

Ohio Race Walker  
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# OHIO RACEWALKER



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## U.S. WOMEN DEFEAT CANADA

Sept. 15--In a 5,000 Meter race, U.S. women swept the first four places to easily defeat Canada in an International dual race-walking match. The race was held in St. Leonard Arena, but none of the information I have tells me where that is. Perhaps in Montreal. The race marked the first international competition, outside of postal races, for the women of both countries.

Ellen Minkow, coached by three-time Olympian Bruce MacDonald, was unchallenged after the first half mile and won going away with an excellent 26:31.7. Her one mile splits were 8:16, 16:54, and 25:34. Ester Marquez, from Rialto, Calif. pulled out the second half of the race to finish a clear second. Cindy Arbelbide from Santa Barbara and walking only since June looked very strong in overcoming a third Californian, Sue Brodock, for the third spot. Leading the Canadian contingent not far back of Sue was Montreal's Jocelyne Richard. The race was held on a rather loose cinder track, which makes the times, good in any case, look even better. Results:

1. Ellen Minkow, USA 26:31.7 2. Esther Marquez, USA 27:44.2 3. Cindy Arbelbide, USA 28:22.6 4. Sue Brodock, USA 28:43.2 5. Jocelyne Richard, Canada 29:20.4 6. Terry LaLonde, Canada 29:51.6 7. Jacqueline Sauve, Canada 30:50 8. Johanne Verronneau, Canada 31:35.2

## AND RIGHT INTO RESULTS:

Conn. AAU 1 Hour, Fairfield, Univ., Sept. 9--1. Roy Yarbrough, Stratford Spartans and USCGA 6 miles 1016 yds 2. Dave Semar, Stratford Spartans 6 mi 951 yds 3. Phil Tarasovic, SS 6 mi 748 yds 4. Paul Karlicek, SS 5 mi 564 yds 5. Judy Salkoski, Gateway TC 5 mi 564 yds 2 Mile, Ashland, Mass., Aug. 26--1. Paul Schell 15:58 2. Jake Frederson 17:07 3. Jan Brown 18:48 4. Roger Pike 19:44 5. George Grzbien 20:04 1 Mile, Brockton, Mass., Aug. 31--1. Jake Frederson 8:06 2. Peter Kuchinski 8:08 3. John Spinney 8:53 10th Annual Lawrence to Lowell 20 Km, Sept. 3 (about 11 3/4 miles actually--temperature in mid 90's)--1. John Knifton 1:32:26 (holds course record of 1:24:20) 2. Ron Laird 1:35:14 3. Ron Daniel 1:40:29 4. Tom Knatt 1:41:48 5. Paul Schell 1:42:32 6. Bob Falcicola, Shore AC 1:42:57 7. Bob Mimm, Penn AC 1:48:19 8. John Gray, N. Medford Club 1:51:54 9. Tony Kedeiros, NMC 1:52:07 10. Don Johnson, Shore AC 1:55:39 11. Steve Rehman, NMC 1:56:58 12. Ray Yarbrough, USCGA 1:57:27 13. Dave Hasenfus, NMC 1:58:01 14. Dennis Slatery, Lowell EC 1:58:21 (34 finishers including Virginai Lucas of the Penn AC in 2:22:14) 10 Mile, Centereach, NY., Sept. 8--1. Steve Hayden, LIAC 1:23:17 2. Gary Westerfield, LIAC 1:23:52 3. Bob Falcicola,

FIRST CLASS MAIL



Shore AC 1:25:15 4. Ion Barbu, LIAC 1:27:17 (a top walker in Rumania several years ago recently back in training) 5. John Shilling, NYPC 1:30:43 6. Don Johnson, Shore AC 1:32:44 7. Pete Warren, NYPC 1:33:33 8. Jim Murchie, LIAC 1:36:31 9. Bruce MacDonald, un. 1:36:31 10. Elliott Derman, Shore AC 1:40:22 11. Fred Timcoe, Shore AC 1:45:46 12. Louis Montes, LIAC 1:55:25 Eastern Regional 30 Km, Westbury, NY, Sept. 23-- 1. Todd Scully, Shore 2:39:05 2. Dr. Shaul Ladany, LIAC 2:43:40 (Dave Romansky finished second in 2:42:35 but was listed as an unofficial competitor) 3. Gary Westerfield, LIAC 2:46:00 4. Steve Hayden, LIAC 2:54:50 5. Bob Falciola, Shore AC 3:00:43 6. Ion Barbu, LAC 3:01:00 7. Ron Daniel, NYAC 3:03:59 8. Fred Timcoe, Shore AC 3:05:30 9. Jim Murchie, LIAC 3:08:52 10. Elliott Derman, Shore AC 3:18:28 11. Paul Stewart, USMMA 3:19:25 12. Dave Senar, un. 3:20:23 13. Fred Specter, Shore AC 3:27:25 14. Bill Hingelmann, USMMA 3:31:25 15. Luis Montes, LIAC 3:46:20 (Scully had 5 Km splits of: 24:00, 49:41, 1:15:57, 1:42:41, 2:09:56, 2:39:05, which is sort of running down, or walking down as you will) 3.4 Mile, Long Branch, N.J., Aug. 27 (handicap, actual times shown)--1. Don Johnson 29:19 2. Bob Falciola 25:45 3. Dave Zurheide 31:38 4. John Fredericks 25:26 5. Wayne Norman 30:54 6. Elliott Derman 32:26 7. Bill Lloyd 38:28 8. Dr. D.A. Marzano 38:56 9. Sandy Kalb 37:16 10. Tom Fyfe 36:38 1 Mile, Ursinus College, Pa.--1. Larry Simmons 9:00 2. Lou Neishloss 9:27 2 Mile, Columbia, Mo., Aug. 25-- 1. Augie Hirt 16:04 2. Dave Leuthold 18:26 3. Art Fleming 18:39 4. Jim Fields 19:02 5. Leonard Busen 20:15 6. Janet Leuthold 21:20 (11 finishers) 5 Mile, Indianola, Iowa, Sept. 8--1. Dave Eidahl 41:37 2. Kim Reynolds 53:41 1500 meters, Iowa, Aug. 25--1. Dave Eidahl 6:50.9 2. Jerry Robinson 9:20.1 1 Mile (age 35 and over), Iowa, Aug. 25 1. Dick Wilson 8:30 2. Ed Killian 10:20 2 Mile, Boulder, Colo., Sept. 1--1. Tom Cloyd 19:08.4 2. Martha Iverson 20:02 3. Jim Gram 20:02.2 Rocky Mt. AAU 50 Km (track), Boulder, Sept. 1--1. Floyd Godwin 4:34:18 (3 mile splits: 26:41, 53:01, 1:19:46, 1:45:53, 2:12:17, 2:37:48, 3:03:28, 3:29:24, 3:56:11, 4:23:42--had sub 4:33 effort going until he got very ill the last 200 meters, vomiting several times and "street walking" in) 2. Chuck Hunter 5:34:05 3. George Lundmark 6:16:15--Bob Carlson did 22 miles in 4:05:41, Gary Westerfield 16 in 2:26:48, and Jerry Brown 8 in 65:03. Jerry was only planning 30 Km but had to stop with sore leg) 10 1/2 Miles, Oceanside, Calif., Sept. 1--1. Ed Bouldin 1:40:42 2. Chris Clagg 1:40:48 3. Bert Beuning 2:11:40 15 Km, Santa Monica, Sept. 1--1. Larry Walker 1:11:38 2. Bill Ranney 1:11:42 3. Dennis Reilly 1:17:32 NAAU 35 Km, Seattle, Sept. 23--1. John Knifton 3:00:30 2. Bill Ranney 3:03:53 (hopefully we will have more on this one before wrapping this up) 10 Km, Seattle, Sept. 3--1. Jim Bean 48:06 2. Bob Rosencrantz 54:53 3. Al Schurman 55:20 4. Dick Arkley 57:22 5. Scott Messenger 57:28 6. Don Pierce 1:01:45 7. George Edwards 1:02:54 8. Dick Baker 1:02:54 9. Don Jacobs 1:07:41 5 Km (16 and under), Seattle 1. Tom Pierce 29:13 2. Cindy Partridge 30:24 3. Julie Partridge 30:40 4. Jerry Baker 31:02 5. Georgia Silver 37:17 6. Sheri Baker 37:41 7. Vickie Baker 37:42 8. Lisa Baker 42:39 (the Bakers are age 12, 13, 10, and 8 respectively) 4 Mile, Black Diamond, Wash., Sept. 2--1. Jim Bean 32:05 2. Steve Geiver 34:45 3. Bob Rosencrantz 35:35 4. Al Schurman 36:16 5. Dick Arkley 38:05 6. Dick Baker 41:21 7. Don Jacobs 41:25 2 Mile (16 and under) Black Diamond--1. Scott Messenger 17:50 2. Jerry Baker 20:51 3. Cindy Partridge 20:52 3. Julie Partridge 22:38 5. Sheri Baker 24:25 6. Georgia Silva 24:30 7. Vickie Baker 26:22 8. Lisa Baker

29:35

Canadian National 20 Km, Burnaby, B.C., Sept. 9--1. Marcel Jobin 1:39:59.2 (24:05, 48:12.8, 73:51.4) 2. Pat Farrelly 1:41:37.2 (24:46, 49:37, 75:22) 3. Karl Merschenz 1:42:31.2 (25:10, 50:04, 76:02) 4. Alex Oakley 1:42:32.6 (24:46, 50:08, 76:27) 5. Yvon Groulx 1:43:44.2 (25:10, 50:09, 77:14) 6. Roman Olszewski 25:46, 51:17, 77:20) 7. Bob Bowman, US 1:45:48.4 (25:24, 51:18, 78:31) 8. Joel Dade 1:51:17 9. Bob Rosencrantz, US 1:53:37 (28:39, 57:15, 86:12) 10. Tom Manske 1:55:36.4 11. Forrest Pollett 2:06:19.6 (The first four qualify for the Canadian Lugano Cup team as they plan to compete at 20 Km only) Canadian 20 Mile Championship and British Commonwealth Games Trial, Sept. 15--1. Alex Oakley 2:49:25.8 2. Pat Farrelly 2:50:26.2 3. Karl Merschenz 2:53:10.5 4. Marcel Jobin 2:59:13.2 (Had a good lead at about 14 miles and then cracked up) 5. Roman Olszewski 3:00:48 6. Joel Dadda 3:01:38.5 7. Felix Capella 3:05:13.8 (13 starters) Canadian National Junior 10 Km, Montreal, Aug. 26--1. Pierre Leblanc 54:03.4 2. Glen Sweazy 56:37 3. Robert Macroix 57:56 4. Martin Jay 58:47.8 5. Nelson Perreault 59:20 6. Geoff Fanner 60:47 7. Gino Molinari 61:34 8. Joe M'Naco 62:59 Women's 5 Km, Montreal, Aug. 26--1. Terry Lalonde 29:36.3 2. Jocelyn Richard 30:01.9 3. Francine St. Hilaire 33:49.4 4. Melody Peters 35:45.8 10 Mile, Dundas, Ont., Aug. 25--1. Pat Farrelly 1:22:00.7 2. Roman Olszewski 1:22:12 3. Felix Capella 1:27:05 4. Max Gould 1:29:17 5. Peter Thomson 1:40:07 50 Km Downsview, Ont., Sept. 2--1. Pat Farrelly 4:53:51 2. Max Gould 5:09:20 3. Art Keay 6:56:56 (Merschenz and Capella out at 15 mile, temperature 94 at finish) Lugano Cup Qualifying, Boras, Sweden, Sept. 8--20 Km: 1. Gerard Lelievre, France 1:31:32 2. Roger Mills, GB 1:31:48 3. Roy Thorpe, GB 1:33:12 4. John Warhurst, GB 1:33:33 5. Amos Seddon, GB 1:34:37 6. Kare Moen, Swed. 1:35:48 7. Stefan Ingvarsson, Swed. 1:36:22 8. A. Nilsson, Swed. 1:38:27 9. Tom Glans, Swed. 1:38:59 10. J. St. Martin, France 1:39:33 11. J. Garnung, France 1:39:53 12. A. Moulinet, Fr. 1:41:12 13. A. Andersen, Den. 1:41:56--Team Scores: 1. Great Britain 48 2. France 40 3. Sweden 39 4. Denmark 20 5. Ireland 13 6. Norway 12 50 Km: 1. Shaun Lightman, GB 4:18:27 (after learning he had a second child as of that morning) 2. Bob Dobson, GB 4:19:00 3. Orjan Andersson, Swed. 4:21:09 4. Ove Hemingsson, Swed. 4:26:52 5. B. Fransson 4:28:00 6. M. Sjöholm, Swed. 4:29:03 7. Ray Middleton, GB 4:30:12 (Middleton will continue his string of being the only man to compete in all the Lugano Cup Finals since the event started in 1961) 8. K. Lund, Norway 4:31:16 9. D. David, France 4:31:34 10. D. Guebey Fr. 4:35:30 11. Roger Quemener, Fr. 4:37:10 12. Mick Holmes, GB 4:41:19 Team Scores: 1. GB 49 2. Sweden 45 3. France 30 4. Norway 22 5. Ireland 15 6. Denmark 11. Total Team Scores: 1. Great Britain--97 2. Sweden--84 3. France--70 4. Norway--34 5. Denmark--31 6. Ireland--28. West German 50 Km, Sept. 13, Eschborn--1. Bernd Kannenberg 4:07:56.1 (48:18, 1:37:45, 2:27:47, 3:18:29) 2. Gerhard Weidner 4:09:26.8 (48:19, 1:37:46, 2:27:47, 3:18:34) 3. Heinrich Schubert 4:17:22.2 4. Leo Frey 4:18:03 5. Hans Michalski 4:23:58 6. Jürgen Schonfeld 4:24:59 7. Gerd Schuth 4:31:52 8. Walter Doressler 4:33:00 9. Josef Stangl 4:38:09 10. Lothar Milden 4:39:20 11. Bob Henderson, USA 4:39:22 (Bob came from 2 minutes back of Milden at 40 Km but didn't quite make it) 12. Guenther Kowald 4:40:24 13. Hannes Koch 4:41:04 14. Alwin Reng 4:41:53 15. Peter Norden 4:49:09 16. Matthias Heyda 4:49:19....24. Mike Allen, USA 4:56 plus (Mike was a member of the 1964 Olympic cycling team. The Heidelberg University Sport Club with a team of Frey, Henderson, and Allen took third place team honors. 89 starters and 48 finishers)



Hastings-to-Brighton 38 Miles, July 14—1. Peter Selby 5:44:48 2. Carl Lawton 5:48:07 3. P. Hodgkinson 5:49:14 4. R. Michel 5:53:19 5. Dave Boxall 5:56:58 6. F. Baker 6:00:20 7. Mile, Finsbury Park, Eng., July 9—Christine Coleman, walking as a guest, clocked 59:55 Scottish 10 Km, July 7—1. Roy Thorpe 44:54.2 2. Amos Seddon 44:56 British National 20 Km, London, July 28—1. John Warhurst 1:29:37 2. Roger Mills 1:30:05 3. Roy Thorpe 1:30:16 4. Amos Seddon 1:30:29 5. Steve Gower 1:31:10 6. Peter Marlow 1:31:59 7. Shaun Lightman 1:33:45 8. Alan Callow 1:34:14 9. Ken Carter 1:34:27 10. Ron Wallwork 1:34:47 (20 under 1:40, 82 starters, 70 finisher) British National 50 Km, Redditch, Aug. 4—1. Bob Dobson 4:14:29 2. Shaun Lightman 4:17:45 3. Mike Holmes 4:19:55 4. Ray Middleton 4:23:47 5. Roy Thorpe 4:25:42 6. Alec Banyard 4:27:29 7. Ken Harding 4:30:34 8. P. Hodgkinson 4:31:58 9. Brian Adams 4:32:39 10. D. Berry 4:36:02 11. R. Mitchell 4:37:08 12. John Lees 4:37:44 13. P. Rice 4:38:14 14. R. Posner 4:38:17 15. John Eddershaw 4:38:46 16. J. Toehill 4:39:10 17. S. Ashton 4:39:14 18. Colin Young 4:39:19 19. E. Crampton 4:39:35 20. K. Smith 4:39:41 (35 under 5 hours, 115 starters, 82 finishers) 1 Hour, Ilford, Eng., Aug. 8—1. Roger Mills 8 mi 620 yds 2. Steve Gower 7 mi 1601 yds 3. Ken Carter 7 mi 1368 yds.

## 35 KM TITLE TO KNIFFTON

Seattle, Sept. 22—(SPECIAL TO THE ORW FROM DEAN INGRAM—Sure enough, as I said, we have more detail on this one before wrapping up)—In perfect weather conditions, the Senior 35 was held at Green Lake in Seattle, Washington. The course used has finally been all paved and is for walking, running, cycling, or "crawling" only. We have measured and remeasured the course under Bob Hendrickson's rules and regulations which include a 100 yard tape used to measure all the way around the 5 km loop circling the lake. I don't know of too many other courses as accurate. I will personally put this course up against any in the country for beauty, surfacing, speed, and fine weather conditions.

As was mentioned in the entry blank, we started as soon as Don Jacobs arrived. Nineteen starters greeted the TV cameras and I went with Dr. Knifton following Ranney just long enough to make sure of the course as Bill has never missed a National in Seattle since he started serious walking and knows all our courses like the soles of his feet. Actually, John followed Bill's even pace for 3 laps. They both slowed after 20 Km from a 24:30 pace to a 26:40 pace. Bill stayed close to John until 30 km as they dropped to 27 and 28 minutes for the sixth lap. From there on Bill let John do his 28 and Bill was content with a 30 minute last lap. Both were wishing Bill Weigle would have made it as members of his club mentioned his desire to be in Seattle. Jim Bean walked one of his best as he clipped Bob Bowman at 15 and came home in a fine 3:10. Wayne Glusker will be one to hear from as he looked real good stylistically and time wise until he died after 25 km. Only other note of importance was the come from behind effort of 17-year-old Bob Rosencrantz who kept a fairly even pace to move through the pack to take the last medal.

The temperature was 53 with a slight drizzle to keep the body temperatures down. There were no disqualifications from judges Bill Landin, George Edwards, and Bob Hendrickson. Results:

1. Dr. John Knifton, NYAC 3:00:30.8 2. Bill Ranney, un. 3:03:53.8 3. Jim Bean 3:10:38 4. Bob Bowman 3:14:55 5. Wayne Glusker 3:17:49 6. Bob Rosencrantz 3:20:37 7. Al Rothenbacher 3:31:06 8. Dick Arkley 3:33:20

9. Steve Tyrer 3:35:25 10. Chuck Hunter 3:35:27 11. Mappy Adriano 3:39:30 12. Bob Frank 3:43:05 13. Roy Yarbrough 3:45:00 14. Don Johnson 3:50:43 15. Dr. Dean Ingram 3:53:16 16. Larry O'Neil 3:58:59 17. Don Jacobs 4:02:04 18. Phil Mooers 4:16:09 DNF Paul Kaald Team Socres: 1. Mormouth Track Club (Bean, Rothenbacher, Tyrer)—11 2. Snohomish TC (Rosencrantz, Arkley, Ingram)—16 3. West Valley TC (Glusker, Adriano, Mooers)—18. Splits for leaders: Knifton 24:37, 49:05, 1:13:33, 1:38:39, 2:05:10, 2:32:37. Ranney 24:33, 49:00, 1:13:20, 1:38:44, 2:05:27, 2:33:58. Bean 25:55, 51:30, 1:17:20, 1:43:15, 2:09:59, 2:38:25, 3:10:38. Bowman 24:53, 50:45, 1:17:25, 1:45:15, 2:14:10, 2:43:50. Glusker 26:55, 51:50, 1:17:23, 1:44:05, 2:13:30, 2:46:20, 3:17:49. Rosencrantz 28:25, 57:20, 1:26:10, 1:54:20, 2:22:15, 2:50:35. Other Pacific Northwest Results, some rather ancient: 30 Km, Seattle, May 13—1. Bob Rosencrantz 3:04:26 10 Km, Seattle, May 13—1. Dick Arkley 56:58 2. Paul Kaald 61:44 2 Mile, U. Of Washington, June 19—1. Bob Rosencrantz 16:11 2. Dick Arkley 17:56 3. Dean Ingram 18:01 4. Paul Kaald 18:28 5. Ed Glaender 19:45 (11 finishers) 2 Mile, U of W, July 3—1. Bob Rosencrantz 16:13 2. Dick Arkley 18:05 3. Dean Ingram 18:15 4. Paul Kaald 18:27 2 Mile, U of W, July 17—1. Rosencrantz 16:38 2. Arkley 17:38 3. Ingram 17:55 4. Kaald 18:07 5. Dave Pierce 18:45 1 Hour, Seattle, July 28—1. Rosencrantz 6 mi 1589 yds 2. Arkley 6 mi 571 yds 3. Pierce 6 mi 167 yds 4. Ingram 6 mi 138 yds 5. Kaald 6 mi 33 yds 5 Km, U of W, Aug. 4—1. Jim Bean 23:30 2. Dave Pierce 23:30 3. Dick Arkley 27:59 4. Paul Kaald 28:40 5. Dean Ingram 30:08. OHIO RACES (We still have a few, but your editor hasn't been there): Short 4 Mile, Dayton, Sept. 16 (2 laps of Dewese Parkway, which is, I believe 83 yds short of 2 miles)—1. Jack Blackburn 36:19 2. Bob Smith 37:48 3. Dr. John Blackburn 39:51 4. Jim Teague 40:57 (a promising looking newcomer from Dayton) 5.7 Mile Handicap, Lawrenceville, Sept. 30—1. Dr. John Blackburn 56:59 2. Jim Teague 58:22 3. Jack Blackburn 49:40 4. Clair Duckham 58:48 5. Bob Smith 55:12 6. David? 79:35 7. Bridget Teague 80:00 (Lawrenceville is Jack Blackburn's new home near Springfield, where he is working with addicts, as our nomadic walker continues to bring the sport to villages around the state.)

## BACK TO INTERNATIONAL RESULTS

Women's 3 Km, Wien, Austria, July 14—1. Monika Glockler, WG 14:59.2 Rumanian 20 Km Champ., Bucharest, July 22—1. Leonid Carosifoglu 1:32:36 2. C. Enache 1:33:42 3. G. Juganaru 1:34:49.4 French 20 Km Champ. Bourg, July 21—1. Gerard Lelievre 1:33:11.6 Polish 20 Km Champ. (track), Warsaw, Aug. 8—1. Jan Ornoch 1:33:52 10 Km (track), Potsdam, E.G., Aug. 15—1. Peter Frenkel 42:18.8 10 Km (track), Dresden, E.G., Aug. 4—1. Lutz Lipkowski 44:08.4 2. Karl-Heinz-Statdmuller 44:08.4 3. Jan Ornoch, Pol. 45:39.6 20 Km, Leningrad, Aug. 8—1. Otto Bartsch 1:31:15 2. Olav Laiv 1:31:19 3. Anatoliy Solomin 1:31:41 4. Nikolai Smaga 1:31:41 5. Maris Peterson 1:32:30 6. Yuriy Andrushenko 1:32:58 Peter Frenkel DNF. Women's 10 Km (road), Oberrotweil, W.G., June 24—1. Margareta Simu, Swed. 51:13.4 2. Eivor Johansson, Swed. 52:35.4 3. Britt Holmquist, Swed. 54:34.6 4. Elisabeth Olsson, Swed. 54:44.2 5. Elisabeth Klang 55:56 6. Margareta Olsson, Swed. 56:52 7. Perit Jonsson, Swed. 56:52 8. Hjordis Johansson, Swed. 57:24 9. Monika Glockler, WG 58:46 EUROPEAN JUNIOR 10 KM CHAMPIONSHIPS (track—apparently some mixup in laps and may have been 10.4 kms)—1. Hartwig Gauder, EG



44:13.6 2. Yevgeniy Semerdjev, Bulgaria 44:41.6 3. Angelo Di Chio, It.  
 45:31.4 4. Milan Vala, Czech. 45:42.6 5. Jaroslav Kazmierski, Pol.  
 46:35.4 6. Arne Nilsson, Swed. 47:08.2 Bulgarian 10 Km Champ. (track)  
 Sofia, July 14--1. Stefan Tzukev 44:33 Bulgarian 30 Km Champ., Polwidiw,  
 June 26--1. Stefan Tzukev 2:23:09 (1:28:31 at 20 Km) Women's 5 Km,  
Orley, Eng., Aug. 8--1. Pamela Branson 25:49.4 (track) 2. Betty Jen-  
kins 25:54.8 3. Virginia Lovell 25:58.6 4. Sally Wish 25:58.6 5. Marion  
Fawkes 26:05 6. Christine Coleman 26:17.4 Women's 3 Km (track), London  
July 24--1. Christine Coleman 41:03 10 Km (track), London, July  
3--1. Christine Coleman 41:03 10 Km (track), Vitkovice, Czech., July  
27--1. Juraj Benčík 43:53.4 2. Evzen Zednik 43:54.2 3. Alexander Bilek  
44:03.8 4. Stanislav Kovotny 44:47.4 5. Vladimir Parisek 45:11.8 6.  
Frantisek Biro 45:19.2 20 Km (road), Banska Bystrica, Czech, Aug. 26--  
1. Gerard Lelievre, France 1:29:37 2. Juraj Benčík 1:30:28 3. Milan  
Bartos 1:31:10 4. Evzen Zednik 1:33:55 5. Frantisek Biro 1:34:13--  
Czech. --12, France--10. 1 Hour, Karlstad, Swed., July 25--1. Kare Moen  
13,074 meters Women's 10 Km (road), Gothenburg, Swed., June 17--1. Monika  
Karlsson 52:29 2. Kerstin Eriksson 56:40 West Germany--25 Sweden--19:  
20 Miles (track)--1. Gerhard Weidner 2:36:54.6 (23:16, 46:55, 1:11:03,  
1:35:35, 2:00:33, 2:26:36) 2. Stefan Ingvarsson 2:41:52 3. Leo Frey  
2:45:15.4 4. Ove Hemmingsson 2:45:55.6 20 Km (track)--1. Heinz Mayr  
1:36:38 2. Hans Tenggren 1:36:57.4 3. Heinrich Schubert 1:37:22.8  
Women's 5 Km (road), Ottsjö, Swed., July 8--1. Eivor Johansson 25:02  
2. Berit Jonsson 26:25 3. Margareta Simu 26:36 4. Ann-Marie Larsson  
26:41 5 Km (track), Östersund, Swed., July 13--1. Hans Tenggren 21:11.2  
Women's 3 Km (track), same place--1. Eivor Johansson 14:21.6 (7:33.9 at  
1 Mile) 2. Berit Jonsson 15:00 Women's 5 Km (road), Sandviken, Swed.,  
July 15--1. Eivor Johansson 23:52 2. Margareta Simu 25:05 3. Berit  
Jonsson 25:45 1973 NORDIC CHAMPIONSHIPS, FREDRIKSTAD, NORWAY: Junior  
10 Km, Aug. 10--1. Arne Nilsson, Swed. 45:52 Women's 5 Km (track)--  
1. Elisabeth Olsson, Swed. 25:11 2. Berit Jonsson, Swed. 25:38 3. Marg-  
areta Simu, Swed. 25:52 4. Thorild Sarpebakken, Nor. 25:58 5. Britt  
Holmquist, Swed. 26:09 7. Gerd Gylder, Nor. 27:26 8. Karin Moller, Den.  
27:38 Junior Women's 5 Km (track), Aug. 10--1. Siv Gustavsson, Swed.  
25:10 2. Thorill Gylder, Nor. 25:10.6 3. Annika Elomberg, Swed. 25:52  
4. Laila Jensen, Nor. 26:10 5. Lena Bodin, Swed. 26:28 20 Km (track),  
Aug. 11--1. Hans Tenggren, Swed. 1:33:06 2. Ove Hemmingsson, Swed.  
1:35:07 3. Kjell Lund, Nor. 1:36:04 NORWAY/SWEDEN/FINLAND JUNIOR MATCH  
FREDRIKSTAD, AUG. 11: 10 Km (track)--1. Arne Nilsson, Swed. 46:55 5 Km  
(track)--1. Bengt Simonsen, Swed. 23:03 Women's 5 Km (track)--1. Thorill  
Gylder, Nor. 25:34 2. Annika Elomberg, Swed. 25:50 3. Laila Jensen, Nor  
26:03 20 Km (road), Ralsken, Czech., Sept. 2--1. Alexander Bilek 1:31:12.6  
2. Milan Vala 1:32:12.6 20 Km, Prague, Sept. 4--1. Peter Frenkel, EG  
1:32:38 2. Juraj Benčík 1:35:29.6 3. Janos Tabori, Hung. 1:35:59.2  
E.G. Junior 35 Km Champ., Magdeburg, Sept. 1--1. Dieter Kirsch 2:58:32.2  
E.G. 20 Km Champ., Magdeburg, Sept. 1--1. Siegfried Zeheigner 1:26:24 2.  
Hans-Georg Reiman 1:27:51 (Reimann led by 19 seconds with 42:41 at 10 Km)  
E.G. 50 Km Championship, Magdeburg, Sept. 1--1. Peter Selzer 4:04:07.4  
(23:51, 47:55, 1:12:06, 1:36:19, 2:00:45, 2:25:14, 2:49:36, 3:14:32,  
3:39:32) 2. Winfried Skotnicki 4:06:25.6 (even through 35 km) 3. Christ-  
oph Hohne 4:08:34.6 4. Michael Sternberg 4:15:43.8 5. Joachim Krausse  
4:32:08.4

## NORWEGIAN WOMEN UPSET SWEDES

Lyngby, Denmark, Sept. 1--In a six-nation walking match, Norway upset heavily favored Sweden by one point in a 5 Km race on the track. Eivor Johansson continued her winning ways for the Swedes but by only one second over Norwegian Junior Laila Jensen, who improved nearly a minute over other recent times. With several of the Swedes walking sub-par performances and Thorill Gylder and Thorhild Sarpebakken coming through for third and fourth, the Norwegians were able to win the match, with England a fairly close third. Results:

11 Eivor Johansson, Swed. 25:12 2. Laila Jensen, Nor. 25:13.2 3. Thorill Gylder, Nor. 25:27.2 4. Thorhild Sarpebakken, Nor. 25:27.4 5. Sally Wish, Eng. 25:34 6. Betty Jenkins, Eng. 25:38 7. Britt Holmquist, Swed. 25:41.2 8. Margareta Simu, Swed. 25:57.4 9. Elisabeth Olsson, Swed. 26:23.8 (No. 10th, in 9th was Marion Fawkes, Eng. 26:06) 11. Perit Jonsson, Swed. 26:32 12. Karin Moller, Den. 26:32 13. Jaqueline Delassaux-Daniel, Fr. 26:32.2 14. Virginia Lovell, Eng. 26:59 15. Anne Froberg, Fin. 27:07.4 16. Barbro Larson, Nor. 27:13.2 17. Gerd Gylder, Nor. 27:29.6 18. Pamela Branson, Eng. 27:58 19. Josette Piroux, Fr. 28:02 20. Taina Havisto, Fin. 28:09.6 (29 finishers) Team Score: 1. Norway--76 2. Sweden--75 3. England 67 4. Finland--32 5. France--27 6. Denmark--24.

7th Annual Southeast Asia Pacific Games, Singapore, Sept. 5--20 Km:

1. Khoo Chong Beng, Malaysia 1:44:31.8 (New SEAP record breaking his own record of 1:46:30) 2. R. Nadaraj, Singapore 1:46:52 3. Kwayt Myat, Burma 1:50:20 4. Punsate, Thailand 1:54:35

## RACE WALKING SCHEDULE

Sat. Oct. 13--5 Mile, Cosmo Park, Columbia, Mo., 9 a.m. (A)  
 Sun. Oct. 14--3 Mile hdp, 1320 yds grade school, Broomfield, Colo, 1 pm (B)  
 Iowa 40 Km, Indianola, 7:30 a.m. (H)  
 MVAU 20 Km, Independence, Mo. (A)  
 Sat. Oct. 20--RMAU 2 Hour, Potts Field, Boulder, Colo., 10 a.m. (B)  
 Sun. Oct. 21--15 Km, Fairfield, Conn. (C)  
 Sat. Oct. 27--NAAU WOMEN'S 10 KM, HICKMAN TRACK, COLUMBIA, MO. 5 pm (B)  
 SUN. Oct. 28--SENIOR NAAU 30 Km, COLUMBIA, MO., 10 a.m. (B)  
 New Jersey AAU & Open 10 Mile, Long Branch, 1 p.m. (D)  
 Sat. Nov. 3--10 Miles, Toronto, Canada, 9 a.m. (K)  
 Sun. Nov. 4--Pac. AAU Records Meet--choose your distance (G)  
 New Jersey & Open 15 Miles, Long Branch, 1 p.m. (D)  
 Sat. Nov. 10--2 Mile hdp, 880 yds grade school, Northglenn, Colo. (B)  
 Sun. Nov. 11--New Jersey & Open 20 Mile, Long Branch, 1 p.m. (D)  
 Sat. Nov. 17--10 Km, Hickman Track, Columbia, Mo., 9 a.m. (A)  
 Sun. Nov. 18--Met. AAU 20 Km (track), 5 Km Open, 1:30 p.m. (Z)  
 10 Mile Hdp, Long Branch, (D)  
 Sun. Nov. 25--Coney Island 10 Mile Hdp, 2 Mile Women, Brooklyn, 10 am (Z)  
 Sat. Dec. 1--5 Km, Hickman Track, Columbia, Mo., 9 a.m. (A)  
 Sun. Dec. 2--Pac. AAU 20 Mile (G)  
 Sun. Dec. 9--3 Mile hdp, 1320 yd grade school (Indoor), Boulder, Colo. (B)  
 Sat. Dec. 15--10 Mile, Cosmo Park, Columbia, Mo., 8:30 a.m. (A)  
 Sun. Dec. 30--New Year's Eve 20 Km, San Francisco area (G)  
 Which wraps up the year. As to our Ohio schedule, we will be planning races of some distance every other week in Dayton, Lawrenceville, Columbus, or Cambridge.  
 Next one is Oct. 14. Contact me for specifics. See next page for contacts on the above races.



## RACE CONTACTS:

A--Joe Duncan, 4004 Defoe, Columbia, Mo. 65201  
 B--Floyd Godwin, 935 Ash, Broomfield, Colo.  
 C--Jack Boitano, 40 McLeod Place, Stratford, Conn. 06497  
 D--Elliott Derman, 28 N. Locust, West Long Branch, N.J.  
 G--Steve Lund, 402 Via Hidalgo, Greenbrae, Calif. 94904  
 H--Dave Eidahl, Box 72, Richland, Iowa 52585  
 K--Doug Walker, 29 Alhambra, Toronto, Ontario, Canada  
 Z--Steve Hayden, 56 Verbena Ave., Floral Park, N.Y.

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The Ohio Racewalker is a monthly review of all the interesting mail that arrives at the Jack Mortland residence, 3184 Summit St., Columbus, Ohio 43202. All the mail dealing with the sport of race walking, that is. Drop a line if you have results, schedules, comments, or anything else to contribute. We can still use good action photos of recent races. Glossy prints are preferred. Any size will do. I cannot get good reproduction from newspaper halftones but very fine halftones will reproduce fairly well. Subscription rate for one year's worth of this trash is a mere \$3.00

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## KELLY SURVIVES OVEN FOR RECORD

I have been remiss in not covering this before and my apologies to John Kelly, who certainly deserves some recognition for the feat. What feat you ask? Well, back in July, John trekked across Death Valley, all 120 miles of it, in 34 hours, breaking Bill Emerton's record by some 28 hours. In doing so he survived temperatures that reached 156 in the sun and 120 in the shade. Temperature off the blacktop rose to around 190. As one reward for his effort he made an appearance on the Johnny Carson show in early September and came off quite well. He proved such an able instructor in the technique that Doc Severinson was able to take off in quite acceptable style. My thanks to Paul Chelson for a long-distance phone call alerting me to this appearance as I normally catch the Carson show for maybe 10 minutes once every three years. Past my bedtime, you know.

For more on John's performance we quote from the "Evening Outlook" a paper from some city out that way.

"There were other notable statistics outside of the temperature. Kelly's entourage (Bill Armstrong, Steve Goff, Brian Blake, Dr. Paul McKenna, Michele Grunet, Pat Trobias, Robert Carlson, Richard Mackson) took along 64 bottles of beer. They returned home with none. One gentleman driving a luxury car with one hand and holding a Coors in the other slowed down to ask Kelly what he was doing. He claimed he held the record and inquired how fast Kelly was walking. Upon being told 5 miles per hour, the gentleman said "impossible" and drove on.

"Kelly's average speed, including stops was around 4 mph. He drank 20 gallons of water and slept only 2 hours along the way. He started at 5 a.m. Saturday and finished at 2 p.m. Sunday. The Olympic walker from Ireland, who now is a U.S. citizen, collapsed "only three times" according to his followers. He also had the dry heaves when he tried to pick up the pace.

"Another gentleman, who said he spends his summers driving over the desert, was a key factor in the record. He showed the Kelly party the correct route to take. Armstrong, the cook, brought along some cooked

meat to keep up Kelly's strength. The trouble was, he forgot to remove the garlic cloves and some of the desert folks must have felt they were going to be served an Italian dinner instead of their rabbit stew.

"P.S. Kelly dedicated the walk to Ireland's battle to boot English rule out of the country. Irishmen all over the world should name a brew after their new hero. Perhaps, "Kelly's Suds, its the kick."

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## FROM HEEL TO TOE

Winner of the Capt. Ronald Zinn Memorial Award for 1972 is Larry Young. This is the third time Larry has won this prestigious award given by the Green & Gold AC to the outstanding race walker in the U.S. as decided by vote of his fellow athletes....The U.S. Lugano Cup is set and ready to go for the important International Championship in Switzerland the middle of this month. We will have Jerry Brown, Ron Laird, Bill Ranney, and Todd Scully in the 20 Km and Floyd Godwin, Bob Kitchen, John Knifton, and Bill Weigle. This should be the strongest team we have sent to date. Although Weigle and Kitchen have not been in competition lately they can be expected to be quite fit. Laird actually qualified at 50 and Kitchen at 20, but they have chosen to switch to their strongest events. This will definitely make the team stronger. The competition once again looks to be an East German-USSR struggle. At this point, East Germany does not appear quite as strong as in recent years and this may be a good chance for the Soviets to get them. At 20, Frenkel, the Olympic champion, has not been up to last year's form yet but may be building for the one race. Stadtmuller can be brilliant but is still very young and has been inconsistent. Actually, I still think I'll go with the East Germans, but they will have to rise to the occasion to make it. West Germany will offer a very strong challenge at 50 with Kannenberg and Weidner but will probably lose too much in the 20 to contend with the two super powers. Great Britain, Italy, and the U.S. should battle for fourth. The full story next month....While on the International scene, Bruce MacDonald reports that there may still be a U.S.-Canada dual meet this year either in Denver or the N.Y. Metropolitan area. No further details on that....On the plight of the walks in the Olympics, no good news to report at this time, but some bad. In a meeting of the IAAF in Edinburgh in early September that august body meekly went along the IOC, voting to cancel the 50 Km for Montreal. They are still to discuss the possibility of changing the 20 Km to a 30. They did decide not to remove walking from the track and field program, which may mean little if it is out of the Olympics, and have opened for debate the possibility of a world walking championship. That already exists, of course, on a team basis in the Lugano Cup. Athletics Weekly, the British track and field publication, has strongly taken the IAAF to task for this weak response. Editor Mel Watman in the final paragraph of an editorial on the subject says: "And so it was decided that the walkers should become the sport's sacrificial lambs. What's to be done? The British Race Walkers Club are organizing a petition, and good luck to them. For my part, I would like to see the delegates from the UK, USA, USSR, and GDR--four of the most influential nations in athletics, and all of them strong in walking--band together to persuade the IAAF Congress to press with the utmost vigor for the retention of walking in the Olympics. Nobody gains from the removal of walking, many will suffer. Unless the IAAF squares up to the IOC on this issue it will have failed a vital segment of the sport--athletes whose interests it purports to represent and protect."....We would hope that some action along these



lines will be initiated when the world's walking powers are assembled in Lugano, Switzerland this month.... On the homefront, Dave Eidahl in Iowa reports that they have a U.S. Senator who is quite a walker and many letters are being sent to him regarding the problem.... The only two letters I have received come from the distaff side and are printed following these notes.... John Knifton is not the only one attacked by the dogs recently. Gerry Willwerth reports: "Nine weeks ago today (Aug. 29), I was the target of a wide-snout Doberman pinscher who apparently wasn't getting enough meat in his diet. The incident has served to dampen my enthusiasm to train just a bit. I am physically capable of hitting the road again, but more than a little fearful. I read John Knifton's story with great interest. Had he been less fortunate and been bitten in the thigh like myself, he would never have toed the line in Taunton, never mind win. The dog's bite caused swelling and bruising as much as 10 in. from the teeth marks and I had to limp for 7 weeks. At least he wasn't rabid.".... An ad for "5-Minute Body Shaper" in Redbook quotes Jim Hanley, famous athletic coach, "Beats jogging and working out in gyms--and much safer. I lost 4½ inches off my waist in 14 days." Come Jim, your waist doesn't measure much more than that to begin with--or could this be some other Jim Hanley.

## LETTERS:

From Mary Hovey in Seattle via Dayton, Ohio: "If men walkers are 'third-class athletic citizens' as Elliott Denman suggests, then women must surely be fourth-class competitors. While race walkers of the world unite to keep our sport alive, please remember the lowly female."

"Mr. Denman has commented, 'We hear that the IOC has added women's rowing and women's basketball to the Games. Fine. But apparently to get the women rowers and basketball players into the Olympic Village someone has to be evicted. Who else but those race walkers?' I totally agree that adding a sport while throwing out another is far from just, but apparently Mr. Denman feels that being dropped is unfair but losing to a woman is beyond belief."

"We females also sweat, train long hours, and compete with the same dedication and determination as our male companions. It's outrageous that the Olympic Committee would even think to knock out one of the mere two race walking events in the Games, but imagine how we feel with no representation at all. I'll attempt to save your races if you fight to give me a chance; I also dream of victory." (Ed. I must admit that I had somewhat the same reaction to that part of Elliott's letter. The women have just recently won the right to compete at all in the sport in this country. The next goal was obviously Olympic representation and if we can't keep walking on the men's program, how are we to get it on the women's. In defense of Elliott, though his statements seemed to smack a bit of male chauvinism, I am sure it was not intended. Elliott is not your standard Bobby Riggs-type pig.)

And from Sheryl Robinson, of the Xanader Racewalking Club in Stockton: "After reading your last issue, I felt that I had to write. I am the President of an extremely small racewalking club but am very concerned with what is happening to men's walking. I had already heard all the rumors mentioned in the ORW and to see them in print was very discouraging."

"The reason I've been so concerned with men's walking is that I am a member of an even more discriminated group of walkers, the women walkers, and was hoping to see women's walking entered into the Olympics. The members of my club and I are planning to conduct an extensive letter writing campaign to try to get support from people with authority."

"Our first intent was to survey the feelings about women's walking in the Olympics. But now we would also urge support for continued and strengthened men's walking."

"What do you think of this idea? Can you give me a list of people to whom you think I should write? We're willing to spend time and energy on anything you think worthwhile!"

Sheryl's address is 205 W. Euclid Ave., Stockton, Calif. 95204

Places for Sheryl, her clubmates, and all the rest of you to write are: Bob Lafferty, Track & Field Administrator, Amateur Athletic Union of the U.S., 3400 W. 86th Street, Indianapolis, Ind. 46268. United States Olympic Committee, 57 Park Avenue, New York, N.Y. 10016. Lord Killanin, President, International Olympic Committee, Mon Repos, Lausanne, Switzerland.

Marquess of Exeter, President, International Amateur Athletic Federation, 162 Upper Richmond Road, Putney, London S.W. 15, England.

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From Lou Nishloss, Norristown, Pa.: "A response to the article in the June issue concerning Don Thompson and his comments on race walking vs. running. First off, let me say, Don Thompson is all wet, obviously he has no background in Bio-kinetics, physiology, cardio-vascular conditioning, or cardio-respiratory conditioning and I could go on indefinitely, but let me reiterate an experience of myself and Ron Laird."

"In 1959 (the era of Monastero, Blackburn, Mortland, Fincoe, Kurr, Laskau, just to name a few) Ron and I were invited to participate in treadmill experiments at Lankenau Hospital, near the Main Line, between Philadelphia and Norristown."

"The purpose of these experiments were two fold, correlation of particular sports with conditioning (primarily from an organic point of view) and lung capacity volume. The test consisted of minutes per elevation on the treadmill with CO<sub>2</sub> expended; other tests were the Harvard Step Test, (pulse rate +) and vital capacity done with a wet spirometer."

"Included in these tests were marathon runners, scullers, cross country skiers, basketball players, swimmers, and weight lifters. I believe a few other sports were involved but I can't pinpoint them."

"Without going into a long dissertation, on a quality basis, I will relate the finding from a cardio-respiratory-vascular conditioning aspect."

1. Cross country skiing
2. Marathon running
3. Race walking (very close)
4. Cycling
5. Swimming

"It was also predetermined that a warm-up of 5 minutes to 1 hour depending on that person's sport should be a prerequisite for optimal function. In this should be included various flexibility exercises to facilitate blood flow and range of motion."

"So you see, race walking rates No. 3 in something like 20 major sports for the type of conditioning I mentioned."