

# MIDWINTER LOCKDOWN VIRTUAL RACEWALKING CHALLENGE

**Race Day**

**11:43 Saturday 20 June -11:43 Sunday 21st June**

**Hosted by:**



**Midwinter occurs at 23:43 on Saturday 20 June.**

**This gives you a 24 hour period from just before midday on Saturday to just before midday on Sunday in which to complete your race**

Virtual medals will be made available which walkers are welcome to post on social media. **In the Midwinter Race, Gold, Silver and Bronze medals will be awarded to the top three in every group.**

**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 Wayne Snyman at [wayneweener@gmail.com](mailto:wayneweener@gmail.com) no later than midnight on the 12<sup>th</sup> June 2020. Entries must be in the following format:

Race #	Name	Surname	Club	Province	ID Number	ASA Licence number

Wayne will acknowledge receipt. If your entry is not acknowledged, Wayne 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 Monday 22<sup>nd</sup> June. 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.

## Rules

- The event will be held according to IAAF and ASA rules (where applicable). **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 events.**
- Entries must reach Wayne Snyman no later than midnight on the 12th June 2020. (email: [wayneewener@gmail.com](mailto:wayneewener@gmail.com), Whatsapp +27 79 847 3462)
- The following information is required on entry.

Race #	Name	Surname	Club	Province	ID Number	ASA Licence number

- The virtual race will take place at SA time between 11:43 Saturday 20 June -11:43 Sunday 21st June.
- 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](mailto:chrisc37@gmail.com)) for processing no later than 12 midday on Monday 22nd June.
- Results will be published in full in the next issue of the South African Racewalker.
- There are no cut-off times.
- No earphones, iPods and the like are allowed since they are in contravention of IAAF rule 144.5b.
- Novices are welcome to join.