

# *RACE WALKING* **CONTACT**

The official magazine of the NZ Race Walking Association

**JAN—MARCH  
2005**

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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>**

# EDITORIAL

**The summer of 2005/2006 will be very different from normal.**

The Commonwealth Games have forced the NZ Track & Field Champs to be held much earlier than normal.

Those champs have been split into separate Senior Champs and Junior Champs.

The Senior Champs will be held over just two days in Christchurch on 27th and 28th January. These double as final Selection Trials for the Commonwealth Games.

This means that there won't be the usual one day rest between the Track Walks and the Road Walks.

We haven't been faced with that since about 1996 when the Senior Men raced 5,000m at 5pm Saturday, and then lined up for their 20km race at 8am next morning. If any athletes are taking the 20km race seriously they are likely to shun the Track Walk.

Without the Juniors, the fields will be very thin, although as there is no lower age limit in the way the grades are defined, a 5-year-old is perfectly entitled to enter as a Senior. It may come as a surprise, but Athletics NZ defines all of the Age Groups with the sole exception of Men and Women.

It might be expected that a number of South Island Juniors especially will enter the Senior championships, governed only by having to do the qualifying time for the Track Walks. They might do this to save the cost of travelling to the Junior Champs.

The Junior Track & Field Champs will be held in Hamilton, also be held over two days— 26th & 27th February.

This will again mean that there will be no rest day between the Track Walks and the Road Walks.

I suspect that the organisers of the Road Walks at both of these Championships will be faced with an enormous amount of work for a very small number of people.

**The Athletics NZ Rules do allow non-championship races to be held in conjunction with championships, and such races would seem to be a sensible addition**

## NEXT SUMMER

**next summer.**

It may also be desirable to review the actual distances walked at some meetings.

If for example we had walkers wanting to use the Long Distance Walks to qualify for the Commonwealth Games, there would be some procedural difficulties to be overcome.

First, there is no 20km race for Men. The Men could enter the 50km, but there might be difficulty having a performance recognised if they do not complete the 50km. (Certainly records can be recognised at intermediate distances, but only if an athlete completes the full race.)

Secondly, the Senior Women's race at the Long Distance Champs is 15km, not the Commonwealth Games distance of 20km.

There is however a Masters Women's championship of 20km.

(OK it might seem more than a little odd that the Senior Women do not race their longest distance at the Long Distance walks, but a committee including Gary Little, Graham Seatter and Jack Tregurtha debated this in considerable depth at the time, and back then there were very logical reasons for making that decision. In any event, the Long Distance Walks were not officially called that back then.—That was simply a convenient handle that we all gave them.)

Whenever I have organised the Long Distance Walks I have arranged that both Women's races have started together, to allow the Women who were eligible to compete at both distances. On some courses this has not been possible due to different start lines.

Also, the Masters 20km race is only open to Masters age women.

There is a precedent for having a NZ Championship at one distance, but for athletes to be given the option of continuing on to get a qualifying time at another distance. There would seem to be a case for doing that again.

Most of these matters can be overcome with some forward thinking. *Jack Tregurtha*

Interesting looking at the break down of children from the north and south Island at their respective Colgate games this year. A total of thirty six in the North Island and twenty in the South. (There were twenty two but two were North Islanders). When you consider the north island has three times more population than the South, with Auckland alone having a third of that total, there would appear to be a serious problem in recruiting young walkers up there.

**A Contribution  
from John  
Henderson,  
Christchurch**



Down here we have no trouble recruiting but certainly when they get older we do tend to lose them. Perhaps when they get older the children here are a little more switched on than their North Island neighbours and realize there is no money in race walking. You can't blame Amanda for going to the states. Good on her.

Seriously it is a concern when someone like Kate Hewitt at fourteen has to do a part time job so she can travel the country to get good competition. Sometimes her work can stop her racing although we work around it. While it was a thrill for her to be selected in a NZ team it still cost her money. Now to go to the nationals it will cost her \$500.00 and after that the south island sec schools are in Invercargill – more money. In Dec the NZ Sec Schools are in Auckland and so on. No wonder they drop out!

*John Henderson.*

You have identified probably the top problems facing the sport, John.

Recruitment, lack of competition, and the cost of getting yourself into a race where you have any real competition.

To make it worse, you can spend big money and find that you have no opposition when you get there. This is not limited to Race Walking. I can remember a young girl from Dunedin a few years ago who travelled up to Wanganui for the National Champs, and in her 400m Hurdles, she was the only one. My thoughts at the time were that when entries closed, she should have been told. "Don't bother to come. Save your money, run a race in Dunedin, and we will send you the medal." The Colgate entries are not a good indication of the numbers of Race Walkers. I was extremely disappointed when I watched the Colgates a year or so ago. I had thought that this should be a good talent identification opportunity. But it was obvious that many of the walkers were doing an unfamiliar event, and some appeared to have chosen the Walk

as a soft option.—Some seemed to be throwers who were doing their semi-obligatory track event.

There were certainly a number of talented walkers, but they were a small minority, and most had probably never walked before.

With planning it is often possible to get good sponsorship from gambling trusts, but at the National level, Athletics NZ does not help very much. It should be quite possible for Athletics New Zealand to do the costing for overseas trips, produce early approximate quotes, and make these available in time for athletes and their clubs to do some fund-raising. The practice seems to have been to wait until firm costs are known, and by that stage there is little time available and the athlete or their club do not have much time to raise any funds.

This may become very much worse if the Board proceeds with their apparent intention to centralise funding applications to Gambling Trusts.

*Jack Tregurtha*

## DUDLEY HARRIS ON ARTHUR LYDIARD

Arthur Lydiard changed my life when he told me (oh, and about a hundred others at the Auckland YMCA Marathon Club) that, if I followed his training philosophies, I would go on improving for ten years. At the time, I was 52. Not then knowing about Veteran Athletics, conventional wisdom indicated to me that, in my case, the possibility of improving, let alone still participating beyond the age of 60, was barmy !

Despite which, there was something about him that persuaded me to try some of his recommendations.

It was in the era when 'everyone knew' that first-time marathoners must on no account train for further than about 30 km. I remember a 'first-timers' discussion at the 'Y'; when I asked why I mustn't train further than 30 km, being told 'because you're a first-timer'. So there ! Not that it was something exclusive to the 'Y' - avidly reading books written usually by top American marathoners, the same advice was given ... no explanation, just 'you mustn't'.

Eventually, after more reading and a lot of thinking, the penny dropped: not having a built-in pedometer, it wasn't necessarily the distance but rather the elapsed time when the store of glycogen was exhausted, and the body had to find another source of energy ... which initially might be painful. And if it hurt, the aspiring first-timers might give up ! Or so it was implied.

So I tossed aside the book by self-confessed experts, and read more by Lydiard. His experiments on himself were way out of my league; but the concept of trying things out and thinking a lot about the reactions made sense to me.

I remember going to a Sunday morning meeting at the 'Y' when, before the pack training-runs, there was usually a

### A Contribution from Dudley Harris, Auckland



short discussion of the 'how-to' kind. Standing next to me was a chap who whispered that he'd seen me on the Auckland Waterfront the day before ... what was I doing ? I answered his question literally: I was doing 40km. "But", he stuttered, "you can't ... anyway, we're going out for 30km today." "Not me", I said, "I'll be doing a spot of speed-work ..."

Much later on, I found that what Arthur Lydiard had said about improving for ten years applied to me, too. Indeed, I did my 50km race-walk PB (with British RW judges) when I was 65; and a year later a 50-mile point-to-point PB (under Norm Read's watchful eyes) and a NZ age-grade best time.

Somewhere along the way, I remember reading that Arthur Lydiard, still spurned by small minds in New Zealand, had gone to Mexico to coach their runners. At an international competition for race walkers about a year later, the Mexican race walkers 'cleaned up' !

*Dudley Harris*

*It wasn't only in New Zealand that Lydiard struck trouble with officialdom. He ended his contract with Mexico abruptly when he found that he couldn't deal with the corruption.— Having obtained good quality shoes for his athletes from a sponsor, he found that this arrangement wasn't acceptable to the hierarchy—they would miss out on their rake-off! Editor.*

# NEW ZEALAND GRAND PRIX WALKS

## HASTINGS, 5th FEBRUARY 2005

### Men 3000m Walk

1	Craig Barrett	11:52.17
2	Tony Sargisson	13:01.11
3	Graeme Jones	13:02.72

### Women 3000m Walk

1	Amanda Gorst	14:19.50
2	Catalina Malone	16:21.66
3	Kelly Mabbett	17:12.30
4	Aleesha Heywood	20:04.93

## HAMILTON, 9th FEBRUARY 2005

### Men 5000 Metres Walk

1	Craig Barrett	20:35.45
2	Tony Sargisson	23:25.53

### Women 5000 Metres Walk

1	Catalina Malone	28:46.68
2	Kelly Mabbett	30:25.19

### WORLD WALKING CHALLENGE, Round One, Tijuana, Mexico 19, 20 March 2005

This is the third year that the Challenge has been held, and it is yet to attract big entries. Fourteenth place in the Women's race was only just under 2 hours! Good to see the Aussies prominent again though.

#### 20km Results

##### Men

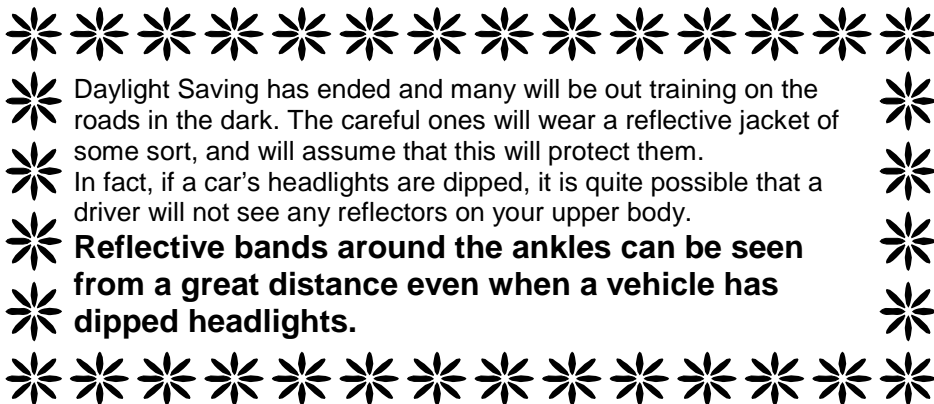
1. Nathan Deakes (AUS)	1:21:28
2. Omar Segura (MEX)	1:21:45
3. Bernardo Segura (MEX)	1:21:46
4. Juan M. Molina (ESP)	1:21:53
5. Eder Sánchez (MEX)	1:22:18

6. Andrés Choco (ECU)	1:23:14
7. Christian Berdeja (MEX)	1:23:27
8. Ivano Brugnetti (ITA)	1:23:52.

##### Women:

1. Melanie Seeger (GER)	1:30:48
2. Jane Saville (AUS) 1:32:08	
3. Elisa Rigau (ITA) 1:32:24	
4. Susana Freitor (POR) 1:32:46	
5. Natalie Saville (AUS) 1:35:01	
6. Lyudmila Arkhipova (RUS) 1:36:03	
7. Yeliz Ay (TUR) 1:38:37	
8. Miriam Ramón (ECU) 1:39:27	

The next rounds are 2nd April in Portugal, 23 April in China, 1st May, in Italy, 4th June in Spain and finally at the World Championships 6—14 August in Finland.



# NEW ZEALAND TRACK & FIELD CHAMPIONSHIPS WANHANUI 11-13 MARCH 2005

## Women 3000m Track Walk 16 & Under

1 Newitt, Kate	90 Athletics Canterbury	15:47.07
2 Mabbett, Kelly	89 Waikato BOP	17:33.57
3 Turnbull, Jenny	89 Athletics Canterbury	17:34.90
4 Reddy, Tylee	88 Wellington Harriers	18:36.98

## Women 3000m Track Walk 19 & Under

1 Gorst, Amanda	87 Athletics H Bay	14:22.69
2 Malone, Catalina	85 Athletics North	15:51.42
3 Cantwell, Lesley	87 Athletics Southland	16:56.27
-- McNab, Anna	86 Athletics Canty	DNF

## Women 3000m Track Walk Senior

1 Gorst, Gabrielle	64 Athletics H Bay	14:12.07
2 Landers, Suzanne	84 Athletics Canter	15:28.73
3 De Lorenzo, Amelia	60 Athletics Wgtn	15:36.77
4 Hoskin, Sue	51 Athletics Manawatu	16:51.94
-- Tuka, Christine	62 Central Athletic	DQ
-- Lei, Michelle	71 Athletics Manawatu	DQ

## Men 3000m Track Walk 16 & Under

1 Shaw, Nathaniel	88 Athletics Canty	16:28.76
-- Thompson, Shaun	89 Athletics Taranaki	DQ

## Men 3000m Track Walk Senior

1 Barrett, Craig	71 Waikato BOP	11:49.17
2 Jones, Graeme	73 Athletics H Bay	12:33.30
3 Sargisson, Tony	75 Athletics North	12:50.33
4 Burrell, Glenn	81 Athletics Taranaki	12:56.69
5 Little, Gary	41 Athletics North	14:29.29
6 Baillie, Peter	48 Wellington Scottish	15:35.16

## Women 10km Road Walk 19 & Under

1 Gorst, Amanda	87 Athletics H Bay	49:19
2 Malone, Catalina	85 Athletics North	56:29
3 Cantwell, Lesley	87 Athletics Southland	58:49
4 Mabbett, Kelly	89 Waikato BOP	1:01:05
5 Turnbull, Jenny	89 Athletics Canty	1:08:48

## Women 20km Road Walk Senior

1 Cattermole, Sara Jane	77 Australia	1:54:07
2 De Lorenzo, Amelia	60 Athletics Wgtn	1:55:30
3 Hoskin, Sue	51 Ath Manawatu	1:58:38
-- Gorst, Gabrielle	64 Ath H Bay	DNF
-- Lei, Michelle	71 Ath Manawatu	DNF

Overseas athletes receive medals, but do not displace NZ athletes, so the NZ Champion is Amelia De Lorenzo, with Sue Hoskin getting the Silver Medal.

## Men 10km Road Walk 19 & Under

-- Thompson, Shaun	89 Athletics Taranaki	DQ
-- Shaw, Nathaniel	88 Athletics Canterbury	DQ

## Men 20km Road Walk Senior

1 Sargisson, Tony	75 Athletics North	1:33:33
2 Jones, Graeme	73 Athletics H Bay	1:36:50
3 Baillie, Peter	48 Wellington Scottish	1:57:08
-- Burrell, Glenn	81 Athletics Taranaki	DQ
-- Barrett, Craig	71 Waikato BOP	DQ
-- Little, Gary	41 Athletics North	DQ

The weather was kind, a bit breezy for the first of the track walks on the Friday afternoon, but the wind had dropped by the time the Senior Men's race was held in the early evening.

Conditions were perfect for the Road Walks on the Sunday morning. Totally calm and quite cool for the 8am start, and still only mild later on.

Some excellent performances especially from the junior women, and the Masters, but disappointment for others, with a good deal of carnage in the Men's road races.



Sue Hoskin in the Sen Women's 3000m



Amanda  
Gorst



Kate  
Newitt



Gabrielle  
Gorst



Catalina  
Malone



Lesley Cantwell leading Anna McNab.



Kelly Mabbett leading Jenny Turnbull.

Nathaniel Shaw leading  
Shaun Thompson



Suzanne  
Landers



Christine  
Tuka



Michelle  
Lei

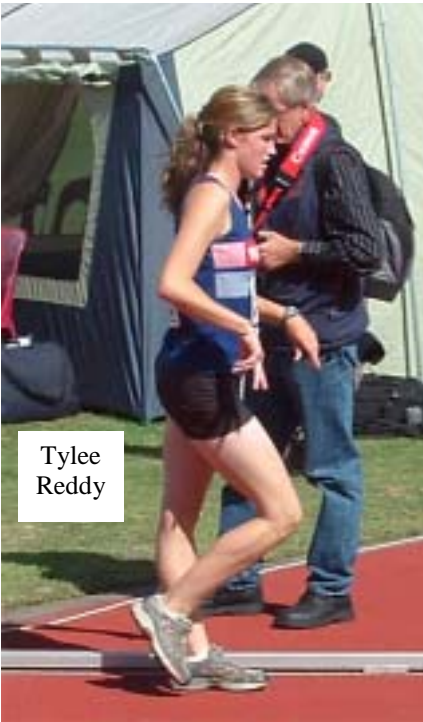




Amelia de  
Loranzo



Gary  
Little



Tylee  
Reddy



Peter  
Baillie



Tony Sargisson leading Graeme Jones and Craig Barrett about 50 metres into the 3000m Track Walk.



A few metres into the Road Walk at the National T & F Champs. From the left, Craig Barrett; Sara-Jane Cattermole (Scotland & Aust.); Tony Sargisson; Nathaniel Shaw (obscured); Sue Hoskin; Gabrielle Gorst (obscured); Graeme Jones; Amelia de Lorenzo and Amanda Gorst.

# AUSTRALIAN YOUTH OLYMPICS, 21st FEB 2005

## Men 5000 Metre Race Walk

- 1, Li Gabo, Chi, 20:54.76.
- 2, Brendon Reading, Aus C, 23:28.59.
- 3, Ian Rayson, Aus B, 23:32.66.
- 4, Blake Egelton, Aus A, 24:33.05.
- 5, **Nathaniel Shaw, N Z, 26:49.43.**
- , Alan Murray, Aus D, DQ.

## Women 5000 Metre Race Walk

- 1, Chai Xue, Chi, 23:16.73.
- 2, Tanya Holliday, Aus D, 24:37.60.
- 3, Fiona Alldis, Aus B, 25:02.05.
- 4, Jessica Rothwell, Aus A, 25:37.50.
- 5, Katarina Grugurovic, Aus C, 26:07.24.
- 6, **Kate Newitt, N Z, 28:56.69.**

## Telstra A-Series, Lake Burley Griffin, Canberra 6th February 2005

*Comments from Jim Leppik*

### Junior Women 10km Walk

- 1, Alldis, Fiona, NSW, 50:03
- 2, Hosking, Jillian, ACT, 51:06
- 3, Heazlewood, Jessica, NSW, 51:19
- 4, Jones, Chloe, NSW, 54:07
- 5, Ebejer, Vanessa, NSW, 54:07
- 6, Heazlewood, Brianna, NSW, 54:23

Young girls walked well, given the first 3 girls are 16, 17 and 16 respectively.

### Women 20km Walk

- 1, Saville, Jane, NSWIS, 1:33:07 *WCA*.
- 2, Webb, Cheryl, NSWIS, 1:33:14 *WCA*.
- 3, Saville, Natalie, NSWIS, 1:36:19 *WCB*.
- 4, Wolowicz, Simone, VIC, 1:37:14 *WCB*.
- 5, Woods, Claire, ACTAS, 1:39:05
- 6, Grant, Lisa, NSWIS, 1:42:52
- 7, **Watson, Carma, VIC, 1:44:48**
- 8, Lee, Beki, NSWIS, 1:57:07
- 9, Alldis, Christina, NSW, 1:57:31
- , **Gorst, Gabrielle, NZL, DNF.**
- , French, Michelle, NSW, DNF.

Olympic bronze medallist Jane Saville produced her usual solid effort, closely followed by Cheryl Webb, both recording "A" qualifiers. One of the best efforts was produced by 19 year old Lisa Grant walking 1.42.52 on her debut at the distance.

### Men 10km Walk

- 1, Colquhoun, Ashley, ACT, 48:03
- 2, Reading, Brendon, ACT, 48:36
- 3, Egelton, Blake, NSW, 49:26
- 4, Coleman, Daniel, TAS, 49:59
- 5, Neale, Daniel, NSW, 50:43

The two top guys here walked the 20km

### Men 20km Walk

- 1, Deakes, Nathan, AIS, 1:19:23 M, *WCA*.
- 2, Tallent, Jared, AIS, 1:25:53
- 3, Rutter, Adam, AIS, 1:26:14
- 4, Cousins, Duane, VIS, 1:27:51
- 5, McCagh, Michael, AIS, 1:29:44
- 6, Erickson, Christopher, VIC, 1:31:35
- 7, Barnes, Thomas, VIC, 1:32:59
- 8, Hyland, Scott, NSW, 1:38:35
- 9, Smith, Michael, NSW, 1:41:20
- , Sundstrom, Troy, NSW, DNF.

Olympic bronze medallist Nathan Deakes walked well as usual but the good performances came from youngsters Jared Talent, 20, and Adam Rutter and Michael McCagh, both 18, the latter two, making their debut at 20km.

*WCA & WCB are 'World Champs "A" qualifier' and 'World Champs "B" qualifier' respectively.*

*Good to see Carma Watson (ex Auckland) back performing well.—Editor.*

# AUSTRALIAN CHAMPIONSHIPS

## SYDNEY 4-5 MARCH 2005

### Women 20k Walk

1, Saville, Jane, NSWI,	1:32:49,	WCA.
2, Webb, Cheryl, NSWI,	1:35:14,	WCB.
3, Wolowiec, Simone, VIC,	1:35:44,	WCB.
4, Saville, Natalie, NSWI,	1:37:08,	WCB.
5, Ventris, Lyn, WA,	1:39:09	
6, Grant*, Lisa, NSWI,	1:42:48	
7, Geisler, Sandra, VIC,	1:52:51	
8, Vardanega*, Sarah, QLD,	1:53:59	
9, Heazlewood*, Brianna, NSW,	1:54:48	
10, Alldis, Christina, NSW,	2:00:31	
--, Woods, Claire, ACTA,	DNF.	

*(The asterisks indicate Under 23 placings.)*

### Men 20k Walk

1, Deakes, Nathan, AIS,	1:19:39,	WCA.
2, Adams, Luke, AIS,	1:21:39,	WCA.

3, Rutter, Adam, AIS,	1:24:46	
4, Bown, Darren, SA,	1:24:56	
5, Tallent*, Jared, AIS,	1:27:15	
6, Cousins, Duane, VIS,	1:28:06	
7, McCagh, Michael, AIS,	1:28:46	
8, Erickson, Christopher, VIC,	1:30:28	
9, Barnes, Thomas, VIC,	1:31:40	
10, Hyland, Scott, NSW,	1:35:52	
11, Smith*, Michael, NSW,	1:39:43	
12, Jamieson, Andrew, VIC,	1:39:44	
13, Hawksworth, Danny, VIC,	1:42:17	
14, Rose, Kurt, QLD,	1:47:44	
15, Mottrom*, Kim, SA,	1:55:30	

*Again, asterisks are for Under 23 placings. Adam Rutter (aged 18) placed 3rd overall, had entered the Open Grade.*

# AUCKLAND MASTERS T & F CHAMPIONSHIPS

### 3000m Track Walk

W45 Julie Helean	17:56.0
M50 Rodney Thorne	16:35.1
M60 Gary Little	14:28.0

### 10000m Track Walk

W45 Julie Helean	1:02:19.9
M60 Gary Little	52:10.8

These Championships were held on Saturday (26th) and Sunday (27th) February. Both Days were fine with some cloud cover at times and temps about 24 deg C, particularly for the walks.

*Gary Little*



Graeme Jones in a high-speed turn at the National Champs. Amanda Gorst and Glenn Burrell in the background.

# THE GREAT LAKE RELAY, Taupo 18/18 Feb 2005

## Walking Teams

The Taranaki Race Walkers had won the walking section of the 154.7km Great Lake Relay for the past 3 years (2002 in 15:36:43) (2003 in 15:41:38) and (2004 in 14:57:14).

Sponsored by Alco (the ladder makers) they had the record, and in fact had the three best times in the history of the event, but they wanted a different challenge for 2005.

This was provided by entering two teams. Not an A team and B team, but to add some interest, two evenly matched teams. Whether they won or not was not the aim, although they knew that they had a pretty good chance of not only winning, but filling first and second places.

With Alco being the sponsor, it was perhaps natural that the “**Alcoholic**” theme was used. There were two variations, with one team named as the “**ALCO HOLIKS**” and the other “**ALCO HOLIX**”. The teams were almost entirely Taranaki people, with just a couple of ring-ins.

Matching the teams wasn't an easy job. Two of the group (Rodney Gillum & Alan Clarke) had spent a while in hospital in the previous week or so. Naturally one was allocated to each team. Alan Clarke did a magnificent job of matching the disparate abilities. With only 3 of the 20 laps to go, only a minute separated the two teams. The gap and the lead had varied during the night, but that was inevitable with Craig Barrett doing three consecutive legs.

Some had some pressing engagements, with Craig leaving at the end of his three legs to attend a wedding. Mike Lane managed to plan his arrangements so that he could walk for the team, before returning to Wellington briefly to fly out to England in the Monday to attend his mother's funeral.

Top performances from a few stars is not enough to ensure that a relay team will win, and the Alcoholiks had to be satisfied with second place despite having the advantage of Craig Barrett.

Relays bring out the best in people, and the end results came from solid performances across the board.

Alan's detailed estimated time for the second placed Alco Holiks team was 15 hours 24 minutes. Their actual finishing time was just 2 minutes slower.

The Alco Holix team was estimated to finish in 15 hours 25 minutes, but a number of superb performances saw them easily under that time.

Much of the success of the weekend was due to the very detailed planning by Alan Clarke, and although this was near perfect, some tweaking might happen for next year. (The accommodation has been booked!)

With the race starting in the dark at 9pm, it takes a bit of organising to get the right people in the right places at the right time. It also helps if they can be adequately rested!

Half of the group followed the race from the start, with the second crew attempting to get a few hours sleep before setting off at 2:15 am to join the race, and allow the early crew to return to Taupo for a few hours sleep before again joining the race for the final laps.

A possible refinement would be for the second crew to book into a motel at Turangi for their few hours sleep. They could then get up an hour later, in the morning, and the night crew would be able to take over their beds without a long drive back to Taupo, and an equally long trip back to rejoin the race later.

## Results

1	15:16:30	Alco Holix New Plym
2	15:26:45	Alco Holiks New Plym
3	16:25:20	Manawatu Magic Palm North
4	16:30:17	North Pine Walkers Whangarei
5	17:26:26	Motley Crew from Manawatu Palm North

The winning times for recent years have been

1999	16:29:30
2000	17:02:21
2001	16:58:56
2002	15:36:43 <i>Alco</i>
2003	15:41:38 <i>Alco</i>
2004	14:57:14 <i>Alco</i>

With this year's times added, the Taranaki Race Walkers now have the five fastest times in the history of the race.

If an "A" team and a "B" team had been selected, the existing record could have been broken by an hour or more, but it wouldn't have been half as much fun.

The two teams were blessed with a

"troublesome mascot" in the form of 15-year-old Shaun Thompson.

Shaun benefited from masses of advice and learned much. Some of it even related to race walking! He was put in his place with monotonous regularity, but he seemed to be made of "silly putty" – he kept bouncing back. He earned our respect with a couple of gutsy performances. – *See separate story.*



Left: Vanessa Lowl, final walker for the Alco Holix team.

Right: Craig Barrett meets the irrepressible Shaun Thompson.—See story below.

I had intended to write that Craig Barrett didn't bat an eyelid when he met the irrepressible 15-year-old Shaun Thompson. But the above photo shows that this wasn't quite true!

Shaun is ambitious, and made the most of his opportunity to quiz Craig on everything to do with race walking. Craig wasn't able to stay to watch Shaun walk, but he would have been most impressed.

Shaun did all that could be asked for in his first leg of 6.1km (leg 12), and was then up against Glenn Burrell over the extremely tough 5.2km 17th leg. This leg included an enormous steep hill. Shaun had a lead of a little over a minute at the start, but managed to increase this over the first kilometre or so. Glenn wasn't hanging around, walking an incredible

24min 50 seconds for his 5.2km, and it was inevitable that Shaun would eventually be caught.

After he was passed, Shaun continued to battle, and walked himself almost to a standstill. There were some anxious moments when at one stage he seemed to be better equipped for walking sideways rather than straight ahead, but he managed to carry on. I think that he had simply temporarily drained all of the strength from his legs due to the fast pace up the steep hill, and the tendency for them to buckle was not an indication of his general state of health. He was certainly back to his normal self within minutes. His 27 minutes for 5.2km on that course indicates some pretty impressive performances could be in the offing.

*Jack Tregurtha*

# TURNING CIRCLES ON ROAD COURSES

On occasions we have had road courses where there has been a single cone at the turn-around. The walkers have not gone straight to the cone, swivelled round on the spot and gone back the other way. They did the obvious thing and used the full width of the road to create a large diameter circle so that they could maintain their pace.

In creating a circle, the walkers have added additional distance above the required length of the race.

The 2km course that was used at Wanganui for the Road Walks at the 2005 T & F Champs had 5 metre diameter half-circles painted on the road at each end of the course. The centres of these half-circles were less than 1000 metres apart, so that the actual distance travelled by the walkers was 2002 metres.

The IAAF requirements are that road courses have 1 metre per kilometre added as a safety factor to ensure that the course is not less than the required distance. So a 2km course is required to be 2002 metres long.

## Is this Significant?

For simplicity I will ignore the additional 1 metre per kilometre. – The following figures relate to a precise 2000m circuit. If there are two single cones (one at each end of the course placed 1000m apart) a walker will place himself toward the edge of the road as he approaches the turn-around. He will start a half-circle before he reaches the cone, so that he skims the

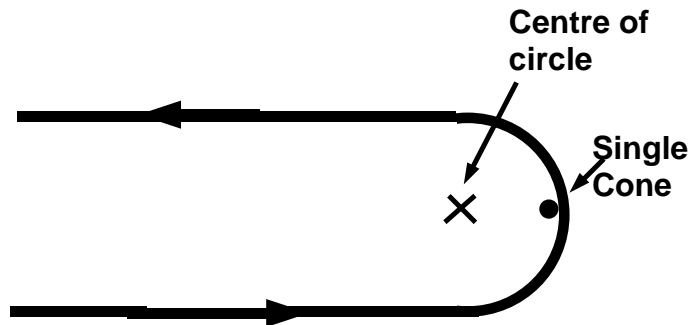
cone and will complete his half-circle, reaching the opposite side of the road. If this walker walks a 5 metre diameter circle, the distance between the centres of his half-circles at each end of the course will be  $1000\text{m} - 5\text{m} = 995\text{m}$ .

The distance he will cover each lap will be  $995\text{m} \times 2$ , plus the circumference of his circle. (One half-circle at each end of the course.) With a 5m diameter circle, the circumference is  $\pi D = 15.71\text{m}$ .

So, if the course has a single cone placed 1000m apart, a walker will cover  $995 \times 2 + 15.71 = 2005.71\text{m}$ .

In a 20km race (10 laps), he will actually cover  $5.71 \times 10 = 57.1$  metres too much. A 50km walker will cover 142.75 metres too much.

If you are chasing a qualification time, that may very well make all the difference



between success and failure. If a single cone is used for the turn-around on say a marathon course, the extra distance might not matter too much, as it is a one-off. Race walking races involve multiple laps, and so any discrepancies are magnified.

*Jack Tregurtha*



One of the turning circles on the course used for the Road Walks at the 2005 T & F Champs in Wanganui. Course measured and certified by Jim Tobin. Photo also by Jim Tobin. The paint line marks the actual path of the walkers, and the cones were placed inside this line.—See photo on page 13.

By measuring along the route actually taken by the walkers, it was possible to avoid the 20km walkers having to walk an additional 57.1 metres.

## **LAKE BURLEY GRIFFIN RACE WALKING CARNIVAL CANBERRA SUNDAY 12 JUNE 2005**

**Of the English speaking countries, Australia is without doubt the Mecca for Race Walkers. And the annual Lake Burley Griffin Race Walking Carnival is one of their biggest events.**

It caters for all ages from Under 10 up to Masters, and always attracts big entries.

The Races: Open 20 miles (32.2km); Men's 30km; Men's and Women's Open & Veteran 10 miles (16.1km); Fitness Walk 5 miles; Boys U10 1km; Girls U10 1km; Boys U12 2km; Girls U12 2km; Boys U14 2km; Girls U14 2km; Boys U16 3km; Girls U16 3km; Boys U18 5km; Girls U18 5km; Women's 5km; Men's U20 10km; Men's U20 20km Champ; Open (over 20yrs) 10km.

Entry Forms available from Jack Tregurtha, 980 Riverslea Road South, Hastings, or from the Internet, [www.actwalkers.org.au](http://www.actwalkers.org.au) Entries Close 25 May.

# 2005 NZ LONG DISTANCE CHAMPIONSHIPS

## CURRENT THINKING

The Hawke's Bay Gisborne Centre is considering applying to stage the next Long Distance Walks Champs. These were held in the Bay in 1996, 1998 and 2000, and we have been thankful that others either put their hands up or were persuaded to stage them over the past 4 years.

### Venue

Initially I was thinking of using the Otene Road course that has been used for a number of important races since 1998. That course has the big advantage that the road can be closed with little or no inconvenience to traffic. (Only 2 houses have access off it.) However the cost of advertising the road closure is a bit steep considering the small number of entries. Road closing would certainly be cheaper than the current traffic management requirements if we did not close the road, so it would be essential to close the road if we used this venue. This course uses the Hawke's Bay Polo Club's facilities, and we would need to avoid a clash with any major event at the Polo Grounds.

### An Alternative Venue

Several years ago, due to increasing road safety requirements, I toyed with the idea of using a large industrial property. The property I identified was a large coolstore complex at Whakatu. (Between Hastings and Clive.) This complex can accommodate a 2km circuit. It is closed on Sundays, and so there would be no traffic considerations. Almost the entire area is paved with smooth asphalt, and there are no camber problems. The space between the coolstores is paved, and there are wide roofed areas alongside these buildings – ideal shelter for officials. The internal roadways are very wide, and any turning circles would have a large radius. I have not planned out any route – there is a good deal of choice, but this is a venue where spectators could easily take shortcuts

between buildings to see the walkers at different parts of the course.. The layout would not be as straightforward as the Otene Road one, but would not be nearly as complex as the one that was used in 2001 at the Canterbury Showgrounds.

I recently revisited this venue, and I believe that this venue could provide an excellent circuit, and I would favour it above Otene Road. My initial enquiries have met a favourable response, and I will be following it up. One important advantage is that this venue would require fewer helpers due to the absence of traffic. Organising the event at this venue would be less onerous than even Otene Road.

### Timing

The calendar next summer will be severely disrupted due to the flow-on effects of the Commonwealth Games. The NZ T & F Champs are set down for January, and we can expect that the November/December period will be very crammed. Unfortunately it will be some time before other key dates over this period will become known.

It is always difficult to avoid clashes, but this will be even more difficult this time. Another consideration is that unrelated events such as half marathons have to be avoided as these can affect the availability of officials and helpers.

Clashes that have occurred in recent years have included the National Teams Competition. The reduction of interest in this competition now means that this may not be such a problem as previously. However I would still prefer to avoid such a clash.

Other frequent clashes have been either the North or South Island Masters T & F Champs. These can have a major impact on the entries at the Long Distance Walks, and hence can affect the financial viability.

Junior walkers have also pointed out that the traditional November date has often

clashed with exams.

Currently my thinking is Sunday 23rd October which is the Sunday of Labour weekend. This date is normally free from important athletic events, and hopefully it will remain free next summer. With a public holiday on the Monday, this would allow a bit more time for the 50km walkers especially to recover before heading home. Such a date would be nearly 5 months before the Commonwealth Games, allowing ample recovery time for 50km walkers. It also allows good recovery time before the NZ T & F Champs in January.

### Nothing Certain At This Stage

At this stage although tentative agreement has been made by the HBG Centre, no formal proposal has yet been made to Athletics New Zealand.

It would be a great departure from the usual situation if anyone else made an application.

### Feedback Please

If these championships are to be held in Hastings, I would be keen to have the date fixed as early as possible, and get the detailed planning under way. Any comments on the above notes would be most welcome.

*Jack Tregurtha*



One end of the course. Room for a seriously large turning circle.



An under-cover Drink Station?



The main straight. The surface is very smooth asphalt, and the entire area is spotless.



Large canopies line both sides of the main roadway. At the time of my visit they were separated from the main part of the course by thousands of empty apple bins. But for the races, they would make magnificent shelter for the officials—or even part of the course?

# GLYCOGEN & INJURY PREVENTION

*From the Peak Performance Newsletter available at [www.pponline.co.uk](http://www.pponline.co.uk)*

Eating in a way that keeps your body primed for peak fitness can also reduce your risk of injury. Firstly, eating foods that will help to fend off fatigue will minimise injuries arising from tiredness and weakness. Secondly, some of the metabolic processes which can lead to muscle soreness and damage can be counteracted to a degree by dietary factors.

It's old news that keeping your muscles stacked with glycogen can help your endurance capacity. But did you know that a respectable glycogen credit will also make injury less likely? There's evidence linking muscle glycogen depletion with both fatigue and injury. The connection is simple - muscles that are fatigued lose their strength, and thus their ability to protect joints.

There are a number of strategies you can adopt to minimise the chances of muscles phasing out and landing you with an injury, from specific exercises to selecting your equipment with care. Diet is another crucial factor which you neglect at your peril. Eating to ensure your muscles are packed with glycogen will mean it takes far longer before they run out of fuel and become fatigued. There's direct evidence relating muscle glycogen depletion with muscle fibre damage and sports injuries.

Sports scientists argue that apart from the risk of direct damage to an overworked muscle, fatigue may result in the athlete employing different movement patterns, thereby exposing untrained muscles to an unexpected demand, and making joint injury more likely.

## **The two causes of muscle fatigue**

Fatigue itself is a broad concept, including a number of different components - from mental through the nervous system to the muscle itself. Your diet can help to offset fatigue at the muscular level.

There are two distinct metabolic components of fatigue that develop in the muscles: 1) accumulation of certain metabolites and 2) depletion of other metabolites. The accumulation component includes an increase in the amount of hydrogen ions (eg, as a result of lactate buildup). Depletion includes decreasing amounts of fuels found inside the muscle cells - ie, ATP, phosphocreatine and glycogen.

## **The fatigue-injury link**

Common sense would suggest that exercising with muscles which are fatigued is likely to damage those muscles. This has been borne out when samples of athletes' muscle fibres have been extracted and inspected under the microscope.

This type of muscle damage is not always accompanied by a perception of soreness, unlike damage which occurs after eccentric exercise. 'Eccentric' activity is where your muscles are contracting while simultaneously being stretched. Prolonged exercise and eccentric exercise represent two distinct mechanisms of muscle damage, both of which end up with the same result. Muscle damage due to eccentric exercise appears to have mechanical causes. High tension developed in single muscle fibres during muscle lengthening may bring about the damage. Glycogen depletion is probably not important in injuries sustained as a result of eccentric exercise. But some experts believe that restocking glycogen after this type of exercise may speed up repair.

In comparison, prolonged exercise is associated with a depletion in muscle glycogen stores, which in turn results in a decrease in energy production. The stress of trying to sustain a level of work output which cannot be met by sufficient fuel is thought to contribute to muscle damage. Glycogen, when broken down into its constituent units of glucose, can be used to make ATP.

Athletes most vulnerable to glycogen depletion-related injury will be those in regular training, who are exercising at moderate intensities for over an hour. It's all too easy to gradually drain your glycogen stores if you're training without eating a diet high enough in carbohydrates.

### **So how much carbo do you need?**

There's consensus that 8-10g of carbohydrate per kg of body weight will maintain appropriate glycogen levels during heavy training. For competition itself, carbohydrate loading is a protocol which is only likely to be of benefit for athletes whose event involves continuous moderate exercise for longer than 60 minutes, or whose event requires repeated bouts of high-intensity

exercise. A recommended regime is to begin seven days before D-day, gradually tapering your activity while stepping up the proportion of carbohydrate that you eat. For the last three days, your carbo consumption should be around 500-600g/day.

Before exercising, it may be beneficial for endurance competitors to consume a liquid carbohydrate meal one hour beforehand. Most importantly, if you are competing for longer than an hour, if you can take in carbohydrate while exercising, you will delay the onset of fatigue. Glucose polymers (such as maltodextrin) are a good way of taking in carbohydrate while on the move. Ideally, you should aim for a 6-8% solution containing 15-20g of carbohydrate per 7oz of water, and try to drink some every 15 minutes.

Carbohydrate is of course only part of the story. Adequate intake of a wide range of essential nutrients is essential to provide the building blocks necessary to keep the body sound. The father of one teenage girl, sidelined due to a stress fracture recently commented on the difficulty he had in getting her to recognise that she needed an adequate food intake if she was to be injury free and reach her goals. In one small club, there were several young teenage girls all suffering from stress fractures.

The above article refers to glucose polymers as being a good way to take on carbohydrate. (This is not simple glucose.) These are effectively a large number of sugar molecules linked together. They are absorbed through the wall of the stomach by a process known as osmosis. The stomach lining works on the same basis as a ticket collector. One person is allowed through the gate at a time. If a large person goes through, that is the same as if a small person goes through. Or the stomach lining allows one glucose polymer molecule through in the same time as it allows one glucose molecule. You can absorb far more energy in a short time from a glucose polymer than you can from a simple sugar.

Kjersti Platzer of Norway won the Silver medal at the Sydney Olympics. She started young, with a best 3000m time of 14 minutes at the age of 12 years. She has since got that down to under 12 minutes.

As Kjersti has shown, excellent performances at an early age do not invariably lead to burnout.

Kjersti has a website [www.kjerstiplatzer.com/](http://www.kjerstiplatzer.com/) where she posts a weekly diary that makes very interesting reading. With that look of determination, you could tell she was headed for the top!

Kjersti (33) is expecting another baby in July, but her longer term aim is the Beijing Olympics.



# THE NEW(ITT) EXCITING PROSPECT

## KATE NEWITT



Kate Newitt showing her very "safe" technique at the NZ T & F Champs.

Canterbury has an exciting young walker in Kate Newitt, who has improved her times rapidly over the current summer.

Her current PB at 3,000m is some 12 seconds faster than Amanda Gorst at the same age. *(Actually Kate would be a few months older at the time.)*

### Kate Newitt's race walking performances from 20/11/04 to 19/3/05

<b>20 Nov</b>	<b>Children's Interclub 1500m</b>
1 <sup>st</sup>	8.04 (U/14 record)
<b>4 Dec</b>	<b>NZ Sec schools Hamilton</b>
2,000m	
2 <sup>nd</sup>	10.32

<b>8 Jan</b>	<b>Senior interclub</b>
2,000m	
1 <sup>st</sup>	10.22 U/15 & U16 record
<b>16 Jan</b>	<b>South Island Colgates</b>
1500	
1 <sup>st</sup>	7.27 (U14 record)
<b>19 Jan</b>	<b>Australian Youth Olympics</b>
5,000m	
6 <sup>th</sup>	28.54
<b>26 Feb</b>	<b>Senior Interclub</b>
2,000m	
1 <sup>st</sup>	10.11 U/15 & U16 rec.
<b>6 Mar</b>	<b>Canty Children's Champs</b>
1500m	
1 <sup>st</sup>	7.17 (U/14 record)
<b>11 Mar</b>	<b>NZ Athletic Champs, Wang</b>
3,000m	
1 <sup>st</sup>	15.47.07 16 & Under title
<b>19 Mar</b>	<b>Canterbury Sec Schools</b>
2,000m	
1 <sup>st</sup>	9.47.8 U/19 record

Over this period Kate has brought her times down steadily i.e.

1500m from	8.04 to	7.17
2000m from	10.22 to	9.47.8
3000m from	16.07 to	15.47.07

Highlights have been selection for NZ in the Australian Youth Olympics at Melbourne

Records in the 15000m 2000m and 3k title at NZ track and field

Her 2k time at the Canterbury Sec Schools broke the existing record which had stood for seventeen years.

Kate turned fifteen in early March this year.

# CHINESE CHAMPIONSHIPS

Monday 28 February 2005

The Chinese Race Walking Championships, the first big national event of this domestically important 10th National Games year, brought about some superb results during last weekend (24-27 Feb) in Nanning, Guangxi province.

The meeting, which also serves as a qualification meet for the National Games which are held in October in Nanjing, produced three world season leaders, one for all the major championship distance events.

## **Men's 50km – Han Yucheng 3:36:20**

Yesterday morning (27 Feb) witnessed the best ever Chinese men's 50km Race Walk ever held. The 26-year-old Han Yucheng, who broke the Asian record in the last year's National Championships with a winning time of 3:39:10 but was not able to finish at the Olympics, was determined to produce a very big performance and that's exactly what he did!

In only his 5th 50km race of his career Han Yucheng missed Robert Korzeniowski's (POL) World record (3:36:03) by 17 seconds, and in the process crushed his earlier Asian record by almost three minutes with his winning time of 3:36:20. Han takes the third place in the world all-time list with this mark.

Two athletes aged only 20 took the other two medal positions. Xing Shucui, who had a personal best of 3:40:22 from last season, was second in a fast 3:37:58. Xing was 14th in the Naumburg World Cup 50km last season. Zhao Chengliang took the third place with another big personal best of 3:38:56.

## **Men's 20km – Yu Chaohong 1:19:15**

On Friday morning (25 Feb), Zhu Hongjun, from Liaoning province, entered the men's 20km race as the favourite. Still only 21, Zhu won his first national championship in April 2003, when 19-year-old then, with his personal best of 1:18:43. Last year he was just beaten by Han Yucheng for second place, but following his good form in the Olympics (6th place) he was going for the win on Friday from the start. However, it was not going to be this time, Zhu had finished in the medals in this event three times in a row, but now he faded

well beyond 10th place.

Up-front there was a very tight race which saw three walkers together almost until the final moments. 28-year-old veteran Yu Chaohong, who only lost an Olympic medal in the final sprint of the Athens 50km last summer, was strongest this time finishing in first place with a world season's best of 1:19:15, the second best result in his career (PB 1:18:56).

Liu Yunfeng, who was fifth in the Naumburg World Cup 20km last season, was second with a personal best of 1:19:20. Liu, now 25 years old, was a junior star, who recorded a time of 1:21:27 at old age of 16 in 1996. That result is still the best youth result over 20km ever. Pei Chuang was third with 1:19:28, a personal best for him as well.

## **Women's 20km – Jiang Jing 1:27:19**

Also on Friday morning (Feb 26), the women's 20km Race Walk was a very, very close fight too, and it was the usual trio, Jiang Jing, Wang Liping and Song Hongjuan fighting for the top placings.

Song, who had won both the 2003 and 2004 National Championships in world leading times and also won the IAAF Walking Challenge in Kunshan 2004, was the main candidate for the top podium here. But Song, who following her moderate international performances in 2003, finally proved something during last season with a sixth place finish in the Naumburg World Cup, was another champion beaten here. Although her finishing time 1:28:26 was very good at this phase of the season, it was only enough for a third place finish in the competition.

Jiang and Wang, however were together until the final kilometre with the younger one, the 19-year-old Jiang, grabbing her first national title with a fast personal best of 1:27:19. It was just better than her second place time of 1:27:34 which she recorded in the Naumburg World Cup last year.

2000 Olympic champion Wang Liping, who was 8th in the Athens Olympics, finished second just behind Jiang in 1:27:24, the second best result in her career and fastest since 2001.

## **Mirko Jalava for the IAAF**

# ADAPTING LYDIARD'S "HILL BOUNDING" TO RACE WALKING

One of the key ingredients of Arthur Lydiard's training system was his "Hill Bounding".

Percy Cerutti achieved much the same benefits from having his athletes sprint up very steep sandhills.

Quite independently, and as far as I can remember without any outside influence, I was part of a group that did some very tough workouts on a steep grassy slope in Anderson Park, Wellington in the late 1950's and early 60's. (Just above the Rose Gardens for any Wellingtonians who want to give it a go.) This slope was perhaps 60 to 80 metres long, and much too steep to run up without sprinting. We would be on our knees by the time we reached the top, and we would freewheel down by a longer route before repeating it. I think that we probably did around 20 laps in our lunch-hour sessions. We trained here most weekdays, but only did this workout once a week at most. Usually we roamed over the many tracks through the bush of the Botanical Gardens.

The result of this training was that we got to the stage where we just couldn't get tired. On one occasion we were preparing for the 52.8km Waipukurau to Hastings race, and as we had found normal marathons quite far enough, we decided to cover a much greater distance at a slow pace, mainly to convince ourselves that 52km wasn't really very far. We ran from Waterloo in the Hutt Valley, over the Wainuiomata Hill, right down Coast Road almost to the coast, then over a bridge ending up at the Pencarrow Lighthouse at the entrance to Wellington Harbour. We then returned around the coast through Eastbourne and back to Waterloo. Afterwards I ran a measuring wheel (a miniature version of those used for measuring roads) around a large scale map, deciding that we had covered about 68km. This did not leave us jaded, as we had taken it slowly. Two days later we left Victoria University, ran around Churchill Drive to Johnsonville, down Ngauranga Gorge, around the wharves, up around the Basin Reserve, a bit of a detour towards Island Bay, and then found our way back to the University via some very steep flights of steps. This was a hard workout. We arrived back at the changing rooms just as another club member was setting

out to do a fast 5km run. We joined him. This was our club captain, and normally I struggled to keep up with him. On this occasion we were warmed up, whereas he wasn't. He didn't have a hope. Despite our 68km 2 days earlier, and our 25km or so immediately beforehand, we blitzed him. No matter what we did, we seemed to have instant recovery. I believe that our steep hill sessions had a good deal to do with this.

While hills and race walking do not really go hand in hand, some hill sessions similar to either Lydiard's bounding, Cerutti's sandhills or our steep sprinting can be very useful.

This can be running, or possibly better for race walkers, is fast walking up steep hills. Normally race walkers abhor steep hills, claiming that they can't walk correctly. I have said this myself, but it just isn't true! If you cut the length of your stride drastically, you can walk with a very correct technique up extremely steep roads.

If you attempt to retain your normal length of stride, you will be reaching forward (and up) and having to pull your bodyweight up using the muscles of your leading leg. It can be difficult to land on a straight leg, depending on the slope of the hill.

What I have done is to take very short steps, and also raise myself up onto the tips of the toes of my rear leg. I then step off almost horizontally, landing easily on a straight leg. By taking very short steps I can manage a very quick turnover, and can achieve very fast speeds uphill with correct technique. A number of repetitions (of 100m or more) would be an excellent addition to a training programme.

This works the ankles very hard, and initially you might only be able to manage short distances.

This type of training will be a big help in achieving the desired modern race walking style, where the larger part of a stride is behind you. In Lydiard's schedules, the hill training was fitted in between the base training and the faster and harder trackwork. This would also be appropriate for walkers, but it would be prudent to include a little in the earlier weeks and months so that the muscles and tendons were not suddenly confronted with this new activity.

*Jack Tregurtha*



You cannot suddenly change from walking like the far walker, to walking with the more modern style of the near walker. - It takes strength and endurance to get right up on the toes. Walking with very short steps up a steep hill, using the ankles to raise your bodyweight will help transform you from a 1960's walker to a modern efficient fast walker.

## MORE PHOTOS FROM THE T & F CHAMPS

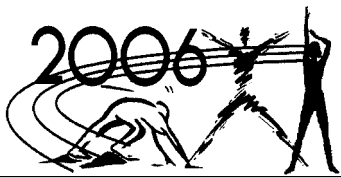


**Left:** Aussie Scott, Sara-Jane Cattermole with a recent 1:38 under her belt, wasn't fully recovered from jetlag (and a 1:41 20km a week earlier) and wasn't quite up to her hoped-for 1:45 for the 20km at the Nat'l T & F Champs.

She ended up with a clear slate, but had been a bit surprised to receive 5 Cautions early in the race. This caused her to ease back a bit. A number of people thought that the judging was a bit tougher than normal.

**Right:** New walker, Michelle Lei of Palmerston North looked good but had to retire early due to the effects of the 'flu.





# 13th OCEANIA MASTERS T & F CHAMPIONSHIPS CHRISTCHURCH 14—21st JANUARY 2006

## The Entry Forms are out

There are **THREE Walks** in all Masters 5-Year Age Groups, including Pre-Vet, so everyone aged 30 years or more as at 14th January 2006 is eligible.

3,000m Track Walk	Sunday 15th January	QE2 Stadium
5,000m Track Walk	Tuesday 17th January	QE2 Stadium
10km Road Walk	Friday 20th January	Hagley Park

**Entries Close 10th December 2005**

## THE 10 MINUTE RULE

The last issue referred to a “10-Day Rule” relating to the time before you benefit from a particular training session.

This issue comments on a “10-Minute Rule”.

After you have exercised, the level of glycogen in the muscles is reduced and your blood-sugar level is low. The harder the workout, the less glycogen remains. The body replaces this glycogen when supplies become available. If this happens gradually, the body will build up the energy stores to a certain level.

But, if you take a readily absorbed source of carbohydrate very soon after training or racing, when your body is screaming out for it, your body over-does the storage, and you end up with larger glycogen stores. Any sugary drink or sports drink will do the trick.

The longer you wait before taking on board this carbohydrate, the less this effect will be. Ten minutes is about ideal,

but you should certainly aim for something under 30 minutes. Don't try to drink immediately you finish. I can remember one marathon runner who downed a bottle of Fanta within a minute or so of finishing a race. He lost it all within the next 10 seconds!

After the race you are aiming at a very different effect than during the race. If an athlete takes on too much sugar during a race, he receives an immediate boost in blood-sugar levels, but the body then kicks in and says “There is too much energy here, we will store it.” In storing it, the blood-sugar level does not go down to a nice average figure. It overshoots, and you end up with a low blood-sugar level.

The trick is to provide a slow source of energy during the race, but a fast and excessive source of energy after the race (or training session).

# THIS AND THAT AND A BIT OF THE OTHER

Late in 2003 Yuan Yufang, Bronze medallist in the 20km Walk at the Manchester Commonwealth Games suffered from irregular heartbeat due to a growth in her heart. This was removed by laser surgery, and 9 days later she won the 20km walk at the South East Asia Games in a time of 1:39:25.

That wasn't her only quick comeback. Two years earlier she had won the same race only 3 months after giving birth. On that occasion her time was 1:42:55.

## SOME TRANSLATIONS

Statement	Translation
"I couldn't get going until the 4th lap."	"I didn't do enough warm-up."
"I should have gone better today."	"I trained too hard too close to the event."
"I couldn't go any faster, but I finished fresh."	"I haven't done enough speedwork."

## 2006 COMMONWEALTH GAMES—NZ Target Times

The NZ Performance Targets are:

Men's 20km 1:27:00

Men's 50km 4:08:00

Women's 20km 1:38:00

For both 20km races, these times are to be achieved between 1 February 2005 and 7th February 2006.

The 50km target has to be achieved between 1st February 2005 and 31st December 2005.

It will be interesting to see how many other Commonwealth countries set standards as high as these.

Apart from Craig in the 50km, Australia looks to have more than enough talent to take all medals, but as they can only select three in each event, it only needs one DQ or DNF to allow another country onto the podium. As at Manchester, it is quite possible that medals could be won by people "not good

enough" to make the NZ Team.

For comparison, the **English selection criteria** are much easier—and they will have to travel half-way round the world to attend.

Men 20 km. 1:30:00

Men 50 km. 4:20:00

Women 20km. 1:45:00

The Isle of Man has set even easier times for their men:

Men 20 km. 1:31:00

Men 50 km. 4:25:00

Women 20km. 1:45:00

These are times that would encourage athletes to make an attempt to qualify. In comparison, the NZ times appear to be set to avoid too many people from even thinking about making an attempt.

*(Carma Watson's recent 20km time in Australia—where she is now based—would have qualified her for the English Team, but she would have to improve a lot to make the NZ team.)*

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. It is also difficult to entice people to become judges.

Don't let the sport simply fade away.

# COMING EVENTS

## 2005

### APRIL

- 2 IAAF Race Walk Challenge, Rio Major, Portugal.
- 2,3 North Island Secondary Schools Champs, Hastings.
- 2,3 South Island Secondary Schools Champs, Invercargill.
- 23 IAAF Race Walk Challenge, Cixi City, China.

### MAY

- 1 IAAF Race Walk Challenge, Sesto San Giovanni, Italy.
- 1 Australian 50km Champs, Melbourne. (Also Aust World Champs Trial)

### JUNE

- 4 IAAF Race Walk Challenge, Coruna, Spain.
- 12 Lake Burley Griffin Race Walking Carnival. Races for all ages—see page 17.
- 18-19 Taranaki Walks Weekend. (Probable date)

### JULY

- 7-17 World Masters T & F Champs, San Sebastian, Spain.
- 13-17 World Youth Championships, Marrakech, Morocco.  
*IAAF Qualifying Standards, Men 48:40 (10,000m) Women 25:25 (5,000m)*
- 24-29 World Masters Games, Edmonton, Canada.

### AUGUST

- 5-15 World Track & Field Champs, Helsinki, Finland. (IAAF Race Walk Challenge)  
*IAAF Qualifying Standards, Men 20km "A" 1:23:00, "B" 1:24:30.  
50km "A" 4:00:00 "B" 4:07:00  
Women 20km "A" 1:33:30 "B" 1:38:00*
- 27 OR 28 Australian Road Champs, Adelaide.  
Men: 30km Open / U20 20km / U18 8km / U16 5km / U14 3km  
Women: 10km Open / U20 10km / U18 8km / U16 5km / U14 3km

### SEPTEMBER

- 3 NZ Road Champs. *Manfeild (Feilding).*

### OCTOBER

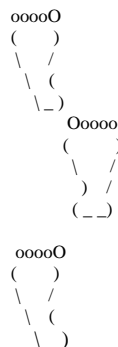
- 23 NZ LONG DISTANCE WALKS CHAMPS, HASTINGS?????????  
The Sunday of Labour Weekend. Still only a proposal at this stage.

### NOVEMBER

- ? Pacific Schools Champs, Melbourne
- 16-18 Oceania Championships, Townsville.  
(NOT the Oceania **Masters** Champs, they are in Christchurch in January 2006.)
- 26 Nov—4 Dec Pacific Schools Games, Melbourne. (**Walks have been reinstated.**)

### DECEMBER

- 8-11 December Australian All Schools Championships, Sydney.



# COMING EVENTS CONTINUED

## 2006

14-21 January

Oceania Masters T & F Champs, Christchurch.  
Sunday 15th January - 3,000m Track Walk.  
Tuesday 17th January - 5,000m Track Walk  
Friday 20th January - 10km Road Walk (in Hagley Park.)  
Grades are in 5 year age groups from Pre-Vet up.  
i.e. Starting from 30 years as at 14th January 2006 (both male and female.)  
Entries close on 10th December 2005.

27—28 Jan,

**NZ T & F Champs and Commonwealth Games Trials, Christchurch.**  
*Just Seniors!*

26—27 Feb

**NZ Junior T & F Champs, Hamilton M19, W19, M16, W16**

15-26 March

Commonwealth Games, Melbourne.

NZ Performance Targets

Men's 20km	1:27:00
Men's 50km	4:08:00
Women's 20km	1:38:00

13, 14 May

World Walking Cup, La Caruna, Spain  
World Junior Championships, Beijing, China

## 2007

World Track & Field Champs, Osaka, Japan.

## 2008

10, 11 May

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

## 2009

World Track & Field Champs, Berlin, Germany.

## 2010

Commonwealth Games, New Delhi, India.

## EVERY TUESDAY NIGHT

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



## OFFICERS

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**Treasurer:** Loloma Foster

6 Fitzroy Avenue,  
Hamilton  
07-843-6121

## MEMBERSHIP FEES

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

## COMMITTEE MEMBERS

Michael Burkinshaw;  
Tony Burrell;  
John Henderson;  
Michael Lane;  
David Lonsdale;  
Sharon McDonald;.

## AREA CO-ORDINATORS

**Northland:** Diane Barrett (09) 437-6907  
**Auckland:** Gary Little (09) 846-6671  
**Waikato:** Loloma Foster (07) 843-6121  
**Taranaki:** David Barrett (06) 753-4244  
**H Bay/Gisb:** Jack Tregurtha (06) 878-6551  
**Wgtn:** David Lonsdale (04) 977-8990  
**Tasman:** Gillian McDougal (03) 5287091  
**Canty:** Ann Henderson (03) 981-3464  
**Otago:** David Richmond (03) 487-8711

# RACEWALKING CLUBS AND ASSOCIATIONS AROUND THE COUNTRY

## AUCKLAND RACE WALKING ASSOCIATION

**President:** Chris Marks 09 8322628  
**Secretary:** Max Cutts, 6 Shuttleworth  
Place, Manly, Whangaparoa, Auckland.  
Ph (09) 424-8100  
Meets most Sundays at 8:30am at the  
Auckland Domain.

## CANTERBURY RACE WALKING ASSOCIATION.

**Secretary:** Ann Henderson, 9 Cossar  
Street, Burwood, Christchurch 6. (03)  
387 - 0387  
**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.

## 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

**New Members.** Your Subscription entitles you to a free Booklet on Race Walking.

Last Name : ..... MALE FEMALE  
(Please Circle one)

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.....

.....

.....

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

e-mail address .....

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

Please send with cheque payable "NZRWA" to:

**The Treasurer,  
NZRWA,  
6 Fitzroy Avenue,  
Hamilton.**

***For new members,  
there is a  
proportionate fee if  
joining partway  
through the year.***

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 .....

IF NOT CLAIMED,  
PLEASE RETURN TO  
980 RIVERSLEA ROAD SOUTH,  
HASTINGS.

*"Race Walking is to regular walking as the  
Omelette is to the Egg."*

