

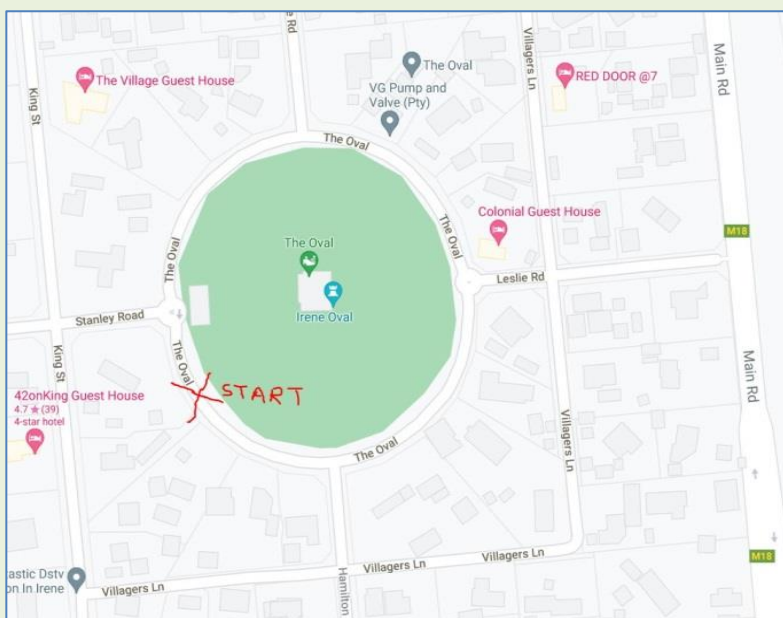
AGN OPEN RACEWALKING GRAND PRIX 1 on Saturday 10 February 2024, incorporating the AGN 10km Championship and Senior 20km AGN Team Trials for the ASA Championship.



Photo Credit: Celeste Ruck

Programme and Start Times:

No.	Age Group	Distance	Start Times
1.	Senior men & women	20km	07:00
2.	Open men & women	10km	07:30
3.	SAMA men & women	10km	07:30
4.	Junior men & women (18,19; b2005,2006)	10km	07:30
5.	Youth boys (16,17; b2007,2008)	10km	07:30
6.	Youth girls and SAMA (16,17; b2007,2008)	5km	09:30
7.	Sub-youth boys (14,15; b2009,2010)	5km	09:30
8.	Novices and Sub-youths 14 and older (b2010 or before)	5km	09:30
9.	Sub-youth girls (14,15; b2009,2010)	5km	09:30
10.	Sub-youth boys & girls (<=13 year; b2011 and later)	3km	09:30
11.	U/13 Sub-youth boys & girls(<13; b2012 and later)	1km	09:30
12.	Prize giving		10:30



Map:

The race will take place at the Irene Oval Race Walking Track. This venue is within the Irene Security Village and can be accessed from the M1, exit 130 onto M18 (main Rd) or the R 21 at the Nelmapius off-ramp and enter at the village access gates.

Enter at:

<https://forms.gle/aCbyVvStkQoB9GSQ6>

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

Credit: Google Maps

Race organiser – Jaap Willemsse 083-266-1133

Prizes and Medals:

20km and 10km 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 750	Winner	Gold	R 100	Winner	Gold	R 100
2nd	Silver	R 500	2nd	Silver	R 80	2nd	Silver	R 80
3rd	Bronze	R 300	3rd	Bronze	R 50	3rd	Bronze	R 50

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 200	Winner	Gold	R 200	Winner	Gold	R 200
2nd	Silver	R 150	2nd	Silver	R 150	2nd	Silver	R 150
3rd	Bronze	R 100	3rd	Bronze	R 100	3rd	Bronze	R 100

10km 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 200	R 200	R 200	R 200	R 200	R 200	R 200	R 200	R 200
2nd	Silver	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150	R 150
3rd	Bronze	R 100	R 100	R 100	R 100	R 100	R 100	R 100	R 100	R 100

General:

Registration: With google form before or on 7 February 2024

- Entry fees: R60 per person.
- **All athletes wanting to be considered for selection for the AGN Team to the ASA 20km Championship on 2 March must compete in this 20km senior race.**
- A Youth Girl (aged 16 or 17) who wants to walk 10km must compete as a Junior.
- The course is fast and flat. It is a 1km measured and certified route.
- The venue is easy to access but drivers are requested to park on the Oval side and not on the pavements of residents.
- There is ample parking around the Oval. Please place litter in the containers provided. Please leave the place clean.
- A drinking station with water only will be provided as well as a refreshment station for the 20km athletes.
- No seconding will be allowed, except for the 20km event. The refreshment table will be available for such seconding.
- 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 2023/2024 ASA licence number back and front as well as age tags.
- If not in possession of a valid 2023/2024 ASA license, a temporary license must be purchased @ R60 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 to verify their ages 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: 2.5 hours; 10km races: 90 min; 5 km races: 45 min; 3 km races: 30 min.
- For the 10km championships AGN medals will go to the top 3 AGN finishers in each age grouping (open and masters in 5 year age groups). Grand Prix medals will be awarded to the top 3 finishers only if from another provinces. Prize money will be awarded to the top three finishers in each category regardless of province.
- Novice Walkers are very welcome and will receive a loan "N" tag. Ensure that you are indeed a Novice and register as such when completing the registration form. Novices will be judged for improvement of their technique, although not considered by the judges for disqualification and also not eligible for prize money.