



Gun Run 2023 – Race Route descriptions V4.0

5km Pet Walk starts at 08:30 on Saturday 16th September

Start – On Fritz Sonnenberg next to a recycling point on the righthand side, 6m before a pedestrian crossing on the western end of the Cape Town Stadium. Continue on Fritz Sonnenberg to Beach Road. Turn left into Beach Road on seaside of road / pavement.

1km : Turn left onto promenade and continue on promenade to Three Anchor Bay. and continue past Outdoor Gym.

2km : Continue on promenade to Rocklands Beach and make a U-turn onto pavement opposite Sea Vista apartment building. Continue on pavement in direction of the city

3km : At Three Anchor Bay Road, runners move into road in dedicated left lane turning left at Beach & Beach in dedicated lane. At parking entrance opposite Shell garage, runners move onto pavement in direction of the Lighthouse.

At the Lighthouse. continue on the Beach Road pavement to Fritz Sonnenberg.

4km : At the intersection of Beach and Fritz Sonnenberg, turn right and cross Beach Road and continue to Stephan Way. At Stephan Way turn right and proceed gate onto Greenpoint Common fields. Through gate onto Hamilton's rugby fields, follow markers to race finish.

5km: Finish