



03 Feb 2026. Well done HH - Hlumelo and Henk - for timekeeping for 40 timed runners and like 85 total, so get tagged !!!!

Ladies 5km TT

Name	Time	Pace	+/- PB
Gaby Duncan	30:07	6:01	1:12
Susan Abell	33:26	6:41	0:59
Shannon De Ryhove	34:47	6:57	7:23
Caitlin Ransom	35:01	7:00	3:24
Heather Matteucci	47:11	9:26	6:56

Mens 5km TT

Name	Time	Pace	+/- PB
Craig Duncan	26:53	5:23	1:23
Thabo Moopa	29:06	5:49	2:01
Ross Phillips	30:08	6:02	9:17
Craig Laros	30:38	6:08	1:20
Kade Morgan	30:49	6:10	2:54
Tristan Laros	31:17	6:15	5:33
Brett Cook	31:20	6:16	-0:44
Moses Mthetwa	31:54	6:23	6:52
Alex De Ryhove	34:55	6:59	1:25
Mark Greyling	42:58	8:36	-5:10
Craig Thomas	43:33	8:43	9:01
Geoff Hadley	46:59	9:24	2:10

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	36:20	4:33	3:16
Tristan Torr	36:27	4:33	4:01
Chelsea Muller	44:31	5:34	5:23
Lauren Hawthorn	44:48	5:36	0:52
Amy Davis	45:35	5:42	0:50
Candice Delacovia-Graver	46:13	5:47	2:05
Jo-Anne Buchner	48:20	6:03	6:22
Michelle Sparke	50:21	6:18	5:22

Mens 8km TT

Name	Time	Pace	+/- PB
Dario Matteucci	33:58	4:15	5:10
Richard De Klerk	34:47	4:21	2:36
Dean Matteucci	35:21	4:25	0:31
Dean Dodd	36:12	4:32	0:22
Warren Graver	36:45	4:36	3:33
Andrew Lucas	37:11	4:39	2:13
Dieter Zermatten	38:34	4:49	4:02
Jason Townsend	40:45	5:06	1:03
Simon Levin	41:31	5:11	4:53
Ozzie Ferreira	43:28	5:26	2:31
Connor Martin	45:03	5:38	1:18
Fabio Matteucci	47:12	5:54	11:17
Henri Zermatten	51:30	6:26	9:53
Hector Moloko	51:55	6:29	9:05
Patrick Moore	52:51	6:36	10:54