

DESCRIPTION OF 5KM.

Start in General Hertzog, start in a westerly direction. Turn left in at New Cross Street. Turn right in Hanepoot Street and turn right in Muscadel Street. Turn right in General Herzog after Doemsie. Turn left into Mountain Street, turn left in Doris Avenue. Turn right in Lodge Avenue to Claret Street. Turn left in Cummings Street. Turn left in Bain Street. Turn left in Berg Street. Turn right in Burg Street. Turn right in Malan Street. Turn left in Bain Street. Turn right at the gym behind Shoprite parking and turn left again to Fontein Street. Follow Fontein Street up and turn right in Bain Street up to old spray Fountain Garden. Turn left into Blouvleiweg. Turn left into Burg Street and follow 10km and 21km athletes to finish.