

**WESTERN PROVINCE MASTERS ATHLETICS ASSOCIATION**

**TYGERBERG NORTHLINK ATHLETICS CLUB, PAROW (for Women's Throws Pentathlon) : 1 map on page 60.**

Follow the N1(either from the direction of Paarl or Cape Town City Bowl) and turn (left from Paarl/right from Cape Town City Bowl) into McIntyre Road (M14).

At 1st set of robots turn right into De Grendel Road and continue with Jan Burger Sports Complex and Noordelikes Rugby Stadium on the left.At the circle continue left into Tygerberg Northlink Athletics Club (Parow Track) which is directly adjacent to the rugby field.

COORDINATES ON ATTACHED MAP :  
BX       43        (page 60 on map)

