



The Untamed African
Mountain Bike Race

2019 RIDEREVIEW





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RIDERREVIEW





FORWARD

The 2019 Absa Cape Epic has come and gone, and the months of sacrifice and preparation now take the shape of a Finisher Medal and a place in the Book of Legend where names are immortalized in mountain biking lore. While the physical challenges lasted for seemingly limitless hours, the memories made during the eight days of the Untamed African Mountain Bike Race will remain with me forever.

Looking back on my second Absa Cape Epic, there are a handful of moments that have cemented themselves in my mind:

2019 was the first year that I was afforded the opportunity to participate in the Prologue on Table Mountain National Park. I'm acquainted with the challenges of the mountain since I ride its trails almost every other week. But when it's lined with countless eager fans, ringing massive cow bells and screaming your name, the slopes take on an entirely new life – something I'll not soon forget. With a Natural Wonder of the World as the backdrop to the start of the Absa Cape Epic, I foresee the Prologue becoming an iconic day in mountain biking.

I love the experience of life within the Race Village, and every year since the first in 2004 it's become better and better. This year, on the penultimate afternoon and after an exhausting stage, there was an unusual chatter from the camper parked next to ours. It turned out to be Oscar Freire, Alessandro Petacchi, Rene Haselbacher, Robbie Hunter and a few other former road pros huddled over a tablet screen watching and cheering on the Milan-San Remo. Perhaps that's nothing too unusual, except that it just so happens that there were four Milan-San

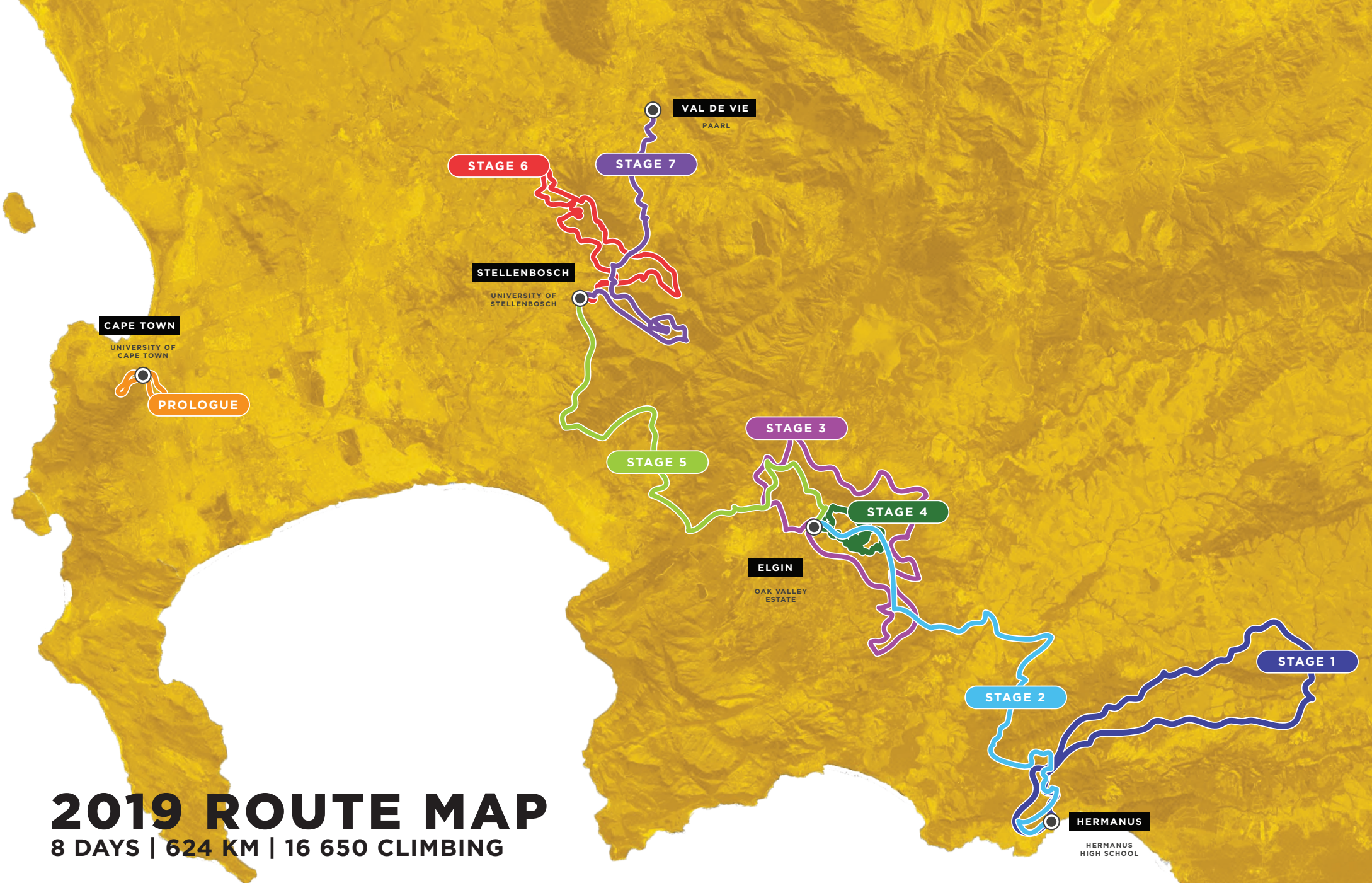
Remo wins between them! I suspect that the only other place in the world where there'd be such a concentration of winners would be at the Milan-San Remo itself!

Riding with one of my best mates, that I don't get to see very often because we live on opposite ends of the planet, made the 2019 Absa Cape Epic a truly special experience for me. We'd hardly ridden a bike together (save for a few Zwift sessions) in the 17 years since we'd crossed the finish line together at La Ruta in Costa Rica; we both recall discussing the concept of a mountain bike stage race across South Africa whilst lying on the beach, basking in the glory of having finished our first mountain bike stage race together. 17 years later, at the finish line of the very race that I dreamt about starting, each in very different phases of our lives since the days of grandiose plans and dreams, we found ourselves celebrating each other and our combined achievement of completing the 16th edition of the world's premier mountain bike stage race: the Absa Cape Epic.

I congratulate not just the Stage winners and Category champions but each and every one of you who dared take on the challenges that the Absa Cape Epic laid out for you.

I hope that you enjoy reminiscing over your time in the Untamed African Mountain Bike Race as you read the 2019 Absa Cape Epic Ride Review and I look forward to lining up next to many of you next year.

Kevin Vermaak
Founder and 2019 Finisher



2019 ROUTE MAP

8 DAYS | 624 KM | 16 650 CLIMBING



“ The nervous energy on the fields of the University of Cape Town was palpable.”



PRE-EVENT



The nervous energy on the fields of the University of Cape Town was palpable as 650 teams registered for the sixteenth edition of the Absa Cape Epic. Elite riders mingled with age groupers completing the necessary admin, browsing the Logo Store and visiting the various sponsor stands. For some, the event had already begun with the Tsogo Sun Around the World Party and Amabubesi breakfast.

Held on the Friday evening before the race at Southern Sun's The Cullinan hotel, the Around the World Party allowed riders to let their hair down before the stress of the race truly took hold. Encouraged to dress up in costumes representing their home nations the riders mingled and shared stories of their preparation for the big race. The best-dressed prize was secured by the World Famous Salty Balls team of Stephen Salt and Andy Hodgson. The 2019 edition marked the sixth Absa Cape Epic for Salt and Hodgson who have become two of the event's biggest characters.



On Saturday morning before registration opened, Kevin Vermaak hosted the annual Amabubesi breakfast. All riders who have finished three or more Absa Cape Epics are invited to the breakfast as well as the ride which follows it. With coffee, a delicious breakfast spread and an informal quiz – with prizes from the Absa Cape Epic sponsors – on offer the turn-out was good. Peter Calitz, who last rode in 2015 was one of the many previous competitors to attend the breakfast. Asked if he was hoping if someone was going to ask him to join them at the last minute Calitz just laughed.



"I'm all clogged up with the flu," sniffed Mike Nixon – one of the Last Lions. The men and women in the coffee queue around him took dramatic steps away, weary of catching any bug before starting the Prologue. "No, I'll be

fine," Nixon assured everyone in earshot. "I'm not contagious". Although Nixon's partner, Shane Barker, was also reportedly suffering with a minor illness neither felt the need to call on Calitz's super-substitute services at that late point.

With the Prologue route already marked, Amabubesi members taking part in the 2019 race were eager to get out on the course. Fuelled up for the 20 kilometre ride they took to the mountain to see how the recent weather conditions had affected the terrain. By all accounts the rains leading up to the event had ensured that the dual tracks and singletracks on Table Mountain were in excellent condition.

This was good news for the first-timers because the inaugural Land Rover Technical Terrain of the 2019 race, the infamous Plum Pudding singletrack, was set to be less nerve-wracking than usual. "It is only 200 metres of a 630 kilometre long race," quipped Oliver Munnik, who finished his tenth Absa Cape Epic this year. "If the rider in front of you uncleats don't be afraid to walk it out. Rather be safe than sorry. You can't win the race on the Prologue but you can definitely lose it."

1. Daniel Marciniak and Marcin Górnicki documented the start of their eight-day journey with a well-framed selfie overlooking Cape Town's Southern Suburbs
2. The talismanic Exxaro Man posed for a picture with Malusi Buthelezi at the Amabubesi breakfast
3. Buff Scott MTB's Enrique Morcillo Vergara's reaction after Joaquim Rodriguez told him Jose Hermida was riding his 10th Absa Cape Epic this year

“

***A glorious
welcome to
one of the most
spectacular
regions of Africa.***

TABLE MOUNTAIN NATIONAL PARK





CAPE TOWN

Affectionately known as the Mother City, Cape Town provides a glorious welcome to one of the most spectacular regions of Africa. Sitting at the foot of the iconic Table Mountain with a heritage spanning over 300 years, Cape Town attracts tourists from around the world with its unique meld of cultures – part fishing village, part metropolis and giant adventure sports playground. The city is a sought-after destination for its beautiful mountain and sea landscapes, spectacular beaches, architecture, cuisine, music and lifestyle. It boasts the top five national attractions in South Africa: Table Mountain, a world heritage site; the V&A Waterfront, a unique shopping and holiday experience in a scenic working harbour; Robben Island, where Nelson Mandela and other famous South Africans were imprisoned; the Cape Town wine routes; and Kirstenbosch Botanical Gardens, internationally acclaimed as one of the great gardens of the world.



CITY OF CAPE TOWN



PROLOGUE

SUNDAY, 17 MARCH

In 2019 Cape Town’s most iconic landmark plays host, for the fifth time, to the Absa Cape Epic Prologue. The Prologue is more than just a scene setter though; it will provide the first shake-up of the general classification and hints of who has prepared best for the herculean task at hand. Spanning 20 kilometres and with 600 metres of climbing on offer it takes in some of the most spectacular topography in the Western Cape - the most notorious of which is the grind

up to the spectator-lined Dead Man’s Tree where scenic vistas of Table Bay will greet one and all. The first section of Land Rover Technical Terrain of the race is located on the Plum Pudding singletrack which tests bravery and skill in equal measures; surviving the Prologue unscathed should be the aim for the day as the Absa Cape Epic only really begins on Stage 1, in Hermanus.

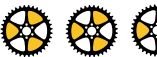
START LOCATION

University of Cape Town

DISTANCE

20km

RATING

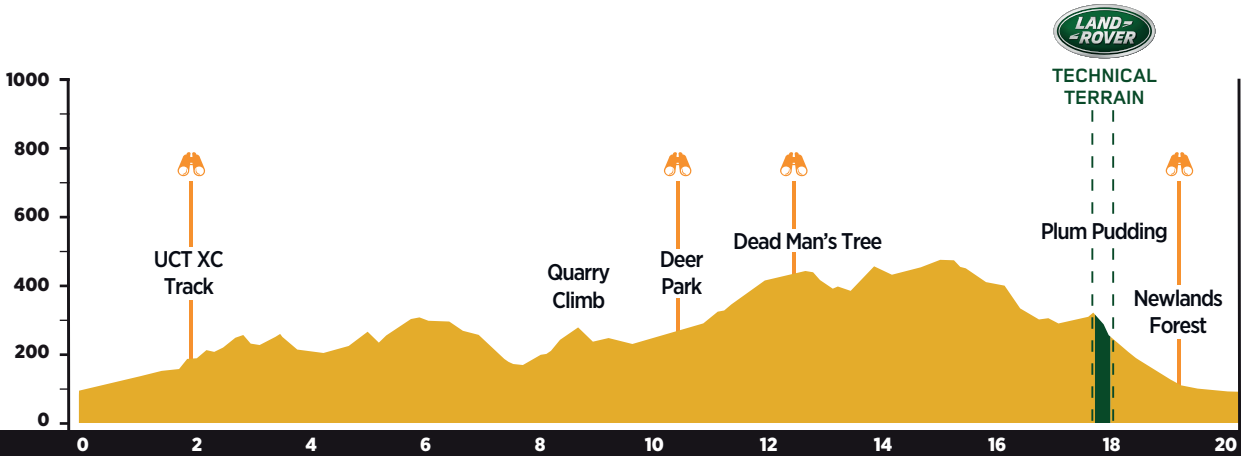


FINISH LOCATION

University of Cape Town

CLIMBING

600m







AT THE SHARP END

In the UCI men's race the KROSS-SPUR team of Sergio Gutierrez and Ondřej Cink went out fastest of the earlier starters setting a time that even some of the biggest names failed to match. That was until the South African stars, Alan Hatherly and Matt Beers, took to the course. Only a rear-wheel puncture for Beers, inside the last kilometre, scuppered their chances of kicking off the race with a historic stage win. Where the SpecializedFoundationNAD team faltered in the closing stages Scott-SRAM's Nino Schurter and Lars Forster laid down a marker. The Swiss pair blitzed the final singletrack to overhaul Gutierrez and Cink's time by an impressive 52 seconds. Cannondale Factory Racing posted the second fastest UCI men's time, ceding 41 seconds to Schurter and Forster.

The UCI women's race got underway with a dominant display of power by the race favourites Annika Langvad and Anna van der Breggen. The Investec-songo-Specialized pair nullified the 2 minute time gap to Sabine Spitz and Nadine Rieder, after passing them within the first 10 kilometres. Though Langvad and van der Breggen stormed to victory by 2 minutes and 35 seconds the signs were positive for Kross-Spur Racing behind them; Ariane Lüthi and Maja Włoszczowska appeared to be gelling well as a team. Summit Fin were third on the opening day.

IN THE HEART OF THE FIELD

Steven Berkowitz looked forlorn after crossing the finish line of the Prologue. His Team No Danger partner, Ian Bryan, had taken a tumble on the infamous Plum Pudding descent and could not finish the day owing to a badly injured shoulder. "Plum Pudding was actually not so bad," said Steven, as he downed a Woolworths chocolate milk in the finish area. "A little loose and rocky but it's totally rideable. Sometimes

you don't get your line quite right – and bang! I am so sad for Ian."

Hugo Stettler and Damian Henzi nearly travelled all the way from Zug, in Switzerland, for nothing; as Stettler's bike decided to throw a tantrum. "Right out of the start, just as we went up the hill, four of my spokes in my back wheel broke. It cost us over half an hour." Another mechanical – this time just a kilometre from the finish – saw Stettler's rear derailleur destroy the just-repaired wheel. "My team mate put the bike on his back and I ran to the finish."

South Africa's first Tour de France stage winner, Robbie Hunter, was riding with seasoned Austrian ex-pro René Haselbacher, after accepting a challenge a year ago to add the Absa Cape Epic to his racing CV. "I only started training on 10 December and most of that was on the rollers or the indoor trainer. The weather was not so good in Switzerland." Haselbacher is now a Cape Town resident and has obviously put in a few more miles than Hunter but they both know that their racing pedigree will get them through the tough days. "I loved today. We took it easy. Hasi knows how to pace it right and finished fast", said Hunter.

One of the most affable personalities in the field, OG Molefe (sports anchor for the eNCA news channel) tackling his first Absa Cape Epic alongside Thabo Thamashela, couldn't wipe the smile off his face after completing the Prologue. "Man, it was nice out there. Challenging, for sure. There were testers. Dead Man's Tree – yoh!"



1. There were no surprises when Nino Schurter and Lars Forster stormed to victory on a cross-country-style Table Mountain Prologue

2. The South African pairing of Samantha Sanders and Amy McDougall bagged both a top ten finish as well as the Absa African Women's Jersey



District



Single



Farm



Tar



PROLOGUE WINNERS & OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Scott-SRAM MTB-Racing	Nino Schurter	Lars Forster	00:43.41,5
Women	Investec-songo-Specialized	Annika Langvad	Anna van der Breggen	00:51.44,7
Dimension Data Masters	Merida Factory Racing	Jose Hermida	Joaquim Rodriguez	00:48.46,3
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	00:53.06,2
Virgin Active Mixed	TBR-Werner	Sebastian Stark	Laura Stark	00:54.01,6

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	SpecializedFoundationNAD	Alan Hatherly	Matthew Beers	00:45.04,0
Absa African Women	Galileo Risk	Theresa Ralph	Sarah Hill	00:56.49,2
Exxaro	EXXARO/PWC 1	Lucky Mlangeni	Tshepo Tlou	00:53.54,5



OG Molefe
@OG_Molefe

Dead Man's Tree was Epic. @thabomamatshela just said Vasbyt and we fought our way to the top. The prologue was very interesting. #ConquerAsOne #TrekSA #CapeEpic



Shameeg
@shameegsalie

Let's go guys all the best for this week. Smash it out there #thesele #capetownsouthafrica #Capeepic #localheroes



Adam Bryan Greve
@adamoptimusgreve

Autobots Roll Out! #Conquerasone #absapride



RIDER ROUND-UP



**ANNA
VAN DEN BREGGEN** 

“I must be honest – I did not expect so many supporters on the route. It was a really amazing way to start the Absa Cape Epic. The supporters cheering us on and riding a really special course.”



**MARIUS
HURTER** 

“That first climb is always a shock to the system. The singletrack section can be tricky and if you are not careful you can fall badly. I know these routes quite well and that always helps.”



**MARISKE
STRAUSS** 

“I really enjoyed the Prologue. It was a lot of fun to ride the trails and the vibe on the route gave it something extra. I knew what to expect but riding Table Mountain will always be special.”



**ADELE
NIEMAND** 

“This is just a taste of what is to come! It was my first time riding trails on Table Mountain. Conditions were tough but what an experience.”





All the way from Columbia were Julian Buelvas and Wilson Alfredo Rincon who used the cool morning conditions to ease into their Absa Cape Epic campaign



Marie and Geert Mertens were looking to add another medal to their collective six finishes



Felix González Romero pulled out his lucky charm for the camera



Power couple Martin and Jeannie Dreyer (Team Above and Beyond) were riding with the hope of securing a podium position in the Virgin Active Mixed category

“

***In recent years
Hermanus has
become of a
mountain biking
mecca, with trails
being developed
on the nearby
hills and valleys.***

HERMANUS HIGH SCHOOL





HERMANUS

The beautiful seaside town of Hermanus offers the best shore-based whale watching in the world: the magnificent creatures flock to Walker Bay every year and can be observed only metres away from the cliffs and paths lining the shore. The town has its own unique 'whale crier', famous for signalling the presence of whales with his kelp horn. Besides its natural beauty and crisp coastal air, the area is renowned for its quality wines and leading estates lining the flanks of the Hemel-en-Aarde Valley. In recent years Hermanus has become somewhat of a mountain biking playground, what with a slew of new trails populating the nearby hills and valleys.



STAGE 1

MONDAY, 18 MARCH

Relentless. Attritional. A return to the Absa Cape Epic Stage 1's of old and the Hemel en Aarde Valley. Rotary Drive, the La Vierge stairs and the Paddocks set the tone for a day of relentless ascents before the stage's first spectator point at Creation Wines. Then it is onwards and upwards towards the Dimension Data Hotspot near the summit of the Katkloof Climb. Baked by the summer sun it will be littered with loose pebbles, clinging precariously to a shifting surface of sand. In the wheat fields of the Overberg, rolling roads provide a brief respite before the war of attrition resumes on

the slopes of the Babilonstoring Mountains, then descending into the Tesselaarsdal Valley – where in 2017 many an Absa Cape Epic dream was dashed. Turning for Hermanus and home it is downhill in theory – but reality and Charlie's Babe have other ideas. The Gorge, in the final fifteen kilometres provides the day's Land Rover Technical Terrain and one of the most exhilarating approaches to an Absa Cape Epic finish line yet. There is still one final sting in the tail though; the agonisingly steep and unrelenting Water Works climb...

START LOCATION

Hermanus High School

DISTANCE

111km

RATING

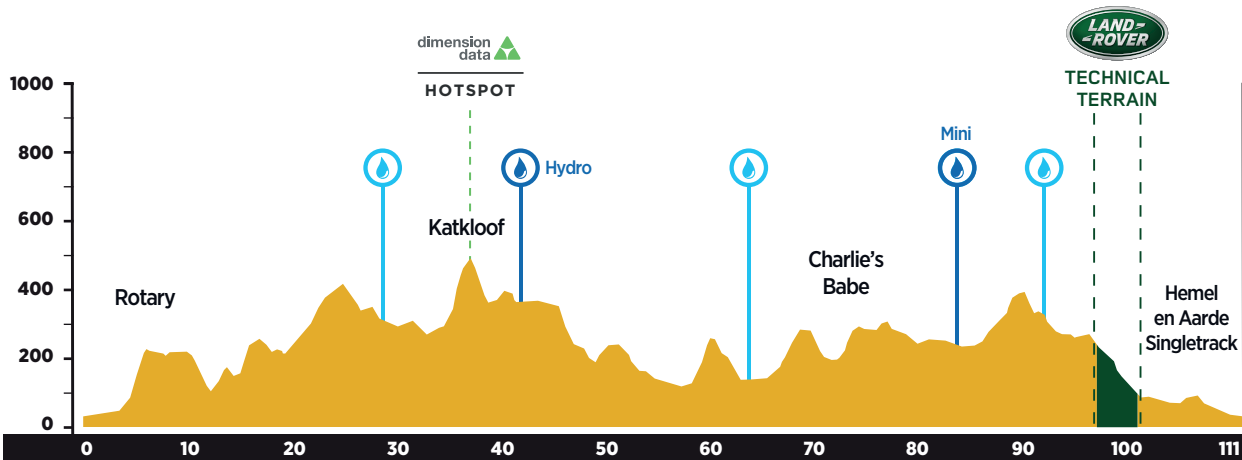


FINISH LOCATION

Hermanus High School

CLIMBING

2700m





AT THE SHARP END

Stage 1 provided drama aplenty in the UCI men's race as Investec-songo-Specialized's title defence came crashing to an early end. Early warning shots were fired by Scott-SRAM on the Dimension Data Hot Spot climb but 70 kilometres into the stage the five-star favourites were all together. Schurter and Foster were accompanied at that point by Jaroslav Kulhavý and Sam Gaze, Manuel Fumic and Henrique Avancini, plus the surprise pairing of Kristian Hynek and Petter Fagerhaug of team Canyon. Disaster struck for the defending champions when Gaze crashed heavily, sustaining what would prove to be a race-ending concussion. Canyon were next to be distanced by Scott-SRAM and Cannondale Factory Racing. The leading two teams on the trails then proceeded to have an argument over pace-making duties, which spilled over into the post-stage interviews. After losing 2 minutes and 52 seconds to Schurter and Forster, Avancini stated that 'Nino was not the captain of this race'. Schurter countered by stating 'they must look for another team to follow'. Never a dull moment in the Absa Cape Epic – that's for sure...

The UCI women's race saw a less dramatic but by no means less emphatic stage win. Investec-songo-Specialized's Langvad and van der Breggen simply rode away from their rivals, never to be seen again on the stage. The favourites raced to stage honours by 3 minutes and 7 seconds over Kross-Spur's Lüthi and Włoszczowska who held off Summit Fin's Candice Lill and Adelheid Morath by a further 2 minutes and 13 seconds.

IN THE HEART OF THE FIELD

As if the Absa Cape Epic was not enough of a challenge; three riders in the 2019 race took the Absa Conquer as One theme to the extreme by

attempting the Untamed African MTB Race with fewer limbs than their able-bodied race mates.

Dax Jaikel of 7C Wilier, rode with defending Dimension Data Master's champion Massimo Debertolis. The 42-year-old Costa Rican's take on riding bikes and life is wonderfully positive. Alongside Debertolis, Jaikel has won the BIKE Transalp Master's category in the last two editions of the race. The pair finished third in the short and technical Prologue, only 3 minutes off the time set by Jose Hermida and Joaquim 'Purito' Rodriguez.

Team KT18 ramps the Conquer as One vibe up a notch; they became the first team of two amputees in Absa Cape Epic history to complete the race. Englishman Stuart Croxford damaged his right leg severely when the vehicle he was in hit a land mine in Afghanistan in 2012. He rode with Jaco van Gass, a former South African but also a fellow serviceman in the British Armed Forces. On his second tour in Afghanistan, he got on the wrong end of a rocket-propelled grenade, resulting in the loss of his left arm at the elbow.

Croxford and Van Gass finished the Prologue handsomely, faster than more than 200 teams in a field of nearly 700. Stage 1 proved a tad tougher but the two managed to dispatch the route's 2 700m of ascent with time to spare. "It was tough but at least we got a hard one out of the way when our legs are still fresh," said Croxford. "We had to stop a few times to attend to our stumps – drain the connections to the prostheses of sweat – but apart from that we had as much fun as you can on these events."

1. Another dominant display saw Nino Schurter and Lars Forster secure their second win in as many days

2. Professional road rider Anna van der Breggen, riding in her first Absa Cape Epic, would spend eight days staring at reigning champion Annika Langvad's rear wheel





STAGE 1 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	Scott-SRAM MTB-Racing	Nino Schurter	Lars Forster	04:24.04,6
Women	Investec-songo-Specialized	Annika Langvad	Anna van der Breggen	05:09.11,4
Dimension Data Masters	Merida Factory Racing	Jose Hermida	Joaquim Rodriguez	04:45.22,5
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	05:09.11,1
Virgin Active Mixed	TBR-Werner	Sebastian Stark	Laura Stark	06:15.25,2

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Scott-SRAM MTB-Racing	Nino Schurter	Lars Forster	05:07.46,2
Women	Investec-songo-Specialized	Annika Langvad	Anna van der Breggen	06:00.56,2
Dimension Data Masters	Merida Factory Racing	Jose Hermida	Joaquim Rodriguez	05:34.08,8
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	06:02.17,4
Virgin Active Mixed	TBR-Werner	Sebastian Stark	Laura Stark	06:15.25,2

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	SpecializedFoundationNAD	Alan Hatherly	Matthew Beers	05:18.04,9
Absa African Women	dormakaba Ladies	Samantha Sanders	Amy Mcdougall	06:23.01,1
Exxaro	BMT Fairtree	Luyanda Thobigunya	Baphelele Mbobo	06:23.44,0

District



Single



Farm



Tar



Pablo García Celaá
@kapita77

The first stage in the pocket!!! #CapeEpic #Untamed #betterplanetpackaging



Māris Vancevičs
@marvancyclist

Today's ride was hard but good, this face says everything. 111km and 2700 climb meters.



Laura Meseguer
@laura_meseguer

Stage 1 of @capeepic done and DUSTED!



RIDER ROUND-UP



**ALAN
GORDON** 

“It was a brutal day with everything you can expect from a stage in the Absa Cape Epic.”



**SHAYNA
POWLESS** 

“It was the longest day I have ever had on my bike but the climbs and technical sections made it one of the best.”



**MARTIN
DREYER** 

“Good opening stage for the Absa Cape Epic. Tough day out but certainly lived up to expectations.”



**CATHERINE
WILLIAMSON** 

“I really liked the single-track. Not one kilometre was boring.”





Gareth Bridges and Nicolas Faquet showed their mettle and resilience in the face of adversity



Journalist Wade Wallace from CyclingTips.com scythed his way down one of the many single track rollercoasters



Amputee team of Jaco-Albert van Gass and Stuart Croxford (Team KT18) finished Stage 1 ahead of many able-bodied riders



Mountain bike heavyweight and eight-time Absa Cape Epic finisher, Marius Hurter, timed his finishes to perfection coming in each day with mere seconds to spare

BEHIND THE SCENES





“ *In recent years the valley has become a celebrated outdoor adventure paradise*

ELGIN



OAK VALLEY ESTATE

The Elgin Valley is a natural home for lovers of fresh food, cool-climate wines and beautiful country living. Located just 45 minutes from Cape Town, the lush garden valley has been renowned for almost a century for its apples and pears. It is also home to some excellent restaurants, delis, and wine estates. In recent years the valley has become a celebrated outdoor adventure paradise, particularly for mountain bikers. Many local farms, including the Oak Valley, Paul Cluver and Thandi Estates, have developed excellent mountain bike trail networks.



STAGE 2

TUESDAY, 19 MARCH

A teaspoon of cement is in order for the first move day of the 2019 Absa Cape Epic, as it packs challenge after challenge into its relatively brief 86 kilometres. Tyre choice and tyre pressures are sure to be decisive on Stage 2 where 10 arduous kilometres within the first half of the day could prove definitive. The stage starts with an ascent of Rotary Drive before crossing out of the Hemel en Aarde Valley to the west – into the sandman’s playground. Named after the mysterious landowner, ‘The Machine’

provides a steep ascent followed by the day’s Land Rover Technical Terrain, a rollercoaster ride along a trail carved out by motocross bikes. Riders will then make their way up the Old Houwhoek Pass to get across into the Elgin Valley. The climbing does not relent once the Elgin Valley is reached however, two steep but mercifully short hills separate riders from a scintillating singletrack run in to the finish at Oak Valley Estate.

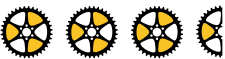
START LOCATION

Hermanus High School

DISTANCE

90km

RATING

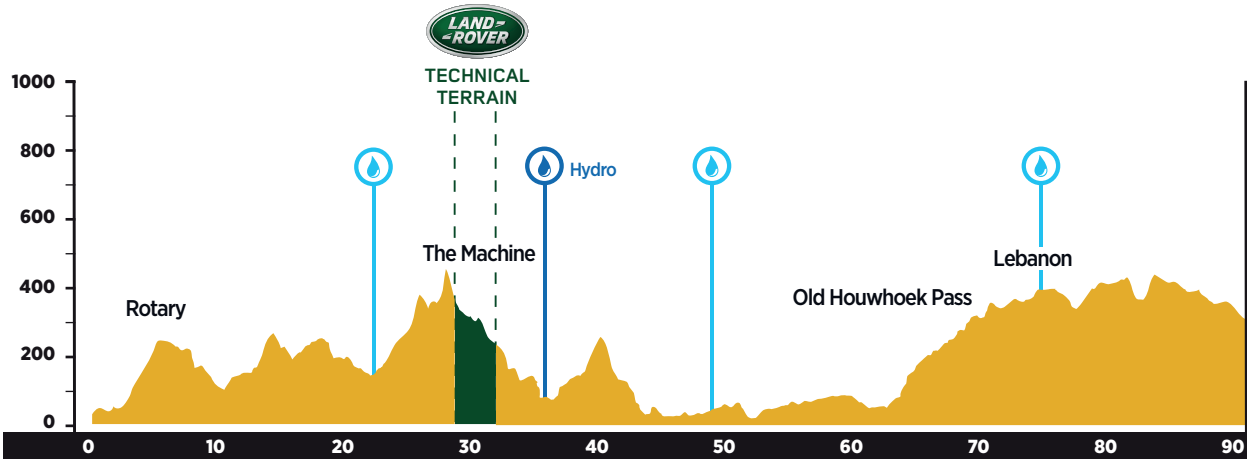


FINISH LOCATION

Oak Valley Estate

CLIMBING

2 250m







AT THE SHARP END

After the argument between Schurter and Avancini the day before, tempers were cooled after the two called a truce ahead of Stage 2. Hatchets may have been buried off the bike but in racing terms, Schurter and Forster were eager to continue their dominance. That would prove easier said than done. Scott-SRAM and Cannondale Factory Racing swapped punches and counters, while KROSS-SPUR looked on hoping for a chance to attack if their rivals expended too much energy focusing on each other. For over 80 kilometres Schurter, Forster, Fumic and Avancini were inseparable – until the final climb of the stage just 5 kilometres from Oak Valley. Scott-SRAM attacked on a short but brutally steep climb. Fumic cracked, ensuring Avancini could not chase. Gutierrez and Cink, well down on the overall standings after a nightmare Stage 1, were best able to follow Schurter and Forster. Over the summit of the climb the three teams remained within sight, time-trialling to the finish. Scott-SRAM reached Oak Valley first, 29 seconds ahead of KROSS-SPUR; Cannondale Factory Racing were third, losing 31 seconds to the stage winners.

In the UCI women's race the Kross-Spur team of Lüthi and Włoszczowska took the fight to Investec-songo-Specialized's Langvad and van der Breggen. The two leading women's teams raced neck-and-neck to the Katpas climb, where

the overall leaders started to inch away. Kross-Spur did not give in without a fight, limiting their losses to 2 minutes and 8 seconds. Behind them Lill and Morath had their toughest day of the race losing nearly 10 minutes to Investec-songo-Specialized.

IN THE HEART OF THE FIELD

Finishing the Absa Cape Epic requires a world-class fitness level, the alignment of any number of lucky stars and, most importantly, a partner with whom you can travel the journey of highs and lows that only the Untamed African MTB Race can throw at you.

For most teams, the choice is one of friendship: riding buddies, training partners, business connections... For some however, the selection process happens a whole lot closer to home, if not actually in it.

The Virgin Active Mixed category is littered with same-surname teams, spearheaded by German-Capetonians Sebastian and Laura Stark. They emerged victorious among fourteen other teams who admitted in the entry process that they were married (to each other). Relative newcomers to the realm of marriage, the pair are veteran stage racers, having met at a race in 2012 before finally tying the knot in 2018.

"It has been great so far and we are riding well," said Laura at the end of Stage 2. "We never really fight about anything on the ride; I think you need to just be really aware of the other person and how they are feeling. We communicate a lot."

For Sebastian that means making sure he does not get carried away. "The only time we've had an argument was on the Tankwa Trek Prologue where I was not concentrating and kept riding five metres ahead.

I did not realise Laura was struggling; I lost concentration. I learnt from that."

Jeannie and Martin Dreyer are no strangers to the extremes of mountain biking either. As a husband-and-wife super-team they own both records for the Freedom Challenge and have also won the mixed K2 at the Dusi Canoe Marathon in February – a race Martin has won a record seven times in the solo category.

1. Sebastian and Laura Stark took no prisoners and extended their lead in the Virgin Active Mixed category
2. Kross-Spur's Ariane Lüthi and Maja Włoszczowska showed their class with another podium finish
3. Consistency paid off for Investec-songo-Specialized after they secured win number 3 and extended their lead in the Women's race





STAGE 2 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	Scott-SRAM MTB-Racing	Nino Schurter	Lars Forster	03:37.41,3
Women	Investec-songo-Specialized	Annika Langvad	Anna van der Breggen	04:18.01,2
Dimension Data Masters	Merida Factory Racing	Jose Hermida	Joaquim Rodriguez	04:00.48,9
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	04:11.18,2
Virgin Active Mixed	TBR-Werner	Sebastian Stark	Laura Stark	04:23.21,5

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Scott-SRAM MTB-Racing	Nino Schurter	Lars Forster	08:45.27,5
Women	Investec-songo-Specialized	Annika Langvad	Anna van der Breggen	10:18.57,4
Dimension Data Masters	Merida Factory Racing	Jose Hermida	Joaquim Rodriguez	09:34.57,7
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	10:13.35,6
Virgin Active Mixed	TBR-Werner	Sebastian Stark	Laura Stark	10:38.46,8

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	SpecializedFoundationNAD	Alan Hatherly	Matthew Beers	05:18.04,9
Absa African Women	dormakaba Ladies	Samantha Sanders	Amy Mcdougall	06:23.01,1
Exxaro	Exxaro Pepto Sport	Sean Baloyi	Anele Mtalana	11:07.52,0

District



Single



Farm



Tar



Land Rover SA
@LandRoverZA

We smile in the face of the challenge of our capabilities. Mark Collins and Clinton Mackintosh of team #LandRoverZA take a moment to rehydrate during the #CapeEpic. #UnstoppableSpirit

Alessandro Petacchi
@alepeta74

The second stage is done, 92km 2200 climbing. Today it was relatively easier than yesterday, we are taking the right steps.

Kross Racing Team
@kross_racing_team

It definitely was an Epic effort. After a lot of bad luck on Monday, @manteconsergio and @ondrejcinik showed an incredible fighting spirit and finished 2nd today.

RIDER ROUND-UP



**SIMON
ANDREASSEN**



“End of today’s stage was great. I really like these routes and loved riding them again today.”



**SIMON
STIEBJAHN**



“Tough day out. Beautiful scenery and amazing privilege to ride on these trails.”



**OLIVER
MUNNIK**



“I was pleasantly surprised with the sand being solid and not loose. It was a nice flowing route with good singletrack sections.”



**SIYABULELA
TUTU**



“It was a tough day out there. I am very tired but happy to be at the finish.”



**JORDI BARRI
CARLES**



“The Land Rover Technical Terrain was super amazing. The final single track was also very nice.”





Racing stripes were the order of the day for Greg Harrup and Steve Bark



Swiss riders Fabian and Ignaz Müller were not afraid to have fun despite the brutal terrain and relentless climbing



Kings of Neon: a determined CP Van Wyk of Insect Science Pro charged his way to a top 30 finish together with teammate Alan Gordon



It was pedal to the medal for the Team Madmacs partnership of Matthew Keyser and Charles McFall



It's hard to tell whether Aussie, David Harris of Team A21-AAA-Mtoss-Mainpac was grimacing or smiling at the camera such was his poker face

STAGE 3

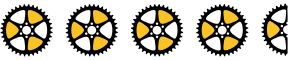
WEDNESDAY, 20 MARCH

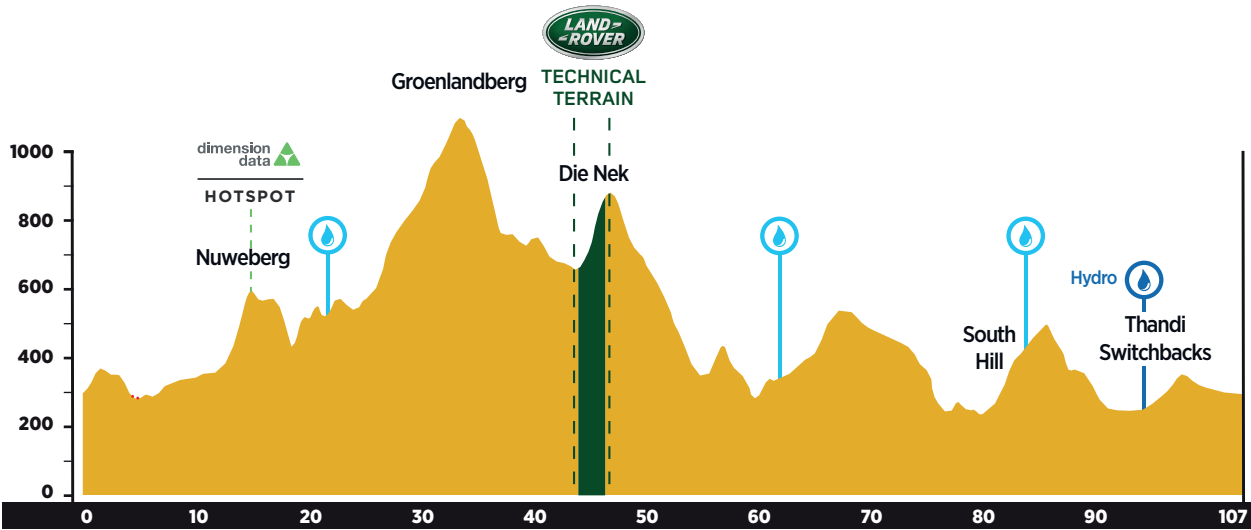
No Absa Cape Epic sojourn in Elgin would be complete without an assault on Groenlandberg. But in 2019 the famed emerald mountain, the highest point of the route, does not earn the honour of being titled the Queen Stage. Overshadowed, slightly, by Stage 5 it still provides a stern test though. The day kicks off with the ascent of the Nuweberg, followed by the Groenlandberg herself. For the elite riders crossing the highest point (1100m) in the race first will yield the Dimension Data Hotspot award. A white

knuckle descent follows, then it's upwards again on the stage's Land Rover Technical Terrain climb to Die Nék. In the Elgin Valley, far below, a mix of rocky singletrack, concentration-demanding dual track and two more infamous climbs await. There are riding rewards on offer too, following the last significant climb of the day, on the rocky but always thrilling Lebanon trails. The trail home includes flowing singletrack through cattle-filled pastures – not a bad way to end one of the 2019 Absa Cape Epic's toughest stages.

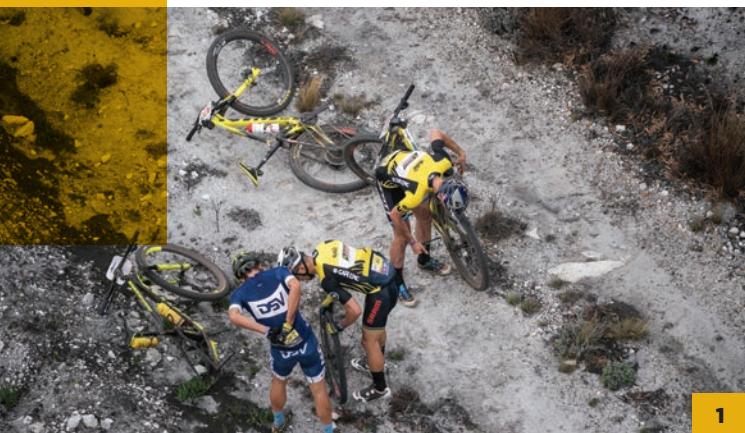
START LOCATION	DISTANCE
Oak Valley Estate	107km
FINISH LOCATION	CLIMBING
Oak Valley Estate	2 800m

RATING









AT THE SHARP END

Punctures and crashes put an exclamation mark on the report from the UCI men's race at the end of Stage 3. First to puncture and crash was SpecializedFoundationNAD's Matt Beers. The tall Absa African Men's Jersey-wearer had his front wheel pierced by a rock kicked up by the bike ahead of him, deflating the tyre in a heartbeat and sending him sprawling on the gravel. Next to falter was Forster as a rear tyre puncture on the descent from Die Nek to the Elgin Valley cost him 9 minutes. Only the gracious gift of a wheel by DSV Pro Cycling's Arno du Toit saved the race for Scott-SRAM – but Cannondale Factory Racing still profited significantly. They crossed the line 6 minutes and 45 seconds ahead of Schurter and Forster, riding their way into the yellow zebra leaders' jerseys. Fumic and Avancini took the stage win; 2 minutes and 24 seconds up on the BULLS Heroes, Urs Huber and Simon Stiebjahn, and 3 minutes 43 seconds better off than Trek Selle San Marco's Damiano Ferraro and Samuele Porro.

Punctures played their part in the UCI women's stage too, when Luthi and Włoszczowska lost

over 20 minutes and their second position on the general classification. Langvad and van der Breggen kept it safe and tidy throughout the challenging stage, claiming victory by 5 minutes and 52 seconds over Lill and Morath. Kross-Spur's loss was Summit Fin's gain as they moved into second overall. Silverback Fairtree's Mariske Strauss and Jennie Stenerhag were third on the day, but remained fourth overall.

IN THE HEART OF THE FIELD

Not all the riders in the Absa Cape Epic have their choice of carbon steeds, motorhomes and the creature comforts many see as basic. Since 2012, the Exxaro Jersey race has catered for riders from historically disadvantaged backgrounds with a race-within-a-race that is often more thrilling than the UCI men's.

With an age cap of 26, the Exxaro Jersey attracts young talent from across South Africa. In 2019 the Exxaro Development Academy in Gauteng, KZN-based RMB Change a Life and BMT Fairtree Academy and songoinfo, both based in the Western Cape were battling it out for top honours.

Tucked in at the back of this experienced field, after Stage 3, was the Khayelitsha-based Thesele Velokhaya team of Mthetheleli Boya and Loyiso Fulu. Boya had a single Absa Cape Epic finish to his name, while Fulu, a newbie, was also the youngest rider in the field at the tender age of 18.

Velokhaya is one of the oldest development academies in the Western Cape, and has a wonderful track record of developing road riders – former pro Luthando Kaka led the charge a decade ago, and current Dimension Data pro Nicholas Dlamini is a proud ambassador for the academy. Part of the huge growth in numbers they have seen stems from the employment

of a full-time teacher to mentor and assist the learners at the academy.

So, why bring a team to the Absa Cape Epic? "We want to expose the riders to the bigger picture of mountain biking and cycling," said Luthando Kaka. "The experience and the exposure to foreign riders and different things helps so much with their personal development."

The Prologue was a disaster with a cut tyre costing the pair nearly an hour but after their rocky start, Fulu remains youthfully optimistic: "On Sunday we had a mechanical and lost a lot of time so Stage 1 turned out to be a hard time-trial session for us as we were trying to get back into the racing groups. We are learning the hard way but I'm happy to be able to take part and see what I can do."

1. Despite assistance from their DSV Scott support team, Scott-SRAM lost nearly seven minutes and the overall lead to Cannondale Factory Racing when Lars Forster punctured early in the stage
2. Sean Baloyi and Anele Mtalana focused on keeping their grips tight on the Exxaro Special Jersey





District



Single



Farm



Tar



STAGE 3 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	Cannondale Factory Racing	Manuel Fumic	Henrique Avancini	04:30.00,3
Women	Investec-songo-Specialized	Annika Langvad	Anna van der Breggen	05:23.43,3
Dimension Data Masters	Merida Factory Racing	Jose Hermida	Joaquim Rodriguez	05:03.29,5
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	05:15.27,7
Virgin Active Mixed	TBR-Werner	Sebastian Stark	Laura Stark	05:42.21,6

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Cannondale Factory Racing	Manuel Fumic	Henrique Avancini	13:19.31,9
Women	Investec-songo-Specialized	Annika Langvad	Anna van der Breggen	15:42.52,8
Dimension Data Masters	Merida Factory Racing	Jose Hermida	Joaquim Rodriguez	14:38.27,3
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	15:29.03,4
Virgin Active Mixed	TBR-Werner	Sebastian Stark	Laura Stark	16:21.08,5

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	SpecializedFoundationNAD	Alan Hatherly	Matthew Beers	13:37.55,1
Absa African Women	Galileo Risk	Theresa Ralph	Sarah Hill	17:38.11,4
Exxaro	Exxaro Pepto Sport	Sean Baloyi	Anele Mtalana	16:58.52,4



Caro Reppetto
@CRTEAM4

GREEEEAAAT!! Stage 3 Conquered!!
@CapeEpic #CapeEpic



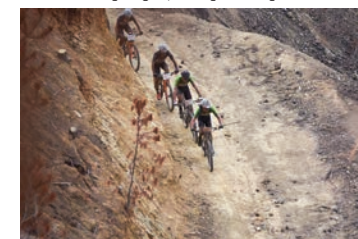
Stefan Olaru
@stefanolaru

The great thing about this week, I can watch live
#CapeEpic while having coffee



HB Kruger
@hbkruger

Another tough day at the @capeepic, rode into a solid
10th place on the day and 10th on GC. This is Africa,
tomorrow we fight again, as long as our lights are on.



RIDER ROUND-UP



**ALAN
HATHERLY**



“Groenlandberg was a monster of a climb. I definitely underestimated it. We chased the front guys and when I got to the top I could hardly see! I was on the limit.



**JULIAN
JESSOP**



“I enjoyed today’s stage. It was something special. I have never done Groenlandberg before. It is totally different to anything I have done.”



**JOAN
KUHRMANN**



“Today was challenging, including the weather. The terrain was rough and that added to the aches of a tired body.”



**NICOLA
WALKER**



“It was an amazing route. The weather added to the challenge. But descending was a blast. Getting to the end you had to keep focus in the singletrack. All this made for a challenging day in the saddle.”



**ANITA
NARULA**



“It was a tough day. That last 2km was the longest ever!”



Andrea De Silvestris and Jhonnathan De Leon of Guatemala enjoyed the fast and flowing singletracks of Oak Valley



PYGA Euro Steel 2's Phillimon Sebona made time to strike a pose for the cameraman



Participating in her first Absa Cape Epic, Lucie Zelenkova and her bright-pink kit stood out spectacularly against the untamed African backdrop



For Ecuadorians Galo Tamayo and Jose Bernardo Vintimilla Corral every day was a balls-to-the-walls effort, the duo finished Stage 3 in 66th position



Newbies Jiujiang Mi and Jun Zhu of Team China MTB activated beast mode on their way to securing a top 30 GC placing

STAGE 4

THURSDAY, 21 MARCH

TIME TRIAL

After three marathon stages the race against the clock provides some relief in terms of distance, but the singletrack-filled route will certainly not ease up on the difficulty – no recovery here. Taking in the best of Oak Valley and Paul Cluver’s world-class trail network and linking them with savage climbs, the mid-race time trial provides a test of power, speed and concentration. Trails such as Pine Singles, Tranquillity, Nürburgring, Mamba, Vissie’s

Magic, Sounds of Silence, Wonderland and the Greenhouse Effect, are linked by the Tierkop, Ma se Gat, Berg Adder and Pofadder climbs. For the fans the time-trial provides the perfect spectator point, the Paul Cluver Amphitheatre. The route forms an irregular figure of eight, crossing over at the Paul Cluver Bike Park; this provides spectators with the chance to see their favourite riders at kilometres 6 and 20 without having to move locations.

START LOCATION

Oak Valley Estate

DISTANCE

43km

RATING

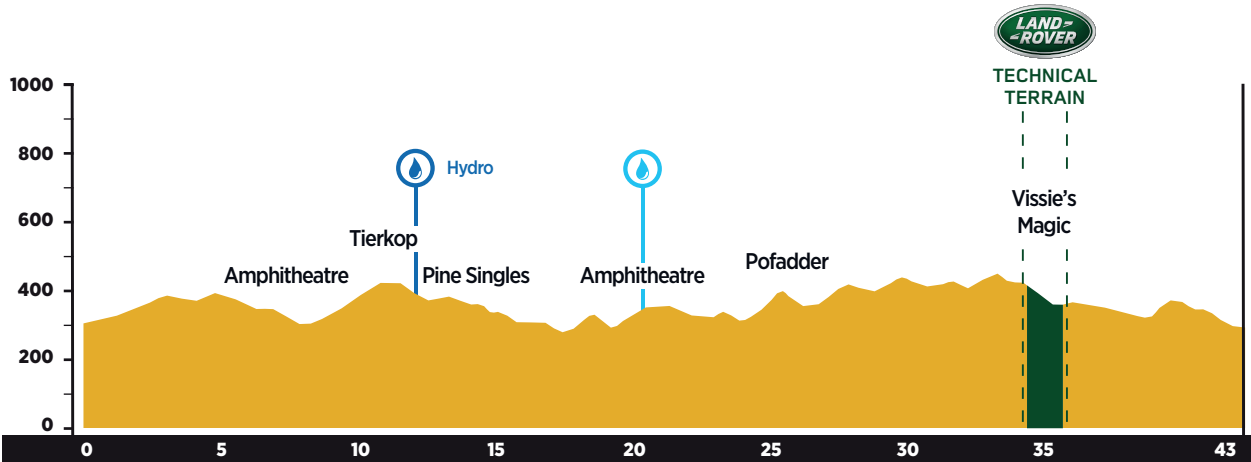


FINISH LOCATION

Oak Valley Estate

CLIMBING

1 000m







AT THE SHARP END

Having lost nearly 7 minutes and the race lead the day before Scott-SRAM went on a rampage on Stage 4. Schurter and Forster blitzed the time-trial course, gaining by 1 minute and 28 seconds. Cannondale Factory Racing's cause was not helped by Fumic crashing. The German's front wheel washed out on a corner exiting the Paul Cluver Bike Park just 7 kilometres in. 7C CBZ WILIER's Louis Meija and Johnny Cattaneo were third on the stage.

The mid-race time-trial provided the rest of the UCI women's field with their first indication that Langvad and van der Breggen were not entirely imperious. The Danish marathon World Champion made the Investec-songo-Specialized pairing's first mistake of the race when she crashed on a section of singletrack. No significant damage was done however and the race leaders won their fifth successive stage. Summit Fin's Lill and Morath were second, 1 minute and 44 seconds back, while Kross-Spur's Lüthi and Włoszczowska were third.

IN THE HEART OF THE FIELD

One of the Absa Cape Epic's necessary evils is undoubtedly the daily cut-off. 1995 World Cup Springbok prop Marius Hurter is no stranger to this zone and is an acknowledged expert in timing his finish to perfection. He is aiming to complete his eighth in 10 starts. His partner



this year is former Proteas netball star Adele Niemand, who is riding her second. How well did they test Hurter's pacing strategy on Stage 1? With the cut-off at 18h10, he rolled over the finish line with 13 minutes to spare hanging on to the pocket of Niemand (who weighs just 75kg) after blowing a free-hub body 15km from the finish. "At first I didn't believe him." For once, the big man was not joking and what followed was comical but never desperate. "Marius is so calm. He never panicked. He got onto my bike and pushed me on his, and then we would swap bikes and he would hold onto my pocket." Teamwork 101. Only two teams finished after them and only one avoided the cut. Stage 4 proved no different – the last complete team to finish, stress-free with plenty of time in hand.

The first Jordanian riders to attempt the Absa Cape Epic, Shukri el Hussein and Majed Dirsiyeh, were comfortably placed on Stage 3 when a regulation rear-wheel puncture 18km from the South Hill aid station exploded into disaster. Plugging attempts failed, leaving the pair with no option but to use a tube and persevere on the rocky terrain. That didn't last long and their second tube turned out to be for

a 26-inch wheel – which eventually stretched into place.

"We probably pushed too hard. Richard (McMartin, one of the two Hyenas who herd the final teams home) was so supportive and kept telling us it would be okay. We have come a very long way to do this and so many people back in the UAE and Jordan have helped us and supported us," said Dirsiyeh. "We could not risk going home early."

And so, they defaulted to every virgin Absa Cape Epic rider's plan when it starts going wrong; complete panic. "I hit a rock again about three kilometres from the tech zone. You do crazy things." After running with the bike for a while the decision was made to ride on the flat tyre. "It was not such a risk because we would have missed the cut-off running, so I just had to. I was so scared the wheel would be damaged!"

Make it they did, by less than a minute.

1. It was all smiles for Nino Schurter and Lars Forster after they smoked the time-trial course and reclaimed the top spot on the GC
2. Louis Meija and Johnny Cattaneo of Team 7C CBZ WILIER rampaged through the 43km time trial and topped it off with a podium finish
3. Another dominant performance by Annika Langvad and Anna van der Breggen turned the Women's competition into a 'one-horse' race





STAGE 4 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	Scott-SRAM MTB-Racing	Nino Schurter	Lars Forster	01:38.41,5
Women	Investec-songo-Specialized	Annika Langvad	Anna van der Breggen	02:02.01,4
Dimension Data Masters	IBS Capital Allies	Erik Dekker	Maarten Tjallingii	01:52.42,5
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	01:53.06,8
Virgin Active Mixed	Miller Paneling	David Miller	Shayna Powless	02:04.44,9

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Cannondale Factory Racing	Manuel Fumic	Henrique Avancini	14:59.41,5
Women	Investec-songo-Specialized	Annika Langvad	Anna van der Breggen	17:44.54,2
Dimension Data Masters	Merida Factory Racing	Jose Hermida	Joaquim Rodriguez	16:36.03,3
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	17:22.10,2
Virgin Active Mixed	TBR-Werner	Sebastian Stark	Laura Stark	18:27.48,2

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	SpecializedFoundationNAD	Alan Hatherly	Matthew Beers	15:21.18,6
Absa African Women	Galileo Risk	Theresa Ralph	Sarah Hill	19:49.55,0
Exxaro	EXXARO/PWC 1	Lucky Mlangeni	Tshepo Tlou	19:02.57,3

District



Single



Farm



Tar



Cape Leopard Trust
@Cape_Leopard

#TeamBRacing riding the Absa @CapeEpic for @Cape_Leopard still going strong!



Sergi Florenza Dominguez
@rocketinmypocket

Today for breakfast a long climb to Groenlandberg with rain on the top. We have also seen monkeys and we are thinking of proposing that they push us in the rises in exchange for energy bars.



Matt Beers
@mattbeers55

No one said it would be easy. Thanks to everyone for all the help and support today.



RIDER ROUND-UP



**ERIK
KLEINHANS** 

“Even though these trails are familiar it is still special to ride on man-made manicured trails like these.”



**JULIAN
BIEFANG** 

“It was a lot of fun. There were some steep punchy climbs but the singletracks were so much fun.”



**ALBAN
LAKATA** 

“There were some tricky sections but we enjoyed it. All-in-all it was a great route for a time-trial.”



**ARIANE
LÜTHI** 

“Superfast, with some great singletracks. The guys who are responsible for these trails really know something about mountain biking.”



LEON ERASMUS 

“It was awesome! Non-stop singletrack. It was epic!”



**DIDAC SABATÉ
MOENO** 

“It was really amazing. You hear about how amazing it is, but to come and experience it is special. I feel like a professional getting the opportunity to ride trails like these.”





Niel Rossouw and Leon Erasmus negotiated a smooth and steady passage through the tricky downhill sections of the time-trial course



Italians Damiano Tedeschi and Daniele Fabbri rode like a well-oiled machine for much of the stage, as they hammered their way to a solid overall position on the time-trial



Consistency earned Virgin Active Mixed category riders Christian Leschke and Andrea Berner a top ten placing



Midstream Cardiology's Francois Botha and Ruan Louw quickly learnt that what goes up must come down



As Fritjof Pameijer and Marianne Bergli discovered there are no free miles at this race - even on a fairly short 43km stage

2019
16TH EDITION

**& CREW
VOLUNTEERS**
NATIONALITIES
REPRESENTED **15**

EPIC

IN NUMBERS

51
COUNTRIES
REPRESENTED

47%
SOUTH AFRICAN
PARTICIPANTS

53%
INTERNATIONAL
PARTICIPANTS

1518
AMABUBESI
CLUB MEMBERS

94%
70 oldest
finisher
19 youngest
finisher

6%
65 oldest
finisher
19 youngest
finisher

133
FARMS
TRAVERSED

& FOOD & DRINKS



80kg
PEANUT
BUTTER

9000
CROISSANTS



7500
BABY
POTATOES



1 100kg
PASTA



22 000
CUPS OF COFFEE

12 000 ℓ
COCA-COLA CONSUMED

THANK YOU

FOR FOLLOWING US



112K



40K



133K



8MIL
VIEWS

DATA

IN ALL RACE VILLAGES

dimension data

80
DATA
POINTS



8TB
DATA DURING
EVENT

3,6km
OF FIBRE



MOST TELEVISED MTB RACE IN THE WORLD





***The Stellenbosch
wine route is the
oldest in the world
and includes more
than 300 wineries.***

UNIVERSITY OF STELLENBOSCH





STELLENBOSCH

It's no secret that Stellenbosch is the off-season hub for European athletes who use the exquisite and testing trail network to ready themselves for the busy cycling year ahead. Just 45 minutes from Cape Town, Stellenbosch is renowned for its university, wines, architecture, scenery and for being a sporting playground. The Stellenbosch wine route is the oldest in the world and includes more than 300 wineries. Besides its fantastic wines, the town is well-known for helping develop some of the country's finest minds at Stellenbosch University. Restaurants in the town are celebrated for their cuisine and the local, Cape Dutch architecture is also a popular feature among tourists.



STAGE 5

FRIDAY, 22 MARCH

Overcoming gravity and fighting to maintain momentum are the orders of the day on the Queen Stage. Rugged terrain and brutally steep climbs ensure it has the topography to prove decisive in the battles to be crowned Kings and Queens of the Absa Cape Epic. Out of Oak Valley the Nuweberg sets the scene for a challenging day, before the A to Z trails lead riders to the summit of the Gantouw Pass. While portaging down, heed the wagon wheel scars cut in the stone and acknowledge how easy life has become since those pioneers hauled ox wagons over the mountains. At the foot

of the pass the hidden Lourensford Valley provides the chance for on-the-bike recovery before the toughest climb of the race... Snaking its way up the Helderberg, King's Climb could surely cement its place in Epic folklore. At the summit the Dimension Data Hotspot awaits, followed by the Land Rover Technical Terrain - down the scintillating singletracks of the Helderberg Trails. Four sapping, vineyard climbs separate Helderberg Farm from Stellenbosch, but the Dornier and Mont Marie network provide respite before G-Spot caps a day well spent in the mountains.

START LOCATION

Oak Valley Estate

DISTANCE

100km

RATING

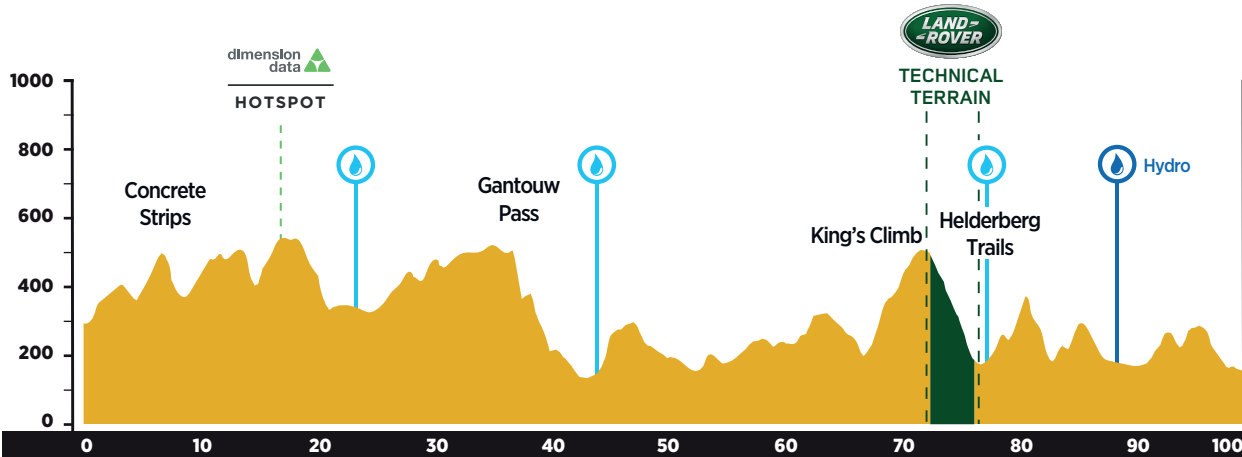


FINISH LOCATION

University of Stellenbosch

CLIMBING

2 850m







AT THE SHARP END

After five stages of what Philip Buys and Matthys Beukes admitted were sub-par performances the PYGA Euro Steel team roared to life on the Queen Stage. The South African duo joined forces, once the other UCI men's teams had been distanced, with Schurter and Forster. Together the four stormed through the portage, up the King's Climb and across the hills and dales between Helderberg Farm and the Coetzenburg Sports Fields of Stellenbosch University. Honouring a gentlemen's agreement which Scott-SRAM and PYGA Euro Steel had reached in the closing kilometres Schurter and Forster let Buys and Beukes take the stage win. More importantly to Scott-SRAM was the 6 minutes and 27 seconds they gained back on Fumic and Avancini. Schurter and Forster concluded the day in yellow. Trek Selle San Marco's Ferraro and Porro were third and moved up to third on the general classification.

In the UCI women's race Lill and her German teammate defeated the previously all-conquering Investec-songo-Specialized team. The Summit Fin combination benefited from a puncture and a bad day generally for van der Breggen. As the Dutch rider's energy levels dropped Lill and Morath timed their efforts to perfection, winning the stage by a commanding



4 minutes and 6 seconds. Silverback Fairtree overcame their own late drama to finish third on the stage. Inside the final 3 kilometres Strauss was knocked off her bike by a Grand Masters category rider. The South African cross-country champion was lucky to be able to walk away with minor cuts and bruises; given the speed at which she was traveling.

IN THE HEART OF THE FIELD

The LumoHawk Foundation (founded by 1995 World Cup-winning flyhalf, Joel Stransky) partnered with the Anna Foundation during the Absa Cape Epic as part of Vision 2020 and tested nearly 100 children's eyesight along the route.

"It is estimated that around 20 per cent of children in South Africa have eye problems which can have a huge impact on their education. Vision 2020 involves testing the eyes of underprivileged children and supplying bespoke spectacles where necessary," said Stransky after Stage 5 of the 2019 Absa Cape Epic.

Students from the Optometry Faculty at Wits University carried out the eye testing and Focus Optical provided the spectacles for those children who required them. "The LumoHawk Foundation's focus has always been around education and Vision 2020 will play a major

role in ensuring that more of our future leaders receive a full education and are able to live up to their dreams," Stransky said.

Stransky added they hope to return to the same places next year and once again record the marks of the kids in order to see what impact has been made.

If a child is diagnosed as having issues with their sight and can wear glasses, their life will radically improve," said Anna Brom, Founder of the Anna Foundation.

Her goal of building the child's self-esteem and self-worth are evident in the success of children who are integrated into Anna Foundation programmes and there are reliable statistics showing educational progression in their literacy and communication skills.

Absa joined in on the initiative as well matching the funds raised by the Anna Foundation and gave each rider a complimentary pink jersey, which were worn during Stage 3.

*1. Philip Buys celebrated with a dab after a gentlemen's agreement with Scott-SRAM gave PYGA Euro Steel the top step on the Queen Stage
2. A puncture and bad day in the office for Anna van der Breggen may have cost Investec-songo-Specialized another stage win but did little to harm their overall lead*



District



Single



Farm



Tar



STAGE 5 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	PYGA Euro Steel	Philip Buys	Matthys Beukes	04:19.29,5
Women	Summit Fin	Candice Lill	Adelheid Morath	05:20.42,1
Dimension Data Masters	Merida Factory Racing	Jose Hermida	Joaquim Rodriguez	04:51.41,9
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	04:54.11,4
Virgin Active Mixed	TBR-Werner	Sebastian Stark	Laura Stark	05:27.59,6

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Scott-SRAM MTB-Racing	Nino Schurter	Lars Forster	19:20.25,3
Women	Investec-songo-Specialized	Annika Langvad	Anna van der Breggen	23:09.42,2
Dimension Data Masters	Merida Factory Racing	Jose Hermida	Joaquim Rodriguez	21:27.45,2
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	22:16.21,6
Virgin Active Mixed	TBR-Werner	Sebastian Stark	Laura Stark	23:55.47,8

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	SpecializedFoundationNAD	Alan Hatherly	Matthew Beers	19:54.46,1
Absa African Women	Galileo Risk	Theresa Ralph	Sarah Hill	25:41.20,0
Exxaro	EXXARO/PWC 1	Lucky Mlangeni	Tshepo Tlou	24:23.03,1



Bernhard Hinsken
@BernhardHinsken

That's what I call fair sportsmanship. @nshurter And @larsrace the team @scottmtbracing lets team win @PygaEuroSteel as a local matadore and still take over the leader's title. #stark #capepic #capepic2019



Gary Kirsten
@Gary_Kirsten

Definitely some FOMO on @CapeEpic this year but wishing everyone all the best for this incredible MTB event. Only a few days left.



Dimension Data
@DimensionData

We love sharing these moments here at the gruelling @CapeEpic with our clients – arriving right in the middle of the action to cheer on riders and watch how #ToughTeamsDo #CapeEpic



Ultimate Sports Nutrition SA
@usnsa

Hydro Point Stage 5 - Queen Stage
We're a proud partner of the @capepic - The Untamed African MTB Race



RIDER ROUND-UP



MATT BEERS 

“It was so hard, terribly hard. It definitely was the most difficult stage.”



NICOLAS AQUISTAPACE 

“We knew it was going to be very tough, so we are very proud to have finished the most brutal stage.”



BAPHELELE MBOHO 

“It was so tough. There were moments we had fun but it was hard.”



KOBUS CRAUSE 

“It was tough but fair.”



LAURA STARK 

“The scenery is amazing. I kept looking at how beautiful it was even though I was suffering.”



SABINA COMPASSI 

“It was so beautiful. Everything about the route was fantastic. Even with the flat I had it was a good day.”



Cape Epic stalwarts Xavier Scheepers and Douglas Burger kept things tidy as the race moved from Oak Valley to Stellenbosch



The brutality of the Queen Stage took its toll on both Sue Lategan and Ivan Kruger but teamwork got them through the race's toughest day



A sheltered forest singletrack provided a brief respite from the heat for the Guatemalan pair of Andrea De Silvestris and Jhonnathan De Leon



Nesia and Faan DeSwardt were one of several husband and wife pairings taking on the Untamed African MTB Race in 2019



Igna De Villiers and Fanie Venter of LGE Midas charged to a top ten placing in the Virgin Active Mixed category - both on the stage and GC

STAGE 6

SATURDAY, 23 MARCH

The old saying goes that there are only two certainties in life: death and taxes. When mountain biking in Stellenbosch another two can be added: singletrack and vineyard climbs. Stage 6 of the 2019 Absa Cape Epic starts with Heart Break Hill inside the first kilometre. Then it is onwards and upwards, because Botmaskop needs to be conquered in order to earn the right to swoop down Skyfall. No circumnavigation of the Banhoek Valley is complete without Nik Naks, a technical climb and descent. The climb to Tokara on the Simonsberg follows, before descending into Rustenberg Wines.

An inexorable grind with a name stolen from the singletrack at its summit – Never-Say-Never Ender – traverses Rustenberg, Quoin Rock, Delvera and Uitkyk before dipping into the Simonsberg Trails. Across the valley Klapmuts Kop and the stage’s Land Rover Technical Terrain awaits, on a rocky-but-flowing switchback descent. The route back to Stellenbosch takes a lower line but still requires climbing all the way back to Botmaskop, where the final thrill of the day is provided by the revitalised World Cup Downhill track from the late nineties.

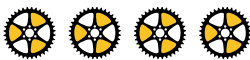
START LOCATION

University of Stellenbosch

DISTANCE

89km

RATING

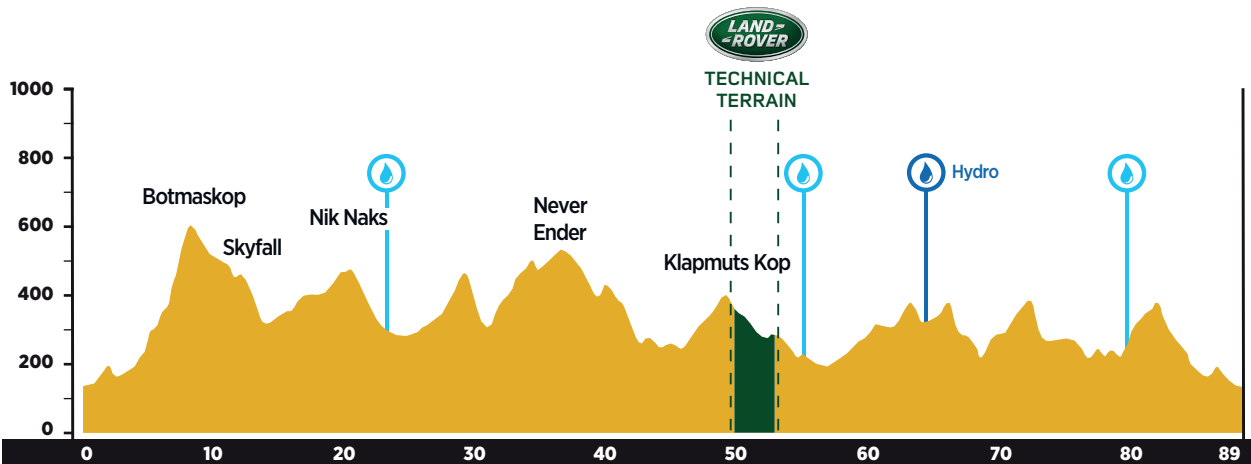


FINISH LOCATION

University of Stellenbosch

CLIMBING

2 650m





AT THE SHARP END

Back in yellow, Schurter and Forster were eager to create a buffer between themselves and Cannondale Factory Racing. So the Scott-SRAM pair went on the offensive in the early part of the penultimate stage. Trek Selle San Marco and 7C CBZ WILIER went with them. Ferraro and Porro were the first to attack from the lead group. The Italian pair quickly built a buffer of 2 minutes over their erstwhile companions and even looked as if they may ride their way into second overall. A crash and a resultant puncture put paid to those hopes however. As Schurter, Forster, Meija and Cattaneo raced past the Trek Selle San Marco the 7C CBZ WILIER riders attacked. With their general classification lead at no risk from the riders ahead of them Schurter and Forster could ride home to a comfortable second position. Meija and Cattaneo claimed the stage victory by 2 minutes and 19 seconds over Scott-SRAM. Ferraro and Porro had to be content with third.

Investec-songo-Specialized got back to winning ways on Stage 6. The pair splintered the UCI women's field on the slopes of Botmaskop and extended their advantage throughout the stage. Summit Fin's Stage 5 heroics told on the day but yet they managed to fight off Lüthi and Wloszczowska to finish second on the stage. The time gaps between Investec-songo-Specialized and their rivals were significant, 8 minutes and 43 seconds to Lill and Morath, and 10 minutes 27 seconds to Kross-Spur. Langvad and van der Breggen's Absa Cape Epic title was all but secure with one day left to race.

IN THE HEART OF THE FIELD

The Absa Cape Epic has always prided itself on pushing boundaries. From a tough route to the unbeatable rider experience, the race is much imitated but not yet matched. And it is in the live coverage that the biggest strides have

been made in recent years. The idea came to fruition in 2014 when a couple of bike-loving Dimension Data dreamers and event founder Kevin Vermaak had an epiphany on one of their weekly bike rides.

The latter had the vision, the former the tech to take that idea and make it visible to the world. "It was a difficult start as we still need 'normal' live-media people to make it all happen but to get them to buy into the thought that it could all be done wirelessly, was tough," said Wolf Stinnes, Dimension Data's Solutions Architect who has been spear-heading the project since inception. "They still think it has to involve a cable. And a big, thick cable." 2016 saw the start of the journey to the hours of daily live coverage we enjoyed in 2019.

The infrastructure is astounding: two e-bike cameramen, two helicopters, four camera motorbikes, a roaming camera and units at the water points connect to the Dimension Data war room, with more than 70 personnel involved in some way.

"We have to do it with cellular data. It is the only technology that is mobile enough. The eight-card system weaves the data into a rope with eight strands, which makes the transmission as strong as we can get. The biggest challenge is the terrain – cell coverage is difficult in the mountains but getting better every year," Stinnes explained.

"It is so important to showcase the best mountain bikers in the world, in the best terrain, to the world. One of our core values is innovation so using the best partners we can find and cutting-edge technology to do this, ticks that box," says Sarah Harrop, Head of Marketing and Communications at the Absa Cape Epic. "Riders tell us that the footage adds

so much to the experience and that the people back home can now actually understand what they are doing and why."





1. Louis Meija and Johnny Cattaneo (Team 7C CBZ WILIER) pulled out all the stops on Stage 6 and came away with an emphatic stage win

2. Summit Fin fight off Kross-Spur on Stage 2 of the Absa Cape Epic for a second place on the podium











STAGE 6 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	7C CBZ WILIER	 Louis Meija	 Johnny Cattaneo	03:49.21,1
Women	Investec-songo-Specialized	 Annika Langvad	 Anna van der Breggen	04:43.12,9
Dimension Data Masters	MITAS HEAD NEW RACE	 Ondrej Fojtik	 José Silva	04:24.42,9
Grand Masters	CST Sandd Bafang	 Abraao Azevedo	 Bart Brentjens	04:23.23,1
Virgin Active Mixed	TBR-Werner	 Sebastian Stark	 Laura Stark	04:54.19,4

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Scott-SRAM MTB-Racing	 Nino Schurter	 Lars Forster	23:12.06,2
Women	Investec-songo-Specialized	 Annika Langvad	 Anna van der Breggen	27:52.55,2
Dimension Data Masters	Merida Factory Racing	 Jose Hermida	 Joaquim Rodriguez	25:53.24,1
Grand Masters	CST Sandd Bafang	 Abraao Azevedo	 Bart Brentjens	26:39.44,8
Virgin Active Mixed	TBR-Werner	 Sebastian Stark	 Laura Stark	28:50.07,3

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	SpecializedFoundationNAD	 Alan Hatherly	 Matthew Beers	23:50.28,3
Absa African Women	Galileo Risk	 Theresa Ralph	 Sarah Hill	31:02.03,2
Exxaro	EXXARO/PWC 1	 Lucky Mlangeni	 Tshepo Tlou	29:16.50,8

District



Single



Farm



Tar



BuffScottMTB
@BuffScottMTB

6th stage, 6th position and still 6th overall. Just one more day to go and we're going to give it all. Go @guerrilla89 @Morcilloibiza #BuffScottMtb #CapeEpic #untamed



Oh My Goodness
@goedeleverrecas

No words needed at the finish line. One more to go!



SPOT Africa
@spotafrica

6th stage, 6th position and still 6th overall. Just one more day to go and we're going to give it all. Go @guerrilla89 @Morcilloibiza #BuffScottMtb #CapeEpic #untamed



RIDER ROUND-UP



**SHAUN-NICK
BESTER**



"I loved the singletracks. I think this was the real Queen stage."



**ONDREJ
FOJTIK**



"It was great. The heat was intense. I'm so happy to be at the finish after all the climbs and singletracks."



**ELIZABETH
DORNOM**



"I liked the climbing and the switchbacks were epic. The downhills and views made everything worthwhile!"



**GEORGE
THIELE**



"It was tough. It was dry and hot but the views made up for it."



**KATJA
STEENKAMP**



"It was excellent. Like a Land Rover I loved the technical terrain!"



**NATHAN
BOKWE**



"The course was beautiful with some of the best singletracks I have ever ridden."





Former Springbok rugby player Jeremy Thomson and partner Marc Rosenberg enjoyed threading it through the trails of Stellenbosch



While this year's event wasn't as warm as previous editions the African heat can never be un-derestimated - as John Spangenberg and Duncan Schulze found out



The South African/Irish combination of Bruce Miller and Des Nangle enjoyed a brief respite of downhill bliss before heading skywards once more



Germans Matthias Schoemann-Finck and Markus Neukirch powered their way through the glo-rious trails of Jonkershoek, South Africa's mountain bike Mecca



Lee Vlerick and Xavier Rits with a mixed display of excitement and relief as they roll toward the finish line on the penultimate stage of the 2019 Absa Cape Epic.

CREW & VOLUNTEERS





“

***Martin Venter
dreamed of a place in
the Cape Winelands
that his family could
call home.***

PAARL





VAL DE VIE

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 he found it while flying over the Paarl Valley. Alongside the Berg River lay a wine farm dating back to 1783: this would be the 'Valley of Life' that he had been dreaming of. Martin then took on the challenge of transforming the sand mine that was then in operation into a lush paradise. Today the land has been turned into a flourishing estate and Martin's dream has been realised. In 2019 the Absa Cape Epic will finish at Val de Vie for the third time.



GRAND FINALE

SUNDAY, 24 MARCH

The final stage of the 2019 Absa Cape Epic still provides opportunities for general classification shake-ups – no procession here... From Stellenbosch to Jonkershoek the asphalt road surface provides a little breather before the typical Absa Cape Epic terrain resumes with vengeance. A dual-track climb thins the field for Bosluis. Then it is across the valley to climb Never Ending Story. The best of Jonkers is showcased by Bennet’s Red and the Land Rover Technical Terrain: Armageddon. From the valley floor the only way is up, on Fiona’s

Beast, beyond a fairy tale castle to Botmaskop and through the culvert to the slopes of the Simonsberg. Vuurberg’s dirt jumps, which the route weaves between, lead to Boschendal’s Inferno and Sugarbowl trails. One final climb and a brand new section of singletrack ensures riders will enter Val de Vie Estate, the Champs-Élysées of the Absa Cape Epic, with a smile. Emotions are sure to spill over still; rolling across the finish line – as a 2019 Absa Cape Epic finisher.

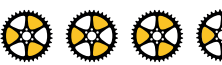
START LOCATION

University of Stellenbosch

DISTANCE

70km

RATING

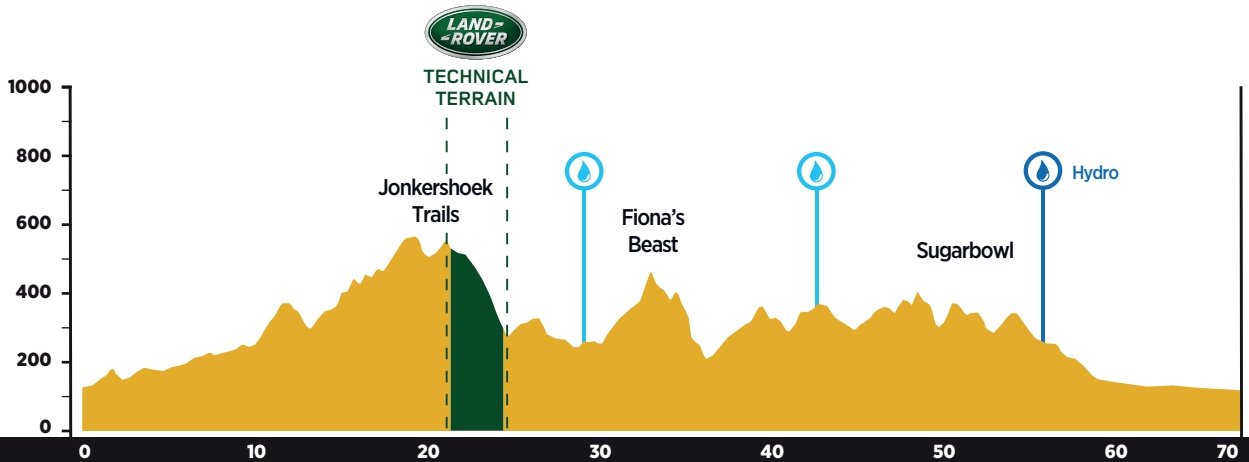


FINISH LOCATION

Val de Vie , Paarl

CLIMBING

1 800m







AT THE SHARP END

The final stage's challenging topography provided the perfect setting for stage hunters to seek glory for one last time. KROSS-SPUR went on the offensive early in the stage. They were joined by PYGA Euro Steel and worked tirelessly together until the final 2 kilometres. Then Beukes accelerated early, leaving the faster Buys to sprint it out with KROSS-SPUR for the stage honours. Gutierrez and Cink had too much pace for Buys and the KROSS-SPUR team claimed the final stage victory of the 2019 Absa Cape Epic. The general classification podium-chasing teams rolled across the line in 11th, 12th and 14th places respectively. Trek Selle San Marco's Ferraro and Porro were the first of the trio to finish, sealing third. Cannondale Factory Racing were next to cross the line, handing Fumic and Avancini second overall. The overall victory went to Scott-SRAM MTB Racing's Schurter and Forster; their winning margin 7 minutes and 40 seconds.

The UCI women's race was wrapped up by the near-all-conquering Investec-songo-Specialized team. For the second year in a row Langvad won seven of the eight Absa Cape Epic stages. She and van der Breggen did not have the final day all their own way however. The pair escaped off the front of the women's race in Jonkershoek but Summit Fin's Lill and Morath never gave up the chase. With 15 kilometres to go they caught the runaway leaders, setting up what could have been a dramatic sprint finish. The day's winning margin was 17 seconds but overall the gap was an emphatic 30 minutes and 22 seconds between Investec-songo-Specialized and Summit Fin. Kross-Spur Racing's Lüthi and Włoszczowska were third on the day and overall.

IN THE HEART OF THE FIELD

Imagine being the oldest rider in the 2019 Absa Cape Epic and riding it with your son for your first time. Imagine you are just 56km from Val de Vie and your finisher's medal. Imagine crashing and breaking your fingers, and seeing that medal disappear in a cloud of dust and pain.

Gustav Joyce is 70 years old and was one of the leading lights in the inspiration index at the 2019 event. His never-say-impossible attitude belies his age and, his son Retief, a five-time starter of the race with four finishes to his name, is equally determined.

That was tested to the full as Team Cyclesharp interrupted their celebratory final-stage cruise with Gustav's big crash at the 14 kilometre mark on Stage 7. To go with his sore back, Gustav struggled to hold the bars owing to his broken fingers. As expected it was not long before the Hyenas were on the pair as they assessed the situation and tried to make headway.

Gustav sent his son ahead but Retief had other ideas. See, he has done enough of these events to understand how teamwork makes the impossible possible. By the time he returned others were getting involved. Lazarus Mathonzi – himself no stranger to the hardships at the back of the Absa Cape Epic field – put a hand on the old man's back and pushed for as long as his exhausted body could manage.

"I had to come back. It was so heart-breaking for me. I just started hearing him cringe. It just broke my heart and I couldn't leave him," said Retief.

Reaching the 2 kilometres to go mark he was visibly emotional too, as exhaustion, relief and reality set in. He and a clearly shocked and sore Gustav crossed the finish line, to cheers and tears, welcomed by their wives and Retief's son, still too young to comprehend what the fuss about grandpa was all about.

1. Scott-SRAM's Nino Schurter and Lars Forster crossed the line at Val de Vie Estate as the 2019 Absa Cape Epic Champions

2. It was overall win number five for Annika Langvad who shepherded new partner Anna van der Breggen to her first Absa Cape Epic title





STAGE 7 WINNERS

Category	Team	Rider 1	Rider 2	Time
Men	KROSS-SPUR	Sergio Gutierrez	Ondřej Cink	02:53.07,3
Women	Investec-songo-Specialized	Annika Langvad	Anna van der Breggen	03:33.46,1
Dimension Data Masters	Merida Factory Racing	Jose Hermida	Joaquim Rodriguez	03:10.19,3
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	03:18.30,3
Virgin Active Mixed	MMR MIXED	Oscar Freire Gomez	Natalia Egusquiza	03:36.16,8

OVERALL LEADERS

Category	Team	Rider 1	Rider 2	Time
Men	Scott-SRAM MTB-Racing	Nino Schurter	Lars Forster	26:09.45,5
Women	Investec-songo-Specialized	Annika Langvad	Anna van der Breggen	31:26.41,4
Dimension Data Masters	Merida Factory Racing	Jose Hermida	Joaquim Rodriguez	29:03.43,4
Grand Masters	CST Sandd Bafang	Abraao Azevedo	Bart Brentjens	29:58.15,1
Virgin Active Mixed	TBR-Werner	Sebastian Stark	Laura Stark	32:40.15,0

SPECIAL JERSEYS

Jersey	Team	Rider 1	Rider 2	Time
Absa African Men	SpecializedFoundationNAD	Alan Hatherly	Matthew Beers	26:47.12,0
Absa African Women	Galileo Risk	Theresa Ralph	Sarah Hill	35:01.38,4
Exxaro	EXXARO/PWC 1	Lucky Mlangeni	Tshepo Tlou	32:53.08,2

District



Single



Farm



Tar



Brent Meerholz
@BrentonMeerholz
Relief you are a master Sir and you define the word Sportmanship. Be proud. Congrats to both of you. Gustav, it takes a true man to surrender but not be defeated. Well deserved finish. #legends #capeepic #CapeEpic2019 #untamed #mtb

Val de Vie Estate
@valdevieestate
Riders made their way to the Val de Vie Pavilion, the Champs-Élysées of the Absa @CapeEpic. The polo field was filled with supporters from all around the world to cheer on the heroes of the #Untamed. #CapeEpic

Eva Garrido
@evagarridocastro
ATTITUDE first of all !! Laugh, share and above all ... enjoy the road. Pa'la takes off !!! Thanks buddy @valentisanjuan how much I have learned from you these days

Aleix Espargaro
@aleixespargaro
After 8 stages, 630 km and + 16650m SUPER HAPPY AND PROUD to finish the hardest race and with the highest level in the world in position 28!

RIDER ROUND-UP



**FRANS
CLAES**



“It was a lot of fun. Jonkershoek is so special. Riding on private land made me feel special! It was the perfect way to end the Absa Cape Epic.”



**THERESA
RALPH**



“It is the final stage but still tough. Usual Epic, - eating the legs!”



**LOYISO
FULU**



“I still had a hard time because being a road cyclist these singletracks get hard for me.”



**ANDREA
BERNER**



“It was fun and even though it was hot. I had the best time getting to the finish.”



**JODIE
WILLETT**



“It was pretty good. Amazing trails. A good end to sensational week.”



**MARK
COLLINS**



“The amount of singletrack is amazing. Where do you find it all!?”





The infamous rock wall of the Armageddon trail at Jonkershoek dispatched with ease by Galo Tamayo and Jose Bernardo Vintimilla Corral



It was champagne and smiles after 8 gruelling days tackling the Untamed African MTB Race



Despite breaking his collarbone just metres before the finish line, Mike Nixon secured Absa Cape Epic finish number 16 and kept his Last Lion status intact. Incredible!



Spaniards Josep Colomina Lopez and Sergi Comino Lopez held aloft their country's flag in celebration of their momentous feat



Jaco-Albert van Gass and Stuart Croxford showed true grit and determination to become the first team of two amputees to complete the Absa Cape Epic





NEW AMABUBESI MEMBERS



Abrie Stone
Adam Greve
Adam Schoeman
Adam Scott
Adelheid Morath
Adiel Mohamed
Aleksandr Sakharovskii
Alexander Bezuidenhout
Andre Lombard
Andreas Diacon
Andrew Westmorland
Antonio Faundez
Antonio Luis Daroca Ramon
Arno Du Toit
Ashley Seiler
Baphelele Mbobo
Bertus Van Der Veen
Bongumusa Zikhali
Brad Dixon
Brian Gouldie
Candice Lill
Carel Van Wyk
Charl Fouche
Chris Coetzee
Christi Pienaar
Christo Geyer
Christopher Coleman
Clinton Haley
Clinton Miller
Daniel Annaheim
Darren Gallias
Darren Wilson

David Fernandez
David Schöggli
Denis Engelbrecht
Denzyl O'donoghue
Didac Rodríguez Barón
Don Boyce
Doron Masvary
Douglas Burger
Duane Vock
Ebbe Spaarwater
Elisa Maria Garcia
Emil Thor Gudmundsson
Enrique Morcillo Vergara
Etienne Du Toit
Fabio Augusto Kich Gontijo
Francois Henrion
Francois Pienaar
Frans Claes
Gareth Warburton
Garth De Jager
Gary Gorton
George Thiele
George Todd
Gert Heyns
Giorgio Cardin
Gonzalo Maureira
Graeme Brien
Grant Hall
Grant Kerr
Greg Allen
Hadas Weiss
Hector Anso Supervia

Heinrich Huysamer
Heinz Peter Iten
Hendrik Kruger
Henrik Elschner Pedersen
Henry Stoltz
Ian Bryan
Ian Loebenberg
Ian Martin
Ismael Franco Folgueira
Jacques Wentzel
Joaquim Rodriguez
Johan Malherbe
John De Bruyn
Jose Santana Dominguez
Josep Colomina Tomas
Juan Van Deventer
Julian Zetler
Julien Guyart
Jurgen De Witte
Kagiso Tlou
Kallie Calitz
Ken Van Den Bulke
Lawrence Wong
Lionel Pamensky
Lloyd Barker
Lwazi Ntsakaza
Marc Rosenberg
Marcel Boss
Marco Joubert
Markus Gisler
Marthinus Geldenhuys
Matthew Cook

Matthias Flury
Michelle Van Aswegen
Miguel Carrizosa Garcia
Miguel Goncalves
Mikael Schad
Mphodisa Bruce Sebopa
Murray Davidson
Nacho Pujol
Ndumiso Dontso
Neil Vlaming
Nicholas Mallandain
Nicola Walker
Niel Louwrens
Niel Rossouw
Oscar Foulkes
Paul Newman
Peter Griffiths
Peter Hardcastle
Peter Selkrig
Piet Van Rensburg
Piet Viljoen
Pieter Du Preez
Randy Egues
Reto Denzler
Riad Ahmed
Robert Lightbody
Rodney Mckechnie
Roland Müller
Roland Müller
Ronel Van Wyk
Rudi De Bruyn
Rune Hoydahl

Russell Crowder
Samuel Fourie
Samuele Porro
Sandiso Xetu
Sean Baloyi
Sean Miller
Sebastian Stark
Shaun Van Biljon
Simon Camerer
Sithembiso Masango
Siyabulela Tutu
Stephan Coppelmans
Sue Lategan
Thando Klaas
Theo Lombard
Tiaan Swart
Timothy Hammond
Toby Lambooy
Tom Murray
Tony Cole
Valerio Ferreira
Waldek Wasowicz
Warren Price
Wayne Keet
Wayne Robertson
Wayne Terblanche
Willem Prinsloo
Wim De Klerk
Ziehaad Salie





AGELESS INSPIRATION

*Gustav Joyce, 70,
was the oldest
competitor to finish
the 2019 Absa Cape
Epic and proved
through his resilience
and positive attitude
that age is merely
a number*

by Seamus Allardice

The Ear, Nose and Throat surgeon, who hails from Pretoria, is no stranger to ultra-endurance feats. He has completed 23 IRONMAN triathlons and in December 2018 took on the famed Desert Dash, a 369 kilometre race across the Namib Desert from Windhoek to Swakopmund. So when his son Retief, a three-time Absa Cape Epic finisher, asked him to take on the Untamed African Mountain Bike Race Gustav did not hesitate.

“My sons are avid mountain bikers,” he explained. “And they had an idea that I would be the oldest rider in the race. But that was only confirmed a couple of weeks before. They convinced me it was a box I had to tick,” Gustav elaborated, revealing that he had only signed up to ride with his son once Retief’s original partner had withdrawn in December.

The tale of Gustav and Retief Joyce’s final stage has captured the hearts of those who’ve heard their amazing story. Gustav crashed 14 kilometres into the final stage, in Jonkershoek. His fall left him with excruciating back pain and two swollen fingers, on his right hand. X-rays would later reveal he had broken his ring finger, which made controlling his bike on the rocky terrain of the Grand Finale exceptionally challenging.

Gustav’s fight, with his son at his side, for the remaining 56 kilometres is the stuff of legend. He

sent his son on to finish for family pride, but Retief returned to help his 70-year-old father – he just couldn’t abandon him having come so far together.

Despite Gustav’s exceptional fitness the Absa Cape Epic had been a challenge throughout. “I had been spending 9 to 10 hours on the bike every day,” he recalled. “We just don’t have trails that technical in Gauteng. You really have to live in Stellenbosch or Franschhoek to get comfortable riding the rocky terrain. I knew going into the race that it was going to be tough but even so, it was very difficult to anticipate how hard the terrain would be.”

“Every day I had low points. But then everyone goes through their bad patches. I would not have finished without Retief,” he recalled. Not only did his son help him on the final day, he helped every day. “It was incredible riding with him. We got through it and lived to tell the story,” Gustav laughed.

“ I would not have finished without Retief

Even with his injuries Gustav has not struggled much post-Absa Cape Epic. “Fortunately you don’t really need your ring finger to perform surgery,” he said downplaying his most-lasting injury. “The story spread so widely, with



many of the Pretoria newspapers reporting on it, that most of my patients knew about it and thought it was cool,” he smiled.

Not only have his patients been impressed by Gustav’s grit and determination. He received his finisher’s medal from none other than the 2019 champion, Nino Schurter. “It was really impressive to see a bit of what riders go through to become an Absa Cape Epic finisher. Seeing Gustav, 70 years young, crossing the finish line, at Val de Vie, with his last energy was really emotional. You are an epic rider Gustav,” the Swiss star praised.

With his active lifestyle and competitive spirit Gustav is hungry for new challenges. His next big goal? “I would love to go to Kona but I keep finishing second or third

in my IRONMAN age category,” he sighed. “The times that those guys run, even at my age, is incredible. I don’t know if I’ll be able to win a slot. In the years that I finished second the winner took up the World Championships slot. Then in the years I finished third the second-placed person took the slot. So I’ll just keep trying.”

In the meantime though, he is putting his hard-earned off-road skills to good use. “My aim now is Maui and the XTERRA World Championships. I had to be evacuated off the mountain last time, so I have unfinished business in Hawaii.”

And the Absa Cape Epic? Will he return to the Untamed African Mountain Bike Race? “Maybe. If nobody else has done one at 75,” he tentatively revealed. 🍷

OVERALL RESULTS

GC	CAT	Time	Team [Category]	Race-Number	Name (Country)
1	1	26:09.45,5	Scott-SRAM MTB-Racing [Men]	4-1. Nino Schurter (Switzerland) 4-2. Lars Forster (Switzerland)	
2	2	26:17.22,4	Cannondale Factory Racing [Men]	3-1. Manuel Fumic (Germany) 3-2. Henrique Avancini (Brazil)	
3	3	26:26.22,8	Trek Selle San Marco [Men]	10-1. Damiano Ferraro (Italy) 10-2. Samuele Porro (Italy)	
4	4	26:35.53,4	BULLS Heroes [Men]	6-1. Urs Huber (Switzerland) 6-2. Simon Stiebja hn (Germany)	
5	5	26:47.12,0	SpecializedFoundationNAD [Men]	13-1. Alan Hatherly (South Africa) 13-2. Matthew Beers (South Africa)	
6	6	26:48.23,2	BUFF SCOTT MTB [Men]	11-1. Francesc Guerra Carretero (Spain) 11-2. Enrique Morcillo Vergara (Spain)	
7	7	26:52.14,5	7C CBZ WILIER [Men]	25-1. Louis Meija (Colombia) 25-2. Johnny Cattaneo (Italy)	
8	8	27:05.24,9	7C CBZ WILIER 2 [Men]	32-1. Tony Longo (Italy) 32-2. Gregory Brenes (Costa Rica)	
9	9	27:06.52,4	Canyon [Men]	5-1. Kristian Hynek (Czech Republic) 5-2. Petter Fagerhaug (Norway)	
10	10	27:15.50,5	Tbelles - ProtourBCN [Men]	43-1. Roberto Bou Martin (Spain) 43-2. Alberto Losada (Spain)	
11	11	27:22.23,3	IMBUKO GIANT [Men]	35-1. Marco Joubert (South Africa) 35-2. Nicol Carstens (South Africa)	
12	12	27:25.04,3	BULLS Legends [Men]	2-1. Karl Platt (Germany) 2-2. Alban Lakata (Austria)	
13	13	27:36.11,0	DSV Pro Cycling [Men]	28-1. Julian Jessop (South Africa) 28-2. Arno Du Toit (South Africa)	
14	14	27:37.59,0	InvestecsongoSpecialized 2 [Men]	20-1. Christoph Sauser (Switzerland) 20-2. Simon Andreassen (Denmark)	
15	15	27:44.46,2	CST Sandd [Men]	19-1. Sebastian Fini (Denmark) 19-2. Martins Blums (Latvia)	
16	16	27:59.17,0	MMR FACTORY RACING [Men]	31-1. David Valero Serrano (Spain) 31-2. Catriel Andres Soto (Argentina)	
17	17	28:02.04,0	PYGA Euro Steel [Men]	7-1. Philip Buys (South Africa) 7-2. Matthys Beukes (South Africa)	
18	18	28:06.48,6	Pro Devonbosch Qhubeka [Men]	26-1. Frans Claes (Belgium) 26-2. Hendrik Kruger (South Africa)	
19	19	28:08.25,1	DSV-SCOTT-SRAM [Men]	12-1. Gert Heyns (South Africa) 12-2. Andri Frischknecht (Switzerland)	
20	20	28:22.50,9	BULLS Youngsters [Men]	17-1. Martin Frey (Germany) 17-2. Simon Schneller (Germany)	
21	21	28:27.54,6	CST Wilier Sandd Racing [Men]	18-1. Erwin Bakker (Netherlands) 18-2. David Nordemann (Netherlands)	
22	22	28:29.20,8	NAD MTB [Men]	15-2. Wessel Botha (South Africa) 15-1. Gawie Combrinck (South Africa)	
23	23	28:41.29,0	PYGA Euro Steel 2 [Men]	29-1. Phillimon Sebona (South Africa) 29-2. Pieter Du Toit (South Africa)	
24	24	28:50.37,2	Shimano Aus [Men]	22-1. Brendan Johnston (Australia) 22-2. Cameron Ivory (Australia)	
25	25	29:03.01,5	DARKHORSE Wheels [Men]	36-1. Shaun-Nick Bester (South Africa) 36-2. Andrew Hill (South Africa)	
26	1	29:03.43,4	Merida Factory Racing [Masters]	59-1. Jose Hermida (Spain) 59-2. Joaquim Rodriguez (Spain)	
27	26	29:08.21,5	KROSS-SPUR [Men]	14-1. Sergio Mantecon Gutierrez (Spain) 14-2. Ondřej Cink (Czech Republic)	
28	27	29:20.06,4	KTM Pro [Men]	27-1. Manuel Pliem (Austria) 27-2. David Schögggl (Austria)	
29	28	29:54.31,1	ORBEA FACTORY [Men]	30-1. Aleix Espargaro Villa (Spain) 30-2. Ibon Zugasti (Spain)	
30	1	29:58.15,1	CST Sandd Bafang [Grand Masters]	66-1. Abraao Azevedo (Brazil) 66-2. Bart Brentjens (Netherlands)	
31	29	30:05.06,4	Madmacs [Men]	34-1. Charlie Mcfall (South Africa) 34-2. Matthew Keyser (South Africa)	
32	30	30:09.58,9	HINO_PIO LINDO_EUROBIKES [Men]	49-1. Andrea De Silvestris (Guatemala) 49-2. Jhonnathan De Leon (Guatemala)	
33	31	30:15.43,0	Hunters Edge [Men]	58-1. Erik Kleinhans (South Africa) 58-2. Johannes Thumm (Germany)	
34	2	30:18.17,1	MITAS HEAD NEW RACE [Masters]	63-1. Ondřej Fojtík (Czech Republic) 63-2. José Silva (Portugal)	
35	32	30:20.54,4	Insect Science Pro [Men]	41-1. Alan Gordon (South Africa) 41-2. Carel Van Wyk (South Africa)	

GC	CAT	Time	Team [Category]	Race-Number	Name (Country)
36	3	30:21.28,9	IBS Capital Allies [Masters]	64-1. Erik Dekker (Netherlands) 64-2. Maarten Tjallingii (Netherlands)	
37	33	30:26.37,7	CHINA MTB [Men]	557-1. Jiujiang Mi (China) 557-2. Jun Zhu (China)	
38	34	30:57.10,6	Signal Bikes [Men]	149-1. Oliver Munnik (South Africa) 149-2. Jarrod van den Heever (South Africa)	
39	35	31:00.27,2	Parkpre-Pmp [Men]	485-1. Damiano Tedeschi (Italy) 485-2. Daniele Fabbri (Italy)	
40	36	31:16.12,4	#suimtb o racing [Men]	518-1. Simon Brändli (Switzerland) 518-2. Adrian Jäggi (Switzerland)	
41	4	31:17.41,2	7C WILIER [Masters]	60-1. Dax Jaikel (Costa Rica) 60-2. Massimo Debertolis (Italy)	
42	37	31:21.10,4	Sappi Southern Africa [Men]	505-1. Frederick Rossouw (South Africa) 505-2. Warren Price (South Africa)	
43	38	31:22.20,8	Eighty-Aid-Racing [Men]	96-1. Til Spiegel (Germany) 96-2. Leo Wurster (Germany)	
44	1	31:26.41,4	Investec-songo-Specialized [Women]	50-1. Annika Langvad (Denmark) 50-2. Anna van der Breggen (Netherlands)	
45	5	31:35.18,8	SCOTT-SRAM Old Dudes [Masters]	62-1. Thomas Frischknecht (Switzerland) 62-2. Urs Gerig (Switzerland)	
46	2	31:38.58,8	Meerendal [Grand Masters]	65-1. Barti Bucher (Switzerland) 65-2. Hans Juerg Gerber (Switzerland)	
47	39	31:42.52,9	Camargue [Men]	133-1. Steven Bark (South Africa) 133-2. Gregory Harrup (South Africa)	
48	40	31:48.27,6	Saicom [Men]	363-1. David Cooke (South Africa) 363-2. Brennan Anderson (South Africa)	
49	6	31:49.37,8	Pink Star & Stradalli [Masters]	650-1. Randy Egues (USA) 650-2. Robert McCarty (USA)	
50	41	31:51.04,0	Racing Porcupine [Men]	480-1. Filippo Ceci (Italy) 480-2. Elia Taverna (Italy)	
51	2	31:57.04,1	Summit Fin [Women]	54-1. Candice Lill (South Africa) 54-2. Adelheid Morath (Germany)	
52	42	32:03.47,1	ATR [Men]	525-1. Francois Carloni (France) 525-2. karl shaw (England)	
53	43	32:05.03,4	Scott France [Men]	40-1. Jonathan Galante (France) 40-2. Anthony Collet-Beillon (France)	
54	7	32:06.40,1	Dani Schnider Radsport [Masters]	593-1. Oliver Imfeld (Switzerland) 593-2. Stefan Duss (Switzerland)	
55	44	32:07.24,9	OneToOne CATALUNYA [Men]	481-1. Josep Colomina Tomas (Spain) 481-2. Roger Colomina Tomàs (Spain)	
56	45	32:13.03,4	Unstoppable Spirit [Men]	93-1. Sithembiso Masango (South Africa) 93-2. Mboneni Ngcobo (South Africa)	
57	46	32:17.38,8	GVK - Siya Zama [Men]	119-1. Nicholas Allen (South Africa) 119-2. Cobus Swanepoel (South Africa)	
58	8	32:18.06,0	Velosure [Masters]	116-1. Luke Beuchat (Australia) 116-2. Minter Barnard (Australia)	
59	47	32:23.33,1	5Quinas.cc / Snakebite [Men]	393-1. Tiago Silva (Portugal) 393-2. Valerio Ferreira (Portugal)	
60	9	32:25.50,9	Scanmast [Masters]	577-1. Craig Gerber (South Africa) 577-2. Jonas Pettersson (Sweden)	
61	48	32:28.02,6	Fairis / Jac / Uniandes [Men]	44-1. Galo Tamayo (Ecuador) 44-2. Jose Bernardo Vintimilla Corral (Ecuador)	
62	3	32:30.44,4	Zboys Racing [Grand Masters]	292-1. Tim Zimmerman (USA) 292-2. Troy Zimmerman (USA)	
63	3	32:35.09,3	Kross-Spur Racing [Women]	53-1. Ariane Lüthi (Switzerland) 53-2. Maja Wloszczowska (Poland)	
64	49	32:35.21,6	CYCLOTRENER [Men]	619-1. Jorge Ramiro Ramallo (Argentina) 619-2. Sebastian Alejandro Fernandez (Argentina)	
65	10	32:35.45,4	LGE MIDAS [Masters]	327-1. Igna De Villiers (South Africa) 327-2. Fanie Venter (South Africa)	
66	1	32:40.15,0	TBR-Werner [Mixed]	72-1. Sebastian Stark (Germany) 72-2. Laura Stark (Germany)	
67	11	32:41.10,1	Giant Masters [Masters]	101-1. Hannes Hanekom (South Africa) 101-2. Sakkie Hanekom (South Africa)	
68	12	32:43.03,2	Privateer [Masters]	651-1. Matthew Warner-Smith (Australia) 651-2. Raoul De Jongh (South Africa)	
69	13	32:49.25,1	Trovador [Masters]	584-1. Carlos Miguel Brito (Portugal) 584-2. Raul Amaral (Portugal)	
70	50	32:49.38,0	Bryne [Men]	524-1. Thomas Nærland (Norway) 524-2. Knut Reiestad (Norway)	

GC	CAT	Time	Team [Category] Race-Number Name (Country)
71	51	32:51.35,0	RMB Change a Life 2 [Men] 84-1. Ndumiso Dontso (South Africa) 84-2. Mazwi Smimango (South Africa)
72	52	32:53.08,2	EXXARO/PWC 1 [Men] 82-1. Lucky Mlangeni (South Africa) 82-2. Tshepo Tlou (South Africa)
73	4	33:07.13,3	Cycle Lab [Grand Masters] 317-1. Andrew Mclean (South Africa) 317-2. David De Lima (South Africa)
74	4	33:14.18,3	Meerendal WIAWIS Rotwild [Women] 51-1. Sabine Spitz (Germany) 51-2. Nadine Rieder (Germany)
75	14	33:15.13,0	Barcelos Portugal [Masters] 569-1. Miguel Goncalves (Portugal) 569-2. Nuno Campos (Portugal)
76	2	33:17.01,3	MMR MIXED [Mixed] 70-1. Oscar Freire Gomez (Spain) 70-2. Natalia Fischer Egusquiza (Spain)
77	53	33:21.12,5	Reynolds BlacklabelRacing [Men] 38-1. Julian Biefang (Germany) 38-2. Todd Tanner (United States of America)
78	5	33:23.26,7	Silverback - Fairtree [Women] 52-1. Jennie Stenerhag (Sweden) 52-2. Mariske Strauss (South Africa)
79	54	33:28.02,5	SANICEN - TODOBICI [Men] 504-1. Carlos Tenorio Hernandez (Spain) 504-2. Juan Jose Leal De la Peña (Spain)
80	55	33:29.14,6	SCOTT-SYNCRS HQ Racing [Men] 507-1. Gabriel Grünenwald (Switzerland) 507-2. Yann Montavon (Switzerland)
81	56	33:32.19,1	BMT Fairtree [Men] 446-1. Luyanda Thobigunya (South Africa) 446-2. Baphelele Mbobo (South Africa)
82	15	33:34.13,7	Trek-Zone 3 [Masters] 683-1. Lior Zhahvi (Israel) 683-2. Lior Zach Maor (Israel)
83	57	33:37.34,3	Zamalek [Men] 555-1. Phillip Malan (South Africa) 555-2. Denis Engelbrecht (South Africa)
84	5	33:40.22,4	PRIME Klein Constantia [Grand Masters] 185-1. Xavier Scheepers (South Africa) 185-2. Douglas Burger (South Africa)
85	58	33:40.48,3	DT Swiss Mitas Israel [Men] 148-1. Yuval Fridman (Israel) 148-2. Noam Straschnow (Israel)
86	16	33:42.15,6	A21 Linc 'n' Lister [Masters] 628-1. Lincoln Carolan (Australia) 628-2. Peter Lister (Australia)
87	3	33:44.31,7	Miller Paneling [Mixed] 226-1. David Miller (USA) 226-2. Shayna Powless (USA)
88	6	33:45.59,3	Progressive Livestock [Grand Masters] 274-1. Shaun Portegys (New Zealand) 274-2. Timothy OLeary (New Zealand)
89	59	33:46.28,1	T*RED FACTORY RACING [Men] 21-1. Alessandro Petacchi (Italy) 21-2. Francesco Chicchi (Italy)
90	17	33:50.14,5	SSCC - GT [Masters] 667-1. Ricardo Purri (Brazil) 667-2. Luiz Eduardo Vieira (Brazil)
91	60	34:05.00,0	Exxaro Pepto Sport [Men] 81-1. Sean Baloyi (South Africa) 81-2. Anele Mtalana (South Africa)
92	61	34:08.48,5	LBA Construction [Men] 542-1. Francois Louw (South Africa) 542-2. Jandri Ferreira (South Africa)
93	4	34:10.10,8	Nardinature [Mixed] 293-1. Florence Darbellay (Switzerland) 293-2. Eric Morard (Switzerland)
94	62	34:12.14,0	CHAINGANG Racing [Men] 405-1. Stuart Spies (South Africa) 405-2. Matthew Bridge (England)
95	18	34:14.05,0	Aspen Pro Cycling [Masters] 379-1. Wade Davis (USA) 379-2. Dean Hill (USA)
96	19	34:15.43,1	Norway [Masters] 662-1. Olav Tu Husveg (Norway) 662-2. Arne Rettedal (Norway)
97	7	34:18.34,8	ABSA LumoHawks [Grand Masters] 300-1. Joel Stransky (South Africa) 300-2. Darren Gallias (South Africa)
98	20	34:24.59,6	Tio Peixe [Masters] 204-1. Gerrit De Vries (South Africa) 204-2. Lammert Oosthuizen (South Africa)
99	21	34:27.15,6	Ciclotech [Masters] 139-1. Francesco Fortunato (Italy) 139-2. Sergio Spalletta (Italy)
100	22	34:28.54,9	GENUINS [Masters] 670-1. Josef Ajram (Spain) 670-2. Victor Rodriguez Rielves (Spain)
101	5	34:32.20,7	ABOVE AND BEYOND [Mixed] 76-1. Martin Dreyer (South Africa) 76-2. Jeannie Dreyer (South Africa)
102	8	34:34.55,3	Assos Nordics [Grand Masters] 267-1. Ronnie Job (Denmark) 267-2. Henrik Jappe (Denmark)
103	23	34:42.54,5	CIBEL/CEBON-ATOM6 [Masters] 587-1. Jurgen De Witte (Belgium) 587-2. Bart Seynaeve (Belgium)
104	9	34:47.02,1	Iloveboobies by Agisko [Grand Masters] 68-1. Soren Lind Wenck (Denmark) 68-2. Palle Egeberg Jensen (Denmark)
105	10	34:48.16,7	Hoydahl by Centra [Grand Masters] 127-1. Rune Hoydahl (Norway) 127-2. Christian Stabell Eriksen (Norway)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
106	24	34:49.38,8	RIBAG Lightriders [Masters] 655-1. Andreas Richner (Switzerland) 655-2. Marc Niklaus (Switzerland)
107	63	34:49.56,6	Exxaro/RMB 1 [Men] 88-1. Kagiso Tlou (South Africa) 88-2. Patrick Rengane (South Africa)
108	64	34:52.47,3	TRAILWOLF LIONS [Men] 535-1. Shaun Oosthuizen (South Africa) 535-2. Pressmore Musundi Dhlamini (Zimbabwe)
109	65	34:58.21,4	Kría [Men] 295-1. Birgir Ragnarsson (Iceland) 295-2. Emil Thor Gudmundsson (Iceland)
110	11	35:00.45,1	Equipe Suisse I [Grand Masters] 260-1. Andreas Niederhäuser (Switzerland) 260-2. Franz Aregger (Switzerland)
111	6	35:01.38,4	Galileo Risk [Women] 56-1. Theresa Ralph (South Africa) 56-2. Sarah Hill (South Africa)
112	66	35:08.44,7	Robe T1 [Men] 165-1. Paul Newman (South Africa) 165-2. Mike Hewan (South Africa)
113	12	35:09.06,8	A21-AAA-Mtoss-Mainpac [Grand Masters] 459-1. Peter Selkrig (Australia) 459-2. David Harris (Australia)
114	6	35:11.36,5	Ken & Katja [Mixed] 166-1. Ken Van Den Bulke (Belgium) 166-2. Katja Cauwenbergh (Belgium)
115	25	35:11.43,9	BAS Trucks [Masters] 570-1. Rob Harmeling (Netherlands) 570-2. Bas van Heertum (Netherlands)
116	67	35:16.04,5	Meerendal 6/ Rigi [Men] 522-1. Martin Duss (Switzerland) 522-2. Remo Birchler (Switzerland)
117	68	35:20.35,5	RMB Change a Life [Men] 85-1. Sipho Kupiso (South Africa) 85-2. Bongumusa Zikhali (South Africa)
118	26	35:25.12,1	Archi-Co/2Rebuild [Masters] 558-1. Wouter Peeters (Belgium) 558-2. Bart Goudeseune (Belgium)
119	69	35:25.29,1	Marqueses [Men] 467-1. Marc Leifheit Garcia (Spain) 467-2. Sergio Alcalde (Spain)
120	70	35:29.26,8	THESELE Velokhaya [Men] 275-1. Mthetheleli Boya (South Africa) 275-2. Loyiso Fulu (South Africa)
121	71	35:30.32,9	BORBET [Men] 390-1. Jens Freiberg (Germany) 390-2. Henning Orendt (Germany)
122	13	35:31.30,8	witttraining [Grand Masters] 291-1. Wolf-Thorsten Witt (Germany) 291-2. Patrick Gall (Germany)
123	72	35:36.40,2	ALL1 SCOTT - Glovo [Men] 443-1. Siso Cunill (Spain) 443-2. Oscar Pierre (Spain)
124	27	35:44.23,0	PTG / RH77 [Masters] 67-1. Robert Hunter (South Africa) 67-2. Rene Haselbacher (Austria)
125	73	35:44.34,7	Investec-Songo 2 [Men] 83-1. Ntiantla Nonkasa (South Africa) 83-2. Lwazi Ntsakaza (South Africa)
126	74	35:48.33,5	Exxaro/Deloitte [Men] 87-1. Mphodisa Bruce Sebopa (South Africa) 87-2. Keneth Kabelo Tshukudu (South Africa)
127	7	35:51.42,1	Garmin Ixcor [Mixed] 71-1. Ramona Gabriel Batalla (Spain) 71-2. Antonio Moreno Ortega (Spain)
128	28	35:51.58,3	7C-CBZ-willier [Masters] 560-1. Alejandro Blanco (Costa Rica) 560-2. Diyer Rincon (Colombia)
129	29	35:52.02,7	HOTELS VIVA-L'ESCRIVANIA [Masters] 614-1. Pep Lliteres Barcelo (Spain) 614-2. Miguel Capo Soler (Spain)
130	75	35:52.07,3	CEL ENGENHARIA [Men] 378-2. Celio Vinicius Oliveira (Brazil) 378-1. Paulo Sergio Borges De Freitas (Brazil)
131	14	35:53.02,9	Scott SRAM Beat to Beat [Grand Masters] 277-1. Beat Zumstein (Switzerland) 277-2. Beat Stirnemann (Switzerland)
132	7	35:53.18,6	FreakShow SCOTT [Women] 57-1. Sonya Looney (United States of America) 57-2. Catherine Williamson (England)
133	15	35:55.51,4	KEDADA DE ROBERT 1 [Grand Masters] 367-1. Santiago Remartinez (Spain) 367-2. Ramon Garay Salutregui (Spain)
134	16	35:59.15,1	Thömus / Reka [Grand Masters] 286-1. Simon Zmoos (Switzerland) 286-2. Hans Siegenthaler (Switzerland)
135	76	36:00.27,3	ERG 1900 EV. [Men] 39-1. Sascha Weil (Germany) 39-2. Benjamin Weil (Germany)
136	77	36:00.57,8	Rioja Motor [Men] 501-1. Julio Cuadra (Spain) 501-2. Carlos Gutierrez Merino (Spain)
137	78	36:03.58,2	ALL1 SCOTT - 2 [Men] 297-1. Fernando Conde (Spain) 297-2. Javier Agusti (Spain)
138	30	36:07.49,1	zigi [Masters] 693-1. Dan Zigmond (Israel) 693-2. Roey Haker (Israel)
139	79	36:08.14,5	MIANDUM [Men] 470-1. Maris Vancevics (Latvia) 470-2. Atis Vidovskis (Latvia)
140	80	36:11.58,1	GaGa Bike [Men] 434-1. Andrea Balboni (Italy) 434-2. Luca Peveri (Italy)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
141	17	36:15.04,6	NUK Orthodontic [Grand Masters] 125-1. Martijn Mellaart (Netherlands) 125-2. William Aymes (South Africa)
142	81	36:15.10,7	Virgin Active [Men] 202-1. Alain Walker (South Africa) 202-2. Ignus Oosthuizen (South Africa)
143	82	36:16.45,9	Gutta Boyz II [Men] 157-1. Fredrik Norrby (Sweden) 157-2. Kim Øverland (Norway)
144	83	36:16.50,3	X-TRACK.NL [Men] 553-1. Peter van Mil (Netherlands) 553-2. Cyril Kleijnen (Netherlands)
145	84	36:17.30,7	URA [Men] 528-1. Ari Miltiadou (South Africa) 528-2. Ulrich Roux (South Africa)
146	85	36:20.48,0	Zoerdoef [Men] 350-1. Jannie Coetzer (South Africa) 350-2. Shaun Van Biljon (South Africa)
147	31	36:24.04,6	Thömus/Travelhouse [Masters] 678-1. Markus Binggeli (Switzerland) 678-2. Daniel Annaheim (Switzerland)
148	32	36:24.37,5	Red Liners [Masters] 339-1. Nik Steffny (South Africa) 339-2. Geoffrey Lee (South Africa)
149	33	36:31.14,9	Blood Sweat & Gears [Masters] 575-1. Christo Geyer (South Africa) 575-2. Brad Dixon (South Africa)
150	34	36:31.25,9	Dikkes & Dunnes [Masters] 599-1. Wolfgang Neff (South Africa) 599-2. Tinie Bonnet (South Africa)
151	35	36:47.24,5	Land Rover AR [Masters] 69-1. Clinton Mackintosh (South Africa) 69-2. Mark Collins (South Africa)
152	36	36:49.27,8	Meerendal Our Experience [Masters] 648-1. Oliver Bayl (Switzerland) 648-2. Ivo Tanneberger (Switzerland)
153	8	36:53.17,4	abicon giordana swiss [Mixed] 75-1. Nina Brenn (Switzerland) 75-2. Heinz Posch (Switzerland)
154	86	36:54.51,8	BikeOn [Men] 389-1. Martin Hoffmann (Germany) 389-2. Samuel Wenger (Switzerland)
155	87	36:57.26,7	Kidney Beanz [Men] 121-1. Clayton Duckworth (South Africa) 121-2. Dean Van Den Bos (South Africa)
156	88	37:01.43,5	Fortis Metals Cycling [Men] 429-1. Kris Guns (Belgium) 429-2. Joeri Verschueren (Belgium)
157	89	37:02.51,7	Powerlab [Men] 548-1. Jonathan Moss (South Africa) 548-2. Michael Robinson (South Africa)
158	37	37:04.02,8	All in [Masters] 615-1. Sigurdur Stefansson (Iceland) 615-2. Kristjan Jakobsson (Iceland)
159	90	37:06.50,3	RoadCover [Men] 365-1. Colin-Allan Germs (South Africa) 365-2. Deane Poulter (South Africa)
160	38	37:07.41,5	Jakes [Masters] 164-1. Neil Hauser (South Africa) 164-2. David Ellis (South Africa)
161	39	37:08.14,0	Dr Jekyll and Mr Hyde [Masters] 359-1. Zack van der Merwe (South Africa) 359-2. Hannes Jonker (South Africa)
162	91	37:08.40,6	Tvert [Men] 42-1. Maxime DANON (France) 42-2. Benjamin CHAVAS (France)
163	40	37:14.40,0	MARATHON [Masters] 171-1. Julian Buelvas (Colombia) 171-2. Wilson Alfredo Marin Rincon (Colombia)
164	9	37:16.56,2	Planet Cycles Bike Rite [Mixed] 233-1. Mark Martin (Australia) 233-2. Jodie Willett (Australia)
165	18	37:19.24,3	Globeflight [Grand Masters] 109-1. Henning Blaauw (South Africa) 109-2. Johan Marais (South Africa)
166	19	37:20.20,0	Israel grand masters [Grand Masters] 268-1. Amit Levin (Israel) 268-2. Amos Gery (Israel)
167	41	37:20.48,5	Show No Weakness [Masters] 186-1. Nicholas Mingay (South Africa) 186-2. James Little (South Africa)
168	10	37:20.52,2	Leschi [Mixed] 193-1. Christian Leschke (Germany) 193-2. Andrea Berner (Germany)
169	42	37:21.14,7	Ubuntu Robotics [Masters] 681-1. Tom Huysmans (Belgium) 681-2. Jason Schmidt (South Africa)
170	92	37:22.17,5	FoodNess [Men] 403-1. Andrea Olivi (Italy) 403-2. Federico Celeghini (Italy)
171	93	37:22.46,2	Midstream Cardiology [Men] 294-1. Francois Botha (South Africa) 294-2. Ruan Louw (South Africa)
172	43	37:26.00,3	2Ambitious [Masters] 665-1. Felix Kobel (Switzerland) 665-2. Frederic Schaaf (France)
173	94	37:26.57,9	One Gear Mike [Men] 471-1. Dale Harley (South Africa) 471-2. Lance Metz (South Africa)
174	95	37:30.10,8	ALL1 SCOTT - 0 [Men] 296-1. Miki Domenech (Spain) 296-2. Jorge Gari (Spain)
175	96	37:32.06,7	Insane Passion [Men] 450-1. Hector Anso Supervia (Spain) 450-2. Julien Guyart (France)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
176	44	37:32.21,5	Make Skogn IL great again [Masters] 668-1. Brynjar Farstad (Norway) 668-2. Lars Hjelde (Norway)
177	45	37:32.35,7	Tretlager [Masters] 682-1. Andreas Wöcker (Germany) 682-2. Andreas Pester (Germany)
178	46	37:34.41,1	TFAL CANNONDALE BRASIL [Masters] 606-1. Remerson Neri (Brazil) 606-2. Juarez Soares Pitta (Brazil)
179	97	37:37.54,1	Fullgas SportMassage [Men] 432-1. Massimiliano Conte (Italy) 432-2. Jose Santana Dominguez (Spain)
180	98	37:43.03,8	Keeping it in the Family [Men] 123-1. Keagan Bontekoning (South Africa) 123-2. Brian Bontekoning (South Africa)
181	99	37:46.29,9	The Baumels... [Men] 520-1. Guy Baumel (Israel) 520-2. Tzur Brant (Israel)
182	100	37:47.04,5	White River Manor [Men] 544-1. Giles Fourie (South Africa) 544-2. Donovan Roscoe (South Africa)
183	47	37:48.05,8	Honey Badgers [Masters] 568-1. Francois Henrion (South Africa) 568-2. Shaun Keppler (South Africa)
184	101	37:51.36,3	Rainbow Nation [Men] 338-1. Stephen Brown (South Africa) 338-2. Sandiso Xetu (South Africa)
185	20	37:51.55,1	Taylor Blinds [Grand Masters] 192-1. Leon Tobias (South Africa) 192-2. Ian Martin (South Africa)
186	102	37:56.06,1	BMT Didata 1 [Men] 79-1. Zola Ngxakeni (South Africa) 79-2. Siyabulela Tutu (South Africa)
187	48	37:56.07,2	Eleventh Hour [Masters] 104-1. David Wright (South Africa) 104-2. Clinton Haley (South Africa)
188	49	37:59.02,8	BH-Tierra Estella Epic [Masters] 679-1. Jesus Andueza (Spain) 679-2. Iñigo Labat (Spain)
189	103	38:00.07,3	Baby Daddy [Men] 366-1. Schalk Theunissen (South Africa) 366-2. Ryan Harborth (South Africa)
190	104	38:01.58,4	CWC/Copper Collection [Men] 415-1. Chris Willemse (South Africa) 415-2. Ryan Richens (South Africa)
191	50	38:02.09,1	#Cinque [Masters] 313-1. Herbert Smith (South Africa) 313-2. Jeandre Van Schalkwyk (South Africa)
192	51	38:03.02,0	Clarity [Masters] 452-1. Andre Costa (Brazil) 452-2. Leonardo Sampaio Julio (Brazil)
193	105	38:11.36,9	Megatech -Delispires [Men] 175-1. Morne Nell (Namibia) 175-2. Martin Cilliers (South Africa)
194	106	38:12.17,3	Talon Tough Tools [Men] 196-1. Clinton Halsey (South Africa) 196-2. James Barnes (South Africa)
195	52	38:15.14,2	ICG Dream [Masters] 616-1. Jacobus Visser (South Africa) 616-2. Mark Talmud (South Africa)
196	107	38:15.23,2	Dairymaid [Men] 489-1. Antuan Van Rooyen (South Africa) 489-2. Marnus Swanepoel (South Africa)
197	53	38:22.45,0	Crazy Cousins [Masters] 314-1. Nik Kershaw (South Africa) 314-2. Carl Husselmann (England)
198	54	38:24.37,3	Swiss Austrian Avalanche [Masters] 107-1. Peter Anton Felber (Switzerland) 107-2. Mario Mayer (Austria)
199	108	38:28.25,8	Moving Tactics [Men] 491-1. Bradley Rubly (South Africa) 491-2. Andy Higginbotham (South Africa)
200	109	38:29.00,3	BarBarians [Men] 533-1. Thibaud Grizard (France) 533-2. Steve Knabl (Switzerland)
201	55	38:32.45,2	isiBindi [Masters] 613-1. Tony Lindsay (South Africa) 613-2. Greg Dingley (South Africa)
202	21	38:37.01,7	bechtel cycles [Grand Masters] 250-1. Michel Frei (Switzerland) 250-2. Yves Bechtel (Switzerland)
203	56	38:38.01,3	Bok Radio - HOOP [Masters] 102-1. Niel Rossouw (South Africa) 102-2. Leon Erasmus (South Africa)
204	110	38:39.28,5	LikeToBike [Men] 526-1. Floris Engelbrecht (South Africa) 526-2. Daniel Johannes Roelof Snyman (South Africa)
205	11	38:40.12,6	FLAX & KALE [Mixed] 95-1. Jordi Barri Carles (Spain) 95-2. Sandra Jordà Pascó (Spain)
206	57	38:42.58,8	DSTV Media [Masters] 110-1. Patrick Van Schoor (South Africa) 110-2. John De Bruyn (South Africa)
207	12	38:44.07,9	Meerendal Dani Schnider [Mixed] 140-1. Sabina Compassi (Switzerland) 140-2. Paul Buhler (Switzerland)
208	58	38:44.41,1	Domestique [Masters] 354-1. Alastair Sellick (South Africa) 354-2. Sam Robertson (South Africa)
209	111	38:47.26,6	ALL1 SCOTT - 3 [Men] 468-1. Jorge Corominas (Spain) 468-2. Nacho Pujol (Spain)
210	59	38:49.11,7	GERT NEL INC ATTORNEYS [Masters] 322-1. Gert Nel (South Africa) 322-2. Christopher Van Rooyen (South Africa)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
211	112	38:52.45,1	The Conradicals [Men] 532-1. Steven Holm (South Africa) 532-2. conrad rautenbach (South Africa)
212	113	38:56.43,9	Majella D'Orsogna Racing [Men] 466-1. Lorenzo Panaccio (Italy) 466-2. Alessandro Costantini (Italy)
213	114	38:56.49,8	#gountilityouthrow [Men] 197-1. Marc Rosenberg (South Africa) 197-2. Jeremy Thomson (South Africa)
214	115	38:58.10,5	Fronk and the ManBun [Men] 695-1. Francois Pienaar (South Africa) 695-2. Simon Wentzel (South Africa)
215	60	38:58.20,8	SportItalia [Masters] 696-1. Niccolo Violati (Italy) 696-2. Andrea Cuomo (Italy)
216	116	38:58.33,9	ABSA Short Term Insurance [Men] 303-1. Matthew Cook (South Africa) 303-2. Guy Close (South Africa)
217	61	38:59.12,6	Woolworths Supply Chain [Masters] 128-1. James Hagen (England) 128-2. Ebbe Spaarwater (South Africa)
218	117	39:03.55,1	Felt-Orbea-SRAM cosy [Men] 458-1. Luca Formoso (Switzerland) 458-2. Marcel Schlatter (Switzerland)
219	118	39:06.34,6	Cycle Republica [Men] 416-1. John Duggan (Australia) 416-2. Nicholas Martin (Australia)
220	119	39:06.40,5	Pure Sausage [Men] 355-1. Cecil Bosman (South Africa) 355-2. Francois Bosman (South Africa)
221	120	39:07.19,9	BMT Woolworths [Men] 78-1. Thando Klaas (South Africa) 78-2. Lorenzo Leroux (South Africa)
222	121	39:07.57,4	2Rad Barmettler [Men] 455-1. Fabian Müller (Switzerland) 455-2. Ignaz Müller (Switzerland)
223	62	39:08.20,8	matadorRACING [Masters] 635-1. Dan Smith (England) 635-2. David Syrooper (Australia)
224	63	39:09.14,8	Zingg Trailfox [Masters] 694-1. Martin Frey (Switzerland) 694-2. Marco Schmid (Switzerland)
225	64	39:16.27,4	TRI UNIC DELHAIZE DRONGEN [Masters] 407-1. Peter Naudts (Belgium) 407-2. Tom Geirnaert (Belgium)
226	65	39:18.06,7	Argentina 1 [Masters] 566-1. Juan Pablo Richard (Argentina) 566-2. Nicolas Aquistapace (Argentina)
227	13	39:20.27,8	Rotsvas [Mixed] 74-1. Anton Moolman (South Africa) 74-2. Adrienne Moolman (South Africa)
228	122	39:22.35,2	Jan Trap [Men] 453-1. Jan-hendrik Gutter (South Africa) 453-2. Jan Gutter (South Africa)
229	66	39:23.37,0	matadorRACING Intl. [Masters] 565-1. Gareth Bridges (Hong Kong) 565-2. Nicolas Faquet (France)
230	67	39:29.15,9	RAVENS CROFT [Masters] 356-1. Cornel Ries (Botswana) 356-2. Pierre Griffioen (South Africa)
231	22	39:33.01,2	Fluehbiker [Grand Masters] 263-1. Derek Jaeger (Switzerland) 263-2. Peter Mangold (Switzerland)
232	68	39:37.25,4	The Fox & The Furious [Masters] 199-1. David Vos (Belgium) 199-2. Jan Huyse (Belgium)
233	69	39:37.37,2	Beer O'Clock 2 [Masters] 571-1. Alejandro Cortes Cabello (Spain) 571-2. Alfredo Laguía (Spain)
234	14	39:38.19,0	SURIA BICIS FIGUERES [Mixed] 239-1. Nuria Suria Roca (Spain) 239-2. David Marti Anglada (Spain)
235	123	39:42.28,5	Pride Bulk Logistics [Men] 320-2. Freddie Fourie (South Africa) 320-1. Sheridan Morais (South Africa)
236	124	39:44.35,0	Asterix & Obelix [Men] 401-1. Coenraad Lourens Fick (South Africa) 401-2. Peter Hardcastle (South Africa)
237	70	39:51.01,5	4 the Boys [Masters] 170-1. Steve Amos (South Africa) 170-2. Doug Stott (South Africa)
238	71	39:51.31,4	Woolworths Rotolabel [Masters] 207-1. Grant Watson (South Africa) 207-2. Steve Vromans (South Africa)
239	125	39:51.34,5	Bike2Help.ch / Merida [Men] 514-1. Björn Tschennett (Switzerland) 514-2. Bernhard Aebli (Switzerland)
240	15	39:51.41,2	LYNX Real Estate [Mixed] 169-1. Ronel Van Wyk (South Africa) 169-2. Dirk Nel (South Africa)
241	126	39:56.15,1	Exxaro DMA 2 [Men] 80-1. Clement Mabula (South Africa) 80-2. Luke Mashiane (South Africa)
242	127	39:57.29,4	#BicyclesChangeLives [Men] 422-1. Daniel Collett (South Africa) 422-2. Chris Lewis (South Africa)
243	128	40:00.21,0	BIKEHIGH [Men] 515-1. Jasper Lefevre (Belgium) 515-2. Wannes Vandenberghe (Belgium)
244	129	40:04.05,3	WRBIKES [Men] 552-1. Maarten Rechterschot (Netherlands) 552-2. Marco Zomer (Netherlands)
245	23	40:09.11,8	Gutta Boyz [Grand Masters] 113-1. Ivar Tollefsen (Norway) 113-2. Trond Hilde (Norway)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
246	130	40:10.57,5	Argentina 2 [Men] 240-1. Esteban Oliver (Argentina) 240-2. Pablo Gargatagli (Argentina)
247	131	40:12.07,1	Maitland Group [Men] 135-1. Jonathan Van Wyk (South Africa) 135-2. Neal De Graaf (South Africa)
248	72	40:17.18,4	Tectonic [Masters] 675-1. Andrew Pullar (South Africa) 675-2. Howard Marsden (Botswana)
249	8	40:17.55,5	Land Rover Jaguars [Women] 46-1. Hannele Steyn (South Africa) 46-2. Katja Steenkamp (South Africa)
250	73	40:21.21,5	Marmats [Masters] 633-2. Matthias Kastner (Germany) 633-1. Daniel Mannweiler (Germany)
251	132	40:21.59,3	CANSA Active [Men] 90-1. Breyton Paulse (South Africa) 90-2. Johan Coetzee (South Africa)
252	74	40:26.09,1	OneToOne CATALUNYA 1 [Masters] 180-1. Josep Colomina Lopez (Spain) 180-2. Sergi Comino Lopez (Spain)
253	133	40:30.32,2	Lebombo Bananas [Men] 308-2. Albertus Jooste (South Africa) 308-1. Justin Van Der Linde (South Africa)
254	24	40:30.35,5	Ernesto 's cycling [Grand Masters] 549-1. Deon Wilkins (South Africa) 549-2. Raul Navarro Acuna (Venezuela)
255	134	40:33.05,8	Schaper Brothers 29# [Men] 506-1. Jody Schaper (South Africa) 506-2. Ryan Schaper (South Africa)
256	75	40:34.41,3	S.A.L>T [Masters] 345-1. Ian Coleman (South Africa) 345-2. Alan Berning (South Africa)
257	25	40:36.43,8	Wonderful Suffering 1 [Grand Masters] 550-1. Andrew Coetzee (USA) 550-2. Edwin Hurlow (USA)
258	135	40:37.11,8	EAGLE LIGHTING VOLTEX [Men] 540-1. Robin Lewis (South Africa) 540-2. Dominic Bright (South Africa)
259	136	40:38.57,8	Ride 4 MS [Men] 500-1. Imad Zeineddine (Lebanon) 500-2. Nelson Ferreira (South Africa)
260	76	40:40.38,5	Z MTB [Masters] 398-1. Mario Hakim Abu-id (Germany) 398-2. Uwe Rübling (Germany)
261	137	40:41.58,4	Stoked [Men] 516-1. Wayde Baker (South Africa) 516-2. George Thiele (South Africa)
262	138	40:42.49,2	No Illusions of Grandeur [Men] 382-1. John Bennett (South Africa) 382-2. Nathan Bokwe (South Africa)
263	77	40:42.54,9	FIP Moc race [Masters] 603-1. Guilherme Turano (Brazil) 603-2. Denis Henriques (Brazil)
264	139	40:46.00,1	Lombardi [Men] 328-1. Andre Lombard (South Africa) 328-2. Theo Lombard (South Africa)
265	140	40:47.00,8	Villa [Men] 98-1. Cd Du Toit (South Africa) 98-2. Etienne Du Toit (South Africa)
266	78	40:50.12,6	Nyamezela [Masters] 117-1. Matthew Lee (South Africa) 117-2. Roan Hammond (South Africa)
267	79	40:53.01,3	JIRAFAS [Masters] 617-1. Pablo Alias (Argentina) 617-2. Daniel Pons (Argentina)
268	26	40:56.26,0	Taylor Blinds Ballies [Grand Masters] 168-1. Lyle Nesbitt (South Africa) 168-2. Henry Angove (South Africa)
269	141	40:56.28,3	ALL1 SCOTT 5 [Men] 437-1. Victor Bergnes de las Casas (Spain) 437-2. Gonzalo Garcia-Nieto (Spain)
270	80	40:57.11,8	JIBE [Masters] 100-1. Kevin Vermaak (South Africa) 100-2. Andrew Hunt (England)
271	142	40:58.16,8	Energy Master Builders [Men] 426-1. Kobus Visser (South Africa) 426-2. Stefan Van Wyk (South Africa)
272	81	40:58.21,2	Pilot [Masters] 247-1. Miguel Angel Carrizosa Garcia (Spain) 247-2. Antonio Luis Daroca Ramon (Spain)
273	82	40:59.22,3	Phantom One [Masters] 182-1. Marthinus Lamprecht (South Africa) 182-2. Trevor Case (South Africa)
274	83	41:14.03,2	Dirty Majic Dudes [Masters] 147-1. Gavin Griggs (South Africa) 147-2. Ian Loebenberg (South Africa)
275	143	41:15.51,6	Alb Epic [Men] 476-1. Achim Kohberger (Germany) 476-2. Manuel Möck (Germany)
276	27	41:17.57,7	Fasterspine.org [Grand Masters] 106-1. Antonio Faundez (Switzerland) 106-2. Alex Kruger (South Africa)
277	28	41:19.35,8	4 fun [Grand Masters] 245-1. Julian Zetler (South Africa) 245-2. Lionel Pamensky (South Africa)
278	84	41:20.55,8	LAND ROVER DEYSA SPAIN 2 [Masters] 623-1. JAVIER ALBARES (Spain) 623-2. Raul Cobo (Spain)
279	144	41:24.00,0	LEATT [Men] 329-1. Chris Leatt (South Africa) 329-2. Herman Keuler (South Africa)
280	85	41:24.57,5	NOM Training [Masters] 645-1. Urs Pietsch (Germany) 645-2. Christian Scheiwe (Germany)

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281	145	41:26.50,1	Colocar Racing [Men] 412-1. Diego Arana (USA) 412-2. Andres Panesso (USA)
282	29	41:27.09,4	Pure Heritage by Land Rover [Grand Masters] 48-1. Mike Nixon (South Africa) 48-2. Shane Barker (South Africa)
283	16	41:27.17,7	MENOSCABEZA MÁSCORAZÓN [Mixed] 94-1. Valenti San Juan (Spain) 94-2. Eva Garrido Castro (Spain)
284	86	41:31.56,1	RMHC [Masters] 126-1. Geoff Wood (South Africa) 126-2. Matt Dickson (South Africa)
285	146	41:34.17,7	Player [Men] 406-1. Dries De Love (Belgium) 406-2. Stefaan Rossel (Belgium)
286	87	41:35.25,4	Wasabi [Masters] 203-1. Jaco Erasmus (South Africa) 203-2. Emiel Van Vuuren (South Africa)
287	147	41:36.58,5	Wonderful Suffering Two [Men] 427-1. Matthew Turk (USA) 427-2. Charlie Gilmore (USA)
288	88	41:40.56,9	Brakpanese [Masters] 578-1. Victor Terblanche (South Africa) 578-2. Jacques Van Der Linde (South Africa)
289	148	41:41.19,1	ANDALUCIA BIKE [Men] 299-1. Eduardo Munoz (Ecuador) 299-2. PAUL HERNANDEZ (Ecuador)
290	89	41:43.18,2	EC RIDE 2019 [Masters] 187-1. Stuart Meyer (South Africa) 187-2. Stephen van Niekerk (South Africa)
291	149	41:44.22,1	Intl FC Stone [Men] 512-1. Richard Lee (South Africa) 512-2. Marek Wright (South Africa)
292	150	41:45.23,2	SEIDENSTICKER [Men] 189-1. Marx Lombard (South Africa) 189-2. Coenie Van Eck (South Africa)
293	151	41:49.33,2	CSM CANSA Active [Men] 399-1. Johann Klindt (South Africa) 399-2. Stephan Weyers (South Africa)
294	90	41:49.59,2	Erne Spirit [Masters] 564-1. Beat Aerni (Switzerland) 564-2. Ruedi Senn (Switzerland)
295	91	41:50.26,3	CRSL [Masters] 596-1. Sebastià Lancho (Spain) 596-2. Carles Rodríguez (Spain)
296	92	41:50.45,3	AgterOs [Masters] 131-1. Hein Knacke (South Africa) 131-2. Willem Tollig (South Africa)
297	93	41:51.57,7	Gapp System Cabtech [Masters] 154-1. David Hromada (Czech Republic) 154-2. Jan Gabris (Czech Republic)
298	152	41:57.30,7	Los Saltamontes [Men] 421-1. Julien Biger (France) 421-2. Diego Perez (Spain)
299	30	41:59.13,1	The New 50s [Grand Masters] 279-1. Michael Winter (Switzerland) 279-2. Beat Goetz (Switzerland)
300	94	41:59.15,4	Hollard Namibia [Masters] 103-1. Riaan Boshoff (South Africa) 103-2. Jaco Lamprecht (Namibia)
301	31	42:00.38,0	Fat Bob [Grand Masters] 47-1. John Gale (South Africa) 47-2. Chanan Weiss (South Africa)
302	153	42:01.17,5	Supatrade [Men] 519-1. Scott Rutherford (South Africa) 519-2. Ross Rutherford (South Africa)
303	17	42:08.10,2	Trifactri [Mixed] 358-1. Tiaan Swart (South Africa) 358-2. Lucie Zelenkova (Czech Republic)
304	32	42:08.46,7	Footgear [Grand Masters] 152-1. Stephen O'brien (South Africa) 152-2. Don Boyce (South Africa)
305	95	42:11.45,0	Double Dutch [Masters] 105-1. Enrico Theuns (Netherlands) 105-2. Sander Van Den Born (Netherlands)
306	33	42:15.29,1	The Big Roll 102501313 [Grand Masters] 357-1. Nigel Payne (South Africa) 357-2. Adrian Payne (South Africa)
307	18	42:15.46,2	Woolworths Cavalier [Mixed] 241-1. Nicola Walker (South Africa) 241-2. Shamiel Laher (South Africa)
308	96	42:17.17,5	RewardsCo [Masters] 373-1. Dylan Koen (South Africa) 373-2. Dean Hay (South Africa)
309	97	42:18.32,9	WiTo [Masters] 689-1. Wim Scheers (Belgium) 689-2. Tom Van Hoof (Belgium)
310	98	42:19.43,2	Bikes 101 / Muertos [Masters] 572-1. Juan Manuel Pinilla De Miguel (Spain) 572-2. Carlos Morante Jares (Spain)
311	154	42:22.07,9	i-mtb [Men] 448-1. Thomas Andrew Daddi (Italy) 448-2. Carmine Signorelli (Italy)
312	19	42:22.58,2	Percy's Peddlers [Mixed] 232-1. Stephen Simpson (Canada) 232-2. Roz Lougheed Simpson (Canada)
313	20	42:29.39,3	Just Go [Mixed] 243-1. Sue Lategan (South Africa) 243-2. Ivan Kruger (South Africa)
314	155	42:30.47,5	Blachy Pruszyński-Kross [Men] 488-1. Daniel Marciniak (Poland) 488-2. Marcin Górnicki (Poland)
315	99	42:32.27,4	CAL FRUITÓS [Masters] 487-1. Joan Fruitós (Spain) 487-2. Joan Fruitós (Spain)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
316	100	42:33.48,6	VVV [Masters] 685-1. David Van De Vyver (South Africa) 685-2. Bryan Versfeld (South Africa)
317	101	42:34.01,0	Lucky Early Birds [Masters] 630-1. Johannes Kanis (South Africa) 630-2. Grant Kerr (South Africa)
318	102	42:39.18,1	Serneke Allebike [Masters] 674-1. Ola Serneke (Sweden) 674-2. Börje Skoglund (Sweden)
319	103	42:39.43,8	MODOTec [Masters] 640-1. Gal Moshe (Israel) 640-2. Zeev Gottlieb (Israel)
320	104	42:40.19,2	ZZ2 Laeveld Agrochem [Masters] 362-1. Bertie Van Zyl (South Africa) 362-2. Gary Middleton (South Africa)
321	21	42:49.55,9	Project 520 [Mixed] 234-1. Joan Kuhrmann (Australia) 234-2. Simon Manson (Australia)
322	156	42:51.19,0	Boer & Britt [Men] 474-1. Mark Smith (England) 474-2. Gerhard Van Niekerk (South Africa)
323	105	42:53.17,7	LiveADream [Masters] 562-1. Alexandre Mamet (France) 562-2. Frank Laeremans (Belgium)
324	106	42:53.30,0	Meerendal 2 [Masters] 677-1. Mirco Mengucci (Switzerland) 677-2. Markus Gisler (Switzerland)
325	157	42:54.16,4	Rubicon [Men] 419-1. Hein Du Plessis (South Africa) 419-2. Reyno Van Der Hoven (South Africa)
326	158	42:58.55,2	Ventura Bike Race [Men] 377-1. Andre Assis (Brazil) 377-2. Matheus Ventura (Brazil)
327	34	42:59.27,4	Tbelles by Grup Vilacons [Grand Masters] 284-1. Didac Barón (Spain) 284-2. David Dominguez Casas (Spain)
328	159	43:01.48,3	Jumo Free Range [Men] 431-1. Christopher Pinkham (South Africa) 431-2. Andrew Reaper (South Africa)
329	35	43:03.50,8	Pedal Damn It [Grand Masters] 272-1. Philip Bruon (Belgium) 272-2. Jozef De Meyer (Belgium)
330	36	43:04.03,5	CALCULUS BIKES [Grand Masters] 309-1. Carl Crous (South Africa) 309-2. Charles Nienaber (South Africa)
331	107	43:04.08,0	Calberg [Masters] 580-1. Carl Liebenberg (South Africa) 580-2. Duane Vock (South Africa)
332	160	43:04.49,1	Viking [Men] 539-1. Zean Bourbon-Leftley (South Africa) 539-2. Wilhelm Bauermeister (South Africa)
333	161	43:06.04,9	skleprowerowy.pl [Men] 438-1. Łukasz Momot (Poland) 438-2. Aleksander Greda (Poland)
334	162	43:07.48,2	IMPULSA TU FÍSICO [Men] 428-1. Manuel Romero Del Pueyo (Spain) 428-2. Juan Pedro Vázquez Reyes (Spain)
335	37	43:10.35,3	Paddy and Gnasher [Grand Masters] 146-1. Bruce Miller (South Africa) 146-2. Des Nangle (Ireland)
336	108	43:18.02,5	The Flying Sloths [Masters] 676-1. Brendon Paine (South Africa) 676-2. Rohan Benn (Australia)
337	163	43:22.15,9	Efficient Engineering [Men] 541-1. Nico Laubscher (South Africa) 541-2. Simon Visser (South Africa)
338	164	43:25.05,7	Lighting Innovations [Men] 442-1. Peter Le Riche (Namibia) 442-2. Derrick Langford (Namibia)
339	165	43:27.06,8	Westbrooke What's Watts [Men] 543-1. Dino Zuccollo (South Africa) 543-2. Aidan Lotz (South Africa)
340	166	43:28.07,9	Life Behind A Lefty [Men] 462-1. Dawie Spangenberg (South Africa) 462-2. Philip Piek (South Africa)
341	38	43:29.30,8	SavoHof [Grand Masters] 348-1. Chris Hofmeyr (South Africa) 348-2. Simon Davies (South Africa)
342	109	43:29.47,0	Nikon/OneSight [Masters] 115-1. Craig Kolesky (South Africa) 115-2. Wayne Robertson (South Africa)
343	167	43:29.51,7	GREATSOFT CRM [Men] 697-1. Stephen Eachus (South Africa) 697-2. Colin Morgan (South Africa)
344	39	43:33.30,0	TASK [Grand Masters] 282-1. Andreas Diacon (Switzerland) 282-2. Alvin Hirner (South Africa)
345	110	43:33.40,1	Your pace or mine? [Masters] 315-1. Ian Kent (South Africa) 315-2. Lloyd Barker (South Africa)
346	111	43:36.44,0	Gemini [Masters] 609-1. Luca Della Vedova (Italy) 609-2. Giorgio Cardin (Italy)
347	112	43:36.57,4	Fatties and Moanies [Masters] 583-1. Schalk Burger (South Africa) 583-2. Chris McCready (South Africa)
348	113	43:38.00,2	Halse Duvels [Masters] 686-1. Carl Mintjens (Belgium) 686-2. Frank Scheers (Belgium)
349	168	43:38.02,6	Muffin Mate SA [Men] 332-1. Johan Bezuidenhout (South Africa) 332-2. Pieter Bezuidenhout (South Africa)
350	169	43:42.41,9	Essential Cleaning [Men] 159-1. Claude Tyers (South Africa) 159-2. Karel Keyser (South Africa)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
351	114	43:45.44,9	Salt Tab [Masters] 660-1. Ross Alexander (South Africa) 660-2. Michael Ehret (South Africa)
352	170	43:48.21,2	Vasbyt [Men] 538-1. Dirk Grobler (South Africa) 538-2. Etienne Terblanche (South Africa)
353	171	43:52.24,5	ATLAS STEEL [Men] 385-1. Thys-koch Burden (South Africa) 385-2. Henko Burden (South Africa)
354	115	43:55.08,0	FMFU [Masters] 604-1. Vicente Ávila Monte (Spain) 604-2. Felipe Sales Martin (Spain)
355	116	43:57.21,6	Maureira - Rivera [Masters] 636-1. Gonzalo Maureira (Chile) 636-2. Rodrigo Rivera (Chile)
356	117	44:02.20,0	Rola Motor Group [Masters] 341-1. Marius Claassen (South Africa) 341-2. Jampie Vlok (South Africa)
357	172	44:04.01,3	EBE-Racing [Men] 425-1. Garth De Jager (South Africa) 425-2. Andreas Liermann (Germany)
358	118	44:05.24,7	JustForFun [Masters] 620-1. Gert Coetzee (South Africa) 620-2. Eugene Quass (Australia)
359	173	44:08.52,9	STOFBERG GENETICS [Men] 122-1. Cobus Stofberg (South Africa) 122-2. Simon Stofberg (South Africa)
360	22	44:11.01,9	ESPECIALISSIMA/VALDAMERI [Mixed] 220-1. Tatiana Furlan (Brazil) 220-2. Elciones Gervasio Valdameri (Brazil)
361	174	44:12.59,4	VanLoveren [Men] 375-1. Neil Retief (South Africa) 375-2. Hannes Jacobus Britz (South Africa)
362	119	44:13.15,5	Insect Science [Masters] 473-1. Gerhard Booyesen (South Africa) 473-2. Thomas Orchard (South Africa)
363	175	44:13.40,6	Crazy frog [Men] 477-1. Romain Savatier (France) 477-2. Benoit Maneval (France)
364	176	44:18.22,7	Henred Fruehauf [Men] 323-1. Floris Botha (South Africa) 323-2. Stefan Olivier (South Africa)
365	120	44:19.03,8	Almeria [Masters] 692-1. Rafael Cantos (Spain) 692-2. Valentin Escobar Navarrete (Spain)
366	121	44:19.59,0	PURA [Masters] 336-1. Neil Hodgskiss (South Africa) 336-2. Justin van Lienden (South Africa)
367	40	44:20.04,3	Seeded Wheels [Grand Masters] 276-1. Richard Knowles (Australia) 276-2. Peter Craig (New Zealand)
368	177	44:21.21,6	The Mad Macks [Men] 200-1. Craig Mackintosh (South Africa) 200-2. Jeremy Mackintosh (South Africa)
369	122	44:22.03,5	Road ID [Masters] 647-1. James Scharf Jr (United States of America) 647-2. Ben Chan (Australia)
370	123	44:22.09,8	Francor [Masters] 343-1. Jose Correia (South Africa) 343-2. Franco De Sousa (South Africa)
371	124	44:23.36,4	Hertals Bikers [Masters] 611-1. Philip Malcorps (Belgium) 611-2. Jan Drybooms (Belgium)
372	125	44:25.32,2	#ESSENTIAL [Masters] 602-1. Andrew Grimanis (South Africa) 602-2. Juan Van Deventer (South Africa)
373	23	44:29.22,4	The Wheels [Mixed] 73-1. Emma Anderson Cryns (Spain) 73-2. Jose Antonio Peña Salcedo (Spain)
374	178	44:31.10,6	HDK [Men] 439-1. Hermanus Francois Joubert (South Africa) 439-2. Devilliers (Div) Odendaal (South Africa)
375	126	44:33.34,1	Dopestrong [Masters] 352-1. Henry Stoltz (South Africa) 352-2. Dirk Oerlemans (South Africa)
376	41	44:34.09,3	Os Mineirinhos [Grand Masters] 270-1. Robert Bauer Mendes Ribeiro (Brazil) 270-2. Marcelo Araujo (Brazil)
377	127	44:35.14,0	Breathe [Masters] 391-1. Johan Theron (South Africa) 391-2. Morne Vorster (South Africa)
378	179	44:36.49,7	SANS [Men] 486-1. Jordi Sans Otero (Spain) 486-2. Xavier Sans Otero (Spain)
379	180	44:38.26,7	Nyati Cross Border [Men] 479-1. Friedel Kirstein (South Africa) 479-2. Johan Christiaan Serfontein (South Africa)
380	24	44:39.03,1	PedalRadical [Mixed] 639-1. Patricio Diaz (Chile) 639-2. Elisa Maria Garcia (Chile)
381	42	44:39.38,6	CharlieBravo [Grand Masters] 310-1. Simon Camerer (South Africa) 310-2. Justin Bass (South Africa)
382	181	44:40.55,0	SYA Motor. [Men] 173-1. Miguel Morcillo (Spain) 173-2. Ricardo Requeni Guillem (Spain)
383	182	44:45.55,3	Paint Chemistry [Men] 464-1. Danny Griebenow (South Africa) 464-2. Gavin Scholtz (South Africa)
384	25	44:49.27,2	Shifty & Anchor [Mixed] 237-1. Melanie Knowles (South Africa) 237-2. Rod Knowles (South Africa)
385	183	44:52.15,7	Thirsty Souls Brewing [Men] 499-1. Jan Kriska (Slovakia) 499-2. Patrik Rung (Sweden)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
386	43	44:57.23,2	Betway [Grand Masters] 162-1. David Stevenson (South Africa) 162-2. Colin Dix-Peek (South Africa)
387	44	44:58.23,6	SMARTER [Grand Masters] 160-1. Heinrich Huysamer (South Africa) 160-2. Nico Rossouw (South Africa)
388	128	44:59.40,5	Merchants [Masters] 177-1. George Todd (Scotland) 177-2. Alex Mason-apps (England)
389	129	45:01.20,4	Woolworths Vitality [Masters] 690-1. Louis Daffarn (South Africa) 690-2. Matt Gillett (South Africa)
390	45	45:03.45,0	Equipe Suisse II [Grand Masters] 261-1. Markus Peter Frey (Switzerland) 261-2. Patrick Hilti (Switzerland)
391	46	45:04.02,7	Mauritius [Grand Masters] 324-1. Mark Olivier (England) 324-2. William Bland (England)
392	130	45:04.17,5	move2 DIRS21 [Masters] 642-1. David Heidelberg (Germany) 642-2. Marc Van Den Hoonaard (Netherlands)
393	131	45:07.28,9	Baikal Lake [Masters] 132-1. Oleg Naumov (Russian Federation) 132-2. Aleksandr Sakharovskii (Russian Federation)
394	26	45:09.37,0	Cyclonauts [Mixed] 215-1. Mary Guertin (United States of America) 215-2. Doug Guertin (United States of America)
395	184	45:11.59,3	Credlab [Men] 311-1. Jarrod De Lange (South Africa) 311-2. Adam Greve (South Africa)
396	47	45:15.13,0	Compound Cubed [Grand Masters] 335-1. Piet Viljoen (South Africa) 335-2. Oscar Foulkes (South Africa)
397	48	45:15.44,6	SA TRUCK BODIES [Grand Masters] 346-1. Dirk Samuel Botha (South Africa) 346-2. Francois Du Toit (South Africa)
398	9	45:16.30,5	T and T [Women] 351-1. Jeanette Treherne (South Africa) 351-2. Vivienne Turvey (South Africa)
399	49	45:18.51,4	MTB Wittenberg [Grand Masters] 265-1. Bart Van Gorp (Belgium) 265-2. Steve Vanderveken (Belgium)
400	185	45:21.38,1	Stuart [Men] 456-1. Alejandro Accion Barr (Spain) 456-2. Andres Figar (Spain)
401	186	45:23.03,6	Hammer & Nail [Men] 392-1. Danie Smit (South Africa) 392-2. Duncan Brown (South Africa)
402	50	45:25.34,5	PJ [Grand Masters] 273-1. Peter Maritz (South Africa) 273-2. Johan Nel (South Africa)
403	187	45:26.56,8	FandSAuto [Men] 441-1. Farhaad Khan (South Africa) 441-2. Adiel Mohamed (South Africa)
404	51	45:27.26,4	Endless Horizons [Grand Masters] 264-1. Brian Gouldie (South Africa) 264-2. James Courtney (USA)
405	27	45:31.19,1	Sunset Riders [Mixed] 307-1. Natasja Kask (South Africa) 307-2. Werner Odendaal (South Africa)
406	188	45:33.44,7	PROGAST [Men] 278-1. Henry Ludick (South Africa) 278-2. Leandre Gouws (South Africa)
407	189	45:37.23,7	Reprobates [Men] 497-1. Stelio Nousias (Greece) 497-2. Henry Bushney (South Africa)
408	132	45:38.20,1	IRONCOWBOY [Masters] 99-1. Mario Santana (South Africa) 99-2. James Lawrence (United States of America)
409	133	45:40.04,8	SIR cycling Hong Kong [Masters] 652-1. Andrew Sharkey (Scotland) 652-2. Henrik Elschner Pedersen (Denmark)
410	134	45:40.42,0	Irish Whenwes [Masters] 618-1. Ashley Seiler (South Africa) 618-2. Graham Hannigan (Ireland)
411	135	45:45.13,8	NO SHOX [Masters] 381-1. Tomás Montes López (Spain) 381-2. Sergi Florenza Dominguez (Spain)
412	52	45:50.28,6	Swedish Turtles [Grand Masters] 281-1. Niel Louwrens (South Africa) 281-2. Johan Fourie (South Africa)
413	10	45:52.36,4	Hils&Rails [Women] 210-1. Hildegard Cronje (South Africa) 210-2. Auralia Edwards (South Africa)
414	28	45:54.10,3	100 [Mixed] 242-1. Sandra Luginbühl-Kohler (Switzerland) 242-2. Urs Graf (Switzerland)
415	136	45:55.32,6	Druiwetros / Land Staal [Masters] 598-1. Reinhardt Visser (South Africa) 598-2. Marius De Kock (South Africa)
416	137	45:56.02,2	Cape Town Mavericks [Masters] 581-1. Peter Griffiths (South Africa) 581-2. Robert Lightbody (South Africa)
417	138	45:58.30,8	Tesner Consulting [Masters] 529-1. Robert-lee Tesner (South Africa) 529-2. Riaan Rall (South Africa)
418	190	45:59.27,8	SOB [Men] 430-1. Brendon Botha (South Africa) 430-2. Rowan Morgan (South Africa)
419	191	46:02.00,9	NRG Performance Training [Men] 478-1. Johnathan Hostick (Canada) 478-2. Eric Siebert (Canada)
420	192	46:04.10,6	Bikestyle IOM [Men] 632-1. Andrew Westmorland (Isle of Man) 632-2. Ryan McCay (Isle of Man)

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421	193	46:10.02,6	INSPIRO.FIT/PLAY SPORTS [Men] 449-1. Bruno Vanhecke (Belgium) 449-2. Bram Lambert (Belgium)
422	139	46:11.33,6	Pedal Heaven [Masters] 656-1. Andrew Graham (England) 656-2. William Bicheno (England)
423	194	46:13.38,5	Atlantic [Men] 386-1. Nathier Salie (South Africa) 386-2. Ziehaad Salie (South Africa)
424	195	46:15.34,2	ALA [Men] 360-1. Mohamed Wann (United States of America) 360-2. Steffen Kastner (Germany)
425	140	46:15.37,5	MF POWER [Masters] 597-1. Armando Figueiredo (South Africa) 597-2. Adam Scott (South Africa)
426	53	46:22.07,4	Spicey Dicey [Grand Masters] 191-1. Anthony Dicey (South Africa) 191-2. Peter Dicey (South Africa)
427	54	46:24.06,2	Gruppo Sportivo [Grand Masters] 155-1. Markus Sterf (Switzerland) 155-2. Reto Denzler (Switzerland)
428	55	46:29.10,1	Wilderness Chikwenya [Grand Masters] 254-1. Jonathan Wright (Zimbabwe) 254-2. Carl Wilson (Zimbabwe)
429	196	46:32.15,6	HeroTel [Men] 546-1. Francois Wessels (South Africa) 546-2. Johan Koekemoer (South Africa)
430	197	46:33.10,9	Pedalhead Race Room [Men] 384-1. Evan Wishloff (Canada) 384-2. Christopher Coleman (Canada)
431	198	46:41.28,0	Showpad [Men] 408-1. Pieterjan Bouten (Belgium) 408-2. Pieter Lanssens (Belgium)
432	141	46:43.11,7	German Lowlanders [Masters] 610-1. Marcus Hahnke (Germany) 610-2. Ruediger Weskamm (Germany)
433	56	46:45.47,7	Lexi Warriors [Grand Masters] 457-1. Gary Gorton (South Africa) 457-2. Mark Oliver (South Africa)
434	142	46:51.01,2	Trifanatics [Masters] 684-1. Pablo Segura (Spain) 684-2. Toni Marsal Bonet (Spain)
435	143	46:52.20,4	Cross Chicken [Masters] 687-1. Marcelo Clermont (Spain) 687-2. Amando Fernández (Spain)
436	57	46:52.31,6	CHAFE RATTLE &HUM [Grand Masters] 138-1. Sean Shaw (South Africa) 138-2. Keith Sutcliffe (South Africa)
437	58	46:54.29,8	Mielies [Grand Masters] 331-1. Marthinus Stander (South Africa) 331-2. Nic Schulenburg (South Africa)
438	144	46:55.16,1	Akason Group [Masters] 561-1. Stefan Akason (Iceland) 561-2. Ingi Mar Helgason (Iceland)
439	29	46:55.45,3	Woodline Shade Solutions [Mixed] 224-1. Melissa Swanepoel (South Africa) 224-2. Lawrence Bernard (South Africa)
440	145	46:58.07,6	Crawford Boys [Masters] 141-1. John Cupido (Netherlands) 141-2. Michael Williams (South Africa)
441	146	46:58.54,4	Bruce Lee [Masters] 134-1. Willem Oosthuizen (South Africa) 134-2. Ian Cloete (South Africa)
442	199	47:00.12,3	Primo Elite Stars [Men] 114-1. Ziyaad Banderker (South Africa) 114-2. Tahier Phillips (South Africa)
443	200	47:00.35,5	Meerendal Egli [Men] 174-1. Fritz Egli (Switzerland) 174-2. Mathias Egli (Switzerland)
444	201	47:03.41,1	CANSA HEROES [Men] 388-1. Jacques Lotriet (South Africa) 388-2. Schalk Van Der Merwe (South Africa)
445	30	47:09.28,8	Hamilton's [Mixed] 216-1. Spencer Cowley (South Africa) 216-2. Ame Cowley (South Africa)
446	147	47:10.31,3	Kchaça MTB-Walter Tuche [Masters] 607-1. Gabriel Tavares Ferreira (Brazil) 607-2. Christiano Marinho (Brazil)
447	202	47:10.35,9	Mercantile Bank [Men] 469-1. Karl Kumbier (South Africa) 469-2. Duane Hulley (South Africa)
448	203	47:10.59,8	Cala Bandida Cycling 2 [Men] 397-1. Victor Lopez Caselles (Spain) 397-2. Pedro Castelló Caballero (Spain)
449	204	47:11.08,6	CALA BANDIDA CYCLING 3 [Men] 395-1. Carlos Moragues puga (Spain) 395-2. Juan Francisco Pastor Gil (Spain)
450	205	47:11.09,7	CALA BANDIDA CYCLING 1 [Men] 396-1. Lucas Gisbert Vives (Spain) 396-2. Stephan Fremeyier Pronk (Netherlands)
451	148	47:12.11,8	B Racing LA [Masters] 374-1. Gary Bub (United States of America) 374-2. Alan Bub (United States of America)
452	206	47:13.46,3	Beer O'Clock 1 [Men] 394-1. Alberto De Alegria Rossich (Spain) 394-2. Andrés Fernandez de Alegria (Spain)
453	31	47:16.18,8	Teenek Racing [Mixed] 218-1. Fritjof Pameijer (United States of America) 218-2. Marianne Bergli (Norway)
454	207	47:17.22,4	One More Time [Men] 208-1. Andre Ittmann (South Africa) 208-2. Kallie Calitz (South Africa)
455	32	47:19.39,7	Jumo [Mixed] 223-1. Steve Etherton (England) 223-2. Lucy Etherton (England)

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456	208	47:22.35,1	Pickfords Removals [Men] 460-1. John Spangenberg (South Africa) 460-2. Duncan Schulze (South Africa)
457	149	47:25.06,1	Metal Tech [Masters] 612-1. Jan Lawrence Goosen (South Africa) 612-2. Riaan Hendrikse (South Africa)
458	59	47:29.23,0	CITRICOM [Grand Masters] 255-1. Piet Van Rensburg (South Africa) 255-2. Gerrit Steyn (South Africa)
459	60	47:33.11,0	Schools of H.O.P.E. [Grand Masters] 120-1. Samuel Fourie (South Africa) 120-2. Fanus Coetzer (South Africa)
460	150	47:37.34,5	#anotherkakkadayinafrica [Masters] 145-1. Deon Kretzschmar (South Africa) 145-2. Henry James Windell (South Africa)
461	151	47:39.53,0	CYCLE STORE [Masters] 591-1. Pantaleon Garcia Gonzalez (Spain) 591-2. Jose Semper (Spain)
462	152	47:40.41,3	Vitalab [Masters] 150-1. Chris Venter (South Africa) 150-2. Piet Laubscher (South Africa)
463	153	47:47.07,8	MRace [Masters] 643-1. Anton Steyn (South Africa) 643-2. Johan Malherbe (South Africa)
464	209	47:48.16,2	RehabMedic Normatec [Men] 495-1. Jeroni Argerich (Spain) 495-2. Josep Maria Vendrell Simon (Spain)
465	154	47:49.40,1	Rolfes Buffalos [Masters] 658-1. Andre Broodryk (South Africa) 658-2. Richard Buttle (South Africa)
466	61	47:49.54,8	Mudnite Masters [Grand Masters] 266-1. Francois Vd Merwe (South Africa) 266-2. Douwe Vellema (South Africa)
467	62	47:51.42,4	Stolz Aufrolltechnik [Grand Masters] 280-1. Wilfried Reichle (Germany) 280-2. Robert Stolz (Germany)
468	155	47:52.35,7	Wildekranz BEVintners [Masters] 205-1. Braam Gericke (South Africa) 205-2. Jacques Wentzel (South Africa)
469	210	47:57.36,8	AEB [Men] 490-1. Roy Thorne (South Africa) 490-2. Francois Du Toit (South Africa)
470	211	47:58.00,8	B_ Riders on the storm [Men] 111-1. Nicholas Mallandain (South Africa) 111-2. Darren Wilson (South Africa)
471	156	48:02.59,9	SALUT I PEDALS [Masters] 661-1. Domingo Macias (Spain) 661-2. Lluís Conesa (Spain)
472	212	48:05.40,9	Outdoor Escape [Men] 483-1. Wayne Du Plooy (South Africa) 483-2. Coenie Lambrechts (South Africa)
473	63	48:08.04,1	D-Hotel [Grand Masters] 258-1. Henk Dejonckheere (Belgium) 258-2. Paul Vanhonsebrouck (Belgium)
474	157	48:16.12,8	Odd Shapes [Masters] 184-1. Nicholas Price (South Africa) 184-2. Marthinus Geldenhuys (South Africa)
475	33	48:16.31,6	Gurit / AMT Composites [Mixed] 156-1. John Soper (England) 156-2. Michelle Van Aswegen (South Africa)
476	64	48:21.20,5	Against All Odds [Grand Masters] 306-1. Rinus Beukes (South Africa) 306-2. Heine Matthee (South Africa)
477	158	48:21.28,9	RSE Logistics [Masters] 108-1. Erhardt Du Toit (South Africa) 108-2. Kosie Lourens (South Africa)
478	213	48:22.00,9	RUSKYRC & ANTO EPIC [Men] 554-1. Jose Adelantado Garcia (Spain) 554-2. Antonio Rodenas Sanchez (Spain)
479	214	48:22.08,7	CAPT MTB [Men] 417-1. Philip Dreyer (Denmark) 417-2. David Birkwald Thorstensen (Denmark)
480	159	48:24.01,4	Devonbosch 2 [Masters] 370-1. Gunther Biddelo (Belgium) 370-2. Bart Cocquyt (Belgium)
481	160	48:25.51,9	2reinos Tbelles 2 [Masters] 673-1. Samuel Belando Miñano (Spain) 673-2. Francisco Jose Garcia-purriños (Spain)
482	161	48:30.01,6	Bike Schaffhausen [Masters] 663-1. Yves Eisenegger (Switzerland) 663-2. Veit Roland Schuler (Switzerland)
483	34	48:31.08,1	Chip and Away [Mixed] 238-1. Kelly Huber (South Africa) 238-2. Riad Ahmed (South Africa)
484	162	48:34.55,0	Rooibos [Masters] 342-1. Charl Fouché (South Africa) 342-2. Jaco Brand (South Africa)
485	163	48:35.26,9	Mediterranean Epic [Masters] 638-1. Hector De La Cagiga (Spain) 638-2. David De La Cagiga (Spain)
486	215	48:36.39,1	Gato Gordo [Masters] 376-1. Leonardo Mello (Brazil) 376-2. Rafael Campos (Brazil)
487	164	48:38.23,6	Woolworths Menswear [Masters] 691-1. Steve Ralph (South Africa) 691-2. Gordon Ralph (South Africa)
488	216	48:39.11,3	2EpicCows [Men] 511-1. Warwick Van Breda (South Africa) 511-2. Wayne Keet (South Africa)
489	165	48:40.12,6	Master Tactic [Masters] 634-1. Chi Yung Andy Tang (Hong Kong) 634-2. Lawrence Lee (Hong Kong)
490	217	48:40.38,2	HGG Financial Group [Men] 161-1. Brad Gold (South Africa) 161-2. Corne Barnard (South Africa)

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491	65	48:42.25,9	AACL [Grand Masters] 369-1. Deon Prinsloo (South Africa) 369-2. Willem Prinsloo (South Africa)
492	66	48:43.49,5	Cycle 4 Cansa [Grand Masters] 318-1. Pieter Du Preez (South Africa) 318-2. Denzyl O'donoghue (South Africa)
493	67	48:44.08,7	Euro Appliances [Grand Masters] 252-1. Eben Laubscher (South Africa) 252-2. Bertus Van Der Veen (South Africa)
494	166	48:46.05,1	Land Rover - Deysa 6 [Masters] 622-1. Daniel Gimeno (Spain) 622-2. Diego Carrasco (Spain)
495	218	48:49.02,1	Likefatherlikeson2 [Men] 167-1. Rust van der Merwe (South Africa) 167-2. Philip Van Der Merwe (South Africa)
496	167	48:49.43,4	Devonbosch 3 [Masters] 371-1. Jean-marie De Buck Van Overstraeten (Belgium) 371-2. Frederik Dhondt (Belgium)
497	168	48:50.42,1	#2minutes [Masters] 400-1. Michael Ingendoh (Germany) 400-2. Holger Schwichtenberg (Germany)
498	11	48:53.55,2	Cable Logging Geraldine [Women] 211-1. Sarah Kaehler (Australia) 211-2. Kylie Burrows (New Zealand)
499	219	48:54.44,6	KT18 [Men] 527-1. Jaco-Albert van Gass (England) 527-2. Stuart Croxford (England)
500	169	48:55.53,3	Absa Pride Jan & Kosie [Masters] 305-1. Kobus Crause (South Africa) 305-2. Jan Odendaal (South Africa)
501	220	48:57.56,6	Texcare [Men] 530-1. Bernard Smit (South Africa) 530-2. Reghard Goussard (South Africa)
502	35	49:00.31,4	Lazy GOGO [Mixed] 231-1. Hadas Weiss (Israel) 231-2. Yoni Raish (Israel)
503	170	49:01.45,7	Du Toitskloof Wines [Masters] 259-1. Johan De Wet (South Africa) 259-2. Robert Kitching (South Africa)
504	36	49:03.31,4	Peaceforce [Mixed] 435-1. Willem Groenewald (South Africa) 435-2. Thana Groenewald (South Africa)
505	221	49:05.37,7	MASQUEBICI [Men] 440-1. Albert Porcar (Spain) 440-2. Samuel Trives (Spain)
506	222	49:14.26,4	Fine&Country Helderberg [Men] 413-1. Andre Avenant (South Africa) 413-2. Shaun Harris (South Africa)
507	171	49:16.35,2	Gary Kirsten Foundation [Masters] 321-1. Richard Dunn (South Africa) 321-2. Mark Bowman (South Africa)
508	223	49:20.57,8	Rustenburg Rockets [Men] 344-1. Michael van Rooyen (South Africa) 344-2. Louwrens Oosthuizen (South Africa)
509	172	49:22.48,2	Ginger Defenders [Masters] 91-1. John Smit (South Africa) 91-2. Shane Chorley (South Africa)
510	173	49:22.56,4	Nordlander [Masters] 646-1. Stefan Rumpf (Germany) 646-2. Ulf Hahn (Germany)
511	174	49:24.49,9	R&D [Masters] 654-1. Rami Sayag (Israel) 654-2. Dani Golan (Israel)
512	224	49:27.18,1	Megadrive Automation [Men] 465-1. Toby Lambooy (South Africa) 465-2. Michael Lambooy (South Africa)
513	68	49:43.14,1	Bateleurs [Grand Masters] 249-1. Mark Rule (South Africa) 249-2. Laurence Chambers (South Africa)
514	175	49:45.05,2	Namaqua/PSG Vredendal [Masters] 653-1. Eduard Lubbe (South Africa) 653-2. Daniël vd Heever (South Africa)
515	176	49:49.51,2	Mavericks Pro [Masters] 637-1. Fabio Augusto Kich Gontijo (Brazil) 637-2. Luiz Gatti (Brazil)
516	177	49:50.45,3	WOOLWORTHS NOVASUN [Masters] 551-1. Greg Allen (South Africa) 551-2. Brent Dreyer (South Africa)
517	178	49:51.40,9	Capensis [Masters] 582-1. Graham Weerts (United States of America) 582-2. Mike Weerts (South Africa)
518	12	49:53.03,6	visseredwards [Women] 290-1. Carien Visser (South Africa) 290-2. Aryna Edwards (South Africa)
519	179	49:53.44,2	Tight Five [Masters] 680-1. Jakobus Rudolf Bosch (South Africa) 680-2. Gher Rabie (South Africa)
520	13	49:55.04,0	Cansa [Women] 209-1. Hanja Oosthuizen (South Africa) 209-2. Janine Moore (South Africa)
521	180	49:55.29,8	Qhubeka Forty Rules [Masters] 372-1. Robert Greaves (England) 372-2. Tom Smith (England)
522	225	49:55.31,5	ALL1 SCOTT - 4 [Men] 517-1. Carlos Galofre (Spain) 517-2. Guillermo Castillejos Colom (Spain)
523	226	49:55.40,2	Hotel Tropic Park Malgrat [Men] 444-1. Toni Lopez (Spain) 444-2. Eusebi Vazquez (Spain)
524	181	49:56.49,7	Corral Brothers [Masters] 588-1. Matias Corral (Panama) 588-2. Ludovico Corral (Argentina)
525	182	49:59.13,7	OUTSurance [Masters] 158-1. Wilbur Smith (South Africa) 158-2. Stephanus Van Staden (South Africa)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
526	37	50:02.07,9	Grit Grinders [Mixed] 222-1. Faan DeSwardt (South Africa) 222-2. Nesia DeSwardt (South Africa)
527	183	50:02.15,7	Savage and The Chest [Masters] 347-1. Rudi De Bruyn (South Africa) 347-2. Gareth Warburton (South Africa)
528	227	50:03.50,2	Redefine Properties [Men] 340-1. Seva Gorchach (South Africa) 340-2. Hilliard Nyman (South Africa)
529	228	50:05.40,3	Junka / OCE [Men] 454-1. Fernando Lima (Brazil) 454-2. Andre Junqueira (Brazil)
530	38	50:17.47,4	Epic Fun [Mixed] 219-1. Chris Coetzee (South Africa) 219-2. Hanlie Snyman (South Africa)
531	229	50:21.14,9	THE PACOS [Men] 531-1. Victor Joana (Spain) 531-2. Sergi Meseguer (Spain)
532	69	50:23.49,2	Verlichters [Grand Masters] 289-1. Hans Tibergyn (Belgium) 289-2. Peter Caset (Belgium)
533	184	50:37.43,0	LAND ROVER - DEYSA SPAIN [Masters] 621-1. Ismael Franco Folgueira (Spain) 621-2. Miguel Mongil López (Spain)
534	230	50:37.44,8	Morning Glories [Men] 472-1. Johan Heyns (South Africa) 472-2. Wilhelm Arp (South Africa)
535	185	50:39.26,5	BlackPearl [Masters] 574-1. Etienne Van Cuyck (South Africa) 574-2. David Rae (South Africa)
536	186	50:40.47,4	Tri Jokers [Masters] 410-1. Siegfried Van Brabandt (Belgium) 410-2. Kristof Baeten (Belgium)
537	187	50:46.35,0	Snoopy [Masters] 190-1. Tomer Osher (Israel) 190-2. Doron Masvary (Israel)
538	188	50:48.44,2	Last Chance Saloon [Masters] 624-1. Emil Stark (South Africa) 624-2. Louis Broodryk (South Africa)
539	189	50:50.06,1	Medipost [Masters] 330-1. Louis Scheepers (South Africa) 330-2. Steyn Croeser (South Africa)
540	231	50:56.03,2	Underdogs [Men] 537-1. Antonie Bouwer (South Africa) 537-2. Wim Hiddema (South Africa)
541	232	50:56.53,8	SPE racing [Men] 498-1. Stephan Reyneke (South Africa) 498-2. Andre Du Plessis (South Africa)
542	70	50:57.23,3	Better Planet Packaging! [Grand Masters] 288-1. Henk Hoevers (Netherlands) 288-2. Jon Garcia Celaa (Spain)
543	190	50:58.05,6	Holland Botswana [Masters] 595-1. Rodney Gerrard (Malawi) 595-2. Jerome Byron (Botswana)
544	71	51:06.21,9	Lightning Fast [Grand Masters] 626-1. Dennis Mark Venter (South Africa) 626-2. Fanie Roux (South Africa)
545	233	51:07.44,3	Young Guns Salty Balls [Men] 503-1. Peter Warner (England) 503-2. Stuart Boynton (England)
546	191	51:09.43,8	Swiss Club Riders [Masters] 641-1. Heinz Peter Iten (Switzerland) 641-2. Peter Diermayr (Austria)
547	72	51:15.54,1	World Famous Salty Balls [Grand Masters] 118-1. Andy Hodgson (England) 118-2. Stephen Salt (Wales)
548	234	51:20.53,5	TreasuryONE [Men] 536-1. Wichard Cilliers (South Africa) 536-2. Derick Van Heerden (South Africa)
549	192	51:25.08,2	Tri unic Belgium XL [Masters] 409-1. Xavier Rits (Belgium) 409-2. Lee Vlerick (Belgium)
550	39	51:26.27,5	Astellas [Mixed] 230-1. Coen Van Tonder (South Africa) 230-2. Lelanie Loubser (South Africa)
551	73	51:32.58,7	Adapt or Die [Grand Masters] 178-1. Hadyn Pithey (South Africa) 178-2. Bruce Coburn (South Africa)
552	74	51:36.51,3	Fork and Cork [Grand Masters] 153-1. Tim Lotz (South Africa) 153-2. Tony Cole (South Africa)
553	235	51:39.59,0	Titanes Vidingos [Men] 534-1. David Garzón Salas (Spain) 534-2. Angel Ortega (Spain)
554	236	51:40.54,8	Kamerade [Men] 556-1. Stefan Basson (South Africa) 556-2. Adam Schoeman (South Africa)
555	193	51:43.06,5	JP [Masters] 605-1. JP D'abbadie (South Africa) 605-2. John Paul Waites (South Africa)
556	75	51:43.52,6	gommerbiker [Grand Masters] 248-1. Hugo Stettler (Switzerland) 248-2. Damian Henzi (Switzerland)
557	194	51:48.10,0	WRBIKES MASTERS [Masters] 579-1. Patrick Boerkamp (Netherlands) 579-2. Rob Ogink (Netherlands)
558	237	52:00.30,3	Danny & the Beast [Men] 136-1. Danny Sabbagh (South Africa) 136-2. Alexander Bezuidenhout (South Africa)
559	195	52:08.18,9	Cris Cancer 2 [Masters] 589-1. Javier Crespo Aguirre (Spain) 589-2. Daniel Guerrero Lopez (Spain)
560	196	52:08.30,6	Cris Cancer 3 [Masters] 600-1. Vicente Garcia Elias (Spain) 600-2. Jose Luis Doval Asensio (Spain)

GC	CAT	Time	Team [Category]	Race-Number	Name (Country)
561	76	52:08.34,3	Cris Cancer 1 [Grand Masters]	590-1.	Juan Alfonso Ramos Jimenez (Spain)
				590-2.	Manuel Fernández Zárate (Spain)
562	238	52:08.43,6	Cris Cancer 4 [Men]	414-1.	FELIPE DAVID GARCIA CHAMORRO (Spain)
				414-2.	Felix González Romero (Spain)
563	239	52:10.40,7	Bhoni4kasi [Men]	89-1.	Calvin Mono (South Africa)
				89-2.	Linda Dhlamini (South Africa)
564	197	52:18.34,5	Big Box [Masters]	198-1.	Jasper Coetzee (South Africa)
				198-2.	Willie Mouton (South Africa)
565	198	52:25.28,3	Spilo Express [Masters]	334-1.	Kevin Wright (South Africa)
				334-2.	Adrian Nasson (South Africa)
566	77	52:44.29,4	Tomolo [Grand Masters]	287-1.	Dig Fai Cheung (Hong Kong)
				287-2.	Vincent Yim (Hong Kong)
567	78	52:47.30,5	STARBIKE.CAT [Grand Masters]	251-1.	Santi Pajarols Font (Spain)
				251-2.	Xavier Subiña (Spain)
568	240	52:48.26,9	Allcot Group [Men]	420-1.	Gonzalo de Benito (Spain)
				420-2.	Miguel Martinez Lozano (Spain)
569	199	52:49.12,0	Spring-Vics 4UO.Z. [Masters]	649-1.	Luis Marcelo De Bernardis (Peru)
				649-2.	Dennis Nathrass (South Africa)
570	200	52:55.32,1	Malditos Bastardos [Masters]	631-1.	Eduardo Pérez González (Spain)
				631-2.	Miguel Ángel Rodríguez Jiménez (Spain)
571	201	53:01.05,9	Deliveries MTB [Masters]	594-1.	Mikael Schad (Switzerland)
				594-2.	David Fernandez (Dominican Republic)
572	79	53:12.13,6	BIKE-INN [Grand Masters]	433-1.	Bart Verreydt (Belgium)
				433-2.	Dirk Verherstraeten (Belgium)
573	40	53:13.20,6	Ice [Mixed]	217-1.	Hansína Gunnarsdóttir (Iceland)
				217-2.	Arni Magnusson (Iceland)
574	14	53:13.52,3	Meninas Rodadas [Women]	225-1.	Magdalena Mihura (Argentina)
				225-2.	Elisa Gali (Brazil)
575	202	53:17.10,5	#Yenzumehluko - Make a difference [Masters]	45-1.	Craig Beech (South Africa)
				45-2.	Songo Fipaza (South Africa)
576	203	53:17.33,1	JAG Riders [Masters]	163-1.	Greg James (South Africa)
				163-2.	Wesley Bench-Capon (South Africa)
577	241	53:19.31,2	Dad and Son [Men]	319-1.	Wim De Klerk (South Africa)
				319-2.	Wiehahn De Klerk (South Africa)
578	242	53:34.39,4	Boni4Kasi [Men]	86-1.	Nkosinathi Maphumulo (South Africa)
				86-2.	Lazarus Mathonsi (South Africa)
579	41	53:34.53,9	Exxaro/RMB 2 [Mixed]	271-1.	Malusi Buthelezi (South Africa)
				271-2.	Buhle Beauty Nontobeko Ngobese (South Africa)

GC	CAT	Time	Team [Category]	Race-Number	Name (Country)
580	243	53:37.39,4	Dark Horse [Men]	418-1.	Thomas Smith (United States of America)
				418-2.	Jacob Smith (United States of America)
581	244	53:39.12,0	Legend'chx [Men]	461-1.	Christophe Villemin (France)
				461-2.	Florentin Matteudi (France)
582	204	53:39.48,2	PnP Khayelitsha [Masters]	97-1.	Dean Vere-russell (South Africa)
				97-2.	Dean Martin (South Africa)
583	80	53:50.31,6	2ReinosTbelles1 [Grand Masters]	283-1.	Francisco Sanchez-Campins Pello (Spain)
				283-2.	Gregorio Hita Villaplana (Spain)
584	81	53:52.01,7	Classiq Coatings [Grand Masters]	256-1.	Sean Miller (South Africa)
				256-2.	Clinton Miller (South Africa)
585	205	53:53.58,3	Equipo Colombia Chia [Masters]	601-1.	Jose Omar Torres Penaloza (Colombia)
				601-2.	Mario Augusto Monroy (Colombia)
586	15	54:17.21,9	Smooove Adventurance [Women]	380-1.	Izelle Deyzel (South Africa)
				380-2.	Christi Pienaar (South Africa)
587	82	54:23.25,8	Quantum Go [Grand Masters]	337-1.	Louis Bekker (South Africa)
				337-2.	Hawies De Villiers (South Africa)
588	206	54:28.17,0	Hillbilly's [Masters]	625-1.	Sean Johnston (South Africa)
				625-2.	Dean SchenkI (South Africa)
589	207	54:32.17,0	NASHAMA [Masters]	644-1.	Shukri el husseini (Jordan)
				644-2.	Majed Dirsiyeh (Jordan)
590	245	54:51.46,0	Fat Cats [Men]	302-2.	OG Molefe (South Africa)
				302-1.	Thabo Mamatshele (South Africa)
591	83	55:14.16,8	Grumpy and Potter [Grand Masters]	285-1.	Kevin Brentley (South Africa)
				285-2.	Ben Regal (South Africa)
592	208	55:15.42,5	2BIG [Masters]	301-1.	Dawie Theron (South Africa)
				301-2.	Nelis Coetzee (South Africa)
593	209	55:17.28,8	Pioneer Race Pals [Masters]	666-1.	Regan Arendse (South Africa)
				666-2.	Ranie Eltagonde (Australia)
594	246	55:52.12,1	Cyclesharp [Men]	142-1.	Retief Joyce (South Africa)
				142-2.	Gustav Joyce (South Africa)
595	247	57:02.19,0	Shingang [Men]	349-1.	Shingirai Jiri (Zimbabwe)
				349-2.	Lebogang Mafoko (South Africa)
596	42	57:12.33,6	OAKHEART [Mixed]	194-1.	Marius Hurter (South Africa)
				194-2.	Adele Niemand (South Africa)
597	84	57:37.27,4	Lazy Tsfonim [Grand Masters]	262-1.	Daniel Scheniuk (Israel)
				262-2.	Ron Dagan (Israel)

INDIVIDUAL FINISHERS

GC	CAT	Time	Team [Category]	Race-Number	Name (Country)
-	-	28:49.32,2	Trek-Selle San Marco 2 [Men]	16-2.	Fabian Rabensteiner (Italy)
-	-	30:05.58,5	Centurion Vaude [Men]	9-1.	Daniel Geismayr (Austria)
-	-	31:16.35,2	SPOT Africa [Men]	23-2.	Jan Schaer (Switzerland)
-	-	32:51.38,8	Restonic [Men]	37-2.	Andrew Duvenage (South Africa)
-	-	33:10.06,9	wirfueryannic [Men]	547-2.	Markus Neukirch (Germany)
-	-	33:44.48,8	flury tools switzerland [Men]	151-2.	Matthias Flury (Switzerland)
-	-	33:45.45,4	HILLINGER RACING TEAM [Masters]	629-2.	Paris Basson (South Africa)
-	-	34:15.25,0	Gondwana Namibia [Grand Masters]	112-1.	Piet Swiegers (Namibia)
-	-	34:19.41,8	Bright Cubes [Masters]	137-1.	Marco Van Den Helm (Netherlands)
-	-	34:39.56,5	BICI3.0 Bikepark Vilasana [Men]	672-2.	Pere Esqué Yañez (Spain)
-	-	34:55.56,7	Humankind Grand Masters [Grand Masters]	513-2.	Fred Buter (South Africa)
-	-	36:03.00,4	Corporate Apartment Group [Masters]	312-2.	Nick Cooke (South Africa)
-	-	36:16.10,7	Battery Centre [Men]	445-2.	Elandre Kotzee (South Africa)

GC	CAT	Time	Team [Category]	Race-Number	Name (Country)
-	-	36:27.13,9	brand49 [Masters]	576-2.	Michael Joos (Germany)
-	-	36:30.37,7	Ridgeway cycles [Grand Masters]	188-1.	Deon Van Vuuren (South Africa)
-	-	36:52.29,3	Chaingang [Men]	411-1.	Alexander Donaldson (New Zealand)
-	-	36:59.50,6	skyPixX [Men]	510-1.	Roland Müller (Switzerland)
-	-	37:07.03,9	dormakaba SSA [Masters]	61-1.	Shaun Frayne (South Africa)
-	-	37:11.31,8	Epic Animals [Men]	436-1.	Marc Maurer (Switzerland)
-	-	37:17.53,2	CoachInc - PKF Octagon [Men]	183-2.	Waldek Wasowicz (Poland)
-	-	37:20.57,5	CCT [Masters]	585-2.	Hugh Cole (South Africa)
-	-	37:29.14,6	Ramen Rampage [Men]	493-2.	Peter Herath (Australia)
-	-	37:30.02,6	Ogre and Imp [Men]	451-1.	Jack Sutcliffe (England)
-	-	37:41.30,0	Pitstop Sport24hrs [Grand Masters]	77-1.	Rory Mapstone (South Africa)
-	-	37:58.31,6	Scott chile [Masters]	664-1.	Carlos Bucarey (Chile)
-	-	38:09.20,0	Imagined Earth [Men]	463-2.	Justin Needham (South Africa)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
-	-	38:23.16,2	WESTVAAL [Men] 361-2. Jannie Prinsloo (South Africa)
-	-	38:26.43,8	Athlete Lab Singapore [Men] 383-1. Denis Soudant (Belgium)
-	-	38:37.57,7	Reburn - RRE Consultants [Men] 494-1. Giorgio Di Palma (Italy)
-	-	38:51.28,2	MTRX Racing [Mixed] 228-2. Hannah Kölling (Germany)
-	-	39:17.17,3	Sweat & Gears [Grand Masters] 195-2. Julien Louw (South Africa)
-	-	39:42.38,9	NO DANGER [Grand Masters] 246-2. Ian Bryan (South Africa)
-	-	39:44.47,2	GBv Huppakee [Masters] 671-2. Ubbo Kuper (Netherlands)
-	-	39:51.37,8	ALL1 SCOTT - 1 [Men] 508-1. Didac Sabaté Moreno (Spain)
-	-	39:53.40,3	Diesel Riders [Men] 144-2. Gielie de Swardt (South Africa)
-	-	40:27.34,6	Into The Future [Masters] 235-2. Jaco Ferreira (South Africa)
-	-	40:42.12,6	Dust Busters [Men] 423-1. Revelin Minihane (Ireland)
-	-	40:42.54,1	Vuil Uile [Grand Masters] 304-2. Justin Babaya (South Africa)
-	-	40:53.27,5	TRG Multisport [Mixed] 244-2. Elizabeth Dornom (Australia)
-	-	41:24.50,1	Easy Coat [Men] 699-1. Simon Rollo (South Africa)
-	-	42:02.43,7	Island Boys Mauritius [Masters] 172-1. Dominique Lebon (Mauritius)
-	-	42:17.16,4	Ani-Mal [Mixed] 212-1. Anita Narula (Australia)
-	-	42:27.18,0	@blue [Mixed] 130-1. Geert Mertens (Belgium)
-	-	42:35.10,9	Never Give Up [Masters] 563-1. Henry de Lange (South Africa)
-	-	43:39.48,4	Devonbosch 1 [Grand Masters] 368-1. Marc Verhofste (Belgium)
-	-	43:51.50,6	PedalPowerColumbia [Men] 181-2. Patrick Kennedy (England)
-	-	43:52.24,2	RJ45 - Offroadsheriffs [Masters] 657-2. Riaan Du Toit (South Africa)
-	-	43:58.16,0	CURRY [Grand Masters] 257-1. Georg Vincenzc (Austria)
-	-	44:54.04,3	PVM [Masters] 404-1. Thys Redelinghuys (South Africa)
-	-	45:10.31,8	RELAXED [Men] 447-2. Marius Pratz (South Africa)
-	-	45:32.35,4	Silcarbon [Men] 509-2. Dominik Behle (Germany)
-	-	45:48.49,9	Trail Brothers [Grand Masters] 201-2. Riaan Maree (South Africa)
-	-	46:59.31,2	S&M [Masters] 475-1. Murray Davidson (South Africa)
-	-	47:23.06,0	Los Hermanos [Men] 545-2. Sean Owen (South Africa)
-	-	47:40.44,7	Smittie [Men] 523-2. Wayne Terblanche (South Africa)
-	-	48:17.45,1	Woolworths ClemenGold [Masters] 206-2. Vaughan Van Eden (South Africa)
-	-	48:46.44,2	ABSA Pride Kla moeg [Men] 325-2. Mario Cutino (South Africa)
-	-	48:50.08,6	STARSKY & HUTCH [Men] 298-2. Abrie Stone (South Africa)
-	-	49:03.06,8	Quality [Masters] 608-2. Joan Montaner (Spain)
-	-	49:06.55,1	OLDdEVILs [Grand Masters] 269-1. Christiaan De Peuter (Belgium)
-	-	49:13.40,0	Coastbusters [Grand Masters] 253-2. Jürgen Wiechmann (Germany)

GC	CAT	Time	Team [Category] Race-Number Name (Country)
-	-	49:13.40,0	Coastbusters [Grand Masters] 253-2. Jürgen Wiechmann (Germany)
-	-	49:21.34,3	Danish Dream ride [Masters] 592-2. Allan Johansen (Denmark)
-	-	49:28.17,6	Scalpel Express [Men] 326-1. Gerrie Geertsema (South Africa)
-	-	50:28.12,4	BallsyLiver [Men] 387-2. Christo Kloppers (South Africa)
-	-	50:49.40,3	Pangarés [Men] 484-1. Leandro Becker (Brazil)
-	-	51:35.43,2	Yster en Bloed [Men] 502-2. Andre Viljoen (South Africa)
-	-	51:41.14,1	HUTCH [Men] 424-1. Mark Van Der Peet (Netherlands)
-	-	51:43.04,8	TR;DC [Mixed] 129-2. Derek Chung (Hong Kong)
-	-	52:03.57,9	Bikerite Mtb Fatboys [Men] 521-1. Kelvin Little (England)
-	-	52:13.20,6	Fortuitous J's [Mixed] 221-2. Jan Lombaard (South Africa)
-	-	52:39.09,8	Two Jocks, one cock [Mixed] 236-2. Jane Holmes (Scotland)
-	-	52:39.33,2	Ravenscroft [Mixed] 353-1. Leana Ries (Botswana)
-	-	53:09.45,9	Investec Songo Social [Grand Masters] 143-1. Leon Jacobs (South Africa)
-	-	53:37.41,9	Nada Rueda Corre / Trek [Mixed] 229-1. Jose Isita (Mexico)
-	-	53:53.53,0	Cyclotreneer/CR.Ciclismo [Women] 227-2. Ana Carolina Reppetto (Argentina)
-	-	54:13.25,0	CW [Masters] 316-2. Craig Aron (South Africa)
-	-	54:35.47,3	Challenge Your Limits [Mixed] 213-1. Luk Smeyers (Belgium)
-	-	54:59.55,9	Tandron Spirits [Masters] 669-1. Ronald Cheung (Hong Kong)
-	-	56:51.42,1	Doogoo [Men] 698-1. Rodney Green-Thompson (South Africa)



THE WORLD'S MOST DOMINANT MOUNTAIN BIKER?

Despite only taking up the sport in her early twenties, Annika Langvad has won virtually everything there is to win in cross-country racing.

by Seamus Allardice

Following her fifth Absa Cape Epic title we reflect on her career thus far and look ahead to 2020 where she will be aiming to add an Olympic medal to her ever-growing trophy cabinet.

Unlike most of her rivals Annika Langvad found mountain biking relatively late. After dabbling in triathlon as a way to stay fit she discovered mountain bike racing in 2008 and won her first Bundesliga Cup race the following year. Fast forward a decade and her palmarès comprises an impressive list of victories which includes five Absa Cape Epic titles, four Marathon World Championship Gold Medals and a XCO World Championship title that she secured back in 2016.

Over the last ten years she has also won two minor medals at the XCM World Championship, placed second overall in the 2016 and 2018 World Cup Seasons, and finished third in 2017. Add to that an XCO World Championship silver medal and record-breaking sub-seven hour Leadville 100 race in the United States and it's easy to see why she's considered the most consistent performer in the women's field.

The Absa Cape Epic has been a happy hunting ground for Langvad and a race where she has truly excelled. In five starts, with three different partners, she has proven undefeatable. In fact, the closest winning margin in those five editions came in 2016 when she and Ariane Lüthi held off Sabine Spitz and Yana Belomoina by 14 minutes and 56 seconds. She has also amassed 31 stage victories from a possible 40 in that time.

After her victory in the 2019 Absa Cape Epic with Dutch road star Anna van der Breggen we asked Langvad a few key questions...

Absa Cape Epic: You have often said that you don't chase records but are rather focused on your own performances. How does it feel now that you have joined all-time Absa Cape Epic legends, Christoph Sauser and Karl Platt with five Epic victories?

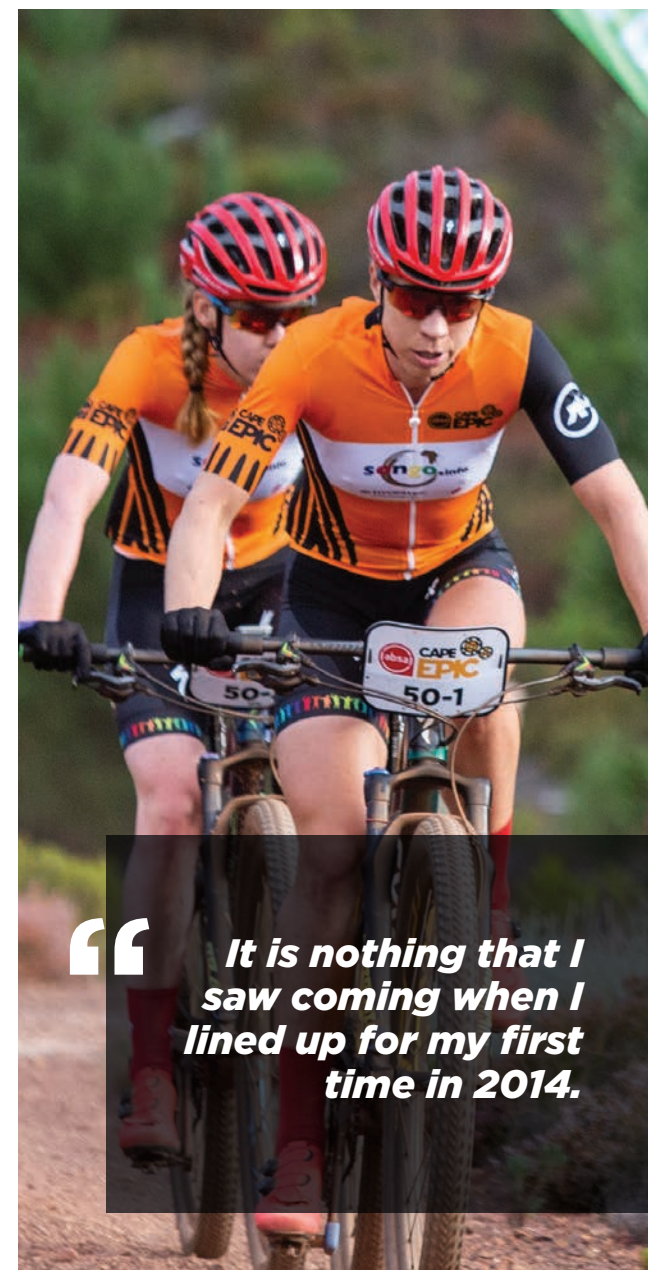
Annika Langvad: It is indeed very special to have five Absa Cape Epic victories – it is nothing that I saw coming when I lined up for the first time in 2014. It's something that makes me really proud. During the 2019 edition I had to keep my concentration on the challenge right in front of me. I knew if I would use the record

as a motivation, it wouldn't work. I was very aware that I needed to use the challenge of winning the 2019 edition with Anna [van der Breggen] as my motivation. But now – looking back, I totally enjoy the pride and the satisfaction of Anna and I crushing it and ending up in the history books, too.

Which of the five was the toughest to win? And which fills you with the most personal satisfaction? (2019 with Anna; 2018 with Kate Courtney; 2016, 2015 or 2014 with Ariane Lüthi)

It is impossible to say which one was the hardest! They were all so different and posed different challenges!

Definitely the one that fills me with the most personal satisfaction is the 2019 race with Anna. Here I felt the greatest responsibility towards my partner; since I knew she was so out of her comfort zone and usual race setting. I really wanted to make it a good experience for her and it wasn't easy because no matter how you look at it, there's just no such a thing as an 'Easy Cape Epic'. Being able to eventually guide Anna through it – and forming a new partnership was a massive personal accomplishment for me!



“ It is nothing that I saw coming when I lined up for my first time in 2014. ”



A successful partnership is essential to winning the Absa Cape Epic. Do you think changing up your partners has helped keep you motivated for the challenges of the race? Sauser and Platt have interestingly also won their five titles with three different partners.

The challenge of forming a new partnership has kept me on my toes and forces me to put in some extra work since I can't just sit back and repeat what I did in previous years. Of course I gained a lot of extremely valuable Absa Cape Epic-specific experience over the years and that has been the foundation upon which I build a new partnership.

What are your plans for the rest of the 2019 season? Obviously you will be racing the MTB World Cups but what fresh challenges does the road racing calendar hold for you and your Boels-Dolmans team?

I will focus on once again being a strong force in the MTB World Cup and I'm excited to get the season underway. Since the MTB World Cup only starts in May, I have some free space in my racing calendar in the Spring for a few road races. I am very excited about this opportunity, new challenge and perspective on racing

and, of course, over the moon to be part of one of the best female road teams out there. It's motivating to be forced to think in a new way and (for me) personally, there's so much development to be found here.

With 2020 being an Olympic year, how does the Absa Cape Epic fit into your racing schedule?

Doing the Absa Cape Epic always fits in very well with my racing schedule and the same counts for 2020. I don't see any reason to change my early season plans even in an Olympic year. Every athlete is different and an effort like the Absa Cape Epic always works well for me. 🏆

You can follow the rest of Langvad's 2019 season on her social media channels;

 @AnnikaLangvad

 @annika.langvad

 @annikalangvadfanpage











