

## Modderfontein Time Trial - 16 August 2022

Thank you to our timekeepers: Sally and Stefan

### Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	25:02	5:00	+2:14
Sandy Ransom	25:21	5:04	+1:03
Michelle Sparke	31:21	6:16	+4:30
Lianne Zermatten	32:29	6:30	+1:59
Yonica Pienaar	33:43	6:45	+1:31
Kim Bouwer	34:35	6:55	+3:30
Paula Pfister	34:41	6:56	+6:15
Claire Steyn	34:54	6:59	+8:23
Dineo Mashigo	34:54	6:59	<b>-2:01</b>
Natalie Botha	34:54	6:59	<b>-18:55</b>
Patricia Muller	35:56	7:11	<b>-0:07</b>
Charmaine Hibbert	36:15	7:15	+6:03
Gayle Bates	36:18	7:16	+1:35

### Mens 5km TT

Name	Time	Pace	+/- PB
Fabio La Mantia	25:02	5:00	+0:41
Richard Sparke	25:42	5:08	+2:21
Michael Ray	26:53	5:23	<b>+0:00</b>
Dieter Zermatten	27:08	5:26	+4:04
Shaun Kilfoil	27:33	5:31	<b>+0:00</b>
Henri Zermatten	28:30	5:42	+0:08
Simon Levin	28:44	5:45	<b>-0:28</b>
Katlego Scheepers	29:24	5:53	<b>+0:00</b>
Coach Marco	29:46	5:57	+1:34
Christopher Sparke	30:12	6:02	+4:51
Jonty Meiring	33:46	6:45	+1:34

### Ladies 8km TT

Name	Time	Pace	+/- PB
Nicola-Jayne Kirkby	40:12	5:02	+1:50
Marizanne Pienaar	41:06	5:08	+0:45
Chelsea Muller	43:02	5:23	+0:50

### Mens 8km TT

Name	Time	Pace	+/- PB
Clayton Sumner	33:59	4:15	<b>-1:22</b>
Andrew Lucas	35:21	4:25	<b>-0:17</b>
Jayson Naicker	35:45	4:28	+0:28
Clint Suessmann	40:02	5:00	+4:13
Deon Wessels	44:00	5:30	+3:38
Chris Botha	47:02	5:53	+6:07
Patrick Wong	47:02	5:53	<b>-0:19</b>
Patrick Lovell	47:21	5:55	+5:59

### 4km Walkers

Name	Time	Pace	+/- PB
Helga Lucas	36:11	9:03	+0:26