

## Modderfontein Time Trial - 27 September 2022

Thank you to our timekeepers: Laurinda, Brendon and Jenna

### Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	23:56	4:47	+1:08
Samantha Zermatten	30:00	6:00	+1:59
Claire Steyn	30:11	6:02	+3:40
Paula Pfister	32:36	6:31	+4:10
Revana Laljith	32:51	6:34	<b>-0:05</b>
Charmaine Hibbert	32:58	6:36	+2:46
Lianne Zermatten	32:58	6:36	+2:28
Bronwyn Diamond	34:14	6:51	+0:05
Tayla Foong	36:36	7:19	+6:58
Milly Manabihe	40:16	8:03	+2:39
Sue van Broembsen	40:26	8:05	<b>-0:35</b>
Bridget Ngoasheng	59:00	11:48	<b>+0:00</b>

### Mens 5km TT

Name	Time	Pace	+/- PB
Jose Bates	20:15	4:03	+0:11
Clayton Sumner	22:46	4:33	+0:08
Dario Matteucci	22:59	4:36	+1:34
Barry Chapman	23:56	4:47	<b>-1:40</b>
Fabio La Mantia	23:56	4:47	+2:49
Logan Hull	27:20	5:28	+2:08
Dieter Zermatten	27:32	5:30	+4:28
DJ Kirkby	28:20	5:40	+0:11
Wayne Riley	28:58	5:48	+0:52
David Chappel	29:09	5:50	+0:14
Stefan Steyn	30:55	6:11	+4:13
Craig Laros	32:48	6:34	+0:41
Tristan Laros	33:34	6:43	<b>-1:04</b>
Geoff Craig	35:03	7:01	+5:57
Graham Clifton	37:03	7:25	+2:13
Thulani Menye	39:50	7:58	+1:50
Mnikeli Kakaza	40:02	8:00	+2:02
Craig Thomas	41:36	8:19	+7:04

### Ladies 8km TT

Name	Time	Pace	+/- PB
Nicola-Jayne Kirkby	39:54	4:59	+1:32
Sandy Ransom	39:55	4:59	+0:15
Laetitia Stap	44:01	5:30	+0:08
Chelsea Muller	47:19	5:55	+5:07
Sally Bevington	47:19	5:55	+4:34
Michelle Sparke	49:41	6:13	+4:33

### Mens 8km TT

Name	Time	Pace	+/- PB
Jude Chianwuna	32:35	4:04	+2:46
Richard De Klerk	33:34	4:12	+0:29
Clint Suessmann	35:20	4:25	<b>-0:29</b>
Prashil Daya	38:28	4:49	<b>+0:00</b>
Graham Ransom	39:59	5:00	+3:57
Simon Levin	39:59	5:00	<b>-4:04</b>
Mihir Daya	41:01	5:08	<b>+0:00</b>
Andre Greyling	43:13	5:24	+3:12
Guy Chappel	44:04	5:31	<b>+0:00</b>
Chris Botha	45:02	5:38	+4:07
Frank Lephoto	45:52	5:44	<b>-0:28</b>
Patrick Lovell	46:46	5:51	+5:24
Edwin Cockcroft	47:31	5:56	<b>+0:00</b>
Henri Zermatten	47:31	5:56	<b>-1:39</b>
Edwin Maroga	48:33	6:04	+1:07
Raymond Smith	57:18	7:10	+6:45
Bradley Diamond	57:19	7:10	<b>+0:00</b>

### 4km Walkers

Name	Time	Pace	+/- PB
Annalien Steyn	29:00	7:15	<b>-10:45</b>
Janice Ross	29:00	7:15	<b>-3:30</b>
Celine Van Enter	30:00	7:30	<b>-11:42</b>
Sabrina Moraga	34:47	8:42	<b>-5:01</b>
Aamirah Hassan	34:58	8:45	<b>-0:43</b>
Alexandra Hanegraaf	37:21	9:20	<b>-0:31</b>
Gayle Bates	43:08	10:47	+1:24
Sonia Correia	43:08	10:47	+1:52
Kim Murray	43:31	10:53	<b>-1:49</b>
Linda Fisher	43:31	10:53	<b>-1:49</b>
Lesley Devitt	43:47	10:57	+2:50
Netasha Di Della	43:47	10:57	+9:33
Anton Van Wyk	43:47	10:57	<b>+0:00</b>