



Modderfontein - 16 January 2024

Thank you to our timekeepers: Gayle and Jonty

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:17	4:15	+0:06
Mosa Kaiser	32:10	6:26	+1:12
Sonia Correia	32:15	6:27	+3:38
Bronwyn Diamond	32:19	6:28	+1:56
Paige Lindenberg	33:20	6:40	+4:27
Revana Laljith	34:14	6:51	+2:15
Deidre Coghlan	36:05	7:13	+8:01
Mara Rahme	36:50	7:22	+0:14
Jessica le Roux	36:50	7:22	+1:04
Charmine Payne	41:44	8:21	+0:00
Juanelle Bates	43:02	8:36	+6:36
Jennifer Hodge	46:57	9:23	+6:04

Mens 5km TT

Name	Time	Pace	+/- PB
Ross Phillips	21:07	4:13	+0:16
Mike Trafoyer	23:32	4:42	+0:57
Prashil Daya	23:58	4:48	+2:30
Andreas Trafoyer	25:09	5:02	+1:03
Jonathan Hanscombe	26:10	5:14	+2:23
David Tsoeute	26:44	5:21	+3:29
Darin Pillay	27:23	5:29	-0:18
Warren Graver	27:32	5:30	+4:38
Joshua McKeand	28:35	5:43	+8:46
Craig Laros	29:21	5:52	+0:03
Tristan Laros	29:50	5:58	+4:06
Sibusiso Malaza	30:15	6:03	-4:08
Thabiso Sebata	32:01	6:24	+0:00
Mytsesh Moodley	33:05	6:37	+3:04
Edwin Maroga	33:20	6:40	+3:59
Coach Marco	33:24	6:41	+5:12
Eric Cotton	35:05	7:01	-6:57
Levi	35:25	7:05	+0:00
Keagan Smith	35:44	7:09	+4:48
Dominik Crobe	41:44	8:21	+0:00
Stefan Trouw	42:52	8:34	+0:00
Jose Bates	43:02	8:36	+23:04
Graham Clifton	46:57	9:23	+12:58

Ladies 8km TT

Name	Time	Pace	+/- PB
Gillian Farauharson	37:50	4:44	+0:19
Tristan Torr	37:50	4:44	+3:57
Estrelita Kotze	42:05	5:16	+4:40
Chelsea Muller	42:41	5:20	+1:45
Marizanne Pienaar	44:11	5:31	+3:50
Celine Van Enter	44:24	5:33	+3:28
Jo-Anne Buchner	44:56	5:37	+2:58
Yonica Pienaar	46:02	5:45	-7:00
Sally Bevington	47:05	5:53	+4:26
Samantha Zermatten	47:05	5:53	+2:36
Natalie Botha	47:21	5:55	+2:24
Janice Ross	49:05	6:08	-0:54
Candice Delacovia-Graver	49:17	6:10	-0:18

Mens 8km TT

Name	Time	Pace	+/- PB
Pieter Swanepoel	30:11	3:46	+0:01
Raymond Wagener	30:47	3:51	+0:00
Kyle Coetzer	30:59	3:52	+0:00
Keagan Botha	32:13	4:02	+0:00
Barry Chapman	32:13	4:02	+0:08
Richard De Klerk	34:01	4:15	+1:33
Andre Venter	34:36	4:20	+0:56
Clayton Sumner	34:54	4:22	+1:45
Ryan Pfeifer	35:04	4:23	+0:00
Dario Matteucci	35:30	4:26	+5:12
Dino Lloyd	36:23	4:33	+0:07
Stephen Morake	38:17	4:47	+1:31
Bobby Kassher	39:03	4:53	+0:00
Andre Greyling	39:04	4:53	+3:08
Dieter Zermatten	39:46	4:58	+3:48
Simon Levin	40:38	5:05	+4:00
Christian Gevers	41:52	5:14	+1:22
Leon Jordaan	42:34	5:19	+6:30
Mike van Jaarsveld	42:39	5:20	-4:12
Ian Morrison	42:52	5:22	+7:38
Ozzie Ferreira	42:58	5:22	+2:01
Martin Blignaut	44:18	5:32	+0:00
Moses Mtetha	44:24	5:33	+0:00
Ofhani Rapetswane	45:35	5:42	+7:58
Patrick Lovell	46:01	5:45	+6:04
Chris Botha	46:11	5:46	+5:16
Bradley Diamond	46:46	5:51	-4:54

4km Walkers

Name	Time	Pace	+/- PB
Jenna Griesel	26:02	6:31	-1:39
Francios Peens	28:16	7:04	+0:00
Portia Ntsepe	29:40	7:25	+0:18
Joshua Wasson	33:44	8:26	-1:54
Amy Schnetler	36:49	9:12	+0:00
Electra Parpottas	37:15	9:19	+0:00
Kristy van Zijl	37:15	9:19	-4:06