

Time Trial Top 10 Leader Board

Wednesday, 06 March 2019



Fastest 5KM Latest (Female)	
Gayle Macpherson	26:01
Nabeelah Coovadja	26:18
Sunelle Louw	29:27
Shadi Motlatla	29:51
Deidre Wilson	30:13
Annette Stonall	32:52
Lynelle Rossmann	32:58
Kimberly O Neil	33:41
Fiona Maynard	34:10
Lucia Motlatla	35:00

Fastest 8KM Latest (Female)	
Elrisia Roux	47:56
Debbie Watt	54:20
Cindy O'Neil	57:08

Most Attended	
Matthew Pantland	14
Gareth Reddel	14
Cindy O'Neil	14
Benjamin O'Neil	13
Clinton Poson	13
Marlon Yusuf	13
Nathan Mooi	12
Thomas O Connor	12
Elrisia Roux	11
Gillian Denempont	10
Bronwyn Gardiner	10
Nazly Selling	10
Damian Webster	10
Errol McCauley	10
Ethan Oneil	10
Cheffley Watt	9
Lerike de Vaal	9
Tony Waters	9
Glenn Gess	9
Ryno Swiegers	9
Clive Duncan	9
Angela Lang	9

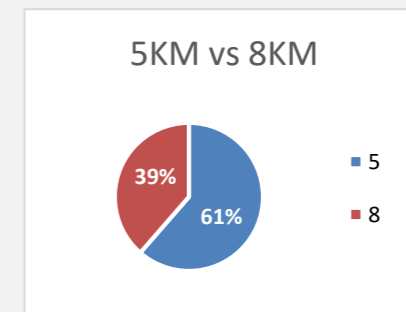
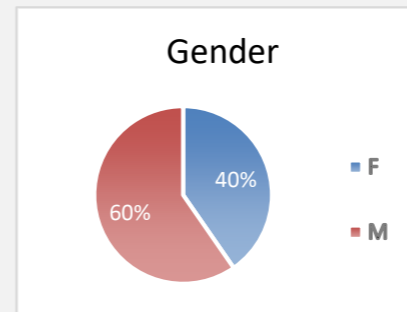
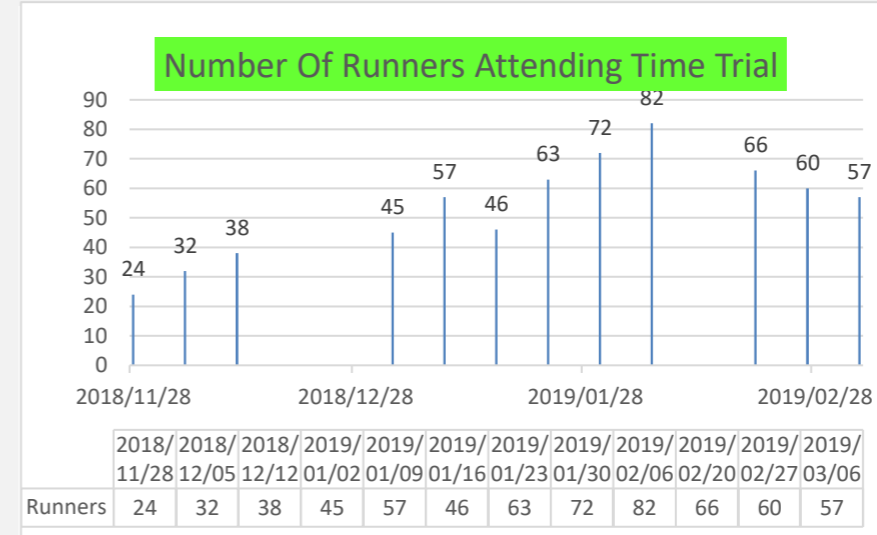
Fastest 5KM Overall (Female)	
Kristy McCarthy	23:44
Phia Swartz	24:00
Soretha Venter	24:36
Leuven Felton	24:53
Robyn Kock	24:54
Wicean vd Westhuizen	25:00
Ankia Keinhofer	25:05
Sascha Drenellans	25:15
Louise Vincent	25:22
Nini Maroga	25:49

Fastest 8KM Overall (Female)	
Hilda Tameris	33:01
Lynette Cronk	37:24
Marcel Wilken	38:27
Monique Bradbrooke	38:42
Kimberly O Neil	38:45
Elsali Boule	39:50
Julia Barnett	42:45
Soretha Venter	43:25
Elrisia Roux	44:32
Cathy Vaughan	45:49

Fastest 5KM Latest (Male)	
Kary Kohler	19:23
Daniel van de Walt	27:31
Rob Green	28:24
Collis Hardnick	28:39
Sheldon Rossman	29:47
Jason Diplock	29:51
Dean Jarvis	30:20
Neil Chirindo	30:29
Keith Areiter	30:32
Matthew Pantland	30:39

Fastest 8KM Latest (Male)	
Sandile Bikana	29:11
Piet Mathebula	35:13
Silas Phosheko	36:30
Glenn Gess	37:20
Jacob Molinaar	38:35
Jerome Boule	38:36
Bryan Richards	39:10
Derik Le Grange	39:13
Gary Gordon	39:19
Mathuas Lubayanon	39:30

Fastest 5KM Overall (Male)	
Duane Rabie	18:30
Kary Kohler	19:23
Devin Vincent	20:10
Kai Kohler	20:46
Jensen Geyer	21:04
Muhammad Bhamjee	21:25
Ian Cloete	21:25
Tymon Minnaar	21:30
Jean Basson	21:34
Busisani Sibiya	21:46



Fastest 8KM Overall (Male)	
Thabisang Mabale	25:32
Rob Green	28:45
Sandile Bikana	29:11
Handsome Siwela	30:00
Kary Kohler	33:02
Tsudo Hlongcoo	33:18
Piet Mathebula	33:38
Kai Kohler	34:04
Schalk Greyling	34:55
Seshophe Mabote	35:00

