



21st October TT. Thank you Helga, Shannon and Gail for time keeping



Ladies 5km TT

Name	Time	Pace	+/- PB
Gaby Duncan	31:14	6:15	1:13
Claire Steyn	32:50	6:34	6:19
Lindsay Clarke	34:15	6:51	0:16
Caitlin Ransom	35:50	7:10	4:13
Sohana Bridgenohan	35:51	7:10	-2:59
Sam Lister	36:26	7:17	-0:10
Shirley Duncan	38:04	7:37	0:11
Pheladi Mabotha	38:34	7:43	1:04
Tatum Lister-Strydom	38:35	7:43	0:45
Amanda Channing	38:40	7:44	6:18
Bronwyn Diamond	45:56	9:11	15:33

Mens 5km TT

Name	Time	Pace	+/- PB
Ethan Fredricks	26:15	5:15	0:13
Craig Duncan	26:17	5:15	-0:30
Azwifheli Ratshifheli	28:06	5:37	0:30
Joel Moore	28:36	5:43	4:08
Chris Botha	29:27	5:53	3:17
Hlumelo Peko	29:53	5:59	-2:54
Steve Moolman	31:21	6:16	2:53
Patrick Moore	32:50	6:34	6:11
Lesego Makwane	35:20	7:04	1:56
Seth Venter	35:55	7:11	7:07
Christo Pieterse	38:54	7:47	16:07
Yannick Lubamba	44:53	8:59	7:53
Bradley Diamond	45:56	9:11	21:08
Mikhail Singh	46:20	9:16	0:00
Sachin Bridgenohan	48:00	9:36	3:00
Geoff Hadley	49:05	9:49	4:00
Lesego Makwane	55:05	11:01	21:41

Ladies 8km TT

Name	Time	Pace	+/- PB
Nicole Cook	33:53	4:14	-14:12
Estrelita Kotze	34:16	4:17	0:05
Acacia-Cailyn Abell	39:02	4:53	1:17
Marizanne Pienaar	44:07	5:31	4:59
Lauren Hawthorn	45:34	5:42	-0:09
Claire Koetze	50:15	6:17	9:45

Mens 8km TT

Name	Time	Pace	+/- PB
Dario Matteucci	31:15	3:54	2:27
Andrew Lucas	36:12	4:32	1:14
Dean Dodd	36:13	4:32	0:23
Kevin Lister	39:31	4:56	-0:33
Carl Strydom	39:31	4:56	2:16
Ofhani Rapetswane	44:05	5:31	6:28
Kade Morgan	45:45	5:43	-1:01
Ayal Peretz	46:37	5:50	6:31

4km runners

Name	Time	Pace	+/- PB
Subashnee Sowki	38:02	9:31	-2:46
Noluthando Mfunda	42:49	10:42	-12:28
Karen Smith	43:40	10:55	0:00
Jacques Smith	43:40	10:55	43:40
Kgato Mfunda	55:55	13:59	0:38