

## Modderfontein Time Trial - 19 July 2022

Thank you to our timekeepers: Lianne, Chris and Henri

### Ladies 5km TT

Name	Time	Pace	+/- PB
Michelle Sparke	29:50	5:58	+2:59
Paula Pfister	30:24	6:05	+1:58
Trish Suessmann	34:35	6:55	<b>-1:40</b>
Megan Suessmann	34:40	6:56	<b>-1:36</b>
Samantha Zermatten	39:10	7:50	+11:09
Gayle Bates	41:04	8:13	+6:21
Nicole Stanton-Jones	41:05	8:13	<b>+0:00</b>
Ami-Lea Munnik	41:05	8:13	<b>+0:00</b>
Lucia Ben-Hayun	41:35	8:19	<b>+0:00</b>

### Mens 5km TT

Name	Time	Pace	+/- PB
Christopher Sparke	28:11	5:38	+2:50
Brendon Unterslall	32:48	6:34	<b>+0:00</b>
Brendon Fourie	41:35	8:19	<b>+0:00</b>
Anthony	41:35	8:19	<b>+0:00</b>

### Ladies 8km TT

Name	Time	Pace	+/- PB
Sandy Ransom	39:40	4:58	<b>-1:22</b>
Celine Van Enter	44:25	5:33	+1:50
Chelsea Muller	45:55	5:44	+3:43
Marizanne Pienaar	45:55	5:44	+5:34

### Mens 8km TT

Name	Time	Pace	+/- PB
Cameron Dansie	30:24	3:48	+2:24
Jose Bates	33:55	4:14	+0:40
Barry Chapman	35:55	4:29	+2:56
Fabio La Mantia	35:55	4:29	<b>-2:33</b>
Clayton Sumner	37:47	4:43	+2:26
Clint Suessmann	37:47	4:43	+1:58
Jayson Naicker	37:47	4:43	+2:30
Lourens Strauss	38:09	4:46	+0:45
Christoff Vermeulen	39:29	4:56	<b>-0:35</b>
Graham Ransom	39:40	4:58	+1:54
Andre Greyling	40:01	5:00	<b>-1:46</b>
Andrew Lucas	40:45	5:06	+5:07
Deon Wessels	42:20	5:18	+1:58
Dieter Zermatten	43:30	5:26	+4:14
Dillon Haverly	43:30	5:26	+1:40
Katlego	47:43	5:58	<b>+0:00</b>
Edwin Maroga	50:18	6:17	+2:42
Raymond Smith	50:33	6:19	<b>-5:49</b>

### 4km Walkers

Name	Time	Pace	+/- PB
Amanda Matson	32:08	8:02	<b>-0:53</b>
Gay Geyser	32:08	8:02	<b>-0:53</b>
Helga Lucas	35:45	8:56	<b>-0:55</b>
Megan Louwrens	39:00	9:45	+6:24