



WATER STATIONS

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|------------------------------|---------------------------------|----------------------|
| 01 OMMIEDRAAI ATHLETIC CLUB | 08 THE CHILDRENS HOSPITAL TRUST | 15 VITAL HEALTHFOODS |
| 02 EERSTERIVER ATHLETIC CLUB | 09 SANLAM | 16 MEDIA 24 |
| 03 EDUVATE | 10 ASICS | 17 SANLAM |
| 04 EERSTERIVER ATHLETIC CLUB | 11 ANNA FOUNDATION | 18 COKE |
| 05 PINK DRIVE | 12 JAG FOUNDATION | 01 COKE |
| 06 MAD FOUNDATION | 13 CANSA | 02 SANLAM |
| 07 COKE | 14 CITY OF CAPE TOWN | 03 VITAL HEALTHFOODS |

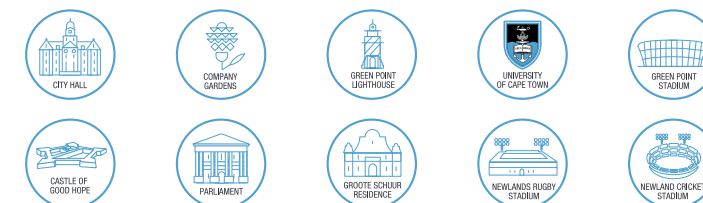
SPECTATOR BUS STOPS

- 01 SANLAM - RONDEBOSCH COMMON
- 02 VITAL HEALTHFOODS - GARDENS
- 03 SANLAM - FANWALK
- 04 START/FINISH

SUPPORTER ZONES

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|------------------------------|------------------------|
| 01 SANLAM - RUN GREEN | 08 NATION CAFÉ |
| 02 GUIDE DOGS ASSOCIATION SA | 09 HOME FROM HOME |
| 03 DRAKENSTEIN HOSPICE | 10 SPCA |
| 04 CAPE KIDNEY | 11 HEART RADIO |
| 05 MULTIPLE SCLEROSIS SA | 12 VOLUNTEER WILD FIRE |
| 06 GROOTE SCHUUR HIGH SCHOOL | 13 CAPE TOWN CARNIVAL |
| 07 SOUTHERN SUN NEWLANDS | 14 PROJECT DIGNITY |
| | 15 VITAL MINSTRALS |

PLACES OF INTEREST



Africa is our home, this is our race. It's CAPE TOWN - Must run it!