



Modderfontein - 23 January 2024

Thank you to our timekeepers: Claire and Riaan

Ladies 5km TT

Name	Time	Pace	+/- PB
Acacia-Cailyn Abell	27:27	5:29	+0:00
Tracey Gallagher	27:40	5:32	+0:40
Mosa Kaiser	31:13	6:15	+0:15
Therene Botha	31:48	6:22	+5:40
Kirsten Morrison	33:15	6:39	+4:47
Fulufelo Malada	34:04	6:49	+2:22
Deidre Coghlan	35:12	7:02	+7:08
Lerato Funani	37:28	7:30	+0:51
Anele Funani	37:28	7:30	+0:00
Gayle Bates	37:54	7:35	+3:11
Charmine Payne	39:03	7:49	-2:41
Tnoko Kubneka	39:33	7:55	+0:00
Demi De Ruyter	39:57	7:59	+6:32
Lerato Kubneka	40:01	8:00	+0:00
Phindi Mhlanga	41:26	8:17	+0:00
Marizelle de Beer	43:00	8:36	+0:00
Heather Matteucci	43:50	8:46	+3:35
Jennifer Hodge	47:22	9:28	+6:29
Gladys Morake	49:48	9:58	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Ross Phillips	21:25	4:17	+0:34
Riaan Coetzee	22:46	4:33	+0:09
Jonathan Hanscombe	28:14	5:39	+4:27
Leon Jordaan	28:20	5:40	+6:31
Mike van Jaarsveld	28:22	5:40	-6:20
Deon Wessels	29:15	5:51	+4:18
Henri Zermatten	29:18	5:52	+0:57
Thabiso Sebata	30:10	6:02	-1:51
Tristan Laros	30:31	6:06	+4:47
Edwin Maroga	30:49	6:10	+1:28
Adolph Gaza	31:13	6:15	+0:00
Kyle Ribeiro	31:40	6:20	+5:14
Herman Botha	31:48	6:22	+6:23
Fred Muvhulawa	32:10	6:26	+3:29
Ross Hughes	33:15	6:39	+5:44
Levi Carter	34:15	6:51	-1:10
Ntwanano Gaza	35:42	7:08	+6:43
Keagan Smith	35:50	7:10	+4:54
Chayton Murdock	36:09	7:14	+0:00
Mytsesh Moodley	38:40	7:44	+8:39
Andreas Trafoyer	39:04	7:49	+14:58
Graham Ransom	47:22	9:28	+24:07
Thabo Morake	49:48	9:58	+0:00

Ladies 8km TT

Name	Time	Pace	+/- PB
Kate van Jaarsveld	33:25	4:11	-0:03
Shanice Peens	34:50	4:21	-0:02
Tristan Torr	36:46	4:36	+2:53
Nicola-Jayne Kirkby	37:56	4:45	-0:05
Estrelita Kotze	38:15	4:47	+0:50
Chelsea Muller	40:58	5:07	+0:02
Julie Hughes	44:20	5:33	+1:16
Celine Van Enter	44:52	5:37	+3:56
Marizanne Pienaar	45:00	5:38	+4:39
Yonica Pienaar	45:00	5:38	-1:02
Jo-Anne Buchner	45:45	5:43	+3:47
Samantha Zermatten	45:45	5:43	+1:16
Natalie Botha	46:12	5:47	+1:15
Laetitia Stap	47:47	5:58	+4:36
Michelle Sparke	50:10	6:16	+5:02
Bronwyn Diamond	53:15	6:39	+2:00
Gail Elliot-Wilson	54:02	6:45	+0:00
Lianne Zermatten	54:53	6:52	+3:36
Helga Lucas	58:50	7:21	+0:02

Mens 8km TT

Name	Time	Pace	+/- PB
Calvin Sangweni	29:42	3:43	-1:12
Mpumelelo Kunene	29:42	3:43	+0:00
Promise Msitshana	30:28	3:49	+0:00
Andre Venter	33:30	4:11	-0:10
Clayton Sumner	34:05	4:16	+1:14
Isiah Dzambo	34:50	4:21	+0:00
Jose Bates	36:27	4:33	+3:26
Barry Chapman	36:30	4:34	+4:25
Stephen Morake	36:39	4:35	-0:07
Dieter Zermatten	36:46	4:36	+0:48
Ian Morrison	37:50	4:44	+2:36
Mitchell Cook	38:08	4:46	+2:38
Thulani Mashiloane	38:20	4:48	-3:25
Andre Greyling	38:55	4:52	+2:59
Bobby Kassher	38:55	4:52	-0:08
Fabio Matteucci	39:07	4:53	+3:12
Dino Lloyd	40:35	5:04	+4:19
Simon Levin	41:03	5:08	+4:25
Jayson Naicker	42:02	5:15	+7:22
David Tsoeute	42:36	5:20	+5:11
Mitchell Gill	43:55	5:29	+11:04
Martin Blignaut	44:00	5:30	-0:18
Chris Botha	45:45	5:43	+4:50
Bradley Diamond	46:55	5:52	+0:34
Moses Mtetha	47:45	5:58	+3:21
Patrick Lovell	47:47	5:58	+7:50
Kamen Govender	54:20	6:48	+0:00

4km Walkers

Name	Time	Pace	+/- PB
Francios Peens	28:45	7:11	+0:29
Juanelle Bates	29:18	7:20	-5:02
Cindy Bode	33:18	8:20	-18:59
Susan Abell	35:18	8:50	-5:22
Natasha Lloyd	36:00	9:00	+0:00
Lyndia Parpottas	36:00	9:00	+0:00
Ari Guinsberg	36:53	9:13	+0:29
Electra Parpottas	37:54	9:29	+0:39
Leande Botha	39:20	9:50	+1:33
Sumi Naidu	39:20	9:50	-3:39
Rashida Afindy	39:20	9:50	+0:00
Kim Bouwer	39:21	9:50	+0:00
Jessica le Roux	43:03	10:46	+14:33
Mara Rahme	43:03	10:46	+14:33
Heather Williams	43:03	10:46	+0:00
Philile Mbatsona	45:24	11:21	+0:00
Kaela Hindle	46:55	11:44	+3:45
Strom Murdock	46:55	11:44	+0:00
Caitlin Kanjee	46:55	11:44	+0:00

Virtual TT

Name	Time	Distance
Candice Delacovia-Graver	55:32	8