

INWA Newsletter

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"Every step counts"

Welcome to the world of Nordic Walking



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Partners of INWA:



INWA WELCOME

Welcome to the first INWA Newsletter for 2011. Last year, in celebrating the 10th anniversary of the formation of INWA, we looked back at what has been achieved. This year, we look forward to where we can go in the next 10 years.

This year will see the realisation of the work of the Education Committee as they roll out the Revised 10 Steps. The new manual will be delivered in courses run for National Coaches and Instructors, with the first course being delivered in Italy in April.

A revamped INWA certificate is to be issued to all those National Coaches and Instructors who have requalified. Certificates will also be issued to those who attended the INWA Conference.

The Membership Committee is working with applications from new countries who are wishing to join INWA. More details will be provided as those applications are processed.

The Finance Committee is looking at different sources of funding to enable a sound financial base to be established and maintained.

The Communication Committee has reorganised the website, has established an INWA Facebook page and has revamped this Newsletter. They would love to hear stories and news from you, the member countries.

All in all, a good start to what will be a busy year. Promising foundations for the future.

The INWA Board

INWA ANNOUNCEMENT

1. The **2011 World Nordic Walking Day** will be on the **22nd of May 2011**.
2. The next **INWA National Coaches** is being held in **Italy** at the ANWITraining, Centre SestoCalende (close to Milan airport) on the **7th - 9th April 2011**.
3. **INWA 2011 Convention:** INWA and British Nordic Walking are finalising the programme so if you have you have any particular guest lecturers, subjects or workshops that you would like to see as part of the Convention, please email [INWA office](#) as soon as possible or go to [INWA facebook](#) page and leave your suggestion.

INWA COMMUNICATION COMMITTEE NEWS

As part of the INWA Strategic Plan INWA wants to maintain regular, up to date and interesting communication with its members and the wider Nordic Walking family. This will be through our Website, Newsletter and Facebook page.



Facebook:



Website:

www.inwa-nordicwalking.com

Newsletter:

Every two months INWA releases its e-Newsletter to provide members, friends and supporters with relevant and interesting information. The INWA e-Newsletter focuses both on internal INWA matters, as well as general issues from the Nordic Walking Family around the world.



If you have an interesting story, any news and photos about Nordic Walking, please contact [INWA](#); if you have a new story that you would like to be included in the next edition of the eNewsletter, please send it to office@inwa-nordicwalking.com, and include your contact details and date of the event. **The deadline for our April issue is 20th of March 2011.**

News Sessions

As part of its objective to develop Nordic Walking around the world, INWA is proposing to create new Newsletter content as from next issue, such as: Letters, National Association section and a Technical section; consequently INWA would like to invite all Nordic Walking Associations, International and National Coaches and Instructors to contribute and **exchange their experiences**. In helping each other we will contribute towards achieving success, nationally and internationally.

- **Letters:** do you want to comment on any of INWA Newsletter articles or send us any email and letters? All are welcome and should be addressed to the Communication Committee at office@inwa-nordicwalking.com.
- **National Association Section:** Besides improving our skills and knowledge of Nordic Walking, all of us working “behind the scenes” need to constantly improve our own administrative and management skills. This section aims to assist each National Federation to develop and achieve the highest goals possible. It is a great opportunity for you to talk about your experiences, success and problems. You can send an interesting story that you wish to share and discuss.

There will be two sub-sections, the **National Association Profile** and a **Management Session**, where every issue will discuss a particular theme, such as membership, equipment (poles), communication, promotion, finance, sponsors & partnerships, events, etc.

The World Nordic Walking Day will be in May so the next issue's theme will be "**How your National Association organises a Nordic Walking Event**". We invite you to tell us what kind of events your organization runs and how you organise them? You can write about anything related to the theme, e.g. type of event, planning a walk, promoting, registration process, prizes, partnerships, staff, etc.

- **Technical Session:** in this section, we invite all **International, National and Instructors** to share their experiences with other trainers. You can write about several aspects related with the Nordic Walking session, such as warm up, stretching, cool down, games, session plan, Nordic Walking helping other Sports, equipment, technique, or even an interesting client history, challenge, etc.

INWA EDUCATION COMMITTEE NEWS

To send us an article, please send the file to [INWA](#) including your name, contact details and the category (letter, National Association Section or Technical Section).

2011 INWA UPDATED 10 STEPS COURSE FOR NATIONAL COACHES

The [INWA Education Committee](#) has updated the foundation for all Nordic Walking instruction - The 10 Steps.

If you were unable to get to the 2010 INWA Convention, then here is an opportunity to get the latest information and training tips from one of our INWA International Coaches, as well as requalify as a National Coach.

A special course for INWA National Coaches is being held near Bergamo and Milan, Italy **on the 7th - 9th April 2011**. Come along, update and requalify.



Details:

INWA National Coach Course

Date: 7th - 9th April

Locations: Italy - Riva del Garda

Fee: 300 €

Applications deadline: must be sent to INWA office before February 28th**Application Form** [Click here](#)**Accommodation****Feeling Hotel Luise:**

- Double room € 40,00 per person
- Room for single use € 60,00
- Lunch 15,00

How to Arrive:

Riva del Garda is located on the northern shore of the lake Garda and can be reached either via the north-south motorway route between Austria and Verona or the east-west Milan-Venice motorway putting it within reach of a variety of airports, such as Verona (Villafranca), Venice (Marco Polo)

Milano-Bergamo (Orio al Serio) or a bit further Milano Malpensa.

To arrive to Riva del Garda from Bergamo or Milano these are the public transport options:

- Train to Peschiera del Garda or to Rovereto (TN) and from there a bus to Riva - they should be able to travel day time - no late evening buses available.
- There's also the possibility of a private transport (cost 40 euros Bergamo-Riva-Bergamo).

More information [click here](#)

Riva del Garda

Riva del Garda (also known as **Riva**) is one of the most important holiday destinations in northern Italy. **Riva** is a town and *comune* in the Italian province of Trento. The estimated population is 15,151. The city is located at the north-western corner of Lake Garda, approximately 70 metres (230 ft) above sea level.



Photographer: [Manfred Heyde](#)



More information about Riva del Garda click [here](#).

For registration and more information about the Course, please email office@inwa-nordicwalking.com



MEMBER NEWS

450 KM AND ADVENTURE AROUND THE BALKANS. In two years, two expeditions, each 450 km. Through three countries - Slovenia, Croatia and Bosnia and Herzegovina

By Janez Lipc (in collaboration Daniela Coelho)



Source: Google Maps (A Zagorje ob Savi, Slovenia; B Sevnica, Slovenia; C Brežice, Slovenia; D Zagreb, Croatia ; E Dugo Selo, Croatia; F Ivanić-Grad, Croatia ; G Gornja Gračenica, Popovača, Croatia ; H Novska, Croatia ; I Okučani, Croatia ; J Staro Petrovo Selo, Croatia ; K Slavonski Brod, Croatia ; L Derventa, Republika Srpska, Bosnia and Herzegovina ; M Doboј, Bosnia and Herzegovina)

A tourist non-governmental organization (NGO) Ruardi (www.ruardi.si), originating in a small mining city of Zagorje ob Savi in Slovenia, introduced INWA's Nordic Walking's 10 steps into the city in 2007. In the NGO there are three female and one male Nordic Walking instructors.

In 2008 Pero Brković was given a pair of Exel poles and a coupon for a Nordic Walking beginner's course with Ruardi as a present for his 50th birthday. Prior to his start with the NW, he weighed 140 kg, had sugar levels and cholesterol levels that were too high and had chronic stomach problems. NW Instructor Janez Lipc was focused particularly on Pero. Soon after he started, Pero's wife Milena joined the course, followed by their youngest son George.

Pero quickly became obsessed with NW. He started walking every day, mornings and evenings.

There were days when he would walk several times a day. Pero promised himself, and others, that he would walk from his birthplace of Doboј, which he left when he was 2, to Zagorje ob Savi in Slovenia, where he has lived ever since.



Pero Brković (Photo: MULTIMA)

At the beginning of 2009 he started planning the project. He called it „Walk of friendship 2009,



Pero Nordic Walking from birthplace Doboj to Zagorje ob Savi". The trail is 450 km long and runs through three Ex-Yugoslavia countries. Pero Brković started his walk in front of Doboj's Hospital in August 2009. He was accompanied at the start by mayors of both cities, the Hospital's director, TV and press people. Nordic walking was shown to both Bosnia and Herzegovina. He took 11 days to reach the final destination, where he was greeted and cheered by a massive crowd. In 2010 the team behind the 2009 project received a request from the Mayor of Doboj Enes Suljaković for Pero Brković to attend the opening ceremony of the 42nd international handball TV tournament in Doboj. Pero gladly accepted the request and was accompanied by his wife Milena on his second journey, now **from Zagorje ob Savi to Doboj.**

„Walk of friendship 2010“ was started on August 13th 2010 from Zagorje. The NW team arrived on target, entering the handball arena in Doboj for the opening ceremony, where Pero Brković was greeted by 6000 fans and the famous handball teams of Montpellier, France, Celje Pivovarna Laško Slovenija, Ciudad Real Spain, Chekhovski Medvedi Russia, Vardar Macedonia, Kolubari Serbia, Bosna Sarajevo Bosnia and Sloga Doboj Bosnia.

After the journey in 2010, Pero weighed 80 kg. Nordic walking „10 steps with INWA rules“ every

day, the right nutrition and dieting and 60 kg had disappeared in 2 years. The problems with sugar and cholesterol levels are gone as well. The right nutrition and dieting and Nordic walking can do miracles.



Pero Brković and his team entering the Doboj handball arena in 2010. Doboj was his final station of the 2nd Walk of friendship

Pero now walks twice a day, totalling at least 25 kilometres daily. He eats in small portions and five times daily. He works as a maintenance manager in House of Culture Delavski dom Zagorje, which among other places holds a hall with 468 seats. The visitors, who grew to know him through the years, are all surprised and ask him how he changed so much.

“Walk of friendship 2010”

Date		Cities	Km
13.8	Friday	Zagorje ob Savi - Sevnica (Slovenia)	36
14.8	Saturday	Sevnica - Brežice (Slovenia)	40
15.8	Sunday	Brežice - Zaprešić - Zagreb (Croatia)	42
16.8	Monday	Zagreb - Dugo Selo (Croatia)	26
17.8	Tuesday	Dugo Selo - Ivanič Grad (Croatia)	40
18.8	Wednesday	Ivanič Grad - Gornja Gračenica (Croatia)	38
19.8	Thursday	Gornja Gračenica - Novska (Croatia)	36
20.8	Friday	Novska - Okučani (Croatia)	37
21.8	Saturday	Okučani - Staro Petrovo Selo (Croatia)	37
22.8	Sunday	Staro Petrovo Selo - Slavonski Brod (Croatia)	43
23.8	Monday	Slavonski Brod - Derventa (Bosnia and Herzegovina)	37
24.8	Tuesday	Derventa - Johavac - Doboj (Bosnia and Herzegovina)	46
Total			12 days 458

Source: <http://www.ruardi.si/>



Contact Janez Lipek - More photographs: <http://www.ruardi.si/> and www.pohod-prijateljstva.com



LATVIAN HEALTH MINISTER JURIS BARZDINS TALKS ABOUT HIS NORDIC WALKING Experience

By Roberts Radicuks

Last December Roberts Radicuks, Latvia Nordic Walking Instructor, interviewed Latvian Health Minister Juris Barzdins. In this article Minister Juris Bārzdiņš talks about his Nordic Walking experiences - from the beginnings of his Nordic Walking hikes to the benefits brought about by Nordic Walking. He also wishes the very best to all Nordic Walkers for 2011!

Latvian Health Minister Juris Bārzdiņš: good health wishes for 2011!

"We live at the seaside near Riga (the capital of Latvia), and our family have always loved walking by the sea. During simple walks, however, both our speed and the physical load seemed too low. So in order to make our walks more sporty, my wife and I decided to try Nordic Walking.

We started at the end of 2009. We tried it, we liked it and during our first attempt at Nordic Walking we walked from Vaivari to Ragaciems. Of course, for several days after the first time I certainly knew that I had been active! However, the next weekend I was ready to do some more Nordic Walking.

We are not serious or professional sportsmen in our family. We are more disposed towards ensuring general healthiness. I use a stepping machine for fifteen minutes in the mornings and in summer I go cycling and sailing whenever possible. My newly discovered Nordic Walking interest gave me an opportunity to do something sporty in the open air, irrespective of the weather conditions.

During the first few Nordic Walking expeditions we walked in the snow – last year there was snow on the ground until April. But the weather became warmer and warmer and while walking on the beach we began to notice some amber. We met other Nordic Walkers more frequently as well. So we kept up our exercise in this fashion, breathing fresh air and observing how spring was blossoming after the winter.

We saw Chinese mitten crabs at the seaside in summer. If the sum total of kilometres covered during our Nordic Walking sessions were to be counted, by the beginning of summer we could have made a journey from Vaivari to Kolka (around 100 km).



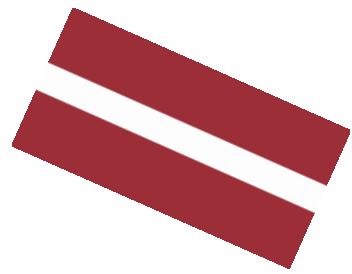
Sometimes I went out for a walk together with my wife, sometimes with the children (who are aged eleven and sixteen) and the dog. It is a great pleasure that we can get as far as twenty kilometres during a walk. It is important that parents conduct their sporting activities along with their children, otherwise the next generation may become even more sedentary than we are. This is an area in which I can remember my parents with a good word – there was no Nordic Walking then, but we did go trekking and skiing, and participated in boat trips.

When talking about the technique of Nordic Walking, I must note that I believe that the motion involved, the walking rhythm, is all given to us by nature and we do them automatically. The poles allow more involvement of the upper body and arms in the walking process and you can feel that all of your body is working.

Photo: Nujotajiem Palki

Sometimes, when we do not meet any Nordic Walkers at the beach, the prints of their poles are still visible in the sand. It soon becomes obvious that somebody else does their Nordic Walking here. You are not alone.

It would be great if doctors prescribed not only medicines, but recommended various health promoting and sports-orientated activities. Nordic Walking poles are not expensive. There are plenty of groups and instructors, and different Nordic Walking events are held regularly. Nordic Walking is accessible. Nordic Walking is a series of natural movements which load the body safely and efficiently. Many of doctors do Nordic Walking. I recommend Nordic Walking both as a doctor and based on my personal experience – it does not require much, but it definitely provides good results.



I believe the values of human life need to be changed. People often find it important to dress trendy, to purchase luxury cars, and some people just spend their time in shopping centres, but this is not enough to ensure a good quality of life. Will you be able to enjoy life if your health is poor due to your own negligence?

It is more important to do something good for your health, to be fit and in a good mood and to be able to spend time well with the people who are close to you. Everybody is responsible for their own health. I recommend Nordic Walking as one of the healthiest kinds of sporting activities, and one which provides joy in all seasons.

For 2011, I wish you all good health and the joy that is achieved through an active and healthy lifestyle! And let us encourage everyone who has not tried Nordic Walking. Go ahead and try it!"

You also can read this article in [Latvian](#) or [Russian](#).

Roberts Radicuks Contact:



2011 WORLD NORDIC WALKING DAY

Join us in a celebration of Nordic Walking!

By Daniela Coelho (INWA and British Nordic Walking)



**World Nordic Walking Day
22 May 2011**

INWA invites all National Associations, International and National Coaches, Instructors and Nordic Walkers to participate in the 2011 World Nordic Walking Day - WNWD that will be held on 22nd of May. Events can also occur on Saturday.

Because the World Walking Day is the first weekend in October, from this year INWA decide to commemorate the Nordic Walking Day during the 2nd or 3rd weekend in May so we can celebrate the Nordic Walking on a different date. However INWA will keep the World Walking Day as a official event, so there are two World Nordic Walking events during the year, one at the beginning and one in the end of the year.

Every year we have more and more participants around the world. Last year, several walks were organized helping to promote Nordic Walking and celebrating 10 years of INWA!

This year INWA is hoping for a massive participation of our Members and to help you, INWA will provide a promotional package which includes:

- Use of the official title "World Nordic Walking Day"
- Use of official artwork, including logo and posters
- Integration of your event into the official World Nordic Walking Day Calendar
- Promotion of your event via INWA and our website, Facebook and newsletter

More information and the promotional package will be released soon.



Do you Know?

By Daniela Coelho (INWA and British Nordic Walking)

Do you know what the world record is for the most people Nordic Walking simultaneously? And for the longest distance Nordic Walking? Or the farthest distance Nordic Walking in 24 hours?



Nordic Walking has 3 Guinness World Records registered; one from Sweden and two from Germany.

Most people Nordic walking simultaneously

Who	Lidingöloppet
Where	Sweden
When	September 22, 2006
Details	The most people Nordic walking simultaneously was 1,026 at the Lidingöloppet course in Sweden, for a minimum of 3 km, on 22 September 2006.

Longest marathon nordic walking

Who	Thomas Mueller
Where	Germany
When	July 06, 2008
Details	The longest marathon for nordic walking, the fitness walking with specially designed poles, is 67 hours and 17 minutes and was achieved by Thomas Mueller (Germany) who walked for 308 km (191.38 miles), in Tanna, Germany, on 4-6 July 2008.

Farthest distance Nordic walking in 24 hours

Who	Walter Geckle
Where	Austria
When	August 15, 2010
Details	The farthest distance Nordic walking in 24 hours was 175 km (108.74 mi) and was achieved by Walter Geckle (Austria) in Unzmarkt, Austria, on 14-15 August 2010. Geckle is a former Nordic walking world champion

Can you beat them?

The World Nordic Walking Day will be a great opportunity to break some records!
More information about how to set a World Record [click here](#)



NORDIC WALKING WITHOUT BORDERS! GOOD NEWS FROM ITALY AND SPAIN!

By Daniela Coelho (INWA and British Nordic Walking) and Laura Sedda (ANWI Sardinia)

In January 2011 on the occasion of International Tourism Fair in Spain - Fitur Madrid, the marriage between the School Nordic Walking Sardine from Italian Nordic Walking Association - ANWI and the INWA Instructors (Haciendo Huella) from Madrid was announced.

The main objective of this partnership is to exchange their Nordic Walking experience and at the same time visit beautiful places in Italy and Spain and learn about another cultures,

archaeology and gastronomie.

The first event will be held in April, when Spanish Nordic Walkers will travel to Cerdeña Isle - Sardinia



Laura Sedda, Instructor ANWI Sardinia, talks about the partnership and invites everyone to participate "Now it is time to travel for fun, to exchange ideas and techniques as well our cultures....lets enjoy it without limits!!



Contact: [Italy](#) and [Spain](#)

You also can read about this partnership in [Spanish](#) or [Italian](#)

Sources: Laura Sedda - *Instructor ANWI Sardinia*; *Nordic Walking Sin Fronteras*

BIATHLON IS BECOMING AN INWA TRADITIONAL EVENT!

By Daniela Coelho (INWA and British Nordic Walking), Catherine Hughes (Director of British Nordic Walking) and Marti Soosaar (INWA and Estonia Nordic Walking).

What is Biathlon?

Biathlon is a sport which combines two disciplines. Normally it refers specifically to the winter sport competition which combines cross-country skiing and shooting a rifle. There are other versions such as summer biathlon (cross-country running with shooting a rifle) and modern biathlon (running with swimming.)

The traditional Biathlon was created in Norway between 1850-1860, the first World Championship was held in 1958 in Austria and since 1960 (Squaw Valley, United States) it has been in the program of the Olympic Winter Games. The women's Biathlon was included in the Olympic Games at Albertville in 1992 (1).





Biathlon World Team Challenge in der VELTINS-Arena (Arena AufSchalke) in Gelsenkirchen (2)



Jeremy Teela shoots from the standing position at the 2006 Winter Olympics (3)

The beginning of the Nordic Walking Biathlon

Since 2009 some biathlon events have been organised using Nordic Walking as one of the disciplines, consisting of Nordic walking/running and shooting.

The first Nordic Walking event happened during the 2009 INWA Convention in Bavaria, after that other tournaments were organised in UK and at Estonia, during the 2010 INWA Convention.

Structure of the Nordic Walking Biathlon

- Type of competition: individual and team
- Classes of competitors: junior, men and women
- Equipment needed: Nordic walking poles and rifles (guns or laser)



2009 Biathlon: team-UK-Ireland (4)

History of some Nordic Walking Biathlon events

INWA NORDIC WALKING BIATHLON EVENTS

2009 INWA Bavarian Convention

During the snowing INWA convention in Bavaria the German Nordic Fitness Association, hosts of the event, organised the first INWA Biathlon. As a result, they offered to all participants a great time and knowledge of the sport, which has spread to others countries. The first champion came from Ireland and United Kingdom: Joy Teo's team won the Biathlon event (4, 5).



2009 Biathlon: Karen Ingram shooting to get all her 5 shots (4)

2010 INWA Convention - Estonia

(by Marti Soosaar)

The Nordic Walking Biathlon idea came while organizing the convention entertainment program. We were thinking about the options we could have in Otepää and it seemed quite the perfect idea to have this kind of fun biathlon. We decided to run a world championships as we realized that a lot of different countries were coming to the convention. A real multinational event. So we made special medals for the event for this special world championships.

To make the event more interesting, I asked few of my friends to participate. However, Ain-Alar Juhanson, a triathlete who's best finish in the Hawaii Ironman is a respectable 13th was not very good on the shooting range, especially the last one and took 4th place. Andres Raja, who finished

2010 INWA Nordic Walking Biathlon - Estonia



Otepää - Tehvandi



Biathlon Coach teaches how to shoot

in 13th place in the decathlon in Beijing Olympics in 2008 took the champion title in the men's competition. He walked fast and shot flawlessly. Other medal positions went to our convention participants Roberts Radicuks from Latvia and Glenn Little from Wales.

In women's competition Joy Teo and Pauliina Svensk from Ireland took the first two places. Estonian NW coach Kaili Toompalu was third. Team Ireland was the best team in the competition.

Quite probably this will not be a traditional competition in INWA conventions but there was really a lot of fun this time. And I could say that we made a good start for internationals at the renovated Otepää ski stadium, because at this moment (end of January 2011) the FIS world championship in skiing for juniors is being held in Otepää.



Biathlon Coach and Alar Juhanson



Women's Champion Joy Teo



Tatiana Coelho



Glenn Little



(7) Daniela Coelho



Ki-il Hong



Linda Andrusa



Ki-il Hong



Linda, Glenn, Daniela, Ki-il and Tatiana



Marti Soosaar announced the winners



Glenn Little 3rd place received his prize from Marti Soosaar



(6) Andres Raja - Beijing 2008 - Champion



Roberts Radicuks – Latvia (2nd place)



Ireland Team: Glenn Little (3rd), Pauliina Svensk (2nd) and Joy Teo (1st)



Kaili Toompalu - Estonia (3rd place)

More photos [click here](#) or [here](#) to watch Glenn Little and Ki-il Hong racing to the finish line.

Results II INWA Nordic Walking Biathlon

Location: Otepää, Estonia - Date: 24.09.2010

Women Competition

Place	Number	Surname	Name	Country	Start	Finish	Penalty	Penalty run	Result
1	29	Teo	Joy	Ireland	00:07	24:22	0		00:17:22
2	15	Svensk	Pauliina	Ireland	00:04	20:07	00:01:30		00:17:37
3	65	Toompalu	Kaili	Estonia	00:13	30:13	00:00:30		00:17:43
4	112	Andrusa	Linda	Latvia	00:17	34:02	00:01:30		00:18:32
5	43	Andrews	Sarah	NZ	00:10	30:00	00:02:30		00:22:30
6	80	Coelho	Daniela	Brazil	00:15	34:54	00:03:00		00:22:54
7	7	Slapsak	Alenka	Slovenia	00:03	21:57	00:04:00		00:22:57
8	20	Coelho	Tatiana	Brazil	00:06	25:03	00:04:00		00:23:03
9	18	Sigurðardóttir	Ásdís	Iceland	00:05	24:13	00:04:00		00:23:13
10	75	Naglost	Alenka	Slovenia	00:14	35:22	00:05:00		00:26:22

Men Competition

Place	Number	Last name	First name	Country	Start	Finish	Penalty	Penalty run	Result
1	3	Raja	Andres	Estonia	00:02	17:44	0		00:15:44
2	51	Radičuks	Roberts	Latvia	00:11	26:14	00:00:30	00:01:00	00:16:44
3	121	Little	Glenn	Wales	00:19	35:24	00:00:30	00:01:00	00:17:54
4	2	Juhanson	Ain-Alar	Estonia	00:01	16:58	00:02:00		00:17:58
5	62	Foster	Mervyn	UK	00:12	29:33	00:01:00		00:18:33
6	34	Shoici	Yatsu	Japan	00:09	26:04	00:00:30	00:01:00	00:18:34
7	119	Ki-il	Hong	Korea	00:18	35:22	00:01:30		00:18:52
8	33	Davidson	Iain	Scotland	00:08	25:06	00:02:00		00:19:06
9	102	Takaaki	Fujita	Japan	00:16	36:19	00:01:30	00:01:00	00:22:49

NATIONAL ASSOCIATIONS NORDIC WALKING BIATHLON EVENTS

United Kingdom - British Nordic Walking

Last year three Nordic Walking Biathlon events were organised in UK, specifically at Rosliston Forestry Centre, Derbyshire. The competitions happened on **INWA's 10th anniversary**; the second as part of the **10.10.10 World Nordic Walking Day**, and the last one was organised during the **British Nordic Walking Convention**. Differently from INWA Nordic Walking Biathlon, laser guns were used instead of rifles.



Catherine Hughes, Director of British Nordic Walking Ltd, reports that they organised, on **August 19, 2010, the first ever Nordic Walking Laser Biathlon** at Rosliston Forestry Centre, England. The format was Nordic Walking around a 1.6 km course followed by shooting at targets with laser rifles. One of 30 participants took the time to make an account of the event which account we are happy to include at length hereunder to let you feel what it was like:



I really enjoyed taking part in the first ever Nordic Walking Laser Biathlon, recounts said member of Sarah Walter's NW classes. Being a great fan of

winter biathlon on the TV, it was great to try this out for real. The venue at Rosliston Forestry Centre in the National Forest was really excellent with a nice varied track, and an uphill approach into t



We set off on a well-marked 1.5 km track through the woods and round the lakes. Because there were only 5 guns available for participants, we didn't carry one with us as they do in winter biathlon, but had to choose a gun and set of targets as we got into the range, exchanging our poles for the gun. We were set off in groups of 5 at 5 minute intervals, so that there would be no queue for the guns. The targets were the little plastic discs used for laser clay pigeon shooting hanging down from a frame. There were three to choose from and we had six "shots" – any miss meant a penalty loop around a traffic cone, down and up quite a hill, so it was a good idea to avoid this. Unfortunately, I didn't avoid it, thanks to issues with the sights and my varifocal glasses, and it was a very appropriate penalty indeed. As you approached the range, you could see people from the previous group just finishing the penalty loops and leaving, so the timing was just right. The guns were modified shotguns, and each movement of the lever "loaded" two shots before you had to move the lever again to reload. They had a little green light on top that registered a hit, a red light for a miss, and a marshal stood behind you to tell you how many penalty loops to do.

Once completed, it was around the 1.5 km circuit again, and a sprint uphill to the finish. I managed

to catch the rest of my group, despite the penalties, with the exception of Jane Lees. Jane joined my Nordic Walking class earlier this year, and was absolutely delighted when the times were read out. Since this was the world first ever Nordic Walking Laser Biathlon, and she won, I guess that makes her the World Champion!

A great day, great fun, and a good day for the Tamworth Nordic Walking group too. I would definitely recommend it for people of all abilities - it adds interest and a competitive element,

whilst allowing people to progress at their own pace.



As you could read, the event proved to be a success; consequently others events were organised.

10.10.10 World Nordic Walking Day



Junior Biathlon



During the **British Nordic Walking Convention** the Nordic Walking Laser Biathlon had about 30 participants and the same format of the previous

events (Nordic Walking around a 1.6 km course followed by shooting at targets with laser rifles); below you can see some pictures of this event.





Biathlon Prizes and INWA's cake



Contact BNW



Sources:

(1) Wikipedia. Biathlon: <http://en.wikipedia.org/wiki/Biathlon> (2) Biathlon World Team Challenge in der VELTINS-Arena (Arena AufSchalke) in Gelsenkirchen. Photograph Marc Schuelper: http://en.wikipedia.org/wiki/File:Biathlon_Schalke.jpg (3) Jeremy Teela shoots from the standing position at the 2006 Winter Olympics. "Photo Courtesy of U.S. Army". Photograph Jack L. Gillund: http://en.wikipedia.org/wiki/File:Torino_2006_Jeremy_Teela_standing.jpg (4) Nordic Walking at the INWA Bavarian Convention: <http://www.barefootstudio.co.uk/nordic-walking-at-the-inwa-bavarian-convention/> (5) British Nordic Walking team represent the UK in Bavaria 29.10.2009: <http://britishnordicwalking.org.uk/NewsDetail.aspx?NewsID=29> (6) Olympics Day 13 – Athletics. Photo: Michael Steele/Getty Images 2008 (7) Photo courtesy of Catherine Hughes (8) 2010 INWA Convention other photos courtesy of Daniela Coelho (9) United Kingdom - British Nordic Walking Photos courtesy of Catherine Hughes

NEWS FROM LONDON!

By Daniela Coelho (INWA and British Nordic Walking),

The INWA International Annual Convention 2011 will be held for the first time in England on September 29th to October 2nd! The convention venue is located in the heart of London, near

[Hyde Park](#), which is one of the most famous royal parks in the city.



Final arrangements are taking place this month, and soon you will receive complete information about the venue, fee and registration process.

INWA and British Nordic Walking are finalising the programme so if you have any particular guest lecturers, subjects or workshops that you would like to see as part of the Convention, please email [INWA office](#) as soon as possible or go to [INWA facebook](#) page and leave your suggestion.

Please do not forget - put the date for this special annual event in your diary.

If you are interested in sponsoring the event or would like information about trade stands then please contact our conference organiser [Daniela Coelho](#)

Oscar time!

What Mary Poppins, Harry Potter, James Bond, Jack the Ripper, Sherlock Holmes have in common?

London!

London has been used frequently both as a filming location and as a film setting. These have ranged from historical recreations of the Victorian London of Charles Dickens and Sherlock Holmes, to the romantic comedies of *Bridget Jones's Diary* and *Notting Hill*. Some of the most famous movies in London are:



Historical

Elizabeth (1998), *Shakespeare in Love* (1998), *Sense and Sensibility* (1995), *Charles Dickens' novels*: *Oliver!*, *Oliver Twist* (1948), *Great Expectations* (1946) and *A Christmas Carol*. *Jack the Ripper*, *Sherlock Holmes*, *Dracula*, *The First Great Train Robbery* (1978), *An Ideal Husband* (1999), the 1956 version and 2004 version of *Around the World in Eighty Days*, *The Queen* (2006), *The King's Speech* (2010).

Romantic

Indiscreet (1958) with Cary Grant and Ingrid Bergman, *Four Weddings and a Funeral* (1994), *Bridget Jones's Diary* (1996), *Notting Hill* (1999),

Love Actually (2003), *Closer* (2004) and *Match Point* (2005).

Thrillers

Alfred Hitchcock: *Blackmail* (1929), *The Man Who Knew Too Much* (both the 1934 and 1956 versions), *The 39 Steps* (1935), *Sabotage* (1937), *Foreign Correspondent* (1940), *Stage Fright* (1950) and *Frenzy* (1972).

Britain's most famous spy, James Bond, generally spends little time in London, other than to receive his orders from his boss 'M'. However, some of the films do feature locations in the city. These include *On Her Majesty's Secret Service* (1969) in which George Lazenby as Bond visits the College of Arms and *For Your Eyes Only* (1981), in which Roger Moore experiences a hair-raising helicopter flight over the Docklands area. In the more recent Pierce Brosnan films, the Secret Service's headquarters are identified as being the new MI6 building on the River Thames at Vauxhall. The 1999 film *The World Is Not Enough* opens with an extended boat chase from the MI6 building down the river to the Millennium Dome, while in *Die Another Day* (2002) Bond visits a secret base in a disused Underground station, and makes a rare trip to his club Blades. The 1967 version of *Casino Royale* makes extensive use of London locations, including 10 Downing Street, Whitehall, Trafalgar Square (with Nelson's Column replaced by a flying saucer) as well as the Changing of the Guard outside Buckingham Palace.

Kids

Peter Pan (1953), *One Hundred and One Dalmatians* (1961) and the 1996 live-action remake of *101 Dalmatians*, *Mary Poppins*, *The Muppet Christmas Carol* (1992) and The Harry Potter films.

From Wikipedia - [London in film](#)



Contact



CALENDAR 2011

Event	Date	Place	Deadline
National Coach Courses SPRING	7th - 9th April	Italy	until February 28 st
Newsletter April - submit an article			until 20th of March
World Nordic Walking Day	22 nd May	World	--
Applications for new INWA			until June, 1 st
INTERNATIONAL COACH			
Newsletter June - submit an article			until 20th of May
Newsletter August - submit an article			until 20th of July
National Coach Courses AUTUMN	September/October		until August 1 st
Announcement of any new International Coaches	INWA AGM	London	
INWA International Annual Convention	September 29 th to October 2 nd	London	
Newsletter October - submit an article			until 20th of September
Nordic Walking Day - October			
Newsletter December - submit an article			until 20th of November

With best Nordic Walking regards,
INWA Board & INWA Office



www.inwa-nordicwalking.com

