

## SA COASTAL CHALLENGE COURSE NOTES

NB these notes relate to running the course on as much beach as possible. If there is an esplanade available you can take that.

### **0.0km START Aldinga Beach, carpark on The Esplanade, end of Morgan St**

Run beach or Esplanade from here (map 1/2/3)

5.5 Turn right, off beach, towards Bowering Road (map 3)

### **6.5 CP1 Bowering Road (map 3/4)**

Trail along clifftops above Maslins Beach. Diagonal left through Maslins carpark, up short hill, and at the top take beach entry to the left \*\*\*caution rocky beach\*\*\* (map 3/4)

16.0 Prior to the headland go up to Esplanade. Follow Esplanade around and down the hill alongside the Onkaparinga River. Cross the pedestrian bridge to the left, back onto the beach (map 6)

### **18.5 CP2 Port Noarlunga (map 7)**

From CP2 it is advised you take the Esplanade over "Christie's Cliff". Once you get to Benny Av on your right you can resume beach running \*\*\*caution rocky beach\*\*\* (map 7/8)

21.0 Turn right at Christies Creek, to leave the beach.

Run the trail/bike track parallel to the Creek for 1.5km to Morrow Rd (map 8/8a)

22.75 Turn left onto Morrow Rd/right onto O'Sullivan Beach Rd/left along fenceline prior to Lonsdale Highway/left onto Refinery Road (map 9)

23.5 turn right over ped bridge onto Sheriffs Rd West (note: this is the second pedestrian bridge on Refinery Road. DO NOT take the 1st one, over the railway station, it goes nowhere) (map 9)

24.0 Turn left onto disused dirt road (map 9)

24.5 Come out onto Meyer Road and turn left (map 9) - Stay on Meyer Road

### **28.0 CP3 Sigma/Meyer Road intersection (map 9/10)**

Follow the backroads in this order: left onto Burlington/through deadend onto Petrel/left onto Cormorant/left onto Osprey/right onto Marion Coastal Trail (the beach) (map 10) \*\*\*caution rocky beach – after approx 100m you'll see stairs on your right leading up to the MCT\*\*\*

Stay on Marion Coastal Trail, over Hallett Cove Beach, onto the boardwalk and through Hallett Cove Conservation Park (map 10/11)

32.0 turn right, up Kurnabinna/left onto The Cove Road/left onto Emma St/right onto Marine Parade to rejoin the MCT (map 11/12)

### **39.0 CP4 Kingston Park (map 12) - Beach or esplanade from here**

45.0 Holdfast Shores – leave the beach at The Beachouse. Behind the Beachouse is Colley Reserve.

Run to the northern end of Colley Reserve and pick up the path that takes you behind the buildings at this northern end. This takes you to the pedestrian bridge over the Patawalonga. If the bridge is closed you will need to go around, via Adelphi Terrace and King Street (map 14)

Once at Glenelg North, take beach or esplanade. Aside from the bike path through CP5 and crossing the Torrens outlet, you can run beach almost the whole way from Glenelg North to the Finish (map 15/16/17)

### **46.0 CP5 Adelaide Sailing Club (map 15)**

### **52.0 CP6 Moredun St beach carpark, will need to exit the beach to access this CP (map 16)**

64.0 exit beach by Gedville Rd (map 17)

### **65.0 FINISH Beach Park western end of Moldavia Walk**