

## Modderfontein Time Trial - 15 November 2022

Thank you to our timekeepers: Claire and Edwin

### Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	22:59	4:36	+0:09
Lynne Pawley	27:01	5:24	<b>+0:00</b>
Natalie Botha	31:09	6:14	<b>-1:02</b>
Lianne Zermatten	31:42	6:20	+1:12
Charmaine Hibbert	33:24	6:41	+3:12
Paula Pfister	33:24	6:41	+4:58
Sonia Correia	33:24	6:41	+4:47
Anora La Mantia	35:18	7:04	+2:54
Claudia Metcalfe	36:10	7:14	+4:35
Diana Seeley	36:10	7:14	+5:26
Jenna Mitchell	37:02	7:24	+2:41
Kim Bower	37:06	7:25	+6:01
Milly Manabihe	37:35	7:31	+0:40
Aamirah Hassan	46:08	9:14	+2:45
Maria Msezane	48:15	9:39	<b>+0:00</b>

### Mens 5km TT

Name	Time	Pace	+/- PB
Lourens Strauss	22:56	4:35	<b>-0:09</b>
Graham Ransom	23:41	4:44	+0:12
Simon Levin	26:20	5:16	+1:20
Jonathan Hanscombe	27:17	5:27	+0:10
Logan Hull	27:21	5:28	+3:32
Riley Morrison	27:41	5:32	<b>-0:49</b>
Tyler Morrison	27:41	5:32	+0:43
Andre Portelli	29:19	5:52	+0:10
Ross Hughes	29:32	5:54	+2:01
Patrick Wong	30:19	6:04	+1:19
Samkeliso Mkhumane	30:45	6:09	<b>-0:25</b>
Craig Laros	30:56	6:11	+0:08
Coach Marco	31:04	6:13	+2:52
Chris Botha	31:42	6:20	+4:13
Kenneth Collett	33:48	6:46	+8:42
Judah Pope	33:48	6:46	<b>+0:00</b>
Fabio La Mantia	35:18	7:04	+14:11
Francios Peens	38:00	7:36	+3:20

### Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	37:00	4:38	+1:26
Nicola-Jayne Kirkby	39:25	4:56	+1:03
Julie Hughes	45:07	5:38	+1:08
Celine Van Enter	46:30	5:49	+3:55
Laetitia Stap	46:43	5:50	+2:50
Marizanne Pienaar	48:05	6:01	+7:44
Chelsea Muller	48:19	6:02	+6:07
Samantha Zermatten	49:00	6:08	+3:05
Deidre Coghlan	52:25	6:33	+8:09
Revana Laljith	55:41	6:58	<b>-3:22</b>
Yonica Pienaar	56:00	7:00	+2:58

### Mens 8km TT

Name	Time	Pace	+/- PB
Barry Chapman	37:00	4:38	+4:38
Jayson Naicker	37:39	4:42	+2:22
Clint Suessmann	37:48	4:44	+3:20
Ian Morrison	38:07	4:46	+2:53
Christoff Vermeulen	38:52	4:52	<b>-0:02</b>
Prashil Daya	39:10	4:54	+0:42
Mihir Daya	39:24	4:56	<b>-1:37</b>
Tyler Hughes	39:41	4:58	+2:28
Andre Greyling	40:04	5:01	+1:07
Andrew Lucas	42:05	5:16	+6:44
Fabio Matteucci	42:09	5:16	+6:14
Patrick Lovell	42:38	5:20	+2:41
Dieter Zermatten	44:31	5:34	+5:15
Adam	44:31	5:34	<b>+0:00</b>
Fred Muvhulawa	46:00	5:45	<b>+0:00</b>
Stefan Steyn	47:15	5:54	+7:58
Jonty Meiring	56:00	7:00	+2:44

### 4km Walkers

Name	Time	Pace	+/- PB
Hedri Hourie	30:12	7:33	<b>-2:07</b>
James	30:51	7:43	<b>+0:00</b>
Sue van Broembsen	30:55	7:44	<b>-2:23</b>
Kirsten Morrison	33:28	8:22	+1:30
Shanna West	36:31	9:08	<b>+0:00</b>
Rhys West	36:31	9:08	<b>+0:00</b>
Helga Lucas	37:06	9:17	+1:21
Mpho Letsoalo	37:27	9:22	+4:23
Heather Matteucci	38:48	9:42	+3:08
Lisa Portelli	38:56	9:44	+3:59
Anisa Fielding	39:48	9:57	+4:45
Lesley Devitt	39:49	9:57	<b>-1:08</b>
Netasha Di Della	39:49	9:57	+5:35
Linda Fisher	45:22	11:21	+1:51
Carolyn Canale	45:22	11:21	<b>-2:04</b>

### Virtual TT

Name	Time	Distance
Nasreen	54:57	5