



**NEDBANK RUNNING CLUB GAUTENG NORTH  
GROENKLOOF TIME TRIAL 08 AUG 2024**

**CLUB TIME TRIALS**

<b>NAMES</b>	<b>KM</b>	<b>TIME</b>
RIANA SWART	4	34:21
GEORGE GRAVETT	4	34:26
MICHAEL LENHOFF	4.74	24:13
JAKO VOSTER	4.74	24:13
ARLINE VAN STADEN	8	37:49
JAMES CHAPMAN	8	42:30
INGRID KOSTER	8:37	46:21







































