



13th May 2025. Thank you T&T (Tshapo and Tristan) and Andre



Ladies 5km TT

Name	Time	Pace	+/- PB
Amber Banks	30:18	6:04	-1:12
Gail Elliot-Wilson	30:38	6:08	1:38
Jenna Griesel	31:17	6:15	-1:59
Nicole Cook	33:30	6:42	3:45
Rowan Hubrig	33:36	6:43	0:00
Shannon de Ryhove	34:14	6:51	6:50
Sihle Xulu	36:40	7:20	-0:07
Michelle Mphahlele	37:50	7:34	3:29
Tayla Foong	38:36	7:43	8:58
Bronwyn Diamond	38:41	7:44	8:18
Helga Lucas	38:41	7:44	4:27
Lianne Zermatten	38:41	7:44	8:11
Samantha Zermatten	41:00	8:12	13:01
Noncebo Nzama	42:15	8:27	0:00
Fazisa Ntukela	45:00	9:00	1:00
Sipheisihle Taki	47:50	9:34	-2:10
Tibiki Mogatla	47:50	9:34	1:15
Nontobeko Duva	50:03	10:01	0:00
Liesel Raath	51:17	10:15	-1:18
Robyn Versace	51:17	10:15	-1:18

Mens 5km TT

Name	Time	Pace	+/- PB
Dario Matteucci	18:27	3:41	1:14
Jaryd Hubrig	26:07	5:13	3:00
Craig Duncan	28:38	5:44	0:34
Craig Laro	29:26	5:53	0:08
Nashila Mahzumbar	30:00	6:00	0:00
Brett Caldwell	30:42	6:08	0:00
Nick Wilson	32:09	6:26	2:26
Yameka Fayilane	32:51	6:34	0:00
Fred Muvhulawa	32:52	6:34	4:11
Azwilholi Ratsifheli	33:00	6:36	0:00
Alex de Ryhove	34:50	6:58	1:20
Christo Pieterse	38:49	7:46	16:02
Timothy Goodchild	41:58	8:24	15:48
Yannick Lubamba	49:48	9:58	5:08
Geoff Hadley	51:47	10:21	2:22

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	36:28	4:34	2:10
Chelsea Muller	40:54	5:07	1:46
Celine Van Enter	45:36	5:42	4:40
Zandile Masondo	48:22	6:03	0:00
Kirsty Love	57:20	7:10	6:21

Mens 8km TT

Name	Time	Pace	+/- PB
Nicolas Steensma	34:28	4:19	-0:02
Donald Mbonani	34:28	4:19	0:00
Jackson Malumalu	37:13	4:39	7:13
Dieter Zermatten	40:17	5:02	5:45
Clement Mangwane	40:50	5:06	-1:44
Bradley Diamond	42:46	5:21	1:48
Thabo Moopa	43:17	5:25	-0:30
Deon Wassela	43:25	5:26	3:11
Kevin Lister	43:50	5:29	3:37
Chris Botha	44:11	5:31	3:16
Andre Venter	45:36	5:42	12:25
Patrick Moore	45:44	5:43	0:00
Boemar Monyaka	45:58	5:45	0:00
Karabo Phasha	46:02	5:45	10:33
Benjamin Banks	46:30	5:49	3:03
Ofhaneli Rapetswana	48:02	6:00	10:25
Andrew Lucas	49:30	6:11	14:32
Hlumelo Peiko	50:46	6:21	0:00
Ayal Peretz	57:20	7:10	17:14

4km Walkers

Name	Time	Pace	+/- PB
Mpuumeliso Nongwane	45:15	11:19	0:00