



Modderfontein - 24 October 2023

Thank you to our timekeepers: Chelsea and Andre G

Ladies 5km TT

Name	Time	Pace	+/- PB
Carla Hamilton	29:59	6:00	+0:00
Janice Ross	31:24	6:17	+0:41
Stacy Jeannes	32:57	6:35	+1:30
Paula Pfister	34:34	6:55	+6:08
Jill van der Bijl	38:21	7:40	+5:33
Charmaine Hibbert	40:07	8:01	+9:55
Gayle Bates	40:07	8:01	+5:24
Heather Matteucci	43:35	8:43	+3:20
Jennifer Hodge	52:40	10:32	+11:47

Mens 5km TT

Name	Time	Pace	+/- PB
Graham Ransom	23:15	4:39	-0:08
David Tsoeute	24:15	4:51	-0:43
JD du Plessis	27:21	5:28	+1:35
Milan Ganpat Bhoodhia	27:21	5:28	+0:22
Steven Storey	29:20	5:52	+2:08
Bobby Kassher	29:55	5:59	+0:24
Stefan Steyn	30:22	6:04	+3:40
Frank Lephoto	31:04	6:13	+1:48
Patrick Wong	31:08	6:14	+2:08
Tristan Laros	31:20	6:16	+5:36
Calvin Jenzen	32:57	6:35	+2:14
Christopher van der Bijl	37:40	7:32	+6:48
Coach Marco	37:55	7:35	+9:43
Graham Clifton	52:40	10:32	+18:41

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	35:46	4:28	+1:07
Estrelita Kotze	39:28	4:56	+1:23
Celine Van Enter	42:09	5:16	+1:13
Marizanne Pienaar	43:02	5:23	+2:41
Jo-Anne Buchner	43:56	5:30	+1:58
Sally Bevington	44:30	5:34	+1:51
Deidre Coghlan	45:06	5:38	+1:15
Laetitia Stap	45:44	5:43	+2:33
Julie Hughes	45:50	5:44	+2:46
Natalie Botha	47:00	5:53	+2:03
Samantha Zermatten	47:23	5:55	+2:54
Micaela Rei	49:03	6:08	+5:21
Michelle Sparke	51:04	6:23	+5:56
Claire Steyn	56:04	7:01	+13:24
Helga Lucas	59:59	7:30	+0:00

Mens 8km TT

Name	Time	Pace	+/- PB
Andre Venter	33:40	4:13	-1:33
Barry Chapman	33:40	4:13	+1:35
Richard De Klerk	35:46	4:28	+3:18
Dario Matteucci	36:44	4:36	+6:26
Clayton Sumner	37:29	4:41	+4:20
Dino Lloyd	39:21	4:55	+3:05
Dieter Zermatten	39:28	4:56	+3:30
Mitchell Gill	39:28	4:56	+6:37
Fabio Matteucci	42:28	5:19	+6:33
Ofhani Rapetswane	43:02	5:23	+5:25
Robert Bode	43:45	5:28	-0:55
Chris Botha	44:46	5:36	+3:51
Deon Wessels	47:00	5:53	+6:46
Patrick Lovell	49:05	6:08	+9:08

4km Walkers

Name	Time	Pace	+/- PB
Bradley Diamond	24:25	6:06	-0:07
Bronwyn Diamond	24:50	6:13	+0:20
Portia Ntsepe	29:22	7:21	-0:07
Demi De Ruyter	29:40	7:25	-0:37
Gail Elliot-Wilson	31:09	7:47	+1:35
Amanda Matson	33:33	8:23	+1:53
Gay Geyser	33:33	8:23	+1:53
Ava Van Enter	36:40	9:10	+1:30
Donovan van Zijl	36:58	9:15	+14:09
Jessica le Roux	39:48	9:57	+11:18
Alistair Elliot-Wilson	41:26	10:22	+1:57
Henri Zermatten	41:50	10:28	+13:50
Ross Hughes	41:50	10:28	+4:23
Kristy van Zijl	43:11	10:48	+1:50
Kate Spurgeon	43:25	10:51	+8:15

Virtual TT

Name	Time	Distance
Andre Greyling	41:18	8
Darryn Miles	33:32	8
Chelsea Muller	41:41	8