**Time trial results for 28/02/17**

5km

Zama Mokoena 21.31

Nonqubela Kakane 32.04

Zodwa Mthembu 43.01

8km

Thanda Mthembu 29.18

Njabulo Vezi 29.31

Sizwe Fihlela 30.04

Linda Sindane 32.04

Sandile Mngoma 32.54