



28th January time trial results. Thank you Retha and Candice

Ladies 5km TT				
	Name	Time	Pace	+/- PB
5	Nicole Van den bergh	32:17	6:27	2:32
5	Sonia Correia	32:24	6:29	3:47
5	Amber Banks	33:18	6:40	0:00
5	Lindsay King	33:38	6:44	0:00
5	Jessica Du Toit	35:03	7:01	0:00
5	Amanda Channing	39:56	7:59	0:00
5	Gayle Bates	40:20	8:04	9:36
5	Shirley Duncan	40:58	8:12	-3:10
5	Skyler Gopal	41:44	8:21	-9:26
5	Nazerit Wilson	41:45	8:21	-0:28
5	Juanelle Bates	43:57	8:47	7:31
5	Malhlates Shai	44:04	8:49	12:27
5	Fezisa Mtukela	44:30	8:54	-1:15
5	Jennifer Hodge	46:54	9:23	6:01
5	Sunil Gopal	48:55	9:47	0:00
5	Tibiki Mogatia	51:55	10:23	0:45
5	Zaahidah Lambat	52:58	10:36	1:08
5	Nontokozo Makaringe	59:59	12:00	0:00
5	Philile Mbatsona	59:59	12:00	3:25

Mens 5km TT				
	Name	Time	Pace	+/- PB
5	Arthur Beeming	19:25	3:53	-7:00
5	Joshua McKeand	21:35	4:19	1:46
5	Jackson Malumalu	22:08	4:26	-0:06
5	Tony Silva	22:08	4:26	0:00
5	Deon Wessels	26:10	5:14	1:13
5	Matthew Lundie	27:50	5:34	0:00
5	Chris Botha	28:27	5:41	2:17
5	Tristan Laros	29:46	5:57	4:02
5	Nick Wilson	30:34	6:07	0:00
5	George Thevan	31:29	6:18	0:00
5	Craig Duncan	31:30	6:18	-12:38
5	Mitchell Cook	32:17	6:27	9:04
5	Craig Laros	33:18	6:40	4:00
5	Andrew Van Lingen	33:50	6:46	5:55
5	Colleen Moja	34:52	6:58	0:00
5	Alex de Ryhove	35:40	7:08	0:23
5	Sonali Kudil	38:20	7:40	-1:20
5	Andrew Van Lingen	41:20	8:16	13:25
5	Jose Bates	43:57	8:47	23:59
5	Chad Warner	44:15	8:51	-0:40
5	Graham Clifton	44:40	8:56	10:41
5	Mizam Lambat	48:21	9:40	0:00
5	Joshua Hinckley	52:48	10:34	24:03

Ladies 8km TT				
	Name	Time	Pace	+/- PB
8	Tristan Torr	34:02	4:15	0:09
8	Shanice Peens	35:46	4:28	1:28
8	Samantha Coetzer	36:47	4:36	2:52
8	Julie Hughes	38:31	4:49	-4:33
8	Gia Sada	39:20	4:55	-1:15
8	Kai Hattingh	39:32	4:57	0:00
8	Chelsea Muller	42:25	5:18	3:17
8	Marizanne Pienaar	45:01	5:38	5:53
8	Therene Botha	48:28	6:04	5:07
8	Sally Bevington	49:56	6:15	7:17
8	Samantha Zermatten	49:56	6:15	6:56
8	Claire Steyn	51:21	6:25	8:41
8	Shannon de Ryhove	51:26	6:26	0:00
8	Jenna Griesel	51:41	6:28	0:00
8	Lianne Zermatten	53:56	6:45	2:39
8	Helga Lucas	56:40	7:05	1:40

Mens 8km TT				
	Name	Time	Pace	+/- PB
8	Dario Matteucci	30:55	3:52	2:07
8	Vezkuhlo Ngubane	32:05	4:01	0:00
8	Pieter Swanepoel	34:27	4:18	4:17
8	Nicolas Steensma	35:18	4:25	0:01
8	Warren Graver	36:07	4:31	2:55
8	Karabo Phasha	36:24	4:33	0:00
8	Darryn Miles	37:42	4:43	3:27
8	Sipho Matsimbi	37:45	4:43	-0:02
8	Andrew Lucas	38:27	4:48	3:29
8	Bobby Kassner	39:08	4:54	1:33
8	Dieter Zermatten	39:15	4:54	4:43
8	Isiah Dzambo	39:59	5:00	7:59
8	Stanley Mashamba	42:08	5:16	2:00
8	Robert Bode	43:00	5:23	1:44
8	Promise Msitshana	43:44	5:28	13:16
8	Martin Blignaut	43:49	5:29	3:25
8	Patrick Lovell	43:56	5:30	3:59
8	Moses Mtetha	44:44	5:36	3:39
8	Kevin Lister	45:03	5:38	4:50
8	Simon Levin	46:20	5:48	9:42
8	Timothy Goodchild	48:03	6:00	-2:56
8	Herman Botha	48:38	6:05	5:07
8	Sapau Maduana	48:40	6:05	6:21
8	Stefan Steyn	49:28	6:11	10:11
8	Benjamin Banks	50:12	6:17	0:00
8	Edwin Maroga	52:03	6:30	4:37
8	Calvin Bert	53:10	6:39	-1:50

4km Walkers				
	Name	Time	Pace	+/- PB
4	Francios Peens	28:56	7:14	1:38
4	Bronwyn Diamond	38:38	9:40	14:08
4	Erin Van der Vyver	39:27	9:52	0:00
4	Patrick Wong	40:54	10:14	4:13
4	Dylan Wong	40:54	10:14	4:13

Virtual TT		
	Name	Time Distance
	Andre Greyling	0:40:56 8