

DAY 3 RUN COURSE 50 KM (2 x 25 KM Loops)

Waterfill Stations & Special Needs

- 1: Allendale Road (Water)
5.3 KM/30.3 KM
- 2: Allendale Lake Road (Water)
10.6 KM/21.5 KM/35.6 KM/46.4KM
- 3: Turn Around
(Water & Special Needs)
16 KM / 41 KM
- 4: Start / Finish Line
(Water & Special Needs)
Start / 25 KM / Finish 50 KM

