

## Modderfontein Time Trial - 21 February 2023

Thank you to our timekeepers: Gail, Demi and Stefan

### Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:45	4:21	-0:06
Estrelita Kotze	24:23	4:53	-0:20
Maryke Rossouw	26:24	5:17	+1:09
Therene Botha	29:10	5:50	+0:50
Emelia Dalhouzie	31:23	6:17	+0:25
Revana Laljith	33:08	6:38	+1:09
Lianne Zermatten	33:22	6:40	+2:52
Robin Claassen	33:26	6:41	+0:16
Bronwyn Diamond	34:24	6:53	+1:48
Sonia Correia	37:12	7:26	+8:35
Heather Matteucci	42:02	8:24	+0:15
Numaira Ebrahim	42:57	8:35	+0:38

### Mens 5km TT

Name	Time	Pace	+/- PB
William Ntsheni	18:12	3:38	+0:00
Ezio Nichele	22:11	4:26	+0:00
Leon Jordaan	22:18	4:28	-4:31
Luke vd Merwe	22:24	4:29	-4:08
Logan Hull	23:57	4:47	+0:08
Deon Wessels	24:57	4:59	-0:08
Jonathan Hanscombe	25:24	5:05	+0:25
Craig Bekker	27:24	5:29	+0:52
Mihir Daya	28:16	5:39	+5:10
JD du Plessis	28:19	5:40	+2:33
Sifiso Mabena	28:23	5:41	-1:37
Mike Janet	28:50	5:46	-1:10
Herman Botha	28:52	5:46	+0:32
Coach Marco	29:50	5:58	+1:38
Craig Laros	29:54	5:59	+0:08
Kenneth Collett	30:15	6:03	+5:09
Tristan Laros	31:36	6:19	+0:35
Bradley Diamond	32:17	6:27	+0:53
Desmond Struwig	34:17	6:51	+0:00
Francios Peens	34:58	7:00	+1:26
Graham Clifton	35:05	7:01	+0:37
Phillip Makelani	37:32	7:30	-0:10
Riaan Steyn	39:09	7:50	+1:56

### Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	37:38	4:42	+2:04
Jo-Anne Buchner	42:45	5:21	+0:00
Sally Bevington	43:28	5:26	+0:43
Chelsea Muller	44:30	5:34	+2:18
Julie Hughes	45:18	5:40	+2:14
Natalie Botha	46:03	5:45	+1:06
Laetitia Stap	46:14	5:47	+2:21
Claire Steyn	47:09	5:54	+4:29
Monika Karushaar	48:36	6:05	+0:00
Michelle Sparke	50:39	6:20	+5:31

### Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	32:28	4:04	-0:15
Dario Matteucci	34:50	4:21	-0:25
Mxolisi Makaleng	35:36	4:27	+5:27
Keegan Reynolds	36:13	4:32	+0:00
Patrick Richards	36:28	4:34	+0:00
Barry Chapman	36:31	4:34	+4:09
Stephen Morake	37:12	4:39	+1:21
Fabio La Mantia	37:38	4:42	+3:45
Mitchell Gill	37:50	4:44	+0:07
Andre Greyling	38:14	4:47	-0:43
Jackson Malumalu	38:24	4:48	+8:24
Jayson Naicker	38:55	4:52	+3:38
Dillon Haverly	39:15	4:54	+0:06
Fabio Matteucci	39:45	4:58	+3:50
Chris Midlands	40:11	5:01	+0:00
Andrew Lucas	40:58	5:07	+5:37
Clint Suessmann	41:00	5:08	+6:32
Ethan Frederick	41:08	5:09	+0:00
Dieter Zermatten	42:14	5:17	+4:08
Adolph Gaza	43:28	5:26	-2:54
Henri Zermatten	44:25	5:33	-0:09
Patrick Lovell	47:13	5:54	+7:16
Chris Botha	47:31	5:56	+6:36
Jonty Meiring	49:52	6:14	+1:55
Fred Muvhulawa	49:53	6:14	+3:53
Michael Varanzakis	55:51	6:59	+16:37
Sifiso Hlongwane	56:12	7:02	+0:00

### 4km Walkers

Name	Time	Pace	+/- PB
Tracey Gallagher	26:47	6:42	+0:00
Mosa Kaiser	30:00	7:30	+0:00
David Swanepoel	34:00	8:30	+2:40
Amanda Matson	34:04	8:31	+2:24
Gay Geyser	34:08	8:32	+2:28
Yonica Pienaar	36:06	9:02	-3:24
Natasha Di Bella	37:00	9:15	+2:46
Lauren Prince	37:00	9:15	-4:18
Lauren Prince	37:00	9:15	+0:00
Anisa Fielding	37:12	9:18	+2:24
Alistair Elliot-Wilson	40:09	10:02	+0:00
Janice Ross	40:48	10:12	+11:48
Frank Ross	40:48	10:12	-4:05
Leande Botha	41:00	10:15	+1:56

### Virtual TT

Name	Time	Distance
Ian Morrison	36:05	8
Kirsten Morrison	50:37	8