



NROF March May-June 2025

History

The virtual NROF march was instituted in 2022 and can be conducted as an individual virtual march during June and is administered by the NROF Secretariat.

Conducting the Virtual March

Time

Virtual NROF marches are conducted individually from the 1st of May to the 30th of June and are recorded digitally.

Place

The march is conducted locally.

Lengths

It is possible to attend on either 60 km or 100 km.

There is no requirement that the march must be carried out the following days, but there is a requirement that at least one of the stages must be a minimum of 20 km and neither stage must be below 10 km. There are no requirements for the trail beyond distance.

Attire

The march is conducted in civilian leisure attire or in uniform for military personnel.

Registration

After completing the march, registration is sent by e-mail to marsj@nrof.no containing: Name, Mobile phone number, E-mail and what distance that has been completed. (60 km or 100 km). Those who want to purchase the medal/badge must also register their complete mail address.

Registration must be sent at the latest 2. July 2025.

Participation/Registration is free and everyone can attend.

Results

After registration has been received from the individual participant, this will be registered by NROF secretariat. After 30th of June, an alphabetical overview of those who have completed the various classes will be posted on NROF's website.

There is no requirement for GPS registration or equivalent, but NROF appreciates that those who can register the trail / distance send in a screenshot of this, preferably together with a photo from the activity.

Award

Participants who want proof of completion can purchase an NROF marching medal. The following year it will be possible to purchase additional badges that are affixed to the medal ribbon.

The medal will be available for purchase for 150 NOK/15 EURO, and the "2-, 3- and 4-year badge" can be purchased for 50 NOK/5 EURO, after registered completion of the march.

The wish for a medal/badge is stated in connection with the registration of the completed march. Copy of confirmed payment must be sent to NROF together with the registration of completed march.

Payment to

BIC (Swift): DNBANOKKXXX

IBAN: NO3350330509241

Mark the payment with the name of the participant.

