



Corporate Centurion Challenge

HOW TO ENTER!

FORM A TEAM

1. Arrange a Team according to your preferred category:

Select a Team category:



Solo (1-walker)



Duo (2-walkers)



Trio (3-walkers)



Quad (4-walkers)

2. Select the team's distance category:

100km or 160km in 24 hours

3. Decide on a team name:

Eg. Power Walkers (Have an alternative if can your preferred name is taken.
We will allocate the name to the team that registers it first)

4. Assign a Team Captain:

Assign one member of your team to be Team Captain. The Team Captain is responsible for:
> Registering on behalf of the team. Team members should not register individually.
> Refer to the Team Captain Duties.

5. Get ready to Register:

Read Team Captain Duties before registering.

Recommended:

Before registering it is recommended you have a meeting with your respective team to discuss the requirements. Once you are in agreement, the Team Captain will need to enter on behalf of the team.

TEAM CAPTAIN DUTIES!

Team Captain duties include:

- > Responsible for registering and paying on behalf of the team
- > Setting-up training sessions with the team
- > Communicate and ensure the team is up to date with information as well as the rules



Required when registering:

- > **Your Team's category:** Solo (1-walker), Duo (2-walkers), Trio (3-walkers) or Quad (4-walkers)
- > **Your Team's distance category:** 100km or 160km in 24 hours
- > **Your preferred Team name:** Teams of 2 or more need to decide on a Team name. Soloists can opt for a nickname or use their given name under Team name Eg. Power Walkers (You will be required to give an alternative name, should your preferred name be taken. We will allocate a name to the one that registers with it first.)
- > **Team details for your entire team:**
 1. First name
 2. Surname
 3. Gender
 4. Date of Birth
 5. ID Number or Passport Number
 6. Email address
- > **Ready to Register:** Before registering the team, ensure you have all your team members details, as incomplete registrations will be removed

REGISTER

Important Rule:

It is a walk, so you must walk! (Rule 230 Definition of Race Walking: Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.