

Modderfontein Time Trial - 22 August 2023

Thank you to our timekeepers: Samantha and Dieter

Ladies 5km TT

Name	Time	Pace	+/- PB
Therene Botha	30:03	6:01	+3:55
Angela Balle	30:24	6:05	-1:23
Paige Lindenberg	30:30	6:06	+1:37
Sonia Correia	30:40	6:08	+2:03
Nicole Van den bergh	31:32	6:18	+1:37
Bronwyn Diamond	32:06	6:25	+0:35
Lianne Zermatten	32:39	6:32	+2:09
Kirsten Morrison	33:25	6:41	+4:57
Robin Claassen	33:26	6:41	+0:58
Ava Van Enter	35:29	7:06	+1:09
Claire Steyn	35:29	7:06	+8:58
Alicia Pollock	35:37	7:07	+2:16
Sammy Erasmus	35:37	7:07	+5:45
Gayle Bates	37:39	7:32	+2:56
Janice Ross	37:39	7:32	+5:09
Maria Mogano	38:58	7:48	+0:48
Lerato Funani	39:07	7:49	+2:17
Annette Vermeulen	39:22	7:52	-1:34
Patricia Muller	39:33	7:55	+3:37
Helga Lucas	39:48	7:58	+4:08
Nthabeleng Mahale	40:33	8:07	+0:00
Busisiwe Nxumalo	40:35	8:07	+10:39
Jessica Truter	41:32	8:18	+11:17
Paige Pollock	41:34	8:19	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Barry Chapman	26:01	5:12	+6:33
Wyatt Bothma	26:01	5:12	+4:36
Steven Storey	28:08	5:38	-0:53
Jonathan Hanscombe	29:00	5:48	+5:13
Bobby Kassher	29:31	5:54	-0:48
Sifiso Mabena	29:42	5:56	+1:19
Wayne Riley	30:00	6:00	+1:54
Herman Botha	30:22	6:04	+4:57
Sheldon Arehibold	30:38	6:08	-1:01
Edwin Maroga	31:20	6:16	+1:59
Calvin Jenzen	31:24	6:17	+0:00
Mitchell Cook	31:32	6:18	+8:19
Bradley Diamond	33:13	6:39	+2:01
Francios Peens	35:50	7:10	+2:18
Riaan Steyn	37:26	7:29	+1:47
Fred Muvhulawa	39:02	7:48	+10:21
Christoff Vermeulen	39:22	7:52	+14:53

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	35:01	4:23	+0:22
Shanice Peens	35:10	4:24	+0:05
Deidre Coghlan	43:51	5:29	-0:25
Jo-Anne Buchner	43:53	5:29	+1:55
Sally Bevington	43:53	5:29	+1:14
Chelsea Muller	44:10	5:31	+3:14
Celine Van Enter	44:11	5:31	+3:15
Marizanne Pienaar	46:30	5:49	+6:09
Michelle Sparke	48:11	6:01	+3:03
Natalie Botha	48:21	6:03	+3:24
Leandre Van Heerden	52:50	6:36	+0:00

Mens 8km TT

Name	Time	Pace	+/- PB
Dario Matteucci	34:42	4:20	+4:24
Jose Bates	34:55	4:22	+1:54
Richard De Klerk	35:01	4:23	+2:33
Warren Graver	36:32	4:34	+0:19
Clayton Sumner	37:31	4:41	+3:32
Jayson Naicker	37:31	4:41	+2:14
Ian Morrison	38:03	4:45	+2:49
Ofhani Rapetswane	40:07	5:01	+2:30
David Tsoeute	41:33	5:12	+4:08
Andrew Lucas	42:04	5:16	+7:06
JD du Plessis	42:33	5:19	+0:05
Chris Botha	43:06	5:23	+2:11
Fabio Matteucci	43:44	5:28	+7:49
Deon Wessels	43:46	5:28	+3:32
Robert Bode	44:52	5:37	-0:35
Frank Lepphoto	45:54	5:44	+2:56
Leon Jordaan	46:38	5:50	+10:34
Mike van Jaarsveld	46:51	5:51	+0:00
Patrick Wong	47:34	5:57	+0:32
Tristan Laros	47:45	5:58	-2:15
Steve Moolman	47:53	5:59	+1:24
Coach Marco	49:36	6:12	+4:04

4km Walkers

Name	Time	Pace	+/- PB
Damian van Zijl	25:29	6:22	-13:31
Candice Delacovia-Graver	26:57	6:44	+0:18
Donovan van Zijl	35:29	8:52	-12:16
Heather Matteucci	35:36	8:54	+0:58
Leigh Raath	37:55	9:29	+3:58
Liesel Raath	41:21	10:20	+4:06
Robyn Versace	41:21	10:20	+4:06
Kate Spurgeon	41:21	10:20	-6:24
Kristy van Zijl	41:21	10:20	-5:46

Virtual TT

Name	Time	Distance
Ozzie Ferreira	45:09	8
Patrick Lovell	51:26	8
Darryn Miles	20:38	5