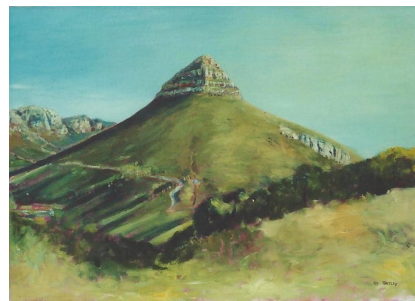
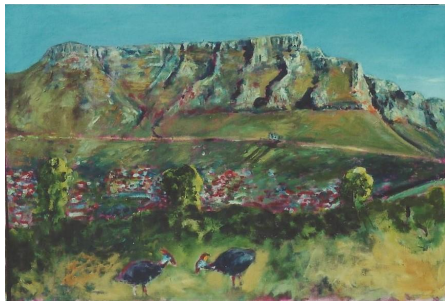
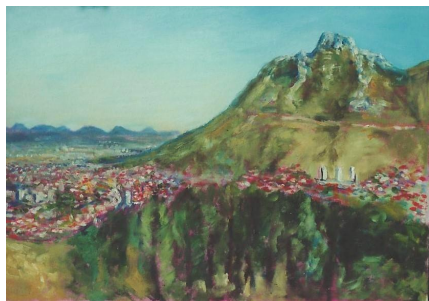


THE THREE PEAKS CHALLENGE 2025 - RACE INSTRUCTIONS



REGISTRATION

Registration is at 91 Loop Boutique Hostel on the corner of Longmarket and Loop streets

Wednesday 29 October 2025 - from 4 to 6 pm

Friday 31 October 2025 - from 3 to 5 pm

NO RACE NUMBER COLLECTIONS ON SATURDAY 1 NOVEMBER

“OK, LET’S GO!”

Arrive at 91 Loop Boutique Hostel from 5am and enter via the main entrance on Loop Street. Drop your bags in the Courtyard (where you registered). The start will be at **5.30 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...

Please note that all 3 events start at 5.30am at Greenmarket Square

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 the same route until this point.

DISTANCE and ELEVATION

The Challenge: approx. 50km, elevation 3 000m

The Classic: approx. 33km, elevation 2 500m

The Relay:

Devil’s Peak: approx. 18km, elevation 1 000m

Maclear’s Beacon: approx. 19km, elevation 1 080m

Lion’s Head: approx. 11km, elevation 670m

CUT-OFF TIMES

The official overall **cut-off time is 7.30 pm** (14 hrs)

Cut-offs will also be applied to the first and second peaks

First Peak

On completion of the Devil's Peak leg – participants need to reach 91 Loop Boutique Hostel by 9.45 am (4 hours, 15 minutes after the start)

Second Peak

On completion of the Table Mountain leg – participants need to reach 91 Loop Boutique Hostel by 3.30 pm (10 hours after the start)

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 91 Loop Boutique Hostel in between peaks - also the finishing point of the challenge.

THE TIMEKEEPERS WILL BE STATIONED JUST INSIDE THE MAIN ENTRANCE TO 91 LOOP BOUTIQUE HOSTEL. PLEASE ENSURE THAT THEY RECORD YOUR NUMBER. THEN PROCEED THROUGH TO THE COURTYARD TO YOUR TOG BAG (IF NECESSARY) AND FINALLY EXIT VIA THE MAIN ENTRANCE ON LOOP STREET.

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 FOR THE START OF EACH PEAK.

THERE WILL BE WATER AND COKE AT THE BASE OF PLATTEKLIP GORGE AND LION'S HEAD FOR THE CLASSIC RUNNERS AS THEY WILL NOT BE RETURNING TO 91 LOOP BETWEEN PEAKS.

PARKING

Parking is available at Heritage Square on Bree street, also known as Riebeeck Square Parking Lot. The day rate for 0-9 hours is R50 per car and another R30 for each additional 5 hours.

TOG BAGS

Bags can be left in the space made available in the Courtyard at 91 Loop Boutique Hostel. As space is limited and this Courtyard is also used by guests at the Hostel, please keep your baggage to a minimum and ensure that the area is kept as orderly as possible.

Note: event organisers, volunteers, sponsors and staff at 91 Loop Boutique Hostel 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, a cell phone (fully charged and with the Emergency number saved: 082 257 2787) and sufficient food and water.

EVENT NUMBERS

YOUR NUMBER MUST BE WORN ON THE FRONT AND BE VISIBLE FOR THE FULL DURATION OF THE EVENT

Please ensure that your number has been recorded 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.

MEDICAL INFORMATION

Medical and Emergency support on the day will be provided by 'Medics in Motion'. Their emergency contact number needs to be saved into your phone (**082 257 2787**).

WITHDRAWAL PRIOR TO THE EVENT

Please email the organisers if you have collected your number, but are no longer able to start or take part. Failure to do so may affect your participation in future events.

WITHDRAWAL DURING THE EVENT

If 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, or to only report it to staff at the checkpoints

You must report your withdrawal directly to the officials and timekeepers at 91 Loop Boutique Hostel.

Liz 072 955 6797, Don 083 508 1017

LOCATION OF TOILETS

Toilets are available at:

- 91 Loop Boutique Hostel
- Deer Park - near the parking area (Deer Park Drive entrance side)
- 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)

REFRESHMENTS

You will be able to fill up with water in the Courtyard at 91 Loop Boutique Hostel, but thereafter you are expected to be entirely self-sufficient. Please **bring your own cup** for drinking water and coke at 91 Loop Boutique Hostel.

There will be water and coke at the checkpoints on Tafelberg and Signal Hill Roads for the Classic runners, and limited **emergency** water for other runners. **Bring your own cup.**

SWEEPERS

There will be experienced trail-runners/hikers responsible for 'sweeping' the route. They will monitor and keep track of the participants at the back of the field

THE BEACONS ON THE PEAKS

Make sure that you check-in at these checkpoints – 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:** Maclear's Beacon, at 1086m, 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 kms further on.

Note: 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 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!

HYPERLINK "<http://www.sanparks.co.za>" www.sanparks.co.za

THE USE OF EROSION PATHS IS PROHIBITED!

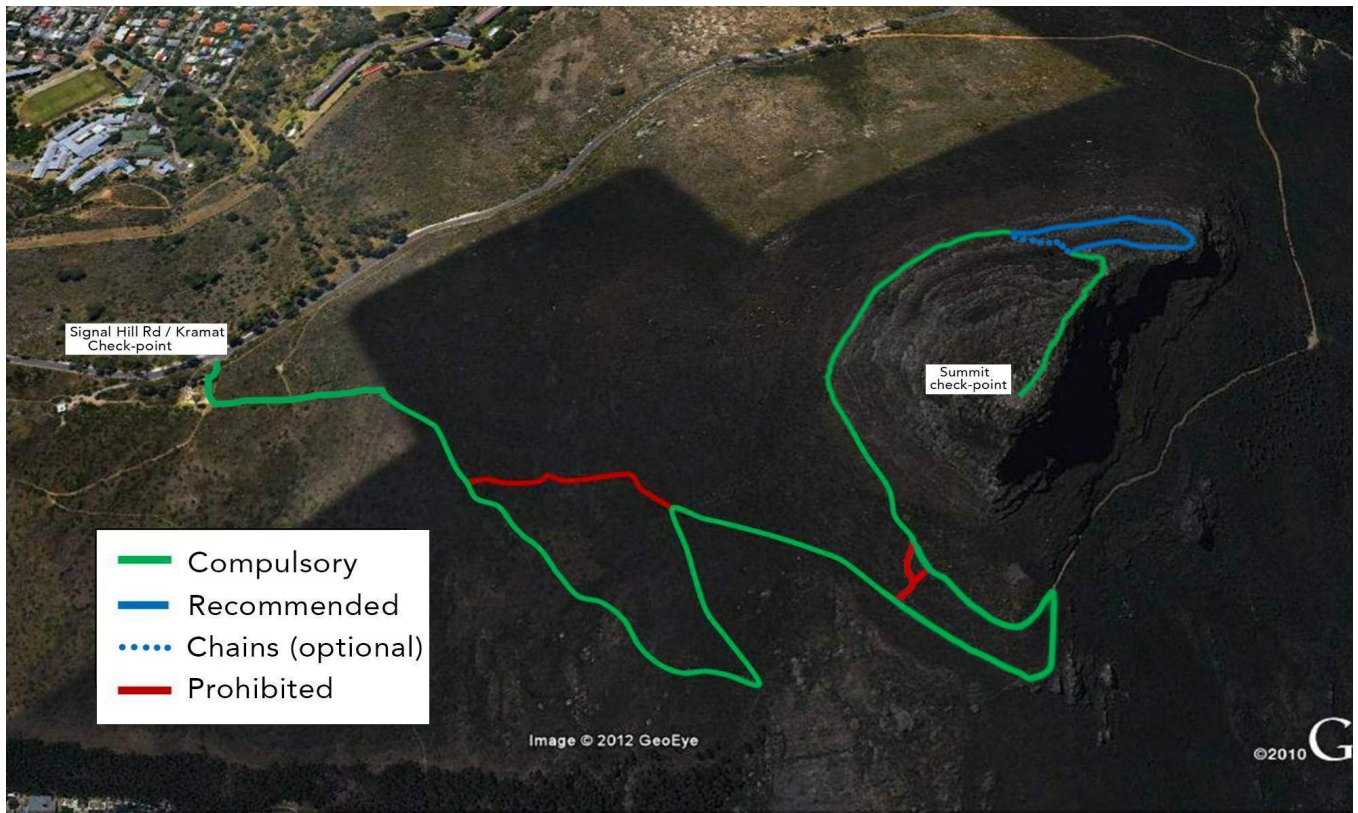
PLEASE TAKE CAREFUL NOTE OF THE FOLLOWING:

- **STAY ON THE PATHS AND TRACKS AT ALL TIMES** – no clambering up banks, through bush etc.
- **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 do not run alone in Deer Park or on the slopes of Signal Hill.

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. 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 the organisers, 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 be extra vigilant when crossing Kloof Nek Road and Signal Hill Road.

PLEASE DO NOT LITTER

We have been instructed by the authorities 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

SPONSORS

This year we have a fantastic line up of sponsors that will be making the event ever more awesome than before! Watch the socials to see what prizes and hand outs they will be providing:

[Three Peaks Challenge FB group](#)

[Three Peaks Challenge IG account](#)



ROLL OF HONOUR: THREE PEAKS CHALLENGE 1897 to 2024

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		2012	Katya Soggott	06:15:27
2013	Charl Souma	05:46:57		2013	Katya Soggott	06:15:02
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
2018	Kane Reilly	05:15:46		2018	Cleo Albertus	07:16:19
2019	Kane Reilly	04:42:43	record	2019	Julika Pahl	06:09:15 record
2020	Pete Calitz (main event)	05:46:56		2020	Jana Trojan	07:30:54
2020	Damian Schumann (virtual event)	05:44:13				
2021	Luke Roberts	05:30:23		2021	Emily Djock	06:37:01
2022	Pieter Calitz	05:53:53		2022	Liz Robertson	08:18:11
2023	Matthew Bouch	05:28:56		2023	Steph van Gelderen	06:53:34
2024	Ridhaa Fakier	06:15:16		2024	Lisa Geffen	06:12:08 1st overall

* solo efforts, prior to the 1997 Three Peaks Challenge

TEN OR MORE THREE PEAKS CHALLENGES COMPLETED:

Gavin Snell	22
Barry Washkansky	17
Rolf Aebischer	15
Brian Key	15
Mark Lemmon	14
Annie Lemmon	14
Roger Steel	13
Alan Green	13
Gavin Schoeman	13
Stephen Hector	12
David Foy	12
Lindie Schietekat	12
Liz Robertson	12

Mark Vernon	12
Roz Menne	11
Mustaq Abbas	11
Isaac Korasie	11
Alister Smuts	11
Mike Els	11
Nazeem Dollie	11
Glenn Castle	10
Mark Spengler	10
Sonia Beard	10
Guy Meredith	10
Sibylla Eickhoff	10
Arno Lawrenz	10

Andre Filander	10
Dirk McIntosh	10
Keven Green	10
Daksha Hargovan	10
Mark Pikker	10
Erik Booysen	10
Brenda Coomer	10
Jana Beckett	10
Marian (Mo) Oliver	10
Rupert Becker	10
Nic Wiltshire	10
Alistair Barge	10
Pete Calitz	10

Since 1997:

- 149 people have completed the Three Peaks Challenge five or more times
- 39 people have completed the Three Peaks Challenge 10 or more times

PERMANENT NUMBERS:

Permanent numbers are awarded to runners that complete their 5th Three Peaks Challenge. Please note that completing The Classic or The Relay event does not count towards a Permanent Number as this is exclusively for the original Three Peaks Challenge.

2025 MILESTONES:

GOING FOR TEN: TBC

GOING FOR FIVE: TBC

91 Loop Boutique Hostel

Greenmarket Square is South Africa's second oldest square and has always been an appropriate setting for the start of the Three Peaks Challenge. We are very fortunate to have the use of 91 Loop Boutique Hostel as our 'turnaround' and finish point.

The restaurant and bar at 91 Loop Boutique Hostel will be open and we encourage you, your families and friends to enjoy the post challenge atmosphere in this lovely venue.

SEE YOU ON THE HILL!