

VICTORIAN RACE WALKING CLUB
RACE WALKING RELATED BOOKS

This file contains a list of books and pamphlets (i.e., excluding journal articles and periodicals) on race walking. Books are noted here only if they contain significant material on the subject of racewalking.

Last Updated: Friday 22 July 2010

AUTHOR	TITLE	DATE	PUBLICATION	REMARKS	SOURCE
Barrett, A.O.	Race Walking. Practical Hints	1948	Robertson and Mullens, Melbourne, Australia	A booklet on racewalking by the 1905 Australasian race walking champion	Ray Smith
Bogatryov, Ye.	Vladimir Golubnichy	1979	Progress Publishers, Moscow	A biography of Olympic champion racewalker Vladimir Golubnichy – part of a series of Russian books on Olympic Heroes	Tim Erickson
Brown, Richard	The Winning Experience	1996	Institute of Human Development, Burnts House, Chelswood, UK	Champion long distance walker Richard Brown talks about many of his most challenging walks and uses them to illustrate how you can become a winning person.	Sandra Brown
Dudley Harris	Long at the Top	1994	Dudley Harris, New Zealand	Athletic biographies of champion long distance walker and runner couple Richard and Sandra Brown, 1982-1993	Jack Trugurtha
Brown, Sandra, Editor	Unbroken Contact.... One Hundred Years of Walking with Surrey Walking Club	1999	Surrey Walking Club, Chew Magna, England	Centenary History of the Surrey Walking Club	Tim Erickson
Cruise, Bob	A History of Race Walking in South Australia (1987-2006)	2009	Bob Cruise, Plympton, South Australia	A History of Race Walking in South Australia (1987-2006)	Tim Erickson
Cruise, Bob	A matter of Judgement	1980?	Bob Cruise, Melbourne, Australia	A primer on judging for Australian judges	Peter Waddell
Cummings, George	Walking for Road and Track	1947	Link House (2nd edition, 1947)	Largely an exercise in self-advertisement, with descriptions of some of his "record" walks, often over strange routes, such as Hartlepool to Hull; he was an enthusiast for self-massage and devotes a deal of space to the subject. A book that is worth reading, not least because the author was really the last of the professional line.	Ray Smith
Damilano, Sandro	100 Years of Race Walking	2003	Graph Art, Manta, Italy	590 pages of results from the principal international Championships, Games and Cups, with rankings of walkers; many black and white photographs; in Italian and English	Tim Erickson
Donahoo, Mark	History of the Victorian Race Walking Club	2005	Victorian Race Walking Club, Melbourne, Australia	A history of the most successful Australian racewalking club, from its inception in 1922 to the present day.	Mark Donahoo
Edwards, J. M.	The First Fifty Years – A History of the NSW Amateur Walking Club	1962	NSWAWC, Homebush, NSW, Aust	The First Fifty Years – A History of the NSW Amateur Walking Club	Heather Mitchell
Erickson, Tim	Once Were Walkers	2005	Victorian Race Walking Club, Melbourne, Australia	Biographies of the Victorian walkers who have represented Australia in major racewalking competition.	Tim Erickson
Hopkins, Julian	Race Walking	1976	B.A.A.B., London	Official coaching book. See also Markham, P.; Whitlock, H.H.	Peter Waddell
Hopkins, Julian	First Steps	1984	Race Walking Assn, England	A pamphlet about race walking for beginners	Peter Waddell
IAAF	Progressive World Record Lists 1913-1970	1971	IAAF, Monaco	Progressive World Record Lists for all T&F events for the period 1913-1970, with addendums covering the period up till 1975	Tim Erickson
IAAF	The Judging of Race Walking	1997	IAAF, Monaco	The official IAAF guide for Judges, Officials, Coaches and Athletes	VRWC
IAAF	The judging of Race Walking and the Organisation of a Race Walking event	2006	IAAF, Monaco	The latest update to the official judging and event organising manual.	VRWC
IAAF	IAAF Statistics Handbook 2008	2008	IAAF, Monaco	The annual update to this yearly statistical publication, released in conjunction with the IAAF World Race Walking Cup in Cheboksary	Chris Erickson
IAAF	IAAF Statistics Handbook 2009	2009	IAAF, Monaco	The annual update to this yearly statistical publication, released in conjunction with the IAAF World Championships in Berlin	Chris Erickson
IAAF Walking Committee	Guidance for Walking Judges	1972	IAAF, Monaco	An update to the official judging and event organising manual.	VRWC
Innes, Hugh W.	Race Walking – A Primer of the Sport	1910	Ewart, Seymour & Co, London	Extensive history of the walkers of the times as well as a very comprehensive primer of the sport.	Ray Smith

Ladany, Shaul	King of the Road	2008	Gefen, Jerusalem, Israel	Autobiography of the Israeli walker, including first-hand account of Munich Olympics. (JM) Translated from the Hebrew	Tim Erickson
Larner, G.E.	Larner's Text Book on Walking for Exercise, Pleasure, Sport	1909	Health & Strength, Ltd., London	By the double Olympic Champion of 1908. Deals with technique, training methods, diet, racing tactics, etc. Describes the Olympic races and recommends some country strolls. Also advocates cross-country walking races!	Ray Smith
Lovesey, Peter	Official Centenary History of the A.A.A.	1979	Guinness Superlatives, Ltd., Enfield, England, 1979	An entertaining and informative work, with a chapter on race walking and full lists of A.A.A. champions.	Fred Brooks
Markham, Peter	Race Walking	1989	B.A.A.B., London, England	Official coaching book. See also Hopkins, J.(1); Whitlock, H.H.	VRWC
Marshall, P. S.	King of the Peds	2008	AuthorHouse UK Ltd, Milton Keynes, England, 2008 ISBN 978-1-4343-3467-1(sc)	The story of long-distance racing, matches and challenges on both sides of the Atlantic in the 1870s and 1880s. The most comprehensive such book I have seen.	Tim Erickson
McDougall, Peter	Race Walking – Judge's Handbook of Rules and Procedures	1976	Self published	Judging procedures for Australian walk judges by Peter McDougall, the Directory of Race Walking Judges Training for the A.A.U. Of Aust (see Waddell, P.)	VRWC
McGuire, Frank	Race Walking for Little Athletes	1970	Victorian Little Athletics Assn, Melbourne	A short brochure on introducing racewalking to young athletes	VRWC
McGuire, Frank	Training for Race Walking	1962	Track & Field News, California, U.S.A.	A comprehensive guide to racewalking, this book also includes training schedules of the leading walkers of that era	VRWC
McGuire, Frank	Race Walking (3 rd edition)	1967	Racewalking Australia	The inaugural judging procedures written for Australian walk judges by RWA judging coordinator Frank McGuire	VRWC
McGuire, Frank	Race Walking for Everyone; a low impact aerobic exercise	1987	The Rotary Club, U.S.A.	Very much a beginners guide to racewalking by the well known Victorian coach and former IAAF judge Frank McGuire	VRWC
Meyers, Casey	Aerobic Walking	1987	Vintage, U.S.A., 1987	Comprehensive book on all aspects of walking – Includes section on race walking	Tim Erickson
Meyers, Casey	Walking - A Complete Guide to the Complete Exercise	1992	Random House, New York, U.S.A.	Comprehensive book on all aspects of walking – Includes section on race walking	Tim Erickson
Miller, Roger	Walking Techniques	1983	R. Miller, Ballarat, Victoria, Australia	Small booklet on racewalking by a local Victorian writer. He does not seem to have been a walker himself so it is an interesting study.	Frank McGuire
Osterhoudt, R.G.	A Brief History of Racewalking: 70 Years on Road and Track	1975	Osterhoudt	Author was Assoc.Prof of P.E. at University of Minnesota (JM)	Tim Erickson
Queensland Ultra Runners Club	Adventure and Solo Ultra Distant Runs and Walks in Australia	1997	QURC, Brisbane, Queensland	Comprehensive listing of the many long distance walks and runs done in Australia	Fred Brooks
Rasmussen, E. and Lassen, P.	All Time Rankings and National Records	1963	Dansk Gangforbund, Copenhagen, Denmark	Full world statistics for 10km, 20km and 50km	Tim Erickson
Rasmussen, E. and Lassen, P.	The Race Walking World Statistics – 1978	1973	Dansk Gangforbund, Copenhagen, Denmark	1973 edition of the famous statistics handbook that was produced annually since 1962 by Egon Rasmussen and Palle Lassen	Tim Erickson
Rasmussen, E. and Lassen, P.	The Race Walking World Statistics – 1978	1977	Dansk Gangforbund, Copenhagen, Denmark	1977 edition of the famous statistics handbook that was produced annually since 1962 by Egon Rasmussen and Palle Lassen	Tim Erickson
Rasmussen, E. and Lassen, P.	The Race Walking World Statistics – 1978	1978	Dansk Gangforbund, Copenhagen, Denmark	1978 edition of the famous statistics handbook that was produced annually since 1962 by Egon Rasmussen and Palle Lassen	Tim Erickson
Rasmussen, E. and Lassen, P.	The Race Walking World Statistics – 1980	1980	Dansk Gangforbund, Copenhagen, Denmark	19th edition of the famous annual statistics handbook produced by Egon Rasmussen and Palle Lassen	Tim Erickson
Rasmussen, E. and Lassen, P.	Olympic Distances in Race Walking	1985	Dansk Gangforbund, Copenhagen, Denmark	Special edition to the famous annual statistics handbook produced by Egon Rasmussen and Palle Lassen	Tim Erickson
Rice, Tony (Editor)	National Race Walking Conference of Australian Track and Field Coaches Association	1989	Tony Rice, National Coaching Convenor, Australia	Various papers (Dag Gaasand, Harry Summers, Craig Hilliardt, Simon Baker) from a walking conference held at the AIS in Canberra on 13-15 October 1989	Peter Waddell
Rudow, Martin	Race Walking	1975	World Publications	Comprehensive guide to racewalking by USA coach Martin Rudow	Tim Erickson
Rudow, Martin	Advanced Racewalking	1992	Technique Publications, Seattle, U.S.A.	The Serious Race Walker's Guide to Competitive Success	Peter Waddell
RWA	The Sport of Race Walking	1962	R.W.A., Ruislip, England	History, technique and results. Probably edited by A.A. Harley and written by a number of contributors. [Published price, 5/-].	Tim Erickson

Salvage, Jeff	Two Feet Goes Race Walking	2008	Jeff Salvage, USA	Impressive collection of photos from recent international races by USA photographer and walking enthusiast Jeff Salvage	Tim Erickson
Salvage, Jeff & Seaman, Tim	Looking At the Best	2009	Walking Promotions, USA	A detailed analysis of Elite Race Walking Technique – an analysis of 13 of the top walkers at the 2009 IAAF World Championships in Berlin	Tim Erickson
Salvage, Jeff & Westerfield, Gary	Walk Like an Athlete	1996	Salvage Writes Pubs., Marlton, NJ, U.S.A.	Comprehensive guide to racewalking by two of America's best known coaches	Tim Erickson
Strangman, Denis	An Annotated Bibliography of Race Walking and Related Subjects, with Particular Reference to the Young Athlete.	1990	National Sport Information Centre, Belconnen, Australia	750 references (articles and books), with commentaries where possible. Mostly "related subjects". The full 5 boxes of articles are being given to me by Denis later this year.	Denis Strangman
Tregurtha, Jack	Race Walking in New Zealand	2003	New Zealand Race Walking Association, Hatings, N.Z.	Introduction to technique, training principles, history of race walking in N.Z. with Champions, representatives, etc.	Tim Erickson
Waddell, Peter	A History of Australian Race Walking Part 1	1989	Peter Waddell, Canberra, Australia	Peter Waddell's first history of racewalking in Australia. This small volume was superceded two years later by a much more comprehensive volume.	VRWC
Waddell, Peter	Rules and Judging Procedures	1990	Peter Waddell, Canberra, Australia	Judging procedures for Australian walk judges by the RWA president Peter Waddell (See McDougall, P.)	VRWC
Waddell, Peter	Race Walking in Australia: An 80 Year History	1991	Peter Waddell, Canberra, Australia	A comprehensive history of racewalking in Australia	VRWC
Waddell, Peter	Athletics in Australia 1992	1992	Peter Waddell, Canberra, Australia	1996 Australian Statistics Handbook, including all walking results	VRWC
Waddell, Peter	Athletics in Australia 1993	1993	Peter Waddell, Canberra, Australia	1996 Australian Statistics Handbook, including all walking results	VRWC
Waddell, Peter	Athletics in Australia 1996	1996	Peter Waddell, Canberra, Australia	1996 Australian Statistics Handbook, including all walking results	VRWC
Watts, R. & Watts, K.	The Centurions: a History	1997	The Centurions, London, England	The Official History of the English Centurions – an update is due to be released in 2011	Tim Erickson
White, George	Age is an Advantage	2010	Self Published	A history of Veterans/Masters Athletics in South Australia	Deryk Skinner
Whitlock, Harold	Race Walking	1957	A.A.A., London, England	Official coaching book. See also Hopkins, J.; Markham, P.	Ray Smith