

CROSS-COUNTRY TIME TRIALS - RESULT SHEET

Seniors

GRIT FOR FIT

Name and Surname	Time - 22 February 2023	Time - 8 March 2023 (Ring Road of 3.6km)	Time - 15 March 2023 (Ring Road of 3.6km)	Time - 22 March 2023 (Ring Road of 3.6 km)	Time - 4 April 2023 (Ring Road of 2.5 km)	Time - 3 May 2023 (Ring Road of 3.6 km)	Time - 10 May 2023 (Ring Road of 3.6 km)	Time - 17 May 2023 (Ring Road of 3.6 km)	Time - 24 May 2023 (Ring Road of 2.5 km)
Ross Garrett	23.58 minutes (7 laps)		19.32 minutes			Injured	20.29 minutes	20.20 minutes	14.31 Minutes
Adam Schoeman	21.43 minutes (6 laps)	20.47 minutes	20.07 minutes	17.58 minutes	13.39 minutes	19.39 minutes	21.49 minutes	19.27 minutes	13.14 minutes
Declan Slattery	16.24 minutes (7 laps)		17.24 minutes	12.14 minutes		16.52 minutes	Training	Injured	Recovery
Marc Smith	21.03 minutes (7 laps)					16.52 minutes	Injured		
Luke van Vuren	23.14 minutes (7 laps)			15.57 minutes					Golf
Zuko Manzana	20.56 minutes (7 laps)	17.40 minutes		18.40 minutes		19.24 minutes			Sick

Sebastian Harmse	23.03 minutes (7 laps)	20.40 minutes	19.58 minutes	19.26 minutes	13.08 minutes	22.30 minutes	20.54 minutes	20.10 minutes	Sick
Declan Wood	21.43 minutes (7 laps)	16.59 minutes	16.51 minutes	15.01 minutes	11.22 minutes	17.03 minutes	17.42 minutes	17.53 minutes	Sick
Marumo Nyathi	24.44 minutes (7 laps)	16.26 minutes	16.13 minutes	15.13 minutes		16.34 minutes	15.42 minutes	16.25 minutes	10.27 minutes
Travis Donnelly		19.58 minutes	21.31 minutes			21.55 minutes	21.40 minutes	18.58 minutes	Sick
Josh Eccles		19.58 minutes	21.29 minutes			Absent		18.41 minutes	Sick
Mukama Mwangu		17.48 minutes	18.25 minutes	16.09 minutes		21.57 minutes	Injured		
Nkanyesi Xolo		16.30 minutes	17.13 minutes	14.09 minutes		21.55 minutes			Sick
Justin Saad		19.59 minutes		16.02 minutes				19.34 minutes	12.11 minutes
Daanish Mohamed		22.01 minutes	20.38 minutes	18.46 minutes		23.40 minutes			Excused
Molayo Abolarin		19.56 minutes		16.40 minutes			21.16 minutes	21.65 minutes	12.50 minutes
Nowa Kikongogo		16.43 minutes							Excused
Nathan Schmidt			16.11 minutes	15.45 minutes				Injured	Excused Rugby

Jake Finch			22.28 minutes						
Ethan Wood			32.00 minutes	27.22 minutes		35.04 minutes	34.09 minutes	20.36 minutes 2km	20.41 minutes
Lwando Nyanga			23.19 minutes					26.18 minutes	15.43 minutes
Ntsako Mandlazi			15.04 minutes	12.19 minutes			15.24 minutes		Excused
Tughan Caydavul			23.12 minutes	19.41 minutes			24.35 minutes	26.35 minutes	Sick
Lukhanyo Zulu				23.20 minutes					
Ndinashe Chimunda				18.17 minutes		21.35 minutes			Excused
James Stewart				14.18 minutes					
Oliver Spencer						21.55 minutes	21.35 minutes		11.40 minutes
Tanaka Samerai						17.43 minutes	16.20 minutes	17.40 minutes	14.01 minutes
Jainal Doolabh								27.27 minutes	15.26 minutes
Sasha Chaene							21.41 minutes		12.45 minutes
Daniel Bibby							21.41 minutes	Injured	Sick

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CROSS-COUNTRY TIME TRIALS - RESULT SHEET

Juniors

GRIT FOR FIT

Name and surname	Time - 22 February 2023	Time - 8 March 2023 (Ring Road of 3.8km)	Time - 15 March 2023 (Ring Road of 3.8km)	Time - 22 March 2023 (Ring Road of 2.5 km)	Time - 4 April 2023 (Ring Road of 2.5 km)	Time - 3 May 2023 (Ring Road of 3.6 km)	Time - 10 May 2023 (Ring Road of 3.6 km)	Time - 17 May 2023 (Ring Road of 3.6 km)	Time - 24 May 2023 (Ring Road of 2.5 km)
Thendo Makhado	14.39 minutes (5 laps)	14.50 minutes (Qualifies from Junior Sub 15 minute t-shirt)	14.31 minutes (Qualifies from Junior Sub 15 minute t-shirt)	17.46 minutes		17.12 minutes	17.46 minutes	18.01 minutes	12.03 minutes
Zac Dellbridge	17.56 minutes (5 laps)					20.21 minutes			12.12 minutes
Corentin Breton	13.02 minutes (5 laps)	14.04 minutes (Qualifies from Junior Sub 15 minute t-shirt)	14.18 minutes (Qualifies from Junior Sub 15 minute t-shirt)	14.02 minutes					Excused
Nzuzo Bam	16.34 minutes (5 laps)	21.47 minutes	Left - Hockey						
Matthew Bulwer	19.38 minutes (5 laps)		Excused						Excused

	laps)								
Sam Sargent	13.16 minutes (5 laps)	Hockey	Hockey	Hockey	Hockey	Hockey	Hockey	Hockey	Hockey
Callan MacIntyre	14.18 minutes (5 laps)	Hockey	Hockey	Hockey	10.52 minutes	Hockey	Hockey	Hockey	Hockey
Connar Zhu	13.59 minutes (5 laps)		19.14 minutes	23.01 minutes	13.42 minutes	24.24 minutes		20.57 minutes	13.32 minutes
Nour Zvinavash e	15.16 minutes (5 laps)	17.59 minutes		14.05 minutes					Excused
Pieter Wilke	13.21 minutes (5 laps)	14.44 minutes (Qualifies from Junior Sub 15 minute t-shirt)	14.03 minutes (Qualifies from Junior Sub 15 minute t-shirt)	13.10 minutes	10.52 minutes	15.06 minutes	16.30 minutes	14.21 minutes	Injured
Tshego Monoametsi	14.04 minutes (5 laps)		14.01 minutes				14.57 minutes		
Shaun Thompson		23.59 minutes	24.09 minutes	21.34 minutes			26.09 minutes		Sick
Tajendra Naidu		16.26 minutes	16.11 minutes				17.46 minutes		
Adrian Anthoyajah		18.15 minutes	18.02 minutes		13.41 minutes	21.04 minutes			Sick

