

# SA Racewalking Newsletter

Number 31: January 2019

Supported by the AGN Racewalk Commission

A voice for all walkers!

## ASA Racewalking Committee needs to be inclusive



Source: <https://web.facebook.com/LaMarciaCom/>

The logo above was created by **Stefano La Sorda** when he became aware of the current threat to the racewalking world on 22 January 2018. The Logo was also used in the latest copy of **Tim Erickson's** Heel and Toe Online. It was surprising to Tim that Stefano had learned about this a full week after it was known in Australia.

Here is an excerpt from Heel and Toe online:

"Let's backtrack a bit and review the process. On **Friday 11th** January, **Luis Saladie**, on behalf of the IAAF RW Committee, emailed out their latest proposal to all IAAF Member Federations. The email included the following text:

**"I kindly ask you to forward this draft proposals to the Race Walking community in your Federation in order that they can submit their thoughts to the IAAF (luis.saladie@iaaf.org) by latest 29th January."**

*As that was sent on a Friday, realistically, no action was going to be taken by the respective Federations until at least Monday 14th January, allowing a mere 2 weeks for dissemination of information, discussion and comments to Luis. Clearly inadequate but at least better than the last two attempts by the RW Committee to radically change racewalking, which were done in complete secrecy.*

*Here in Australia, we received our email from Athletics Australia on Tuesday **15th January**. Pretty good really! We are lucky to have such a proactive governing body. To be fair, we had even more forewarning here in Australia as, to her credit, IAAF RW Committee member Jane Saville emailed us on Friday 11th with the document."(Edited).*

Unfortunately I missed the first indication which would have been in the Heel and Toe of 15<sup>th</sup> January.

In South Africa a similar path was followed at first. The **11<sup>th</sup> January** email from Luis Saladie, and was forwarded to Chris Britz on the **14<sup>th</sup> January**. (Well done for getting it to the Committee promptly Mr Stander). Unfortunately it was then only forwarded on the afternoon of **23<sup>rd</sup> January** to the rest of the ASA Racewalk Committee. I received it because the AGN commission was cc'd.

When I opened it, I realised that this should go to every person involved with the sport in South Africa. I asked the ASA Committee for permission to at least bring it to the South African Racewalking public through a post in <https://web.facebook.com/SA.Racewalking/>. I never received permission. However by then it had been made public by <https://web.facebook.com/LaMarciaCom/>.

I could share this (now public) information freely. I also immediately applied my mind to the document and to an answer to the best of my ability from a local viewpoint. It is clear to me that my viewpoint may be very different from the ASA Walking committee and I submitted it directly to Luis Saladie, from whom I promptly received a thanks and confirmation of receipt.

By the time you read this you will of course have missed the deadline, so I hope that the facebook posts alerted you and urged you into action before the closing date. Being too late for the IAAF deadline however does not stop you from giving your opinion on the ridiculously short timeline they made available and even less does it hamper you in voicing your displeasure with our own ASA Walking committee for not polling your opinion at all!

I am in total shock that the ASA Walking committee intended to keep this important news and the opportunity to comment away from the racewalking fraternity in South Africa, If Tim Erickson's view of the international process is so poor (see below) I wonder what one's view of the process within South Africa should be?

**"Well, I am expressing my opinion, Luis, and it is that the whole process is a bag of excrement! It is so flawed that it is no longer possible for the RW Committee to consider these recommendations at their February meeting. This process is fatally broken."**  
Tim Erickson

Sources: Heel and Toe online, Facebook, own opinions

## Walker of the month

### Loritha Jacobs – found talent

Loritha grew up in a little town called Koppies in the Free State. Her family had a serious athletic bent with her sister and brother both earning Springbok colours. Loritha herself has always enjoyed walking and hiking, but until quite recently never considered walking as a competitive sport.

In May 2008, Johann, Loritha's husband thought it would be good to start walking in the afternoon for health reasons. Their sons were now grown up and no longer required so much attention. Johann also entered them in the "702 walk the talk" 15 km. that year. Along the way Loritha lost Johann and was surprised that she finished ahead of him. Loritha says "Somebody during the race, mentioned that I was walking fast. I had no idea what they were talking about."

At the end of 2008 Johann started running and cycling again. Loritha discovered that walking road races was "acceptable" so Johann ran and Loritha walked.



**Photo:** Johann Jacobs

They joined the local Run/walk for life athletic club to be licenced and for company on the road. That is where Loritha learned about wearing a "W" and an age tag. She quips that when she first saw the age tags on the athlete's shirts she thought it was the number of races they had participated in!

During the Colgate 32 in 2009 **Kevin Philips** and **Brenda Nooy** passed her and asked her name, date of birth and if she would be interested in competing in the interprovincial racewalking competition for CGA. She says *"I could not believe my ears. I had no idea that there was such a competition and to be considered was a great honour."*

Loritha and Johann then desperately started looking for books, and training programs. She wanted to know how to racewalk correctly. Previously she had just tried to walk like the others she saw on the road. Fortunately for Loritha she then discovered **Jurgen Spencer** from whom she learned a lot.

She slowly became aware that South Africa has some of the premier master walkers in the world (such as Elsa Meyer, Barbara Nell, Lesley van Buren, Brenda Nooy, Carl Meyer, Chris Brits ).

Loritha feels that it has been a honour to represent CGA every year since. Sometimes she lost the race, but most of the times she won – and most importantly she was always enjoying it.

Racewalking has taught Loritha that sport is about the journey, the joy and privilege to take part. To meet and be inspired by amazing people, people that do not allow anything, including physical disabilities, prevent them from participating in the sport they love. It is a privilege to be part of this community of united running/walking sport mad South Africans.

Loritha and Johann learned that it is possible to walk the Comrades marathon. She believes that she is not a middle distance walker, but rather enjoys the longer endurance races. Loritha believes that walking has taught her so much about herself. She has acquired the ability to listen to and learn about her body and its rhythms. She is now better able to discern what is good for her and what not.



**Photo:** Johann Jacobs

Unfortunately work interferes with Loritha's ability to follow a good training program but, when she is preparing for a major race, she does train every day. Ensuring that she does sessions including fartlek, hills, long slow distance and tempo walks (not forgetting some rest days).

Loritha's long term goal is to continue developing as a longer distance walker. She says *"Who knows I might do the Washie one day! I could be the oldest athlete, but then age is a mental attitude."*

Loritha would like every school to add racewalking to their sporting schedule. To teach the children that you do not have to be a runner to be an athlete. To encourage and inspire all the talent around us to start walking. To teach them that walking is good for them, anyone can do it, it costs far less than drugs and has better results. If they are dedicated and disciplined they can reach and achieve goals they did not think was possible. It can be a steppingstone to the future.....

**Source:** Loritha Jacobs with Chris

## Coaches Corner

### Advice from the inimitable Jürgen Spencer

Every racewalker with targets, aims and goals, who intends to pursue the sport seriously, has the desire to walk faster and more efficiently.

By efficiently I mean using one's walking ability and available oxygen economically whilst walking fast, using as low as possible percentage of one's maximum VO<sub>2</sub> level.

For the older master walkers, the 50/60+ brigade, the aim is probably more in line of trying to maintaining equilibrium, status quo. For example, achieving results at 75 years of age, equal to those from 5 or 10 years earlier. A never ending fight with nature, reduced lean muscle mass, general body degeneration, decreasing flexibility, reduced VO<sub>2</sub> max. etc.

Walking six times a week at an easy or moderate pace, regardless of making use of other preventative measures that we could engage to slow down this natural implosion, will maintain a certain level of fitness, perhaps increase your endurance, but will not assist in making you a faster walker.

In preparing training schedules, difficulties arise, because we are competing all year round in multiple distance events at times daily and even hourly apart. Short or longer easy walks (LSD) appear in all workouts, but that is where the similarity between schedules stops.

**So, the question is: - Do you want to remain an average all distances, all-round performer or do you wish to "specialize" at 3000/5000 m track events, 10 km, 20 km road, 30 km, Marathon, or ultra-long distances?**

Training schedules differ vastly, not only from coach to coach, but also in make-up, intensity, and especially total work-out time. For example: - A one week schedule for a serious 20 km walker, around 3 to 4 weeks before race-day, would include the following,

- 20 to 35 x 400 m, at a pace of 5 seconds faster than your goal pace for the 20 km on race day, with 1 minute rest after each 400 m.
- The following three days are used for two 1 hour easy walks and in between an around 80% effort (below threshold pace) 15 to 18 km.
- This is followed next day by 8 to 12 x 1000 m again at 20 km goal pace time with 2 minutes rest after each 1000 m.
- The next day walk 20 to 30 km at 70/75% effort.
- Note that this schedule includes one rest day per week.

An intense schedule as above, is obviously only suitable for walkers that have progressed via a solid base building schedule, with lower numbers of repetitions, intervals and intensity. You can't just jump in to such a schedule just hoping it will bring success.

Coming back to my earlier remark about walking six days at an easy pace, is making no real progress. Every walker should have **three or four clearly defined accurate WALKING PACES** and apply them to work-outs in correct proportions.

We took out the math calculations, when we walked 10 km by completing 5 sets of 5, 3 min. laps in different lanes for added pace and lap times, keeping the same lap times 3,6,9,12,15 minutes.

What happens on other training days? We should all have exact pace times for different walking paces. Before stating my example times, let's have a look at what determines our paces, especially our race pace, the pace we all would like to improve on, or at least pace we would like not to lose but to maintain.

Two factors, besides a certain level of general fitness, control our performance in a race. Our **Lactate threshold** and **VO<sub>2</sub> max**.

Our lactate threshold is the point at which lactate begins to increase in the muscles and blood faster than it can be broken down. To improve or push up the threshold level we do interval workouts of 400, 800, 1000, 2000 m at near race-pace, with short rests in between. These interval sessions are used to teach our muscles to produce energy aerobically, without creating lactic acid as a by-product.

VO<sub>2</sub> max. is a measure of the maximum amount of oxygen that a walker can take in and process during exercise. It is one measure of a walkers athletic potential. Measured in millilitres of oxygen per kg of body mass per minute. Hence the importance of our ideal body weight whilst racing. A 1 kg surplus can cost you up to 8 seconds per km. **(I can confirm that each kg over my race weight equals about 1 minute per 10km or 6 seconds per km lost – Ed).** VO<sub>2</sub> max intervals of 100, 200, 400 m at very fast pace, with equal time short rest periods, will increase our ability to take in and process large volumes of oxygen while walking at high speeds.

Here is a guide for you to adapt, adjust and modify to suit your present ability. Once achieved in the next couple of weeks, re-adjust

and apply again. Remember that the bulk of your training distance per week/month should be in the EASY PACE mode.

**THRESHOLD PACE.** I centre my pace on 10 km races at 6:58/km. My 9 km stock route to and along Table View beach and back home, target is 62:22 and when I do this threshold session I try and stick to it and the result is always accurate within 15 seconds or there about.

Note, discipline is required to go out and just do it, especially if you train on your own most of the time, like me.

**EASY and LONG DISTANCE PACE.** My target is 7:30/km. My stock route, from home, Beach, Big Bay, R 27, back home is 14 km, or optional 15 km, and I always hit the 1:45:00 and 1:52:30 regularly and comfortably. Again it gets a bit lonely at times, but the hunger to maintain at least some form of days gone by remains. If I feel I have missed out a bit on interval sessions and fast repetitions, I include a few (3 to 5) bursts of 30 seconds duration at a really fast pace in to these LSD work-outs.

**INTERVALS PACE.** I centre my pace here on 6:30/km some 28 seconds faster than my target threshold pace. Work-outs we perform in our Wednesday sessions on the track. 400's, 800's, 1000's, 2000's with slower recoveries in between are ideal work-outs for threshold improvements and getting you to walk faster in competitions. Some coaches recommend equal easy time walking at around 70% as it takes to perform the fast interval segment. My approach, on a Wednesday, of only half the time for recovery, (to save time) may be a bit short.

**REPS PACE.** My target pace for these very fast repetitions differs with distance/length of the repetitions. For the 100m's I aim at 30 seconds.

Unable to maintain such pace for 200's, I am content with 1:05. The effort by walkers, especially masters, performing these "flat-out" sprints should not be under estimated. Here is an increased chance of picking up injuries. I recommend that over 55's refrain from performing these sprints for longer than 8 to 12 minutes per work-out, and not more than twice per week.

6x100 m sprints with 45 sec. rest after each, or easy walk back before repeat, it is your choice. Include these sprints into your program, coupled with longer Interval-pace work-outs, and you will see your leg speed increase and reap better race results.

I am very reluctant in giving individual walkers schedules to follow, especially the "not so young" I am walking with and coach at the moment at Bellville. Not only age, but general make-up conditions, old and new injuries, chronic medications, etc. all play a role in individuals capabilities. I would just like to see everyone enjoying the sport and listening to their bodies and performing to the best of their ability, without being told what they must and must not do. I will coach, motivate, advise and direct, on the other hand applying force and pushing the limits too hard, is not in my nature.

-oOo-

Many walkers have asked about best training methods, total km's training needed per week, intensity of workouts, number of rest days and many other points. Often they ask for something on paper to follow and to provide some form of guidance to see if they are on the correct pass to perform well on the day of reckoning in a couple of months time, when provincial and national championships are on the cards again.

To do a "good job" with such a request is almost impossible. My schedule at close to 80 years old can't possibly be the same as Gideon's at 41.

I could provide you with a typical Masters average schedule to use as a guide for you to adapt and modify to match your own ability and intended goal you wish to achieve come April/May.

Here we go, allowing one rest day per week and aiming for a successful **20 km race**, the schedule for six days following the rest day would look something like this.

**Day one:** 20 to 25 x 400 m @ your goal race pace, with 1 min. rest after each, or 100 m very easy @ 40/50% pace between each 400  
**Day two:** 45 min. of easy walking at not faster than 70%. This is a recovery walk after a post hard work-out. (check heart rate).  
**Day three:** 12 to 15 km @ threshold pace, just below race-pace.  
**Day four:** 30 min. of easy walking, max 75% pace.  
**Day five:** 8 to 10 times 1000 m or 5 times 2000 m @ goal race-pace. Rest 2 min. After each 1000 or 3 min. after each 2000 m.  
**Day six:** 18 to 20 km @ 75% of your max. Heart Rate, or 80% of your race-pace.

For all those who plan on only **10 km of racing**, the schedule for days 2,4 and 6 I would suggest stay the same and days 1,3 and 5 would look something like this: -

**Day One:** Reduce the 400 m's to 12 to 15 times.  
**Day three:** 8 to 12 km @ Threshold pace  
**Day five:** 8 x 800 m or 8 x 1000 m @ your 10 km goal pace. Rest 2 min. after each 800/1000m

If day 5 is too monotonous for you and "too much of the same" for you, add some variation into the session. Introduce some Fartlek and play around with speed. Alternate with 5 to 10 minutes of faster walking (threshold and race-pace) with 10 to 15 minutes at a reduced 70/85% pace.

On easy days, if you really feel good, you can always introduce a couple 30 second sprints into your work-out.

Enjoy, give it a try. Remember the schedule must change during the last 10 to 14 days before Race Day.

**Lekker Stap.  
Jürgen**

## Shoes - Dave Ingram

**Dave writes:**

*"I do about 3000km a year so can't use shoes for 300km! I really like the DS trainer it is a mild anti-pronation with some mid sole support. It may work you even if only for training.*

*On short races up to 21km I can use neutral shoes. As I get tired I pronate more so 42 and up I use Stability shoes. Often on 32 I can use neutral.*

*If I use New Balance too often my Plantar tends to get sore so I limit to once a week just to strengthen them."*

Make	Model	Comment	Feels	Km done
New Balance	890v2	Great light weight 21km racers	Fast	900
New Balance	Vazee Rush	Great for 18km never more than 21	Fast	400
New Balance	860V3	less than 15km, hard support	Slow	400
New Balance	980	Awesome shoe for everyday training	OK	800
Saucony	Iso Triumph	Awesome shoe	Cushioned	1200
Brooks	Adrenaline gts14	Great shoe	Cushioned	1200
Brooks	Adrenaline gts15	Great shoe	Cushioned	1000
Brooks	Adrenaline gts 18	Awesome shoe	Cushioned and feels fast	400
Brooks	Cascadia 12	Adrenaline with Trail tread	Cushioned	400
Asics	Essential	a shoe	ok	700
Asics	Kayano 21	OK	OK	800
Asics	Skyspeed	Heel broke on long tom 56	OK	130
Asics	Trabuco v3	ok did sari stagger	ok	537
Asics	Fuzex light	New	light	0
Asics	Cumulus 18	New to replace Saucony	Heavy	14
Asics	DS Trainer 21	Racing shoe	fast	100
Asics	Noosa 11	New Tri shoe		

Dave still has most of these shoes in use Perhaps in a year's time he can let us have a final analysis of those that have been retired.

**Source:** Dave Ingram

## International events

**Feb 10 (Sun), 2019** Australian and Oceania Roadwalk Championships, Adelaide, AUS (20km, U20 10km)  
**Feb 10 (Sun), 2019** Spanish 50km National Race Walk Championships, El Vendrell, ESP  
**Mar 17 (Sun), 2019** Lugano Trophy Walks Meet, Lugano, SWI  
**Mar 23 (Sat), 2019** Dudince International Walks Meet, Dudince, Slovakia (20km, 50km)  
**Mar 24-30, 2019** 8th World Masters Indoors T&F Championships, Torun, Poland  
**Apr 6 (Sat), 2019** Pobebrady International Meet, Pobebrady, CZE (20km)  
**Apr 6 (Sat), 2019** 28th Grande Prémio Internacional de Rio Maior em Marcha Atlético, Rio Maior, Portugal  
**Apr 13 (Sat), 2018** International Race Walking Meeting "Zaniemysl 2019", Zaniemysl, Poland (20km)  
**Apr 13 (Sat), 2019** Naumburg International Meet, Naumburg, Germany  
**Apr 20 (Sat), 2019** IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)  
**Apr 20-21, 2019** Pan American Racewalk Cup, Lazaro Cardenas, Mexico  
**May 15 (Sun) 2019** European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)  
**Jun 8 (Sat), 2019** XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain  
**Jun 22 (Sat), 2019** Polish 20km Championships, Mielec, POL  
**July 3-14, 2019** 30th Summer Universiade, Naples Italy  
**Aug 30-Sep 7, 2019** 20th Oceania Masters T&F Championships, Mackay, Queensland, AUS  
**Sept 28 – Oct 6, 2019** 17th IAAF World Championships in Athletics, Doha, Qatar  
**May, 2020 29th** IAAF World Race Walking Team Championships, Minsk, Belarus  
**July 17-20, 2020** 18th IAAF World U20 T&F Championships, Nairobi, Kenya  
**July 24 – Aug 9, 2020** 32nd Olympic Games, Tokyo  
**July 20 – Aug 1, 2020** 23rd World Masters T&F Championships, Toronto, Canada  
**Mar 2021** 9th World Masters Indoor T&F Championships, Edmonton, Canada  
**Aug 6-15, 2021** (TBC) 18th IAAF World Championships in Athletics, Eugene, USA  
**July 18-30, 2022** XXII Commonwealth Games, Birmingham, GBR.  
**Aug 7-17, 2022** 24th World Masters T&F Championships, Gothenburg Sweden  
**Aug 2021** (TBC) 19th IAAF World Championships in Athletics, Budapest, Hungary

**Source:** Heel and Toe

## Western Cape News

**WPA Racewalk commission:**

Stefano Aracena (Chairman)  
 Alroy Dixon  
 Piet Jooste  
 Neliswa Ntusi  
 Adam Papier  
 Fundiswa Sandi  
 Neville Williams  
 Allan Young

**Events:**

16<sup>th</sup> February - Grand Prix 1

### A Note on Leo Benning

It is wonderful to occasionally get to hear from the giants of sport – a privilege that occurs from time to time due to this newsletter, and it was certainly a surprise to hear from Leo Benning – here is a touch of his history in sport...

Leo founded WPM in Sept 1975 and has been involved in Masters ever since in all aspects of the sport. Leo was a regular track athlete, but he also ran about 1000 road races including Comrades and Two Oceans. He took part in cross country for 30 years and of course he also took part in racewalking.

In 1978 Leo was 2nd in the 45+ 36 km Big Walk from Simonstown to Cape Town. He represented the old N Tvl in a 1 mile walk in Pretoria in 1965 and represented EP in the 3000m in 1970. In 1988 Leo placed 2nd in the M50 5000 m walk at the SAMA Champs in Windhoek. (He also competed in hurdling and high jump at that meet!) Racewalking was not Leo's premier event – that was the high jump in which he has won gold, silver and bronze at world championships.

Leo is considering taking up racewalking again – I certainly hope he does and that we can all meet him on the track this year!

## AGN News

### AGN Racewalk Commission:

- Chris Britz (Chairman, Coach)
- Chris Callaghan (Deputy Chairman, Statistics, Selection)
- Lucia Willemse (Secretary)
- Jaap Willemse (Race organiser)
- Mzwakhe Kobue (Coach, Development)
- Mariaan Serdyn (Team Captain, Finance)

The Pilditch revamp seems to have stalled and the stadium is still in use until further notice.

### AGN Grands Prix

7:30 16 <sup>th</sup> March	1;3;5;10km	Tuks RW Track	10km Champs
8:00 15 <sup>th</sup> June	1;3;5;10;20km	Tuks RW Track	20 km Champs
7:30 17 <sup>th</sup> Aug	1;3;5;10km	Tuks RW Track	
6:30 23 <sup>rd</sup> Nov	Relay	Tuks RW Track	

### AGN ATHLETICS MEETING CALENDAR 2019

**Thursday 14 March** track and field, road running and cross country management (executive and clubs)

**Thursday 9 May** AGM

**Friday 31 May:** deadline for requesting race dates for 2020

**Monday 22 July:** deadline for requesting road running and race walking league status for 2020

**Thursday 1 August:** track and field, road running and cross country management (executive and clubs)

**Saturday 5 October** AGN Council and special general meeting (board, committees and clubs)

## Phobians Festival



The Phobians Festival of running (and walking) is a circuit race, on a 1000m grass track. The event has applied for an IAU Bronze Trail label. (Pending receipt of IAAF measurement).

Although we don't expect many record times, every lap will be timed (and counted). Finishing criteria vary from event to event. A minimum distance of 403km (250 miles) is required for the Phobians 6-Day race.

24 hour periods will be measured from 14:00 until 14:00 on the following day. If the race starts late for some reason e.g. 14:20, then the 24 hour period is taken from 14:20 until 14:20. These 24 hour periods are used to determine the daily distances. You are free to run/walk/sleep/eat etc. at any time during the 144 hours. There is no minimum daily distance to be covered on each day.

Athletes may wish to bring their families to the event. Shorter events are available to allow for family participation. Traditionally, each participant seconds themselves from their campsite which is situated alongside the track. Many runners/walkers work solo without additional support persons, however, this is not recommended for competitive athletes planning to win and every second counts. Note that the stand and hand rule applies to seconding.

**Start date is Monday 18th March.** You may arrive on the Sunday to setup your tent on your pre-booked campsite. A limited number of pre-paid tents will be available and caravan parking will be available.

**Completion date is 24th March** at 2pm followed by Prize giving taking place shortly afterwards. Note that Thursday 21st March is a public holiday.

Emergency Medical support will be available at the venue with Little Company of Mary being the hospital facility for full emergency treatment.

Catering with a club bar facility will be available for athletes and visitors. Athletes competing in specific events will have meals included in their entry fee. On-track refreshments will be provided to athletes. A specific area has been allocated to gas braai etc. as event safety regulations now prohibit gas bottles in the camping areas. Please note that no pets are allowed onto the club premises.

Ablution facilities with hot showers are available within the clubs change rooms.

Want to enter? Need more information? Contact Ivan Moorhouse at [info@protime.co.za](mailto:info@protime.co.za)

## AGN Awards

### AGN Award: Female Walker of the Year: 2018



2018 was a bitter sweet year for me. I started training with coach **Carl Meyer** toward the end of 2017 with the view to preparing myself for

the World Masters Athletic Championships in Malaga, which took place in September 2018, to give myself the best opportunity possible to get a podium finish in at least one of my three events.

My training went well. I trained hard and diligently, in the process learning a lot from Carl. I enjoyed the challenge of following a weekly program tailor made for me. I was bitterly disappointed when, after the day of my arrival in Malaga, I injured myself doing intervals of 200m. This was my fault as I pushed myself too hard. My program distinctly said tempo and I pushed harder.

That said, I returned back to SA with 2 medals for team events for which I was very grateful.

Much to my surprise, I received an invitation to the AGN award evening which took place on the 2nd November. I couldn't quite make out what award I was to receive, and thought in my oblivion it might be a certificate acknowledging my 2 medals. I even messaged **Elsa Meyer** an hour or so before the ceremony, asking her to reserve a seat for me, thinking she would be there as I thought she was the obvious choice for AGN Female walker of the year, only to find out she was not invited.

To my astonishment my name was called for that award. It was a complete surprise, and, I must add, it felt really good to get it! I appreciate the fact that someone out there nominated me, but I really felt that I didn't deserve the award. I am also long enough in the "business" of race-walking to realise that people do talk, and that it was mentioned (not to my face) that Elsa Meyer should have received it rather than me. And you know what? I agree with those who have verbalised it. So this is my way of saying...  
*"Elsa, you're a star athlete, and I also think that you would have been a deserving recipient"*

The trophy still stands on the mantelpiece in my lounge, and secretly I enjoy seeing it there, but I would happily hand it over to amazing friend, a humble person, Elsa Meyer, any day.

**Source:** Winnie Koekemoer

**Note from the editor:** There is an open nominations process every year for this position. Entries closed long before Malaga, at a time when Winnie was on the top of her game and Elsa was struggling. I have no doubt that the awards committee chose well in giving this award to Winnie. The fact that Elsa came back (even after her own injury worries in Malaga) to blow the opposition away, does show that she is remains a deserving world Champion!

To the people who "talk" as Winnie puts it – let me ask: Did you nominate the person that you considered should have received this (or any other ) award? If not then YOU are directly responsible for the AGN awards committee not considering your candidate of choice. My advice – **stop "talking" and get active in your community!**

## CGA News

### CGA Racewalk Commission:

Brenda Wakfer (Chairman)  
Johannes Mashego (Deputy Chairman)

### Additional members:

Nthatsi Mokhele  
Thabiso Tsagane  
Aggreneth Mogots

### CGA League meetings:

Saturday 9 February 2019 – Valentine Women's day  
Saturday 16 February 2019 – Germiston  
Saturday 26 February 2019 - Germiston

## Masters News

News from SAMA is that it may be possible for masters to earn the Protea symbol for specific World masters events in the future. Details remain sketchy. Also of particular interest to racewalkers is that ASA has accepted that certain "exhibition" events may be held at the SA Senior championships. These include a 5000m women's Masters walk.

## SAMA Champs

1-2 March 2019	EPA	Westbourne Oval, PE
22-23 March 2019	KZN	Kings Park Stadium
29-30 March 2019	GNMA	Pilditch/Tuks?
13 April 2019	WPA	Cape Town Stadium, Greenpoint
13 April 2019	CGMA	Herman Immelman, Germiston
<b>2-4 May 2019</b>	<b>SAMA</b>	<b>Oudtshoorn</b>
? August 2019	Mpumalanga	Secunda
26 October 2019	SWD	Oudtshoorn
8-9 November 2019	Free State	Bloemfontein
? 2020	SAMA	Herman Immelman, Germiston?

## Revisions to National Colours Standards

I am often asked how the standards are formulated for receiving national colours and why the rather large disparities appear to be there between track events and field events. I have always given the information that I got years back when asking the same question: *"they take average of the 8<sup>th</sup> position from the last three WMA Champs"*.

When the recent relaxing of standards was published I knew this question would come up again so I asked Thomas Endrody for the official answer;

Hi Thomas,

I am sure that the change that you have just announced will spark a lot of discussion, and I thought it might be a good idea if the process for deciding on SAMA standards was clarified for all. I would very much appreciate an article explaining the decision making process.

Hi Chris,

Thank you for the email

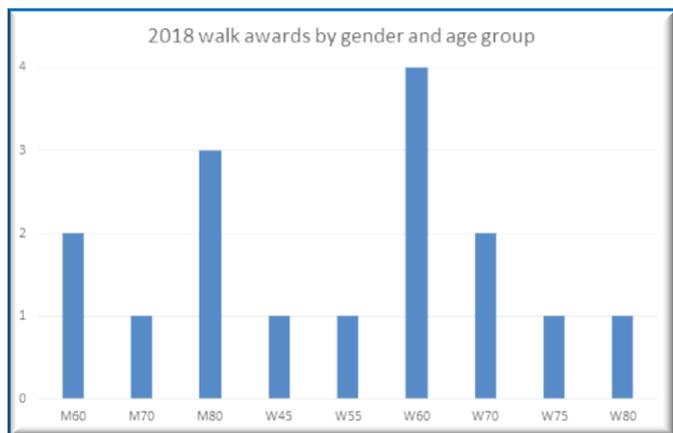
There is a dual objective when determining national colours standards:

1. A level of difficulty which demonstrates an outstanding achievement worthy of the award, whilst not being overly restrictive and providing the athlete with an achievable target
2. Parity between the genders, events and age groups

To quantify #1 above approx. 5% of registered SAMA athletes are awarded year on year

Regarding #2 there is no absolute peg in the ground and we look at various statistical methods for best objectivity

It is interesting that racewalking (5000W, 10kmW and 20kmW) takes a relatively high proportion of the awards (25-30%) year on year but it should be recognised that our walkers are of a high standard when looked at globally, attested by our high medals tally in those events at WMA champs. Below is the spread of walk awards by gender and age group, given at Bloem this year. Again, rather than showing disparity in the actual standards, I believe it reflects the age groups in which SA is stronger on the international scale



There was a need to revise the standards when I took over as statistician in 2016 and the current set was approved in early 2017 by the provinces and the exco. For racewalking I received input from **Kevin Phillips** and **Celeste Scheepers**, latter commenting that "this version is much much better - attainable but difficult, and not giving colours away.."

Not being an exact science, and a rather complex one, I have no doubt the current standards are not perfect. The age-grading that I think you refer to can work as a leveller within event types e.g. 75% for racewalking. Important to note that for sprints our standards are tracking at 85-90% and for throws at 55-60%! and is a reflection of the age grading tool, not of the standards. Fair to say that the 8th place at WMA champs was considered the best method before my time (ex SAMA president Basil Carnie) and is the guide that I follow. Because there is a large variation in the results between the various WMA champs and events, ideally we need to use an average over the last five world champs. For the purpose I requested csv results files from the last five world champs from WMA but never received them. The pdf format results for a single championship is +-400 pages and makes manual extraction extremely tedious

At SAMA we must revise the standards from time to time but because it is such a mammoth task (without access to the csv format results) I will recommend that we do the review for events or event groups as the need arises, rather than the entire set. I have heard for example that the heptathlon/decathlon standards are too tough but I have not verified that. I hope the above provides the transparency that you are expecting and I invite specific requests for review. The request should be made to me/SAMA for discussion at our exco and should come from a recognised authority in the event type. Reason for this is that inputs I get are sometimes quite contradictory. A new revision could be instated for the next awards cycle in late 2019

Source: Thomas Endrody

## 12th African Masters Championships Tunis, Tunisia 6th - 9th Feb 2019

### International Championships

- 24-30 March'19 Torun Poland WMAC Indoor
- 20 Jul-1 Aug 2020 Toronto Canada WMAC Outdoor
- 2021 Edmonton WMAC Indoor
- 2021 - African Masters Athletics Championship - Nairobi Kenya.
- 2022 - Gothenburg Sweden WMAC Indoor
- 2023 - African Masters Athletics Championship - South Africa.**

Source: Various

## 2018 Top achievers

So hard to make decisions.... I took 78% as a cut off in most cases since this is approximately what the Masters need to achieve SA Colours. If you are not on the list and need to know how you fared please email me. If I have missed some performances please forgive me, and make a point in future of sending full results of competitions to me.

### 50km

Name	Event	Prov	Date	M/F	Age	Act Time	%
Frieda Bignaut	Interprovincial Champs	WPA	27-Oct-18	F	68	06:22:02.00	99.6%
Natalie le Roux	World team Champs Taicang	RSA	05-May-18	F	36	04:48:00.00	88.8%
Marc Mundell	Hauppauge NY race	AGN	21-Oct-18	M	35	04:09:07.00	86.1%
Thembele Qhanqiso	Interprovincial Champs	KZN	27-Oct-18	M	51	05:03:58.00	76.5%
Mthunzi Mnisi	Interprovincial Champs	AGN	27-Oct-18	M	28	04:46:42.00	74.7%
Aaron Mahlangu	Interprovincial Champs	KZN	27-Oct-18	M	31	04:52:05.00	73.3%
Gustav Brink	Interprovincial Champs	AGN	27-Oct-18	M	51	05:37:59.00	68.8%
Jeffrey Phegane	Interprovincial Champs	CGA	27-Oct-18	M	29	05:16:59.00	67.6%
Wiseman Hlongwa	Interprovincial Champs	KZN	27-Oct-18	M	31	05:26:57.00	65.5%

### 20km

Name	Event	Prov	Date	M/F	Age	Act Time	%
Elsa Meyer	WMA Malaga	AGN	14-Sep-18	F	72	02:14:28	97.7%
Winnie Koekemoer	CGA CHAMPIONSHIP	AGN	15-Jul-18	F	68	02:10:10.00	94.4%
Lebogang Shange	Commonwealth Games	RSA	08 Apr 2018	M	27	01:23:27.00	92.6%
Wayne Snyman	ASA Open Champs Pretoria	AGN	17 Mar 2018	M	33	01:24:58.00	91.3%
Sizwe Ndebele	WPARace WalkingGrandPrix1	AGN	17-Feb-18	M	24	01:28:40.00	87.1%
Frieda Bignaut	WPARace WalkingGrandPrix2	WPA	12-May-18	F	67	02:18:54.00	87.0%
Sandra Steenkamp	AGN 20km Championship	AGN	18-Aug-18	F	57	02:00:39	86.9%
Marc Mundell	US World team RW Champ Trials	AGN	08 Apr 2018	M	38	01:31:13.00	86.7%
Mzwakhe Mavundla	Sasolburg	CGA	28-Apr-18	m	24	01:29:16.00	86.6%
Mduduzi Mavundla	WPARace WalkingGrandPrix1	AGN	17-Feb-18	M	24	01:30:40.00	85.2%
Jurgen Spencer	WPARace WalkingGrandPrix2	WPA	12-May-18	M	76	02:14:29.00	85.1%
Tumisang Pule	WPARace WalkingGrandPrix1	AGN	17-Feb-18	M	21	01:30:57.00	85.0%
Mtembi Chaugue	Sasolburg	CGA	28-Apr-18	m	25	01:31:10.00	84.8%
Loritha Jacobs	Interprovincial Champs	CGA	27-Oct-18	F	67	02:23:18.00	84.3%
Tebatso Mashimbyi	AGN 20km Championship	CGA	18-Aug-18	M	23	01:31:45	84.2%
Anel Oosthuizen	Interprovincial Champs	ASWD	27-Oct-18	F	23	01:41:53.00	83.3%
Kevin Phillips	SAMA Champs	CGA	28-Apr-18	M	53	01:49:20.00	81.0%
Zelda Schultz	ASA Open Champs Pretoria	NW	17 Mar 2018	F	26	01:45:53.80	80.1%
Natalie Le Roux	ASA Open Champs Pretoria	KZN	17 Mar 2018	F	36	01:47:30.80	80.0%

### 10 000m

Name	Event	Prov	Date	M/F	Age	Act Time	%
Sizwe Ndebele	AGN Senior Champs	AGN	24-Feb-18	M	24	00:43:48.57	86.5%
Francois Jacobs	Paarl	BOLA	10-Mar-18	M	18	00:45:45.08	85.9%
Jurgen Spencer	Western Province Senior & Co	WPA	02-Mar-18	M	75	01:05:55.81	85.0%
Mthembi Chauque	Bloemfontein	AFS	17-Feb-18	M	25	00:44:56.16	84.3%
Antonio Farmer	U20 Men Paarl	ASWD	06-Apr-18	M	17	00:48:10.54	82.6%
Tumisang Pule	AGN Senior Champs	AGN	24-Feb-18	M	21	00:46:05.93	82.2%
Jacques Heymans	Nat Secondary schools	Free S	24-Mar-18	M	18	00:48:23.09	81.2%
Siyabongwa Shongwe	Nat Secondary schools	Kwaz	25-Mar-18	M	18	00:48:43.13	80.7%
Gideon Cillie	Western Province Senior & Co	WPA	02-Mar-18	M	20	00:47:37.00	80.5%
Sylvester kalande	U20 Men Paarl	AGN	06-Apr-18	M	17	00:49:51.71	79.8%
Austin van Niekerk	Paarl	WPA	10-Mar-18	M	19	00:48:47.99	79.5%
Jaap Willems	AGN Senior Champs	AGN	24-Feb-18	M	61	01:00:08.82	78.8%
Lucky Mlungwane	Nat Secondary schools	Easte	26-Mar-18	M	18	00:49:55.62	78.7%
Nhlanhla Ndazi	ASA U18	ATHL	05-Apr-18	M	15	00:52:07.81	78.7%
Bheki Mnyamane	ASA U18	ATHL	05-Apr-18	M	16	00:51:18.71	78.6%
Russel Pratt	U20 Men Paarl	BOLA	06-Apr-18	M	18	00:50:00.06	78.6%
Danie Labuschagne	AGN Senior Champs	AGN	24-Feb-18	M	62	01:01:00.30	78.5%
Chris Brits	AGN Senior Champs	AGN	24-Feb-18	M	54	00:56:37.37	78.5%

### 5 km

Name	Event	Prov	Date	M/F	Age	Act Time	%
Janise Nell	Interprovincial Champs	ACNV	27-Oct-18	F	14	00:25:46	83.0%
Marissa Swanepoel	Interprovincial Champs	AGN	27-Oct-18	F	16	25:56.0	80.3%
Durando Aweries	Interprovincial Champs	ASWD	27-Oct-18	M	15	00:24:50	80.0%
Nhlanhla Ndazi	Interprovincial Champs	AGN	27-Oct-18	M	15	00:25:02	79.4%

## 10 km

### Editorial

Name	Event	Prov	Date	M/Age	Act Time	%
Annatjie Greyvenstein	SAMA Champs	AGN	28-Apr-18	F 73	01:04:48	99.2%
Elsa Meyer	WMA Champs Malaga	AGN	10-Sep-18	F 72	01:04:11	98.4%
Hildegard Vey	WP Grand Prix 3	WPA	04-Aug-18	F 77	01:11:11	97.3%
Winnie Koekemoer	AGN 2018 Grand Prix 2	AGN	18-Aug-18	F 68	01:02:51	94.2%
Wayne Snyman	AGN Grand Prix 1	AGN	26-May-18	M 33	00:42:13	90.5%
Peggy Reid	WP ARace WalkingGrandPrix1	WPA	17-Feb-18	F 81	01:23:17	90.4%
Sandra Steenkamp	AGN 2018 Grand Prix 3	AGN	22-Sep-18	F 58	00:57:19	90.3%
Birdie Pearson	WP Grand Prix 3	WPA	04-Aug-18	F 69	01:07:00	89.8%
Frieda Bignaut	WP Grand Prix 3	WPA	04-Aug-18	F 68	01:06:53	88.5%
Francois Jacobs	World team Champs Taicang	RSA	05-May-18	M 18	00:44:27	88.4%
Jurgen Spencer	WP ARace WalkingGrandPrix2	WPA	17-Feb-18	M 77	01:05:38	87.9%
Lebeauf Von Beneke	AGN Grand Prix 1	AGN	26-May-18	M 53	00:50:14	87.7%
Sizwe Ndebele	AGN Grand Prix 1	AGN	26-May-18	M 24	00:43:27	87.2%
Lesaya Seyabi	CGA CHAMPIONSHIP	CGA	15-Jul-18	F 78	1:21:48	86.4%
Carol-Ann Aver	WP ARace WalkingGrandPrix1	WPA	17-Feb-18	F 72	01:13:12	86.3%
Cecile Kidson	WP Grand Prix	WPA	12-May-18	F 75	01:17:39	85.8%
Wendy Josephs	WP ARace WalkingGrandPrix1	WPA	17-Feb-18	F 69	01:10:54	84.8%
Loritha Jacobs	CGA CHAMPIONSHIP	CGA	15-Jul-18	F 67	01:08:48	84.8%
Tebatso Mashimbyi	AGN 2018 Grand Prix 3	CGA	22-Sep-18	M 23	00:44:49	84.5%
David Morgan-Smith	SAMA Champs	SWD	28-Apr-18	M 80	01:11:37	84.4%
M Norton	WP Grand Prix 3	WPA	04-Aug-18	F 78	01:23:55	84.2%
Antonio Farmer	World team Champs Taicang	RSA	05-May-18	M 18	00:46:49	83.9%
Chris Callaghan	WP Grand Prix	AGN	12-May-18	M 65	00:59:21	83.3%
Jos Els	SAMA Champs	EPA	28-Apr-18	F 66	01:09:19	82.9%
Tumisang Pule	AGN 2018 Grand Prix 3	AGN	22-Sep-18	M 21	00:45:45	82.8%
Margaretha Knoetze	SAMA Champs	AGN	28-Apr-18	F 62	01:05:45	82.7%
Yvonne Irmischer	SAMA Champs	KZN	28-Apr-18	F 55	01:01:15	81.7%
Manda Smook	SAMA Champs	CGS	28-Apr-18	F 68	01:12:35	81.6%
Jude Benfield	CGA CHAMPIONSHIP	CGA	15-Jul-18	F 70	1:15:11	81.3%
Macky Johnson	WP Grand Prix	WPA	12-May-18	F 80	01:30:50	81.1%
Megan Brennan	WP Grand Prix 3	WPA	04-Aug-18	F 75	01:22:18	81.0%
Mary Schipper	WP Grand Prix 3	WPA	04-Aug-18	F 72	01:18:42	80.3%
Johan Van Zyl	WP Grand Prix 3	WPA	04-Aug-18	M 69	01:04:35	80.2%
Santa Falkner	AGN 2018 Grand Prix 3	AGN	22-Sep-18	F 69	01:15:01	80.2%
Len Diedericks	WP Grand Prix	WPA	12-May-18	M 73	01:08:02	80.1%
Ronel Vijeon	CGA CHAMPIONSHIP	AGN	15-Jul-18	F 39	00:54:08	79.9%
Ann Stead	SAMA Champs	WPA	28-Apr-18	F 71	01:18:03	79.6%
Jenny Wilson	CGA CHAMPIONSHIP	CGA	15-Jul-18	F 71	1:18:26	79.2%
Daniel Labuschagne	SAMA Champs	AGN	28-Apr-18	M 62	01:00:36	79.0%
Frances Kichenbrand	SAMA Champs	AGN	28-Apr-18	F 56	01:04:02	79.0%
Jacques Heymans	ASA Open Champs Pretoria	AFS	17-Mar-18	M 19	00:49:10	78.9%
Gerard Van der Raad	Irene Race	AGN	16-Jun-18	M 74	01:10:08	78.8%
Patrick Wofnor	WP Grand Prix 3	WPA	04-Aug-18	M 72	01:08:29	78.6%
Zelda Schultz	AGN Grand Prix 1	North	26-May-18	F 26	00:53:32	78.3%
Antoinette Bennet	SAMA Champs	KZN	28-Apr-18	F 62	01:09:27	78.3%
Jaap Willemsse	AGN Grand Prix 1	AGN	26-May-18	M 61	01:00:38	78.2%
Gall Williams	WP Grand Prix 3	WPA	04-Aug-18	F 60	01:07:51	78.2%

A **big thanks** to all that sent me good wishes for fast healing, and the sound advice about taking it easy to allow the process to be completed. I am always amazed by the camaraderie that exists within this community – may it grow further in years to come.

Thank goodness I can still walk, albeit very slowly, I hope to improve a little during the year and perhaps even edge into a medal or two by year end.

This is a difficult time for our sport. With the women competitors being heavily restricted to take part in the 50km even though it has now been accepted that they can take part. Then there is the proposed change away from the traditional distances, just as there is an upswing in them around the world. Add to that the fact that you as a racewalker, coach, supporter technical official were not asked your opinion on these matters by the ASA Racewalking committee!

I think a time for change is coming. We need people in the racewalking community who are really interested in the event rather than building their own little empires, or criticising from a back seat to stand up and take the lead. **Is there anyone out there who feels sufficiently motivated to make a difference? Or should we just let this sport die in South Africa?**

**Make this YOUR newsletter rather than mine – be a part of the fabric of South African Racewalking.**

### Contact me

Chris Callaghan: [Chrisc37@gmail.com](mailto:Chrisc37@gmail.com)  
Love Running: Sport for the Glory of God



**"To walk is to live, to walk fast is to live well."**  
If you want to receive this newsletter in your inbox, you need to email me and ask.

## 5 000m

Name	Event	Prov	Date	M/Age	Act Time	%
Annatjie Grevenstein	AGNMA Champs	AGN	24-Mar-18	F 73	31:43.72	94.3%
Elsa Meyer	SAMA Champs	AGN	27-Apr-18	F 71	31:32.53	91.9%
Lorraine Zehmke	SWD Champs 2018	SWDN	27-Oct-18	F 68	30:13.90	91.7%
Winnie Koekemoer	SAMA Champs	AGN	27-Apr-18	F 67	30:01.28	91.1%
Peggy Reid	SAMA Champs	WPA	27-Apr-18	F 81	38:08.75	90.7%
Hildegard Vey	SAMA Champs	WPA	27-Apr-18	F 76	35:02.92	89.8%
Jurgen Spencer	SAMA Champs	WPA	27-Apr-18	M 77	31:54.39	86.8%
Jodi Pastorino	SWD Champs 2018	KZN	27-Oct-18	F 82	41:00.41	86.1%
Mzwakhe Mavundla	CGA LEAGUE 1, GERMISTON	CGA	13-Jan-18	M 25	21:07.62	85.6%
Tebatso Mashimbyi	CGA LEAGUE 1, GERMISTON	CGA	13-Jan-18	M 25	21:11.67	85.3%
Sizwe Ndebele	AGN League 3 Tuks	AGN	03-Feb-18	M 24	21:20.88	84.7%
Barbara Nell	SAMA Champs	CGA	27-Apr-18	F 63	30:41.25	84.6%
Kevin Phillips	AGNMA Champs	CGA	24-Mar-18	M 53	25:26.81	83.2%
Frieda Bignaut	SAMA Champs	WPA	27-Apr-18	F 67	33:05.48	82.6%
David Morgan-Smith	SAMA Champs	SWDN	27-Apr-18	M 80	35:02.92	82.6%
Carl Meyer	CGA LEAGUE 1, GERMISTON	CGA	13-Jan-18	M 60	27:37.01	81.8%
Gerard van den Raad	AGNMA Champs	AGN	24-Mar-18	M 74	32:32.93	81.6%
Tumisang Pule	AGN League 3 Tuks	AGN	03-Feb-18	M 20	22:27.50	81.5%
Magaretha Knoetze	SAMA Champs	AGN	27-Apr-18	F 62	31:38.02	81.0%
Jan Bester	AGN League 3 Tuks	AGN	03-Feb-18	M 58	27:28.16	80.7%
Johan Coetzee	SAMA Champs	AGN	27-Apr-18	M 59	27:52.20	80.3%
Chris Britz	SAMA Champs	AGN	27-Apr-18	M 54	26:38.45	80.2%
Johan Coetzee	AGNMA Champs	AGN	24-Mar-18	M 59	27:56.74	80.0%
Chris Callaghan	AGNMA Champs	AGN	24-Mar-18	M 64	29:29.49	79.8%
Danie Labuschagne	AGNMA Champs	AGN	24-Mar-18	M 62	28:55.26	79.7%
Marissa Swanepoel	African Youth Games	RSA	October	F 16	26:06.50	79.6%
Yvonne Irmischer	SAMA Champs	KZN	27-Apr-18	F 55	29:54.06	79.3%
Natalie le Roux	KZN Champs	KZN	23-Feb-18	F 36	25:49.26	78.7%
Francois Oosthuizen	SAMA Champs	AGN	27-Apr-18	M 56	27:40.32	78.6%
Sylvester Kelanie	AGN League 4 Tuks	AGN	10-Feb-18	M 17	24:13.30	78.4%
Janise Nell	Nat Secondary schools	North	24-Mar-18	F 15	26:56.69	78.1%