



30th September, Thank you Henk and Jenny for time keeping.



Ladies 5km TT

Name	Time	Pace	+/- PB
Shannon de Ryhove	31:52	6:22	4:28
Gaby Duncan	31:59	6:24	1:58
Portia Ntsepe	32:15	6:27	2:36
Bronwyn Diamond	32:48	6:34	2:25
Claire Steyn	32:48	6:34	6:17
Lianne Zermatten	33:10	6:38	2:40
Susan Abell	37:10	7:26	-0:58
Helga Lucas	38:34	7:43	4:20
Lobke du Preez	39:10	7:50	-1:45
Janet Birk	39:30	7:54	0:13
Tshidi Mashkjama	40:15	8:03	-2:00
Lungiswa Mali	43:25	8:41	0:51
Lauren Wessels	43:45	8:45	17:15
Tatum Lister-Strydom	43:57	8:47	6:07

Mens 5km TT

Name	Time	Pace	+/- PB
Ethan Frederick	26:14	5:15	-13:21
Craig Duncan	26:46	5:21	-0:01
Timothy Goodchild	27:00	5:24	1:44
Azwifheli Ratshifheli	27:36	5:31	-1:39
Deon Wessels	29:20	5:52	4:23
Edwin Maroga	29:35	5:55	0:14
Craig Duncan	30:36	6:07	3:49
Ross Phillips	31:59	6:24	11:08
Bradley Diamond	32:48	6:34	8:00
Clement Rikhotso	34:45	6:57	-1:03
Timmy Baloyi	34:45	6:57	1:35
Eli Fredricks	35:28	7:06	2:26
Iebogang tooka	38:30	7:42	-0:48
Charles du Preez	39:10	7:50	-1:45
Geoff Hadley	49:20	9:52	1:09

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	37:59	4:45	4:55
Acacia-Cailyn Abell	38:56	4:52	1:11
Susan Sloane	40:27	5:03	3:49
Celine Van Enter	40:36	5:05	-0:20
Lauren Hawthorn	45:43	5:43	-1:47
Sally Bevington	47:00	5:53	4:21
Claire Koetze	48:01	6:00	7:31
Bontle Tshole	53:42	6:43	-0:12

Mens 8km TT

Name	Time	Pace	+/- PB
Dario Matteucci	31:50	3:59	3:02
Yuri Van Der Heitoen	35:05	4:23	0:00
Richard De Klerk	35:05	4:23	2:54
Dean Dodd	35:50	4:29	0:00
Isiah Dzambo	37:49	4:44	5:49
Andrew Lucas	37:53	4:44	2:55
Bradley Cook	38:49	4:51	1:34
Andre Greyling	39:19	4:55	3:42
Jason Townsend	40:56	5:07	0:57
Ofhani Rapetswane	41:55	5:14	4:18
Patrick Moore	42:17	5:17	-0:07
Thabo Moopa	43:15	5:24	1:38
Ayal Peretz	48:12	6:02	8:06
Patrick Lovell	52:18	6:32	12:21

4km runners

Name	Time	Pace	+/- PB
Nicola Linley	38:17	9:34	0:40
Theo Scholtz	41:33	10:23	9:01