

55km

DETAILS		Stage KM	Total KM	Stage D+	Total D+	KM to Aid Station	Stage Time	Race Time	Day Time	Stage Time	Race Time	Day Time	Time Barriers	Aid Type	Allowed Support	Medical	Return Bus	Toilets	
START	LLANDUDNO	0	0	0	0	6.5	-	-	07H00	-	-	07H00						WC	
AID	ROCKET ROAD	6.5	6.5	263	263	8.3	0:40	0:40	07H40	1:20	1:20	08H20						WC	
AID	HOUT BAY	8.3	14.8	498	761	16.4	0:50	1:30	08H30	2:00	3:20	10H20						WC	
TP	CONSTANTIA GLEN	11.0	25.8	740	1501	-	1:10	2:40	09H40	3:00	6:20	13H20						WC	
AID	ALPHEN TRAIL	5.4	31.2	127	1628	13.4	0:30	3:10	10H10	1:10	7:30	14H30	14H30 CUT OFF					WC	
TP	NURSERY RAVINE	4.8	36	309	1937	-	0:30	3:40	10H40	1:30	9:00	16H00							
AID	UNIVERSITY of CT	8.6	44.6	296	2233	10	0:50	4:30	11H30	1:55	10:55	17H55	18H00 CUT OFF					WC	
TP	DEAD MANS TREE	7.0	51.6	457	2690	-	0:55	5:25	12H25	2:30	13:25	20H25							
END	CAPE TOWN	3.0	54.6	16	2706	0	0:10	5:35	12H35	0:30	13:55	20H55	CUT OFF 14hrs					WC	
TECHNICAL DATA							LEAD RUNNERS			BACK RUNNERS			AID KEY: WATER DRINKS FOOD DRINKS						