

CYCLE ROUTE

12 to 15 : 10km (out 5km to 'varsity back gate and back)

16 to 19 : 20km (out 10km to Noordhoek beach and back)

AG : 40km (out 10km to Noordhoek beach and back by 2 laps)

U23 Elites & Elites (out 6.67km and back by 3 laps)

