



## Modderfontein - 30 January 2024

Thank you to our timekeepers: NJ, Celine and Patricia

### Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:10	4:14	-0:01
Dani Blom	28:26	5:41	-1:02
Janice Ross	29:11	5:50	-0:54
Mosa Kaiser	30:12	6:02	-0:46
Leanne Trollop	30:39	6:08	+0:00
Nicole Van den bergh	31:22	6:16	+1:27
Sonia Correia	32:33	6:31	+3:56
Fulufelo Malada	34:24	6:53	+2:42
Michelle Sparke	34:28	6:54	+7:37
Anke Krid	35:35	7:07	+0:00
Gladys Morake	35:55	7:11	-13:53
Keabetswe Mangake	37:10	7:26	+0:00
Charmine Payne	37:50	7:34	-1:13
Heather Matteucci	42:16	8:27	+2:01
Jennifer Hodge	45:16	9:03	+4:23

### Mens 5km TT

Name	Time	Pace	+/- PB
Mike Trafoyer	22:44	4:33	+0:09
Andre Venter	23:52	4:46	+0:00
Barry Chapman	23:52	4:46	+4:24
Andreas Trafoyer	24:54	4:59	+0:48
Craig Bekker	26:37	5:19	+0:05
Ayal Peretz	27:55	5:35	+4:26
Tristan Laros	28:11	5:38	+2:27
Craig Laros	29:34	5:55	+0:16
Thabiso Sebata	29:47	5:57	-0:23
John Fleetwood	30:37	6:07	+0:00
Mitchell Cook	31:22	6:16	+8:09
Steve Moolman	31:51	6:22	+3:23
Chris Botha	34:28	6:54	+8:18
Edwin Maroga	34:28	6:54	+5:07
Patrick Wong	34:28	6:54	+5:28
Riaan Steyn	35:22	7:04	+1:08
Kamen Govender	35:57	7:11	+0:00
Dominik Crobe	37:50	7:34	-3:54
Graham Clifton	45:16	9:03	+11:17

### Ladies 8km TT

Name	Time	Pace	+/- PB
Gillian Farauharson	35:23	4:25	-2:08
Tristan Torr	35:43	4:28	+1:50
Estrelita Kotze	35:55	4:29	-1:30
Chelsea Muller	42:06	5:16	+1:10
Marizanne Pienaar	43:33	5:27	+3:12
Yonica Pienaar	44:15	5:32	-0:45
Jo-Anne Buchner	46:14	5:47	+4:16
Sally Bevington	46:16	5:47	+3:37
Samantha Zermatten	46:16	5:47	+1:47
Margot Smythe	46:31	5:49	+0:00
Natalie Botha	47:43	5:58	+2:46
Bronwyn Diamond	52:20	6:33	+1:05
Lianne Zermatten	53:57	6:45	+2:40
Claire Steyn	55:02	6:53	+12:22
Helga Lucas	56:37	7:05	-2:11

### Mens 8km TT

Name	Time	Pace	+/- PB
Kyle Coetzer	32:51	4:06	+1:52
Dino Lloyd	35:07	4:23	-1:09
Richard De Klerk	35:12	4:24	+2:44
Dieter Zermatten	35:36	4:27	-0:22
Clayton Sumner	35:42	4:28	+2:51
Stephen Morake	36:51	4:36	+0:12
Jackson Malumalu	37:33	4:42	+7:33
Isiah Dzambo	38:04	4:46	+3:14
Bobby Kassher	39:05	4:53	+0:10
Jayson Naicker	40:23	5:03	+5:43
David Tsoeute	41:23	5:10	+3:58
Christian Gevers	41:37	5:12	+1:07
Jared Da Silva	42:06	5:16	+0:00
Leon Jordaan	42:27	5:18	+6:23
Mike van Jaarsveld	42:27	5:18	-0:12
Moses Mtetha	43:33	5:27	-0:51
Mitchell Gill	43:36	5:27	+10:45
Carlo Loureiro	43:41	5:28	+0:00
Robert Bode	44:17	5:32	+0:32
Deon Wessels	44:49	5:36	+4:35
Simon Levin	46:03	5:45	+9:25
Hector Moloko	46:16	5:47	+0:00
Andre Greyling	46:31	5:49	+10:35
Henri Zermatten	47:55	5:59	+6:18
Patrick Lovell	47:55	5:59	+7:58
Bradley Diamond	52:20	6:33	+5:59

### 4km Walkers

Name	Time	Pace	+/- PB
Francios Peens	27:50	6:58	-0:26
Portia Ntsepe	29:29	7:22	+0:07
Lyndia Parpottas	34:26	8:37	-1:34
Cheri-Lee Gaendam	34:40	8:40	+0:00
JJ Strydom	35:03	8:46	+0:00
Electra Parpottas	35:05	8:46	-2:10
Ephy Mooka	36:01	9:00	+0:00
Jonty Meiring	39:40	9:55	-4:04
Cindy Bode	52:19	13:05	+19:01
Rochelle Anstey	52:19	13:05	+0:00
Lisa Zondi	53:19	13:20	+1:02

### Virtual TT

Name	Time	Distance
Ian Morrison	37:16	8