



7th October TT. Thank you Bron for Assiting me !!!



Ladies 5km TT

Name	Time	Pace	+/- PB
Acacia-Cailyn Abell	22:45	4:33	-1:08
Gail Elliot-Wilson	28:36	5:43	-0:24
Barati Mahloele	28:48	5:46	-5:25
Gaby Duncan	31:30	6:18	1:29
Gia Sada	32:30	6:30	6:09
Lianne Zermatten	33:15	6:39	2:45
Sam Lister	36:36	7:19	-4:34
Jenna Nkosi	36:36	7:19	0:00
Caitlin Ransom	36:54	7:23	5:17
Lauren Wessels	43:09	8:38	16:39
Tatum Lister-Strydom	43:09	8:38	5:19
Heather Matteucci	46:18	9:16	6:03
Siphesihle Taki	46:19	9:16	-1:31

Mens 5km TT

Name	Time	Pace	+/- PB
Joel Moore	25:34	5:07	1:06
Mashila Makumbani	25:45	5:09	0:38
Ethan Fredricks	26:02	5:12	-0:12
Craig Duncan	27:05	5:25	0:18
Timothy Goodchild	27:57	5:35	2:41
Azwifheli Ratshifheli	28:30	5:42	0:54
Peder Jansen	29:03	5:49	2:42
Clement Rikhotso	29:28	5:54	-5:17
Deon Wessels	29:52	5:58	4:55
Zeandre Jacobs	31:09	6:14	0:00
Patrick Lovell	31:57	6:23	6:09
Tristan Laros	32:36	6:31	6:52
Bandile Madolo	34:13	6:51	0:00
Timmy Baloyi	34:45	6:57	1:35
Jackson Malumalu	35:23	7:05	13:05
Christo Pieterse	35:26	7:05	12:39
Seth Venter	36:36	7:19	7:48
Craig Thomas	38:10	7:38	3:38
Yannick Lubamba	46:20	9:16	9:20
Hlumelo Peko	50:34	10:07	20:14

Ladies 8km TT

Name	Time	Pace	+/- PB
Estrelita Kotze	35:50	4:29	1:39
Shanice Peens	37:58	4:45	4:54
Chelsea Muller	42:16	5:17	3:08
Marizanne Pienaar	42:52	5:22	3:44
Samantha Zermatten	44:55	5:37	3:50
Lauren Hawthorn	46:19	5:47	0:36
Candice Delacovia-Graver	46:57	5:52	2:49
Shannon de Ryhove	52:14	6:32	5:24
Claire Steyn	52:26	6:33	9:46

Mens 8km TT

Name	Time	Pace	+/- PB
Innocent Beloy	32:27	4:03	0:00
Bobby Kassner	32:36	4:05	-4:59
Dario Matteucci	32:53	4:07	4:05
Richard De Klerk	34:51	4:21	2:40
Warren Graver	34:51	4:21	1:39
Dieter Zermatten	35:26	4:26	0:54
Andrew Lucas	36:44	4:36	1:46
Jovan Marais	39:50	4:59	2:32
Jason Townsend	40:02	5:00	0:03
Kevin Lister	40:04	5:01	-0:09
Carl Strydom	40:04	5:01	2:49
Tshegofatso Ramodile	40:56	5:07	0:00
Fabio Matteucci	42:57	5:22	7:02
Thabo Moopa	44:00	5:30	2:23
Robert Bode	44:11	5:31	2:55
Chris Botha	46:36	5:50	5:41
Simon Levin	46:38	5:50	10:00
Kade Morgan	46:46	5:51	-2:30
Ayal Peretz	48:05	6:01	7:59
Craig Laros	48:30	6:04	0:05
Coach Marco	52:02	6:30	6:30
Patrick Moore	52:14	6:32	9:57
Bradley Diamond	52:26	6:33	11:28

4km runners

Name	Time	Pace	+/- PB
Jenny Moore	32:05	8:01	0:01
Theo Scholtz	37:50	9:28	5:18

