

***SHE GOES THE* DISTANCE**

ENTRANT INFORMATION PACK

# **WOMEN'S HALF**

**Johannesburg • Inaugural Edition**

**21K • 10K • 5K**

**Saturday, 29 August 2026  
St Vincent School for the Deaf, Johannesburg**

**ENTRANT GUIDE**

**Your practical guide to a smooth, safe and memorable race day**

# Welcome

Welcome, and congratulations on securing your spot at South Africa's first ever Women's Half! We are so excited to have you join us. This women-only event brings together the 21K, 10K and 5K. This guide covers what you need to know before leaving home, when you arrive, while you're on the course and after you cross the finish line. Please read it in full.

## Race at a glance

|                         |                                  |
|-------------------------|----------------------------------|
| <b>RACE DATE</b>        | Saturday, 29 August 2026         |
| <b>VENUE</b>            | St Vincent School for the Deaf   |
| <b>DISTANCES</b>        | 21K / 10K / 5K                   |
| <b>START TIME</b>       | 21K 07:00 / 10K 07:30 / 5K 08:00 |
| <b>START / FINISH</b>   | St Vincent School for the Deaf   |
| <b>OFFICIAL UPDATES</b> | womenshalf.co.za   @womenshalf   |

Minimum ages: 5K = 5 years; 10K = 14 years; 21K = 16 years.

## What your entry includes

- Official ASA/CGA sanctioned and managed race
- Finisher's medal for every entrant
- Race number & pins
- Safe route manned by JMPD and race marshals
- Hydration stations
- Medics on route
- Official accurate race timing

**Complementary Item:** Entrants who registered before 27 July 2026 are eligible for a complimentary gift: either a T-shirt (women's cut or unisex fit) or a tote bag. T-shirt styles and sizes are subject to availability. Gifts must be collected with race numbers.

Entries received on or after 27 July 2026 do not qualify.

## Race-pack collection

**Where:** The Sweatshop, Dunkeld Centre or St Vincent

**When:** Thursday, 27-Friday 28 August 2026, 10:00-18:00

**Bring:** ID or driver's licence and proof of entry

**Collection by proxy:** Your proxy must bring a copy of their ID or copy of their driver's licence, along with your proof of entry.

**Race-day collection:** No race day collection

**Distance upgrades/downgrades:** Available only at race-number collection on 27 and 28 August.

**There is no charge for switching down a distance.** Upgrading to a longer distance

requires payment of the price difference. Please check that everything is correct before leaving the collection venue.

## Athlete licences

**Licensed athletes** must display their ASA licence number on the front and back, and wear the race number on the front.

**Unlicensed** 10K and 21K entrants must use a temporary licence. The official entry listing shows R60 for the 10K and R70 for the 21K; permanent club-licensed athletes pay no additional licence fee.

## Plan your journey

**Destination:** **St Vincent School for the Deaf** (for driving, drop-off/e-hailing and GPS). Allow extra time for traffic, parking and security checks.

**Paid Parking:** Available at Oxford Parks, The Zone @ Rosebank and Rosebank Mall - all within walking distance of the venue. No parking is permitted in the surrounding streets.

**Road closures:** There are no full road closures for the race; JMPD will manage traffic at key intersections along the route. Allow extra travel time and follow official updates.

### Bag drop and facilities

Bag drop-off will be available at St Vincent School for the Deaf. Do not bring valuables; the organiser is not responsible for lost or stolen items.

## WELLNESS AND DIGNITY

### HELP SUPPORT A YOUNG RUNNER

We encourage all entrants to donate everyday essentials for girls attending our Cross-Country Development Clinic. Suggested items include sanitary pads, roll-on deodorant, soap, toothbrushes, toothpaste, body lotion, facecloths, shampoo, hair ties and new sports socks. Please bring only new, unused and unopened items

## START TIMES

**07:00** : 21K

**07:30** : 10K

**08:00** : 5K

**10:00** :Prize-giving

### At the start

Wear your race bib visibly on the front of your outermost layer from start to finish. Do not fold, cover, alter or swap it - if it isn't visible, you may be assumed not to be an entrant and to be running illegally.

Join your assigned start corral. Be in position by the time communicated in the final race instructions.

Listen to the race briefing and follow the instructions of event staff, marshals, traffic officers and medical personnel.

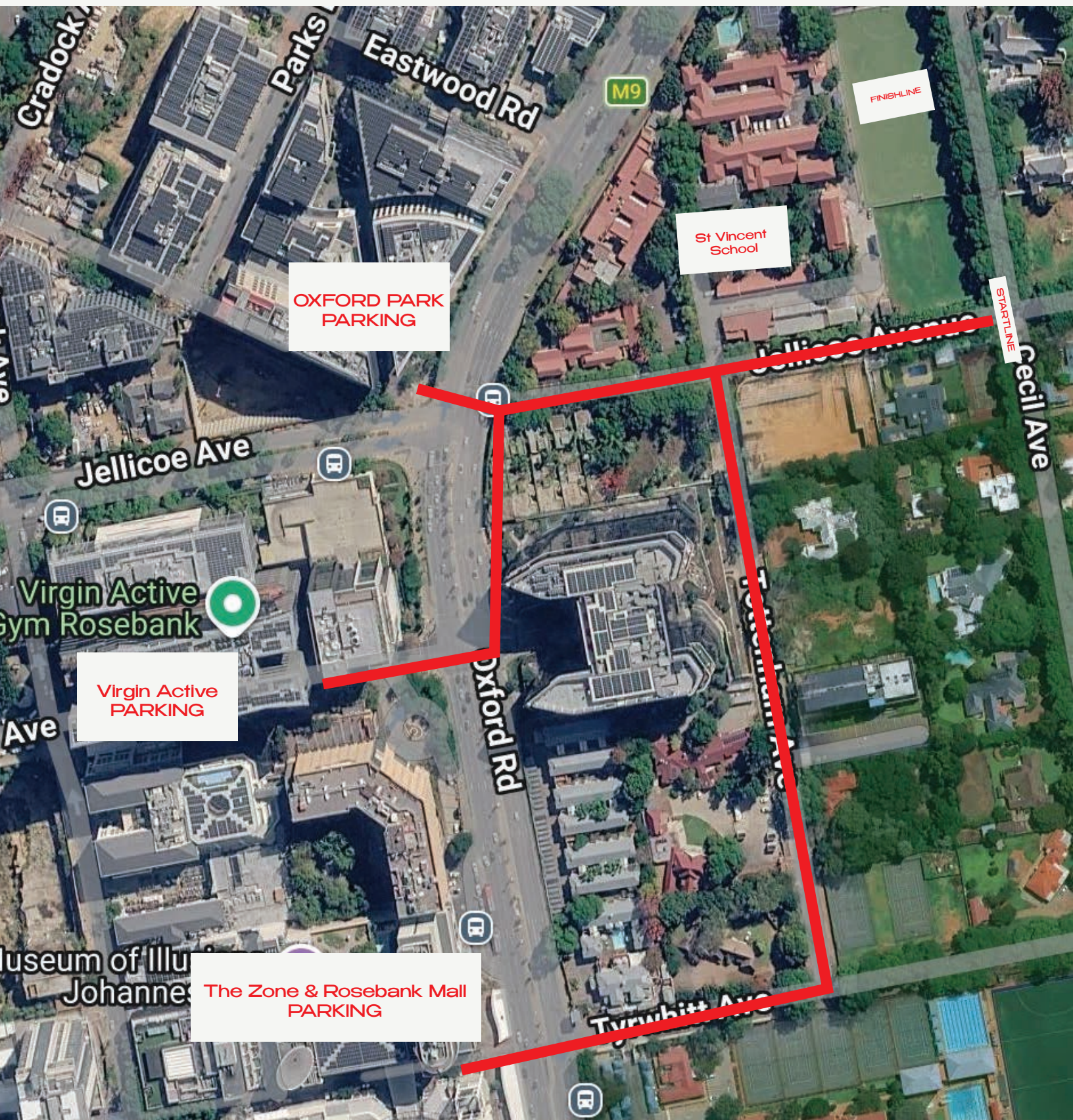
The event provides official accurate race timing. Follow the timing-device instructions supplied with your race number.

No official pacers will be provided for this event.

## Refunds

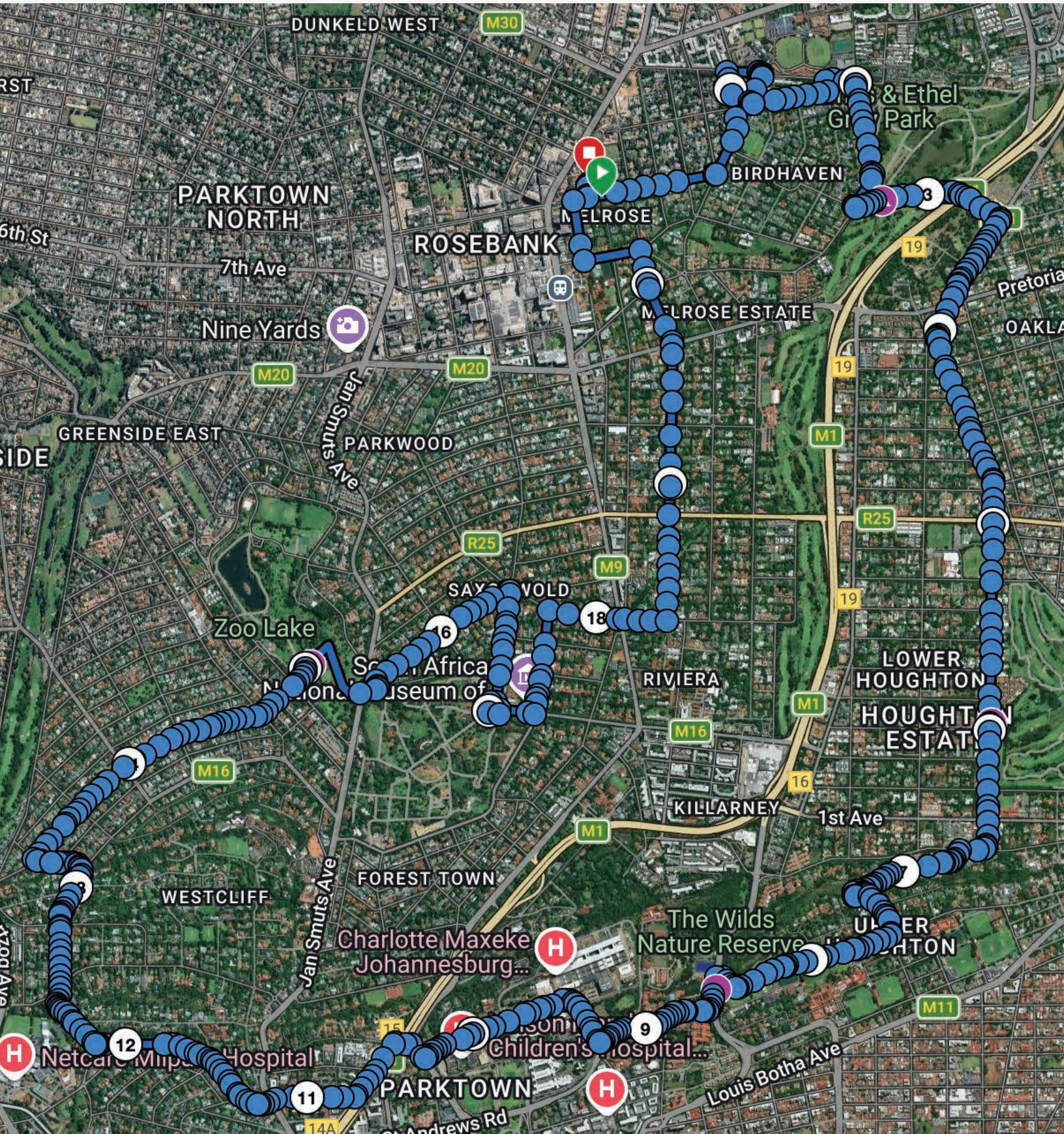
Entry fees are non-refundable, except where required by law. Organising Women's Half requires the Organiser to make financial commitments and begin paying suppliers well in advance of race day. Entry fees are therefore committed to essential event costs, including the venue, safety services, timing, race packs and race-day operations. For this reason, refunds cannot be issued where a participant withdraws or is unable to participate due to illness, injury, travel changes or other personal circumstances. Where permitted, participants may apply for an official deferral or transfer in accordance with the event's Deferral and Transfer Policy; however, approval is not guaranteed.

# Venue & Parking

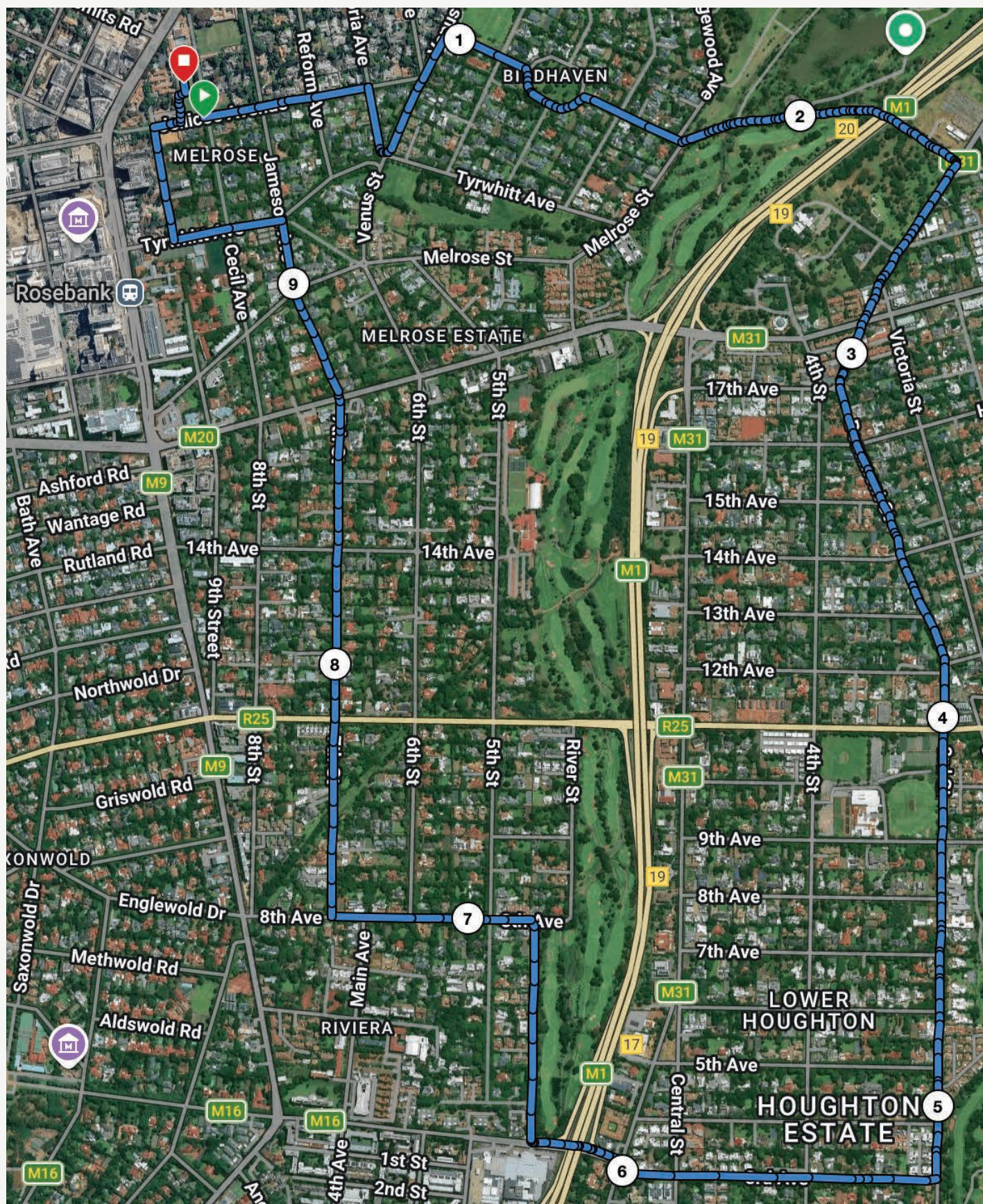


# 21K

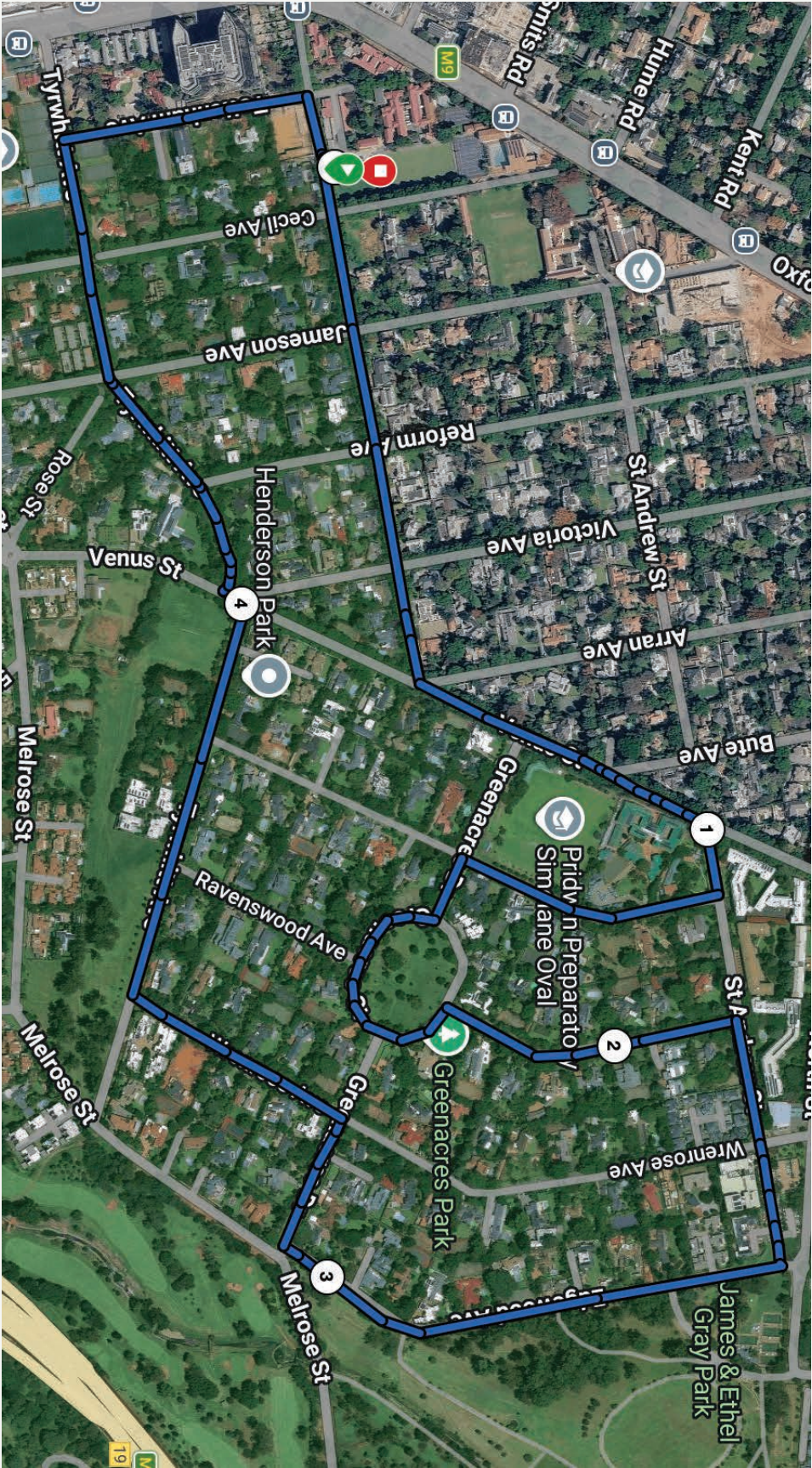
# 1 Loop



# 10K



5K



## **On the course**

**Traffic and road crossings:** JMPD and marshals will control traffic at key intersections along the route and show runners the correct direction. For most of the course you will be facing oncoming traffic (running against traffic flow); on some sections you will be running with the flow of traffic. Stay alert and always follow marshal and traffic officer instructions.

**Hydration:** Hydration stations serve water and Coke: 6 stations on the 21K, 3 on the 10K and 1 on the 5K, plus a final hydration station at the finish line. Water is served in recyclable plastic sachets - please drink and discard your sachet at the hydration station, not on the course.

**Toilets:** Available at the start and finish venue only; none on route.

**Medical support:** Medics will be on the route.

**Cut-off:** 21K: 3h30; 10K: 2h00; 5K: 1h30.

**Don't worry as long as you make it you will get a medal**

## **LOOK AFTER YOURSELF AND ONE ANOTHER**

If you feel unwell, are injured or see another participant in distress, slow down, move safely to the side and alert the nearest marshal or medical team. Follow the final race instructions and give officials your location or nearest kilometre marker.

## 5. Safety and event rules

Follow the marked route and all instructions from authorised officials. Short-cutting the course or ignoring a safety instruction may lead to disqualification.

Only registered entrants wearing an official race bib may participate. Runners without a visible race number or valid athlete licence will be removed from the course. Never give your bib to another person unless an approved transfer has been completed.

Headphones: Prohibited - no earphones or headphones. You must always be able to hear instructions and approaching vehicles or runners.

Pets, cyclists and unauthorised devices are prohibited. Participants requiring mobility support, guide assistance or special start arrangements should contact [raceoffice@womenshalf.co.za](mailto:raceoffice@womenshalf.co.za) as early as possible.

Please do not litter on the course - dispose of water sachets and any other litter only at hydration stations or designated points near support stations. Respect residents, volunteers, fellow runners and the environment.

## 6. At the finish

Keep moving through the finish chute, follow officials and do not stop immediately after the timing line.

**Results:** The event provides official accurate timing. Check [womenshalf.co.za](http://womenshalf.co.za) after the race for results.

**Prize-giving:** Scheduled for 10:00. Winners will need ID, proof of age and licence information for verification.

**Reunion point:** Meet family and friends at the designated reunion area once announced. Children and vulnerable persons should carry a contact number.

Thank you for being part of the Women's Half. Bring your good vibes and help us make South Africa's first ever Women's Half a truly memorable one. Arrive early, run your race, look out for one another — and enjoy every kilometre. We wish you the very best of luck - have fun out there!  
See you at the start line!