

Time Trial Results: Thursday 5 August 2021

Runners:

1. Gabriel Ndela 23:23; 2. Mike Edgcumbe 24:06; 3. Innocent Sithole 24:14; 4. Eric Shezi 27:15; 5. Simon Mbuyazi 28:18; 6. Andries Oelofse 28:30; 7. Megan Grewcock 29:49; 8. Shane Jacklin 29:51; 9. Stephen Threadingham 31:28; 10. Kent Yeatman 31:28; 11. Kate Butlin 32:47; 12. Keyan Carlisle 34:45; 13. Caroline Carlisle 34:50; 14. Tiffany Aldworth 34:54; 15. Philip Warren 38:20; 16. Bill Freeman-Smith 38:22; 17. Bill Bray 38:23; 18. Maryke van Zyl 39:21; 19. Kevin Le Roux 41:29; 20. Carol Phipson 42:58; 21. James Berning 43:04; 22. Mary Gray 43:56; 23. Kirsten Oliver 44:17; 24. Lorna Oliver 44:17;

Walkers:

1. Jim Gray 47:35;

The next 6km Time Trial is on Thursday 2 September 2021 at Howick Athletic Club Midmar.

PLEASE NOTE SUMMER STARTING TIMES:

Walkers start: 16:45

Runners start: 17:15

For further information contact

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Take care

Mary