

<u>Athlete</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>2023</u>	<u>2024</u>	<u>PB</u>
Bennett Zach						31.23								31.23
Benning Leo	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
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	26.42	28.29	23.32
Bootha Renier		23.58												23.58
Bootha Ronél	26.39	27.56		23.32	25.10	25.10	23.40	23.42	26.07	26.44	27.30	25.44	28.29	23.32
Botha Cecilia			27.04											27.04
Botma Venessa						28.43								28.43
Brand Denise														24.40
Brand Laura														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

<u>Athlete</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>2023</u>	<u>2024</u>	<u>PB</u>
Burton Peter											28.12	26.57		26.57
Burton Sylvia									28.20	27.51				27.51
Carstens Erns														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		29.59		29.59
Clark Sarah										29.46				29.46
Clark Suzanne									35.26					35.26
Clark Wendy									30.12	30.22				30.12
Coates Liz														30.17
Coetzee Adele												26.57		26.57
Coetzee Adri														29.08
Coetzee André												26.57		26.57
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	32.17			29.32

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<u>Athlete</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>2023</u>	<u>2024</u>	<u>PB</u>
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										27.50		25.34		23.15
Hardie Viona												33.53		33.53
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	24.21			23.37
Holtzkamp Jo														26.29
Hugo Anneline														26.17
Hugo Johan				23.00			27.17							23.00
Hull Hettie	26.15	27.39	25.00					30.58				39.25		25.00
Hull Hetty		27.37												27.37
Hunter Diane				25.26		26.57	25.43	26.50	30.23	33.25	32.20			25.26
Ingles Fiona										27.59				27.59
Jackson Val									29.30	27.46				27.46
Jass Winston								32.42						32.42
Jenkins Heather												26.07		26.07
Johnson Danie										32.28				32.28

<u>Athlete</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>2023</u>	<u>2024</u>	<u>PB</u>
Le Grange Marna														32.23
Liebenberg Rigard						28.42								28.42
Loedolff Willie	24.22	23.40	24.27	25.46	25.53	26.41	26.35	28.35	33.32	38.03				20.48
Louw Barney	30.55			22.20										22.20
Louw Inge	30.55	28.26												26.50
Louw Natalie												29.45		29.45
Malan Daphne							25.43							25.43
Marais Beverley		29.39												29.39
Mason Kerry														37.07
Mason Marisa														31.59
Mathewson Julie-Anne	24.16													24.16
McArthur Megan														27.45
McCormick Yvette			28.30											28.30
McDonald Suzanne														25.28
McFarlane Myrna														22.50
Mchendrie Marianne											24.15			24.15
McPhun Nichola													29.44	29.44
Meyer Arlene						28.39								28.39
Meyer Berry												21.37		21.37
Mienies Jennifer					27.20									27.20
Mills Deborah											28.54	29.45		28.54
Mills Enoch												36.34		36.34

Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	PB
Turner Cynthia														24.04
Turner Gavin														26.05
Uys Christelle									31.53					31.53
Uys Estelle				23.27										23.27
van Aswegen Nadene														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	27.59		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			29.26	31.24	29.26
van Emmenis Wilna									31.59	31.58	27.50	28.00	31.24	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
van Weele Saskia							30.50							30.50
van Wyk (J) Leonard									29.50					29.50
van Wyk Alexa									30.06					30.06

<u>Athlete</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>2023</u>	<u>2024</u>	<u>PB</u>
von Wielligh Gitte											19.37			19.37
von Wielligh Tania											24.55			24.55
Walker Alistair														20.40
Wallace Aloma								27.41						27.41
Wallace Yolandi								27.35						27.35
Walsh Gill Renee											32.07	29.40		29.40
Walton Don														22.11
Warren Bertie					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	33.03		23.32
Weeder Kim											31.13			31.13
Wessel Ronnie								31.50						31.50
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
Wright Megan												26.03		26.03
Wright Rebecca												26.03		26.03
Wurbach Michael					30.25									30.25
Zeegers Marion									24.18					24.18
BEST	18.06	19.15	19.27	21.59	21.24	21.02	20.24	20.38	23.11	24.20	19.37	21.37	26.36	17.29