

Time Trial Top 10 Leader Board

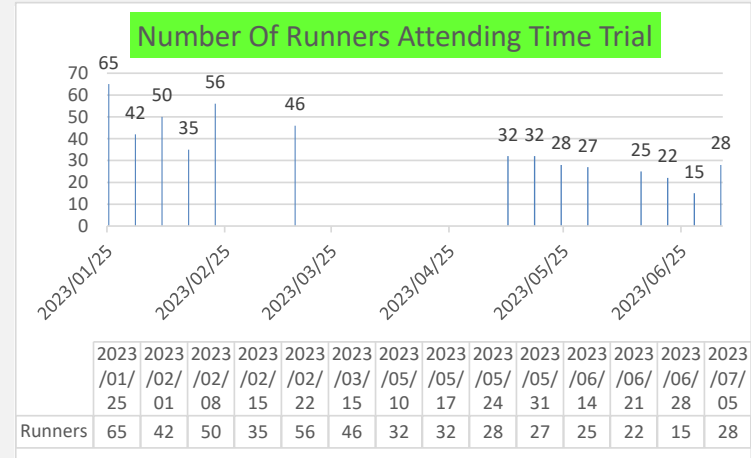
Wednesday, 05 July 2023



Fastest 5KM Latest (Female)	
Saadia Makda	28:40
Taskeen Hoosen	30:03
Hettie Kruger	30:45
Mae Kuhne	34:19
Zelda Zondagh	36:03
Tracey Christie	42:00
Zandile Ndlangalavu	48:00
Ann Burman	48:00
Ferna McKay	49:00

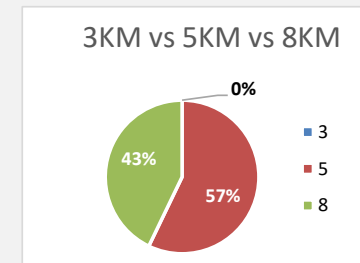
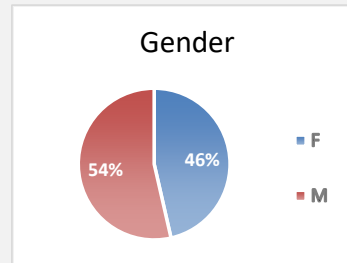
Fastest 8KM Latest (Female)	
Fiona Maynard	51:27
Ilhaam Ollvu	57:29
Stephanie Sallie	1:10:00
Pearl Adams	1:15:00

Most Attended	
Fiona Maynard	90
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	54
Inge Kuhne	49
Ferna McKay	46
Dean Jarvis	45
Estelle Le Roux	40
Sharlene Meeding	40
Patrick Knowles	38
Kai Kohler	36
Marlon Yusuf	36
Theo Adams	35
Cheffley Watt	34
Stephanie Sallie	33
Michel Bega	33



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
Estie Steyn	37:53
Gerda Steyn	37:53
Abigail Bodmarchuk	38:00



Fastest 5KM Latest (Male)	
Amukelani Hlangwene	29:00
Rabbie Maphakela	30:00
Patrick Knowles	32:12
Tinus van Staden	34:27
Martin Peet	34:44
Johan van Tonder	36:03
Joe Da Silva	38:00

Fastest 8KM Latest (Male)	
Richard Gird	39:12
Michel Bega	39:50
Chris Van Blerk	41:35
Jonathan Stumfer	41:44
Schalk Greyling	44:31
Luis Venter	45:00
Ridwaan Sallie	51:29
Theo Adams	1:15:00

Fastest 5KM Overall (Male)	
Samuel Cornelius	16:47
Madiba Mazibuko	16:52
Daniel Sigasol	16:54
Tinofara Maanganise	17:56
Thamsanga Moyo	17:56
Matt Ralphs	18:22
Sthonzile Khumalo	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

