

Modderfontein Time Trial - 6 December 2022

Thank you to our timekeepers: Kirsten and Ian

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	22:42	4:32	+0:07
Deidre Coghlan	30:53	6:11	+2:49
Sonia Correia	32:31	6:30	+3:54
Annalien Steyn	42:02	8:24	+16:20
Lianne Zermatten	42:02	8:24	+11:32
Lisa Portelli	42:37	8:31	+4:07
Gayle Bates	42:56	8:35	+8:13
Helga Lucas	42:57	8:35	+7:17
Aamirah Hassan	46:12	9:14	+2:49
Numaira Ebrahim	46:53	9:23	-1:55
Nasreen Motani	46:53	9:23	-2:00
Jennifer Hodge	50:48	10:10	+9:55

Mens 5km TT

Name	Time	Pace	+/- PB
Barry Chapman	19:52	3:58	-3:58
Jose Bates	20:14	4:03	+0:16
Clayton Sumner	21:45	4:21	-0:53
Andrew Lucas	22:02	4:24	-1:21
Logan Hull	23:17	4:39	-0:32
Tyler Morrison	23:57	4:47	-2:06
Mihir Daya	24:30	4:54	+1:24
Christoff Vermeulen	25:02	5:00	+0:33
Adam Greve	26:56	5:23	-2:44
Jonathan Hanscombe	27:42	5:32	+0:35
Andre Portelli	28:11	5:38	-0:58
Stefan Deruyter	31:14	6:15	+0:00
Paul Sheasby	32:42	6:32	+0:00
Craig Laros	35:01	7:00	+4:29
Francios Peens	35:01	7:00	+0:21
Tristan Laros	35:01	7:00	+2:18
Fred Muvhulawa	43:31	8:42	+0:00
Graham Clifton	50:48	10:10	+16:20

Ladies 8km TT

Name	Time	Pace	+/- PB
Julie Hughes	44:21	5:33	+1:17
Samantha Zermatten	44:22	5:33	-0:34
Celine Van Enter	44:38	5:35	+2:03
Marizanne Pienaar	44:43	5:35	+4:22
Claire Steyn	46:02	5:45	+3:22
Theani Frazer-Evans	47:24	5:56	-0:58
Rozell van der Merwe	47:24	5:56	-0:58
Michelle Sparke	53:38	6:42	+8:30

Mens 8km TT

Name	Time	Pace	+/- PB
Clint Suessmann	35:28	4:26	+1:00
Stephen Moraw	36:12	4:32	-0:57
Simon Levin	36:13	4:32	-0:39
Fabio La Mantia	37:08	4:39	+3:15
Jayson Naicker	38:56	4:52	+3:39
Dieter Zermatten	39:23	4:55	+1:17
Fabio Matteucci	40:46	5:06	+4:51
Deon Wessels	46:48	5:51	+6:34
Henri Zermatten	47:16	5:55	-0:15
Coach Marco	47:48	5:59	+1:07
Edwin Maroga	49:34	6:12	+2:08
Sam Motshabi	49:34	6:12	+0:00
Wanga Muvhulawa	53:38	6:42	+0:00

4km Walkers

Name	Time	Pace	+/- PB
Demi De Ruyter	37:27	9:22	-0:33
Ross Hughes	37:27	9:22	+0:00
Paula Pfister	41:35	10:24	-0:52
Sumi Naidu	44:53	11:13	-2:32
Prashil Daya	47:30	11:53	+0:00
Revana Laljith	47:30	11:53	+0:00

Virtual TT

Name	Time	Distance
Ian Morrison	20:20	5
Kirsten Morrison	30:15	5