



1st July 2025. Thank you CANDice, Claire, and Ofhani ! Thank you to our Photo Princess



Ladies 5km TT

Name	Time	Pace	+/- PB
Mahlodi Mongala	29:53	5:59	0:00
Nicole Harper	30:01	6:00	-1:25
Shannon de Ryhove	30:03	6:01	2:39
Lauren Hawthorn	32:48	6:34	0:26
Bronwyn Diamond	32:53	6:35	2:30
Lindsay Clarke	33:59	6:48	0:00
Ayanda Tikayo	34:37	6:55	-0:08
Michelle Mphahlele	34:38	6:56	0:17
Sonali Kuldip	35:25	7:05	-10:32
Yovashine Naidoo	35:55	7:11	-1:32
Helga Lucas	38:47	7:45	4:33
Lianne Zermatten	38:54	7:47	8:24
Zenanda Ndiweni	39:55	7:59	0:00
Lungiswa Mali	44:58	9:00	0:03
Noncebo Nzama	44:58	9:00	3:19

Mens 5km TT

Name	Time	Pace	+/- PB
Jackson Malumalu	24:30	4:54	2:12
Andile Khumalo	25:36	5:07	-2:59
Timothy Goodchild	26:12	5:14	0:39
Craig Duncan	27:12	5:26	-0:28
Mashila Malumbula	27:12	5:26	-3:33
Yameks Fayilane	27:35	5:31	-4:05
Alistair MacMurray	27:54	5:35	0:00
Patrick Lovell	29:58	6:00	4:10
Craig Laros	30:30	6:06	1:12
Tristan Laros	30:41	6:08	4:57
Azwifheli Ratshifheli	31:30	6:18	0:15
Fred Muvhulawa	33:25	6:41	4:44
Alex de Ryhove	35:20	7:04	1:50
Henri Zermatten	40:20	8:04	11:59
Kgotso Moloi	42:32	8:30	0:00
Yannick Lubamba	42:40	8:32	5:40

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	35:12	4:24	2:08
Chelsea Muller	42:12	5:17	3:04
Celine Van Enter	43:32	5:27	2:36
Marizanne Pienaar	45:42	5:43	6:34
Sally Bevington	49:03	6:08	6:24
Samantha Zermatten	49:03	6:08	6:03
Kirsty Love	52:12	6:32	1:13

Mens 8km TT

Name	Time	Pace	+/- PB
Dario Matteucci	33:58	4:15	5:10
Clayton Sumner	35:56	4:30	3:05
Dieter Zermatten	38:20	4:48	3:48
Kacey Kai	40:47	5:06	1:42
Thabo Moopa	42:20	5:18	0:43
Andre Greyling	43:29	5:26	7:52
Cam James	43:29	5:26	0:00
Moses Mtetha	44:28	5:34	3:23
Deon Wessels	44:48	5:36	4:34
Bradley Diamond	44:50	5:36	3:52
Joel Moore	45:00	5:38	0:00
Patrick Moore	46:04	5:46	1:56
Chris Botha	46:15	5:47	5:20
Edwin Maroga	51:22	6:25	3:56
Ayal Peretz	52:19	6:32	12:13

4km runners

Name	Time	Pace	+/- PB
Carl Strydom	36:37	9:09	0:00
Tatum Lister-Strydom	36:37	9:09	0:00