

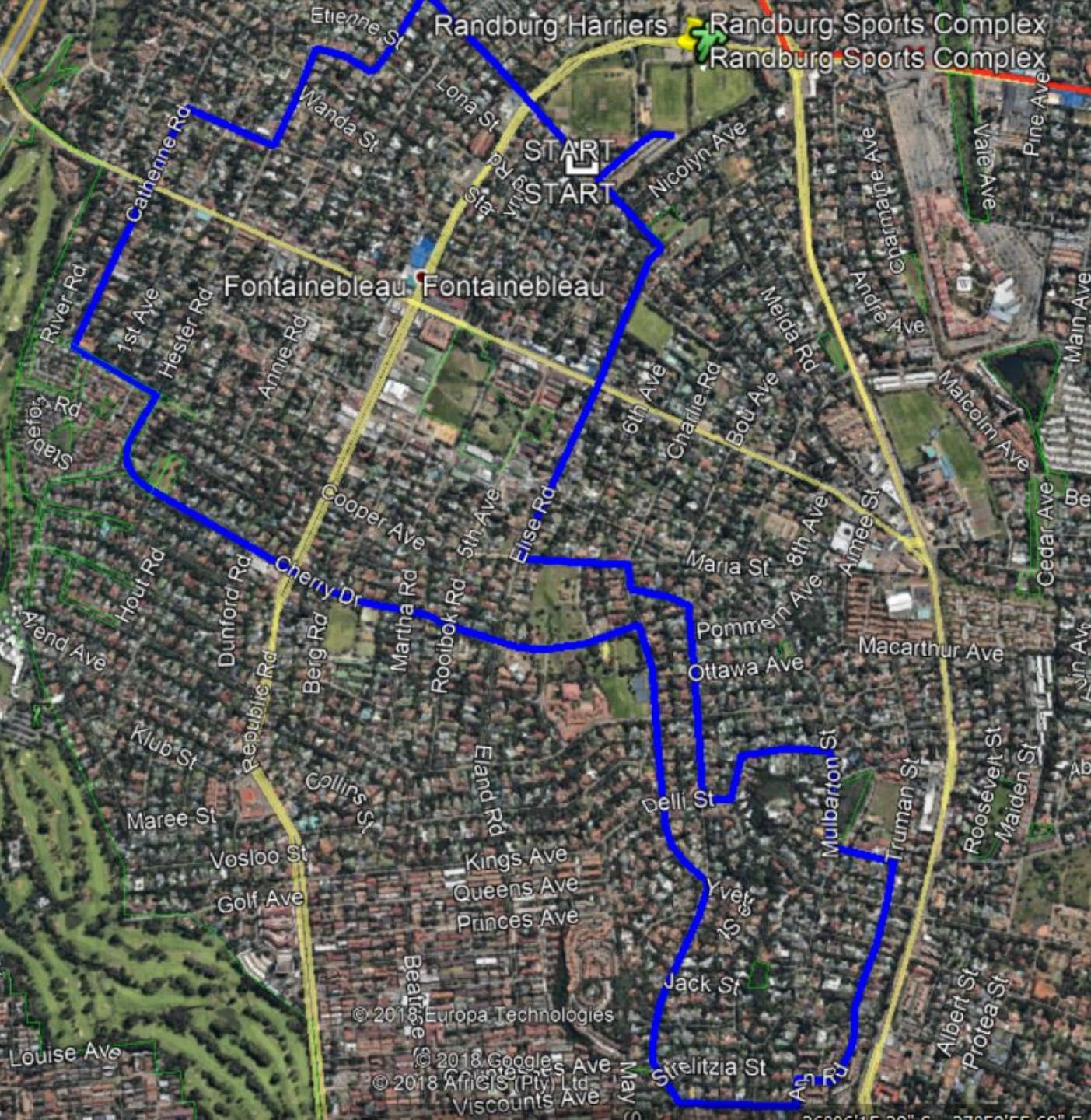
5km route



5km elevation profile



10km route



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Viscounts Ave

May St

Strydom St

Strelitzia St

Ans Rd

Alb St

Protea St

Maiden St

Roosevelt St

Truman St

Macarthur Ave

Pommern Ave

Ottawa Ave

Maria St

Elm Rd

Rooibok Rd

Berg Rd

Dunford Rd

Cherry Dr

Martha Rd

Cooper Ave

Elise Rd

5th Ave

6th Ave

Charlie Rd

Bou Ave

Main Rd

Malcolm Ave

Cedar Ave

Bea St

Lyn Ave

Ab St

Macarthur Ave

Amee St

8th Ave

Pommern Ave

Ottawa Ave

Maria St

Elm Rd

Rooibok Rd

Berg Rd

Dunford Rd

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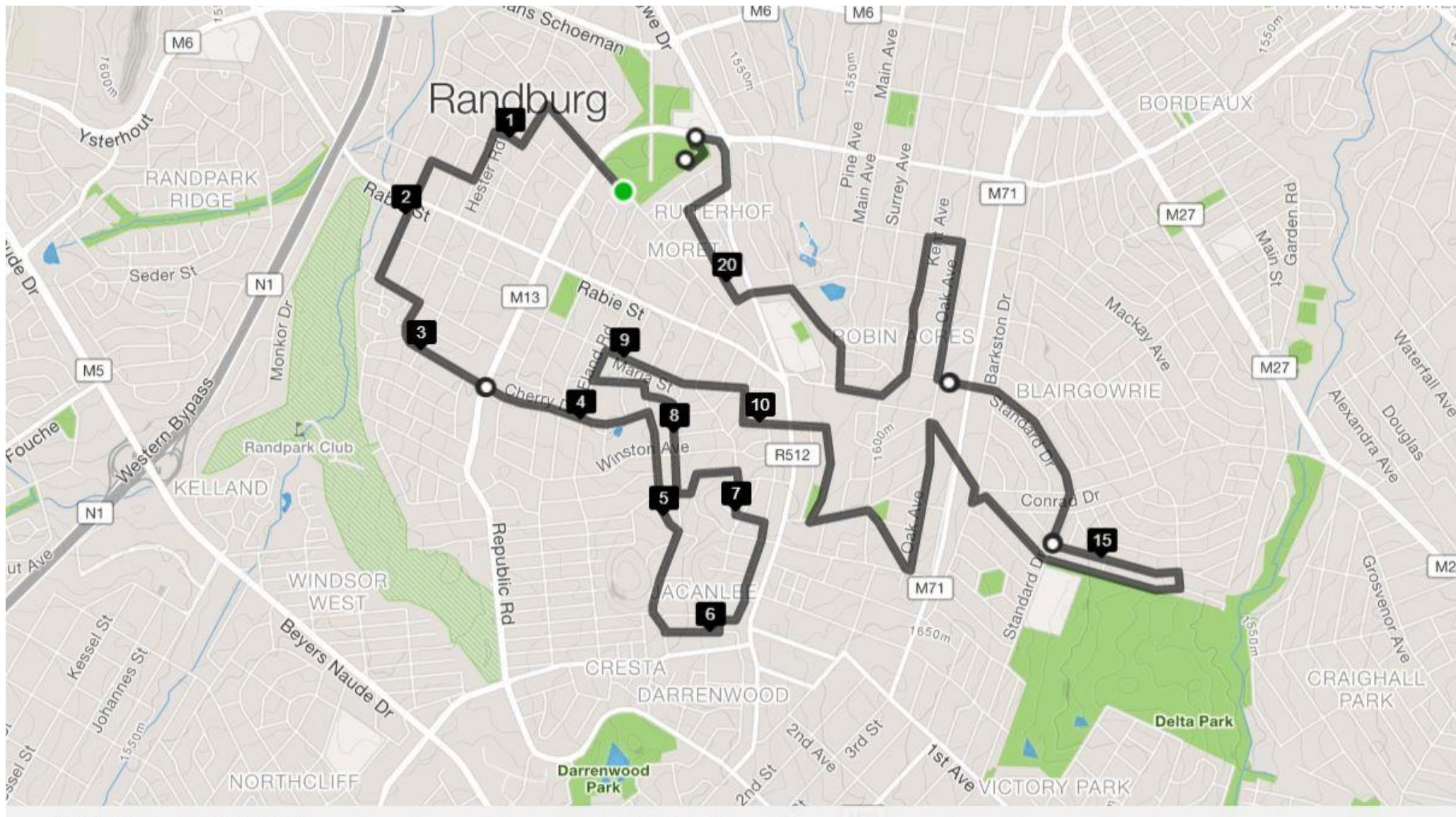
10km elevation profile



21km route



21km route



21km elevation profile

