

Route

- Start on the road at Addison Park, proceed towards Biyela
- Turn left into Biyela St then continue past the Garden Clinic Hospital ;
- Turn right into Ukula St run for approx 400m ,
- turn right onto the Airport Rd ; Run for 1km , turn around and run back
- Run for 2km then turn left at the robots on the R34 into Nkwanazi St ;
- Proceed along this rd for approx 800m then turn left into Turnbull St ;
- Continue past the Old Mutual building then turn right at the Eskom offices, into Pearce Crescent.
- At the end of Pearce Cres , turn left into Turnbull Street
- Run across Nkwanazi St , past the Protea hotel and turn left into Loftheim St
- Proceed on this street then turn left into Wightman Ave.
- Along this street then turn left into President Swart Ave.
- Proceed down this street then turn right into Cactus Drive
- Proceed on this road ; turn right into Palm Rd
- At the end of Palm Rd , turn left into Durnford
- Proceed on Durnford Ave, across Ngwelezane Rd , turn left into Bronze St
- Proceed and turn left into Steel way
- Proceed on Steel way , over Ngwelezane Rd till Tusk Casino,
- Turn right at the casino , at the robots cross over and turn left into Knutzen street
- Proceed on Knutzen street past the BBS Mica and Paint Centre.
- Turn left at the rail post office into Tanner Rd.
- Proceed past best cut butchery to Quality cars
- At the robots turn left and run towards 5 way mall.
- Cross over at the 5 way robots, then turn left into Rex Henderson St
- At the end of the street turn right into Higgs Rd
- Proceed on Higgs road , past the Catholic Church
- Turn right into Paul Avenue , run past 5 Way Mall onto Standish Lester street (behind Bimbo's) which becomes Louis Botha Avenue.
- Proceed on Louis Botha then turn left onto Warbler St
- At the top of Warbler , turn left an head towards the club via Hospital Rd.

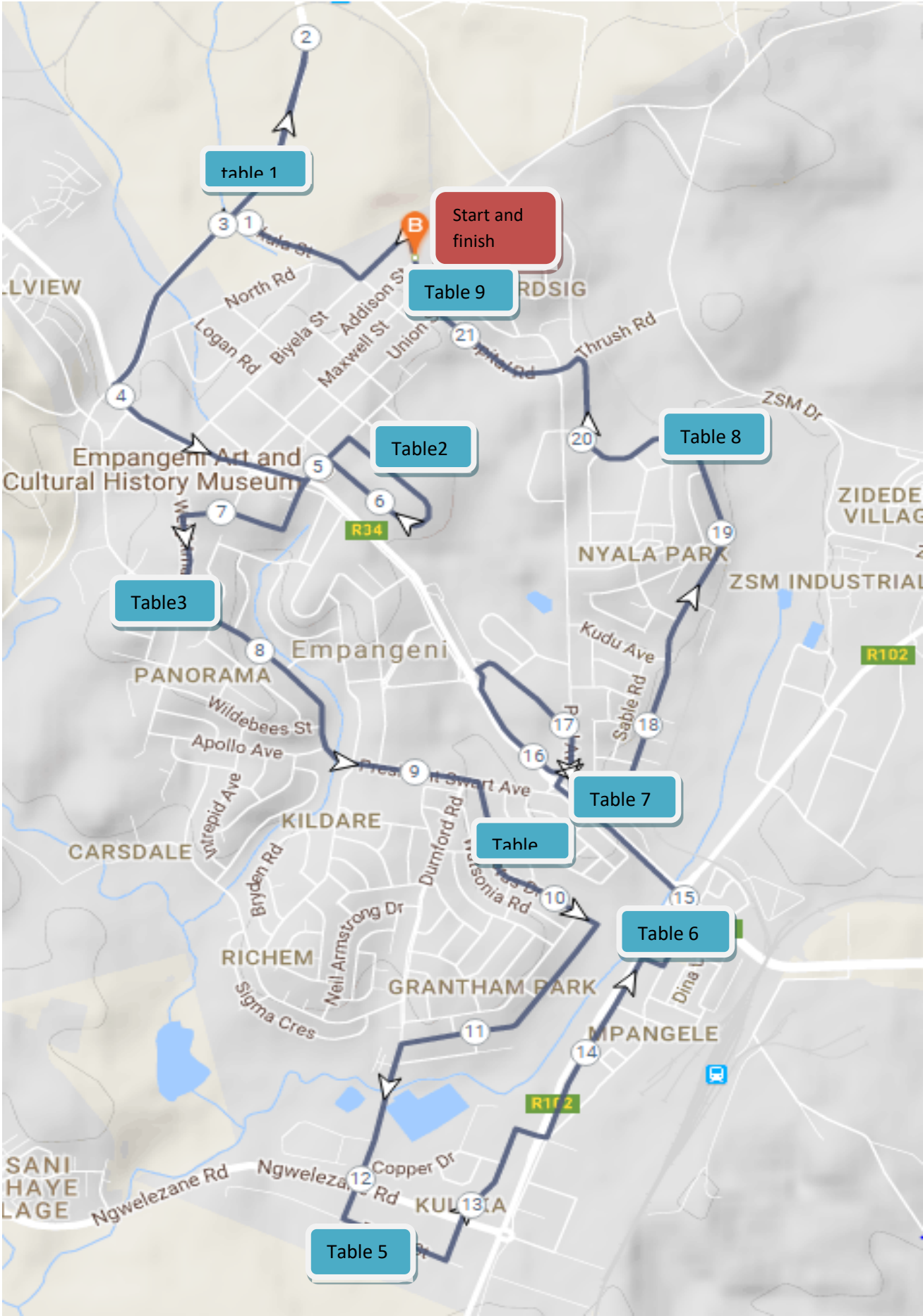


table 1

Start and finish

Table 9

Table 2

Table 8

Table 3

Table 7

Table

Table 6

Table 5

Route stats

Distance	21.10 km		Total Ascent/Descent	244 m / 243 m
Lowest Point	56 m (at 11.52 km)		Highest Point	144 m (at 4.59 km)
Uphill	9.09 km (42.4%)		Downhill	8.28 km (38.7%)
Flat	4.05 km (18.9%)		Max. Height Gain	88 m
Steepest Uphill	+8.9% (at 4.05 km)		Steepest Downhill	-8.9% (at 7.74 km)
Longest Uphill	1.35 km (at 11.61 km)		Longest Downhill	1.26 km (at 7.38 km)

