



TARANAKI RACE WALKING CLUB

TARANAKI OPEN WALKS WEEKEND 2017

The Club would like to invite you and any of your walking friends to our Weekend of Open Walks on the 3rd June in New Plymouth. Same course that we've used for the last couple of years – a beautiful hot mix surface with a vehicle free race.

Weekend Format

The weekend combines a mixture of competitive walking with an evening Social event and then a social walk and morning tea/coffee on the Sunday morning. Whatever your level of Race Walking or Power Walking you will be warmly welcomed to our event.

Saturday Evening Prize-giving and Dinner

A group dinner is being organised by the Club and prize-giving will be built into the evening, 6pm Saturday 3rd June at the Marbles Buffet, Devon Hotel, 390 Devon Street East. You will be paying for your own meals on the night; adults \$39.90, seniors \$29.90 and varying prices for those under 18. www.devonhotel.co.nz

This is a fantastic opportunity to mix with your fellow walkers over drinks and then dinner. Cups will be presented along with certificates; but wait there's more – spot prizes and a raffle or two as well.

If you intend going to the dinner please indicate on the entry form.

Sunday Format

We will have a Social walk (probably encompassing the walkway). So if you are up to a hour easy walk we will see you for an 8:30 am start at Pukekura Park gates — followed by morning tea at the Park Kiosk at 9:30 am – all welcome to either or both events.

Race Information

Time: Saturday June 3rd 2017. All races start at **12.30pm**. Registration is open from 11.30 am – please ensure you arrive in plenty of time to pick up numbers. There will be a compulsory race briefing 5 minutes before the start.

Course: Bell Block Velodrome which is part of Hickford Park – the Eastern end of the Coastal Walkway. The circuit is 1.25Km in length. A map and directions are available on our Website www.trwc.homestead.com. Click on [Courses](#) and select "Taranaki Cycle Park - Bell Block"

Lap Scoring: You may need to provide your own lap scorer.

Taranaki Open Walks -

The 15km walk is two events rolled into one. Firstly there is a closed handicap event where best performance against handicap wins the prestigious Hawera Cup. Secondly, medals will be presented to the fastest 3 males and females (must be member of RWNZ) in the Race Walking New Zealand 15km championships. NOTE; A grade only. These events are fully judged.

The Campbell Cup is awarded to the best performance against a closed handicap for all Women raced over a distance of 10km (W70+ age groups may choose to race 5km).

The Trevor Suthon Cup is awarded to the best performance against a closed handicap for all Men. The distance raced is 10km, but M70+ may choose to race 5km and M85+ can do 2.5km. In these events we encourage you to enter as an A Grade walker but you may also enter as a B Grade walker.

The following is a summary of the trophies and distances available –

Hawera Cup	15km Closed Handicap –Male and Female Judging is to full IAAF rules regardless of age.
Campbell Cup	Women's Closed Handicap event SW and VW - 10km W70+ - 5km (Choice of 5 or 10km) Both A Grade (full IAAF rules) and B Grade ("No advantage" judging rules) are able to enter.
Trevor Suthon Cup	Men's Closed Handicap event SM and VM – 10km M70+ – 5km (Choice of 5 or 10km) Both A Grade (full IAAF Rules) and B Grade ("No advantage" judging rules) are able to enter.
TAWC Cup	10km Closed Handicap Cup – Male and Female Men and Women U20 – 10km Full IAAF Judging rules to apply
Bird Cup	Junior Closed Handicap Cup – Male and Female M16, W16 5km B14, G14 2.5km B12, G12 2.5km Full IAAF Judging rules to apply

Some basic rules

Race Numbers must be worn on the front and back – they must be clearly visible at all times.

B grade walkers and Vets over 60 will be given red numbers. The exception to this is any walker entered in the Hawera Cup or RWNZ 15km championship will be fully judged and will require black numbers.

Required to wear your full and correct Club uniform.

Shorts must be above the knee

There will be Race Walking Judges who are also designated as Umpires, who will observe the race to ensure the course is followed. The Race Walking Judges will apply the IAAF Race Walking Rules to all "A" Division walkers. A Caution will, wherever possible be issued before a red card (in keeping with latest IAAF protocols). A Judge can issue a red card without advising the walker.

All competitors must obey the Race Referee at all times.

No iPods or other devices that are deemed a hazard to the Walker's safety are to be used.

Please ensure that the performances you give for handicapping purposes are realistic. The handicapper reserves the right to ignore any race time that betters a performance standard by 4% or more when awarding the performance trophies and prizes.

Introduction to Race-walking and B Grade events

As in previous years we have incorporated B Grade walkers into the 2 events over 10km. We will continue to judge all 15km participants to full IAAF standards as well as all Junior categories. The other events are Closed handicap events and as such may be won by a person walking A Grade or B Grade. We cater for 2 distinct types of walkers in this category. Race Walkers who are new to the sport and are unsure of their technique and power walkers. We cater for all walkers. If you are new to the sport, what event do you enter? This is easy – enter one of the Race Walking events, do not enter the B Grade. Many walkers are pleasantly surprised with an outcome meeting the standards of race walking, but what happens if you get disqualified? You will not be shot or even pulled out of the event, your number will be marked (this is to tell the Judges to no longer Judge you) and you will complete the Race. By presenting yourself for judging you can then go to the Judges after the event and discuss why you were DQd.

B Grade walkers are walkers, predominantly aged under 60, who intend to complete the race distance but for a number of reasons cannot straighten their legs to the legal requirements of Race Walking. These Walkers will start at the same time and place as the Taranaki Open Walks. They will not be DQd unless it is deemed they are getting an unfair advantage with their technique (overly bent or running).

Entry Fee:

Taranaki Open Walks	\$20 for adults \$5 for students
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Race Walking New Zealand 15km championships	No additional charge but must be a member of the RWNZ. Membership is \$30 for an individual or \$35 per family. That will cover right through until 31 st July 2018. Students are free.
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For details to join contact David Lonsdale. 10 Maple Grove, Wellington 6021 or email to thelonsdales@paradise.net.nz

Further Details

Any updates about the walks will be posted on the clubs website.

<http://trwc.homestead.com/index.html>