









<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>
Boshoff Janine										30.34				30.34
Boshoff Pierre										30.34				30.34
Botes Dennis Stephen Fry								39.59						39.59
Botha Christoff					21.23									21.23
Botha Dewald					23.58									23.58
Botha Lane					26.48									26.48
Botha Letitia										28.02				28.02
Botha PA					23.08									21.16
Botha Susanna														30.37
Bothma Anneke														31.59
Bothma Bets														28.20
Bothma Hennie														31.24
Bothma Lambert														23.18
Bothma Wilmarie														30.18
Boucher Lindi	26.03													26.03
Bowden Steward		19.39												19.39
Bradly Norman				32.28										32.28
Bredenkamp Elaine										41.41				41.41
Brentley Cindy									28.54					28.54
Brewis Bernie														24.16
Briers Francois									24.41					24.41
Briers Jack									28.43					28.43





# 5km Run Seasons Best

18 July 2022

<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 Isaac	26.00													26.00
Coetzee Marius														22.51
Coetzee Nadene					29.17									29.17
Coetzee Olivia				29.11										29.11
Coetzer Johan							23.10	31.00						23.10
Coetzer Marietha	31.20													31.20
Collier Andrew														22.31
Connacher Alice											33.08			33.08
Connor Leo				25.44										25.44
Coombe Barry														20.05
Coombe Clifford														24.04
Cooper Wilhelm	22.11		22.40	21.52	22.43	22.50	22.20	21.51	21.55	21.32	23.10	22.00	24.30	21.32
Corbett Meyer Sheraleen					32.05	33.11								32.05
Cornal Matthew				25.22										25.22
Corusoling Scott			25.41											25.41
Cramer Anneliese			30.46											30.46
Croeser Jacqui			26.09											26.09
Cronje Annelle										28.36				28.36
Cronje Lionel														18.03
Cronje Nicolette	26.03		27.38											26.03
Crowsley Pam								26.47						26.47
Cuffe Amy											32.05			32.05







<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 Plessis Wynand														23.20
du Plooy Danie														24.31
du Plooy Rudolf	31.48													22.44
du Preez Josef					29.57	27.36	27.52	29.37	31.44	31.36	36.27	38.00	41.44	27.36
du Toit Charl										23.44				23.44
du Toit Elmari										27.23				27.23
Du Toit Ergee														16.36
du Toit Gerrit														29.10
du Toit Japie														18.08
du Toit Marie														29.55
du Toit Rykie	32.49													32.49
du Toit Stephan			19.34	19.41										18.36
Du Toit Stiffy	25.00	26.14	24.18	24.43	27.21									22.33
Dube Leon											19.52			19.52
Dunn Jenna									37.10					37.10
Dunsdon R														26.43
Duntsula Ewise				27.17										27.17
Duntsula Siyamcela			21.58											21.58
Dupisani Kobus										30.40				30.40
Durkin Robert												27.48		27.48
Duwara Duncan		24.20												24.20
Eager Glynn										24.07	26.18	26.48	31.34	24.07



<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>
Fivaz Marlia												29.04	29.11	29.04
Fivaz Nicky				25.39										25.39
Fleischauer Butch														26.33
Flemming Jan		25.26												25.26
Ford Angelo										25.07				25.07
Foringo Joseph														24.06
Fouche Kaila		18.58												18.58
Foulds Kirk	24.59													24.59
Fourie Gerry						35.07								35.07
Fourie Herman														22.10
Fourie Josef					31.13									31.13
Fourie Kaila	32.49													32.49
Franck Jacques			23.25											23.25
Frick Charl														29.00
Frost Nicolas			18.43				19.17							18.43
Fukula Amos														19.58
Fyfer Arina			24.31	25.32										24.31
Fynn Mick							33.58							33.58
Geiger Jacob				23.11										23.11
Geiger Keri				26.34	25.53									25.53
Geldenhuis Jan	22.38	24.22	29.10	27.41					25.57					22.38
Geldenhuis Larissa													29.31	29.31

<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>
Geldenhuis Linda	29.38													29.38
Geldenhuis Lisle				24.59	26.32			30.37						24.59
Georgala Mike											25.56	26.59		23.21
Giater Stephan				19.20										19.20
Gibson Elaine														21.54
Gilchrist Sarah Jane														23.22
Gildenhuis Bianca					30.28	29.20								29.20
Gildenhuis Jan	21.46	22.53	25.52	23.01	23.58	23.03	24.36	24.19	25.53	24.55	29.38	26.06	28.53	21.46
Gildenhuis Janelle						26.52								26.52
Gildenhuis Linda		28.52	26.57		30.28	29.13								26.57
Gillion Frank	20.20	19.20	18.45	19.26	19.51	18.22	21.24	21.40	21.12	21.15	22.13	21.45	22.34	18.22
Godana Ingallathi									21.13	20.37	25.54			20.37
Godfrey Nathan	24.19													24.19
Godfrey Tim	24.19	23.04												23.04
Gooding Carien	30.13			27.29										27.29
Gooding Dave														28.12
Gordon Sarah	24.25					23.18	22.52	24.04	22.46	21.35				21.35
Gouws (jnr) Danie										20.53	21.57	21.51	21.09	20.53
Gouws (Sen) Danie										24.46	25.46	27.09	25.51	24.46
Gouws Anna-Marie											32.26			32.26
Gouws Anne-Marie											31.23		37.45	31.23
Gouws Emmie		31.50	38.29		37.00	38.20	36.28	41.00	41.50	31.58	33.02	50.31		31.50



<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>
Grobler Gerda														31.34
Groenewald Dewald					27.47									27.47
Groenwald David														26.34
Groenwald Jannie														34.00
Groenwald Melissa														39.13
Gwena Lenox										21.15				21.15
Haigh Duncan														24.50
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														25.19
Hanna David											28.47			25.44
Hanna Les	26.15	24.09	24.07	24.14	24.07	23.48	25.17	25.23	25.26	26.17	25.32	27.61	27.56	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



<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>
Hilder Graham														21.25
Hockey Gordon						23.59								23.59
Hodson Sam					27.52									27.52
Hofmeyer Elma							35.30	33.28						33.28
Hofmeyer Francois										29.44				19.51
Holland Dylan														18.50
Holloway Elizabeth			25.15											25.15
Holme Mark												26.44	26.00	26.00
Horne Hanlie														27.01
Horne Jacques														27.01
Hudson Kendra	28.58													28.58
Hugo Anneline	25.34	24.57	29.38	23.47		28.25	23.47	24.10	24.04					22.30
Hugo Francois										24.09				24.09
Hugo Johan	21.36	21.00	24.05	21.18	20.48	24.37	22.43	21.18	22.23					20.48
Hugo Pierre														27.02
Hugo Riel														22.17
Hugo Robin		25.09												25.09
Hull Hettie					28.10									28.10
Human Estelle														25.03
Human Frieda														26.48
Human Hein	23.12													21.45
Human Kian										28.51	28.07			28.07



<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>
Jenkins Charlie				20.18		20.07	25.19					23.18	24.25	20.07
Johnson Craig														19.36
Johnson Tamsin					30.01			30.37						30.01
Johnston Christine									29.57		31.00		36.04	29.57
Johnston David							21.59	25.02	23.22	25.18	22.39	23.33	25.42	21.59
Johnston Shaun									24.49	28.51				24.49
Jones Alex														27.52
Jooste Michael														24.08
Jordaan David										25.46		26.33		25.46
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
Kelly Darren									29.52					29.52

<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>
Kelly Lynn														26.48
Kelly Martin														22.17
Kemp Corne														33.04
Kemp Dian														33.04
Kemp Linda		31.57												31.57
Kemp Linette		31.57												31.57
Kemp Lulu				27.51										26.47
Kemp Marli														26.03
Kennedy Lizzy							31.00	29.56	31.03	36.02				29.56
Kennedy Nick							28.57	26.02	24.55	26.12	26.40			24.55
Kenyon Keith			32.08											32.08
Khosa Isaac														21.12
Khunyana Michael	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	47.56							24.36						24.36
Kleynhans Jeanie								29.42						29.42
Kleynhans Neil			31.10					25.04						25.04

<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>
Kloppers George							23.00							23.00
Kloppers Lourie										27.25				27.25
Kloppers Riaan														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
Koekemoer Johan									27.09	32.18				27.09
Koekemoer Jolene	24.46													24.46
Koekemoer Marisa		33.15												33.15
Koen Gert														33.04
Koen Kirsten												26.13		26.13
Koetzer Denise														30.49
Kohn Wilfred											27.20	26.13	28.49	26.13
Kompelo Sydney														19.55
Kotzé André										22.02				22.02
Kotzé Chané							24.34		27.05					24.34
Kotzé Elsabé								35.44	33.53	32.00	35.10	34.21	34.59	32.00
Kotzé Heidi							30.04	30.04	28.17	27.42	29.39			27.42
Kotzé Johann							22.05	21.58	22.12	21.45	22.35		28.02	21.45

<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>
Kotzé Michael							23.38	24.13	24.46	22.24	25.40	24.05		22.24
Kotzé Michelle							24.34	28.41						24.34
Kotzé Milan													34.59	34.59
Kotzé Snr Johann								29.42	27.57	25.23	25.17	26.35	26.43	25.17
Krause Cornie			27.11											27.11
Krenmayr Ulrick														23.10
Kriel Hendrik														22.51
Krige Fanie														24.50
Kruger Carmen									30.41					30.41
Kruger Johan	24.14													24.14
Kruger Louis														17.15
Kruger Riana														32.31
Kruger WL				18.23										18.23
Krugh Miranda	39.57													39.57
Krynauw Dewald										22.57				22.57
Kumbaca Darren											18.26	17.37	19.16	17.37
Kuschke Carel								25.15						25.15
Kymbca Tyron												19.17		19.17
Lager Glynn										27.43				27.43
Laing Alida														34.46
Lalean Jan														29.10
Lalu Norman													25.11	25.11



<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>
Linganiso Ntando									20.51					20.51
Lishman Duncan											24.50			24.50
Loedolff Willie														22.25
Lombard Tanya														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	25.18	22.26	22.51	26.56	23.29	24.07	26.47	23.33	25.08		25.08	27.52	26.26	22.03
Louw Hein													30.16	30.16
Louw Henk											22.55	23.29	23.17	22.55
Louw Inge		33.15												33.15
Louw Nicholas									19.52					19.52
Lovender Bronn									30.14					30.14
Lucas Jimmy														28.45
Luck Vic											25.50			25.50
Ludick Coby														24.22
Luyt Nerine														25.02
Luyt Shaun	22.31				26.25									22.31
Machado Rina												35.58	33.25	33.25
Mafentile Emeth									25.04	23.05		20.01	18.55	18.55





<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>
Merand Janis														25.53
Messina Daniella											27.52			27.52
Meyer Cuyler														21.41
Meyer Denise									30.43					30.43
Meyer Jeanne									22.46					22.46
Meyer Tina-Marie		22.13												22.13
Meyer Walter	24.45		25.45	27.29		27.41	30.52	29.28			30.17			24.26
Mgandela Nombulelo														28.44
Mgaraduzza Olwethu				21.49										21.49
Mhlonyane Bulelani	17.44			19.17			20.05	17.02	19.44	19.57	19.23	19.52		17.02
Michley R														22.02
Middleton Kevin			19.23	19.25	19.48	21.37	21.28					21.40	22.22	19.23
Mills Linete											26.52			26.52
Milne Mikki	21.28	23.05	22.52	22.27	22.10	23.23	23.47	24.52	25.36	26.09	25.12	25.45	28.02	21.05
Milne Willem						27.06								27.06
Minikwa Siva				20.36										20.36
Mitchell Chris											27.50			27.50
Mitchell Malcolm														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			23.05	21.36





<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>
Nkoyi Trevor								19.39						19.39
Nofoty Brine	21.12	20.20												16.35
Nomqane Lindy										33.18				33.18
Nortje Anke							30.06							30.06
Nortje Christa														27.02
Nortje Johan														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														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
Olivier Brummer														21.42
Olivier Chantelle										30.52				30.52
Olivier Daniel						21.18								21.18
Olivier Petré				31.41	31.37	30.17								30.17
Oosthuizen (Jnr) Gerrit									25.55	20.41	23.27	21.04	20.24	20.24



<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>
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	24.03	23.53			24.36				28.28					23.53
Peens Ingrid	22.27													22.27
Peiser Doug														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												30.31		22.05
Pfister Lionel	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
Pieterse Emile					17.11									17.11
Pieterse Karin														27.25
Pinkerton Christian								32.10						32.10
Pnematicatos Taryn										29.33				29.33













<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>
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
Tellis Jocelyn									29.01					29.01
Terblanche Rian														25.03
Thabo Sentle				23.31										23.31
Thain Bradley	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
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









# 5km Run Seasons Best

18 July 2022

<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>
van Weele Gerard		19.35												19.35
van Weele Katia									28.41					28.41
van Weele Roelof	22.59	23.05	24.02	24.11	24.10	24.12	24.36	24.53	26.08	27.33	30.07	30.25	30.08	21.49
van Wyk Charlotte														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
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
Venter Ewan			22.45	21.23	21.22	20.45	21.06	21.47	22.25					20.45
Venter Janette													26.48	26.48





<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>
Wakfer Glen														26.05
Waldeck Michael														19.19
Walker Jonathan														28.28
Walker Leanne								30.12						30.12
Walker Nicky								30.12						27.39
Wallace Peter												25.54		25.54
Walton Don														31.45
Walton Julie						29.53								29.53
Ward Robyn														30.22
Waters Hugh	24.39	26.30	26.22	27.17	27.03	28.22	28.11	33.27				37.34	37.57	23.31
Webb Christine									24.48					24.48
Wheeler Charles	25.10											24.31		20.11
Wheeler Christopher														18.29
Wheeler Norma	26.43		26.27	27.04	28.11	27.21	28.50	28.42	29.56		31.37			24.33
Whitaker Emma														25.57
White Michelle														23.00
Whitelaw Tracey														36.25
Wiese Anel														27.47
Wiese Dirk			26.58											23.02
Wilkinson Kyle					27.38									27.38
Willem Pieter							24.26							24.26
Willmore Roly								27.36	27.05	27.25	27.26	28.33		27.05

# 5km Run Seasons Best

18 July 2022

<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>
Wills Caroline														22.10
Wills Dominic														18.17
Winterton Claire							27.00							27.00
Wium Vion										29.22				29.22
Woods Isla														30.47
Wright Darren												26.06	25.43	25.43
Wright Dave					20.48	28.51				27.15			31.02	20.48
Yalezo Eunice														23.09
Yalezo Vuyo														19.28
Zeelie Judy												28.50		28.50
Zeineddine Liela									26.05	26.59				26.05
Zukisani Mafithi												18.40		18.40
BEST	17.20	17.08	17.08	17.36	17.11	16.35	16.20	16.24	16.15	16.12	18.26	17.37	18.55	16.12