

# THREE PEAKS CHALLENGE 2013

# RESULTS

| Pos | Finisher              | Age  | Devil's Peak | Table Mountain | Lion's Head | Overall Time   | Number of Three Peaks |
|-----|-----------------------|------|--------------|----------------|-------------|----------------|-----------------------|
| 1   | Charl Souma           | 34   | 1:44:56      | 2:30:19        | 1:31:42     | <b>5:46:57</b> | 3                     |
| 2   | Nic De Beer           | 40   | 1:56:19      | 2:20:50        | 1:48:11     | <b>6:05:20</b> | 1                     |
| 3   | Katya Soggott         | W 38 | 2:02:38      | 2:32:17        | 1:40:07     | <b>6:15:02</b> | 2                     |
| 4   | Mark Pikker           | 30   | 2:06:36      | 2:34:54        | 1:51:32     | <b>6:33:02</b> | 5                     |
| 5   | Linda Doke            | W 44 | 2:12:44      | 2:34:37        | 1:48:49     | <b>6:36:10</b> | 1                     |
| 6   | Rupert Becker         | 40   | 1:53:28      | 2:59:36        | 1:45:45     | <b>6:38:49</b> | 4                     |
| 7   | Paul Brittain         | 26   | 2:06:07      | 2:53:07        | 1:53:21     | <b>6:52:35</b> | 1                     |
| 8   | Anthony McBride       | 35   | 2:13:40      | 2:50:25        | 1:51:49     | <b>6:55:54</b> | 3                     |
| 9   | Lee Dicks             | 38   | 2:05:07      | 3:02:00        | 2:00:40     | <b>7:07:47</b> | 2                     |
| 10  | Will Flint            | 31   | 2:07:01      | 3:00:18        | 2:05:52     | <b>7:13:11</b> | 2                     |
| 11  | Brandin J. Van Vuuren | 34   | 2:06:07      | 2:54:45        | 2:16:30     | <b>7:17:22</b> | 2                     |
| 12  | Caroline Balkwill     | W 39 | 2:19:38      | 2:55:28        | 2:05:14     | <b>7:20:20</b> | 5                     |
| 13  | Carel Botha           | 32   | 2:21:09      | 3:08:08        | 2:01:26     | <b>7:30:43</b> | 1                     |
| 13  | Dian Cronje           | 27   | 2:08:47      | 3:20:30        | 2:01:26     | <b>7:30:43</b> | 1                     |
| 15  | Nic Wiltshire         | 34   | 2:21:09      | 3:08:03        | 2:02:16     | <b>7:31:28</b> | 4                     |
| 16  | Christo Muller        | 45   | 2:02:44      | 3:01:08        | 2:27:48     | <b>7:31:40</b> | 1                     |
| 17  | Neil Hermann          | 55   | 2:10:42      | 3:14:17        | 2:13:15     | <b>7:38:14</b> | 4                     |
| 18  | Warren Douglas        | 36   | 2:21:09      | 3:08:08        | 2:10:05     | <b>7:39:22</b> | 1                     |
| 19  | Steven Barber         | 31   | 2:24:12      | 3:17:41        | 1:58:04     | <b>7:39:57</b> | 1                     |
| 20  | Trevor Ransome        | 32   | 2:11:46      | 3:09:38        | 2:18:48     | <b>7:40:12</b> | 2                     |
| 21  | Ellie Courts          | W 42 | 2:29:11      | 3:06:35        | 2:07:29     | <b>7:43:15</b> | 1                     |
| 21  | Axel Holscher         | 51   | 2:17:46      | 3:18:38        | 2:06:51     | <b>7:43:15</b> | 1                     |
| 23  | Duncan Snyman         | 35   | 2:42:02      | 3:19:49        | 1:51:24     | <b>7:53:15</b> | 2                     |
| 24  | Lorna Rensburg        | W 47 | 2:25:43      | 3:18:49        | 2:09:21     | <b>7:53:53</b> | 4                     |
| 25  | Charl Cooper          | 39   | 2:28:47      | 3:08:44        | 2:19:39     | <b>7:57:10</b> | 1                     |
| 26  | Paolo Israel          | 39   | 2:19:38      | 3:10:31        | 2:31:26     | <b>8:01:35</b> | 2                     |
| 27  | Jason Gradwell        | 24   | 2:21:09      | 3:10:24        | 2:31:10     | <b>8:02:43</b> | 1                     |
| 28  | India Baird           | W 49 | 2:47:55      | 3:17:08        | 2:03:54     | <b>8:08:57</b> | 3                     |
| 29  | James Frazer          | 44   | 2:37:06      | 3:10:17        | 2:23:55     | <b>8:11:18</b> | 2                     |
| 29  | Nic Lykiardopulos     | 28   | 2:28:34      | 3:18:49        | 2:23:55     | <b>8:11:18</b> | 1                     |
| 31  | Jamo Davis            | 32   | 2:31:52      | 3:29:59        | 2:24:51     | <b>8:26:42</b> | 1                     |
| 32  | Paolo Denti           | 31   | 2:33:12      | 3:29:24        | 2:25:42     | <b>8:28:18</b> | 3                     |
| 33  | Robert Vink           | 60   | 2:31:52      | 3:32:21        | 2:26:54     | <b>8:31:07</b> | 1                     |
| 33  | Wouter Vink           | 28   | 2:31:52      | 3:32:17        | 2:26:58     | <b>8:31:07</b> | 1                     |
| 35  | Dirk McIntosh         | 49   | 2:43:48      | 3:27:31        | 2:21:11     | <b>8:32:30</b> | 7                     |
| 35  | Nathalie Romeo        | W 39 | 2:43:48      | 3:33:24        | 2:15:18     | <b>8:32:30</b> | 1                     |
| 37  | Marius Du Plessis     | 48   | 2:36:47      | 3:29:17        | 2:28:25     | <b>8:34:29</b> | 5                     |
| 38  | Johan Meyer           | 35   | 2:21:19      | 3:54:21        | 2:36:52     | <b>8:52:32</b> | 1                     |
| 39  | Mo Oliver             | W 47 | 2:52:02      | 3:45:23        | 2:17:34     | <b>8:54:59</b> | 3                     |
| 40  | Martha Pretorius      | W 43 | 2:55:38      | 3:31:11        | 2:35:09     | <b>9:01:58</b> | 5                     |
| 41  | Liz Robertson         | W 44 | 3:01:42      | 3:45:14        | 2:17:55     | <b>9:04:51</b> | 4                     |
| 42  | Geetesh Solanki       | 54   | 2:36:40      | 3:35:57        | 2:56:38     | <b>9:09:15</b> | 3                     |
| 43  | Steve Otter           | 39   | 2:58:18      | 3:30:29        | 2:42:35     | <b>9:11:22</b> | 1                     |
| 44  | Andre Filander        | 49   | 2:38:28      | 3:34:59        | 3:00:58     | <b>9:14:25</b> | 7                     |
| 45  | Matthew Holt          | 51   | 2:49:41      | 3:48:52        | 2:39:34     | <b>9:18:07</b> | 7                     |
| 45  | Fiona McIntosh        | W 53 | 2:49:41      | 3:48:47        | 2:39:39     | <b>9:18:07</b> | 5                     |
| 47  | Clifford De Kock      | 44   | 2:31:15      | 3:44:20        | 3:03:29     | <b>9:19:04</b> | 2                     |
| 48  | Barry Washkansky      | 45   | 2:43:48      | 4:00:30        | 2:37:02     | <b>9:21:20</b> | 12                    |
| 49  | Sean Christie         | 33   | 2:29:59      | 3:51:22        | 3:02:36     | <b>9:23:57</b> | 2                     |
| 50  | Bryan Mulliner        | 54   | 2:46:59      | 4:08:36        | 2:32:27     | <b>9:28:02</b> | 1                     |
| 51  | Guy Meredith          | 54   | 2:55:19      | 4:09:03        | 2:25:34     | <b>9:29:56</b> | 10                    |
| 52  | Gary Banfield         | 40   | 2:22:08      | 3:52:48        | 3:20:56     | <b>9:35:52</b> | 3                     |
| 53  | Lundel Baadjies       | 23   | 2:36:00      | 4:13:22        | 2:51:40     | <b>9:41:02</b> | 1                     |

| Pos | Finisher            | Age  | Devil's Peak | Table Mountain | Lion's Head | Overall Time    | Number of Three Peaks |
|-----|---------------------|------|--------------|----------------|-------------|-----------------|-----------------------|
| 54  | Henk Ackermann      | 44   | 2:52:24      | 3:44:18        | 3:07:25     | <b>9:44:07</b>  | 1                     |
| 55  | Mark Spengler       | 49   | 2:49:12      | 4:09:22        | 2:46:04     | <b>9:44:38</b>  | 9                     |
| 56  | Jana Beckett        | W 53 | 2:57:46      | 4:13:26        | 2:36:35     | <b>9:47:47</b>  | 5                     |
| 57  | Roelof Arnold       | 37   | 3:15:20      | 3:55:56        | 2:44:44     | <b>9:56:00</b>  | 3                     |
| 58  | Robin Sherry        | W 63 | 3:07:15      | 4:12:40        | 2:39:39     | <b>9:59:34</b>  | 2                     |
| 59  | Prieur Du Plessis   | 29   | 2:21:38      | 4:14:46        | 3:36:13     | <b>10:12:37</b> | 1                     |
| 60  | Renato Balona       | 47   | 2:43:48      | 4:14:46        | 3:15:54     | <b>10:14:28</b> | 2                     |
| 60  | Neil Myburgh        | 56   | 3:01:09      | 4:30:31        | 2:42:48     | <b>10:14:28</b> | 4                     |
| 62  | Hector Elliott      | 40   | 2:50:52      | 4:18:21        | 3:14:49     | <b>10:24:02</b> | 3                     |
| 62  | Alister Smuts       | 41   | 2:54:54      | 4:14:19        | 3:14:49     | <b>10:24:02</b> | 4                     |
| 64  | Brenda Coomer       | W 51 | 3:07:15      | 4:15:45        | 3:03:14     | <b>10:26:14</b> | 5                     |
| 64  | Daksha Hargovan     | W 52 | 3:07:15      | 4:16:29        | 3:02:30     | <b>10:26:14</b> | 7                     |
| 64  | Cathy Stanley       | W 48 | 3:07:15      | 4:16:29        | 3:02:30     | <b>10:26:14</b> | 1                     |
| 67  | Rodney Stein        | 48   | 2:49:06      | 4:34:02        | 3:05:31     | <b>10:28:39</b> | 3                     |
| 67  | Dale Williams       | 46   | 2:57:04      | 4:00:38        | 3:30:57     | <b>10:28:39</b> | 4                     |
| 69  | Sirhan Jessa        | 34   | 3:07:15      | 4:32:42        | 2:51:33     | <b>10:31:30</b> | 4                     |
| 69  | Zuben Jessa         | 37   | 3:07:15      | 4:32:42        | 2:51:33     | <b>10:31:30</b> | 2                     |
| 71  | Jeff Shapiro        | 36   | 2:54:25      | 4:13:55        | 3:24:41     | <b>10:33:01</b> | 3                     |
| 72  | Mustaq Abbas        | 37   | 3:06:00      | 4:00:48        | 3:28:58     | <b>10:35:46</b> | 5                     |
| 72  | Zak Firfirey        | 40   | 3:07:15      | 4:19:19        | 3:09:12     | <b>10:35:46</b> | 3                     |
| 74  | Gavin Rush          | 43   | 2:40:13      | 4:49:34        | 3:12:10     | <b>10:41:57</b> | 1                     |
| 75  | Julian Maggott      | 53   | 2:52:24      | 4:46:41        | 3:03:02     | <b>10:42:07</b> | 2                     |
| 76  | Gavin Schoeman      | 42   | 2:55:19      | 4:43:46        | 3:17:11     | <b>10:56:16</b> | 4                     |
| 77  | Dave Foyn           | 56   | 2:41:35      | 4:11:03        | 4:13:26     | <b>11:06:04</b> | 9                     |
| 77  | Alan Green          | 49   | 2:50:38      | 4:48:07        | 3:27:19     | <b>11:06:04</b> | 9                     |
| 79  | Nic Louw            | 60   | 3:05:09      | 4:35:28        | 3:29:26     | <b>11:10:03</b> | 4                     |
| 79  | Gavin Snell         | 51   | 3:01:05      | 4:42:49        | 3:26:09     | <b>11:10:03</b> | 17                    |
| 81  | Gerald Abraham      | 36   | 2:31:37      | 5:35:24        | 3:17:43     | <b>11:24:44</b> | 2                     |
| 82  | Nick Bennett        | 29   | 3:05:50      | 4:41:37        | 3:44:04     | <b>11:31:31</b> | 2                     |
| 83  | Neil Shaw           | 39   | 2:23:36      | 4:10:08        | 4:58:32     | <b>11:32:16</b> | 1                     |
| 84  | Katy Snoodyk        | W 32 | 3:56:43      | 4:19:53        | 3:16:03     | <b>11:32:39</b> | 1                     |
| 85  | Rolf Aebischer      | 57   | 3:11:27      | 4:47:19        | 3:38:36     | <b>11:37:22</b> | 15                    |
| 86  | Scott Cannon        | 38   | 3:08:02      | 4:55:33        | 3:37:55     | <b>11:41:30</b> | 1                     |
| 86  | David Pienaar       | 43   | 3:11:03      | 4:52:32        | 3:37:55     | <b>11:41:30</b> | 1                     |
| 88  | Erik Booyesen       | 42   | 3:56:43      | 5:05:32        | 2:40:08     | <b>11:42:23</b> | 7                     |
| 89  | Sibylla Eickhoff    | W 54 | 3:42:13      | 4:52:10        | 3:14:49     | <b>11:49:12</b> | 9                     |
| 89  | Roz Menne           | W 56 | 3:32:38      | 4:55:19        | 3:21:15     | <b>11:49:12</b> | 10                    |
| 89  | Brita Unite         | W 53 | 3:42:13      | 4:45:44        | 3:21:15     | <b>11:49:12</b> | 7                     |
| 92  | Qiean Wang          | W 28 | 3:31:19      | 5:01:51        | 3:33:20     | <b>12:06:30</b> | 2                     |
| 93  | Rayaan Jarley       | 38   | 3:11:03      | 5:36:36        | 3:35:01     | <b>12:22:40</b> | 2                     |
| 94  | Nazeem Dollie       | 41   | 3:34:09      | 5:03:35        | 3:47:09     | <b>12:24:53</b> | 2                     |
| 94  | Daniel Ramontoeli   | 30   | 2:48:20      | 5:04:21        | 4:32:12     | <b>12:24:53</b> | 2                     |
| 96  | Flippie Pieterse    | 40   | 3:32:43      | 5:25:15        | 3:48:41     | <b>12:46:39</b> | 1                     |
| 96  | Salvatore Puglia    | 52   | 3:34:46      | 5:25:12        | 3:46:41     | <b>12:46:39</b> | 5                     |
| 98  | Nico Arnold         | 40   | 3:15:43      | 5:43:16        | 3:55:15     | <b>12:54:14</b> | 3                     |
| 98  | Jan Brak            | 33   | 3:15:43      | 5:43:16        | 3:55:15     | <b>12:54:14</b> | 2                     |
| 100 | Andrea Loukakis     | 27   | 3:15:43      | 5:40:14        | 4:03:11     | <b>12:59:08</b> | 1                     |
| 100 | Christos Loukakis   | 29   | 3:15:43      | 5:40:14        | 4:03:11     | <b>12:59:08</b> | 2                     |
| 102 | Alistair Kannemeyer | 42   | 3:37:20      | 5:43:46        | 3:54:29     | <b>13:15:35</b> | 7                     |

### Pensioner's Peaks

|   |               |      |  |  |  |                |               |
|---|---------------|------|--|--|--|----------------|---------------|
| 1 | Brian Key     | 74   |  |  |  | <b>6:44:38</b> | 12 (+ 1 x 3P) |
| 2 | Martin Chesno | 45   |  |  |  | <b>7:45:08</b> | 5 (+ 2 x 3P)  |
| 3 | Sonia Beard   | W 66 |  |  |  | <b>9:19:17</b> | 10 (+ 2 x 3P) |