



WEST RAND

Modern Athlete will be reviewing time trials from all over the country, to let you know what's out there when you're looking to work on your speed. We'll give you a short description of the course, logistical details and our Modern Athlete ranking.

DISCOVERY AC, WEST RAND

Address: Roodepoort Athletics Stadium, Ruimsig

When: Wednesday at 18:15

Distance: 4km and 8km

If you've run in the West Rand, you'll know this area has a few hills, so prepare for a hard run and don't expect super fast times. You can go straight from work and change at

the stadium. The time trial starts right outside the stadium and parts of it are run next to the beautiful Ruimsig golf course. Unfortunately, a part of it is also run on a busy road, but it is only for a short block and runners make use of the sandy pavement rather than the road.

The 4km route is slightly easier than the 8km route. Both routes start on a slight uphill before turning right into Fairway Street for a slight downhill, followed by a left turn into Handicap Road, a wide road which is usually free of traffic. When turning into Hole-in-One Avenue, expect some traffic. Luckily it is a short block before turning back into Fairway Street for a flattish section next to the golf course. This flat stretch makes way for a nice

downhill at the 2km mark, which is the turn point for the 4km runners, who follow the same route back to the stadium.

The 8km runners continue alongside the bottom of the golf course in Hole-in-One Avenue. Prepare yourself for a long uphill from 5km to 6km, which is close to the turn point at the traffic lights in Peter Road. On the way back, the downhills are mostly in your favour, so use them to make up for lost seconds. The finish is at the entrance of the underground parking of the stadium to make up the 8km distance.

If you still have energy left, you can sharpen your track work on the beautiful track inside the stadium, then join the club for cold refreshments.

DIFFICULTY RATING: 3 OUT OF 5

Run any good time trial routes lately? Share your experience with us.

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