



25th of Feb time trial results. Thank you Jose, Gayle, Canadice and Andre (You beautiful cupcake of a man)

Ladies 5km TT				
	Name	Time	Pace	+/- PB
5	Tanna Griggs	27:18	5:28	0:00
5	Celine Van Enter	29:51	5:58	4:06
5	Laetitia Stap	30:25	6:05	4:21
5	Julie Hughes	30:38	6:08	2:51
5	Ilse Marais	30:52	6:10	0:00
5	Maxine Wang	31:47	6:21	-3:53
5	Sabathile Ndlovu	32:28	6:30	1:00
5	Lianne Zermatten	34:45	6:57	4:15
5	Gaby Duncan	36:13	7:15	4:03
5	Sonia Correia	36:30	7:18	7:53
5	Shannon de Ryhove	36:42	7:20	4:41
5	Sonali Kuldip	37:30	7:30	0:42
5	Bromwyn Diamond	39:07	7:49	8:44
5	Helga Lucas	39:07	7:49	4:53
5	Angel Hgobeni	41:04	8:13	0:00
5	Jennifer Hodge	44:10	8:50	3:17
5	Heather Matteucci	45:24	9:05	5:09
5	Tibiki Mogatia	50:02	10:00	0:53

Mens 5km TT				
	Name	Time	Pace	+/- PB
5	Simon Levin	22:20	4:28	-0:14
5	Teegan Luthi	26:53	5:23	0:00
5	Craig Duncan	28:39	5:44	-0:51
5	Henri Zermatten	29:08	5:50	0:47
5	Patrick Lovell	29:23	5:53	3:35
5	Deon Wessels	29:58	6:00	5:01
5	Thabo Morake	31:17	6:15	-18:31
5	Edwin Maroga	31:30	6:18	2:09
5	Bradyn Ward	32:02	6:24	-1:12
5	Craig Laros	32:38	6:32	3:20
5	Ross Phillips	36:13	7:15	15:22
5	Alex de Ryhove	36:42	7:20	1:32
5	Graham Clifton	44:13	8:51	10:14
5	Geoff Hadley	50:11	10:02	-0:59

Ladies 8km TT				
	Name	Time	Pace	+/- PB
8	Tristan Torr	32:26	4:03	-1:27
8	Shanice Peens	35:36	4:27	1:18
8	Gia Sada	39:00	4:53	0:38
8	Chelsea Muller	41:09	5:09	2:01
8	Michelle Sparke	46:57	5:52	1:58
8	Therene Botha	47:28	5:56	4:07
8	Jenna Griesel	51:15	6:24	2:20
8	Amber Banks	51:16	6:25	0:00
8	Nicole Cook	51:20	6:25	3:15
8	Jo-Anne Buchner	52:13	6:32	10:15
8	Sally Bevington	52:13	6:32	9:34
8	Samantha Zermatten	52:13	6:32	9:13
8	Charlotte Mohlo	59:59	7:30	0:00

Mens 8km TT				
	Name	Time	Pace	+/- PB
8	Raymond Wagener	29:59	3:45	-0:48
8	Dario Matteucci	30:55	3:52	2:07
8	Gareth Harvett	31:26	3:56	-6:16
8	Isiah Dzambo	33:07	4:08	1:07
8	Ernest Dlamini	34:20	4:18	0:00
8	Nicolas Steensma	34:27	4:18	-0:03
8	Patrick Richards	35:56	4:30	1:24
8	Warren Graver	36:06	4:31	2:54
8	Martin Bignaut	39:15	4:54	-1:09
8	Dieter Zermatten	39:48	4:59	5:16
8	Gary French	39:55	4:59	-0:25
8	Bradley Diamond	40:28	5:04	-0:30
8	Garth Swift	42:15	5:17	2:12
8	Mitchell Cook	42:19	5:17	6:49
8	Bradley Cook	44:03	5:30	6:48
8	Moses Mtetha	44:06	5:31	3:01
8	Sipho Matsimbi	44:06	5:31	6:21
8	Chris Botha	44:09	5:31	3:14
8	Carl Strydom	45:02	5:38	7:00
8	Kevin Lister	45:02	5:38	4:49
8	Benjamin Banks	45:15	5:39	-2:49
8	Fabio Matteucci	45:24	5:41	9:29
8	Herman Botha	47:28	5:56	3:57
8	Patrick Wong	49:38	6:12	4:39
8	Tristan Laros	50:45	6:21	8:05
8	Michael Motoma	50:54	6:22	-1:33
8	Timothy Goodchild	51:06	6:23	3:03

4km Walkers				
	Name	Time	Pace	+/- PB
4	Laura James	29:01	7:15	-3:18
4	Jenny Moore	34:42	8:41	-3:32
4	Patrick Moore	39:44	9:56	0:00
4	Ashleigh Erwee	40:46	10:12	5:56
4	Shaun Smit	40:46	10:12	5:56
4	Dylan Wong	40:55	10:14	4:14

Virtual TT		
	Name	Time
	Andre Greyling	0:28:00