

# Time Trial Top 10 Leader Board

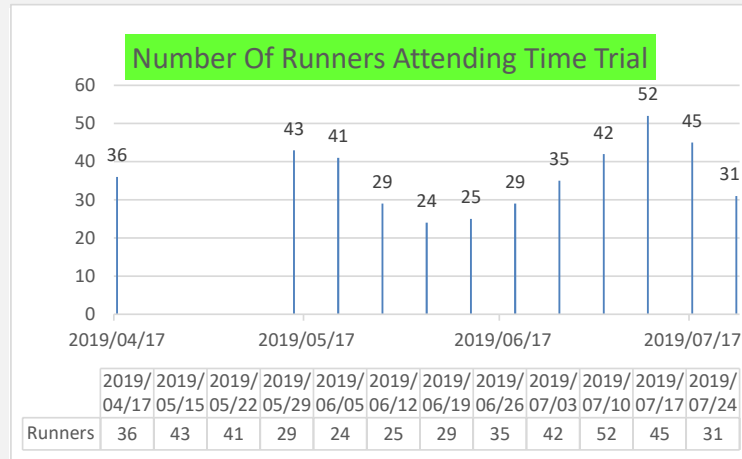
Wednesday, 24 July 2019



| Fastest 5KM Latest (Female) |       |
|-----------------------------|-------|
| Julia Barnett               | 25:00 |
| Joy Tupholme                | 25:18 |
| Lozitha Mahlangu            | 30:24 |
| Fiona Maynard               | 30:30 |
| Monique Bradbrooke          | 30:41 |
| Takalani Siqama             | 30:56 |
| Kimberleigh Jarvis          | 31:24 |
| Nazly Selling               | 31:30 |
| Melissa du Plessis          | 32:32 |
| Enu Du Plessis              | 32:32 |

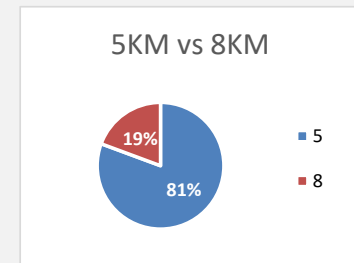
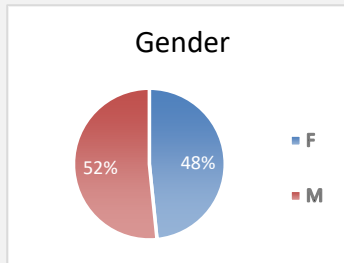
| Fastest 8KM Latest (Female) |       |
|-----------------------------|-------|
| Rashmi Ranchock             | 57:00 |
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| Most Attended      |    |
|--------------------|----|
| Cindy O'Neil       | 30 |
| Benjamin O'Neil    | 29 |
| Thomas O'Connor    | 27 |
| Gareth Reddel      | 27 |
| Matthew Pantland   | 26 |
| Ethan Oneil        | 22 |
| Nazly Selling      | 22 |
| Errol McCauley     | 22 |
| Dean Jarvis        | 20 |
| Kimberly O'Neil    | 19 |
| Monique Bradbrooke | 19 |
| Nicus Oosthuizen   | 18 |
| Clinton Posen      | 18 |
| Damian Webster     | 18 |
| Elrisia Roux       | 18 |
| Marlon Yusuf       | 17 |
| Glenn Gess         | 16 |
| Gillian Denempont  | 16 |
| Collis Hardnick    | 16 |
| Angela Lang        | 15 |
| Judy Viljoen       | 15 |
| Nathan Mooi        | 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) |       |
|---------------------------|-------|
| Douglas Bafford           | 25:31 |
| Saydean Meadows           | 26:06 |
| Guy Drew                  | 26:40 |
| Russel Bradbrooke         | 27:08 |
| Dean Jarvis               | 27:51 |
| Matthew Pantland          | 28:39 |
| Martin Peet               | 29:33 |
| Nicus Oosthuizen          | 30:25 |
| Seun du Plessis           | 32:32 |
| Thomas O'Connor           | 34:34 |

| Fastest 8KM Latest (Male) |       |
|---------------------------|-------|
| Daniel van de Walt        | 42:17 |
| Navin Mudahy              | 43:19 |
| Chris Dirks               | 46:08 |
| Errol McCauley            | 47:30 |
| Gareth Reddel             | 48:50 |
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|                           |       |

| 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 |
| Tsудо Hlongoo              | 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 |

