School Sport SA-Sapsasa ekiden relay

Course maps

Runners 1 and 2

2.8km – lap 1

This involved running two loops. After the start stay on the southern side of the river and run towards the city. Pass through the tunnel under the railway bridge. Go to the weir and use it to cross to the other side of the river. Immediately after crossing the weir, turn left and follow the dirt track back towards Bonython Park. You enter the tunnel which goes under the railway line. Upon exiting the tunnel, veer left then follow the path adjacent to the river until you get the bridge at the finish line. Turn right and go up the curved pathway until you get to a fork in the path and a sign directing you to the downstream bridge. Cross to the southern side of the river using the bridge. Return to the changeover point. At the changeover point as you start the second loop, your arm will be marked with a texta to verify that you have completed one loop and are starting the second.

Please note: it is the responsibility of the runner to get their arm marked – not the official’s. Don’t go past without getting your arm marked.

2.8km – lap 2

Cross the river at the changeover point to the northern side (using the bridge). Turn left as soon as you are across the bridge and run 300m towards Port Road staying on the path adjacent to the river. At the fork in the path take the lower path and run towards the downstream bridge. Cross the river via the bridge (to the southern side) and return to the changeover point.
Runners 3, 4 and 5

1.5km

From changeover point, stay on the southern side of the river and run towards the city. When you reach the tunnel which goes under the Railway Bridge, don’t go through it, immediately turn left and follow the path up the slope. On the other side of the bridge, follow the path for another 35 metres then turn left, then soon after left again followed by a right turn. Follow the path adjacent to the river until you get the bridge at the finish line. Turn right and go up the curved pathway until you get to a fork in the path and sign directing you to the downstream bridge. Cross the river via the bridge (to the southern side) and return to the changeover point.

Runner 6

1.0km

From changeover point, head in the opposite direction to the incoming runner staying on the southern side of the river, run along the path (next to the river) towards Port Road. At the downstream bridge cross the bridge to the northern side of the river and turn right to follow the path towards the city. When you reach the intersection at the top of the curved path, turn left and run towards the railway bridge. When you are 35 metres from the railway bridge at the point where it meets the 1.5km course, turn right then soon after left and then right to follow the path adjacent to the river until you get the bridge at the finish line. Turn left and cross the bridge as the actual finish line is the southern end of the bridge.
Key locations and course overview

The start line is towards the downstream bridge from the finish line due to the course changes to fit the correct distance.
The changeover area is on the southern side of the finish bridge, below the kiosk.
All changeovers occur in the same direction apart from the last runner.
The finish line is on the southern side of the bridge. All runners may meet their last runner on the northern side of the bridge and cross the line as a team.