

8km Run Seasons Best

22 February 2025

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<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>
du Plessis Annemie									38.53					38.53
du Plessis Anton														30.56
du Plessis Anzel	35.23	35.54	34.46	36.11										34.46
du Plessis Christo	29.15	31.38	31.07			30.57								29.15
du Plessis Mauritz														40.48
du Plessis Michael		37.57												37.57
du Plessis Murray		34.36	30.01	30.30	30.10	31.30				33.38				30.01
du Plessis Nico														35.14
du Plessis Peet														38.15
du Plooy Rudolf														36.21
du Preez Josef			54.31											54.31
du Toit Japie														30.11
du Toit Stephan	33.41													33.41
du Toit Stiffy	43.30													38.30
Eager Glynn											50.33			50.33
Earle Michael														32.13
Easter Mark											37.09	33.37		33.37
Edwards Craig														33.21
Ehrenberg Arlene														58.25
Elliott Rosie										45.46				45.46
Erasmus Louise	37.51			37.42										32.40
Erasmus Luke														32.04
Ferreira Hymne														37.05
Ferreira Jingles														35.38
Filander André										41.03				41.03

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Fivaz Marlia								44.10						44.10
Fourie Gerry			35.32											35.32
Futin A														42.02
Fyfer Arina														40.57
Gaertner Mirijam														41.12
Geldenhuis Jan														37.33
Georgala Mike														37.41
Gibson Elaine														36.14
Gildenhuis Jan	37.43	36.44	37.32	40.38										36.44
Gildenhuis Linda														42.02
Gillion Frank	32.42	32.53	33.43	34.30	34.04	34.17	35.21	35.59	37.01	37.54				31.14
Gordon Sarah		36.14	38.17	34.05	35.40	36.45								34.05
Gouws Emmie			64.48	65.57	65.41	67.42								60.00
Grant Hanli														46.12
Gray Gary														37.18
Greeff Sune	42.13													42.08
Gresty Mike						34.33								34.33
Grey Shane														39.55
Griffiths Gareth						46.58								46.58
Griffiths Marianne						46.58								46.58
Hamman Cillié					35.40	35.30								35.30
Hamman Monica				55.00	52.10	53.15								52.10
Hammond Andrew												39.55		39.55
Hanna Les	39.31	41.13	42.39											34.42
Harris Andrew										41.30				41.30

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MacFarlane Stuart														40.02
Mafentile Emeth						36.53	35.16		31.15	34.00	33.57			31.15
Mafiyane Tulani														34.39
Mahlila Vuyisani														30.34
Malan Charles	36.50	33.20	35.46	37.01	34.17	34.13								33.20
Malan Erica														43.09
Malan Theo							43.56							43.56
Malherbe Gideon														32.59
Mapham Kate	30.58	30.44												30.44
Marais Nicola											40.11			40.11
Maree Daniel			33.18	34.54										33.18
Masele Vuyisani														31.22
Mason Brett										39.16	38.22			38.22
Mason Marisa														36.20
Matema Ignatius	34.05		29.54											29.54
Matinise Luvo														35.58
Matodes Craig														35.57
Mattheus Susie														37.38
Mawunda Sign		28.45	28.35	27.28	28.04		31.07							27.28
Mayhew Stephen														36.40
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			31.15	32.16			31.15

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Wakfer Glen														38.09
Walker Nicky														46.42
Waters Hugh		47.39	47.09											37.51
Wentzel Kyle												40.52		40.52
Wheeler Charles														33.49
Wheeler Christopher		30.13	30.13											30.13
Wheeler Norma	47.50	47.39	45.05	46.28										40.19
Wiehahn Barry												42.35		42.35
Willmore Roly						53.02								53.02
Wright Darren											42.00			42.00
Wright Dave		35.21		34.44										34.44
Xhoza Mzammna														35.15
Zeineddine Liela						43.47								43.47
Zukisani Mafithi									30.02					30.02
BEST	29.15	28.45	26.52	26.47	26.42	26.30	26.16	29.36	29.34	30.50	30.06	33.37		26.16