



Modderfontein - 09 January 2024

Thank you to our timekeepers: Chelsea and Jose

Ladies 5km TT

Name	Time	Pace	+/- PB
Nicole Van den bergh	29:58	6:00	+0:03
Mosa Kaiser	32:14	6:27	+1:16
Claire Steyn	32:21	6:28	+5:50
Bronwyn Diamond	32:33	6:31	+2:10
Revana Laljith	33:18	6:40	+1:19
Rabelani Mudau	36:30	7:18	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Bobby Kassher	24:36	4:55	-1:50
Prashil Daya	25:37	5:07	+4:09
David Tsoeute	26:11	5:14	+2:56
Martin Blignaut	26:27	5:17	-2:27
Peder Jansen	27:10	5:26	+0:49
Tristan Laros	27:12	5:26	+1:28
Joshua McKeand	27:25	5:29	+7:36
Jonathan Hanscombe	29:16	5:51	+5:29
Jarod Lesser	32:33	6:31	+0:00
Ntshavheni Mudau	34:45	6:57	+9:45
Phathutshedzo Mudau	34:45	6:57	+0:00
Riaan Steyn	40:20	8:04	+6:06

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	36:25	4:33	+2:32
Gillian Farauharson	37:31	4:41	+0:00
Estrelita Kotze	38:59	4:52	+1:34
Julie Hughes	44:07	5:31	+1:03
Marizanne Pienaar	46:10	5:46	+5:49
Yonica Pienaar	46:10	5:46	-6:52
Celine Van Enter	47:16	5:55	+6:20
Jo-Anne Buchner	47:16	5:55	+5:18
Janice Ross	48:37	6:05	-1:22
Sally Bevington	48:52	6:07	+6:13
Samantha Zermatten	48:52	6:07	+4:23
Candice Delacovia-Graver	49:35	6:12	+0:00
Lianne Zermatten	53:35	6:42	+2:18
Paige Lindenberg	54:01	6:45	+4:21
Sonia Correia	56:10	7:01	+7:32
Gayle Bates	59:28	7:26	+1:18
Helga Lucas	59:41	7:28	+0:53

Mens 8km TT

Name	Time	Pace	+/- PB
Pieter Swanepoel	31:04	3:53	+0:54
Dario Matteucci	32:00	4:00	+1:42
Clayton Sumner	32:51	4:06	-0:18
Mitchell Gill	33:08	4:09	+0:17
Richard De Klerk	35:41	4:28	+3:13
Barry Chapman	36:15	4:32	+4:10
Warren Graver	36:15	4:32	+0:58
Stephen Morake	36:46	4:36	+0:00
Darryn Miles	37:31	4:41	+2:44
Dieter Zermatten	37:31	4:41	+1:33
Dino Lloyd	38:31	4:49	+2:15
Ian Morrison	38:37	4:50	+3:23
Andre Greyling	38:58	4:52	+3:02
Ross Phillips	38:59	4:52	+0:00
Thulani Mashiloane	41:45	5:13	+0:00
Ozzie Ferreira	43:39	5:27	+2:42
Patrick Lovell	44:01	5:30	+4:04
Christian Gevers	44:33	5:34	+4:03
Robert Bode	45:31	5:41	+1:46
Jayson Naicker	45:55	5:44	+11:15
Bradley Diamond	46:21	5:48	-5:19
Coach Marco	47:26	5:56	+1:54
Patrick Wong	47:52	5:59	+1:25
Ross Hughes	49:47	6:13	+3:36

4km Walkers

Name	Time	Pace	+/- PB
Chelldrie Swanepoel	24:13	6:03	+0:00
Marchell Swanepoel	24:53	6:13	+0:00
Jenna Giesel	27:41	6:55	+0:00
Andre Portelli	38:52	9:43	+2:33
Lisa Portelli	38:52	9:43	+3:55
Jessica Truter	40:40	10:10	+9:58
Susan Abell	40:40	10:10	+0:00
Dike Komane	41:14	10:19	+0:00
Lisa Zondi	52:17	13:04	+0:00
Cindy Bode	52:17	13:04	+0:00

Virtual TT

Name	Time	Distance
Chelsea Muller	41:28	8
José Bates	36:16	8