

## Modderfontein Time Trial - 31 January 2023

Thank you to our timekeepers: Helga and Jose

### Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	21:03	4:13	-0:29
Shanice Peens	22:08	4:26	-0:07
Estrelita Kotze	24:43	4:57	+0:00
Celine Van Enter	29:10	5:50	+3:25
Chelsea Muller	29:10	5:50	+3:52
Jo-Anne Buchner	29:10	5:50	+2:36
Bianca de Beer	31:25	6:17	+0:00
Paula Pfister	31:37	6:19	+3:11
Sonia Correia	31:42	6:20	+3:05
Robin Claassen	33:43	6:45	-0:32
Bronwyn Diamond	34:39	6:56	+2:03
Raquel Regal	35:52	7:10	+0:00
Demi De Ruyter	36:45	7:21	+3:20
Domanique da Graca	37:12	7:26	+4:45
Janice Ross	39:24	7:53	+6:54
Gayle Bates	39:34	7:55	+4:51
Heather Matteucci	42:05	8:25	+0:18
Megan Louwrens	42:19	8:28	+1:25
Numaira Ebrahim	42:19	8:28	-5:35
Sarah Jones	43:53	8:47	+0:00
Nonhlanhla Sikakane	49:43	9:57	+0:00
Bridget Ngoasheng	54:12	10:50	-4:48

### Mens 5km TT

Name	Time	Pace	+/- PB
Barry Chapman	19:28	3:54	-4:22
Joshua McKeand	20:16	4:03	+0:27
Keegan Reynolds	20:53	4:11	+0:00
Warren Grover	23:53	4:47	-3:38
Logan Hull	25:00	5:00	+1:11
Jonathan Hanscombe	26:35	5:19	-0:32
Dieter Zermatten	26:52	5:22	+3:48
Andrew Lucas	26:54	5:23	+3:31
Craig Bekker	27:10	5:26	-1:23
Luke vd Merwe	27:10	5:26	-1:23
Helder Alves	28:11	5:38	-1:44
Anrich Kock	28:38	5:44	-0:18
Herman Botha	29:13	5:51	-3:06
Craig Laros	30:00	6:00	+0:14
Mike Janet	30:00	6:00	-2:18
Ntwanano Gaza	31:19	6:16	+0:00
Coach Marco	31:31	6:18	+3:19
Fred Muvhulawa	31:32	6:18	-11:59
Tristan Laros	32:49	6:34	+0:06
Warren Medcalf	32:51	6:34	-2:38
Bradley Diamond	32:56	6:35	+0:38
Francios Peens	33:32	6:42	-1:08
Sifiso Mabena	33:52	6:46	+3:52
Graham Clifton	34:51	6:58	+0:23
Craig Jenkins	41:02	8:12	-6:16
Lesego Maake	41:27	8:17	+0:00

### Ladies 8km TT

Name	Time	Pace	+/- PB
Natalie Botha	44:57	5:37	-2:21
Sally Bevington	46:37	5:50	+3:52
Michelle Sparke	47:56	6:00	+2:48
Lianne Zermatten	52:58	6:37	+1:41

### Mens 8km TT

Name	Time	Pace	+/- PB
Mxolisi Makaleng	30:55	3:52	+0:26
Richard De Klerk	32:57	4:07	+0:14
Wyatt Bothma	36:57	4:37	-0:46
Clint Suessmann	38:03	4:45	+3:35
Clayton Sumner	39:15	4:54	+5:16
Mitchell Gill	39:25	4:56	-4:47
Fabio Matteucci	41:16	5:10	+5:21
Deon Wessels	42:50	5:21	+2:36
Henri Zermatten	44:34	5:34	-2:57
Chris Botha	44:39	5:35	+3:44
Adolph Gaza	48:55	6:07	+0:00

### 4km Walkers

Name	Time	Pace	+/- PB
David Swanepoel	31:24	7:51	+0:04
Neo Mogotso	32:47	8:12	+0:00
Chad Posthumus	33:20	8:20	-2:54
Amanda Matson	33:37	8:24	+1:57
Gay Geyser	33:37	8:24	+1:57
Benita Oosthuizen	38:16	9:34	+0:00
Daniela Perosino	38:32	9:38	+5:18
Claire Swanepoel	39:34	9:54	+0:00
Leah Swanepoel	39:34	9:54	+0:00
Leande Botha	40:19	10:05	+0:43
Michelle Ogilvie	40:19	10:05	-0:39

### Virtual TT

Name	Time	Distance
Ian Morrison	37:50	8
Jose Bates	34:13	8
Kirsten Morrison	47:49	8