

ISBT fun run

Tuesday 5 September 2006
07:00 hours

As we move into Spring in Cape Town, you are invited to take part in the ISBT fun run/ walk. Two distances are available for your participation, a 2,5 km and a 5 km route.

The routes start and finish at the same point and are run in a figure 8 configuration. The course runs along the promenade on the Sea Point sea front. Running in a northerly direction, you have the beautiful Atlantic Ocean to your left and on a clear day, you can catch a glimpse of Robben Island. This island was so called by the Dutch because of the seal (robbe) colonies which inhabited the area. It was used as a leper colony from the early 19th century and was also a military installation. Bunkers were built and guns, capable of reaching the mainland when fired, were installed and are still in place today, although they have never been fired in defence of the Cape. It was used most recently and, probably, most famously, as a prison for political prisoners.

As you turn onto the Promenade and continue in a southerly direction you are able to see the Green Point Lighthouse. This structure replaced the original Moullie Point lighthouse which was decommissioned in 1906 and houses the foghorn which is used today. Even though the lighthouse was in use, numerous ships have run aground on this section of coastline and at low tide, the engine block of the RMS Athens, which ran aground in 1865, can be seen.



At high tide, it is not unusual for the sea spray to encroach onto the Promenade and if you don't want to get wet, it is suggested that you bring a suitable top with you.

As you approach midpoint of the 5 km course, you are able to see Signal Hill and part of Lion's Head. Signal Hill is the site of the Noon Day gun which is still fired each day at noon. It was also used by the navy as a lookout point as all ships have to round this piece of coastline en route to Cape Town harbour.



The second leg of the run takes you further along the Promenade with its lawns and children's playground nestled next to the sea.

Come and enjoy the fresh sea air and enter into the spirit of Cape Town!

You will need walking/ running shoes, suitable clothing, a top in case the weather is cool and all your enthusiasm.



You will be transported to the start (\pm 3 km away). Final instructions will be available at congress registration. Refreshments are provided along the route and participants will receive a memento at the end of the event. All this is at no cost to you.

To facilitate the organisation of this event, please complete the registration form and return to gbowie@wpbts.org.za by 14 August 2006.

I look forward to hosting this event for you.