



29th July 2025. Thank you Jenny and Andre



Ladies 5km TT				
Name	Time	Pace	+/- PB	
Kayla Goodfellow	30:01	6:00	-1:02	
Gail Elliot-Wilson	32:00	6:24	3:00	
Ayanda Tikayo	34:31	6:54	0:00	
Yovashine Naidoo	37:37	7:31	2:12	
Amanda Channing	39:23	7:53	4:21	
Shirley Duncan	39:35	7:55	1:42	
Tatum Lister-Strydom	40:24	8:05	0:54	
Lungiswa Mali	42:34	8:31	-1:36	
Heather Matteucci	44:00	8:48	3:45	
Poppy Maotoe	44:58	9:00	1:00	
Afika Nwelena	44:58	9:00	0:53	
Fezisa Ntukela	45:58	9:12	2:10	

Mens 5km TT				
Name	Time	Pace	+/- PB	
Christo Pieterse	23:59	4:48	1:12	
Joel Moore	24:28	4:54	-0:05	
Dario Matteucci	24:36	4:55	7:23	
Mashila Malumbula	25:35	5:07	0:05	
Connos Chonning	26:00	5:12	0:28	
Craig Duncan	26:56	5:23	0:09	
Paseka Simela	30:08	6:02	0:00	
Lauren Hawthorn	30:52	6:10	4:20	
Azwifheli Ratshifheli	31:30	6:18	0:15	
Kade Morgan	34:05	6:49	0:00	
Coach Marco	35:00	7:00	6:48	
Kabelo Serage	44:00	8:48	17:59	

Ladies 8km TT				
	Name	Time	Pace	+/- PB
	Shanice Peens	35:39	4:27	2:35
	Estrelita Kotze	35:43	4:28	0:43
	Celine Van Enter	43:55	5:29	2:59
	Kirsty Love	48:50	6:06	-1:30
	Samantha Zermatten	49:50	6:14	6:50
	Sally Bevington	49:50	6:14	7:11
	Shannon de Ryhove	54:38	6:50	3:12
	Claire Steyn	55:14	6:54	12:34
	Bronwyn Diamond	55:15	6:54	4:00
	Lianne Zermatten	59:23	7:25	8:06

Mens 8km TT				
Name	Time	Pace	+/- PB	
Isiah Dzambo	34:45	4:21	2:45	
Nkululeko Dube	35:09	4:24	-4:38	
Dieter Zermatten	37:20	4:40	2:48	
Sipho Matsimbi	38:58	4:52	1:13	
Deon Wessels	42:10	5:16	1:56	
Carl Strydom	43:26	5:26	5:24	
Jaryd Hubrig	43:26	5:26	4:45	
Fabio Matteucci	43:50	5:29	7:55	
Yameks Fayilane	44:04	5:31	0:34	
Patrick Lovell	44:30	5:34	4:33	
Jason Townsend	44:32	5:34	0:00	
Moses Mtetha	45:34	5:42	4:29	
Patrick Moore	45:37	5:42	1:29	
Paseka Simela	47:00	5:53	0:00	
Chris Botha	47:03	5:53	6:08	
Ayal Peretz	47:03	5:53	6:57	
Chris Midlands	47:16	5:55	7:05	
Gunther Shiburi	49:58	6:15	0:00	
Bradley Diamond	55:16	6:55	14:18	
Mfana Masimula	56:20	7:03	0:00	
Henri Zermatten	59:20	7:25	17:43	

4km runners				
Name	Time	Pace	+/- PB	
Chenice Christie	38:35	9:39	0:00	
Heather Arnold	38:35	9:39	0:00	

