

Growthpoint Sundowner 10km 2023

Route description

A map of the route can be seen double clicking on this link and selecting open Hyperlink:

[Sundowner 10km. Mapometer.com running route #5485434](https://www.mapometer.com/running-route/5485434)

The start of the race is in the V & A Waterfront, in the bus parking area, 100m before the southern entrance to the parking area, opposite the Waterfront MyCitibus stop on the left, facing south



The runners turn right into Breakwater Boulevard, and keeping to the right hand side of the road carry on until they turn right into Haul Road

At the end of Haul Road, the runners turn right into Beach Road, a

1 km: Beach Road, Moullie Point, 15m after the entrance to the Radisson Hotel on the right hand side



- They run over the intersection at the top and on past the Oceana Powerboat yard, before turning right into Beach road

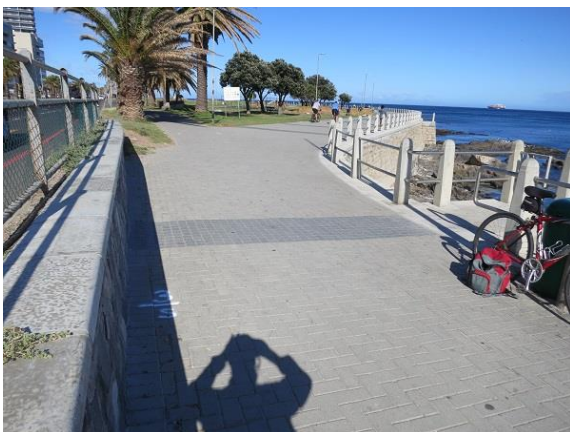
Once in Beach Road they run on the right hand side of the road, facing the traffic until they move onto the pavement at the first available opportunity

The runners turn right onto the Moullie Point promenade

2 km: Moullie Point promenade, opposite Fortuna Flats on the left, 2m before a park bench on the left, and just before a pathway over the lawns on the left



3 km: On the corner of Beach and Bach, opposite the steps going down to 3 Anchor Bay beach on the right, just before the Sea Point promenade



- They carry on along with the promenade onto the Sea Point prom.

4 km: Sea Point Promenade, opposite Hall Road on the left, just after the Winchester Mansions Hotel on the left, 3m after a manhole on the left



The turn point is at the end of the promenade at the Sea Point Swimming Pool



- The runners then carry on back along the pavement in Beach Road.

5 km: Beach Road, Sea Point, 3m before robot no 5 at the intersection of Beach road and St Johns Road on the right, 80m after the turn around



6 km: Beach Road, Sea Point, opposite Rockland's flats on the right, 40m before the toilets on the left



- At Three Anchor Bay Road, the runners move into the far left hand lane of Beach Road, and carry on, turning left into Beach at the corner of Beach and Beach before rejoining the pavement at the Three Anchor Bay parking area.
- They continue along the pavement back to the Waterfront

7 km: Beach Road, Moullie Point, 20 meters before the entrance to the Hussar Grill on the right hand side just before Park Road



8 km: Beach Road, Moullie Point, opposite Edward Court on the right hand side, 10m after a park bench on the sea side

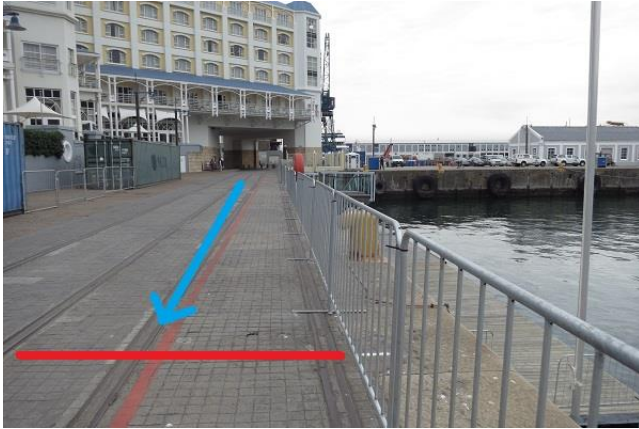


- The runners turn left into Haul Road

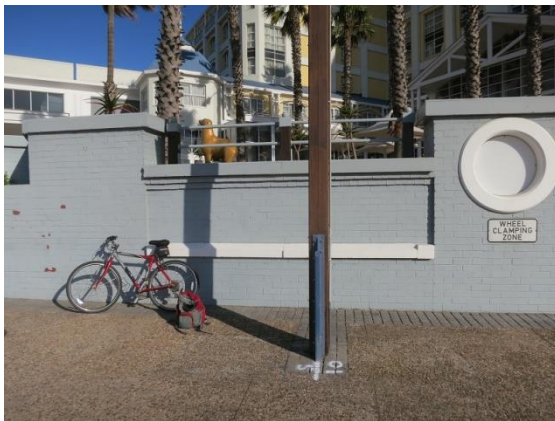
9 km: Haul Road, 3m before an oncoming traffic warning sign on the left, behind the Grand Beach resort on the left



- At the intersection of Breakwater Boulevard and East Pier Road, the runners turn right into East Pier Road, through the booms and on to the finish



The finish is in the V & A Waterfront, Quay 6, at streetlamp 9m to the north of the entrance to Table Bay Hotel on the right hand side, facing south



Gavin Wright

World Athletics A Grade Route Measurer

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