

FALSE BAY 50KM ROAD RACE - SUNDAY 10 MAY 2020

ORGANIZED BY STRAND ATHLETICS CLUB

MOTIVATION

- 1) The organizing body (Strand Athletics Club) is one of the largest clubs in the province, with a lot of experience in organizing mass participation, road racing events. In three of the last five years the club has been honored by WP Athletics in allowing us to organize the WP Championship race, over either 10km or 21km.
- 2) Due to the number of entries being limited for the Two Oceans Ultra marathon, many athletes have not been able to obtain an entry for this prestigious race. The proposed False Bay 50km race will offer an attractive ultra-marathon alternative for these athletes.
- 3) It would also be the ideal opportunity for all Western Cape athletes who are training for Comrades, to take part in a last long run, and, crucially, at the right time in their build-up towards Comrades.
- 4) Over the last 2-3 years, a group has been running an unofficial "long Comrades training run" along this route between Gordon's Bay and Kleinmond, but in an uncontrolled way, which is obviously quite dangerous. This year (2019) the group was between 300 and 400 athletes, which poses a real risk! Having an organized, controlled race event, with proper marshaling and assistance, will remove this risk.
- 5) The planned event already carries the approval of Western Province Athletics, on condition that it is also sanctioned by Western Cape Traffic and other relevant authorities.
- 6) There will be route marshals, at least every 500m, and at all intersections. In addition, "Caution - Runners ahead" sign boards will be used in between the marshals. On the stretch of road between Rooiels and Gordon's Bay, large red cones will be placed $\pm 1.5m$ from the side of the road, to offer a "channel" for athletes to run in, separating them from traffic.
- 7) Local Traffic Police in Gordon's Bay are, in principal, in approval of the event,.
- 9) Alternative "Plan B" routes are being studied as part of the planning for the event, in case of emergency situations. It will still make use of a part of the planned route, but with deviations where required, if required.

PUBLIC AWARENESS CAMPAIGN

During the month prior to the event the public in general, as well as local residents will be made aware of the upcoming event through local radio, newspaper and social media.

Also, two weeks prior to the event, two large electronic sign boards will be placed alongside the road at Rooiels and Gordon's Bay, informing motorists and residents about the upcoming event .

ROUTE DESCRIPTION

Event start: At the public sportsgrounds in Kleinmond, corner of Lagoon Street and Amandelboom Street, on the Hermanus side of Kleinmond.

The route follows the R44 road (Clarens Drive) from the start, with athletes running on the left-hand side of the road. The first 27km to Rooiels has a wide shoulder to the road, and athletes will mainly be running inside the shoulder area. Marshals to be posted every 500m, with "Caution - Runners ahead" signboards in between.

(27km on the bridge in Rooiels)

By the time the runners reach Rooiels, the field will be quite stretched. Between Rooiels and Gordon's Bay, marshals and sign boards will be the same as for the first 25km, but there will also be red cones packed ± 1.5 m from the side of the road, to keep athletes and traffic apart.

(36km at Kogelbaai entrance).

(42km at river mouth)

In Gordon's Bay the runners will take a left down into Faure Street (47km) and then follow Beach Road past the beach area.

Right up into Sir Lowries Street.

Right into Miller Road

Left into Van der Byl Street and left into Watt Street.

At the traffic light turn right into Sir Lowry Pass Road for 200m, and then right up into Dennehof Weg alongside Gordon's Bay Primary School. Turn right into school grounds. The race finish is on the school grounds.

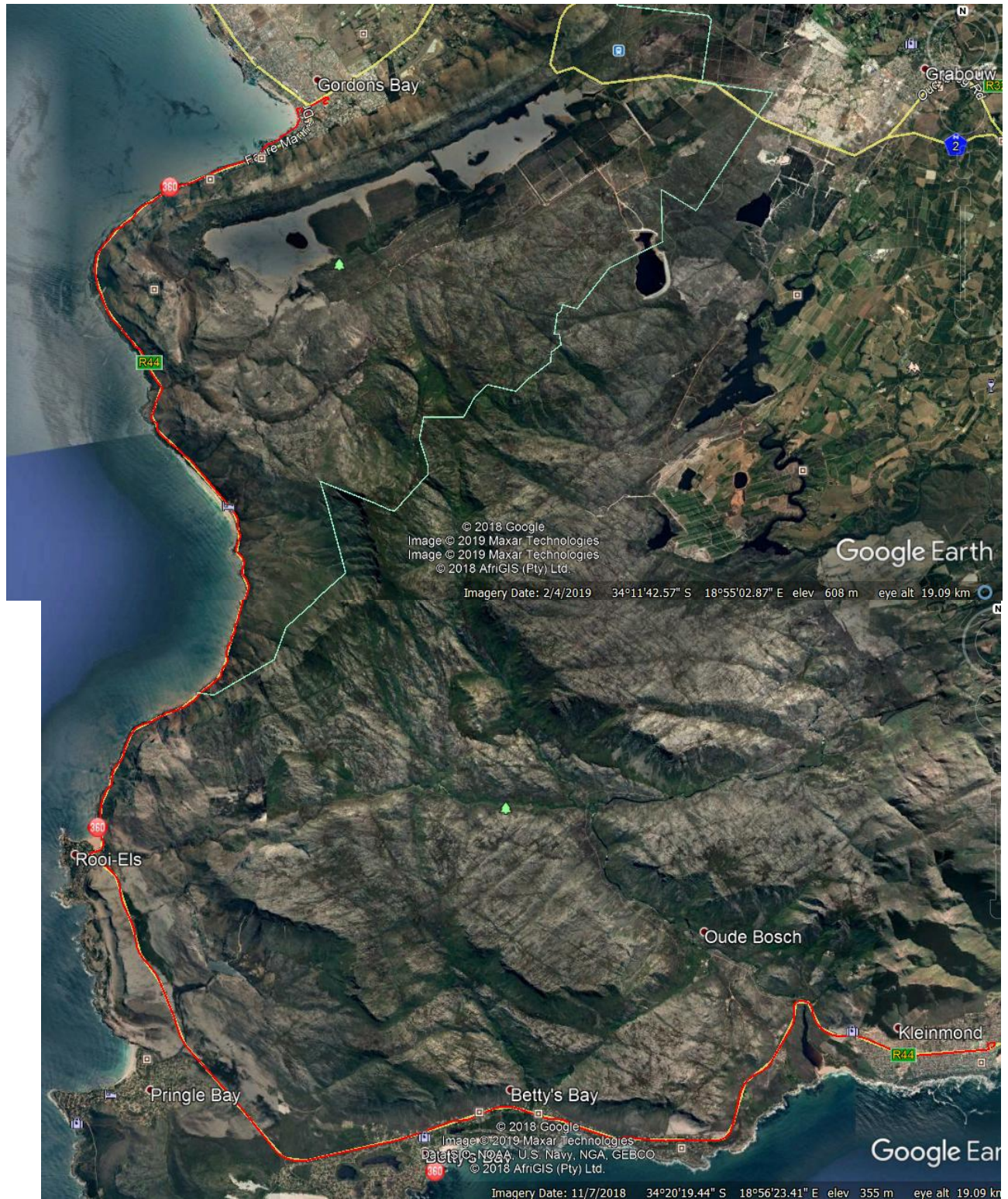
On the road from Rooiels to Gordon's Bay the water/refreshment stations will be situated at the paved sightseeing parking areas, off the road. The planning is to possibly not use plastics water sachets at water station, but only filling points, with athletes each running with his/her own water bottle or other container.

THE ROUTE MAP IN PICTURES

RACE START AT SPORTSGROUNDS IN KLEINMOND



Then follows the R44 (Clarens Drive) all the way to Gordon's Bay





From Beach Road in Gordons' Bay zig-zag to the right, and to Sir Lowry's Pass Road, and on to GB Primary School grounds.

