

TF	WPA Track & Field	<b>WPA RACE WALKING</b> <b>FIXTURE LIST 2014-2015</b>	 <b>WESTERN PROVINCE ATHLETICS</b>
WL	WPA RW Road League		
GP	WPA Grand Prix Series		
SA	SA Championships		
WF	Walker friendly races - Non Walking League		
TBA	To be announced		

DATE	TIME	RACE	VENUE	DISTANCE	CODE	ACHIEVED
<b>2014</b>						
11-Oct	6:00	SA Race Walking Championships	Cape Town, WPA	Various	SA	
11-Oct	12:00	Little Athletics U14 Development	Vygieskraal, Athlone	1500m	TF	
11-Oct	15:45	Leo Benning 1	Parow Track	5000m	TF	
1-Nov	6:45	Elsiesrivier 10km	Salberau Sports Complex, Elsiesrivier	10km	WF	
22-Nov	6:15	Mitchells Plain 10km	Rocklands Sports Grounds	10km	WF	
22-Nov	15:45	Leo Benning 2	Parow Track	5000m	TF	
29-Nov	6:40	Edgemead Classic 10km Walk	Edgemead High School	10km	WL	
6-Dec	7:10	Beachcomber Race Against Crime 10km Walk	Strandfontein Pavillion, Spine Rd	10km	WL	
12-Dec	TBC	Tygerberg NLC Summer Series	Parow Track	3000m	TF	
20-Dec	6:00	Velocity 10km	Silverstreamstrand	10km	WF	
<b>2015</b>						
17-Jan	7:00	WPA Race Walking Grand Prix 1	Youngsfield Military Base	20km	GP	
	8:00	WPA Race Walking Grand Prix 1	Youngsfield Military Base	10km	GP	
	9:00	WPA Race Walking Grand Prix 1 - Development	Youngsfield Military Base	5km, 3km, 1km	GP	
24-Jan	15:45	Leo Benning Masters 3	Parow Track	5000m	TF	
31-Jan	6:15	Philip Rabinowitz 10km Walk	Academy of Maths & Science - Tokai	10km	WL	
31-Jan	12:00	Little Athletics U14 Development	Bellville Track	1500m	TF	
7-Feb	6:40	Top Form 10km Walk	Turfhall Park Stadium	10km	WL	
7-Feb	8:30	WPA Junior Meeting (U16, U18, U20)	Bellville Track	5000m	TF	
14-Feb	15:45	Leo Benning Masters 4	Vygieskraal, Athlone	5000m	TF	
14-Feb	13:00	WPA League 1	Parow Track	3000m	TF	
28-Feb	7:00	Century City 10km Express	Central Park, Century City	10km	WF	
28-Feb	12:45	WPA League 2	Parow Track	5000m	TF	
1-Mar	7:30	Sunshine D Polar Ice 10km Big Walk	Greenpoint	Various	WF	
7-Mar	13:00	WPA League 3	Parow Track	3000m	TF	
14-Mar	7:10	Ravenmead 10km Walk	Florida park, Ravensmead	10km	WL	
20-Mar	18:00	WPA Masters Championships	Bellville Track	5000m	TF	
21-Mar	7:00	WPA Senior and WP Masters Championships	Bellville Track	20km, 10km	TF	
21-Mar	6:00	Tyger Run Walk 10km	Tyger Valley Shopping Centre	Various	WF	
28-Mar	7:10	Telkom Athletic Club 10km Challenge Walk	CPUT, Bellville Campus	10km	WL	
28-Mar	13:00	Top 10 Interclub	Parow Track	3000m	TF	
9-11 Apr	TBA	ASA Junior Championships	TBA	5000m/ 10000m	TF	
11-Apr	15:45	Leo Benning Masters 5	Parow Track	5000m	TF	
17-18 Apr	TBA	ASA Senior Championships	Stellenbosch, Boland	20km	TF	
23-25 Apr	TBA	USSA Championships (SA Universities)	TBA	20km	TF	
1-May	9:00	SAD Safari 10km Walk - Boland	Wellington	10km	WF	
1-2 May	TBA	SAMA Championships	Durban	Various	TF	
8-9 May	TBA	SA Open Championships	Potchefstroom	Various	TF	
10-May	7:00	Jive 10km Walk	Grand Parade, Cape Town	10km	WF	
16-May	7:00	WPA Race Walking Grand Prix 2 (Interclub & WPA 30km)	Youngsfield Military Base	30km	GP	
	8:00	WPA Race Walking Grand Prix 2 (Interclub)	Youngsfield Military Base	20km	GP	
	9:00	WPA Race Walking Grand Prix 2 (Interclub & WPA 10km)	Youngsfield Military Base	10km	GP	
	10:00	WPA Race Walking Grand Prix 2 - Development	Youngsfield Military Base	5km, 3km, 1km	GP	
24-May	7:30	Voet of the Wine Route 10km	Zevenwacht Mall, Kulsrivier	10km	WF	
30-May	7:40	UWC Fast & Flat 10km Walk	UWC Campus, Bellville	10km	WL	
20-Jun	7:30	Eersterivier 10km Walk	Stratford Primary School	10km	WL	
18-Jul	7:15	Fairbridge Mall 15km	Fairbridge Mall, Brackenfell	15km	WF	
1-Aug	7:00	WPA Race Walking Grand Prix 3	Youngsfield Military Base	30km	GP	
	8:00	WPA Race Walking Grand Prix 3	Youngsfield Military Base	20km	GP	
	9:00	WPA Race Walking Grand Prix 3	Youngsfield Military Base	10km	GP	
	10:00	WPA Race Walking Grand Prix 3 - Development	Youngsfield Military Base	5km, 3km, 1km	GP	
2-Aug	7:30	McKenna & Scott Pinelands 10km	Lower Oval, Pinelands	10km	WF	
23-Aug	9:00	Blisters for Bread	Green Point	Various	WF	
29-Aug	8:00	ArcelorMittal Saldanha 21km, 10km	SAS Saldanha Sports Field	Various	WF	
5-Sep	7:00	WPA Race Walking Grand Prix 4	Youngsfield Military Base	30km	GP	
	8:00	WPA Race Walking Grand Prix 4	Youngsfield Military Base	20km	GP	
	9:00	WPA Race Walking Grand Prix 4	Youngsfield Military Base	10km	GP	
	10:00	WPA Race Walking Grand Prix 4 - Development	Youngsfield Military Base	5km, 3km, 1km	GP	
13-Sep	7:00	ARD 3 Vlei 10km	Fairmount High School, Grassy Park	10km	WF	
20-Sep	6:30	Sanlam Cape Town Marathon - 10km	Green Point	10km	WF	
26-27 Sep	Various	CT Festival (5 x 10km relay, 21.1km Classic)	Three Anchor Bay	Various	WF	
3-Oct	7:00	Cape Gate 10km	Cape Gate centre, Brackenfell	10km	WF	
10-Oct	Various	SA Race Walking Championships	TBA	Various	SA	
11-Oct	Various	Outsurance 94.5km Gun Run	Sea Point Promenade	Various	WF	
25-Oct	7:00	Ommiedraai 10km	Rosmead Sports Fields	10km	WF	
31-Oct	7:00	Elsiesrivier 10km	Salberau Sports Complex, Elsiesrivier	10km	WF	
8-Nov	Various	Cape Times Big Walk	Various	Various	WF	
21-Nov	6:15	Mitchells Plain 10km	Rocklands Sports Grounds	10km	WF	
28-Nov	6:35	Edgemead Classic 10km Walk	Edgemead High School	10km	WL	
5-Dec	7:10	Beachcomber Race Against Crime 10km Walk	Strandfontein Pavillion, Spine Rd	10km	WL	
19-Dec	6:00	Velocity 10km Walk	Silverstreamstrand	10km	WL	

For more information on race walking events please email [wpracewalking@gmail.com](mailto:wpracewalking@gmail.com)

The events and times indicated above may change. Please visit [www.wpa.org.za](http://www.wpa.org.za) for the latest event information.

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