

## Modderfontein Time Trial - 15 August 2023

Thank you to our timekeepers: Roxanne and Riaan

### Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	24:15	4:51	+3:13
Marizanne Pienaar	30:29	6:06	+2:22
Sonia Correia	30:59	6:12	+2:22
Nicole Van den bergh	31:11	6:14	+1:16
Gail Elliot-Wilson	31:24	6:17	+2:08
Paige Lindenberg	31:42	6:20	+2:49
Claire Steyn	34:36	6:55	+8:05
Gayle Bates	37:42	7:32	+2:59
Janice Ross	37:42	7:32	+5:12
Lerato Funani	38:30	7:42	+1:40
Jessica Truter	38:52	7:46	+8:37
Sammy Erasmus	38:52	7:46	+9:00
Helga Lucas	40:56	8:11	+5:16
Annette Vermeulen	40:56	8:11	<b>+0:00</b>
Nonhlanhla Sikakane	42:40	8:32	<b>-1:18</b>

### Mens 5km TT

Name	Time	Pace	+/- PB
Ross Phillips	20:51	4:10	<b>-1:31</b>
Jose Bates	21:20	4:16	+1:22
Dario Matteucci	23:46	4:45	+2:21
Dino Lloyd	25:23	5:05	+2:43
Tyler Morrison	26:56	5:23	+1:33
Ian Morrison	27:01	5:24	+5:04
Ozzie Ferreira	27:53	5:35	+4:13
Steven Storey	29:01	5:48	<b>+0:00</b>
Bobby Kassher	30:19	6:04	<b>-3:53</b>
Frank Lepphoto	30:40	6:08	+1:24
Mike van Jaarsveld	34:42	6:56	<b>+0:00</b>
Viki Manons	34:58	7:00	<b>+0:00</b>
Francios Peens	36:25	7:17	+2:53
Fred Muvhulawa	38:09	7:38	+9:28

### Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	35:05	4:23	<b>+0:00</b>
Chelsea Muller	42:50	5:21	+1:54
Celine Van Enter	43:47	5:28	+2:51
Sally Bevington	43:47	5:28	+1:08
Jo-Anne Buchner	43:55	5:29	+1:57
Deidre Coghlan	45:17	5:40	+1:01
Mulalo Gaza	47:52	5:59	<b>+0:00</b>
Natalie Botha	48:02	6:00	+3:05
Samantha Zermatten	49:48	6:14	+4:52

### Mens 8km TT

Name	Time	Pace	+/- PB
Clayton Sumner	34:01	4:15	+0:02
Richard De Klerk	34:33	4:19	+2:05
Clint Suessmann	36:59	4:37	+2:31
Mitchell Cook	37:54	4:44	+2:24
Warren Graver	39:00	4:53	+2:47
Christoff Vermeulen	39:45	4:58	+0:51
Dieter Zermatten	40:04	5:01	+4:06
David Tsoeute	41:09	5:09	+3:44
Andre Greyling	42:32	5:19	+6:36
Adolph Gaza	42:48	5:21	<b>-0:16</b>
Andrew Lucas	43:08	5:24	+8:10
Patrick Lovell	45:10	5:39	+5:13
Deon Wessels	45:20	5:40	+5:06
Robert Bode	45:27	5:41	<b>+0:00</b>
Chris Botha	45:32	5:42	+4:37
Craig Laros	49:56	6:15	<b>+0:00</b>
Tristan Laros	50:00	6:15	<b>+0:00</b>
Coach Marco	51:17	6:25	+5:45
Edwin Maroga	52:10	6:31	+4:44
Patrick Wong	52:10	6:31	+5:08

### 4km Walkers

Name	Time	Pace	+/- PB
Kirsten Morrison	34:52	8:43	+2:54
Bronwyn Diamond	36:18	9:05	+11:48
Bradley Diamond	36:38	9:10	+12:06
Nela Alvares	37:14	9:19	<b>-1:05</b>
Andre Portelli	37:37	9:24	+1:18
Lisa Portelli	37:37	9:24	+2:40
Daimian van Zijl	39:00	9:45	<b>-8:45</b>
Brandon Roodt	39:00	9:45	<b>+0:00</b>
Kimberley van der Walt	39:40	9:55	+4:20
Nikki van der Walt	39:40	9:55	+4:20
Alistair Elliot-Wilson	41:39	10:25	+2:10
Demi De Ruyter	43:08	10:47	+6:13
Paula Pfister	43:08	10:47	+16:58

### Virtual TT

Name	Time	Distance
Simon Levin	30:35	5