



## Modderfontein - 14 November 2023

Thank you to our timekeepers: Gayle and Jose

### Ladies 5km TT

Name	Time	Pace	+/- PB
Therene Botha	28:21	5:40	+2:13
Janice Ross	30:05	6:01	<b>-0:38</b>
Claire Steyn	30:41	6:08	+4:10
Candice Delacovia-Graver	31:54	6:23	<b>-1:40</b>
Annalien Steyn	37:40	7:32	+11:58
Annette Vermeulen	40:56	8:11	+1:48
Heather Matteucci	43:14	8:39	+2:59

### Mens 5km TT

Name	Time	Pace	+/- PB
Jude Chianwuna	20:09	4:02	+2:20
Riaan Coetzee	22:37	4:31	<b>+0:00</b>
David Tsoeute	23:15	4:39	<b>-1:00</b>
Ofhani Rapetswane	24:19	4:52	+0:19
Ross Phillips	25:36	5:07	+4:45
Steven Storey	26:19	5:16	<b>-0:29</b>
Herman Botha	27:54	5:35	+2:29
Theo Swanepoel	27:54	5:35	+2:47
Steve Moolman	28:28	5:42	<b>-0:04</b>
Martin Bignaut	28:54	5:47	<b>+0:00</b>
Craig Laros	30:05	6:01	+0:47
Edwin Maroga	33:34	6:43	+4:13

### Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	33:53	4:14	<b>-0:46</b>
Shanice Peens	35:08	4:24	+0:16
Estrelita Kotze	37:25	4:41	<b>-0:40</b>
Nicola-Jayne Kirkby	38:05	4:46	+0:04
Marizanne Pienaar	42:32	5:19	+2:11
Natalie Botha	47:00	5:53	+2:03
Paige Lindenberg	49:40	6:13	<b>+0:00</b>

### Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	32:30	4:04	+0:02
Mitchell Gill	33:51	4:14	+1:00
Barry Chapman	33:55	4:14	+1:50
Andre Greyling	36:31	4:34	+0:35
Ian Morrison	39:42	4:58	+4:28
Ayal Peretz	40:30	5:04	+0:24
Christoff Vermeulen	40:43	5:05	+1:49
Christian Gevers	42:25	5:18	+1:55
Chris Botha	44:30	5:34	+3:35
Fabio Matteucci	44:30	5:34	+8:35
Tristan Laros	46:43	5:50	+1:43
Deon Wessels	46:53	5:52	+6:39
Michael Varanzakis	49:25	6:11	+10:11

### 4km Walkers

Name	Time	Pace	+/- PB
Portia Ntsepe	30:20	7:35	+0:58
Calvin Jenzen	32:39	8:10	<b>+0:00</b>
Bradley Diamond	36:18	9:05	+11:53
Bronwyn Diamond	36:18	9:05	+11:48
Leigh Raath	39:05	9:46	+5:08
Liesel Raath	39:05	9:46	+2:29
Robyn Versace	39:05	9:46	+1:50
Carla Hamilton	39:05	9:46	<b>-0:07</b>

### Virtual TT

Name	Time	Distance
Leandré van Heerden	29:15	5
Helga Lucas	59:59	8