

8km Run Seasons Best

11 July 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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Motabogi Whitey														30.34
Mthembu Eric														28.41
Muller Pieter														35.58
Musson Guy														34.12
Mwande Siphine														32.42
Ndabakayise Eric									29.43					29.43
Nel Annarie	47.11	49.24		47.46										45.46
Nel Bernard	36.57	39.26					37.26	36.23						36.23
Nel Charel														41.02
Nel Danie							36.00							36.00
Nel Daniël											37.08	46.27		37.08
Nel Gerhard									35.26					31.16
Nel Nadia														32.13
Nell Travis							38.13							38.13
Nettleton Travers														41.28
Niemand Mark														33.25
Nienaber Suané												37.00		37.00
Nlubukayse Eric								28.58						28.58
Nofotyo Brine														26.43
Nowers Raymond						36.38	37.25			39.55				36.38
Nowers Roy				33.37										33.37
Ntoyakle Oscar														28.05
Olivier Brummer														36.38
Olivier Petré					54.38									54.38
Oosthuizen (Jnr) Gerrit										43.56	39.52		39.12	39.12

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Walker Nicky														46.42
Waters Hugh	41.52	47.50	48.10		47.39	47.09								37.51
Wheeler Charles			33.49											33.49
Wheeler Christopher					30.13	30.13								30.13
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	30.50	26.16