

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, and for the half marathon 16 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 21km run is three (3) hours. The official cut-off time for the 10km run is two (2) hours.
 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 **LEFT hand side of the road** within the municipal area of Swakopmund, unless otherwise instructed by an official - and on the **RIGHT hand side of the road on the open roads** 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 North Sports Field.

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

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RioTinto

Rössing Uranium
Working for Namibia

JOIN THE RACE,
FOR THE HEALTH OF IT!

ENTRY FORM



**RÖSSING MARATHON
NATIONAL CHAMPIONSHIP
SATURDAY 10 FEBRUARY 2018**

10km

21km

42km



REGISTRATION: Friday , 9 February from 18:00 - 21:00
VENUE: Vineta North Sports Field (next to swimming pool)

RACE NUMBER

Are you participating in the... **MARK ONE (X)**

Marathon 42km		Half Marathon 21km		10km RUN	
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NAME (first name & surname)	
AGE & DATE OF BIRTH	
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

ENTRY FEE:

MARATHON 42KM: N\$60 (Namibia & SADC), N\$100 (International)
HALF MARATHON 21KM & 10KM RUN: N\$40 (Namibia & SADC), N\$60 (International)

RACE START TIME:

- Marathon (42km) & Half marathon (21km) - 07:00
- 10km RUN - 07:15
- Uranium Team Relay 10km RUN - 09:00
- Fun Walk 5km - 09:00

AGE CATEGORIES - MARATHON & 21KM & 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 medic fit, able and properly trained. I agree to abide any decisions of a race official relative to my a and to safely complete the run. I assume all ri associated with running in this event, includin high levels of heat/humidity/cold/wind/fog/tr and the condition of the roads, all such risks b known and appreciated by me.

By signing here I also acknowledge that I read and understand the RULES OF ENTRY listed on Page 4 of this entry form.

NAME

SIGNATURE

DATE

Having read this waiver and knowing these fac and in consideration of your accepting my ent for myself and anyone entitled to act on my be waive and release the Swakop Striders, the to of Swakopmund, Namibia and all sponsors, th representatives and successors from all claim or liabilities of any kind arising out of my parti pating in this event, even if that liability arises of negligence or carelessness on the part of tl persons/entities named in this waiver.

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