

RULES OF ENTRY

1. Eligibility to participate

The following age restrictions apply to Road Running in Namibia:

- 1.1. Minimum age to participate in a road race is 12 years,
- 1.2. Under age 14 - maximum 10km
- 1.3. 14/15 years - maximum 15km
- 1.4. 16/19 years - maximum 32km
- 1.5. Entrants for the full marathon must have turned 20 years of age by the day of the race.
- 1.6. Ages shall be taken as being the age of the athlete on the day of the race.
2. One race number will be provided by the organisers and must be worn on the front of the running vest (chest).
3. The official cut-off time for the marathon will be five (5) hours, or 12:00. The official cut-off time for the 10km run is 120 minutes.
4. Traffic rules are to be strictly adhered to and the instructions of Traffic Officials and Marshals **must be obeyed without question.**
5. Athletes will run/walk in single file on the **right hand side of the road** unless otherwise instructed by an official.
6. Refreshment stations will be placed along the route at intervals of approximately three (3) kilometres.
7. Distance markers will be placed at three (3) kilometre intervals with the final ten (10) kilometres being marked at one (1) kilometre intervals.
8. Any objection or appeal must be lodged with the race director not later than thirty minutes after the end of the race together with a fee of N\$200. If the objection is upheld, the fee will be refunded. The decision of the Jury of Appeal will be final and no correspondence will be entered into.
9. Prize giving will take place shortly after the final cut-off for the marathon at the start/finish point at the Swakopmund Vineta Central Sport Fields.

 **LIVE WELL**  **BE WELL**



CONTACT: Frank Slabbert, tel +264 64 405788, Cell 081 240 3383, fatslab@iafrica.com.na
or Botha Ellis, tel +264 64 520 2426, cell 081 286 0456, botha.ellis@riotinto.com

RÖSSING MARATHON NATIONAL CHAMPIONSHIP

Entry form:

- Marathon
- 10km Run

 **LIVE WELL**  **BE WELL**

1991 - 2016

Rössing Marathon

25 Years

of celebrating healthy lifestyles!

1976 - 2016

40 years of uranium oxide production in Namibia!

Rio Tinto
Rössing Uranium
Working for Namibia

AGE CATEGORIES MARATHON & 10KM RUN

CATEGORY	AGE GROUP	MARK
MEN'S OPEN	20 - 39	
LADIES OPEN	20 - 39	
VETERAN MEN	40 - 49	
VETERAN LADIES	40 - 49	
MASTERS MEN	50+	
MASTERS LADIES	50+	
GRAND MASTERS MEN	60+	
GRAND MASTERS LADIES	60+	
JUNIORS (10km) MEN	12 - 19	
JUNIORS (10KM) LADIES	12 - 19	

WAIVER

I know that running a road race is potentially hazardous. I should not run unless I am medically fit, able and properly trained. I agree to abide by any decisions of a race official relative to my ability and to safely complete the run. I assume all risks associated with running in this event, including high levels of heat/humidity/cold/wind/fog, traffic and the condition of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Swakop

Striders, the town of Swakopmund, Namibia and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event, even if that liability arises out of negligence or carelessness on the part of the persons/entities named in this waiver.

By signing here I also acknowledge that I read and understand the RULES OF ENTRY listed on the back page of this entry form.

SIGN:

DATE:

REGISTRATION: Friday, 12 February from 18:00 - 21:00 & Saturday, 13 February from 5:00 - 6:00

VENUE: Vineta Central Sports Fields, Swakopmund

MARATHON - 42km

NAME	
ADDRESS	
CONTACT DETAILS	
EMAIL	
CLUB / REGION / COUNTRY	
LICENCE NUMBER - (IF REGISTERED WITH ATHLETICS NAMIBIA)	
T-SHIRT SIZE (PLEASE ENCIRCLE CORRECT SIZE)	S / M / L / XL / 2XL / 3XL / 4XL
DATE OF BIRTH	

ENTRY FEE: N\$60 (Namibia & SADC), N\$100 (International)

10km RUN

NAME	
ADDRESS	
CONTACT DETAILS	
EMAIL	
CLUB / REGION / COUNTRY	
LICENCE NUMBER - (IF REGISTERED WITH ATHLETICS NAMIBIA)	
T-SHIRT SIZE (PLEASE ENCIRCLE CORRECT SIZE)	S / M / L / XL / 2XL / 3XL / 4XL
DATE OF BIRTH	

ENTRY FEE: N\$40 (Namibia & SADC), N\$60 (International)