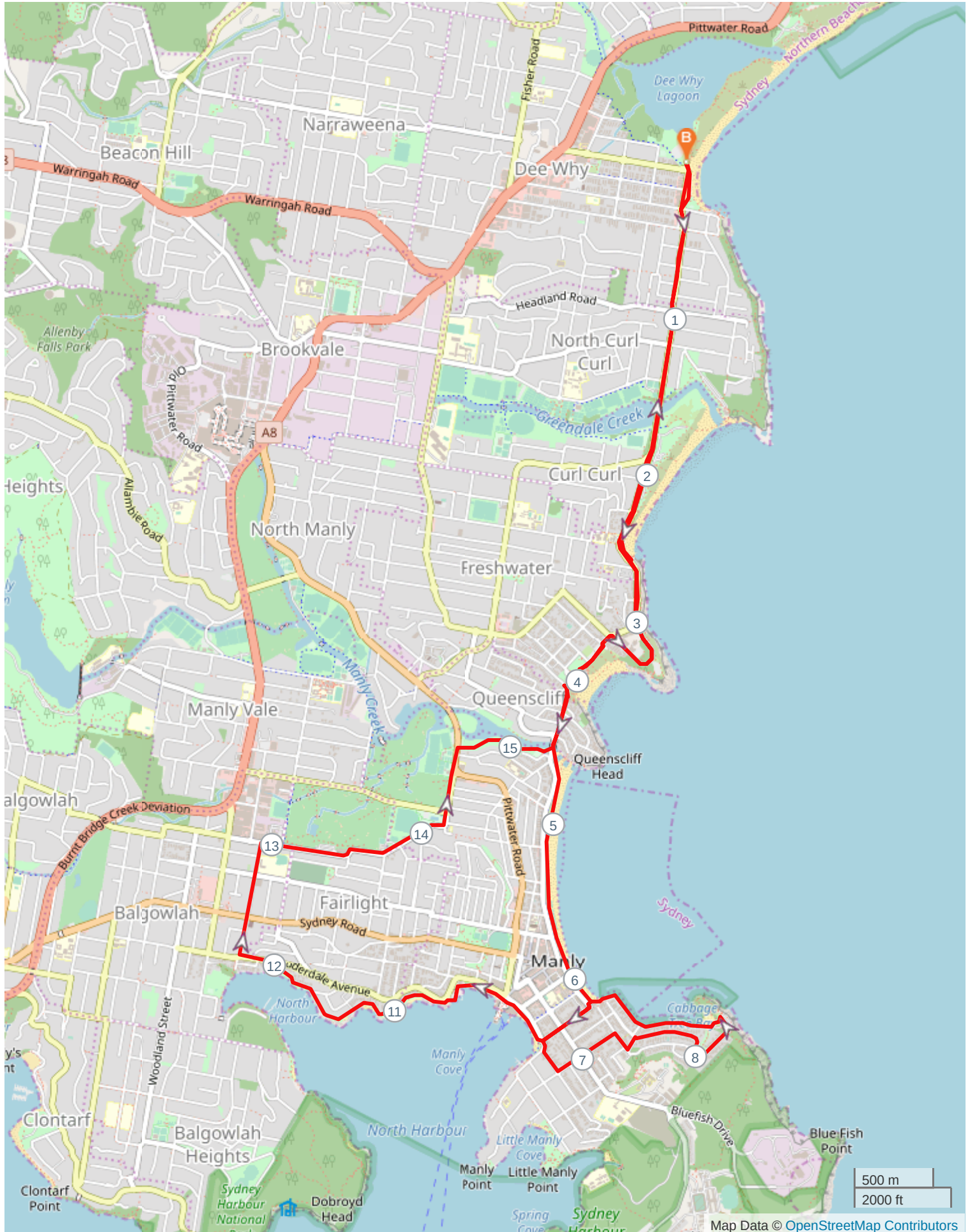


SS Dee Why Dash 20km



ROUTE DIRECTIONS

No	Km	Turn	Directions
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No	Km	Turn	Directions
1	0.000		Start by running with Dee Why Beach to your left, continue onto Griffin Road
2	2.995	←	Turn left onto Lumsdaine Drive which becomes Evans Street
3	3.598	←	Turn left down the stairs onto the path
4	3.691	←	Turn left onto Ocean View Road then right across car park towards Freshwater Beach behind surf club
5	4.062	➔	At the end of the park turn right up the pathway
6	4.088	↙	Turn sharp left onto Undercliff Road follow path onto Bridge Road continue to Queenscliff Beach then South Steyne Beach, Manly Surf Club
7	6.186	↗	Turn right onto Ashburner Street
8	6.601	←	Turn left onto East Esplanade
9	6.638	↗	Keep left onto Osborne Road
10	6.825	←	Turn left onto Addison Road
11	7.263	➔	Turn right onto Reddall Street
12	7.402	↙	Turn left onto College Street then right onto Bower Street
13	8.406	↙	Turn left continue to Shelly Beach then onto Marine Parade towards Manly Surf Club
14	9.362	←	Turn left onto Ashburner Street
15	9.775	➔	Turn right onto East Esplanade continue past Manly Wharf onto Manly to Spit Bridge Walk
16	10.555	➔	Turn right up the steps then left onto Manly to Spit Bridge Walk
17	12.030	↖	Exit path continue straight ahead onto White Street then turn right onto Boyle Street
18	12.938	➔	Turn right onto Balgowlah Road continue to Pittwater Road
19	14.660	➔	Turn right go through Lagoon Park to Queenscliff Surf Club
20	15.272		Turn left onto Bridge and head north
21	16.210	↗	Turn right onto Evans Street becomes Lumsdaine Drive
22	16.822	↙	Turn right onto Carrington Parade continue onto Griffin Road to Dee Why Surf Club
23	19.846		FINISH