











## 3km Run Seasons Best

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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>
Bonorchis Kyle	16.44	14.07												14.07
Bootha Ben						25.41	18.56					17.36		17.36
Bootha Renier														13.55
Bootha Ronél	18.38	16.28	17.15	15.55	17.20	19.44	18.56		21.37	21.59	26.26			15.55
Bootha Rozelle	15.08													14.36
Booyesen Chante		22.08												22.08
Borueta Louis		16.24												16.24
Borueta Noah		14.04												14.04
Boshoff Janine										18.03				18.03
Boshoff Justin														14.49
Botes Ewoudt								20.10						20.10
Botha Christoff					20.53									20.53
Bothma Bets														17.01
Bothma Wilmarie														15.34
Botma Venessa								20.42						20.42
Boucher Danielle	28.09													28.09
Bouwer Martin														15.19
Bradly Norman			17.22	15.54										15.54
Brink Donovan									16.47	9.57				9.57

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Brink John										10.45	15.32			10.45
Brits Tiaan													15.17	15.17
Britz Tamsin			17.38											17.38
Bromley Claire									18.12					18.12
Brookes Tiaan	19.26												15.40	15.40
Browne Lucy	15.04													15.04
Browne Sandy	21.22													21.11
Browne Thomas	10.24	11.40	10.04											10.04
Brummer Morne	14.26	15.18	14.22											14.22
Brummer Nicole														19.49
Bruwer Yolande		22.17												22.17
Buckenham Arthur									14.04					14.04
Buitendag Bernard Jr														16.26
Buitendag Bernard Sr														16.26
Buitendag Mariska														14.45
Burger Anja											19.38			19.38
Burgers Lee														19.21
Burt Natasha														16.27
Burton Peter													23.25	23.25







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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>
Coetzee Philip	16.55	17.48	14.15	14.44					13.26					13.26
Coetzee Phyllis	23.43													23.43
Coetzee Ronel	22.05													22.05
Coetzee Wilmarie	25.13													25.13
Coetzer Marietha	18.38													18.38
Cooke Esme														20.30
Cooke Robert														12.08
Cooke Wayne														15.27
Coombe Barry														12.25
Coombe Clifford						17.34								17.34
Cooper Wilhelm	23.23					17.14	16.32	14.04						14.04
Corbett Meyer Sheraleen				24.34										24.34
Corneel John														15.42
Cornelissen Marlise									15.14					15.14
Crofford G														13.34
Cronje Juan														13.49
Cuffe Amy									24.13			27.5		24.13
Cuffe Elaine									18.16			27.5		18.16
Cupido Amy								18.00				20.38		17.54







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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>
de Wet Zulu														13.01
Denver Tony											18.20	17.58		17.58
Dods Justin			12.15											12.15
Driscoll Brian														19.05
Dry Erna	18.02				19.10									18.02
Dry John	15.59													15.59
du Plessis Anton	13.10													13.10
du Plessis Anzel		14.39		11.55		17.14								11.55
du Plessis Christo		12.58												12.58
du Plessis Dirkie			20.11											20.11
du Plessis Ena										16.50				16.50
du Plessis Geanus								17.51						17.51
du Plessis Jan	15.09													15.09
du Plessis Jeannie														18.04
du Plessis John	15.44	14.06	14.56	16.24		16.05	14.24							14.06
du Plessis Johnny				16.46										16.46
du Plessis Michael	12.35	12.28	12.00	11.45	12.17	12.03								11.45
du Plessis Michelle	13.55													13.55
du Plessis Monique									30.23					30.23



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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>
du Toit Miriam					23.30									23.30
du Toit Nicole	21.45													21.45
du Toit Rykie														17.34
Dunn Jenna									21.37					21.37
Eager Glynn										14.05	15.16	16.35	18.18	14.05
Eksteen Denecia											19.35			19.35
Elliette Michael						13.51								13.51
Ellis Garth												15.08		15.08
Ellis Tania								23.00						23.00
Eloff Letitia							28.28							28.28
Engelbrecht Kaila														13.39
Engelbrecht Martin								14.54	14.45	14.20				14.20
Engelbrecht Mika														15.37
Engelbrecht Nicole					20.16									20.16
Enslin Joanie														15.19
Enslin Lize	14.11													14.11
Erasmus Abel							21.29	23.17						21.29
Erasmus Louise	11.22	11.33	12.05	12.19	12.11	11.37	12.18	12.28	12.35	12.23	13.59	14.1	14.08	11.14
Erasmus Luke	10.14	12.21			11.08	10.52				12.19				10.14









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Gooding Carien	17.32		17.42	15.51	17.16									15.51
Gooding Dave														16.33
Gordon Sarah										12.16				12.16
Gouws (Sen) Danie											19.14	19.58		19.14
Gouws Anna-marie										17.33	19.36	19.54	21.04	17.33
Gouws Anne-Marie										17.26	19.14	19.15	22.03	17.26
Gouws Christopher						13.31								13.31
Gouws Emmie		20.25	24.16			21.59	20.50	21.50	24.00	25.30	42.00			20.25
Grace Cherie-Lyn														16.38
Grace Debbie														15.36
Grace Joni-Lee														14.59
Grant Alexander						11.13			12.03					11.13
Grant Genevieve														14.37
Grant Hanli				17.40										15.46
Grant Jean										25.39				25.39
Grant Kevin														16.00
Grant Matthew	13.31	15.03												13.31
Green Ken											20.58			20.58
Greene Rhian											20.58			20.58





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Hepburn-Brown Jenny														16.43
Hepburn-Brown Louise														18.00
Hepburn-Brown Robin														14.19
Hepburn-Brown Sandy							19.04	21.29	20.16					18.50
Herman Susan														23.45
Heroldt Greta	25.14							17.00						17.00
Heroldt Hannalie														19.46
Heroldt SJ	17.08													17.08
Heunis AD														16.55
Heunis Ronel														18.33
Hibberd Christine											18.50			14.27
Higgo Lauren														21.20
Higgo Robyn														20.42
Hill Frances												20.14		20.14
Hockey Debbie		19.52	20.07											19.52
Hockey Gordon		13.06	13.27			14.13				14.18				13.06
Hodgmann Christie						17.34								17.34
Hofmeyer Elma								18.07	17.50					17.50
Hofmeyer Francois												20.14		20.14





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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>
Hunt Lauren														13.40
Hunt Robert	13.47													13.47
Hunter Diane					23.00									23.00
Huysamen Jacques														19.27
Hvidsten Wendy							16.04							16.04
Jackson Chelsea Ann			20.01											20.01
Jackson Ken												17.02		17.02
Jackson Nicole														17.51
Jahni Nyasha													13.52	13.52
Jamani Lucas														15.42
Janse van Rensburg Cornel										19.25				19.25
Janse van Vuuren Cornel										21.00				21.00
Jansen Jason			15.23			20.36	20.57							15.23
Jansen Lizette										15.55	15.58	16.25	17.59	15.55
Jansen Nicky			15.54											15.54
Jansen van Vuuren Cara					20.25									20.25
Janson Anlo		21.29												21.29
Jass Winston											26.51			26.51
Jenkins Charlie	21.45								23.18		20.31	19.46	19.44	19.44







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Koster Sandy										33.33				33.33
Kotzé Chané								15.45	14.59	14.57		15.46		14.57
Kotze Chante	18.42					17.16								17.16
Kotzé Elsabé								18.22	20.22	19.43	22.16	20	21.42	18.22
Kotzé Heidi								16.09	15.42	15.28	17.53	19.08		15.28
Kotzé Johann								13.06	12.26	13.20	14.30	19.34		12.26
Kotzé Michael								13.01	13.25	12.35	13.45	13.26		12.35
Kotzé Michelle							16.51	17.26	16.03			18.03		16.03
Kotzé Milan									22.11					22.11
Kotzé Richard											15.36			15.36
Kotzé Snr Johann								15.28	15.00	14.37	16.31	15.19		14.37
Kotze Zandri	20.45				20.50	24.07								19.10
Kriegler Elizabeth														14.37
Kriel Kristie														12.23
Kroell Tina														19.06
Kruger André										14.50				14.50
Kruger Handré									15.19					15.19
Kruger Miranda	19.06													19.06
Kruger San Marié										20.23				20.23





















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Payne Richard														16.41
Payne Victoria														18.34
Payne Wesley														10.11
Pearson Glen		12.00												12.00
Pearson Tristan								13.58						13.58
Peens Cedric	13.37													13.37
Peiser Doug														20.56
Pelser Johan	14.24			12.24										12.24
Penver Tony										19.20				19.20
Pfister Lionel							18.26							14.42
Phipson Stuart				13.27										13.27
Pieterse Diana					20.23									20.23
Pieterse Emile														9.51
Pieterse Marco	18.30													18.30
Pieterse Marko				15.11										15.11
Pieterse Ruan	18.02													18.02
Pieterse Yolanda				18.31										18.31
Pietersen Elenzo														14.10
Pnematicatos Taryn										16.10				16.10



















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Steyn Markus														11.24
Stock Gareth			14.30											14.30
Strack Sascha											28.17			28.17
Strauss Elsari	16.33				16.27									16.27
Strauss Johan	16.16													16.16
Strauss Lismari	16.36													16.36
Strauss Rachelle	22.47													22.47
Streicher Jansen				14.50										14.50
Stuart Kate														16.28
Stuart Peter														16.28
Swanepoel Duhardt	15.00													15.00
Swanepoel Echnu	18.30													16.18
Swanepoel Rickus														18.09
Swanepoel Rosemary														16.01
Swartz Carlton														10.56
Sykes Bre									25.20					25.20
Taljaard Debbie								16.42	15.30	15.57				15.30
Taljaard Johan								22.58						22.58
Taljaard Juandr�								17.53		20.09				17.53





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Tiepelt Anya														18.12
Tredoux Deon	16.16		16.03											13.31
Tredoux Jacques														12.37
Troy Michael														21.00
Tshabeni Alfred	10.35		10.15	10.27						15.55	14.26			9.59
Turck Riaan	18.52													16.26
Turner Gavin									19.27	18.02	18.46			18.02
Tyers Claude														14.21
Vale MJ														16.25
Vallenduuk Willem							17.34							17.34
van Coller Nadia	18.36													18.08
van der Berg Lezan							18.24							18.24
van der Berg Rudolf							22.42							22.42
Van der Linde Gillory														19.40
van der Merwe André							15.53			16.34				15.53
van der Merwe Carina										16.44		18.1		16.16
Van der Merwe Charlize														18.44
Van der Merwe Jaco					16.32	17.24								16.32
van der Merwe Janine										18.42				18.42











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Visser Cayla														20.40
Visser Elsa						14.47								14.47
Visser Ruan														12.04
Visser Schalk								20.13	22.44	23.07	23.20			20.13
Visser Unke														20.40
Vlotman Christo								11.57	12.00	13.15				11.57
Vorster Carla										17.32				17.32
Vorster Connor			14.41	15.17	15.56				16.18					14.41
Vorster Leo			14.40	12.20	12.06	13.03	13.23	11.15	16.18					11.15
Vorster Loudi				12.22	16.04	13.23	15.00	13.02	12.31					12.22
Wagner Eva Maria			17.49											17.49
Walker Alison														17.54
Walker Alistair														15.50
Walker Jonathan														16.16
Wallace Carol										18.08			18.59	18.08
Wallace Peter										14.34			19.08	14.34
Wallace Yolandi										19.43				19.43
Ward Robyn														16.15
Warren Bertie								22.51						22.51





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BEST	9.55	11.16	10.04	10.27	11.08	10.19	9.09	11.15	9.21	9.57	11.18	11.52	11.02	8.34