



22nd July 2025. Thank you Nicole and Shannon

Ladies 5km TT				
	Name	Time	Pace	+/- PB
	Claire Steyn	30:14	6:03	3:43
	Maxine Wing	30:20	6:04	-0:15
	Kayla Goodfellow	31:03	6:13	-1:57
	Lauren Hawthorn	31:29	6:18	-0:50
	Ayanda Tikayo	34:31	6:54	0:00
	Michelle Mphahlele	34:40	6:56	0:19
	Sonali Kuldip	36:01	7:12	-9:56
	Amanda Channing	37:43	7:33	2:41
	Shirley Duncan	37:53	7:35	-1:05
	Helga Lucas	38:55	7:47	4:41
	Janet Birk	39:20	7:52	-1:00
	Lulue Thomnqanqeni	40:45	8:09	0:00
	Tatum Lister-Strydom	41:01	8:12	1:31
	Noncebo Nzama	42:00	8:24	0:21
	Afika Nweleni	44:05	8:49	-2:15
	Lungiswa Mali	44:16	8:51	0:06
	Poppy Maotoe	44:50	8:58	0:52
	Lianne Zermatten	59:02	11:48	28:32

Mens 5km TT				
Name	Time	Pace	+/- PB	
Timothy Goodchild	25:30	5:06	-0:03	
Connos Chonning	25:32	5:06	0:00	
Mashila Malumbula	26:40	5:20	1:10	
Craig Duncan	26:47	5:21	-0:05	
Christo Pieterse	27:10	5:26	4:23	
Jaryd Hubrig	29:41	5:56	6:34	
Craig Laros	29:48	5:58	0:30	
Shaun Ruck	32:15	6:27	-11:15	
Fred Muvhulawa	32:40	6:32	3:59	
Logan	32:43	6:33	0:00	
Lesego Makwane	35:05	7:01	1:41	
Tlamele Letebele	35:12	7:02	0:00	
Kade Morgan	35:35	7:07	0:00	
Mfana Masimula	35:38	7:08	0:00	
Coach Marco	39:21	7:52	11:09	
Moses Mtetha	47:05	9:25	22:03	

Ladies 8km TT				
Name	Time	Pace	+/- PB	
Shanice Peens	35:36	4:27	2:32	
Estrelita Kotze	35:58	4:30	0:58	
Celine Van Enter	43:20	5:25	2:24	
Candice Delacovia-Graver	48:15	6:02	2:50	
Samantha Zermatten	49:17	6:10	6:17	
Sally Bevington	49:17	6:10	6:38	
Kirsty Love	50:20	6:18	-0:15	
Gaby Duncan	51:57	6:30	0:46	
Nati Trassierra	51:57	6:30	0:46	

Mens 8km TT				
Name	Time	Pace	+/- PB	
Warren Graver	36:03	4:30	2:51	
Dieter Zermatten	37:45	4:43	3:13	
Nkululeko Dube	39:47	4:58	0:00	
Andre Greyling	40:50	5:06	5:13	
Carl Strydom	40:50	5:06	2:48	
Ofhani Rapetswane	41:08	5:09	3:31	
Bradley Diamond	41:59	5:15	1:01	
Patrick Moore	45:27	5:41	1:19	
Martin Blignaut	46:05	5:46	6:50	
Paseka Simela	47:00	5:53	0:00	
Isiah Dzambo	47:11	5:54	15:11	
Ayal Peretz	50:20	6:18	10:14	
Edwin Maroga	51:49	6:29	4:23	
Henri Zermatten	59:59	7:30	18:22	

4km runners				
Name	Time	Pace	+/- PB	
Michelle Knezavich	32:58	8:15	0:00	
Ricky Papale	32:58	8:15	0:00	
Bianca Putter	32:58	8:15	0:00	
Kiana Linklater	33:40	8:25	-0:05	
Thomas Linklater	33:40	8:25	-0:05	
Courtenay Linklater	33:45	8:26	0:00	
Alex de Ryhove	34:20	8:35	1:02	
Jenny Moore	35:10	8:48	-3:04	

Virtual TT		
Name	Time	Distance
Boitshepo	0:50:00	8