

3km Walk Seasons Best

11 July 2022

Page 1 of 14

<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>
Adams Shelley														26.29
Adant Lauren		25.24						24.43						24.43
Adant Luke								24.43						24.43
Andersen Johann	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
Bain Craig													41.50	41.50
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

3km Walk Seasons Best

11 July 2022

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Benning Leo	19.00	20.26	21.11	21.48	22.23	22.47	22.45	26.25	27.14			29.20		17.29
Benning Marie														33.32
Beyers Karin														28.50
Beyleveldt Sophia				29.07										29.07
Beyleveldt Sophia Jr				29.07										29.07
Bishop Petro		26.20												26.20
Blom Martie								31.50	31.06	30.18				30.18
Bonorchis Caryn												27.50		22.29
Bootha Ben						23.32	25.10	25.36	24.18	23.42	26.07	26.44	27.30	23.32
Bootha Renier				23.58										23.58
Bootha Ronél	25.14		26.39	27.56		23.32	25.10	25.10	23.40	23.42	26.07	26.44	27.30	23.32
Botha Cecilia					27.04									27.04
Botma Venessa								28.43						28.43
Brand Denise		24.40												24.40
Brand Laura	25.12													25.12
Britz Sue								29.49						29.49
Browne Emma														25.29
Browne Keeley														25.29
Browne Michelle														25.29
Burger Emma											23.37			23.37
Burger Melanie											23.59			23.59
Burton Peter													28.12	28.12

3km Walk Seasons Best

11 July 2022

Page 3 of 14

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Burton Sylvia												28.20	27.51	27.51
Carstens Erns	32.23													32.23
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	25.28	23.55
Cumming Marion										25.40	26.08	26.45	27.27	25.40
Cupido Cathy											30.40	28.18		28.18

3km Walk Seasons Best

11 July 2022

Page 5 of 14

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du Toit Nicole	25.25													25.25
Dunn Jenna				23.58										23.58
Eager Glynn										32.42				32.42
Earle Danielle		27.09												27.09
Eccleston Louise													28.54	28.54
Ehrenberg Arlene	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		27.55	21.41
Erasmus Mariska													32.15	32.15
Estherhuysen Tilla														25.17
Ferreira Hymne														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
Gildenhuis Linda													30.56	30.56

3km Walk Seasons Best

11 July 2022

Page 6 of 14

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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
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 Marianne													27.30	27.30
Griffiths Michelle										30.46				30.46
Haluo Marie-Franci				33.30										33.30
Hamman Monica									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	25.35		23.37

3km Walk Seasons Best

11 July 2022

Page 10 of 14

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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
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
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
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

3km Walk Seasons Best

11 July 2022

Page 12 of 14

Athlete	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	PB
van Aswegen Nadene	34.13													34.13
van der Berg Amanda														26.29
van der Merwe André										32.40				32.40
van der Merwe Carina										26.11	32.37		29.07	26.11
van der Merwe Nicolene										27.37				27.37
van der Spuy Maretha														22.26
van der Spuy Tanya						26.25	31.10							26.25
van der Walt Emile													29.21	29.21
van der Walt Yolandi												29.43	29.19	29.19
van Emmenis Anneke											31.59			31.59
van Emmenis Wilna											31.59	31.58	27.50	27.50
van Niekerk Nadine						28.01								28.01
van Rooyen André														30.48
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	26.17													23.31
van Zyl Mark										31.50				31.50

3km Walk Seasons Best

11 July 2022

Page 13 of 14

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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	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
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	22.52						23.15	23.00						18.44
Warren Magda														31.20
Waters Hugh						23.32		24.00	25.53	26.18	28.59	32.26	31.25	23.32
Wessel Ronnie										31.50				31.50

3km Walk Seasons Best

11 July 2022

Page 14 of 14

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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	19.00	20.25	18.06	19.15	19.27	21.59	21.24	21.02	20.24	20.38	23.11	24.20	25.28	17.29