

5km Walk Seasons Best

03 April 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 Annie														43.44
du Plessis Mariette														41.37
du Toit Elsa														43.46
du Toit Helene														38.11
Ehrenberg Arlene	37.06	40.02	39.21	39.46	41.00	41.14	42.05	41.09	44.45	44.58	48.06	52.39		35.30
Ellis Tania					37.42	36.09								36.09
Erasmus Abel			40.18	39.46	41.38									39.46
Fenn Chris					46.24									46.24
Fyfer Arina														43.10
Gilchrist Cindy														42.10
Gooding Carien			38.33											37.47
Gooding Dave														34.08
Gouws (Sen) Danie													50.02	50.02
Gouws Anna-Marie													50.02	50.02
Gouws Emmie	40.00	40.02			43.14		42.31	43.54	44.45	44.58	48.06	52.39		40.00
Grace Dorothy														40.38
Grant Jean								28.58						28.58
Gray Gary														37.12
Gray Riana														37.12
Groenwald Joan														38.03
Haigh Lorraine														43.45
Hamman Monica	39.00		39.21	41.00	38.25	36.54	35.50	40.04	39.10					35.50

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Hanna George														38.01
Hanna Les														40.16
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
Machado Rina													45.43	45.43
Mathewson Julie-Anne														39.21
McLure Bebe														39.59
Meyer Mark														43.45
Moolman Annalene														41.38
Nel Annarie													45.43	45.43

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von Auloch Kraft														43.41
Von Auloch Pam														36.15
Wakfer Christine														43.25
Walsh Gill Renee										44.32	49.00			44.32
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	33.08	39.58	38.33	39.46	37.42	28.54	34.38	26.37	36.15	43.57	40.14	51.35	45.43	26.37