

8km Run Seasons Best

20 April 2024

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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>
Mandele			30.31											30.31
Pumile														31.00
Aasvoel Jacob														38.44
Adam Caryn	40.57													40.57
Adant Lauren					47.49									47.49
Alam Bongani														30.32
Alam Robert														37.29
Albertyn Johannes														30.11
Austin Evan	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	48.27													44.48
Benge Anton														35.09
Benning Leo			67.17											67.17
Bester Barry														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	29.08	30.21												29.04
Bonjesi Jimmy				26.52	26.47	26.42	26.30	26.16						26.16

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de Bruyn Molly				42.08										42.08
de Clercq Carl														38.05
de Goede Johan					34.29									34.29
de Kock Johan														35.18
de Kock Jonené									50.21					50.21
de Kock Michelle														58.14
de Kock Pierre					41.17	40.44								40.44
de Kock Pieter									47.15					47.15
De Villiers Andries														33.53
de Villiers Coia														39.41
de Villiers Jean														47.15
de Villiers Kobus														40.26
de Villiers Lientjie														31.54
De Villiers Mavis			44.08	41.57										41.57
de Vries Herman														29.18
de Wet Adele		42.17			55.00									42.17
de Wet Austin														36.50
de Wet Christiaan	32.13	31.37	32.01											31.15
de Wet Tiaan		32.12												32.12
Debe Johannes														38.53
Dimopoulos George														33.56
Doke Linda	33.51													33.51
Doppenschmied Matteus														34.58
Dry Erna														53.58
du Plessis Annemie										38.53				38.53

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du Plessis Anton														30.56
du Plessis Anzel	38.06	35.23	35.54	34.46	36.11									34.46
du Plessis Christo	31.07	29.15	31.38	31.07			30.57							29.15
du Plessis Mauritz														40.48
du Plessis Michael			37.57											37.57
du Plessis Murray			34.36	30.01	30.30	30.10	31.30				33.38			30.01
du Plessis Nico														35.14
du Plessis Peet														38.15
du Plooy Rudolf														36.21
du Preez Josef				54.31										54.31
du Toit Japie														30.11
du Toit Stephan		33.41												33.41
du Toit Stiffy		43.30												38.30
Eager Glynn												50.33		50.33
Earle Michael														32.13
Easter Mark												37.09	33.37	33.37
Edwards Craig														33.21
Ehrenberg Arlene														58.25
Elliott Rosie											45.46			45.46
Erasmus Louise	36.13	37.51			37.42									32.40
Erasmus Luke														32.04
Ferreira Hymne														37.05
Ferreira Jingles														35.38
Filander André											41.03			41.03
Fivaz Marlia									44.10					44.10

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Fourie Gerry				35.32										35.32
Futin A	42.02													42.02
Fyfer Arina	40.57													40.57
Gaertner Mirijam														41.12
Geldenduys Jan														37.33
Georgala Mike														37.41
Gibson Elaine														36.14
Gildenduys Jan	37.09	37.43	36.44	37.32	40.38									36.44
Gildenduys Linda	42.02													42.02
Gillion Frank	34.01	32.42	32.53	33.43	34.30	34.04	34.17	35.21	35.59	37.01	37.54			31.14
Gordon Sarah			36.14	38.17	34.05	35.40	36.45							34.05
Gouws Emmie	60.00			64.48	65.57	65.41	67.42							60.00
Grant Hanli														46.12
Gray Gary														37.18
Greeff Sune	42.08	42.13												42.08
Gresty Mike							34.33							34.33
Grey Shane	39.55													39.55
Griffiths Gareth							46.58							46.58
Griffiths Marianne							46.58							46.58
Hamman Cillie						35.40	35.30							35.30
Hamman Monica					55.00	52.10	53.15							52.10
Hammond Andrew													39.55	39.55
Hanna Les	39.28	39.31	41.13	42.39										34.42
Harris Andrew											41.30			41.30
Hassenkamp Greg		34.18	33.47	37.25	39.29				40.53					33.47

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Kruger Louisa														47.16
Kruger Schalk														41.16
Kruger WL		31.07												31.07
Kumbaca Darren							34.34	28.41	29.36	29.34	30.50			28.41
Kumleben Sue								36.58						36.58
Larson-Smith James														36.46
Laver Justine						49.56								49.56
Lawrence Michelle														45.46
Lawson-Smith James		38.26												35.50
le Roux LP														36.35
le Roux Marilie						53.35								53.35
le Roux Wayne														40.16
Leeuwner Pieter														33.21
Leibrandt Cayden											45.48	44.59		44.59
Lens Jean				32.05										32.05
Leppan John														33.09
Lerm Yvonne	39.57													39.57
Lizwane Thandi								35.36						35.36
Lourens Melanie				34.56										34.56
Louw Barney	40.30	39.46	43.01	41.00		42.30						50.33		33.42
Louw Henk									39.44					39.44
Luyt Shaun														36.04
Luzuko Staki								31.08						31.08
MacFarlane Stuart														40.02
Mafentile Emeth							36.53	35.16		31.15	34.00	33.57		31.15

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Mafiyane Tulani														34.39
Mahlila Vuyisani	30.34													30.34
Malan Charles		36.50	33.20	35.46	37.01	34.17	34.13							33.20
Malan Erica														43.09
Malan Theo								43.56						43.56
Malherbe Gideon														32.59
Mapham Kate		30.58	30.44											30.44
Marais Nicola												40.11		40.11
Maree Daniel				33.18	34.54									33.18
Masele Vuyisani														31.22
Mason Brett											39.16	38.22		38.22
Mason Marisa														36.20
Matema Ignatius	33.47	34.05		29.54										29.54
Matinise Luvo	35.58													35.58
Matodes Craig														35.57
Mattheus Susie														37.38
Mawunda Sign			28.45	28.35	27.28	28.04		31.07						27.28
Mayhew Stephen														36.40
Mbambo Casey			36.47											36.47
McComas Jana					42.38									42.38
McComas Tara					45.43									45.43
McConnell Sue														44.03
McDonald Stuart								41.07			31.15	32.16		31.15
McDougal Richard		40.43												40.43
Meyer Berry												58.28		58.28

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Phipson Heather		35.25	35.30											35.25
Phipson Mark		32.46	31.10											31.10
Phipson Philip		32.33												32.33
Pons Stephen				43.20										43.20
Prain Jenna												58.28		58.28
Pretorius Roelof					37.12									37.12
Pretorius Wikus														35.47
Privett Sean	29.23	32.40	29.10						35.32					29.10
Rabe Hendrik														33.25
Redelinghuys Jean-Marie							35.43	35.03						35.03
Redelinghuys Johan							37.07	35.34						35.34
Reinke Ame			41.12											41.12
Reuters Anya	40.50													40.50
Reynecke Amanda														58.05
Robey Janice														53.36
Robey Mark		37.42	39.23	40.27								38.55		35.18
Robey Michael		37.42						34.51	34.57	33.18	33.34			33.18
Robey Mick											37.44	31.20		31.20
Robinson Chris														39.21
Rolfe Marc														38.15
Ross Hector	36.38													36.38
Rudhuka Peter	31.56	29.29	29.21	31.54		31.47								29.21
Russell Alasdair														27.04
Salime Gift						32.51								32.51
Sangurakani Calvin								34.50						34.50

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Wheeler Christopher			30.13	30.13										30.13
Wheeler Norma	44.22	47.50	47.39	45.05	46.28									40.19
Wiehahn Barry													42.35	42.35
Willmore Roly							53.02							53.02
Wright Darren												42.00		42.00
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	29.08	29.15	28.45	26.52	26.47	26.42	26.30	26.16	29.36	29.34	30.50	30.06	33.37	26.16