

CAP SAFETY ROUTE

The CAP team are rolling out a safe running route that will be patrolled for the safety of the runners in our community. Until further notice the patrolled run will take place on Saturday mornings at 06:00 and on Tuesday mornings at 5:15.

The starting point will be Melrose Arch by the gym and the route will be as follows:

Saturday Mornings:

- * Starts in Melrose Arch at 6am
- * Out Melrose Arch, right onto Atholl Oaklands road.
- * Left up Kernick Road.
- * Left into Westwood Avenue
- * Right into North
- * Right into St. Andrews
- * Left into Venus
- * Right into Melrose Street
- * Left into Cecil Avenue
- * Cecil Avenue becomes 8th Street
- * Left into 8th Avenue
- * Right into River Street
- * Left into Riviera Road
- * Left into West Street
- * West Street becomes Central Street
- * Right into 17th Avenue
- * Left into Kruger Street
- * Kruger becomes Atholl Oaklands Road
- * Right into Melrose Arch

Tuesday mornings:

- * Starts in Melrose at 5:15am
- * Out Melrose Arch, right onto Atholl Oaklands road.
- * Left up Kernick Road.
- * Left into Westwood Avenue
- * Right into North
- * Right into St. Andrews
- * Left into Wrenrose Avenue
- * Right into Greenacres
- * Left into Ravenswood
- * Right into Tyrwhitt
- * Left into Venus
- * Venus becomes 6th Street
- * Right into 8th Avenue
- * Left into Main Avenue
- * Left into Riviera Road
- * Left into River Street
- * Left into 8th Avenue
- * Right into 5th Street
- * Right into Melrose Street
- * Left into Edgewood
- * Right into James & Ethel Park
- * Left into Atholl Oaklands
- * Right into Melrose Arch
- * Both routes are approx 10km's and will take approx 1 hour

The Tactical officers will be in touch with the ICCC, and so if you wish to catch up with the runners along the way please call the ICCC and they will advise where along the route the runners are