



ATHLETIC CLUB

BAY 2 BAY

Sunday
19 Jan 2025



15KM / 30KM



CAMPS BAY HIGH SCHOOL



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

“TOP FORM Bay to Bay Road Race”

30 KM & 15 KM ROAD RACE

SUNDAY

19 JAN 2025

30 KM at 05H30-Camps Bay High School & finishing at the sports fields below Glen Country Club, Maidens Cove, Camps Bay

30 KM ENTRY FEES-CLUB MEMBERS R225 LICENSED & R300 UNLICENSED (NON -CLUB MEMBERS)
(including online entry fees)

15k Start at 07:00 from Mainstream Mall, Hout Bay and finishing at the sports fields below Glen Country Club, Maidens Cove, Camps Bay.

15k Entry fees Club Members R150 licensed and unlicensed R215(including online entry fees)

No Entries/ numbers collection will take place on race day

ENTER ONLINE

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

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

1. ONLINE-enter at [Events for October 2024 – Top Form Athletics Club](#) Should you have any queries about entering online. Any Online entry queries can be directed to office@peaktiming.co.za.
2. Entries open 18th October 2024 and the closing date is midnight 31 December 2024 **or when 5000 entries are reached.**
3. No entries will be taken at number collection or race day
4. Substitutions & Downgrades will be done via office@peaktiming.co.za (cut-off for this will be on 11th January 2025 – None will be done at registration) No refunds for downgrades from the 30km to 15km.

RACE CARD COLLECTION (according to collection point as indicated when you entered)

1. Friday 17 January and Saturday 18 January 2025 from 10h00 -17:00 at the following points:
Sportsman's Warehouse Rondebosch
Sportsman's Warehouse Tyger Valley

Mainstream Mall Hout Bay (Auditorium) (Friday 14:00 – 17:00 and Saturday 10:00 – 17:00)

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 (4hours 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. Race Numbers will be given to all participants and must be worn in front together with your valid ASA number / or temporary licence number. Licenced Runner must display a valid ASA number on the front and back of their running vest and must be visible throughout the race.
8. Tog bags: Tog bags facilities will be provided at own risk at selected starting points.
9. **All prizes will be paid electronically. No cash prizes on the day of the event.**
10. A limited number of Bay-to-Bay T shirts will be available at R290.00 and can be purchased with the entry. (Male and Female -Small-Medium-Large-XLarge)

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)
Minimum age for the 15km is 16 years (on the date of the race)
4. No personal seconding is allowed along the route.
5. The cut-off time for the **30k race is 4 hours 30min (10:00)** and for the **15k race is 3 hours (10:00)**
Cut off times will be calculated from the start of the last batch in each race.
6. Licensed runners should run in club colours and must display a valid ASA number on the front and back of the running vest and must be visible throughout the race.
7. 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.
8. Non-licensed runners must purchase a temporary license that must be completed, and the strip handed in at the registration or the start to be eligible to run.
9. The use of music players with headphones is not allowed and may result in disqualification.
10. **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**

11. 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.
12. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
13. 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.
14. A Junior is anyone under the age of 20 on 31st December of the year of competition, i.e. born in 2005 or later.
15. 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.
16. To qualify for team prizes, athletes must wear full club colours and participate with a permanent license.
17. Athletes wearing age category tags must ensure **they are visible for** the entire duration of the race.
18. 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. 21km marker)
- 19. Medals to the first 2700 finishers in the 30km race and medals to the first 2300 finishers in the 15km race.**
- 20. 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.**
- 21. 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 11 January 2025. No seeding upgrades will be done at registration)**
- 22. Athletes are encouraged to start in the pre-determined batches, however starting further back in later batches will be accommodated.**
- 23. Starting in earlier batches will result in disqualification.**

