



## Gun Run 2023 – Race Route descriptions V4.0

### 10 km – race starts at 07:00 on Saturday 16<sup>th</sup> September

**Start** – On Fritz Sonnenberg next to a recycling point on the right hand side, 6m before a pedestrian crossing on the western end of the Cape Town Stadium. Continue on Fritz Sonnenberg to Beach Road. Cross Beach Road onto seaside of road / pavement turning left in direction of the lighthouse.

At the start of the promenade, turn right onto Promenade.

**1km** : Continue on the promenade to Three Anchor Bay.

**2km** : Continue on the promenade to the vendors at the pavilion area.

**3km** : Continue on the promenade to the vendors at the pavilion area.

**4km** : At the pavilion area, runners move onto pavement and stay on pavement to past the pools where they go onto road in slow lane still in the direction of Queens Road.

Continue in same lane of road past the Queens Road circle to Saunders Rocks turning point. Runners go around the circle at Saunders Rocks and head back to Queens Road circle in outer lane.

**5km** : Continue along Beach Road in direction of Swimming pools in righthand dedicated lane.

**6km** : Continue along Beach Road in direction of Swimming pools in righthand dedicated lane. Once past the pavilion vendors runners can use all of seaside roadway to Three Anchor Bay Road.

Continue along Beach Road in left hand inbound lane, in direction of City Centre

**7km** : Continue along Beach Road in seaside roadway, in direction of City Centre

**8km** : At Three Anchor Bay Road runners move to righthand lane next to median and , follow Beach Road to the intersection of Beach and Beach, turning left in dedicated lane towards Mouille Point Lighthouse. 10km runners stay in left hand lane.

Continue along Beach Road, to the Lighthouse. At the Lighthouse Turn right and cross Beach Road into Alexander Place onto pedestrian walkway. Cross Bay Road and enter into park at West gate keeping on left of the pathway.

**9km** : Continue straight on left side of pathway to gate onto Greenpoint Common fields. following markers to race finish.

**10km** : Finish on Hamilton's rugby fields