

5000m M30-45 5000m · Men & Boys · Multiple · Final04/30/2026, 07:00 AM

Place	Athlete	Age group	Club/School	Bib	Result
1	Marko Bucarizza (1988) RSA	M35	CG Masters	P10719	15:20.60 SB
2	Dewayne Sir Mo Mouries (1988) RSA	M35	WP Masters	P13336	15:36.46 SB
3	Dale Kretzinger (1986) RSA	M35	Hollywood Athletics Club	P28604	16:39.81 SB
4	Dylan Steed (1994) RSA	M30	CG Masters	P16718	17:33.96
5	David Antonie Ruiters (1984) RSA	M40	BND Masters	1955	17:37.38 SB
6	Sartiel Pule (1981) RSA	M45	Zeerust Marathon Club	P1556	18:25.10 SB
7	Sibusiso Ndhlela (1980) RSA	M45	NBRC CG Johannesburg	P322	19:34.47 SB
8	Melikhaya Dyubele (1980) RSA	M45	Bathurst Athletics Club	M-45	19:40.26 SB
9	Johan de Vente (1982) RSA	M40	Easy Equities Born 2 Run	6308	20:10.67 SB
10	Daryl Mulder (1980) RSA	M45	Hollywood Athletics Club	P3001	20:35.07 SB
11	Richard Mazungula (1977) RSA	M45		1457	23:43.16 SB

5000m M30-45 5000m · Men · Multiple, M30 · Final04/30/2026, 07:00 AM

Place	Athlete	Club/School	Bib	Result
1	Dylan Steed (1994) RSA	CG Masters		17:33.96

5000m M30-45 5000m · Men · Multiple, M35 · Final04/30/2026, 07:00 AM

Place	Athlete	Club/School	Bib	Result
1	Marko Bucarizza (1988) RSA	CG Masters		15:20.60 SB
2	Dewayne Sir Mo Mouries (1988) RSA	WP Masters		15:36.46 SB
3	Dale Kretzinger (1986) RSA	Hollywood Athletics Club		16:39.81 SB

5000m M30-45 5000m · Men · Multiple, M40 · Final04/30/2026, 07:00 AM

Place	Athlete	Club/School	Bib	Result
1	David Antonie Ruiters (1984) RSA	BND Masters		17:37.38 SB
2	Johan de Vente (1982) RSA	Easy Equities Born 2 Run		20:10.67 SB

5000m M30-45 5000m · Men · Multiple, M45 · Final04/30/2026, 07:00 AM

Place	Athlete	Club/School	Bib	Result
1	Sartiel Pule (1981) RSA	Zeerust Marathon Club		18:25.10 SB
2	Sibusiso Ndhlela (1980) RSA	NBRC CG Johannesburg		19:34.47 SB
3	Melikhaya Dyubele (1980) RSA	Bathurst Athletics Club		19:40.26 SB
4	Daryl Mulder (1980) RSA	Hollywood Athletics Club		20:35.07 SB
5	Richard Mazungula (1977) RSA			23:43.16 SB

5000m M50-70 5000m · Men & Boys · Multiple · Final04/30/2026, 07:00 AM

Place	Athlete	Age group	Club/School	Bib	Result
1	Phillip Bester (1970) RSA	M55	Blizz	181	17:57.29 SB
2	Timothy Makofane (1972) RSA	M50	Scaw Harries Athletics Club	P7889	18:04.44 SB
3	Warren Ralph (1971) RSA	M50		3141	18:33.04 SB
4	Spencer Koos Moraope (1972) RSA	M50	Madikwe Mambas	P1561	19:06.78 SB
5	Donovan van Gelder (1971) RSA	M55	KZN Masters	1079	19:14.23 SB
6	Andre Wentzel (1960) RSA	M65	Phobians Athletics Club	P7746	19:53.12
7	Rudolf Campbell (1969) NAM	M55	QSB Athletics Club	788	19:59.13 SB
8	Moses Motlhoki Letlhaku (1964) RSA	M60	Department of Public Works ...	P10777	20:17.35 SB
9	Reuben Maselela (1966) RSA	M60	Scaw Harries Athletics Club	P9523	20:28.59 SB
10	Thabo Tau (1962) RSA	M60	Run and walk for life	P37	21:25.06 SB
11	Flippie Kotze (1969) RSA	M55	FS Masters	793	21:51.59 SB
12	Johannes Hendrik Campher (1965) R...	M60	Bloemfontein Striders	1501	22:09.22 SB
13	David Sello Maphangulo (1953) RSA	M70	Fortis Pretoria North	P8382	22:26.19
14	Dirk Johan Venter (1960) RSA	M65	CG Masters	4510	22:34.60 SB
15	Andrew Steed (1961) RSA	M60	CG Masters	P11669	23:26.98
16	Hannes van Wyk (1955) RSA	M70		212	23:46.43 SB
17	Sonny Leopeng (1956) RSA	M65	CG Masters	9433	23:56.03 SB
18	Ronnie Verster (1969) RSA	M55		3071	23:58.69 SB
19	Eugene Martins (1958) RSA	M65	Epic athletics	751	24:31.38 SB
20	Rodney Trevor Jones (1959) RSA	M65	CG Masters	P15265	24:35.60 SB
21	Willem Billingham (1959) RSA	M65	GN Masters	P8384	29:14.00 SB
22	Derek Brentano (1955) RSA	M70	Randburg Harriers	3308	29:25.52 SB
	Buks van Heerden (1971) RSA	M55	Boxer Athletic Club	P5	DNS

5000m M50-70 5000m · Men · Multiple, M50 · Final04/30/2026, 07:00 AM

Place	Athlete	Club/School	Bib	Result
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1	Timothy Makofane (1972) RSA		Scaw Harries Athletics Club	18:04.44 SB			
2	Warren Ralph (1971) RSA			18:33.04 SB			
3	Spencer Koos Moraope (1972) RSA		Madikwe Mambas	19:06.78 SB			
5000m M50-70 5000m · Men · Multiple, M55 · Final				04/30/2026, 07:00 AM			
Place	Athlete	Club/School	Bib	Result			
1	Phillip Bester (1970) RSA	Blizz		17:57.29 SB			
2	Donovan van Gelder (1971) RSA	KZN Masters		19:14.23 SB			
3	Rudolf Campbell (1969) NAM	QSB Athletics Club		19:59.13 SB			
4	Flippie Kotze (1969) RSA	FS Masters		21:51.59 SB			
5	Ronnie Verster (1969) RSA			23:58.69 SB			
	Buks van Heerden (1971) RSA	Boxer Athletic Club		DNS			
5000m M50-70 5000m · Men · Multiple, M60 · Final				04/30/2026, 07:00 AM			
Place	Athlete	Club/School	Bib	Result			
1	Moses Motlhoki Letlhaku (1964) RSA	Department of Public Works ...		20:17.35 SB			
2	Reuben Maselela (1966) RSA	Scaw Harries Athletics Club		20:28.59 SB			
3	Thabo Tau (1962) RSA	Run and walk for life		21:25.06 SB			
4	Johannes Hendrik Campher (1965) R...	Bloemfontein Striders		22:09.22 SB			
5	Andrew Steed (1961) RSA	CG Masters		23:26.98			
5000m M50-70 5000m · Men · Multiple, M65 · Final				04/30/2026, 07:00 AM			
Place	Athlete	Club/School	Bib	Result			
1	Andre Wentzel (1960) RSA	Phobians Athletics Club		19:53.12			
2	Dirk Johan Venter (1960) RSA	CG Masters		22:34.60 SB			
3	Sonny Leopeng (1956) RSA	CG Masters		23:56.03 SB			
4	Eugene Martins (1958) RSA	Epic athletics		24:31.38 SB			
5	Rodney Trevor Jones (1959) RSA	CG Masters		24:35.60 SB			
6	Willem Billingham (1959) RSA	GN Masters		29:14.00 SB			
5000m M50-70 5000m · Men · Multiple, M70 · Final				04/30/2026, 07:00 AM			
Place	Athlete	Club/School	Bib	Result			
1	David Sello Maphangulo (1953) RSA	Fortis Pretoria North		22:26.19			
2	Hannes van Wyk (1955) RSA			23:46.43 SB			
3	Derek Brentano (1955) RSA	Randburg Harriers		29:25.52 SB			
4x100m MIXED TEAM · Mixed · X40 · Final				04/30/2026, 07:00 AM			
Place	Lane	Relay team	Club/School	Bib	React.	Result	Split Lap
1		Mixed Relay 35-40 RSA				47.59 SB	
		1. Willem de beer					
		2. Chantelle Breytenbach					
		3. Reinhard Howard Pretorius					
		4. Biancá Rê					
2		CGMA Mixed Relay RSA				51.73 SB	
		1. Marisa Beukes					
		2. Corrin Durrheim					
		3. Ralph Kimmins					
		4. Anton Vlok					
3		Boland Mixed 40 RSA				55.57 SB	
		1. Maurice Fortuin					
		2. Ingrid Crouse					
		3. Kathleen Gey van Pittius					
		4. Anthony John Solomons					
4		SWD Mixed Relay RSA				56.19 SB	
		1. Elmarie Walters					
		2. Silla Kotze					
		3. Willem jacobus (Vian) Louw					
		4. Pieter Erasmus					
4x400m MIXED TEAM · Mixed · X40 · Final						04/30/2026, 07:00 AM	
Place	Lane	Relay team	Club/School	Bib	React.	Result	Split Lap
1		WP Masters RSA				4:20.60 SB	
		1. Qasim Hassan					
		2. Daniel Petersen					
		3. Jakob Jacobus Volmoer					

4. Denzil August							
4x100m MIXED TEAM · Mixed · X30 · Final							04/30/2026, 07:10 AM
Place	Lane	Relay team	Club/School	Bib	React.	Result	Split Lap
1		CGMA Mixed 30 RSA				46.98	SB
		1. Rudi Jordaan					
		2. Liandi le Roux					
		3. Leepo Mokoto					
		4. Leana du Toit					
4x100m MIXED TEAM · Mixed · X50 · Final							04/30/2026, 07:10 AM
Place	Lane	Relay team	Club/School	Bib	React.	Result	Split Lap
1		KZN mixed 50 4x100m RSA	KZN Masters			50.25	SB
		1. Delia Vaz					
		2. David Fourie					
		3. Shona Hutchinson					
		4. Moses Naidoo					
4x100m MIXED TEAM · Mixed · X45 · Final							04/30/2026, 07:20 AM
Place	Lane	Relay team	Club/School	Bib	React.	Result	Split Lap
1		WP Mixed Team RSA				50.26	SB
		1. Angelo Rhode					
		2. Ricardo Mentoora					
		3. Tracey Robertson					
		4. Tanja Juries					
5000m · Women · W30 · Final							04/30/2026, 07:40 AM
Place	Athlete		Club/School	Bib		Result	
1	Thembekile Busanello (1993) RSA		Fitness from Africa	P4639		20:55.65	SB
5000m · Women · W35 · Final							04/30/2026, 07:40 AM
Place	Athlete		Club/School	Bib		Result	
1	Maryna Swanepoel (1986) RSA		FS Masters	2856		19:47.06	SB
2	Petra Oerson (1987) RSA		WP Masters	P1902		20:45.75	SB
5000m · Women · W40 · Final							04/30/2026, 07:40 AM
Place	Athlete		Club/School	Bib		Result	
1	Este Van Tonder (1985) RSA		NBRC Bloemfontein	P2840		18:51.81	SB
2	Susan Jane Sloan (1981) RSA		CG Masters	727		20:25.18	SB
3	Fredah Ncube (1982) RSA		Bestmed Madibaz	P2621		22:58.71	SB
4	Carolien van der Sandt (1984) RSA			P35		23:25.22	SB
5	Antoinette Cant (1981) RSA		Phobians Athletics Club	7747		23:58.00	SB
5000m · Women · W45 · Final							04/30/2026, 07:40 AM
Place	Athlete		Club/School	Bib		Result	
1	Ilse Marais (1977) RSA		NBRC CG Johannesburg	P1884		19:07.49	SB
2	Jacqui Dersley (1978) RSA		Hollywood Athletics Club	P7119		21:27.38	SB
3	Precious Ncayiyana (1979) RSA		GN Masters	P4877		23:58.01	SB
5000m · Women · W50 · Final							04/30/2026, 07:40 AM
Place	Athlete		Club/School	Bib		Result	
1	Ingrid Koster (1971) RSA		NBRC Gauteng North	P271		22:03.49	SB
5000m · Women · W55 · Final							04/30/2026, 07:40 AM
Place	Athlete		Club/School	Bib		Result	
1	Jene Banfield (1970) RSA			558		22:09.11	SB
2	Louise Britz (1969) RSA		NBRC Vaal Triangle	P435		27:50.64	SB
5000m · Women · W60 · Final							04/30/2026, 07:40 AM
Place	Athlete		Club/School	Bib		Result	
1	Ezna Flattery (1965) RSA		CG Masters	12205		21:30.33	SB
2	Dalene Sonnekus (1965) RSA			P303		21:57.11	SB
3	Linda De Bruyn (1965) RSA		MPU Masters	P281		26:52.03	SB
4	G.A Alfrieda Bagley (1965) RSA			1808		26:58.08	SB

5000m · Women · W65 · Final04/30/2026, 07:40 AM

Place	Athlete	Club/School	Bib	Result
1	Marietjie Ceronio (1957) RSA	Vaal Athletic Club	P99	23:36.82 SB
2	Sarita Gericke (1959) RSA	KZN Masters	204	24:58.03 SB
3	Martie Boesenberg (1957) RSA	GN Masters	P8383	26:52.03 SB

Hep: 80m Hurdles (76.2cm / 8m) · Women · W45 · Final04/30/2026, 09:00 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	2	Tanja Juries (1979) RSA	WP Masters			17.74

Hep: 80m Hurdles (76.2cm / 7m) · Women · W50 · Final04/30/2026, 09:00 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Michelle Staal (1972) RSA				15.30
2	3	Finie Botma (1972) RSA				16.26

Hep: 80m Hurdles (76.2cm / 7m) · Women · W55 · Final04/30/2026, 09:00 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Philna Munnik (1968) RSA	UJ Athletics Club			17.14

Javelin Throw (800g) · Men · M35 · Final04/30/2026, 09:00 AM

Place	Athlete	Club/School	Bib	Result
1	Dirk Daniel Rosslee (1987) RSA	UJ Athletics Club	19935	40.47 SB
2	Pierre Spies (1990) RSA	WilleBeer	4404	26.07 SB

Attempts · Javelin Throw (800g) · Men · M35 · Final

Place	Athlete	Attempts
1	Dirk Daniel Rosslee (1987) RSA	40.47
2	Pierre Spies (1990) RSA	26.07

Heptathlon · Women · W45 · Final04/30/2026, 09:00 AM

Place	Athlete			Club/School		Bib		Result
1	Tanja Juries (1979) RSA			WP Masters		P 13217		2757
	80H	HJ	SP	200m	LJ	JT	800m	Total
Result	17.74 (1)	1.15 (1)	5.85 (1)	30.13 (1)	4.49 (1)	17.09 (1)	3:46.84 (1)	
Points	348	399	338	603	609	314	146	2757

Heptathlon · Women · W50 · Final04/30/2026, 09:00 AM

Place	Athlete			Club/School		Bib		Result
1	Michelle Staal (1972) RSA					P3120		3603
	80H	HJ	SP	200m	LJ	JT	800m	Total
Result	15.30 (1)	1.28 (1)	8.19 (1)	32.73 (2)	3.77 (1)	20.49 (1)	3:15.77 (1)	
Points	688	632	482	511	454	399	437	3603
2	Finie Botma (1972) RSA					P12279		2955
	80H	HJ	SP	200m	LJ	JT	800m	Total
Result	16.26 (2)	1.15 (2)	6.80 (2)	32.25 (1)	3.48 (2)	13.94 (2)	3:21.12 (2)	
Points	570	460	380	542	367	245	391	2955

Heptathlon · Women · W55 · Final04/30/2026, 09:00 AM

Place	Athlete			Club/School		Bib	Result	
1	Philna Munnik (1968) RSA			UJ Athletics Club		P12319	2751	
	80H	HJ	SP	200m	LJ	JT	800m	Total
Result	17.14 (1)	1.00 (1)	5.88 (1)	33.70 (1)	3.08 (1)	10.79 (1)	3:21.82 (1)	
Points	544	350	352	537	306	200	462	2751

Dec: 100m · Men · M30 · Final04/30/2026, 09:10 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	2	Renier De Villiers (1991) RSA	Tuks Athletics	P5187		12.61

Dec: 100m · Men · M40 · Final04/30/2026, 09:10 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	3	Eben Breytenbach (1985) RSA	WilleBeer	P4421		14.26

Dec: 100m · Men · M55 · Final											04/30/2026, 09:10 AM	
Place	Lane	Athlete				Club/School			Bib	React.	Result	
1	4	Anthonie Johannes Scheepers (1968)...				SWD Masters			P597		13.53	
Dec: 100m · Men · M60 · Final											04/30/2026, 09:10 AM · Wind: +0.2	
Place	Lane	Athlete				Club/School			Bib	React.	Result	
1	5	Andre Bartleman (1965) RSA				FS Masters			849FS		15.96 SB	
Dec: 100m Hurdles (91.4cm / 8.5m) · Men · M55 · Final											04/30/2026, 09:10 AM	
Place	Lane	Athlete				Club/School			Bib	React.	Result	
	6	Anthonie Johannes Scheepers (1968)...				SWD Masters					DNS	
Dec: 100m Hurdles (83.8cm / 8m) · Men · M60 · Final											04/30/2026, 09:10 AM	
Place	Lane	Athlete				Club/School			Bib	React.	Result	
1	3	Andre Bartleman (1965) RSA				FS Masters					21.12	
Decathlon · Men · M30 · Final											04/30/2026, 09:10 AM	
Place	Athlete				Club/School			Bib	Result			
1	Renier De Villiers (1991) RSA				Tuks Athletics			P5187	4125			
	100m	LJ	SP	HJ	400m	110H	DT	PV	JT	1500m	Total	
Result	12.61 (1)	5.47 (1)	10.18 (1)	1.60 (1)	1:01.89 (1)	23.44 (1)	32.25 (1)	3.25 (1)	46.35 (1)	6:13.38 (1)		
Points	536	475	496	464	351	129	509	418	535	212	4125	
Decathlon · Men · M40 · Final											04/30/2026, 09:10 AM	
Place	Athlete				Club/School			Bib	Result			
1	Eben Breytenbach (1985) RSA				WilleBeer			P4421	5128			
	100m	LJ	SP	HJ	400m	110H	DT	PV	JT	1500m	Total	
Result	14.26 (1)	5.68 (1)	10.34 (1)	1.50 (1)	56.31 (1)	19.70 (1)	37.15 (1)	3.15 (1)	35.00 (1)	5:22.51 (1)		
Points	343	637	576	457	657	439	621	449	431	518	5128	
Decathlon · Men · M55 · Final											04/30/2026, 09:10 AM	
Place	Athlete				Club/School			Bib	Result			
1	Anthonie Johannes Scheepers (1968)...				SWD Masters			P597	1874			
	100m	LJ	SP	HJ	400m	100H	DT	PV	JT	1500m	Total	
Result	13.53 (1)	4.84 (1)	8.64 (1)	DNS	DNS	DNS	DNS	DNS	DNS	DNS		
Points	689	655	530	0	0	0	0	0	0	0	1874	
Decathlon · Men · M60 · Final											04/30/2026, 09:10 AM	
Place	Athlete				Club/School			Bib	Result			
1	Andre Bartleman (1965) RSA				FS Masters			849FS	3414			
	100m	LJ	SP	HJ	400m	100H	DT	PV	JT	1500m	Total	
Result	15.96 (1)	3.60 (1)	8.61 (1)	1.36 (1)	1:27.04 (1)	21.12 (1)	27.29 (1)	NM	27.70 (1)	7:14.13 (1)		
Points	393	380	518	593	90	351	393	0	411	285	3414	
400m · Women · W60 · Final											04/30/2026, 09:40 AM	
Place	Lane	Athlete				Club/School			Bib	React.	Result	
1	5	Ezna Flattery (1965) RSA				CG Masters			12205		1:15.52 SB	
2	7	Janine Prinsloo (1963) RSA				Sasolburg Athletics Club			P2239		1:18.70 SB	
3	6	Riette Van den Berg (1962) RSA				North West North Masters			198		1:27.15 SB	
4	4	Laura Venter (1965) RSA				CG Masters			4244		1:38.71 SB	
5	3	Riemke Pretorius (1963) RSA				Klerksdorp KMC			961		2:33.69 SB	
400m W50 & W55 400m · Women & Girls · Multiple · Final											04/30/2026, 09:40 AM	
Place	Lane	Athlete		Age group	Club/School			Bib	React.	Result		
1	3	Delia Vaz (1972) RSA		W50				P7254		1:12.76 SB		
2	4	Carmen Da Silva (1971) RSA		W50	Epic athletics			P866		1:14.07 SB		
3	2	Sandra McMaster (1968) RSA		W55	FPN			P8381		1:41.39 SB		
	5	Michelle Staal (1972) RSA		W50	WP Masters			P3120		DNS		
400m W50 & W55 400m · Women · Multiple, W50 · Final											04/30/2026, 09:40 AM	
Place	Lane	Athlete		Club/School			Bib	React.	Result			
1	3	Delia Vaz (1972) RSA							1:12.76 SB			
2	4	Carmen Da Silva (1971) RSA		Epic athletics					1:14.07 SB			

5	Michelle Staal (1972) RSA			WP Masters		DNS	
400m W50 & W55 400m · Women · Multiple, W55 · Final							04/30/2026, 09:40 AM
Place	Lane	Athlete		Club/School	Bib	React.	Result
1	2	Sandra McMaster (1968) RSA		FPN			1:41.39 SB
400m W65 & W70 400m · Women & Girls · Multiple · Final							04/30/2026, 09:40 AM
Place	Lane	Athlete	Age group	Club/School	Bib	React.	Result
1	6	Silla Kotze (1960) RSA	W65		1576		1:19.07 SB
2	4	Kathleen Gey van Pittius (1954) RSA	W70	BND Masters	P2098		1:30.56 SB
3	5	Marietjie Ceronio (1957) RSA	W65	Vaal Athletic Club	P99		1:31.10 SB
	3	Renette Ungerer (1953) RSA	W70	GN Masters	P935		DNS
	7	Lynette Fischer (1958) RSA	W65	MOVE Multisport	2150		DNS
400m W65 & W70 400m · Women · Multiple, W65 · Final							04/30/2026, 09:40 AM
Place	Lane	Athlete		Club/School	Bib	React.	Result
1	6	Silla Kotze (1960) RSA					1:19.07 SB
2	5	Marietjie Ceronio (1957) RSA		Vaal Athletic Club			1:31.10 SB
	7	Lynette Fischer (1958) RSA		MOVE Multisport			DNS
400m W65 & W70 400m · Women · Multiple, W70 · Final							04/30/2026, 09:40 AM
Place	Lane	Athlete		Club/School	Bib	React.	Result
1	4	Kathleen Gey van Pittius (1954) RSA		BND Masters			1:30.56 SB
	3	Renette Ungerer (1953) RSA		GN Masters			DNS
ThPen: Hammer Throw (7.26kg) · Men · M35 · Final							04/30/2026, 09:45 AM
Place	Athlete			Club/School	Bib	Result	
1	Dirk Daniel Rosslee (1987) RSA			UJ Athletics Club	19935	32.30 =SB	
Attempts · ThPen: Hammer Throw (7.26kg) · Men · M35 · Final							
Place	Athlete			Attempts			
1	Dirk Daniel Rosslee (1987) RSA			32.30			
ThPen: Hammer Throw (7.26kg) · Men · M40 · Final							04/30/2026, 09:45 AM
Place	Athlete			Club/School	Bib	Result	
1	William Charlton van Wyk (1985) NAM			Quinton Steel Botes	794	29.29 =SB	
2	Charl Deon Viljoen (1983) RSA			GN Masters	P4230	28.26 =SB	
Attempts · ThPen: Hammer Throw (7.26kg) · Men · M40 · Final							
Place	Athlete			Attempts			
1	William Charlton van Wyk (1985) NAM			29.29			
2	Charl Deon Viljoen (1983) RSA			28.26			
Javelin Throw (600g) · Women · W35 · Final							04/30/2026, 09:45 AM
Place	Athlete			Club/School	Bib	Result	
1	Ursula Killian (1987) RSA			CG Masters	P18869	30.69 SB	
2	Mitzi Van der Merwe (1987) RSA			GN Masters	P5511	18.66 SB	
Attempts · Javelin Throw (600g) · Women · W35 · Final							
Place	Athlete			Attempts			
1	Ursula Killian (1987) RSA			30.69			
2	Mitzi Van der Merwe (1987) RSA			18.66			
Javelin Throw (600g) · Women · W40 · Final							04/30/2026, 09:45 AM
Place	Athlete			Club/School	Bib	Result	
1	Suzaan Van Aswegen (1985) RSA			FS Masters	P1408	33.69 SB	
Attempts · Javelin Throw (600g) · Women · W40 · Final							
Place	Athlete			Attempts			
1	Suzaan Van Aswegen (1985) RSA			33.69			
Javelin Throw (600g) · Women · W45 · Final							04/30/2026, 09:45 AM
Place	Athlete			Club/School	Bib	Result	
1	Zelna Delpont (1978) RSA			FS Masters	669	29.72 SB	
2	Sylvia Kunneke (1976) RSA			Heat A C	2717	17.16 SB	

Attempts · Javelin Throw (600g) · Women · W45 · Final

Place	Athlete	Attempts
1	Zelna Delport (1978) RSA	29.72
2	Sylvia Kunneke (1976) RSA	17.16

Throws Pentathlon · Men · M35 · Final

04/30/2026, 09:45 AM

Place	Athlete		Club/School	Bib	Result	
1	Dirk Daniel Rosslee (1987) RSA		UJ Athletics Club	19935	2540 SB	
	HT	SP	DT	JT	WT	Total
Result	32.30 (1)	11.93 (1)	33.38 (1)	37.33 (1)	11.44 (1)	
Points	413	636	531	427	533	2540

Throws Pentathlon · Men · M40 · Final

04/30/2026, 09:45 AM

Place	Athlete		Club/School	Bib	Result	
1	Charl Deon Viljoen (1983) RSA		GN Masters	P4230	2406 SB	
	HT	SP	DT	JT	WT	Total
Result	28.26 (2)	10.31 (1)	33.68 (1)	32.04 (2)	10.64 (1)	
Points	370	574	550	384	528	2406
2	William Charlton van Wyk (1985) NAM		Quinton Steel Botes	794	2335 SB	
	HT	SP	DT	JT	WT	Total
Result	29.29 (1)	9.66 (2)	29.63 (2)	42.21 (1)	8.50 (2)	
Points	388	530	468	549	400	2335

400m W30 & W35 400m · Women & Girls · Multiple · Final

04/30/2026, 10:00 AM

Place	Lane	Athlete	Age group	Club/School	Bib	React.	Result
1	6	Chantelle Breytenbach (1987) RSA	W35	GN Masters	P4419		1:02.00
2	3	Anja Venter (1994) RSA	W30	WP Masters	P2594		1:03.00 SB
3	4	Leana du Toit (1986) RSA	W35	CG Masters	P4119		1:04.00 SB
4	5	Ashley Button (1990) RSA	W35	CG Masters	P26938		1:10.00

400m W30 & W35 400m · Women · Multiple, W30 · Final

04/30/2026, 10:00 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	3	Anja Venter (1994) RSA	WP Masters			1:03.00 SB

400m W30 & W35 400m · Women · Multiple, W35 · Final

04/30/2026, 10:00 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	6	Chantelle Breytenbach (1987) RSA	GN Masters			1:02.00
2	4	Leana du Toit (1986) RSA	CG Masters			1:04.00 SB
3	5	Ashley Button (1990) RSA	CG Masters			1:10.00

400m W40 & W45 400m · Women & Girls · Multiple · Final

04/30/2026, 10:00 AM

Place	Lane	Athlete	Age group	Club/School	Bib	React.	Result
1	4	Tracey Robertson (1980) RSA	W45		11561		59.05 SB
2	6	Ingrid Crouse (1984) RSA	W40	BND Masters	P2113		1:04.71 SB
3	7	Rozanne Georghiou (1984) RSA	W40	WilleBeer	P4405		1:08.19 SB
4	5	Elzette Schuster (1981) RSA	W40	GN Masters	P4276		1:27.19 SB

400m W40 & W45 400m · Women · Multiple, W40 · Final

04/30/2026, 10:00 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	6	Ingrid Crouse (1984) RSA	BND Masters			1:04.71 SB
2	7	Rozanne Georghiou (1984) RSA	WilleBeer			1:08.19 SB
3	5	Elzette Schuster (1981) RSA	GN Masters			1:27.19 SB

400m W40 & W45 400m · Women · Multiple, W45 · Final

04/30/2026, 10:00 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Tracey Robertson (1980) RSA				59.05 SB

400m · Men · M40 · Final

04/30/2026, 10:15 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	3	Petrus Hendrik Calitz (1985) RSA	FS Masters	P1652		58.00 SB
2	4	Steven Aronson (1983) RSA	CG Masters	P19238		59.24 SB
3	6	Qaasim Hassan (1983) RSA	ATC	15323		59.77 SB
	5	Rudi Jordaen (1983) RSA	CG Masters	9888		DNF
	2	Ryan Folster (1986) RSA		40		DNS

400m · Men · M45 · Final

04/30/2026, 10:15 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	2	Sean Brett Neethling (1980) RSA	WP Masters	P1714		1:00.47 SB
2	5	Johan Steyn (1976) NAM	QSB Athletics Club	792		1:01.75 SB
3	4	Donovan Jurgens vanderSchyf (1976)...	32GI	28008		1:03.48 SB
	3	Sibusiso Ndhlela (1980) RSA	CG Masters	P322		DNS

400m · Men · M60 · Final

04/30/2026, 10:15 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Daniel van der Vyver (1965) RSA	GN Masters	5095		59.93 SB
2	6	Winston Smit (1962) RSA	GN Masters	P5346		1:09.08 SB
3	3	Freeman Vutu (1965) RSA		130		1:10.93 SB
	2	Johan Myburgh (1961) RSA	Bellville Athletics Club	14488		
	5	Pieter Blignaut (1966) RSA	GN Masters	P5543		DNS

400m M30 & M35 400m · Men & Boys · Multiple · Final

04/30/2026, 10:15 AM

Place	Lane	Athlete	Age group	Club/School	Bib	React.	Result
1	2	Louis Smit (1990) RSA	M35		1114		51.00 SB
1	4	Willem de beer (1988) RSA	M35	GN Masters	4422		51.00 SB
3	7	Larry Beukes (1986) RSA	M35	ASEA Athlétisme Sud-Est Sou...	1022		56.00 SB
3	8	Rubin Ettiene Botha (1993) RSA	M30	FS Masters	P 282		56.00 SB
5	5	Pierre Spies (1990) RSA	M35	GN Masters	4404		57.00 SB
6	6	LJ Wickens (1986) RSA	M35	LMPO Masters	P3161		58.00 SB
7	3	Brondean Taylor (1991) RSA	M35	WP Masters	P10212		1:07.00 SB

400m M30 & M35 400m · Men · Multiple, M30 · Final

04/30/2026, 10:15 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	8	Rubin Ettiene Botha (1993) RSA	FS Masters			56.00 SB

400m M30 & M35 400m · Men · Multiple, M35 · Final

04/30/2026, 10:15 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	2	Louis Smit (1990) RSA				51.00 SB
1	4	Willem de beer (1988) RSA	GN Masters			51.00 SB
3	7	Larry Beukes (1986) RSA	ASEA Athlétisme Sud-Est Sou...			56.00 SB
4	5	Pierre Spies (1990) RSA	GN Masters			57.00 SB
5	6	LJ Wickens (1986) RSA	LMPO Masters			58.00 SB
6	3	Brondean Taylor (1991) RSA	WP Masters			1:07.00 SB

400m M50 & M55 400m · Men & Boys · Multiple · Final

04/30/2026, 10:15 AM

Place	Lane	Athlete	Age group	Club/School	Bib	React.	Result
1	4	Moses Naidoo (1972) RSA	M50	KZN Masters	P7253		53.54 SB
2	8	Jacques Jacobus Mouton (1967) RSA	M55	WP Masters	5089		58.82 SB
3	6	Spencer Koos Moraope (1972) RSA	M50	Madikwe Mambas	P1561		59.36 SB
4	5	Clinton Vermeulen (1971) RSA	M50	CG Masters	P11733		1:00.72 SB
5	2	Michael Peacock (1972) RSA	M50	WP Masters	P10256		1:02.49 SB
6	7	Maurice Fortuin (1970) RSA	M55	Drakenstein Correctional servi...	P1842		1:06.22 SB
		Phillip Bester (1970) RSA	M55	Blizz	181		
		Pius Hlatshwayo (1973) RSA	M50	CG Masters	P18674		
		Flippie Kotze (1969) RSA	M55	FS Masters	793		
		Guenther Bargon (1972) RSA	M50	Sunninghill Striders	1972		
		Rudolf Campbell (1969) NAM	M55	QSB Athletics Club	788		
		Johann Claassens (1970) RSA	M55	FS Masters	2057		
	3	Chris Stanley (1972) RSA	M50		P11416		DNS

400m M50 & M55 400m · Men · Multiple, M50 · Final

04/30/2026, 10:15 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Moses Naidoo (1972) RSA	KZN Masters			53.54 SB
2	6	Spencer Koos Moraope (1972) RSA	Madikwe Mambas			59.36 SB
3	5	Clinton Vermeulen (1971) RSA	CG Masters			1:00.72 SB
4	2	Michael Peacock (1972) RSA	WP Masters			1:02.49 SB
		Pius Hlatshwayo (1973) RSA	CG Masters			
		Guenther Bargon (1972) RSA	Sunninghill Striders			
	3	Chris Stanley (1972) RSA				DNS

400m M50 & M55 400m · Men · Multiple, M55 · Final							04/30/2026, 10:15 AM
Place	Lane	Athlete	Club/School	Bib	React.	Result	
1	8	Jacques Jacobus Mouton (1967) RSA	WP Masters			58.82 SB	
2	7	Maurice Fortuin (1970) RSA	Drakenstein Correctional servi...			1:06.22 SB	
		Johann Claassens (1970) RSA	FS Masters				
		Rudolf Campbell (1969) NAM	QSB Athletics Club				
		Flippie Kotze (1969) RSA	FS Masters				
		Phillip Bester (1970) RSA	Blizz				

400m M65 & M75 400m · Men & Boys · Multiple · Final							04/30/2026, 10:15 AM
Place	Lane	Athlete	Age group	Club/School	Bib	React.	Result
1	2	Pieter Albertus Erasmus (1960) RSA	M65	South Cape Athletics	P617		1:06.14 SB
2	3	Mehlo Minaza (1958) RSA	M65	EP Masters	58		1:07.28 SB
3	8	Len Claassen (1951) RSA	M75	WP Masters	P4151		1:22.58 SB
4	5	Rodney Trevor Jones (1959) RSA	M65	CG Masters	P15265		1:28.30 SB
5	7	Egbert De Bruyn (1957) RSA	M65	MPU Masters	P282		1:45.91 SB
	4	Dirk Johan Venter (1960) RSA	M65	CG Masters	4510		DNS
	6	Ricky Robinson (1959) RSA	M65	AAC	P11583		DNS

400m M65 & M75 400m · Men · Multiple, M65 · Final							04/30/2026, 10:15 AM
Place	Lane	Athlete	Club/School	Bib	React.	Result	
1	2	Pieter Albertus Erasmus (1960) RSA	South Cape Athletics			1:06.14 SB	
2	3	Mehlo Minaza (1958) RSA	EP Masters			1:07.28 SB	
3	5	Rodney Trevor Jones (1959) RSA	CG Masters			1:28.30 SB	
4	7	Egbert De Bruyn (1957) RSA	MPU Masters			1:45.91 SB	
	4	Dirk Johan Venter (1960) RSA	CG Masters			DNS	
	6	Ricky Robinson (1959) RSA	AAC			DNS	

400m M65 & M75 400m · Men · Multiple, M75 · Final							04/30/2026, 10:15 AM
Place	Lane	Athlete	Club/School	Bib	React.	Result	
1	8	Len Claassen (1951) RSA	WP Masters			1:22.58 SB	

80m Hurdles W45//W50/W55 & W60 80m Hurdles · Women & Girls · Multiple · Final							04/30/2026, 10:30 AM · Wind: +2.4
Place	Lane	Athlete	Age group	Club/School	Bib	React.	Result
1	4	Shona Hutchinson (1974) RSA	W50	KZN Masters	P7252		12.39
2	2	Alicia Smit (1979) RSA	W45	GN Masters	P5112		13.68
3	5	Michelle Staal (1972) RSA	W50	WP Masters	P3120		16.15
4	3	Finie Botma (1972) RSA	W50		P12279		16.93
5	6	Philna Munnik (1968) RSA	W55	CG Masters	P12319		17.22
6	7	Linda De Bruyn (1965) RSA	W60	MPU Masters	P281		32.17
7	9	Martie Boesenberg (1957) RSA	W65	GN Masters	P8383		35.58
8	10	Christa Mouton (1956) RSA	W65	GN Masters	P140		36.13
9	8	Riemke Pretorius (1963) RSA	W60	Klerksdorp KMC	961		36.82

80m Hurdles W45//W50/W55 & W60 80m Hurdles (76.2cm / 8m) · Women · Multiple, W45 · Final							04/30/2026, 10:30 AM · Wind: +2.4
Place	Lane	Athlete	Club/School	Bib	React.	Result	
1	2	Alicia Smit (1979) RSA	GN Masters			13.68	

80m Hurdles W45//W50/W55 & W60 80m Hurdles (76.2cm / 7m) · Women · Multiple, W50 · Final							04/30/2026, 10:30 AM · Wind: +2.4
Place	Lane	Athlete	Club/School	Bib	React.	Result	
1	4	Shona Hutchinson (1974) RSA	KZN Masters			12.39	
2	5	Michelle Staal (1972) RSA	WP Masters			16.15	
3	3	Finie Botma (1972) RSA				16.93	

80m Hurdles W45//W50/W55 & W60 80m Hurdles (76.2cm / 7m) · Women · Multiple, W55 · Final							04/30/2026, 10:30 AM · Wind: +2.4
Place	Lane	Athlete	Club/School	Bib	React.	Result	
1	6	Philna Munnik (1968) RSA	CG Masters			17.22	

80m Hurdles W45//W50/W55 & W60 80m Hurdles (68.6cm / 7m) · Women · Multiple, W60 · Final							04/30/2026, 10:30 AM · Wind: +2.4
Place	Lane	Athlete	Club/School	Bib	React.	Result	
1	7	Linda De Bruyn (1965) RSA	MPU Masters			32.17	
2	8	Riemke Pretorius (1963) RSA	Klerksdorp KMC			36.82	

80m Hurdles W45//W50/W55 & W60 80m Hurdles (68.6cm / 7m) · Women · Multiple, W65 · Final							04/30/2026, 10:30 AM · Wind: +2.4
Place	Lane	Athlete	Club/School	Bib	React.	Result	

1		9	Martie Boesenberg (1957) RSA		GN Masters	35.58	
2		10	Christa Mouton (1956) RSA		GN Masters	36.13	
Hep: High Jump · Women · W45 · Final							04/30/2026, 10:30 AM
Place		Athlete		Club/School	Bib	Result	
1		Tanja Juries (1979) RSA		WP Masters	P 13217	1.15 SB	
Attempts · Hep: High Jump · Women · W45 · Final							
Place		Athlete		Attempts			
1		Tanja Juries (1979) RSA		1.15 / o			
Hep: High Jump · Women · W50 · Final							04/30/2026, 10:30 AM
Place		Athlete		Club/School	Bib	Result	
1		Michelle Staal (1972) RSA			P3120	1.28 SB	
2		Finie Botma (1972) RSA			P12279	1.15 SB	
Attempts · Hep: High Jump · Women · W50 · Final							
Place		Athlete		Attempts			
1		Michelle Staal (1972) RSA		1.15 / o	1.20 / o	1.25 / o	1.28 / o
2		Finie Botma (1972) RSA		1.15 / o	1.20 / xxx		
Hep: High Jump · Women · W55 · Final							04/30/2026, 10:30 AM
Place		Athlete		Club/School	Bib	Result	
1		Philna Munnik (1968) RSA		UJ Athletics Club	P12319	1.00 SB	
Attempts · Hep: High Jump · Women · W55 · Final							
Place		Athlete		Attempts			
1		Philna Munnik (1968) RSA		1.00 / o		1.10 / xxx	
Dec: Long Jump · Men · M30 · Final							04/30/2026, 10:30 AM
Place		Athlete		Club/School	Bib	Result	Wind
1		Renier De Villiers (1991) RSA		Tuks Athletics	P5187	5.47 =SB	+0.2
Attempts · Dec: Long Jump · Men · M30 · Final							
Place		Athlete		Attempts			
1		Renier De Villiers (1991) RSA		5.47 / +0.2			
Dec: Long Jump · Men · M40 · Final							04/30/2026, 10:30 AM
Place		Athlete		Club/School	Bib	Result	Wind
1		Eben Breytenbach (1985) RSA		WilleBeer	P4421	5.68 =SB	+1.9
Attempts · Dec: Long Jump · Men · M40 · Final							
Place		Athlete		Attempts			
1		Eben Breytenbach (1985) RSA		5.68 / +1.9			
Dec: Long Jump · Men · M55 · Final							04/30/2026, 10:30 AM
Place		Athlete		Club/School	Bib	Result	Wind
1		Anthonie Johannes Scheepers (1968)...		SWD Masters	P597	4.84 =SB	+1.4
Attempts · Dec: Long Jump · Men · M55 · Final							
Place		Athlete		Attempts			
1		Anthonie Johannes Scheepers (1968)...		4.84 / +1.4			
Dec: Long Jump · Men · M60 · Final							04/30/2026, 10:30 AM
Place		Athlete		Club/School	Bib	Result	Wind
1		Andre Bartleman (1965) RSA		FS Masters	849FS	3.60	+2.9
Attempts · Dec: Long Jump · Men · M60 · Final							
Place		Athlete		Attempts			
1		Andre Bartleman (1965) RSA		3.60 / +2.9			
ThPen: Shot Put (7.26kg) · Men · M35 · Final							04/30/2026, 10:30 AM
Place		Athlete		Club/School	Bib	Result	
1		Dirk Daniel Rosslee (1987) RSA		UJ Athletics Club	19935	11.93 SB	

Attempts · ThPen: Shot Put (7.26kg) · Men · M35 · Final

Place	Athlete	Attempts
1	Dirk Daniel Rosslee (1987) RSA	11.93

ThPen: Shot Put (7.26kg) · Men · M40 · Final

04/30/2026, 10:30 AM

Place	Athlete	Club/School	Bib	Result
1	Charl Deon Viljoen (1983) RSA	GN Masters	P4230	10.31 SB
2	William Charlton van Wyk (1985) NAM	Quinton Steel Botes	794	9.66 SB

Attempts · ThPen: Shot Put (7.26kg) · Men · M40 · Final

Place	Athlete	Attempts
1	Charl Deon Viljoen (1983) RSA	10.31
2	William Charlton van Wyk (1985) NAM	9.66

ThPen: Hammer Throw (6kg) · Men · M50 · Final

04/30/2026, 10:30 AM

Place	Athlete	Club/School	Bib	Result
1	Awie Abraham Pieter Van Zyl (1973)...	GN Masters	P4231	44.43 =SB
2	Schalkwi Nolte (1975) RSA	WilleBeer	P4410	33.22 =SB

Attempts · ThPen: Hammer Throw (6kg) · Men · M50 · Final

Place	Athlete	Attempts
1	Awie Abraham Pieter Van Zyl (1973)...	44.43
2	Schalkwi Nolte (1975) RSA	33.22

ThPen: Hammer Throw (6kg) · Men · M55 · Final

04/30/2026, 10:30 AM

Place	Athlete	Club/School	Bib	Result
1	Martin Venter (1970) RSA	GN Masters	P4292	39.92 =SB
2	Gavin Schoeman (1971) RSA			38.99 =SB
3	Rowan Watson (1970) RSA	Tuks Athletics	P5101	36.60 =SB
4	Angel Alvarez Aranda (1966) RSA	Kovsies	P704	25.85 =SB

Attempts · ThPen: Hammer Throw (6kg) · Men · M55 · Final

Place	Athlete	Attempts
1	Martin Venter (1970) RSA	39.92
2	Gavin Schoeman (1971) RSA	38.99
3	Rowan Watson (1970) RSA	36.60
4	Angel Alvarez Aranda (1966) RSA	25.85

Javelin Throw (500g) · Women · W60 · Final

04/30/2026, 10:30 AM

Place	Athlete	Club/School	Bib	Result
1	Heleen Knobel (1965) RSA	SWD Masters	599	30.13 SB
2	Engelina Pretorius (1965) RSA	Epic athletics	1099	19.35 SB
3	G.A Alfrieda Bagley (1965) RSA		1808	10.29 SB

Attempts · Javelin Throw (500g) · Women · W60 · Final

Place	Athlete	Attempts
1	Heleen Knobel (1965) RSA	30.13
2	Engelina Pretorius (1965) RSA	19.35
3	G.A Alfrieda Bagley (1965) RSA	10.29

Javelin Throw (500g) · Women · W65 · Final

04/30/2026, 10:30 AM

Place	Athlete	Club/School	Bib	Result
1	Aletta Pietersen (1961) RSA	WP Masters	P2433	25.29 NR (RSA), SB
2	Farieda Dramat (1959) RSA	Bellville Athletics Club	11403	15.67 SB
3	GSP Baby du Toit (1957) RSA	Gauteng North	P4213	13.25 SB
	Rina Bruyns (1959) RSA	SWD Masters	P2084	

Attempts · Javelin Throw (500g) · Women · W65 · Final

Place	Athlete	Attempts
1	Aletta Pietersen (1961) RSA	25.29
2	Farieda Dramat (1959) RSA	15.67
3	GSP Baby du Toit (1957) RSA	13.25
	Rina Bruyns (1959) RSA	

Throws Pentathlon · Men · M50 · Final04/30/2026, 10:30 AM

Place	Athlete		Club/School	Bib	Result	
1	Awie Abraham Pieter Van Zyl (1973)...		GN Masters	P4231	3559 SB	
	HT	SP	DT	JT	WT	Total
Result	44.43 (1)	13.27 (1)	41.77 (1)	39.53 (1)	16.10 (1)	
Points	679	809	707	568	796	3559

2	Schalkwi Nolte (1975) RSA		WilleBeer	P4410	2504 SB	
	HT	SP	DT	JT	WT	Total
Result	33.22 (2)	8.90 (2)	30.47 (2)	33.56 (2)	12.43 (2)	
Points	477	502	478	460	587	2504

Throws Pentathlon · Men · M55 · Final04/30/2026, 10:30 AM

Place	Athlete		Club/School	Bib	Result	
1	Rowan Watson (1970) RSA		Tuks Athletics	P5101	3492 SB	
	HT	SP	DT	JT	WT	Total
Result	36.60 (3)	11.18 (3)	44.80 (1)	36.99 (1)	14.34 (1)	
Points	590	721	844	583	754	3492

2	Martin Venter (1970) RSA		GN Masters	P4292	3289 SB	
	HT	SP	DT	JT	WT	Total
Result	39.92 (1)	11.78 (1)	33.14 (4)	34.25 (2)	14.34 (1)	
Points	655	767	584	529	754	3289

3	Gavin Schoeman (1971) RSA				2876 SB	
	HT	SP	DT	JT	WT	Total
Result	38.99 (2)	9.52 (4)	33.53 (3)	23.52 (4)	13.94 (3)	
Points	637	595	593	321	730	2876

4	Angel Alvarez Aranda (1966) RSA		Kovsies	P704	2563 SB	
	HT	SP	DT	JT	WT	Total
Result	25.85 (4)	11.48 (2)	34.23 (2)	24.76 (3)	9.87 (4)	
Points	383	744	608	345	483	2563

80m Hurdles (76.2cm / 7m) · Men · M70 · Final04/30/2026, 10:40 AM · Wind: +1.9

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Sarel du Toit (1955) RSA	GN Masters	P4220		16.03 SB

100m Hurdles (91.4cm / 8.5m) · Men · M50 · Final04/30/2026, 11:10 AM · Wind: +1.9

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Jannie Venter (1975) RSA	Jeffreys Bay AC	2463		15.19 SB
2	4	Morne Slabbert (1975) RSA	Protea Atletiek Klub	P1588		19.53 SB
	6	Riaan Vosloo (1975) RSA		3675		DNS

100m Hurdles (91.4cm / 8.5m) · Men · M55 · Final04/30/2026, 11:10 AM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Scott Russell (1968) RSA		P12564		16.94
2	6	Eghardt Brand (1968) RSA	Bellville Athletics Club	P16147		23.10
	5	Anthonie Johannes Scheepers (1968)...	SWD Masters	P597		DNS

100m Hurdles (83.8cm / 8m) · Men · M60 · Final04/30/2026, 11:10 AM · Wind: +2.1

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	David Fourie (1965) RSA	Fast Feet	P7265		16.20
2	4	Christo Horn (1964) RSA	CG Masters	P8185		18.75
3	6	Andre Bartleman (1965) RSA	FS Masters	849FS		22.78

ThPen: Shot Put (6kg) · Men · M50 · Final04/30/2026, 11:15 AM

Place	Athlete		Club/School	Bib	Result
1	Awie Abraham Pieter Van Zyl (1973)...		GN Masters	P4231	13.27 =SB
2	Schalkwi Nolte (1975) RSA		WilleBeer	P4410	8.90 =SB

Attempts · ThPen: Shot Put (6kg) · Men · M50 · Final

Place	Athlete	Attempts
1	Awie Abraham Pieter Van Zyl (1973)...	13.27
2	Schalkwi Nolte (1975) RSA	8.90

ThPen: Shot Put (6kg) · Men · M55 · Final				04/30/2026, 11:15 AM
Place	Athlete	Club/School	Bib	Result
1	Martin Venter (1970) RSA	GN Masters	P4292	11.78 =SB
2	Angel Alvarez Aranda (1966) RSA	Kovsies	P704	11.48 =SB
3	Rowan Watson (1970) RSA	Tuks Athletics	P5101	11.18 =SB
4	Gavin Schoeman (1971) RSA			9.52 =SB

Attempts · ThPen: Shot Put (6kg) · Men · M55 · Final				
Place	Athlete	Attempts		
1	Martin Venter (1970) RSA	11.78		
2	Angel Alvarez Aranda (1966) RSA	11.48		
3	Rowan Watson (1970) RSA	11.18		
4	Gavin Schoeman (1971) RSA	9.52		

ThPen: Discus Throw (2kg) · Men · M35 · Final				04/30/2026, 11:15 AM
Place	Athlete	Club/School	Bib	Result
1	Dirk Daniel Rosslee (1987) RSA	UJ Athletics Club	19935	33.38 =SB

Attempts · ThPen: Discus Throw (2kg) · Men · M35 · Final				
Place	Athlete	Attempts		
1	Dirk Daniel Rosslee (1987) RSA	33.38		

ThPen: Discus Throw (2kg) · Men · M40 · Final				04/30/2026, 11:15 AM
Place	Athlete	Club/School	Bib	Result
1	Charl Deon Viljoen (1983) RSA	GN Masters	P4230	33.68 =SB
2	William Charlton van Wyk (1985) NAM	Quinton Steel Botes	794	29.63 =SB

Attempts · ThPen: Discus Throw (2kg) · Men · M40 · Final				
Place	Athlete	Attempts		
1	Charl Deon Viljoen (1983) RSA	33.68		
2	William Charlton van Wyk (1985) NAM	29.63		

ThPen: Hammer Throw (5kg) · Men · M60 · Final				04/30/2026, 11:15 AM
Place	Athlete	Club/School	Bib	Result
1	Burton Haupt (1961) RSA	GN Masters	4232	43.78 SB
2	Peter John Ras (1962) RSA	GN Masters	3002	40.72 SB
3	Vic Bezuidenhout (1961) RSA	GN Masters	P4261	36.50 SB
4	William Boswel (1966) RSA	GN Masters	P 4257	35.50 SB
5	Dirk Odendaal (1965) RSA		P1022	28.14 SB
6	Gerald Ras (1965) RSA	SWD Masters	P619	27.64 SB

Attempts · ThPen: Hammer Throw (5kg) · Men · M60 · Final				
Place	Athlete	Attempts		
1	Burton Haupt (1961) RSA	43.78		
2	Peter John Ras (1962) RSA	40.72		
3	Vic Bezuidenhout (1961) RSA	36.50		
4	William Boswel (1966) RSA	35.50		
5	Dirk Odendaal (1965) RSA	28.14		
6	Gerald Ras (1965) RSA	27.64		

ThPen: Hammer Throw (5kg) · Men · M65 · Final				04/30/2026, 11:15 AM
Place	Athlete	Club/School	Bib	Result
1	Stephen Kichenbrand (1957) RSA	ASWD	P603	37.40 SB
2	John Aspeling (1960) RSA	GN Masters	P4209	21.45 SB

Attempts · ThPen: Hammer Throw (5kg) · Men · M65 · Final				
Place	Athlete	Attempts		
1	Stephen Kichenbrand (1957) RSA	37.40		
2	John Aspeling (1960) RSA	21.45		

ThPen: Hammer Throw (4kg) · Men · M70 · Final				04/30/2026, 11:15 AM
Place	Athlete	Club/School	Bib	Result
1	Mathys Gerhardus Du Plessis (1951)...	GN Masters	South africa	28.02 SB
2	Joseph Johannes Buks Myburgh (195...	Quinton Steel Botes	Temp licence	27.74 SB

Attempts · ThPen: Hammer Throw (4kg) · Men · M70 · Final

Place	Athlete	Attempts
1	Mathys Gerhardus Du Plessis (1951)...	28.02
2	Joseph Johannes Buks Myburgh (195...	27.74

ThPen: Hammer Throw (3kg) · Men · M85 · Final

04/30/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
1	Victor Young (1937) RSA	GN Masters	P4219	18.68

Attempts · ThPen: Hammer Throw (3kg) · Men · M85 · Final

Place	Athlete	Attempts
1	Victor Young (1937) RSA	18.68

Javelin Throw (500g) · Women · W50 · Final

04/30/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
1	Yolanda Elizabeth Rieckert (1975) RSA	GN Masters	4277	25.90 SB
2	Azel de Villiers (1975) RSA	UJ Athletics Club	P24456	19.63 SB
3	Michelle Staal (1972) RSA		P3120	18.90 SB
4	Margaret Snyders (1971) RSA	WP Masters	P 13216	14.91 SB
5	Annette Erasmus (1972) RSA	South Cape Athletics	P616	13.11 SB

Attempts · Javelin Throw (500g) · Women · W50 · Final

Place	Athlete	Attempts
1	Yolanda Elizabeth Rieckert (1975) RSA	25.90
2	Azel de Villiers (1975) RSA	19.63
3	Michelle Staal (1972) RSA	18.90
4	Margaret Snyders (1971) RSA	14.91
5	Annette Erasmus (1972) RSA	13.11

Javelin Throw (500g) · Women · W55 · Final

04/30/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
1	Agnesse Scott (1967) RSA	BND Masters	435	25.79 SB
2	Marinda Maria Coetzer (1970) RSA		3162	23.35 SB
3	Louise Messias (1969) RSA		2104	15.30 SB
4	Susanna Aletta Vosloo (1968) RSA	Boxer Athletic Club	P487	10.95 SB
	Glory Shabangu (1969) RSA	Gauteng Health AC	P23435	DNS

Attempts · Javelin Throw (500g) · Women · W55 · Final

Place	Athlete	Attempts
1	Agnesse Scott (1967) RSA	25.79
2	Marinda Maria Coetzer (1970) RSA	23.35
3	Louise Messias (1969) RSA	15.30
4	Susanna Aletta Vosloo (1968) RSA	10.95
	Glory Shabangu (1969) RSA	

Throws Pentathlon · Men · M60 · Final

04/30/2026, 11:15 AM

Place	Athlete		Club/School	Bib	Result	
1	Burton Haupt (1961) RSA		GN Masters	4232	3835	
	HT	SP	DT	JT	WT	Total
Result	43.78 (1)	13.51 (1)	48.86 (1)	34.53 (2)	17.17 (1)	
Points	725	885	811	547	867	3835
2	Vic Bezuidenhout (1961) RSA		GN Masters	P4261	3213 SB	
	HT	SP	DT	JT	WT	Total
Result	36.50 (3)	11.79 (2)	36.55 (2)	37.03 (1)	14.41 (4)	
Points	584	755	569	598	707	3213
3	William Boswel (1966) RSA		GN Masters	P 4257	3014 SB	
	HT	SP	DT	JT	WT	Total
Result	35.50 (4)	11.40 (3)	35.19 (3)	30.82 (3)	14.42 (3)	
Points	564	726	543	473	708	3014
4	Peter John Ras (1962) RSA		GN Masters	3002	2990 SB	
	HT	SP	DT	JT	WT	Total
Result	40.72 (2)	10.26 (4)	34.54 (4)	27.47 (4)	15.09 (2)	
Points	665	641	531	407	746	2990

5	Gerald Ras (1965) RSA		SWD Masters	P619	2131 SB	
	HT	SP	DT	JT	WT	Total
Result	27.64 (6)	9.14 (5)	26.52 (6)	22.47 (5)	10.30 (6)	
Points	414	557	378	309	473	2131

6	Dirk Odendaal (1965) RSA			P1022	2090 SB	
	HT	SP	DT	JT	WT	Total
Result	28.14 (5)	8.26 (6)	28.64 (5)	18.65 (6)	11.13 (5)	
Points	424	493	418	236	519	2090

Throws Pentathlon · Men · M65 · Final 04/30/2026, 11:15 AM

Place	Athlete		Club/School	Bib	Result	
1	Stephen Kichenbrand (1957) RSA		SWD Masters	P603	3700 SB	
	HT	SP	DT	JT	WT	Total
Result	37.40 (1)	10.58 (1)	38.41 (1)	43.19 (1)	14.77 (1)	
Points	673	733	678	822	794	3700

2	John Aspeling (1960) RSA		GN Masters	P4209	2597 SB	
	HT	SP	DT	JT	WT	Total
Result	21.45 (2)	9.25 (2)	29.20 (2)	33.48 (2)	10.85 (2)	
Points	337	625	483	601	551	2597

Throws Pentathlon · Men · M70 · Final 04/30/2026, 11:15 AM

Place	Athlete		Club/School	Bib	Result	
1	Mathys Gerhardus Du Plessis (1951)...		GN Masters	South africa	2540 SB	
	HT	SP	DT	JT	WT	Total
Result	28.02 (1)	9.54 (2)	24.22 (2)	21.76 (2)	13.16 (1)	
Points	470	633	434	354	649	2540

2	Joseph Johannes Buks Myburgh (195...		Quinton Steel Botes	Temp licence	2506 SB	
	HT	SP	DT	JT	WT	Total
Result	27.74 (2)	10.23 (1)	28.50 (1)	25.32 (1)	8.63 (2)	
Points	464	687	533	434	388	2506

Throws Pentathlon · Men · M85 · Final 04/30/2026, 11:15 AM

Place	Athlete		Club/School	Bib	Result	
1	Victor Young (1937) RSA		GN Masters	P4219	1918 SB	
	HT	SP	DT	JT	WT	Total
Result	18.68 (1)	6.14 (1)	14.60 (1)	10.50 (1)	8.61 (1)	
Points	398	463	383	202	472	1918

110m Hurdles (99.1cm / 9.14m) · Men · M30 · Final 04/30/2026, 11:25 AM · Wind: +1.2

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Jean-Pierre Kitshoff (1991) RSA	GN Masters	P5067		16.58 SB

110m Hurdles (99.1cm / 9.14m) · Men · M40 · Final 04/30/2026, 11:25 AM · Wind: +1.2

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Ntsikelelo Sebe (1982) RSA	EP Masters	1436		26.83 SB

Dec: Shot Put (7.26kg) · Men · M30 · Final 04/30/2026, 11:40 AM

Place	Athlete		Club/School	Bib	Result	
1	Renier De Villiers (1991) RSA		Tuks Athletics	P5187	10.18 SB	

Attempts · Dec: Shot Put (7.26kg) · Men · M30 · Final

Place	Athlete	Attempts
1	Renier De Villiers (1991) RSA	10.18

Dec: Shot Put (7.26kg) · Men · M40 · Final 04/30/2026, 11:40 AM

Place	Athlete		Club/School	Bib	Result	
1	Eben Breytenbach (1985) RSA		WilleBeer	P4421	10.34 SB	

Attempts · Dec: Shot Put (7.26kg) · Men · M40 · Final

Place	Athlete	Attempts
1	Eben Breytenbach (1985) RSA	10.34

Dec: Shot Put (6kg) · Men · M55 · Final				04/30/2026, 11:40 AM
Place	Athlete	Club/School	Bib	Result
1	Anthony Johannes Scheepers (1968)...	SWD Masters	P597	8.64 SB

Attempts · Dec: Shot Put (6kg) · Men · M55 · Final				
Place	Athlete	Attempts		
1	Anthony Johannes Scheepers (1968)...	8.64		

Dec: Shot Put (5kg) · Men · M60 · Final				04/30/2026, 11:40 AM
Place	Athlete	Club/School	Bib	Result
1	Andre Bartleman (1965) RSA	FS Masters	849FS	8.61 SB

Attempts · Dec: Shot Put (5kg) · Men · M60 · Final				
Place	Athlete	Attempts		
1	Andre Bartleman (1965) RSA	8.61		

Hammer Throw (3kg) · Women · W70 · Final				04/30/2026, 11:40 AM
Place	Athlete	Club/School	Bib	Result
1	Ronel Griesel (1953) RSA	Bellville Athletics Club	11401	19.31 SB
2	Aletta Du Toit (1951) RSA	WP Masters	11440	16.50 SB
3	Annette van Dyk (1955) RSA	GN Masters	P4208	15.51 SB

Attempts · Hammer Throw (3kg) · Women · W70 · Final				
Place	Athlete	Attempts		
1	Ronel Griesel (1953) RSA	19.31		
2	Aletta Du Toit (1951) RSA	16.50		
3	Annette van Dyk (1955) RSA	15.51		

Hammer Throw (2kg) · Women · W75 · Final				04/30/2026, 11:40 AM
Place	Athlete	Club/School	Bib	Result
1	Ena Fourie (1948) RSA	GN Masters	4291	24.10
2	Suzi Van Eck (1949) RSA	GN Masters	4269	18.35 SB
3	Rita Laker (1947) RSA	GN Masters	4599	18.20 SB

Attempts · Hammer Throw (2kg) · Women · W75 · Final				
Place	Athlete	Attempts		
1	Ena Fourie (1948) RSA	24.10		
2	Suzi Van Eck (1949) RSA	18.35		
3	Rita Laker (1947) RSA	18.20		

Hammer Throw (2kg) · Women · W80 · Final				04/30/2026, 11:40 AM
Place	Athlete	Club/School	Bib	Result
1	Elize Grobbelaar (1945) RSA	WP Masters	11444	18.91 SB
2	Babsie Grobler (1943) RSA	GN Masters	P 4218	17.92 SB

Attempts · Hammer Throw (2kg) · Women · W80 · Final				
Place	Athlete	Attempts		
1	Elize Grobbelaar (1945) RSA	18.91		
2	Babsie Grobler (1943) RSA	17.92		

ThPen: Shot Put (3kg) · Men · M85 · Final				04/30/2026, 12:30 PM
Place	Athlete	Club/School	Bib	Result
1	Victor Young (1937) RSA	GN Masters	P4219	6.14

Attempts · ThPen: Shot Put (3kg) · Men · M85 · Final				
Place	Athlete	Attempts		
1	Victor Young (1937) RSA	6.14		

ThPen: Discus Throw (1.5kg) · Men · M55 · Final				04/30/2026, 12:30 PM
Place	Athlete	Club/School	Bib	Result
1	Rowan Watson (1970) RSA	Tuks Athletics	P5101	44.80 =SB
2	Angel Alvarez Aranda (1966) RSA	Kovsies	P704	34.23 =SB
3	Gavin Schoeman (1971) RSA			33.53 =SB
4	Martin Venter (1970) RSA	GN Masters	P4292	33.14 =SB

Attempts · ThPen: Discus Throw (1.5kg) · Men · M55 · Final

Place	Athlete	Attempts
1	Rowan Watson (1970) RSA	44.80
2	Angel Alvarez Aranda (1966) RSA	34.23
3	Gavin Schoeman (1971) RSA	33.53
4	Martin Venter (1970) RSA	33.14

ThPen: Javelin Throw (800g) · Men · M35 · Final

04/30/2026, 12:30 PM

Place	Athlete	Club/School	Bib	Result
1	Dirk Daniel Rosslee (1987) RSA	UJ Athletics Club	19935	37.33 SB

Attempts · ThPen: Javelin Throw (800g) · Men · M35 · Final

Place	Athlete	Attempts
1	Dirk Daniel Rosslee (1987) RSA	37.33

ThPen: Javelin Throw (800g) · Men · M40 · Final

04/30/2026, 12:30 PM

Place	Athlete	Club/School	Bib	Result
1	William Charlton van Wyk (1985) NAM	Quinton Steel Botes	794	42.21 SB
2	Charl Deon Viljoen (1983) RSA	GN Masters	P4230	32.04 SB

Attempts · ThPen: Javelin Throw (800g) · Men · M40 · Final

Place	Athlete	Attempts
1	William Charlton van Wyk (1985) NAM	42.21
2	Charl Deon Viljoen (1983) RSA	32.04

ThPen: Shot Put (5kg) · Men · M60 · Final

04/30/2026, 12:45 PM

Place	Athlete	Club/School	Bib	Result
1	Burton Haupt (1961) RSA	GN Masters	4232	13.51 SB
2	Vic Bezuidenhout (1961) RSA	GN Masters	P4261	11.79 SB
3	William Boswel (1966) RSA	GN Masters	P 4257	11.40 SB
4	Peter John Ras (1962) RSA	GN Masters	3002	10.26 SB
5	Gerald Ras (1965) RSA	SWD Masters	P619	9.14 SB
6	Dirk Odendaal (1965) RSA		P1022	8.26 SB

Attempts · ThPen: Shot Put (5kg) · Men · M60 · Final

Place	Athlete	Attempts
1	Burton Haupt (1961) RSA	13.51
2	Vic Bezuidenhout (1961) RSA	11.79
3	William Boswel (1966) RSA	11.40
4	Peter John Ras (1962) RSA	10.26
5	Gerald Ras (1965) RSA	9.14
6	Dirk Odendaal (1965) RSA	8.26

ThPen: Shot Put (5kg) · Men · M65 · Final

04/30/2026, 12:45 PM

Place	Athlete	Club/School	Bib	Result
1	Stephen Kichenbrand (1957) RSA	ASWD	P603	10.58 SB
2	John Aspeling (1960) RSA	GN Masters	P4209	9.25 SB

Attempts · ThPen: Shot Put (5kg) · Men · M65 · Final

Place	Athlete	Attempts
1	Stephen Kichenbrand (1957) RSA	10.58
2	John Aspeling (1960) RSA	9.25

ThPen: Shot Put (4kg) · Men · M70 · Final

04/30/2026, 12:45 PM

Place	Athlete	Club/School	Bib	Result
1	Joseph Johannes Buks Myburgh (195...	Quinton Steel Botes	Temp licence	10.23 SB
2	Mathys Gerhardus Du Plessis (1951)...	GN Masters	South africa	9.54 SB

Attempts · ThPen: Shot Put (4kg) · Men · M70 · Final

Place	Athlete	Attempts
1	Joseph Johannes Buks Myburgh (195...	10.23
2	Mathys Gerhardus Du Plessis (1951)...	9.54

ThPen: Discus Throw (1.5kg) · Men · M50 · Final

04/30/2026, 12:45 PM

Place	Athlete	Club/School	Bib	Result
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1	Awie Abraham Pieter Van Zyl (1973)...	GN Masters	P4231	41.77 SB
2	Schalkwi Nolte (1975) RSA	WilleBeer	P4410	30.47 SB

Attempts · ThPen: Discus Throw (1.5kg) · Men · M50 · Final

Place	Athlete	Attempts
1	Awie Abraham Pieter Van Zyl (1973)...	41.77
2	Schalkwi Nolte (1975) RSA	30.47

Dec: High Jump · Men · M30 · Final				04/30/2026, 01:15 PM
Place	Athlete	Club/School	Bib	Result
1	Renier De Villiers (1991) RSA	Tuks Athletics	P5187	1.60 SB

Attempts · Dec: High Jump · Men · M30 · Final

Place	Athlete	Attempts
1	Renier De Villiers (1991) RSA	1.60 / o

Dec: High Jump · Men · M40 · Final				04/30/2026, 01:15 PM
Place	Athlete	Club/School	Bib	Result
1	Eben Breytenbach (1985) RSA	WilleBeer	P4421	1.50 SB

Attempts · Dec: High Jump · Men · M40 · Final

Place	Athlete	Attempts
1	Eben Breytenbach (1985) RSA	1.50 / o

Dec: High Jump · Men · M55 · Final				04/30/2026, 01:15 PM
Place	Athlete	Club/School	Bib	Result
	Anthonie Johannes Scheepers (1968)...	SWD Masters	P597	DNS

Attempts · Dec: High Jump · Men · M55 · Final

Place	Athlete	Attempts

Dec: High Jump · Men · M60 · Final				04/30/2026, 01:15 PM
Place	Athlete	Club/School	Bib	Result
1	Andre Bartleman (1965) RSA	FS Masters	849FS	1.36 SB

Attempts · Dec: High Jump · Men · M60 · Final

Place	Athlete	Attempts
1	Andre Bartleman (1965) RSA	1.36 / o

Hep: Shot Put (4kg) · Women · W45 · Final				04/30/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Tanja Juries (1979) RSA	WP Masters	P 13217	5.85 SB

Attempts · Hep: Shot Put (4kg) · Women · W45 · Final

Place	Athlete	Attempts
1	Tanja Juries (1979) RSA	5.85

Hep: Shot Put (3kg) · Women · W50 · Final				04/30/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Michelle Staal (1972) RSA		P3120	8.19 SB
2	Finie Botma (1972) RSA		P12279	6.80 SB

Attempts · Hep: Shot Put (3kg) · Women · W50 · Final

Place	Athlete	Attempts
1	Michelle Staal (1972) RSA	8.19
2	Finie Botma (1972) RSA	6.80

Hep: Shot Put (3kg) · Women · W55 · Final				04/30/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Philna Munnik (1968) RSA	UJ Athletics Club	P12319	5.88 SB

Attempts · Hep: Shot Put (3kg) · Women · W55 · Final

Place	Athlete	Attempts
1	Philna Munnik (1968) RSA	5.88

ThPen: Discus Throw (1kg) · Men · M60 · Final				04/30/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Burton Haupt (1961) RSA	GN Masters	4232	48.86 SB
2	Vic Bezuidenhout (1961) RSA	GN Masters	P4261	36.55 SB
3	William Boswel (1966) RSA	GN Masters	P 4257	35.19 SB
4	Peter John Ras (1962) RSA	GN Masters	3002	34.54 SB
5	Dirk Odendaal (1965) RSA		P1022	28.64 SB
6	Gerald Ras (1965) RSA	SWD Masters	P619	26.52 SB

Attempts · ThPen: Discus Throw (1kg) · Men · M60 · Final		
Place	Athlete	Attempts
1	Burton Haupt (1961) RSA	48.86
2	Vic Bezuidenhout (1961) RSA	36.55
3	William Boswel (1966) RSA	35.19
4	Peter John Ras (1962) RSA	34.54
5	Dirk Odendaal (1965) RSA	28.64
6	Gerald Ras (1965) RSA	26.52

ThPen: Discus Throw (1kg) · Men · M65 · Final				04/30/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Stephen Kichenbrand (1957) RSA	ASWD	P603	38.41 SB
2	John Aspeling (1960) RSA	GN Masters	P4209	29.20 SB

Attempts · ThPen: Discus Throw (1kg) · Men · M65 · Final		
Place	Athlete	Attempts
1	Stephen Kichenbrand (1957) RSA	38.41
2	John Aspeling (1960) RSA	29.20

ThPen: Discus Throw (1kg) · Men · M70 · Final				04/30/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Joseph Johannes Buks Myburgh (195...	Quinton Steel Botes	Temp licence	28.50 SB
2	Mathys Gerhardus Du Plessis (1951)...	GN Masters	South africa	24.22 SB

Attempts · ThPen: Discus Throw (1kg) · Men · M70 · Final		
Place	Athlete	Attempts
1	Joseph Johannes Buks Myburgh (195...	28.50
2	Mathys Gerhardus Du Plessis (1951)...	24.22

ThPen: Discus Throw (1kg) · Men · M85 · Final				04/30/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Victor Young (1937) RSA	GN Masters	P4219	14.60 SB

Attempts · ThPen: Discus Throw (1kg) · Men · M85 · Final		
Place	Athlete	Attempts
1	Victor Young (1937) RSA	14.60

Hammer Throw (3kg) · Women · W60 · Final				04/30/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Heleen Knobel (1965) RSA	SWD Masters	599	42.11 SB
2	Engelina Pretorius (1965) RSA	Epic athletics	1099	20.57 SB

Attempts · Hammer Throw (3kg) · Women · W60 · Final		
Place	Athlete	Attempts
1	Heleen Knobel (1965) RSA	42.11
2	Engelina Pretorius (1965) RSA	20.57

Hammer Throw (3kg) · Women · W65 · Final				04/30/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Rina Bruyns (1959) RSA	SWD Masters	P2084	23.60 SB
2	Farieda Dramat (1959) RSA	Bellville Athletics Club	11403	22.22 SB
3	GSP Baby du Toit (1957) RSA	Gauteng North	P4213	18.19 SB

Attempts · Hammer Throw (3kg) · Women · W65 · Final		
Place	Athlete	Attempts
1	Rina Bruyns (1959) RSA	23.60

2	Farieda Dramat (1959) RSA	22.22
3	GSP Baby du Toit (1957) RSA	18.19

ThPen: Javelin Throw (700g) · Men · M50 · Final 04/30/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Awie Abraham Pieter Van Zyl (1973)...	GN Masters	P4231	39.53 SB
2	Schalkwi Nolte (1975) RSA	WilleBeer	P4410	33.56 SB

Attempts · ThPen: Javelin Throw (700g) · Men · M50 · Final

Place	Athlete	Attempts
1	Awie Abraham Pieter Van Zyl (1973)...	39.53
2	Schalkwi Nolte (1975) RSA	33.56

ThPen: Javelin Throw (700g) · Men · M55 · Final 04/30/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Rowan Watson (1970) RSA	Tuks Athletics	P5101	36.99 SB
2	Martin Venter (1970) RSA	GN Masters	P4292	34.25 SB
3	Angel Alvarez Aranda (1966) RSA	Kovsies	P704	24.76 SB
4	Gavin Schoeman (1971) RSA			23.52 SB

Attempts · ThPen: Javelin Throw (700g) · Men · M55 · Final

Place	Athlete	Attempts
1	Rowan Watson (1970) RSA	36.99
2	Martin Venter (1970) RSA	34.25
3	Angel Alvarez Aranda (1966) RSA	24.76
4	Gavin Schoeman (1971) RSA	23.52

ThPen: Weight Throw (35lbs / 15.88kg) · Men · M35 · Final 04/30/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Dirk Daniel Rosslee (1987) RSA	UJ Athletics Club	19935	11.44 SB

Attempts · ThPen: Weight Throw (35lbs / 15.88kg) · Men · M35 · Final

Place	Athlete	Attempts
1	Dirk Daniel Rosslee (1987) RSA	11.44

ThPen: Weight Throw (35lbs / 15.88kg) · Men · M40 · Final 04/30/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Charl Deon Viljoen (1983) RSA	GN Masters	P4230	10.64 SB
2	William Charlton van Wyk (1985) NAM	Quinton Steel Botes	794	8.50 SB

Attempts · ThPen: Weight Throw (35lbs / 15.88kg) · Men · M40 · Final

Place	Athlete	Attempts
1	Charl Deon Viljoen (1983) RSA	10.64
2	William Charlton van Wyk (1985) NAM	8.50

Hammer Throw (3kg) · Women · W50 · Final 04/30/2026, 02:00 PM

Place	Athlete	Club/School	Bib	Result
1	Azel de Villiers (1975) RSA	CG Masters	P24456	36.03 SB
2	Magdalena Daleen Fleming (1972) RSA	GN Masters	9619	33.76 SB
3	Yolanda Elizabeth Rieckert (1975) RSA	GN Masters	4277	19.26 SB
4	Margaret Snyders (1971) RSA	WP Masters	P 13216	19.04 SB

Attempts · Hammer Throw (3kg) · Women · W50 · Final

Place	Athlete	Attempts
1	Azel de Villiers (1975) RSA	36.03
2	Magdalena Daleen Fleming (1972) RSA	33.76
3	Yolanda Elizabeth Rieckert (1975) RSA	19.26
4	Margaret Snyders (1971) RSA	19.04

Hammer Throw (3kg) · Women · W55 · Final 04/30/2026, 02:00 PM

Place	Athlete	Club/School	Bib	Result
1	Louise Messias (1969) RSA		2104	22.24 SB
2	Marinda Maria Coetzer (1970) RSA		3162	20.75 SB
3	Esmarie Bridgland (1968) RSA	GN Masters	4223	19.97 SB
4	Susanna Aletta Vosloo (1968) RSA	Boxer Athletic Club	P487	19.05 SB

Attempts · Hammer Throw (3kg) · Women · W55 · Final

Place	Athlete	Attempts
1	Louise Messias (1969) RSA	22.24
2	Marinda Maria Coetzer (1970) RSA	20.75
3	Esmarie Bridgland (1968) RSA	19.97
4	Susanna Aletta Vosloo (1968) RSA	19.05

ThPen: Javelin Throw (600g) · Men · M60 · Final

04/30/2026, 02:15 PM

Place	Athlete	Club/School	Bib	Result
1	Vic Bezuidenhout (1961) RSA	GN Masters	P4261	37.03 SB
2	Burton Haupt (1961) RSA	GN Masters	4232	34.53 SB
3	William Boswel (1966) RSA	GN Masters	P 4257	30.82 SB
4	Peter John Ras (1962) RSA	GN Masters	3002	27.47 SB
5	Gerald Ras (1965) RSA	SWD Masters	P619	22.47 SB
6	Dirk Odendaal (1965) RSA		P1022	18.65 SB

Attempts · ThPen: Javelin Throw (600g) · Men · M60 · Final

Place	Athlete	Attempts
1	Vic Bezuidenhout (1961) RSA	37.03
2	Burton Haupt (1961) RSA	34.53
3	William Boswel (1966) RSA	30.82
4	Peter John Ras (1962) RSA	- 27.47
5	Gerald Ras (1965) RSA	22.47 18.12
6	Dirk Odendaal (1965) RSA	18.65

ThPen: Javelin Throw (600g) · Men · M65 · Final

04/30/2026, 02:15 PM

Place	Athlete	Club/School	Bib	Result
1	Stephen Kichenbrand (1957) RSA	ASWD	P603	43.19 SB
2	John Aspeling (1960) RSA	GN Masters	P4209	33.48 SB

Attempts · ThPen: Javelin Throw (600g) · Men · M65 · Final

Place	Athlete	Attempts
1	Stephen Kichenbrand (1957) RSA	43.19
2	John Aspeling (1960) RSA	33.48

ThPen: Javelin Throw (500g) · Men · M70 · Final

04/30/2026, 02:15 PM

Place	Athlete	Club/School	Bib	Result
1	Joseph Johannes Buks Myburgh (195...	Quinton Steel Botes	Temp licence	25.32 SB
2	Mathys Gerhardus Du Plessis (1951)...	GN Masters	South africa	21.76 SB

Attempts · ThPen: Javelin Throw (500g) · Men · M70 · Final

Place	Athlete	Attempts
1	Joseph Johannes Buks Myburgh (195...	25.32
2	Mathys Gerhardus Du Plessis (1951)...	21.76

ThPen: Javelin Throw (400g) · Men · M85 · Final

04/30/2026, 02:15 PM

Place	Athlete	Club/School	Bib	Result
1	Victor Young (1937) RSA	GN Masters	P4219	10.50 SB

Attempts · ThPen: Javelin Throw (400g) · Men · M85 · Final

Place	Athlete	Attempts
1	Victor Young (1937) RSA	10.50

ThPen: Weight Throw (25lbs / 11.34kg) · Men · M50 · Final

04/30/2026, 02:15 PM

Place	Athlete	Club/School	Bib	Result
1	Awie Abraham Pieter Van Zyl (1973)...	GN Masters	P4231	16.10 SB
2	Schalkwi Nolte (1975) RSA	WilleBeer	P4410	12.43 SB

Attempts · ThPen: Weight Throw (25lbs / 11.34kg) · Men · M50 · Final

Place	Athlete	Attempts
1	Awie Abraham Pieter Van Zyl (1973)...	16.10
2	Schalkwi Nolte (1975) RSA	12.43

ThPen: Weight Throw (25lbs / 11.34kg) · Men · M55 · Final

04/30/2026, 02:15 PM

Place	Athlete	Club/School	Bib	Result
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1	Martin Venter (1970) RSA	GN Masters	P4292	14.34 SB
1	Rowan Watson (1970) RSA	Tuks Athletics	P5101	14.34 SB
3	Gavin Schoeman (1971) RSA			13.94 SB
4	Angel Alvarez Aranda (1966) RSA	Kovsies	P704	9.87 SB

Attempts · ThPen: Weight Throw (25lbs / 11.34kg) · Men · M55 · Final

Place	Athlete	Attempts
1	Martin Venter (1970) RSA	14.34
1	Rowan Watson (1970) RSA	14.34
3	Gavin Schoeman (1971) RSA	13.94
4	Angel Alvarez Aranda (1966) RSA	9.87

Hep: 200m · Women · W45 · Final

04/30/2026, 02:30 PM · Wind: +2.6

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Tanja Juries (1979) RSA	WP Masters	P 13217		30.13

Hep: 200m · Women · W50 · Final

04/30/2026, 02:30 PM · Wind: +2.6

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Finie Botma (1972) RSA		P12279		32.25
2	6	Michelle Staal (1972) RSA		P3120		32.73

Hep: 200m · Women · W55 · Final

04/30/2026, 02:30 PM · Wind: +2.6

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	6	Philna Munnik (1968) RSA	UJ Athletics Club	P12319		33.70

Dec: 400m · Men · M30 · Final

04/30/2026, 02:45 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	2	Renier De Villiers (1991) RSA	Tuks Athletics	P5187		1:01.89 SB

Dec: 400m · Men · M40 · Final

04/30/2026, 02:45 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	3	Eben Breytenbach (1985) RSA	WilleBeer	P4421		56.31 SB

Dec: 400m · Men · M55 · Final

04/30/2026, 02:45 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
	4	Anthonie Johannes Scheepers (1968)...	SWD Masters	P597		DNS

Dec: 400m · Men · M60 · Final

04/30/2026, 02:45 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1		Andre Bartleman (1965) RSA	FS Masters	849FS		1:27.04 SB

Hammer Throw (4kg) · Women · W30 · Final

04/30/2026, 03:00 PM

Place	Athlete	Club/School	Bib	Result
1	Nadia Pieterse (1992) RSA	CG Masters	P6748	38.64 SB

Attempts · Hammer Throw (4kg) · Women · W30 · Final

Place	Athlete	Attempts
1	Nadia Pieterse (1992) RSA	38.64

Hammer Throw (4kg) · Women · W35 · Final

04/30/2026, 03:00 PM

Place	Athlete	Club/School	Bib	Result
1	Ursula Killian (1987) RSA	CG Masters	P18869	39.65 SB
2	Mitzi Van der Merwe (1987) RSA	GN Masters	P5511	26.33 SB

Attempts · Hammer Throw (4kg) · Women · W35 · Final

Place	Athlete	Attempts
1	Ursula Killian (1987) RSA	39.65
2	Mitzi Van der Merwe (1987) RSA	26.33

Hammer Throw (4kg) · Women · W40 · Final

04/30/2026, 03:00 PM

Place	Athlete	Club/School	Bib	Result
1	Rebecca Kerubo Koroso (1982) KEN		0096	44.79 SB
2	Tanya Pubalakan (1984) RSA	GN Masters	4275	40.85 SB
3	Este Albertyn (1983) RSA	WP Masters	11443	35.46 SB

Attempts · Hammer Throw (4kg) · Women · W40 · Final

Place	Athlete	Attempts
1	Rebecca Kerubo Koroso (1982) KEN	44.79
2	Tanya Pubalakan (1984) RSA	40.85
3	Este Albertyn (1983) RSA	35.46

Hammer Throw (4kg) · Women · W45 · Final04/30/2026, 03:00 PM

Place	Athlete	Club/School	Bib	Result
1	Sylvia Kunneke (1976) RSA	Heat A C	2717	23.29 SB

Attempts · Hammer Throw (4kg) · Women · W45 · Final

Place	Athlete	Attempts
1	Sylvia Kunneke (1976) RSA	23.29

Javelin Throw (500g) · Women · W70 · Final04/30/2026, 03:00 PM

Place	Athlete	Club/School	Bib	Result
1	Ronel Griesel (1953) RSA	Bellville Athletics Club	11401	14.53 SB
2	Annette van Dyk (1955) RSA	GN Masters	P4208	14.25 SB
3	Welize Burgess (1951) RSA		P1891	13.17 SB
4	Aletta Du Toit (1951) RSA	Bellville Athletics Club		8.39 SB

Attempts · Javelin Throw (500g) · Women · W70 · Final

Place	Athlete	Attempts
1	Ronel Griesel (1953) RSA	14.53
2	Annette van Dyk (1955) RSA	14.25
3	Welize Burgess (1951) RSA	13.17
4	Aletta Du Toit (1951) RSA	8.39

Javelin Throw (400g) · Women · W75 · Final04/30/2026, 03:00 PM

Place	Athlete	Club/School	Bib	Result
1	Rita Laker (1947) RSA	GN Masters	4599	12.33 SB

Attempts · Javelin Throw (400g) · Women · W75 · Final

Place	Athlete	Attempts
1	Rita Laker (1947) RSA	12.33

Javelin Throw (400g) · Women · W80 · Final04/30/2026, 03:00 PM

Place	Athlete	Club/School	Bib	Result
1	Babsie Grobler (1943) RSA	GN Masters	P4218	8.71 SB
2	Elize Grobbelaar (1945) RSA	Bellville Athletics Club	11444	8.66 SB

Attempts · Javelin Throw (400g) · Women · W80 · Final

Place	Athlete	Attempts
1	Babsie Grobler (1943) RSA	8.71
2	Elize Grobbelaar (1945) RSA	8.66

ThPen: Weight Throw (20lbs / 9.08kg) · Men · M60 · Final04/30/2026, 03:00 PM

Place	Athlete	Club/School	Bib	Result
1	Burton Haupt (1961) RSA	GN Masters	4232	17.17 SB
2	Peter John Ras (1962) RSA	GN Masters	3002	15.09 SB
3	William Boswel (1966) RSA	GN Masters	P 4257	14.42 SB
4	Vic Bezuidenhout (1961) RSA	GN Masters	P4261	14.41 SB
5	Dirk Odendaal (1965) RSA		P1022	11.13 SB
6	Gerald Ras (1965) RSA	SWD Masters	P619	10.30 SB

Attempts · ThPen: Weight Throw (20lbs / 9.08kg) · Men · M60 · Final

Place	Athlete	Attempts
1	Burton Haupt (1961) RSA	17.17
2	Peter John Ras (1962) RSA	15.09
3	William Boswel (1966) RSA	14.42
4	Vic Bezuidenhout (1961) RSA	14.41
5	Dirk Odendaal (1965) RSA	11.13
6	Gerald Ras (1965) RSA	-10.30

ThPen: Weight Throw (20lbs / 9.08kg) · Men · M65 · Final				04/30/2026, 03:00 PM
Place	Athlete	Club/School	Bib	Result
1	Stephen Kichenbrand (1957) RSA	ASWD	P603	14.77 SB
2	John Aspeling (1960) RSA	GN Masters	P4209	10.85 SB

Attempts · ThPen: Weight Throw (20lbs / 9.08kg) · Men · M65 · Final			
Place	Athlete	Attempts	
1	Stephen Kichenbrand (1957) RSA	14.77	
2	John Aspeling (1960) RSA	10.85	

ThPen: Weight Throw (16lbs / 7.26kg) · Men · M70 · Final				04/30/2026, 03:00 PM
Place	Athlete	Club/School	Bib	Result
1	Mathys Gerhardus Du Plessis (1951)...	GN Masters	South africa	13.16 SB
2	Joseph Johannes Buks Myburgh (195...	Quinton Steel Botes	Temp licence	8.63 SB

Attempts · ThPen: Weight Throw (16lbs / 7.26kg) · Men · M70 · Final			
Place	Athlete	Attempts	
1	Mathys Gerhardus Du Plessis (1951)...	13.16	
2	Joseph Johannes Buks Myburgh (195...	8.63	

ThPen: Weight Throw (12lbs / 5.45kg) · Men · M85 · Final				04/30/2026, 03:00 PM
Place	Athlete	Club/School	Bib	Result
1	Victor Young (1937) RSA	GN Masters	P4219	8.61 SB

Attempts · ThPen: Weight Throw (12lbs / 5.45kg) · Men · M85 · Final			
Place	Athlete	Attempts	
1	Victor Young (1937) RSA	8.61	

10000m · Women · W35 · Final				05/01/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result
1	Maryna Swanepoel (1986) RSA	FS Masters	2856	43:13.60 SB

10000m · Women · W40 · Final				05/01/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result
	Este Van Tonder (1985) RSA	NBRC Bloemfontein	P2840	DNS

10000m · Women · W45 · Final				05/01/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result
1	Precious Ncayiyana (1979) RSA	GN Masters	P4877	49:53.07 SB

10000m · Women · W50 · Final				05/01/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result
1	Ingrid Koster (1971) RSA	NBRC Gauteng North	P271	44:44.19 SB

10000m · Women · W55 · Final				05/01/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result
1	Jene Banfield (1970) RSA		558	47:48.73 SB
2	Carol Goodinson (1968) RSA	GN Masters	P8377	50:22.83 SB
	Louise Britz (1969) RSA	NBRC Vaal Triangle	P435	

10000m · Women · W60 · Final				05/01/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result
1	Ezna Flattery (1965) RSA	NBRC CG Johannesburg	12205	45:59.30 SB
2	Laura Venter (1965) RSA	NBRC CG Johannesburg	4244	1:03:33.39 SB

10000m · Women · W65 · Final				05/01/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result
1	Mariet Geyer (1959) RSA	North Gauteng Athletics Club	6470	58:19.52 SB
	Christa Mouton (1956) RSA	Agapé Athletics Club	P140	DNF

Long Jump · Women · W50 · Final					05/01/2026, 07:30 AM	
Place	Athlete	Club/School	Bib	Result	Wind	
1	Azel de Villiers (1975) RSA	UJ Athletics Club	P24456	3.96 SB	+0.8	
2	Michelle Staal (1972) RSA		P3120	3.80 SB	+0.1	
3	Tania Hanekom (1971) RSA	Tuks Athletics	P5508	3.54 SB	+1.6	
4	Finie Botma (1972) RSA		P12279	3.31 SB	+0.8	

Attempts · Long Jump · Women · W50 · Final

Place	Athlete	Attempts
1	Azel de Villiers (1975) RSA	3.96 / +0.8
2	Michelle Staal (1972) RSA	3.80 / +0.1
3	Tania Hanekom (1971) RSA	3.54 / +1.6
4	Finie Botma (1972) RSA	3.31 / +0.8

Long Jump · Women · W55 · Final

05/01/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result	Wind
1	Philna Munnik (1968) RSA	UJ Athletics Club	P12319	3.19 SB	+0.9
2	Susan Masuku (1966) RSA		P22999	2.69 SB	+1.8
3	Esmarie Bridgland (1968) RSA	GN Masters	4223	2.30 SB	+1.7

Attempts · Long Jump · Women · W55 · Final

Place	Athlete	Attempts
1	Philna Munnik (1968) RSA	3.19 / +0.9
2	Susan Masuku (1966) RSA	2.69 / +1.8
3	Esmarie Bridgland (1968) RSA	2.30 / +1.7

Long Jump · Women · W60 · Final

05/01/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result	Wind
1	Makkie Gouws (1961) RSA	GN Masters	4237	3.13 SB	+1.1

Attempts · Long Jump · Women · W60 · Final

Place	Athlete	Attempts
1	Makkie Gouws (1961) RSA	3.13 / +1.1

ThPen: Hammer Throw (4kg) · Women · W30 · Final

05/01/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Nadia Pieterse (1992) RSA		P6748	35.23 SB

Attempts · ThPen: Hammer Throw (4kg) · Women · W30 · Final

Place	Athlete	Attempts
1	Nadia Pieterse (1992) RSA	x 35.23 x

ThPen: Hammer Throw (4kg) · Women · W35 · Final

05/01/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Mitzi Van der Merwe (1987) RSA	Tuks Athletics	P5511	26.39 SB

Attempts · ThPen: Hammer Throw (4kg) · Women · W35 · Final

Place	Athlete	Attempts
1	Mitzi Van der Merwe (1987) RSA	24.93 26.39 25.32

ThPen: Hammer Throw (4kg) · Women · W40 · Final

05/01/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Rebecca Kerubo Koroso (1982) KEN		0096	41.88 SB

Attempts · ThPen: Hammer Throw (4kg) · Women · W40 · Final

Place	Athlete	Attempts
1	Rebecca Kerubo Koroso (1982) KEN	35.26 41.88 x

ThPen: Hammer Throw (4kg) · Women · W45 · Final

05/01/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Sylvia Kunneke (1976) RSA	Heat A C	2717	23.29 SB

Attempts · ThPen: Hammer Throw (4kg) · Women · W45 · Final

Place	Athlete	Attempts
1	Sylvia Kunneke (1976) RSA	21.75 23.29 23.21

Throws Pentathlon · Women · W30 · Final

05/01/2026, 07:30 AM

Place	Athlete		Club/School	Bib	Result	
1	Nadia Pieterse (1992) RSA			P6748	2321 SB	
	HT	SP	DT	JT	WT	Total
Result	35.23 (1)	9.33 (1)	33.89 (1)	24.22 (1)	10.70 (1)	
Points	477	486	536	368	454	2321

Throws Pentathlon · Women · W35 · Final						05/01/2026, 07:30 AM
Place	Athlete		Club/School	Bib	Result	
1	Mitzi Van der Merwe (1987) RSA		Tuks Athletics	P5511	1681 SB	
	HT	SP	DT	JT	WT	Total
Result	26.39 (1)	8.00 (1)	23.01 (1)	18.38 (1)	7.59 (1)	
Points	356	418	332	267	308	1681

Throws Pentathlon · Women · W40 · Final						05/01/2026, 07:30 AM
Place	Athlete		Club/School	Bib	Result	
1	Rebecca Kerubo Koroso (1982) KEN			0096	2728 SB	
	HT	SP	DT	JT	WT	Total
Result	41.88 (1)	8.70 (1)	29.93 (1)	20.17 (1)	13.30 (1)	
Points	701	510	503	341	673	2728

Throws Pentathlon · Women · W45 · Final						05/01/2026, 07:30 AM
Place	Athlete		Club/School	Bib	Result	
1	Sylvia Kunneke (1976) RSA		Heat A C	2717	1827 SB	
	HT	SP	DT	JT	WT	Total
Result	23.29 (1)	8.08 (1)	21.12 (1)	14.72 (1)	6.40 (1)	
Points	387	512	366	259	303	1827

ThPen: Shot Put (4kg) · Women · W30 · Final						05/01/2026, 08:15 AM
Place	Athlete		Club/School	Bib	Result	
1	Nadia Pieterse (1992) RSA			P6748	9.33 SB	

Attempts · ThPen: Shot Put (4kg) · Women · W30 · Final						
Place	Athlete		Attempts			
1	Nadia Pieterse (1992) RSA		9.33			

ThPen: Shot Put (4kg) · Women · W35 · Final						05/01/2026, 08:15 AM
Place	Athlete		Club/School	Bib	Result	
1	Mitzi Van der Merwe (1987) RSA		Tuks Athletics	P5511	8.00 SB	

Attempts · ThPen: Shot Put (4kg) · Women · W35 · Final						
Place	Athlete		Attempts			
1	Mitzi Van der Merwe (1987) RSA		8.00			

ThPen: Shot Put (4kg) · Women · W40 · Final						05/01/2026, 08:15 AM
Place	Athlete		Club/School	Bib	Result	
1	Rebecca Kerubo Koroso (1982) KEN			0096	8.70 SB	

Attempts · ThPen: Shot Put (4kg) · Women · W40 · Final						
Place	Athlete		Attempts			
1	Rebecca Kerubo Koroso (1982) KEN		8.70			

ThPen: Shot Put (4kg) · Women · W45 · Final						05/01/2026, 08:15 AM
Place	Athlete		Club/School	Bib	Result	
1	Sylvia Kunneke (1976) RSA		Heat A C	2717	8.08 SB	

Attempts · ThPen: Shot Put (4kg) · Women · W45 · Final						
Place	Athlete		Attempts			
1	Sylvia Kunneke (1976) RSA		8.08			

ThPen: Hammer Throw (3kg) · Women · W50 · Final						05/01/2026, 08:15 AM
Place	Athlete		Club/School	Bib	Result	
1	Azal de Villiers (1975) RSA		UJ Athletics Club	P24456	35.29 SB	
2	Magdalena Daleen Fleming (1972) RSA		SAMA - Gauteng North	9619	31.38 SB	
3	Yolanda Elizabeth Rieckert (1975) RSA		GN Masters	4277	20.48 SB	

Attempts · ThPen: Hammer Throw (3kg) · Women · W50 · Final						
Place	Athlete		Attempts			
1	Azal de Villiers (1975) RSA		30.84	35.29	33.17	
2	Magdalena Daleen Fleming (1972) RSA		31.38	x	30.57	

3	Yolanda Elizabeth Rieckert (1975) RSA	19.67	20.48	18.96
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ThPen: Hammer Throw (3kg) · Women · W55 · Final				05/01/2026, 08:15 AM
Place	Athlete	Club/School	Bib	Result
1	Louise Messias (1969) RSA		2104	22.65 SB
2	Marinda Maria Coetzer (1970) RSA		3162	21.07 SB
3	Susanna Aletta Vosloo (1968) RSA	Boxer Athletic Club	P487	17.88 SB

Attempts · ThPen: Hammer Throw (3kg) · Women · W55 · Final				
Place	Athlete	Attempts		
1	Louise Messias (1969) RSA	21.42	22.65	
2	Marinda Maria Coetzer (1970) RSA	21.05	21.07	19.33
3	Susanna Aletta Vosloo (1968) RSA	17.19	17.88	

Throws Pentathlon · Women · W50 · Final

05/01/2026, 08:15 AM

Place	Athlete	Club/School	Bib	Result		
1	Magdalena Daleen Fleming (1972) RSA	SAMA - Gauteng North	9619	2949 SB		
	HT	SP	DT	JT	WT	Total
Result	31.38 (2)	10.93 (1)	36.23 (1)	18.11 (3)	11.70 (2)	
Points	529	686	790	343	601	2949

2	Azel de Villiers (1975) RSA	UJ Athletics Club	P24456	2806 SB		
	HT	SP	DT	JT	WT	Total
Result	35.29 (1)	10.09 (2)	25.45 (2)	19.90 (2)	12.84 (1)	
Points	609	623	518	385	671	2806

3	Yolanda Elizabeth Rieckert (1975) RSA	GN Masters	4277	1874 SB		
	HT	SP	DT	JT	WT	Total
Result	20.48 (3)	7.85 (3)	15.30 (3)	25.09 (1)	7.10 (3)	
Points	309	457	274	509	325	1874

Throws Pentathlon · Women · W55 · Final							05/01/2026, 08:15 AM
Place	Athlete		Club/School	Bib	Result		
1	Marinda Maria Coetzer (1970) RSA			3162	2230 SB		
	HT	SP	DT	JT	WT	Total	
Result	21.07 (2)	8.23 (1)	20.07 (1)	22.43 (1)	7.33 (1)		
Points	367	540	438	506	379	2230	
2	Louise Messias (1969) RSA			2104	1896 SB		
	HT	SP	DT	JT	WT	Total	
Result	22.65 (1)	7.41 (2)	17.69 (2)	14.53 (2)	6.87 (2)		
Points	402	473	374	297	350	1896	
3	Susanna Aletta Vosloo (1968) RSA		Boxer Athletic Club	P487	1484 SB		
	HT	SP	DT	JT	WT	Total	
Result	17.88 (3)	6.69 (3)	13.53 (3)	10.93 (3)	6.12 (3)		
Points	296	416	266	204	302	1484	

10000m · Men · M40 · Final				05/01/2026, 08:35 AM
Place	Athlete	Club/School	Bib	Result
1	Johan de Vente (1982) RSA	Easy Equities Born 2 Run	6308	40:39.80 SB

10000m · Men · M45 · Final				05/01/2026, 08:35 AM
Place	Athlete	Club/School	Bib	Result
1	Richard Mazungula (1977) RSA	NBRC Eastern Province	1457	49:16.67 SB
	Sibusiso Ndhlela (1980) RSA	NBRC CG Johannesburg	P322	

10000m · Men · M55 · Final				05/01/2026, 08:35 AM
Place	Athlete	Club/School	Bib	Result
1	Donovan van Gelder (1971) RSA	KZN Masters	1079	39:13.48 SB
2	Ronnie Verster (1969) RSA		3071	49:21.92 SB

10000m · Men · M60 · Final				05/01/2026, 08:35 AM
Place	Athlete	Club/School	Bib	Result
1	Moses Motlhoki Letlhaku (1964) RSA	Department of Public Works ...	P10777	41:20.28 SB
2	Johannes Hendrik Campher (1965) R...	Bloemfontein Striders	1501	45:45.28 SB

3	Sydney Gregan (1962) RSA	Overkruin	314	53:45.48 SB
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10000m · Men · M65 · Final				05/01/2026, 08:35 AM
Place	Athlete	Club/School	Bib	Result
1	Dirk Johan Venter (1960) RSA	CG Masters	4510	51:41.51 SB

10000m · Men · M70 · Final				05/01/2026, 08:35 AM
Place	Athlete	Club/School	Bib	Result
1	David Sello Maphangulo (1953) RSA	Fortis Pretoria North	P8382	43:10.51 SB

ThPen: Shot Put (3kg) · Women · W50 · Final				05/01/2026, 09:00 AM
Place	Athlete	Club/School	Bib	Result
1	Magdalena Daleen Fleming (1972) RSA	SAMA - Gauteng North	9619	10.93 SB
2	Azel de Villiers (1975) RSA	UJ Athletics Club	P24456	10.09 SB
3	Yolanda Elizabeth Rieckert (1975) RSA	GN Masters	4277	7.85 SB

Attempts · ThPen: Shot Put (3kg) · Women · W50 · Final				
Place	Athlete	Attempts		
1	Magdalena Daleen Fleming (1972) RSA	10.93		
2	Azel de Villiers (1975) RSA	10.09		
3	Yolanda Elizabeth Rieckert (1975) RSA	7.85		

ThPen: Shot Put (3kg) · Women · W55 · Final				05/01/2026, 09:00 AM
Place	Athlete	Club/School	Bib	Result
1	Marinda Maria Coetzer (1970) RSA		3162	8.23 SB
2	Louise Messias (1969) RSA		2104	7.41 SB
3	Susanna Aletta Vosloo (1968) RSA	Boxer Athletic Club	P487	6.69 SB

Attempts · ThPen: Shot Put (3kg) · Women · W55 · Final				
Place	Athlete	Attempts		
1	Marinda Maria Coetzer (1970) RSA	8.23		
2	Louise Messias (1969) RSA	7.41		
3	Susanna Aletta Vosloo (1968) RSA	6.69		

ThPen: Discus Throw (1kg) · Women · W30 · Final				05/01/2026, 09:00 AM
Place	Athlete	Club/School	Bib	Result
1	Nadia Pieterse (1992) RSA		P6748	33.89 SB

Attempts · ThPen: Discus Throw (1kg) · Women · W30 · Final				
Place	Athlete	Attempts		
1	Nadia Pieterse (1992) RSA	33.89		

ThPen: Discus Throw (1kg) · Women · W35 · Final				05/01/2026, 09:00 AM
Place	Athlete	Club/School	Bib	Result
1	Mitzi Van der Merwe (1987) RSA	Tuks Athletics	P5511	23.01 SB

Attempts · ThPen: Discus Throw (1kg) · Women · W35 · Final				
Place	Athlete	Attempts		
1	Mitzi Van der Merwe (1987) RSA	23.01		

ThPen: Discus Throw (1kg) · Women · W40 · Final				05/01/2026, 09:00 AM
Place	Athlete	Club/School	Bib	Result
1	Rebecca Kerubo Koroso (1982) KEN		0096	29.93 SB

Attempts · ThPen: Discus Throw (1kg) · Women · W40 · Final				
Place	Athlete	Attempts		
1	Rebecca Kerubo Koroso (1982) KEN	29.93		

ThPen: Discus Throw (1kg) · Women · W45 · Final				05/01/2026, 09:00 AM
Place	Athlete	Club/School	Bib	Result
1	Sylvia Kunneke (1976) RSA	Heat A C	2717	21.12 SB

Attempts · ThPen: Discus Throw (1kg) · Women · W45 · Final				
Place	Athlete	Attempts		
1	Sylvia Kunneke (1976) RSA	21.12		

ThPen: Hammer Throw (3kg) · Women · W60 · Final				05/01/2026, 09:00 AM
Place	Athlete	Club/School	Bib	Result
1	Heleen Knobel (1965) RSA	SWD Masters	599	40.84
2	Ansie Hennop (1962) RSA	GN Masters	4222	18.97 SB
3	Engelina Pretorius (1965) RSA	Epic athletics	1099	18.32 SB

Attempts · ThPen: Hammer Throw (3kg) · Women · W60 · Final

Place	Athlete	Attempts
1	Heleen Knobel (1965) RSA	40.84
2	Ansie Hennop (1962) RSA	18.97
3	Engelina Pretorius (1965) RSA	18.32

ThPen: Hammer Throw (3kg) · Women · W65 · Final				05/01/2026, 09:00 AM
Place	Athlete	Club/School	Bib	Result
1	Rina Bruyns (1959) RSA	ASWD	P2084	23.66 SB
2	Farieda Dramat (1959) RSA	Bellville Athletics Club	11403	23.20 SB
3	GSP Baby du Toit (1957) RSA	Gauteng North	P4213	18.20 SB

Attempts · ThPen: Hammer Throw (3kg) · Women · W65 · Final

Place	Athlete	Attempts
1	Rina Bruyns (1959) RSA	23.66
2	Farieda Dramat (1959) RSA	23.20
3	GSP Baby du Toit (1957) RSA	18.20

Javelin Throw (800g) · Men · M30 · Final				05/01/2026, 09:00 AM
Place	Athlete	Club/School	Bib	Result
1	Chris Pietersen (1996) RSA	Athletes Academy	P141	58.54
2	Kobus Mostert (1993) RSA	Epic athletics	P1492	42.71 SB

Attempts · Javelin Throw (800g) · Men · M30 · Final

Place	Athlete	Attempts		
1	Chris Pietersen (1996) RSA	51.55	58.54	55.53
2	Kobus Mostert (1993) RSA	36.60	37.37	42.71

Javelin Throw (800g) · Men · M40 · Final				05/01/2026, 09:00 AM
Place	Athlete	Club/School	Bib	Result
1	Nico Liebenberg (1984) RSA	GN Masters	P4221	57.18 SB
2	William Charlton van Wyk (1985) NAM	Quinton Steel Botes	794	43.15 SB
3	Charl Deon Viljoen (1983) RSA	GN Masters	P4230	33.54 SB

Attempts · Javelin Throw (800g) · Men · M40 · Final

Place	Athlete	Attempts
1	Nico Liebenberg (1984) RSA	57.18
2	William Charlton van Wyk (1985) NAM	43.15
3	Charl Deon Viljoen (1983) RSA	33.54

Javelin Throw (800g) · Men · M45 · Final				05/01/2026, 09:00 AM
Place	Athlete	Club/School	Bib	Result
	Gerhard Steenekamp (1977) RSA	Epic athletics	P1140	

Attempts · Javelin Throw (800g) · Men · M45 · Final

Place	Athlete	Attempts
	Gerhard Steenekamp (1977) RSA	

Throws Pentathlon · Women · W60 · Final						05/01/2026, 09:00 AM
Place	Athlete		Club/School	Bib	Result	
1	Heleen Knobel (1965) RSA		SWD Masters	599	4207 SB	
	HT	SP	DT	JT	WT	Total
Result	40.84 (1)	11.17 (1)	31.80 (1)	28.83 (1)	14.49 (1)	
Points	923	868	861	770	785	4207
2	Engelina Pretorius (1965) RSA		Epic athletics	1099	1990 SB	
	HT	SP	DT	JT	WT	Total
Result	18.32 (3)	7.22 (2)	17.07 (2)	17.78 (2)	6.20 (2)	
Points	352	514	408	438	278	1990

3	Ansie Hennop (1962) RSA		GN Masters	4222	1796 SB	
	HT	SP	DT	JT	WT	Total
Result	18.97 (2)	7.18 (3)	15.51 (3)	12.54 (3)	6.11 (3)	
Points	368	510	362	284	272	1796

Throws Pentathlon · Women · W65 · Final05/01/2026, 09:00 AM

Place	Athlete		Club/School	Bib	Result	
1	Farieda Dramat (1959) RSA		Bellville Athletics Club	11403	2595 SB	
	HT	SP	DT	JT	WT	Total
Result	23.20 (2)	7.97 (1)	19.31 (1)	14.13 (1)	8.48 (3)	
Points	545	654	543	382	471	2595

2	Rina Bruyns (1959) RSA		SWD Masters	P2084	2521 SB	
	HT	SP	DT	JT	WT	Total
Result	23.66 (1)	7.56 (2)	17.87 (2)	11.60 (3)	9.74 (1)	
Points	558	614	494	298	557	2521

3	GSP Baby du Toit (1957) RSA		Gauteng North	P4213	2162 SB	
	HT	SP	DT	JT	WT	Total
Result	18.20 (3)	6.19 (3)	15.72 (3)	13.77 (2)	8.69 (2)	
Points	404	480	422	370	486	2162

Hep: Long Jump · Women · W45 · Final05/01/2026, 09:30 AM

Place	Athlete		Club/School	Bib	Result	Wind
1	Tanja Juries (1979) RSA		WP Masters	P 13217	4.49	NWI

Attempts · Hep: Long Jump · Women · W45 · Final

Place	Athlete		Attempts
1	Tanja Juries (1979) RSA		4.49 / NWI

Hep: Long Jump · Women · W50 · Final05/01/2026, 09:30 AM

Place	Athlete		Club/School	Bib	Result	Wind
1	Michelle Staal (1972) RSA			P3120	3.77	NWI
2	Finie Botma (1972) RSA			P12279	3.48	NWI

Attempts · Hep: Long Jump · Women · W50 · Final

Place	Athlete		Attempts
1	Michelle Staal (1972) RSA		3.77 / NWI
2	Finie Botma (1972) RSA		3.48 / NWI

Hep: Long Jump · Women · W55 · Final05/01/2026, 09:30 AM

Place	Athlete		Club/School	Bib	Result	Wind
1	Philna Munnik (1968) RSA		UJ Athletics Club	P12319	3.08	NWI

Attempts · Hep: Long Jump · Women · W55 · Final

Place	Athlete		Attempts
1	Philna Munnik (1968) RSA		3.08 / NWI

Dec: 110m Hurdles (99.1cm / 9.14m) · Men · M30 · Final05/01/2026, 09:40 AM · Wind: +0.9

Place	Lane	Athlete		Club/School	Bib	React.	Result
1	4	Renier De Villiers (1991) RSA		Tuks Athletics			23.44 SB

Dec: 110m Hurdles (99.1cm / 9.14m) · Men · M40 · Final05/01/2026, 09:40 AM · Wind: +0.9

Place	Lane	Athlete		Club/School	Bib	React.	Result
1	4	Eben Breytenbach (1985) RSA		WilleBeer			19.70 SB

ThPen: Shot Put (3kg) · Women · W60 · Final05/01/2026, 09:45 AM

Place	Athlete		Club/School	Bib	Result	
1	Heleen Knobel (1965) RSA		SWD Masters	599	11.17	
2	Engelina Pretorius (1965) RSA		Epic athletics	1099	7.22 SB	
3	Ansie Hennop (1962) RSA		GN Masters	4222	7.18 SB	

Attempts · ThPen: Shot Put (3kg) · Women · W60 · Final

Place	Athlete		Attempts
1	Heleen Knobel (1965) RSA		11.17

2	Engelina Pretorius (1965) RSA	7.22
3	Ansie Hennop (1962) RSA	7.18

ThPen: Shot Put (3kg) · Women · W65 · Final 05/01/2026, 09:45 AM

Place	Athlete	Club/School	Bib	Result
1	Farieda Dramat (1959) RSA	Bellville Athletics Club	11403	7.97 SB
2	Rina Bruyns (1959) RSA	ASWD	P2084	7.56 SB
3	GSP Baby du Toit (1957) RSA	Gauteng North	P4213	6.19 SB

Attempts · ThPen: Shot Put (3kg) · Women · W65 · Final

Place	Athlete	Attempts
1	Farieda Dramat (1959) RSA	7.97
2	Rina Bruyns (1959) RSA	7.56
3	GSP Baby du Toit (1957) RSA	6.19

ThPen: Discus Throw (1kg) · Women · W50 · Final 05/01/2026, 09:45 AM

Place	Athlete	Club/School	Bib	Result
1	Magdalena Daleen Fleming (1972) RSA	SAMA - Gauteng North	9619	36.23 SB
2	Azel de Villiers (1975) RSA	UJ Athletics Club	P24456	25.45 SB
3	Yolanda Elizabeth Rieckert (1975) RSA	GN Masters	4277	15.30 SB

Attempts · ThPen: Discus Throw (1kg) · Women · W50 · Final

Place	Athlete	Attempts
1	Magdalena Daleen Fleming (1972) RSA	36.23
2	Azel de Villiers (1975) RSA	25.45
3	Yolanda Elizabeth Rieckert (1975) RSA	15.30

ThPen: Discus Throw (1kg) · Women · W55 · Final 05/01/2026, 09:45 AM

Place	Athlete	Club/School	Bib	Result
1	Marinda Maria Coetzer (1970) RSA		3162	20.07 SB
2	Louise Messias (1969) RSA		2104	17.69 SB
3	Susanna Aletta Vosloo (1968) RSA	Boxer Athletic Club	P487	13.53 SB

Attempts · ThPen: Discus Throw (1kg) · Women · W55 · Final

Place	Athlete	Attempts
1	Marinda Maria Coetzer (1970) RSA	20.07
2	Louise Messias (1969) RSA	17.69
3	Susanna Aletta Vosloo (1968) RSA	13.53

ThPen: Hammer Throw (3kg) · Women · W70 · Final 05/01/2026, 09:45 AM

Place	Athlete	Club/School	Bib	Result
1	Ronel Griesel (1953) RSA	Bellville Athletics Club	11401	19.40 SB
2	Aletta Du Toit (1951) RSA	WP Masters	11440	16.40 SB
3	Annette van Dyk (1955) RSA	GN Masters	P4208	13.46 SB

Attempts · ThPen: Hammer Throw (3kg) · Women · W70 · Final

Place	Athlete	Attempts
1	Ronel Griesel (1953) RSA	19.40
2	Aletta Du Toit (1951) RSA	16.40
3	Annette van Dyk (1955) RSA	13.46

ThPen: Hammer Throw (2kg) · Women · W75 · Final 05/01/2026, 09:45 AM

Place	Athlete	Club/School	Bib	Result
1	Ena Fourie (1948) RSA	GN Masters	4291	23.48
2	Mercia Ferreira (1949) RSA	CG Masters	8817	19.83
3	Suzi Van Eck (1949) RSA	GN Masters	4269	18.95 SB
4	Rita Laker (1947) RSA	GN Masters	4599	18.30 SB

Attempts · ThPen: Hammer Throw (2kg) · Women · W75 · Final

Place	Athlete	Attempts
1	Ena Fourie (1948) RSA	23.48
2	Mercia Ferreira (1949) RSA	19.83
3	Suzi Van Eck (1949) RSA	18.95
4	Rita Laker (1947) RSA	18.30

ThPen: Hammer Throw (2kg) · Women · W80 · Final				05/01/2026, 09:45 AM
Place	Athlete	Club/School	Bib	Result
1	Babsie Grobler (1943) RSA	GN Masters	P4218	18.35 SB
2	Elize Grobbelaar (1945) RSA	WP Masters	11444	16.41 SB

Attempts · ThPen: Hammer Throw (2kg) · Women · W80 · Final		
Place	Athlete	Attempts
1	Babsie Grobler (1943) RSA	18.35
2	Elize Grobbelaar (1945) RSA	16.41

ThPen: Javelin Throw (600g) · Women · W30 · Final				05/01/2026, 09:45 AM
Place	Athlete	Club/School	Bib	Result
1	Nadia Pieterse (1992) RSA		P6748	24.22 SB

Attempts · ThPen: Javelin Throw (600g) · Women · W30 · Final		
Place	Athlete	Attempts
1	Nadia Pieterse (1992) RSA	24.22

ThPen: Javelin Throw (600g) · Women · W35 · Final				05/01/2026, 09:45 AM
Place	Athlete	Club/School	Bib	Result
1	Mitzi Van der Merwe (1987) RSA	Tuks Athletics	P5511	18.38 SB

Attempts · ThPen: Javelin Throw (600g) · Women · W35 · Final		
Place	Athlete	Attempts
1	Mitzi Van der Merwe (1987) RSA	18.38

ThPen: Javelin Throw (600g) · Women · W40 · Final				05/01/2026, 09:45 AM
Place	Athlete	Club/School	Bib	Result
1	Rebecca Kerubo Koroso (1982) KEN		0096	20.17 SB

Attempts · ThPen: Javelin Throw (600g) · Women · W40 · Final		
Place	Athlete	Attempts
1	Rebecca Kerubo Koroso (1982) KEN	20.17

ThPen: Javelin Throw (600g) · Women · W45 · Final				05/01/2026, 09:45 AM
Place	Athlete	Club/School	Bib	Result
1	Sylvia Kunneke (1976) RSA	Heat A C	2717	14.72 SB

Attempts · ThPen: Javelin Throw (600g) · Women · W45 · Final		
Place	Athlete	Attempts
1	Sylvia Kunneke (1976) RSA	14.72

Throws Pentathlon · Women · W70 · Final

05/01/2026, 09:45 AM

Place	Athlete	Club/School	Bib	Result		
1	Ronel Griesel (1953) RSA	Bellville Athletics Club	11401	2506 SB		
	HT	SP	DT	JT	WT	Total
Result	19.40 (1)	7.05 (1)	15.08 (1)	13.69 (2)	7.43 (2)	
Points	510	643	465	427	461	2506

2	Annette van Dyk (1955) RSA	GN Masters	P4208	2221 SB		
	HT	SP	DT	JT	WT	Total
Result	13.46 (3)	5.85 (2)	14.29 (2)	14.04 (1)	8.12 (1)	
Points	322	511	435	440	513	2221

3	Aletta Du Toit (1951) RSA	WP Masters	11440	1819 SB		
	HT	SP	DT	JT	WT	Total
Result	16.40 (2)	4.93 (3)	11.16 (3)	8.38 (3)	7.22 (3)	
Points	414	412	319	229	445	1819

Throws Pentathlon · Women · W75 · Final							05/01/2026, 09:45 AM
Place	Athlete		Club/School	Bib	Result		
1	Mercia Ferreira (1949) RSA		CG Masters	8817	2681 SB		
	HT	SP	DT	JT	WT	Total	
Result	19.83 (2)	7.94 (1)	18.83 (1)	15.19 (1)	8.07 (3)		
Points	443	670	598	496	474	2681	
2	Ena Fourie (1948) RSA		GN Masters	4291	2566 SB		

	HT	SP	DT	JT	WT	Total
Result	23.48 (1)	7.55 (2)	15.23 (2)	11.95 (3)	9.23 (1)	
Points	544	630	463	371	558	2566

3	Suzi Van Eck (1949) RSA		GN Masters	4269	2201 SB	
	HT	SP	DT	JT	WT	Total
Result	18.95 (3)	7.28 (3)	14.45 (3)	9.20 (4)	8.13 (2)	
Points	419	603	434	266	479	2201

4	Rita Laker (1947) RSA		GN Masters	4599	2158 SB	
	HT	SP	DT	JT	WT	Total
Result	18.30 (4)	6.35 (4)	12.43 (4)	14.00 (2)	7.54 (4)	
Points	401	510	360	450	437	2158

Throws Pentathlon · Women · W80 · Final
 05/01/2026, 09:45 AM

Place	Athlete	Club/School	Bib	Result		
1	Babsie Grobler (1943) RSA		GN Masters	P4218	2267 NR (RSA), SB	
	HT	SP	DT	JT	WT	Total
Result	18.35 (1)	4.81 (2)	14.30 (1)	7.67 (2)	8.44 (1)	
Points	485	424	511	253	594	2267

2	Elize Grobbelaar (1945) RSA		WP Masters	11444	2110 SB	
	HT	SP	DT	JT	WT	Total
Result	16.41 (2)	4.94 (1)	11.89 (2)	8.30 (1)	8.03 (2)	
Points	422	439	408	281	560	2110

5000m Race Walk W35-W80 5000m Race Walk · Women & Girls · Multiple · Final
 05/01/2026, 10:00 AM

Place	Athlete	Age group	Club/School	Bib	Result
1	Lee-Anne Enslin (F11, T11) (1990) RSA	W35	NBRC CG Johannesburg	P1487	27:16.28 SB
2	Belinda Padbury (1973) RSA	W50		1536	28:58.75 SB
3	Janine Radel (1980) RSA	W45	Irene Athletics Club	P5745	29:28.16 SB
4	Bronwyn Dawn Roussot (1973) RSA	W50	Run Walk For Life	P834	30:36.32 SB
5	Ronelle Botha (1962) RSA	W60	CG Masters	P5721	33:11.85 SB
6	Magaretha Knoetze (1955) RSA	W70	Irene Athletics Club	5753	33:39.18 SB
7	Winnie Koekemoer (1950) RSA	W75	Team Vitality GN	P 1422	34:20.88 SB
8	Anne Centner (1944) RSA	W80	Run Walk For Life	P273	34:21.12 NR (RSA), SB
9	Frances Kichenbrand (1962) RSA	W60	SWD Masters	P602	35:02.31 SB
10	Celeste Scheepers (1960) RSA	W65	EP Masters	5021	35:23.94 SB
11	Jeanine Le Febour (1965) RSA	W60		1033	35:24.13 SB
12	Sophia Coetzee (1961) RSA	W60	Irene Athletics Club	5783	35:32.47 SB
13	Frieda Blignaut (1950) RSA	W75	Brackenfell Running Club	P4375	36:34.48 SB
14	Elsa Meyer (1946) RSA	W75		P5792	36:36.13 SB
15	Gill Tregenna (1942) RSA	W80	Westville Athletic club	3044	38:10.15 SB
16	Hendricka Annette Pearson (1949) RSA	W75	Spartan Harriers	749	38:11.10 SB
17	Riemke Pretorius (1963) RSA	W60	Klerksdorp KMC	961	40:13.45 SB
18	Renette Ungerer (1953) RSA	W70	Pretoria Bobbies	P935	43:17.62 SB
19	Elzabé Jansen van Vuuren (1946) RSA	W80	Berts Bricks	859	45:39.77 SB
	Ellen Reed (1962) RSA	W60	Panorama Running Club	25354	DQ
	Lucia Willemse (1954) RSA	W70	Irene Athletics Club	P5791	DNS

5000m Race Walk W35-W80 5000m Race Walk · Women · Multiple, W35 · Final
 05/01/2026, 10:00 AM

Place	Athlete	Club/School	Bib	Result
1	Lee-Anne Enslin (F11, T11) (1990) RSA	NBRC CG Johannesburg		27:16.28 SB

5000m Race Walk W35-W80 5000m Race Walk · Women · Multiple, W45 · Final
 05/01/2026, 10:00 AM

Place	Athlete	Club/School	Bib	Result
1	Janine Radel (1980) RSA	Irene Athletics Club		29:28.16 SB

5000m Race Walk W35-W80 5000m Race Walk · Women · Multiple, W50 · Final
 05/01/2026, 10:00 AM

Place	Athlete	Club/School	Bib	Result
1	Belinda Padbury (1973) RSA			28:58.75 SB
2	Bronwyn Dawn Roussot (1973) RSA	Run Walk For Life		30:36.32 SB

5000m Race Walk W35-W80 5000m Race Walk · Women · Multiple, W60 · Final				05/01/2026, 10:00 AM
Place	Athlete	Club/School	Bib	Result
1	Ronelle Botha (1962) RSA	CG Masters		33:11.85 SB
2	Frances Kichenbrand (1962) RSA	SWD Masters		35:02.31 SB
3	Jeanine Le Febour (1965) RSA			35:24.13 SB
4	Sophia Coetzee (1961) RSA	Irene Athletics Club		35:32.47 SB
5	Riemke Pretorius (1963) RSA	Klerksdorp KMC		40:13.45 SB
	Ellen Reed (1962) RSA	Panorama Running Club		DQ

5000m Race Walk W35-W80 5000m Race Walk · Women · Multiple, W65 · Final				05/01/2026, 10:00 AM
Place	Athlete	Club/School	Bib	Result
1	Celeste Scheepers (1960) RSA	EP Masters		35:23.94 SB

5000m Race Walk W35-W80 5000m Race Walk · Women · Multiple, W70 · Final				05/01/2026, 10:00 AM
Place	Athlete	Club/School	Bib	Result
1	Magaretha Knoetze (1955) RSA	Irene Athletics Club		33:39.18 SB
2	Renette Ungerer (1953) RSA	Pretoria Bobbies		43:17.62 SB
	Lucia Willemse (1954) RSA	Irene Athletics Club		DNS

5000m Race Walk W35-W80 5000m Race Walk · Women · Multiple, W75 · Final				05/01/2026, 10:00 AM
Place	Athlete	Club/School	Bib	Result
1	Winnie Koekemoer (1950) RSA	Team Vitality GN		34:20.88 SB
2	Frieda Blignaut (1950) RSA	Brackenfell Running Club		36:34.48 SB
3	Elsa Meyer (1946) RSA			36:36.13 SB
4	Hendricka Annette Pearson (1949) RSA	Spartan Harriers		38:11.10 SB

5000m Race Walk W35-W80 5000m Race Walk · Women · Multiple, W80 · Final				05/01/2026, 10:00 AM
Place	Athlete	Club/School	Bib	Result
1	Anne Centner (1944) RSA	Run Walk For Life		34:21.12 NR (RSA), SB
2	Gill Tregenna (1942) RSA	Westville Athletic club		38:10.15 SB
3	Elzabé Jansen van Vuuren (1946) RSA	Berts Bricks		45:39.77 SB

ThPen: Shot Put (3kg) · Women · W70 · Final				05/01/2026, 10:30 AM
Place	Athlete	Club/School	Bib	Result
1	Ronel Griesel (1953) RSA	Bellville Athletics Club	11401	7.05 SB
2	Annette van Dyk (1955) RSA	GN Masters	P4208	5.85 SB
3	Aletta Du Toit (1951) RSA	WP Masters	11440	4.93 SB

Attempts · ThPen: Shot Put (3kg) · Women · W70 · Final		
Place	Athlete	Attempts
1	Ronel Griesel (1953) RSA	7.05
2	Annette van Dyk (1955) RSA	5.85
3	Aletta Du Toit (1951) RSA	4.93

ThPen: Shot Put (2kg) · Women · W75 · Final				05/01/2026, 10:30 AM
Place	Athlete	Club/School	Bib	Result
1	Mercia Ferreira (1949) RSA	CG Masters	8817	7.94 SB
2	Ena Fourie (1948) RSA	GN Masters	4291	7.55 SB
3	Suzi Van Eck (1949) RSA	GN Masters	4269	7.28 SB
4	Rita Laker (1947) RSA	GN Masters	4599	6.35 SB

Attempts · ThPen: Shot Put (2kg) · Women · W75 · Final		
Place	Athlete	Attempts
1	Mercia Ferreira (1949) RSA	7.94
2	Ena Fourie (1948) RSA	7.55
3	Suzi Van Eck (1949) RSA	7.28
4	Rita Laker (1947) RSA	6.35

ThPen: Shot Put (2kg) · Women · W80 · Final				05/01/2026, 10:30 AM
Place	Athlete	Club/School	Bib	Result
1	Elize Grobbelaar (1945) RSA	WP Masters	11444	4.94 SB
2	Babsie Grobler (1943) RSA	GN Masters	P4218	4.81 SB

Attempts · ThPen: Shot Put (2kg) · Women · W80 · Final		
Place	Athlete	Attempts

1	Elize Grobbelaar (1945) RSA	4.94
2	Babsie Grobler (1943) RSA	4.81

ThPen: Discus Throw (1kg) · Women · W60 · Final05/01/2026, 10:30 AM

Place	Athlete	Club/School	Bib	Result
1	Heleen Knobel (1965) RSA	SWD Masters	599	31.80 NR (RSA)
2	Engelina Pretorius (1965) RSA	Epic athletics	1099	17.07 SB
3	Ansie Hennop (1962) RSA	GN Masters	4222	15.51 SB

Attempts · ThPen: Discus Throw (1kg) · Women · W60 · Final

Place	Athlete	Attempts
1	Heleen Knobel (1965) RSA	31.80
2	Engelina Pretorius (1965) RSA	17.07
3	Ansie Hennop (1962) RSA	15.51

ThPen: Discus Throw (1kg) · Women · W65 · Final05/01/2026, 10:30 AM

Place	Athlete	Club/School	Bib	Result
1	Farieda Dramat (1959) RSA	Bellville Athletics Club	11403	19.31 SB
2	Rina Bruyns (1959) RSA	ASWD	P2084	17.87 SB
3	GSP Baby du Toit (1957) RSA	Gauteng North	P4213	15.72 SB

Attempts · ThPen: Discus Throw (1kg) · Women · W65 · Final

Place	Athlete	Attempts
1	Farieda Dramat (1959) RSA	19.31
2	Rina Bruyns (1959) RSA	17.87
3	GSP Baby du Toit (1957) RSA	15.72

Hammer Throw (5kg) · Men · M60 · Final05/01/2026, 10:30 AM

Place	Athlete	Club/School	Bib	Result
1	Burton Haupt (1961) RSA	GN Masters	4232	45.74 SB
2	Tone Van Rensburg (1965) RSA	UJ Athletics Club	P19231	44.71 SB
3	Peter John Ras (1962) RSA	GN Masters	45,11	39.80 SB
4	Vic Bezuidenhout (1961) RSA	GN Masters	P4261	37.88 SB
5	William Boswel (1966) RSA	GN Masters	P 4257	36.26 SB

Attempts · Hammer Throw (5kg) · Men · M60 · Final

Place	Athlete	Attempts
1	Burton Haupt (1961) RSA	45.74
2	Tone Van Rensburg (1965) RSA	44.71
3	Peter John Ras (1962) RSA	39.80
4	Vic Bezuidenhout (1961) RSA	37.88
5	William Boswel (1966) RSA	36.26

Hammer Throw (5kg) · Men · M65 · Final05/01/2026, 10:30 AM

Place	Athlete	Club/School	Bib	Result
1	Nicholas Aggouras (1957) RSA	GN Masters	P4207	40.83 SB
2	Stephen Kichenbrand (1957) RSA	SWD Masters	P603	37.50 SB
3	John Aspeling (1960) RSA	GN Masters	P4209	23.06 SB

Attempts · Hammer Throw (5kg) · Men · M65 · Final

Place	Athlete	Attempts
1	Nicholas Aggouras (1957) RSA	40.83
2	Stephen Kichenbrand (1957) RSA	37.50
3	John Aspeling (1960) RSA	23.06

Hammer Throw (4kg) · Men · M70 · Final05/01/2026, 10:30 AM

Place	Athlete	Club/School	Bib	Result
1	Joseph Johannes Buks Myburgh (195...	Quinton Steel Botes	temp license	26.77 SB

Attempts · Hammer Throw (4kg) · Men · M70 · Final

Place	Athlete	Attempts
1	Joseph Johannes Buks Myburgh (195...	26.77

Hammer Throw (4kg) · Men · M75 · Final05/01/2026, 10:30 AM

Place	Athlete	Club/School	Bib	Result
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1	Patrick Dreyer (1949) RSA	WP Masters	P 1149	14.75 SB
Attempts · Hammer Throw (4kg) · Men · M75 · Final				
Place	Athlete	Attempts		
1	Patrick Dreyer (1949) RSA	14.75		
Hammer Throw (3kg) · Men · M85 · Final				
				05/01/2026, 10:30 AM
Place	Athlete	Club/School	Bib	Result
1	Victor Young (1937) RSA	GN Masters	P4219	18.61
Attempts · Hammer Throw (3kg) · Men · M85 · Final				
Place	Athlete	Attempts		
1	Victor Young (1937) RSA	18.61		
ThPen: Javelin Throw (500g) · Women · W50 · Final				
				05/01/2026, 10:30 AM
Place	Athlete	Club/School	Bib	Result
1	Yolanda Elizabeth Rieckert (1975) RSA	GN Masters	4277	25.09 SB
2	Azel de Villiers (1975) RSA	UJ Athletics Club	P24456	19.90 SB
3	Magdalena Daleen Fleming (1972) RSA	SAMA - Gauteng North	9619	18.11 SB
Attempts · ThPen: Javelin Throw (500g) · Women · W50 · Final				
Place	Athlete	Attempts		
1	Yolanda Elizabeth Rieckert (1975) RSA	25.09		
2	Azel de Villiers (1975) RSA	19.90		
3	Magdalena Daleen Fleming (1972) RSA	18.11		
ThPen: Javelin Throw (500g) · Women · W55 · Final				
				05/01/2026, 10:30 AM
Place	Athlete	Club/School	Bib	Result
1	Marinda Maria Coetzer (1970) RSA		3162	22.43 SB
2	Louise Messias (1969) RSA		2104	14.53 SB
3	Susanna Aletta Vosloo (1968) RSA	Boxer Athletic Club	P487	10.93 SB
Attempts · ThPen: Javelin Throw (500g) · Women · W55 · Final				
Place	Athlete	Attempts		
1	Marinda Maria Coetzer (1970) RSA	22.43		
2	Louise Messias (1969) RSA	14.53		
3	Susanna Aletta Vosloo (1968) RSA	10.93		
ThPen: Weight Throw (20lbs / 9.08kg) · Women · W30 · Final				
				05/01/2026, 10:30 AM
Place	Athlete	Club/School	Bib	Result
1	Nadia Pieterse (1992) RSA		P6748	10.70 SB
Attempts · ThPen: Weight Throw (20lbs / 9.08kg) · Women · W30 · Final				
Place	Athlete	Attempts		
1	Nadia Pieterse (1992) RSA	10.70		
ThPen: Weight Throw (20lbs / 9.08kg) · Women · W35 · Final				
				05/01/2026, 10:30 AM
Place	Athlete	Club/School	Bib	Result
1	Mitzi Van der Merwe (1987) RSA	Tuks Athletics	P5511	7.59 SB
Attempts · ThPen: Weight Throw (20lbs / 9.08kg) · Women · W35 · Final				
Place	Athlete	Attempts		
1	Mitzi Van der Merwe (1987) RSA	7.59		
ThPen: Weight Throw (20lbs / 9.08kg) · Women · W40 · Final				
				05/01/2026, 10:30 AM
Place	Athlete	Club/School	Bib	Result
1	Rebecca Kerubo Koroso (1982) KEN		0096	13.30 SB
Attempts · ThPen: Weight Throw (20lbs / 9.08kg) · Women · W40 · Final				
Place	Athlete	Attempts		
1	Rebecca Kerubo Koroso (1982) KEN	13.30		
ThPen: Weight Throw (20lbs / 9.08kg) · Women · W45 · Final				
				05/01/2026, 10:30 AM
Place	Athlete	Club/School	Bib	Result
1	Sylvia Kunneke (1976) RSA	Heat A C	2717	6.40 SB

Attempts · ThPen: Weight Throw (20lbs / 9.08kg) · Women · W45 · Final

Place	Athlete	Attempts
1	Sylvia Kunneke (1976) RSA	6.40

Dec: Discus Throw (2kg) · Men · M30 · Final

05/01/2026, 10:50 AM

Place	Athlete	Club/School	Bib	Result
1	Renier De Villiers (1991) RSA	Tuks Athletics	P5187	32.25 SB

Attempts · Dec: Discus Throw (2kg) · Men · M30 · Final

Place	Athlete	Attempts
1	Renier De Villiers (1991) RSA	32.25

Dec: Discus Throw (2kg) · Men · M40 · Final

05/01/2026, 10:50 AM

Place	Athlete	Club/School	Bib	Result
1	Eben Breytenbach (1985) RSA	WilleBeer	P4421	37.15 SB

Attempts · Dec: Discus Throw (2kg) · Men · M40 · Final

Place	Athlete	Attempts
1	Eben Breytenbach (1985) RSA	37.15

Dec: Discus Throw (1.5kg) · Men · M55 · Final

05/01/2026, 10:50 AM

Place	Athlete	Club/School	Bib	Result
	Anthonie Johannes Scheepers (1968)...	SWD Masters	P597	DNS

Attempts · Dec: Discus Throw (1.5kg) · Men · M55 · Final

Place	Athlete	Attempts
	Anthonie Johannes Scheepers (1968)...	

Dec: Discus Throw (1kg) · Men · M60 · Final

05/01/2026, 10:50 AM

Place	Athlete	Club/School	Bib	Result
1	Andre Bartleman (1965) RSA	FS Masters	849FS	27.29 SB

Attempts · Dec: Discus Throw (1kg) · Men · M60 · Final

Place	Athlete	Attempts
1	Andre Bartleman (1965) RSA	27.29

Triple Jump · Men · M30 · Final

05/01/2026, 11:00 AM

Place	Athlete	Club/School	Bib	Result	Wind
1	Kobus Mostert (1993) RSA	Epic athletics	P1492	11.90	NWI

Attempts · Triple Jump · Men · M30 · Final

Place	Athlete	Attempts
1	Kobus Mostert (1993) RSA	11.90 / NWI

Triple Jump · Men · M45 · Final

05/01/2026, 11:00 AM

Place	Athlete	Club/School	Bib	Result	Wind
	Simphiwe Sweekile (1977) RSA	NBRC Eastern Province	1513	DNS	

Attempts · Triple Jump · Men · M45 · Final

Place	Athlete	Attempts
	Simphiwe Sweekile (1977) RSA	

Triple Jump · Men · M50 · Final

05/01/2026, 11:00 AM

Place	Athlete	Club/School	Bib	Result	Wind
1	Darryl Winston George (1972) RSA	ANWN	P159	10.66	NWI
2	Morne Slabbert (1975) RSA	Protea Atletiek Klub	P1588	9.06	NWI
	Martin McClintock (1975) RSA	GN Masters	4268	DNS	

Attempts · Triple Jump · Men · M50 · Final

Place	Athlete	Attempts
1	Darryl Winston George (1972) RSA	10.66 / NWI
2	Morne Slabbert (1975) RSA	9.06 / NWI
	Martin McClintock (1975) RSA	

Triple Jump · Men · M55 · Final

05/01/2026, 11:00 AM

Place	Athlete	Club/School	Bib	Result	Wind
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Anthonie Johannes Scheepers (1968)...			SWD Masters	P597	DNS	
Attempts · Triple Jump · Men · M55 · Final						
Place	Athlete		Attempts			
Anthonie Johannes Scheepers (1968)...						
Triple Jump · Men · M60 · Final						
05/01/2026, 11:00 AM						
Place	Athlete	Club/School	Bib	Result	Wind	
1	Tjaart Coetzee (1963) RSA	Madibaz	P2561	5.26	NWI	
Attempts · Triple Jump · Men · M60 · Final						
Place	Athlete		Attempts			
1	Tjaart Coetzee (1963) RSA		5.26 / NWI			
Triple Jump · Men · M65 · Final						
05/01/2026, 11:00 AM						
Place	Athlete	Club/School	Bib	Result	Wind	
1	Johan Gouws (1958) RSA	GN Masters	4236	9.14	NWI	
Attempts · Triple Jump · Men · M65 · Final						
Place	Athlete		Attempts			
1	Johan Gouws (1958) RSA		9.14 / NWI			
Triple Jump · Men · M70 · Final						
05/01/2026, 11:00 AM						
Place	Athlete	Club/School	Bib	Result	Wind	
1	Sarel du Toit (1955) RSA	GN Masters	P4220	7.54	NWI	
Attempts · Triple Jump · Men · M70 · Final						
Place	Athlete		Attempts			
1	Sarel du Toit (1955) RSA		7.54 / NWI			
Hep: Javelin Throw (600g) · Women · W45 · Final						
05/01/2026, 11:00 AM						
Place	Athlete	Club/School	Bib	Result		
1	Tanja Juries (1979) RSA	WP Masters	P 13217	17.09 SB		
Attempts · Hep: Javelin Throw (600g) · Women · W45 · Final						
Place	Athlete		Attempts			
1	Tanja Juries (1979) RSA		17.09			
Hep: Javelin Throw (500g) · Women · W50 · Final						
05/01/2026, 11:00 AM						
Place	Athlete	Club/School	Bib	Result		
1	Michelle Staal (1972) RSA		P3120	20.49 SB		
2	Finie Botma (1972) RSA		P12279	13.94 SB		
Attempts · Hep: Javelin Throw (500g) · Women · W50 · Final						
Place	Athlete		Attempts			
1	Michelle Staal (1972) RSA		20.49			
2	Finie Botma (1972) RSA		13.94			
Hep: Javelin Throw (500g) · Women · W55 · Final						
05/01/2026, 11:00 AM						
Place	Athlete	Club/School	Bib	Result		
1	Philna Munnik (1968) RSA	UJ Athletics Club	P12319	10.79 SB		
Attempts · Hep: Javelin Throw (500g) · Women · W55 · Final						
Place	Athlete		Attempts			
1	Philna Munnik (1968) RSA		10.79			
5000m Race Walk M35-M80 5000m Race Walk · Men & Boys · Multiple · Final						
05/01/2026, 11:00 AM						
Place	Athlete	Age group	Club/School	Bib	Result	
1	Mzwakhe Kobue (1981) RSA	M40	Pretoria Military Walking Club	P9608	27:36.56 SB	
2	Chris Britz (1963) RSA	M60	GN Masters	xx	29:54.87 SB	
3	Piet Mosebedi (1970) RSA	M55	Transnet GN	1807	31:29.18 SB	
4	Johann Coetzee (1958) RSA	M65	GN Masters	5784	31:31.37 SB	
5	Jaap Willemse (1956) RSA	M65	Irene Athletics Club	P5790	31:36.88 SB	
6	Andre Vosloo (1960) RSA	M65	Westville Athletic club	P3008	31:49.10 SB	
7	Daniel Goliath (1969) RSA	M55		2700	32:26.65 SB	
8	Piet Pretorius (1950) RSA	M75	Bellville Athletics Club	P11410	33:37.33 SB	

9	Ntsikelelo Sebe (1982) RSA	M40	NBRC Eastern Province	1436	35:00.09 SB
10	Dirk Jakobus Neethling (1951) RSA	M70	GN Masters	p5825	37:26.90 SB
11	Leonard Diedericks (1944) RSA	M80	Cape Multisport Club WP	P8280	37:31.99 SB
12	Conrad Stoltz (1946) RSA	M75	Middelburg Marathon Club	P2109	42:07.24 SB
	Reynardt Schoonwinkel (1955) RSA	M70	CG Masters	P20429	
	Les Williams (1950) RSA	M75		P15527	
	Brandon Goosen (1989) RSA	M35	CG Masters	1901	
5000m Race Walk M35-M80 5000m Race Walk · Men · Multiple, M35 · Final					05/01/2026, 11:00 AM
Place	Athlete		Club/School	Bib	Result
	Brandon Goosen (1989) RSA		CG Masters		
5000m Race Walk M35-M80 5000m Race Walk · Men · Multiple, M40 · Final					05/01/2026, 11:00 AM
Place	Athlete		Club/School	Bib	Result
1	Mzwakhe Kobue (1981) RSA		Pretoria Military Walking Club		27:36.56 SB
2	Ntsikelelo Sebe (1982) RSA		NBRC Eastern Province		35:00.09 SB
5000m Race Walk M35-M80 5000m Race Walk · Men · Multiple, M55 · Final					05/01/2026, 11:00 AM
Place	Athlete		Club/School	Bib	Result
1	Piet Mosebedi (1970) RSA		Transnet GN		31:29.18 SB
2	Daniel Goliath (1969) RSA				32:26.65 SB
5000m Race Walk M35-M80 5000m Race Walk · Men · Multiple, M60 · Final					05/01/2026, 11:00 AM
Place	Athlete		Club/School	Bib	Result
1	Chris Britz (1963) RSA		GN Masters		29:54.87 SB
5000m Race Walk M35-M80 5000m Race Walk · Men · Multiple, M65 · Final					05/01/2026, 11:00 AM
Place	Athlete		Club/School	Bib	Result
1	Johann Coetzee (1958) RSA		GN Masters		31:31.37 SB
2	Jaap Willemse (1956) RSA		Irene Athletics Club		31:36.88 SB
3	Andre Vosloo (1960) RSA		Westville Athletic club		31:49.10 SB
5000m Race Walk M35-M80 5000m Race Walk · Men · Multiple, M70 · Final					05/01/2026, 11:00 AM
Place	Athlete		Club/School	Bib	Result
1	Dirk Jakobus Neethling (1951) RSA		GN Masters		37:26.90 SB
	Reynardt Schoonwinkel (1955) RSA		CG Masters		
5000m Race Walk M35-M80 5000m Race Walk · Men · Multiple, M75 · Final					05/01/2026, 11:00 AM
Place	Athlete		Club/School	Bib	Result
1	Piet Pretorius (1950) RSA		Bellville Athletics Club		33:37.33 SB
2	Conrad Stoltz (1946) RSA		Middelburg Marathon Club		42:07.24 SB
	Les Williams (1950) RSA				
5000m Race Walk M35-M80 5000m Race Walk · Men · Multiple, M80 · Final					05/01/2026, 11:00 AM
Place	Athlete		Club/School	Bib	Result
1	Leonard Diedericks (1944) RSA		Cape Multisport Club WP		37:31.99 SB
ThPen: Discus Throw (1kg) · Women · W70 · Final					05/01/2026, 11:15 AM
Place	Athlete		Club/School	Bib	Result
1	Ronel Griesel (1953) RSA		Bellville Athletics Club	11401	15.08 SB
2	Annette van Dyk (1955) RSA		GN Masters	P4208	14.29 SB
3	Aletta Du Toit (1951) RSA		WP Masters	11440	11.16 SB
Attempts · ThPen: Discus Throw (1kg) · Women · W70 · Final					
Place	Athlete	Attempts			
1	Ronel Griesel (1953) RSA	15.08			
2	Annette van Dyk (1955) RSA	14.29			
3	Aletta Du Toit (1951) RSA	11.16			
ThPen: Discus Throw (0.75kg) · Women · W75 · Final					05/01/2026, 11:15 AM
Place	Athlete		Club/School	Bib	Result
1	Mercia Ferreira (1949) RSA		CG Masters	8817	18.83 SB
2	Ena Fourie (1948) RSA		GN Masters	4291	15.23 SB
3	Suzi Van Eck (1949) RSA		GN Masters	4269	14.45 SB
4	Rita Laker (1947) RSA		GN Masters	4599	12.43 SB

Attempts · ThPen: Discus Throw (0.75kg) · Women · W75 · Final

Place	Athlete	Attempts
1	Mercia Ferreira (1949) RSA	18.83
2	Ena Fourie (1948) RSA	15.23
3	Suzi Van Eck (1949) RSA	14.45
4	Rita Laker (1947) RSA	12.43

ThPen: Discus Throw (0.75kg) · Women · W80 · Final

05/01/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
1	Babsie Grobler (1943) RSA	GN Masters	P4218	14.30 SB
2	Elize Grobbelaar (1945) RSA	WP Masters	11444	11.89 SB

Attempts · ThPen: Discus Throw (0.75kg) · Women · W80 · Final

Place	Athlete	Attempts
1	Babsie Grobler (1943) RSA	14.30
2	Elize Grobbelaar (1945) RSA	11.89

Hammer Throw (6kg) · Men · M50 · Final

05/01/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
1	Awie Abraham Pieter Van Zyl (1973)...	GN Masters	P4231	44.25 SB
2	Schalkwi Nolte (1975) RSA	WilleBeer	P4410	32.29 SB

Attempts · Hammer Throw (6kg) · Men · M50 · Final

Place	Athlete	Attempts
1	Awie Abraham Pieter Van Zyl (1973)...	44.25
2	Schalkwi Nolte (1975) RSA	32.29

Hammer Throw (6kg) · Men · M55 · Final

05/01/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
1	Martin Venter (1970) RSA	GN Masters	P4292	43.12 SB
2	Gavin Schoeman (1971) RSA			40.49 SB
3	Rowan Watson (1970) RSA	Tuks Athletics	P5101	38.42 SB

Attempts · Hammer Throw (6kg) · Men · M55 · Final

Place	Athlete	Attempts
1	Martin Venter (1970) RSA	43.12
2	Gavin Schoeman (1971) RSA	40.49
3	Rowan Watson (1970) RSA	38.42

ThPen: Javelin Throw (500g) · Women · W60 · Final

05/01/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
1	Heleen Knobel (1965) RSA	SWD Masters	599	28.83 SB
2	Engelina Pretorius (1965) RSA	Epic athletics	1099	17.78 SB
3	Ansie Hennop (1962) RSA	GN Masters	4222	12.54 SB

Attempts · ThPen: Javelin Throw (500g) · Women · W60 · Final

Place	Athlete	Attempts
1	Heleen Knobel (1965) RSA	28.83
2	Engelina Pretorius (1965) RSA	17.78
3	Ansie Hennop (1962) RSA	12.54

ThPen: Javelin Throw (500g) · Women · W65 · Final

05/01/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
1	Farieda Dramat (1959) RSA	Bellville Athletics Club	11403	14.13 SB
2	GSP Baby du Toit (1957) RSA	Gauteng North	P4213	13.77 SB
3	Rina Bruyns (1959) RSA	ASWD	P2084	11.60 SB

Attempts · ThPen: Javelin Throw (500g) · Women · W65 · Final

Place	Athlete	Attempts
1	Farieda Dramat (1959) RSA	14.13
2	GSP Baby du Toit (1957) RSA	13.77
3	Rina Bruyns (1959) RSA	11.60

ThPen: Weight Throw (16lbs / 7.26kg) · Women · W50 · Final

05/01/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
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1	Azel de Villiers (1975) RSA	UJ Athletics Club	P24456	12.84 SB
2	Magdalena Daleen Fleming (1972) RSA	SAMA - Gauteng North	9619	11.70 SB
3	Yolanda Elizabeth Rieckert (1975) RSA	GN Masters	4277	7.10 SB
Attempts · ThPen: Weight Throw (16lbs / 7.26kg) · Women · W50 · Final				
Place	Athlete	Attempts		
1	Azel de Villiers (1975) RSA	12.84		
2	Magdalena Daleen Fleming (1972) RSA	11.70		
3	Yolanda Elizabeth Rieckert (1975) RSA	7.10		
ThPen: Weight Throw (16lbs / 7.26kg) · Women · W55 · Final				
05/01/2026, 11:15 AM	Place	Athlete	Club/School	Bib
	1	Marinda Maria Coetzer (1970) RSA		3162
	2	Louise Messias (1969) RSA		2104
	3	Susanna Aletta Vosloo (1968) RSA	Boxer Athletic Club	P487
Attempts · ThPen: Weight Throw (16lbs / 7.26kg) · Women · W55 · Final				
Place	Athlete	Attempts		
1	Marinda Maria Coetzer (1970) RSA	7.33		
2	Louise Messias (1969) RSA	6.87		
3	Susanna Aletta Vosloo (1968) RSA	6.12		
Dec: Pole Vault · Men · M30 · Final				
05/01/2026, 11:30 AM	Place	Athlete	Club/School	Bib
	1	Renier De Villiers (1991) RSA	Tuks Athletics	P5187
Attempts · Dec: Pole Vault · Men · M30 · Final				
Place	Athlete	Attempts		
1	Renier De Villiers (1991) RSA	3.25 / o		
Dec: Pole Vault · Men · M40 · Final				
05/01/2026, 11:30 AM	Place	Athlete	Club/School	Bib
	1	Eben Breytenbach (1985) RSA	WilleBeer	P4421
Attempts · Dec: Pole Vault · Men · M40 · Final				
Place	Athlete	Attempts		
1	Eben Breytenbach (1985) RSA	3.15 / o		
Dec: Pole Vault · Men · M55 · Final				
05/01/2026, 11:30 AM	Place	Athlete	Club/School	Bib
		Anthonie Johannes Scheepers (1968)...	SWD Masters	P597
				DNS
Attempts · Dec: Pole Vault · Men · M55 · Final				
Place	Athlete	Attempts		
Dec: Pole Vault · Men · M60 · Final				
05/01/2026, 11:30 AM	Place	Athlete	Club/School	Bib
		Andre Bartleman (1965) RSA	FS Masters	849FS
				NM
Attempts · Dec: Pole Vault · Men · M60 · Final				
Place	Athlete	Attempts		
	Andre Bartleman (1965) RSA	1.10 / xxx		
1500m W30-W45 1500m · Women & Girls · Multiple · Final				
05/01/2026, 12:00 PM	Place	Athlete	Age group	Club/School
	1	Carina Swiegers (1995) RSA	W30	Boxer Athletic Club
	2	Chantelle Breytenbach (1987) RSA	W35	WilleBeer
	3	Leandri Claassen (1977) RSA	W45	Fortis Pretoria North
	4	Jacqui Dersley (1978) RSA	W45	Hollywood Athletics Club
	5	Ashley Button (1990) RSA	W35	Peak South Africa
	6	Jenny-Lee Feuth (1980) RSA	W45	CG Masters
	7	Fredah Ncube (1982) RSA	W40	Bestmed Madibaz
	8	Coetzee Anne-Marie (1984) RSA	W40	GN Masters
	9	Humbulani Thenga (1987) RSA	W35	Panorama Running Club
	10	Petra Oerson (1987) RSA	W35	WP Masters
		Margeret Marumole (1982) RSA	W40	P1428

	Precious Ncayiyana (1979) RSA	W45	GN Masters	P4877	
	Evelyn Martins (1980) RSA	W45	WP Masters	16055	
	Carolien van der Sandt (1984) RSA	W40		P35	
1500m W30-W45 1500m · Women · Multiple, W30 · Final					05/01/2026, 12:00 PM
Place	Athlete		Club/School	Bib	Result
1	Carina Swiegers (1995) RSA		Boxer Athletic Club		4:37.95
1500m W30-W45 1500m · Women · Multiple, W35 · Final					05/01/2026, 12:00 PM
Place	Athlete		Club/School	Bib	Result
1	Chantelle Breytenbach (1987) RSA		WilleBeer		5:02.55 SB
2	Ashley Button (1990) RSA		Peak South Africa		5:42.25 SB
3	Humbulani Thenga (1987) RSA		Panorama Running Club		6:20.13 SB
4	Petra Oerson (1987) RSA		WP Masters		6:43.09 SB
1500m W30-W45 1500m · Women · Multiple, W40 · Final					05/01/2026, 12:00 PM
Place	Athlete		Club/School	Bib	Result
1	Fredah Ncube (1982) RSA		Bestmed Madibaz		5:52.71 SB
2	Coetzee Anne-Marie (1984) RSA		GN Masters		6:05.96 SB
	Carolien van der Sandt (1984) RSA				
	Margeret Marumole (1982) RSA				
1500m W30-W45 1500m · Women · Multiple, W45 · Final					05/01/2026, 12:00 PM
Place	Athlete		Club/School	Bib	Result
1	Leandri Claassen (1977) RSA		Fortis Pretoria North		5:18.04 SB
2	Jacqui Dersley (1978) RSA		Hollywood Athletics Club		5:37.94 SB
3	Jenny-Lee Feuth (1980) RSA		CG Masters		5:44.09 SB
	Precious Ncayiyana (1979) RSA		GN Masters		
	Evelyn Martins (1980) RSA		WP Masters		
1500m W50-W65 1500m · Women & Girls · Multiple · Final					05/01/2026, 12:00 PM
Place	Athlete	Age group	Club/School	Bib	Result
1	Yolanda Claassens (1976) RSA	W50	FS Masters	23	5:43.24 SB
2	Sunet Eybers (1973) RSA	W50	Boxer Athletic Club	7137	5:45.13 SB
3	Ezna Flattey (1965) RSA	W60	CG Masters	12205	6:01.86 SB
4	Marietjie Ceronio (1957) RSA	W65	Vaal Athletic Club	P99	6:35.03 SB
5	Sarita Gericke (1959) RSA	W65	KZN Masters	204	6:42.04 SB
6	Martie Boesenberg (1957) RSA	W65	GN Masters	P8383	7:07.12 SB
7	Louise Britz (1969) RSA	W55	NBRC Vaal Triangle	P435	7:52.28 SB
8	Laura Venter (1965) RSA	W60	CG Masters	4244	7:52.45 SB
9	Linda De Bruyn (1965) RSA	W60	MPU Masters	P281	8:37.12 SB
10	Christina Welkom (1972) RSA	W50	WCIR	16054	8:49.56 SB
11	Annette Erasmus (1972) RSA	W50	South Cape Athletics	P616	9:13.18 SB
12	Mphakiseng Mpati (1975) RSA	W50	Run and walk for life	936ANWN	11:04.19 SB
	Riemke Pretorius (1963) RSA	W60	Klerksdorp KMC	961	DNS
1500m W50-W65 1500m · Women · Multiple, W50 · Final					05/01/2026, 12:00 PM
Place	Athlete		Club/School	Bib	Result
1	Yolanda Claassens (1976) RSA		FS Masters		5:43.24 SB
2	Sunet Eybers (1973) RSA		Boxer Athletic Club		5:45.13 SB
3	Christina Welkom (1972) RSA		WCIR		8:49.56 SB
4	Annette Erasmus (1972) RSA		South Cape Athletics		9:13.18 SB
5	Mphakiseng Mpati (1975) RSA		Run and walk for life		11:04.19 SB
1500m W50-W65 1500m · Women · Multiple, W55 · Final					05/01/2026, 12:00 PM
Place	Athlete		Club/School	Bib	Result
1	Louise Britz (1969) RSA		NBRC Vaal Triangle		7:52.28 SB
1500m W50-W65 1500m · Women · Multiple, W60 · Final					05/01/2026, 12:00 PM
Place	Athlete		Club/School	Bib	Result
1	Ezna Flattey (1965) RSA		CG Masters		6:01.86 SB
2	Laura Venter (1965) RSA		CG Masters		7:52.45 SB
3	Linda De Bruyn (1965) RSA		MPU Masters		8:37.12 SB
	Riemke Pretorius (1963) RSA		Klerksdorp KMC		DNS

1500m W50-W65 1500m · Women · Multiple, W65 · Final				05/01/2026, 12:00 PM
Place	Athlete	Club/School	Bib	Result
1	Marietjie Ceronio (1957) RSA	Vaal Athletic Club		6:35.03 SB
2	Sarita Gericke (1959) RSA	KZN Masters		6:42.04 SB
3	Martie Boesenberg (1957) RSA	GN Masters		7:07.12 SB

ThPen: Javelin Throw (500g) · Women · W70 · Final				05/01/2026, 12:00 PM
Place	Athlete	Club/School	Bib	Result
1	Annette van Dyk (1955) RSA	GN Masters	P4208	14.04 SB
2	Ronel Griesel (1953) RSA	Bellville Athletics Club	11401	13.69 SB
3	Aletta Du Toit (1951) RSA	WP Masters	11440	8.38 SB

Attempts · ThPen: Javelin Throw (500g) · Women · W70 · Final				
Place	Athlete	Attempts		
1	Annette van Dyk (1955) RSA	14.04		
2	Ronel Griesel (1953) RSA	13.69		
3	Aletta Du Toit (1951) RSA	8.38		

ThPen: Javelin Throw (400g) · Women · W75 · Final				05/01/2026, 12:00 PM
Place	Athlete	Club/School	Bib	Result
1	Mercia Ferreira (1949) RSA	CG Masters	8817	15.19
2	Rita Laker (1947) RSA	GN Masters	4599	14.00 SB
3	Ena Fourie (1948) RSA	GN Masters	4291	11.95 SB
4	Suzi Van Eck (1949) RSA	GN Masters	4269	9.20 SB

Attempts · ThPen: Javelin Throw (400g) · Women · W75 · Final				
Place	Athlete	Attempts		
1	Mercia Ferreira (1949) RSA	15.19		
2	Rita Laker (1947) RSA	14.00		
3	Ena Fourie (1948) RSA	11.95		
4	Suzi Van Eck (1949) RSA	9.20		

ThPen: Javelin Throw (400g) · Women · W80 · Final				05/01/2026, 12:00 PM
Place	Athlete	Club/School	Bib	Result
1	Elize Grobbelaar (1945) RSA	WP Masters	11444	8.30 SB
2	Babsie Grobler (1943) RSA	GN Masters	P4218	7.67 SB

Attempts · ThPen: Javelin Throw (400g) · Women · W80 · Final				
Place	Athlete	Attempts		
1	Elize Grobbelaar (1945) RSA	8.30		
2	Babsie Grobler (1943) RSA	7.67		

ThPen: Weight Throw (12lbs / 5.45kg) · Women · W60 · Final				05/01/2026, 12:00 PM
Place	Athlete	Club/School	Bib	Result
1	Heleen Knobel (1965) RSA	SWD Masters	599	14.49
2	Engelina Pretorius (1965) RSA	Epic athletics	1099	6.20 SB
3	Ansie Hennop (1962) RSA	GN Masters	4222	6.11 SB

Attempts · ThPen: Weight Throw (12lbs / 5.45kg) · Women · W60 · Final				
Place	Athlete	Attempts		
1	Heleen Knobel (1965) RSA	14.49		
2	Engelina Pretorius (1965) RSA	6.20		
3	Ansie Hennop (1962) RSA	6.11		

ThPen: Weight Throw (12lbs / 5.45kg) · Women · W65 · Final				05/01/2026, 12:00 PM
Place	Athlete	Club/School	Bib	Result
1	Rina Bruyns (1959) RSA	ASWD	P2084	9.74 SB
2	GSP Baby du Toit (1957) RSA	Gauteng North	P4213	8.69 SB
3	Farieda Dramat (1959) RSA	Bellville Athletics Club	11403	8.48 SB

Attempts · ThPen: Weight Throw (12lbs / 5.45kg) · Women · W65 · Final				
Place	Athlete	Attempts		
1	Rina Bruyns (1959) RSA	9.74		
2	GSP Baby du Toit (1957) RSA	8.69		
3	Farieda Dramat (1959) RSA	8.48		

1500m M30-M45 1500m · Men & Boys · Multiple · Final

05/01/2026, 12:15 PM

Place	Athlete	Age group	Club/School	Bib	Result
1	Marko Bucarizza (1988) RSA	M35	Boxer Athletic Club	P10719	4:00.99 SB
2	Dewayne Sir Mo Mouries (1988) RSA	M35	WP Masters	P13336	4:01.63 SB
3	Louis Smit (1990) RSA	M35		1114	4:07.16 SB
4	Wilbur Fortuin (1992) RSA	M30	WP Masters	P13034	4:16.79 SB
5	Dale Kretzinger (1986) RSA	M35	Hollywood Athletics Club	P28604	4:18.34 SB
6	Johan Oerson (1990) RSA	M35	WP Masters	P1946	4:27.21 SB
7	David Antonie Ruiters (1984) RSA	M40	BND Masters	1955	4:36.70 SB
8	Johannes Christoffel Boshoff (1985)...	M40	GN Masters	P4981	4:55.01 SB
9	Sibusiso Ndhlela (1980) RSA	M45	CG Masters	P322	4:57.49 SB
10	Melikhaya Dyubele (1980) RSA	M45	Bathurst Athletics Club	M-45	5:01.34 SB
11	Jakob Jacobus Volmoer (1983) RSA	M40	ATC	15761	5:10.39 SB
12	Daryl Mulder (1980) RSA	M45	Hollywood Athletics Club	P3001	5:16.02 SB
13	Donovan Jurgens vanderSchyf (1976)...	M45	32GI	28008	5:58.40 SB
14	Richard Mazungula (1977) RSA	M45	NBRC Eastern Province	1457	6:30.17 SB
15	Cornelius Pretorius (1976) RSA	M45	Goudveld Multi Sport	P428	7:28.19 SB
	Rowan Marais (1976) RSA	M45	Helderberg Harriers	P4513	DNF

1500m M30-M45 1500m · Men · Multiple, M30 · Final

05/01/2026, 12:15 PM

Place	Athlete	Club/School	Bib	Result
1	Wilbur Fortuin (1992) RSA	WP Masters		4:16.79 SB

1500m M30-M45 1500m · Men · Multiple, M35 · Final

05/01/2026, 12:15 PM

Place	Athlete	Club/School	Bib	Result
1	Marko Bucarizza (1988) RSA	Boxer Athletic Club		4:00.99 SB
2	Dewayne Sir Mo Mouries (1988) RSA	WP Masters		4:01.63 SB
3	Louis Smit (1990) RSA			4:07.16 SB
4	Dale Kretzinger (1986) RSA	Hollywood Athletics Club		4:18.34 SB
5	Johan Oerson (1990) RSA	WP Masters		4:27.21 SB

1500m M30-M45 1500m · Men · Multiple, M40 · Final

05/01/2026, 12:15 PM

Place	Athlete	Club/School	Bib	Result
1	David Antonie Ruiters (1984) RSA	BND Masters		4:36.70 SB
2	Johannes Christoffel Boshoff (1985)...	GN Masters		4:55.01 SB
3	Jakob Jacobus Volmoer (1983) RSA	ATC		5:10.39 SB

1500m M30-M45 1500m · Men · Multiple, M45 · Final

05/01/2026, 12:15 PM

Place	Athlete	Club/School	Bib	Result
1	Sibusiso Ndhlela (1980) RSA	CG Masters		4:57.49 SB
2	Melikhaya Dyubele (1980) RSA	Bathurst Athletics Club		5:01.34 SB
3	Daryl Mulder (1980) RSA	Hollywood Athletics Club		5:16.02 SB
4	Donovan Jurgens vanderSchyf (1976)...	32GI		5:58.40 SB
5	Richard Mazungula (1977) RSA	NBRC Eastern Province		6:30.17 SB
6	Cornelius Pretorius (1976) RSA	Goudveld Multi Sport		7:28.19 SB
	Rowan Marais (1976) RSA	Helderberg Harriers		DNF

1500m M50-M75 1500m · Men & Boys · Multiple · Final

05/01/2026, 12:15 PM

Place	Athlete	Age group	Club/School	Bib	Result
1	Phillip Bester (1970) RSA	M55	Blizz	181	4:34.85 SB
2	Anthony Grendon (1961) RSA	M65	WP Masters	P1940	4:53.06 SB
3	Pius Hlatshwayo (1973) RSA	M50	CG Masters	P18674	4:54.52 SB
4	Johann Claassens (1970) RSA	M55	FS Masters	2057	5:17.43 SB
5	Flippie Kotze (1969) RSA	M55	FS Masters	793	5:45.28 SB
6	Sonny Leopeng (1956) RSA	M65	CG Masters	9533	5:48.64 SB
7	Rudolf Campbell (1969) NAM	M55	QSB Athletics Club	788	5:56.00 SB
8	Johannes Hendrik Campher (1965) R...	M60	FS Masters	1501	6:06.83 SB
9	Hannes van Wyk (1955) RSA	M70		212	6:16.19 SB
10	Willie Beneke (1962) RSA	M60	GN Masters	592	6:25.30 SB
11	Sydney Gegan (1962) RSA	M60	GN Masters	314	7:46.07 SB
12	Egbert De Bruyn (1957) RSA	M65	MPU Masters	P282	7:53.24 SB
13	Chris Reed (1951) RSA	M75	CG Masters	1354	8:13.86 SB
14	Willem Billingham (1959) RSA	M65	GN Masters	P8384	9:02.16 SB
15	Michael Tolhurst (1954) RSA	M70	Hollywood Athletics Club	P6586	10:08.99 SB

Buks van Heerden (1971) RSA			M55	Boxer Athletic Club	P5		
1500m M50-M75 1500m · Men · Multiple, M50 · Final						05/01/2026, 12:15 PM	
Place	Athlete			Club/School	Bib	Result	
1	Pius Hlatshwayo (1973) RSA			CG Masters		4:54.52 SB	
1500m M50-M75 1500m · Men · Multiple, M55 · Final						05/01/2026, 12:15 PM	
Place	Athlete			Club/School	Bib	Result	
1	Phillip Bester (1970) RSA			Blizz		4:34.85 SB	
2	Johann Claassens (1970) RSA			FS Masters		5:17.43 SB	
3	Flippie Kotze (1969) RSA			FS Masters		5:45.28 SB	
4	Rudolf Campbell (1969) NAM			QSB Athletics Club		5:56.00 SB	
	Buks van Heerden (1971) RSA			Boxer Athletic Club			
1500m M50-M75 1500m · Men · Multiple, M60 · Final						05/01/2026, 12:15 PM	
Place	Athlete			Club/School	Bib	Result	
1	Johannes Hendrik Campher (1965) R...			FS Masters		6:06.83 SB	
2	Willie Beneke (1962) RSA			GN Masters		6:25.30 SB	
3	Sydney Gregan (1962) RSA			GN Masters		7:46.07 SB	
1500m M50-M75 1500m · Men · Multiple, M65 · Final						05/01/2026, 12:15 PM	
Place	Athlete			Club/School	Bib	Result	
1	Anthony Grendon (1961) RSA			WP Masters		4:53.06 SB	
2	Sonny Leopeng (1956) RSA			CG Masters		5:48.64 SB	
3	Egbert De Bruyn (1957) RSA			MPU Masters		7:53.24 SB	
4	Willem Billingham (1959) RSA			GN Masters		9:02.16 SB	
1500m M50-M75 1500m · Men · Multiple, M70 · Final						05/01/2026, 12:15 PM	
Place	Athlete			Club/School	Bib	Result	
1	Hannes van Wyk (1955) RSA					6:16.19 SB	
2	Michael Tolhurst (1954) RSA			Hollywood Athletics Club		10:08.99 SB	
1500m M50-M75 1500m · Men · Multiple, M75 · Final						05/01/2026, 12:15 PM	
Place	Athlete			Club/School	Bib	Result	
1	Chris Reed (1951) RSA			CG Masters		8:13.86 SB	
200m · Women · W40 · Final						05/01/2026, 12:30 PM · Wind: +0.2	
Place	Lane	Athlete		Club/School	Bib	React.	Result
1	5	Elmarie Walters (1983) RSA		SWD Masters	1379		26.42 SB
2	6	Ingrid Crouse (1984) RSA		Maties	P2113		26.73 SB
3	3	Charisa Janse van Rensburg (1986) R...		Bronkhorstspuit Athletic Club	P8504		27.68 SB
4	4	Carike Janie De Oliveira (1985) RSA		NBRC CG Johannesburg	P258		28.47 SB
5	7	Rozanne Georghiou (1984) RSA		WilleBeer	P4405		30.12 SB
200m · Women · W45 · Final						05/01/2026, 12:30 PM · Wind: +1.3	
Place	Lane	Athlete		Club/School	Bib	React.	Result
1	3	Tracey Robertson (1980) RSA			11561		26.59 SB
2	4	Marisa Beukes (1979) RSA		CG Masters	P11124		30.35
3	5	Tanja Juries (1979) RSA		WP Masters	P 13217		30.85 SB
4	6	Corrin Durrheim (1976) RSA		CG Masters	P11488		31.58 SB
200m · Women · W50 · Final						05/01/2026, 12:30 PM · Wind: +1.6	
Place	Lane	Athlete		Club/School	Bib	React.	Result
1	5	Shona Hutchinson (1974) RSA		KZN Masters	P7252		25.69 NR (RSA), SB
2	4	Delia Vaz (1972) RSA			P7254		30.79 SB
3	7	Liesl Bezuidenhout (1971) RSA		Vaal Triangle Masters	P165		31.76 SB
4	6	Michelle Staal (1972) RSA		WP Masters	P3120		32.47 SB
200m · Women · W55 · Final						05/01/2026, 12:30 PM · Wind: +1.6	
Place	Lane	Athlete		Club/School	Bib	React.	Result
1	4	Sandra McMaster (1968) RSA		FPN	P8381		43.75 SB
	5	Susan Masuku (1966) RSA			P22999		
200m · Women · W60 · Final						05/01/2026, 12:30 PM	
Place	Lane	Athlete		Club/School	Bib	React.	Result

1	6	Janine Prinsloo (1963) RSA	Sasolburg Athletics Club	P2239	33.29
2	3	Ezna Flattery (1965) RSA	CG Masters	12205	34.58
3	4	Riette Van den Berg (1962) RSA	Hartbeespoort Marathon Club	198	37.05
4	5	Laura Venter (1965) RSA	CG Masters	4244	43.88

200m W30 & W35 200m · Women & Girls · Multiple · Final 05/01/2026, 12:30 PM · Wind: +3.0

Place	Lane	Athlete	Age group	Club/School	Bib	React.	Result
1	5	Liandi le Roux (1992) RSA	W30	CG Masters	P19242		24.48
2	3	Leana du Toit (1986) RSA	W35	CG Masters	P4119		27.31
3	2	Biancá Rê (1987) RSA	W35	GN Masters	P4272		27.68
4		Anja Venter (1994) RSA	W30	WP Masters	P2594		28.08

200m W30 & W35 200m · Women · Multiple, W30 · Final 05/01/2026, 12:30 PM · Wind: +3.0

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Liandi le Roux (1992) RSA	CG Masters			24.48
2		Anja Venter (1994) RSA	WP Masters			28.08

200m W30 & W35 200m · Women · Multiple, W35 · Final 05/01/2026, 12:30 PM · Wind: +3.0

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	3	Leana du Toit (1986) RSA	CG Masters			27.31
2	2	Biancá Rê (1987) RSA	GN Masters			27.68

200m W65-W80 200m · Women & Girls · Multiple · Final 05/01/2026, 12:30 PM · Wind: +0.8

Place	Lane	Athlete	Age group	Club/School	Bib	React.	Result
1	3	Silla Kotze (1960) RSA	W65		1576		32.04 SB
2	7	Kathleen Gey van Pittius (1954) RSA	W70	Maties	P2098		35.58 SB
3	5	Rika Spang (1960) RSA	W65		1262		36.50 SB
4	4	Stoffies Mey (1957) RSA	W65	GN Masters	P4227		36.72 SB
5	6	Liz Alexander (1955) RSA	W70	KZN Masters	P7270		39.20 SB
6	2	Elmarie Van Huyssteen (1949) RSA	W75	Maties	P2030		40.66 SB
7	1	Maria Cornelia Visser (1946) RSA	W75	CG Masters	25924		47.35 SB
8	8	Elzabé Jansen van Vuuren (1946) RSA	W80	Berts Bricks	859		1:22.96 SB

200m W65-W80 200m · Women · Multiple, W65 · Final 05/01/2026, 12:30 PM · Wind: +0.8

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	3	Silla Kotze (1960) RSA				32.04 SB
2	5	Rika Spang (1960) RSA				36.50 SB
3	4	Stoffies Mey (1957) RSA	GN Masters			36.72 SB

200m W65-W80 200m · Women · Multiple, W70 · Final 05/01/2026, 12:30 PM · Wind: +0.8

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	7	Kathleen Gey van Pittius (1954) RSA	Maties			35.58 SB
2	6	Liz Alexander (1955) RSA	KZN Masters			39.20 SB

200m W65-W80 200m · Women · Multiple, W75 · Final 05/01/2026, 12:30 PM · Wind: +0.8

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	2	Elmarie Van Huyssteen (1949) RSA	Maties			40.66 SB
2	1	Maria Cornelia Visser (1946) RSA	CG Masters			47.35 SB

200m W65-W80 200m · Women · Multiple, W80 · Final 05/01/2026, 12:30 PM · Wind: +0.8

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	8	Elzabé Jansen van Vuuren (1946) RSA	Berts Bricks			1:22.96 SB

200m · Men · M50 · Final 05/01/2026, 12:40 PM · Wind: +3.4

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Moses Naidoo (1972) RSA	KZN Masters	P7253		23.94
2	5	Clinton Vermeulen (1971) RSA	CG Masters	P11733		26.18
3	2	Michael Peacock (1972) RSA	WP Masters	P10256		27.74
4	7	Karel van Niekerk (1972) RSA	Boxer Athletic Club	P3288		33.23
	3	John Aubrey Cloete (1971) RSA		P11414		DNS
	6	Dion Harper (1973) RSA	Khosa	P23936		DNS

200m · Men · M55 · Final 05/01/2026, 12:40 PM · Wind: +2.6

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	7	Jacques Jacobus Mouton (1967) RSA	WP Masters	5089		25.95

2	4	Ralph Kimmins (1971) RSA	CG Masters	P7071	26.00
3	3	Maurice Fortuin (1970) RSA	Drakenstein Correctional servi...	P1842	27.94
4	5	Anthony John Solomons (1970) RSA	BND Masters	P1877	28.16
5	2	Simon Petrus Cloete (1968) RSA		P11415	28.20
6	6	Riaan van Niekerk (1966) RSA	CG Masters	P26413	29.00

200m · Men · M60 · Final					05/01/2026, 12:40 PM · Wind: +1.5
Place	Lane	Athlete	Club/School	Bib	React. Result
1	2	David Fourie (1965) RSA	KZN Masters	P7265	24.96 NR (RSA), SB
2	4	Daniel van der Vyver (1965) RSA	GN Masters	5095	25.47 SB
3	5	Johan Myburgh (1961) RSA	Bellville Athletics Club	14488	27.01 SB
4	6	Winston Smit (1962) RSA	GN Masters	P5346	28.74 SB
5	7	Michael Toll (1964) RSA	WP Masters	559	29.73 SB
6	3	Eldrid Koortzen (1962) RSA	FS Masters	P2860	31.06 SB

200m · Men · M65 · Final					05/01/2026, 12:40 PM · Wind: +2.8
Place	Lane	Athlete	Club/School	Bib	React. Result
1	6	Mehlo Minaza (1958) RSA	EP Masters	58	27.96
2	4	Pieter Albertus Erasmus (1960) RSA	South Cape Athletics	P617	28.24
	3	Bobie Tlapu (1956) RSA	GN Masters	4274	DNF
	5	Frans Kalp (1959) RSA	SWD Masters	P1138	DNS

200m · Men · M70 · Final					05/01/2026, 12:40 PM · Wind: +1.7
Place	Lane	Athlete	Club/School	Bib	React. Result
1	7	Hendrik Breytenbach (1956) RSA	GN Masters	P4248	29.76
2	3	Joseph Warries (1956) RSA	WP Masters	P12970	30.42 SB
3	4	Warren Schmelzer (1954) RSA	GN Masters	P4239	30.59 SB
4	5	Derek Brentano (1955) RSA	CG Masters	3308	57.79 SB
	6	Robert Xavier (1953) RSA	EP Masters	P45	

200m M75-M85 200m · Men & Boys · Multiple · Final						05/01/2026, 12:40 PM · Wind: +1.7	
Place	Lane	Athlete	Age group	Club/School	Bib	React.	Result
1	5	Len Claassen (1951) RSA	M75	WP Masters	P4151		33.83 SB
2	4	Les Stuart (1942) RSA	M80	SWD Masters	P930		39.71 SB
	6	Johan Scheepers (1950) RSA	M75	GN Masters	P4260		DNS

200m M75-M85 200m · Men · Multiple, M75 · Final						05/01/2026, 12:40 PM · Wind: +1.7
Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Len Claassen (1951) RSA	WP Masters			33.83 SB
	6	Johan Scheepers (1950) RSA	GN Masters			DNS

200m M75-M85 200m · Men · Multiple, M80 · Final						05/01/2026, 12:40 PM · Wind: +1.7
Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Les Stuart (1942) RSA	SWD Masters			39.71 SB

ThPen: Weight Throw (12lbs / 5.45kg) · Women · W70 · Final					05/01/2026, 12:45 PM
Place		Athlete	Club/School	Bib	Result
1		Annette van Dyk (1955) RSA	GN Masters	P4208	8.12 SB
2		Ronel Griesel (1953) RSA	Bellville Athletics Club	11401	7.43 SB
3		Aletta Du Toit (1951) RSA	WP Masters	11440	7.22 SB

Attempts · ThPen: Weight Throw (12lbs / 5.45kg) · Women · W70 · Final		
Place	Athlete	Attempts
1	Annette van Dyk (1955) RSA	8.12
2	Ronel Griesel (1953) RSA	7.43
3	Aletta Du Toit (1951) RSA	7.22

ThPen: Weight Throw (8.8lbs / 4kg) · Women · W75 · Final					05/01/2026, 12:45 PM
Place		Athlete	Club/School	Bib	Result
1		Ena Fourie (1948) RSA	GN Masters	4291	9.23 SB
2		Suzi Van Eck (1949) RSA	GN Masters	4269	8.13 SB
3		Mercia Ferreira (1949) RSA	CG Masters	8817	8.07 SB
4		Rita Laker (1947) RSA	GN Masters	4599	7.54 SB

Attempts · ThPen: Weight Throw (8.8lbs / 4kg) · Women · W75 · Final

Place	Athlete	Attempts
1	Ena Fourie (1948) RSA	9.23
2	Suzi Van Eck (1949) RSA	8.13
3	Mercia Ferreira (1949) RSA	8.07
4	Rita Laker (1947) RSA	7.54

ThPen: Weight Throw (8.8lbs / 4kg) · Women · W80 · Final

05/01/2026, 12:45 PM

Place	Athlete	Club/School	Bib	Result
1	Babsie Grobler (1943) RSA	GN Masters	P4218	8.44 SB
2	Elize Grobbelaar (1945) RSA	WP Masters	11444	8.03 SB

Attempts · ThPen: Weight Throw (8.8lbs / 4kg) · Women · W80 · Final

Place	Athlete	Attempts
1	Babsie Grobler (1943) RSA	8.44
2	Elize Grobbelaar (1945) RSA	8.03

200m · Men · M30 · Final

05/01/2026, 01:00 PM · Wind: -2.3

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Curt Ruiters (1991) RSA	Tygerberg Athletics Club	P10215		22.98 SB
2	3	Jean-Pierre Kitshoff (1991) RSA	GN Masters	P5067		23.28 SB
3	4	Leepo Mokoto (1993) RSA	CG Masters	P19689		23.44 SB
4	2	Rubin Ettiene Botha (1993) RSA	FS Masters	P 282		24.78 SB
	6	Jaco Coertze (1991) RSA	32GI	P12897		DNS
	7	Chad Steenberg (1995) RSA	Tygerberg Athletics Club	P10205		DNS

200m · Men · M35 · Final

05/01/2026, 01:00 PM · Wind: +1.7

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Willem de beer (1988) RSA	GN Masters	4422		22.73 SB
2	8	Chadley Benjamin (1987) RSA	WP Masters	P13031		24.00 SB
3	2	Larry Beukes (1986) RSA	ASEA Athlétisme Sud-Est Sou...	1022		24.03 SB
4	6	LJ Wickens (1986) RSA	Nylstroom	P3161		24.70 SB
5	5	Kevin O'Dea (1990) RSA	Helderberg Harriers	4529		25.28 SB
	3	Pierre Spies (1990) RSA	WilleBeer	4404		DNS
	7	Shanon Smith (1987) RSA	WP Masters	11383		DNS

200m · Men · M40 · Final · Group A (of 2)

05/01/2026, 01:00 PM · Wind: +3.4

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Anton Vlok (1984) RSA	CG Masters	P23063		22.72
2	5	Rudi Jordaan (1983) RSA	CG Masters	P9888		25.06
3	6	Hilton Arralappan (1982) RSA	CG Masters	P532		26.44
4	3	Qaasim Hassan (1983) RSA	ATC	15323		26.73
5	7	Nicholas Catrakilis (1982) RSA	Boxer Athletic Club	P10467		27.71
6	2	Daniel Petersen (1984) RSA	Stagglers	P5641		28.04

200m · Men · M40 · Final · Group B (of 2)

05/01/2026, 01:00 PM · Wind: +1.5

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Jean-Pierre Zeelie (1986) RSA		12191		22.97 SB
2	4	Reinhard Howard Pretorius (1984) RSA	GN Masters	P4294		23.99 SB
3	7	Izak van Niekerk (1985) RSA	Epic athletics	861		24.41 SB
4	6	Chavall George Williams (1984) RSA	BND Masters	P1343		25.26 SB
5	3	Denzil August (1985) RSA	Bellville Athletics Club	P11434		25.81 SB

200m · Men · M45 · Final

05/01/2026, 01:00 PM · Wind: +1.6

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Ricardo Mentoor (1977) RSA	WP Masters	P11396		23.59 SB
2	6	Jan Botha (1979) RSA	Helderberg Harriers	P4569		24.68 SB
3	3	Johan Steyn (1976) NAM	QSB Athletics Club	792		25.64 SB
4	7	Angelo Rhode (1978) RSA	Pinelands AC	27.5		26.71 SB
5	2	Cornelius Pretorius (1976) RSA	Goudveld Multi Sport	P428		30.75 SB
	5	Donovan Jurgens vanderSchyf (1976)...	32GI	28008		DNS

Long Jump · Women · W35 · Final

05/01/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result	Wind
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1	Ashley Button (1990) RSA	Peak South Africa	P26938	4.48 SB	+1.1
2	Mitzi Van der Merwe (1987) RSA	Tuks Athletics	P5511	3.44 SB	-1.4
Attempts · Long Jump · Women · W35 · Final					
Place	Athlete	Attempts			
1	Ashley Button (1990) RSA	4.48 / +1.1			
2	Mitzi Van der Merwe (1987) RSA	3.44 / -1.4			
Long Jump · Women · W45 · Final					
Place	Athlete	Club/School	Bib	Result	Wind
1	Alicia Smit (1979) RSA	Tuks Athletics	p5112	5.18 SB	+0.4
2	Marisa Beukes (1979) RSA	Germiston Callies	P11124	4.28 SB	-1.4
3	Tanja Juries (1979) RSA	WP Masters	P 13217	4.07 SB	+0.4
Attempts · Long Jump · Women · W45 · Final					
Place	Athlete	Attempts			
1	Alicia Smit (1979) RSA	5.18 / +0.4			
2	Marisa Beukes (1979) RSA	4.28 / -1.4			
3	Tanja Juries (1979) RSA	4.07 / +0.4			
Hammer Throw (7.26kg) · Men · M35 · Final					
Place	Athlete	Club/School	Bib	Result	
1	Dirk Daniel Rosslee (1987) RSA	UJ Athletics Club	19935	33.95 SB	
Attempts · Hammer Throw (7.26kg) · Men · M35 · Final					
Place	Athlete	Attempts			
1	Dirk Daniel Rosslee (1987) RSA	33.95			
Hammer Throw (7.26kg) · Men · M40 · Final					
Place	Athlete	Club/School	Bib	Result	
1	Shaun van Rooi (1982) NAM	GN Masters	4278	31.68 SB	
2	William Charlton van Wyk (1985) NAM	Quinton Steel Botes	794	31.38 SB	
3	Charl Deon Viljoen (1983) RSA	GN Masters	P4230	30.11 SB	
	Ntsikelelo Sebe (1982) RSA	NBRC Eastern Province	1436	DNS	
Attempts · Hammer Throw (7.26kg) · Men · M40 · Final					
Place	Athlete	Attempts			
1	Shaun van Rooi (1982) NAM	31.68			
2	William Charlton van Wyk (1985) NAM	31.38			
3	Charl Deon Viljoen (1983) RSA	30.11			
	Ntsikelelo Sebe (1982) RSA				
Hammer Throw (7.26kg) · Men · M45 · Final					
Place	Athlete	Club/School	Bib	Result	
1	Cobus Keet (1978) RSA	GN Masters	4617	21.47 SB	
	Hein Pieterse (1980) RSA		P4250	DNS	
Attempts · Hammer Throw (7.26kg) · Men · M45 · Final					
Place	Athlete	Attempts			
1	Cobus Keet (1978) RSA	21.47			
	Hein Pieterse (1980) RSA				
Dec: Javelin Throw (800g) · Men · M30 · Final					
Place	Athlete	Club/School	Bib	Result	
1	Renier De Villiers (1991) RSA	Tuks Athletics	P5187	46.35 SB	
Attempts · Dec: Javelin Throw (800g) · Men · M30 · Final					
Place	Athlete	Attempts			
1	Renier De Villiers (1991) RSA	46.35			
Dec: Javelin Throw (800g) · Men · M40 · Final					
Place	Athlete	Club/School	Bib	Result	
1	Eben Breytenbach (1985) RSA	WilleBeer	P4421	35.00 SB	
Attempts · Dec: Javelin Throw (800g) · Men · M40 · Final					
Place	Athlete	Attempts			

1	Eben Breytenbach (1985) RSA			35.00				
Dec: Javelin Throw (700g) · Men · M55 · Final							05/01/2026, 01:30 PM	
Place	Athlete			Club/School	Bib	Result		
	Anthonie Johannes Scheepers (1968)...			SWD Masters	P597	DNS		
Attempts · Dec: Javelin Throw (700g) · Men · M55 · Final								
Place	Athlete			Attempts				
	Anthonie Johannes Scheepers (1968)...							
Dec: Javelin Throw (600g) · Men · M60 · Final							05/01/2026, 01:30 PM	
Place	Athlete			Club/School	Bib	Result		
1	Andre Bartleman (1965) RSA			FS Masters	849FS	27.70 SB		
Attempts · Dec: Javelin Throw (600g) · Men · M60 · Final								
Place	Athlete			Attempts				
1	Andre Bartleman (1965) RSA			27.70				
300m Hurdles (68.6cm / 35m) · Men · M70 · Final								05/01/2026, 01:45 PM
Place	Lane	Athlete		Club/School	Bib	React.	Result	
1	4	Warren Schmelzer (1954) RSA		GN Masters	4239		54.15 SB	
2	5	Sarel du Toit (1955) RSA		GN Masters	P4220		1:01.82 SB	
300m Hurdles M60 & M65 300m Hurdles · Men & Boys · Multiple · Final								05/01/2026, 01:45 PM
Place	Lane	Athlete		Age group	Club/School	Bib	React.	Result
1	5	David Fourie (1965) RSA		M60	Fast Feet	P7265		43.70 NR (RSA)
2	4	Christo Horn (1964) RSA		M60	CG Masters	P8185		55.12 SB
3	6	Andre Bartleman (1965) RSA		M60	FS Masters	849FS		1:11.18 SB
4	3	Egbert De Bruyn (1957) RSA		M65	MPU Masters	P282		1:33.02 SB
300m Hurdles M60 & M65 300m Hurdles (76.2cm / 35m) · Men · Multiple, M60 · Final								05/01/2026, 01:45 PM
Place	Lane	Athlete		Club/School	Bib	React.	Result	
1	5	David Fourie (1965) RSA		Fast Feet			43.70 NR (RSA)	
2	4	Christo Horn (1964) RSA		CG Masters			55.12 SB	
3	6	Andre Bartleman (1965) RSA		FS Masters			1:11.18 SB	
300m Hurdles M60 & M65 300m Hurdles (76.2cm / 35m) · Men · Multiple, M65 · Final								05/01/2026, 01:45 PM
Place	Lane	Athlete		Club/School	Bib	React.	Result	
1	3	Egbert De Bruyn (1957) RSA		MPU Masters			1:33.02 SB	
300m Hurdles (76.2cm / 35m) · Women · W50 · Final								05/01/2026, 02:00 PM
Place	Lane	Athlete		Club/School	Bib	React.	Result	
1	4	Shona Hutchinson (1974) RSA		KZN Masters	P7252		46.55 NR (RSA), SB	
2	5	Michelle Staal (1972) RSA		WP Masters	P3120		1:02.14 SB	
300m Hurdles W60 & W65 300m Hurdles · Women & Girls · Multiple · Final								05/01/2026, 02:00 PM
Place	Lane	Athlete		Age group	Club/School	Bib	React.	Result
1	3	Martie Boesenberg (1957) RSA		W65	GN Masters	P838e		1:28.74 SB
2	4	Linda De Bruyn (1965) RSA		W60	MPU Masters	P281		1:33.74 SB
3	5	Riemke Pretorius (1963) RSA		W60	Klerksdorp KMC	961		1:53.30 SB
4	2	Christa Mouton (1956) RSA		W65	GN Masters	P140		2:15.54
300m Hurdles W60 & W65 300m Hurdles (68.6cm / 35m) · Women · Multiple, W60 · Final								05/01/2026, 02:00 PM
Place	Lane	Athlete		Club/School	Bib	React.	Result	
1	4	Linda De Bruyn (1965) RSA		MPU Masters			1:33.74 SB	
2	5	Riemke Pretorius (1963) RSA		Klerksdorp KMC			1:53.30 SB	
300m Hurdles W60 & W65 300m Hurdles (68.6cm / 35m) · Women · Multiple, W65 · Final								05/01/2026, 02:00 PM
Place	Lane	Athlete		Club/School	Bib	React.	Result	
1	3	Martie Boesenberg (1957) RSA		GN Masters			1:28.74 SB	
2	2	Christa Mouton (1956) RSA		GN Masters			2:15.54	
Javelin Throw (600g) · Men · M60 · Final								05/01/2026, 02:15 PM
Place	Athlete			Club/School	Bib	Result		
1	Vic Bezuidenhout (1961) RSA			GN Masters	P4261	37.01 SB		
2	Christo Horn (1964) RSA			UJ Athletics Club	P8185	32.94 SB		

3	Michael Toll (1964) RSA	WP Masters	559	31.20 SB
4	William Boswel (1966) RSA	GN Masters	P 4257	30.59 SB
5	Andre Bartleman (1965) RSA	FS Masters	849FS	26.76 SB

Attempts · Javelin Throw (600g) · Men · M60 · Final

Place	Athlete	Attempts
1	Vic Bezuidenhout (1961) RSA	37.01
2	Christo Horn (1964) RSA	32.94
3	Michael Toll (1964) RSA	31.20
4	William Boswel (1966) RSA	30.59
5	Andre Bartleman (1965) RSA	26.76

Javelin Throw (600g) · Men · M65 · Final

05/01/2026, 02:15 PM

Place	Athlete	Club/School	Bib	Result
1	Stephen Kichenbrand (1957) RSA	SWD Masters	P603	41.05 SB
2	John Aspeling (1960) RSA	GN Masters	P4209	34.58 SB

Attempts · Javelin Throw (600g) · Men · M65 · Final

Place	Athlete	Attempts
1	Stephen Kichenbrand (1957) RSA	41.05
2	John Aspeling (1960) RSA	34.58

Javelin Throw (500g) · Men · M70 · Final

05/01/2026, 02:15 PM

Place	Athlete	Club/School	Bib	Result
1	Joseph Johannes Buks Myburgh (195...	Quinton Steel Botes	Temp licence	25.43 SB
2	Piet Dokter (1953) RSA	BND Masters	P1890	23.32 SB
3	Robert Xavier (1953) RSA	EP Masters	P45	22.11 SB
4	Buks Meyer (1955) RSA	Eldoraigne High School	P9590	18.03 SB

Attempts · Javelin Throw (500g) · Men · M70 · Final

Place	Athlete	Attempts
1	Joseph Johannes Buks Myburgh (195...	25.43
2	Piet Dokter (1953) RSA	23.32
3	Robert Xavier (1953) RSA	22.11
4	Buks Meyer (1955) RSA	18.03

Javelin Throw (500g) · Men · M75 · Final

05/01/2026, 02:15 PM

Place	Athlete	Club/School	Bib	Result
1	Conrad Stoltz (1946) RSA	Middelburg Marathon Club	P2109	13.69 SB

Attempts · Javelin Throw (500g) · Men · M75 · Final

Place	Athlete	Attempts
1	Conrad Stoltz (1946) RSA	13.69

Javelin Throw (400g) · Men · M85 · Final

05/01/2026, 02:15 PM

Place	Athlete	Club/School	Bib	Result
1	Victor Young (1937) RSA	GN Masters	P4219	14.73 SB

Attempts · Javelin Throw (400g) · Men · M85 · Final

Place	Athlete	Attempts
1	Victor Young (1937) RSA	14.73

Hep: 800m · Women · W45 · Final

05/01/2026, 02:45 PM

Place	Lane	Athlete	Club/School	Bib	Result
1	1	Tanja Juries (1979) RSA	WP Masters	P 13217	3:46.84 SB

Hep: 800m · Women · W50 · Final

05/01/2026, 02:45 PM

Place	Lane	Athlete	Club/School	Bib	Result
1	2	Michelle Staal (1972) RSA		P3120	3:15.77 SB
2	1	Finie Botma (1972) RSA		P12279	3:21.12 SB

Hep: 800m · Women · W55 · Final

05/01/2026, 02:45 PM

Place	Lane	Athlete	Club/School	Bib	Result
1	1	Philna Munnik (1968) RSA	UJ Athletics Club	P12319	3:21.82 SB

Javelin Throw (700g) · Men · M50 · Final				05/01/2026, 03:30 PM
Place	Athlete	Club/School	Bib	Result
1	Phillip Venter (1971) RSA	GN Masters	P4234	37.35 SB
2	Schalkwi Nolte (1975) RSA	WilleBeer	P4410	33.77 SB
3	Morne Slabbert (1975) RSA	Protea Atletiek Klub	P1588	30.51 SB
4	Johan Ceaser (1976) RSA	Camdeboo Athletic Club	#668	27.78 SB

Attempts · Javelin Throw (700g) · Men · M50 · Final		
Place	Athlete	Attempts
1	Phillip Venter (1971) RSA	37.35
2	Schalkwi Nolte (1975) RSA	33.77
3	Morne Slabbert (1975) RSA	30.51
4	Johan Ceaser (1976) RSA	27.78

Dec: 1500m · Men · M30 · Final				05/01/2026, 03:40 PM
Place	Athlete	Club/School	Bib	Result
1	Renier De Villiers (1991) RSA	Tuks Athletics	P5187	6:13.38 SB

Dec: 1500m · Men · M40 · Final				05/01/2026, 03:40 PM
Place	Athlete	Club/School	Bib	Result
1	Eben Breytenbach (1985) RSA	WilleBeer	P4421	5:22.51 SB

Dec: 1500m · Men · M55 · Final				05/01/2026, 03:40 PM
Place	Athlete	Club/School	Bib	Result
	Anthonie Johannes Scheepers (1968)...	SWD Masters	P597	DNS

Dec: 1500m · Men · M60 · Final				05/01/2026, 03:40 PM
Place	Athlete	Club/School	Bib	Result
1	Andre Bartleman (1965) RSA	FS Masters	849FS	7:14.13 SB

High Jump · Men · M50 · Final				05/02/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result
1	Brandon Vermeulen (1975) RSA	CG Masters	11753	1.63 =SB

Attempts · High Jump · Men · M50 · Final		
Place	Athlete	Attempts
1	Brandon Vermeulen (1975) RSA	1.63 / o

High Jump · Men · M55 · Final				05/02/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result
1	Anthonie Johannes Scheepers (1968)...	SWD Masters	P597	1.36 SB
1	Brendin Mc Donald (1970) RSA		P1480	1.36 SB

Attempts · High Jump · Men · M55 · Final		
Place	Athlete	Attempts
1	Anthonie Johannes Scheepers (1968)...	1.36 / o
1	Brendin Mc Donald (1970) RSA	1.36 / o

High Jump · Men · M60 · Final				05/02/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result
1	Christo Horn (1964) RSA	UJ Athletics Club	P8185	1.36 SB
2	Tjaart Coetzee (1963) RSA	Madibaz	P2561	1.20 SB
	Andre Bartleman (1965) RSA	FS Masters	849FS	DNS
	Henk Le Roux (1961) RSA	Free State Kudu Running Club	P10	DNS

Attempts · High Jump · Men · M60 · Final				
Place	Athlete	Attempts		
1	Christo Horn (1964) RSA	1.20 / o	1.31 / o	1.36 / xxo
2	Tjaart Coetzee (1963) RSA	1.20 / o	1.31 / xx	

High Jump · Men · M65 · Final				05/02/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result
1	Johan Gouws (1958) RSA	GN Masters	4236	1.40 SB

Attempts · High Jump · Men · M65 · Final		
Place	Athlete	Attempts

1	Johan Gouws (1958) RSA	1.40 / o			
Long Jump · Men · M30 · Final					05/02/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result	Wind
1	Kobus Mostert (1993) RSA	Epic athletics	P1492	5.77 SB	+0.0
Attempts · Long Jump · Men · M30 · Final					
Place	Athlete	Attempts			
1	Kobus Mostert (1993) RSA	5.77 / +0.0			
Long Jump · Men · M35 · Final					05/02/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result	Wind
1	Shanon Smith (1987) RSA	WP Masters	11383	5.69 SB	-0.3
Attempts · Long Jump · Men · M35 · Final					
Place	Athlete	Attempts			
1	Shanon Smith (1987) RSA	5.69 / -0.3			
Long Jump · Men · M40 · Final					05/02/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result	Wind
1	Rudi Jordaan (1983) RSA	CG Masters	P9888	5.38 SB	-0.4
2	Jakob Jacobus Volmoer (1983) RSA	ATC	15761	4.97 SB	-0.2
Attempts · Long Jump · Men · M40 · Final					
Place	Athlete	Attempts			
1	Rudi Jordaan (1983) RSA	5.38 / -0.4			
2	Jakob Jacobus Volmoer (1983) RSA	4.97 / -0.2			
Long Jump · Men · M45 · Final					05/02/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result	Wind
1	Simphiwe Sweekile (1977) RSA	NBRC Eastern Province	1513	5.95 SB	+0.1
Attempts · Long Jump · Men · M45 · Final					
Place	Athlete	Attempts			
1	Simphiwe Sweekile (1977) RSA	5.95 / +0.1			
Shot Put (3kg) · Women · W50 · Final					05/02/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result	
1	Magdalena Daleen Fleming (1972) RSA	GN Masters	9619	10.59 SB	
2	Azel de Villiers (1975) RSA	CG Masters	P24456	10.23 SB	
3	Yolanda Elizabeth Rieckert (1975) RSA	GN Masters	4277	7.55 SB	
4	Margaret Snyders (1971) RSA	WP Masters	P 13216	6.62 SB	
Attempts · Shot Put (3kg) · Women · W50 · Final					
Place	Athlete	Attempts			
1	Magdalena Daleen Fleming (1972) RSA	10.59			
2	Azel de Villiers (1975) RSA	10.23			
3	Yolanda Elizabeth Rieckert (1975) RSA	7.55			
4	Margaret Snyders (1971) RSA	6.62			
Shot Put (3kg) · Women · W55 · Final					05/02/2026, 07:30 AM
Place	Athlete	Club/School	Bib	Result	
1	Marinda Maria Coetzer (1970) RSA		3162	8.15 SB	
2	Louise Messias (1969) RSA		2104	7.94 SB	
3	Tarina Naude (1970) RSA	FS Masters	P1134	7.84 SB	
4	Elmarie Smith (1968) RSA	MPU Masters	P1006	7.83 SB	
5	Susanna Aletta Vosloo (1968) RSA	Boxer Athletic Club	P487	7.02 SB	
	Glory Shabangu (1969) RSA	CG Masters	P23435	DNS	
Attempts · Shot Put (3kg) · Women · W55 · Final					
Place	Athlete	Attempts			
1	Marinda Maria Coetzer (1970) RSA	8.15			
2	Louise Messias (1969) RSA	7.94			
3	Tarina Naude (1970) RSA	7.84			
4	Elmarie Smith (1968) RSA	7.83			
5	Susanna Aletta Vosloo (1968) RSA	7.02			

Glory Shabangu (1969) RSA

Discus Throw (1kg) · Women · W30 · Final05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Nadia Pieterse (1992) RSA		P6748	31.90 SB

Attempts · Discus Throw (1kg) · Women · W30 · Final

Place	Athlete	Attempts					
1	Nadia Pieterse (1992) RSA	28.15	29.80	1.00	1.00	31.90	1.00

Discus Throw (1kg) · Women · W35 · Final05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Mitzi Van der Merwe (1987) RSA	GN Masters	P5511	22.68 SB

Attempts · Discus Throw (1kg) · Women · W35 · Final

Place	Athlete	Attempts					
1	Mitzi Van der Merwe (1987) RSA	21.73	20.40	22.68	1.00	1.00	21.46

Discus Throw (1kg) · Women · W40 · Final05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Este Albertyn (1983) RSA	WP Masters	11443	30.39 SB
2	Suzaan Van Aswegen (1985) RSA	FS Masters	P1408	27.47 SB
3	Emmaristha van Rooi (1984) NAM	QSB Athletics Club	782	13.16 SB

Attempts · Discus Throw (1kg) · Women · W40 · Final

Place	Athlete	Attempts					
1	Este Albertyn (1983) RSA	28.23	29.53	30.00	30.39	29.95	29.80
2	Suzaan Van Aswegen (1985) RSA	1.00	27.47	26.20	26.10	26.39	23.02
3	Emmaristha van Rooi (1984) NAM	12.76	13.16	12.19	13.16	1.00	12.58

Discus Throw (1kg) · Women · W45 · Final05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Sylvia Kunneke (1976) RSA	Heat A C	2717	19.82 SB

Attempts · Discus Throw (1kg) · Women · W45 · Final

Place	Athlete	Attempts					
1	Sylvia Kunneke (1976) RSA	19.72	1.00	19.35	1.00	19.52	19.82

Weight Throw (35lbs / 15.88kg) · Men · M35 · Final05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Dirk Daniel Rosslee (1987) RSA	UJ Athletics Club	19935	12.23 SB

Attempts · Weight Throw (35lbs / 15.88kg) · Men · M35 · Final

Place	Athlete	Attempts					
1	Dirk Daniel Rosslee (1987) RSA	12.23	11.40	11.85	12.21	11.54	x

Weight Throw (35lbs / 15.88kg) · Men · M40 · Final05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Charl Deon Viljoen (1983) RSA	GN Masters	P4230	10.80 SB
2	Shaun van Rooi (1982) NAM	GN Masters	4278	10.27 SB
3	William Charlton van Wyk (1985) NAM	Quinton Steel Botes	794	9.78 SB

Attempts · Weight Throw (35lbs / 15.88kg) · Men · M40 · Final

Place	Athlete	Attempts					
1	Charl Deon Viljoen (1983) RSA	10.55	9.61	10.67	10.80	9.37	10.67
2	Shaun van Rooi (1982) NAM	x	7.64	10.27	10.23	8.34	9.62
3	William Charlton van Wyk (1985) NAM	5.88	8.82	8.73	8.97	8.34	9.78

Weight Throw (35lbs / 15.88kg) · Men · M45 · Final05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Andre Keet (1980) RSA	GN Masters	P4290	8.45 SB
2	Cobus Keet (1978) RSA	GN Masters	4617	7.84 SB
	Hein Pieterse (1980) RSA		P4250	DNS

Attempts · Weight Throw (35lbs / 15.88kg) · Men · M45 · Final

Place	Athlete	Attempts					
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1	Andre Keet (1980) RSA	6.95	7.55	8.06	8.21	8.27	8.45
2	Cobus Keet (1978) RSA	7.14	7.40	7.84	7.60	7.60	7.72
	Hein Pieterse (1980) RSA						

10km Race Walk M35-M80 10km Race Walk · Men & Boys · Multiple · Final

05/02/2026, 07:30 AM

Place	Athlete	Age group	Club/School	Bib	Result
1	Daniel Goliath (1969) RSA	M55		2700	1:05:23 SB
2	Johann Coetzee (1958) RSA	M65	Irene Athletics Club	5784	1:06:43 SB
3	Andre Vosloo (1960) RSA	M65	Westville Athletic club	P3008	1:08:13 SB
4	Piet Pretorius (1950) RSA	M75	Bellville Athletics Club	P11410	1:11:28 SB
5	Leonard Diedericks (1944) RSA	M80	Cape Multisport Club WP	P8280	1:16:47 SB
	Les Williams (1950) RSA	M75		P15527	DNS
	Brandon Goosen (1989) RSA	M35	CG Masters	1901	DNS

10km Race Walk M35-M80 10km Race Walk · Men · Multiple, M35 · Final

05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
	Brandon Goosen (1989) RSA	CG Masters		DNS

10km Race Walk M35-M80 10km Race Walk · Men · Multiple, M55 · Final

05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Daniel Goliath (1969) RSA			1:05:23 SB

10km Race Walk M35-M80 10km Race Walk · Men · Multiple, M65 · Final

05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Johann Coetzee (1958) RSA	Irene Athletics Club		1:06:43 SB
2	Andre Vosloo (1960) RSA	Westville Athletic club		1:08:13 SB

10km Race Walk M35-M80 10km Race Walk · Men · Multiple, M75 · Final

05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Piet Pretorius (1950) RSA	Bellville Athletics Club		1:11:28 SB
	Les Williams (1950) RSA			DNS

10km Race Walk M35-M80 10km Race Walk · Men · Multiple, M80 · Final

05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Leonard Diedericks (1944) RSA	Cape Multisport Club WP		1:16:47 SB

10km Race Walk W45-W80 10km Race Walk · Women & Girls · Multiple · Final

05/02/2026, 07:30 AM

Place	Athlete	Age group	Club/School	Bib	Result
1	Janine Radel (1980) RSA	W45	Irene Athletics Club	P5745	1:03:15 SB
2	Bronwyn Dawn Roussot (1973) RSA	W50	Run Walk For Life	P834	1:03:33 SB
3	Magaretha Knoetze (1955) RSA	W70	Irene Athletics Club	5753	1:05:46 SB
4	Kerryne Krause (1973) RSA	W50	Run Walk For Life	15659	1:08:20 SB
5	Anne Centner (1944) RSA	W80	Run Walk For Life	P273	1:12:23 SB
6	Celeste Scheepers (1960) RSA	W65	EP Masters	5021	1:12:39 SB
7	Winnie Koekemoer (1950) RSA	W75	Team Vitality GN	P 1422	1:13:02 SB
8	Jeanine Le Febour (1965) RSA	W60		1033	1:13:41 SB
9	Frieda Blignaut (1950) RSA	W75	Brackenfell Running Club	P5375	1:18:21 SB
10	Hendricka Annette Pearson (1949) RSA	W75	Spartan Harriers	749	1:23:16 SB
	Ronelle Botha (1962) RSA	W60	CG Masters	P5721	DNS
	Frances Kichenbrand (1962) RSA	W60	SWD Masters	P602	DNS

10km Race Walk W45-W80 10km Race Walk · Women · Multiple, W45 · Final

05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Janine Radel (1980) RSA	Irene Athletics Club		1:03:15 SB

10km Race Walk W45-W80 10km Race Walk · Women · Multiple, W50 · Final

05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Bronwyn Dawn Roussot (1973) RSA	Run Walk For Life		1:03:33 SB
2	Kerryne Krause (1973) RSA	Run Walk For Life		1:08:20 SB

10km Race Walk W45-W80 10km Race Walk · Women · Multiple, W60 · Final

05/02/2026, 07:30 AM

Place	Athlete	Club/School	Bib	Result
1	Jeanine Le Febour (1965) RSA			1:13:41 SB
	Frances Kichenbrand (1962) RSA	SWD Masters		DNS
	Ronelle Botha (1962) RSA	CG Masters		DNS

10km Race Walk W45-W80 10km Race Walk · Women · Multiple, W65 · Final					05/02/2026, 07:30 AM	
Place	Athlete		Club/School	Bib	Result	
1	Celeste Scheepers (1960) RSA		EP Masters		1:12:39 SB	
10km Race Walk W45-W80 10km Race Walk · Women · Multiple, W70 · Final					05/02/2026, 07:30 AM	
Place	Athlete		Club/School	Bib	Result	
1	Magaretha Knoetze (1955) RSA		Irene Athletics Club		1:05:46 SB	
10km Race Walk W45-W80 10km Race Walk · Women · Multiple, W75 · Final					05/02/2026, 07:30 AM	
Place	Athlete		Club/School	Bib	Result	
1	Winnie Koekemoer (1950) RSA		Team Vitality GN		1:13:02 SB	
2	Frieda Blignaut (1950) RSA		Brackenfell Running Club		1:18:21 SB	
3	Hendricka Annette Pearson (1949) RSA		Spartan Harriers		1:23:16 SB	
10km Race Walk W45-W80 10km Race Walk · Women · Multiple, W80 · Final					05/02/2026, 07:30 AM	
Place	Athlete		Club/School	Bib	Result	
1	Anne Centner (1944) RSA		Run Walk For Life		1:12:23 SB	
20km Race Walk M65-70 20km Race Walk · Men & Boys · Multiple · Final					05/02/2026, 07:30 AM	
Place	Athlete	Age group	Club/School	Bib	Result	
1	Jaap Willemse (1956) RSA	M65	Irene Athletics Club	P5790	2:14:17 SB	
2	Dirk Jakobus Neethling (1951) RSA	M70	GN Masters	P5825	3:00:11 SB	
20km Race Walk M65-70 20km Race Walk · Men · Multiple, M65 · Final					05/02/2026, 07:30 AM	
Place	Athlete		Club/School	Bib	Result	
1	Jaap Willemse (1956) RSA		Irene Athletics Club		2:14:17 SB	
20km Race Walk M65-70 20km Race Walk · Men · Multiple, M70 · Final					05/02/2026, 07:30 AM	
Place	Athlete		Club/School	Bib	Result	
1	Dirk Jakobus Neethling (1951) RSA		GN Masters		3:00:11 SB	
20km Race Walk W50-80 20km Race Walk · Women & Girls · Multiple · Final					05/02/2026, 07:30 AM	
Place	Athlete	Age group	Club/School	Bib	Result	
1	Belinda Padbury (1973) RSA	W50		1536	2:03:21 SB	
2	Elsa Meyer (1946) RSA	W75		P5792	2:38:21 SB	
3	Gill Tregenna (1942) RSA	W80	Westville Athletic club	3044	2:42:06 SB	
20km Race Walk W50-80 20km Race Walk · Women · Multiple, W50 · Final					05/02/2026, 07:30 AM	
Place	Athlete		Club/School	Bib	Result	
1	Belinda Padbury (1973) RSA				2:03:21 SB	
20km Race Walk W50-80 20km Race Walk · Women · Multiple, W75 · Final					05/02/2026, 07:30 AM	
Place	Athlete		Club/School	Bib	Result	
1	Elsa Meyer (1946) RSA				2:38:21 SB	
20km Race Walk W50-80 20km Race Walk · Women · Multiple, W80 · Final					05/02/2026, 07:30 AM	
Place	Athlete		Club/School	Bib	Result	
1	Gill Tregenna (1942) RSA		Westville Athletic club		2:42:06 SB	
High Jump · Men · M70 · Final					05/02/2026, 08:00 AM	
Place	Athlete		Club/School	Bib	Result	
1	Sarel du Toit (1955) RSA		GN Masters	P4220	1.36 SB	
Attempts · High Jump · Men · M70 · Final						
Place	Athlete	Attempts				
1	Sarel du Toit (1955) RSA	1.36 / xxo				
800m W35-W45 800m · Women & Girls · Multiple · Final					05/02/2026, 09:00 AM	
Place	Lane	Athlete	Age group	Club/School	Bib	Result
1	1	Chantelle Breytenbach (1987) RSA	W35	WilleBeer	P4419	2:21.26 SB
2		Tracey Robertson (1980) RSA	W45		11561	2:25.23 SB
3	5	Chrizzell Roberts (1987) RSA	W35	NBRC Gauteng North	209	2:26.39 SB
4	4	Xena Gray Payet (1990) RSA	W35	Epic athletics	P1310	2:27.18 SB
5		Susan Jane Sloan (1981) RSA	W40	CG Masters	727	2:35.26 SB
6	3	Laura Gray (1990) RSA	W35	CNW Masters	P1306	2:39.39 SB

7		Coetzee Anne-Marie (1984) RSA	W40	Bronkhorstspuit Athletic Club	P8510	2:44.93 SB
8	2	Kgakgamatso Sekori (1988) RSA	W35	Pretoria Military Marathon Club	4908	2:50.01 SB
9	8	Maryna Swanepoel (1986) RSA	W35	FS Masters	2856	2:55.39 SB
10	6	Humbulani Thenga (1987) RSA	W35	Panorama Running Club	28128	3:06.89 SB
11		Precious Ncayiyana (1979) RSA	W45	GN Masters	P4877	3:14.98 SB
12		Magdaleen de Wet (1980) RSA	W45	CG Masters	P262	3:31.62 SB
13		Evelyn Martins (1980) RSA	W45	WP Masters	16055	3:36.80 SB
	7	Ashley Button (1990) RSA	W35	Peak South Africa	P26938	DNS

800m W35-W45 800m · Women · Multiple, W35 · Final 05/02/2026, 09:00 AM

Place	Lane	Athlete	Club/School	Bib	Result
1	1	Chantelle Breytenbach (1987) RSA	WilleBeer		2:21.26 SB
2	5	Chrizzell Roberts (1987) RSA	NBRC Gauteng North		2:26.39 SB
3	4	Xena Gray Payet (1990) RSA	Epic athletics		2:27.18 SB
4	3	Laura Gray (1990) RSA	CNW Masters		2:39.39 SB
5	2	Kgakgamatso Sekori (1988) RSA	Pretoria Military Marathon Club		2:50.01 SB
6	8	Maryna Swanepoel (1986) RSA	FS Masters		2:55.39 SB
7	6	Humbulani Thenga (1987) RSA	Panorama Running Club		3:06.89 SB
	7	Ashley Button (1990) RSA	Peak South Africa		DNS

800m W35-W45 800m · Women · Multiple, W40 · Final 05/02/2026, 09:00 AM

Place	Lane	Athlete	Club/School	Bib	Result
1		Susan Jane Sloan (1981) RSA	CG Masters		2:35.26 SB
2		Coetzee Anne-Marie (1984) RSA	Bronkhorstspuit Athletic Club		2:44.93 SB

800m W35-W45 800m · Women · Multiple, W45 · Final 05/02/2026, 09:00 AM

Place	Lane	Athlete	Club/School	Bib	Result
1		Tracey Robertson (1980) RSA			2:25.23 SB
2		Precious Ncayiyana (1979) RSA	GN Masters		3:14.98 SB
3		Magdaleen de Wet (1980) RSA	CG Masters		3:31.62 SB
4		Evelyn Martins (1980) RSA	WP Masters		3:36.80 SB

800m W50-W70 800m · Women & Girls · Multiple · Final 05/02/2026, 09:00 AM

Place	Lane	Athlete	Age group	Club/School	Bib	Result
1	5	Yolanda Claassens (1976) RSA	W50	FS Masters	23	2:49.09 SB
2		Ezna Flatlery (1965) RSA	W60	CG Masters	12205	2:50.62
3	2	Michelle Staal (1972) RSA	W50		P3120	2:55.65 SB
4	3	Carmen Da Silva (1971) RSA	W50	Epic athletics	P866	2:57.07 SB
5		Marietjie Ceronio (1957) RSA	W65	Vaal Athletic Club	P99	3:08.50 SB
6		Sarita Gericke (1959) RSA	W65	KZN Masters	204	3:10.70 SB
7		Laura Venter (1965) RSA	W60	CG Masters	4244	3:45.59 SB
8		Louise Britz (1969) RSA	W55	NBRC Vaal Triangle	P435	3:57.92 SB
9	1	Christina Welkom (1972) RSA	W50	WCIR	16054	4:19.12 SB
10		Linda De Bruyn (1965) RSA	W60	MPU Masters	P281	4:27.35 SB
11		Renette Ungerer (1953) RSA	W70	Pretoria Bobbies	P935	5:20.25 SB
12		Riemke Pretorius (1963) RSA	W60	Klerksdorp KMC	961	5:28.89 SB
	4	Mphakiseng Mpati (1975) RSA	W50	Run and walk for life	936ANWN	DNS

800m W50-W70 800m · Women · Multiple, W50 · Final 05/02/2026, 09:00 AM

Place	Lane	Athlete	Club/School	Bib	Result
1	5	Yolanda Claassens (1976) RSA	FS Masters		2:49.09 SB
2	2	Michelle Staal (1972) RSA			2:55.65 SB
3	3	Carmen Da Silva (1971) RSA	Epic athletics		2:57.07 SB
4	1	Christina Welkom (1972) RSA	WCIR		4:19.12 SB
	4	Mphakiseng Mpati (1975) RSA	Run and walk for life		DNS

800m W50-W70 800m · Women · Multiple, W55 · Final 05/02/2026, 09:00 AM

Place	Lane	Athlete	Club/School	Bib	Result
1		Louise Britz (1969) RSA	NBRC Vaal Triangle		3:57.92 SB

800m W50-W70 800m · Women · Multiple, W60 · Final 05/02/2026, 09:00 AM

Place	Lane	Athlete	Club/School	Bib	Result
1		Ezna Flatlery (1965) RSA	CG Masters		2:50.62
2		Laura Venter (1965) RSA	CG Masters		3:45.59 SB
3		Linda De Bruyn (1965) RSA	MPU Masters		4:27.35 SB

4	Riemke Pretorius (1963) RSA			Klerksdorp KMC			5:28.89 SB
800m W50-W70 800m · Women · Multiple, W65 · Final							05/02/2026, 09:00 AM
Place	Lane	Athlete	Club/School		Bib	Result	
1		Marietjie Ceronio (1957) RSA	Vaal Athletic Club			3:08.50 SB	
2		Sarita Gericke (1959) RSA	KZN Masters			3:10.70 SB	
800m W50-W70 800m · Women · Multiple, W70 · Final							05/02/2026, 09:00 AM
Place	Lane	Athlete	Club/School		Bib	Result	
1		Renette Ungerer (1953) RSA	Pretoria Bobbies			5:20.25 SB	
High Jump · Women · W45 · Final							05/02/2026, 09:15 AM
Place		Athlete	Club/School		Bib	Result	
1		Amanda Labuschagne (F01, T01) (198...	Bothaville Marathon Club		2458	1.33 SB	
2		Tanja Juries (1979) RSA	WP Masters		P 13217	1.20 SB	
Attempts · High Jump · Women · W45 · Final							
Place		Athlete	Attempts				
1		Amanda Labuschagne (F01, T01) (198...	1.20 / o		1.33 / o		
2		Tanja Juries (1979) RSA	1.20 / o		1.33 / x		
High Jump · Women · W50 · Final							05/02/2026, 09:15 AM
Place		Athlete	Club/School		Bib	Result	
1		Yolanda Van Langelaar (1976) RSA	SWD Masters		P1026	1.40 SB	
2		Michelle Staal (1972) RSA			P3120	1.25 SB	
		Yolanda Elizabeth Rieckert (1975) RSA	GN Masters		4277	DNS	
		Tania Hanekom (1971) RSA	Tuks Athletics		P5508	DNS	
Attempts · High Jump · Women · W50 · Final							
Place		Athlete	Attempts				
1		Yolanda Van Langelaar (1976) RSA	1.25 / o		1.40 / o		
2		Michelle Staal (1972) RSA	1.25 / o		1.40 / x		
High Jump · Women · W65 · Final							05/02/2026, 09:15 AM
Place		Athlete	Club/School		Bib	Result	
1		Christa Mouton (1956) RSA	Agapé Athletics Club		P140	0.85 SB	
Attempts · High Jump · Women · W65 · Final							
Place		Athlete	Attempts				
1		Christa Mouton (1956) RSA	0.85 / o				
Shot Put (3kg) · Women · W70 · Final							05/02/2026, 09:15 AM
Place		Athlete	Club/School		Bib	Result	
1		Ronel Griesel (1953) RSA	Bellville Athletics Club		11401	7.14 SB	
2		Annette van Dyk (1955) RSA	GN Masters		P4208	6.36 SB	
3		Aletta Du Toit (1951) RSA	Bellville Athletics Club			5.22 SB	
4		Welize Burgess (1951) RSA			P1891	5.15 SB	
Attempts · Shot Put (3kg) · Women · W70 · Final							
Place		Athlete	Attempts				
1		Ronel Griesel (1953) RSA	7.07	7.11	7.10	7.09	7.09
2		Annette van Dyk (1955) RSA	5.58	6.01	5.18	6.36	6.19
3		Aletta Du Toit (1951) RSA	1.00	4.98	5.22	4.95	4.89
4		Welize Burgess (1951) RSA	4.96	5.12	4.57	4.72	5.15
Shot Put (2kg) · Women · W75 · Final							05/02/2026, 09:15 AM
Place		Athlete	Club/School		Bib	Result	
1		Ena Fourie (1948) RSA	GN Masters		4291	7.64 SB	
2		Rita Laker (1947) RSA	GN Masters		4599	6.78 SB	
3		Suzi Van Eck (1949) RSA	GN Masters		4269	5.97 SB	
Attempts · Shot Put (2kg) · Women · W75 · Final							
Place		Athlete	Attempts				
1		Ena Fourie (1948) RSA	7.17	6.90	7.03	7.24	7.24
2		Rita Laker (1947) RSA	5.56	6.50	5.37	6.78	5.98
3		Suzi Van Eck (1949) RSA	5.10	5.79	5.36	5.97	5.36

Shot Put (2kg) · Women · W80 · Final				05/02/2026, 09:15 AM
Place	Athlete	Club/School	Bib	Result
1	Elize Grobbelaar (1945) RSA	Bellville Athletics Club	11444	4.92 SB
2	Babsie Grobler (1943) RSA	GN Masters	P 4218	4.60 SB

Attempts · Shot Put (2kg) · Women · W80 · Final							
Place	Athlete	Attempts					
1	Elize Grobbelaar (1945) RSA	4.68	4.72	4.87	4.56	4.92	4.68
2	Babsie Grobler (1943) RSA	4.44	4.37	4.21	4.60	4.45	4.47

Discus Throw (1.5kg) · Men · M50 · Final				05/02/2026, 09:15 AM
Place	Athlete	Club/School	Bib	Result
1	Willem Potgieter (1974) RSA	UJ Athletics Club	P19937	49.66
2	Awie Abraham Pieter Van Zyl (1973)...	GN Masters	P4231	43.30 SB
3	Corrie Potgieter (1976) RSA	UJ Athletics Club	11702	38.22 SB
4	Schalkwi Nolte (1975) RSA	WilleBeer	P4410	32.70 SB

Attempts · Discus Throw (1.5kg) · Men · M50 · Final		
Place	Athlete	Attempts
1	Willem Potgieter (1974) RSA	49.66
2	Awie Abraham Pieter Van Zyl (1973)...	43.30
3	Corrie Potgieter (1976) RSA	38.22
4	Schalkwi Nolte (1975) RSA	32.70

Discus Throw (1.5kg) · Men · M55 · Final				05/02/2026, 09:15 AM
Place	Athlete	Club/School	Bib	Result
1	Rowan Watson (1970) RSA	Tuks Athletics	P5101	42.00 SB
2	Angel Alvarez Aranda (1966) RSA	Kovsies	P704	38.52 SB
3	Martin Venter (1970) RSA	GN Masters	P4292	36.27 SB
4	Jerome Michael Campbell (1967) RSA	Total Sports VOB	P1414	30.44 SB
5	Anthony John Solomons (1970) RSA	BND Masters	P1877	30.29 SB

Attempts · Discus Throw (1.5kg) · Men · M55 · Final		
Place	Athlete	Attempts
1	Rowan Watson (1970) RSA	42.00
2	Angel Alvarez Aranda (1966) RSA	38.52
3	Martin Venter (1970) RSA	36.27
4	Jerome Michael Campbell (1967) RSA	30.44
5	Anthony John Solomons (1970) RSA	30.29

Weight Throw (20lbs / 9.08kg) · Men · M60 · Final				05/02/2026, 09:15 AM
Place	Athlete	Club/School	Bib	Result
1	Burton Haupt (1961) RSA	GN Masters	4232	17.11 SB
2	Tone Van Rensburg (1965) RSA	UJ Athletics Club	P19231	15.60 SB
3	Peter John Ras (1962) RSA	GN Masters	16,56	15.51 SB
4	Vic Bezuidenhout (1961) RSA	GN Masters	P4261	15.35 SB
5	William Boswel (1966) RSA	GN Masters	P 4257	13.64 SB

Attempts · Weight Throw (20lbs / 9.08kg) · Men · M60 · Final							
Place	Athlete	Attempts					
1	Burton Haupt (1961) RSA	17.11	16.88	17.11	16.47	16.47	1.53
2	Tone Van Rensburg (1965) RSA	15.43	x	x	14.65	14.37	15.60
3	Peter John Ras (1962) RSA	15.10	14.06	14.09	15.51	13.99	14.48
4	Vic Bezuidenhout (1961) RSA	14.80	14.99	14.17	14.89	15.35	15.09
5	William Boswel (1966) RSA	12.13	13.64	12.65	13.39	13.27	x

Weight Throw (20lbs / 9.08kg) · Men · M65 · Final				05/02/2026, 09:15 AM
Place	Athlete	Club/School	Bib	Result
1	Nicholas Aggouras (1957) RSA	GN Masters	P4207	17.04
2	Stephen Kichenbrand (1957) RSA	SWD Masters	P603	15.50 SB

Attempts · Weight Throw (20lbs / 9.08kg) · Men · M65 · Final							
Place	Athlete	Attempts					
1	Nicholas Aggouras (1957) RSA	15.77	16.66	15.92	16.66	16.41	17.04

2	Stephen Kichenbrand (1957) RSA			14.99	14.69	14.33	14.99	14.34	15.50
Weight Throw (16lbs / 7.26kg) · Men · M70 · Final									05/02/2026, 09:15 AM
Place	Athlete			Club/School		Bib		Result	
1	Mathys Gerhardus Du Plessis (1951)...			GN Masters		South africa		11.22 SB	
2	Joseph Johannes Buks Myburgh (195...			Quinton Steel Botes		Temp licence		9.95 SB	
3	Piet Dokter (1953) RSA			BND Masters		P1890		9.39 SB	
4	Danie Lamprecht (1952) RSA			SWD Masters		P607		9.21 SB	
Attempts · Weight Throw (16lbs / 7.26kg) · Men · M70 · Final									
Place	Athlete			Attempts					
1	Mathys Gerhardus Du Plessis (1951)...			11.22	x	x	10.79	9.00	10.80
2	Joseph Johannes Buks Myburgh (195...			x	9.57	x	9.95	x	x
3	Piet Dokter (1953) RSA			9.20	9.16	9.28	9.39	8.57	8.91
4	Danie Lamprecht (1952) RSA			8.23	9.21	8.58	9.21	9.04	9.00
Weight Throw (16lbs / 7.26kg) · Men · M75 · Final									05/02/2026, 09:15 AM
Place	Athlete			Club/School		Bib		Result	
1	Hendrik Basson (1949) RSA			BND Masters		P1348		6.90 SB	
Attempts · Weight Throw (16lbs / 7.26kg) · Men · M75 · Final									
Place	Athlete			Attempts					
1	Hendrik Basson (1949) RSA			6.90					
Weight Throw (12lbs / 5.45kg) · Men · M85 · Final									05/02/2026, 09:15 AM
Place	Athlete			Club/School		Bib		Result	
1	Victor Young (1937) RSA			GN Masters		P4219		8.73 SB	
Attempts · Weight Throw (12lbs / 5.45kg) · Men · M85 · Final									
Place	Athlete			Attempts					
1	Victor Young (1937) RSA			7.35	8.15	8.41	8.73	7.78	8.30
800m M30-M40 800m · Men & Boys · Multiple · Final									05/02/2026, 09:30 AM
Place	Lane	Athlete		Age group	Club/School		Bib		Result
1		Louis Smit (1990) RSA		M35			1114		1:55.00 SB
2	1	Wilbur Fortuin (1992) RSA		M30	WP Masters		P13034		1:58.00 SB
2		Willem de beer (1988) RSA		M35	GN Masters		4422		1:58.00 SB
4		Dewayne Sir Mo Mouries (1988) RSA		M35	WP Masters		P13336		1:59.00 SB
5		Johan Oerson (1990) RSA		M35	WP Masters				2:07.00 SB
6		David Antonie Ruiters (1984) RSA		M40	BND Masters		1955		2:11.00 SB
7		Johannes Christoffel Boshoff (1985)...		M40	GN Masters		P4981		2:20.00 SB
8		Jakob Jacobus Volmoer (1983) RSA		M40	ATC		15761		2:28.00 SB
		Pierre Spies (1990) RSA		M35	GN Masters		4404		DNS
		Christopher Collier (1985) RSA		M40	CG Masters		P2963		DNS
		Ryan Folster (1986) RSA		M40			40		DNS
800m M30-M40 800m · Men · Multiple, M30 · Final									05/02/2026, 09:30 AM
Place	Lane	Athlete		Club/School		Bib		Result	
1	1	Wilbur Fortuin (1992) RSA		WP Masters				1:58.00 SB	
800m M30-M40 800m · Men · Multiple, M35 · Final									05/02/2026, 09:30 AM
Place	Lane	Athlete		Club/School		Bib		Result	
1		Louis Smit (1990) RSA						1:55.00 SB	
2		Willem de beer (1988) RSA		GN Masters				1:58.00 SB	
3		Dewayne Sir Mo Mouries (1988) RSA		WP Masters				1:59.00 SB	
4		Johan Oerson (1990) RSA		WP Masters				2:07.00 SB	
		Pierre Spies (1990) RSA		GN Masters				DNS	
800m M30-M40 800m · Men · Multiple, M40 · Final									05/02/2026, 09:30 AM
Place	Lane	Athlete		Club/School		Bib		Result	
1		David Antonie Ruiters (1984) RSA		BND Masters				2:11.00 SB	
2		Johannes Christoffel Boshoff (1985)...		GN Masters				2:20.00 SB	
3		Jakob Jacobus Volmoer (1983) RSA		ATC				2:28.00 SB	
		Christopher Collier (1985) RSA		CG Masters				DNS	
		Ryan Folster (1986) RSA						DNS	

800m M45-M55 800m · Men & Boys · Multiple · Final

05/02/2026, 09:30 AM

Place	Lane	Athlete	Age group	Club/School	Bib	Result
1		Phillip Bester (1970) RSA	M55	Blizz		2:12.18 SB
2		Pius Hlatshwayo (1973) RSA	M50	CG Masters		2:15.01 SB
3	5	Melikhaya Dyubele (1980) RSA	M45	EP Masters	M-45	2:17.70 SB
4	3	Rowan Marais (1976) RSA	M45	Helderberg Harriers	P4513	2:18.23 SB
5		Guenther Bargon (1972) RSA	M50	Sunninghill Striders		2:18.73 SB
6		Michael Peacock (1972) RSA	M50	WP Masters	P10256	2:26.60 SB
7	1	Richard Mazungula (1977) RSA	M45	EP Masters	1457	2:32.25 SB
8		Johann Claassens (1970) RSA	M55	FS Masters		2:52.16 SB
9		Rudolf Campbell (1969) NAM	M55	QSB Athletics Club		2:54.33 SB
	2	Sean Brett Neethling (1980) RSA	M45	WP Masters	P1714	DNS
	4	Sibusiso Ndhlela (1980) RSA	M45	CG Masters	P322	DNS
	6	Donovan Jurgens vanderSchyf (1976)...	M45	32GI	28008	DNS
		Chris Stanley (1972) RSA	M50		P11416	DNS
		Jacques Jacobus Mouton (1967) RSA	M55	WP Masters	5089	DNS

800m M45-M55 800m · Men · Multiple, M45 · Final

05/02/2026, 09:30 AM

Place	Lane	Athlete	Club/School	Bib	Result
1	5	Melikhaya Dyubele (1980) RSA	EP Masters		2:17.70 SB
2	3	Rowan Marais (1976) RSA	Helderberg Harriers		2:18.23 SB
3	1	Richard Mazungula (1977) RSA	EP Masters		2:32.25 SB
	2	Sean Brett Neethling (1980) RSA	WP Masters		DNS
	4	Sibusiso Ndhlela (1980) RSA	CG Masters		DNS
	6	Donovan Jurgens vanderSchyf (1976)...	32GI		DNS

800m M45-M55 800m · Men · Multiple, M50 · Final

05/02/2026, 09:30 AM

Place	Lane	Athlete	Club/School	Bib	Result
1		Pius Hlatshwayo (1973) RSA	CG Masters		2:15.01 SB
2		Guenther Bargon (1972) RSA	Sunninghill Striders		2:18.73 SB
3		Michael Peacock (1972) RSA	WP Masters		2:26.60 SB
		Chris Stanley (1972) RSA			DNS

800m M45-M55 800m · Men · Multiple, M55 · Final

05/02/2026, 09:30 AM

Place	Lane	Athlete	Club/School	Bib	Result
1		Phillip Bester (1970) RSA	Blizz		2:12.18 SB
2		Johann Claassens (1970) RSA	FS Masters		2:52.16 SB
3		Rudolf Campbell (1969) NAM	QSB Athletics Club		2:54.33 SB
		Jacques Jacobus Mouton (1967) RSA	WP Masters		DNS

800m M60-M80 800m · Men & Boys · Multiple · Final

05/02/2026, 09:30 AM

Place	Lane	Athlete	Age group	Club/School	Bib	Result
1		Anthony Grendon (1961) RSA	M65	NBRC Western Province	P1940	2:20.99 SB
2		Ricky Robinson (1959) RSA	M65	AAC	P11583	2:35.36 SB
3		Pieter Albertus Erasmus (1960) RSA	M65	South Cape Athletics	P617	2:35.74 SB
4	5	Freeman Vutu (1965) RSA	M60		130	2:40.89 SB
5	1	Johannes Hendrik Campher (1965) R...	M60	Bloemfontein Striders	1501	2:57.68 SB
6		Hannes van Wyk (1955) RSA	M70		212	2:58.00 SB
7	4	Aref Mohammed Miya (1965) ZIM	M60		007	3:00.78 SB
8	3	Willie Beneke (1962) RSA	M60	Pretoria Polic Marathon Club	592	3:07.96 SB
9	2	Sydney Gregan (1962) RSA	M60	Overkruin	314	3:15.19
10		Chris Reed (1951) RSA	M75	CG Masters	1354	3:46.96 SB
11		Egbert De Bruyn (1957) RSA	M65	MPU Masters	P282	4:02.83 SB
		Les Stuart (1942) RSA	M80	SWD Masters	P930	DNS
		David Sello Maphangulo (1953) RSA	M70	Fortis Pretoria North	P8382	DNS

800m M60-M80 800m · Men · Multiple, M60 · Final

05/02/2026, 09:30 AM

Place	Lane	Athlete	Club/School	Bib	Result
1	5	Freeman Vutu (1965) RSA			2:40.89 SB
2	1	Johannes Hendrik Campher (1965) R...	Bloemfontein Striders		2:57.68 SB
3	4	Aref Mohammed Miya (1965) ZIM			3:00.78 SB
4	3	Willie Beneke (1962) RSA	Pretoria Polic Marathon Club		3:07.96 SB
5	2	Sydney Gregan (1962) RSA	Overkruin		3:15.19

800m M60-M80 800m · Men · Multiple, M65 · Final							05/02/2026, 09:30 AM
Place	Lane	Athlete	Club/School	Bib	Result		
1		Anthony Grendon (1961) RSA	NBRC Western Province		2:20.99 SB		
2		Ricky Robinson (1959) RSA	AAC		2:35.36 SB		
3		Pieter Albertus Erasmus (1960) RSA	South Cape Athletics		2:35.74 SB		
4		Egbert De Bruyn (1957) RSA	MPU Masters		4:02.83 SB		
800m M60-M80 800m · Men · Multiple, M70 · Final							05/02/2026, 09:30 AM
Place	Lane	Athlete	Club/School	Bib	Result		
1		Hannes van Wyk (1955) RSA			2:58.00 SB		
		David Sello Maphangulo (1953) RSA	Fortis Pretoria North		DNS		
800m M60-M80 800m · Men · Multiple, M75 · Final							05/02/2026, 09:30 AM
Place	Lane	Athlete	Club/School	Bib	Result		
1		Chris Reed (1951) RSA	CG Masters		3:46.96 SB		
800m M60-M80 800m · Men · Multiple, M80 · Final							05/02/2026, 09:30 AM
Place	Lane	Athlete	Club/School	Bib	Result		
		Les Stuart (1942) RSA	SWD Masters		DNS		
Pole Vault · Women · W50 · Final							05/02/2026, 10:00 AM
Place		Athlete	Club/School	Bib	Result		
1		Ida-Marie Strydom (1975) RSA	Tuks Athletics	P5113	3.20 NR (RSA), SB		
2		Dorita Du Toit (1971) RSA	ACNW	769	2.85 SB		
Attempts · Pole Vault · Women · W50 · Final							
Place	Athlete	Attempts					
1	Ida-Marie Strydom (1975) RSA	2.85 / o	3.20 / o				
2	Dorita Du Toit (1971) RSA	2.85 / o	3.20 / x				
400m Hurdles (91.4cm / 35m) · Men · M30 · Final							05/02/2026, 10:15 AM
Place	Lane	Athlete	Club/School	Bib	React.	Result	
1	4	Jean-Pierre Kitshoff (1991) RSA	GN Masters	P5067		59.00 SB	
400m Hurdles (91.4cm / 35m) · Men · M40 · Final							05/02/2026, 10:15 AM
Place	Lane	Athlete	Club/School	Bib	React.	Result	
1	5	Willem jacobus (Vian) Louw (1985) R...	SWD Masters	P612		1:00.00 SB	
400m Hurdles (83.8cm / 35m) · Men · M50 · Final							05/02/2026, 10:15 AM
Place	Lane	Athlete	Club/School	Bib	React.	Result	
1	3	Aldo De Wet (1974) RSA	Epic athletics	P342		1:01.44	
2	4	Jannie Venter (1975) RSA	Jeffreys Bay AC	2463		1:01.82 SB	
	5	Riaan Vosloo (1975) RSA		3675		DNS	
400m Hurdles (83.8cm / 35m) · Men · M55 · Final							05/02/2026, 10:15 AM
Place	Lane	Athlete	Club/School	Bib	React.	Result	
1	4	Anthonie Johannes Scheepers (1968)...	SWD Masters	P597		1:11.58 SB	
Shot Put (4kg) · Women · W30 · Final							05/02/2026, 10:15 AM
Place		Athlete	Club/School	Bib	Result		
1		Nadia Pieterse (1992) RSA		P6748	9.49 SB		
Attempts · Shot Put (4kg) · Women · W30 · Final							
Place	Athlete	Attempts					
1	Nadia Pieterse (1992) RSA	9.49	8.83	9.22	9.30	8.38	
						8.82	
Shot Put (4kg) · Women · W35 · Final							05/02/2026, 10:15 AM
Place		Athlete	Club/School	Bib	Result		
1		Ursula Killian (1987) RSA	CG Masters	P18869	11.30 SB		
2		Biancá Rê (1987) RSA	GN Masters	P4272	11.29 SB		
3		Elandi Van Niekerk (1988) RSA	Berts Bricks	1447	11.16 SB		
4		Mitzi Van der Merwe (1987) RSA	GN Masters	P5511	8.71 SB		
Attempts · Shot Put (4kg) · Women · W35 · Final							
Place	Athlete	Attempts					
1	Ursula Killian (1987) RSA	11.09	11.09	11.13	10.98	10.17	
						11.30	

2	Biancá Rê (1987) RSA	11.29	11.21	11.29	11.25	1.00	10.32
3	Elandi Van Niekerk (1988) RSA	10.60	10.00	11.12	10.83	11.16	10.94
4	Mitzi Van der Merwe (1987) RSA	8.66	8.44	8.71	8.59	8.42	1.00

Shot Put (4kg) · Women · W40 · Final							05/02/2026, 10:15 AM
Place	Athlete	Club/School		Bib		Result	
1	Suzaan Van Aswegen (1985) RSA	FS Masters		P1408		11.62 SB	
2	Tanya Pubalakan (1984) RSA	GN Masters		4275		11.10 SB	

Attempts · Shot Put (4kg) · Women · W40 · Final							
Place	Athlete	Attempts					
1	Suzaan Van Aswegen (1985) RSA	1.00	11.62	9.38	11.32	11.24	10.88
2	Tanya Pubalakan (1984) RSA	10.16	10.54	11.10	10.60	10.37	10.80

Shot Put (4kg) · Women · W45 · Final							05/02/2026, 10:15 AM
Place	Athlete	Club/School		Bib		Result	
1	Sylvia Kunneke (1976) RSA	Heat A C		2717		8.02 SB	

Attempts · Shot Put (4kg) · Women · W45 · Final							
Place	Athlete	Attempts					
1	Sylvia Kunneke (1976) RSA	7.55	8.02	7.63	7.83	1.00	1.00

Discus Throw (1kg) · Women · W50 · Final							05/02/2026, 10:15 AM
Place	Athlete	Club/School		Bib		Result	
1	Magdalena Daleen Fleming (1972) RSA	GN Masters		9619		34.09 SB	
2	Azel de Villiers (1975) RSA	CG Masters		P24456		25.40 SB	
3	Margaret Snyders (1971) RSA	WP Masters		P 13216		19.08 SB	
4	Yolanda Elizabeth Rieckert (1975) RSA	GN Masters		4277		16.29 SB	

Attempts · Discus Throw (1kg) · Women · W50 · Final							
Place	Athlete	Attempts					
1	Magdalena Daleen Fleming (1972) RSA	34.09					
2	Azel de Villiers (1975) RSA	25.40					
3	Margaret Snyders (1971) RSA	19.08					
4	Yolanda Elizabeth Rieckert (1975) RSA	16.29					

Discus Throw (1kg) · Women · W55 · Final							05/02/2026, 10:15 AM
Place	Athlete	Club/School		Bib		Result	
1	Marinda Maria Coetzer (1970) RSA			3162		21.73 SB	
2	Tarina Naude (1970) RSA	FS Masters		P1134		21.29 SB	
3	Elmarie Smith (1968) RSA	MPU Masters		P1006		19.90 SB	
4	Louise Messias (1969) RSA			2104		19.84 SB	
5	Susanna Aletta Vosloo (1968) RSA	Boxer Athletic Club		P487		15.11 SB	
	Glory Shabangu (1969) RSA	CG Masters		P23435		DNS	

Attempts · Discus Throw (1kg) · Women · W55 · Final							
Place	Athlete	Attempts					
1	Marinda Maria Coetzer (1970) RSA	21.73					
2	Tarina Naude (1970) RSA	21.29					
3	Elmarie Smith (1968) RSA	19.90					
4	Louise Messias (1969) RSA	19.84					
5	Susanna Aletta Vosloo (1968) RSA	15.11					
	Glory Shabangu (1969) RSA						

Weight Throw (12lbs / 5.45kg) · Women · W60 · Final							05/02/2026, 10:15 AM
Place	Athlete	Club/School		Bib		Result	
1	Heleen Knobel (1965) RSA	SWD Masters		599		15.42 NR (RSA), SB	
2	Engelina Pretorius (1965) RSA	Epic athletics		1099		6.61 SB	

Attempts · Weight Throw (12lbs / 5.45kg) · Women · W60 · Final							
Place	Athlete	Attempts					
1	Heleen Knobel (1965) RSA	15.42					
2	Engelina Pretorius (1965) RSA	6.61					

Weight Throw (12lbs / 5.45kg) · Women · W65 · Final					05/02/2026, 10:15 AM
Place	Athlete	Club/School	Bib	Result	
1	Rina Bruyns (1959) RSA	SWD Masters	P2084	10.11 SB	
2	Farieda Dramat (1959) RSA	Bellville Athletics Club	11403	9.51 SB	
3	GSP Baby du Toit (1957) RSA	Gauteng North	P4213	8.39 SB	

Attempts · Weight Throw (12lbs / 5.45kg) · Women · W65 · Final					
Place	Athlete	Attempts			
1	Rina Bruyns (1959) RSA	10.11			
2	Farieda Dramat (1959) RSA	9.51			
3	GSP Baby du Toit (1957) RSA	8.39			

Pole Vault · Men · M55 · Final					05/02/2026, 10:30 AM
Place	Athlete	Club/School	Bib	Result	
1	Anthonye Johannes Scheepers (1968)...	SWD Masters	P597	2.20 SB	

Attempts · Pole Vault · Men · M55 · Final					
Place	Athlete	Attempts			
1	Anthonye Johannes Scheepers (1968)...	2.20 / o			

Pole Vault · Men · M60 · Final					05/02/2026, 10:30 AM
Place	Athlete	Club/School	Bib	Result	
1	Christo Horn (1964) RSA	UJ Athletics Club	P8185	2.60 SB	

Attempts · Pole Vault · Men · M60 · Final					
Place	Athlete	Attempts			
1	Christo Horn (1964) RSA	2.60 / xo			

100m · Women · W50 · Final					05/02/2026, 11:00 AM · Wind: -0.7	
Place	Lane	Athlete	Club/School	Bib	React.	Result
1	6	Shona Hutchinson (1974) RSA	KZN Masters	P7252		12.72 SB
2	5	Charnie Joubert (1974) RSA	CG Masters	P20543		14.19 SB
3	8	Delia Vaz (1972) RSA		P7254		15.07 SB
4	7	Liesl Bezuidenhout (1971) RSA	NBRC Vaal Triangle	P165		15.25 SB
	9	Tania Hanekom (1971) RSA	GN Masters	P5508		DNS

100m · Women · W55 · Final					05/02/2026, 11:00 AM · Wind: -0.3	
Place	Lane	Athlete	Club/School	Bib	React.	Result
1	3	Elmarie Smith (1968) RSA	MPU Masters	P1006		18.17 SB
2	2	Sandra McMaster (1968) RSA	FPN	P8381		19.39 SB
3	4	Esmarie Bridgland (1968) RSA	GN Masters	4223		21.89 SB
	5	Susan Masuku (1966) RSA		P22999		DNS

100m · Women · W60 · Final					05/02/2026, 11:00 AM · Wind: +0.7	
Place	Lane	Athlete	Club/School	Bib	React.	Result
1	6	Janine Prinsloo (1963) RSA	Sasolburg Athletics Club	P2239		16.00 SB
1	9	Ezna Flattery (1965) RSA	CG Masters	12205		16.00 SB
3	8	Makkie Gouws (1961) RSA	GN Masters	4237		17.00 SB
4	7	Laura Venter (1965) RSA	CG Masters	4244		19.00 SB
5	5	G.A Alfrieda Bagley (1965) RSA		1808		21.00 SB

100m · Women · W65 · Final					05/02/2026, 11:00 AM · Wind: -0.8	
Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Silla Kotze (1960) RSA		1576		15.00 SB
2	6	Stoffies Mey (1957) RSA	GN Masters	P4227		17.00 SB
2	7	Rika Spang (1960) RSA		1262		17.00 SB

100m · Women · W70 · Final					05/02/2026, 11:00 AM · Wind: -0.8	
Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Kathleen Gey van Pittius (1954) RSA	Maties	P2098		16.69 SB
2	3	Liz Alexander (1955) RSA	KZN Masters	P7270		18.13 SB

100m · Women · W75 · Final						05/02/2026, 11:00 AM · Wind: -1.1
Place	Lane	Athlete	Club/School	Bib	React.	Result
1	9	Elmarie Van Huyssteen (1949) RSA	Maties	P2030		19.00 SB

2	8	Maria Cornelia Visser (1946) RSA	CG Masters	25924	22.00 SB
3	10	Rita Laker (1947) RSA	GN Masters	4599	25.00 SB

100m · Women · W80 · Final05/02/2026, 11:00 AM · Wind: -1.1

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Elzabé Jansen van Vuuren (1946) RSA	Berts Bricks	859		34.00 SB

Shot Put (7.26kg) · Men · M35 · Final05/02/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
1	Jacobus Koos Du Plessis (1989) RSA	Bronkhorstspruit Athletic Club	P8508	12.65 SB
2	Dirk Daniel Rosslee (1987) RSA	UJ Athletics Club	19935	12.08 SB
3	Aobakoe Neo Kalaote (1987) RSA	GN Masters	P2557	8.47 SB

Attempts · Shot Put (7.26kg) · Men · M35 · Final

Place	Athlete	Attempts
1	Jacobus Koos Du Plessis (1989) RSA	12.65
2	Dirk Daniel Rosslee (1987) RSA	12.08
3	Aobakoe Neo Kalaote (1987) RSA	8.47

Shot Put (7.26kg) · Men · M40 · Final05/02/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
1	Alwyn Fourie (1984) RSA	ANWN	P2072	11.65 SB
2	Charl Deon Viljoen (1983) RSA	GN Masters	P4230	10.61 SB
3	Willem Walters (1983) RSA	SWD Masters	1317	10.60 SB
4	Shaun van Rooi (1982) NAM	GN Masters	4278	10.43 SB
5	William Charlton van Wyk (1985) NAM	Quinton Steel Botes	794	9.70 SB

Attempts · Shot Put (7.26kg) · Men · M40 · Final

Place	Athlete	Attempts
1	Alwyn Fourie (1984) RSA	11.65
2	Charl Deon Viljoen (1983) RSA	10.61
3	Willem Walters (1983) RSA	10.60
4	Shaun van Rooi (1982) NAM	10.43
5	William Charlton van Wyk (1985) NAM	9.70

Shot Put (7.26kg) · Men · M45 · Final05/02/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
1	Taf Mhlanga (1978) RSA		p8365	11.52 SB
2	Hein Pieterse (1980) RSA		P4250	11.04 SB
3	Daniel Lewies (1979) RSA		11427	10.75 SB
4	Cobus Keet (1978) RSA	GN Masters	4617	9.54
5	Cornelius Pretorius (1976) RSA	Goudveld Multi Sport	P428	9.05 SB

Attempts · Shot Put (7.26kg) · Men · M45 · Final

Place	Athlete	Attempts
1	Taf Mhlanga (1978) RSA	-11.52
2	Hein Pieterse (1980) RSA	11.04
3	Daniel Lewies (1979) RSA	10.75
4	Cobus Keet (1978) RSA	9.54
5	Cornelius Pretorius (1976) RSA	9.05

Discus Throw (1kg) · Women · W70 · Final05/02/2026, 11:15 AM

Place	Athlete	Club/School	Bib	Result
1	Ronel Griesel (1953) RSA	Bellville Athletics Club	11401	17.13 SB
2	Annette van Dyk (1955) RSA	GN Masters	P4208	14.77 SB
3	Welize Burgess (1951) RSA		P1891	12.34 SB
4	Aletta Du Toit (1951) RSA	WP Masters	11440	10.73 SB

Attempts · Discus Throw (1kg) · Women · W70 · Final

Place	Athlete	Attempts
1	Ronel Griesel (1953) RSA	17.13
2	Annette van Dyk (1955) RSA	14.77
3	Welize Burgess (1951) RSA	12.34
4	Aletta Du Toit (1951) RSA	10.73

Discus Throw (0.75kg) · Women · W75 · Final				05/02/2026, 11:15 AM
Place	Athlete	Club/School	Bib	Result
1	Ena Fourie (1948) RSA	GN Masters	4291	18.60 SB
2	Suzi Van Eck (1949) RSA	GN Masters	4269	13.66 SB
3	Rita Laker (1947) RSA	GN Masters	4599	12.41 SB

Attempts · Discus Throw (0.75kg) · Women · W75 · Final		
Place	Athlete	Attempts
1	Ena Fourie (1948) RSA	18.60
2	Suzi Van Eck (1949) RSA	13.66
3	Rita Laker (1947) RSA	12.41

Discus Throw (0.75kg) · Women · W80 · Final				05/02/2026, 11:15 AM
Place	Athlete	Club/School	Bib	Result
1	Babsie Grobler (1943) RSA	GN Masters	P 4218	14.60 SB
2	Elize Grobbelaar (1945) RSA	WP Masters	11444	12.09 SB

Attempts · Discus Throw (0.75kg) · Women · W80 · Final		
Place	Athlete	Attempts
1	Babsie Grobler (1943) RSA	14.60
2	Elize Grobbelaar (1945) RSA	12.09

Weight Throw (25lbs / 11.34kg) · Men · M50 · Final				05/02/2026, 11:15 AM
Place	Athlete	Club/School	Bib	Result
1	Awie Abraham Pieter Van Zyl (1973)...	GN Masters	P4231	16.37 SB
2	Schalkwi Nolte (1975) RSA	WilleBeer	P4410	12.80 SB

Attempts · Weight Throw (25lbs / 11.34kg) · Men · M50 · Final		
Place	Athlete	Attempts
1	Awie Abraham Pieter Van Zyl (1973)...	16.37
2	Schalkwi Nolte (1975) RSA	12.80

Weight Throw (25lbs / 11.34kg) · Men · M55 · Final				05/02/2026, 11:15 AM
Place	Athlete	Club/School	Bib	Result
1	Martin Venter (1970) RSA	GN Masters	P4292	14.73 SB
2	Rowan Watson (1970) RSA	Tuks Athletics	P5101	14.04 SB

Attempts · Weight Throw (25lbs / 11.34kg) · Men · M55 · Final		
Place	Athlete	Attempts
1	Martin Venter (1970) RSA	14.73
2	Rowan Watson (1970) RSA	14.04

100m · Men · M50 · Final					05/02/2026, 11:20 AM · Wind: -1.9	
Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Moses Naidoo (1972) RSA	KZN Masters	P7253		12.20
2	1	Martin McClintock (1975) RSA	GN Masters	4268		12.69 SB
3	4	Clinton Vermeulen (1971) RSA	CG Masters	P11733		12.87 SB
4	2	Madoda Shweni (1972) RSA	Athletics Kloof	Yes		13.03 SB
5	6	Dion Harper (1973) RSA	Khosa	P23936		13.62 SB
6	3	Morne Slabbert (1975) RSA	Protea Atletiek Klub	P1588		13.74 SB
7	10	Michael Peacock (1972) RSA	WP Masters	P10256		13.94 SB
8	7	John Aubrey Cloete (1971) RSA		P11414		14.06 SB
9	8	Karel van Niekerk (1972) RSA	Boxer Athletic Club	P3288		15.83 SB
	9	Johan Ceaser (1976) RSA	Camdeboo Athletic Club	#668		

100m · Men · M55 · Final					05/02/2026, 11:20 AM · Wind: -0.9	
Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Ralph Kimmins (1971) RSA	CG Masters	P7071		12.61
2	1	Simon Petrus Cloete (1968) RSA		P11415		13.55 SB
3	2	Scott Russell (1968) RSA		P 12564		13.56 SB
4	7	Maurice Fortuin (1970) RSA	Drakenstein Correctional servi...	P1842		13.65 SB
5	8	Riaan van Niekerk (1966) RSA	CG Masters	P26413		13.90 SB
6	5	Anthony John Solomons (1970) RSA	BND Masters	P1877		13.97 SB
7	9	George Mngomezulu (1968) RSA		P14720		38.27 SB
	3	Anthonie Johannes Scheepers (1968)...	SWD Masters	P597		DNS

6	Bennie Buys (1966) RSA	Doxa Deo Marathon Club	8746	DNS
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100m · Men · M60 · Final 05/02/2026, 11:20 AM · Wind: -1.8

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	7	David Fourie (1965) RSA	KZN Masters	P7265		12.56 NR (RSA), SB
2	4	Johan Myburgh (1961) RSA	Bellville Athletics Club	14488		13.02 SB
3	8	Michael Toll (1964) RSA	WP Masters	559		13.87 SB
4	5	Daniel van der Vyver (1965) RSA	GN Masters	5095		14.28 SB
5	3	Winston Smit (1962) RSA	GN Masters	P5346		14.44 SB
6	6	Eldrid Koortzen (1962) RSA	FS Masters	P2860		14.60 SB

100m · Men · M65 · Final 05/02/2026, 11:20 AM · Wind: -1.6

Place	Lane	Athlete	Club/School	Bib	React.	Result
1		Mehlo Minaza (1958) RSA	EP Masters	58		14.22 SB
2	4	Johan Gouws (1958) RSA	GN Masters	4236		15.31 SB
	5	Bobie Tlapu (1956) RSA	GN Masters	4274		DNS
	6	Frans Kalp (1959) RSA	SWD Masters	P1138		DNS

100m · Men · M70 · Final 05/02/2026, 11:20 AM · Wind: -1.6

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	6	Hendrik Breytenbach (1956) RSA	GN Masters	P4248		14.17 SB
2	9	Joseph Warries (1956) RSA	WP Masters	P12970		14.66 SB
3	7	Robert Xavier (1953) RSA	EP Masters	P45		15.56 SB
4	8	Sarel du Toit (1955) RSA	GN Masters	P4220		15.81 SB

100m · Men · M75 · Final 05/02/2026, 11:20 AM · Wind: -1.1

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	2	Len Claassen (1951) RSA	WP Masters	P4151		16.04 SB
2	3	Patrick Dreyer (1949) RSA	WP Masters	P 1149		20.06 SB
	4	Johan Scheepers (1950) RSA	GN Masters	P4260		DNS

100m · Men · M80 · Final 05/02/2026, 11:20 AM · Wind: -1.1

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Les Stuart (1942) RSA	SWD Masters	P930		18.70 SB

100m · Women · W30 · Final 05/02/2026, 11:40 AM · Wind: -0.6

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Liandi le Roux (1992) RSA	CG Masters	P19242		12.34

100m · Women · W35 · Final 05/02/2026, 11:40 AM · Wind: -0.6

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	7	Leana du Toit (1986) RSA	CG Masters	P4119		13.07
2	5	Biancá Rê (1987) RSA	GN Masters	P4272		13.57 SB
3	6	Kgakgamatso Sekori (1988) RSA	GN Masters	4908		15.68 SB

100m · Women · W40 · Final 05/02/2026, 11:40 AM · Wind: -0.1

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Elmarie Walters (1983) RSA	SWD Masters	1379		12.70 SB
2	7	Ingrid Crouse (1984) RSA	Maties	P2113		12.96 SB
3	8	Charisa Janse van Rensburg (1986) R...	Bronkhorstspruit Athletic Club	P8504		13.28 SB
4	4	Carike Janie De Oliveira (1985) RSA	NBRC CG Johannesburg	P258		13.39 SB
5	6	Marle Jones (1983) RSA	Fitness from Africa	26704		16.53 SB

100m · Women · W45 · Final 05/02/2026, 11:40 AM · Wind: -1.0

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	7	Tracey Robertson (1980) RSA		11561		13.32 SB
2	3	Alicia Smit (1979) RSA	Tuks Athletics	p5112		13.86 SB
3	6	Dominique Koster (1977) RSA	Benoni Harriers	2936		14.32 SB
4	5	Marisa Beukes (1979) RSA	Germiston Callies	P11124		14.71
5	4	Corrin Durrheim (1976) RSA	CG Masters	P11488		14.80 SB

100m · Men · M30 · Final 05/02/2026, 12:00 PM · Wind: +1.7

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Curt Ruiters (1991) RSA	Tygerberg Athletics Club	P10215		11.05 SB
2	7	Leepo Mokoto (1993) RSA	CG Masters	P19689		11.14 SB

3	2	Jean-Pierre Kitshoff (1991) RSA	GN Masters	P5067	11.54 SB
4	3	Rubin Ettiene Botha (1993) RSA	FS Masters	P 282	12.04 SB
5	1	Sizo Nhlakanipho Sithole (1991) RSA		P12633	12.60 SB
	4	Jaco Coertze (1991) RSA	32GI	P12897	
	6	Chad Steenberg (1995) RSA	Tygerberg Athletics Club	P10205	

100m · Men · M35 · Final 05/02/2026, 12:00 PM · Wind: +2.2

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	2	Willem de beer (1988) RSA	GN Masters	4422		11.49
2	5	Chadley Benjamin (1987) RSA	WP Masters	P13031		11.68
3	3	LJ Wickens (1986) RSA	LMPO Masters	P3161		12.12
4	4	Kevin O'Dea (1990) RSA	Helderberg Harriers	4529		12.31
5	1	Brondean Taylor (1991) RSA	WP Masters	P10212		12.37

100m · Men · M40 · Final 05/02/2026, 12:00 PM · Wind: +0.3

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Anton Vlok (1984) RSA	CG Masters	P23063		11.35 SB
2	7	Jean-Pierre Zeelie (1986) RSA		12191		11.49 SB
3	5	Reinhard Howard Pretorius (1984) RSA	GN Masters	P4294		11.70 SB
4	1	Nkosinathi Ngcobo (1982) RSA	CG Masters	P12625		11.85 SB
5	6	Rudi Jordaan (1983) RSA	CG Masters	P9888		12.13
6	8	Qaasim Hassan (1983) RSA	ATC	15323		12.40 SB
7	9	Chavall George Williams (1984) RSA	BND Masters	P1343		12.42 SB
8	10	Denzil August (1985) RSA	Bellville Athletics Club	P11434		12.64 SB
	2	Hilton Arralappan (1982) RSA	Boksburh Athletics Club	P532		DNS
	3	Daniel Petersen (1984) RSA	Stagglers	P5641		DNS

100m · Men · M45 · Final 05/02/2026, 12:00 PM · Wind: -0.5

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	1	Ricardo Mentoer (1977) RSA	WP Masters	P11396		11.67 SB
2	2	Jan Botha (1979) RSA	Helderberg Harriers	P4569		12.37 SB
3	4	Johan Steyn (1976) NAM	QSB Athletics Club	792		12.67 SB
4	6	Angelo Rhode (1978) RSA	Pinelands AC	12.90		13.19 SB
5	5	Cornelius Pretorius (1976) RSA	Goudveld Multi Sport	P428		14.45 SB
	3	Donovan Jurgens vanderSchyf (1976)...	32GI	28008		DNS

2000m Steeplechase (76.2cm) · Women · W30 · Final 05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Carina Swiegers (1995) RSA	Boxer Athletic Club	P7180	6:55.76 NR (RSA), SB

2000m Steeplechase (76.2cm) · Women · W35 · Final 05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Xena Gray Payet (1990) RSA	Epic athletics	P1310	8:18.87 SB
2	Chrizzell Roberts (1987) RSA	NBRC Gauteng North	209	8:29.99 SB
3	Laura Gray (1990) RSA	CNW Masters	P1306	9:06.11 SB
4	Humbulani Thenga (1987) RSA	Panorama Running Club	28128	9:41.07 SB

2000m Steeplechase (76.2cm) · Women · W40 · Final 05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Leilani Scheffer (1983) RSA		7153	8:00.00 SB

2000m Steeplechase (76.2cm) · Women · W45 · Final 05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Amanda Labuschagne (F01, T01) (198...	FS Masters	2458	9:52.22 SB
2	Precious Ncayiyana (1979) RSA	GN Masters	P4877	10:22.99 SB

2000m Steeplechase (76.2cm) · Women · W50 · Final 05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Michelle Staal (1972) RSA		P3120	10:58.79 SB

2000m Steeplechase (76.2cm) · Women · W55 · Final 05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Carol Goodinson (1968) RSA	GN Masters	P8377	10:55.32 SB
2	Philna Munnik (1968) RSA	UJ Athletics Club	P12319	11:31.23 SB

2000m Steeplechase (76.2cm) · Women · W60 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Dalene Sonnekus (1965) RSA		P303	8:50.95 NR (RSA), SB
2	Laura Venter (1965) RSA	CG Masters	4244	11:44.89 SB
3	Teresa Le Roux (1963) RSA	Voortrekkermonument DRAF ...	732	12:16.54 SB
	Linda De Bruyn (1965) RSA	MPU Masters	P281	DNS

2000m Steeplechase (76.2cm) · Women · W65 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Martie Boesenberg (1957) RSA	GN Masters	P8383	10:48.04 SB
2	Christa Mouton (1956) RSA	Agapé Athletics Club	P140	17:51.82 SB

2000m Steeplechase (76.2cm) · Women · W75 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Rita Laker (1947) RSA	GN Masters	4599	16:41.60 SB
	Elmarie Van Huyssteen (1949) RSA	Maties	P2030	DNS

High Jump · Men · M35 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Warrick Blowers (1987) RSA	SWD Masters	P618	1.85 SB
2	Shanon Smith (1987) RSA	WP Masters	11383	1.61 SB
	Pierre Spies (1990) RSA	WilleBeer	4404	DNS

Attempts · High Jump · Men · M35 · Final

Place	Athlete	Attempts
1	Warrick Blowers (1987) RSA	1.61 / o1.85 / o
2	Shanon Smith (1987) RSA	1.61 / o1.85 / x

High Jump · Men · M40 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Jakob Jacobus Volmoer (1983) RSA	ATC	15761	1.50 SB

Attempts · High Jump · Men · M40 · Final

Place	Athlete	Attempts
1	Jakob Jacobus Volmoer (1983) RSA	1.50 / o

High Jump · Men · M45 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result
1	Ryan Naidoo (1980) RSA	Tygerberg Athletics Club	P10228	1.61 SB

Attempts · High Jump · Men · M45 · Final

Place	Athlete	Attempts
1	Ryan Naidoo (1980) RSA	1.61 / o

Long Jump · Men · M50 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result	Wind
1	Martin McClintock (1975) RSA	GN Masters	4268	5.91 SB	+0.1
2	Adrian Carolan (1973) RSA	KZN Masters	P14083	5.53 SB	+0.1
3	Morne Slabbert (1975) RSA	Protea Atletiek Klub	P1588	5.45 SB	+0.6
4	Brandon Vermeulen (1975) RSA	CG Masters	11753	5.00 SB	-0.9
5	Darryl Winston George (1972) RSA	ANWN	P159	4.61 SB	-0.1

Attempts · Long Jump · Men · M50 · Final

Place	Athlete	Attempts
1	Martin McClintock (1975) RSA	5.91 / +0.1
2	Adrian Carolan (1973) RSA	5.53 / +0.1
3	Morne Slabbert (1975) RSA	5.45 / +0.6
4	Brandon Vermeulen (1975) RSA	5.00 / -0.9
5	Darryl Winston George (1972) RSA	4.61 / -0.1

Long Jump · Men · M55 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result	Wind
	Anthonie Johannes Scheepers (1968)...	SWD Masters	P597	DNS	

Attempts · Long Jump · Men · M55 · Final

Place	Athlete	Attempts
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Anthony Johannes Scheepers (1968)...

Long Jump · Men · M60 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result	Wind
1	Rex Barnard (1961) RSA	Epic athletics	363	4.90 SB	-0.2

Attempts · Long Jump · Men · M60 · Final

Place	Athlete	Attempts
1	Rex Barnard (1961) RSA	4.90 / -0.2

Long Jump · Men · M65 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result	Wind
1	Pieter Albertus Erasmus (1960) RSA	South Cape Athletics	P617	4.55 SB	-0.8
2	Johan Gouws (1958) RSA	GN Masters	4236	4.31 =SB	-0.1
	Dirk Johan Venter (1960) RSA	CG Masters	4510	DNS	

Attempts · Long Jump · Men · M65 · Final

Place	Athlete	Attempts
1	Pieter Albertus Erasmus (1960) RSA	4.55 / -0.8
2	Johan Gouws (1958) RSA	4.31 / -0.1
	Dirk Johan Venter (1960) RSA	

Long Jump · Men · M70 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result	Wind
1	Dennis Varty (1953) RSA	KZN Masters	P15528	3.67 SB	-0.4
2	Robert Xavier (1953) RSA	EP Masters	P45	3.66 SB	-0.4
3	Sarel du Toit (1955) RSA	GN Masters	P4220	3.41 SB	+1.0

Attempts · Long Jump · Men · M70 · Final

Place	Athlete	Attempts
1	Dennis Varty (1953) RSA	3.67 / -0.4
2	Robert Xavier (1953) RSA	3.66 / -0.4
3	Sarel du Toit (1955) RSA	3.41 / +1.0

Long Jump · Men · M75 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result	Wind
1	Patrick Dreyer (1949) RSA	WP Masters	P 1149	2.84 SB	-1.7

Attempts · Long Jump · Men · M75 · Final

Place	Athlete	Attempts
1	Patrick Dreyer (1949) RSA	2.84 / -1.7

Long Jump · Men · M80 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result	Wind
1	Les Stuart (1942) RSA	SWD Masters	P930	3.00 SB	+1.1

Attempts · Long Jump · Men · M80 · Final

Place	Athlete	Attempts
1	Les Stuart (1942) RSA	3.00 / +1.1

Triple Jump · Women · W45 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result	Wind
1	Alicia Smit (1979) RSA	Tuks Athletics	p5112	10.52 SB	-2.5
2	Tanja Juries (1979) RSA	WP Masters	P 13217	8.73 SB	-0.7

Attempts · Triple Jump · Women · W45 · Final

Place	Athlete	Attempts
1	Alicia Smit (1979) RSA	10.52 / -2.5
2	Tanja Juries (1979) RSA	8.73 / -0.7

Triple Jump · Women · W50 · Final05/02/2026, 01:30 PM

Place	Athlete	Club/School	Bib	Result	Wind
1	Dorita Du Toit (1971) RSA	ACNW	769	8.26 SB	-1.3

Attempts · Triple Jump · Women · W50 · Final

Place	Athlete	Attempts
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1	Dorita Du Toit (1971) RSA	8.26 / -1.3			
Triple Jump · Women · W60 · Final					05/02/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result	Wind
1	Makkie Gouws (1961) RSA	GN Masters	4237	6.69 SB	-0.4
Attempts · Triple Jump · Women · W60 · Final					
Place	Athlete	Attempts			
1	Makkie Gouws (1961) RSA	6.69 / -0.4			
Shot Put (5kg) · Men · M60 · Final					05/02/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result	
1	Burton Haupt (1961) RSA	GN Masters	4232	13.12 SB	
2	Vic Bezuidenhout (1961) RSA	GN Masters	P4261	13.00 SB	
3	Ian Hacker (1964) RSA	UJ Athletics Club	P8059	11.83 SB	
4	William Boswel (1966) RSA	GN Masters	P 4257	10.66 SB	
5	Pieter Erasmus (1964) RSA	GN Masters	4214	10.03 SB	
Attempts · Shot Put (5kg) · Men · M60 · Final					
Place	Athlete	Attempts			
1	Burton Haupt (1961) RSA	13.12			
2	Vic Bezuidenhout (1961) RSA	13.00			
3	Ian Hacker (1964) RSA	11.83			
4	William Boswel (1966) RSA	10.66			
5	Pieter Erasmus (1964) RSA	10.03			
Shot Put (5kg) · Men · M65 · Final					05/02/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result	
1	Stephen Kichenbrand (1957) RSA	SWD Masters	P603	10.75 SB	
Attempts · Shot Put (5kg) · Men · M65 · Final					
Place	Athlete	Attempts			
1	Stephen Kichenbrand (1957) RSA	10.75			
Shot Put (4kg) · Men · M70 · Final					05/02/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result	
1	Joseph Johannes Buks Myburgh (195...	Quinton Steel Botes	temp license	10.83 SB	
2	Mathys Gerhardus Du Plessis (1951)...	GN Masters	South Africa	9.76 SB	
3	Danie Lamprecht (1952) RSA	SWD Masters	P607	9.00 SB	
4	Buks Meyer (1955) RSA	Eldoraigne High School	P9590	7.67 SB	
5	Piet Dokter (1953) RSA	BND Masters	P1346	6.96 SB	
Attempts · Shot Put (4kg) · Men · M70 · Final					
Place	Athlete	Attempts			
1	Joseph Johannes Buks Myburgh (195...	10.83			
2	Mathys Gerhardus Du Plessis (1951)...	9.76			
3	Danie Lamprecht (1952) RSA	9.00			
4	Buks Meyer (1955) RSA	7.67			
5	Piet Dokter (1953) RSA	6.96			
Shot Put (4kg) · Men · M75 · Final					05/02/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result	
1	Hendrik Basson (1949) RSA	BND Masters	P1348	6.56 SB	
2	Conrad Stoltz (1946) RSA	Middelburg Marathon Club	P2109	6.47 SB	
Attempts · Shot Put (4kg) · Men · M75 · Final					
Place	Athlete	Attempts			
1	Hendrik Basson (1949) RSA	6.56			
2	Conrad Stoltz (1946) RSA	6.47			
Shot Put (3kg) · Men · M85 · Final					05/02/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result	
1	Victor Young (1937) RSA	GN Masters	no	6.17	
Attempts · Shot Put (3kg) · Men · M85 · Final					
Place	Athlete	Attempts			

1	Victor Young (1937) RSA	6.17		
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Discus Throw (1kg) · Women · W60 · Final				05/02/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Heleen Knobel (1965) RSA	SWD Masters	599	34.11 NR (RSA), SB
2	Engelina Pretorius (1965) RSA	Epic athletics	1099	16.22 SB

Attempts · Discus Throw (1kg) · Women · W60 · Final				
Place	Athlete	Attempts		
1	Heleen Knobel (1965) RSA	34.11		
2	Engelina Pretorius (1965) RSA	16.22		

Discus Throw (1kg) · Women · W65 · Final				05/02/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Rina Bruyns (1959) RSA	SWD Masters	P2084	18.27 SB
2	Farieda Dramat (1959) RSA	Bellville Athletics Club	11403	18.09 SB
3	Johanna Hendrika Cloete (1956) RSA	ACAC	4454	15.88 SB
4	GSP Baby du Toit (1957) RSA	Gauteng North	P4213	14.60 SB

Attempts · Discus Throw (1kg) · Women · W65 · Final				
Place	Athlete	Attempts		
1	Rina Bruyns (1959) RSA	18.27		
2	Farieda Dramat (1959) RSA	18.09		
3	Johanna Hendrika Cloete (1956) RSA	15.88		
4	GSP Baby du Toit (1957) RSA	14.60		

Weight Throw (12lbs / 5.45kg) · Women · W70 · Final				05/02/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Annette van Dyk (1955) RSA	GN Masters	P4208	7.75 SB
2	Aletta Du Toit (1951) RSA	WP Masters	11440	7.24 SB
3	Welize Burgess (1951) RSA		P1891	6.37 SB
	Ronel Griesel (1953) RSA	Bellville Athletics Club	11401	DNS

Attempts · Weight Throw (12lbs / 5.45kg) · Women · W70 · Final				
Place	Athlete	Attempts		
1	Annette van Dyk (1955) RSA	7.75		
2	Aletta Du Toit (1951) RSA	7.24		
3	Welize Burgess (1951) RSA	6.37		
	Ronel Griesel (1953) RSA			

Weight Throw (8.8lbs / 4kg) · Women · W75 · Final				05/02/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Ena Fourie (1948) RSA	GN Masters	4291	10.02 SB
2	Suzi Van Eck (1949) RSA	GN Masters	4269	8.36 SB
3	Rita Laker (1947) RSA	GN Masters	4599	8.12 SB

Attempts · Weight Throw (8.8lbs / 4kg) · Women · W75 · Final				
Place	Athlete	Attempts		
1	Ena Fourie (1948) RSA	10.02		
2	Suzi Van Eck (1949) RSA	8.36		
3	Rita Laker (1947) RSA	8.12		

Weight Throw (8.8lbs / 4kg) · Women · W80 · Final				05/02/2026, 01:30 PM
Place	Athlete	Club/School	Bib	Result
1	Elize Grobbelaar (1945) RSA	WP Masters	11444	8.47 SB
2	Babsie Grobler (1943) RSA	GN Masters	P4218	8.17 SB

Attempts · Weight Throw (8.8lbs / 4kg) · Women · W80 · Final				
Place	Athlete	Attempts		
1	Elize Grobbelaar (1945) RSA	8.47		
2	Babsie Grobler (1943) RSA	8.17		

2000m Steeplechase (76.2cm) · Men · M60 · Final				05/02/2026, 02:00 PM
Place	Athlete	Club/School	Bib	Result
1	Freeman Vutu (1965) RSA		130	9:24.25 SB

2	Johannes Hendrik Campher (1965) R...	Bloemfontein Striders	1501	9:52.76 SB
3	Sydney Gregan (1962) RSA	Overkruin	314	12:54.63 SB
	Willie Beneke (1962) RSA	Pretoria Polic Marathon Club	592	DNS
2000m Steeplechase (76.2cm) · Men · M65 · Final				05/02/2026, 02:00 PM
Place	Athlete	Club/School	Bib	Result
1	Dirk Johan Venter (1960) RSA	CG Masters	4510	10:29.75 SB
2	Egbert De Bruyn (1957) RSA	MPU Masters	P282	12:33.56 SB
3	Willem Billingham (1959) RSA	GN Masters	P8384	14:05.05 SB
2000m Steeplechase (76.2cm) · Men · M70 · Final				05/02/2026, 02:00 PM
Place	Athlete	Club/School	Bib	Result
1	Hannes van Wyk (1955) RSA		212	10:04.22 SB
2000m Steeplechase (76.2cm) · Men · M75 · Final				05/02/2026, 02:00 PM
Place	Athlete	Club/School	Bib	Result
1	Chris Reed (1951) RSA	CG Masters	1354	13:30.78
3000m Steeplechase (83.8cm) · Men · M40 · Final				05/02/2026, 02:30 PM
Place	Athlete	Club/School	Bib	Result
1	Johannes Christoffel Boshoff (1985)...	GN Masters	P4981	12:04.59 SB
2	Jakob Jacobus Volmoer (1983) RSA	ATC	15761	12:25.45 SB
3	Ntsikelelo Sebe (1982) RSA	NBRC Eastern Province	1436	14:45.33 SB
3000m Steeplechase (83.8cm) · Men · M45 · Final				05/02/2026, 02:30 PM
Place	Athlete	Club/School	Bib	Result
1	Melikhaya Dyubele (1980) RSA	Bathurst Athletics Club	M-45	14:36.08 SB
2	Richard Mazungula (1977) RSA	NBRC Eastern Province	1457	15:54.92 SB
	Sibusiso Ndhlela (1980) RSA	NBRC CG Johannesburg	P322	DNS
3000m Steeplechase (83.8cm) · Men · M50 · Final				05/02/2026, 02:30 PM
Place	Athlete	Club/School	Bib	Result
1	Michael Peacock (1972) RSA	WP Masters	P10256	13:07.36 SB
3000m Steeplechase (83.8cm) · Men · M55 · Final				05/02/2026, 02:30 PM
Place	Athlete	Club/School	Bib	Result
1	Ronnie Verster (1969) RSA		3071	15:12.55 SB
	Flippie Kotze (1969) RSA	FS Masters	793	DNS
Shot Put (6kg) · Men · M50 · Final				05/02/2026, 02:30 PM
Place	Athlete	Club/School	Bib	Result
1	Willem Potgieter (1974) RSA	UJ Athletics Club	P19937	13.95 SB
2	Awie Abraham Pieter Van Zyl (1973)...	GN Masters	P4231	13.41 SB
3	Corrie Potgieter (1976) RSA	UJ Athletics Club	11702	12.09 SB
4	Phillip Venter (1971) RSA	GN Masters	P4234	10.29 SB
5	Johan Ceaser (1976) RSA	Camdeboo Athletic Club	#668	7.87 SB
	Schalkwi Nolte (1975) RSA	WilleBeer	P4410	DNS
Attempts · Shot Put (6kg) · Men · M50 · Final				
Place	Athlete	Attempts		
1	Willem Potgieter (1974) RSA	13.95		
2	Awie Abraham Pieter Van Zyl (1973)...	13.41		
3	Corrie Potgieter (1976) RSA	12.09		
4	Phillip Venter (1971) RSA	10.29		
5	Johan Ceaser (1976) RSA	7.87		
	Schalkwi Nolte (1975) RSA			
Shot Put (6kg) · Men · M55 · Final				05/02/2026, 02:30 PM
Place	Athlete	Club/School	Bib	Result
1	Rowan Watson (1970) RSA	Tuks Athletics	P5101	13.08 SB
2	Martin Venter (1970) RSA	GN Masters	P4292	11.76 SB
3	Angel Alvarez Aranda (1966) RSA	Kovsies	P704	11.09 SB
4	Jerome Michael Campbell (1967) RSA	Total Sports VOB	P1414	10.09 SB
5	Anthony John Solomons (1970) RSA	BND Masters	P1877	8.60 SB

Attempts · Shot Put (6kg) · Men · M55 · Final

Place	Athlete	Attempts
1	Rowan Watson (1970) RSA	13.08
2	Martin Venter (1970) RSA	11.76
3	Angel Alvarez Aranda (1966) RSA	11.09
4	Jerome Michael Campbell (1967) RSA	10.09
5	Anthony John Solomons (1970) RSA	8.60

Discus Throw (1kg) · Men · M60 · Final05/02/2026, 02:30 PM

Place	Athlete	Club/School	Bib	Result
1	Burton Haupt (1961) RSA	GN Masters	4232	50.66 SB
2	Vic Bezuidenhout (1961) RSA	GN Masters	P4261	42.61 SB
3	Ian Hacker (1964) RSA	CG Masters	P8059	40.94 SB
4	Stephan du Plessis (1964) RSA	GN Masters	549409	40.49 SB
5	Pieter Erasmus (1964) RSA	GN Masters	4214	38.72 SB
6	Meyer Naude (1964) RSA	FS Masters	P1133	33.48 SB
7	Marius Eybers (1963) RSA	CG Masters	P4262	31.46 SB
8	William Boswel (1966) RSA	GN Masters	P 4257	31.06 SB
9	Tjaart Coetzee (1963) RSA	Madibaz	P2561	24.08 SB

Attempts · Discus Throw (1kg) · Men · M60 · Final

Place	Athlete	Attempts
1	Burton Haupt (1961) RSA	50.66
2	Vic Bezuidenhout (1961) RSA	42.61
3	Ian Hacker (1964) RSA	40.94
4	Stephan du Plessis (1964) RSA	40.49
5	Pieter Erasmus (1964) RSA	38.72
6	Meyer Naude (1964) RSA	33.48
7	Marius Eybers (1963) RSA	31.46
8	William Boswel (1966) RSA	31.06
9	Tjaart Coetzee (1963) RSA	24.08

Discus Throw (1kg) · Men · M65 · Final05/02/2026, 02:30 PM

Place	Athlete	Club/School	Bib	Result
1	Stephen Kichenbrand (1957) RSA	SWD Masters	P603	34.82 SB

Attempts · Discus Throw (1kg) · Men · M65 · Final

Place	Athlete	Attempts
1	Stephen Kichenbrand (1957) RSA	34.82

Discus Throw (1kg) · Men · M70 · Final05/02/2026, 02:30 PM

Place	Athlete	Club/School	Bib	Result
1	Joseph Johannes Buks Myburgh (195...	Quinton Steel Botes	Temp license	30.48 SB
2	Mathys Gerhardus Du Plessis (1951)...	GN Masters	South Africa	25.60 SB
3	Danie Lamprecht (1952) RSA	SWD Masters	P607	22.79 SB
4	Buks Meyer (1955) RSA	Eldoraigne High School	P9590	20.36 SB
5	Piet Dokter (1953) RSA	BND Masters	P1346	19.74 SB
	Johan Coetzee (1954) RSA	GN Masters	P5122	DNS

Attempts · Discus Throw (1kg) · Men · M70 · Final

Place	Athlete	Attempts
1	Joseph Johannes Buks Myburgh (195...	30.48
2	Mathys Gerhardus Du Plessis (1951)...	25.60
3	Danie Lamprecht (1952) RSA	22.79
4	Buks Meyer (1955) RSA	20.36
5	Piet Dokter (1953) RSA	19.74
	Johan Coetzee (1954) RSA	

Discus Throw (1kg) · Men · M75 · Final05/02/2026, 02:30 PM

Place	Athlete	Club/School	Bib	Result
1	Conrad Stoltz (1946) RSA	Middelburg Marathon Club	P2109	17.67 SB
2	Hendrik Basson (1949) RSA	BND Masters	P1348	16.82 SB

Attempts · Discus Throw (1kg) · Men · M75 · Final

Place	Athlete	Attempts

1	Conrad Stoltz (1946) RSA	17.67
2	Hendrik Basson (1949) RSA	16.82

Discus Throw (1kg) · Men · M85 · Final				05/02/2026, 02:30 PM
Place	Athlete	Club/School	Bib	Result
1	Victor Young (1937) RSA	GN Masters	P4219	15.70 SB

Attempts · Discus Throw (1kg) · Men · M85 · Final		
Place	Athlete	Attempts
1	Victor Young (1937) RSA	15.70

Weight Throw (16lbs / 7.26kg) · Women · W50 · Final				05/02/2026, 02:30 PM
Place	Athlete	Club/School	Bib	Result
1	Magdalena Daleen Fleming (1972) RSA	SAMA - Gauteng North	9619	11.55 SB
2	Azel de Villiers (1975) RSA	UJ Athletics Club	P24456	11.50 SB
3	Yolanda Elizabeth Rieckert (1975) RSA	GN Masters	4277	6.89 SB
4	Margaret Snyders (1971) RSA	WP Masters	P 13216	6.03 SB

Attempts · Weight Throw (16lbs / 7.26kg) · Women · W50 · Final		
Place	Athlete	Attempts
1	Magdalena Daleen Fleming (1972) RSA	11.55
2	Azel de Villiers (1975) RSA	11.50
3	Yolanda Elizabeth Rieckert (1975) RSA	6.89
4	Margaret Snyders (1971) RSA	6.03

Weight Throw (16lbs / 7.26kg) · Women · W55 · Final				05/02/2026, 02:30 PM
Place	Athlete	Club/School	Bib	Result
1	Elmarie Smith (1968) RSA	MPU Masters	P1006	7.85 SB
2	Marinda Maria Coetzer (1970) RSA		3162	7.21 SB
2	Louise Messias (1969) RSA		2104	7.21 SB
4	Esmarie Bridgland (1968) RSA	GN Masters	4223	6.75 SB
5	Susanna Aletta Vosloo (1968) RSA	Boxer Athletic Club	P487	6.74 SB
	Glory Shabangu (1969) RSA	Gauteng Health AC	P23435	DNS

Attempts · Weight Throw (16lbs / 7.26kg) · Women · W55 · Final		
Place	Athlete	Attempts
1	Elmarie Smith (1968) RSA	7.85
2	Marinda Maria Coetzer (1970) RSA	7.21
2	Louise Messias (1969) RSA	7.21
4	Esmarie Bridgland (1968) RSA	6.75
5	Susanna Aletta Vosloo (1968) RSA	6.74
	Glory Shabangu (1969) RSA	

Shot Put (3kg) · Women · W60 · Final				05/02/2026, 03:30 PM
Place	Athlete	Club/School	Bib	Result
1	Heleen Knobel (1965) RSA	SWD Masters	599	11.60 SB
2	Engelina Pretorius (1965) RSA	Epic athletics	1099	7.79 SB

Attempts · Shot Put (3kg) · Women · W60 · Final		
Place	Athlete	Attempts
1	Heleen Knobel (1965) RSA	11.60
2	Engelina Pretorius (1965) RSA	7.79

Shot Put (3kg) · Women · W65 · Final				05/02/2026, 03:30 PM
Place	Athlete	Club/School	Bib	Result
1	Farieda Dramat (1959) RSA	Bellville Athletics Club	1140311403	8.64 SB
2	Rina Bruyns (1959) RSA	SWD Masters	P2084	8.16 SB
3	Johanna Hendrika Cloete (1956) RSA	ACAC	4454	7.53 SB
4	GSP Baby du Toit (1957) RSA	Gauteng North	P4213	6.38 SB

Attempts · Shot Put (3kg) · Women · W65 · Final		
Place	Athlete	Attempts
1	Farieda Dramat (1959) RSA	8.64
2	Rina Bruyns (1959) RSA	8.16
3	Johanna Hendrika Cloete (1956) RSA	7.53

4	GSP Baby du Toit (1957) RSA	6.38
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Discus Throw (2kg) · Men · M35 · Final				05/02/2026, 03:30 PM
Place	Athlete	Club/School	Bib	Result
1	Dirk Daniel Rosslee (1987) RSA	UJ Athletics Club	19935	35.80 SB
	Jacobus Koos Du Plessis (1989) RSA	Bronkhorstspuit Athletic Club	P8508	
	Hannu Kruger (1987) RSA	Bellville Athletics Club	5241	
	Aobakoe Neo Kalaote (1987) RSA	GN Masters	P2557	DNS

Attempts · Discus Throw (2kg) · Men · M35 · Final			
Place	Athlete	Attempts	
1	Dirk Daniel Rosslee (1987) RSA	35.80	
	Jacobus Koos Du Plessis (1989) RSA		
	Hannu Kruger (1987) RSA		
	Aobakoe Neo Kalaote (1987) RSA		

Discus Throw (2kg) · Men · M40 · Final				05/02/2026, 03:30 PM
Place	Athlete	Club/School	Bib	Result
1	Alwyn Fourie (1984) RSA	Athlon Academy	P2072	40.58
2	Willem Walters (1983) RSA	SWD Masters	1317	37.03 SB
3	Charl Deon Viljoen (1983) RSA	GN Masters	P4230	30.98 SB
	William Charlton van Wyk (1985) NAM	Quinton Steel Botes	794	
	Shaun van Rooi (1982) NAM	GN Masters	4278	
	Ntsikelelo Sebe (1982) RSA	NBRC Eastern Province	1436	

Attempts · Discus Throw (2kg) · Men · M40 · Final			
Place	Athlete	Attempts	
1	Alwyn Fourie (1984) RSA	40.58	
2	Willem Walters (1983) RSA	37.03	
3	Charl Deon Viljoen (1983) RSA	30.98	
	William Charlton van Wyk (1985) NAM		
	Shaun van Rooi (1982) NAM		
	Ntsikelelo Sebe (1982) RSA	-	

Discus Throw (2kg) · Men · M45 · Final				05/02/2026, 03:30 PM
Place	Athlete	Club/School	Bib	Result
	Andre Keet (1980) RSA	GN Masters	P4290	
	Daniel Lewies (1979) RSA		11427	
	Hein Pieterse (1980) RSA		P4250	
	Cobus Keet (1978) RSA	GN Masters	4617	
	Hannes Gouws (1976) RSA	GN Masters	4247	

Attempts · Discus Throw (2kg) · Men · M45 · Final			
Place	Athlete	Attempts	
	Andre Keet (1980) RSA		
	Daniel Lewies (1979) RSA		
	Hein Pieterse (1980) RSA		
	Cobus Keet (1978) RSA		
	Hannes Gouws (1976) RSA		

Weight Throw (20lbs / 9.08kg) · Women · W30 · Final				05/02/2026, 03:30 PM
Place	Athlete	Club/School	Bib	Result
1	Nadia Pieterse (1992) RSA		P6748	11.17 SB

Attempts · Weight Throw (20lbs / 9.08kg) · Women · W30 · Final			
Place	Athlete	Attempts	
1	Nadia Pieterse (1992) RSA	11.17	

Weight Throw (20lbs / 9.08kg) · Women · W40 · Final				05/02/2026, 03:30 PM
Place	Athlete	Club/School	Bib	Result
1	Rebecca Kerubo Koroso (1982) KEN		0096	13.84 SB
2	Tanya Pubalakan (1984) RSA	GN Masters	4275	13.55 SB

Attempts · Weight Throw (20lbs / 9.08kg) · Women · W40 · Final			
Place	Athlete	Attempts	

1	Rebecca Kerubo Koroso (1982) KEN		13.84					
2	Tanya Pubalakan (1984) RSA		13.55					
Weight Throw (20lbs / 9.08kg) · Women · W45 · Final							05/02/2026, 03:30 PM	
Place	Athlete		Club/School	Bib	Result			
1	Sylvia Kunneke (1976) RSA		Heat A C	2717	7.19 SB			
Attempts · Weight Throw (20lbs / 9.08kg) · Women · W45 · Final								
Place	Athlete		Attempts					
1	Sylvia Kunneke (1976) RSA		7.19					
4x100m · Women · W30 · Final							05/02/2026, 03:30 PM	
Place	Lane	Relay team	Club/School	Bib	React.	Result	Split	Lap
1		Gauteng W30+ RSA				55.74 SB		
		1. Marisa Beukes					55.74	55.74
		2. Corrin Durrheim						
		3. Liandi le Roux						
		4. Azel de Villiers						
4x100m · Women · W35 · Final							05/02/2026, 03:40 PM	
Place	Lane	Relay team	Club/School	Bib	React.	Result	Split	Lap
1		Women 35-40 RSA				52.80 SB		
		1. Biancá Rê						
		2. Chantelle Breytenbach						
		3. Charisa Janse van Rensburg						
		4. Carike Janie De Oliveira						
4x100m · Women · W40 · Final							05/02/2026, 03:40 PM	
Place	Lane	Relay team	Club/School	Bib	React.	Result	Split	Lap
1		SWD Women 40+ RSA				1:05.43 SB		
		1. Silla Kotze						
		2. Elmarie Walters						
		3. Rika Spang						
		4. Annette Erasmus						
4x100m · Men · M30 · Final							05/02/2026, 03:45 PM	
Place	Lane	Relay team	Club/School	Bib	React.	Result	Split	Lap
1		WP Men 35-39 RSA	WP Masters			46.37 SB		
		1. Brondean Taylor						
		2. Shanon Smith						
		3. Chadley Benjamin						
		4. Johan Oerson						
4x100m · Women · W65 · Final							05/02/2026, 03:50 PM	
Place	Lane	Relay team	Club/School	Bib	React.	Result	Split	Lap
1		AGN Women 65+ RSA				1:28.68 SB		
		1. Christa Mouton						
		2. Martie Boesenberg						
		3. Rita Laker						
		4. Stoffies Mey						
4x100m · Men · M40 · Final							05/02/2026, 03:55 PM	
Place	Lane	Relay team	Club/School	Bib	React.	Result	Split	Lap
1		CGMA RSA	CG Masters			45.70 SB		
		1. Rudi Jordaan						
		2. Steven Aronson						
		3. Nkosinathi Ngcobo						
		4. Anton Vlok						
2		WP Men 40-44 RSA				47.62 SB		
		1. Daniel Petersen						
		2. Qaasim Hassan						
		3. Denzil August						
		4. Jean-Pierre Zeelie						
3		Boland Men 40 RSA				52.60 SB		
		1. Maurice Fortuin						

4	2.	Anthony John Solomons	
	3.	David Antonie Ruiters	
	4.	Chavall George Williams	
	SWD Men 40+ RSA		1:01.18 SB
	1.	Pieter Erasmus	
	2.	Willem jacobus (Vian) Louw	
	3.	Hannes van Wyk	
	4.	Les Stuart	

4x100m · Women · W55 · Final

05/02/2026, 04:00 PM

Place	Lane	Relay team	Club/School	Bib	React.	Result	Split Lap
1		AGN Women 55 RSA					1:19.29 SB
		1.	Mariet Geyer				
		2.	Carol Goodinson				
		3.	Sandra McMaster				
		4.	Teresa Le Roux				

4x100m · Men · M35 · Final

05/02/2026, 04:05 PM

Place	Lane	Relay team	Club/School	Bib	React.	Result	Split Lap
1		GNMA M35+ RSA					46.62 SB
		1.	Willem de beer				
		2.	Reinhard Howard Pretorius				
		3.	Jean-Pierre Kitshoff				
		4.	Hendrik Breytenbach				
2		WP Men 35-39 RSA					47.57 SB
		1.	Brondean Taylor				
		2.	Shanon Smith				
		3.	Chadley Benjamin				
		4.	Johan Oerson				

4x100m · Men · M50 · Final

05/02/2026, 04:05 PM

Place	Lane	Relay team	Club/School	Bib	React.	Result	Split Lap
1		CGMA Men 50+ RSA				47.31	SB
		1.	Moses Naidoo				
		2.	Ralph Kimmins				
		3.	David Fourie				
		4.	Clinton Vermeulen				

4x100m · Men · M55 · Final

05/02/2026, 04:15 PM

Place	Lane	Relay team	Club/School	Bib	React.	Result	Split Lap
1		Eastern Cape Men 50+ RSA				56.23	SB
		1.	Mehlo Minaza				
		2.	Riaan van Niekerk				
		3.	Robert Xavier				
		4.	Johan Ceaser				

4x100m · Men · M60 · Final

05/02/2026, 04:15 PM

Place	Lane	Relay team	Club/School	Bib	React.	Result	Split Lap
1		WP Men 60-69 RSA					55.74 SB
		1.	Johan Myburgh				
		2.	Michael Toll				
		3.	Joseph Warries				
		4.	Len Claassen				