



## Modderfontein - 21 November 2023

Thank you to our timekeepers: Demi and Chelsea

### Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	21:31	4:18	+0:29
Nicola-Jayne Kirkby	23:24	4:41	+0:44
Estrelita Kotze	23:53	4:47	+0:14
Jo-Anne Buchner	26:46	5:21	+0:12
Tracey Gallagher	27:00	5:24	<b>-0:11</b>
Samantha Zermatten	27:59	5:36	<b>-0:02</b>
Therene Botha	29:00	5:48	+2:52
Natalie Botha	29:08	5:50	+0:09
Dani Blom	29:28	5:54	<b>+0:00</b>
Bronwyn Diamond	30:23	6:05	<b>-0:12</b>
Portia Ntsepe	31:45	6:21	<b>-6:59</b>
Deidre Coghlan	32:13	6:27	+4:09
Claire Steyn	32:47	6:33	+6:16
Candice Delacovia-Graver	33:54	6:47	+2:00
Lianne Zermatten	34:03	6:49	+3:33
Lerato Funani	36:37	7:19	<b>-0:13</b>
Jill van der Bijl	38:49	7:46	+6:01
Nonhlanhla Sikakane	42:54	8:35	+1:23

### Mens 5km TT

Name	Time	Pace	+/- PB
Clayton Sumner	19:56	3:59	<b>-2:38</b>
Dieter Zermatten	22:26	4:29	+0:24
Ross Phillips	22:33	4:31	+1:42
Riaan Coetzee	22:42	4:32	+0:05
Andre Greyling	22:45	4:33	+0:28
Chris Botha	26:10	5:14	<b>-1:19</b>
Bobby Kassher	26:26	5:17	<b>-1:23</b>
David Tsoeute	26:50	5:22	+3:35
Joshua McKeand	28:26	5:41	+8:37
Steve Moolman	29:00	5:48	+0:32
Herman Botha	29:33	5:55	+4:08
Bradley Diamond	29:46	5:57	<b>-0:25</b>
Patrick Lovell	30:51	6:10	+4:21
Patrick Wong	31:31	6:18	+2:31
Tristan Laros	31:35	6:19	+5:51
Fred Muvhulawa	33:05	6:37	+4:24
Kabelo Serage	36:25	7:17	+4:25
Riaan Steyn	37:26	7:29	+3:12
Francios Peens	38:13	7:39	+4:41
Christopher van der Bijl	38:17	7:39	+7:25

### Ladies 8km TT

Name	Time	Pace	+/- PB
Simonay Weitsz	34:40	4:20	<b>+0:00</b>
Shanice Peens	35:30	4:26	+0:38
Marizanne Pienaar	44:55	5:37	+4:34
Laetitia Stap	47:04	5:53	+3:53
Paige Lindenberg	50:14	6:17	+0:34
Gayle Bates	59:59	7:30	+1:49
Helga Lucas	59:59	7:30	+1:11

### Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	34:36	4:20	+2:08
Jose Bates	35:17	4:25	+2:16
Barry Chapman	35:18	4:25	+3:13
Andrew Lucas	36:12	4:32	+1:14
Dario Matteucci	37:04	4:38	+6:46
Ian Morrison	37:45	4:43	+2:31
Dino Lloyd	38:17	4:47	+2:01
Mitchell Gill	44:15	5:32	+11:24
Deon Wessels	45:23	5:40	+5:09
Moji Mokobori	47:04	5:53	+47:04
Christian Gevers	47:12	5:54	+6:42
Michael Varanzakis	49:25	6:11	+10:11
Robert Smith	49:29	6:11	<b>+0:00</b>
Coach Marco	58:28	7:19	+12:56

### 4km Walkers

Name	Time	Pace	+/- PB
Janice Ross	24:33	6:08	<b>-3:38</b>
Ofhani Rapetswane	33:47	8:27	<b>-6:40</b>
Andre Portelli	41:33	10:23	+5:14
Lisa Portelli	41:33	10:23	+6:36
Liesel Raath	41:55	10:29	+5:19
Robyn Versace	41:55	10:29	+4:40

### Virtual TT

Name	Time	Distance
Chelsea Muller	26:12	5