**Dear Athletes, Managers, and coaches 11 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 race day important info of the event and familiarize yourself with the points.

**Race numbers and ASA license number:**

Athletes will be issued with 2 x special race numbers by MOBII – Must be worn-one at the front with the timing chip on and one at the back.

**All South African athletes need to register at their respective clubs and need to bring their current ASA 2021 LICENSE number with**.

International athletes will be issued with a temp license number by EPA.

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**Refreshment stations and personal drinks:**

There will be 3 refreshment points and 1 personal bottle point on the 10km loop roughly at 2km from start, 4,6km, and 7,4km.

The point for the Personal tables will exist of 10 tables marked T1 – 10 on both sides of the road.

The points will be at 4.5km 9.4km 14.5km 19.4km 24.5km 29.4km 34.5km 39.4km 44.5km.

**Thirsti Water** will be provided at the stations in 300 ml bottles with an easy opening flip cap.

**Biogen** energy gels and supplements like Electrolites will be available on the tables.

**Future Life** food bars will be available on the tables.

**Important**-If you need anything else you need to supply us with your personal drinks bottles that we will put on the personal drinks table for you as no coke will be provided.

**Bavaria** refreshment drinks will be served after the finish line.

Athletes’ personal bottles need to be handed in with their mixtures in the bottles on the Saturday before race day at the Southern Sun Marine race hotel between 15:00 and 18:00. No exceptions will be made.

These bottles will be kept secured and locked up and will be served cool on the tables on race day. These bottles will also be under security control to ensure nothing is tampered with.

**Should any athletes intend to use their own personal bottles they must make sure to bring those bottles along -we are not supplying you with the personal bottles.**

Waterpoint 1 - 2km. 4 tables – Thirsti Water / Biogen / Futurelife



Personal tables – 10 tables marked T1 – 10 on both sides of the road.

At 4.5km 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



**Race Results and time keeping.**

This will be done by Mobii elite and you don’t need to bring any timing chip to the race.

Results will be available at:

<http://www.mobiielite.com/results/RaceID/7c9e9bac-7f6c-4cac-a043-2b387e04459d>

We will also take your standard marathon 42,195 km split.

**Race broadcast:**

A reminder that the Nedbank Runified Breaking Barriers 50km will be broadcast live on SABC 2 and via livestreaming. 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 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**