

Rössing Uranium supports Namibian World Athletics Championship participants

7 August 2017

All five Namibian athletes who participated at the IAAF World Championships over the weekend are previous winners at the Rössing Marathon National Championship. Paulus Iiyambo and Helalia Johannes (2017 - marathon), Lavinia Haitope (2017 - 10 km Run), Reonard Namupala (2016 - marathon) and Beata Naigambo (2016 – 10 km Run) have all been recent champions. Even the athletes' coach, Robert Kaxuxuena, has previously won the Rössing Marathon (in 2003). As part of Rio Tinto Rössing Uranium Mine's efforts to pro-actively promote healthy, safe and environmentally-responsible lifestyles among our stakeholders, the Rössing Marathon Development Bonus, worth N\$40 000, was handed over to the two current Rössing Marathon national champions, Paulus and Helalia, in Windhoek. The bonus was first introduced in 2011, with an amount of N\$280 000, over and above the competition prize-monies, that have already been contributed toward the career development of long-distance athletes in Namibia since then.

During the handover event before the athletes departed for the IAAF World Championships in London, Rössing Company Secretary, Glynis Labuschagne, congratulated Paulus and Helalia and wished them good luck for the rest of the year. She said: "Funding through the bonus is meant to support the careers of the two Rössing Marathon winners during the year of their reign as Namibia's national champions. This is support provided over and above the cash prizes of the marathon championship, to help develop Namibian sport talent and assist in their preparations for competitions elsewhere. We hope that this will give our champions a good platform from which to launch successful participation in future events. We'll eagerly follow their performances throughout the rest of the year." Both runners did well in London this past weekend, where Helalia finished in 19th place overall in the women's event and Paulus in 37th place for the men.

Paulus and Helalia expressed their gratitude for the support from the mine. Paulus said: "One of the benefits of the development bonus is that it puts us in a position to acquire special exercise and competition gear. Some clothing and gear is scientifically made to add support and make exercise and competition more comfortable. For example - running tights and vests that allow your body to stay cool while you run; special sport bra's for the ladies; and sports watches that help track your heart rate. I also appreciate that the Rössing sponsorship allows me access to otherwise hard-to-afford supplements to replace lost nutrients in my body. In marathon running, it's very helpful for us to stay healthy and recover faster for the next event."

Helalia added: "Being competitive is all about the health of my body. We start training for a marathon at least four months before the time. The first two months we focus only on endurance. Speed is added to endurance for the final two. With a training programme this rigorous, we need new training shoes every two to three months, and competition shoes or 'runners' every other event, or else we risk serious injury by using shoes with inadequate support for our bodies. A pair of good runners can easily cost up to N\$3 000. Rössing's development bonus enables us to obtain the appropriate gear to help keep us injury-free and perform at our best."

Back in London during the marathon over the weekend, Reonard Namupala finished in the 35th position for Namibia, while Beata Naigambo and Lavinia Haitope finished in the 30th and 50th places respectively in the women's division. If all goes well, the Namibian marathon champions will give even better account of themselves going forward. Helalia is the defending champion in the Dublin marathon - taking place in October again - and locally there are also some big events still taking place towards the end of the year. With support at the feet of our best athletes in the form of quality running shoes and access to the best gear through the Rössing Marathon Development Bonus, the sky is the limit for these committed ambassadors of healthy lifestyles. Rössing Uranium management and staff wish our sport ambassadors good luck and good health and hope to see the best back at the Rössing Marathon National Championships in Swakopmund, in February 2018!

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About Rio Tinto

Rio Tinto is a leading international mining group headquartered in the UK, combining Rio Tinto plc, a London and NYSE listed company, and Rio Tinto Limited, which is listed on the Australian Securities Exchange.

Rio Tinto's business is finding, mining, and processing mineral resources. Major products are aluminium, copper, diamonds, energy (coal and uranium), gold, industrial minerals (borax, titanium dioxide, salt) and iron ore. Activities span the world but are strongly represented in Australia and North America with significant businesses in South America, Asia, Europe and Africa.

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