

SUN % 16 FEB %

DISTANCES / START TIMES

42.2KM: Starts 05h15 Greenpoint Main Road

21.1KM: Starts 07h00 Bergylet Sports Club

Simon's Town Naval Sports Ground

Road Closure Schedule:

Affected Roads: 42.2km

Main Rd, Green Point, Three Anchor Bay Rd to York Rd

(City bound carriage way only)

Main Rd / Somerset Road Green Point York Rd and Buitengracht St.

(both directions)

Affected Raods: 21.1km

Children's Way, Fountain Rd, Egret Road, Silverhurst Way, Bergyliet (Main Road bound)

Main Rd, Bergyliet

(Crossover Wynberg bound)

04:45 to 05:45

05:00 to 05:45

06:30 to 07:30

06h45 to 07:30

INTERMITTEND ROAD CLOSURES

Main & Atlantic Rd Muizenberg 07h00 - 11h00 RESIDENTS ONLY Detour via boves 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 Kommetiie Road

Queens St (Main) & Runiman Dr. (Boulders end) 07h30 - 11h30 Detour via Runciman Dr.

- 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 Kalkbay 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 marshalls will be deployed all along the route to direct participants.

This event is held under the rules and regulations of ASA and Western Province Athletics. Visit the website to enter online.