

# 50KM ULTRA MARATHON RECORD ATTEMPT

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BREAKING  
BARRIERS

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Dear Athletes, Managers, and coaches,

13 May 2021

With just 10 days to go till the start of the Nedbank Runified 50km breaking barriers road race in Nelson Mandela Bay Municipality on 23 May 2021 please note the following.

## Covid testing and procedures:

International athletes no longer need to be tested for Covid on arrival prior to hotel check-in as you will still be within your 72-hour pre-flight test window.

You will go through the normal screening procedures.

You will however have to be tested prior to your departure, which is planned on Saturday morning, 22 May, from 9:00 at the hotel. This will be done by Dr. Plaatjies from Ampath.

On race day, all athletes will complete their Covid screening form in the Oyster Catcher room, where you can also leave your tracksuits, etc, prior to leaving the hotel to warm up. You will then be screened at the road fence access before entering the start/finish area.

## Bavaria and Thirsti Water refreshment area:

When finishing the race, you will be issued with a mask that you must put on immediately.

There will be a **Bavaria** and **Thirsti Water** refreshment area situated at the finish area. This will be situated off the inlet road on the field. Athletes are welcome to relax with refreshments after the race but are encourage not to spend time here. Please take your drinks and move away to be Covid Protocol compliant.

Below is a layout of the Start/Finish area, with **Bavaria** and **Thirsti Water** area marked on the diagram:

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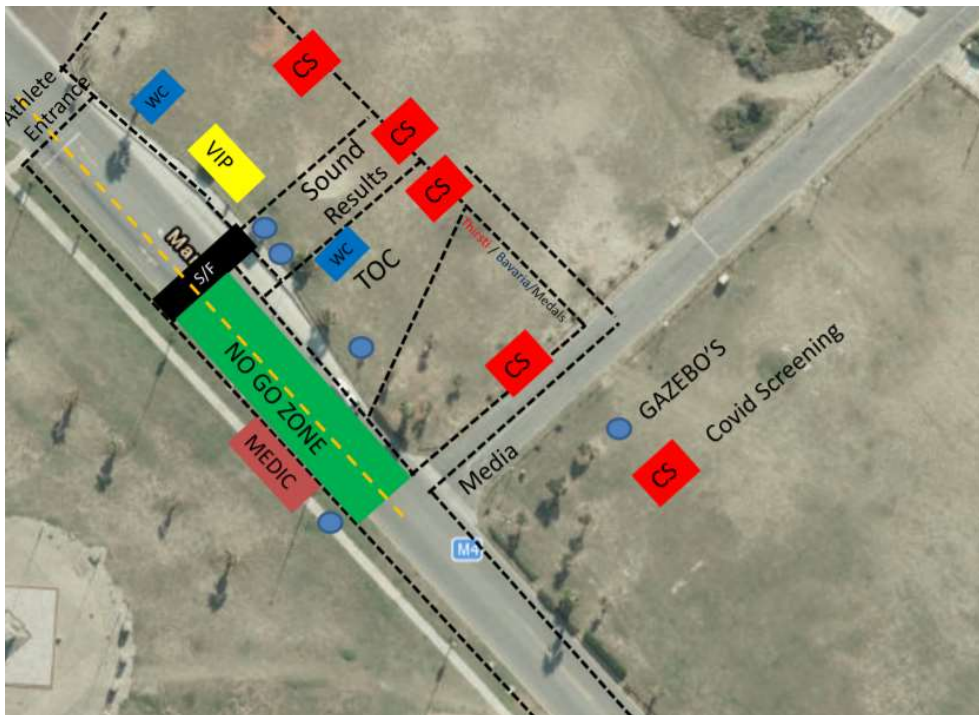
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The Start/Finish area is also within walking distance to the race hotel where all athletes, coaches, managers and event staff will be staying:



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## **Massage service.**

There will be 2 x masseuse available at the race hotel-Southern Sun Marine as from Friday pm till Saturday pm.

You must book your appointment on the first floor. There will be a list outside the door where you can write your name and time in to secure your appointment.

## **Race broadcast:**

A reminder that the Nedbank Runified Breaking Barriers 50km will be broadcast live on SABC 2 and via livestreaming. The race will be Live Streamed on the following platforms-Nedbank Running Club Facebook, Nedbank YouTube, EPA Facebook, and EPA YouTube. Runners Guide Facebook page. All five platforms.

We will share more of 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 will continue to update you all with info and news through to race day.

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

**Nick Bester**  
**Race Director**