



20th Jan 2026. Well done Craig and Gail for timekeeping for 79 runners !!!!

Ladies 5km TT

Name	Time	Pace	+/- PB
Lauren Hawthorn	27:39	5:32	-1:14
Gaby Duncan	29:35	5:55	0:40
Michelle Sparke	31:18	6:16	4:27
Nicole Harper	32:40	6:32	2:39
Susan Abell	33:18	6:40	-0:41
Kirsty Love	35:00	7:00	4:46
Sibonga Maumbela	35:36	7:07	0:00
Caitlin Ransom	35:45	7:09	4:08
Lianne Zermatten	35:45	7:09	5:15
Tatum Lister-Strydom	37:53	7:35	0:03
Janet Birk	39:30	7:54	0:13
Michelle Mphahlele	40:07	8:01	5:46
Nteborleng Tabile	40:11	8:02	-1:49
Lungiswa Mali	42:09	8:26	-0:25
Jessica Truter	42:30	8:30	12:15
Pat McKeller	43:00	8:36	0:00
Tlale Kwathlai	44:06	8:49	0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Karta Levy	23:41	4:44	-0:23
Joel Moore	26:55	5:23	2:27
Michael Levy	27:00	5:24	9:34
Azwifheli Ratshifheli	27:22	5:28	-0:14
Isiah Dzambo	27:41	5:32	4:48
Gerhard Horn	27:59	5:36	-1:14
Mashila Makumbani	28:00	5:36	2:53
Hlumelo Peko	28:48	5:46	-0:20
Thabo Moopa	29:27	5:53	2:22
Hector Moloko	29:34	5:55	-0:06
Martin Blignaut	29:34	5:55	5:49
Tristan Laros	30:05	6:01	4:21
Colleen Moja	33:47	6:45	2:07
Rialdo Roeloffze	35:02	7:00	-2:55
Noluthando Mfunda	35:35	7:07	0:00
Alex de Ryhove	35:48	7:10	2:18
Brete Cook	35:48	7:10	0:48
Craig Thomas	38:40	7:44	4:08
Yannick Lubamba	46:50	9:22	9:50
Geoff Hadley	47:50	9:34	3:01

Ladies 8km TT

Name	Time	Pace	+/- PB
Sihle Xulu	35:36	4:27	-6:53
Estrelita Kotze	36:00	4:30	2:22
Shanice Peens	36:30	4:34	3:26
Acacia-Cailyn Abell	37:09	4:39	0:46
Chelsea Muller	41:40	5:13	2:32
Trevor Vicky	45:18	5:40	0:00
Sally Bevington	45:27	5:41	2:48
Jo-Anne Buchner	48:47	6:06	6:49
Maxine Wing	53:17	6:40	0:00
Shannon de Ryhove	53:22	6:40	6:32
Bronwyn Diamond	53:52	6:44	2:37

Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	34:29	4:19	2:18
Pieter Swanepoel	35:07	4:23	4:57
Dean Dodd	36:37	4:35	0:47
Jovan Marais	38:22	4:48	4:45
Carl Strydom	38:25	4:48	1:10
Dieter Zermatten	38:40	4:50	4:08
Andrew Lucas	39:00	4:53	4:02
Jackson Malumalu	39:40	4:58	9:40
Andre Greyling	40:37	5:05	5:00
Lotha Kekana	41:23	5:10	-1:12
Ofhani Rapetswane	41:40	5:13	4:03
Kacey Kai	41:42	5:13	2:37
Clement Rikhotso	42:18	5:17	-8:12
Craig Duncan	42:32	5:19	-0:35
Neo Tabile	42:40	5:20	-2:14
Deon Wessels	43:05	5:23	2:51
Chris Botha	45:29	5:41	4:34
Mitchel Mynhardt	45:46	5:43	-4:49
Ayal Peretz	46:53	5:52	6:47
Craig Laros	49:37	6:12	1:12
Henri Zermatten	49:57	6:15	8:20
Coach Marco	50:51	6:21	5:19
Timmy Baloyi	52:19	6:32	0:00
Bradley Diamond	53:52	6:44	12:54
Edwin Maroga	53:52	6:44	6:26
Mfana Masimula	54:07	6:46	-2:13

4km runners

Name	Time	Pace	+/- PB
Theo Swanepoel	38:40	9:40	-3:17
Julie Soalheiro	39:35	9:54	0:00
Gary Soalheiro	39:35	9:54	0:00
Andre Portelli	39:40	9:55	3:21
Lisa Portelli	39:40	9:55	4:43

