



Ladies 5km TT

Name	Time	Pace	+/- PB
Taolo Modisi	30:22	6:04	1:03
Anne Kruger	32:10	6:26	-0:27
Daryn Van Maltitz	32:12	6:26	0:32
Brenda Hopeful	32:39	6:32	0:59
Chanè Andrews	36:15	7:15	-0:40

Mens 5km TT

Name	Time	Pace	+/- PB
Japhta Lambani	28:55	5:47	0:00

Mens 8km TT

Name	Time	Pace	+/- PB
George (8km)	49:45	6:13	4:58