

MAP 1

BEACH

START:
ALDINGA SLC

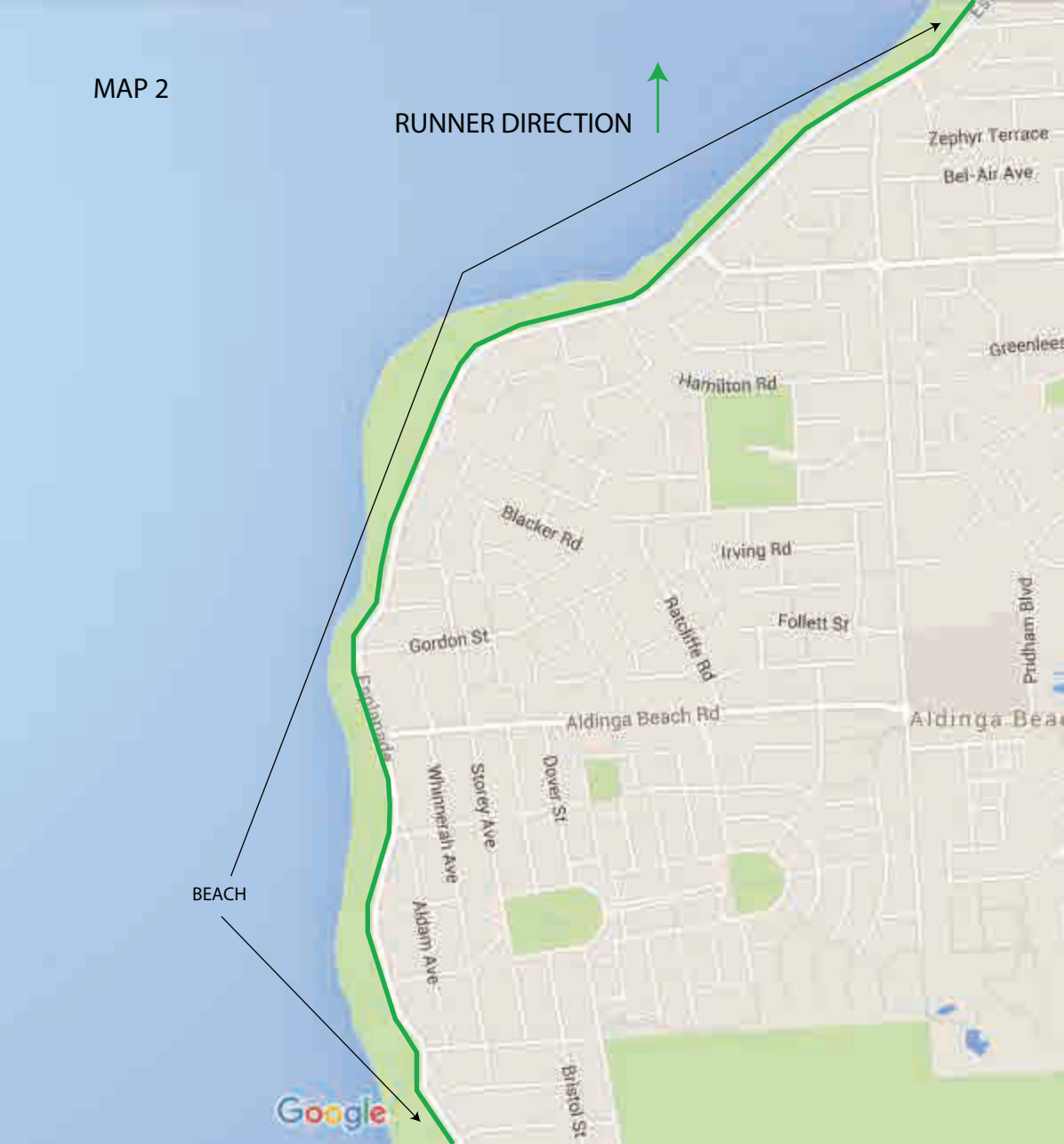


MAP 2

RUNNER DIRECTION



BEACH



★ course marshal

MAP 3

RUNNER DIRECTION



BEACH

EXIT BEACH
HERE

BEACH

CHECKPOINT 1
6.5KM

TRAIL

Bowering Hill Rd

Port Willunga

Port Rd

Esplanade

Elder Parade

Desoto Dr

Zephyr Terrace



MOANA BEACH

Commercial Rd

Old Coach Rd

Gulf Parade

Maslin Beach

Oleander Rd

Old Coach Rd

MAP 4

RUNNER DIRECTION

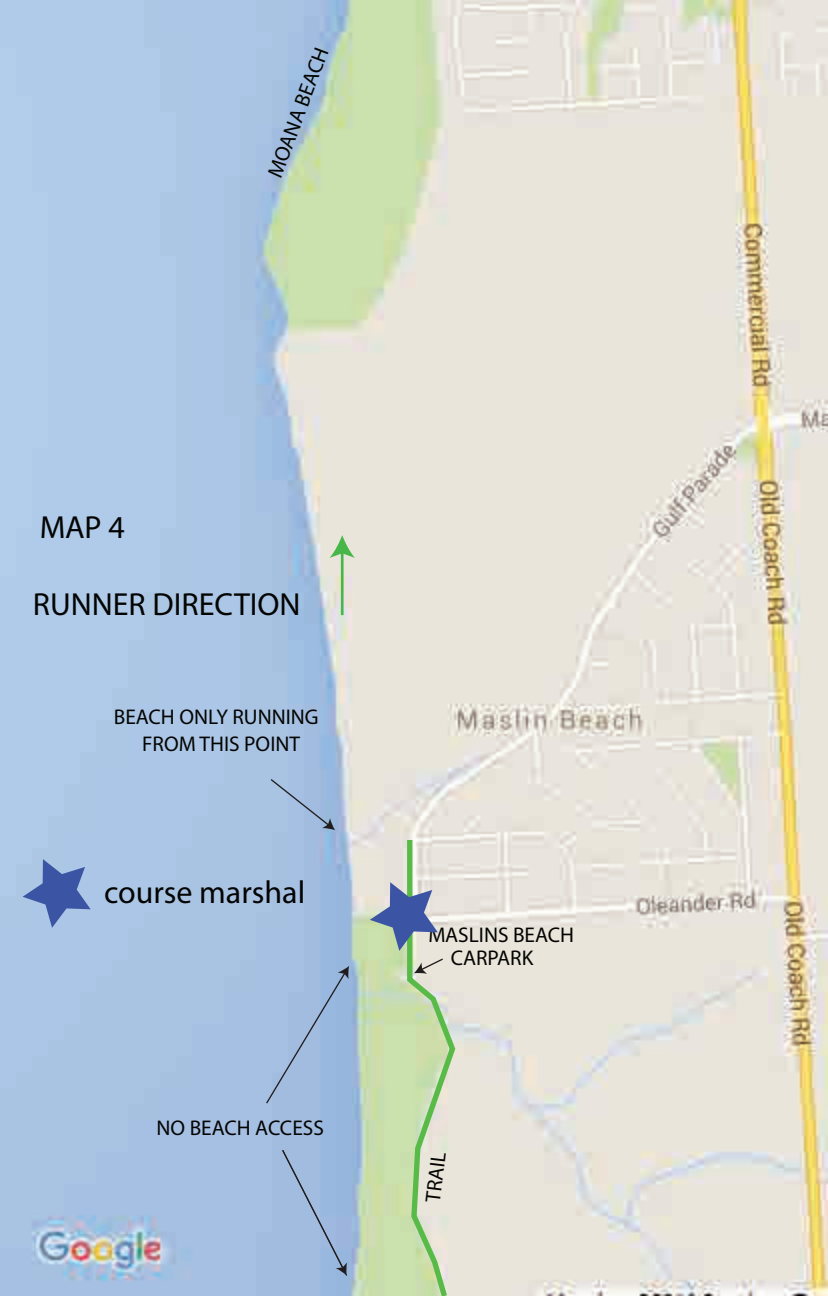
BEACH ONLY RUNNING
FROM THIS POINT

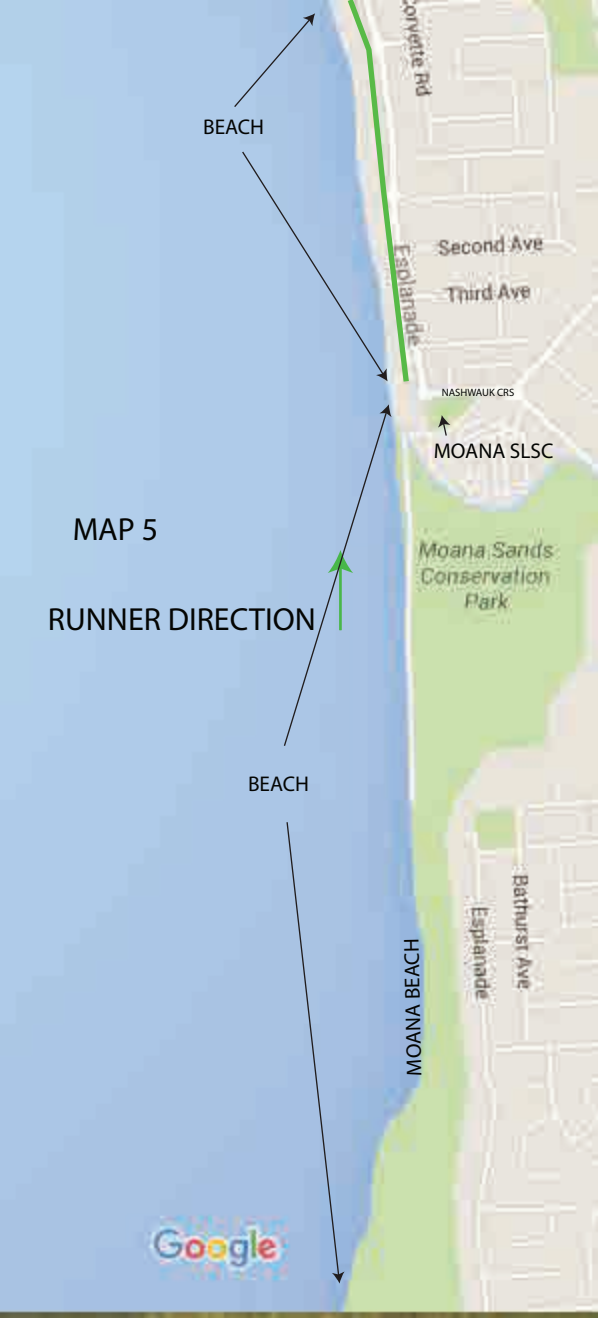
course marshal

MASLINS BEACH
CARPARK

NO BEACH ACCESS

TRAIL





MAP 5

RUNNER DIRECTION

BEACH

BEACH

MOANA BEACH

Esplanade

Second Ave

Third Ave

NASHWAUK CRS

MOANA SLSC

Moana Sands Conservation Park

Esplanade

Bathurst Ave

convent Rd



DEPENDING ON TIDE
YOU MAY NEED
TO EXIT BEACH HERE



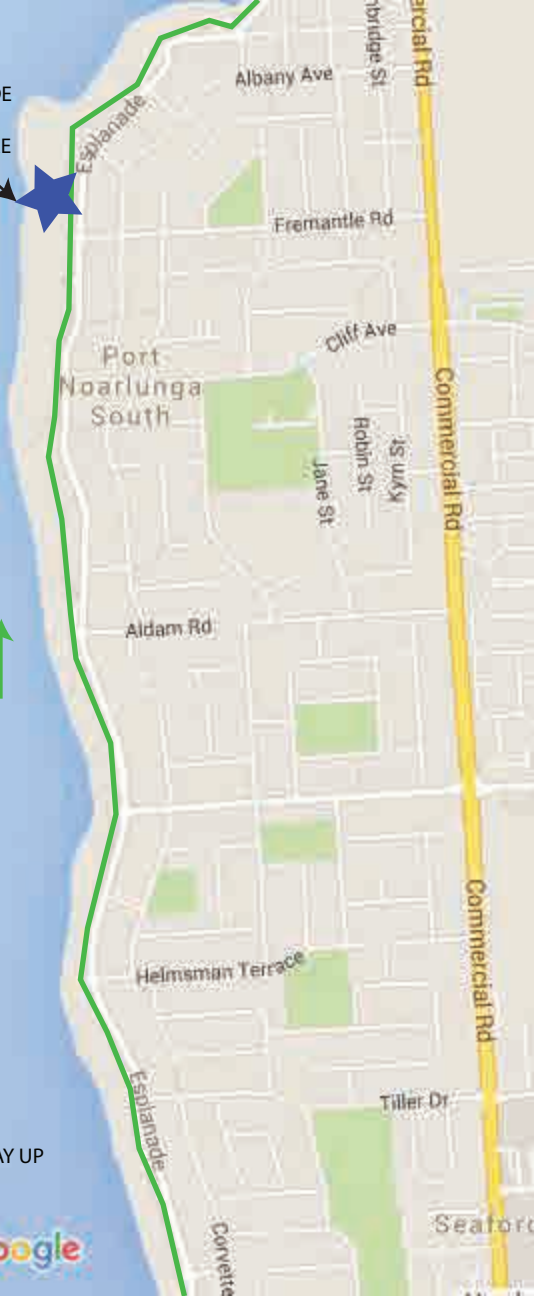
course marshal

MAP 6

RUNNER
DIRECTION



BEACH
ALL THE WAY UP





Clovelly Ave

BEACH

Dodd Ave

Port Noarlunga

CHECKPOINT 2
(under the jetty)
18.5KM

MAP 7

BEACH ONLY

BRIDGE

RUNNER DIRECTION



ESPLANADE ONLY

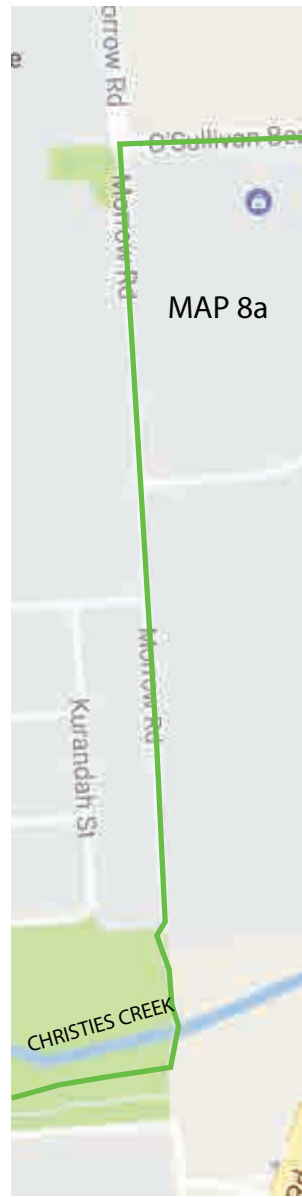
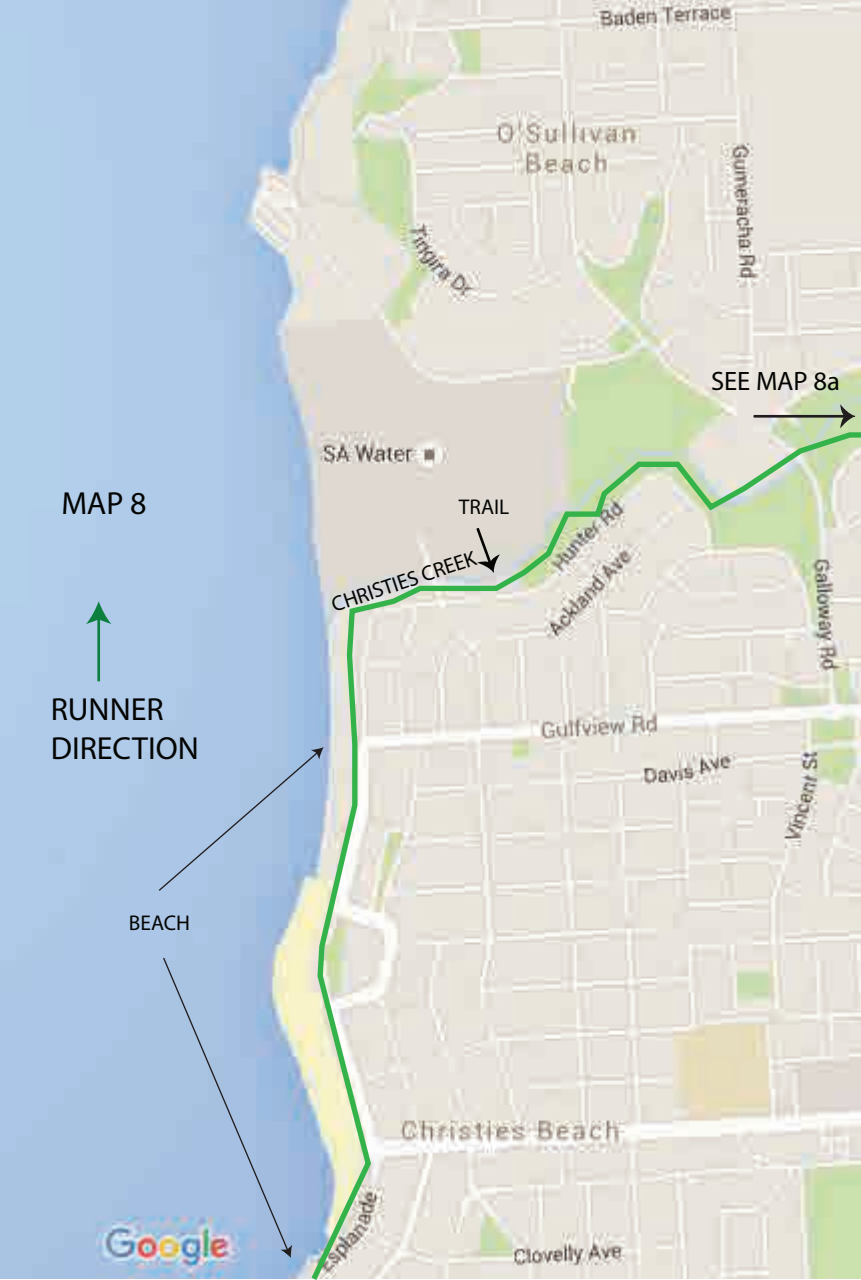


Oxford St

Cambridge St

Commercial Rd

Albany Ave



MAP 9

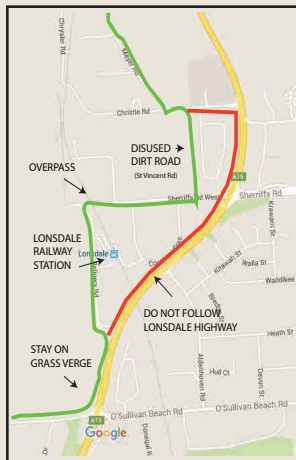


RUNNER
DIRECTION

NO BEACH
ACCESS

CHECKPOINT 3
SIGMA RD
28KM

INSET



Baden Terrace

A15

O'Sullivan Be



MAP 10



RUNNER
DIRECTION

MARION COASTAL TRAIL

Hallett Cove
Conservation
Park

Durichman Dr

OSPREY CT

CORMORANT DR

Lonsdale Rd

PETREL CLOSE

BURLINGTON
RD

CHECKPOINT 3
SIGMA ROAD
28km



MAP 11



**RUNNER
DIRECTION**

NO COASTAL TRAIL ACCESS



KURNABINNA TCE

Hallett Cove
Conservation
Park

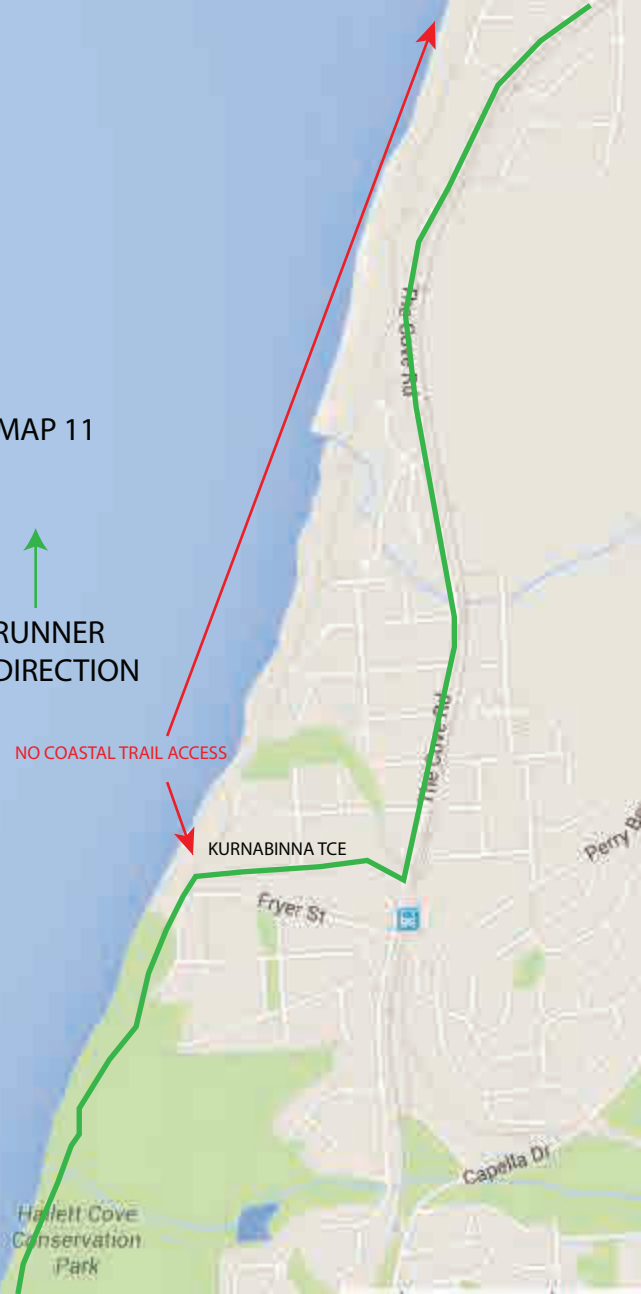
Fryer St

The Cove Rd

The Cove Rd

Capella Dr

Perry Br



MAP 12

↑
RUNNER
DIRECTION

MARION COASTAL TRAIL

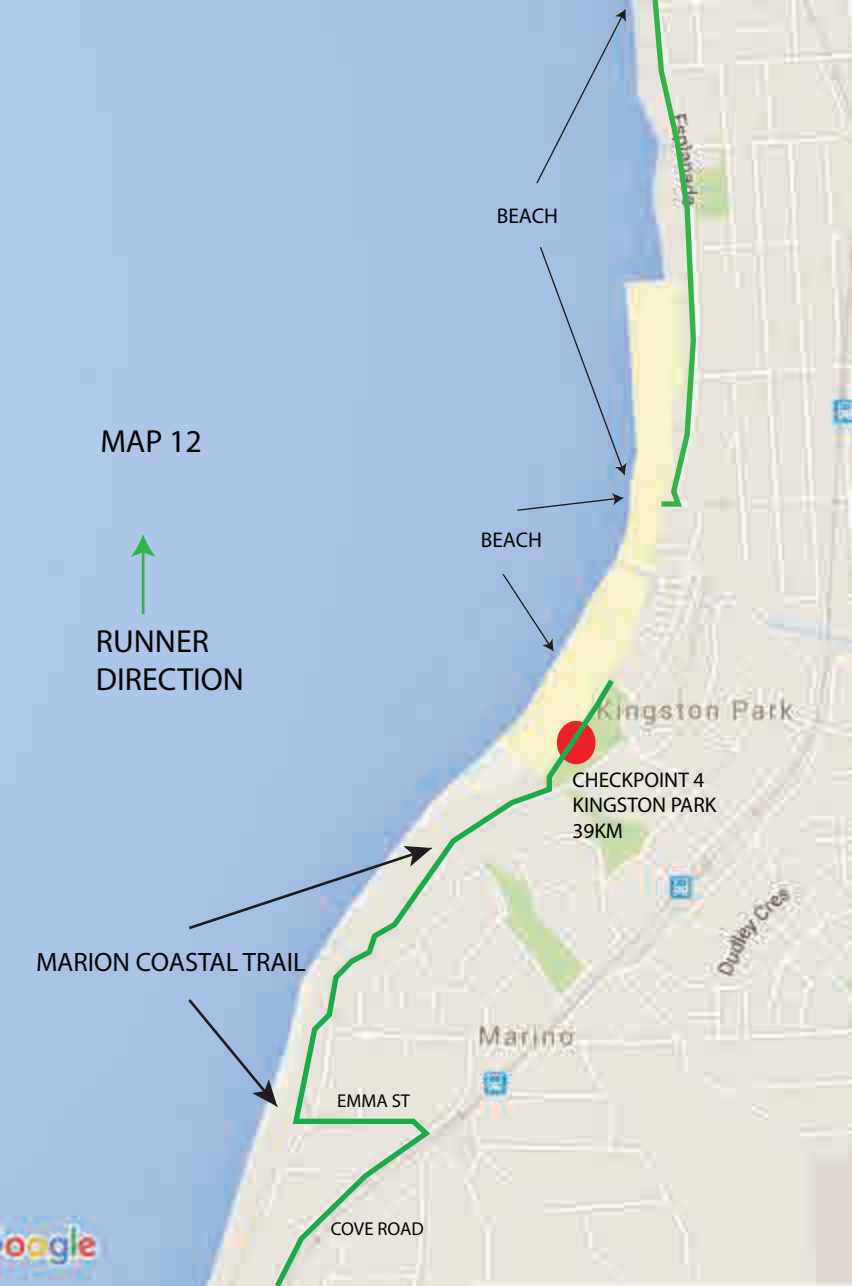
BEACH

BEACH

CHECKPOINT 4
KINGSTON PARK
39KM

EMMA ST

COVE ROAD



★
course
marshal



Gleneig

A15

A5

Gleneig South

Diagonal Rd

BEACH

Tarleton St

Somerton Park

Warrac

MAP 13

North
Brighton

Hove

A15

Sturt Rd

↑
RUNNER
DIRECTION

Brighton

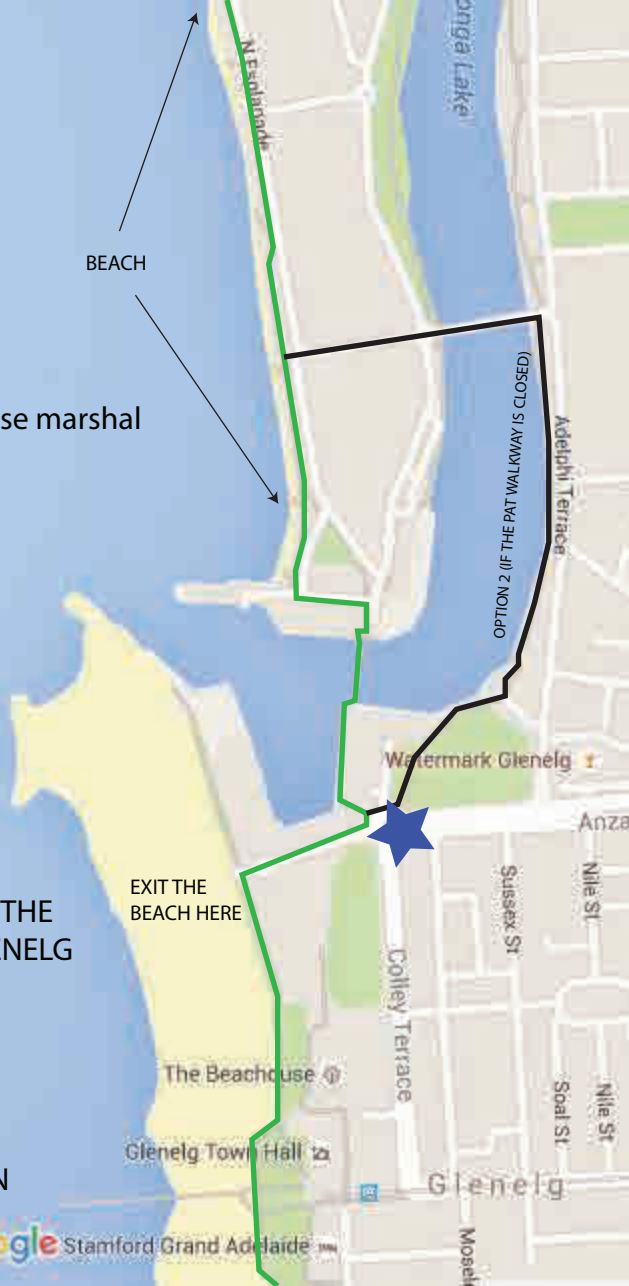


★ course marshal

BEACH

MAP 14
CROSSING THE
PAT AT GLENELG

↑
RUNNER
DIRECTION





Henley Beach South

Fulham

BEACH

Seaview Rd

West Beach

MAP 15



RUNNER DIRECTION

SHARED BIKE PATH

Tapleys Hill Rd

Military Rd

WALKING PATH

NO BEACH ACCESS

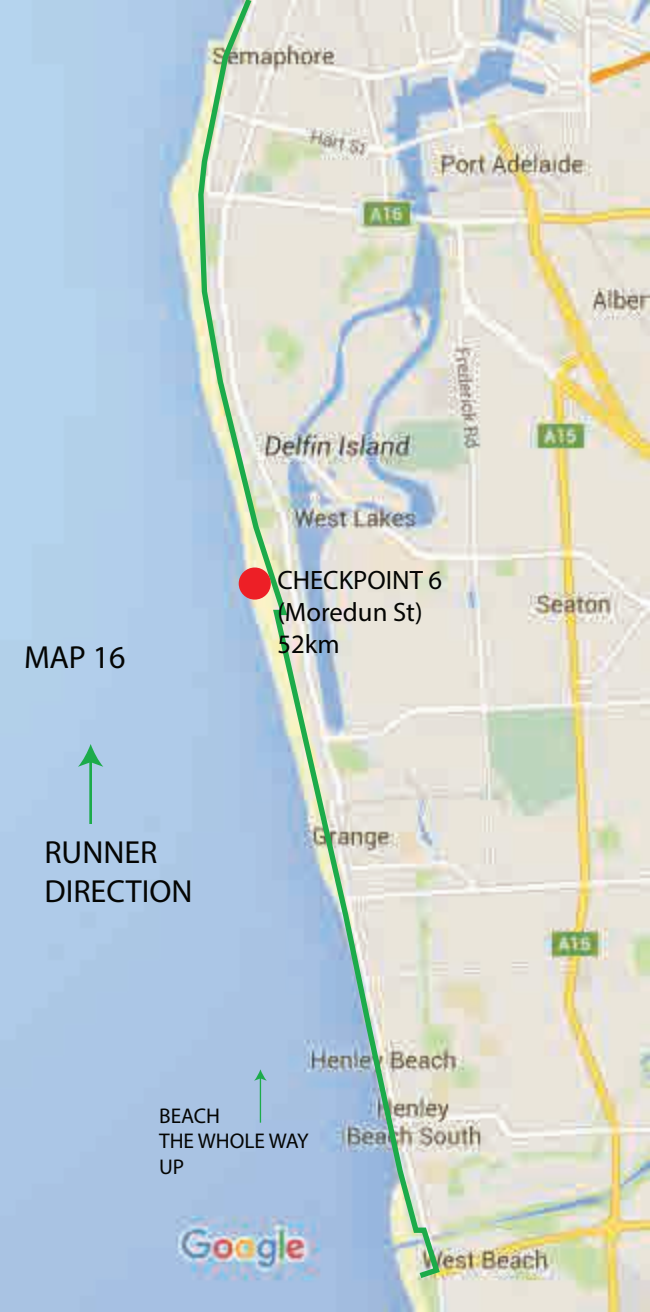
CHECKPOINT 5
ADELAIDE YACHT CLUB
40 KM

BEACH

Glenelg North

N. F. Solomons Rd





Semaphore

Hart St

Port Adelaide

A16

Alber

Frederick Rd

A15

Delfin Island

West Lakes

CHECKPOINT 6
(Moredu St)
52km

Seaton

MAP 16



RUNNER
DIRECTION

Grange

A15

Henley Beach

Henley
Beach South

BEACH
THE WHOLE WAY
UP

Google

West Beach

MAP 17



RUNNER
DIRECTION



course marshal

EXIT BEACH
HERE
GEDVILLE ROAD

BEACH

Largs Bay

Military Rd

Semaphore

Birkenhead

North Haven

Osborn

Lefevre
Peninsul

Taperoo

Lady Gowrie Dr





Lady Gowrie Dr

Moldavia Walk