

Absa RUN YOUR CITY CAPE TOWN 10K / ROAD CLOSURES 2025

	ROUTE INTERSECTION	DESCRIPTION	Date		Notes	Time	
			Date	Time		Date	Time
Sat, 10 May							
1	Jetty St. - Between Lower Long & Lower Long St.	Full Closure	Sat, 10 May	10h00	Build of finish village. All vehicles to be pushed out towards Walter Sisulu	Sun, 11 May	15h45
2	Lower Long St. - Between Walter Sisulu & Hans Strijdom Ave.	Southbound Closure	Sat, 10 May	10h00	Build of finish area	Sun, 11 May	15h45
3	Alpha St. - Between Lower Long & Lower Loop St.	Full Closure	Sat, 10 May	10h00	Build of finish village. Local Access via Loop	Sun, 11 May	15h45
4	Warf St. - Between Lower Long & Jetty St.	Full Closure	Sat, 10 May	10h00	Build of finish village. All vehicles to be pushed out towards Walter Sisulu	Sun, 11 May	15h45
Sun, 11 May							
5	Walter Sisulu Ave. - Between Lower Long & Cullinan St.	Full Closure	Sun, 11 May	02h00	Increase floor space of finish village. One lane open to traffic	Sun, 11 May	15h45
6	Lower Loop St. - Between Hans Strijdom & Walter Sisulu Ave.	Northbound Closure	Sun, 11 May	02h00	Build of finish medals and coke area	Sun, 11 May	15h45
7	West Coast Rd. - Between Boundary & Loxton Rd.	Full Closure Northbound & Southbound lanes	Sun, 11 May	02h00	Start structures to be built, diversion along Union rd	Sun, 11 May	11h00
8	Darling St. - Between Buitenkant & Lower Plein St.	Full Closure	Sun, 11 May	04h30	Grand Parade Shuttle Bus pickup	Sun, 11 May	09h20
9	Heerengracht St. - Between FW De Klerk. & Walter Sisulu St.	Southbound Closure (MyCiti operates as normal)	Sun, 11 May	05h00	MyCiti have access on red lane, Taxi's and station bound traffic access via Old Marine Drive. Fencing on road to be erected at 05h00. Traffic inbound on FW to turn left into Heerengracht on far right lane	Sun, 11 May	12h15
10	Adderley St. - Between Hans Strijdom & Strand St.	Southbound Closure (MyCiti operates as normal)	Sun, 11 May	06h00	MyCiti have access on red lane, Taxi's and station bound traffic access via Old Marine Drive. Fencing erected at 04h00	Sun, 11 May	12h15
11	Castle St. - Between Strand St. & Darling St.	Full Closure	Sun, 11 May	06h00	To allow Shuttle Buses to leave Grand Parade	Sun, 11 May	09h20
12	Greyton Rd. - Between Park Ave & Marine Dr.	Full Closure	Sun, 11 May	06h00	In order to give MyCiti buses open road to continue with shuttle service	Sun, 11 May	09h30
13	Union Rd. - Between Hawston Rd & Boundary Rd	Full Closure	Sun, 11 May	06h00	In order to give MyCiti buses open road to continue with shuttle service	Sun, 11 May	09h30
14	Castle St. - Between Loop St. & Long St.	Full Closure	Sun, 11 May	06h30	One way traffic from Loop to Long	Sun, 11 May	12h30
15	Church St. - Between Burg St. & Long St.	Full Closure	Sun, 11 May	06h30	One way traffic from Burg to Long	Sun, 11 May	12h30
16	Hout St. - Between Burg St. & Long St.	Full Closure	Sun, 11 May	06h30	One way traffic from Burg to Long	Sun, 11 May	12h30
17	Long St. - Between Hans Strijdom & Wale St.	Full Closure	Sun, 11 May	06h30	Set up of Sponsor Points - Fencing for MyCiti lane required	Sun, 11 May	12h30
18	Longmarket St. - Between Loop St. & Long St.	Full Closure	Sun, 11 May	06h30	One way traffic from Loop to Long	Sun, 11 May	12h30
19	Prestwich St. - Between Long St. & Loop St.	Full Closure	Sun, 11 May	06h30	Closure of Underground parking entrance	Sun, 11 May	12h30
20	Kiepeek St. - Between St. Georges Mall & Sea St.	Full Closure	Sun, 11 May	06h30		Sun, 11 May	12h30
21	Shortmarket St. - Between Burg St. & Long St.	Full Closure	Sun, 11 May	06h30	One way traffic from Burg to Long	Sun, 11 May	12h30
22	Hans Strijdom Ave. - Between Bree St. & Heerengracht St.	Eastbound Closure	Sun, 11 May	08h30	MyCiti to divert via Walter Sisulu. CBD bound vehicles to access long street via Heerengracht. Soft closure at Heerengracht.	Sun, 11 May	12h15
23	Hans Strijdom Ave. - Between Heerengracht St. & Loop St.	Westbound Closure	Sun, 11 May	08h30	MyCiti to divert via Walter Sisulu. CBD bound vehicles to access long street via Heerengracht. Soft closure at Heerengracht.	Sun, 11 May	12h15
24	Marine Dr. - Between N1 offramp & Boundary Rd.	Northbound Closure	Sun, 11 May	08h30	Closure at the N1 - Trucks needing access to the harbour to enter and exit at Paarden Eiland Rd via Koeberg Rd	Sun, 11 May	11h15
25	N1/Marine Dr. Offramp - inbound	Full Closure	Sun, 11 May	08h30	Trucks needing access to the harbour to enter and exit at Paarden Eiland Rd via Koeberg Rd	Sun, 11 May	11h15
26	Adderley St. - Between Durave St. & Strand St.	Northbound Closure	Sun, 11 May	08h45	Fencing separates runners outbound and inbound traffic at openings	Sun, 11 May	12h15
27	Christiaan Barnard St. Between FW De Klerk Inbound & Outbound	Soft Closure	Sun, 11 May	08h45	Access & Egress to the harbour permitted after contenders are through	Sun, 11 May	11h30
28	FW De Klerk Blvd. - Between Heerengracht St. & Christiaan Barnard St.	Outbound Closure	Sun, 11 May	08h45	Emergency vehicles from Christiaan Barnard Hospital to access N1 Outbound via DF Malan - Lane closure at 05h00 for refreshment station setup	Sun, 11 May	12h00
29	Heerengracht St. - Between Walter Sisulu & Hans Strijdom St	Southbound Closure (MyCiti operates as normal)	Sun, 11 May	08h45	MyCiti have access on red lane, Taxi's and station bound traffic access via Old Marine Drive. Fencing erected at 04h00	Sun, 11 May	12h15
30	Hertzog Blvd. - Between DF Malan & Heerengracht St.	Inbound Closure	Sun, 11 May	08h45	MyCiti to operate as normal on the red route	Sun, 11 May	12h00
31	Hout St. - Between Burg St. & Adderley St.	Full Closure	Sun, 11 May	08h45		Sun, 11 May	12h15
32	Longmarket St. - Between Burg St. & Adderley St.	Full Closure	Sun, 11 May	08h45		Sun, 11 May	12h15
33	Lower Church St. - N1 Outbound onramp	Full Closure	Sun, 11 May	08h45	Vehicles diverted to N1 inbound	Sun, 11 May	11h45
34	N1 Outbound	Full Closure	Sun, 11 May	08h45	Vehicles on elevated freeway diverted Nelson Mandela Dr.	Sun, 11 May	11h45
35	Rua Bartholomeu Dias Pl. - Between Salazar Pl. & Heerengracht St.	Full Closure	Sun, 11 May	08h45	Veicles diverted onto DF Malan	Sun, 11 May	11h45
36	Strand St. - Between Bree & Adderley St.	Closure - Used for MyCiti	Sun, 11 May	08h45	Traffic diverted up to Orange St	Sun, 11 May	12h15
37	Wale St. - Between Long St. & Adderley	Eastbound Closure	Sun, 11 May	08h45	Closure for set-up of activation	Sun, 11 May	12h15