

## Modderfontein Time Trial - 7 March 2023

Thank you to our timekeepers: Sally and Marco

### Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	24:13	4:51	+3:10
Sandy Ransom	26:12	5:14	+1:54
Roxanne Harley	26:27	5:17	-0:49
Celine Van Enter	30:46	6:09	+5:01
Chelsea Muller	30:46	6:09	+5:28
Mosa Kaiser	30:58	6:12	-13:26
Gail Elliot-Wilson	30:59	6:12	+1:36
Angela B	31:47	6:21	-1:44
Robin Claassen	32:28	6:30	-0:42
Demi De Ruyter	37:00	7:24	+3:35
Claire Steyn	37:29	7:30	+10:58
Janice Ross	38:21	7:40	+5:51
Samantha Zermatten	38:21	7:40	+10:20
Numaira Ebrahim	46:29	9:18	+4:10
Nasreen Motani	46:30	9:18	-0:14
Jennifer Hodge	49:13	9:51	+8:20

### Mens 5km TT

Name	Time	Pace	+/- PB
Mxolisi Makaleng	21:16	4:15	+1:56
Wyatt Bothma	22:22	4:28	-0:25
Mike Trafoyer	22:35	4:31	+0:00
Graham Ransom	23:53	4:47	+0:24
Barry Chapman	24:13	4:51	+4:45
Toni Zwicker	24:24	4:53	-0:46
Clayton Sumner	24:36	4:55	+1:58
Andreas Trafoyer	25:10	5:02	+1:04
Clint Suessmann	26:12	5:14	+4:40
Sean B-H	27:38	5:32	-1:17
Keegan Reynolds	27:40	5:32	+6:47
Craig Bekker	28:01	5:36	+1:29
Mike Barrios	28:21	5:40	-4:01
Fred Muvhulawa	28:41	5:44	-1:07
Wayne Riley	29:01	5:48	+0:55
Craig Laros	29:18	5:52	-0:28
Darin Pillay	29:38	5:56	+1:57
Tristan Laros	30:32	6:06	+0:35
Sifiso Mabena	30:40	6:08	+2:17
Luke vd Merwe	31:10	6:14	+4:38
Sheldon A	31:39	6:20	-2:24
Conrad Boule	31:39	6:20	+0:00
Wanga Muvhulawu	33:01	6:36	+0:00
Francios Peens	33:48	6:46	+0:16
Ntwanano Gaza	34:10	6:50	+4:35
Rob Ransom	37:16	7:27	+4:36
Riaan Steyn	37:29	7:30	+0:16
Edwin Maroga	38:00	7:36	+8:39
Fulufelo Malada	39:47	7:57	-2:08
Calvin Cowe	40:20	8:04	+0:00
Graham Clifton	49:13	9:51	+14:45

### Ladies 8km TT

Name	Time	Pace	+/- PB
Jo-Anne Buchner	45:22	5:40	+2:37
Siphokazi Monoliwa	46:59	5:52	-0:59
Michelle Sparke	49:17	6:10	+4:09
Natalie Botha	50:13	6:17	+5:16
Therene Botha	50:46	6:21	+0:00

### Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	34:56	4:22	+2:28
Leon Jordaan	36:04	4:31	-6:07
Jose Bates	36:27	4:33	+3:26
Stephen Morake	36:42	4:35	+0:51
Adam Greve	38:50	4:51	-5:41
Warren Grover	39:42	4:58	+0:00
Jayson Naicker	42:07	5:16	+6:50
Bradley Cook	42:09	5:16	+0:51
Deon Wessels	42:10	5:16	+1:56
Patrick Lovell	43:59	5:30	+4:02
Adolph Gaza	44:13	5:32	+0:45
Anrich Kock	44:35	5:34	-1:48
Andre Greyling	44:37	5:35	+6:23
Dieter Zermatten	45:22	5:40	+7:16
Simon Levin	45:22	5:40	+8:44
Jonty Meiring	47:18	5:55	-0:39
Steve Moolman	49:15	6:09	+2:46
Chris Botha	49:57	6:15	+9:02
Herman Botha	50:46	6:21	+0:00
Michael Varanzakis	59:35	7:27	+20:21

### 4km Walkers

Name	Time	Pace	+/- PB
Amanda Matson	33:39	8:25	+1:59
Gay Geyser	33:39	8:25	+1:59
Paula Pfister	36:40	9:10	-5:47
Leigh Raath	39:45	9:56	+0:00
Liesel Raath	39:45	9:56	+0:00
Lesley Devitt	40:22	10:06	+2:36
Natasha Di Bella	40:22	10:06	+6:08
Lauren Prince	40:22	10:06	+5:44
Gayle Bates	41:20	10:20	+2:04
Amelia Zwicker	41:20	10:20	+0:00
Helga Lucas	41:33	10:23	+5:48
Sumi Naidu	42:59	10:45	-1:07
Leande Botha	43:26	10:52	+4:22
Sandra Gertenbach	43:26	10:52	+0:00
Yonica Pienaar	45:04	11:16	+8:58
Susan Meiring	45:04	11:16	+0:00

### Virtual TT

Name	Time	Distance
Ian Morrison	38:32	8