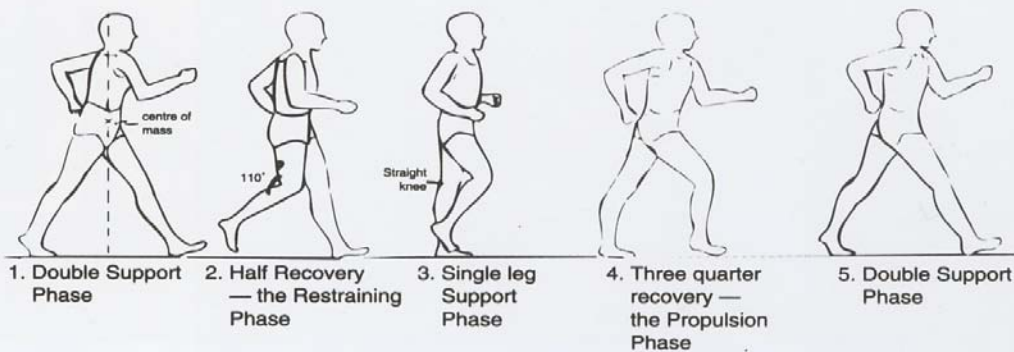


RACE WALKING



Definition of Race 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 eyes) loss of contact occurs. The advancing leg shall be straightened (ie not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

1. Double support

- Drive off a straight/slightly bent rear leg. The hip of the forward leg is pushed forward to a mid line and lands over the heel. The knee of this leg must straighten at heel contact and remain straight until past the vertical (see Rules).
- Elbows kept at a 90° angle throughout. The forward elbow, drives over the opposite heel and hip.
- The back ward elbow drive, the fist stops just behind the fat pad of the same hip.

2. Half Recovery

- Posture upright, shoulders relaxed
- No flexion at hips (ie a forward torso)
- Arms always carried at 90° elbow angle
- Knee angle greater than 90° for recovery (ie 100°-120°)
- Recovery foot relaxed, toes down

3. Single Leg Support Phase

- Emphasis here on straight support, shoulder/hip/knee/leg all in a line
 - Tail of spine still pointing to ground between legs (ie eliminating pelvic tilt)
 - Recovery foot relaxed, toes down.
 - Stance (opposite) hip at its highest level
 - Recovery hip low and driving forward to the mid line (not laterally)

4. Three Quarter Recovery: the prolusion phase

- Posture, slight forward lean from rear ankle to shoulder (no bend at hips)
- Drive from rear leg commencing
- Front hip at its lowest position, midline
- Use of this forward hip drive to pull the recovery leg through (not a knee lift)
- Front knee relaxed, toes start to pull upwards

5. Double Support

- Front foot contact on rear of heel, toes up, leg straight
- Drive from back leg completed
- Front arm to centre of breastbone and not across mid line
- Rear elbow drive, hand no further back than fat pad on hip