

Nedbank Runified Breaking Barriers 50 km Ultramarathon

26 February 2023



BREAKING BARRIERS

2023 Nedbank #Runified 50km Port Elizabeth Athletes Technical Meeting 16h00 on Saturday
25 FEBRUARY 2023
Southern Sun Marine Hotel, Fish Eagle Room

AGENDA

1. Opening of the meeting by Technical Delegate – Mr Jerome Moses
2. Introduction of delegates
3. Word of welcome by Nedbank - Nick Bester
4. Word of welcome by ASA President - Mr James Moloji
5. Word of welcome by EPA President - Mr Sticks Stiglingh
6. Athletes – Irene van Eeden
7. Technical information – Mr Norrie Williamson Technical Advisor
 - 7.1 Kit and advertising
 - 7.2 Route
 - 7.3 Start Procedure
 - 7.4 Finish Area
 - 7.5 Personal Drinks
 - 7.6 Refreshment Stations
 - 7.7 Results, records
 - 7.8 Appeals
 - 7.9 Marathon, World Athletics points and rankings
 - 7.10 Anti-Doping Control
8. Victory Ceremony and Prizes
9. Race day Rules
10. General
11. Closing

