

Modderfontein Time Trial - 17 January 2023

Thank you to our timekeepers: Demi and Jayson

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	22:15	4:27	-0:20
Tristan Torr	25:20	5:04	+3:48
Jo-Anne Buchner	27:01	5:24	-1:31
Claire Steyn	29:19	5:52	+2:48
Gail Elliot-Wilson	31:41	6:20	+0:00
Therene Botha	33:05	6:37	+0:00
Domanique da Graca	33:36	6:43	+0:00
Paige Lindenberg	34:35	6:55	+3:44
Sonia Correia	35:37	7:07	+7:00
Diana Seeley	35:37	7:07	+4:53
Benita Oosthuizen	39:39	7:56	+0:00
Janice Ross	40:33	8:07	+8:03
Helga Lucas	40:49	8:10	+5:09
Megan Louwrens	43:01	8:36	+0:00
Tshiamo Moikanyane	43:01	8:36	+0:00
Cailyn Thomas	45:55	9:11	-9:39
Jennifer Hodge	47:06	9:25	+6:13
Nasreen Motani	51:06	10:13	+2:13
Numaira Ebrahim	51:06	10:13	+2:18
Jenna Buchner	53:05	10:37	+3:44

Mens 5km TT

Name	Time	Pace	+/- PB
Clint Suessmann	22:54	4:35	+1:22
Joshua McKeand	23:23	4:41	+3:34
Logan Hull	24:26	4:53	+0:37
Deon Wessels	25:05	5:01	-0:19
Andreas Trafoyer	25:15	5:03	+0:00
Leonard Britz	27:20	5:28	+2:51
Adam Greve	27:31	5:30	-2:09
Warren	27:31	5:30	+0:00
Henri Zermatten	28:21	5:40	-0:01
Jonathan Hanscombe	28:42	5:44	+1:35
Luke vd Merwe	28:54	5:47	+0:00
Craig Bekker	28:54	5:47	+0:00
Anrich Kock	28:56	5:47	+0:00
Craig Laros	29:46	5:57	-0:46
Sifiso Mabena	30:00	6:00	-3:55
Richard Sparke	30:11	6:02	+6:50
Mike Janet	32:18	6:28	+0:00
Jose Chroeven	32:25	6:29	+0:00
Judah Pope	32:50	6:34	-0:58
Herman Botha	33:05	6:37	+0:00
Coach Marco	33:19	6:40	+5:07
Francios Peens	34:55	6:59	+0:15
Kenneth Collett	37:50	7:34	+12:44
Riaan Steyn	39:06	7:49	-2:42
Michael Rae	46:44	9:21	+0:00
Graham Clifton	47:06	9:25	+12:38

Ladies 8km TT

Name	Time	Pace	+/- PB
Celine Van Enter	45:52	5:44	+3:17
Samantha Zermatten	45:52	5:44	+0:56
Marizanne Pienaar	47:22	5:55	+7:01
Chelsea Muller	47:24	5:56	+5:12
Natalie Botha	47:48	5:59	-2:59
Deidre Coghlan	49:19	6:10	+5:03
Michelle Sparke	50:12	6:17	+5:04
Lianne Zermatten	54:45	6:51	+3:28

Mens 8km TT

Name	Time	Pace	+/- PB
Fabio La Mantia	35:13	4:24	+1:20
Stephen Moraw	36:44	4:36	-0:25
Richard De Klerk	37:14	4:39	+4:31
Andrew Lucas	37:46	4:43	+2:25
Thuiani Menye	39:11	4:54	+0:00
Wyatt Bothma	39:37	4:57	+0:00
Christoff Vermeulen	40:06	5:01	+1:12
Andre Greyling	40:37	5:05	+1:40
Dieter Zermatten	44:12	5:32	+6:06
Mitchell Gill	44:12	5:32	+0:00
Clayton Sumner	44:20	5:33	+10:21
Stefan Steyn	47:22	5:55	+8:05
Simon Levin	47:40	5:58	+10:48
Chris Botha	48:22	6:03	+7:27
Edwin Maroga	48:40	6:05	+1:14
Fred Muvhulawa	52:30	6:34	+6:30
Raymond Smith	54:25	6:48	+3:52

4km Walkers

Name	Time	Pace	+/- PB
David Swanepoel	31:20	7:50	+0:00
Amanda Matson	33:47	8:27	+2:07
Gay Geyser	33:47	8:27	+2:07
Lesley Devitt	41:05	10:16	+3:19
Netasha Di Della	41:05	10:16	+6:51
Anton Van Wyk	41:18	10:20	-2:29
Laren Prince	41:18	10:20	+0:00
Daniela Pevosino	41:20	10:20	+0:00
Raquel Regal	41:20	10:20	+0:00
Leande Botha	42:10	10:33	+2:34
Michelle Ogilvie	42:10	10:33	+0:00
Sumi Naidu	44:06	11:02	-3:19
Denise Muller	44:34	11:09	+0:00
Nadine Matthee	44:34	11:09	+0:00

Virtual TT

Name	Time	Distance
Ian Morrison	37:21	8
Claudia Metcalfe	31:03	5
Kirsten Morrison	51:27	8