



13th Jan 2026. Well Sam and Lianne for timekeeping for 90 runners !!!!

Ladies 5km TT				
	Name	Time	Pace	+/- PB
	Karta Levy	24:04	4:49	0:00
	Lindsay Clarke	32:14	6:27	-1:45
	Nicole Harper	32:40	6:32	2:39
	Bronwyn Diamond	32:51	6:34	2:28
	Vicki Scott	33:13	6:39	1:39
	Susan Abell	33:59	6:48	-0:31
	Gaby Duncan	36:52	7:22	7:57
	Jenny Moore	39:35	7:55	6:05
	Tatum Lister-Strydom	39:37	7:55	1:47
	Maryke Marais	41:02	8:12	0:00
	Michelle Mphahlele	41:19	8:16	6:58
	Lerato Funani	41:27	8:17	4:57
	Nteborleng Tabile	42:00	8:24	0:00
	Pat McKeller	43:00	8:36	0:00
	Lungiswa Mali	43:37	8:43	1:03
	Jenna Nkosi	50:00	10:00	13:24
	Andisiwe Shumani	50:00	10:00	0:00
	Siphesihle Taki	51:17	10:15	4:58
	Diane Smith	52:26	10:29	0:00
	Natascia Correia	52:26	10:29	0:00
	Napogadi Mkazi	55:49	11:10	0:00

Mens 5km TT				
	Name	Time	Pace	+/- PB
	Byron Benson	19:55	3:59	-0:06
	Joel Moore	26:54	5:23	2:26
	Michael Levy	27:26	5:29	-1:04
	Cornet Kwindia	27:40	5:32	0:00
	Azwifheli Ratshifheli	28:16	5:39	0:40
	Mitchel Mynhardt	28:35	5:43	1:45
	Gerhard Horn	29:13	5:51	0:00
	Thabo Moopa	29:15	5:51	2:10
	Isiah Dzambo	29:29	5:54	6:36
	Hector Moloko	29:40	5:56	0:00
	Robert Bode	29:47	5:57	1:45
	Chris Botha	30:01	6:00	3:51
	Mashila Makumbani	30:30	6:06	5:23
	Clement Rikhotso	30:50	6:10	1:22
	Craig Laros	30:51	6:10	1:33
	Tristan Laros	31:28	6:18	5:44
	Timmy Baloyi	31:55	6:23	-1:15
	Fred Muvhulawa	32:58	6:36	4:17
	Timothy Goodchild	33:03	6:37	7:47
	Mark Scott	33:12	6:38	1:47
	Kade Morgan	34:00	6:48	6:05
	Ross Phillips	36:40	7:20	15:49
	Coach Marco	37:17	7:27	9:05
	Rialdo Roeloffze	37:57	7:35	0:00
	Craig Thomas	39:36	7:55	5:04

Ladies 8km TT				
	Name	Time	Pace	+/- PB
	Shanice Peens	35:41	4:28	2:37
	Estrelita Kotze	36:43	4:35	3:05
	Acacia-Cailyn Abell	37:13	4:39	0:50
	Nicola-Jayne Kirkby	40:42	5:05	2:46
	Chelsea Muller	43:32	5:27	4:24
	Celine Van Enter	43:33	5:27	2:57
	Lauren Hawthorn	45:09	5:39	1:13
	Marizanne Pienaar	46:08	5:46	7:00
	Sally Bevington	46:15	5:47	3:36
	Candice Delacovia-Graver	47:02	5:53	2:54
	Jo-Anne Buchner	47:41	5:58	5:43
	Bianke Bezuidenhout	51:07	6:23	0:00
	Zandile Masondo	51:58	6:30	3:36

Mens 8km TT				
	Name	Time	Pace	+/- PB
	Jovan Marais	33:37	4:12	-1:23
	Richard De Klerk	34:59	4:22	2:48
	Matt Jacobs	35:32	4:27	0:00
	Warren Graver	36:26	4:33	3:14
	Pieter Swanepoel	37:07	4:38	6:57
	Dean Dodd	37:48	4:44	1:58
	Jason Townsend	39:46	4:58	0:04
	Dieter Zermatten	40:10	5:01	5:38
	Bradley Diamond	41:39	5:12	0:41
	Carl Strydom	41:47	5:13	4:32
	Patrick Moore	42:18	5:17	0:21
	Andre Greyling	42:48	5:21	7:11
	Jaryd Hubrig	42:52	5:22	4:11
	Ayal Peretz	42:58	5:22	2:52
	Craig Duncan	43:32	5:27	0:25
	Fabio Matteucci	44:05	5:31	8:10
	Hlumelo Peko	44:30	5:34	-4:30
	Andrew Beck	44:54	5:37	0:00
	Neo Tabile	44:54	5:37	0:00
	Jannrick Bezuidenhout	51:08	6:24	0:00
	Henri Zermatten	52:54	6:37	11:17
	Edwin Maroga	52:54	6:37	5:28

4km runners				
	Name	Time	Pace	+/- PB
	Alex de Ryhove	28:09	7:02	-2:34
	Colleen Moja	29:44	7:26	0:00
	Tebogo Thulare	33:29	8:22	0:00
	Mamoduno Magano	33:30	8:23	0:00
	Tlale Kwathlhai	33:33	8:23	0:00
	Theo Scholtz	37:33	9:23	5:01
	Noluthando Mfunda	47:23	11:51	4:34
	Kgato Mfunda	47:23	11:51	2:59
	Heather Matteucci	48:25	12:06	15:25