



Modderfontein - 03 October 2023

Thank you to our timekeepers: Therene and Herman

Ladies 5km TT

Name	Time	Pace	+/- PB
Roxanne Harley	24:32	4:54	-0:02
Paige Lindenberg	29:55	5:59	+1:02
Gail Elliot-Wilson	30:21	6:04	+1:05
Bronwyn Diamond	30:35	6:07	-0:34
Julie Hughes	31:02	6:12	+3:15
Janice Ross	31:09	6:14	-1:21
Sairah Rich	31:25	6:17	-2:05
Stacy Jeannes	31:27	6:17	-1:51
Jill van der Bijl	32:48	6:34	+0:00
Fulufelo Malada	33:19	6:40	+1:37
Candice Delacovia-Graver	35:01	7:00	+0:00
Annalien Steyn	39:54	7:59	+14:12
Annette Vermeulen	42:11	8:26	+3:03
Heather Matteucci	46:05	9:13	+5:50
Jennifer Hodge	47:33	9:31	+6:40

Mens 5km TT

Name	Time	Pace	+/- PB
Leon Jordaan	21:49	4:22	-0:29
Graham Ransom	24:26	4:53	+1:03
Jonathan Hanscombe	25:42	5:08	+1:55
Ofhani Rapetswane	25:44	5:09	-3:31
Peder Jansen	26:21	5:16	-0:53
David Tsoeute	26:44	5:21	-0:04
Milan Ganpat Bhoodhia	26:59	5:24	-6:36
Steven Storey	28:36	5:43	+0:28
Robert Smith	28:55	5:47	-2:25
Steve Moolman	29:30	5:54	+0:58
Christopher van der Bijl	30:52	6:10	+0:00
Edwin Maroga	32:59	6:36	+3:38
Morne Smith	33:09	6:38	+0:00
Ozzie Ferreira	33:51	6:46	+10:11
Blake Ferreira	33:51	6:46	+0:00
Francios Peens	36:41	7:20	+3:09
Phillip Makelani	38:08	7:38	+0:48
Leon Scheepers	39:54	7:59	+4:13

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	34:57	4:22	+0:05
Tristan Torr	39:21	4:55	+4:42
Nicola-Jayne Kirkby	39:29	4:56	+1:28
Estrelita Kotze	41:35	5:12	+3:30
Chelsea Muller	43:36	5:27	+2:40
Marizanne Pienaar	43:36	5:27	+3:15
Celine Van Enter	43:56	5:30	+3:00
Jo-Anne Buchner	44:45	5:36	+2:47
Deidre Coghlan	45:55	5:44	+2:04
Laetitia Stap	46:10	5:46	+2:17
Sally Bevington	46:46	5:51	+4:07
Samantha Zermatten	46:46	5:51	+1:50
Natalie Botha	48:01	6:00	+3:04
Michelle Sparke	48:10	6:01	+3:02
Sonia Correia	53:30	6:41	+4:52
Lianne Zermatten	54:51	6:51	+3:34
Claire Steyn	55:34	6:57	+12:54
Helga Lucas	59:59	7:30	+0:00

Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	36:24	4:33	+3:56
Warren Graver	36:24	4:33	+0:11
Barry Chapman	38:08	4:46	+6:03
Clayton Sumner	38:08	4:46	+4:59
Mitchell Gill	38:08	4:46	+3:54
Andre Greyling	38:50	4:51	+2:54
Dieter Zermatten	38:56	4:52	+2:58
JD du Plessis	40:56	5:07	+0:00
Ayal Peretz	43:24	5:26	+3:18
Chris Botha	44:10	5:31	+3:15
Fabio Matteucci	44:10	5:31	+8:15
Tristan Laros	45:00	5:38	-2:45
Wayne Riley	45:57	5:45	-1:14
Robert Bode	47:44	5:58	+3:04
Coach Marco	48:02	6:00	+2:30
Riaan Steyn	59:59	7:30	+0:00
Ross Hughes	59:59	7:30	+13:48

4km Walkers

Name	Time	Pace	+/- PB
Donna Brand	29:54	7:29	-0:01
Portia Ntsepe	31:21	7:50	-2:18
Anisa Fielding	37:02	9:16	+2:14
Amanda Matson	38:04	9:31	+6:24
Gay Geyser	38:04	9:31	+6:24
Henri Zermatten	40:00	10:00	+12:00
Bailey Ferreira	40:00	10:00	+0:00
Cassidy Ferreira	40:00	10:00	+0:00
Liesel Raath	40:41	10:10	+4:05
Robyn Versace	40:41	10:10	+3:26
Alistair Elliot-Wilson	41:09	10:17	+1:40
Hlwalani Sambo	41:21	10:20	+0:00

Virtual TT

Name	Time	Distance
Siphokazi Mondliwa	27:59	5
Regina	29:35	5