

## Modderfontein Time Trial - 20 June 2023

Thank you to our timekeepers: Nasreen, Numaira and Sumi

### Ladies 5km TT

Name	Time	Pace	+/- PB
Estrelita Kotze	24:31	4:54	+0:52
Chelsea Muller	26:57	5:23	+1:39
Jo-Anne Buchner	27:23	5:29	+0:49
Roxanne Harley	27:43	5:33	+1:16
Michelle Sparke	30:07	6:01	+3:16
Deidre Coghlan	30:45	6:09	+2:41
Nicole Van den bergh	31:11	6:14	-0:19
Bronwyn Diamond	31:37	6:19	+0:06
Gail Elliot-Wilson	32:24	6:29	+3:08
Lianne Zermatten	34:15	6:51	+3:45
Busisiwe Nxumalo	39:40	7:56	+9:44
Milly Manabihe	39:50	7:58	+2:55
Lerato Funani	42:21	8:28	+0:00
Nonhlanhla Sikakane	45:56	9:11	+1:58

### Mens 5km TT

Name	Time	Pace	+/- PB
William Ntsheni	20:24	4:05	+2:12
Jude Chianwuna	22:21	4:28	+4:32
Mxolisi Makaleng	22:21	4:28	+3:01
Ian Morrison	24:31	4:54	+2:34
Jose Bates	24:31	4:54	+4:33
Andrew Lucas	25:00	5:00	+1:37
Simon Levin	27:00	5:24	+2:00
Clayton Sumner	27:23	5:29	+4:49
Dieter Zermatten	27:23	5:29	+5:21
Dillon Haverly	27:23	5:29	+2:40
Tristan Laros	31:01	6:12	+2:42
Wayne Peters	31:08	6:14	+0:38
Mitchell Cook	31:12	6:14	+7:59
Patrick Lovell	31:25	6:17	+4:55
Patrick Wong	31:25	6:17	+2:25
Bradley Diamond	32:02	6:24	+0:50
Edwin Maroga	33:00	6:36	+3:39
Francios Peens	34:24	6:53	+0:52

### Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	35:54	4:29	+1:15
Laetitia Stap	47:52	5:59	+3:59
Marizanne Pienaar	47:52	5:59	+7:31
Sally Bevington	49:12	6:09	+6:33
Samantha Zermatten	49:12	6:09	+4:16

### Mens 8km TT

Name	Time	Pace	+/- PB
Barry Chapman	35:01	4:23	+2:56
Wyatt Bothma	35:03	4:23	-1:54
Warren Graver	36:13	4:32	-0:12
Mike Trafoyer	36:42	4:35	+0:00
Andreas Trafoyer	39:50	4:59	-5:35
Fred Muvhulawa	42:21	5:18	-3:39
Ayal Peretz	45:30	5:41	+5:24
Chris Botha	48:39	6:05	+7:44
Jonty Meiring	49:53	6:14	+2:57
Tswaledi Mohlala	51:17	6:25	+0:00

### 4km Walkers

Name	Time	Pace	+/- PB
Candice Delacovia-Graver	27:28	6:52	+0:49
Alicia Pollock	29:20	7:20	+2:53
Janice Ross	29:31	7:23	+1:20
Paige Pollock	31:20	7:50	-3:40
Julie Hughes	34:38	8:40	-7:29
Leigh Raath	38:07	9:32	+0:33
Angelika Versace	38:07	9:32	+0:00
Liesel Raath	38:24	9:36	-1:16
Robyn Versace	38:24	9:36	+0:42
Frank Lephoto	42:00	10:30	+0:00
Dineo Mashigo	42:31	10:38	+7:34
Andre Portelli	42:45	10:41	+5:42
Lisa Portelli	42:45	10:41	+7:48
Annalien Steyn	45:50	11:28	+16:50
Helga Lucas	45:50	11:28	+10:05
Henri Zermatten	45:50	11:28	+5:00
Ross Hughes	45:50	11:28	+8:23
Stefan Steyn	45:50	11:28	+3:59
Yonica Pienaar	45:50	11:28	+9:44