



Three Cranes Challenge - 3 Day Major Results



23 February 2020

Race #	Name	Age Group	Day 1 31km	Day 2 40km	Day 3 23km	Overall Time 94km	Overall Position	Gender Position	Age Group Position
192	RUAN VAN DER MERWE	Open M	2:58:15	3:28:51	2:13:36	8:40:42	1	1	1
123	MATT DOVE	Open M	2:58:15	3:36:45	2:15:48	8:50:48	2	2	2
108	PAUL SNYMAN	Open M	3:04:58	3:53:24	2:20:41	9:19:03	3	3	3
167	MATTHEW AIKEN	Open M	3:15:28	4:00:29	2:30:33	9:46:30	4	4	4
220	NICOLETTE GRIFFIOEN	Open F	3:20:12	4:03:04	2:30:29	9:53:44	5	1	1
121	JO KEPPLER	Open F	3:23:02	4:17:42	2:24:23	10:05:07	6	2	2
164	GRANT MARCUS	Veteran M	3:25:56	4:13:09	2:40:13	10:19:19	7	5	1
106	GREG PORRITT	Open M	3:24:33	4:07:55	2:47:25	10:19:53	8	6	5
249	DUNCAN GOOSEN	Open M	3:43:04	4:20:34	2:44:07	10:47:45	9	7	6
166	SHANE MCGREGOR	Open M	3:36:00	4:29:41	2:56:33	11:02:14	10	8	7
219	DANIEL BERMAN	Veteran M	3:35:35	4:40:00	2:51:48	11:07:23	11	9	2
143	FILIPPO FARALLA	Master M	3:46:26	4:38:20	2:43:22	11:08:09	12	10	1
66	PAUL HINDLE	Grand Master M	3:48:12	4:40:47	2:54:35	11:23:34	13	11	1
146	KAROLINE HANKS	Veteran F	3:57:51	4:41:34	2:53:35	11:33:00	14	3	1
30	SUZETTE V BROEMBSEN	Veteran F	3:55:01	4:37:19	3:01:49	11:34:09	15	4	2
218	CHARLES PETTIT	Open M	3:52:38	5:00:25	2:49:28	11:42:31	16	12	8
149	GREG TEMBLETT	Open M	3:43:05	5:01:10	2:59:00	11:43:16	17	13	9
135	TIM COVENTRY	Veteran M	3:44:50	4:45:43	3:16:12	11:46:45	18	14	3
171	ROSS BOTES	Open M	3:52:41	4:58:22	3:04:43	11:55:46	19	15	10
147	PHILLIP VAN DER MERWE	Open M	4:09:51	5:06:24	2:59:00	12:15:15	20	16	11
68	AMANDA CLOETE	Open F	4:20:23	4:53:06	3:03:08	12:16:37	21	5	3
58	STEVEN GOSSMAN	Veteran M	4:17:39	4:56:47	3:12:46	12:27:12	22	17	4
69	DIRK CLOETE	Master M	4:07:32	5:20:50	3:03:20	12:31:42	23	18	2
221	JAMES NELSON	Veteran M	4:05:29	5:23:36	3:04:20	12:33:25	24	19	5
61	DEAN LANG	Master M	4:23:00	4:50:13	3:46:05	12:59:18	25	20	3
169	SHAUN JACKSON	Open M	4:17:24	5:31:32	3:29:10	13:18:06	26	21	12
17	MATT WALKER	Open M	4:09:29	5:59:43	3:19:01	13:28:14	27	22	13
159	CLAUDIA LEDERER	Veteran F	4:45:11	5:24:08	3:20:23	13:29:42	28	6	3



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127	ADRIAN VAN DE VYVER	Veteran M	4:13:51	5:59:28	3:18:53	13:32:12	29	23	6
44	CHARLES DOUGLAS	Veteran M	4:28:54	5:40:29	3:25:41	13:35:04	30	24	7
23	CHRISTINA AHLERS	Veteran F	4:45:20	5:42:50	3:33:27	14:01:37	31	7	4
24	PAT DAMMANN	Veteran F	4:45:20	5:42:50	3:33:32	14:01:42	32	8	5
214	JANINE SMYTHE	Open F	4:51:26	5:41:56	3:33:53	14:07:15	33	9	4
200	NORMAN ABRAHAM	Veteran M	4:28:28	5:53:29	3:46:19	14:08:16	34	25	8
194	WARRICK BUTLER	Veteran M	4:28:46	5:53:32	3:46:11	14:08:30	35	26	9
195	MICHELLE WOHLBERG	Open M	4:48:27	5:53:38	3:46:16	14:28:21	36	27	14
29	ATTIE KRUGER	Master M	4:44:58	5:48:53	3:58:36	14:32:27	37	28	4
2	CARLA LEA FARINA	Open F	4:31:39	5:51:27	4:11:21	14:34:27	38	10	5
3	SU-YEN THORNHILL	Veteran F	4:31:44	5:51:28	4:11:23	14:34:35	39	11	6
59	MORGAN NAICKER	Veteran M	4:55:28	6:06:50	3:34:09	14:36:27	40	29	10
196	OWEN MUTETWA	Veteran M	4:28:36	6:35:21	3:41:27	14:45:25	41	30	11
168	MICHAEL HARRISON	Veteran M	5:00:53	5:48:55	4:00:09	14:49:57	42	31	12
160	ALISON UYS	Open F	4:55:52	6:35:24	3:41:16	15:12:32	43	12	6
158	BARBS NEAL	Veteran F	4:55:48	6:35:30	3:41:20	15:12:38	44	13	7
36	CARSTEN FRISCHMUTH	Veteran M	5:09:37	6:20:02	3:58:53	15:28:32	45	32	13
15	ANDRIEL DE LANGE	Veteran F	4:46:39	6:31:38	4:10:51	15:29:08	46	14	8
34	TOMOKO UETA	Master F	5:04:17	6:18:32	4:12:45	15:35:34	47	15	1
201	RODDY DU PLESSIS	Veteran M	4:51:21	6:48:41	4:14:30	15:54:32	48	33	14
157	ROY LAMB	Veteran M	5:13:24	6:45:38	3:56:07	15:55:09	49	34	15
165	JUDY DINKEL	Master F	5:13:24	6:45:38	3:56:07	15:55:09	49	16	2
16	LIONEL HIGGO	Open M	5:13:35	6:17:22	4:29:11	16:00:09	51	35	15
112	DEVON BEYNON	Open M	5:19:40	6:51:58	3:59:08	16:10:46	52	36	16
109	ANDRIES VAN DEN BERG	Open M	5:20:00	6:51:55	3:59:13	16:11:08	53	37	17
119	KENNETH JOUBERT	Veteran M	5:23:14	6:30:19	4:19:17	16:12:50	54	38	16
122	HEIDI JOUBERT	Open F	5:23:21	6:30:27	4:19:32	16:13:20	55	17	7
199	KIM MACCALLUM	Veteran F	5:05:11	6:54:29	4:14:38	16:14:18	56	18	9



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46	EUGENE MARTIN	Master M	5:22:14	6:37:36	4:17:02	16:16:52	57	39	5
49	MONIKA MARTIN	Veteran M	5:22:17	6:37:43	4:16:57	16:16:56	58	40	17
133	SHARON COVENTRY	Veteran F	5:27:43	6:51:14	4:14:04	16:33:01	59	19	10
57	KEN WATT	Veteran M	5:20:45	6:46:46	4:27:59	16:35:30	60	41	18
155	BRUCE FRANCIS	Open M	5:26:33	7:01:34	4:23:10	16:51:17	61	42	18
104	LELANI DU PREEZ	Veteran F	5:49:48	6:45:30	4:21:17	16:56:35	62	20	11
60	MLUNGISI MADLALA	Veteran M	5:29:21	7:00:05	4:29:35	16:59:00	63	43	19
52	EMMA EMMERICH	Open F	5:34:21	7:10:29	4:21:13	17:06:03	64	21	8
56	WALLIS WATT	Open F	5:28:22	7:01:49	4:41:39	17:11:50	65	22	9
25	GORDON MCTAVISH	Open M	5:33:22	7:02:59	4:41:54	17:18:15	66	44	19
42	DELIA DREYER	Veteran F	5:25:52	7:12:11	4:53:11	17:31:14	67	23	12
197	JG COWPER	Master M	5:49:21	7:23:49	4:44:47	17:57:57	68	45	6
198	MATT YOUNG	Veteran M	5:49:48	7:23:40	4:44:39	17:58:07	69	46	20
151	HUSSEIN CASSIMJEE	Veteran M	5:37:08	7:35:54	4:54:59	18:08:00	70	47	21
41	TARYN VAN RENSBURG	Veteran F	6:02:24	7:29:10	4:41:58	18:13:32	71	24	13
150	NITESH BHAGWAN	Veteran M	5:49:10	7:34:22	4:55:12	18:18:44	72	48	22
40	NATASHA BARNES	Master F	6:02:11	7:29:05	4:49:49	18:21:05	73	25	3
13	ESTEE DU TOIT	Open F	6:16:59	7:25:53	4:42:24	18:25:16	74	26	10
129	SALLY GEORGE	Master F	6:15:58	7:05:08	5:10:29	18:31:35	75	27	4
153	DHARMESH PARBHOO	Veteran M	6:08:02	7:36:14	4:55:04	18:39:20	76	49	23
12	CISKA MEYER	Veteran F	6:25:37	7:23:20	4:59:29	18:48:26	77	28	14
14	NICCI BONELLA	Veteran F	6:25:42	7:23:29	4:59:37	18:48:48	78	29	15
189	SARAH SWAINSON	Open F	6:19:43	7:48:43	5:18:12	19:26:38	79	30	11
187	NIKOLA RAMSDEN	Veteran F	6:19:51	8:05:43	5:18:10	19:43:44	80	31	16
141	CHRIS DE KOCK	Master M	7:26:35	9:27:10	6:37:39	23:31:24	81	50	7
132	LIESL KOCH	Veteran F	7:27:44	9:27:05	6:38:10	23:32:59	82	32	17
137	HELEN DE KOCK	Master F	7:29:31	9:27:12	6:37:47	23:34:30	83	33	5