

SEDGEFIELD STRIDERS TIME TRIAL RESULTS

SEPTEMBER 2025

Filter

Sum - Hours		Date				
Run/Walk	Dist	Member Name	2025-09-03	2025-09-10	2025-09-17	2025-09-24
Runners	3	Karita Smit	00:20:50			
	4	Attie Cilliers				00:21:58
		Steven Douglas	00:19:23		00:19:15	
	5	Byron Boesak			00:20:21	
		Cecil Whittal	00:27:28	00:28:09		
		David Fredericks		00:26:08		
		Gert Nel	00:28:03			
		Ryk Eksteen			00:23:15	
		Sjanrie Hendrikz	00:25:45		00:23:22	
		Slade West	00:19:04	00:18:41	00:18:07	
		Stephen van Beek	00:24:18	00:23:48		
		Steven Douglas		00:24:36		00:26:04
		Una Hendrikz	00:27:22		00:27:50	
Walkers	2	Bob Dudley		00:23:26		
		Elaine Dudley		00:25:51		
	3	Anne Grobler	00:28:00	00:28:15		
		Bennie Weideman	00:37:46	00:31:05		
		Cathy Weideman		00:31:05		
		Chris Fimpel	00:37:50		00:27:37	
		Chris Fox			00:30:08	
		Colleen Potgieter	00:28:00	00:28:15		
		Doris Nayler	00:28:10	00:24:52	00:28:08	00:26:09
		Edith Fox	00:37:55	00:38:15	00:36:36	
		Elaine Dudley	00:28:43		00:29:31	
		Elaine Marais	00:31:23	00:34:00	00:31:08	
		Frank Davies			00:35:59	
		Haniki Main		00:28:35		
		Heather Furter	00:27:56	00:28:35		
		Ian Fyfe	00:37:46		00:30:30	
		Jean Witten	00:27:56			
		Joy Pickering	00:39:12		00:36:36	
		Karen Bothma			00:26:04	
		Kobie Olckers	00:39:12	00:31:43		
		Mara-Lu smit	00:28:15			
		Mike Pickering	00:28:15			
		Nic Brummer		00:25:05	00:23:57	
		Paul Laubscher			00:25:19	
		Pedro Goncalves	00:28:10		00:28:08	
		Rea Cilliers			00:25:19	00:26:09
		Rob Marais	00:37:55		00:28:00	
		Sarah Fyfe	00:37:46		00:30:30	
		Shirley Miksch	00:31:31	00:31:12		
		Tracey Salgado	00:31:31	00:31:12		
	Una Hendrikz		00:31:07			
	4	Anne Grobler			00:36:01	
Colleen Potgieter				00:36:01		
Graham Nelson				00:36:24		
Heather Furter				00:36:01		

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	Ita Stighling	00:38:48	
	Jean Witten		00:37:42
	Jocelyn Manley		00:37:42
	Lynne Nelson		00:36:02
	Nic Brummer	00:32:45	
	Wayne Milward		00:31:27
5	Ita Stighling		00:38:24
	Wayne Milward		00:42:35