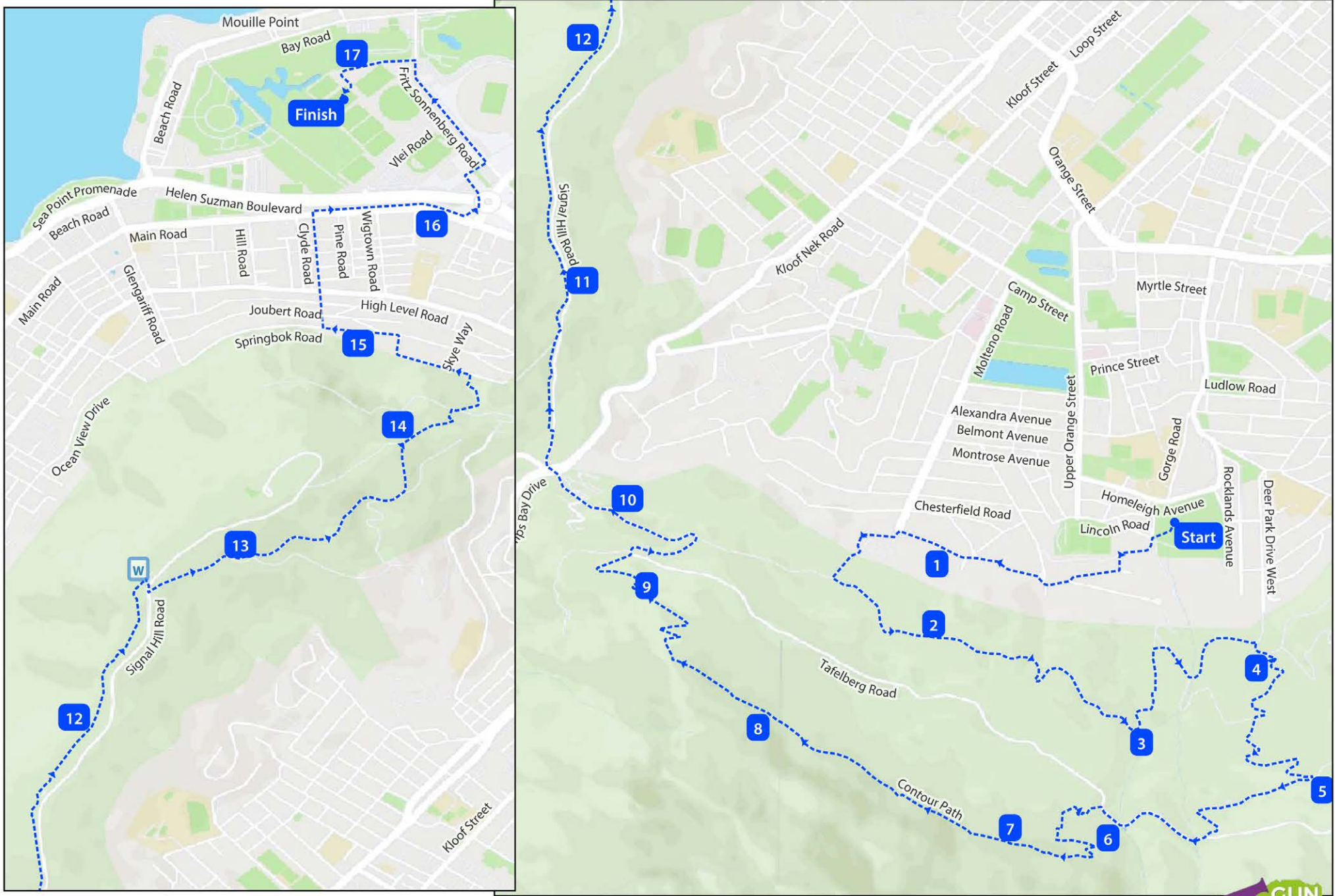


Gun Run 2023: 21KM

Sunday, 17 September 2023

REVISION 1.6



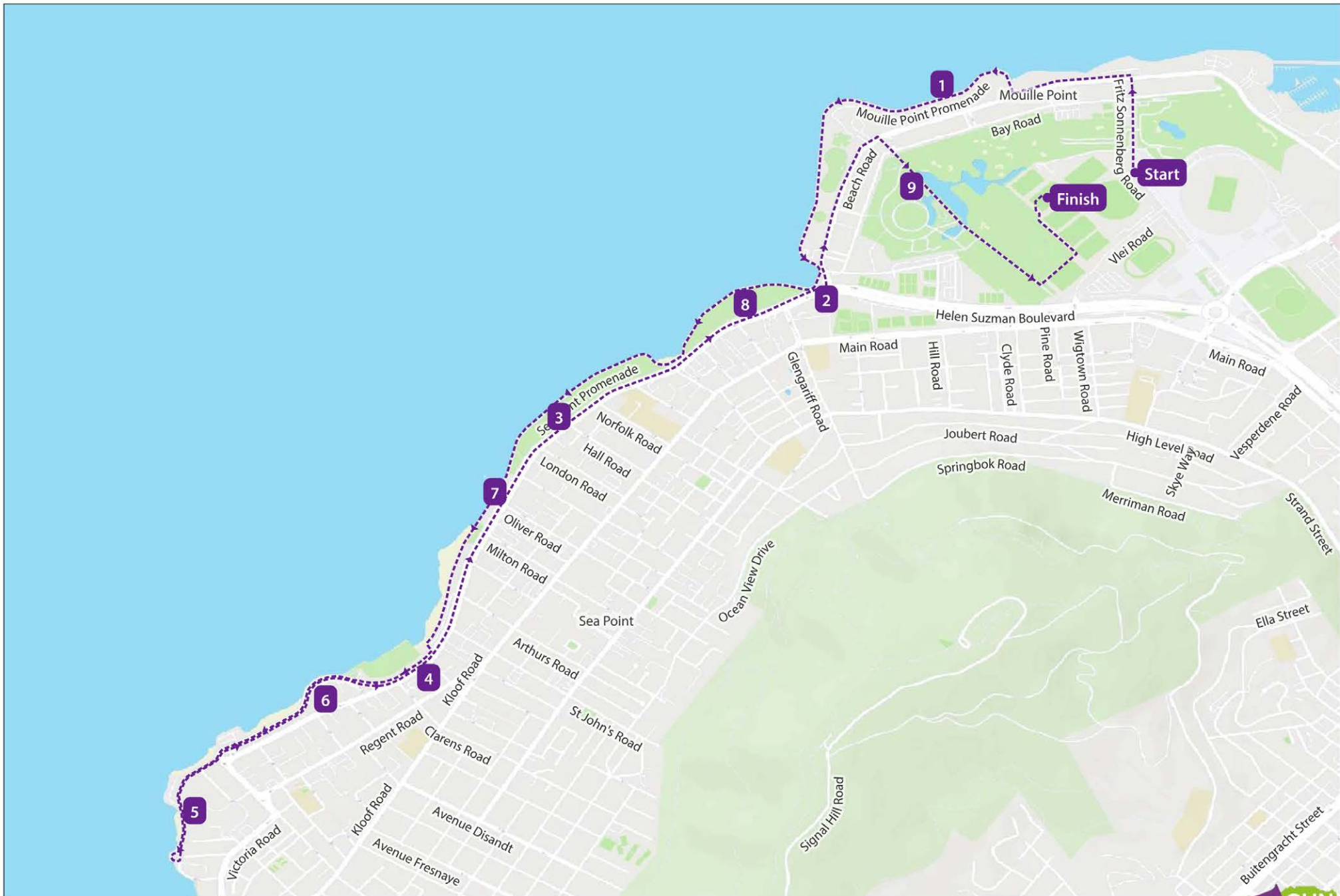


Gun Run 2023: Trail

Saturday, 16 September 2023

REVISION 1.6

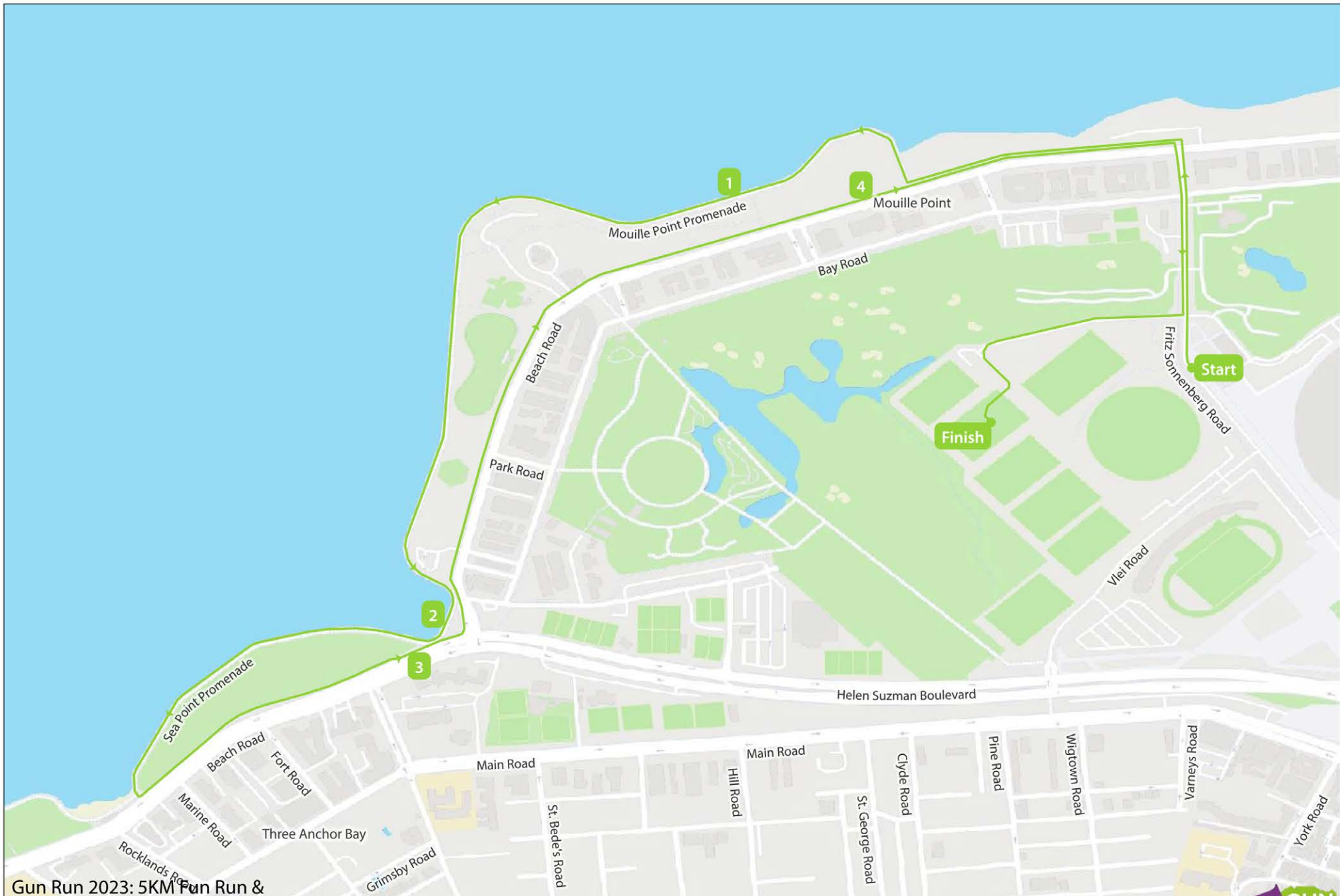




Gun Run 2023: 10KM
 Saturday, 16 September 2023

REVISION 1.6





Gun Run 2023: 5KM Fun Run & Dog Walk

Saturday, 16 September 2023

REVISION 1.6



Gun Run 2023 – Race Route descriptions

21km – race starts at 06:30 on Sunday 17th September

Start – On Fritz Sonnenberg Road, next to the Stop sign at the entrance to P1 of the Stadium . Follow Fritz Sonnenberg to Beach Road. Turn right into Beach Road.

1km : Continue on Beach Road to Granger Bay Boulevard. Turn right into Granger Bay Boulevard using western side carriageway (Stadium side).

Continue to intersection with Fritz Sonnenberg Road. At intersection turn right into Fritz Sonnenberg and follow Fritz to opposite stadium entrance 10.

2km : Turn left onto stadium forecourt and cross forecourt until able to turn left towards York Road Underpass. Exit Pedestrian Underpass onto Main Road pavement / cycle way towards Gallows Hill Traffic Department.

3km : Turn left into Ebenezer Road and follow to Port Road. Right into Port Road using left side of road. Straight on Port Road, keeping runners on left side of road. Left into Alfred St and straight to intersection with Dock Road. Right into Dock Road and follow to Stanley Street. Right into Stanley St then left into Alfred St using left side of road.

Port Road / Alfred Street to be fenced down the middle separating runners on either side from Bennett Street to Stanley Street

4km : Follow Alfred Street, right turn into Dock Road, then left into Bennet Street. At intersection with Prestwich St, left and follow Prestwich Street on righthand side of road to Chaipinni Street.

Turn right into Chiapinni Street, staying on right hand side of road to Somerset Road. Right into Somerset Road, using left lane with traffic towards the CBD in the right lane.

5km : Continue on Somerset Road using left lane with traffic towards the CBD in the right lane. Continue on Main Road using left lane with traffic towards the CBD in the right lane to opposite Exhibition Terrace, here move runners onto cycleway/pavement and bear right into P12 carpark. Follow fencing through P12 carpark into Pedestrian Underpass

6km :, Bear left coming out of Underpass and onto roadway of Main Road in dedicated slow inbound lane

7km : Continue on road turning left into Three Anchor Bay Road on Clicks side of carriageway. At intersection with Beach Road, turn left into Beach Road onto seaside carriageway roadway.

8km : Continue on seaside of median along Beach Road, to St John's Road Road

9km : At St Johns Road, runners move to mountainside carriage and proceed to Calrens Road. Turn left into Clarens Road. Continue on Clarens Road. across Regent Road to Kloof Road, right into Kloof Road. Follow Kloof Road on left side of road (inbound lane).

10km : Continue along Kloof Road

11km : Continue along Kloof Road, keep to the right at junction with Nettleton

12km : Continue along Kloof Road, at approximately 12.5km mark, keep right into Lower Kloof Road, past Camps Bay High School.

13km : Continue along Lower Kloof Road, then right into Victoria Road towards Clifton Beaches, on left-hand side of Victoria Road. Victoria Road is open to traffic heading to Camps Bay.

14km : Continue along Victoria Road, on left-hand side of road past Clifton Beaches.

15km : Continue straight along Victoria Road to Bantry Bay, left into Seacliff Road.

16km : Straight into Beach Road at Saunders Rocks, continue straight along Beach Road towards Queens Road in the left-hand lane.

Move onto left-hand side of road / pavement, before intersection with Queens Road.

Keep on Left hand side of road / Pavement to Pavilion Food area

17km : Bear left onto Seapoint Promenade next to the Pavilion Food area. Follow the Seapoint Promenade towards Rocklands Beach.

18km : Continue on Promenade. Follow Promenade towards Mouille Point Lighthouse

19km : Continue along Promenade to the intersection of Beach and Beach where the runners move from the Promenade onto Beach Road, on the left hand side of the road

20 km : Continue along on Beach Road. Continue straight along Beach Road past Surrey Place, right into Fritz Sonnenberg, then right into Stephan Way

21km : Continue along Stephan Way, turn left onto Hamilton's Rugby fields and finish line.

10 km – race starts at 07:00 on Saturday 16th 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 right-hand 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

5 km – Fun Run – race starts at 08:00 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

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

Trail starts at 07:30 on Saturday 16th September

Start – In Van Riebeek Park. Run to Sidmouth Avenue gate. Turn left into Sidmouth Avenue. Follow road as it becomes Beulah Terrace. Continue on Beulah Terrace. Turn right into Bridle Road. Follow Bridle Road into Rugby Road.

1km : Continue on Rugby Road to top of Molteno. At top of Molteno turn left onto track that leads onto Table Mountain. Follow trail route on mountain to Kloof Nek.

9km : At 9.5km leave trail onto Tafelberg Road next to road to Water Treatment Plant. Stay on Tafelberg Road to intersection with Kloof Nek Road.

10km : Cross Kloof Nek Road, onto Signal Hill Road. in direction of City Centre.

Continue along Signal Hill Road leaving road left onto Hiking Path that runs parallel to Signal Hill Road.

11km : Follow trail running parallel to Signal Hill Road.

12km : Follow trail running parallel to Signal Hill Road to Signal Hill Lookout parking area, Leave parking area turning right crossing Signal Hill Road onto trail on other side of road.

13km : Follow Hiking Trail for 2km exiting onto Merriman Road Signal Hill.

15km : Left onto Merriman Road, follow Merriman to Ocean View Drive. Left into Ocean View Drive. Follow Ocean View Drive to Springbok Road, left into Springbok Road. At steps in line with Clyde Road, right onto stairs and descend to Clyde Road.

Cross Ocean View Drive, Joubert Road and High Level Road on Clyde Steps / Road and continue to Main Road. Cross Main road onto cycle / pedestrian path turning right towards York Road underpass.

16km : Bear left into underpass and exit to the right crossing the stadium forecourt towards Fritz Sonnenberg Road. Turn left onto Fritz Sonnenberg Road and continue to Stephan Way.

17km: Turn left into Stephan Way and proceed to end of road turning left onto Greenpoint Common field, through the gate and onto the fields.

Finish : Follow fencing line on the fields to the finish