

## **6km Time Trial Results: 4 July 2019**

### **Runners:**

1. Gabriel Ndlela 20.47
2. Innocent Sithole 22.31
3. Ross Goldstone 23.54
4. Shane Jacklin 24.54
5. Erric Shezi 25.49
6. Johannes Njoko 25.50
7. Simon Mbuyazi 26.09
8. Christo Du Plessis 27.32
9. Francois Bosch 28.33
10. Jeremy Matthias 28.48
11. Brent Coverdale 31.31
12. Pete Meyer 31.33
13. Faye Coverdale 32.12
14. Ali Mandima 32.46
15. Wonder Sibiyi 36.06
16. Sifiso Zuma 36.40
17. Maryke Van Zyl 37.10
18. Michelle Dye 41.41
19. Kevin Le Roux 41.42
20. Tiffany Aldworth 30.33
21. Kirsten Oliver 36.19
22. Christina Eckstein 50.30

### **Walkers:**

1. Lisa Edgcumbe 51.43
2. Tracy Hall 51.45
3. Roy Bickerton 57.58
4. Mrs Debbie Farley 57.59
5. Russel Scholtz 57.59
6. Corrie Scholtz 57.59
7. Dawn Norton 58.00
8. Rose Hamilton 1:14:00
9. Jay Hichens 1:14:00

The next 6km Time Trial is on Thursday 1 August 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: