

# Time Trial Top 10 Leader Board

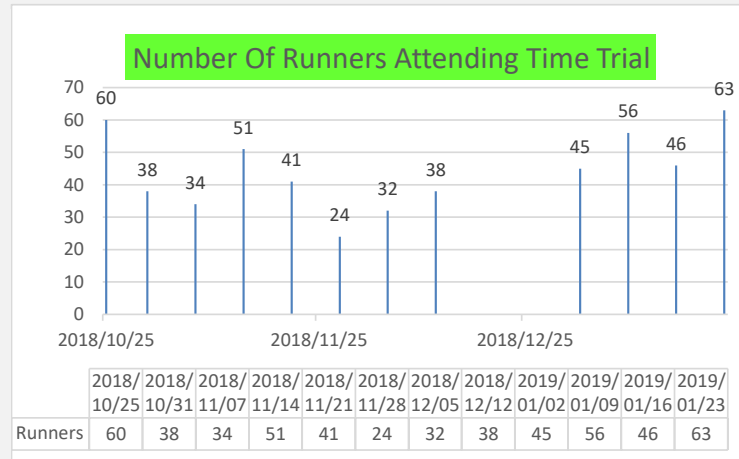
Wednesday, 23 January 2019



Fastest 5KM Latest (Female)	
Bronwyn Gardiner	26:30
Gillian Denempont	29:50
Lorelle Stewart	29:54
Nazly Selling	30:01
Yolande Springer	30:30
Naheelah Coovadia	30:44
Vicki Thies	30:45
Debbie Watt	31:12
Catherine McAlinden	32:15
Taf Byres	32:42

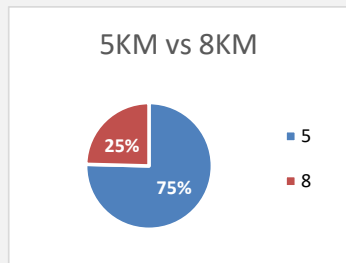
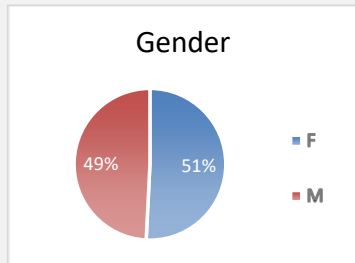
Fastest 8KM Latest (Female)	
Yushaa Abrahams	46:15
Julos van Lelyveld	47:00
Hettie Kruger	49:43
Deborah Van Wyk	50:24

Most Attended	
Matthew Pantland	11
Cindy O'Neil	10
Julia Barnett	9
Tony Waters	9
Marlon Yusuf	9
Bronwyn Gardiner	9
Gareth Reddel	9
Jacques Bornman	9
Kai Kohler	8
Nathan Mooi	8
Damian Webster	8
Clinton Poson	8
Lerike de Vaal	8
Angela Lang	7
Nazly Selling	7
Judy Viljoen	7
Benjamin O'Neil	7
Saydean Meadows	7
Elrisia Roux	7
Monique Bradbrooke	7
Gillian Denempont	7
Seshophe Mabote	6



Fastest 5KM Overall (Female)	
Kristy McCarthy	23:48
Phia Swartz	24:00
Sue Venter	24:36
Leuven Felton	24:53
Wicean vd Westhuizen	25:00
Ankia Keinhofer	25:05
Sascha Drenellans	25:15
Louise Vincent	25:22
Lunga Mlandu	25:53
Elrisia Roux	26:23

Fastest 8KM Overall (Female)	
Hilda Tameris	33:01
Lynette Cronk	37:24
Monique Bradbrooke	38:42
Elsali Boule	39:50
Julia Barnett	42:45
Soretha Venter	43:25
Elrisia Roux	44:32
Cathy Vaughan	45:49
Fikile Shabangu	46:00
Yushaa Abrahams	46:15

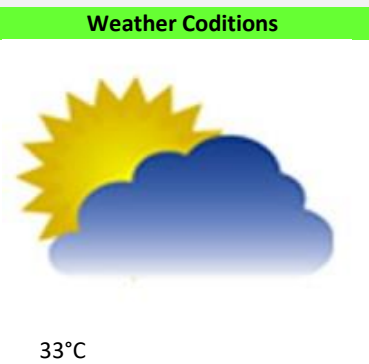


Fastest 5KM Latest (Male)	
Kary Kohler	19:30
Frederick Mauhunduff	23:00
Conrad Kock	24:06
Stan Andrews	24:27
Tony Waters	26:06
Clive Duncan	28:40
Ty Anderson	29:00
Glenn Gess	29:00
Matthew Pantland	29:42
Nicus Oosthuizen	29:47

Fastest 8KM Latest (Male)	
Silas Phosheko	37:30
Schalk Greyling	39:38
Marlon Yusuf	41:08
Daniel van de Walt	42:40
Ryan Todd	44:19
Errol McCauley	44:44
Ryno Swiegers	45:42
Benjamin O'Neil	48:31
Cheffley Watt	49:13
Stuart Watt	49:20

Fastest 5KM Overall (Male)	
Duane Rabie	18:30
Kary Kohler	19:30
Devin Vincent	20:10
Kai Kohler	20:46
Jensen Geyer	21:04
Ian Cloete	21:25
Tymon Minnaar	21:30
Jean Basson	21:34
Nathan Mooi	22:00
Alister Knight	22:11

Fastest 8KM Overall (Male)	
Thabisang Mabale	25:32
Rob Green	28:45
Handsome Siwela	30:00
Tsudo Hlongcoo	33:18
Kary Kohler	34:01
Kai Kohler	34:04
Piet Mathebula	34:15
Seshophe Mabote	35:00
Frank Kienhofer	35:25
Andrew Currie	35:44



# Time Trial Leader Board - All Results 5KM



Date **Wednesday, 23 January 2019**

<b>Min of Time</b>	<b>Column Labels</b>
<b>Row Labels</b>	<b>5</b>
Kary Kohler	19:30
Frederick Mauhunduff	23:00
Conrad Kock	24:06
Stan Andrews	24:27
Tony Waters	26:06
Bronwyn Gardiner	26:30
Clive Duncan	28:40
Glenn Gess	29:00
Ty Anderson	29:00
Matthew Pantland	29:42
Nicus Oosthuizen	29:47
Gillian Denempont	29:50
Lorelle Stewart	29:54
Nazly Selling	30:01
Neil van de Walt	30:16
Yolande Springer	30:30
Naheelah Coovadia	30:44
Vicki Thies	30:45
Debbie Watt	31:12
Catherine McAlinden	32:15
Taf Byres	32:42
Lerike de Vaal	32:49
Lauren Ruijsok	32:49
Sheldon Rossman	32:57
Deidre Wilson	32:58
Debbie Kets	33:01
Fiona Maynard	33:17
Paula Mehl	33:20
Lynelle Rossmann	33:43
Philip Nel	34:13
Ethan Oneil	34:58
Cindy ONeil	34:58
Nathan Elliott	36:30
Paul Elliott	36:45
Abby ?	36:57
Faizah Abrahams	37:09
Tyler Warrin	37:09
Joseph Maartens	37:32
Thomas O Connor	37:32
Monique Bradbrooke	37:59
Tsholofelo Hlonguane	38:46
Mampshe Sekgonyane	39:00
Jacob Molinaar	44:18
Leila Molinaar	44:18
Carmen Roets	47:41

# Time Trial Leader Board - All Results 8KM

Date

Wednesday, 23 January 2019



Min of Time	Column Labels
Row Labels	8
Silas Phosheko	37:30
Schalk Greyling	39:38
Marlon Yusuf	41:08
Daniel van de Walt	42:40
Ryan Todd	44:19
Errol McCauley	44:44
Ryno Swiegers	45:42
Yushaa Abrahams	46:15
Julos van Lelyveld	47:00
Benjamin O'Neil	48:31
Cheffley Watt	49:13
Stuart Watt	49:20
Hettie Kruger	49:43
Deborah Van Wyk	50:24
Gareth Reddel	51:13