**Time trial results for 14/03/17**

5km

Hleziphi Ncayiyana  23.52

Wiseman Sibaya  25.16

Nomhle Cele 36.34

8km

Loveness Madziva 28.06

Eric Ngubane 28.06

Msizeni Makhanya 30.18

Lwazi Mathaba 30.55

Kagiso Mokoena 40.28