

Balwin
PROPERTIES®

FALSE BAY 50 KM



The Strand Athletics Club, with the assistance of the Hangklip Athletics Club is proud to, again, present the iconic point to point race from Kleinmond to Gordon's Bay along the scenic coastal road past Betty's Bay, Pringle Bay, Rooi Els and Kogel Bay.

06:30 SUNDAY
4 MAY

SECONDARY SPONSORS:



PRESENTED BY STRAND ATHLETICS CLUB, PROUDLY SPONSORED BY BALWIN PROPERTIES.
ORGANISERS: BMEVENTS



AS WELL AS FOR THE ADDITIONAL LOGISTIC, ROUTE AND REGISTRATION ASSISTANCE FROM:



Online entries only on racepass.com
Entries close on Thursday 24 April 2025.

falsebay50.co.za



RACE INFO

START VENUE KLEINMOND (KLEINMOND PRIMARY SCHOOL) **START TIME 06:30**

FINISH VENUE GORDON'S BAY (GORDON'S BAY PRIMARY SCHOOL) **FINISH TIME 13:10**

REGISTRATION

Online entries only.

Enter at <https://racepass.com/za/races/false-bay-50>.

Should you have any enquiries please contact Racepass on email support@racepass.com.

Closing date for entries is Thursday, 24 April 2025. Please note if payment is not received within 7 days of entry, your entry will be deleted.

Book and pay for your **bus ticket**, should you require one, when entering online.

Race T-shirts: Free to the first 500 entries provided that the entry is made and paid before 25 March 2025. Entries after 25 March 2025 will not qualify for a free T-shirt.

RACE CAPACITY

The race entries are capped at the first 1,500 entries received.

All finishers will receive a unique medal.

Permanent race numbers will (in future) be allocated to athletes who successfully complete 10 False Bay 50 races. The first 5 races that took place in 2001-2005 will be included.

ENTRY FEES

FALSE BAY 50 KM RUN/WALK (LICENSED)	R380
FALSE BAY 50 KM RUN/WALK (LICENSED) 70+	FREE
INTERNATIONAL RUNNERS	R600

BUS TRANSPORT AND TICKETS

We are using Gaffley's Transport. www.gaffleys.com

Parking is provided at the Naval base sport facilities, across from the finish, at Gordon's Bay Primary school, for those travelling by bus from Gordon's Bay to the start in Kleinmond. Athletes using private transport to the start, can have their drivers and seconds, travel back to Gordon's Bay, along the race route. However, because of the temporary partial road closure between Rooi Els and Gordon's Bay, travelling will only be permitted in the one direction, towards Gordon's Bay.

Bus tickets will be available at **R120.00** when entering, online, for the race.

Buses will start leaving for the start from 04:00.

Please move towards the waiting buses immediately after you arrived at the parking area.

Please don't be late, and don't forget your bus ticket. The last bus will depart at 05:00.

Unfortunately, there will be no buses travelling back from Gordon's Bay to Kleinmond.

BUS TICKET, NUMBER AND T-SHIRT COLLECTIONS

Number collection will take place on Saturday, 3rd May, from 10:00 till 16:00 at the following venues**:

RONDEBOSCH	CANAL WALK	GORDON'S BAY	BLOUBERGSTRAND	KLEINMOND
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**Final Instructions will be SMSed to each athlete.

Please bring proof of payment of your entry or SMS confirmation with you to the number collection at the store you selected on your entry form.

CHARITY

The Balwin Charity Foundation will benefit from the sale of beautifully designed Socks that will be sold for **R150** a pair. The Balwin Foundation NPC was established in 2016 for the specific purpose of providing scholarships, bursaries, awards and loans for study, research and teaching.

The foundation promotes the development of knowledge and skills within the construction, property, engineering and associated disciplines. Our key focus is adding value to Balwin's community social responsibility objectives while addressing transformation guidelines and implementing employment equity initiatives.

*RULES

- The race will be run according to the rules of WP and ASA.
- Age restriction: 20 Years.
- No iPod's or listening devices.
- No littering allowed more than 30m away from the watering points (Runners will be disqualified when caught littering). Let's keep our beautiful country clean.
- Athletes, entering for this event, and who use medication to treat an illness or condition which falls under the Prohibited List, should complete a Therapeutic Use Exemption (TUE) form before entering for the event and obtain authorization from SAIDS to take the needed medicine or method.
- Athletes should wear full club colours.
- Athletes registered license-numbers must be worn on the front and back of the vest. Official Race numbers must be worn on the front of the vest, below the top part of ASA.
- In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Age category tags must be worn (front & back) and visible for the entire race to be eligible for any age category prize.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- Race walkers will be allowed, but the cut-off times will also apply to them.

Waiver:

I agree to enter and participate in the False Bay 50 km race entirely on my own risk and indemnify the organisers, sponsors, WPA, Boland Athletics, and any person assisting in the organisation of the race against any claim whatsoever. I understand that I should be medically fit to run this race. I declare that I am 20 years and older.

TIMING

Your FinishTime (<https://finishtime.co.za>) timing chip is attached to your race number. Please do not fold your race number as it will damage the chip. **IMPORTANT! NO CHIP NO RESULT.**

A disposable timing chip will be attached to your race number. Please do not tamper with it.

For all timing or results queries please email support@finishtime.co.za

TOG BAG FACILITY

The Tog Bag facility will be at the Start and will be transported to the Finish. Secure the Tog Bag tear-off slip from your race bib to your bag. Only bring essential items and do not leave any valuables in the bag. This facility is used at own risk.

WATER POINTS

There will be 16 water or water and Coke stations, along the course, providing water or water and Coke. The first few water tables will have water sachets available whereafter we will be using cups. Please respect our environment as we will be running on coastal areas. Bins will be provided for litter please use them.

CUT-OFFS & ROAD CLOSURE

Temporary road closures will occur between Rooi Els and Gordon's Bay.

A fleet of Kia sweep vehicles will be following the back runners and will be collecting runners from the cut-off points. Runners may not continue after a cut-off has been implemented.

Single Start : 06:30

Cut-off points: 25km – 3h22; 38km – 5h07. Time limit is 6h40



2025 COMRADES MARATHON QUALIFIER

The 2025 False Bay 50 km Ultra Marathon has been granted **Comrades Qualifier** status for the 2025 Comrades Marathon. Race must be complete in 6h10. See Comrades website www.comrades.co.za for qualifying or seeding details.

Medical:

Gordon's Bay security are the event's official medical partners.

There will be a roaming ambulance along the route and one, at the end.

PRIZE MONEY STRUCTURE

In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age they enter. Corresponding numerical age category tags must be worn on the front and back of their vest.

MALE & FEMALE

FIRST

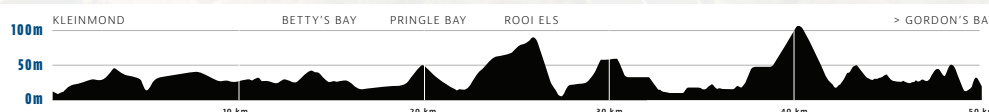
SECOND

THIRD

OPEN	R2600	R2000	R1400
40-49	R1500	R1100	R900
50-59	R1500	R1100	R900
60-69	R1500	R1100	R900
70+	R1500	R1100	R900

Podium positions will be determined by Race Referees and verified by the Finish Time electronic timing system, based on Gun to Mat time.

There will be an official prize giving at 12:30, where the category winners will receive their prize money. There will also be some lucky draw prizes at 13:00 (please remember to place your lucky draw tear-off slip, in the box provided, at the end).



More information: falsebay50.co.za