Nedbank

Running Club Gauteng North

Time Trial 12 March

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| **Name** | **4km** | **6km** |
| Elisheva Rossouw | 23:23 |  |
| Elsie Grobler | 23:53 |  |
| Antoinette Roux | 28:43 |  |
| Tsholofelo Mangena | 28:41 |  |
| Oosie Oosthuizen | 30:34 |  |
| Thobeka Zondi | 33:30 |  |
| Daniel Rochere |  | 21:56 |
| Samuel Mokwetta |  | 22:47 |
| Solly Matswi |  | 26:23 |
| Pheko Kakole |  | 26:53 |
| Alwyn Roux |  | 26:58 |
| Jannie van der Walt |  | 27:17 |
| Jaco Smit |  | 27:57 |
| Francois Venter |  | 29:51 |
| Kobus van der Schyff |  | 30:19 |
| Frances van Blerk |  | 32:25 |
| Albert Meyburg |  | 32:35 |
| Nico Greyling |  | 34:39 |
| Charl Smith |  | 34:40 |
| Greg Heath |  | 42:38 |
| Noncedo Ralijeje |  | 44:25 |