

Route Description – 2019 SPAR Ladies Challenge (10km)

Start Beach Road (Corner of Haul & Beach Roads) & run with the traffic towards Fritz Sonnenberg Road

Left into Fritz Sonnenberg Road.

Right onto the Fore Court.

Left towards the Underpass but turn 45 degrees right on pedestrian walkway.

Onto Main Road (Sea Point bound) & run on fan walk/pavement towards Three Anchor Bay Road.

Turn right at robots just past the Sea Point Library into Three Anchor Bay Road.

Turn left into Beach Road at corner of Beach & Three Anchor Bay Roads.

Stay on the City bound in Beach Road Sea Point.

Turn around just before the Old Aquarium Building, all areas fenced.

Return on Pavement and Promenade (till the end of the Promenade).

At the end of the Promenade into Beach Road towards the Waterfront (City Bound).

Stay on the City bound in Beach Road Mouille Point.

Right into Fritz Sonnenberg Road.

Right into Stephan Way.

Finish Entrance onto the fields at bottom gate (Behind Hamilton's Rugby)

Route Description – 2019 SPAR Ladies Challenge (5km)

Start Beach Road (Corner of Haul & Beach Roads) & run with the traffic towards Fritz Sonnenberg Road.

Left into Fritz Sonnenberg Road.

Right onto the Fore Court.

Left towards the Underpass but turn 45 degrees right on pedestrian walkway.

Onto Main Road (Sea Point bound) & run on fan walk/pavement towards Three Anchor Bay Road.

Turn right at robots just past the Sea Point Library into Three Anchor Bay Road.

Turn right into Beach Road at corner of Beach & Three Anchor Bay Roads.

Stay on the City bound in Beach Road Green Point/Mouille Point.

Turn left onto Promenade after Putt Putt Course.

At the end of the Promenade into Beach Road towards the Waterfront (City Bound).

Stay on the City bound in Beach Road Mouille Point.

Right into Fritz Sonnenberg Road.

Right into Stephan Way.

Finish Entrance onto the fields at bottom gate (Behind Hamilton's Rugby).