

Modderfontein Time Trial - 2 May 2023

Thank you to our timekeepers: Natalie and Chris

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:14	4:15	-0:18
Therene Botha	26:08	5:14	-0:17
Nicola-Jayne Kirkby	26:43	5:21	+4:03
Tristan Torr	26:43	5:21	+5:40
Debbie Matteucci	28:31	5:42	+0:23
Sonia Correia	31:56	6:23	+3:19
Leandre Van Heerden	32:45	6:33	-2:07
Alieia Pollock	33:21	6:40	+0:00
Jessica Truter	34:46	6:57	+0:00
Fulufelo Malada	34:56	6:59	-0:15
Megan Louwrens	36:05	7:13	-4:30
Janice Ross	36:07	7:13	+3:37
Kim Bouwer	36:18	7:16	+5:13
Benita Oosthuizen	41:27	8:17	+1:48
Kyla Linton	41:27	8:17	+0:00
Nasreen Motani	43:32	8:42	-0:34
Numaira Ebrahim	43:32	8:42	+1:34
Lisa Portelli	44:17	8:51	+5:47
Gayle Bates	44:40	8:56	+9:57
Helga Lucas	44:40	8:56	+9:00
Gail Elliot-Wilson	47:10	9:26	+17:54
Helma de Villiers	47:10	9:26	+0:00
Jennifer Hodge	48:16	9:39	+7:23

Mens 5km TT

Name	Time	Pace	+/- PB
Dario Matteucci	22:40	4:32	+1:15
Herman Botha	26:27	5:17	+0:23
DJ Kirkby	26:43	5:21	-0:29
Kyle Ribeiro	26:43	5:21	-6:54
Anrich Kock	27:10	5:26	-1:28
Jonty Meiring	28:05	5:37	-0:45
Frank Lephoto	29:52	5:58	-1:19
Tristan Laros	30:37	6:07	+1:56
Patrick Lovell	31:12	6:14	+4:42
Warren Graver	31:12	6:14	+8:18
Coach Marco	34:57	6:59	+6:45
David Tsoeule	35:16	7:03	+0:00
Simon Levin	40:00	8:00	+15:00
Joshua Wasson	43:47	8:45	+2:07
Eric Cotton	44:06	8:49	+2:04
Graham Clifton	48:16	9:39	+13:48

Ladies 8km TT

Name	Time	Pace	+/- PB
Estrelita Kotze	40:15	5:02	+2:10
Courtenay Davis	40:36	5:05	+0:00
Shannon Pearce	43:12	5:24	+2:05
Chelsea Muller	43:27	5:26	+1:15
Jo-Anne Buchner	43:27	5:26	+1:23
Celine Van Enter	43:47	5:28	+1:45
Natalie Botha	46:36	5:50	+1:39

Mens 8km TT

Name	Time	Pace	+/- PB
Jude Chianwuna	35:39	4:27	+5:50
Dario Matteucci	39:14	4:54	+6:54
Graham Ransom	39:25	4:56	+3:23
Andrew Lucas	39:25	4:56	+4:04
Jose Bates	39:45	4:58	+6:44
Andre Greyling	40:15	5:02	+2:48
Dieter Zermatten	40:15	5:02	+4:17
Toni Zwicker	41:27	5:11	-0:41
Stefan Steyn	42:42	5:20	+3:25
Ayal Peretz	42:54	5:22	+2:48
Chris Botha	46:48	5:51	+5:53

4km Walkers

Name	Time	Pace	+/- PB
Bradley Diamond	31:12	7:48	+5:07
Bronwyn Diamond	31:31	7:53	+5:26
Robyn Versace	37:42	9:26	-2:33
Alistair Elliot-Wilson	42:00	10:30	+2:31
Yonica Pienaar	44:13	11:03	+8:07
Andre Portelli	44:14	11:04	+6:36
Kaela Hindle	45:30	11:23	-1:31