


TOPFORM
ATHLETIC CLUB
PRESENTS

BAY2BAY

RUN WITH PURPOSE

RACE DAY
17
JANUARY
2027

Join us for an unforgettable
day of running along Cape Town's
most scenic coastline.

15 KM

🕒 **07:00 AM**

MAINSTREAM MALL,
HOUT BAY

30 KM

🕒 **05:30 AM**

CAMPS BAY
HIGH SCHOOL


**SCENIC.
FAST.
EXHILARATING.**



**CHALLENGE
YOUR LIMITS.**



**EMBRACE
THE JOURNEY.**



**OCEAN VIEWS.
GOOD VIBES.**



Top Form Athletic Club - Cape Town



@topformathletics



www.topformathletic.co.za

*More
Than a Run.*

Participant Event Guide

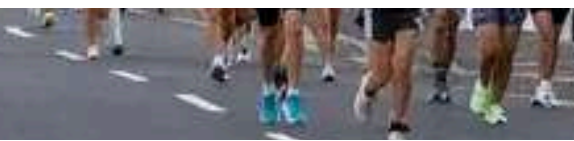
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WELCOME

**We can't wait to
see you at the
2027 BAY2BAY
15km/30km Road
Race on 17
January 2027.**

This guide contains
everything you need
for a fantastic race
day!



ENTRIES

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 R250 LICENSED & R345 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 R180 licensed and unlicensed R265 (including online entry fees)

No Entries/ numbers collection will take place on race day

ENTER ONLINE: www.irace.online

Link available on the official TopForm AC website.

**KINDLY NOTE THIS IS AN ONLINE ENTRY ONLY EVENT
MEDALS TO THE FIRST 6000 FINISHERS**

THIS IS A #ICARRYMYOWN EVENT. WE WILL HAVE WATER/ COKE IN CUPS AT VARIOUS WATER STATIONS ALONG THE ROUTE (About EVERY 3KM), 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 www.irace.online Should you have any queries about entering online. Any Online entry queries can be directed to support@irace.online. **Any race information queries can be sent to topformbay2bay@gmail.com**

2. **We will announce when entries open.**

3. No entries will be taken at number collection or race day

4. Substitutions & Downgrades window will open on the 1st November and will close on the 5th December 2026 – All substitutions and Downgrades will be done via your race profile on www.irace.online and any support required can be done via email support@irace.online.

5. Substitution cost is R50 for the runner taking over the entry

(None will be done at registration, No refunds for downgrades from the 30km to 15km.

RACE NUMBER COLLECTION

4



RACE NUMBER COLLECTION will take place at **Hyundai Foreshore**

TIMES & VENUE FOR COLLECTION ARE SUBJECT TO CHANGE

Thursday 14th January 2027 – 10:00 – 18:00

Friday 15th January 2027 – 10:00 – 18:00

Saturday 16th January 2027 – 09:00 – 14:00

*If you are unable to collect your race number yourself, you are welcome to request a friend to collect on your behalf – they must have a signed, written consent letter with ID number of the person collecting, your race confirmation email and the person collecting must produce their ID number for verification purposes.
Race Bib numbers will be sent out during the week of the race.*

1. Start Venue: 30km starts 05h30 at Camps Bay High School, on the school's sports fields.
2. Start Venue: 15Km starts at 07:00 Mainstream Mall, Hout Bay (walkers welcome)
3. Finish Venue: Fields below Glen Country Club, Maidens Cove, Camps Bay
4. Prize giving: 09H00 on the fields below Glen Country Club
5. Cut off time: 30km (4hours 30 mins) and 15km : (3 Hours) The cut-off time is calculated from the start of the last batch in each race.
6. All runners in the 30km who do not reach the halfway point at (07:45) 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 Runners must display a valid ASA license on the front and back of their running vest and must be visible throughout the race.
8. Tog bag facilities will be provided at own risk at both the 30km and 15km starting points.
9. Race Results will be verified and signed off by both WPA and Peaktiming (Timing Partner). All prize winners must submit their banking details & provide a copy of their ID. Proof of age may be required for winners. No cash prizes on the day of the event. All prizes will be paid electronically in 7 working days after the event.
10. A limited number of Bay-to-Bay T shirts will be available at R250.00 and can be purchased with the entry. (Unisex Tshirts – Extra Small, Small, Medium, Large, Extra Large, 2X Large and 3X Large.

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)
Cut off times will be calculated from the start of the last batch in each race.
6. Licensed runners should run in club colours and must display a valid ASA license 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 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 31st December of the year of competition, i.e. born in 2008 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. 19km marker).

19. Medals to the first 6000 finishers in the race.

20. An electronic chip timing system will be used. -Start batches for the 30km event will be determined by the participants best time over 21km and 10km time for the 15km race, achieved in the preceding year. Batches will comprise of approximately 500 athletes.

21. Athletes who do not supply information for seeding in the two events will be allocated to the last batch. No seeding upgrades will be done at registration)



22. Athletes are encouraged to start in the pre-determined batches, however starting further back in later batches will be accommodated.

23. Starting in earlier batches will result in disqualification.

24. No refunds - This is the race policy

25. Emails - Please check your Inbox, Spam/Junk mail folder and ALL MAIL (if using Gmail)

26. Athletes competing for overall or age-category prize money must start in Batch A (Seeding Batch A). Prize money and podium positions will be calculated strictly on Gun-to-Mat time from the start of Batch A.

27. If you are a podium contender please notify us on email at support@irace.online with your past podium result information (only past 12 months results will qualify) – we will then make the necessary seeding adjustments.

28. Seeding A - Gun to mat

All the following seeding is timed Mat to Mat.

Any athlete starting in a later batch will be timed on Mat-to-Mat (net time) and will not be eligible for prize money or official podium positions. It is the athlete's responsibility to ensure their seeding data submitted during online entry qualifies them for Batch A prior to the seeding update cut-off date. No batch upgrades will be permitted at registration or on race day. Road Closure 05h00, please make sure get parking early .

29. South African Participant - South African participants are classified as all runners who have a South African ID number.

30. International Participants- Athletes (outside of South Africa) with a valid passport.

31. Uncollected paid T-shirts will be kept for 3 months, if not collected will be resold.

32. Strictly NO HEADPHONES/EARPHONES allowed.

Toilets

Start 30km

Start 15km

15km turning point in valley road

Ilandudno beach (Flea market)

Public toilets on the route



Parking

30km

Camps bay High / street parking

Camps bay soccer field

Maidens Cove

Victoria road (sea side)

Clifton 4th beach



15km

Mainstream Mall

Beach bar

Beach parking

Main road



Transition from Plastic Water Sachets to Paper Cups

Top Form Athletic Club

1. Reduce Plastic Pollution: Plastic water sachets contribute to pollution in our oceans, storm drains and mountain areas.
2. Switch to Paper Cups: Replacing plastic sachets with paper cups is a positive first step towards more environmentally friendly running events.
3. Protect Our Environment: Reducing litter helps protect marine life, natural habitats and our beautiful surroundings.
4. Create Awareness: Encourage runners and the community to dispose of waste responsibly and support sustainable practices.
5. Promote #ICarryMyOwn: Our ultimate goal is to encourage runners to bring their own hydration solutions, reducing single-use waste while ensuring quick and efficient water provision.

Together, we can make every race a step towards a cleaner, greener future!



#9 refuel stations every 3km

#ICARRYMYOWN

RACE ROUTE- 15KM



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.

RACE ROUTE- 30KM



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.



PRIZE MONEY-MALE AND FEMALE 30K					PRIZE MONEY-MALE AND FEMALE 15K			
	FIRST	SECOND	THIRD			FIRST	SECOND	THIRD
OPEN	R5000	R4000	R3000		OPEN	R3000	R2000	R1500
40-49	R2500	R1500	R1000		JUNIOR	R1500	R1000	R750
50-59	R2500	R1500	R1000		40-49	R1500	R1000	R750
60-69	R2500	R1500	R1000		50-59	R1500	R1000	R750
70+	R2500	R1500	R1000		60-69	R1500	R1000	R750
					70+	R1500	R1000	R750
OPEN TEAM	R500 x 4							
KING/QUEEN	R1000				TEAM	R350 X 4		

PRIZE MONEY





GARMENT MEASUREMENTS (CM)

Measurement	XS	S	M	L	XL	2XL	3XL
Length	66	68.5	69.5	71.5	74	75.5	78
Chest	45	49	52.6	57	61	65	67.5
Sleeve length	20.5	21	22.5	23	25	25.5	26
Arm opening	16.5	17.5	18.5	20	21	22.5	23.5
Shoulder length	12.5	13	13.5	14	16	16.8	17

Measurements refer to the garment, not the body. All dimensions in cm.
Garment tolerance: 0.5-1 cm.

Sizing: supplied unisex short sleeve chart.

2027 RACE TEE

**Race Tshirts
Sold Separately
at
R250 each!**

**RACE DIRECTOR****FASEEGH FORTUNE****0820678902****RACE DIRECTOR****RUSSELL MEHL****0845455851****BAY2BAY RACE ADMIN****ADMINISTRATION****topformbay2bay@gmail.com**

CONTACT US

RUN WITH PURPOSE



TOPFORM
ATHLETIC CLUB
PRESENTS



BAY2BAY

RUN WITH PURPOSE

MORE THAN A RACE | A MEANINGFUL JOURNEY

WHAT DOES RUN WITH PURPOSE REPRESENT?

1 RUN FOR YOUR GOALS

Every kilometre brings you closer to becoming a stronger, fitter and better version of yourself.



2 RUN FOR SOMETHING BIGGER THAN YOURSELF

Run for your family, your health, your community, your dreams or someone who inspires you.



3 RUN THROUGH CHALLENGES

Every runner faces difficult days. Purpose gives you a reason to keep going when your legs are tired and your mind tells you to stop.



4 RUN TO INSPIRE OTHERS

Your determination can motivate your children, your friends and your community to believe in what is possible.



THE DEEPER MESSAGE FOR BAY2BAY

It reminds us that every runner has a story, every journey has meaning, and every finish line represents a personal victory.

Imagine two runners standing at the starting line.

One is running to win the race. The other is running to honour a loved one, overcome a personal struggle or prove to themselves that they can achieve something they once thought impossible.

Both are running with purpose.



