

2026

18-19 July



CAPE TOWN FESTIVAL OF RUNNING



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Closing date 30 June 2026
Substitution window period 22-29
June 2026



Venue: Seapoint

Promenade (Opposite
SABC)

Registration: Sea Point
High School Hall 17 July
18 - 19 July Marquee
opposite SABC building

Entry Fees:

- 50km: R360 incl refreshments (must belong to a club)
International runners must wear a
temp license at additional R105
- 21km: R250
+R95 Temp license (non-club members)
(70+ Age 50% discount)
- 5X5 Relay: R400 (Junior R350)
Prize contenders must wear temp license or club license

ENTRIES VIA PEAK TIMING <https://www.peaktiming.co.za>



Comrades and Two Oceans
Qualifier race



WESTERN PROVINCE ATHLETICS



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



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Cape of Good Hope





Cape Town festival Running General Information 18-19 July 2026

THIS RACE IS RUN UNDER THE AUSPICES OF W.P.A. & ATHLETICS SOUTH AFRICA. THE ASA AND WORLD ATHLETICS RULES WILL GOVERN THIS EVENT RULES AND INFORMATION

Date of the Race

The race will be run on Saturday 18 July 2026 (50km time 7h00); 5x5 Relay Saturday 18 July 12h00 (report at 11h00am); and Sunday 19 July 2026 (21km time 07h30) on the Promenade, Sea Point (opposite SABC building) .

Closing Date of Entries : Online entries (www.peaktiming.co.za) are limited to 2200 (21km) and 800 (50km) .

- **Pre-entries closing date: 30 June 2026 Substitutions window period: 22 June 2026—29 June 2026**
- **(Substitution fee of R50, plus applicable administrative costs)**

Acknowledgement of Entry: Online entrants will receive immediate entry confirmation ; all EFT and other entrants will receive confirmation once forms and proof of payment is received.

Registration: Registration will take place at Sea Point High School on Friday 17 July 2026 from 15:30 to 19:00. Saturday and Sunday Registration: At the marquee (opposite SABC building) on Sunday morning from 5:30 AM to 7:00 AM. (Close to start area)

It is vital that you bring the printed online race acknowledgement or receipt, and proof of identity (e.g., ID document, passport, Driver's licence) to registration. You must collect your race entry card from the Registration Venue (Sea Point High School) Cape Town on Friday 17 July from 15:30 to 19:00 and Saturday from 10:00 to 17:00 (21 km) and on race morning from 05:30 to 06:30 for the 50km and the 21 km on Sunday from 5:30-7:00 (marquee close to start area). If you are unable to collect your race entry card, a third party can collect on your behalf with a printed copy of the entry acknowledgement as well as a letter of authorisation from the entrant. This letter needs to state both the entrant and the person collecting the race entry card ID number as well as the signature of both parties. The person collecting the race entry card must have some form of identification. Temporary license holders must complete and hand in the torn off strip from the number to be eligible to compete when registering.

Cut-off times:

21Km The cut-off will be 3 hours 30 mins with the finish scheduled at 11h00.

50Km 10 Hours

Qualifiers:

Two Oceans Marathon: Sub 6:30

Comrades Marathon: 6:09:59

Briefing: The 50km runners are required to attend the important briefing session on Saturday morning 18 July 2026 at 06h30 in the Marquee.

Eligibility to Participate: 21km-You must be 16 years old or older on the date of the race. **50km** - You must be 20 years old or older on the date of the race in terms of ASA rules, **you must be a member of a Club**. Registered club members should wear club colours. Valid 2026 licenses must be worn, one on the front and one on the back of their running vest. All participants will receive a race number with timing chip.

International Runners are welcome to participate in the 50 km: Entry fee includes Temp licence (mandatory)

Age Category Tags : To be eligible for prizes, runners must wear numerical age category tags on the front and back of the Vest. Temporary licence participants are eligible for age category prizes provided they enter the relevant age group. Wear the appropriate age tags and provide proof of age. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.

Medals: All finishers in the cut-off time will receive a MEDAL.

A TOG-BAG FACILITY will be available at the Marquee at own risk. No loose items will be accepted. Do not place any valuables in the tog bag. Organisers will exercise vigilance but will not be liable for any losses that may arise.

General: For safety reasons the use of a personal music player with headphones is not allowed. Persons using them in contravention of ASA Rule 34.10.6 may be disqualified and shall not be eligible for individual or team prizes.

PARTICIPANTS MUST OBEY TRAFFIC OFFICERS, RACE OFFICIALS AND MARSHALS AT ALL TIMES.



Prize Money

21km					50km
Open	40-49	50-59	60-69	70 +	
Men & Female	Men & Female	Men & Female	Men & Female	Men & Female	Men & Female
1. R3000	1. R1500	1. R1500	1. R1500	1. R1500	1. R4000
2. R2000	2. R1000	2. R1000	2. R1000	2. R1000	2. R2500
3. R1500	3. R750	3. R750	3. R750	3. R750	3. R1500
4. R750					
5. R500					



There will be no official prize giving and prize money will be deposited into the category winner's bank accounts for the relay and 50km race. Prize giving for 21km will be on the Sunday 19 July 2026 at 11am..

Toilets: These will be located at the registration and finish area.

The Route:

The Half Marathon route starts on the Promenade in Sea Point opposite the SABC building. Runners proceed along the promenade in the direction of Camps Bay until Arthurs Road, where they turn into Beach Road and head back towards Cape Town. At Rocklands Road, they do a U-turn and head out along Beach Road towards Camps Bay. The runners continue along Beach Road until the circle at the bottom of Queens Road, where they turn left, cross over Regent Street and up to Kloof Road. At Kloof Road they will turn right and continue along this road. Kloof Road merges into Victoria Road after Camps Bay High School and runners continue along this road towards Hout Bay. The turn around point is after the 11km mark in Victoria Road. The runners will continue along Victoria Road and turn left into Seacliff Road and proceed down into Beach Road, Sea Point. Once in Beach Road the runners will run along the Promenade towards the Finish.

The 50km race will be run on a relay course consisting of a scenic out-and-back loop between the Green Point Lighthouse and the Milky Lane area near the Sea Point Pavilion. Runners will follow the paved promenade path along the coastline, turning at the designated turnaround points. The route is flat, well marked, and situated at sea level, making it ideal for fast times, personal bests, and record attempts. Every kilometre of the 5km loop will be clearly signposted, with kilometre boards positioned throughout the course. Street lighting along the entire route enhances visibility and contributes to a safer night-running environment. Please refer to the route map inside the leaflet for full course details.

Refreshments Station: Refreshment stations will be located at regular intervals along the route. For the 50km race, all stations will provide a combination of water and Coke. For the 21km race, there will be 4 water stations, with every alternate station providing both water and Coke. The stand-and-hand rule will apply. Kilometre boards will be placed at each kilometre mark. No personal seconding will be permitted except at official refreshment stations. In order to reduce plastic waste and litter, this event will include the "carry your own" protocol.

Anti-Litter rule: Do not litter. Dispose responsibly by using the boxes provided or carrying them to the Finish. A large litterbin will be provided at each kilometer mark and additional ones near refreshment stations. All athletes are required to use these. Disregarding this rule could result in your disqualification by race referees. Runners are urged to assist officials in the application of this rule in the race. Report offenders to the referees.

A mechanical aid of any nature will not be permitted.

Do not litter, dispose of responsibly by using the boxes provided or carrying them to the Finish.

Runners to obey traffic officers, race marshals, officials at alltimes.

A professional medical facility will be available at the start/finish area to attend to any emergencies

SAFETY: For safety reasons the use of personal music players, headphones during the road races is not allowed.

Timing/ Results: The 50km, 21km and Relay will be electronically timed with PEAKTIMING Service Provider.





5x5km Relay Information



Closing Date of Entries: Online entries are limited to 500 teams. Pre-entries closing date: 30 June 2026. Late entries will be done on Friday 17 July 2026 (if capacity was not reached) . **Date of the Race:** Relay will start on Saturday 18 July at 12:00 noon, teams to be report 11:30 am. **To qualify for team prizes**, a team must consist of five registered members from the same club, company, or school. If a team is short a member, **they may replace the runner with another participant, or a member may run more than once**; however, the team will not qualify for team prizes. This includes persons running for more than one team.

Eligibility to Participate: There is no minimum age for participation in the relay, but children under 12 years must be accompanied by an adult when competing.

Club/company/school vest or outfit, visibly displaying Race number issued on the upper body must be worn while running. **The Relay number** issued must be worn on the front of the vest or top. **Licence** must be worn front and back.

Club Juniors Born 2007 or later (under the age of 20 at 31 December 2026) must wear a junior or Senior license, must display age tags (J) to qualify for Junior's age group prizes. Juniors must provide proof of age.

Club Junior teams competing for category prizes money, **MUST** consist of registered juniors & wear their age tags. 40+ Club teams competing for prize money must consist entirely of 40+ Athletes and wear their age category tags. Open teams can consist of any runners of any age. Any mixed gender team will be classified as a "Mens" team for prize money purposes.

Relay Vetting: Corporate, Primary Schools and High and schools' teams are eligible for prize monies. Vetting could be done for Primary and High schools before handing out of prize monies.

No mobile seconding/pacing will be allowed and will result in the disqualification of the entire team.

The electronic device must always be carried by the team during the event.

Relay Handover: The electronic device may **ONLY** be handed over in the **DEMARCATED** change over zone. Failure to do either will result in disqualification.

Team Managers OR Captains **MUST** collect their numbers, timing device (which will be loaned to you) and final written instructions during registration on Saturday from 8h00 till 11H30 in the Race Marquee. You must produce a printout of your online entry or cash slip. At 11H30 an important captains or Managers briefing will take place in the marquee.

Dispute: An Electronic timing system will do lap recording. The chief referee shall be the final arbiter in the resolving any dispute.

Final Team composition and order of runners MUST be submitted in writing at registration.

The normal water and Coke will be provided at the mid-point of the loop and the finish.

Club, Corporate Teams (A corporate team is defined as a team representing a company or organisation and may include participants who are not full time employees of such company or organisation.)

School Gazebo may be erected (at no cost) on the lawns around the Marquee in designated areas.

Entry fees will not be refunded if the team withdraw themselves from the relay.

The organisers reserve the right to adjust or reclassify the category of a team during registration or for results. They may also extend the cut-off date for entries, at their discretion.

Medals will be awarded to all members of a team completing the relay.

Managers or team captains are to collect their awards in the marquee at 17h00

A medical facility to deal with emergencies.

SAFETY: For safety reasons the use of personal music players, headphones during the road races is not allowed.

All Schools team members must be under the supervision of an adult, whose name must be furnished under / alongside that of the team Captain or manager.



ELECTRONIC CHIP TIMING: Each team will be supplied with a timing device that will be given on loan. This needs to be returned to an appointed official by cut-off time at 17H00. The captain will be held responsible for the replacement cost of R100.

Timing/ Results: The Relay will be electronically timed with PEAK TIMING Service Provider.

PRIZE MONEY :

Schools:	Schools:	Corporate Teams	Clubs OPEN:	Clubs 40+	Clubs Junior:	Mix Teams
High school	Primary School:		Men & Female	Men & Female	Men & Female	
1.R1000	1.R800	1.R1000	1.R750	1.R750	1.R500	No Prize Money
2.R750	2.R650	2.R750	2.R600	2.R600	2.R400	No Prize Money
3.R500	3.R400	3.R500	3.R500	3.R500	3.R300	No Prize Money

General:

Gazebo/tents on the Lawn rule: Ample space on the lawns near the main marquee is available for clubs and supporters to set up gazebos.

PARKING – NO Vehicles are allowed on the lawns at any time! Use public parking spaces in the surrounding area. No vehicle, caravans, gas equipment or open fires are permitted on the lawns. Alcohol consumption on the lawns is also forbidden. These offences are punishable in terms of the City by laws.

General refreshments will be on sale for participates and supporters.

Accommodation:

For a comprehensive list of accommodation contact: Cape Town Tourism, Burg Street, Cape Town

Tel: 021 487 6800 Fax 021 487 6899.

ctrunningfest Cape Town Festival of Running (FB)



General Enquiries : Info@hewatac.co.za

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DISCLAIMER: Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies, and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.

Weather & Cancellation Policy:

Cape Town’s weather can be unpredictable. The event will proceed in most conditions (rain or shine). However, for safety reasons, we reserve the right to delay, postpone, or cancel the event in the case of extreme weather or any situation beyond our control.

