

## Modderfontein Time Trial - 14 March 2023

Thank you to our timekeepers: Claire and Paula

### Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:48	4:22	+0:03
Siphokazi Monoliwa	29:44	5:57	+0:00
Micaela Rei	30:02	6:00	+2:12
Sonia Correia	32:27	6:29	+3:50
Domanique da Graca	32:50	6:34	+1:18
Mosa Kaiser	37:30	7:30	+6:32
Tebogo Mohlala	38:02	7:36	+1:40
Bussi Ndlovu	39:03	7:49	+8:59
Heather Matteucci	46:34	9:19	+4:47
Nonhlanhla Sikakane	47:34	9:31	-2:09
Demi De Ruyter	48:34	9:43	+15:09
Gayle Bates	48:34	9:43	+13:51

### Mens 5km TT

Name	Time	Pace	+/- PB
Darryn Miles	21:13	4:15	+0:00
Keegan Reynolds	25:20	5:04	+4:27
Logan Hull	26:16	5:15	+2:27
Fabio Matteucci	26:45	5:21	-2:30
Jonathan Hanscombe	26:45	5:21	+1:46
Ayal Peretz	28:16	5:39	+4:47
Ntwanano Gaza	28:59	5:48	-0:36
Tristan Laros	29:16	5:51	-0:41
Steve Moolman	30:09	6:02	-0:05
Craig Laros	30:38	6:08	+1:20
Wayne Riley	30:38	6:08	+2:32
Mike Janet	32:50	6:34	+4:00
Des Chetty	33:44	6:45	+1:22
Mike Barios	33:44	6:45	+5:23
Francios Peens	34:51	6:58	+1:19
Graham Clifton	35:45	7:09	+1:17
Nape Mkadimeng	35:45	7:09	+1:05
Riaan Steyn	36:36	7:19	-0:37
Fulufelo Malada	38:47	7:45	-1:00

### Ladies 8km TT

Name	Time	Pace	+/- PB
Estrelita Kotze	40:13	5:02	-0:09
Tristan Torr	40:30	5:04	+4:56
Chelsea Muller	43:03	5:23	+0:51
Sally Bevington	43:22	5:25	+0:37
Celine Van Enter	43:41	5:28	+1:06
Jo-Anne Buchner	43:50	5:29	+1:05
Julie Hughes	45:25	5:41	+2:21
Natalie Botha	45:38	5:42	+0:41
Therene Botha	45:54	5:44	-4:52
Deidre Coghlan	47:23	5:55	+3:07
Samantha Zermatten	47:30	5:56	+2:34

### Mens 8km TT

Name	Time	Pace	+/- PB
Sifuniso Dlamini	32:22	4:03	+0:00
Barry Chapman	33:05	4:08	+0:43
Fabio La Mantia	33:05	4:08	+0:37
Jose Bates	34:03	4:15	+1:02
Geoffrey Crow	34:08	4:16	+1:48
Stephen Morake	35:27	4:26	-0:24
Clayton Sumner	35:36	4:27	+1:37
Warren Grover	37:15	4:39	-2:27
Jayson Naicker	37:16	4:40	+1:59
Andre Greyling	37:27	4:41	-0:47
Dieter Zermatten	37:35	4:42	-0:31
Clint Suessmann	39:27	4:56	+4:59
Richard De Klerk	40:30	5:04	+8:02
Simon Levin	41:37	5:12	+4:59
Mitchell Gill	42:33	5:19	+4:50
Adolph Gaza	43:04	5:23	-0:24
Stefan Steyn	43:32	5:27	+4:15
Henri Zermatten	43:45	5:28	-0:40
Thuiani Menye	44:00	5:30	+4:49
Chris Botha	44:41	5:35	+3:46
Herman Botha	45:54	5:44	-4:52
Sean B-H	46:30	5:49	+0:00
Deon Wessels	47:01	5:53	+6:47
Patrick Lovell	47:01	5:53	+7:04
Jonty Meiring	47:39	5:57	+0:21

### 4km Walkers

Name	Time	Pace	+/- PB
Leon Jordaan	23:12	5:48	+0:00
Bradley Diamond	26:05	6:31	-6:22
Bronwyn Diamond	26:05	6:31	-6:22
Janice Ross	28:11	7:03	-0:49
Aidan Raath	30:33	7:38	+0:00
Gareth Hicks	30:53	7:43	+0:00
Numaira Ebrahim	32:33	8:08	-6:41
Leande Botha	40:10	10:03	+1:06
Andre Portelli	40:40	10:10	+3:02
Lisa Portelli	40:40	10:10	+5:43
Leigh Raath	41:21	10:20	+1:36
Liesel Raath	41:21	10:20	+1:36

### Virtual TT

Name	Time	Distance
Ian Morrison	36:02	8
Kirsten Morrison	49:41	8
Anrich Kock	31:00	5