



15th July 2025. Thank you Gail, Henk and Lianne



Ladies 5km TT

Name	Time	Pace	+/- PB
Chelsea Muller	29:24	5:53	4:11
Marizanne Pienaar	30:16	6:03	3:46
Gaby Duncan	31:50	6:22	1:49
Caitlin Ransom	32:19	6:28	0:42
Bronwyn Diamond	33:52	6:46	3:29
Claire Steyn	34:06	6:49	7:35
Michelle Mphahlele	35:20	7:04	0:59
Sonali Kuldip	35:25	7:05	-10:32
Amanda Channing	38:40	7:44	3:38
Shirley Duncan	38:58	7:48	-2:00
Janet Birk	40:20	8:04	0:00
Tatum Lister-Strydom	41:27	8:17	1:57
Lungiswa Mali	44:10	8:50	-0:45
Poppy Maotoe	44:30	8:54	0:32
Afika Nweleni	46:20	9:16	-0:10

Mens 5km TT

Name	Time	Pace	+/- PB
Koketso Selopyane	19:54	3:59	-0:06
Gareth Neilson	23:40	4:44	0:00
Mashila Malumbula	26:56	5:23	1:26
Timothy Goodchild	27:35	5:31	2:02
Christo Pieterse	29:24	5:53	6:37
Deon Wessels	29:50	5:58	4:53
Mark Scott	31:25	6:17	-2:09
Bradley Diamond	32:05	6:25	7:17
Lesego Makwane	33:24	6:41	-2:26
Kgotso Moloi	41:58	8:24	8:58

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	37:36	4:42	4:32
Estrelita Kotze	37:40	4:43	2:40
Siphokazi Monoliwa	39:40	4:58	-7:19
Celine Van Enter	44:03	5:30	3:07
Samantha Zermatten	48:34	6:04	5:34
Sally Bevington	48:34	6:04	5:55
Claire Koetze	49:20	6:10	8:50

Mens 8km TT

Name	Time	Pace	+/- PB
Clayton Sumner	33:17	4:10	0:26
Isiah Dzambo	35:46	4:28	3:46
John Zama	36:53	4:37	0:00
Warren Graver	37:03	4:38	3:51
Dieter Zermatten	37:48	4:44	3:16
Carl Strydom	40:29	5:04	2:27
Andre Greyling	41:57	5:15	6:20
Thabo Moopa	43:15	5:24	1:38
Clement Mangwane	45:36	5:42	4:46
Chris Botha	46:11	5:46	5:16
Connos Chonning	50:05	6:16	-0:45
Craig Laros	50:41	6:20	1:41
Edwin Maroga	51:05	6:23	3:39
Coach Marco	51:22	6:25	5:50
Tristan Laros	52:49	6:36	10:09