

Modderfontein Time Trial - 12 April 2022

Thank you to our timekeepers: Kirsten and Ian

Ladies 5km TT

Name	Time	Pace	+/- PB
Sandy Ransom	24:18	4:52	-0:02
Deidre Coghlan	30:20	6:04	+0:38
Bianca Nowicki	31:03	6:13	+2:34
Charmaine Hibbert	31:20	6:16	+1:08
Lianne Zermatten	31:31	6:18	+1:01
Eva Ostoja	32:25	6:29	+0:05
Gayle Bates	37:38	7:32	+1:05
Zama Mchunu	37:51	7:34	+0:00
Helga Lucas	38:49	7:46	+3:09
Sandi	38:49	7:46	+0:00
Modester Ntsime	40:48	8:10	+0:00
Mpho Letsoalo	41:10	8:14	+0:33
Xou Madlala	43:09	8:38	+0:00
Kay Sibanyani	43:10	8:38	+0:00
Tumi Langa	44:10	8:50	+0:00
Nkela	44:10	8:50	+0:00
Jennifer Hodge	44:37	8:55	+0:09

Mens 5km TT

Name	Time	Pace	+/- PB
Declan Davis	22:58	4:36	+0:09
Lourens Strauss	24:03	4:49	+0:45
Clayton Sumner	24:10	4:50	+1:32
Joshua McKeand	24:15	4:51	+4:26
Graham Ransom	24:19	4:52	+0:50
Michael Varanzakis	25:00	5:00	+0:10
Dieter Zermatten	26:26	5:17	+3:22
Stefan Steyn	26:42	5:20	-0:43
Andrew Lucas	27:09	5:26	+3:46
Daryn Pillay	27:47	5:33	+0:06
Patrick Lovell	27:49	5:34	+1:19
Keanan Goodway	29:07	5:49	+1:22
Ennio Zotti	29:35	5:55	+6:41
Coach Marco	31:21	6:16	+3:09
Bryce Curtis	34:31	6:54	+0:00
Kyle Nowicki	34:41	6:56	+3:50
Brett Collett	37:02	7:24	+5:38
Frank Lephoto	38:30	7:42	+7:19
Graham Clifton	44:37	8:55	+7:02

Ladies 8km TT

Name	Time	Pace	+/- PB
Ruth Davis	43:11	5:24	+3:30
Celine Van Enter	44:31	5:34	+1:56
Sally Bevington	45:00	5:38	+2:15
Micaela Rei	45:27	5:41	+1:22
Julie Hughes	50:40	6:20	+5:53

Mens 8km TT

Name	Time	Pace	+/- PB
Jose Bates	33:54	4:14	+0:21
Rogan Botha	38:40	4:50	+1:25
Richard De Klerk	39:30	4:56	+6:25
Geoff Craig	43:11	5:24	+0:20
Deon Wessels	46:06	5:46	+5:44
Richard Sparke	50:42	6:20	+11:46
Molwela Ntsime	51:13	6:24	+0:00
Edwin Maroga	52:18	6:32	+0:00
Patrick Wong	52:18	6:32	+0:00

4km Walkers

Name	Time	Pace	+/- PB
Amanda Matson	39:04	9:46	+4:59
Gay Geyser	39:04	9:46	+4:59
Annalien Steyn	39:45	9:56	-3:33
Emay Steyn	39:45	9:56	-3:33
Netasha Di Della	39:45	9:56	+5:31
Cameron Dansie	41:10	10:18	+0:00
Kara Montgomery	45:00	11:15	-0:05