



Modderfontein - 5 September 2023

Thank you to our timekeepers: Edwin and Jose

Ladies 5km TT

Name	Time	Pace	+/- PB
Estrelita Kotze	26:48	5:22	+3:09
Tracey Gallagher	27:11	5:26	+0:00
Therene Botha	27:48	5:34	+1:40
Laetitia Stap	28:56	5:47	+2:52
Bridget Jamie	32:00	6:24	+0:00
Dore	33:16	6:39	+0:00
Stacy Jeannes	33:18	6:40	+0:00
Fulufelo Malada	33:34	6:43	+1:52
Alicia Pollock	33:44	6:45	+0:23
Demi De Ruyter	37:29	7:30	+4:04
Portia Ntsepe	38:44	7:45	+0:00
Maria Mogano	38:53	7:47	+0:43
Heather Matteucci	40:15	8:03	-0:15

Mens 5km TT

Name	Time	Pace	+/- PB
Graham Ransom	23:23	4:41	-0:06
David Tsoeute	26:48	5:22	-0:12
Herman Botha	28:01	5:36	+2:36
Gerhard Smith	29:07	5:49	+0:00
Sifiso Mabena	29:50	5:58	+1:27
Craig Laros	29:58	6:00	+0:40
Tristan Laros	29:58	6:00	+2:43
Bradley Diamond	32:18	6:28	+1:06
Wayne Riley	33:20	6:40	+5:14
Milan Ganpat Bhoodhie	33:35	6:43	+0:00
Graham Clifton	38:24	7:41	+3:56
Viki Manons	45:11	9:02	+10:13

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	35:35	4:27	+0:43
Nicola-Jayne Kirkby	40:23	5:03	+2:22
Marizanne Pienaar	43:14	5:24	+2:53
Jo-Anne Buchner	43:29	5:26	+1:31
Chelsea Muller	43:36	5:27	+2:40
Celine Van Enter	44:33	5:34	+3:37
Michelle Sparke	48:07	6:01	+2:59
Deidre Coghlan	48:30	6:04	+4:39
Sally Bevington	49:15	6:09	+6:36
Samantha Zermatten	49:15	6:09	+4:19
Janice Ross	55:17	6:55	+0:00
Claire Steyn	59:59	7:30	+17:19
Gayle Bates	59:59	7:30	+1:49
Helga Lucas	59:59	7:30	+0:00
Lianne Zermatten	59:59	7:30	+8:42
Paula Pfister	59:59	7:30	+8:09
Sonia Correia	59:59	7:30	+11:21

Mens 8km TT

Name	Time	Pace	+/- PB
Ian Morrison	35:37	4:27	+0:23
Andrew Lucas	35:41	4:28	+0:43
Barry Chapman	36:12	4:32	+4:07
Richard De Klerk	36:12	4:32	+3:44
Andre Greyling	39:00	4:53	+3:04
Dieter Zermatten	39:00	4:53	+3:02
Warren Graver	39:00	4:53	+2:47
Dario Matteucci	40:15	5:02	+9:57
Clayton Sumner	40:20	5:03	+6:21
Mitchell Gill	40:20	5:03	+6:06
Jayson Naicker	41:29	5:11	+6:49
Adolph Gaza	42:33	5:19	-0:15
Fabio Matteucci	42:46	5:21	+6:51
Deon Wessels	42:52	5:22	+2:38
JD du Plessis	43:30	5:26	+1:21
Musa Nkukwana	45:00	5:38	+0:00
Ayal Peretz	45:20	5:40	+5:14
Robert Bode	45:50	5:44	+1:10
Chris Botha	46:13	5:47	+5:18
Coach Marco	49:59	6:15	+4:27
Bernard Tabane	55:38	6:57	+7:50
Riaan Steyn	59:59	7:30	+0:00

4km Walkers

Name	Time	Pace	+/- PB
Gail Elliot-Wilson	30:35	7:39	+1:01
Liesel Raath	39:16	9:49	+2:40
Robyn Versace	39:16	9:49	+2:01
Ava Van Enter	39:25	9:51	+4:15
Donovan van Zijl	39:25	9:51	+16:36
Leigh Raath	39:26	9:52	+5:29
Henri Zermatten	41:00	10:15	+13:00
Damian van Zijl	41:30	10:23	+18:41
Kate Spurgeon	41:30	10:23	+6:20
Charanee Marimutha	45:11	11:18	+2:26
Orakile Bojabokseha	45:11	11:18	+2:26
Jonty Meiring	45:30	11:23	+1:46
Yonica Pienaar	45:30	11:23	+9:24

Virtual TT

Name	Time	Distance
Ozzie Ferreira	42:23	8