



Ladies 5km TT

Name	Time	Pace	+/- PB
Liesl Viljoen-Nel	26:54	5:23	1:12
Kathy Mann	28:17	5:39	0:17
Matsodi Sikhouli	29:30	5:54	0:00
Taolo Modisi	31:21	6:16	2:02

Mens 5km TT

Name	Time	Pace	+/- PB
Werrich Coals	27:30	5:30	-1:10
Khodi Sikhouli	29:42	5:56	0:00
Troye Brady	30:25	6:05	0:09

3km runners

Name	Time	Pace	+/- PB
Sanri	34:42	11:34	0:30