



Thank you to our timekeepers: Oom Chris Botha and Laetitia. You guys rock

Ladies 5km TT

Name	Time	Pace	+/- PB
5 Shanice Peens	21:31	4:18	0:23
5 Therene Botha	26:40	5:20	0:32
5 Natalie Botha	27:18	5:28	-1:14
5 Rochelle Fisher	27:48	5:34	-2:36
5 Serati May	28:50	5:46	-2:29
5 Sally Bevington	29:30	5:54	4:26
5 Samantha Zermatten	29:30	5:54	1:31
5 Estrelita Kotze	30:00	6:00	6:21
5 Tristan Torr	30:00	6:00	8:58
5 Marizanne Pienaar	30:17	6:03	3:02
5 Nicole Van den bergh	30:50	6:10	0:55
5 Lianne Zermatten	31:46	6:21	1:16
5 Keabetswe Monyake	33:11	6:38	0:34
5 Electra Parpottas	33:13	6:39	-0:07
5 Claire Steyn	34:28	6:54	7:57
5 Sonia Correia	38:43	7:45	10:06
5 Mable Maboya	43:55	8:47	3:55

Mens 5km TT

Name	Time	Pace	+/- PB
5 Jackson Malumalu	24:55	4:59	2:41
5 Andre Greyling	25:51	5:10	3:34
5 Ross Phillips	26:06	5:13	5:15
5 Christian Gevers	26:40	5:20	4:57
5 Herman Botha	26:43	5:21	1:18
5 Henk Tredoux	26:45	5:21	26:45
5 Tristan Laros	27:23	5:29	1:39
5 Jonathan Hanscombe	27:48	5:34	4:01
5 Robert Bode	29:10	5:50	1:08
5 Chris Botha	30:00	6:00	3:50
5 Clayton Sumner	30:00	6:00	10:04
5 Calvin Jenzen	30:10	6:02	-0:33
5 Fred Muvhulawa	30:11	6:02	1:30
5 Patrick Wong	30:14	6:03	1:14
5 Craig Laros	31:05	6:13	1:47
5 Dieter Zermatten	33:00	6:36	10:58
5 Riaan Steyn	34:30	6:54	0:19
5 Henri Zermatten	35:20	7:04	6:59

Ladies 8km TT

Name	Time	Pace	+/- PB
8 Gillian Faruhaarson	37:00	4:38	3:45
8 Shannon Pearce	41:50	5:14	0:43
8 Therene Botha	44:03	5:30	0:42
8 Amy Ling	49:01	6:08	2:01

Mens 8km TT

Name	Time	Pace	+/- PB
8 Dario Matteucci	30:40	3:50	1:21
8 Isiah Dzambo	32:00	4:00	-2:08
8 Teddy Wang	34:40	4:20	0:00
8 Bobby Kassner	37:00	4:38	-0:37
8 Allen	37:00	4:38	0:00
8 Bruce Chen	37:00	4:38	0:00
8 Mitchell Cook	38:40	4:50	3:10
8 Bradley Cook	41:22	5:10	2:07
8 Barry Chapman	41:50	5:14	9:45
8 Martin Blignaut	42:06	5:16	0:52
8 Moses Mtetha	42:06	5:16	0:05
8 Simon Levin	42:33	5:19	5:55
8 Deon Wessels	44:59	5:37	4:45

4km Walkers

Name	Time	Pace	+/- PB
4 Francios Peens	29:00	7:15	1:42
4 Anna Kransayg	43:53	10:58	-7:45

Virtual TT

Name	Time	Distance
Yonica Pienaar-Meiring	0:26:35	5
Jonty Meiring	0:27:36	5