



**NEDBANK RUNNING CLUB GAUTENG NORTH  
GROENKLOOF TIME TRIAL 03 JULY 2025**

**CLUB TIME TRIALS**

| <b>NAMES</b>          | <b><u>KM</u></b> | <b><u>TIME</u></b> |
|-----------------------|------------------|--------------------|
| JAKO VORSTER          | 4.8              | 27:11              |
| TARYN SNYMAN          | 8                | 39:39              |
| FREDRIK VAN DER MERWE | 8                | 41:39              |
| JAMES CHAPMAN         | 8                | 49:35              |
| INGRID KOSTER         | 8                | 49:35              |



































