

Modderfontein Time Trial - 5 April 2022

Thank you to our timekeepers: Sonia and Clifford

Ladies 5km TT

Name	Time	Pace	+/- PB
Nieske Maritz	25:03	5:01	+0:00
Chelsea Muller	27:25	5:29	+2:07
Michelle Sparke	28:05	5:37	+1:14
Bianca Nowicki	28:29	5:42	-0:03
Samantha Zermatten	29:18	5:52	+1:17
Claire Steyn	29:22	5:52	+2:51
Lianne Zermatten	31:18	6:16	+0:48
Debbie Matteucci	31:38	6:20	-3:24
Charmaine Hibbert	31:41	6:20	+1:29
Kim Bouwer	31:58	6:24	+0:53
Eva Ostoja	32:51	6:34	+0:31
Debbie Ridgard	34:09	6:50	+1:03
Bronwyn Diamond	34:49	6:58	+0:40
Edna Nkosi	34:56	6:59	-0:43
Demi De Ruyter	35:04	7:01	+1:39
Seshnee Naicker	35:31	7:06	-0:11
Tayla Foong	36:09	7:14	+6:31
Janice Ross	36:36	7:19	+4:06
Gayle Bates	36:42	7:20	+0:09
Fhulu	36:52	7:22	-1:43

Mens 5km TT

Name	Time	Pace	+/- PB
Joshua McKeand	22:28	4:30	+2:39
Lourens Strauss	23:18	4:40	-0:33
Clayton Sumner	24:35	4:55	+1:57
Michael Varanzakis	24:57	4:59	+0:07
Ian Morrison	25:14	5:03	-3:53
Ozzie Ferreira	26:59	5:24	+1:07
Stefan Steyn	27:25	5:29	-0:50
Christopher Sparke	28:05	5:37	+0:08
Daryn Pillay	28:05	5:37	+0:24
Cameron Jones	28:05	5:37	-16:06
Wayne Riley	28:41	5:44	+0:35
Keanan Goodway	29:18	5:52	+1:33
Patrick Wong	29:25	5:53	+0:25
Edwin Maroga	30:04	6:01	-0:53
Frank Lepphoto	31:11	6:14	-0:37
Bradley Diamond	34:42	6:56	+1:22
Graham Clifton	37:35	7:31	-3:12
Henri Zermatten	37:52	7:34	+9:30

Ladies 8km TT

Name	Time	Pace	+/- PB
Nicola-Jayne Kirkby	41:44	5:13	+3:22
Marizanne Pienaar	43:54	5:29	+3:33
Celine Van Enter	43:56	5:30	+1:21
Julie Hughes	45:05	5:38	+0:18
Sally Bevington	45:54	5:44	+3:09
Kirsten Morrison	47:15	5:54	+0:17
Deidre Coghlan	47:39	5:57	+3:06

Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	35:55	4:29	+2:50
Andrew Wainwright	37:04	4:38	-6:56
Jayson Naicker	41:11	5:09	+5:54
Bradley Cook	41:18	5:10	-1:17
Patrick Lovell	45:03	5:38	+3:41
Geoff Craig	45:59	5:45	+3:08
Coach Marco	46:41	5:50	-0:30

4km Walkers

Name	Time	Pace	+/- PB
Netasha Di Della	34:14	8:34	-5:41
Annalien Steyn	45:34	11:24	+2:16
Imay Steyn	45:34	11:24	+2:16