

Date

Tue 29 Jan

WESTVILLE ATHLETIC CLUB
WEEKLY TIME TRIAL RESULTS

Runners (4/8): 57/23

Week: 5

| No. | Lic | km | Name | Club | Cat | M/F | Time | Pace |
|-----|--------|----|--------------------|---------|---------|-----|-------|------|
| 1 | 0 | 4 | Siyabonga Nyawo | VISITOR | Missing | M | 15:38 | 3:55 |
| 2 | 0 | 4 | Richard Argall | EX WEST | Missing | M | 16:07 | 4:02 |
| 3 | 3123 | 4 | Paul de Winnaar | WEST | 35-39 | M | 16:34 | 4:09 |
| 4 | 3096 | 4 | Alison Uys | WEST | Open | F | 18:18 | 4:35 |
| 5 | 0 | 4 | Rohland de Charmoy | WEST | Missing | M | 19:21 | 4:50 |
| 6 | 0 | 4 | Reece Alcock | VISITOR | Missing | M | 20:20 | 5:05 |
| 7 | 0 | 4 | Dean Alcock | WEST | Missing | M | 20:20 | 5:05 |
| 8 | 0 | 4 | Dakota Knox | VISITOR | Missing | F | 20:37 | 5:09 |
| 9 | 0 | 4 | Eric Nene | VISITOR | Missing | M | 20:40 | 5:10 |
| 10 | 0 | 4 | Jenna O'Brien | VISITOR | Missing | F | 20:55 | 5:14 |
| 11 | 3223 | 4 | Ronnie Verster | WEST | 40-49 | M | 21:09 | 5:17 |
| 12 | 3069 | 4 | Andrew Quinlan | WEST | 40-49 | M | 21:16 | 5:19 |
| 13 | 3000 | 4 | Paul Pearce | WEST | 40-49 | M | 21:27 | 5:22 |
| 14 | 0 | 4 | Phoenix Knox | VISITOR | Missing | F | 21:32 | 5:23 |
| 15 | 3046 | 4 | Trevor Kershaw | WEST | 50-59 | M | 22:20 | 5:35 |
| 16 | 3305 | 4 | Sithembiso Sithole | WEST | Open | M | 22:28 | 5:37 |
| 17 | 3147 | 4 | Ndumiso Sithole | WEST | 35-39 | M | 22:29 | 5:37 |
| 18 | 0 | 4 | Kerry Petersen | VISITOR | Missing | F | 22:31 | 5:38 |
| 19 | 0 | 4 | Sven Kriese | VISITOR | Missing | M | 22:33 | 5:38 |
| 20 | 3114 | 4 | Robyn Long | WEST | Open | F | 22:45 | 5:41 |
| 21 | 0 | 4 | Sabrina Fontana | WEST | Missing | F | 22:55 | 5:44 |
| 22 | 0 | 4 | Philip Boucher | VISITOR | Missing | M | 22:58 | 5:45 |
| 23 | J11231 | 4 | Tarryn Bell | WEST | Junior | F | 23:01 | 5:45 |
| 24 | SOC08 | 4 | Vernon Bell | WEST | 50-59 | M | 23:07 | 5:47 |
| 25 | 0 | 4 | Megan Walsh | VISITOR | Missing | F | 23:08 | 5:47 |
| 26 | 3335 | 4 | Alison Parle | WEST | 40-49 | F | 23:13 | 5:48 |
| 27 | 0 | 4 | Miles Drey | VISITOR | Missing | M | 23:15 | 5:49 |
| 28 | 0 | 4 | Hannah Saunderson | VISITOR | Missing | F | 23:17 | 5:49 |
| 29 | 0 | 4 | Tony Saunderson | WEST | Missing | M | 23:18 | 5:49 |
| 30 | 3061 | 4 | Claire Wilkinson | WEST | 40-49 | F | 23:31 | 5:53 |
| 31 | 0 | 4 | Nellangisa Manqobe | VISITOR | Missing | M | 23:32 | 5:53 |
| 32 | 0 | 4 | Melissa Melrose | VISITOR | Missing | F | 23:59 | 6:00 |
| 33 | 3151 | 4 | Cliff Cartmell | WEST | 50-59 | M | 24:38 | 6:09 |
| 34 | 3313 | 4 | Debbie Lundin | WEST | 50-59 | F | 24:43 | 6:11 |
| 35 | 0 | 4 | Tyler Petersen | VISITOR | Missing | M | 24:46 | 6:11 |
| 36 | J11038 | 4 | Sarah Cox | WEST | Junior | F | 25:05 | 6:16 |
| 37 | 3143 | 4 | Brandon Perry | WEST | Open | M | 25:32 | 6:23 |
| 38 | 0 | 4 | Paul Mathe | EX WEST | Missing | M | 25:55 | 6:29 |
| 39 | J11037 | 4 | Megan Cox | WEST | Junior | F | 26:14 | 6:34 |

| No. | Lic | km | Name | Club | Cat | M/F | Time | Pace |
|-----|-------|----|--------------------------|---------|---------|-----|-------|------|
| 40 | 0 | 4 | Rachel Sharpe | VISITOR | Missing | F | 26:16 | 6:34 |
| 41 | 3267 | 4 | Lauren Lavarack | WEST | Open | F | 26:25 | 6:36 |
| 42 | 0 | 4 | Eve Mchunu | VISITOR | Missing | F | 26:27 | 6:37 |
| 43 | 0 | 4 | Lyndiwe Tshabalala | VISITOR | Missing | F | 26:40 | 6:40 |
| 44 | 2972 | 4 | Laura Campbell | WEST | 50-59 | F | 28:10 | 7:02 |
| 45 | 0 | 4 | Sharne Norman | VISITOR | Missing | F | 28:11 | 7:03 |
| 46 | 0 | 4 | Prashina Kallideen | WEST | Missing | F | 28:38 | 7:09 |
| 47 | 3110 | 4 | Gayle Simmons | WEST | 50-59 | F | 29:17 | 7:19 |
| 48 | 0 | 4 | Tori Cartmell | VISITOR | Missing | F | 29:30 | 7:23 |
| 49 | 0 | 4 | Ciara van der Westhuizen | VISITOR | Missing | F | 30:40 | 7:40 |
| 50 | 0 | 4 | Dieter Kriese | VISITOR | Missing | M | 32:56 | 8:14 |
| 51 | 0 | 4 | Bjorn Kriese | VISITOR | Missing | M | 33:08 | 8:17 |
| 52 | 3141 | 4 | Nelisiwe Dlamini | WEST | 40-49 | F | 33:28 | 8:22 |
| 53 | 0 | 4 | Cindy Memela | WEST | Missing | F | 34:39 | 8:40 |
| 54 | SOC05 | 4 | Paula Symington | WEST | Open | F | 35:59 | 9:00 |
| 55 | 0 | 4 | Gary Symington | VISITOR | Missing | M | 36:07 | 9:02 |
| 56 | J03 | 4 | Matthew Spencer | WEST | Junior | M | 36:23 | 9:06 |
| 57 | 3188 | 4 | Samantha Spencer | WEST | 40-49 | F | 36:30 | 9:07 |
| 58 | 0 | 8 | Eric Zondi | VISITOR | Missing | M | 31:38 | 3:57 |
| 59 | 0 | 8 | Dumisani Ngwazi | VISITOR | Missing | M | 31:39 | 3:57 |
| 60 | 3332 | 8 | Ross McKechnie | WEST | Open | M | 32:09 | 4:01 |
| 61 | 0 | 8 | Danielle Adlam | BOXER | Missing | F | 33:07 | 4:08 |
| 62 | 3193 | 8 | Hopewell Hlabe | WEST | 40-49 | M | 34:42 | 4:20 |
| 63 | SOC01 | 8 | Wayne Kershaw | WEST | Open | M | 36:32 | 4:34 |
| 64 | 3278 | 8 | Gary Moor | WEST | Open | M | 37:03 | 4:38 |
| 65 | 0 | 8 | Peter Linden | VISITOR | Missing | M | 37:05 | 4:38 |
| 66 | 3137 | 8 | Dylan Lubbe | WEST | Open | M | 37:27 | 4:41 |
| 67 | 3287 | 8 | Kenneth Culverwell | WEST | 50-59 | M | 38:07 | 4:46 |
| 68 | 3218 | 8 | Raeesa Solwa | WEST | Open | F | 38:07 | 4:46 |
| 69 | 3189 | 8 | Barry Spencer | WEST | 40-49 | M | 38:55 | 4:52 |
| 70 | 0 | 8 | Craig Dennill | VISITOR | Missing | M | 40:16 | 5:02 |
| 71 | 0 | 8 | Shelley Frankish | EX WEST | Missing | F | 41:01 | 5:08 |
| 72 | 3129 | 8 | Andrew Pitchers | WEST | 40-49 | M | 41:05 | 5:08 |
| 73 | 3164 | 8 | Vivian Botha | WEST | Open | M | 41:05 | 5:08 |
| 74 | 3208 | 8 | Simon Stobbs | WEST | 40-49 | M | 41:31 | 5:11 |
| 75 | 3207 | 8 | Craig Phillips | WEST | 40-49 | M | 42:11 | 5:16 |
| 76 | 2986 | 8 | Preston Gounden | WEST | Open | M | 44:18 | 5:32 |
| 77 | 3001 | 8 | Brad van der Westhuizen | WEST | 50-59 | M | 46:23 | 5:48 |
| 78 | 3136 | 8 | Graham Buck | WEST | 50-59 | M | 50:00 | 6:15 |
| 79 | 3082 | 8 | Martin Botha | WEST | Open | M | 50:07 | 6:16 |
| 80 | 3240 | 8 | Justine Coleman | WEST | Open | F | 50:14 | 6:17 |