

## STRIDERS TIME TRIAL RESULTS

Runners	Dist	Member Name	10 Jul	17 Jul	24 Jul	31 Jul	
Runners	3 km	Graham Tull					
		Francois Munro					
		Heather Furter					
		Attie Cilliers					
		Anke Terblanche					
		Emma Rorke					
		Jean-Marie Eksteen		19:40	19:32		
		Gert Nel					
		Tracey Salgado					
		Veronica Robertson					
		Jean Marie					
		Delia Levendal					
		Jean Witten					
		Retha Barnard					
		Vanessa Eibig					
		Colleen Potgieter					
		Wilna Jordaan					
		David Fredericks					
		Michelle De Wet					
		David Wright					
		4 km	Wilna Jordaan				
			Emma Rorke	25:34		25:42	
			Attie Cilliers			25:42	
			Linda Whittal				
			Jean Witten				
			Retha Barnard				
			Stefnie Douglas				
			Ronel Van Wyk				
			Kobie Olckers				
		5 km	Slade West		26:47	18:48	19:10
			Tasko Msuthwana				
			Eugene Botha				21:02
			Aubrey Brinkhuis				
			Michael Rorke				
			Mauritz Wentzel				
			Gavin Jantjies				
			Thomas Rozema				
			David Fredericks				
	Keegan West						
	Francois Munro					24:13	
	Tegan						
	Andrea Olsen		26:22	25:57			
	Belinda Tull						
	Graham Tull						
	Keegan						
	Attie Cilliers		25:33			26:50	
	Alvin Witten						
	Heinrich				24:53		
	Natasja Prinsloo						
	Cecil Whittal		25:10		26:15	28:52	
	Danielle De Jager						
	Vanessa Eibig		26:12	26:02	26:06		
	Anton Jordaan		28:23	26:11	25:45	26:56	
	Gert Nel			26:25			
	Jean-Marie Eksteen						
	Emma Rorke			32:13		33:59	
	Una Hendrikz	28:05	27:01	26:45	27:54		
	Surisa Nel						
	Sjanrie Hendrikz	28:05	28:15	26:43	27:54		
	Gareth Campbell						
	Marius VD Merwe						

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Runners	Dist	Member Name	10 Jul	17 Jul	24 Jul	31 Jul
Runners	5 km	Jocelyn Manley		33:54		33:59
		Anton Nootenboom			28:25	
		Dewald Van Tonder				
		Bomber Webb				
		Linda Whittal			28:53	28:52
		Stefnie Douglas				
		Matty Smith	29:13			
		Anke Terblanche	30:10			
		Thanda				
		Mandy Pelser				
		Mandy Arora				
		Veronica Robertson				
		Jean Witten				
		Delia Levendal				
Walkers	2 km	Bob Dudley				
		Bennie Weideman				
		Cathy Weideman				
	3 km	Wayne Milward				
		Rea Cilliers				
		Stefnie Douglas		26:42		26:08
		Mark De Swart	23:53	28:18		
		Nic Brummer				24:40
		Steven Douglas		26:42		26:08
		Jean Witten		25:00		
		Karen Bothma		25:00		
		Doris Nayler		27:29		31:50
		Joy Miles	27:11	26:17		
		Chris miles	27:11	26:17		
		Pedro Goncalves				31:50
		Ita Stiglingh				
		Cathy Weideman	28:01	27:46		
		Chris Fimpel	26:14	26:07		26:31
		Wilna Jordaan	28:00			
		Heather Furter		26:43		28:42
		Linda Whittal	26:14			
		Arrie Smit				
		Bennie Weideman	28:01	28:18		
		Retha Barnard				
		Zelda Gooderham				
		Michelle De Wet	28:00	34:27		29:12
		Linda Schoo			31:59	
		Colleen Potgieter				
		Charlotte Coetsee				
		Coline Munro				28:42
		Mike Pickering	29:15		29:03	31:32
		Cynthia Barnes				
		Anne Grobler				
		Haniki Main				
Leonie Terblanche						
Ina Terblanche	29:32	29:32	29:59	29:08		
Elaine Dudley	35:30			33:56		
Viv Fimpel		29:32		29:00		
Viv Grater	33:01	32:25	30:18			
Paul Laubscher						
Shirley Miksch	29:58	29:32	29:40			
Dawn Crawford						
Tracey Salgado	29:58	29:32	29:40			
Cyril Maree						
Ronel Van Wyk		29:32				
Kobie Olckers						
Graham Nelson			29:48			

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Runners	Dist	Member Name	10 Jul	17 Jul	24 Jul	31 Jul	
Walkers	3 km	Ken Oakes	30:30		29:48	36:45	
		Lynne Nelson			29:48	36:45	
		Joy Pickering	32:26		31:59	31:32	
		Derrick Main			30:09		
		Francois Munro					
		Danielle De Jager					
		Amanda Dippenaar					
		Kobus Barnard					
		Chantell Freiboth					
		Truus Grater	33:01	32:25		31:58	
		Andrea Olsen					
		Adeline JV Rensburg					
		Yvonne Marais	31:30				
		Lynn		31:32			
		Brian		31:32			
		Graham *		31:32			
		Jean-Marie Eksteen					
		Alvin Witten					
		Bob Dudley	35:30			33:50	33:56
		Susan Smit					
	Bridget Oakes				39:03		
		4 km	Doris Nayler				
			Alvin Witten	27:37			
			Paul Laubscher	29:53	30:27		
			Nic Brummer				
			Wayne Milward	29:53			
			Jean-Marie Eksteen				
			Rea Cilliers	30:17			
			Stefnie Douglas				
			Jocelyn Manley				
			Wilna Jordaan		31:00		
			Ita Stiglingh				
			Karen Bothma				
			Cynthia Barnes				
			Joy Pickering				
			Pedro Goncalves				
			Chris Fimpel				
			Kobie Olckers	35:12			
			Jean Witten	37:38			
			Zelda Gooderham				
			Michelle De Wet			36:15	
	Joy Miles						
	Chester Miles						
	Delia Levendal						
	Anne Grobler						
	Colleen Potgieter						
	Haniki Main						
	Ronel Van Wyk	35:12					
	Mike Pickering						
	Heather Furter			36:15			
	Graham Nelson				36:45		
	Desiree Martin	37:38					
	Adeline JV Rensburg						
	Gillian Campbell						
	5 km	Mike Pickering					
		Alvin Witten			35:05		
		Wayne Milward		37:44	38:47	37:41	
		Ita Stiglingh	36:58	37:44		37:41	