

6km Time Trial Results: 5 September 2019

Runners:

1. Innocent Sithole 22:15
2. Gabriel Ndlela 22:32
3. Eric Shezi 25:07
4. Christo du Plessis 25:20
5. Johannes Njoko 26:02
6. Simon Mbuyazi 26:27
7. Rico van Rooyen 28:29
8. Shea Karsing 28:33
9. Megan Grewcock 30:18
10. Jesse Lawrance 30:47
11. Kim Lawrance 30:49
12. Brent Coverdale 31:14
13. Hunter Strydom 32:37
14. Trevor Wallis 34:06
15. Jacqui Meyer 34:32
16. Tiffany Aldworth 34:44
17. Kate Butlin 34:59
18. Margie Birkett 37:35
19. Sarah Wallis 42:40
20. Mary Gray 43:04
21. Michelle Craigie 47:57
22. Kevin Le Roux 47:59
23. Mark de Klerk 68:00

Walkers:

1. Jim Gray 48:13
2. Nigel Kidgel 53:33
3. Corrie Scholtz 57:38
4. Russell Scholtz 57:38
5. Roy Bickerton 63:00

The next 6km Time Trial is on Thursday 3 October 2019 at Howick Athletic Club Midmar.

PLEASE NOTE THE SUMMER STARTING TIMES:

Walkers start: 16:45

Runners start: 17:15

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

Jim Gray

Sarah Comins

Jacqui Meyer

Mary Gray

Pete Meyer