

Southern Area RWA/ERWL (Permit Applied for)

PB RACE WALK AWARDS MEETING

23rd September

at QEII Stadium, Enfield, EN1 3PL

under 13 2km under 15 to Senior 3km

under 17 to Senior 5km under 20 to Senior 10km



Time Table: 10.00 Registrations
 10.30 2,000m/3,000m -
 11.00 One hour race incorporating 5,000/10,000m
Entries taken on the day - Under 16's free - under 20's £5 others £10

What are the PB Awards The PB Awards are a series of awards, nine levels of progression per age group, which celebrate athletes reaching new 'personal bests' in all track and field events.

The PB Awards are aimed at athletes from under 13 through to senior age groups.

There are different award tables for every athletics event including combined events. They cover for each age group, for both male and female athletes aimed at the whole athletics community.

Athletes achieving a PB award level under category A rules will receive a Certificate.



Race Walking Female Award Standards

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
2,000m									
U13	15:10.0	14:35.0	14:00.0	13:30.0	13:00.0	12:35.0	12:10.0	11:50.0	11:30.0
3,000M									
U15	22:18.0	21:27.0	20:40.0	19:57.0	19:16.0	18:37.0	18:00.0	17:25.0	16:52.0
U17	20:40.0	19:57.0	19:16.0	18:37.0	18:00.0	17:25.0	16:52.0	16:20.0	15:48.0
U20 (Junior)	19:16.0	18:37.0	18:00.0	17:25.0	16:52.0	16:20.0	15:48.0	15:18.0	14:49.0
Senior	18:00.0	17:25.0	16:52.0	16:20.0	15:48.0	15:18.0	14:49.0	14:20.0	13:52.0
5,000m									
U17	35:00.0	33:50.0	32:42.0	31:38.0	30:38.0	29:40.0	28:45.0	27:51.0	27:00.0
U20 (Junior)	32:42.0	31:38.0	30:38.0	29:40.0	28:45.0	27:51.0	27:00.0	26:10.0	25:21.0
Senior	30:38.0	29:40.0	28:45.0	27:51.0	27:00.0	26:10.0	25:21.0	24:35.0	23:50.0
10,000m									
U20 (Junior)	01:07:10	01:05:00	01:03:00	01:01:00	59:10.0	57:20.0	55:35.0	53:50.0	52:15.0
Senior	01:03:00	01:01:00	59:10.0	57:20.0	55:35.0	53:50.0	52:15.0	50:40.0	49:05.0

Race Walking Male Award Standards

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
2,000m									
U13	14:30.0	14:00.0	13:30.0	13:00.0	12:30.0	12:00.0	11:35.0	11:10.0	10:50.0
3,000M									
U15	19:50.0	19:10.0	18:32.0	17:55.0	17:20.0	16:47.0	16:15.0	15:45.0	15:16.0
U17	18:32.0	17:55.0	17:20.0	16:47.0	16:15.0	15:45.0	15:16.0	14:48.0	14:21.0
U20 (Junior)	17:20.0	16:47.0	16:15.0	15:45.0	15:16.0	14:48.0	14:21.0	13:55.0	13:31.0
Senior	16:15.0	15:45.0	15:16.0	14:48.0	14:22.0	13:56.0	13:31.0	13:06.0	12:43.0
5,000m									
U17	31:00.0	30:00.0	29:03.0	28:08.0	27:16.0	26:26.0	25:39.0	24:53.0	24:08.0
U20 (Junior)	29:03.0	28:08.0	27:16.0	26:26.0	25:39.0	24:53.0	24:08.0	23:25.0	22:43.0
Senior	27:16.0	26:26.0	25:39.0	24:53.0	24:08.0	23:25.0	22:43.0	22:02.0	21:25.0
10,000m									
U20 (Junior)	59:33.0	57:45.0	56:00.0	54:23.0	52:48.0	51:17.0	49:50.0	48:25.0	47:00.0
Senior	56:00.0	54:23.0	52:48.0	51:17.0	49:50.0	48:25.0	47:00.0	45:40.0	44:25.0

Further details from:

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Ron Wallwork (ERWL)

ERWL/PB Walks Award Meeting 2023 Series Registration

Name _____ Age Group _____
Club _____ telephone: _____
email: _____ *For contact purposes only: (preferred option)*
or Address _____

Please enter me/my daughter/son in the 2,000m/3,000m race My pb for this distance is: _____

Please enter me/my daughter/son in the 5,000m/10,000m race My pb for this distance is: _____

I understand that I take part in the ERWL PB Walks Awards Meeting knowing full well that I do so at my own risk and that the SARWA, the Walking Section of Enfield & Haringey AC or venue owners cannot be held responsible for any loss or damage that I might incur whilst doing so. I agree that my personal details can be used only to contact me in relation to activities organised by the ERWL and will not be passed to any third party.

Signed _____ Print Name _____

If under 16 parental/Guardian signature required

ronc893moulton@gmail.com Ron Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP

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