

Time Trial Top 10 Leader Board

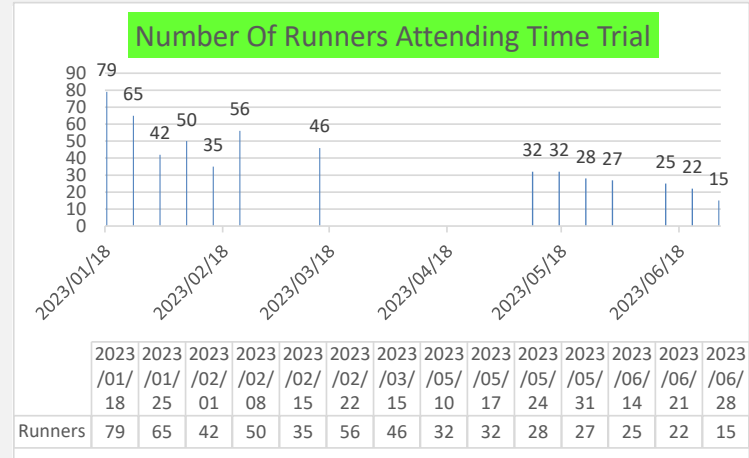
Wednesday, 21 June 2023



Fastest 5KM Latest (Female)	
Laurika v d Walt	27:18
Tam Hussain	40:02
Jeanne Fourie	43:00

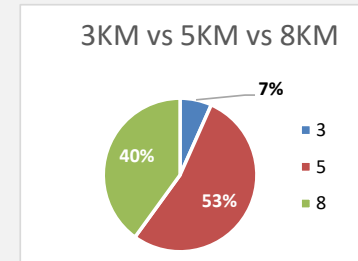
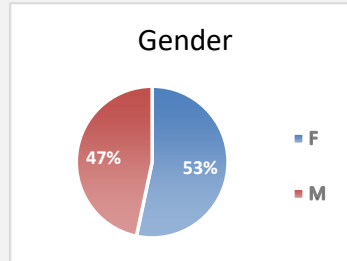
Fastest 8KM Latest (Female)	
Jessie Freitas	48:09
Cindy Lowe	48:09
Stephanie Sallie	50:38
Pearl Adams	50:38

Most Attended	
Fiona Maynard	89
Joy Tupholme	85
Monique Bradbrooke	82
Russell Bradbrooke	79
Gareth Reddell	64
Matthew Pantland	62
Jonessa De Bruyn	61
Jacob Molenaar	60
Sharise Smith	56
Martin Peet	53
Inge Kuhne	49
Ferna McKay	45
Dean Jarvis	45
Estelle Le Roux	40
Sharlene Meeding	40
Patrick Knowles	37
Kai Kohler	36
Marlon Yusuf	36
Theo Adams	34
Cheffley Watt	34
Errol McCauley	33
Stephanie Sallie	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 Boulle	37:30
Elizabeth Viljoen	37:48
Estie Steyn	37:53
Gerda Steyn	37:53
Abigail Bodmarchuk	38:00



Fastest 5KM Latest (Male)	
Richard Hildebrand	22:00
Rabbie Maphakela	24:32
James Geldenhuys	28:07
Patrick Knowles	34:00
Joe Da Silva	43:00

Fastest 8KM Latest (Male)	
Enver Samuel	41:08
Theo Adams	50:38
Grand Total	41:08

Fastest 5KM Overall (Male)	
Samuel Cornelius	16:47
Madiba Mazibuko	16:52
Daniel Sigasol	16:54
Tinofara Maanganise	17:56
Thamsanga Moyo	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
Micheael 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

Weather Coditions

12°C