

## STRIDERS TIME TRIAL RESULTS

Runners	Dist	Member Name					Total Best	Total	
			05 Jun	12 Jun	19 Jun	26 Jun	Time For year	Runs/walks Year to Date	
Runners	3 km	Graham Tull					14:53	4	
		Francois Munro					14:53	3	
		Heather Furter					15:53	2	
		Attie Cilliers					17:01	2	
		Anke Terblanche			18:51		17:24	3	
		Emma Rorke				22:50	19:03	3	
		Gert Nel	26:54				19:59	2	
		Tracey Salgado	21:26				21:26	1	
		Veronica Robertson					21:32	2	
		Jean Marie					22:10	1	
		Delia Levendal					22:55	2	
		Jean Witten					22:57	3	
		Retha Barnard					23:00	2	
		Vanessa Eibig					24:48	1	
		Colleen Potgieter					24:58	1	
		Wilna Jordaan	25:11				25:11	1	
		David Fredericks					26:35	1	
	Michelle De Wet					27:02	1		
	David Wright					27:31	2		
		4 km	Wilna Jordaan					24:25	1
			Emma Rorke		27:22	25:39		25:39	3
			Linda Whittal					27:12	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		20:15	20:35		18:15	11
			Tasko Msuthwana					20:13	2
			Aubrey Brinkhuis					21:07	1
			Michael Rorke			23:51		21:09	13
			Eugene Botha					21:10	5
			Mauritz Wentzel					21:12	4
			Gavin Jantjies				21:17	21:17	2
			Thomas Rozema		28:12			21:22	2
			David Fredericks					22:27	14
	Keegan West						23:03	1	
	Francois Munro						23:12	8	
	Tegan			23:37			23:37	1	
	Andrea Olsen			27:24	26:12		23:49	14	
	Belinda Tull						24:06	16	
	Graham Tull						24:09	4	
	Keegan						24:10	1	
	Attie Cilliers		25:53	25:35		26:42	24:36	13	
	Alvin Witten						24:38	1	
	Natasja Prinsloo						25:04	2	
	Cecil Whittal						25:05	11	
	Danielle De Jager		25:53		25:14		25:14	6	
	Vanessa Eibig			27:24	26:12		25:22	15	
	Anton Jordaan		26:24	28:32		28:56	25:26	19	
	Gert Nel						25:40	9	
	Jean-Marie Eksteen						25:49	2	
	Emma Rorke		35:22				26:02	12	
	Una Hendrikz			26:35	27:12		26:04	12	
	Surisa Nel					26:15	3		
	Sjanrie Hendrikz		26:35	27:09		26:24	9		
	Gareth Campbell					26:36	4		
	Marius VD Merwe					26:44	2		
	Jocelyn Manley				33:59	27:00	9		
	Anton Nootenboom			27:30		27:30	4		
	Dewald Van Tonder					27:35	2		
	Bomber Webb					28:00	1		

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Runners	5 km	Linda Whittal					28:02	2
		Stefnie Douglas					29:00	4
		Anke Terblanche					30:43	2
		Thanda					30:52	1
		Mandy Pelser					32:22	2
		Mandy Arora					33:00	3
		Veronica Robertson	35:22				35:22	1
		Jean Witten					37:34	2
		Delia Levendal					42:33	1

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