



Run For Hope 2026 standard entries close on 31 October, ahead of 29 November run at Marina Barrage

Description

Standard entries for [Run For Hope 2026](#) close on 31 October, with the 33rd edition of the cancer research run set for Sunday, 29 November 2026 at Marina Barrage. The 5km costs S\$40 and the 10km costs S\$55 at the standard rate.

Four Seasons Hotel Singapore and the National Cancer Centre Singapore (NCCS) have organised the run since 1993. Entry fees cover event costs such as logistics and the venue, and any surplus goes to cancer research at NCCS.



Runners leave the start arch at Run For Hope 2024 on 17 November 2024. Photo: Four Seasons Hotel Singapore

Who can run and where

Both categories are non-competitive. There is no minimum age, so families can sign up together, though participants under 21 need consent from a parent or guardian. Marina Barrage sits at 8 Marina Gardens Drive, and the nearest MRT station is Gardens by the Bay on the Thomson-East Coast Line.

Past participants receive loyal runner promo codes by email, which set the fees at S\$35 for the 5km and S\$50 for the 10km. Groups get the same rates by writing to enquiry@runforhopesg.com. Fees are

non-refundable, entries cannot be transferred and runners cannot switch distance after signing up.

A first official run tee

For the first time, the run has an official t-shirt. Cindy Neo, an NCCS patient, full-time artist and founder of the studio Room To Imagine, designed it. Her first cancer diagnosis in 2017 led her to leave a corporate career for art, and the ribbon at the centre of the tee draws on the flowing forms of galaxies and oceans in her work.

Runners can also raise funds through individual or team fundraising profiles. The ten registered participants who gather the most contributions stand a chance to win a pair of Singapore Airlines return Business Class tickets to Western Sydney, the grand prize in this year's draw. By 29 October, the leaderboard stood at S\$108,216.39 against a S\$300,000 target, with S\$68,800.39 from teams and S\$39,416 from individuals.

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Supporters wrote dedications to loved ones on the message wall at Run For Hope 2025.
Photo: Four Seasons Hotel Singapore

Why the money goes to research

Cancer accounted for 26.2 per cent of deaths in Singapore from 2019 to 2023, and 91,574 cancer cases were reported in Singapore over the same five years. The run has drawn more than 20,000 participants over the years, and the 2024 edition raised more than S\$216,000 for cancer research at NCCS.



More than 5,000 runners turned out for the 2024 edition at Marina Barrage. Photo: Four Seasons Hotel Singapore

Race-day timings and pack collection

The run generally goes ahead rain or shine, unless severe weather puts participants at risk. That provision carries weight this season, after haze led to the cancellation of the Great Eastern Women's Run and cut the longest distance at Garmin Run Singapore to 10km.

- 6.15am: race village, information booth and baggage deposit open
- 6.45am: 10km start pen opens, with a warm-up led by Active Red at 7am
- 7.15am: 10km flag-off

- 8am: 5km start pen opens, with a warm-up at 8.10am
- 8.30am: 5km flag-off
- 9.20am: cool-down, then Zumba at 9.45am and the stage programme at 10.15am, with the event ending at 10.45am



Runners in Run For Hope shirts on the course. Photo: Four Seasons Hotel Singapore

Race packs are available on 21 and 22 November 2026, from 11am to 7pm, at Green Square on level B1 of City Square Mall. Runners need proof of registration. Anyone collecting for someone else needs a signed authorisation letter, a copy of that runner's ID, and their own ID at the booth. The organisers do not deliver race packs, and entries close on 31 October.

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