

6km Time Trial Results: 2 May 2019

Runners:

1. Simon Mbuyazi 26:19
2. Wesley Smit 27:38
3. Shea Karsing 29:04
4. Philip du Toit 29:15
5. Michael Goldstone 29:29
6. Ollie Tatham 31:55
7. Kim Lawrance 32:36
8. Tiffany Aldworth 34:00
9. Shannon O' Connor 34:20
10. Kirsten Oliver 34:22
11. Jacqui Meyer 35:04
12. Aly Mandima 36:45
13. Maryke van Zyl 38:36
14. Kevin Le Roux 44:05
15. Pam Smit 46:28
16. Jesse Lawrance 48:12
17. Christina Eckstein 48:14
18. John Londal 50:11
19. Rene Jacklin 52:53
20. Dawn Norton 58:08

Walkers:

1. Roy Bridgman 44:29
2. Jim Gray 48:52
3. Mary Gray 49:53
4. Tracey Hall 54:26
5. Lisa Edgcumbe 54:26
6. Jay Hitchens 60:45
7. Rose Hamilton 63:16; 8.
8. John Craigie 63:17
9. Debbie Farley 66:14
10. Roy Bickerton 66:15
11. Annie Waterhouse 66:15

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

PLEASE NOTE THE WINTER STARTING TIMES:

Walkers start: 16:30

Runners start: 17:00