



Time Trial held on 10 February 2011:

4km -

NAME	CLUB	SEX	TIME
Patrick Mnto	Run/Walk For Life AC	M	14:01
Carriot Galela	Run/Walk For Life AC	M	14.27
Malibongwe Mbelu	Run/Walk For Life AC	M	15.37
Dylan Ramsay	St Andrew's	M	15.52
Zuko Cawe	Graeme	M	15.55
Sean Eriksen	Albany	M	15.56
Harley Woolford	St Andrew's	M	16.06
Sean Ludik	St Andrew's	M	16.22
Mathew Archer	St Andrew's	M	16.23
Siweze Stamper	Graeme	M	16.25
Connor Roberts	St Andrew's	M	16.31
Bruce Fordyce	Nedbank	M	16.40
Matthew Ferreira	St Andrew's	M	17.30
Luke Scharneck	Graeme	M	17.51
Baphiwe Ngandi	Graeme	M	18.19
Jene Banfield	Run/Walk For Life AC	F	18.39
Sylvester Appollis	Graeme	M	18.46
Khantlanzi Mbane	Graeme	M	19.15
C Smailes	Graeme	M	19.20
Gordon-Wayne Plaatjies	Graeme	M	20.21
Xanti Sandi	Graeme	M	20.40
Sethu Pinini	Graeme	M	20.40
Angela Frazer	Graeme	M	21:07
Lee Mapaling	Graeme	M	21.02
Lawrence Ferreira	Graeme	M	21.36
Juanita Fuller	Run/Walk For Life AC	M	21.41
Siya Nzuzo	Graeme	M	22:56
Siphe Ngindana	Graeme	M	22.21
Siphe Mhlom	Graeme	M	22.21
Onke Masoka	Graeme	M	22.21
Aviwe Matyumza	Graeme	M	22.21
Siya Mthathi	Graeme	M	22.48
Vuyo Mayadlela	Graeme	M	23:12
Olwethu Hans	Graeme	M	23.12

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Dalu January	Graeme	M	23.39
Anthoni du Preez	Graeme	M	23.39
Hendrien Coetzee	Run/Walk For Life AC	F	23.42
Zelda van Onselen	Run/Walk For Life AC	F	23.43
Sibulele Mabindla	Graeme	M	24.48
Langa Nyanda	Graeme	M	26:47
Myron Nelson	Graeme	M	27.15
Amy Taylor	Run/Walk For Life AC	F	28:59