NEDBANK RUNNING CLUB GAUTENG NORTH
GROENKLOOF TIME TRIAL 31 JULY 2025

CLUB TIME TRIALS

NAMES	KM	TIME
JAKO VORSTER	4.6	23:50
FREDRIK VAN DER MERWE	5	20:44
DOUGLAS BOSCH	6	33:35
JAMES CHAPMAN	8	37:47
NKWELE KANYANE	8	41:01
INGRID KOSTER	8	41:03

NEDBA
BIOGEN