



## 5km Run Seasons Best

Monday, 09 March 2020

Page 2 of 47

<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>
Anderson Barbara					27.13										27.13
Anderson Ken			28.31												28.31
Arendse Mervin												21.23			21.23
Arnoldus Darian		23.38													23.38
Atkinson Emma									29.53						29.53
Austen Kevin							19.45		20.55						19.45
Austin Colin						21.10		23.46							21.10
Austin David							26.59	26.16	26.50				34.41		26.16
Austin Evan					19.55	19.32	19.26	19.55	20.43	22.06		21.11	21.53		19.26
Austin Jonathan							25.57	24.34							24.34
Austin Karin					29.59	27.13	26.45	25.53	26.10	26.31					25.53
Austin Paula						32.38									32.38
Austin Stephanie		27.25		30.07											27.25
Avenant Lientjie			27.10												27.10
Badenhorst Pierre															19.44
Baker Bridget															23.26
Barends Alister		28.23													28.23
Barends Ashwell															22.33
Barends Aubrey		24.53	25.09	25.05	26.05										24.53
Barends Charlene		36.11													36.11
Barnard Corne											24.06				24.06
Barnard Etienne										21.49	20.59	21.32	21.58	27.25	20.59







## 5km Run Seasons Best

Monday, 09 March 2020

Page 6 of 47

<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>
Browne Emily							23.33								23.33
Browne Emma							23.29	22.52	24.32						22.52
Browne Erlo							19.50								19.50
Browne Jeremy			20.30	20.04	20.19	20.12	20.45	20.57	21.15	22.18		22.33	21.37		20.04
Browne Lauren							26.06								26.06
Browne Mat	20.21														19.02
Browne Thomas			18.25	17.20	17.38	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
Buckenham Arthur							24.26	24.16	26.26			23.35			23.35
Buckenhaw Anton									26.14						26.14
Buckenhaw 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
Bysshe Jill			29.38												29.38
Caldin Amanda						23.58									23.58
Carding Scott						26.19									26.19
Carrington-Sykes Br											35.44				35.44













## 5km Run Seasons Best

Monday, 09 March 2020

Page 12 of 47

<a href="#">Athlete</a>	<a href="#">2007</a>	<a href="#">2008</a>	<a href="#">2009</a>	<a href="#">2010</a>	<a href="#">2011</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="#">PB</a>
Dunn Jenna												37.10			37.10
Dunsdon R			26.43												26.43
Duntsula Ewise							27.17								27.17
Duntsula Siyamcela						21.58									21.58
Dupisani Kobus													30.40		30.40
Duwara Duncan					24.20										24.20
Eager Glynn													24.07	27.01	24.07
Earle Michael															19.33
Eccles John								26.20							26.20
Edwards Craig															22.08
Ehrenberg Ingrid															27.24
Eliot Vivian															24.29
Elliette Michael									26.31						26.31
Ellis Garth											26.20		24.18		24.18
Engel Emile													25.22		25.22
Engelbrecht Martin											27.26	29.36			27.26
Erasmus Louise	19.50	20.03	19.50	20.14	20.32	21.12	21.22	22.28	21.23	21.58	22.38	23.00	22.20	23.28	19.50
Erasmus Luke	19.46		18.06	19.17	18.46	18.22	18.23	19.09	19.15	18.44			20.56		18.06
Erasmus Mariska													27.24	26.46	26.46
Erasmus Pietrie															24.34
Esbach Lumile	24.15														22.49
Everts Rowan	20.33	21.24									27.10				20.33



## 5km Run Seasons Best

Monday, 09 March 2020

Page 14 of 47

<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>
Fynn Mick										33.58					33.58
Geiger Jacob							23.11								23.11
Geiger Keri							26.34	25.53							25.53
Geldenhuis Jan				22.38	24.22	29.10	27.41					25.57			22.38
Geldenhuis Linda				29.38											29.38
Geldenhuis Lisle							24.59	26.32			30.37				24.59
Georgala Mike															23.21
Giater Stephan							19.20								19.20
Gibson Elaine	22.13	22.39	22.54												21.54
Gilchrist Sarah Jane															23.22
Gildenhuis Bianca								30.28	29.20						29.20
Gildenhuis Jan				21.46	22.53	25.52	23.01	23.58	23.03	24.36	24.19	25.53	24.55		21.46
Gildenhuis Janelle									26.52						26.52
Gildenhuis Linda					28.52	26.57		30.28	29.13						26.57
Gillion Frank	19.56	19.49	19.41	20.20	19.20	18.45	19.26	19.51	18.22	21.24	21.40	21.12	21.15	22.13	18.22
Godana Ingallathi												21.13	20.37		20.37
Godfrey Nathan				24.19											24.19
Godfrey Tim				24.19	23.04										23.04
Gooding Carien	30.56			30.13			27.29								27.29
Gooding Dave	28.12	31.06													28.12
Gordon Sarah				24.25					23.18	22.52	24.04	22.46	21.35		21.35
Gouws (jnr) Danie													20.53	22.10	20.53







## 5km Run Seasons Best

Monday, 09 March 2020

Page 17 of 47

<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>
Harris Esmé											27.46				27.46
Harris Marius											22.13				22.13
Harris-Jones Wendy		27.35						29.37	30.18	29.53	30.20		37.12		27.35
Hartnec André													24.07		24.07
Hartzenberg Irma										32.20					32.20
Hassenkamp Greg								24.59							24.59
Havenga Christine													26.34	26.27	26.27
Haworth Sandra												31.08			31.08
Heigers Deon															31.11
Henn Anel													27.07	28.39	27.07
Henn Maryke								29.47					28.57		28.57
Henn Nicola													31.53	34.15	31.53
Henn Thomas													26.53	28.29	26.53
Henson Karen	24.46														24.04
Henson Len															32.30
Hepburn-Brown Art	31.20														31.20
Hepburn-Brown Da	21.38		27.29			27.55			21.34	22.29	21.46	21.16	22.38	24.28	19.59
Hepburn-Brown Jan				24.01											24.01
Hepburn-Brown Jen															30.57
Hepburn-Brown Sar	37.42									33.52	37.40	36.20			32.12
Heroldt Hannalie				29.37											29.37
Heroldt Stephan		23.13	23.14	23.15		23.39					24.31				23.13



# 5km Run Seasons Best

Monday, 09 March 2020

Page 19 of 47

<a href="#">Athlete</a>	<a href="#">2007</a>	<a href="#">2008</a>	<a href="#">2009</a>	<a href="#">2010</a>	<a href="#">2011</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="#">PB</a>
Human Hein	21.45		23.39	23.12											21.45
Human Kian													28.51		28.51
Human Marlize															23.25
Hunt Robert			28.44												28.44
Hunter Diane							32.09								32.09
Hurn Wesley						25.21									25.21
Hvidsten Wendy						27.55			22.58	23.43	24.41	24.54			22.58
J van Rensburg Jacq									26.06						26.06
J van Rensburg Ma									20.00						20.00
Jackson Chelsea An						31.02									31.02
Jackson Crystal		26.53													26.53
Jackson Jacqui	26.32	25.41				23.57					26.51				23.57
Jackson Sam						28.40				27.06					27.06
Jackson Sara										24.47					24.47
Jackson Sonan										26.33					26.33
Jahni Nyasha									21.14	19.32	20.56	20.50			19.32
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					20.07



# 5km Run Seasons Best

Monday, 09 March 2020

Page 21 of 47

<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>
Kelly Martin			22.17												22.17
Kemp Corne			33.04												33.04
Kemp Dian			33.04												33.04
Kemp Linda					31.57										31.57
Kemp Linette					31.57										31.57
Kemp Lulu		27.16					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	27.31	24.55
Kenyon Keith						32.08									32.08
Khosa Isaac			21.12												21.12
Khunyana Michael			18.02	18.42											18.02
Kiesen Charlotte								28.10							28.10
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			28.56	47.56							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





# 5km Run Seasons Best

Monday, 09 March 2020

Page 24 of 47

<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>
le Roux Marilie				29.10							27.50		32.42		27.50
Le Roux Pieter								20.30							20.30
le Roux Wayne	20.49	20.33	21.28						26.48	29.32					20.33
Leeuwner Pieter															20.42
Lelean Jan															30.30
Lens Jean									19.56						19.56
Leppan James							23.28								23.28
Leppan John					20.00		23.28								20.00
Leppan Megan								28.50							28.50
Lerm Yvonne		26.31	26.07		25.05	24.33									24.33
Linde Ena			24.54												24.54
Linganiso Ntando												20.51			20.51
Loedolff Willie		36.30	22.25												22.25
Lombard Tanya			27.50												27.50
Longland Christoff	20.01														20.01
Lotter Dannie															22.35
Lotter Marcelle			27.41												27.41
Lottering Hardy											21.30				21.30
Lourens Melanie									34.09						34.09
Louw Barney	23.26	22.03	24.09	25.18	22.26	22.51	26.56	23.29	24.07	26.47	23.33	25.08			22.03
Louw Inge					33.15										33.15
Louw Nicholas												19.52			19.52



# 5km Run Seasons Best

Monday, 09 March 2020

Page 25 of 47

<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>
Lovender Bronn												30.14			30.14
Lucas Jimmy															28.45
Luck Vic														25.50	25.50
Ludick Coby		24.22													24.22
Luyt Nerine		25.02													25.02
Luyt Shaun		25.02	23.04	22.31				26.25							22.31
Mafentile Emeth												25.04	23.05		23.05
Mahena Vuyisani														22.27	22.27
Mahlila Vuyisani					18.03	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	22.35	19.35
Malan Danel						19.02									19.02
Malan Dirk						25.39									25.39
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													18.11
Mao-Cheia James				25.54											25.54
Mao-Cheia Ruth				26.15											26.15
Mapham Kate								19.00							19.00
Marais Keith							28.45								28.45
Maree Daniel						24.10	21.32	20.25	20.27	19.59	20.50	26.25	26.13		19.59

# 5km Run Seasons Best

Monday, 09 March 2020

Page 26 of 47

<a href="#">Athlete</a>	<a href="#">2007</a>	<a href="#">2008</a>	<a href="#">2009</a>	<a href="#">2010</a>	<a href="#">2011</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="#">PB</a>
Masauli Godfrey							23.10								23.10
Masele Vuyisani					18.15	19.26									18.15
Masimba Brian												23.27			23.27
Masoka Morris															22.39
Mason Marisa	23.25														22.06
Matema Ignatius					19.43	18.08	18.55	18.21	18.31						18.08
Mathewson Julie-Ar						40.00									40.00
Matinise Luvo						22.17									22.17
Matodes Craig			22.14												20.58
Mattheus Susie	23.13	24.10													23.13
Mawunda Shaun											27.00				27.00
Mawunda Sign								18.55	17.30	17.15	29.24	21.40			17.15
Maxambele Myolise						28.15									28.15
Mayhew Stephen	20.57														20.57
Mazina Danielle													28.01		28.01
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
McCleen Nick										24.46					24.46
McComas Tara										26.12	26.01	27.33			26.01







## 5km Run Seasons Best

Monday, 09 March 2020

Page 30 of 47

<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>
Nkompelo Sidney		20.35													20.35
Nkoyi Trevor											19.39				19.39
Nofoty Brine	16.35	17.19	17.23	21.12	20.20										16.35
Nomqane Lindy													33.18		33.18
Nortje Anke										30.06					30.06
Nortje Christa			27.02												27.02
Nortje Johan			32.12												32.12
Nortje Karin							24.10								24.10
Nortje Taryn							25.23								25.23
Nowers Douglas													26.41		26.41
Nowers Raymond								21.16	22.56						21.16
Ntoyakle Oscar			23.48												18.32
Ntoykhe Tulani				20.54											20.54
Nyalela CS								26.34							26.34
Nyanela CJ								26.33							26.33
Oberholzer Heidi														30.22	30.22
Oberholzer Mauritz														25.59	25.59
Olivier Brummer	21.42														21.42
Olivier Chantelle													30.52		30.52
Olivier Daniel									21.18						21.18
Olivier Petré								31.41	31.37	30.17					30.17
Oosthuizen (Jnr) Ge												25.55	20.41	25.10	20.41

## 5km Run Seasons Best

Monday, 09 March 2020

Page 31 of 47

<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>
Oosthuizen Gerrit												24.48	25.07	22.09	22.09
Oosthuizen Leroy															19.20
Oosthuizen Nico											33.22		25.38		25.38
Oosthuizen Nicolen													26.00		26.00
Opperman Keanu			23.05												23.05
Otto Awie											28.53				28.53
Oweis Joseph															18.29
Owen Robert															41.38
Padley Albert							28.54								28.54
Padley Norman							31.24								31.24
Page Grace									32.17						32.17
Pasio Kevin							18.57								18.57
Pasio Shanon							25.44								25.44
Paterson Jane									35.29						35.29
Paxton Arno															24.46
Payne Nicki	29.17														28.14
Payne Wesley															17.59
Pearce Lucy									22.47						22.47
Pearson Barbara					26.20										26.20
Pearson Glen					21.30										21.30
Pearson Phillipa											26.45				26.45
Pearson Tristan											25.12				25.12

## 5km Run Seasons Best

Monday, 09 March 2020

Page 32 of 47

<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>
Peck Lesley					30.08		29.00	29.56		31.15	29.14				29.00
Peens Cedric			24.05	24.03	23.53			24.36				28.28			23.53
Peens Ingrid			24.05	22.27											22.27
Peiser Doug	23.47	23.55	25.11												21.55
Peiser Susan		23.12													23.12
Pelser Johan								23.18	23.27						23.18
Pencharz Mark												24.58			24.58
Pengelly Ros												32.50			32.50
Penver Tony															22.05
Pfister Lionel	24.53	24.57	25.01	26.34											23.03
Pheiffer Rita							28.29								28.29
Phillips Colin															27.37
Phipson Karin							23.14	22.33							22.33
Phipson Stuart								22.33							22.33
Pienaar JP									26.45						26.45
Pieterse Emile	18.37	17.21						17.11							17.11
Pieterse Karin															27.25
Pinkerton Christian											32.10				32.10
Pnematicatos Taryn													29.33		29.33
Pocknall Caroline													29.21		29.21
Potter Gerda															29.24
Pretorius Arnold												27.45			27.45



## 5km Run Seasons Best

Monday, 09 March 2020

Page 33 of 47

<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>
Pretorius Lise									29.53						29.53
Pretorius lizé												24.08			24.08
Pretorius Paul		25.54			25.09	25.17	27.36	27.07	28.14	28.44	29.04	27.50	29.44	29.04	25.09
Pretorius Sam												24.27			24.27
Pretorius Wikus															21.48
Prezens Aldrick															24.52
Pringle Dan						25.22					32.05				25.22
Pringle Rory								28.10							28.10
Privett Matthew													20.48		20.48
Privett Michelle													20.41		20.41
Privett Sean								26.11				18.59	18.57	19.56	18.57
Pumlani Sydney				21.59											21.59
Punt Gilbert		19.55													19.35
Punt Hendrie		20.05		18.02											18.02
Punt Wilma															20.40
Qendu Lungisa		21.19													21.19
Quilan Meredith										26.47					26.47
Rabe Hendrik		22.24													19.47
Ras Tiernan								23.04							23.04
Rauch Lee-Ann				39.57											39.57
Redelinghuys Jean-l											24.17		23.07		23.07
Redelinghuys Johan										27.47	24.17	24.47	22.47		22.47

# 5km Run Seasons Best

Monday, 09 March 2020

Page 34 of 47

<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>
Redford Guy								24.47	24.42						24.42
Reid Phillipa			27.18												27.18
Rencharz Mark											24.43				24.43
Rengelly Ros												35.01			35.01
Reuters Anya						25.35									25.35
Reynecke Amanda		30.27	34.01												30.27
Reynecke Ivan							18.02			18.21					18.02
Roberts Chad		18.16													18.16
Robey Andrew															27.55
Robey James			23.55							19.41	20.11	20.47			19.41
Robey Janice															30.19
Robey Kate															32.18
Robey Mark	24.19	23.20	23.55	23.54	22.36				23.41	24.39			27.10	26.24	21.09
Robey Michael						19.59	24.13						20.02	20.16	19.59
Robinson Chris		24.01													24.01
Rolfe Marc				21.36											21.36
Romburgh Kim													27.01		27.01
Ross André		29.46	29.53		28.27										28.27
Ross Hector						20.03									20.03
Roux Carlien					24.56	24.01	23.00					22.56			22.56
Roux Chanté												21.01	19.39		19.39
Roux Christine										25.37	26.48				25.37





# 5km Run Seasons Best

Monday, 09 March 2020

Page 37 of 47

<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>
Smith Shaun				29.18											26.52
Smuts Hannes				23.05	23.39										23.05
Smythe Rob											29.14				29.14
Solomon Mariza	25.10														25.10
Sonbrandt Tanya			29.06												29.06
Spotswood Nina													28.17		28.17
Spratt Phillippa										33.01	27.52				27.52
Stabler Tom												22.17	21.36	23.59	21.36
Stabler Wayne												24.08			24.08
Stander Matie												27.40	27.34	30.22	27.34
Stander Miranie													31.09		31.09
Stander Shaun												21.04	19.12		19.12
Starke Cameron	29.05														22.40
Starke Genevieve	28.34														27.15
Starke Peter	23.34				27.38		26.43								23.34
Starke Retha					29.39										29.39
Steenkamp Riana															29.24
Steere David							26.59	26.20							26.20
Stembele Emeth												23.11			23.11
Steyn Markus	21.58														21.58
Stock Gareth						28.37									28.37
Stoerz Elizabeth													27.04		27.04





## 5km Run Seasons Best

Monday, 09 March 2020

Page 40 of 47

<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>
Troy Dinkey			28.24		28.12	28.03	28.02								28.02
Troy Michael						23.56									23.56
Truter Lizelle						29.38									29.38
Tsemame Alfred															20.07
Tshabeni Alfred		17.18	17.14	17.44	17.30	17.08	18.26	18.05			21.52			24.26	17.08
Turck Riaan	30.23														30.23
Turner Cynthia															29.54
Turner Gavin	26.57	27.13	26.30	28.06	29.12	28.42	28.01	28.27	29.31	31.59	29.04	31.01	30.16	31.22	23.39
Turner John							26.38								26.38
Turner Kevin				32.03											32.03
Tuwane Duncan					23.10										23.10
Uys Fredalette								30.25							30.25
Vale MJ			21.35												21.35
Vallenduuk Willem									31.40						31.40
van Beek Celeste			30.22	29.58											29.58
van den Berg Helen															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 The					24.42	25.54	25.42								24.42
van der Heever Ane				31.48											31.48
Van der Merwe Anc	20.47	21.16	21.39	21.33	21.50	22.01	21.58	22.56	23.08	25.57	25.22	25.24	25.45	25.32	19.55
Van der Merwe Cari	22.27	22.44	23.14	23.41	23.56	24.27	23.18	23.54	25.22	25.11	25.33	26.01	26.52	26.07	21.48





# 5km Run Seasons Best

Monday, 09 March 2020

Page 42 of 47

<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>
van Dyk Renate				31.35				30.52					31.17		30.52
van Dyk Stoffel					20.14										20.14
van Groeningen Dav														33.50	33.50
van Groeningen Les													26.29	26.20	26.20
van Heerden Charl								25.06	20.11	21.21	20.55	21.42	23.58		20.11
van Heerden CJ						31.01									31.01
van Huyssteen Marl								30.20	29.26						29.26
van Huysteen Elizab				24.58											24.58
van Jaarsveld Gawie			21.15												21.15
Van Niekerk Michel							28.06								24.21
van Niekerk Nadine									29.17						29.17
van Niekerk Petrie		22.27						25.53	25.26						22.27
van Ryk Charlotte			29.09												29.09
van Ryn Marietjie		36.49													36.49
van Schalkwyk Lara															27.39
van Schonen Susan										26.33					26.33
van Schouwen Dom		22.48													22.48
van Skarwerk Siyab						21.43									21.43
van Taak Annelise				26.50											26.50
van Tonder Santie															27.29
van Tonder Wilhelmr	22.20	22.12	21.39	24.11	24.48	24.05									21.39
van Velden Kim										24.23					24.23

## 5km Run Seasons Best

Monday, 09 March 2020

Page 43 of 47

<a href="#">Athlete</a>	<a href="#">2007</a>	<a href="#">2008</a>	<a href="#">2009</a>	<a href="#">2010</a>	<a href="#">2011</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="#">PB</a>
van Veyeren Angeli															35.52
van Vuuren Anche									24.37						24.37
van Vuuren André										22.40	22.24		24.55		22.24
van Vuuren Andrew										22.50					22.50
van Vuuren Anli										27.37					27.37
van Vuuren Antoine											33.46				33.46
van Vuuren Anton									29.22						29.22
van Weele Gerard					19.35										19.35
van Weele Katia												28.41			28.41
van Weele Roelof	22.12	23.45	22.00	22.59	23.05	24.02	24.11	24.10	24.12	24.36	24.53	26.08	27.33	30.07	21.49
van Wyk Charlotte			28.35												28.35
van Wyk Stoffel					20.03										20.03
van Wyk Willie												25.23			25.23
van Zeeberg Lavine													24.19		24.19
van Zyl Anna													36.52		36.52
van Zyl Bertus				19.09	20.03										19.09
van Zyl Edna May															26.08
van Zyl Johan	32.30			38.11											28.36
Van Zyl Johan Jr	21.28	23.24													21.28
van Zyl Louwtjie			22.12												22.12
van Zyl Mark													35.48		35.48
van Zyl Sam									29.31						29.31







# 5km Run Seasons Best

Monday, 09 March 2020

Page 47 of 47

<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>
Wills Dominic	18.17														18.17
Winterton Claire										27.00					27.00
Wium Vion													29.22		29.22
Woods Isla															30.47
Wright Dave								20.48	28.51				27.15		20.48
Yalezo Eunice	23.09														23.09
Yalezo Vuyo	19.28	19.37	22.47												19.28
Zeineddine Liela												26.05	26.59		26.05
BEST	16.35	17.18	17.14	17.20	17.08	17.08	17.36	17.11	16.35	16.20	16.24	16.15	16.12	19.56	16.12