



NEBBANK
RUNNING
CLUB

TIME TRIAL RESULTS



19th November 2024 time trial results. Thank you superstar Tristan (Torr) and Lady Liberty NJ

Ladies 5km TT

Name	Time	Pace	+/- PB
5 Michelle Sparke	28:31	5:42	1:40
5 Sally Bevington	30:34	6:07	5:30
5 Nikita Nowicki	31:11	6:14	-1:35
5 Lianne Zermatten	33:52	6:46	3:22

Mens 5km TT

Name	Time	Pace	+/- PB
5 Siphon Matsimbi	22:24	4:29	0:00
5 Moses Mterha	25:19	5:04	0:13
5 David Tsoote	28:47	5:45	5:32
5 Chris Botha	29:07	5:49	2:57
5 Jonathan Hanscombe	29:58	6:00	6:11
5 Tristan Laros	30:01	6:00	4:17
5 Leon Jordaan	31:06	6:13	9:17
5 Steve Moolman	31:08	6:14	2:40
5 Timothy Goodchild	31:10	6:14	-2:21
5 Mike van Jaarsveld	31:24	6:17	3:02
5 Craig Laros	31:33	6:19	2:15
5 Coach Marco	33:28	6:42	5:16
5 Josh Ransom	33:40	6:44	-0:25
5 Graham Ransom	33:44	6:45	10:29
5 Kamen Govender	36:07	7:13	1:57

Ladies 8km TT

Name	Time	Pace	+/- PB
8 Julie Hughes	33:00	4:08	-10:04
8 Candice Delacovia-Graver	50:05	6:16	4:40

Mens 8km TT

Name	Time	Pace	+/- PB
8 Esau Mkuphe	31:16	3:55	0:09
8 Richard De Klerk	36:02	4:30	3:51
8 Andrew Lucas	37:37	4:42	2:39
8 Warren Graver	37:37	4:42	4:25
8 Bobby Kassner	39:42	4:58	2:07
8 Martin Bignaut	41:51	5:14	1:27
8 Kevin Lister	43:48	5:29	2:17
8 Carl Strydom	43:53	5:29	2:22
8 Deon Wessels	44:27	5:33	4:13
8 Patrick Wong	46:11	5:46	1:12
8 Edwin Maroga	50:34	6:19	3:08

4km Walkers

Name	Time	Pace	+/- PB
4 Francios Peens	29:27	7:22	2:09
4 Shannon de Ryhove	33:18	8:20	0:00
4 Alex de Ryhove	33:18	8:20	0:00
4 Ashleigh Erwee	38:14	9:34	3:24
4 Shaun Smit	38:14	9:34	3:24
4 Jose Bates	41:21	10:20	-0:59
4 Juanelle Bates	41:21	10:20	12:03
4 Shanice Peens	46:03	11:31	0:00
4 Kendra Laros	46:03	11:31	0:00



THIRSTI

Bawaria