

# *RACE WALKING*

# **CONTACT**

The official magazine of the NZ Race Walking Association

**FEB-MAR**  
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## **New Zealand Race Walking Association**

**Web Site: [www.nzwalk.org.nz](http://www.nzwalk.org.nz)**

**email Discussion Group: [www.egroups.com/group/nzracewalking](http://www.egroups.com/group/nzracewalking)**

# EDITORIAL

Some 10 years ago my computer looked at the trends in the Registration figures and predicted that the last Senior athlete would hang up his shoes at 4pm on Friday 1st December 2006.

That will probably not be the case nationally, but it may not be far out in my part of the country.

The sport has been continuing a downward trend for quite some years, but it seems to have accelerated much more recently.

In Track & Field, the average age of the members of the so-called "senior" side of the sport in my area is probably aged 14 or at most 15 years. And we don't have many of them.

Conventional thinking is that you need a pyramid with a wide base if you want to get success at the highest level.

We don't have a pyramid. We have something that looks much more like a church steeple. And a church steeple on pretty shonky foundations at that.

It amazes me that we can continue to produce any athletes of world class.

Someone recently commented to me about athletes being persuaded to not take part in the National Team Competition Finals:

*"This year our coaches have pulled many of our athletes out of the final. They are "resting". For God's sake, most of them have not even had five races all summer! How can they need a rest? Coach Power is a major problem, especially when they are not associated with your club, but coach your athletes. So many coaches train athletes who have very average natural potential as though they were aiming for the Olympics. As a result so many of them miss out on the enjoyment of team work, and very definitely lack race experience."*

I agree that "Coaching" is killing our sport. I have watched very promising youngsters who have received intensive coaching and who have achieved at a moderately high level. I think that their coaches have been reasonably careful to avoid over-doing their training and their competition. What has concerned me however is that slower developing athletes quickly become demoralised when they compete against these highly trained precocious ones. Athletes who might have a real future drop out before they really give athletics a go.

The average athletes want to (and need to) compete every Saturday. Each Saturday as it arrives is the most important Saturday of the year to them. The idea that they should train all year to produce a few really top performances doesn't make sense to them. Its boring. I think that this problem will increase. With few if any true senior athletes, coaches will be training younger and younger athletes to win at senior level. In shielding the top youngsters from too much competition, the lesser athletes are also being deprived of competition. It only takes a few athletes to be out of town for there to be no meeting held at home base.

It seems to me that Head Office is now looking after the top athletes pretty well, but it doesn't appear to me that anyone is thinking too much about the average athlete. Their numbers are dropping alarmingly. My fear is that athletics will be no longer viable in some parts of the country, and before too long, the sport will be confined to just a few main centres.

This is bound to happen unless much more effort and thought goes into looking after the average athlete. *Jack Tregurtha*

Canterbury has a girl in the 13 grade who has been threatening Kate Newitts 1500 walk record and on 4/2/06 finally reduced it by 5 seconds with a time of 7.57.3 which is now before the committee. Rebecca Clearwater is slighter built than Kate but is very fast and has a smooth style not unlike Kate. Last season she missed the 12 grade record by about 6 sec. Since she started competing Rebecca has shown class and gold medals at Colgate games are a norm for her in the walks. Her speed was nearly her undoing as we had planned even splits of 2.06 per lap to achieve the time and she went through the first lap in 1.53 but she managed to hold on and achieved the record.

**A Contribution  
from John  
Henderson,  
Christchurch**



It is only about two years since Kate set this standard and over the past few years she took out nearly every record from 1000 to 1500 meters and it is amazing to think someone is reducing them so soon. I might point out that these are called best performances in the morning children's session but I consider them records. Anyone who does the fastest time over a distance which has never been done before in front of qualified judges is to my way of thinking a record. But then I'm only a coach.

The Canterbury set up with the children competing in the morning is well structured and allows the young ones to focus on their own age group which in turn is not too daunting whereas if they were thrown into the senior sessions they could be intimidated by the older stronger athletes.

Next summer there is another girl who will be old enough to compete in the 11 year old walks and she also looks a real talent so hopefully that might be another story.

It was disappointing that the road walk course at the junior nationals in Hamilton was not suitable for fast times and the Traffic management cost is pushing runners and walkers onto inferior roads where costing is not so prohibitive. For the Canterbury walkers attending these Nationals, to achieve PBs in the ten k would have been a maximum effort with minimum results plus sore bodies and they still have two major Secondary school races before the end of March. In the longer road walks it seems our young athletes are being penalized for the sake of money.

John Henderson.



**Rebecca Clearwater**

## COMMONWEALTH GAMES PREVIEW

It will be some time before we see the full entry lists for the Commonwealth Games, but this hasn't stopped one Aussie from predicting a clean sweep in the Walks. He could be right in both the 20km races, but I am sure that Craig and Tony will have contrary ideas in the 50km.

It seems that the fields will be about the same as at Manchester in 2002. Only one Canadian, Tim Berrett has been selected this time. Tim is a veteran and raced in the 1990 Games in Auckland. Scotland had Sara-Jane Cattermole achieving a qualifying time, but she wasn't selected. An Indian walker has been selected for each of the 20km races. Malaysia has only ever won two Commonwealth gold medals in Athletics, and both of these were in the Walks.—Gold in the 50km in 1998 and bronze in the Women's 20km in 2002. They will have one walker at Melbourne but it would be a major upset if he was among the medals.

### \* DAYLIGHT SAVING COMPLICATION

Daylight Saving ends in New Zealand on Sunday 19th March, but will still be in force in most States of Australia until 2nd April—specially extended for the Games. This means that there will be just one hour difference between local time and NZ time. Microsoft has issued a patch as the Windows system cannot cope with this one-off change.—This won't affect our computers of course.

### **20km WOMEN Monday 20 March 9am start (10am NZ time\*)**

On paper, the three Australian Women should be untroubled to win all three medals. Jane Saville and her younger sister Natalie together with Cheryl Webb have times of 87:44; 91:33 and 91:43 respectively. For these three it was probably harder to get into the Australian team than it will be to win a Commonwealth Games medal. The main threat to a clean sweep might be the closeness of the times of Natalie and Cheryl. Hard racing between these two could see one or more disqualified, leaving it open for one of the English women. The silver and bronze winners at Manchester will not be present, but it is pleasing to see that Niobe Menendez will again be representing England. (She was the walker who appeared on the cover of the Programme of the World Wasters Champs held in Auckland a couple of years ago.)

### **20km MEN Monday 20 March 12pm start (1pm NZ time\*)**

In the Men's 20km, the bronze medal winner from Manchester, Kenyan David Kimutai is the only threat to a clean sweep by the Aussies. He has a recent performance of 83:47 Ranked top in the world at 20km in 2005, Nathan Deakes should have little trouble winning the first of two golds. England will be represented by twins Daniel and Dominic King.

### **50km MEN Friday 24th March 8am start (9am NZ time\*)**

The Men's 50km race could be a real contest. Obviously Craig Barrett will be in the mix, but Tony Sargisson was very impressive in winning the NZ title last October. He looked much stronger than I have ever seen him, and he was clearly in control the whole way. It didn't seem to be a struggle for him to achieve the qualifying time. (He didn't vomit at the finish line!) Nathan Deakes is in a class of his own, and has proved previously that he can double up at 20km and 50km apparently unaffected. The Canadian Tim Berrett won bronze at Manchester, but may find it harder to match the younger walkers despite being ranked second on 2005 performances. The second and third Australians had an easy qualifying time, so didn't have to push themselves too much just to get into the team. They can be expected to improve at the Games.

## THE TOP RACE WALKING COUNTRIES

Countries with 3 or more walkers in the top 100 in 2005

### MEN'S 50K 2005

Country	Top 100	Highest
China	41	1
Spain	8	11
Russia	7	5
Mexico	5	28
Italy	4	12
Australia	3	25
France	3	19
Japan	3	31
Poland	3	30
Ukraine	3	54

New Zealand 1  
(Craig Barrett) 66

25 countries represented

100th = 4:05:01

(Tony Sargisson 105)

### MEN'S 20K 2005

Country	Top 100	Highest
China	35	2
Russia	17	5
Mexico	8	17
Poland	7	44
Belarus	5	43
Spain	3	3
South Korea	3	79

22 countries represented

100th = 1:22:48

### WOMEN'S 20K 2005

Country	Top 100	Highest
China	35	4
Russia	21	1
Belarus	8	3
Spain	4	19
Portugal	4	17
Romania	4	35
Italy	3	26
Japan	3	61

21 countries represented

100th = 1:34:11

## COMMONWEALTH COUNTRIES IN THE TOP LISTS

Commonwealth countries with any walkers in the IAAF Top Lists

### MEN'S 50km 2005

(Top list includes 149 walkers)

Country	Rankings
Australia	25; 90; 95; 110; 114
Canada	50
New Zealand	66; 105

### MEN'S 20km 2005

(Top list includes 177 walkers)

Country	Rankings
Australia	1, 20, 104, 152, 155
Others	Nil

### WOMEN'S 20km 2005

(Top list includes 174 walkers)

Country	Rankings
Australia	27; 85; 109; 110; 125; 141; 143; 148
Great Britain (Scotland)	174

The walkers included above were:

### Men's 50km

(**Bold = Selected for Comm Games**)

#### Rank

25	<b>Nathan Deakes</b> (Aust)	3:47:51 (DOB 17-08-1977)
50	<b>Tim Berrett</b> (Canada)	3:55:48 (DOB 23-01-1965)
66	<b>Craig Barrett</b> (NZ)	3:58:39 (DOB 16-11-1971)
90	<b>Chris Erickson</b> (Aust)	4:03:42 (DOB 01-12-1981)
95	<b>Duane Cousins</b> (Aust)	4:04:35 (DOB 13-07-1973)
105	<b>Tony Sargisson</b> (NZ)	4:05:59 (DOB 24-06-1975)
110	Darren Bown (Aust)	4:07:22 (DOB 30-06-1974)

(Continued on page 6)

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### Men's 20km

(**Bold = Selected for Comm Games**)

#### Rank

1	<b>Nathan Deakes</b> (Aust)	1:17:33
	(DOB 17-08-1977)	
20	<b>Luke Adams</b> (Aust)	1:19:19
	(DOB 22-10-1978)	
104	<b>Jared Tallent</b> (Aust)	1:22:53
	(DOB 17-10-1984)	
152	Adam Rutter (Aust)	1:24:46
	(DOB 24-12-1986)	
155	Darren Bown (Aust)	1:24:56
	(DOB 30-06-1974)	

### Women's 20km

(**Bold = Selected for Comm Games**)

#### Rank

27	<b>Jane Saville</b> (Aust)	1:29:33
	(DOB 05-11-1974)	
85	<b>Cheryl Webb</b> (Aust)	1:33:14
	(DOB 3-10-1976)	
109	Simone Wolowiec (Aust)	1:34:49
	(DOB 12-02-1974)	
110	<b>Natalie Saville</b> (Aust)	1:35:01
	(DOB 07-09-1978)	
125	Claire Woods (Aust)	1:36:21
	(DOB 06-07-1981)	
141	Lisa Grant (Aust)	1:37:39
	(DOB 26-04-1985)	
143	Kellie Wapshott (Aust)	1:37:46
	(DOB 23-03-1977)	
148	Lynette Ventris (Aust)	1:38:05
	(DOB 02-10-1956)	
174	Sara-Jane Cattermole (Scot)	1:40:00

## COMMONWEALTH GAMES WALKS COURSE



The Walks course in the Melbourne Docklands area. Entirely outside the main stadium. You could describe the layout as a "Bent Spoon" or possibly a rudder & tiller.

## DEPTH OF QUALITY ON THE WORLD SCENE

The Table on the right shows the best performances and the tenth best over the past few years.

There has been a consistent improvement in the Men's 50km, and this has not been due to just one or two remarkable individuals such as Robert Korzeniowski. Tenth best in 2005 is about where the leaders were in 1998.

Smaller improvements have been made in the Men's 20km, but that is not unexpected, as that is raced more frequently. However, there is a clear improvement in both the best time and the tenth best.

The biggest improvement is in the Women's 20km, but that was to be expected, as this distance was not raced seriously at international level until 1998. There was a big improvement over the initial couple of years, and this has been consolidated since then.

In the Women's List one time stands out. Olimpiada Ivanova's time of 1:24:50 was prior to the acceptance of performances on roads as world records. That time was never ratified as the world record when the first records were established. It satisfied the requirements to be recognised as a "Best Time" but not as a record.

50km	BEST	10th BEST
1998	3:41:14	3:45:29
1999	3:39:22	3:46:36
2000	3:37:26	3:44:33
2001	3:42:08	3:46:12
2002	3:36:39	3:45:55
2003	3:36:03	3:44:53
2004	3:35:29	3:44:42
2005	3:36:06	3:41:30

20km Men	BEST	10th BEST
1998	1:18:40	1:19:44
1999	1:17:46	1:19:55
2000	1:17:46	1:19:18
2001	1:18:05	1:19:53
2002	1:17:22	1:20:36
2003	1:17:21	1:19:35
2004	1:17:23	1:19:30
2005	1:17:33	1:18:30

20km Women	BEST	10th BEST
1998	1:29:53	1:33:14
1999	1:27:30	1:28:51
2000	1:25:18	1:28:06
2001	1:24:50	1:28:11
2002	1:26:42	1:28:46
2003	1:26:22	1:28:17
2004	1:26:46	1:27:52
2005	1:25:41	1:28:01

### Kenyan Commonwealth Games

#### Trial

#### Results -

#### Men -

#### 20Km Walk:

1. David Kimutai, 1:23:47
2. Josphat Sirma, 1:29:26
3. Eric Sikuku, 1:32:59
4. Julius Saina, 1:34:54
5. Enock Musende, 1:41:31
6. George Ngenywa, 1:47:48

David Kimutai placed in the 20km at Manchester in 2003, and will be probably the only non-Australian to have a realistic chance of a medal in the Men's 20km Walk at Melbourne.

# NEW ZEALAND JUNIOR TRACK & FIELD CHAMPS HAMILTON 26, 27 FEBRUARY 2006

## Women 3000 Metres 16 & Under

1 Kate Newitt	Canterbury	15:29.95
2 Kelly Mabbett	Waikato BoP	16:47.38
3 Natasha Murrily	Waikato BoP	17:05.13
4 Natasha Lowl	Taranaki	17:26.75
5 Jenny Turnbull	Canterbury	18:32.72
6 Aleesha Hey wood	H Bay Gisb	19:01.63
7 Alison Samson	Wellington	19:04.33
8 Rachel Holcroft	Waikato BoP	20:58.52

## Women 3000 Metres 19 & Under

1 Lesley Cantwell	Southland	17:31.39
2 Anna McNab	Canter	17:36.02
3 Allanah Gore	Waikato BoP	18:43.44

## Men 3000 Metres 16 & Under

1 Shaun Thompson	Taranaki	17:12.46
2 Simon Bunkenburg	Canterbury	20:33.22

## Women 10km Road Walk 19 & Under

1 Kate Newitt	Canterbury	57:24
2 Kelly Mabbett	Waikato BoP	59:01
3 Jenny Turnbull	Canter	1:09:07
4 Aleesha Hey wood	H Bay Gisb	1:09:20
-- Lesley Cantwell	Southland	DNF

## Men 10km Road Walk 19 & Under

1 Shaun Thompson	Taranaki	58:43
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It was pleasing to note that there were no disqualifications. A smattering of Red Cards, but my video camera could reveal nothing to be concerned about.

Quite a number of the women had pony tails, and it was noticeable that none of these showed any tell-tale flicks that might have

indicated a degree of lifting.

Kate Newitt was in a class of her own, and was not pressed at any stage. One who has come on a lot since I last saw her walk was Natasha Murrily. She now has a good flowing style and with her pedigree clearly has a future if she chooses to specialise. *Editor*



Start of the Men's 3000m Walk. Shaun Thompson leading Simon Bunkenburg. An almost empty grandstand in the background.



A few metres into the women's 3000m races. Kate Newett leading Alison Samson, with Kelly Mabbett leading the following bunch. (See below.)



A few metres into the Women's 3000m races. From the right: Kelly Mabbett, Jenny Turnbull, Lesley Cantwell, Natasha Lowl (obscured), Anna McNab, Natasha Murrhy, Rachel Holcroft, Aleesha Heywood, Alana Gore.

## PHOTOS FROM THE ROAD WALKS AT THE NZ JUNIOR CHAMPS



Start of the Road Walks at the NZ Junior Champs. From left. Shaun Thompson, Aleesha Heywood, Kelly Mabbett, Jenny Turnbull, Kate Newitt and Lesley Cantwell.



Above Left: Kate Newitt and Shaun Thompson became acquainted during the 10km Road walk, keeping company most of the way.

Above Right: Jenny Turnbull leading Aleesha Heywood at about 4km into the race.

**EVERY THURSDAY NIGHT**  
**8:30pm on Radio Sport—The Athletics Half Hour**



Left: Kelly Mabbett Middle: Jenny Turnbull. Right: Aleesha Heywood.  
Jenny had built up a handy lead over Aleesha, with a lap to go, but they were again only metres apart at the finish.

# NZ MASTERS T & F CHAMPS, WANGANUI 3 -5 MARCH 2006

## Results

### 3,000m WALK WOMEN

#### W35

1 Michelle Lei Palmerston North 16:27.08

#### W40

1 Vanessa Lowl New Plymouth 17:55.03

2 Christine Tuka Wanganui 18:34.04

#### W45

1 Marcia Soares Auckland 18:16.13

2 Lois Blackmore Wanganui 18:48.23

#### W55

1 Sheryl Miratana Putaruru 18:58.94

2 Margaret Bray Porirua 24:48.88

3 Valerie Campkin Porirua 26:38.08

#### W60

1 Marion McIntosh Nelson 21:00.07

#### W65

1 Loloma Foster Hamilton 21:24.90

#### W70

1 Glasina van der Veecken Whangarei 24:59.51

### 3000m WALK MEN

#### M35

1 Andrus Lei Palmerston North 16:48.01

#### M50

1 Eric Kemsley New Plymouth 14:47.24

2 Ian Bailey Palmerston North 16:33.93

#### M55

1 Peter Baillie Wellington 15:48.62

#### M60

1 Gary Little Auckland 15:04.42

2 Michael Burkinshaw Rotorua 18:24.93

#### M65

1 Eric Saxby Christchurch 16:26.21

#### M70

- Morrie Hinton Auckland DQ

### 10 km Road Walk

#### WOMEN

##### W35

Michelle Lei, Palmerston North. 57.42

##### W40

Vanessa Lowl, New Plymouth. 1.01.03

Christine Tuka, Wanganui. 1.06.38

##### W45

Marcia Soares, Auckland. 1.02.40

Lois Blackmore, Wanganui. 1.05.34

##### W55

Sheryl Miratana, Putaruru. 1.11.39

Margaret Bray, Porirua. 1.25.48

##### W60

Marion McIntosh, Nelson. 1.13.32

##### W65

Loloma Foster, Hamilton. 1.14.35

#### MEN

##### M35

Andrus Lei, Palmerston North. DQ

##### M50

Eric Kemsley, New Plymouth. 52.51

Ian Bailey, Palmerston North. 1.00.20

##### M55

Peter Baillie, Wellington. 55.43

##### M60

Gary Little, Auckland. 55.01

Michael Burkinshaw, Rotorua. 1.08.01

##### M65

Eric Saxby, Christchurch. DQ



**NEXT**  
**NZ LONG DIST WALKS CHAMPIONSHIPS**  
**HASTINGS**  
**22 OCTOBER 2006**

# AUCKLAND MASTERS T & F CHAMPS

There were no walks judges for the 3000m event on Saturday 25th February, but Kent Philips and Jane Jackson were present for the 10,000m event on Sunday 26th. This team produced a resultant two person disqualification of one of the walkers. Conditions for the Saturday 3000m event were mild and overcast but during the Sunday 10,000m race, a slight breeze eventuated for the first half of the race with some patches of quite warm sun greeting the slower walkers later in the race. The entries of three visitors from the United States, added a much appreciated international aspect to the racing.

## 3000m Track Walk - Female (No Judges)

### W45

1 Marcia Soares YMCA	17:21.8	75.0%
2 Julie Helean NSB	17:35.7	74.0%

### W55

Shirley Barber PAP	18:36.4	76.3%
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### W60

Darlene Backland USA	20:45.4	71.9%
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Gary Little.

## 3000m Track Walk - Male (No Judges) M55

Jimmy Huggins GE	20:45.7	60.8%
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### M60

Gary Little NSB	15:06.4	87.5%
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### M65

Paul Johnson USA	16:59.6	81.6%
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John Backland USA	18:04.4	76.7%
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### M70

Morrie Hinton NSB	17:14.5	84.9%
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## 10000m Track Walk - Female W45

Julie Helean NSB	1:03:13.7	72.4%
(DSQ - >, 2judges)		

### W55

Shirley Barber PAP	1:08:26.0	72.9%
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### W60

Darlene Backland USA	1:14:10.0	70.6%
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## 10000m Track Walk - Male M60

Gary Little NSB	53:17.9	87.8%
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### M65

Paul Johnson USA	1:01:21.1	80.1%
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John Backland USA	1:04:29.2	76.2%
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The problem of finding judges could become more common. Race Walkers has been rare (if not totally absent) at the regular Saturday meetings in Auckland this summer, so it should not be surprising that the judges are not available. Another factor is that Masters athletes are often not registered athletes, and some judges may not be quite so available for what they see as "outside organisations". This would probably not apply to people who have a race walking background, but those judges who come from mainstream athletics may have other priorities. It was quite unacceptable that there were only three judges at the NZ Senior 3000m Track Champs this year.

Walkers will become reluctant to travel very far if they can't rely on having a full complement of judges to make it a proper race.

With fewer walkers, and fewer judges, the only answer in the short term is to make a real effort to ensure that the few walkers we have target specific races, and that adequate planning is done to ensure that a full panel of judges is present for those races.

One frequent complaint I have heard from one area, is that judges have not been asked to attend until the night before a race. That doesn't help. From time to time races have been held with fewer than the required number of judges, and "Local Rules" have been invoked to allow walkers to be disqualified with fewer than three Red Cards. That practice may be very sensible and necessary, but mostly these "Local Rules" are invoked on the spur of the moment, and their validity could be seriously questioned. Any rule should be written down and agreed to in advance and people should know just what it says. It should not be "pulled out of the air". Although "Local Rules" are common, especially in road and cross country races, I believe that the current Athletics NZ Rules prohibit them. This arises from a major rewrite of the By-Laws several years ago, when a clause was inserted that required all sanctioned events to comply with the Athletics New Zealand Rules, which in turn means the IAAF Rules. I am currently drafting a remit that will legitimise "Local Rules".

Jack Tregurtha

# VICTORIAN 5,000m CHAMPIONSHIPS, MCC, 17 Feb 2006

## 5,000m WOMEN

1 SAVILLE Natalie NSW	21:51 SB
2 FRENCH Michelle ACT	22:06
3 WAPSHOTT Kellie KNA	22:35 PB
4 SZIROM Megan RWD	22:44 PB
5 BOCK Claire QLD	24:02 SB
<b>6 WATSON Carma ATE</b>	<b>24:10 SB</b>
7 GEISLER Sandra RWD	24:29
8 ROTHWELL Jessica SBE	24:52
9 RUDDICK Kelly BHA	25:05
10 LAURIE Natalie ANW	25:35 PB
11 FEINER Tracy KNA	25:36 SB
12 DRENNAN Lauren KSB	25:57
13 VARDANEGA Sarah QLD	25:58 SB
14 SORENSEN Natasha QLD	26:05 PB
15 CARR Heather VMA	26:27
16 JACOBS Fauve DKN	26:34 SB
17 GIRGIN Eda ATE	26:43
18 DONOVAN Siobhan ANW	26:51
19 MAJOR Annette EAG	26:59
20 ROSEMAN Justijana ATE	28:21 SB
21 BRUNNER Sandy SAA	28:34 PB
22 BRUNTON Caitlin COR	28:50 SB
23 HOLMES Janet GHY	29:03
24 DRENNAN Camel KSB	29:18
25 STEED Gwen VMA	30:46 SB
- WOODS Claire SAA	DQ
- ADAMCEWICZ Erin ATE	DQ
- MALCOMSON Lizzy TAS	DNS
- REIDY Ruth DIV	DNS
- WOLOWIEC Simone KNA	DNS

## Intermediate Times:

1000m 4:18	SAVILLE Natalie (NSW)
2000m 8:35	SAVILLE Natalie (NSW)
3000m 12:59	SAVILLE Natalie (NSW)
4000m 17:25	SAVILLE Natalie (NSW)

## MEN PROVISIONAL

1 Jared Tallent	19.12.27	PB
2 Adam Rutter	19.45.57	PB
3 Michael McCaigh	20.12.14	
4 Chris Erickson	20.16.33	
5 Duane Cousins	20.30.27	PB
6 Tom Barnes	21.11.14	
<b>7 Tony Sargisson NZ</b>	<b>22.06.34</b>	
8 Daniel Hawksworth	22.18.50	PB
9 Lachlan McDonald	22.24.38	
10 Daniel Coleman	22.28.04	
11 Kim Mottrom	22.36.21	
12 Andrew Jamieson	22.51.35	
13 Mark Donahoo	23.12.54	
14 Paul Kennedy	24.32.39	
15 Simon Evans	24.33.33	
<b>16 Ross Reid</b>	<b>24.36.02</b>	(He used to be a NZer)
17 James Barnes	24.59.51	
18 Duncan Knox	25.41.21	
19 the Simon Baker	25.51.13	
20 Andrew Blood	26.03.48	
21 David Armstrong	26.13.25	
22 Clyde Riddoch	26.53.17	
23 John Platt	28.15.15	

The men's results never appeared in the final results on either the Victorian or the Athletics Australian website, and the above was reconstructed from photos of the TV screen at the ground.

## IAAF Rule 143.2 covers shoes.

*"Athletes may compete barefoot or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes, however, must not be constructed so as to give an athlete any unfair additional assistance, including by the incorporation of any technology which will give the wearer any unfair advantage. A shoe strap over the instep is permitted. All types of competition shoes must be approved by IAAF."*

The last sentence is new. What does it mean? Does it compel the IAAF to approve every conceivable type of shoe? Or does it mean that all types of shoe require the approval of the IAAF before they may be used in competition? I am pretty certain that the latter is intended, but I am not too sure that is what this sentence actually says.

**However, some people will be relieved that the rules do not require you to tie your shoelaces.**

## NOVICES COACHING NOVICES

I recently heard of a novice race walker who was being advised by someone who had also not been involved in the sport for very long.

Advice was being given on how to move the hips. Not surprisingly the novice walker became very confused and the advice was not doing any good at all.

Race walking is a fairly complex action, and a novice has more than enough to worry about without trying to think about what his or her hips are doing. That can come later.

I think that it is generally accepted that newcomers should not be buried under a heap of advice at the beginning. It is better to just let them walk the way they normally walk, and to correct any faults one by one.

A very small number of novice walkers walk correctly from the beginning. In most cases they will show a number of faults. Fixing all of these faults at the same time will leave you with a very confused and hot and bothered walker. It is far better to concentrate on one or at most two things at a time.

Bending the arms 90 degrees at the elbow is a very simple concept and quickly understood. (It might take months to get it ingrained, but that is a different story.)

At the same time, the need for a straight knee can be introduced. There is no need to worry about lifting at this stage.

If the walker cannot (or will not) straighten his or her knees, then sadly they have no future in race walking. In this case it is better to learn this and accept it early rather than late. It is quite pointless putting a new walker through a lot of complicated theory of hip movement if it is to be all in vain.

Race walking is something that needs to be done at a reasonable pace. A novice will probably not have either the fitness or the strength to do it properly for very long. To take one small aspect, an elite race walker will drive off the very tips of his toes. This requires the ankle to flex very quickly, and even an elite walker could not do it properly if he did it slowly.

So there is little point in worrying a novice walker with the idea of pushing off the tips of their toes until they have the fitness to actually do it.

Novices should not have to learn from other novices, but in some areas they may have little

option. Knowing who to ask for advice can be a very tricky matter. There are some who have little or no background in race walking, but who are very free with advice. I can remember one person who tackled a very promising walker and buried her under an avalanche of "how we do it". I did not know the gentleman at the time, but it later turned out that he'd never been a race walker, and had no actual involvement with race walkers.

It is common for walkers to talk to the judges after a race, to check on how they looked. Some judges are also very capable coaches and may have also been race walkers. Their advice may be invaluable. Other judges may have had no personal involvement in race walking, and their knowledge may go little beyond what the rules require. The advice from such people on such details as hip movement or foot placement may be of limited help.

Another source of advice will be other walkers, but years of experience doing something does not necessarily help someone to teach. An athlete may only really understand HIS problems.

Coaching sessions for coaches are held rarely. We had one in Hastings in around 1997 or 1998. Potential coaches came from other areas, but as far as I am aware few have actually coached any walkers. (One of the problems that the sport faces, is that it is common for school teachers to sit exams for coaches and officials but mainly so that it looks good on their CV.)

Race walking has a much lower profile now, and it seems unlikely that many general coaches would be bothered to take up a race walking coaching course.

The situation in many parts of the country is that there are now no coaches with any real race walking qualifications. Increasingly we will find that we have novices advising novices. It doesn't look good.

It takes a good deal of real experience to be able to give adequate advice on race walking technique, and in particular, to identify the problems that an individual walker might have, and to devise to best ways to rectify the problem for that walker.

The number of walkers who have DQ problems and consequently drop out of the sport is an indication that we are not tackling this job very well.

# BEATING THE KENYANS & ETHIOPIANS

The following came from a UK web site. Replace Kenyans and Ethiopians with Russians, Mexicans, Spaniards, Chinese etc and running with walking

## 12 Steps to Beating the Kenyans and Ethiopians

by Frank Horwill

1. Get rid of the television. The news is invariably depressing. Instead of watching others amuse us, we should entertain ourselves with mental and physical activity. If you must watch it, tune in to ITV, the commercial breaks give you an opportunity to leap up and do some press-ups or bent-knee abdominals. Only 1 in 50 Kenyans have television.
2. Sell your car and become a rich pedestrian. Buy a bicycle. 5 miles of cycling is equal to 1 mile of running. 1 in 3 Kenyans own a bicycle.
3. Cook your own food. Fast-food shops have not caught on in Kenya. They don't like fried food. They boil and roast. Obesity in Kenya affects only 1 in 200. In Britain, the ratio is 25 overweight people per 100.
4. Abolish or drastically reduce unemployment benefit and welfare hand-outs. In Kenya you work or

starve or run to earn a living. If you become a mother, you must provide for the offspring. There is no unemployment or welfare benefit in Kenya. They have learned that man's destiny on earth is work.

5. Don't buy children computer games. In 100 years' time our heads will be twice the size. Our bodies will be the same size as our heads.
6. Schools should alter their modus operandi to 4 hours of study in the morning and 2 hours sport in the afternoon, every day of the week.
7. Don't watch over-paid sportsmen perform. Instead, perform yourself.
8. Burn down shops that sell tobacco and liquor to under-age juveniles.
9. Get away from too technical jargon in running training. In Kenya, they think microcycles\*, macrocycles\* and mesocycles\* are different types of Japanese motorbike.
10. Train at altitude for a month at a time, 3 times a year.
11. Make 1/3 of your total running much faster than the other 2/3.
12. Be carried off the running track once a week on a stretcher, due to exhaustion.

*\* I tend to not use jargon, so you won't have read much about macrocycles etc in these pages. (I prefer to be understood than to try to impress people with my depth of knowledge.)*

*Macrocydes and those other things are components of fairly advanced training programmes where each period of training is broken down into segments. The longest of these is called a macrocycle, and this is broken down into mesocycles, which will again be divided into microcycles, which may last a week or so. Each of these periods will have specific aims. The overall pattern is known as Periodisation. The "Hard Day/ Easy Day" rule or the "Three Hard Weeks/ One Easy Week" plan are very elementary examples of this.*

*Editor*

## THE IAAF POINTS TABLES FOR RACE WALKING

The IAAF has produced a comprehensive set of Tables that award points for performances at various distances. These Tables start at 3km and go through the usual range up to 50km. The Points start at 1, and go up in 1 point increments to 1400. The world records are around the 1200 to 1250 level.

The following are just a few extracts.

Don't be too discouraged if you find that you have to look well down the list to find your own achievements.—The tables start waaaaay better than the world records.

<b>WOMEN</b>						
<b>POINTS</b>	<b>3km</b>	<b>5km</b>	<b>10km</b>	<b>20km</b>	<b>30km</b>	<b>50km</b>
<b>1400</b>	9:53	17:13	35:43	1:11:16	1:56:23	3:27:45
<b>1300</b>	10:52	18:51	39:22	1:19:36	2:09:36	3:53:39
<b>1250</b>	11:22	19:41	41:15	1:23:52	2:16:25	4:06:59
<b>1200</b>	11:53	20:32	43:10	1:28:14	2:23:21	4:20:35
<b>1150</b>	12:25	21:25	45:07	1:32:42	2:30:26	4:34:28
<b>1100</b>	12:57	22:18	47:07	1:37:15	2:37:41	4:48:39
<b>1050</b>	13:31	23:13	49:09	1:41:55	2:45:06	5:03:10
<b>1000</b>	14:05	24:09	51:15	1:46:41	2:52:41	5:18:02
<b>950</b>	14:39	25:07	53:24	1:51:35	3:00:28	5:33:17
<b>900</b>	15:15	26:06	55:36	1:56:37	3:08:27	5:48:56
<b>850</b>	15:52	27:06	57:52	2:01:47	3:16:40	6:05:01
<b>800</b>	16:30	28:09	1:00:12	2:07:06	3:25:08	6:21:35
<b>750</b>	17:09	29:13	1:02:36	2:12:35	3:33:51	6:38:41
<b>700</b>	17:49	30:20	1:05:05	2:18:16	3:42:53	6:56:22
<b>650</b>	18:31	31:29	1:07:40	2:24:09	3:52:14	7:14:41
<b>600</b>	19:15	32:41	1:10:21	2:30:16	4:01:57	7:33:43
<b>550</b>	20:00	33:56	1:13:09	2:36:38	4:12:05	7:53:34
<b>500</b>	20:47	35:14	1:16:04	2:43:18	4:22:42	8:14:21
<b>450</b>	21:37	36:36	1:19:09	2:50:19	4:33:51	8:36:11
<b>400</b>	22:30	38:04	1:22:24	2:57:44	4:45:38	8:59:17
<b>350</b>	23:26	39:36	1:25:51	3:05:38	4:58:11	9:23:52
<b>300</b>	24:26	41:36	1:29:35	3:14:07	5:11:40	9:50:17
<b>250</b>	25:32	43:04	1:33:37	3:23:20	5:26:20	10:19:01
<b>200</b>	26:45	45:04	1:38:06	3:33:33	5:42:34	10:50:47
<b>150</b>	28:07	47:20	1:43:10	3:45:08	6:00:58	11:26:51
<b>100</b>	29:45	50:02	1:49:12	3:58:52	6:22:49	12:09:38
<b>50</b>	31:52	53:32	1:57:03	4:16:46	6:51:17	13:05:23
<b>1</b>	36:16	1:00:48	2:13:19	4:53:53	7:50:16	15:00:57

MEN							
POINTS	3km	5km	10km	20km	30km	35km	50km
1400	9:42	16:11	34:06	1:10:15	1:45:40	2:03:46	3:06:14
1300	9:56	16:38	35:03	1:12:35	1:50:05	2:09:17	3:15:51
1250	10:11	17:05	36:01	1:14:58	1:54:34	2:14:54	3:25:39
1200	10:26	17:33	37:01	1:17:23	1:59:08	2:20:38	3:35:50
1150	10:57	18:31	39:03	1:22:24	2:08:34	2:32:27	3:56:14
1100	11:13	19:00	40:06	1:24:59	2:13:26	2:38:33	4:06:52
1050	11:29	19:31	41:11	1:27:38	2:18:24	2:44:47	4:17:44
1000	11:46	20:02	42:17	1:30:20	2:23:30	2:51:11	4:28:53
950	12:02	20:33	43:25	1:33:07	2:28:44	2:57:44	4:40:18
900	12:20	21:06	44:35	1:35:58	2:34:06	3:04:28	4:51:02
850	12:38	21:40	45:47	1:38:53	2:39:37	3:11:23	5:04:05
800	12:57	22:14	47:00	1:41:55	2:45:18	3:18:30	5:16:30
750	13:16	22:50	48:17	1:45:01	2:51:10	3:25:51	5:29:19
700	13:36	23:27	49:35	1:48:15	2:57:14	3:33:27	5:42:34
650	13:56	24:05	50:57	1:51:35	3:03:31	3:41:20	5:56:18
600	14:17	24:45	52:22	1:55:03	3:10:03	3:49:31	6:10:34
550	14:40	25:26	53:50	1:58:40	3:16:51	3:58:03	6:25:26
500	15:03	26:10	55:23	2:02:27	3:23:59	4:06:59	6:41:01
450	15:27	26:55	57:00	2:06:26	3:31:29	4:16:23	6:57:23
400	15:53	27:44	58:43	2:10:38	3:39:24	4:26:18	7:14:41
350	16:21	28:35	1:00:33	2:15:07	3:47:50	4:36:53	7:33:07
300	16:50	29:30	1:02:30	2:19:56	3:56:54	4:48:14	7:52:55
250	17:22	30:30	1:04:38	2:25:10	4:06:45	5:00:35	8:14:26
200	17:58	31:37	1:07:00	2:30:57	4:17:39	5:14:15	8:38:15
150	18:38	32:52	1:09:41	2:37:31	4:30:01	5:29:45	9:05:17
100	19:26	34:22	1:12:51	2:45:19	4:44:42	5:48:09	9:37:20
50	20:29	36:18	1:17:00	2:55:28	5:03:49	6:12:07	10:19:07
1	22:38	40:20	1:25:35	3:16:31	5:43:28	7:01:48	11:45:44

The Tables look pretty good at the elite level, but I'm not at all sure that they are at all accurate down the scale. Taking my own PB's:

3000m 15:18 (3 consecutive years!) = 468 points  
 5000m 26:15 = 494 points  
 20km 1:50:15 = 670 points  
 50km 5:31:00 = 743 points

**I think this is nonsense!**

I think this is nonsense. I believe that my 20km time was my best at any distance, and I do not accept that my 50km time could possibly be superior. In my 50km races I was really only fit enough to "survive". I also did very few of them, so didn't really get a chance to really "race" them.

I'd be interested in how others find these tables. I suspect that these figures come from a study of actual times achieved. (This makes sense for elite athletes.) But away from the elite side of the sport, the times actually achieved will reflect the fact that lesser athletes are seldom properly prepared for really long races. They will also probably reflect the fact that lesser athletes are also seldom properly prepared for very fast racing. **I believe that these tables are flawed.**

## ANOTHER (BETTER?) METHOD—THE RUNSTAT PROGRAM

The Runstat computer program uses a simple concept—double the distance you slow down, and the program assumes a constant percentage of slowing.

For runners doubling the time and then adding 5% for every doubling of the distance seems to be about right.

For race walkers, a 4% increase seems to fit the bill.—at least up to 20km.

At around world record level, we have the following comparison between both the IAAF Tables and Runstat and world records.

	<b>3000m</b>	<b>5000m</b>	<b>10km</b>	<b>20km</b>	<b>50km</b>
<b>World Record</b>	10:31.42	18:05	37:11:00	1:17:21	3:35:29
<b>IAAF Tables</b>	10:26	17:33	37:01:00	1:17:23	3:35:38
<b>Runstat</b>	10:26	17:54	37:14:00	1:17:26	3:23:54

Both systems are very close to the world records from 3km TO 20km. There is a big variation between 20km and 50km. The IAAF table shows a time for 50km that are right at the world record level. But I'd suspect that there is more potential for improvement at 50km than at 20km, simply due to the fact that 20km is raced more often by more people, and it would be surprising if we have reached as close to the ultimate in an event that is raced less often by fewer people. Also, it is likely that different factors come into play when the event is extended to 50km, so a uniform 4% is unlikely to remain correct. I suspect that the true figure for 50km will be somewhere between the IAAF Table and the Runstat prediction.

At a lower level - JT's PB's					
	<b>3000m</b>	<b>5000m</b>	<b>10km</b>	<b>20km</b>	<b>50km</b>
<b>IAAF</b>	13:47	23:50	50:24.00	1:50:15	5:50:45
<b>Runstat</b>	14:51	25:29	53:00.0	1:50:15	4:50:18
<b>JT's PB's</b>	15:18	26:15.84	~52:00	1:50:15	5:31:00

In this case, Runstat is much closer to my PB's than the IAAF Table. I could accept that if I had trained specifically for 3km, I could have gone close to 14:51, but I find a minute faster much harder to believe. My 50km time also makes a mockery of the IAAF figure, but in the opposite direction. I did rather better than the IAAF would predict, but that was on training that would have to be seen as inadequate for that distance. If I had aimed my training at 50km I believe I could have gone somewhere around the 5 hour mark.

So, my conclusion is that the IAAF Tables are fine at the Elite level, but are way off for lesser walkers. For us, the Runstat program seems to be much more realistic.

Ideally using the tables you should be able to predict your performance at one distance from your performance at another distance. For most of us the Runstat predictions will be more accurate, but we would probably have to put in a good deal of extra training to achieve the 50km predictions. *Jack Tregurtha*

## WHAT RUNSTAT PREDICTS

The following Table shows a range of predictions from the Runstat computer program.

To use it, find your time at one distance. The other times on the same row should be realistic predictions of what you can expect at the other distances.

There is one proviso. If your training has been aimed at say 2km, you can't expect to achieve at the same level at longer distances such as 20km or 50km. But if you targeted your training at the longer distances, the predicted times should not be unrealistic.

2000m	3000m	5000m	10km	15km	20km	Half M	Marathon	50km
7:10	11:00	18:52	39:15	1:00:15	1:21:39	1:26:19	2:59:33	3:34:58
7:30	11:30	19:44	41:02	1:02:59	1:25:21	1:30:15	3:07:42	3:44:44
7:49	12:00	20:35	42:49	1:05:43	1:29:04	1:34:10	3:15:52	3:54:31
8:09	12:30	21:27	44:36	1:08:28	1:32:47	1:38:05	3:24:02	4:04:17
8:28	13:00	22:18	46:23	1:11:12	1:36:29	1:42:01	3:32:11	4:14:03
8:48	13:30	23:10	48:10	1:13:56	1:40:12	1:45:56	3:40:21	4:23:50
9:07	14:00	24:01	49:57	1:16:40	1:43:55	1:49:52	3:48:31	4:33:36
9:27	14:30	24:53	51:44	1:19:25	1:47:37	1:53:47	3:56:40	4:43:22
9:46	15:00	25:44	53:31	1:22:09	1:51:20	1:57:42	4:04:50	4:53:08
10:06	15:30	26:35	55:19	1:24:53	1:55:03	2:01:38	4:13:00	5:02:55
10:25	16:00	27:27	57:38	1:27:38	1:58:45	2:05:33	4:21:09	5:12:41
10:45	16:30	28:18	58:53	1:30:22	2:02:28	2:09:29	4:29:19	5:22:27
11:05	17:00	29:10	1:00:40	1:33:06	2:06:11	2:13:24	4:37:29	5:32:14
11:24	17:30	30:01	1:02:21	1:35:51	2:09:53	2:17:20	4:45:38	5:42:00
11:44	18:00	30:53	1:04:14	1:38:35	2:13:36	2:21:15	4:53:48	5:51:46
12:03	18:30	31:44	1:06:01	1:41:19	2:17:19	2:25:10	5:01:58	6:01:32
12:33	19:00	32:36	1:07:48	1:44:03	2:21:01	2:29:06	5:10:07	6:11:19
12:42	19:30	33:27	1:09:35	1:46:48	2:24:44	2:33:01	5:18:17	6:21:05
13:02	20:00	34:19	1:11:22	1:49:32	2:28:27	2:36:57	5:26:27	6:30:51
13:41	21:00	36:02	1:14:56	1:55:01	2:35:52	2:44:47	5:42:46	6:50:24
14:20	22:00	37:45	1:18:30	2:00:29	2:43:17	2:52:38	5:59:05	7:09:56
14:59	23:00	39:27	1:22:04	2:05:56	2:50:43	3:00:29	6:15:25	7:29:29
15:38	24:00	41:10	1:25:38	2:11:26	2:58:08	3:08:20	6:31:44	7:49:02
16:17	25:00	42:53	1:29:12	2:16:55	3:05:33	3:16:55	6:48:03	8:08:34

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.

## ETIQUETTE

At one time, the “right” thing to do was for a slower runner who was about to be lapped to move out one or more lanes to let the faster runners through. This was good manners, and was appropriate some 50 or more years ago.

At that time, being lapped was an infrequent and disgraceful occurrence.

If you were about to be lapped you were obviously not a serious runner, and you owed it to the real runners to get out of their damned way.

You will still sometimes hear people quote the old “rule” and occasionally you might be asked to move out for the faster athletes. **That thinking is outdated.**

Times have changed, numbers have dropped, and races are no longer restricted to a single grade. The person who is being lapped may actually be in the process of setting a world record. With a much wider range of abilities in a single race, the previous practice actually creates more problems for the faster athletes. One or two might hear an athlete approaching from behind and move out. The faster athlete goes inside them, but may find his way blocked and he is trapped in a tunnel without an exit.

It is far better for everyone concerned if all athletes keep as close as possible to the left of the track. All passing is then done by going around the slower athletes. One mistake athletes often make when passing is that they stick closely to the inside of the track and only move out to pass another athlete at the last moment. This adds to the distance they travel. If they start moving out 20 or so metres before they reach the other athlete, the extra distance is negligible.

It is a little different on the curves, and

while it is a good rule to pass on the straights, this isn't always possible. If you are passing on the curves it pays to get it over and done with fairly quickly. Occasionally you will find two or three walkers going around a track in a group two or even three abreast. They aren't really racing, and to them, their conversation may be important. These people are simply being inconsiderate, but they are probably only doing what they have always done on the road. If words are not successful then I have known a discrete sharp elbow in the ribs to do the trick. (It might be the kindest thing to do, as it might save them from a serious scragging at the finish!)

Occasionally you will strike (and I use the word advisedly) a walker who cuts in on you as they pass, causing you to have to stop dead to avoid a collision. It may be better to allow the collision to occur. The offender might then learn some manners. You shouldn't actually attempt to hit them of course, but they have an obligation to not cross your path until they are sufficiently ahead.

There are also those who walk too close behind you, and keep treading on your heels. We can all do this occasionally as an accident, but some people make no effort to keep clear and do this repeatedly. An eyesight problem with poor distance perception may be the cause, but that doesn't excuse repeated offences, as such a person should take extra care to keep clear.

*Jack Tregurtha*

# TARANAKI TEAMS AT THE GREAT LAKE RELAY

Alan Clarke set himself a tough task last year, when he decided to pick two evenly matched teams for the Taupo Relay. His team had set the record the previous year, breaking 15 hours, and with no other team having got under 16 hours in the history of the event, he needed a new challenge.

Last year his two teams placed first and second, with a mere 10 minutes between them.

This year, it was known that a much improved team from

Palmerston North would be taking part. Alan could have selected an A team and a B team, but again elected to try for two evenly matched teams, even though that gave Palmerston North a genuine chance of winning.

Alan knows the race inside out. He also knows his athletes pretty well, and has a unique ability to judge just how to get the best out of them. If Alan had been spot on this year, his two teams would have finished 1 minute apart. He boobed. They were actually 1 minute 22 seconds apart. This was not a case of a friendly easy pace with a token effort at the finish. It was cut-throat all the way, and the lead changed frequently. This was all part of Alan's plan. He used some dastardly tricks to get the two teams evenly matched. For example, he gave Vanessa Lowl two tough consecutive legs, just to slow her down and help achieve his target of two equal teams.

Alan expected that the Palmerston North Team would be in the lead with a few legs to go. That did not happen, but at the change from leg 14 to 15 (18 legs total), there was only a couple of minutes between the top three teams.

The final few legs were dramatic. The Alco *Holix* Team should have been a few minutes behind the Alco *Holiks* team, but had a small lead. When young Shaun Thompson came on for the second to last leg, he was scheduled to do 36 minutes for his 6.1km, but he had his own ideas and was nearer to 30 minutes. He nearly didn't make it, stopping for a little vomit going a his last hill, but at the last change he gave Eric Kemsley a handy 6 or 7

minute lead over Glenn Burrell. Glenn didn't accept that he had an impossible task, but despite churning out 4m 30s k's for his 7.5km leg, it wasn't to be.

As can be imagined, the teams' sponsors, Alco Ladders are delighted, and TOLD Alan he would be organising the Alco teams again next year.

Palmerston North Magic became only the second team to go under 16 hours for the race, and it could be a very close contest next year.

**Alan Boobed.  
His two teams were  
1m 22s apart at the  
finish.**

## The Alco teams results in recent years are:

2001 2nd	17:45:57
2002 1st	15:36:43 (Race Record)
	Margin to 2nd 1:18:38
2003 1st	15:41:38
	Margin to 2nd 1:26:49
2004 1st	14:57:14 (Race Record)
	Margin to 2nd 2:21:03
2005 1st	15:16:30 2nd 15:26:45
	Margin to 3rd 0:58:35
2006 1st	15:21:20 2nd 15:22:42
	Margin to 3rd 0:13:18

## 2006 RESULTS

1	15:21:20 Alco Holiks New Plymouth
2	15:22:42 Alco Holix New Plymouth
3	15:36:00 Manawatu Magic Palmerston North
4	16:54:47 Northpine Walkers Whangarei
5	17:04:49 Motley/Crazy Crew, Palmerston Nth
6	17:43:11 (11 + 1) Eleven Plus One Palm Nth
7	18:09:47 Walk Ys Upper Hutt
8	18:34:27 Just Amblin Te Awamutu
9	18:59:09 Bay Of Plenty Times Tauranga
10	19:07:44 Stubbs Topham Sears Ltd Taum'niui
11	19:24:21 Olex Wobbly Walkers One Plym
12	19:38:32 Manakau Netball Levin
13	19:44:03 Bush Babes Pahiatua
14	19:46:10 Stretton Stiders Taupo
15	19:55:50 Two-eeee Waipukurau
16	20:05:01 C'more Butts Taumarunui
17	20:08:17 Taumarunui Aerobics Taumarunui
18	20:09:05 W.E.T. 1's Te Awamutu
19	20:15:43 Walkie Talkies Masterton
20	20:16:52 Huffed N Stuffed Danvirke
21	20:21:05 St Marks Auckland
22	20:21:39 Accelerators Takapuna
23	20:28:00 Jolly Strollers Hamilton
24	20:29:55 The Good, The Bad & The Hamilton
25	20:33:31 Mad Catz Feilding

26	20:33:46 Pukekohe Pavement Plodders Pukekohe	39	21:29:33 Brilliant Oxygen Otahuhu
27	20:38:03 D & D Racing Oaki	40	21:36:55 Te Kuiti Mash Unit Te Kuiti
28	20:43:30 Tribal Council Taupo	41	21:37:58 Porirua Health Plus Takapuwhia
29	20:49:54 H Town Helter Skelters Hamilton	42	21:39:46 Whakapirau Wonder Women Torbay
30	20:53:13 Bits And Pieces Morrinsville	43	21:40:06 Putaruru Pumpers Putaruru
31	20:53:29 Pukekohe Maternity Unit Pukekohe	44	21:46:51 Taupo Medical Centre-Pedes Taupo
32	20:55:10 In 4 Fun Turangi	45	21:59:58 Palmerston Nth City Libr'y Pahiatua
33	20:59:33 The Great Fakes Auckland	46	22:21:57 Fast Crew Putaruru
34	21:12:32 Delightful Deserts Taupo	47	22:29:02 Team KCL Turangi
35	21:18:58 Westbrook Whippets Rotorua	48	22:43:15 Te Puni Kokiri Walkers Wellington
36	21:22:20 Hauraki Walkers Ngatea	49	22:48:02 Caltex 3 Wellington
37	21:22:31 Super 10 Taupo	50	23:04:53 Wai Walk Mt Roskill
38	21:24:40 ESR Ramblers Porirua		



Above Left: About 12 hours into the race, and a determined Robyn Wolfsbauer was not going to surrender her lead to Michael Lane. The third placed team was very close at this stage, and had been expected to be leading.  
 Above Right: The Guru, Alan Clarke. His handicapping was probably the supreme athletic achievement of the weekend.

## THIS AND THAT AND A BIT OF THE OTHER

Russian Race Walker Olimpiada Ivanova was 6th on the list of earners from IAAF competitions in 2995. Her earnings totalled \$160,000. There were no male walkers in the top ten.

For the first time ever at a World Championships, at the 11th IAAF World Championships in Athletics, Osaka, Japan (24 Aug-2 Sep 2007), Member Federations will be able to enter one 'B' standard athlete in the same event alongside one or two 'A' standard athlete(s) (3 in case there is a defending World

### WORLD RECORD ACTION

#### MEN

##### **World Junior Record awaiting recognition by the IAAF**

Road 10Km Walk 39:32 SANCHEZ Eder MEX Helsinki 6-8-2005

##### **World Junior Record not recognised by IAAF**

Road 10Km Walk 39:52 PROKHOROV Aleksandr RUS Sochi 13-3-2005. No doping control

#### WOMEN

##### **World Women's Record Recognised by IAAF**

Road 20Km Walk 1:25:41 IVANOVA Olimpiada RUS Helsinki 7-8-2005

##### **World Junior Women's Record Recognised by IAAF**

10,000m Walk 43:11.34 SOKOLOVA Vera RUS Kaunas 21-7-2005

From time to time we hear of athletes being told that they MUST perform. This was the message that was given publicly to the athletes who competed at the NZ Senior Champs in Christchurch.

One athlete, Kimberly Smith felt a problem with her Achilles tendon while running in the 5000m race. She bravely (stupidly?) carried on and won the title.

The result was that she had to withdraw from the Commonwealth Games team.

We can only wonder whether the instruction to "PERFORM" at the national champs might have influenced her decision to battle on.

It gets worse. While convalescing Kimberly suffered a pulmonary embolism (blood clots in the lungs) as a direct result of immobilising the injured leg.

I believe that once athletes are accepted in a team they should be free to prepare themselves as best they can for the main event. Putting additional pressures on them to impress yet again may not be too sensible.

**Have we seen the last of the National Teams Competition?** In the Senior Grade at the National Finals the only team from outside the Central Region was Hamilton Hawks. Only a little better in the Development Grade. Clearly few clubs are at all interested in taking part in what used to be one of the most important meetings of the year.

In my area, the Hastings Club had always resisted joining with the Napier Club, primarily to give all Hastings athletes a place in the teams. This year the two clubs joined forces, but could not raise a single team to contest the Finals. A couple of years back there would have been two Hastings teams and a Napier team.

# COMING EVENTS



## 2006

### MARCH

15-26 March

**Commonwealth Games, Melbourne.**

The Walks will be held in the Docks area, close to the centre of the City.

Mon 20 March Men's 20km

Women's 20km

Friday 24 March Men's 50km

26,27 March (25 & 26??) South Island Secondary Schools T & F Champs, Canterbury.

### APRIL

1,2 April

North Island Secondary Schools T & F Champs, Hastings.

13, 14 May

World Walking Cup, La Coruña, Spain.

11 June

Lake Burley Griffin races, Canberra.

6 Aug

Racewalking Australia Carnival, Melbourne. Tbc.

6 Aug

Len Watkins Race, Christchurch.

15—20 August

World Junior T & F Champs, Beijing.

26-27 August

Australian Road Walking Championships, Hobart.

2 Sept

**NZ Road Champs, Christchurch (tbc).**

7 Oct

NZ Relay Champs, Feilding. (*The last time this was held at Feilding there was a semi-judged Walking section.*)

22 Oct

**NZ Long Distance Walks Championships, HASTINGS**

World Junior Championships, Beijing, China

## 2007

18-22 July

World Track & Field Champs, Osaka, Japan.

World Youth Championships, Ostrava, CZE

## 2008

10, 11 May

Olympic Games, Beijing, China.

World Walking Cup, Cheboksary, Russia

## 2009

World Track & Field Champs, Berlin, Germany.

## 2010

Commonwealth Games, Delhi, India.

## 2012

**Olympic Games, London, England.**

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Sue Hoskin;  
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<b>Taranaki:</b>	Tony Burrell	(06) 752-3272
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<b>Manawatu:</b>	Sue Hoskin	(06) 357-1642
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# RACEWALKING CLUBS AND ASSOCIATIONS AROUND THE COUNTRY

## AUCKLAND RACE WALKING ASSOCIATION

**President:** Chris Marks 09 8322628  
**Secretary:** Max Cutts, 6 Shuttleworth  
Place, Manly, Whangaparaoa, 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.

# Application To Join/Renew Membership In The NZRWA

**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 Secretary,  
NZRWA,  
980 Riverslea Road South,  
Hastings**

*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 RIVERSIDE ROAD SOUTH,  
HASTINGS.



[www.nzwalk.org.nz](http://www.nzwalk.org.nz)

*"Race Walking is to regular walking as  
A Symphony is to a Jingle."*