

Time Trial Top 10 Leader Board

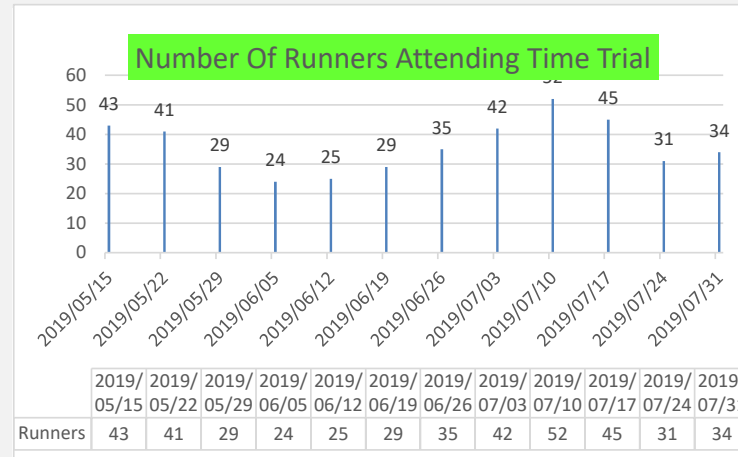
Wednesday, 31 July 2019



Fastest 5KM Latest (Female)	
Joy Tupholme	24:10
Lozitha Mahlangu	28:01
Kimberly O Neil	30:12
Jonessa De Bruyn	32:35
Cindy O'Neil	33:47
Awelani Moila	34:52
Adele le Roux	35:12
Helen Gent	35:22
Sharise Smith	36:58
Tracey McKay	40:01

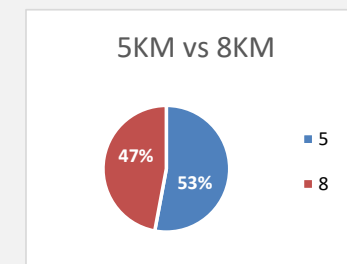
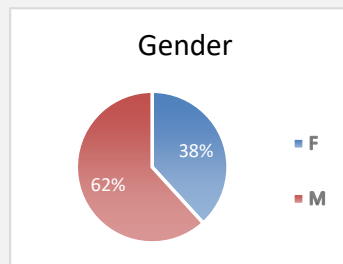
Fastest 8KM Latest (Female)	
Julia Barnett	44:36
Monique Bradbrooke	56:20
Estelle Le Roux	57:05

Most Attended	
Cindy O'Neil	31
Benjamin O'Neil	30
Gareth Reddel	28
Thomas O Connor	28
Matthew Pantland	27
Errol McCauley	23
Ethan Oneil	23
Nazly Selling	22
Kimberly O Neil	20
Dean Jarvis	20
Monique Bradbrooke	20
Nicus Oosthuizen	19
Fiona Maynard	19
Russell Bradbrooke	18
Damian Webster	18
Marlon Yusuf	18
Elrisia Roux	18
Clinton Poson	16
Gillian Denempont	16
Glenn Gess	16
Collis Hardnick	15
Nathan Mooi	15



Fastest 5KM Overall (Female)	
Lauren Felton	22:09
Kristy Bartlett	22:54
Kristy McCarthy	23:01
Phia Swartz	24:00
Joy Tupholme	24:10
Julia Barnett	24:12
Soretha Venter	24:36
Fikile Shabangu	24:40
Leuven Felton	24:53
Robyn Kock	24:54

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)	
Andre Van Wyk	27:07
Arend	27:54
Matthew Pantland	29:32
Benjamin O'Neil	29:40
Ethan Oneil	31:11
Nathan Malila	33:50
Rob Hodgkiss	35:48
Steogh Mabula	48:00

Fastest 8KM Latest (Male)	
Serge Vanhee	31:14
Thamsanga Moyo	32:15
Matthew Delport	32:52
Marlon Yusuf	39:47
Daniel van de Walt	41:01
Navin Mudaly	42:20
Guy Drew	43:35
Saydean Meadows	44:40
Errol McCauley	48:20
Gareth Reddel	51:42

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
Serge Vanhee	31:14
Thamsanga Moyo	32:15
Matthew Delport	32:52
Kary Kohler	33:02
Tsудо Hlongcoo	33:18
Piet Mathebula	33:38
Kai Kohler	34:04
Mark Labouschagne	34:42

