

“TOP FORM Bay to Bay Road Race”

30 KM ROAD RACE

SUNDAY

30 JAN 2022

Race starts at 05H30-Camps Bay High School & finishing at the sports fields below Glen Country Club

ENTRY FEES-CLUB MEMBERS - R190.00 LICENSED & R 250.00 UNLICENSED (NON-CLUB MEMBERS)-temp licences R60

No Entries/ numbers collection will take place on race day

ENTER ONLINE

RACETRAQ

**KINDLY NOTE THIS IS AN ONLINE ENTRY ONLY EVENT
MEDALS TO THE FIRST 1800 FINISHERS
ENTRIES LIMITED TO 1800 ENTRANTS**



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD



1. ONLINE-enter at **RACETRAQ**. Should you have any queries about entering online, please contact **RACETRAQ** on <https://www.racetraq.co.za/contact/> or web-query@racetraq.co.za
2. **Entries open 15** December 2021 and the closing date is midnight **20 January 2022** or when **1800** entries are reached.
3. **Please note that a R20 service fee is charged when entering online**
4. **No entries will be taken at number collection or race day**
5. **Substitutions can be done telephonically- contact Ameen Stemmet 0827381188 or Nabelah Davids 083 790 5656. There is no charge for substitutions. Be aware of fraud and scammers when buying a number from a third party during a substitution process. TOPFORM AC will not be liable for any incidents that may occur**
6. **ENTRY FEES**

	Entry	Temp no	Total
30 km Licensed Club Member	R190		R190
30km Unlicensed	R190	R60	R250

RACE CARD COLLECTION

1. **Friday 28 and Saturday 29 January 2022** from 10h00 -17:00at the following points:
2. Sportsman's Warehouse Rondebosch
3. Sportsman's Warehouse Tygervalley
4. Please note that the temp licence return section must be filled in at registration or deposited in the box provided at the start.
5. The COVID 19 form must be collected at registration and brought to the start for the final COVID check

GENERAL INFORMATION

1. Start Venue: **Race Starts at** starts 05h30 at Camps bay High School, on the school's fields,
2. Please note that access to the start is from 04:30 as temperature checking in terms of COVID 19 requirements will be done.
3. Finish Venue: Fields below Glen Country Club (**Maidens Cove**)
4. **No Prize giving:** Winners will have to provide contact details/banking details for payment of prizes
5. All runners who do not reach the halfway point at **08H:00** will be requested to abandon the race and will be transported to the finish (no exceptions). All runners failing to comply with this rule will be disqualified.
6. Race Cards: race card must be completed before race day and must be carried during the race and handed in once you have completed your race. No Race card, no result
7. Tog bags: no tog bag area due to COVID 19 Regulations
8. **Please download and complete the Covid Information page and return on the morning of the race**

RACE RULES

1. The race is run according to the rules of ASA and WPA
2. It is a staggered start event; and 5 groups will start at 5min intervals. You will need to provide a projected (estimated) time on the online system for seeding. In order to be eligible for a category prize you must start in Group A. (this group will include all the potential category winners in each age group-should you not be included in this group please resolve the matter at the registration)
3. A projected finish time must be indicated when doing your online entry
4. Runners must obey the traffic officials, race officials and marshals at all times.
5. A minimum age for the **Race** is 19 years.
6. No personal seconding is allowed along the route, only at water stations.
7. The cut-off time for the race is **4 hours**
8. Licensed runners must run in club colours and must display a valid ASA number on the front and back of the running vest.
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. This bib will have the start seeding designation (A-E) and failure to start in the correct start group may lead to disqualification
11. None licensed runners must purchase a temporary license that must be completed and the strip handed in at the registration.
12. The use of music players with headphones is not allowed and may result in disqualification.
13. Do not litter. This is a "carry your own water event", **however there will be "fill your own water" and self help decantable bottles at the 7.5km and 22.5km and at the halfway**

mark (15km) coke will be provided 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

14. Entry cards must be completed before race day and carried with the runner and be handed in at the finish.
15. 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.
16. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
17. 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.
18. Temporary licensed participants are eligible for age category prizes, provided they enter the relevant age group, wearing the appropriate age tag and provide proof of age.
19. To qualify for team prizes, athletes must wear full club colours and participate with a permanent license. **Senior men and senior woman only**
20. Athletes wearing age category tags must wear them for the entire duration of the race.
21. Medals to all finishers



1. Prize money

Category

1	2	3	
Senior	1500	1000	750
35-39	750	500	250
40-44	750	500	250
45 -49	750	500	250
50 -54	500	350	250
55 -59	500	350	250

60-64	500	350	250
65-69	500	350	250
70	500	350	250
OPEN TEAM M&F	2 X 400		