

CITY GUIDE

CAPE TOWN

SOUTH AFRICA

RUN DAY

Wednesday, October 7

ABOUT SOUTH AFRICA

South Africa borders Namibia, Botswana, and Zimbabwe to the north and Mozambique and Eswatini to the northeast, while fully surrounding the independent nation of Lesotho. Bounded by the Atlantic Ocean to the west and the Indian Ocean to the south, it's a country of coastlines, mountains, and some of the continent's most diverse cities.

QUICK FACTS

CAPITAL	Pretoria (admin.), Cape Town (legislative), Bloemfontein (judicial)
POPULATION	~63.5 million
LANGUAGES	4 official incl. English; 12 spoken nationwide
CURRENCY	South African Rand

RACE DAY

8:00 AM	Run start
11:45 AM–12:15 PM	Roberto arrives at the finish
12:15–1:15 PM	Press Event



WEATHER IN OCTOBER

October brings mild, pleasant spring weather to Cape Town. Daily highs average 70–72°F (21–22°C), with lows around 52–54°F (11–12°C).

GOOD TO KNOW

Cape Town is a serious running city – Table Mountain, the Sea Point promenade and the Cape Peninsula draw runners year-round, and the local club scene is strong and welcoming. Spring also brings wildflower season and the tail end of whale watching along the coast.