

Hand over #3 -
Gouda Station



Run (8km)



Hand over #4 -
Tulbagh Weg Station

Cycle (20km)



Cycle (22km)

FINISH - CERES GOLF
& ECO GOLF ESTATE



Run (12km)



Hand over #2 -
Hermon Station



Hand over #5 -
Waverley Farm



Cycle (20km)



Hand over #1 -
Malan Station



Run (8km)



START - WELLINGTON