



Modderfontein - 07 February 2024

Thank you to our timekeepers: Helga, Andrew and Andre G

Ladies 5km TT

Name	Time	Pace	+/- PB
Gillian Farauharson	21:16	4:15	+0:00
Estrelita Kotze	24:02	4:48	+0:23
Natalie Botha	29:51	5:58	+0:52
Gia Sada	30:24	6:05	+0:00
Rochelle Fisher	30:24	6:05	+0:00
Dani Blom	30:51	6:10	+2:25
Mosa Kaiser	32:13	6:27	+2:01
Sonia Correia	32:20	6:28	+3:43
Fulufelo Malada	34:04	6:49	+2:22
Electra Parpottas	35:00	7:00	+0:00
Keabetswe Mangake	35:00	7:00	-2:10
Revana Laljith	35:41	7:08	+3:42
Bronwyn Diamond	36:23	7:17	+6:00
Tayla Foong	36:23	7:17	+6:45
Amy Schnetler	36:30	7:18	+0:00
Maryka Fourie	36:35	7:19	+0:00
Portia Ntsepe	36:37	7:19	+4:52
Jessica le Roux	37:40	7:32	+1:54
Heather Williams	37:41	7:32	+0:00
Mara Rahme	37:42	7:32	+1:06
Deidre Coghlan	38:13	7:39	+10:09
Lerato Kubneka	40:35	8:07	+0:34
Tnoko Kubneka	40:52	8:10	+1:19
Lerato Motsi	41:45	8:21	+0:00
Jennifer Hodge	47:28	9:30	+6:35

Mens 5km TT

Name	Time	Pace	+/- PB
Jackson Malumalu	22:14	4:27	+0:00
Prashil Daya	23:14	4:39	+1:46
Ross Phillips	23:35	4:43	+2:44
Leon Jordaan	24:05	4:49	+2:16
David Tsoeute	24:26	4:53	+1:11
Mihir Daya	24:47	4:57	+1:41
Deon Wessels	27:10	5:26	+2:13
Craig Bekker	27:30	5:30	+0:58
Bradley Diamond	27:52	5:34	-1:54
Sifiso Mabena	28:20	5:40	-0:03
Tristan Laros	28:57	5:47	+3:13
Ayal Peretz	29:32	5:54	+6:03
Eric Cotton	29:32	5:54	-5:33
Calvin Jenzen	31:40	6:20	+0:57
Edwin Maroga	32:19	6:28	+2:58
Tiago Correia	32:20	6:28	+0:00
Fred Muvhulawa	32:33	6:31	+3:52
Dominik Crobe	33:20	6:40	-4:30
Kamen Govender	35:30	7:06	-0:27
Graham Clifton	47:28	9:30	+13:29

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	34:21	4:18	-0:29
Marizanne Pienaar	42:43	5:20	+2:22
Chelsea Muller	42:46	5:21	+1:50
Yonica Pienaar	44:09	5:31	-0:06
Jo-Anne Buchner	44:10	5:31	+2:12
Celine Van Enter	45:15	5:39	+4:19
Julie Hughes	46:05	5:46	+3:01
Samantha Zermatten	46:29	5:49	+2:00
Laetitia Stap	47:12	5:54	+4:01
Rozell van der Merwe	49:02	6:08	+0:40
Michelle Sparke	50:16	6:17	+5:08
Janice Ross	50:17	6:17	+1:40
Nicole Van den bergh	50:50	6:21	+1:38
Claire Steyn	54:12	6:47	+11:32
Therene Botha	54:56	6:52	+11:35
Lianne Zermatten	55:47	6:58	+4:30

Mens 8km TT

Name	Time	Pace	+/- PB
Keagan Botha	29:21	3:40	-2:52
Promise Msitshana	29:59	3:45	-0:29
Kyle Coetzer	32:43	4:05	+1:44
Pieter Swanepoel	33:40	4:13	+3:30
Andre Venter	33:58	4:15	+0:28
Richard De Klerk	35:18	4:25	+2:50
Clayton Sumner	35:30	4:26	+2:39
Dario Matteucci	35:58	4:30	+5:40
Stephen Morake	35:59	4:30	-0:40
Mitchell Gill	36:25	4:33	+3:34
Barry Chapman	36:53	4:37	+4:48
Isiah Dzambo	37:58	4:45	+3:08
Dieter Zermatten	39:07	4:53	+3:31
Bobby Kassher	40:05	5:01	+1:10
Fabio Matteucci	40:30	5:04	+4:35
Jayson Naicker	42:08	5:16	+7:28
Patrick Lovell	42:10	5:16	+2:13
Christian Gevers	42:26	5:18	+1:56
Robert Bode	43:47	5:28	+0:02
Martin Blignaut	43:50	5:29	-0:10
Moses Mtetha	44:26	5:33	+0:53
Adolph Gaza	47:11	5:54	+4:38
Chris Botha	47:30	5:56	+6:35
Henri Zermatten	48:45	6:06	+7:08
Patrick Wong	49:47	6:13	+3:20
Mitchell Cook	50:50	6:21	+15:20
Coach Marco	51:22	6:25	+5:50
Herman Botha	54:56	6:52	+11:25

4km Walkers

Name	Time	Pace	+/- PB
Francios Peens	28:30	7:08	+0:40
Lyndia Parpottas	35:20	8:50	+0:54
Gladys Morake	38:32	9:38	+0:00
Leigh Raath	41:23	10:21	+7:26
Liesel Raath	41:23	10:21	+4:47
Angelique Schutte	43:07	10:47	+0:00
Caitlin Kawer	43:07	10:47	+0:00
Kaela Hindle	43:14	10:49	+0:04
Philile Mbatsona	44:16	11:04	-1:08
Jonty Meiring	45:30	11:23	+5:50