

Nedbank Runified Breaking Barriers 50 km Ultramarathon

26 February 2023



BREAKING BARRIERS

18 January 2023

Nedbank Runified Breaking Barriers 50km Newsletter.

The third running of the Nedbank Runified Breaking Barriers 50km which returns to the Nelson Mandela Bay on 26 February 2023 has once again attracted a world class elite field, with some surprise entries still expected with final entries closing this Friday, 20 January.

In its first edition, Nedbank running club athletes Keteme Bekele Negasa and Irvette van Zyl both set new 50km world records with South Africa's Stephen Mokoka setting a new men's world record in last year's event. With the calibre of entries received so far, fast times are expected once again.

Race director and former Comrades Marathon winner Nick Bester has been pleased with the calibre of entries received for this year's event. "It is a really great strong and balanced international field for this year's race and we have received requests from athletes wanting to run all over the world," said Bester. "One must also remember that there are still a few days left until special entries completely close, and as like last year where Mokoka entered on the last day, I expect some surprise last minute entries to come through."

We must take note that American CJ Alberton ran a faster time than Mokoka's world record last year. It must be noted that Mokoka's 2:40:13 from last year's event is still the official world record, with World Athletics still to approve the other mark.

Please note on the following important points and news.

1. Start times:

Because of weather patterns in Port Elizabeth this time of the year we decided to move the start a little bit earlier to make sure we give you as an athlete the best conditions to run at your best. The wind may blow but it only usually starts at around 10h00 or later. We also took the temperature on Raceday into consideration which may get hot later in the day.

Astronomical Twilight on 26 February 2023 will be 5h06 and Civil Twilight will be 5h36 with Sunrise at 6h02. These starting times will be light enough also to have full Television coverage at the start.

Women start time: 5h30 am

Men start time: 5h50 am

2. Accommodation:

There are numerous sporting events happening in Port Elizabeth during the end of February and beginning of March-Cycle tour, Golf Tournament and Iron Man.

You have to make sure to make your accommodation booking this week or you might battle to find accommodation close to the start.

If you want to stay in the race hotel you have to do this now.

Race Hotel Details: All athletes and support staff are advised for their own comfort to stay at the official Race hotel Southern Sun Marine Hotel, Marine Drive, Gqeberha where registration, press conference and prize giving will take place. The hotel is 300 metres away from the start and finish venue.



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The hotel is offering special rates to athletes and management at the hotel at **R1550.00 B&B for Single and R1750 (R875 per athlete) for Double/Twin Rooms.**

Once accepted as an entrant, you and your support team may book and pay for your accommodation directly with the Southern Sun Marine Hotel at the discounted rate. Please quote booking code **4220225** to receive the special rate.

Accommodation bookings can be made asap on this special rate after your entry being completed. – This could avoid last minute scrambles with room allocations and bookings.

Hotel Information

Nicoleen Blignaut is the contact person at the Southern Sun Marine Hotel for the reservations.

Email: Nicoleen.Blignaut@southernsun.com

Landline: 041 583 2101

Southern Sun the Marine, Marine Drive, Summerstrand, Port Elizabeth, 6001

Non – SA resident will need to provide the following details with their hotel bookings

Surname

First Name (Full)

Passport Number

E-mail Address

Residential Address (Street, City, Code and Country)

Home Telephone Number

Mobile Telephone Number

3. World Records

Current WA approved records are as follows: www.worldathletics.org

Women only World Record: Current World Record 3:04:24 Irvette van Zyl, RSA - Port Elizabeth RSA 23.05.2021

Women World Record (mixed race):

Current World Record 2:59:54 Des Linden, USA - Dorena Lake USA 13.04.2021

Men's World Record:

Current World Record 2:40:13 Stephen Makoka, RSA - Port Elizabeth RSA 06.03.2022

(Pending Ratification by WA and IAU World Record: CJ Albertson 2:38:43 -San Francisco - 8.10.2022)

4. Anti-Doping -Athletes Integrity Union-World Athletics

Selection for doping control. The selection criteria and, where applicable, recommendations for target testing at the competition will be communicated directly to the lead Doping Control Officer once the athlete has been identified.

Athletes achieving World Records have to submit them to doping control, immediately.

after the event in accordance with the Book of Rules C1.1 (Competition Rules 31 (Amendment to Rules 31.3.5 and 31.14.4))

Please be aware, however, that the AIU may ask to conduct extra in-competition tests.

The AIU will then liaise directly with the sample collection authority of Drug Free Sport South Africa

The AIU may also decide to conduct additional pre-competition

tests, including blood testing as appropriate. If so, the AIU will notify you in advance and



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you will be required to take all necessary steps to facilitate such Testing.

As per World Athletics Anti-Doping Rules, all doping control samples collected at the event will be sent to a WADA accredited Laboratory for analysis as soon as possible after collection.

Reporting

World Athletics-AIU is duly recorded as the Testing Authority and Results Management Authority at all stages of the doping control process, for results management purposes.

5. Payment of Prize Money

No prize money from the Competition will be paid to athletes unless and until we have received written confirmation following receipt of the analytical results. The analytical results from the Competition will be sent by the Laboratory directly to the AIU and we will then communicate with you accordingly.

6. Flight and pick up requirements

Please send us your flight details to Port Elizabeth if you want us to pick you up at the airport nbsport@lantic.net

7. Athletes Profiles

Please send us your full resume and CV with a photo included if we do not have it yet. This will be used on our website www.nickbsport.com and distributed to the media for publicity before and after the event.

8. Media conference.

We will have an official media conference on Friday 24 February 2023 at 16h30 and we ask the managers of top athletes to make sure to send us a list of your Elite top athlete that you request to be invited to the media conference at the Marine Hotel-Marine Drive Summerstrand.

The Nedbank Runified Breaking Barriers 50km is a World Athletics Elite label recognized event. The stamp given to the best events, and the first ultra-marathon in the world to receive this recognition. Next week we preview a very exciting women's race which boasts a number of athletes who are capable at taking a shot at a new world record.

The race will be televised live on Super Sport for 4 hours as early as from 5h20 to 9h30.

Visit the race website www.nickbsport.com or www.nedbankrunningclub.co.za for more info.

Race Office Queries: **012-5410577**.

