

SEDGEFIELD STRIDERS TIME TRIAL RESULTS

January-2025

Sum - Hours		Date			
Run/Walk	Dist	Member Name	2025-01-08	2025-01-15	2025-01-22 2025-01-29
Runners	3	Attie Cilliers	00:17:34		00:17:28
		Belinda Tull			00:16:12
		Emma Rorke	00:21:34		
		Jean Witten	00:24:05		
		Jean-Marie Eksteen			00:18:22
		Jennifer Rengecas			00:27:49
		Mandy Heggie			00:25:29
		Rea Cilliers			00:24:47
	4	Anton Nootenboom	00:29:36		
		Attie Cilliers		00:20:50	
	5	Alvin Witten	00:26:43	00:25:20	
		Anton Jordaan	00:28:19	00:25:20	00:55:26
		Anton Nootenboom		00:28:12	
		Bomber Webb	00:28:31		
		David Fredericks	00:26:36		
		Eugene Botha		00:20:43	
		Francois Munro		00:24:30	
		Gert Nel			00:58:24
		Jean Witten		00:39:04	
		Jean-Marie Eksteen		00:23:02	
Jocelyn Manley		00:35:55	00:39:04		
Natasja Prinsloo		00:27:01	00:26:47		
Richard Madden		00:20:34	00:19:51		
Ryk Eksteen				00:24:25	
Slade West	00:19:55				
Una Hendrikz			00:28:43		
Walkers	2	Attie Cilliers			00:31:24
		Bob Dudley		00:23:50	00:25:54
		Elaine Dudley			00:25:54
		Truus Grater	00:22:17		
	3	Bennie Weideman	00:28:55	00:29:54	00:28:13
		Bob Dudley	00:36:00		
		Cathy Weideman	00:32:12	00:32:04	00:28:13
		Cecil Whittal	00:27:11		
		Chris Fimpel	00:26:37	00:26:52	
		Coline Munro	00:29:21		00:29:26
		Cynthia Barnes	00:27:56		
		Delia Levendal	00:27:11		
		Derrick Main	00:32:14		
		Doris Nayler	00:26:39		00:52:17
		Elaine Dudley	00:36:00	00:30:00	
		Graham Nelson		00:30:52	
		Heather Furter	00:27:27	00:27:30	00:56:42
		Jennifer Rengecas		00:32:04	
		Jocelyn Manley			00:34:16
		Joy Pickering		00:38:00	
Karen Bothma	00:26:06		00:26:29		
Ken Oakes		00:30:52			
Kobie Olckers	00:32:14	00:31:24			

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	Linda Schoo	00:29:21		
	Linda Whittal	00:27:11		
	Luana Laubscher			00:59:35
	Lynne Nelson		00:30:52	
	Mandy Heggie	00:25:03		
	Michelle de Wet	00:28:56		00:28:37
	Mike Pickering			00:58:23
	Paul Laubscher	00:23:56		
	Pedro Goncalves	00:26:39		00:26:49
	Rea Cilliers	00:26:06		
	Retha Barnard	00:27:53	00:27:30	00:28:37
	Ronel Van Wyk	00:32:14		
	Shirley Miksch	00:30:35	00:30:48	00:30:09
	Stefnie Douglas	00:26:13	00:29:54	00:30:22
	Steven Douglas		00:29:54	00:30:22
	Tracey Salgado	00:30:35	00:30:48	
	Truus Grater		00:38:00	00:32:27
	Viv Fimpel	00:32:12	00:32:04	
	Viv Grater	00:31:26	00:29:10	00:31:59
	Wayne Milward	00:26:06		
	Wilna Jordaan			00:26:29
4	Cynthia Barnes		00:33:25	00:34:08
	Mike Pickering		00:31:11	
	Nic Brummer	00:30:05	00:31:11	01:02:24
	Paul Laubscher		00:31:15	01:02:24
	Rea Cilliers		00:31:18	00:31:48
	Wayne Milward		00:31:15	01:03:19
	Wilna Jordaan			00:31:48
5	Eric Roper		00:55:00	00:56:00