

Time Trial Top 10 Leader Board

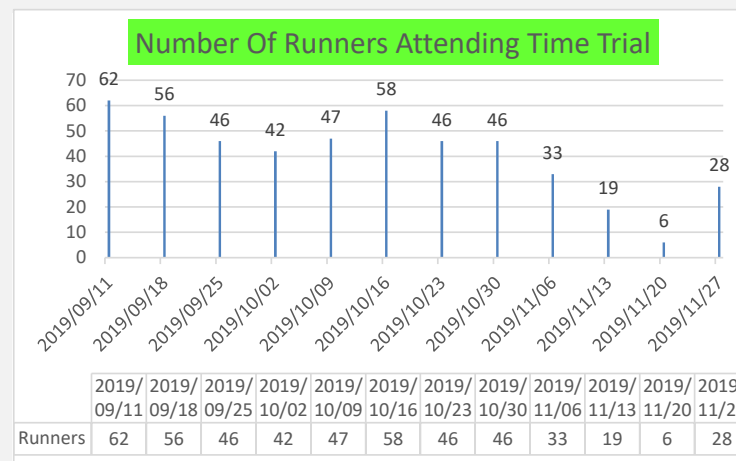
Wednesday, 27 November 2019



| Fastest 5KM Latest (Female) | |
|-----------------------------|-------|
| Jonessa De Bruyn | 29:29 |
| Stacey Duncan | 29:31 |
| Fiona Maynard | 30:17 |
| Debbie Watt | 30:49 |
| Estelle Le Roux | 33:20 |
| Monique Bradbrooke | 33:59 |
| Chene Setzer | 34:52 |
| Sharlene Meeding | 38:37 |
| Helen Gent | 40:00 |
| Khomobu Mabutja | 45:10 |

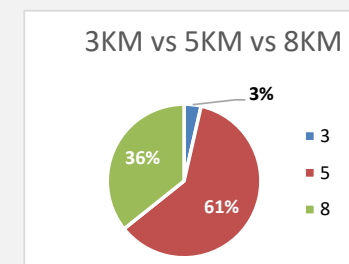
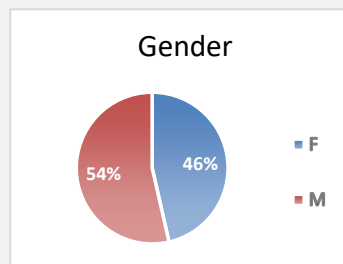
| Fastest 8KM Latest (Female) | |
|-----------------------------|-------|
| Mariska de Jeger | 41:42 |
| Janet Crone | 46:09 |
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| Most Attended | |
|--------------------|----|
| Cindy O'Neil | 45 |
| Gareth Reddell | 42 |
| Thomas O Connor | 40 |
| Benjamin O'Neil | 39 |
| Ethan Oneil | 37 |
| Kimberly O Neil | 35 |
| Dean Jarvis | 33 |
| Matthew Pantland | 32 |
| Errol McCauley | 31 |
| Russell Bradbrooke | 30 |
| Fiona Maynard | 29 |
| Monique Bradbrooke | 27 |
| Marlon Yusuf | 27 |
| Nicus Oosthuizen | 25 |
| Kimberleigh Jarvis | 24 |
| Guy Drew | 24 |
| Ryno Swiegers | 23 |
| Nazly Selling | 23 |
| Glenn Gess | 22 |
| Martin Peet | 22 |
| Sharlene Meeding | 21 |
| Gillian Denempont | 21 |



| Fastest 5KM Overall (Female) | |
|------------------------------|-------|
| Lauren Felton | 22:09 |
| Kristy Bartlett | 22:54 |
| Kristy McCarthy | 23:01 |
| Yolandi Greyson | 23:06 |
| Phia Swartz | 24:00 |
| Joy Tupholme | 24:07 |
| Julia Barnett | 24:12 |
| Soretha Venter | 24:36 |
| Fikile Shabangu | 24:40 |
| Robyn Kock | 24:54 |

| Fastest 8KM Overall (Female) | |
|------------------------------|-------|
| Lauren Felton | 36:00 |
| Lynette Cronk | 37:24 |
| Aurelia Boule | 37:30 |
| Estie Steyn | 37:53 |
| Gerda Steyn | 37:53 |
| Maree Wilken | 38:27 |
| Marlene Knight | 38:49 |
| Yolandi Greyson | 39:30 |
| Elsali Boule | 39:50 |
| Mariska de Jeger | 39:52 |



| Fastest 5KM Latest (Male) | |
|---------------------------|-------|
| Ryan Pelser | 23:30 |
| Nathan Mooi | 24:00 |
| Ryan Jurisich | 29:48 |
| Jared Jurisich | 29:48 |
| Francis Krone | 30:38 |
| Martin Peet | 36:44 |
| Thomas O Connor | 41:56 |
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| Fastest 8KM Latest (Male) | |
|---------------------------|----------|
| Ben Fourie | 36:57 |
| Geordan Harris | 40:20 |
| Russell Bradbrooke | 42:57 |
| Guy Drew | 44:41 |
| Jacob Molenaar | 45:00 |
| Chris Dirks | 45:10 |
| Philemon Maruzhowika | 50:00 |
| Michael Tsahe | 01:01:11 |
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| Fastest 5KM Overall (Male) | |
|----------------------------|-------|
| Thamsanga Moyo | 17:56 |
| Duane Rabie | 18:30 |
| Matthew Delport | 19:00 |
| Matt Ralphs | 19:12 |
| Nathan Amos | 19:20 |
| Kary Kohler | 19:21 |
| Preatchy Dlamini | 19:36 |
| Devin Vincent | 20:10 |
| Kai Kohler | 20:46 |
| Jensen Geyer | 21:04 |

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

