

# INTERCLUB LOCKDOWN VIRTUAL RACEWALKING CHALLENGE

**Race Days**  
**8, 9, 10 August 2020**

Hosted by:



Virtual medals will be made available which walkers are welcome to post on social media. **In the Interclub Challenge, Gold, Silver and Bronze Spirit medals will be awarded to the top three clubs by number of entries and by team quality as well as to the top three in every group.**



## Entries

Entries for the event must be sent to Chris Callaghan at [chris37@gmail.com](mailto:chris37@gmail.com) no later than midnight on the 6<sup>th</sup> August 2020. Entries must be in the following format:

Race #	Distance	Name	Surname	Club	Province	ID Number	Licence number

Chris will acknowledge receipt. If your entry is not acknowledged, Chris has not received your entry.

#	Age Group	Distance (km)
1	Open men and women	10
2	Masters men and women	10
3	Junior men and women (18.19, b 2001,2002)	10
4	Youth boys (16,17, b2003,2004)	10
5	Novice walkers 17 and older	10
6	Masters men and women	5
7	Youth girls (16,17, b2003,2004)	5
8	Sub Youth boys ( 14, 15, b2005,2006)	5
9	Sub Youth girls ( 14, 15, b2005,2006)	5
10	Novice walkers 14 and older	5
11	Novice walkers 14 and older	3
12	Sub youth Boys and girls (<=13,b2007 or later)	3
13	Under 13 boys and girls (<13,b2008 or later)	1

## Results

Results together with photo (screenshot) of your smartwatch/phone must be sent to Chris Callaghan ([chrisc37@gmail.com](mailto:chrisc37@gmail.com)) for processing no later than 12 midday on Tuesday 11<sup>th</sup> August. 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. **In the Interclub Challenge, Gold, Silver and Bronze Spirit medals will be awarded to the top three clubs by number of entries and by team quality as well as to the top three in every group.**

## 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 Chris Callaghan no later than midnight on the 6th August 2020. (email: [chrisc37@gmail.com](mailto:chrisc37@gmail.com), Whatsapp +27 82 375 2052)
- The following information is required on entry.

Race #	Distance	Name	Surname	Club	Province	ID Number	Licence number

- The virtual race will take place on any of the 8<sup>th</sup>, 9<sup>th</sup> or 10<sup>th</sup> August 2020.
- 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](mailto:chrisc37@gmail.com)) for processing no later than 12 midday on Tuesday 11th August. If you do not have a smartwatch/phone get a friend to time you.
- 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. For the purposes of this competition a novice will be any walker that has not walked in a racewalking competition before 2020.
- Clubs may submit walkers in novice categories that are not yet club members but who intend to join the club after lockdown. Juniors who are not yet required to belong to a club should still join with a club team.
- **Take note of the excerpt below from ASA CIRCULAR 36 OF 2020**

The ASA Board has a particular concern on the virtual runs being conducted by individual organisers who may not understand the risk they impose on the athletes who may be running in an unsecured and unprotected environment.

Virtual running no doubt has many advantages, such as flexibility to run the race at a time and place that suits one best, not travelling to the race, more possible variations of participation, being able to compete against anyone in any province or country and the treasured memories, medals or prize money on offer, etc.

Unfortunately, virtual running also has its disadvantages, such as the race may not entirely actually be virtual, as you may still need to run real, performances are not comparable as they do not take place at the same time or same place, the athletes do not actually go anywhere, it is not the real thing and there is no sense of community.

The biggest disadvantage of the current trend of virtual running is the poor information to, and from, the athlete that entered and participated in the race. The race organiser cannot provide medical support if the athlete becomes ill, or gets injured while participating. Neither can the organiser secure the competition environment, to prevent cheating and accidents that can lead to the death of the athlete who may be actually running. Members are kindly requested to advise their members of the risks involved in participating in unregistered virtual runs.