



# BAY 2 BAY

Sunday  
21 Jan 2024



## 15KM / 30KM



# "TOP FORM Bay to Bay Road Race"

**30 KM & 15 KM ROAD RACE**

# **SUNDAY**

# **21 JAN 2024**

**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 R200 LICENSED & R275 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 R140 licensed and unlicensed R205( 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, 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 <https://www.racetraq.co.za/> Should you have any queries about entering online, please visit <https://www.racetraq.co.za/contact>.
2. Entries open 1 November 2023 and the closing date is midnight 31 December 2023 **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 [thomas@racetraq.co.za](mailto:thomas@racetraq.co.za) (cut-off for this will be on 11<sup>th</sup> January 2024) – None will be done at registration**

## **RACE CARD COLLECTION**

1. Friday 19 January and Saturday 20 January 2024 from 10h00 -17:00 at the following points:
2. Sportsman's Warehouse Rondebosch
3. Sportsman's Warehouse Tyger Valley

## GENERAL INFORMATION

1. Start Venue: 30km starts 05h30 at Camps Bay High School, on the school's 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 and 15km :10h00 – Depending on your batch start time.**
6. All runners in the 30km who do not reach the halfway point at **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 R260.00 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)**  
**Batch Start dependent**
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](http://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 31<sup>st</sup> 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.**

#### ROUTE MAPS AND DESCRIPTION



#### 30km route

- The race starts on the Camps Bay High School sports field at 05:30. It is an out and back route, with the turnaround point in Hout Bay at the "World of Birds" intersection. Runners generally run on the left-hand side of the road and will be kept within the yellow line as far as possible. A coned channel will be created to assist with keeping runners on the left-hand side of the road. However, from the 27km marker the middle to back markers will be moved to the pavement where they will remain until they reach the finish at Maidens Cove.

## 15km Route

- The 15km race starts at Mainstream Mall, Hout Bay and proceeds to Albert Road where runners turn left and start a 1.2km climb. Runners join the 30km race at Helgardia Road and remain in a fenced off area at the bottom of Suikerbossie Hill where the integration in the main race will occur.

PRIZE MONEY-MALE AND FEMALE 30K					PRIZE MONEY-MALE AND FEMALE 15K			
	FIRST	SECOND	THIRD			FIRST	SECOND	THIRD
OPEN	5000	3000	2000		OPEN	2000	1500	1000
40-49	2000	1500	1000		JUNIOR	1000	750	500
50-59	2000	1500	1000		40	1000	750	500
60-69	2000	1500	1000		50	1000	750	500
70+	2000	1500	1000		60	1000	750	500
OPEN TEAM	4 x 500				70	1000	750	500
KING/QUEEN	1000							



