

Time Trial Top 10 Leader Board

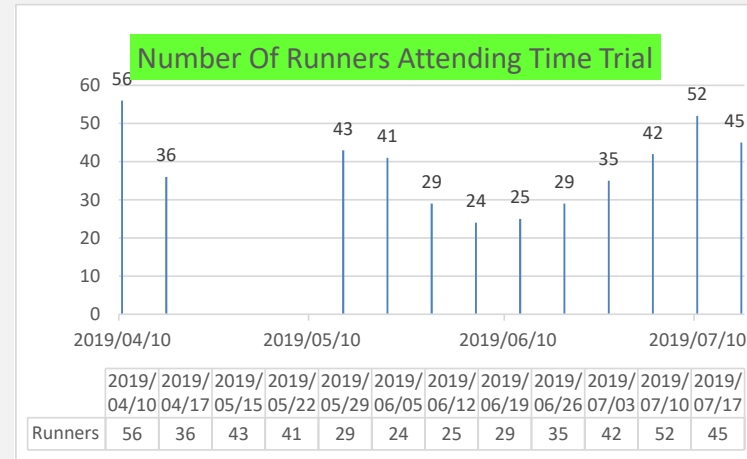
Wednesday, 17 July 2019



| Fastest 5KM Latest (Female) | |
|-----------------------------|-------|
| Kristy Bartlett | 22:54 |
| Fikile Shabangu | 24:40 |
| Sunelle Louw | 28:00 |
| Julia Barnett | 28:03 |
| Fiona Maynard | 28:30 |
| Elrisia Roux | 28:30 |
| Lozitha Mahlangu | 28:32 |
| Yolande Springer | 28:58 |
| Kerryn Cowper | 29:00 |
| Enu Du Plessis | 29:45 |

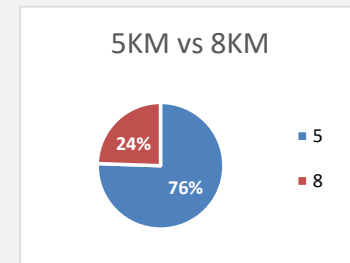
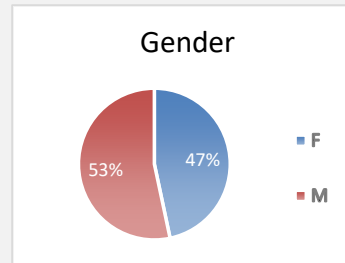
| Fastest 8KM Latest (Female) | |
|-----------------------------|-------|
| Cindy O'Neil | 56:37 |
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| Most Attended | |
|--------------------|----|
| Cindy O'Neil | 29 |
| Benjamin O'Neil | 28 |
| Gareth Reddel | 26 |
| Thomas O'Connor | 26 |
| Matthew Pantland | 25 |
| Ethan Oneil | 22 |
| Errol McCauley | 21 |
| Nazly Selling | 21 |
| Dean Jarvis | 19 |
| Kimberly O'Neil | 19 |
| Clinton Poson | 18 |
| Monique Bradbrooke | 18 |
| Damian Webster | 18 |
| Fiona Maynard | 18 |
| Nicus Oosthuizen | 17 |
| Marlon Yusuf | 17 |
| Gillian Denempont | 16 |
| Glenn Gess | 16 |
| Collis Hardnick | 16 |
| Nathan Mooi | 15 |
| Angela Lang | 15 |
| Judy Viljoen | 15 |



| Fastest 5KM Overall (Female) | |
|------------------------------|-------|
| Lauren Felton | 22:09 |
| Kristy Bartlett | 22:54 |
| Kristy McCarthy | 23:01 |
| Phia Swartz | 24:00 |
| Julia Barnett | 24:12 |
| Soretha Venter | 24:36 |
| Fikile Shabangu | 24:40 |
| 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) | |
|---------------------------|-------|
| Jacob Molenaar | 22:08 |
| Nathan Mooi | 23:07 |
| Edward Van Rooyen | 24:13 |
| Matt Smit | 27:01 |
| Seshophe Mabote | 27:01 |
| Monde Siame | 27:30 |
| Charles Grant | 28:30 |
| Russel Bradbrooke | 28:30 |
| Dean Jarvis | 28:40 |
| Matthew Pantland | 29:26 |

| Fastest 8KM Latest (Male) | |
|---------------------------|-------|
| Daniel van de Walt | 41:34 |
| Glenn Gess | 41:58 |
| Cliff Alexander | 41:59 |
| Guy Drew | 43:14 |
| Navin Mudahy | 43:21 |
| Errol Cadle | 44:25 |
| Jerome Boule | 44:58 |
| Errol McCauley | 46:20 |
| Benjamin O'Neil | 50:53 |
| Gareth Reddel | 55:29 |

| Fastest 5KM Overall (Male) | |
|----------------------------|-------|
| Duane Rabie | 18:30 |
| Matthew Delpont | 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 Delpont | 34:30 |
| Mark Labouschagne | 34:42 |
| Jerome Boule | 34:47 |
| Schalk Greyling | 34:55 |

