



T.O.E MULTI-STAGE RUN

31 July - 2 August

SHORT RUN : ENTRY R170

DAY1	DAY2	DAY3
5.5km	8km	4.5km

LONG RUN : ENTRY R190

DAY1	DAY2	DAY3
10km	21km	13.5km

VELDSKOEN
THE SOLE OF SOUTH AFRICA





THE
OUTDOOR
ENTHUSIAST

T.O.E MULTI-STAGE RUN SERIES

RACE 1 OF 6

FRI 31 JUL - SUN 2 AUG '20

5.5km | 8km | 4.5km
10km | 21km | 13.5km

RACE 2 OF 6

FRI 28 AUG - SUN 30 AUG '20

4.5km | 7km | 6km
9km | 19km | 12.5km

RACE 3 OF 6

FRI 2 OCT - SUN 4 OCT '20

6.5km | 7.5km | 3.5km
10km | 18km | 14.5km

RACE 4 OF 6

FRI 6 NOV - SUN 8 NOV '20

5km | 8km | 4km
10.5km | 15.5km | 12km

RACE 5 OF 6

FRI 4 DEC - SUN 6 DEC '20

3km | 6km | 5.5km
10km | 20km | 16.5km

RACE 6 OF 6

FRI 8 JAN - SUN 10 JAN '21

5km | 8.5km | 6.5km
10km | 21km | 14km

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