

Race Walking Association (Southern Area)

Men's & Women's 10k Road Walking Championships

Saturday 5th January 2013 @ 2pm

**Monks Hill Sports Centre, Farnborough Avenue,
South Croydon, Surrey, CR2 8HD**

Event to be held as a combined 'A' & 'B' Category Race

The 2013 Race Walking Association – Southern Area (SRWA) Men's & Women's 10km Championships will be held as a combined 'A' and 'B' category race.

This format is being trialled by the SRWA to give race walkers, who only feel comfortable racing in 'B' category races, the opportunity to test themselves under 'A' category judging without the fear of disqualification for bent knee.

The hope is that race walkers who get through under 'A' rules will have the confidence to race in more 'A' category races in the future.

Rules of Competition for SRWA Men's & Women's 10km Championships 2013

Entering

Competitors will have to indicate on the entry form which category they wish to enter the race under. Once this choice has been made it cannot be changed after the closing date for entries.

Judging

The Race Walking Judges will judge all competitors in accordance with 'A' category judging rules (*i.e. contact & bent knee*). The Chief Judge will ignore all red cards issued for bent knee against competitors entered in the 'B' section of the race, although they will be displayed on a DQ board.

(Note: 'A' category walkers will be issued numbers with two digits; 'B' category walkers will have three digit numbers)

Two disqualification boards will be used, one for 'A' category competitors and one for 'B' category competitors.

A competitor who is disqualified in the 'A' category race will leave the race and cannot opt to drop down to being a 'B' category competitor and continue the race. *(Note: Clearly would not apply to a competitor receiving three red cards for loss of contact).*

Individual Medals

Only competitors who elect to race under 'A' category rules will be eligible for individual championship medals.

Team Competition

Teams can include one 'B' category competitor providing that they would not have been disqualified under 'A' category rules.

Noel Carmody

Hon. Championship Secretary (noel.carmody@btopenworld.com)

Entry Form

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Race Category Entered	A		B	
Name				
EA Registration N ^o				
Address				
Date of Birth				
Gender				
Club				
Email				

Entries to Noel CARMODY: 41 Herbert Road, Bexleyheath, Kent, DA7 4QF

Entry Fee = £7.00 – Cheques payable to N. Carmody

(Late entries or entries without the correct entry fee will NOT be accepted)

Closing date for entries = Wednesday 2nd January 2013

Disclaimer and agreement - Please enter me for the above event. I hereby declare that I am an amateur according to UK Athletics rules. I understand that I take part entirely at my own risk and accept that the organisers shall not be liable for any injury or illness to my person as a result of taking part, nor for damage to or loss of property.

Signed _____

Date _____