

Sandton NRCCG 8 October 2025. Thank you for running !

Ladies 5km TT

Name	Time	Pace	+/- PB
Daryn Van Maltitz	34:26	6:53	4:51

Ladies 8km TT

Name	Time	Pace	+/- PB
Shani Natz	49:13	6:09	0:00
Liesl Viljoen-Nel	53:43	6:43	10:58
Kathy Mann	55:30	6:56	2:58

Mens 8km TT

Name	Time	Pace	+/- PB
Grant Hallowell	52:49	6:36	-2:41
George Kabini	55:34	6:57	12:39

