

**NEDBANK RUNNING CLUB LVCC  
LVCC TT**

**11-Jan-24**  
**5KM**

Reon van Aardt		22.22
Manda Gomes		22.43
Dean		23.45
Fanie Bekker		25.23
Julian Middel		29.05
Mandla Nxumalo		30.29
Jaco Visser		30.33
Thandi		30.39
Jaco Duvenhage		30.43
Ian Middel		32.45
Karel		37.33
Robbie Gomes		37.55
Chantel Middel		38.45
Sue		38.45
Anile Cronje		38.45
Zach Enslin		38.45
Shano Sevenster		39.24





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