

# Time Trial Top 10 Leader Board

Wednesday, 10 July 2019



Fastest 5KM Latest (Female)	
Joy Tupholme	27:46
Elrisia Roux	28:55
Julia Barnett	29:12
Lozitha Mahlangu	29:43
Candis Lubbe	29:51
Sarah Silber	29:56
Fiona Maynard	30:29
Nazly Selling	31:00
Moira Goatley	31:35
Megan Rocher	31:52

Fastest 8KM Latest (Female)	
Kimberly O Neil	46:44
Adele le Roux	59:35
Pat Gess	59:35

Most Attended	
Cindy ONeil	28
Benjamin ONeil	27
Thomas O Connor	25
Gareth Reddel	25
Matthew Pantland	24
Ethan Oneil	21
Nazly Selling	20
Errol McCauley	20
Damian Webster	18
Clinton Poson	18
Kimberly O Neil	18
Elrisia Roux	17
Marlon Yusuf	17
Monique Bradbrooke	17
Fiona Maynard	17
Nicus Oosthuizen	17
Gillian Denempont	16
Collis Hardnick	16
Angela Lang	15
Judy Viljoen	15
Glenn Gess	15
Nathan Mooi	14

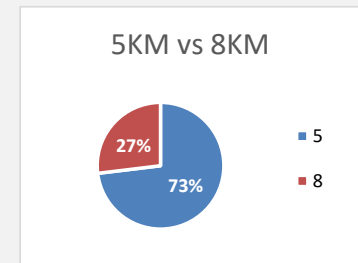
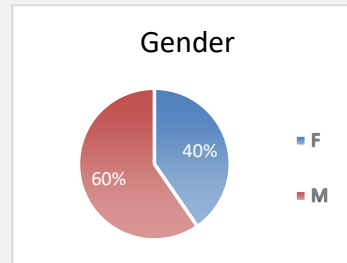
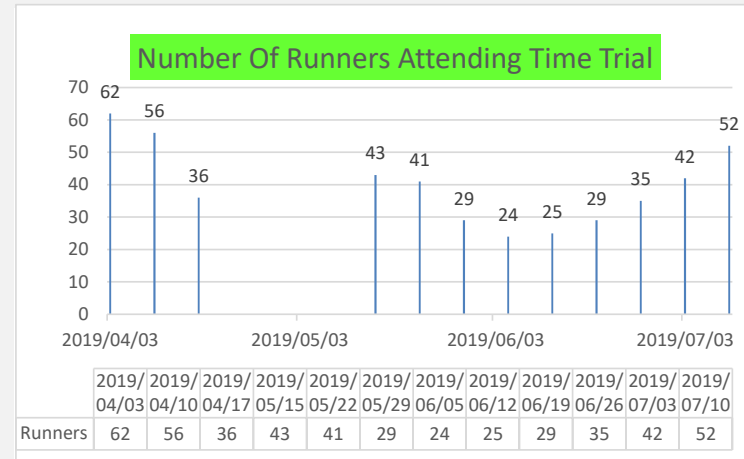
Fastest 5KM Overall (Female)	
Lauren Felton	22:09
Kristy Bartlett	22:59
Kristy McCarthy	23:01
Phia Swartz	24:00
Julia Barnett	24:12
Soretha Venter	24:36
Fikile Shabangu	24:43
Leuven Felton	24:53
Robyn Kock	24:54
Danielle Lopes	24:57

Fastest 8KM Overall (Female)	
Lauren Felton	36:00
Lynette Cronk	37:24
Maree Wilken	38:27
Elsali Boule	39:50
Fikile Shabangu	42:20
Julia Barnett	42:45
Soretha Venter	43:25
Elrisia Roux	44:32
Cathy Vaughan	45:49
Yushaa Abrahams	46:15

Fastest 5KM Latest (Male)	
Henri Swarts	24:03
Russel Bradbrooke	25:33
Errol Cadle	26:39
Seshophe Mabote	27:15
Chris Dirks	27:30
Dean Jarvis	28:23
Saydean Meadows	29:12
Charles Grant	29:30
Cheffley Watt	29:56
Jeffrey Forsyth	29:57

Fastest 8KM Latest (Male)	
Matthew Delport	34:30
Kai Kohler	35:40
Glenn Gess	37:10
Cliff Alexander	41:01
Marlon Yusuf	42:03
Navin Mudahy	42:23
Errol McCauley	44:15
Guy Drew	45:10
Benjamin ONeil	51:49
Gareth Reddel	53:13

Fastest 5KM Overall (Male)	
Duane Rabie	18:30
Matthew Delport	19:00
Nathan Amos	19:20
Kary Kohler	19:21
Devin Vincent	20:10
Kai Kohler	20:46
Jensen Geyer	21:04
Geordan Harris	21:07
Ian Cloete	21:25
Muhammad Bhamjee	21:25



Fastest 8KM Overall (Male)	
Sandile Bikana	29:11
Handsome Siwela	30:00
Kary Kohler	33:02
Tsudo Hlongcoo	33:18
Piet Mathebula	33:38
Kai Kohler	34:04
Matthew Delport	34:30
Mark Labouschagne	34:42
Jerome Boule	34:47
Schalk Greyling	34:55

