

Inter-regional

VIRTUAL RACEWALKING CHALLENGE

Race Days

10, 11 October

Hosted by:



It is important to note that this is a “fun” event not an official one! Virtual medals will be made available on the SA Racewalkers Facebook Group which walkers are welcome to post on social media.



Entries

Entries for the event must be sent to your Regional Representative no later than midnight on the 4th October 2020. Entries must be in the following format:

Race #	Distance	Name	Surname	Club	Province	ID number	Licence #

Your regional representative will acknowledge receipt. If your entry is not acknowledged, your entry has not been received.

Region

Central Gauteng
KwaZulu Natal
Gauteng North
Western Cape
Rest of South Africa
Rest of the world

Representative

Nthatisi Mokhele
Oliver Mundell
Danie Labuschagne
Bianca Ferreira
Chris Callaghan
Chris Callaghan

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Chrisc37@gmail.com

Race #	Age Group	Distance km
1	Open men and women	5
2	Open men and women	10
3	Open men and women	20
4	Junior men and women (18,19: born 2001,2002)	5
5	Junior men and women (18,19: born 2001,2002)	10
6	Youth Boys (16,17 Born 2003,2004)	5
7	Youth Boys (16,17 Born 2003,2004)	10
8	Masters Men and women (35+)	5
9	Masters Men and women (35+)	10
10	Masters Men and women (35+)	20
11	Youth Girls (16,17 born 2003,2004)	5
12	Sub Youth boys and girls (14,15 Born 2005,2006)	5
13	Sub Youth boys and girls (12,13 Born 2007,2008)	3
14	Under 13 boys and girls (Born 2008 or later)	1

Results

Results together with photo (screenshot) of your smartwatch/phone must be sent to Chris Callaghan (chrisc37@gmail.com) for processing no later than 12 Midnight on Monday 12th October. Ensure that you give full details so that your results can be matched with the entries. Chris will acknowledge receipt. If you do not get an acknowledgement, then Chris has not received your results and you will be recorded as a DNS.

Rules

- **This is a fun event!**
- **All participants participate at own risk. By entering the race participants indemnify the national and provincial bodies, hosts, sponsors and organisers of the race against all and any action of whatever nature that may arise out of their participation in the event.**
- **Entries must reach your regional representative no later than midnight on the 4th October 2020**
- The following is an example of formatting required on entry. Please keep to this since formatting is critical to the capturing process. If clubs want to send grouped information, they are welcome to contact Chris at Chrisc37@gmail.com for excel templates.

Race #	Distance	Name	Surname	Club	Province	ID number	Licence #
1	10	Peter	Davidos	Quickwalkers	GN	5002015000181	1234

- **Please do not add extraneous detail!** If your ID number shows as that is fine, as long as you have typed it correctly do not add to the number. It is an excel formatting issue.
- The virtual race will take place on any of the 10th-11th October – **you may enter for only 1 race!**
- The course should be reasonably flat and preferably end at the same point (or close) to the start.
- **You must obey all National, Provincial and local lockdown and safety rules.**
- **You must employ legal technique whilst racing. Please do not cheat yourself!**
- Results together with photo (screenshot) of your smartwatch/phone must be sent to Chris Callaghan (chrisc37@gmail.com) for processing no later than 12 Midnight on Monday 12th October. If you do not have a smartwatch/phone get a friend to time you.
- Results sent to Chris must be in the format H:MM:SS.x no other format is acceptable. Hours must be included even if zero. **IE: Not acceptable are the following: 1 hour 11min 4 seconds, 33:22, 36:20:12** – correct formats for these times are: 1:11:04.0, 0:33:22.0, 0:36:20.12.
- Results will be published in full in the next issue of the South African Racewalker.
- There are no cut-off times.
- Walkers may absolutely only enter one race
- In each distance and age group points will be awarded as follows (Masters points awarded in 5 year categories):
 - First = 20
 - Second = 10
 - Third = 5
 - All other finishers = 1
- This means that every finisher earns a point for their region!
- Besides the usual junior categories seniors and Masters will be allowed to enter for 5 or 10 or 20km – athletes should choose wisely to optimise their point possibilities
- Novices are encouraged to join. For the purposes of this competition a novice will be any walker who has not walked in a physical racewalking competition before 2020. **However, there is not a novice category.**
- Take note of ASA CIRCULAR 36 OF 2020