



Modderfontein - 10 October 2023

Thank you to our timekeepers: Annette and Christoff

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:23	4:17	+0:12
Sammy Erasmus	26:24	5:17	-3:28
Paige Lindenberg	30:02	6:00	+1:09
Janice Ross	30:43	6:09	-0:26
Claire Steyn	31:47	6:21	+5:16
Lianne Zermatten	32:23	6:29	+1:53
Bronwyn Diamond	33:30	6:42	+2:55
Candice Delacovia-Graver	34:31	6:54	-0:30
Gayle Bates	37:45	7:33	+3:02
Heather Matteucci	43:14	8:39	+2:59
Lisa Portelli	58:17	11:39	+19:47
Dineo Mashigo	59:22	11:52	+24:28

Mens 5km TT

Name	Time	Pace	+/- PB
Joshua McKeand	24:20	4:52	+4:31
Ofhani Rapetswane	25:41	5:08	-0:03
Tristan Laros	25:44	5:09	-1:11
Blessing Mazibuko	26:00	5:12	+0:00
Steven Storey	27:12	5:26	-0:56
JD du Plessis	28:28	5:42	+2:42
Wayne Riley	29:30	5:54	+1:24
Fabio La Mantia	30:57	6:11	+9:50
Craig Laros	31:00	6:12	+1:42
Edwin Maroga	31:47	6:21	+2:26
Jose Bates	32:46	6:33	+12:48
Bradley Diamond	33:40	6:44	+2:28
Graham Clifton	33:59	6:48	-0:29
Riaan Steyn	34:14	6:51	-0:38
Francios Peens	35:19	7:04	+1:47
Henri Zermatten	43:15	8:39	+14:54
Ross Hughes	43:15	8:39	+15:44

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	38:20	4:48	+3:41
Estrelita Kotze	39:44	4:58	+1:39
Chelsea Muller	42:55	5:22	+1:59
Marizanne Pienaar	42:55	5:22	+2:34
Jo-Anne Buchner	43:05	5:23	+1:07
Celine Van Enter	43:08	5:24	+2:12
Sally Bevington	44:29	5:34	+1:50
Samantha Zermatten	44:29	5:34	-0:27
Deidre Coghlan	46:29	5:49	+2:38
Micaela Rei	47:04	5:53	+3:22
Michelle Sparke	47:11	5:54	+2:03
Julie Hughes	50:05	6:16	+7:01

Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	32:42	4:05	+0:14
Mitchell Gill	32:51	4:06	-1:23
Barry Chapman	35:00	4:23	+2:55
Warren Graver	35:17	4:25	-0:56
Darryn Miles	37:56	4:45	+3:09
Clayton Sumner	37:57	4:45	+4:48
Dieter Zermatten	41:11	5:09	+5:13
Robert Bode	45:07	5:38	+0:27
Chris Botha	47:04	5:53	+6:09
Fabio Matteucci	47:04	5:53	+11:09
Fred Muvhulawa	47:04	5:53	+4:43
Coach Marco	49:03	6:08	+3:31
Ayal Peretz	50:05	6:16	+9:59

4km Walkers

Name	Time	Pace	+/- PB
David Swanepoel	27:05	6:46	-4:15
Portia Ntsepe	29:29	7:22	-1:52
Amanda Matson	39:14	9:49	+7:34
Gay Geyser	39:14	9:49	+7:34

Virtual TT

Name	Time	Distance
Siphokazi Mondliwa	29:57	5
Regina Ramawela	29:42	5
Ozzie Ferreira	42:06	8