

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>
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
Brummer Gerhard						24.33								24.33
Brundl Belinda														26.53
Bruwer Charel											28.11			28.11
Bruwer Esthea											28.11			28.11
Buckenham Arthur		24.26	24.16	26.26			23.35							23.35
Buckenhow Anton				26.14										26.14
Buckenhow Gareth				26.14										26.14
Buckingham Allen		25.16												25.16
Buckingham Gareth		20.55												20.55
Bulela Irvine	18.45													18.45
Burger Wanda														28.57
Burger Wynand														26.32
Burman Karen						28.18								28.18
Burton Peter													35.09	35.09
Burton Sylvia										26.25	27.30	27.57	25.55	25.55
Bysshe Jill														29.38
Caldin Amanda	23.58													23.58
Calitz Coenie											24.51			24.51

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

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Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2017B
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
du Plessis Nico														20.40
du Plessis Shagna												33.43	31.14	31.14
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

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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>
Groenwald Jannie														34.00
Groenwald Melissa														39.13
Gunther Megan												30.00	33.16	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
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

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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>
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
Havinga Christine								26.34	25.06	29.10	27.38			25.06
Haworth Sandra							31.08							31.08
Hayden-Smith Juliana												28.23		28.23
Heigers Deon														31.11
Hendry Jilly											26.32		30.10	26.32
Henn Anel								27.07	25.54	26.44				25.54
Henn Maryke			29.47					28.57		29.07				28.57
Henn Nicola								31.53	34.15	31.39				31.39
Henn Thomas								26.53	26.56	27.37				26.53
Henson Karen														24.04
Henson Len														32.30
Hepburn-Brown Arthur														31.20
Hepburn-Brown David	27.55			21.34	22.29	21.46	21.16	22.38	24.28	26.19	23.35			19.59
Hepburn-Brown James														24.01
Hepburn-Brown Jenny														30.57
Hepburn-Brown Sandy					33.52	37.40	36.20							32.12
Hepburn-Brown Sarah											26.45			26.45

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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 Crystal														26.53
Jackson Jacqui	23.57					26.51								23.57
Jackson Ken									25.10	25.45				25.10
Jackson Sam	28.40				27.06								24.49	24.49
Jackson Sara					24.47									24.47
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	25.09	20.07
Johnson Craig														19.36
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	26.55	21.59
Johnston Jordan											23.27	30.10	22.12	22.12
Johnston Shaun							24.49	28.51						24.49

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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>
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
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

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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>
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
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

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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>
Kotzé Marizanne												28.00		28.00
Kotzé Michael					23.38	24.13	24.46	22.24	25.40	24.05		24.05	22.30	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
Krause Cornie	27.11													27.11
Krenmayr Ulrick														23.10
Kriel Hendrik														22.51
Krige Fanie														24.50
Kruger Carmen							30.41							30.41
Kruger Johan														24.14
Kruger Louis														17.15
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
Laing Alida														34.46
Lalean Jan														29.10
Lallapersad Norman												25.00		25.00

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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>
Leppan John		23.28												20.00
Leppan Megan			28.50											28.50
Lerm Yvonne	24.33													24.33
Liebenberg Matthew												25.40		25.40
Linde Ena														24.54
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

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Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2017B
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
Mahena Vuyisani									22.27					22.27
Mahlila Vuyisani	19.08													18.03
Makyme Leonard	21.31													21.31
Malan Charles	23.01	21.21	20.22	21.24	20.30	19.39	19.35	20.55	20.25					19.35
Malan Danel	19.02													19.02
Malan Dirk	25.39													25.39
Malan Gys											21.18			21.18
Malan Marianne	21.52													21.52
Malan Theo					27.23	22.10	23.55	23.16	29.43					22.10
Malenga Dennis								23.28						23.28
Manemo Clement														18.11
Manga Christine											28.06			28.06
Mao-Cheia James														25.54
Mao-Cheia Ruth														26.15
Mapham Kate			19.00											19.00
Marais Keith		28.45												28.45
Marais Nicola												23.37		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>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>
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
Mcguirk Roy												26.43	28.07	26.43
Mcleod Ian												27.45		27.45
McManus Janine													30.32	30.32
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

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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>
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 Linet									26.52		26.04			26.04
Milne Mikki	22.52	22.27	22.10	23.23	23.47	24.52	25.36	26.09	25.12	25.45	28.02	29.16	30.40	21.05
Milne Willem				27.06										27.06
Minikwa Siva		20.36												20.36
Mitchell Chris									27.50				28.29	27.50
Mitchell Malcolm														26.03
Mkhohlakali Mlandeli	19.18	18.06	18.09	18.01	18.40	18.45	18.41	18.48						18.01
Mkulu Reginald														23.29
Momberg Willem														29.21
Mönnig Anton								21.36			23.05			21.36

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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	37.20	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
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

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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>
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
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

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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>
Paterson Jane				35.29										35.29
Paulick Alan												33.16		33.16
Paxton Arno														24.46
Payne Nicki														28.14
Payne Wesley														17.59
Pearce Lucy				22.47										22.47
Pearson Barbara														26.20
Pearson Glen														21.30
Pearson Phillipa						26.45								26.45
Pearson Tristan						25.12								25.12
Peck Lesley		29.00	29.56		31.15	29.14								29.00
Peens Cedric			24.36				28.28							23.53
Peens Ingrid														22.27
Peiser Doug														21.55
Peiser Susan													23.18	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

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Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2017B
Prezens Aldrick														24.52
Pringle Dan	25.22					32.05								25.22
Pringle Rory			28.10											28.10
Privett Matthew								20.48	19.17	19.11	19.48	18.55	17.59	17.59
Privett Michelle								20.41						20.41
Privett Sean			26.11				18.59	18.57	19.56	19.22	19.54	19.46	19.30	18.57
Pumlani Sydney														21.59
Punt Gilbert														19.35
Punt Hendrie														18.02
Punt Wilma														20.40
Qendu Lungisa														21.19
Quilan Meredith					26.47									26.47
Rabe Hendrik														19.47
Ras Tiernan			23.04											23.04
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

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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>
Reuters Anya	25.35													25.35
Reynecke Amanda														30.27
Reynecke Ivan		18.02			18.21									18.02
Roberts Chad														18.16
Roberts Kobus													29.47	29.47
Roberts Megan													35.39	35.39
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		20.05	18.58
Robey Mick											20.47	21.49		20.47
Robinson Chris														24.01
Rolfe Marc														21.36
Romburgh Kim								27.01						27.01
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

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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>
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
Schneider Jacqueline														23.25
Schoeman At														19.41
Schoeman Hanli														37.50
Schoeman Henrico														21.41
Schurmann Eddie														19.07
Schutte Devin												20.37		20.37

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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>
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
Tancred Christine														26.48
Taylor Doug			27.20											27.20
Taylor Mike														26.16
Tellis Jocelyn							29.01							29.01
Terblanche Rian														25.03
Thabo Sentle		23.31												23.31
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

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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>
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													24.16	24.16
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	28.32	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		29.13	25.46
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 Leo													27.22	27.22

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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>
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
van Dyk Gerrit													19.50	19.50
van Dyk Neil			24.39											24.39
van Dyk Renate			30.52					31.17						30.52
van Dyk Stoffel														20.14
van Groeningen David									33.50		34.05	30.00	21.46	21.46

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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 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
Venter Marietjie		29.39												29.39
Venter Marius	26.06	23.31												22.51
Venter Monica		28.01												28.01
Venter Vasti										29.07				29.07
Venter Zenobia														24.05
Vermaak Pieter														25.17
Verster Janelle											23.59	22.35	23.16	22.35
Verster Keg	25.58													25.58
Verster Peter													25.17	25.17
Verster Pieter										21.54	22.31	20.15	20.15	
Verster Servaas		25.26											20.38	20.38
Verster Suzaan													23.36	23.36

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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>
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
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													27.51	27.51
Willoughby Noleen													27.34	27.34
Willoughby Rodney													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>2017B</u>
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	25.12	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
Yorke-Smith Rowland													34.05	34.05
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