

50KM ULTRA MARATHON RECORD ATTEMPT

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BREAKING
BARRIERS

NEDBANK

NEDBANK RUNIFIED 50KM BREAKING BARRIERS WORLD RECORDS ATTEMPT RACE IN NESLON MANDELA BAY MUNICIPALITY 6 MARCH 2022

Dear Athlete

Welcome to Gqeberha for the 2nd Nedbank #Runified 50km Breaking barriers world record attempt.

Please note the following important dates and time of events below.

4 March – Friday

12H00 – 18h00 Registration and number collection

16H00 Press Conference for top invited athletes. in Fish Eagle Room, Marine Hotel.
Below athletes to attend the Press Conference
Males - **Ketema Negasa, Shadrack Kiptoo Kimaiyo, Guillaume Ruel, Edward Mothibi, Melikhaya Frans, Jonas Makhele, David Gatebe, Stephen Mokoka, Gladwin Mzazi, Wayne Spies**
Females – **Irvette van Zyl, Stella Marais, Ntombi Mfunzi, Amelework fikadu Boshu, Jackie Kelleman, Lucy Lesempe**

5 March – Saturday

09H00-12H00 International and African Athlete COVID 19 Screening and PCR testing for international athletes. Marine hotel. Please complete the enclosed form before reporting for the test and bring your passport with you. More info page 2

10H00 to 12H00 Pre-race TV interviews with top contenders.

11H00 Photo shoot Nedbank athletes with THIRSTI set up.-Marine hotel.

14H00 Technical meeting all athletes and managers: Marine hotel. **See attached full program and detail of technical meeting**

15H00 – 18H00 Athlete's hand in personal bottles. Marine hotel – use the sticker provided to number your bottle and decorate any way you wish

6 March – Sunday

04H00	Breakfast
06H00	RACE STARTS LADIES
06H30	RACE STARTS MEN
09H30	Live Awards on TV - Top 3 men - Top 3 women and top 3 SA athletes
12H30	Formal prize giving inside the hotel Top 10 Male and Female athletes and age group winners
14h00 to 18h00	Transport of Athletes to Airport

Personal drinks table and water table information:

There will be 3 x fully stocked water tables with the following products.

- 1.Thirsti plastic water bottles.
- 2.Biogen Carbogen energy drink served in plastic bottles.
- 3.Coke served in plastic drinking bottles.
- 4.Biogen and Future Life energy bars.
5. Bavaria refreshment drinks at the finish.

Personal Drinks table:

Personal Drinks tables will be placed in the middle of the Road between 5th and 6th Avenue to the left of Southern Sun Marine Hotel at the 5km and 9km mark of each lap.

Drinks tables will be numbered from 1 to 9. Athletes' bottles will be placed on the table number that corresponds with the last number of the race number. E.g. Race nr 1/11/21 etc will be placed on table 1. Race nr 7/17/27 etc will be placed on table 7. Race nr 1 will be the first bottle on the table, with race nr 91 the 10th bottle.

Athletes can access the tables from both directions and will therefore have access to the tables 10 times or 9 as I am sure they won't take the first time at less than 1km. We will pack 2 bottles per person onto the table at a time and will be restock as required. The tables will be spread out for easy access.

Transport from and to the airport:

Any athlete that has not yet made arrangements for transport to the Airport for your return flight, please let us know your departure flight and time before Saturday 17h00.

Covid and PCR testing:

Those International and African athletes that needs to present a PCR Covid test when they go back to their countries, please remember we will have an inhouse testing by Michelle Felix, who works closely with Ampath on Saturday 5 March at the Marine Hotel between 9h00 and 12h00. The cost of the test will be R850-000 and the turnaround time for results will be 24 hours. The cost of the test for the athletes representing Nedbank RC will be paid by the club. Please let us know if we must add your name to the list to be tested.

SEE ATTACHED AMPATH FORM TO BE FILLED IN BY INTERNATIONAL ATHLETES FOR TESTING AT HOTEL

Television Broadcast and Coverage:

The race will have SABC TV, Suppersport coverage and it will be live streamed across the globe on the Nedbank Running Club Facebook page. This will enable you to gain great publicity for you and your club sponsors and partners.

Current WA approved records are as follows:

Women only:

Current World Record 3:04:24 Irvette van Zyl, RSA 05.07.1987 - Port Elizabeth RSA 23.05.2021

Men:

Current World Record 2:42:07 Ketema Bekele Negasa, ETH 07.10.1986 - Port Elizabeth RSA 23.05.2021

Current Women World Record (mixed race) : 2:59:54 Des Linden-USA Dorena Lake USA 13 April 2021

Age Group World Best times:

The relevant Current World Best Age group times and minimum entry criteria are on the web site.

Covid compliance and rules for the competing athletes:

The relevant race rules and references are on the web site for reading prior to entry along with the required waivers.

The following is the basis of the Covid Compliancy. Obviously this may be changed should the situation in the country change by race day.

Upon arriving at the designated Hotel or at any meetings, planned events and or any other gathering before, during your stay as well as before the start of the race, you will be required to always sanitize, wear your mask / buff that covers your nose and mouth, fill in the COVID-19 register and do the required temperature check that will be available at all points.

COVID-19 regulations level as Gazette by the South African Government on 01 October 2021 encourages every person to adhere to all COVID-19 Health protocols

- Screening for COVID-19 and quarantine or isolation, where necessary
- Sanitize and washing of hands
- Always wear your mask/buff that covers the nose and mouth except from start to finish of race and when vigorously exercising outdoors.
- Social distancing outdoors and indoors, at least one and a half meters from any other person.

Because of Covid19 protocol and restrictions all athletes have to stay in the same hotel where Covid regulations will be strictly followed and athletes and staff will be screened daily on entering the race hotel

All athletes, managers, assistants and personnel who are fully vaccinated are requested to present their vaccination certificate at registration.

Doping control operations

Testing at the competition is to be carried out strictly in accordance with the World Athletics Anti-Doping Rules and WADA's International Standard for Testing & Investigations. These documents are available for downloading from the AIU websites: <https://www.athleticsintegrity.org/know-the-rules>

Selection for doping control

The selection criteria and, where applicable, recommendations for target testing at your competition will be communicated directly to the lead Doping Control Officer once he/she has been identified.

Athletes achieving World Records must be submitted to doping control, immediately after the event in accordance with the Book of Rules C1.1 (Competition Rules 31 (amendment to Rules 31.3.5 and 31.14.4))

Please be aware, however, that the AIU may ask to conduct extra in-competition tests at its own costs. The AIU will then liaise directly with the sample collection authority. The AIU may also decide to conduct additional pre-competition tests, including blood testing as appropriate.

Prize money breakdown for the NEDBANK BREAKING BARRIERS 50KM RACE.

Top Ten Male & Female:

1. R130 000 (ZAR)
2. R60 000
3. R35 000
4. R25 000
5. R10 000
6. R7000
7. R6000
8. R5000
9. R2500
10. R1000

World Record incentives.

This is for the first male and female athlete who run a new World Athletics -IAU-World Record for 50km .

- | | |
|----------|--------------|
| 1.Male | R150 000 ZAR |
| 1.Female | R150 000 ZAR |

Age Category Prizes for Male & Female:

- | | |
|-------|--------|
| 35-39 | R2 000 |
| 40-44 | R2 000 |
| 45-49 | R2 000 |
| 50-54 | R2 000 |
| 55-59 | R2 000 |
| 60-64 | R2 000 |
| 65-69 | R2 000 |
| 70+ | R2 000 |

Continental Records for Male & Female:

- | | |
|---------------|--------|
| Africa | R2 500 |
| Asia | R2 500 |
| Europe | R2 500 |
| North America | R2 500 |
| Oceania | R2 500 |
| South America | R2 500 |

Extra prize money for the South African Athletes – Total R200000.00

Males and Females

- | | |
|-----------------|------------|
| 1 st | R50 000.00 |
| 2 nd | R25 000.00 |
| 3 rd | R15 000.00 |
| 4 th | R 7 000.00 |
| 5 th | R 3 000.00 |

Total Prize Purse R1 125 000

Web links and information:

Visit our race Website at: www.nickbsport.com

Visit our Nedbank RC Website at: www.nedbankrunningclub.co.za

Video link to last year's race 2021: [Nedbank Runified Live | Breaking Barriers - YouTube](#)

Results from 2021: [NEDBANK Runified 50Km \(mobielite.com\)](http://NEDBANK Runified 50Km (mobielite.com))

Please don't hesitate to ask us your questions and concerns and how we will be able to assist you in any way.

Lets break Records!