

Date

Tue 13 Sep

**WESTVILLE ATHLETIC CLUB**  
**WEEKLY TIME TRIAL RESULTS**

Runners (4/8): 46/20

Week: 38

No.	Lic	km	Name	Club	Cat	M/F	Time	Pace
1	0	4	Matthew Argall	EX WEST	Missing	M	14:27	3:37
2	0	4	Richard Argall	EX WEST	Missing	M	15:38	3:55
3	3234	4	Nicholas Brien	WEST	Vets 40-50	M	17:52	4:28
4	0	4	Matthew Visser	VISITOR	Missing	M	18:47	4:42
5	3151	4	Cliff Cartmell	WEST	Masters 50-60	M	20:29	5:07
6	3124	4	Alistair Black	WEST	Masters 50-60	M	20:30	5:07
7	0	4	Josie Visser	VISITOR	Missing	F	20:58	5:15
8	0	4	Danielle Adlam	BOXER	Missing	F	21:53	5:28
9	3012	4	Andy Daly	WEST	Masters 50-60	M	21:53	5:28
10	3317	4	Tony Saunderson	WEST	Vets 40-50	M	21:55	5:29
11	3271	4	Jason du Plessis	WEST	Sub-vets 35-39	M	22:58	5:45
12	0	4	Matthew Smith	VISITOR	Missing	M	23:02	5:46
13	0	4	Jackie Smith	VISITOR	Missing	F	23:07	5:47
14	3073	4	Chris Herbst	WEST	Masters 50-60	M	23:12	5:48
15	0	4	Cameron Parle	VISITOR	Missing	M	23:33	5:53
16	3298	4	Kelly Benschop	WEST	Seniors 20-34	F	23:38	5:54
17	0	4	Debbie Brien	EX WEST	Missing	F	23:46	5:56
18	2982	4	Alfred Dlamini	WEST	Masters 50-60	M	23:54	5:58
19	0	4	Ryan Jackson	VISITOR	Missing	M	23:55	5:59
20	3127	4	John Mordaunt	WEST	Vets 40-50	M	24:51	6:13
21	3044	4	Gill Tregenna	WEST	Grand masters 60+	F	25:20	6:20
22	0	4	Preston Gounden	VISITOR	Missing	M	25:22	6:20
23	3285	4	Trevor Cowie	WEST	Masters 50-60	M	26:36	6:39
24	0	4	Gaylene Visser	VISITOR	Missing	F	26:53	6:43
25	0	4	Carla Steenkamp	VISITOR	Missing	F	27:14	6:48
26	3108	4	Claire Mack	WEST	Seniors 20-34	F	27:15	6:49
27	0	4	Chris de Chalain	VISITOR	Missing	M	27:20	6:50
28	3263	4	Grant Visser	WEST	Vets 40-50	M	27:23	6:51
29	0	4	Berna Wearne	VISITOR	Missing	F	27:37	6:54
30	S15	4	Mandi Allsopp	WEST	Sub-vets 35-39	F	27:38	6:55
31	2970	4	Bongiwe Braig	WEST	Vets 40-50	F	28:11	7:03

32	0	4	Ranvir Kallideen	VISITOR	Missing	M	28:18	7:04
33	3307	4	Prashina Budree	WEST	Seniors 20-34	F	28:25	7:06
34	0	4	Jenna Rabie	VISITOR	Missing	F	28:35	7:09
35	0	4	Tayla Rabie	VISITOR	Missing	F	30:30	7:37
36	0	4	Kelly Gibbon	VISITOR	Missing	F	30:31	7:38
37	3110	4	Gayle Simmons	WEST	Masters 50-60	F	30:37	7:39
38	0	4	Pam Stewart	HIGHWAY	Missing	F	33:28	8:22
39	0	4	Sarah Lichkus	EX WEST	Missing	F	34:13	8:33
40	0	4	Phyllis Lichkus	VISITOR	Missing	F	34:16	8:34
41	0	4	Tess Lichkus	VISITOR	Missing	F	34:18	8:34
42	3272	4	Nonjabulo Ndlazi	WEST	Seniors 20-34	F	35:46	8:56
43	2990	4	Dumakazi Mapatwana	WEST	Seniors 20-34	F	36:23	9:06
44	3149	4	Cindy Memela	WEST	Vets 40-50	F	36:52	9:13
45	3187	4	Gloria Naidoo	WEST	Vets 40-50	F	40:20	10:05
46	3202	4	Saeed Mahomed	WEST	Vets 40-50	M	42:07	10:32
47	0	8	Eric Zondi	VISITOR	Missing	M	31:26	3:56
48	0	8	Warrick Smith	VISITOR	Missing	M	32:37	4:05
49	3278	8	Gary Moor	WEST	Seniors 20-34	M	35:55	4:29
50	3249	8	Richard Long	WEST	Seniors 20-34	M	37:17	4:40
51	2968	8	Karl Rabie	WEST	Vets 40-50	M	37:22	4:40
52	3225	8	Brandon Jackson	WEST	Vets 40-50	M	37:40	4:43
53	3119	8	Simon Collins	WEST	Sub-vets 35-39	M	37:43	4:43
54	3287	8	Kenneth Culverwell	WEST	Vets 40-50	M	38:17	4:47
55	S22	8	Craig Dennill	WEST	Vets 40-50	M	38:18	4:47
56	3261	8	Wayne Simmons	WEST	Seniors 20-34	M	38:59	4:52
57	2971	8	Achim Braig	WEST	Masters 50-60	M	39:19	4:55
58	0	8	Gareth Brockett	EX WEST	Missing	M	39:56	5:00
59	3105	8	Shaun Clark	WEST	Seniors 20-34	M	39:59	5:00
60	3001	8	Brad van der Westhuizen	WEST	Masters 50-60	M	42:54	5:22
61	0	8	Sabelo Nene	VISITOR	Missing	M	43:21	5:25
62	3132	8	Iain Robertson	WEST	Seniors 20-34	M	44:08	5:31
63	3136	8	Graham Buck	WEST	Masters 50-60	M	46:00	5:45
64	2966	8	Sue Smith	WEST	Masters 50-60	F	46:11	5:46
65	3335	8	Alison Parle	WEST	Vets 40-50	F	47:37	5:57
66	3336	8	Andy Watson	WEST	Grand masters 60+	M	47:38	5:57