

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 kilometres.
 7. Distance markers will be placed at approximately three 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.

**RÖSSING URANIUM AND ALL OUR RACE PARTNERS
THANK YOU FOR SUPPORTING HEALTHY LIFESTYLES!**

www.rossing.com

Rössing Uranium
Working for Namibia

RioTinto

**JOIN THE RACE,
STAY HEALTHY!**

ENTRY FORM



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**RÖSSING MARATHON
NATIONAL CHAMPIONSHIP
11 FEBRUARY 2017**

10km

42km

REGISTRATION: Friday, 10 February from 18:00 - 21:00
VENUE: Vineta North Sports Fields (Next to Live-It Gym)

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

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

10km RUN ENTRY FEE: N\$40 (Namibia & SADC), N\$60 (International)

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

AGE CATEGORIES - MARATHON & 10KM RUN

CATEGORY	AGE GROUP	MARK (X)
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

NAME _____

SIGNATURE _____

DATE _____

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