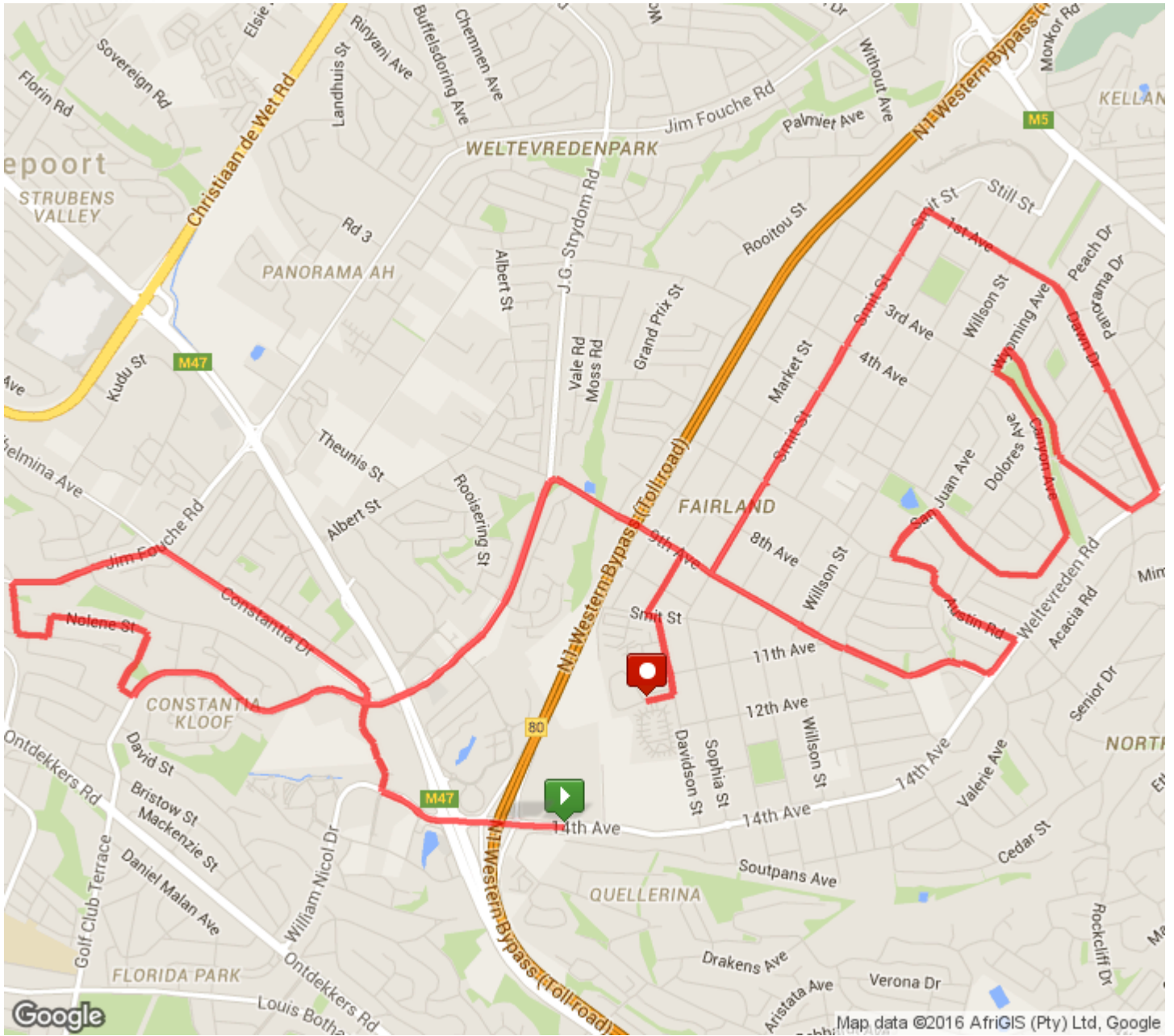


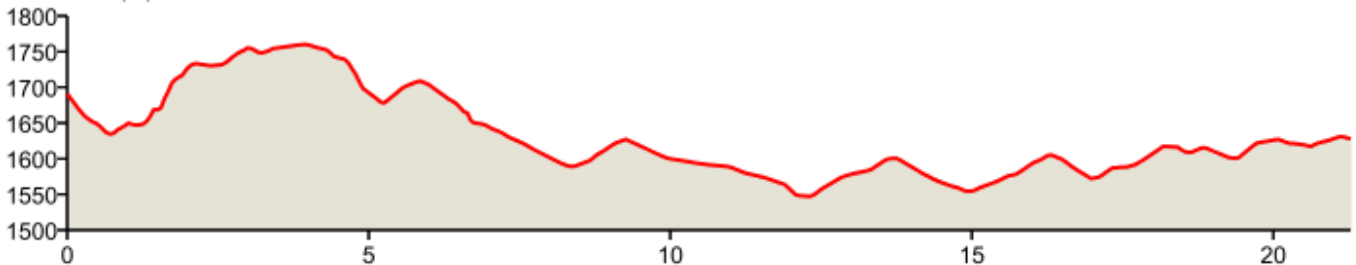


MTN Race 21.1km route  
Distance: 21.28 km  
Elevation: 368.48 m (Max: 1,760.18 m)


























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ELEVATION (m)




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	Head west on 14th Ave	0 km (+0.64 km)
	Continue onto William Nicol Dr	0.64 km (+0.38 km)
	Head northwest on William Nicol Dr toward Joseph Lister St	1.01 km (+0.01 km)
	Turn right onto Constantia Dr Go through 2 roundabouts	1.02 km (+0.52 km)
	Turn left onto Golf Club Terrace	1.54 km (+0.29 km)
	Head southwest on Golf Club Terrace toward Panorama Dr	1.83 km (+0.83 km)
	Head west on Golf Club Terrace toward Heroldt St	2.66 km (+0.26 km)
	Turn right onto Heroldt St	2.92 km (+0.4 km)
	Heroldt St turns slightly left and becomes Nolene St	3.32 km (+0.02 km)
	Head northwest on Nolene St toward Clay St	3.33 km (+0.52 km)
	Head south on Clay St toward Pauline St	3.85 km (+0.11 km)
	Turn right onto Pauline St	3.96 km (+0.17 km)
	Turn right onto Edmund Rd	4.13 km (+0.27 km)
	At the roundabout, take the 1st exit onto Jim Fouche Rd	4.4 km (+0.37 km)
	Slight right to stay on Jim Fouche Rd Go through 1 roundabout	4.77 km (+0.45 km)
	Turn right onto Constantia Dr	5.22 km (+0.04 km)
	Head southeast on Constantia Dr toward Bamboes St	5.26 km (+1.37 km)
	Turn left onto J.G. Strydom Rd	6.63 km (+0 km)
	Head east on J.G. Strydom Rd	6.63 km (+0.16 km)
	Head northeast on J.G. Strydom Rd toward Springhaas Rd	6.8 km (+1.5 km)
	Turn right onto 9th Ave	8.29 km (+0.97 km)
	Head northeast on Smit St toward 8th Ave	9.26 km (+0.56 km)
	Enter the roundabout	9.82 km (+0.02 km)
	Head north toward Smit St	9.83 km (+0.01 km)
	Exit the roundabout onto Smit St	9.84 km (+0.1 km)

 Head northeast on Smit St toward 6th Ave	9.95 km (+0.45 km)
 Enter the roundabout	10.39 km (+0 km)
 Head northeast toward 5th Ave	10.4 km (+0.01 km)
 Exit the roundabout onto Smit St	10.41 km (+0.17 km)
 Head northeast on Smit St	10.58 km (+0.1 km)
 Enter the roundabout	10.68 km (+0.01 km)
 Head north toward Smit St	10.69 km (+0.01 km)
 Exit the roundabout onto Smit St	10.7 km (+0.55 km)
 Enter the roundabout	11.25 km (+0.01 km)
 Head north toward Smit St	11.26 km (+0.01 km)
 Exit the roundabout onto Smit St	11.27 km (+0.27 km)
 Turn right onto 1st Ave	11.54 km (+0.02 km)
 Head southeast on 1st Ave toward Kessel St	11.56 km (+0.51 km)
 Head southeast on 1st Ave	12.07 km (+0.01 km)
 Enter the roundabout	12.08 km (+0.01 km)
 Head northeast toward 1st Ave	12.09 km (+0 km)
 Exit the roundabout onto 1st Ave	12.09 km (+0.21 km)
 Continue onto Arizona Ave	12.3 km (+0.1 km)
 Continue onto Dawn Dr	12.4 km (+0.56 km)
 Enter the roundabout	12.95 km (+0.02 km)
 Head east toward Dawn Dr	12.97 km (+0.01 km)
 Exit the roundabout onto Dawn Dr	12.99 km (+0.6 km)
 Head southwest on Pendoring Rd toward Weltevreden Rd	13.59 km (+0.18 km)
 Turn right onto Scott St	13.76 km (+0 km)
 Head northwest on Scott St toward Green St	13.77 km (+0.46 km)
 Head northwest on Scott St	14.22 km (+0.01 km)
 At the roundabout, take the 2nd exit onto Donga Ave	14.23 km (+0.08 km)

	Head north on Donga Ave toward Louisiana St	14.31 km (+0.58 km)
	Head northwest on Donga Ave toward Wyoming Ave	14.89 km (+0 km)
	Turn left onto Wyoming Ave	14.9 km (+0.14 km)
	Enter the roundabout	15.04 km (+0.01 km)
	Head southeast on Canyon Ave toward Concho St	15.05 km (+1.1 km)
	Continue onto Boulder Ave	16.14 km (+0.15 km)
	Head west on Boulder Ave	16.29 km (+0.27 km)
	Continue onto Nelson St	16.56 km (+0.41 km)
	Head northwest on Nelson St toward San Juan Ave	16.98 km (+0 km)
	Turn left onto San Juan Ave	16.98 km (+0.34 km)
	Turn left onto 7th Ave	17.32 km (+0 km)
	Head east on 7th Ave toward Beatrice Ave	17.33 km (+0.3 km)
	At the roundabout, take the 1st exit onto Austin Rd	17.63 km (+0.03 km)
	Head southeast on Austin Rd toward Arkansas Ave	17.66 km (+0.17 km)
	Turn left to stay on Austin Rd	17.83 km (+0.35 km)
	Turn right onto Weltevrede Rd	18.18 km (+0 km)
	Head southwest on Weltevrede Rd toward Riana Ave	18.18 km (+0.38 km)
	Head southwest on Weltevrede Rd toward Weltevreden Rd	18.56 km (+0.02 km)
	Turn right onto Weltevreden Rd	18.57 km (+0 km)
	Head northwest on Weltevreden Rd toward 7th Ave	18.58 km (+0.29 km)
	Head northwest toward Weltevreden Rd	18.87 km (+0.02 km)
	Exit the roundabout onto Weltevreden Rd	18.89 km (+0.06 km)
	Head northwest on Weltevreden Rd	18.95 km (+0.29 km)
	Enter the roundabout	19.24 km (+0.01 km)
	Head west toward Weltevreden Rd	19.25 km (+0.01 km)
	Exit the roundabout onto Weltevreden Rd	19.26 km (+0.07 km)
	Continue onto 9th Ave	19.33 km (+0.19 km)

 Enter the roundabout	19.52 km (+0.01 km)
 Head northwest toward Willson St	19.53 km (+0.02 km)
 Exit the roundabout onto 9th Ave	19.54 km (+0.72 km)
 Turn left onto Market St	20.26 km (+0.03 km)
 Head southwest on Market St toward 10th Ave	20.29 km (+0.35 km)
 Head east on Smit St toward Davidson St	20.64 km (+0.06 km)
 Head south on Davidson St toward 11th Ave	20.7 km (+0.42 km)
 Head west on Danielle St	21.13 km (+0.15 km)
 Destination	21.28 km (+0 km)

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