



Modderfontein - 28 November 2023

Thank you to our timekeepers: Laetitia and Marco

Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	26:08	5:14	+5:06
Chelsea Muller	26:49	5:22	+1:31
Estrelita Kotze	27:58	5:36	+4:19
Morgan Young	28:03	5:37	-0:19
Natalie Botha	29:30	5:54	+0:31
Jo-Anne Buchner	29:33	5:55	+2:59
Samantha Zermatten	30:00	6:00	+2:01
Janice Ross	30:17	6:03	+0:12
Bronwyn Diamond	30:33	6:07	+0:10
Deidre Coghlan	33:11	6:38	+5:07
Candice Delacovia-Graver	33:54	6:47	+2:00
Nadine Matthee	35:45	7:09	+0:00
Fulufelo Malada	36:30	7:18	+4:48
Julie Hughes	37:04	7:25	+9:17
Michelle Sparke	37:04	7:25	+10:13
Jill van der Bijl	42:37	8:31	+9:49

Mens 5km TT

Name	Time	Pace	+/- PB
Riaan Coetzee	22:50	4:34	+0:13
Clayton Sumner	22:51	4:34	+2:55
Isiah Dzambo	22:53	4:35	+0:00
Andre Greyling	26:08	5:14	+3:51
David Tsoeute	26:08	5:14	+2:53
Dieter Zermatten	26:08	5:14	+4:06
Bobby Kassher	26:10	5:14	-0:16
Ayal Peretz	27:15	5:27	+3:46
Ntwanano Gaza	27:35	5:31	-1:24
Darin Pillay	27:40	5:32	-0:01
Warren Graver	27:58	5:36	+5:04
Bradley Diamond	28:41	5:44	-1:05
Frank Lephoto	29:00	5:48	-0:16
Chris Botha	29:40	5:56	+3:30
Craig Laros	31:15	6:15	+1:57
Edwin Maroga	31:40	6:20	+2:19
Simon Levin	31:40	6:20	+6:40
Keagan Smith	35:44	7:09	+4:48
Henri Zermatten	36:00	7:12	+7:39
Christopher van der Bijl	42:00	8:24	+11:08

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	35:37	4:27	+0:45
Marizanne Pienaar	42:48	5:21	+2:27
Celine Van Enter	44:33	5:34	+3:37
Mulalo Gaza	44:48	5:36	-3:04
Sonia Correia	54:04	6:46	+5:26
Lianne Zermatten	56:57	7:07	+5:40
Helga Lucas	59:48	7:29	+1:00

Mens 8km TT

Name	Time	Pace	+/- PB
Jose Bates	34:42	4:20	+1:41
Dario Matteucci	34:55	4:22	+4:37
Dino Lloyd	35:27	4:26	-0:49
Andrew Lucas	36:14	4:32	+1:16
Barry Chapman	37:29	4:41	+5:24
Richard De Klerk	37:29	4:41	+5:01
Ian Morrison	37:41	4:43	+2:27
Bradley Cook	38:16	4:47	-3:02
Christian Gevers	41:32	5:12	+1:02
Ofhani Rapetswane	42:39	5:20	+5:02
Deon Wessels	43:17	5:25	+3:03
Patrick Lovell	44:08	5:31	+4:11
Adolph Gaza	45:43	5:43	+3:10
Mitchell Gill	45:51	5:44	+13:00
Robert Bode	46:24	5:48	+2:39
Tristan Laros	47:42	5:58	+2:42
Robert Smith	48:43	6:05	-0:46

4km Walkers

Name	Time	Pace	+/- PB
Joshua Wasson	36:00	9:00	+0:22
Carla Hamilton	36:26	9:07	-2:39
Krisana Pillay	43:37	10:54	+0:00
Kayla Nel	43:37	10:54	+0:00
Juanelle Bates	44:33	11:08	+10:13
Kendra Verbeek	48:15	12:04	+0:00