



Time Trial held on 13 January 2011:

4km -

| NAME | CLUB/SCHOOL | SEX | TIME | |
|---------------------|----------------------|------------|-------------|----|
| Malibongwe Mbelu | Run/Walk For Life AC | M | 15.45 | |
| Frith van der Merwe | Run/Walk For Life AC | F | 16.21 | PB |
| Lionel Blaauw | Run/Walk For Life AC | M | 17.20 | |
| George Masika | Run/Walk For Life AC | M | 17.55 | |
| Stephen Penney | Run/Walk For Life AC | M | 17.57 | |
| John Galela | Run/Walk For Life AC | M | 20.08 | |
| Amy Taylor | Run/Walk For Life AC | F | 32.03 | |