

Times in Italic bold were hand times

100m					
M30	<i>10,5</i>	E Essman	SA		
M35	11,04	E Essman			
M40	<i>10,7</i>	Stan Wald	SA		
M45	<i>11,1</i>	Stan Wald	SA		
M50	<i>11,7</i>	Stan Wald	SA		
M55	12,21	Monty Hacker			
M60	12,91	Monty Hacker	SA		
M65	12,97	Monty Hacker		Bloemfontein	2000
M70	<i>12,9</i>	Fred Reid	SA		
M75	14,06	Fred Reid	SA		
M80	15,20	Monty Hacker		Germiston	09-Apr-16
M85	18,04	Monty Hacker		Pilditch	May-22
200m					
M30	<i>21,2</i>	Erich Essman	SA		
M35	22,34	Erich Essman			
M40	<i>22,0</i>	Stan Wald	SA		
M45	<i>22,9</i>	Stan Wald	SA		
M50	23,29	Stan Wald	SA		
M55	24,71	Monty Hacker	SA		
M60	<i>25,8</i>	Miloje Grujic	SA		
M65	26,99	Monty Hacker	SA		
M70	<i>27,5</i>	Fred Reid	SA		
M75	31,44	Fred Reid			
M80	31,82	Monty Hacker	SA	Lyon, France	Aug-15
M85					
400m					
M30	50,44	J Breytenbach			
M35	51,34	LL Nel			
M40	<i>49,7</i>	Leon Hacker	SA		
M45	52,24	Miloje Grujic			
M50	<i>52,5</i>	Miloje Grujic	SA		
M55	<i>55,0</i>	Miloje Grujic	SA		
		Stan Immelman	SA	Pilditch	2001
M60	55,53	Miloje Grujic	SA		
M65	62,57	Miloje Grujic		Germiston	2002
M70	65,24	JH Botha			
M75	1.36.8	Hans Miekautsch		Germiston	09-Apr-16
M80	1.32.6	Monty Hacker		Germiston	09-Apr-16
M85					

100m					
W30	<i>11,8</i>	Gail van Niekerk	SA		
W35	<i>12,1</i>	VB Kruger	SA	Bloemfontein	05-Nov-88
W40	12,62	Gail van Niekerk			
W45	<i>12,5</i>	Gail van Niekerk	SA	RAU	15-Oct-94
W50	13,16	Winnie de Winnaar	SA	Bloemfontein	27-Apr-18
W55	15,64	M Bucke			
W60	<i>16,6</i>	Pam Immelman		Germiston	13-Apr-13
W65	15.55	Kathleen van Pittius		Germiston	04-Mar-23
W70	16,14	WA Reid			
W75	17,55	WA Reid			
W80	18,73	Christi du Plooy	SA	Pilditch	23-Feb-13
W85	21,95	Christi du Plooy	SA	Pretoria	02-Apr-16
200m					
W30	<i>24,6</i>	VB Kruger	SA	Germiston	
W35	<i>24,9</i>	VB Kruger	SA	Secunda	31-Mar-90
W40	25,89	Leonie Louwrens		Sasolburg	2001
W45	26,25	Gail v Niekerk			
W50	27,42	Gail v Niekerk		Germiston	2001
W55	33,27	Ezna Flattery		Pilditch	22-Apr-23
W60	<i>35,8</i>	Pam Immelman		Germiston	13-Apr-13
W65	32.83	Kathleen van Pittius		Germiston	04-Mar-23
W70	33,54	WA Reid			
W75	35,95	WA Reid			
W80	41,78	Christi du Plooy	SA	Pilditch	23-Feb-13
W85	51,20	Christi du Plooy	SA	Pretoria	02-Apr-06
400m					
W30	58,85	Mariette Botha		Bloemfontein	27-Apr-18
W35	<i>56,0</i>	Anne McKenzie	SA	Mainz	20-Jul-65
W40	<i>56,30</i>	Anne McKenzie	SA	Potchefstroom	28-Oct-67
W45	63,15	Pam Immelman		Buffalo, USA	1995
W50	61,56	Winnie de Winnaar		Malaga, Spain	Sep-18
W55	01:13,89	Ezna Flattery		Pilditch	22 April 2023
W60	01:20,6	Christie du Plooy			
W65	1:19.14	Kathleen van Pittius		Germiston	04 March 2023
W70	78,94	WA Reid			
W75	91,23	WA Reid			
W80	1:46.33	Christi du Plooy	SA	Pilditch	23-Feb-13
W85	2.11.8	Christi du Plooy	SA	Pilditch	02-Apr-16

800m					
M30	1.58.6	Abraham Kaltamo		Green Point	04-May-17
M35	1.59.50	Hans Sliep			
M40	2.03.30	Hans Sliep			
M45	2.04.30	Miloje Grujic			
M50	2.02.60	Stan Immelman		Brisbane, Austr	2001
M55	2:03.7	Stan Immelman	SA	Port Elizabeth	01-Dec-01
M60	2.21.20	Miloje Grujic			
M65	2.39.68	M Eksteen			
M70	2.51.80	JH Botha			
M75	3.09.39	JH Botha			
M80					
M85					

1500m					
M30	3:59:94	Marko Bucarizza		Germiston	16-Apr-22
M35	4.11.7	Silas Molomo		Bloemfontein	11-Nov-17
M40	4.16.63	Pule Tjaoana		Germiston	13-Apr-24
M45	4.21.92	J Greyling			
M50	4:18.94	Sean Rice	SA	Pretoria	20-Feb-04
M55	4.43.00	Stan Immelman		Kings Park	2002
M60	4.57.98	Joao Raposo		Germiston	2002
M65	5.41.6	Vincent Lentsoenyane		Germiston	08-Apr-17
M70	5.53.52	JH Botha			
M75	6.28.98	JH Botha			
M80					
M85					

5000m					
M30	14:17.52	Marko Bucarizza		Greenpoint	28-May-22
M35	15.50.70	Reform Ndovu		Germiston	2001
M40	15.19.27	Steve Hollier			
M45	15:19.68	Steve Hollier	SA		
M50	16:01.50	Sean Rice	SA	Kings Park	2003
M55	18.14.90	I Hunter			
M60	18.54.20	R Bezuidenhout			
M65	20.10.50	JH Botha			
M70	22.54.64	Alan Ferguson			
M75	24.12.28	JH Botha			
M80	29.34.20	Alan Ferguson		Sasolburg	2002
M85	39:11.84	Alan Ferguson	SA	Sasolburg	26-Apr-08

800m					
W30	2.22.80	CF Rein			
W35	2:08:00	Anne McKenzie	SA	Neurenberg	15-Jul-65
W40	2:06:50	Anne MckKenzie	SA	London	
W45	2.21.98	Pam Immelman		Durban	1997
W50	2.26.82	Pam Immelman		Gateshead, UK	1999
W55	2:47.41	Ezna Flattery		Pilditch	22-Apr-23
W60	3:01.04	Jackie Frey	SA	Green Point	2023/05/04-06
W65	3:11.61	Irene Scheffer		Germiston	04-Mar-23
W70	3.47.37	MC Visser		Malaga, Spain	Sep-18
W75	4:39:49	MC Visser		Bloemfontein	30-Oct-21
W80					
W85					

1500m					
W30	5.26.35	Lizl Davis		Germiston	2003
W35	4:32.61	Sonja Laxton	SA		
W40	04:36:00	Anne McKenzie	SA	Solingen	20-Jul-67
W45	5.40.00	Jackie Navarra		Bellville	2002
W50	5:13:75	Marili Munnik		Germiston	16-Apr-22
W55	5:31:10	Anne McKenzie	SA	Green Point	10-Dec-80
W60	6:03.89	Jackie Frey	SA	Green Point	2023/05/04-06
W65	6:45.21	Marietjie Ceronio		Germiston	04-Mar-23
W70					
W75					
W80					
W85					

5000m					
W30	18.11.46	A James			
W35	16:12.87	Sonja Laxton	SA		17-Oct-83
W40	17:44.18	N Hanekom		Pilditch	26-Mar-22
W45	18:41.77	Ilse Marais		Germiston	04-Mar-23
W50	18.43.90	PF v d Wath			
W55	21.22.60	Ezna Flattery		Cpt	04-My-2023
W60	22:25.97	Jackey Frey	SA	Green Point	2023/05/04-06
W65	22:43.00	L. Ruickbie	SA	Rustenburg	26-Apr-14
W70	26:55.32	Elaine Greenblatt		Oudtshoorn	03-May-19
W75					
W80					
W85					

10 000m					
M30	35.05.00	PJ v Niekerk			
M35	33.44.40	Reform Ndlovu		Sasolburg	2001
M40	31.20.45	Steve Hollier			
M45	34.11.00	Sean Rice		Secunda	2002
M50	33:22.20	Sean Rice	SA	Kings Park	2003
M55	40.43.30	R Steer			
M60					
M65	46.24.00	R Bezuidenhout			
M70	51.29.60	Daniel v Graan		Sasolburg	2001
M75	58.21.60	Alan Ferguson		Sasolburg	2001
M80	57.52.80	Alan Ferguson		Pilditch	2001

110m H					
M30	16,64	MJ Masondo			
M35	15,65	Hennie Keet		Germiston	2003
M40	15,84	Leon Hacker, G Mathe			
M45	19,64	Hans Miekautsch			

100m H					
M50	16,17	Ian Hacker		Germiston	09-Apr-16
M55	20,36	Pieter Kruger		Germiston	2001
M60	17,37	Hans Miekautsch	SA		
M65	17,84	Hans Miekautsch		Puerto Rico	2003

80m H					
M70					
M75	19,33	Hans Miekautsch		Germiston	09-Apr-16
M80	18:26	Hans Miekautsch	SA	Pilditch	13-Nov-21

400m H					
M30					
M35	62,09	Christo Steyn		Bloemfontein	12-Nov-16
M40	54,08	Leon Hacker	SA		
M45	96,97	Derek Brentano		Pilditch	2001
M50	64,50	Louis Nel		Secunda	2001
M55	66,41	Stan Immelman		Pilditch	2003

300m H					
M60	49,76	Philip Rudd		Bloemfontein	27-Apr-18
M65	51,36	Hans Miekautsch		Puerto Rico	2003
M70					
M75					

3000m/2000m SC					
M30	9.27.94	R Bezuidenhout			
M35	10.39.20	JM Khonza			
M40	10.08.94	Bertus v Schalkwyk		Pilditch	2003
M45	11.13.3	Moeketsi Moagi		Pilditch	13-May-16
M50	10:29.10	Sean Rice	SA	San Sebastian	03-Sep-05
M55	11:27.40	Sean Rice	SA	Bloemfontein	19-Sep-09
M60	8.42.10	R Bezuidenhout			
M65	8:19:65	Warren Schmelzer		Germiston	16-Apr-22

10 000m					
W30	49.37.90	J Crooks			
W35	42.30.00	G Kieser			
W40	37:50.69	Nicolene Hanekom		Pilditch	05-May-22
W45	36:39.79	Sonja Laxton	SA		
W50	45.48.9	Laura Venter		Pilditch	13-May-16
W55	42.47.8	Mariet Geyer		Germiston	09-Apr-16
W60	46.29.88	Ingrid Wieland		Germiston	2002
W65	44:50.18	L. Ruickbie	SA	Rustenburg	26-Apr-14
W70	58:54:79	Elaine Greenblatt	SA	Oudtshoorn	03-May-19
W75					
W80					

100m H					
W30	14,6	Maryna v Niekerk	SA	Pretoria	23-Feb-85

80m H					
W40	11,89	Madelene v Rooyen		Pilditch	2003
W45	13,91	Mercia Ferreira			
W50	14,14	Mercia Ferreira			
W55	16,32	DM Norton			
W60					
W65					
W70					
W75					
W80					

400m H					
W30	66,43	Leana Du Toit		Bloemfontein	27-Apr-18
W35	62,1	Madelene v Rooyen	SA	Potchefstroom	06-Oct-99
W40	66,0	Madelene v Rooyen	SA		
W45					

300m H					
W50	52.56	Michelle Staal		Germiston	04-Mar-23
W55	1:12.53	Corinne Human		Germiston	04-Mar-23
W60					
W65					

200m H					
W70					

2000m SC					
W30	9:12.00	Zoe Brentano-Murphy		Germiston	04-Mar-23
W35	7:28.52	Lailani Scheffer	SA	Germiston	04-Mar-23
W40	9.23.60	Anna Bronkhorst		Sasolburg	2001
W45	10.08.30	Veronica v Gordon		Sasolburg	2001
W50	9:18.50	Tania Blignaut		Germiston	13-Apr-24
W55	9.40.8	Mariet Geyer		Germiston	09-Apr-16
W60	10:48.86	Jackie Frey		Germiston	13-Apr-24
W65	11:52.25	Alet Ten Tusscher	SA	Gateshead	08-Aug-99

M70	10.30.7	Phil Connolly		Oudtshoorn	03-May-19
M75	13:38:24	Bobby de Kock		Germiston	16-Apr-22
M80					

W70					
W75					
W80					

High Jump					
M30	2,07	Christo Vrey	SA		
M35	2,01	Raymond Fletcher		Germiston	09-Apr-16
M40	1,90	R Fletcher/M Lamprecht		Pilditch/Germiston	5 Mar 22/16 Apr 22
M45	1.90	Philip vd Walt		Germiston	04-Mar-23
M50	1,66	Pieter Kruger			
M55	1,65	Thomas Endrody		Kings Park	20-Mar-15
M60	1,55	Piet Kruger	SA	Potchefstroom	28-Oct-05
M65	1,46	Hans Miekautsch		Puerto Rico	2003
M70					
M75	1,37	Hans Miekautsch	SA	Rustenburg	26-Apr-14
M80	1.22	Hans Miekautsch		Pilditch	30-Mar-19
M85	1.13	Hans Miekautsch	SA	Pilditch	22-Apr-23

Pole Vault					
M30	2,74	Ian Hacker			
M35	3,10	Pieter Kruger			
M40	3,12	Pieter Kruger			
M45					
M50	2,90	Thomas Endrody		Rustenburg	25-Apr-14
M55	3,15	Thomas Endrody	SA	Tuks, Pretoria	28-Feb-15
M60	2,50	Philip Rudd		Green Point	04-May-17
M65	2,10	Hans Miekautsch		Pilditch	2003
M70	2,80	J-M de Senneville	SA	Mauritius	29-Jan-22
M75					
M80	1,79	Hans Miekautsch	SA	Bloemfontein	04-Aug-18

Long Jump					
M30	6,94	S Kotze			
M35	6.18	Stef van Heerden		Germiston	16-Apr-22
M40	6,34	G Swakala			
M45	6,08	J Vorster			
M50	5.49	Danie Putter		Pilditch	22-Apr-23
M55	5,21	Ian Hacker		Bloemfontein	30-Oct-21
M60	3.58	Lawrence Fick		Germiston	04-Mar-23
M65	4.19	Hans Miekautsch		Germiston	15 March 2003
M70	3.44	Robert Xavier		Germiston	04-Mar-23
M75	3,54	Hans Miekautsch		Germiston	09-Apr-16
M80	3,55	Hans Miekautsch		Germiston	04-Apr-18
M85	3.13	Hans Miekautsch		Sasolburg	15-Apr-23

High Jump					
W30	1,72	Mariette Botha		Germiston	15-Sep-18
W35	1,68	Mariette Botha		Germiston	19-Oct-19
W40	1,45	Mercia Ferreira			
W45	1.60	Yolanda Langelaar		Germiston	04-Mar-23
W50	1,39	Michelle Staal		African Masters	16-18 Nov 2023
W55	1,34	Dinah Heymans		Germiston	16-Apr-22
W60	1,34	Tessa Schmelzer		Germiston	16-Apr-22
W65					
W70					
W75					
W80					

Pole Vault					
W30					
W35					
W40	2,22	M de Villiers			
W45	2,37	M de Villiers			
W50					
W55					
W60					
W65					
W70					
W75					
W80					

Long Jump					
W30	5,88	Mayna v Niekerk			
W35	6,58	Maryna v Niekerk	SA		
W40	4,99	Gail v Niekerk			
W45	4,72	Mercia Ferreira			
W50	4,43	Michelle Staal		African Masters	16-18 Nov 2023
W55	3,21	Phila Munnik		Germiston	13-Apr-24
W60	3,29	Elaine Pretorius		Germiston	16-Apr-22
W65	3,00	Alet Ten Tusscher			
W70	3.18	Stephanie Claassen		Germiston	04-Mar-23
W75					
W80	2,11	E. Paveley	SA		
W85					

Triple Jump					
M30	13,14	S Kotze			
M35	12,46	S Kotze			
M40	12,18	B Koen			
M45	12,46	B v Houten			
M50	11,30	Owen v Niekerk			
M55	10:45	Ian Hacker		Germiston	16-Apr-22
M60	9,07	Hans Miekautsch		Germiston	2001
M65	9.72	Andy Heine			
M70					
M75					
M80	7.01	Hans Miekautsch		Germiston	12-Nov-22
M85	6,51	Hans Miekautsch		Sasolburg	15-Apr-23

Shot Put					
M30	11,91	Juan Van Vreden		Pilditch	13-May-16
M35	15,02	Juan Van Vreden		Germiston	24-Feb-18
M40	12,60	HP Blignaut			
M45	14,94	G Schirmer			
M50	16,19	G Schirmer			
M55	14,17	G Schirmer			
M60	14.77	Burton Haupt		Germiston	04-Mar-23
M65	12,80	Andrzej Rzepecki	SA	Bellville	04-May-02
M70	10,70	Dereck Sterley		Germiston	16-Apr-22
M75	9,55	EP Malan			
M80	8,24	Hans Miekautsch		Bloemfontein	27-Apr-18
M85					

Discus Throw					
M30	39,74	F Heyman			
M35	37,70	Tersius Liebenberg			
M40	39,24	Marius Eybers		Pilditch	2003
M45	41,02	Willem Potgieter		Germiston	05-Oct-19
M50	53,63	Andre de Beer		Pilditch	29-Mar-19
M55	42.28	Johann du Toit		Pilditch	05 May 2022
M60	53.34	Burton Haupt	SA	Germiston	04-Mar-23
M65	41,80	Andrzej Rzepecki		Pilditch	2002
M70	38,43	Andrzej Rzepecki	SA	Riccione, Italy	Sep-07
M75	31,42	EP Malan			
M80	21,72	Johannes Booysen		Brisbane, Austr	2001
M85					

Triple Jump					
W30					
W35	12,15	Maryna v Niekerk	SA		
W40	10,32	Gail v Niekerk			
W45					
W50	7.90	Michelle Staal		Germiston	13-Apr-24
W55	6,15	A Ten Tusscher			
W60	7,67	Christi du Plooy	SA		
W65	7,64	Christi du Plooy	SA		
W70					
W75					
W80					

Shot Put					
W30	11,18	J Bakkes			
W35	12.35	Ursula van Staden		Germiston	04-Mar-23
W40	11,00	J Bakkes			
W45	10,68	H du Plessis			
W50	11.28	Antonette Jordaan		Germiston	04-Mar-23
W55	10,68	L Grobler			
W60	9,72	L Grobler			
W65	8,51	Mercia Ferreira		Bloemfontein	04-Aug-18
W70	8,38	Mercia Ferreira		Pilditch	29-Mar-19
W75	8,09	Mercia Ferrera		Germiston	13-Apr-24
W80	5,34	E Paveley			
W85					

Discus Throw					
W30	47,76	R Hubner			
W35	43.79	Ursula Killian		Germiston	13-Apr-24
W40	32,34	H du Plessis			
W45	33,51	H du Plessis			
W50	27.85	Antonette Jordaan		Germiston	04-Mar-23
W55	28,86	L Grobler			
W60	28,78	J. Rzepecka	SA	Germiston	12-Mar-05
W65	20,95	Mercia Ferreira		Germiston	09-Apr-16
W70	20,43	Mercia Ferrera		Oudtshoorn	03 My 2019
W75	18,65	Mercia Ferrera		Germiston	13-Apr-24
W80	12,48	E Paveley			
W85					

Hammer Throw					
M30	50,60	Marnus Ueckermann		Pilditch	2001
M35	61,23	Kristiaan Bekker		Germiston	09-Apr-16
M40	53,05	Kristiaan Bekker		Pilditch	05-May-22
M45	41,10	Pat Botha		Bloemfontein	2002
M50	52,76	Tone van Rensburg		Pilditch	13-May-16
M55	47,90	Andrzej Rzepecki			
M60	47,63	Andrzej Rzepecki		Sasolburg	2001
M65	49,41	Andrzej Rzepecki	SA	Pilditch	2001
M70	32,86	Dereck Sterley		Germiston	16-Apr-22
M75	22,93	Hein Markotter		Germiston	16-Apr-22
M80					
M85					

Javelin Throw					
M30	78,96	Tom Petranoff			
M35	39,29	Juan Van Vreden		Oudtshoorn	03-May-19
M40	44,28	J Solms			
M45	59,57	Friedrich Pauer		Germiston	08-Apr-17
M50	67,87	Wilhelm Pauer	SA	Malaga, Spain	Sep-18
M55	64,02	Wilhelm Pauer		Pilditch	22-Apr-23
M60	57,39	Paulos Mulaudzi		RAU (UJ)	2001
M65	45,22	Stephen Kichenbrand		Germiston	04-Mar-23
M70	15,12	N Payne			
M75	28,34	EP Malan			
M80	23,95	Eddy Stern		Germiston	04-Apr-18
M85					

Weight Throw					
M30	12,14	Marnus Ueckermann		Germiston	2002
M35	16,12	Kristiaan Bekker		Germiston	08-Apr-17
M40	16,51	Kristiaan Bekker		Pilditch	05-May-22
M45	13,85	Pat Botha		Bloemfontein	2002
M50	17,75	Tone Van Rensburg		Germiston	08-Apr-17
M55	17,78	Tone van Rensburg		Germiston	13-Apr-24
M60	18,12	Burton Haupt		Germiston	04-Mar-23
M65	18,75	Andrzej Rzepecki	SA	Bloemfontein	20-Nov-04
M70	20,71	Andrzej Rzepecki	SA	Riccione, Italy	Sep-07
M75	8.25	Hein Markotter		Germiston	04-Mar-23
M80					
M85					

Hammer Throw					
W30	41,58	I Koen			
W35	44,50	Ursula Killian		Germiston	13-Apr-24
W40	33,84	H du Plessis			
W45	37,06	H du Plessis			
W50	37,15	Antonette Jordaan		Germiston	04-Mar-23
W55	31,42	Zelda Claassen		Pilditch	29-Mar-19
W60	28,83	Zelda Claassen		Bloemfontein	30-Oct-21
W65	20,45	Baby du Toit		Germiston	04-Mar-23
W70	20,95	Mercia Ferreira		Oudtshoorn	29-Mar-19
W75	20,51	Mercia Ferreira		Germiston	13-Apr-24
W80					
W85					

Javelin Throw					
W30	50,27	Linda v Vreden	SA	Pilditch	27-Apr-19
W35	46,93	Linda van Vreden		Germiston	04-Mar-23
W40	33,06	Annette v Schalkwyk		Sasolburg	2000
W45	32,22	H du Plessis			
W50	29,45	Monica Snyman		Sasolburg	2000
W55	29,76	Judy Flynn	SA	Germiston	16-Apr-22
W60	23,64	L Grobler			
W65	22,20	Mercia Ferreira	SA	Port Elizabeth	15-May-15
W70	19,77	Mercia Ferreira		Oudtshoorn	03-May-19
W75	15,40	Mercia Ferrera		Germiston	13-Apr-24
W80					
W85					

Weight Throw					
W30	12,9	Linda Van Vreden		Oudtshoorn	03-May-19
W35	15,87	Ursula Killian		Germiston	13-Apr-24
W40	10,61	Cathrina Ellis		Bloemfontein	2001
W45	11,6	Azel de Villiers		African Masters	16-18 Nov 2023
W50	12,75	Antoinette Jordaan		Germiston	04 March 2023
W55	9,28	Zelda Claassen		Pilditch	23-Mar-18
W60	11,27	Zelda Claassen		Tampere, Finland	04-Jul-22
W65	11,36	Mercia Ferreira		Pilditch	02-Apr-16
W70	10,44	Mercia Ferreira		Pilditch	29-Mar-19
W75	8,86	Mercia Ferreira		Germiston	13-Apr-24
W80					
W85					

Throws Pentathlon					
M30	2027	Marnus Ueckermann		Pilditch	2003
M35	2509	Juan Van Vreden		Bloemfontein	27-Apr-18
M40	2425	Bennie Botha		Denel, Pretoria	19-Nov-22
M45	2797	Jan Nel		Pilditch	13-May-16
M50	3467	Marius Bester		Pilditch	2003
M55					
M60					
M65	4623	Andrzej Rzepecki	SA	Durban	08-May-04
M70	4768	Andrzej Rzepecki	SA	Riccione, Italy	Sep-07
M75					
M80					
M85					

Decathlon					
M30					
M35					
M40					
M45	1644	Andries de Jager		Pilditch	2003
M50	5030	Ian Hacker		Bloemfontein	27-Apr-18
M55					
M60	5548	Philip Rudd		Green Point	04-May-17
M65	6580	Andy Heine			
M70					
M75	6304	Hans Miekautsch	SA	Oudtshoorn	27-Apr-13
M80	5133	Hans Miekautsch	SA	Bloemfontein	27-Apr-18

1500m Walk					
M30					
M35					
M40					
M45					
M50	9:42.28	Ronald Eykendyn		Sasolburg	15-Apr-23
M55	7:32.08	Kevin Phillips		Germiston	04-Mar-23
M60					
M65	9:06.07	Danie Labuschagne		Germiston	04-Mar-23
M70	10:09.69	Dirk Neethling		Germiston	04-Mar-23
M75					
M80					
M85					

5000m Walk					
M30					
M35	27.34.00	C Fitzpatrick			
M40	24.05.00	Carl Meyer		Sasolburg	2001
M45	25.25.30	J Stoltz			
M50	23:49.50	Carl Meyer		Riccione, Italy	4-15 Sept 2007
M55	25:44.55	Carl Meyer		Germiston	11-Apr-15
M60	27.33.4	Carl Meyer		Oudtshoorn	03-May-19
M65	27:35.35	Carl Meyer		Cape Town	04-May-23
M70	32:16.00	Les Williams		Germiston	16-Apr-22

Throws Pentathlon					
W30	2776	Linda Van Vreden		Bloemfontein	27-Apr-18
W35					
W40					
W45	2472	Azel de Villiers		African Masters	16-18 Nov 2023
W50					
W55	2588	Zelda Claassen		Pilditch	29-Mar-19
W60	2550	Zelda Claassen		Pilditch	05-May-22
W65	3187	Mercia Ferreira		Malaga, Spain	Sep-18
W70	3727	Mercia Ferreira		Pilditch	29-Mar-19
W75					
W80					
W85					

Heptathlon					
W30					
W35					
W40	4516	Mercia Ferreira	SA	Port Elizabeth	07-May-93
W45	3619	Michelle Staal		Pilditch	05-May-22
W50	4670	Michelle Staal	SA	African Masters	16-18 Nov 2023
W55	2784	Philna Munnik		African Masters	16-18 Nov 2023
W60					
W65					
W70					
W75					
W80					

1500m Walk					
W30					
W35					
W40	11:43.88	Debbie Ivins		Sasolburg	15-Apr-23
W45					
W50					
W55					
W60	9:00.79	Ronelle Botha		Germiston	04-Mar-23
W65					
W70					
W75					
W80					
W85					

5000 M Walk					
W30	28.09.61	S Bingham			
W35	27.31.20	Lisa Patterson		Bloemfontein	27-Apr-18
W40	23:44.10	Barbara Nell	SA	Port Elizabeth	28-May-99
W45	24:14.80	Barbara Nell	SA	Oudtshoorn	28-Apr-00
W50	25:05.10	Barbara Nell	SA	Port Elizabeth	28-Apr-06
W55	26:19.66	Barbara Nell	SA	Durban	29-Apr-11
W60	27:32.00	Barbara Nell	SA	Perth, Australia	Oct-16
W65	33.08.90	Manda Smook		Germiston	04-Apr-18
W70	32:20:96	Winnie Koekemoer		Germiston	16-Apr-22

M75	33.16.90	George Hazle		Bellville	2002
M80	33:50.10	G. Hazle	SA	Germiston	06-May-05
M85	45.23.49	Bob Goodwin		Pilditch	2003

W75	32:39:70	Elsa Meyer		Germiston	16-Apr-22
W80					
W85					

10 km Road Walk					
M30					
M35					
M40					
M45					
M50	49:08	Carl Meyer	SA	Ricc. Italy	Sep-07
M55	53:19	Kevin Phillips	SA	Irene	13-Jul-19
M60	56:01	Carl Meyer	SA	George	21-Oct-17
M65	58:38	Carl Meyer		Pretoria	18-Nov-23
M70	1:36:18	Lawrence Barit		Bloemfontein	27-Apr-18
M75					
M80					
M85					

20 km Road Walk					
M30					
M35					
M40	1.45.55	Carl Meyer		Sasolburg	2001
M45	1:34:35	Lebeauf von Benecke	SA	Oudtshoorn	23-Oct-10
M50	1.49.20	Kevin Phillips		Bloemfontein	27-Apr-18
M55	1:44:16	Kevin Phillips	SA	Youngsfield	07-Sep-19
M60	2.13.48	Hennie van Zyl		Pilditch	2003
M65	2.04.10	Norman Alderton		Bellville	2002
M70	2.27.07	Harry Mallet-Veale		Pilditch	2003
M75	2.25.50	George Hazle		Bellville	2002
M80					
M85					

30 km Road Walk					
M30					
M35					
M40					
M45					
M50	2:52:05	Kevin Phillips	SA	Youngsfield	05-Aug-17
M55	2:50:14	Kevin Phillips	SA	Youngsfield	21 Aug 2021
M60					
M65					
M70					
M75					

M3000 Racewalk					
M30					
M35					
M40					
M45					
M50	18:41:34	Ronald Eykendyn		Pilditch	26-Mar-22
M55	18:57:47	Wayne Scott		Pilditch	26-Mar-22
M60					
M65	16:32,84	Carl Meyer		Pilditch	22-Apr-23
M70					
M75					
Sept 2018					

10 km Road Walk					
W30					
W35	56.07.0	Lisa Patterson		Bloemfontein	27-Apr-18
W40	47:53.5	Barbara Nell	SA	Port Elizabeth	29-May-99
W45	50:30.0	Barbara Nell	SA	Youngsfield	04-May-02
W50	52:26.0	Lesley v Buuren	SA	Oudtshoorn	27-Apr-13
W55	54:12.0	Lesley v Buuren	SA	Youngsfield	06-May-17
W60	1.00.45	Barbara Nell		Pilditch	13-May-16
W65	1.12.35	Manda Smook		Bloemfontein	27-Apr-18
W70	1.11.30	Pamela Bass		Brisbane, Austr	2001
W75					
W80	1:15:41	Anne Centner	SA	Irene, Oval	10-Feb-24
W90	1:35:28	Cecily Rootenberg	SA	Youngsfield	08-Oct-16

20km Road Walk					
W30					
W35					
W40	1:43:32	Barbara Nell	SA		12-May-98
W45	1:46:19	Barbara Nell	SA		02-Jun-02
W50	1:45:57	Lesley v Buuren	SA	Stellenbosch	11-Apr-13
W55	1:54:31	Brenda Nooy	SA	Youngsfield	19-Mar-11
W60	2:00:27	Lesley van Buuren	SA	Germiston	09-Jan-23
W65					
W70					
W75					
W80					
W85					

50km Road Walk					
W30					
W35					
W40					
W45					
W50					
W55					
W60					
W65					
W70					
W75					

W3000 Racewalk					
W30					
W35					
W40	00:25:45	Debbie Ivins		Pilditch	22-Apr-23
W45					
W50					
W55	18:20:43	Ronel Botha		Pilditch	26-Mar-22
W60	18:19,60	Ronel Botha		Pilditch	22-Apr-23
W65					
W70					
W75					

M3000 Racewalk (Indoor)						
	M30					
	M35					
	M40					
	M45					
	M50	13:51,34	Carl Meyer	Clermont-Ferrand, Fran	17-22 Mar 2008	
	M55					
	M60					
	M65					
	M70					
	M75					
35 km Racewalk						
	M55	03:29:06	Kevin Phillips	SA	Youngsfield	28-Jan-23

W3000 Racewalk (Indoor)					
	W30				
	W35				
	W40				
	W45				
	W50				
	W55				
	W60				
	W65				
	W70				
	W75				