

3km Run Seasons Best

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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>
Buitendag Bernard Sr														16.26
Buitendag Mariska														14.45
Burger Anja								19.38						19.38
Burgers Lee														19.21
Burt Natasha														16.27
Burton Peter											31.41		23.24	23.24
Burton Sylvia									16.06	19.04				16.06
Caldwell Carmen		15.40												15.40
Calitz Tersia										24.53				24.53
Carr Isobel												26.59		26.59
Carrington-Sykes Bre				22.23	21.36									21.36
Cawdry Scott														15.08
Cerdyn Myburgh							14.57							14.57
Cerdyn Retha							14.44							14.44
Cheetham Julie		21.17												21.17
Chowles Tannisha														20.04
Chowney Tal														16.12
Cilliers Anje														13.31
Cilliers Charl								15.02						15.02

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du Toit Dinkey		23.10												23.10
du Toit Elsa														16.00
du Toit Ergee														13.10
du Toit Francois	21.06													21.06
du Toit Haniel														17.54
du Toit Heine														21.03
du Toit Isaac														13.00
du Toit Janco														13.04
du Toit Madeli														12.21
du Toit Mereke														19.50
du Toit Mieke														22.26
du Toit Mike														20.47
du Toit Miriam		23.30												23.30
du Toit Nicole														21.45
du Toit Rykie														17.34
Du Valle Louise											18.27			18.27
Dunn Jenna						21.37								21.37
Eager Glynn							14.05	15.16	16.35	18.18		18.27	19.18	14.05
Eksteen Denecia								19.35						19.35

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Harding Edwin												22.01		22.01
Harmse Hugo		14.39												14.39
Harris Andrew										16.26				16.26
Harris Roy												22.00		22.00
Harris Tim										16.45				16.45
Hartnec André							14.08							14.08
Hartzenberg Irma				17.48										17.48
Heigers Jana														16.04
Hendry Jilly									15.45	15.36	16.32	17.51		15.36
Henn Anel								16.21						16.21
Henn Hennie														14.35
Henn J														13.40
Henn Nicola							20.50	19.42	18.18					18.18
Henn Thomas								14.17	15.4					14.17
Hennis Rista														19.33
Henson Karen														11.30
Henson Len														18.01
Hepburn-Brown Arthur														18.07
Hepburn-Brown David				16.04			14.56			16.20				14.56

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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>
Keyser Susan					23.00									23.00
King George														23.12
King Michelle												26.59		26.59
King Robert														14.58
Klein Corlia														21.49
Kleinsmidt Ray-Anne														20.34
Kleynhans Heather														15.02
Kleynhans Jeanie														16.22
Kleynhans Michelle														19.20
Kleynhans Moni														19.10
Kloppers Anke			14.48											14.48
Kloppers Bianca														22.43
Kloppers Lizaan														22.43
Kloppers Marizan														24.29
Kloppers Pierre														31.00
Kloppers Riaan														21.40
Kloppers Rouzelle														24.29
Knight Emilia	16.01													16.01
Knight Scott								16.18						16.18

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Knoetze Anri														18.46
Knuse Siyabulela	10.53													10.53
Ko Lewin												12.20		12.20
Koegelenberg Ane														15.33
Koegelenberg Francien														17.30
Koegelenberg Lindi														18.33
Koekemoer Ernst														12.51
Koekemoer Jan														15.57
Koekemoer Johan							16.26							16.26
Koekemoer Stef												23.07		23.07
Koen Louis														16.50
Kohn Wilfred									20.01	18.36	17.33	18.53		17.33
Kompelo Sydney														14.39
Koster Sandy							33.33							33.33
Kotzé Chané					15.45	14.59	14.57		15.46		16.58	17.30		14.57
Kotze Chante			17.16											17.16
Kotzé Elsabé					18.22	20.22	19.43	22.16	20	20.03	20.24	21.09	22.05	18.22
Kotzé Heidi					16.09	15.42	15.28	17.53	19.08		17.22	17.30		15.28
Kotzé Johann					13.06	12.26	13.20	14.30	19.34	13.30				12.26

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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>
Louw Bjorn														22.00
Louw Hein												15.09		15.09
Louw Henk							11.10							11.10
Louw Lyndle														18.30
Louw Marlene								19.01						19.01
Louw Nicholas						21.37								21.37
Louw Simeon														16.55
Loxton Eden														17.43
Ludeke Henning							20.43							20.43
Ludick Blake														14.22
Ludick Coby							12.31							12.12
Ludick James							14.51							14.51
Luyt Alexander														12.14
Luyt Kyle														16.00
Luyt Shaun														16.00
Machado Rina											27.59	22.42		22.42
Macingwana Lwando														13.41
Magalika Sentle	14.26													14.26
Malan Charles	14.48	13.01	12.52	11.33	11.28	11.47	11.44			13.05	12.33			11.28

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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>
Mcguirk Gerrard												19.58	19.33	19.33
Mcguirk Helen												20.01	19.46	19.46
Mcguirk Keira													19.32	19.32
Mcguirk Rory												20.02	19.47	19.47
Mchendrie Marianne							18.27			19.02				18.27
McLaughlin Brian					15.03									15.03
McLaughlin Kelly					23.20									23.20
Mdlokovana Lucky	13.26	14.02	14.04											12.52
Mdokolana Lucky														14.04
Meiring Elsie														19.28
Meyer Alshe		24.34												24.34
Meyer Arlene					28.22									28.22
Meyer Berry										18.01	21.28			18.01
Meyer Cuyler														12.21
Meyer Walter			19.02	17.00										17.00
Mgaraduza Olwethu		14.06												14.06
Mhlonyane Bulelani					18.37									10.35
Michell Carin														22.56
Middleton Kevin			11.34						12.59	13.02				11.34

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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>
Mienies Jennifer				28.28										28.28
Mills Linet											21.54			21.54
Milne Matthew														13.11
Milne Mikki			15.26		14.52	15.57	16.32	17.34	16	17.17	19.12	18.38		14.52
Milne Robyn														16.22
Minikwa Siva	13.33													13.33
Mitchie Leah														17.21
Mkane Yonolani		18.14												18.14
Mkhohlakali Mlandeli														9.26
Mollokoyana Ntlahla														14.07
Moolman DJ														15.39
Moorhouse Ivan		15.39												15.39
Mostert Marike		24.54												24.54
Motabogi Skipper														17.14
Mpana Sinaio	17.59													17.59
Mqolombeni Bonele														13.40
Msebe Sesethu														13.33
Msuempele Nolihle	18.05													18.05
Mulder Isabella								17.28						17.28

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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>
Mulder Sanet								17.28						17.28
Muller Chantal			20.17	18.09										18.09
Mullis Shane											17.37			17.37
Murdoch Shaun	14.48													14.48
Murray Neil														21.33
Myburgh Hennie	19.51													19.51
Myburgh Mirj					21.30									21.30
Nanny Pia														18.17
Naudé Eduan					12.26		13.07							12.26
Naudé Hannelie							16.22							16.22
Naudé Karlie							17.03							17.03
Ndlovu Lucky														18.57
Ndozweni Nolutha														19.57
Nduthando														17.20
Nel Annarie				21.48								22.42		17.59
Nel Bernard				16.04	15.06									15.06
Nel Christine							17.03							17.03
Nel Daniël						13.04		21.43	12.24					12.24
Nel Dante												17.04		17.04

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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>
Payne Richard														16.41
Payne Victoria														18.34
Payne Wesley														10.11
Pearson Glen														12.00
Pearson Tristan					13.58									13.58
Peens Cedric														13.37
Peiser Doug														20.56
Pelser Johan	12.24													12.24
Penver Tony							19.20				19.12			19.12
Pfister Lionel				18.26										14.42
Phipson Stuart	13.27													13.27
Pieterse Diana		20.23												20.23
Pieterse Emile														9.51
Pieterse Marco														18.30
Pieterse Marko	15.11													15.11
Pieterse Ruan														18.02
Pieterse Yolanda	18.31													18.31
Pietersen Elrenzo														14.10
Pnematicatos Taryn							16.10							16.10

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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>
Romburgh Abbi							19.29							19.29
Romburgh Kim							21.28							21.28
Roper Georgia	16.52													16.52
Ross André														16.08
Roux Alwyn											22.18			22.18
Roux Carlien			15.02			12.41	13.04							12.41
Roux Chanté			14.48	14.30	11.47	12.06	11.25							11.25
Roux Isak														15.51
Roux Shene														21.30
Roux Simoné			21.01											21.01
Rudhuka Peter														12.20
Rush Zack														13.32
Russell Alasdair														9.27
Rust Anina														13.13
Rust Christine														12.07
Saaiman Beata														20.04
Sales Marc														15.25
Salime Gift				17.30										17.30
Sanderson Francesca								15.08						15.08

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Silere Chris							16.06							16.06
Sinclair Catea	14.24				16.05									14.24
Sinclair Catea Lizabet		14.58												14.58
Sinclair John-David	14.03													14.03
Sinclair Ken														20.56
Single Dylan	15.12													12.35
Skein Etienne														16.18
Skein Klara														19.12
Skein Liezl														20.23
Skein Willem														17.52
Sleigh James						14.27	12.12		14.41		18.32			12.12
Sleigh Sharon						16.20	15.17			15.34				15.17
Smal Eugen														12.51
Smallbones Elsa														27.20
Smallbones James														13.08
Smedmor Tristan										19.45				19.45
Smit Jean	16.59													12.16
Smit Tanya				23.29										23.29
Smith Andrew										14.35	14.13			14.13

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van der Stoep Coenraad	17.55													17.55
van der Stoep Haneen	16.05	14.21			18.32	17.19								14.21
van der Stoep Heleen														20.37
van der Walt Erik												19.57		19.57
van der Walt Hayley	21.46													21.46
van der Walt Jason												18.43	18.32	18.32
van der Westhuizen Anel							15.37							15.37
van der Westhuizen Donovan							13.52							13.52
Van der Westhuizen Louise														15.55
van der Westhuizen Tiaan														15.02
Van der Westhuizen Wilanc														16.40
van Dyk George														15.57
van Dyk Gerrit												20.16		20.16
van Dyk Hanna											25.30			25.30
van Dyk Renate														17.52
van Dyk Zumandi														15.53
van Emmenis Anneke											23.24	23.57		23.24
van Emmenis Marilyn								18.31						18.31
van Emmenis Philip									16					16.00

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van Rooyen Stephan														14.26
van Schalkwyk Cassidy													21.39	21.39
van Schalkwyk Cassie													21.38	21.38
van Schalkwyk Tandy													21.46	21.46
van Skarwerk Siyabonga														17.54
van Tonder Anne														15.17
van Tonder Bernard														12.54
van Tonder Jaco														11.13
van Tonder Kean							11.46			11.27				11.27
van Tonder Santie														14.37
Van Tonder Talitha														16.28
van Tonder Wilhelm														14.24
van Vuuren André					15.36	14.27								14.27
van Vuuren Anli			16.21			20.28								16.21
van Vuuren Cara														23.52
van Vuuren Cornel														23.52
van Vuuren Daniel						19.19	21.50							19.19
van Vuuren Thalika														23.52
van Weele Roelof	14.48	14.24	14.22	14.30	14.03	14.59	15.12	17.21	18	18.08	17.52	19.03	20.13	14.03

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Wucherfenning Margot														17.00
Yalezo Vuyo														10.36
Zeegers Marion						22.44								22.44
Zeelie Frederick						15.14								15.14
Zeelie Nina									30.27					30.27
Zweni Nomvuyo														20.58
BEST	10.27	11.08	10.19	9.09	11.15	9.21	9.57	11.18	11.52	10.34	11.21	11.44	14.20	8.34