**Time trial results for 23/05/17**

5km

Mzwenkosi Mjaja 16.39

Ntokozo Ntenga 17.20

Maxwell Ngwazi 17.25

Philani Mngadi 20.54

Zakhele Delwa 21.19

Hloniphami Mpongose 21.27

Lucky Zuma 22.28

Eddie Zondo 23.35.

Simphiwe Ngema 23.35

8km

Dumisani Motaung 29.43

Siyanda Ngcobo 39.00