

# **RACE WALKING**

# **CONTACT**

The official magazine of the NZ Race Walking Association

**JANUARY 2004**

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# **New Zealand Race Walking Association**

**Web Site: [www.geocities.com/nzracewalking](http://www.geocities.com/nzracewalking)**

**email Discussion Group: <http://www.egroups.com/group/nzracewalking>**

## ANYONE CAN JUDGE..... OR CAN THEY?

I know of two recent cases where experienced judges have had themselves down-graded or removed from the list of qualified judges.

Both gave the reason that they had not been judging very often, and were not confident that they could still judge at an acceptable level.

While I might applaud their attitude, I deplore the fact that we have lost these judges. I think that however rusty these people may have got, their integrity would make up for a good deal of that, and I feel that they would still fit comfortably within the "B" range.—

Especially as many of the other judges who remain on the judging list would not be been judging any more frequently.

It is understandable the Taranaki's Gaye Simpson felt that she should be removed from the list. She works in the quality control industry. Keeping her quality control measurement apparatus correctly calibrated was a basic requirement from her point of view. Her integrity would not allow her to continue judging if she wasn't able to keep her eye in with regular judging.

However, if all judges took that approach, we would have very few judges.

The need for regular practice is not apparent to non-racewalking people. To outsiders it seems that if you know the rules, you can automatically be a judge. There also seems to be a belief that simply being around for a while gives you the ability to judge.

I was recently at a meeting when the grading of judges cropped up. One person was mentioned as being a contender for an "A" grading. The same was said about me. I don't know how these people could possibly have any idea of the quality of my judging. I certainly don't consider myself anywhere near ready to go up to grade A. I would only think



of getting myself regraded if I found that on a regular basis, my judgements were matching those of a range of established A grade judges. It would also be essential that I was able to achieve this while judging a wide range of walking abilities and styles.

One of the important parts of judging a walking race is the de-brief afterwards. Unfortunately this often doesn't eventuate, or is reduced to just a couple of minutes chat while handing in the judging sheets at the end of a race. All too often, individual judges have to race away to attend to other duties. I have seldom been in a position to check how my judging stacked up against the others. Not so in the Waikato. According to Stu Foster they have fine-tuned their judging by spending some time examining their judging sheets after a race. Their judging is now so consistent, that when a walker's technique falters during a race, they can often follow the deterioration around that lap by the times the various judges have noted in their Report

Sheets.

If one of the judges is out of step with the others, they try to discover why. There will often be an explanation.- Strong winds on part of a course may have affected a walker in front of just one of the judges.

This degree of

uniformity requires the judges to be really on top of their job, and to have the confidence to act immediately they detect an infringement. Those of us who have less practice, or have not yet gained that degree of competence may have given the walker the benefit of the doubt for a lap or two before acting—if we acted at all.

Good judging requires much more than a



knowledge of the rules. The need for this is clearly not understood by some people. How else could an organising committee appoint unqualified people to judge important races? This is what happened at the recent North Island Colgate Games. Two people who are not on the list of graded judges were appointed to judge the Walks. These people may or may not have had the ability to judge at a reasonable level. I make no comment on that. But the walkers themselves should be given the courtesy of being judged by a panel of recognised judges.

Race Walking has more than enough problems without anyone being able to point the finger at a judging panel.

There were no disqualifications in these races. That may have been due to the fact that the walkers were all perfect, but it may equally well have been due to not having sufficient capable judges. Certainly some of the walkers appeared very lucky to not be disqualified. Whenever a really bad walker is not disqualified, it is the good walkers who are being penalised.

*Jack Tregurtha*

## IAAF REVIEW OF 2003 RACE WALKING



### Race Walking

In total contrast to marathon running, the major championships are regarded by every top race walker as the most attractive and important competition of the year, it is 'right then and there' that

everybody wants to hit peak form. This year the top competitors were very successful in this ambition at the World Championships in Paris.

#### MEN

**At 20 km** Jefferson Perez (ECU) won in emphatic fashion and with perfect timing at the finish clocked 1:17:21, just one second faster than the previous world best time for the distance. Behind the winner three more finished in 1:18:00-1:18:14 with the former "record holder" Francisco Javier Fernandez of Spain taking the silver.

**At 50 km** it was of course "business as usual" with Poland's Robert Korzeniowski adding to his reputation as one of the all-time greats with one more gold medal and in the process lowering his own one year old (European Championships in Munich) World best time by over half a minute, down to 3:36:03.

Yet Korzeniowski did not go unchallenged, with German Skurygin in second place moving into number two position of all-time with his 3:36:42. And the next three finishers – Andreas

Erm (GER), the Russians Aleksey Voyevodin and Denis Nizhegorodov – also moved into positions on the top-8 of all-time.

#### WOMEN

### 20km Race Walking

2003 was the season when Olimpiada Ivanova did not make the podium. The Russian, having won many titles during the last few years, including the 2001 World Championships and last season's European Championships in Munich, could not finish the race in Paris. Overall, the progress in the event has frozen a bit although the 1:26:22 world leading time by Yelena Nikolayeva was a bit faster than Ivanova's time in 2002.

However, some things did not change, the Russians stayed at the top of the world lists and they also won the World Championships. It was Nikolayeva who took the gold in Paris in 1:26:52, only 30 seconds below her world lead. The 20th place in the world lists was again under 1:30, at 1:29:34, over a minute faster than the same placing in 2002.

Also a World junior best was achieved, 18-year-old Song Hongjuan (CHN) won the National Championships in 1:27:16, but she was later disqualified in Paris.

*These performances saw Hongjuan placed third in the world for 2003 and 13th on the All-Time List. Ed.*

# NZ RACE WALKERS ASSOC

## Statement of Receipts and Payments period ending 31 July 2002

RECEIPTS			PAYMENTS		
		2001			2001
Subscriptions	1460.00	1175	Postages	284.83	162
Interest	169.97	185	Photocopying	1148.77	1162
AGM Race entries			Bank fee	90.66	12
Sports Grants	3000.00	6000	AGM costs		
Ansett Funds			Taranaki Walks		
			Grants to Athletes	13126.32	
			Stationery	83.69	0
Opening Balances:			Closing Balances:		
00 Account	6201.51	705	00 Account	1808.20	6201
25 Account	15070.61	11435	25 Account	9359.62	15070
	<b>25902.09</b>			<b>25902.09</b>	

### Statement of Financial Performance for year ending 31 July 2002

EXPENDITURE			INCOME		
Postages	284.83	162	Subscriptions	1460.00	1175
Photocopying	1148.77	1162	Interest	169.97	185
Bank fees	90.66	12		0	
Grants	13126.32		Sports Grants	3000.00	6000
Stationery	83.69			0	
Excess Income			Excess Expenditure	10104.30	
	<b>14734.27</b>			<b>14734.27</b>	

### Statement of Movement in Equity for year ended 31 July 2002

Members Funds as at 01 August 2002	21272.12
Excess Expenditure for year ended 31 July 2002	10104.30
	<b>11167.82</b>
Represented by:	
Current Assets: Westpac Cheque Account 00	1808.20
Westpac account 25	9359.62
Total net assets	<b>11167.82</b>

#### NOTES:

- There were difficulties in finalising the Accounts for the past two years. A burglary of the Treasurer's home, and the loss of key information were not helpful. The Accounts for the last two years have now been finalised by the new Treasurer, Loloma Foster with input from the outgoing Treasurer and the Secretary. New procedures are in place that will eliminate the delays of the past two years.
- The various amounts shown as Sports Grants or grants to athletes were funds given to the Association for specific purposes. These funds have now been exhausted.

**NZ RACE WALKERS ASSOC**  
**Statement of Receipts and Payments**  
**period ending 31 July 2003**

RECEIPTS			PAYMENTS		
		2002			2002
Subscriptions	1390.00	1460.00	Postages	348.05	284.83
Interest	98.47	169.97	Photocopying	1628.83	1148.77
AGM Race entries	0		Bank fee	71.32	90.66
Sports Grants	0	3000.00	AGM costs	0	0
Booklet Sales	30.00			0	0
	0		Grants to Athletes	0	13126.32
	0		Stationery	146.92	83.69
Opening Balances:	0		Closing Balances:	0	
00 Account	1808.20	6201.51	00 Account	494.38	1808.20
25 Account	9359.62	15070.61	25 Account	9996.79	9359.62
	<b>12686.29</b>	<b>25902.09</b>		<b>12686.29</b>	<b>25902.09</b>

**Statement of Financial Performance**  
**For year ending 31 July 2003**

EXPENDITURE			INCOME		
Postages	348.05	284.83	Subscriptions	1390.00	1460.00
Photocopying	1628.83	1148.77	Interest	98.47	169.97
Bank fees	71.32	90.66	Booklet sales	30.00	0
Grants	0	13126.32	Sports Grants	0	3000.00
Stationery	146.92	83.69		0	0
Excess Income	0		Excess Expenditure	676.65	10104.30
	<b>2195.12</b>	<b>14734.27</b>		<b>2195.12</b>	<b>14734.27</b>

**Statement of Movement in Equity**  
**for year ended 31 July 2003**

Members Funds as at 01 August 2003	11167.82
Excess Expenditure for year ended 31 July 2003	676.65
	<b>10491.17</b>
Represented by:	
Current Assets: Westpac Cheque Account 00	494.38
Westpac account 25	9996.79
Total net assets	<b>10491.17</b>

# WORLD MEN'S 50km PERFORMANCES 2003—Top 100

	Time	Name	Nat.	D.O.B.	Where	Date
1	03:36:03	Robert Korzeniowski	POL	30 07 1968	1st Paris Saint-Denis	27 08 2003
2	03:36:42	German Skurygin	RUS	15 09 1963	2nd Paris Saint-Denis	27 08 2003
3	03:37:46	Andreas Erm	GER	12 03 1976	3rd Paris Saint-Denis	27 08 2003
4	03:38:01	Aleksey Voyevodin	RUS	09 08 1970	4 Paris Saint-Denis	27 08 2003
5	03:38:23	Denis Nizhegorodov	RUS	26 07 1980	5 Paris Saint-Denis	27 08 2003
<b>6</b>	<b>03:39:43</b>	<b>Nathan Deakes</b>	<b>AUS</b>	<b>17 08 1977</b>	<b>1 Melbourne</b>	<b>07 12 2003</b>
7	03:42:03	Mikel Odriozola	ESP	25 05 1973	1 Ourense	16 02 2003
8	03:43:56	Jesús Angel García	ESP	17 10 1969	6 Paris Saint-Denis	27 08 2003
9	03:44:11	Chaohong Yu	CHN	03 11 1975	1 Yangzhou	14 04 2003
10	03:44:53	Roman Magdziarczyk	POL	05 07 1977	7 Paris Saint-Denis	27 08 2003
11	03:45:27	Vladimir Potemin	RUS	24 01 1979	2 Cheboksary	16 06 2003
12	03:46:03	Aigars Fadejevs	LAT	27 12 1975	2 Naumburg	13 04 2003
13	03:46:14	Trond Nymark	NOR	28 12 1976	8 Paris Saint-Denis	27 08 2003
14	03:47:36	Nikolay Matyukhin	RUS	13 12 1968	3 Cheboksary	16 06 2003
15	03:47:42	Sergey Korepanov	KAZ	09 05 1964	9 Paris Saint-Denis	27 08 2003
16	03:47:54	Takayuki Tanii	JPN	14 02 1983	1 Takahata	02 11 2003
17	03:48:11	Yinhang Wang	CHN	15 02 1977	2 Yangzhou	14 04 2003
18	03:48:26	Yuriy Andronov	RUS	06 11 1971	4 Cheboksary	16 06 2003
19	03:49:05	Denis Langlois	FRA	10 10 1968	10 Paris Saint-Denis	27 08 2003
20	03:49:35	Mario Avellaneda	ESP	12 11 1974	3 Ourense	16 02 2003
<b>21</b>	<b>03:50:34</b>	<b>Craig Barrett</b>	<b>NZL</b>	<b>16 11 1971</b>	<b>2 Melbourne</b>	<b>07 12 2003</b>
22	03:51:36	Semyon Lovkin	RUS	14 07 1977	3 Cheboksary	18 05 2003
23	03:51:37	Eiichi Yoshizawa	JPN	05 09 1980	2 Takahata	02 11 2003
24	03:51:50	Aiguo Bian	CHN	10 06 1980	3 Yangzhou	14 04 2003
25	03:52:18	Hongguang Li	CHN	10 02 1980	4 Yangzhou	14 04 2003
26	03:52:45	Liansheng Bai	CHN	28 07 1978	5 Yangzhou	14 04 2003
27	03:52:57	Santiago Pérez	ESP	15 01 1972	4 Cheboksary	18 05 2003
28	03:53:10	Defu Zhang	CHN	05 06 1984	6 Yangzhou	14 04 2003
29	03:53:18	Eddy Riva	FRA	17 04 1973	11 Paris Saint-Denis	27 08 2003
30	03:53:24	Germán Sánchez	MEX	31 07 1967	12 Paris Saint-Denis	27 08 2003
31	03:53:31	Luis F. Garcia	GUA	13 09 1974	5 Naumburg	13 04 2003
32	03:53:58	Jamie Costin	IRL	01 06 1977	6 Naumburg	13 04 2003
33	03:54:01	Francisco Pinardo	ESP	15 03 1975	5 Cheboksary	18 05 2003
34	03:54:11	Ken Akashi	JPN	06 11 1976	3 Takahata	02 11 2003
35	03:54:12	Peter Korcok	SVK	12 08 1974	13 Paris Saint-Denis	27 08 2003
36	03:54:16	Marat Ramazanov	RUS	05 03 1964	5 Cheboksary	16 06 2003
37	03:54:21	Alatan Gadasu	CHN	27 01 1984	2 Qinhangdao	29 09 2003
38	03:54:45	Yuchen Han	CHN	17 12 1978	7 Yangzhou	14 04 2003
39	03:55:00	José Antonio González	ESP	15 06 1979	4 Ourense	16 02 2003
40	03:55:13	Yoshimi Hara	JPN	02 03 1968	4 Takahata	02 11 2003
41	03:55:20	José David Domínguez	ESP	29 07 1980	5 Ourense	16 02 2003
42	03:55:26	Stepan Yudin	RUS	03 04 1980	6 Cheboksary	18 05 2003
43	03:55:39	Chunhu Chang	CHN	01 05 1982	8 Yangzhou	14 04 2003
44	03:55:40	Grzegorz Sudol	POL	28 08 1978	1 Wien	05 10 2003
45	03:56:04	Jefferson Pérez	ECU	01 07 1974	8 Naumburg	13 04 2003
46	03:56:26	Bengt Bengtsson	SWE	04 09 1961	9 Naumburg	13 04 2003
47	03:56:29	Xinli Ao	CHN	26 01 1981	9 Yangzhou	14 04 2003
48	03:56:31	Fredrik Svensson	SWE	10 09 1973	15 Paris Saint-Denis	27 08 2003
49	03:56:41	Spiridon Kastánis	GRE	23 09 1964	16 Paris Saint-Denis	27 08 2003
50	03:56:44	Tianping Zhang	CHN	11 01 1982	3 Qinhangdao	29 09 2003

51	03:57:06	Zoltán Czukor	HUN	18 12 1962	2	Wien	05 10 2003
52	03:57:12	Oleksiy Shelest	UKR	27 03 1973	1	Evpatoria	22 02 2003
53	03:57:42	Pedro Martins	POR	12 01 1968	1	São Joao de Madeira	01 03 2003
54	03:57:56	Ciprian Deac	ROM	29 08 1981		Craiova	07 09 2003
55	03:58:05	Miloš Holuša	CZE	02 05 1965	9	Cheboksary	18 05 2003
56	03:58:20	Oleksiy Kazanin	UKR	22 05 1982	2	Evpatoria	22 02 2003
57	03:58:41	Yeóryios Aryirópoulos	GRE	20 01 1970	1	Athína	12 10 2003
58	03:58:52	Qingwei Zhao	CHN	17 08 1983	10	Yangzhou	14 04 2003
59	03:58:58	Sérgio Vieira Galdino	BRA	07 05 1969	1	Porto Alegre	26 04 2003
60	03:58:59	Mario José dos Santos	BRA	10 09 1979	2	Porto Alegre	26 04 2003
61	03:59:20	Fumio Imamura	JPN	05 11 1966	1	Wajima	20 04 2003
62	03:59:20	Marco Giungi	ITA	30 10 1974	1	Reggio Calabria	12 10 2003
63	03:59:24	János Tóth	HUN	15 04 1978	11	Cheboksary	18 05 2003
64	03:59:30	José Ignacio Díaz	ESP	22 11 1979	6	Ourense	16 02 2003
<b>65</b>	<b>03:59:33</b>	<b>Duane Cousins</b>	<b>AUS</b>	<b>13 07 1973</b>	<b>1</b>	<b>Melbourne</b>	<b>18 05 2003</b>
66	03:59:37	Marek Janek	SVK	29 01 1977	2	Dudince	29 03 2003
67	03:59:37	Zhide Cui	CHN	11 01 1983	11	Yangzhou	14 04 2003
68	03:59:46	Huabing Zhang	CHN	01 09 1983	12	Yangzhou	14 04 2003
69	03:59:52	Chuang Pei	CHN	05 12 1981	13	Yangzhou	14 04 2003
70	03:59:57	Fanhua Qu	CHN	21 02 1977	14	Yangzhou	14 04 2003
71	04:00:05	David Boulanger	FRA	11 12 1974	2	Miramas	16 03 2003
72	04:00:17	Jimin Dong	CHN	10 10 1985	15	Yangzhou	14 04 2003
73	04:00:50	Valeriy Spitsyn	RUS	05 12 1965	6	Cheboksary	16 06 2003
74	04:00:51	Yuriy Burban	UKR	18 04 1980	12	Cheboksary	18 05 2003
75	04:00:52	Juan Antonio Porras	ESP	19 02 1972	7	Ourense	16 02 2003
76	04:01:01	Jeff Cassin	IRL	15 12 1971	13	Cheboksary	18 05 2003
77	04:01:46	Yongsheng Zhao	CHN	16 04 1970	17	Yangzhou	14 04 2003
78	04:01:58	David Sánchez	ESP	23 08 1973	1	Dublin	12 07 2003
79	04:01:59	Weijun Wang	CHN	31 12 1980	18	Yangzhou	14 04 2003
<b>80</b>	<b>04:02:03</b>	<b>Tim Berrett</b>	<b>CAN</b>	<b>23 01 1965</b>	<b>19</b>	<b>Paris Saint-Denis</b>	<b>27 08 2003</b>
81	04:02:21	Yi Li	CHN	19 01 1981	19	Yangzhou	14 04 2003
82	04:02:25	Diego Cafagna	ITA	09 07 1975	15	Cheboksary	18 05 2003
83	04:02:26	Hironori Kawai	JPN	03 02 1976	1	Kobe	26 01 2003
84	04:04:07	Chao Sun	CHN	08 01 1987	20	Yangzhou	14 04 2003
85	04:04:07	Birger Fält	SWE	12 08 1968	17	Cheboksary	18 05 2003
86	04:04:18	Alessandro Mistretta	ITA	06 03 1971	18	Cheboksary	18 05 2003
87	04:04:26	Jorge Costa	POR	20 03 1961	2	São Joao de Madeira	01 03 2003
<b>88</b>	<b>04:04:56</b>	<b>Liam Murphy</b>	<b>AUS</b>	<b>05 06 1979</b>	<b>2</b>	<b>Melbourne</b>	<b>18 05 2003</b>
89	04:05:20	Denis Trautmann	GER	15 08 1972	19	Cheboksary	18 05 2003
90	04:05:57	Oleksandr Romanenko	UKR	26 06 1981	4	Evpatoria	22 02 2003
91	04:06:06	Enrico Lang	ITA	31 03 1972	1+	Scanzorosciate	19 10 2003
92	04:06:30	Pascal Servanty	FRA	26 05 1966	3	Miramas	16 03 2003
93	04:06:36	Viktor Ginko	BLR	07 12 1965	1	Lugano	07 09 2003
94	04:06:37	Miloš Bátorvský	SVK	26 05 1979	4	Dudince	29 03 2003
95	04:06:39	Rafal Fedaczynski	POL	03 12 1980	1	Zaniemysl	12 04 2003
96	04:06:43	Andrey Stepanchuk	BLR	12 06 1979	2	Lugano	07 09 2003
97	04:06:54	Mike Trautmann	GER	13 03 1974	10	Naumburg	13 04 2003
98	04:06:57	Lin He	CHN	01 03 1983	22	Yangzhou	14 04 2003
99	04:07:02	Yusuke Yachi	JPN	02 01 1980	5	Takahata	02 11 2003
100	04:07:04	Maciej Rosiewicz	POL	31 07 1977	2	Zaniemysl	12 04 2003

## WORLD WOMEN'S 20km PERFORMANCES 2003—Top 100

1	1:26:22	Yelena Nikolayeva	RUS	01 02 1966	1	Cheboksary	18 05 2003
2	1:27:14	Antonina Petrova	RUS	01 05 1977	1	Adler	01 03 2003
3	1:27:16	Hongjuan Song	CHN	04 07 1984	1	Yangzhou	14 04 2003
4	1:27:22	Gillian O'Sullivan	IRL	21 08 1976	1	Sesto S. Giovanni	01 05 2003
5	1:27:23	Larisa Yemelyanova	RUS	06 01 1980	2	Adler	01 03 2003
6	1:27:54	Tatyana Sibileva	RUS	17 05 1980	3	Adler	01 03 2003
7	1:27:58	Elisabetta Perrone	ITA	09 07 1968	2	Cheboksary	18 05 2003
8	1:28:10	María Vasco	ESP	26 12 1975	3	Cheboksary	18 05 2003
9	1:28:10	Valentina Tsybul'skaya	BLR	09 02 1968	3	Paris	24 08 2003
10	1:28:17	Natalya Fedoskina	RUS	25 06 1980	4	Cheboksary	18 05 2003
11	1:28:19	Vira Zozulya	UKR	31 08 1970	1	Evpatoria	23 02 2003
12	1:28:20	Lyudmila Yefimkina	RUS	22 08 1981	4	Adler	01 03 2003
13	1:28:37	Tatyana Gudkova	RUS	23 12 1978	1	Cheboksary	15 06 2003
14	1:28:49	Kjersti Plätzer	NOR	18 01 1972	3	La Coruña	07 06 2003
15	1:28:52	Valentyna Savchuk	UKR	19 01 1975	2	Evpatoria	23 02 2003
16	1:28:52	Nadezhda Ryashkina	RUS	22 01 1967	5	Adler	01 03 2003
17	1:29:08	Susana Feitor	POR	28 01 1975	5	Cheboksary	18 05 2003
18	1:29:09	Rosselia Stef	ROM	25 02 1978	5	Paris	24 08 2003
19	1:29:14	Rossella Giordano	ITA	01 12 1972	6	Paris	24 08 2003
20	1:29:34	Athanasía Tsoumeléka	GRE	02 01 1982	7	Paris	24 08 2003
21	1:29:35	Tatyana Korotkova	RUS	24 04 1980	3	Cheboksary	15 06 2003
22	1:29:39	Kelian Gao	CHN	15 08 1983	2	Yangzhou	14 04 2003
23	1:29:40	Aihui Xu	CHN	25 04 1978	3	Yangzhou	14 04 2003
24	1:29:42	Jing Jiang	CHN	23 10 1985	4	Yangzhou	14 04 2003
25	1:29:44	Melanie Seeger	GER	08 01 1977	1	Naumburg	13 04 2003
26	1:29:46	Olga Kardopoltseva	BLR	11 09 1966	5	La Coruña	07 06 2003
27	1:30:03	Qiuyan Jiang	CHN	07 07 1983	5	Yangzhou	14 04 2003
28	1:30:20	Olena Miroshnychenko	UKR	01 03 1977	3	Evpatoria	23 02 2003
29	1:30:26	Mingming Ha	CHN	15 04 1982	6	Yangzhou	14 04 2003
30	1:30:27	Norica Câmpean	ROM	22 03 1972	7	Cheboksary	18 05 2003
31	1:30:29	Olive Loughnane	IRL	14 01 1976	8	Cheboksary	18 05 2003
32	1:30:34	Xingli Jian	CHN	18 08 1983	7	Yangzhou	14 04 2003
33	1:30:34	Elisa Rigaud	ITA	17 06 1980	10	Paris	24 08 2003
34	1:30:41	Maria Teresa Gargallo	ESP	15 10 1969	7	La Coruña	07 06 2003
35	1:30:48	Marina Smyslova	RUS	05 06 1966	8	Adler	01 03 2003
36	<b>1:30:51</b>	<b>Jane Saville</b>	<b>AUS</b>	<b>05 11 1974</b>	<b>11</b>	<b>Paris</b>	<b>24 08 2003</b>
37	1:30:53	Sonata Milušauskaitė	LTU	31 08 1973	1	Ourense	16 02 2003
38	1:30:57	Svetlana Tolstaya	KAZ	09 08 1971	9	Adler	01 03 2003
39	1:31:04	Yan Zhang	CHN	13 12 1983	8	Yangzhou	14 04 2003
40	1:31:09	Kristina Saltanovic	LTU	20 02 1975	1	Kaunas	01 08 2003
41	1:31:12	Haixia Fan	CHN	10 03 1982	9	Yangzhou	14 04 2003
42	1:31:14	Na Shi	CHN	15 02 1981	10	Yangzhou	14 04 2003
43	1:31:18	Sabine Zimmer	GER	06 02 1981	2	Naumburg	13 04 2003
44	1:31:21	Margarita Nazarova	RUS	23 03 1976	10	Adler	01 03 2003
45	1:31:31	Beatriz Pascual	ESP	09 05 1982	3	Ourense	16 02 2003
46	1:31:45	Olga Lukyanchuk	UKR	07 12 1976	4	Evpatoria	23 02 2003
47	1:32:07	Ying Zou	CHN	20 08 1982	2	Manila	23 09 2003
48	1:32:10	Mari Cruz Díaz	ESP	24 10 1969	15	Cheboksary	18 05 2003
49	1:32:16	Mayumi Kawasaki	JPN	10 05 1980	1	Takahata	02 11 2003
50	1:32:17	Athiná Papayiánni	GRE	18 08 1980	17	Cheboksary	18 05 2003
51	1:32:18	Natalya Shivryeva	RUS	31 08 1978	3	Cheboksary	08 09 2003

52	1:32:20	Eva Pérez	ESP	18 07 1975	4	Ourense	16 02 2003
<b>53</b>	<b>1:32:25</b>	<b>Yufang Yuan</b>	<b>MAS</b>	<b>01 02 1976</b>	<b>3</b>	<b>Manila</b>	<b>23 09 2003</b>
54	1:32:34	Kathrin Boyde	GER	04 12 1970	3	Naumburg	13 04 2003
55	1:32:36	Xiaoyan Liu	CHN	04 09 1985	11	Yangzhou	14 04 2003
56	1:32:41	Daniela Cîrlan	ROM	18 09 1980	1	Bucuresti	08 06 2003
57	1:32:43	Vera Santos	POR	03 12 1981	15	Paris	24 08 2003
58	1:32:49	Carolina Jiménez	ESP	02 02 1980	10	La Coruña	07 06 2003
59	1:32:56	Aleksandra Sorokina	RUS	24 02 1979	11	Adler	01 03 2003
60	1:32:57	Alena Zenkova	RUS	01 01 1982	4	Cheboksary	08 09 2003
61	1:32:58	Yelena Kuznetsova	KAZ	04 08 1977	2	Kaunas	01 08 2003
62	1:33:03	Mi-jung Kim	KOR	10 06 1979	1	Daejun	05 06 2003
63	1:33:18	Lyudmila Arkhipova	RUS	12 09 1978	12	Adler	01 03 2003
64	1:33:24	Barbora Dibelková	CZE	29 05 1983	5	Evpatoria	23 02 2003
65	1:33:24	Irina Balakley	RUS	07 10 1981	13	Adler	01 03 2003
66	1:33:24	Lyudmila Dolgopolova	BLR	01 08 1969	1	Brest, BLR	11 07 2003
67	1:33:25	Fatiha Ouali	FRA	28 10 1974	21	Cheboksary	18 05 2003
68	1:33:28	Natalya Misyulya	BLR	16 04 1966	2	Brest, BLR	11 07 2003
69	1:33:34	Ryoko Sakakura	JPN	09 05 1976	1	Kobe	26 01 2003
70	1:33:38	Hristina Kokótou	GRE	09 01 1972	24	Cheboksary	18 05 2003
71	1:33:42	Geovana Krusta	BOL	26 09 1975	18	Paris	24 08 2003
72	1:33:45	Mayumi Kawasaki	JPN	10 05 1980	1	Wajima	20 04 2003
73	1:33:47	Sylwia Korzeniowska	POL	25 04 1980	1	Zaniemysl	12 04 2003
74	1:33:52	Andrea Meloni	GER	01 10 1967	25	Cheboksary	18 05 2003
75	1:33:56	Irina Pudovkina	RUS	07 02 1980	5	Cheboksary	08 09 2003
76	1:34:05	Kaori Nikaido	JPN	25 07 1979	4	Manila	23 09 2003
77	1:34:08	Lyudmila Yegorova	UKR	04 10 1974	6	Evpatoria	23 02 2003
78	1:34:12	Yevdokiya Korotkova	RUS	28 02 1979	6	Cheboksary	08 09 2003
79	1:34:18	Xue Cao	CHN	02 03 1984	13	Yangzhou	14 04 2003
80	1:34:23	Nina Moskvina	UKR	06 08 1971	7	Evpatoria	23 02 2003
81	1:34:27	Gisella Orsini	ITA	09 12 1971	27	Cheboksary	18 05 2003
82	1:34:34	Tatyana Matyushkina	RUS	22 01 1979	14	Adler	01 03 2003
83	1:34:53	María del Rosario Sánchez	MEX	26 10 1973	7	Tijuana	08 03 2003
84	1:34:54	Yekaterina Yezhova	RUS	03 07 1982	15	Adler	01 03 2003
85	1:34:55	Yan Zuo	CHN	18 08 1983	14	Yangzhou	14 05 2003
86	1:34:56	Victoria Palacios	MEX	29 03 1977	12	La Coruña	07 06 2003
87	1:35:02	Ming Hu	CHN	08 10 1984	15	Yangzhou	14 04 2003
88	1:35:12	Veronica Budileanu	ROM	27 02 1976	1	Ruse	06 04 2003
89	1:35:20	Lisa Barbieri	ITA	18 05 1978	10	Sesto S. Giovanni	01 05 2003
90	1:35:26	Chunfang Sun	CHN	01 03 1977	16	Yangzhou	14 04 2003
91	1:35:30	Xingtong He	CHN	11 02 1986	17	Yangzhou	14 04 2003
92	1:35:32	María José Poves	ESP	16 02 1978	7	Ourense	16 02 2003
93	1:35:46	Ana Maria Groza	ROM	01 06 1976	2	Bucuresti	08 06 2003
94	1:35:48	Joanne Dow	USA	19 03 1964	3	Santo Domingo	06 08 2003
95	1:35:49	Dan He	CHN	22 07 1984	18	Yangzhou	14 04 2003
96	1:35:53	Yanhong Li	CHN	02 06 1984	19	Yangzhou	14 04 2003
97	1:35:53	Katsiaryna Labashova	BLR	15 11 1983	29	Cheboksary	18 05 2003
98	1:35:55	Maribel Gonçalves	POR	01 04 1978	2	São Joao de Madeira	01 03 2003
<b>99</b>	<b>1:35:55</b>	<b>Natalie Saville</b>	<b>AUS</b>	<b>07 09 1978</b>	<b>2</b>	<b>Brisbane</b>	<b>06 04 2003</b>
<b>100</b>	<b>1:35:59</b>	<b>Gabrielle Gorst</b>	<b>NZL</b>	<b>16 02 1964</b>	<b>1</b>	<b>Dunedin</b>	<b>23 03 2003</b>

Looking through this list it might appear that speaking English is a major handicap. Just two Irish women and one American in addition to the four from the Commonwealth. Two more Australians—Cheryl Webb (104) and Simone Wolowiec (128) and Karen Foa (Canada)(148) were also under 1:40:00.

## WORLD MEN'S 20km PERFORMANCES 2003—Top 100

As we have no New Zealanders listed, I have just shown an abbreviated list that includes all Commonwealth countries. One notable absentee was Australia's Nathan Deakes who had taken time out for injury.

1	01:17:21	Jefferson Pérez	ECU	01 07 1974	1	Paris Saint-Denis	23 08 2003
2	01:18:00	Francisco Javier Fernández	ESP	06 03 1977	2	Paris Saint-Denis	23 08 2003
3	01:18:07	Roman Rasskazov	RUS	28 04 1979	3	Paris Saint-Denis	23 08 2003
4	01:18:14	Noé Hernández	MEX	15 03 1978	4	Paris Saint-Denis	23 08 2003
5	01:18:43	Hongjun Zhu	CHN	18 08 1983	1	Yangzhou	12 04 2003
6	01:18:56	Chaohong Yu	CHN	03 11 1975	2	Yangzhou	12 04 2003
7	01:19:06	Bernardo Segura	MEX	11 02 1970	1	Tijuana	08 03 2003
8	01:19:11	Robert Korzeniowski	POL	30 07 1968	3	Tijuana	08 03 2003
9	01:19:14	Xinde Xu	CHN	12 06 1984	3	Yangzhou	12 04 2003
<b>10</b>	<b>01:19:35</b>	<b>Luke Adams</b>	<b>AUS</b>	<b>22 10 1976</b>	<b>5</b>	<b>Paris Saint-Denis</b>	<b>23 08 2003</b>
11	01:19:40	Ivan Trotskiy	BLR	27 05 1976	6	Paris Saint-Denis	23 08 2003
12	01:19:46	David Márquez	ESP	13 10 1977	7	Paris Saint-Denis	23 08 2003
13	01:19:49	Alejandro López	MEX	09 02 1975	4	Tijuana	08 03 2003
14	01:20:00	Yuchen Han	CHN	17 12 1978	4	Yangzhou	12 04 2003
15	01:20:05	Ilya Markov	RUS	19 06 1972	1	Adler	01 03 2003
16	01:20:09	Chuang Pei	CHN	05 12 1981	5	Yangzhou	12 04 2003
17	01:20:15	José David Domínguez	ESP	29 07 1980	9	Paris Saint-Denis	23 08 2003
18	01:20:28	Andrey Stadnichuk	RUS	14 12 1973	2	Adler	01 03 2003
19	01:20:28	Konstantin Golubtsov	RUS	01 06 1973	3	Adler	01 03 2003
20	01:20:30	João Vieira	POR	20 02 1976	2	La Coruña	07 06 2003
30	01:20:51	Shigang Wang	CHN	22 02 1981	7	Yangzhou	12 04 2003
40	01:21:23	Michele Didoni	ITA	07 03 1974	16	Paris Saint-Denis	23 08 2003
50	01:22:01	Ivano Brugnetti	ITA	01 09 1976	1	Bellaria	08 06 2003
<b>51</b>	<b>01:22:06</b>	<b>Julius Sawe</b>	<b>KEN</b>	<b>21 11 1971</b>	<b>1</b>	<b>Nairobi</b>	<b>26 07 2003</b>
60	01:22:36	Akihiro Sugimoto	JPN	20 10 1981	4	Manila	22 09 2003
70	01:23:03	Robert Heffernan	IRL	23 03 1978	7	Sesto S. Giovanni	01 05 2003
80	01:23:29	Sergey Chernov	BLR	05 02 1979	1	Brest, BLR	06 03 2003
90	01:23:51	Feo-dosiy Chumachenko	MDA	27 01 1973	11	Adler	01 03 2003
<b>100</b>	<b>01:24:11</b>	<b>Liam Murphy</b>	<b>AUS</b>	<b>05 06 1979</b>	<b>1</b>	<b>Adelaide</b>	<b>26 07 2003</b>
147	01:25:56	Aliaksandr Kuzmin	BLR	24 03 1981	5	Minsk	03 06 2003

These lists were as at 13 January 2004. Additional performances are sometimes added after a long delay, but the above figures will not change a great deal—if at all.

With both the men's distances including new World Records, the range of performances at the top was spread a little wider than the women—20th place for the women was just 3.7% slower than 1st place. With the men the differences were 4.3% (20k) and 6.3% (50k).

The IAAF calls these lists "Top Lists" to distinguish them from their "Rankings" which are based on a number of performances and other factors. The full Top Lists include all performances of each athlete, but the above lists are trimmed to include just their best performances.

Starting this year, the IAAF will be publishing Rankings for Walkers in addition to the Top Lists.

# IAAF RECOGNISES FIRST WORLD RECORDS FOR ROAD RACES

As from 1st January 2004, Records rather than just "Best Times" have been officially recognised by the IAAF.

This has been done retrospectively by the IAAF, although the Junior 10km Walk has not yet been listed.

**In the Walks, the performances recognised are:**

**MEN 20km Walk**

**1:17:21 Jefferson Perez ECU**

Paris, FRA 23 Aug 03

**MEN 50km Walk**

**3:36:03 Robert Korzeniowski POL**

Paris, FRA 27 Aug 03

**WOMEN 20km Walk**

**1:26:22 Yan Wang CHN**

Guangzhou, CHN 19 Nov 01

**JUNIOR MEN 10km Walk**

To be confirmed at a later date.

**JUNIOR WOMEN 10km Walk**

**41.57 Hongmiao Gao 74 CHN**

Beijing, CHN 8 Sep 93

The trouble with recognising old performances as records, is the difficulty in confirming that the distances were accurate. (This is the very reason records have not been recognised on the road previously.)

In the Women's 20km Walk, seven performances by six walkers have been overlooked when determining which performance should be recognised.

These were:

**1:24:50 Olimpiada Ivanova RUS**

Adler 04 03 2001

**1:25:18 Tatyana Gudkova RUS**

Moskva 19 05 2000

**1:25:20 Olga Polyakova RUS**

Moskva 19 05 2000

**1:25:29 Irina Stankina RUS**

Moskva 19 05 2000

**1:25:59 Tamara Kovalenko RUS**

Moskva 19 05 2000

**1:26:08 Olimpiada Ivanova RUS**

Moskva 19 05 2000

**1:26:22 Yelena Nikolayeva RUS**

Cheboksary 18 05 2003

The last performance on the list equals the time that has actually been accepted.

Moves are under way for records to be recognised in New Zealand. New Zealand does not have an official list of "Best Times". About 7 or 8 years ago the Athletics NZ AGM resolved to create such a list to give recognition to Road Runners and Walkers, but this never eventuated. At the following AGM it was reported back that there was great difficulty confirming that the distances had been accurate.

When records do begin to be recognised in New Zealand, there will be strict rules regarding the certification of the courses. We may have some difficulty in getting past performances recognised as records for this reason. Graded Course Certifiers will be at a premium in the future.

## IAAF RULE ON MEASURING WALKS COURSES

### For Road Race Walking Records:

- (a) The course must be measured by an "A" or "B" IAAF/AIMS approved measurer as defined in IAAF Rule 117.
- (b) The circuit shall be no shorter than 2 km and no longer than 2.5 km with a possible start and finish in a stadium.
- (c) Either the course measurer that certified the course or another "A" or "B" measurer in possession of the complete measurement data and maps must validate that the course measured was the course covered.
- (d) The course must be validated on site (i.e. within two weeks before, on the day of the race or as soon as practical after the race), preferably by a different "A" or "B" measurer from the one that did the original measurement.

*Note: It is recommended that National Governing Bodies and Area Associations adopt similar Rules to the above for the recognition of their own records.*

## NEW ZEALAND RANKINGS

### MEN'S 10km WALK 2003

Ranking	Time	Name	Posn.	Course	Date
1	45:07	Craig Barrett	1	Wellington *	6/09/2003
2	47:29	Glenn Burrell	2	Wellington *	6/09/2003
3	51:50	Michael Harte	3	Wellington *	6/09/2003
4	53:36	Rodney Gillum	4	Wellington *	6/09/2003
5	56:12	Eric Kemsley	5	Wellington *	6/09/2003
6	57:48	Keith Rutherford	1	Invercargill	9/03/2003
7	58:01	Bryan Young	6	Wellington *	6/09/2003
8	60:00	John Lambert	2	Invercargill	9/03/2003
9	60:37	Michael Lane	7	Wellington *	6/09/2003
10	60:43	Dave Reid	3	Invercargill	9/03/2003
11	61:07	Robert Anderson	8	Wellington *	6/09/2003
12	62:25	Peter Baillie	1	Trentham	23/08/2003
13	63:12	Tony Burrell	10	Wellington *	6/09/2003
14	63:14	John Beckham	4	Invercargill	9/03/2003
15	63:44	Chris Bowman	1	Gisborne	13/09/2003
16	65:45	Richard Willis	11	Wellington *	6/09/2003
17	66:17	David Lonsdale	3	Trentham	23/08/2003
18	67:15	John Palmer	4	Trentham	23/08/2003
19	71:02	Murray Gowans	5	Trentham	23/08/2003
20	71:07	Arthur Lester	1	New Plym	30/05/2003
21	71:12	Peter Rendall	6	Trentham	23/08/2003
22	71:26	Mick Rice	7	Trentham	23/08/2003
23	71:30	Malcolm Taylor	1	Matamata	23/08/2003
24	71:31	Ted Guy	2	New Plym	30/05/2003
25	71:54	Tommy Lamason	2	Matamata	23/08/2003

\* Course not certified

### MEN'S 15km WALK 2003

Ranking	Time	Name	Posn.	Course	Date
1	1:19:55	Gary Little	1	New Plym	30/05/2003
2	1:27:41	Rodney Gillum	2	New Plym	30/05/2003
3	1:29:45	Eric Kemsley	3	New Plym	30/05/2003
4	1:32:44	Michael Lane	4	New Plym	30/05/2003
5	1:37:55	Tony Burrell	5	New Plym	30/05/2003
6	1:54:08	Erik Westra	6	New Plym	30/05/2003

<b>MEN'S 20km WALK 2003</b>					
<b>Ranking</b>	<b>Time</b>	<b>Name</b>	<b>Posn.</b>	<b>Course</b>	<b>Date</b>
1	1:27:07	Craig Barrett	1	Dunedin	23/03/2003
2	1:34:01	Graeme Jones	2	Dunedin	23/03/2003
3	1:47:31	Nigel Aymes	3	Dunedin	23/03/2003
4	1:53:06	Eric Kemsley	1	Inglewood	2/11/2003
5	1:56:37	John Cunliffe	4	Dunedin	23/03/2003
6	1:56:38	Michael Harte	5	Dunedin	23/03/2003
7	2:11:20	Tony Burrell	2	Inglewood	2/11/2003

<b>MEN'S 50km WALK 2003</b>					
<b>Ranking</b>	<b>Time</b>	<b>Name</b>	<b>Posn.</b>	<b>Course</b>	<b>Date</b>
1	3:51:15	Craig Barrett	2	Tijuana	9/03/2003
	5:15:22	Rodney Gillum	2	Inglewood	2/11/2003
	5:25:44	Gary Little	3	Inglewood	2/11/2003
	6:01:11	Peter Baillie	4	Inglewood	2/11/2003

<b>JUNIOR MEN'S 5km WALK 2003</b>					
<b>Ranking</b>	<b>Time</b>	<b>Name</b>	<b>Posn.</b>	<b>Course</b>	<b>Date</b>
1	25:54	David Ash	1	New Plymouth	30/05/2003

<b>JUNIOR MEN'S 10km WALK 2003</b>					
<b>Ranking</b>	<b>Time</b>	<b>Name</b>	<b>Posn.</b>	<b>Course</b>	<b>Date</b>
1	53:08	David Ash	7	Canberra	8/06/2003
2	57:52	Daniel Stott	2	Dunedin	23/03/2003

<b>JUNIOR WOMEN'S 5KM WALK 2003</b>					
<b>Ranking</b>	<b>Time</b>	<b>Name</b>	<b>Posn.</b>	<b>Course</b>	<b>Date</b>
1	25:31	Amanda Gorst	1	Wellington *	6/09/2003
2	30:14	Teresa Heenan	2	Wellington *	6/09/2003
3	32:58	Kelly Mabbett	3	Wellington *	6/09/2003
				* Course not certified.	

<b>JUNIOR WOMEN'S 10km WALK 2003</b>					
<b>Ranking</b>	<b>Time</b>	<b>Name</b>	<b>Posn.</b>	<b>Course</b>	<b>Date</b>
1	51:48	Amanda Gorst	1	Inglewood	2/11/2003
2	67:07	Suzanne Landers	2	Dunedin	23/03/2003

**WOMEN'S 10km WALK 2003**

Ranking	Time	Name	Posn.	Course	Date
1	47:01	Gabrielle Gorst	1	Wellington *	6/09/2003
2	58:49	Gillian MacDougal	2	Invercargill	9/03/2002
3	59:31	Barbara Lambert	3	Invercargill	9/03/2002
4	59:52	Sue Hoskin	2	Wellington *	6/09/2003
5	61:43	Sharon McDonald	3	Wellington *	6/09/2003
6	65:48	Diana Pittwood	4	Wellington *	6/09/2003
7	66:15	Sandra Moratti	1	New Plymouth	30/05/2003
8	67:54	Karen Gillum-Green	2	New Plymouth	30/05/2003
9	68:44	Loloma Foster	4	Invercargill	9/03/2002
10	69:11	Beverley Anderson	5	Invercargill	9/03/2002
11	69:54	Shirley Rolston	5	Wellington *	6/09/2003
12	71:14	Lisa Reddy	6	Wellington *	6/09/2003
13	71:36	Marion McIntosh	7	Wellington *	6/09/2003
14	72:46	Kristeen Parkes	8	Wellington *	6/09/2003
15	72:50	Kaye Plunkett	3	New Plymouth	30/05/2003
16	72:52	Diane Isherwood	1	Trentham	23/08/2003
17	74:23	Sue Park	4	New Plymouth	30/05/2003
18	76:26	Eva Guy	5	New Plymouth	30/05/2003
19	76:26	Ellen Kinred	6	New Plymouth	30/05/2003
20	84:47	Pamela McKenzie	9	Wellington *	6/09/2003
21	69:01	Bronwyn Morgan	1	Gisborne	17/09/2003
22	70:41	Margaret Badger	2	Gisborne	17/09/2003
23	74:38	Jan Walker	3	Gisborne	17/09/2003
24	77:09	Verlie Shephard	4	Gisborne	17/09/2003
				* Course not certified.	

**WOMEN'S 15km WALK 2003**

1	1:13:50	Gabrielle Gorst	1	Inglewood	2/11/2003
2	1:36:27	Sandra Moratti	2	Inglewood	2/11/2003

**WOMEN'S 20km WALK 2003**

Ranking	Time	Name	Posn.	Course	Date
1	01:35:59	Gabrielle Gorst	1	Dunedin	23/03/2003
2	01:57:16	Amelia de Lorenzo	2	Dunedin	23/03/2003
3	02:09:15	Sue O'Sullivan	3	Dunedin	23/03/2003

## JUNIOR MEN 3000m TRACK WALK

Time	Name	Clr	DOB	Pos	Venue	Date
1	14.07.56 Ben Richardson	MWA	15-May-85	2	Hastings	2-Nov-02
2	14.20.03 mix David Ash	WBP	24-Dec-85	1	Wanganui	GP2 19-Jan-03
3	14.38.20 Daniel Stott	WBP	7-Oct-87	1	Hamilton	16-Feb-03
4	15.14.89 Chris Rendall	WLG	17-Nov-83	2	Wellington	30-Nov-02
5	15.35.39 Joseph Towers	TAR	8-Mar-88	1	Wellington	30-Nov-02
6	15.56.99 Hamish Fowlie	WBP	15-Feb-85	3	Hamilton	NTC 1-Feb-03
7	16.12.27 Callum McConahey	MWA	23-Aug-85	2	Wanganui	16-Nov-02
8	17.18.44 ht Todd Beaumont	HGB	20-Mar-87	4	Inglewood	8-Dec-02
9	17.27.63 Patrick Enright	CAN	2-Sep-87	1	Christchurch	CS 15-Mar-03
10	18.08.90 Sebastian Lacey	CAN	? 1 Nelson	SISS	29-Mar-03	
11	18.26.12 Nathaniel Shaw	CAN	? 2 Nelson	SISS	29-Mar-03	
12	20.47.67 Keiran Cocks	NTH	? 2	Hamilton	NTC 1-Feb-03	
13	20.48.63 Alex Howitt	WBP	? 3 Inglewood	NISS	29-Mar-03	
14	21.02.09 Ezekiel Sage	CAN	? 3 Christchurch	CS	15-Mar-03	
15	21.10.49 Hamish Clareburt	WLG	13-Feb-85	3	Hamilton	NTC 1-Feb-03
16	21.24.79 Chris Blackford	WLG	? 4 Wanganui	16-Nov-02		
17	21.29.33 Tim Gault	OTG	10-Jun-83	1	Dunedin	16-Feb-03
18	21.29.78 Travis Thomson	OTG	? 1 Dunedin	NATS	21-Mar-03	

## JUNIOR WOMEN 3000m TRACK WALK

1	14.47.14 Amanda Gorst	HGB	5-Jun-87	1	Dunedin	NATS 21-Mar-03
2	16.04.98 Suzanne Landers	TAR	5-Aug-84	1	Dunedin	NATS 21-Mar-03
3	16.20.06 mix Kelly Shadbolt	CAN	13-Mar-85	2	Christchurch	22-Feb-03
4	17.02.75 Anita Brickle	CAN	? 3 Dunedin	NATS	21-Mar-03	
5	17.07.43 Theresa Heenan	WLG	7-Jan-87	2	Inglewood	NISS 29-Mar-03
6	17.13.09 Claire McGettigan	HGB	5-May-86	1	Wanganui	16-Nov-02
7	17.33.76 Catalina Malone	AKL	21-Feb-85	2	Auckland-Tow	16-Nov-02
8	18.15.47 Lauren Hickey	HGB	18-Dec-84	1	Hastings	2-Nov-02
9	18.51.23 Kelly Mabbett	WBP	? 4 Inglewood	NISS	29-Mar-03	
10	19.12.63 Bridie Schroder	MWA	21-Sep-86	3	Wanganui	16-Nov-02
11	19.27.44 Tylee Reddy	WLG	13-Dec-83	3	Wellington	8-Mar-03
12	19.38.50 Kelly Cameron	TAR	? 6 Inglewood	NISS	29-Mar-03	
13	19.48.58 Sarah-Ann Fowlie	WBP	11-Jul-87	7	Inglewood	NISS 29-Mar-03
14	20.12.24 Natasha Cameron	TAR	? 9 Inglewood	NISS	29-Mar-03	
15	20.28.89 Trista Linn	TAR	? 10 Inglewood	NISS	29-Mar-03	
16	20.29.51 Allison Gore	WBP	? 11 Inglewood	NISS	29-Mar-03	
17	21.20.46 Ellen Kemp	WLG	3-Oct-90	7	Wellington	8-Mar-03
18	21.26.98 Harriet Austin	? 4 Wanganui	16-Nov-02			
19	22.39.28 Veronica Gould	WLG	? 4 Hamilton	NTC	1-Feb-03	
20	22.42.57 Rachel Kemp	WLG	4-Feb-88	5	Hamilton	NTC 1-Feb-03
21	24.35.47 Leah Kemp	WLG	21-Feb-93	8	Wellington	8-Mar-03

## JUNIOR MEN 5000m TRACK WALK

1	24.53.31 David Ash	WBP	24-Dec-85	2	Wellington	GP1 17-Jan-03
2	26.12.70 Daniel Stott	WBP	7-Oct-87	3	Hamilton	GP4 6-Feb-03
3	28.51.24 mix Joseph Towers	TAR	8-Mar-88	1	Inglewood	15-Feb-03

## JUNIOR WOMEN 5000m TRACK WALK

1	24:39:29 Amanda Gorst	HGB	5-Jun-87	9	Sherbrooke	10-July-03
2	29:11:26 mix Suzanne Landers	TAR	5-Aug-84	1	Inglewood	15-Feb-03

## IT ALSO TELLS THE TIME!

Some of the blurb about one of the more advanced watches available these days.

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  - Lap Time
  - Lap distance o Aver
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  - Stop at end
  - Repeat at end
  - Chronograph at endage lap speed/pace

# WORLD MASTERS AGE GROUP RECORDS

As at 11 June 2003

3000m MEN				
AGE GR'P	TIME	NAME	DATE	Place/ Nationality
M35	11:16.38	D.SMITH	28 NOV 92	BRISBANE AUS
M40	11:28.21	W.SAWALL	21 FEB 82	MELB AUS
M45	12:06	G.LITTLE	23 NOV 91	AUCKLAND NZL
M50	12:18	G.LITTLE	23 JAN 93	AUCKLAND NZL
M55	12:44.0	W.SAWALL	14 DEC 96	GEE LONG AUS
M60	14:04.71	G.LITTLE	8 FEB 02	AUCKLAND NZL
M65	15:12.9	G.CHAPLIN	11 May 96	COVENTRY GBR
M70	15:51.0	T. DAINTRY	10 APR 82	PERTH AUS
M75	16:19.5	J.GRIMWADE	12 JUL 87	CORBY GBR
M80	17:41.4i	J.GRIMWADE	20 MAR 93	COSGROVE GBR
M85	19:31.0	G.THEOBALD	10 APR 82	PERTH AUS
M90	21:21.3	G.THEOBALD	15 APR 87	MURRUMB EENA AUS

50km MEN				
AGE GR'P	TIME	NAME	DATE	Place/ Nationality
M35	3:42:04	Y.YEVSYUKOV	-08-85	LENINGRAD
M40	3:49:06	J.MARIN	29-03-92	BADALONA ESP
M45	4:00:49	G.WEIDNER	19-04-80	FRG
M50	4:14:37	G.WEIDNER	28-08-83	GER
M55	4:25:21	G.WEIDNER	19-04-92	BERLIN GER
M60	4:23:29	G.WEIDNER	23-05-93	KERPEN GER
M65	5:32:55	L.CREO	7-04-90	BASILDON GBR
M70	5:33:21	C.COLMAN	5-05-91	PLYMOUTH GBR
M75	5:19:34	J.GRIMWADE	1-08-87	BRIGHTON GBR

## 5,000m MEN

AGE GR'P	TIME	NAME	DATE	Place/ Nationality
M35	18:30.43	M.DAMILANO	11-06-92	CASERTA
M40	19:45.65	W.SAWALL	31-03-84	MELB AUS
M45	20:54.4	G.LITTLE	7-12-91	AUCKLAND
M50	21:01	G.LITTLE	16-02-92	NZL
M55	22:11.5	W.SAWALL	26-01-97	BALLARAT
M60	23:39.78	G.LITTLE	9-10-02	MELB NZL
M65	25:27.42	G.WEIDNER	13-09-98	GER
M70	27:02	T.DAINTRY	10-04-82	AUS
M75	27:40	J.GRIMWADE	28-06-87	SOLIHULL
M80	29:24.1	J.GRIMWADE	7-08-92	SOLIHULL
M85	33:15.0	A.THEOBALD	10-04-82	AUS
M90	35:10	A.THEOBALD	18-04-87	MELB AUS

## 20km MEN

AGE GR'P	TIME	NAME	DATE	Place/ Nationality
M35	1:18:54	M.DAMILANO	6-06-92	CORUNA ESP
M40	1:21:36	W.SAWALL	4-07-82	MELB AUS
M45	1:25:03	W.SAWALL	27-08-88	CANBERRA
M50	1:26:32	G.LITTLE	16-02-92	CH'CH NZL
M55	1:35:12	A.JAMIESON	18-08-01	MELB NZL
M60	1:37:46	G.WEIDNER	28-03-93	SEELZE-LETTER
M65	1:43:34	G.WEIDNER	23-05-98	NAUMBERG
M70	1:58:10	J.GRIMWADE	1-08-86	MALMO GBR
M75	1:55:19	J.GRIMWADE	29-11-87	MELB GBR
M80	2:04:49	J.GRIMWADE	20-06-92	SUTTON COLDFIELD GBR
M85	2:26:07	A.THEOBALD	21-08-82	AUS
M90	2:34:01	A.THEOBALD	3-04-87	AUS
M95	2:48:19	P.RABINOWITZ	29-05-99	PORT ELIZ.

**3000m WOMEN**

F35	12:02.39	K.JUNNA-SAXBY	97-02-97	MELB AUS
F40	13:19.7	S.GRIESBACH	2-02-87	LIEVIN FRA
F45	14:26.2	V.HEIKKILA		FIN
F50	14:25.3	S.KRAMER	8-12-99	ADELAIDE
F55	15:58.47i	W.SEILER	3-03-97	BIRM'HAM
F60	16:28.5	M.WORTH	9-07-89	READING
F65	17:08.32	B.TIBBLING		SWE
F70	18:05	B.TIBBLING	5-07-89	OSTERSUN
F75	21:12.2i	A.DE BRANDIS	-03-90	TURIN ITA
F80	24:00	N.JEFFREYS	3-11-90	AUCK AUS
F85	27:36.0	N.JEFFREYS	27-09-94	BRIS AUS

**20km WOMEN**

F35	1:28:20	Y.NIKOLAYEVA	7-08-02	BUDAPEST
F40	1:34:50	J.MCCAFFREY	13-08-00	VICTORIA,
F45	1:45:25	V.HEIKKILA	85	FIN
F50	1:48:57	S.KRAMER	25-07-99	SALISBURY
F55	1:53:45	W.SEILER	30-06-96	BRUGGE
F60	2:02:56	L.HATZ	21-08-99	CAPETOWN
F65	2:06:41	J.FIJALKOWSKA	6-05-02	RICCIONE
F70	2:27:57	MIRIAM GORDON	12-11-95	FT. LAUDERDAL
F75	2:39:46	U.THUNE	30-05-97	DEN HAAG
F80	3:25:09	J.LUTHER	30-06-96	BRUGGE

**5,000m WOMEN**

F35	20:41	K.JUNNA-SAXBY	6 JUN 96	CANBERRY AUS
F40	22:49.4	S.GRIESBACH	UG 87	ANNECY FRA
F45	24:09.44	L.VENTRIS	11 OCT 02	MELBOURNE AUS
F50	25:01.6	H.MAEDER	28 JUN 97	BERNA SUI
F55	25:28.0	O.MEYER	26 MAY 85	GIESSEN GER
F60	27:04	O.MEYER	15 OCT 88	GROSS-GERAU GER
F65	27:57	J.ALBURY	6 OCT 95	MELBOURNE
F70	29:16	B.TIBBLING	21 JUL 89	SAN DIEGO
F75	32:44.76	B.TIBBLING	16 OCT 93	MIYAZAKI SWE
F80	37:41	P.CLARKE	1 JUL 91	NAPERVILLE
F85	44:43.85	D.ROBARTS	21 JUL 95	BUFFALO

**50km WOMEN**

F35	5:01:52	L.MILLEN	16-04-83	YORK GBR
F40	4:50:51	S.BROWN	13-07-92	BASILDON
F45	4:56:27	S.BROWN	13-09-94	BASILDON
F50	5:21:52	S. BROSDAHAN	1-09-02	OCEAN TWNSP USA
F55	5:56:47	M. HEORNECKE	-04-97	BASILDON ESP
F60	7:27:49	M.HENRY	21-02-88	DURHAM,
F65	6:31:12	R.SCOTT	2-05-93	BURRATOR GB

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**\$30 FAMILY**

# WORLD JUNIOR & YOUTH TRACK RECORDS

## JUNIOR MEN (Under 20 on 31 December of year of competition.)

	TIME	NAME	NAT	DATE	D.O.B.	AGE
<b>5,000m</b>	19:25.18	Benjamin Kucinski	POL	15-09-2001	1-06-1982	19yr 3mth
<b>10,000m</b>	38:46.4	Viktor Burayev	RUS	20-05-2000	23-08-1982	17yr 9mth

## JUNIOR WOMEN

<b>5,000m</b>	20:31.4	Irena Stankina	RUS	10-02-1996	25-03-1977	18yr 10mth
<b>10,000m</b>	43:35.2	Lyudmila Yefimkina	RUS	20-05-2000	22-08-1981	18yr 9mth
<b>20,000m</b>	1:29:32.4	Hongjuan Song	CHN	24-10-2003	4-07-1984	19yr 3mth

*Earlier in the year, when still 18 years old, Song had established a new Junior World's Best of 1:27:16 for 20km on the road. This saw her placed 3rd in the senior rankings for the year.*

## YOUTH MEN (Under 18 on 31 December of year of competition)

<b>10,000m</b>	40:08.23	Jefferson Pérez	ECU	10-08-1990	1/07/1974	16yr 1mth
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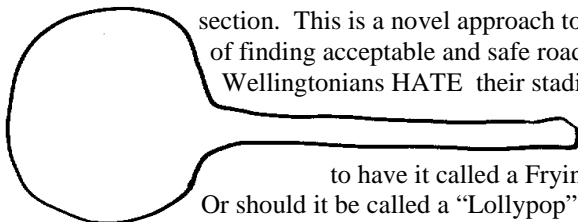
*Despite shining so early, Perez did not burn himself out, and continues to perform at the highest level. He won the World Championship at 20km this year in a new World Best time of 1:17:21. Prior to that he won the World Cup in 1997 and the Olympic 20km in 1996.*

## YOUTH WOMEN

<b>5,000m</b>	21:05:41	Irena Stankina	RUS	23-07-1994	25-03-1977	17yr 04mth
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### THE WESTPAC TRUST "FRYING PAN" COURSE

This diagram is not to scale, and is only roughly the shape of the course that will be used for the NZ Champs in March. It looks to me a bit like a frying pan. The circular bit is all under cover within the structure, and will be a little less than 700 metres. The balance of the 2km circuit will be the out-and-back section. This is a novel approach to the increasing problem of finding acceptable and safe road courses.



Wellingtonians HATE their stadium to be called the "Cake Tin", so no doubt they will not be pleased to have it called a Frying Pan. Or should it be called a "Lollypop"?

# NEW ZEALAND T & F CHAMPS, WELLINGTON 12-14 MARCH 2004

## GUIDELINE ENTRY STANDARDS

These guideline Entry Standards are more geared to encouraging walkers to take part, rather than to restricting entry.

It is also possible to gain exemptions in some circumstances.

The Guideline Entry Standards are:

### 3000m TRACK WALKS

MEN		WOMEN	
Sen	16:30	Sen	19:00
M19	18:00	W19	19:30
M16	18:30	W16	20:00

### ROAD WALKS

There are no Entry Standards.

These events are:

Men	20km	Women	20km
M19	10km	W19	10km

There is no Road Walk for the M16 or W16 grades, although in the past the more advanced walkers in these grades have competed in the M19 or W19 grade.

**Normal Entries close 6pm on 24 February. Late entries will be accepted up to 24 hours before the race.**

## DRAFT TIMETABLE

### Friday 12 March

The session is set down to start at 12:00, beginning with the 3000m Walks for W19 & M19 grades. Mid afternoon is the Women's race, with the Men's race late in the afternoon.

### Saturday 13 March

The W16 and M16 3000m Walks are currently set down for 10:00am.

### Sunday 14 March

The Road Walks are down for an 8:00am start.

## A FIX BENT KNEES WORKSHOP & WALKING IN THE ~~CAKE TIN~~ FRYING PAN

A "Fix Bent Knees Workshop" is being looked at for some time on the Saturday of the Nationals. It is never a very happy sight to see someone DQ'd in the Friday Track Walk and again in the Sunday Road Walk. The plan is to get a squad of knowledgeable people to work over anyone who wants or needs help, so that they can survive the Road Walk. I presume this will involve someone with advanced coaching ability, but if desperate, we might call on a good mechanic with spanners and a hacksaw. David Lonsdale who is coordinating the Walks at these championships is hoping to include this as an official part of the championships, but if not, I am sure we can organise something on an unofficial basis. I think that the sport needs something like this on a regular basis.

**The Road Walk Course** at this year's Nationals will be partly under cover, around the concourse of the Cake Tin. The remainder will include an out-and-back section that will transform the "Cake Tin" to become something looking more like a "Frying Pan".

## NEW TRAINING METHOD?



It seems that 50k World Record holder Robert Korzeniowski might have introduced some variation into his speed work. Alternatives would be the middle of a busy motorway. Do not try this at home!

## LONELY?

If you are desperately lonely, and want to get 20 or 30 or possibly even 50 emails a day, you might have a look at a fairly new email discussion group for marathon walkers. This is primarily for freestyle walkers, but quite a few race walkers contribute also. The main thrust is the social side of marathon walking in the USA.

These people are mostly not at all fast, but many of them go really hi-tech with GPS watches etc. These watches can show your pace, your lap times and they even tell the time. These would be a great training aid, but I presume they would not be acceptable in races under IAAF Rules.—They use a radio transmitter, and such devices are not permitted. Still in mass participation marathons you can pretty well do as you like.

The group's website to view messages or to join, is:

<http://groups.yahoo.com/group/marathonwalkers>

## BOOKS ON RACE WALKING

We might complain that there are very few books available on race walking.

Many of them may be very hard to find, but the UK Race Walking website lists 144 books and other publications on race walking. There are 72 on Training and Technique; 45 on History and Biography and 26 Miscellaneous. To view the list go to <http://www.racewalkingassociation.btinternet.co.uk/Books.html>

One omission I have noted is our own Dudley Harris's excellent little booklet "THOUGHTS ON SELF COACHING". With the very wide spread of walkers and a lack of coaches in all areas, this booklet could be very useful to quite a few people.

I will be contacting Dudley about the current availability of his booklet.

# THE STRAIGHTENED LEG

## The Intent of the Rules and Use of Biomechanics to Make "Bent-knee" Calls in Race Walking

By Gary Westerfield--  
November 2002

*(Gary is a prominent American Race Walking Authority)*

Prior to 1995 there were more infractions for illegal walking due to loss of contact than for not straightening the advancing leg. Judges who made an abundance of calls for failure to straighten were considered out of line and were criticized and even sanctioned. Now, more calls are made for "bent knees" than in the past. On the international level the ratio of "loss of contact" to "bent knee" calls according to former IAAF race walk committee chairman Bob Bowman, has changed from 2.5 to 1 to 1.6 to 1 for the 20km and from approximately 1 to 1 to 0.5 to 1 in the 50km. In the extreme, one experienced judge at the 2001 Pan Am Cup gave nothing but bent knee calls. Domestically I have witnessed many more "bent knee" calls than in the past. Athletes who appear to be efficient and appear to be race walking get disqualified.

Why? There are essentially two reasons.

The first is a matter of the meaning and intent of the words chosen to write the definition of race walking. The definition was amended in 1995 to satisfy those who wanted to drop the contact rule while preventing running-like

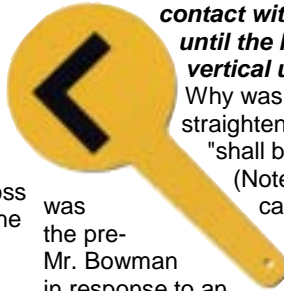
movements by race walkers. IAAF rule 230.1 is copied for your reference:

***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 leg is in the vertical upright position.***

Why was "shall be straightened" chosen over "shall be straight"?

(Note' straightened

was carried over from the pre-1995 definition.) Mr. Bowman recently wrote, in response to an earlier draft of this paper, that "straightened" was chosen "in order not to encourage analogies with stick figures. In other words, human legs are not sticks." I have argued that "shall be straightened," prescribes motion, and that "shall be straight" does not. Bob goes on to state that the word straightened is defined in the parenthetical inclusion "not bent at the knee," "'Not bent' means straight." Canadian coach and linguist Roger Burrows responded to my draft that "straightened" and "straight" mean essentially the same thing. However, when judges look for "not bent" their minds think "straight." Here is the problem. Many, including Spanish-speaking judges, use the static parameter "straight" to pick out instances of infraction. In fact, the Spanish rulebook (secondary to the English rulebook--IAAF rule 9) uses the word "straight (*rectar*)" instead of "straightened (*enderezada*)" in the



definition. Guess what their judging manual uses- rigid stick figures with straight or bent legs.

My eyes, corrected to 20/20 vision, and my brain, giving me normal intelligence have real difficulty stopping the action of walkers at precise moments. It cannot reduce moving bodies to stick figures. Accordingly, I have always judged race walkers while in motion, as a process.

How can human legs ever be straight? Knobby-kneed, bow-legged, and walkers with pleasant to look at muscles and/or curves are at a distinct disadvantage when being judged using "straight" as a reference. I have often times asked my judging colleagues what they saw when they made bent leg calls. Invariably they said, "I didn't see the leg straight on contact."

Remove the word straight from their explanation and substitute the word straighten, and we can begin to correct the problem.

### **Judging the Straightened Leg,**

The second reason for so many "bent leg" calls is essentially that many judges do not know the process, the mechanics, of how the leg is straightened at the knee. Since the straightened leg clause of the definition is there to prohibit running, I would propose that judges need to look at what runners do with their advancing leg and then say, "race walkers may not do that." First, a runner rarely straightens at the knee. And they do not lock the knee on or after contact. The knee bends with body weight at contact. Runners rely on large eccentric contractions of muscles in the leg to keep the knee from further bending. The most visible of the eccentric contractions is that of the quadriceps group at the front of the thigh. This contraction is very visible from the side.

A legal race walker, when in contact with the ground does not demonstrate eccentric contraction of the quadriceps, on the other hand, the knee is locked to stabilize the leg. What is the process of extension (straightening)? At the end of advancing leg flexion (forward swing), a concentric contraction of the quadriceps occurs to initiate extension of the knee. The quadriceps then shuts off and relaxes at contact. With contact the knee locks intrinsically, preventing flexion. This process is evidenced by a slight outward rotation of the tibia, a "screw home" between the tibia and meniscus, and a tightening of the ligaments of the knee. Keep in mind that stabilization of the knee is not instantaneous. It begins at the moment of first contact and is completed shortly afterwards. When body weight is felt, many walkers go beyond 180-degrees straight as they hyperextend. During the extension (straightening) manoeuvre and while in contact with the ground, the quadriceps remains shut off. Compared to running mechanics, the difference is obvious. What matters here is that this process does not make the leg "straight" at contact, rather that it becomes straightened at contact, becoming completely so and even beyond straightened after contact. This does not mean that walkers may flex their legs (bend) at contact.

The initial concentric contraction of the quadriceps (felt at the top of the thigh) must occur before contact. If not, there will be insufficient pull on the patella. The knee will not lock, and the knee joint will flex like a runner.

In summary, how can spurious bent-knee calls in race walking be reduced? Judges must have an understanding of the intent of the definition as written in English. To accomplish this there should be one definition of race

## POINTS FROM THE PREVIOUS PAGE:

- The IAAF has two official languages. English and French. When the Rules are revised, the first version to be produced is always the English version. The French version follows a month later, presumably translated from the English. All other languages such as Spanish are presumably the responsibility of the various national athletics authorities. If there is any doubt about interpretation, the official languages must take precedence over any local translations. If there is any conflict between the English and the French version, I would assume the English version would take precedence.
- The statistics quoted regarding the percentage of calls for Contact vs Bent Knees are restricted to elite competition. At lower levels, the percentage for Bent Knees would probably always have been greater.
- There could be some scope to argue that the “not bent” concept should accommodate those veterans who cannot fully straighten their legs. However, this will remain unresolved until we can get away from the idea of discussing the words used, rather than the aims behind those words. It seems that as the vast majority of the race walking countries have English as their second or third language, this will not be readily achieved.
- A totally acceptable definition could presumably be written if a group of biomechanical experts (with race walking input) got together to agree on what was needed, and then these experts supervised a group of language experts to translate their words into something for the rest of us to understand. If it is left to a committee of race walkers with a dozen or so languages between them, we will probably never get anywhere.
- Even when you have your ideas properly sorted out, it is not at all an easy task interpreting what is happening during a race. Much practice is needed.

**I HAVEN'T SEEN IT  
MYSELF YET. BUT  
I HAVE BEEN  
RELIABLY  
INFORMED.....**



It seems that inside the cover of the new version of the IAAF Rules they have some depictions of the yellow bats used by Race Walk Judges. But the caption incorrectly refers to them as “Warnings”.

**It seems the IAAF has been caught out by its own trap!**

The yellow bats are for “Cautions” and are very different from ‘Warnings’. Having convincingly demonstrated how confusing this terminology is, perhaps they might now agree to change it?

The Americans now officially call Warnings “Red Cards”.

**ARE YOU A  
FINANCIAL  
MEMBER?  
CHECK YOUR  
ADDRE\$\$ LABEL.  
FEE\$ NOW  
\$25 INDIVIDUAL  
\$30 FAMILY**

# BRING BACK OPEN HANDICAP RACES ON THE TRACK!

Jack Tregurtha

When I was competing as a junior and senior in the 50's and early 60's, probably over half of the races were open handicaps. Harrier clubs sometimes have these on the road and cross-country these days, but they are seldom raced on the track.

This is a great shame, and with our reduced numbers these days, open handicaps may be the only real way we can bring some competition back into the sport.

First the definitions.

A "Sealed Handicap" is where no-one knows what handicap they have been given until after the race is finished. Everyone starts at the same time, but then the times are adjusted afterwards. These are the same as ordinary races but with the results adjusted to give everyone a fair chance of a prize.

"Open Handicaps" are very different. With these, you know what advantage (or disadvantage) you have before you start. The walkers start at different times according to their handicap. The slower ones go off first, and then progressively the others join in.

(Alternatively they might all start at the same time, but spaced out around the track.) The first option is best for distance races, as everyone races the full distance, but the second option is the only practical one for the sprints. (A compromise might be for juniors to race 2k while the seniors raced 3km.) If the handicapper has judged everything correctly, and if everyone walks to their potential, there should be a battle royal in the finishing straight as everyone converges on the finish line together.

These races would be much more exciting to watch or take part in than the boring processions that we mostly have today.

These races are great for the front runners, as they attempt to hold on to their lead as long as possible. They are also great for the back markers, as they have someone to chase.

Little Johnny might start a 3000m race 12 minutes before Craig Barrett.

Initially Craig would seem to have no chance. Little Johnny has several laps under his belt, and poor old Craig is still standing around in his track suit. One by one others join in, but Little Johnny is making the most of his moment of glory, and is miles ahead. With one lap to go, Johnny still looks to have the race won, but then it all starts coming together. There is a mob starting to form as one by one different walkers get caught, and with 200 metres to go, it could be anyone's race.

Fifty metres from the line Little Johnny finally gets caught. He stumbles, but then reacts with a response that even he didn't know he had. Craig and Little Johnny are fighting it out, and Craig is in trouble. His effort to catch Little Johnny has taken its toll, and amazingly Little Johnny can match his pace. Craig gets a small lead, but loses it as Little Johnny pumps his little arms. At the last possible moment .....

*(We apologise for this break in transmission. Normal service will be resumed as soon as possible. In the meantime those who want to know the results of today's walk will have to stage their own reconstruction.)*

# CARBO LOADING FOR THAT EXTRA EDGE



The following is a free newsletter available on the Internet. The references are to more detailed information available by paying a fee and joining. However, a fair idea can be obtained from the free version. If you would

like to receive the free weekly newsletter, you can email [howtowin@pponline.co.uk](mailto:howtowin@pponline.co.uk) with 'Join' in the subject line.

## The Newsletter:

It used to be so simple. You completed an exhaustive workout and then ate minimal amounts of carbohydrate for three or four days to wipe out your muscle-glycogen stores. Then came the good part: you trained lightly and consumed biscuits, pies, pasta and potatoes in lavish quantities for three days to super-saturate your leg muscles with carbohydrate. This was the classic 'carbo-loading' strategy developed by top-level Swedish scientists in the late 1960s and early 1970s, a plan which was used by countless endurance cyclists, cross-country skiers, and runners prior to their long-distance races.

But then Dave Costill made things simpler still. In his lab at Ball State University, Costill showed that the initial, three- to four-day, low-carbohydrate 'depletion' stage was impractical and unnecessary. The famed Indiana scientist suggested that endurance athletes could stay on top of the carbohydrate game simply by reducing their training and eating increased amounts of carbohydrate during the three days before an important, long-distance competition.

Click here to read the rest of this article in our very special Carbo Loading report. (<http://www.pponline.co.uk/prewp/htw-56.html>)

## The two-hour window

It would have been nice if things stayed that uncomplicated, but scientists gradually discovered

that many endurance athletes were not storing enough glycogen in their muscles during periods of vigorous training and were consequently having trouble maintaining their desired training loads. In the late 1980s, one reason for this lack of glycogen storage became apparent: research showed that muscle cells are quite temperamental about when they like to stock away glycogen. For example, muscle fibres usually have little inclination to store glycogen before a meal or during sleep, but they are most willing to pull carbohydrate out of the blood and stockpile it during a fairly brief period: the two hours immediately after a strenuous workout. It seemed that many glycogen-deficient athletes were failing to give their muscles what they needed during this critical two-hour time span.

As a result of that discovery, wise athletes began to 'fuel up' with copious quantities of sports beverages and high-carbohydrate foods, taken in shortly after their workouts had ended. The next step was to figure out exactly how much carbohydrate was actually needed during this muscle prime-time (the two hours after a workout), so that glycogen would be replaced as quickly as possible.

Fortunately, in about 1987, John Ivy, Ph.D. and his colleagues at the University of Texas discovered that eating about two-thirds of a gram of carbohydrate per pound of body weight, once right after a hard workout and a second time two hours later, helped athletes achieve super-high muscle glycogen levels in a short period of time. If you weighed 150 pounds, all you had to do to ensure that the interiors of your muscle cells were 'carbohydrate pantries' was to consume 100 grams of carbohydrate ( $150 \times 2/3$ ) right after your workout and 100 grams two hours later. If your regular meals were also biased toward carbohydrate, you could be fairly certain that your muscle cells would contain enough **glycogen to keep you training at a high level.**

**Discover the Energy Diet for 2004 with our Carbo Loading report.** (<http://www.pponline.co.uk/prewp/htw-56.html>)

## Supplanting the Ivy

But it's a changing world, and the Ivy strategy now seems almost as outdated as the old Swedish carbo-loading regimen. In recent research at Ohio State University, scientists have uncovered a scheme which quickly gets at least 20% more carbohydrate into your muscles, compared to the Ivy plan. This 20% boost in carbohydrate should help to ensure greater endurance during subsequent long workouts or races. To put it simply, you'll have a much lower risk of having your performances harmed by low muscle-glycogen levels.

In the Ohio State investigations, 10 fairly fit individuals cycled for 75 minutes at an intensity of 70%  $\text{VO}_2\text{max}$  (80% of maximal heart rate) and then surged through five one-minute sprints at 100%  $\text{VO}_2\text{max}$  (very close to maximal heart rate). To further reduce muscle-glycogen levels, the subjects then completed 10 sets of 10 leg extensions or flexions on a Cybex resistance-training machine.

48 hours after this rugged session, the athletes returned to the laboratory and repeated their cycling efforts (75 minutes of riding, plus five one-minute sprints). Following each of the two workouts, the 10 participants consumed carbohydrate every 15 minutes for four hours. The actual amount of carbohydrate was huge: a total of almost three grams of carbohydrate per pound of body weight, subdivided into 16 equal doses over the four-hour period. This meant that the Ohio State athletes ingested about 30 grams of carbohydrate every 15 minutes.

Although stoking in that much carbohydrate required real effort, the strategy paid off: muscle biopsies revealed that the rate of glycogen storage was at least 20% greater than the storage rate achieved with the old two-snacks-in-two-hours programme and up

to 90% greater than traditional carbohydrate replacement plans.

The reason for the exceptionally advanced glycogen storage in the Ohio State study was simply that the carbohydrate was ingested in 15-minute intervals over four hours, not just in one or two lump sums. The 15-minute pattern insured that blood glucose and insulin levels stayed exceptionally high throughout the entire four hours after exercise. In fact, insulin, a potent booster of glycogen storage, actually increased steadily over the four-hour time period!

### An insulin digression

Before going further with this story, we should note that insulin has attracted a bit of notoriety recently. Specifically, ads for various nutritional products sold to athletes suggest that insulin is bad because it reduces the use of fat for energy. While it's true that insulin blocks the release of fat into the blood from fat cells, and it's also true that this would be a bad deal for you if you were running long distances without being able to ingest a sports drink, it's also essential to point out that insulin is a critically important hormone which aggrandises your muscles' stores of carbohydrate. This surplus carbohydrate then allows you more effectively to carry out high-quality interval workouts, long-distance training sessions, and races lasting an hour or more. The bottom line is that you want to have increased blood-insulin levels after a meal (or series of snacks), so that you can stuff as much as you can.

The new four-hour strategy is particularly important if you work out more than once a day, if you're a very high-mileage trainer, or if you complete a lot of intense intervals, because these scenarios extensively deplete muscle glycogen. The strategy may also be of value if you're an athlete who carries out a lot of training on hilly terrain, because the Ohio State researchers showed that glycogen storage was reduced by 20% when

the post-cycling weight-training work was eccentric in nature. Since hill running emphasises eccentric muscle contractions (actions in which muscles are stretched as they are trying to shorten), normal glycogen storage patterns may be compromised during hill training. Fortunately, the Ohio State strategy is a way to perk up muscle-carbohydrate attendance in athletes who train on rolling terrain.

Wolfing down large amounts of carbohydrate after a workout may seem a bit extreme, but it's a strategy routinely followed by some of the most successful endurance runners in the world, the elite Kenyans. At their rugged, high-altitude camp near Embu, Kenya, where the Kenyan cross country teams complete three demanding workouts per day and run about 140 miles per week, the Kenyans guzzle highly sugared cups of tea and milk almost immediately after each training session and then devour huge platefuls of high-carbohydrate food. They do a great job of preparing their muscles for their next workout, which may follow the preceding training session by just four to six hours.

However, even the world-beating Kenyans don't have the formula exactly right. The Ohio State idea is to graze for four hours or so, converting your bloodstream into a steady river of carbohydrate and insulin and forcing your muscles to work overtime stacking up that carbohydrate as glycogen.

Read the whole of this article in our Carbo Loading report.  
(<http://www.pponline.co.uk/prewp/htw-56.html>)

Tips for maximum glycogen storage  
If you usually run, cycle, swim, or work out on a stair machine at a moderate intensity for less than about 50 minutes at

a time. don't worry too much about the new carbo-loading scheme unless you train more than once a day or tend to eat too little carbohydrate. However, interval and repetition workouts can dramatically deplete glycogen. even when they last less than 50 minutes, so do consider using the strategy after high-intensity sessions, especially if you plan to cycle or go for a long, steady run later in the day.

During all periods of very heavy training and whenever you are significantly increasing your workout duration or total training volume, give the new carbo-loading scheme a try. Also employ the strategy during times when extensive hill training is a priority.

It's easy to figure out how to carbo-load using the Ohio State pattern. Simply multiply your weight in pounds by three. Divide the result by 16 to determine the number of grams of carbohydrate to eat every 15 minutes. Example: Penny weighs 117 pounds.  $117 \times 3 = 351$ .  $351 / 16 = 22$ . 22 grams of carbohydrate should be ingested every 15 minutes.

Since you usually don't think about how many grams of carbohydrate you're actually ingesting, we've made things easier for you by listing food servings which provide about 20-25 grams of carbohydrate:

- (1) Two cups of skim milk
- (2) A little more than half a bagel
- (3) A two-thirds cup serving of cooked pasta
- (4) An apple or a banana or a pear
- (5) Four dates
- (6) A cup of orange juice
- (7) One-fifth of a cup of raisins (or two half-ounce packets)
- (8) An ounce and one-half of corn chips
- (9) A medium baked potato
- (10) A slice and a quarter of most breads

- (11) Two slices of non-fat 'diet' bread
- (12) A cupcake
- (13) A muffin
- (14) A cup of oatmeal
- (15) One and one-half cups of Special K cereal
- (16) One-half cup of cooked rice
- (17) Three carrots
- (18) Two-thirds of a cup of cooked lentils
- (19) A half-cup of cooked kidney or pinto beans
- (20) A cup of split pea or bean soup.

If ingesting 20-25 grams of carbohydrate every 15 minutes for four hours after a

tough workout is just too much of a bother, a modified glycogen-storage plan may work almost as well. According to Mike Sherman, Ph.D., one of the Ohio State investigators and an internationally acclaimed expert concerning carbohydrate's role during exercise, taking in 40-50 grams every 30 minutes or 60-75 grams every 45 minutes might yield similar rates of carbohydrate warehousing.

The new carbo-loading scheme requires some planning, and you'll still want to eat some additional carbohydrates.

## GRAND PRIX SERIES

### HASTINGS 15 JANUARY 2004

There were just 5 walkers at Hastings for the Sylvia Potts Classic, the first round of the Grand Prix series.

Good performances all round in slightly cooler weather than we have been having.

#### Results:

#### Men's 5000m

1	Craig Barrett	20:08.97
2	Graeme Jones	21:57.26
3	Tony Sargisson	23:00.83

#### Women's 3000m

1	Gabrielle Gorst	13:24.20
2	Amanda Gorst	14:30.80

A boring time for the judges - not a single mark on any of the Judge's Cards.

As might be expected these days, the race was mostly a procession, except that Tony Sargisson and Graeme Jones had a good tussle for the first 3km before Graeme broke away.

It would have been good to have seen more walkers, but it seems that over the last couple of years, they have just faded away. There may be one or two additions when the later meetings in the series take place, but previous participation in the walks in the Auckland / Waikato area this season do not give much reason for hope.

### COOKS CLASSIC 17 JAN.

A few more walkers than at the previous meeting of the series. A good standard of walking again.

#### Results.

#### 2000m Walk Junior Men

1	Joseph Towers Hawera	10.37.20
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#### 2000m Walk Junior Women

1	Lesley Cantwell Fiordland	12.07.24
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#### 6000m Walk Women

1	Gabrielle Gorst Hastings	27.53.60
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#### 10000m Walk

1	Craig Barret Hamilton Hawkes	42.47.74
2	Graeme Jones Hastings	46.18.31
3	Tony Sargisson Bays Cougars	47.57.67
4	Gary Little Bays Cougars	50.58.39
-	Amanda Gorst Hastings	DNF

# MEANWHILE, WHAT THE AUSSIES ARE UP TO

## Telstra A-series Brisbane 23 & 24 January 2004 QEII Stadium, Brisbane

### Women 10000 M Walk:

1. Jane Saville, NSWIS,	46:10.31;
2. Natalie Saville, NSW,	46:58.97;
3. Cheryl Webb, ACTAS,	47:18.60;
4. Simone Wolowiec, VIC,	48:10.26;
5. Claire Woods, ACT,	48:45.98;
6. Lisa Grant, NSW,	51:32.07;
7. Fiona Alldis, NSW,	52:01.17;
8. Chloe Jones, NSW,	56:43.19;
9. Vanessa Ebejer, NSW,	57:48.37;
10. Christina Alldis, NSW,	57:56.64;
11. Claire Bock, QLD,	59:47.38;
--. Lauren Burns-Rees, NSW,	DNF;
--. Beki Lee, NSWIS,	DNF.

### Men 10000 M Walk:

1. Luke Adams, AIS,	41:53.58;
2. Jared Tallent, AIS,	43:16.79;
3. Adam Rutter, NSWIS,	44:02.15;
4. Liam Murphy, AIS,	44:53.94;
5. Tim Berrett, CANADA	46:13.74;
6. Michael McCagh, WAIS,	46:21.31;
7. Ben Perske, QLD,	47:35.24;
8. Andrew Ludwig, QLD,	48:20.88;
9. Kurt Rose, QLD,	50:45.00;
10. Shane Pearson, QLD,	51:11.43;
11. Aaron Humphrey, TAS,	54:18.94;
--. Darren Bown, SA,	DNF.

We don't see fields like this in NZ, and would no doubt be delighted if we could raise this many walkers approaching this sort of standard. Mainly 3 States, and only token representation from the other states.

So what was the Aussie reaction?

The following is one person's view:

*"Well, Tonight , I watched the Men's 10km Track walk in Brisbane at the ( for want of another name ) Grand Prix...*

*Apart from the fact that Australian athletics is in a huge slump , with mediocre performances the norm ..the Men's 10 km Track walk was put on at 9:40pm with 90% of the crowd gone home . Typical...!!*

*I have to say that after watching this 10km event with the exception of a few athletes that actually raced hard .../ ( a good time posted by our young junior athlete for a World Junior qualifier)....Racewalking in Australia is also in a huge slump..*

*With advent of a new National Coach , it has had little effect on our diminishing numbers and lack of real quality ..*

*The times posted were reminiscent of pre 80's races ..*

*And this is not a case of " back in the old days " scenario.. It is simply a matter of fact ... We as advocates of our sport have to take stock of what we are doing ...where we want racewalking to go and start driving our sport forward .. AA is not going to do it ..It has to be from within. Our Federation must have a*

*stronger say in what races are on and when ...*

*And our athletes and coaches must have a serious reality check and look at their training and performances and start to get real.....*

*For Nathan / Jane to head up the true talent of racewalking in Australia ..there must be people coming through to push them and want to be better than them.. Of all the athletes I have seen of late ...there has been no "pushing of the envelope" no real grit and determination .... The Institute athletes are living on lip service from a totally inadequate coach and motivator .. who incidentally has done bugger all for racewalking since he has taken up his part time racewalk coaches role / part time golfer at the AIS .... For those athletes who really aspire to something with their sport ... get off your arses and start showing the world just what you can do ... For those people in touch with AA ....get up them and tell them what we want and need for our sport ...*

*Now , I may upset some people with this and to them I say , "Bad Luck".. We cant winge about what deal AA is handing us unless we can back it up with performances ...Don't just say you'll do something ... DO IT ...and it is up to us ... "*

Some strong words there. No-one rushed in to endorse his comments, but likewise no-one contradicted him either.

If the Australians think they have problems, where does that leave us? Three or four good walkers does not make a sport.

## FOUND AMONG THE COBWEBS

The following is a newspaper article dating back to 1984.

### **Newlove deserves better treatment**

*Michael Romanos*

The Scottish Harriers club and the Wellington Athletics Centre don't deserve outstanding walks competitor Chris Newlove.

Maybe Chris is not unloved—but he's certainly badly neglected.

That the tall 15-year-old Viard College student won the silver medal for the 3,000m track walk at the national colts' (under 17) championships last weekend in Hastings, is of little credit to his club or the Wellington Centre.

Beaten into second place by a little over two seconds, Newlove made nonsense of his official Wellington provincial colt's record of 16 min 6.2 secs.

But the 6ft 1in, 11 stone athlete has broken his November 1983 record on so many occasions at Newtown Park and had the record disallowed just as many times it's not funny.

There have been occasions when he wasn't provided with competition—thus no record. Or when there have been insufficient timekeepers—no record. Or when there have not been official Wellington Centre stop watches made available—again no record. Or when there have not been sufficient walk event judges—still no record.

It appears that even his recognised record performance last 16 November wouldn't stand close scrutiny.

The Centre have seemingly turned a blind eye to Newlove's potential as a record-breaker and simply not made the

necessary arrangements.

While it can be argued the undermanned Centre are committed to other pressing tasks, Newlove's club, Scottish Harriers have apparently never approached the Centre to offer assistance.

Newlove's father, George Newlove of Papakowhai, said he has learned a great deal from his son's experiences over the season.

"I'm organising someone to start in Chris's races—the rules only require a competitor to take a few steps forward to constitute a competition." said Mr. Newlove last night.

"We've put up with a lot of hassles with insufficient judges and timekeepers and timekeeping equipment."

"The Centre are not geared up for what Chris is trying to achieve. They're (the Centre) not doing their job."

"It looks like we will have to concentrate on meetings outside Wellington next season."

Mr Newlove said prominent national medallist Ross Reid of the Olympic Harriers club has been a tremendous help and encouragement to his son.

A few years ago when Wellington had three exceptional walks competitors in Keith Olsthoorn (Maidstone), David Sim (Olympic) and Reid, the Olympic club took a keen interest in organising and judging the event and providing timekeepers.

The rule that three walk judges must be officiating for a record to be broken, has caught the Wellington Centre short time and time again.

The Centre have currently only four walk judges They are John Cook,

Lindsay Sim, (*the next two names are obliterated. Ed*)

Little is seen of the latter three on a regular basis at Newtown, while Cook is Newlove's coach. It would have been embarrassing in the extreme last month if the brilliant Murray Day of New Plymouth had bettered his own New Zealand junior men's 3,000m record at Newtown Park.

Day finished only 28 seconds short of the mark. But in any case a record would have been disallowed through

insufficient judges.

Newlove, who is a medal prospect at the national junior championships next weekend in Auckland over 3km and 10km, yesterday said he was disappointed not to have taken the gold medal at the colts championships.

"I should have put more effort into my early laps," he said. "It's a bit frustrating to lose by seven metres."

Newlove said he is determined to succeed in his sport despite his setbacks.

## TIMES HAVE CHANGED. BUT .....

None of the above would apply to the current Wellington Centre, and the Wellington Scottish Club is probably the most active general athletic club in the country in relation to the walks. If all clubs were as proactive, athletics would be in a much stronger state.

But in other areas, we seem to have the same problems that Wellington was experiencing 20 years ago. And if something is not done about it, it can only get worse.

Judges have been dropping out of the sport.

Mostly we don't have problems with timekeeping these days, providing the electronic timekeeping doesn't fail. But a full panel of judges is becoming rare at least in some places. The regular competition on a normal Saturday is

becoming very much a pot-luck thing in many areas. Some judges are not be involved in normal track & field officiating, and these judges have to be asked to attend. If few or no walkers turn up, these judges will clearly tend to lose interest.

Wellington is one of the few Centres (the only one?) that advertises a walk each Saturday.

In much of the rest of the country, we are fast getting to the stage that Wellington was in the early 1980's.

**This WILL get worse unless all walkers make a point of competing on every possible occasion. Race organisers will only make an effort to cope if they know they will have some walkers! Are we happy to be "judged" by unqualified people?**

### MORE FROM AUSTRALIA

A notable performance in South Australia: "*Paige Hooper, 11 year old girl, broke our state under 14 girls 3km walk record, walking 14:56.85.*

*Although our top walkers aren't at their best yet, there are signs in every state that there is good stuff to come."*

### WHAT IS YOUR E-MAIL ADDRESS?

The increasing numbers of people on e-mail, allows us to keep in touch very quickly. We can only do this if we know our members' e-mail addresses of course. If you are on e-mail, please send a message to: jack.tregurtha@clear.net.nz so that we can build up a quick contact list.

## NORTH ISLAND COLGATE GAMES 9-11 January 2004

### Boys 1500m Walk 14 Years

1	Alex Howitt	BVE	9:22.80
2	Dustin Mayo	PRM	10:46.21

### Boys 1500m Walk 13 Years

1	Kieran Gibson	LHT	11:02.78
2	Richard Skinner	LHT	11:17.87
3	Kieran Dowd	UNA	12:08.42
4	Eric Speakman	NAP	12:54.44

### Boys 1000m Walk 12 Years

1	Ethan Kurukaanga	TIB	6:14.22
2	Timothy Stott	PMA	6:24.81
3	Daniel Hartigan	GRN	6:31.17
4	Tim Prouting	LEV	6:37.70
5	Nicholas Howitt	BVE	8:23.01

### Girls 1500m Walk 14 Years

1	Kristina Arnold	HAS	8:50.38
2	Kelly Cameron	KAP	8:55.30
3	Courtney Smith-Frank	GRN	10:16.93

### Girls 1500m Walk 13 Years

1	Melissa Murrhly	TAU	8:59.41
2	Amanda Allen	GRN	9:31.82
3	Aleesha Heywood	NAP	9:40.66
4	Ellen Kemp	WTN	10:12.04
5	Rachael McQuinlan	TIB	11:14.37
6	Danelle Barrett	GRN	12:58.68
7	Tessa Rushton	GRN	14:41.45

### Girls 1000m Walk 12 Years

1	Sarah McNeill	WTN	6:37.53
2	Kayla Wells	GIS	6:39.25
3	Taria Tane	DAR	6:45.15
4	Rachel Holcroft	FAI	7:19.19
5	Paige De Boer	DAR	7:32.00
6	Cerise Selkirk	DAR	7:32.26
7	Brittany Smith-Frank	GRN	8:21.55



Fastest walker at the North Island Colgate Games, 14-year-old Kristina Arnold of Hastings.



No disqualifications, but a few of the walkers appeared lucky to get past the judges. Two on the judging panel were not graded judges, which is a real concern. The youngest walkers deserve the best possible judging panel. Race Walking cannot achieve any credibility unless there are competent recognised judges.

Left: Kelly Cameron of Kaponga (14 years) leading Melissa Murrhly (13) of Taumarunui.

# YOUNG CHILDREN: OUR MAIN (ONLY?) HOPE FOR THE FUTURE?

The Athletics New Zealand Working Party on Walks is getting into some detail. Various avenues are being followed up to boost walking in all its forms.

Varying degrees of success will no doubt eventuate.

My own views are that the best prospects lie with the very young walkers. My reasons for this are:

- This is where the numbers are.—There are plenty of young children already belonging to athletic clubs. We just have to get them to try race walking. Very few are at present.
- Young children are accompanied by their parents. We desperately need more judges etc, and this may be a source.—not as likely once the children get older.
- The younger children are less inhibited, and are more likely to give race walking a try.

Against this, there are very few coaches prepared to turn potential walkers towards the

Walks. Most coaches are more interested in running. We will have to find some incentive for children, their coaches, or their parents to turn to walking. I do have some ideas on that.

The other avenues being pursued include:

- Secondary Schools.
- Freestyle Walkers.

We will obviously have some success in these other areas, but I believe that this success will vary around the country. In some areas there is an existing competition structure for new walkers to join in with. In other areas race walking largely comprises a handful of top people training for their own objectives. New walkers certainly require training and guidance, but they will only become enthused if they have some races to join in with where there are numbers of people at about their own level. This can be achieved at the Children's level. I doubt that at this time it can be achieved at senior level.

## SOUTH ISLAND COLGATE GAMES

### Girls 1000 Meter Race Walk Grade 12

1 Holly Gibbs	CHA	6:56.29
2 Tiana Ritchie	CHA	7:19.17

### Girls 1500 Meter Race Walk Grade 13

1 Danielle Lippett	PHL	10:04.39
2 Hayley Cadman	CHA	12:01.31
-- Amelia van Duinen	CHA	DQ

### Girls 1500 Meter Race Walk Grade 14

1 Kelly Cameron	KAP	8:48.00
2 Jenny Turnbull	NOC	9:20.54
3 Claire Brien	SOC	12:07.86

### Boys 1000 Meter Race Walk Grade 12

1 Daniel Lord	SOC	7:24.83
2 Jake Leckey	NEL	8:46.10

### Boys 1500 Meter Race Walk Grade 13

1 Simon Bunckenburg	SOC	10:22.4h
2 Zak Hendry	SOC	11:53.3h

### Boys 1500 Meter Race Walk Grade 14

1 Brad Don	SOC	12:34.8h
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Again, the best performances went to the girls.

There were 1200km and 7 days between the performances of 14-year-old Kristina Arnold in the North Island, and 14-year-old Kelly Cameron in the South Island, but only a couple of seconds separated their times. it is a pity that this pair did not meet each other.

## THIS AND THAT AND A BIT OF THE OTHER

With Athletics and Drugs seemingly always in the news, one fact stands out: **No athlete ever gets caught for DELIBERATELY taking Drugs!** They are always the innocent victim of trickery, accident, treachery, conspiracy, naivety, you name it.

It is NEVER the result of deliberately taking the banned substance. **Obviously the way to get away with taking drugs is to do it deliberately!** That would seem to guarantee that you'd never be caught!

**The youngest woman** to set a **senior** World Record in an athletics event was Wang Yan of China who walked 5,000m in 21 min 33.8 sec at Jian, China on 9th March 1986. She was

14 years 334 days old at the time. The world **junior** record is currently over a minute faster, showing the amount of improvement in recent years.

### **An Extract from the New Zealand Sports Technical Info pages of the NZ Sports Industry Association website**

*"A competitor is entitled to one caution, signalled with a white flag, before being disqualified, signalled with a red flag. Action is taken against a competitor after the independent recommendation of three judges, or two judges if one is the chief judge."*

The white and red flags must have been flagged away many years ago—before

websites were invented? We use a yellow and red bats these days. Also, although a walker will generally be cautioned before a judge recommends disqualification, this is not mandatory.

**You are not ENTITLED to a caution.** The bit about the Chief Judge is also not correct, but it is something that possibly should be considered in cases where there is not a full panel of judges, or possibly where there is a high number of learner judges.

### **ROAD COURSE MEASUREMENT**

When Records are recognised in New Zealand on Road Courses, it will be necessary for the course to be certified or no record can be ratified. This will not only require the basic course to be measured and certified, but the actual setting out of the course on the day will also have to be certified by an approved Course Measurer.

In some areas certified courses are not a problem. In Hawke's Bay where we can't even have a 5km fun run that isn't on a

certified course! But even here, the requirement for the setting out of the course to be certified on the day may be a problem at times—each area will need to have more than one certified measurer to ensure that one is available on any specific day.

Courses are held for Course Measurers from time to time. It would be helpful if we had race walking people with a course measurers certificate, as these people may be more likely to be available to us on the day of a race.

**Watch out for a course in your area!**

There was a little debate in Australia recently about the distance the Under 12's (i.e. 10 and 11-year-olds) should race in an upcoming event. The chosen distance was 3km, but some felt that 2km would be better. Either option was a far cry from the distances we have in the Colgate Games.—We don't cater for 10 or 11 year-olds, and we have a mere 1km for our 12-year-olds. In the case of the young NZ walkers, this distance is probably quite sufficient, as in most cases they are clearly just starting out as walkers. However, by 10 or 11, many of the Australians are accomplished walkers, and can cope with the distance. Another factor, is that if the distance is made too short, it encourages excessive speed, which can lead to bad technique. Also, very short races give the judges fewer opportunities to notice dubious technique, and this can lead to walkers getting away with it. It doesn't do any walker a good turn for their poor technique go unnoticed, so that it becomes a habit.

"Listen to your body. Do not be a blind and deaf tenant." *Dr. George Sheehan*

"The experts are always telling us to 'Listen to your body!' But if I listened to my body, I'd live on toffee pops and port wine. Don't tell me to listen to my body. . . . It's trying to turn me into a blob!" *-Roger Robinson.*

Roger is probably NZ's best (the world's best?) commentator for distance events. He knows what the runners are thinking, and can explain their tactics as a race unfolds. At one time he was running with many of the top runners. A pity that TVNZ doesn't use him any more. Roger's wife, Kathrine Switzer became famous as the first woman to officially run the Boston Marathon. This was when it was strictly a male race. She entered as "KV Switzer" and was accepted into the race. Once the race was under way, trouble broke out as one official attempted to remove her forcibly from the race. He wasn't successful.



## WORLD MASTERS LONG DISTANCE CHAMPS AUCKLAND 19 - 23 APRIL 2004 Mark it in your calendar

Some people could have a very busy week.

### THE WALKS ARE:

- |                          |                   |                        |
|--------------------------|-------------------|------------------------|
| • <b>Monday 19 April</b> | 30km Men;         |                        |
|                          | 20km Women        | <i>Tamaki Drive</i>    |
|                          |                   |                        |
| • <b>Wed 21 April</b>    | 10km Men & Women, | <i>Bucklands Beach</i> |
|                          |                   |                        |
| • <b>Friday 23 April</b> | 50km, Men & Women | <i>Bucklands Beach</i> |

*NOTE: The 10km races were originally set down for the Monday. The change will allow more recovery for those who want to double up with the 20k or 30k and the 50k.*

**You can enter online at [www.wma2004.org/](http://www.wma2004.org/)**

**Normal entries close 29 February 2004.  
(Later Entries accepted up to 15 March with \$100 penalty)**

### ENQUIRIES:

PO BOX 977-08  
SOUTH AUCKLAND MAIL  
CENTRE  
MANUKAU  
AUCKLAND  
NEW ZEALAND  
or Peter Fenemor, (09)-267 5542



2004

# COMING EVENTS



## FEBRUARY

- 6-8 National Teams Competition Finals, Wellington.
- 14 Grand Prix Meeting, North Shore. 20,000m Track Walk
- 17 Grand Prix Meeting, Hamilton (*Changed date.*) 5,000m Walk
- 24 Northern Regional T & F Champs, Ericsson Stadium. 3000m/5000m Walk.  
*This used to be a 2 day meeting, but is now condensed to 1 day.*
- 26-29 Australian T & F Champs, Sydney

## MARCH

- 5-8 NZ Masters Track & Field Championships, Hamilton.  
**(THIS IS A CHANGED DATE!)**  
*3000m Track Walk 5:20pm Friday; 10km Road Walk 8:30am Sunday.*
- 12-14 Athletics NZ Track & Field Championships, Wellington. See page 19.  
*3000m Walk SM, SW, M19, W19 Friday 12th; 3000m Walk M16, W16 Saturday 13th;  
20k Walk SM & SW Sunday 14th; 10km Walk M19, W19 Sunday 14th.*
- 20,21 Mexican Walk Week—first leg of the IAAF Walk Challenge  
*(20k Women, 20k Men, 50k Men)*
- 27 South Island Secondary Schools T & F Champs, Timaru.
- 27,28 North Island Secondary Schools T & F Champs, Inglewood.

## APRIL

- 3 Rio Major (Portugal) second leg of IAAF Walk Challenge  
*(20k Women, 20k Men)*
- 18 - 24 **World Masters Non Stadia Championships, AUCKLAND**  
Monday 19th **20km** Walk Women & **30km** Men, Tamaki Drive  
Wednesday 21st **10km** Walk (Men & Women), Bucklands Beach  
Friday 23rd **50km** Walk (Men & Women), Bucklands Beach  
**NOTE: The dates have been swapped around since earlier notifications.**

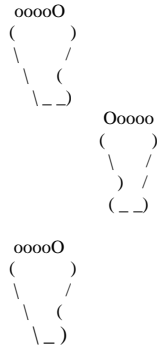
## MAY

- 1 Rotorua Marathon.
- 1-2 **World Walking Cup, Naumburg, Germany.** Third leg of the IAAF World Walking Challenge  
*(20k Women, 20k Men, 50k Men)*
- 22 Shanghai, China Fourth leg of the IAAF World Walking Challenge.  
*(20k Women, 20k Men)*

## JUNE

- 3 Coruna, Spain. Fifth leg of the IAAF World Walking Challenge  
*(20k Women, 20k Men)*
- 13-14 July **World Junior Champs (Under 20), Grosseto, Italy**  
**(IAAF Stds Men 44:05; Women 50:55)**
- 20 Sesto San Giovanni, Italy. Sixth leg of the IAAF World Walking Challenge  
*(20k Women, 20k Men)*
- 19 Aug - 29 **Aug Athletic events at Athens Olympics.** (Olympics start 13 Aug.)  
Seventh leg of IAAF World Walking Challenge  
*(Aug 20, 20km Men; August 23, 20k Women; August 27, 50k Men)*
- 29 Australian Road Walking Championships, Canberra.  
[Men: 30km / U20 20km / U18 8km / U16 5km / U14 3km]  
[Women: 10km / U20 10km / U18 8km / U16 5km / U14 3km]

- 4 Sept NZ Road Champs tbc.
- Oct. Oceania Vets Track & Field Champs, Rarotonga.
- 4-5th OR 11-12th December (tbc) NZ Secondary Schools T & F Champs, Hamilton.
- 29 Nov—4 Dec Commonwealth Youth Games, Bendigo, Victoria, Australia.



# COMING EVENTS CONTINUED

## 2005

- Jan Australian Youth Olympics, Sydney  
24-27 Feb Australian Track & Field Championships,  
11-13 March NZ T & F Champs—likely to be Wellington again.  
7-17 July World Masters T & F Champs, San Sebastian, Spain.  
5-15 August World Track & Field Champs, Helsinki, Finland.  
? November Pacific Schools Champs, Melbourne  
16-18 Nov Oceania Championships, Townsville.  
8-11 December Australian All Schools Championships.  
???? **LONG DISTANCE WALKS CHAMPS—WHO? WHERE? WHEN?**

## 2006

- 20-23 or 28-30 Jan, NZ T & F Champs and Commonwealth Games Trials. Wellington?? tbc  
Commonwealth Games, Melbourne. 15 - 26 March.  
Oceania Masters T & F Champs, Christchurch  
World Walking Cup, La Caruna, Spain  
World Junior Championships, Beijing, China

## 2007

- World Track & Field Champs, Osaka, Japan.

## 2008

- Olympic Games, Beijing, China.  
World Walking Cup, Cheboksary, Russia

## 2010

- Commonwealth Games, New Delhi, India.

A plea to all walkers:

Events can only be held if you enter.

Without adequate entries it becomes very difficult to ensure that adequate judges etc are available.

Don't let the sport simply fade away.

## EVERY TUESDAY NIGHT

8:30pm on Radio Sport—The Athletics Half Hour



**ARE YOU A FINANCIAL  
MEMBER? CHECK YOUR  
ADDRE\$\$ LABEL.  
FEE\$ NOW \$25 INDIVIDUAL  
\$30 FAMILY**



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David Lonsdale;  
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## MEMBERSHIP FEES

**NOW: \$25 Individual; \$30 Family**

# RACEWALKING CLUBS AND ASSOCIATIONS AROUND THE COUNTRY

## AUCKLAND RACE WALKING ASSOCIATION

**President:** Chris Marks 09 8322628  
**Secretary:** Doreen Torbit 2/219 Manuka  
Road, Glenfield, Auckland. 09 444 2443  
Meets every Sunday at 8:30am at the  
Auckland Domain.

## CANTERBURY RACE WALKING ASSOCIATION.

**Secretary:** Ann Henderson, 2 Pannell  
Ave, Christchurch 6. (03) 981-3464.  
**Meets** every Monday night at 2 Pannell  
Ave at 5:15pm to walk approx. 10km.  
**Summer training** at Q E II Stadium  
Tuesday and Thursday at 4:30pm.  
Organises a number of races through the  
year. - *See Coming Events*

## TARANAKI RACE WALKING CLUB



**Secretary:**  
Tony Burrell, 4 Motukari  
Place, R.D. 43, Waitara.  
(06) 752-3272

The TRWC has a full programme through the winter, with a series of races. Major event is the Taranaki Walks Weekend held each June. This is the only racewalking "Club" in the country, as opposed to the other "Associations". The main difference is that athletes can become registered athletes through a "Club". Many Taranaki walkers join a track and field club during the summer.

## Application To Join/Renew Membership In The NZ RWA

**For new members,** your Subscription Entitles You To a Full Year's Membership from the **Date of Joining. Plus a free Booklet on Race Walking.**

**For existing members,** renewal runs from the expiry of your previous membership.

---

Last Name : .....

First Name : ..... D.o.B. .... / ..... / .....

Other family members to become NZRWA Members:

First Name : ..... D.o.B. .... / ..... / .....

First Name : ..... D.o.B. .... / ..... / ...

First Name : ..... D.o.B. .... / ..... / ...

Home

Address.....

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Home Telephone ..... Work Telephone .....

e-mail address .....

**Subscription (circle) Individual \$25, Family Membership \$30.**

Please send with cheque payable "NZRWA" to the Secretary NZRWA,  
c/o 980 Riverslea Road South, Hastings.

Privacy Act Declaration: Under the terms of the Privacy Act 1993, I acknowledge that the NZRWA is retaining the above information for the purposes of mailing future issues of Contact, determining race results and affording greater member contact.

Signed ..... Date: .... / ..... / 20 .....

**NOTE:**  
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receive a free  
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**The Membership Fees have INCREASED.**  
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