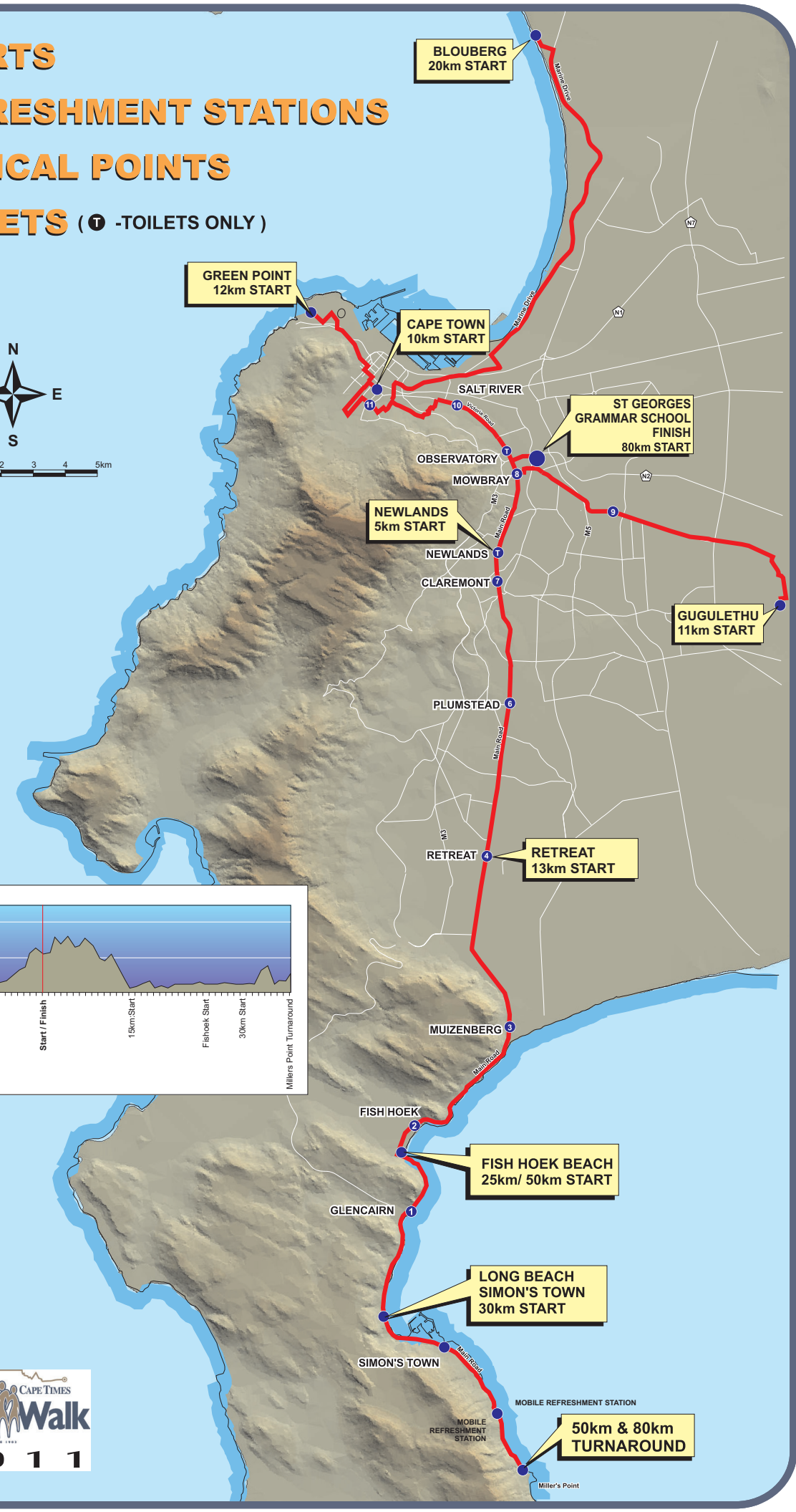
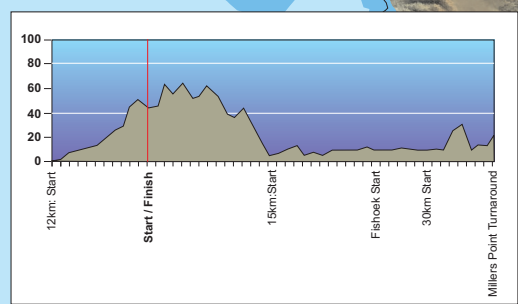
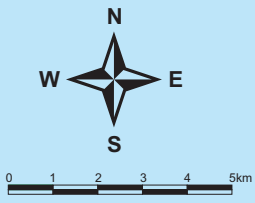


STARTS

REFRESHMENT STATIONS

MEDICAL POINTS

TOILETS (T - TOILETS ONLY)



BLOUBERG
20km START

GREEN POINT
12km START

CAPE TOWN
10km START

NEWLANDS
5km START

ST GEORGES
GRAMMAR SCHOOL
FINISH
80km START

RETREAT
13km START

FISH HOEK BEACH
25km/ 50km START

LONG BEACH
SIMON'S TOWN
30km START

GUGULETHU
11km START

MOBILE REFRESHMENT STATION
50km & 80km
TURNAROUND