

5km Run Seasons Best

14 May 2024

Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2017B
Benning Leo														24.02
Bester Barry	18.08													18.08
Bester Hennie												29.13	28.40	28.40
Bester Lourens													23.44	23.44
Bester Rens							23.40	22.31			25.00	24.11		22.31
Beukes Jaques								22.47						22.47
Beyleveldt Danniel														28.55
Beyleveldt Stiaan														29.39
Bezuidenhout Dean														23.32
Bishop Debbie														31.22
Bishop Riana														27.00
Bisset Dot														32.13
Bizo Jonathan	26.12													26.12
Bless Patrick				30.26			29.01							21.40
Blom Coert			20.46						21.05					20.46
Blom Gert						20.54								20.54
Blom Josua			26.27	22.46	23.21	22.57	24.24	25.30	24.59	24.45	24.27	24.50	26.45	22.46
Blom Michelle			26.05	23.51		24.29								23.51
Boek Werner														25.47
Boesak Michael	17.21	17.55												17.20
Bon Andrew														24.16
Bonjesi Jimmy				16.35	16.20	16.24	16.15	16.12		21.15				16.12

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>		<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
Conradie Carl Heinz												36.49		36.49
Conradie Karen													31.54	31.54
Coombe Barry														20.05
Coombe Clifford														24.04
Cooper Wilhelm	22.40	21.52	22.43	22.50	22.20	21.51	21.55	21.32	23.10	22.00	24.30	23.28		21.32
Corbett Meyer Sheraleen			32.05	33.11										32.05
Cornal Matthew		25.22												25.22
Corusoling Scott	25.41													25.41
Craib Marray											18.01			18.01
Cramer Anneliese	30.46													30.46
Craus Annandie												39.26	32.47	32.47
Croeser Jacqui	26.09													26.09
Croft Sophie											29.00	30.56		29.00
Cronje Annelle								28.36						28.36
Cronje Lionel														18.03
Cronje Nicolette	27.38													26.03
Crowsley Pam						26.47								26.47
Cuffe Amy									32.05					32.05
Cuffe Elaine						31.12	29.12	31.22	32.05	33.08	31.07	31.00		29.12
Cupido Amy											36.35			36.35
Cupido Cathy														24.20
Cupido David	23.57	24.11	23.29	23.58	25.22	36.26				41.10	34.54			20.48

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
Dimopoulos George			23.27										23.27
Dodds Jim												29.39	29.39
Donnely Trevor						27.53							27.53
Doppenschmied Matteus													21.50
Dorlank Janika								34.39			34.48	35.27	30.06
Dorlank Tayana													32.11
Dowling Michael										24.37	22.07	21.24	21.24
Driscoll Brian													27.29
Dry Erna			32.14										32.14
Dry John													26.08
du Plessis Annemie										24.00	39.05		24.00
du Plessis Anton						19.48							19.48
du Plessis Anzel	23.47	21.06	21.35	21.34	22.17	24.04	23.07			25.10			21.06
du Plessis Aubrey													26.45
du Plessis Bruce													24.05
du Plessis Christo	18.26	18.33	19.10	18.40	19.56								18.15
du Plessis John	27.22												27.05
du Plessis Leo													25.51
du Plessis Mariette													32.03
du Plessis Michael		22.08	23.14	21.22									21.22
du Plessis Michelle			22.43										22.43
du Plessis Murray			20.33	19.57		19.21	23.17						19.21

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
du Plessis Nico													20.40
du Plessis Shagna											33.43		33.43
Du Plessis Wynand													23.20
du Plooy Danie													24.31
du Plooy Rudolf													22.44
du Preez Josef			29.57	27.36	27.52	29.37	31.44	31.36	36.27	38.00	33.10	42.00	27.36
du Toit Charl								23.44					23.44
du Toit Elmari								27.23					27.23
Du Toit Ergee													16.36
du Toit Gerrit													29.10
du Toit Japie													18.08
du Toit Marie													29.55
du Toit Rykie													32.49
du Toit Stephan	19.34	19.41											18.36
Du Toit Stiffy	24.18	24.43	27.21										22.33
Du Valle Louise											34.44		34.44
Dube Leon								19.52					19.52
Dunn Jenna						37.10							37.10
Dunsdon R													26.43
Duntsula Ewise		27.17											27.17
Duntsula Siyamcela	21.58												21.58
Dupisani Kobus								30.40					30.40

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>		<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
Hamman Monica	31.04	32.36		31.19	31.21	30.28	28.56	31.32						28.56
Hamman Rossouw						24.38								24.38
Hammond Andrew													24.30	24.30
Hanekom Johan														23.08
Hann Jean														25.19
Hanna David									28.47					25.44
Hanna Les	24.07	24.14	24.07	23.48	25.17	25.23	25.26	26.17	25.32	27.61	27.56	28.33	28.52	22.31
Hanna Lesley						31.07								31.07
Hansen Erika			30.25											30.25
Hansen-Gous Wendy			30.44											30.44
Hardie Michelle														31.12
Hardie Olivia												27.35		27.35
Harding Edwin													34.53	34.53
Harris Esmé						27.46								27.46
Harris Marius						22.13								22.13
Harris-Jones Wendy			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
Hattingh Anja												27.48		27.48
Hattingh Taiton												30.37		30.37
Havinga Christine								26.34	25.06	29.10	27.38			25.06

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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>2017B</u>
Haworth Sandra							31.08							31.08
Hayden-Smith Juliana												28.23		28.23
Heigers Deon														31.11
Hendry Jilly											26.32			26.32
Henn Anel								27.07	25.54	26.44				25.54
Henn Maryke			29.47					28.57		29.07				28.57
Henn Nicola								31.53	34.15	31.39				31.39
Henn Thomas								26.53	26.56	27.37				26.53
Henson Karen														24.04
Henson Len														32.30
Hepburn-Brown Arthur														31.20
Hepburn-Brown David	27.55			21.34	22.29	21.46	21.16	22.38	24.28	26.19	23.35			19.59
Hepburn-Brown James														24.01
Hepburn-Brown Jenny														30.57
Hepburn-Brown Sandy					33.52	37.40	36.20							32.12
Hepburn-Brown Sarah											26.45			26.45
Heroldt Hannalie														29.37
Heroldt Stephan	23.39					24.31								23.13
Heyns Theo								27.20						27.20
Hibberd Christine	24.20	25.01	24.56	25.14	25.13				30.05		29.52	29.31		23.53
Hibberd Simon		24.47												24.47
High Grace												25.06		25.06

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Athlete	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2017B
Lishman Duncan									24.50					24.50
Loedolff Willie														22.25
Lombard Tanya														27.50
Longland Christoff														20.01
Lotter Dannie														22.35
Lotter Marcelle														27.41
Lottering Hardy							21.30							21.30
Lourens Melanie				34.09										34.09
Louw Barney	22.51	26.56	23.29	24.07	26.47	23.33	25.08		25.08	27.52	26.26	28.25		22.03
Louw Hein											30.16		28.39	28.39
Louw Henk									22.55	23.29	23.17			22.55
Louw Inge														33.15
Louw Nicholas							19.52							19.52
Lovender Bronn							30.14							30.14
Lucas Jimmy														28.45
Luck Vic									25.50					25.50
Ludick Coby														24.22
Luyt Nerine														25.02
Luyt Shaun			26.25											22.31
Machado Rina										35.58	33.25	25.00	34.42	25.00
Mafentile Emeth							25.04	23.05		20.01	18.55		20.34	18.55
Mahena Vuyisani									22.27					22.27

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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>2017B</u>
McComas Tara					26.12	26.01	27.33							26.01
McConnell Sue														27.36
McCree Warren									20.52					20.52
McDonald Stuart									26.41		19.16	19.33		19.16
Mcguirk Helen												26.44	28.07	26.44
Mcguirk Roy												26.43	28.07	26.43
Mcleod Ian												27.45		27.45
McPhun Nicola													28.54	28.54
Mdlokovana Lucky		22.41	17.24											17.24
Meiring Richard														25.26
Merand Janis														25.53
Messina Daniella									27.52					27.52
Meyer Berry												31.17		31.17
Meyer Cuyler														21.41
Meyer Denise							30.43							30.43
Meyer Jeanne							22.46							22.46
Meyer Tina-Marie														22.13
Meyer Walter	25.45	27.29		27.41	30.52	29.28			30.17					24.26
Mgandela Nombulelo														28.44
Mgaraduza Olwethu		21.49												21.49
Mgregor Felix											23.55			23.55
Mhlonyane Bulelani		19.17			20.05	17.02	19.44	19.57	19.23	19.52				17.02

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<u>Athlete</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>		<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>2017B</u>
Moua Daniel	25.03													25.03
Mouton Anna														26.30
Mouton Chanel								32.25						32.25
Mouton Jean					19.53									19.53
Moyo Artfai	18.28													18.28
Mthembu Eric														17.49
Mulder Sanet							24.59	29.49						24.59
Mulder Vosloo								29.05	32.22					29.05
Muller Pieter				23.17	22.24									22.24
Mullis Shane												22.17	22.39	22.17
Munemo Clement														19.22
Murtz Wilmarie													35.10	35.10
Mzembe Axola														24.58
Naudé Eduan								22.30						22.30
Ndlovu Lucky														21.19
Nel Annarie	29.53	28.36	30.45	29.10	38.56	31.27	31.05	31.29	33.39	34.41	35.52	29.33	38.07	26.05
Nel Anneline														24.28
Nel Barend								32.37						32.37
Nel Bernard	27.04		25.18	25.07	22.40	25.05								22.40
Nel Charel														23.55
Nel Danie													20.36	20.36
Nel Daniël						23.04	21.43	20.48	25.10	21.03	23.59			20.48

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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>2017B</u>
Pearson Tristan							25.12							25.12
Peck Lesley		29.00	29.56			31.15	29.14							29.00
Peens Cedric			24.36				28.28							23.53
Peens Ingrid														22.27
Peiser Doug														21.55
Peiser Susan													23.18	23.12
Pelser Johan			23.18	23.27										23.18
Pencharz Mark							24.58							24.58
Pengelly Ros							32.50							32.50
Penver Tony											30.31	35.09		22.05
Pfister Lionel														23.03
Pheiffer Rita		28.29												28.29
Philander André												27.09	27.29	27.09
Phillips Colin														27.37
Phipson Karin		23.14	22.33											22.33
Phipson Stuart			22.33											22.33
Pienaar JP				26.45										26.45
Pienaar Nelda										27.06				27.06
Pieterse Emile			17.11											17.11
Pieterse Karin														27.25
Pinkerton Christian							32.10							32.10
Pnematicatos Taryn								29.33						29.33

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Athlete	2012	2013	2014	2015	2016	2018	2019	2020	2021	2022	2023	2024	2017B
Punt Wilma													20.40
Qendu Lungisa													21.19
Quilan Meredith					26.47								26.47
Rabe Hendrik													19.47
Ras Tiernan			23.04										23.04
Rauch Lee-Ann													39.57
Redelinghuys Jean-Marie						24.17	23.07		25.11				23.07
Redelinghuys Johan					27.47	24.17	24.47	22.47	25.09	24.42			22.47
Redford Guy			24.47	24.42									24.42
Reid Phillipa													27.18
Rencharz Mark					24.43								24.43
Rengelly Ros						35.01							35.01
Retonin Karen											30.48		30.48
Reuters Anya	25.35												25.35
Reynecke Amanda													30.27
Reynecke Ivan		18.02			18.21								18.02
Roberts Chad													18.16
Robey Andrew													27.55
Robey James					19.41	20.11	20.47		21.45				19.41
Robey Janice													30.19
Robey Kate													32.18
Robey Mark				23.41	24.39		27.10	26.24	20.07	20.37			20.07

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van der Handel Theo	25.54	25.42												24.42
van der Heever Anele														31.48
Van der Merwe André	22.01	21.58	22.56	23.08	25.57	25.22	25.24	25.45	24.45	26.53	27.35	28.08		19.55
Van der Merwe Carina	24.27	23.18	23.54	25.22	25.11	25.33	26.01	26.52	26.05	26.44	29.30	30.40		21.48
van der Merwe Gerald							28.57	25.46		27.36	27.14		29.48	25.46
van der Merwe Gerard							25.36							25.36
van der Merwe Gerda							24.56							24.56
van der Merwe Jaco			21.21	18.25										18.25
van der Merwe Jacques													25.05	25.05
van der Merwe Jannie														27.45
van der Merwe Leo													27.22	27.22
van der Merwe Lize		26.18	25.40		25.22	26.12								25.22
van der Merwe Nicola							25.03	25.03		26.04	27.37			25.03
Van der Merwe Nicolene		23.02	23.21	23.07	23.17	23.35		23.57						23.02
Van der Merwe Rosa														28.08
van der Merwe Suzelle								27.19						27.19
van der Merwe Thys					19.25			26.00	25.10			21.18		19.25
van der Spuy Richard				20.44	20.26		22.53							20.26
van der Stoep Haneen	27.17	28.53		25.12	26.38		29.27							25.12
van der Stoep Hannes	28.09													28.09
van der Toorn Robbie														21.45
van der Westhuizen Donovan								28.14						28.14

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Whitelaw Tracey														36.25
Wiese Anel														27.47
Wiese Dirk	26.58													23.02
Wilkinson Kyle			27.38											27.38
Willem Pieter					24.26									24.26
Williams Ally												24.39		24.39
Willmore Roly							27.36	27.05	27.25	27.26	28.33			27.05
Willoughby Noeleen													27.51	27.51
Willoughby Noleen													27.34	27.34
Willoughby Rodney													25.30	25.30
Wills Caroline														22.10
Wills Dominic														18.17
Winterton Claire					27.00									27.00
Wium Vion								29.22						29.22
Woods Isla														30.47
Wright Darren										26.06	25.22	24.44	25.58	24.44
Wright Dave			20.48	28.51				27.15			31.02			20.48
Wright Louis												30.34		30.34
Yalezo Eunice														23.09
Yalezo Vuyo														19.28
Zeelie Judy										28.50				28.50
Zeineddine Liela							26.05	26.59						26.05

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Zukisani Mafithi										18.40				18.40
BEST	17.08	17.36	17.11	16.35	16.20	16.24	16.15	16.12	18.26	17.37	18.01	18.55	17.59	16.12