



SUN 19 FEB 2023

Distances and Start Times

42.2km: Starts at 05h15 Greenpoint Main Road

21.1km: Starts at 07h00 Bergvliet Sports Clubs

Finish: Simon's Town Naval Sports Ground

Road Closure Schedule:

Affected Roads: 42.2km

Main Rd, Green Point, Three Anchor Bay Rd to York Rd 04:45 to 05:45
(City bound carriage way only)

Main Rd / Somerset Road Green Point York Rd and Buitengracht St. 05:00 to 05:45
(both directions)

Affected Roads: 21.1km

Children's Way, Fountain Rd, Egret Road, Silverhurst Way, Bergvliet 06:30 to 07:30
(Main Road bound)

Main Rd, Bergvliet 06h45 to 07:30
(Crossover Wynberg bound)

INTERMITTEND ROAD CLOSURES

**Main & Atlantic Rd
Muizenberg**
07h00 – 11h00
RESIDENTS ONLY
Detour via boyes dr or
Ou Kaapse Weg

**Main Rd at Fish Hoek
Circle**
07h00 – 11h00
Detour via Kommetjie
Rd, Glencairn Express
Way

**Main Rd & Glencairn
Express Way**
07h00 – 11h00 Detour
via Glencairn Express
Way Kommetjie Road

**Queens St (Main) &
Runciman Dr.
(Boulders end)**
07h30 – 11h30 Detour
via Runciman Drive

- Motorists to be courteous and try to avoid using Victoria Main Road.
- Athletes to adhere to the directions and instructions of Traffic Officers and Marshals at all times.
- Motorists travelling to Fish Hoek area along the Main Road via Muizenberg to Kalk Bay should use the alternative route of Boyes Drive or Ou Kaapse Weg as there will be intermittent delays along the seaboard road.
- Enforcement of parking restrictions in Simons Town will apply.

Dedicated bus services will shuttle participants back to their start points from the finish periodically. Traffic Officers will assist in the management of traffic and marshals will be deployed all along the route to direct participants.