









<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>
Beyleveldt Stiaan														15.30
Beyleveldt(snr) Stiaan														20.16
Bierman Coenie														19.52
Bierman Jana														15.51
Bishop Kim														17.39
Bishop Riana														16.37
Bless Patrick														14.09
Blignaut Jeanine														27.20
Blignaut Michael														24.05
Blignaut Mikayla														15.32
Blom Josua			14.03	14.28	15.21	13.59	13.35	13.28	14.52	15.21	16.20	17.42		13.28
Blom Kayla						23.50								23.50
Blom Michelle			13.54	13.04	14.08	13.46	15.02	13.59						13.04
Boer Nashua											20.28			20.28
Boesak Edward														12.45
Boesak Michael														11.37
Bonjesi Blessing										20.57				20.57
Bonjesi Jimmy							9.21	15.44						9.21
Bonorchis Caryn								21.36						16.12





<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>
Burton Peter												31.41		31.41
Burton Sylvia									16.06	19.04				16.06
Caldwell Carmen			15.40											15.40
Calitz Tersia										24.53				24.53
Carr Isobel													26.59	26.59
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
Cheetham Julie			21.17											21.17
Chowles Tannisha														20.04
Chowney Tal														16.12
Cilliers Anje														13.31
Cilliers Charl									15.02					15.02
Cilliers Heleen		18.31						17.49		23.11				17.49
Cilliers Nina									14.45					14.45
Claassen Nico									25.21					25.21
Claassen Tamaryn									22.10	20.22	20.56	19.54	19.41	19.41
Clark Sarah									20.12					16.22





<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>
Coetzee Nicola														15.53
Coetzee Nicolene							22.12	22.03						22.03
Coetzee Olivia	15.51													15.51
Coetzee Philip	14.15	14.44					13.26							13.26
Coetzee Phyllis														23.43
Coetzee Ronel														22.05
Coetzee Wilmarie														25.13
Coetzer Marietha														18.38
Cooke Esme														20.30
Cooke Robert														12.08
Cooke Wayne														15.27
Coombe Barry														12.25
Coombe Clifford				17.34										17.34
Cooper Wilhelm				17.14	16.32	14.04								14.04
Corbett Meyer Sheraleen			24.34											24.34
Corneel John														15.42
Cornelissen Marlise							15.14							15.14
Crofford G														13.34
Croft Charlie										17.55				17.55

<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>
Croft Sophie											16.46			16.46
Cronje Juan														13.49
Cuffe Amy							24.13			27.5				24.13
Cuffe Elaine							18.16			27.5		20.28		18.16
Cupido Amy						18.00				20.38				17.54
Cupido David	14.22	13.42		20.23	15.40	17.30	21.03	19.58	24.05	20.12	20.02			12.41
Cupido Lauren														17.55
Cupido Simoné						24.57								16.46
Daniels Oscar						24.50								24.50
Davel Alisa								18.42						18.42
Davidowitz Tyron														13.35
Davidson Hayley														17.20
Dayson Julia								15.47						15.47
de Bruyn Botha														14.05
de Bruyn Brooke	14.30	14.39	12.50	13.16	13.19	12.51		13.19						12.50
de Bruyn Dale			11.32											11.32
de Bruyn Denielle				20.19										20.19
de Bruyn Joe	18.06													14.06
de Bruyn Karen		17.40	15.33						18.38					14.04



<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>
de Kock Nina								14.57						14.57
de Kock Noel	12.28													12.28
de Kock Pierre					16.13	19.58	17.59							16.13
de Kock Pieter									18.54	21.05				18.54
de Villiers André														15.42
de Villiers Anton														12.10
de Villiers B														18.05
de Villiers Celeste							27.12							27.12
De Villiers Cornell														18.04
de Villiers Daniel														12.15
de Villiers Mark														15.11
de Villiers Marli														15.17
De Villiers Mavis		14.43	14.24	14.45			16.14							14.24
De Villiers Paul			22.09											22.09
de Villiers Suzanne			19.10											18.21
de Villiers T														18.04
de Villiers Tiaan		17.15												17.15
de Vries Lydia									14.44	15.50	15.10	17.26		14.44
de Vries Rebecca										24.45				24.45

<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>
de Wet Adele	17.13	14.13												14.13
de Wet Chezelle	15.55	15.18	17.57	16.03										15.04
de Wet Christiaan														22.29
de Wet Pierre														16.46
de Wet Tiaan	21.30	19.11	17.38	18.46										17.38
de Wet Zulu														13.01
Denver Tony									18.20	17.58	17.57			17.57
Deyzel Anke													25.43	25.43
Dodds Jim													17.54	17.54
Dodge Jim													16.18	16.18
Dods Justin	12.15													12.15
Driscoll Brian														19.05
Dry Erna			19.10											18.02
Dry John														15.59
du Plessis Anton														13.10
du Plessis Anzel		11.55		17.14										11.55
du Plessis Christo														12.58
du Plessis Dirkie	20.11													20.11
du Plessis Ena								16.50						16.50













<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>
Gilchrist Sarah Jane														20.07
Gildenhuis Bianca														18.26
Gildenhuis Jan		14.50		17.14	14.47	15.37	15.34	14.50	18.55		19.09			14.47
Gildenhuis Linda														19.26
Giles Tara Lee				24.07										24.07
Gillespie Eddie														11.23
Gillion Fabian														13.11
Gillion Frank		11.12	12.06			11.58	12.14	12.24	14.10	13.39	14.01	13.52	13.50	11.06
Godana Ingallathi							12.06	10.41						10.41
Godfrey Nathan														13.44
Godfrey Tim														13.59
Gooding Carien	17.42	15.51	17.16											15.51
Gooding Dave														16.33
Gordon Sarah								12.16						12.16
Gouws (jnr) Danie												15.44	20.46	15.44
Gouws (Sen) Danie									19.14	19.58		21.40	22.40	19.14
Gouws Anna-marie								17.26	19.14	19.15	21.04	20.09	22.40	17.26
Gouws Christopher				13.31										13.31
Gouws Emmie	24.16			21.59	20.50	21.50	24.00	25.30	42.00					20.25

<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>
Grace Cherie-Lyn														16.38
Grace Debbie														15.36
Grace Joni-Lee														14.59
Grant Alexander				11.13			12.03							11.13
Grant Genevieve														14.37
Grant Hanli		17.40												15.46
Grant Jean								25.39						25.39
Grant Kevin														16.00
Grant Matthew														13.31
Green Ken									20.58					20.58
Greene Rhian									20.58					20.58
Gresty Heidi							19.02							19.02
Griffiths Gareth						17.07			17.39					17.07
Griffiths Marianne						17.07	16.35	16.12	17.51		17.40			16.12
Grimbeek Christelle														16.32
Grimbeek Maatje														14.59
Grobler Cobe								18.24	19.03					18.24
Grobler Jacques														14.50
Grobler Nico								16.35	17.30					16.35











<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>
Jackson Chelsea Ann	20.01													20.01
Jackson Ken										17.02				17.02
Jackson Nicole														17.51
Jahni Nyasha											13.52			13.52
Jamani Lucas														15.42
James Sue													22.34	22.34
Jangi Faith												24.33		24.33
Janse van Rensburg Cornel								19.25						19.25
Janse van Vuuren Cornel								21.00						21.00
Jansen Jason	15.23			20.36	20.57									15.23
Jansen Lizette								15.55	15.58	16.25	17.59			15.55
Jansen Nicky	15.54													15.54
Jansen van Vuuren Cara			20.25											20.25
Janson Anlo														21.29
Jass Winston									26.51					26.51
Jenkins Charlie						23.18			20.31	19.46	18.44	19.15	19.45	18.44
Jenkins Heather						23.18			19.39	19.14	17.51	18.15	18.09	17.51
Jenkins Holly														21.45
Jenkins Zoe									24.59	18.37	24.45			18.37





<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>
Kloppers Anke				14.48										14.48
Kloppers Bianca														22.43
Kloppers Lizaan														22.43
Kloppers Marizan														24.29
Kloppers Pierre														31.00
Kloppers Riaan														21.40
Kloppers Rouzelle														24.29
Knight Emilia		16.01												16.01
Knight Scott									16.18					16.18
Knoetze Anri														18.46
Knuse Siyabulela		10.53												10.53
Ko Leevin													12.20	12.20
Koegelenberg Ane														15.33
Koegelenberg Francien														17.30
Koegelenberg Lindi														18.33
Koekemoer Ernst	17.05													12.51
Koekemoer Jan														15.57
Koekemoer Johan								16.26						16.26
Koekemoer Stef													23.07	23.07









<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>
Loedolff Willie	21.16	28.48	24.10											17.28
Lombard Tanya														17.33
Lotter Jancke														18.16
Lotz Johan														15.13
Lotz Stephan	14.30	15.36												14.30
Loubser Deon														17.27
Lourens Melanie				19.26										19.26
Louw Barney		13.39	12.21	12.30		12.47	12.47							12.21
Louw Bjorn	22.00													22.00
Louw Hein												15.09		15.09
Louw Henk								11.10						11.10
Louw Lyndle														18.30
Louw Marlene									19.01					19.01
Louw Nicholas							21.37							21.37
Louw Simeon	22.00													16.55
Loxton Eden														17.43
Ludeke Henning								20.43						20.43
Ludick Blake	14.22													14.22
Ludick Coby	12.12							12.31						12.12













<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>
Nowers Letitia				21.54										20.36
Oberholzer Miande														18.52
Okkers Kaylin					26.36									26.36
Olivier Petré			17.48	17.41	17.27	20.47	18.30	17.09						17.09
Olsen Juanita														15.50
Oostenbrink Carmen														19.20
Oosthuizen (Jnr) Gerrit										13.51				13.51
Oosthuizen Eloise								23.14						23.14
Oosthuizen Francis														19.09
Oosthuizen Gerrit							15.12	14.15						14.15
Oosthuizen Isabella														15.36
Oosthuizen Leroy														11.27
Oosthuizen Lizet							25.21							25.21
Opperman Keanu														17.20
Opperman Philip														16.36
Opton Sue								18.47						18.47
Padley Norman	16.35													16.35
Page Grace			18.53											18.53
Paine Jenna										21.14				21.14





<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>
Pieterse Marko		15.11												15.11
Pieterse Ruan														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
Prain Jenna											21.10	20.28		20.28
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
Prezens Aldrick														14.50
Privett Emma							19.55	15.57		16.48			15.09	15.09
Privett Matthew							13.45		11.18		10.34	11.28		10.34
Privett Michelle							21.27	19.28	21.58	22.59	21.10	22.47	19.35	19.28
Privett Sean										19.03	15.05			15.05





















<a href="#">Athlete</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="#">2021</a>	<a href="#">2022</a>	<a href="#">2023</a>	<a href="#">2024</a>	<a href="#">PB</a>
Theron Brendon														16.05
Theron Eddie														15.19
Theron Isak														15.08
Theunissen Stephan														13.58
Thom Arina														15.43
Thom Geoff														15.56
Thom Tamsin										23.19	19.20			19.20
Thomas Austin														18.04
Thomas Sue														17.16
Thorburn Nicolas			18.27											18.27
Tiefenthaler Tanya					22.54									22.54
Tiepelt Anya														18.12
Tredoux Deon	16.03													13.31
Tredoux Jacques														12.37
Troy Michael														21.00
Tshabeni Alfred	10.15	10.27						15.55	14.26					9.59
Tuniz Martina												21.14		21.14
Turck Riaan														16.26
Turner Gavin							19.27	18.02	18.46					18.02



<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>
van der Merwe William			19.38											19.38
van der Spuy Tanya					22.55									22.55
van der Stoep Coenraad	18.51	17.55												17.55
van der Stoep Haneen	17.18	16.05		14.21		18.32	17.19							14.21
van der Stoep Heleen	20.37													20.37
van der Walt Erik													19.57	19.57
van der Walt Hayley		21.46												21.46
van der Westhuizen Anel								15.37						15.37
van der Westhuizen Donovan								13.52						13.52
Van der Westhuizen Louise														15.55
van der Westhuizen Tiaan														15.02
Van der Westhuizen Wilandre														16.40
van Dyk George														15.57
van Dyk Gerrit													20.16	20.16
van Dyk Hanna												25.30		25.30
van Dyk Renate														17.52
van Dyk Zumandi														15.53
van Emmenis Anneke												23.24	23.57	23.24
van Emmenis Marilyn									18.31					18.31



<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>
van Skarwerk Siyabonga	17.54													17.54
van Tonder Anne	18.06													15.17
van Tonder Bernard														12.54
van Tonder Jaco														11.13
van Tonder Kean								11.46			11.27			11.27
van Tonder Santie														14.37
Van Tonder Talitha														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
van Vuuren Cornel														23.52
van Vuuren Daniel							19.19	21.50						19.19
van Vuuren Thalika														23.52
van Weele Roelof	15.51	14.48	14.24	14.22	14.30	14.03	14.59	15.12	17.21	18	18.08	17.52	19.44	14.03
van Wyk Charl	13.13													13.13
van Wyk Charlotte														16.35
van Zeeberg Levine									15.44					15.44
van Zyl Anna								17.25						17.25



<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>
van Zyl Anna-marie								22.52						22.52
van Zyl Emma			18.27											18.27
van Zyl F														23.27
van Zyl Johan														16.29
van Zyl Ronelle														18.12
van Zyl Sam			19.00											19.00
van Zyl Theresa								21.04	20.02					20.02
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
Venter Ewan			17.04	12.52	14.41	13.27	12.36							12.36
Venter Jaco														11.48
Venter Johne														21.05
Venter Kyla			19.10	17.16		17.00	16.34	18.50						16.34
Venter Tian						15.02	15.03	14.16						14.16
Venter Vasti										17.04				17.04
Venter Zenobia														13.36
Venter Ziaan							14.27							14.27
Vermeulen Charlene							20.41	17.02						17.02







# 3km Run Seasons Best

14 May 2024

<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>
BEST	10.04	10.27	11.08	10.19	9.09	11.15	9.21	9.57	11.18	11.52	10.34	11.21	11.44	8.34