

6km Time Trial Results: 6 June 2019

Runners:

1. Innocent Sithole 22:02
2. Johan Smit 25:42
3. Jeremy Matthias 28:09
4. Shea Karsing 28:20
5. Francois 28:32
6. Megan Grewcock 30:49
7. Brett Crabtree 31:38
8. Kim Lawrance 32:30
9. Aly Mandima 33:00
10. Tracey Tucker 35:37
11. Jacqui Meyer 35:38
12. Charles Cadman 35:53
13. Bill Freeman-Smith 36:44
14. Kevin Wallis 38:16
15. Maryke van Zyl 39:22
16. Shannon O' Connor 39:23
17. Mary Gray 43:04
18. Rob Melis 44:21
19. Nelly Melis 44:33
20. Michelle Craigie 46:56
21. Michelle Dye 46:56
22. Rene Jacklin 52:24
23. Ross Goldstone 54:59
24. Mike Goldstone 54:59
25. Mel Goldstone 54:59

Walkers:

1. Christina Eckstein 53:00
2. Sarah 53:00
3. John Londal 54:33
4. Tracey Hall 55:23
5. John Craigie 63:23
6. Jay Hitchens 63:24
7. Rose Hamilton 63:26
8. Roy Bickerton 64:45
9. Debbie Farley 64:51
10. Hunter 77:32
11. Cheryl 77:32

The next 6km Time Trial is on Thursday 4 July 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:

The Goldstone family; Christina Eckstein; Tarryn Wallis; Lynette Dewing; Tracey Hall and Michelle Dye