



### Time Trial held on 3 February 2011:

#### 4km -

NAME	CLUB	SEX	TIME
Carriot Galela	Run/Walk For Life AC	M	14.56
Duncan Ralston	St Andrew's	M	15.07
Kashka Crampton	Graeme	M	15.26
Robert	Graeme	M	16.43
Gordon Wilson	Graeme	M	16.57
Siweze Stamper	Graeme	M	17.11
Gordon-Wayne Plaatjies	Graeme	M	17.36
Angela Frazer	Graeme	M	17.37
Sean Condon	Graeme	M	17.46
Luke Scharneck	Graeme	M	17.52
Lee Mapaling	Graeme	M	17.52
Harley Woolford	St Andrew's	M	18.16
Sethu Pinini	Graeme	M	18.24
Abongile Hashe	Graeme	M	18.24
Hein van der Walk	St Andrew's	M	18.38
Xanti Sandi	Graeme	M	18.40
Chris Gerber	Graeme	M	18.50
Kyle Coleman	St Andrew's	M	18.52
Sakhe Sotashe	Graeme	M	18.53
John Galela	Run/Walk For Life AC	M	18.58
Nicholas O'Connell	St Andrew's	M	19.05
Luthando Kopolo	St Andrew's	M	19.12
Shalom Mushwana	Graeme	M	19.23
Aviwe Matyumza	Graeme	M	19.34
Russell Dixon	Graeme	M	19.36
Anthoni du Preez	Graeme	M	19.39
Francois Nel	Graeme	M	19.43
Olwethu Hans	Graeme	M	19.55
M Bottoman	Graeme	M	20.23
Dalu January	Graeme	M	20.39
Siphe Ngindana	Graeme	M	20.49
Siphe Mhlom	Graeme	M	21.13
Sitha Phillip	Graeme	M	21.36
Abongile Ngqakaqna	Graeme	M	21.38

Sheet1

Lawrence Ferreira	Graeme	M	21.39
Vuyo Mayadlela	Graeme	M	21.44
Dane Lisher	Graeme	M	21.59
Lungi Dube	Graeme	M	22.53
Siya Nzuzo	Graeme	M	23.25
Daniel Rogers	Graeme	M	23.39
Siya Mthathi	Graeme	M	23.41
Taiga Haywood	Graeme	M	23.50
Ivan Marais	Graeme	M	24.05
Myron Nelson	Graeme	M	26.26
Sibulele Mabindla	Graeme	M	26.36
Langa Nyanda	Graeme	M	27.27
Mbasa Ngcoza	Graeme	M	27.53