

RACE WALKING

CONTACT

The official magazine of the NZ Race Walking Association

FEB– March
2004

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New Zealand

Race Walking

Association

Web Site: www.geocities.com/nzracewalking

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

EDITORIAL

Race Walking needs a great number of things to happen if we are to progress.

- We need more walkers.
- We need more coaches.
- We need more judges.
- The judges need more judging opportunities.
- The walkers need more judged races.

If we suddenly had all these things, we would probably find that we had more walkers being disqualified. Those who got punished for loss of contact could easily solve their problem by simply slowing down a bit. But those who were DQ'd due to bent knees might not find it so easy. Are we ready to meet that challenge? It seems to me from the difficulty that some people have, we are probably not all that good at curing the bent knee problem.

If we don't become more proficient at curing bent knees, we will continue to lose walkers. Our efforts to recruit new walkers might not be all that successful in the long term. Sure, it is nice to have generalised coaching weekends, but they tend to be a

case of "Once over lightly, One size fits all" type of thing.

What I believe has been missing from those that I have attended, has been an in-depth workshop solving the specific problems faced by individual walkers. A panel of experts, if we can arrange to get them together at the same time, could work on a few individuals until they had them walking correctly, or at least knew what specific actions they needed to take to make the needed adjustments to their technique.

This would benefit the walkers involved, but could also give coaches a better insight into how to reduce the number of Red Cards received by their walkers.

The Taranaki Walks Weekend is the obvious time to start doing this, but I think this needs to become a regular thing.

In this issue I have reprinted an excellent

article by Dave McGovern which should help many of those who have problems with their knees. This article is probably something that should be kept handy to refer to at all times.

Jack Tregurtha



WORLD MASTERS LONG DISTANCE CHAMPS AUCKLAND 19 - 23 APRIL 2004

THE WALKS ARE:

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



NEW ZEALAND TRACK & FIELD CHAMPS

Wellington 12—14 March 2004

Men 3000m Race Walk

<i>Name</i>	<i>Birth Yr Team</i>	<i>Time</i>
1 Barrett, Craig	71 Waikato-BOP	11:58.07
2 Jones, Graeme	73 Hastings	12:34.53
3 Burrell, Glenn	81 Taranaki	12:48.29
4 Harte, Michael	54 Waimea	14:51.64
5 Baillie, Peter	48 Wlg Scottish	16:20.32

Women 3000m Race Walk

1 Gorst, Gabrielle	64 Hastings	13:27.12
2 De Lorenzo, Amelia	60 Wlg Scott	16:09.33

Men 19 & Under 3000m Race Walk

1 Stott, Daniel	87 Waikato-BOP	14:03.97
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Women 19 & Under 3000m Race Walk

1 Gorst, Amanda	87 Hastings	13:52.09
2 Landers, Suzanne	84 Canterbury	15:21.43
3 Malone, Catalina	85 Bays Cougars	16:59.59
4 Mabbett, Kelly	89 Waikato-BOP	18:25.55

Men 16 & Under 3000m Race Walk

1 Stott, Daniel	87 Waikato-BOP	15:10.58
2 Towers, Joseph	88 Taranaki	16:00.07
3 Thomson, Travis	87 Otago	18:46.81

Women 16 & Under 3000m Race Walk

1 Cantwell, Lesley	87 Southern Stars	17:27.33
2 Mabbett, Kelly	89 Waikato-BOP	17:52.10
3 Cameron, Natasha	87 Taranaki	19:19.29
4 Cameron, Kelly	89 Taranaki	19:19.69
-- Kemp, Ellen	90 Wellington H	DNS

Men 20km Race Walk

1, Barrett, Craig,	Waikato-BOP,	1:27.43.
2, Jones, Graeme,	Hastings,	1:35.46.
3, Sargisson, Tony,	Bays Cougars,	1:38.30.
4, Harte, Michael,	Waimea,	1:55.31.
5, Baillie, Peter,	Wlg Scottish,	2:01.01.
--, Burrell, Glenn,	Taranaki,	DQ.
--, Lane, Michael,	Taranaki,	DQ.

Women 20km Race Walk

1, Gorst, Gabrielle, Hastings,	1:38.34.
2, De Lorenzo, Amelia, Wlg Scottish,	1:59.05.

Men 19 & Under 10km Race Walk

1, Stott, Daniel, Waikato-BOP,	55.40.
2, Thomson, Travis, Otago,	71.49.

Women 19 & Under 10km Race Walk

1, Gorst, Amanda, Hastings,	50.55.
2, Malone, Catalina, Bays Cougars,	59.34.
3, Landers, Suzanne, Canterbury,	64.39.

Top performance of the weekend would have to be Amanda Gorst's NZ Record of 13:52.09 in winning the Women's 19 and under 3000 metres. A year earlier that would have beaten the then Senior Women's meeting record, and was actually only 0.16 seconds slower than the time set by her mother in Dunedin last year.

Amanda also performed well in the 10km Road Walk with 50:55, but looks ready to do rather better, as her 3000m time equated to about 49:30 for 10km.

The other record from the meeting - a meeting record - was Gabrielle Gorst's time of 13:27.12 in the senior women's 3000m race. The Road Race was held on a novel circuit at the Westpac Stadium, better known to those outside Wellington as the "Cake Tin". The circuit went around the circumference of the stadium for about 600 metres under cover before leaving the stadium for 1.4km outside on an out-and-back section around the elevated car park. This circuit was very well received. One big advantage is that the Start/Finish Line under cover, there is no need for tents or other temporary shelter. Conditions throughout the meeting were good, with a the breeze getting a bit strong at times. Mostly the races developed into solo time trials, but there were a few battles along the way.

Kelly Mabbett and Lesley Cantwell kept company for a while in the 16 and Under 3000m race on the Saturday, with Lesley taking control later. However, this dragged Kelly through to be over half a minute faster than she had been in the 19 and under race the previous day.

One very close tussle was between the Cameron sisters in the 16 and Under 3000m race, where Natasha narrowly beat her younger sister Kelly. I gather it is normally the other way round.

The prize for consistency must go to Catalina Malone who had a best 10km time of 59:34 before the championship, and returned precisely the same time again in Wellington.

It has to be a concern for all of us the way Race Walking is seen around the world.

Undoubtedly the video camera has really emphasized the top walkers feet off the ground and now every man and his dog are crying foul, cheating etc.

I don't know how many times I explain to runners - who should know better, that the human eye is the sole judge and cameras have no place in this sport. This is not helped by sports presenters who, commenting in major races really have a lack of knowledge themselves and often confuse the public. At Inglewood in the NZ sec schools champs I was standing beside a running coach who does coach a good R/Walker and at the finish of the race he said he thought the girl who finished ahead of his athlete was in fact running. He talked of placing a protest – which he duly did. And of course it was thrown out. Initially I nearly told him that would be unsuccessful but did not take him seriously. Obviously he was not aware the Judges have to sit exams, which means they have the final say. A man off the street is not qualified and it would take a shortage of judges or unqualified judges to reverse any decision.

The worry for me this chap was a running coach. He is supposed to be on our side. The camera is here to stay and we have to live with it, so for our sport to survive perhaps we need to educate the general public. Most of the criticism is ignorance so if we could become more people friendly we may have a chance of keeping walking alive and in the Olympics. When the general public lose interest in you the slippery slope gets steeper and you drop off forever. Organizers in these big events want the public behind them, not complaining walkers are cheating. Perhaps we need good talkers as well as walkers.

John Henderson.

**A Contribution
from John
Henderson,
Christchurch**



Thanks for the feedback, John.

Yes, we have to get behind the judges, and we do need to educate people.

Many see very few fast walkers, and when they do, they often seem to think that as they are going so fast, they MUST be running. This certainly applies to the general public, but is also common among others who have interests in other sections of athletics. Undeserved criticism can be very harmful, and can cause good walkers to drop out of the sport.

It is far too common to hear comments that a walker is running. This does not only come from the uneducated. I have often heard other walkers say the same thing when I thought the walker complained about was perfectly legal. I think that simply knowing the rules and even being a race walker does not necessarily mean that your sideline opinion is correct. It is easy to make a comment standing at the sideline, but it can be a very different story when you have a pen in your hand and have to commit your opinion to writing. Taranaki is well-provided with judges, so I think that there would not have been much doubt that the Secondary School Champs at Inglewood would have been properly judged.

I have also often found myself in the position of explaining the Walking rules at an athletics meeting. This is very easy when you privately agree with what the judges have done.

It becomes very difficult when you privately agree that the judges seem to have ignored blatant infringing. That is why only properly qualified judges should ever be used.

The credibility of Race Walking demands consistent judging from properly qualified judges.

Walkers, who may put in a great many hours training, deserve nothing less. When that is provided, we can come out strongly in backing what happens on the track. Without it, the criticism may be right. That leaves us with a dilemma.

Editor

Hi Jack,

I was wondering whether 'cautions' are all that significant in Race Walking and whether we really even need them. It seems to me that any top walker is going to be 'in danger' of infringing anyway. It's too late to be trying to alter your technique during a race, I think by doing that and shifting outside of your comfortable ingrained rhythm your probably in more danger of infringing. The other option of-course is to slow down, but who's wants to do that when your all trained up for Nationals and are on for a P.B. time. I don't like finishing a race and realising I didn't extract every bit of energy I had inside me. Personally I tend to try and ignore the cautions during the race. I always try to exhibit the best technique I can, but you can't walk any different than how you've been walking in training and racing building up to the big race. After the race though it's the warnings that are the real feedback that you actually take note of, which you then go away and try to improve your technique on. The cautions don't mean anything because when you are racing you know your right on that borderline of infringing anyway, and if your not, your technique can be deemed to be a bit too safe and you are encouraged to push it further, getting closer to that borderline to get more out of your self. When you pick up a caution for lifting during a hard 3km around the track, its like well derra, it is a hard sprint, I know I'm in danger.

**A Contribution
from Glenn
Burrell,
Taranaki**



I'm a bit disappointed with the current setup for judging. At the moment it's a negative aspect of the sport which has turned a number of really good promising athletes away from the sport. A number of athletes get pinged and receive no constructive feedback afterwards from the judges. If they're 'good' enough to be able to DQ you, they should be good enough to be able to tell you what it was that was happening in your technique that resulted in the violation, with subsequent advice on how to improve that technique problem. When was the last time a judging panel thought about actually videoing the race and then going through individually with any DQ'd athletes and providing them with constructive advice on how to fix there techniques?. This would turn the judging and disqualification process into a positive process. The number of judges far out way any coaches. Ben Richardson, Fraser McInnes, and Kent Phillips were some of the really good junior walkers that I knew (and I'm sure there's more), who have dropped out of the sport because there was no support network for them when they started to get faster and pick up DQs. With just a bit of nurturing of that talent they could have all still been around today, they would probably just be developing into really good senior walkers now too, which would have been a good pool of walkers. I heard Ben Richardson's Dad wrote to Athletics New Zealand inquiring about getting some coaching for Ben and he didn't even get a reply. I've been reading with interest a few old Contact magazines dating back the last 2-5 years. One article that stood out was one that showed the results of the Robin Tait meet in 1998, which had excellent numbers and a high level of walking, and how the numbers have dropped significantly since then. Another article outlined the number of walkers that went under a certain time bracket for 3km one year and then how the numbers and level of walking had quite drastically dropped two years later. A few of your editorials spoke of how you saw a very sad future for race walking and athletics in general in New Zealand. Maybe we should look at ourselves and the current treatment of

(Continued on page 6)

disqualified walkers and realise how many of our good walkers are actively being turned away.

Ohh, by the way I had a good Waitara Half Marathon in the weekend. I did a 1:45:48, going through the 20km mark in 1:39:38, dipping under 1:40 for the first time. I think the course must have been a bit longer than 21.1km. All the km's were marked well up to 20km, the 21km wasn't marked but would have been about 1:44:38. It doesn't take an extra 70 seconds to do the last 100m! Felt I was technically walking a lot better than Nationals, and the last 5km is renowned for its steep hills.

Kind Regards,

Glenn.

Glenn's comments might get some people thinking.

In theory a Caution is intended to suggest to a walker that they should review their technique, and possibly take a bit more care. In practise, it can do almost anything, depending on the attitude and experience of the walker.

Very early in my walking career, I received a Caution for lifting from Norm Read. He waved the Caution sign at me about 100 metres from the finish. After the race he came to me and told me that the Caution was actually for the first 100 metres of the race. But by the time I came past him after the first lap I had settled down, and was walking OK. Norm delayed my Caution, as he recognised that if he did anything at that stage he would only have confused me, and nothing would have been gained. Strictly speaking, I suppose Norm didn't really comply with the wording of the Rules, but I think he did comply with the spirit of the Rules.

I have some reservations about how the judging system operates, and I think that we really need to have some system of judging judges using video. I gather that the International Judges had to undergo a pretty rigorous practical exam when the International Panel was tested a year or so ago.

It would be a fairly simple matter to set up a squad of judges. Have a few walkers go past them, video the action, and have all the judges fill in Report Forms individually. The

video could then be viewed, and all the judges could be marked according to how their judgments stacked up against slow motion or freeze-frame video.

This analysis would of course have to make allowance for a permissible amount of lifting that would be revealed by the video..

I have done a little bit of this for my own benefit. I found that I tended to judge for bent knees pretty harshly. On occasions, the bent knees that I could "see" at normal speed turned out to be perfectly acceptable when I reviewed the walker on video. Over a period I educated myself to allow for this. The result was that at the recent Nationals I stood out as being the laziest?... weakest? ... least observant? judge at the meeting. I was clearly the odd man out. My mother might have said that I was the only one in step! Without recourse to video, I would probably have to start judging more harshly again, just to put myself in line with the accepted wisdom of the rest of the panel. But would that be right? I intend to again review my judging against slow motion video.

I think our sport's two main problems are:

- Consistent judging, and
- Effective procedures for helping walkers overcome any technique problems.

If we had these, then I think most walkers would find that they welcomed the occasional Caution as a gentle reminder.

Ed.

US OLYMPIC 50km TRIAL 15 Feb 2004

A clear win by two-time Olympian and 1999 World Championships bronze medallist, Curt Clausen

Results

1. Curt Clausen – 3:58:24 (\$6,000)
 2. Tim Seaman – 4:08:06 (\$4,000)
 3. Philip Dunn – 4:10:37 (\$3,000)
 4. Sean Albert – 4:18:33 (\$2,000)
 5. Al Heppner – 4:23:52 (\$1,000)
 6. Ben Shorey – 4:27:38
 7. Dave McGovern – 4:37:30
 8. Theron Kissinger – 4:41:53
 9. Gary Morgan – 4:45:26
 10. Steve Quirke – 4:46:29
 11. Dave Doherty – 4:51:35
 12. Nick Bdera – 5:04:31
- John Soucek – disqualified

Although Clausen won the competition easily, he faced a difficult situation midway through the race when he had to make two bathroom stops due to a bad stomach. “The first half of the race I was having some stomach problems,” he said. “I have to admit that I didn’t really eat anything last night because I wasn’t feeling good when my dinner didn’t arrive, so I was drinking carbo liquids and I felt the effects of that during the first half, so I figured I’d take care of the problems early and then worry about the second half. I stopped twice and both times cost me a total of about a minute.”

Under sunny skies and temperatures in the high 40s at the beginning of the race, a tight pack that included Clausen, Seaman, Dunn, and Chula Vista residents Sean Albert and Al Heppner led the remainder of the field at the 8 km mark. Shortly thereafter, Heppner, who showed good form with his runner-up finish at the 2004 USA 30 km Championships on January 11 (2:16:52), bolted from the pack to grab a 20-meter lead.

Over the next 20 kilometres, Heppner kept building his lead, and at the 30 km mark he held a 1 minute, 51 second margin over Seaman, Clausen and Albert. Heppner’s lead dwindled to 1:07 at the 34 km mark, and in a dramatic and sudden reversal, at the 36 km point in the race Heppner was trailing Clausen and Dunn by 40 yards.

Quotes

Curt Clausen: What a relief and a whole lot of excitement. It’s kind of a mix of both.

There were a lot of times in that race when I thought it would be real easy to walk off the side here because this really hurts. Once I put my problems behind me I just started getting more and more comfortable. My last 10K was probably my fastest. I really felt strong when I realized there was a good chance for me to get the job done today.

About Al Heppner getting off to a large lead: If I didn’t catch Al that would’ve been fine with me as long as I finished under four (hours). I really thought that if I could get in under four everything would take care of itself. The race doesn’t start until the last 15 to 10K and I wasn’t going to worry about him until we reached that point. It was great that my family was able to make it here and it was awesome. We had a huge crowd for a walk and I’m real happy to be at home and get the job done here. It’s great to be on the Olympic team and represent my country in Athens.

Al Heppner: On grabbing an early lead in the race: I was going to stay with the pack, but Curt stopped to use the bathroom after picking up the pace a little bit, so I was able to separate myself and I decided to just roll with it. I was feeling good until about 31 or 32K when it just fell apart. I’m not sure what happened. I thought my fitness was good enough to hold the pace and I was pretty good for a while. This is disappointing. In retrospect, I should have just stayed with the pack.

There was a sad footnote to this race, with Al Heppner dying just a few days later. He had obviously been much more despondent about not achieving an Olympic qualifying time than his quoted comments revealed.

From the USA T&F Website:

Albert (Al) Heppner died Wednesday night. He was 29.

A member of the United States Army World Class Athlete Program, Heppner was a resident athlete who trained at the U.S. Olympic Training Centre in Chula Vista, Calif. He placed fifth in the U.S. Olympic Team Trials for the 50 km Race Walk on Sunday, February 15, in Chula Vista.

One of America's most accomplished race walkers, Heppner had achieved several top finishes in national competitions, including placing first at the USA 5 km Race Walk Championships in 2002, second at the USA 30 km Race Walk Championships in 2004, second at the USA 15 km and 20 km Race Walk Championships in 2002, and second at the USA 50 km Race Walk Championships in 1999, and represented Team USA at the Pan American Race Walk Cup in 2001 and 1998, as well as the IAAF World Race Walk Cup in 1999.

He was ranked #2 nationally in the 20 km race walk in 2002 by Track & Field News. As a collegian at the University of Wisconsin-Parkside, Heppner was an NAIA All-American and the NAIA 5 km Race Walk National Champion in 1997, the year he graduated. Born April 24, 1974 in Columbia, Md., Heppner graduated from Howard High School in Ellicott City, Md., in 1992. He was introduced to race walking in 1989 when one of his track team-mates bet him a dollar not to enter a race. He later went to Wisconsin-Parkside and embarked in earnest on his walking career. In addition to his athletic endeavours, Heppner also was an aspiring journalist.

"Al was a great athlete and a great advocate for the entire sport of track and field, most particularly the race walk," said USATF CEO Craig Masback. "The entire track and field community mourns his passing and will miss him. Our sympathies go to his family."

SAN DIEGO A Chula Vista man despondent about not performing well at a recent U.S. Olympic speed walking qualification race jumped to his death from the Pine Valley bridge at Interstate 8, authorities said today.

California Highway Patrol officers, sheriff's deputies and the man's teammates found the body of the 29-year-old man about 150 yards from the Pine Valley bridge under some bushes just after 3 a.m., said CHP Officer Brian Pennings.

This news shocked the US Race Walking fraternity.

There were mass outpouring of grief, anger, regrets that this had not been averted.

There were also many reassessments of how seriously athletes should take their goals.

This episode will clearly haunt American Race Walking for years to come.

Although Al had put in a faster burst and cleared out from the bunch between 20km and 24km, this was not a dangerous pace—his pace over this period would have given him 3hr 58 mins—about the right target pace, as he was aiming to get under 4 hours. The main bunch was on 4hr 04min pace over this 4km split, so they were a bit on the slow side.



Al Heppner

Olympic despair leads to tragedy for Heppner

By Simon Turnbull

22 February 2004

It was much like the post-race scene at any Olympic trial. Next to the crowded finishing area at the US Olympic 50km race-walk trial at Chula Vista in California a week ago today, Curt Clausen waved a starred-and-stripped flag in celebration. His Olympic dream had come true, again. He would be on the United States team for Athens. Tim Seaman wouldn't. He wept uncontrollably.

Al Heppner lay sprawled on a stretcher, swathed in towels, his eyes shut tight, physically and mentally drained. For the second time in four years, his Olympic dream had been broken. The extent to which his spirit had been broken became tragically clear at 3am on Thursday. Heppner's body was found by teammates and police at the foot of a 250ft bridge in a mountainous area of San Diego County. He had taken his own life. He was 29.

On the bright but cool day that dawned on Sunday, the San Diego Union Tribune had not been wide of the mark in describing "the range of emotions" among the 13 competitors as "stretching from Chula Vista to Athens". Only Clausen was smiling with elation, though. After crossing the finish line in 3hr 58min 24sec, the normally reserved 36-year-old was animatedly celebrating his third Olympic qualification. "I got the trip to Athens," he said. "I got the trip." "As rewarding as the victory was for Clausen," the Tribune reported, "it was heart-breaking for Seaman and Heppner." Seaman's second place, in 4hr 8min 6sec, failed to meet the four-hour Olympic qualifying standard. "I hate the 50km," he said. "I hate the damn thing." Asked why he raced an event he loathed, he broke down in

tears.

Seaman, for all his vain marathon toil, could stand and articulate his bitter disappointment. Heppner did not have the strength to lift himself off the stretcher. He required medical attention, too. He had led the race for 30km before suffering the equivalent of hitting the marathon runner's "wall", fading to fifth place, staggering across the line in 4hr 23min 52sec - some 23 minutes slower than his personal best. "I just started falling apart," Heppner said. "Obviously, in retrospect, I should have stayed with the pack. I've never crashed like I did today." At 7.40pm on Wednesday California Highway Patrol officers found Heppner's car abandoned near the bridge at Pine Valley Creek.

Concerned friends had reported to the local sheriff's department that he had been "very depressed". Although Heppner still had a chance to qualify for the US squad at the IAAF Race Walking Cup in Naumburg, Germany, in May, his friends told police he had become despondent since Sunday's race.

It was not the first time an Olympic disappointment had dragged him to despair. At the 50km trial for the Sydney Olympics, Heppner became hypothermic in freezing temperatures and was forced to quit. Reflecting on that disappointment, he said later: "I am extremely competitive and I always have been competitive to the point where it is probably not healthy. That's good for an elite athlete, but it makes it even more devastating to me when things don't work out."

After failing to make the team for Sydney, Heppner was forced to move out of the US Olympic Training Centre at Chula Vista. He joined the US Army and was admitted to their World Class Athlete Programme. By last November, he was looking forward optimistically to Olympic year. "Training is going really well," he said. "Things are looking up again." In January he won a silver medal in the US 30km championship race.

The Olympic dream Heppner nurtured since entering a high school race-walk for a \$1 bet had been revived. It stayed alive until the tragic events which unfolded beyond the 30km point at Chula Vista last Sunday.



Photo Left:
A few metres after the start of the Women's 16 & Under 3000m race at the Nationals. From the front, Kelly Cameron, Kelly Mabbett, Natasha Cameron and Lesley Cantwell.

RACE WALKING IS UNNATURAL & DOESN'T COME NATURALLY OR DOES IT?



Marty Hughes pacing Leeanne Fairfield at about 15km in the recent Hastings Half Marathon.

Leeanne Fairfield of Hastings is a very proficient Race Walker. You can tell that from the photo on the left. You might think that she'd been doing it for years, but in fact she was doing just her second half marathon, and had no idea of what was involved in Race Walking. She was just walking. No-one had told her about straight knees, but that obviously came naturally.

The vast majority of those taking part in the recent Hastings Half Marathon had their knees bent to a greater or lesser degree, and in that crowd Leeanne really stood out.

I sometimes hesitate to encourage new walkers if they obviously need to overcome bent knees—it can be very demoralising if they start getting DQ'd, but Leeanne is clearly someone who would not start off with that handicap. She has a future in Race Walking if she decides to take it further.

Jack Tregurtha

STANDARDISATION NEEDED

A few years ago I happened to see the Judges Summary Sheets used in a couple of Centres. These sheets were absolutely identical (well almost). Every section of the sheet had the same font and the same sized font. All the column widths were identical. The only difference was in very small print, but it was a vital difference. The columns for “Cautions” and “Warnings” were reversed. See the examples on the right. Very close examination showed that the forms were in fact identical, and that one form had been converted from the other by physical cutting and pasting.

At many meetings, officials from one area are likely to officiate in another area. My concern was that an official who was using one of these forms would recognise it as being the one he was used to, and put the various Cautions and Warnings in what he thought were the appropriate columns. If the form had the columns reversed, there was potential for a walker to be wrongly disqualified.

It seems to me that there is a need for this form (all forms for that matter) to be standardised. I have modified the form used in Hawke’s Bay, and a portion of this is shown on the right. It seems to me that having the critical column highlighted must reduce any likelihood of error. In case you might think that errors do not happen, over the past year or so I have seen a couple of these sheets where the figures did not tally. In no case did this affect any walker, but it does

tend to indicate that if we can reduce the opportunities for errors, we should do so. These forms are often completed out on the track, in adverse conditions, possibly with no desk space, and the wind ruffling the pages. If anyone has samples of the forms used in their area, I would be pleased to receive them. Some areas may have improvements which could benefit all of us. We might eventually end up with a set of standardised forms adopted nationwide.

Judge 1		Judge 1	
Caution	Warning	Warning	Caution
← ~	← ~	← ~	← ~

Portions of two Forms—Would you spot the difference?

Judge 1		Judge 2	
Caution	Warning	Caution	Warning
← ~	← ~	← ~	← ~

What to do When Racewalking Gives You the Creeps

©1995 Dave McGovern--Dave's World Class

(Dave gives permission on his website for his articles to be reprinted.)

This article was printed in these pages a few years ago, but we have new members since then, and this is probably the biggest single problem facing new walkers, so here it is again.

• Introduction

When working with racewalkers—particularly with older racewalkers—one often encounters difficulty in helping the athlete to overcome knee-straightening problems. Although some athletes simply need to be shown the proper technique, many need to overcome more fundamental impediments before full straightening can be achieved. The unfortunate reality, however, is that very few sources actually outline procedures to conquer "creeping sickness." Much like Ross Perot's crazy aunt in the basement, everybody knows there's a problem but nobody wants to talk about it. This article may help to open the floor to further discussion.

• Assessing the problem

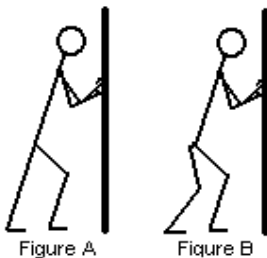
The first order of business is to determine if the walker is physically able to straighten the knees. Simply have the athlete stand "at attention" with feet together and legs straightened as much as possible without excessively tightening the quadricep muscles. The fronts of the thighs and shins should make a straight line in relation to one another, or even bow inwards to meet

the knee. (Be sure to examine the front of the legs--pronounced calf and hamstring musculature will cause the back of the legs to appear bent even when the knee is fully straightened). If the legs are fully extended and the knees still look bent, tight muscles are probably to blame. After 20-80 years of ordinary walking as well as running, fitness walking or even advanced competitive sedentarianism, many athletes are plagued by such tight leg muscles that full straightening--even while standing--may be difficult. Other athletes have no obvious muscular tightness, and are able to straighten when standing, but fall into a "Groucho Marx Shuffle" when racewalking. These athletes need remedial work in the mechanics of racewalking. They often come from running backgrounds and are using the wrong muscles to drive themselves forward--primarily the quadriceps. This generally leads to a high knee lift with the leading leg which makes straightening on contact difficult. Many of these athletes are able to pick up proper racewalking technique by simply watching and mimicking athletes with efficient technique. Running should not be used as a cross training exercise until proper racewalk

technique is fully ingrained. One thing to note is that the lead leg should be driven forward with the knee bent at about 90 degrees. By bending the knee fully and driving the knee forward (rather than up) the lower leg gains a great deal of momentum when the thigh stops advancing and begins to pull back just before heel-contact.

- **Stretching those ol' dogs**

If the creeping problem can be attributed to muscular tightness, stretching the hamstring and calf muscles may solve the problem. After warming up, the athlete should stretch the gastrocnemius and soleus muscles of the calf by performing "wall stretches." The left gastrocnemius is stretched by standing with the left leg about two feet behind the right and leaning against a wall while keeping the rear heel on the ground (figure A). Slightly bending the knee, (figure B), will stretch the soleus. Switch legs to stretch the right calf.



To stretch the hamstrings the walker

should lie on his back with one knee bent, foot on the floor and the other leg extended (figure C). The extended leg is grasped with both hands until a stretch is felt.



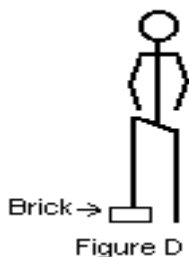
Figure C

All stretches should be held for at least 10-20 seconds. Athletes should stretch after every workout, but if time does not permit, at least three days per week should be devoted to an overall stretching/strengthening routine. These stretches, in addition to proper warm up before workouts and races, should help to reduce stiffness that may lead to bent knees.

- **Other things to try:**

The brick: Many walkers coming from running or fitness walking backgrounds have difficulty attaining a proper degree of "hip drop." Hip drop acts as a shock absorber, easing the impact of "riding through" on a straight lead leg. Without sufficient hip drop, shock is often reduced by slightly bending the knee. The specific muscles used during this phase of the walking gait can be stretched by standing with one foot on a brick or two-by-four and the other on the floor. Of course there's one catch.... Both

knees must be straightened! Always maintain a comfortable, erect posture without bending at the waist.



- **Strengthening:**

Weak quadriceps muscles are another contributor to bent knees. The quadriceps (the muscles in front of the thighs) can be strengthened at home with a "dynaband" or other elastic device, or with a light (10 lb.) weight hung from the ankle. A simple implement can be made by inserting a pair of small five pound weights into a long sock. After tying off the end of the sock, the device can be hung from the ankle with one weight hanging on each side of the leg. The athlete should sit in a sturdy chair with one leg fully extended. The knee is then bent 15-20 degrees, then re-straightened to lift the weight. Work up to three sets of ten repetitions to strengthen the quadriceps through the final 15-20 degrees of their range of motion.

- **Avoid wearing "fat" shoes:**

If the athlete is walking "flat footed," lifting the forefoot slightly upon heel

contact will help to straighten the knee by slightly extending the reach of the lower leg. Shin pain, however, may prevent walking with the toes raised. At the moment of heel contact a walker's shoe acts like a lever. The thicker the midsole, the greater the force imparted to the heel extending behind the ankle--the fulcrum of the lever. If the walker wears a shoe with a very thick heel the foot tends to flatten quickly, slapping the ground with every step. This often causes pain in the anterior tibialis, or shin muscles. Wearing a thinner shoe will reduce these forces and, ultimately, ease knee straightening. Strengthening the ankle and shin muscles is also important. Again, a dynaband--or a hanging sock with lighter weights--can be used. Walking for several minutes on the heels is another excellent strengthening exercise (Figure E).



- **Avoid overstriding:**

When the advancing leg is thrown too far forward, the knee will often reflexively "break" to make heel contact with ground sooner. Of course this may prevent the walker from falling on his face, but it can lead to a far worse fate--disqualification. Shortening the stride in front of the

body will not only eliminate straightening problems in some individuals, it will also increase efficiency. "Riding" on the straight leg far beyond the vertical support phase by keeping the rear foot on the ground longer will make up for lost stride length in front of the body--and increase power.

- **Posture, posture, posture!:**

Body posture is also very important. Many racewalkers tend to slump forward by bending excessively at the waist. The centre of gravity is shifted forward over the lead leg. When walking speed is increased, momentum collapses the knee when the heel touches the ground, causing "the creeps." A forward lean of 5-8 degrees is recommended by some authors, but this is simply not the case. Any "lean" is an artifact of a strong push from the rear leg, but this apparent "lean" should end at the waist--Overall body carriage must be erect (figure F).

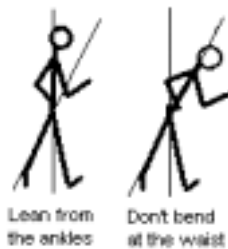


Figure F

- **Hill work:**

Racewalking slowly up a gradual incline is an excellent way to accentuate proper straightening technique. A short stride in front of the body and a strong drive from the rear leg are quite necessary when racewalking up hills. The athlete should walk several repeats up the hill under the supervision of a knowledgeable friend or spouse. Hills tend to magnify technique problems, especially when the athlete is fatigued--the partner should make certain that the athlete is walking correctly at all times. Make certain body carriage remains erect on the hill--no leaning!

After objectively assessing the reasons behind a particular walker's creeping tendencies, it is often relatively easy to eliminate the problem. If the athlete's technique is a hybrid of running and walking elements, flaws can be eliminated by demonstration of the proper technique. If tightness and weakness are to blame, the walker must take remediation into his own hands by thoroughly stretching and strengthening the affected areas. In all case, however, patience and persistence are generally rewarded by better, faster and more legal racewalk technique.



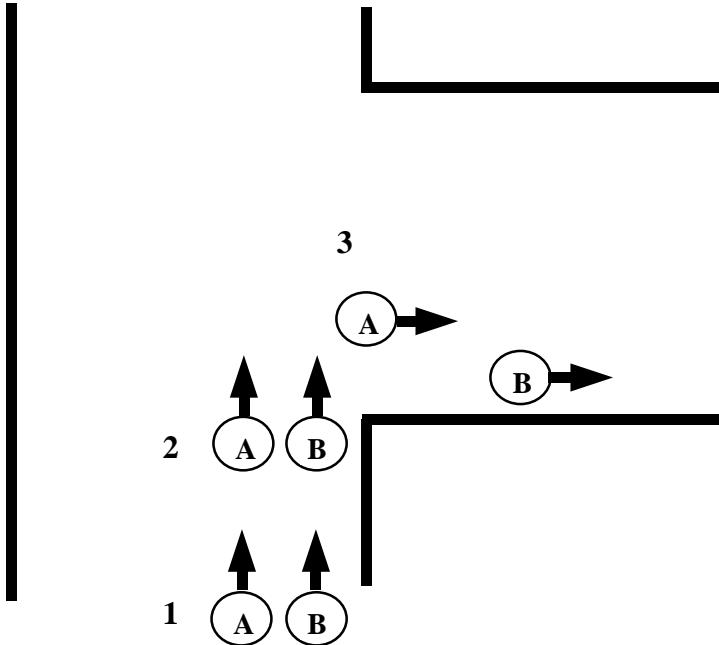
Left: An extreme case of leaning forward. This novice walker would have great difficulty straightening his knees. Ed.

A FASCINATING EXAMPLE OF SUCCESSFUL TACTICS

Several years ago in a race on the Raymond Road circuit in Hamilton, Diane Barrett and Christine Tuka were having a ding-dong battle. They were often well-matched, and the honours could go either way.

In this race, there was a fascinating example of how the right move at a crucial moment can make all the difference.

I forget who won out on this occasion, but I have a very vivid recollection of what happened, as it unfolded just a few metres in front of me.



1. Approaching the intersection. The walkers were side by side, and the pressure was on.
2. At the intersection. The positions were unchanged.
3. **At the turn, Walker "B" made a very sharp turn and accelerated.** She already had a metre on Walker "A" by virtue of having the inside running. Her quick burst increased this by another 1 or 2 metres, and this allowed her to break away.
4. Walker "A" made a more conventional wider turn, and although this allowed her to maintain her original pace, she was several metres behind before she realised what was happening.
5. Once the close contact had been lost, the duel was all over. Walker "B" went further and further ahead.

EXTRACT FROM THE 2004 EDITION OF THE IAAF RULE BOOK

SECTION VII - RACE WALKING EVENTS

RULE 230

Race Walking

Definition of Race Walking

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

Judging

2. (a) The appointed judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously. In competitions held under Rule 1.1(a), (b), (c), (d), the Chief Judge has the power to disqualify an athlete, from the circuit to the stadium and inside the stadium when the race finishes in the stadium or in the last 100m when the race takes place solely on the track or on the road course, when his/her mode of progression obviously fails to comply with the paragraph 1 above regardless of his/her having received previous warnings.

(b) The Chief Judge shall act as the supervising official for the competition, and only act as a judge in the special situation noted in paragraph (a) above in competitions under IAAF Rule 1.1 (a), (b), (c) and (d). In competitions held under IAAF Rule 1.1(a), (b) and (c), a maximum of two Chief Judge's Assistants may be appointed by the Local Organizing Committee after consultation with the Chief Judge and the Technical Delegates.

The Chief Judge's Assistant(s) are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.

(c) All the Judges shall act in an individual capacity and their judgments shall be based on observations made by the human eye.

(d) In competitions held under IAAF Rule 1.1(a), all Judges shall be International Race Walking Judges. In competitions held under IAAF Rule 1.1 (b) and (c), all Judges shall be either Area or International Race Walking Judges.

(e) For road races, there should normally be a minimum of six to a maximum of nine judges including the Chief Judge.

(f) For track races there should normally be six judges including the Chief Judge.

(g) In competitions held under IAAF Rule 1.1 (a) not more than one judge from any country can officiate.

For all competitions held under IAAF Rule 1.1 (a), (b) and (c) an official in charge of the Warning Posting Board and a Chief Judge's Recorder shall be appointed by the Organizing Committee after consultation with the Chief Race Walking Judge and the Technical Delegates.

Caution

3. Athletes shall be cautioned when, by their mode of progression, they are in danger of failing to comply with paragraph 1 above.

They are not entitled to a second caution from the same Judge for the same offence. Having cautioned an athlete, the Judge shall inform the Chief Judge of his action after the competition.

Warning and Disqualification

4. (a) Each Judge's proposal for disqualification is called a warning. Athletes shall be given warnings when, by their mode of progression, they fail to comply with paragraph 1 above by exhibiting visible loss of contact or a bent knee during any part of the competition.

(b) When an athlete receives a warning from three different Judges, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or the Chief Judge's Assistant.

(c) In all competitions, either directly controlled by the IAAF or taking place under IAAF permit, in no circumstances shall two Judges of the same nationality have the power to disqualify.

(d) If it is impractical to notify an athlete of the disqualification during the race, the

disqualification shall be given as soon as practicable after the athlete has finished. The failure to give prompt notification shall not result in the reinstatement of a disqualified athlete.

(e) A yellow sign with the symbol of the offence on each side, shall be shown to the athlete, when a caution is given. A red sign symbolizes the disqualification of the athlete. The red sign is used by the Chief Judge to inform athletes of their disqualification. Athletes may also be informed of their disqualification by the Chief Judge's Assistant.

183 RULE 230

(f) In track races, an athlete who is disqualified shall immediately leave the track and, in road races, he shall, immediately after being disqualified, remove the distinguishing numbers which he is wearing and leave the course. Any disqualified athlete who fails to leave the course or track may be liable to further disciplinary action in accordance with IAAF Rules 22.1(f) and 145.

(g) A Warning Posting Board shall be placed on the course and near the finish to keep athletes informed about the number of warnings that have been given to each athlete.

(h) For all IAAF Rule 1.1 (a) competitions, hand held computer devices with transmission capability must be used by the judges in communicating all warnings to the Recorder and the Warning Posting Board (s).

The Start

5. The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3). In races which include a large number of athletes, a five-minute warning before the start of the race should be given, with additional warnings if required.

Safety and Medical

6. (a) The Organizing Committee of Race Walking events shall ensure the safety of athletes and officials. In competitions held under IAAF Rule 1.1(a), (b) and (c), the Organizing Committee shall ensure that the roads used for the competition are closed to motorized traffic in all directions.

(b) In competitions held under IAAF Rule 1.1(a), (b) and (c), the events shall be scheduled to start and finish in daylight.

(c) A hands-on medical examination during the progress of an event by designated medical personnel clearly identified by the Organizing Committee shall not be considered as assistance.

(d) An athlete shall retire at once from the race if ordered to do so by a member of the official medical staff appointed by the Organizing Committee. Such staff shall be clearly identified by armbands, vests or similar distinctive apparel.

Drinking/Sponging and Refreshment Stations

7. (a) Water and other suitable refreshments shall be available at the start and finish of all races.

(b) For all events up to and including 10km, drinking/sponging stations shall be provided at suitable intervals, if weather conditions warrant such provision.

(c) For all events longer than 10km, refreshment stations shall be provided every lap. In addition drinking/sponging stations for water only shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.

(d) Refreshments, which may be provided by either the Organizing Committee or the athlete, shall be placed at the stations so that they are easily accessible to, or may be put by authorized persons into the hands of, the athletes.

(e) An athlete who takes refreshment at a place other than the refreshment station renders himself liable to disqualification.

(f) In competitions held under IAAF Rule 1.1 (a), (b) and (c), a maximum of two officials per country may be stationed behind the refreshment table at any one time. Under no circumstances may an official run beside an athlete while he is taking refreshment.

Road Courses

8. (a) For competitions held under IAAF Rule 1.1(a), (b) and (c), the circuit shall be no longer than 2.5km and no shorter than 2km.

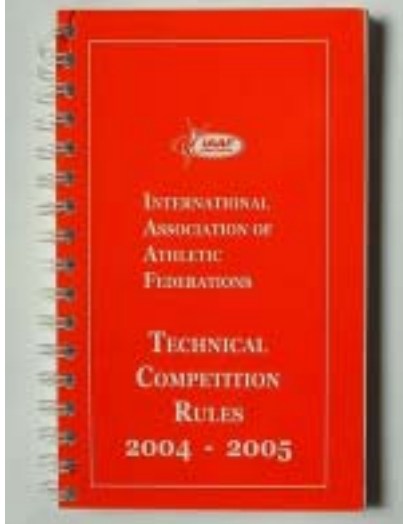
For events that start and finish in the stadium, the circuit should be located as close as possible to the stadium.

(b) Road courses shall be measured in accordance with IAAF Rule 240.3.

Race Conduct

9. In events of 20km or more, an athlete may leave the road or track with the permission and under the supervision of an Official, provided that by going off course he does not lessen the

THE IAAF RULES



Warning Card for Bent Knee

This sign should of course have been labelled “CAUTION Card for Bent Knee”.

The IAAF publishes their updated Handbook every two years. The handbook itself includes a good deal of information that an official would never need to refer to while they are officiating, so the Nairobi Regional Development Centre has extracted the Technical Rules and publishes them with the permission of the IAAF. This smaller booklet is now used world-wide. The latest version includes the above confusing label for the sign used to **CAUTION** a walker.

The same mistake has been made with the sign for “Loss of Contact”.

While the IAAF itself has not made the mistake, this is a delicious example of the undoubted confusion that inevitably results from the use of the words “Caution” and “Warning” for two very different things.

With any sort of luck the IAAF will finally be embarrassed into finding another word to replace “Warning”.

The full IAAF rules can be downloaded from the IAAF website www.iaaf.org

**ARE YOU A FINANCIAL MEMBER?
CHECK YOUR ADDRE\$\$ LABEL.**

PHOTOS FROM THE NATIONAL T & F CHAMPS



Kelly Mabbett

Lesley Cantwell (Southland) leading Kelly Mabbett (Hamilton) in the 16 & Under Women's 3000m.



Sisters Natasha (leading) and Kelly Cameron from Taranaki had a close tussle all the way in the 16 and Under 3000m race.



Catalina Malone after finishing her 10km Road Walk at the "Cake Tin".



Daniel Stott leading Joseph Towers and Travis Thomson in the 16 & Under 3,000m Walk.



Amanda Gorst after her excellent 10km at the "Cake Tin".



Daniel Stott



Joseph Towers



Travis Thomson

**NORTH ISLAND SEC
SCHOOLS CHAMPS,**

Open Girls 3000m

- 1 Amanda Gorst East Coast 14:25.53
- 2 Kelly Mabbett Waikato/BOP 17:42.24
- 3 Bridie Schroder Manawatu 18:59.63
- 4 Aleisha Heywood East Coast 19:06.93
- 5 Kelly Cameron Taranaki 19:11.15

- 6 Amanda Allen Auckland 19:35.79
- 7 Allannah Gore Waikato/BOP 20:13.70
- 8 Kerri-Anne Torkler Taranaki 21:03.04
- 9 Natasha Cameron Taranaki 21:55.56

Open Boys 3000m

- 1 Joseph Towers Taranaki 15:00.10
- 2 Malcolm Mashingaidze Wellington 18:40.56
- ... Daniel Stott Waikato/BOP DQ

WHAT YOUR MUMMY DIDN'T TEACH YOU ABOUT TYING YOUR SHOELACES

Most of us have at some time had the annoying problem of a shoelace coming undone in the middle of a race. Most of us make a point of learning from that experience, but some never seem to learn.

A guy called Ian Fieggen invented what he calls the world's fastest shoelace knot some 21 years ago. He has followed that up with years of study into this complex and wondrous subject. He now seems to be well on the way towards his doctorate in both knot tying and shoelace systems. He has a website www.fieggen.com where you can see a selection of the 43,000 possible ways you can lace a shoe with six pairs of eyelets. He also has instructions for tying a selection of knots for specific purposes. An extract below:

Slipping Shoelace Knots?

A shoelace that keeps coming undone is both frustrating and dangerous!

Unsecure "Slip" Knot

Does your shoelace bow twist so that it points "heel to toe"?



If so, you're probably tying a "Slip" (or "Granny") knot, and your shoe-laces will regularly come undone.

Secure "Reef" Knot

A properly tied shoelace bow should sit straight across the shoe.



Whilst there's only a subtle difference in tying technique, the resulting "Reef" (or "Square") knot is far more secure.

The difference in security is not just an "Old Wives Tale"; it's based on millennia of established knowledge. It arises from the forces of friction on adjacent contact points within the finished knot. In simple terms, this means that in the secure knot the adjacent bits pull from the same side and actually tighten the knot. In the unsecure version, the adjacent bits pull from opposite sides and tend to work the knot loose.

Try tying your shoelace, then shake your shoe a bit and look at how your bow sits on your shoe. If it's sitting crooked, I'd bet that your laces are always coming undone!

From www.fieggen.com

NEW ZEALAND WORLD CUP SELECTIONS

New Zealand has named three walkers to represent NZ at the coming World Cup as individuals. As might be expected, they are:

- Craig Barrett 50km,
- Gabrielle Gorst 20km,
- Amanda Gorst 10km.

This is the first time that there has been a race for Juniors as part of the World Cup. Sadly, we again cannot field a team. The last time we had a team was back in 1995. The IAAF treats this as a mass participation event, with pretty generous qualifying times, but it seems that it will be a few years before we can hope to get enough people up to the required standard.

REIGNING OLYMPIC CHAMPION QUICKLY BACK INTO FORM

Chinese walker Wang Liping, the reigning Olympic champion produced a baby last November, and produced an Olympic qualifying time of 1:28:58 to place second in the Chinese selection trials held on 22/24 March.

Winner of the Women's race was Song Hongjuan, still only 19 years old, with 1:26:46.

At the same meeting, 25-year-old Han Yucheng set a new Asian record in winning the 50km race with 3:39:10, the first Chinese to go under 3:40. This was an improvement of over 15 minutes on his previous best. Han had earlier won the 20km race in a PB of 1:19:30. In second place in the 20km race was 20-year-old Zhu Hongjun with 1:20:10.

AUSTRALIAN WORLD CUP TEAMS

Australia is sending 17 walkers to the World Cup in Germany in May.

20km Men:

Nathan Deakes	1:23:11
Luke Adams	1:25:31
Liam Murphy	1:26:50
Darren Bown	1:29:29
Jarred Tallent	1:27:34

50k Men:

Duane Cousins	3:59:23
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10km U/20 Men:

Michael McCagh	44:22
Adam Rutter	42:58
Ben Perske	46:17.06

20km Women:

Claire Woods	1:38:27
Natalie Saville	1:36:33
Cheryl Webb	1:34:36
Jane Saville	1:32:06
Simone Wolowiec	1:38:21

I understand these are their qualifying times, but some have since improved—Jane Saville 1:31:07 and Natalie Saville 1:34:27 for 3rd and 9th respectively in the second leg of the IAAF Challenge held in Portugal on 3 April.

10km U/20 Women:

Lisa Grant	49:29if
Jessica Heazlewood	51:23
Fiona Alldis	49:34

Although a team had been named for the 50km, this evaporated due to team members who had qualified for both distances preferring to race 20km.

NATIONAL TEAMS FINALS, WELLINGTON 7 FEB

3000m Walk MEN

1	Craig Barrett	Hamilton	12.10.60	Divi 1	Men A
2	Chris Rendall	WHAC	16.12.71	Divi 1	Men A
3	Peter Baillie	Wasps	16.24.74	Divi 2	Men A
4	Callum McConachy	Central	17.12.89	Divi 1	Men A
5	Joseph Towers	Taranaki	17.17.33	Youth	Men
6	Rupert Watson	Wasps	17.47.06	Divi 2	Men B
7	Richard Willis	Valleys	18.21.96	Divi 2	Men A
8	Michael Lane	Taranaki	18.25.53	Divi 2	Men A
9	Peter Rendall	WHAC	19.11.57	Divi 1	Men B
10	Julian Jones	Napier	20.02.12	Divi 2	Men A
11	Ryan Roselli	Tasman	21.17.46	Youth	Men
12	Jamie Hawton	Central	22.23.60	Youth	Men

3000m Walk WOMEN

1	Amelia De Lorenzo	WASP	17.03.30	Divi 2	Women A
2	Kelly Mabbett	Hamilton	18.14.59	Divi 1	Women A
3	Aleesha Haywood	Napier	20.05.46	Divi 2	Women A
4	Bridie Schroder	Central	20.23.64	Youth	Women
5	Loloma Foster	Hamilton	20.29.25	Divi 1	Women B
6	Leah Hirshcfeild	Counties	21.15.69	Divi 1	Women A
7	Lisa Reddy	WHAC	21.21.46	Divi 1	Women A
8	Kristeene Parkes	WASP	21.21.60	Divi 2	Women B
9	Ellen Kemp	WHAC	21.38.78	Youth	Women
10	Annette Purvis	VU	NT	Divi 2	Women A
11	Alison Samson	WHAC	NT	Divi 1	Women B

Northsport Classic,

North Shore, 14th Feb 2004

MEN 20000m Track Walk

1	Craig Barrett	Hamilton Hawks	1.31.17.1
2	Tony Sargisson	Bays Cougars	1.41.27.5
3	Graeme Jones	Hastings	1.43.09.1
4	Gary Little	Bays Cougars	1.49.37.1
-	David Matulovich	Auckland	DQ

WOMEN

10000m

1	Gabrielle Gorst	Hastings	47.17.84
2	Catalina Malone	Bays Cougars	65.37.14

20000m

- Marcia Soanes YMCA DQ

6000m

1	Amanda Gorst	Hastings	31.35.30
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Porritt Classic,

Hamilton 17 Feb 2004

Women 5000m Walk

1	Gabrielle Gorst	Hastings	23:14.87
2	Kelly Mabbett	Hamilton	33:22.01

Men 5000m Walk

1	Craig Barrett	Hamilton	20:49.67
2	Graeme Jones	Hastings	22:35.75
3	Daniel Stott	Tauranga	27:18.84

THE DECLINE OF THE NATIONAL TEAMS COMPETITION

Statistics from 1998, 2003 and 2004 1998, 2003 (Both Finals held in Hamilton) and 2004 (Wellington)

	1998	2003	2004
Number of Senior Teams	16	12	8
Number of Junior Teams	-	5	5
Number of South Island Senior Teams	5	0	0
Number of South Island Junior Teams	-	1	1
Number of walker "slots" available	64	58	42
Total actual number of walkers	57	37	23
Percentage of walkers slots filled	89%	64%	55%

The drastic downturn this year is most alarming, as it continues the steep decline of recent years.

It was bad enough that so many teams stayed away, but with barely half of the available slots for walkers filled, it now seems that even those clubs who were attending weren't too worried about scoring points.

If there is anything good about the current situation, it is that the situation is now so bad that it will clearly have to be addressed. There will have to be a major rethink about the future of this competition. It was great when all teams made a real effort to field a full team, with athletes in every event. That made it a very real "Teams" event, and this had major flow-on benefits for clubs.

The current situation is that some clubs that previously took a great interest in this competition, could not raise enough interest to be bothered attending this year. Finance was a factor, but the lack of finance wasn't too inhibiting just a few years ago.

Some years ago, a "Super League" was the big idea. That was a competition restricted to just a handful of athletes, and would have quickly resulted in

even more average athletes leaving the sport. It will be a disaster if that concept is revived.

What is needed is a team competition that clubs can afford to take part in, and which does not disadvantage the smaller clubs. This could be achieved with smaller teams.

The current concept is based on a team of 2 males and 2 females in each event (1 per event in the Junior Division). With the full range of events included, this requires a fairly large number of athletes.

If the number of athletes per team was limited to say 10, a great many additional clubs could become involved.

This would be impracticable if each team had to compete in the full number of events, but why can't each team choose what events they want to compete in? Points could be allocated either on placings or the worth of each performance, or as with the current Grand Prix series, on a combination of both systems. This sort of thing can be automated these days, so that calculating the points need not delay the meeting.

WAIKATO CHAMPIONSHIPS 31 Jan/1 Feb 2004

Women 3000m Walk W50-89

1 Foster, Loloma 63 Hamilton 20:38.32
 -- Clarke, Marion 63 Lodge Frankton DNF

Men 3000m Walk M16

1 Stott, Daniel 16 Tga 16:25.77

Men 3000m Walk M50-89

1 Guy, Ted 73 Matamata H 20:55.91

Men 5000m Walk

1 Barrett, Craig 32 Hamilton 21:48.92
 2 Berry, Adam 23 Hamilton 27:36.28
 3 Taylor, Malcolm 52 Tga 33:18.90
 4 Lamason, Tom 59 Lake City 35:05.25
 5 Guy, Ted 73 Matamata H 35:45.69

Men 3000m Walk M19

1 Ash, David 18 Lake City 15:50.98

Women 3000m Walk W15

1 Mabbett, Kelly 14 Hamilton 17:56.70

NORTHERN REGIONAL CHAMPIONSHIPS

3K & 5K Walk

Place	Last Name	First Name	Affiliation	Grade	Distance	Time
1	Watson	Carma	Bays	SW	3000m	14:53.78
2	Davison	Karen	Bays	SW	3000m	19:16.12
3	Appel	Stephen	Bays	SM	5000m	24:09.10
4	Berry	Adam	Hawks	SM	5000m	26:57.11
5	Fowlie	Joshua	Frankton	M16	3000m	27:40.16
6	Malone	Catalina	Bays	W19	5000m	29:06.58

CANTERBURY RACEWALKERS ASSOCIATION

FRANK APLIN MEMORIAL ONE HOUR TRACK WALK

RESULTS

	Metres	Medal	
Michael Harte	11,517	Gold	M50
Gillian MacDougall	9,743	Bronze	W40
Diana Pittwood	9,699	Bronze	W35
Ailsa Milner	8,908		W50
Ann Henderson	7,594		W60
Therese Dryden	7,322		W40
George Currie	5,275		M85

Juniors: 20 Mins Walk

Kate Newitt 3,306
 Jenny Turnbull 2,877
 Rebecca Clearwater 2,796
 Holly Gibbs 2,652
 Hayley Cadman 2,511

A few forced absences, including Keith Rutherford who needed stitches after falling off a ladder—should have remembered the basic rule—maintain Contact. He is back walking again.

AUSTRALIAN TRACK & FIELD CHAMPS Sydney 26—29 Feb 2004

Men 10000 Metre Walk Under 20

1, McCagh, Michael, WA,	45:40.38.
2, Rutter, Adam, NSWI,	46:42.72.
3, Perske, Ben, QLD,	47:39.76.
4, Harris, Matt, SA,	50:25.86.
--, Reading, Brendon, ACT,	DQ.

Women 10000 Metre Walk Under 20

1, Grant, Lisa, NSW,	48:58.83.
2, Alldis, Fiona, NSW,	52:01.02.
3, Heazlewood, Jessica, NSW,	53:06.32.
4, Holliday, Tanya, SA,	54:10.39.
5, Jones, Chloe, NSW,	54:56.87.
6, Ebejer, Vanessa, NSW,	56:11.79.
7, Rutter, Jillian, NSW,	56:27.43.
8, Gleich, Laura, VIC,	56:47.66.
9, Alldis, Christina, NSW,	57:32.23.
10, Dodds, Katie, NSW,	1:07:20.92.
--, Lee, Beki, NSWI,	DQ.

Women 20k Walk RR Open

1, Saville, Jane, NSWI,	1:32:06
2, Webb, Cheryl, ACT,	1:34:36
3, Saville, Natalie, NSW,	1:36:33
4, Wolowiec, Simone, VIC,	1:38:21
5, Woods, Claire, SA,	1:38:27
6, Johnson, Laura, NSWI,	1:42:46
7, Ventris, Lyn, WA,	1:45:20
8, Wilson, Lisa, ACT,	1:56:01
--, Roseman, Justijana, VIC,	DNF.
--, Peters, Megan, VIC,	DNF.
--, Bock, Claire, QLD,	DNF.

Men 20k Walk RR Open

1, Deakes, Nathan, AIS,	1:23:11
2, Adams, Luke, AIS,	1:25:31
3, Murphy, Liam, AIS,	1:26:50
4, Tallent, Jared, AIS,	1:27:34
5, Bown, Darren, SASI,	1:29:29
6, Barrett, Craig, NZL,	1:30:41
7, Cousins, Duane, VIS,	1:31:54
8, Bertei, Frank, VIC,	1:35:44
9, Barnes, Thomas, VIC,	1:35:58
10, Erickson, Christopher, VIC,	1:36:50
11, Sundstrom, Troy, NSW,	1:38:39
12, Smith, Michael, NSW,	1:39:40
13, Beaton-Wells, Michael, VIC,	1:42:23
14, Rose, Kurt, QLD,	2:00:16

WHY DO I WALK?

Why do I walk?

T ain't no mystery -

Wanna have a good Medical history,

Doctor told me walkin' is great -

Helps them blood cells C irculate

Great for the lungs,

Great for the ticker,

Can't nothin' getcha

In better shape quicker,

Feels so healthy, feels so sweet,

Pumpin' my arms

A nd flappin' my feet,

Moldin' my muscles, firmin' my form,

Pantin' like a pack mule,

S weatin' up a storm,

Keeps me youthful,

Keeps me loose,

T ightens my tummy

A nd shrinks my caboose,

Beats bein' sluggish,

Beats bein' lazy -

Why so I walk?

Maybe I'm crazy!

By E d Cunningman

NZ MASTERS T & F CHAMPS, HAMILTON 5-7 March 2004

3000 Meter Walk

W40

1 Gillian MacDougal W42 TASMAN 16:42.27

W50

1 Sharon McDonald W51 TASMAN 17:14.01
-- Sheryl Miratana W54 WAIKATO DNF

W55

1 Shirley Barber W57 AUCKL 19:05.46
2 Valerie Campkin W57 WGTN 25:33.96

W60

1 Loloma Foster W63 WAIKATO 20:35.18
2 Margaret Fraser W60 CANTY 21:04.79

W65

1 Alett Tentusscher W69 HB GISB 22:09.46
-- Doris Witteveen W69 AUCK DQ

W70

1 Clasina Vanderveeken W72 N'THL'D 21:18.73

W75

1 Doreen Torbit W76 AUCK 21:38.48

M40

-- Leon McPhillips M40 WAIKATO DQ

M45

1 Stephen Appel M45 AUCK 13:49.62

M50

1 Michael Harte M50 TASMAN 14:19.18
2 Eric Kemsley M52 TARANAKI 15:11.86

M55

1 Tom Lamason M59 WAIKATO 19:05.08

M60

1 Gary Little M62 AUCK 13:58.13

(M60-64 World Record)

2 Michael Burkinshaw M62 WGTN 18:23.34

M65

1 Eric Saxby M67 CANTY 16:31.92
-- Morrie Hinton M68 AUCKLAND DNS

M75

1 Thomas McSweeney M78 HB GISB 22:41.43

10km ROAD WALK

Conditions were ideal. Cool, no breeze, intermittent cloud, 2k circuit.

10km Walk Road

WOMEN

W 40

1 Gillian MacDougal W42 TASMAN 59.20

W50

1 Sharon McDonald W51 TASMAN 1:00.36
2 Sheryl Mitatana W54 WAIKATO 1:15.19

W55

1 Shirley Barber W57 AUCK 1:04.48

W60

1 Loloma Foster W63 WAIKATO 1:09.32

W65

1 Alett Tentusscher W69 HBAY/GISB 1:16.43

W70

Clasina Vanderveeken W72 NORTHI DQ

W75

1 Doreen Torbit W76 AUCK 1:15.36

MEN

M40

1 Leon McPhillips M40 WAIKATO 54.47

M45

1 Stephen Appel M45 AUCK 49.48

M50

1 Michael Harte M50 TASMAN 50.35
2 Eric Kemsley M52 TARANAKI 53.26

M55

1 Tom Lamason M59 WAIKATO 1:07.30

M60

1 Gary Little M62 AUCK 49.01

(NZ 60-64 Record)

2 Michael Burkinshaw M62 WGTN 1:06.13

M65

1 Eric Saxby M67 CANTY 1:00.13

M75

1 Thomas McSweeney M78 HB Gisb 1:22.58

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.

NZ Masters Games, Dunedin 31 Jan—8 Feb 2004

W35 3000m Walk					
1	Pittwood, Diana	W35	Dunedin	17:21.68	
W40 3000m Walk					
1	Duncan, Lynda	W42	Dunedin	22:00.91	
W45 3000m Walk					
1	Watson, Melanie	W45	Wellington	21:39.28	
W50 3000m Walk					
1	McDonald,	W51	Nelson	16:49.49	
2	O'Sullivan, Sue	W51	Dunedin	17:41.85	
3	Woodward, Lyn	W51	Queensland	18:20.56	
4	Sommerville,	W54	Dunedin	19:24.40	
W55 3000m Walk					
1	Campkin, Valerie	W56	Wellington	25:49.86	
W60 3000m Walk					
1	Fraser, Margaret	W60	Christchurch	21:10.80	
2	Chesterton,	W63	Canberra	21:20.10	
W65 3000m Walk					
---	Van Zee, June	W69	Timaru	DQ	
---	Berghan, Raewyn	W67	Coromandel	DQ	
W70 3000m Walk					
1	Austin, Annie	W72	Christchurch	24:05.76	
—	Sleep-Taylor,	W74	Waitara	DQ	
M35 3000m Walk					
1	Moreton, Andrew	M35	Invercargill	14:44.25	
M40 3000m Walk					
1	Broad, Kevin	M40	Tapanui	16:34.36	
2	Farquhar,	M44	Dunedin	16:52.50	
M45 3000m Walk					
1	Watson, Kevin	M46	Wellington	22:32.25	
M50 3000m Walk					
1	Harte, Michael	M50	Nelson	14:27.25	
2	Beckham, John	M50	Invercargill	16:34.36	
3	Sheehy, Barrie	M52	Invercargill	18:01.42	
M55 3000m Walk					
1	Murphy, Garland	M56	California	21:07.27	
2	Piper, Mike	M58	Invercargill	22:35.99	
M60 3000m Walk					
1	Whyte, Robin	M61	Canberra	16:36.47	
2	Knudson, Danny	M63	Dunedin	18:59.42	
M65 3000m Walk					
---	Warren, Bob	M65	Dunedin	DQ	

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

SOUTH ISLAND MASTERS CHAMPS

Nelson 28-30 Nov 2003

3000m Track Walk

W40 Gillian MacDougal	TAS	17:51.4
W45 Neroli Amyes	TAS	15:49.0
Cec Lineham	TAS	19:54.6
W50 Sue Hoskin	TAS	17:17.7
Sharon McDonald	TAS	17:51.9
W55 Margaret Fraser	CAN	21:27.4
Marion McIntosh	TAS	21:28.9
W60 Ann Henderson	CAN	21:50.4
M45 Michael Harte	TAS	14:42.5
M50 Keith Rutherford	CAN	16:57.9
Peter Hague	TAS	17:00.8
M55 Roger Denton	TAS	17:46.5
M65 Eric Saxby	CAN	17:17.3
M70 Colin Hainsworth	AUS	19:29.3
M75 Peter Davis	TAS	19:12.2

10km Road Walk

W40 Gillian MacDougal	TAS	62:52
W45 Neroli Amyes	TAS	55:45
Cec Lineham	TAS	68:47
W50 Sue Hoskin	TAS	60:14
Sharon McDonald	TAS	63:23
W55 Marion McIntosh	TAS	74:45
W60 Ann Henderson	CAN	78:03
M45 Michael Harte	TAS	52:26
M50 Keith Rutherford	CAN	59:42
Peter Hague	TAS	62:17
M55 Roger Denton	TAS	63:14
M70 Colin Hainsworth	AUS	66:17
M75 Peter Davis	TAS	68:06

Meeting Records at the South Island Masters Champs

Gillian MacDougal	W40 10km
Neroli Amyes	W45 3000m
	W45 10km
Sue Hoskins	W50 3000m
	10km
Marion McIntosh	W55 10km
Michael Harte	M45 3000m
	10km
Roger Denton	M55 10km
Peter Davis	M75 3000m

TAURANGA TWILIGHT MEETING 1 JANUARY 2004

3000m Walk Handicap

		H'Cap
1 Amanda Allen G13 Greerton	21.15.8	Go
2 Daniel Stott M17 Tauranga Ramblers	14.57.6	11
3 Malcolm Taylor M50 Tauranga	18.21.5	8.30
4 Kelly Mabbett W17 Hamilton Hawks	19.52.0	7.00
5 Tessa Rushton G13 Greerton	26.57.0	Go

RANKINGS UPDATE

The Rankings printed in the last issue omitted the results of the 50km race at Inglewood last November. Here is the updated list.

MEN'S 50km WALK 2003

Ranking	Time	Name	Posn.	Course	Date
1	3:50:34	Craig Barrett	2	Melbourne	7/12/2003
2	4:27:48	Tony Sargisson	5	Melbourne	7/12/2003
3	4:29:54	Graeme Jones	7	Melbourne	7/12/2003
4	5:15:22	Rodney Gillum	2	Inglewood	2/11/2003
5	5:25:44	Gary Little	3	Inglewood	2/11/2003
6	6:01:11	Peter Baillie	4	Inglewood	2/11/2003

FOUND AMONG THE COBWEBS

The Race Walking Rules from about 80 years ago:

1. *Walking is a succession of steps and, in contradistinction to running (wherein both feet may be off the ground at the same time), in walking there must always be contact with the ground with some portion of one of the feet.*

2. *In track races the following code of rules governing walking must be adhered to, or else disqualification will ensue:*

(a) *Leg Action - As the foremost foot in taking a step touches the ground, the knee must not be bent. The heel must touch the ground first and the toe be the last portion of the foot to leave it. It is imperative that the heel of the foremost foot must touch the ground before the toe of the other foot ceases to have contact with it.*

(b) *Carriage of Body - The body must be kept strictly upright.*

Note - Discretionary power is given to the judge or judges of walking to decide whether, in the event of the body being inclined forward, such attitude is the result of fatigue or arises from some cause beyond the control of the competitor; and if it be, and he or they are convinced that the rule has been broken for such reason only, and that the competitor is still walking fairly otherwise, disqualification need not necessarily follow from this cause alone.

(c) *Carriage of Arms - The arms may be held in any way the walker likes, but it is advised that they be carried well up.*

3. *A disqualified competitor must at once leave the track.*

There are a number of points arising from this.

1 The introduction to clause 2 seems rather strange.—Did those rules not apply in road races?

2 The current rules don't actually stipulate that contact must be retained by having a FOOT in contact with the ground.—Someone with very long hair or one of those prehistoric beings with their fingertips trailing on the ground could claim to be complying with the current rule! (Don't worry—I think I'm joking.)

3 This version of the rules did not require the supporting leg to remain straight until it was vertical.

4 The requirement for an upright body carriage may have been inserted to reinforce the differences between running and walking. It would have reinforced the straight leg requirement. It might be thought that an upright body carriage was a purely cosmetic matter, but it does have a major influence on walking correctly.

5 The discretionary power given to the judge to ignore a forward lean could have appeal today. The many older walkers who **cannot** straighten their knees could be accommodated by a similar discretionary power.

THE AUCKLAND RACE WALKING ASSOCIATION

Last year the Auckland Race Walking Association was sent some pamphlets about our booklet, and this resulted in a number of sales. At the same time, a swap of newsletters was arranged. This has allowed us to print the A.R.W.A. events on our calendar, and in return they receive our magazine. The Aucklanders must have found the exchange useful, as they have made a donation of \$25 to the NZRWA.

This group seems to represent the bulk of the walkers currently active in Auckland. They are a small group, but they do provide a nucleus to build on. The range of abilities should ensure that any new walker would not feel intimidated.

I am sure that like all such groups any new walkers will be made most welcome.

One event that might attract some interest is their annual One Hour track walk, which is set down for Sunday 18th April at the Towers track.

Their headquarters are the Auckland Domain, where they meet at 8:30am on many Sundays. Visitors would be advised to check with their Secretary, Doreen Torbit (09) 444-2443 or their President Chris Marks (09) 832-2628 in case there is a change of plan.

Some extracts from the A.R.W.A. newsletter "Ramblings".

A.R.W.A. CHRISTMAS WALK 5km, MISSION BAY 21 December 2003

1 Marcia Soanes	30:11
2 Shirley Barber	33:32
3 Alan Walker	33:36
4 Pam Owers	35:18
5 Max Cutts	36:14
6 Doreen Tobit	36:15
7 Richard Gates	36:38
8 Chris Marks	37:01
9 Chris Brittain	38:25
10 Doris Witteveen	38:34
11 Irene Overton	38:43
12 Pam Wiles	45:01
13 Dudley Harris	45:02

and 859 runners.

Walkers and runners had been issued with different coloured numbers but a minority of walkers still appeared to have no conscience.... "There was the usual 'walker/runner' and a walker who said whilst sprinting past me, "I'm not cheating, I'm just running to catch up with my friend". Well... what was I to say? Then later the same two ladies were seen jogging! "

From the A.R.W.A. Calendar April

- 4th 7.5km, Auckland Domain.
- 11 Coaching, Auckland Domain
- 18 One Hour Track Walk, Towers Track.
- 25 Long Walk, Auckland Domain.

Some interesting comments in an article on the Fullers Keri Keri Half Marathon held on 15th November:

"A grand total of 1,822 entrants—963 walkers

The comments about the attitude of so-called walkers towards running will be echoed around the country, if not the world.

Some people have a very relaxed view of what should be allowed, and some race organisers may be reluctant to impose any sanctions on them.

From a race organiser's point of view, it may be better for any ill-feeling to be confined to between competitors. Once the organisers apply any sanctions, they will feel the brunt of any ill-feeling generated—and may lose entries next year.

The Rotorua Marathon organisers have introduced a Run/Walk category for such people, but the very wide range of times achieved indicates that many genuine runners who think that they might not be able to run the whole way, have felt obliged to enter as Runner/Walkers. I don't think that was the real intention. From a mass participation race organiser's point of view, the customer is always right. Sanctions etc can (and must) be rigidly applied when the aim is a genuine competition, but may be quite inappropriate when the aim is simply to cover the distance with your friend.

Editor

The do-nothing workout:

To achieve maximum strength and fitness, take a day off.

Some athletes would rather run on tacks or pedal through freezing rain than miss a day of training - but they'd probably do themselves a favour if they exercised less.

Hard-core athletes can have trouble accepting the fact that giving their bodies time to recover after a hard workout will actually enhance their performance, coaches and trainers say. "These people think they will lose fitness if they don't work out hard every day," says Paul Huddle, who coaches triathletes. "They see missing a day as a setback." Other athletes don't feel virtuous unless their workouts produce exhaustion.

However, Huddle adds, "If you go hard every day, you'll never do your best." He and other experts recommend a day or two off each week for those who exercise regularly.

The reason lies in muscle science.

When you work out, you cause tiny tears in the muscle. As muscles mend, they become stronger than before. If you tear those muscles again before they've fully recovered, you won't achieve your maximum potential, says Scott Trappe, director of the Human Performance Lab at Ball State University in Muncie, Ind.

Anyone who exercises daily, even if it's only 30 minutes on the treadmill, will do better with a day off, Trappe says. "Not getting enough recovery time is like not getting enough sleep," he adds. "You need a break from exercise so your body can do its housekeeping." Good performance, Trappe says, boils down to equal parts training, nutrition and rest.

No. This article doesn't give lazy trainers an excuse to have yet another day off!

AUSTRALIAN "LITTLE ATHLETICS" RECORDS

WHAT WE NEED TO BE LOOKING AT IN NZ

UNDER 9 YEARS 700m WALK

Boys 3:19.7 (4:45 per km pace.)

Girls 3:21.7 (4:48 per km pace.)

UNDER 10 YEARS 1100m WALK

Boys 5:01.7 (4:34 per km pace.)

Girls 5:22.9 (4:54 per km pace.)

UNDER 11 YEARS 1100m WALK

Boys 5:05.8 (4:38 per km pace.)

Girls 5:08.8 (4:41 per km pace.)

UNDR 12 YEARS 1500m WALK

Boys 6:31.6 (4:21 per km pace.)

Girls 6:38.7 (4:26 per km pace.)

UNDER 13 YEARS 1500m WALK

Boys 6:22.1 (4:15 per km pace.)

Girls 6:44.8 (4:30 per km pace.)

UNDER 14 YEARS 1500m WALK

Boys 6:13.4 (4:09 per km pace.)

Girls 6:15.4 (4:10 per km pace.)

UNDER 15 YEARS 1500m WALK

Boys 5:48.1 (3:52 per km pace.)

Girls 6:24.2 (4:16 per km pace.)

Currently, we have only a handful of SENIOR walkers who could foot it with these youngsters.

Okay, they are records, and were set over a number of years, but unless we start getting young children to try walking, we have no chance of ever having more than 2 or 3 top walkers.

We also need to start identifying walkers with potential before the Running coaches get their hands on them. How many coaches with an average to good runner would voluntarily suggest that they change to walking?

WHAT CAUSES MUSCLE SORENESS?

Gabe Mirkin, M.D.

Your muscles should feel sore on some days after you exercise. If you go out and jog the same two miles at the same pace, day after day, you will never become faster, stronger or have greater endurance. If you stop lifting weights when your muscles start to burn, you won't feel sore on the next day and you will not become stronger. All improvement in any muscle function comes from stressing and recovering. On one day, you go out and exercise hard enough to make your muscles burn during exercise. The burning is a sign that you are damaging your muscles. On the next day, your muscles feel sore because they are damaged and need time to recover. Scientist call this DOMS, delayed onset muscle soreness.

It takes at least eight hours to feel this type of soreness. You finish a workout and feel great; then you get up the next morning and your exercised muscles feel sore. We used to think that next-day muscle soreness is caused by a build-up of lactic acid in muscles, but now we know that lactic acid has nothing to do it. Next-day muscle soreness is caused by damage to the muscle fibres themselves. Muscle biopsies taken on the day after hard exercise show bleeding and disruption of the z-band filaments that hold muscle fibres together as they slide over each other during a contraction.

Scientists can tell how much muscle damage has occurred by measuring blood levels of a muscle enzyme called CPK. CPK is normally found in muscles and is released into the bloodstream when muscles are damaged. Those exercisers who have the highest post-exercise blood levels of CPK often have the most muscle soreness. Using blood CPK levels as a measure of muscle damage, researchers have shown that people who continue to exercise when their muscles feel sore are the ones most likely to feel sore on the next day.

Many people think that cooling down by exercising at a very slow pace after exercising more vigorously, helps to prevent muscle soreness. It doesn't. Cooling down speeds up the removal of lactic acid from muscles, but a build-up of lactic acid does not cause muscle soreness, so cooling down will not help to prevent muscle soreness. Stretching does not prevent soreness either, since post-exercise soreness is not due to contracted muscle fibres.

Next-day muscle soreness should be used as a guide to training, whatever your sport. On one day, go out and exercise right up to the burn, back off when your muscles really start to burn, then pick up the pace again and exercise to the burn. Do this exercise-to-the-burn and recover until your muscles start to feel stiff, and then stop the workout.

Depending on how sore your muscles feel, take the next day off or go at a very slow pace. Do not attempt to train for muscle burning again until the soreness has gone away completely. Most athletes take a very hard workout on one day, go easy for one to seven days afterward, and then take a hard workout again. World-class marathon runners run very fast only twice a week. The best weightlifters lift very heavy only once every two weeks. High jumpers jump for height only once a week. Shot putters throw for distance only once a week. Exercise training is done by stressing and recovering.

To receive Dr. Mirkin's free health & fitness E-Zine each week, send a blank email to subscribe@drmirkin.com www.DrMirkin.com

THIS AND THAT AND A BIT OF THE OTHER

The problem of “walkers” running in half marathons etc can work the other way. When I was in the transition from being a runner to becoming a walker, I ran the Rotorua Marathon.

Not being fully fit at the time, I felt the need to walk at times. When I did this, I soon settled into the race walking technique. That was fine, and I certainly didn't feel guilty about what I was doing. It did become a problem however when the number of supporters at the side of the road gradually increased after about the 30km mark.

I started to get some solid encouragement from bystanders who obviously thought that I had been race walking the whole way. My spell of walking had revived me, and I was again ready to start running again. But how could I do this in front of people who were praising me for walking so well?

I solved this problem eventually by stopping at one of the drink stations and slowly walking past with a drink. Once safely past anyone who had seen me race walking, I broke into a run again some distance down the road.

Jack Tregurtha

SAY THAT AGAIN?

Some of the athletes who testified before a federal grand jury in San Francisco have told reporters that they have never taken steroids. Their powerful physiques, they said, came from hard workouts and careful eating. And the slimmer physiques that some reporters say they have spotted since the investigation began, they said, came from hard workouts and careful eating.

Monday March 15, 2004

From The Guardian

Britain's Olympic athletics team will wear a range of Adidas clothing designed to minimise the effects of the predicted 40C temperatures, with strategically positioned "cooling tape" to dissipate heat and "chimney constructions" on vests to increase airflow to the back. Air conditioned footwear with heat-reflecting film inserts will give marathon runners an added advantage, as will a shoe called the Ultraride a3, which features a yellow, zigzag polyurethane sole instead of foam cushioning and

Colin Clifton amputates a toe.

Tauranga's Colin Clifton is no stranger to axes. Many years ago he worked on logging the hill now occupied by the North Harbour Bays Track. Ironically he had the misfortune to amputate his big toe when chopping firewood recently at the ripe old age of 76. Colin doesn't go into judged races, but is a keen walker and supporter of walking. He is perhaps best known as the coach of NZ Ultra-distance runner Ian Curtis—holder of the NZ 24 Hour record. Colin is no mean performer in Ultra events himself, and put many of the youngsters to shame in the 24 hour race held last September.

I fully expect him to be back on the track again later in the year. He is that sort of guy.

2004

COMING EVENTS



APRIL

- 3 Rio Major (Portugal) second leg of IAAF Walk Challenge
(20k Women, 20k Men)
- 18 Auckland Race Walking Association One Hour Walk, Towers Track.
- 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
Saturday 1 May 50km Men.; 10km Junior Women; 10km Junior Men
Sunday 2 May 20km Women; 20km 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)
- ? **Taranaki Walks Weekend tbc**
- 13 **Lake Burley Griffen Walking Carnival, Canberra.**

JULY

- 13-14 **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)

30,31 Australian Federation Walking Camp, Mudjimba, Queensland

AUGUST

- 1 Aug **Second Australian Federation Carnival, Mudjimba, Queensland.**
- ? Aug **NZ Race Walking Assn AGM & Races.** Date and place to be confirmed.
- 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]

SEPTEMBER

- 4 Sept NZ Road Champs, Inglewood.

OCTOBER

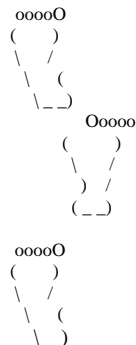
- 8-9 Hawke's Bay Masters Games, T & F events, Hastings
- 21—27 Oceania Vets Track & Field Champs, Rarotonga.

NOVEMBER

- ? Nov NZ Long Distance Championships, Hamilton to be confirmed.
- 26-28 North Island Masters T & F Champs, Whangarei
- 29 Nov—4 Dec Commonwealth Youth Games, Bendigo, Victoria, Australia.

DECEMBER

- 3-5 South Island Masters T & F Champs, Christchurch
- 4-5th **OR** 11-12th December (tbc) NZ Secondary Schools T & F Champs, Hamilton.



COMING EVENTS CONTINUED

2005

Jan Australian Youth Olympics, Sydney

5—13 Feb NZ Masters Games, Wanganui. (NOT the NZ Masters T & F Champs!)

24-27 Feb Australian Track & Field Championships..

11-13 March NZ T & F Champs. Was Wellington, but likely to be Wanganui.

11-14 NZ Masters T & F Champs, Dunedin. (But they changed the dates this year to avoid clashing with the Ath NZ Champs, so ????)

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 Is anyone putting their hands up?

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
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MEMBERSHIP FEES
NOW: \$25 Individual; \$30 Family

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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 most Sundays 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.



**New Zealand
Race Walking
Association**

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. / / ...

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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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