



10 Feb 2026. Well done Gaile and Patricia - for timekeeping for 42 timed runners and like 60 (according to my AI) total, so get tagged !!!!

Ladies 5km TT

Name	Time	Pace	+/- PB
Maxine Wing	31:59	6:24	3:17
Bronwyn Diamond	32:50	6:34	2:27
Susan Abell	33:48	6:46	1:21
Caitlin Ransom	34:32	6:54	2:55
Lianne Zermatten	35:41	7:08	5:11
Tatum Strydom	41:07	8:13	3:55
Jenny Moore	41:47	8:21	8:17
Jessica Truter	41:48	8:22	11:33
Kagiso Sosibo	47:05	9:25	0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Joel Moore	25:13	5:03	0:45
Ozzie Ferreira	26:37	5:19	2:57
Chris Botha	29:09	5:50	2:59
Thabo Moopa	29:49	5:58	2:44
Mashila Makumbani	30:10	6:02	5:03
Clement Rikhotso	30:13	6:03	0:45
Timmy Baloyi	30:24	6:05	-1:31
Brett Cook	30:51	6:10	-0:29
Bradley Diamond	32:53	6:35	8:05
Alex De Ryhove	35:03	7:01	1:33
Pule Soaisa	35:55	7:11	0:00
Ndumiso Ntshangase	37:48	7:34	0:00
Anna Chiloane	50:03	10:01	0:00

Ladies 8km TT

Name	Time	Pace	+/- PB
Cassie Abell	37:52	4:44	0:00
Amy Davis	47:26	5:56	2:41
Kayla Bisschoff	48:02	6:00	0:00
Gaby Duncan	48:07	6:01	-3:04
Zandile Masondo	51:23	6:25	0:00
Anastasia Polyakova	51:33	6:27	0:00

Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	33:28	4:11	1:17
Dean Dodd	35:14	4:24	-0:36
Dieter Zermatten	37:18	4:40	2:46
Carl Strydom	39:31	4:56	2:16
Jason Townsend	39:51	4:59	0:09
Nkamogeleng Phillips	41:10	5:09	0:00
Ayal Peretz	43:38	5:27	3:32
Craig Duncan	45:11	5:39	2:04
Gilbert Gomes	45:41	5:43	0:00
Ross Phillips	48:14	6:02	9:15
Sibonga Mavimbela	49:14	6:09	0:00
Connor Martin	49:21	6:10	5:36
Craig Laros	49:34	6:12	1:09
Edwin Maroga	51:57	6:30	4:31