

5km Walk Seasons Best

14 May 2024

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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>PB</u>
Hanna Nicki														41.02
Harris Roy												49.00		49.00
Hepburn-Brown David														36.42
Hibberd Christine														35.39
Jordaan Anita														39.21
Kleynhans Heather														42.06
Koen Gert														38.07
Kotzé Snr Johann						40.01								40.01
Kuchan Liesel		42.55												42.55
Lambert Juanita												53.12		53.12
le Roux Dalene														43.10
le Roux Loella		37.30												37.30
Loedolff Willie									55.34	53.13	56.40			38.08
Lukas Samantha														39.21
Mathewson Julie-Anne	39.21													39.21
McLure Bebe														39.59
Meyer Mark														43.45
Moolman Annalene														41.38
Nowers Angelique								43.47						43.47
Oelofsen Santie		42.55												42.55
Okkers Selwyn														43.42
Oosthuizen Eloise								53.15						53.15

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Schuurman Eunice				44.47										44.47
Seydel Roland														37.31
Sharp Edith					53.11	47.35	51.00							47.35
Sharp Richard					53.11	47.35	51.00							47.35
Simpson Alida														45.39
Simpson Jimmy														45.39
Slauck Gill														52.55
Smith Alex														41.32
Spronk Peter														36.43
Starke Cameron														36.51
Steyl Eretha										46.53	47.12			46.53
Steyl Gideon										48.25	48.29			48.25
Steyn Bernard										54.14				54.14
Steyn Sabie														37.08
Strydom Basie														42.15
Such Lorna														40.47
Taylor Jenny														36.00
Theobald Glenda	35.13													35.13
Theobald John	35.06			39.44										35.06
Thompson Karin														48.22
Turner Cynthia														40.50
van den Berg Gideon								34.38	37.09	36.15			51.51	34.38

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Van der Merwe Carina								45.00						35.48
van der Merwe Nicola							28.54							28.54
van der Spuy Sunet														41.15
van der Westhuizen Juanita														35.57
van Emmenis Anneke										49.42		59.32		49.42
van Emmenis Marilyn										55.42				55.42
van Emmenis Wilna										46.53	46.15	48.10	51.35	46.15
Van Schoor Christa-Marie		37.45												37.45
van Veyeren Angeli														37.08
van Vuuren Antoinette														41.15
van Zyl Derek														38.32
Van Zyl Ronelle														43.27
van Zyl Theresa								44.50						44.50
van Zyl Wilna										54.14				54.14
Vaughan Melany		33.08	39.58											33.08
vd Westhuizen Liz		42.12												42.12
Viljoen Hennie												58.25		58.25
Visser Evelyn	40.16	37.06												37.06
von Auloch Kraft														43.41
Von Auloch Pam														36.15
Wakfer Christine														43.25
Walsh Gill Renee											46.15	49.00		46.15

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Warburg Eric														43.43
Warburg Kerry														43.42
Warren Bertie					42.00	40.11								35.00
Waters Hugh														46.30
Weaver Alan														48.27
Wellock Marion														40.58
Wellock Roger														44.29
BEST	35.06	33.08	39.58	38.33	39.46	37.42	28.54	34.38	26.37	36.15	43.57	40.14	51.3!	26.37