



in proud partnership with



THREE PEAKS CHALLENGE

SATURDAY 5 NOVEMBER 2011

A record was always on the cards! The weather conditions were near-perfect and Ake Fagereng, with “unfinished business”, was determined to turn the ‘table’ on Andrew Hagen after ending up worse than second best in 2011. There was always the possibility that, caught up in the pace of their mountain duel, somebody else would be waiting to pick up the pieces. But who would have predicted that a relatively unknown ‘streetfighter’ named **Andre Calitz** with his ‘I wait for nobody’ approach to trailrunning would pulverize all and everything in front of him in the relentless way that he did? Shortly after 10 am on Saturday morning, many a trail runner and supporter in Cape Town was left wondering and spluttering in awe: “Where did he come from”? ... The new record... **5 hours 7 minutes 39 seconds. Thanks for the morning’s entertainment Andre!**

Bad luck but well done to Andrew and Ake – as previous multiple winners, we must not forget the role that they have played in raising the standard at the front. Andrew’s time was also well within his own record set last year, and I doubt that he is finished just yet. We look forward to 2012!

Caroline Balkwill was her usual consistent self, leading from the start to win the women’s race, her second victory in four years.

And of course, a great day was had by all...

RESULTS

120 ENTRANTS; 117 STARTERS; 110 FINISHERS

POS	THREE PEAKS FINISHER	AGE	DEVIL'S PEAK	TABLE MOUNTAIN	LION'S HEAD	OVERALL TIME	NO. 3 PEAKS
1	Andre Calitz	28	01:42:36	02:04:35	01:20:28	05:07:39	1
2	Andrew Hagen	28	01:47:26	02:05:32	01:22:49	05:15:47	6
3	Ake Fagereng	29	01:42:36	02:17:42	01:27:31	05:27:49	6
4	Mike Els	28	01:56:39	02:31:16	01:30:36	05:58:31	3
5	Gareth Hempson	30	01:56:24	02:34:25	01:28:44	05:59:33	2
6	Rupert Becker	38	01:51:40	02:28:43	01:40:49	06:01:12	2
7	Len Verwey	38	02:01:49	02:34:38	01:50:17	06:26:44	3
8	Mark Pikker	28	02:11:23	02:45:03	01:33:42	06:30:08	3
9	Neil Hermann	53	02:07:34	02:48:32	01:38:10	06:34:16	3
10	Nic Wiltshire	32	01:55:51	03:07:09	01:35:08	06:38:08	3
11	Paolo Denti	29	02:12:50	02:48:24	01:41:05	06:42:19	2
12	Dom Wills	29	01:49:54	02:54:03	01:59:40	06:43:37	1
13	Luke Powers	40	02:05:52	02:55:27	01:50:04	06:51:23	2
14	Charl Souma	32	02:13:19	02:56:31	01:47:31	06:57:21	2
15	Timo Lehmann	29	02:14:10	03:05:50	01:38:40	06:58:40	1
16	Fried Lehmann	33	02:14:10	03:05:50	01:41:06	07:01:06	2

17	Grant Blair		32	02:18:39	03:02:21	01:46:26	07:07:26	1
18	Ross Suter		46	02:08:05	03:01:53	01:59:12	07:09:10	2
19	James Fraser		37	02:13:57	03:02:37	01:53:08	07:09:42	1
20	Alistair Barge		36	02:13:57	02:55:49	02:00:18	07:10:04	2
21	Anthony McBride		33	02:26:37	03:01:50	01:42:35	07:11:02	1
22	Caroline Balkwill	F	37	02:15:10	03:00:50	01:58:09	07:14:09	3
23	Cole Stanton		29	02:08:10	03:06:48	02:05:46	07:20:44	1
24	Andrew Dewey		30	02:20:38	02:59:22	02:05:12	07:25:12	1
25	Arno Lawrenz		45	02:25:11	03:03:21	02:01:33	07:30:05	7
26	Mark Lemmon		46	02:20:32	03:15:03	01:55:42	07:31:17	9
27	Werner Erasmus		39	02:22:45	03:17:20	01:56:40	07:36:45	5
27	Petro Mostert	F	45	02:33:17	03:07:13	01:56:15	07:36:45	2
29	Branden Scott-Hayward		38	02:25:15	03:10:20	02:09:14	07:44:49	1
30	Maritz Theron		27	02:31:37	03:21:57	01:54:47	07:48:21	1
31	Mark Vernon		24	02:20:38	03:27:46	02:04:08	07:52:32	4
32	AO Okreglicki		51	02:38:24	03:15:22	02:00:38	07:54:24	6
33	Andre Kleinsmith		51	02:31:37	03:21:20	02:03:23	07:56:20	2
34	Paolo Israel		37	02:18:41	03:31:21	02:06:42	07:56:44	1
35	Kylie Hatton	F	33	02:37:12	03:15:45	02:11:50	08:04:47	6
36	Trevor Jacobs		40	02:18:00	03:18:01	02:28:50	08:04:51	2
37	Keven Green		47	02:35:49	03:24:36	02:08:33	08:08:58	6
37	Mark Rees		40	02:21:32	03:34:16	02:13:10	08:08:58	1
39	Mark Spengler		47	02:26:27	03:30:12	02:13:36	08:10:15	8
39	Dale Williams		44	02:34:06	03:29:48	02:06:21	08:10:15	2
41	Andrew Espin		35	02:35:21	03:39:25	02:00:27	08:15:13	3
41	Rob Graham		37	02:26:27	03:30:12	02:18:34	08:15:13	4
43	Clive Schulze		27	02:43:39	03:31:36	02:03:58	08:19:13	3
44	Garth Lary		39	02:31:31	03:34:49	02:15:00	08:21:20	3
45	Nic Robertson		25	02:36:33	03:37:44	02:09:13	08:23:30	1
45	Duncan Snyman		33	02:42:48	03:42:09	01:58:33	08:23:30	1
47	Marius Du Plessis		46	02:47:30	03:29:04	02:07:21	08:23:55	3
48	Rod McGilvray		53	02:33:26	03:34:14	02:16:39	08:24:19	7
49	Bettina Koeditz	F	41	02:43:00	03:37:13	02:05:25	08:25:38	2
50	Hylton Brown		25	02:28:05	03:43:40	02:14:20	08:26:05	1
51	Martha Pretorius	F	41	02:49:22	03:30:51	02:09:41	08:29:54	3
52	Elvera Schwan	F	50	02:58:29	03:30:03	02:13:58	08:42:30	5
53	Erik Booyens		40	02:37:15	03:53:30	02:17:44	08:48:29	5
54	Barry Washkansky		43	02:38:02	03:59:15	02:15:42	08:52:59	10
55	India Baird	F	47	02:48:46	03:45:20	02:21:01	08:55:07	2
55	Mina Samuels	F	45	02:48:46	03:45:20	02:21:01	08:55:07	1
57	Alan Green		47	02:35:01	04:02:16	02:19:35	08:56:52	7
58	Mo Oliver	F	45	03:03:54	03:45:01	02:09:50	08:58:45	1
59	Guy Meredith		52	02:53:14	03:48:55	02:24:07	09:06:16	8
60	Annie Lemmon	F	50	02:52:09	03:52:08	02:24:36	09:08:53	9
60	Ross McKernan		28	02:47:46	03:56:58	02:24:09	09:08:53	1
62	Liz Robertson	F	42	02:56:55	03:55:51	02:23:25	09:16:11	3
63	Mike Ohlsson		53	02:33:47	03:54:45	03:02:58	09:31:30	2
64	Terry Gillespie		31	02:31:50	04:09:34	02:56:03	09:37:27	1
65	Mustaq Abbas		35	03:06:04	04:04:08	02:28:34	09:38:46	3
65	Renato Balona		45	02:40:36	04:10:44	02:47:26	09:38:46	1
65	Emeraan Railoun		43	03:03:54	04:06:18	02:28:34	09:38:46	3
68	Shuraine Abrahams	F	43	03:03:54	04:16:46	02:30:50	09:51:30	1
69	Gavin Schoeman		40	03:08:34	04:22:47	02:25:14	09:56:35	3
70	Brian Key		72	03:03:54	04:06:30	02:47:00	09:57:24	11
70	Sonia Beard	F	64	03:03:54	04:06:30	02:47:00	09:57:24	10
70	Brenda Coomer	F	49	03:03:54	04:07:41	02:45:49	09:57:24	3
70	Robin Sherry	F	61	03:03:54	04:07:41	02:45:49	09:57:24	1
74	Dave Foyn		54	02:45:31	04:19:15	03:02:52	10:07:38	7

75	Stanton Brown		42	03:23:30	04:17:52	02:26:43	10:08:05	4
76	Nico Arnold		38	03:02:39	04:29:30	02:36:26	10:08:35	2
77	Alistair Longman		39	03:15:30	04:10:29	02:42:51	10:08:50	1
78	Rolf Aebischer		55	03:06:21	04:10:15	02:53:54	10:10:30	13
79	Daniel Ramontoeli		28	02:28:54	05:01:20	02:40:48	10:11:02	1
80	Roelof Arnold		35	03:02:29	04:28:16	02:46:48	10:17:33	2
81	Tonni Upham	F	60	03:01:25	04:23:30	02:58:28	10:23:23	5
82	Peter Wanliss		61	02:59:51	04:27:31	02:59:12	10:26:34	4
83	Jana Beckett	F	51	03:20:32	04:37:18	02:36:45	10:34:35	3
84	Rian Brand		39	03:11:31	04:36:35	02:47:47	10:35:53	1
85	John Yeld		61	03:27:59	04:15:10	03:01:34	10:44:43	2
86	Melanie Blair	F	35	03:16:14	04:32:26	02:59:22	10:48:02	1
87	Barend Van Staden		34	03:09:44	04:41:14	03:05:36	10:56:34	1
88	Alister Smuts		39	03:23:00	04:40:03	02:58:04	11:01:07	2
89	Qiean Wang	F	26	03:23:58	04:34:21	03:11:49	11:10:08	1
90	Hester Fortune	F	55	03:33:37	04:55:18	03:03:34	11:32:29	2
91	Sandie Smith	F	49	03:13:14	04:48:58	03:30:27	11:32:39	2
91	Terry Smith		62	03:13:14	04:48:58	03:30:27	11:32:39	2
91	Gavin Snell		49	03:08:34	04:54:29	03:29:36	11:32:39	15
94	Jonathan Mylrea		53	03:27:59	04:50:30	03:21:42	11:40:11	1
95	Nasser Petersen		52	03:23:38	05:01:44	03:24:31	11:49:53	2
96	Tracey Hendricks	F	36	03:27:59	05:06:35	03:35:59	12:10:33	5
96	Alistair Kannemeyer		40	03:35:58	04:58:36	03:35:59	12:10:33	5
96	Almyr Pause	F	32	03:27:59	05:06:35	03:35:59	12:10:33	2
99	Hector Eliot		38	03:27:59	05:20:43	03:26:33	12:15:15	1
100	Sibylla Eickhoff	F	52	03:46:34	05:17:06	03:35:25	12:39:05	7
100	Shayne Richardson-Bayly	F	51	03:46:34	05:17:06	03:35:25	12:39:05	1
100	Flippie Van Dyk		53	03:21:03	05:10:12	04:07:50	12:39:05	1
103	Malcolm Pike		52	03:03:30	05:44:13	03:53:01	12:40:44	2
104	Stephen Hector		47	03:07:39	05:40:18	03:52:53	12:40:50	12
105	Faiza Railoun	F	46	03:27:59	05:23:58	04:03:39	12:55:36	2
106	Lionel Toll		38	03:53:36	05:40:59	03:36:30	13:11:05	2
107	Christos Loukakis		27	03:24:21	05:35:37	04:16:47	13:16:45	1
108	Gavin Mohammed		48	03:39:51	06:14:11	04:00:41	13:54:43	5

PENSIONER'S PEAKS:

1	Martin Chesno		43	N/A	N/A	N/A	06:51:30	1 (5 x 3P)
2	Graham McPherson		52	N/A	N/A	N/A	08:30:50	4 (5 x 3P)

FINISHED OUTSIDE OF CUT-OFF:

	Anja Carstens	F	34	03:49:18	06:05:32	04:09:49	14:04:39	
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Mountain Milestones

- Five Three Peaks Challenges means Permanent Numbers for these people: **Werner Erasmus, Elvera Schwan, Erik Booyen, Tonni Upham, Tracey Hendricks, Alistair Kannemeyer, Gavin Mohammed.**
- **Barry Washkansky** became the seventh to get to ten and **Sonia Beard** became the first woman to achieve this feat.
- **Gavin Snell** completed his 15th successive challenge.

- **500th finisher! Melanie Blair** became the 500th person to be recorded and credited with completing Three Peaks in one day.
- **1000th finish!** The 70th person at Greenmarket Square was also the 1000th recorded Three Peaks finish. **Brian Key, Sonia Beard, Brenda Coomer** and **Robin Sherry** all came in together – you be the judge!



Our great appreciation to *AFRICA LANDSCAPES* and *DARIO'S CAFÉ*, from the Hout Bay valley, for their sponsorship of the helpers' tee shirts.

Thanks to the following organisations and people for their valuable assistance and co-operation:

Table Mountain National Park
South African National Parks
Inn On The Square Hotel
Dish Restaurant
K-WAY and Cape Union Mart
Africa Landscapes
Dario's Café
Peninsula Beverages
Freeline Design
Ark Images (Photography)
Event Doctor
Emergency Services
Registration
Greenmarket Square

Hilton Blumeris
Vanessa Fletcher
Mark Soderland; Nathaly Fernandes and staff
Frederick Van Zyl and staff
Nick Bennett
Sandra Abrahamson
Dario
Richard Berrill, Dan Davis (Powerade, Coca Cola)
Leon Oosthuizen
Shawn Benjamin, Gerald Aronson
Dr Luke Bush
Hout Bay Surf and Rescue – Mark Muller
Sandie Smith; Terry Smith
Don Hartley; Michelle Snell; Ellie Courts; Sharon Austen; Jerry Austen; Daksha Hargovan; Jonathan Beattie; Helen Brown; Timekeeper: Roger Price
Jeremy Johnson, Richard Hook, Patrick Hill

Tafelberg Road checkpoint
(Devil's Peak)
Tafelberg Road checkpoint
(Table Mountain)
Signal Hill checkpoint
(Lion's Head)

The Famous "Pine Nuts": Annemarie Merkle; Sandy Allen; John Wilter; Heather Cooke; Lesley Prochazka
Ivor Van Niekerk; Steven Barber; Eve Watson; Nicola Peisl; Jeffrey Shapiro; Anton Roux; Ayoub Banderker; Sean Amron-Coetzee; Rod Prodggers; Mark Chapman; Margaret Archibald
Sonia Beard
Neil Myburgh; Geetesh Solanki
Stephen O'Gorman; Kevin Ewers; Dougie Russouw
Tom Cinderey, Sandy May, Alistair Penny, Mia Goldblatt; Cathy Stanley; Kyle Stanley; Anita Rice
Barry Washkansky www.hikecapetown.co.za ; Trevor Ball www.trailrunning.co.za

Beacon Checks Co-ordinator
Devil's Peak beacon check
Maclear's Beacon check
Lion's Head check

Websites:

LOST PROPERTY: black Hitec bag; black Volkswagen belt (Rob Graham?); grey K-Way top; First Ascent grey/blue windbreaker (Paolo Denti); royal blue knee guard; First Ascent Gel Cell gloves; green Two Oceans drawstring bag with contents.

These items can be collected at Brookside (Celtics Running Club office), Claremont between 5 and 7 pm on Thursday, 10th November only. After that they will be donated to a deserving cause.

THE SCHEDULED DATE FOR 2012 IS SATURDAY, 3 NOVEMBER. SPOT YOU ON THE MOUNTAIN!
Gavin Snell; Don Hartley;