

6km Time Trial Results: 7 November 2019

Runners:

1. Gabriel Ndlela 21:28
2. Innocent Sithole 22:39
3. Shane Jacklin 24:21
4. Ross Goldstone 24:54
5. Liaan Marais 25:03
6. Eric Shezi 26:40
7. Wesley Smit 26:41
8. Peter Meyer 27:05
9. Simon Mbuyazi 27:24
10. John Densham 30:39
11. Mike Goldstone 30:41
12. Kent Yeatman 30:42
13. Ollie Tatham 31:48
14. Tiffany Aldworth 32:23
15. Brent Coverdale 32:57
16. Trevor Wallis 33:23
17. Ali Mandima 33:55
18. Dom Arntzen 35:23
19. Keyan Carlisle 35:49
20. Caroline Carlisle 35:56
21. Gina Arntzen 36:19
22. Kathy McKenzie 36:54
23. Kevin Le Roux 41:05
24. Michelle Dye 41:07
25. Giles King 41:22
26. Mary Gray 42:54

Walkers:

1. Roy Bridgman 43:27
2. Christine Bridgman 51:22
3. Jacqui Meyer 55:21
4. Russell Scholtz 55:22

The next 6km Time Trial is on Thursday 5 December 2019 at Howick Athletic Club Midmar.

PLEASE NOTE THE SUMMER STARTING TIMES:

Walkers start: 16:45

Runners start: 17:15