



Our Partners



HYUNDAI
PLUMSTEAD



Service Providers



Start Times:

30km – 5:30am @ Camps Bay High School

15km – 7:00am @ Mainstream Mall



Enquiries about the event please contact:

Top Form Bay to Bay 2026

topformbay2bay@gmail.com

ENTRY FEES:

30KM:

Licensed R 225

Unlicensed R 320 (R 225 + R 90

Temporary License)

15KM:

Licensed R 150

Unlicensed R 235 (R 150 + R 85

Temporary License)

PRIZE MONEY:

PRIZE MONEY-MALE AND FEMALE 30K				PRIZE MONEY-MALE AND FEMALE 15K			
	FIRST	SECOND	THIRD		FIRST	SECOND	THIRD
OPEN	R 5 000	R 4 000	R 3 000	OPEN	R 3 000	R 2 000	R 1 500
40-49	R 2 500	R 1 500	R 1 000	JUNIOR	R 1 500	R 1 000	R 750
50-59	R 2 500	R 1 500	R 1 000	40	R 1 500	R 1 000	R 750
60-69	R 2 500	R 1 500	R 1 000	50	R 1 500	R 1 000	R 750
70+	R 2 500	R 1 500	R 1 000	60	R 1 500	R 1 000	R 750
OPEN TEAM	4 x R 500			70	R 1 500	R 750	R 1 500
KING/QUEEN	R 1 000			TEAM	4 X R 350		

**Exclusive Bay to Bay
T-shirt for R 300**



KINDLY NOTE THIS IS AN ONLINE ENTRY ONLY EVENT

MEDALS TO THE FIRST 2700 FINISHERS IN THE 30K AND 2300 FINISHERS IN THE 15K ENTRIES LIMITED TO 5000 ENTRANTS

THIS IS A **#ICARRYMYOWN** EVENT. WE WILL HAVE WATER & CUPS AT VARIOUS WATER STATIONS ALONG THE ROUTE (EVERY 3KM), NO PLASTIC SACHETS WILL BE USED.

THIS RACE IS LITTER FREE RACE – PLEASE USE THE BINS ALONG THE ROUTE

ENTRY DETAILS:

1. Enter online at www.peaktiming.co.za
2. Should you have any queries about entering online. Any Online entry queries can be directed to office@peaktiming.co.za.
3. Entries open 13 October 2025 and the closing date is midnight 31 December 2025 or when 5000 entries are reached
4. **No entries will be taken at number collection or race day**
5. Substitutions & Downgrades will be done via office@peaktiming.co.za (cut-off for this will be on 31st of December 2025 – None will be done at registration).
6. **No refunds for downgrades from the 30km to 15km.**

ENTRY COLLECTION:

1. **Sportsman's Warehouse - Rondebosch**
 - a. Friday 16 January 2025 from 10:00 to 16:30
 - b. Saturday 17 January 2025 from 10h00 -16:30
2. **Sportsman's Warehouse Tygervally**
 - a. Friday 16 January 2025 from 10:00 to 16:30
 - b. Saturday 17 January 2025 from 10h00 -16:30
3. **Mainstream Mall Hout Bay (Auditorium)**
 - a. Saturday 17 January 2025 from 10h00 -14:00
4. **Hyundai Plumstead**
 - a. Friday 16 January 2025 from 14:00 to 17:00
 - b. Saturday 17 January 2025 from 10h00 -14:00

GENERAL INFORMATION:

1. Start Venue: 30km starts 05h30 at Camps Bay High School, on the school's sports fields.
2. Start Venue 15Km starts at 07:00 Mainstream Mall, Hout Bay (walkers welcome)
3. Finish Venue: Fields below Glen Country Club
4. Prize giving: 10h00 on the fields below Glen Country Club
5. **Cut off time: 30km (4 hours 30 mins) and 15km : (3 Hours) The cut-off time is calculated from the start of the last batch in each race.**
6. **All runners in the 30km who do not reach the halfway point at 07:45 (2 hours and 15 minutes) will be compelled to abandon the race and will be transported to the finish (no exceptions). All runners failing to comply with this rule will be disqualified.**
7. Tog bags: Tog bags facilities will be provided at own risk at selected starting points.
8. Race Results will be verified and signed off by both WPA and Peaktiming. All prize winners must submit their banking details & provide a copy of their ID. Proof of age may be required for winners.
9. **No cash prizes on the day of the event.** All prizes will be paid electronically 7 working days after the event.
10. A limited number of Bay-to-Bay T shirts will be available at R300.00 and can be purchased with the entry.

RACE RULES:

1. The race is run according to the rules of ASA and WPA
2. Runners must obey the traffic officials, race officials and marshals at all times.
3. Minimum age for the 30km is 19 years (on the date of the race)
4. Minimum age for the 15km is 15 years (on the date of the race)
5. No personal seconding is allowed along the route.
6. The cut-off time for the 30k race is 4 hours 30min (10:00) and for the 15k race is 3 hours (10:00)
7. Cut off times will be calculated from the start of the last batch in each race.
8. Licensed runners should run in club colours and must display a valid ASA number on the front and back of the running vest , must be visible throughout the race and
9. One race number (bib) will be issued and must be worn on the front of the vest partially covering the ASA race number so that the ASA race number sponsors logo is visible.
10. Non-licensed runners must purchase a temporary license that must be completed, the strip handed in at the registration or the start to be eligible to run and race Number to be worn on front of vest and Temporary License to be worn on back of vest.
11. The use of music players with headphones is not allowed and may result in disqualification.
12. Do not litter. This is a "ICarryMyOwn" Event, coke and water will be provided at various points in paper cups. All litter must be disposed of in the bins provided or carried to the finish to be placed in the boxes provided. Report offenders to the referees #RunClean
13. Participants in this event do so at their own risk and release and discharge the organisers, sponsors, Provincial and National Athletic Bodies and all persons assisting in staging the event from any responsibility relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event. Details are available on www.wpa.org or from the organisers or from the WPA office.
14. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
15. In addition to the Overall (open) prizes, participants will only be eligible for an age category prize in the age group in which they entered. Corresponding numerical age tags must be worn on the front and back of their club vests. Participants may enter the age category corresponding to their numerical age or younger category down to senior.
16. A Junior is anyone under the age of 20 on 31st December of the year of competition, i.e. born in 2007 or later.
17. Temporary licensed participants are eligible for age category prizes, provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
18. To qualify for team prizes, athletes must be SA citizens, must wear full club colours and participate with a permanent license.
19. Athletes wearing age category tags must ensure they are visible for the entire duration of the race.
20. The King and Queen of the mountain applies to the 30k only and will be awarded to the first male and female to reach the top of Suikerbossie Hill on the return leg (approx. 19km marker), and the runner must complete the race.
21. Medals to the first 2700 finishers in the 30km race and medals to the first 2300 finishers in the 15km race.
22. An electronic chip timing system will be used. -Start batches for the 30km event will be determined by the participants best time over 21km and 10km time for the 15km race, achieved in the preceding year. Batches will comprise of approximately 500 athletes.
23. Athletes who do not supply information for seeding in the two events will be allocated to the last batch. Seeding times can be updated (cut -off times for this will be on 05 January 2026. No seeding upgrades will be done at registration)
24. Athletes are encouraged to start in the pre-determined batches, however starting further back in later batches will be accommodated.
25. Starting in earlier batches will result in disqualification.
26. **No refunds - This is the race policy**
27. Emails - Please check your Inbox, Spam/Junk mail folder and ALL MAIL (if using Gmail).
28. The race is timed by Gun to mat for prize money and position , and Mat to mat other participants (net time)
29. All uncollected race numbers will be transported to the start of the 30km, collection before the start of the 30km race.
30. Road Closure 05h00, please make sure get parking early .
31. South African Participant - South African participants are classified as all runners who have a South African ID number.
32. International Participants- Athletes (outside of South Africa) with a valid passport.
33. Uncollected paid T-shirts will be kept for 3 months, if not collected will be resold.