

Modderfontein Time Trial - 1 March 2022

Thank you to our timekeepers: Helga and Andrew

Ladies 5km TT

Name	Time	Pace	+/- PB
Chelsea Muller	27:33	5:31	+2:15
Claire Steyn	27:45	5:33	+1:14
Laetitia Stap	27:45	5:33	+1:30
Celine Van Enter	27:48	5:34	+0:49
Retha Van Lingen	27:55	5:35	+0:00
Samantha Zermatten	29:44	5:57	+1:43
Sonia correia	31:44	6:21	+3:07
Charmaine Hibbert	32:19	6:28	+2:07
Lianne Zermatten	32:21	6:28	+1:51
Demi De Ruyter	33:25	6:41	-3:39
Sylvala Fowler	34:01	6:48	+0:00
Janice Ross	34:03	6:49	+1:33
Yonica Pienaar	35:13	7:03	+3:01
Debbie Ridgard	35:35	7:07	+2:29
Tayla Foong	35:44	7:09	+6:06
Carman Proctor	35:45	7:09	+0:55
Lesley Devitt	42:16	8:27	-2:07

Mens 5km TT

Name	Time	Pace	+/- PB
Calvin Sangweni	21:34	4:19	+0:00
Jude Chianwuna	21:34	4:19	+3:45
Declan Davis	24:50	4:58	-0:26
Dieter Zermatten	26:09	5:14	+3:05
Andrew Wainwright	26:20	5:16	-1:31
Patrick Lovell	26:54	5:23	+0:24
Michael Varanzakis	26:59	5:24	+2:09
Keanan Goodway	27:45	5:33	+0:00
Andrew Van Lingen	27:55	5:35	+0:00
Kwasi Ababio	28:09	5:38	+0:00
Daryn Pillay	28:49	5:46	-1:06
Coach Marco	29:50	5:58	+1:38
Brett Collett	31:44	6:21	+0:20
Edwin Maroga	31:45	6:21	+0:48
Darren Fowler	34:01	6:48	+0:00
Jonty Meiring	35:13	7:03	+3:01
Wayne Elliot	35:45	7:09	+0:57
Henri Zermatten	36:08	7:14	+6:56
Anton Devitt	42:16	8:27	+0:26

Ladies 8km TT

Name	Time	Pace	+/- PB
Ruth Davis	41:20	5:10	+1:39
Sally Bevington	43:09	5:24	+0:24
Lauren Wessels	44:23	5:33	-1:26
Julie Hughes	44:52	5:37	+0:05
Michaela Rei	47:07	5:53	+1:12
Marizanne Pienaar	49:28	6:11	+9:07

Mens 8km TT

Name	Time	Pace	+/- PB
Cameron Dansie	30:50	3:51	+2:50
Jose Bates	34:03	4:15	+0:30
Cosmos Gumede	35:58	4:30	+0:00
Jackson M	38:08	4:46	-0:34
Rogan Botha	41:20	5:10	+4:05
Deon Wessels	42:17	5:17	+1:55
Fabio Matteucci	42:45	5:21	+4:15
Ennio Zotti	44:24	5:33	+0:00
Chris Botha	45:28	5:41	+4:33
Clifford Correia	47:11	5:54	+7:30
Riley Wayne	47:11	5:54	+0:00
Geoff Craig	47:43	5:58	+4:52
Israel Vele	56:17	7:02	+0:00

4km Walkers

Name	Time	Pace	+/- PB
Amanda Matson	33:30	8:23	-0:35
Gay Geyser	33:30	8:23	-0:35
Natalie Botha	39:36	9:54	+0:00
Leande Botha	39:36	9:54	+0:00
Theresa Wessels	40:47	10:12	+0:52
Netasha Debella	40:47	10:12	+0:52
Bodene Shelver	40:47	10:12	+0:00
Jen Dalrymple	43:00	10:45	+0:00
Annalien Steyn	43:18	10:50	+0:00
Gayle Bates	47:38	11:55	+0:00
Yugan Moodley	47:38	11:55	+0:00

Virtual TT

Name	Time	Distance
Marion Blewett	37:50	5km
Roxanne Blewett	37:50	5km