



10th June 2025. Thank you NJ and Amber



Ladies 5km TT

Name	Time	Pace	+/- PB
Vicki Scott	31:34	6:19	0:00
Gaby Duncan	32:11	6:26	2:10
Ayanda Tikayo	34:45	6:57	-1:42
Yvonnehine Naidoo	37:47	7:33	-15:43
Tayla Foong	39:51	7:58	10:13
Lora Goodchild	40:00	8:00	0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Moses Mterha	27:06	5:25	2:04
Joel Moore	27:39	5:32	3:06
Craig Duncan	27:40	5:32	-0:24
Chris Botha	27:55	5:35	1:45
Carl Strydom	29:10	5:50	5:20
Patrick Moore	29:18	5:52	2:39
Mashila Mahumbula	31:10	6:14	-0:50
Benjamin Banks	31:16	6:15	1:46
Nathanael Marikam	31:30	6:18	3:27
Azwiltheli Ratsitheli	32:00	6:24	-0:10
Christo Pieterse	32:06	6:25	9:19
Mark Scott	33:33	6:43	0:00
Fred Muvhulawa	33:35	6:43	4:54
Hlumelo Peko	35:13	7:03	0:00
Graham Clifton	37:10	7:26	3:11
Timothy Goodchild	40:00	8:00	14:27
Yannick Lubamba	40:51	8:10	3:51

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	34:49	4:21	0:31
Chelsea Muller	41:54	5:14	2:46
Samantha Zernatten	47:00	5:53	4:00

Mens 8km TT

Name	Time	Pace	+/- PB
Tiano Da Silva	34:50	4:21	0:00
Dieter Zernatten	40:51	5:06	6:19
Thabo Moopa	41:37	5:12	-0:23
Andre Greyling	41:40	5:13	6:03
Jaryd Hubrig	42:27	5:18	0:00
Patrick Lovell	46:35	5:49	6:38

4km runners

Name	Time	Pace	+/- PB
Jenny Moore	32:42	8:11	-5:32