



12th August 2025. Thank you Claire and Chelsea (Teacher Teacher) !!



Ladies 5km TT				
Name	Time	Pace	+/- PB	
Shanice Peens	21:38	4:20	1:02	
Shannon de Ryhove	29:35	5:55	2:11	
Lauren Hawthorn	30:36	6:07	-0:53	
Kayla Goodfellow	30:41	6:08	0:41	
Bianca Putter	30:47	6:09	0:00	
Kiana Linklater	32:48	6:34	-0:52	
Ayanda Tikayo	33:12	6:38	-1:19	
Bronwyn Diamond	33:40	6:44	3:17	
Deidre Coghlan	33:40	6:44	5:36	
Bontle Tshole	35:01	7:00	4:04	
Sonali Kuldip	35:16	7:03	-0:09	
Helga Lucas	38:29	7:42	4:15	
Sabashnee Naidoo	41:05	8:13	-0:22	
Tatum Lister-Strydom	41:32	8:18	2:02	
Phelodi	41:43	8:21	-0:53	
Fezisa Ntukela	44:16	8:51	0:28	
Milly Amani	44:25	8:53	1:28	
Siphephelo Magandua	44:40	8:56	2:56	
Poppy Maotoe	44:54	8:59	0:56	

Mens 5km TT				
Name	Time	Pace	+/- PB	
Mashila Makumbani	25:52	5:10	0:22	
Deon Wessels	26:23	5:17	1:26	
Craig Duncan	26:49	5:22	0:02	
Steve	27:22	5:28	0:00	
Thabo Morake	27:30	5:30	-3:47	
Moses Mtetha	27:50	5:34	2:48	
Kade Morgan	31:13	6:15	-0:32	
Bradley Diamond	32:23	6:29	7:35	
Courtenay Linklater	32:48	6:34	1:09	
Thomas Linklater	32:48	6:34	0:00	
Jaryd Hubrig	33:00	6:36	9:53	
Tshepo	33:10	6:38	-4:43	
Mfana Masimula	34:14	6:51	-1:24	
Clement	37:53	7:35	0:00	
Timmy	37:53	7:35	4:43	
Coach Marco	38:29	7:42	10:17	
Carl Strydom	41:09	8:14	17:19	
Sam Lister	41:10	8:14	-2:30	
Kevin Lister	41:34	8:19	16:13	
Lesego Makwane	41:43	8:21	8:19	

Ladies 8km TT				
Name	Time	Pace	+/- PB	
Celine Van Enter	42:17	5:17	1:21	
Tristan Torr	43:06	5:23	10:40	
Sally Bevington	49:30	6:11	6:51	
Samantha Zermatten	49:30	6:11	6:30	
Jo-Anne Buchner	50:48	6:21	8:50	
Lianne Zermatten	57:00	7:08	5:43	

Mens 8km TT				
Name	Time	Pace	+/- PB	
Dario Matteucci	33:10	4:09	4:22	
Isiah Dzambo	34:04	4:16	2:04	
Warren Graver	35:52	4:29	2:40	
Richard De Klerk	36:01	4:30	3:50	
Clayton Sumner	36:18	4:32	3:27	
Jovan Marais	38:19	4:47	-2:11	
Sipho Matsimbi	38:50	4:51	1:05	
Dieter Zermatten	40:29	5:04	5:57	
Jason Townsend	41:32	5:12	-1:37	
Andrew Lucas	42:17	5:17	7:19	
Clement Mangwane	42:49	5:21	1:59	
Patrick Moore	42:58	5:22	-1:10	
Gary French	43:10	5:24	3:15	
Andre Greyling	43:53	5:29	8:16	
Simon Levin	43:53	5:29	7:15	
Robert Bode	45:07	5:38	3:51	
Timothy Goodchild	45:40	5:43	-2:23	
Chris Botha	46:20	5:48	5:25	
Simba	48:07	6:01	0:00	
Craig Laros	51:35	6:27	2:35	
Hlumelo Peko	51:54	6:29	1:08	
Henri Zermatten	59:59	7:30	18:22	

4km runners				
Name	Time	Pace	+/- PB	

Virtual TT		
Name	Time	Distance
Gail Elliot-Wilson	0:49:05	8