



**Time Trial held on 27 January 2011:**

**4km -**

<b>NAME</b>	<b>CLUB/SCHOOL</b>	<b>SEX</b>	<b>TIME</b>
Rooi Rikhotso	Run/Walk For Life AC	M	14.47
Nic Bruce	St Andrew's	M	15.20
Duncan Ralston	St Andrew's	M	15.21
Malibongwe Mbelu	Run/Walk For Life AC	M	15.25
Mathew Archer	St Andrew's	M	16.26
Siweze Stamper	Graeme	M	16.39
Angela Frazer	Graeme	M	16.52
Connor Roberts	St Andrew's	M	16.56
Harley Woolford	St Andrew's	M	17.05
Sean Mudik	St Andrew's	M	17.12
Lionel Blaauw	Run/Walk For Life AC	M	17.18
George Masika	Run/Walk For Life AC	M	17.44
Matthew Ferreira	Graeme	M	17.52
Gordon-Wayne Plaatjies	Graeme	M	18.04
Chris Gerber	Graeme	M	18.33
Xhantlanzi Mbane	Graeme	M	18.40
John Galela	Run/Walk For Life AC	M	18.50
Abongile Hashe	Graeme	M	18.58
Luke Scharneck	Graeme	M	19.04
Aviwe Matyumza	Graeme	M	19.22
Onke Masoka	Graeme	M	19.33
Francois Nel	Graeme	M	19.43
Anthoni du Preez	Graeme	M	20.03
Olwethu Hevis	Graeme	M	20.03
Lee Mapaling	Graeme	M	20.09
Sethu Pinini	Graeme	M	20.22
Xanti Sandi	Graeme	M	20.31
Siphe Mhlom	Graeme	M	20.46
Siphe Ngindano	Graeme	M	21.13
Dalu January	Graeme	M	21.13
Lawrence Ferreira	Graeme	M	23.05
Siya Nzuzo	Graeme	M	23.27
Siya Mthathi	Graeme	M	23.57
Lizelle Starr	Run/Walk For Life AC	F	24.13
Ivan Marais	Graeme	M	24.32
Bukho Kagoro	Graeme	M	24.32
Gwenda Thomas	Run/Walk For Life AC	F	26.00
Amy Taylor	Run/Walk For Life AC	F	27.04

Sheet1

Langa Nyanda

Graeme

M

29.23