



19th August 2025. Thank you Sally and Christopher

Ladies 5km TT

Name	Time	Pace	+/- PB
Chelsea Muller	29:16	5:51	4:03
Maxine Wing	29:55	5:59	0:35
Lauren Hawthorn	30:00	6:00	-0:36
Kayla Goodfellow	30:17	6:03	0:17
Bronwyn Diamond	32:17	6:27	1:54
Bianca Putter	32:57	6:35	2:10
Michelle Knezavich	32:57	6:35	0:00
Ayanda Tikayo	33:10	6:38	-0:02
Kiana Linklater	33:10	6:38	0:22
Bontle Tshole	34:16	6:51	3:19
Lianne Zermatten	34:45	6:57	4:15
Kirsty Love	34:55	6:59	4:41
Kgotlelelo Seleala	34:56	6:59	0:11
Sonali Kuldip	35:35	7:07	0:20
Pheladi Mabotha	39:03	7:49	-2:40
Shirley Duncan	39:34	7:55	1:41
Amanda Channing	39:38	7:56	7:16
Mpho Letsoalo	40:05	8:01	4:36
Zenanda Ndiweni	40:33	8:07	0:38
Helga Lucas	40:57	8:11	6:43
Janet Birk	41:00	8:12	1:40
Fezisa Ntukela	46:46	9:21	2:58
Kabelo Mashilo	46:46	9:21	0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Dario Matteucci	19:22	3:52	2:09
Jonathan Hanscombe	24:16	4:51	0:29
Mashila Makumbani	26:09	5:14	0:39
Jacques Smith	29:05	5:49	0:00
Mark Scott	29:55	5:59	-1:30
Craig Laros	30:05	6:01	0:47
Azwifheli Ratshifheli	30:20	6:04	-0:55
Kade Morgan	31:00	6:12	-12:40
Coach Marco	31:50	6:22	3:38
Patrick Lovell	31:52	6:22	6:04
Hlumelo Peko	31:55	6:23	-3:18
Bradley Diamond	32:17	6:27	7:29
Ricky Papale	32:57	6:35	0:00
Timmy Baloyi	32:57	6:35	-0:13
Mfana Masimula	34:17	6:51	0:03
Thabo Morake	34:17	6:51	3:00
Tshepo Lerota	34:17	6:51	1:07
Clement	35:17	7:03	-2:36
Charl Steyn	35:33	7:07	0:00
Lesego Makwane	39:03	7:49	5:39
Jared Pope	40:22	8:04	0:00
Sam Lister	40:33	8:07	-0:37
Kevin Lister	40:34	8:07	15:13
Courtenay Linklater	45:34	9:07	13:55

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	35:18	4:25	2:14
Estrelita Kotze	36:36	4:35	2:25
Tristan Torr	40:36	5:05	8:10
Celine Van Enter	45:03	5:38	4:07
Samantha Zermatten	46:06	5:46	3:06
Claire Koetze	47:48	5:59	7:18
Gail Elliot-Wilson	48:46	6:06	-4:41
Candice Delacovia-Graver	49:16	6:10	3:51

Mens 8km TT

Name	Time	Pace	+/- PB
Clayton Sumner	34:35	4:19	1:44
Noluthando Mfunda	34:40	4:20	-16:42
Isiah Dzambo	34:54	4:22	2:54
Richard De Klerk	37:05	4:38	4:54
Warren Graver	37:08	4:39	3:56
Jose Bates	37:10	4:39	4:09
Dieter Zermatten	37:28	4:41	2:56
Jovan Marais	39:05	4:53	0:46
Jaryd Hubrig	40:36	5:05	1:55
Jason Townsend	41:09	5:09	-0:23
Andrew Lucas	41:20	5:10	6:22
Simon Levin	41:23	5:10	4:45
Patrick Moore	44:30	5:34	1:54
Thomas Linklater	45:14	5:39	0:00
Timothy Goodchild	45:24	5:41	-0:16
Ofhani Rapetswane	45:39	5:42	8:02
Tshireletso Matshana	45:53	5:44	0:00
Deon Wessels	46:46	5:51	6:32
Ayal Peretz	46:46	5:51	6:40
Craig Duncan	47:16	5:55	0:00
Simba Munyaka	49:29	6:11	1:22
Edwin Maroga	50:17	6:17	2:51

4km runners

Name	Time	Pace	+/- PB
Alex de Ryhove	30:43	7:41	-2:35
Shannon de Ryhove	30:43	7:41	-2:35

