



28th October TT. Thank you Tshepo and Jenny

Ladies 5km TT

Name	Time	Pace	+/- PB
Lesago Mojela	27:19	5:28	-18:43
Maxine Wing	30:00	6:00	0:40
Shannon de Ryhove	30:24	6:05	3:00
Caitlin Ransom	34:00	6:48	2:23
Gaby Duncan	34:00	6:48	3:59
Lianne Zermatten	34:03	6:49	3:33
Sohana Bridgenohan	35:31	7:06	-0:20
Pheladi Mabotha	38:01	7:36	0:31
Amanda Channing	39:51	7:58	7:29
Shirley Duncan	39:51	7:58	1:58
Lungiswa Mali	45:05	9:01	2:31

Mens 5km TT

Name	Time	Pace	+/- PB
Mashila Makumbani	26:13	5:15	1:06
Ethan Fredricks	26:15	5:15	0:13
Thabo Moopa	27:05	5:25	-0:25
Fabio Matteucci	27:14	5:27	0:29
Joel Moore	27:29	5:30	3:01
Kade Morgan	27:55	5:35	-1:30
Azwifheli Ratshifheli	27:57	5:35	0:21
Timothy Goodchild	28:42	5:44	3:26
Craig Laros	30:54	6:11	1:36
Tristan Laros	31:08	6:14	5:24
Colleen Moja	33:25	6:41	1:45
Bandile Madolo	35:03	7:01	0:50
Mfana Masimula	35:19	7:04	1:05
Timmy Baloyi	38:32	7:42	5:22
Mikhail Singh	40:45	8:09	-5:35
Lesego Makwane	41:08	8:14	7:44
Tshepo Mashiloane	41:08	8:14	22:34
Sachin Bridgenohan	47:50	9:34	2:50

Ladies 8km TT

Name	Time	Pace	+/- PB
Estrelita Kotze	33:38	4:12	-0:33
Shanice Peens	35:39	4:27	2:35
Chelsea Muller	41:41	5:13	2:33
Lauren Hawthorn	45:25	5:41	-0:09
Marizanne Pienaar	45:25	5:41	6:17
Claire Koetze	48:02	6:00	7:32
Thulani Mapesa	49:40	6:13	0:00
Gail Elliot-Wilson	52:16	6:32	4:30
Claire Steyn	52:31	6:34	9:51

Mens 8km TT

Name	Time	Pace	+/- PB
Bradley Cook	33:40	4:13	-3:35
Richard De Klerk	35:24	4:26	3:13
Dieter Zermatten	37:30	4:41	2:58
Isiah Dzambo	38:20	4:48	6:20
Carl Strydom	38:30	4:49	1:15
Craig Duncan	43:07	5:23	-1:01
Patrick Moore	43:18	5:25	1:01
Simon Levin	43:23	5:25	6:45
Jovan Marais	43:25	5:26	8:25
Kevin Lister	44:10	5:31	4:39
Robert Bode	44:40	5:35	3:24
Ofhani Rapetswane	45:45	5:43	8:08
Deon Wessels	45:57	5:45	5:43
Chris Botha	49:41	6:13	8:46
Kagiso Marumo	50:23	6:18	0:00
Patrick Lovell	50:34	6:19	10:37
Clement Rikhotso	50:38	6:20	0:08
Henri Zermatten	50:44	6:21	9:07
Lesiba Mooka	50:54	6:22	0:00

4km runners

Name	Time	Pace	+/- PB
Bradley Diamond	26:13	6:33	1:48
Bronwyn Diamond	26:13	6:33	1:43
Tatum Lister-Strydom	33:37	8:24	-3:00
Cindy Bode	34:31	8:38	2:21
Heather Matteucci	37:00	9:15	4:00
Subashnee Sowki	37:07	9:17	-0:55
Theo Scholtz	38:32	9:38	6:00
Kgato Mfunda	46:29	11:37	-8:48
Noluthando Mfunda	46:29	11:37	3:40

Virtual TT

Name	Time	Distance
Andre Greyling	0:27:30	5

