

50KM ULTRA MARATHON RECORD ATTEMPT

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Dear Athletes, Managers, and coaches,

We are now in race week!

We are looking forward to seeing you all at the start line of the Nedbank Runified 50km breaking barriers road race in Nelson Mandela Bay Municipality on 23 May 2021.

Please take note of the below race info of the event and familiarize yourself with the schedule.

All points below will be conducted from the official race hotel where you are all staying in a secure bubble environment in accordance with Covid19 protocols

Friday 21 May

16h00 - Nedbank Runified 50km Press conference.

18h00-20h00 – Athlete's race registration and number collection

Saturday 22 May

08h00 - Athlete COVID 19 Screening

9h00 to 18h00 – Massages available to all athletes in hotel

9h30 - Technical meeting for Athletes

10h30 to 12h00 - Athletes Late registration and number collection

14h00 and 17h00 - Athletes to drop their personalized marked bottles to the Team Room. **Athletes are to provide your own bottles.**

These are then placed under security control and will be kept cool until placed at tables on race morning.

RACE DAY Sunday 23 May

05h00 - Athletes COVID 19 Forms to be completed in Oyster Catcher Room. Leave items there to proceed to Start for warm up.

06h45 –Women's field to proceed to start.

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06h45 to 07h25 – COVID 19 screening at Start Pen.

07h15 –Women's Race Start

07h20 –Men's Athletes proceed to start.

07h45 –Men's Race Start

10H30 - Live Awards on TV -- Top 3 men - Top 3 women in 50km only- this will be done at the finish line

12H00 - Formal prize giving inside the hotel, snacks and lunch will be served.
(COVID 19 regulations permitted)

16H00 – Late departures Covid testing for Internationals.

Weather forecast

The current weather prediction is looking great for race day! At 07h00 on Sunday morning current predictions indicate a cool 11 degrees with a high of 18 degrees at 11h00 when all will already have finished. Wind currently predicted at 13km per hour. The weather is perfect for an attempt at a 50km World record!

Race broadcast:

A reminder that the Nedbank Runified Breaking Barriers 50km will be broadcast live on SABC 2 and via livestreaming through the Nedbank YouTube page. The broadcast time is from 07:00 to 11:00. You can share this with your families, supporters who can watch you in action on the day of the event.

We look forward to welcoming you in the Nelson Mandela Bay Municipality, ready to break barriers and achieve greatness!

Nick Bester
Race Director