

Modderfontein Time Trial - 25 July 2023

Thank you to our timekeepers: Helga, Yonica and Jonty

Ladies 5km TT

Name	Time	Pace	+/- PB
Roxanne Harley	25:55	5:11	-0:32
Chelsea Muller	28:24	5:41	+3:06
Deidre Coghlan	28:56	5:47	+0:52
Therene Botha	29:48	5:58	+3:40
Nicole Van den bergh	29:55	5:59	-1:16
Fulufelo Malada	31:42	6:20	-1:02
Kimberley van der Walt	33:33	6:43	-7:09
Nikki van der Walt	34:02	6:48	+0:00
Maria Coello	35:12	7:02	+0:00
Les Hakins	35:36	7:07	+0:00
Maria Mogano	38:50	7:46	-1:43
Busisiwe Nxumalo	39:56	7:59	+10:00
Donna Brand	42:43	8:33	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Fabio La Mantia	23:12	4:38	+2:05
Ross Phillips	23:12	4:38	+0:50
Christoff Vermeulen	24:53	4:59	+0:24
Andrew Lucas	26:20	5:16	+2:57
Ian Morrison	26:20	5:16	+4:23
Ayal Peretz	28:17	5:39	+4:48
Herman Botha	29:48	5:58	+4:23
Mitchell Cook	29:55	5:59	+6:42
Patrick Wong	30:36	6:07	+1:36
Wayne Peters	31:08	6:14	+1:18
Edwin Maroga	32:17	6:27	+2:56
Sifiso Mabena	32:40	6:32	+4:17
Bobby Kassher	34:12	6:50	+0:00
Graham Clifton	36:07	7:13	+1:39

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	36:58	4:37	+2:19
Estrelita Kotze	43:14	5:24	+5:09
Celine Van Enter	46:09	5:46	+5:13
Marizanne Pienaar	46:09	5:46	+5:48
Sally Bevington	46:09	5:46	+3:30
Michelle Sparke	49:22	6:10	+4:14

Mens 8km TT

Name	Time	Pace	+/- PB
Jose Bates	35:50	4:29	+2:49
Barry Chapman	36:55	4:37	+4:50
Dino Lloyd	37:21	4:40	+1:05
Jayson Naicker	37:24	4:41	+2:07
Warren Graver	37:41	4:43	+1:28
Clayton Sumner	40:42	5:05	+6:43
Richard De Klerk	42:34	5:19	+10:06
Andre Greyling	43:14	5:24	+7:18
JD du Plessis	44:43	5:35	+0:21
Deon Wessels	45:47	5:43	+5:33
Chris Botha	46:46	5:51	+5:51
Patrick Lovell	48:22	6:03	+8:25
Coach Marco	49:51	6:14	+4:19

4km Walkers

Name	Time	Pace	+/- PB
Candice Delacovia-Graver	26:56	6:44	+0:17
Gail Elliot-Wilson	29:34	7:24	-0:59
Jessica Truter	31:31	7:53	+0:49
Gayle Bates	33:37	8:24	-4:52
Annette Vermeulen	34:19	8:35	-4:15
Dieter Zermatten	37:13	9:18	+0:00
Samantha Zermatten	37:13	9:18	-0:55
Leigh Raath	37:15	9:19	-0:19
Liesel Raath	37:15	9:19	-1:09
Robyn Versace	37:15	9:19	-0:27
Riaan Steyn	37:42	9:26	+0:00
Andre Portelli	39:28	9:52	+3:09
Lisa Portelli	39:28	9:52	+4:31