



30th April 2024 Time Trial. Thank you to our timekeepers: Helga and Paddy

Ladies 5km TT

Name	Time	Pace	+/- PB
5 Shanice Peens	21:17	4:15	0:09
5 Gia Sada	26:10	5:14	-0:11
5 Candice Delacovia-Graver	29:03	5:49	-2:51
5 Claire Steyn	30:00	6:00	3:29
5 Gail Elliot-Wilson	30:52	6:10	1:36
5 Bronwyn Diamond	32:52	6:34	2:29
5 Annalien Steyn	35:55	7:11	10:13
5 Deidre Coghlan	35:55	7:11	7:51
5 Gayle Bates	36:20	7:16	1:37
5 Jenna Griesel	36:32	7:18	3:16
5 Tayla Foong	41:16	8:15	11:38
5 Jennifer Hodge	41:22	8:16	0:29

Mens 5km TT

Name	Time	Pace	+/- PB
5 Jose Bates	22:03	4:25	2:05
5 Bobby Kassner	24:58	5:00	0:22
5 Craig Murray	30:52	6:10	30:52
5 David Tsoeute	32:44	6:33	9:29
5 Riaan Steyn	35:45	7:09	1:34
5 Graham Clifton	41:22	8:16	7:23
5 Revlen Ganesh	43:06	8:37	4:10

Ladies 8km TT

Name	Time	Pace	+/- PB
8 Samantha Coetzer	32:58	4:07	-4:37
8 Tristan Torr	36:14	4:32	2:21
8 Estrelita Kotze	38:09	4:46	3:09
8 Chelsea Muller	43:09	5:24	4:01
8 Rochelle Fisher	43:20	5:25	0:33
8 Celine Van Enter	45:19	5:40	4:23
8 Therene Botha	46:07	5:46	2:46
8 Natalie Botha	48:53	6:07	5:01
8 Vine Dyubele	59:10	7:24	0:00
8 Lwethu Skosana	59:10	7:24	0:00

Mens 8km TT

Name	Time	Pace	+/- PB
8 Isiah Dzambo	32:49	4:06	0:49
8 Pieter Swanepoel	32:50	4:06	2:40
8 Clayton Sumner	33:18	4:10	0:27
8 Andre Venter	33:48	4:14	0:37
8 Keegan Reynolds	35:56	4:30	-0:02
8 Stephen Morake	37:38	4:42	2:11
8 Dieter Zermatten	38:26	4:48	3:31
8 Andre Greyling	38:50	4:51	3:13
8 Warren Graver	38:52	4:52	3:35
8 Simon Levin	38:57	4:52	2:19
8 Christoff Vermeulen	39:49	4:59	0:55
8 Martin Blignaut	40:34	5:04	-0:40
8 Ofhani Rapetswane	42:51	5:21	5:14
8 Llewelyn Glass	43:20	5:25	2:10
8 Bradley Diamond	43:34	5:27	-0:54
8 Herman Botha	46:07	5:46	2:36
8 Deon Wessels	47:16	5:55	7:02
8 Jonty Meiring	47:18	5:55	0:22
8 Chris Botha	50:00	6:15	9:05
8 Patrick Wong	50:06	6:16	5:07
8 Coach Marco	50:16	6:17	4:44
8 Edwin Maroga	53:55	6:44	6:29
8 Mhlahli Mantyi	54:02	6:45	54:02
8 Mbumba Ntaba	54:30	6:49	0:27
8 Kamen Govender	56:00	7:00	1:40

4km Walkers

Name	Time	Pace	+/- PB
4 Amanda Matson	33:16	8:19	1:36
4 Gay Geyser	33:16	8:19	1:36
4 Jamie Lyn	34:34	8:39	-9:06
4 Yonica Pienaar	39:28	9:52	3:22
4 Jessica Truter	39:28	9:52	8:46
4 Sydney Truter	43:40	10:55	0:00
4 Emma Du Preez	43:40	10:55	0:00