

6km Time Trial Results: 1 August 2019

Runners:

1. Gabriel Ndlela 21.38
2. Innocent Sithole 22.03
3. Shane Jacklin 23.19
4. Ross Goldstone 23.34
5. Erric Shezi 24.50
6. Johannes Njoko 24.55
7. Simon Mbuyazi 25.34
8. Francois Bosch 27.53
9. Pete Meyer 28.31
10. Christo Du Plessis 28.58
11. Francois Bosch 28.33
12. Jane Foules 31.25
13. Tiffany Aldworth 31.13
14. Brent Coverdale 31.33
15. Faye Coverdale 31.41
16. Maryke Van Zyl 32.30
17. Dom Arntzen 33.07
18. Kirsten Oliver 34.02
19. Mike Goldstone 34.37
20. Tracy Tucker 35.44
21. Trevor Wallis 36.36
22. Kevin Le Roux 37.08
23. Caroline Carlisle 40.24
24. Keyan Carlisle
25. Michelle Craigie 44.31
26. Chirstina Eckstein 44.48

Walkers:

1. Lisa Edgcumbe 51.30
2. Tracy Hall 51.52
3. Roy Bickerton 55.17
4. Tim 55.40
5. Russel Scholtz 57.59
6. Corrie Scholtz 57.59
7. Mrs Debbie Farley 58.59
8. Dawn Norton 58.59
9. John Craigie 59.00

The next 6km Time Trial is on Thursday 6 September 2019 at Howick Athletic Club Midmar.

PLEASE NOTE THE WINTER STARTING TIMES:

Walkers start: 16:30

Runners start: 17:00

A very big "thank you" to the sponsors of the lucky draw prizes: