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FOREWORD

A MESSAGE FROM ENSAFRICA



As a law firm committed to being in Africa | for Africa, it was a natural decision for ENSafrica to associate itself with the Absa Cape Epic. The world-class sporting event showcases all the best that the continent has to offer - spectacular natural beauty, a will to succeed and an unbreakable spirit.

Often termed "the Untamed African Mountain Bike Race", The Absa Cape Epic draws hundreds of competitors from all corners of the globe annually, who push their physical and mental limits beyond what they thought possible.

It is the only eight-day mountain bike stage race classed as hors catégorie by the Union Cycliste Internationale (UCI), and it is this official UCI status that makes it a significant highlight on the professional cycling calendar.

Despite this year's drought-induced riding conditions,

the 653km/ 13 530m course traversed some of the most magnificent mountain passes in South Africa. The race was deservedly won by Jaroslav Kulhavy and Howard Grotts of Investec Songo Specialized after riding a consistent and carefully choreographed race.

It is with great pleasure that ENSafrica congratulates all the riders who tackled these gruelling and vast, yet breathtaking, distances. Your perseverance and teamwork are nothing short of inspirational.

You are all heroes and we salute you!



FOREWORD

A MESSAGE FROM THE RACE DIRECTOR



KATI CSAK
RACE DIRECTOR

The 2018 Absa Cape Epic will be remembered as rough, dusty and loose; and every kilometre was hard-earned, in these drought-induced riding conditions. Nevertheless, I'm sure you found respite in the exhilarating trails, the magnificent vistas and landscapes, the climbs conquered and the camaraderie in the field.

Congratulations to those who dared to take on the challenge, and to every one of the 1219 official finishers who crossed the line at Val de Vie Estate - the Champs-Élysées of mountain biking - earning the coveted title of Absa Cape Epic finisher. The strength and the determination you showed, out in the untamed, were truly admirable.

To quote the late Burry Stander: "If someone comes to me and says he's done an Epic, or two or three, he's immediately part of the club. That person is a real mountain biker. You know they can suffer. You know there's so much behind the statement. It's the race that measures all."

Once again the racing at the sharp end was thrilling; it was covered extensively by the international media, and broadcasted around the world. But there are also countless untold stories, throughout the field; and

the race wouldn't exist if it weren't for the dedicated amateurs, most of whom train after-hours and make countless sacrifices to participate every year – we salute you. We have created this book to allow you to relive the memories and emotions from the 2018 Absa Cape Epic.

I'd like to thank you, the riders, our sponsors, crew, volunteers, host venues and towns, as well as the farmers and landowners, for their ongoing support. The planning for next year's race is already in full swing and I'm excited for what we have in store for you.

The dust of the 2018 race may have settled, but your ambition should never wane. The Absa Cape Epic is now part of a bigger global series of stage races: the Epic Series. So why not set yourself a new target and conquer the Swiss Alps at the Perskindol Swiss Epic, or venture to New Zealand's spectacular South Island for The Pioneer?

We hope to see you back at one of our events soon.

Warm regards Kati Csak





This year's Absa Cape Epic marked the 15th edition of the race since its humble beginnings back in 2004, when it traversed 788km from Knysna to Stellenbosch. Fifteen years later, a lot has changed...

The success of having the Epic World Cup, the Cape Town Cycle Tour and the Absa Cape Epic taking place in the Western Cape in the space of only two weekends saw South Africa become the epicentre of world cycling in the month of March. And the Epic is now a world-renowned mountain-bike stage race, which has subsequently become part of a bigger global race platform – the Epic Series, of which the Absa Cape Epic is the pinnacle.

For this year's event it was back to Table Mountain, within the Table Mountain National Park (TMNP). Nestled on the slopes of Devil's Peak, the University of Cape Town (UCT) played host to everything Epic, from rider registration to the annual Amabubesi breakfast, enabling riders to familiarise themselves with the surroundings and experience the Absa Cape Epic zeitgeist in all its glory.

In fact, the vibe on registration day was the most lively it's ever been, as a cacophony of foreign accents (and nervous laughs) filled the air – testament to just how popular the Absa Cape Epic is on a global scale. It's a truly international and multicultural event, bringing different cultures together for eight days of uncompromising mountain biking. While the path to the finish line is always a tough and testing journey, many lifelong friendships have been forged along this trail over the years.

It's a truly international and multicultural event, bringing different cultures together for eight days of uncompromising mountain biking. Those who had completed three or more races had the honour of attending the annual Amabubesi breakfast on the morning before registration – an exclusive gathering, and a highlight for many riders. This year would see a throng of new faces meeting some of the stalwarts of the Absa Cape Epic – and war stories and tales of previous years were swopped over a delicious breakfast, hosted by race founder Kevin Vermaak.

With registration completed, riders were able to test-ride the Prologue route and iron out any last-minute niggles, dial in their line choices, and ensure their bikes and legs were in fine fettle for the first day of racing. At that point, there was no turning back – in the morning, the untamed would begin, with thousands of riders, fans and supporters descending on the slopes of Table Mountain for the start of the 2018 Absa Cape Epic.

- 1. The University of Cape Town hosted everything from registration to the annual Amabubesi breakfast
- 2. Registration day is always filled with nerves and butterflies, as riders ready themselves for the next eight days of riding
- 3. Absa Cape Epic newbie Nicki Sutherland of ArthroChoice Chicks proudly shows off both her number board and her decorative nail art
- 4. The rider wristband plays a vital role in Absa Cape Epic life. Not only does it serve as identity for bike collection and the like, it also gets you access into the all-important dining marquee every night









CAPE TOWN

TABLE MOUNTAIN NATIONAL PARK

Of all the trails in and around the Western Cape, few can boast the beautiful scenery of the Table Mountain National Park. Perhaps it's partly that Table Mountain itself is one of the seven natural wonders of the world, or that the trails that comprise its comprehensive network are largely natural and ungroomed. It's a special place.

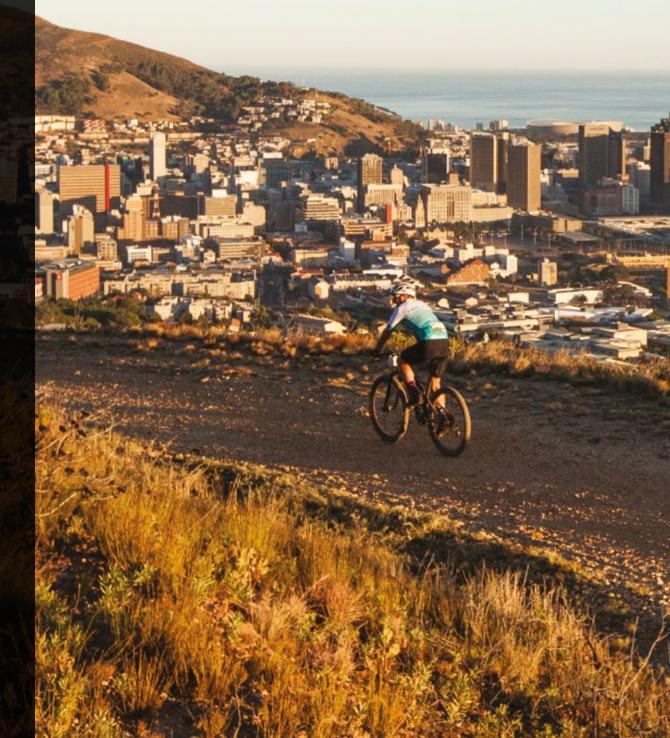
The Absa Cape Epic has visited this hallowed chunk of rock four times now; and with every passing year, its reputation for claiming unsuspecting souls grows bigger and more feared. But the TMNP trails encompass an array of exquisite flora and fauna unique to this part of the world – you may see a caracal if you're lucky, or even a zebra or African wood owl. Just remember, a Level 3 'My Activity' permit or day permit is required to ride on the trails.













PROLOGUE

SUNDAY, 18 MARCH

After a two-year hiatus, the Prologue returns to the slopes of Table Mountain National Park. With a picturesque backdrop, and offering unsullied vistas of Table Bay and Robben Island, the course has built a reputation over the years for taking no prisoners as it snakes its way around the infamous mountain and back to the University of Cape Town, via a series of challenging climbs and descents.

The route profile may look fairly straightforward on paper: but with 600m of vertical ascent concentrated in just 20km - most of which is within the first 13km - the shark-tooth-like profile is touted to favour the cross-country specialists. Or at least, that's what everybody thinks...

START LOCATION

DISTANCE

University of Cape Town 20km

RATING

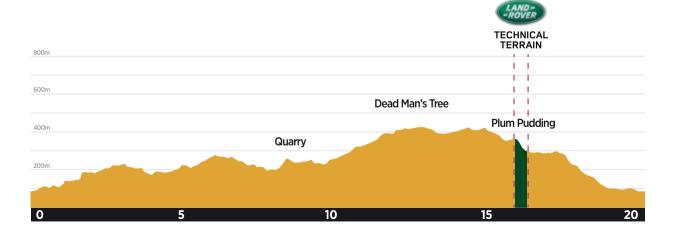




FINISH LOCATION

CLIMBING

University of Cape Town 600m













The Prologue is always an exciting day for riders, fans and supporters, as it marks the official start of the race – and the first real taste of what's to come. Iconic spectator sites such as 'Dead Man's Tree' give the race a truly world-class feel, with scenes not that dissimilar to the spectator-lined hors catégorie mountain-top finishes of the European Grand Tours – it's a truly humbling experience to be there.

While you can't win the Absa Cape Epic on the Prologue, you can prove a point; and the burgeoning war between the cross-country specialists and the marathon racers made this year's Prologue an entertaining affair.

For many, the Prologue is just a matter of survival; naturally, the amateur riders – unlike the professionals – have a lot more to lose at this point. There's no easy passage to the Grand Finale at Val de Vie Estate, but a measured approach minimises unnecessary risk; however, it comes at a cost: general classification (GC) position. But for the pros, it was full gas from the gun.

Centurion Vaude's Nicola Rohrbach and Daniel Geismayr were the first to lay down markers. The pair put on an all-round powerful display to win by 18 seconds from Manuel Fumic and Henrique Avancini; their third stage victory in three Absa Cape Epics, and just reward for the focus they'd put into training specifically for this year's race.

Last year's defending champions Nino Schurter and Matthias Stirnemann of Scott-Sram finished in fourth, a few seconds behind dark horses Luis Pinto and Francesc Guerra (Buff Scott MTB); but, as Geismayr told the television cameras afterwards, "The Absa Cape Epic is more than just one day..."

In the Women's category, favourite Annika Langvad showed she may just be in the best form of her life, following up her sterling display at the Epic World Cup in Stellenbosch with another victory.

In Kate Courtney, she had a partner who has youth on her side. The Investec Songo Specialized team were incredibly strong in the Prologue; it would take an impressive performance from the other women's teams to wrest the orange jerseys from their shoulders. They were followed home by Team Spur's Ariane Lüthi and Githa Michiels, and Ascendis Health's Robyn de Groot and Sabine Spitz.

And the amateurs and back markers? For them, the 2018 Absa Cape Epic was finally under way; the realisation of a personal dream for many, and the culmination of months of training, sacrifice and dedication for all. But Stage 1, in Robertson – the first of four back-to-back 100km-plus stages – was looming.

- 1. Yin Chun Chan from Hong Kong high-fives partner Siu Man Lau before they kick off their Absa Cape Epic campaign
- 2. Samuele Porro of Trek Selle San Marco leads the charge through some of Table Mountain's tricky yet beautiful trails
- 3. Centurion Vaude's Nicola Rohrbach and Daniel Geismayr stamp their authority on the Prologue, and go into Stage 1 wearing the vellow iersev

While you can't win the Absa Cape Epic on the Prologue, you can prove a point.

PROLOGUE WINNERS & OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Centurion Vaude	Nicola Rohrbach	Daniel Geismeyr	0:45.23,3
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	0:53.18,5
Dimension Data Masters	Absa - WBR	George Hincapie	Christian Vande Velde	0:50.15,9
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	0:53.32,0
Virgin Active Mixed	Merida Argentina	Agustina Maria Apaza	Cesar Lettoli	0:58.09,5

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	NAD MTB	Nico Bell	Matthew Beers	0:48.38,8
Absa African Women	dormakaba	Candice Lill	McDougall	0:56.39,3
Exxaro	Exxaro / PWC 1	Eucky Mlangeni	≥ Tshepo Tlou	0:54.53,3



DISTRICT



FARM



SINGLE

TAR





Robyn de Groot @robyndegroot

Cape Epic is well underway...A small glimpse of our 20km prologue around table mountain! for us today felt comfy & we are happy to be on the podium.

Thanks for the cheering out there





Ben Hoffman @bhoffmanracing

Prologue of @CapeEpic in the books. Stayed right side up & put ourselves into a good position for tomorrow's stage #teamimf #raceformore





Liz Pane 🦸 @liz.pane

#tb 2017 Cape Epic water point madness. Hardest volunteer job ever. #16hourdays



RIDER ROUND-UP



KATE COURTNEY

the highlight."





BAREND BURGER



"I think today might have been more amazing as a spectator, because those climbs hurt. But the atmosphere was unbelievable."



MARISKE STRAUSS



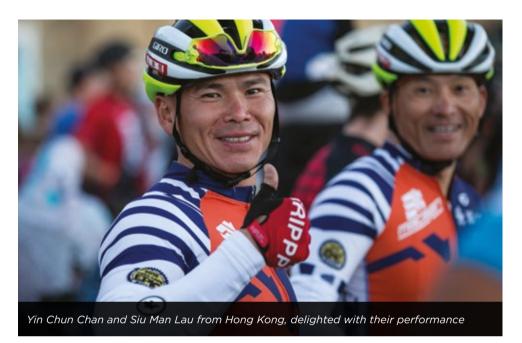
"I had so much fun. These trails will never get old. The support from everybody on the route was great, because it showed that they also had a great time."



Gilles and Leander Poté of Team BrothersAgainstTheUntamed start their eight-day journey in style



Hielke Elferink and Cornelia Hug of Shimano S-Phyre lay down the watts in pursuit of a top-ten finish











ROBERTSON

ARABELLA WINE ESTATE

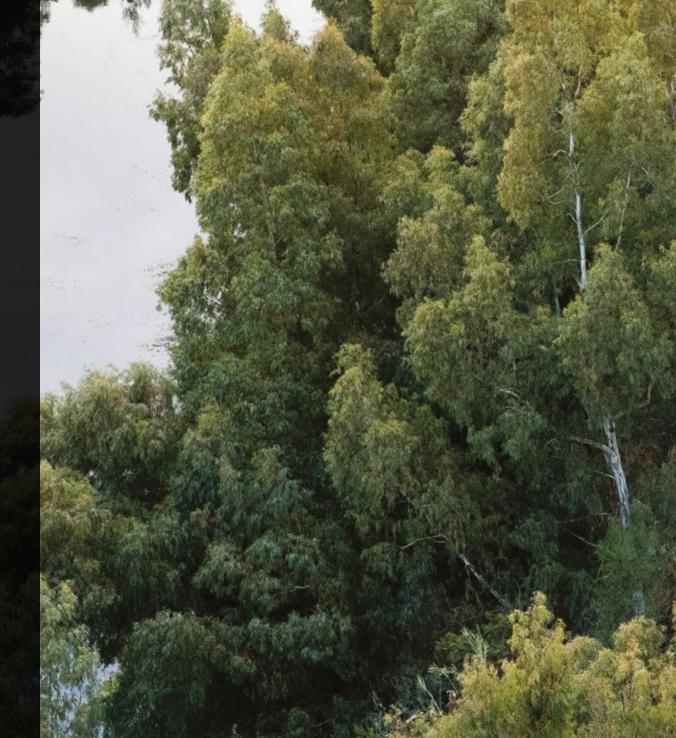
Situated on the Breede River, beneath the shadow of the imposing Langeberg Mountains, is Robertson – the western gateway to Route 62. It's one of the most attractive of the Cape Winelands towns, with 150-year-old Victorian buildings, jacaranda-lined streets and breathtaking gardens.

The area is best known for its world-class wines, with the Robertson Valley forming part of the longest wine route in the world. It boasts over 50 cellars, co-operatives and private estates, whose wines have won international awards.

Visitors to Robertson can indulge in activities from lazy river cruises to mountain hikes, elegant wining and dining to outdoor picnics, and visit rich historical sites such as the Pink Church, built in 1859.









STAGE 1

MONDAY, 19 MARCH

With the Prologue already a distant memory. Stage 1's undulating route around the Breede River Valley in Robertson will prove a rude awakening for many riders - particularly the Europeans, who come into this race fresh off a bitterly cold winter. While the temperatures are

nowhere near as crippling as they were last year. the heat coupled with the first taste of gnarly African terrain will put the race into perspective for many - even the South Africans - as sand, thorns, rocks and dust play on repeat for 110km.

START LOCATION

Arabella Wine Estate

DISTANCE

110km

RATING



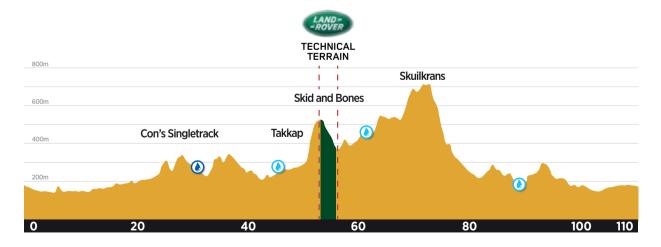


FINISH LOCATION

Arabella Wine Estate

CLIMBING

1900m













It was a gruelling day, and the 'Untamed African MTB Race' tore up the script once again. Even for the pro peloton: defending champions Nino Schurter and Esther Süss both lost their partners. On paper, the 110km/1 900m course looked perfect for the marathon riders; but, as we'd discovered in the Prologue, the Absa Cape Epic is filled with surprises – and that's exactly how the day played out.

From Robertson's Arabella Wine Estate, the racing set off at a blistering pace, described as 'risky' and 'intense' by five-time winner Karl Platt. Despite the efforts of yellow-jersey wearers Nicola Rohrbach and Daniel Geismayr (Centurion Vaude), the Cannondale team of Manuel Fumic and Henrique Avancini kept the pace fast, and consolidated their early lead by attacking down the 'Skid and Bones' Land Rover Technical Terrain, with Investec Songo Specialized's Jaroslav Kulhavy and Howard Grotts in hot pursuit. They managed to join Avancini and Fumic at the head of the race, where the Czech Express unloaded a barrage of watts. Those who couldn't follow suit were soon left behind.

"Today was such a good day for us. We worked well with the Investec Songo Specialized guys, and never went over our limit - which is good," said Avancini.

The cross-country quartet worked together for the remainder of the stage, increasing their lead to nearly six minutes at one point; to the disbelief of the chasing team, Trek Selle San Marco 2's Fabian Rabensteiner and Michele Casagrande, who eventually secured the final step on the podium.

The stage would ultimately go the way of Cannondale Factory Racing, who outfoxed Investec Songo Specialized in a sprint finish back at Arabella Wine Estate to secure both the overall lead and the yellow zebra jersey.

"It's always nice to win a stage," said Fumic. "And it's great to be in yellow after a great ride."

Meanwhile, Schurter's Scott-Sram partner Matthias Stirnemann had taken ill, early in the stage; despite finishing, he would play no further part in the race – a defining moment in this year's event, which would result in Olympic gold medallist Schurter retiring from the race as well.

In the women's race, multiple World Champion Annika Langvad and her young American partner Kate Courtney overcame a puncture to surge to a second successive victory. Despite a slow leak in Courtney's back tyre, which at one point looked to put their potential win in danger, they were able to add to their lead from the Prologue.

Langvad's former partner Ariane Lüthi, riding with Githa Michiels, was second. The young Silverback-KMC team of Mariske Strauss and Annie Last enjoyed a strong final 30 kilometres of the stage to claim third for the day, and third overall.

Stage 1 also saw the end of all hope for defending champion Esther Süss, when her Meerendal CBC partner Angelika Tazreiter crashed. The crash injured Tazreiter's shoulder, and she was forced to withdraw early on in the stage. Süss continued, and was the first to wear the newly renamed 'Leopard' jersey for solo UCI riders.

- 1. Fabian Rabensteiner and Michele Casagrande on their way to a podium finish on Stage 1
- 2. When the Czech Express leaves the station, you better make sure you don't get left behind
- 3. Absa Cape Epic newbie American Kate Courtney, fixing a rear puncture that nearly cost the Investec Songo Specialized team the stage win

It was a gruelling day, and the 'Untamed African MTB Race' tore up the script once again.

STAGE 1 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	Cannondale Factory Racing	Manuel Fumic	Menrique Avancini	4:08.22,6
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	4:45.22,7
Dimension Data Masters	Willier Force 7C 2	■ ■ Massimo Debertolis	Ondrej Fojtik	4:26.17,4
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	4:42.27,6
Virgin Active Mixed	Merida Argentina	🚾 Agustina Maria Apaza	Cesar Lettoli	5:11.40,6

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Cannondale Factory Racing	Manuel Fumic	Menrique Avancini	4:54.03,9
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	5:38.41,2
Dimension Data Masters	Absa - WBR	■ Massimo Debertolis	ondrej Fojtik	5:17.32,9
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	5:35.59,6
Virgin Active Mixed	Merida Argentina	Agustina Maria Apaza	Cesar Lettoli	6:09.50,1

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	NAD MTB	Nico Bell	Matthew Beers	5:09.31,9
Absa African Women	dormakaba	Candice Lill	Amy McDougall	5:56.16,5
Exxaro	Exxaro / PWC 1	🛌 Lucky Mlangeni	🔀 Tshepo Tlou	5:47.38,9



DISTRICT



SINGLE

FARM



TAR



Marco Joubert

@MarcoJoubert

The nerves are settling after day 2 at @CapeEpic. Tomorrow is a solid stage and we keen to hit it.

After chain prob in prologue we up from 44 to 32 in GC $\,$





Si Bradley

@Good_Guy_Si

Coverage of the @CapeEpic is brilliant, no other stage race produces so much content! Live feeds, Facebook updates and regular news, Instagram and twitter regular updates and behind the scenes. Tons of stats, course info etc. Well done @CapeEpic, great job



Dennis Lamminga

@lamminga

Absolute stunner of a day at @capeepic Stage 1. Partner did very well. Jumped 60 places and starting in a faster group tomorrow!

But better news that we had no mechanicals, falls or mishaps

Roll on Stage 2!



RIDER ROUND-UP



BUTCH JAMES



"It was a good day. I enjoyed it. Boulder Hills was tough, but the weather was kind so all in all it remained enjoyable even though challenging."



NINA MCVICAR



PHILLIMON SEBONA



"Definitely my kind of stage. I love these routes, just wish we did not have mechanicals. Without those I would have enjoyed it even more"





LUKE **MASHIANE**



"The heat added to the challenge. This stage was something else for sure. We were able to end the stage strong and that felt really good."



GAVIN MARAIS



"This was a true Epic stage. Nice welcome to what the Epic is all about for all the newbies for sure."



CARLO **CAMPAGNOLO**



"It is so beautiful out there. The stage provided a good mix of technical sections and distance."









STAGE 2

TUESDAY, 20 MARCH

Another stage around the Robertson Wine Valley - this time 106km with 2 000m of vertical ascent thrown in for good measure. Of all the participants, it will be the back markers who suffer the most; a knock-on effect of lengthy

days in the saddle back-to-back. The hopes of 36 riders (including several professionals) will meet an untimely demise on Stage 2, for a plethora of reasons, which will turn the race on its head.

START LOCATION

Arabella Wine Estate

FINISH LOCATION CLIMBING

Arabella Wine Estate

2 000m

DISTANCE

106km

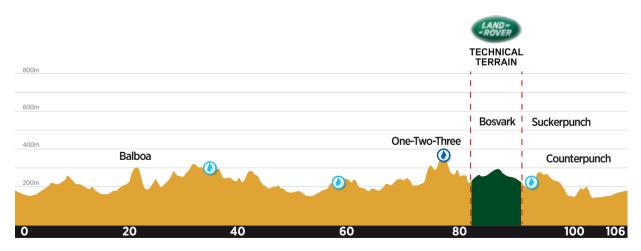
RATING





















Ahead of a 106km/2 000m stage that was expected to favour the diesel engines of the marathon racers, the pressure that comes with wearing the yellow jersey was obvious in the faces of Manuel Fumic and Henrique Avancini. However, a calculated approach appeared to be paying off for the exuberant Cannondale Factory Racing duo, who would spend most of the day conserving their energy and 'riding smart'.

This strategy paid off when they were able to claim victory in the final mad dash for the line, just ahead of Nicola Rohrbach and Daniel Geismayr (Centurion Vaude), Alban Lakata and Kristian Hynek (Canyon Topeak) and Francesc Guerra and Luis Pinto (Buff Scott MTB).

"It was all about keeping safe, for us," said Fumic.
"The stage suited the marathon guys more, and they went for it - to 'show' us. We focused on damage control but got caught out a few times. In the sprint, our experience helped us for sure; and to get the stage win and another day in yellow makes us happy. But there's still a lot of racing to come."

The day was not without drama even before that, however, with Rohrbach and Geismayr experiencing a mechanical early in the stage, on a course described by many as loose, rocky and even unrideable. Their back-up team of Markus Kaufmann and Jodok Salzmann were on hand to assist with a rear-wheel change – assistance that ultimately would keep them in third position on the general classification.

But the big losers were Stage 1's runners-up, Jaroslav Kulhavy and Howard Grotts. The Investec Songo Specialized pair made their intentions known when they attacked on the appreciably steep and loose 'One-Two-Three' combination climb – a move only Canyon Topeak and Centurion Vaude were able to follow; but their opportunism was thwarted by a slew of costly punctures, which forced them to surrender

their advantage (and more) to the chasing pack. "Today, we were let down by mechanicals," said Grotts. "We were set for a good stage, and did everything right. It was just so frustrating to be in the front, and then lose time. I was riding over my limit when we chased back – now, I just need to recover well."

Kulhavy and Grotts put in a superb effort to give up only one minute 42 seconds to the stage winners.

A brutal attack 30 kilometres from the finish allowed Langvad and Courtney to stamp their authority on the Women's category, and they collected their third win in three days. The 'dice' for second was an intriguing affair, with Team Spur's Ariane Lüthi and Githa Michiels edging out Mariske Strauss and Annie Last (Silverback-KMC) by the narrowest of margins, after a last-gasp sprint at the end left Michiels lying prone on the finish line.

At this point Team Spur were over six minutes ahead of their young rivals in the battle to be runners-up overall; but with Stage 3's 122km toughie to come, followed by another 111km brute on Stage 4, Michiels' recovery was always going to be key to their fight for the second step on the podium.

- 1. Powerhouse Jaroslav Kulhavy hauling back to limit losses after suffering a series of punctures
- 2. Mariske Strauss and Annie Last (Silverback-KMC) finished in third place, after an intense sprint against Ariane Lüthi and Githa Michiels of Team Spur
- 3. Centurion Vaude back-up team of Markus Kaufmann and Jodok Salzmann pushing hard, after assisting Rohrbach and Geismayr with a rear-wheel change

Stage 2 was described by many as loose, rocky and even unrideable.

STAGE 2 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	Cannondale Factory Racing	Manuel Fumic	Menrique Avancini	4:05.52,3
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	4:37.43,8
Dimension Data Masters	Willier Force 7C 2	■ ■ Massimo Debertolis	Ondrej Fojtik	4:19.59,5
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	4:37.00,6
Virgin Active Mixed	Merida Argentina	Agustina Maria Apaza	Cesar Lettoli	5:06.06,9

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Cannondale Factory Racing	Manuel Fumic	Henrique Avancini	8:59.56,2
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	10:16.25,0
Dimension Data Masters	Willier Force 7C 2	■ ■ Massimo Debertolis	ondrej Fojtik	9:37.32,4
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	10:13.00,2
Virgin Active Mixed	Merida Argentina	Agustina Maria Apaza	Cesar Lettoli	11:15.57,0

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	Ellsworth - ASG	Hendrik Kruger	Stuart Marais	9:25.48,5
Absa African Women	dormakaba	Candice Lill	McDougall	10:58.50,3
Exxaro	Exxaro / PWC 1	Lucky Mlangeni	Tshepo Tlou	10:40.16,4



DISTRICT







TAR

SINGLE



Mediclinic Southern Africa @mediclinicsouthernafrica

Through years of event expertise the Mediclinic events team have colour coded clipboards to ensure efficient identification, triage and treatment of patients. #ExpertiseYouCanTrust #CapeEpic





Today was a very special day for the Cousins. The Cape Epic route pass through the beautiful Van Loveren landscape and the Cousins took advantage of their local knowledge.
#capeepic #team613supporter #fourcousins
#capeepic2018 #vanloveren



Robbie Hunter @RobbieHunter



Yip minds made up, going to get into the @AbsaCapeEpic for 2019. Making it public puts the pressure on not to make excuses and back out:)



Jonah Hulselmans @jonahhulselmans

Always nice to see all riders get some attention. From the first until the last! #CapeEpic #Untamed #absacapeepic2018



RIDER ROUND-UP



CANDICE LILL

"It was the kind of stage where you needed all your power. It was testing and it had a bit of everything."



NIC LAMOND



"Today rewarded mountainbikers. We had some bad luck so did not enjoy the day as I'm sure other riders did."



WALEED BAKER



"It was tough out there today. Because of the drought it was very rough and dusty out there."



DEVRIN MUIR



"It was fun, but I have never seen this much dust! Experiencing the Cape in a different way for sure."



NADINE SMITH



"Today was hard, but I also managed to enjoy it because of some great mountainbiking sections."



TSZ TING WONG



"The rolling hills took its toll. So happy to be at the finish. Finishing this stage makes me very proud."



Despite the harsh and unforgiving terrain of the Absa Cape Epic, the beauty of the scenery is hard to ignore



Nina McVicar and Reta Trotman of New Zealand, one of the many nations represented at this year's race



Sithembiso Masango and William Mokgopo overcoming gravity by pushing through the pain



Former road professionals Christian Vande Velde and George Hincapie, proving their worth on the trails of the Western Cape



Former professional Andrew Mclean and rugby legend Joel Stransky teaming up as Cycle Lab KTM



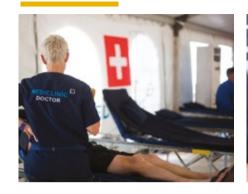
The Dimension Data 'Georiders' from Georgia taking strain in the African heat





There was no place to hide for Spanish riders Alberto Losada and Ibon Zugasti, in the turquoise kit of Orbea Factory Racing

BEHIND THE SCENES





































WORCESTER

HTS DROSTDY

Worcester is the centre of the Cape Winelands District – the focal point and economic hub of the Breede River Valley. Established in 1819, this beautiful town has retained its gabled buildings and broad streets. It lies at the foot of the Brandwacht and Langeberg Mountains, and its temperate climate and relaxed country atmosphere have made it a popular tourist destination.

Worcester offers a wide variety of activities throughout the year. The 154-hectare Karoo Botanical Desert Garden, with its distinctive succulent plant species and hiking trails, is a unique attraction, while the 11 award-winning wine cellars and three world-class olive estates on the Worcester Wine & Olive Route are not to be missed.

The Worcester Museum at Kleinplasie portrays pioneer agricultural life, and the Hugo Naudé Art Museum and Jean Welz Art Gallery are justifiably popular attractions.











STAGE 3

WEDNESDAY, 21 MARCH

Stage 3's transition from Robertson to Worcester might be the longest stage of this year's race, but with just 1 800m of ascent spread over 122km, it's also the flattest. A period of rain overnight, followed by early-morning drizzle, is welcomed by

the riders - the cool conditions will help the amateurs get through their third successive 100km-plus stage, and also provide the marathon racers with the perfect platform from which to stamp their authority.

START LOCATION

Arabella Wine Estate

DISTANCE

122km









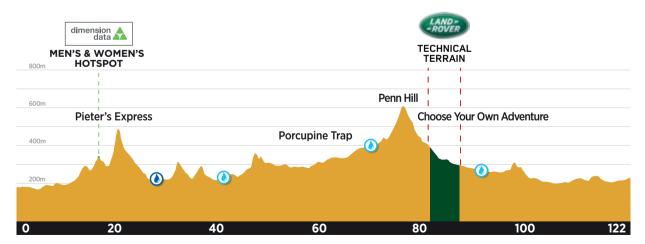


FINISH LOCATION

HTS Drostdy

CLIMBING

1800m













Stage 3's conditions proved ideal at the sharp end of the field, particularly for turbodiesel-powered weapons such as Kulhavy and marathon maestros Alban Lakata and Kristian Hynek (Canyon Topeak); and it would be Investec Songo Specialized who piled on the early pressure by driving the pace.

As the leaders approached the base of the Pieter's Express climb, Investec Songo Specialized attacked, in what would prove to be the move of the day. Only Canyon Topeak had the legs to board the Czech Express and secure a one-way ticket to Worcester.

"We got the win at the Dimension Data Hotspot (at 17km), and after that we just kept on going. Jaroslav is like a locomotive." said Lakata.

The breakaway was firmly established at the 29km mark, where Investec Songo Specialized gained the lead – the strategy of forcing an early split had paid off; and with Kulhavy and Lakata bringing the firepower, the average speed at the head of the race reached a staggering 28km/h.

As they were the day before, Investec Songo Specialized's efforts were halted by a spate of costly punctures; but when it comes to chasing, Jaroslav Kulhavy knows only one speed – full gas. With Howard Grotts in tow, he closed the gap in a matter of minutes, and passed through the Land Rover Technical Terrain together with Canyon Topeak. But with just 15km left, Grotts was caught out in a sand patch that would ultimately gift Canyon Topeak their first stage win of the 2018 Absa Cape Epic – and Lakata's first since 2010.

Lakata went on to praise Kulhavy for his incredible power, and the huge effort he'd put in on the flats. "We are lucky we had Jaroslav on our side today; he did 80 per cent of the work. Investec Songo Specialized had some flats and Howard was struggling, so we got the stage win."

Despite finishing over a minute behind Canyon Topeak, Kulhavy and Grotts were able to steal the yellow jersey away from Cannondale Factory Racing. For Manuel Fumic and Henrique Avancini, it was a day of damage control in the chasing pack as they dropped to second overall on the general classification.

In the Women's category, Investec Songo Specialized maintained their unbeaten record, claiming win number four. Langvad and Courtney were able to power away from their rivals, who could do nothing to stop their seemingly unshakable surge towards the 2018 title – and not even a crash near the end, which brought both riders down, could stop their progress.

Team Spur (Ariane Lüthi and Githa Michiels) and a resurgent Ascendis Health (Sabine Spitz and Robyn de Groot) fought a race-long battle for the runner-up spot. Although each of these two teams spent time on the stage chasing the other, the positions on the bottom steps of the podium were decided on a final sprint, with Lüthi and Michiels claiming second – also for the fourth day in a row.

- 1. Another day of punctures cost Investec Songo Specialized the stage win, which would eventually go the way of Alban Lakata and Kristian Hynek of Canyon Topeak
- 2. The Albanator put in an incredible effort to claim his first stage win at the Absa Cape Epic since 2010
- 3. Sabine Spitz and Robyn de Groot on their way to another podium finish

Stage 3's transition from Robertson to Worcester might have been the longest stage of this year's race, but with just 1 800m of ascent spread over 122km, it was also the flattest.

STAGE 3 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	Canyon Topeak	Alban Lakata	Kristian Hynek	4:17.14,1
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	5:04.32,7
Dimension Data Masters	Willier Force 7C 2	■ Massimo Debertolis	Ondrej Fojtik	4:45.44,8
Grand Masters	Meerendal CBC 2	Barti Bucher	Hans Juerg Gerber	5:12.04,9
Virgin Active Mixed	Journey by Junto	Nicky Giliomee	Brennan Anderson	5:27.45,2

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Investec Songo Specialized	Jaroslav Kulhavy	Howard Grotts	13:20.44,9
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	15:20.57,7
Dimension Data Masters	Willier Force 7C 2	■ ■ Massimo Debertolis	ondrej Fojtik	14:23.17,2
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	15:32.06,8
Virgin Active Mixed	Merida Argentina	Agustina Maria Apaza	Cesar Lettoli	16:50.44,1

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	Ellsworth - ASG	🔀 Hendrik Kruger	Stuart Marais	14:02.01,3
Absa African Women	dormakaba	Candice Lill	McDougall	16:39.41,8
Exxaro	Exxaro / PWC 1	Lucky Mlangeni	≥ Tshepo Tlou	15:48.00,4



DISTRICT





SINGLE





TAR



Adam Pulford @adam.pulford

Just to give you an idea of how rough the course is, here's a broken pedal from #CTSathlete Nick Schino. Smashed a rock. Can't say I've ever seen that from a Shimano pedal...





#teamdriepoot survived Stage 2 of the @CapeEpic and even had time for a selfie #8daysofradness



Euro Steel Sport @EuroSteelSport

It's Stage 3 of @CapeEpic and @AfricanMTBteam are putting their @PYGABikes to the test in today's 122km stage with rain starting to fall as riders head off on their personal journeys. Good luck









SEBASTIAN KIENLE



"It was pretty nice to have a stage that had some moisture in the air. It was totally different. The scenery and views were so diverse. I enjoyed the singletrack a lot."



ANNIE LAST



"The route was amazing. I enjoyed it, there was a perfect mix of single-track and climbs."



SIPHOSENKOSI MADOLO



"It was a good day. It actually was perfect! It was great to see all the support along the route as well."



AMY HORSTMEYER



"It was tough, but I had fun on the Land Rover technical section. I gassed it through there! I also enjoyed the singletrack."



YACOOB JAFFAR



"It was an excellent stage. The long climbs and long flat sections made for a more flowing stage and that I enjoyed."



VERITYAPPLEYARD

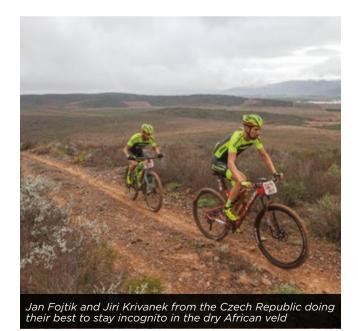


"Today was perfect. The tail wind at the end helped a lot to make those last kilometres with tired legs easier."





Michael Posthumus laying down a watt barrage equivalent to that of Thor's







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EPIC IN NUMBERS



MALE YOUNGEST FINISHER 18 OLDEST FINISHER 70



FEMALE

YOUNGEST FINISHER 19 OLDEST FINISHER 61



1370 **AMABUBESI CLUB MEMBERS**

RIDERS FROM INTERNATIONAL COUNTRIES

Spain 12%



Switzerland 10%



USA 9%



Germany 7%



Italy 6%



INTERNATIONAL PARTICIPANTS

TEMPERATURE RECORDED ON **HYENA'S GPS** STAGE 5



178 FARMS **CROSSED**



FASTEST 25.61 km/h **SLOWEST** 12.03 km/h avg speed



CLIMBING

3 0 M

DISTANCE

6 5 3 KM



OLYMPIC MEDALLISTS



WORLD CHAMPIONS

THANK YOU

FOR FOLLOWING US



38 106 FOLLOWERS



74 610 FOLLOWERS



118 267 FOLLOWERS



6 379 160 VIEWS



DIMENSION DATA

WIFI IN ALL RACE VILLAGES



8TB DATADURING EVENT



3.5KM OF FIBRE



50 ACCESS POINTS



2 900KG CHICKEN

1100KG

PASTA

600KG

OATS

4 080

BARS

4000

BANANAS

SNACK



80KGPEANUT BUTTER



8 600 CROISSANTS



22 000 CUPS OF COFFEE



5 440 CHEESE CUBES



5 500BABY POTATOES



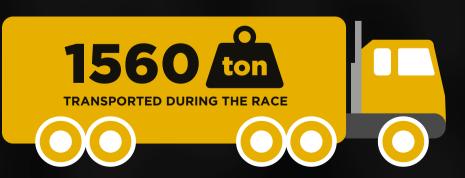
62 PRY LUBE USED



9 540 COCA- COLA
CONSUMED



11 800 CONCENTRATED ENERGADE





WELLINGTON

HUGUENOT HIGH AND PRIMARY SCHOOLS

Wellington is characterised by beautiful Cape Dutch homesteads, perfectly manicured gardens and numerous wineries.

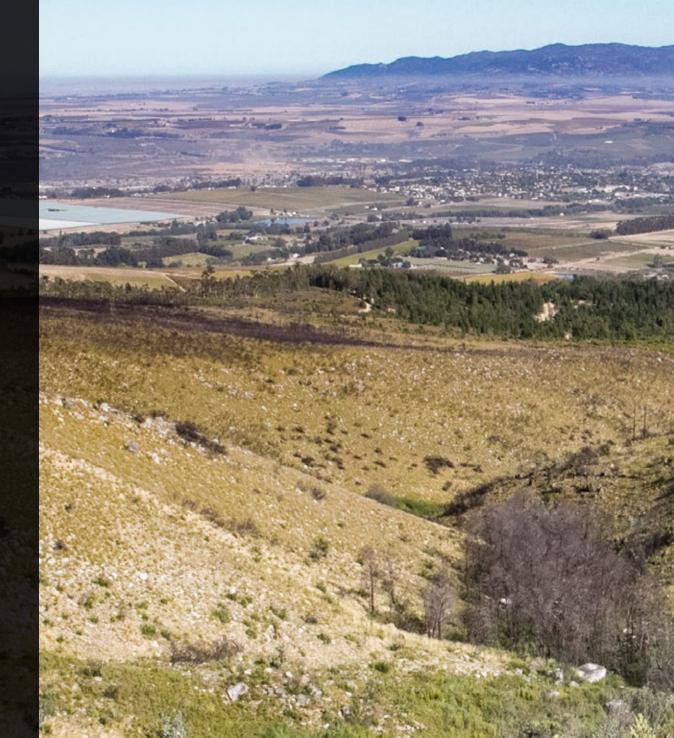
Situated in a valley, the town is surrounded by fruit orchards, wine estates, buchu plantations and olive groves, and is best known for its dried fruit industry, wines, table grapes and an award-winning distillery.

The historic Bain's Kloof Pass was built by master road builder Andrew Bain in 1854, and is a favourite of travellers and cyclists. It sports unsurpassed vistas, a variety of indigenous flora and fauna, and crystal-clear streams and rivers. Visitors can also enjoy guided wine-walks and horse-trails through the rich farmland and fynbos around the town. Wellington's vine-cutting nurseries are responsible for the production of approximately 80% of the country's vine root stock for the wine industry.











STAGE 4

THURSDAY, 22 MARCH

After a solitary night in Worcester at the HTS Drostdy, the race transitions to Huguenot High and Primary Schools in Wellington, via a testing 113km/1 800m 'Queen Stage' course. And this super-brutal stage would deliver a battle royal for supremacy in the Men's category, and a gift to women's leader Annika Langvad on her birthday. But the drama begins even before the firing of the start gun, when Team Spur's gutsy Githa Michiels, lying second in the Women's category with Ariane Lüthi, has to pull out with a fever shortly before the start.

START LOCATION

HTS Drostdy

DISTANCE

113km

RATING









FINISH LOCATION

Huguenot High and **Primary Schools**

CLIMBING

1800m













In theory, this year's Queen Stage wasn't particularly intimidating; but the terrain made up for the supposed lack of elevation – in a very big way. Loose rocks, energy-sapping sand, sketchy descents and sky-scraping climbs – not to mention the cumulative effect of the three previous 100km-plus stages – made this a noticeably tough course, and a nightmare for the back markers. For the sharp end of the field, however, it was just another day at the office.

Cross-country specialists Manuel Fumic and Henrique Avancini (Cannondale Factory Racing) were on a mission to make up for their tactical mistake on Stage 3, when they'd relinquished their lead and yellow jersey to Investec Songo Specialized.

Alban Lakata and Kristian Hynek (Canyon Topeak) pushed the pace of the leading pack early in the stage, in a ploy to hurt Howard Grotts of Investec Songo Specialized. It worked – and Grotts, the first American to wear the yellow zebra jersey, had no choice but to call on his powerful partner, Jaroslav Kulhavy, for assistance.

Prologue winners Daniel Geismayr and Nicola Rohrbach (Centurion Vaude) showed their intentions early by taking the Dimension Data Hotspot, but their advantage was short-lived, after multiple attacks by Cannondale put them – as well as the two Bulls teams, Buff Scott MTB, and Investec Songo Specialized – in the hurt box.

For the third stage in a row Investec Songo Specialized suffered a puncture, with Canyon Topeak succumbing to a similar fate. Holding on to their yellow jerseys looked highly unlikely for Specialized, but Kulhavy had other plans.

Cannondale Factory Racing continued their assault up the loose and sandy 'Thudbuster' climb, consolidating a three-minute lead, with Centurion Vaude, Buff Scott MTB and Bulls a further 20 seconds adrift. With Cannondale just up the road, Centurion Vaude pulled off an attack of their own at the base of Bain's Kloof Pass, which would prove to be the move of the day. They then reeled in Cannondale Factory Racing, who were experiencing some mechanical issues themselves, attacking just before the summit. The Investec Songo Specialized Express, driven by Jaroslav Kulhavy, fought back strongly, with Buff Scott MTB's Francesc Guerra and Luis Pinto, and Karl Platt and Urs Huber (Bulls), following close on their heels.

Despite the late charge by Investec Songo Specialized, Centurion Vaude took the spoils eventually, sending a stern warning to their rivals. And despite their sizeable early lead, Cannondale Factory Racing finished the stage in fifth place.

In the women's race, Langvad celebrated her birthday by winning what she called a 'super-brutal' stage, and extended Team Investec Songo Specialized's lead in the Women's category to a near-unassailable 32 minutes.

At the stage finish, Langvad and Courtney were over eight minutes ahead of Mariske Strauss and Annie Last (Silverback-KMC), with Robyn de Groot and Sabine Spitz (Ascendis Health) just more than a minute further back.

At this point, the real battle in the Women's category was for the next two steps of the podium, with Strauss and Last holding a nine-minute advantage over De Groot and Spitz.

- 1. Annie Last and Mariske Strauss taking in a bit of 'recovery' on the Queen Stage
- 2. Julian Jessop and Matthys Beukes moved onto the top step on the Absa African Men's special jersey competition after convincingly winning the stage
- 3. Daniel Geismayr and partner Nicola Rohrbach won the Dimension Data Hotspot but were unable to stamp their authority after multiple attacks left them with no response

STAGE 4 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	Centurion Vaude	Nicola Rohrbach	Daniel Geismeyr	4:26.22,6
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	5:13.14,0
Dimension Data Masters	CST Sandd A. Eagle AAZ	Bart Brentjens	Abraao Azevedo	4:50.34,6
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	5:14.12,9
Virgin Active Mixed	Journey by Junto	Nicky Giliomee	Brennan Anderson	5:38.45,4

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Investec Songo Specialized	Jaroslav Kulhavy	Howard Grotts	17:47.25,3
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	20:34.11,7
Dimension Data Masters	CST Sandd A. Eagle AAZ	Bart Brentjens	Abraao Azevedo	19:32.26,5
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	20:46.19,8
Virgin Active Mixed	Journey by Junto	Nicky Giliomee	Brennan Anderson	22:32.04,4

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	PYGA Euro Steel	Matthys Beukes	🔀 Julian Jessop	18:45.22,7
Absa African Women	dormakaba	Candice Lill	McDougall	22:12.00,4
Exxaro	Exxaro / PWC 1	Eucky Mlangeni	Tshepo Tlou	21:14.43,0



DISTRICT



SINGLE

FARM

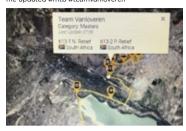


TAR



Bonita Malherbe @bonitamalherbe

In lieu of not being able to tag along further, I'm glad to have the #capeepic2018 #livetracker to keep me updated #mtb #teamvanloveren





Ben Lerch @ben_lerch

cycling, especially mountain biking has been a big part of my life. coming to work at the @capeepic is good fun!







CHRISTIAN VANDE VELDE

"Today was really hard. The Queen Stage did not disappoint. I had to keep so much focus in the rocky sections"



JOSE HERMIDA

"It was a tough one. It was the Queen and King Stage in one! Felt like I was riding on the beach, but there was no sea. It was an experience for sure. True Epic style."



WILLIAM SIMPSON

"It was a proper Cape Epic stage. Singletrack was amazing, even though it was hard to get through."



MIKE NIXON

"Today felt like it would never end. The singletrack was a monster. Queen Stage without a doubt. And you don't get queen stages for free."



PIETER VAN HEERDEN

"This is a stage that shows what the Cape Epic is all about."



JAMES HAGEN

"It was brutal. Especially after four days in the saddle already. Happy to be at the finish-line."







Arno Du Toit and Timothy Hammond of SPOT Africa keeping a watchful eye on the technical terrain







FRIDAY, 23 MARCH

With a brutal 39km/1 430m to negotiate, there's no hiding from the race's first time-trial in seven years. It's not just the route profile, but also the heat and humidity that will wreak havoc on the lower rungs, where the full brunt of the sun will make itself known. The mercury may reach 42

degrees at one point, but determination will win the day, as hundreds of amateurs scythe down the infamous Cool Runnings descent of Welvanpas – with big grins on their faces. For the professionals, however, there's no holding back, as the hunt for category honours intensifies.

START LOCATION

Huguenot High and Primary Schools

FINISH LOCATION

Huguenot High and Primary Schools

DISTANCE

39km

1430m

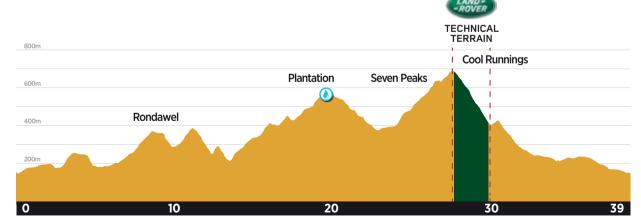
CLIMBING



RATING

















On paper, the time-trial course looked to favour the cross-country specialists – more specifically Cannondale Factory Racing, and Prologue winners Centurion Vaude; but route profiles can be deceiving.

It appeared that Stage 4's heroic efforts had caught up with Cannondale Factory Racing's Manuel Fumic and Henrique Avancini, who looked out of sorts for most of the route; Avancini in particular took tremendous strain on the climbs.

"We rode really hard, and took some risks," said Avancini later. "We gave it a shot, but we had no legs. It is what it is."

Cannondale Factory Racing would eventually finish fifth; and with that result, they dropped one place below Alban Lakata and Kristian Hynek (Canyon Topeak) on the general classification, to third overall. And after winning the previous day's Queen Stage, Centurion Vaude's Daniel Geismayr and Nicola Rohrbach finished in a disappointing seventh place.

In the end, the day belonged to Investec Songo Specialized, who showed not a sign of weakness throughout. Kulhavy and Grotts asserted their dominance in a flawless display, closing down Cannondale Factory Racing – who had started three minutes ahead of them – within the first 20km.

For the first time in the 2018 event, there was some uncertainty about the result in the Women's category



for much of the stage. A resurgent Sabine Spitz and Robyn de Groot (Ascendis Health) led by 31 seconds through halfway, and ended up just 12.5 seconds down. But at the end of a tough ride, the seemingly unstoppable Annika Langvad and Kate Courtney collected their sixth win from six days of racing.

While their margin of victory was small, the Danish multiple World Champion and her young American sidekick extended their overall lead by a further two minutes 52 seconds over Annie Last and Mariske Strauss (Silverback-KMC), second overall, who had come third on the stage.

Meanwhile, the gap between Investec Songo Specialized and Silverback-KMC on the general classification had grown to an almost unassailable 35 minutes.

- 1. Stage 5's 39km time-trial proved to be a brutal course punctuated by steep climbing and white-knuckle descents
- 2. The reward for all the climbing was the riveting Cool Runnings downhill singletracks of Welvanpas a favourite for many riders
- 3. It was a day of dominance for Jaroslav Kulhavy and Howard Grotts as they stamped their authority on the race with a superb display of cycling
- 4. The Land Rover Technical Terrain of Cool Runnings was loose and dusty and kept riders on their toes
- 5. It was a case of so close yet so far for Sabine Spitz and Robyn de Groot of Ascendis Health, who were pipped to the line by Investec Songo Specialized after an almost-certain win



STAGE 5 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	Investec Songo Specialized	Jaroslav Kulhavy	Howard Grotts	1:44.49,6
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	2:08.26,5
Dimension Data Masters	Willier Force 7C 2	■ ■ Massimo Debertolis	ondrej Fojtik	1:57.50,0
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	2:05.50,0
Virgin Active Mixed	Merida Argentina	🚾 Agustina Maria Apaza	Cesar Lettoli	2:23.31,1

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Investec Songo Specialized	Jaroslav Kulhavy	Howard Grotts	19:32.14,9
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	22:42.38,2
Dimension Data Masters	CST Sandd A. Eagle AAZ	Bart Brentjens	Abraao Azevedo	21:35.24,4
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	22:52.09,8
Virgin Active Mixed	Journey by Junto	Nicky Giliomee	≥ Brennan Anderson	24:57.40,0

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	PYGA Euro Steel	Matthys Beukes	Julian Jessop	20:38.04,9
Absa African Women	dormakaba	Candice Lill	McDougall	24:27.10,0
Exxaro	Exxaro / PWC 1	E Lucky Mlangeni	Tshepo Tlou	23:29.09,4



DISTRICT



FARM





SINGLE



Cheng Chak Shing @chengchakshing

@capeepic In the fifth stage, after taking medicine and resting, my body couldn't fully recover, but we will continue to work hard to finish the race!

Today's game is still held in Wellington. It is a difficult climbing stage, only 39km, but the accumulated climbing height reaches 1,430m, much steeper than the previous long distance stages. We will start at 8:46am in Cape Town (2:46pm Hong Kong time). We can track our situation through Live Tracker! wish all the best!





Lux September @Lux_September

Alone in the mountains, u forge special relationships with strangers...because they give u hand or share water with u #CapeEpic2018





Marius Hurter

@CapeEpic perusing the profile some hard (another word for 'slow') climbs today!





BEN HOFFMAN

"It was really fun to ride this route. It was also a nice change to the previous days. The singletrack was amazing. This is a special place."



ERIKKLEINHANS

"It was fun, but hard. I really enjoyed the singletrack and there were sections of the route I have never ridden before, which made for a great experience."



JEREMY THOMSON

"I loved it. It was like a cross-country course and that suits me. The singletrack was incredible, and the punchy climbs made for an outstanding route."



PATRICK RENGANE

"First half was really hectic, but the singletrack was nice and flowing and that rewarded us."



COLLETTEBASTARD

"It was awesome. It had great singletrack and lots of climbing. A full-throttle day."



PATRICIO DIAZ

"The singletrack was entertaining and made for some memorable riding."



Landscapes from the Absa Cape Epic - Wellington's trails are set within an intimidating but appreciably beautiful setting



Amy McDougall and Candice Lill rode consistently and extended their lead at the top of the Absa African Women's special jersey race



Dylan Rebello and Marco Joubert claimed third spot in the Absa African Men's special jersey race on Stage 5 - well deserved after a few days of bad luck





2018 ABSA CAPE EPIC RIDE REVIEW 53

STAGE 6

SATURDAY, 24 MARCH

The finish line now well and truly in sight, two hurdles still remain between riders and a finisher's medal at Val de Vie Estate - Stages 6 and 7. The trails in and around Wellington on Stage 6 offer a superb mix of singletrack; but with 2 000m of vertical ascent spread over 76km, the route will

prove incredibly difficult, especially after a taxing time-trial the day before. For the racing men the stage will be anything but easy; and with several teams still in with a shot at overall honours, it's anybody's race to win...

START LOCATION

Huguenot High and **Primary Schools**

FINISH LOCATION

Huguenot High and **Primary Schools**

DISTANCE

76km

RATING







CLIMBING

2 000m













Attacks came quickly and at regular intervals on this stage. Cannondale Factory Racing's Henrique Avancini made his ambitions known early, when he and Manuel Fumic sent the leading group into a frenzy of watts and panic. Canyon Topeak and Centurion Vaude had no choice but to follow, in a fast-paced first hour of racing that would see Nicola Rohrbach hit the deck in a crash – from which he and teammate Daniel Geismayr would never fully recover.

"Today we rode for the GC," said Avancini. "We had two goals: to get clear of Centurion Vaude, and to get back our second place from Canyon Topeak. That's why we put the pressure on early, and kept the pace high."

After riding at a measured pace for most of the morning, Investec Songo Specialized finally made their move on the 'Green Mamba' – a long, steep brute of a climb. Cannondale Factory Racing were unable go with the attack, and were forced to fall back on damage control for the remainder of the stage. For the Czech Express and his partner, Howard Grotts, it was full speed ahead; the two rode a faultless final 35km and consolidated their lead.

"It was a pretty good day for us. We knew the profile would suit us, so we put pressure on from the start," said Fumic. "We led for most of the stage; we tried to press on all the time, and put the other guys in the hurt box. Investec Songo Specialized attacked us on the Mamba climb. We had nothing left, but we saw Canyon Topeak were taking strain, so we kept the pace on to get the gap and extend it."

The tactic worked; and after initially marking Cannondale's continual attacks, Canyon Topeak's Alban Lakata was unable to match the intensity and fell off the pace. Canyon Topeak eventually finished Stage 6 in fifth position, surrendering their four-second lead and second-place position on the general classification to Cannondale Factory Racing.

"Today, Investec Songo Specialized showed that they are unreachable," said a dejected Lakata. "They are both in impressive shape. We lost second; but tomorrow, we will try again. It was a proper fight with Cannondale, so let's hope the legs are there tomorrow to close that gap."

Jaroslav Kulhavy was pleased with the way he and partner Grotts performed on Stage 6. But as he said, the race would not be over until they'd crossed the finish line at Val de Vie Estate on the Grand Finale day. Still, their lead grew to well over eight minutes; barring any misfortune, the race would be theirs for the taking.

Illness and injury continued to be the spectres hanging over the women's race, and once again they influenced the podium, with an obviously ill Mariske Strauss and partner Annie Last forced to concede second position.

Their result, in conjunction with an impressive ride by Robyn de Groot and Sabine Spitz, meant the Ascendis Health pair would move into second overall – a distant 46 minutes back from Investec Songo Specialized, but six minutes up on Strauss and Last.

- 1. The women's race was at this point a one-way traffic affair as Investec Songo Specialized put in another unstoppable performance on Stage 6
- 2. The Czech Express, Jaroslav Kulhavy, dancing on his pedals and laying down the hurt
- 3. dormakaba 2's Carmen Buchacher scything through Wellington's famous singletrack rollercoasters

STAGE 6 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	Investec Songo Specialized	▶ Jaroslav Kulhavy	Howard Grotts	3:09.08,5
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	3:46.34,4
Dimension Data Masters	Willier Force 7C 2	■■ Massimo Debertolis	ondrej Fojtik	3:25.28,7
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	3:44.22,0
Virgin Active Mixed	Journey by Junto	Nicky Giliomee	Brennan Anderson	4:07.41,1

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Investec Songo Specialized	Jaroslav Kulhavy	Howard Grotts	22:41.23,4
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	26:29.12,6
Dimension Data Masters	Willier Force 7C 2	■ Massimo Debertolis	Ondrej Fojtik	25:02.54,5
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	26:36.31,8
Virgin Active Mixed	Journey by Junto	Nicky Giliomee	■ Brennan Anderson	29:05.21,0

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	PYGA Euro Steel	Matthys Beukes	🔀 Julian Jessop	23:55.07,7
Absa African Women	dormakaba	Candice Lill	McDougall	28:23.14,7
Exxaro	Exxaro / PWC 1	Lucky Mlangeni	Tshepo Tlou	27:20.46,0



DISTRICT







SINGLE



Frans Claes @frans_claes

In a real war with myself today at the @capeepic stage 6. Still dont know who won at the end ?! Finished at the 13th spot, but we weren't the only team which was suffering out there, and we saved our 8th place in the 6C. My teamle felt strong like a and I hope we will have both "superb" legs for a superb Grand Finale tomorrow. Give us a last cheer please! We will need it! - the 'Kulu Manzi Potent's superb and the superb is the superb is a last cheer please! We will need it! - the 'Kulu Manzi Potent's superb is superb is superb is superb is superb is superb in the superb in the superb in the superb is superb in the superb in the superb in the superb is superb in the Project' - team 16.





Chris Lentjes @chrislentjes

Stage 6 - Cape Epic - Wellington. Such an amazing place to mountain bike. Great single track, decent mountains and great people. Lots of dust out there today but beautiful weather. One day to go!





The sweetest reward at the end of another tough day in the saddle. Stage 6 #AbsaCapeEpic2018 done and dusted. Tomorrow we take it home







MICHELE CASAGRANDE

"This was the best stage. The singletrack awesome, views beautiful and weather perfect."



NICKY GILIOMEE



"There was lots of climbing and singletrack. The trails are amazing. Everybody involved is doing an incredible job to maintain it."



PAUL COETZEE



"It was a bit tougher than we thought. But we had so much fun on the awesome trails that it didn't matter."



VERITYAPPLEYARD



"Fun day without a doubt. I had some crazy moments on the rough downhill!"



REINETTEGELDENHUIS



"The weather made for a perfect day and the trails were stunning."



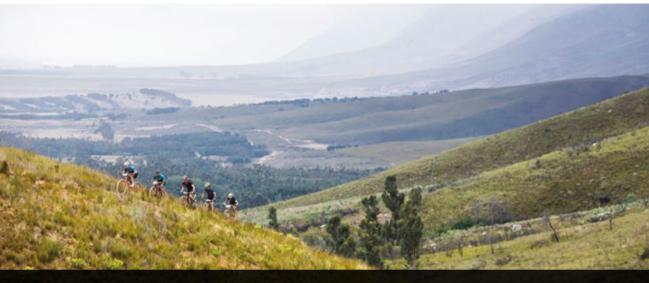
JOHAN VAN DER MERWE



"It was not the easiest stage, but the most enjoyable."



David Garrett shows no signs of tapping off as he piles on the power



Sometimes it's worth just looking around and taking in the pure beauty of the Western Cape and its surrounds



Emeric Turcat from France enjoying the local support from the children along the route



Former Exxaro special jersey winner, Phillimon Sebona looking calm and collected



The Absa Cape Epic attracts interest from riders from all around the world - Ingus Ozolants of Latvia on course for his first finish

CREW & VOLUNTEERS

























VAL DE VIE

PAARL

The idea behind Val de Vie was sparked 30 years ago, when Martin Venter dreamed of a place in the Cape Winelands that his family could call home. For many years he searched for the ideal location, and in 2001, while flying over the Paarl Valley, he found it. Alongside the Berg River lay a wine farm dating back to 1783: this would be the 'Valley of Life' he'd dreamed of. Martin took on the challenge of transforming the sand mine that was then in operation on the site into a lush paradise. Today, the land is a flourishing estate, and Martin's dream has been realised.











GRAND FINALE

SUNDAY, 25 MARCH

Just 67km and 2 000m of vertical gain stand between the riders and a finisher's medal. This year's Grand Finale is arguably the toughest in the Absa Cape Epic's 15-year history. With four beastly climbs punctuating the course, even the sharp end of the field will feel every metre. And despite their eight-minute cushion over

Cannondale Factory Racing's Manuel Fumic and Henrique Avancini, Investec Songo Specialized will have to mark every attack and pray for a mechanical-free day, following a spate of unlucky events earlier in the race. But for every rider, glory waits on the other side of the mountain.

START LOCATION

Huguenot High and **Primary Schools**

FINISH LOCATION

Val de Vie Estate

DISTANCE

67km



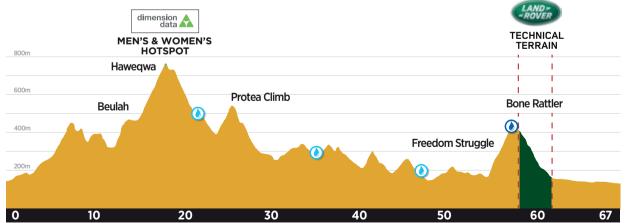
RATING







CLIMBING 2 000m













On this final day, it was to be a case of something old and something new on the top step of the 2018 Absa Cape Epic podium in both the Men's and the Women's categories, where experienced campaigners triumphed with new partners.

Cannondale Factory Racing were first to make a move, together with Centurion Vaude; but these early attacks would prove futile, as both teams struggled to respond to the counterattacks launched by Trek Selle San Marco 2, Buff Scott MTB, Canyon Topeak and Investec Songo Specialized.

The Trek Selle San Marco 2 pairing of Fabian Rabensteiner and Michele Casagrande attacked and took the sprint on the Dimension Data Hotspot, opening up a 20-second gap in the process. Further back, Cannondale Factory Racing were struggling to maintain their rhythm, and risked losing their overall podium to the dark-horse Buff Scott MTB pair, who got stronger as the race progressed.

Canyon Topeak had a bit of a scare on the final descent, after Kristian Hynek suffered a puncture. But with Cannondale Factory Racing breathing down their necks just a few minutes down, Hynek was quick to fix the leak, and the two managed to hold on to second place on the general classification.

For Investec Songo Specialized it was a case of minimising unnecessary risk – particularly on the Bone Rattler descent which was negotiated carefully. Their strategy paid off; and despite gifting the stage to Trek Selle San Marco 2, they rolled across the finish line at Val de Vie Estate as deserved champions after eight days of consistent riding.

In the Women's category, Langvad and Courtney's perfect party was gatecrashed by the PMRA/CST Racing team of Margot Moschetti and Raiza Goulao, who spoiled their clean sweep by winning the Grand Finale.

The French/Brazilian pair were followed home by South Africans Candice Lill and Amy Beth McDougall (dormakaba), who also wrapped up the inaugural Absa African Women's special jersey, ending fourth overall.

Sabine Spitz and Robyn de Groot (Ascendis Health) claimed third on the stage, just ahead of the race winners, which secured their runner-up spot on the overall standings. Annie Last and Mariske Strauss (Silverback-KMC) limped to the finish in fifth position to secure the final step on the overall podium.

Further back, however, the real heroes of the race were making their way to Val de Vie Estate, after eight days of physically demanding riding. All the hard work, dedication and sacrifice culminated in a moment of exuberance and triumph, as each of the hundreds of amateurs added their names to the Epic Book of Legend.

The Absa Cape Epic is not just a race; it's a rite of passage that challenges everyone who rides it, and instils in them a spirit and resilience that can never be taken away.

- 1. One of the toughest Grand Finale's in Absa Cape Epic history. Annika Langvad and Kate Courtney end eights days at the top of the pile
- 2. For many, just finishing the Absa Cape Epic represents the realisation of a personal dream a symbol of hard work, sacrifice and resilience
- 3. Despite a comfortable lead at the top of Men's category, Investec Songo Specialized claim second position on the day and with it, overall victory

STAGE 7 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	Trek Selle San Marco 2	■ Fabian Rabensteiner	■ Michele Casagrande	2:47.37,5
Women	PMRA/CST Racing	■ Margot Moschetti	Raiza Goulao	3:22.00,8
Dimension Data Masters	Absa - WBR	George Hincapie	Christian Vande Velde	3:04.54,1
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	3:25.48,1
Virgin Active Mixed	Cikla - Toscana - JAC	Felipe Egues Espinosa	🟜 Ana Idrovo	3:41.21,5

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Investec Songo Specialized	Jaroslav Kulhavy	Howard Grotts	25:29.48,9
Women	Investec Songo Specialized	Annika Langvad	Kate Courtney	29:57.06,5
Dimension Data Masters	Willier Force 7C 2	■ Massimo Debertolis	► Ondrej Fojtik	28:10.55,2
Grand Masters	Robert Daniel	Robert Sim	Udo Boelts	30:02.19,9
Virgin Active Mixed	Journey by Junto	Nicky Giliomee	E Brennan Anderson	32:47.08,0

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	PYGA Euro Steel	Matthys Beukes	💹 Julian Jessop	26:54.46,3
Absa African Women	dormakaba	Candice Lill	McDougall	31:48.17,1
Exxaro	Exxaro / PWC 1	Lucky Mlangeni	≥ Tshepo Tlou	30:47.19,8



DISTRICT



SINGLE 13%

<u>FAR</u>M



0%

TAR



Specialized Women @iamspecialized_wmn

Big congratulations to @annika.langvad and @kateplusfate on their #capeepic win! You rule!











To our heroes. Your epic journey this past week may be over, but your willpower, strength and sportsmanship will inspire us forever. We look forward to your next one. Love the children of the Anna Foundation







BRENNAN ANDERSON

"It was the last day, but still tough with lots of climbing to make you appreciate the finish line even more."



DWAYNELAUBSCHER

"This is the most beautiful valley with excellent trails."



GARY KIRSTEN

"There were some nasty hills, but riding together as the Land Rover group made today the most special of all."



CARLOS SPENCER

"I left it all out there today; actually everyday. At the Cape Epic there is no such thing as an easy day and this whole experience is not a physical one, but also a very emotional one."



MARTIN DREYER

"When you are up in the mountain you can actually see the finish line before you do some more riding. This is the perfect end to it all."



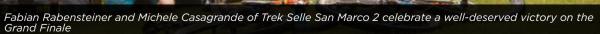
NICKEY BOTES

"Good final stage I think. Good mix of climbs and singletrack."



Nearly there. One last descent looms - the treacherous Bone Rattler



























NEW AMABUBESI MEMBERS



Nicola Rohrbach Damiano Ferraro Henrique Avancini Matthew Beers Fabian Rabensteiner

Hein Du Toit Ianus Oosthuizen Timothy Hammond Jurgens Uvs

Ibon Zugasti Chanan Weiss Sabine Spitz Paris Basson

Massimo Debertolis

Urs Geria Nicky Giliomee Yuval Fridman Paul Dalton Cobus Snyman

James Ross-marsh

Dirk Pauling Adriaan Voges Michael Mever

Mayalen Noriega Belausteguigoitia

Matt Dickson Angelo Casu Jaco Carstens Nicholas Mingay Leon Jacobs Felix Prinz Johan Louw Oscar Tait Matthieu Tanke

Kathy Milne Lolita Van Aardt Cristiano Solak Oleg Naumov Teresa Coetzee Plewman Meinties Jaap Bevers Charles Swart

Soraya Senao Fernandez Beatriz Gallego Carbaio Victor Palomar Asenio Tomás Misser Vilaseca Chak Shing Cheng

Thedo Visser David Klabin Andre Brand Mike Russon

Andi Ettlin

Jacques Van Heerden Kevin Rodnev Benkenstein

Erik Knoetze Philip Vermeulen Piet Du Toit Jessica Knight Dane Coppin Freddie Mever Nico Johannes Kotze

Yolandi Kotze Mark Olivier Sean Greve Steve Amos Pieter-ben Pienaar Denham Gosling

Dwain Butler Louis Bekker **Brand Pretorius** Justin Jefferv Stephen Brown Luyanda Thobigunya Frasmus Pretorius Christopher Grundberg Bryan Nicholson Nicholas Hops Marco Marques Fredrik Norrby Gerhard Jnr Mans Garv Kirsten Maurice Mdlolo Khulekani Nacongo

Grant Hall Maruis Marais Cameron Adams Fiord Jordaan Robert Pearse Lammert Oosthuizen **Gregor Henast** Christiaan Marais Craig Mackintosh Jeremy Mackintosh Simeon Niederer Henlo Webber Hein Knacke Jaco Ferreira Tomer Osher

Barbara Ihriq

Sergio Madonna

Gary Tullis Rvk Van Niekerk Cesar Bogunovich Johan Mever Paulo Ferreira Leonard Martin Silvio Suardi Julian Buelvas Gabriel Baeza Gabriel Ravasio Bernd Barbrock Alex Mason-apps Tom Wetton Tom Murray Vaughan Van Eden Grant Watson

Brett Van Coller Gavin Griggs Paul Albertus Van Jaarsveld

Johannes Marthinus Joubert William Keith Timothy Blegenhout Coenie Van Eck

Jan Huyse Jan Gabris Simon Nicks Robert Bateman Deon Van Vuuren Henry Angove Jeane Nel













THE LAST LIONS

The Untamed African MTB Race is a significantly difficult beast even to attempt to tame; no matter how good your preparation, there's always the possibility of external factors coming into play: a crash, a mechanical, even illness. These are realities that everyone who lines up at the Prologue knows might cross their path at one time or another.

Only four riders have completed every Absa Cape Epic since its inception in 2004: Hannele Steyn, Mike Nixon, John Gale and Craig Beech. An amazing achievement for each of them, considering that many of the strongest and most decorated professionals in the world have succumbed to one or more of the factors listed above. These individuals are known as the Last Lions; a group of four mentally and physically resilient riders, that will eventually be whittled down to one – the Last Lion.

We asked 15-time finisher Craig Beech a few questions about the 2018 edition, his partner, and what keeps him coming back for more every year.

Choosing a partner is often a tougher exercise than training for the event itself. How did you meet Songo Fipaza, and why did you choose to ride the Absa Cape Epic all those years ago?

Songo and I became friends in 2004, just before the first Absa Cape Epic. We have a mutual friend in Deane Hill, who also lived in Kavamandi at that time. In 2013, Deane started a youth programme for Kavamandi called 'Vision-K' (for Kavamandi). and Deane, Songo, Alberto Puddu and I rode the inaugural 2004 edition to promote the work of Vision-K. Songo has gone on to do amazing work with Songo.info. which celebrated its 10-year anniversary this year.

How did this year go for you and Songo, as a team?

The past few years have been challenging for me from a personal health point of view, but I was happy I could have fun on the bike. As a team, Songo and I rode well. Songo is such a strong man. He is doing his fourth IRONMAN this year, and he's only been swimming for four years. We rode well together, and enjoyed the experience.

Every Absa Cape Epic is a lot about how partners engage, encourage and carry each other. It was no different this year. What impressed me most was the way Songo approached the race - he hasn't done much mountain biking, as he's been training for IRONMAN. Despite this, he managed the challenging, technical route - which is the riding I enjoy most - very well. I would love to ride with Songo again: I hope he shares the sentiment.

What does it mean for you to be one of the four Last Lions?

I love the challenge. I don't do many races and events, due to work and travel schedules; and having been involved with the race since the very beginning, both from a mapping and a

participatory aspect, let's say it has become an important event on my annual calendar. Or. should I say, 'our' calendar - without the support and acceptance of my wife Marina, things would be way trickier for the time and vacation commitment

Regarding the Last Lions - well. I think I could be seen as the last of the Last Lions... across the finish line! There are so many variables at play, leading up to and during each Absa Cape Epic; and any one of those variables going even slightly wrong can mean the difference between finishing, and going home early. Being a Last Lion can be attributed to a lot of good fortune.

More importantly, will you be back on the start line for the 2019 Absa Cape Epic?

Absolutely, yes! I'm always hoping to be fitter and better conditioned.

- 1. Craig Beech and Songo Fipaza celebrating eight days of teamwork
- 2. John Gale offers a smile on his way to finish number 15
- 3. Last Lioness Hannele Steyn is the only woman to have finished every Absa Cape Epic
- 4. Mike Nixon rounds off the fabulous four. This year he represented Team Land Rover Above & Beyond







OVERALL RESULTS

GC CAT Time	Team [Category] Race-Number Name (Country)	GC CAT Tim	e	Team [Category] Race-Number Name (Country)
1 1 25:29.48,	9 InvestecSongoSpecialized [Men] 2-1. Jaroslav Kulhavy (Czech Republic) 2-2. Howard Grotts (USA)	35 4 29:0	0.42,3	Absa - WBR [Masters] 70-1. George Hincapie (United States of America) 70-2. Christian Vande Velde (USA)
2 2 25:39.27,4	Canyon Topeak [Men] 7-1. Alban Lakata (Austria) 7-2. Kristian Hynek (Czech Republic)	36 5 29:19	9.47,9	Podium-Today's Plan [Masters] 66-1. Nic Lamond (South Africa) 66-2. Paris Basson (South Africa)
3 3 25:43.01,8	Cannondale Factory Racing [Men] 6-1. Manuel Fumic (Germany) 6-2. Henrique Avancini (Brazil)	37 32 29:3	1.50,1	UCT Dab Kings [Men] 40-1. Luke Evans (South Africa) 40-2. Richard Damant (South Africa)
4 4 25:48.42,	2 BUFF SCOTT MTB [Men] 21-1. Francesc Guerra Carretero (Spain) 21-2. Luis Leao Pinto (Portugal)	38 33 29:3	5.50,4	UPGREAT LEHVOSS [Men] 465-1. Patric Tinner (Switzerland) 465-2. Simeon Niederer (Switzerland)
5 5 25:53.21,3	Centurion Vaude [Men] 3-1. Nicola Rohrbach (Switzerland) 3-2. Daniel Geismayr (Austria)	39 34 29:5	0.26,6	NFB Spine & Sport [Men] 32-1. Craig Uria (South Africa) 32-2. Andrew Duvenage (South Africa)
6 6 26:01.17,7	Trek Selle San Marco 2 [Men] 15-1. Fabian Rabensteiner (Italy) 15-2. Michele Casagrande (Italy)	40 1 29:5	7.06,5	Investec Songo Specialized [Women] 54-1. Annika Langvad (Denmark) 54-2. Kate Courtney (United States of America)
7 7 26:13.41,2	BULLS 2 [Men] 12-1. Simon Stiebjahn (Germany) 12-2. Tim Bohme (Germany)	41 1 30:0	2.19,9	Robert Daniel [Grand Masters] 75-1. Robert Sim (South Africa) 75-2. Udo Boelts (Germany)
8 8 26:15.02,8	KULU MANZI PROJECT [Men] 16-1. Frans Claes (Belgium) 16-2. Markus Bauer (Germany)	42 35 30:0	3.46,3	Mountain Tschopp [Men] 432-1. Emeric Turcat (France) 432-2. Sylvain Robert (France)
9 9 26:21.29,1	BUFF°-SCOTT MTB 2 [Men] 22-1. Miguel Muñoz Moreno (Spain) 22-2. Enrique Morcillo Vergara (Spain)	43 6 30:1	0.06,4	SCOTT-SRAM old dudes [Masters] 71-1. Thomas Frischknecht (Switzerland) 71-2. Urs Gerig (Switzerland)
10 10 26:29.18,6	BULLS [Men] 4-1. Karl Platt (Germany) 4-2. Urs Huber (Switzerland)	44 7 30:1:	2.10,4	Garmin Powerbar Masters [Masters] 84-1. Angus Alexander (South Africa) 84-2. Ben Melt Swanepoel (South Africa)
11 11 26:47.59,	Team Velofit Commit [Men] 382-1. Thomas Bundgaard (Denmark) 382-2. Benjamin Justesen (Denmark)	45 36 30:1	8.05,7	Qhubeka / Sappi [Men] 199-1. Frederick Rossouw (South Africa) 199-2. Warren Price (South Africa)
12 12 26:54.46,	3 PYGA Euro Steel [Men] 9-2. Matthys Beukes (South Africa) 9-1. Julian Jessop (South Africa)	46 2 30:3	1.41,8	Meerendal CBC 2 [Grand Masters] 72-1. Barti Bucher (Switzerland) 72-2. Hans Juerg Gerber (Switzerland)
13 13 27:02.33,	5 Ellsworth - ASG [Men] 44-1. Hendrik Kruger (South Africa) 44-2. Stuart Marais (South Africa)	47 37 30:3	1.50,2	Vredestein TMI [Men] 151-1. Matthieu Tanke (Netherlands) 151-2. Axel Bult (Netherlands)
14 14 27:04.26,	5 BULLS 3 [Men] 33-1. Martin Frey (Germany) 33-2. Simon Schneller (Germany)	48 38 30:3	4.41,1	Kidney Beanz Trust [Men] 36-1. Owen Green (Zambia) 36-2. Andrew Johnson (South Africa)
15 15 27:07.53,3	NAD MTB [Men] 10-1. Nico Bell (South Africa) 10-2. Matthew Beers (South Africa)	49 39 30:3	5.49,2	Giant/Recycles [Men] 86-1. Hannes Hanekom (South Africa) 86-2. Sakkie Hanekom (South Africa)
16 16 27:12.06,6	Trek-Selle San Marco [Men] 5-1. Damiano Ferraro (Italy) 5-2. Samuele Porro (Italy)	50 40 30:4	2.12,4	Ride with Pride [Men] 49-1. William Mokgopo (South Africa) 49-2. Sithembiso Masango (South Africa)
17 17 27:13.58,8	Price&bischi-bikes [Men] 27-1. Martin Fanger (Switzerland) 27-2. Simon Vitzthum (Switzerland)	51 2 30:4	3.35,7	Ascendis Health [Women] 52-1. Sabine Spitz (Germany) 52-2. Robyn De Groot (South Africa)
18 18 27:17.57,5	Imbuko Momsen [Men] 30-1. Dylan Rebello (South Africa) 30-2. Marco Joubert (South Africa)	52 41 30:4	7.19,8	Exxaro / PWC 1 [Men] 371-1. Lucky Mlangeni (South Africa) 371-2. Tshepo Tlou (South Africa)
19 19 27:23.22,4	4 SPOT Africa [Men] 29-1. Timothy Hammond (South Africa) 29-2. Arno Du Toit (South Africa)	53 3 30:5	0.22,1	Silverback - KMC [Women] 51-1. Mariske Strauss (South Africa) 51-2. Annie Last (England)
20 20 27:34.35,	4 Eric Favre MTB Racing [Men] 38-1. Joseph De Poortere-Emelien (France) 38-2. Andrea Righettini (Italy)	54 42 31:13	.01,1	NLI [Men] 436-1. Robert Pearse (South Africa) 436-2. Craig Denbury (England)
21 21 27:39.47,3	Canyon Topeak 2 [Men] 13-1. Erik Kleinhans (South Africa) 13-2. Jeremiah Bishop (United States of America)	55 43 31:14	.51,8	MCL [Men] 102-1. Oliver Munnik (South Africa) 102-2. Mark Pienaar (South Africa)
22 22 28:01.53,8	Orbea Factory [Men] 37-1. Ibon Zugasti (Spain) 37-2. Alberto Losada (Spain)	56 44 31:21	.16,5	Gear Group Powerbar [Men] 117-1. Rowan Grobler (South Africa) 117-2. Gregory Grobler (South Africa)
23 23 28:08.47,	7 PostNord [Men] 20-1. Calle Friberg (Sweden) 20-2. Henrik Sparr (Sweden)	57 8 31:23	3.38,4	Cannondale Powerbar [Masters] 603-1. Gael Mainard (France) 603-2. Christian Largier (France)
24 1 28:10.55,2	Wilier Force 7C 2 [Masters] 69-1. Massimo Debertolis (Italy) 69-2. Ondrej Fojtik (Czech Republic)	58 9 31:27	7.41,8	Prime Racing [Masters] 636-1. Moolman Welgemoed (South Africa) 636-2. Douglas Burger (South Africa)
25 24 28:14.34,6	MF IM Pro [Men] 185-1. Ben Hoffman (United States of America) 185-2. Sebastian Kienle (Germany)	59 45 31:28	3.10,2	Breedenet [Men] 43-2. Stephan Reyneke (South Africa) 43-1. Barend Burger (South Africa)
26 25 28:17.17,6	PYGA Euro Steel 2 [Men] 19-1. Phillimon Sebona (South Africa) 19-2. Pieter Du Toit (South Africa)	60 46 31:30	0.24,2	ADRS CSV SRS Fairtree [Men] 447-2. Daniel Mannweiler (Germany) 447-1. Christiaan Marais (South Africa)
27 2 28:22.29,	3 CST Sandd A. Eagle AAZ [Masters] 65-1. Bart Brentjens (Netherlands) 65-2. Abraao Azevedo (Brazil)	61 3 31:32	2.13,4	Cycle Lab KTM [Grand Masters] 316-1. Andrew Mclean (South Africa) 316-2. Joel Stransky (South Africa)
28 26 28:23.35,0	D Big Box [Men] 35-1. Jurgens Uys (South Africa) 35-2. Nicol Carstens (South Africa)	62 47 31:32	2.56,0	Elmos-Narviflex [Men] 165-1. Jurgen van den Broeck (Belgium) 165-2. Kurt Van den Broeck (Belgium)
29 27 28:25.05,	2 MITAS ETHICSPORT [Men] 31-1. Jan Fojtík (Czech Republic) 31-2. Jiří Křivánek (Czech Republic)	63 48 31:35	5.05,5	IXCOR PALLARES - IBOR [Men] 175-1. Eduard Iborra (Spain) 175-2. Carles Herrero (Spain)
30 3 28:28.51,5	Mornington Cycles / TRush [Masters] 642-1. Brad Clarke (Australia) 642-2. Rohin Adams (Australia)	64 10 31:35	5.31,0	Epic Israel [Masters] 110-1. Noam Schiller (Israel) 110-2. Gal Tsachor (Israel)
31 28 28:30.06,	0 KMC-EKOÏ-SRSUNTOUR [Men] 14-1. Jordan Sarrou (France) 14-2. Victor Koretzky (France)	65 11 31:36	5.12,8	USN Pynfabriek [Masters] 83-1. Daniel Newman (South Africa) 83-2. Fanie Venter (South Africa)
32 29 28:37.42,8	B TBELLES GAES CANONDALE 9 [Men] 220-1. Roberto Bou Martin (Spain) 220-2. Cristofer Bosque Ruano (Spain)	66 49 31:36	5.14,8	IMF Magelky/Allen [Men] 186-1. Kelly Magelky (United States of America) 186-2. Josh Allen (United States of America)
33 30 28:52.18,6	MERIDA FACTORY RACING [Men] 39-1. Jose Hermida (Spain) 39-2. Joaquim Rodriguez (Spain)	67 50 31:36	5.45,4	Velotek Sweden [Men] 233-1. Daniel Kumlin (Sweden) 233-2. Hampus Rinne (Sweden)
34 31 28:58.50,	5 William Simpson Nissan [Men] 24-1. Michael Posthumus (South Africa) 24-2. Derrin Smith (South Africa)	68 51 31:37	7.45,0	Quick-Step FloorworX [Men] 103-1. Cobus Snyman (South Africa) 103-2. James Ross-marsh (South Africa)
42 33 32:20.28,		69 52 31:40	0.31,3	Gear [Men] 126-1. Andrew Grobler (South Africa) 126-2. Guylin Van Den Berg (South Africa)
76 THE UNTAIN	IED AFRICAN MTB RACE			

GC CAT Time	Team [Category] Race-Number Name (Country)	GC CAT Time	Team [Category] Race-Number Name (Country)
70 12 31:46.04	2 Cosvic [Masters] 571-1. Stefano Maran (Italy) 571-2. Dino Pavan (Italy)	105 68 33:18.15,3	Teresa's Juicery [Men] 241-1. Ramon Comulada Perxachs (Spain) 241-2. Josep Rubio Vidal (Spain)
71 13 31:47.49,	4 GEDI EYE [Masters] 111-1. Gerard Dirks (South Africa) 111-2. Frikkie Hartog (South Africa)	106 69 33:21.23,1	PKF Octagon / Uniterm [Men] 439-1. Paul Jatho (South Africa) 439-2. Waldek Wasowicz (Poland)
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229 123 37:28.09,5	Arabella Arendsig [Men] 253-1. Jamie De Wet (South Africa) 253-2. Lourens Van Der Westhuizen (South Africa)	264 80 38:27.1	5,3 CANSA Active Go [Masters] 543-1. Ryan Lewis (South Africa) 543-2. Mike O'donovan (South Africa)
230 68 37:28.18,9	No Illusions of Grandeur [Masters] 115-1. John Bennett (South Africa) 115-2. Michael Meyer (South Africa)	265 137 38:29.0	O2,3 UCO [Men] 471-1. Cristiano Juliani (Brazil) 471-2. Thiago Schieber Saude Quinteiro (Brazil)
231 69 37:28.20,1	Business Technology [Masters] 312-1. Damian Jones (South Africa) 312-2. Thomas Barlow (South Africa)	266 81 38:29.4	14,3 Invictus [Masters] 538-1. Andy Millar (South Africa) 538-2. Martin De Villiers (South Africa)
232 21 37:30.52,1	Fat Bob [Grand Masters] 47-1. John Gale (South Africa) 47-2. Chanan Weiss (South Africa)	267 13 38:39.0	04,2 Material Boards [Mixed] 333-1. Franso Steyn (South Africa) 333-2. Colene Steyn (South Africa)
233 124 37:31.15,6	William Simpson Nissan 2 [Men] 586-1. William Simpson (South Africa) 586-2. Richard Simpson (South Africa)	268 138 38:39.1	5,5 Velominatus Mediclinic [Men] 475-1. Ivan Doncaster (South Africa) 475-2. Paul Coetzee (South Africa)
234 125 37:34.31,5	Cadence Cycling [Men] 479-2. Ian Smith (South Africa) 479-1. Chris Horter (South Africa)	269 82 38:41.5	6,2 Clemengold [Masters] 622-1. Colin Allkin (South Africa) 622-2. Robert De Rooy (South Africa)
235 126 37:34.48,1	PEak [Men] 441-1. Grant De Ridder (Netherlands) 441-2. Nathaniel Duarte (South Africa)	270 139 38:42.1	6,8 Gekrok en Bev#k [Men] 275-1. Johnathan Pretorius (South Africa) 275-2. David-john Van Der Merwe (South Africa)
236 127 37:35.35,0	West Bro's [Men] 195-1. Andrew West (South Africa) 195-2. Paul West (South Africa)	271 83 38:42.2	23,5 Extreme Scene [Masters] 616-2. Gavin Pfister (South Africa) 616-1. Dominic Bright (South Africa)
237 8 37:36.42,0	Amstellation [Mixed] 506-1. Wikke Tuinhout (Netherlands) 506-2. Sander Bokelman (Netherlands)	272 140 38:43.3	39,3 Yibalois [Men] 483-1. Jaime Alcaraz Freijo (Spain) 483-2. Javier Llinares (Spain)
238 70 37:37.53,9	Solak [Masters] 160-1. Jose Correia Pinto Filho (Brazil) 160-2. Cristiano Solak (Brazil)	273 25 38:44.	35,8 Crank in Laws [Grand Masters] 234-1. Stephen Davies (Australia) 234-2. Paul Riordan (New Zealand)
239 9 37:39.58,7	ZZ [Mixed] 522-1. Xixi Zhang (China) 522-2. Nuo Zhang (China)	274 141 38:44.	58,5 Access Management [Men] 248-1. Garth Petersen (South Africa) 248-2. Lourens Oberholzer (South Africa)
240 10 37:41.25,8	Meerendal CBC 4 [Mixed] 210-1. Sabina Compassi (Switzerland) 210-2. Paul Buhler (Switzerland)	275 142 38:45.1	2,0 Absa Inteligro [Men] 302-1. Carl Crous (South Africa) 302-2. Pieter Van Heerden (South Africa)
241 128 37:42.48,1	Easy Coat [Men] 487-1. Simon Rollo (South Africa) 487-2. Grant McLean (South Africa)	276 143 38:47.0	02,7 Gabrielskloof [Men] 459-1. Pieter Heyns (South Africa) 459-2. Pieter Strydom (South Africa)
242 71 37:45.07,7	MacGyver & Reacher [Masters] 683-1. Russell Burnett (South Africa) 683-2. Paul Cuthbert (South Africa)	277 26 38:48.0	09,3 Diamond Duo [Grand Masters] 108-1. Giepie Nel (South Africa) 108-2. Adriaan Voges (South Africa)
243 72 37:48.35,5	Caffè Gruppetto / Hed 1 [Masters] 601-1. Luis Enrique Martinez (Spain) 601-2. Tomas Latorre (Spain)	278 144 38:49.0	25,0 Lombardi [Men] 425-1. Andre Lombard (South Africa) 425-2. Theo Lombard (South Africa)
244 129 37:52.33,6	Berts Bricks / Midas [Men] 308-1. Zack van der Merwe (South Africa) 308-2. Deon Calder (South Africa)	279 145 38:49.2	20,3 Land Rover [Men] 162-1. Shane Chorley (South Africa) 162-2. Andrew David James (South Africa)

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280 84 38:50.32,2	TORTOUR Neoprop by Odlo [Masters] 680-1. Joko Vogel (Switzerland) 680-2. Martin Elmiger (Switzerland)	315 99	39:56.42,0	La Couronne Wine [Masters] 330-1. Thomas Reib (South Africa) 330-2. Sean Greve (South Africa)
281 146 38:52.47,2	CANSA Active [Men] 281-1. Johann Klindt (South Africa) 281-2. Etienne Van Rensburg (South Africa)	316 159	39:57.05,9	Hollard Namibia [Men] 405-1. Gerhard Jnr Mans (Namibia) 405-2. Gerhard Mans (Namibia)
282 147 38:55.22,8	Exxaro / Deloitte [Men] 372-1. William Lubambo (South Africa) 372-2. Keneth Kabelo Tshukudu (South Africa)	317 100	39:57.41,2	Lowveld Agrochem ZZ2 [Masters] 360-1. Bertie Van Zyl (South Africa) 360-2. Ferdie Potgieter (South Africa)
283 85 38:59.10,9	bike2help.ch Masters 2 [Masters] 557-1. Martin Studer (Switzerland) 557-2. Marco Wegmann (Germany)	318 30	40:01.44,5	kiliman trek+bike [Grand Masters] 421-2. Markus Jenny (Switzerland) 421-1. Kurt Hegglin (Switzerland)
284 86 39:01.46,0	BOG [Masters] 559-1. Camilo Mcallister (Colombia) 559-2. Santiago Lievano (Colombia)	319 160	40:09.07,4	Mambas [Men] 332-1. Ewert Small (South Africa) 332-2. Steve Amos (South Africa)
285 148 39:04.22,5	Beyond beef, DRS [Men] 385-1. Carl Gevers (South Africa) 385-2. Marc Gevers (South Africa)	320 161	40:09.11,2	Val de Vie / Bergstreme [Men] 473-1. Daniel Saaiman (South Africa) 473-2. Warren Labuschagne (South Africa)
286 87 39:05.26,1	Land Rover 4 [Masters] 410-1. Gary Kirsten (South Africa) 410-2. Roddy van Breda (South Africa)	321 17	40:13.07,4	Florida Flahutes [Mixed] 516-1. Gustaaf Vaes (United States of America) 516-2. Amy Horstmeyer (USA)
287 88 39:06.14,8	Specialized Ecuador [Masters] 595-1. Pedro Vintimilla (Ecuador) 595-2. Juan Almeida (Ecuador)	322 18	40:14.27,1	@blue [Mixed] 141-1. Geert Mertens (Belgium) 141-2. Marie Mertens (Belgium)
288 89 39:06.45,4	4 Meerendal CBC 9 [Masters] 215-1. Markus Gisler (Switzerland) 215-2. Mirco Mengucci (Switzerland)	323 162	40:16.40,8	CANSA Active Ride4Gugu [Men] 168-1. Craig Kolesky (South Africa) 168-2. Ashley Haigh-smith (South Africa)
289 149 39:07.48,0	Woolworths Supply Chain [Men] 134-1. James Hagen (England) 134-2. Ebbe Spaarwater (South Africa)	324 101	40:19.17,9	Idwala Kanzima [Masters] 673-1. Trevor D'oliveira (South Africa) 673-2. Robert Bateman (South Africa)
290 90 39:08.22,6	Maxtec [Masters] 623-1. Rinus Van Den Ende (South Africa) 623-2. Ivan Barclay (South Africa)	325 102	40:19.28,4	CORSICA DPM [Masters] 570-1. Stephane Torchio (France) 570-2. Philippe DiFruscia (France)
291 27 39:11.57,2	Taylor Blinds [Grand Masters] 681-1. Lyle Nesbitt (South Africa) 681-2. Henry Angove (South Africa)	326 163	40:21.03,5	Single Trail Hunters [Men] 486-1. Stefan Holst (Germany) 486-2. Manuel Monteiro (Mozambique)
292 14 39:12.32,7	Nations Interbanc [Mixed] 206-1. Mike Dannelley (United States of America) 206-2. Mary Dannelley (USA)	327 19	40:21.48,2	Bikecenter [Mixed] 509-1. Janick Dähler (Switzerland) 509-2. Melina Flurina Schweizer (Switzerland)
293 91 39:12.39,3	Mechanical Animals [Masters] 585-1. Mick Klemens (Australia) 585-2. Peter Waldron (Australia)	328 164	40:22.35,9	Revolutionfit [Men] 484-1. Hein Knacke (South Africa) 484-2. Jaco Ferreira (South Africa)
294 150 39:14.22,4	Force Training [Men] 653-1. Jan Gabris (Czech Republic) 653-2. Patrik Nespor (Czech Republic)	329 103	40:26.16,3	"JoBerg2c [Masters] 229-1. Glen Haw (South Africa) 229-2. Gary
295 92 39:16.27,4	Calçonassos Ibiza [Masters] 686-1. Felipe Sanz (Spain) 686-2. Fernando Irurre (Spain)	330 165	40:26.19,9	The Mad Macks [Men] 464-1. Craig Mackintosh (South Africa) 464-2. Jeremy Mackintosh (South Africa)
296 28 39:17.03,3	Waterfall Chain Gang [Grand Masters] 649-1. Rob Surtees (South Africa) 649-2. Michael Reynolds (South Africa)	331 104	40:28.13,1	Vanloveren [Masters] 613-1. Neil Retief (South Africa) 613-2. Phillip Retief (South Africa)
297 151 39:19.03,3	Kronenburg [Men] 139-1. Jaco Carstens (South Africa) 139-2. Tiaan Pretorius (South Africa)	332 105	40:30.31,9	Hammer en Spyker [Masters] 324-1. Freddie Meyer (South Africa) 324-2. Johan Labuschagne (South Africa)
298 152 39:19.06,7	NuPower Solar [Men] 337-1. Pieter-ben Pienaar (South Africa) 337-2. Floris Botha (South Africa)	333 166	40:31.45,6	Fatboy Slim [Men] 390-1. Nicholas Hops (South Africa) 390-2. Ryann Dean (South Africa)
299 153 39:20.20,1	Swindon [Men] 349-1. Andrew Dewey (England) 349-2. David Coupar (South Africa)	334 106	40:32.23,0	Maitland Group [Masters] 161-1. Neal De Graaf (South Africa) 161-2. Morne Weyers (South Africa)
300 93 39:20.44,6	BSC [Masters] 631-1. Jaco Erasmus (South Africa) 631-2. Ernest Van Rooyen (South Africa)	335 20	40:37.17,9	Tempo-Sport bikespeed.ch [Mixed] 521-1. Marianne Kern (Switzerland) 521-2. Marcel Kamm (Switzerland)
301 154 39:22.19,9	Tora Racing Brasil [Men] 466-1. Bruno Bazzan Collato (Brazil) 466-2. Thales CanÇado Jr (Brazil)	336 107	40:37.21,5	Merchants [Masters] 605-1. George Todd (Scotland) 605-2. Alex Mason-apps (England)
302 94 39:24.00,1	Isuzu / GFD Logistics [Masters] 414-1. Leon Kotting (South Africa) 414-2. Willem Herselman (South Africa)	337 21	40:37.32,0	Tempo-Sport (Youngster) [Mixed] 523-1. Rafael Wyss (Switzerland) 523-2. Sofia Loewens (Switzerland)
303 15 39:26.10,3	Appenninica 1 [Mixed] 78-1. Giuliana Massarotto (Italy) 78-2. Carlo Campagnolo (Italy)	338 108	40:40.46,1	Woolworths Neofresh [Masters] 609-1. Vaughan Van Eden (South Africa) 609-2. Andrew Gillett (South Africa)
304 95 39:27.34,4	Gowdie Specialized [Masters] 208-1. Troy Fidler (Australia) 208-2. Andrew Shearer-Smith (Australia)	339 109	40:45.25,3	Outeniqua Lab [Masters] 147-1. Johan Louw (South Africa) 147-2. Chris Viljoen (South Africa)
305 155 39:28.43,1	MegaPointe [Men] 174-1. Pierre Griffioen (South Africa) 174-2. Robert Izzett (South Africa)	340 167	40:46.07,5	FBT Logistics [Men] 391-1. Robert Snyders (South Africa) 391-2. Heinro Malan (South Africa)
306 96 39:30.00,7	7 Pro Bike / Charlotte [Masters] 590-1. Adriano José Malinowski (Brazil) 590-2. João Pedro Jesus Carvalho (Portugal)	341 168	40:46.39,4	Jan Trap [Men] 418-1. Jan-hendrik Gutter (South Africa) 418-2. Jan Gutter (South Africa)
307 97 39:30.53,8	Shake 'n Bake [Masters] 348-1. Brand Pretorius (South Africa) 348-2. Dawid Malan (South Africa)	342 22	40:47.32,3	OneLife [Mixed] 339-1. Jan-Louis Pretorius (South Africa) 339-2. Janine Pretorius (South Africa)
308 156 39:32.06,1	Atlassteel [Men] 258-1. Thys-koch Burden (South Africa) 258-2. Fietie Rocher (South Africa)	343 23	40:47.55,0	Just4Fun [Mixed] 158-1. Elmien Stander (South Africa) 158-2. Riaan Boshoff (South Africa)
309 16 39:44.07,8	MONT BLOIS WINE ESTATE [Mixed] 135-1. Ernst Bruwer (South Africa) 135-2. Nina-mari Bruwer (South Africa)	344 110	40:47.55,4	Baikal Lake [Masters] 164-1. Oleg Naumov (Russian Federation) 164-2. Aleksandr Sakharovskii (Russian Federation)
310 13 39:46.01,5	SCOTT / Canyon-ETW [Women] 55-1. Nina Hartleb (Germany) 55-2. Stefanie Dohrn (Germany)	345 31	40:48.02,6	Rule #5 [Grand Masters] 207-1. Darrell Jones (Canada) 207-2. Tom Ebbern (Canada)
311 98 39:47.07,5	Land Rover Disco 2's [Masters] 163-1. Carlos Spencer (New Zealand) 163-2. Clinton Mackintosh (South Africa)	346 169	40:51.18,4	Eben-haeser [Men] 637-1. Hennie Olivier (South Africa) 637-2. Coenie Van Eck (South Africa)
312 29 39:47.13,2	#teamZalaris [Grand Masters] 677-1. Hans-Petter Mellerud (Norway) 677-2. Lars Arnljot Saeboe (Norway)	347 32	40:51.20,2	(n+1) [Grand Masters] 650-1. Jan Huyse (Belgium) 650-2. Ron Dagan (Israel)
313 157 39:50.10,5	T [Men] 244-1. Yutinai Tiraganant (Thailand) 244-2. Bruce Viljoen (South Africa)	348 33	40:52.12,0	2 Shades of Grey [Grand Masters] 300-1. Erik Knoetze (South Africa) 300-2. Fred Van Zyl (South Africa)
314 158 39:54.50,6	Lefty Racing [Men] 423-1. Zean Bourbon-Leftley (South Africa) 423-2. Niel Goosen (South Africa)	349 170	40:52.27,8	FireFighters Gent Belgium [Men] 394-1. Bjorn De Roo (Belgium) 394-2. Stijn Verstraeten (Belgium)

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350 111 40:55.37,7	RMHC [Masters] 120-1. Geoff Wood (South Africa) 120-2. Matt Dickson (South Africa)	385 36 42	2:05.00,0	MALOJA - ROCKY MOUNTAIN [Grand Masters] 654-1. Joerg Riedl (Germany) 654-2. Steffen Allert (Germany)
351 34 40:55.52,5	DStv Dynamos [Grand Masters] 319-1. Simon Camerer (South Africa) 319-2. Justin Babaya (South Africa)	386 123 42	2:05.33,1	Kapama [Masters] 329-1. Bernard Roode (South Africa) 329-2. Charl De Klerk (South Africa)
352 171 40:56.30,3	Clover [Men] 288-1. Callie Mellet (South Africa) 288-2. Jacques Van Heerden (South Africa)	387 188 42	2:05.35,5	Vencorp-Kookolie [Men] 96-1. Ben Swart (South Africa) 96-2. Paulus Burger (South Africa)
353 172 40:57.02,3	Double or Nothing [Men] 472-1. Christiaan Wehmeyer (South Africa) 472-2. Christiaan Niemand (South Africa)	388 189 42	2:08.46,8	Capo Cycling [Men] 282-1. Simon Ritchie (United States of America) 282-2. Brian Staby (United States of America)
354 112 40:58.36,9	Diesel and Dust [Masters] 182-1. Jaap Beyers (South Africa) 182-2. Harry Scheepers (South Africa)	389 27 42	2:10.52,9	Mys & Sussa [Mixed] 336-1. Andries Van Der Merwe (South Africa) 336-2. Charlene Barkhuizen (South Africa)
355 113 40:59.34,5	PROQUIMIA/TOC AL MAR [Masters] 191-1. Carles Onyós De Plandolit García (Spain) 191-2. Santi Colominas Cuñat (Spain)	390 190 42	2:11.32,9	Second Chancers [Men] 449-1. Werner Van Heerden (South Africa) 449-2. Conrad Meyer (South Africa)
356 173 41:02.28,3	Food Lover Market [Men] 321-1. Mike Coppin (South Africa) 321-2. Dane Coppin (South Africa)	391 28 42	2:11.37,5	Miami [Mixed] 93-1. Mark Pieterse (South Africa) 93-2. Mone Pieterse (South Africa)
357 14 41:09.15,0	GAES 3 [Women] 217-1. Soraya Senao Fernandez (Spain) 217-2. Beatriz Gallego Carbajo (Spain)	392 191 42	2:13.51,2	Trinity [Men] 469-1. Werner Botha (South Africa) 469-2. Clive Brooks (South Africa)
358 114 41:16.57,1	Vonk & Vlam [Masters] 607-1. Marius Wasserfall (South Africa) 607-2. Edwin Videler (South Africa)	393 192 42	2:19.36,3	SPARtacus [Men] 454-1. Mario Santana (South Africa) 454-2. Scott Forrest (South Africa)
359 174 41:19.13,8	Yeah Boi [Men] 482-1. Garth De Jager (South Africa) 482-2. Kevin Walter (South Africa)	394 124 42	2:19.58,2	Alzu [Masters] 304-1. Piet Du Toit (South Africa) 304-2. Jan Louis Stevens (South Africa)
360 115 41:22.49,5	Mark Joy [Masters] 188-1. Keith Tarter (United States of America) 188-2. Brian Mountjoy (United States of America)	395 125 42	2:23.08,6	Vryburg [Masters] 644-1. Carel Van Heerden (South Africa) 644-2. Chrisjan Vorster (South Africa)
361 175 41:28.02,8	Val de Vie (Father&Son) [Men] 474-1. Callie Steyn (South Africa) 474-2. Casparus Johannes Reinhardt Steyn (RSA)	396 193 42	2:30.55,5	Henred Fruehauf [Men] 364-1. Floris Botha (South Africa) 364-2. Stefan Olivier (South Africa)
362 176 41:31.02,0	Ezi-Come Ezi-Gro [Men] 532-1. Robert Rorich (South Africa) 532-2. Anthony Baird (South Africa)	397 194 42	2:38.12,8	Absa Short Term Insurance [Men] 347-1. Guy Close (South Africa) 347-2. Tyrone Walker (South Africa)
363 116 41:31.35,6	Sultans of bling [Masters] 634-2. Timothy Blegenhout (South Africa) 634-1. William Keith (South Africa)	398 195 42	2:39.27,2	Driepoot [Men] 299-1. Reuben Van Niekerk (South Africa) 299-2. Kevin Rodney Benkenstein (South Africa)
364 117 41:31.42,1	Rubycor [Masters] 641-1. Jose Correia (South Africa) 641-2. Terry Rubenstein (South Africa)	399 126 42	2:40.11,0	GimiWillsPower [Masters] 547-1. Cliff Wills (South Africa) 547-2. Wayne Gimingham (South Africa)
365 35 41:32.27,1	Hoarse Power [Grand Masters] 325-1. Piet Viljoen (South Africa) 325-2. Oscar Foulkes (South Africa)	400 127 42	2:40.54,0	Wolf Pack [Masters] 355-1. Johann Grobler (South Africa) 355-2. Ockert Van Schoor (South Africa)
366 177 41:34.09,2	SKYDER - CENTURION [Men] 451-2. Stephan Salscheider (Germany) 451-1. Ingolf Welsch (Germany)	401 196 42	2:40.59,5	DOC & REV [Men] 202-1. Charles Swart (Bermuda) 202-2. Revelin Minihane (Ireland)
367 178 41:35.11,4	BOS Timbers [Men] 271-1. Carel Botha (South Africa) 271-2. Herman Swart (South Africa)	402 128 42	2:41.10,7	Abbeydale [Masters] 630-1. Greg Macfarlane (South Africa) 630-2. Clinton Froneman (South Africa)
368 24 41:35.20,1	BIG BOX Mixed [Mixed] 235-1. Gerhard Kruger (South Africa) 235-2. Junita Vandeline Kruger (South Africa)	403 197 42	2:42.29,4	Samaritan's Feet [Men] 638-1. Gerrit Kuhn (South Africa) 638-2. Pierre Malherbe (South Africa)
369 25 41:35.38,4	The Veteran & The Virgin [Mixed] 524-1. Justin Caldwell (South Africa) 524-2. Collette Bastard (South Africa)	404 129 42	2:43.34,2	Anna Foundation Fixx [Masters] 178-1. Robert Kehoe (Ireland) 178-2. Mark Kidd (Ireland)
370 179 41:36.39,4	ECUADOR-AUSTRIA [Men] 259-2. Nicolas Fernandez Schatzer (Austria) 259-1. Martin Luzuriaga Moncayo (Ecuador)	405 37 42	2:44.32,4	Dignity [Grand Masters] 645-1. Bruce Miller (South Africa) 645-2. Rod Goncalves (South Africa)
371 118 41:36.52,3	La Veta [Masters] 581-1. Lance Polloreno (United States of America) 581-2. Jason Tuffs (United States of America)	406 198 42	2:52.57,2	Crazy Chileans! [Men] 293-1. Antonio Turner (Chile) 293-2. Gonzalo Maureira (Chile)
372 180 41:37.55,8	Living the dream [Men] 424-2. Shaun Mccallum (South Africa) 424-1. Graham Potgieter (South Africa)	407 130 43	3:02.32,6	Mad Men [Masters] 545-1. Duncan Brown (South Africa) 545-2. Verissimo Tavares (South Africa)
373 181 41:41.46,7	Menos Cabeza [Men] 166-1. Valenti San Juan (Spain) 166-2. Jordi Barri Carles (Spain)	408 29 43	3:03.52,7	Stukki vi Stukki [Mixed] 226-1. Henk Botes (South Africa) 226-2. Nickey Botes (South Africa)
374 26 41:43.45,7	Sportxperts BMC [Mixed] 643-1. Elisa Maria Garcia (Chile) 643-2. Patricio Diaz (Chile)	409 30 43	3:04.49,6	Tamatie straat [Mixed] 515-1. Wilmien Venter (South Africa) 515-2. Jannie Steyn (South Africa)
375 182 41:48.53,4	Second Timers [Men] 462-1. Wayne Mendoza (South Africa) 462-2. Francois Pienaar (South Africa)	410 131 43	3:05.44,8	Big Box Silver Foxes [Masters] 269-1. Charl De Villiers (South Africa) 269-2. Andre Brand (South Africa)
376 119 41:49.20,3	Footgear [Masters] 130-1. Wayne Robertson (South Africa) 130-2. Stephen O'brien (South Africa)	411 31 43	3:07.50,3	Flash [Mixed] 395-1. Timothy Michael Pearson (South Africa) 395-2. Charmaine Werdmuller (South Africa)
377 120 41:55.26,5	Double Shots [Masters] 684-1. Izak Coetzee (South Africa) 684-2. Jeane Nel (South Africa)	412 199 43	3:09.44,9	Golden Harvest [Men] 399-1. Dominik Dimatellis (South Africa) 399-2. Johan Huisamen (South Africa)
378 183 42:00.18,0	Assos [Men] 256-1. Christopher Haas (Germany) 256-2. Stephan Weber (Germany)	413 32 43	3:17.25,5	Finding Vino [Mixed] 99-1. Kerry Stevens (South Africa) 99-2. Chris Smit (South Africa)
379 184 42:01.18,1	MF Power [Men] 400-1. Marco Marques (South Africa) 400-2. Armando Figueiredo (South Africa)	414 132 43	3:17.49,6	GAES 6 [Masters] 218-1. Victor Palomar Asenjo (Spain) 218-2. Francisco Jose Garcia-purriños (Spain)
380 185 42:01.23,5	Look Mom! No Hands [Men] 427-1. Jonathan Adams (South Africa) 427-2. Cameron Adams (South Africa)	415 33 43	3:21.12,7	Columbia [Mixed] 157-1. Denzyl O'donoghue (South Africa) 157-2. Lolita Van Aardt (South Africa)
381 121 42:02.31,9	Sea Leopards [Masters] 197-1. Niel Louwrens (South Africa) 197-2. Nelis Swart (South Africa)	416 200 43	3:21.20,9	tCS [Men] 457-1. Harry Nay (South Africa) 457-2. Justin Nay (South Africa)
382 186 42:03.42,6	Investec-Songo 2 [Men] 376-1. Lwazi Ntsakaza (South Africa) 376-2. Sikhusele Bhungane (South Africa)	417 133 43	3:22.36,0	Brasil EpicBike Store FMC [Masters] 142-1. Romeu Franciosi (Brazil) 142-2. Ronaldo Goncalves (Brazil)
383 187 42:03.58,7	Columbia China [Men] 569-1. Jun Wang (China) 569-2. Qiuyu Meng (China)	418 201 43	3:23.40,1	Kronenburg 2 [Men] 488-1. Ockert Scholtz (South Africa) 488-2. Mike Visser (South Africa)
384 122 42:04.26,3	CDS [Masters] 286-1. Grant Laatz (South Africa) 286-2. Julian Bryant (South Africa)	419 38 43	3:24.44,6	SA Truck Bodies [Grand Masters] 361-1. Dirk Samuel Botha (South Africa) 361-2. Francois Du Toit (South Africa)

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421 203 43:26.59,2	Schwörer Haus Bike Team [Men] 448-1. Markus Amann (Germany) 448-2. Christian Kuhn (Germany)	456 41	44:50.00,9	Wildfire [Mixed] 152-1. Nicholas Price (South Africa) 152-2. Kathy Milne (South Africa)
422 39 43:29.22,4	Hare en Pille [Grand Masters] 648-1. Merwede Van Der Berg (South Africa) 648-2. Chris Stofberg (South Africa)	457 210	44:51.53,6	IMF RAUBEX INFRA [Men] 193-1. Harold Myburgh (South Africa) 193-2. Chris Vermeulen (South Africa)
423 134 43:31.04,9	GAES 4 [Masters] 221-1. Juan Badia Sendra (Spain) 221-2. Nicolau Castells (Spain)	458 15	44:54.08,6	ArthroChoice Chicks [Women] 497-1. Michelle Van Aswegen (South Africa) 497-2. Nicki Sutherland (South Africa)
424 135 43:33.46,3	Piquet Sports [Masters] 589-1. Guilherme Turano (Brazil) 589-2. Gustavo Arruda (Brazil)	459 211	44:56.05,0	Wasabi [Men] 97-2. Jonathan Stockwell (South Africa) 97-1. Deon Pohorille (South Africa)
425 34 43:43.25,1	Jumo [Mixed] 499-1. Steve Etherton (England) 499-2. Lucy Etherton (England)	460 44	44:56.24,7	Yada Yada [Grand Masters] 672-1. Don Boyce (South Africa) 672-2. Bruce Kaiser (South Africa)
426 136 43:43.27,0	Click Click Go [Masters] 565-1. Johan Meyer (South Africa) 565-2. Willie Fourie (South Africa)	461 42	45:01.00,0	CCRE Colombia 3 [Mixed] 511-1. Luz Gonzalez (Colombia) 511-2. Yonattan Florez (Colombia)
427 137 43:45.05,8	Glacier by Sanlam [Masters] 297-1. Johann De Wet (South Africa) 297-2. Wynand Louw (South Africa)	462 212	45:01.23,1	HeroTel [Men] 408-1. Johannes Loubser (South Africa) 408-2. Van Zyl Botha (South Africa)
428 138 43:46.46,0	Youthful Living [Masters] 404-1. Thys Redelinghuys (South Africa) 404-2. Anton Jooste (South Africa)	463 213	45:01.31,9	Fiftynine26 [Men] 392-1. Steven Lingard (South Africa) 392-2. Grant Lingard (South Africa)
429 139 43:48.45,1	Stelvio-Cape Leopard [Masters] 194-1. Peter Jung (Germany) 194-2. Florian Reichenbach (Germany)	464 45	45:04.38,0	Smarter [Grand Masters] 140-2. Nico Rossouw (South Africa) 140-1. Johannes Pienaar (South Africa)
430 204 44:01.46,0	TNT - Snipers [Men] 353-1. Justin Jeffery (South Africa) 353-2. Bevan Jeffery (South Africa)	465 214	45:05.27,5	Multilayer Trading [Men] 261-1. Gerhard Van Niekerk (England) 261-2. Thedo Visser (South Africa)
431 205 44:04.23,5	Diesel [Men] 456-1. Johan Van Rooyen (South Africa) 456-2. Adam Schoeman (South Africa)	466 215	45:06.20,7	Dopestrong [Men] 383-1. Henry Stoltz (South Africa) 383-2. Erasmus Pretorius (South Africa)
432 35 44:04.49,6	Mr and Mrs Smith [Mixed] 334-1. Nadine Smith (South Africa) 334-2. Craig Smith (South Africa)	467 46	45:06.48,8	Living our Dream [Grand Masters] 669-1. Gert Marx (South Africa) 669-2. Johan Mare (South Africa)
433 140 44:09.13,3	Morgenster StreetSmartSA [Masters] 136-1. Angelo Casu (Italy) 136-2. Johan Fourie (South Africa)	468 150	45:07.53,9	Brandslang [Masters] 274-1. Mike Russon (South Africa) 274-2. Shane Robinson (South Africa)
434 141 44:09.16,4	Questionable Judgement [Masters] 176-1. Walter Diezel (South Africa) 176-2. Alexander Mallet (Germany)	469 47	45:11.04,0	Lowe Electrical [Grand Masters] 187-1. Jonathan Lowe (England) 187-2. Guy Cobbe (England)
435 40 44:11.02,6	CURRY Software [Grand Masters] 655-1. Jan-peter Rudolf (Germany) 655-2. Anton Pielmeier (Germany)	470 216	45:12.48,1	Norse Men [Men] 148-1. Oscar Tait (South Africa) 148-2. Wayne Terblanche (South Africa)
436 142 44:12.10,1	Pharmacy @ SPAR [Masters] 341-1. Abrie Greyling (South Africa) 341-2. Denham Gosling (South Africa)	471 151	45:14.32,7	Buffalo bulls [Masters] 562-1. Stuart Johnston (South Africa) 562-2. Dav Hugo (South Africa)
437 206 44:12.55,3	Barracuda Boys [Men] 267-1. Jason Elliott (United States of America) 267-2. Sander Elliott (United States of America)	472 48	45:24.09,6	Absa Pride [Grand Masters] 350-1. Marcel De Klerk (South Africa) 350-2. Jacobus Adriaan Lategan (South Africa)
438 36 44:14.19,8	Muffin Mate SA [Mixed] 335-1. Johan Bezuidenhout (South Africa) 335-2. Brenda-Lynn Nell (South Africa)	473 152	45:27.27,2	ACT [Masters] 551-1. João Pedro (Portugal) 551-2. Luis Tenreiro (Portugal)
439 41 44:15.51,8	Bizfind [Grand Masters] 82-1. Chris Coetzee (South Africa) 82-2. Willie Van Der Vyver (South Africa)	474 217	45:28.23,9	Antipain [Men] 430-1. Michael Mcdonald (South Africa) 430-2. Eugene Kelly (South Africa)
440 143 44:17.39,7	ENSafrica 1 [Masters] 536-1. Gary Tullis (South Africa) 536-2. Paul Rowe (South Africa)	475 218	45:31.02,5	Imbeko [Men] 412-1. Craig Duggan (South Africa) 412-2. Michael Switzer (South Africa)
441 144 44:17.44,7	Starsky&Hutch [Masters] 455-1. Carel Hoffman (South Africa) 455-2. Abrie Stone (South Africa)	476 153	45:31.09,9	Jr Mackays [Masters] 617-1. Ashley Seiler (South Africa) 617-2. Grant Robertson (South Africa)
442 42 44:18.35,9	Teamnetwork [Grand Masters] 666-1. Emanuele Di Stefano (Italy) 666-2. Riccardo Acuto (Italy)	477 43	45:31.46,3	Woolworths Rialto [Mixed] 526-1. Jessica Griesel (South Africa) 526-2. Bernard Griesel (South Africa)
443 145 44:24.31,5	Troyanos MTB [Masters] 549-1. Jorge Salinas (Spain) 549-2. Cesar Bogunovich (Argentina)	478 49	45:37.07,8	KCS [Grand Masters] 118-1. Nigel Bedford (England) 118-2. Des Nangle (Ireland)
444 207 44:25.01,1	Fine & Country Helderberg [Men] 393-1. Shaun Harris (South Africa) 393-2. Jandre Prinsloo (South Africa)	479 154	45:40.21,7	Metal Tech [Masters] 431-1. Jan Lawrence Goosen (South Africa) 431-2. Riaan Hendrikse (South Africa)
445 37 44:26.29,5	Underdogs [Mixed] 688-1. Wynand De Wet (South Africa) 688-2. Esmari De Wet (South Africa)	480 155	45:41.11,5	NINESEC Racing [Masters] 535-1. Erhard Coetzee (South Africa) 535-2. Dick During (South Africa)
446 146 44:29.18,9	Mrs T Bag [Masters] 587-1. Andrew Robinson (South Africa) 587-2. Terence O'Neill (South Africa)	481 50	45:43.17,6	Nil Desperandum [Grand Masters] 660-1. David Trinder (United States of America) 660-2. Simon Nicks (South Africa)
447 38 44:29.31,9	Tsogo Sun [Mixed] 525-1. Melanie Brenner (South Africa) 525-2. Deon Brenner (South Africa)	482 219	45:44.13,5	France Alzheimer [Men] 561-1. Sylvain Bosc (France) 561-2. Alexandre Lelievre (France)
448 39 44:31.01,3	Stanford Lake College [Mixed] 502-1. Steve Willson (South Africa) 502-2. Melanie Melville (South Africa)	483 156	45:45.32,1	Aussie French Poly [Masters] 554-1. David Russell (Australia) 554-2. Sebastien Petit (French Polynesia)
449 208 44:32.08,4	Ride For CANSA [Men] 313-2. Pieter Du Preez (South Africa) 313-1. Ian Conradie (South Africa)	484 157	45:47.02,3	PSG CC [Masters] 624-1. Dieter Prinsloo (South Africa) 624-2. Nico Schoeman (South Africa)
450 147 44:35.51,2	Fairtree [Masters] 320-1. Andre Malan (South Africa) 320-2. Erik Stander (South Africa)	485 158	45:49.59,5	CMV-Vet [Masters] 567-1. Battista Galli (Italy) 567-2. Davide Pojer (Italy)
451 43 44:39.13,0	TOIT BRS [Grand Masters] 88-1. Cd Du Toit (South Africa) 88-2. Erhardt Du Toit (South Africa)	486 159	45:52.09,7	4MARIUS [Masters] 342-1. Riaan Munnik (South Africa) 342-2. Gideon Rossouw (South Africa)
452 40 44:42.29,5	Dimension Data Qhubeka [Mixed] 128-1. Wolf Stinnes (South Africa) 128-2. Reinette Geldenhuis (South Africa)	487 51	45:55.12,2	Cheech and Chong [Grand Masters] 357-1. Clinton Johns (South Africa) 357-2. Marc Ruwiel (South Africa)
453 148 44:43.18,3	Stac [Masters] 598-2. Colin Spencer (South Africa) 598-1. Gus Venter (South Africa)	488 160	45:58.49,6	For The Blind [Masters] 662-1. Albie Heigers (South Africa) 662-2. Marius Strydom (South Africa)
454 149 44:43.36,9	Cycopaths [Masters] 239-2. Murray Davidson (South Africa) 239-1. Anibal Canossa (South Africa)	489 44	46:01.13,8	ILoveBoobies CANSA Active [Mixed] 100-1. Nicky Webb (South Africa) 100-2. Cecil Munch (South Africa)

GC CAT Time Team [Cate	egory] Race-Number Name (Country)	GC CAT	Time	Team [Category] Race-Number Name (Country)
490 45 46:07.54,1 Snoopy [Mixe	ed] 505-1. Tomer Osher (Israel) 505-2. Hadas Weiss (Israel)	525 56	47:29.29,2	UKCAN DO IT [Grand Masters] 668-1. James Keirstead (Canada) 668-2. Carl Pearson (England)
491 46 46:09.14,3 HPI Mufasa [1	Mixed] 326-1. Nico Johannes Kotze (South Africa) 326-2. Yolandi Kotze (South Africa)	526 177	47:37.14,5	MTB Wittenberg [Masters] 588-1. Steve Vanderveken (Belgium) 588-2. Bart Van Gorp (Belgium)
492 161 46:12.04,8 HiWay [Maste	ers] 626-1. Paul Albertus Van Jaarsveld (South Africa) 626-2. Johannes Marthinus Joubert (South Africa)	527 17	47:38.31,9	Media24 [Women] 169-1. Teresa Coetzee (South Africa) 169-2. Bonny Swanepoel (South Africa)
493 162 46:13.05,8 Duros do Uíg	ge [Masters] 573-1. Pedro Marques (Angola) 573-2. Rui Cortegaca (Portugal)	528 178	47:46.03,4	Lifes a Beech [Masters] 45-1. Craig Beech (South Africa) 45-2. Songo Fipaza (South Africa)
494 16 46:17.31,9 Exhale Bikes	[Women] 495-1. Heather Kelley (United States of America) 495-2. Emily Dunning (USA)	529 229	47:48.52,4	Investec Songo [Men] 413-2. Thabo Khojane (South Africa) 413-1. Khulekani Ngcongo (South Africa)
495 163 46:21.37,2 Cape Leopard	d Trust 1 [Masters] 181-1. Nigel Shannon (Scotland) 181-2. Dennis Lamminga (South Africa)	530 230	48:00.13,4	Equipo Colombia [Men] 290-1. Oscar Alberto Coca Gomez (Colombia) 290-2. Cristian Reinolfo Zuluaga Ramirez (Colombia)
496 164 46:23.04,8 QG & Van Olp	phen [Masters] 591-1. Friso Wittebol (Netherlands) 591-2. Richard De Jongh (Netherlands)	531 50	48:06.17,3	MADCOB [Mixed] 98-1. Madele Van Heerden (South Africa) 98-2. Cobus Stofberg (South Africa)
497 165 46:24.28,3 KAMAKAZI [[Masters] 580-1. Leonard Martin (Namibia) 580-2. Silvio Suardi (Namibia)	532 51	48:06.19,7	Bespoke Ride [Mixed] 508-1. Barbara Ihrig (Germany) 508-2. Ahmed Al Fahim (United Arab Emirates)
498 166 46:26.10,8 Rooibos [Mas	sters] 346-1. Charl Fouche (South Africa) 346-2. Jaco Brand (South Africa)	533 179	48:07.36,6	Sea Salt Grinders [Masters] 593-1. Dean Foley (United States of America) 593-2. Chris Lentjes (Australia)
499 167 46:28.03,1 Bloem Shelte	er [Masters] 153-1. Louis Du Toit (South Africa) 153-2. Johan Van Der Merwe (South Africa)	534 180	48:11.10,8	Red Oak [Masters] 345-1. Johnnie Roelofse (South Africa) 345-2. Louis Bekker (South Africa)
500 168 46:29.03,2 Gary Kirsten	Foundation [Masters] 322-1. Andre Van Selm (South Africa) 322-2. Richard Dunn (South Africa)	535 181	48:22.26,0	LAND ROVER - DEYSA SPAIN [Masters] 298-1. Ismael Franco Folgueira (Spain) 298-2. Miguel Mongil López (Spain)
501 169 46:32.13,2 FASTWEB-GE	EMINI ASD [Masters] 633-1. Giorgio Cardin (Italy) 633-2. Luca Della Vedova (Italy)	536 231	48:30.43,0	Virgin Active [Men] 476-1. Estiaan Senekal (South Africa) 476-2. Francois Steyn (South Africa)
502 220 46:36.19,9 Herrero´s [Me	en] 237-1. Ignacio Herrero (Spain) 237-2. Ignacio Herrero (Spain)	537 232	48:42.31,8	Collossus [Men] 289-1. Jacques Raymond (South Africa) 289-2. Werner Joyce (South Africa)
503 221 46:38.54,0 Jafmed [Men	n] 417-1. Yacoob Jaffar (South Africa) 417-2. Abdullah Jaffar (South Africa)	538 52	48:43.54,5	Minjas [Mixed] 530-1. Jeanine Peck (South Africa) 530-2. Werner Du Toit (South Africa)
504 47 46:41.34,3 GOCycles [Mi	ixed] 183-1. Stephan Muller (South Africa) 183-2. Wendy Muller (South Africa)	539 233	48:47.44,0	NSA [Men] 438-1. Chi Hang Yuen (Hong Kong) 438-2. Chak Fung Lau (Hong Kong)
505 48 46:43.01,7 Project Flami	ingo [Mixed] 119-1. Pea Blaauw (South Africa) 119-2. Aretha Eksteen (South Africa)	540 234	48:47.49,1	New Sport 1 [Men] 434-1. Lau Longfung (Hong Kong) 434-2. Lau Chi Chung (Hong Kong)
506 170 46:44.05,9 Tod oder die	Gladiolen [Masters] 540-1. Jeroen Hirdes (Netherlands) 540-2. Niels Van Der Wal (Netherlands)	541 182	48:57.11,7	De Verlichters [Masters] 687-1. Hans Tibergyn (Belgium) 687-2. Peter Caset (Belgium)
507 222 46:44.14,4 Longevity Ins	stitute [Men] 401-1. Weylin Ludick (South Africa) 401-2. Xenephin Ludick (South Africa)	542 183	48:57.24,5	Bike Action Alkmaar [Masters] 556-1. Martin Rijswijk (Netherlands) 556-2. Tom Eekhof (Netherlands)
508 171 46:45.50,5 Bermuda Rac	ceheads [Masters] 555-1. Christopher Roque (Bermuda) 555-2. Dennis Fagundo (Bermuda)	543 18	49:03.35,2	Liv TrailSquad Strangers [Women] 493-1. Lisa Land (United States of America) 493-2. Kate Ross (Australia)
509 223 46:46.38,7 Macallan 1 [M	Men] 428-1. Yin Chun Chan (Hong Kong) 428-2. Siu Man Lau (Hong Kong)	544 184	49:07.35,0	Two Musketeers [Masters] 362-1. Heinrich Moller (South Africa) 362-2. Zaan De Vries (South Africa)
510 172 46:52.15,7 Holiday Inn C	Cape Town [Masters] 625-1. Willem Serfontein (Namibia) 625-2. Gabriel Jordaan (South Africa)	545 185	49:16.01,5	Last Chance Saloon [Masters] 618-1. Emil Stark (South Africa) 618-2. Louis Broodryk (South Africa)
511 224 46:52.36,6 Macallan 3 [M	Men] 429-1. Tsz Ting Wong (Hong Kong) 429-2. Kit Hang Li (Hong Kong)	546 186	49:20.59,4	2BIG [Masters] 629-1. Dawie Theron (South Africa) 629-2. Nelis Coetzee (South Africa)
512 52 46:55.48,1 Mikes on Bike	es [Grand Masters] 205-1. Michael Talbert (United States of America) 205-2. Mike Bennett (USA)	547 187	49:28.28,0	Epicondriacs [Masters] 146-1. Anton Bekker (South Africa) 146-2. Niel Van der Walt (South Africa)
513 225 46:57.19,8 Aardwolf Hye	ena Singapore [Men] 550-1. Meng Yam Pang (Singapore) 550-2. Lester Bok (Singapore)	548 235	49:31.16,9	Danny and the Beast [Men] 91-1. Danny Sabbagh (South Africa) 91-2. Alexander Bezuidenhout (South Africa)
514 173 46:59.18,2 Val de Vie (Tu	urbo&Diesel) [Masters] 612-1. Terry Keller (South Africa) 612-2. Andrew Bateson (South Africa)	549 188	49:32.34,2	Dirty Habits [Masters] 317-1. Alister Buhler (South Africa) 317-2. Donovan Tredrea (South Africa)
515 226 47:02.35,8 Downing & Pa	Partners [Men] 384-1. Danny Griebenow (South Africa) 384-2. Johan Bezuidenhoud (South Africa)	550 189	49:46.59,2	MULTICHOICE AFRICA [Masters] 433-1. Hennie Visser (South Africa) 433-2. Jacques De Villiers (South Africa)
516 227 47:02.49,6 Joy Ride Bike	es [Men] 419-1. Luke Brechwald (United States of America) 419-2. Brian Koder (United States of America)	551 57	49:50.49,3	Metaglas-Metec [Grand Masters] 657-1. Willem Van Der Meulen (Netherlands) 657-2. Cornelis Verbeek (Netherlands)
517 49 47:03.24,1 Woolworths	ClemenGold [Mixed] 527-1. Nicolien Booysen (South Africa) 527-2. Lance Hamel (South Africa)	552 190	49:52.58,0	Marsh Africa [Masters] 628-1. Hanno Kruger (South Africa) 628-2. Bertus Kruger (South Africa)
518 53 47:06.10,8 ASG/MIMOSA	A PROJECTS [Grand Masters] 670-1. Francois Odendaal (South Africa) 670-2. Marthinus Pienaar (RSA)	553 53	49:53.14,3	Coronation Cruisers [Mixed] 315-1. Louis Stassen (South Africa) 315-2. Jessica Knight (England)
519 228 47:14.29,8 Troyanos MTE	B 2 [Men] 470-1. Alejandro Gómez Rosende (Spain) 470-2. Miguel Ángel Casado Bravo (Spain)	554 54	49:54.32,3	Cape Leopard [Mixed] 180-1. Christopher Norman (England) 180-2. Jocelyn Bretherick (South Africa)
520 174 47:14.39,4 MIRIN2 [Mast	ters] 189-1. Txema Azcárate (Spain) 189-2. Juan Antonio Rodriguez (Spain)	555 191	49:58.07,8	Cape 2 Pigs [Masters] 615-1. Pak Lam Wan (Hong Kong) 615-2. Matthew Cheung (Hong Kong)
521 175 47:15.02,8 National Glas	ss [Masters] 678-1. Anthony Adler (South Africa) 678-2. Edward Bennett (South Africa)	556 55	50:20.19,3	Mutual Safes [Mixed] 501-1. Belinda Knowles (South Africa) 501-2. Hamish Knowles (South Africa)
522 176 47:27.09,3 Rippers [Mas	sters] 263-1. Stephen Husted (United States of America) 263-2. David Delfiugo (United States of America)	557 58	50:20.42,7	MTB Patagonia [Grand Masters] 659-1. Boris Vukasovic (Chile) 659-2. Enrique Gutierrez (Spain)
523 54 47:27.44,1 African Pride	[Grand Masters] 249-1. Gary Moorcroft (South Africa) 249-2. Glenn Broadhurst (South Africa)	558 56	50:37.11,1	Sleek & Rugged Rovers [Mixed] 411-1. Maurice Mdlolo (South Africa) 411-2. Letshego Zulu (South Africa)
524 55 47:28.48,8 Investec Song	go 2 [Grand Masters] 328-1. Hendrik Du Toit (South Africa) 328-2. Dirk Joubert (South Africa)	559 57	50:45.04,7	60+ [Mixed] 529-1. Irene Van Den Berg (South Africa) 529-2. Derek Van Den Berg (South Africa)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
560	59	50:48.14,1	KARGO [Grand Masters] 173-1. Gregory Blackwell (South Africa) 173-2. Tony dos Santos (South Africa)
561	192	51:06.46,1	Tours'N Run [Masters] 467-1. Emmanuel Corpetti (Reunion) 467-2. Christophe Barbey (France)
562	236	51:21.43,7	Die 'de Klerks' [Men] 310-2. Wiehahn De Klerk (South Africa) 310-1. Wim De Klerk (South Africa)

INDIVIDUAL FINISHERS

GC	CAT	Time	Team [Category] Race-Number Name (Country)
-	-	27:42.13,3	Silverback OMX [Men] 18-2. Raphael Gagne (Canada)
-	-	28:03.40,6	Centurion Vaude 2 [Men] 11-1. Markus Kaufmann (Germany)
-	-	28:08.12,8	Western Racing [Masters] 196-2. David Garrett (South Africa)
-	-	28:12.01,2	KTM Pro [Men] 17-2. David Schöggl (Austria)
-	-	28:43.53,1	Wilier Force 7C 1 [Men] 26-2. Louis Meija (Colombia)
-	-	29:35.05,6	SILVERBACK - VOLVO [Men] 23-2. Shaun-Nick Bester (South Africa)
-	-	31:15.35,3	Construtora MR [Men] 291-1. Uira Ribeiro (Brazil)
-	-	31:30.57,3	CANNONDALE-CONTR.IBZSXXI [Men] 280-2. David Dominguez Baena (Spain)
-	-	32:00.50,2	Qhubeka J&R [Men] 192-1. Justin Hornsby (South Africa)
-	-	32:36.12,8	Parks Cycling [Masters] 340-2. Christo Van Den Heever (South Africa)
-	-	32:46.19,9	RMB Change a Life 1 [Men] 367-1. Ndumiso Dontso (South Africa)
-	-	32:52.00,7	Cycleworld [Men] 294-2. Claus Plaut (Chile)
-	-	33:13.04,2	AAA Down Under [Grand Masters] 647-2. Soren Lind Wenck (Denmark)
-	-	33:22.32,6	9thWave Sharks [Grand Masters] 105-2. Peter Wouters (Netherlands)
-	-	33:25.33,4	GU Energy Labs [Men] 204-2. Declan Sidey (South Africa)
-	-	33:41.34,4	Meerendal CBC [Women] 50-1. Esther Suss (Switzerland)
-	-	33:52.46,7	Cyclery Northside [Mixed] 514-2. Wayne Dickinson (Australia)
-	-	34:14.49,4	Yip Yip [Grand Masters] 123-1. Christiaan Beyers (South Africa)
-	-	34:28.15,6	RSV Speiche Masters [Masters] 541-2. Rigo Schultz (Germany)
-	-	34:52.05,7	Dimension Data (Georiders) [Men] 458-2. Giorgi Nareklishvili (Georgia)
-	-	34:56.14,8	Wirfueryannic e.V. [Men] 264-2. Patrick Pilz (Germany)
-	-	35:02.39,2	IRIS-Bob Cyclo [Mixed] 518-1. Claude Crepeau (Canada)
-	-	35:17.48,5	Absa Carnis Majoris [Masters] 301-1. Adam Scott (South Africa)
-	-	35:44.05,6	RH77 [Men] 268-2. Robert Wolf (Austria)
-	-	35:54.04,6	WDBeers [Men] 477-2. Fabio Cappelletti (Italy)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
-	-	36:26.33,2	Onya Northside [Grand Masters] 676-2. Mike Israel (Australia)
-	-	36:28.08,7	Zumsteg/Gaillard [Men] 245-1. Marco Zumsteg (Switzerland)
-	-	36:37.49,9	RMB Change a Life [Men] 366-2. Bongumusa Zikhali (South Africa)
-	-	37:02.34,1	Anatomic Riders [Mixed] 503-1. Duncan Viljoen (South Africa)
-	-	37:32.51,1	Pipi Langstrumpf [Masters] 548-2. Tom Woeckener (Germany)
-	-	37:57.46,5	Thinman Investments [Masters] 149-2. Peter Felber (Switzerland)
-	-	38:28.40,4	Radicle Foundation [Men] 443-2. Christiaan Pretorius (South Africa)
-	-	38:40.46,9	Angon Fruit [Men] 251-2. Niel Kirsten (South Africa)
-	-	39:58.46,9	Van Rex Express [Masters] 542-1. Ryk Van Niekerk (South Africa)
-	-	40:02.20,8	Mitas&Premium Hotel [Grand Masters] 671-2. Radim Novotny (Czech Republic)
-	-	40:09.27,4	Silestone - Dekton [Masters] 682-2. Gavin Marais (South Africa)
-	-	40:14.33,5	MTBVL [Mixed] 232-1. Haley Van Leeuwen (New Zealand)
-	-	40:21.50,4	Meerendal CBC 6 [Masters] 212-1. Andi Hofer (Switzerland)
-	-	40:25.23,6	Jalia [Masters] 179-1. James Edwards (England)
-	-	40:30.39,9	Exxaro / PWC 2 [Masters] 374-1. Michal Kotze (South Africa)
-	-	40:49.51,7	Concept Cyclery Jozi [Grand Masters] 314-2. Gary Gorton (South Africa)
-	-	40:50.27,7	The believers [Masters] 689-1. Johnny Lang (South Africa)
-	-	41:14.43,4	Adventure Base Trek [Men] 260-1. Andy Eggleston (England)
-	-	41:25.01,5	Federal Clearing [Women] 490-1. Jenna Borrill (South Africa)
-	-	41:58.48,1	GICATE [Men] 398-2. Xiri Nascimento (Angola)
-	-	42:24.33,6	CCRE Colombia 1 [Men] 285-1. Mauricio Vasquez Barrera (Colombia)
-	-	42:40.01,7	Atlantic AZLogistics [Men] 266-2. Ziehaad Salie (South Africa)
-	-	42:47.24,9	Lebombo Bananas [Men] 331-2. Albertus Jooste (South Africa)
-	-	42:49.29,1	San Pedro Flow [Grand Masters] 485-1. Peter Lüthi (Switzerland)
-	-	42:55.32,0	Autism Assist [Masters] 307-1. Pieter Viljoen (South Africa)

Team [Category] Race-Number Name (Country)

564 58 52:16.53,4 Appenninica 2 [Mixed] 507-1. Milena Bettocchi (Italy) 507-2. Giuseppe Salerno (Italy)

563 193 51:59.18,7 Woolworths Novasun [Masters] 608-1. David Cuff (South Africa) 608-2. Tom Murray (South Africa)

GC CAT Time

GC	CAT	Time	Team [Category] Race-Number Name (Country)
-	-	43:01.38,8	Postquam Spanish Power [Masters] 453-1. Leopoldo Arias (Spain)
-	-	43:17.26,5	Meerendal CBC 5 [Masters] 211-1. Fritz Egli (Switzerland)
-	-	43:25.51,7	KJC FEO Ravensburg [Masters] 627-2. Thorsten Röttgers (Germany)
-	-	43:31.23,5	Ratels [Men] 531-2. Deon Van den Dool (South Africa)
-	-	43:37.02,1	Popeye & Pegleg [Grand Masters] 352-1. Nigel Payne (South Africa)
-	-	43:42.07,5	GaBa Skypixx [Masters] 577-1. Michel Mocellini (Switzerland)
-	-	43:49.29,1	Oritain [Grand Masters] 663-2. Paul Duffy (England)
-	-	43:50.44,9	Caffè Gruppetto / Hed 2 [Masters] 602-2. Carlos Benitez (Spain)
-	-	44:02.40,2	HCW Cycle / Aqua King [Mixed] 528-2. Anneke Viljoen (South Africa)
-	-	44:03.51,5	I-MTB asd [Men] 406-2. Carmine Signorelli (Italy)
-	-	44:05.33,9	Last Years Winners [Mixed] 504-2. Roger Nicholson (South Africa)
-	-	44:19.20,4	DMA FoodCycle [Men] 375-2. Methoa Mabasa (South Africa)
-	-	44:37.44,8	HAMC [Masters] 579-2. Jurgen Van Achter (Belgium)
-	-	44:45.19,2	Real steelers [Grand Masters] 101-2. Paul Dalton (South Africa)
-	-	45:01.10,8	Darling Brew [Masters] 144-1. Leon Jacobs (South Africa)
-	-	45:08.58,5	Chikwenya [Grand Masters] 564-2. Carl Wilson (Zimbabwe)
-	-	45:29.20,7	mtb.si [Masters] 171-1. Ales Boben (Slovenia)
-	-	45:33.43,5	Late-but-not-Last [Masters] 243-1. Willem Weber (South Africa)
-	-	45:48.32,5	GAES 7 [Mixed] 219-1. Luis Garcia Ibañez Cisneros (Spain)
-	-	46:24.30,3	Imparables 1 [Mixed] 225-2. Raquel Lisbona (Spain)
-	-	46:44.50,0	CLB Cyling [Men] 287-1. Clemens Bartlome (Switzerland)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
-	-	46:45.17,6	iLAB [Men] 407-1. Mario Cutino (South Africa)
-	-	46:46.55,0	Schools of H.O.P.E [Grand Masters] 87-2. Samuel Fourie (South Africa)
-	-	47:41.46,6	MudSteyned [Mixed] 500-2. Karin Steyn (South Africa)
-	-	47:43.35,8	Leather Apples [Mixed] 494-1. Verity Appleyard (England)
-	-	47:56.40,0	NO IDEA [Masters] 546-2. Marc Lagesse (South Africa)
-	-	48:33.57,8	Ride for Fun [Masters] 592-1. Laurent Hanique (France)
-	-	49:35.49,3	Amicitia Fortior [Grand Masters] 651-1. Marc Cosaert (Belgium)
-	-	49:52.15,2	Brown Hyena [Men] 278-1. Dexter Loo (Singapore)
-	-	50:17.21,6	Bonedeath Crew [Masters] 560-2. Patrick Lackey (United States of America)
-	-	50:35.34,0	Macallan 2 [Masters] 619-2. Wah Shing So (Hong Kong)
-	-	50:50.37,5	Canadian Eh? [Grand Masters] 228-1. John Cockburn (Canada)
-	-	50:57.54,1	Spotted Hyenas [Masters] 597-1. Choon Yen Choey (Singapore)
-	-	51:03.56,4	Hanjo [Men] 184-1. Gerbrandus Schouten (Netherlands)
-	-	51:21.36,7	Epicly Crazy [Women] 496-1. Dannielle French (Australia)
-	-	52:39.22,4	TORTOISES4 [Masters] 95-2. Antoine Dufoix (Reunion)
-	-	53:06.46,0	Liv Trail Squad 2 [Women] 492-2. Madeleine Gérard (France)
-	-	53:52.13,7	Couples Therapy [Mixed] 513-1. Tara Bakker (United States of America)
-	-	54:15.40,4	JAG [Masters] 156-1. Marius Hurter (South Africa)
-	-	54:16.49,2	CTS Mountain Goats [Mixed] 200-2. Vincent Schino (United States of America)







THE PEOPLE'S HERO

A tale from the trenches

With all the hype surrounding the professionals at the top of the field, few realise the struggles that play out further down the ladder - the battles fought here are just as tough if not more challenging as the fight for yellow, as every day in the saddle becomes a matter of survival.



Here, there are no back-up teams to help, should things go awry. A rider must confront every possibility head-on, and pray the journey to the other side is a smooth one. This is where mental fortitude comes into the equation, and it's arquably just as important as fitness. Just ask Bruce Campbell: Bruce has to deal with all the regular challenges, while at the same time battling a rare and debilitating condition called Pompe disease.

"I used to be a top Xterra triathlete: then I started to experience inexplicable, debilitating pain in my body, which would render me crippled at times. I was finally diagnosed with having this rare disease, and I honestly thought it was the end - this was now my life sentence."

Unbowed by his diagnosis, Bruce vowed to stay positive and keep fit and active, in an attempt to raise awareness for Rare Diseases South Africa, "The Absa Cape Epic has always been a dream of mine; but I had my doubts - I feared I wouldn't cope, with my condition. I just really wanted to do it, as I think there's no bigger challenge in mountain biking, and it would be such a big platform to create awareness for Rare Diseases South Africa."

For those unfamiliar with Bruce's condition. Pompe disease is essentially an accumulation of glycogen in certain organs and tissues. especially the muscles, which impairs their ability to function normally, resulting in weakness and breathing issues. For Bruce, every day is a struggle. In order to keep him healthy and somewhat symptom-free, his regime includes a hospital visit every two weeks, in

which he receives five hours of intravenous enzyme replacement therapy.

"I can't race at the intensity of the racing snakes. but that doesn't matter to me. My aim is to create awareness about the many rare diseases out there that people suffer from, and then help them through my experiences and achievements on the bicycle. I want them to see what I've done, and to attempt it themselves."

Riding the Absa Cape Epic has been the biggest challenge of Bruce's life. He rode it for the first time in 2017; on that first occasion things looked grim, as he battled to finish even the Prologue at Meerendal Wine Estate. Getting through the following seven days, which would include a trip up Groenlandberg on Stage 6, looked unlikely. Through sheer determination he pushed through the pain and mental anguish, growing in strength and confidence as he soldiered on every day. For Bruce, riding his bike is a privilege on its own - doing it as part of an event as prestigious as the Untamed African MTB Race has made him an inspiration to others like himself

This year Bruce completed his second Absa Cape Epic, after winning the hearts of countless people he met along the way to the finish line at Val de Vie Estate in 2017.

"I got to meet some amazing people, from all over the world. I made many new friends, and in doing so, I also got a chance to create more awareness about rare diseases. Without even knowing it. I was having an impact on these people; and at the end of the race I was awarded

Absa's Conquer As One award for making a difference to so many people's lives. This got me such great exposure for my awareness campaign: but the real reward was being awarded an Absa Cape Epic entry for 2018. through Absa Pride."

There have been other riders who, like Bruce. have overcome adversity and raised awareness by competing in and finishing the race. Fivetime finisher Reuben van Niekerk was the first lower-limb amputee to complete the Absa Cape Epic, and has since become a household name. In 2015 Jason Van't Slot, co-founder of Cystic Fibrosis Cycling SA, became the world's first rider with cystic fibrosis to finish the event.

"There are so many people out there who have their own story of adversity. It amazes me how some take it as a life sentence, and others use it as a gift to influence others positively, and motivate them to be better at all they do in life. Because it's people like Reuben, Jason and me who know how precious and special life truly is."

What's next on the calendar for Bruce? He now finds himself on the brink of joining a very special group of riders: the Amabubesi Finishers Club, for riders who have completed three or more Absa Cape Epics. What struck us most about Bruce is his contagious positivity and unwavering commitment, to beating the odds and showing others just like him what's possible if you apply your mind. We have no doubt Bruce will be back to finish Absa Cape Epic number three.

























