

Sandton Time Trial - 19 April 2023

Thank you to our timekeepers: Keanan and Jose

Ladies 5km TT

Name	Time	Pace	+/- PB
Rina Gerber	32:09	6:26	+1:16
Gayle Bates (3.25km walk)	47:06	9:25	+0:00
Debbie MacDonald (3.25km walk)	47:06	9:25	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Michael McLaggan	18:56	3:47	-0:03
Dave Willis	26:01	5:12	-6:06
Howard Feinberg	27:30	5:30	+1:32
Ed Stoddard (Run/Walk - 4km)	32:00	6:24	-9:17
Les Gant (5km walk)	37:26	7:29	+0:00
Stephen Gant (5km walk)	37:26	7:29	+7:07
Roy Lynn	49:08	9:50	+2:44

