

## Modderfontein Time Trial - 06 September 2022

Thank you to our timekeepers: Tristan and Barry

### Ladies 5km TT

Name	Time	Pace	+/- PB
Michelle Sparke	29:05	5:49	+2:14
Claire Steyn	29:39	5:56	+3:08
Natalie Botha	33:14	6:39	+0:36
Revana Laljith	34:00	6:48	<b>+0:00</b>
Paula Pfister	34:10	6:50	+5:44
Charmaine Hibbert	34:29	6:54	+4:17
Cheri-lee Dos Reis	35:09	7:02	<b>+0:00</b>
Natasha Keeble	35:09	7:02	<b>+0:00</b>
Dineo Mashigo	36:09	7:14	+1:15
Sue Von Broembsen	38:35	7:43	<b>+0:00</b>

### Mens 5km TT

Name	Time	Pace	+/- PB
Fabio La Mantia	21:07	4:13	<b>-0:25</b>
Dario Matteucci	22:45	4:33	+1:20
Christopher Sparke	25:15	5:03	<b>-0:06</b>
Prashil Daya	25:52	5:10	<b>+0:00</b>
Mihir Daya	25:52	5:10	<b>+0:00</b>
Andrew Lucas	28:32	5:42	+5:09
Jose Bates	28:32	5:42	+8:28
Deon Wessels	29:05	5:49	+3:41
Dieter Zermatten	29:05	5:49	+6:01
Mike Barios	34:04	6:49	<b>+0:00</b>
Des Chetty	34:11	6:50	<b>+0:00</b>
Thulani Menye	38:00	7:36	<b>+0:00</b>
Mnikeli Kakaza	38:00	7:36	<b>+0:00</b>

### Ladies 8km TT

Name	Time	Pace	+/- PB
Nicola-Jayne Kirkby	40:18	5:02	+1:56
Tebogo Mohlala	40:50	5:06	<b>+0:00</b>
Marion Blewett	49:33	6:12	<b>+0:00</b>
Yonica Pienaar	55:10	6:54	+2:08

### Mens 8km TT

Name	Time	Pace	+/- PB
Graham Ransom	36:02	4:30	<b>-1:44</b>
Kaizer Seoka	36:02	4:30	<b>+0:00</b>
Clint Suessmann	40:20	5:03	+4:31
Katlego Scheepers	44:14	5:32	<b>-0:49</b>
Richard Sparke	44:39	5:35	+5:43
Keegan Russell	45:58	5:45	<b>+0:00</b>
Patrick Lovell	47:29	5:56	+6:07
Chris Botha	47:33	5:57	+6:38
Coach Marco	52:00	6:30	+5:19
Jonty Meiring	55:22	6:55	+2:06

### 4km Walkers

Name	Time	Pace	+/- PB
DJ Kirkby	21:30	5:23	<b>-18:21</b>
Graham Clifton	36:29	9:07	<b>+0:00</b>
Ava Van Staden	36:31	9:08	<b>+0:00</b>
Joshua McKeand	36:31	9:08	<b>+0:00</b>
Lisa Portelli	37:36	9:24	+2:39
Andre Portelli	37:38	9:25	<b>+0:00</b>
Aamirah Hassan	37:59	9:30	<b>+0:00</b>
Helga Lucas	38:08	9:32	+2:23
Samantha Zermatten	38:08	9:32	<b>-3:08</b>
Ian Morrison	41:15	10:19	<b>-1:45</b>
Gayle Bates	41:44	10:26	<b>-0:33</b>
Patricia Muller	41:44	10:26	<b>+0:00</b>
Ava Van Staden	41:57	10:29	+5:26
Chelsea Muller	41:57	10:29	<b>+0:00</b>
Kirsten Morrison	41:57	10:29	<b>+0:00</b>
Leande Botha	41:57	10:29	+2:21
Marizanne Pienaar	41:57	10:29	<b>+0:00</b>
Sonia Correia	41:57	10:29	+0:41
Theo Swanepoel	41:57	10:29	<b>+0:00</b>
Priyanka Perumal	42:00	10:30	<b>+0:00</b>
Shaylen Bharath	42:00	10:30	<b>+0:00</b>
Veronica Swanepoel	45:03	11:16	+5:26
Alexandra Hanegraaf	45:10	11:18	+4:30
Sabrina Moraga	45:10	11:18	+5:22
Ozzie Ferreira	45:14	11:19	<b>+0:00</b>
Riley Morrison	45:15	11:19	<b>+0:00</b>