

Modderfontein Time Trial - 4 April 2023

Thank you to our timekeepers: Deidre and Jo-Anne

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:32	4:18	-0:08
Courtenay Davis	24:33	4:55	+0:00
Monique Mbende Benga	26:40	5:20	+0:00
Nicole Vd Merwe	27:15	5:27	+0:00
Siphokazi Monoliwa	29:11	5:50	+0:34
Paige Lindenberg	29:34	5:55	-1:17
Sonia Correia	31:02	6:12	+2:25
Michelle Sparke	31:42	6:20	+4:51
Paula Pfister	34:33	6:55	+6:07
Sheridan Pienaar	34:50	6:58	+0:40
Leandre Van Heerden	35:12	7:02	+0:00
Zoe Zwicker	39:30	7:54	+4:36
Helga Lucas	40:00	8:00	+4:20
Kim Boucher	40:09	8:02	+9:04
Priscilla Hlongwane	40:39	8:08	+0:00
Dakalo Moyo	40:39	8:08	+0:00
Nasreen Motani	44:06	8:49	-2:24
Numaira Ebrahim	44:06	8:49	+2:08

Mens 5km TT

Name	Time	Pace	+/- PB
Barry Chapman	21:33	4:19	+2:05
Wyatt Bothma	22:53	4:35	+0:31
Toni Zwicker	24:16	4:51	-0:08
Tyler Morrison	26:12	5:14	+0:09
Mike Janet	27:01	5:24	-0:43
Ozzie Ferreira	27:04	5:25	+3:24
Helder Alves	28:36	5:43	+0:25
Tristan Laros	28:41	5:44	-0:14
Patrick Lovell	29:17	5:51	+2:47
Craig Laros	29:23	5:53	+0:05
Wayne Riley	29:38	5:56	+1:32
Steve Moolman	30:08	6:02	-0:06
Fred Muvhulawa	31:45	6:21	+3:04
Patrick Wong	32:46	6:33	+3:46
Francios Peens	35:22	7:04	+1:50
Riaan Steyn	37:10	7:26	+1:31
Fulufelo Malada	38:50	7:46	+0:03

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	34:39	4:20	-0:55
Nicola-Jayne Kirkby	38:01	4:45	-0:21
Estrelita Kotze	38:58	4:52	+0:53
Celine Van Enter	42:02	5:15	-0:33
Sally Bevington	42:39	5:20	-0:06
Therene Botha	43:21	5:25	-0:09
Marizanne Pienaar	44:18	5:32	+3:57
Natalie Botha	46:06	5:46	+1:09
Kirsten Morrison	47:22	5:55	+0:24
Samantha Zermatten	47:34	5:57	+2:38
Bronwyn Diamond	53:31	6:41	-5:32

Mens 8km TT

Name	Time	Pace	+/- PB
Sifuniso Dlamini	31:40	3:58	+1:30
Clayton Sumner	34:28	4:19	+0:29
Patrick Richards	34:32	4:19	-1:56
Ian Morrison	35:27	4:26	+0:13
Mitchell Gill	35:50	4:29	-0:19
Dieter Zermatten	35:58	4:30	-1:37
Stephen Morake	36:28	4:34	+1:01
Warren Graver	36:43	4:35	-0:32
Andre Greyling	38:00	4:45	+0:33
Ofhani Rapetswane	39:41	4:58	+0:00
Deon Wessels	41:20	5:10	+1:06
Bradley Cook	43:10	5:24	+1:52
Herman Botha	43:38	5:27	+0:07
Stefan Steyn	44:37	5:35	+5:20
Ayal Peretz	45:32	5:42	+5:26
Coach Marco	45:32	5:42	-1:09
Jonty Meiring	46:56	5:52	-0:22
Bradley Diamond	53:31	6:41	-3:48

4km Walkers

Name	Time	Pace	+/- PB
DJ Kirkby	21:46	5:27	+0:16
Colleen Medcalf	33:26	8:22	-1:41
Warren Medcalf	33:26	8:22	-7:04
Keagan Smith	35:38	8:55	+0:00
Joshua Wasson	35:38	8:55	+0:00
Cassandra Delacovia	35:40	8:55	+0:00
Candice Delacovia-Graver	35:40	8:55	+0:00
Jean-Pierre Robbertze	37:54	9:29	+0:00
Iain Botha	37:54	9:29	+0:00
Michelle Ogilvie	37:58	9:30	+0:11
Alistair Elliot-Wilson	39:29	9:52	-0:40
Liesel Raath	39:40	9:55	-0:05
Robyn Versace	40:15	10:04	+0:00
Leigh Raath	41:15	10:19	+1:30
Sumi Naidu	43:26	10:52	+0:27
Elizabeth Nyalungu	44:10	11:03	+0:00

Virtual TT

Name	Time	Distance
Jo-Anne Buchner	42:07	8