



## Olympic Spartan Harriers Firgrove Challenge with Discovery Vitality

### *Everything you need to know*

Are you ready to kick off the first event in the 2026 Vitality Run Series? That makes all of us! But before you take on the road, here are a few things you need to know for a smooth and unforgettable experience.

BUT FIRST 🏅🏅🏅 – Your Medal Mondays just got an upgrade





You asked. We listened. 😊

Metal medals are back and this time, they're even better. 🏅

Each race medal stacks together to form one complete medal set.

Run more races. Collect more pieces. Build the full story. 🏅🏅🏅

We're kicking things off at the Olympic Spartan Harriers Firgrove Challenge. Don't miss your chance to start (or complete) your 2026 Western Cape Vitality Run Series medal set.





## Race info and route updates

- **21.1 km**

🕒 Start time: 05:45

📍 Start and finish: The Cape Academy of Maths Science and Technology, Firgrove Way, Constantia

- **10 km run**

🕒 Start time: 05:55

📍 Start and finish: The Cape Academy of Maths Science and Technology, Firgrove Way, Constantia

- **10 km League walk**

🕒 Start time: 06:05

📍 Start and finish: The Cape Academy of Maths Science and Technology, Firgrove Way, Constantia



- **5 km Fun run**

🕒 Start time: 06:15

📍 Start and finish: The Cape Academy of Maths Science and Technology,  
Firgrove Way, Constantia

- **Parking:**

There will be sufficient parking on field opposite the Cape Academy of Maths, Sciences and Technology. **Please ensure you arrive before 05h00 as Firgrove road closes to all public from 05h00 to 09h30.**

### **Race pack collection:**

- **Thursday, 05 February 2026: 11:00 – 18:00**

📍 Virgin Active, Foreshore

- **Friday, 06 February 2026: 11:00 – 18:00**

📍 Virgin Active, Constantia

**NB!! NO COLLECTIONS WILL TAKE PLACE ON RACE DAY**



### **Fast-track your VIP access using WhatsApp**

Check your Team Vitality status on WhatsApp before race day by clicking this link:

### **[Ask Discovery](#)**

This link will open Ask Discovery on WhatsApp. Follow the prompts to get your verified status.

📱 Show us that message (dated from when this All You Need to Know was sent) at the VIP Hospitality entrance.

We'll fast-track you in — no queues, just vibes, refreshments and your Team Vitality crew.

[Terms and conditions apply.](#)



**Vitality Give2Move: Donate at Team Vitality VIP hospitality area!**

Be a force for good

Bring your pre-loved running shoes to the **Vitality Give2Move collection bins** on race day outside the Team Vitality VIP hospitality area.

Your old shoes could inspire new dreams.  
No shoes to donate? You can still make a difference by contributing financially. A financial contribution from R20 will go a long way

\*For more information visit:

<https://www.discovery.co.za/vitality/discoveryvitality-shoe-donations>



**Let's paint the socials pink**

Let's make the 2026 Olympic Spartan Harriers Firgrove Challenge with Discovery Vitality one for the books! Share your snaps and special moments on social media – and remember to tag us on:

<FB> @discoveryvitality | <X> @Vitality\_SA | <IG> @vitalitysa\_

Olympic Spartan Harriers Firgrove Challenge <IG> @FirgroveChallenge

*Whether you're chasing a personal best or just showing up, we're cheering you on  
#NoOneGetsLeftBehind*

See you on the road!

Your Vitality team



VITALITY RUN SERIES

# Olympic Spartan Harriers Firgrove Challenge

WESTERN CAPE  
7 FEBRUARY 2016



[@FirgroveChallenge](#)