

**TOTALSPORTS**  
**TWO OCEANS MARATHON 2026**  
**ROAD CLOSURES AND RESTRICTIONS**  
**12 APRIL 2026**



HALF MARATHON ROAD CLOSURES & RESTRICTIONS	
ROAD	CLOSURE TIMES
<b>Main Road: Newlands</b> Between Klipper Road and Letterstedt Road	03h00 - 07h30
<b>Main Road: Newlands to Claremont</b> Between Letterstedt Road and Protea Road	03h00 - 07h30
<b>Protea Road</b> Between Main Road and the M3 NB: There will be no access to the M3 via Protea Road and Newlands Road.	06h00 - 07h30
<b>Paradise Road</b> Protea Road to Edinburgh Drive	06h00 - 07h30
<b>M3 Southbound</b> From Princess Anne Avenue to Kendal Road	06h00 - 08h15
<b>Kendal Road</b> Between Spaanschemat River Road and Edison Road	06h00 - 08h30
<b>Spaanschemat River Road</b> From Doorddrift Road to Ladies Mile Extension	05h45 - 08h30
<b>Ladies Mile Extension</b> Between Spaanschemat River Road and Constantia Main Road	05h45 - 08h45
<b>Constantia Main Road</b> Between Pagasvlei Road and Constantia Village Shopping Centre Entrance Both directions – local access only.	05h45 - 08h30
<b>Parish Road</b> From Constantia Main Road to Southern Cross Drive	06h00 - 09h15
<b>Southern Cross Drive</b> From Brommersvlei Road to Rhodes Drive	06h45 - 09h45
<b>Rhodes Drive</b> Southern Cross Drive to Canterbury Road Circle Both directions closed to traffic.	06h45 - 10h15
<b>Rhodes Drive</b> Canterbury Road Circle to Union Avenue Traffic may only travel south. Runners will be in lane heading towards Cape Town (their left). Please note: Kirstenbosch Gardens and Restaurant will be accessible to the public.	06h20 - 10h30
<b>M3 – Union Avenue</b> Rhodes Drive/Newlands Avenue to UCT Left lane coned off for athletes, right lane will remain open for motorists travelling towards Cape Town. Please drive cautiously. Please note: Rhodes Memorial will be accessible to the public.	06h30 - 11h00
<b>Princess Anne Avenue</b> Accesses to and from M3 Northbound closed. Please note: Rhodes Memorial will be accessible to the public.	06h30 - 11h00

**Spectators to please obey all officials and marshals and be aware of traffic when supporting the runners. Do not stand in roadways where vehicles are travelling or encroach on runner's paths. Park legally and considerately.**

Residents in the following areas are requested not to park along the route, and to use alternative parking for the duration of the race:

- Main Road from Newlands to Claremont.

Detours:

- Traffic from Hout Bay will be directed in via Pagasvlei Road and Spaanschemat River Road to the M3 and Constantia Road, and then to Claremont and Wynberg via Alphen Hill Road (Victoria Hospital) between 05h45 and 08h45.
- Traffic to Hout Bay will be directed from Edison Road and Ladies Mile Road to Spaanschemat River Road and Pagasvlei Road to Constantia Road between 05h45 and 08h45.

Please note that the M3 Northbound Carriageway right lane between Rhodes Drive and UCT will remain open to traffic for the duration of the event.

Delays can be expected for the duration of the Totalsports Two Oceans Marathon. We appeal to motorists to avoid using roads leading to the race route. Please comply with the directions given by traffic officers and marshals. Road signs will be in place during the week prior to the race, advising motorists of the road closures.