











# 3km Run Seasons Best

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<u>Athlete</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>2011</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>PB</u>
Brink Donovan												16.47	9.57		9.57
Brink John													10.45	15.32	10.45
Britz Tamsin						17.38									17.38
Bromley Claire												18.12			18.12
Brookes Tiaan			18.38	19.26											18.38
Browne Lucy			15.51	15.04											15.04
Browne Sandy			21.11	21.22											21.11
Browne Thomas			10.29	10.24	11.40	10.04									10.04
Brummer Morne			15.45	14.26	15.18	14.22									14.22
Brummer Nicole			19.49												19.49
Bruwer Yolande					22.17										22.17
Buckenham Arthur												14.04			14.04
Buitendag Bernard Jr															16.26
Buitendag Bernard Sr															16.26
Buitendag Mariska															14.45
Burgers Lee															19.21
Burt Natasha															16.27
Caldwell Carmen								15.40							15.40
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





















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Gibson Elaine															13.04
Gibson Hilton			17.59												17.59
Gibson Hylton	13.25	12.35													12.05
Gibson Ian															17.30
Giddy James															16.01
Giddy Mark															16.03
Gilchrist Sarah Jane		20.19													20.07
Gildenhuis Bianca				18.26											18.26
Gildenhuis Jan							14.50		17.14	14.47	15.37	15.34	14.50		14.47
Gildenhuis Linda				19.26											19.26
Giles Tara Lee									24.07						24.07
Gillespie Eddie															11.23
Gillion Fabian															13.11
Gillion Frank	11.39			11.59			11.12	12.06			11.58	12.14	12.24		11.06
Godana Ingallathi												12.06	10.41		10.41
Godfrey Nathan				13.44											13.44
Godfrey Tim				13.59											13.59
Gooding Carien	17.14		18.19	17.32		17.42	15.51	17.16							15.51
Gooding Dave	16.50														16.33
Gordon Sarah													12.16		12.16
Gouws Anna-marie													17.33		17.33
Gouws Anne-Marie													17.26		17.26









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<u>Athlete</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>2011</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>PB</u>
Hopkins Charlie						12.38									12.38
Horn Shana									19.46						19.46
Horne Jacques			14.53												14.53
Hough Norman											20.20				20.20
Hudson Kendra				12.36				12.58							12.36
Hugo Anneline					24.13										24.13
Hugo Johan											22.46				22.46
Hugo Nina											22.46				22.46
Hull Hettie						26.25									26.25
Human Estelle															14.17
Human Hein															12.13
Human Marlize															12.09
Human Ruan			13.35												13.35
Hunt Berda	17.05														17.05
Hunt Christine			17.59												17.59
Hunt Greg			17.58												17.58
Hunt Kirsten	15.02														15.02
Hunt Lauren	13.40														13.40
Hunt Robert	16.14		14.20	13.47											13.47
Hunter Diane								23.00							23.00
Huysamen Jacques			19.27												19.27
Hvidsten Wendy										16.04					16.04





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Kleynhans Michelle			19.20	21.39	20.24										19.20
Kleynhans Moni															19.10
Kloppers Anke					22.43				14.48						14.48
Kloppers Bianca					22.43										22.43
Kloppers Lizaan					22.43										22.43
Kloppers Marizan					24.29										24.29
Kloppers Pierre					31.00										31.00
Kloppers Riaan					21.40										21.40
Kloppers Rouzelle					24.29										24.29
Knight Emilia							16.01								16.01
Knight Scott													16.22		16.22
Knoetze Anri					18.46										18.46
Knuse Siyabulela	14.58						10.53								10.53
Koegelenberg Ane				15.33											15.33
Koegelenberg Franciel				17.30											17.30
Koegelenberg Lindi				18.33											18.33
Koekemoer Ernst			13.06	13.27	12.51	17.05									12.51
Koekemoer Jan			15.57												15.57
Koekemoer Johan													16.26		16.26
Koen Louis															16.50
Kompelo Sydney		14.39													14.39
Koster Sandy													33.33		33.33

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<u>Athlete</u>	<u>2007</u>	<u>2008</u>	<u>2009</u>	<u>2010</u>	<u>2011</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>PB</u>
Kotzé Chané											15.45	14.59	14.57		14.57
Kotze Chante			17.57	18.42					17.16						17.16
Kotzé Elsabé											18.22	20.22	19.43	22.16	18.22
Kotzé Heidi											16.09	15.42	15.28	18.00	15.28
Kotzé Johann											13.06	12.26	13.20	14.30	12.26
Kotzé Michael											13.01	13.25	12.35	13.45	12.35
Kotzé Michelle										16.51	17.26	16.03			16.03
Kotzé Milan												22.11			22.11
Kotzé Richard														15.53	15.53
Kotzé Snr Johann											15.28	15.00	14.37	16.31	14.37
Kotze Zandri			19.10	20.45				20.50	24.07						19.10
Kriegler Elizabeth	17.25														14.37
Kriel Kristie															12.23
Kroell Tina															19.06
Kruger André													14.50		14.50
Kruger Handré												15.19			15.19
Kruger Miranda				19.06											19.06
Kruger San Marié													20.23		20.23
Laing Alida	21.21														21.21
Lamminga Dennis													15.44		15.44
Lamminga Ena													28.51		28.51
Lamminga Jack													28.51		28.51





















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Pieterse Ruan				18.02											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												20.44
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														15.54
Prezens Aldrick	15.23														14.50
Privett Emma												19.55	15.57		15.57
Privett Matthew												13.45		11.18	11.18
Privett Michelle												21.27	19.28	21.58	19.28
Propu Georgia							15.58								15.58
Punt Gilbert	10.42		10.53	11.06			12.15								10.41
Punt Hendrie	13.23	11.06	10.12	9.55											9.55
Punt Wilma															21.02
Qongqotha Asemahle							17.57								17.57
Ras Dean									20.54						20.54









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Single Dylan						12.35	15.12								12.35
Skein Ettienne				16.18											16.18
Skein Klara				19.12											19.12
Skein Liezl				20.23											20.23
Skein Willem				17.52											17.52
Sleigh James												14.27	12.12		12.12
Sleigh Sharon												16.20	15.17		15.17
Smal Eugen															12.51
Smallbones Elsa				27.20											27.20
Smallbones James			13.08	14.55											13.08
Smit Jean				14.23	12.16		16.59								12.16
Smit Tanya										23.29					23.29
Smith Carol				16.34											16.34
Smith Justin				14.04											14.04
Smith Mathew						16.38									16.38
Smith Shaun				15.06											13.42
Smith Taylor				14.24											14.24
Smuts Bila					21.11										21.11
Smuts Hannes					21.11										21.11
Smuts Miko				13.38	13.50	13.26									13.26
Spratt Phillippa											17.31				17.31
Stabler Jessica													20.52		20.52







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Thom Arina					15.43										15.43
Thom Geoff					15.56										15.56
Thomas Austin			18.04												18.04
Thomas Sue		17.16													17.16
Thorburn Nicolas								18.27							18.27
Tiefenthaler Tanya										22.54					22.54
Tiepelt Anya	20.28														18.12
Tredoux Deon		14.01		16.16		16.03									13.31
Tredoux Jacques															12.37
Troy Michael			21.00												21.00
Tshabeni Alfred			9.59	10.35		10.15	10.27						15.55	14.26	9.59
Turck Riaan	16.26	17.20		18.52											16.26
Turner Gavin		20.30										19.27	18.02		18.02
Tyers Claude															14.21
Vale MJ			16.25												16.25
Vallenduuk Willem									17.34						17.34
van Coller Nadia			18.08	18.36											18.08
van der Berg Lezan									18.24						18.24
van der Berg Rudolf									22.42						22.42
Van der Linde Gillory															19.40
van der Merwe André										15.53			16.34		15.53
van der Merwe Carina	16.16	16.18											16.44		16.16





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Van Tonder Talitha	19.03		16.28												16.28
van Tonder Wilhelm															14.24
van Vuuren André											15.36	14.27			14.27
van Vuuren Anli									16.21			20.28			16.21
van Vuuren Cara					23.52										23.52
van Vuuren Cornel					23.52										23.52
van Vuuren Daniel												19.19	21.50		19.19
van Vuuren Thalika					23.52										23.52
van Weele Roelof	15.22	15.32	16.44	15.30	18.36	15.51	14.48	14.24	14.22	14.30	14.03	14.59	15.12	17.21	14.03
van Wyk Charl						13.13									13.13
van Wyk Charlotte			16.35												16.35
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												23.27
van Zyl Johan	16.29		21.25	21.33											16.29
van Zyl Ronelle	18.12														18.12
van Zyl Sam								19.00							19.00
van Zyl Theresa													21.04	22.45	21.04
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



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Viljoen Ria	14.08		15.21	14.59											14.08
Visagie Elana			20.16												20.16
Visagie Max	14.38	13.25													13.14
Visser Cayla		20.40													20.40
Visser Elsa									14.47						14.47
Visser Ruan		13.43	12.04												12.04
Visser Schalk											20.13	22.44	23.07	23.20	20.13
Visser Unke		20.40													20.40
Vlotman Christo											11.57	12.00	13.15		11.57
Vorster Carla													17.32		17.32
Vorster Connor						14.41	15.17	15.56				16.18			14.41
Vorster Leo						14.40	12.20	12.06	13.03	13.23	11.15	16.18			11.15
Vorster Loudi							12.22	16.04	13.23	15.00	13.02	12.31			12.22
Wagner Eva Maria						17.49									17.49
Walker Alison	18.08														17.54
Walker Alistair	15.50														15.50
Walker Jonathan															16.16
Wallace Yolandi													19.43		19.43
Wallice Carol													18.08		18.08
Wallice Peter													14.34		14.34
Ward Robyn	17.18														16.15
Warren Bertie											22.51				22.51

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Waters Hugh		17.11	17.12		16.10	14.16	15.56	15.15	17.08	17.29	19.53	20.46	24.46		14.16
Waym Anna Mari							17.17								17.17
Wellmann Bjorn													16.16		16.16
Wessels Koos													20.10		20.10
Wheeler Norma					16.51						21.45	17.57			15.23
White Michelle															24.18
Whitehouse Franke											22.57				22.57
Whitelaw Richard					13.32										13.32
Wilkinson Tristan								20.54							20.54
Williams-Sales George			12.50	12.03											12.03
Winikwa Chesta						12.31									12.31
Witness Lomile		14.39													14.39
Wium Vion													13.56		13.56
Wucherfenning Margc			17.00												17.00
Yalezo Vuyo	10.36	11.14													10.36
Zeegers Marion												22.44			22.44
Zeelie Frederick												15.14			15.14
Zweni Nomvuyo			20.58												20.58
BEST	8.34	10.29	9.59	9.55	11.16	10.04	10.27	11.08	10.19	9.09	11.15	9.21	9.57	11.18	8.34