



Ladies 5km TT

Name	Time	Pace	+/- PB
Derrick (Grants Friend)	30:30	6:06	-10:09
Taolo Modisi	30:36	6:07	-0:37
Carrie Peter	32:53	6:35	-0:49

Mens 5km TT

Name	Time	Pace	+/- PB
Grant Hallowell	31:16	6:15	4:14
Troye Brady	36:59	7:24	5:09

Mens 8km TT

Name	Time	Pace	+/- PB
George (8km)	44:47	5:36	44:47

