# Cape Town Running Crews/Groups/Clubs

There are so many amazing groups to run with in Cape Town so I have done my best to collaborate all the times/meeting places to one place.

If you want to add your group or club to the list please ping me an email with all the details below and I will add you to the list.

**Monday**

- B&H
- Adidas Runners
- 5am Club
- Beach Boggers
- Paarl Running Club
- Running Tonight?

**Tuesday**

- B&H
- Run for Coffee
- Must Love Hills
- Celtic Harriers
- Adidas Runners
- 5am Club
- Paarl Running Club
- Sole Lab
- West Coast Athletics
- Prom Boys Club
- Tuesday Trails
- Run to Inspire
- Run Club

**Wednesday**

- B&H
- Adidas Runners
- 5am Club
- Paarl Running Club
- Running Tonight?
- Maverick Athletics Club
- Sunners
- Club Run
- Running Late Club
- Everyday Athlete
- Gone.
- Atlantic AC Trailblazers
- Active4Life Club Fast
- Runiverse Run Crew

**Thursday**

- B&H
- Run for Coffee
- Must Love Hills
- Celtic Harriers
- Beach Boggers
- Paarl Running Club
- West Coast Athletics
- Chicks Who Trail
- Hout Bay Leopards
- 5am Club
- Oppit
- The Cedar Race
- Run to Inspire

**Friday**

- B&H
- Maverick Athletics ClubSole Lab
- Paarl Running Club
- 5am Club
- AAC - Captains Coffee Run
- Run Club
- Somerset West Run Crew

**Saturday**

- B&H
- 5am Club
- Paarl Running Club
- Running tonight?
- Wits Run

**Sunday**

- B&H
- Runners

**Monthly**

- Community Track Club
- The Ceder Race

**Road to Oceans/Cape Town Marathon**

- Full Send

In alphabetical order...

| Group/Club Name | 5am Club |
|---|---|
| Meeting Point | Brauhuis, Eden on The Bay (Mon)<br>Trecastellis, Bloomberg (Tues - Sat) |
| Meeting Time/Day | Monday 5:30pm<br>Tuesday - Friday 5am<br>Saturday 6am |
| Paces/Distance/Surface | 6min/km<br>Road |
| Contact Details | 5am Club Instagram |

| Group/Club Name | Active4Life Club Fast |
|---|---|
| Meeting Point | Constantia Sports Centre and surrounds |
| Meeting Time/Day | Wednesday, 5:30pm |
| Paces/Distance/Surface | Combinations of interval type work for improving 5k – marathon. Road/Grass/Greenbelts. |
| Contact Details | WhatsApp Group |

| Group/Club Name | AAC - Captains Coffee Run |
|---|---|
| Meeting Point | Lighthouse, Mouille Point (Fri) |
| Meeting Time/Day | Friday 6:30am |
| Paces/Distance/Surface | 5km/8km |
| Contact Details | AAC |

| Group/Club Name | Adidas Runners |
|---|---|
| **Meeting Point** | Battery Park V&A Waterfront (Mon & Weds)<br>Rondebosch Common (Tues) |
| **Meeting Time/Day** | Monday and Wednesday 6pm Easy Run<br>Tuesdays 6pm Speed Session |
| **Paces/Distance/Surface** | Spicy - 5min/km<br>Medium - 5:30 - 5:45 min/km<br>Lemon and Herb - 6 - 6:30min/km<br>Rookie Rockets - Beginners<br>10km<br>Road |
| **Contact Details** | Adidas Runners App |

| Group/Club Name | Atlantic Athletic Club Trailblazers |
|---|---|
| **Meeting Point** | Black Box Coffee, start of Platterklip trail head |
| **Meeting Time/Day** | Wednesday 6am |
| **Paces/Distance/Surface** | Easy Pace<br>7-10km<br>1hr<br>Trail |
| **Contact Details** | WhatsApp Group |

| Group/Club Name | B&H |
|---|---|
| **Meeting Point** | Various locations in Sea Point |
| **Meeting Time/Day** | Everyday<br>6/6:30am |
| **Paces/Distance/Surface** | Group for sub 3hr Marathon Runners<br>Combination of intervals, tempo and easy runs<br>Road and Trail |
| **Contact Details** | Carla Molinaro |

| Group/Club Name | Beach Boggers |
|---|---|
| **Meeting Point** | Clifton 4th Parking - but check WhatsApp Group |
| **Meeting Time/Day** | 6:10am<br>Monday and Thursday |
| **Paces/Distance/Surface** | 5km<br>6:00min/km<br>Run + Cold Plunge |
| **Contact Details** | WhatsApp Group |

| Group/Club Name | Celtic Harriers |
|---|---|
| **Meeting Point** | Brookside Front Car Park (mornings)<br>Villagers, Claremont (evenings) |
| **Meeting Time/Day** | Tuesdays and Thursdays 5:15am<br>Tuesdays and Thursdays 6pm |
| **Paces/Distance/Surface** | 4:45 min/km to 7:00min/km<br>7 - 10km<br>Road |
| **Contact Details** | Website |

| Group/Club Name | The Ceder Race |
|---|---|
| **Meeting Point** | OKJA Cafe Kloof Street |
| **Meeting Time/Day** | First Thursday of the month, 6am |
| **Paces/Distance/Surface** | Trail, Chatty, Moderate and Ouchie pace 7 - 9km |
| **Contact Details** | The Ceder Race IG Page |

| Group/Club Name | Chicks Who Trail (Ladies only) |
|---|---|
| **Meeting Point** | Kloofnek Corner Car Park (But check Instagram Page to confirm) |
| **Meeting Time/Day** | Thursday 6pm |
| **Paces/Distance/Surface** | Swifties, Social, Shufflers (no walkers)<br>1hr<br>Trail |
| **Contact Details** | Chicks Who Trail Instagram |

| Group/Club Name | Club Run |
|---|---|
| **Meeting Point** | Clubhouse (Ollie's) Main Road, Sea Point |
| **Meeting Day/Time** | Wednesday 6am |
| **Paces/Distance/Surface** | Zono's Group - 10km @ 5:25 min/km<br>Olive's Group - 8km @ 6:30 min/km<br>Road |
| **Contact Details** | WhatsApp Group |

| Group/Club Name | Community Track Club |
|---|---|
| **Meeting Point** | Greenpoint/Parow Athletics Track |
| **Meeting Time/Day** | Monthly session - check Instagram for Details |
| **Paces/Distance/Surface** | All Paces<br>+/- 10km<br>Track |
| **Contact Details** | Community Track Club Instagram |

| Group/Club Name | Everyday Athlete |
|---|---|
| **Meeting Point** | Everyday Athlete Office, Stone Fountain Terrace (opposite Sportsman's Warehouse) |
| **Meeting Time/day** | Wednesday 6pm |
| **Paces/Distance/Surface** | All Paces<br>5km<br>Road |
| **Contact Details** | Everyday Athlete Instagram |

| Group/Club Name | Full Send - Road to Oceans/CT Marathon |
|---|---|
| **Meeting Point** | Various - check Instagram for details |
| **Meeting Time/Day** | Various - check Instagram for details |
| **Paces/Distance/Surface** | All paces<br>Getting you ready for Oceans or CT Marathon<br>Road |
| **Contact Details** | Full Send Instagram |

| Group/Club Name | Gone. |
|---|---|
| **Meeting Point** | Gone Outdoor, High Constantia |
| **Meeting Time/Day** | Wednesday 5:30pm |
| **Paces/Distance/Surface** | 5 - 7min.km<br>5-8km<br>Road |
| **Contact Details** | Gone Instagram |

| Group/Club Name | Hout Bay Leopards |
|---|---|
| **Meeting Point** | Hout Bay - Check WhatsApp group for details |
| **Meeting Time/Day** | Thursday<br>6pm |
| **Paces/Distance/Surface** | All Paces + walkers<br>5-10km<br>Trail |
| **Contact Details** | WhatsApp Group |

| Group/Club Name | Maverick Athletics Club |
|---|---|
| **Meeting Point** | Green Point Stadium (Weds)<br>Camps Bay opposite Vida e Cafe (Fri) |
| **Meeting Time/Day** | Wednesday and Friday 5:40am |
| **Paces/Distance/Surface** | 4-6 min/km<br>10km<br>Weds - Track<br>Friday Hills<br>Road |
| **Contact Details** | Maverick AC Instagram |

| Group/Club Name | Must Love Hills |
|---|---|
| **Meeting Point** | Forresters Arms, Newlands (Tues)<br>Molteno Dam (Thurs) |
| **Meeting Time/Day** | 5:30pm Tuesdays (hills)<br>5:45pm Thursdays (track) |
| **Paces/Distance/Surface** | 4:30 - 7:00 min/km<br>+/- 10km<br>Road |
| **Contact Details** | Must Love Hills Instagram |

| Group/Club Name | Oppit |
|---|---|
| **Meeting Point** | Newlands Forest, Cypress Road at the tunnel under the freeway |
| **Meeting Time/Day** | 5am Thursdays |
| **Paces/Distance/Surface** | 70 mins, medium pace |
| **Contact Details** | Grant 0833546128 |

| Group/Club Name | Paarl Run Club |
|---|---|
| **Meeting Point** | Plato Coffee |
| **Meeting Time/Day** | Every day - contact Lizel for details |
| **Paces/Distance/Surface** | Mon, Weds & Fri Road<br>Tues Track<br>Thurs Up and Over Hills<br>Sat Trail |
| **Contact Details** | Lizel Instagram |

| Group/Club Name | Prom Boys Club (Ladies Welcome) |
|---|---|
| **Meeting Point** | Virgin Active, Green Point |
| **Meeting Time/day** | Tuesdays 5:45am |
| **Paces/Distance/Surface** | Do your own session, have coffee after at Bootleggers Sea Point |
| **Contact Details** | CRRC Instagram |

| Group/Club Name | Running Late Club |
|---|---|
| **Meeting Point** | Saunders, Sea Point |
| **Meeting Time/day** | Wednesday 6:30pm |
| **Paces/Distance/Surface** | All Paces Welcome<br>5km<br>Road |
| **Contact Details** | Running Late Instagram |

| Group/Club Name | Running tonight? |
|---|---|
| **Meeting Point** | Varies - contact for details |
| **Meeting Time/Day** | Monday, Wednesday and Saturday |
| **Paces/Distance/Surface** | Varies - contact for details |
| **Contact Details** | Running Tonight Instagram |

| Group/Club Name | Run to Inspire |
|---|---|
| **Meeting Point** | Medowridge Shopping Centre, oposite Vida |
| **Meeting Time/Day** | Tues & Thurs 6pm, Sat 6am |
| **Paces/Distance/Surface** | Road, 6:00 - 9:30min/km |
| **Contact Details** | Coach Michail 082 789 5659 |

| Group/Club Name | Runiverse Run Crew |
|---|---|
| **Meeting Point** | Constantia Virgin Active |
| **Meeting Time/Day** | Wednesday 6:30pm |
| **Paces/Distance/Surface** | 8-15km, 7:20 - 7:55min/km |
| **Contact Details** | WhatsApp Group / Instagram |

| Group/Club Name | Run For Coffee (Ladies Group) |
|---|---|
| **Meeting Point** | Changes weekly - check WhatsApp Group |
| **Meeting Time/Day** | Tuesday and Thursday 6:30am |
| **Paces/Distance/Surface** | Run at your own pace and meet for coffee after |
| **Contact Details** | WhatsApp Group |

| Group/Club Name | Run Club |
|---|---|
| **Meeting Point** | Newlands Forest Parking |
| **Meeting Time/Day** | Tuesdays & Fridays 6:15am |
| **Paces/Distance/Surface** | Tue hills -> supervised hill workout on Rhodes mem drive, Fri social -> trail run in the forest |
| **Contact Details** | Instagram |

| Group/Club Name | Sole Lab (Ladies Group) |
|---|---|
| **Meeting Point** | Varies (Southern Suberbs) - contact for details |
| **Meeting Time/day** | Tuesday, Wednesday and Friday 8:30am |
| **Paces/Distance/Surface** | All Paces<br>Road & Trail |
| **Contact Details** | Sole Lab Instagram |

| Group/Club Name | Somerset West Run Crew |
|---|---|
| **Meeting Point** | Bootleggers, Calendon St, Somerset West |
| **Meeting Time/Day** | Friday 5:30am (10km), 6am (5km) |
| **Paces/Distance/Surface** | Road, 5/10km, all paces |
| **Contact Details** | Instagram |

| Group/Club Name | Tuesday Trails |
|---|---|
| **Meeting Point** | Varies weekly - check instagram |
| **Meeting Time/Day** | Tuesday 5:45pm |
| **Paces/Distance/Surface** | Varied paces (No walkers/hikers)<br>Trail<br>1hr |
| **Contact Details** | Tuesday Trails Instagram |

| Group/Club Name | West Coast Athletics Club |
|---|---|
| **Meeting Point** | Pent Drive, Table View (Tues)<br>Perlemon Drive (Thurs) |
| **Meeting Time/day** | Tuesday 5:45pm<br>Thursdays 6pm |
| **Paces/Distance/Surface** | All paces<br>Road |
| **Contact Details** | Website & Instagram |

| Group/Club Name | Wietse Run |
|---|---|
| **Meeting Point** | Willowbridge Mall, Northern Suburbs<br>(R40 for Water Tables) |
| **Meeting Time/day** | Saturday 5:30am |
| **Paces/Distance/Surface** | 6km, 12km, 21km, 30km<br>Run at your own pace<br>Arrive early to get parking |
| **Contact Details** | Wietse Run Instagram |