

RACE WALKING RECORD

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PAUL O'GRADY



**LAURENCE
DORDOY**

FRONT COVER: *Tom Bosworth and Mark O'Kane survive 40 degree heat to take 13th team place for Great Britain at the European Cup in Metz. PHOTO: Mark Easton. Also; Paul O'Grady at the Moonwalk, and farewell Laurence.*

Editorial

Wow, what a month it has been. May is the busiest time of year for race walking in Britain. There were around fifty race walk meetings during the month, and I can tell you that a significant amount of people raced who had never tried the event before. More new walkers appeared in the results than in any month since I started compiling walking results five years ago. Things are definitely on the up.

Since taking over the magazine last month, I've dealt with over 140 people, and been inundated with messages of support, and submissions for inclusion within the magazine. If only I had taken over in January when things were quiet!

Race Walking Record has also gone back to its roots. The first editor Alf McSweeney was a printer by trade, and he not only wrote the magazine but printed it too. By producing the magazine, it is no longer limited to a maximum of 20 pages, and any combination of colour images can now be included. Commercial equipment now allows up to 100 magazines to roll off the press each hour. It's good for the environment too, as there are no longer hundreds of spare copies being produced each month.

Publication date will remain the 1st of each month and no month shall be missed. Thank you for being patient with my first few issues though. The administration during the first few months is quite overwhelming! Remember, keep sending things in. They will be put in the magazine or online as soon as possible.

The magazine is growing and a number of announcements are made in this issue which I hope you will like. And with 24 pages, this is the largest ever issue...

Magazine info

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Advertisements: Full page £40, Half page £20. **Club advertisements:** Full page £20, Half page £10. **Editor:** John Constandinou, 60 Claverdon Drive, Birmingham B43 5HP. **Website:** www.racewalkingrecord.net **Contributors:** John Constandinou, Pat Reeves, Phil Howell, Michael George, Karen Davies, Mo Graham, Ken Matthews, Dave Ainsworth, Mark Easton, Rob Elliott, John Hall.

Please post all news, results, announcements, letters, photos and articles to me or email them to info@RaceWalkingRecord.net

Steyping Athletic Club Presents

The Micky Brown Memorial Open Track Walks

**** including YAG Grand Prix ****

Sunday 14th June 2009 at 1pm

Girls & Boys, U11 1km, U13 2kms, U15 3kms

Girls U17, & U20 & Senior Women 5Kms

Boys U17, & U20 & Senior Men 5Kms

Plaques to First Three Places Plus Medals To All Finishers

At Broadbridge Heath Leisure Centre, Broadbridge Heath, Horsham, West Sussex.
RH12 3YS. Off A24, Follow Tesco Superstore Signs

Entry Fees: Seniors £4. U20 £2.50 Entries on the day £1 extra. Closing Date 8th June 2009. Cheques payable to Steyping AC.

Entries to Dave Stevens, 23 Roman Road, Steyping, West Sussex, BN44 3FN
Tel. 01903 814 422

Supported by Chandlers BMW in Sussex

PLEASE SUPPORT THIS RACE!

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News

Road Athletes Named for Berlin



The UK's fastest ever female walker Johanna Jackson (Middlesbrough AC) has been selected by UK Athletics for this summer's IAAF World Championships along with the UK's fastest ever female marathon runners Paula Radcliffe and Mara Yamauchi. The event will take place

in Berlin, Germany on 15th to 23rd August.

24-year-old Jackson improved the UK record she set whilst finishing 22nd in the women's 20k walk at last year's Olympic Games by 17 seconds to 1:31:16 when defeating a high-quality international field to win in Lugano, Switzerland in March.

Charles van Commenee, Head Coach, UKA said: "We have selected a small, but high-quality team for the road events for Berlin. Paula Radcliffe and Mara Yamauchi are both proven performers on the international stage, whilst Johanna Jackson is an improving athlete with obvious 2012 potential.

"As reflected by the UKA selection policy, we will not be taking athletes along for the World Cup team competition which is incorporated into the World Championships. Instead we are purely targeting individual success in Berlin.

Another New writer and column for RWR



Phil Howell

Following many positive comments from readers about our nutrition writer Pat

Reeves, I'm happy to bring you another great columnist. Phil Howell has been appointed as the

Technique writer for Race Walking Record;

Phil has been a mid-pack race walker for 17 years, and has had a very wide variety of experiences in our sport—including co-editor of the U.S. Racewalking Journal, the now defunct newsletter of the North American Racewalking Association. As an avid student of the sport, he is the Webmaster for eRaceWalk.com, a Web site that focuses on race walking technique.

Phil will be writing about technique for a target audience of those with beginning to intermediate race walking skills. A visit to www.eracewalk.com will give you a more detailed introduction to his background and Web activities.

RWR Parish Walk Special

Organisers of the Clerical Medical Parish Walk on the Isle of Man have agreed to let RWR produce a one-off souvenir special edition magazine this year aimed at entrants. It will include history, photographs, reports, results in full, and will help to promote local walking events and clubs, and encourage people towards racewalking. A preview of this years walk is included later in this magazine.

New Proposal from BMAF



The British Masters Athletic Federation has made the following proposal to

the World Masters Athletics association:

"We ask WMA to amend the definition of walking to remove the reference to straightening of the knee. We therefore propose that WMA use the following definition of walking:

"Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs."

Separately, we suggest that the WMA Non-Stadia Committee substitute the following for their

proposal for a WMA Racewalk Panel:

"A Panel of International Judges shall be appointed by WMA which must include IAAF Level 2 and Level 3 Judges, plus others appointed by WMA Council.

Disqualification can only take place using Red Cards from Judges from three different countries and two of these must be from IAAF Judges.

Judges Protocol must be available after the event to Team Managers."

Other countries have already expressed positive opinions on the proposed change.



British Masters Athletics Federation

BMAF 5k Championships (Road)

Sunday 21st June 2009 at 1pm

Senior athletes are welcome to compete as guests

Entry Fees: £7. Start 11:00am.

Meet at the Leisure Centre BL6 5PY (Race HQ)

Entries to; Eric Horwill
79 Enville Road, Wall Heath, Kinswinford, West Midlands DY6 0JX
Tel. 01384 273 851

www.horwichcarnivalraces.co.uk

The Horwich Carnival each year features thousands of people competing in walking, running, and cycling events within a carnival atmosphere. British Masters medals for all age groups. **See you there!**

Announcements

European Grand Prix Dublin, IRELAND

On the 28th June, Dublin will be hosting their Grand Prix backed by a European Athletics Association permit. Athletes are expected from all over Europe, hoping to achieve qualification times for the upcoming IAAF World Championships in Athletics in Berlin.

The following young walkers have been selected and will be representing Great Britain:

Boys

U13 Lawrence Green (Steyning AC)
U13 Daniel Watling (W&B AC)
U15 James Green (Manx Harriers)
U17 Jonathon Hobbs (Ashford AC)
U17 Maks Orzel (Leicester WC)
U17 Guy Thomas (Tonbridge AC)

Girls

U13 Emma Achurch (Leicester WC)
U13 Rebecca Chambers (Sheffield)
U15 Kate Funnell (Ashford AC)
U15 Beth Jackson (W&B AC)
U15 Sinéad Kaneen (Manx H)
U15 Jasmine Nicholls (Leicester)
U17 Kelsey Howard (Ashford AC)
U17 Vicky Morgan (W&B AC)
U13 Toni Webley (Birchfield H)
U17 Lauren Whelan (Manx H)

Managers- Mike Fox, Jill Langford,
Elizabeth Corran.

Other British walkers are known to have entered, and full reports will be in the next issue.

UK All-time lists update

The performances of Ben and Luke reported in the last issue unfortunately could not be ratified for 11th and 12th on the UK all-time lists.

Markers on the course had been disturbed by local residents between the course being measured on the previous evening and the time of the race.

Bradford Whit Walk

The Bradford Whit Walk was unfortunately cancelled this year for the first time. The first walk in 1903 (pictured below) stretched 50 miles from Bradford to York before being shortened to 32 miles for much of its history. Even the outbreak of war couldn't stop this race, as many soldiers competed during the wars.



When this year's cancellation was reported in the local press, many members of the public made comments ranging from disappointment in losing such a tradition to a hope that it can be saved in some form.

The RWA has agreed to examine the possibility of starting a campaign in Bradford to get as many local people as possible to pledge support for an event next year.

Captain Barclay Challenge 2009



At 2.58am on 3rd June, Richard Dunwoody reached the first landmark of his '1000 miles in 1000 hours' challenge by reaching the '100 miles in 100 hours' milestone.

Richard said: "I've had great support so far as well as a fair bit of stick from the Newmarket stable staff, but generally things have gone well. Just 900 to go....!"

Richard started the 1000 Mile Challenge on Friday 29th May at 11pm and is starting to get used to the sleep deprivation. Averaging around 16 minutes per mile he is feeling quite strong, although obviously tired and mentally slightly 'out of it'.

The first weekend proved exceptionally hot. Members of the RWA committee who were in town for their quarterly meeting stopped by to watch his progress.

Several celebrities and Captain Barclay's descendants are lined up to walk a few miles with Richard. Let's hope he can finish the challenge, repeating one of the greatest feats of endurance ever performed.

LAURENCE DORDOY RIP

12 November 1955 – 30 May 2009

By Dave Ainsworth

The whole of the still-shocked race walking world are in deep sorrow following the death of one of their most active and popular athletes, following a road accident on Friday 29th May.

LAURENCE DORDOY's motorbike was in collision with a car which had pulled out of a side turning while on his way home from work at the Britvic Depot in Beckton, to his Gidea Park home, on Friday 29th May at 8pm, causing serious injuries which resulted in him being airlifted to The Queens Hospital in Romford, where he subsequently died over the weekend. The location was in Wood Lane Dagenham, at the junction of Gosfield Road opposite the Dagenham Civic Centre. This spot is now marked by floral tributes. Dave Sharpe, who passes near to this spot on his way to work, placed flowers there on behalf of the walking world.

In two spells with Ilford AC he earned many awards, showing promise and talent right from his earliest involvement in athletics. He was a former winner of the coveted English Schools Walking Title, winning their 3,000 meters event in 14 minutes and 22 seconds in 1970 while a 15 year old. In those early days he was part of a very promising Ilford AC Younger Aged Group squad, comprising of such names as Brian Armstrong, Geoff Hunwicks (incidentally his next door neighbour in Eric Road, Chadwell Heath) and Roger Mills. In later years Laurence raced over a variety of

distances, being equally at home over short track sprints and in much longer road walks. Only 6 weeks before his death he won a gold team medal in the National 20K Kilometres Championship at Shrewsbury.



Laurence Dordoy

At the age of 53 the always fit Laurence still gave a wonderful account of himself on race days, often at the expense of competitors half his age! Laurence became London Marathon regular, raising money for good causes. He withdrew this year on account of injury and was guaranteed a start in 2010. Many thousands will line-up for that race next year, but we'll be thinking of the gap in their ranks left by Laurence's tragic departure.

Laurence loved foreign travel and often combined visits to overseas countries with major Veterans Championships. He was immensely popular in the sport at large, and will

be truly missed. Laurence was a brisk lively man who always had a kind word to say to everybody and offered encouragement, especially to our younger walkers. Paul Nihill said that Laurence was a character who was very much part of the scene, as he was always there.

A minute's silence was observed on the start line of the British Masters' Athletics Federation/Open 20 Kilometres Championship at Northampton Racecourse on June 6th; a race that Laurence had entered. We express our profound condolence to his partner Sheila and all other members of Laurence's family.

Editor's note: I was deeply saddened when I heard Laurence had died. The world was a better place with him in it - he had a way of making everyone feel a little happier. Every time I saw him all sorts of people would be coming up to him and chatting cheerfully.

Now Internationally Recognised



You may have noticed the barcode on the front of this magazine. The

International Standard Serial Number (ISSN) is the internationally accepted code which identifies publications, and Race Walking Record is the latest magazine to be registered. The British Library gets a copy of every RWR produced for their archives, and preserves the history of our sport forever.

RWR Magazine Recovering

After a long period of decline, subscription numbers are on the increase for this magazine.

Numbers had been declining month on month for the past several years. Now under new management, old subscribers are being tempted back by the new look magazine with increased content.

The amount of returning subscribers is quite significant, and is expected to continue growing. Welcome back!

New subscribers are now also being targeted. Why not show your copy around, and tell people how things have changed.

Warning - Did you subscribe via Paypal in the past year?

All subscribers that paid the previous editor using PAYPAL are urgently requested to please check their accounts. It has been brought to my attention that some of these payments had been changed so that they would automatically renew every year.

If you do not check and cancel this automatic payment with Paypal, then money will be removed from your account without forewarning into the account of the previous editor.

This follows on from the previous editors' mistake in asking for renewals to be sent to him in his last issue, and accidentally leaving his online subscription page running.

Many people have renewed with him since he was sacked, and he continued cashing cheques made out to an organisation he no longer had anything to do with, using a bank account name he should not have operated.

After a Paypal fraud complaint was initiated against him, I am happy to say that within two hours his website was removed from the Internet and he forwarded me a cheque for nine subscribers that he had 'accidentally' cashed.

The previous editor would like it pointed out that he sent a cheque (eventually) for £1,000 to cover production of the magazine for the first issue or two, and claims there is no more magazine money left.

However, the huge number of people I have been communicating with over the past month show he managed to cash around £2,500 before his departure by telling people he was raising money for me!

It was not my intention to print anything at all regarding the previous editor and I intend to keep this publication positive. However, after enduring a one hour tirade of abuse from him by telephone I agreed to his request to reveal 'exactly how helpful' he has been. So here goes;

I was in constant contact with him for one month prior to the takeover, and requested just two things; the subscribers list and the finances. The subscribers list came two weeks after the handover and the token amount of money after seven weeks.

He made mistakes very often, which always seemed to hinder everything. If they were all genuine then it shows a great incompetence which would explain the huge decline in this magazine before his departure! The cheque was outdated and made out in the wrong name. He refused to swap it for one that I could cash, even when I offered to make a 300 mile round trip. The subscribers list has shown to be full of mistakes, and I apologise to all of the people who have so far complained or are yet to complain

about mistakes in the data I hold for them. (Please contact me if you have not already done so, as I need to fully log all of these inaccuracies.) People had set up monthly direct debits into his account and he claimed the bank account had been passed to me, which he constantly refused to do. The free subscription he also demanded for himself is now cancelled. His threats of libel/slander if anything is printed against him do not worry me as every word is true and backed up by evidence. - *The Editor*

Features

Interview with an Olympian

In this interview, Ken Matthews talks about the 1964 Tokyo Olympics. In the 20k walk he won the Olympic Gold, and set British, European and World records. He was one of four Brits to win Gold in Tokyo.



Ken with his Olympic medal

Q) Had you travelled much before the Olympic Games in 1964?

A) Yes, twice to compete in the Lugano Cup. I also went to Switzerland, France, Helsinki (Sweden), Italy, and Belgrade (Yugoslavia).

Q) What were your impressions of Tokyo when you first arrived?

A) It took two days to get over the journey. Two days stuck in the compound and not going anywhere. It was all very well organised though, with everything laid on and beautifully done.

Q) How did you feel and sleep the night before your race?

A) I never had any trouble eating or sleeping before races.

Q) What were your feelings on the start line - were you nervous?

A) I was very nervous before the race. Before the race I just wanted to get going and settle down into a steady pace.

Q) How did the race begin?

A) I was very confident at the start. It started fast but I stayed back in the pack. All the front walkers were shown a flag so they all started to slow down, while I just kept going and worked my way up to the front after two or three miles.

Q) What did you drink during the race and when?

A) I can't remember because we had all stocked up beforehand. Some things which we wanted were not available in Japan.

Q) What were the race conditions?

A) The road conditions were very good. It was a ten lap race. That helped me as I was catching back walkers and that helped me along. It was a sunny day and quite warm, with temperatures in the seventies.

Q) How did it feel when you crossed the finish line and you realised what you had achieved?

A) I came through the tunnel into the stadium. A big roar went up and I felt cold. I waved to the British in the crowds as I came into finish. I felt relief when I finished, and that I had finished well. It did not dawn on me for a little while what I had achieved, but when it did I was elated. The medal ceremony was very emotional.

Q) I hear you are still active and competitive in cycling. Can you tell me about it?

A) I took up cycling to keep fit. My target was to be able to cycle 25 miles in under the hour, which I eventually achieved.



Ken cycling

Many thanks to Ken. I hope to follow up with a more in-depth interview at some point in the future

Don't forget to vote for Ken to be inducted into the England Athletics Hall of Fame. To register your vote, please visit the website:

www.EnglandAthletics.org/page.asp?section=61

Team GB Weekend in Leeds

The race walkers from the Great Britain and Northern Ireland Athletics Team used the facilities and expertise at the new UKA National Race Walk Centre as they prepared for the forthcoming European Cup Race Walking in Metz France. This event saw Great Britain's team of 7 take on Europe's best on the 24th May.

Dr Ian Richards, a Lecturer in the Carnegie Faculty, accompanied the team in the capacity of Team Manager.

Also joining the team in France were Carnegie Biomechanists Brian Hanley and Dr Nassos Bissos, who have worked alongside the squad since 2006. They conducted a major study of the junior races in Metz which follows up the two most comprehensive biomechanical studies of major race walking events to date, at the 2007 European Cup Race Walking and the 2008 IAAF World Cup of Race Walking (Cheboksary, Russia). Brian and Nassos have recently co-authored with Andi Drake two articles with Andi Drake which, along with Andi's work on the physiology of race walking form the substantive part of the IAAF's latest edition of their journal New Studies in

Athletics, which has a special focus on race walking.

Looking forward to the forthcoming event in Metz, Andi Drake said: "This is the strongest team Great Britain has sent to the European Cup since 2000 and Carnegie has played a major role in the athletes' preparation".

Editor's note: More details on what goes on at Team camps will be included in the next issue, along with photos of the new National Race Walk Centre.

Eating for Endurance – Part 2

By Pat Reeves

Following on from my earlier article, I promised to explain more fully how to achieve an approximate carbohydrate, protein and essential fatty acid balance to fuel a race taking most athletes around three hours to complete.

I previously suggested taking in around 5 grams of carbohydrate - approximately 300 grams for a 70 kg person - plus or minus, depending upon bodyweight; 20-40 grams of protein and 10-20 grams of essential fatty acids plus an adequate supply of pure water.

One way of achieving these levels is to spread out the following example of foods over three hours or so preceding your event:

- Two whole eggs
- Three slices of stone-ground wheat bread

- Two cups of freshly squeezed orange juice
- Two large bananas
- Three cups of oat-bran with soaked raisins
- One cup of low-fat milk, such as rice milk

For vegan alternatives, please contact me direct.



During the event itself:

Although eating as indicated above will allow you to top off your glycogen stores coming into the event - you are not home and dry yet! You still have to address two potential 'enemies'. These are 1) dehydration and 2) rapid glycogen utilisation and depletion. Let's look at the glycogen situation:

Whilst it is prudent to begin a race with muscle glycogen topped off, it is also extremely important to have awareness that the body tends to use carbohydrates much more quickly when they are freely available.

Unfortunately, even if muscle glycogen levels are optimal, depletion can still occur. In an endurance event of this length, do prevent this from happening by consuming specific sports drinks or gels during the race. The body can

only use around 60 grams of carbohydrate per hour during exercise, hence the use of one or two servings of a drink like Gatorade or Powerade (or a couple of servings of sports gels) per hour of the race should be adequate for carbohydrate supplementation.

While the above recommendations only take carbohydrate requirements into account, you also have to consider fluid needs. When racing on hot and humid days, the body can lose up to two to three litres of water per hour. This water loss corresponds to an unacceptable four to six pound of weight loss per hour! This water loss is obviously detrimental to performance as a weight loss as small as 1-2% of body mass (1.5 - 3 lbs for a 150lb race-walker) can lead to impaired blood volume, stroke volume, cardiac output and oxygen consumption. Therefore, it is extremely important to keep your fluid intake high during exercise. I advise that you focus on consuming approximately two litres of water per hour to prevent dehydration - especially on hot and humid days.

Here are a couple of examples of how to hydrate and feed the body during competition:

- 1). Drink two litres of water per hour while consuming two servings of a Powergel-type product.
- 2). Dilute two servings of a powdered Gatorade or Powerade-like product in two litres of water.

After the Event

Even when you have crossed the finish line, the nutrient battle is not over; you have one more

responsibility to your body. Endurance exercise, much like the strength exercise I now perform as a power-lifter, causes depletion and damage of skeletal muscle. Therefore after such exercise, it is important to begin repletion and repair immediately after the race.

To summarise my recommendations, since the post exercise period is the optimal time to replenish and repair damaged muscles, this is the time to consume easily digestible liquid carbohydrates and protein. Your post-exercise strategy should contain:
0.8g/kg carbohydrate (56g carbohydrate for a 70 kg race-walker)
0.4g/kg protein (28g protein for a 70 kg race-walker)

Some examples of what to drink/eat during this time are as follows:

- 1) A specifically formulated recovery drink such as Biotest Surge - 305 calories - 25g protein, 30g carbohydrate, 0.5 fat.
- 2) A homemade recovery drink containing one serving of whey (or similar) protein plus two serves of Gatorade - 369 calories, 25g protein, 66 carbohydrate and 0.5 fat.

Following that, within the next two hours, please ensure you consume a meal containing protein and carbohydrate.

Next issue:

The Value of Carbohydrate Loading.

Pat Reeves

www.foodalive.org

Are You Creepy?

By Phil Howell

If you have absolutely no difficulty complying with the “bent knee” rule in race walking, I suggest you skip this article and spend your time more productively elsewhere.

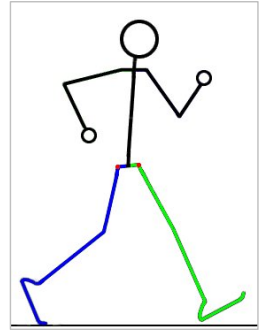
If, even standing still, you can not straightened one or both knees to the satisfaction of race walking judges, I suggest you discuss the matter with an experienced judge, a good coach, or an instructor to find out the nature of the “bend” and get any suggestions they might have for resolving the matter.

In some cases, due to knobby knees, large calves or hamstrings, bowed legs, or some other optical illusion, you may reach an accord that allows you to race legally—at least in local races. A good judge knows that a “straightened” knee is not necessarily a “straight” knee; that “straight” refers to the general alignment of the forward edge of sometimes-curved bones in the upper and lower parts of the leg. Of course, in the end, it is the opinion of the judges at a race who have the final say.

And, now, to the rest of us mortals who have to work at being legal. Do you believe, to be legal, you have to:

- tighten your quadriceps to “pull” your knees straight,
- snap (or “pop”) the knees straight just before first contact, and/or
- jerk your heels aft on first contact to insure legality?

Do you find yourself scanning the course ahead for the judges so you can begin to work harder whilst within their purview—and having no fun because of that process?



You may have a real bent-knee problem but, in many cases, you are simply trying too hard to fix the symptom(s) rather than the cause(s) of the problem. Rather than working harder, let's try walking smarter. Let's look at the typical causes of bent knees, and see if we can resolve the root cause(s).

We will look at eight possible causes of your problem (listing the easiest-to-solve first). Maybe you:

1. ARE legal.
2. are going too fast.
3. are over-striding.
4. have the wrong shoes.
5. have flat tires.
6. have weak “shins” – and/or
7. have poor leg coordination.
8. have too much history

Let's handle the simplest causes first.

1. Maybe you ARE legal. Could it be that you are seen as legal by everyone but you? If you have never been cautioned or warned by a judge for having bent knees, maybe you simply need to relax a bit. Being challenged by a judge (for creeping or lifting) is not a curse—it helps you know how you

are doing and whether you need to make an adjustment. Live dangerously; intentionally bend a knee in front of a judge. Realize that getting a call is not the end of the world.

2. Maybe you are going too fast. Just as a baby learns how to walk by going slow at first and then picking up speed, a race walker must learn legal technique while walking (relatively) slowly at first and then picking up speed. Just as a baby falls down if he or she tries to go too fast too soon, a race walker will start seeing paddles or red dots if he or she tries to go too fast too soon. Legal race walking is too fast and complex to think out in real time. The brain and the muscles have to memorize how to walk properly at slower speeds first and

then, through practice, practice, and more practice, memorize how to do it at faster and faster speeds. If you are seeing paddles like this (>), the very first response should be to slow down a bit. Skill MUST precede speed.

Over the next two months, we will look at the other possible causes – and ways to address them. With a hint at part of the solutions, we will look at:

3. over-striding. (shorten your steps)
4. wrong shoes (get light and low)
5. flat tires (roll from heel to toe)
6. weak “shins” (stretch calves)
7. leg coordination (fix the landing)
8. too much history (practice)

Phil Howell is the Webmaster for eRaceWalk.com, a Web site that focuses on race walking technique.

Dunnington Fayre Race Walks

www.dpff.org.uk

Saturday 25th July 2009

Dunnington, near York.

12:30 - 3k. U15 Girls/Boys. Free entry. Medal for all finishers.

13:00 - 10k. Senior Men/Women. £5 entry.

Both races under B rules.

All proceeds from the race will go to the Macmillan Nurses Charity. All entries should be sent to;

Roy Thorpe, 7 Oak View, Lilling, Sheriff Hutton, York YO60 6RP.

Prizes of a high standard. 9 open prizes and 9 handicap prizes.

Traditional village fete atmosphere with a number of excellent attractions for all the family to enjoy. Always well supported by the local people who really enjoy the race walks. **FUN FOR ALL THE FAMILY!**

Parish Walk – PREVIEW

It's that time of year again: the mixture of sunshine and showers has turned the Isle of Man a beautiful, lush green and on every road, you see dayglo clad people, almost to a man/woman clutching the obligatory bottle of water. A record entry of 1,620 hardy souls will be lining up 8am Saturday 20th June, to compete in the Clerical Medical 2009 Parish Walk and serious training is definitely underway.

The island has 17 parishes and in the 19th century there were challenges to walk to each parish church. The first open walk was held in 1913 and it was revived in 1960. Early winners were local heroes but interest waned; only the late Arthur Jones ensured survival. The sponsorship of Clerical Medical in 1991 dramatically increased the event profile and Murray Lambden's 5 year plan saw entries increase 4 fold in 10 years. Manx Harriers Race Director Raymond Cox introduced Manx Telecom as timing sponsor in 2007 with live internet and text messaging as walkers pass each church.

Picking a favourite to win is very difficult but the recent 30 mile Sara Killey Memorial Walk gives a few pointers, the victor being Mark Hempsall in 4.58.48, followed in by last year's PW winner Jock Waddington over 4 minutes in arrears with 5 times PW champion, Robbie Callister a further 2.5 behind.

In my opinion, these three protagonists may well fill the first three places in the big race, although not perhaps in that particular order.

Although showing the other two a clean pair of heels in April, Mark Hempsall is 6'4" tall and extremely muscular with a style that relies on power and fitness rather than technique. By contrast, titleholder, Jock Waddington has finesse in abundance. A race walker, who never appears under pressure, the question mark over him is the fact that following injury last year, he has yet to prove his full return to form but his timing may be impeccable. After being eclipsed for the 2nd time in three years at 85 miles, many predicted that Robbie Callister was now yesterday's man and has been heard downplaying his own chances but in my opinion after his very strong showing over 30 miles, he is now favourite to claim victory for a record equalling 6th time.

The rest of the top twenty, I think is anyone's guess and should be very fascinating. Ray Pitts, 2nd in 2007, Eamon Harkin, Alan Cowin, Michael Shipsides, Terry Moffatt, Andrew Titley, the Dutch raider, Martijn Biesmans, Chris Cale and Vinny Lynch are among many contenders. Mention should also be made of the English challenge from Chris Flint (two times winner) and Ed Shillabeer, in the race for the first occasion.

The ladies race, equally enthralling will almost certainly be between 5 times winner, Sue Biggart & 2nd fastest lady ever and Janice Quirk who despite a heartbreaking DQ in 'End to End' bounced back with victory in the SK, walking with exemplary technique.

Preview by Michael George

Further details: www.ParishWalk.com

12th Playtex Moonwalk

This year on 15th May 15,000 walkers took to the streets of London, making the 12th annual Playtex Moonwalk the largest walking event in the UK. A full marathon around London is walked through the night.

Paul O'Grady, the BBC Big Band and others were on hand to entertain the participants. Entries are limited and fill up soon after they open each year. Walkers wear decorated bras (including men) and walk to support the "Walk the Walk" Breast Cancer charity. Well done to everyone who took part and good luck to anyone wishing to enter next year.



15,000 walkers ready to go!

Results and Reports

Again, results are being held back until the next issue due to lack of space! Expect a bumper results issue in July, but be assured that plenty of news, announcements and features will still be included.

EUROPEAN VETERANS' INDOOR CHAMPIONSHIPS

25-29th March 2009-06-08
Ancona, ITALY

There was an indoor 3k walk and a road 5k. We had 3 double-Gold medallists:
-W70 - Jill Langford 19:51.81 and 33:36
-M65 - Colin Turner 16:08.78 and 27:17
-M60 - John Hall 14:58.46 and 25:48

We had two other double medallists:
-M85 - Jack Fitzgerald (2 bronze)
-M75 - Eric Horwill: bronze 3k and silver 5k

The ones missing out on the medals were:
W60 Rosemary Hutton (nee Alexander) 4th in 3k BUT Roz did get a silver in the heavy weight throw. She has performed well at a number of different events over the years. M55 Rod Dunn: 9th in 5k and M75 John May: 4th in 5k.

There needs to be an enquiry as to why a men's 75+ team wasn't allowed - Eric, John and Jack would have won. As it was they were placed 4th in the M65+.
With another person in the M55 or M60 group doing 30 minutes or under we would have picked up third team, ahead of our great rivals - yes, you've guessed it, the Germans!

There is still some time to enter the World outdoors in Lahti, Finland. Apparently there is still some accommodation (I have some info here). For those who think they aren't good enough to pick up an individual medal, there is always the prospect of a team medal. Our faster walkers are always delighted to have some of steadier gait making up the team. Several people have been pleasantly surprised by the results over the years.

I wish you good walking and hope to see all of you soon.
John Hall

MENS 3 KM TRACK WALK M35

1 634 BORSCH Steffen 1973 M35 GER 13:21.20
2 1866 PIRINO Gian Mauro 1972 M35 ITA 13:40.85
3 1772 PAULINI Luigi 1970 M35 ITA 13:43.29
4 637 FRANKE Denis 1969 M35 GER 15:12.18
5 646 MAIER Joachim 1970 M35 GER 15:26.54
6 1341 PARTIPILO Gaetano 1969 M35 ITA 16:13.42
1813 MONGELLI Domenico 1969 M35 ITA DNF

M40

1 922 MCDONALD James 1964 M40 IRL 13:04.62
2 342 BONNEAU Philippe 1965 M40 FRA 13:11.68
3 215 ANDRES Julio Cesar 1964 M40 ESP 13:45.88
4 990 TEAGNO Corrado 1967 M40 ITA 13:57.87
5 1309 GERONIMO Franco 1968 M40 ITA 14:01.50
6 1486 SIRAGUSA Gianni 1968 M40 ITA 14:33.93
7 1905 BREIDE Madars 1964 M40 LAT 14:56.98
8 1668 COLLATINA Filippo 1964 M40 ITA 14:58.53
9 54 KROPIK Dr Franz 1968 M40 AUT 16:08.18
10 677 STAEDLER Karsten 1968 M40 GER 16:15.73
11 1768 FERRETTI Antonio 1966 M40 ITA 16:37.55
1877 FAEDDA Bachisio 1968 M40 ITA DQ
1845 SCIUTO Giuseppe 1965 M40 ITA DNF

M45

1 681 GNAUCK Dick 1963 M45 GER 13:43.97
2 1688 VILLA Marcello 1961 M45 ITA 13:50.71
3 917 MURPHY Patrick 1961 M45 IRL 14:05.59
4 1075 NASO Andrea 1960 M45 ITA 14:14.84
5 694 SCHRÖTER Uwe 1959 M45 GER 14:20.67
6 689 PAPST Ronald 1962 M45 GER 14:36.58
7 1542 VOLPI Alessandro 1960 M45 ITA 14:42.22
8 248 ABADIAS Luis 1959 M45 ESP 14:50.81
9 1086 DACLON Daniele 1964 M45 ITA 16:56.71
10 2160 GROSSI Enrico 1962 M45 ITA 19:14.63
11 1413 CECCHINI Rubens 1961 M45 ITA 19:28.38

M50

1 2028 KISELEV Mikhail 1955 M50 RUS 13:49.13
2 PETRUNGARO Rosario 1958 M50 ITA 13:54.62
3 100 BOGAERT Dirk 1958 M50 BEL 14:21.02
4 712 KERBER Mario 1955 M50 GER 14:36.82
5 717 SCHWARZ Alfons 1954 M50 GER 15:11.38
6 337 MARVINGT Serge 1958 M50 FRA 15:28.60
7 1267 TAMBURINI Pierino 1954 M50 ITA 15:39.58
8 349 BOMBENGER Etienne 1955 M50 FRA 15:47.19
9 355 GUALANDI Gerard 1955 M50 FRA 15:59.24
10 706 GAUBE Wilfried 1956 M50 GER 16:03.11
11 709 HEINEN Friedel 1955 M50 GER 16:37.88
12 153 MOCKER Frantisek 1958 M50 CZE 19:59.43
373 BONNEAU Jean Marc 1957 M50 FRA DNF

M55

1 2066 RUZZIER Fabio 1953 M55 SLO 14:28.67
2 460 BROCHOT Patrice 1951 M55 FRA 14:34.29
3 743 SCHAEFFER Udo 1950 M55 GER 15:21.98
4 1035 PIO Alberto 1952 M55 ITA 15:37.48
5 178 ADAM Petr 1950 M55 CZE 15:59.77
6 1411 CATENA Franco 1951 M55 ITA 16:25.69
7 1040 CERVI Roberto 1952 M55 ITA 16:35.10
8 962 FASANO Sergio 1952 M55 ITA 16:38.46
9 731 KIEPERT Horst 1951 M55 GER 16:55.52
10 725 BRUEGEL Juergen 1953 M55 GER 16:59.49
11 1334 DOMIZI Sergio 1954 M55 ITA 18:23.56
12 2065 RONDAIJ Peter 1951 M55 SLO 18:34.68
724 AFFELN Bernd 1950 M55 GER DNF
11 GOXHAJ Bashkim 1953 M55 ALB DNF
1421 LICITRA Salvatore 1953 M55 ITA DNF

M60

1 537 HALL John 1949 M60 GBR 14:58.46
2 NIESTELBERGER Ludwig 1948 M60 AUT 15:14.49
3 995 ABBO Ino 1947 M60 ITA 15:18.89
4 1407 FIORI Mario 1947 M60 ITA 16:01.30
5 360 BERTRAND Thierry 1946 M60 FRA 16:18.45
6 1725 GIANNUZZI Luigi 1949 M60 ITA 16:31.20
7 326 FLAMANT Claude 1949 M60 FRA 17:04.26
8 1945 WIJSMAN Alexander 1948 M60 NED 17:10.74

9 971 PALELLA Pasquale 1946 M60 ITA 17:11.99
10 103 IVANCHEV Tani 1947 M60 BUL 17:45.97
11 HUMMER Joseph Albert 1946 M60 LUX 18:01.46
12 82 GABRIELS Pierre 1944 M60 BEL 18:13.21
13 1196 PIASER Roberto 1948 M60 ITA 18:16.52
14 327 BENAZET Robert 1944 M60 FRA 18:38.97
15 375 BILLAUD Gerard 1948 M60 FRA 18:58.28
16 LILLEFOSSE Arthur 1944 M60 NOR 19:12.36
17 1632 MUSCASCAS Paolo 1947 M60 ITA 19:37.92
18 BRANDENBURG Walter 1946 M60 SUI 19:42.67
19 2161 DAMETTI Luciano 1947 M60 ITA 19:42.98
20 417 PONCIN Francois 1944 M60 FRA 19:54.85
21 1508 FRANDI Gianni 1948 M60 ITA 20:25.73
22 MELAPPIONI Lamberto 1945 M60 ITA 20:56.49
754 DIENER Fritz-peter 1944 M60 GER DQ

M65

1 620 TURNER Colin 1944 M65 GBR 16:08.78
2 778 DEGENER Karl 1943 M65 GER 16:12.18
3 799 SCHUMM Peter 1942 M65 GER 16:28.68
4 67 STRIEDER Herman 1941 M65 AUT 16:38.42
5 2051 KARLOV Vladimir 1940 M65 RUS 16:52.57
6 1662 DE LUCIA Gianfranco 1943 M65 ITA 16:59.84
7 SARTAKOV Alexander 1942 M65 RUS 17:14.30
8 803 ZETZMANN Ulrich 1942 M65 GER 17:41.42
9 1953 BJORSVIK Arvio 1943 M65 NOR 17:42.80
10 800 STURZ Erich 1940 M65 GER 17:47.37
11 MITTMANN Heinz-jürgen 1941 M65 GER 17:53.71
12 776 BONNEB Hartmut 1942 M65 GER 19:04.10
13 351 OUDART Jacques 1943 M65 FRA 19:05.64
14 786 HALBOTH Wolfram 1942 M65 GER 19:11.91
15 981 LODO Franco 1941 M65 ITA 19:41.45
16 802 ZÄHRINGER Franz 1940 M65 GER 19:53.12
853 VENETIADIS Apostolos 1944 M65 GRE DQ

M70

1 1909 IRBE Zigurds 1936 M70 LAT 16:57.49
2 SINAGULOV Minivaly 1938 M70 RUS 16:59.97
3 1972 BIALOUS Jan 1937 M70 POL 17:18.71
4 1038 MENAFRO Vincenzo 1935 M70 ITA 17:51.11
5 1904 RUBENIS Gunars 1938 M70 LAT 18:23.41
6 2081 DE COPPET Alexis 1938 M70 SUI 19:21.67
7 810 GIRARDS Rudolf 1938 M70 GER 19:35.00
8 2009 TSUKROV Semen 1935 M70 RUS 19:37.96
9 KRABBENDAM Bernard 1934 M70 NED 21:48.50
2159 GUERRA Eudelio 1936 M70 ITA DQ

M75

1 837 TEUFERT Karlheinz 1929 M75 GER 20:10.39
2 1631 TONNINI Alfredo 1932 M75 ITA 20:10.81
3 544 HORWILL Eric 1933 M75 GBR 21:32.22
4 2 PIRANAJ Ruzhdi 1930 M75 ALB 22:06.16
5 1985 JOSE Bom 1933 M75 POR 22:15.60
6 565 MAY John 1930 M75 GBR 22:18.69
7 1999 LAZAR Gheorghe 1930 M75 ROU 23:12.99
8 1218 GOTTARDO Silvano 1933 M75 ITA 23:35.27

M80

1 321 HYVOLA Viljo 1929 M80 FIN 20:11.43
2 2017 PRUDNIKOV Pavel 1927 M80 RUS 23:06.40
3 322 TAMMINEN Matti 1928 M80 FIN 24:00.66
4 1638 ARENA Angelo 1929 M80 ITA 24:08.64

M85

1 849 HERBST Gerhard 1924 M85 GER 22:15.89
2 847 ALBRECHT Horst 1923 M85 GER 24:08.36
3 529 FITZGERALD Jack 1923 M85 GBR 30:45.22

MENS 5 KM ROAD WALK

M35

1 634 BORSCH Steffen 1973 M35 GER 22:19

2 1772 PAULINI Luigi 1970 M35 ITA 23:28
3 1866 PIRINO Gian Mauro 1972 M35 ITA 23:46
4 637 FRANKE Denis 1969 M35 GER 24:51
5 646 MAIER Joachim 1970 M35 GER 25:38
6 127 RADOTIC Sasa 1971 M35 CRO 25:53
60 RATHGEB Reinhard 1972 M35 AUT DNF

M40

1 342 BONNEAU Philippe 1965 M40 FRA 22:29
2 1877 FAEDDA Bachisio 1968 M40 ITA 22:37
3 922 MCDONALD James 1964 M40 IRL 22:43
4 215 ANDRES Julio Cesar 1964 M40 ESP 23:18
5 1309 GERONIMO Franco 1968 M40 ITA 23:44
6 1905 BREIDE Madars 1964 M40 LAT 25:53
7 1668 COLLATINA Filippo 1964 M40 ITA 26:05
8 677 STAEDLER Karsten 1968 M40 GER 26:05
9 1768 FERRETTI Antonio 1966 M40 ITA 27:18
10 KROPIK Dr Franz 1968 M40 AUT 28:51
11 ANGELUCCI Raffaele 1967 M40 ITA 30:41
1486 SIRAGUSA Gianni 1968 M40 ITA DQ
40 FUCHS Hartwig 1968 M40 AUT DNF

M45

1 681 GNAUCK Dick 1963 M45 GER 23:20
2 1688 VILLA Marcello 1961 M45 ITA 23:24
3 917 MURPHY Patrick 1961 M45 IRL 23:35
4 694 SCHRÖTER Uwe 1959 M45 GER 23:55
5 1075 NASO Andrea 1960 M45 ITA 24:17
6 1102 SANSEVRINO Antonio 1959 M45 ITA 24:38
7 1542 VOLPI Alessandro 1960 M45 ITA 25:16
8 248 ABADIAS Luis 1959 M45 ESP 26:00
9 1004 ORFANELLI Emidio 1962 M45 ITA 26:42
10 1568 PANDOLFI Francesco 1960 M45 ITA 27:22
11 1636 MUSILLI Antonello 1961 M45 ITA 28:23
12 1086 DACLON Daniele 1964 M45 ITA 28:40
13 996 ROSA Paolo 1959 M45 ITA 29:21
14 447 DUBEC Daniel 1964 M45 FRA 33:23
1862 CAMPO Luciano 1960 M45 ITA DQ

M50

1 2028 KISELEV Mikhail 1955 M50 RUS 23:41
2 712 KERBER Mario 1955 M50 GER 24:10
3 1597 PETRUNGARO Rosario 1958 M50 ITA 24:13
4 100 BOGAERT Dirk 1958 M50 BEL 24:37
5 1267 TAMBURINI Pierino 1954 M50 ITA 26:03
6 VENTURI DEGLI ESPOSTI F 1957 M50 ITA 26:04
7 337 MARVINGT Serge 1958 M50 FRA 26:47
8 1842 GATTULLI Pasquale 1954 M50 ITA 26:51
9 717 SCHWARZ Alfons 1954 M50 GER 27:04
10 355 GUALANDI Gerard 1955 M50 FRA 27:12
11 349 BOMBENGER Etienne 1955 M50 FRA 27:40
12 706 GAUBE Wilfried 1956 M50 GER 27:56
13 709 HEINEN Friedel 1955 M50 GER 28:35
14 1865 RIGGIO Paolo 1955 M50 ITA 30:05
15 1427 RENZI Andrea 1955 M50 ITA 31:11
16 153 MOCKER Frantisek 1958 M50 CZE 32:52
17 1856 MICALF Corrado 1956 M50 ITA 33:40
18 1861 MICELI Giovanni 1955 M50 ITA 34:52
19 702 CAR DR. Hans-peter 1956 M50 GER 35:17
373 BONNEAU Jean Marc 1957 M50 FRA DQ

M55

1 460 BROCHOT Patrice 1951 M55 FRA 24:33
2 2066 RUZZIER Fabio 1953 M55 SLO 24:35
3 1035 PIO Alberto 1952 M55 ITA 25:57
4 1411 CATENA Franco 1951 M55 ITA 27:26
5 743 SCHAEFFER Udo 1950 M55 GER 27:44
6 962 FASANO Sergio 1952 M55 ITA 28:09
7 725 BRUEGEL Juergen 1953 M55 GER 28:42
8 731 KIEPERT Horst 1951 M55 GER 28:49

9 521 DUNN Rod 1952 M55 GBR 29:25

10 1040 CERVI Roberto 1952 M55 ITA 29:26
11 1334 DOMIZI Sergio 1954 M55 ITA 30:47
12 2065 RONDALJ Peter 1951 M55 SLO 31:31
13 1126 DEL RIO Massimo 1952 M55 ITA 32:30
14 1840 BOTTARO Emanuele 1949 M55 ITA 32:41
15 194 MELERO Javier 1951 M55 ESP 34:44

M60

1 537 HALL John 1949 M60 GBR 25:48

2 995 ABBO Ino 1947 M60 ITA 26:14
3 57 NIESTELBERGER Ludwig 1948 M60 AUT 26:53
4 1407 FIORI Mario 1947 M60 ITA 27:14
5 389 PIN Jean Pierre 1949 M60 FRA 27:18
6 360 BERTRAND Thierry 1946 M60 FRA 27:54
7 971 PALELLA Pasquale 1946 M60 ITA 29:04
8 326 FLAMANT Claude 1949 M60 FRA 29:24
9 1945 WIJSMAN Alexander 1948 M60 NED 29:31
10 1863 CARBONARO Corrado 1947 M60 ITA 30:48
11 82 GABRIELS Pierre 1944 M60 BEL 30:50
12 1858 GIUGA Corrado 1946 M60 ITA 30:59
13 1052 ZAPPON Sergio 1945 M60 ITA 31:01
14 1954 LILLEFOSSE Arthur 1944 M60 NOR 31:23
15 HUMMER Joseph Albert 1946 M60 LUX 31:45
16 327 BENAZET Robert 1944 M60 FRA 32:06
17 375 BILLAUD Gerard 1948 M60 FRA 33:19
18 BRANDENBURG Walter 1946 M60 SUI 34:01
19 SANTANGELO Giuseppe 1946 M60 ITA 36:03
1725 GIANNUZZI Luigi 1949 M60 ITA DQ
754 DIENER Fritz-peter 1944 M60 GER DQ
2094 PONZIO Roby 1947 M60 SUI DNF

M65

1 620 TURNER Colin 1944 M65 GBR 27:17

2 778 DEGENER Karl 1943 M65 GER 27:50
3 799 SCHUMM Peter 1942 M65 GER 28:09
4 67 STRIEDER Herman 1941 M65 AUT 28:32
5 2051 KARLOV Vladimir 1940 M65 RUS 28:53
6 1662 DE LUCIA Gianfranco 1943 M65 ITA 29:30
7 2048 SARTAKOV Alexander 1942 M65 RUS 29:42
8 803 ZETZMANN Ulrich 1942 M65 GER 29:56
9 1953 BJORSVIK Arvio 1943 M65 NOR 29:57
10 853 VENETIADIS Apostolos 1944 M65 GRE 30:18
11 800 STURZ Erich 1940 M65 GER 30:21
12 MITTMANN Heinz-jürgen 1941 M65 GER 30:48
13 981 LODO Franco 1941 M65 ITA 31:40
14 776 BONNEß Hartmut 1942 M65 GER 32:06
15 351 OUDART Jacques 1943 M65 FRA 32:54
16 786 HALBOTH Wolfram 1942 M65 GER 33:00
17 791 LUDWIG Alfred 1940 M65 GER 33:24
18 1854 DI GRACI Filippo 1940 M65 ITA 35:01
19 1841 MINCELLA Vincenzo 1939 M65 ITA 35:56
802 ZÄHRINGER Franz 1940 M65 GER DQ
1245 PERNICIARO Ettore 1943 M65 ITA DNF

M70

1 2049 SINAGULOV Minivaly 1938 M70 RUS 28:50
2 1904 RUBENIS Gunars 1938 M70 LAT 29:39
3 1972 BIALOUS Jan 1937 M70 POL 30:00
4 2081 DE COPPET Alexis 1938 M70 SUI 32:36
5 2009 TSUKROV Semen 1935 M70 RUS 32:39
6 810 GIRARDS Rudolf 1938 M70 GER 32:39
7 KRABBENDAM Bernard 1934 M70 NED 36:32
8 1852 MARTORANA Benito 1936 M70 ITA 38:05
1038 MENAFRO Vincenzo 1935 M70 ITA DQ
1909 IRBE Zigurds 1936 M70 LAT DNF

M75

1 837 TEUFERT Karlheinz 1929 M75 GER 35:07
2 544 HORWILL Eric 1933 M75 GBR 36:12

3 1985 JOSE Bom 1933 M75 POR 37:04
4 565 MAY John 1930 M75 GBR 38:02
 5 1999 LAZAR Gheorghe 1930 M75 ROU 40:41
M80
 1 321 HYVOLA Viljo 1929 M80 FIN 34:28
 2 2017 PRUDNIKOV Pavel 1927 M80 RUS 37:51
 3 322 TAMMINEN Matti 1928 M80 FIN 43:18
M85
 1 849 HERBST Gerhard 1924 M85 GER 38:50
 2 847 ALBRECHT Horst 1923 M85 GER 40:30
3 529 FITZGERALD Jack 1923 M85 GBR 51:28



WOMENS 3 KM TRACK WALK

W35

1 647 LILAND Hanne 1969 W35 NOR 15:30.68
 2 558 CAPRI Ira 1970 W35 ITA 15:37.55

W40

1 341 GAVALAKI Kaliopi 1966 W40 GRE 15:28.37
 2 242 WÄLDE Silvia 1966 W40 GER 16:44.03
 3 403 MOMBELLI Roberta 1968 W40 ITA 17:32.51
 4 236 MAIER Andrea 1969 W40 GER 17:51.21
 5 246 ZEIDLER Brigitte 1964 W40 GER 19:06.50
 6 229 GABEL Ingrid 1966 W40 GER 19:06.90
 7 377 ADDIS Patrizia 1964 W40 ITA 19:16.68
 8 649 KROGENAES Mette 1964 W40 NOR 20:53.38

W45

1 85 GARCIA Carmen 1960 W45 ESP 15:47.99
 2 468 BETTUCCI Paola 1964 W45 ITA 15:53.61
 3 COCHEREAU Veronique 1959 W45 FRA 16:14.15
 4 CIANTAR LEQUIO Dominiqu 1961 W45 ITA 17:30.69
 5 595 CAFFI' Lorena 1960 W45 ITA 18:05.51
 6 622 SAULITE Dace 1959 W45 LAT 18:38.79
 7 359 GORMLEY Anne 1963 W45 IRL 18:55.96
 8 648 SAELEN Nina Solvaar 1963 W45 NOR 19:33.78
 9 253 GENSEL Petra 1961 W45 GER 21:07.97

W50

1 142 LOUBRY Michele 1957 W50 FRA 16:00.47
 2 419 MARCENCO Natalia 1954 W50 ITA 16:21.98
 3 166 MAGGIORE Yvonne 1955 W50 FRA 17:25.29
 4 549 MINNELLA Angela 1956 W50 ITA 17:57.33
 5 24 SCHWANTZER Monika 1955 W50 AUT 18:10.96
 6 266 ECHLE Marita 1957 W50 GER 18:31.78
 7 272 KOLLIG Irene 1955 W50 GER 19:18.10
 8 482 STURA Giuseppina 1957 W50 ITA 20:25.64
 9 119 MARVINGT Beatrice 1958 W50 FRA 21:10.90
 271 KIRCHESCH Ilona 1958 W50 GER DQ

W55

1 SILVA FERNANDES Maria 1952 W55 POR 15:37.44
 2 83 BRIZ Maria Jose 1951 W55 ESP 17:27.38
 3 METAYER Dominique 1953 W55 FRA 18:01.49
 4 168 BARET Simone 1950 W55 FRA 18:39.87
 5 287 JUNG Jutta 1951 W55 GER 19:43.16
 6 TEUFERT-SHIBATA Y 1950 W55 GER 19:52.65
 7 97 ALVAREZ Aurora 1952 W55 ESP 20:02.11

8 86 ADAN Pilar 1952 W55 ESP 21:27.35

W60

1 112 LOYER Suzanne 1947 W60 FRA 17:51.12
 2 691 DE COPPET Brigita 1946 W60 SUI 20:18.06
 3 299 KLINK Ursula 1944 W60 GER 20:20.69
4 HUTTON nALEXANDER R 1947W60GBR 21:22.68

301 MOLTER Margarete 1947 W60 GER DQ

W65

1 106 KARETIE Pirjo 1942 W65 FIN 19:11.37
 2 39 DE WOLF Frieda 1943 W65 BEL 19:58.77
 3 NAGELL DAHL Halldis 1942 W65 NOR 20:04.13
 4 307 GIRARDS Rosa 1939 W65 GER 20:13.87
 5 634 DIJKMAN Rietje 1939 W65 NED 20:41.10
 6 656 GUSAT Emilia 1943 W65 ROU 21:59.83
 7 387 VECCHI Maria 1940 W65 ITA 22:16.14
 8 KUZENKOVA Ekaterina 1941 W65 RUS 22:38.31

W70

1 196 LANGFORD Jill 1939 W70 GBR 19:51.81
 2 ALEKSYEYeva Lyusa 1937 W70 UKR 19:53.73
 3 ANTRITTER Erna 1935 W70 GER 24:39.20
 681 PUHAR Mira 1938 W70 SLO DQ

W75

1 18 ANDRECS Katharina 1934 W75 AUT 25:04.16

W80

1 657 PAGU Elena 1926 W80 ROU 25:34.76

WOMENS 5 KM ROAD WALK

W35

1 647 LILAND Hanne 1969 W35 NOR 26:36
 2 558 CAPRI Ira 1970 W35 ITA 26:49
 3 591 RAFFA Daniela 1970 W35 ITA 32:11
 4 536 AURIZZI Melania 1970 W35 ITA 33:04

W40

1 242 WÄLDE Silvia 1966 W40 GER 28:16
 2 236 MAIER Andrea 1969 W40 GER 29:30
 3 403 MOMBELLI Roberta 1968 W40 ITA 29:46
 4 246 ZEIDLER Brigitte 1964 W40 GER 31:58
 5 229 GABEL Ingrid 1966 W40 GER 32:17
 6 573 MARTINELLI Barbara 1966 W40 ITA 33:33
 7 649 KROGENAES Mette 1964 W40 NOR 35:08

W45

1 468 BETTUCCI Paola 1964 W45 ITA 27:06
 2 85 GARCIA Carmen 1960 W45 ESP 27:25
 3 136 PONGIN Catherine 1963 W45 FRA 27:37
 4 116 COCHEREAU Veronique 1959 W45 FRA 28:37
 5 CIANTAR LEQUIO Dominiqu 1961 W45 ITA 29:42
 6 408 ROSSI Nadia Roberta 1959 W45 ITA 29:55
 7 622 SAULITE Dace 1959 W45 LAT 31:27
 8 595 CAFFI' Lorena 1960 W45 ITA 31:28
 9 359 GORMLEY Anne 1963 W45 IRL 33:16
 10 648 SAELEN Nina Solvaar 1963 W45 NOR 33:34
 11 500 SANTINELLI Paola 1961 W45 ITA 35:00
 12 253 GENSEL Petra 1961 W45 GER 35:13
 13 588 GIONFRIDDO Lucia 1960 W45 ITA 36:23

W50

1 142 LOUBRY Michele 1957 W50 FRA 27:20
 2 419 MARCENCO Natalia 1954 W50 ITA 27:53
 3 535 RICCIUTELLI Daniela 1956 W50 ITA 28:16
 4 166 MAGGIORE Yvonne 1955 W50 FRA 29:59
 5 589 MANZELLA Adriana 1958 W50 ITA 30:29
 6 155 PONCET Sabine 1956 W50 FRA 30:45
 7 549 MINNELLA Angela 1956 W50 ITA 31:11
 8 24 SCHWANTZER Monika 1955 W50 AUT 31:17
 9 266 ECHLE Marita 1957 W50 GER 31:23
 10 271 KIRCHESCH Ilona 1958 W50 GER 32:08
 11 272 KOLLIG Irene 1955 W50 GER 32:25

W55

1 SILVA FERNANDES Maria A 1952 W55 POR 27:21
2 83 BRIZ Maria Jose 1951 W55 ESP 29:31
3 117 METAYER Dominiquele 1953 W55 FRA 31:04
4 168 BARET Simone 1950 W55 FRA 31:56
5 287 JUNG Jutta 1951 W55 GER 32:46
6 97 ALVAREZ Aurora 1952 W55 ESP 32:47
7 451 LUPPI Maura 1952 W55 ITA 33:25
8 TEUFERT-SHIBATA Yoshiko 1950 W55 GER 33:31
9 594 PERRICONE Carmelina 1950 W55 ITA 33:32
10 86 ADAN Pilar 1952 W55 ESP 35:51
11 592 TEMPIO Giuseppa 1952 W55 ITA 36:17

W60

1 112 LOYER Suzanne 1947 W60 FRA 31:53
2 691 DE COPPET Brigita 1946 W60 SUI 34:09
3 299 KLINK Ursula 1944 W60 GER 34:25
4 301 MOLTER Margarete 1947 W60 GER 34:40

W65

1 106 KARETIE Pirjo 1942 W65 FIN 32:06
2 652 NAGELL DAHL Halldis 1942 W65 NOR 33:53
3 307 GIRARDS Rosa 1939 W65 GER 34:25
4 656 GUSAT Emilia 1943 W65 ROU 37:08
5 387 VECCHI Maria 1940 W65 ITA 37:57
6 665 KUZENKOVA Ekaterina 1941 W65 RUS 39:09

W70

1 196 LANGFORD Jill 1939 W70 GBR 33:36
2 717 ALEKSYEYeva Lyusya 1937 W70 UKR 33:41
3 322 ANTRITTER Erna 1935 W70 GER 40:52
4 358 CHAMPION Sheila 1935 W70 IRL 42:09

W75

1 18 ANDRECS Katharina 1934 W75 AUT 42:11

W80

1 657 PAGU Elena 1926 W80 ROU 42:33

200 Club

Recent winners:

April, 2009

£25 - No. 97 - J. May

£10 - No. 117 - S. Taylor

£10 - No. 135 - B. Wheeler

May, 2009

£25 - No.25 - C. Telling

£10 - No.10 - J. Hall

£10 - No.10 - B. Kibble

Details:

The 200 Club is a monthly prize draw run solely for the benefit of the RWA, and is one of it's most important sources of funding. There are up to 200 members each with a unique

number that is entered into a monthly prize draw.

Every month 3 numbers are drawn at random to win prizes of £25 - 1st prize, £10 - 2nd prize and £10 - 3rd prize. In June and December there is a bonus prize fund with four prizes up to £50 each, depending on the number of members at the time.

The cost is £13 per number, or £12 if you agree to pay your subscription by standing order or to receive your renewal notifications by email.

The club is run by Bill Wright. Please send a cheque for £13 per number requested payable to RWA to the following address, including your name, address, how many numbers you require, and whether you wish to be paperless, along with your signature and the date.

Bill Wright (200 Club),
212 Weddington Road,
Nuneaton,
CV10 0ER.

Letters

Hi John,

Congratulations on the first issue, I'd be grateful if you could publish my update to the report on the National 50kms.

Firstly, whilst my leg was quite sore during the race after the incident, it has healed quickly and I'm back in full training.

Secondly, I'd like to thank Dave Jones and his team of marshalls and volunteers who gave up their day to help us compete in a busy public park. They did a great job.

Finally, it's important that a few silly individuals don't cast a shadow over a great days racing. Most people I met were polite, inquisitive and supportive of our efforts. We need to showcase our great sport in front of the public if we are to attract new participants, provided it is safe for us to do so.

Many thanks,
Scott Davis

Editors note: The organisation was flawless and it was a great event. Several people have also asked me to print that they were highly amused by what I was eating during the race - a very large salami! (Pam Ficken, Jo's Mum and Mark Culshaw.)

Hi John

Just read your first RWR, a good read. I was wondering what Old Arnie had to do with racewalking, somehow I couldn't see him going for a stroll on the American river bike path in Sacramento after a hard day of governing. Did the first lady really beat the first man in his walk?

A different format, far fewer results although with it being linked to results from your web page that is understandable.

Tony Bell

Editors note: ALL results will be published eventually. I am still getting used to producing a magazine...

Well done on the first issue of RWR

Regards - Ron

In the next issue...

Coverage of the European Grand Prix in Dublin, A huge haul of European medals for Great Britain in Denmark, Nutrition, Technique, Drugs, Results, Reports, News, Photos...And anything I have missed out of this issue. **DON'T MISS IT! OUT 1st JULY**

Hi John

Congratulations on an excellent first issue. You've set a high level of expectations now!

Best wishes
- Graham (Chapman)

Thanks John, and congratulations on an excellent new RWR just received mine many thanks and good luck

Regards Andy (Flear)

John

Well done for your 1st edition of Record, I'm sure it will help to boost the fortunes of race walking.

Dave Hoben

Hi John

Congratulations on your first issue of RWR. The "new look" has been well received here in Guernsey.

Looking forward to next issue.

Rob Elliott

John,

Thank you for my recent copy of Race walking news and congratulations on a great magazine full of useful articles, interesting features & results.

Diane Bradley

Fixtures

June 2009

- 11th 2000m Midland Veterans League (South) - Meeting 2 Redditch (B)
- 12th 3k Sarnia WC Championships 5 Osmond Priaulx, Guernsey (B)
- 12th 20k European Athletics EAA Permit Meeting Altyus, LITHUANIA
- 14th var SCVAC T&F Championships Kingsmeadow
- 14th var Mickey Brown Walks/YAG Grand Prix Broadbridge Heath, Horsham
- 14th 3000m SCVAC 3000m Championship + Open Kingsmeadow
- 14th 20k/50k 40th Naumburg International Grand Prix Naumburg, GERMANY
- 16th var South Yorkshire League Millhouses Park, Sheffield
- 17th 3000m London Business Houses and City Charities + Open (7pm) Willesden Track
- 17th - 20th 530k Paris - Colmar FRANCE (B)
- 19th - 28th 20k XVI Meditteranean Games Pescara, ITALY
- 20th - 21st 85 mile Clerical Medical Parish Walk Isle of Man (B)
- 20th var SEAA Championships Watford
- 20th 20k/50k IAAF Race Walking Challenge, La Coruña, SPAIN
- 21st 5k BMAF 5k Championships Horwich, Lancashire
- 21st 5k SWVAC T&F Championships Exeter
- 23rd 2k Hewitt Cup Humberstone Park, Leicester (B)
- 23rd 5 mile VAC Championships Battersea Park, London
- 27th 15 mile Allen Trophy Chorley, Lancashire (B)
- 27th var YAG Development Walks Horspath, Oxford (B)
- 27th - 28th 5k/10k England Athletics U23/U20 Championships Bedford
- 28th var YAG Development Walks Exeter (B)
- 28th 2k Sarnia WC Championship 6 Osmond Priaulx, Guernsey (B)
- 28th 10k/20k/50k 17th Dublin International GP of Racewalking, Dublin, IRELAND
- 30th 2k Peter, Fler, Keswick Cups Humberstone Park, Leicester (B)

July 2009

- 1st 1 mile/2k EVAC League var
- 4th 3k BMAF Track & Field Championships Alexander Stadium, Birmingham
- 4th 1k/2k/3k/5k 800m Alan Flear Track walks/Young Age Grand Prix, Nuneaton
- 4th var Welsh Secondary Schools Cardiff
- 5th 6.9k/10k York Postmans Walk York (B)
- 5th 20k Sarnia WC Championship 7 Vale, Guernsey (B)
- 5th 5k BMAF Track & Field Championships Alexander Stadium, Birmingham
- 7th 1k/3k Steyning Summer Handicap League 4 Steyning, Sussex (B)
- 7th 3000m Woodford Tuesday Walks (6:40pm) Woodford Green, London
- 8th 2000m Midland Veterans League - Meeting 3 The Dell, Rugby/Dudley (B)
- 10th - 11th 5,000m/10,000m 6th IAAF World Youth Championships Bressanone, ITALY
- 11th - 12th 100 mile/50k/20M/3M/var National Long Distance Championships Captain Barclay Bicentenary/YAG/Open Newmarket, Suffolk (B)
- 11th - 12th var UK Athletics T&F Championships Alexander Stadium, Birmingham
- 12th var Sarnia WC Pace Judgement Challenge Guernsey (B)
- 13th 2000m SCVAC T&F League (6:30pm) Hemel Hempstead Track (B)
- 15th 3000m Sir Sefton Branker Trophy (Civil Service, v RAF) 6.05pm Cophthall Stadium
- 16th 10k/var St. Johns Sumer Walk/Open St. Johns, Isle of Man (B)
- 16th 2000m Vets Inter-Area T&F Solihull, West Midlands
- 17th 1 mile Sarnia WC Championship 8 Osmond Priaulx, Guernsey (B)
- 17th var South Yorkshire League Millhouses Park, Sheffield

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