

STRIDERS TIME TRIAL RESULTS

Runners	Dist	Member Name	Date				Total Best Time For year	Total Runs/walks Year to Date
			06 Mar	13 Mar	20 Mar	27 Mar		
Runners	3 km	Graham Tull			15:35	14:53	14:53	3
		Francois Munro				14:53	14:53	2
		Attie Cilliers		17:24		17:01	17:01	2
		Anke Terblanche					17:24	2
		Heather Furter					20:38	1
		Jean Marie					22:10	1
		Delia Levendal	23:36	22:55			22:55	2
		Jean Witten	23:00	22:57			22:57	3
		Retha Barnard	23:00				23:00	2
		Colleen Potgieter					24:58	1
		David Fredericks					26:35	1
		Michelle De Wet					27:02	1
		David Wright		27:31	27:31		27:31	2
	4 km	Wilna Jordaan	24:25				24:25	1
		Jean Witten			30:15		30:15	1
		Retha Barnard					30:40	1
		Stefnie Douglas	31:30				31:30	1
		Ronel Van Wyk					38:40	1
		Kobie Olckers					38:40	1
	5 km	Slade West	23:18			18:20	18:20	4
		Tasko Msuthwana					20:13	2
		Eugene Botha					21:10	3
		Mauritz Wentzel					21:12	3
		Thomas Rozema					21:22	1
		Michael Rorke	23:18	22:48	22:49		21:47	7
		David Fredericks	24:19		25:00		22:27	9
		Francois Munro	26:25	24:06			23:12	7
		Andrea Olsen	26:45	27:09			23:49	8
		Belinda Tull	24:25	28:33		24:25	24:06	10
		Graham Tull	24:25				24:09	4
		Alvin Witten					24:38	1
		Attie Cilliers					25:07	4
		Vanessa Eibig	26:46	27:08			25:22	9
		Anton Jordaan	26:42	26:20	26:57	26:52	25:26	12
		Natasja Prinsloo		25:33			25:33	1
		Gert Nel	26:47	25:40	27:24		25:40	7
		Cecil Whittal	26:25		26:10		25:45	7
		Jean-Marie Eksteen					25:49	2
		Emma Rorke	31:30	32:08			26:02	8
		Surisa Nel					26:15	3
		Una Hendrikz			30:52	27:22	26:22	6
		Sjanrie Hendrikz			30:52	27:18	26:24	5
Marius VD Merwe						26:44	2	
Jocelyn Manley			31:55		37:34	27:00	8	
Gareth Campbell				27:04		27:04	3	
Dewald Van Tonder						27:35	2	
Anton Nootenboom						27:53	3	
Bomber Webb						28:00	1	
Stefnie Douglas					37:26	29:00	3	
Anke Terblanche						30:43	2	
Mandy Pelser						32:22	2	
Mandy Arora		36:06				36:06	1	
Jean Witten				37:34	37:34	2		
Delia Levendal					42:33	1		
Walkers	2 km	Bob Dudley	21:47				20:01	5
		Bennie Weideman					23:23	1
		Cathy Weideman					23:23	1
	3 km	Rea Cilliers	24:16				23:55	3
		Stefnie Douglas					23:55	3

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Walkers	3 km	Nic Brummer					24:27	4
		Wayne Milward	26:03				24:50	3
		Steven Douglas		28:48	27:36	25:12	25:12	7
		Wilna Jordaan					25:42	4
		Cathy Weideman		29:48	27:49		25:45	3
		Doris Naylor	26:02	28:32			25:49	8
		Pedro Goncalves		28:32			25:49	5
		Chris Fimpel	26:29			26:06	26:06	6
		Ita Stiglingh			27:20		26:15	4
		Arrie Smit					26:15	1
		Karen Bothma		30:16	27:20		26:15	6
		Heather Furter	28:37	27:06		28:05	26:24	8
		Zelda Gooderham					26:32	3
		Michelle De Wet					26:37	3
		Retha Barnard		27:06	27:49		26:37	4
		Linda Schoo				28:05	26:44	6
		Colleen Potgieter	28:37				26:45	5
		Charlotte Coetsee	32:03	29:48		28:25	27:01	7
		Mike Pickering				27:06	27:06	9
		Coline Munro		27:06		28:05	27:06	5
		Cynthia Barnes	35:15				27:10	3
		Jean Witten					27:30	3
		Bennie Weideman		28:48	27:36		27:36	4
		Haniki Main			29:02	28:25	28:25	5
		Anne Grobler		37:40	29:02	28:25	28:25	5
		Elaine Dudley	32:01				28:43	5
		Viv Grater	32:01	30:16	29:31	29:01	29:01	9
		Paul Laubscher					29:08	1
		Shirley Miksch	29:12		31:12		29:12	6
		Dawn Crawford					29:21	1
		Tracey Salgado			31:11		29:28	3
		Ronel Van Wyk					29:40	1
		Kobie Olckers					29:40	2
		Ina Terblanche	29:56				29:44	6
		Mark De Swart					29:44	3
		Cyril Maree				29:50	29:50	4
		Joy Pickering	31:33	37:40			29:52	10
		Derrick Main			31:08	31:06	29:56	8
		Francois Munro					30:08	1
		Viv Fimpel		30:16		31:06	30:15	8
		Danielle De Jager					30:22	1
		Amanda Dippenaar					30:22	1
Kobus Barnard					30:36	2		
Andrea Olsen					31:06	1		
Adeline JV Rensburg	31:16				31:16	1		
Jean-Marie Eksteen					31:40	2		
Truus Grater	32:01	34:15		33:45	32:00	8		
Alvin Witten	32:03				32:03	1		
Linda Whittal				33:18	33:18	1		
Yvonne Marais				33:18	33:18	1		
Susan Smit					33:40	1		
Bob Dudley				35:35	35:35	1		
	4 km	Paul Laubscher				30:09	29:05	7
		Nic Brummer	30:22	29:41	30:25	30:09	29:08	7
		Alvin Witten		29:41	30:16		29:41	4
		Rea Cilliers			30:41		30:02	4
		Stefnie Douglas			30:25		30:25	2
		Jocelyn Manley					30:29	1
		Cynthia Barnes		33:18		32:08	32:08	5
		Karen Bothma				33:00	32:30	3
		Ita Stiglingh					32:30	1
		Pedro Goncalves			33:12	33:15	32:33	4

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			06 Mar	13 Mar	20 Mar	27 Mar			
Walkers	4 km	Doris Nayler			33:12	33:15	32:33	4	
		Wilna Jordaan		33:22	32:45		32:33	5	
		Zelda Gooderham			33:12	33:45	33:12	5	
		Wayne Milward			33:18		33:18	1	
		Michelle De Wet	33:31				33:31	4	
		Chris Fimpel		34:15			34:11	3	
		Delia Levendal					34:23	1	
		Colleen Potgieter					35:01	1	
		Anne Grobler					35:01	1	
		Kobie Olckers	37:19	35:52			35:52	3	
		Mike Pickering	35:52	35:52			35:52	2	
		Ronel Van Wyk		35:59			35:59	2	
		Heather Furter					36:12	1	
		Jean Witten					36:12	2	
		Adeline JV Rensburg					41:12	3	
	Gillian Campbell					44:45	1		
		5 km	Wayne Milward		38:30		37:52	37:30	7
			Rea Cilliers		38:30		37:52	37:52	2
			Alvin Witten				37:52	37:52	2
	Stefnie Douglas			38:30			38:30	1	
	Eric Roper		45:00	45:00	48:00	55:00	43:10	9	