

AFMA RECORDS BROKEN AT 14TH AFMA CHAMPIONSHIP

Competition date	Review date	Event	Age Group	Name	Province	Venue	Old record	New record	Age grading	AFMA status
17/11/2023	18/11/2023	10000m Race Walk	W80	Gill Tregenna	RSA	Pilditch Stadium, Pretoria	01:18:35	01:16:13	86.43%	Approved
17/11/2023	18/11/2023	Hammer Throw	W80	Penelope England	RSA	Pilditch Stadium, Pretoria	23.96m	25.55m	59.91%	Approved
17/11/2023	18/11/2023	Long Jump	W45	Regina Mulatya	KEN	Pilditch Stadium, Pretoria	5.47m	5.55m	86.31%	Approved
18/11/2023	18/11/2023	Triple Jump	W45	Regina Mulatya	KEN	Pilditch Stadium, Pretoria	11.28m	11.58m	85.21%	Approved
18/11/2023	18/11/2023	Shot Put	W55	Charmain Barnard	RSA	Pilditch Stadium, Pretoria	11.13m	11.57m	67.27%	Approved
18/11/2023	18/11/2023	80m Hurdles	W55	Charmain Barnard	RSA	Pilditch Stadium, Pretoria	14.27	13.87	88.03%	Approved
18/11/2023	18/11/2023	100m	W55	Charmain Barnard	RSA	Pilditch Stadium, Pretoria	14.06	14.03	86.89%	Approved
18/11/2023	18/11/2023	Shot Put	W75	Ena Fourie	RSA	Pilditch Stadium, Pretoria	8.17m	8.86m	63.74%	Approved
18/11/2023	18/11/2023	High Jump	M55	Johann Gutsche	RSA	Pilditch Stadium, Pretoria	1.71m	1.72m	86.43%	Approved
18/11/2023	18/11/2023	High Jump	M65	Johan Gouws	RSA	Pilditch Stadium, Pretoria	1.50m	1.51m	84.36%	Approved
18/11/2023	18/11/2023	High Jump	W55	Dinah Heymans	RSA	Pilditch Stadium, Pretoria	1.46m	1.49m	88.69%	Approved
18/11/2023	18/11/2023	Pole Vault	W35	Soandri Meyer	RSA	Pilditch Stadium, Pretoria	3.45m	3.50m	69.31%	Approved
18/11/2023	18/11/2023	2000m Steeplechase	W65	Lynette Fischer	RSA	Pilditch Stadium, Pretoria	11:52.25	10:32.24	85.66%	Approved
18/11/2023	18/11/2023	20000m Race Walk	W75	Elsa Meyer	RSA	Pilditch Stadium, Pretoria	02:21:23	02:19:11	90.52%	Approved