



Modderfontein - 13 February 2024

Thank you to our timekeepers: Brad and Bron Diamond

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:26	4:17	+0:16
Roxanne Harley	25:44	5:09	+1:12
Gia Sada	27:29	5:30	-2:55
Yonica Pienaar	27:43	5:33	-4:29
Samantha Zermatten	28:21	5:40	+0:22
Janice Ross	30:29	6:06	+1:18
Claire Steyn	31:07	6:13	+4:36
Sonia Correia	31:35	6:19	+2:58
Mosa Kaiser	33:30	6:42	+3:18
Fulufelo Malada	34:11	6:50	+2:29
Paige Lindenberg	35:00	7:00	+6:07
Electra Parpottas	35:53	7:11	+0:53
Keabetswe Mangake	35:53	7:11	-1:17
Charmine Payne	36:17	7:15	-1:33
Jessica le Roux	38:17	7:39	+2:31
Mara Rahme	38:50	7:46	+2:14
Milly Manabihe	44:04	8:49	+7:09
Lerato Motsi	44:08	8:50	+2:23
Heather Matteucci	46:46	9:21	+6:31
Demi De Ruyter	51:40	10:20	+18:15

Mens 5km TT

Name	Time	Pace	+/- PB
Craig Bekker	26:01	5:12	-0:31
Dieter Zermatten	26:01	5:12	+3:59
Benjamin Lodya	26:01	5:12	+0:00
Jonathan Hanscombe	26:09	5:14	+2:22
John Fleetwood	26:45	5:21	-3:52
Deon Wessels	29:12	5:50	+4:15
Ayal Peretz	29:19	5:52	+5:50
Tristan Laros	29:35	5:55	+3:51
Darin Pillay	30:05	6:01	+2:42
Frank Lephoto	30:05	6:01	+0:49
Calvin Jenzen	30:46	6:09	+0:03
Thabiso Sebata	30:50	6:10	+1:03
Steve Moolman	30:55	6:11	+2:27
Steven Storey	31:07	6:13	+4:48
Fred Muvhulawa	33:27	6:41	+4:46
Graham Clifton	35:14	7:03	+1:15
Riaan Coetzee	36:41	7:20	+14:04

Ladies 8km TT

Name	Time	Pace	+/- PB
Gillian Farauharson	37:16	4:40	+1:53
Estrelita Kotze	38:42	4:50	+2:47
Chelsea Muller	43:58	5:30	+3:02
Dani Blom	47:37	5:57	+0:00
Sally Bevington	48:18	6:02	+5:39
Michelle Sparke	49:10	6:09	+4:02
Nicole Van den bergh	51:52	6:29	+2:40
Therene Botha	52:10	6:31	+8:49
Candice Delacovia-Gra	55:20	6:55	+6:03
Lianne Zermatten	55:28	6:56	+4:11
Helga Lucas	59:59	7:30	+3:22

Mens 8km TT

Name	Time	Pace	+/- PB
Isiah Dzambo	34:46	4:21	-0:04
Mitchell Gill	35:12	4:24	+2:21
Stephen Morake	36:55	4:37	+1:28
Dario Matteucci	37:16	4:40	+6:58
Richard De Klerk	37:16	4:40	+4:48
Warren Graver	37:31	4:41	+2:14
Bobby Kassner	38:55	4:52	+0:00
Bradley Cook	39:15	4:54	-2:03
Fabio Matteucci	39:33	4:57	+3:38
Andre Greyling	41:38	5:12	+5:42
Christian Gevers	44:14	5:32	+3:44
Hector Moloko	46:28	5:49	+0:12
Simon Levin	47:04	5:53	+10:26
Robert Bode	47:48	5:59	+4:03
Chris Botha	48:08	6:01	+7:13
Patrick Wong	49:26	6:11	+2:59
Mitchell Cook	51:52	6:29	+16:22
Herman Botha	52:10	6:31	+8:39
Coach Marco	52:48	6:36	+7:16
Patrick Lovell	56:25	7:03	+16:28
Edwin Maroga	56:52	7:07	+9:26
Henri Zermatten	56:52	7:07	+15:15

4km Walkers

Name	Time	Pace	+/- PB
Francios Peens	29:40	7:25	+1:50
Portia Ntsepe	34:16	8:34	+4:54
Lisa Portelli	38:15	9:34	+3:18
Rochelle Anstey	40:57	10:14	-11:22
Cerann Antsey	40:57	10:14	+0:00
Leigh Raath	43:46	10:57	+9:49
Liesel Raath	43:46	10:57	+7:10
Robyn Versace	43:53	10:58	+6:38
Paula Pfister	51:40	12:55	+25:30