



Thank you to our timekeepers: Gayle and Charmaine. You ladies rock !

Ladies 5km TT

Name	Time	Pace	+/- PB
5 Gia Sada	26:05	5:13	-0:16
5 Serati May	29:35	5:55	-1:44
5 Lianne Zermatten	31:35	6:19	1:05
5 Keabetswe Monyake	32:38	6:32	0:01
5 Naledi Mallela	32:48	6:34	-11:18
5 Electra Parpottas	33:22	6:40	0:02
5 Cindy Bode	36:00	7:12	0:00
5 Helga Lucas	36:40	7:20	2:26
5 Jennifer Hodge	42:09	8:26	1:16
5 Marizelle de Beer	48:39	9:44	5:39

Mens 5km TT

Name	Time	Pace	+/- PB
5 Patrick Lovell	24:13	4:51	-2:17
5 Deon Wessels	25:24	5:05	0:27
5 Tristan Laros	26:12	5:14	0:28
5 Calvin Jenzen	29:07	5:49	-1:36
5 John Fleetwood	29:21	5:52	2:36
5 Fred Muvhulawa	29:48	5:58	1:07
5 Craig Laros	30:16	6:03	0:58
5 Robert Bode	30:44	6:09	2:42
5 Kamen Govender	32:56	6:35	-1:14
5 Christian Gevers	48:39	9:44	26:56

Ladies 8km TT

Name	Time	Pace	+/- PB
8 Tristan Torr	33:58	4:15	0:05
8 Shanice Peens	34:42	4:20	0:24
8 Estrelita Kotze	34:48	4:21	-0:12
8 Marizanne Pienaar	41:19	5:10	2:11
8 Chelsea Muller	41:33	5:12	2:25
8 Samantha Zermatten	41:41	5:13	-1:19
8 Sally Bevington	42:44	5:21	0:05
8 Rochelle Fisher	43:05	5:23	-1:54
8 Celine Van Enter	43:53	5:29	2:57
8 Therene Botha	44:03	5:30	0:42
8 Natalie Botha	44:11	5:31	0:19
8 Michelle Sparke	45:15	5:39	0:07
8 Laetitia Stap	45:46	5:43	2:35
8 Candice Delacovia-Graver	47:55	5:59	-1:04
8 Nicole Van den bergh	48:41	6:05	-0:31
8 Amy Ling	51:50	6:29	4:50
8 Deidre Coghlan	51:50	6:29	7:59

Mens 8km TT

Name	Time	Pace	+/- PB
8 Pieter Swanepoel	29:25	3:41	-0:45
8 Clayton Sumner	31:27	3:56	-1:24
8 Dario Matteucci	31:27	3:56	2:08
8 Isiah Dzambo	34:24	4:18	0:16
8 Dieter Zermatten	34:29	4:19	-0:26
8 Dillon Haverly	34:35	4:19	2:01
8 Andre Greyling	34:55	4:22	-0:42
8 Warren Graver	35:16	4:25	-0:01
8 Jayson Naicker	35:52	4:29	1:12
8 Bradley Cook	36:46	4:36	-2:29
8 Ross Phillips	36:46	4:36	-2:13
8 Simon Levin	36:48	4:36	0:10
8 Clint Suessmann	39:56	5:00	5:28
8 Martin Blignaut	41:33	5:12	0:19
8 Ofhani Rapetswane	42:30	5:19	4:53
8 Thulani Khumalo	42:30	5:19	0:00
8 Bobby Kassner	42:44	5:21	5:07
8 Llewelyn Glass	43:11	5:24	2:01
8 Mitchell Gill	43:30	5:26	10:39
8 Sapau Maduana	43:30	5:26	43:30
8 Andre Venter	43:53	5:29	10:42
8 Herman Botha	44:03	5:30	0:32
8 Chris Botha	44:15	5:32	3:20
8 Patrick Wong	45:20	5:40	0:21
8 Jared Da Silva	47:52	5:59	5:46
8 Mitchell Cook	48:41	6:05	13:11
8 Coach Marco	53:56	6:45	8:24

4km Walkers

Name	Time	Pace	+/- PB
4 Portia Ntsepe	28:47	7:12	1:04
4 Liesel Raath	43:39	10:55	7:03
4 Leigh Raath	43:39	10:55	9:42

Virtual TT

Name	Time	Distance
Yonica Pienaar-Meiring	0:39:40	8
Jonty Meiring	0:43:03	8