



Modderfontein - 19 March 2024

Thank you to our timekeepers: Patrica A.K.A "Chelsea's mom has got voluteering going on" and Riaan A.K.A "speedo champion of the world who is always up to volunteer!"

Ladies 5km TT

Name	Time	Pace	+/- PB
Laetitia Stap	29:30	5:54	3:26
Mosa Kaiser	31:00	6:12	0:48
Gail Elliot-Wilson	32:45	6:33	3:29
Jenna Griesel	33:17	6:39	0:00
Gia Sada	33:51	6:46	7:30
Keabetswe Monyake	33:51	6:46	0:41
Charmine Payne	34:45	6:57	-0:30
Lerato Funani	38:58	7:48	2:21
Shereen Mogale	38:58	7:48	-0:21
Lerato Kubheka	39:00	7:48	-0:59
Gayle Bates	39:21	7:52	4:38
Mable Moboya	42:00	8:24	2:00
Thoko Kubheka	42:00	8:24	-2:30
Jennifer Hodge	44:01	8:48	3:08
Julia Ngobeni	45:05	9:01	0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Ross Phillips	22:53	4:35	2:02
Craig Bekker	26:49	5:22	1:31
Tristan Laros	27:04	5:25	1:20
John Fleetwood	29:02	5:48	2:17
Christian Gevers	29:30	5:54	3:53
Gift Lesitha	29:52	5:58	0:00
Thabiso Sebata	30:31	6:06	0:44
Eric Cotton	33:43	6:45	-1:22
Levi Cotton	33:43	6:45	0:00
Kamen Govender	34:33	6:55	0:23
Graham Clifton	44:01	8:48	10:02

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	34:31	04:19	0:13
Gillian Farauharson	35:57	04:30	2:42
Chelsea Muller	42:14	05:17	3:06
Samantha Zermatten	44:23	05:33	1:23
Therene Botha	45:05	05:38	1:44
Natalie Botha	45:30	05:41	0:33
Rochelle Fisher	45:37	05:42	0:38
Marizanne Pienaar	49:40	06:13	10:32
Candice Delacovia-Graver	50:23	06:18	1:06
Claire Steyn	51:51	06:29	9:11
Annalien Steyn	51:54	06:29	7:47
Michelle Sparke	53:00	06:38	7:52
Julie Hughes	53:40	06:43	10:36
Kirsten Morrison	54:29	06:49	7:31
Lianne Zermatten	54:44	06:51	3:27
Deidre Coghlan	56:26	07:03	12:35
Helga Lucas	59:59	07:30	4:59

Mens 8km TT

Name	Time	Pace	+/- PB
Isiah Dzambo	34:31	4:19	0:23
Stephen Morake	35:33	4:27	0:06
Mitchell Gill	35:34	4:27	2:43
Richard De Klerk	35:34	4:27	3:23
Clayton Sumner	35:57	4:30	3:06
Dieter Zermatten	37:13	4:39	2:18
Andre Greyling	37:52	4:44	2:15
Bobby Kassner	40:11	5:01	2:34
Barry Chapman	42:14	5:17	10:09
Moses Mtetha	42:30	5:19	0:29
Martin Blignaut	45:00	5:38	2:43
Herman Botha	45:45	5:43	2:14
Deon Wessels	46:15	5:47	6:01
Henk Tredoux	46:22	5:48	0:00
Chris Botha	46:57	5:52	6:02
Clayton Mathews	50:00	6:15	0:00
Ludweik Grootboom	50:00	6:15	0:00
Simon Levin	54:12	6:47	17:34
Coach Marco	59:59	7:30	14:27

4km Walkers

Name	Time	Pace	+/- PB
Portia Ntsepe	28:00	7:00	0:17
Francios Peens	28:10	7:03	0:20
Bradley Diamond	37:16	9:19	12:51
Bronwyn Diamond	37:16	9:19	12:46

Virtual TT

Name	Time	Distance
Jonty Meiring	47:40	8
Yonica Pienaar-Meiring	47:40	8
Tristan Torr	23:34	5
Estee Kotze	28:10	5.51