

STRIDERS TIME TRIAL RESULTS

Runners	Dist	Member Name	Date				Total Best Time For year	Total Runs/walks Year to Date
			01 May	08 May	15 May	22 May		
Runners	3 km	Graham Tull		15:31			14:53	4
		Francois Munro					14:53	3
		Heather Furter			15:53		15:53	2
		Attie Cilliers					17:01	2
		Anke Terblanche					17:24	2
		Emma Rorke					19:03	2
		Gert Nel					19:59	1
		Veronica Robertson			21:58	21:32	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	24:48	1
		Colleen Potgieter					24:58	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	27:08				27:08	1
		Linda Whittal	27:12				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		19:03	18:58		18:15	9
		Tasko Msuthwana					20:13	2
		Aubrey Brinkhuis	21:07				21:07	1
		Michael Rorke	21:09		24:38		21:09	12
		Eugene Botha		22:25			21:10	5
		Mauritz Wentzel					21:12	4
		Thomas Rozema					21:22	1
		Gavin Jantjies	22:20				22:20	1
		David Fredericks		23:03	25:02		22:27	14
		Keegan West					23:03	1
		Francois Munro					23:12	8
		Andrea Olsen		26:19	26:41		23:49	12
		Belinda Tull		29:20	27:34	27:20	24:06	16
		Graham Tull					24:09	4
		Keegan					24:10	1
		Attie Cilliers	25:38		26:30	25:00	24:36	10
		Alvin Witten					24:38	1
		Natasja Prinsloo					25:04	2
		Cecil Whittal	25:38				25:05	11
		Vanessa Eibig		26:19	26:41		25:22	13
		Anton Jordaan		27:54	26:30	27:20	25:26	16
		Danielle De Jager		29:20	27:34	27:20	25:37	4
		Gert Nel			27:12		25:40	9
		Jean-Marie Eksteen					25:49	2
		Emma Rorke		33:18	31:38		26:02	11
		Una Hendrikz		26:04		27:20	26:04	10
		Surisa Nel					26:15	3
	Sjanrie Hendrikz				27:18	26:24	7	
	Gareth Campbell					26:36	4	
	Marius VD Merwe					26:44	2	
	Jocelyn Manley					27:00	8	
	Dewald Van Tonder					27:35	2	
	Anton Nootenboom					27:53	3	
	Bomber Webb					28:00	1	
	Linda Whittal					28:02	2	
	Stefnie Douglas				38:03	29:00	4	
	Anke Terblanche					30:43	2	

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			01 May	08 May	15 May	22 May	Time For year	Runs/walks Year to Date	
Runners	5 km	Thanda					30:52	1	
		Mandy Pelsler					32:22	2	
		Mandy Arora	33:00				33:00	3	
		Jean Witten					37:34	2	
		Delia Levendal					42:33	1	
Walkers	2 km	Bob Dudley					20:01	5	
		Bennie Weideman					23:23	1	
		Cathy Weideman					23:23	1	
	3 km	Wayne Milward	23:25				23:25	5	
		Rea Cilliers	23:25				23:25	5	
		Stefnie Douglas					23:30	4	
		Nic Brummer					24:27	4	
		Steven Douglas				28:50	25:12	10	
		Doris Nayler	29:36	28:32	30:26	27:25	25:23	14	
		Pedro Goncalves			30:26		25:32	8	
		Karen Bothma	25:37			27:06	25:37	9	
		Ita Stiglingh	25:37				25:37	6	
		Cathy Weideman	25:37	26:16			25:37	8	
		Chris Fimpel	25:37			33:46	25:37	9	
		Wilna Jordaan					25:42	4	
		Heather Furter	25:45				26:06	25:45	12
		Arrie Smit					26:15	1	
		Bennie Weideman	27:17	26:16			26:16	8	
		Retha Barnard	26:24				26:24	7	
		Zelda Gooderham					26:32	4	
		Michelle De Wet	29:10				26:37	7	
		Linda Schoo				27:25	26:44	9	
		Colleen Potgieter					26:45	5	
		Charlotte Coetsee					27:01	7	
		Mike Pickering	27:17			30:35	28:50	27:06	15
		Coline Munro					27:06	6	
		Cynthia Barnes					27:10	3	
		Mark De Swart					28:50	27:23	7
		Anne Grobler					27:25	27:25	7
		Haniki Main					27:25	27:25	7
		Jean Witten		30:00				27:30	4
		Leonie Terblanche						27:42	1
		Elaine Dudley	33:44					28:43	6
		Viv Fimpel	29:36			31:20		28:58	11
		Viv Grater					29:29	29:01	13
		Paul Laubscher						29:08	1
		Shirley Miksch	31:40	30:48	30:45	30:20		29:12	13
		Dawn Crawford						29:21	1
		Ina Terblanche	29:26	30:00	29:52			29:26	11
		Tracey Salgado	30:02	30:48	30:45	30:20		29:28	10
		Cyril Maree						29:28	5
		Ronel Van Wyk						29:40	1
		Kobie Olckers						29:40	2
		Joy Pickering	30:00			31:20	34:16	29:52	16
		Derrick Main				30:35		29:56	10
		Francois Munro						30:08	1
		Danielle De Jager						30:22	1
		Amanda Dippenaar						30:22	1
		Kobus Barnard						30:36	2
		Truus Grater					34:16	31:04	12
Andrea Olsen						31:06	1		
Adeline JV Rensburg						31:16	1		
Jean-Marie Eksteen						31:40	2		
Yvonne Marais	31:40					31:40	3		
Alvin Witten						32:03	1		
Bob Dudley	33:44					32:44	4		
Linda Whittal						33:18	2		

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			01 May	08 May	15 May	22 May	Time For year	Runs/walks Year to Date	
Walkers	3 km	Susan Smit					33:40	1	
	4 km	Paul Laubscher	29:26	29:57	29:57		29:05	13	
		Nic Brummer			29:48	30:45	29:08	11	
		Alvin Witten	29:26	29:57	29:48	30:45	29:26	9	
		Wayne Milward					29:46	3	
		Jean-Marie Eksteen	30:00				30:00	1	
		Rea Cilliers			30:02		30:02	6	
		Stefnie Douglas					30:16	3	
		Jocelyn Manley					30:29	1	
		Ita Stiglingh				30:50	30:50	2	
		Wilna Jordaan		30:51		33:13	30:51	10	
		Karen Bothma					31:08	5	
		Cynthia Barnes	33:00				32:08	8	
		Pedro Goncalves					32:33	4	
		Doris Nayler					32:33	4	
		Kobie Olckers		35:36			32:42	5	
		Jean Witten				33:13	33:03	5	
		Chris Fimpel			33:25		33:03	5	
		Zelda Gooderham					33:12	5	
		Michelle De Wet					33:31	4	
		Chester Miles				33:40	33:40	1	
		Joy Miles				33:40	33:40	1	
		Delia Levendal					34:23	1	
		Colleen Potgieter					35:01	1	
		Anne Grobler		35:36			35:01	2	
		Mike Pickering					35:52	2	
		Ronel Van Wyk					35:59	2	
		Heather Furter					36:12	1	
		Adeline JV Rensburg					41:12	3	
		Gillian Campbell					44:45	1	
		5 km	Alvin Witten					36:48	4
			Jean Witten			45:45		37:00	2
			Wayne Milward		37:26	39:53	41:11	37:26	11
		Rea Cilliers				38:03	37:52	4	
		Stefnie Douglas					37:54	2	
		Cynthia Barnes					42:00	1	
		Eric Roper	57:00		52:00		43:10	12	
		Michelle De Wet		43:14	45:45		43:14	2	
		Heather Furter		43:14			43:14	1	
		Coline Munro		43:14			43:14	1	
		Linda Schoo		43:28			43:28	1	
		Leonie Terblanche		43:50			43:50	1	