

Modderfontein Time Trial - 1 August 2023

Thank you to our timekeepers: Natalie and Jo

Ladies 5km TT

Name	Time	Pace	+/- PB
Therene Botha	28:35	5:43	+2:27
Sammy Erasmus	29:52	5:58	-0:50
Deidre Coghlan	29:58	6:00	+1:54
Linda van Deenk	30:08	6:02	-8:26
Leandre Van Heerden	30:11	6:02	-2:14
Samantha Zermatten	30:24	6:05	+2:23
Paula Pfister	31:55	6:23	+3:29
Lianne Zermatten	33:50	6:46	+3:20
Claire Steyn	37:36	7:31	+11:05
Charmaine Hibbert	37:56	7:35	+7:44
Gayle Bates	38:20	7:40	+3:37
Janice Ross	38:20	7:40	+5:50
Demi De Ruyter	40:16	8:03	+6:51

Mens 5km TT

Name	Time	Pace	+/- PB
David Tsoeute	27:00	5:24	-0:07
Robert Bode	28:02	5:36	-1:00
Herman Botha	28:35	5:43	+3:10
Sifiso Mabena	29:30	5:54	+1:07
Edwin Maroga	32:25	6:29	+3:04
Riaan Steyn	37:47	7:33	+2:08

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	35:24	4:26	+0:45
Nicola-Jayne Kirkby	38:34	4:49	+0:33
Estrelita Kotze	40:35	5:04	+2:30
Celine Van Enter	43:31	5:26	+2:35
Sally Bevington	44:28	5:34	+1:49
Michelle Sparke	48:40	6:05	+3:32

Mens 8km TT

Name	Time	Pace	+/- PB
Tshepo Mashiloane	32:46	4:06	+32:46
Jose Bates	35:08	4:24	+2:07
Clayton Sumner	35:50	4:29	+1:51
Richard De Klerk	35:52	4:29	+3:24
Mitchell Cook	36:20	4:33	+0:50
Barry Chapman	37:08	4:39	+5:03
Jayson Naicker	37:14	4:39	+1:57
Ian Morrison	39:06	4:53	+3:52
Christoff Vermeulen	39:45	4:58	+0:51
Andre Greyling	40:35	5:04	+4:39
Dieter Zermatten	40:35	5:04	+4:37
Ross Phillips	40:35	5:04	+40:35
Simon Levin	41:26	5:11	+4:48
JD du Plessis	44:28	5:34	+0:06
Adolph Gaza	44:50	5:36	+1:46
Chris Botha	45:15	5:39	+4:20
Coach Marco	47:56	6:00	+2:24
Patrick Lovell	48:40	6:05	+8:43

4km Walkers

Name	Time	Pace	+/- PB
Henri Zermatten	28:00	7:00	-11:46
Donna Brand	31:26	7:52	-3:47
Jessica Truter	31:30	7:53	+0:48
Leigh Raath	33:57	8:29	-3:18
Kimberley van der Walt	36:37	9:09	+1:17
Nikki van der Walt	36:37	9:09	+1:17
Liesel Raath	38:38	9:40	+1:23
Robyn Versace	38:38	9:40	+1:23
Andrew Lucas	43:40	10:55	-0:51
Helga Lucas	43:40	10:55	+7:55