



PROSPERITY  
HEALTH

## Prosperity Life Winter Duathlon Series

So you can bike, Great. So you can Run, nice – But can you run and bike?

The Namibia Triathlon Federation is excited to announce the Prosperity Life Winter Duathlon Series.

### Race Dates

- 11 June 2022 – Sprint Distance Road Duathlon – Windhoek, Daan Viljoen Resort
- 25 June 2022 – Urban Duathlon – Windhoek Show Grounds
- 10 July Standard Distance Age Group and Elite Standard Distance African Duathlon Championships plus a Junior Super/Sprint Distance Zone 3 African Championships – Windhoek, Daan Viljoen resort

### Race Distances

- Super Sprint – 2.5km run – 10km bike – 1.25km run
- Sprint – 5km run – 20km bike – 2.5km run
- Standard – 10km run - 40km bike – 5km run
- Urban Race Distances – 4Km run - 14km Bike – 2km run and 2km run – 6km bike – 1km run  
*Urban distances may vary*

### Series Age Groups and Race Distances

Everyone that enters for all three races will receive a winter limited edition duathlon T-Shirt

Age Category	Distance		
	11 June	25 June	10 July
<12	Super Sprint	Super Sprint	Super Sprint
12-15-	Super Sprint	Super Sprint	Super Sprint
16-19	Sprint	Sprint	Sprint
20-29	Sprint	Sprint	Standard
30-39	Sprint	Sprint	Standard
40-49	Sprint	Sprint	Standard
50-59	Sprint	Sprint	Standard
60+	Sprint	Sprint	Standard
Open (any age cat)	Sprint	Sprint	Sprint
Teams*	Sprint	Sprint	Standard

## Entry Fees

	Members	Non members	Teams 1 Runner and 1 Cyclist	Families of 3 plus, 2 parents and children
Entry Fee for 3 Events	400	500	800	Family of 3 and more non-members = 1250, members = 1000
11 June	100	150	200	3 <sup>rd</sup> family member half price, 4 <sup>th</sup> free
25 June	70 Duathlon 50 run/bike	70 Duathlon 50 run/bike	120 Duathlon	3 <sup>rd</sup> family member half price, 4 <sup>th</sup> free
10 July*	200	250	400	3 <sup>rd</sup> family member half price, 4 <sup>th</sup> free

- Elite entry fees for 10 July is N\$ 600
- Total Prize pool for Elites

Place	Male US\$	Female US \$
1 <sup>st</sup>	750	750
3 <sup>nd</sup>	500	500
3 <sup>rd</sup>	250	250