



3rd June 2025. Thank you Paddy (Love the face) and Helga (Love the hair cut)



Ladies 5km TT

Name	Time	Pace	+/- PB
Susan Sloane	25:05	5:01	0:00
Shannon de Ryhove	29:30	5:54	2:06
Claire Steyn	30:19	6:04	3:48
Candice Delacovia-Graver	30:37	6:07	0:10
Nati Treaslema	31:00	6:12	-0:34
Gaby Duncan	31:13	6:15	3:08
Nicole Harper	31:26	6:17	-0:05
Jenna Griesel	31:39	6:20	0:22
Caitlin Ransom	33:57	6:47	0:47
Sonali Kuldip	34:52	6:58	-11:05
Michelle Mphahlele	35:25	7:05	1:04
Lerato Funani	36:30	7:18	-0:07
Nazari Wilson	39:45	7:57	2:22
Mairam Kader	44:50	8:58	0:48

Mens 5km TT

Name	Time	Pace	+/- PB
Eddie Mooka	20:10	4:02	0:00
Nicolas Steensma	20:33	4:07	20:33
Joel Moore	25:15	5:03	0:42
Moses Mntsha	27:30	5:30	2:28
Timothy Goodchild	29:01	5:48	3:28
Nathanael Marikam	29:40	5:56	1:37
Craig Duncan	30:04	6:01	2:00
Bradley Cook	30:19	6:04	5:08
Dillon Haverly	30:20	6:04	5:37
Craig Laros	30:24	6:05	1:06
Bradley Diamond	30:29	6:06	5:41
Mashila Malumbula	32:00	6:24	0:00
Nick Wilson	32:07	6:25	2:24
Azwitshel Ratsihsheli	32:10	6:26	-0:15
Alex de Ryhove	34:44	6:57	1:14
Coach Marco	34:44	6:57	6:32
Graham Clifton	38:56	7:47	4:57
Yannick Lubamba	39:43	7:57	2:43
Rees Docrat	44:02	8:48	-0:48

Ladies 8km TT

Name	Time	Pace	+/- PB
Sharice Peens	35:19	4:25	1:01
Ayanda Tikayo	36:49	4:36	-18:42
Estrelita Kotze	36:49	4:36	1:49
Chelsea Muller	41:50	5:14	2:42
Marizanne Pienaar	44:03	5:30	4:55
Celine Van Enter	44:48	5:36	3:52

Mens 8km TT

Name	Time	Pace	+/- PB
Mooksi Makaleng	33:10	4:09	3:01
Warren Graver	36:49	4:36	3:37
Dieter Zermatten	38:40	4:50	4:08
Carl Strydom	40:04	5:01	2:02
Martin Bignaut	41:50	5:14	2:35
Deon Wezeela	43:25	5:26	3:11
Yameka Fayilane	43:30	5:26	0:00
Thabo Moopa	43:30	5:26	1:30
Othani Rapetswana	43:58	5:30	6:21
Brett Caldwell	44:00	5:30	-7:40
Chris Botha	44:05	5:31	3:10
Patrick Moore	45:58	5:45	1:50
Kevin Lister	48:10	6:01	7:57
Alistair Murray	48:10	6:01	0:00
Hlumelo Peko	52:49	6:36	2:03
Mark Scott	53:34	6:42	0:00