



START / FINISH

5KM | 10KM | 15KM
28KM | 42KM

STERK FONTEIN
CAVES

42KM run turn-point and water point
Distance – 7.8km from 41KM start
6.6KM TO NEXT WATER POINT

5KM run turn-point and water point
Distance – 2.5km from start

10KM run turn-point and water point
Distance – 5km from start

15KM run turn-point and water point
Distance – 7.5km from start

Water Point
7.8KM TO NEXT
WATER POINT

Water Point
7.5KM TO NEXT
WATER POINT

Water Point
4.9KM TO NEXT
WATER POINT

M5

M5

R374

Elandsdrift

WATER POINT DISTANCES

5KM – 1 WATER POINT

2.5KM – 5KM (FINISH LINE)

10KM – 3 WATER POINTS

2.5KM – 5KM – 7.5KM – 10KM (FINISH LINE)

15KM – 5 WATER POINTS

2.5KM – 5KM – 7.5KM – 10KM – 12.5KM – 15KM (FINISH LINE)

28KM – 5 WATER POINTS

8.6KM – 16.3KM – 21.1KM – 23.6KM – 26.1KM – 28KM (FINISH LINE)

42KM – 7 WATER POINTS

7.8KM – 14.4KM – 22.2KM – 29.7KM – 34.6KM – 37.1KM – 39.6KM – 42.1KM (FINISH LINE)