

AGN OPEN RACEWALKING GRAND PRIX I on Saturday 22 April 2023

Incorporating the AGN 10km Race Walking and GNMA Championships

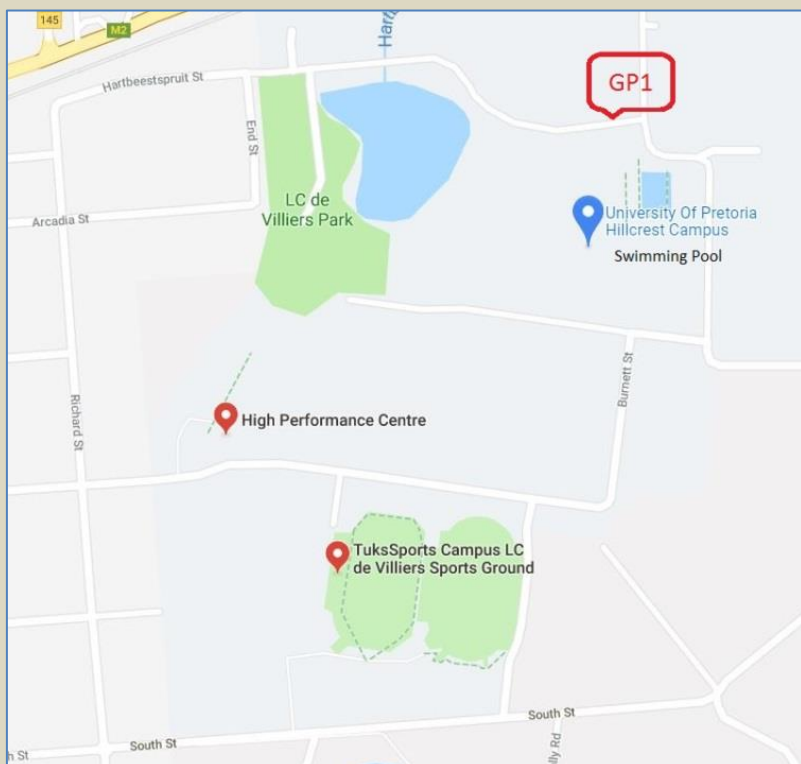


Photo Credit: Althea Potgieter

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; b2004,2005) | 10km | 7:30 |
| 4. | Youth boys (16,17; b2006,2007) | 10km | 7:30 |
| 5. | Youth girls (16,17; b2006,2007) | 5km | 9:00 |
| 6. | Sub-youth boys & girls (14,15; b2008,2009) | 5km | 9:00 |
| 7. | Novices and Sub-youths 14 and older (b2009 or before) | 5km | 9:00 |
| 8. | Sub-youth boys & girls (<=13 year; b2010 and later) | 3km | 9:45 |
| 9. | U/13 Sub-youth boys & girls(<13; b2011 and later) | 1km | 9:45 |
| 10. | Medal ceremony and 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.

Enter at:

<https://forms.gle/zoPhVp9zdKwTQerK9>

NB: Masters Athletes enter at GNMA before 12 April 2023 @ 18:00.

Please pay Athletics Gauteng North, Absa, Quagga Centre. Account nr: 4056373566. Please send proof of payment to serdynm@gmail.com, reference: GP1 and name of athlete

Prizes and Medals:

| <p>10km Open AGN Racewalking Champs</p> <p>Male and Female</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Position</th> <th>Medal</th> <th>Open</th> </tr> </thead> <tbody> <tr> <td>Winner</td> <td>Gold</td> <td>R 1,000</td> </tr> <tr> <td>2nd</td> <td>Silver</td> <td>R 750</td> </tr> <tr> <td>3rd</td> <td>Bronze</td> <td>R 500</td> </tr> <tr> <td>4th</td> <td></td> <td>R 400</td> </tr> <tr> <td>5th</td> <td></td> <td>R 300</td> </tr> </tbody> </table> | Position | Medal | Open | Winner | Gold | R 1,000 | 2nd | Silver | R 750 | 3rd | Bronze | R 500 | 4th | | R 400 | 5th | | R 300 | <p>5km (boys and girls Race for Sub-youths (14,15))</p> <p>Male and Female</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Position</th> <th>Medal</th> <th>Sub Youth</th> </tr> </thead> <tbody> <tr> <td>Winner</td> <td>Gold</td> <td>R 200</td> </tr> <tr> <td>2nd</td> <td>Silver</td> <td>R 150</td> </tr> <tr> <td>3rd</td> <td>Bronze</td> <td>R 100</td> </tr> </tbody> </table> | Position | Medal | Sub Youth | Winner | Gold | R 200 | 2nd | Silver | R 150 | 3rd | Bronze | R 100 | | | | | | | | | | | | | | |
|---|----------|-----------|--------|--------|-------|---------|-------|--------|-------|-------|--------|-------|---|----------|-------|-----------|--------|-------|--|----------|--------|-----------|--------|--------|--------|-------|--------|-------|-------|--------|-------|-------|-------|-------|-----|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Position | Medal | Open | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Winner | Gold | R 1,000 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2nd | Silver | R 750 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3rd | Bronze | R 500 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4th | | R 400 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5th | | R 300 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Position | Medal | Sub Youth | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Winner | Gold | R 200 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2nd | Silver | R 150 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3rd | Bronze | R 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>10km AGN Walking Race for Juniors (18,19)</p> <p>Male and Female</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Position</th> <th>Medal</th> <th>Junior</th> </tr> </thead> <tbody> <tr> <td>Winner</td> <td>Gold</td> <td>R 300</td> </tr> <tr> <td>2nd</td> <td>Silver</td> <td>R 225</td> </tr> <tr> <td>3rd</td> <td>Bronze</td> <td>R 150</td> </tr> </tbody> </table> | Position | Medal | Junior | Winner | Gold | R 300 | 2nd | Silver | R 225 | 3rd | Bronze | R 150 | <p>3km (boys and girls Race for Sub-youths (13 and younger))</p> <p>Male and Female</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Position</th> <th>Medal</th> <th>Sub Youth</th> </tr> </thead> <tbody> <tr> <td>Winner</td> <td>Gold</td> <td>R 200</td> </tr> <tr> <td>2nd</td> <td>Silver</td> <td>R 150</td> </tr> <tr> <td>3rd</td> <td>Bronze</td> <td>R 100</td> </tr> </tbody> </table> | Position | Medal | Sub Youth | Winner | Gold | R 200 | 2nd | Silver | R 150 | 3rd | Bronze | R 100 | | | | | | | | | | | | | | | | | | | | |
| Position | Medal | Junior | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Winner | Gold | R 300 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2nd | Silver | R 225 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3rd | Bronze | R 150 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Position | Medal | Sub Youth | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Winner | Gold | R 200 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2nd | Silver | R 150 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3rd | Bronze | R 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>10km boys 5km girls AGN Walking Race for Youths (16,17)</p> <p>Male and Female</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Position</th> <th>Medal</th> <th>Junior</th> </tr> </thead> <tbody> <tr> <td>Winner</td> <td>Gold</td> <td>R 300</td> </tr> <tr> <td>2nd</td> <td>Silver</td> <td>R 225</td> </tr> <tr> <td>3rd</td> <td>Bronze</td> <td>R 150</td> </tr> </tbody> </table> | Position | Medal | Junior | Winner | Gold | R 300 | 2nd | Silver | R 225 | 3rd | Bronze | R 150 | <p>1km (boys and girls Race for Sub-youths (under 13))</p> <p>Male and Female</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Position</th> <th>Medal</th> <th>Sub Youth</th> </tr> </thead> <tbody> <tr> <td>Winner</td> <td>Gold</td> <td>R 200</td> </tr> <tr> <td>2nd</td> <td>Silver</td> <td>R 150</td> </tr> <tr> <td>3rd</td> <td>Bronze</td> <td>R 100</td> </tr> </tbody> </table> | Position | Medal | Sub Youth | Winner | Gold | R 200 | 2nd | Silver | R 150 | 3rd | Bronze | R 100 | | | | | | | | | | | | | | | | | | | | |
| Position | Medal | Junior | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Winner | Gold | R 300 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2nd | Silver | R 225 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3rd | Bronze | R 150 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Position | Medal | Sub Youth | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Winner | Gold | R 200 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2nd | Silver | R 150 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3rd | Bronze | R 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>10km AGN Racewalking Champs for Masters</p> <p>Male and Female</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Position</th> <th>Medal</th> <th>35-39</th> <th>40-44</th> <th>45-49</th> <th>50-54</th> <th>55-59</th> <th>60-64</th> <th>65-69</th> <th>70-74</th> <th>75+</th> </tr> </thead> <tbody> <tr> <td>Winner</td> <td>Gold</td> <td>R 300</td> <td>R 300</td> <td>R 300</td> <td>R 300</td> <td>R 300</td> <td>R 300</td> <td>R 300</td> <td>R 300</td> <td>R 300</td> </tr> <tr> <td>2nd</td> <td>Silver</td> <td>R 225</td> <td>R 225</td> <td>R 225</td> <td>R 225</td> <td>R 225</td> <td>R 225</td> <td>R 225</td> <td>R 225</td> <td>R 225</td> </tr> <tr> <td>3rd</td> <td>Bronze</td> <td>R 150</td> <td>R 150</td> <td>R 150</td> <td>R 150</td> <td>R 150</td> <td>R 150</td> <td>R 150</td> <td>R 150</td> <td>R 150</td> </tr> </tbody> </table> | | 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 |
| 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: With GNMA form for master athletes or google form for others before 19 Apr 2023

- Entry fees: R50 per person and sub-youths under 13 for free. 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 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 2023 ASA licence number back and front as well as age tags.
- If not in possession of a valid 2023 ASA license, a temporary license must be purchased @ R50 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 of publication of results. They must be lodged with the chief judge accompanied by R300 which is refundable if the appeal is upheld.
- 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.
- A Youth Girl (aged 16 or 17) who wants to walk 10km must compete as a junior.