



WESTERN PROVINCE ATHLETICS RACE WALKING



- RACE WALKING ROAD LEAGUE
- TRACK WALKING
- RACE WALKING GRAND PRIX

VISIT WPA.ORG.ZA FOR MORE INFORMATION

ALL AGES
ALL LEVELS
WELCOME



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WHAT IS RACE WALKING?

Race walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until in the vertical upright position.

HOW CAN YOU GET INVOLVED?

Western Province Athletics has a wide variety of race walking events that take place throughout the year. These events range from:

ROAD WALKING LEAGUE:

12 Road Races that form part of the regular running calendar. Distances from 10km to 15km.

TRACK WALKS:

Part of the track and field athletics calendar. Distances from 3000m to 5000m.

RACE WALKING GRAND PRIX:

4 Stand alone events for race walking. Distances from 1km to 30km.



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