**SRG Run 3 – 5.4km Coast to Vines trail ‘out & back’ run**

* **5.4km course**



Directions:

1. Starting at the park, follow the track towards Bains Road
2. Continue across Bains road and Pimpala Road (Hungry Jacks)
3. Continue along the track until the next cross road intersection (States road)
4. **\*\*5km Turn-around\*\*** - turnaround and return to the park the same way

**SRG Run 3 – 10.0km Coast to Vines trail ‘out & back’ run**

* **10.0km course**



Directions:

1. Starting at the park, follow the track towards Bains Road
2. Continue across Bains road and Pimpala Road (Hungry Jacks)
3. Continue on across Reynell road and follow the track until you reach the Panatalinga road traffic lights
4. Follow footpath onto Panatalinga road (down the hill) and when you reach the old road bridge on the right, go to the right and re-join the Coast to Vines trail
5. Follow trail back to the park

**SRG Run 3 – 20.1km Coast to Vines trail ‘out & back’ run**

* **20.1km course**



Directions:

1. Starting at the park, run South along the Coast to Vines trail, crossing Wheatsheaf road, Doctor’s road and Honeypot roads
2. Continue across Melsetter road (near Irish pub) until you reach the next road crossing (Brodie road), near the housing estate) – TURN AROUND and return to the park the same way.
3. (Join 10k runners) - Follow the track towards Bains Road
4. Continue across Bains road and Pimpala Road (Hungry Jacks)
5. Continue on across Reynell road and follow the track until you reach the Panatalinga road traffic lights
6. Follow footpath onto Panatalinga road (down the hill) and when you reach the old road bridge on the right, go to the right and re-join the Coast to Vines trail
7. Follow trail back to the park