

MORE INFO AT WWW.BAYULTRA.CO.ZA

RULES & INFO



5KM FUN RUN

- All entrants must be 9 years of age or older on race day, or be accompanied by an adult.
- One refreshment station will be provided at about 2.5 km.
- The race starts at 07H15 on the off-road to Pollok Beach.
- There are no clothing restrictions for the fun run.
- Fun Run tags must be attached to vest or T-Shirt and be visible at all times.
Cut-off time is 1 hour 15 minutes, i.e. 08H30.
- All finishers, within the cut-off time, will receive medals.

GENERAL RACE INFO

REGISTRATION

- ONLINE ENTRIES close at midnight, January 28th 2019 and are available at www.easyreg.co.za
- The race committee reserves the right to accept or reject any entry.
- Local entries may be handed in at Brian Bands, Action Sports and Up and Running.
- The closing date to hand in pre-entries is Wednesday 6 February 2019 at 14H00.
- Registration and late entry for all races from 13h00 to 19h00 on Friday 8 February, 2019, at the Summerstrand Surf Lifesaving Club (SSLC), Pollok Beach, Summerstrand.

For the 50km Ultra Marathon: Registration and late entry only from 04H00 on race day at the SSLC.
For the 21.1km Half Marathon: Registration and late entry only from 05H00 on race day at the SSLC.
For the 5 km Family Road Run: Registration and late entry only from 06H00 on race day at the SSLC.

RULES

Rules for the 50km Bay Ultra Marathon and 21.1km Road Race:

- Licensed runners must run in official club colours.
- Athletes who are not licensed to a Club affiliated to ASA must purchase a temporary licence for the 21.1km Half Marathon.
- There are no temporary licenses available for the 50km Ultra Marathon
- Age category tags must be worn on the front and back of the vest to qualify for category prizes (e.g.) 35/40/45/50/55/60/65/70) • Runners using a temporary licence shall produce proof of age on race day to qualify for category prizes.
- The wearing of earphones or headsets is prohibited and will lead to disqualification.
- Athletes must abide by the anti-littering rules.

GENERAL

- Registered athletes are covered by a group personal accident insurance scheme. Details may be obtained from your club / province. Temporary athletes are not covered by any insurance and are therefore urged to join an affiliated club.
- The start and end of all events will be at Pollock Beach – see route map.
- Unless otherwise instructed, athletes are required to stay on the right hand side of the road, facing traffic.
- Traffic officials and marshals must be obeyed at all times.
- Cool drink and food stalls will be available at the finish venue.

PRIZE GIVING

There will be two prize-givings. The first at 10h00 will involve the winners of the 21.1km and the second at 11H30 will be for the 50km winners. There will be lucky draw prizes at both prize-givings. These lucky draw prizes will be available to all entrants on an attendance basis - to be eligible, the tear-off lucky draw slip on the race number must be completed and deposited in the correct designated box in the Body Concept Road Warrior's gazebo at the finish.

Please bring along an old pair of running shoes to registration. These will be collected and donated to those without.



Refuse bins will be placed up to 500m after the water stations. Please discard all litter (sachets/bottles/cups/other) into the bins provided and not beyond the designated points. Disposing litter outside the demarcated zone may result in disqualification.



SAT 9 FEB

POLLOK BEACH

50KM

ULTRA MARATHON

21.1KM
HALF MARATHON

5KM
FAMILY RUN

PRESENTED BY
**BODY CONCEPT
ROAD WARRIORS**

WWW.BAYULTRA.CO.ZA



ENTER ONLINE AT WWW.BAYULTRA.CO.ZA
ENTRANT DETAILS



Surname:

First name:

Date of birth:

Email address:

Telephone no:

ID no: Age: Male Female

Club: Province:

License no: Temporary no:

School name (if applicable):

Emergency Contact:

Emergency Contact Number:

PRESENTED BY BODY CONCEPT ROAD WARRIORS

Start time 07h15
5 Km Fun Run

Fun Run R50
 School kids R30

Start time 06h30
21.1 Km HALF

Normal R120
 Age 65+ R60
 Temp license R40

Start time 05h05
50 Km ULTRA

Normal R180
 Age 65+ R90

The Bay Ultra is a EPA Prestige and Participation League Race Organised in accordance with the rules of ASA and EPA by Body Concept Road Warriors

INDEMNITY / WAIVER: By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the event, all sponsors persons and organisations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

MINOR RELEASE: and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

Total: Date: Signature:

MORE INFO AT WWW.BAYULTRA.CO.ZA
RACE INFO

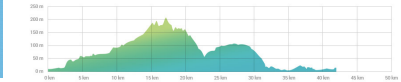


50 KM ULTRA MARATHON



PRIZE MONEY

CAT	1 st	2 nd	3 rd	4 th	5 th
OPEN	R5000	R3000	R1500	R800	R400
40-49	R800	R400	R200		
50-59	R800	R400	R200		
60-69	R800	R400	R200		
70+	R800				



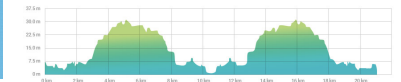
- The minimum age requirement is 20 years.
- Refreshment stations will be provided at about 3km intervals, Stand and hand rule to apply.
- Water sachets must be placed in demarcated bins provided, failure to do so may result in disqualification.
- All runners must be licenced - no temp licences.
- 2019 Licence numbers to be worn on front and back of vest with issued race number on the front of the vest.
- The race starts at 05H00 on the off-road to Pollok Beach
- The official cut-off time is 6 hours 30 minutes, i.e. 11H30.
- Times will be taken at 42.2km for those wishing to qualify at this distance. Ensure that your race number is visible.
- Gold medals will be awarded to the first 10 men and first 10 ladies. Silver medals up to position 150, and thereafter bronze medals to all finishers, within the cut-off time.
- All runners entering the 50km online through www.easyreg.co.za will receive an elasticated peak.

21.1 KM HALF MARATHON



PRIZE MONEY

CAT	1 st	2 nd	3 rd	4 th	5 th
OPEN	R1500	R1000	R750	R400	R200
40-49	R400	R300	R200		
50-59	R400	R300	R200		
60-69	R400	R300	R200		
70+	R400	R300	R200		



- The minimum age requirement is 16 years.
- No seconding allowed. 6 refreshment stations will be provided.
- Water sachets must be placed in demarcated bins provided, failure to do so may result in disqualification.
- Temporary licence numbers to be worn on the front of the vest.
- 2019 Licence numbers to be worn on front and back of vest with issued race number on the front of the vest. Temporary Licence to be worn on the back of the vest.
- The race starts at 06:30 on the off-road to Pollok Beach. The course goes out along Beach Road and Marine Drive, and then returns, moving onto the cycle path from the Beacon.
- The official cut-off time is 3 hours and 30 minutes, i.e. at 10:00.
- Gold medals will be awarded to the first 10 men and first 10 ladies. Silver medals up to position 150, and thereafter bronze medals to all finishers, within the cut-off time