

DROP IN AT PERSIES

Saturday 13 November from 12 noon

**Celebrate the Three Peaks over a drink
and a meal...**

RUNNERS AND HELPERS ALL WELCOME (BRING YOUR FAMILY)



“Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish”

John Quincy Adams



THREE PEAKS CHALLENGE RESULTS

SATURDAY 6 NOVEMBER 2010

POS	THREE PEAKS FINISHER		AGE	DEVIL'S PEAK	TABLE MOUNTAIN	LION'S HEAD	TOTAL TIME	NUMBER 3 PEAKS
1	ANDREW HAGEN		27	01:47:45	02:11:31	01:24:04	05:23:20	5
2	MOSES DOS SANTOS		26	01:51:43	02:25:08	01:34:25	05:51:16	2
3	RUPERT BECKER		37	01:59:49	02:38:43	01:38:38	06:17:10	1
4	MARK PIKKER		27	02:11:08	02:32:36	01:35:38	06:19:22	2
5	MIKE ELS		27	02:07:34	02:36:10	01:36:57	06:20:41	2
6	AKE FAGERENG		28	01:47:32	02:45:59	01:48:03	06:21:34	5
7	NEIL HERMANN		52	02:07:34	02:38:10	01:41:48	06:27:32	2
8	NIC WILTSHIRE		31	02:01:32	02:42:12	01:44:15	06:27:59	2
9	ECKHARD SCHOLTZ		42	02:16:32	02:44:42	01:38:27	06:39:41	1
10	FRIED LEHMANN		32	02:20:11	02:59:14	01:38:25	06:57:50	1
11	CLIVE SCHULZE		26	02:13:55	02:54:20	01:54:48	07:03:03	2
12	ANDRZEJ OKREGLIICKI		50	02:26:56	02:51:04	01:49:55	07:07:55	5
13	BRIAN KEY		71	02:19:03	02:57:23	01:54:30	07:10:56	10
14	GEETESH SOLANKI		51	02:27:19	02:50:46	02:02:22	07:20:27	2
15	WERNER ERASMUS		38	02:19:00	03:06:00	01:57:27	07:22:27	4
16	JIMMY PHILLIPS		26	02:13:50	03:03:13	02:06:06	07:23:09	3
17	GARETH HEMPSON		29	02:08:13	03:35:12	01:42:36	07:26:01	1
18	PAOLO DENTI		28	02:24:43	03:05:42	01:56:37	07:27:02	1
19	ARNO LAWRENZ		44	02:25:41	03:13:04	01:48:28	07:27:13	6
20	JANETTE TERBLANCHE	F	49	02:28:55	03:06:29	01:52:49	07:28:13	2
21	JANE HEWITSON	F	25	02:29:14	03:04:41	01:55:37	07:29:32	1
22	KYLIE HATTON	F	32	02:33:44	03:03:57	01:52:04	07:29:45	5
22	ROGER STEEL		34	02:33:44	03:03:57	01:52:04	07:29:45	13
24	ALISTAIR BARGE		35	02:25:41	03:01:34	02:04:00	07:31:15	1
25	TREVOR JACOBS		39	02:27:19	03:06:36	02:07:43	07:41:38	1
25	MARK LEMMON		45	02:19:13	03:22:25	02:00:00	07:41:38	8
27	ANDRE KLEINSMITH		50	02:16:39	03:23:36	02:02:31	07:42:46	1
28	NEIL MYBURGH		53	02:32:53	03:07:30	02:05:32	07:45:55	3
29	ANDRE FILANDER		46	02:24:40	03:13:25	02:12:52	07:50:57	5
30	ROSS SUTER		45	02:13:47	03:29:38	02:09:51	07:53:16	1
31	ROD MCGILVRAY		52	02:22:34	03:23:46	02:08:32	07:54:52	6
32	MARIUS DU PLESSIS		45	02:33:44	03:07:41	02:18:59	08:00:24	2
33	MARK VERNON		23	02:24:10	03:37:37	02:00:33	08:02:20	3
34	GARY BANFIELD		37	02:08:43	03:25:12	02:29:12	08:03:07	2
35	ELVERA SCHWAN	F	49	02:37:48	03:19:35	02:07:49	08:05:12	4
36	ANDREW ESPIN		34	02:25:05	03:09:39	02:37:56	08:12:40	2

36	ROB GRAHAM		36	02:25:05	03:09:39	02:37:56	08:12:40	3
38	PETER TRIMBLE		37	02:25:41	03:36:31	02:19:09	08:21:21	1
38	BARRY WASHKANSKY		42	02:27:31	03:34:41	02:19:09	08:21:21	9
40	GILAD STERN		59	02:34:48	03:37:55	02:11:56	08:24:39	3
41	ERIK BOOYSEN		39	02:31:42	03:41:11	02:21:16	08:34:09	4
42	DALE WILLIAMS		43	02:34:48	03:28:50	02:32:05	08:35:43	1
43	KEVEN GREEN		46	02:36:18	03:41:22	02:19:08	08:36:48	5
43	PETER JOHNSTONE		57	02:39:27	03:38:13	02:19:08	08:36:48	2
45	BETTINA KOEDITZ	F	40	02:47:00	03:42:47	02:07:58	08:37:45	1
46	LORNA RENSBURG	F	44	02:42:58	03:28:57	02:32:33	08:44:28	3
47	NEIL HART		26	02:46:17	03:46:54	02:22:15	08:55:26	1
48	GUY MEREDITH		51	02:44:20	03:44:17	02:30:33	08:59:10	7
49	INDIA BAIRD	F	46	02:39:24	03:41:25	02:48:10	09:08:59	1
50	MARTHA PRETORIUS	F	40	02:42:37	03:28:01	03:00:46	09:11:24	2
51	GARTH LARY		38	03:07:30	03:38:59	02:27:04	09:13:33	2
51	ANNIE LEMMON	F	49	02:51:33	03:57:06	02:24:54	09:13:33	8
53	GLENN CASTLE		41	02:30:33	03:51:48	02:55:38	09:17:59	10
54	RODNEY STEIN		45	02:44:13	04:03:24	02:33:33	09:21:10	2
55	JONATHAN JACKA		25	02:35:31	03:47:20	03:01:34	09:24:25	2
55	BRENDON VERSFELD		26	02:35:31	03:47:20	03:01:34	09:24:25	2
57	ALAN GREEN		46	02:36:14	04:03:27	02:45:34	09:25:15	6
58	SHAUN MARTHEZE		45	02:50:50	04:01:15	02:36:26	09:28:31	3
59	LIZ ROBERTSON	F	41	03:01:48	03:58:08	02:33:33	09:33:29	2
60	MARTIN CHESNO		42	03:00:39	03:51:26	02:42:00	09:34:05	5
61	LIESL KRUGER	F	36	03:00:19	04:04:48	02:32:51	09:37:58	1
62	RUSSOUW BESTER		49	02:56:49	04:02:58	02:40:39	09:40:26	1
62	GUNTHER LANGE		27	02:41:20	03:51:46	03:07:20	09:40:26	1
64	WOUTER VAN DEN HEEVER		43	02:53:24	03:58:46	02:50:11	09:42:21	1
65	PETER WANLISS		60	03:15:47	03:56:53	02:38:41	09:51:21	3
66	EMERAAN RAILOUN		42	03:21:18	03:44:24	02:47:00	09:52:42	2
67	STANTON BROWN		41	03:00:39	04:03:58	02:52:21	09:56:58	3
68	JONATHAN BEATTIE		37	02:54:43	04:33:07	02:41:13	10:09:03	1
69	DAKSHA HARGOVAN	F	49	03:03:02	04:17:45	02:48:41	10:09:28	5
69	ROZ MENNE	F	53	03:03:02	04:17:38	02:48:48	10:09:28	8
69	DAVE PEARSE		52	03:03:02	04:17:38	02:48:48	10:09:28	1
69	BRITA UNITE	F	50	03:03:02	04:18:03	02:48:23	10:09:28	5
73	MALCOLM PIKE		51	02:47:00	04:30:30	02:52:55	10:10:25	1
74	RICHARD PRICE		42	02:51:38	04:16:36	03:07:18	10:15:32	1
75	SEAN AMRON-COETZEE		51	02:54:43	04:33:07	02:53:27	10:21:17	5
76	MUSTAQA ABBAS		34	03:21:18	04:13:34	02:46:43	10:21:35	2
77	RONNIE WEBER		36	03:08:06	04:11:01	03:04:36	10:23:43	3
78	SIRHAN JESSA		31	03:03:21	04:03:21	03:17:45	10:24:27	3
79	ROLF AEBISCHER		54	02:50:58	04:20:33	03:22:00	10:33:31	12
80	SONIA BEARD	F	63	03:12:33	04:22:27	03:13:46	10:48:46	9
80	BRENDA COOMER	F	48	03:12:33	04:22:27	03:13:46	10:48:46	2
82	TRACEY HENDRICKS	F	35	03:03:40	04:07:51	03:51:39	11:03:10	4
83	JANA BECKETT	F	50	03:26:16	04:38:12	02:59:26	11:03:54	2
84	GAVIN SCHOEMAN		39	03:15:12	04:58:33	03:11:01	11:24:46	2
85	GEORGE SWINGLER		58	03:23:12	04:50:33	03:21:12	11:34:57	1
86	ALISTAIR KANNEMEYER		39	03:44:00	04:55:29	03:04:50	11:44:19	4
87	AYOUB BANDERKER		36	03:22:58	04:50:47	03:34:13	11:47:58	1
87	ALISTER SMUTS		38	03:15:35	05:08:02	03:24:21	11:47:58	1
87	GAVIN SNELL		48	03:12:33	05:11:04	03:24:21	11:47:58	14
90	NASSER PETERSEN		51	03:27:25	05:23:55	03:12:54	12:04:14	1
91	ISAAC KORASIE		43	03:40:50	05:13:06	03:18:46	12:12:42	5
91	LINDIE SCHIETEKAT	F	38	03:40:35	05:13:21	03:18:46	12:12:42	3
93	ANTON WILKINSON		70	03:38:24	05:14:58	03:28:49	12:22:11	8
94	STEPHEN HECTOR		46	03:44:00	05:17:18	03:39:42	12:41:00	11
95	GERRIT GELDENHUYS		40	03:37:43	05:29:46	03:35:23	12:42:52	2
96	ELENA DA CRUZ	F		04:01:11	05:07:23	03:47:44	12:56:18	1
96	SIBYLLA EICKHOFF	F	51	04:01:11	05:07:23	03:47:44	12:56:18	6
96	CLARE MULLINER	F	49	04:01:11	05:08:45	03:46:22	12:56:18	1
99	LIONEL TOLL		37	03:49:58	05:37:11	03:43:53	13:11:02	1
100	GAVIN MOHAMMED		47	03:27:25	06:04:09	04:19:08	13:50:42	4

PENSIONER'S PEAKS

1	GRANT MC PHERSON			N/A	N/A	N/A	07:38:20	3 (5 x 3P)
2	DAVE MACKINNON			N/A	N/A	N/A	08:26:20	1 (7 x 3P)
2	NICK WOODWARD			N/A	N/A	N/A	08:26:20	1 (5 x 3P)

Mountain Milestones

The performance of the day was undoubtedly **Andrew Hagen's phenomenal record 5:23,20** (bettering the previous best by 4min 9sec). The women became embroiled in an epic battle with a mere 1½ minutes separating the top three. In the end, **Janette Terblanche** prevailed, her winning time **7:28:13**.

Brian Key (does he ever tire?) and **Glenn Castle** (finally) completed the challenge for the **tenth** time.

A remarkable **eleven** people earned permanent numbers for notching up **five** Three Peaks Challenges: Our winner **Andrew Hagen, Ake Fagereng, Andrzej Okreglicki, Kylie Hatton, Andre Filander, Keven Green, Martin Chesno, Daksha Hargovan, Brita Unite, Sean Amron-Coetzee, Isaac Korasie**

Well done!

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

Table Mountain National Park	<i>Hilton Blumeris</i>
South African National Parks	<i>Vanessa Fletcher</i>
The Perseverance Tavern	<i>Ian Sutcliffe and Staff</i>
Peninsula Beverages	<i>Richard Berrill, Dan Davis (Powerade, Coca Cola)</i>
Park Inn Greenmarket Square Hotel	<i>Annette Tait and Staff</i>
Freeline Design	<i>Leon Oosthuizen</i>
Ark Images (Photography)	<i>Shawn Benjamin, Gerald Aronson</i>
Event Doctor	<i>Dr Luke Bush</i>
Emergency Services	<i>Hout Bay Surf and Rescue – Mark Muller</i>
Registration	<i>Michelle Snell, Sandie and Terry Smith</i>
Greenmarket Square	<i>Hosts: Terry and Sandie Smith (Special thanks for everything!) Ellie Courts, Annemi Van Zyl, Sharon Austen, Jerry Austen, Michelle Snell Roger Price, Annemi Van Zyl</i>
Timekeepers - Greenmarket Square Tafelberg Road checkpoint (Devil's Peak and Table Mountain)	<i>Jeremy Johnson, Richard Hook, Patrick Hill, Leo Rust, Michael Ohlsson and friends, Max and Greta Brock, Len Verwey, Ivor and Jhureen Van Niekerk, the "Pinenuts": Annemarie Merkle, Sandy Allen</i>
Signal Hill checkpoint (Lion's Head)	<i>Michelle Snell, Ginette Flockton, Garth Joshua, Jefferey Shapiro, Kira Darebny, Rob Baird, Rod Prodggers, Agnes Noell, Anton Roux</i>
Spot Checks Co-ordinator	<i>Sonia Beard</i>
Devil's Peak spot check	<i>Laurence Van Blerk, John Yeld, Jonathan Mylrea</i>
Maclear's Beacon spot check	<i>John and Sonja Damata</i>
Lion's Head spot check	<i>Cathy and Kyle Stanley, Tom Cinderey, Sandy May, Alistair Penny, Linda Doke</i>
Websites:	<i>Barry Washkansky www.hikecapetown.co.za ; Trevor Ball www.trailrunning.co.za</i>

Photographs can be accessed and purchased at www.arkimages.com

THREE PEAKS: THE FUTURE... Your ideas and feedback are required!

As you know, the demand for entries to Three Peaks (and other trail events) far outweighs the availability, to the point that we need to review the system by which entries are allocated. We have come up with a *possible* 'model' for entries for next year but, before implementing anything, would appreciate *your* ideas. Amongst the things you need to consider are that the system must be fair, it must not be purely Internet-based and must not pose an 'administrative nightmare' for the organisers. The field of 120 should, ideally, also consist of a relatively large amount of participants with previous Three Peaks experience – a suggestion is that there should not be more than 50% novices. We await your ideas.

Input can be emailed to capepeaks@telkomsa.net or posted to PO Box 2822, Clareinch, 7740, Cape Town

THE SCHEDULED DATE FOR 2011 IS SATURDAY, 5 NOVEMBER.

SEE YOU ON THE HILL!

**Gavin Snell
Don Hartley**