



23rd April 2024 Time Trial. Thank you to our timekeepers: Coach Marco A.K.A the Elephant, and Riaan Steyn A.K.A the otter

**Ladies 5km TT**

Name	Time	Pace	+/- PB
5 Therene Botha	26:58	5:24	0:50
5 Serati May	29:04	5:49	0:14
5 Portia Ntsepe	29:19	5:52	-2:26
5 Jenna Griesel	33:16	6:39	-0:01
5 Matoulone	33:26	6:41	1:00
5 Fulufelo Malada	34:40	6:56	2:58
5 Helga Lucas	35:32	7:06	1:18
5 Shereen Mogale	36:42	7:20	-2:16
5 Lwethu Skosana	38:22	7:40	-4:54
5 Vine Dyubele	38:22	7:40	0:00
5 Tayla Foong	38:28	7:42	8:50
5 Naledi Mallela	39:40	7:56	-4:26
5 Heather Williams	41:38	8:20	3:57
5 Jennifer Hodge	41:48	8:22	0:55
5 Margaret	43:22	8:40	0:49
5 Tracy Bashala	43:23	8:41	0:00

**Mens 5km TT**

Name	Time	Pace	+/- PB
5 Simon Levin	22:34	4:31	-2:26
5 David Tsoeute	26:25	5:17	3:10
5 Herman Botha	26:58	5:24	1:33
5 Fabio Matteucci	27:14	5:27	0:29
5 Lotha Kekana	27:24	5:29	0:00
5 Craig Bekker	27:44	5:33	2:26
5 Ofhani Rapetswane	29:44	5:57	5:44
5 Craig Laros	30:56	6:11	1:38
5 Fred Muvhulawa	32:06	6:25	3:25
5 Edwin Maroga	32:12	6:26	2:51
5 Jonty Meiring	33:25	6:41	5:20
5 Mhlahli Mantyi	38:22	7:40	3:54
5 Revlen Ganesh	40:34	8:07	1:38
5 Graham Clifton	41:48	8:22	7:49

**Ladies 8km TT**

Name	Time	Pace	+/- PB
8 Shanice Peens	35:42	4:28	1:24
8 Tristan Torr	36:12	4:32	2:19
8 Estrelita Kotze	37:18	4:40	2:18
8 Samantha Coetzer	37:35	4:42	0:00
8 Gillian Farauharon	37:55	4:44	4:40
8 Chelsea Muller	42:00	5:15	2:52
8 Rochelle Fisher	42:47	5:21	-2:12
8 Marizanne Pienaar	43:21	5:25	4:13
8 Yonica Pienaar	43:21	5:25	0:56
8 Celine Van Enter	44:16	5:32	3:20
8 Natalie Botha	45:30	5:41	1:38
8 Sally Bevington	45:44	5:43	3:05
8 Samantha Zermatten	45:44	5:43	2:44
8 Candice Delacovia-Graver	48:25	6:03	-0:34
8 Lianne Zermatten	54:58	6:52	3:41
8 Claire Steyn	55:03	6:53	12:23

**Mens 8km TT**

Name	Time	Pace	+/- PB
8 Keagan Botha	29:48	3:44	-2:25
8 Isiah Dzambo	33:04	4:08	1:04
8 Richard De Klerk	34:09	4:16	1:58
8 Mitchell Gill	34:15	4:17	1:24
8 Clayton Sumner	34:19	4:17	1:28
8 Dario Matteucci	35:28	4:26	6:09
8 Stephen Morake	36:42	4:35	1:15
8 Warren Graver	37:18	4:40	2:01
8 Andre Greyling	37:20	4:40	1:43
8 Dieter Zermatten	37:35	4:42	2:40
8 Bradley Cook	37:50	4:44	-1:25
8 Christoff Vermeulen	39:44	4:58	0:50
8 Mitchell Cook	40:10	5:01	4:40
8 Martin Blignaut	41:20	5:10	0:06
8 Rogan Botha	41:35	5:12	4:20
8 Moses Mtetha	41:58	5:15	-0:03
8 Robert Bode	43:50	5:29	0:05
8 Tristan Laros	44:00	5:30	-0:40
8 Henri Zermatten	45:06	5:38	3:29
8 Hector Moloko	45:44	5:43	-0:32
8 Patrick Lovell	47:26	5:56	7:29
8 Frank Lephoto	47:34	5:57	4:36
8 Chris Botha	48:25	6:03	7:30

**4km Walkers**

Name	Time	Pace	+/- PB
4 Francios Peens	30:36	7:39	3:18
4 Laura James	33:58	8:30	-4:23
4 Kirsten De beer	34:33	8:38	-5:01
4 Tyron De Beer	34:33	8:38	-5:27