

5km Run 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>
Bishop Riana														27.00
Bisset Dot														32.13
Bizo Jonathan				26.12										26.12
Bless Patrick	22.34						30.26			29.01				21.40
Blom Coert						20.46						21.05		20.46
Blom Gert									20.54					20.54
Blom Josua						26.27	22.46	23.21	22.57	24.24	25.30	24.59	24.45	22.46
Blom Michelle						26.05	23.51		24.29					23.51
Boek Werner	25.47													25.47
Boesak Michael		17.35	17.20	17.21	17.55									17.20
Bon Andrew														24.16
Bonjesi Jimmy							16.35	16.20	16.24	16.15	16.12		21.15	16.12
Bonorchis Caryn		29.53												27.42
Booh Rochelle									29.26					29.26
Bootha Renier										23.25				23.25
Bootha Romano				24.59										24.59
Bootha Ronél	27.24	29.48	28.38	27.46	28.01	29.20								27.24
Bootha Rozelle	28.20	28.19	26.31				26.21							26.21
Bornman Alanda		27.10												27.10
Boshoff Adriaan								22.53						22.53
Boshoff Hananja					32.42	28.21								28.21
Boshoff Janine											30.34			30.34

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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>
Brink Donovan										22.43	18.24			18.24
Britz Gary								23.20						23.20
Bro Christine														24.29
Browne Emily					23.33									23.33
Browne Emma					23.29	22.52	24.32							22.52
Browne Erlo					19.50									19.50
Browne Jeremy	20.30	20.04	20.19	20.12	20.45	20.57	21.15	22.18		22.33	21.37			20.04
Browne Lauren					26.06									26.06
Browne Mat														19.02
Browne Thomas	18.25	17.20	17.38	18.28	18.43	18.12	18.08	16.44		17.34	17.38			16.44
Brummer Gerhard									24.33					24.33
Brundl Belinda														26.53
Buckenham Arthur					24.26	24.16	26.26			23.35				23.35
Buckenhow Anton							26.14							26.14
Buckenhow Gareth							26.14							26.14
Buckingham Allen					25.16									25.16
Buckingham Gareth					20.55									20.55
Bulela Irvine				18.45										18.45
Burger Wanda														28.57
Burger Wynand														26.32
Burman Karen									28.18					28.18
Burton Peter													30.18	30.18

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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>
Dorlank Janika		30.06										34.39		30.06
Dorlank Tayana		32.11												32.11
Driscoll Brian														27.29
Dry Erna	34.21					32.14								32.14
Dry John		26.08												26.08
du Plessis Anton										19.48				19.48
du Plessis Anzel	23.14	23.04	24.26	23.47	21.06	21.35	21.34	22.17		24.04	23.07			21.06
du Plessis Aubrey	26.45													26.45
du Plessis Bruce														24.05
du Plessis Christo	18.50	18.15	18.36	18.26	18.33	19.10	18.40	19.56						18.15
du Plessis John		27.05		27.22										27.05
du Plessis Leo														25.51
du Plessis Mariette														32.03
du Plessis Michael	24.57	24.10	25.58		22.08	23.14	21.22							21.22
du Plessis Michelle						22.43								22.43
du Plessis Murray						20.33	19.57			19.21	23.17			19.21
du Plessis Nico	20.40													20.40
Du Plessis Wynand														23.20
du Plooy Danie														24.31
du Plooy Rudolf	24.38	31.48												22.44
du Preez Josef						29.57	27.36	27.52	29.37	31.44	31.36	36.27	38.00	27.36
du Toit Charl											23.44			23.44

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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>
Hamman Cillié								25.22	22.37	24.04				22.37
Hamman Monica				31.04	32.36		31.19	31.21	30.28	28.56	31.32			28.56
Hamman Rossouw									24.38					24.38
Hanekom Johan														23.08
Hann Jean	26.43													25.19
Hanna David												28.47		25.44
Hanna Les	24.05	26.15	24.09	24.07	24.14	24.07	23.48	25.17	25.23	25.26	26.17	25.32	27.61	22.31
Hanna Lesley									31.07					31.07
Hansen Erika						30.25								30.25
Hansen-Gous Wendy						30.44								30.44
Hardie Michelle		31.12												31.12
Harris Esmé									27.46					27.46
Harris Marius									22.13					22.13
Harris-Jones Wendy						29.37	30.18	29.53	30.20		37.12			27.35
Hartnec André											24.07			24.07
Hartzenberg Irma								32.20						32.20
Hassenkamp Greg					24.59									24.59
Havinga Christine											26.34	25.06	29.10	25.06
Haworth Sandra										31.08				31.08
Heigers Deon														31.11
Henn Anel											27.07	25.54	26.44	25.54
Henn Maryke						29.47					28.57		29.07	28.57

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Athlete	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	PB
Jackson Chelsea Ann				31.02										31.02
Jackson Crystal														26.53
Jackson Jacqui				23.57					26.51					23.57
Jackson Ken												25.10	25.45	25.10
Jackson Sam				28.40				27.06						27.06
Jackson Sara								24.47						24.47
Jackson Sonan								26.33						26.33
Jahni Nyasha							21.14	19.32	20.56	20.50		24.08	22.23	19.32
Janke Ulrike									23.56		27.39			23.56
Jansen Lizette												26.25		26.25
Jansen Martin									31.54					31.54
Jebese Zukisani										21.46				21.46
Jeenes Colleen														30.40
Jenkins Charlie					20.18		20.07	25.19					23.18	20.07
Johnson Craig														19.36
Johnson Tamsin						30.01			30.37					30.01
Johnston Christine										29.57		31.00		29.57
Johnston David								21.59	25.02	23.22	25.18	22.39	23.33	21.59
Johnston Shaun										24.49	28.51			24.49
Jones Alex	33.20													27.52
Jooste Michael														24.08
Jordaan David											25.46		26.33	25.46

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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>
Joss Andreas		27.41					23.55							23.55
Joubert Bernard						24.10								24.10
Joubert Faffa														24.34
Joubert Hano						31.00								31.00
Joubert Hanu						29.40	28.50							28.50
Juniper Rose								28.14						28.14
Kaleel Gerda														28.15
Kanayo Petrus											26.13	25.59		25.59
Katamzi-Joseph Zama					28.57						26.14	28.24		26.14
Kavanagh Mark					18.38	18.46	18.23	19.06	19.17					18.23
Kavanagh Ross									27.31	29.13				27.31
Keam John	24.25													24.25
Kelly Darren										29.52				29.52
Kelly Lynn	26.48													26.48
Kelly Martin	22.17													22.17
Kemp Corne	33.04													33.04
Kemp Dian	33.04													33.04
Kemp Linda			31.57											31.57
Kemp Linette			31.57											31.57
Kemp Lulu	27.16				27.51									26.47
Kemp Marli														26.03
Kennedy Lizzy								31.00	29.56	31.03	36.02			29.56

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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>
Kennedy Nick								28.57	26.02	24.55	26.12	26.40		24.55
Kenyon Keith				32.08										32.08
Khosa Isaac	21.12													21.12
Khunyana Michael	18.02	18.42												18.02
Kiesen Charlotte						28.10								28.10
Kilpatrick Candice													27.20	27.20
King Susan								29.52						29.52
King Suzie											21.51			21.51
Kinleyside Catherine									31.01					31.01
Kirkman Alex								23.55						23.55
Kleynhans Heather	28.56	47.56							24.36					24.36
Kleynhans Jeanie									29.42					29.42
Kleynhans Neil				31.10					25.04					25.04
Kloppers George								23.00						23.00
Kloppers Lourie											27.25			27.25
Kloppers Riaan	19.40													18.25
Knight Emilia					28.55									28.55
Knight Scott											26.04			26.04
Knott Ronnie														25.34
Koch Wilfred												26.57		26.57
Koegelenberg Francien		31.09												31.09
Koekemoer André			24.50					24.01						24.01

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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>
le Roux Wayne	21.28						26.48	29.32						20.33
Leeuwner Pieter														20.42
Lelean Jan														30.30
Lens Jean							19.56							19.56
Leppan James					23.28									23.28
Leppan John			20.00		23.28									20.00
Leppan Megan						28.50								28.50
Lerm Yvonne	26.07		25.05	24.33										24.33
Linde Ena	24.54													24.54
Linganiso Ntando										20.51				20.51
Lishman Duncan												24.50		24.50
Loedolff Willie	22.25													22.25
Lombard Tanya	27.50													27.50
Longland Christoff														20.01
Lotter Dannie														22.35
Lotter Marcelle		27.41												27.41
Lottering Hardy									21.30					21.30
Lourens Melanie							34.09							34.09
Louw Barney	24.09	25.18	22.26	22.51	26.56	23.29	24.07	26.47	23.33	25.08		25.08	27.52	22.03
Louw Henk												22.55	23.29	22.55
Louw Inge			33.15											33.15
Louw Nicholas										19.52				19.52

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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>
Maree Daniel				24.10	21.32	20.25	20.27	19.59	20.50	26.25	26.13			19.59
Masauli Godfrey					23.10									23.10
Masele Vuyisani			18.15	19.26										18.15
Masimba Brian										23.27				23.27
Masoka Morris														22.39
Mason Marisa														22.06
Matema Ignatius			19.43	18.08	18.55	18.21	18.31							18.08
Mathewson Julie-Anne				40.00										40.00
Matinise Luvo				22.17										22.17
Matodes Craig	22.14													20.58
Mattheus Susie														23.13
Mawunda Shaun									27.00					27.00
Mawunda Sign						18.55	17.30	17.15	29.24	21.40				17.15
Maxambele Myolise				28.15										28.15
Mayhew Stephen														20.57
Mazina Danielle											28.01			28.01
Mbizeni Vuyisa				19.54	18.49									18.49
Mbomba C J						26.05								26.05
Mboqe Snati											21.27			21.27
Mbuqwa Celeswa					22.31									22.31
Mc Clachlen Grant					27.36									27.36
McCleane Nick								24.46						24.46

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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>
Mitchell Chris												27.50		27.50
Mitchell Malcolm	26.03													26.03
Mkhohlakali Mlandeli			18.51	19.18	18.06	18.09	18.01	18.40	18.45	18.41	18.48			18.01
Mkulu Reginald														23.29
Momberg Willem		29.21												29.21
Mönnig Anton											21.36			21.36
Monroe Serenity											27.19			27.19
Moolman Annalene														24.39
Moolman DJ		32.08												32.08
Moolman Leta														23.27
Moore Marisa		29.50												29.50
Mostert Anel														23.28
Mostert Chantal		29.57												29.57
Motabogi Skipper														16.45
Motabogi Whitey														18.43
Moua Daniel				25.03										25.03
Mouton Anna	26.30	27.25												26.30
Mouton Chanel									32.25					32.25
Mouton Jean								19.53						19.53
Moyo Artfai				18.28										18.28
Mthembu Eric														17.49
Mulder Sanet									24.59		29.49			24.59

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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>
Newman Mark														19.35
Niemand Mark														19.29
Nieuwoudt Suane														29.28
Nimhlony Bulela			18.27											18.27
Nkompelo Sidney														20.35
Nkoyi Trevor									19.39					19.39
Nofoty Brine	17.23	21.12	20.20											16.35
Nomqane Lindy											33.18			33.18
Nortje Anke								30.06						30.06
Nortje Christa	27.02													27.02
Nortje Johan	32.12													32.12
Nortje Karin					24.10									24.10
Nortje Taryn					25.23									25.23
Nowers Douglas											26.41			26.41
Nowers Raymond						21.16	22.56							21.16
Ntoyakle Oscar	23.48													18.32
Ntoykhe Tulani		20.54												20.54
Nyalela CS						26.34								26.34
Nyanela CJ						26.33								26.33
Oberholzer Heidi												30.22		30.22
Oberholzer Mauritz												25.59		25.59
Odendal Gerhardi													26.45	26.45

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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>
Payne Wesley														17.59
Pearce Lucy							22.47							22.47
Pearson Barbara			26.20											26.20
Pearson Glen			21.30											21.30
Pearson Phillipa									26.45					26.45
Pearson Tristan									25.12					25.12
Peck Lesley			30.08		29.00	29.56		31.15	29.14					29.00
Peens Cedric	24.05	24.03	23.53			24.36				28.28				23.53
Peens Ingrid	24.05	22.27												22.27
Peiser Doug	25.11													21.55
Peiser Susan														23.12
Pelser Johan						23.18	23.27							23.18
Pencharz Mark										24.58				24.58
Pengelly Ros										32.50				32.50
Penver Tony														22.05
Pfister Lionel	25.01	26.34												23.03
Pheiffer Rita					28.29									28.29
Phillips Colin														27.37
Phipson Karin					23.14	22.33								22.33
Phipson Stuart						22.33								22.33
Pienaar JP							26.45							26.45
Pienaar Nelda													27.06	27.06

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Rolfe Marc		21.36												21.36
Romburgh Kim											27.01			27.01
Ross André	29.53		28.27											28.27
Ross Hector				20.03										20.03
Roux Carlien			24.56	24.01	23.00					22.56				22.56
Roux Chanté										21.01	19.39		21.09	19.39
Roux Christine								25.37	26.48					25.37
Roux Isak			29.50											29.50
Rudhuka Peter			18.50	18.11	17.36	18.14	19.00		18.55					17.36
Rush Carol	31.16													31.16
Russell Alasdair														16.23
Russell Sue														27.13
Russwurm James												25.47		25.47
Rust Christine														22.53
Salime Gift								21.50	20.19					20.19
Sanderson Francesca												28.38		28.38
Sangurai Peter			22.00											22.00
Saunders Dawn														22.33
Scheffer Hans			20.24											20.24
Schewitz Ivan				24.40										24.40
Schmidt Taryn-Lu								29.41						29.41
Schneeberger Karlia											31.12			31.12

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Sipat Ayakha														21.56
Skein Ettienne		32.02												32.02
Skein Willem		27.39												27.39
Sleigh James							27.47	23.32		23.54	22.57	25.16	25.07	22.57
Sleigh Sharon							27.47	28.30		27.06	26.56	28.02	27.36	26.56
Sleigh Shaun							28.54							28.54
Smit Aline		28.35												28.35
Smith Alex														22.56
Smith Andrew												21.19	20.42	20.42
Smith Carol		27.42	27.48											27.42
Smith Shaun		29.18												26.52
Smuts Hannes		23.05	23.39											23.05
Smythe Rob									29.14					29.14
Solomon Mariza														25.10
Solwethu Sondlo													19.53	19.53
Sonbrandt Tanya	29.06													29.06
Spotswood Nina											28.17		29.27	28.17
Spratt Phillippa								33.01	27.52					27.52
Stabler Tom										22.17	21.36	21.30	21.49	21.30
Stabler Wayne										24.08				24.08
Stander Matie										27.40	27.34	30.10	28.29	27.34
Stander Miranie											31.09			31.09

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Swanepoel Mariette														26.58
Swanepoel Rickus														19.43
Swanepoel Rosemary														27.11
Swanson Athol														26.30
Swarbreck Sarah												23.10		23.10
Swart Thys					21.02									21.02
Swarts Justin				23.10	22.14	21.45	24.15	22.25						21.45
Swarts Ryno											23.08			23.08
Swartz Carlton														20.04
Swonbrick Kate		24.29												24.29
Sym Caleb										30.49				30.49
Sym Liam										30.01				30.01
Taljaard Catherine														29.18
Taljaard Debbie									28.19	29.04	27.18			27.18
Tancred Christine														26.48
Taylor Doug						27.20								27.20
Taylor Mike	26.16													26.16
Tellis Jocelyn										29.01				29.01
Terblanche Rian														25.03
Thabo Sentle					23.31									23.31
Thain Bradley	22.40	22.19												22.19
Theobald Glenda				32.32	29.00	30.30	28.53	29.52	30.45	29.14	30.20	31.25	32.59	28.53

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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>
Theobald John				33.13	29.54	30.30	29.00	29.22	29.12	29.01	30.20	31.30	31.55	29.00
Theron Christa							27.06	26.44	27.21	29.32	28.17	26.30		26.30
Theron Jaco											19.15			19.15
Theron Peter														28.04
Thom Arina		28.38	28.42											28.38
Thom Geoff			28.38											28.38
Thomas Dave														18.33
Thomas Georgina														22.06
Thomas Sue														28.04
Tiwana Elvis			21.04	21.28			27.05							21.04
Tjabring Caroline	24.18		26.37											24.18
Tjabring Graham			21.19	22.44		21.28								21.19
Tredoux Deon				27.53										24.28
Troy Dinkey	28.24		28.12	28.03	28.02									28.02
Troy Michael				23.56										23.56
Truter Lizelle				29.38										29.38
Tsemane Alfred														20.07
Tshabeni Alfred	17.14	17.44	17.30	17.08	18.26	18.05			21.52			24.26		17.08
Tucker Alexa												26.31		26.31
Turck Riaan														30.23
Turner Cynthia														29.54
Turner Gavin	26.30	28.06	29.12	28.42	28.01	28.27	29.31	31.59	29.04	31.01	30.16	30.34		23.39

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Athlete	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	PB
Turner John					26.38									26.38
Turner Kevin		32.03												32.03
Tuttelberg Nick													24.25	24.25
Tuwane Duncan			23.10											23.10
Uys Fredalette						30.25								30.25
Vale MJ	21.35													21.35
Vallenduuk Willem							31.40							31.40
van Beek Celeste	30.22	29.58												29.58
van den Berg Helené														23.57
van der Berg Lezan									29.50					29.50
van der Berg Rudolf							22.05	22.29	29.50					22.05
van der Handel Theo			24.42	25.54	25.42									24.42
van der Heever Anele		31.48												31.48
Van der Merwe André	21.39	21.33	21.50	22.01	21.58	22.56	23.08	25.57	25.22	25.24	25.45	24.45	26.53	19.55
Van der Merwe Carina	23.14	23.41	23.56	24.27	23.18	23.54	25.22	25.11	25.33	26.01	26.52	26.05	26.44	21.48
van der Merwe Gerald										28.57	25.46		27.36	25.46
van der Merwe Gerard										25.36				25.36
van der Merwe Gerda										24.56				24.56
van der Merwe Jaco						21.21	18.25							18.25
van der Merwe Jannie														27.45
van der Merwe Lize					26.18	25.40		25.22	26.12					25.22
van der Merwe Nicola										25.03	25.03		26.04	25.03

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Athlete	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	PB
van Huysteen Elizabeth		24.58												24.58
van Jaarsveld Gawie	21.15													21.15
van Niekerk Danie													38.11	38.11
van Niekerk Lynette													31.02	31.02
Van Niekerk Michelle					28.06									24.21
van Niekerk Nadine							29.17							29.17
van Niekerk Petrie						25.53	25.26							22.27
van Ryk Charlotte	29.09													29.09
van Ryn Marietjie														36.49
van Schalkwyk Lara														27.39
van Schonen Susan								26.33						26.33
van Schouwen Dominique														22.48
van Skarwerk Siyabonga				21.43										21.43
van Taak Annelise		26.50												26.50
van Tonder Santie														27.29
van Tonder Wilhelm	21.39	24.11	24.48	24.05										21.39
van Velden Kim								24.23						24.23
van Veyeren Angeli														35.52
van Vuuren Anche							24.37							24.37
van Vuuren André								22.40	22.24		24.55			22.24
van Vuuren Andrew								22.50						22.50
van Vuuren Anli								27.37						27.37

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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>
van Vuuren Antoinette									33.46					33.46
van Vuuren Anton							29.22							29.22
van Weele Gerard			19.35											19.35
van Weele Katia										28.41				28.41
van Weele Roelof	22.00	22.59	23.05	24.02	24.11	24.10	24.12	24.36	24.53	26.08	27.33	30.07	30.25	21.49
van Wyk Charlotte	28.35													28.35
van Wyk Jeannette												29.36	32.04	29.36
van Wyk Stoffel			20.03											20.03
van Wyk Willie										25.23				25.23
van Zeeberg Levine											24.19			24.19
van Zyl Anna											36.52			36.52
van Zyl Bertus		19.09	20.03											19.09
van Zyl Edna May														26.08
van Zyl Johan		38.11												28.36
Van Zyl Johan Jr														21.28
van Zyl Louwtjie	22.12													22.12
van Zyl Mark											35.48			35.48
van Zyl Sam							29.31							29.31
van Zyl Theresa											27.09			27.09
Vaughan Melany				29.28	29.25									29.25
Venter Elsa								24.52		28.31				24.52
Venter Elsabé										32.52				32.52

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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>
Winterton Claire								27.00						27.00
Wium Vion											29.22			29.22
Woods Isla														30.47
Wright Darren													26.06	26.06
Wright Dave						20.48	28.51				27.15			20.48
Yalezo Eunice														23.09
Yalezo Vuyo	22.47													19.28
Zeelie Judy													28.50	28.50
Zeineddine Liela										26.05	26.59			26.05
Zukisani Mafithi													18.40	18.40
BEST	17.14	17.20	17.08	17.08	17.36	17.11	16.35	16.20	16.24	16.15	16.12	18.26	17.37	16.12