

**NEDBANK
RUNNING
CLUB**



Sandton Time Trial - 13 July 2022

Thank you to our timekeepers: Jacquie

Ladies 5km TT

Name	Time
Chantelle Hanekom	30:28:00
Holly Metlitchy	32:26:00
Renske Coetzee	37:00:00
Rina Gerber	37:00:00
Gugu Kwinda	37:23:00

Mens 5km TT

Name	Time
Michael McLaggan	19:45:00
Dave Willis	27:27:00
Grant Hollowell	29:17:00
Amos Maungwa	29:30:00
John Mathwasa	34:00:00
Kosie van Vuuren	35:51:00
Ahmed Khan	37:00:00

