

## STRIDERS TIME TRIAL RESULTS

Runners	Dist	Member Name	Runs/walks					Total Best Time For year
			07 Feb	14 Feb	21 Feb	28 Feb	10 Jan	
Runners	3 km	Graham Tull			16:33			16:33
		Anke Terblanche		17:24				17:24
		Heather Furter					1	20:38
		Jean Marie		22:10				22:10
		Jean Witten					1	23:12
		Colleen Potgieter						24:58
		David Fredericks	26:35					26:35
		Michelle De Wet						27:02
		Retha Barnard						27:02
		Francois Munro						31:10
	4 km	Retha Barnard						30:40
		Kobie Olckers						38:40
		Ronel Van Wyk						38:40
	5 km	Slade West	18:45					18:45
		Tasko Msuthwana	20:13					20:13
		Eugene Botha		21:12		26:07	1	21:10
		Mauritz Wentzel			22:33		1	21:12
		Thomas Rozema						21:22
		Michael Rorke	22:56	21:47			1	21:47
		David Fredericks	23:39	23:31	22:27		1	22:27
		Francois Munro	25:55	23:57		25:30	1	23:12
		Andrea Olsen	25:24		23:49	27:35		23:49
		Belinda Tull	24:06	24:42	24:08	24:21	1	24:06
		Graham Tull	25:55	24:09		24:21		24:09
		Alvin Witten					1	24:38
		Attie Cilliers					1	25:07
		Vanessa Eibig		26:37	25:49	27:38	1	25:22
		Anton Jordaan	26:59	25:26	26:04	27:11	1	25:26
		Cecil Whittal	25:55			27:16		25:45
		Jean-Marie Eksteen			25:49		1	25:49
		Emma Rorke	32:31	30:22	29:47	26:02	1	26:02
		Surisa Nel			27:31			26:15
Una Hendrikz		29:09	28:19				26:22	
Sjanrie Hendrikz		29:09	28:19				26:24	
Gert Nel		26:35	27:31	26:55			26:35	
Marius VD Merwe			26:44				26:44	
Jocelyn Manley			34:20	38:05	1	27:00		
Gareth Campbell						27:15		
Dewald Van Tonder						27:35		
Anton Nootenboom	28:46	28:42				27:53		
Bomber Webb						28:00		
Stefnie Douglas	33:47					29:00		
Anke Terblanche	30:43					30:43		
Mandy Pelser	32:22					32:22		
Jean Witten						39:55		
Delia Levendal		42:33				42:33		
Walkers	2 km	Bob Dudley	22:00		21:06		20:01	
		Bennie Weideman		23:23			23:23	
		Cathy Weideman		23:23			23:23	
	3 km	Stefnie Douglas		26:29		26:10		23:55
		Rea Cilliers	24:50					23:55
		Nic Brummer	24:47				1	24:27
		Wayne Milward	24:50	24:59				24:50
		Wilna Jordaan	25:47	25:42				25:42
		Cathy Weideman						25:45
		Doris Nayler	25:49	26:29		26:10	1	25:49
		Pedro Goncalves	25:49				1	25:49
		Karen Bothma	26:38		30:42		1	26:15
		Ita Stiglingh				30:45	1	26:15

## STRIDERS TIME TRIAL RESULTS

Runners	Dist	Member Name	Runs/walks					Total Best Time For year		
			07 Feb	14 Feb	21 Feb	28 Feb	10 Jan			
Walkers	3 km	Arrie Smit				26:15		26:15		
		Heather Furter	26:24	27:01		27:32		26:24		
		Zelda Gooderham		26:32				26:32		
		Chris Fimpel			26:48	27:00	1	26:35		
		Michelle De Wet		27:01			1	26:37		
		Retha Barnard				29:20		26:37		
		Steven Douglas	26:40	29:52		28:54	1	26:40		
		Linda Schoo	26:44				1	26:44		
		Colleen Potgieter		29:21			1	26:45		
		Charlotte Coetsee	31:43	27:01				27:01		
		Cynthia Barnes						27:10		
		Mike Pickering	29:21	28:10	30:45	28:54	1	27:30		
		Jean Witten	30:33	29:21				27:30		
		Coline Munro				27:32	1	27:32		
		Haniki Main	32:15					28:41		
		Elaine Dudley	30:30		28:43			28:43		
		Bennie Weideman						29:03		
		Paul Laubscher						29:08		
		Dawn Crawford	29:21					29:21		
		Shirley Miksch	29:22				1	29:22		
		Tracey Salgado						29:28		
		Kobie Olckers		29:40				29:40		
		Ronel Van Wyk		29:40				29:40		
		Ina Terblanche	30:15	30:20				29:44		
		Mark De Swart					1	29:44		
		Joy Pickering	31:43	29:52	30:45	30:15	1	29:52		
		Cyril Maree	30:36					29:54		
		Derrick Main	30:40	29:56			1	29:56		
		Francois Munro						30:08		
		Viv Fimpel			30:42	30:15	1	30:15		
		Anne Grobler		30:20				30:20		
		Danielle De Jager						30:22		
		Amanda Dippenaar						30:22		
		Kobus Barnard						30:36		
		Andrea Olsen		31:06				31:06		
		Jean-Marie Eksteen				31:40		31:40		
		Viv Grater	33:04	32:50	32:21			32:00		
		Truus Grater	33:04	32:50	32:21			32:00		
		Susan Smit				33:40		33:40		
			4 km	Paul Laubscher	30:29	30:28		30:42	1	29:05
				Nic Brummer		30:28		30:42		29:08
				Rea Cilliers					1	30:02
				Jocelyn Manley	30:29					30:29
				Alvin Witten	32:04					32:04
				Ita Stiglingh						32:30
				Karen Bothma						32:30
				Wilna Jordaan			33:55	37:12		32:33
				Pedro Goncalves			33:55			32:33
				Doris Nayler			34:10			32:33
				Stefnie Douglas						32:57
	Zelda Gooderham	36:02			33:55			33:55		
	Cynthia Barnes				34:20		1	33:55		
	Michelle De Wet	36:39			34:10	37:12		34:10		
	Chris Fimpel							34:11		
	Delia Levendal				34:23			34:23		
	Anne Grobler	35:01						35:01		
	Colleen Potgieter	35:01						35:01		
	Jean Witten				36:12	37:12		36:12		
	Heather Furter				36:12			36:12		
	Kobie Olckers					37:12		37:12		
	Ronel Van Wyk					37:12		37:12		
	Adeline JV Rensburg	41:12						41:12		

## STRIDERS TIME TRIAL RESULTS

Runners	Dist	Member Name	Runs/walks					Total Best Time For year
			07 Feb	14 Feb	21 Feb	28 Feb	10 Jan	
Walkers	4 km	Gillian Campbell						44:45
	5 km	Wayne Milward				38:46	1	37:30
		Alvin Witten				38:48		38:48
		Eric Roper	45:00		45:00		1	43:10

Total  
Runs/walks  
Year to Date

1
2
1
1
1
1
1
1
1
1
1
1
1
1
1
1
2
2
3
3
1
4
7
5
6
7
3
1
4
7
8
5
2
6
3
4
3
4
2
6
2
2
2
3
1
2
2
2
1
1
4
1
1
3
2
4
2
4
1
6
4
4
3

Total  
Runs/walks  
Year to Date

1
5
3
4
3
2
4
5
4
4
2
8
3
3
3
4
2
1
1
4
2
2
1
5
3
8
3
6
1
6
2
1
1
2
1
2
5
5
1
6
3
3
1
2
1
2
3
2
2
1
3
3
3
2
1
1
1
2
1
1
1
3

Total  
Runs/walks  
Year to Date

1

5

1

5