

## Modderfontein Time Trial - 13 September 2022

Thank you to our timekeepers: Ian and Marco

### Ladies 5km TT

Name	Time	Pace	+/- PB
Marizanne Pienaar	29:20	5:52	+1:13
Kathy Whiting	30:55	6:11	<b>+0:00</b>
Natasha Keeble	31:20	6:16	<b>-3:49</b>
Cheri-lee Dos Reis	36:09	7:14	+1:00
Tayla Foong	36:51	7:22	+7:13
Demi De Ruyter	37:25	7:29	+4:00
Milly Manabihe	37:37	7:31	<b>+0:00</b>
Charne Oosthuizen	39:49	7:58	+5:30
Kirsten Getuli	39:49	7:58	<b>-0:11</b>
Helga Lucas	41:37	8:19	+5:57
Samantha Zermatten	41:38	8:20	+13:37
Ami Lee	43:18	8:40	<b>+0:00</b>
Aamirah Hassan	43:23	8:41	<b>+0:00</b>

### Mens 5km TT

Name	Time	Pace	+/- PB
Prashil Daya	21:26	4:17	<b>-4:26</b>
Clayton Sumner	23:10	4:38	+0:32
Mihir Daya	23:43	4:45	<b>-2:09</b>
Ntshavheni Mudau	25:00	5:00	<b>+0:00</b>
Logan Hull	27:34	5:31	+2:22
Wayne Riley	29:31	5:54	+1:25
Tyler Morrison	30:23	6:05	<b>+0:00</b>
Riley Morrison	30:26	6:05	+1:56
Kieth Whiting	30:52	6:10	<b>+0:00</b>
Taner Toi	30:55	6:11	<b>+0:00</b>
Henri Zermatten	31:14	6:15	+2:52
Craig Laros	32:50	6:34	<b>+0:00</b>
Mike Barios	34:00	6:48	<b>-0:04</b>
Des Chetty	34:00	6:48	<b>-0:11</b>
Bradley Diamond	35:05	7:01	+1:45
Graham Clifton	35:38	7:08	+0:48
Tristan Laros	36:47	7:21	<b>+0:00</b>
Brendon Fourie	43:18	8:40	+5:17

### Ladies 8km TT

Name	Time	Pace	+/- PB
Sandy Ransom	38:06	4:46	<b>-1:34</b>
Nicola-Jayne Kirkby	39:06	4:53	+0:44
Celine Van Enter	45:44	5:43	+3:09
Chelsea Muller	46:03	5:45	+3:51
Sally Bevington	46:06	5:46	+3:21
Michelle Sparke	46:22	5:48	+1:14
Claire Steyn	46:24	5:48	+3:44
Julie Hughes	46:36	5:50	+2:37
Bronwyn Diamond	59:03	7:23	<b>+0:00</b>
Revana Laljith	59:03	7:23	<b>+0:00</b>
Charmaine Hibbert	59:08	7:24	+9:06
Lianne Zermatten	59:08	7:24	+6:13
Gayle Bates	59:59	7:30	+1:49

### Mens 8km TT

Name	Time	Pace	+/- PB
Jude Chianwuna	34:58	4:22	+5:09
Andre Venter	35:13	4:24	<b>+0:00</b>
Richard De Klerk	35:19	4:25	+2:14
Graham Ransom	35:28	4:26	<b>-0:34</b>
Fabio La Mantia	35:30	4:26	<b>-0:52</b>
Barry Chapman	35:33	4:27	+2:34
Andrew Lucas	35:35	4:27	+0:14
Jose Bates	37:09	4:39	+3:54
Siphso Radebe	37:09	4:39	<b>+0:00</b>
Lourens Strauss	38:24	4:48	+1:00
Darren Elson	43:00	5:23	<b>+0:00</b>
Dieter Zermatten	43:04	5:23	+3:48
Simon Levin	43:04	5:23	<b>-11:49</b>
Keegan Russell	44:09	5:31	<b>-1:49</b>
Deon Wessels	44:46	5:36	+4:24
Chris Botha	46:15	5:47	+5:20
Patrick Wong	46:15	5:47	<b>-0:47</b>
Patrick Lovell	46:32	5:49	+5:10
Ross Hughes	46:36	5:50	+0:25
Edwin Maroga	48:53	6:07	+1:27

### 4km Walkers

Name	Time	Pace	+/- PB
Stefan Steyn	26:54	6:44	<b>-14:57</b>
Jessica le Roux	28:30	7:08	<b>+0:00</b>
Mara Rahme	28:30	7:08	<b>+0:00</b>
Sabrina Moraga	35:07	8:47	<b>-4:41</b>
Sue van Broembsen	35:20	8:50	<b>+0:00</b>
Alexandra Hanegraaf	37:53	9:28	<b>-2:47</b>
Kim Maher	46:21	11:35	<b>+0:00</b>
Kydan Maher	46:21	11:35	<b>+0:00</b>