

Modderfontein Time Trial - 29 August 2023

Thank you to our timekeepers: Clayton and Jonathan

Ladies 5km TT

Name	Time	Pace	+/- PB
Therene Botha	27:09	5:26	+1:01
Morgan Young	28:22	5:40	-1:58
Sonia Correia	29:59	6:00	+1:22
Angela Boulle	30:33	6:07	+0:09
Robin Claassen	31:17	6:15	-1:11
Nicole Van den bergh	31:25	6:17	+1:30
Lianne Zermatten	32:19	6:28	+1:49
Janice Ross	33:23	6:41	+0:53
Fulufelo Malada	33:33	6:43	+1:51
Claire Steyn	34:10	6:50	+7:39
Lerato Funani	36:56	7:23	+0:06
Gayle Bates	37:36	7:31	+2:53
Annette Vermeulen	39:08	7:50	-0:14
Heather Matteucci	40:45	8:09	+0:15
Busisiwe Nxumalo	40:48	8:10	+10:52
Helga Lucas	42:14	8:27	+6:34

Mens 5km TT

Name	Time	Pace	+/- PB
Ayal Peretz	26:52	5:22	+3:23
Herman Botha	27:03	5:25	+1:38
Tristan Laros	27:15	5:27	-0:44
Wayne Riley	28:38	5:44	+0:32
Bobby Kassher	29:50	5:58	+0:19
Craig Laros	30:27	6:05	+1:09
Calvin Jenzen	30:43	6:09	-0:41
Sheldon Arehibold	31:55	6:23	+1:17
Edwin Maroga	32:07	6:25	+2:46
Riaan Steyn	34:52	6:58	-0:47
Francios Peens	35:50	7:10	+2:18
Fred Muvhulawa	36:52	7:22	+8:11
Anton Van Wyk	38:00	7:36	-3:50

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	34:52	4:22	-0:13
Tristan Torr	41:10	5:09	+6:31
Estrelita Kotze	41:17	5:10	+3:12
Chelsea Muller	43:42	5:28	+2:46
Celine Van Enter	43:52	5:29	+2:56
Jo-Anne Buchner	43:57	5:30	+1:59
Sally Bevington	45:46	5:43	+3:07
Deidre Coghlan	46:21	5:48	+2:30
Michelle Sparke	47:32	5:57	+2:24
Samantha Zermatten	50:34	6:19	+5:38

Mens 8km TT

Name	Time	Pace	+/- PB
Jayson Naicker	34:50	4:21	-0:27
Warren Graver	36:13	4:32	+0:00
Dario Matteucci	36:15	4:32	+5:57
Ian Morrison	36:34	4:34	+1:20
Richard De Klerk	37:19	4:40	+4:51
Mitchell Gill	38:18	4:47	+4:04
Clayton Sumner	38:57	4:52	+4:58
Mitchell Cook	39:25	4:56	+3:55
David Tsoeute	40:18	5:02	+2:53
Christoff Vermeulen	41:15	5:09	+2:21
Andre Greyling	41:17	5:10	+5:21
Fabio Matteucci	41:20	5:10	+5:25
JD du Plessis	42:09	5:16	-0:19
Bradley Cook	42:09	5:16	+0:51
Adolph Gaza	43:02	5:23	+0:14
Deon Wessels	43:08	5:24	+2:54
Patrick Lovell	43:56	5:30	+3:59
Dieter Zermatten	44:34	5:34	+8:36
Robert Bode	44:40	5:35	-0:12
Leon Jordaan	45:52	5:44	+9:48
Chris Botha	46:35	5:49	+5:40
Steve Moolman	46:43	5:50	+0:14
Bernard Tabane	47:48	5:59	+0:00
Patrick Wong	47:57	6:00	+0:55
Coach Marco	51:19	6:25	+5:47

4km Walkers

Name	Time	Pace	+/- PB
Damian van Zijl	22:49	5:42	-2:40
Donovan van Zijl	22:49	5:42	-12:40
Candice Delacovia-Graver	26:35	6:39	-0:04
Demi De Ruyter	30:17	7:34	-6:38
Bronwyn Diamond	35:04	8:46	+10:34
Anisa Fielding	35:05	8:46	+0:17
Kate Spurgeon	35:10	8:48	-6:11
Ava Van Enter	35:10	8:48	-1:21
Bradley Diamond	36:00	9:00	+11:28
Leigh Raath	36:36	9:09	+2:39
Liesel Raath	36:36	9:09	-0:39
Julie Hughes	37:38	9:25	+3:00
Lesley Devitt	38:00	9:30	+0:14
Cecia du Plessis	38:25	9:36	+0:00
Drakile Bojabokseha	42:45	10:41	+0:00
Charanee Marimutha	42:45	10:41	+0:00
Henri Zermatten	43:00	10:45	+15:00

Virtual TT

Name	Time	Distance
Ozzie Ferreira	43:00	8
Barry Chapman	37:46	8