



Rössing
Marathon

My health, my right!

2019 ENTRY information

SATURDAY | 9 FEBRUARY

ENTRY FEES (Non-refundable)

- 42.2km Marathon @ 7.00
- 21.1km Half Marathon @ 7.00
- 10km Run @ 7.30
- 10km Relay (Invited Erongo uranium companies only) @ 7.30
- 5km Fun walk @ 9.00
- N\$80 (Late registration N\$100)
- N\$80 (Late registration N\$100)
- N\$60 (Late registration N\$80)
- N\$100 (Late registration N\$120)
- N\$10 per walker (human, animal or other)

NEW START/FINISH VENUE: PRO-ED AKADEMIE SPORTS FIELDS, BAOBAB AVENUE, OCEAN VIEW, SWAKOPMUND.

IMPORTANT REGISTRATION INFORMATION:

- Early registration is encouraged. For the Marathon, Half Marathon and 10km Run please complete an **ONLINE ENTRY** at www.rossing.com or visit the Events Today website at www.today.com.na/events. The first 250 paid-up entries receive a branded training vest and buff with your race pack during registration on 8 February from 16.00 to 20.00 at the race venue. **Early entries close at 12.00 noon on 6 February 2019.**
- Only complete, paid-up entries will be accepted.
- 10km Uranium Relay entries for invited uranium companies only.
- The 5km Fun Walk registration will take place at the race venue from 8.00 to 9.00 on Saturday, 9 February 2019.

(All proceeds from the Fun Walk and Uranium Relay will be donated to the Cancer Association of Namibia)

Information office:
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MALE & FEMALE PRIZE MONEY

42.2km Marathon

POSITION	OPEN	VETERAN	MASTER	GRAND MASTER
1st	N\$10 000 (Plus N\$20 000 development bonus for the first Namibian man and lady. Terms and conditions apply)	N\$2 000	N\$2 000	N\$2 000
2nd	N\$5 000	N\$1 000	N\$1 000	N\$1 000
3rd	N\$2 000	N\$500	N\$500	N\$500
4th	N\$1 000			

DID YOU KNOW?
The Rössing Marathon Open record was set more than 20 years ago by Luketz Swartbooi. The time of 2:11:23 is still the record today. One thousand Namibia Dollar is up for grabs to anyone who breaks the Open record in 2019!

21.1km Half Marathon

POSITION	OPEN	JUNIORS	VETERAN	MASTER	GRAND MASTER
1st	N\$3 000	N\$1 000	N\$1 000	N\$1 000	N\$1 000
2nd	N\$2 000	N\$700	N\$700	N\$700	N\$700
3rd	N\$1 000	N\$350	N\$350	N\$350	N\$350

Results, cut-off times & prize-giving ceremonies
No race number, no result. Full results will be made available after the race at www.rossing.com.

10km Run

POSITION	OPEN	JUNIORS	VETERAN	MASTER	GRAND MASTER
1st	N\$1 500	N\$500	N\$500	N\$500	N\$500
2nd	N\$700	N\$300	N\$300	N\$300	N\$300
3rd	N\$300	N\$200	N\$200	N\$200	N\$200

- Cut-off times**
- Rössing Marathon 42.2km: 12.00 (5 hours)
 - Half Marathon 21.1km: 10.00 (3 hours)
 - 10km Run: 9.30 (2 hours)

10km Uranium Relay (for invited uranium companies only)

	Men (x2)	Ladies (x2)	Mixed (male & female)
1st	N\$1 600	N\$1 600	N\$1 600
2nd	N\$1 000	N\$1 000	N\$1 000
3rd	N\$400	N\$400	N\$400



- Prize-giving ceremonies**
- Marathon and Half Marathon prize-giving at 12.30
 - 10km Run and 10km Uranium Relay prize-giving at 10.00
 - 5km Fun Walk prize-giving at 10.00.