

Time Trial Top 10 Leader Board

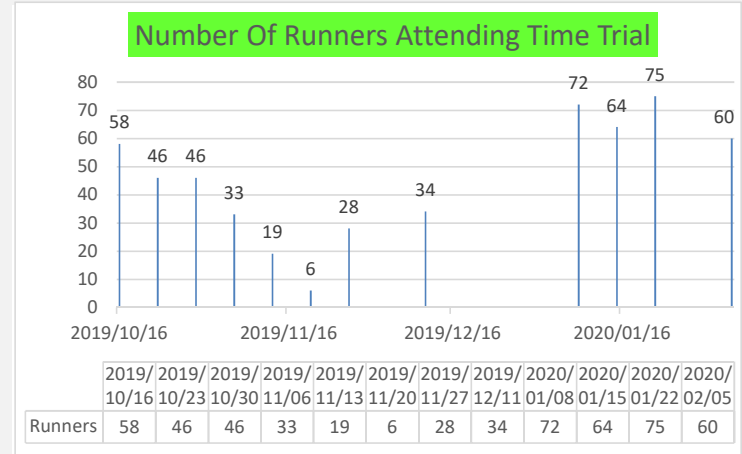
Wednesday, 05 February 2020



Fastest 5KM Latest (Female)	
Linde Spencer	26:45
Kimberly O Neil	27:17
Charmaine Stainton	27:38
Sonja Bower	28:00
Colleen Shamwell	29:43
Fiona Maynard	30:20
Jonessa De Bruyn	30:44
Estelle Le Roux	30:55
Altamari Botha	31:04
Kate Barthwick	31:40

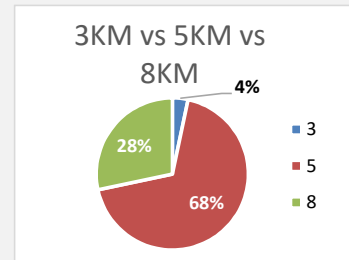
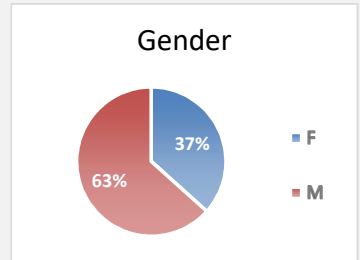
Fastest 8KM Latest (Female)	
Joy Tupholme	43:15
Elzette Nienaber	48:18
Robyn Wilson	50:39

Most Attended	
Cindy O'Neil	50
Gareth Reddell	46
Benjamin O'Neil	44
Ethan Oneil	42
Thomas O Connor	41
Kimberly O Neil	40
Matthew Pantland	36
Russell Bradbrooke	34
Dean Jarvis	34
Errol McCauley	33
Fiona Maynard	33
Monique Bradbrooke	28
Marlon Yusuf	27
Guy Drew	27
Nicus Oosthuizen	26
Kimberleigh Jarvis	24
Ryno Swiegers	23
Estelle Le Roux	23
Navin Mudaly	23
Nazly Selling	23
Glenn Gess	23
Martin Peet	22



Fastest 5KM Overall (Female)	
Lauren Felton	22:09
Kristy Bartlett	22:54
Elaine O'Connell	23:00
Kristy McCarthy	23:01
Yolandi Greyson	23:06
Phia Swartz	24:00
Joy Tupholme	24:07
Julia Barnett	24:12
Suretha Venter	24:36
Fikile Shabangu	24:40

Fastest 8KM Overall (Female)	
Gantse Makhothg	34:19
Lauren Felton	36:00
Lynette Cronk	37:24
Aurelia Boulle	37:30
Elaine O'Connell	37:41
Estie Steyn	37:53
Gerda Steyn	37:53
Maree Wilken	38:27
Marlene Knight	38:49
Yolandi Greyson	39:30



Fastest 5KM Latest (Male)	
Nathan Amos	18:36
K Rapelas	19:38
C Papadopoulos	21:05
Peter Stainton	22:55
Oscar Benjamin	24:25
Miles Heenan	25:17
James Ross	25:57
Ethan Oneil	26:17
Russell Bradbrooke	26:45
Ryan Jurisich	27:30

Fastest 8KM Latest (Male)	
Mthokokisi Ncube	31:22
Sipho Mangwale	34:50
Henri Swarts	38:35
Kevin Mill	38:36
Navin Mudaly	41:00
Dave McCullough	42:32
Gareth Reddell	42:42
Chris Alderson	44:23
Bernard Dickens	45:55
Marius Botes	50:31

Fastest 5KM Overall (Male)	
Thamsanga Moyo	17:56
Duane Rabie	18:30
Nathan Amos	18:36
Matthew Delpport	19:00
Matt Ralphs	19:12
Kary Kohler	19:21
Barry Maitland-Stuart	19:24
Preatchy Dlamini	19:36
K Rapelas	19:38
Devin Vincent	20:10

Fastest 8KM Overall (Male)	
Sandile Bikana	29:11
Handsome Siwela	30:00
Thamsanga Moyo	30:01
Serge Vanhee	31:14
Mthokokisi Ncube	31:22
Matthew Delpport	31:27
Barry Maitland-Stuart	32:26
Kary Kohler	33:02
Tsudo Hlongcoo	33:18
Piet Mathebula	33:38

