

Rössing Namibia Marathon Championship and 10km Run

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 Underage 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.
 3. The official cut-off time for the Marathon will be 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) kilometer intervals with the final 10 being marked at one (1) kilometer 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.

**Total prizes of
over N\$60 000**
Prizes in all
categories and
Lucky Draw!

Saturday, 18 February 2012

@ the Swakopmund Athletics Stadium in Vineta

Entry form

Name	
Address	
Telephone/Email	
Club/Region	
Date of Birth	

ENTRY (Mark with X)	Entry Fee
Marathon	N\$60-00 (N\$100-00 for non-SADC athletes)
10km RUN	N\$30-00 (N\$50-00 for non-SADC athletes)
T-Shirt size (please encircle)	S / M / L / XL / XXL
CATEGORY (Mark with X)	
<input type="checkbox"/> Men Open (Age 20 - 39)	<input type="checkbox"/> Masters (Age 50+)
<input type="checkbox"/> Ladies Open (Age 20 - 39)	<input type="checkbox"/> Grand Masters (60+)
<input type="checkbox"/> Veteran Men (Age 40 - 49)	<input type="checkbox"/> Juniors (Ages from 12 to 19yrs – 10km ONLY)
<input type="checkbox"/> Veteran Ladies (Age 40 - 49)	
Licence No (If registered)	
Additional donation to Cancer Association of Namibia (optional) N\$	

***TEAM RELAY EVENT** – This event is only open to Rössing & Erongo uranium mine company EMPLOYEES & CONTRACTORS (Starting time for all events except Fun Walk - 07:00)

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.

SIGNATURE: _____ DATE: _____

(Guardian to sign if under 20 years of age)

URANIUM MINES TEAM RELAY EVENT – EMPLOYEES AND CONTRACTORS

***TEAM RELAY EVENT** – This event is only open to Rössing & Erongo uranium mine EMPLOYEES & CONTRACTORS (Starting time 07:00)

The Uranium mine / Contractor team of four (4) runners can be entered in the 10km relay event. The time of the runner finishing at the Swakopmund Athletics Stadium is to be taken for the final placing of each team. Teams are responsible to transport team members to the relay points, which are about 15km apart on the same route as the Marathon. The points are positioned along the Henties Bay road.

Team Name	
Company/Mine	
Team Captain	
Contact number	
Entry fee	N\$40 per team

Names of team members	Age	Date of Birth

5KM CHARITY WALK FOR THE CANCER ASSOCIATION OF NAMIBIA

Name(s) of 5km walker(s)	Age	Entry Fee N\$10 per walker



Marathon, 10km Run and 10km Uranium mines Team Relay event

Starts @ 07:00
Registration on Friday 18:00 to 21:00 and Saturday 06:00 at venue.

5km Charity Walk for Cancer Association of Namibia

Starts @ 09:00
Registration 08:30 at venue

Prizes for best dressed, funniest hat, tallest, youngest and oldest walkers & largest group!



CONTACT

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