

IRENE OPEN RACE WALKING GRAND PRIX AGN 10 KM CHAMPIONSHIPS



**16 July 2022
Irene Oval**



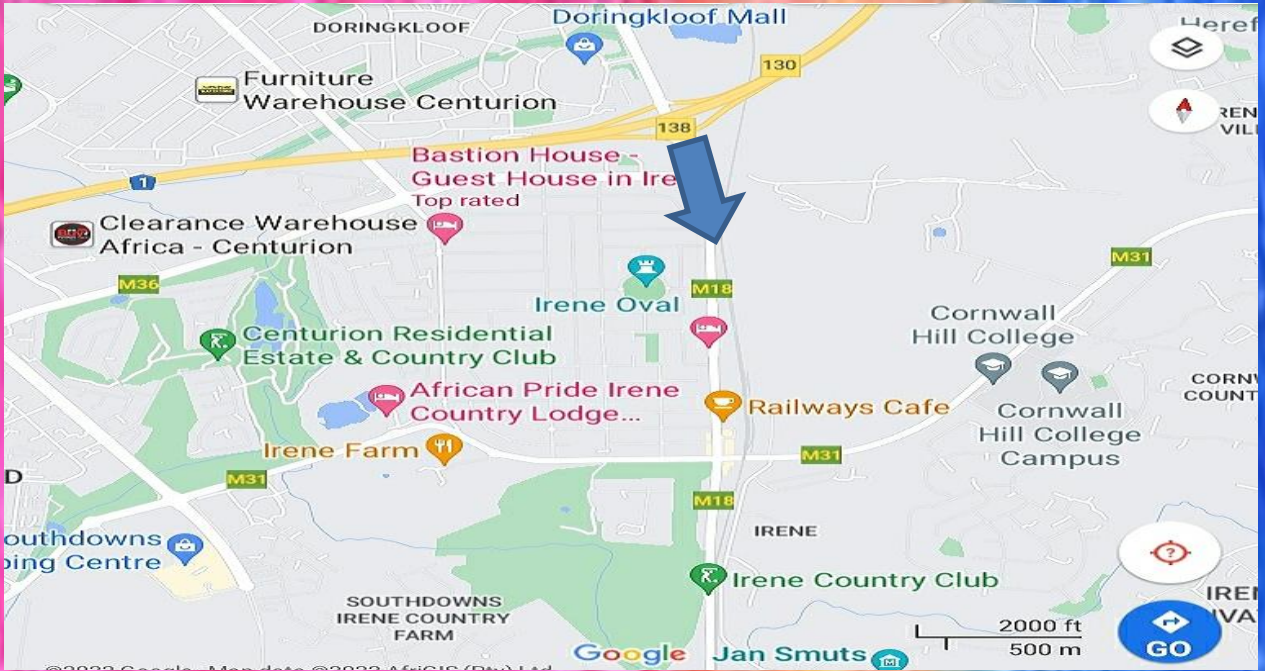
PROGRAM & STARTING TIMES

No	Age Group	Distance	Entry Fee	Start Time
1	Open Men & Women	10 km	R50	08h00
2	Junior Men & Women (18, 19; b2003, 2004)	10 km	R50	08h00
3	SAMA Men & Women	10 km	R50	08h00
4	Youth Boys (16, 17; b2005, 2006)	10 km	R50	08h00
5	Youth Girls (16, 17; b2005, 2006)	5 km	R50	09h30
6	Sub-youth Boys (14, 15; b2007, 2008)	5 km	R50	09h30
7	Novices & Sub -youth 14 & older (b2008 or before)	5 km	R50	09h30
8	SAMA Men & Women	5 km	R50	09h30
9	Sub-youth Girls (14, 15; b 2007, 2008)	5 km	R50	09h30
10	Sub-youth Boys & Girls (<=13; b2009 & later)	3 km	Free	10h15
11	U/13 Sub-youth Boys & Girls (<13; b2010 & later)	1 km	Free	10h40
12	Medal Ceremony			11h00

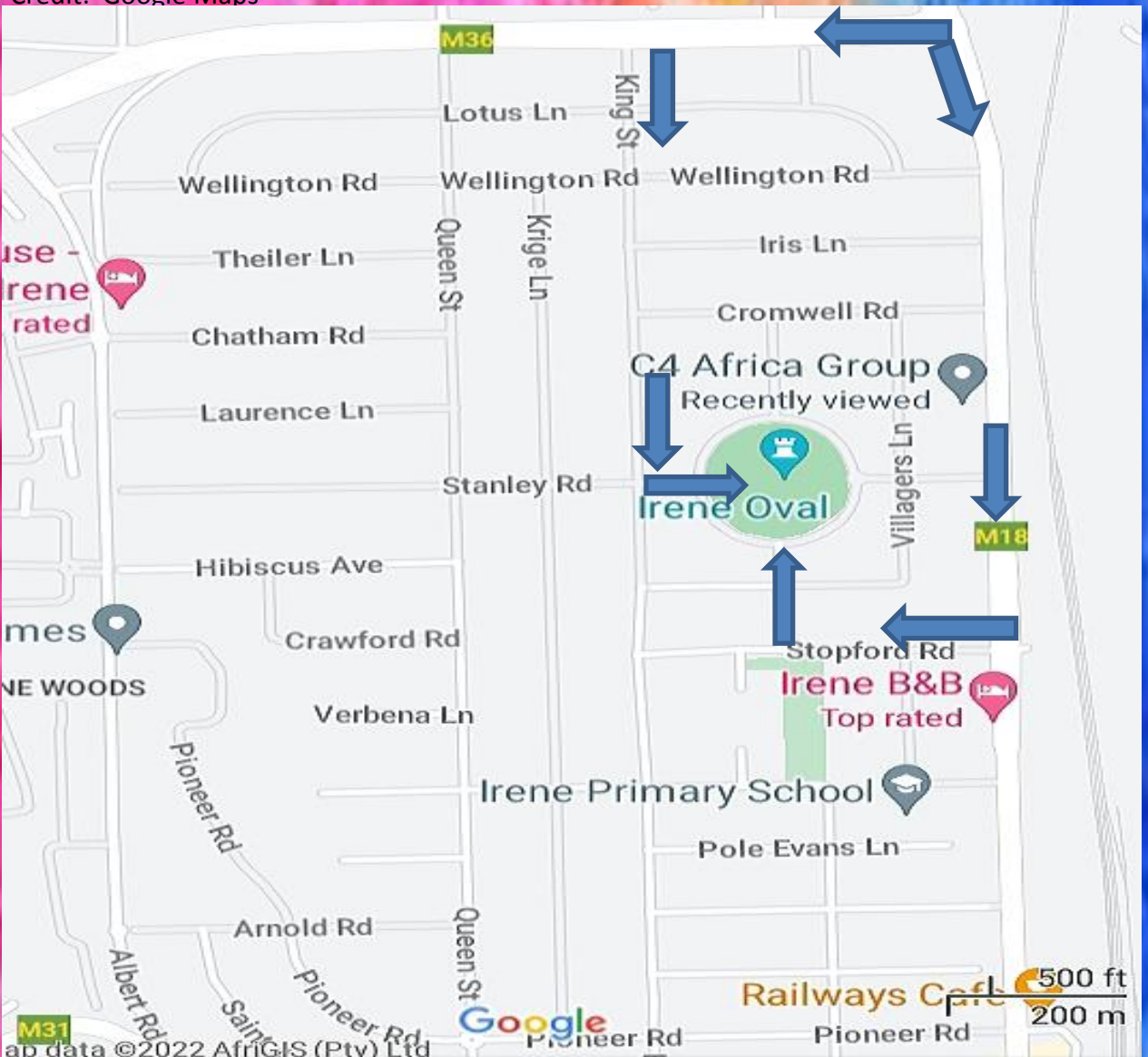
Registration - No Entries on Race Day

- **Entry Form Link:**
https://docs.google.com/forms/d/e/1FAIpQLSdyGF8MVf64avTOxkytRVrcxU6FHM6XVSSVY4f4b4QqiM-8w/viewform?usp=sf_link
- **Pre-Payment ONLY before 14 July 2022 - Bank Detail:**
Athletics Gauteng North, ABSA Quagga Centre, Account No: 4056373566
Reference: GP1 Name & Surname
- **Send Proof of Payment to** office@agn.co.za & cc djllappies@gmail.com

Access Maps



Credit: Google Maps



General

IRENE OVAL

The race start is close to the corner of Stanley and The Oval Roads.

The Oval is in the Irene Village Centurion. Enter from Alexandra Road into King Lane or Nelmapius Drive into Queen St as the Main St gate only opens at 07:00.

Ample parking around the Oval. Please park on The Oval side only.

Licensed athletes to 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.

Participants must be able to produce their identity document (or drivers licence) if required.

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.

The course is fast and flat around the Oval. It is a 1 km measured and certified route.

Lap counters, officials and judges will be present.

The penalty zone (pit lane) rule will be applied.

Appeals must be lodged, in writing, within 30 minutes after the race and before prize giving. They must be lodged with the chief judge accompanied by R300 which is refundable if the appeal is upheld.

A water table with water sachets ONLY will be provided.

No seconding will be allowed.

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.

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.

PRIZE MONEY

10 km Open Race		
Men & Women		
Position	Medal	Open
Winner	Gold	R 1 000
2nd	Silver	R 750
3rd	Bronze	R 500
4th		R 370
5th		R 250

10 km Juniors (18,19) Race		
Men & Women		
Position	Medal	Junior
Winner	Gold	R 150
2nd	Silver	R 110
3rd	Bronze	R 80

10km (Boys) & 5km (Girls) Youths (16,17) Races		
Boys & Girls		
Position	Medal	Junior
Winner	Gold	R 150
2nd	Silver	R 110
3rd	Bronze	R 80

5 km Sub-youths (14,15) Race		
Boys & Girls		
Position	Medal	Junior
Winner	Gold	R 100
2nd	Silver	R 80
3rd	Bronze	R 50

3 km Sub-youths (13 & younger) Race		
Boys & Girls		
Position	Medal	Open
Winner	Gold	R 100
2nd	Silver	R 80
3rd	Bronze	R 50

1 km Sub-youths (under 13) Race		
Boys & Girls		
Position	Medal	Open
Winner	Gold	R 100
2nd	Silver	R 80
3rd	Bronze	R 50

10km Race for Masters										
Men & Women										
Position	Medal	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75 +
Winner	Gold	R150	R150	R150	R150	R150	R150	R150	R150	R150
2nd	Silver	R110	R110	R110	R110	R110	R110	R110	R110	R110
3rd	Bronze	R80	R80	R80	R80	R80	R80	R80	R80	R80

Race Organisers:

– Jaap Willemsse 083 266 1133

– Danie Labuschagne 072 972 0871