



-  2KM SWIM
-  20KM WALK
-  3KM KAYAK
-  FAMILY WALK
-  DRINK STATION






**20/20**  
Challenge

 Cerebral Palsy  
THE SPASTIC CENTRE

Macquarie Group  
Foundation 

**Event Course**  
Sunday, 21 March 2010

2KM SWIM  
3KM KAYAK  
20KM WALK

-  **Swim** – Shelly Beach, Manly
-  **Walk** – from Shelly Beach to Clontarf Beach
-  **Kayak** – from Clontarf Beach to Chinamans Beach
-  **Walk** – from Chinamans Beach to Georges Heights and back to Chinamans Beach
-  **Kayak** – from Chinamans Beach to Clonfarf Beach finish line

**THE SPIT**  
**CLONTARF**  
**FINISH**

**START**  
**SHELLY BEACH**  
**MANLY**

**MANLY**

**MOSMAN**

**GEORGES**  
**HEIGHTS**

**FAIRLIGHT**

Manly Cove

North Harbour

Middle Harbour

Hunters Bay

North Harbour Walk  
Fairlight Walk  
East Esplanade  
West Esplanade  
Ashburner St  
North Harbour Walk  
Deborah Trk  
Arabasco Walk  
Castle Rock Trk

Hopetown Ave  
Burrin Ave  
The Esplanade  
Cononaton Ave