

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

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



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

Friday

- B&H
- Maverick Athletics ClubSole Lab
- Paarl Running Club
- 5am Club

Saturday

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

Sunday

- B&H
- Runners

Monthly

- Community Track Club

Road to Oceans/Cape Town Marathon

- Full Send



Group/Club Name	B&H
Meeting Point	The Deck, Mouille Point
Meeting Time/Day	Everyday 6/6:30am
Paces/Distance/Surface	Group for sub 3hr Marathon Runners Combination of intervals, tempo and easy runs Road and Trail
Contact Details	<u>Carla Molinaro</u>

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	<u>WhatsApp Group</u>

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	<u>CRRC Instagram</u>



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

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

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



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

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

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



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

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 Tues Track Thurs Up and Over Hills Sat Trail
Contact Details	<u>Lizel Instagram</u>

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	<u>Running Tonight Instagram</u>



Group/Club Name	Sunners
Meeting Point	Lighthouse, Mouille Point (Weds) The Deck, Mouille Point (Sun)
Meeting Time/Day	Wednesday 6pm Sunday 6:30/7am
Paces/Distance/Surface	5:30 - 6:30 min/km 12 - 25km Road
Contact Details	<u>Sunners Instagram</u> Jarrod - 082 443 3209

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

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) Trail 1hr
Contact Details	<u>Tuesday Trails Instagram</u>



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 Olive's Group - 8km @ 6:30 min/km Road
Contact Details	<u>WhatsApp Group</u>

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

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 5km Road
Contact Details	<u>Everyday Athlete Instagram</u>



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

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 7-10km 1hr Trail
Contact Details	<u>WhatsApp Group</u>

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



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) 1hr Trail
Contact Details	Chicks Who Trail Instagram

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

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 +/- 10km Track
Contact Details	Community Track Club 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 Getting you ready for Oceans or CT Marathon Road
Contact Details	<u>Full Send Instagram</u>

