

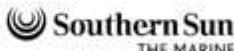


SUNDAY 6 MARCH 2022
POLLOK BEACH, SUMMERSTRAND

06h00



WORLD ATHLETICS ELITE ROAD RACE LABEL





Rules and Regulations

1. Organised in accordance with the rules and regulations of World Athletics, ASA and EPA.
2. Athletes must in particular note that this event is a World Athletics Elite Label and will be held to those standards.
3. World Athletics ranked Elite Athletes participation may only be contracted through an qualified Athletes Representative, the National Federation or direct with the athlete.
4. All athletes indemnify the National, Provincial and Regional bodies, sponsors and organizers against all and any actions of whatsoever nature.
5. Athletes must be licensed members of a club affiliated to ASA. Invited / International athletes will be provided with the necessary temporary license as per ASA rules.
6. Athletes must be at least 20 years or older to participate in the 50km.
7. Athletes who have been vaccinated should upload their vaccination certificates to the web site at time of entry, or before race day if they get their vaccination between entry and race day.
8. Athletes must run in officially recognised Club or World Athletics colours with the Official race number on the front and back of the vest. Licence numbers are not required as ASA special race number rules apply. Additionally it is the athletes responsibility to ensure their vests comply with World Athletics rules and advertising regulations.
9. Athletes must attend a compulsory Athlete Technical meeting on Saturday at 14h00. in the Race hotel. Athletes must bring their running kit and their shoe declaration form which will be included in the race pack. This is a World Athletics elite label event and athletes are required to declare, and abide by their declaration, for the shoes they use on race day. A list of acceptable shoes will be displayed at race registration and is also available on the World Athletics web site which is updated every Friday. The athlete is responsible for ensuring the declaration form is submitted by end of the Athletes Technical Meeting. It the intention is to wear a shoe that is not on the list this must be brought to the attention of the chief referee or technical manager at the meeting.
10. Race venue is an alcohol free and spectator free zone.
11. The 50km race will start at 06:00 from Pollock beach.
12. The women will start first and separate from the men who will start 6h30.
13. The route follows a 10km lap running south towards the Golf Club, turns to run north to turn at Kings Beach and return to Pollock beach. There will be 5 complete laps.
14. All Traffic Officials, Covid Officials and marshals must be obeyed. Breach of any Covid regulation or requirement may lead to instant removal without appeal. The race organiser and safety / covid officer have final decision in this regard
15. The athlete will have two race numbers and both contain a chip. Under no circumstances must the number be folded.
16. Timing will be from Gun to Mat. Due to Covid all runners will be required to maintain social distancing with masks until 2 minutes prior to the start. There is a very strict protocol for line up and start and ALL runners will be required to abide 100% to this start process. Any contravention will bring instant disqualification from any of the start officials.
17. The Race medical staff may attend the athlete during the event and can, when necessary, require the athlete to withdraw from the race.
18. Refreshment tables will offer water, and Biogen energy gels, and a coke type drink.
19. Personal drinks will be available on each lap at approximately 5km and 9.3km. Athletes who wish to make use of this must provide their own bottles and distinctive decoration / label that will be include their race number. These must be handed in immediately after the technical meeting and will be cool stored under security to be placed on the tables by officials. ONLY race officials will be allowed to be in the athletes personal drink tables.

The athlete will be required to collect their own bottles from the table under the supervision of race officials.

20. Managers, coaches, and other personnel are NOT allowed to tour the route, NOR provide any form of coaching, medical assistance or refreshment at any time during the race.
21. All waste must be disposed of in the "Refuse Throw areas" provided along the route up to 200m past the water point. Litter MUST be discarded into these very large areas. This is considered Covid Medical waste. For this reason, littering in non-designated areas may lead to instant disqualification. Intentional littering could also lead to disqualification. It is every athletes responsibility to read, and comply with these requirements. No contraventions will be entertained
22. There is a 20 metre "No Go" area immediately before and another immediately following the finish line. The athlete must exit these areas as early as possible and collect a new Mask which must be worn from this point.
23. There will be Doping Control at the event under the authority of the Athlete Integrity Unit and SAIDS. This may require any athlete to be subjected to testing both before and or after the race in accordance with all relevant World Athletic rules. When finishing the race those selected for testing will be approached and chaperoned from that point by Doping Control staff.
24. All finishers must self-collect their event medal and refreshment as they exit the finish area.
25. Gold, Silver and Bronze medals will be awarded to the overall Male and Female winners at the finish line. This will be for live broadcast and those runners will be escorted to the award area immediately after finishing and any initial interview.
26. The cut off time for the race is 5 hours.
27. Full results, photographs and live streaming will be available on www.nickbsport.com
28. Live results coverage will be provided – on Finishtime and on Nedbank site.

Entry Criteria and Prize Money

- The event is a based-on invite with a 200-runner limit including suitable age group athletes who declare their intention and have reasonable ability to go for the relevant World Age Group Best. National records will also be considered providing the athlete declares their intent to break that record at the Technical Meeting and provide proof of the current record. The athlete will be responsible for the costs of any doping control required for the ratification of the record.
- World Age Group Best can be broken on a 5-year category.
- Athletes may also focus on their relevant Continental Best.
- The value of the cash incentives for Age Group and Continental Best will be announced at the Athletes Technical Meeting when the number of Age Categories and Continents represented is clear.
- Athletes are responsible for, and must, ensure that all entry details are complete and correct at the time of registration. The athlete must ensure they are correctly affiliated to any organization required for the recognition of the best / record. Any omission on details may affect the status of the record or best.
- The athlete who believes they have broken a record or best must report to the race referee and doping control officer immediately after exiting the No Go Zone at the finish.
- The organizer has right to declare any record / best attempt publicly as part of event promotion
- The organizer has the option of providing suitable legal pacers. The Pacing strategy will be announced at the compulsory Athletes Technical Meeting.
- Application to enter the event is as below:
 - Athletes who meet the identified men and women criteria based on previous 50km, marathon and / or 10km in the tables below can apply to organizers for consideration of entry. E-Mail to nbsport@lantic.net or nickbsport@lantic.net
 - The athlete must provide a resume to support their application showing their potential to compete at the required record level. Platinum level will get free entry.
 - The organizers have the option, but no obligation, to assist an athlete with expenses based on the submission.
 - The organizers may accept other / additional athletes who do not make the required age category criteria for purposes of achieving set numbers for competition, pacing or ambassadorial roles.

50km PRIZE MONEY

Men & Women	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Open	R130 000	R60 000	R35 000	R25 000	R10 000	R7 000	R 6 000	R5 000	R2 500	R1 000
35-39	R2 000	 								
40-44	R2 000									
45-49	R2 000									
50-54	R2 000									
55-59	R2 000									
60-64	R2 000									
65-69	R2 000									
70+	R2 000									
Continental Records										
Africa	R2 500									
Asia	R2 500									
Europe	R2 500									
North America	R2 500									
Oceania	R2 500									
South America	R2 500									



Prize money for 50km (All Prize money will be paid via EFT once clearance has been received from Athletics South Africa. No cash prize money will be paid to athletes. ID Documents are needed for category winners. All international athletes will be subject to Income Tax, which will be deducted from all money received (including money received from prize money, incentives and any appearance fee (where applicable) as is required by the South African Revenue service. Furthermore, some athletes/Managers may need to be required to get SARB approval prior to payment being made.

Open and Age group entry criteria:

Women Record Attempt Criteria					Men 50km Record Guideline criteria or by approval				
Current Record or Best		50km Criteria (IAU International / National standard)	Guideline of Entry Standard		Current Record or Best		50km Criteria (IAU International / National standard)	Guideline Criteria	
age	50km		Marathon	10km	Age Group	Current 50km Record		Marathon Criteria	10km Criteria
Senior 20-34	02:59:54	03:59:00	03:12:00	41:30	Senior (20-34)	02:42:07	3:08:00	02:31:30	32:30
women only	03:04:24	03:59:00	03:12:00	41:30	35	02:42:14	03:08:00	02:31:30	32:30
35	03:10:27	03:59:00	03:12:00	41:30	40	02:48:39	03:08:00	02:31:30	32:30
40	03:07:20	03:59:00	03:12:00	41:30	45	02:55:00	03:08:00	03:31:30	32:30
45	03:24:04	03:59:00	03:12:00	41:30	50	02:58:18	03:08:00	02:31:30	32:30
50	03:41:57	03:59:00	03:12:00	41:30	55	03:17:26	03:24:00	02:44:00	35:00
55	03:56:52	03:59:00	03:16:00	42:30	60	03:06:28	03:13:00	02:35:00	34:00
60	04:12:55	04:20:00	03:29:00	45:00	65	03:34:18	03:40:00	02:57:00	38:00
65	04:38:22	04:44:00	03:49:00	49:00	70	04:15:55	04:22:00	03:31:00	45:00
70	04:48:23	04:54:00	03:57:00	51:00	75	04:14:57	04:22:00	03:31:00	45:00
75	05:53:54	06:00:00	04:50:00	1:02:00					

Continental Records:

Women's Continental Best Performance		Mens Continental Best Performance 50km	
Continent	Current Record	Continent	Current Record
Africa	03:04:24	Africa	02:42:07
Asia	03:18:34	Asia	02:51:27
Europe	03:07:20	Europe	02:47:42
North America	02:59:54	North America	02:43:45
Oceania	03:19:12	Oceania	02:50:11
South America	03:26:11	South America	02:48:05

COVID-19 INFORMATION DOCUMENT

All Local, International Athletes, Support Staff and Contract workers on the race that participate or work at the Nedbank RUNIFIED 50km Race, due to take place on Sunday 06 March 2022 are advised to submit their **COVID 19 Vaccine Certificate**.

It is advised by the South African Government that people should vaccinate.

International Athletes need to ensure they met all the relevant visa, covid tests, and other vaccinations that may be required by their airline and South African Immigration prior to entering South Africa and in the due time as stipulated by their relevant country and airline after the event.

The Race Organizers will not be held liable to pay any cost for these items, Tests, Accommodation or Food due to the athlete failing to meet the necessary requirements, nor for any Isolation or quarantine from negative tests, or any country requiring such isolation / quarantine prior to or on arrival.

For any meetings, events and any other gathering before or during your stay at the Hotel and before the Start of the race, you need to fill in the COVID register, sanitize and do the required temperature check that will be available.

COVID-19 regulations level as Gazette by the South African Government on 01 October 2021

- Adhere to all Health protocols
- Sanitize at all times
- Wear your mask/buff at all times except from start to finish of race and when vigorously exercising outdoors.
- Social Distancing, at least one and a half meters
- If the persons refuse to disperse, appropriate action will be taken by the designated COVID-19 Enforcement Officer, which may, subject to the Criminal Procedure Act, 1977 (Act No. 51 of 1977), include the arrest and detention of any person at the gathering

***NOTE – if the South African Government enforces any other Alert Level before the race, updates will be done in due time and all the regulations need to be adhered to.**

<https://www.gov.za/covid-19/about/coronavirus-covid-19-alert-level-1>

For information only:

A nearby COVID-19 Testing facility is located at:

3 How Avenue, St George's Park, Port Elizabeth

Tel: 041 393 7904

Cost of PCR tests are R500 (US\$ 35 approx)

Rapid Antigen Tests (RAT) are typically R150 (US\$10 approx)

INFORMATION

For more information, contact Nick Bester (082 454 2222), Office (012 541 0577), or email to nbsport@lantic.net / nickb@lantic.net.



