

## Race information for Bay to Bay

### **COVID Requirements**

- You will be required to complete the COVID screening questionnaire at registration.
- Entry to the screening area is from 04:30
- No COVID or rapid antigen test is required.
- If you are collecting on behalf of some else, you need to take a copy of the COVID questionnaire for the person to complete and must handed in at the start of the race.
- A temperature check will be done prior to the race (from 04:30), so please arrive early
- Wear your mask until the start of the race, after which it can be removed. You need to replace your mask after the race, please request a fresh mask from the COVID officer and designated assistants, if you have lost it during the event.
- No spectators-once you have completed the race, please grab your medal and coke and exit the area as quickly as possible.

- **Number Collection**

Rondebosch or Tygervalley Sportmans Warehouse -Friday 28 January -14:00 to 17:00 or Saturday 29 January 10:00 to 14:00

Please check your race number and if you do not have a valid license number you could purchase temporary license at registration

- **Seeding**

Your race number will have the start batch seeding allocation from A to E. The A group has 450 participants and lower groups have 350. You can change your seeding downwards, however the size of the A -batch has been fully subscribed. You are allowed to start in a lower group should you want to join friends or club mates.

- **Start Time:**

The race will start at 05:30 with Group A being the first to leave. The groups B to E following thereafter. The last group is expected to leave no later than 05:45.

The cut-off time will be 4 hours -from the time of the last group. A bailer vehicle will be provided to sweep the runners who may not make this cut-off.

- **Water**

Although this is a "carry your own" event, there will be three water / coke stations along the course

7km water will be provided in cups, as well as in a refill format (flow-bin) for filling up camelback hydration systems.

15km water and coke in cups (refilling of hydration packs with water)

22 Km water will be provided in cups, as well as in a refill format (flow-bin) for filling up camelback hydration systems.

Bringing your own collapsible cup will contribute to reducing the litter produced by the event.

- **Parking**

Limited parking is available at Maidens Cove  
The Camps Bay Soccer Club in Argyle Road has been booked for parking with security  
Off-street parking Bays available along Victoria Road.  
Please ensure not to block private driveways

- **Results**

There will be no prize giving on the day- the results (category winners) will be published on the WPA website within 24 hours and prize money will be paid out electronically. A complete set of results will be published by Friday 4 February 2022 (line with the WPA internal rules)

PLEASE CONTACT AMEEN STEMEET SHOULD YOU REQUIRE FURTHER INFORMATION  
0827381188