

## 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 athletics stadium.

# Rössing Marathon National Championship 2015

Walk or run and live a healthy life!

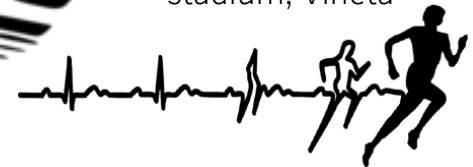
## ENTRY FORM

- 42km
- 10km
- 10km Relay Run



**14 February**

Swakopmund athletics stadium, Vineta



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

**RioTinto**  
Rössing Uranium  
Working for Namibia

## MARATHON - 42km

(7.00)

NAME	
ADDRESS	
TELEPHONE	
EMAIL	
CLUB / REGION / COUNTRY	
LICENCE NUMBER - IF REGISTERED	
T-SHIRT SIZE	S / M / L / XL / XXL (please tick)
DATE OF BIRTH	

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

## 10km RUN

(7.00)

NAME	
ADDRESS	
TELEPHONE	
EMAIL	
CLUB / REGION / COUNTRY	
Licence number - if registered	
T-SHIRT SIZE	S / M / L / XL / XXL (please tick)
DATE OF BIRTH	

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

## 10km RELAY RUN (Uranium companies) (7.00)

COMPANY	
TEAM NAME	
CAPTAIN	
TELEPHONE	
TEAM MEMBERS	

**ENTRY FEE:** N\$80 per team

**10km RELAY RUN FORMAT:** This event is open to Rössing & Erongo uranium company employees & contractors. A team of four runners can be entered in the event. The time of the runner finishing at the Swakopmund athletics stadium will be taken for the final placing of each team. Teams are responsible to transport team members to the respective relay points (start-2.5km-5km) on the same route as the marathon. The handover points are marked along the Henties Bay road.

### AGE CATEGORY - Marathon & 10km Run

CATEGORY	AGE	MARK WITH X
MEN OPEN	20 - 39	
LADIES OPEN	20 - 39	
VETERAN MEN	40 - 49	
VETERAN LADIES	40 - 49	
MASTERS	50+	
GRAND MASTERS	60+	
JUNIORS (10KM)	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. Please read the RULES OF ENTRY on the back page.

**SIGN:**

**DATE:**

Registration on Friday 18:00 - 21:00 and Saturday 5:00 - 6:00 at the Vineta stadium.