

BLAST FROM THE PAST - VIRTUAL RACEWALKING CHALLENGE

Race Days
Monday 13 July - Sunday 19 July

Hosted by:



Each challenge will be restricted to one day – you **MUST** send results of the days challenge to Chris at Chrisc37@gmail.com BEFORE midday on the first working day after the race.

Virtual medals will be made available which walkers are welcome to post on social media. In the **Blast from the Past** challenge, Gold, Silver and Bronze medals will be awarded to the top three in groups by percentage scored.

Spirit medals will be awarded to the provinces with the highest numbers of finishers!



Entries

Entries for the event must be sent to the race Sponsor Winnie Koekemoer at winnie.koekemoer@gmail.com no later than midnight on Wednesday 8th July 2020. Entries must be in the following format:

Race #	Distance	Name	Surname	Club	Province	ID Number	Licence number

Winnie will acknowledge receipt. If your entry is not acknowledged, Winnie has not received your entry. You may enter any or ALL the races. **However you must send all the particulars in this format for EACH race you enter.** Ideally multiple entries should be in a table format. An example will be attached. No late entries will be entertained!

Race #	Race date	Age Group	Distance	Distance metric	Final time to accept result
1	13th July	All	800 yards	805 m	12 noon 14th July
2	14th July	All >8 years old	1 mile	1 610m	12 noon 15th July
3	15th July	All > 10 years old	2 miles	3.22 km	12 noon 16th July
4	16th July	All > 14 years old	4 miles	6.44 km	12 noon 17th July
5	17th July	All > 15 years old	8 miles	12.88 km	12 noon 20th July
6	18th July	All > 16 years old	12 miles	19.31 km	12 noon 20th July
7	19th July	All > 19 years old	16 miles	25.75 km	12 noon 20th July

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 midday on the first working day after the challenge date. Please ensure that you once again 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.** If you did not start or finish – please send this too. DNS and DNF are results

Rules

- **This is a fun event!**
- **All participants participate at own risk. 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 Winnie Koekemoer no later than midnight on Wednesday 8th July 2020. (email; winnie.koekemoer@gmail.com Whatsapp +27 83 289 5270)
- The following information is required on entry.

Race #	Distance	Name	Surname	Club	Province	ID Number	Licence number

- The virtual races will take place between **Monday 13 July June -Sunday 19 July.**
- 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 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 Whatsapp +27 82 375 2052) for processing no later than 12 midday on the first working day after the race. If you do not have a smartwatch/phone get a friend/coach to time you. **No results will be accepted after midday of the day following the race.**
- No corrections will be applied to the results. If you walk short a DNF will be recorded. If you walk over the distance your time will be accepted as is. It is your responsibility to record the distance as best as possible.
- Results will be published in full in the next issue of the South African Racewalker.
- There are no cut-off times.
- Novices are encouraged to join.