



21st May 2024 Time Trail. thank you Gayle and Tshepo

**Ladies 5km TT**

Name	Time	Pace	+/- PB
5 Gillian Faruهارson	21:18	4:16	0:02
5 Therene Botha	27:03	5:25	0:55
5 Claire Steyn	29:53	5:59	3:22
5 Gail Elliot-Wilson	30:47	6:09	1:31
5 Shereen Mogale	33:36	6:43	-3:06
5 Jenna Griesel	34:08	6:50	0:52
5 Sroti Bebievier	35:40	7:08	0:00
5 Tayla Foong	36:03	7:13	6:25
5 Vine Dyubele	37:03	7:25	-1:19
5 Lwethu Skosana	37:05	7:25	0:25
5 Helga Lucas	37:49	7:34	3:35
5 Mable Maboya	40:40	8:08	0:40
5 Hloni Mashapa	42:45	8:33	0:00

**Mens 5km TT**

Name	Time	Pace	+/- PB
5 Herman Botha	27:08	5:26	1:43
5 Steven Storey	27:37	5:31	1:18
5 Christian Gevers	27:40	5:32	5:57
5 Mhlahi Mantyi	28:33	5:43	-0:31
5 Coach Marco	30:05	6:01	1:53
5 Craig Laros	30:06	6:01	0:48
5 Michael Ray	30:07	6:01	3:14
5 Steve Moolman	30:30	6:06	2:02
5 Leon Jordaan	30:33	6:07	8:44
5 Fred Muvhulawa	31:20	6:16	2:39
5 Gugu Sokhulu	42:45	8:33	12:53

**Ladies 8km TT**

Name	Time	Pace	+/- PB
8 Shanice Peens	35:09	4:24	0:51
8 Tristan Torr	36:00	4:30	2:07
8 Triciscu Bebievier	37:38	4:42	0:06
8 Rochelle Fisher	43:26	5:26	0:39
8 Chelsea Muller	43:36	5:27	4:28
8 Celine Van Enter	44:10	5:31	3:14
8 Samantha Zermatten	44:55	5:37	1:55
8 Natalie Botha	47:54	5:59	4:02
8 Candice Delacovia-Graver	48:07	6:01	0:19
8 Fulufelo Malada	58:20	7:18	0:00

**Mens 8km TT**

Name	Time	Pace	+/- PB
8 Isiah Dzambo	36:00	4:30	4:00
8 Clayton Sumner	38:07	4:46	5:16
8 Mitchell Cook	38:09	4:46	2:39
8 Andre Greyling	40:05	5:01	4:28
8 Dieter Zermatten	40:05	5:01	5:10
8 Keegan Reynolds	40:05	5:01	4:07
8 Warren Graver	40:05	5:01	4:48
8 Chris Botha	41:02	5:08	0:07
8 Bobby Kassner	41:05	5:08	4:05
8 Simon Levin	43:36	5:27	6:58
8 Moses Mtetha	43:40	5:28	1:42
8 Deon Wessels	43:47	5:28	3:33
8 Andre Venter	44:10	5:31	10:59
8 Tristan Laros	47:20	5:55	3:20
8 Ofhani Rapetswane	47:54	5:59	10:17
8 Edwin Maroga	58:20	7:18	10:54

**4km Walkers**

Name	Time	Pace	+/- PB
4 Francios Peens	29:15	7:19	1:57
4 Laura James	32:19	8:05	-1:39
4 Kirsten De beer	35:38	8:55	1:05
4 Tyron De Beer	35:38	8:55	1:05
4 Leigh Raath	39:33	9:53	5:36
4 Liesel Raath	39:33	9:53	2:57