

THE HOUT BAY TRIPLE TROUBLE

2018

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 14th 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 Velocity Sports Lab (Hout Bay beach), Saturday 6th October 2018 at 6:08 a.m. (That's Hout Bay time for 6:00 a.m.).

The Route

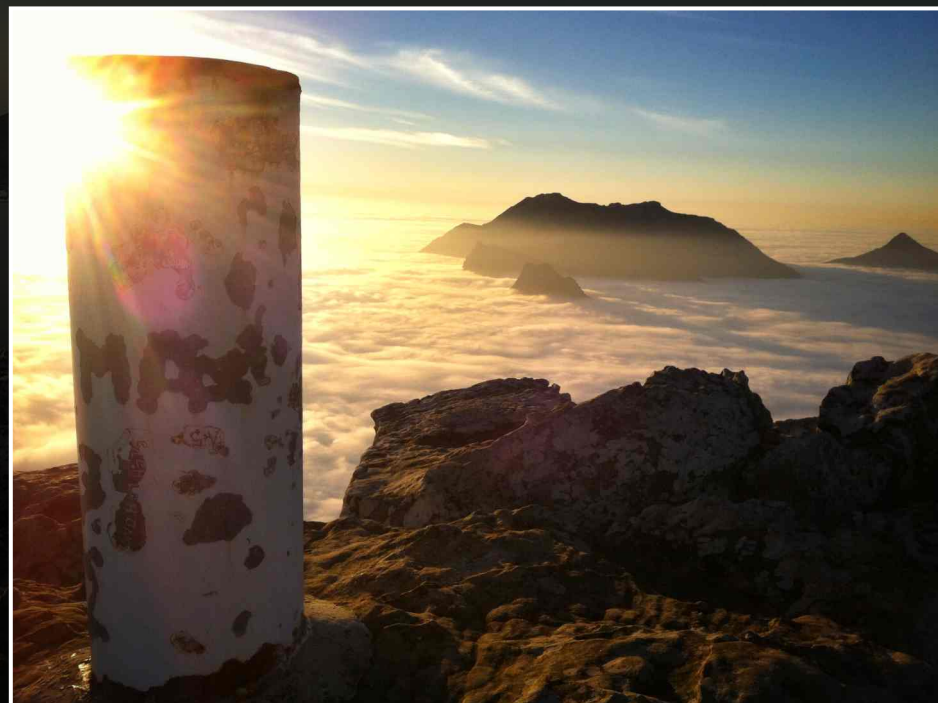
The route you choose to take is entirely up to you, as long as you reach the beacons of Suther Peak, Judas Peak, and Chapmans Peak, in that order, starting at and returning to the hotel after each beacon has been reached. The start and finish are at Velocity Sports Lab.

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 400.

R 50 of each entry 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.

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

Details have been included in the email seperately, and are available for R 220

The Reward

On top of that personal satisfaction of completing the challenge, in the tradition of the run, each finisher will receive a small trophy.

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.



Photo: Ryan Goldblatt





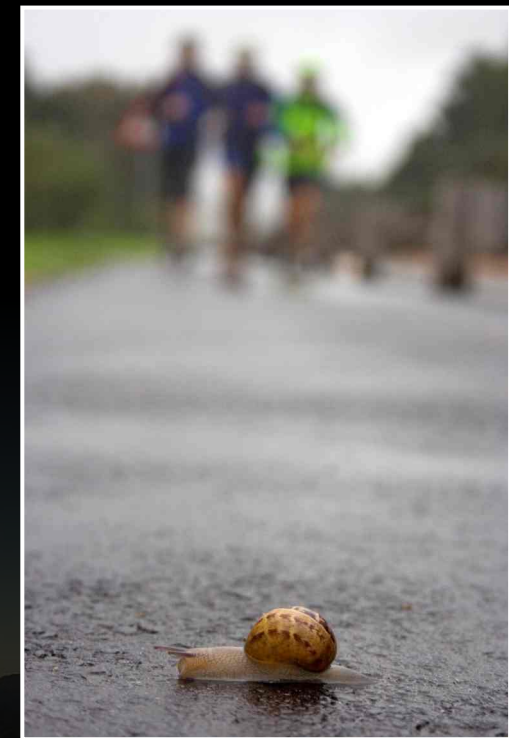
PHOTO: LUCAS ADAMS

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:

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 Records

Individuals

| | | | |
|--------------------------|------|------------------------------|---------|
| Fastest Overall - Men | 2016 | Ryan Sandes | 4:26:10 |
| Fastest Overall - Ladies | 2016 | Landie Greyling | 4:58:20 |
| Fastest - Suther Peak | 2011 | Andre Calitz / Rupert Becker | 1:12:00 |
| Fastest - Judas Peak | 2016 | Ryan Sandes | 1:43:20 |
| Fastest - Chapmans Peak | 2016 | Ryan Sandes | 1:19:15 |

Mens

| | | | |
|---------------|------|------------------------------|---------|
| Suther Peak | 2011 | Andre Calitz / Rupert Becker | 1:12:00 |
| Judas Peak | 2016 | Ryan Sandes | 1:43:20 |
| Chapmans Peak | 2016 | Ryan Sandes | 1:19:15 |

Ladies

| | | | |
|---------------|------|-----------------|---------|
| Suther Peak | 2016 | Landie Greyling | 1:20:20 |
| Judas Peak | 2016 | Landie Greyling | 2:01:45 |
| Chapmans Peak | 2016 | Landie Greyling | 1:36:15 |

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 etc available for this event. Please take care and not chances.



PHOTO: LINDA DOKE

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 400
Shirt R 220

| | |
|----------------|--------------|
| 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

