



# BLISTERS FOR BREAD

CHARITY FAMILY FUN WALK



PENINSULA  
SCHOOL  
FEEDING  
ASSOCIATION

You can't teach a hungry child  
[www.psf.org.za](http://www.psf.org.za)

IN ASSOCIATION WITH



Walking towards a hunger-free future

**Sunday**  
**16 August**  
**2026**

Your entry fee will enable PSFA to feed  
23 vulnerable schoolchildren for a day.



**Start Venue:**

Stephan Way,  
Green Point



**Distance &  
Start Times**

5km at 08:00  
10km at 07:30



**Entry Fee:**

R125.00



**T-shirt:**

R200.00



**Finish Venue:**

Green Point  
Common Sports  
Ground

SCAN HERE TO  
ENTER



This is an online entry only event // Enter at [www.psf.org.za](http://www.psf.org.za)



Western Cape  
Government  
FOR YOU



CITY OF CAPE TOWN  
ISIXEKO SASEKAPA  
STAD KAAPSTAD





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## ENTRY FEE

R125 pp - your entry fee will enable PSFA to feed 23 vulnerable schoolchildren for a day.

## CLOSING DATE

Individual entries close midnight 2 August 2026.  
Entries are limited to 10 000 across both distances.  
Group entries close midnight 24 July 2026.

## CONFIRMATION OF ENTRY

Entrants will receive a confirmation e-mail (if an e-mail address is provided).  
Before walk number collection (the day before the event), you will receive an SMS (if a cell number is provided), indicating your walk number and where you have selected to collect it.  
Please bring your proof of entry, email and SMS with you when collecting your walk number on Saturday, 15 August 2026.

## WALK NUMBER COLLECTION

Walk Number Collection will take place on Saturday, 15 August 2026 from 09h00 - 17h00 at the venue you selected.

## THE VENUES ARE:

Sportsmans Warehouse V&A Waterfront / Rondebosch / Tygervally / Somerset West/ Tokai

## GENERAL

- Contact Top Events info@topevents.co.za or WhatsApp us on 0661394210.
- No dogs, skateboards, bicycles or wheelie shoes etc. are allowed.

## ROUTE INFORMATION

- Refreshment stations along the route.
- Medical facilities will be provided along the route and at the endpoint.

All entry fees are NON refundable under any circumstances, including event cancellation.

## ROUTE DIRECTIONS

1. Both walk distances will line up in Stephan Way next to the Hamiltons Rugby Club.
2. At the bottom of Stephan Way, walkers turn left into Fritz Sonnenberg Way, proceed to Beach Road (Mouille Point), and cross over at the traffic lights.
3. On the pavement, turn left and proceed towards the Sea Point Promenade.
4. Walk along the promenade towards the intersection at the corner of Beach Road Mouille Point and Beach Road, Sea Point and keep left.
5. At Rocklands Beach:
  - a) 5km walkers turn around and walk back to the Green Point Common Fields.
  - b) 10km walkers continue along the promenade towards Saunders Rock.
6. At Saunders Rock:
  - a) 10km walkers turn around and walk back to the Green Point Common Fields via the same route.

## WHERE TO PARK:

- The V&A Waterfront
- Western Boulevard (at the designated parking areas).
- P3: Granger Bay Boulevard and Fritz Sonnenberg (Gravel Parking area).
- P10, P12, P13 - public.
- NO parking in the Mc Donald's parking area.

## ABOUT PENINSULA SCHOOL FEEDING ASSOCIATION (PSFA)

Three out of four children in the Western Cape go to school hungry every day.  
PSFA, a registered non-profit organisation established in 1958, addresses this need by feeding hungry children at schools in the Western Cape. For many children, these will be the only meals (breakfast and lunch) that they will receive for the day.

## HOW YOU CAN HELP PSFA MAKE A DIFFERENCE

- Feed a child for a month for only R108.
- Feed a child for a year for only R1026.
- Make a monthly, quarterly or annual donation.
- Donate online at [www.pfsa.org.za](http://www.pfsa.org.za).



SCAN TO DONATE