



Modderfontein - 12 March 2024

Thank you to our timekeepers: Chairlady Chelsea and 2 Oceans Qualifier Simon

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:08	4:14	-0:02
Gia Sada	26:35	5:19	+0:14
Nicole Van den bergh	30:11	6:02	+0:16
Gail Elliot-Wilson	31:05	6:13	+1:49
Mosa Kaiser	31:30	6:18	+1:18
Bronwyn Diamond	32:13	6:27	+1:50
Sonia Correia	32:42	6:32	+4:05
Jessica le Roux	32:55	6:35	-0:23
Caitlin Ransom	33:15	6:39	+0:00
Danielle Lam	33:15	6:39	+0:00
Candice Delacovia-Grav	33:18	6:40	+1:24
Electra Parpottas	33:58	6:48	+0:38
Keabetswe Monyake	33:59	6:48	+0:49
Amy Schnetler	34:49	6:58	-1:06
Tayla Foong	37:46	7:33	+8:08
Lerato Funani	38:10	7:38	+1:33
Shereen Mogale	39:19	7:52	-1:06
Mable Moboya	40:00	8:00	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Jose Bates	20:53	4:11	+0:55
Craig Bekker	25:18	5:04	-0:50
Steven Storey	27:09	5:26	+0:50
Tristan Laros	27:31	5:30	+1:47
Kabelo Serage	27:57	5:35	+1:56
Steve Moolman	29:07	5:49	+0:39
Thabiso Sebata	30:39	6:08	+0:52
Darren Pillay	31:05	6:13	+3:42
Craig Laros	31:38	6:20	+2:20
Khanya Putini	32:42	6:32	+0:00
Fred Muvhulawa	32:46	6:33	+4:05
Frank Lepphoto	33:42	6:44	+4:34
Graham Clifton	34:08	6:50	+0:09
Riaan Steyn	34:11	6:50	-0:03
Ekkehart Hoenen	35:09	7:02	+0:00

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	34:19	4:17	+0:26
Gillian Farauharson	36:03	4:30	+2:48
Estrelita Kotze	37:37	4:42	+2:37
Susan Sloane	41:20	5:10	+4:42
Dani Blom	42:30	5:19	-5:07
Natalie Botha	45:17	5:40	+0:20
Therene Botha	45:24	5:41	+2:03
Celine Van Enter	45:43	5:43	+4:47
Sally Bevington	46:51	5:51	+4:12
Samantha Zermatten	46:52	5:52	+3:52
Michelle Sparke	47:02	5:53	+1:54
Janice Ross	47:49	5:59	+0:22
Claire Steyn	55:10	6:54	+12:30
Lianne Zermatten	55:55	6:59	+4:38

Mens 8km TT

Name	Time	Pace	+/- PB
Dario Matteucci	29:19	3:40	-0:59
Richard De Klerk	34:10	4:16	+1:59
Clayton Sumner	35:50	4:29	+2:59
Steve Moolman	36:20	4:33	-10:09
Dieter Zermatten	36:50	4:36	+1:55
Riaan Coetzee	38:20	4:48	+1:34
Bobby Kassner	38:27	4:48	+0:50
Isiah Dzambo	39:00	4:53	+4:52
Andre Greyling	39:08	4:54	+3:31
Mitchell Cook	39:55	4:59	+4:25
Warren Graver	40:00	5:00	+4:43
Martin Blignaut	41:50	5:14	-0:27
Llewelyn Grass	42:10	5:16	+0:20
Christian Gevers	42:30	5:19	+2:00
Moses Mtetha	43:45	5:28	+1:44
Deon Wessels	43:58	5:30	+3:44
Bradley Diamond	44:28	5:34	-1:53
Chris Botha	44:56	5:37	+4:01
Patrick Lovell	45:09	5:39	+5:12
Herman Botha	45:24	5:41	+1:53
Andre Venter	45:43	5:43	+12:32
Adolph Gaza	46:43	5:50	+4:10
Coach Marco	47:51	5:59	+2:19

4km Walkers

Name	Time	Pace	+/- PB
Portia Ntsepe	27:43	6:56	-1:39
Francios Peens	27:57	6:59	+0:07
Gayle Bates	44:26	11:07	+10:49