



12th November 2024 time trial results. Thank you Aunty Pat and bannie Gail

**Ladies 5km TT**

Name	Time	Pace	+/- PB
5 Chelsea Muller	25:44	5:09	0:31
5 Stella James	30:20	6:04	-8:15
5 Celine Van Enter	30:58	6:12	5:13
5 Gaby Duncan	32:10	6:26	8:00
5 Julie Hughes	32:20	6:28	4:00
5 Sonia Correla	32:20	6:28	3:40
5 Nikita Nowicki	32:46	6:30	-8:12
5 Caitlin Ransom	33:10	6:38	-8:05
5 Bronwyn Diamond	34:21	6:52	3:58
5 Claire Steyn	34:21	6:52	7:50
5 Fufufelo Malada	34:47	6:57	3:05
5 Jade Ratcliff	34:54	6:59	-8:04

**Mens 5km TT**

Name	Time	Pace	+/- PB
5 Dieter Zermatten	23:18	4:40	1:16
5 Byron Benson	24:20	4:52	-8:01
5 Leon Jordaan	25:18	5:04	3:29
5 Simon Lewin	25:44	5:09	3:10
5 Othani Rapetswane	26:13	5:15	2:13
5 Bradley Diamond	28:00	5:37	1:53
5 Robert Bode	28:00	5:37	0:01
5 Joshua Hinckley	28:45	5:45	-2:10
5 Henri Zermatten	30:58	6:12	2:37
5 Edwin Maroga	31:00	6:12	1:39
5 David Taceule	31:10	6:14	7:55
5 Timothy Goodchild	33:21	6:40	-1:05
5 Coach Marco	33:40	6:44	5:28
5 Luke Carr	35:06	7:01	0:50
5 Kamen Govender	36:30	7:18	2:20

**Ladies 8km TT**

Name	Time	Pace	+/- PB
8 Samantha Coetzer	35:40	4:28	1:45
8 Candice Delacovia-Graver	51:50	6:29	6:25
8 Lianne Zermatten	58:14	7:17	6:57
8 Helga Lucas	59:29	7:26	4:29

**Mens 8km TT**

Name	Time	Pace	+/- PB
8 Esau Mkuphe	31:30	3:56	0:23
8 Isaiah Dombó	33:00	4:08	1:00
8 Lawrence Mkuphe	37:00	4:38	1:42
8 Mitchell Gill	37:07	4:38	4:16
8 Richard De Klerk	37:46	4:43	5:25
8 Wamen Graver	38:12	4:47	5:00
8 Andrew Lucas	39:00	4:53	4:02
8 Siphso Matabimbi	40:22	5:03	1:17
8 Nicolas Steenama	40:46	5:06	5:29
8 Moses Mthetha	41:05	5:08	-8:15
8 Martin Blignaut	42:34	5:19	2:10
8 Deon Wessels	45:20	5:40	5:06
8 Gole Malatwa	47:05	5:53	8:00
8 Chris Botha	48:16	6:02	7:21
8 Patrick Wong	48:16	6:02	3:17

**4km Walkers**

Name	Time	Pace	+/- PB
4 Andie Greyling	46:30	11:38	14:13
4 Bobby Kacmar	46:30	11:38	8:00
4 Sally Bevington	46:30	11:38	8:00