



WESTERN PROVINCE ATHLETICS
RACE WALK GRAND PRIX 2 & INTERCLUB CUP
WPA 30KM & JUNIOR/YOUTH 10KM CHAMPIONSHIPS
SATURDAY, 27th JUNE 2015
AT
YOUNGSFIELD MILITARY BASE

<u>RACES</u>		<u>START TIME</u>	<u>COST</u>
30km	Open Men & Women (4hr cut-off)	07:00	R40
20km	Open Men & Women	08:00	R35
10km	Masters Women 30+	09:00	R25
	Masters Men 30+	09:00	R25
	Junior Men & Women (Under 20 years)	09:00	R25
	Youth Boys & Girls (Under 18 years)	09:00	R25
10km Novice	Novice Walkers (16 years and older)	09:00	R15
5km Novice	Novice Walkers (16 years and older)	09:00	R5
5km	Boys & Girls (Under 16 years)	10:00	R5
3km & 1km	Boys & Girls (14 years & younger)	10:00	R5

First time walkers welcome – Novice 5km & 10km for athletes wanting to try race walking. Relaxed judging rules will apply - no running allowed. Results will be separated. Only finishers' medals will be awarded. Novice rules only applying to Novice 5km & 10km event. Temporary Licenses required for distances 10km and above.

TEMPORARY LICENSE: R15

(1KM - 5KM: NO LICENSE REQUIRED)

2015 GRAND PRIX MEDALS TO TOP 3 FINISHERS. MEDALS TO ALL FINISHERS

ROUTE

2KM LOOP/CIRCUIT WITHIN THE MILITARY COMPLEX

REGISTRATION :

SATURDAY, 27th JUNE AT YOUNGSFIELD FROM 06:00 (30km & 20km), 08:00 (10km)

- One of the fastest courses in SA. 2km loop on tar. Venue for SA Race Walking Champs.
- Safe and secure venue. No traffic. Enjoyable environment and atmosphere.
- Easy access to venue, ample parking and excellent viewing points for spectators.
- Water Sachets and Water tables available. Bring your own marked bottle and assistant if needed.
- Lap Counters, Officials and Judges will be present.

Note: IAAF Race Walking Rules apply. Wear suitable shorts, knees to be visible at all times. Club members must wear their Club colours.

CONTACT:

WPA Race Walking Commission – wpracewalking@gmail.com
Pieter Vorster – pvorster@racewalk.co.za
CJ Dunn – chandrajaydunn@gmail.com
Lydia Richards - lydiaricha@telkomsa.net

ACCORDING TO IAAF & ASA RULES