

## STRIDERS TIME TRIAL RESULTS

Runners	Dist	Member Name	Values				Total Time	Total Runs/walks Year to Date
			Date					
			Time Trial Results					
10 Jan	17 Jan	24 Jan	31 Jan					
Runners	3 km	Anke Terblanche				19:15	19:15	1
		Heather Furter	20:38				20:38	1
		Jean Witten	23:12				23:12	1
		Colleen Potgieter		24:58			24:58	1
		Michelle De Wet			27:02		27:02	1
		Retha Barnard			27:02		27:02	1
		Francois Munro		31:10			31:10	1
	4 km	Retha Barnard		30:40			30:40	1
		Kobie Olckers			38:40		38:40	1
		Ronel Van Wyk			38:40		38:40	1
	5 km	Slade West				19:35	19:35	1
		Eugene Botha	21:10				21:10	1
		Mauritz Wentzel	21:12	21:33			21:12	2
		Thomas Rozema		21:22			21:22	1
		Michael Rorke	21:51		22:18		21:51	2
		David Fredericks	23:03	23:36	23:19	23:45	23:03	4
		Francois Munro	23:12		25:13		23:12	2
		Tasko Msuthwana			23:24		23:24	1
		Belinda Tull	24:14	24:38	24:51		24:14	3
		Alvin Witten	24:38				24:38	1
		Attie Cilliers	26:23	25:07	26:53	34:48	25:07	4
		Vanessa Eibig	25:22	27:00	26:52	26:55	25:22	4
		Anton Jordaan	25:26	27:32	27:28	26:16	25:26	4
		Cecil Whittal		27:10	26:18	25:45	25:45	3
		Jean-Marie Eksteen	26:08				26:08	1
		Surisa Nel		27:28		26:15	26:15	2
		Una Hendrikz		26:22	26:25		26:22	2
		Sjanrie Hendrikz		26:24			26:24	1
		Andrea Olsen		27:00	26:50	26:52	26:50	3
		Jocelyn Manley	34:24	39:55	27:00	33:13	27:00	4
Gareth Campbell			27:15	28:15		27:15	2	
Gert Nel					27:27	27:27	1	
Dewald Van Tonder			27:35	27:48		27:35	2	
Anton Nootenboom			27:53		27:53	1		
Bomber Webb			28:00		28:00	1		
Stefnie Douglas				29:00	29:00	1		
Marius VD Merwe				29:30	29:30	1		
Emma Rorke	34:26		30:51		30:51	2		
Anke Terblanche			33:00		33:00	1		
Mandy Pelser			34:10		34:10	1		
Jean Witten		39:55			39:55	1		
Walkers	2 km	Bob Dudley		22:02	20:01		20:01	2
	3 km	Stefnie Douglas			23:55		23:55	1
		Rea Cilliers			23:55		23:55	1
		Nic Brummer	33:50	26:39		24:27	24:27	3
		Cathy Weideman				25:45	25:45	1
		Ita Stiglingh	26:45	26:15			26:15	2
		Karen Bothma	26:45	26:15			26:15	2
		Chris Fimpel	26:45			26:35	26:35	2
		Michelle De Wet	27:54			26:37	26:37	2
		Retha Barnard				26:37	26:37	1
		Steven Douglas	26:41				26:41	1
		Pedro Goncalves	27:40	26:45	27:30		26:45	3
		Colleen Potgieter	26:45		29:39	28:41	26:45	3
		Heather Furter			27:30	26:45	26:45	2
		Doris Nayler	27:40	26:45	27:30		26:45	3
		Linda Schoo	27:58	28:45	27:30	27:10	27:10	4
		Cynthia Barnes		35:35		27:10	27:10	2
Jean Witten			27:30		27:30	1		

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Runners	Dist	Member Name	Values				Total Time Trial Results	Total Runs/walks Year to Date		
			Date							
			10 Jan	17 Jan	24 Jan	31 Jan				
Walkers	3 km	Zelda Gooderham		28:33	27:30		27:30	2		
		Wilna Jordaan		28:33	27:30		27:30	2		
		Mike Pickering	27:51	28:09	27:30	27:51	27:30	4		
		Coline Munro	27:58	28:45			27:58	2		
		Haniki Main			29:39	28:41	28:41	2		
		Bennie Weideman		31:00		29:03	29:03	2		
		Paul Laubscher			29:08		29:08	1		
		Tracey Salgado		29:28	31:00		29:28	2		
		Shirley Miksch	29:44	30:30	31:00		29:44	3		
		Ina Terblanche		32:43	29:44	30:22	29:44	3		
		Mark De Swart	29:44	30:53	31:00		29:44	3		
		Cyril Maree			30:20	29:54	29:54	2		
		Elaine Dudley			30:37	29:57	29:57	2		
		Francois Munro				30:08	30:08	1		
		Viv Fimpel	30:18	30:53	30:37	32:01	30:18	4		
		Anne Grobler				30:22	30:22	1		
		Danielle De Jager				30:22	30:22	1		
		Amanda Dippenaar				30:22	30:22	1		
		Kobus Barnard			30:51	30:36	30:36	2		
		Derrick Main	31:23	31:15	30:51	32:01	30:51	4		
		Joy Pickering	31:23	31:15	31:20	32:20	31:15	4		
		Charlotte Coetsee			31:20	32:20	31:20	2		
		Viv Grater		32:00	32:20		32:00	2		
		Truus Grater		32:00	32:20		32:00	2		
		Kobie Olckers		32:43			32:43	1		
		Jean-Marie Eksteen			32:45		32:45	1		
			4 km	Paul Laubscher	30:04	29:05		30:02	29:05	3
		Nic Brummer				29:08		29:08	1	
		Rea Cilliers		30:04	32:57		30:02	30:02	3	
		Karen Bothma				34:11	32:30	32:30	2	
		Ita Stiglingh					32:30	32:30	1	
		Doris Nayler					32:33	32:33	1	
		Pedro Goncalves					32:33	32:33	1	
		Wilna Jordaan					32:33	32:33	1	
		Alvin Witten			32:53			32:53	1	
		Stefnie Douglas			32:57			32:57	1	
		Cynthia Barnes		33:55		34:57		33:55	2	
		Zelda Gooderham					34:01	34:01	1	
		Chris Fimpel			34:12	34:11		34:11	2	
		Adeline JV Rensburg			45:04	44:45		44:45	2	
		Gillian Campbell				44:45		44:45	1	
		5 km		Wayne Milward	37:34	39:25	37:30	37:40	37:30	4
				Eric Roper	43:34		45:00	43:10	43:10	3