

AFMA Records - MEN

AFMA Records - MEN					
100m					
M35	10.40	Monzavous Edwards	NGA	Sapele, Nigeria	07-Jul-16
M40	10.7	Stan Wald	RSA		
M45	10.9	Micheal Monyei	NGA	Calabar, Nigeria	21-Jun-12
M50	11.7	Stan Wald	RSA		
M55	11.8	T. George	RSA		
M60	12.91	Monty Hacker	RSA		
M65	13.1	A. van Zyl	RSA		
M70	12.9	F. Reid	RSA		
M75	14.06	F. Reid	RSA		
M80	14.3	Lucas Nel	RSA	Bloemfontein	08-Nov-03
M85	16.29	Lucas Nel	RSA	Sydney	Oct-10
M90	17.76	Lucas Nel	RSA	Porto Alegre	Oct-13
100+	30.86	P. Rabinowitz	RSA	Cape Town	10-Jul-04
200m					
M35	20.98	Richard Ogunleye	NGA	Niameh, Niger	2004
M40	22.0	Stan Wald	RSA		
M45	22.9	Stan Wald	RSA		
M50	23.29	Stan Wald	RSA		
M55	24.71	Monty Hacker	RSA		
M60	25.8	M. Grujic	RSA		
M65	26.99	Monty Hacker	RSA		
M70	27.5	F. Reid	RSA		
M75	29.4	Lucas Nel	RSA		
M80	31.82	Monty Hacker	RSA	Lyon	Aug-15
M85	34.37	Lucas Nel	RSA	Sydney	Oct-10
M90	38.04	Lucas Nel	RSA	Porto Alegre	Oct-13
100+	77.59	P. Rabinowitz	RSA	Parow	17-Dec-04
400m					
M35	47.49	Bola Lawal	NGA	Calabar, Nigeria	10-Jun-12
M40	49.7	L. Hacker	RSA		
M45	51.2	M. Grujic	RSA		
M50	52.5	M. Grujic	RSA		
M55	55.0	M. Grujic	RSA		
		Stan Immelman	RSA		
M60	55.53	M. Grujic	RSA		
M65	59.52	A. van Zyl	RSA		
M70	64.16	Lucas Nel	RSA		
M75	66.88	Lucas Nel	RSA		
M80	1:12.8	Lucas Nel	RSA	Bloemfontein	08-Nov-03
M85	1:20.47	Lucas Nel	RSA	Sydney	Oct-10
M90	1:35.64	Lucas Nel	RSA	Porto Alegre	Oct-13

AFMA Records - WOMEN

AFMA Records - WOMEN					
100m					
W35	12.1	V. Kruger	RSA	Bloemfontein	05-Nov-88
W40	11.94	Adri Schoeman	RSA	Rustenburg	24-Apr-14
W45	12.5	Gail van Niekerk	RSA	RAU	15-Oct-94
W50	13.17	Gail van Niekerk	RSA		
W55	14.29	Y. De Wit	RSA	Pilditch, Pretoria	03-May-96
W60	14.90	Toy Ungerer	RSA	Oudtshoorn	06-Mar-10
W65	14.93	Toy Ungerer	RSA	Pilditch, Pretoria	02-Apr-11
W70	15.57	Toy Ungerer	RSA	Perth, Australia	Oct-16
W75	17.37	I. Hofmeyr	RSA	San Sebastian	26-Aug-05
W80	18.73	Christi du Plooy	RSA	Pilditch, Pretoria	23-Feb-13
W85	21.95	Christi du Plooy	RSA	Pretoria	02-Apr-16
200m					
W35	24.9	V. Kruger	RSA	Secunda	31-Mar-90
W40	24.46	Adri Schoeman	RSA	Rustenburg	26-Apr-14
W45	25.71	Adri Schoeman	RSA	Pilditch, Pretoria	13-May-16
W50	26.95	Ronel Beukes	RSA	Bellville	20-Feb-10
W55	29.3	Y. De Wit	RSA	Pretoria	04-May-96
W60	30.7	M. Tomlinson	RSA		08-Feb-03
W65	30.92	Toy Ungerer	RSA	Pretoria	31-Mar-12
W70	32.26	Toy Ungerer	RSA	Pilditch, Pretoria	13-May-16
W75	35.90	I. Hofmeyr	RSA	Durban	07-May-04
W80	41.78	Christi du Plooy	RSA	Pilditch, Pretoria	23-Feb-13
W85	51.2	Christi du Plooy	RSA	Pretoria	02-Apr-06
400m					
W35	56.0	Anne McKenzie	RSA	Mainz	20-Jul-65
W40	56.3	Anne McKenzie	RSA	Potchefstroom	28-Oct-67
W45	58.90	Elaine Pretorius	RSA	Secunda	18-Mar-06
W50	61.14	Elaine Pretorius	RSA	Sacramento	Jul-11
W55	64.84	Elaine Pretorius	RSA	Perth, Australia	Oct-16
W60	70.26	Liz Alexander	RSA	Perth, Australia	Oct-16
W65	72.80	Toy Ungerer	RSA	Sacramento	Jul-11
W70	73.97	Toy Ungerer	RSA	Perth, Australia	Oct-16
W75	86.80	M. Tomlinson	KZN	Bloemfontein	11-Nov-17
W80	1:46.33	Christi du Plooy	RSA	Pilditch, Pretoria	23-Feb-13
W85	2:15.84	Christi du Plooy	RSA	Perth, Australia	Oct-16

800m					
M35	1:49.4	Deon Brummer	RSA		
M40	1:55.8	S. Ditsele	RSA		
M45	1:59.09	Terence Brown	RSA	Brisbane	09-Jul-01
M50	2:01.86	Len Claassen	RSA		
M55	2:03.7	Stan Immelman	RSA	Port Elizabeth	01-Dec-01
M60	2:16.49	Len Claassen	RSA	Sacramento	Jul-11
M65	2:26.15	Len Claassen	RSA	Perth, Australia	Oct-16
M70	2:31.71	Ken Nurden	RSA	Sasolburg	25-Apr-08
M75	2:37.04	Ken Nurden	RSA	Bellville	30-Apr-10
M80	2:58.64	Ken Nurden	RSA	Port Elizabeth	15-May-15
M85	3:37.34	Lucas Nel	RSA	Sydney	Oct-10
M90	4:20.97	Lucas Nel	RSA	Porto Alegre	Oct-13

1500m					
M35	3:54.04	G. Brummer	RSA		
M40	3:55.71	R. Rathedi	BOT	Durban	Jul-97
M45	4:03.13	Terence Brown	RSA		
M50	4:18.94	Sean Rice	RSA	Pretoria	20-Feb-04
M55	4:32.4	S. Mostert	RSA		
M60	4:55.04	Terence Brown	RSA	Bellville	Feb-15
M65	4:59.97	G.W. Loedolff	RSA		
M70	5:11.59	Ken Nurden	RSA	Pretoria	25-Mar-06
M75	5:33.40	Peter Brown	RSA	Oudtshoorn	26-Apr-13
M80	6:27.52	Ken Nurden	RSA	Pretoria	18-Jul-15
M85	7:27.11	Lucas Nel	RSA	Sydney	Oct-10
M90	08:51.3	Lucas Nel	RSA	Porto Alegre	Oct-13

5000m					
M35	14:15.1	H. LekGangane	RSA		
M40	15:06.3	B. Mather	RSA		
M45	15:19.68	Steve Hollier	RSA		
M50	16:01.5	Sean Rice	RSA		
M55	16:54.76	S. Mostert	RSA		
M60	17:50.6	G.W. Loedolff	RSA		
M65	18:25.7	G.W. Loedolff	RSA		
M70	19:40.94	Ken Nurden	RSA	Pretoria	25-Mar-06
M75	21:30.10	Ken Nurden	RSA	Bellville	30-Apr-10
M80	22:44.1	Ken Nurden	RSA	Pretoria	02-Apr-16
M85	39:11.84	A. Fergusson	RSA	Sasolburg	26-Apr-08

800m					
W35	2:08.0	Anne McKenzie	RSA	Neurenberg	15-Jul-65
W40	2:06.5	Anne McKenzie	RSA	London	01-Jul-67
W45	2:17.12	Salome Vermeulen	RSA	Porto Alegre	01-Oct-13
W50	2:21.84	Liz Alexander	RSA	San Sebastian	29-Aug-05
		Salome Vermeulen	RSA	Green Point	04-May-17
W55	2:33.64	Elaine Pretorius	RSA	Perth, Australia	Oct-16
W60	2:44.96	Liz Alexander	RSA	Perth, Australia	Oct-16
W65	3:05.1	J. Geldenhuys	RSA	Green Point	
W70	3:19.67	M. Tomlinson	RSA	Durban	21-Mar-14
W75	3:59.80	I. Hofmeyr	RSA	Carolina	04-Jul-03
W80	4:34.13	Mavis Hutchison	RSA	San Sebastian	29-Aug-05

1500m					
W35	4:32.61	Sonja Laxton	RSA		
W40	4:36.0	Anne McKenzie	RSA	Solingen	20-Jul-67
W45	4:47.81	Salome Vermeulen	RSA	Oudtshoorn	27-Apr-13
W50	4:48.27	Salome Vermeulen	RSA	Perth, Australia	Oct-16
W55	5:31.1	Anne McKenzie	RSA	Green Point	10-Dec-80
W60	5:40.7	M. Saunders	RSA	Port Elizabeth	29-Jan-16
W65	6:16.7	J. Geldenhuys	RSA	Port Elizabeth	08-May-93
W70	6:52.4	J. Geldenhuys	RSA	Durban	17-Jul-97
W75	9:15.71	J. Foster	RSA	Bellville	04-May-02
W80	9:56.99	J. Foster	RSA	Durban	24-Mar-06

5000m					
W35	16:12.87	Sonja Laxton	RSA		17-Oct-83
W40	17:54.40	D. Sandford	RSA	Brisbane	04-Jul-01
W45	18:27.36	S. Du Toit	RSA	Durban	17-Jul-97
W50	18:55.9	J. Hann	RSA	Port Elizabeth	07-May-93
W55	19:51.10	J. Allebone	RSA	Oudtshoorn	28-Apr-00
W60	19:52.44	J. Allebone	RSA	Durban	06-May-04
W65	22:43.00	L. Ruickbie	RSA	Rustenburg	26-Apr-14
W70	25:11.26	W. Smuts	RSA	Pilditch, Pretoria	18-May-12
W75	36:03.05	J. Foster	RSA	Sasolburg	04-May-01

10 000m						
M35	29:34.00	M. Modise	RSA	Porto Alegre	Oct-13	
M40	30:49.7	G. Moseuw	RSA			
M45	32:24.89	E. Bonzet	RSA			
M50	33:22.2	Sean Rice	RSA			
M55	35:12.9	P. O'Brien	RSA			
M60	38:07.9	G.W. Loedolff	RSA			
M65	39:07.98	G.W. Loedolff	RSA			
M70	41:09.22	Ken Nurden	RSA	Pretoria	23-Apr-05	
M75	45:03:00	Ken Nurden	RSA	Bellville	01-May-10	
M80	51:03.88	Ken Nurden	RSA	Bloemfontein	14-Nov-15	
110m Hurdles						
M35	13.57	Shaune Bownes	RSA			
M40	14.44	Shaune Bownes	RSA	Rustenburg	26-Apr-14	
M45	14.38	Shaune Bownes	RSA	Pretoria	02-Apr-16	
100m Hurdles						
M50	14.75	C. Truter	RSA			
M55	15.92	Johan Gouws	RSA	Bloemfontein	08-Nov-14	
M60	17.37	Hans Miekautsch	RSA			
M65	16.4	A. van Zyl	RSA			
80m Hurdles						
M70	13.2	A. van Zyl	RSA			
M75	15.02	A. van Zyl	RSA			
400m Hurdles						
M35	53.73	P. Koekemoer	RSA	Green Point	04-May-17	
M40	54.08	L. Hacker	RSA			
M45	57.02	D. Burger	RSA			
M50	61.29	J. Swiegers	RSA	Green Point	25-Mar-04	
M55	62.88	J. Swiegers	RSA	Bloemfontein	11-Nov-06	
300m Hurdles						
M60	47.37	Len Claassen	RSA	Porto Alegre	Oct-13	
M65	48.0	A. van Zyl	RSA			
M70	50.4	A. van Zyl	RSA			
M75	54.7	A. van Zyl	RSA			
3000m/2000m Steeplechase						
M35	9:31.3	M. Wells	RSA			
M40	9:23.8	Willie Olivier	RSA			
M45	09:49.7	T. Philander	RSA	Bellville	20-Feb-10	
M50	10:29.1	Sean Rice	RSA	San Sebastian	03-Sep-05	
M55	11:27.40	Sean Rice	RSA	Bloemfontein	19-Sep-09	
M60	7:19.64	Terence Brown	RSA	Bellville	Feb-15	
M65	8:31.72	G.W. Loedolff	RSA			
M70	8:46.93	G.W. Loedolff	RSA			
M75	9:38.31	Lucas Nel	RSA			

10 000m						
W35	35:07.0	G. De Oliviera	RSA	Durban	17-Jul-97	
W40	38:00.3	C.A. Louw	RSA	Port Elizabeth	03-Dec-94	
W45	36:39.79	Sonja Laxton	RSA			
W50	39:34.50	S. Du Toit	RSA	Gateshead	01-Aug-99	
W55	41:07.70	J. Allebone	RSA	Oudtshoorn	28-Apr-00	
W60	41:34.20	J. Allebone	RSA	Durban	08-May-04	
W65	44:50.18	L. Ruickbie	RSA	Rustenburg	26-Apr-14	
100m Hurdles						
W35	13.35	Olutoyin Augustus	NGA	Phoenix, USA	21-May-16	
80m Hurdles						
W40	11.89	M. van Rooyen	RSA	Pilditch, Pretoria	09-May-03	
W45	12.30	Esca Taljaard	RSA	Pilditch, Pretoria	09-May-03	
W50	13.09	M. van Rooyen	RSA	Rustenburg	26-Apr-14	
W55	14.55	Hella Kuppe	NAM	Windhoek		
W60	14.75	M. Tomlinson	RSA	Carolina	11-Jul-03	
W65	15.45	M. Tomlinson	RSA	Pretoria	02-May-09	
W70	18.84	I. Hofmeyr	RSA	Brisbane	04-Jul-01	
W75	20.04	I. Hofmeyr	RSA	Carolina	11-Jul-03	
400m Hurdles						
W35	62.1	M. van Rooyen	RSA	Potchefstroom	06-Oct-99	
W40	66.0	M. van Rooyen	RSA			
W45	68.7	S. van Rooyen	RSA			
300m Hurdles						
W50	48.69	A. du Plessis	RSA	Bloemfontein	27-Apr-07	
W55	53.5	Y. De Wit	RSA	Green Point	23-Sep-95	
W60	54.25	M. Tomlinson	RSA	Carolina	05-Jul-03	
W65	60.31	M. Tomlinson	RSA	Bloemfontein	19-Sep-09	
200m Hurdles						
W70	39.50	M. Tomlinson	RSA	Porto Alegre	Oct-13	
2000m Steeplechase						
W35	7:31.49	A. James	RSA	Durban	17-Jul-97	
W40	7:56.84	M. Esterhuyse	RSA	Bellville	24-Feb-07	
W45	7:58.23	M. Esterhuyse	RSA	Sasolburg	26-Apr-08	
W50	8:08.92	M. Strauss	RSA	Bellville	13-Mar-14	
W55	9:17.02	M. Tomlinson	RSA	Gateshead	08-Aug-99	
W60	10:00.84	M. Tomlinson	RSA	Carolina	13-Jul-03	
W65	11:52.25	A. ten Tusscher	RSA	Gateshead	08-Aug-99	

High Jump						
M35	2.01	J. Greyvenstein	RSA			
M40	2.00	Phillip vd Walt	RSA	Pilditch, Pretoria	01-Apr-17	
M45	1.93	Johann Gutsche	RSA	Pretoria	23-Feb-13	
M50	1.72	Neal Bredeveldt	RSA	Parow	20-Feb-16	
M55	1.70	Neal Bredeveldt	RSA	Stellenbosch	12-Mar-16	
M60	1.55	Piet Kruger	RSA	Potchefstroom	28-Oct-05	
M65	1.50	Leo Benning	RSA	Bellville	Jan-00	
M70	1.44	Leo Benning	RSA	Carolina	04-Jul-03	
M75	1.37	Hans Miekautsch	RSA	Rustenburg	26-Apr-14	
M80	1.20	Leo Benning	RSA	Porto Alegre	Oct-13	
Pole Vault						
M35	4.30	Pieter Brits	RSA	Rustenburg	26-Apr-14	
M40	4.20	Louis Nienaber	RSA	Pretoria	22-Feb-03	
M45	3.85	S.A. Herbst	RSA			
M50	3.90	Grant Murdoch	RSA	Durban	Jul-97	
M55	3.15	Thomas Endrody	RSA	Tuks, Pretoria	28-Feb-15	
M60	3.03	C. Colyn	RSA			
M65	2.80	A.S. Du Plessis	RSA			
M70	2.40	A. van Zyl	RSA			
M75	2.09	A. van Zyl	RSA			
Long Jump						
M35	7.22	V. Häger	RSA			
M40	7.14	V. Häger	RSA			
M45	6.47	Micheal Monyei	NGA	Calabar, Nigeria	21-Jun-12	
M50	6.18	J. van Rooyen	RSA			
M55	5.70	S. Hough	RSA			
		A. Redelinhhuys	RSA			
M60	5.33	Ron Cross	RSA			
M65	4.97	A. van Zyl	RSA			
M70	4.66	A. van Zyl	RSA			
M75	4.34	Hans Miekautsch	RSA	Oudtshoorn	26-Apr-13	
M80	3.49	Ron Cross	RSA	Lyon	Aug-15	
Triple Jump						
35-39	16.47	Tosin Oke	NGA	Rio, Brazil	Aug-16	
M40	14.40	G. Swakala	RSA			
M45	12.73	W. Olivier	RSA	Pilditch, Pretoria	13-May-16	
M50	12.80	Vincent McBride	RSA	Porto Alegre	Oct-13	
M55	11.03	Vincent McBride	WPA	Tygerberg	25-Nov-17	
M60	10.55	Ron Cross	RSA			
M65	9.72	A. Heine	RSA			
M70	9.51	Leo Benning	RSA	Carolina	04-Jul-03	
M75	7.83	A. van Zyl	RSA			
M80	6.37	Leo Benning	RSA	Bellville	15-Mar-14	

High Jump						
W35	1.82	Dinah Heymans	RSA	Nairobi, Kenya	26-Apr-02	
W40	1.70	Dinah Heymans	RSA	Pretoria	01-Feb-07	
W45	1.64	Dinah Heymans	RSA	Pilditch, Pretoria	19-May-12	
W50	1.53	Dinah Heymans	RSA	Pilditch, Pretoria	01-Apr-17	
W55	1.40	Hella Kuppe	NAM	Buffalo, USA	Jul-95	
W60	1.33	Hella Kuppe	NAM	Pretoria	Oct-01	
W65	1.19	A. Kruger	RSA			
		M. Jonkers	RSA	Parow	19-Mar-16	
W70	1.08	A. Kruger	RSA	Pretoria	10-May-03	
W75	1.07	I. Hofmeyr	RSA	Parow	19-Mar-05	
Pole Vault						
W35	3.45	E. Thornton	RSA	Port Elizabeth	29-Apr-06	
W40	3.00	I-M. Strydom	RSA	Pilditch, Pretoria	01-Apr-17	
W45	2.80	Dorita du Toit	RSA	Pilditch, Pretoria	01-Apr-17	
W50	2.73	P. Pietersen	RSA			
W55	2.20	P. Pietersen	RSA			
W60	2.21	P. Pietersen	RSA	Pretoria	23-Apr-05	
W65	1.78	P. Pietersen	RSA	Bellville	20-Feb-10	
Long Jump						
W35	6.58	Maryna v Niekerk	RSA			
W40	5.73	C. Barnard	RSA	Pretoria	31-Mar-12	
W45	5.47	C. Barnard	RSA	Pretoria	04-Apr-15	
W50	4.69	Hella Kuppe	NAM	Windhoek	Jun-91	
W55	4.43	Hella Kuppe	NAM	Windhoek		
W60	4.34	Hella Kuppe	NAM	Pretoria	Oct-01	
W65	4.14	Toy Ungerer	RSA	Oudtshoorn	27-Apr-13	
W70	3.40	S. Campbell	RSA			
W75	2.52	I. Hofmeyr	RSA	Germiston	07-May-05	
W80	2.11	E. Paveley	RSA			
Triple Jump						
W35	12.15	Maryna v Niekerk	RSA			
W40	12.18	J. Kingwill	RSA			
W45	11.28	C. Barnard	RSA	Pretoria	04-Apr-15	
W50	9.87	Hella Kuppe	NAM	Windhoek	Jun-91	
W55	9.57	Hella Kuppe	NAM	Windhoek	1995	
W60	8.58	Hella Kuppe	NAM	Windhoek	2001	
W65	7.64	Christi du Plooy	RSA			
W70	6.85	S. Campbell	RSA			

Shot Put					
M35	16.56	J. Booyesen Jr.	RSA		
M40	16.50	C. Scheepers	RSA	Pretoria	30-Mar-08
M45	15.76	J.J. van Zyl	RSA		
M50	17.09	Burton Haupt	RSA	Tuks, Pretoria	11-Jun-16
M55	15.84	Burton Haupt	RSA	Perth, Australia	Oct-16
M60	14.24	G. Schirmer	RSA		
M65	12.80	Andrzej Rzepecki	RSA	Bellville	04-May-02
M70	13.04	Dereck Sterley	AGN	Oudtshoorn	28-Oct-17
M75	12.53	E. Skea	RSA	Germiston	14-Apr-12
M80	12.84	Borg Stannius	RSA	Bellville	23-Feb-08
M85	10.80	Borg Stannius	RSA	Holstebro, Denmark	05-Jun-13
M90	7.75	L. Wale	RSA	Sasolburg	Apr-08
M95	3.48	P. Rabinowitz	RSA		

Discus Throw					
M35	54.46	G. Geldenhuys	RSA	Oudtshoorn	24-Oct-09
M40	51.04	J.J. van Zyl	RSA		
M45	49.13	J.J. van Zyl	RSA		
M50	52.06	J.J. van Zyl	RSA	Port Elizabeth	18-Mar-09
M55	53.79	Burton Haupt	RSA	Perth, Australia	Oct-16
M60	47.24	Andrzej Rzepecki	RSA		
M65	42.91	A. Coetzee	RSA		
M70	38.43	Andrzej Rzepecki	RSA	Riccione, Italy	Sep-07
M75	34.05	Borg Stannius	RSA	Parow	11-Mar-06
M80	31.75	Borg Stannius	RSA	Bellville	13-Mar-10
M85	25.47	Borg Stannius	RSA	Bellville	14-Mar-14
M90	16.19	L. Wale	RSA	Riccione, Italy	Sep-07

Hammer Throw					
M35	76.39	Chris Harmse	RSA	Pilditch, Pretoria	18-May-12
M40	73.90	Chris Harmse	RSA	Marrakesh	13-Aug-15
M45	53.42	V. Meiring	RSA	Bellville	30-Apr-10
M50	59.80	C. Koen	RSA	Pretoria	25-Mar-06
M55	52.97	J. Roodt	RSA		
M60	53.64	J. Roodt	RSA	Sasolburg	25-Apr-08
M65	49.41	Andrzej Rzepecki	RSA		
M70	49.42	Andrzej Rzepecki	RSA	Pretoria	14-Mar-09
M75	46.68	Andrzej Rzepecki	RSA	Germiston	14-Apr-12
M80	44.05	Andrzej Rzepecki	RSA	Perth, Australia	Oct-16
M85	31.71	Borg Stannius	RSA	Porto Alegre	Oct-13
M90	18.97	Claude Sterley	RSA		

Shot Put					
W35	14.32	Uju Anoliefo	NGA	Lagos, Nigeria	04-May-15
W40	13.25	E. Anjala	KEN		
W45	11.80	M-L. Uys	RSA		
W50	12.25	H. Schoonwinkel	RSA		
W55	11.13	M. van As	RSA		
W60	11.74	M. van As	RSA		
W65	10.63	M. van As	RSA		
W70	8.44	L. Grobler	RSA		
W75	8.07	Penny England	RSA	Pretoria	13-May-16
W80	6.44	A. Kruger	RSA	Rustenburg	25-Apr-14
W85	5.42	Mavis Hutchison	RSA	Sasolburg	16-Jan-10

Discus Throw					
W35	55.01	E. Naude	RSA	Rustenburg	25-Apr-14
W40	43.48	R. Boshoff	RSA		
W45	38.97	Heleen Knobel	RSA	Porto Alegre	Oct-13
W50	34.50	L. Zimmerman	RSA		
W55	31.56	L. Zimmerman	RSA		
W60	28.78	J. Rzepecka	RSA	Germiston	12-Mar-05
W65	24.84	M. van As	RSA		
W70	23.26	L. Grobler	RSA		
W75	21.23	Penny England	RSA	Pilditch, Pretoria	13-May-16
W80	15.65	L. Grobler	RSA	Durban	08-May-04
W85	10.65	Mavis Hutchison	RSA	Porto Alegre	Oct-13

Hammer Throw					
W35	49.06	D. Feyisayo	NGA	Sapele, Nigeria	08-Jul-16
W40	41.92	Marilize Coetzee	RSA	Green Point	04-May-17
W45	39.38	H. Du Plessis	RSA		
W50	49.23	Heleen Knobel	RSA	Lyon, France	Aug-15
W55	32.88	H. Schoonwinkel	RSA	Sasolburg	26-Apr-08
W60	33.82	H. Schoonwinkel	RSA	Bellville	20-Feb-10
W65	30.10	A. Olivier	RSA	Port Elizabeth	29-Apr-06
W70	25.76	L. Grobler	RSA		
W75	30.52	Penny England	RSA	Pretoria	13-May-16
W80	17.04	L. Grobler	RSA	Durban	08-May-04

Javelin Throw						
M35	66.04	J. van Wyk	RSA	Pretoria	03-Apr-04	
M40	65.54	T. Liebenberg	RSA	Johannesburg	1998	
M45	62.63	Gawie Louw	RSA	Germiston	07-May-05	
M50	60.03	Gawie Louw	RSA	Pretoria	31-Mar-12	
M55	55.09	S. Kichenbrand	RSA	Port Elizabeth	15-May-15	
M60	54.84	P. Mulaudzi	RSA	Sasolburg	04-May-01	
M65	40.91	Dereck Sterley	RSA	Lyon	Aug-15	
M70	37.57	Dereck Sterley	AGN	Oudtshoorn	28-Oct-17	
M75	36.09	Borg Stannius	RSA	Port Elizabeth	28-Apr-06	
M80	31.49	Borg Stannius	RSA	Sasolburg	25-Apr-08	
M85	25.32	Borg Stannius	RSA	Denmark	05-Jun-13	
M90	17.47	L. Wale	RSA	Sasolburg	28-Apr-08	

Weight Throw						
M35	16.78	M. Venter	RSA	Rustenburg	20-Feb-10	
M40	21.66	Chris Harmse	RSA	Pilditch, Pretoria	01-Apr-17	
M45	17.17	M. Venter	RSA	Pilditch, Pretoria	13-May-16	
M50	20.36	V. Meiring	RSA	Port Elizabeth	15-May-15	
M55	18.90	Burton Haupt	RSA	Perth, Australia	Oct-16	
M60	20.15	Nick Aggouras	AGN	Bloemfontein	11-Nov-17	
M65	18.75	Andrzej Rzepecki	RSA	Bloemfontein	20-Nov-04	
M70	20.71	Andrzej Rzepecki	RSA	Riccione, Italy	Sep-07	
M75	19.53	Andrzej Rzepecki	RSA	Germiston	13-Apr-13	
M80	19.32	Andrzej Rzepecki	RSA	Green Point	04-May-17	
M85	14.50	Borg Stannius	RSA	Parow	06-Dec-14	
M90	9.71	Claude Sterley	RSA	Potchefstroom	30-Oct-04	

Javelin Throw						
W35	40.01	Y. Beytell	RSA	Pilditch, Pretoria	02-Oct-10	
W40	41.20	Y. Beytell	RSA	Pretoria	13-Feb-16	
W45	37.80	J.C. Moolman	RSA	Bellville	15-Mar-14	
W50	34.17	Heleen Knobel	RSA	Green Point	04-May-17	
W55	27.91	Aletta Pietersen	RSA	Bloemfontein	12-Nov-16	
W60	20.01	Annette van Dyk	NAM	Pilditch, Pretoria	13-May-16	
W65	22.20	Mercia Ferreira	RSA	Port Elizabeth	15-May-15	
W70	18.70	Hella Kuppe	NAM	Bellville	16-Mar-13	
W75	18.85	Hella Kuppe	NAM	Windhoek	24-Oct-15	
W80	11.78	Mavis Hutchison	RSA	Sasolburg	14-Jan-06	
W85	11.33	Mavis Hutchison	RSA	Sasolburg	16-Jan-10	

Weight Throw						
W35	14.83	M. Coetzee	RSA	Rustenburg		
W40	13.73	Janita Eva	RSA	Rustenburg	26-Apr-14	
W45	14.04	Heleen Knobel	RSA	Pretoria	25-Apr-14	
W50	15.6	Heleen Knobel	RSA	Lyon, France	Aug-15	
W55	11.85	H. Schoonwinkel	RSA	Sasolburg	25-Apr-08	
W60	13.79	H. Schoonwinkel	RSA	Bellville	30-Apr-10	
W65	11.57	Zelda Erasmus	BOL	Bloemfontein	11-Nov-17	
W70	9.58	Penny England	RSA	Pilditch, Pretoria	18-May-12	
W75	12.50	Penny England	RSA	Germiston	08-Apr-17	
W80	8.46	Hannetjie Janeke	RSA	Pretoria	02-Apr-16	

Throws Pentathlon (2002 factors)						
M35	3456	M. Venter	RSA	Lathi, Finland	06-Aug-09	
M40	4851	Chris Harmse	RSA	Port Elizabeth	15-May-15	
M45	3932	M. Venter	RSA	Pretoria	14-May-16	
M50	4258	Burton Haupt	RSA	Pretoria	26-Apr-14	
M55	4800	Burton Haupt	RSA	Perth, Australia	Oct-16	
M60	4496	J. Roodt	RSA	Sasolburg	26-Apr-08	
M65	4623	Andrzej Rzepecki	RSA	Durban	08-May-04	
M70	4768	Andrzej Rzepecki	RSA	Riccione, Italy	Sep-07	
M75	4633	Borg Stannius	RSA	Parow	26-Feb-05	
M80	4958	Borg Stannius	RSA	Bellville	13-Feb-10	
M85	4583	Borg Stannius	RSA	Parow	05-Dec-14	
M90	4178	L. Wale	RSA	Sasolburg	26-Apr-08	

Decathlon						
M35	5575	A. vd Burgh	RSA			
M40	6080	Rory McWade	ZIM	San Sebastian	Aug-05	
M45	6154	J. Jacobs	RSA			
M50	6817	Johan Allers	RSA	Bellville	05-May-02	
M55	6387	N. Hough	RSA	Carolina	04-Jul-03	
M60	6524	Ron Cross	RSA			
M65	6580	A. Heine	RSA			
M70	8098	A. van Zyl	RSA			
M75	6304	Hans Miekautsch	CGA	Oudtshoorn	27-Apr-13	

5000m Walk						
M35	20:58.9	C. Britz	RSA			
M40	21:51:58	I. Nel	RSA	Green Point	12-Feb-05	
M45	22:54.8	M. Whitmore	RSA			
M50	23:01.4	Jurgen Spencer	RSA			
M55	23:52.24	Jurgen Spencer	RSA			
M60	26:50.70	Jurgen Spencer	RSA			
M65	27:03.70	Jurgen Spencer	RSA	Parow	12-Nov-05	
M70	27:55.30	Jurgen Spencer	RSA	Parow	12-Nov-10	
M75	30:13.82	Jurgen Spencer	RSA	Parow	18-Mar-16	
M80	33:50.10	G. Hazle	RSA	Germiston	06-May-05	
M85	38:26.4	B. Moodie	RSA			
M90	41:51.4	B. Moodie	RSA			
M95	42:58.7	P. Rabinowitz	RSA			
100+	47:59.20	P. Rabinowitz	RSA	Parow	13-Nov-04	

Throws Pentathlon (2002 factors)						
W35	2845	M. Coetzee	RSA	Oudtshoorn	26-Apr-13	
W40	3148	Janita Eva	RSA	Oudtshoorn	26-Apr-13	
W45	3897	Heleen Knobel	RSA	Rustenburg	26-Apr-14	
W50	4327	Heleen Knobel	RSA	Pelliespark, Bloem	05-Aug-17	
W55	3369	H. Schoonwinkel	RSA	Sasolburg	25-Apr-08	
W60	4036	H. Schoonwinkel	RSA	Bellville	30-Apr-10	
W65	3632	A. Olivier	RSA	Port Elizabeth	28-Apr-06	
W70	2967	S. Malherbe	RSA	Bellville	03-May-02	
W75	4203	Penny England	RSA	Pretoria	13-May-16	
W80	3776	L. Grobler	RSA	Durban	07-May-04	

Heptathlon						
W35	3912	M. Watson	RSA	Durban	30-Apr-11	
W40	4516	Mercia Ferreira	RSA	Port Elizabeth	07-May-93	
W45	4930	S. van Rooyen	RSA			
W50	5142	Hella Kuppe	NAM	Turku, Finland	1991	
W55	5281	Hella Kuppe	NAM	Buffalo, USA	Jul-95	
W60	5205	M. Tomlinson	RSA	Carolina	04-Jul-03	
W65	4826	S. Claassen	RSA	Perth, Australia	Oct-16	
W70	5157	I. Hofmeyr	RSA			
W75	5333	I. Hofmeyr	RSA	Carolina	04-Jul-03	

5000 M Walk						
W35	25:10.2	D. Beckley	RSA	Durban	08-Apr-95	
W40	23:44.1	Barbara Nell	RSA	Port Elizabeth	28-May-99	
W45	24:14.80	Barbara Nell	RSA	Oudtshoorn	28-Apr-00	
W50	25:05.10	Barbara Nell	RSA	Port Elizabeth	28-Apr-06	
W55	26:19.66	Barbara Nell	RSA	Durban	29-Apr-11	
W60	27:32.00	Barbara Nell	RSA	Perth, Australia	Oct-16	
W65	29:28.70	Elsa Meyer	RSA	Oudtshoorn	26-Apr-13	
W70	30:33.72	Elsa Meyer	RSA	Perth, Australia	Oct-16	
W75	34:00.10	A. Villet	RSA	Bellville	21-Feb-03	
W80	41:00.66	Mavis Hutchison	RSA	Pretoria	23-Apr-05	

10 km Road Walk						
M35						
M40	48:45	R. McDonald	RSA	Youngsfield	15-Mar-14	
M45	51:26	H. Swanepoel	RSA	Sacramento	Jul-11	
M50	49:08	Carl Meyer	RSA	Ricc. Italy	Sep-07	
M55	54:09.0	Johannes Bester	RSA	Youngsfield	06-May-17	
M60	56:01	Carl Meyer	CGA	George	21-Oct-17	
M65	57:04.0	Jurgen Spencer	RSA	Youngsfield	30-Apr-10	
M70	58:40	Jurgen Spencer	RSA	Youngsfield	18-Mar-11	
M75	01:03:45	Jurgen Spencer	RSA	Youngsfield	25-Jun-16	
M80	01:09:03	Stuart Halsall	RSA	Youngsfield	20-Feb-10	

20 km Road Walk						
M35	1:38:24	I. Nel	RSA	Youngsfield	04-May-02	
M40	1:35:34	I. Nel	RSA	Youngsfield	14-Jan-06	
M45	1:34:35	I. von Benecke	RSA	Oudtshoorn		
M50	1:41:20	Jurgen Spencer	RSA			
M55	1:45:15	Jurgen Spencer	RSA			
M60	1:55:42	Jurgen Spencer	RSA	Oudtshoorn	16-Jul-05	
M65	1:58:18	Jurgen Spencer	RSA	Youngsfield	26-Nov-05	
M70	2:03:04	Jurgen Spencer	RSA	Durban	30-Apr-11	
M75	2:08:49	Jurgen Spencer	RSA	Youngsfield	10-Oct-15	
M80	2:24:43	S. Halsall	RSA	Youngsfield	07-Aug-10	
M85	2:45:20	B. Moodie	RSA			
M90	2:57:25	B. Moodie	RSA			
M95	2:48:19	P. Rabinowitz	RSA	Port Elizabeth	29-May-99	

30 km Road Walk						
M35	2:40:46	R. McDonald	RSA	Youngsfield	07-Aug-10	
M40	2:36:41	I. Nel	RSA			
M45	2:32:03	M. Whitmore	RSA			
M50	2:52:05	Kevin Phillips	RSA	Youngsfield	05-Aug-17	
M55	2:52:48	J. Hotston	RSA			
M60	2:54:48	J. Hotston	RSA			
M65	3:07:10	Jurgen Spencer	RSA	Oudtshoorn	15-Jul-06	
M70	3:10:23	Jurgen Spencer	RSA	Oudtshoorn	23-Oct-10	
M75	3:24:57	Jurgen Spencer	RSA	Youngsfield	03-Sep-16	

10 km Road Walk						
W35	55:31	G. Smeeton	RSA	Oudtshoorn	16-Jul-05	
W40	47:53.5	Barbara Nell	RSA	Port Elizabeth	29-May-99	
W45	50:30	Barbara Nell	RSA	Youngsfield	04-May-02	
W50	52:26	Leslie v Buuren	RSA	Oudtshoorn	27-Apr-13	
W55	54:12.0	Lesley v Buuren	RSA	Youngsfield	06-May-17	
W60	56:56	L. Hatz	RSA	Port Elizabeth	29-May-99	
W65	59:07	Elsa Meyer	RSA	Oudtshoorn	27-Apr-13	
W70	1:02:22	Elsa Meyer	RSA	Perth, Australia	Oct-16	
W75	1:07:55	A. Villet	RSA	Youngsfield	22-Mar-03	
W80	1:28:14	Mavis Hutchison	RSA	Germiston	07-May-05	
W90	1:35:28	Cecily Rootenberg	RSA	Youngsfield	08-Oct-16	

20km Road Walk						
W35	2:01:07	G. Smeeton	RSA			
W40	1:43:32	Barbara Nell	RSA		12-May-98	
W45	1:46:19	Barbara Nell	RSA		02-Jun-02	
W50	1:45:57	Leslie v Buuren	RSA	Stellenbosch	11-Apr-13	
W55	1:54:31	Brenda Nooy	RSA	Youngsfield	19-Mar-11	
W60	2:02:39	Elsa Meyer	RSA	Oudtshoorn	26-Oct-10	
W65	2:03:18	Elsa Meyer	RSA	Youngsfield	12-Oct-13	
W70	2:07:57	Elsa Meyer	RSA	Youngsfield	08-Oct-16	
W75	2:27:10	Hildegard Vey	RSA	Youngsfield	06-Aug-16	

50km Road Walk						
W50	05:19.37	S. Steenkamp	RSA	Oudtshoorn	26-Oct-10	