



## Modderfontein - 26 September 2023

Thank you to our timekeepers: Lianne and Jose

### Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:11	4:14	-0:03
Tracey Gallagher	27:42	5:32	+0:31
Michelle Sparke	29:15	5:51	+2:24
Paige Lindenberg	31:12	6:14	+2:19
Alicia Pollock	32:38	6:32	+2:34
Paige Pollock	32:38	6:32	+2:34
Claire Steyn	33:45	6:45	+7:14
Sairah Rich	34:00	6:48	+0:30
Julie Hughes	35:11	7:02	+7:24

### Mens 5km TT

Name	Time	Pace	+/- PB
Joshua McKeand	24:39	4:56	+4:50
Ozzie Ferreira	24:40	4:56	+1:00
Tristan Laros	26:55	5:23	-0:20
Pedee Jansen	27:14	5:27	+0:00
Jonathan Hanscombe	28:50	5:46	+5:03
Wayne Riley	29:05	5:49	+0:59
Ofhani Rapetswane	29:15	5:51	+0:00
Edwin Maroga	33:00	6:36	+3:39
Ross Hughes	33:15	6:39	+5:44
Graham Clifton	35:08	7:02	+0:40

### Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	34:47	4:21	+0:08
Nicola-Jayne Kirkby	38:57	4:52	+0:56
Estrelita Kotze	41:26	5:11	+3:21
Marizanne Pienaar	43:20	5:25	+2:59
Sally Bevington	44:26	5:33	+1:47
Jo-Anne Buchner	45:23	5:40	+3:25
Therene Botha	45:55	5:44	+2:34
Deidre Coghlan	46:25	5:48	+2:34
Samantha Zermatten	46:25	5:48	+1:29
Celine Van Enter	48:47	6:06	+7:51
Chelsea Muller	48:47	6:06	+7:51

### Mens 8km TT

Name	Time	Pace	+/- PB
Mitchell Gill	34:37	4:20	+0:23
Barry Chapman	37:55	4:44	+5:50
Clayton Sumner	37:55	4:44	+4:46
Dieter Zermatten	37:55	4:44	+1:57
Warren Graver	37:55	4:44	+1:42
JD du Plessis	41:21	5:10	+0:25
Teboho Chele	43:12	5:24	+0:00
Musa Nkukwana	43:12	5:24	-1:48
Andre Greyling	44:02	5:30	+8:06
Deon Wessels	44:40	5:35	+4:26
Herman Botha	45:55	5:44	+2:24
Chris Botha	45:56	5:45	+5:01
Fabio Matteucci	45:56	5:45	+10:01
Ayal Peretz	47:43	5:58	+7:37
Patrick Wong	47:43	5:58	+1:16
Lati Ramatshi	47:46	5:58	+0:00
Coach Marco	49:16	6:10	+3:44

### 4km Walkers

Name	Time	Pace	+/- PB
Donna Brand	31:27	7:52	+1:32
Portia Ntsepe	33:39	8:25	+0:00
Leigh Raath	37:20	9:20	+3:23
Heather Matteucci	37:22	9:21	+2:44
Anisa Fielding	39:43	9:56	+4:55
Liesel Raath	39:43	9:56	+3:07
Robyn Versace	42:30	10:38	+5:15

### Virtual TT

Name	Time	Distance
Siphokazi Mondliwa	28:20	5