

<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>
Beyleveldt Stiaan														15.30
Beyleveldt(snr) Stiaan														20.16
Bierman Coenie														19.52
Bierman Jana														15.51
Bishop Kim														17.39
Bishop Riana														16.37
Bless Patrick														14.09
Blignaut Jeanine														27.20
Blignaut Michael														24.05
Blignaut Mikayla														15.32
Blom Josua			14.03	14.28	15.21	13.59	13.35	13.28	14.52	15.21	16.20	17.42		13.28
Blom Kayla						23.50								23.50
Blom Michelle			13.54	13.04	14.08	13.46	15.02	13.59						13.04
Boer Nashua											20.28			20.28
Boesak Edward														12.45
Boesak Michael														11.37
Bonjesi Blessing										20.57				20.57
Bonjesi Jimmy							9.21	15.44						9.21
Bonorchis Caryn								21.36						16.12

<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>
Coetzee Nicolene							22.12	22.03						22.03
Coetzee Olivia	15.51													15.51
Coetzee Philip	14.15	14.44					13.26							13.26
Coetzee Phyllis														23.43
Coetzee Ronel														22.05
Coetzee Wilmarie														25.13
Coetzer Marietha														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				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
Croft Charlie											17.55			17.55
Croft Sophie											16.46			16.46

Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	PB
de Bruyn Kyle														15.37
de Bruyn Nikita			16.59											16.59
de Bruyn Robin				20.19										20.19
de Bruyn Taylor														19.38
de Buys Koji														22.02
de Clercq Carl														18.58
De Does Abby														16.52
de Jongh Jonel		20.18												20.18
de Klerk Jolene		22.33												22.33
de Klerk Madelaine														16.30
de Kock Anja														18.04
de Kock Echard					16.05									16.05
de Kock Johan														12.27
de Kock Jonené									18.53	21.05				18.53
de Kock Marina						16.56	16.48							16.48
de Kock Michelle														16.49
de Kock Monica							16.23							16.23
de Kock Morné							16.50							16.50
de Kock Nina								14.57						14.57

<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>
Enslin Joanie														15.19
Enslin Lize														14.11
Erasmus Abel					21.29	23.17								21.29
Erasmus Louise	12.05	12.19	12.11	11.37	12.18	12.28	12.35	12.23	13.59	14.1	14.08	14.54	15.17	11.14
Erasmus Luke			11.08	10.52				12.19						10.14
Erasmus Mariska												22.35		22.35
Esbach Lumile	17.24													11.34
Esterhuyse Arika		16.32												16.32
Estherhuysen Frances														16.26
Everts Rowan														12.17
Fell Lawrence														10.58
Fenn Theresa							20.18	16.34	19.45					16.34
Ferreira Hymne														14.48
Ferreira Mieke														16.30
Fick Jean-Louis														15.39
Fick K														17.27
Filander Bronwyn											26.17			26.17
Fisher Iola					18.36									18.36
Forster Carla								17.37						17.37

<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>
Kloppers Rouzelle														24.29
Knight Emilia		16.01												16.01
Knight Scott									16.18					16.18
Knoetze Anri														18.46
Knuse Siyabulela		10.53												10.53
Koegelenberg Ane														15.33
Koegelenberg Francien														17.30
Koegelenberg Lindi														18.33
Koekemoer Ernst	17.05													12.51
Koekemoer Jan														15.57
Koekemoer Johan								16.26						16.26
Koen Louis														16.50
Kohn Wilfred										20.01	18.36	17.33		17.33
Kompelo Sydney														14.39
Koster Sandy								33.33						33.33
Kotzé Chané						15.45	14.59	14.57		15.46		16.58		14.57
Kotze Chante				17.16										17.16
Kotzé Elsabé						18.22	20.22	19.43	22.16	20	20.03	20.24	22.18	18.22
Kotzé Heidi						16.09	15.42	15.28	17.53	19.08		17.22		15.28

<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>
Kotzé Johann						13.06	12.26	13.20	14.30	19.34	13.30			12.26
Kotzé Michael						13.01	13.25	12.35	13.45	13.26		14.40		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	23.34			14.37
Kotze Zandri			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
Kruger San Marié								20.23						20.23
Kuhn Wilfred											19.55			19.55
Laing Alida														21.21
Lallapersad Norman												15.40		15.40
Lambert Juanita												26.01	29.12	26.01
Lamminga Dennis								15.44						15.44

Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	PB
Louw Bjorn	22.00													22.00
Louw Hein													19.13	19.13
Louw Henk								11.10						11.10
Louw Lyndle														18.30
Louw Marlene									19.01					19.01
Louw Nicholas							21.37							21.37
Louw Simeon	22.00													16.55
Loxton Eden														17.43
Ludeke Henning								20.43						20.43
Ludick Blake	14.22													14.22
Ludick Coby	12.12							12.31						12.12
Ludick James	18.41							14.51						14.51
Luyt Alexander														12.14
Luyt Kyle														16.00
Luyt Shaun														16.00
Machado Rina												27.59	22.42	22.42
Macingwana Lwando														13.41
Magalika Sentle	15.06	14.26												14.26
Malan Charles		14.48	13.01	12.52	11.33	11.28	11.47	11.44			13.05	12.33		11.28

<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>
Opperman Philip														16.36
Opton Sue								18.47						18.47
Padley Norman	16.35													16.35
Page Grace			18.53											18.53
Paine Jenna											21.14			21.14
Palmer Louise										15.05				15.05
Panagoulas Anna			19.12											19.12
Panaretou Amy			17.41											17.41
Paterson Jane				20.26										20.26
Payne Nicki														15.55
Payne Richard														16.41
Payne Victoria														18.34
Payne Wesley														10.11
Pearson Glen														12.00
Pearson Tristan						13.58								13.58
Peens Cedric														13.37
Peiser Doug														20.56
Pelser Johan		12.24												12.24
Penver Tony								19.20				19.12		19.12

<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>
Prezens Aldrick														14.50
Privett Emma							19.55	15.57		16.48				15.57
Privett Matthew							13.45		11.18		10.34	11.28		10.34
Privett Michelle							21.27	19.28	21.58	22.59	21.10	22.47	20.00	19.28
Privett Sean										19.03	15.05			15.05
Propu Georgia		15.58												15.58
Punt Gilbert		12.15												10.41
Punt Hendrie														9.55
Punt Wilma														21.02
Qongqotha Asemahle		17.57												17.57
Ras Dean				20.54										20.54
Ras Tiernan			18.14	17.44										17.44
Rattle Ben										15.37				15.37
Rattle Di										24.19				24.19
Rattle Ruby										17.43				17.43
Rauch Anja														14.32
Rauch Lee-Ann														17.52
Rauch Nicholas														17.21
Rautenbach Jodi								16.57						16.57

<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>
Raynard Herold														13.04
Redelinghuys Johan							22.22							22.22
Redelinghuys Marianne							22.22	22.26						22.22
Redelinghuys Nicola								22.26						22.26
Reinke Ame														15.06
Reynard Herold														13.33
Reynecke Amanda														18.32
Reyneke Amanda														18.24
Reyneke Karen														16.20
Rhooide Tenile														21.22
Ricci Frederico														15.22
Richter Marianne					20.30									20.30
Riley Caleb						14.40								14.40
Riley Liam						14.38								14.38
Roberts Michael														14.18
Robey Andrew														13.47
Robey James														13.30
Robey Mark														13.35
Robey Michael								13.38		11.52	11.45			11.45

<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>
Sharp Richard					19.15	19.29	19.41							19.15
Shaw Clinton								18.50						18.50
Shaw Sandy														16.20
Sibonda Phumele														13.29
Siebrits Christa				18.30	19.02									18.30
Siebrits Johan														16.22
Sihle Mahela	18.59													18.59
Silere Chris								16.06						16.06
Sinclair Catea		14.24				16.05								14.24
Sinclair Catea Lizabet			14.58											14.58
Sinclair John-David		14.03												14.03
Sinclair Ken														20.56
Single Dylan	12.35	15.12												12.35
Skein Ettienne														16.18
Skein Klara														19.12
Skein Liezl														20.23
Skein Willem														17.52
Sleigh James						14.27	12.12		14.41			18.32		12.12
Sleigh Sharon						16.20	15.17				15.34			15.17

<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>
Smal Eugen														12.51
Smallbones Elsa														27.20
Smallbones James														13.08
Smedmor Tristan											19.45			19.45
Smit Jean		16.59												12.16
Smit Tanya					23.29									23.29
Smith Andrew										14.35		14.13		14.13
Smith Anri												19.20		19.20
Smith Carol														16.34
Smith Justin														14.04
Smith Mathew		16.38												16.38
Smith Shaun														13.42
Smith Taylor														14.24
Smuts Bila														21.11
Smuts Hannes														21.11
Smuts Miko		13.26												13.26
Snyman Tessa									18.55	19.52	19.38	22.09		18.55
Spratt Phillippa						17.31								17.31
Stabler Jessica								20.52						20.52

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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>
Theobald Glenda	19.27	17.26		18.27	16.19	16.13	16.38	17.03	17.53			23.09		16.13
Theobald John	19.27	16.27	16.29	15.44	15.54	15.59	16.15	17.06	18.30			23.00		15.44
Theron Andriette														17.27
Theron Brendon														16.05
Theron Eddie														15.19
Theron Isak														15.08
Theunissen Stephan														13.58
Thom Arina														15.43
Thom Geoff														15.56
Thom Tamsin										23.19	19.20			19.20
Thomas Austin														18.04
Thomas Sue														17.16
Thorburn Nicolas			18.27											18.27
Tiefenthaler Tanya					22.54									22.54
Tiepelt Anya														18.12
Tredoux Deon	16.03													13.31
Tredoux Jacques														12.37
Troy Michael														21.00
Tshabeni Alfred	10.15	10.27						15.55	14.26					9.59

<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>
van Wyk Charlotte														16.35
van Zeeberg Levine									15.44					15.44
van Zyl Anna								17.25						17.25
van Zyl Anna-marie								22.52						22.52
van Zyl Emma			18.27											18.27
van Zyl F														23.27
van Zyl Johan														16.29
van Zyl Ronelle														18.12
van Zyl Sam			19.00											19.00
van Zyl Theresa								21.04	20.02					20.02
Vaughan Melany		15.15												15.15
Venter Amay					16.26									16.26
Venter Elsa			17.59	15.39	14.42	17.03	15.47	18.50						14.42
Venter Ewan			17.04	12.52	14.41	13.27	12.36							12.36
Venter Jaco														11.48
Venter Johne														21.05
Venter Kyla			19.10	17.16		17.00	16.34	18.50						16.34
Venter Tian						15.02	15.03	14.16						14.16
Venter Vasti										17.04				17.04

<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>
Visagie Elana														20.16
Visagie Max														13.14
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			13.06			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			18.46	19.19		18.08
Wallace Peter								14.34			19.08			14.34
Wallace Yolandi								19.43						19.43

<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>
Zeelie Nina										30.27				30.27
Zweni Nomvuyo														20.58
BEST	10.04	10.27	11.08	10.19	9.09	11.15	9.21	9.57	11.18	11.52	10.34	11.21	13.54	8.34