

Spring into action with

VIRTUAL RACEWALKING CHALLENGE

Race Days
11,12,13 September

Hosted by:



Virtual medals will be made available on the SA Racewalkers Facebook Group which walkers are welcome to post on social media. In the Spring into action with , Newfeel shoes will go to two lucky draw entrants!



Entries

Entries for the event must be sent to Zelda Schultz at zeldaschultz001@gmail.com no later than midnight on the 3rd September 2020. Entries must be in the following format:

Race #	Distance	Name	Surname	Club	Province	ID number	Licence #	Novice	EU Shoe Size

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

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

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 Zelda Schultz at zeldaschultz001@gmail.com no later than midnight on the 3rd September 2020, (Whatsapp +27 79 867 7319)
- 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 #	Novice	EU Shoe Size
1	10	Peter	Davidos	Quickwalkers	GN	5002015000181	1234	No	44.5

- **Please do not add extraneous detail!** If your ID number shows as `5.00202E+12` 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 11th-13th September – **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 14th September. 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.
- 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.
- Take note of ASA CIRCULAR 36 OF 2020

