

3km Walk Seasons Best

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<u>Athlete</u>	<u>2009</u>	<u>2010</u>	<u>2011</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2017</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>PB</u>
Adams Shelley														26.29
Adant Lauren			25.24						24.43					24.43
Adant Luke									24.43					24.43
Andersen Johann	23.13	24.01	24.26	24.12	27.43	26.42								21.29
Andersen Willie														30.18
Anderson Sheldene					26.14									26.14
Andrews Clarissa												32.15		32.15
Austin Jordan					25.31									25.31
Austin Karin						25.21								25.21
Austin Silke					23.48									23.48
Barends Charlene														22.13
Barnes Bruce													33.12	33.12
Barnett Liz						25.21								25.21
Beal Kate														19.36
Behn Charlene											29.10			29.10
Behn Elvin					23.30						24.03			23.30
Behn Jan					23.44						24.10			23.44
Behn Janine											24.09			24.09
Bekker Celine					27.06					30.19				27.06
Bennett Sandy									31.35					31.35
Bennett Zach									31.23					31.23
Benning Leo	18.36	19.00	20.26	21.11	21.48	22.23	22.47	22.45	26.25	27.14			29.20	17.29

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Carter Diana									28.26					28.26
Carver Geoff								26.59						26.59
Cilliers Andries												26.57		26.57
Cilliers Heleen												26.57		26.57
Claassen Tamaryn												31.50	35.54	31.50
Clark Sarah													29.46	29.46
Clark Suzanne												35.26		35.26
Clark Wendy												30.12	30.22	30.12
Coates Liz		30.17												30.17
Coetzee Adri														29.08
Coetzee Ella						25.10								25.10
Coetzee Nicolene										24.51				24.51
Coetzer Ella						27.41								27.41
Cooper Tania										21.27	20.38			20.38
Corbett Meyer Sheraleen							27.18							27.18
Croucher Brian												26.18	28.47	26.18
Croucher Leonie												29.32	31.06	29.32
Cumming Basil											23.55	25.15	26.02	23.55
Cumming Marion											25.40	26.08	26.45	25.40
Cupido Cathy												30.40	28.18	28.18
Cupido David									29.04	28.58	28.37	30.40	30.05	28.37
Cupido Simoné												33.36		33.36

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Eager Glynn											32.42			32.42
Earle Danielle			27.09											27.09
Ehrenberg Arlene	21.25	21.58	20.25	22.21	23.13	23.52	21.59	22.39	23.04	23.56	23.52	26.20	29.31	20.25
Eichenanen Helga														21.11
Ellis Tania								27.27	21.02	20.24				20.24
Erasmus Abel				22.34	23.11	23.23	21.59	22.39	23.11	23.37	24.23	29.55		21.59
Erasmus Louise									21.41			29.55		21.41
Estherhuysen Tilla														25.17
Ferreira Hymne	24.45													24.45
France Marie					25.00									25.00
Frangs Lyn														23.50
Fraser Lizaan										24.52				24.52
Georgala Anneke														26.22
Georgala Mike														26.52
Giddy Jenny											30.02	32.37		30.02
Giddy Jesica												34.14		34.14
Giddy Mark											30.43			30.43
Gooding Carien								22.20		22.05				22.01
Gooding Dave														19.23
Gouws Emmie					25.00						25.21	26.20	29.31	25.00
Grant Helen									28.11					28.11
Grant Jean									26.57	26.34	23.43	26.24	27.16	23.43

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Grant Juan										25.43				25.43
Greene Rhian												27.11		27.11
Griffiths Gareth											30.46			30.46
Griffiths Lionel											30.46			30.46
Griffiths Michelle											30.46			30.46
Haluo Marie-Franci					33.30									33.30
Hamman Monica	23.55									21.15	20.50	24.13	28.20	20.50
Hanna David												37.08		37.08
Hanna George											22.58	23.11		20.43
Hanna Les		23.15											27.50	23.15
Harris Jones Philip					32.13									32.13
Hepburn-Brown Arthur														21.11
Hepburn-Brown Sandy														25.11
Hepburn-Brown Sarah														22.08
Hibberd Christine														21.42
Hofmeyer Elma											25.18	23.37		23.37
Holtzkamp Jo														26.29
Hugo Anneline		26.17												26.17
Hugo Johan							23.00			27.17				23.00
Hull Hettie				26.15	27.39	25.00					30.58			25.00
Hull Hetty				27.37										27.37
Hunter Diane							25.26		26.57	25.43	26.50	30.23	33.25	25.26

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Liebenberg Rigard									28.42					28.42
Loedolff Willie	21.57	23.14	23.28	24.22	23.40	24.27	25.46	25.53	26.41	26.35	28.35	33.32	38.03	20.48
Louw Barney		27.02		30.55			22.20							22.20
Louw Inge			26.50	30.55	28.26									26.50
Malan Daphne										25.43				25.43
Marais Beverley					29.39									29.39
Mason Kerry														37.07
Mason Marisa														31.59
Mathewson Julie-Anne				24.16										24.16
McArthur Megan														27.45
McCormick Yvette						28.30								28.30
McDonald Suzanne														25.28
McFarlane Myrna	22.50													22.50
Meyer Arlene									28.39					28.39
Mienies Jennifer								27.20						27.20
Milne Lidia							28.05							28.05
Milne Mikki				26.39			28.05		26.35					26.35
Nel Ivy								22.23						22.23
Norris Laura														25.15
Nowers Angelique											25.26			25.26
Olivier Petré							27.40							27.40
Oosthuizen Eloise										26.09	24.42	30.00		24.42

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Oosthuizen Gerrit										29.00	28.47	30.10		28.47
Oosthuizen Juanita		19.00												19.00
Oosthuizen Lizet										25.32	26.34	29.37		25.32
Panagoulas Anna										30.48				30.48
Panagoulas Fiona										32.00				32.00
Paulsen Danie											29.33			29.33
Paulsen Estelle											29.33			29.33
Payne Therese														25.36
Pfisher Caryn								31.10						31.10
Pheiffer Rita				26.46										26.46
Potgieter Rheta									31.03					31.03
Pretorius Elna												24.30		24.30
Pretorius Liezl										24.17				24.17
Rathfelder Beverley												42.00		42.00
Rauch Fritz	23.49													23.49
Rauch Lee-Ann		25.22												25.22
Reinke Amanda		34.13												34.13
Reynecke Amanda														21.55
Robey Janice														21.06
Robey Mark												33.42		33.42
Rodi Paulette										27.00				27.00
Roeloff Willie											31.18			31.18

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Romburgh Kim											25.26		27.42	25.26
Roscoe Glen														23.41
Sales Elmarie		24.31	24.40											24.31
Scheepers Deidre		26.55												26.55
Scheepers Joubert	30.54													30.54
Scholtz Tracey			26.50											26.50
Schonegevel Denise							24.53							24.53
Scriben Blake												31.15		31.15
Scroobee Denera												31.50		31.50
Scroobee Tenera												33.38		33.38
Sebonka Maryka										24.52				24.52
Sharp Edith								25.56	23.53	25.43				23.53
Sharp Richard								21.24	23.53					21.24
Simpson Priscilla						33.55								33.55
Slemmer Petro													24.23	24.23
Smit Tanya								25.31						25.31
Snyman Tessa													24.20	24.20
Stander Matie												25.30		25.30
Steyn Demi		26.19												26.19
Strack Sacha												24.58		24.58
Strack Sascha												27.47	27.13	27.13
Strauss Rachelle		22.15				24.27							27.25	22.15

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Van Schoor Christa-Marie					29.07									22.17
van Weele Roelof		22.52												22.52
van Weele Saskia										30.50				30.50
van Wyk (J) Leonard												29.50		29.50
van Wyk Alexa												30.06		30.06
van Wyk Liya												30.06		30.06
van Zyl Anna												35.26		35.26
van Zyl Johan	23.31	26.17												23.31
van Zyl Mark											31.50			31.50
van Zyl Theresa											25.35	28.30	27.40	25.35
Vaughan Melany					19.15	21.10	28.01							19.15
Venter Eda											34.04			34.04
Venter Elsa											24.06			24.06
Venter Marietjie					25.39									25.39
Vermeulen Charlene										24.51				24.51
Viljoen Chris														24.45
Viljoen Madel														24.45
Viljoen Mariaan	28.50	25.14												25.14
Viljoen Retha						19.27								19.27
Viljoen Ryno						24.27								24.27
Visagie Max														20.31
Visser Schalk									27.40	28.44	25.27			25.27

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von Auloch Pam														21.43
Walker Alistair														20.40
Wallace Aloma											27.41			27.41
Wallace Yolandi											27.35			27.35
Walton Don														22.11
Warren Bertie	22.28	22.52						23.15	23.00					18.44
Warren Magda														31.20
Waters Hugh							23.32		24.00	25.53	26.18	28.59	32.26	23.32
Wessel Ronnie											31.50			31.50
Wessels Margie					24.05									24.05
Wheeler Norma									31.56	26.25	27.43	37.08		26.25
Whitehouse Franke									26.44					26.44
Wicht Norden														24.46
Williams-Sales Anne-marie		27.06												27.06
Wurbach Michael								30.25						30.25
Zeegers Marion										24.18				24.18
BEST	18.36	19.00	20.25	18.06	19.15	19.27	21.59	21.24	21.02	20.24	20.38	23.11	24.20	17.29