

# PENINSULA TRAVERSE 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	Stage Time	Race Time	Day Time	Time Barriers	Day & Date	Aid Type	Allowed Support	Medical	Return Bus	Toilets
START	LLANDUDNO	0	0	0	0	7.0	-	-	07H00	-	-	07H00	-	-	07H00	START	FRI 22	X				WC
AID	ROCKET ROAD	7.0	7.0	263	263	9.0	0:35	0:35	07H35	0:40	0:40	07H40	1:40	1:40	08H40				X		X	WC
AID	HOUT BAY	9.0	16.0	498	761	12.3	0:49	1:24	08H24	0:58	1:38	08H38	2:10	3:50	10H50						WC	
AID	CONSTANTIA GLEN	12.3	28.3	740	1501	4.4	1:08	2:32	09H32	1:23	3:01	10H01	3:20	7:10	14H10				X		X	WC
AID	ALPHEN TRAIL	4.4	32.7	127	1628	12.1	0:18	2:51	09H51	0:23	3:25	10H25	0:50	8:00	15H00	15H00 CUT OFF	FRI 22				WC	
TP	NURSERY RAVINE	4.7	37.4	309	1937	7.4	0:25	3:17	10H17	0:34	4:00	11H00	1:20	9:20	16H20			X	X	X	X	X
AID	UNIVERSITY of CT	7.4	44.8	296	2233	9.7	0:45	4:02	11H02	0:57	4:58	11H58	2:10	11:30	18H30	18H30 CUT OFF	FRI 22				WC	
TP	DEAD MAN'S TREE	6.7	51.5	457	2690	3.0	0:44	4:47	11H47	1:10	6:08	13H08	2:25	13:55	20H55			X	X		X	X
END	CAPE TOWN	3.0	54.5	16	2706	0.0	0:12	5:00	12H00	0:14	6:23	13H23	0:35	14:30	21H30	CUT OFF	FRI 22	14:30HRS				WC
TECHNICAL DATA							MALE LEAD RUNNERS			FEMALE LEAD RUNNERS			BACK RUNNERS			AID KEY:  WATER  DRINKS  FOOD DRINKS						

Printed 31/10/2024