



21.1KM HALF-MARATHON





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Gun Run 2026 21.1km route with distance markers and water stations Start at 06h30 in Fritz Sonnenberg Rd, next to Cape Town Stadium entrance P1

Start in Fritz Sonnenberg Rd, Green Point precinct

Proceed to Beach Rd, Mouille Point.

Right – Beach Rd, Mouille Point

Right – Granger Bay Blvd

Right – Fritz Sonnenberg Rd

Left – at CT Stadium Entrance P10 and cross the Stadium Forecourt

Left – after MC Donalds

Proceed through the York Rd underpass and left into P12

Proceed along the pedestrian walkway running parallel to Main Rd and Somerset Rd

Left – Ebenezer Rd

Right – Port Rd

Left – Alfred Rd

Right – Dock Rd

Right – Stanley Rd

Left – Alfred Rd

Right – Port Rd

Left – Bennett Rd

Left – Prestwich St

Right – Chiapinni St

Right – Somerset Rd

Right – into P12

Through York Rd Underpass

Exit at P13 into Main Rd

Right – Three Anchor Bay Rd

Left – Sea Point Beach Rd

Left – Clarens Rd

Right – Kloof Rd

Follow Kloof Rd into Lower Kloof Rd

Right – Victoria Rd

Left – Seacliff Rd

Follow Seacliff into Beach Rd

Left – at Milton Pool, move onto the Promenade

Move from the Promenade back onto Beach Rd at Rocklands Beach

Left at Beach and Beach Rd

Right – Fritz Sonnenberg Rd

Right – Stephan Way

Enter the Hamilton's Rugby Field

Proceed to the Finish line.



17KM TRAIL RUN





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Gun Run 2026 17km Trail Race Saturday 12th September, Starting at Van Riebeeck Park, Oranjezicht, at 06h30

Start line in Van Riebeeck Park: Run to Sidmouth Avenue gate. Turn left into Sidmouth Avenue. Follow the road until it becomes Beulah Terrace Rd. Continue on Beulah Terrace Rd. Turn right into Bridle Rd. Follow Bridle Road into Rugby Rd.

1km: Continue on Rugby Road to the top of Molteno Rd. At the top of Molteno Road, turn left onto the track that leads into Deer Park. (Track leading to the "Eastern High-Level Reservoir"). Follow trail route on mountain towards Dead Mans Tree (Tafelberg Road).

6km: – At 6km leave the trail and move right onto Tafelberg Road for 400m before turning off the road onto the left trail head to start the 600m climb onto the contour path. (do not take Platteklip Gorge).

7km: Follow the contour path for 1.7km and descend Kloof corner down to the barrier on Tafelberg road. Immediately left turn onto trail path leading down to rejoin Tafelberg Road near Kloof Nek Rd.

10km: WATER STATION at the parking area on the right before runners cross over Kloof Nek Rd from Tafelberg Rd to Signal Hill Rd. Cross Kloof Nek Road, onto Signal Hill Road in the direction of the Signal Hill Lookout Point. Continue along Signal Hill Road leaving the road left, approximately 160m from entering Signal Hill Rd, onto the Hiking Path that runs parallel to Signal Hill Road.

11km: Follow the trail running parallel to Signal Hill Road.

12km: Follow the trail running parallel to Signal Hill Road to Signal Hill Lookout parking area.

12.7km: Leave the parking area by turning right crossing Signal Hill Road onto the trail on the opposite side of the road.

13km: Follow Hiking Trail for 1.7km exiting onto Merriman Road Signal Hill

15km: Turn left onto Merriman Road, follow Merriman to Ocean View Drive. Turn left into Ocean View Drive. Follow Ocean View Drive to Springbok Road. Turn left into Springbok Road. At the steps in line with Clyde Road, turn right onto the stairs and descend to Clyde Road. Cross Ocean View Drive, Joubert Road and High-Level Road on Clyde Steps/Road and continue to Main Road. Cross Main Road onto the pedestrian walkway on the opposite side of the road and then move right towards York Road underpass.

16km: Bear left into York Road pedestrian underpass and then exit going left in the direction of Sea Point. Follow the pedestrian pathway, which runs parallel to Helen Suzman Blvd towards the East Gate entrance of the Green Point park.

17km: Cross Vlei Rd. Turn right into the Green Point Park via the East Gate entrance and right onto the Green Point Common Fields

Finish: Follow fencing line on the Green Point Common Fields to the Finish.

10KM + 5KM





10KM + 5KM

10km Race route: Saturday 12th September 2026 starting at 07h00

Start –in Fritz Sonnenberg rd. next to CT Stadium parking entrance P1

Proceed to Beach Rd, Mouille Point

Left into Beach Rd

Right onto the Promenade, using the first entrance

Remain on the Promenade up to Milton Pool where runners move to Beach Road Sea Point into the slow seaside lane and head towards Saunders Rock circle.

At Saunders Rock circle, use the first entrance, proceed around the circle, then take the mountain side lane of Beach Rd and head towards the Finish.

Proceed along Beach Rd Sea Point and at Beach and Beach Rd Three Anchor Bay, turn left.

Continue along Beach Rd to the Mouille Point Lighthouse.

At the Lighthouse, turn right into Alexander Place. Enter the Green Point Park West Gate and continue along the main walkway towards the East Gate entrance.

Before the East Gate entrance, turn left into the Green Point Common Fields and head to the Finish.

The 5km race starts at 08h00 in Fritz Sonnenberg Rd, follows the same route as the 10km along the Promenade.

Turn around at Rocklands Beach and heading back along the Promenade to the Finish at Hamilton's Rugby Fields via Fritz Sonnenberg Rd and Stephan Way.