



## Modderfontein - 27 February 2024

Thank you to our timekeeping ladies: Julie , Roxanne and Riley !

### Ladies 5km TT

Name	Time	Pace	+/- PB
Samantha Coetzer	19:59	4:00	-0:38
Shanice Peens	21:10	4:14	+0:00
Gia Sada	26:21	5:16	-17:39
Marizanne Pienaar	27:15	5:27	-0:52
Laetitia Stap	27:31	5:30	+1:27
Natalie Botha	28:32	5:42	-0:27
Sally Bevington	28:41	5:44	+3:37
Samantha Zermatten	28:41	5:44	+0:42
Janice Ross	29:06	5:49	-0:05
Gail Elliot-Wilson	30:52	6:10	+1:36
Bronwyn Diamond	31:01	6:12	+0:38
Lianne Zermatten	31:02	6:12	+0:32
Serati May	32:50	6:34	+0:00
Anke Krid	32:57	6:35	-2:38
Aniss Krid	32:57	6:35	+0:00
Keabetswe Manyake	33:15	6:39	+0:05
Fulufelo Malada	33:17	6:39	+1:35
Deidre Coghlan	34:14	6:51	+6:10
Helga Lucas	34:14	6:51	-1:26
Electra Parpottas	34:24	6:53	+1:04
Mosa Kaiser	34:50	6:58	+4:38
Lyndia Parpottas	34:50	6:58	+34:50
Charmine Payne	35:15	7:03	-2:35
Lerato Kubneka	39:59	8:00	-0:02
Priyanka Perumal	40:00	8:00	+0:00
Mable Moboya	40:00	8:00	+0:00
Gayle Bates	40:24	8:05	+5:41
Charmaine Hibbert	42:15	8:27	+12:03
Demi De Ruyter	42:15	8:27	+8:50
Paula Pfister	42:15	8:27	+13:49
Jennifer Hodge	43:19	8:40	+2:26
Portia Ntsepe	44:01	8:48	+12:16

### Mens 5km TT

Name	Time	Pace	+/- PB
Jude Chianwuna	19:03	3:49	+1:14
Ross Phillips	23:17	4:39	+2:26
Jose Bates	24:07	4:49	+4:09
Warren Graver	25:37	5:07	+2:43
Christian Gevers	25:42	5:08	+0:05
Kabelo Serage	26:01	5:12	-5:59
Tristan Laros	26:46	5:21	+1:02
Frank Lephoto	27:08	5:26	-2:08
Darin Pillay	27:34	5:31	+0:11
Steven Storey	28:00	5:36	+1:41
Chris Botha	28:52	5:46	+2:42
Deon Wessels	31:20	6:16	+6:23
Thabiso Sebata	31:50	6:22	+2:03
Bradley Diamond	32:00	6:24	+5:09
Fred Muvhulawa	32:08	6:26	+3:27
Calvin Jenzen	32:33	6:31	+1:50
Kamen Govender	34:40	6:56	+0:30
Dominik Crobe	35:15	7:03	-2:35
Graham Clifton	43:19	8:40	+9:20
Andrew Lucas	56:16	11:15	+32:53

### Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	34:25	4:18	+0:32
Estrelita Kotze	37:33	4:42	+2:33
Gillian Farauharson	39:05	4:53	+3:42
Chelsea Muller	42:13	5:17	+3:05
Yonica Pienaar	42:25	5:18	-1:50
Rochelle Fisher	44:59	5:37	-4:26
Celine Van Enter	45:10	5:39	+4:14
Stella Schleich	45:34	5:42	-2:28
Therene Botha	45:36	5:42	+2:15
Candice Delacovia-Gra	49:33	6:12	+0:16
Nicole Van den bergh	51:02	6:23	+1:50
Paige Lindenberg	53:25	6:41	+3:45

### Mens 8km TT

Name	Time	Pace	+/- PB
Calvin Sangweni	29:31	3:41	-0:11
Mitchell Gill	35:22	4:25	+2:31
Clayton Sumner	35:59	4:30	+3:08
Isiah Dzambo	36:00	4:30	+1:52
Riaan Coetzee	36:46	4:36	+0:00
Stephen Morake	36:51	4:36	+1:24
Jackson Malumalu	37:20	4:40	+7:20
Bobby Kassner	37:37	4:42	-0:24
Darryn Miles	39:05	4:53	+4:18
Dieter Zermatten	39:05	4:53	+4:10
Dino Lloyd	39:05	4:53	+3:58
Dillon Haverly	39:05	4:53	+6:31
Pieter Swanepoel	39:05	4:53	+8:55
Bradley Cook	40:34	5:04	+1:19
Lleweyn Grass	41:50	5:14	+0:00
Moses Mtetha	42:01	5:15	-1:24
Andre Greyling	42:13	5:17	+6:36
Martin Blignaut	43:31	5:26	+1:14
Patrick Lovell	44:55	5:37	+4:58
Andre Venter	45:10	5:39	+11:59
Robert Bode	45:16	5:40	+1:31
Herman Botha	45:36	5:42	+2:05
Simon Levin	47:51	5:59	+11:13
Patrick Wong	47:55	5:59	+2:56
Mitchell Cook	51:05	6:23	+15:35

### 4km Walkers

Name	Time	Pace	+/- PB
Jonty Meiring	28:55	7:14	-10:45
Sonia Correia	33:54	8:29	-7:22
Lisa Portelli	39:25	9:51	+4:28
Tashia Deoras	40:00	10:00	+0:00
Kaela Hindle	43:05	10:46	-0:05
Angelique Schutte	43:05	10:46	-0:02
Liesel Raath	44:04	11:01	+7:28
Leigh Raath	44:17	11:04	+10:20
Robyn Versace	44:19	11:05	+7:04