



NEDBANK
RUNNING
CLUB

TIME TRIAL RESULTS



24th June 2025. Thank you Dieter, Sam and Nicole !

Ladies 5km TT

Name	Time	Pace	+/- PB
Therene Botha	28:30	5:42	2:22
Claire Steyn	29:45	5:57	3:14
Shannon de Ryhove	29:59	6:00	2:35
Marizanne Pienaar	30:06	6:01	3:36
Gaby Duncan	30:24	6:05	0:23
Candice Delacovia-Graver	31:22	6:16	1:29
Nati Trassierra	31:42	6:20	0:42
Celine Van Enter	32:22	6:28	6:37
Lauren Hawthorn	32:22	6:28	0:00
Bronwyn Diamond	33:05	6:37	2:42
Vicki Scott	33:55	6:47	2:21
Sonali Kuldip	34:50	6:58	-11:07
Tayla Foong	37:05	7:25	7:27
Yovashine Naidoo	38:17	7:39	0:50
Patricia Muller	38:26	7:41	2:30
Zenanala Ndiwea	39:55	7:59	0:00
Nazerit Wilson	40:02	8:00	2:39
Lungiswa Mali	44:55	8:59	0:00
Afika Nwelena	46:30	9:18	-1:35
Poppy Maotoe	48:44	9:45	4:12
Kabelo Mambglo	48:50	9:46	4:18
Liesel Raath	56:23	11:17	5:06
Robyn Versace	56:23	11:17	5:06

Mens 5km TT

Name	Time	Pace	+/- PB
Warren Graver	24:42	4:56	1:48
Otto Khoza	25:00	5:00	0:00
Joel Moore	26:01	5:12	1:28
Patrick Lovell	26:04	5:13	0:16
Sipho Matsimbi	27:14	5:27	4:50
Timothy Goodchild	27:35	5:31	2:02
Craig Duncan	27:48	5:34	0:08
Herman Botha	28:30	5:42	3:05
Mashila Malumbula	28:35	5:43	-2:10
Andile Khumalo	28:35	5:43	0:00
Craig Laros	29:51	5:58	0:33
Ross Phillips	30:34	6:07	9:43
Nick Wilson	30:55	6:11	1:12
Azwifheli Ratshifheli	31:15	6:15	-0:15
David Wingfield	32:47	6:33	0:00
Bradley Diamond	33:05	6:37	8:17
Mark Scott	33:55	6:47	0:21
Hlumelo Peko	35:27	7:05	0:14
Coach Marco	38:27	7:41	10:15
Yannick Lubamba	40:27	8:05	3:27
Frank Lephoto	48:50	9:46	19:42
Henri Zermatten	54:48	10:58	26:27

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	36:12	4:32	3:08
Chelsea Muller	41:50	5:14	2:42
Kirsty Love	51:33	6:27	0:34
Lianne Zermatten	57:30	7:11	6:13

Mens 8km TT

Name	Time	Pace	+/- PB
Isiah Dzambo	35:14	4:24	3:14
Clayton Sumner	35:18	4:25	2:27
Dario Matteucci	35:18	4:25	6:30
Darryn Miles	35:39	4:27	1:24
Promise Msitshana	36:12	4:32	5:44
Andre Greyling	40:15	5:02	4:38
Kacey Kai	40:25	5:03	1:20
Thabo Moopa	43:00	5:23	1:23
Chris Botha	44:09	5:31	3:14
Moses Mtetha	44:30	5:34	3:25
Brett Caldela	46:15	5:47	2:15
Edwin Maroga	51:33	6:27	4:07

4km runners

Name	Time	Pace	+/- PB
Gail Elliot-Wilson	31:32	7:53	2:34
Jenny Moore	37:35	9:24	-0:39
Patrick Moore	37:35	9:24	-2:09
Ofhani Rapetswane	50:45	12:41	16:58
Rosella Dukhati	50:45	12:41	0:00

