

NEDBANK RUNNING CLUB



Sandton Time Trial - 25 January 2023

Thank you to our timekeepers: Leanne

Ladies 5km TT

Name	Time
Michelle Mayers	26:21
Gu-Gu Kwinda	36:38

Mens 5km TT

Name	Time
Michael McLaggan	19:36
Dwayne Nzimande	20:14
Jose Bates	21:33
Dumisani Dilma	26:21
Howard Feinberg	26:21
Pavel Dabrytski	27:05
Grant Hallowell	28:58
Ed Stoddard	32:15
Kosie van Vuuren	36:14
Roy Lynn (Walk)	53:50

