

## Modderfontein Time Trial - 8 November 2022

Thank you to our timekeepers: Caryn, Julie and Ross

### Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	22:56	4:35	-0:23
Tristan Torr	23:39	4:44	+1:09
Theani Frazer-Evans	29:48	5:58	+0:00
Bronwyn Diamond	32:36	6:31	-1:13
Cheri-lee Dos Reis	34:30	6:54	+0:33
Megan Suessmann	35:56	7:11	+1:16
Tayla Foong	36:05	7:13	+6:27

### Mens 5km TT

Name	Time	Pace	+/- PB
Prashil Daya	22:50	4:34	+1:22
Logan Hull	23:49	4:46	-0:47
Ian Morrison	25:18	5:04	+0:04
Tyler Morrison	26:58	5:24	-0:03
Henri Zermatten	28:57	5:47	+0:35
Craig Laros	30:55	6:11	+0:07
Bradley Diamond	32:18	6:28	-1:02
Chris Botha	33:17	6:39	+5:48
Tristan Laros	33:18	6:40	+0:35
Clint Suessmann	35:56	7:11	+14:24

### Ladies 8km TT

Name	Time	Pace	+/- PB
Nicola-Jayne Kirkby	39:14	4:54	+0:52
Sandy Ransom	39:54	4:59	+1:48
Celine Van Enter	45:22	5:40	+2:47
Samantha Zermatten	47:11	5:54	+1:16
Chelsea Muller	48:37	6:05	+6:25
Natalie Botha	50:47	6:21	-2:40
Lianne Zermatten	51:17	6:25	-1:38
Charmaine Hibbert	51:18	6:25	+1:16
Deidre Coghlan	55:42	6:58	+11:26

### Mens 8km TT

Name	Time	Pace	+/- PB
Jude Chianwuna	34:15	4:17	+4:26
Fabio La Mantia	35:22	4:25	+1:29
Barry Chapman	35:24	4:26	+3:02
Byron Benson	35:24	4:26	-3:04
Jayson Naicker	36:40	4:35	+1:23
Simon Levin	36:59	4:37	-1:38
Tyler Hughes	38:54	4:52	-0:58
Andre Greyling	38:57	4:52	-1:04
Clayton Sumner	39:25	4:56	+5:26
Dieter Zermatten	39:31	4:56	+0:15
Deon Wessels	40:14	5:02	+0:00
Patrick Lovell	41:44	5:13	+1:47
Edwin Maroga	48:44	6:06	+1:18
Coach Marco	50:26	6:18	+3:45
Ayal Peretz	50:37	6:20	+10:31

### 4km Walkers

Name	Time	Pace	+/- PB
Numaira Ebrahim	39:14	9:49	+0:00
Nasreen Motani	39:25	9:51	+0:00
Andrew Lucas	44:31	11:08	+0:00
Graham Clifton	44:31	11:08	+9:49
Helga Lucas	44:31	11:08	+8:46