

Time Trial Top 10 Leader Board

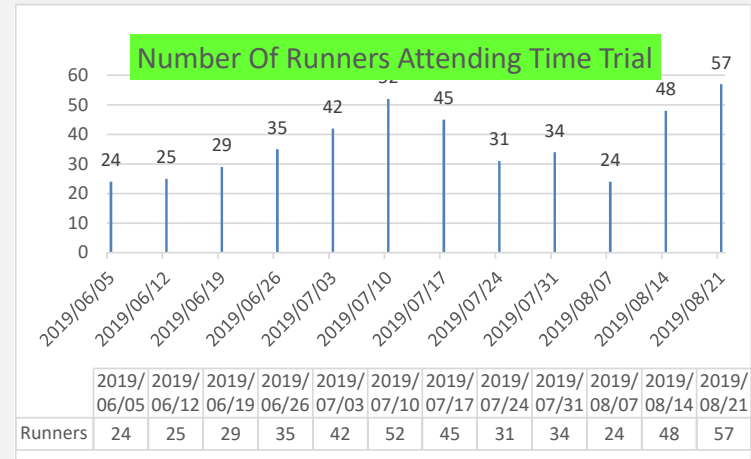
Wednesday, 21 August 2019



Fastest 5KM Latest (Female)	
Yolande Springer	27:54
Janet Crone	27:54
Gillian Denempont	28:33
Terri-Anne Boers	28:36
Aura Kemp	30:07
Catherine McAlinden	33:50
Annette Stonall	34:07
Helen Gent	34:29
Sharise Smith	39:01
Londiwe Langa	39:12

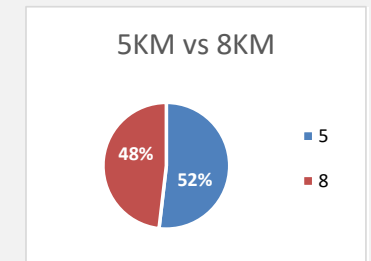
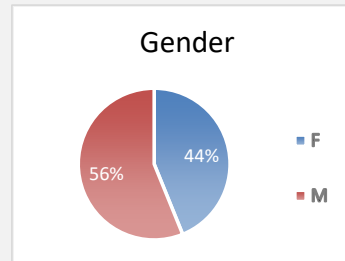
Fastest 8KM Latest (Female)	
Aurelia Boule	37:30
Joy Tupholme	40:33
Kimberly O Neil	46:06
Faith Tizora	49:00
Cindy ONeil	54:35
Fiona Maynard	55:10
Estelle Le Roux	55:10
Sharlene Meeding	58:17

Most Attended	
Benjamin ONeil	33
Cindy ONeil	33
Gareth Reddel	31
Thomas O Connor	30
Matthew Pantland	27
Ethan Oneil	25
Errol McCauley	25
Kimberly O Neil	23
Dean Jarvis	23
Nazly Selling	22
Monique Bradbrooke	21
Marlon Yusuf	21
Russell Bradbrooke	21
Fiona Maynard	19
Nicus Oosthuizen	18
Clinton Poson	18
Elrisia Roux	18
Damian Webster	17
Collis Hardnick	17
Gillian Denempont	17
Glenn Gess	16
Cheffley Watt	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
Robyn Kock	24:54
Danielle Lopes	24:57

Fastest 8KM Overall (Female)	
Lauren Felton	36:00
Lynette Cronk	37:24
Aurelia Boule	37:30
Maree Wilken	38:27
Elsali Boule	39:50
Joy Tupholme	40:33
Fikile Shabangu	42:20
Julia Barnett	42:45
Soretha Venter	43:25
Elrisia Roux	44:32



Fastest 5KM Latest (Male)	
Thamsanga Moyo	18:09
Gareth Treat	23:52
Errol Cadle	25:55
Arend	27:12
Ethan Oneil	27:59
Joe Maduna	28:00
Dean Jarvis	28:13
Ryno Swiegers	28:51
Philip Nel	29:13
Tony Waters	29:40

Fastest 8KM Latest (Male)	
Matthew Delpont	31:27
Barry Maitland-Stuart	32:26
Grant Clark	35:42
Kai Kohler	36:47
Jerome Boule	37:30
Glenn Gess	37:46
Collis Hardnick	38:42
Navin Mudaly	39:23
Daniel van de Walt	41:15
Marlon Yusuf	42:13

Fastest 5KM Overall (Male)	
Thamsanga Moyo	17:56
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

Fastest 8KM Overall (Male)	
Sandile Bikana	29:11
Handsome Siwela	30:00
Thamsanga Moyo	30:01
Serge Vanhee	31:14
Matthew Delpont	31:27
Barry Maitland-Stuart	32:26
Kary Kohler	33:02
Tsudo Hlongcoo	33:18
Piet Mathebula	33:38
Kai Kohler	34:04

