



RACE WALKING **CONTACT**

The official magazine of Race Walking New Zealand

2010 Number 1 March 2010



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20km Time Trial Douglas Track Waitakere 10th January 2010

The Trial

On Sunday 10th January, Race Walking New Zealand assisted by Racewalking Auckland held a 20,000m track walk at The Douglas Track, Waitakere.

The event was held to select a New Zealand team to compete for the Oceania Race Walking Trophy in a Test match between Australia and New Zealand in Hobart on Saturday 13th February in conjunction with the Australian Summer 20km Road Walking Championships which was also approved by the IAAF as an Area Meeting kicking off the 2010 IAAF Race Walking Challenge, as well as being the Australian Commonwealth Games and World Cup trials, U23 20km championships and the Australian U20 10km World Cup Trials..

The Oceania Race Walking Trophy is to be a bi-annual race walking match, initially between Australia and New Zealand. The name of the competition reflects the aim that this competition can eventually encompass the wider Oceania region. The competition will be held over two events: 20 km women and 20 km men and is to be teams based with teams of up to four female and four male walkers selected for each country.

The first three competitors to finish for each country are to count from a teams perspective.. If less than three competitors finish from a country, those competitors who do finish still score points to ensure that the Trophy stays alive.

Team points are to be 7, 5 and 4, 3, 2, 1 for women and men, with an additional point being awarded to the winner of each event.

In an effort to guarantee a solid competition, the Australian team was an Under 23 team and the NZ team is to be an Open team, however as it turned out the New Zealand Women's team was also an all Under 23 team.



Alana Barber

Rosie Robinson



Brooke Cowsill Graeme Jones

Alana Rosie

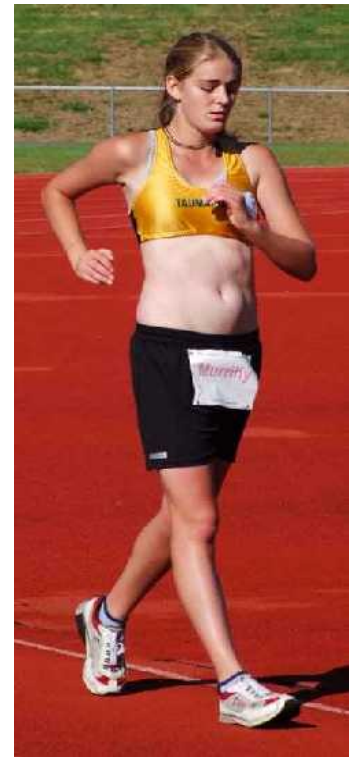
Sue Hoskin



Kelly Mabbett



Maggie Bradley



Natasha Murrihy

Selection for the team was overseen by the Athletics New Zealand selectors who selected Kate Newitt, Roseanne Robinson, Alana Barber and Kelly Mabbett in the Women's event and Quentin Rew, Eric Kemsley, Mike Parker and Scott Nelson for the Men's event.

This was a very strong New Zealand team with Kate being the national 3000m track walk and W19 10km walking champion and New Zealand W19 5000m and 10,000m record holder, Rosie is the New Zealand W19 3000m track walk and W19 5km walk champion and Alana the national 10km and 15 km road walking

champion, while Quentin is the national 10km, 20km and 50km walking champion, Mike was selected for the 1980 Moscow Olympic Games and Scott had returned to the sport after competing at the 1996 Atlanta Olympic Games and winning the bronze medal in the 30km walk at the 1994 Victoria Commonwealth Games. He also competed at the 1993, 1995 and 1997 world championships.

Race results

Noted below are the results for those who finished the race, with 2km time splits for all walkers further on.

Women		Men	
Kate Newitt	1:48:49	Eric Kemsley	1:49:35
Rosie Robinson	1:52:00	Mike Parker	1:51:30
Alana Barber	1:56:33	Graeme Jones	1:53:58
Kelly Mabbett	2:01:51	David Sim	1:57:39
Nyle Sunderland	2:03:20	Russell Smyth	2:03:49
Sue Hoskin	2:10:08		
Maggie Bradley	2:23:38		
Shirley Barber	2:25:35		



Bend Knee Warning?

Eric Kemsley

Kate Newitt

Rosie Robinson



Alana Barber

Kate Newitt

Photos supplied by Gary Little

There was a lot of comment after the race about judging and that there were 21 starters and only 13 finishers. A simple look at the number of walkers and judges showed the following points;

There were 5 disqualifications and 3 walkers did not finish.

We had 21 race walkers and 6 judges for a 20km event.

For the race walkers this is the equivalent of being seen by 300 judges, i.e. 50 laps by 6 judges each lap.

For judges it is the equivalent of 1,050 race walkers (21 x 50 laps) going past each of judges.

The fact that the trial was moved from the road to the track produces these numbers and the combining of

these two pieces of information goes a long way to explaining the high number of cards issued by judges.

If the event was held on the road as planned, then it would have been on a 16 lap course.. For road events, the minimum number of judges is 6 up to 9. So if we had held the event on the road with the same number of judges, then the numbers change substantially; 16 laps by 6 judges equals 96 judges - 1/3 of the number on the track, and the equivalent of 336 race walkers (21 x 16 laps).

The very fact that walkers walk by the judges on the track more frequently than occurs on road events means judges see the walkers more often. This means walkers are judged more often, and the more a judge sees a walker, the greater the chance of seeing an indiscretion.

Article by David Sim

2km Splits

	2km	4km	6km	8km	10km	12km	14km	16km	18km	20km	
Quentin Rew	9:11	18:20	27:42	37:18	46:50	56:00	1:05:34	1:15:34	1:25:47	1:35:45	
Mike Parker	10:35	21:18	32:08:00	43:11:00	54:11:00	01:05:15	01:16:24	01:27:40	01:39:28	01:51:29	
Graeme Jones	10:50:00	22:07:00	33:34:00	44:28:00	55:39:00	01:07:06	01:18:34	01:30:11	01:41:54	01:53:58	
Eric Kemsley	10:21:00	20:45:00	31:27:00	42:11:00	53:12:00	01:04:23	01:15:40	01:27:03	01:38:21	01:49:35	
David Sim	10:56:00	22:12:00	33:36:00	45:20:00	57:40:00	01:09:26	01:21:24	01:33:47	01:45:29	01:57:39	
Scott Nelson	No time										DQ
Russell Smyth	11:25:00	23:28:00	35:36:00	47:49:00	59:53:00	01:12:13	01:24:56	01:37:35	01:50:39	02:03:48	
Frank Smedley	12:06:00	23:51:00	38:18:00	50:26:00							DNF
Matthew Holcroft	10:07:00	19:57:00	30:14:00	41:04:00	52:12:00	01:03:46	01:15:34	01:28:01			DNF
Philip Grimmett	13:51:00	27:28:00	40:53:00	54:34:00							
Kate Newitt	10:17:00	20:46:00	31:27:00	42:05:00	53:01:00	01:03:59	01:15:06	01:26:27	01:37:42	01:48:48	
Rosie Robinson	10:21:00	20:47:00	31:28:00	42:13:00	53:21:00	01:04:48	01:16:23	01:28:02	01:39:59	01:52:00	
Alana Barber	11:45:00	23:40:00	35:19:00	46:41:00	57:55:00	01:09:26	01:21:08	01:32:48	01:44:55	01:56:33	
Brooke Cowsill	11:40:00	23:19:00	35:01:00	46:39:00	57:58:00	01:09:25	01:21:22				DQ
Nyle Sunderland	11:47:00	23:54:00	36:08:00	48:24:00	01:00:44	01:13:12	01:25:37	01:38:10	01:50:52	02:03:20	
Sue Hoskin	12:07:00	24:42:00	37:27:00	50:19:00	01:03:24	01:16:33	01:29:48	01:43:11	01:56:38	02:10:08	
Kelly Mabbett	12:08:00	24:01:00	36:09:00	48:22:00	01:00:35	01:12:35	01:24:52	01:37:05	01:49:42	02:01:51	
Natasha Murrhy	10:50:00	22:09:00	34:10:00	46:38:00	59:07:00						DNF
Shirley Barber	13:07:00	26:42:00	40:40:00	54:32:00	01:09:00	01:24:17	01:39:09	01:54:20	02:10:07	02:25:34	
Maggie Bradley	12:33:00	25:42:00	39:30:00	53:10:00	01:07:26	01:21:58	01:36:23	01:51:33	02:07:36	02:23:37	
Terri Grimmett	12:38:00	25:31:00	38:47:00								DQ

Oceania Race Walking Trophy Match Hobart 13th February 2010

The Hobart race

The New Zealand team arrived in Hobart on the Wednesday preceding the Saturday 13th February events and flew home on the Monday afterwards. This gave the team the opportunity to train and chat with the Australian, Japanese and Mexican walkers, who all stayed in the same hotel.

The fields for the events were some of the strongest race walking fields ever assembled in Australia and included former world champion and world record holder Nathan Deakes, the 2007 IAAF race walking challenge winner Luke Adams and 2008 victor and dual Olympic medallist Jared Tallent, all of Australia; defending champion Eder Sanchez of Mexico, reigning Commonwealth Games bronze medallist Chris Erickson, Australian representative Adam Rutter and 1998 Commonwealth Games silver medallist Duane Cousins. Adding further weight to the field was 2009 world championships representative Isamu Fujisawa of Japan, two-time Olympian Yuki Yamazaki also of Japan, Mexican contenders Adrian Herrera and David Mejia and Ato Ibanez of Sweden..

The Women's event was lead by Australian representatives Cheryl Webb and Claire Tallent, alongside Beijing Olympian Kellie Wapshott. 2009 world championships representative Jess Rothwell was the only big name walker to be missing, ruled out of competition due to injury. Athletics Australia under 19 Talent Squad members Beth Alexander, Dane Bird-Smith, Sean Fitzsimons and Blake Steele lined up in the under 20 10km event.

The Hobart leg of the IAAF Race Walking Challenge was part of a huge weekend of athletics action happening in Hobart, which also featured the Briggs Athletics Classic and Australian combined events championships held on the Friday night and Saturday, plus a Ducati motor bike convention which saw 6,000 Ducatis being ridden around.. Following the opening round of the IAAF Race Walking Challenge in Hobart, the elite international series will move to Olhao, Portugal; as the world's best walkers continue the race for qualification to the season-ending IAAF Race Walking Challenge Final in Beijing, China, in September.

The 20 km races started at 6pm with the 10km events a few minutes later, with the course being a flat 2km loop along the Hobart waterfront. With the event being held at such a time and place, plus with the addition of a visiting cruise ship and the Ducati bikers, there was a very large crowd assembled watching the events. The Women's event had 16 competitors and the Men's had 24, with both events' being held together. The under 20 Men's and Women's events had a combined total of 20 competitors, but no New Zealand walkers. This was a lost opportunity for New Zealand junior walkers, who instead raced alone in the TT21 Tack competition at the Sovereign track in Auckland.

The races were won by husband and wife, Jared and Claire Tallent. The Tallents were joined by Luke Adams, Chris Erickson, Cheryl Webb and Jillian Hosking in securing their selection to the Commonwealth Games in New Delhi in October for Australia. It's most probable some, if not all the place getters in New Delhi at the Commonwealth Games will come from this group of Australians and reflects the quality and depth of Australian walking. That the New Zealanders were competitive against this group shows that the level and ability of the New Zealand walkers is improving.

Jared Tallent headed straight for the front of the men's field, a position he held for the duration of the race. Opening up a slight lead in the second lap, he moved away in the third to open up a commanding lead over Sanchez, Deakes, Adams and Rutter. Going through the halfway mark in 39.07 Tallent was followed by Sanchez and Adams, who had opened up a slight gap on Deakes in his last lap of the course before he withdrew. Tallent continued to lead Sanchez and Adams until lap nine, when Sanchez was disqualified and Adams moved into second place with Erickson in third.

Tallent crossed the line in the new personal best time of 1:19.15, eclipsing his previous career best mark of 1:19.41 set in February, 2008, to secure his third straight national title. He was followed across the line by Adams (1:22.08), a late-surging Ibanez (1:23.31) and Erickson (1:23.38).

The women's race was a closely contested tussle for line honours with Cheryl Webb and Claire Tallent joined by Jillian Hosking among the early leaders. After three laps, a group of four athletes led the women's field, Beijing Olympian Kellie Wapshott moving up to join the leaders briefly before she was dropped back over the next 2km-loop. At lap seven Tallent and Webb strode away from Hosking and on lap eight Tallent opened up a 20m lead on Webb that she maintained to the finish line, finishing in 1:32.41 ahead of Webb in 1:33.29 and Hosking in 1:34.13.

In the Under 20 events, 2009 world youth championships representative Dane Bird-Smith took out the Under 20 men's 10km walk in a personal best time of 43.16 ahead of Sean Fitzsimons (43.31) and Rhydian Cowley (44.24), the first two place getters posting world junior championships qualifying times. Regan Lamble took out the women's Under 20 event in 48.11 ahead of Beth Alexander in 49.02 and Paige Hooper in 49.25, all three podium finishers meeting world junior championships A-qualifying standards.

These results are most interesting as one of the members of the New Zealand Women's team, Rosie Robinson is 19 and posted two personal bests in the Women's race, going through 10km's in a shade over 50 minutes before finishing in a very respectable 1:51:24. This is the second time Rosie has broken the qualifying standard for the World Walking Cup to be held in Mexico in May.

Oceania Race Walking Trophy Test match



Alana Barber Mike Parker Rosie Robinson Quentin Rew Kate Newitt Eric Kemsley, Kelly Mabbett Scott Nelson

The 'main' event for the New Zealand team was the U23 20km championships and the Oceania Race Walking Trophy test match. Interestingly, all the NZ women were under 23, which is good for the future of the sport in New Zealand.

Australia won what turned out to be a tight contest – 27 points to 17 points and was presented with a perpetual shield which will be contested every 2 years; the next contest will be in 2012. It is notable that at this level the New Zealand and Australian Under 23 women are relatively equal and as can be seen in the results, Kate and Rosie finished 2nd and 3rd in the grade and in the Oceania Race Walking Trophy match. These two and Kelly will still be young enough to qualify for this grade in two years time, while Alana will just miss out on the U23 grade, highlighting the youth of the New Zealand women's team.

20 km Women

1.	Nicole Fagan AUS	1:41:35	7 pts
2.	Kate Newitt NZL	1:47:52	5 pts
3.	Rosie Robinson NZL	1:51:24	4 pts
4.	Lauren Bourke AUS	1:55:35	3 pts
5.	Alana Barber NZL	1:58:58	2 pts

6. Tamara Attard AUS 2:02:57 1 pt
7. Kelly Mabbett NZL 2:05:26
8. Caitlin Brunton AUS 2:11:53

Article by David Sim

Hobart Report - Rosie Robinson

Representing New Zealand is what most race walkers and athletes would call a dream. But recently it has become more than a dream for eight of New Zealand's Elite senior walkers who took on some of the best around the world at the first of the 2010 IAAF Race Walking Challenge in Hobart Australia. Not only did this race have Olympic, world record holders and commonwealth representative's but it was also a race between New Zealand open and Australian under 23. As it turned out the New Zealand women's team was under 23 as well and all performed well at an international event. For many of the team it was their first international event and each one of the team members wore the NZ singlet with pride. The women's team consisted of Kate Newitt, Rosie Robinson, Alana Barber and Kelly Mabbett while the men's team consisted of Quentin Rew, Eric Kemsley, Mike Parker and Scott Nelson. The race started at 6pm so the team met up at 4pm got everything together and tried to hide the butterflies racing around in their tummy with some laughs and photos. By 4:45pm the team was together and everyone was walking down to the course smart in their NZRW t-shirts and their New Balance sports bags. Arriving at the course everyone looked professional, which gave us first timers even more butterflies to try hide. Each competitor had an electronic chip they had to connect to their shoes for timing and also had numbers to put on. Before we knew it we were at the start line standing among some of the best in the world and fellow competitors. Ready....Set....Bang... We were off trying to keep to a steady pace and not get pulled along too fast with the fast walkers. During the race trying to concentrate on the race and your technique was harder than you would think with the amount of spectators cheering for you as you passed. For one competitor he had a whole pub cheering him on..."22 we love you". When you finished you had officials giving you water and getting the electronic chip from your shoe.

At the post medal ceremony we were told we had lost the trophy by only a few points but were rewarded with the presentation of two medals a silver and bronze for two under 23 New Zealand walkers, Kate (silver) and Rozie (bronze). This put light back into our night as we were glad New Zealand were able to return back to the country with not only each walker racing a good race and representing the country with pride, determination and guts, but were also able to return with two medals and know that race walking in New Zealand has a bright future ahead of it.

New Zealand celebrated the success of a good race traditionally by night clubbing with fellow Australian competitors until early hours of the morning.

Athletics New Zealand Race Walking Championships 2010

The track championships were held in a hot sunny QE11 Stadium on Friday 26th March with the combined women's grades competing together early in the morning. Kate Newitt took an immediate lead which she never relinquished. Behind her the field took a couple of laps to settle down with Rosie Robinson moving into a clear second. Natasha Murrhiy worked her way out of the bunch at about half way for third place.

The combined men's grades were after lunch and after Daniel Lord had made an initial fast start Quentin Rew went into an early and commanding lead and won the senior race by over 30 seconds.. In the Senior Men's race Mike Parker paced himself to go well under 14 minutes for the first time since he commenced his come back. Daniel was the only starter in the MU19 grade but Matthew Holcroft in the MU16 grade closed slightly on him late in the race with Matthew also going under 14 minutes for the 3,000m.

The road races on Sunday 28th march were on the Bottle Lake Park road. The course is on closed roads with a good surface and quite a lot of shelter. In a few places the camber of the road presents problems for the walkers. The weather was cool with a few light showers at the start with the lightest of winds.



Photo courtesy of John Hinton

Daniel Lord again made a fast start but by 3 km Quentin Rew was clear and he went on to almost lap the field. Behind him Scott Nelson worked with Kate Newitt for quite a distance until a shoe problem slowed him for a time. Scott made some repairs to his shoes and carried on to a comfortable second place but could not get back up to Kate. Again the third place was initially a battle between Tony Sargisson and Mike Parker with Mike again moving away for third place.

Kate Newitt easily won the women's race but did not break the Commonwealth Games standard, with new walker Brooke Cowsill from Auckland a clear second in her first New Zealand Championship. Alana Barber broke two hours for third place after a long race against David Sim who was also well under two hours.

Rosie Robinson dominated the women U19 race being over four minutes ahead of Natasha Murrphy, who again had a steady start and then moved away from the rest after a few kilometers. In the Men's U 19 race Daniel Lord was pressured by an ever improving Matthew Holcroft who was just 11 seconds behind at the finish. Matthew broke 50 minutes for the first time as a result of his efforts. Phillip Meikle had a long battle with Phillip Wyatt before moving away late in the race for third. Phillip Wyatt was already a gold medalist at the championships having lead all the way in the Men U16 triple jump on Saturday.

Women 3000 Metre Race Walk Senior

National Record – Standard TBA

1 Newitt, Kate	Canterbury	13:44.53
2 Barber, Alana	Auckland	15:47.94
3 Sunderland, Nyle	Tasman	16:32.55
-- Grimmett, Terri	Wellington	DQ

Women 3000 Metre Race Walk 19 & Under

National: N 13:41.52 22/01/2010 Kate Newitt, Port Hills

1 Robinson, Roseanne	Otago	14:20.68
2 Murrphy, Natasha	Waikato Bay of Plenty	14:59.16
3 Meikle, Rowena	University Canterbury	18:51.09

Women 3000 Metre Race Walk 16 & Under

National: N 13:52.07 12/03/2004 Amanda Gorst, Hawkes Bay G

1 Ruske, Courtney	Canterbury	15:40.28
2 Shaw, Lucinda	Canterbury	15:41.86
3 Shaw, Rachael	Canterbury	18:42.50

Men 3000 Metre Race Walk Senior

National: N 11:21.50 2/02/1997 Craig Barrett, Hamilton

1 Rew, Quentin	Hawkes Bay Gisborne	12:31.64
2 Nelson, Scott	Waikato Bay of Plenty	13:08.92
3 Parker, Mike	Auckland	13:46.95

4 Sargisson, Tony	Auckland	14:40.76
5 Sim, David	Auckland	15:59.36

Men 3000 Metre Race Walk 19 & Under

National: N 12:16.80 13/02/1993 Graeme Jones, Hawkes Bay G

1 Lord, Daniel 91 Canterbury 13:45.37

Men 3000 Metre Race Walk 16 & Under

National: N 12:50.34 2/02/2008 Daniel Lord, South Canterbury

1 Holcroft, Matthew	Waikato Bay of Plenty	13:58.43
2 Meikle, Phillip	Canterbury	14:53.15
3 Wyatt, Phillip	Auckland	16:25.27
4 Meikle, Ben	Canterbury	16:30.71

Women 20000 Metre Race Walk Senior

National: N 1:39:54.20 21/11/1993 Linn Murphy, Wellington

1 Newitt, Kate	Canterbury	1:42:15.0h
2 Cowsill, Brooke	Auckland	1:51:43.0h
3 Barber, Alana	Auckland	1:57:53.0h
4 Sunderland, Nyle Tasman		2:00:08.0h
5 Mabbett, Kelly	Waikato Bay of Plenty	2:05:10.0h
-- Grimmett, Terri	Wellington	DQ

Women 10000 Metre Race Walk 19 & Under

National: N 50:15.56 19/12/2009 Kate Newitt, Port Hills

1 Robinson, Roseanne	Otago	50:30.0h
2 Murrhiy, Natasha	Waikato Bay of Plenty	54:53.0h
3 Ruske, Courtney	Canterbury	57:41.0h
4 Shaw, Lucinda	Canterbury	1:00:07.0h
5 Meikle, Rowena	University Canterbury	1:09:35.0h

Men 20000 Metre Race Walk Senior

National: N 1:22.20 26/01/1998 Craig Barrett, Hamilton

1 Rew, Quentin	Hawkes Bay Gisborne	1:32:20.0h
2 Nelson, Scott	Waikato Bay of Plenty	1:43:30.0h
3 Parker, Mike	Auckland	1:45:20.0h
4 Sargisson, Tony	Auckland	1:48:10.0h
5 Sim, David	Auckland	1:57:22.0h

Men 10000 Metre Race Walk 19 & Under

National: N 43:52.58 11/02/1995 Tony Sargisson, Auckland

1 Lord, Daniel	Canterbury	49:34.0h
2 Holcroft, Matthew	Waikato Bay of Plenty	49:45.0h
3 Meikle, Phillip	Canterbury	56:02.0h
4 Wyatt, Phillip	Auckland	56:46.0h
5 Meikle, Ben	Canterbury	1:06:58.0h

Article by David Lonsdale.

RWNZ Marathon Championship at the Rotorua Marathon 1st May

Nearly 70 walkers have so far entered the competitive walkers section of the Rotorua Marathon on 1st May 2010. This event again is the Race Walking New Zealand Marathon Championship. The Competitive class of walkers has a distinctive coloured number bib and yellow ankle band to assist the Walk Scrutineers to see them among the thousands of runners and walkers. The Scrutineers look for competitors who are losing contact by jogging or shuffling along in what has been called the "Dunny Crouch", which is close to slow running. Badly bent knees may be penalised if they provide an advantage.

This year the special walker's only spot prize for all classes of walkers in the Rotorua Marathon is a return trip to Madrid Spain for two and seven nights accommodation while walking the Camino de Santiago trail. To enter the Competitive walkers section and our championship and to get a chance

of winning this fabulous spot prize go to www.rotoruarathon.co.nz and enter now. For information on the walk in Spain go to www.walkersworld.co.nz.

Scrutineers are needed for the Rotorua Marathon. If you are a race waging judge or a race walker who is not competing but who can help on the day please contact David Lonsdale. His details are elsewhere in this issue. Scrutineers will be given a yellow judges jacket, scrutineering guide notes, CB Radio and a car pass to allow you to go all round the lake, including the closed road section.

David Lonsdale

RWNZ Road Relay Championship –Scottish Ekiden Relay 23rd May

The fourth annual RWNZ Race Walking Road Relay will be held in Trentham Upper Hutt on Sunday 23rd May. At the time of writing there are already three entries in the Championship A Division and six in the B Division. This event has been quite competitive and there should be a close race again for both divisions. For those who have not competed before it is over the Marathon distance of 42.290 km in six legs which vary from 5 km to 10 km. It is fully judged for the A Division and slightly less stringent for the B Division.

It is a walker's only event with a social side, and trophies and good prizes for both divisions. Contact David Lonsdale at thelonsdales@paradise.net.nz to get the information sheet and entry forms. Entries close on May 7th for the relays.

An innovation this year is a 2.5km race for juniors or a 5km race over the relay course at 1.00pm. This is to allow those walkers who have already competed in the relay and who want to do something more to race again at no extra fee. Others who have not raced in the relay can enter at a modest fee and go into a draw for spot prizes.

David Lonsdale

RIO 2016 Event Manager for Race Walking

Athletics New Zealand has appointed Tony Sargisson as the Event Manager for Race Walking in the lead up to the Rio 2016 Olympics. Tony will be working with athletes and coaches to develop a squad and a programme with the final objective of selection for the New Zealand Olympic team for the Rio Olympics. There will be lots of intermediate targets for our elite walkers. Although 2016 might seem like a long way off getting to the elite level will need many years of planning hard work and commitment. We should all be ready to help if needed with this far sighted long term project.

Avoid Hearing Loss and Getting Run Down

Many walkers and runners wear in ear or external the headphones for music while training and racing. At the Wellington Scottish weekly 5 km races each Tuesday on the harbour front the competitors have to weave their way through hundreds of pedestrians on their way home and also avoid the dozens of cyclists who are allowed to speed on the pavements. The cyclists weave their way at high speed through everyone and there are countless near misses every day. Many of these near misses are from athletes who can not hear anything around them.

We have been fortunate that only minor injuries have happened so far. The race is not a championship so while officials ask competitors not to use headphones in these races we are not heavy handed about it. We just watch their eyes glaze over at the thought of having to think about the race instead of being lulled into a hypnotic state by music, and then wonder why their performance does not improve. Of course we make sure our Athletics NZ Public Liability Insurance is up-to-date by paying our event sanction fee!

Most road race organisers include a rule that electronic aids can not be worn. It is hard to police the rule with big fields but if an athlete is hurt and it is proved they were using some form of music player or radio then who is responsible? Would it be the athlete or the race organiser? The IAAF Competition Rule 144.2(b)(which applies in New Zealand) specifically bans this form of aid. So if you are an athlete who uses some form of music or radio be aware that in a race you are considered to be gaining an unfair advantage and could be warned or disqualified from the race.

But what about the long term effect of playing music into your ears while training or racing? By the age of 50 one person in eight has significant hearing loss which is usually caused by regular loud noise. Hearing is a complex process. The ear comprises the outer ear, the middle ear, and the inner ear leading to the auditory nerve, which takes the messages to the brain. As we grow older our hearing becomes less acute, often in the higher frequencies. The little hairs in the inner ear, which are important to the transmission of sound degenerate and there is no way of restoring their function. They are also destroyed by excessive noise. (1)

It is concerning to see younger people using music players with in ear headphones which, because they are so much closer to the ear drums, will often run at much higher levels of sound than is advisable. Once again the damage that is done at the time is not immediately apparent and may only become obvious years later. One of the problems of bud type headphones is that they are not good at shutting out external noise, so the volume is turned up, which in turn damages the hearing. (2)

So consider your future health and hearing, which can not be repaired and think about leaving your music at home when you train or race, and not surprisingly you will find you are focusing on your performance instead of some one else's.

David Lonsdale - Notes (1) (2) Dr Chris Kalderimis, The Dominion Post.17th March 2010.

Wellington Centre News

Capital Classic 22nd January Newtown Park Wellington

The largest field of walkers at any of the "Classic" Meetings held in January and early February was assembled for a 3,000m race at the annual Capital Classic. Despite a few non-starters due to travel problems and illness 14 starters showed the race walking flag in a meeting very well supported by athletes and spectators.

Daniel Lord (Timaru) showed his speed and style to easily win the Men's division in 13:05:30 from Matthew Holcroft (Hamilton) 14:06:62 and Peter Baillie (Wellington) in 15:25:91.

Kate Newitt (Christchurch) was even more dominant in the Women's division winning in 13:41:52 from Natasha Murrehy (Taumaranui) 15:50:51 and Michaela Housiaux-Andrews (Otaki) in 17:58:15.

Wellington summer overview

The decline in the number of senior race walkers appearing on the track has been disappointing. Since the start of the summer season there have been nearly 30 races for race walkers at Newtown Park so there has been no lack of opportunity to compete. The Race Walking Judges have of course had plenty of races to officiate at and five new judges have progressed well over the summer at events from Junior Inter-Club races to the North Island Secondary Schools Championships. The standout track walkers this summer have been Terri Grimmett who won the Centre Championship in a slow for her 19:12:74 and Peter Baillie who won the Centre 3,000m championship in 15:00:70. Peter set a personal best on 13th March of 14:48:70. Our under 16 3,000m champions are Stuart Hood 19:27:96 and Michaela Housiaux-Andrews 18:39:90.

David Lonsdale Regional coordinator

Wellington Junior Race Walking

This has been a summer of progress for walkers in our Junior Athletics Clubs. Some of the clubs accepted the offer from Bart Jones of coaching in basic race walking style, although some of the acceptances were with strings. Some club officials seem to be frightened of the introduction of an event they could not do themselves. I got the impression from a few that unless they carefully controlled the coaching sessions and kept within the frame work they have of making the children take part in a number of events each evening that they would loose control and the world as they know it would come to an end!

Despite the reservations of some junior club officials well over 40 children took part over the summer in the six judged races put on for them. At the Wellington Centre Junior Athletics Track championships there were two races over 1,000m. There were 10 boys aged from 10 to 14 and 13 girls aged from 10 to 15 from nine clubs. There was a good panel of judges and despite a few red cards no one was disqualified. With two exceptions all were making real efforts to walk properly and fast. Michaela Housiaux-Andrews from Otaki was the fastest on the day with a new record of 5:06:26. Stuart Hood of Upper Hutt won the boys race in 5:44:77.

David Lonsdale

Canterbury News

It was great to see Kate break Amanda Gorst's Junior 10k record here on the 19 Dec. It is nearly a year to the day since she had her son Jamie and the long conditioning she has done has finally given her the reward with I feel the best still to come over the longer distances. Kate now has the tri factor with the NZ Sec Schools 2k record and the NZ 5 and 10k junior records. She wants the 3k record before the end of the season as this is her and Rozie Robinson's last season as juniors.

It was good to see the arrival of Alana Barber on the scene and has been a big help to Kate realizing that she could take nothing for granted and has been a motivation for her to work harder. Alana has also given the sport a new dimension as she looks as though she has stepped out of a Women's Vogue Magazine.

Equally great is Rozie Robinson with her performances over the past few months.

In September Katie and Rozie raced a half marathon at Tia Tapu which is a two lap course over undulating terrain and some shingle. Kate is a Rolls Royce over flat ground but on the rough is only a Toyota, so I was not surprised that Rozie did 1.55 and Kate 1.58.

I knew Kate would improve on that and Rozie had gained a lot of confidence from the effort and also gave me a chance to look at her style.

Rozie's 5k time on the way through to the 10k on 19 Dec was 25.23 which is not too far away from Kate's Junior record and her 10k time of 52.06 is faster than most Senior woman at the moment. Also the arrival of Daniel Lord in Dunedin next year could draw her out to class times. And speaking of Daniel his 3k NZ Sec School record was a big one as it had stood for 19 years.

Another good performance in the 10k which has gone unheralded was Courtney Rusk who in her first ever 10k did 58 mins.

By the time this is in print the 20k trials will be done and dusted but I suspect both Kate and Rozie to be up there.

John Henderson.

Judging Feedback - from Kathryn Fraser Oceania Judge

Hobart: A beautiful city, not unlike Wellington with regards to its proximity to the waterfront. This provided the event with plenty of spectators without having to try hard!

Something different about the race was that it was held in evening; a six pm start. I guess this was to avoid the potential heat of the day although the day itself was just perfect. A last minute hiccup with a large cruise ship departing during the race (and the bus carrying the passengers had to cross over the course) meant that the refreshment stop was moved 100m along the road. This just happened to be where I was stationed so I had to move about a fair bit in order to maintain a good view of the walkers. But that was minor. Overall the race was very well organised by Wayne Fletcher (Aussie Level III judge).

There was a good number of walkers in both the 20km (the main event) and the 10km. The 10km walkers started about 10mins into the 20km race. We only had a few athletes DQd; the standard of walking was excellent.

It is possible the event will become a regular one on the IAAF Race Walk Challenge series and I look forward to further opportunities to see (and judge!) international athletes.

Sydney: (Australian Junior T&F Champs - U14 through to U20). Four days of intense programming due to the high number of entries; the organisers had only expected around 800-1000 athletes but they had over 1500. They were very pleased with the numbers and as the days progressed I'm sure they would have been very pleased with the level of competition. For the officials it was 4 long, but very enjoyable days.

I was on the horizontal jumps and the walks teams. The walks were again held late afternoon/early evening. We had 7 races to judge over 3 days of competition for distances of 1500m, 3000m, 5000m and 10000m. The standard of walking was generally very good with no more than 2 athletes per race DQd. Given that some races had 30+ athletes this was a very small percentage. In all but the U20 grade the girls outnumbered the boys; there were so many girls in the 3000m event they had an echelon (sp?) start. Very tricky trying to judge so many walkers! I was at the start of the home straight so they were still in two groups when they went past me. The other tricky bit in this race was the sudden downpour of rain. Fortunately I was prepared and had my (very valuable!) \$2 plastic raincoat on over my recording sheet. We had a similar downpour on the first night (also during the girls race) but this second one came with a strong breeze as well. On the plus side - it wasn't cold!

This event is apparently going to replace the All-Schools event they have in December (same as our NZ Secondary Schools) and become a regular event on the Aussie calendar. Certainly a very promising start.

RWNZ News

Communications – Our Web site

Since the last issue Contact the Association's new web site has gone live. Some pages are still under development but there is a lot of interesting and current news and race reports on it. The results of important events including the two Trans Tasman contests the TT20km and TT21 10,000m races were set up very quickly after the events.

All members should now have their personal password to access the member's only section. Even those currently unfinancial members have a password, although that will be stopped if subscriptions are not paid.

So to always get up-to-date news go to www.racewalkingnewzealand.org and log on.

If you have news for the web site as well as for this magazine send it to Grant Pepper on gp007@ihug.co.nz and or Bart Jones at Bart.jones@xtra.co.nz. For news for Contact send it to Tony Burrell at burrell@infogen.o.nz.

RWNZ Polo shirts.

The polo shirts were produced in time for our members to wear in Australia at the TT20 km contest. They are really smart in white with black raglan style sleeves and black trim on the neck

and collar. Bart Jones has recently sent information to members about the few we have left from the original order. If we get enough orders we will consider a further order.

We did not proceed with orders for tee shirts but could do so if there is enough demand. If we do get sufficient interest they will be made from dry-fit material. The design will be simple but stylish. So let either David Lonsdale thelonsdales@paradise.net.nz or Bart Jones bart.jones@xtra.co.nz know if you would like to support this product.

- David Lonsdale

Race Walking Supporters Club

The RWNZ Supporters Club has now been in operation for five months and two prize draws have been conducted. So far twelve members and non-members have joined and between them they are contributing \$100 a month to our funds. Half of the contributions are given back in a bi-monthly draw for three cash prizes. These supporters will donate over \$600 a year between them to be used to further junior race walkers and coaches and equipment.

To assist the Trans Tasman 20 km team members who were all members of RWNZ and who competed in Hobart in February your Association Committee took a big decision and used well over \$3,000 of our reserves to assist them with their expenses. The reason for this was that the lead time from selection to competition was very short and asking them to raise all of the money was a big hurdle in the time available. Also as this was the first senior race walking team to represent Athletics New Zealand for 13 years we considered that they should be as well equipped as possible. Without past fund raising we could not have helped so effectively.

From our current fund raising we are currently looking at some initiatives for coaching and equipment which will benefit everyone, but which will of course cost money. What we need are more members of our Supporters Club to ensure we can do more for our up and coming members.

Please give serious consideration to contributing to the Supporters Club. The minimum requirement is a contribution of \$5 per month for one number. Some members pay more and therefore have more than one chance of a prize. Payment is by direct credit into the RWNZ bank account but some members have paid their annual amount in one payment to save setting up an Automatic Payment. At present there is a draw every two months for half of the income, paid in three prizes. The draw is conducted by a partner of PriceWaterhouseCoopers who is not a member of RWNZ. Remember the greater the number of contributors the better the prizes and of course the greater the amount of money to use to assist your sport..

So if you want your Association to be in the position of offering support for coaching and to our emerging walkers please join.

Contact David Lonsdale on thelonsdales@paradise.net.nz or phone 04 977 8990 to get the application form and any other information you want.

David Lonsdale

Race Walking New Zealand Officers and Co-ordinators

We have recently arranged some new regional co-ordinators for Dunedin, Nelson and Bay of plenty. We need to appoint new coordinators for Waikato, Manawatu Wanganui and Canterbury. We would like to hear from any member or parent of a member who could help. In the meantime the Secretary's name and details appear for those areas.

Area Co-ordinators

For information about Race Walking in your area, simply contact your local Area Co-ordinator (see below) -

or you may care to contact the RWNZ Secretary (David Lonsdale) - [email](mailto:thelonsdales@paradise.net.nz) - or telephone (021) 620 428

Area	Name	Telephone	email
Northland	Gary Little		garyasta@farmside.co.nz
Auckland	David Sim	027 3311 840	DKSim@xtra.co.nz
Waikato	David Lonsdale	021 620 428	thelonsdales@paradise.net.nz
BOP	David Sparks	07 323 6737	sparksd@slingshot.co.nz
Taranaki	Tony Burrell	027 4231 700	burrell@infogen.co.nz
Manawatu/Wanganui	David Lonsdale	021 620 428	thelonsdales@paradise.net.nz
HB/Gisborne	Joff Hulbert	06 8449 472	ghulbert.clear.net.nz
Wellington	Bart Jones	027 6806 111	bart.jones@xtra.co.nz
Nelson/Marlborough	Nyle Sunderland	027 4884 661	nyle.shane@xtra.co.nz
Canterbury	David Lonsdale	021 620 428	thelonsdales@paradise.net.nz
Otago/Southland	Julie Myers	021 650 256	juliemyers@xtra.co.nz
We would welcome offers from members	To take on the role of area Coordinator for	Waikato, Manawatu Wanganui, Canterbury	Contact David Lonsdale to discuss this role.

Race Walking New Zealand Office Holders and Committee Members:

Mike Parker	President	021 410 2699	sugar-ray@hotmail.com
David Lonsdale	Secretary	021 620 428	thelonsdales@paradise.net.nz

Gary Little	Northland		garyasta@farmside.co.nz
David Sim	Auckland	027 3311 840	DKSim@xtra.co.nz
Tony Burrell	Taranaki	027 423 1700	burrell@infogen.co.nz
Anne Jones	Hawke Bay	027 6303 192	anne.barryjones@xtra.co.nz

Joff Hulbert	Hawke Bay	06 8449 472	ghulbet@clear.net.nz
Bart Jones	Wellington	027 6086 111	bart.jones@xtra.co.nz
Stephen Farquhar	Nelson		

Contact Magazine	Tony Burrell	02 4231700	burrell@infogen.co.nz
Web-Master	Grant Pepper	021 871 290	webmaster@racewalkingnz.org

Contact Magazine

Contact is emailed to members. If you change your address do not forget to tell us!

Anyone who does not have an email address can receive a hard copy by mail.

Copy and news for inclusion in Contact should be sent to Tony Burrell, 4 Motukari Place, Onaero, RD 43, Waitara, 4383, telephone 06 752 3272, email burrell@infogen.co.nz

Membership Application

Please email David Lonsdale for the Application for Membership form.

Membership fees are \$25 for an individual, \$30 for a Family and School Student are free. If you join part way through a year a pro-rata fee will be applied.

Programme of events

For details of Taranaki events go to www.trwc.homestead.com

For details of Auckland events go to <http://www.racewalkingauckland.org/>

For details of Canterbury events contact Ann and John Henderson on annhen@paradise.net.nz

For details of Nelson events contact Stephen Farquhar at Stephen@niche.org.nz

For details of races in Hawkes Bay contact Anne Jones at ann.barry@actrix.co.nz

For more details of these events see the RWNZ Web site and look for the appropriate link to other web sites or go to the ANZ Web site and look under high performance for details.

2-5 April	NZ Masters Champs Christchurch
2-5 April	Australian Masters T & F Champs Perth
11 th April	Racewalking Auckland 20,000m Club Championships Mt Smart Stadium
16-18 Apr	Australian Open & U23 T & F Champs Perth
19 April	Frank Aplin One hour Track Walk QE2 Christchurch
1 May	Rotorua Marathon incorporating the RWNZ Champs Rotorua
15-16 May	IAAF World Race Walking Cup Chihuahua Mexico AthNZ
23 May	Scottish Ekiden & incorporating the RWNZ Relay Upper Hutt
19-20	June Taranaki Walks incorporating the RWNZ 15 km championships New Plymouth.
4 July	Harry Kerr 50 km & RWNZ track relay Auckland
19-25 July	World Junior Champs Moncton Canada
14-26 Aug	World Youth Olympics Singapore 21 Aug ANZ Centre Road Champs All over NZ
4 Sept	ANZ Road Champs Christchurch 3-14 Oct Commonwealth Games Delhi India
24 Oct	ANZ LD Walks Hastings

Many thanks for the articles, keep them coming.

Tony Burrell (Contact Magazine coordinator)