



Pre race info

It's game time 🌟 Here is all you need to know about the first race of the TSSL26 at Kirstenbosch this Friday, 30 January. If you have any questions you know where to find us...

Regards, Owen, Tam and the Wildrunner team.

START TIMES

Friday 30th January 2026

18:30 | 15km XL

19:00 | 9.5km Long

19:20 | 5.2km Short

REGISTRATION, UP/DOWN GRADE & SUBSTITUTION

Friday, 30 January 16h00-18h30 at the [marquee lawn, Kirstenbosch](#)

Registration, upgrades, downgrades and substitution is all at the race village, as well as the start and finish of all three routes. PLEASE allow at least **30-40 min** from parking to your start time.

Substitutions can be done at registration. If you are the sub, bring confirmation from the original entrant.

If you purchased race **merchandise**, you can collect at the Trail Store merchandise table anytime during the evening.

Supporters are welcome but please note that they do still have to pay entry to the Gardens. Entry can be purchased at registration - R100/adult, R40/children under 17yrs, kids under 6yrs free.

RACE DAY PARKING

There are designated parking areas that will be filled on a first come first served basis. When these are full, please park respectfully down the road.

Please follow the directions of the parking marshals and signage instructions when parking.

DO NOT LEAVE ANYTHING VALUABLE IN YOUR CAR, rather bring it and leave it at bag-drop (at registration).

NO DOGS are allowed at the venue or on the race routes. This is a botanical garden and dogs are strictly prohibited.

ROUTE MARKINGS, MARSHALS & GPX

The route is fully marked to Wildrunner standard with an A4 red arrow on a yellow background at **every junction or turn**. After every sign there will be an orange marker flag confirming the turn. There will be orange marker flags between signs. **At course splits** there will be distance specific boards - i.e. a sign board that reads XL, LONG or SHORT.

Wildrunner marshals are in **YELLOW WILDRUNNER BRANDED BIBS**, do not follow any direction from any other 'marshal'.

For the GPX files, just head to the [routes page here](#), select the appropriate route 'Map & profile' and then 'send to device'.

RACE TIMING

The TSSL is timed by FinishTime. Click the following link for the [live results](#).

For historical results [click here](#) and then 'Results'

AID STATION (XL only)

There is one supplementary aid station on the 15km XL at approximately 10km.

This is **CUP-LESS** so please ensure you have your own cup/vessel to use.

These snacks are also **SUPPLEMENTARY** and are not to be used as part of your race fuelling plan. The aid station will have stock of the following (so that we are managing expectation here, please bear in mind food items may run out):

- aQuelle bottled water
- Bananas & oranges
- Various sweets, mini chocolates

Please use the bins provided.

MEDICAL SUPPORT

Our medical support team is from Immediate Medical. The Wildrunner emergency number is on your race number ([+27 72 438 3242](tel:+27724383242)).

Our entire field operation runs on a dedicated VHF radio network, so if you need assistance, or see someone in need of assistance, either call the emergency number or report it to a race official who will be able to radio for further assistance.

RACE VILLAGE

Bluewater still & sparkling will be available on tap and 1x aQuelle finisher drink will be available at the finish line for every finisher.

Cuppa Joe will be on top of your caffeine fix and Our Pizza Place will be back with their delicious pizzas!

SOCIALS & STRAVA

Please tag us in your posts on Instagram [@wildrunnerza](https://www.instagram.com/wildrunnerza) with the #TSSL2026

If you are on Strava, consider joining the [Wildrunner Strava club](#) so we can compare segment times! 😁

Whatsapp Notice Board

Join the Whatsapp group for critical race-day updates and info

<https://chat.whatsapp.com/Gq1K5FgRkzX24BhS5SDVPM>



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