

The One Hour Challenge



Race Walking New Zealand and the Palmerston North Athletics Club Present

Two one hour track races for walkers only.

Sunday, September 27th Massey Community Track Palmerston North

The first race is for race walkers and the second race is for free style walkers.

In the Race Walking Race (Race one, 11.00 am start) competitors may achieve a Gold, Silver, or Bronze Certificate. The distances you need to walk to achieve these standards will be advised before the race. If you do not reach the Bronze standard you will receive a Certificate of Achievement showing the distance you walked. If you are disqualified in this race you may continue for the full hour but will only receive a Certificate of Achievement.

In the Freestyle Race (Race two, 12.20 pm start) walkers will receive a Certificate of Achievement showing the distance walked. Race walking Judges will be operating in this race to ensure there is no loss of contact by a competitor. If a Walker is judged to be losing contact by jogging they will be cautioned and if it is repeated they will not be eligible for any certificate, but may continue for the full hour. If a Free Style walker wishes to receive comments from judges after the race on their style this must be requested before the start.

NOTE: There are ONLY 30 Race Walking and 30 Free-style Places in this Event – first come first served. It would be prudent to enter as soon as possible. Competitors should have their own lap scorer.

So, there are two Races and two Grades –

1. Racewalkers (fully judged) - at 11am. Registration from 10.00am
2. Free-stylers (judged for loss of contact only – unless full judging requested) – starts at 12:20pm with registrations from 11.20 am. The Freestyle Walking Grade is for all Walkers of any style.

Merit Prizes - (Certificates) – to be presented from 2pm. **Spot Prizes** available from 1:35pm

Entry Fee - RWNZ Members \$10 – Non-members \$15. Pay on the day but enter NOW so we can make arrangements. Water, Tea, coffee and biscuits provided but bring your own food.

To enter contact Michelle Lei by email at leim@slingshot.co.nz or phone 06 355 9285

Or contact David Lonsdale by email at thelonsdales@paradise.net.nz or phone 04 977 8990