

# THE THREE PEAKS CHALLENGE 2018 presented by GONE.



## FINAL INSTRUCTIONS

*In 1897, The Cape Register reported that Carl Wilhelm Schneeberger had successfully climbed Devil's Peak, Table Mountain and Lion's Head starting from and returning each time to the old Johannesburg Hotel in Cape Town.*

*"He undertook to do his self imposed task between six in the morning, and six in the evening, and finished with an hour and ten minutes to spare."*

*121 years later, 150 hardy souls will follow in his trail, on Saturday the 3rd of November 2018, when Table Mountain and the streets of Cape Town once again play host to the running of the Three Peaks Challenge.*

We are grateful to our sponsors and partners:



## REGISTRATION AND BRIEFING

**GONE. OUTDOOR SUPPLY CO.** will be the venue for the collection of numbers, shirts, etc.  
173 Longmarket Street, Cape Town - just a stone's throw away from the Three Peaks start!

### TWO DAYS HAVE BEEN MADE AVAILABLE:

**Wednesday 31 October 2018 - from 1 pm to 7 pm**

**An important 30-minute event briefing will take place at 6 pm**

**A CASH BAR WILL BE AVAILABLE**

**Friday 2 November 2018 - from 9 am to 1 pm**

**This time has been set aside for people who cannot possibly make Wednesday's registration**

**NO NUMBERS WILL BE ISSUED ON SATURDAY 3<sup>RD</sup> OF NOVEMBER**



## “OK LET’S GO!”

Meet at ONOMO Inn On The Square, Greenmarket Square – allow for time to park your vehicle and walk to the start. The start will be at **5.00 am** sharp, outside the Old Town House in Greenmarket Square. Don's legendary “OK Let's Go” will be your cue to head for the mountains...

From the start in Burg Street, you will turn left into Wale Street, right into Government Avenue, and up the avenue to the top, where you will exit the Company's Garden at Orange Street (opposite the Mount Nelson Hotel), where you will turn left. Everybody will be following this route.



**BEAN THERE COFFEE COMPANY WILL BE THERE TOO**

*Get to the start early and enjoy a complimentary cup of Africa's finest coffee!*

### DISTANCE

If you are talking P's? Three of course! If you are talking K's? Approximately 50 tough ones!

### CUT-OFF TIMES

- The official overall **cut-off time is 7.00 pm** (14 hrs)
- A cut-off time will also be applied on the second peak. Anybody not reaching Greenmarket Square on **completion of the Table Mountain leg by 3.00 pm** (10 hrs after the start) will not be permitted to continue in the event.

## CHECKPOINTS

- On Tafelberg Road, for the Devil's Peak and Table Mountain legs – going up and returning down.
- On Signal Hill Road, just below the Kramat, for the Lion's Head leg – going up and returning down.
- At the beacons on top of Devil's Peak, Table Mountain (Maclear's Beacon) and Lion's Head.
- At Greenmarket Square, in between peaks - also the finishing point of the challenge.

### **THE CHECKPOINTS ON THE ROUTE AND AT THE BEACONS ARE NOT WATER REFILL STATIONS**

PLEASE ENSURE THAT YOUR HYDRATION PACK IS FILLED BEFORE YOU LEAVE GREENMARKET SQUARE FOR THE START OF EACH PEAK.

## PARKING

Parking is available on Levels 4 to 7, at the City Car Park in Longmarket Street – this was formerly the Christiaan Barnard Memorial Hospital. Entrance to the garage can be accessed via Bree Street.

The rate will be **R8.00 per hour, up to a maximum of R100.00**. Payment must be made to the cashier on exit from the garage. A parking voucher will be provided at the briefing.

Note: to avoid having your vehicle clamped, ensure that you park only on Levels 4 to 7.

## TOG BAGS

Bags, with extra clothing, energy drinks, supplements etc., can be left on the verandah of *ONOMO Inn On The Square*. As space is limited, we kindly request that you keep your baggage to a minimum and that the area is kept as orderly as possible. Please remember to take your belongings home with you on completion of the event.

Note: event organisers, sponsors, associated Three Peaks personnel and the management and staff at the hotel cannot be held accountable for losses or damages to personal property.

### **EQUIPMENT: BE RESPONSIBLE! BE PREPARED!**

Many of the previous Three Peaks Challenges have been met with mixed, sometimes extreme, weather conditions. Good conditions in the city do not necessarily mean that conditions on the peaks will be favourable. Ensure that you have appropriate clothing and equipment for all kinds of conditions. There will not be any official kit checks, but we expect you to make responsible choices.

**In addition to clothing we recommend that you carry a space blanket and a cell phone (fully charged with sufficient airtime) and sufficient food and water. See website [Event Info - Equipment](#)**

## EVENT NUMBERS

### **NUMBERS MUST BE WORN ON THE FRONT AND BE VISIBLE FOR THE FULL DURATION OF THE EVENT.**

It is your responsibility to ensure that the timekeepers have recorded your number at the beacons, between peaks and at the finish. If timekeepers cannot read your number, your times may not be recorded and you will not be acknowledged as a finisher.

### **PLEASE PIN YOUR NUMBER TO THE FRONT OF YOUR SHIRT AND ENSURE THAT IT IS VISIBLE AT ALL TIMES!**

**On completion of the third peak, the perforated section at the bottom of your number must be handed in to the officials at the finish, in exchange for your hard-earned mountain trophy.**

## MEDICAL INFORMATION ON NUMBER

Please make sure that you have completed the information on the rear of your event number:

- Full name and age
- Next of kin and contact number/s
- Medical Aid and Medical Aid number
- Medical history, conditions, illnesses etc.
- Medication currently being used

### IMPORTANT: LIABILITY WAIVER

You will be required to complete and sign a liability waiver. The waiver will be emailed to you up to one week prior to the registration evening. Your **original signed copy** must be handed in at registration in order for you to be given your event number. No liability waiver means no number and you will not be considered a participant in the event. **Please do not email or fax the form to us** – it will not be accepted. Further details will be sent with our email.

**No waiver forms will be accepted on the morning of the event.**

### WITHDRAWAL PRIOR TO THE EVENT

In the event that you are no longer able to take part in the Three Peaks Challenge, please contact the organisers. The organisers will consult the next relevant person on the waiting list – **under no circumstances whatsoever, may you pass your entry or number on to anybody else.**

**NO SUBSTITUTIONS WILL TAKE PLACE AFTER 12:00 NOON ON TUESDAY 30<sup>TH</sup> OCTOBER 2018.**

If you have collected your number, but are no longer able to start or take part, you are expected to advise the organisers of your decision. Failure to do so may affect your possible participation in future events.

### WITHDRAWAL DURING THE EVENT

Should you decide to withdraw at any stage during the Three Peaks Challenge, it is absolutely essential that you notify the organisers as soon as possible *before the cut-off*. It is not good enough to contact us on Saturday evening or Sunday morning, nor is it good enough to only report it to staff at the checkpoints.

**You must report your withdrawal directly to the officials and timekeepers at Greenmarket Square; alternatively, send an sms to the following number: 082 792 9380.**

### LOCATION OF TOILETS

Toilets can be found in the following places on the route:

- The Hotel foyer at ONOMO Inn On The Square
- Deer Park:
- Tafelberg Road
- Additional public toilets are available in Greenmarket Square (market) and in the Company's Garden (The Chalet – situated on Queen Victoria Street side, next to the National Library)

**Please remember to be a water-wise Water Warrior!**

## REFRESHMENTS: COCA-COLA, POWERADE AND WATER

The checkpoints on Tafelberg and Signal Hill Roads, and at Greenmarket Square, will be stocked with *Coke*, *Powerade* and water. On the peaks themselves and elsewhere, there are no 'official' refreshment points, although the good-spirited staff on top may have something to offer you.

The checkpoints at the beacons and on Tafelberg and Signal Hill Roads are not equipped to refill hydration packs. Please refill or top up your packs at the start of each peak, at Greenmarket Square.

Although there will be refreshments at the ground checkpoints, you are expected to be entirely self-sufficient. Ensure that you are well stocked with your own liquids and supplements...

... and the snacks, potatoes, not to mention the original Pine Nut "TLC" provided by Annemarie and her crew at the base of Platteklip Gorge, on Tafelberg Road, are a bonus!!!

## SWEEPERS

Three teams of 'sweepers' will be responsible for 'sweeping' the route. They are people with solid Three Peaks Challenge experience and will monitor and keep track of the participants at the back of the field, ensuring that everybody who has gone up and down the peaks has been accounted for.

## THE BEACONS ON THE PEAKS

**Don't forget to touch the three beacons on the tops – there are a few things you need to know:**

- **Devil's Peak:** the official beacon is the second one, the one at the very top (1000 m). Don't be fooled by the first beacon that you will see as you approach the top. The top is a little further on.
- **Table Mountain:** at 1086 metres high, Maclear's Beacon is the highest point on Table Mountain, the official beacon for the second peak. It is not at the top of Platteklip Gorge – it is still a couple of kays further on. When you eventually reach Maclear's Beacon, you will not be expected to clamber up the pile of stones to touch the very tip of the beacon; touching any part of the pile of stones will do!

**Platteklip Gorge is the compulsory route to the top of the second peak.**

- **Lion's Head:** no room for confusion – the beacon is the one situated on the neatly paved area at the very top. Quickest access to Signal Hill Rd and the checkpoint is via the German School.

**TAKE TIME TO APPRECIATE THE SPECTACULAR VIEWS FROM THE TOPS OF THE PEAKS 😊**



**THANKS to the TABLE MOUNTAIN NATIONAL PARK!**

*Without the co-operation of SANParks and the Table Mountain National Park, trail running events would not be possible on Table Mountain.*

***Purchase a Wild Card or Activity Card and enjoy the full benefits of South African National Parks!***

**[www.sanparks.co.za](http://www.sanparks.co.za)**



## ECOLOGICAL CONTROL OFFICERS (ECOs)

The increased use of Table Mountain National Park for a variety of activities and events over recent years, of which trail running is just one of them, has necessitated the introduction of ECOs to monitor events. The ECOs are employed to ensure compliance with SANParks permit conditions.

### THE USE OF EROSION PATHS IS PROHIBITED!

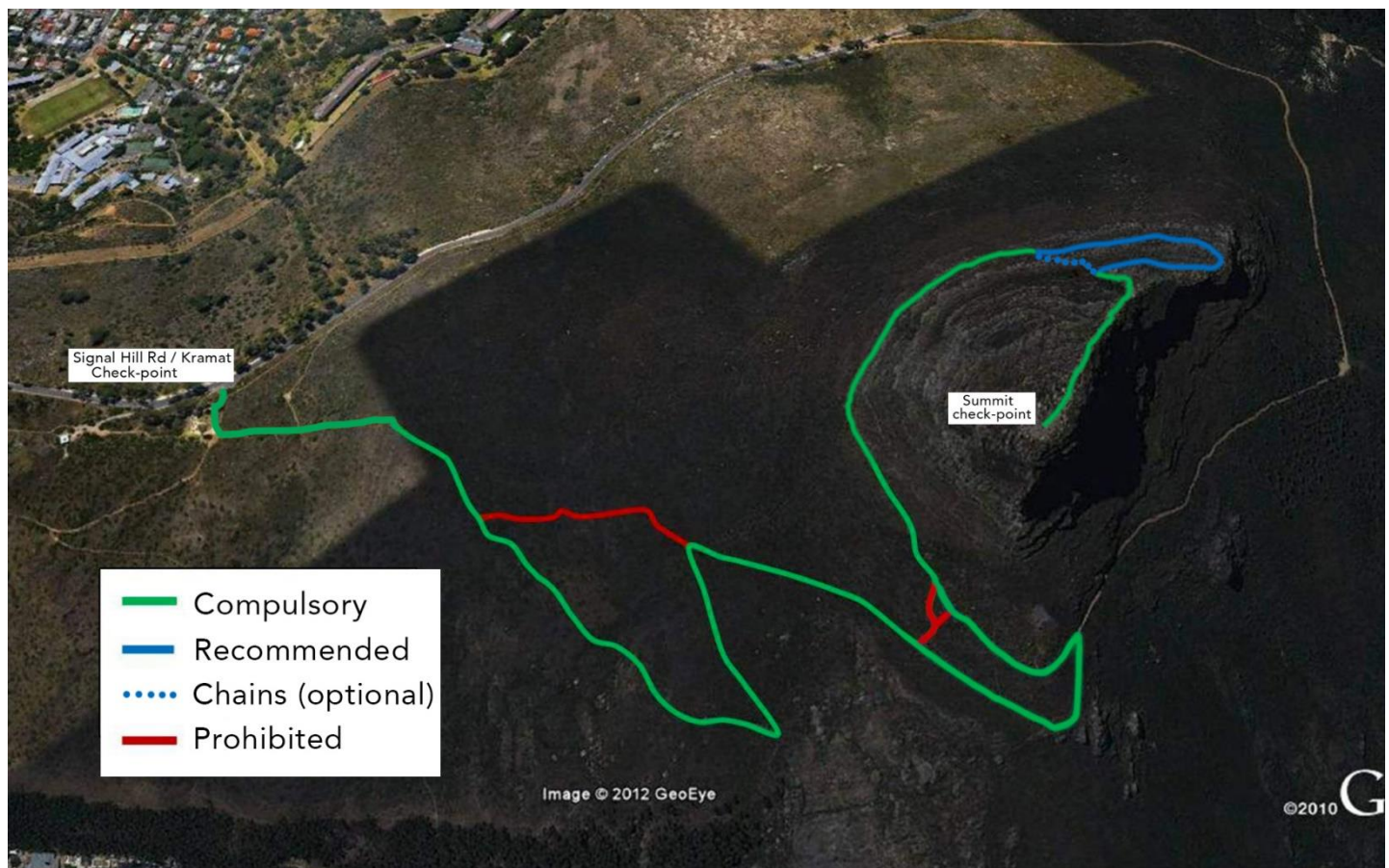
#### PLEASE TAKE CAREFUL NOTE OF THE FOLLOWING:

- **STAY ON THE PATHS AND TRACKS AT ALL TIMES.**
- **DEER PARK** - you are permitted to use the short-cut path (just after the entrance booms) to eliminate the first little zig-zag; thereafter, you are compelled to stay on the track right up until the checkpoint on Tafelberg Road – no clambering up banks, through bush etc. is allowed.
- **LION'S HEAD - YOU MAY NOT USE ANY OF THE SHORT-CUTS OR EROSION PATHS.**

There are cases where SANParks may have blocked off paths at the top, but not at the bottom - this does not give you the excuse to take advantage of the situation. In some sections there is signage that indicates vegetation rehab, prohibited access etc.

Starting up the track where you leave the Kramat, you bend right and follow the path all the way to the end, heading in the direction of Camps Bay – the first path on the left is not allowed! Continue to take the 'long' route – you may not take any of the shortcuts.

This map of the paths in question on Lion's Head shows the **compulsory route** (indicated in **green**). The section in **blue** indicates the recommended route to avoid the chains.



## **SAFETY FIRST! PRIORITY MUST BE GIVEN TO SAFETY – YOUR OWN AND THAT OF OTHERS!**

Your first priority is safety! Besides being physically demanding, the Three Peaks Challenge requires a great deal of concentration and caution. For example, Lion's Head, although seemingly innocuous, presents a particular challenge, with its exposure and potentially dangerous drops. Being the third peak, it is also when concentration and energy levels tend to be at their lowest.

Being safe applies equally to when you are on the mountain and in the city. Be a responsible pedestrian when you are walking or running through the city's streets.

### **PLEASE GO CAREFULLY!**

## **LION'S HEAD CHAINS AND ALTERNATIVE ROUTE**

The Lion's Head chains remain an option but, for safety reasons, we highly recommend that you avoid the chains and opt for the slightly longer route, the path to the left, which is well signposted. It is less populated than the chains and is also a more peaceful and scenic route.

## **CRIME! PLEASE BE VIGILANT AT ALL TIMES!**

Crime is a reality in the city and on the mountain. Muggings on the mountain have increased in recent months/years and have been well publicized. Be observant, as you would be on any other day when hiking or running on the mountain.

## **PLEASE SHOW RESPECT FOR OTHER TABLE MOUNTAIN PARK USERS AND VISITORS!**

Although we have a permit to hold this special event in the TMNP, we do not have precedence over other Table Mountain Park users and visitors. Walking on the mountain has become increasingly popular amongst locals and tourists, and some parts of Platteklip Gorge and Lion's Head can become particularly busy and crowded. Difficult though it may be sometimes, this requires tolerance and patience from everybody.

Immediately after the 2016 event we had an unfortunate situation, where a local hiker who was guiding international visitors up Lion's Head sent an email to us, complaining about the anti-social behaviour of some people taking part in the Three Peaks Challenge. This included them being "pushed around" by "rude and impatient participants on an already limited pathway".

## **PLEASE SHOW RESPECT FOR OTHER ROAD AND SIDEWALK USERS!**

We do not have precedence over other road-users in the city. Please observe all rules of the road and respect other pedestrians and motorists.

## **PLEASE DO NOT LITTER!**

We have been instructed to take a zero tolerance stand against littering. Anybody found to be guilty of littering will be disqualified! Remember: leave only footprints...

## **PLEASE DO NOT REMOVE, OR TRAMPLE ON, ANY INDIGENOUS VEGETATION!**

Take pictures and make memories... but please do not disturb the natural habitat and vegetation on the mountain.

**PARTICIPANTS FOUND NOT TO BE OBSERVING ANY OF THE ABOVE MAY BE DISQUALIFIED FROM THE EVENT AND MAY BE PRECLUDED FROM PARTICIPATING IN FUTURE EVENTS.**

# ROLL OF HONOUR

# THREE PEAKS CHALLENGE 1897 to 2017

## EVERYBODY IS A WINNER!

## FOR THE RECORD:

YEAR	MEN	TIME		YEAR	WOMEN	TIME	
1897	Carl W Schneeberger *	10:50:00	pioneer				
1927	Sandy Trimble *	07:17:00					
1977	Geoff Pitter *	06:51:00					
1997	Don Hartley	07:18:00		1997	Catherine Schorr	09:27:00	
1998	Danny Biggs	06:07:42		1998	Tanya Katzschner	08:23:07	
1999	Glenn Castle	06:41:56		1999	Helen Davies	08:43:15	
2000	Arvind Varsani	06:18:20		2000	Tanya Katzschner	07:38:27	
2001	Chad Ulansky	05:27:29		2001	Caroline Brawner	07:43:49	
2002	Danny Biggs	05:33:51		2002	Sylvie Harris	07:31:19	
2003	Danny Biggs	05:44:24		2003	Nicola Le Marquand	07:07:21	
2004	Ake Fagereng	06:36:13		2004	Sylvie Harris	06:42:32	
2005	Ake Fagereng	05:46:53		2005	Janette Terblanche	07:52:54	
2006	Roger Steel	05:56:42		2006	Sylvie Harris	06:17:26	
2007	Andrew Hagen	06:11:38		2007	Karen De Kock	07:48:12	
2008	Bruce Arnett	05:28:08		2008	Caroline Balkwill	07:40:34	
2009	Andrew Hagen	05:34:27		2009	Cherilyn Vossberg	07:09:23	
2010	Andrew Hagen	05:23:20		2010	Janette Terblanche	07:28:13	
2011	Andre Calitz	05:07:39		2011	Caroline Balkwill	07:14:09	
2012	Andre Calitz	04:50:21	record	2012	Katya Soggott	06:15:27	
2013	Charl Souma	05:46:57		2013	Katya Soggott	06:15:02	record
2014	Martin Kleynhans	05:24:59		2014	Katya Soggott	06:15:44	
2015	Martin Kleynhans	05:20:29		2015	Melany Porter	07:11:28	
2016	Andrew Hagen	04:55:13		2016	Jane Wyngaard	06:40:45	
2017	Lucky Miya	05:04:55		2017	Karoline Hanks	06:57:20	

\* solo efforts, prior to the 1997 Three Peaks Challenge

## TEN OR MORE THREE PEAKS CHALLENGES COMPLETED:

Gavin Snell	21	Stephen Hector	12	Guy Meredith	10
Barry Washkansky	16	David Foy	12	Sibylla Eickhoff	10
Rolf Aebischer	15	Alan Green	12	Arno Lawrenz	10
Brian Key	15	Roz Menne	11	Andre Filander	10
Roger Steel	13	Glenn Castle	10	Dirk McIntosh	10
Mark Lemmon	13	Mark Spengler	10	Keven Green	10
Annie Lemmon	13	Sonia Beard	10	Daksha Hargovan	10

## 2018 MILESTONES:

**GOING FOR TEN:** Mustaq Abbas; Mark Pikker

**GOING FOR FIVE:** Gary Banfield; Rian Brand; Scott Cannon; Carl Foster; James Frazer; Jenny Metzger; Justin Parker; Charmaine Scott; Cathy Stanley

A total of 106 green numbers (for five finishes) have been awarded, to date.



# ONOMO Hotel Cape Town – Inn On The Square

Greenmarket Square is South Africa's second oldest square and an appropriate setting for the 'turnaround' point and finish of the Three Peaks Challenge.

Bring your family, friends and supporters along to enjoy a drink and a meal on the hotel verandah and lap up the wonderful general atmosphere at Cape Town's famous square!



Original painting by Don Hartley

## SEE YOU ON THE HILL!

And when all is done...

### REJOINING THE WAITING LIST

Completion of this year's event does not automatically make you eligible for an entry to the 2019 event. The entry list for 2019 and 2020 is, in theory, already full! Should you wish to rejoin the waiting list, you will need to notify us by email as soon as possible, after the event is officially over, not during the event. You will rejoin at the bottom of the list.

**Only emails sent after the 7.00 pm (14-hour) cut-off, on Saturday 3 November 2018, will be accepted - emails sent before this time will be considered invalid. This also applies to participants who have Green (permanent) numbers and people who start but do not complete the event. Nobody will automatically be returned to the waiting list.**