

50KM ULTRA MARATHON RECORD ATTEMPT

BE PART OF HISTORY

see money differently



BREAKING
BARRIERS

NEDBANK

2022 Nedbank #Runified 50km Port Elizabeth

Athletes Technical Meeting – 14h00 on Saturday 5 March 2022
Southern Sun Marine Hotel, Fish Eagle Room

AGENDA

1. Opening of the meeting by Technical Delegate – Pieter de Jager
2. Introduction of delegates
3. Word of welcome by Nedbank - Nick Bester
4. Word of welcome by ASA President - Mr James Moloï
5. Word of welcome by EPA President - Mr Sticks Stiglingh
6. **Athletes – Irene van Eeden**
 - 6.1. Confirmation of Athletes
 - 6.2. Race numbers
 - 6.3. Club Kit & Shoes
7. **Technical information – Mr Norrie Williamson Technical Advisor**
 - 7.1. **Route**
 - 7.1.1 Description of the route
 - 7.1.2 Refreshments Stations
 - 7.1.3 Personal seconding tables
 - 7.1.4 Ablution facilities en route
 - 7.1.5 Medical Facilities



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7.2 Start procedure

- 7.2.1 Athlete assembly at Hotel in Oyster Catcher Room
- 7.2.2 Completion of Covid Screening form
- 7.2.3 Holding area and screening
- 7.2.4 Starting order

7.3 Finish Area

- 7.3.1 No Team Managers in finish area
- 7.3.2 Position of TIC – look for Chief Referee

7.4 Results

- 7.4.1 Results room is out of bounds for Managers
- 7.4.2 Online results
- 7.4.3 Appeal in writing with R500.00 deposit to TIC (Chief Referee)

8 Anti-Doping Control

- 8.1 Anti-doping will be done on a random base
- 8.2 Chaperones will accompany athletes to anti-doping station
- 8.3 One team manager or person of athlete's choice may accompany athlete

9 Victory Ceremony

- 9.1 Live TV Awards for top 3 Men and Women + 1st SA Man and 1st SA woman
- 9.2 Formal Prize giving at Hotel at 12h30
- 9.3 Prize Money

10 Household Rules

- 10.1 Behaviour of Team Management
- 10.2 No assistance to athletes (Earphones)
- 10.3 No seconding will be allowed
- 10.4 Covid Rules and breaches

12. General

13. Closing

