



14th October TT. Thank you Shanice, Henri, and Tshepo for timekeeping.

Ladies 5km TT

Name	Time	Pace	+/- PB
Shannon de Ryhove	31:16	6:15	3:52
Bronwyn Diamond	32:08	6:26	1:45
Lianne Zermatten	34:48	6:58	4:18
Millyanna Ebersson	37:15	7:27	-3:33
Sam Lister	37:55	7:35	1:19
Afika Nwelena	38:27	7:41	-5:38
Pheladi Mabotha	38:28	7:42	0:58
Sohana Bridgenohan	38:50	7:46	0:00
Paula Hoch	39:00	7:48	0:00
Shirley Duncan	40:07	8:01	2:14
Helga Lucas	40:17	8:03	6:03
Jenny Moore	40:29	8:06	6:59
Tshidi Mashkjama	42:49	8:34	2:34
Lauren Wessels	44:16	8:51	17:46
Heather Matteucci	44:40	8:56	4:25
Siphesihle Taki	46:21	9:16	0:02
Tatum Lister-Strydom	52:17	10:27	14:27

Mens 5km TT

Name	Time	Pace	+/- PB
Joel Moore	25:06	5:01	0:38
Timothy Goodchild	27:00	5:24	1:44
Thomas Linklater	28:32	5:42	-4:16
Azwifheli Ratshifheli	28:59	5:48	1:23
Craig Laros	30:18	6:04	1:00
Steve Moolman	31:55	6:23	3:27
Bradley Diamond	32:08	6:26	7:20
Seth Venter	36:33	7:19	7:45
Charles du Preez	37:15	7:27	-1:55
Timmy Baloyi	37:37	7:31	4:27
Craig Thomas	37:50	7:34	3:18
Lesego Makwane	38:28	7:42	5:04
Sachin Bridgenohan	45:00	9:00	0:00
Geoff Hadley	45:05	9:01	-3:06
Coach Marco	49:12	9:50	21:00

Ladies 8km TT

Name	Time	Pace	+/- PB
Estrelita Kotze	35:06	4:23	0:55
Acacia-Cailyn Abell	39:03	4:53	1:18
Chelsea Muller	43:05	5:23	3:57
Samantha Zermatten	43:31	5:26	2:26
Lauren Hawthorn	46:11	5:46	0:28
Candice Delacovia-Graver	46:18	5:47	2:10
Claire Steyn	54:17	6:47	11:37
Gail Elliot-Wilson	54:17	6:47	6:31

Mens 8km TT

Name	Time	Pace	+/- PB
Jovan Marais	35:00	4:23	-2:18
Richard De Klerk	35:44	4:28	3:33
Andrew Lucas	36:14	4:32	1:16
Dario Matteucci	36:14	4:32	7:26
Warren Graver	36:14	4:32	3:02
Dean Dodd	38:35	4:49	2:45
Bradley Cook	39:12	4:54	1:57
Sipho Matsimbi	39:55	4:59	2:10
Andre Greyling	39:58	5:00	4:21
Dieter Zermatten	40:30	5:04	5:58
Kevin Lister	40:43	5:05	0:39
Carl Strydom	40:43	5:05	3:28
Simon Levin	41:51	5:14	5:13
Robert Bode	42:07	5:16	0:51
Fabio Matteucci	42:26	5:18	6:31
Craig Duncan	45:09	5:39	1:01
Chris Botha	47:50	5:59	6:55
Deon Wessels	49:00	6:08	8:46
Ayal Peretz	49:34	6:12	9:28
Edwin Maroga	50:50	6:21	3:24
David Wingfield	53:22	6:40	0:00
Patrick Moore	53:24	6:41	11:07

4km runners

Name	Time	Pace	+/- PB
Christo Pieterse	33:59	8:30	-0:30
Ilse Herselman	33:59	8:30	0:00
Lobke du Preez	37:15	9:19	-0:40
Noluthando Mfunda	55:17	13:49	0:00
Kgato Mfunda	55:17	13:49	0:00