**Dear Athletes, Managers, and coaches. 6 May 2021**

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.

We hope that your training and preparations are going well for this prestigious race on the ASA race calendar for the year.

Please take note of the below important aspects of the event and familiarize yourself with the points.

**Race date:**

The Nedbank Runified Breaking Barriers 50km will be held on Saturday 23 May, 2021

**Start/Finish venue:**

Marine Drive, Nelson Mandela Bay Municipality which is walking distance from the hotel-Roughly 400 meters.

**Start time: Please note the start times has been changed slightly**

07:15 – Ladies race

07:45 – Men’s race5

**Course:**

The race will be run in and out and back format on a loop course measuring 10km for one completed lap. Athletes will have to complete 5 laps to finish the 50km. The route has officially been recognised by World Athletics and has course certification. The race will also have full road closure.

**Doping Control:**

Doping control will be present, and athletes will be subject to doping control tests being done in the event of a record being broken, as well as at random under the discretion of the Anti-Doping body present.

**IAU compliance:**

The Nedbank Runified Breaking Barriers 50km has received a bronze label from the IAU. Only the Two Oceans and Comrades Marathons in South Africa are the other two to achieve this. We are proud to say that we have achieved this in our first year. Any records broken on the day will be acknowledged and approved, pending doping control results.

**Prize Money and incentives:**

All prize money and incentives will be paid to athletes, after doping control results have been received. These will be paid directly to the athlete’s bank account. If an athlete would like their prize to be paid to their manager, a written signed letter should be addressed and signed for by the athlete requesting this.

**IAU World Record times:( previous newsletter was not correct)**

Current men’s record: THOMPSON MAGAWANA 2h43min 38sec – Claremont

Current women’s record: ALYSON DIXON 3h07min 20sec – Romania.

\*Des Linden ran 2h59m in April 2021 - still to be rectified and approved by IAU

**Race Hotel:**

Please note that the official hotel for the event is **Southern Sun, The Marine**, which is situated on Marine Drive (041) 583 2101. ALL athletes, managers and personnel associated with the event must stay here and no exceptions will be made.

This is to create a bubble for the event which is adhering to strict and necessary Covid protocols. Athletes, managers and partners are to ensure that all social distancing is adhered to, and that masks/buffs are always worn.

International and African athletes will be tested on site at the hotel on arrival and results will be available within 3 hours.There will be an isolation room and positive athletes will be taken to a quarantine guesthouse in Port Elizabeth.

**Time Keeping:**

Time keeping and results will be done by Mobii and you don’t need a time chip.

The Time chip will be at the back of your race number. Please just make sure you put the correct number with the time chip on the front of your vest.

**Race Number:(Instead of Surname your name will be used)**



**Social Media**:

The official hashtag for the event is **#NedbankRunified**. Please always use this hashtag in any race posts on your social media, and tag the Nedbank Running Club in your photos, so that we can also reshare your posts on our platforms. The Nedbank running club social media handles are as follows:

**Twitter: @Nedbank\_RC**

**Instagram: @Nedbankrunningclub**

**Facebook: Nedbank Running Club National**

**Race broadcast:**

The Nedbank Runified Breaking Barriers 50km will be broadcast live both via livestreaming and SABC 2 TV. We will share these details with you in terms of links and channels closer to the time so that you can share 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**