**Time trial results for 24/01/17**

5km

Cherie Barnard 19.42

Simphiwe Ngema 23.15

Nkocy Zondo 29.00

Sibonelo Dlamini 32.00

8km

Mazwi Hlongwa 27.40

Cebo Mkhize 28.06

Siyanda Ngcobo 34.12