



11th of Feb time trial results. Thank you Candice, Ofhani and Gayle

Ladies 5km TT

Name	Time	Pace	+/- PB
5 Rachel Wilkinson	28:29	5:42	0:00
5 Laura James	29:16	5:51	-4:34
5 Alisa Groome	31:15	6:15	-3:25
5 Sabathile Ndlovu	31:28	6:18	-1:48
5 Amber Banks	31:30	6:18	-1:48
5 Gail Elliot-Wilson	31:35	6:19	2:35
5 Shannon de Ryhove	34:20	6:52	2:19
5 Caitlin Ransom	34:30	6:54	1:20
5 Gaby Duncan	34:45	6:57	2:35
5 Amanda Channing	35:02	7:00	-4:54
5 Sonali Kuldip	36:48	7:22	-1:32
5 Bronwyn Diamond	39:05	7:49	8:42
5 Helga Lucas	39:13	7:51	4:59
5 Nazerit Wilson	41:26	8:17	0:03
5 Jennifer Hodge	43:34	8:43	2:41
5 Fezisa Mtukela	44:00	8:48	-0:30
5 Marizanne Pienaar	44:20	8:52	17:50
5 Heather Matteucci	46:54	9:23	6:39
5 Laetitia Stap	47:57	9:35	21:53
5 Tibiki Mogatia	49:09	9:50	-2:01

Mens 5km TT

Name	Time	Pace	+/- PB
5 Arthur Beeming	21:05	4:13	1:40
5 Jose Bates	22:12	4:26	2:14
5 Jackson Malumalu	22:50	4:34	0:32
5 Leon Jordaan	24:36	4:55	2:47
5 Jared Hubrig	26:56	5:23	0:00
5 Jonathan Hanscombe	28:00	5:36	4:13
5 Ayal Peretz	28:29	5:42	5:00
5 Moses Mtetha	29:06	5:49	4:04
5 Sipho Matsimbi	29:06	5:49	6:42
5 Benjamin Banks	29:50	5:58	0:00
5 Nathanael Manikam	29:52	5:58	0:00
5 Nick Wilson	29:56	5:59	0:13
5 Craig Duncan	30:35	6:07	1:05
5 Steve Moolman	30:56	6:11	2:28
5 Thabo Moopa	31:26	6:17	0:00
5 Craig Laros	32:10	6:26	2:52
5 Phuti Sasa	32:20	6:28	0:00
5 Fred Muvhulawa	32:38	6:32	3:57
5 Colleen Moja	33:07	6:37	-1:45
5 Alex de Ryhove	35:10	7:02	-0:07
5 Graham Clifton	37:44	7:33	3:45
5 Craig McDonald	41:25	8:17	41:25
5 Geoff Hadley	51:10	10:14	-1:11
5 Yanick Lubamba	51:52	10:22	0:00

Ladies 8km TT

Name	Time	Pace	+/- PB
8 Nicole Van den bergh	38:05	4:46	-11:07
8 Gia Sada	38:22	4:48	-0:58
8 Chelsea Muller	41:26	5:11	2:18
8 Michelle Sparke	44:59	5:37	-0:09
8 Julie Hughes	46:31	5:49	8:00
8 Sally Bevington	48:21	6:03	5:42
8 Samantha Zermatten	48:21	6:03	5:21
8 Samantha Coetzer	48:47	6:06	14:52
8 Nicole Van den bergh	49:15	6:09	0:03

Mens 8km TT

Name	Time	Pace	+/- PB
8 Jude Chianwuna	32:40	4:05	2:51
8 Isiah Dزامبو	36:55	4:37	4:55
8 Gareth Huwett	37:42	4:43	0:00
8 Bobby Kassner	38:09	4:46	0:34
8 Andrew Lucas	38:20	4:48	3:22
8 Darryn Miles	38:24	4:48	4:09
8 Dieter Zermatten	38:32	4:49	4:00
8 Bradley Cook	38:38	4:50	1:23
8 Simon Levin	39:50	4:59	3:12
8 Andre Greyling	40:20	5:03	4:43
8 Carl Strydom	40:45	5:06	2:43
8 Martin Blignaut	41:20	5:10	0:56
8 Warren Graver	41:20	5:10	8:08
8 Kevin Lister	41:48	5:14	1:35
8 Gary French	42:15	5:17	1:55
8 Deon Wessels	43:00	5:23	2:46
8 Fabio Matteucci	43:15	5:24	7:20
8 Patrick Lovell	44:04	5:31	4:07
8 Bradley Diamond	44:05	5:31	1:10
8 Joshua McKeand	45:21	5:40	11:45
8 Mitchell Cook	49:15	6:09	13:45
8 Patrick Wong	50:00	6:15	5:01
8 Chris Botha	52:35	6:34	11:40
8 Timothy Goodchild	54:13	6:47	6:10
8 Mhlali Mantyi	55:45	6:58	10:57
8 Chad Warner	59:59	7:30	0:00

4km Walkers

Name	Time	Pace	+/- PB
4 Shaun Smit	41:25	10:21	6:35
4 Ashleigh Erwee	41:50	10:28	7:00
4 Dylan Wong	42:24	10:36	5:43
4 David Tsoeute	59:59	15:00	0:00
4 Relo Willemse	59:59	15:00	0:00