

KURRAWA TO DURANBAH, SUNDAY 12 DECEMBER 2010

KEEP TO DEDICATED FOOTPATHS WHERE PRACTICABLE. OTHERWISE RUN ON FOOTPATHS ADJOINING ROADWAYS. KEEP LEFT AT ALL TIMES AND GIVE WAY TO PEDESTRIANS AND ESPECIALLY CARS. KEEP ALERT FOR TRAFFIC AT ALL TIMES. IF IN DOUBT AS TO DIRECTIONS, LOOK FOR RED WITCHES HATS. IF ALL ELSE FAILS KEEP THE OCEAN TO YOUR LEFT ON THE WAY DOWN AND TO YOUR RIGHT ON THE WAY BACK. FOR HELP, TELEPHONE 0408 527 391

SOUTHBOUND ROUTE - RACE START 0500

- 0 Start / finish, Kurrawa Park. Proceed south, past Kurrawa SLSC on left
- 0.8 enter Hedges Avenue
- 1.6 Mermaid Beach SLSC on right, continue South
- 2.8 enter Albatross Avenue, continuation of Hedges, cnr Seashell Avenue, Albatross North Apartment building on the far left corner.
- 3.4 Nobbys SLSC on left at cnr Lavarack Road, continue South
- 3.9 zig zag left at Chairlift Avenue then right and run on footpath nearest beach, now Marine Parade
- 4.8 Aid station 1 at cnr Hythe Street, opposite Miami SLC
- 5.0 5k marker at bottom of steps. Proceed to top of steps then downhill heading towards the path on the beachfront. Do not go right onto the road (The Esplanade). Keep North Burleigh SLSC to your right. Proceed south on this path until end of beach at 2km. There could be markets in this precinct. Give way to pedestrians.
- 7.2 Keep the Burleigh Beach (Mowbray Park) SLSC to your right. Turn left along Goodwin Terrace. Proceed up a short hill to the carpark at the entrance to the Burleigh National park.
- 7.7 Checkpoint. YOU MUST GET MARKED OFF AT THIS CHECK POINT. Do a U turn, proceeding west along Goodwin but on the opposite side
- 7.8 turn left along a path through Burleigh Heads park keeping the caravan park to your left when you will emerge back onto the footpath of the Gold Coast Highway. Proceed up a small hill, sweeping left then downhill keeping the Information centre to your left. Cross the Tallebudgera Creek bridge and continue south
- 9.8 Aid station 2 outside Tallebudgera SLSC
- 10.0 10 km marker at bus stop 200 metres before 27th Avenue Palm Beach
- 10.9 turn left at 17th Avenue then right into Jefferson Lane, still proceeding south but parallel to the Gold Coast Highway
- 12.4 Zig zag left / right at 3rd Avenue, continue south until end of Jefferson Lane then turn right into Laceys Lane
- 12.7 Turn left onto path adjoining Gold Coast Highway. Continue south crossing the Currumbin Creek Bridge
- 13.8 Turn left down the ramp into Duringan Street. Keep Currumbin Creek to your left as you head towards the beach. Sweep right into Pacific Parade
- 15.0 Aid station 3, 100 metres before The Deck cafe on opposite side. Proceed south keeping the Currumbin Vikings SLSC (Elephant Rock) to your left.

- 15.6 continue along pathway heading south, do not turn right into Tomewin Street.
- 15.7 cross bridge in park
- 15.9 emerge from park. Proceed south past Tugun SLSC on right
- 16.6 turn right into Toolona Street to Tugun Tavern
- 16.7 at Tugun Tavern turn left into Golden Four Drive. Proceed to Bilinga SLSC
- 18.4 turn left through Bilinga SLSC then right along footpath. Continue south
- 20.0 Aid station 4 just north of Archer Street and the Kirra North SLSC. Continue south keeping the ocean to your left
- 22.0 turn left at the lights in Coolangatta and proceed past the Coolangatta SLSC. This is a market precinct so beware of pedestrians.
- 22.9 turn left at the Coolangatta-Tweed Heads SLSC following the path around Greenmount. Proceed past Rainbow Beach, keeping the Rainbow Beach SLSC (Snapper Rocks) to your left. Proceed up the hill and to the Point Danger light. This is the last hill and you are almost there.
- 23.8 Point Danger light. Enjoy the views. Do not stop for a coffee at D'bah cafe. Proceed along Tweed Terrace, taking the first left and down the hill
- 24.5 Duranbah beach. Turn left and proceed to race finish.
- 25.0 Race finish or turnaround as the case may be.