



17th June 2025. Thank you the three hot chicks; Gail, Shannon and Claire !



Ladies 5km TT

Name	Time	Pace	+/- PB
Candice Delacovia-Graver	29:53	5:59	-0:34
Maxine Wing	31:36	6:19	-0:11
Nati Trassierra	31:37	6:19	0:37
Gaby Duncan	31:42	6:20	1:41
Vicki Scott	33:24	6:41	1:50
Lianne Zermatten	34:33	6:55	4:03
Michelle Mphahlele	35:49	7:10	1:28
Yovashine Naidoo	37:27	7:29	-0:20
Tayla Foong	37:51	7:34	8:13
Helga Lucas	38:09	7:38	3:55
Nazerit Wilson	39:20	7:52	1:57
Rosella Dukhati	45:34	9:07	0:00
Tatum Lister-Strydom	48:05	9:37	8:35
Afika Nwelena	48:05	9:37	0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Eddie Mooka	20:34	4:07	0:24
Dario Matteucci	25:02	5:00	7:49
Craig Duncan	28:17	5:39	0:37
Timothy Goodchild	30:07	6:01	4:34
Tristan Laros	30:14	6:03	4:30
Patrick Wong	30:20	6:04	1:20
Mashila Malumbula	30:45	6:09	-0:25
Nick Wilson	31:00	6:12	1:17
Azwifheli Ratshifheli	31:30	6:18	-0:30
Yameks Fayilane	31:40	6:20	-1:11
Benjamin Banks	31:45	6:21	2:15
Mark Scott	33:24	6:41	-0:09
Andries Makgokosh	37:44	7:33	0:00
Coach Marco	38:07	7:37	9:55
Yannick Lubamba	47:29	9:30	10:29
Kevin Lister	48:05	9:37	22:44

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	33:04	4:08	-1:14
Chelsea Muller	44:32	5:34	5:24
Claire Koetze	49:05	6:08	8:35
Sally Bevington	49:50	6:14	7:11
Samantha Zermatten	49:50	6:14	6:50
Deidre Coghlan	53:00	6:38	9:09

Mens 8km TT

Name	Time	Pace	+/- PB
Tiano Da Silva	31:45	3:58	-3:05
Clayton Sumner	37:26	4:41	4:35
Jaryd Hubrig	38:42	4:50	-3:45
Jackson Malumalu	39:19	4:55	9:19
Nicolas Steensma	40:12	5:02	5:44
Isiah Dzambo	41:36	5:12	9:36
Kacey Kai	41:40	5:13	2:35
Andre Greyling	43:06	5:23	7:29
Dieter Zermatten	43:45	5:28	9:13
Andrew Lucas	44:00	5:30	9:02
Brett Caldela	44:10	5:31	0:10
Moses Mtetha	44:24	5:33	3:19
Chris Botha	45:32	5:42	4:37

4km runners

Name	Time	Pace	+/- PB
Ofhani Rapetswane	45:34	11:24	11:47