

Time Trial: August 2025		
Name		Time
Lonwabo	Valashiya	18:42
Takawira	Mthanyawa	19:50
Adam	Crafford	21:51
Marc	Dennler	24:21
Thelma	Munungufhala	25:45
Hilton	Jacobson	25:47
Jonathan	Veeran	27:13
Eric	van der Westhuizen	27:56
Blessing	Machini	28:00
Martin	Gilmour	28:11
Rachel	St. Leger-Denny	28:26
Bruce	Barratt	28:32
Robin	Lary	28:34
Catherine	Ronaasen	28:54
David	Thomson	29:51
Susan	Magner	30:38
Storm	Marais	31:30
Austin	Magagula	33:17
Chanelle	Blaine	33:53
Liz	Lyne	34:12
Angelique	Pestana Paiva	34:20
Robert	Minshall	34:22
Nick	Van Wyk	35:49
Steven	Kruger	36:45
Hermien	Willemse	36:56
Tammy-Anne	Clarke	37:13
Alison	Ahmad	42:05
Deniel	Van Wyk	44:31
Kirsten	Thompson	45:04