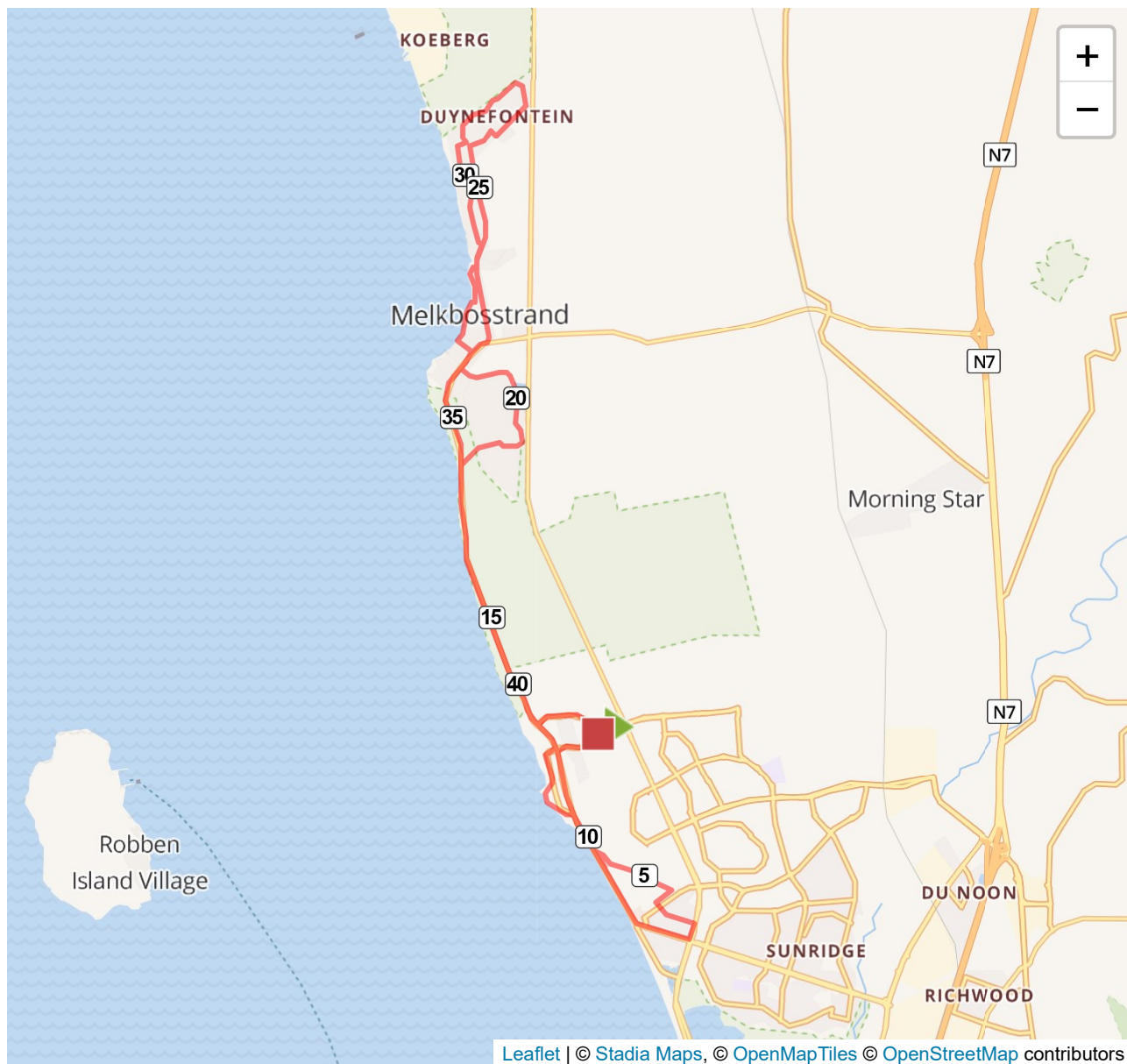


mapometer - West Coast Athletic Club 42.2



Distance
42.17 km

ascent
317 m

descent
315 m

Notes

The first 12 kilometers have some turns but with added benefit of street lights. The route will do the Tableview beachfront first and then head towards Melkbos, Dynefontein and back. Making it light by the time runners get to the cycle path