



8th July 2025. Thank you Shanice and Patrick



Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:29	4:18	0:53
Estrelita Kotze	22:17	4:27	-1:22
Tristan Torr	24:45	4:57	3:43
Claire Steyn	28:20	5:40	1:49
Taylor Azevedo	29:00	5:48	-9:18
Marizanne Pienaar	29:40	5:56	3:10
Candice Delacovia-Graver	29:58	6:00	0:05
Maxine Wing	30:35	6:07	-1:12
Gail Elliot-Wilson	31:27	6:17	2:27
Caitlin Ransom	31:37	6:19	-1:33
Lauren Hawthorn	32:19	6:28	-0:03
Bronwyn Diamond	32:56	6:35	2:33
Jessica le Roux	34:07	6:49	-11:58
Michelle Mphahlele	34:26	6:53	0:05
Ayanda Tikayo	34:31	6:54	-0:06
Nazerit Wilson	37:58	7:36	0:35
Helga Lucas	38:14	7:39	4:00
Siphesihle Ngubane	43:30	8:42	0:00
Fezisa Ntukela	43:48	8:46	-0:12
Poppy Maotoe	43:58	8:48	-0:34
Kabelo Ngubane	44:00	8:48	-0:32
Lungiswa Mali	46:32	9:18	1:37
Tatum Lister-Strydom	46:55	9:23	7:25

Mens 5km TT

Name	Time	Pace	+/- PB
Mashila Malumbula	25:30	5:06	-1:42
Timothy Goodchild	25:51	5:10	0:18
Craig Duncan	26:52	5:22	-0:20
Ozzie Ferreira	29:24	5:53	5:44
Azwifheli Ratshifheli	31:18	6:16	0:03
Nick Wilson	31:20	6:16	1:37
Christo Pieterse	32:14	6:27	9:27
Bradley Diamond	32:56	6:35	8:08
Kgotso Moloi	33:00	6:36	-9:32
Coach Marco	33:40	6:44	5:28
Ofhani Rapetswane	34:30	6:54	10:30
Lesego Makwane	35:50	7:10	-5:37
Yannick Lubamba	37:27	7:29	0:27
Carl Strydom	46:55	9:23	23:05

Ladies 8km TT

Name	Time	Pace	+/- PB
Samantha Zermatten	48:30	6:04	5:30
Sally Bevington	48:36	6:05	5:57
Kirsty Love	50:35	6:19	-0:24
Gaby Duncan	51:11	6:24	-0:32
Nati Trassiera	51:11	6:24	-1:48

Mens 8km TT

Name	Time	Pace	+/- PB
Dario Matteucci	32:26	4:03	3:38
Japhta Lambani	32:30	4:04	0:00
Promise Msitshana	32:36	4:05	2:08
Clayton Sumner	34:21	4:18	1:30
Dieter Zermatten	37:00	4:38	2:28
Gareth Neilson	38:22	4:48	0:00
Andre Greyling	39:33	4:57	3:56
Kacey Kai	40:32	5:04	1:27
Simon Levin	42:17	5:17	5:39
Andrew Lucas	42:17	5:17	7:19
Deon Wessels	42:20	5:18	2:06
Thabo Moopa	42:30	5:19	0:53
Brett Caldela	43:10	5:24	-0:50
Chris Botha	43:22	5:25	2:27
Moses Mtetha	43:40	5:28	2:35
Isiah Dzambo	43:41	5:28	11:41
Patrick Moore	44:16	5:32	0:08
Martin Blignaut	44:30	5:34	5:15
Patrick Lovell	46:19	5:47	6:22
Craig Laros	49:00	6:08	-0:56
Edwin Maroga	50:27	6:18	3:01
Ayal Peretz	50:35	6:19	10:29

4km runners

Name	Time	Pace	+/- PB
Jenny Moore	40:54	10:14	2:40