

8km 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>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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du Plessis Annemie										38.53				38.53
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

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Fivaz Marlia									44.10					44.10
Fourie Gerry				35.32										35.32
Futin A	42.02													42.02
Fyfer Arina	40.57													40.57
Gaertner Mirijam														41.12
Geldenhuis Jan														37.33
Georgala Mike														37.41
Gibson Elaine														36.14
Gildenhuis Jan	37.09	37.43	36.44	37.32	40.38									36.44
Gildenhuis 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 Cillié						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

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Krause Jenny														34.45
Krige Fanie														38.53
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

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MacFarlane Stuart														40.02
Mafentile Emeth							36.53	35.16		31.15	34.00	33.57		31.15
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

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Nel Danie					36.00									36.00
Nel Daniël									37.08	46.27				37.08
Nel Gerhard							35.26							31.16
Nel Nadia														32.13
Nell Travis					38.13									38.13
Nettleton Travers														41.28
Niemand Mark														33.25
Nienaber Suané										37.00				37.00
Nlubukayse Eric						28.58								28.58
Nofotyo Brine														26.43
Nowers Raymond				36.38	37.25			39.55						36.38
Nowers Roy		33.37												33.37
Ntoyakle Oscar														28.05
Olivier Brummer														36.38
Olivier Petré			54.38											54.38
Oosthuizen (Jnr) Gerrit								43.56	39.52		39.12			39.12
Oosthuizen Gerrit									42.26					42.26
Osse Betty														40.25
Oweis Joseph														29.56
Pasio Shanon			43.27											43.27
Paterson Jane				37.12										37.12
Paxton Arno														44.30
Peens Cedric														39.18
Peiser Doug														35.59
Peiser Susan													39.55	39.55

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Russell Alasdair														27.04
Salime Gift						32.51								32.51
Sangurakani Calvin								34.50						34.50
Saunders Dawn														37.00
Schneider Jacqueline														38.00
Schoeman At														33.26
Schoeman Henrico														44.24
Schurmann Eddie														31.32
Schwartz Carlton														31.37
Scullard Alf														32.33
Seitumeng Baba														30.22
Shaw Sandy														45.01
Sherman Eddie														33.27
Siebrits Raymond								36.51						36.51
Siziba Simthembile					29.30									29.30
Sleigh James							41.31	40.00	42.07		39.22	42.37		39.22
Sleigh Sharon								46.45						46.45
Smit Aline														44.30
Smit Angelique							38.50							38.50
Smith Ann													43.13	43.13
Smith Anri													43.58	43.58
Smith Marthinus													43.13	43.13
Snyman Stiaan								38.36						38.36
Solomon Mariza														40.53
Solwethu Sondlo										31.35				31.35

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Spratt Phillippa						52.00								52.00
Stabler Tom							37.03	36.22	34.38		39.12			34.38
Starke Peter	49.14	47.24												38.03
Stembele Emeth								44.38				34.43		34.43
Strandvik Yngve														42.23
Such James														34.20
Swanepoel Rickus														32.41
Swarts Justin	38.44	34.55	33.59	35.54										33.59
Sylvester														32.55
Taljaard Debbie							49.31							49.31
Templeton Tanya														35.10
Tewana Elvis														35.40
Theron Christa					50.29									50.29
Theron Jaco								31.53						31.53
Tiwana Elvis	34.14													33.22
Tjabring Caroline														39.03
Tjabring Graham	34.46		38.00											32.11
Tredoux Deon														41.46
Troy Michael					36.28									36.28
Truter Lizelle	48.36	46.11												46.11
Tshabeni Alfred	29.32	30.03	31.10											28.19
Turner Gavin	48.00	44.51	44.42		51.25	52.18	53.02							35.46
Turner Sheila														45.30
Vale MJ														33.42
van Aarde Amri													38.08	38.08

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Waters Hugh	48.10		47.39	47.09										37.51
Wentzel Kyle													40.52	40.52
Wheeler Charles	33.49													33.49
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