



9th September, Thank you Dieter, Sam and Chelsea for timekeeping

Ladies 5km TT				
	Name	Time	Pace	+/- PB
	Shannon de Ryhove	28:21	5:40	0:57
	Maxine Wing	29:31	5:54	0:11
	Chelsea Muller	29:34	5:55	4:21
	Samantha Zermatten	29:34	5:55	1:35
	Gaby Duncan	31:57	6:23	1:56
	Eli Fredricks	33:02	6:36	-2:29
	Kirsty Love	33:05	6:37	2:51
	Lianne Zermatten	34:18	6:52	3:48
	Bontle Tshole	34:30	6:54	3:33
	Whitney Jasmin	34:31	6:54	0:00
	Amanda Channing	37:01	7:24	4:39
	Shirley Duncan	37:09	7:26	-0:44
	Pheladi Mabotha	37:20	7:28	-4:23
	Monika Karushaar	38:18	7:40	0:00
	Gail Elliot-Wilson	39:05	7:49	10:05
	Tatum Lister-Strydom	40:29	8:06	1:20
	Bronwyn Diamond	40:51	8:10	10:28
	Deidre Coghlan	40:51	8:10	12:47
	Helga Lucas	40:51	8:10	6:37
	Tshidi Mashkjama	42:15	8:27	-1:35
	Nokwanda Mchang	44:19	8:52	0:00
	Fezisa Ntukela	45:00	9:00	1:12
	Jessica Truter	46:55	9:23	16:40
	Susan Abell	46:55	9:23	0:00
	Heather Matteucci	49:10	9:50	8:55

Mens 5km TT				
	Name	Time	Pace	+/- PB
	Ethan Frederick	26:32	5:18	-13:03
	Dieter Zermatten	27:00	5:24	4:58
	Michael Levy	27:37	5:31	-0:53
	Thabo Morake	28:12	5:38	-3:05
	Patrick Richards	28:45	5:45	-5:25
	Craig Laros	29:50	5:58	0:32
	Steve Moolman	30:42	6:08	2:14
	Peder Jansen	30:48	6:10	4:27
	Ofhani Rapetswane	30:58	6:12	6:58
	Azwifheli Ratshifheli	30:59	6:12	0:14
	Ross Phillips	31:59	6:24	11:08
	Colleen Moja	33:34	6:43	1:54
	Fred Muvhulawa	34:49	6:58	6:08
	Ayal Peretz	35:24	7:05	11:55
	Mbenatani Magcai	35:40	7:08	0:00
	Tristan Laros	35:52	7:10	10:08
	Henri Zermatten	36:43	7:21	8:22
	Lesego Makwane	37:20	7:28	3:56
	Thabiso Sebata	45:35	9:07	15:48

Ladies 8km TT				
	Name	Time	Pace	+/- PB
	Shanice Peens	35:31	4:26	2:27
	Tristan Torr	36:47	4:36	4:21
	Acacia-Cailyn Abell	39:16	4:55	0:00
	Sihle Xulu	42:29	5:19	0:00
	Lauren Hawthorn	47:56	6:00	-0:44
	Sally Bevington	47:56	6:00	5:17
	Mpho Mitmabold	59:44	7:28	0:00

Mens 8km TT				
	Name	Time	Pace	+/- PB
	Dario Matteucci	34:28	4:19	5:40
	Richard De Klerk	36:47	4:36	4:36
	Clayton Sumner	36:48	4:36	3:57
	Andrew Lucas	38:54	4:52	3:56
	Warren Graver	38:54	4:52	5:42
	Andre Greyling	39:37	4:57	4:00
	Bradley Diamond	41:16	5:10	0:18
	Jovan Marais	41:33	5:12	3:14
	Jason Townsend	41:56	5:15	1:57
	Patrick Moore	42:24	5:18	-0:12
	Robert Bode	44:23	5:33	3:07
	Carl Strydom	45:18	5:40	7:16
	Chris Botha	45:30	5:41	4:35
	Rogan Botha	45:33	5:42	8:18
	Timothy Goodchild	46:22	5:48	0:42
	Craig Duncan	46:37	5:50	-0:39
	Kevin Lister	48:03	6:00	7:50
	Chris Midlane	48:21	6:03	6:13
	Simba Munyaka	48:35	6:04	0:28
	Fabio Matteucci	49:10	6:09	13:15
	Kade Morgan	49:16	6:10	0:00
	Isiah Dzambo	54:29	6:49	22:29

4km runners				
	Name	Time	Pace	+/- PB
	Jenny Moore	33:51	8:28	-1:19
	Patrick Lovell	44:45	11:11	10:39

