

Modderfontein Time Trial - 10 January 2023

Thank you to our timekeepers: Barry and Patrick

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	22:38	4:32	+0:03
Nicola-Jayne Kirkby	24:37	4:55	+1:57
Jo-Anne Buchner	26:34	5:19	-1:58
Roxanne Harley	27:57	5:35	+0:00
Debbie Matteucci	28:08	5:38	-0:30
Zumonn Omar	31:20	6:16	+0:00
Paula Pfister	32:26	6:29	+4:00
Paige Lindenberg	32:40	6:32	+1:49
Bronwyn Diamond	34:32	6:54	+1:56
Vanessa van Broembse	35:20	7:04	+0:00
Sonia Correia	35:30	7:06	+6:53
Amelia Zwicker	41:30	8:18	+0:00
Zoe Zwicker	41:30	8:18	+0:00
Heather Matteucci	41:47	8:21	-2:35
Claire Steyn	41:48	8:22	+15:17
Helga Lucas	42:57	8:35	+7:17
Janice Ross	42:57	8:35	+10:27
Ali Raliphada	47:44	9:33	+0:00
Mudi Raliphada	48:03	9:37	+0:00
Jennifer Hodge	49:36	9:55	+8:43
Numaira Ebrahim	51:20	10:16	+2:32
Nasreen Motani	51:20	10:16	+2:27
Cailyn Thomas	55:34	11:07	+0:00
Jenna Buchner	55:37	11:07	+6:16

Mens 5km TT

Name	Time	Pace	+/- PB
Tyler Hughes	21:12	4:14	-1:06
Wyatt Bothma	24:30	4:54	+0:00
Graham Ransom	24:57	4:59	+1:28
Toni Zwicker	25:10	5:02	+0:00
Logan Hull	26:40	5:20	+2:51
Ozzie Ferreira	26:49	5:22	+3:09
Theo Swanepoel	26:54	5:23	+1:47
Sifiso Mabena	31:20	6:16	-2:35
Ross Hughes	32:00	6:24	+4:29
Keith Agliotti	32:00	6:24	+0:00
Nick van Broembsen	32:40	6:32	+0:00
Kenneth Collett	33:24	6:41	+8:18
Bradley Diamond	34:32	6:54	+2:14
Judah Pope	35:21	7:04	+1:33
Leon Scheepers	35:41	7:08	+0:00
Francios Peens	35:50	7:10	+1:10
Riaan Steyn	41:48	8:22	+0:00
Graham Clifton	49:36	9:55	+15:08

Ladies 8km TT

Name	Time	Pace	+/- PB
Marizanne Pienaar	45:40	5:43	+5:19
Celine Van Enter	45:46	5:43	+3:11
Julie Hughes	46:13	5:47	+3:09
Chelsea Muller	46:24	5:48	+4:12
Deidre Coghlan	48:29	6:04	+4:13
Sally Bevington	51:39	6:27	+8:54
Samantha Zermatten	51:39	6:27	+6:43
Kirsten Morrison	53:13	6:39	+6:15
Michelle Sparke	53:31	6:41	+8:23
Lianne Zermatten	56:07	7:01	+4:50
Annalien Steyn	59:59	7:30	+15:52
Annette Vermeulen	59:59	7:30	+0:00

Mens 8km TT

Name	Time	Pace	+/- PB
Mxolisi Makaleng	32:35	4:04	+2:06
Thinus Wilkom	32:35	4:04	+0:00
Richard De Klerk	34:32	4:19	+1:49
Fabio La Mantia	35:51	4:29	+1:58
Jose Bates	36:07	4:31	+3:06
Dario Matteucci	37:21	4:40	+1:56
Simon Levin	37:31	4:41	+0:39
Clayton Sumner	38:24	4:48	+4:25
Ian Morrison	39:41	4:58	+4:27
Fabio Matteucci	39:53	4:59	+3:58
Andrew Lucas	40:03	5:00	+4:42
Clint Suessmann	40:05	5:01	+5:37
Deon Wessels	41:03	5:08	+0:49
Andre Greyling	41:16	5:10	+2:19
Michael Varanzakis	43:04	5:23	+3:50
Dieter Zermatten	43:48	5:29	+5:42
Andreas Trafoyer	45:25	5:41	+0:00
Richard Sparke	46:13	5:47	+7:17
Henri Zermatten	47:51	5:59	+0:20
Coach Marco	49:30	6:11	+2:49
Edwin Maroga	51:16	6:25	+3:50
Jonty Meiring	54:02	6:45	+0:46
Donald Wilson	55:02	6:53	+0:00
Christoff Vermeulen	59:59	7:30	+21:05

4km Walkers

Name	Time	Pace	+/- PB
Amanda Matson	33:42	8:26	+2:02
Gay Geyser	33:42	8:26	+2:02
Shanna West	36:08	9:02	-0:23
Chris Docherty	36:08	9:02	+0:00
Tyler Morrison	37:43	9:26	-4:24
Maggie Bold	37:43	9:26	+0:00
Lesley Devitt	42:14	10:34	+4:28
Netasha Di Della	42:14	10:34	+8:00
Lisa Portelli	43:39	10:55	+8:42
Dineo Mashigo	43:48	10:57	+8:51
Gayle Bates	46:59	11:45	+7:43
Juanelle Bates	46:59	11:45	+12:39
Yonica Pienaar	46:59	11:45	+0:00

Virtual TT

Name	Time	Distance
Barry Chapman	21:30	5
Claudia Metcalfe	33:15	5