

50km is 5 complete laps:

NOTE: runners may not cross central white line except in contra flow region when only use half of Ocean side Carriageway

Nedbank #Runnified 50km

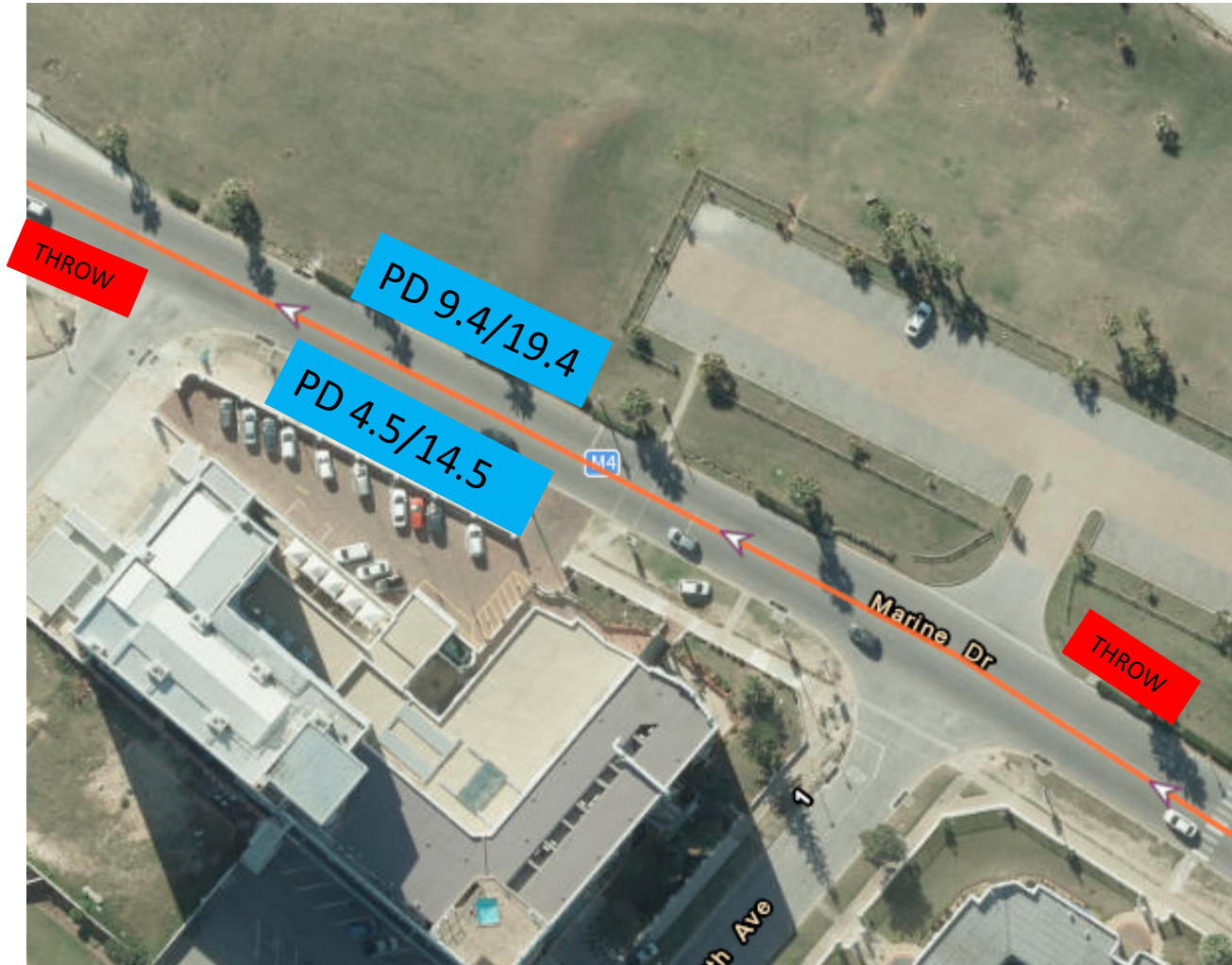


Waterpoint 1 - 2km. 4 tables – Thirsti Water / Biogen / Futurelife / Thirsti Water
Create throw bin for waste as indicated

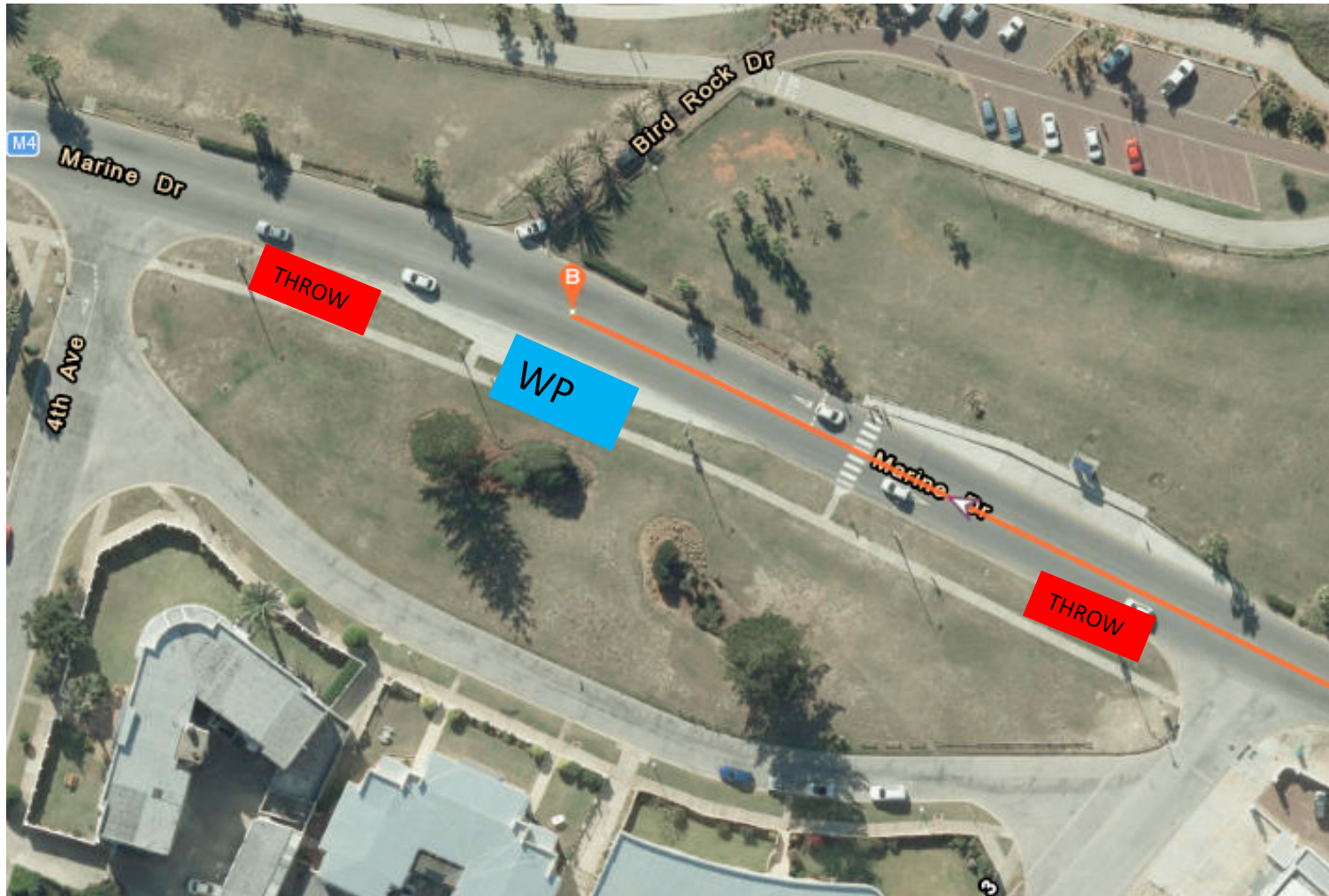


Personal tables – 10 tables marked T1 – 10 on both sides of the road.
On sea side, add extra table for water

4.5
9.4
14.5
19.4
24.5
29.4
34.5
39.4
44.5

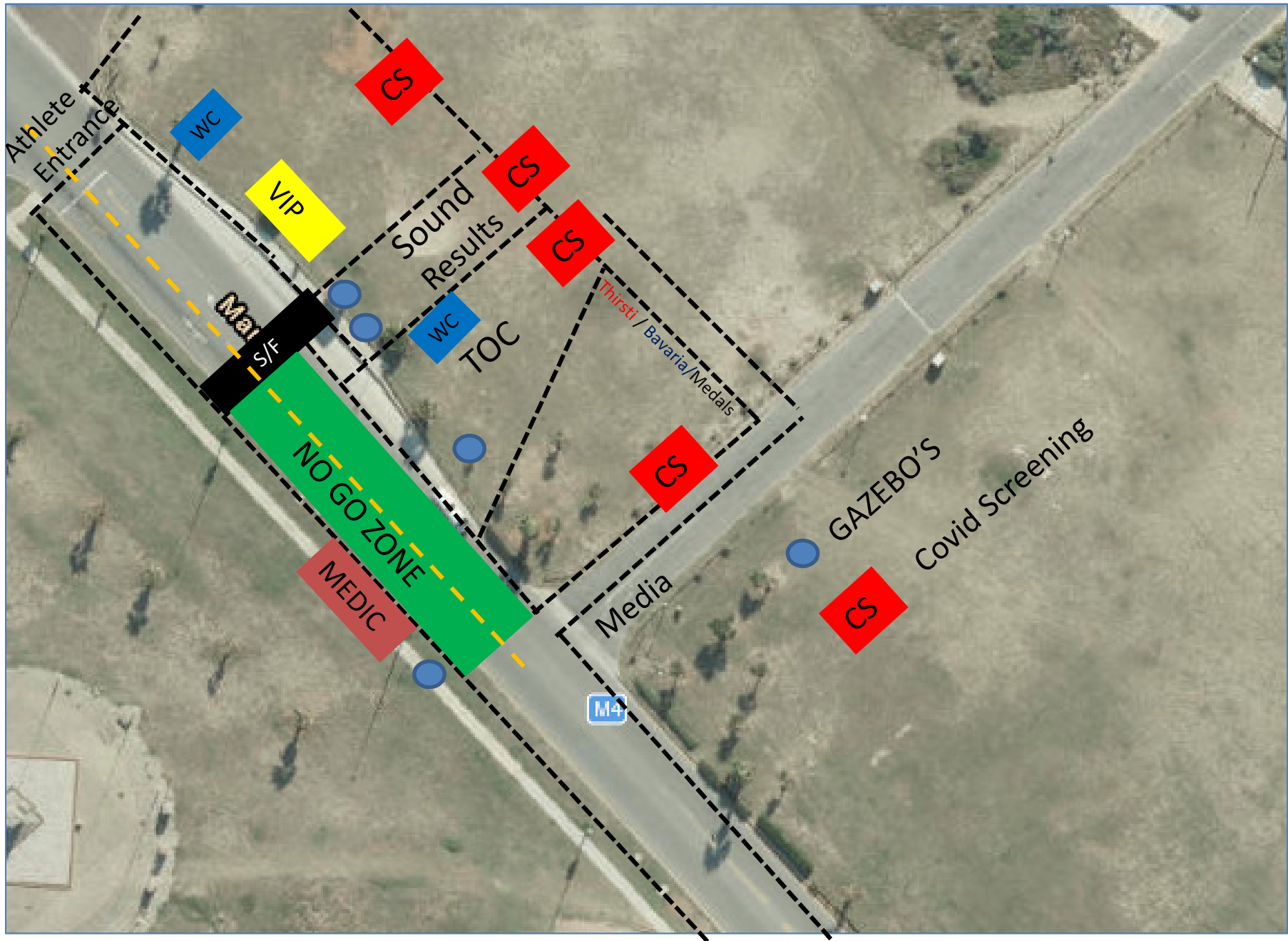


Water point 2 – 4.6km – 4 x tables – Thirsti Water / Biogen / Futurelife / Water



Water point 3 – 7.4km – 4 x tables – Thirsti Water / Biogen / Futurelife / Thirsti Water



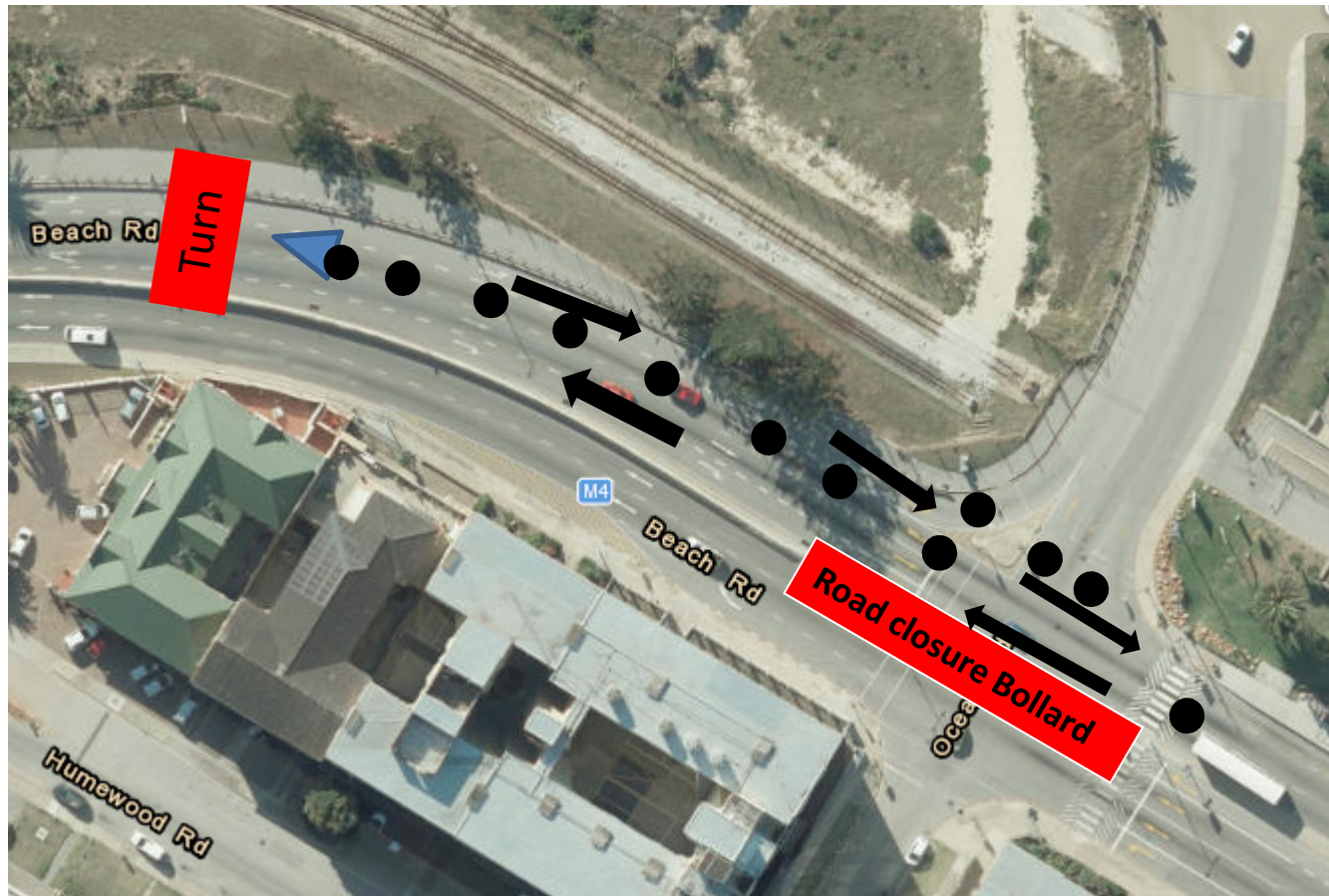


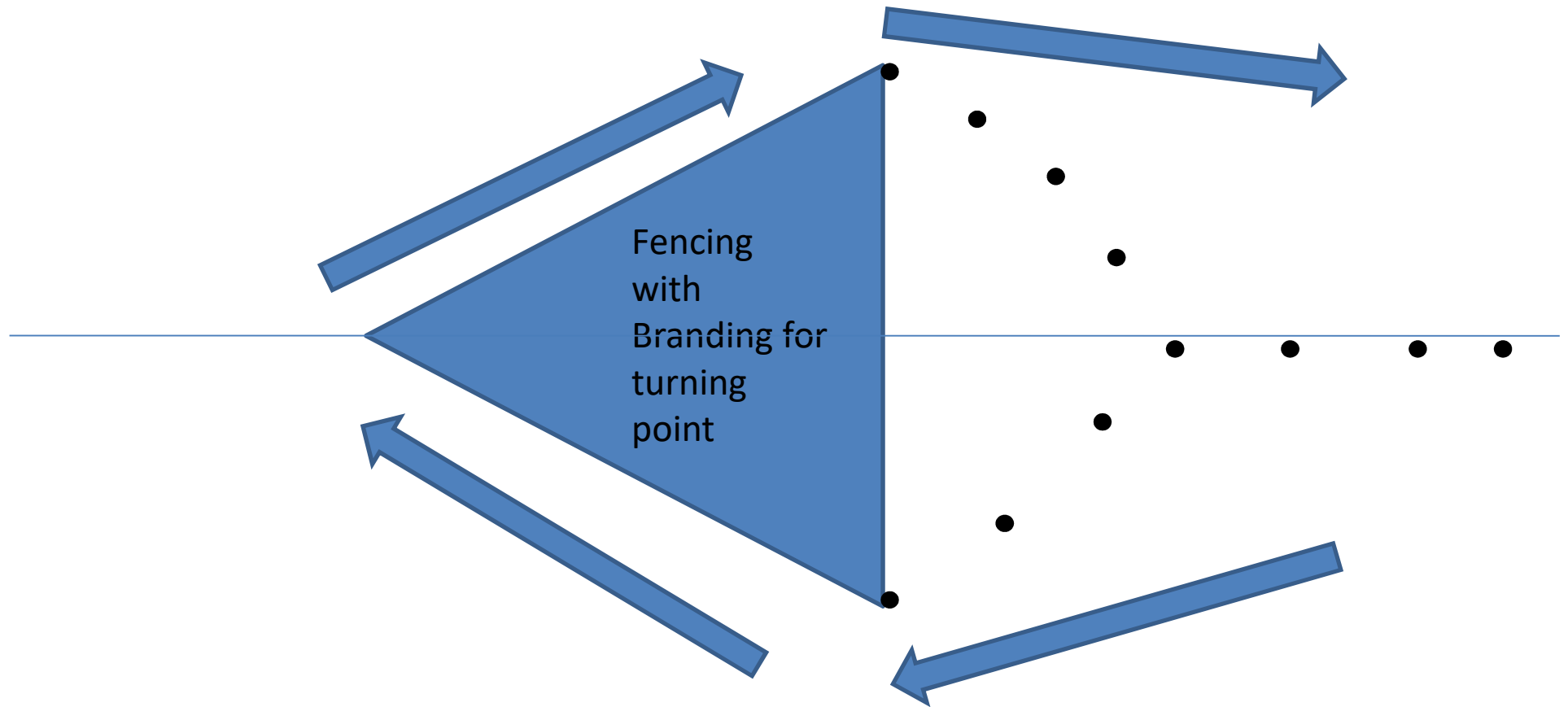


Start - Finish layout Marine Drive



Marshall 1 S Bend – Turning point to be coned as per next slide and branded.
Athletes turn around coned area and return towards Kings Beach.
Traffic official to be at Road Closing bollard at Humewood Rd and Driftsands.

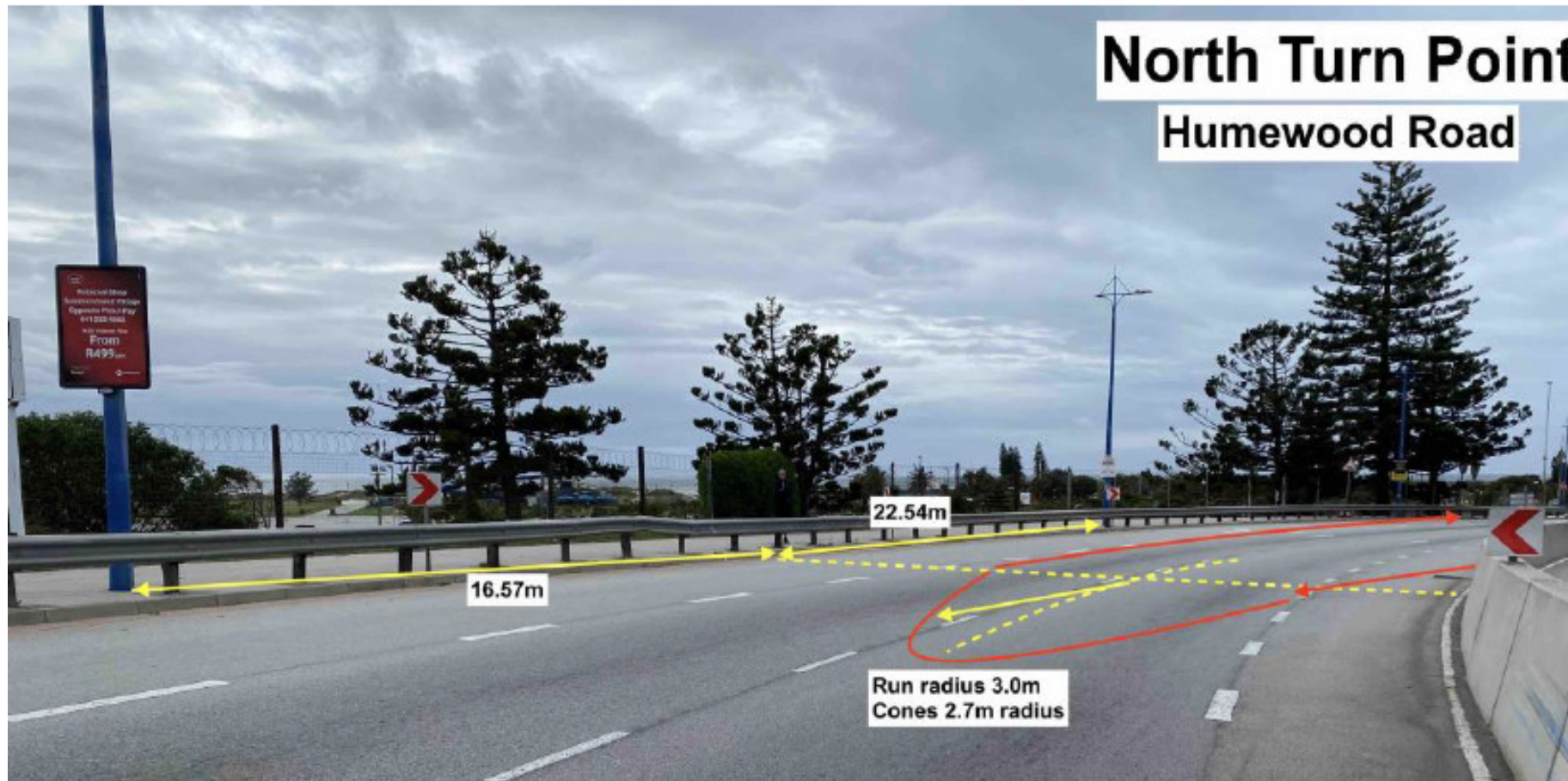




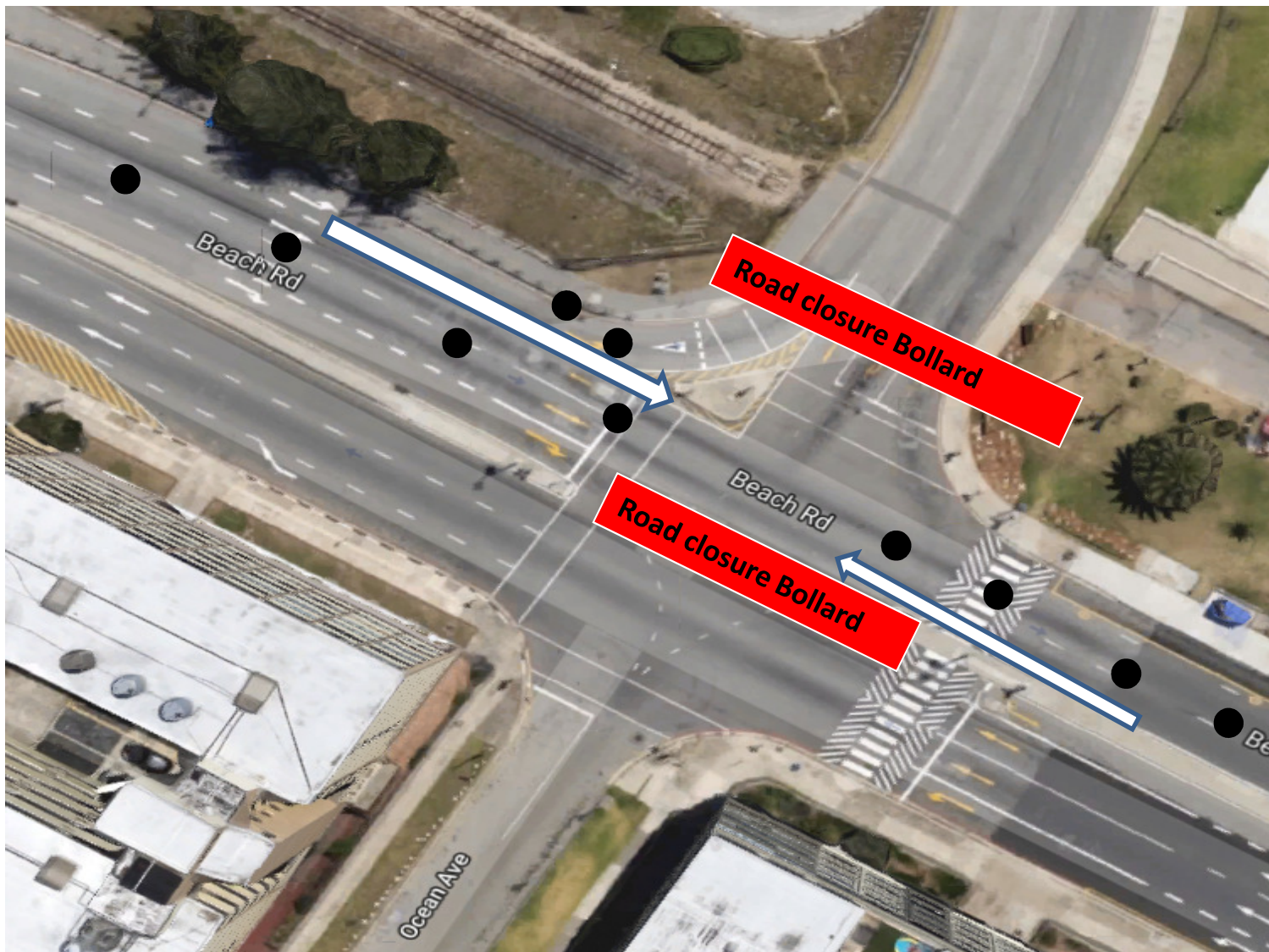
Turning point to be set up with fencing / branding and cones on centre line

North Turn Point

Humewood Road



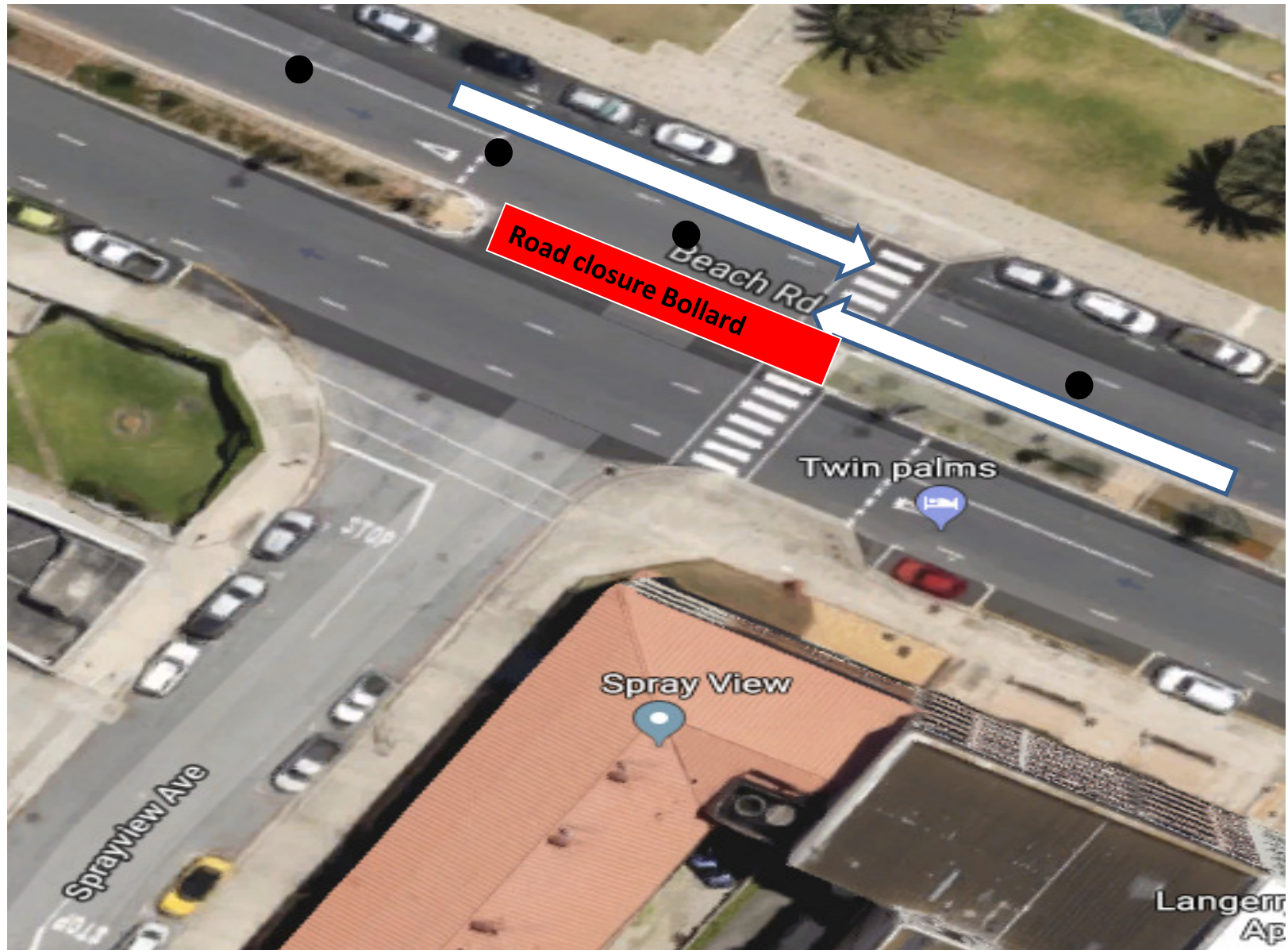
Marshall 2+3 - Corner of Ocean Drive & Kings Beach Robots + 1 traffic Officer



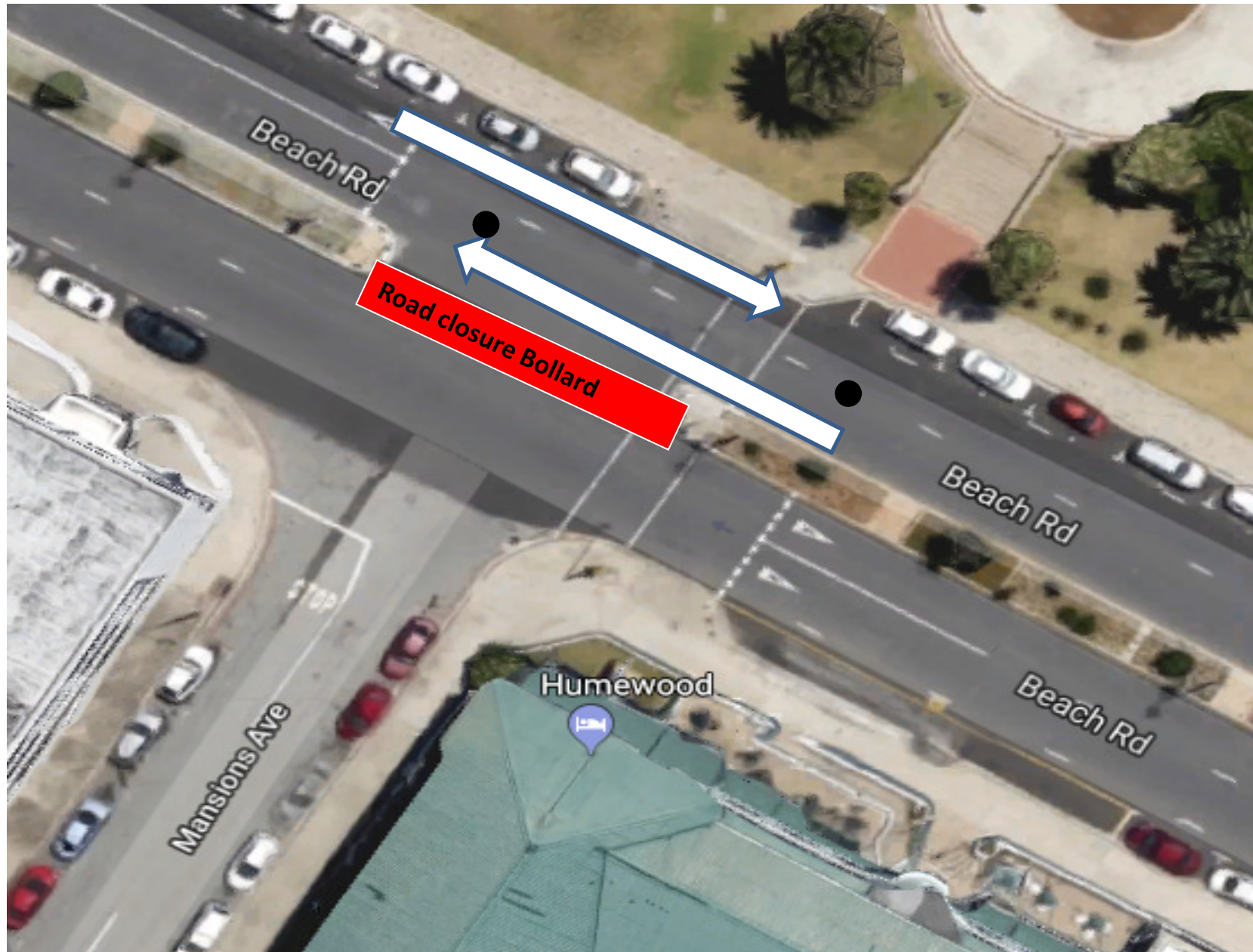
Marshall 4 - Strand Avenue & Beach Rd



Marshall Nr 5 - Sprayview Avenue & Beach Rd



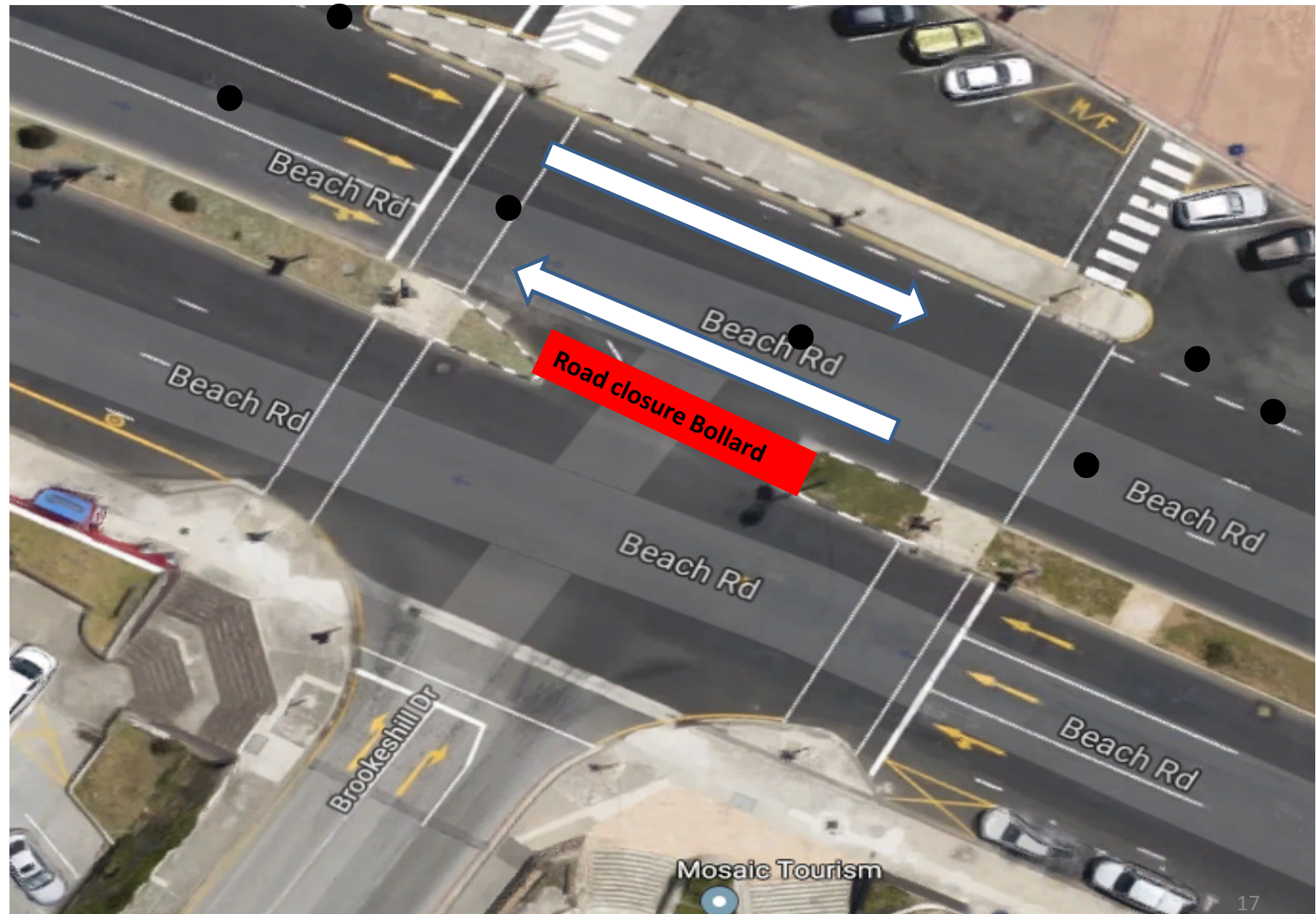
Marshall Nr 6- Mansions Avenue & Beach Rd



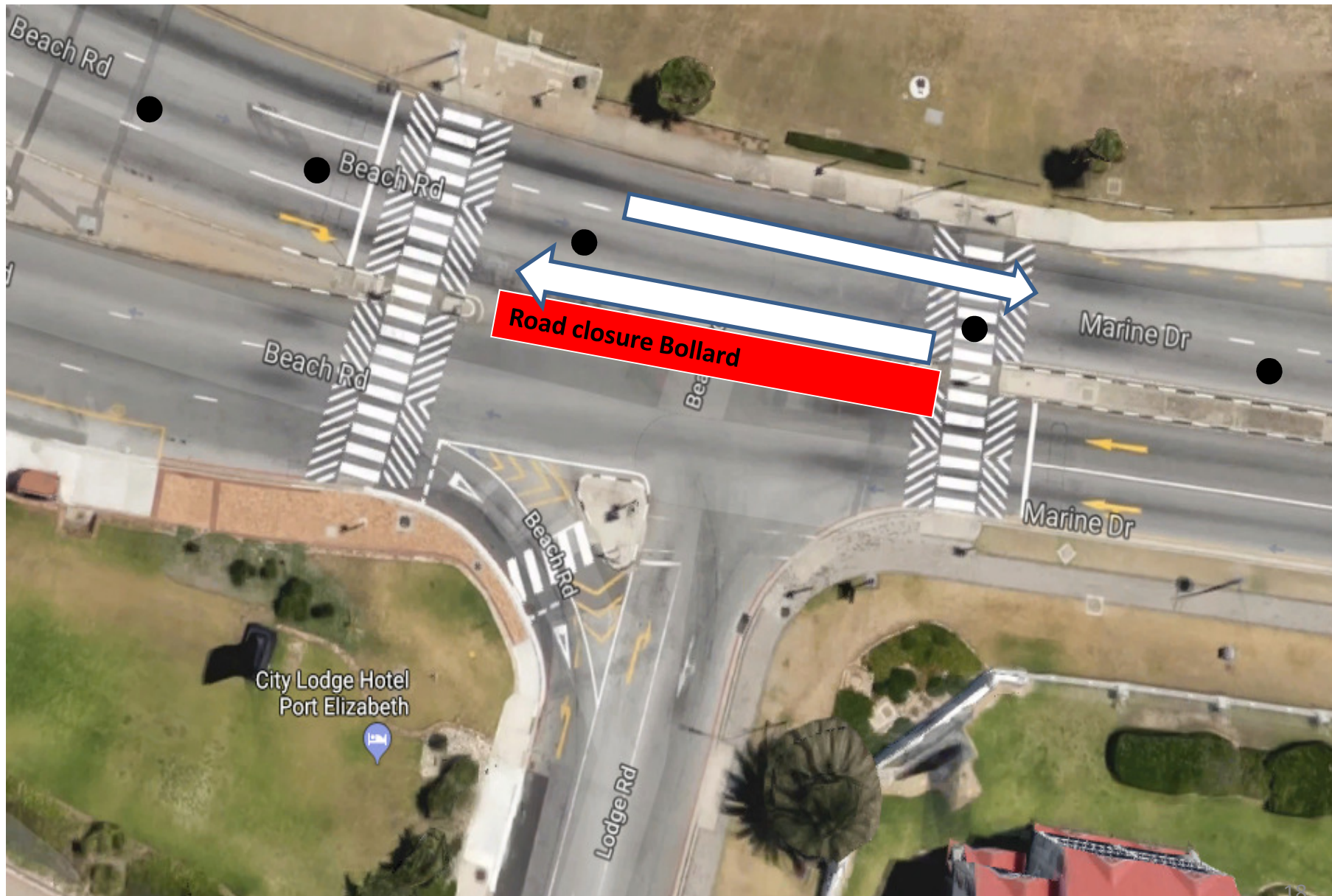
Marshall Nr 7- La Roche Dr & Beach Rd + 2 Traffic Officials



Marshall Nr 8 - Brookes Hill Drive & Beach Rd



Lodge Road & Beach Rd - Marshall Nr 9



Hobie Beach Entrance and Marine Drive - Marshall Nr 10 + 11



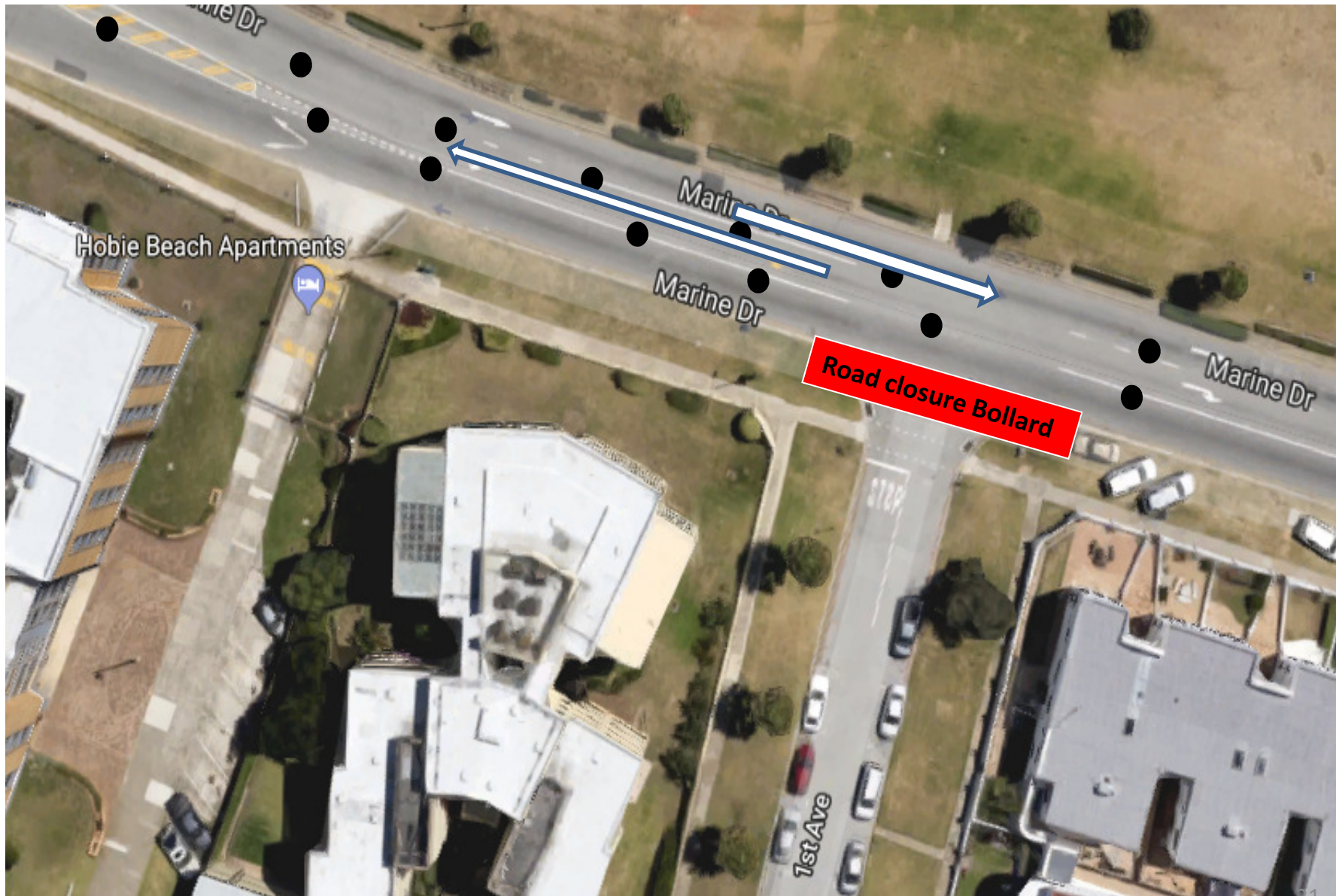
Beach Hotel Exit & Marine Dr - Marshall Nr 12+13

Runners continue straight. No right turning into Hobie Beach permitted.



1st Avenue & Beach Rd - Marshall Nr 14 + 15

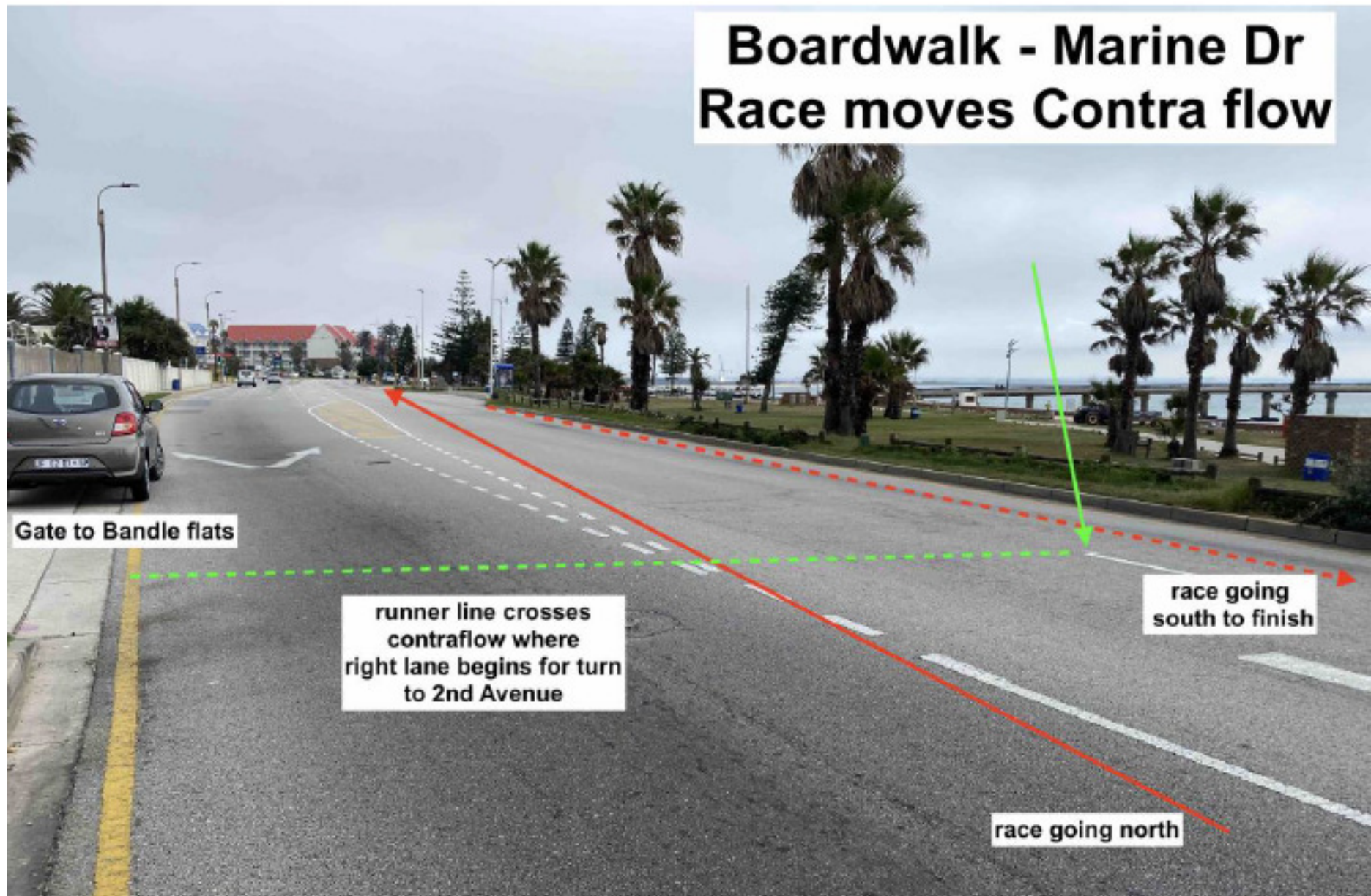
Stop vehicles from exiting 1st Avenue to turn right. All vehicles to move in the direction of town.

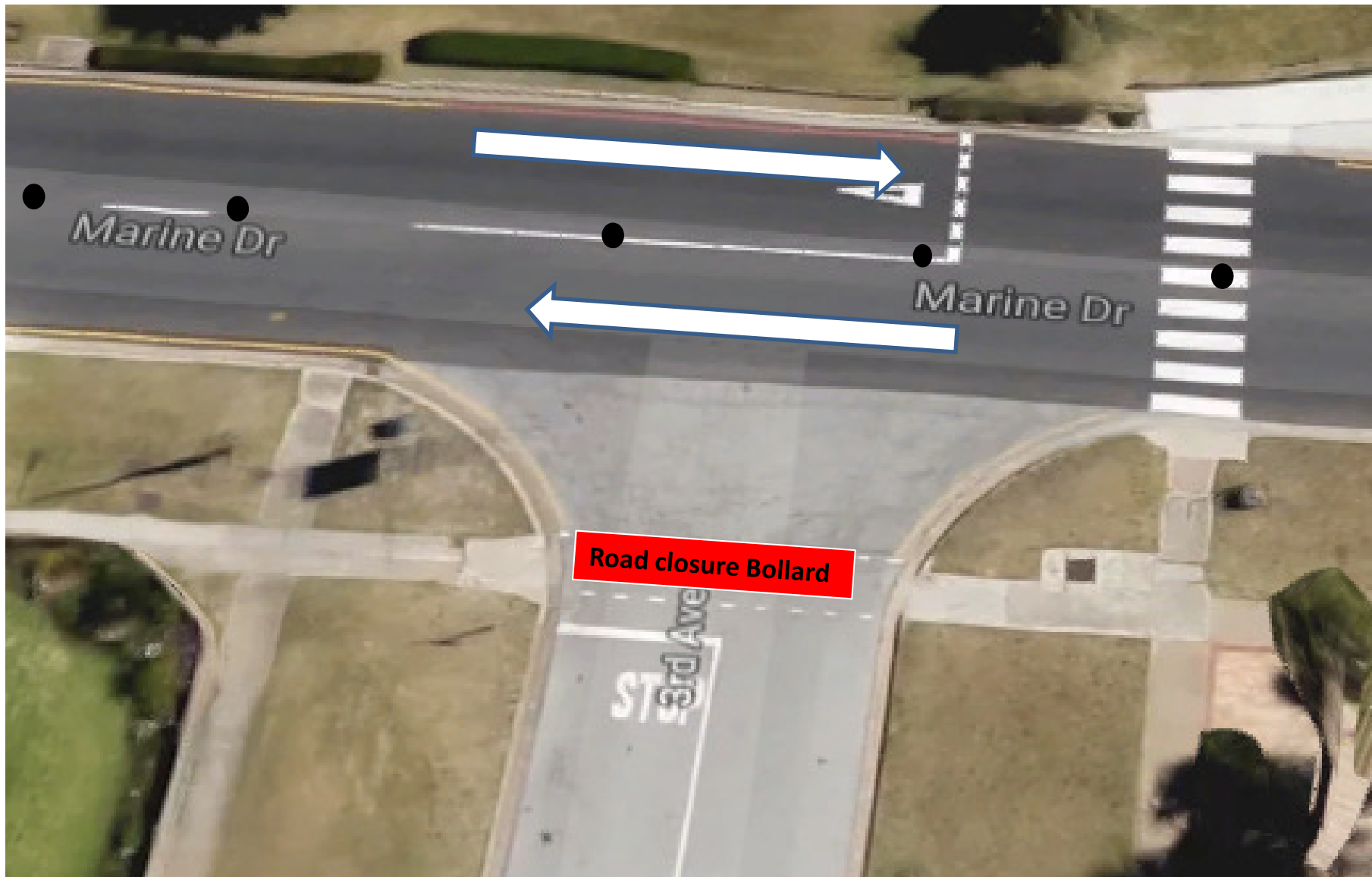


2nd Avenue & Marine Drive. Marshall Nr 16+17 . Vehicles may only turn left towards town. Direct runners approaching from Pollock beach into seaside lane. Returning runners continues straight. Marshall 18 is one street up at Brighton Avenue to inform motorist that they can only turn left into Marine Drive



Boardwalk - Marine Dr Race moves Contra flow





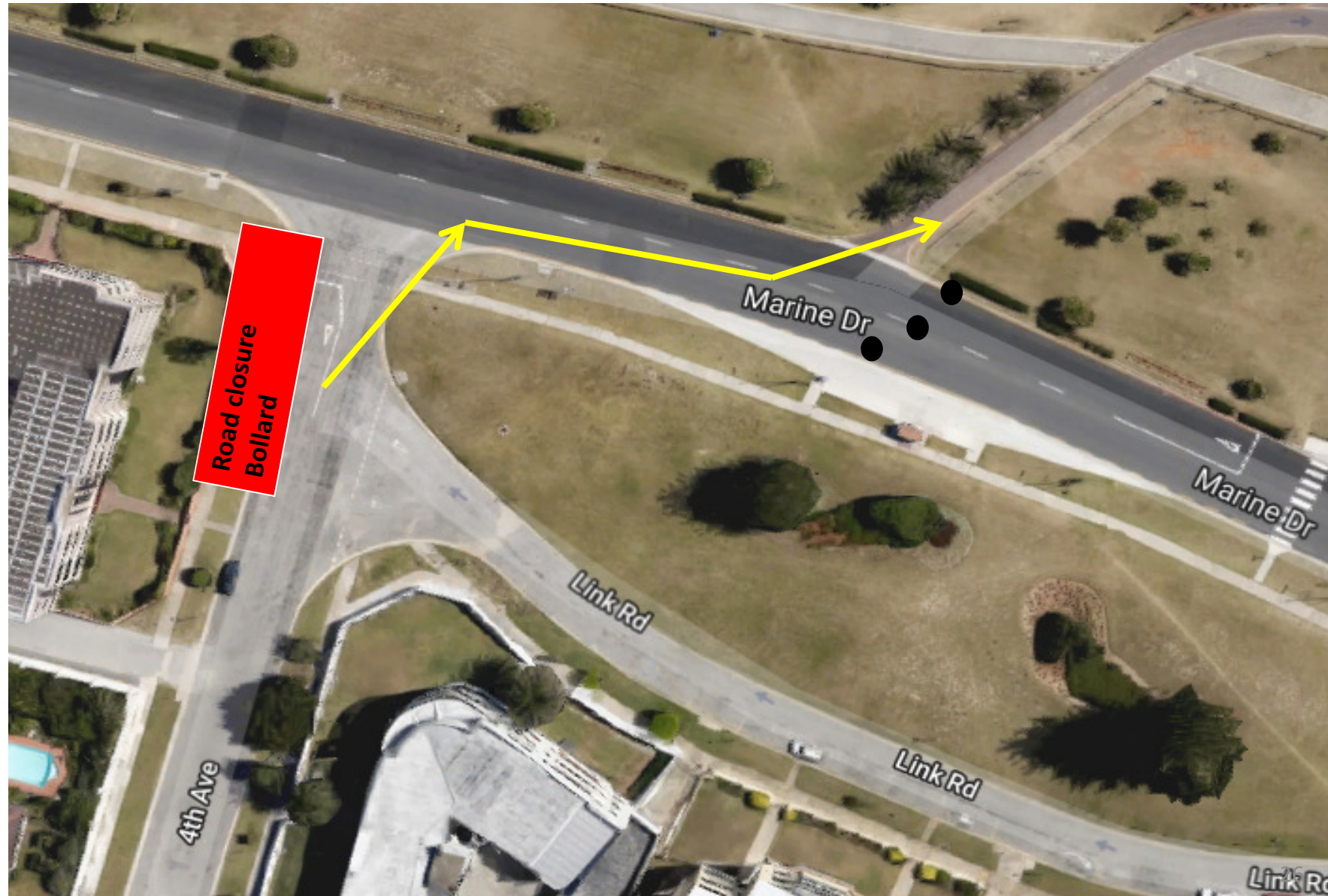
3rd Avenue & Marine Drive - Marshall Nr 19



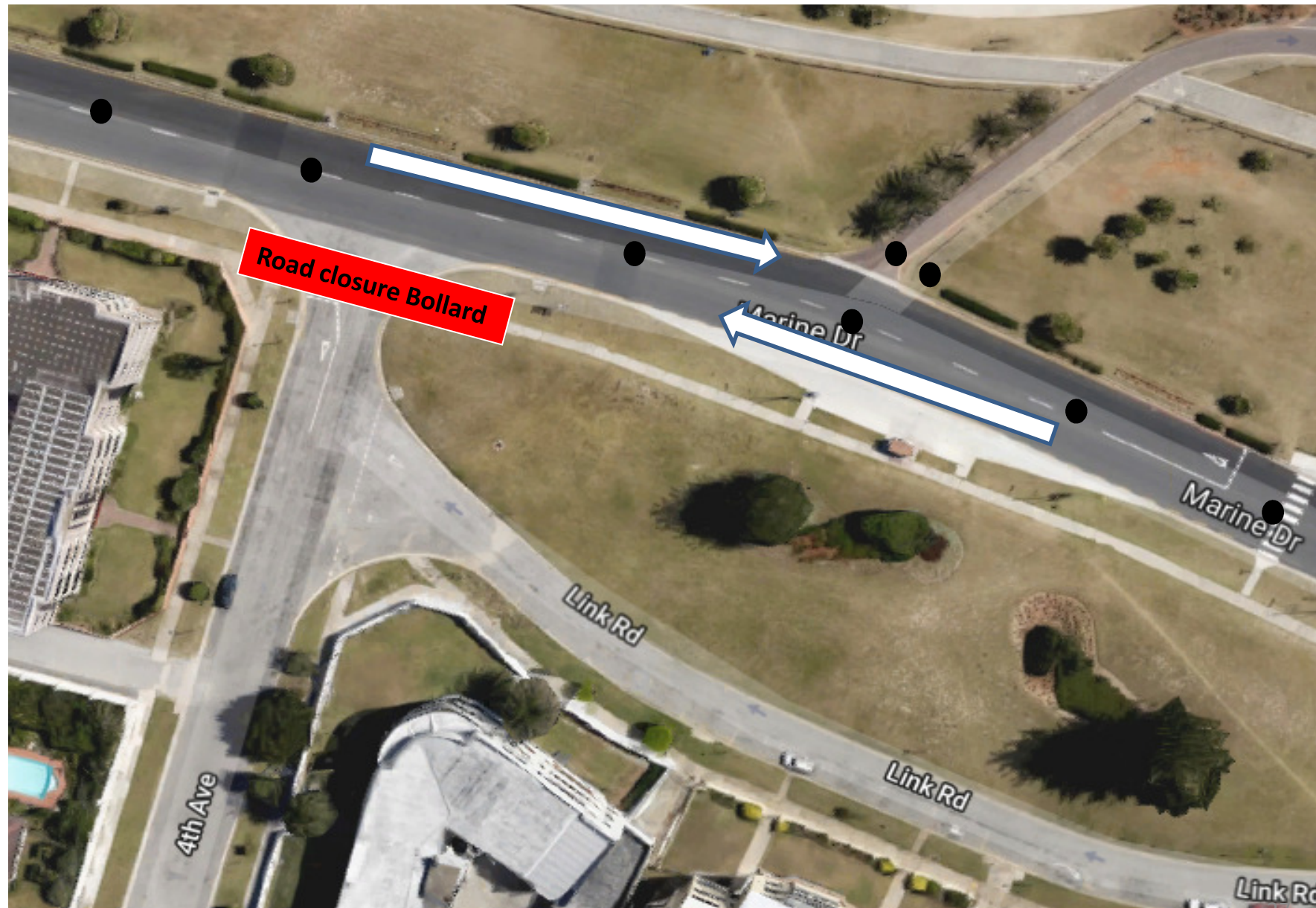
3rd Avenue - Marshall Nr 20 - Check if any vehicles needs to leave Summerseas and direct them when safe to turn up 3rd Avenue. Runners continue straight on both sides

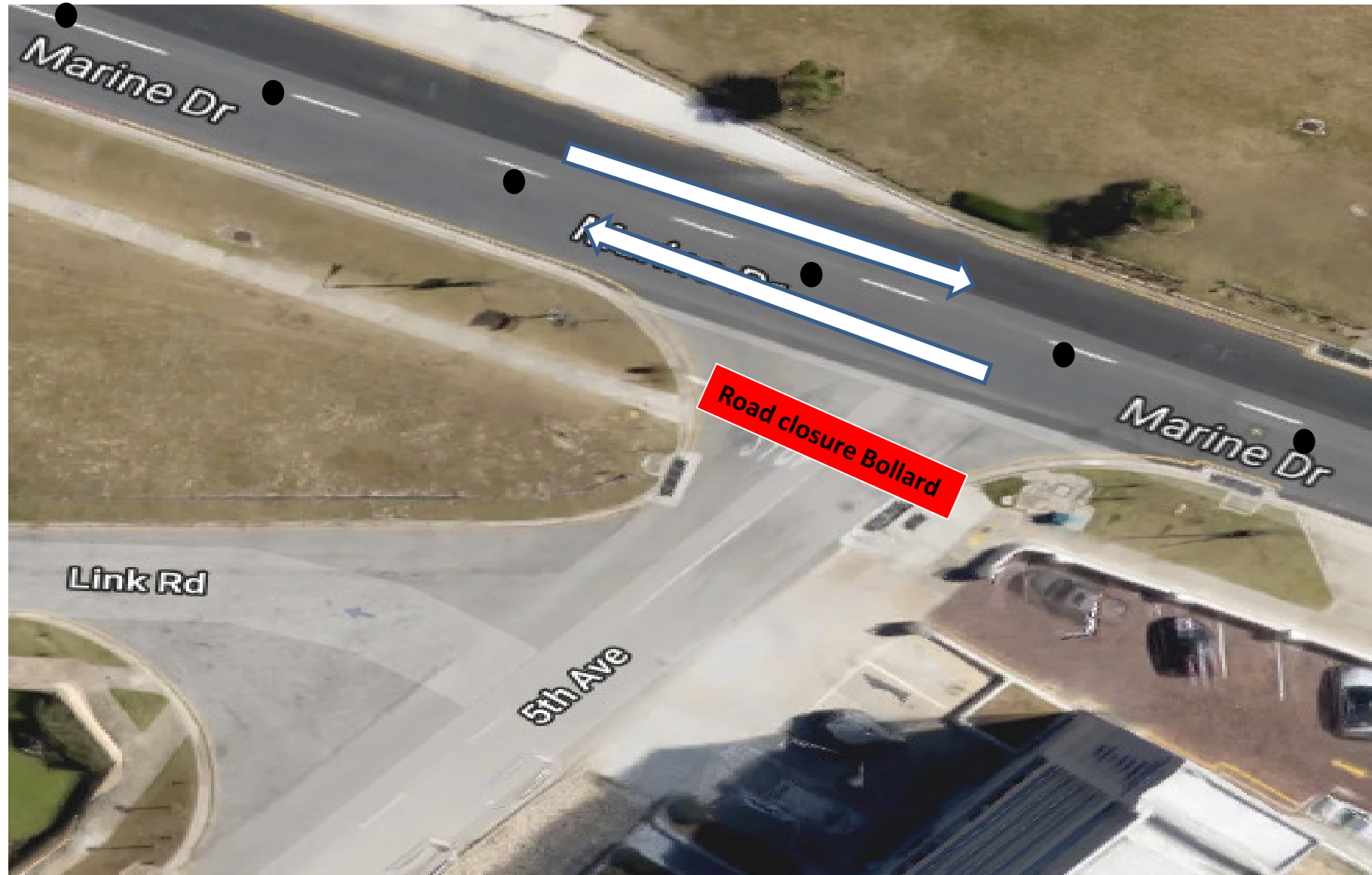


4th Avenue & Marine Drive - Marshall Nr 21 – Allow VIP vehicles access until 07h00, then move cones and road closure sign.



4th Avenue & Marine Drive - Marshall Nr 21 – runners in both directions with cones

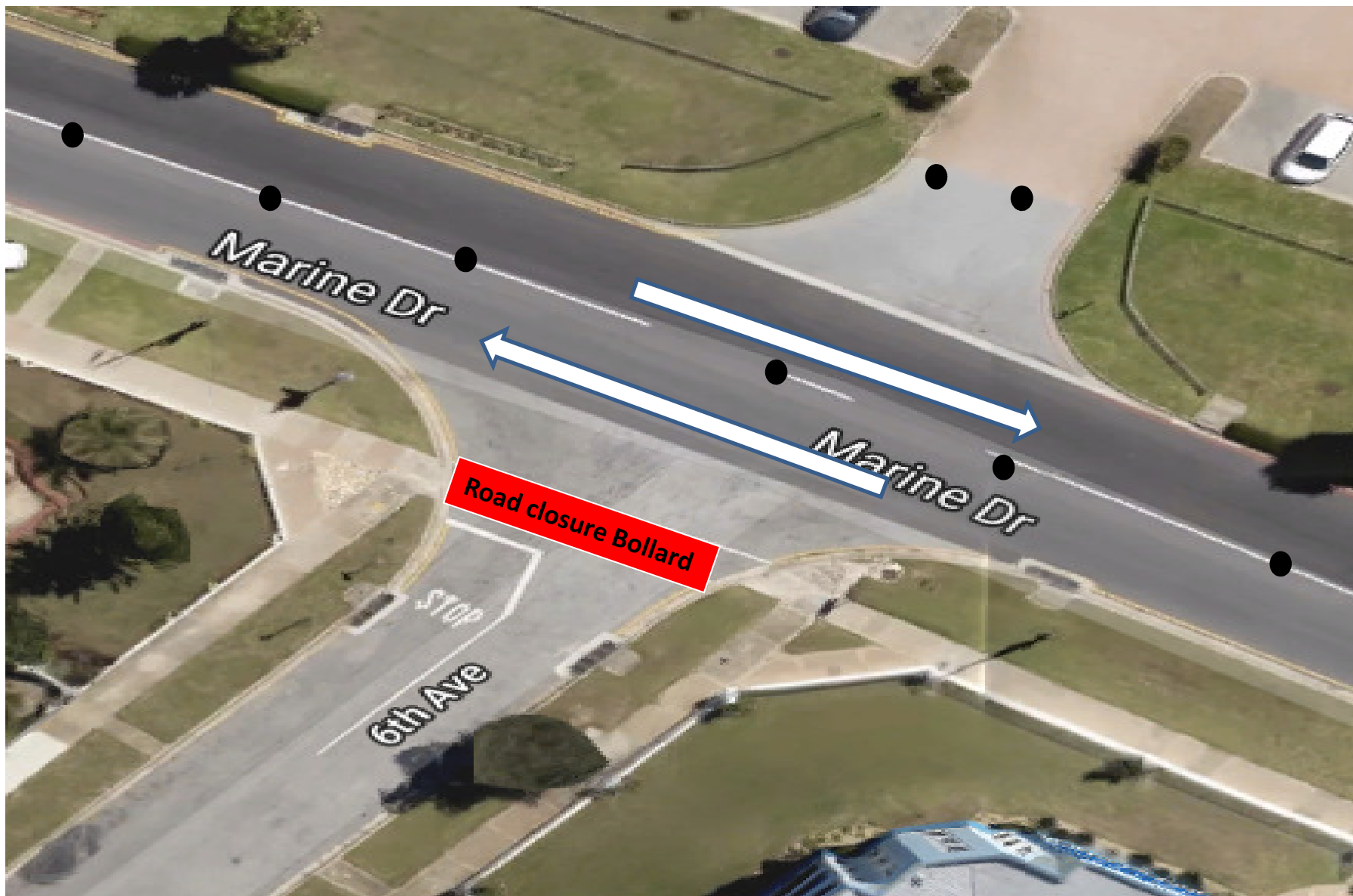




5th Avenue & Marine Drive - Marshall Nr 22 – Runners in both directions with cones in the middle.

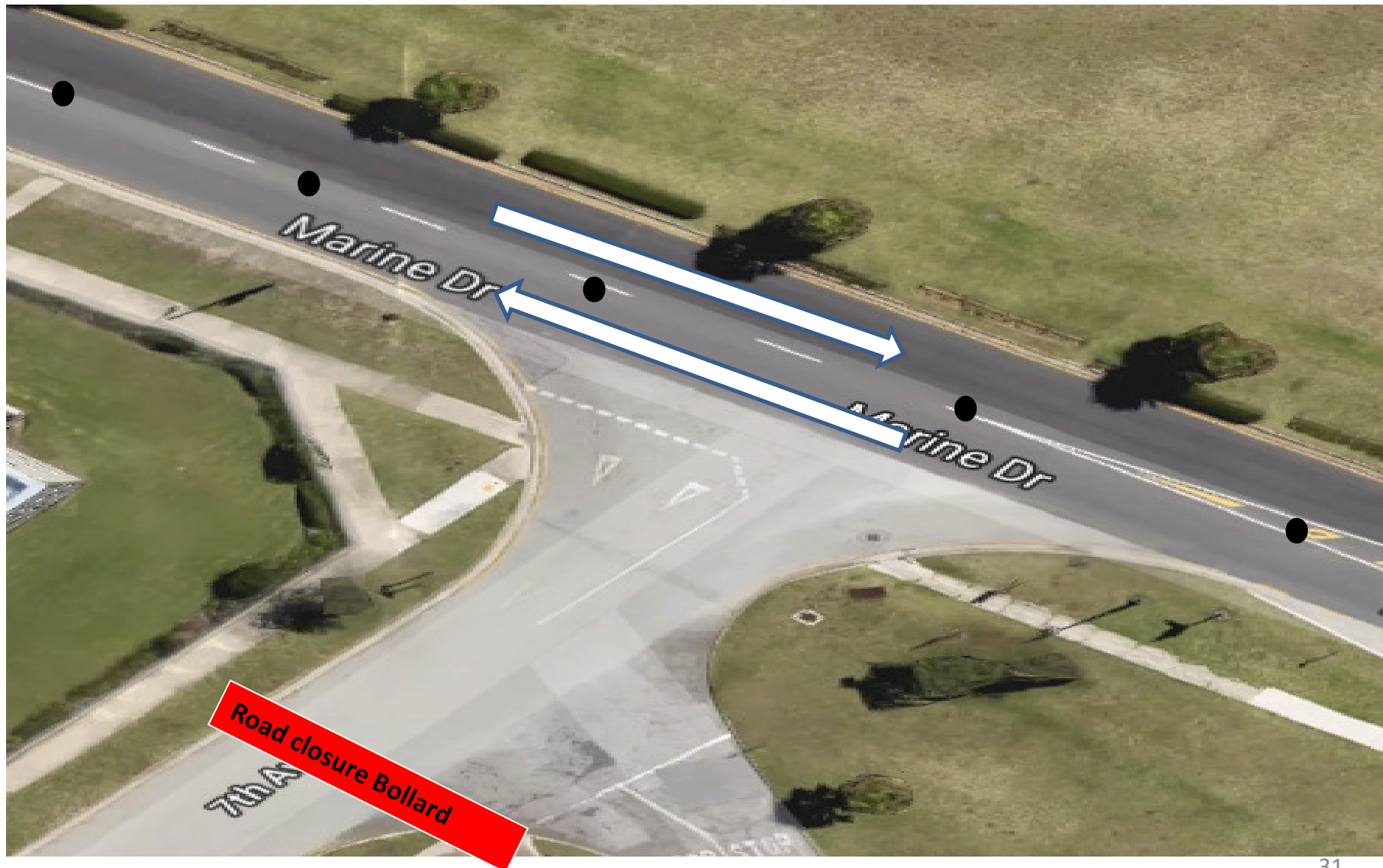


Marine Hotel entrance - Marshall Nr 23 – Place cones in the centre of the road.
And move to 6th avenue . Runners run with traffic in both directions.



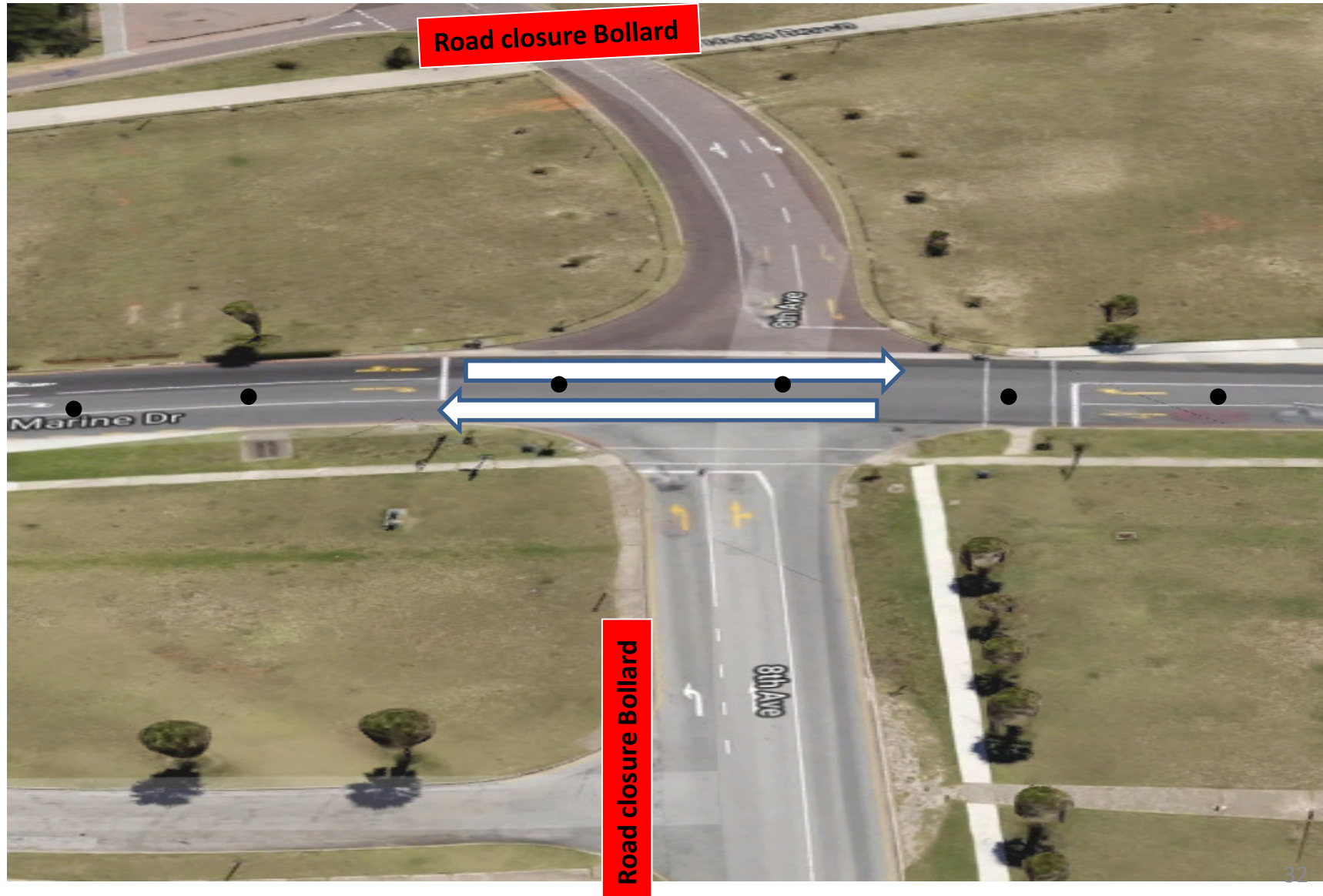
6th Avenue & Marine Drive - Marshall Nr 24 Athletes run with traffic out and back.

7th Avenue and Marine Drive - Marshall Nr 25 - Place cones in the centre of the road. Athletes run with traffic out and back. Ambulance access if required.



8th Avenue & Marine Drive - Marshall Nr 26+27

At 06h45, close vehicle access and place cones to allow athletes to run in both direction. First start group is at 07h15 and second group at 07h45.

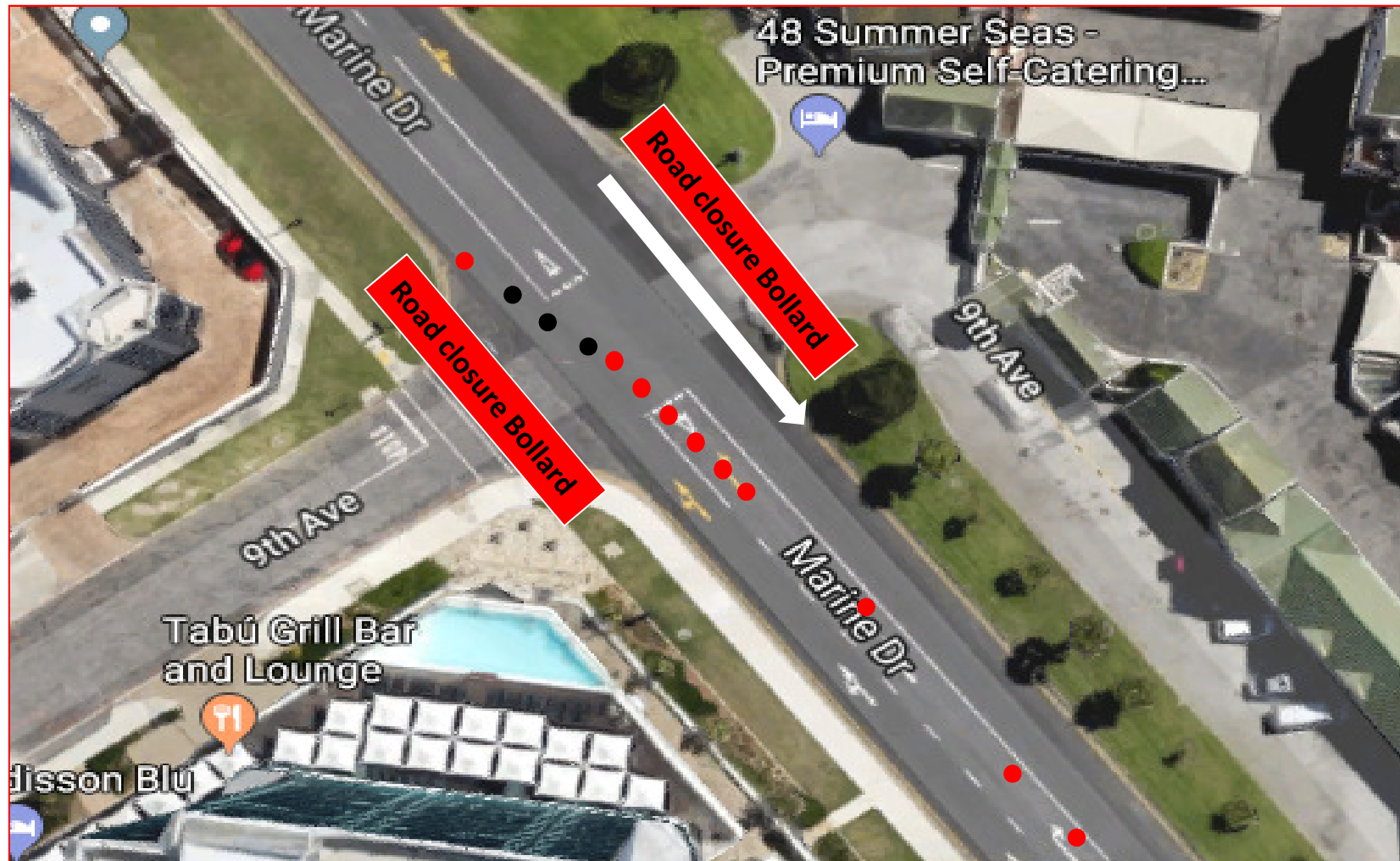


Marshall 28+29 – After the start of the last group at 07h45, Place cones to allow runners on both directions.



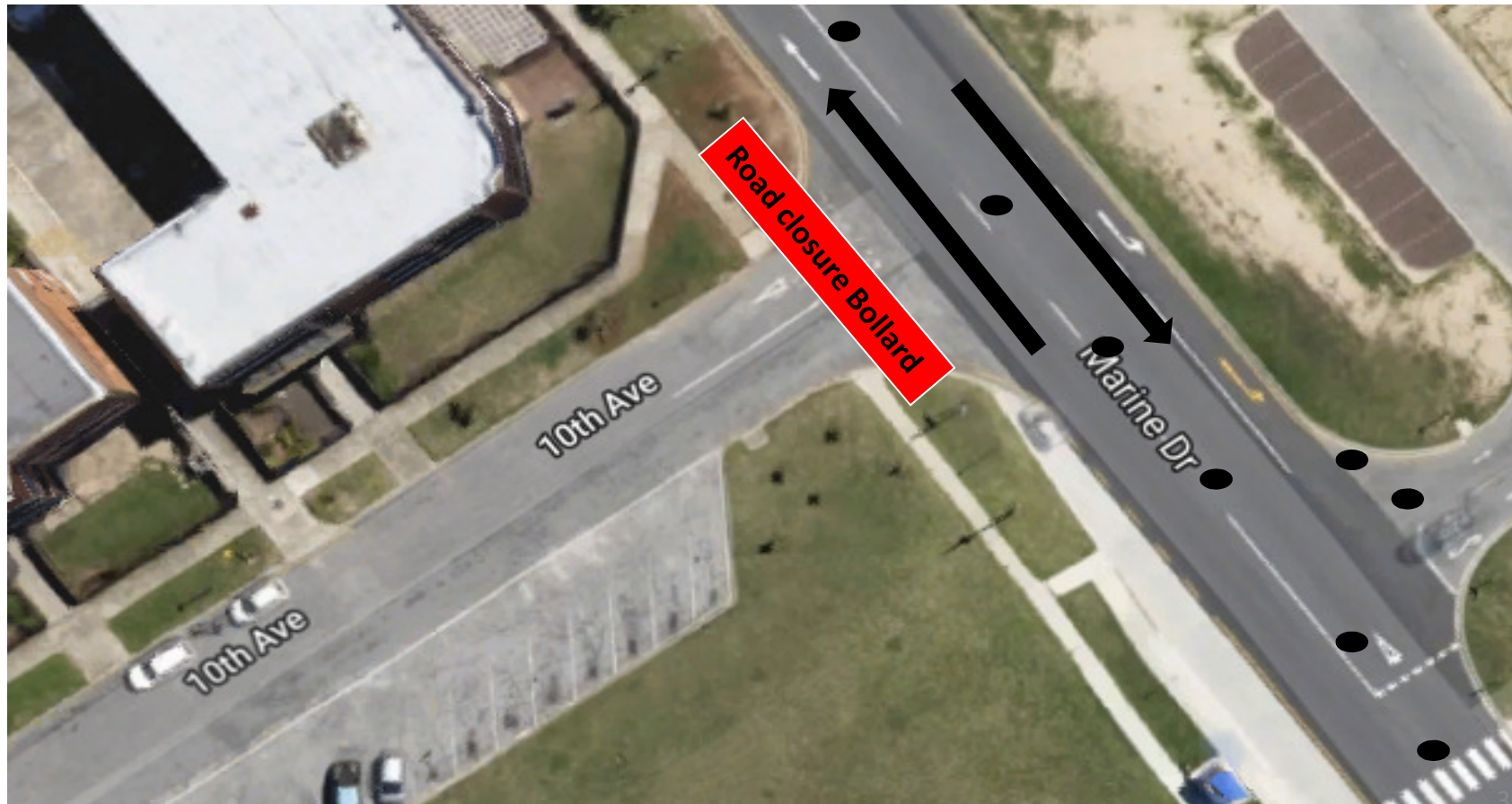
Summerseas apartments – Marshall nr 30+31

Guide vehicles needing to exit. Runners continue straight with traffic and return with traffic. Place cones at start of race 07h30 race to guide runners into seaside lane. Then move to centre line for returning runners. Move cones again for 07h45 start but only after the last lady has passed.



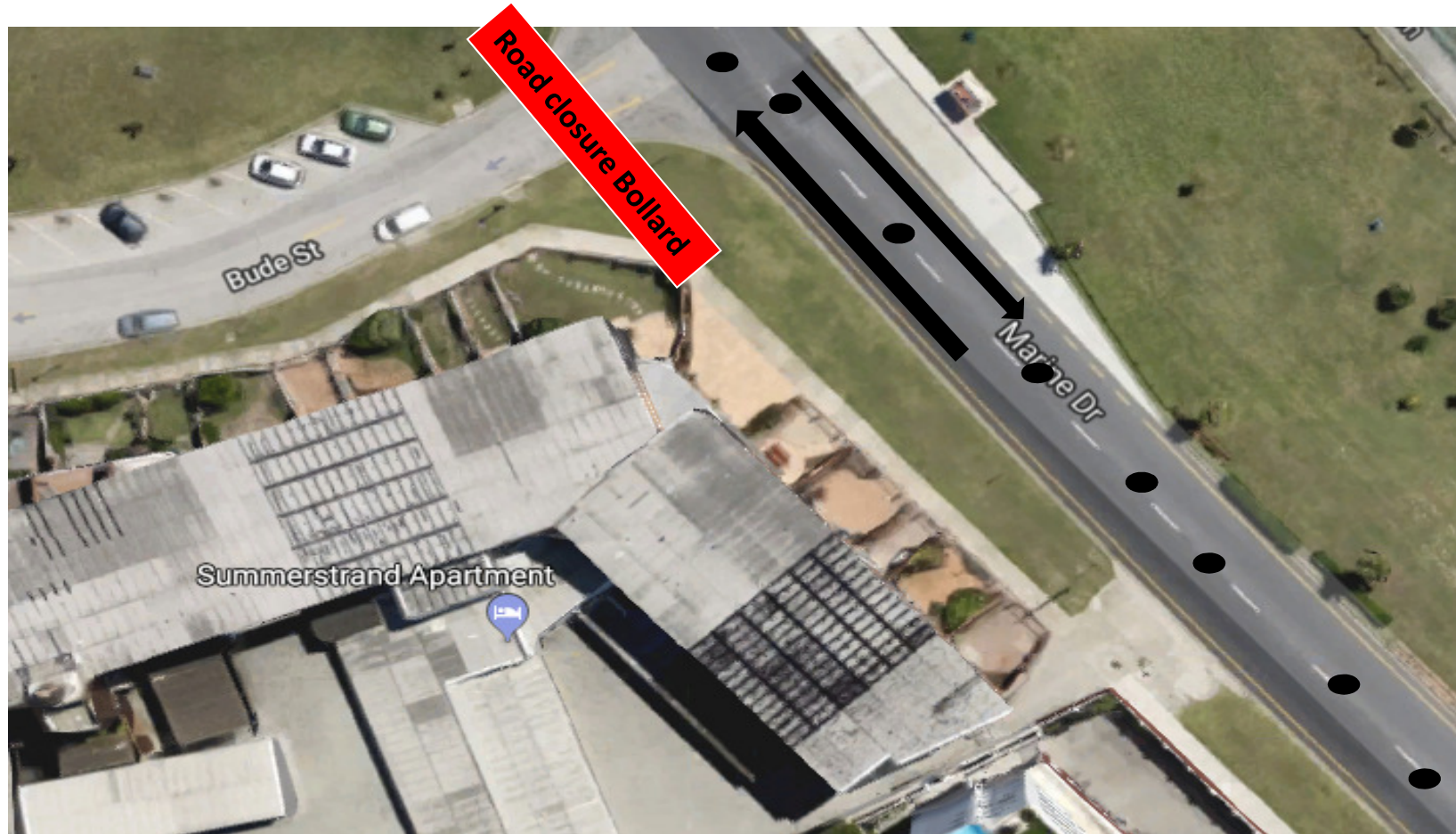
10th Avenue and Marine Drive – Marshall nr 32

Runners continue straight out and back as indicated. .



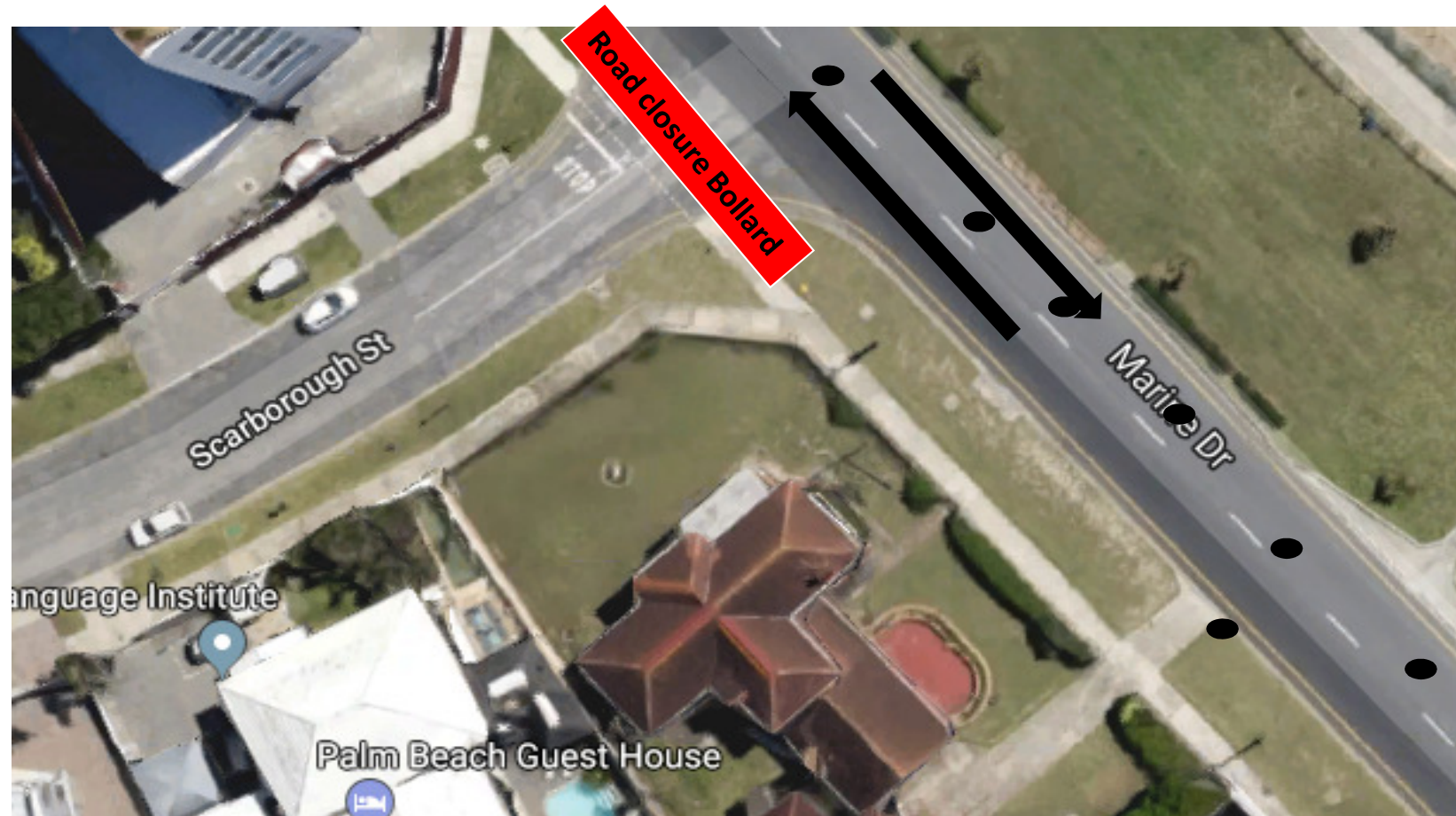
Bude Ave and Marine Drive – Marshall nr 33+34

Runners continue straight out and back as indicated. Guide vehicles wanting to leave Summerstrand apartments towards Bude Ave when safe and clear.



Scarborough St and Marine Drive – Marshall nr 35

Runners continue straight out and back as indicated. Guide vehicles wanting to Palm beach guest house into Scarborough St when safe and clear

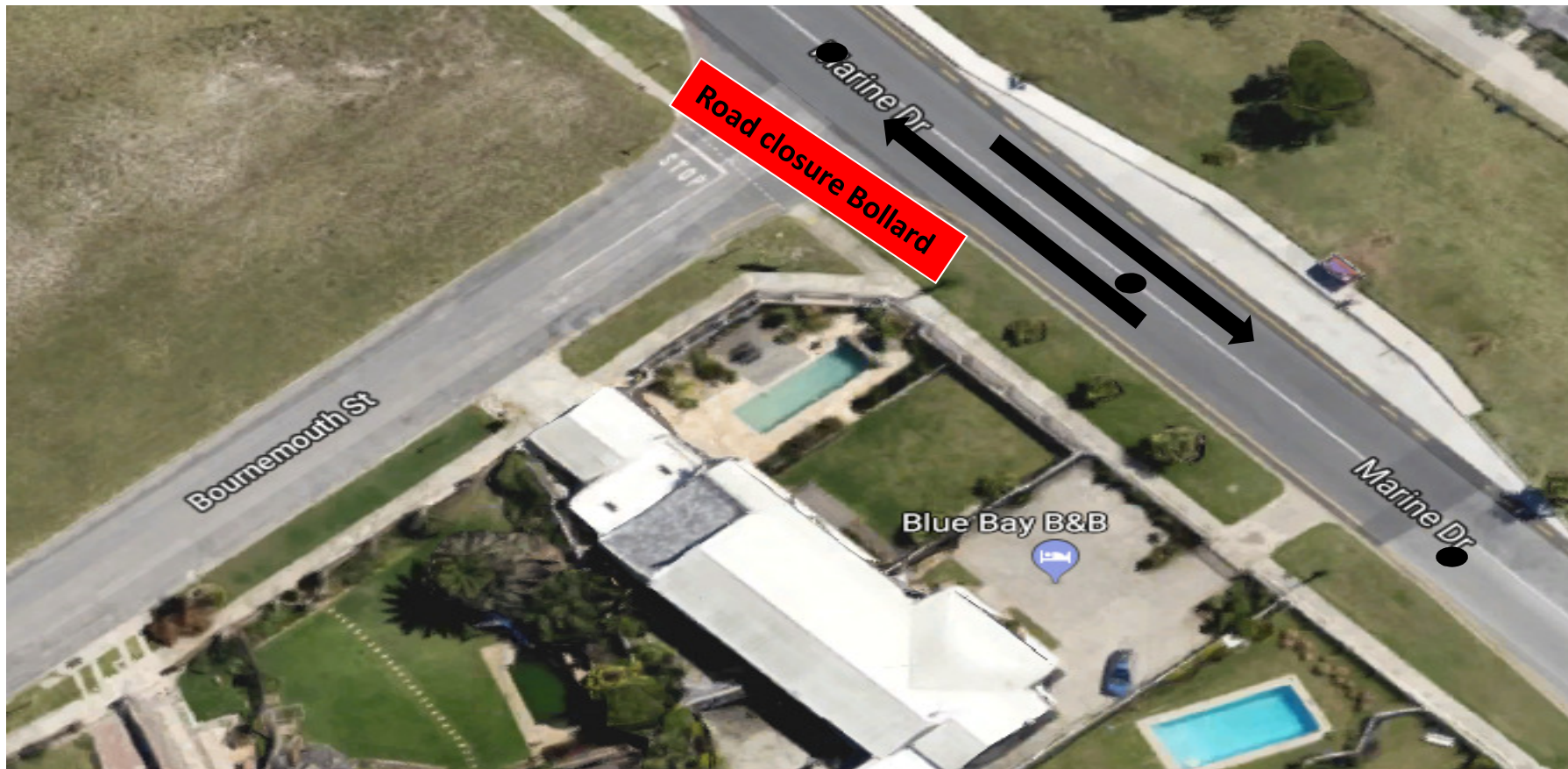


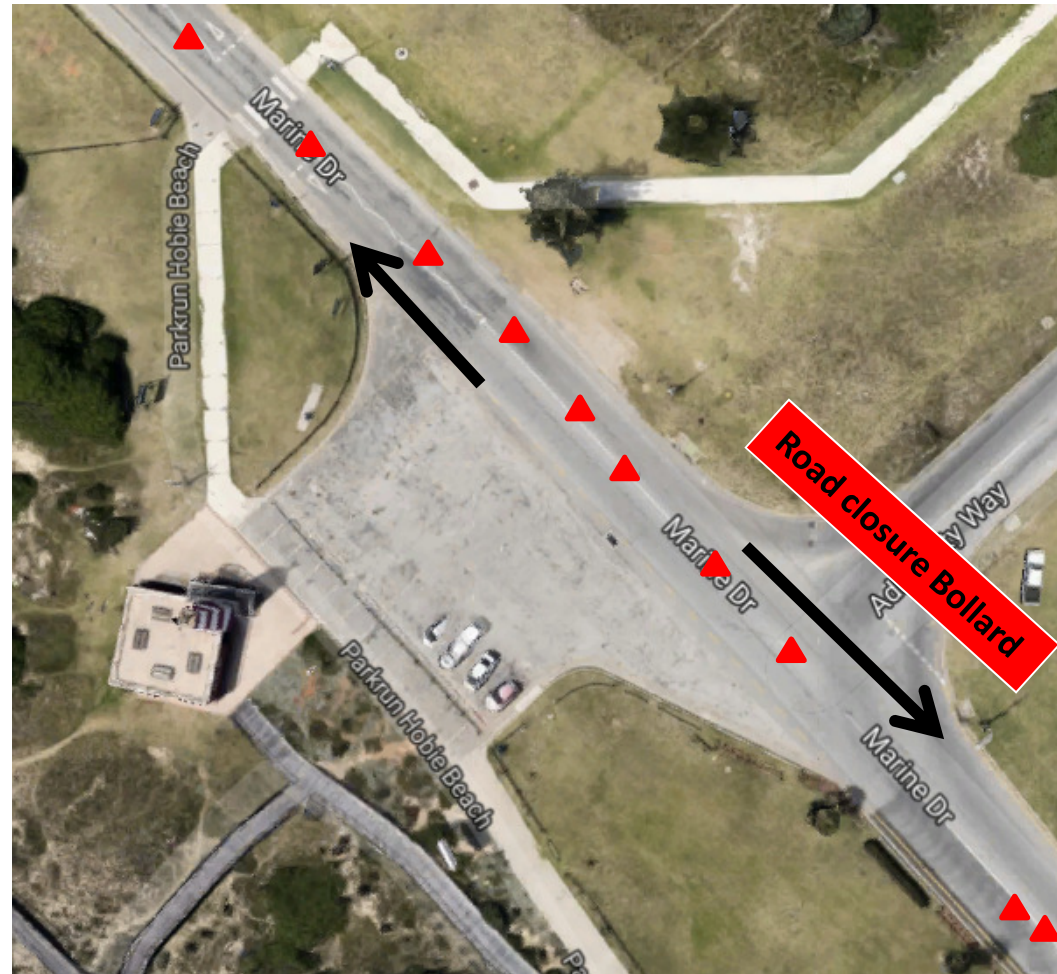
11th Avenue and Marine Drive – Marshall nr 36
Runners continue straight out and back as indicated.



Bourenemouth and Marine Drive – Marshall nr 37

Runners continue straight out and back as indicated. Guide vehicles wanting to leave Blue Bay B&B into Bournemouth when clear of runners.



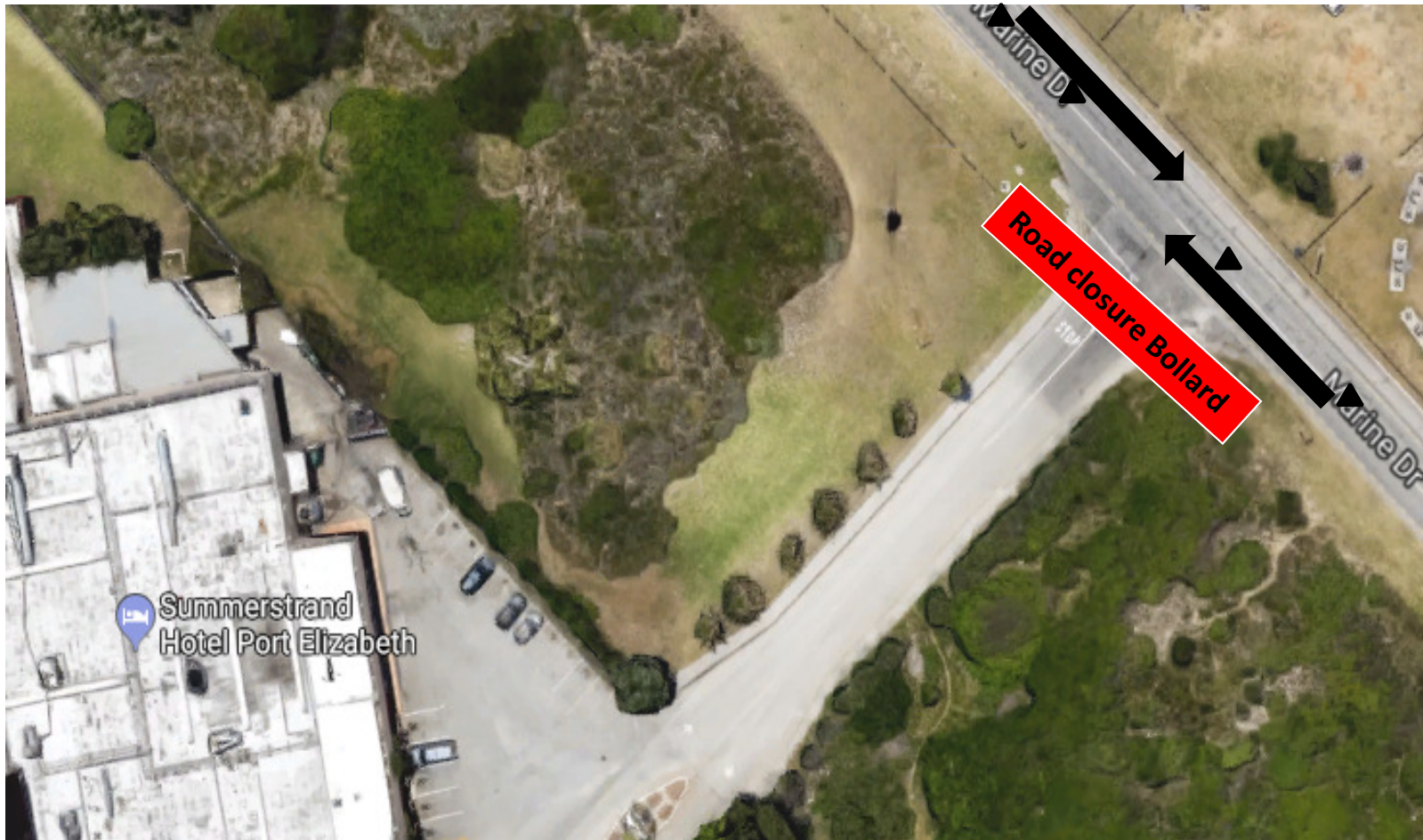


Admiralty and Marine Drive – Marshall nr 38+39
Athletes run out and back with traffic. Place cones in the centre to split athletes starting and returning.

Summerstrand hotel – Marshall nr 40

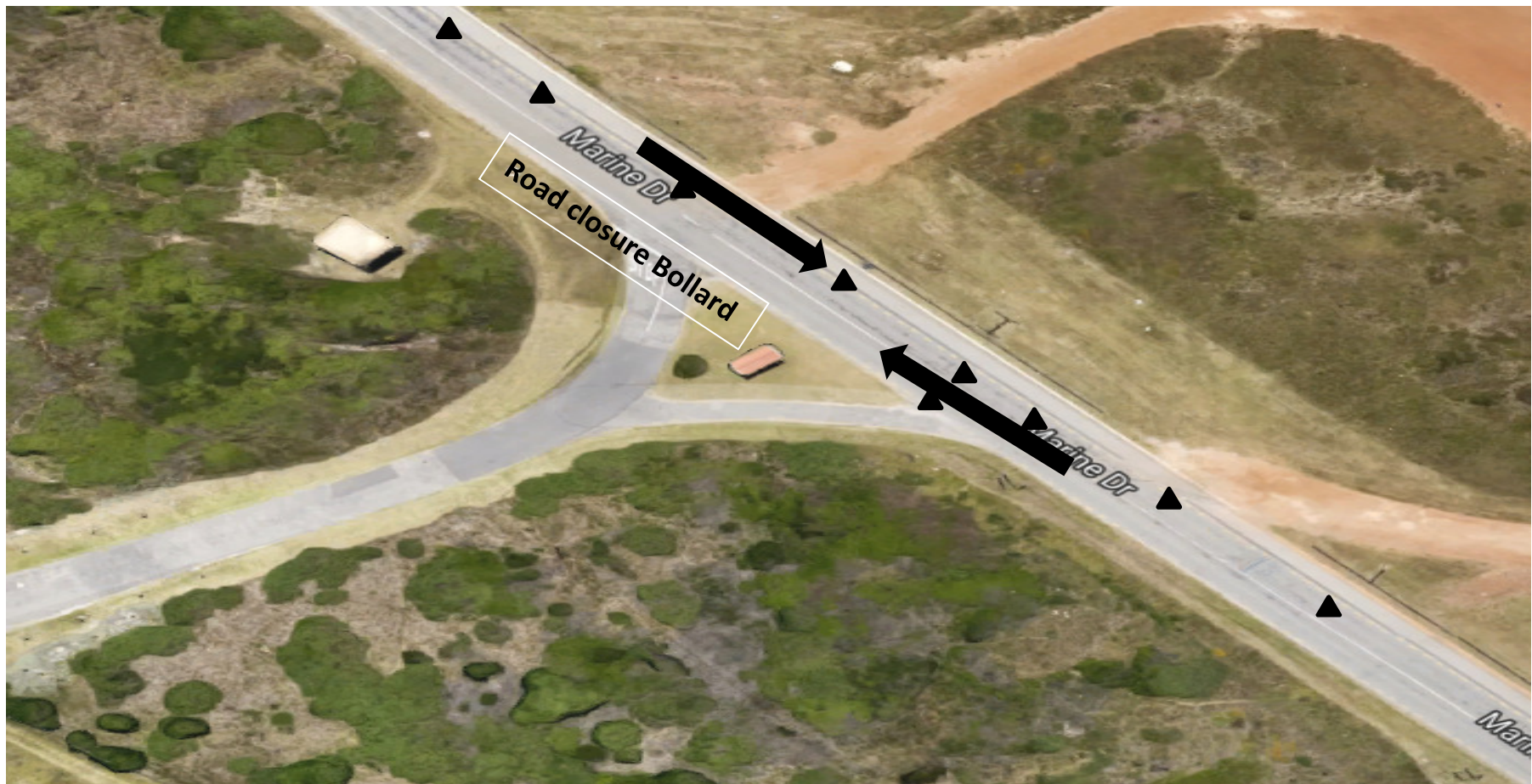
Runners run with traffic in both directions.

Guide vehicles wanting to leave the hotel onto grass and ask them to stay on grass until the Total garage but ONLY when it is safe and clear.

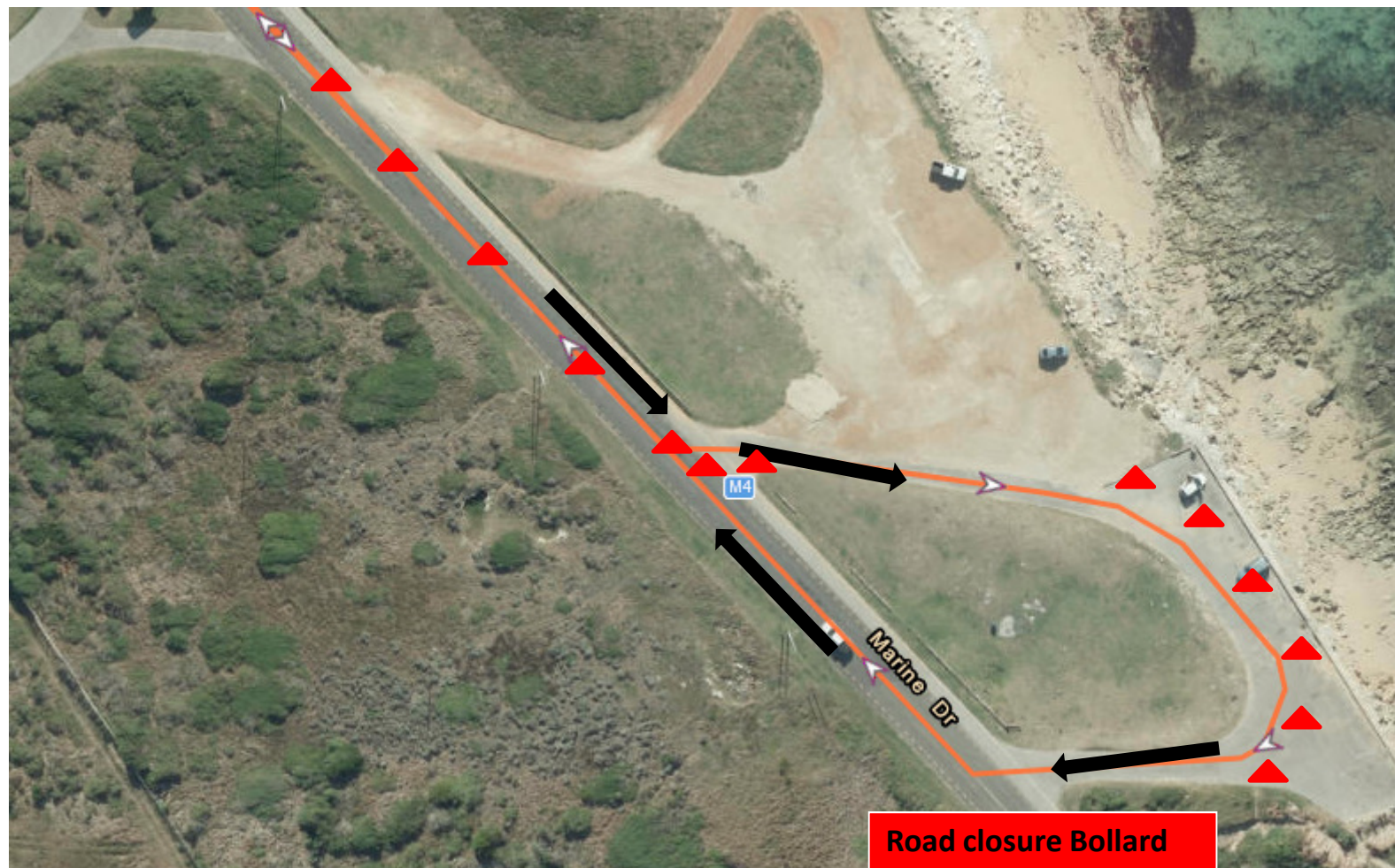


Marshall Nr 41

All runners will run with traffic.



Marshall nr 42 – Direct runners into parking area to turn.



South Turn Point

Runners must be on with traffic side
by entrance to turn point



South Turn Point in parking area just South of Golf Club entrance

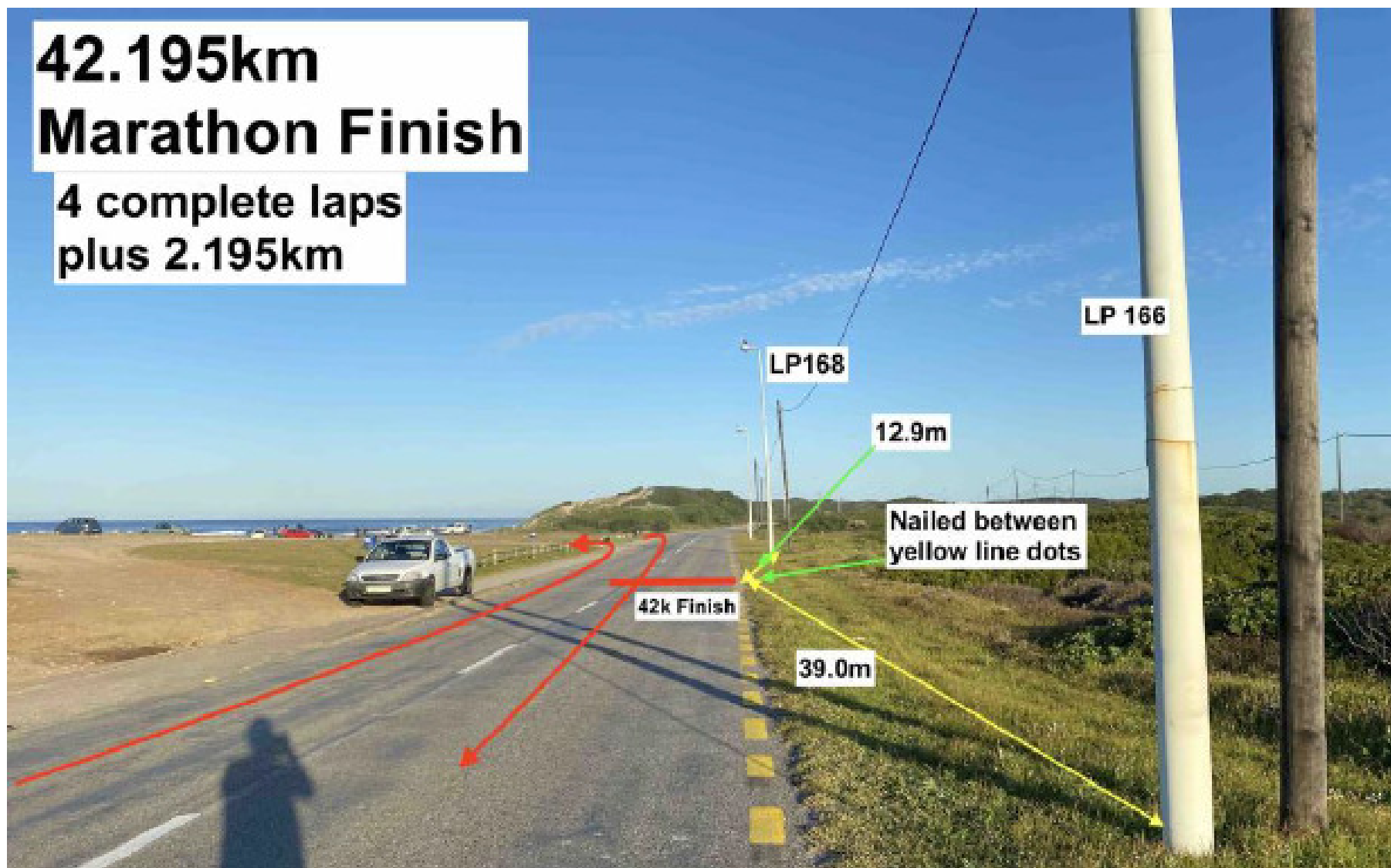
South Turn point Overview



Runners must be on left of centreline
by this point

42.195km Marathon Finish

4 complete laps
plus 2.195km



Marshall Nr 43 - Direct Traffic from Pine Lodge towards the back gate of NMU.

Marshall Nr 44 - Divert traffic from Willows to use alternative route via NMU.

