

STRIDERS TIME TRIAL RESULTS

Runners	Dist	Member Name				Total Best	Total	
			03 Apr	17 Apr	24 Apr	Time For year	Runs/walks Year to Date	
Runners	3 km	Francois Munro	18:43			14:53	3	
		Graham Tull				14:53	3	
		Attie Cilliers				17:01	2	
		Anke Terblanche				17:24	2	
		Emma Rorke	19:03	23:12		19:03	2	
		Gert Nel		19:59		19:59	1	
		Heather Furter				20:38	1	
		Jean Marie				22:10	1	
		Delia Levendal				22:55	2	
		Jean Witten				22:57	3	
		Retha Barnard				23:00	2	
		Colleen Potgieter				24:58	1	
		David Fredericks				26:35	1	
		Michelle De Wet				27:02	1	
		David Wright				27:31	2	
		4 km	Wilna Jordaan				24:25	1
			Jean Witten				30:15	1
			Retha Barnard				30:40	1
			Stefnie Douglas				31:30	1
			Ronel Van Wyk				38:40	1
			Kobie Olckers				38:40	1
		5 km	Slade West	18:29	18:15	18:40 1	18:15	7
			Tasko Msuthwana				20:13	2
			Eugene Botha	21:39			21:10	4
			Mauritz Wentzel		21:38		21:12	4
			Thomas Rozema				21:22	1
			Michael Rorke	22:03	22:15	24:02 1	21:47	10
			David Fredericks	23:28	24:43	24:02 1	22:27	12
			Keegan West		23:03		23:03	1
			Francois Munro			24:23 1	23:12	8
			Andrea Olsen		26:58	27:51 1	23:49	10
			Belinda Tull	25:11	25:06	25:04 1	24:06	13
			Graham Tull				24:09	4
			Keegan			24:10 1	24:10	1
			Attie Cilliers	25:39	25:03	24:36 1	24:36	7
			Alvin Witten				24:38	1
			Natasja Prinsloo		25:04		25:04	2
			Cecil Whittal	35:44	25:05	28:02 1	25:05	10
			Vanessa Eibig		26:58	27:51 1	25:22	11
			Anton Jordaan	27:09			25:26	13
			Danielle De Jager			25:37 1	25:37	1
			Gert Nel			30:52 1	25:40	8
			Jean-Marie Eksteen				25:49	2
			Emma Rorke			31:40 1	26:02	9
			Surisa Nel				26:15	3
	Una Hendrikz		27:17		27:30 1	26:22	8	
	Sjanrie Hendrikz		27:04			26:24	6	
	Gareth Campbell		26:36			26:36	4	
	Marius VD Merwe					26:44	2	
	Jocelyn Manley					27:00	8	
	Dewald Van Tonder					27:35	2	
	Anton Nootenboom				27:53	3		
	Bomber Webb				28:00	1		
	Linda Whittal	28:20		28:02 1	28:02	2		
	Stefnie Douglas				29:00	3		
	Anke Terblanche				30:43	2		
	Thanda			30:52 1	30:52	1		
	Mandy Pelser				32:22	2		
	Mandy Arora		34:05		34:05	2		
	Jean Witten				37:34	2		
	Delia Levendal				42:33	1		

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			03 Apr	17 Apr	24 Apr	Time For year	Runs/walks Year to Date
Walkers	2 km	Bob Dudley				20:01	5
		Bennie Weideman				23:23	1
		Cathy Weideman				23:23	1
	3 km	Stefnie Douglas	23:30			23:30	4
		Rea Cilliers	23:30			23:30	4
		Nic Brummer				24:27	4
		Wayne Milward	29:23			24:50	4
		Steven Douglas		31:17	27:23 1	25:12	9
		Doris Nayler		26:23	25:23 1	25:23	10
		Pedro Goncalves	25:32	26:23		25:32	7
		Cathy Weideman	27:12	26:16	25:41 1	25:41	6
		Wilna Jordaan				25:42	4
		Chris Fimpel		26:50		26:06	7
		Karen Bothma	26:10			26:10	7
		Ita Stiglingh	26:10			26:10	5
		Arrie Smit				26:15	1
		Heather Furter	27:02		27:35 1	26:24	10
		Zelda Gooderham	27:02			26:32	4
		Michelle De Wet	31:20	31:29	27:27 1	26:37	6
		Retha Barnard	27:02	27:14		26:37	6
		Linda Schoo	28:55		27:27 1	26:44	8
		Colleen Potgieter				26:45	5
		Charlotte Coetsee				27:01	7
		Mike Pickering	27:25	28:00	27:46 1	27:06	12
		Coline Munro	28:55			27:06	6
		Cynthia Barnes				27:10	3
		Bennie Weideman	30:15	27:14		27:14	6
		Mark De Swart	31:07	31:17	27:23 1	27:23	6
		Jean Witten				27:30	3
		Leonie Terblanche			27:42 1	27:42	1
		Haniki Main	31:20			28:25	6
		Anne Grobler	31:26			28:25	6
		Elaine Dudley				28:43	5
		Viv Fimpel		28:58		28:58	9
		Viv Grater	29:12	34:19	29:50 1	29:01	12
		Paul Laubscher				29:08	1
		Shirley Miksch	31:07	31:29	29:48 1	29:12	9
		Dawn Crawford				29:21	1
		Tracey Salgado	31:07	31:29	29:48 1	29:28	6
		Cyril Maree	29:28			29:28	5
		Kobie Olckers				29:40	2
		Ronel Van Wyk				29:40	1
		Ina Terblanche	31:26		29:48 1	29:44	8
		Joy Pickering	38:58	34:19	30:00 1	29:52	13
		Derrick Main	31:29			29:56	9
		Francois Munro				30:08	1
		Danielle De Jager				30:22	1
		Amanda Dippenaar				30:22	1
		Kobus Barnard				30:36	2
		Truus Grater	38:58	34:19	31:04 1	31:04	11
Andrea Olsen				31:06	1		
Adeline JV Rensburg				31:16	1		
Jean-Marie Eksteen				31:40	2		
Alvin Witten				32:03	1		
Bob Dudley		32:44	32:59 1	32:44	3		
Yvonne Marais		33:55		33:18	2		
Linda Whittal		33:55		33:18	2		
Susan Smit				33:40	1		
4 km	Paul Laubscher	29:26	30:00	29:46 1	29:05	10	
	Nic Brummer	29:26	30:00		29:08	9	
	Alvin Witten		30:00		29:41	5	
	Wayne Milward		30:13	29:46 1	29:46	3	

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			03 Apr	17 Apr	24 Apr		Time For year	
Walkers	4 km	Rea Cilliers		30:16		30:02	5	
		Stefnie Douglas		30:16		30:16	3	
		Jocelyn Manley				30:29	1	
		Karen Bothma		32:52	31:08 1	31:08	5	
		Wilna Jordaan	33:03	32:52	31:08 1	31:08	8	
		Cynthia Barnes	32:48	32:44		32:08	7	
		Ita Stiglingh				32:30	1	
		Doris Nayler				32:33	4	
		Pedro Goncalves				32:33	4	
		Chris Fimpel	33:03			33:03	4	
		Jean Witten	33:03	36:31		33:03	4	
		Zelda Gooderham				33:12	5	
		Michelle De Wet				33:31	4	
		Delia Levendal				34:23	1	
		Anne Grobler				35:01	1	
		Colleen Potgieter				35:01	1	
		Mike Pickering				35:52	2	
		Kobie Olckers				35:52	3	
		Ronel Van Wyk				35:59	2	
		Heather Furter				36:12	1	
	Adeline JV Rensburg				41:12	3		
	Gillian Campbell				44:45	1		
		5 km	Alvin Witten	36:48		37:54 1	36:48	4
			Jean Witten			37:00 1	37:00	1
			Wayne Milward		40:15		37:30	8
			Rea Cilliers			37:54 1	37:52	3
			Stefnie Douglas			37:54 1	37:54	2
	Cynthia Barnes				42:00 1	42:00	1	
	Eric Roper		50:00			43:10	10	