

KH3-7 Hills Run pushes for girl-child education

Girls Matter. From uphill battles in Kampala's streets to classrooms across Uganda, the KH3-7 Hills Run fuses athletic endurance with social purpose. Every stride fuels education, turning each runner into a champion for girls' empowerment.

BY INNOCENT NDAWULA

QUICK FACTS

Event: Absa KH3-7 Hills Run 2026

Date: Sunday, April 26, 2026

Start & Finish: Millennium Grounds, Lugogo

Distances: 25km, 10km, 5km

Registration: Shs35,000 - 150,000

Top Prizes: Ghana marathon slots + land titles

Water Points: 6-7 strategically along each route

Kampala's famed seven hills are about to see a surge of runners on April 26, not just chasing mere medals, but for real good purpose.

The 2026 Absa KH3-7 Hills Run is set to intertwine the city's iconic terrain with a mission to support the education of the girl child for another edition.

"We are thrilled to announce three challenging routes this year," said Absa Bank Uganda MD David Wandera, noting the heightened stakes for both runners and the communities that benefit from the event.

City challenge

Runners will choose from 5km, 10km, and the punishing 25km courses. The routes weave through Naguru, Ntinda, Kololo, Nakasero, Mengo, Kibuli, and Jinja Road, offering a test of stamina and strategy. For the 25km elite course, competitors will tackle every twist of Kampala's seven hills — a circuit designed to reward the strongest while connecting runners with the city's pulse.

"Top finishers will earn slots to the Absa Black Stars Marathon in Ghana, with land titles also up for grabs for the best male and female runners," Wandera revealed.

Real impact

Funds raised from the event will directly support organizations keeping girls in school, including Baylor College of Medicine's DREAMS Programme, Amref Health Africa, Windle International Uganda, World Vision Uganda, Nyaka AIDS Orphan Project, Katalemwa Cheshire Home, and Smart Girls Uganda.

Every shilling will translate into real, measurable impact, from tuition support to mentorship, breaking barriers that prevent girls from reaching their full potential.



Giving Moment. Absa Bank Managing Director David Wandera (L) Prudential Uganda CEO Tetteh Ayitevie show off the running kit of this year's KH3 7 Hills Run set for April 26. PHOTO/INNOCENT NDAWULA

Participants can register with options ranging from Ordinary Kit at Shs35,000, Timed Kit at Shs45,000, and VIP Kit at Shs150,000.

All races will start and finish at

Millennium Grounds, Lugogo, with water points positioned strategically along each route to keep runners hydrated and safe. There will be about six to seven water points.

