



# 3km Walk Seasons Best

22 February 2025

Page 2 of 16

<u>Athlete</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>2025</u>	<u>PB</u>
Bennett Zach					31.23									31.23
Benning Leo	21.48	22.23	22.47	22.45	26.25	27.14			29.20					17.29
Benning Marie														33.32
Beyers Karin														28.50
Beyleveldt Sophia	29.07													29.07
Beyleveldt Sophia Jr	29.07													29.07
Bishop Petro														26.20
Blom Martie					31.50	31.06	30.18							30.18
Bonorchis Caryn									27.50					22.29
Bootha Ben			23.32	25.10	25.36	24.18	23.42	26.07	26.44	27.30	26.42	27.36		23.32
Bootha Renier	23.58													23.58
Bootha Ronél	27.56		23.32	25.10	25.10	23.40	23.42	26.07	26.44	27.30	25.44	27.36		23.32
Botha Cecilia		27.04												27.04
Botma Venessa					28.43									28.43
Brand Denise														24.40
Brand Laura														25.12
Britz Sue					29.49									29.49
Browne Emma														25.29
Browne Keeley														25.29
Browne Michelle														25.29
Burger Emma								23.37						23.37
Burger Melanie								23.59						23.59

# 3km Walk Seasons Best

22 February 2025

Page 3 of 16

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Burton Peter									30.18	23.25	26.57	37.05		23.25
Burton Sylvia									28.20	27.51		31.01		27.51
Carstens Erns														32.23
Carter Diana					28.26									28.26
Carver Geoff				26.59										26.59
Cilliers Andries								26.57						26.57
Cilliers Heleen								26.57						26.57
Claassen Tamaryn								31.50	35.54		29.59			29.59
Clark Sarah									29.46					29.46
Clark Suzanne								35.26						35.26
Clark Wendy								30.12	30.22					30.12
Coates Liz														30.17
Coetzee Adele											26.57			26.57
Coetzee Adri														29.08
Coetzee Ella		25.10												25.10
Coetzee Nicolene						24.51								24.51
Coetzer Ella		27.41												27.41
Cooper Tania						21.27	20.38					24.26		20.38
Corbett Meyer Sheraleen			27.18											27.18
Croucher Brian								26.18	28.47					26.18
Croucher Leonie								29.32	31.06	32.17				29.32
Cumming Basil							23.55	25.15	26.02	25.28	25.07	29.18		23.55



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du Plessis Annie														26.46
du Plessis Jean												29.00		29.00
du Plessis John														26.20
du Plessis Johnny					28.15			28.43						28.15
du Plessis Luan												27.31		27.31
du Preez Amor						29.45								29.45
du Preez Josef						34.45				41.50				34.45
Du Randt Ivy														24.12
du Toit Nicole														25.25
Dunn Jenna	23.58													23.58
Eager Glynn							32.42							32.42
Earle Danielle														27.09
Eccleston Louise										28.54				28.54
Ehrenberg Arlene	23.13	23.52	21.59	22.39	23.04	23.56	23.52	26.20	29.31		30.25			20.25
Eichenanen Helga														21.11
Ellis Tania				27.27	21.02	20.24								20.24
Erasmus Abel	23.11	23.23	21.59	22.39	23.11	23.37	24.23	29.55						21.59
Erasmus Louise					21.41			29.55		27.55				21.41
Erasmus Mariska										32.15	26.07			26.07
Estherhuysen Tilla														25.17
Ferreira Hymne														24.45
Filander André										31.13				31.13

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France Marie	25.00													25.00
Frangs Lyn														23.50
Fraser Lizaan						24.52								24.52
Fyfer Arina													23.00	23.00
Georgala Anneke														26.22
Georgala Mike														26.52
Giddy Jenny							30.02	32.37						30.02
Giddy Jesica								34.14						34.14
Giddy Mark							30.43							30.43
Gildenhuis Linda										30.56				30.56
Gooding Carien				22.20		22.05								22.01
Gooding Dave														19.23
Gouws Anna-Marie												28.00		28.00
Gouws Emmie	25.00						25.21	26.20	29.31	28.09	30.25			25.00
Gouws Juan											33.11			33.11
Grant Helen					28.11									28.11
Grant Jean					26.57	26.34	23.43	26.24	27.16	32.18				23.43
Grant Juan						25.43								25.43
Greene Rhian								27.11						27.11
Griffiths Gareth							30.46							30.46
Griffiths Lionel							30.46							30.46
Griffiths Marianne										27.30				27.30



# 3km Walk Seasons Best

22 February 2025

Page 8 of 16

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Jenkins Heather											26.07			26.07
Johnson Danie									32.28					32.28
Johnston Cathy			25.18	26.08		28.57								25.18
Jones Ingrid								31.08						31.08
Jonker Jonathan					31.03									31.03
Jordaan Anita														23.35
Jordaan Benita										41.50				41.50
Jordaan Danie										41.50				41.50
Kennedy Lizzy												25.01		25.01
Kiesen Charlotte		27.51												27.51
Kilian Lee				31.10										31.10
Kleynhans Michelle														25.57
Koegelenberg Rolene	24.12													24.12
Koekemoer Marisa	28.26													26.19
Koen Gert														22.48
Kohn Elmien								34.36						34.36
Kotzé Heidi								25.30						25.30
Kotzé Snr Johann										28.42				28.42
Kotzé Sunette						25.51								25.51
Kriel Anita										32.19				32.19
Kruger Miranda														25.22
Laing Claire									35.56					35.56













# 3km Walk Seasons Best

22 February 2025

Page 15 of 16

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Viljoen Ryno		24.27												24.27
Visagie Max														20.31
Visser Schalk					27.40	28.44	25.27							25.27
von Auloch Pam														21.43
von Wielligh Gitte										19.37				19.37
von Wielligh Tania										24.55				24.55
Walker Alistair														20.40
Wallace Aloma							27.41							27.41
Wallace Yolandi							27.35							27.35
Walsh Gill Renee										32.07	29.40	28.21		28.21
Walton Don														22.11
Warren Bertie				23.15	23.00									18.44
Warren Magda														31.20
Waters Hugh			23.32		24.00	25.53	26.18	28.59	32.26	31.25	33.03			23.32
Weeder Kim										31.13				31.13
Wessel Ronnie							31.50							31.50
Wessels Margie	24.05													24.05
Wheeler Norma					31.56	26.25	27.43	37.08						26.25
Whitehouse Franke				26.44										26.44
Wicht Norden														24.46
Williams-Sales Anne-marie														27.06
Wright Megan											26.03			26.03

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Wright Rebecca											26.03			26.03
Wurbach Michael				30.25										30.25
Zeegers Marion						24.18								24.18
BEST	19.15	19.27	21.59	21.24	21.02	20.24	20.38	23.11	24.23	19.37	25.07	20.02	23.00	17.29