**Time trial results for 17/07/17**

5km

Fikile Mbuthuma 19.37

Eddie Zondo 22.41

Nkocy Zondo 25.22

Mzwandile Sibisi 26.52

8km

Mzwenkosi Mjaja 26.32

Maxwell Ngwazi 27.50

Cingile Nokwe 28.58

Nhlaka Mkhize 30.15

Mluleki Tunuza 30.19

Linda Cele 31.19

Nhlanhla Mtshali 41.11

Tsepiso Lekitlane 48.40