



42KM

ROUTE MAP



REFRESHMENT STATIONS

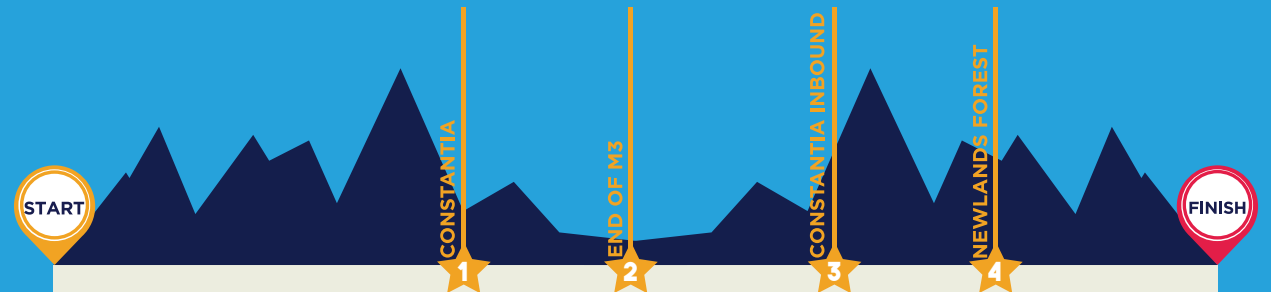
	KILOMETRES TO GO		
★ CONSTANTIA	29,3	+	⚙️
★ TOKAI	23,0	+	⚙️
★ CONSTANTIA INBOUND	14,5	+	⚙️
★ NEWLANDS FOREST	8,6	+	⚙️

KEYS

- ★ REFRESHMENT STATIONS
- ⊕ MEDICS
- ⚙️ REPAIR ZONE

CUT-OFFS

★ END OF M3	12H00
★ NEWLANDS FOREST	13H00
★ FINISH	14H00



TOTAL ELEVATION: 600m