

# AGN OPEN RACEWALKING GRAND PRIX I on Saturday 6 April 2019

## Incorporating the AGN 10km Race Walking Championship

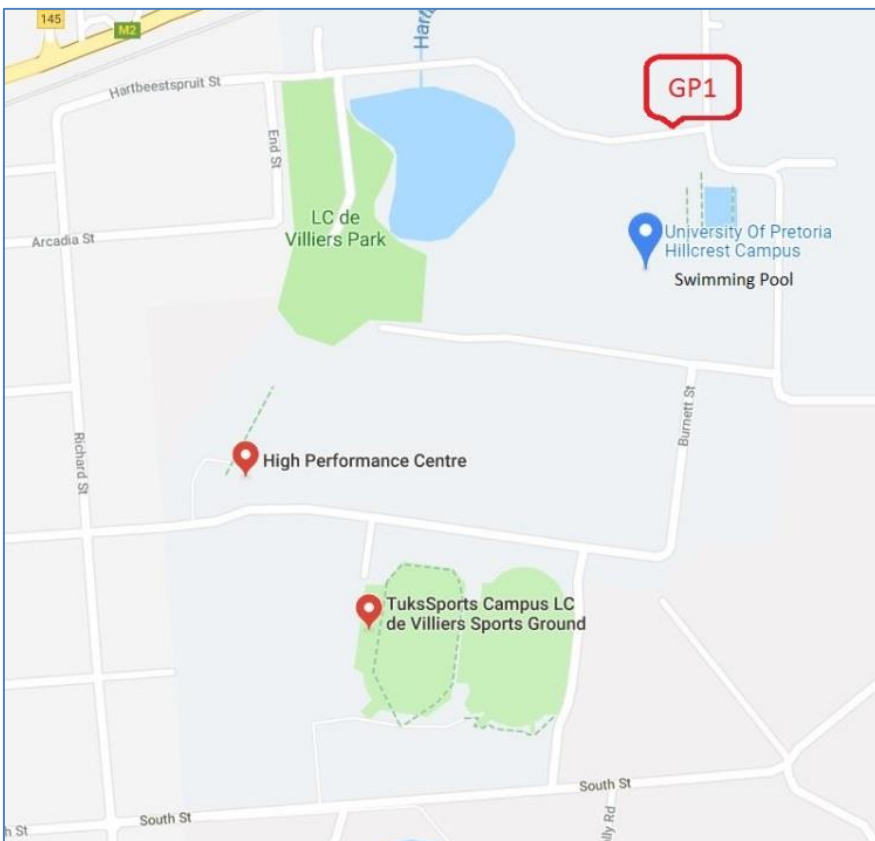


Photo Credit: Althea Potgieter

### Program and Start Times:

No.	Age Group	Distance	Start Times
1.	Open men & women	10km	7:30
2.	SAMA men & women	10km	7:30
3.	Junior men & women (18,19; b1999,2000)	10km	7:30
4.	Youth boys (16,17; b2001,2002)	10km	7:30
5.	Youth girls (16,17; b2001,2002)	5km	9:00
6.	Sub-youth boys & girls (14,15; b2003,2004)	5km	9:00
7.	Novice walkers 14 and older (b2004 or before)	5km	9:00
8.	Sub-youth boys & girls (<=13 year; b2005 and later)	3km	9:45
9.	U/13 Sub-youth boys & girls(<13; b2006 and later)	1km	9:45
10.	Prize giving		11:00

### Map:



The race will take place at the 1km Race Walking track North-West of the swimming pool at the Tuks Sports grounds; do enter at the LC de Villiers gate, South Street in Hatfield Pretoria. Note the "GP1" location in the map to the left which marks the starting point of the race.

Lots of parking is available just south of the swimming pool area.

Credit: Google Maps

## Prizes and Medals:

10km <b>Open</b> Race Walking <b>Champs</b> 6 April 2019			
<b>Male and Female</b>			
Position	Medal	Open	
Winner	Gold	R 2 000	
2nd	Silver	R 1 500	
3rd	Bronze	R 1 000	
4th		R 750	
5th		R 500	

10km Race for <b>Juniors (18,19)</b> 6 April 2019			
<b>Male and Female</b>			
Position	Medal	Junior	
Winner	Gold	R 300	
2nd	Silver	R 225	
3rd	Bronze	R 150	

10km (boys) 5km (girls) Race for <b>Youths (16,17)</b> 6 April 2019			
<b>Male and Female</b>			
Position	Medal	Youth	
Winner	Gold	R 300	
2nd	Silver	R 225	
3rd	Bronze	R 150	

5km (boys and girls) Race for <b>Sub-youths (14,15)</b> 6 April 2019			
<b>Male and Female</b>			
Position	Medal	Sub Youth	
Winner	Gold	R 200	
2nd	Silver	R 150	
3rd	Bronze	R 100	

3km (boys and girls) Race for <b>Sub-youths (13 and younger)</b> 6 April 2019			
<b>Male and Female</b>			
Position	Medal	Sub Youth	
Winner	Gold	R 200	
2nd	Silver	R 150	
3rd	Bronze	R 100	

1km (boys and girls) Race for <b>Sub-youths (under 13)</b> 6 April 2019			
<b>Male and Female</b>			
Position	Medal	Sub Youth	
Winner	Gold	R 200	
2nd	Silver	R 150	
3rd	Bronze	R 100	

10km Race Race Walking <b>Champs</b> for <b>Masters</b> 6 April 2019										
<b>Male and Female</b>										
Position	Medal	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Winner	Gold	R 300	R 300	R 300	R 300	R 300	R 300	R 300	R 300	R 300
2nd	Silver	R 225	R 225	R 225	R 225	R 225	R 225	R 225	R 225	R 225
3rd	Bronze	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150

## General:

### Registration: Saturday, 6 April 2019 at Tuks Racewalk track from 07:00

- Entry fees: R30 per person and sub-youths under 13 for free.
- Novices are welcome to join.
- Spot prizes to be handed out after prize giving.
- The course is paved and is fast and flat. It is a 1km measured and certified route.
- The venue is easy to access but drivers will only be allowed in on showing their drivers licence.
- There is ample parking at the swimming pool parking area.
- A drinking station with water only will be provided.
- No seconding will be allowed.
- Masters athletes must wear age group tags and will compete in 5 year age groups starting from 35 and up.
- The event will be held according to IAAF and ASA rules. All participants participate at own risk. Participants indemnify the national and provincial bodies, sponsors and organisers of the race against all and any action of whatever nature that may arise out of their participation in the events
- Lap counters, officials and judges will be present.
- Licenced athletes must wear club colours and their 2019 ASA licence number back and front as well as age tags.
- If not in possession of a valid 2019 ASA license, a temporary license must be purchased @ R40 each.
- No long pants allowed, knees must be visible
- No earphones, iPods and the like allowed and contravention of IAAF rule 144.5b may lead to disqualification
- All walkers must be able to produce identity document (or drivers licence) if required
- The pit lane rule will be applied.
- Objections must be lodged, in writing, within 30 minutes after the race and before prize giving. They must be lodged with the chief judge accompanied by R300 which is refundable if the appeal is upheld.
- Entries close at 5minutes before the event to allow lap counters and timers to capture the athlete's data.
- Athletes must compete in club colours, display provincial licence numbers and age tags.
- Cut-off times will be applied if necessary: 10km races: 90 minutes; 5 km races 45: minutes; 3 km race: 30 minutes.