

Modderfontein Time Trial - 14 February 2023

Thank you to our timekeepers: Sam and Dieter

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:53	4:23	+0:02
Therene Botha	28:20	5:40	-0:38
Marizanne Pienaar	29:15	5:51	+1:08
Domanique da Graca	31:50	6:22	+0:18
Bronwyn Diamond	34:06	6:49	+1:30
Sheridan Pienaar	34:10	6:50	+0:00
Helga Lucas	40:08	8:02	+4:28
Heather Matteucci	43:47	8:45	+2:00
Nasreen Motani	46:44	9:21	-1:10
Numaira Ebrahim	46:44	9:21	+4:25

Mens 5km TT

Name	Time	Pace	+/- PB
Clint Suessmann	21:54	4:23	+0:22
Warren Grover	24:01	4:48	+0:08
Jonathan Hanscombe	24:59	5:00	-0:41
Craig Bekker	26:32	5:18	-0:24
Luke vd Merwe	26:32	5:18	-0:24
Herman Botha	28:20	5:40	-0:53
Sifiso Mabena	30:10	6:02	+0:10
Steve Moolman	30:14	6:03	+0:00
Craig Laros	30:20	6:04	+0:34
Ntwanano Gaza	30:44	6:09	+1:09
Tristan Laros	31:01	6:12	-1:42
Bradley Diamond	31:24	6:17	-0:54
Mike Janet	31:52	6:22	+1:52
Chris Botha	32:05	6:25	+4:36
Patrick Wong	34:00	6:48	+5:00
Patrick Richards	34:10	6:50	+0:00
Francios Peens	35:52	7:10	+2:20
Graham Clifton	36:11	7:14	+1:43
Riaan Steyn	37:13	7:27	-1:29
Phillip Makelani	37:42	7:32	+0:00

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	36:35	4:34	+1:01
Estrelita Kotze	40:22	5:03	+0:00
Chelsea Muller	44:25	5:33	+2:13
Celine Van Enter	44:33	5:34	+1:58
Stella Schleich	48:02	6:00	+0:00
Michelle Sparke	49:44	6:13	+4:36
Claire Steyn	50:35	6:19	+7:55
Julie Hughes	50:35	6:19	+7:31
Sally Bevington	51:47	6:28	+9:02
Natalie Botha	53:12	6:39	+8:15
Micaela Rei	53:59	6:45	+10:17
Lianne Zermatten	54:22	6:48	+3:05
Patricia Muller	59:59	7:30	+0:00

Mens 8km TT

Name	Time	Pace	+/- PB
Dario Matteucci	35:15	4:24	-0:10
Andrew Lucas	37:56	4:45	+2:35
Barry Chapman	37:56	4:45	+5:34
Clayton Sumner	37:56	4:45	+3:57
Fabio La Mantia	37:56	4:45	+4:03
Thuiani Menye	39:25	4:56	+0:14
Jayson Naicker	39:30	4:56	+4:13
Simon Levin	39:58	5:00	+3:20
Fabio Matteucci	41:03	5:08	+5:08
Deon Wessels	41:25	5:11	+1:11
Mitchell Gill	42:47	5:21	+5:04
Stefan Steyn	44:25	5:33	+5:08
Adolph Gaza	46:22	5:48	-0:16
Coach Marco	47:20	5:55	+0:39
Anrich Kock	47:36	5:57	+0:00
Jonty Meiring	47:57	6:00	-0:10
Henri Zermatten	49:34	6:12	+5:00
Ross Hughes	49:45	6:13	+3:34
Patrick Lovell	50:24	6:18	+10:27
Christoff Vermeulen	50:45	6:21	+11:51
F.G. Brand	53:12	6:39	+0:00

4km Walkers

Name	Time	Pace	+/- PB
Amanda Matson	33:26	8:22	+1:46
Gay Geyser	33:26	8:22	+1:46
Yonica Pienaar	39:30	9:53	-7:29
Leande Botha	40:06	10:02	+1:02
Lesley Devitt	41:04	10:16	+3:18
Natasha Di Bella	41:04	10:16	+6:50

Virtual TT

Name	Time	Distance
Ian Morrison	37:09	8
Kirsten Morrison	49:19	8