

# PROSPERITY HEALTH URBAN CROSS

## RACING

URBAN RACING IN THE  
HART OF WINDHOEK

OLYMPIC DAY  
CELEBRATION



**NAMIBIA**  
NATIONAL OLYMPIC COMMITTEE



IT'S FAST,  
IT'S NEVER BEEN  
DONE BEFORE.

WALK / RUN / BIKE  
DUATHLON



 **PROSPERITY  
HEALTH**

ENTRY FEE N\$50 | DUATHLON N\$70  
MORE INFO VISIT | [WWW.NTF.GO.NA](http://WWW.NTF.GO.NA)

 **anodog.net**  
click.shop.play

 **KOSMOS** 94.1

 **ELECTRO-BOOST**  
Quick recovery to compete optimally  
Performance & Endurance Training

## RACE INFORMATION

VENUE:	Windhoek Show Grounds
DATE:	Saturday, 25 <sup>th</sup> of June 2022
COURSE:	Mixture of terrain along the Windhoek Show Grounds; through show halls, up stairs, down stairs
LAP DISTANCES:	1.4km
ENTRY FEES:	Walk, Run or Mountain Bike - N\$ 50.00 Duathlon - N\$ 70.00
ENTRY DETAILS:	<a href="http://www.ntf.go.na">www.ntf.go.na</a>
PARKING:	Enter Show Grounds from Bell Street; save guarded parking
FACILITIES:	Food and drinks available for sale



**PROVISIONAL PROGRAM**

\*subject to change

No	Start Time	Category	Group	Race	Laps	Distance (m)	Estimated Time (min)
1	11:30	Urban Walk	All		2	2800	30
2	12:00	Urban Run	All	Final	3	4200	40
3	12:45	Urban MTB	Practice	Practice	n/A		20
4	13:10	Urban MTB	U16 B/G	Final	4	5600	25
5	13:40	Urban MTB	Social Open & E bike Men/W	Final	5	7000	25
6	14:10	Urban Duathlon	Practice	Practice	n/A		20
4	14:35	Urban Duathlon	Super Sprint	Final	1+2+1	5600	30
5	15:10	Urban Duathlon	Sprint	Final	2+4+1	9800	50
9	16:10	Urban MTB	Open W	Heat 1	3	4200	15
10	16:30	Urban MTB	Open W	Heat 2	3	4200	15
11	16:50	Urban MTB	Open M	Heat 1	3	4200	15
12	17:10	Urban MTB	Open M	Heat 2	3	4200	15
13	17:30	Urban MTB	Open W	Final	4	5600	25
14	18:00	Urban MTB	Open M	Final	5	7000	25

**Event Details**

URBAN WALK - 2.8km Fun Walk  
Open to all; Kids on Push Bikes, Parents with Prams

URBAN RUN - 4.2km along tarmac and gravel  
Through show halls, up stairs and down stairs

URBAN DUATHLON - Truly Urban along tarmac and gravel  
Through show halls, up stairs and down stairs

***Super Sprint Distance:***

5.6km of 1.4km Run, 2.8km Bike, 1.4km Run

***Sprint Distance:***

9.8km of 2.8km Run, 5.6km Bike, 1.4km Run

MOUNTAIN BIKE - Truly Urban along tarmac and gravel  
Through show halls, up stairs and down stairs