

RACE WALKING WORKSHOPS IN YOUR PROVINCE

ON 29 JULY 2023 AT THE RUSTDENE SPORT COMPLEX IN BEAUFORT WEST
FROM 09:00 TILL 12 :00 WITH COACH JONATHAN HARDNICK

ON 9 AUGUST 2023 AT THE RIVERVILLE SPORT COMPLEX IN RIVERSDAL FROM
10:00 TILL 13 :00 WITH SPRINT COACH HENDRIK PRINS AND WALKING
COACH JONATHAN HARDNICK

THESE SESSIONS WILL BE FREE OF CHARGE AND OPEN TO EVERYBODY TO
ATTEND (**all ages**) .

THE VISION IS TO RE-ESTABLISH THE SPORT OF RACEWALKING IN THE ASWD TO
ITS FORMER GLORY.

FOR MORE DETAIL CONTACT:

JONATHAN: 0813157016

HENDRIK (RIVERSDAL) : 0793508796

LIZELIA (BEAUFORT WEST) : 0657312554



HELD UNDER THE RULES OF :

ATHLETICS SOUTH WESTERN DISTRICTS

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