



4th June 2024 Time Trial. Thank you Andre G and Riaan S

#### Ladies 5km TT

Name	Time	Pace	+/- PB
5 Gillian Farauharon	22:15	4:27	0:59
5 Chelsea Muller	27:26	5:29	2:08
5 Dani Blom	30:31	6:06	2:05
5 Celine Van Enter	31:05	6:13	5:20
5 Fulufelo Malada	35:20	7:04	3:38
5 Helga Lucas	37:17	7:27	3:03
5 Shereen Mogale	38:33	7:43	4:57
5 Tayla Foong	38:59	7:48	9:21
5 Jennifer Hodge	45:13	9:03	4:20

#### Mens 5km TT

Name	Time	Pace	+/- PB
5 Mitchell Gill	25:21	5:04	2:01
5 Patrick Lovell	25:48	5:10	-0:42
5 Warren Graver	26:13	5:15	3:19
5 David Tsoeute	26:24	5:17	3:09
5 Andrew Goodfellow	26:51	5:22	-6:09
5 Ofhani Rapetswane	27:03	5:25	3:03
5 Mhlahi Mantyi	27:15	5:27	-1:18
5 Bradley Diamond	27:26	5:29	1:16
5 Jonathan Hanscombe	29:22	5:52	5:35
5 Tristan Laros	29:24	5:53	3:40
5 Craig Laros	29:28	5:54	0:10
5 Leon Jordaan	29:38	5:56	7:49
5 Steve Moolman	29:40	5:56	1:12
5 Riaan Coetzee	30:09	6:02	7:32
5 Andre Venter	31:05	6:13	7:13
5 Graham Clifton	45:13	9:03	11:14

#### Ladies 8km TT

Name	Time	Pace	+/- PB
8 Shanice Peens	35:52	4:29	1:34
8 Nicola-Jayne Kirkby	40:53	5:07	2:57
8 Samantha Zermatten	44:55	5:37	1:55
8 Sally Bevington	44:55	5:37	2:16
8 Rochelle Fisher	45:20	5:40	2:33

#### Mens 8km TT

Name	Time	Pace	+/- PB
8 Kyle Coetzer	35:33	4:27	4:34
8 Isiah Dzambo	36:39	4:35	4:39
8 Dieter Zermatten	38:00	4:45	3:05
8 Simon Levin	38:56	4:52	2:18
8 Esau Mkuphe	41:10	5:09	0:00
8 Bobby Kassner	42:41	5:20	5:41
8 Robert Bode	44:28	5:34	0:43
8 Moses Mtetha	44:38	5:35	2:40
8 Andrew Lucas	45:41	5:43	10:43
8 Coach Marco	48:55	6:07	3:23

#### 4km Walkers

Name	Time	Pace	+/- PB
4 Francios Peens	28:30	7:08	1:12
4 Gail Elliot-Wilson	28:58	7:15	-0:36