

Modderfontein Time Trial - 28 February 2023

Thank you to our timekeepers: Chelsea and Simon

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:45	4:21	+0:00
Tristan Torr	22:49	4:34	+1:46
Estrelita Kotze	23:39	4:44	-0:44
Celine Van Enter	27:16	5:27	+1:31
Roxanne Harley	27:16	5:27	-0:41
Therene Botha	27:42	5:32	-0:38
Laetitia Stap	27:43	5:33	+1:39
Gail Elliot-Wilson	29:23	5:53	-0:36
Julie Hughes	30:04	6:01	-0:22
Sally Bevington	30:04	6:01	+5:00
Michelle Sparke	30:16	6:03	+3:25
Emelia Dalhouzie	30:39	6:08	-0:19
Karen Roos	30:44	6:09	+0:00
Paige Lindenberg	32:28	6:30	+1:37
Angela B	33:31	6:42	+0:00
Shanna West	33:40	6:44	+3:00
Bronwyn Diamond	33:56	6:47	+1:20
Robin Claassen	34:00	6:48	+0:50
Sonia Correia	34:47	6:57	+6:10
Amelia Zwicker	36:07	7:13	-5:23
Gayle Bates	39:56	7:59	+5:13
Tebogo Mohlala	40:15	8:03	+3:53
Benita Oosthuizen	40:15	8:03	+0:36
Megan Louwrens	40:35	8:07	-0:19
Mosa Kaiser	44:24	8:53	+0:00
Nasreen Motani	47:47	9:33	+1:03
Numaira Ebrahim	47:47	9:33	+5:28
Jennifer Hodge	50:20	10:04	+9:27

Mens 5km TT

Name	Time	Pace	+/- PB
William Ntsheni	18:53	3:47	+0:41
Frans-Josef Mentz	21:27	4:17	+0:00
Barry Chapman	22:44	4:33	+3:16
Warren Grover	22:54	4:35	-0:59
Mitchell Gill	23:20	4:40	+0:00
Clayton Sumner	23:29	4:42	+0:51
Garth Swift	23:50	4:46	+0:00
Logan Hull	24:49	4:58	+1:00
Toni Zwicker	25:10	5:02	+0:00
Jonathan Hanscombe	25:22	5:04	+0:23
Ozzie Ferreira	26:43	5:21	+3:03
Theo Swanepoel	27:12	5:26	+2:05
Craig Bekker	27:40	5:32	+1:08
Luke vd Merwe	27:40	5:32	+1:08
Herman Botha	27:55	5:35	-0:25
Rhys West	28:48	5:46	-1:49
Sean B-H	28:55	5:47	+0:00
Mike Janet	29:23	5:53	+0:33
Tristan Laros	29:57	5:59	-1:04
Craig Laros	29:58	6:00	+0:12
Mxolisi Makaleng	31:23	6:17	+12:03
Jonathan Baiocchi	32:59	6:36	+0:00
Coach Marco	33:05	6:37	+4:53
Bradley Diamond	33:56	6:47	+2:32
Sheldon A	34:03	6:49	+0:00
Francios Peens	34:35	6:55	+1:03
Nape Mkadimeng	34:40	6:56	+0:00
Mike Barios	36:28	7:18	+4:06
Desmond Struwig	36:28	7:18	+2:11
Phillip Makelani	37:20	7:28	-0:12
Graham Clifton	37:38	7:32	+3:10
Fulufelo Malada	41:55	8:23	+0:00

Ladies 8km TT

Name	Time	Pace	+/- PB
Sam Murphy	43:11	5:24	+0:00
Natalie Botha	46:17	5:47	+1:20
Siphokazi Monoliwz	47:58	6:00	+0:00
Gugu Mthunzi	48:42	6:05	+0:00

Mens 8km TT

Name	Time	Pace	+/- PB
Fabio La Mantia	32:28	4:04	-1:25
Jose Bates	34:40	4:20	+1:39
Richard De Klerk	34:42	4:20	+2:14
Keegan Reynolds	35:58	4:30	-0:15
Stephen Morake	36:27	4:33	+0:36
Leon Jordaan	42:11	5:16	+0:00
Fabio Matteucci	43:02	5:23	+7:07
Patrick Lovell	44:57	5:37	+5:00
Adam Greve	45:38	5:42	+1:07
Anrich Kock	46:23	5:48	-1:13
Steve Moolman	46:29	5:49	+0:00
Chris Botha	47:37	5:57	+6:42
Jonty Meiring	51:08	6:24	+3:11

4km Walkers

Name	Time	Pace	+/- PB
Anneke Smit	28:30	7:08	+0:00
Heather Matteucci	34:38	8:40	-1:02
Natasha Di Bella	34:38	8:40	+0:24
Lauren Prince	34:38	8:40	-2:22
Veronica Swanepoel	36:27	9:07	-3:10
Ava Van Staden	42:42	10:41	+6:11
Juanelle Bates	42:43	10:41	+8:23
Andre Greyling	47:11	11:48	+0:00

Virtual TT

Name	Time	Distance
Ian Morrison	37:34	8
Kirsten Morrison	50:00	8
Marizanne	46:14	8
Chelsea	27:28	5
Andre Greyling	27:01	5