



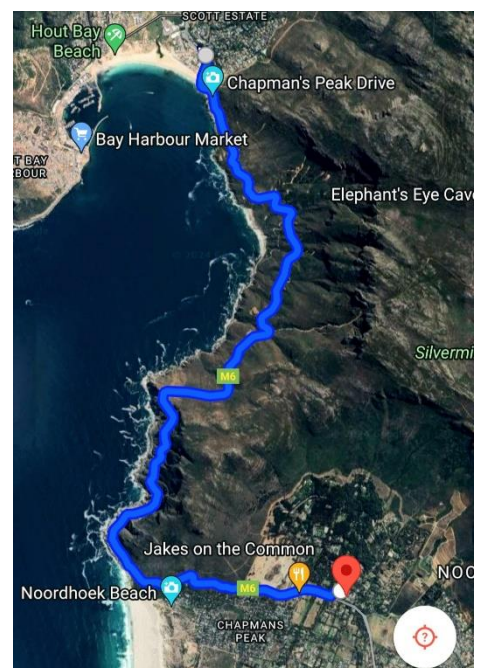
Start from Noordhoek Village Hotel Fri 28 Feb 06.00am

An extreme endurance non-stop challenge to complete a 24-hour cycle on Chapman's Peak Drive, followed immediately with the 13 Peaks 106km trail run through the Table Mountain National Park

Part 1 – on the bike

Can Grant outride the Mercedes-Benz E Sprinter on one charge in 24 hours? Human vs electric power. Grant will cycle between Noordhoek Village and Hout Bay as many times as possible within 24 hours, followed by the E-Sprinter support vehicle.

Expected distance between 400 - 450km



Noordhoek – Hout Bay - Noordhoek = 19km

348m elevation gain per lap

Average expected ride time per lap = 52min

Approx every 4 hours Grant will stop at Noordhoek Village Hotel for 15 min.

The Noordhoek Village Hotel will be the base during the 24 hours, riding across to Hout Bay Grant will make his u-turn at the Seattle Coffee shop and head back up over Chapman's Peak drive to Noordhoek Village.

Part 2 – on the feet

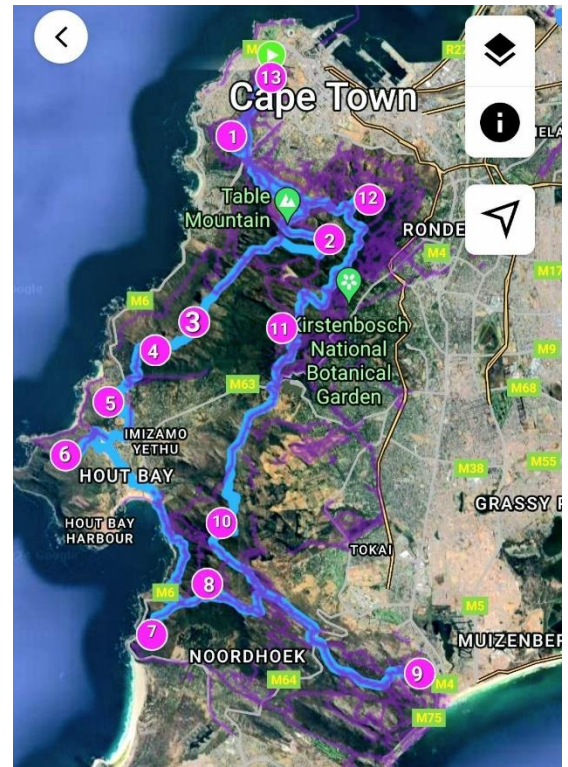
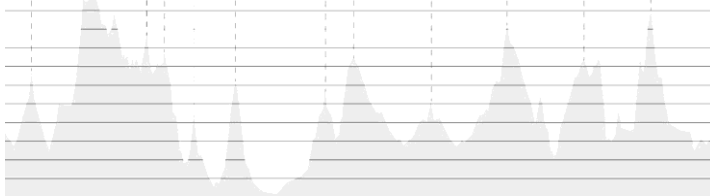
Start the 106km, 13 Peaks Trail route at 9.00am 1 Mar from Signal Hill

After completing the cycling leg at 6.00am Sat 1 Mar, Grant and support team drive through to Signal Hill

Hike/run the 13 Peaks around Table Mountain from Signal Hill in an anti-clockwise direction finishing back at Signal Hill, aiming for a 9.30pm finish on Sun 2 Mar

6,600m elevation gain, 2 days target time

4 x check points and for support team and supporters to join Grant: Llandudno, Hout Bay, Noordhoek, Constantia Nek



Follow Grant Lottering on Instagram and/or Facebook for details and updates leading up to the 28th Feb, of times and location where you can come and join Grant or support him!

Help Grant overcome the odds!

