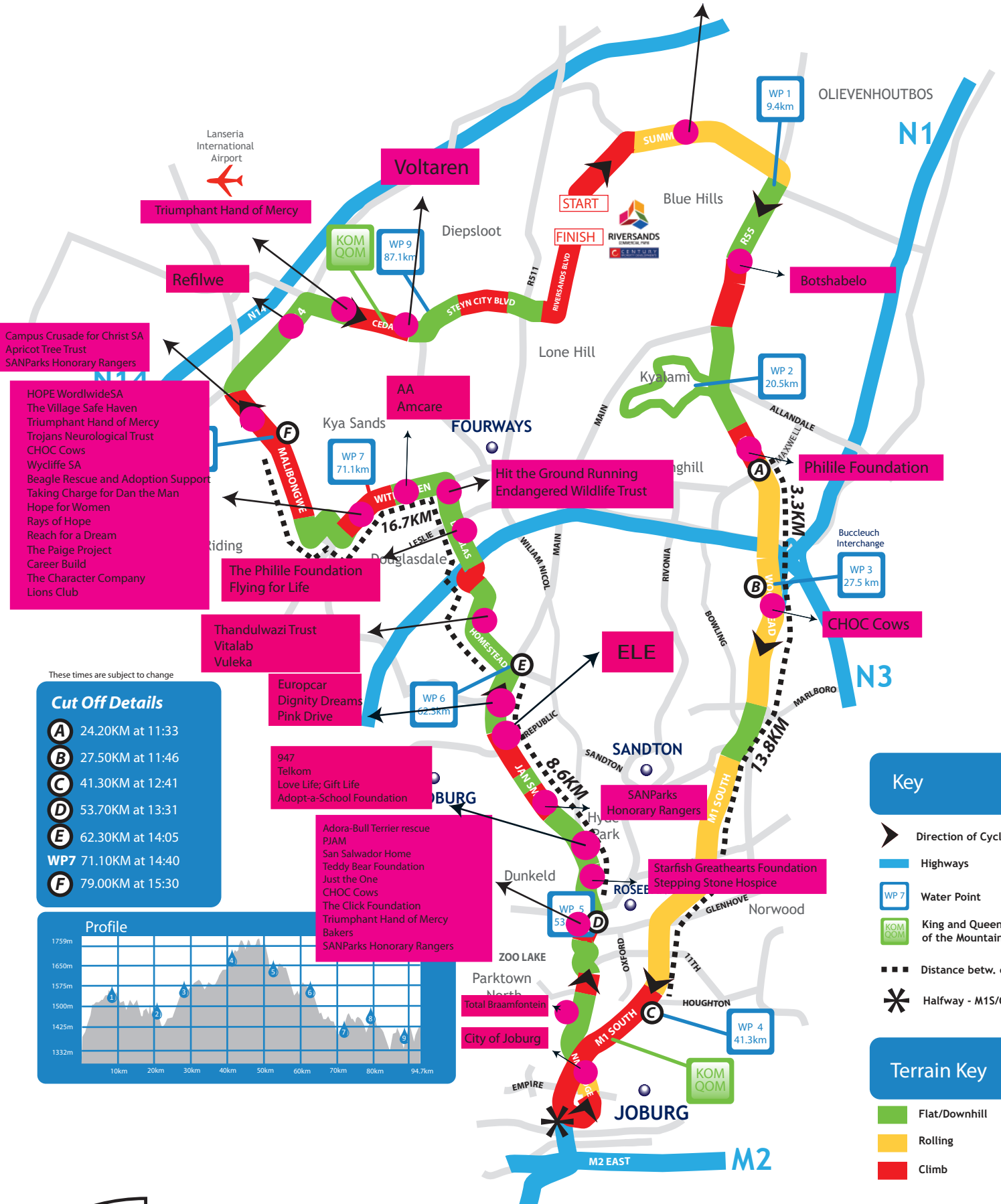




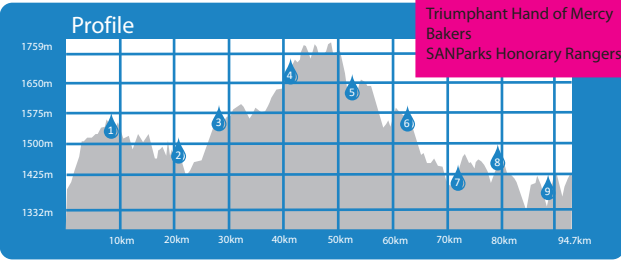
Moove n Groove



- Campus Crusade for Christ SA
- Apricot Tree Trust
- SANParks Honorary Rangers
- HOPE WorldwideSA
- The Village Safe Haven
- Triumphant Hand of Mercy
- Trojans Neurological Trust
- CHOC Cows
- Wycliffe SA
- Beagle Rescue and Adoption Support
- Taking Charge for Dan the Man
- Hope for Women
- Rays of Hope
- Reach for a Dream
- The Paige Project
- Career Build
- The Character Company
- Lions Club

These times are subject to change

Cut Off Details	
A	24.20KM at 11:33
B	27.50KM at 11:46
C	41.30KM at 12:41
D	53.70KM at 13:31
E	62.30KM at 14:05
WP7	71.10KM at 14:40
F	79.00KM at 15:30



- 947 Telkom
- Love Life; Gift Life
- Adopt-a-School Foundation
- Adora-Bull Terrier rescue
- PJAM
- San Salvador Home
- Teddy Bear Foundation
- Just the One
- CHOC Cows
- The Click Foundation
- Triumphant Hand of Mercy
- Bakers
- SANParks Honorary Rangers

Key

- Direction of Cyclists
- Blue line Highways
- WP 7 Water Point
- KOM/QOM King and Queen of the Mountain
- Distance betw. cut offs
- ✳ Halfway - M1S/CarrSt

Terrain Key

- Green Flat/Downhill
- Yellow Rolling
- Red Climb



PZ - Powerzones on Route

