

Time Trial Top 10 Leader Board

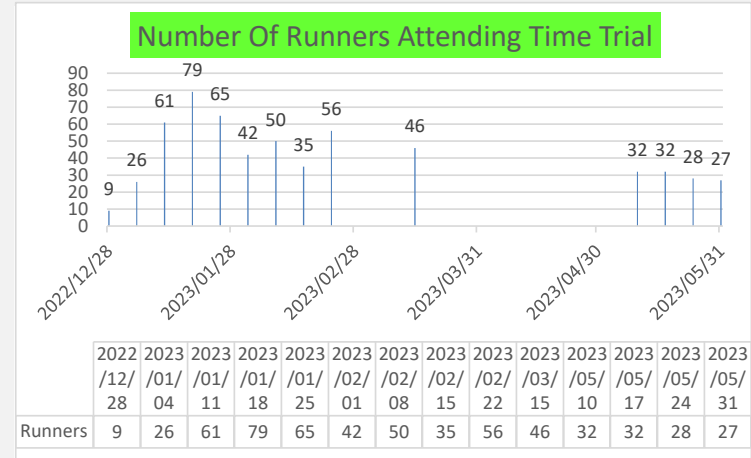
Wednesday, 31 May 2023



Fastest 5KM Latest (Female)	
Pearl Adams	35:00
Sandy Duvenage	36:00
Lisa Short	37:24
Sonya Reid	40:00
Wendy Flaheily-Scott	43:00
Kim Haygarth	43:00
Lyzette Longeny	44:26
Tam Hussain	45:07
Ann Burman	50:00
Zandile Ndlangalavu	51:00

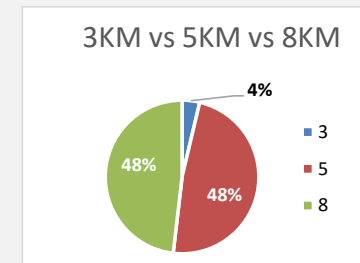
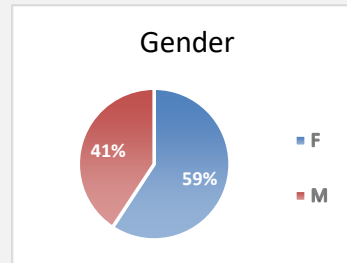
Fastest 8KM Latest (Female)	
Julie Parry	47:00
Mashudu Wange	51:03
Tendani Hlangwane	51:07
Manuela Li Yuk Lo	55:56
Althea Botha	1:01:00
Jonessa De Bruyn	1:04:10

Most Attended	
Fiona Maynard	89
Joy Tupholme	84
Monique Bradbrooke	82
Russell Bradbrooke	79
Gareth Reddell	64
Matthew Pantland	62
Jonessa De Bruyn	60
Jacob Molenaar	59
Sharise Smith	56
Martin Peet	53
Inge Kuhne	49
Dean Jarvis	45
Ferna McKay	42
Estelle Le Roux	40
Sharlene Meeding	40
Kai Kohler	36
Marlon Yusuf	36
Patrick Knowles	34
Cheffley Watt	34
Errol McCauley	33
Michel Bega	32
Theo Adams	32



Fastest 5KM Overall (Female)	
Lungile Mgabi	20:00
Ruth Moore	21:43
Debbie O'Mahony	21:50
Lauren Felton	22:09
Misha Fehem	22:18
Knestus Bartlett	22:20
Annelise Bunce	22:46
Lauren Aharani	22:49
Kristy Bartlett	22:54
Abigail Bodmarchuk	22:54

Fastest 8KM Overall (Female)	
Gantse Makhothg	34:19
Lungile Mgabi	35:45
Lauren Felton	36:00
Claudia McLean	36:13
Inamarie Greyson	37:06
Aurelia Boule	37:30
Elizabeth Viljoen	37:48
Gerda Steyn	37:53
Estie Steyn	37:53
Abigail Bodmarchuk	38:00



Fastest 5KM Latest (Male)	
Andre Pelsner	23:29
Grant Duvenage	36:00
Rabbie Maphakela	37:37

Fastest 8KM Latest (Male)	
Name Unknown	49:30
Digby Vickers	51:51
Chris Van Blerk	1:00:00
Larenz Rheinicke	1:01:00
Michel Bega	1:01:24
Mike Donze	1:01:31
Siphe Maphakela	1:06:00

Fastest 5KM Overall (Male)	
Samuel Cornelius	16:47
Madiba Mazibuko	16:52
Daniel Sigasol	16:54
Thamsanga Moyo	17:56
Tinofara Maanganise	17:56
Sthonzile Khumalo	18:22
Matt Ralphs	18:22
Duane Rabie	18:30
Imie Sallie	18:31
Nathan Amos	18:36

Fastest 8KM Overall (Male)	
Leonard Lowole	27:03
Micheal Lowole	27:03
A Muzopomone	27:51
Admire Muzopambwa	27:55
Samuel Cornelius	28:25
Sandele Kikana	29:11
Alexander Finde	29:30
Theo Adams	29:55
Handsome Siwela	30:00
Thamsanga Moyo	30:01

