

















# 5km Run Seasons Best

05 October 2025

<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>
Cloete Anneline														28.54
Cloete George														24.45
Coetzee André											26.52	26.43	27.37	26.43
Coetzee Isaac														26.00
Coetzee Marius														22.51
Coetzee Martin												22.51	23.03	22.51
Coetzee Nadene		29.17												29.17
Coetzee Olivia	29.11													29.11
Coetzer Johan				23.10	31.00									23.10
Coetzer Marietha														31.20
Collier Andrew														22.31
Connacher Alice								33.08						33.08
Connor Leo	25.44													25.44
Conradie Carl Heinz											36.49			36.49
Conradie Karen												26.41		26.41
Coombe Barry														20.05
Coombe Clifford														24.04
Cooper Wilhelm	21.52	22.43	22.50	22.20	21.51	21.55	21.32	23.10	22.00	24.30	23.28			21.32
Corbett Meyer Sheraleen		32.05	33.11											32.05
Cornal Matthew	25.22													25.22
Corusoling Scott														25.41
Craib Marray										18.01				18.01





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<a href="#">Athlete</a>	<a href="#">2013</a>	<a href="#">2014</a>	<a href="#">2015</a>	<a href="#">2016</a>	<a href="#">2017</a>	<a href="#">2018</a>	<a href="#">2019</a>	<a href="#">2020</a>	<a href="#">2021</a>	<a href="#">2022</a>	<a href="#">2023</a>	<a href="#">2024</a>	<a href="#">2025</a>	<a href="#">PB</a>
De Villiers Suzanne		32.14												32.14
de Villiers Talita														26.35
de Vries Attie							21.30							21.30
de Vries Herman							21.34		19.47		18.56			18.22
de Vries Lydia									25.50		23.07	26.58		23.07
De Vynk Jeannie														27.10
de Wet Adele	25.06													25.06
de Wet Chezelle														27.05
de Wet Christiaan	19.15	19.29	18.44											18.44
Delport Martin														28.49
Demesi Mzide														20.38
Dennis Roxzane				31.53										31.53
Denver Tony										29.48				29.48
Diedericks Jonathan														23.49
Dimopoulos George		23.27												23.27
Dodds Jim												24.55		24.55
Donald Peter												32.27		32.27
Donnely Trevor						27.53								27.53
Doppenschmied Matteus														21.50
Dorlank Janika								34.39			34.48	35.27		30.06
Dorlank Tayana														32.11
Dowling Michael										24.37	22.07	21.24		21.24





















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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>
Hugo Pierre														27.02
Hugo Riel														22.17
Hugo Robin														25.09
Hull Hettie		28.10												28.10
Human Estelle														25.03
Human Frieda														26.48
Human Hein														21.45
Human Kian							28.51	28.07						28.07
Human Marlize														23.25
Hunt Robert														28.44
Hunter Diane	32.09													32.09
Hurn Bianca									32.35	27.40				27.40
Hurn Wesley									27.37					25.21
Hvidsten Wendy			22.58	23.43	24.41	24.54								22.58
Ingles Sean									27.44					27.44
J van Rensburg Jacques			26.06											26.06
J van Rensburg Maurit			20.00											20.00
Jackson Chelsea Ann														31.02
Jackson Crystal														26.53
Jackson Jacqui					26.51									23.57
Jackson Ken								25.10	25.45					25.10
Jackson Sam				27.06								24.45	25.04	24.45

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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>
Jackson Sara				24.47										24.47
Jackson Sonan				26.33										26.33
Jahni Nyasha			21.14	19.32	20.56	20.50		24.08	22.23	21.36				19.32
James Caroline												27.09		27.09
James Chris												29.19	23.27	23.27
James Sue												24.15		24.15
Janke Ulrike					23.56		27.39							23.56
Jansen Lizette								26.25						26.25
Jansen Martin					31.54									31.54
Jebese Zukisani						21.46								21.46
Jeenes Colleen														30.40
Jenkins Charlie	20.18		20.07	25.19					23.18	24.25	25.22	25.09	29.41	20.07
Jenkins Heather													33.27	33.27
Johnson Craig														19.36
Johnson Tamsin		30.01			30.37									30.01
Johnston Christine						29.57		31.00		36.04				29.57
Johnston David				21.59	25.02	23.22	25.18	22.39	23.33	25.42	26.10	26.55		21.59
Johnston Jordan										23.27	30.10	22.12	26.45	22.12
Johnston Shaun						24.49	28.51							24.49
Johnston Tamaryn												30.08	24.11	24.11
Jones Alex														27.52
Jones Chris												29.13		29.13





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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>
Knight Scott							26.04							26.04
Knott Ronnie														25.34
Ko Lewin												22.18		22.18
Koegelenberg Francien														31.09
Koekemoer André				24.01										24.01
Koekemoer Johan						27.09	32.18							27.09
Koekemoer Jolene														24.46
Koekemoer Marisa														33.15
Koen Gert														33.04
Koen Kirsten									26.13					26.13
Koetzer Denise														30.49
Kohn Wilfred								26.57	26.13	28.00	27.50	28.29	31.47	26.13
Kompelo Sydney														19.55
Konradie Karl											29.04			29.04
Kotzé André							22.02							22.02
Kotzé Chané				24.34		27.05					26.19			24.34
Kotzé Elsabé					35.44	33.53	32.00	35.10	34.21	33.53	33.12	36.22		32.00
Kotzé Heidi				30.04	30.04	28.17	27.42	29.39			29.27			27.42
Kotzé Johann				22.05	21.58	22.12	21.45	22.35		28.02				21.45
Kotzé Lisa											28.45			28.45
Kotzé Marizanne											28.00			28.00
Kotzé Michael				23.38	24.13	24.46	22.24	25.40	24.05		24.05	22.30		22.24

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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>
Kotzé Michelle				24.34	28.41									24.34
Kotzé Milan										34.59				34.59
Kotzé Snr Johann					29.42	27.57	25.23	25.17	26.35	26.43	26.31	28.03	29.00	25.17
Krause Cornie														27.11
Krenmayr Ulrick														23.10
Kriel Hendrik														22.51
Krige Fanie														24.50
Kruger Carmen						30.41								30.41
Kruger Johan														24.14
Kruger Louis														17.15
Kruger Riana														32.31
Kruger WL	18.23													18.23
Krugh Miranda														39.57
Krynauw Dewald							22.57							22.57
Kuhn Tienkie													25.16	25.16
Kumbaca Darren								18.26	17.37	19.16			19.56	17.37
Kuschke Carel					25.15								25.51	25.15
Kymbca Tyron									19.17					19.17
Laing Alida														34.46
Lalean Jan														29.10
Lallapersad Norman											25.00			25.00
Lallu Norman											25.26	26.57	25.48	25.26















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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>
Murtz Wilmarie												35.10		35.10
Mzembe Axola														24.58
Naudé Eduan					22.30									22.30
Ndlovu Lucky														21.19
Nel Annarie	28.36	30.45	29.10	38.56	31.27	31.05	31.29	33.39	34.41	35.52	29.33	37.20	35.42	26.05
Nel Anneline														24.28
Nel Barend							32.37							32.37
Nel Bernard		25.18	25.07	22.40	25.05									22.40
Nel Charel														23.55
Nel Danie												20.36		20.36
Nel Daniël					23.04	21.43	20.48	25.10	21.03	23.59				20.48
Nel De Wet													26.15	23.47
Nel Gerhard														17.27
Nel Ivy			30.21	40.49										30.21
Nel Jannie														21.55
Nel Johan														18.40
Nel Matilda				28.39										28.39
Nel Nadia														19.56
Nel Sonel														28.13
Nel Wagner														24.02
Nele Tohoho		26.32												26.32
Nerf Greg										26.33				26.33







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<a href="#">Athlete</a>	<a href="#">2013</a>	<a href="#">2014</a>	<a href="#">2015</a>	<a href="#">2016</a>	<a href="#">2017</a>	<a href="#">2018</a>	<a href="#">2019</a>	<a href="#">2020</a>	<a href="#">2021</a>	<a href="#">2022</a>	<a href="#">2023</a>	<a href="#">2024</a>	<a href="#">2025</a>	<a href="#">PB</a>
Penver Tony										30.31	35.09			22.05
Pfister Lionel														23.03
Pheiffer Rita	28.29													28.29
Philander André											27.09	27.29		27.09
Phillips Colin														27.37
Phipson Karin	23.14	22.33												22.33
Phipson Stuart		22.33												22.33
Pienaar JP			26.45											26.45
Pienaar Nelda									27.06				28.03	27.06
Pieterse Emile		17.11												17.11
Pieterse Karin														27.25
Pinkerton Christian					32.10									32.10
Pnematicatos Taryn							29.33							29.33
Pocknall Caroline							29.21							29.21
Potter Gerda														29.24
Prain Jenna										37.40	34.11			34.11
Pretorius Arnold						27.45				28.58				27.45
Pretorius Carin											29.04			29.04
Pretorius Ella										31.22	28.23	28.47	26.52	26.52
Pretorius Karen											30.33	18.15		18.15
Pretorius Lisa												23.36		23.36
Pretorius Lise			29.53							24.42				24.42







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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>
Schoeman Hanli														37.50
Schoeman Henrico														21.41
Scholtz Ben													25.27	25.27
Schurmann Eddie														19.07
Schutte Devin											20.37			20.37
Schwartz Carlton														20.50
Scottswood Nina									28.54					28.54
Scullard Alf														19.08
Seitumeng Baba														18.34
Serdyn Retha							27.29							27.29
Serfontein Derrick													23.33	23.33
Shambali Brenda							25.50							25.50
Shambre Brenda							26.28							26.28
Shapiro Daniel			28.11											28.11
Sharp Jennifer				28.49										28.49
Shaw Evan													30.35	30.35
Shaw Sandy														28.25
Shepherd Brian														24.55
Sibonda Phumele														18.53
Siebrits Christa														27.00
Siebrits Johan														32.46
Silolo Namhla													23.13	23.13

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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>
Sinclair Catea Lizabet	26.09	25.33												25.33
Sinclair John-David	22.15													22.15
Sipat Ayakha														21.56
Siqhaza Lorna													28.44	28.44
Skein Ettienne														32.02
Skein Willem														27.39
Sleigh James			27.47	23.32		23.54	22.57	25.16	25.07	23.46	24.50			22.57
Sleigh Sharon			27.47	28.30		27.06	26.56	28.02	27.36	27.10	28.17			26.56
Sleigh Shaun			28.54											28.54
Smit Aline														28.35
Smith Alex														22.56
Smith Andrew								21.19	20.42	21.26	22.21	21.50		20.42
Smith Anri												28.23	26.18	26.18
Smith Carol														27.42
Smith Shaun														26.52
Smuts Hannes														23.05
Smythe Rob					29.14									29.14
Solomon Mariza														25.10
Solwethu Sondlo									19.53					19.53
Sonbrandt Tanya														29.06
Spotswood Neve											29.09			29.09
Spotswood Nina							28.17		29.27		29.52			28.17











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<a href="#">Athlete</a>	<a href="#">2013</a>	<a href="#">2014</a>	<a href="#">2015</a>	<a href="#">2016</a>	<a href="#">2017</a>	<a href="#">2018</a>	<a href="#">2019</a>	<a href="#">2020</a>	<a href="#">2021</a>	<a href="#">2022</a>	<a href="#">2023</a>	<a href="#">2024</a>	<a href="#">2025</a>	<a href="#">PB</a>
van der Walt Jason												31.14	24.12	24.12
van der Walt Wessel													23.15	23.15
van der Westhuizen Donovan							28.14							28.14
van der Westhuizen Emile	24.02													24.02
van der Westhuizen Emmie	24.14													24.14
van der Westhuizen Marius														29.48
van der Westhuizen Petro										26.30	26.11	26.46	27.17	26.11
Van der Westhuizen Wietse														22.11
van Deventer Valerie										29.45				23.37
van Dyk Gerrit												19.50	20.18	19.50
van Dyk Neil		24.39												24.39
van Dyk Renate		30.52					31.17							30.52
van Dyk Stoffel														20.14
van Emmenis Anneke												29.44	43.24	29.44
van Groeningen David								33.50		34.05	30.00	21.46	37.08	21.46
van Groeningen Lester							26.29	26.15	32.11	28.04	29.10	29.55	28.34	26.15
van Heerden Charl		25.06	20.11	21.21	20.55	21.42	23.58			23.54				20.11
van Heerden CJ														31.01
van Huyssteen Marhette		30.20	29.26											29.26
van Huysteen Elizabeth														24.58
van Jaarsveld Gawie														21.15
van Niekerk Danie									38.11	34.14	39.18	36.46		34.14



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van Vuuren Antoinette					33.46									33.46
van Vuuren Anton			29.22											29.22
van Weele Gerard														19.35
van Weele Katia						28.41								28.41
van Weele Roelof	24.11	24.10	24.12	24.36	24.53	26.08	27.33	30.07	30.25	30.08	30.44	32.41		21.49
van Wyk Charlotte														28.35
van Wyk Jeannette								29.36	32.04					29.36
van Wyk Lennard												23.14		23.14
van Wyk Marais												26.03		26.03
van Wyk Stoffel														20.03
van Wyk Willie						25.23								25.23
van Zeeberg Levine								24.19						24.19
van Zyl Anna								36.52						36.52
van Zyl Bertus														19.09
van Zyl Cathy												24.47		24.47
van Zyl Edna May														26.08
van Zyl Johan														28.36
Van Zyl Johan Jr														21.28
van Zyl Louwtjie														22.12
van Zyl Mark								35.48						35.48
van Zyl Sam			29.31											29.31
van Zyl Theresa								27.09						27.09







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Walton Julie			29.53											29.53
Ward Jan										28.00				28.00
Ward Michael											33.27			33.27
Ward Robyn														30.22
Ward Trevor												22.52		22.52
Waters Hugh	27.17	27.03	28.22	28.11	33.27				37.34	37.57				23.31
Webb Christine						24.48								24.48
Wentzel Chanel												37.19		37.19
Wheeler Charles									24.31					20.11
Wheeler Christopher														18.29
Wheeler Norma	27.04	28.11	27.21	28.50	28.42	29.56		31.37		35.29				24.33
Whitaker Emma														25.57
White Michelle														23.00
Whitelaw Tracey														36.25
Wiese Anel														27.47
Wiese Dirk														23.02
Wilkinson Kyle		27.38												27.38
Willem Pieter				24.26										24.26
Williams Ally											24.39			24.39
Willmore Roly					27.36	27.05	27.25	27.26	28.33					27.05
Willoughby Noleen												27.34	27.30	27.30
Willoughby Rodney												25.30	25.03	25.03

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Willoughby Roger													25.33	25.33
Willoughby Ruan												26.01		26.01
Wills Caroline														22.10
Wills Dominic														18.17
Winterton Claire				27.00										27.00
Wium Vion							29.22							29.22
Woods Isla														30.47
Wright Darren									26.06	25.22	24.44	25.12	25.10	24.44
Wright Dave		20.48	28.51				27.15			31.02				20.48
Wright Derrick													25.40	25.40
Wright Louis											30.34			30.34
Yalezo Eunice														23.09
Yalezo Vuyo														19.28
Yorke-Smith Rowland												34.05		34.05
Zeelie Judy									28.50					28.50
Zeineddine Liela						26.05	26.59							26.05
Zukisani Mafithi									18.40					18.40
BEST	17.36	17.11	16.35	16.20	16.24	16.15	16.12	18.26	17.37	18.01	18.55	17.59	18.21	16.12