

# RACE RULES

1. Minimum age on race day for the 50 KM is 20 years & for the 10 KM 14 years.
2. Participants must obey instructions of Marshals and traffic Officers.
3. Licensed athletes should wear club colours. Temporary licensed athletes must run in clothing without advertising.
4. One race number (bib) will be issued. Registered athletes must wear their ASA licenses on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA license, so that the ASA license sponsor remains visible. Temporary licensed runners must wear the race number on the front of their vest and the temporary license on the back. Temporary license holders when register must complete and hand in the tear off strip from the number in order to be eligible to compete.
5. 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.
6. Age category tags must be worn (front & back) and visible for the entire race to be eligible for any age category prize, including Juniors.
7. Temporary licensed participants are eligible for individual age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
8. Juniors born 2001 or later must display category tags "J" to qualify for age group prizes.
9. Electronic timing will be utilized for both the 10km as well as the 50km races. The race number will also contain a disposable timing chip at the back. Please ensure that you don't fold or damage the race number. No race number, no time.
10. No personal seconding will be permitted, except at official refreshment stations. Athletes who are being second may be disqualified.
11. Time limit for the 50 KM is 6:30 hours and time limit for the 10 KM is 2 hours. There will be additional cut-off times on the 50 KM race, at the halfway mark (3h15) and then also at about 38km mark (5h00). Athletes who do not make the cut-off times will be transported to the finish in Gordon's Bay.
12. Tog bag facilities will be provided at own risk. There will also be a togbag truck at the start of the 50 KM race in Kleinmond.
13. The organisers and WPA accept no responsibility for any accident or injury resulting from participation in the event.
14. The use of music players with headphones is not allowed and may result in disqualification.
15. This event is held under the rules and regulations of ASA and Western Province Athletics, and is organised by Strand Athletics Club.
16. **DO NOT LITTER.** Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the Finish. **ATHLETES THAT ARE SEEN LITTERING, ESPECIALLY ON THE ROUTE BETWEEN ROOIELS AND GORDON'S BAY AS THIS IS A CARRY-YOUR-OWN ZONE, WILL BE DISQUALIFIED.** Report offenders to the referees. #RunClean
17. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
18. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for the participation.
19. Prize giving for Labourwise 10 KM will take place at 10:00, 50 KM at 12:30 and lucky draw prizes at 13:00.
20. Race walkers will be allowed, also on the 50 KM event, but the cut-off times will also apply to them.



STRAND

Athletics Club

In association with  
Hangklip Athletics Club



SUNDAY  
10 MAY  
2020

FALSE BAY 50

START TIME: 6:30

KLEINMOND  
JUKSKEI CLUB

Labourwise  
the employer's choice

10  
KM

START TIME: 8:00  
GORDON'S BAY PRIMARY SCHOOL

ENQUIRIES: Entry Ninja Call centre: 087 012 5044  
Monday to Friday - 09:00 to 15:00

ONLINE ENTRIES: [www.entryninja.com](http://www.entryninja.com)

Closing date for online entries: Wednesday, 29 April 2020

Subject to pre-entries and any participation limits imposed by the relevant authorities, limited entries will be available on race day for Labourwise 10km run from 06h00 - 07h45.



Entry Ninja



# BUS TRANSPORT



Bus transport is available to take athletes to the start venue in Kleinmond.

We strongly encourage athletes to park at the finish at Gordon's Bay Primary School and take a bus to the race start in Kleinmond.

It is a provision from Western Cape Traffic that NO cars will be allowed to travel along the course with athletes. Supporters who drop off athletes in Kleinmond will have to travel back to Gordon's Bay along the N2 over Sir Lowry's Pass.

**Buses will start leaving from 04h00.**

**Last bus will leave at 05h00. Signage will direct you to the buses. There will be a tog bag collection point at the race start in Kleinmond.**

**Bus tickets available when entering for the race on-line.**



50KM MALE AND FEMALE			
	1ST	2ND	3RD
OPEN	1500	1200	1000
40 - 49	1000	800	600
50 - 59	1000	800	600
60 - 69	1000	800	600
70+	800	600	400

## PRIZE MONEY STRUCTURE

10KM MALE AND FEMALE			
	1ST	2ND	3RD
OPEN	500	400	300
40 - 49	350	300	250
50 - 59	350	300	250
60 - 69	350	300	250
70+	350	300	250
JUNIORS	350	300	250



**THIS IS A LITTER-FREE EVENT, RUNNERS FOUND LITTERING WILL BE DISQUALIFIED**

# HOW TO ENTER

## ENTRIES

### 1. ONLINE

Enter online at [www.entryninja.com](http://www.entryninja.com) (should you have any enquiries about entering online, please contact Entry Ninja on 087 012 5044 or email [organiser@entryninja.com](mailto:organiser@entryninja.com)). Closing date for online entries, is midnight **Wednesday, 29 April 2020**. Please note if payment is not received within 7 days of entry, your entry will be deleted.

### 2. LIMITED ENTRIES

Entries on the 50 KM will be limited to 1500.

### 3. ON-THE-DAY ENTRIES

Subject to pre-entries and any participation limits imposed by the relevant authorities, limited entries will be available on race day, but only for the Labourwise 10km run from 06h00 to 07h45 at Gordon's Bay Primary School.

### 4. PERMANENT NUMBER

**Permanent race numbers will (in future) be allocated to athletes who successfully completed 10 False Bay 50 races. The first five races that took place in 2001 - 2005 will be taken into account.**

## CONFIRMATION OF ENTRY

- Online entries will receive a confirmation e-mail (if an e-mail address is provided by you)
- Prior to the number collection you will receive a sms indicating your race number and number collection venue selected on your entry form.
- Please bring proof of your entry, e-mail confirmation or sms confirmation with you to the number collection at the store you selected on your entry form.

## NUMBER COLLECTION

- Number collection for online entries will take place on **Friday, 8 May 2020** from 11:00 - 18:00 at the following venues:

SPORTSMANS WAREHOUSE RONDEBOSCH

SPORTSMANS WAREHOUSE SOMERSET WEST

SPORTSMANS WAREHOUSE TYGERVALLEY

JUKSKEI CLUB IN KLEINMOND SAT, 9 MAY

ON RACE DAY AT REGISTRATION ONLY 10 KM

- NUMBER COLLECTION IS COMPULSORY FOR ALL PRE-ENTRANTS!

## START TIMES

- 50 KM.....6h30 am
- 10 KM.....8h00 am - Medals to the first 1000 LabourWise 10 km finishers.

## START VENUE

- 10 KM race will start and finish at the Gordon's Bay Primary School.  
50 KM race will start at Kleinmond Jukskei Club and end at Gordon's Bay Primary school.

PRE-ENTRIES: [www.entryninja.com](http://www.entryninja.com)

**Closing date for online: 29 April 2020**

**A 9% service fee is charged when entering online**

## INDEMNITY / VRYWARING

I agree to enter and participate in the False Bay 50 KM race or LabourWise 10 KM run entirely at my own risk and indemnify the organisers, sponsors, WPA and any person assisting in the organisation of the race against any claim whatsoever. I understand that I must be medically fit to run this race. I declare that I am 14 years or older (10 KM) or 20 years or older (50 km).

Signed \_\_\_\_\_

## ENTRY FEES

False Bay 50 Run/Walk (Licensed)	R 225,00
False Bay 50 Run/Walk 70+(Licensed)	Free
10km Run/Walk (Licensed)	R 70.00
10km Run/Walk (Unlicensed)	R110.00
10km Run/Walk (Licensed Junior)	R 50.00
10km Run/Walk (Unlicensed Junior)	R 75.00
10km Run/Walk (Licensed 70+)	Free
10km Run/Walk (Unlicensed 70+)	R 40.00