

SEDGEFIELD STRIDERS TIME TRIAL RESULTS

**NOVEMBER 2025**

Sum - Hours			Date			
Run/Walk	Dist	Member Name	2025-11-05	2025-11-12	2025-11-19	2025-11-26
Runners	3	Attie Cilliers		00:16:23	00:16:28	00:17:02
		Delia Levendal	00:23:41			
		Jean Witten	00:23:43	00:25:14		
		Jocelyn Manley		00:25:14		
		Mary Harty				00:27:09
		Nieks	00:25:07			
		Sjanrie Hendrikz			00:16:29	
		Steven Douglas	00:15:22			
		Una Hendrikz			00:16:48	
		Vanessa Eibig			00:18:30	
	4	Steven		00:20:12		
	5	Alvin Witten		00:24:47	00:20:51	
		Cecil Whittal			00:28:27	
		Emma Rorke			00:34:30	
		Gert Nel	00:26:52			00:28:07
Jean Witten				00:39:48		
Jean-Marie Eksteen					00:34:08	
Jeanne van der Westhuizen		00:33:10	00:35:10			
Jocelyn Manley				00:39:48		
Louwrens van der Westhuizen					00:33:42	
Ryk Eksteen					00:25:22	
Slade West			00:19:07			
Steven Douglas					00:25:52	
Una Hendrikz		00:29:11				
Vanessa Eibig		00:32:02				
Walkers	2	Elaine Marais			00:24:50	
	3	Bennie Weideman			00:31:35	00:33:47
		Bob Dudley			00:23:50	
		Cathy Weideman			00:31:29	00:32:45
		Celest Pretorius	00:32:14			
		Chris Fimpel		00:27:40	00:27:55	00:27:30
		Chris Fox	00:33:27		00:28:16	00:28:50
		Colleen Potgieter			00:28:07	
		Derrick Main	00:30:43	00:32:27	00:31:35	00:33:14
		Des	00:32:15		00:32:15	
		Dianne Fallows	00:30:07	00:32:16	00:30:42	
		Doris Nayler	00:26:39	00:28:38		
		Edith Fox	00:38:00		00:39:30	
		Elaine Marais		00:32:16		
		Frank Davies	00:32:14			
		Graham Nelson		00:29:01		
		Haniki Main			00:28:07	
		Heather Furter	00:26:39	00:28:00		00:27:00
		Ina Terblanche				00:31:51
	Ita Stighling			00:27:46	00:25:34	
Ita Stighlingh	00:26:32					
Joy Pickering			00:39:30			
Karen Bothma			00:27:46	00:27:00		

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	Ken Oakes	00:29:01		
	Kobie Olckers	00:32:27	00:31:35	00:33:47
	Linda Whittal		00:27:10	
	Lynne Nelson	00:29:01		
	Mandy Heggie	00:28:00		00:26:27
	Michelle De Wet		00:31:12	
	Mike Pickering	00:30:43	00:30:25	
	Nic Brummer	00:26:18	00:25:02	00:23:21
	Pedro Goncalves	00:28:38		
	Rea Cilliers	00:26:32	00:26:18	00:25:34
	Retha Barnard	00:28:38	00:30:48	00:32:45
	Rob Marais	00:32:01	00:28:16	00:28:50
	Shirley Miksch	00:33:06	00:30:12	00:32:54
	Steven Douglas		00:31:12	
	Tracey Salgado	00:33:06		00:32:54
	Truus Grater	00:33:27	00:34:46	
	Viv Fimpel		00:31:29	
	Viv Grater	00:32:01	00:33:06	00:29:46
4	Alvin Witten	00:29:55		
	Bridget Oakes		00:37:55	
	Carin Conradie	00:35:57	00:37:55	
	Celest Pretorius		00:34:40	
	Cynthia Barnes		00:34:41	
	Frank Davies		00:34:30	
	Graham Nelson		00:36:20	00:35:58
	Ken Oakes		00:36:20	00:35:58
	Lynne Nelson		00:36:20	00:35:58
	Mandy Heggie		00:34:41	
	Mary Harty		00:37:55	