



PERSONAL BEST TIMES FOR RUN/WALK FOR LIFE MEMBERS:

NAME **TIME** **As of 27 January 2011**

Alan de Jager	23.19
Amy Taylor	26.47
Basie Boneparte	14.50
Beate Stindt	18.36
Brendan Grant	18.40
Carriot Galela	14.31
Catherine Karakezi	26.38
Chris Upfold	20.44
Colin Meyer	20.22
Dominique Clogg	17.34
Eric Wells	24.45
Giovanni Shelton	16.13
Gwenda Johnson	24.07
Frith van der Merwe	16.21
Gwenda Thomas	25.13
Harry Porthen	18.25
Jene Banfield	16.32
Jennifer Pretorius	22.33
Johan Conradie	18.48
John Galela	17.25
John van Onselen	18.31
Joubert Retief	16.58
Juanita Fuller	19.20
Julie Walker	19.01
Karen Meyer	20.21
Kevin Rafferty	15.31
Leilanie Kleinhans	19.20
Lucie Allan	19.32
Malibongwe Mbelu	14.39
Mike Loewe	21.16
Mlami Klaas	14.49
Mzikanti Tana	14.17
Mziwonke Bibi	21.25
Nicky Brouwer	22.25
Patrick Mnto	13.18
Peter Sidina	15.07
Revan Fillis	14.44
Richard Alexander	16.20

Sheet1

Richard Molose	13.53
Rikhotso Rooi	14.43
Simphiwe Tana	12.39
Siyabonga Ndlumbini	17.08
Stephen Penney	15.53
Steven Lisher	14.27
Terri-Lynn Penney	15.54
Tracy Ducray	28.30
Welcome Jela	14.49
Zelda van Onselen	22.05

BOLD – set in 2011

8km	
Patrick Mnto	28.44