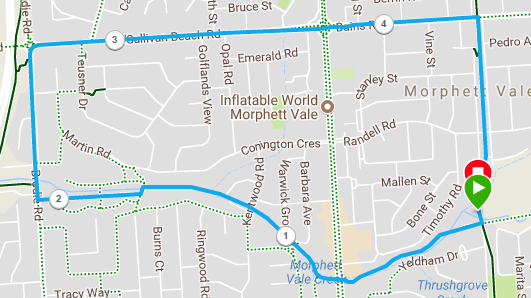
**SRG Run 7 – 5.1km Southern Expressway run**

* **5.1km course**

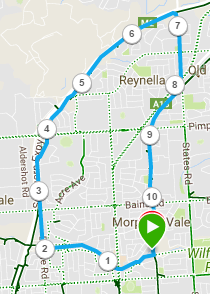


Directions:

1. Follow Christies Creek trail until Brodie Road
2. Turn right and run to O’Sullivans Beach Road
3. Turn right and run until Main South Road, cross over and continue until bike track
4. Turn right and follow back to the park

**SRG Run 7 – 10.8km Southern Expressway run**

* **10.8km course**

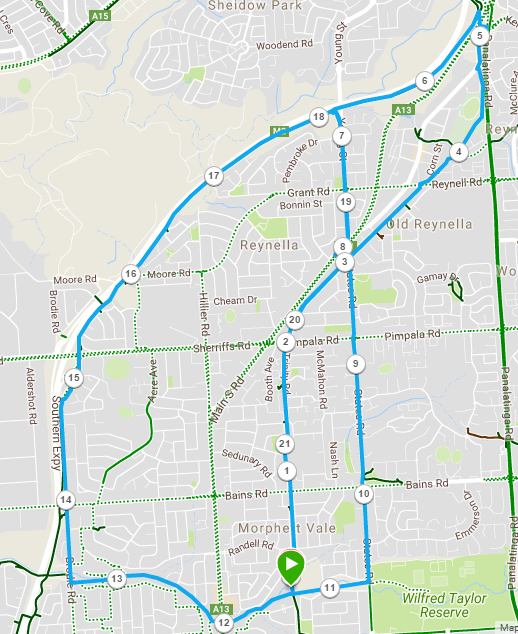


Directions:

1. Follow Christies Creek trail until Brodie Road
2. Turn right and run to O’Sullivans Beach Road
3. Continue straight ahead and join the expressway track, continuing across Sherriffs road along the expressway
4. Take the Young St exit, and turn right up Young st
5. Cross over Mainsouth Road, then turn into States right and right onto the bike track
6. Follow the track back to the park

**SRG Run 7 – 22.1km Southern Expressway run**

* **22.1km course**



Directions:

1. Follow the bike-track northwards until you reach Panatalinga road (near the expressway entry).
2. Run down to the expressway track and turn left until Young St
3. Take the exit and then turn right onto Young St, until Main South Road
4. Cross over and turn into States road – continue along States road, crossing Pimpala and Bains road
5. Just after Suffolk St, turn right onto the bike track and return to the park
6. (10km runners) Follow Christies Creek trail until Brodie Road
7. Turn right and run to O’Sullivans Beach Road
8. Continue straight ahead and join the expressway track, continuing across Sherriffs road along the expressway
9. Take the Young St exit, and turn right up Young st
10. Cross over Mainsouth Road, then turn into States right and right onto the bike track
11. Follow the track back to the park