

8km Run Seasons Best

Monday, 24 January 2022

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<u>Athlete</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>2022</u>	<u>PB</u>
Mandele					30.31									30.31
Pumile		31.00												31.00
Aasvoel Jacob		38.44												38.44
Adam Caryn			40.57											40.57
Adant Lauren							47.49							47.49
Alam Bongani														30.32
Alam Robert														37.29
Albertyn Johannes	33.00													30.11
Austin Evan		33.52	36.13	33.54	33.50									33.50
Austin Karin					46.33	44.12								44.12
Baker Bridget														40.09
Barends Aubrey														43.45
Barnard Etienne							38.50	34.34	34.25	36.31				34.25
Barnard Gerrit							40.24							40.24
Barnwell John														42.17
Beard Sonia		49.10	48.27											44.48
Benge Anton	35.09													35.09
Benning Leo					67.17									67.17
Bester Barry		34.18												34.18
Bester Rens								36.41	38.49	38.25				36.41
Bishop Riana														49.12
Bless Patrick														37.34
Blom Josua					37.46	37.47						44.47		37.46
Boesak Michael	29.50	29.04	29.08	30.21										29.04
Bonjesi Jimmy						26.52	26.47	26.42	26.30	26.16				26.16

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Holland Dylan														30.50
Hugo Anneline	40.52	38.25	44.35	39.46	37.51	37.49	37.22	38.16						35.37
Hugo Daniela											42.07			42.07
Hugo Francois											41.57			41.57
Hugo Johan	34.00	35.01	36.56	36.56	34.34	34.08	36.43	38.16	33.40					33.40
Hugo Riel														34.28
Human Hein	36.57													35.18
Hvidsten Wendy						37.34	39.10	39.21						37.34
Inglis Judge										36.51				36.51
Jackson Crystal														44.36
Jackson Jacqui			38.49					43.35						38.49
Jahni Nyasha						35.07	31.56	32.54	36.33	33.49	34.19	35.31		31.56
Jamani Lucas														37.27
Jansen Jason					35.29									35.29
Jansen Martin								35.40	29.38					29.38
Jenkins Charlie	38.44			33.53		32.58	33.30							32.58
Johnston David	40.20		42.46	38.39		39.11	35.02	36.19			42.17			34.43
Jordaan Daniel						40.09								40.09
Jordaan David						38.32				39.52				38.32
Jordaan Ettienne	37.40													37.40
Katamzi-Joseph Zama				32.10										32.10
Kavanagh Mark				31.24	29.30	30.04	31.08	31.30						29.30
Kelly Martin	36.03													35.59
Kemp Lulu														46.26
Kennedy Lizzy								54.36						54.36

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Oweis Joseph														29.56
Pasio Shanon					43.27									43.27
Paterson Jane						37.12								37.12
Paxton Arno														44.30
Peens Cedric		39.18												39.18
Peiser Doug														35.59
Pelser Johan				39.46	40.40	41.43								39.46
Penver Triston										41.10				41.10
Penxe Themba														33.33
Phipson Heather				35.25	35.30									35.25
Phipson Mark				32.46	31.10									31.10
Phipson Philip				32.33										32.33
Pons Stephen						43.20								43.20
Pretorius Roelof							37.12							37.12
Pretorius Wikus														35.47
Privett Sean	30.03		29.23	32.40	29.10						35.32			29.10
Rabe Hendrik														33.25
Redelinghuys Jean-Marie									35.43	35.03				35.03
Redelinghuys Johan									37.07	35.34				35.34
Reinke Ame					41.12									41.12
Reuters Anya			40.50											40.50
Reynecke Amanda														58.05
Robey Janice														53.36
Robey Mark	37.00	36.33		37.42	39.23	40.27								35.18
Robey Michael				37.42						34.51	34.57	33.18		33.18

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Wheeler Norma	42.56	45.35	44.22	47.50	47.39	45.05	46.28							40.19
Willmore Roly									53.02					53.02
Wright Dave					35.21		34.44							34.44
Xhoza Mzammna														35.15
Zeineddine Liela									43.47					43.47
Zukisani Mafithi												30.02		30.02
BEST	29.34	28.50	29.08	29.15	28.45	26.52	26.47	26.42	26.30	26.16	29.36	29.34	37.54	26.16