



**30KM - 15KM - 5KM**

**SUNDAY**

**19th JANUARY 2020**

**ONLINE REGISTRATIONS WILL BE OPEN FROM  
1st NOV 2019 - 1st DEC 2019**

[www.webtickets.co.za](http://www.webtickets.co.za)

**Limited Entries available - Entries will close once capacity is reached**

30km Starts @ 5:30am - Camps Bay High - \* R150 Licenced | \* R210 Unlicenced

5km Starts @ 6:00 am - Camps Bay High - \* R 30

15km Starts @ 6:30am - Hout Bay Harbour - \* R100 Licenced | \* R150 Unlicenced

**\* Additional surcharge for online entry**





## CFA Society South Africa Bay to Bay Road Race

The Bay to Bay event is been in existence for more 43 years and for the last 6 years has been hosted by the TOPFORM AC.

The 2020 event will be called the CFA Society South Africa Bay to Bay Road Race after the sponsor and will include a 5km fun run as part of the main activities.

Traditionally it has been run over a classic distance of 30km with its start and finish in the Camps Bay area. The event starts in Camps Bay and proceeds over the long climb at Llandudno into Hout Bay and turns at the halfway point at the famous "World of Birds", and returns along the same route over the infamous Suikerbossie Hill to finish at the Maidens Cove recreational area.

In recent years a 15 kilometer event has been added starting in Hout Bay harbour, as well as a 5km fun run.

The race has grown over recent years from 2500 participants to 5000 across all distances, this is mainly due to the amazing views and race "gees", plus this event has also for many years been the main event in January on the Cape Town road running calendar, as its an early tester for runners who have their sights on the TWO OCEANS and COMRADES marathons.





## GENERAL INFORMATION

1. All entries will be done online through webtickets <https://www.webtickets.co.za>

Entries open on the 1st November and will close on the 1st December (Midnight) or when 5500 entries are reached.

2. Please note that this is a "carry your own" event and no water will be provided in plastic sachets. Refill stations and coke in cups will be available at water stations located at 5km intervals.
3. Race numbers must be collected on the 18 January 2020 from 10:00 to 17:00 at
  - Sportman's Warehouse Rondebosch
  - Sportmans's Warehouse Tygervalley

NO NUMBER COLLECTIONS ON RACE DAY

4. Substitutions can be done telephonically between 2nd - 6th December 2019, Contact Karen Davids 0833329284 or Nabelah Davids 0837905656
5. Start Times and Venues
  - 30km - 05:30am Camps Bay High School
  - 5km - 06:00am Camps Bay High School
  - 15km - 06:30am Outside Hout Bay Harbour
6. The race cut-off time for all events will be at 10:00
7. A cut-off will be instituted at the halfway in the 30km race. Runners who do not pass the halfway point before 2h15min into the race will be forced to retire.
8. Medals to the first 5500 participants who finish within the race cut-off time





### RACE RULES – Part 1

1. The race is run according to the rules of ASA and WPA.
2. Runner must obey the traffic officials, race officials and marshals at all times.
3. The minimum age for the 30km is 19 years and for the 15km is 15 years.
4. Juniors (born in 2001 or later) wearing a junior licence must display category tags "J", to qualify for age group prizes.
5. No personal seconding is allowed along the route, only at water stations.
6. The race cut-off time is at 10:00am. Runners in the 30km that do not reach the halfway point before 2h15min into the race, will be forced to retire.
7. Licenced runners must run in club colours and must display a valid ASA number on the front and back of their running vest.
8. Non-Licenced runners must purchase a temporary licence that must be completed and the strip must be handed in at number collection.
9. One BayToBay race number (bib) will be issued, this must be worn on the front, partially covering the ASA Licence, so that the ASA Licence sponsors remain visible. Non-Licenced runners must wear the BayToBay Race number on the front of their vest and the temporary licence on the back their vest.
10. The use of music players with headphones is not allowed and may result in disqualification.





## RACE RULES – Part 2

11. Do not litter. This is a "carry your own water event", however coke and water will be provided along the route in paper cups. All the litter must be disposed of in the bins provided or carried to the finish and be disposed of in the boxes provided. Report offenders to the referees #runclean
12. Entry cards must be completed before race day and carried with the runner and be handed in at the finish.
13. Participants in this event do so at their own risk and release and discharge the Organisers, Sponsors, Provincial and National Athletics 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.za](http://www.wpa.org.za) 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 vest. Participants may enter the age category corresponding to their numerical age or younger category down to senior.
16. Unlicensed athletes are eligible for age category prizes, provided they enter the relevant age group, wearing the appropriate age tag and provide proof of age.
17. To qualify for team prizes, Athletes must wear full club colours and participate with a permanent licence.





### RACE RULES – Part 3

18. Athletes wearing age category tags must wear them for the entire duration of the race.
19. The King and Queen of the Mountain will be awarded to the first runners (male and female) to reach the top of Suikerbossie on the return leg (20km) and to the finish within the TOP 10.
20. Medals to the first 5500 finishers.
21. Refreshments will be on sale.







## ROUTE INFO

### 30km route

The race starts on the Camps Bay High Schools 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 runners will be moved to the pavement where they will remain until they reach the finish at Maidens Cove.

### 15km route

This race starts in Harbour Road outside the Hout Bay Harbour at 06:30 (opposite the Engen Fuel Pumps) and at 3km joins the main race at 18km. The markers from 18km to the finish are the same for both races.

The runners join the main race at the Helgardia road intersection and continue on the back of Suikerbossie to the finish.

### 5km Route

Start Camps Bay High School at 06:00 and finish at Maidens cove

