



4th of Feb time trial results. Thank you Candice and Julie

Ladies 5km TT

	Name	Time	Pace	+/- PB
5	Shanice Peens	20:36	4:07	-0:32
5	Nicole Harper	31:56	6:23	-0:19
5	Gail Elliot-Wilson	31:59	6:24	2:59
5	Claire Steyn	33:01	6:36	6:30
5	Lianne Zermatten	33:24	6:41	2:54
5	Sihle Xulu	38:39	7:44	-0:21
5	Nazerit Wilson	41:23	8:17	-0:22
5	Heather Matteucci	43:14	8:39	2:59
5	Jennifer Hodge	44:02	8:48	3:09
5	Sphephile Gumede	49:58	10:00	0:00
5	Bianca Papas	52:21	10:28	0:00
5	Gorete Marques	52:21	10:28	0:00

Mens 5km TT

	Name	Time	Pace	+/- PB
5	Jude Chianwuna	20:30	4:06	2:41
5	Arthur Beeming	22:15	4:27	2:50
5	Bradley Diamond	24:48	4:58	-1:22
5	Ofhani Rapetswane	27:10	5:26	3:10
5	Andrew Goodfellow	27:38	5:32	0:47
5	Steve De Magalhaes	28:06	5:37	-0:10
5	Craig Duncan	29:30	5:54	-2:00
5	Nick Wilson	29:43	5:57	-0:51
5	Patrick Moore	30:28	6:06	0:00
5	Mihlali Mantyi	32:07	6:25	5:14
5	Graham Clifton	38:11	7:38	4:12
5	Geoff Hadley	52:21	10:28	0:00

Ladies 8km TT

	Name	Time	Pace	+/- PB
8	Samantha Coetzer	34:52	4:22	0:57
8	Marizanne Pienaar	45:22	5:40	6:14
8	Ailsa Groome	54:02	6:45	0:00
8	Samantha Zermatten	54:06	6:46	11:06
8	Nomhla Spondo	57:28	7:11	0:00

Mens 8km TT

	Name	Time	Pace	+/- PB
8	Dario Matteucci	34:09	4:16	5:21
8	Warren Graver	34:40	4:20	1:28
8	Karabo Phasha	35:29	4:26	-0:55
8	Jose Bates	35:55	4:29	2:54
8	Nicolas Steensma	37:12	4:39	1:55
8	Darryn Miles	37:20	4:40	3:05
8	Andrew Lucas	37:42	4:43	2:44
8	Carl Strydom	38:02	4:45	-1:24
8	Dieter Zermatten	38:36	4:50	4:04
8	Dillon Haverly	38:36	4:50	6:02
8	Andre Greyling	40:44	5:06	5:07
8	Bradley Cook	40:55	5:07	3:40
8	Martin Blignaut	41:20	5:10	0:56
8	Sipho Matsimbi	41:37	5:12	3:52
8	Robert Bode	41:58	5:15	0:42
8	Patrick Lovell	42:43	5:20	2:46
8	Moses Mtetha	43:19	5:25	2:14
8	Fabio Matteucci	43:25	5:26	7:30
8	Chris Botha	43:47	5:28	2:52
8	Deon Wessels	44:02	5:30	3:48
8	Joshua McKeand	47:12	5:54	13:36
8	Tristan Laros	50:26	6:18	7:46
8	Calvin Bert	52:02	6:30	-1:08
8	Timothy Goodchild	53:27	6:41	5:24
8	Chad Warner	59:59	7:30	0:00

4km Walkers

	Name	Time	Pace	+/- PB
4	Anastasia Polyakova	33:02	8:16	0:00
4	Izak Kotze	33:02	8:16	0:00
4	Jenny Moore	34:53	8:43	-3:21
4	Bronwyn Diamond	39:18	9:50	14:48
4	Erin Van der Vyver	40:00	10:00	0:33
4	Michelle Mostimer	40:00	10:00	0:00