

Balwin
PROPERTIES®

FALSE BAY **50** KM



SATURDAY

2 MAY 2026

+ THE NEW
10 KM

*The Strand Athletics Club, with the assistance of the Hangklip Athletics Club are proud to, again, present the iconic point to point race from Kleinmond to Gordon's Bay along the scenic coastal road past Betty's Bay, Pringle Bay, Rooi Els and Kogel Bay. This year we have added a **10 KM RUN** - starting and finishing in Gordon's Bay.*



PRESENTED BY STRAND ATHLETICS CLUB • PROUDLY SPONSORED BY BALWIN PROPERTIES • ORGANISERS: BMEVENTS

Online entries only on www.peaktiming.co.za
Entries is close Monday 27 April 2026.

falsebay50.co.za



FALSE BAY 50 KM & 10 KM RACE INFO

REGISTRATION & TIMING

Online entries only

Enter at: www.peaktiming.co.za

Should you have any enquiries please contact Peak Timing on office@peaktiming.co.za

Closing Date: Monday, 27 April 2026. Please note if payment is not received within 7 days of entry, your entry will be deleted.

Book and pay for your **bus ticket**, should you require one, when entering online.

Race T-Shirts:

First 500 paid entries for the **50 km** will receive a free race t-shirt.

First 200 paid entries for the **10 km** will receive a free race t-shirt.

Additional t-shirts available at R200 each. Closing date for the shirt orders is 15 April.

Registration: Friday, 1 May, 10:00 – 16:00

Timing: Peak Timing (chip timing).

50 km will be gun to mat with an additional mat at 42.2 km.

RACE CAPACITY

50 km: capped at 2000 runners

10 km: capped at 1000 runners

All finishers will receive a unique medal.

Permanent race numbers will (in future) be allocated to athletes who successfully complete 10 False Bay 50 races. The first 5 races that took place in 2001-2005 will be included.

ENTRY FEES

False Bay 50 km Run/Walk (licensed)	R400
False Bay 50 km Run/Walk (licensed) 70+	Free
False Bay 50 km International runners*	R750 (includes temp. license)
10 km (licensed) Temporary licence*	R140 R60

50 KM BUS TRANSPORT & TICKETS

We are using Gaffley's Transport. www.gaffleys.com

Parking is provided at the Naval base sport facilities, across from the finish, at Gordon's Bay Primary school, for those travelling by bus from Gordon's Bay to the start in Kleinmond. Athletes using private transport to the start, can have their drivers and seconds, travel back to Gordon's Bay, along the race route. However, because of the temporary partial road closure between Rooi Els and Gordon's Bay, travelling will only be permitted in the one direction, towards Gordon's Bay.

Bus tickets will be available at **R120.00** when entering, online, for the race.

Buses will start leaving for the start from 04:00.

Please move towards the waiting buses immediately after you arrived at the parking area. Please don't be late, and don't forget your bus ticket. The last bus will depart at 05:00. Unfortunately, there will be no buses travelling back from Gordon's Bay to Kleinmond.

BUS TICKET, NUMBER & T-SHIRT COLLECTIONS

Number collection will take place on Friday, 1 May, from 10:00 till 16:00 at the following venues**

Totalsports Cavendish	Totalsports Tygervalley	Gordon's Bay Balwin Properties Green Bay	Richwood Balwin Properties De Buurt	Kleinmond Primary School
----------------------------------	------------------------------------	---	--	-------------------------------------

**Final Instructions will be SMSed to each athlete.

Please bring proof of payment of your entry or SMS confirmation with you to the number collection at the store you selected on your entry form.



*RULES

- The race will be run according to the rules of WP and ASA.
- 50 km minimum age: 20 years on race day. 10 km minimum age: 14 years on race day.
- No iPod's or listening devices.
- No littering allowed more than 30m away from the watering points (Runners will be disqualified when caught littering). Let's keep our beautiful country clean.
- Athletes, entering for this event, and who use medication to treat an illness or condition which falls under the Prohibited List, should complete a Therapeutic Use Exemption (TUE) form before entering for the event and obtain authorization from SAIDS to take the needed medicine or method.
- Athletes should wear full club colours. Temporary athletes MUST run in clothing without advertising.
- Registered athletes must wear their 2026 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 Logo remains visible.
- Temporary licensed runners must wear the race number on the front of their vest and the temporary license number on the back.
- 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.
- Juniors (born in 2007 or later) wearing a Senior or Junior License must display 'J' category tags to qualify for Junior Prizes.
- Age category tags must be worn (front & back) and visible for the entire race to be eligible for any age category prize.
- Temporary licensed athletes are eligible for individual category prizes provided that they wear the relevant category tags and provide proof of age.
- Temporary Licensed runners, when registering, must complete and hand in the tear-off strip from their temporary license in order to be eligible to run.
- Electronic timing will be utilized. 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.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for the participation.
- Race walkers will be allowed, but the cut-off times will also apply to them.

Waiver:

I agree to enter and participate in the False Bay 50 km / 10 km race entirely on 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 should be medically fit to run this race. I declare that I am 20 / 14 years and older (50 km / 10 km respectively).

50 KM TOG BAG FACILITY

The Tog Bag facility will be at the Start and will be transported to the Finish. Secure the Tog Bag tear-off slip from your race bib to your bag. Only bring essential items and do not leave any valuables in the bag. This facility is used at own risk.

WATER POINTS

50 km: There will be 16 water or water and Coke stations, along the course, providing water or water and Coke, in cups.

10 km: There will be 2 water and Coke stations

START TIME, CUT-OFFS & ROAD CLOSURE

Temporary mountain side road closures will occur between Rooi Els and Gordon's Bay. Sweep vehicles will be following the back runners and will be collecting runners from the cut-off points. Runners may not continue after a cut-off has been implemented.

50 km Single Start: 06:30
Cut-off points: 25km – 03h22; 38km – 05h07. Time limit is 06h40
50 km Cut-off Finish Time: 13:10
10 km Start: 07:30 · 10 km Cut-off Finish Time 09:45



2026 COMRADES MARATHON QUALIFIER

The 2026 False Bay 50 km Ultra Marathon has been granted Comrades Qualifier status for the 2026 Comrades Marathon. Race must be completed in under 06h10. See Comrades website www.comrades.co.za for qualifying or seeding details.

Medical:

Gordon's Bay Security are the event's official medical partners. There will be a roaming ambulance along the route and one at the end.

PRIZE MONEY STRUCTURE

In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age they enter. Corresponding numerical age category tags must be worn on the front and back of their vest.

50 KM MALE & FEMALE	FIRST	SECOND	THIRD
OPEN	R7500	R4000	R2500
40-49	R2000	R1500	R1000
50-59	R2000	R1500	R1000
60-69	R2000	R1500	R1000
+70	R2000	R1500	R1000

10 KM MALE & FEMALE	FIRST	SECOND	THIRD
OPEN	R1200	R800	R500
Juniors	R500	R350	R250
40-49	R500	R350	R250
50-59	R500	R350	R250
60-69	R500	R350	R250
+70	R500	R350	R250

Podium positions will be determined by Race Referees and verified by the Peak Timing electronic timing system, based on gun to mat time for the 10 km and the 50 km, with an additional mat at 42.2 km.

The 50 km prize giving will be at 12:30, where the category winners will receive their prize money. The 10 km prize giving will be at 10:15. There will also be some lucky draw prizes at the prize givings (please remember to place your lucky draw tear-off slip, in the box provided, at the end).

