



Modderfontein - 19 September 2023

Thank you to our timekeepers: Helga and Andrew

Ladies 5km TT

Name	Time	Pace	+/- PB
Roxanne Harley	24:34	4:55	-0:52
Therene Botha	25:46	5:09	-0:22
Gail Elliot-Wilson	30:27	6:05	+1:11
Bronwyn Diamond	32:42	6:32	+1:33
Fulufelo Malada	33:03	6:37	+1:21
Sairah Rich	33:30	6:42	+0:00
Claire Steyn	35:19	7:04	+8:48
Charmaine Hibbert	37:11	7:26	+6:59
Kim Bouwer	37:11	7:26	+6:06
Nonhlanhla Sikakane	41:31	8:18	-1:09
Jennifer Hodge	50:34	10:07	+9:41

Mens 5km TT

Name	Time	Pace	+/- PB
Dino Lloyd	25:35	5:07	+2:55
Christoff Vermeulen	25:48	5:10	+1:19
Deon Wessels	26:30	5:18	+1:33
Herman Botha	27:05	5:25	+1:40
Bobby Kassher	30:05	6:01	+0:34
Stefan Steyn	30:46	6:09	+4:04
Craig Laros	30:57	6:11	+1:39
Tristan Laros	30:58	6:12	+3:43
Bradley Diamond	31:39	6:20	+0:27
Edwin Maroga	32:42	6:32	+3:21
Riaan Steyn	36:34	7:19	+1:42
Francios Peens	38:08	7:38	+4:36
Graham Clifton	50:34	10:07	+16:06

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	35:03	4:23	+0:11
Tristan Torr	38:30	4:49	+3:51
Nicola-Jayne Kirkby	39:09	4:54	+1:08
Chelsea Muller	42:06	5:16	+1:10
Estrelita Kotze	42:08	5:16	+4:03
Jo-Anne Buchner	42:27	5:18	+0:29
Sammy Erasmus	43:00	5:23	-0:08
Deidre Coghlan	44:38	5:35	+0:47
Marizanne Pienaar	44:40	5:35	+4:19
Laetitia Stap	44:47	5:36	+0:54
Sally Bevington	45:50	5:44	+3:11
Samantha Zermatten	45:50	5:44	+0:54
Natalie Botha	48:10	6:01	+3:13
Janice Ross	52:53	6:37	-2:24
Bussi Ndlovu	53:25	6:41	-1:06
Sonia Correia	54:00	6:45	+5:22
Paula Pfister	54:34	6:49	+2:44
Lianne Zermatten	55:05	6:53	+3:48
Gayle Bates	59:59	7:30	+1:49

Mens 8km TT

Name	Time	Pace	+/- PB
Clayton Sumner	33:09	4:09	-0:50
Barry Chapman	33:19	4:10	+1:14
Jayson Naicker	37:08	4:39	+2:28
Warren Graver	37:14	4:39	+1:01
Mitchell Gill	37:35	4:42	+3:21
David Tsoeute	38:28	4:49	+1:03
Ofhani Rapetswane	39:58	5:00	+2:21
Andre Greyling	42:06	5:16	+6:10
Dieter Zermatten	42:06	5:16	+6:08
Simon Levin	42:38	5:20	+6:00
Adolph Gaza	43:02	5:23	+0:29
Chris Botha	44:04	5:31	+3:09
Ayal Peretz	44:34	5:34	+4:28
JD du Plessis	45:29	5:41	+4:33
Sifiso Hlongwane	46:13	5:47	-9:59
Milan Ganpat Bhoodhia	46:26	5:48	+0:00
Patrick Wong	46:27	5:48	-0:35
Coach Marco	48:20	6:03	+2:48
Bernard Tabane	48:32	6:04	+0:44

4km Walkers

Name	Time	Pace	+/- PB
Candice Delacovia-Graver	26:38	6:40	+0:03
Donna Brand	29:55	7:29	-1:31
Leigh Raath	39:12	9:48	+5:15
Liesel Raath	39:12	9:48	+2:36
Carla Hamilton	39:12	9:48	+0:00
Charanee Marimutha	41:22	10:21	-1:23

Virtual TT

Name	Time	Distance
Siphokazi Mondliwa	27:41	5
Helga Lucas	40:05	5