

**ONLINE MAP AVAILABLE FOR SOUTH AFRICA'S MOST BEAUTIFUL
ULTRA-MARATHON**
February 2010

The route of South Africa's most beautiful ultra-marathon, The Old Mutual Two Oceans race that meanders through suburban Cape Town past Table Mountain and over Chapman's Peak, is once again available in an interactive online format from the official Two Oceans website.

The map's simple interactive features allow users to zoom in onto specific points along the route or to access a complete list of race watering or medical points and practical distance related information that runners can use for pre-race preparations.

The map – sponsored annually by leading map provider MapIT - displays the 56-kilometre ultra-marathon, and the shorter 21-kilometre half marathon against an overlay of the route onto a detailed street map of Cape Town and surroundings.

"The organisation and execution of the race is a complex logistical challenge that affects competitors, support crews, spectators and residents," says Marketing Manager of Two Oceans Marathon, Stefanie Schultzen. "The graphic display of the route at street level detail and the accompanying list of support points answer questions about the most important aspects of the race - our support for the runners along the route."

Simple menu tabs alongside the map enable users to select the marathon or the ultra-marathon route. Further prompts guide the user to views of refreshment or medical stations positioned strategically along either route. A click on 'view refreshments stations' for example, displays the complete list of water stations on the route and a brief description of street, geographic or suburban locations.

An additional click on any of the listed points displays the relevant station on a street level view of the route map with distances indicated at 1-kilometre intervals. A simple graphic interface aids a similar 'click and view' process. For example, a 'point-and-click' on any specific section of the route, displays a close up view of refreshment and medical stations at or near that point on the map.

"Our map offers basic but useful information for everybody involved with the race," says Ray Wilkinson, managing director of MapIT. "The map offers information that anybody, runners, local residents or spectators can use for race day planning. We're proud to continue our traditional support of this famous event."

Interested parties can access the Two Oceans website and the map on www.twooceansmarathon.org.za.

About MapIT

MapIT operates at the forefront of digital mapping in Sub-Saharan Africa. Working in tandem with shareholders Tele Atlas (a world leading international mapmaker) and local media giant Avusa, the company is Southern Africa's leading supplier of digital map data and enriched geo-spatial content used in the mobile and corporate enterprise markets. MapIT also supplies commerce and industry with applications and data used in asset tracking, fleet management, business and marketing intelligence and web services.

Ultra Marathon Water Stations

Click on the location to view the map

Distance (km)	Station Location
0	Start Dean Street, Newlands
2.8	Main Road, Kenilworth
5	Main Road, Plumstead
6.7	Sanco Motors, Diep River
9.3	Ladies Mile Road, Retreat
11	Warner Lambert
13	Lakeside Fire Station
15.3	Outside 711, Main Road, Muizenberg
17.3	St James Station
20.1	Grass verge at entrance to Fish Hoek
22.1	72 Kommetjie Road, Fish Hoek
24.1	200 Kommetjie Road, Fish Hoek
26.3	800 metres beyond Louws Corner
28.8	Before Silvermine Road intersection
30.3	Top of Little Chapmans Peak
32	Under half tunnel
33.7	Chapmans Peak
35.6	Picnic area on descent, Chapmans Peak
37.5	Past Blockhouse mountain walk
38.5	Just past Sky Cafeacute;, Hout Bay
40	In front of Sothebys
41	On left between Montessori school and Helsby
42.2	+ - 200 metres past 42.2km mark
43.5	Past Oakhurst Farm stall, Hout Bay road
44.5	Between Lil Welsies and Long Kloof building
45	Phantom acrs ascent, Constantia Nek
46	Just before summit of Constantia Nek
46.3	Just after summit of Constantia Nek
47.3	Constantia Heights, Rhodes Drive
49	Duntaw Close, Rhodes Drive
50.3	Top Gate, Kirstenbosch Gardens
52	Bottom Gate, Kirstenbosch Gardens
53	Rhodes Drive / Orange Street
54	Newlands Forest Station
55	Zoo Turnoff
56	Finish

