



5th August 2025. Thank you Gail and Edwin



Ladies 5km TT				
Name	Time	Pace	+/- PB	
Samantha Zermatten	28:52	5:46	0:53	
Maxine Wing	29:20	5:52	-1:00	
Kayla Goodfellow	30:00	6:00	-0:01	
Gaby Duncan	31:55	6:23	1:54	
Nati Trassierra	31:55	6:23	0:55	
Amanda Channing	32:22	6:28	-2:40	
Bronwyn Diamond	33:58	6:48	3:35	
Deidre Coghlan	33:58	6:48	5:54	
Kirsty Love	33:58	6:48	3:44	
Anastasia Polyakova	34:00	6:48	-1:31	
Michelle Mphahlele	36:24	7:17	2:03	
Shirley Duncan	38:42	7:44	0:49	
Yovashine Naidoo	41:00	8:12	5:35	
Tatum Lister-Strydom	41:27	8:17	1:57	
Sabashnee Naidoo	41:27	8:17	-4:30	
Fezisa Ntukela	45:00	9:00	1:12	
Milly Amani	46:35	9:19	3:38	
Poppy Maotoe	48:00	9:36	4:02	

Mens 5km TT				
Name	Time	Pace	+/- PB	
Lesiba Mooka	19:58	4:00	0:00	
Dieter Zermatten	23:32	4:42	1:30	
Timothy Goodchild	25:16	5:03	-0:14	
Connor Chonning	26:26	5:17	0:54	
Andre Greyling	26:36	5:19	4:19	
Craig Duncan	26:52	5:22	0:05	
Christo Pieterse	28:30	5:42	5:43	
Steve Moolman	30:55	6:11	2:27	
Azwifheli Ratshifheli	31:15	6:15	0:00	
Ofhani Rapetswane	31:24	6:17	7:24	
Kade Morgan	31:45	6:21	-2:20	
Bradley Diamond	33:52	6:46	9:04	

Ladies 8km TT				
Name	Time	Pace	+/- PB	
Estrelita Kotze	34:11	4:16	-0:49	
Celine Van Enter	42:48	5:21	1:52	
Claire Koetze	46:46	5:51	6:16	
Candice Delacovia-Graver	48:36	6:05	3:11	
Nicole Harper	49:55	6:14	-0:26	
Lauren Hawthorn	51:00	6:23	0:00	

Mens 8km TT				
Name	Time	Pace	+/- PB	
Richard De Klerk	33:45	4:13	1:34	
Dario Matteucci	34:05	4:16	5:17	
Warren Graver	35:02	4:23	1:50	
Clayton Sumner	35:43	4:28	2:52	
Andrew Lucas	36:36	4:35	1:38	
Isiah Dzambo	40:30	5:04	8:30	
Jovan Marais	40:30	5:04	-4:02	
Carl Strydom	41:20	5:10	3:18	
Simon Levin	42:40	5:20	6:02	
Jason Townsend	43:09	5:24	-1:23	
Moses Mtetha	45:53	5:44	4:48	
Robert Bode	45:56	5:45	4:40	
Ayal Peretz	46:22	5:48	12:17	
Patrick Lovell	46:30	5:49	6:33	
Yameks Fayilane	47:00	5:53	3:30	
Chris Botha	47:24	5:56	6:29	

4km runners				
Name	Time	Pace	+/- PB	
Helga Lucas	32:37	8:09	-3:08	

Virtual TT		
Name	Time	Distance
Shanice Peens	0:36:29	8

