



14th January time trial results. Thank you Gail and Rob

Ladies 5km TT

Name	Time	Pace	+/- PB
5 Nicole Harper	32:45	6:33	0:00
5 Lianne Zermatten	34:00	6:48	3:30
5 Shannon de Ryhove	35:14	7:03	-0:03
5 Nikita Nowicki	35:26	7:05	4:15
5 Bontle Tshole	37:22	7:28	3:38
5 Zoe Zwicker	41:10	8:14	6:16
5 Naledi Mallela	41:40	8:20	2:00
5 Jennifer Hodge	45:58	9:12	5:05

Mens 5km TT

Name	Time	Pace	+/- PB
5 Christo Pieterse	22:47	4:33	0:00
5 Leon Jordaan	23:47	4:45	1:58
5 Bradley Diamond	24:57	4:59	-1:13
5 Patrick Lovell	25:13	5:03	-0:35
5 Mitchell Gill	26:34	5:19	3:14
5 Chris Botha	28:45	5:45	2:35
5 Fabio Matteucci	28:45	5:45	2:00
5 Craig Bekker	29:36	5:55	4:18
5 David Tsoeute	29:39	5:56	6:24
5 Steve Moolman	30:54	6:11	2:26
5 Edwin Maroga	31:20	6:16	1:59
5 Tristan Laros	31:35	6:19	5:51
5 Ozzie Ferreira	31:53	6:23	8:13
5 Steven Storey	32:37	6:31	6:18
5 Mitchel Munhardt	33:33	6:43	0:00
5 Timothy Goodchild	34:37	6:55	3:27
5 Alex de Ryhove	36:05	7:13	0:48
5 Princeton Samuel	39:50	7:58	0:00
5 Sonali Kudil	39:50	7:58	0:00
5 Nazerit Wilson	42:13	8:27	0:00
5 Graham Clifton	45:57	9:11	11:58

Ladies 8km TT

Name	Time	Pace	+/- PB
8 Tristan Torr	34:47	4:21	0:54
8 Shanice Peens	35:30	4:26	1:12
8 Estrelita Kotze	38:47	4:51	3:47
8 Taylor Azevedo	40:30	5:04	3:25
8 Chelsea Muller	41:05	5:08	1:57
8 Gia Sada	42:21	5:18	1:03
8 Celine Van Enter	44:26	5:33	3:30
8 Michelle Sparke	46:19	5:47	1:11
8 Candice Delacovia-Graver	48:12	6:02	2:47
8 Samantha Zermatten	48:36	6:05	5:36
8 Laetitia Stap	50:58	6:22	7:47
8 Sally Bevington	51:26	6:26	8:47
8 Lindsay Clarke	56:30	7:04	0:00

Mens 8km TT

Name	Time	Pace	+/- PB
8 Isiah Dzambo	36:40	4:35	4:40
8 Dean Matteucci	37:53	4:44	3:03
8 Siphon Matsimbi	39:00	4:53	0:21
8 Dieter Zermatten	40:23	5:03	5:51
8 Carl Strydom	40:25	5:03	0:59
8 Joshua McKeand	40:34	5:04	6:58
8 Toni Zwicker	41:22	5:10	-0:05
8 Simon Levin	43:00	5:23	6:22
8 Warren Graver	43:00	5:23	9:48
8 Andre Greyling	43:05	5:23	7:28
8 Kevin Lister	43:25	5:26	1:54
8 Ofhani Rapetswane	44:06	5:31	6:29
8 Russel Sweet	44:08	5:31	0:00
8 Moses Mtetha	44:30	5:34	3:25
8 Deon Wessels	46:38	5:50	6:24
8 Henri Zermatten	50:58	6:22	9:21
8 Nick Wilson	54:50	6:51	0:00
8 Coach Marco	55:25	6:56	9:53
8 Dario Matteucci	56:30	7:04	27:42

4km Walkers

Name	Time	Pace	+/- PB
4 Francios Peens	29:00	7:15	1:42
4 Graham Ransom	30:45	7:41	4:11
4 Josh Ransom	30:45	7:41	4:21
4 Zaheer Khamissa	36:20	9:05	-4:45
4 Craig Laros	36:30	9:08	0:00
4 Dylan Wong	37:16	9:19	0:35
4 Patrick Wong	37:16	9:19	0:35
4 Amelia Zwicker	40:26	10:07	-0:54
4 Heather Matteucci	42:02	10:31	9:02