School Sport SA 100km relay

Start / Finish point at Seacliff

| Runner 1 – leg 1 5km | Starting on the beach front path and running North towards Brighton. Past Brighton jetty the path ends you need to make a right hand turn onto Holder road. Left hand turn onto King George Avenue then left onto Repton road. The beach path picks up again continue until the change over point at John Miller Reserve. |
Runner 2 – leg 2
5km

Starting on the beach front path and running North towards Glenelg. Run past Glenelg jetty then follow the path in front of Holdfast Shores and cross the Patawalonga at the weir and continue along the beach path. Change over point is at the Adelaide Sailing Club.
Runner 3 – leg 3
5km

Follow beach path North towards Henley. Change over point is 500m past Henley square in front of 317 Esplanade, Henley.

Change over point 2 and 18 at Adelaide Sailing Club, West Beach

Follow beach path North towards Henley. Change over point is 500m past Henley square in front of 317 Esplanade, Henley.
Change over point 3 and 17 at Esplanade, Henley

Runner 4 – leg 4
5km

Continuing North towards Grange. Running past Grange Surf Life Saving Club the path turns into gravel. At the end of the gravel path turn right until you reach the first street and turn left. Follow Seaview Road North until the road reaches a T junction then turn right over a hill then a left hand turn onto Military road. Follow the footpath on the left hand side of the road until you reach Coronado Court the change over point.
Runner 5 – leg 5
5km

Continuing North running along the footpath next to Military Road until the footpath leads just off the main road and follows the houses along Elanora Street. Follow this until the end of the street and turn left. A footpath will lead you to the beach front. This will be a grass/sand area in front of houses which will lead back onto the beach track. Continue on the beach track past Semaphore. Change over point is 300m past Semaphore Palais.

Change over point 4 and 16 at West Lakes. Opposite West Lakes Aquatics Centre/Rowing
Change over point 5 and 15. Also the start and finish of the makeup laps. This is 300m past the Semaphore Palais

| Runner 1 – leg 6  
5km | Continuing North running along the beach track until the change over point which is at Osborne Road at North Haven |
Change over point 6 at corner Lady Gowrie Drive and Osborne Road, North Haven

<table>
<thead>
<tr>
<th>Runner 2 – leg 7</th>
<th>5km</th>
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</thead>
<tbody>
<tr>
<td>Head North along footpath running next to Lady Gowrie Drive continuing onto Lady Ruthven Drive. The footpath leaves the road at the roundabout and follow the beach path left to the turnaround point at the North Haven Surf Life Saving Club marked by a cone.</td>
<td></td>
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</tbody>
</table>
Runner 3 – leg 8
5km

Return back to Semaphore Palais heading South running along the beach track.

2.5km each way. 5km shuttle starting at change over point near the Semaphore Palais to Point Malcolm Reserve at return.

Runner 4 – leg 9
5km

Start up and back shuttle 1 running South to Point Malcolm Reserve and Return.

Runner 5 – leg 10

Shuttle 2- Running South to Point Malcolm Reserve and Return.

Runner 1 – leg 11

Shuttle 3- Running South to Point Malcolm Reserve and Return.

Runner 2 – leg 12

Shuttle 4- Running South to Point Malcolm Reserve and Return.

Runner 3 – leg 13

Shuttle 5- Running South to Point Malcolm Reserve and Return.
<table>
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<tr>
<th>Runner 4 – leg 14</th>
<th>Shuttle 6- Running South to Point Malcolm Reserve and Return.</th>
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<tr>
<td>Runner 5 – leg 15</td>
<td>Shuttle 7- Running South to Point Malcolm Reserve and Return.</td>
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<tr>
<th>Runner 1 – leg 16 5km</th>
<th>Starting at change over point near the Semaphore Palais head South past Semaphore and Point Malcolm Reserve. As the beach path ends at Tenneyson run in front of the houses on the grassed area. Follow the arrow and path back to the footpath next to Elanora Street. This footpath will lead you back to Military Road. Continue along the footpath next to Military Road until the changeover point at Coronardo Court.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Runner 2 – leg 17 5km</td>
<td>Continue on Military Road footpath until you reach Bournemouth Street and turn right over the hill then left onto Seaview Road. At the Carpark on Cable Station Reserve turn right then left back onto the beach path past Grange. Change over point is at 317 Esplanade Henley.</td>
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</table>

- **Turn right here to put you back on the beach path**

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<tr>
<th>Runner 3 – leg 18 5km</th>
<th>Start at 317 Esplanade, Henley and follow the beach path South until Adelaide Sailing Club at West Beach.</th>
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<tr>
<td>Runner 4 – leg 19 5km</td>
<td>Start at Adelaide Sailing Club run South towards Glenelg. Follow the path over the weir at Holdfast Shores and return to the beach path at Glenelg. Change over point at John Miller Reserve at Brighton.</td>
</tr>
<tr>
<td>Runner 5 – leg 20 5km</td>
<td>Starting at John Miller Reserve run South towards Brighton once the path ends on Repton Street turn left and follow footpath until you reach King George Avenue, turn right then turn right at Holder Road which will return you to the beach path.</td>
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