



Walking Since 1978

“BASIC RACE WALKING COACHING COURSE”

DATE : 16 March 2013, Saturday
TIME : 8.00 am – 5.00 pm
VENUE : Kelas 5M, Tingkat 1,
SJKC Lai Meng,
136, Jalan Ampang,
50450 Kuala Lumpur

LECTURER: Mr Khoo Chong Beng

- Deputy President of Race Walkers’ Association of Malaysia
- Started Race Walking at age 19 years - 1967 till today
- Members of International Association of Athletics Federations (IAAF)
- IAAF Level 4 Lecturer and Judged at the following Events
 - World Junior Athletics Championship - Sydney 1996, Italy - 2002, Beijing 2006
 - World Athletics Championship - Edmonton 2001, Paris 2003, Osaka 2007
 - Judges for Beijing Olympic 2008
 - Judges for London Olympic 2012

ACHIEVEMENT:

- SEA GAMES 20KM WALK - Gold Medalist– 1971, 1973, 1977
- Asian Tract & Field , Seoul, Korea 1975 – 20km walk – Gold Medalist
- Participated in Montreal Olympic Games - 1976 - 20km Walk

PROGRAMME

8.00 am	Registration
9.00 am	FIRST SESSION – Introduction
9.30 am	Tea break
9.45 am	Race Walking Techniques 1 & 2
12.00 T/hari	Lunch
2.30 pm	Practical Session – Race Walking Technical 1
3.30 pm	Tea break
3.45 pm	Practical Session – Race Walking Technical 2
4.45 pm	Q & A / Discussion
5.00 pm	End