



Modderfontein - 07 November 2023

Thank you to our timekeepers: Patricia, Natalie and Chris

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:54	4:23	+0:43
Paige Lindenberg	31:09	6:14	+2:16
Bronwyn Diamond	32:00	6:24	+1:25
Fulufelo Malada	35:00	7:00	+3:18
Jill van der Bijl	39:00	7:48	+6:12
Heather Matteucci	46:32	9:18	+6:17
Gayle Bates	51:10	10:14	+16:27
Nasreen Motani	51:10	10:14	+7:38

Mens 5km TT

Name	Time	Pace	+/- PB
Fabio La Mantia	24:13	4:51	+3:06
David Tsoeute	24:32	4:54	+0:17
Ross Phillips	25:50	5:10	+4:59
Steven Storey	26:48	5:22	-0:24
Tristan Laros	27:27	5:29	+1:43
Bobby Kassher	27:49	5:34	-1:42
Deon Wessels	29:12	5:50	+4:15
Theo Swanepoel	29:28	5:54	+4:21
Bradley Diamond	30:11	6:02	-1:01
Henri Zermatten	30:40	6:08	+2:19
Kabelo Serage	32:00	6:24	+0:00
Patrick Lovell	36:00	7:12	+9:30
Francios Peens	37:20	7:28	+3:48
Christopher van der Bijl	39:00	7:48	+8:08

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	37:00	4:38	+2:21
Estrelita Kotze	39:42	4:58	+1:37
Marizanne Pienaar	42:31	5:19	+2:10
Jo-Anne Buchner	42:48	5:21	+0:50
Chelsea Muller	44:54	5:37	+3:58
Sally Bevington	47:17	5:55	+4:38
Samantha Zermatten	47:17	5:55	+2:48
Natalie Botha	48:00	6:00	+3:03
Julie Hughes	48:07	6:01	+5:03
Michelle Sparke	48:07	6:01	+2:59
Janice Ross	49:59	6:15	-2:54
Deidre Coghlan	53:23	6:40	+9:32
Helga Lucas	58:48	7:21	-1:11
Lianne Zermatten	58:48	7:21	+7:31

Mens 8km TT

Name	Time	Pace	+/- PB
Pieter Swanepoel	30:10	3:46	-1:28
Barry Chapman	33:54	4:14	+1:49
Dillon Haverly	34:38	4:20	+2:04
Jose Bates	36:34	4:34	+3:33
Dieter Zermatten	36:44	4:36	+0:46
Clayton Sumner	37:00	4:38	+3:51
Blessing Mazibuko	42:48	5:21	+42:48
Andrew Lucas	42:58	5:22	+8:00
Fabio Matteucci	42:58	5:22	+7:03
Ian Morrison	42:58	5:22	+7:44
Jonathan Hanscombe	47:17	5:55	+6:09
Chris Botha	47:25	5:56	+6:30
Calvin Jenzen	49:59	6:15	+49:59
Coach Marco	54:32	6:49	+9:00

4km Walkers

Name	Time	Pace	+/- PB
Frances Brews	38:24	9:36	+38:24
Shay Weideman	40:02	10:01	+0:01
Kerry Mcfarlane	40:02	10:01	+0:00
Andre Greyling	40:27	10:07	-6:44
Andre Portelli	40:27	10:07	+4:08
Lisa Portelli	40:27	10:07	+5:30
Ofhani Rapetswane	40:27	10:07	-6:43

Virtual TT

Name	Time	Distance
Leandré van Heerden	34:30	5