



WOMEN'S TRAIL RUN



ATHLETE GUIDE
22 AUGUST 2026



Thank you for entering the Women's Trail Run on Saturday 22 August 2026 hosted at Elgin Grabouw country Club

Race Information



Just a few things to take note of regarding your race.

Event Summary

The Women's Trail Run—a celebration of strength, sisterhood, and showing up for something bigger. Set against the wild beauty of Elgin Grabouw, you'll run flowing trails, share laughs, and be part of a community that lifts each other up.

And yes... the guys are welcome too — as long as they come dressed to support and bring the fun!

Run wild. Feel strong. Be inspired.

Venue:

Elgin Grabouw Country Club is approximately 60 minutes from Cape Town and approximately 35 minutes from Somerset West and Hermanus.

Routes:

Short Route - 6km

Medium Route - 12km

Long Route - 21km



Included in Your Entry:

When you enter the I Love Boobies Women's Trail Run, you're getting so much more than a great day on the trails.

- Support a Worthy Cause – Every entry helps support the incredible work of I Love Boobies, raising awareness and funds in the fight against breast cancer.
- Discovery Vitality Points – Discovery Vitality members can earn Vitality Points by completing the event.
- Exclusive Finisher's Medal – Every participant who crosses the finish line will receive a commemorative finisher's medal.
- Awesome Goodie Bag – Receive a packed goodie bag filled with gifts and treats from our event partners.
- Prize Money for the Top Women – Fast runners stand a chance to compete for prize money in the women's race.

Prize Money Categories:

	21km	12km	6km
1 st Female	R1000,00	R700,00	R350,00
2 nd Female	R700,00	R400,00	R200,00
3 rd Female	R500,00	R300,00	R100,00

Registration times:

Saturday 22 August from 8:00 at the Dragonfly Tri gazebo.

Late Entries:

Available at registration. Late entries attract a R50 late entry fee.

Late entries don't qualify for medals or prizes. Rather enter early and stand a chance to WIN.

Start Times:

9:00 - 21km Run

9:30 - 11km Run

10:00 - 6km Run

Prize Giving:

Estimated time is 11:30, however podium presentations will take place once all categories have finished. We keep the best prizes for the lucky draw! Please note, you have to be at prize giving to collect your podium prize or lucky draw prize. If you are not at prize giving you forfeit your prize.



What about the men?

- This is a women's trail run BUT... entries are open to men who are willing to run in support of women and dress the part! Wigs, tutus, dresses, pink socks... whatever makes you feel fabulous and festive.
- Prizes for the best dressed men!



Vendors:

- Woolies Food Truck – coffees, muffins, croissants & toasties.
- Mindful Healing – sports massage.

Parking:

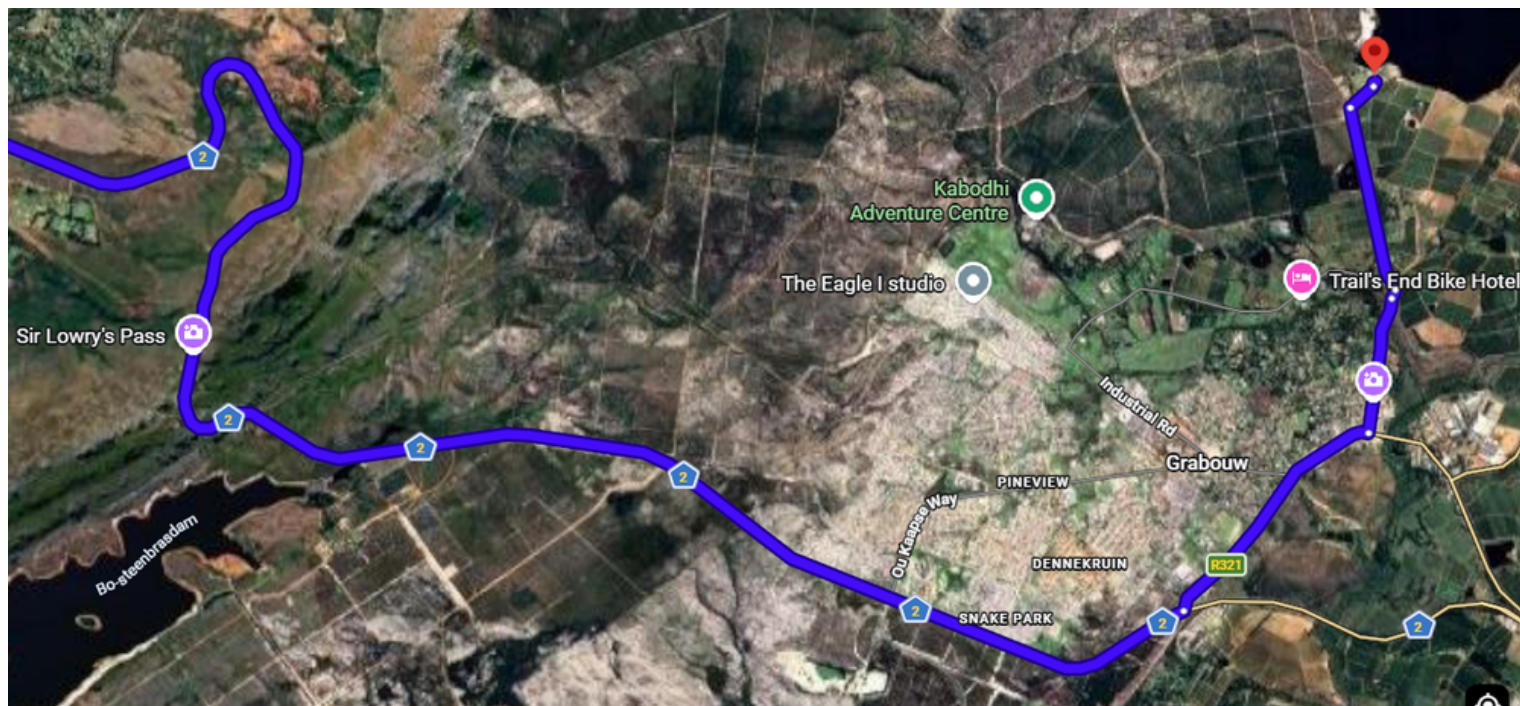
Parking is provided in the field outside the country club gate. Please follow the directions of the parking marshals.

Please note: by entering this event, you have agreed to our Participant and Spectator Code of Conduct.



Directions:

- Take the N2 highway heading toward Somerset West
- Head up Sir Lowry's Pass
- Once over the pass, stay on the N2 heading toward Grabouw
- After ± 10 km, take the R321 / Grabouw turnoff (near Peregrine Farm Stall)
- Continue along the main road (Worcester Street)
- Follow signs to the Country Club — it will be on/near this road with parking available



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