

THE HOUT BAY TRIPLE TROUBLE

2015

SUTHER
JUDAS
CHAPMANS



Greetings boys and girls, ladies and gentlemen, esteemed guests, and 2x2-trail-blazers.

As tradition would have it, the first Saturday in October sees the running of the Hout Bay Triple trouble, now in its 11th year.

First run in 2005, it was originally intended as 'an ideal training run for the 3 Peaks Challenge, mixing up a nice variation of tar and trails, uphill and downhill'... As it turned out, the journey was longer than predicted but enjoyed by all and numerous stops were made to celebrate each beacon reached. In previous years we have been graced with the finest display Mother Nature had to offer, sunshine, thick mist, clear skies and looming clouds, spectacular flowering fynbos, and a bay full of whales.

The Philosophy

The emphasis of the Triple is placed on a small, personal field, to provide a feeling of solitude and peace on your journey through an amazing playground. Where stopping to take in the views overrides the urge to set land-speed records, and the spirit of camaraderie between runners becomes more important than pipping them to the post. It is put together out of a simple love for running and sharing a Saturday morning with like-minded friends in the trail community.

Start

The run will start outside the Chapmans Peak Hotel, Saturday 3rd October 2015 at 6:08 a.m. (That's Hout Bay time for 6:00 a.m.).

The Route

The route you choose to take is entirely up to you, as long as you reach the beacons of Suther Peak, Judas Peak, and Chapmans Peak, in that order, starting at and returning to the hotel after each beacon has been reached. The start and finish are across the road from the Hotel, in the beach parking area outside Velocity Sports Lab.

There are no arrows and signboards showing you the way so if you're geographically challenged (Pikker and Washkansky) it's probably best to do some research and a few rekkie runs beforehand. If you still find you're struggling after this (Pikker and Washkansky, again) the organizers can be bribed into putting bunting up at strategic locations. One bottle of red per bunting. Failing this, follow the person in front of you. And pray it's not Pikker or Washkansky.

And if you're up to something a bit more interesting than ending on 5kms of tar you can return from the beacon on Chappies by running the upper contour from the saddle, into Blackburn, and down – it's highly recommended.

While there are no set routes through the village, once on the mountains no short-cuts are to be taken – please remain on established paths.

NB – on the Karbonkelberg dunes please stick to official paths only. If you aren't sure where they are do some rekkie runs, but **do not** bush-whack on the day to try find them. Simply follow someone else, or go straight up to the very top at Sandy Bay nek then head left up the official path that descends off Suther Peak. In the past we have had runners going astray here and we cannot afford local residents to start complaining. Please respect the mountains and the dunes.



To Participate

Entries are R 350. On finishing the run you will receive a R 200 Cape Union Mart voucher. Of the balance of your entry, R 40 will be given to the Sunflower Fund as we have an ongoing association with them and we do our best, every year, to add another donor to the registry.

If you believe this is unfair and can offer some constructive input, or if you simply cannot afford it, please feel free to drop me an email and discuss your concerns. The same applies to the Sunflower donation – this is entirely voluntary and if you feel strongly that you do not want to contribute you are not obliged to.

As we do every year, it would be appreciated if each person taking part could bring something small (e.g. a plate of potatoes, a packet of jelly babies, sarmies, boerie rolls, sushi platters, or whatever else keeps your clock ticking for 7+ hours) to contribute to the food table at base camp. This has worked very well every year and is much appreciated by all those taking part – we get to see what keeps other going!

Shirts

We are in the process of finalizing these and will confirm shortly.

The Reward

On top of that personal satisfaction of completing the challenge, each finisher will receive a small award & certificate. On finishing you will also receive your Cape Union Mart voucher. Runners that have completed their 5th Triple will receive a handcrafted nickel-plated Trig beacon trophy.

The mens and ladies winners will receive a handcrafted, 24ct gold-plated Trig beacon trophy.

We usually round off the day with the spot prizes to hand out, and as always we warmly welcome any contributions to this stash. It's a true reflection of the trail running community, and in particular I believe it is definitely the spirit of those participating in the Triple that sets this run apart from others. Thank you



Photo: Ryan Goldblatt



The Times

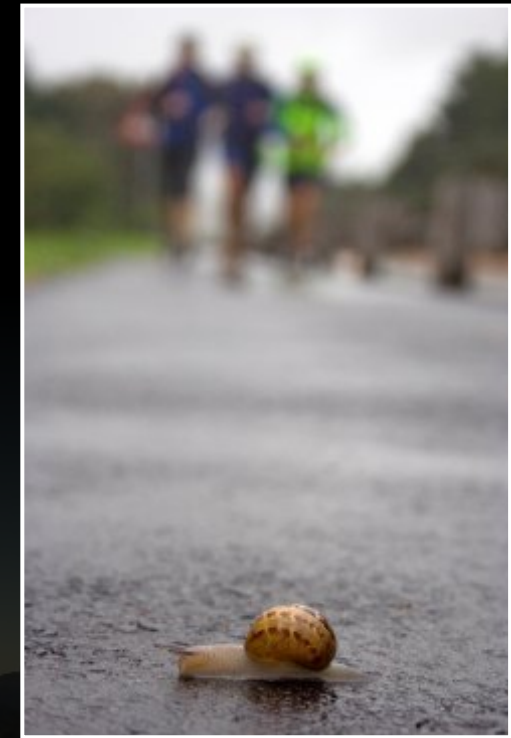
The Triple is not strictly about records and times, it is a personal challenge and simply reaching the finish line in one piece is more often enough for most.

There are however certain runners who have achieved highly commendable times over the years and deserve a mention: (although teams are no longer applicable, the times below are certainly worth mentioning)

There are no set cut-offs on the day however we do encourage you to be realistic when setting off, in particular for the final peak, out of consideration for the organizers and volunteers.

The prize giving will be held at 3pm (or earlier if all runners are in by then). Spot prize winners must be present or the prize will be passed on. For the draw of the main prize, the names of the finishers in by then, and present, will be put back in to the draw.

Latecomers to prize-giving offering excuses of “we got lost” (Pikker and Washkansky) are obliged to donate one bottle of wine to the organizers and one bottle to the spot prizes (Preferably red please. A healthy Pinotage will do. There is a bottle store across the road for your convenience ...)



The Records

Individuals

Fastest Overall - Men	2011	Rupert Becker	4:47:04
Fastest Overall - Ladies	2012	Linda Doke	5:37:45
Fastest - Suther Peak	2011	Andre Calitz / Rupert Becker	1:12:00
Fastest - Judas Peak	2010	Ryan Sandes	1:51:34
Fastest - Chapmans Peak	2010	Ryan Sandes	1:26:09

Mens

Suther Peak	2011	Andre Calitz / Rupert Becker	1:12:00
Judas Peak	2010	Ryan Sandes	1:51:34
Chapmans Peak	2010	Ryan Sandes	1:26:09

Ladies

Suther Peak	2014	Caitlin Lewis	1:33:59
Judas Peak	2012	Linda Doke	2:10:19
Chapmans Peak	2012	Linda Doke	1:53:21

The Sponsors

Thank you to those who have supported us and continue to do so -



The Sunflower Fund
share a little save a life



The Guidelines

As this is more of a personal challenge than an official race, there are no 'rules', only 'guidelines' to ensure we all have an enjoyable day out there.

1 Being in the mountains is a privilege – lets enjoy and respect that experience by not littering, taking short-cuts, picking flowers etc. The future of this run is in your hands and any misconduct by participants could ruin it for everyone.

2 As we do every year, we will be relying completely on the honour system – i.e. no checkpoints at the beacons, no marshals to guide you across roads, no passport-controls to clip-in at various points, just you and your conscience. It is up to you and your integrity to make sure that each beacon is reached.

3 There are no seconding stations along the way so please ensure that you are completely self-sufficient and able to survive the conditions on the mountains by taking enough food / water / foul-weather gear. The only 'feeding table' will be stationed at the base where you can refuel between each leg.

4 **MEDICAL – VERY IMPORTANT** : Please ensure that upon arrival at the start you do the following:

make sure that we have your contact cell-number in case of emergency, and after each leg that you make a point of checking in so we know exactly where you are at all times. We do not want a situation later in the day of having to go and search for someone and not knowing what mountain you're on! (The same applies if you decide to withdraw – please advise us immediately).

This is classified as a 'training run' and does not have emergency / medical / rescue services available for this event. Please take care and not chances.



5 An Important note regarding the use of the Hotel and Velocity Sports Lab – we need to note the fact that these are both up-market establishments, and any mess or interference on our behalf with the regular day's trading could jeopardize our future involvement with both. Please respect this by keeping the area tidy. Your supporters / family / friends are most welcome to catch the action from the comfort of the hotel deck and Vida as normal patrons. There are no toilets facilities at the start... please go before you leave home!

To Participate

As in the past, the entries are strictly limited to ensure a small field.

Please deposit the applicable amount into the following account, using "Triple" & your surname as a reference

Participation – R 350

Shirt R 150

Bank	ABSA
Account Name	Red Earth
Account Number	405 367 8747
Branch	Noordhoek
Branch Code	630 403

Thanks and lets makes it another great day to remember!

See you on the trails...

Eric

