

Time Trial Top 10 Leader Board

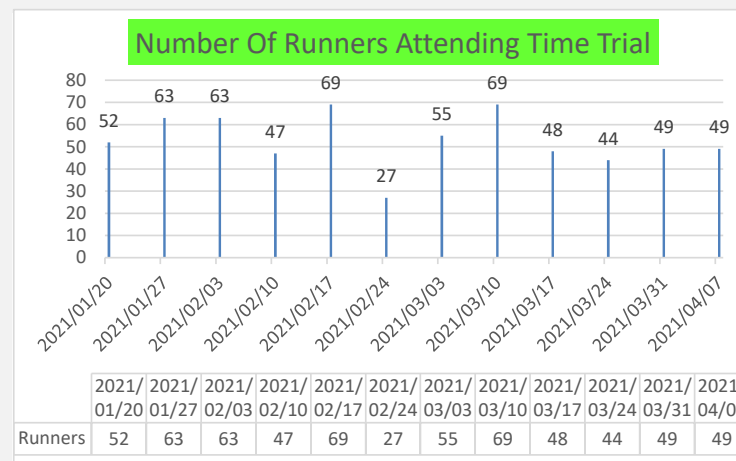
Wednesday, 07 April 2021



| Fastest 5KM Latest (Female) | |
|-----------------------------|-------|
| Nicole Astfalck | 28:03 |
| Lauren Gray | 28:37 |
| Truida Zwarts | 29:04 |
| Jonessa De Bruyn | 30:37 |
| Fiona Maynard | 31:00 |
| Valeska Muller | 31:25 |
| Elsa de Bod | 34:03 |
| Caprice Beggs | 34:07 |
| Alice da Silva | 34:11 |
| Marilee de Bruyn | 34:27 |

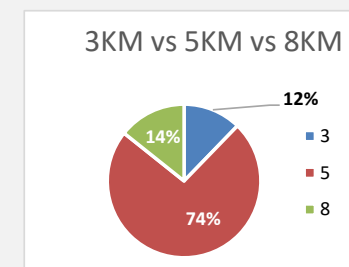
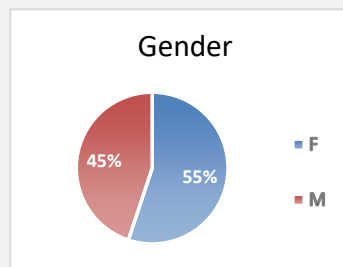
| Fastest 8KM Latest (Female) | |
|-----------------------------|-------|
| Kimberly O Neil | 43:20 |
| Fikile Shabangu | 47:43 |
| Bianca du Preez | 50:11 |
| Inge Kuhne | 53:09 |
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| Most Attended | |
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| Benjamin O'Neil | 71 |
| Ethan Oneil | 69 |
| Thomas O Connor | 68 |
| Kimberly O Neil | 67 |
| Fiona Maynard | 62 |
| Gareth Reddell | 61 |
| Cindy O'Neil | 61 |
| Russell Bradbrooke | 61 |
| Matthew Pantland | 58 |
| Monique Bradbrooke | 54 |
| Joy Tupholme | 46 |
| Jacob Molenaar | 44 |
| Dean Jarvis | 38 |
| Jonessa De Bruyn | 36 |
| Estelle Le Roux | 34 |
| Errol McCauley | 33 |
| Marlon Yusuf | 33 |
| Cheffley Watt | 32 |
| Martin Peet | 32 |
| Ockert Brits | 30 |
| Kimberleigh Jarvis | 30 |
| Guy Drew | 28 |



| Fastest 5KM Overall (Female) | |
|------------------------------|-------|
| Lozete Mahlangu | 18:19 |
| Lungile Mgabi | 20:00 |
| Ruth Moore | 21:43 |
| Lauren Felton | 22:09 |
| Misha Fehem | 22:18 |
| Kristy Bartlett | 22:54 |
| Abigail Bodmarchuk | 22:54 |
| Elaine O'Connel | 23:00 |
| Kristy McCarthy | 23:01 |
| Joy Tupholme | 23:05 |

| Fastest 8KM Overall (Female) | |
|------------------------------|-------|
| Alice da Silva | 34:12 |
| Gantse Makhothg | 34:19 |
| Lauren Felton | 36:00 |
| Lynette Cronk | 37:24 |
| Aurelia Boule | 37:30 |
| Elaine O'Connel | 37:41 |
| Estie Steyn | 37:53 |
| Gerda Steyn | 37:53 |
| Abigail Bodmarchuk | 38:00 |
| Maree Wilken | 38:27 |



| Fastest 5KM Latest (Male) | |
|---------------------------|-------|
| Ryan Marshall | 19:55 |
| Jacob Molenaar | 21:57 |
| Rich Malyon | 22:35 |
| Oscar Benjamin | 22:50 |
| Clinton de Klerk | 24:50 |
| Russell Bradbrooke | 27:48 |
| Raymond Wright | 30:15 |
| Manie de Bod | 33:53 |
| Cheffley Watt | 34:38 |
| Gareth Reddell | 34:55 |

| Fastest 8KM Latest (Male) | |
|---------------------------|-------|
| Stuart Watt | 42:43 |
| Ockert Brits | 44:26 |
| Patrick Knowles | 49:00 |
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| Fastest 5KM Overall (Male) | |
|----------------------------|-------|
| Samuel Cornelius | 16:47 |
| Madiba Mazibuko | 16:52 |
| Daniel Sigasol | 16:54 |
| Thamsanga Moyo | 17:56 |
| Matt Ralphs | 18:22 |
| Duane Rabie | 18:30 |
| Nathan Amos | 18:36 |
| Matthew Delport | 19:00 |
| Taygan Nadar | 19:00 |
| Kary Kohler | 19:21 |

| Fastest 8KM Overall (Male) | |
|----------------------------|-------|
| Leonard Lowole | 27:03 |
| Micheal Lowole | 27:03 |
| Admire Muzopambwa | 27:55 |
| Samuel Cornelius | 28:25 |
| Sandile Bikana | 29:11 |
| Sandele Kikana | 29:40 |
| Handsome Siwela | 30:00 |
| Thamsanga Moyo | 30:01 |
| Serge Vanhee | 31:14 |
| Sameul Cornelius | 31:16 |

