



<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>
Bennett Zach						31.23								31.23
Benning Leo	21.11	21.48	22.23	22.47	22.45	26.25	27.14			29.20				17.29
Benning Marie														33.32
Beyers Karin														28.50
Beyleveldt Sophia		29.07												29.07
Beyleveldt Sophia Jr		29.07												29.07
Bishop Petro														26.20
Blom Martie						31.50	31.06	30.18						30.18
Bonorchis Caryn										27.50				22.29
Bootha Ben				23.32	25.10	25.36	24.18	23.42	26.07	26.44	27.30	26.42	27.36	23.32
Bootha Renier		23.58												23.58
Bootha Ronél	26.39	27.56		23.32	25.10	25.10	23.40	23.42	26.07	26.44	27.30	25.44	27.36	23.32
Botha Cecilia			27.04											27.04
Botma Venessa						28.43								28.43
Brand Denise														24.40
Brand Laura														25.12
Britz Sue						29.49								29.49
Browne Emma														25.29
Browne Keeley														25.29
Browne Michelle														25.29
Burger Emma									23.37					23.37
Burger Melanie									23.59					23.59

<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>
Burton Peter										30.18	23.25	26.57	37.05	23.25
Burton Sylvia										28.20	27.51		31.01	27.51
Carstens Erns														32.23
Carter Diana						28.26								28.26
Carver Geoff					26.59									26.59
Cilliers Andries									26.57					26.57
Cilliers Heleen									26.57					26.57
Claassen Tamaryn									31.50	35.54		29.59		29.59
Clark Sarah										29.46				29.46
Clark Suzanne									35.26					35.26
Clark Wendy									30.12	30.22				30.12
Coates Liz														30.17
Coetzee Adele												26.57		26.57
Coetzee Adri														29.08
Coetzee Ella			25.10											25.10
Coetzee Nicolene							24.51							24.51
Coetzer Ella			27.41											27.41
Cooper Tania							21.27	20.38						20.38
Corbett Meyer Sheraleen				27.18										27.18
Croucher Brian									26.18	28.47				26.18
Croucher Leonie									29.32	31.06	32.17			29.32
Cumming Basil								23.55	25.15	26.02	25.28	25.07	29.18	23.55



<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>
du Plessis Annie														26.46
du Plessis Jean													29.00	29.00
du Plessis John														26.20
du Plessis Johnny						28.15			28.43					28.15
du Plessis Luan													27.31	27.31
du Preez Amor							29.45							29.45
du Preez Josef							34.45				41.50			34.45
Du Randt Ivy	24.12													24.12
du Toit Nicole														25.25
Dunn Jenna		23.58												23.58
Eager Glynn								32.42						32.42
Earle Danielle														27.09
Eccleston Louise											28.54			28.54
Ehrenberg Arlene	22.21	23.13	23.52	21.59	22.39	23.04	23.56	23.52	26.20	29.31		30.25		20.25
Eichenanen Helga														21.11
Ellis Tania					27.27	21.02	20.24							20.24
Erasmus Abel	22.34	23.11	23.23	21.59	22.39	23.11	23.37	24.23	29.55					21.59
Erasmus Louise						21.41			29.55		27.55			21.41
Erasmus Mariska											32.15	26.07		26.07
Estherhuysen Tilla														25.17
Ferreira Hymne														24.45
Filander André											31.13			31.13

<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>
France Marie		25.00												25.00
Frangs Lyn														23.50
Fraser Lizaan							24.52							24.52
Georgala Anneke														26.22
Georgala Mike														26.52
Giddy Jenny								30.02	32.37					30.02
Giddy Jesica									34.14					34.14
Giddy Mark								30.43						30.43
Gildenhuis Linda											30.56			30.56
Gooding Carien					22.20		22.05							22.01
Gooding Dave														19.23
Gouws Anna-Marie												28.00		28.00
Gouws Emmie		25.00						25.21	26.20	29.31	28.09	30.25		25.00
Gouws Juan												33.11		33.11
Grant Helen						28.11								28.11
Grant Jean						26.57	26.34	23.43	26.24	27.16	32.18			23.43
Grant Juan							25.43							25.43
Greene Rhian									27.11					27.11
Griffiths Gareth								30.46						30.46
Griffiths Lionel								30.46						30.46
Griffiths Marianne											27.30			27.30
Griffiths Michelle								30.46						30.46

<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>
Haluo Marie-Franci		33.30												33.30
Hamman Monica							21.15	20.50	24.13	28.20				20.50
Hanna David									37.08					37.08
Hanna George								22.58	23.11					20.43
Hanna Les										27.50		25.34		23.15
Hardie Viona												33.53		33.53
Harris Jones Philip			32.13											32.13
Hepburn-Brown Arthur														21.11
Hepburn-Brown Sandy														25.11
Hepburn-Brown Sarah														22.08
Hibberd Christine														21.42
Hofmeyer Elma								25.18	23.37	25.35	24.21			23.37
Holtzkamp Jo														26.29
Hugo Anneline														26.17
Hugo Johan				23.00			27.17							23.00
Hull Hettie	26.15	27.39	25.00					30.58				39.25		25.00
Hull Hetty		27.37												27.37
Hunter Diane				25.26		26.57	25.43	26.50	30.23	33.25	32.20			25.26
Ingles Fiona										27.59				27.59
Jackson Val									29.30	27.46				27.46
Jass Winston								32.42						32.42
Jenkins Heather												26.07		26.07

<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>
Johnson Danie										32.28				32.28
Johnston Cathy				25.18	26.08		28.57							25.18
Jones Ingrid									31.08					31.08
Jonker Jonathan						31.03								31.03
Jordaan Anita														23.35
Jordaan Benita											41.50			41.50
Jordaan Danie											41.50			41.50
Kiesen Charlotte			27.51											27.51
Kilian Lee					31.10									31.10
Kleynhans Michelle														25.57
Koegelenberg Rolene			24.12											24.12
Koekemoer Marisa	26.21	28.26												26.19
Koen Gert														22.48
Kohn Elmien									34.36					34.36
Kotzé Heidi									25.30					25.30
Kotzé Snr Johann											28.42			28.42
Kotzé Sunette							25.51							25.51
Kriel Anita											32.19			32.19
Kruger Miranda														25.22
Laing Claire										35.56				35.56
Lambert Juanita												26.01	29.12	26.01
Lawrence Jeanette									35.56					35.56



<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>
Le Grange Jeanette														32.23
Le Grange Marna														32.23
Liebenberg Rigard						28.42								28.42
Loedolff Willie	24.22	23.40	24.27	25.46	25.53	26.41	26.35	28.35	33.32	38.03				20.48
Louw Barney	30.55			22.20										22.20
Louw Inge	30.55	28.26												26.50
Louw Natalie												29.45		29.45
Machado Rina													23.21	23.21
Malan Daphne							25.43							25.43
Marais Beverley		29.39												29.39
Mason Kerry														37.07
Mason Marisa														31.59
Mathewson Julie-Anne	24.16													24.16
McArthur Megan														27.45
McCormick Yvette			28.30											28.30
McDonald Suzanne														25.28
McFarlane Myrna														22.50
Mchendrie Marianne											24.15			24.15
McPhun Nicola													29.44	29.44
Meyer Arlene						28.39								28.39
Mienies Jennifer					27.20									27.20
Mills Deborah											28.54	29.45		28.54

<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>
Mills Enoch												36.34		36.34
Mills Lee-anne											32.18			32.18
Mills Linet											32.15			32.15
Milne Lidia				28.05										28.05
Milne Mikki	26.39			28.05		26.35								26.35
Muller Nora													31.24	31.24
Nair Eloise											32.56			32.56
Nel Ivy				22.23										22.23
Norris Laura														25.15
Norton Frieda											32.56			32.56
Nowers Angelique								25.26						25.26
Okwvosa Chinwe												32.08		32.08
Olivier Petré				27.40										27.40
Oosthuizen Eloise							26.09	24.42	30.00					24.42
Oosthuizen Gerrit							29.00	28.47	30.10					28.47
Oosthuizen Juanita														19.00
Oosthuizen Lizet							25.32	26.34	29.37					25.32
Panagoulas Anna							30.48							30.48
Panagoulas Fiona							32.00							32.00
Paulick Alan											29.32	31.00		29.32
Paulsen Danie								29.33						29.33
Paulsen Estelle								29.33						29.33





<a href="#">Athlete</a>	<a href="#">2012</a>	<a href="#">2013</a>	<a href="#">2014</a>	<a href="#">2015</a>	<a href="#">2016</a>	<a href="#">2017</a>	<a href="#">2018</a>	<a href="#">2019</a>	<a href="#">2020</a>	<a href="#">2021</a>	<a href="#">2022</a>	<a href="#">2023</a>	<a href="#">2024</a>	<a href="#">PB</a>
Turner Cynthia														24.04
Turner Gavin														26.05
Uys Christelle									31.53					31.53
Uys Estelle				23.27										23.27
van Aswegen Nadene														34.13
van der Berg Amanda														26.29
van der Merwe André								32.40						32.40
van der Merwe Carina								26.11	32.37		29.07	27.59		26.11
van der Merwe Nicolene								27.37						27.37
van der Spuy Maretha														22.26
van der Spuy Tanya				26.25	31.10									26.25
van der Walt Emile											29.21			29.21
van der Walt Yolandi										29.43	29.19			29.19
van Emmenis Anneke									31.59			29.26	27.07	27.07
van Emmenis Wilna									31.59	31.58	27.50	28.00	31.24	27.50
van Niekerk Nadine				28.01										28.01
van Rooyen André														30.48
Van Schoor Christa-Marie		29.07												22.17
van Weele Roelof														22.52
van Weele Saskia							30.50							30.50
van Wyk (J) Leonard									29.50					29.50
van Wyk Alexa									30.06					30.06



<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>
von Wielligh Gitte											19.37			19.37
von Wielligh Tania											24.55			24.55
Walker Alistair														20.40
Wallace Aloma								27.41						27.41
Wallace Yolandi								27.35						27.35
Walsh Gill Renee											32.07	29.40	32.15	29.40
Walton Don														22.11
Warren Bertie					23.15	23.00								18.44
Warren Magda														31.20
Waters Hugh				23.32		24.00	25.53	26.18	28.59	32.26	31.25	33.03		23.32
Weeder Kim											31.13			31.13
Wessel Ronnie								31.50						31.50
Wessels Margie		24.05												24.05
Wheeler Norma						31.56	26.25	27.43	37.08					26.25
Whitehouse Franke						26.44								26.44
Wicht Norden														24.46
Williams-Sales Anne-marie														27.06
Wright Megan												26.03		26.03
Wright Rebecca												26.03		26.03
Wurbach Michael					30.25									30.25
Zeegers Marion									24.18					24.18
BEST	18.06	19.15	19.27	21.59	21.24	21.02	20.24	20.38	23.11	24.23	19.37	25.07	20.02	17.29