



27th Jan 2026. Well done Shannon and NJ for timekeeping for 63 runners !!!!

Ladies 5km TT

Name	Time	Pace	+/- PB
Amy Davis	27:26	5:29	0:00
Maxine Wing	28:42	5:44	-0:38
Sibonga Maumbela	28:45	5:45	-6:51
Gail Elliot-Wilson	28:49	5:46	0:13
Gaby Duncan	29:49	5:58	0:54
Anastasia Polyakova	32:13	6:27	-1:47
Susan Abell	32:27	6:29	-1:32
Kirsty Love	33:54	6:47	3:40
Lianne Zermatten	34:06	6:49	3:36
Caitlin Ransom	34:21	6:52	2:44
Kayla Bisschoff	34:38	6:56	0:00
Maryke Marais	36:04	7:13	-4:58
Tatum Strydom	37:12	7:26	-0:38
Bronwyn Diamond	38:51	7:46	8:28
Candice Delacovia-Graver	38:52	7:46	8:59
Shirley Duncan	39:49	7:58	1:56
Jessica Truter	40:18	8:04	10:03
Siphesihle Taki	47:31	9:30	1:12
Nicole Campher	53:00	10:36	0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Jovan Marais	19:50	3:58	0:00
Craig Duncan	25:30	5:06	-0:47
Jason Townsend	26:02	5:12	0:00
Michael Levy	27:07	5:25	9:41
Azwifheli Ratshifheli	28:16	5:39	0:40
Thabo Moopa	29:04	5:49	1:59
Brett Cook	32:04	6:25	-2:56
Henri Zermatten	32:23	6:29	4:02
Fred Muvhulawa	34:38	6:56	5:57
Moses Mtetha	38:00	7:36	12:58
Bradley Cook	38:04	7:37	12:53
Craig Thomas	41:29	8:18	6:57
Theo Scholtz	48:03	9:37	0:00
Mark Greyling	48:08	9:38	0:00
Pat McKeller	20:00	40:00	40957:00

Ladies 8km TT

Name	Time	Pace	+/- PB
Acacia-Cailyn Abell	37:14	4:39	0:51
Estrelita Kotze	37:41	4:43	4:03
Monika Karushaar	43:11	5:24	-5:25
Lauren Hawthorn	44:14	5:32	0:18
Sally Bevington	45:56	5:45	3:17
Claire Koetze	47:14	5:54	6:44
Michelle Sparke	50:53	6:22	5:54

Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	34:56	4:22	2:45
Dean Dodd	35:03	4:23	-0:47
Dean Matteucci	35:48	4:29	0:58
Andrew Lucas	38:14	4:47	3:16
Karta Levy	38:29	4:49	0:00
Bradley Diamond	41:06	5:08	0:08
Kacey Kai	41:25	5:11	2:20
Carl Strydom	41:53	5:14	4:38
Dieter Zermatten	41:57	5:15	7:25
Warren Graver	41:59	5:15	8:47
Andre Greyling	42:01	5:15	6:24
Ayal Peretz	44:03	5:30	3:57
Chris Botha	45:59	5:45	5:04
Chris Midlane	47:16	5:55	5:08
Clement Rikhotso	49:00	6:08	-1:30
Craig Laros	52:14	6:32	3:49
Coach Marco	52:42	6:35	7:10
Tristan Laros	53:46	6:43	11:06
Edwin Maroga	53:50	6:44	6:24

4km runners

Name	Time	Pace	+/- PB
Patrica Diriso	28:30	7:08	0:00
Jose Bates	48:00	12:00	6:39
Juanelle Bates	48:00	12:00	18:42