,23%	713
3 Pretorius, Engelina	W58 South Africa	7,60m	9,38m 44,19%	489
4 De Bryun, Sonja	W56 South Africa	7,54m	9,30m 43,84%	484
5 Vosloo, Susanna	W55 South Africa	6,55m	8,08m 38,08%	405
6 Bezuidenhout, Elize	W57 South Africa	5,45m	6,72m 31,69%	317

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Dramat, Farieda	W64 South Africa	8,62m	11,66m 54,94%	639
2 Smit-Harmse, Corne	W61 Namibia	8,00m	10,82m 50,99%	583
3 Bratkina, Tatiana	W60 Other Country	7,26m	9,82m 46,27%	518
4 Hennop, Ansie	W61 South Africa	6,94m	9,39m 44,23%	490
5 Claassen, Zelda	W63 South Africa	6,56m	8,87m 41,81%	456

W65 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Gurtsieva, Olga	W65 Other Country	7,14m	10,66m 50,21%	573
2 Du Toit, Baby	W66 South Africa	6,50m	9,70m 45,71%	510

W70 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Griesel, Ronel	W70 South Africa	7,40m	12,30m 57,95%	681
2 Ferreira, Mercia	W74 South Africa	6,95m	11,55m 54,42%	631
3 Durant, Marita	W72 South Africa	6,94m	11,54m 54,35%	631
4 Van Eck, Suzi	W74 South Africa	5,59m	9,29m 43,77%	483
5 Van der Walt, Miggie	W72 South Africa	5,55m	9,23m 43,46%	479
6 Du Toit, Aletta	W72 South Africa	5,15m	8,56m 40,33%	436

W75 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Fourie, Ena	W75 South Africa	8,48m	12,95m 61,01%	724
2 Ludick, Ria	W76 South Africa	7,09m	10,83m 51,01%	584
3 Grobbelaar, Elize	W78 South Africa	5,70m	8,71m 41,01%	445
4 Grobler, Babsie	W79 South Africa	4,78m	7,30m 34,39%	354

W80 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 England, Penelope	W82 South Africa	6,53m	11,38m 53,61%	620

M35 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Theron, Barend	M35 South Africa	12,02m	12,57m 54,89%	641

M35 Shot Put Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Breytenbach, Eben	M38 South Africa	10,80m	11,29m 49,32%	563

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Botha, Bennie	M45 South Africa	9,25m	10,97m 47,90%	544
2 Nolte, Schalkwi	M48 South Africa	8,45m	10,02m 43,76%	487
3 Pool, Jaco	M46 South Africa	7,62m	9,04m 39,46%	428

M50 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Venter, Martin	M53 South Africa	13,66m	15,77m 68,89%	837
2 Watson, Rowan	M53 South Africa	13,53m	15,62m 68,23%	828
3 Van Zyl, Awie	M50 South Africa	13,49m	15,58m 68,03%	825
4 Swanepoel, Jan	M52 South Africa	13,20m	15,24m 66,57%	804

M55 Shot Put Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Scheepers, Anton	M55 South Africa	9,67m	12,01m 52,41%	607
2 Bartleman, Andre	M57 South Africa	7,96m	9,88m 43,14%	478

M55 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hacker, Ian	M58 South Africa	10,72m	13,31m 58,10%	686
2 Van der Walt, Stephen-Jo	M55 South Africa	8,33m	10,34m 45,15%	506

M60 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M62 South Africa	13,42m	16,44m 71,76%	878
2 Bezuidenhout, Vic	M61 South Africa	11,76m	14,40m 62,89%	753
3 Baranzke, Martin	M60 Germany	11,01m	13,48m 58,88%	697
4 Ras, Peter	M61 South Africa	10,21m	12,50m 54,60%	637

M65 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M66 South Africa	10,79m	14,36m 62,73%	750
2 Myburgh, Buks	M68 Namibia	8,51m	11,33m 49,48%	566

M70 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Lombard, Willie	M72 South Africa	10,25m	13,36m 58,34%	689

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Shot Put Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Raig, Ivar	M70 Estonia	10,52m	13,71m 59,87%	711

M75 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Markotter, Hein	M77 South Africa	8,76m	12,60m 54,99%	643

W35 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Killian, Ursula	W36 South Africa	42,09m	42,09m 58,94%	695

W40 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Albertyn, Este	W40 South Africa	27,94m	29,98m 42,00%	462
2 Gerstner, Juanita	W40 South Africa	27,27m	29,26m 40,99%	448

W45 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Strauss, Michelle	W49 South Africa	25,53m	30,05m 42,09%	463
2 De Villiers, Azel	W48 South Africa	23,24m	27,35m 38,31%	413
3 Blaauw, Anja	W49 South Africa	20,05m	23,60m 33,05%	343

W50 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Fleming, Daleen	W51 South Africa	33,33m	43,15m 60,44%	716
2 Jordaan, Antonette	W51 South Africa	31,23m	40,43m 56,63%	663
3 Cilliers, Angela	W54 South Africa	25,04m	32,42m 45,40%	508
4 Messias, Louise	W54 South Africa	21,00m	27,19m 38,08%	410
5 Scholtz, Gloria	W54 South Africa	19,63m	25,41m 35,59%	377

W55 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W58 South Africa	30,63m	43,80m 61,33%	729
2 Petrenko, Svetlana	W57 Other Country	25,32m	36,20m 50,70%	581
3 De Bryun, Sonja	W56 South Africa	17,94m	25,65m 35,92%	381
4 Pretorius, Engelina	W58 South Africa	15,86m	22,67m 31,76%	326
5 Bezuidenhout, Elize	W57 South Africa	15,80m	22,59m 31,64%	325
6 Vosloo, Susanna	W55 South Africa	15,06m	21,53m 30,16%	305

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Smit-Harmse, Corne	W61 Namibia	23,72m	37,65m 52,72%	609
2 Dramat, Farieda	W64 South Africa	20,69m	32,84m 45,99%	516
3 Hennop, Ansie	W61 South Africa	16,38m	25,99m 36,41%	387
4 Claassen, Zelda	W63 South Africa	15,87m	25,19m 35,27%	373
5 Bratkina, Tatiana	W60 Other Country	13,80m	21,90m 30,67%	312

W65 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Gurtsieva, Olga	W65 Other Country	24,55m	43,53m 60,96%	723
2 Du Toit, Baby	W66 South Africa	16,64m	29,51m 41,32%	453

W70 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Griesel, Ronel	W70 South Africa	17,17m	34,31m 48,05%	544
2 Ferreira, Mercia	W74 South Africa	16,97m	33,91m 47,50%	537
3 Durant, Marita	W72 South Africa	14,81m	29,59m 41,45%	455
4 Van Eck, Suzi	W74 South Africa	13,39m	26,75m 37,48%	402
5 Van der Walt, Miggie	W72 South Africa	13,35m	26,67m 37,36%	400
6 Du Toit, Aletta	W72 South Africa	12,09m	24,16m 33,84%	354

W75 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Fourie, Ena	W75 South Africa	16,80m	33,12m 46,38%	522
2 Ludick, Ria	W76 South Africa	16,20m	31,94m 44,73%	499
3 Grobler, Babsie	W79 South Africa	13,59m	26,79m 37,52%	402
4 Grobbelaar, Elize	W78 South Africa	12,44m	24,52m 34,35%	360

W80 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 England, Penelope	W82 South Africa	16,89m	38,48m 53,89%	625

M35 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Theron, Barend	M35 South Africa	31,33m	31,33m 43,60%	491

M35 Discus Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Breytenbach, Eben	M38 South Africa	32,34m	32,34m 45,00%	511

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Botha, Bennie	M45 South Africa	26,78m	29,07m 40,46%	446
2 Nolte, Schalkwi	M48 South Africa	26,43m	28,69m 39,93%	439
3 Pool, Jaco	M46 South Africa	17,06m	18,52m 25,77%	244

M50 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Swanepoel, Jan	M52 South Africa	46,48m	46,84m 65,19%	805
2 Watson, Rowan	M53 South Africa	44,48m	44,82m 62,38%	763
3 Van Zyl, Awie	M50 South Africa	44,00m	44,34m 61,71%	753
4 Venter, Martin	M53 South Africa	38,18m	38,47m 53,55%	634

M55 Discus Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bartleman, Andre	M57 South Africa	26,07m	28,34m 39,45%	432
2 Scheepers, Anton	M55 South Africa	24,99m	27,17m 37,81%	409

M55 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hacker, Ian	M58 South Africa	31,13m	33,84m 47,10%	541
2 Van der Walt, Stephen-Jo	M55 South Africa	22,41m	24,36m 33,91%	355

M60 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M62 South Africa	44,44m	42,89m 59,70%	724
2 Bezuidenhout, Vic	M61 South Africa	37,24m	35,94m 50,03%	583
3 Ras, Peter	M61 South Africa	36,23m	34,97m 48,67%	563
4 Baranzke, Martin	M60 Germany	26,55m	25,62m 35,67%	379

M65 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M66 South Africa	36,86m	39,03m 54,32%	645
2 Myburgh, Buks	M68 Namibia	25,33m	26,82m 37,33%	402

M70 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Lombard, Willie	M72 South Africa	30,89m	36,28m 50,49%	589

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Discus Throw Decathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Raig, Ivar	M70 Estonia	28,50m	33,47m 46,58%	533

M75 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Markotter, Hein	M77 South Africa	24,65m	32,55m 45,30%	515

W35 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Killian, Ursula	W36 South Africa	26,36m	27,87m 33,59%	356

W40 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Albertyn, Este	W40 South Africa	30,74m	35,70m 43,03%	485
2 Gerstner, Juanita	W40 South Africa	21,62m	25,11m 30,26%	311

W45 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Strauss, Michelle	W49 South Africa	33,04m	42,24m 50,92%	594
2 De Villiers, Azel	W48 South Africa	29,15m	37,27m 44,92%	511
3 Blaauw, Anja	W49 South Africa	22,13m	28,29m 34,10%	363

W50 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Fleming, Daleen	W51 South Africa	33,98m	41,54m 50,06%	582
2 Jordaan, Antonette	W51 South Africa	33,76m	41,27m 49,73%	578
3 Cilliers, Angela	W54 South Africa	28,55m	34,90m 42,06%	471
4 Scholtz, Gloria	W54 South Africa	19,10m	23,34m 28,14%	282
-- Messias, Louise	W54 South Africa	ND		

W55 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W58 South Africa	40,94m	57,25m 74,36%	848
2 Petrenko, Svetlana	W57 Other Country	27,38m	38,28m 49,73%	528
3 Bezuidenhout, Elize	W57 South Africa	23,72m	33,17m 43,08%	443
4 Vosloo, Susanna	W55 South Africa	18,89m	26,41m 34,31%	332
5 Pretorius, Engelina	W58 South Africa	18,27m	25,54m 33,18%	318
-- De Bryun, Sonja	W56 South Africa	ND		

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Claassen, Zelda	W63 South Africa	25,61m	38,66m 46,60%	534
2 Dramat, Farieda	W64 South Africa	24,69m	37,27m 44,92%	511
3 Hennop, Ansie	W61 South Africa	22,59m	34,10m 41,10%	458
4 Smit-Harmse, Corne	W61 Namibia	21,09m	31,84m 38,37%	421
5 Bratkina, Tatiana	W60 Other Country	17,30m	26,12m 31,48%	327

W65 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Gurtsieva, Olga	W65 Other Country	26,73m	45,28m 54,57%	645
2 Du Toit, Baby	W66 South Africa	19,49m	33,01m 39,79%	440

W70 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Griesel, Ronel	W70 South Africa	19,73m	37,83m 45,60%	520
2 Durant, Marita	W72 South Africa	17,81m	34,15m 41,16%	459
3 Van Eck, Suzi	W74 South Africa	16,98m	32,56m 39,24%	433
4 Du Toit, Aletta	W72 South Africa	16,64m	31,90m 38,46%	422
5 Ferreira, Mercia	W74 South Africa	16,25m	31,16m 37,55%	410
6 Van der Walt, Miggie	W72 South Africa	15,31m	29,35m 35,38%	380

W75 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Fourie, Ena	W75 South Africa	25,77m	43,11m 51,96%	608
2 Grobbelaar, Elize	W78 South Africa	21,57m	36,08m 43,49%	491
3 Ludick, Ria	W76 South Africa	17,23m	28,82m 34,74%	371
4 Grobler, Babsie	W79 South Africa	16,24m	27,16m 32,74%	344

W80 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 England, Penelope	W82 South Africa	25,55m	49,71m 59,91%	720

M35 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Theron, Barend	M35 South Africa	30,53m	30,53m 35,98%	384

M45 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Botha, Bennie	M45 South Africa	30,86m	34,53m 40,69%	449
2 Nolte, Schalkwi	M48 South Africa	29,60m	33,12m 39,03%	426
3 Pool, Jaco	M46 South Africa	17,26m	19,31m 22,76%	206

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Venter, Martin	M53 South Africa	50,05m	54,60m 64,36%	781
2 Van Zyl, Awie	M50 South Africa	44,79m	48,87m 57,59%	685
3 Watson, Rowan	M53 South Africa	37,15m	40,53m 47,77%	547
4 Swanepoel, Jan	M52 South Africa	37,14m	40,52m 47,76%	547

M55 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hacker, Ian	M58 South Africa	23,15m	27,27m 32,14%	332
2 Van der Walt, Stephen-Jo	M55 South Africa	18,22m	21,46m 25,30%	240

M60 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M62 South Africa	42,35m	49,58m 58,44%	697
2 Ras, Peter	M61 South Africa	40,33m	47,22m 55,65%	658
3 Bezuidenhout, Vic	M61 South Africa	35,59m	41,67m 49,11%	566
4 Baranzke, Martin	M60 Germany	34,70m	40,63m 47,88%	549

M65 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M66 South Africa	38,69m	49,77m 58,66%	700
2 Myburgh, Buks	M68 Namibia	15,67m	20,15m 23,76%	219

M70 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Lombard, Willie	M72 South Africa	26,96m	34,46m 40,62%	448

M75 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Markotter, Hein	M77 South Africa	19,71m	28,38m 33,45%	350

W35 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Killian, Ursula	W36 South Africa	30,66m	31,38m 43,42%	503

W35 Javelin Throw Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Re, Bianca	W36 South Africa	31,78m	32,53m 45,01%	525

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Gerstner, Juanita	W40 South Africa	22,25m	25,13m 34,78%	385
2 Albertyn, Este	W40 South Africa	21,85m	24,68m 34,15%	376

W45 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Strauss, Michelle	W49 South Africa	23,46m	29,31m 40,55%	464
2 Blaauw, Anja	W49 South Africa	20,62m	25,76m 35,64%	397
3 De Villiers, Azel	W48 South Africa	17,88m	22,34m 30,91%	332

W50 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jordaan, Antonette	W51 South Africa	20,89m	26,42m 36,56%	409
2 Scholtz, Gloria	W54 South Africa	17,52m	22,16m 30,66%	329
3 Fleming, Daleen	W51 South Africa	16,40m	20,74m 28,70%	303
4 Messias, Louise	W54 South Africa	16,28m	20,59m 28,49%	300
5 Cilliers, Angela	W54 South Africa	16,18m	20,46m 28,32%	297

W50 Javelin Throw Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Staal, Michelle	W51 South Africa	20,23m	25,59m 35,40%	393

W55 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W58 South Africa	27,27m	38,38m 53,11%	636
2 Petrenko, Svetlana	W57 Other Country	24,84m	34,96m 48,37%	571
3 Pretorius, Engelina	W58 South Africa	18,40m	25,90m 35,83%	399
4 De Bryun, Sonja	W56 South Africa	15,95m	22,45m 31,06%	335
5 Vosloo, Susanna	W55 South Africa	11,75m	16,54m 22,88%	225
6 Bezuidenhout, Elize	W57 South Africa	11,65m	16,39m 22,69%	222

W55 Javelin Throw Heptathlon

Name	Age Team	Finals	Age-Grading	Points
1 Munnik, Philna	W55 South Africa	8,67m	12,20m 16,88%	146

W60 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Dramat, Farieda	W64 South Africa	15,37m	24,18m 33,46%	367
2 Bratkina, Tatiana	W60 Other Country	15,01m	23,61m 32,67%	356
3 Smit-Harmse, Corne	W61 Namibia	14,13m	22,22m 30,76%	330
4 Hennop, Ansie	W61 South Africa	12,20m	19,19m 26,56%	274

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....W60 Javelin Throw Throws Pentathlon**

5 Claassen, Zelda	W63 South Africa	10,70m	16,83m	23,29%	230
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W65 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Du Toit, Baby	W66 South Africa	15,34m	27,12m 37,52%	422
2 Gurtsieva, Olga	W65 Other Country	13,80m	24,39m 33,76%	371

W70 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Griesel, Ronel	W70 South Africa	14,19m	28,38m 39,27%	446
2 Ferreira, Mercia	W74 South Africa	13,79m	27,58m 38,17%	431
3 Durant, Marita	W72 South Africa	11,45m	22,90m 31,69%	343
4 Van der Walt, Miggie	W72 South Africa	10,79m	21,58m 29,86%	318
5 Van Eck, Suzi	W74 South Africa	10,75m	21,50m 29,75%	317
6 Du Toit, Aletta	W72 South Africa	8,55m	17,10m 23,66%	235

W75 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Ludick, Ria	W76 South Africa	12,72m	25,98m 35,95%	401
2 Fourie, Ena	W75 South Africa	11,76m	24,02m 33,24%	364
3 Grobbelaar, Elize	W78 South Africa	9,39m	19,18m 26,54%	274
4 Grobler, Babsie	W79 South Africa	9,05m	18,48m 25,58%	261

W80 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 England, Penelope	W82 South Africa	13,05m	30,78m 42,59%	491

M35 Javelin Throw Decathlon

Name	Age Team	Finals	Age-Grading	Points
1 Breytenbach, Eben	M38 South Africa	37,42m	39,05m 39,66%	428

M35 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Theron, Barend	M35 South Africa	34,17m	35,66m 36,22%	380

M45 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Nolte, Schalkwi	M48 South Africa	30,48m	36,91m 37,48%	398
2 Botha, Bennie	M45 South Africa	28,30m	34,27m 34,80%	360
3 Pool, Jaco	M46 South Africa	16,07m	19,46m 19,76%	154

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Javelin Throw Throws Pentathlon**

Name	Age	Team	Finals	Age-Grading	Points
1 Venter, Martin	M53	South Africa	37,85m	46,52m 47,25%	537
2 Van Zyl, Awie	M50	South Africa	36,60m	44,99m 45,69%	515
3 Watson, Rowan	M53	South Africa	34,74m	42,70m 43,37%	481
4 Swanepoel, Jan	M52	South Africa	25,95m	31,90m 32,39%	326

M55 Javelin Throw Decathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Bartleman, Andre	M57	South Africa	29,73m	39,91m 40,53%	441
2 Scheepers, Anton	M55	South Africa	29,36m	39,41m 40,02%	434

M55 Javelin Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Van der Walt, Stephen-Jo	M55	South Africa	30,55m	41,01m 41,64%	457
2 Hacker, Ian	M58	South Africa	23,74m	31,87m 32,36%	326

M60 Javelin Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Bezuidenhout, Vic	M61	South Africa	37,25m	50,93m 51,73%	602
2 Haupt, Burton	M62	South Africa	31,98m	43,73m 44,41%	496
3 Baranzke, Martin	M60	Germany	28,19m	38,54m 39,15%	421
4 Ras, Peter	M61	South Africa	25,46m	34,81m 35,36%	367

M65 Javelin Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M66	South Africa	44,79m	68,00m 69,06%	859
2 Myburgh, Buks	M68	Namibia	23,35m	35,45m 36,00%	377

M70 Javelin Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Lombard, Willie	M72	South Africa	28,11m	43,75m 44,43%	497

M70 Javelin Throw Decathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Raig, Ivar	M70	Estonia	22,31m	34,72m 35,26%	366

M75 Javelin Throw Throws Pentathlon

Name	Age	Team	Finals	Age-Grading	Points
1 Markotter, Hein	M77	South Africa	19,02m	33,72m 34,25%	352

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Killian, Ursula	W36 South Africa	14,41m	14,92m 58,29%	676

W40 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Albertyn, Este	W40 South Africa	10,73m	12,00m 46,88%	522
2 Gerstner, Juanita	W40 South Africa	10,00m	11,18m 43,69%	479

W45 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Strauss, Michelle	W49 South Africa	11,29m	13,69m 53,48%	611
2 De Villiers, Azel	W48 South Africa	11,22m	13,60m 53,15%	606
3 Blaauw, Anja	W49 South Africa	7,56m	9,16m 35,81%	375

W50 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Fleming, Daleen	W51 South Africa	13,34m	15,39m 60,14%	701
2 Jordaan, Antonette	W51 South Africa	11,89m	13,72m 53,61%	612
3 Cilliers, Angela	W54 South Africa	9,60m	11,08m 43,28%	474
4 Scholtz, Gloria	W54 South Africa	8,23m	9,50m 37,11%	392
5 Messias, Louise	W54 South Africa	7,14m	8,24m 32,19%	328

W55 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Knobel, Heleen	W58 South Africa	12,55m	15,85m 61,94%	725
2 Petrenko, Svetlana	W57 Other Country	10,20m	12,88m 50,35%	568
3 Bezuidenhout, Elize	W57 South Africa	7,85m	9,91m 38,75%	414
4 De Bryun, Sonja	W56 South Africa	7,80m	9,85m 38,50%	410
5 Pretorius, Engelina	W58 South Africa	6,78m	8,56m 33,46%	344
6 Vosloo, Susanna	W55 South Africa	6,21m	7,84m 30,65%	307

W60 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Claassen, Zelda	W63 South Africa	11,09m	12,99m 50,76%	574
2 Smit-Harmse, Corne	W61 Namibia	10,80m	12,65m 49,43%	556
3 Dramat, Farieda	W64 South Africa	9,90m	11,59m 45,31%	501
4 Bratkina, Tatiana	W60 Other Country	8,54m	10,00m 39,08%	418
5 Hennop, Ansie	W61 South Africa	7,72m	9,04m 35,33%	369

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W65 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Gurtsieva, Olga	W65 Other Country	10,83m	14,08m 55,00%	631
2 Du Toit, Baby	W66 South Africa	10,65m	13,84m 54,09%	619

W70 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Griesel, Ronel	W70 South Africa	8,80m	12,82m 50,11%	565
2 Ferreira, Mercia	W74 South Africa	8,02m	11,69m 45,67%	506
3 Du Toit, Aletta	W72 South Africa	7,96m	11,60m 45,33%	501
4 Durant, Marita	W72 South Africa	7,93m	11,55m 45,16%	499
5 Van der Walt, Miggie	W72 South Africa	7,25m	10,56m 41,29%	447
6 Van Eck, Suzi	W74 South Africa	5,66m	8,25m 32,23%	328

W75 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Fourie, Ena	W75 South Africa	10,25m	14,08m 55,02%	631
2 Grobbelaar, Elize	W78 South Africa	9,04m	12,42m 48,52%	544
3 Grobler, Babsie	W79 South Africa	8,60m	11,81m 46,16%	512
4 Ludick, Ria	W76 South Africa	8,39m	11,52m 45,03%	497

W80 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 England, Penelope	W82 South Africa	10,52m	16,66m 65,10%	768

M35 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Theron, Barend	M35 South Africa	12,42m	12,42m 48,03%	588

M45 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Nolte, Schalkwi	M48 South Africa	11,19m	12,76m 49,36%	607
2 Botha, Bennie	M45 South Africa	10,85m	12,37m 47,86%	585
3 Pool, Jaco	M46 South Africa	6,56m	7,48m 28,94%	312

M50 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Venter, Martin	M53 South Africa	17,75m	17,71m 68,48%	891
2 Van Zyl, Awie	M50 South Africa	17,11m	17,07m 66,01%	854
3 Swanepoel, Jan	M52 South Africa	14,92m	14,88m 57,56%	728
4 Watson, Rowan	M53 South Africa	14,79m	14,75m 57,06%	721

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Hacker, Ian	M58 South Africa	11,47m	12,27m 47,48%	580
2 Van der Walt, Stephen-Jo	M55 South Africa	9,95m	10,65m 41,18%	488

M60 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Haupt, Burton	M62 South Africa	16,71m	16,82m 65,07%	839
2 Bezuidenhout, Vic	M61 South Africa	14,71m	14,81m 57,28%	724
3 Ras, Peter	M61 South Africa	14,66m	14,76m 57,09%	721
4 Baranzke, Martin	M60 Germany	13,53m	13,62m 52,69%	656

M65 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kichenbrand, Stephen	M66 South Africa	16,07m	17,44m 67,44%	875
2 Myburgh, Buks	M68 Namibia	7,54m	8,18m 31,64%	351

M70 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Lombard, Willie	M72 South Africa	11,82m	12,13m 46,90%	572

M75 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Markotter, Hein	M77 South Africa	8,47m	9,51m 36,79%	425

M35 Decathlon

Name	Age Team	Finals	H#
1 Breytenbach, Eben	M38 South Africa	5023	

M55 Decathlon

Name	Age Team	Finals	H#
1 Scheepers, Anton	M55 South Africa	6251	
2 Bartleman, Andre	M57 South Africa	3175	

M70 Decathlon

Name	Age Team	Finals	H#
1 Raig, Ivar	M70 Estonia	6278	

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 Heptathlon**

Name	Age	Team	Finals	H#
1 Re, Bianca	W36	South Africa	4016	

W50 Heptathlon

Name	Age	Team	Finals	H#
1 Staal, Michelle	W51	South Africa	4670	

W55 Heptathlon

Name	Age	Team	Finals	H#
1 Munnik, Philna	W55	South Africa	2784	

W35 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Killian, Ursula	W36	South Africa	2881	

W40 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Albertyn, Este	W40	South Africa	2384	
2 Gerstner, Juanita	W40	South Africa	2220	

W45 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Strauss, Michelle	W49	South Africa	2757	
2 De Villiers, Azel	W48	South Africa	2472	
3 Blaauw, Anja	W49	South Africa	1972	

W50 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Jordaan, Antonette	W51	South Africa	2931	
2 Fleming, Daleen	W51	South Africa	2922	
3 Cilliers, Angela	W54	South Africa	2255	
4 Scholtz, Gloria	W54	South Africa	1810	
5 Messias, Louise	W54	South Africa	1535	

W55 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Knobel, Heleen	W58	South Africa	3651	
2 Petrenko, Svetlana	W57	Other Country	2991	
3 Pretorius, Engelina	W58	South Africa	1876	

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....W55 Throws Pentathlon**

4 Bezuidenhout, Elize	W57	South Africa	1721
5 De Bryun, Sonja	W56	South Africa	1610
6 Vosloo, Susanna	W55	South Africa	1574

W60 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Dramat, Farieda	W64	South Africa	2534	
2 Smit-Harmse, Corne	W61	Namibia	2499	
3 Claassen, Zelda	W63	South Africa	2167	
4 Hennop, Ansie	W61	South Africa	1978	
5 Bratkina, Tatiana	W60	Other Country	1931	

W65 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Gurtsieva, Olga	W65	Other Country	2943	
2 Du Toit, Baby	W66	South Africa	2444	

W70 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Griesel, Ronel	W70	South Africa	2756	
2 Ferreira, Mercia	W74	South Africa	2515	
3 Durant, Marita	W72	South Africa	2387	
4 Van der Walt, Miggie	W72	South Africa	2024	
5 Van Eck, Suzi	W74	South Africa	1963	
6 Du Toit, Aletta	W72	South Africa	1948	

W75 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Fourie, Ena	W75	South Africa	2849	
2 Ludick, Ria	W76	South Africa	2352	
3 Grobbelaar, Elize	W78	South Africa	2114	
4 Grobler, Babsie	W79	South Africa	1873	

W80 Throws Pentathlon

Name	Age	Team	Finals	H#
1 England, Penelope	W82	South Africa	3224	

M35 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Theron, Barend	M35	South Africa	2484	

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 Throws Pentathlon**

Name	Age	Team	Finals	H#
1 Botha, Bennie	M45	South Africa	2384	
2 Nolte, Schalkwi	M48	South Africa	2357	
3 Pool, Jaco	M46	South Africa	1344	

M50 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Venter, Martin	M53	South Africa	3680	
2 Van Zyl, Awie	M50	South Africa	3632	
3 Watson, Rowan	M53	South Africa	3340	
4 Swanepoel, Jan	M52	South Africa	3210	

M55 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Hacker, Ian	M58	South Africa	2465	
2 Van der Walt, Stephen-Jo	M55	South Africa	2046	

M60 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Haupt, Burton	M62	South Africa	3634	
2 Bezuidenhout, Vic	M61	South Africa	3228	
3 Ras, Peter	M61	South Africa	2946	
4 Baranzke, Martin	M60	Germany	2702	

M65 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Kichenbrand, Stephen	M66	South Africa	3829	
2 Myburgh, Buks	M68	Namibia	1915	

M70 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Lombard, Willie	M72	South Africa	2795	

M75 Throws Pentathlon

Name	Age	Team	Finals	H#
1 Markotter, Hein	M77	South Africa	2285	

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 5000 Meter Race Walk**

Name	Age	Team	Finals	Age-Grading
1 van Deventer, Annelien	W44	South Africa	31:31,40	30:23,13 65,96%
2 Radel, Janine	W43	South Africa	32:44,78	31:33,86 63,50%
3 Oettle, Laurel	W41	South Africa	33:11,35	31:59,47 62,65%
4 Jansen, Isabel	W41	South Africa	35:21,49	34:04,91 58,81%

W50 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
1 Padbury, Belinda	W50	South Africa	29:06,98	25:53,42 77,42%
2 Roussot, Bronwyn	W50	South Africa	30:43,77	27:19,49 73,35%
3 Nel, Miemie	W51	South Africa	31:43,09	28:12,23 71,07%
4 Wrethman, Margariet	W53	South Africa	35:53,72	31:55,09 62,80%
5 Kirstein, Judy	W52	South Africa	36:35,54	32:32,28 61,60%
6 Scholtz, Gloria	W54	South Africa	37:37,19	33:27,10 59,92%
7 Snyders, Margaret	W52	South Africa	43:40,24	38:49,92 51,62%

W55 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
1 Horn-Botha, Deborah	W58	South Africa	32:21,75	27:30,49 72,86%
2 Dos Santos, Leta	W59	South Africa	35:27,46	30:08,35 66,50%
3 Loudon, Caryn	W57	South Africa	35:40,03	30:19,03 66,11%
4 Dunn, Chandra-Jay	W56	South Africa	37:18,47	31:42,70 63,20%
5 Van der Schyf, Isabelle	W57	South Africa	39:12,86	33:19,94 60,13%

W60 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
1 Steenkamp, Sandra	W62	South Africa	29:38,94	24:00,41 83,49%
2 Botha, Ronelle	W61	South Africa	31:58,72	25:53,59 77,41%
3 Henning, Delmarie	W62	South Africa	32:10,63	26:03,24 76,93%
4 Van Wyngaard, Christiana	W63	South Africa	34:03,17	27:34,36 72,69%

W65 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
1 Knoetze, Magaretha	W68	South Africa	33:10,66	25:29,23 78,64%
2 Willemse, Lucia	W69	South Africa	38:53,88	29:52,89 67,08%

W70 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
1 Koekemoer, Winnie	W73	South Africa	33:39,36	24:25,66 82,05%
2 Blignaut, Frieda	W73	South Africa	34:51,08	25:17,71 79,24%
3 Roux, Isabel	W71	South Africa	41:33,62	30:09,87 66,45%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W75 5000 Meter Race Walk**

Name	Age	Team	Finals	Age-Grading
1 Meyer, Elsa	W77	South Africa	33:27,04	22:49,61 87,81%
2 Greyvenstein, Annatjie	W78	South Africa	33:35,02	22:55,06 87,46%
3 Centner, Anne	W79	South Africa	35:23,03	24:08,76 83,01%
4 J Van Vuuren, Elzabe	W77	South Africa	43:02,03	29:21,98 68,25%

W80 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
1 Tregenna, Gill	W81	South Africa	37:59,26	24:14,40 82,69%
2 Howard-Davies, Elizabeth	W80	South Africa	47:46,70	30:29,25 65,74%

M45 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading	H#
1 Sikuku, Eric	M49	Ken	22:10,16	20:42,24 87,38%	2
2 Kirstein, Jaco	M45	South Africa	33:09,61	30:58,10 58,42%	2

M50 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading	H#
1 Meftah, Swaieh	M51	Tunisia	26:43,43	24:00,37 75,36%	1
2 Tchio, Jean	M51	Cameroon	29:40,52	26:39,45 67,87%	2
3 Goliath, Daniel	M54	South Africa	30:40,76	27:33,56 65,65%	1
4 Kanouni, Youssef	M50	South Africa	31:05,86	27:56,11 64,76%	1
5 Nieuwoudt, Theuns	M51	South Africa	38:15,30	34:21,87 52,65%	1

M55 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
1 Phillips, Kevin	M59	South Africa	26:24,51	22:44,90 79,53%
2 Britz, Chris	M59	South Africa	28:06,67	24:12,90 74,71%
3 Reynolds, Keith	M56	South Africa	29:50,87	25:42,66 70,37%
4 Cupido, Clive	M58	South Africa	31:05,86	26:47,26 67,54%
5 Jeftra, Nicholas	M55	South Africa	32:40,25	28:08,56 64,29%
6 Eykenduyn, Ronald	M55	South Africa	33:12,93	28:36,72 63,23%

M60 5000 Meter Race Walk

Name	Age	Team	Finals	Age-Grading
1 Oosthuizen, Frans	M61	South Africa	29:59,77	24:41,40 73,27%
2 Hector, Douglas	M63	South Africa	32:33,21	26:47,69 67,52%
3 Vosloo, Andre	M63	South Africa	32:59,68	27:09,48 66,62%

AFMA Championship - 2023/11/16 to 2023/11/18

AFMA

Pilditch

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

M65 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Meyer, Carl	M66 South Africa	29:14,74	22:55,02 78,94%
2 Willemse, Jaap	M67 South Africa	30:51,95	24:11,19 74,80%
3 Coetzee, Johann	M65 South Africa	31:18,92	24:32,33 73,73%
4 Labuschagne, Danie	M68 South Africa	32:18,52	25:19,03 71,46%
5 Mundell, Oliver	M69 South Africa	33:25,24	26:11,31 69,08%
6 Schoeman, At	M67 South Africa	35:27,27	27:46,93 65,12%

M70 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Neethling, Dirk	M71 South Africa	35:48,41	26:35,84 68,02%
2 Williams, Les	M73 South Africa	37:02,10	27:30,58 65,76%

M75 5000 Meter Race Walk

Name	Age Team	Finals	Age-Grading
1 Van den Raad, Gerard	M79 South Africa	36:03,93	25:16,92 71,56%
2 Redelinghuys, Wessel	M76 South Africa	36:55,97	25:53,40 69,88%

W40 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading Points
Results - Women 40			
1 van Deventer, Annelien	W44 South Africa	1:05:25 1:03:25,29	65,65%
2 Oettle, Laurel	W41 South Africa	1:08:36 1:06:30,47	62,60%
3 Jansen, Isabel	W41 South Africa	1:28:11 1:25:29,63	48,70%

W50 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading Points
Results - Women 50			
1 Padbury, Belinda	W50 South Africa	58:53 52:28,97	79,33%
2 Nel, Miemie	W51 South Africa	1:05:28 58:21,03	71,35%
3 Kirstein, Judy	W52 South Africa	1:14:39 1:06:32,14	62,57%
-- Wrethman, Margariet	W53 South Africa	DNF	

W55 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading Points
Results - Women 55			
1 Loudon, Caryn	W57 South Africa	1:13:58 1:02:54,52	66,18%
2 Van der Schyf, Isabelle	W57 South Africa	1:19:17 1:07:25,83	61,74%

AFMA Championship - 2023/11/16 to 2023/11/18**AFMA****Pilditch****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 10000 Meter Race Walk 10km RR**

Name	Age Team	Finals	Age-Grading Points
Results - Women 60			
1 Henning, Delmarie	W62 South Africa	1:06:09	53:29,74 77,83%
2 Botha, Ronelle	W61 South Africa	1:07:21	54:27,96 76,44%
3 Scheepers, Celeste	W63 South Africa	1:10:59	57:24,26 72,53%

W65 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading Points
Results - Women 65			
1 Knoetze, Magaretha	W68 South Africa	1:07:11	51:26,95 80,92%
2 Willemse, Lucia	W69 South Africa	1:17:04	59:01,06 70,54%

W70 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading Points
Results - Women 70			
1 Koekemoer, Winnie	W73 South Africa	1:12:35	52:24,75 79,43%
2 Roux, Isabel	W71 South Africa	1:28:11	1:03:40,64 65,38%

W75 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading Points
Results - Women 75			
1 Greyvenstein, Annatjie	W78 South Africa	1:07:31	45:44,15 91,03%
2 Centner, Anne	W79 South Africa	1:13:38	49:52,76 83,47%
3 J Van Vuuren, Elzabe	W77 South Africa	1:41:28	1:08:44,02 60,57%

W80 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading Points
Results - Women 80			
1 Tregenna, Gill	W81 South Africa	1:16:13	48:10,14 86,43%
2 Howard-Davies, Elizabeth	W80 South Africa	1:34:36	59:47,24 69,64%

M45 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading Points
Results - Men 45			
1 Sikuku, Eric	M49 Ken	46:03	42:54,57 86,66%
-- Kirstein, Jaco	M45 South Africa	DQ	

M50 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading Points
Results - Men 50			
1 Pellissier, Mark	M50 South Africa	52:40	47:22,43 78,49%

AFMA Championship - 2023/11/16 to 2023/11/18

AFMA

Pilditch

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

....M50 10000 Meter Race Walk 10km RR

2 Goliath, Daniel	M54 South Africa	1:02:37	56:19,43	66,02%
3 Nieuwoudt, Theuns	M51 South Africa	1:16:00	1:08:21,73	54,39%

M55 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading	Points
Results - Men 55				
1 Phillips, Kevin	M59 South Africa	53:55	46:40,87	79,65%
2 Britz, Chris	M59 South Africa	59:43	51:42,17	71,92%
3 Scott, Wayne	M59 South Africa	1:07:12	58:10,91	63,91%

M60 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading	Points
Results - Men 60				
1 Oosthuizen, Frans	M61 South Africa	1:03:27	52:42,48	70,55%
2 Vosloo, Andre	M63 South Africa	1:07:23	55:58,53	66,43%

M65 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading	Points
Results - Men 65				
1 Meyer, Carl	M66 South Africa	58:38	46:34,00	79,85%
2 Coetzee, Johann	M65 South Africa	1:04:51	51:30,24	72,20%
3 Mundell, Oliver	M69 South Africa	1:06:31	52:49,66	70,39%

M70 10000 Meter Race Walk 10km RR

Name	Age Team	Finals	Age-Grading	Points
Results - Men 70				
1 Williams, Les	M73 South Africa	1:07:11	50:49,05	73,17%

W50 20000 Meter Race Walk 20km RR

Name	Age Team	Finals	Age-Grading	Points
Results - Women 50				
1 Roussot, Bronwyn	W50 South Africa	2:13:20		
2 Maloney, Anneline	W54 South Africa	2:45:43		

W55 20000 Meter Race Walk 20km RR

Name	Age Team	Finals	Age-Grading	Points
Results - Women 55				
1 Horn-Botha, Deborah	W58 South Africa	2:19:51		
2 Dos Santos, Leta	W59 South Africa	2:30:07		
-- Dunn, Chandra-Jay	W56 South Africa	DQ		

AFMA Championship - 2023/11/16 to 2023/11/18

AFMA

Pilditch

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

W60 20000 Meter Race Walk 20km RR

Name	Age Team	Finals	Age-Grading Points
Results - Women 60			
1 Steenkamp, Sandra	W62 South Africa	2:04:22	

W70 20000 Meter Race Walk 20km RR

Name	Age Team	Finals	Age-Grading Points
Results - Women 70			
1 Blignaut, Frieda	W73 South Africa	2:29:07	

W75 20000 Meter Race Walk 20km RR

Name	Age Team	Finals	Age-Grading Points
Results - Women 75			
1 Meyer, Elsa	W77 South Africa	2:19:11	1:33:30,21 90,52%

M45 20000 Meter Race Walk 20km RR

Name	Age Team	Finals	Age-Grading Points
Results - Men 45			
1 Michel, Mbah	M45 Camaroon	1:57:12	1:50:36,81 69,25%

M50 20000 Meter Race Walk 20km RR

Name	Age Team	Finals	Age-Grading Points
Results - Men 50			
1 Meftah, Swaieh	M51 Tunisia	1:54:51	1:44:17,72 73,44%

M55 20000 Meter Race Walk 20km RR

Name	Age Team	Finals	Age-Grading Points
Results - Men 55			
1 Reynolds, Keith	M56 South Africa	2:06:58	1:50:29,19 69,34%
2 Jeftra, Nicholas	M55 South Africa	2:23:58	2:05:16,79 61,15%
3 Eykenduyn, Ronald	M55 South Africa	2:28:14	2:08:59,56 59,39%

M65 20000 Meter Race Walk 20km RR

Name	Age Team	Finals	Age-Grading Points
Results - Men 65			
1 Willemse, Jaap	M67 South Africa	2:09:21	1:42:01,88 75,08%
2 Labuschagne, Danie	M68 South Africa	2:27:21	1:56:13,79 65,91%
3 Schoeman, At	M67 South Africa	2:29:31	1:57:56,33 64,95%

AFMA Championship - 2023/11/16 to 2023/11/18

AFMA

Pilditch

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

M70 20000 Meter Race Walk 20km RR

Name	Age Team	Finals	Age-Grading Points
Results - Men 70			
1 Neethling, Dirk	M71 South Africa	2:29:31 1:51:26,09	68,74%