

# 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 IAU Label event will be held in accordance with to those standards.
3. World Athletics ranked Elite Athletes participation may only be contracted through a 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. Any athlete whose national federation, or government, require the athlete to have a permit to participate outside their country must obtain such permit from these national authorities and submit this to the organisers not less than 14 days prior to race date.
7. Athletes must be at least 20 years or older to participate in the 50km.
8. Athletes who have been vaccinated should have their certificates available if required. - Not Compulsory at this stage.
9. Athletes must run in officially recognised Club or World Athletics accredited 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 athlete's responsibility to ensure their vests comply with World Athletics rules and advertising regulations
10. 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. If 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.
11. International athletes will be allocated, but not issued with a temporary license number.
12. The 50km race will start procedures commence at 05:50 from Pollock beach. The Call room on site will be open from 05:15
13. The women will start first at 6h05, with a separate start for the men at 6h30. This means the women will compete to break the Women ONLY world and continental records.
14. 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. The 50km is 5 completed laps.
15. All Traffic Officials, Covid Officials and marshals must be obeyed.
16. Covid19 information info. There is currently no Covid Compliancy regulation in South Africa, but the following is the basis of the earlier Covid regulations which may be expected in an outbreak situation.
  1. All Local and 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, 26 February 2023, **may** be requested to submit their Covid 19 Vaccine Certificate.

2. Any Covid protocol such as wearing of mask, social distancing and or start and finish area processes will be discussed at the race briefing. Athletes will be required to abide 100% to such processes.
17. The athlete will have two race numbers, and both contain a chip. Under no circumstances must the number be folded.
18. Timing will be from Gun to Mat.
19. The Race medical staff may attend the athlete during the event and can, when necessary, require the athlete to withdraw from the race.
20. Refreshment tables will offer Thirsti water, and Biogen energy products, and a coke type drink.
21. Personal drinks will be available on each lap at 3 points approximately at the 3km ,5km and 9.3km. Athletes who wish to make use of this must provide their own bottles and distinctive decoration / label that will 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.
22. 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.
23. 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. Littering in non-designated areas may lead to instant disqualification. Intentional littering could also lead to disqualification.
24. 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.
25. 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.
26. All finishers must self-collect their event medal and refreshment as they exit the finish area.
27. Gold medals will be awarded to the top 10 Male and Female winners at the finish line. The live broadcast of the prizegiving will be for the top 3 male and female runners and those runners will be escorted to the award area immediately after finishing.
28. The cut off time for the race is 5 hours
29. Full results, photographs will be available on [www.nickbsport.com](http://www.nickbsport.com) and [www.nedbankruuningclub.co.za](http://www.nedbankruuningclub.co.za)
30. Live streaming and live results coverage will be provided – on Finishtime and on Nedbank Facebook page, EPA Facebook page and [www.nedbankruuningclub.co.za](http://www.nedbankruuningclub.co.za)
31. It is every athlete's responsibility to read and comply with these requirements. No contraventions will be entertained.

## Entry Criteria and Prize Money

- The event is a based-on invite with a 300-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.
- World Age Group Best can be broken on a 5-year category but prize money is for every 10 years age group.
- Athletes may also focus on their relevant Continental Record.
- 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 21km can apply to organizers for consideration of entry. E-Mail to [nbsport@lantic.net](mailto:nbsport@lantic.net) or [nickbsport@lantic.net](mailto: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
Open	R150 000	R65 000	R35 000	R27 000	R18 000	R5 000	R4 000	R3 000	R2 500
35-39	R2 500	R1 500	R1 000						
40-49	R2 500	R1 500	R1 000						
50-59	R2 500	R1 500	R1 000						
60-69	R2 500	R1 500	R1 000						

MEN & WOMEN	1ST	2ND	3RD	4TH	5TH	6TH	7TH	8TH	9TH
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### Continental Records

Africa	R5 000 Nike Voucher
Asia	R5 000 Nike Voucher
Europe	R5 000 Nike Voucher
North America	R5 000 Nike Voucher
Oceania	R5 000 Nike Voucher
South America	R5 000 Nike Voucher

### WORLD RECORD INCENTIVES

This is for the first male and female athlete who run a new World Athletics -IAU-World Record for 50km.

WORLD RECORD	R100 000
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Extra prize money for the South African Athletes for Males and Female

MEN & WOMEN	1ST	2ND	3RD	4TH	
South African	R30 000	R20 000	R10 000	R7 000	

Total prize purse value R 860 000 ZAR plus R140 000 ZAR for SA Athletes= R1 000 000.00

Plus R60 000 in NIKE Vouchers.

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.

Note this is a World Athletics Elite Label event which means that 1% will be deducted as per WA Label Regulations in terms of support of the AIU doping control programme.

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.

## COVID-19 Information

**There is currently no Covid Compliancy regulation in South Africa**, but the following is the basis of the earlier Covid regulations which may be expected in an outbreak situation.

- All Local and 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, 26 February 2023, **may** be requested to submit their Covid 19 Vaccine Certificate.
- It is advised by the South African Government that people should be vaccinated.
- Any Covid protocol such as wearing of mask, social distancing and or start and finish area processes will be discussed at the race briefing. Athletes will be required to abide 100% to such processes.

## International Athlete Information

### **Visa / Vaccination and Entrance to country:**

It is the responsibility of all International Athletes and any support crew need to ensure they meet all the relevant visa requirements, covid and/or other vaccinations that may be required by their airline and South African Immigration prior to entering and leaving South Africa and in the due time as stipulated by their relevant country and airline.

Please check and ensure you abide by the full travel requirements for the country of departure to South Africa.

### **Participation in South African athletics event:**

All international / foreign runners participating in ASA events are required to have a temporary license valid for the day of competition.

- Where the athlete is invited as a 'Premium Athlete' this will be provided free of charge to the athlete by the organisers
- These will be virtual licenses and paper Temporary licenses will not be issued as all athletes will have national race numbers with chips front and back.

Athletes from countries / National Federations that require them to have permits or documentation to participate in events outside their country, (typically listed on World Athletics

site), must obtain these permissions from their authorities, and submit to the race organisers 14 days prior to race date. Any delay in this process must be notified to Race organisers as early as possible.

Any documentation required from Race Organisation must be requested at the earliest possible date, and any athlete who has a World Athletics status may only communicate through the appointed Athletes Representative.

## Records

### 50Km (Women) Records

Category	Status	Time	Athlete	Country	DOB	Place	MF	Date	Comments
WR	Current	3:04:24	Van Zyl, Irvette	RSA	05.07.1987	Gqeberha	RSA	23.05.2021	* Women only
WR	Current	2:59:54	Linden, Desiree	USA	26.07.1983	Dorena	USA	13.04.2021	* Mixed event
Africa	Current	3:04:24	Van Zyl, Irvette	RSA	05.07.1987	Gqeberha	RSA	23.05.2021	
Asia	Initial	3:18:34	Yoshida, Kaori	JAP	04.08.1981	Yubetsu	JAP	24.06.2018	
Europe	Current	3:07:20	Dixon, Alyson	GBR	24.09.1978	Brasov	ROU	01.09.219	
North America	Current	2:59:54	Linden, Desiree	USA	26.07.1983	Dorena	USA	13.04.2021	* Mixed event
Oceania	Initial	3:19:12	Fairweather, Jackie	AUS	11.10.1967	Canberra	AUS	13.04.2008	
South America	Initial	3:26:11	Wandscheer, Ilaine	BRA	26.12.1978	Rio Grande	BRA	11.02.2007	
35	Current	3:10:27	Stelmach, Dominika	POL	28.02.1982	Gqeberha	RSA	23.05.2021	
40	Current	3:07:20	Dixon, Alyson	GBR	24.09.1978	Brasov	ROU	01.09.2019	
45	Current	3:20:34	Loughnan, Sorcha	IRL	29.08.1976	Donadea	IRL	12.02.2022	
50	Current	3:41:57	Petrie, Lavina	GBR	13.09.1943	Canberra	AUS	10.04.1994	
55	Current	3:56:52	Laws, Meghan	USA	16.04.1961	Phoenix	USA	14-15.12.2019	24h race interm.
60	Current	4:12:55	Will, Nancy	RSA	02.10.1952	Cape Town	RSA	04.04.2015	

65	Current	4:38:22	Young, Shirley	AUS	24.12.1929	East Burwood	AUS	29.07.1995	
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## 50Km (Men) Records

Category	Status	Time	Athlete	Country	DOB	Place	MF	Date	Comments
WR	Current	2:40:13	Makoka, Stephen	RSA	31.01.1985	Gqeberha	RSA	06.03.2022	
WR	Initial	2:38:43	Albertson, Clayton Jordan	USA	11.10.1993	San Francisco	USA	08.10.2022	Pending Ratification
Africa	Current	2:40:13	Makoka, Stephen	RSA	31.01.1985	Gqeberha	RSA	06.03.2022	
Asia	Current	2:51:27	Kazami, Nao	JAP	09.04.1983	Brasov	ROU	01.09.2019	
Europe	Current	2:47:24	Ruel, Guillaume	FRA	12.11.1997	Gqeberha	RSA	06.03.2022	
North America	Initial	2:43:45	Cox, Josh	USA	09.08.1975	Tempe	USA	16.01.2011	
North America	Initial	2:38:43	Albertson, Clayton Jordan	USA	11.10.1993	San Francisco	USA	08.10.2022	Pending Ratification
Oceania	Initial	2:50:11	Martelletti, Paul	NZL	01.08.1979	Boddington	GBR	01.07.2012	Under investigation
South America	Initial	2:48:05	Pereira da Silva, Jose	BRA	05.07.1974	Rio Grande	BRA	15.02.2009	
35	Current	2:40:13	Makoka, Stephen	RSA	31.01.1985	Gqeberha	RSA	06.03.2022	
40	Current	2:48:26	Gongqa, Longile	RSA	22.02.1979	Brasov	ROU	01.09.2019	
45	Current	2:45:59	Lebopo, Mabuthile	LES	25.12.1975	Gqeberha	RSA	06.03.2022	
50	Current	2:58:18	Kotov, Vladimir	BLR	21.02.1958	Cape Town	RSA	03.04.2010	
55	Current	3:17:26	Perkins, Otho	USA	08.03.1930	Worthington	USA	03.23.1986	
60	Current	3:06:28	Hughes, Tomas Edward	IRL	08.01.1960	Lisburn	GBR	29.05.2021	

65	Curre nt	3:34: 18	Shaw, John	AUS	03.06.19 53	Wangarat t	AU S	28.10.20 18	
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- Note: These records can be rectified before the final race briefing.

## Information

For more information, contact Nick Bester (082 454 2222), Office ([012 541 0577](tel:0125410577)), or email to [nbsport@lantic.net](mailto:nbsport@lantic.net) / [nickb@lantic.net](mailto:nickb@lantic.net).