

<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>
Burton Peter												31.41		31.41
Burton Sylvia									16.06	19.04				16.06
Caldwell Carmen			15.40											15.40
Calitz Tersia										24.53				24.53
Carr Isobel													26.59	26.59
Carrington-Sykes Bre					22.23	21.36								21.36
Cawdry Scott	15.08													15.08
Cerdyn Myburgh								14.57						14.57
Cerdyn Retha								14.44						14.44
Cheetham Julie			21.17											21.17
Chowles Tannisha														20.04
Chowney Tal														16.12
Cilliers Anje														13.31
Cilliers Charl									15.02					15.02
Cilliers Heleen		18.31						17.49		23.11				17.49
Cilliers Nina									14.45					14.45
Claassen Nico									25.21					25.21
Claassen Tamaryn									22.10	20.22	20.56	19.54		19.54
Clark Sarah									20.12					16.22

<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 Nicola														15.53
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

<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>
de Kock Morné							16.50							16.50
de Kock Nina								14.57						14.57
de Kock Noel	12.28													12.28
de Kock Pierre					16.13	19.58	17.59							16.13
de Kock Pieter									18.54	21.05				18.54
de Villiers André														15.42
de Villiers Anton														12.10
de Villiers B														18.05
de Villiers Celeste							27.12							27.12
De Villiers Cornell														18.04
de Villiers Daniel														12.15
de Villiers Mark														15.11
de Villiers Marli														15.17
De Villiers Mavis		14.43	14.24	14.45			16.14							14.24
De Villiers Paul			22.09											22.09
de Villiers Suzanne			19.10											18.21
de Villiers T														18.04
de Villiers Tiaan		17.15												17.15
de Vries Lydia										14.44	15.50	15.10	17.26	14.44

<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>
Grobler Nico								16.35	17.30					16.35
Groenewald Daniel														20.32
Groenewald Dewald														18.56
Groenewald Karin														21.30
Groenewald Riaan														15.04
Groenewald Sandra														18.59
Gwena Lenox								18.07						18.07
Haarhoff Arno														13.21
Hamman Monica	20.27			17.55	17.22	17.09	17.16	17.42						17.09
Hamman Rossouw						14.06								14.06
Hanna Les			15.18	15.57	14.36	15.22	17.05	17.17	20.00	17.12	19.17	18.43	19.03	14.36
Hardie Michelle														18.21
Hardie Ursula														15.42
Harding Edwin													23.28	23.28
Harmse Hugo			14.39											14.39
Harris Andrew											16.26			16.26
Harris Roy													22.00	22.00
Harris Tim											16.45			16.45
Hartnec André								14.08						14.08

Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	PB
Horne Jacques														14.53
Hough Norman						20.20								20.20
Hudson Kendra			12.58											12.36
Hugo Anneline												25.33		24.13
Hugo Johan						22.46								22.46
Hugo Nina						22.46						25.33		22.46
Hull Hettie	26.25													26.25
Human Estelle														14.17
Human Hein														12.13
Human Marlize														12.09
Human Ruan														13.35
Hunt Berda														17.05
Hunt Christine														17.59
Hunt Greg														17.58
Hunt Kirsten														15.02
Hunt Lauren														13.40
Hunt Robert														13.47
Hunter Diane			23.00											23.00
Hurn Bianca											19.09			19.09

<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>
Huysamen Jacques														19.27
Hvidsten Wendy					16.04									16.04
Jackson Chelsea Ann	20.01													20.01
Jackson Ken										17.02				17.02
Jackson Nicole														17.51
Jahni Nyasha											13.52			13.52
Jamani Lucas														15.42
James Sue													22.34	22.34
Jangi Faith												24.33		24.33
Janse van Rensburg Cornel								19.25						19.25
Janse van Vuuren Cornel								21.00						21.00
Jansen Jason	15.23			20.36	20.57									15.23
Jansen Lizette								15.55	15.58	16.25	17.59			15.55
Jansen Nicky	15.54													15.54
Jansen van Vuuren Cara			20.25											20.25
Janson Anlo														21.29
Jass Winston									26.51					26.51
Jenkins Charlie						23.18			20.31	19.46	18.44	19.15	19.45	18.44
Jenkins Heather						23.18			19.39	19.14	17.51	18.15	17.14	17.14

<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>
Linney Jenna	16.22	18.13												16.22
Ljnbeko Fred					18.07									18.07
Loedolff Willie	21.16	28.48	24.10											17.28
Lombard Tanya														17.33
Lotter Jancke														18.16
Lotz Johan														15.13
Lotz Stephan	14.30	15.36												14.30
Loubser Deon														17.27
Lourens Melanie				19.26										19.26
Louw Barney		13.39	12.21	12.30		12.47	12.47							12.21
Louw Bjorn	22.00													22.00
Louw Hein													15.09	15.09
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

<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>
Marais Keith		19.06												19.06
Marais Navana		19.06												19.06
Marais Niel														20.22
Marais Roxanne		16.34												16.34
Maree Daniel	12.34	12.25	12.14	11.27	11.28	11.37	12.47							11.27
Maritz Lisa											18.43			18.43
Maritz Marli											18.37			18.37
Maritz Wessel											18.36			18.36
Martin Glen														15.52
Maseka Angeline					26.36									26.36
Masele Vuyisani	11.21													11.21
Mason Marisa														14.25
Matema Ignatius	20.09			10.19										10.19
Mathewson Julie-Anne	22.29													22.29
Mathibeli Jenny														21.54
Matodes Tanner														12.55
Matske Jurgen	15.19													15.19
Mathee LM													18.09	18.09
Mathee Rosené				14.53		21.26	17.20					22.29	16.49	14.53

<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>
Moorhouse Ivan			15.39											15.39
Mostert Marike			24.54											24.54
Motabogi Skipper														17.14
Mpana Sinaio		17.59												17.59
Mqolombeni Bonele														13.40
Msebe Sesethu														13.33
Msuempele Nolihle		18.05												18.05
Mulder Isabella									17.28					17.28
Mulder Sanet									17.28					17.28
Muller Chantal				20.17	18.09									18.09
Mullis Shane												17.37		17.37
Murdoch Shaun		14.48												14.48
Murray Neil														21.33
Myburgh Hennie		19.51												19.51
Myburgh Mirj						21.30								21.30
Nanny Pia														18.17
Naudé Eduan						12.26		13.07						12.26
Naudé Hannelie								16.22						16.22
Naudé Karlie								17.03						17.03

<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>
Nothling Johan														17.49
Nowers Angelique								21.17						21.17
Nowers Latitia Jnr				26.14										26.14
Nowers Letitia				21.54										20.36
Oberholzer Miande														18.52
Okkers Kaylin					26.36									26.36
Olivier Petré			17.48	17.41	17.27	20.47	18.30	17.09						17.09
Olsen Juanita														15.50
Oostenbrink Carmen														19.20
Oosthuizen (Jnr) Gerrit										13.51				13.51
Oosthuizen Eloise								23.14						23.14
Oosthuizen Francis														19.09
Oosthuizen Gerrit							15.12	14.15						14.15
Oosthuizen Isabella														15.36
Oosthuizen Leroy														11.27
Oosthuizen Lizet							25.21							25.21
Opperman Keanu														17.20
Opperman Philip														16.36
Opton Sue								18.47						18.47

<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>
Pieterse Diana			20.23											20.23
Pieterse Emile														9.51
Pieterse Marco														18.30
Pieterse Marko		15.11												15.11
Pieterse Ruan														18.02
Pieterse Yolanda		18.31												18.31
Pietersen Elrenzo														14.10
Pnematicatos Taryn								16.10						16.10
Poole Daphne					26.36									26.36
Poulton Zaine														20.44
Prain Jenna											21.10	20.28		20.28
Pretorius Anneke														16.23
Pretorius Ella							17.05		18.32					17.05
Pretorius Liezl							17.57							17.57
Pretorius Lucinda														21.19
Pretorius Paul						16.20			18.32					16.20
Prezens Adelaide														15.54
Prezens Aldrick														14.50
Privett Emma							19.55	15.57		16.48			15.09	15.09

Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	PB
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 Kobus													16.50	16.50
Roberts Megan													20.36	20.36
Roberts Michael														14.18
Robey Andrew														13.47
Robey James														13.30
Robey Mark														13.35
Robey Michael								13.38		11.52	11.45		11.44	11.44

<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

Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	PB
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

<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 der Merwe Nicolene	14.06							18.50						13.09
van der Merwe Rouxlé			19.38											19.38
van der Merwe Thys														13.28
van der Merwe William			19.38											19.38
van der Spuy Tanya					22.55									22.55
van der Stoep Coenraad	18.51	17.55												17.55
van der Stoep Haneen	17.18	16.05		14.21		18.32	17.19							14.21
van der Stoep Heleen	20.37													20.37
van der Walt Erik													19.57	19.57
van der Walt Hayley		21.46												21.46
van der Walt Jason													18.43	18.43
van der Westhuizen Anel								15.37						15.37
van der Westhuizen Donovan								13.52						13.52
Van der Westhuizen Louise														15.55
van der Westhuizen Tiaan														15.02
Van der Westhuizen Wilandre														16.40
van Dyk George														15.57
van Dyk Gerrit													20.16	20.16
van Dyk Hanna												25.30		25.30

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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>
van Weele Roelof	15.51	14.48	14.24	14.22	14.30	14.03	14.59	15.12	17.21	18	18.08	17.52	19.44	14.03
van Wyk Charl	13.13													13.13
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

<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>
Wium Vion								13.56						13.56
Wucherfenning Margot														17.00
Yalezo Vuyo														10.36
Zeegers Marion							22.44							22.44
Zeelie Frederick							15.14							15.14
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	11.44	8.34