



Modderfontein - 17 October 2023

Thank you to our timekeepers: Julie and Ross

Ladies 5km TT

Name	Time	Pace	+/- PB
Tracey Gallagher	27:39	5:32	+0:28
Chelsea Muller	28:59	5:48	+3:41
Natalie Botha	29:00	5:48	+0:01
Celine Van Enter	29:04	5:49	+3:19
Deidre Coghlan	30:55	6:11	+2:51
Samantha Zermatten	30:55	6:11	+2:54
Janice Ross	31:08	6:14	+0:25
Micaela Rei	31:14	6:15	+3:24
Michelle Sparke	32:03	6:25	+5:12
Annalien Steyn	32:25	6:29	+6:43
Leandre Van Heerden	33:10	6:38	+2:59
Nicole Van den bergh	33:20	6:40	+3:25
Candice Delacovia-Graver	33:34	6:43	-0:57
Helga Lucas	37:27	7:29	+1:47
Jill van der Bijl	38:05	7:37	+5:17

Mens 5km TT

Name	Time	Pace	+/- PB
Ofhani Rapetswane	24:00	4:48	-1:41
David Tsoeute	24:58	5:00	-1:46
Graham Ransom	25:16	5:03	+1:53
Ayal Peretz	26:39	5:20	+3:10
Peder Jansen	27:24	5:29	+1:03
Steven Storey	28:37	5:43	+1:25
Chris Botha	29:07	5:49	+1:38
Warren Graver	30:31	6:06	+7:37
Andre Greyling	30:32	6:06	+8:15
Clayton Sumner	30:32	6:06	+7:58
Dieter Zermatten	30:32	6:06	+8:30
Edwin Maroga	32:25	6:29	+3:04
Mitchell Cook	33:20	6:40	+10:07
Bobby Kassher	33:30	6:42	+3:59
Francios Peens	35:35	7:07	+2:03
Coach Marco	37:01	7:24	+8:49
Christopher van der Bijl	38:05	7:37	+7:13
Morne Smith	42:11	8:26	+9:02

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	35:13	4:24	+0:21
Tristan Torr	36:08	4:31	+1:29
Estrelita Kotze	39:14	4:54	+1:09
Laetitia Stap	43:11	5:24	-0:42
Marizanne Pienaar	43:11	5:24	+2:50
Jo-Anne Buchner	43:43	5:28	+1:45
Retha Wareham	46:16	5:47	+0:00
Bronwyn Diamond	51:15	6:24	-2:16
Sonia Correia	54:34	6:49	+5:56
Claire Steyn	55:25	6:56	+12:45
Paula Pfister	56:39	7:05	+4:49

Mens 8km TT

Name	Time	Pace	+/- PB
Barry Chapman	33:22	4:10	+1:17
Arthur Beeming	34:08	4:16	+0:00
Mitchell Gill	38:24	4:48	+5:33
Christian Gevers	40:30	5:04	+0:00
Deon Wessels	43:11	5:24	+2:57
Anthony Wewege	43:11	5:24	+3:28
Robert Bode	45:10	5:39	+0:30
Wayne Riley	45:16	5:40	-0:41
Patrick Lovell	45:24	5:41	+5:27
Bernard Tabane	46:00	5:45	-1:48
Dave Waywell	46:16	5:47	+0:00
Bradley Diamond	51:40	6:28	-1:51

4km Walkers

Name	Time	Pace	+/- PB
Portia Ntsepe	29:52	7:28	+0:23
Carla Hamilton	40:01	10:00	+0:49
Shay Weideman	40:01	10:00	+0:00
Leigh Raath	40:05	10:01	+6:08
Charanee Marimutha	47:15	11:49	+5:53
Avashna Krishoondutt	47:15	11:49	+0:00