



**NEDBANK RUNNING CLUB GAUTENG NORTH
GROENKLOOF TIME TRIAL 29 JANUARY 2026**

CLUB TIME TRIALS

NAMES	KM	TIME
JAMES CHAPMAN SNR	3	18:46
JAMES CHAPMAN JNR	3	18:46
LIESEL FRITS	4	19:30
JAKO VORSTER	5	31:13
FREDRIK VAN DER MERWE	6.5	28:58
RETHA HOVY	5	31:09
MARIE SNYMAN-JACOBS	5	30:50
ANDREW GIBSON	8	46:46
INGRID KOSTER	8	42:38
ALEXIO SOZA	10	40:00
CHARLES SOZA	5	19:55
TIMOTHY BROWN	5	28:16
MARISCA BROWN	5	30:00









