

SAMLA WORKSHOPS 2019 – VENUES AND DIRECTIONS

Venue Addresses:

Johannesburg:

Focus Rooms, The Core Shopping Centre
Leeuwkop Road
Sunninghill
Sandton, 2191

Directions:

From OR Tambo International Airport

- Travel along the R24 from Johannesburg International Airport towards Johannesburg
- Take the N3 (Pretoria) off ramp
- Follow the highway until it merges with the N1 South
- Take the following offramp - Rivonia Road
- Turn right on to Rivonia Road (under highway)
- Take first road right after highway –Witkoppen (Builders Warehouse on the corner)
- Take the first road left at the traffic lights – Leeuwkop
- Entrance to The Core is on the left hand side approx 200m down the road

Travelling North on Rivonia Road

- Follow Rivonia Road to the N1 highway
- Continue on Rivonia under the highway
- Take first road right after highway –Witkoppen (Builders Warehouse on the corner)
- Take the first road left at the traffic lights – Leeuwkop
- Entrance to The Core is on the left-hand side approx 200m down the road

Travelling South on N1

- Take the Rivonia Road offramp
- Turn right on to Rivonia Road (under highway)
- Take first road right after highway –Witkoppen (Builders Warehouse on the corner)
- Take the first road left at the traffic lights – Leeuwkop
- Entrance to The Core is on the left-hand side approx 200m down the road

Travelling North on N1

- Take the Rivonia Road offramp
- Turn left on to Rivonia Road
- Take first road right –Witkoppen (Builders Warehouse on the corner)
- Take the first road left at the traffic lights – Leeuwkop
- Entrance to The Core is on the left-hand side approx 200m down the road

Cape Town:

Sports Science Institute of South Africa
Boundary Road
Newlands
Cape Town, 7725

Directions:

Driving directions to Sports Science Institute of SA from N1

- Head west on N1 Rd 9,7 km
- Take exit 7A to merge onto M5 toward Maitland/Muizenberg 3,7 km
- Take exit 9B to merge onto N2 Rd/SettlersWy toward Cape Town 1,8 km
- Take exit 7 for M4/Main Road 300 m Turn left onto Main Rd/M4 3,1 km
- Turn left onto Boundary Rd 250 m
- Destination will be straight ahead

Driving directions to Sports Science Institute of SA from Cape Town International

- Head south 280 m Keep left at the fork 300 m
- Slight left toward Airport Approach Rd 150 m
- Turn right toward Airport Approach Rd 400 m
- Take the 1st left onto Airport Approach Rd 1,6 km
- Merge onto N2 Rd/SettlersWy via the ramp to Cape town 10,4 km
- Take exit 7 for M4/Main Road 300 m
- Turn left onto Main Rd/M4 3,1 km Turn left onto Boundary Rd 250 m
- Destination will be straight ahead

Driving directions to Sports Science Institute of SA from Cape Town City Centre

- Head southeast on Eastern Blvd toward Exit 2,9 km
- Continue onto DeWaal Dr 900 m
- Continue onto Rhodes Dr 2,3 km
- Take exit 8 for Princess Anne Avenue toward M146 230 m
- Merge onto Princess Anne Ave 180 m
- Continue onto Klipper Rd 550 m
- Turn right onto Main Rd 450 m
- Turn left onto Boundary Rd 250 m
- Destination will be straight ahead

Durban:

Garden Court Umhlanga
Cnr. Aurora Drive & Centenary Boulevard
uMhlanga Ridge, 4319

Directions:

From the Airport:

- From Airport take N2 to Durban - Take off ramp to join M41
- Take off ramp onto Umhlanga Rocks Drive (M12) and turn left.
- Continue down to 2nd traffic circle and turn left into Centenary Boulevard.
- Drive down the road and turn right into Aurora – the Garden Court Umhlanga hotel is then on your left.