

5km Run Seasons Best

28 February 2024

Athlete	2012	2013	2014	2015	2016	2018	2019	2020	2021	2022	2023	2024	2017B
Booh Rochelle					29.26								29.26
Bootha Ben											28.13		28.13
Bootha Renier						23.25							23.25
Bootha Romano	24.59												24.59
Bootha Ronél	27.46	28.01	29.20								28.13		27.24
Bootha Rozelle				26.21									26.21
Bornman Alanda													27.10
Bornmann Ulrich									25.59				25.59
Boshoff Adriaan				22.53									22.53
Boshoff Hananja		32.42	28.21										28.21
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 Elzet											29.42		29.42

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Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2017B
Bothma Hennie														31.24
Bothma Lambert														23.18
Bothma Wilmarie														30.18
Boucher Lindi														26.03
Bowden Steward														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
Brink Arend	20.58													20.58
Brink Donovan							22.43	18.24						18.24
Britz Gary					23.20									23.20
Bro Christine														24.29
Browne Emily		23.33												23.33
Browne Emma		23.29	22.52	24.32										22.52
Browne Erlo		19.50												19.50
Browne Jeremy	20.12	20.45	20.57	21.15	22.18		22.33	21.37						20.04
Browne Lauren		26.06												26.06
Browne Mat														19.02
Browne Thomas	18.28	18.43	18.12	18.08	16.44		17.34	17.38						16.44

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
Cassell Irene													32.00
Chakuchichi Musa	18.15												18.15
Chapman Craig					28.56								28.56
Chetty Nicolus							37.05						37.05
Chislett Nick													18.42
Cilliers Heleen							41.41						41.41
Claassen Tamaryn									25.50	39.11	35.03		25.50
Clarke Kevin						31.31							31.31
Clegg William					31.53								31.53
Cloete Anneline													28.54
Cloete George													24.45
Coetzee André											26.52	27.56	26.52
Coetzee Isaac													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
Collier Andrew													22.31
Connacher Alice								33.08					33.08
Connor Leo		25.44											25.44
Conradie Carl Heinz											36.49		36.49

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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>2017B</u>
du Plessis Shagna												33.43		33.43
du Plessis Shayna												35.33		35.33
Du Plessis Wynand														23.20
du Plooy Danie														24.31
du Plooy Rudolf														22.44
du Preez Josef			29.57	27.36	27.52	29.37	31.44	31.36	36.27	38.00	33.10	42.00		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
du Toit Stephan	19.34	19.41												18.36
Du Toit Stiffy	24.18	24.43	27.21											22.33
Du Valle Louise												34.44		34.44
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

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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>2017B</u>
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
Gani Kyle												26.07		26.07
Geiger Jacob		23.11												23.11
Geiger Keri		26.34	25.53											25.53
Geldenhuis Jan	29.10	27.41					25.57							22.38
Geldenhuis Larissa											29.31			29.31
Geldenhuis Linda														29.38
Geldenhuis Lisle		24.59	26.32			30.37								24.59
Georgala Mike									25.56	26.59		28.15		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	25.52	23.01	23.58	23.03	24.36	24.19	25.53	24.55	29.38	26.06	28.33	25.45		21.46
Gildenhuis Janelle				26.52										26.52
Gildenhuis Janika												26.50		26.50
Gildenhuis Linda	26.57		30.28	29.13										26.57
Gillion Frank	18.45	19.26	19.51	18.22	21.24	21.40	21.12	21.15	22.13	21.45	22.34	23.26		18.22

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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>2017B</u>
Grant Kevin														22.39
Grant Matthew														20.40
Gray Gary														22.57
Gray Shelley														28.49
Green Ken								25.40	26.00					25.40
Greene Axton		23.29												23.29
Grewar Marlene														23.22
Griffiths Gareth							38.37	24.47	24.38	24.41	24.40	32.20		24.38
Griffiths Gerry							24.01							24.01
Griffiths Marianne							28.37	24.54	29.15	31.52	31.02	32.20		24.54
Grobbelaar Deidre														30.38
Grobler Gerda														31.34
Groenewald Dewald			27.47											27.47
Groenewald Wessel											29.00			29.00
Groenwald David														26.34
Groenwald Jannie														34.00
Groenwald Melissa														39.13
Gunther Megan												30.00		30.00
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

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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>2017B</u>
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						31.24		18.23
Kavanagh Ross						27.31	29.13							27.31
Kavanagh Shelley												31.24		31.24
Keam John														24.25
Kelly Darren							29.52							29.52
Kelly Lynn														26.48
Kelly Martin														22.17
Kemp Corne														33.04
Kemp Dian														33.04
Kemp Linda														31.57
Kemp Linette														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												20.11		18.02

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Athlete	2012	2013	2014	2015	2016	2018	2019	2020	2021	2022	2023	2024	2017B
Kiesen Charlotte			28.10										28.10
Kilpatrick Candice									27.20			28.10	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						24.36							24.36
Kleynhans Jeanie						29.42							29.42
Kleynhans Neil	31.10					25.04							25.04
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
Koegelenberg Francien													31.09
Koekemoer André					24.01								24.01
Koekemoer Johan						27.09	32.18						27.09
Koekemoer Jolene													24.46
Koekemoer Marisa													33.15
Koen Gert													33.04
Koen Kirsten									26.13				26.13

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
Kruger Riana													32.31
Kruger WL		18.23											18.23
Krugh Miranda													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
Lallapersad Norman											25.00		25.00
Lallu Norman											25.26		25.26
Lamminga Dennis							24.58						24.58
Lamminga Tiaan							27.33						27.33
Langen Alex				29.26									29.26
Langenhoven Talisha													37.53
Langston Zidane			29.41										29.41
Laver Justine						26.07							26.07
Lawrence Michelle													27.28
Le Roux Alwyn											28.15		28.15
le Roux LP													21.38
Le Roux Marcelle											30.00		30.00

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
Mathewson Julie-Anne	40.00												40.00
Matinise Luvo	22.17												22.17
Matodes Craig													20.58
Mathee Rosené												26.36	26.36
Mattheus Susie													23.13
Mawunda Shaun						27.00							27.00
Mawunda Sign			18.55	17.30	17.15	29.24	21.40						17.15
Maxambele Myolise	28.15												28.15
Mayhew Stephen													20.57
Mazina Danielle							28.01						28.01
Mbgave Simba											31.10		31.10
Mbizeni Vuyisa	19.54	18.49											18.49
Mbomba C J			26.05										26.05
Mboqe Snati							21.27						21.27
Mbuqwa Celeswa		22.31											22.31
Mc Clachlen Grant		27.36											27.36
McCleane Nick					24.46								24.46
McComas Tara					26.12	26.01	27.33						26.01
McConnell Sue													27.36
McCree Warren								20.52					20.52
McDonald Stuart								26.41		19.16	19.33		19.16
Mcguirk Helen											26.44	28.07	26.44

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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>2017B</u>
Mcguirk Roy												26.43	28.07	26.43
Mcleod Ian												27.45		27.45
McPhun Nicola													28.54	28.54
Mdlokovana Lucky		22.41	17.24											17.24
Meiring Richard														25.26
Merand Janis														25.53
Messina Daniella									27.52					27.52
Meyer Berry												31.17		31.17
Meyer Cuyler														21.41
Meyer Denise							30.43							30.43
Meyer Jeanne							22.46							22.46
Meyer Tina-Marie														22.13
Meyer Walter	25.45	27.29		27.41	30.52	29.28			30.17					24.26
Mgandela Nombulelo														28.44
Mgaraduza Olwethu		21.49												21.49
Mgregor Felix											23.55			23.55
Mhlonyane Bulelani		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 Enoch											26.24	24.58		24.58
Mills Linete									26.52					26.52
Mills Lynette											26.04			26.04

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
Nel Matilda					28.39								28.39
Nel Nadia													19.56
Nel Sonel													28.13
Nel Wagner													24.02
Nele Tohoho			26.32										26.32
Nerf Greg										26.33			26.33
Newman Mark													19.35
Niemand Marie											39.26		39.26
Niemand Mark													19.29
Nieuwoudt Suane													29.28
Nimhlony Bulela													18.27
Nkompelo Sidney													20.35
Nkoyi Trevor						19.39							19.39
Nofotyo Brine													16.35
Nomqane Lindy							33.18						33.18
Norman Lalou										25.11	25.23		25.11
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
Norton Bruce										29.51			29.51

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
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	35.09		22.05
Pfister Lionel													23.03
Pheiffer Rita		28.29											28.29
Philander André											27.09	27.29	27.09
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
Pocknall Caroline							29.21						29.21
Potter Gerda													29.24
Prain Jenna										37.40	34.11		34.11
Pretorius Arnold						27.45				28.58			27.45
Pretorius Carin											29.04		29.04

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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>2017B</u>
Rauch Lee-Ann														39.57
Redelinghuys Jean-Marie							24.17			23.07			25.11	23.07
Redelinghuys Johan					27.47		24.17	24.47	22.47		25.09	24.42		22.47
Redford Guy			24.47	24.42										24.42
Reid Phillipa														27.18
Rencharz Mark							24.43							24.43
Rengelly Ros								35.01						35.01
Retonin Karen													30.48	30.48
Reuters Anya	25.35													25.35
Reynecke Amanda														30.27
Reynecke Ivan		18.02			18.21									18.02
Roberts Chad														18.16
Robey Andrew														27.55
Robey James					19.41	20.11	20.47				21.45			19.41
Robey Janice														30.19
Robey Kate														32.18
Robey Mark				23.41	24.39			27.10	26.24	20.07	20.37			20.07
Robey Michael	19.59	24.13						20.02	19.48	18.58	26.50			18.58
Robey Mick											20.47	21.49		20.47
Robinson Chris														24.01
Rolfe Marc														21.36
Romburgh Kim								27.01						27.01

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
Ross André													28.27
Ross Hector	20.03												20.03
Roux Alwyn											22.24		22.24
Roux Carlien	24.01	23.00				22.56							22.56
Roux Chanté						21.01	19.39		21.09				19.39
Roux Christine					25.37	26.48				29.49	29.16		25.37
Roux Isak													29.50
Rudhuka Peter	18.11	17.36	18.14	19.00		18.55							17.36
Rush Carol													31.16
Russell Alasdair													16.23
Russell Sue													27.13
Russwurm James								25.47					25.47
Rust Christine													22.53
Salime Gift					21.50	20.19							20.19
Sanderson Francesca								28.38					28.38
Sangurai Peter													22.00
Saunders Dawn													22.33
Scheffer Hans													20.24
Schewitz Ivan	24.40												24.40
Schmidt Taryn-Lu					29.41								29.41
Schneeberger Karlia							31.12						31.12
Schneeberger Orsella							32.34						32.34

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Thain Bradley														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
Theron Paul										34.54				34.54
Theron Peter														28.04
Thom Arina														28.38
Thom Geoff														28.38
Thomas Dave														18.33
Thomas Georgina														22.06
Thomas Sue														28.04
Tiwana Elvis	21.28			27.05										21.04
Tjabring Caroline														24.18
Tjabring Graham	22.44		21.28											21.19
Tredoux Deon	27.53													24.28
Troy Dinkey	28.03	28.02												28.02
Troy Michael	23.56													23.56
Truter Lizelle	29.38													29.38
Tsemane Alfred														20.07
Tshabeni Alfred	17.08	18.26	18.05				21.52		24.26					17.08
Tucker Alexa									26.31					26.31

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>		<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
Tuniz Ezio												22.15		22.15
Turck Riaan														30.23
Turner Cynthia														29.54
Turner Gavin	28.42	28.01	28.27	29.31	31.59	29.04	31.01	30.16	30.34					23.39
Turner John		26.38												26.38
Turner Kevin														32.03
Tuttelberg Nick										24.25				24.25
Tuwane Duncan														23.10
Twalana Dkuhle												24.44		24.44
Uys Fredalette			30.25											30.25
Vale MJ														21.35
Vallenduuk Willem				31.40										31.40
van Aarde Amri													24.39	24.39
van Beek Celeste														29.58
van den Berg Helené														23.57
van der Berg Lezan							29.50							29.50
van der Berg Rudolf				22.05	22.29	29.50								22.05
van der Handel Theo	25.54	25.42												24.42
van der Heever Anele														31.48
Van der Merwe André	22.01	21.58	22.56	23.08	25.57	25.22	25.24	25.45	24.45	26.53	27.35	28.08		19.55
Van der Merwe Carina	24.27	23.18	23.54	25.22	25.11	25.33	26.01	26.52	26.05	26.44	29.30	30.40		21.48
van der Merwe Gerald							28.57	25.46		27.36	27.14		31.05	25.46

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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>2017B</u>
van der Merwe Gerard							25.36							25.36
van der Merwe Gerda							24.56							24.56
van der Merwe Jaco			21.21	18.25										18.25
van der Merwe Jacques													25.05	25.05
van der Merwe Jannie														27.45
van der Merwe Lize		26.18	25.40		25.22	26.12								25.22
van der Merwe Nicola							25.03	25.03		26.04	27.37			25.03
Van der Merwe Nicolene		23.02	23.21	23.07	23.17	23.35		23.57						23.02
Van der Merwe Rosa														28.08
van der Merwe Suzelle								27.19						27.19
van der Merwe Thys					19.25			26.00	25.10			21.18		19.25
van der Spuy Richard				20.44	20.26		22.53							20.26
van der Stoep Haneen	27.17	28.53		25.12	26.38		29.27							25.12
van der Stoep Hannes	28.09													28.09
van der Toorn Robbie														21.45
van der Westhuizen Donovan								28.14						28.14
van der Westhuizen Emile		24.02												24.02
van der Westhuizen Emmie		24.14												24.14
van der Westhuizen Marius														29.48
van der Westhuizen Petro											26.30	26.11	26.46	26.11
Van der Westhuizen Wietse														22.11
van Deventer Valerie											29.45			23.37

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>		<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
van Schouwen Susan													24.40	24.40
van Skarwerk Siyabonga	21.43													21.43
van Taak Annelise														26.50
van Tonder Santie														27.29
van Tonder Wilhelm	24.05													21.39
van Velden Kim					24.23									24.23
van Veyeren Angeli														35.52
van Vuuren Anche				24.37										24.37
van Vuuren André					22.40	22.24		24.55						22.24
van Vuuren Andrew					22.50									22.50
van Vuuren Anli					27.37									27.37
van Vuuren Antoinette							33.46							33.46
van Vuuren Anton				29.22										29.22
van Weele Gerard														19.35
van Weele Katia							28.41							28.41
van Weele Roelof	24.02	24.11	24.10	24.12	24.36	24.53	26.08	27.33	30.07	30.25	30.08	30.44		21.49
van Wyk Charlotte														28.35
van Wyk Jeannette									29.36	32.04				29.36
van Wyk Stoffel														20.03
van Wyk Willie							25.23							25.23
van Zeeberg Levine								24.19						24.19
van Zyl Anna								36.52						36.52

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
Visser Schalk				30.36	34.13								30.36
Visser Unke													39.44
Visser Wilf													18.21
Vlotman Christo					22.54	23.16	21.58	24.53					21.58
Vogel Karla									28.25				28.25
Von Auloch Pam													34.43
Von Gunthen Lawrence												30.34	30.34
von Salis Marcella													28.10
Vorster Connor	29.55												29.55
Vorster Leo	30.05	24.07	22.46										22.46
Vorster Loudi	20.25	21.15	21.08	23.08	24.35	26.30	26.31			29.31	27.10		20.25
Vosloo Werner													22.35
Vuani Albert													20.21
Waddingham Sandy					35.06								35.06
Wagner Eva Maria	30.23	27.55	33.04										27.55
Wagner Susanna			31.20										31.20
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	27.10		25.54

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>		<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
Walsh Gill Renee											44.32			44.32
Walton Don														31.45
Walton Julie				29.53										29.53
Ward Jan											28.00			28.00
Ward Michael												33.27		33.27
Ward Robyn														30.22
Ward Trevor													23.38	23.38
Waters Hugh	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										24.31				20.11
Wheeler Christopher														18.29
Wheeler Norma	26.27	27.04	28.11	27.21	28.50	28.42	29.56		31.37		35.29			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
Williams Ally												24.39		24.39
Willmore Roly							27.36	27.05	27.25	27.26	28.33			27.05
Willoughby Noeleen													28.18	28.18

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Athlete	2012	2013	2014	2015	2016		2018	2019	2020	2021	2022	2023	2024	2017B
Willoughby Rodney													26.12	26.12
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	25.22	24.44	26.06	24.44
Wright Dave			20.48	28.51				27.15			31.02			20.48
Wright Louis												30.34		30.34
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	17.08	17.36	17.11	16.35	16.20	16.24	16.15	16.12	18.26	17.37	18.01	18.55	18.58	16.12