



Time Trial held on 20 January 2011:

4km -

NAME	CLUB/SCHOOL	SEX	TIME
Rooi Rikhotso	Run/Walk For Life AC	M	14.51
Carriot Galela	Run/Walk For Life AC	M	16.01
Frith van der Merwe	Run/Walk For Life AC	F	16.33
Lionel Blaauw	Run/Walk For Life AC	M	18.50
Amy Taylor	Run/Walk For Life AC	F	28.50