

Rockies 5 km – start outside the JHB Zoo Main gate on Upper Park

Start on Upper Park Drive

- 1 Left into Erlswold
- 2 Right into Westwold
- 3 Right into Lystanwold -around bend
- 4 Left into Avonwold
- 5 Right into Ashwold – 1st Right!
6. Right into Englewold
7. Straight by the circle (still on Englewold)
8. Right into Beachwold
9. Left into Methwold
10. Right into Restanwold
11. Right into Riviera
12. Left into Upper Park (to finish at gate)