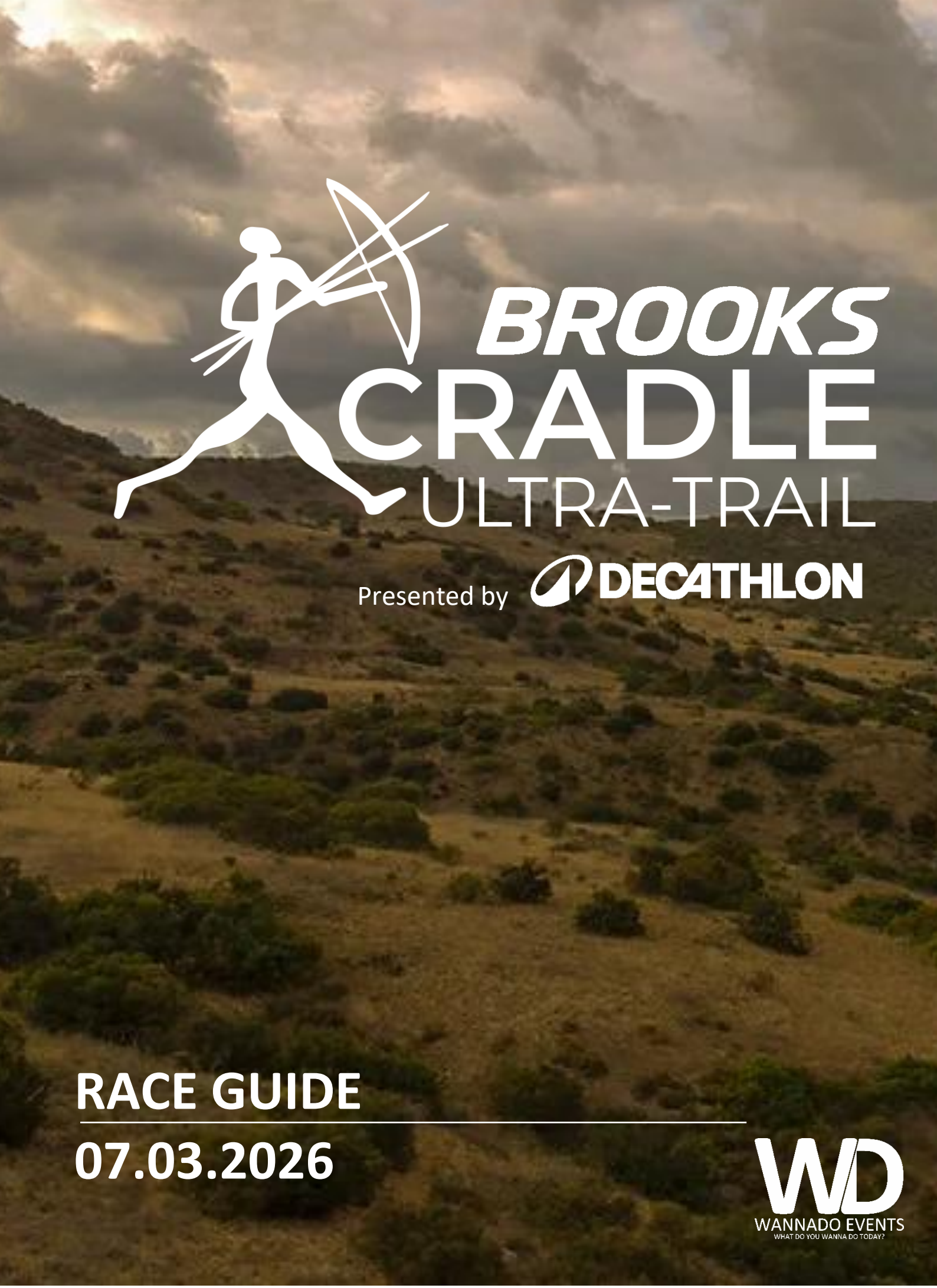

RACE GUIDE

07.03.2026

WANNADO EVENTS
WHAT DO YOU WANNA DO TODAY?

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Welcome

Welcome to the Cradle Ultra Trail! The Cradle Ultra is around the corner and we are looking forward to welcoming you to this special part of the world, the Cradle Nature Reserve, which is situated in a World UNESCO Heritage site.

The reserve is steeped in history. You will be running past ancient trees, rare plants, sites of Boer War Battles and crossing over reefs that are 500 million years old. It is also home to two active anthropological sites unearthing hominid fossils that reveal stories of the origins of life on our planet billions of years ago and of the evolution of humankind over the last few million years.

Although it is situated just 20km from JHB, you will soon forget that civilisation is around the corners as you start your journey. Enjoy the moment, look around, spot the animals, listen out for the birds and get back in touch with nature.

It is a special part of this world and we are privileged to have been given the permission to host a run in the reserve once again. We hope you enjoy the run, the event overall with family and friends, and also spending time doing what you enjoy – running.

See you at the finish line!

Regards, Sean

PARTNERS

Each Partner is involved in the Cradle Ultra Trail in a unique way, from sponsoring products or offering exciting discounts for runners, to assisting with key race logistics. Their support and involvement allow us to provide a personal, participant focused and professional event. Please support them where you can and we thank them for being part of the Cradle Ultra Trail.

BROOKS
Let's run there

DECATHLON

OOFOS
feel the OO

32Gi®
Sports Nutrition

WANNADO EVENTS

HOW TO GET THERE

The Cradle Ultra Trail takes place at The Pavilion, Cradle Boutique Hotel, Cradle of Humankind located within the Greater Cradle Nature Reserve. Situated just 25mins from Fourways, JHB North, the Cradle Boutique Hotel is the perfect getaway for day trips or the weekend.

Venue:

The Pavilion, Cradle Boutique Hotel, Cradle of Humankind

Cradle of Humankind, R540 Kromdraai, 1739

https://cradlehotel.co.za/

NB – Do not go to the Cradle Boutique Hotel entrance, but rather the Pavilion entrance which is 1.6km down the road.

IMPORTANT INFORMATION

EVENT and ROUTE OVERVIEW

Keep in mind that while the Cradle Ultra Trail may not be the toughest event out there, it is still not one to be underestimated. The course primarily follows jeep tracks, featuring steep climbs, flat plateaus, and fast descents that wind through high-veld grasslands, wooded areas, valleys, and rugged hills. This combination offers a challenging yet rewarding experience, complete with breath-taking views, suitable for runners of all fitness levels.

SUPPORTER ROLE

The Cradle Nature Reserve has been opened up to runners only. This means that Seconding and Supporting will not be allowed. Supporters and Spectators are allowed to wait for their Athlete at the Race Village.

BAG DROP

A bag drop service will be provided for 50KM runners. Participants can leave a clearly labelled bag at the registration area, which will be transported to Water Point #2 (located 30KM into the route). After the race, any items left at the water point will be returned to the Start/Finish area. While we will take every precaution to care for your belongings, please note that this service is used at your own risk. The Cradle Ultra, WannaDo Events, and the Cradle Boutique Hotel cannot be held responsible for any lost or stolen items.

ENTRY INCLUDES

Each entry includes the conservation fee, which is donated to the Malapa Motsetse Foundation. It also provides exclusive access to the Cradle Nature Reserve, nutrition and marshals at checkpoints along the route, as well as entry to the race village and the awards ceremony.

6KM |10KM | 15KM

- Cradle Ultra race number
- Nutrition along the route
- Finisher medal.

25KM

- Cradle Ultra race number
- Finisher medal.
- Finisher burger & drink
- Cradle Ultra shirt and Socks
- 32Gi Voucher

50KM

- Cradle Ultra race number
- Athlete bag with goodies and finisher medal.
- Finisher burger & drink
- Cradle Ultra shirt and Socks
- 32Gi Voucher
- 15min post-run massage - use your race number to claim your massage.
- Bag drop service – leave any support bags at registration in the BAG DROP box.

SCHEDULE

EVENT SCHEDULE

Thursday 5th March	**Early Registration – Decathlon Bryanston**	15H00 – 18H00
Friday 6th March	**Early Registration – Decathlon Bryanston**	15H00 – 18H00
Saturday 7th March	**Registration Opens**	04H00
	50KM Race Briefing	04H45
	50KM Start	05H00
	25KM Race Briefing	05H45
	25KM Start	06H00
	15KM Race Briefing	06H45
	15KM Race Start	07H00
	10KM Race Briefing	07H05
	10KM Race Start	07H15
	6KM Race Start	07H30
	Award Ceremony	10H30
	Event Closes	15H00

REGISTRATION | BRIEFING | START

EARLY REGISTRAION

Early Registration will take place at Decathlon, Bryanston on:

- 5th March Thursday 15H00 – 18H00
- 6th March Friday 15H00 – 18H00

Decathlon, Bryanston

Wedgewood Link Rd, Bryanston, Sandton, 2191

ON THE DAY REGISTRATION

On the Day registration will take place at the Pavilion, Cradle Boutique Hotel on 7 March from 04H15 onwards.

RELEASE FROM LIABILITY

Participants must sign the "Release from Liability" document before they receiving the Race number and athlete bag.

BRIEFING

A **mandatory** race briefing for all the distances will take place at the Start/Finish boma area 15mins before your start time. Check the race schedule for your Race Briefing times.

Image – Registration and Race Briefing

START AND FINISH

Image – Race Start and Finish

COURSE

There are five epic routes to choose from – 50KM, 25KM, 15KM, 10KM and 6KM.

The GPX files are available on the website – https://www.cradleultratrail.co.za

6KM - 130M ELEVATION | START 07H30 | 2HR CUT-OFF | 1 WATER POINT

10KM - 177M ELEVATION | START 07H15 | 2HR CUT-OFF | 1 WATER POINT

15KM - 265M ELEVATION | START 07H00 | 3HR CUT-OFF | 1 WATER POINTS

25KM - 574M ELEVATION | START 06H00 | 5HR CUT-OFF | 3 WATER POINTS

50KM - 1,162M ELEVATION | START 05H0 | 8HR CUT-OFF | 3 WATER POINTS

OVERALL CUT-OFF TIMES

Overall cut-off times are only enforced at the finish line. If a participant does not reach the finish line within the designated time frame, they will not receive a finisher medal.

6KM – 2 Hours – 09H30

10KM – 2 Hours – 09H30

15KM – 3 Hours – 10H00

25KM – 5 Hours - 12H00

50KM – 8 Hours - 13H00

INDIVIDUAL ROUTE CUT-OFF TIMES

A strict cut-off time is allocated for each distance. Participants must reach the designated checkpoint within the stipulated time indicated below. If a participant fails to do so, they will either be pulled from the race or directed on a shorter route back to the Start/Finish area—no exceptions!

6KM – No route cut-off times

10KM – No route cut-off times

15KM – Reach the checkpoint located 8 km from the start within 1 hours and 36 minutes.

25KM – Reach the checkpoint (8.5 km) within 1hour and 36 minutes.

Reach the checkpoint (22 km) within 4 hours and 24 minutes.

50KM – Reach the checkpoint (21 km) within 3 hours and 21 minutes.

Reach the checkpoint (38 km) within 6 hours and 4 minutes.

WATER POINTS AND LITTER

WATER POINTS

Each water point will be stocked with the following items:

- Water
- 32Gi Hydrate and Endure
- Fruit and snacks
- LIMITED - 32Gi products (G-Shots, Cramp Assault, Chews, Race Bar) – only at WP#2 and WP#3 and WP#4

Please plan your nutrition accordingly.

WATER POINT DISTANCES

The table below indicates the distance for each water point along the route as well as the distance between each Water Point.

RACE	WP1 Distance	*KM between points*	WP2 Distance	*KM between points*	WP3 Distance	*KM between points*	Finish
50KM	**8.3 KM**	*12.7 km*	**21.0 KM**	*17.0 km*	**38.0 KM**	*12.0 km*	**50 KM**
25KM	**8.3 KM**	*700m*	**9.0 KM**	*13.0 km*	**22.0 KM**	*3.0 km*	**25 KM**
15KM	**4.5 KM**	*8.5 km*	**13.0 KM**	-	-	*2.0 km*	**15 KM**
10KM	**4.0 KM**	-	**-**	-	-	*6.0 km*	**10 KM**
6KM	**3.0 KM**	-	**-**	-	-	*3.0 km*	**6 KM**

LITTER

The Cradle Nature Reserve is a stunning part of the country, and we are committed to preserving its natural beauty. As you enjoy the trails, remember to leave only your footprints behind. Any runner caught littering will be disqualified immediately. All waste must be carried with you and disposed of properly at a later stage.

Important Note: The Cradle Ultra Trail is a **LITTER-FREE EVENT**. This means there will be no water sachets provided at water points. A limited number of reusable plastic cups will be available. Participants must bring their own hydration packs, water bladders, containers, or water bottles. Let's work together to protect this beautiful environment while enjoying the run!

SIGNAGE AND ROUTE MARKING

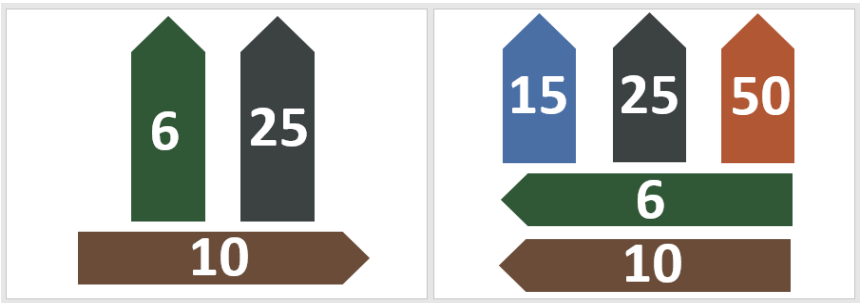
The majority of the run is mainly on jeep tracks that follows a clear and accessible jeep track making navigation easy. However, we highly recommend that you download the GPX Files and load them onto your watches. The maps and GPX files are available on the website under each distance - https://www.cradleultratrail.co.za

If you do not have a watch, please download the "Footpath" app. This allows you to follow the route using GPS and no data. https://footpathapp.com/blog/footpath-android/

DIRECTIONAL BOARD

Directional boards will be strategically placed at 'decision points' along the route to indicate where various distances diverge. Below is an example of those boards. Please keep an eye out for them and follow your race colour.

50KM – RUST | **25KM** – GREY | **15**KM – BLUE | **10KM** – BROWN | **6KM** - GREEN



ROUTE MARKERS

3 bright orange markers will be placed along the route as guidance markers and at every intersection, ensuring you stay on the right path throughout the entire route. The example below indicates a turn to the left.

POSITIVE ATTITUDE

CREW

Please be friendly to the Cradle Ultra crew. They are all volunteers who have worked hard to give you a great experience. The only pay they get – and the only reward they are looking for – is your enthusiasm. As well as the race officials (race director, marshals and medics), who take care of your safety. Race officials will monitor the conditions of all Participants and have been instructed to remove any Participant from the race if they are unable to continue and pose a risk to their safety. Your safety is still our first priority.

ENVIRONMENT and ANIMALS

The Cradle Nature Reserve is a UNESCO World Heritage site and the custodians have given us permission to use their venue for the Cradle Ultra Trail. Please respect the venue, the area and stay on the market trails / routes. Please do not deviate from the route or take any short cuts or pick any flowers or plants. The reserve is also home to a variety of animals. Please keep your distance from them and give them right of way.

PHOTOGRAPHERS

Our photographers will be at various places along the race route. They will take photos and video of you and other Participants, even when you are exhausted. Keep your eyes open for them and put a smile on that dial when you pass them.

RULES

AGE

All athletes must be over 18 years of age on race day.

GEAR

Participants must carry the listed items as a safety precaution, enhancing their well-being. While gear checks won't be conducted at registration, podium finishers are expected to have the specified items on hand.

25KM and 50KM COMPULSORY GEAR

Fully charged cell phone | Hydration pack | Filled water bladder with carry capacity of 1.5 or more litres | Space blanket | Whistle | Cap or wide brim hat | Nutrition and food

REFUND POLICY

- 100% before the 31st of Jan '26
- 50% before the 14th Feb '26
- 0% from 15th of February onwards
- No carry overs are allowed.

Refunds will be paid less the Entry Tickets transaction fees (5%) plus (R3) per entry

To request a cancellation please contact us at info@wannado.co.za