



Midlands's runs that get you out into the open and gets your legs pumping



Park Runs

Time to get out there and join the mad crazy worldwide phenomenon that has taken runners by storm – The Park Run. The Park Run is where you get active, put on your running swags and pit yourself against your previous Park Run times. You can run a race or saunter along socialising with the people you meet on your Park Run journey and make new friends. The Midlands offer 2 park runs on a Saturday morning, either at Piggly Wiggly on the R103 or through the Brahmans Hills estate which starts at the Windmills kitchen next to the N3

For longer and more intense runs

The best runs in the Midlands are yours for the taking. People love to run, you hit the open road, jog through the park or tackle mountain trails, whatever suits you. Marathons to short Park runs are the stage for today, fun and fitness driving all to enjoy their time on the road and challenge themselves

Mandela Day Marathon

The Mandela Day Marathon is one of the most popular. Initiated in 2012 to honour the life and times of President Nelson Mandela and August is the month with the event having gained popularity and attracting participants of various fitness levels taking part. The race varies from 42,2 km, 21,1 to 10 km. A tribute to Mandela and a triumph of the human spirit come join in the fun either by running or supporting on the side lines with the race finishing at The Nelson Mandela Capture site near Howick.

KZN Trail runs offer a variety of runs in August

The uMngeni River Run of 12 km to 75 km with an elevation of 2 103m. Especially appealing to those looking for greater distance and / or night running experience and training. Perfect preparation for Karkloof100 and Skyrun later in the year.

Eston Trail run in August

Eston Trail run in August suit a range of athletic abilities and walkers. You can choose the short, medium or long trails. Come spend time and enjoy the Midlands

Karkloof 100Miler

The ultimate test of endurance is the Karkloof, 100 miler is for elite trail running athletes. A 50 Miler is also held the same weekend.

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