**SRG Run 15 – 5.4km Main South run**

* **5.4km course**



Directions:

1. From the park, cross over the mound and pass the school until States road
2. Turn right and run until Doctors road
3. Turn right and run to Main South Road
4. Turn right and run past Wheatsheaf, to the Emu Hotel carpark
5. Turn into the Emu hotel, and then join the bike track to return to the park

**SRG Run 15 – 10.6km Main South run**

* **10.6km course**



Directions:

1. From the park, cross over the mound and pass the school until States road
2. Turn right and run until Doctors road
3. Continue straight ahead, passing Penney Hills road and Coattage Lane
4. At the bend in the road, continue straight ahead onto the track section and back onto the road until you reach Piggot Range road
5. Turn right and run until Hepenstal road
6. Turn right and follow to the T-section (Gates road)
7. Turn right and follow Gates down the hill until it joins Main South road
8. Continue straight on to Main South road and run past Penney Hills road, Beach road and Wheatsheaf, to the Emu Hotel carpark
9. Turn into the Emu hotel, and then join the bike track to return to the park

**SRG Run 15 – 19.9km Main South run**

* **19.9km course**



Directions:

1. From the park, cross over the hill and down steps to school then follow track to States Road
2. Continue across States road and follow track through reserve until you reach Panatalinga road and turn left
3. Follow Panatalinga road across Bains, Pimpala and Reynell roads
4. 300 metres after Reynel l road and immediately before Lantana Road turn left onto the footpath easy to miss it) and follow along creek line
5. When you reach the coast to Vines trail (Bike track, turn left and cross the foot bridge then continue along the track back to the park
6. (10km Run group start) From the park, cross over the mound and pass the school until States road
7. Turn right and run until Doctors road
8. Continue straight ahead, passing Penney Hills road and Coattage Lane
9. At the bend in the road, continue straight ahead onto the track section and back onto the road until you reach Piggot Range road
10. Turn right and run until Hepenstal road
11. Turn right and follow to the T-section (Gates road)
12. Turn right and follow Gates down the hill until it joins Main South road
13. Continue straight on to Main South road and run past Penney Hills road, Beach road and Wheatsheaf, to the Emu Hotel carpark
14. Turn into the Emu hotel, and then join the bike track to return to the park