

8km Run Seasons Best

Monday, 09 March 2020

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Athlete	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	PB
Mandele								30.31							30.31
Pumile					31.00										31.00
Aasvoel Jacob					38.44										38.44
Adam Caryn						40.57									40.57
Adant Lauren										47.49					47.49
Alam Bongani															30.32
Alam Robert	40.40	39.13	37.37												37.29
Albertyn Johannes	32.03	35.26		33.00											30.11
Austin Evan					33.52	36.13	33.54	33.50							33.50
Austin Karin								46.33	44.12						44.12
Baker Bridget															40.09
Barends Aubrey		46.54	43.45												43.45
Barnard Etienne										38.50	34.34	34.25	36.31		34.25
Barnard Gerrit										40.24					40.24
Barnwell John			42.17												42.17
Beard Sonia					49.10	48.27									44.48
Benge Anton				35.09											35.09
Benning Leo								67.17							67.17
Bester Barry					34.18										34.18
Bester Rens											36.41	38.49	38.25		36.41
Bishop Riana															49.12
Bless Patrick			37.34												37.34
Blom Josua								37.46	37.47						37.46
Boesak Michael				29.50	29.04	29.08	30.21								29.04
Bonjesi Jimmy									26.52	26.47	26.42	26.30	26.16		26.16

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de Goede Johan										34.29					34.29
de Kock Johan	37.39		38.36	35.18											35.18
de Kock Jonené														51.06	51.06
de Kock Michelle			58.14												58.14
de Kock Pierre										41.17	40.44				40.44
de Kock Pieter														47.15	47.15
De Villiers Andries			36.28	39.01											33.53
de Villiers Coia															39.41
de Villiers Jean				47.15											47.15
de Villiers Kobus															40.26
de Villiers Lientjie															31.54
De Villiers Mavis								44.08	41.57						41.57
de Vries Herman	29.18														29.18
de Wet Adele			47.43	43.18	42.44		42.17			55.00					42.17
de Wet Austin			36.50												36.50
de Wet Christiaan		35.35	31.29	31.15	31.15	32.13	31.37	32.01							31.15
de Wet Tiaan							32.12								32.12
Debe Johannes															38.53
Dimopoulos George		34.24			33.56										33.56
Doke Linda						33.51									33.51
Doppenschmied Matt															34.58
Dry Erna		53.58													53.58
du Plessis Anton		30.56													30.56
du Plessis Anzel	40.29		37.20	35.48	38.36	38.06	35.23	35.54	34.46	36.11					34.46
du Plessis Christo	32.05	31.48	30.36	30.46	31.25	31.07	29.15	31.38	31.07			30.57			29.15

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du Plessis Mauritz	40.48														40.48
du Plessis Michael								37.57							37.57
du Plessis Murray								34.36	30.01	30.30	30.10	31.30			30.01
du Plessis Nico			35.14												35.14
du Plessis Peet					38.15										38.15
du Plooy Rudolf		37.54	37.38	46.59											36.21
du Preez Josef									54.31						54.31
du Toit Japie															30.11
du Toit Stephan							33.41								33.41
du Toit Stiffy	38.34	41.20					43.30								38.30
Earle Michael															32.13
Edwards Craig					33.43										33.21
Ehrenberg Arlene															58.25
Erasmus Louise	32.40	33.23	33.18	33.37	33.36	36.13	37.51			37.42					32.40
Erasmus Luke			36.39	32.04	32.32										32.04
Ferreira Hymne			37.05	42.15											37.05
Ferreira Jingles															35.38
Fourie Gerry									35.32						35.32
Futin A						42.02									42.02
Fyfer Arina						40.57									40.57
Gaertner Mirijam		41.12													41.12
Geldenhuis Jan					37.33										37.33
Georgala Mike	41.53														37.41
Gibson Elaine	37.33	38.04													36.14
Gildenhuis Jan					37.40	37.09	37.43	36.44	37.32	40.38					36.44

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Gildenhuys Linda						42.02									42.02
Gillion Frank	32.16	33.19	32.41	33.13	33.09	34.01	32.42	32.53	33.43	34.30	34.04	34.17	35.21	35.59	31.14
Gordon Sarah				38.02				36.14	38.17	34.05	35.40	36.45			34.05
Gouws Emmie					60.07	60.00			64.48	65.57	65.41	67.42			60.00
Grant Hanli			46.12												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 Mariaan												46.58			46.58
Hamman Cillie											35.40	35.30			35.30
Hamman Monica										55.00	52.10	53.15			52.10
Hanna Les	38.07	38.46	38.48		38.58	39.28	39.31	41.13	42.39						34.42
Hassenkamp Greg							34.18	33.47	37.25	39.29				40.53	33.47
Henn Anel													44.25	38.10	38.10
Hepburn-Brown Andre	37.40														37.40
Hepburn-Brown Davic	33.02	43.06							37.34	36.50	34.54	36.59			33.02
Hepburn-Brown Wenc									44.08						44.08
Hibberd Christine		38.16	42.06	39.26	39.07	40.52	41.40	41.46	41.11	42.18					38.16
Hilton Maureen					45.57										45.57
Holland Dylan															30.50
Hugo Anneline	38.24	37.51	35.37	40.52	38.25	44.35	39.46	37.51	37.49	37.22	38.16				35.37
Hugo Daniela														42.07	42.07
Hugo Francois														41.57	41.57

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Knowles Raymond								35.52							35.52
Koeburgh André									36.56						36.56
Koekemoer André				38.02	39.22			37.50		38.26					37.50
Koekemoer Jolene			37.58	37.46											37.46
Koen Louis															42.51
Kompelo Sydney		37.59													37.59
Kotzé Heidi												49.31			49.31
Kotzé Johann											39.47	37.13			37.13
Kotzé Pierre											40.00				40.00
Krause Jenny			34.45												34.45
Krige Fanie															38.53
Kruger Louisa				47.16											47.16
Kruger Schalk															41.16
Kruger WL							31.07								31.07
Kumbaca Darren												34.34	28.41	29.43	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				35.50			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
Lens Jean									32.05						32.05

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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		41.07
McDougal Richard							40.43								40.43
Meyer Tina-Marie					38.04										38.04
Meyer Walter	40.14	40.56			44.14										40.14
Mhlonyane Bulelani		30.52		31.09						32.31	30.54	32.44	31.08		30.52
Middleton Kevin						33.02	32.32	32.43							32.32
Milne Matthew								36.50							36.50
Milne Mikki	35.07	35.25	35.06	35.35	36.19	37.57	37.42	36.57	39.18	40.49					35.06
Mkhohlakali Mlandeli	29.43	30.04			39.26	42.50	29.15	29.03	29.14	29.36	28.41	30.23	30.08		28.41
Mkunpa Fkile											28.58				28.58
Mocke Dirk							37.12								37.12
Mostert Anel															40.42
Motabogi Skipper	27.53														27.53
Motabogi Whitey	30.34														30.34
Mthembu Eric	30.39														28.41
Muller Pieter	35.58														35.58
Musson Guy	34.12														34.12
Mwande Siphine															32.42
Ndabakayise Eric												29.43			29.43
Nel Annarie				47.11	49.24		47.46								45.46
Nel Bernard	41.59		36.56	36.57	39.26					37.26	36.23				36.23

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Nel Charel															41.02
Nel Danie										36.00					36.00
Nel Daniël														37.08	37.08
Nel Gerhard												35.26			31.16
Nel Nadia		32.13													32.13
Nell Travis										38.13					38.13
Nettleton Travers	41.28														41.28
Niemand Mark															33.25
Nlubukayse Eric											28.58				28.58
Nofoty Brine	26.43														26.43
Nowers Raymond									36.38	37.25			39.55		36.38
Nowers Roy							33.37								33.37
Ntoyakle Oscar															28.05
Olivier Brummer		41.12													36.38
Olivier Petré								54.38							54.38
Oosthuizen (Jnr) Gerri													43.56		43.56
Osse Betty		40.25													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										39.18
Peiser Doug															35.59
Pelser Johan							39.46	40.40	41.43						39.46
Penver Triston													41.10		41.10

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Schneider Jacqueline															38.00
Schoeman At															33.26
Schoeman Henrico															44.24
Schurmann Eddie	32.41			33.04											31.32
Schwartz Carlton															31.37
Scullard Alf					37.47										32.33
Seitumeng Baba			31.50	30.22	32.08										30.22
Shaw Sandy				45.01											45.01
Sherman Eddie				33.27											33.27
Siebrits Raymond													36.51		36.51
Siziba Simthembile										29.30					29.30
Sleigh James												41.31	40.00	42.07	40.00
Sleigh Sharon													46.45		46.45
Smit Aline				44.30											44.30
Smit Angelique												38.50			38.50
Snyman Stiaan													38.36		38.36
Solomon Mariza	40.53														40.53
Spratt Phillippa											52.00				52.00
Stabler Tom												37.03	36.22		36.22
Starke Peter	40.35					49.14	47.24								38.03
Stembele Emeth													44.38		44.38
Strandvik Yngve															42.23
Such James															34.20
Swanepoel Rickus															32.41
Swarts Justin						38.44	34.55	33.59	35.54						33.59

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Venter Ewan						38.44	34.53	35.36	34.16	35.31	35.53				34.16
Venter Marius			38.25	40.42	39.17	42.47	48.48								38.25
Venter Zenobia			43.25												43.25
Viljoen Ria	40.45	41.22	41.50												40.05
Viljoen Robbie	38.09			36.38	37.21										36.38
Visagie Max	43.36														37.46
Vlotman Christo												36.59			36.59
Von Auloch Pam															57.04
Vorster Loudi					35.31	34.43	35.38	35.46	34.45						34.43
Vosloo Werner					36.26										35.47
Wagner Eva Maria							46.06								46.06
Wakfer Glen															38.09
Walker Nicky															46.42
Waters Hugh	39.42	37.51	40.37	41.52	47.50	48.10		47.39	47.09						37.51
Wheeler Charles						33.49									33.49
Wheeler Christopher	31.54	31.08						30.13	30.13						30.13
Wheeler Norma	40.19	41.42	43.28	42.56	45.35	44.22	47.50	47.39	45.05	46.28					40.19
Willmore Roly												53.02			53.02
Wright Dave								35.21		34.44					34.44
Xhoza Mzammna		35.15													35.15
Zeineddine Liela												43.47			43.47
BEST	26.43	29.02	28.19	29.34	28.50	29.08	29.15	28.45	26.52	26.47	26.42	26.30	26.16		26.16