



WESTERN PROVINCE ATHLETICS

WPA Interclubs & Race Walking Grand Prix 3

3 August 2019

6am – 9am

Table Bay Mall

5km open to family walkers

Music & entertainment

Amazing medals on offer

RACES		START TIME	COST
10km	Open Men	07:00	R30
	Masters Men 30+	07:00	R30
	Junior Men (Under 20)	07:00	R30
10km	Youth Boys (Under 18)	07:00	R30
	Open Women	07:05	R30
	Masters Women 30+	07:05	R30
10km	Junior Women (Under 20)	07:05	R30
	Youth Women (Under 18)	07:05	R30
	Novice Walkers (16 years and older)	07:30	R10
5km	Boys & Girls (Under 16 years)	07:30	R10
	Boys & Girls (14 years & younger)	07:45	R5
3km & 1km			



First Time Walkers Welcome

- There will be a 5km (16 years and younger) & 5km novice walk (16 years and older) for athletes wanting to try race walking.
- Relaxed judging rules will apply
- No running allowed.
- Results will be separated according to the events.
- Novice rules only applying to Novice 5km event.
- Knees must be "uncovered" in order that a judge can actually see

the "straight knee in operation

Route

- 1KM Loop in the basement parking

Registration:

- Early registration at Table Bay Mall 20 July 2019 between 9h00 to 17h00
- Saturday, 3 August 2019 at Table Bay Mall from 06:00 (1 hour before each event)

General:

- New and improved fast loops.
- A venue free from rain and wind, no matter what the weather will be outside.
- Safe and secure venue. No traffic. Enjoyable environment and atmosphere.
- Easy access to venue, ample parking (paid) and excellent viewing points for spectators.
- Refreshments:
For all events, drinking/sponging stations with water only will be provided and coke at the finish.
- Lap counters, officials and judges will be present.
- If not in possession of a valid 2019 ASA license, a temp license must be bought @ R25 each.
- Relaxed judging rules will apply to novices.
- According to IAAF & ASA rules.

Medals:

A new medal system will be implemented. At each Grand Prix all finishers will receive a medal in the form of an alphabetical letter that makes up the word "WALK".

- Grand Prix 1 – W
- Grand Prix 2 – A
- Grand Prix 3 – L
- Grand Prix 4 – K

These series of medals will also educate athletes about the sport of Race Walking as the ribbon will be a source of information.

New Rule - Pit Lane:

***The new rule will be applied for II events.

For Race Walking events on track or road, a Pit lane shall be used for all athletes irrespective of the age category. In such cases, an athlete will be required to enter the Pit Lane, once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him.

The applicable period in the Pit Lane will be the following for races up to and including Time:

- 5000m/5km - 0.5min
- 10,000m/10km - 1min
- 20,000m/20km - 2min
- 30,000m/30km - 3min
- 40,000m/40km - 4min
- 50,000/50km - 5min

Contact:

WPA Race Walking Commission wpracewalking@gmail.com
Fundiswa Sandi – 073 526 1120