

Date

Tue 25 Mar

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

Runners (4/8): 45/29

Week: 13

No.	Lic	km	Name	Club	Cat	M/F	Time	Pace
1	3138	4	Kevan McCarogher	WEST	Open	M	16:54	4:13
2	2983	4	Lynton Conway	WEST	Open	M	16:57	4:14
3	0	4	Kevin Lusigne	VISITOR	Missing	M	17:09	4:17
4	0	4	Joseph Mashele	VISITOR	Missing	M	17:37	4:24
5	0	4	Ryan Warren	VISITOR	Missing	M	18:16	4:34
6	3193	4	Hopewell Hlabe	WEST	40-49	M	18:42	4:40
7	0	4	Andrew McKune	VISITOR	Missing	M	19:37	4:54
8	0	4	Kylie Piper	VISITOR	Missing	M	19:39	4:55
9	0	4	<b>Courtney Slaney</b>	<b>VISITOR</b>	<b>Missing</b>	<b>F</b>	<b>19:49</b>	<b>4:57</b>
10	0	4	Glen van Staden	VISITOR	Missing	M	19:51	4:58
11	0	4	Matthew Herbst	VISITOR	Missing	M	20:10	5:03
12	0	4	Richard Stewart	VISITOR	Missing	M	20:24	5:06
13	0	4	Mathew le Roux	VISITOR	Missing	M	21:22	5:21
14	<b>3335</b>	<b>4</b>	<b>Alison Parle</b>	<b>WEST</b>	<b>40-49</b>	<b>F</b>	<b>21:44</b>	<b>5:26</b>
15	3306	4	Ryan Dercksen	WEST	Open	M	21:55	5:29
16	0	4	Henry Roux	VISITOR	Missing	M	21:58	5:30
17	3047	4	Hendrik Roux	WEST	35-39	M	22:43	5:41
18	3244	4	George Peach	WEST	50-59	M	23:19	5:50
19	0	4	<b>Gemma Alcock</b>	<b>VISITOR</b>	<b>Missing</b>	<b>F</b>	<b>23:34</b>	<b>5:53</b>
20	0	4	Dean Alcock	VISITOR	Missing	M	23:47	5:57
21	<b>3313</b>	<b>4</b>	<b>Debbie Lundin</b>	<b>WEST</b>	<b>50-59</b>	<b>F</b>	<b>24:20</b>	<b>6:05</b>
22	0	4	<b>Jessica Kemp</b>	<b>VISITOR</b>	<b>Missing</b>	<b>F</b>	<b>24:21</b>	<b>6:05</b>
23	0	4	Stirling Proctor	VISITOR	Missing	M	24:26	6:07
24	0	4	<b>Bianca Haagman</b>	<b>VISITOR</b>	<b>Missing</b>	<b>F</b>	<b>25:20</b>	<b>6:20</b>
25	<b>3267</b>	<b>4</b>	<b>Lauren Lavarack</b>	<b>WEST</b>	<b>Open</b>	<b>F</b>	<b>25:21</b>	<b>6:20</b>
26	0	4	<b>Rochelle Gibbon</b>	<b>VISITOR</b>	<b>Missing</b>	<b>F</b>	<b>25:42</b>	<b>6:26</b>

No.	Lic	km	Name	Club	Cat	M/F	Time	Pace
27	J01	4	Samantha Parle	WEST	Junior	F	26:53	6:43
28	0	4	Tori Cartmell	VISITOR	Missing	F	27:09	6:47
29	0	4	Tamsin Haagman	VISITOR	Missing	F	27:16	6:49
30	3127	4	John Mordaunt	WEST	40-49	M	27:18	6:49
31	0	4	Elize Fincham	VISITOR	Missing	F	27:35	6:54
32	3110	4	Gayle Simmons	WEST	60+	F	27:36	6:54
33	0	4	Brian Stewart	VISITOR	Missing	M	27:37	6:54
34	0	4	Adrienne Morris	VISITOR	Missing	F	28:24	7:06
35	0	4	Nompilo Sishi	VISITOR	Missing	F	28:28	7:07
36	3111	4	Karyn Jackson	WEST	40-49	F	28:36	7:09
37	0	4	Samantha Haagman	VISITOR	Missing	F	28:38	7:09
38	0	4	Paul Mathe	EX WEST	Missing	M	29:01	7:15
39	3285	4	Trevor Cowie	WEST	50-59	M	29:43	7:26
40	0	4	Travis Brooks	VISITOR	Missing	M	30:22	7:35
41	0	4	Sharne Norman	VISITOR	Missing	F	30:27	7:37
42	0	4	Pam Stewart	HIGHWAY	Missing	F	32:11	8:03
43	0	4	Jenny Morris	VISITOR	Missing	F	32:24	8:06
44	0	4	Nontandu Ngwenya	VISITOR	Missing	F	32:26	8:06
45	0	4	Mpume Mthembu	VISITOR	Missing	F	33:38	8:24
46	0	8	L Ndlovu	VISITOR	Missing	M	30:28	3:49
47	0	8	Cary Ann Smith	VISITOR	Missing	F	31:53	3:59
48	0	8	Danielle Adlam	BOXER	Missing	F	32:04	4:01
49	0	8	Michael Lusignea	VISITOR	Missing	M	32:08	4:01
50	3203	8	Gareth Brockett	WEST	35-39	M	32:23	4:03
51	3189	8	Barry Spencer	WEST	40-49	M	37:56	4:45
52	0	8	Dumasani Ngwazi	VISITOR	Missing	F	38:18	4:47
53	0	8	John Adams	WEST	Missing	M	38:27	4:48
54	3284	8	Andrew Burnard	WEST	Open	M	38:53	4:52
55	3129	8	Andrew Pitchers	WEST	40-49	M	39:04	4:53
56	0	8	Sifiso Vumiso	VISITOR	Missing	M	39:52	4:59

No.	Lic	km	Name	Club	Cat	M/F	Time	Pace
57	3000	8	Paul Pearce	WEST	40-49	M	40:01	5:00
58	0	8	Brad van der Westhuizen	EX WEST	Missing	M	41:24	5:11
59	0	8	Charles Drummond	VISITOR	Missing	M	41:41	5:13
60	3261	8	Wayne Simmons	WEST	Open	M	43:46	5:28
61	2988	8	Ted Clark	WEST	50-59	M	44:57	5:37
62	3160	8	Steven Stott	WEST	35-39	M	44:59	5:37
63	0	8	Kevin McQueen	VISITOR	Missing	M	45:37	5:42
64	0	8	Dean Wight	QUEENSBU	Missing	M	45:38	5:42
65	3046	8	Trevor Kershaw	WEST	50-59	M	46:24	5:48
66	3207	8	Craig Phillips	WEST	40-49	M	46:25	5:48
67	3153	8	Richard Proctor	WEST	40-49	M	48:03	6:00
68	3136	8	Graham Buck	WEST	50-59	M	49:40	6:12
69	3175	8	Brenna van Straaten	WEST	Open	F	50:52	6:21
70	3280	8	Natalie MacKenzie	WEST	Open	F	50:58	6:22
71	3283	8	Alan Etchells	WEST	60+	M	52:48	6:36
72	3003	8	Michelle Kemp	WEST	35-39	F	53:04	6:38
73	3298	8	Kelly Benschop	WEST	Open	F	55:09	6:54
74	0	8	Justin Haagman	VISITOR	Missing	M	55:10	6:54