

22-24 February 2019



Three Day Major

Race #	Name	Age Group	Day 1 (29km)	Day 2 (40km)	Day 3 (23km)	Total	Overall Position	Gender Position	Age Group Position
54	RUAN VAN DER MERWE	Open M	2:17:36	3:14:31	2:04:03	7:36:10	1	1	1
231	STEVEN ERASMUS	Open M	2:29:20	3:31:57	2:24:13	8:25:30	2	2	2
227	NIC DE BEER	Veteran M	2:35:38	3:46:37	2:24:12	8:46:28	3	3	1
148	NHLANHLA YENDE	Veteran M	2:43:04	3:59:18	2:32:17	9:14:39	4	4	2
234	TRAVERS PELLEW	Open M	2:49:12	4:12:38	2:13:44	9:15:34	5	5	3
52	JACQUES BUYS	Open M	2:25:50	4:07:58	2:46:10	9:19:58	6	6	4
230	TARRYN LOPEZ	Open F	2:53:54	4:02:55	2:29:40	9:26:30	7	1	1
43	JUAN BOTSIS	Open M	2:47:17	4:15:47	2:24:20	9:27:23	8	7	5
134	WYNAND LOUW	Open M	2:47:04	4:05:23	2:35:58	9:28:24	9	8	6
103	TRUDE CARSTENS	Open F	3:01:14	4:12:26	2:29:40	9:43:19	10	2	2
118	MARIANNE SEMMELINK	Open F	3:01:58	4:10:49	2:33:10	9:45:57	11	3	3
164	JOHN MACARTAN	Veteran M	2:50:01	4:15:49	2:42:03	9:47:52	12	9	3
19	NIGEL TONKIN	Open M	2:55:36	4:25:00	2:28:58	9:49:34	13	10	7
238	DANIEL BERMAN	Veteran M	3:01:30	4:12:34	2:36:28	9:50:32	14	11	4
65	RUTH COZIEN	Open F	3:27:56	4:04:42	2:25:42	9:58:21	15	4	4
105	GARETH MORGAN	Open M	3:03:23	4:26:46	2:39:50	10:09:58	16	12	8
131	SUE CHAPMAN	Veteran F	3:07:31	4:23:54	2:40:25	10:11:51	17	5	1
160	CHE LUE	Veteran M	3:04:54	4:29:26	2:52:00	10:26:19	18	13	5
211	JOHN MEYER	Open M	2:58:52	4:47:48	2:46:00	10:32:41	19	14	9
12	BYRON BENSON	Open M	3:14:09	4:32:32	2:46:36	10:33:17	20	15	10
83	GRAEME HALL	Open M	3:00:53	4:39:27	2:54:20	10:34:40	21	16	11
240	WARREN EVA	Open M	3:14:08	4:34:54	2:46:37	10:35:39	22	17	12
214	GERHARD DOBIE	Veteran M	3:07:04	4:34:20	2:54:19	10:35:43	23	18	6
225	RENATA SCHOEMAN	Veteran F	3:14:59	4:35:10	2:53:33	10:43:42	24	6	2
45	DAWN NUNES	Open F	3:08:18	4:47:32	2:49:31	10:45:21	25	7	5
129	AARON ENGELBRECHT	Open M	3:16:19	4:35:30	2:53:33	10:45:23	26	19	13
17	MIKE STEVENSON	Master M	3:09:00	4:40:54	3:06:46	10:56:40	27	20	1
78	AMANDA CLOETE	Open F	3:26:13	4:45:50	3:04:23	11:16:26	28	8	6

22-24 February 2019


**THREE CRANES
CHALLENGE**

Three Day Major

Race #	Name	Age Group	Day 1 (29km)	Day 2 (40km)	Day 3 (23km)	Total	Overall Position	Gender Position	Age Group Position
140	MEZ KENNEDY	Open M	3:37:03	4:53:19	2:47:18	11:17:41	29	21	14
186	AHMED ZAID MAHOMED	Master M	3:20:45	5:11:35	2:50:03	11:22:23	30	22	2
85	PAUL HINDLE	Master M	3:13:08	5:04:01	3:06:45	11:23:54	31	23	3
84	SARAH HINDLE	Open F	3:22:43	4:58:07	3:10:39	11:31:30	32	9	7
35	WILL DALLING	Veteran M	3:16:17	5:00:59	3:17:15	11:34:31	33	24	7
2	SU-YEN THORNHILL	Veteran F	3:32:49	4:59:45	3:14:28	11:47:02	34	10	3
221	RICHARD THOMPSON	Veteran M	3:20:50	5:06:55	3:19:44	11:47:29	35	25	8
49	STEVEN GOSSMAN	Veteran M	3:37:00	5:04:16	3:08:06	11:49:22	36	26	9
239	CHRISJAN VAN AARDT	Open M	3:39:49	5:06:02	3:08:11	11:54:03	37	27	15
30	ANNE BLEWETT	Master F	3:36:05	5:12:06	3:10:33	11:58:45	38	11	1
22	JASON PACHON	Open M	3:07:26	4:47:42	4:08:16	12:03:25	39	28	16
177	ANDREW MCKENZIE	Veteran M	3:35:16	5:15:12	3:15:33	12:06:01	40	29	10
89	LINDA GATHMANN	Open F	3:34:50	5:23:40	3:13:16	12:11:46	41	12	8
7	CARLA LEA FARINA	Open F	3:41:50	5:20:48	3:15:04	12:17:42	42	13	9
237	JANINE SMYTHE	Open F	3:41:00	5:27:07	3:12:25	12:20:31	43	14	10
184	MIKE TREDWAY	Open M	3:41:31	5:36:33	3:06:40	12:24:43	44	30	17
91	MARC ALLEN	Open M	3:46:23	5:31:08	3:09:00	12:26:30	45	31	18
51	MARK HOLLISTER	Master M	3:33:53	5:30:01	3:24:18	12:28:13	46	32	4
222	ROSIE CAREY	Veteran F	3:45:30	5:26:14	3:19:14	12:30:59	47	15	4
143	SHELDON DU TREVOU	Open M	3:42:02	5:27:33	3:24:03	12:33:38	48	33	19
120	DESIREE DU TREVOU	Open F	3:42:01	5:27:41	3:24:02	12:33:44	49	16	11
110	HAYLEY CUMMING	Open F	4:07:56	5:07:13	3:20:35	12:35:44	50	17	12
40	STEVEN VAN DER MERWE	Open M	3:49:28	5:26:10	3:22:50	12:38:28	51	34	20
26	ABRI SMIT	Veteran M	3:28:45	5:23:57	3:47:24	12:40:07	52	35	11
161	GAVIN DE LANGE	Veteran M	3:54:22	5:32:20	3:19:54	12:46:36	53	36	12
70	NIKOLA RAMSDEN	Veteran F	3:53:29	5:26:28	3:27:22	12:47:18	54	18	5
29	TARRIN VAN NIEKERK	Open F	3:56:04	5:25:56	3:25:35	12:47:35	55	19	13
31	ILSE PRETORIUS	Open F	3:56:05	5:25:56	3:25:36	12:47:37	56	20	14

22-24 February 2019



Three Day Major

Race #	Name	Age Group	Day 1 (29km)	Day 2 (40km)	Day 3 (23km)	Total	Overall Position	Gender Position	Age Group Position
138	JAMES NELSON	Veteran M	3:45:44	5:41:00	3:22:33	12:49:17	57	37	13
176	WILHELM DANNHEIMER	Open M	3:46:51	5:26:44	3:37:31	12:51:06	58	38	21
76	CLIVE GLYNN	Veteran M	3:50:37	5:34:42	3:25:48	12:51:07	59	39	14
27	WANRI VENTER	Open F	3:54:07	5:48:31	3:16:25	12:59:03	60	21	15
204	DEREK NICHOLSON	Master M	3:47:13	5:40:16	3:31:41	12:59:09	61	40	5
224	KAI SCHULZ	Open M	3:51:43	5:43:44	3:24:10	12:59:37	62	41	22
216	OWEN MUTETWA	Veteran M	3:52:58	5:40:27	3:31:03	13:04:27	63	42	15
56	GLENN STAPLES	Veteran M	3:55:48	5:40:35	3:31:03	13:07:25	64	43	16
165	KATHERINE GORDON	Open F	4:04:32	5:35:08	3:28:23	13:08:03	65	22	16
233	FLYNN ROBSON	Veteran M	3:51:09	5:31:42	3:46:16	13:09:06	66	44	17
218	KAREN KOOPMAN	Veteran F	3:57:40	5:38:53	3:35:07	13:11:41	67	23	6
150	PUSHE YENDE	Open M	3:52:01	5:45:00	3:37:25	13:14:26	68	45	23
46	BARBARA NEAL	Veteran F	4:04:32	5:40:30	3:31:04	13:16:05	69	24	7
223	EMIL LOOTS	Open M	4:09:09	5:45:52	3:23:42	13:18:43	70	46	24
36	BEN SWART	Veteran M	4:00:42	5:58:26	3:19:37	13:18:45	71	47	18
203	DANIEL READ	Open M	4:10:55	5:41:30	3:27:23	13:19:48	72	48	25
102	CARSTEN FRISCHMUTH	Veteran M	4:15:30	5:35:20	3:32:30	13:23:20	73	49	19
180	ZAHIR ALLY	Veteran M	4:13:53	5:43:29	3:26:21	13:23:44	74	50	20
205	NORMAN LETCHER	Master M	3:44:06	5:45:16	3:54:34	13:23:55	75	51	6
50	DAVID TREACHER	Master M	3:56:08	5:53:05	3:38:48	13:28:01	76	52	7
25	DAVE FUNNELL	Master M	3:34:37	5:22:03	4:35:44	13:32:24	77	53	8
32	DAN WILLMENT	Open M	4:00:41	5:59:21	3:34:23	13:34:24	78	54	26
229	CAROLINE CLOVER	Open F	3:55:29	5:58:57	3:48:09	13:42:34	79	25	17
209	CAROLINE STORRAR	Veteran F	4:05:00	5:50:51	3:47:12	13:43:03	80	26	8
47	GRETE VAHTAKAND	Veteran F	4:09:10	5:48:40	3:48:50	13:46:41	81	27	9
24	DELWIN DE BROIZE	Open M	4:10:22	6:01:18	3:36:53	13:48:34	82	55	27
133	SHAUN LAMONT	Veteran M	4:04:21	6:01:58	3:42:15	13:48:34	83	56	21
145	JAMES CHRISTOPHER	Open M	4:07:50	5:59:12	3:42:14	13:49:17	84	57	28

22-24 February 2019



Three Day Major

Race #	Name	Age Group	Day 1 (29km)	Day 2 (40km)	Day 3 (23km)	Total	Overall Position	Gender Position	Age Group Position
14	LAUREN CORCORAN	Open F	4:15:31	5:54:25	3:42:13	13:52:08	85	28	18
90	MOSES MASHABA	Veteran M	4:26:07	5:51:44	3:41:22	13:59:14	86	58	22
141	CLIVE JARDINE	Veteran M	4:09:11	5:56:09	3:58:59	14:04:19	87	59	23
137	ALASTAIR BULL	Master M	4:21:56	6:04:53	3:42:11	14:09:00	88	60	9
116	RIDWAAN KATHRADA	Veteran M	4:11:06	5:35:20	4:22:59	14:09:26	89	61	24
151	SONJA VAN DER VYVER	Master F	4:31:11	6:07:10	3:48:00	14:26:20	90	29	2
207	EDWARD JEFFREY	Open M	4:05:17	6:04:14	4:17:43	14:27:14	91	62	29
72	MLUNGISI MADLALA	Open M	4:21:54	6:25:16	3:43:08	14:30:18	92	63	30
44	ERIN BOTSIS	Open F	4:20:54	6:15:49	3:54:56	14:31:40	93	30	19
124	ANDRE JONKER	Master M	4:15:30	6:22:12	3:55:44	14:33:27	94	64	10
210	SAMANTHA ENGELBRECHT	Open F	4:29:22	6:07:58	3:58:00	14:35:21	95	31	20
135	CHARL VAN WYK	Veteran M	4:24:25	6:22:51	3:50:32	14:37:48	96	65	25
175	JONATHAN COHEN	Open M	4:25:24	6:22:49	3:50:33	14:38:45	97	66	31
142	CLAIRE GROBLER	Open F	4:24:10	6:25:18	3:50:31	14:39:59	98	32	21
21	JESSICA BAISSAC	Open F	4:33:06	6:18:37	3:52:48	14:44:31	99	33	22
20	WAYNE TESSENDORF	Veteran M	4:31:48	6:22:49	3:54:34	14:49:11	100	67	26
119	MOHAMMED THANDAR	Veteran M	4:33:20	6:33:47	4:08:45	15:15:51	101	68	27
82	ADRIENNE LOUISE OSBERG	Veteran F	4:45:11	6:36:05	3:58:59	15:20:15	102	34	10
226	NITESH BHAGWAN	Veteran M	4:22:17	6:34:14	4:27:51	15:24:22	103	69	28
174	LIONEL HIGGO	Veteran M	4:35:21	6:37:57	4:15:06	15:28:24	104	70	29
153	HUSSEIN CASSIMJEE	Veteran M	4:22:15	6:39:18	4:27:50	15:29:23	105	71	30
202	HEIN DORNBRACK	Veteran M	4:33:56	6:51:38	4:04:50	15:30:23	106	72	31
39	IAN TAIT	Veteran M	4:28:44	6:33:30	4:28:25	15:30:39	107	73	32
201	ADRI DORNBRACK	Veteran F	4:34:54	6:51:39	4:04:49	15:31:22	108	35	11
130	ASHLEY LYLE COOK	Veteran M	4:22:06	7:02:16	4:10:41	15:35:04	109	74	33
132	STEFAN ULLAND	Veteran M	4:22:07	7:02:23	4:10:42	15:35:13	110	75	34
113	LIZLE AUSTIN	Veteran F	4:41:10	6:49:52	4:13:59	15:45:01	111	36	12
73	CISKA MEYER	Veteran F	5:20:56	6:55:51	3:28:48	15:45:35	112	37	13

22-24 February 2019



Three Day Major

Race #	Name	Age Group	Day 1 (29km)	Day 2 (40km)	Day 3 (23km)	Total	Overall Position	Gender Position	Age Group Position
37	SHIREEN SWART	Open F	4:48:54	6:54:04	4:08:16	15:51:13	113	38	23
41	ANNEMI KOTZE	Open F	4:42:13	6:33:09	4:45:27	16:00:49	114	39	24
74	DAVID DIPPENAAR	Open M	4:51:05	6:42:05	4:34:52	16:08:02	115	76	32
75	JOHANN MYNHARDT	Veteran M	4:52:06	6:42:15	4:34:52	16:09:12	116	77	35
81	NILS OSBERG	Veteran M	4:51:23	7:06:03	4:27:32	16:24:59	117	78	36
115	LINDA DROGEMOLLER	Veteran F	4:56:33	6:49:46	4:38:58	16:25:17	118	40	14
182	GILLIAN PRENTICE	Master F	4:56:32	6:49:48	4:38:59	16:25:18	119	41	3
136	INGRID MCMAHON	Veteran F	5:20:56	6:46:44	4:18:47	16:26:27	120	42	15
1	HANNO LANGENHOVEN	Veteran M	4:36:17	8:04:09	3:52:07	16:32:34	121	79	37
228	SHARON COVENTRY	Veteran F	5:15:50	6:49:01	4:29:47	16:34:38	122	43	16
10	LINDA CROZIER	Veteran F	5:06:44	6:35:58	5:03:36	16:46:18	123	44	17
146	ALEXA CHRISTOPHER	Open F	5:12:55	7:02:36	4:34:47	16:50:17	124	45	25
213	SHAUN REID	Open M	5:00:32	6:48:30	5:06:45	16:55:47	125	80	33
114	SEENA AZMUTH	Veteran M	4:37:00	7:05:17	5:13:34	16:55:50	126	81	38
144	EMMA WORTHINGTON	Open F	4:42:05	7:44:00	4:42:08	17:08:13	127	46	26
38	GARY ROBINSON	Veteran M	5:28:26	7:15:15	5:03:36	17:47:18	128	82	39
106	DAVID JACOBS	Master M	5:06:16	7:45:26	5:03:30	17:55:12	129	83	11
108	DARIENNE EIGELAAR	Veteran F	5:06:19	7:45:27	5:03:31	17:55:17	130	47	18
107	CONRAD PHEIFFER	Master M	5:06:18	7:45:28	5:03:34	17:55:20	131	84	12
117	BARBARA FLORENCE	Veteran F	4:44:12	7:30:07	5:43:08	17:57:28	132	48	19
57	LELANI DU PREEZ	Veteran F	5:13:21	7:45:29	5:03:25	18:02:15	133	49	20
60	DEBBIE DENSHAM	Open F	5:18:51	7:55:36	5:19:43	18:34:10	134	50	27
59	DENISE MONDA	Master F	5:18:52	7:55:36	5:19:44	18:34:12	135	51	4
149	SALLY GEORGE	Master F	5:17:58	7:21:55	5:55:21	18:35:14	136	52	5
156	JUDY KOCH	Grand Master F	5:54:08	8:13:00	5:04:34	19:11:43	137	53	1
122	FIONA WATT	Veteran F	5:56:15	8:17:18	5:05:04	19:18:37	138	54	21
112	FRANCIS ROGAN	Veteran F	5:59:14	8:17:19	5:04:23	19:20:57	139	55	22
98	LOU SCHOEMAN	Open F	5:08:56	8:29:25	5:46:07	19:24:29	140	56	28

22-24 February 2019



Three Day Major

Race #	Name	Age Group	Day 1 (29km)	Day 2 (40km)	Day 3 (23km)	Total	Overall Position	Gender Position	Age Group Position
97	MARK SMITH	Veteran M	5:08:54	8:30:07	5:46:08	19:25:09	141	85	40
15	LIESL KOCH	Open F	5:50:07	8:25:37	5:55:21	20:11:06	142	57	29
147	CARMEN TISSANG	Veteran F	6:01:26	8:26:41	5:55:15	20:23:21	143	58	23
34	GRAHAM JOYNER	Grand Master M	6:07:23	8:29:55	5:55:30	20:32:48	144	86	1
33	ALEXANDRA JOYNER	Grand Master F	6:16:21	8:29:55	5:55:29	20:41:45	145	59	2
92	JOANNE LIN	Grand Master F	6:11:13	8:59:37	5:45:19	20:56:08	146	60	3
77	HARRIET KRUGER	Master F	7:06:43	8:52:14	6:48:58	22:47:55	147	61	6
88	FELICITY KROMHOUT	Grand Master F	7:06:42	8:59:04	7:20:18	23:26:05	148	62	4
282	BELINDA SKINNER	Master F	7:31:47	8:59:06	7:20:17	23:51:10	149	63	7
68	KAREN ESLICK	Master F	7:31:45	8:59:05	7:20:20	23:51:11	150	64	8
208	ANNEMARIE OLIVIER	Open F	4:17:21	6:22:57	N/A	10:40:18	N/A	N/A	N/A
139	IVAN JACOBS	Veteran M	4:17:37	7:15:05	N/A	11:32:42	N/A	N/A	N/A
28	TIMO VAN DER NIET	Veteran M	3:35:25	N/A	N/A	3:35:25	N/A	N/A	N/A
183	MADLIEF ROUX	Open M	3:42:55	N/A	3:06:43	6:49:38	N/A	N/A	N/A
69	NICCI BONELLA	Veteran F	5:20:53	N/A	N/A	5:20:53	N/A	N/A	N/A
179	CHRISTOPHER JACOBS	Open M	4:25:23	6:25:10	N/A	10:50:33	N/A	N/A	N/A