

# AGN OPEN RACEWALKING GRAND PRIX 2 on Saturday 17 September 2022, incorporating the AGN 20km Championship and Coaches Clinic.

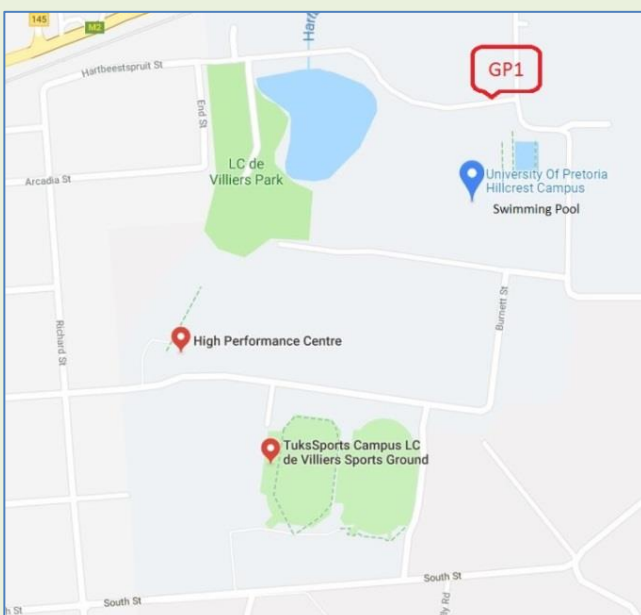


Photo Credit: Celeste Ruck

## Programme and Start Times:

No.	Age Group	Distance	Start Times
1.	Open men & women	20km	07:00
2.	SAMA men & women	20km	07:00
3.	Junior men & women (18,19; b2003,2004)	10km	9:30
4.	Open and SAMA men & women	10km	9:30
5.	Youth boys (16,17; b2005,2006)	10km	9:30
6.	Youth girls and SAMA (16,17; b2005,2006)	5km	10:50
7.	Sub-youth boys (14,15; b2007,2008)	5km	10:50
8.	Novices and Sub-youths 14 and older (b2008 or before)	5km	10:50
9.	Sub-youth girls (14,15; b2007,2008)	5km	10:50
10.	Sub-youth boys & girls (<=13 year; b2009 and later)	3km	10:50
11.	U/13 Sub-youth boys & girls(<13; b2010 and later)	1km	10:50
12.	Prize giving		11:30
13.	Coaches Clinic		12:00

**Newly qualified coaches are welcome to attend a one hour Coaching Clinic, after prize giving, to get a bit of practical experience.**



### 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.

Enter at:

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Please note this is the AGN 20km Championship and thus there will be no prize money or medals for the 10km Open or Masters Races.

### Prizes and Medals:

20km Open Race			3km Race Sub-youths (13 and younger)			1km Race Sub-youths (under 13)		
Male and Female			Boys and Girls			Boys and Girls		
Position	Medal	Open	Position	Medal	Open	Position	Medal	Open
Winner	Gold	R 1 000	Winner	Gold	R 100	Winner	Gold	R 100
2nd	Silver	R 750	2nd	Silver	R 80	2nd	Silver	R 80
3rd	Bronze	R 500	3rd	Bronze	R 50	3rd	Bronze	R 50
4th		R 400						
5th		R 300						

10km Race for Juniors (18,19)			10km (boys) 5km (girls) Race for Youths (16,17)			5km (boys and girls) Race for Sub-youths (14,15)		
Male and Female			Male and Female			Male and Female		
Position	Medal	Junior	Position	Medal	Junior	Position	Medal	Junior
Winner	Gold	R 150	Winner	Gold	R 150	Winner	Gold	R 150
2nd	Silver	R 120	2nd	Silver	R 120	2nd	Silver	R 120
3rd	Bronze	R 80	3rd	Bronze	R 80	3rd	Bronze	R 80

20km Race for Masters										
Male and Female										
Position	Medal	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Winner	Gold	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150
2nd	Silver	R 120	R 120	R 120	R 120	R 120	R 120	R 120	R 120	R 120
3rd	Bronze	R 80	R 80	R 80	R 80	R 80	R 80	R 80	R 80	R 80

### General:

**Registration: With google form before or on 15 September 2022**

**Link:** [https://docs.google.com/forms/d/e/1FAIpQLSecQc-1d\\_2KyzKmr5hErsTSJ8AVC9a9sLftY2PnSDrn7E3URA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSecQc-1d_2KyzKmr5hErsTSJ8AVC9a9sLftY2PnSDrn7E3URA/viewform)

- Entry fees: R50 per person  
Athletics Gauteng North: Bank: ABSA - Branch Code: 632005 - Account No: 4056373566 - Reference: GP2 Name & Surname
- Juniors must enter the Open category if they want to do the 20km race.
- A Youth Girl (aged 16 or 17) who wants to walk 10km must compete as a Junior.
- Novices are welcome to join, will receive a loan "N" tag; will not be disqualified and will receive no prizemoney/ medals.
- 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 WA 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 2022 ASA licence number back and front as well as age tags.
- If not in possession of a valid 2022 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 will lead to disqualification.
- All walkers must be able to produce identity document (or drivers licence) if required.
- The penalty zone rule will be applied.
- Appeals must be lodged, in writing, within 30 minutes after the race. They must be lodged with the chief judge accompanied by R300 which is refundable if the appeal is upheld.
- Cut-off times will be applied if needed: 20km races: 3 hours; 10km races: 90 min; 5 km races: 45 min; 3 km races: 30 min.
- For the 20km championships AGN medals will go to the top 3 AGN finishers in each age grouping (open and masters in 5 year age