**SRG Run 23 – 5.0km Morphett Vale loop run**

* **5.0km course**

 

Directions:

1. Follow track to Bains Rd then turn LEFT onto Bains Rd, across Main South Road until roundabout (Yes, up that hill!)
2. Turn LEFT onto Brodie Road then first LEFT into Crisp St and RIGHT into Martin Road
3. Follow Martin Road (and Connington Dr) back to Main South Road traffic lights
4. Continue straight ahead and follow Randell Road till the bridge across the bike track
5. TURN RIGHT and follow road down the hill and back to the park

**SRG Run 23 – 10.2km Morphett Vale loop run**

* **10.2km course**

 

Directions:

1. Follow track to Bains Rd then turn LEFT onto Bains Rd, across Main South Road until roundabout (Yes, up that hill!)
2. Turn LEFT onto Brodie Road then join the expressway track and continue past Wheatsheaf and Elizabeth Roads, until Beach Road
3. Take the Beach Road exit and turn left
4. Follow Beach road across Main South Road and continue along Doctors Road until the end
5. Turn left into States road
6. Run across Wheatsheaf road and continue until the Christies Creek trail
7. Turn left and follow the track back to the park

**SRG Run 23 – 21.4km Morphett Vale loop run**

* **21.4km course**



Directions:

1. Run up the bike track and then onto the side road, until Randell Road
2. Turn right and follow Randell road until States Road
3. Turn left onto States Road until Bains Road and turn right
4. Follow Bains Road across Panatalinga Road
5. Continue along Bains Road and then turn left into Knox Road
6. Follow Knox road across Pimpala Road, and continue along Sir James Hardy Way, until you reach Reynell Road
7. Turn left and follow Reynell Road until the Coast to Vines trail
8. Turn left and follow the track back to the park

**With 10k runners:**

1. Follow track to Bains Rd then turn LEFT onto Bains Rd, across Main South Road until roundabout (Yes, up that hill!)
2. Turn LEFT onto Brodie Road then join the expressway track and continue past Wheatsheaf and Elizabeth Roads, until Beach Road
3. Take the Beach Road exit and turn left
4. Follow Beach road across Main South Road and continue along Doctors Road until the end
5. Turn left into States road
6. Run across Wheatsheaf Road and continue until the Christies Creek trail
7. Turn left and follow the track back to the park