



Modderfontein - 12 September 2023

Thank you to our timekeepers: Gail, Seshnee and Jayson

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:48	4:22	+0:34
Roxanne Harley	25:26	5:05	-0:29
Estrelita Kotze	25:41	5:08	+2:02
Therene Botha	27:55	5:35	+1:47
Alicia Pollock	30:04	6:01	-3:17
Paige Pollock	30:04	6:01	-11:30
Bronwyn Diamond	31:09	6:14	-0:22
Michelle Sparke	31:41	6:20	+4:50
Fulufelo Malada	33:17	6:39	+1:35
Annette Vermeulen	39:44	7:57	+0:36
Charmaine Hibbert	39:44	7:57	+9:32
Heather Matteucci	40:43	8:09	+0:28

Mens 5km TT

Name	Time	Pace	+/- PB
Christoff Vermeulen	26:05	5:13	+1:36
Herman Botha	27:55	5:35	+2:30
Bobby Kassher	29:31	5:54	+0:00
Craig Laros	29:46	5:57	+0:28
Calvin Jenzen	30:52	6:10	+0:09
Bradley Diamond	31:15	6:15	+0:03
Robert Smith	31:20	6:16	+0:00
Edwin Maroga	32:10	6:26	+2:49
Graham Clifton	35:35	7:07	+1:07
Coach Marco	37:27	7:29	+9:15

Ladies 8km TT

Name	Time	Pace	+/- PB
Nicola-Jayne Kirkby	40:33	5:04	+2:32
Shannon Pearce	41:57	5:15	+0:50
Chelsea Muller	42:51	5:21	+1:55
Jo-Anne Buchner	43:04	5:23	+1:06
Marizanne Pienaar	45:14	5:39	+4:53
Sally Bevington	45:17	5:40	+2:38
Samantha Zermatten	45:17	5:40	+0:21
Deidre Coghlan	45:50	5:44	+1:59
Natalie Botha	49:03	6:08	+4:06
Sonia Correia	58:49	7:21	+10:11
Gayle Bates	58:56	7:22	+0:46
Helga Lucas	59:59	7:30	+0:00
Paula Pfister	59:59	7:30	+8:09

Mens 8km TT

Name	Time	Pace	+/- PB
Clayton Sumner	34:05	4:16	+0:06
Andrew Lucas	35:12	4:24	+0:14
Dieter Zermatten	36:36	4:35	+0:38
Andre Greyling	39:10	4:54	+3:14
David Tsoeute	39:18	4:55	+1:53
Fabio Matteucci	40:35	5:04	+4:40
JD du Plessis	40:56	5:07	-1:13
Oratile Pitso	42:58	5:22	+0:00
Chris Botha	43:53	5:29	+2:58
Deon Wessels	46:07	5:46	+5:53
Simon Levin	47:23	5:55	+10:45
Ayal Peretz	47:48	5:59	+7:42
Patrick Wong	47:52	5:59	+0:50

4km Walkers

Name	Time	Pace	+/- PB
Liesel Raath	38:39	9:40	+2:03
Robyn Versace	38:39	9:40	+1:24
Leigh Raath	39:35	9:54	+5:38
Demi De Ruyter	42:08	10:32	+11:51
Jennifer Hodge	42:22	10:36	+9:34

Virtual TT

Name	Time	Distance
Siphokazi Mondliwa	28:39	5
Barry Chapman	34:50	8
Riaan Steyn	57:02	8