

ON BIKES

exclusively a mountain biker. This, he says, is safer, but also more challenging.

Garth Greubel of the Bond Exchange again took part in the Cape Epic and Stephen Saad of Aspen rode the Hill2Hill.

Some, such as Gene van den Berg of BDO Spencer Stewart in Cape Town and Gert Vermaak of Audience Alive, participate only in mountain-bike events.

They put their training to good use in the Change-a-Life event, which qualifies them for this article. Gene says her low point during the past year was falling off her bike, next to a baboon. She is still not sure which of the two had the biggest fright.

Peter Gray of JCI rode in only two of our featured rides last year, but was another Change-a-Life participant, having won the right in a pre-event auction to partner Duzi winner Martin Dreyer on his tandem.

Alan Hutcheson, on the other hand, had his highlight in the natural surroundings of the Cradle area, seeing lion, rhino, warthog, baboons and a variety of birds, all on one training ride.

There seems to be a regular contingent of execs doing the *European thing*.

Aif Emdon has become a regular, cycling in the Provence area this year, including the dreaded Mont Ventoux, again with wife Jocelyn.

Richard Pike cycled in the Languedoc region of France and Jo Schwenke of Business Partners made another 'Tour d' France visit this year, riding a number of Pyrenees climbs. With his new position at the soon-to-be-listed Luxembourg-based Reinet group, he hopes to be a far more regular participant and spectator at European events.

Another regular European visitor is Nick Badminton of Pick n Pay, certainly the most prominent cycling sponsors in South Africa, with four of the *Big 5* races in their stable. Nick has done three European trips – two to France and one to the Giro.

What made them take up cycling?

Nick Badminton's introduction to cycling was when he helped out at the Jubilee Square water point, as part of Pick n Pay's Argus sponsorship. He used to get some exercise by running home after the event, but then thought that he should emulate

the participants and bought a bike. Eleven Cycle Tours later...

Peter Ellis of Macsteel Africa also started cycling to keep fit. He had relocated from Malawi in 2004 and needed something to keep active. Seeing the enthusiasm with which some of his colleagues participated in cycling, listening to them swapping war stories and noticing the number of organised rides, there was little debate about what he was going to do. Peter recently won the award as the Macsteel cyclist of the year.

His long-term aim is take on the Race across America, almost 5 000 km from the Pacific to the Atlantic, going solo or in teams of up to eight. The winning time is normally just over eight sleep-deprived days.

Mthunzi Mdawaba began cycling with a group of friends as a means of keeping in contact. Some of his friends have stopped cycling, but Mthunzi became a prolific participant, having completed the Argus eight times. He was voted personality of the tour at the recent Change-a-Life event.

Mthunzi is passionate about Velokhaya, a Cape-based initiative that, in conjunction with the Life Cycling Centre, offers a range of programmes, from school education projects to elite-level competitive cycling programmes in the Khayelitsha area. It also includes providing disadvantaged cyclists with the opportunity of visiting the Tour de France, supported by Team CSC.

The aim for that elusive personal best is also a great motivating force. Taffy Adler, Richard Pike and Peter Ellis all achieved that in the 2008 Argus.

Although it will be taken into account only in next year's survey, Stephen Saad's PB in the Amashovashova would have propelled him right to the top of the standings.

Unfortunately, in all of this work takes its toll. Daytime jobs certainly help pay for those well-loved steeds, but often interfere with our enjoyment of this great sport.

A regular competitor in the past has been Diane Radley, financial director of Old Mutual. However, the travel demands

of her new job make meaningful training almost impossible. But she did manage to squeeze in the Change-a-Life.

Business trips also cannot always be planned to accommodate rides. Taffy Adler had to miss the 94.7 and the World Cup interfered with Stephen Saad's Amashovashova.

Of course, execs derive much benefit

from cycling. Nick Badminton says the sport, especially the long rides, really helps one clear the mind.

Jo Schwenke says those cycling holidays are pure bliss – riding, watching the 'tour' and enjoying the country.

And Kobie Hamman strongly believes cycling is great for stress relief and keeping in shape. ❦

INDIVIDUAL RACE ACHIEVERS

Pick n Pay Cape Argus Cycle Tour	
Jeremy Ord	Dimension Data 2.54.17
Kobie-Mari Hamman	Aurum Asset Management 2.55.40
Duncan Chalmers	T&I Chalmers 2.55.43
Jo Schwenke	Business Partners 2.57.10
Hilton Guy	Creative Equipment 2.57.40
Jacques Tattersall	Pupkewitz Megabuild 2.58.04
Alan Hutcheson	Tracker 3.06.03
Peter Ellis	Macsteel Africa 3.07.21
Warren Espinoza	Midas Inland 3.08.43
Charles Needham	Melecoex 3.16.34
Pick n Pay 94.7 Cycle Challenge	
Jacques Tattersall	Pupkewitz Megabuild 2.29.56
Kobie-Mari Hamman	Aurum Asset Management 2.35.12
Hilton Guy	Creative Equipment 2.41.44
Jo Schwenke	Business Partners 2.49.39
Duncan Chalmers	T&I Chalmers 2.50.15
Taffy Adler	Jhb Housing Company 2.56.50
Peter Ellis	Macsteel Africa 2.59.58
Mthunzi Mdawaba	Torque - IT 3.06.34
Granville Rolfe	Macsteel Trading 3.10.23
Richard Pike	Adcorp 3.22.53
Pick n Pay The Star Fast One	
Jacques Tattersall	Pupkewitz Megabuild 2.24.37
Duncan Chalmers	T&I Chalmers 2.26.40
Peter Ellis	Macsteel Africa 2.39.21
David Coutts-Trotter	Sun International 2.40.41
Mthunzi Mdawaba	Torque - IT 2.51.48
Aif Emdon	Stuttafords 3.13.06
Malcolm Segal	Sasfin Private Equity 3.41.41
Pick n Pay Amashovashova	
Peter Ellis	Macsteel Africa 3.20.15
Mthunzi Mdawaba	Torque - IT 3.22.13
Taffy Adler	Jhb Housing Company 3.35.16
Jacques Tattersall	Pupkewitz Megabuild 3.42.16
Stephen Horwitz	Central Welding Works 3.53.18
Alan Hutcheson	Tracker 3.53.18
Aif Emdon	Stuttafords 4.02.28
Dischem Ride for Sight	
Ashley Wilson	Apex Reinforcing 2.52.50
John Dixon	Fleet Steel 3.07.46
Kobie-Mari Hamman	Aurum Asset Management 3.09.37
Hilton Guy	Creative Equipment 3.09.48
Jo Schwenke	Business Partners 3.15.35
Taffy Adler	Jhb Housing Company 3.18.59
Mthunzi Mdawaba	Torque - IT 3.48.35
Peter Ellis	Macsteel Africa 3.53.01
Aif Emdon	Stuttafords 4.00.03

