

Modderfontein Time Trial - 30 May 2023

Thank you to our timekeepers: Ross, Jonathan and Yonica

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:51	4:22	+0:37
Julie Hughes	27:47	5:33	-2:17
Therene Botha	28:00	5:36	+1:52
Sally Bevington	30:34	6:07	+5:30
Samantha Zermatten	30:34	6:07	+2:33
Gail Elliot-Wilson	34:11	6:50	+4:55
Lianne Zermatten	34:41	6:56	+4:11
Janice Ross	35:48	7:10	+3:18
Demi De Ruyter	36:23	7:17	+2:58
Justin Haverly	38:14	7:39	+0:00
Kimberley van der Walt	40:50	8:10	+0:08

Mens 5km TT

Name	Time	Pace	+/- PB
Wyatt Bothma	21:25	4:17	-0:57
Dieter Zermatten	22:02	4:24	-1:02
Tyler Morrison	25:23	5:05	-0:40
Ian Morrison	25:24	5:05	+3:27
Thulani Mashiloane	26:00	5:12	-0:51
Herman Botha	28:00	5:36	+1:56
Coach Marco	29:16	5:51	+1:04
Frank Lephoto	30:06	6:01	+0:14
Tristan Laros	30:06	6:01	+1:25
Jonty Meiring	30:28	6:06	+2:23
Christoff Vermeulen	32:40	6:32	+8:11
Scott Dawson	34:11	6:50	+1:01
Edwin Maroga	35:12	7:02	+5:51
Francios Peens	35:41	7:08	+2:09

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	35:29	4:26	+0:50
Estrelita Kotze	40:09	5:01	+2:04
Celine Van Enter	40:56	5:07	-1:06
Chelsea Muller	40:56	5:07	-1:16
Jo-Anne Buchner	42:18	5:17	+0:20
Michelle Sparke	50:13	6:17	+5:05

Mens 8km TT

Name	Time	Pace	+/- PB
Dario Matteucci	30:18	3:47	-1:09
Pieter Swanepoel	31:38	3:57	+0:00
Mxolisi Makaleng	32:30	4:04	+2:21
Dillon Haverly	32:34	4:04	-0:33
Barry Chapman	33:35	4:12	+1:30
Richard De Klerk	34:06	4:16	+1:38
Andrew Lucas	35:29	4:26	+0:31
Andre Greyling	35:56	4:30	-1:31
Clayton Sumner	37:37	4:42	+3:38
Mitchell Gill	37:37	4:42	+2:06
Thuiani Menye	39:50	4:59	+0:39
Henri Zermatten	41:37	5:12	-2:01
David Tsoeute	42:08	5:16	+4:43
Ayal Peretz	45:15	5:39	+5:09
Deon Wessels	47:58	6:00	+7:44

4km Walkers

Name	Time	Pace	+/- PB
Helga Lucas	38:45	9:41	+3:00
Alistair Elliot-Wilson	42:47	10:42	+3:18
Lauren Deyzel	42:47	10:42	-0:38

Virtual TT

Name	Time	Distance
Patrick Lovell	51:55	8