

6km Time Trial Results: 3 October 2019

Runners:

1. Gabriel Ndlela 21:20
2. Innocent Sithole 22:21
3. Simon Mbuyazi 25:47
4. Liaan Marais 26:32
5. Ross Goldstone 27:39
6. Shea Karsing 28:04
7. Jeremy Matthias 28:16
8. Grant Humphrey 30:40
9. Mike Goldstone 31;30
10. Brent Coverdale 32:09
11. Christo du Plessis 32:10
12. Kent Yeatman 33:48
13. Werner Post 33:49
14. Ollie Tatham 33:58
15. Philip Warren 34:04
16. Kirsten Oliver 34:07
17. Jacqui Meyer 35:58
18. Kevin Wallis 36:37
19. Philip du Toit 37:02
20. Bill Freeman-Smith 37:35
21. Grace King 37:52
22. Keyan Carlisle 38:02
23. Caroline Carlisle 38:05
24. Dom Arntzen 38:24
25. Kathy McKenzie 38:24
26. Giles King 40:47
27. Kevin Le Roux 41:30
28. Michelle Dye 41:31
29. Mary Gray 45:46
30. Mel Goldstone 45:50

Walkers:

1. Roy Bridgman 51:04
2. Christine Bridgman 51:05
3. Jim Gray 51:14
4. Tracey Hall 53:17
5. Corrie Scholtz 57:46;
6. Russell Scholtz 57:47
7. Rose Hamilton 59:33
8. Jay Hitchens 59:36
9. Roy Bickerton 61:45

The next 6km Time Trial is on Thursday 7 November 2019 at Howick Athletic Club Midmar.

PLEASE NOTE THE WINTER STARTING TIMES:

Walkers start: 16:45

Runners start: 17:15

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

Ross Goldstone; Christo du Plessis; Deoné Bouwer; Russell Scholtz; Caroline Carlisle; Michelle Dye; Jacqui and Pete Meyer