

Modderfontein Time Trial - 8 March 2022

Thank you to our timekeepers: Sam and Dieter

Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	26:11	5:14	+3:23
Lauren Wessels	26:30	5:18	-0:19
Chelsea Muller	28:47	5:45	+3:29
Rene Smith	29:08	5:50	+0:00
Paula Pfister	30:49	6:10	+2:23
Sonia correia	31:55	6:23	+3:18
Janice Ross	33:22	6:40	+0:52
Roxanne Blewett	33:48	6:46	-1:00
Debbie Ridgard	34:04	6:49	+0:58
Eva Ostoja	34:11	6:50	-2:02
Marion Blewett	34:18	6:52	-0:30
Yonica Pienaar	34:57	6:59	+2:45
Anisa Fielday	35:03	7:01	+0:00
Seshnee Naicker	35:42	7:08	-1:55
Helga Lucas	38:00	7:36	+2:20
Fhulu	38:35	7:43	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Joshua McKeand	23:40	4:44	+3:51
Ennio Zotti	25:52	5:10	+2:58
Richard De Klerk	26:11	5:14	+0:00
Michael Varanzakis	27:38	5:32	+2:48
Daryn Pillay	28:22	5:40	-1:33
Wayne Riley	28:32	5:42	+0:00
Clifford Correia	28:37	5:43	+3:23
Patrick Wong	29:00	5:48	-0:17
Henri Zermatten	32:50	6:34	+3:38
Coach Marco	33:05	6:37	+4:53
Richard Sparke	33:05	6:37	+9:44
Jonty Meiring	35:20	7:04	+3:08
Jayson Naicker	35:42	7:08	+0:00
Edwin Maroga	36:30	7:18	+5:33
Cameron Jones	44:11	8:50	+0:00

Ladies 8km TT

Name	Time	Pace	+/- PB
Ruth Davis	40:28	5:04	+0:47
Nicola-Jayne Kirkby	41:30	5:11	+3:08
Julie Hughes	44:48	5:36	+0:01
Laetitia Stap	44:48	5:36	+0:00
Claire Steyn	46:54	5:52	+4:14
Kirsten Morrison	48:19	6:02	+0:07
Marizanne Pienaar	48:23	6:03	+8:02
Charmaine Hibbert	57:24	7:11	+7:22
Gayle Bates	58:10	7:16	-0:42
Lianne Zermatten	58:10	7:16	-0:42

Mens 8km TT

Name	Time	Pace	+/- PB
Cameron Dansie	30:22	3:48	+2:22
Jose Bates	34:20	4:18	+0:47
Andrew Lucas	38:25	4:48	+2:47
Kwasi Ababio	38:45	4:51	+0:00
Stefan Steyn	39:42	4:58	+0:25
Christoff Vermeulen	40:35	5:04	+0:31
Patrick Lovell	41:22	5:10	-2:19
Bradley Cook	42:35	5:19	-1:25
Deon Wessels	44:00	5:30	+3:38
Chris Botha	44:32	5:34	+3:37
Rogan Botha	44:32	5:34	+7:17
Keanan Goodway	45:25	5:41	+0:00
Ross Hughes	47:02	5:53	-0:56

4km Walkers

Name	Time	Pace	+/- PB
Anthony Eeds	33:05	8:16	-4:55
Netasha Debella	34:50	8:43	-5:05
DJ Kirkby	39:41	9:55	-0:10
Annalien Steyn	41:06	10:17	-2:12
Colleen Medcalf	41:06	10:17	+5:59
Matt Kirkby	42:35	10:39	+2:44
Warren Medcalf	42:35	10:39	+2:05