

Run For Hope 2026 on 29 November: 10km flags off at 7.15am at Marina Barrage, with entries now closed

Description

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Run For Hope 2026 flags off at Marina Barrage on Sunday, 29 November, with the 10km wave starting at 7.15am and the 5km wave at 8.30am. Registration is closed: the organisers stopped taking entries once 5,157 participants had signed up, so this weekend is for those already holding a bib, plus anyone who wants to back a runner.

This is the 33rd edition of the run, organised by Four Seasons Hotel Singapore and the National Cancer Centre Singapore (NCCS). Both distances are non-competitive leisure runs.



The Run For Hope 2026 race-day programme at Marina Barrage on Sunday, 29 November. Graphic: LBRD

Race-day timings

The race village at Marina Barrage, 8 Marina Gardens Drive, opens at 6.15am, with an information booth and baggage deposit. The programme runs as follows:

- 6.45am: 10km start pen opens
- 7am: warm-up by Active Red
- 7.15am: 10km flag-off
- 8am: 5km start pen opens

- 8.10am: warm-up by Active Red
- 8.30am: 5km flag-off
- 9.20am: cool-down, followed by Zumba at 9.45am and the stage programme at 10.15am
- 10.45am: end of event

The organisers say the programme may change. Both routes start and finish at the race village, and hydration stations are marked along each course.

Getting there

The nearest MRT station is Gardens by the Bay. There are no shuttle buses to the venue.

What entry cost, and who could take part

Standard entries cost S$40 for the 5km and S$55 for the 10km, at the normal rate that ran from 27 July to 18 November. Returning runners from earlier editions and groups paid S$35 and S$50.

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The run is open to all, with no minimum age. Participants under 21 needed parental or guardian consent, given in the indemnity and declaration fields at registration.

Refunds, transfers and wet weather

The FAQ is strict on changes. Entry fees are non-refundable, places cannot be transferred to someone else, and the distance cannot be switched after registration.

The run generally goes ahead rain or shine. If conditions become unsafe, the organisers may change the course, delay the start or adjust the format. No refund is given if the run is cancelled because of bad weather or other unforeseen circumstances. Updates go out on the runâ??s Facebook and Instagram pages.



Run For Hope 2026 rules for registered runners. Graphic: LBRD

Race packs were collected on 21 and 22 November at City Square Mall, and the organisers do not deliver them. Runners who did not collect theirs can contact the organisers at enquiry@runforhopesg.com.

Supporting without running

Anyone not running can still contribute. Individual and team contributions can be made through the runâ??s leaderboard page, and the top 10 registered participants by contributions stand a chance to win a pair of Singapore Airlines return Business Class tickets to Western Sydney.

At time of writing, the combined tally stood at S$148,472.69 against a target of S$300,000. The organisers say funds raised go mainly to event costs such as logistics, the venue and participant resources, with any surplus going to cancer research at NCCS.

This yearâ??s official run T-shirt was designed by Cindy Neo, an NCCS patient, artist and founder of Room To Imagine.

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