



XIX FIGO World Congress of Gynecology and Obstetrics
4-9 October 2009, Cape Town, South Africa

Cape Town Sports And Outdoors Guide

NEDBANK CAPE TOWN MARATHON

When:

27 September 2009 (annual)

Where:

Adderley Street, Cape Town

Opening Hours:

06.30am; 42.2km & 10km race

The third running of the Nedbank Cape Town Marathon will be on 27 September 2009.

The marathon route is designed to be fast, while also showcasing the beauty of the City of Cape Town, with Table Mountain and the sea being central features of the race. It also passes several heritage sites along the way, including the Castle of Good Hope, the Observatory, Rondebosch Common, Red Cross Children's Hospital, the V&A Waterfront, Three Anchor bay and the Sea Point Promenade, the City Hall and the Grand Parade.

While the Mountain is visually integral to the race, participants need not worry about having to run up it, as the route is fairly flat. With the race being held in spring and starting relatively early, the temperature should not high and the wind is more likely to stay away.

With an eight-hour cut-off time, the marathon is accessible to anyone even if they decide to walk most of the way.

In addition to the marathon, there is also a 10km race, which starts at the same time as the marathon and follows most of the last few kilometers of the marathon.

If you want to experience the sights and sounds of Cape Town from a different angle, then this is the race to do.

Related Information

For more information, please visit the Cape Town Marathon website

Website:

www.capetownmarathon.org.za

FOOT OF AFRICA MARATHON

When:

03 Oct 2009

Where:

Bredasdorp

Opening Hours:

Marathon will start at 06.00am on a farm 10km outside Bredasdorp. The Half Marathon will start in Napier at 07.00am. The 10km race starts in Bredasdorp at 06.30am and all three races finish in Bredasdorp on the Sports Field.

Related Information

For more information please contact 028 425 1087

RUGBY

When:

03 Oct 2009

Where:

Newlands Stadium

Opening Hours:

Game starts 15.00pm

Vodacom Western Province VS Boland

OUTsurance 94.5Kfm GUN RUN 2009

When:

11 Oct 2009 (annual)

Where:

Hamiltons Rugby Club

Opening Hours:

7am; 10km race 7.30am; 5km race 7.45am

The Outsurance Gun Run is a popular half marathon that winds its way through the heart of Cape Town, starting and finishing at Hamiltons Rugby Club in Green Point. There is plenty of post-race entertainment for both participants and spectators.

The route passes the V&A Waterfront, travelling through the city's central business district and along Sea Point promenade before returning to Green Point for the finish.

In addition to the 21.1km half marathon, there are also the more leisurely 10km and 5km races, which follow a similar scenic route but are less demanding.

Pick up an entry form from any Sportsmans Warehouse. Entries close Friday, 2 October but you can still enter the 5km run/walk at registration or on race day.

Related Information

For more information, please visit the Outsurance website

Website:

www.outsurance.co.za

CAPE TOWN INTERNATIONAL KITE FESTIVAL



When:

10 - 11 Oct 2009 (annual)

Where:

Muizenberg, Cape Town

Cost:

R10; children R5

Making the most of the mighty south-easter, Cape Town's annual International Kite Festival presents spectacular shows by local and international teams, including Japan, the USA, India, Malaysia and China. Live entertainment and kite-making workshops complement the programme.

From the wild, deserted beaches of the Cape West Coast to Bloubergstrand (the original kiting hotspot) and the broad open space further east near Hermanus, the area is ideal for every kind of kiting, including kite surfing, sand-skiing and three-wheeled buggy races.

Related Information

For more information, please visit the Cape Mental Health website.

Website:

www.capementalhealth.co.za

CAPE TOWN FLOWER & GARDEN SHOW



When:

8 - 11 Oct 2009 (annual)

Where:

Lourensford Wine Estate

Opening Hours:

9am-5pm

The Cape Town Flower & Garden Show is held in the spectacular outdoor setting of Lourensford Wine Estate. With six hectares of land covered in beautiful specimens, the event brings together horticulture, nature and art, lectures and demonstrations

Related Information

For more information, please visit the Cape Town Flower website.

Website:

www.capetownflower.com