

5km Run Seasons Best

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Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2017B
Benning Leo														24.02
Bester Barry	18.08													18.08
Bester Hennie												29.13	28.40	28.40
Bester Lourens													23.44	23.44
Bester Rens							23.40	22.31			25.00	24.11		22.31
Beukes Jaques								22.47						22.47
Beyleveldt Danniel														28.55
Beyleveldt Stiaan														29.39
Bezuidenhout Dean														23.32
Bishop Debbie														31.22
Bishop Riana														27.00
Bisset Dot														32.13
Bizo Jonathan	26.12													26.12
Bless Patrick				30.26			29.01							21.40
Blom Coert			20.46						21.05					20.46
Blom Gert						20.54								20.54
Blom Josua			26.27	22.46	23.21	22.57	24.24	25.30	24.59	24.45	24.27	24.50	26.45	22.46
Blom Michelle			26.05	23.51		24.29								23.51
Boek Werner														25.47
Boesak Michael	17.21	17.55												17.20
Bon Andrew														24.16
Bonjesi Jimmy				16.35	16.20	16.24	16.15	16.12		21.15				16.12

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Athlete	2012	2013	2014	2015	2016		2018	2019	2020	2021	2022	2023	2024	2017B
Conradie Carl Heinz												36.49		36.49
Conradie Karen													27.11	27.11
Coombe Barry														20.05
Coombe Clifford														24.04
Cooper Wilhelm	22.40	21.52	22.43	22.50	22.20	21.51	21.55	21.32	23.10	22.00	24.30	23.28		21.32
Corbett Meyer Sheraleen			32.05	33.11										32.05
Cornal Matthew		25.22												25.22
Corusoling Scott	25.41													25.41
Craib Marray											18.01			18.01
Cramer Anneliese	30.46													30.46
Craus Annandie												39.26	32.47	32.47
Croeser Jacqui	26.09													26.09
Croft Sophie											29.00	30.56		29.00
Cronje Annelle								28.36						28.36
Cronje Lionel														18.03
Cronje Nicolette	27.38													26.03
Crowsley Pam						26.47								26.47
Cuffe Amy									32.05					32.05
Cuffe Elaine						31.12	29.12	31.22	32.05	33.08	31.07	31.00		29.12
Cupido Amy											36.35			36.35
Cupido Cathy														24.20
Cupido David	23.57	24.11	23.29	23.58	25.22	36.26				41.10	34.54			20.48

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Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2017B
Dimopoulos George			23.27											23.27
Dodds Jim													29.39	29.39
Donnely Trevor							27.53							27.53
Doppenschmied Matteus														21.50
Dorlank Janika									34.39			34.48	35.27	30.06
Dorlank Tayana														32.11
Dowling Michael											24.37	22.07	21.24	21.24
Driscoll Brian														27.29
Dry Erna			32.14											32.14
Dry John														26.08
du Plessis Annemie											24.00	39.05		24.00
du Plessis Anton							19.48							19.48
du Plessis Anzel	23.47	21.06	21.35	21.34	22.17		24.04	23.07			25.10			21.06
du Plessis Aubrey														26.45
du Plessis Bruce														24.05
du Plessis Christo	18.26	18.33	19.10	18.40	19.56									18.15
du Plessis John	27.22													27.05
du Plessis Leo														25.51
du Plessis Mariette														32.03
du Plessis Michael		22.08	23.14	21.22										21.22
du Plessis Michelle			22.43											22.43
du Plessis Murray			20.33	19.57			19.21	23.17						19.21

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Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2017B
du Plessis Nico														20.40
du Plessis Shagna												33.43		33.43
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>
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
Hamman Rossouw						24.38								24.38
Hammond Andrew													24.30	24.30
Hanekom Johan														23.08
Hann Jean														25.19
Hanna David									28.47					25.44
Hanna Les	24.07	24.14	24.07	23.48	25.17	25.23	25.26	26.17	25.32	27.61	27.56	28.33	28.52	22.31
Hanna Lesley						31.07								31.07
Hansen Erika			30.25											30.25
Hansen-Gous Wendy			30.44											30.44
Hardie Michelle														31.12
Hardie Olivia												27.35		27.35
Harding Edwin													34.53	34.53
Harris Esmé						27.46								27.46
Harris Marius						22.13								22.13
Harris-Jones Wendy			29.37	30.18	29.53	30.20		37.12						27.35
Hartnec André								24.07						24.07
Hartzenberg Irma					32.20									32.20
Hassenkamp Greg		24.59												24.59
Hattingh Anja												27.48		27.48
Hattingh Taiton												30.37		30.37

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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>
Jackson Sonan					26.33									26.33
Jahni Nyasha				21.14	19.32	20.56	20.50		24.08	22.23	21.36			19.32
James Caroline													27.09	27.09
James Chris													29.19	29.19
James Sue													24.15	24.15
Janke Ulrike						23.56		27.39						23.56
Jansen Lizette									26.25					26.25
Jansen Martin						31.54								31.54
Jebese Zukisani							21.46							21.46
Jeenes Colleen														30.40
Jenkins Charlie		20.18		20.07	25.19					23.18	24.25	25.22	29.45	20.07
Johnson Craig														19.36
Johnson Tamaryn													34.52	34.52
Johnson Tamsin			30.01			30.37								30.01
Johnston Christine							29.57		31.00		36.04			29.57
Johnston David					21.59	25.02	23.22	25.18	22.39	23.33	25.42	26.10	28.37	21.59
Johnston Jordan											23.27	30.10	22.12	22.12
Johnston Shaun							24.49	28.51						24.49
Jones Alex														27.52
Jones Chris													29.13	29.13
Jooste Michael														24.08
Jordaan David								25.46		26.33				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>
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
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
Ko Lewin													22.18	22.18

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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>	
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	
Koetzer Denise													30.49	
Kohn Wilfred								26.57	26.13	28.00	27.50	28.29	26.13	
Kompelo Sydney													19.55	
Konradie Karl											29.04		29.04	
Kotzé André							22.02						22.02	
Kotzé Chané					24.34		27.05					26.19	24.34	
Kotzé Elsabé						35.44	33.53	32.00	35.10	34.21	33.53	33.12	32.00	
Kotzé Heidi					30.04	30.04	28.17	27.42	29.39			29.27	27.42	
Kotzé Johann					22.05	21.58	22.12	21.45	22.35		28.02		21.45	
Kotzé Lisa												28.45	28.45	
Kotzé Marizanne												28.00	28.00	
Kotzé Michael					23.38	24.13	24.46	22.24	25.40	24.05		24.05	23.45	22.24
Kotzé Michelle					24.34	28.41							24.34	
Kotzé Milan										34.59			34.59	
Kotzé Snr Johann						29.42	27.57	25.23	25.17	26.35	26.43	26.31	28.35	25.17

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Athlete	2012	2013	2014	2015	2016		2018	2019	2020	2021	2022	2023	2024	2017B
Linganiso Ntando							20.51							20.51
Lishman Duncan									24.50					24.50
Loedolff Willie														22.25
Lombard Tanya														27.50
Longland Christoff														20.01
Lotter Dannie														22.35
Lotter Marcelle														27.41
Lottering Hardy							21.30							21.30
Lourens Melanie				34.09										34.09
Louw Barney	22.51	26.56	23.29	24.07	26.47	23.33	25.08		25.08	27.52	26.26	28.25		22.03
Louw Hein											30.16		28.39	28.39
Louw Henk									22.55	23.29	23.17			22.55
Louw Inge														33.15
Louw Nicholas							19.52							19.52
Lovender Bronn							30.14							30.14
Lucas Jimmy														28.45
Luck Vic									25.50					25.50
Ludick Coby														24.22
Luyt Nerine														25.02
Luyt Shaun			26.25											22.31
Machado Rina										35.58	33.25	25.00	34.42	25.00
Mafentile Emeth							25.04	23.05		20.01	18.55		20.34	18.55

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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>
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
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

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Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2017B
Motabogi Whitey														18.43
Moua Daniel	25.03													25.03
Mouton Anna														26.30
Mouton Chanel									32.25					32.25
Mouton Jean					19.53									19.53
Moyo Artfai	18.28													18.28
Mthembu Eric														17.49
Mulder Sanet							24.59	29.49						24.59
Mulder Vosloo								29.05	32.22					29.05
Muller Pieter				23.17	22.24									22.24
Mullis Shane												22.17	22.39	22.17
Munemo Clement														19.22
Murtz Wilmarie													35.10	35.10
Mzembe Axola														24.58
Naudé Eduan									22.30					22.30
Ndlovu Lucky														21.19
Nel Annarie	29.53	28.36	30.45	29.10	38.56	31.27	31.05	31.29	33.39	34.41	35.52	29.33	38.07	26.05
Nel Anneline														24.28
Nel Barend								32.37						32.37
Nel Bernard	27.04		25.18	25.07	22.40	25.05								22.40
Nel Charel														23.55
Nel Danie													20.36	20.36

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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>
Nel Daniël						23.04	21.43	20.48	25.10	21.03	23.59			20.48
Nel De Wet														23.47
Nel Gerhard														17.27
Nel Ivy				30.21	40.49									30.21
Nel Jannie														21.55
Nel Johan														18.40
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	37.53	37.53
Niemand Mark														19.29
Nieuwoudt Suane														29.28
Nimhlony Bulela														18.27
Nkompelo Sidney														20.35
Nkoyi Trevor						19.39								19.39
Nofoty Brine														16.35
Nomqane Lindy								33.18						33.18
Norman Lalou											25.11	25.23		25.11

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Athlete	2012	2013	2014	2015	2016	2018	2019	2020	2021	2022	2023	2024	2017B
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
Nowers Douglas							26.41						26.41
Nowers Raymond			21.16	22.56									21.16
Ntoyakle Oscar													18.32
Ntoykhe Tulani													20.54
Nulungu Sophora											48.00		48.00
Nyalela CS			26.34										26.34
Nyanela CJ			26.33										26.33
Oberholzer Heidi								30.22					30.22
Oberholzer Mauritz								25.59					25.59
Odendal Gerhardi									26.45				26.45
Olivier Brummer													21.42
Olivier Chantelle							30.52						30.52
Olivier Daniel				21.18									21.18
Olivier Petré			31.41	31.37	30.17								30.17
Oosthuizen (Jnr) Gerrit						25.55	20.41	23.27	21.04	20.24			20.24
Oosthuizen Gerrit						24.48	25.07	22.09					22.09

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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>
Shepherd Brian													24.55
Sibonda Phumele													18.53
Siebrits Christa													27.00
Siebrits Johan													32.46
Sinclair Catea Lizabet		26.09	25.33										25.33
Sinclair John-David		22.15											22.15
Sipat Ayakha													21.56
Skein Ettienne													32.02
Skein Willem													27.39
Sleigh James				27.47	23.32	23.54	22.57	25.16	25.07	23.46	24.50		22.57
Sleigh Sharon				27.47	28.30	27.06	26.56	28.02	27.36	27.10	28.17		26.56
Sleigh Shaun				28.54									28.54
Smit Aline													28.35
Smith Alex													22.56
Smith Andrew								21.19	20.42	21.26	22.21	22.37	20.42
Smith Anri												28.23	28.23
Smith Carol													27.42
Smith Shaun													26.52
Smuts Hannes													23.05
Smythe Rob					29.14								29.14
Solomon Mariza													25.10
Solwethu Sondlo									19.53				19.53

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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>
Sonbrandt Tanya													29.06
Spotswood Neve											29.09		29.09
Spotswood Nina							28.17		29.27		29.52		28.17
Spratt Phillippa					33.01	27.52							27.52
Stabler Tom						22.17	21.36	21.30	21.49	22.39	25.58		21.30
Stabler Wayne						24.08							24.08
Stander Matie						27.40	27.34	30.10	28.29	32.25	33.48		27.34
Stander Miranie							31.09						31.09
Stander Shaun						21.04	19.12						19.12
Starke Cameron													22.40
Starke Genevieve													27.15
Starke Peter		26.43											23.34
Starke Retha													29.39
Steenkamp Riana													29.24
Steere David		26.59	26.20										26.20
Stembele Emeth						23.11							23.11
Steyn Markus													21.58
Stock Gareth	28.37												28.37
Stoddard Melinda									33.50				33.50
Stoerz Elizabeth							27.04						27.04
Stone Dillon									29.04				29.04
Stone Gert								27.50					27.50

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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>
Strandvik Yngve													25.50
Strauss Elsari			26.11										26.11
Strauss Lismari			31.16										31.16
Streicher Albert													25.59
Streicher Jansen		26.17	32.43	34.02									26.17
Streicher Lorette			30.20	29.20									29.20
Such James								19.53					19.53
Swanepoel Duhardt													30.11
Swanepoel Mariette													26.58
Swanepoel Rickus													19.43
Swanepoel Rosemary													27.11
Swanson Athol													26.30
Swarbreck Sarah								23.10					23.10
Swart Thys		21.02											21.02
Swarts Justin	23.10	22.14	21.45	24.15	22.25								21.45
Swarts Ryno							23.08						23.08
Swartz Carlton													20.04
Swonbrick Kate													24.29
Sym Caleb						30.49							30.49
Sym Liam						30.01							30.01
Taljaard Catherine													29.18
Taljaard Debbie					28.19	29.04	27.18						27.18

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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 Niekerk Petrie			25.53	25.26										22.27
van Ryk Charlotte														29.09
van Ryn Marietjie														36.49
van Schalkwyk Lara														27.39
van Schonen Susan					26.33									26.33
van Schouwen Dominique														22.48
van Schouwen Susan													24.33	24.33
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

5km Run Seasons Best

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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 Wyk Charlotte														28.35
van Wyk Jeannette									29.36	32.04				29.36
van Wyk Marais													26.03	26.03
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
van Zyl Bertus														19.09
van Zyl Cathy													24.47	24.47
van Zyl Edna May														26.08
van Zyl Johan														28.36
Van Zyl Johan Jr														21.28
van Zyl Louwtjie														22.12
van Zyl Mark								35.48						35.48
van Zyl Sam				29.31										29.31
van Zyl Theresa								27.09						27.09
Vaughan Melany	29.28	29.25												29.25
Venter Elsa					24.52		28.31							24.52
Venter Elsabé							32.52							32.52
Venter Ewan	22.45	21.23	21.22	20.45	21.06	21.47	22.25							20.45
Venter Janette											26.48			26.48
Venter Johan										23.20				23.20

5km Run Seasons Best

12 June 2024

<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>
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
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													22.52	22.52
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
Wentzel Chanel													37.19	37.19
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

5km Run Seasons Best

12 June 2024

<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>
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	17.59	16.12