



14th May 2024 Time Trail. thank you Claire and Riaan Steyn.

Ladies 5km TT

Name	Time	Pace	+/- PB
5 Therene Botha	26:11	5:14	0:03
5 Tayla Foong	30:33	6:07	0:55
5 Nicole Van den bergh	30:38	6:08	0:53
5 Janice Ross	30:39	6:08	1:35
5 Bronwyn Diamond	31:40	6:20	1:17
5 Lianne Zermatten	32:46	6:33	2:16
5 Deidre Coghlan	33:45	6:45	5:41
5 Vine Dyubele	36:40	7:20	-1:42
5 Lwethu Skosana	36:40	7:20	-1:42

Mens 5km TT

Name	Time	Pace	+/- PB
5 Moses Mtetha	25:06	5:01	0:00
5 Christian Gevers	25:57	5:11	4:14
5 David Sekhula	26:12	5:14	0:00
5 David Tsoeute	27:59	5:36	4:44
5 Herman Botha	28:57	5:47	3:32
5 Mhlahli Mantyi	29:04	5:49	-5:24
5 Tristan Laros	29:09	5:50	3:25
5 Craig Laros	30:27	6:05	1:09
5 Mitchell Cook	30:38	6:08	7:25
5 Bradley Diamond	31:40	6:20	5:30
5 Jonathan Hanscombe	32:35	6:31	8:48
5 Henri Zermatten	35:55	7:11	7:34
5 Francios Peens	36:25	7:17	2:53
5 Lotha Kekana	41:30	8:18	14:06

Ladies 8km TT

Name	Time	Pace	+/- PB
8 Samantha Coetzer	35:57	4:30	2:02
8 Tristan Torr	36:28	4:34	2:35
8 Shanice Peens	36:32	4:34	2:14
8 Chelsea Muller	41:34	5:12	2:26
8 Celine Van Enter	44:51	5:36	3:55
8 Sally Bevington	45:50	5:44	3:11
8 Samantha Zermatten	45:50	5:44	2:50
8 Natalie Botha	47:00	5:53	3:08
8 Candice Delacovia-Graver	48:00	6:00	0:12

Mens 8km TT

Name	Time	Pace	+/- PB
8 Isiah Dzambo	34:38	4:20	2:38
8 Darryn Miles	36:00	4:30	1:13
8 Richard De Klerk	36:30	4:34	4:19
8 Dario Matteucci	38:03	4:45	8:44
8 Clayton Sumner	38:20	4:48	5:29
8 Mitchell Gill	38:50	4:51	5:59
8 Bradley Cook	40:42	5:05	3:27
8 Bobby Kassner	41:24	5:11	4:24
8 Keegan Reynolds	41:56	5:15	5:58
8 Simon Levin	42:16	5:17	5:38
8 Sapau Maduana	42:19	5:17	-0:11
8 Andre Greyling	42:21	5:18	6:44
8 Warren Graver	42:32	5:19	7:15
8 Robert Bode	43:54	5:29	0:09
8 Andre Venter	44:51	5:36	11:40
8 Deon Wessels	45:44	5:43	5:30
8 Chris Botha	47:33	5:57	6:38
8 Coach Marco	56:34	7:04	11:02

4km Walkers

Name	Time	Pace	+/- PB
4 Demi De Ruyter	30:48	7:42	1:08
4 Amanda Matson	31:57	7:59	0:17
4 Gay Geysler	31:57	7:59	0:17
4 Catherine Greyling	37:04	9:16	0:00