

TOTALSPORTS TWO OCEANS MARATHON 2023 ROAD CLOSURES AND RESTRICTIONS

Notice is hereby given that the following roads will be closed on
Saturday 15th April and Sunday 16th April 2023

ULTRA MARATHON ROAD CLOSURES & RESTRICTIONS: Saturday 15th April 2023

ROAD	CLOSURE TIMES
Main Road: Newlands Between Klipper Road and Letterstedt Road	03h30 – 06h00
Main Road: Newlands to Claremont Between Letterstedt Road and Protea Road	03h30 – 06h00
Main Road: Claremont to Wynberg From Protea Road to Piers Road	04h45 – 06h15
Main Road: Wynberg to Diep River From Piers Road to De Waal Road/Kendal Road	05h00 – 06h45
Main Road: Diep River to Retreat From De Waal Road/Kendal Road to Tokai Road	05h15 – 07h15
Main Road: Retreat to Steenberg Tokai Road to Steenberg Road	05h30 – 07h15
Main Road: Steenberg to Muizenberg Steenberg Road to Atlantic Road – Southbound lane use Westlake Avenue and Boyes Drive.	05h30 – 07h45
Main Road: Muizenberg to Fish Hoek Local access only between Muizenberg (Atlantic Road) and Kalk Bay (Clairvaux Road). Motorists travelling south and north will be diverted over Ou Kaapse Weg. Traffic travelling to and from Kommetjie/Simonstown Roads through Fish Hoek will be diverted via Beach Road.	05h45 – 08h30
Kommetjie Road: Fish Hoek From Main Road to Corsair Way, Sun Valley, motorists to share westbound (direction Kommetjie) lane. Runners use eastbound lane. Drive with caution.	06h00 – 08h45
Corsair Way: Sun Valley Kommetjie Road to Frigate Crescent. Both lanes closed.	06h15 – 08h45
Frigate Crescent: Sun Valley Corsair Way to Dory Walk	06h15 – 09h00
Dory Walk: Sun Valley Frigate Crescent to Chebec Crescent	06h15 – 09h00
Chebec Crescent: Sun Valley Dory Walk to Dhow Street	06h15 – 09h00
Ou Kaapse Weg Both Directions: Expect Delays – Stop/Go control at Noordhoek Main Road.	06h15 – 09h00
Noordhoek Main Road Local access only. Northbound lane closed. Traffic to share southbound lane. Drive slowly with caution.	06h15 – 09h30
Silvermine Road From Village Lane to Noordhoek Main Road	06h30 – 09h30
Chapman's Peak Drive Chapman's Peak Drive will be closed to traffic from 03h30. Spectators permitted to enter from Hout Bay to the various picnic spots from the Hout Bay side only until 07h00.	03h30 – 10h30
Hout Bay Main Road From Chapman's Peak to Victoria Road Circle Traffic coming into Hout Bay will be detoured away from Victoria Road Circle to Valley and then Disa River Roads. Runners will be in the southbound lane (direction Noordhoek).	07h00 – 10h45
Hout Bay Road From Victoria Road Circle to Disa River Road Totally closed to traffic.	07h00 – 11h15
Hout Bay Road From Disa River Road to Constantia Nek A convoy system for motorists will operate under the direction of the traffic department. Runners will be in eastbound lane (direction Constantia Nek) i.e. their left.	07h15 – 11h30
Rhodes Drive Constantia Nek to Canterbury Road Circle Both directions closed to traffic.	07h30 – 12h15
Rhodes Drive Canterbury Road Circle to Union Avenue Traffic may only travel south. Runners will be in lane heading towards Cape Town (their left). Please note: Kirstenbosch Gardens and Restaurant will be accessible to the public.	07h45 – 12h30
M3 – Union Avenue Rhodes Drive/Newlands Avenue to UCT Left lane will be coned off for athletes, right lane will remain open at all times for motorists travelling towards Cape Town. Please drive cautiously. Please note: Rhodes Memorial will be accessible to the public.	07h00 – 13h00
Princess Anne Avenue Access to and from M3 Northbound closed. Please note: Rhodes Memorial will be accessible to the public.	07h00 – 13h00

Additional Notes for the Ultra Marathon on Saturday 15th April 2023

Traffic proceeding to the City from the False Bay areas should either travel before 05h30, after 08h45 or use Ou Kaapse Weg, which will have a Stop/Go control for both vehicles and runners between 06h15 and 09h00.

Residents in the following areas are requested not to park along the route, and to use alternative side streets for the duration of the race:

- Main Road from Newlands to Muizenberg.
- Main Road from Atlantic Road, Muizenberg through St James and Kalk Bay until the police station just past Clovelly Road in Fish Hoek.
- Kommetjie Road from 17th Avenue through to the Fish Hoek Circle at Main Road. (Runners will be running towards Sun Valley facing the traffic within one lane, which will be coned off).

Detours:

- Traffic wishing to travel from or to Hout Bay via Constantia Nek will be diverted via Valley Road and Disa River Road.
- A Stop/Go system will operate on Hout Bay Main Road between Disa River Road and Constantia Nek.

Please note that traffic travelling on the M3 Northbound between Rhodes Drive and UCT will be restricted to one lane for the duration of the event.

HALF MARATHON ROAD CLOSURES & RESTRICTIONS: Sunday 16th April 2023

ROAD	CLOSURE TIMES
Main Road: Newlands Between Klipper Road and Letterstedt Road	03h30 – 07h30
Main Road: Newlands to Claremont Between Letterstedt Road and Protea Road	03h30 – 07h30
Protea Road Between Main Road and the M3 NB: There will be no access to the M3 via Protea Road and Newlands Road.	06h00 – 07h30
Paradise Road Protea Road to Edinburch Drive	06h00 – 07h30
M3 Southbound From Princess Anne Avenue to Kendal Road	06h00 – 08h15
Kendal Road Between Spaanschemat River Road and Edison Road	06h30 – 08h15
Spaanschemat River Road From Doorddrift Road to Ladies Mile Extension	06h00 – 08h15
Ladies Mile Extension Between Spaanschemat River Road and Constantia Main Road	06h30 – 08h30
Parish Road From Constantia Main Road to Southern Cross Drive	06h45 – 08h45
Constantia Main Road Between Pagasvlei Road and Constantia Village Shopping Centre Entrance Both directions – local access only.	06h45 – 08h30
Southern Cross Drive From Brommersvlei Road to Rhodes Drive	06h45 – 09h00
Rhodes Drive Southern Cross Drive to Canterbury Road Circle Both directions closed to traffic.	06h45 – 09h30
Rhodes Drive Canterbury Road Circle to Union Avenue Traffic may only travel south. Runners will be in lane heading towards Cape Town (their left). Please note: Kirstenbosch Gardens and Restaurant will be accessible to the public.	07h00 – 10h00
M3 – Union Avenue Rhodes Drive/Newlands Avenue to UCT Left lane coned off for athletes, right lane will remain open for motorists travelling towards Cape Town. Please drive cautiously. Please note: Rhodes Memorial will be accessible to the public.	06h30 – 10h30
Princess Anne Avenue Access to and from M3 Northbound closed. Please note: Rhodes Memorial will be accessible to the public.	06h30 – 10h30

Additional Notes for the Half Marathon on Sunday 16th April 2023

Residents in the following areas are requested not to park along the route, and to use alternative side streets for the duration of the race:

- Main Road from Newlands to Claremont.

Detours:

- Traffic from Hout Bay will be directed in via Pagasvlei Road and Spaanschemat River Road to the M3 and Constantia Road, and then to Claremont and Wynberg via Alphen Hill Road (Victoria Hospital) between 06h45 and 08h30.
- Traffic to Hout Bay will be directed from Edison Road and Ladies Mile Road to Spaanschemat River Road and Pagasvlei Road to Constantia Road between 06h45 and 08h30.

Please note that traffic travelling on the M3 Northbound between Rhodes Drive and UCT will be restricted to one lane for the duration of the event.

Delays can be expected for the duration of the Totalsports Two Oceans Marathon. We appeal to motorists to avoid using roads leading to the race route. Please comply with the directions given by traffic officers and marshals. Road signs will be in place during the week prior to the race, advising motorists of the road closures.

Spectators to please obey all officials and marshals, and be aware of traffic when supporting the runners. Do not stand in roadways where vehicles are travelling.