

TABLE MOUNTAIN BEAST – 6 June

BRUTAL - BEAUTIFUL - BEASTLY - 7th Edition of the Table Mountain BEAST

50km Ultra, 30km, or 16km of spectacular scenery, gnarly ascents, quad-busting descents. An unplugged - no frills run! Pushing your limits.

Standard Entry Fee:

50km Ultra - R1600

30km - R1200

16km - R650

Online entries close on 30 May 2026, Late entry fee applies at registration.

50km 'FEED THE BEAST'

We set out to find one of the toughest 50km routes that the Table Mountain massif could offer! Will you feed the Beast, or be the Beast? Starting with a 'gentle' warm up around Newlands Forests well known leafy trails, you are soon huffing up towards the Blockhouse..[read more](#)

30km 'BEAST MODE ON'

You will be pushing your limits, running at a greater cadence and speed than the ultra hounds of the 50km race. Prepare for heart-pumping forest runs. Demanding climbs, as you make your way up the notorious Nursery Ravine..[read more](#)

16km 'AWAKEN THE BEAST'

One of the best New routes on Table Mountain trail running. Starting at Suikerbossie, you will enjoy a short climb to the Myburghs trail. Excellent single track, through proteas and fynbos. You reach Orange Kloof, a rare opportunity to traverse this ancient indigenous forest..[read more](#)

REG VENUE & DATE: - *Foresters Arms, Wed, 3 June from 1pm - 7pm*

START VENUE:

Foresters Arms (Forries), Newlands.

START TIMES:

50km: 6:00am | 30km: 7:00am | 16km: 9:00am

Race Day Parking

There will be NO parking at Forries on Race Day. Best to park at Newlands Forest, and use the tunnel to stroll to Foresters Arms.

CUT OFF:

50km - 12pm Platteklip Gorge - 2:30 pm Kloof Nek - 4:30pm Blockhouse

30km - 12pm Platteklip Gorge

Final Cut off 5pm

Compulsory KIT :

1. Charged Cell Phone
2. Waterproof jacket
3. Food = energy bars, sandwich, fruit, nuts, chocolate
4. Hydration – Minimum 1 litre to start race!
5. Space Blanket, headlamp, whistle
6. GPS device or ALL Trails App (The ALL Trails link will be shared)
7. Reusable cup

Our events are Green & Enviro friendly – No Water Sachets, No Paper Cups. Bring your own CUP

DO NOT bring: HEADPHONES, Dogs, Flu or litter.

Water Points:

50km – 3 | 30km - 2 | 15km -2