

Modderfontein Time Trial - 15 March 2022

Thank you to our timekeepers: Micaela and Rogan

Ladies 5km TT

Name	Time	Pace	+/- PB
Rene Smith	29:22	5:52	+0:14
Sonia correia	30:34	6:07	+1:57
Bianca Nowicki	30:46	6:09	+0:00
Lianne Zermatten	32:00	6:24	+1:30
Charmaine Hibbert	32:32	6:30	+2:20
Eva Ostoja	33:36	6:43	-2:37
Ava Van Staden	34:20	6:52	+0:00
Petrie Strydom	37:32	7:30	+0:00
Gayle Bates	57:18	11:28	+20:45
Kara Montgomery	57:18	11:28	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Declan Davis	23:45	4:45	-1:31
JD du Plessis	25:46	5:09	+0:00
Dieter Zermatten	26:39	5:20	+3:35
Tyler Hughes	27:22	5:28	+3:57
Grant Panter	27:32	5:30	+0:00
Daryn Pillay	27:41	5:32	-2:14
Wayne Riley	28:06	5:37	-0:26
Clifford Correia	28:11	5:38	+2:57
Henri Zermatten	28:22	5:40	-0:50
Keanan Goodway	28:39	5:44	+0:54
Coach Marco	31:00	6:12	+2:48
Carsten Rahier	31:00	6:12	+0:00
Edwin Maroga	31:40	6:20	+0:43
Graham Clifford	40:47	8:09	-1:06

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	39:20	4:55	+2:07
Ruth Davis	40:17	5:02	+0:36
Chelsea Muller	43:46	5:28	+1:34
Celine Van Enter	43:48	5:29	+1:13
Nicola-Jayne Kirkby	45:08	5:39	+6:46
Laetitia Stap	45:33	5:42	+0:45
Lauren Wessels	45:50	5:44	+0:01
Julie Hughes	45:50	5:44	+1:03
Samantha Zermatten	46:46	5:51	+0:34
Monica	48:00	6:00	+0:00

Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	34:15	4:17	+1:10
Cameron Dansie	34:40	4:20	+6:40
Noko Lamola	34:40	4:20	+0:00
Jayson Naicker	35:17	4:25	-2:06
Spencer Pope	39:20	4:55	+0:00
Sean Low	39:39	4:57	+0:00
Clayton Sumner	41:11	5:09	+0:00
Ennio Zotti	42:22	5:18	-2:02
Anton Devitt	42:38	5:20	+0:00
Deon Wessels	43:30	5:26	+3:08
Stefan Steyn	43:30	5:26	+4:13
Chris Botha	45:18	5:40	+4:23
Patrick Lovell	46:20	5:48	+2:39
Carlos Ruckard	46:24	5:48	+0:00
Ross Hughes	46:50	5:51	-1:08

4km Walkers

Name	Time	Pace	+/- PB
Mosi Mokovori	22:30	5:38	+0:00
Janice Ross	27:47	6:57	-4:43
Amanda Matson	32:54	8:14	-1:11
Gay Geyser	32:54	8:14	-1:11
Juanelle Bates	34:20	8:35	+0:00
Netasha Debella	35:33	8:53	-4:22
Anisa Fielding	35:33	8:53	+0:30
Leande Botha	39:49	9:57	+0:13
Natalie Botha	39:49	9:57	+0:13
Jennifer Hodge	40:47	10:12	+0:00
Demi De Ruyter	42:20	10:35	+4:20
Jose Bates	42:20	10:35	+0:00
DJ Kirkby	43:50	10:58	+3:59
Jonty Kirkby	43:50	10:58	+3:59
Matt Kirkby	43:50	10:58	+3:59